

2008 Wayzata Youth Football Clinic
Organizational Ideas & Tight End Play
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1. Do a few things well or a lot poorly
 - Constantly coach
 - Keep it condensed
 - Keep it simple
2. High Repetitions
 - Do the same things a lot but vary how and when you do them.
 - Organize a lot of group time so kids can work as an entire group on a concept.
 - “Practice a little, play a lot”- Joe Paterno
3. Move at Full Speed
 - Thinking needs to be done when my hand goes down.
 - Stress burst and acceleration off the ball. Young kids are hesitant to be physical, and getting off the ball quickly will create collisions.
 - Coaching Point: Do all drills on the cadence you will have your quarterback use. If you’ll snap the ball on set, hut or whatever, use this to instruct drills. Plays start on cadence and finish on a whistle.
4. Be Positive & Have Fun
 - Kids like to win, but want to have a positive experience first and foremost.
 - Do things that are goofy- Have the kids chase the coaches or tell jokes.
 - Focus on having success as a group and individual success will be higher.

B.) Tight End Play

- Identify what’s important to know, learn, and how this can be transferred to game day performance.
 - Tight Ends are RUN BLOCKERS FIRST. Get them to understand they are a lineman first, receiver second. What do you do more run the ball or throw it?
 - Work 80% Run skills or more and about 20% pass skills or less. Run blocking is physically and mentally more challenging then catching a pass.
 - The natural athletes will catch the ball better and move in space effectively and don’t need a lot of technique time in practice for those skills.
1. Alignment and Assignment: is a big part of the game!
 - Coaching Points- Tight ends are 2 ft. from the tackle. 3 max. To line up, have the kids wait for the tackle to get set, then reach out and touch the tip of the tackle’s shoulder with the fingertips. This gets them properly aligned.

- My down hand on the rear tip of the ball. Have the kids crowd the ball and to get the guard/tackle/tight end on the same level have them look inside to the ball and put their down hand on the rear tip of the ball when the center has the ball extended.
- Always look straight downfield- NORTH and SOUTH. Don't look where you're going. Alignment gets sloppy and they'll cheat their body where they're looking.
- Slow the teaching down- Use a lot of walk through
- Talk it, Walk it, Teach Speed, Practice Speed.

2.) Blocking Skills- Refer to the attached progression.

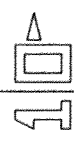
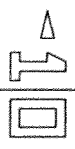
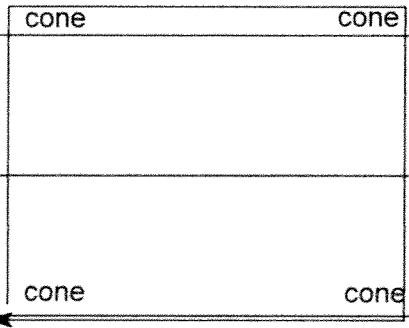
- Teach how to DRIVE BLOCK, DOWN BLOCK
- Teach how to play to the whistle
- Teach how to block with the hands
- Teach the tight ends with the lineman=same technique.

3.) Footwork & Receiving Drills: See attached

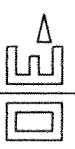
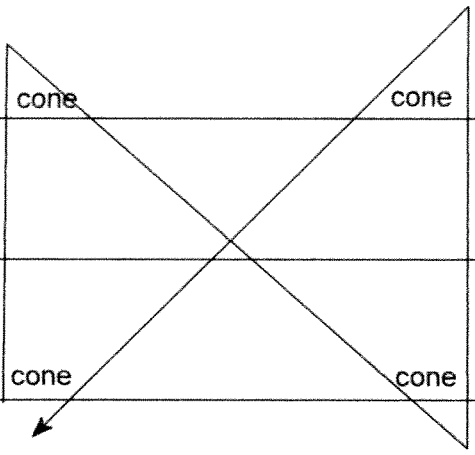
Footwork Drills

10 yds. apart-10x10 box

A. 90 degree cuts



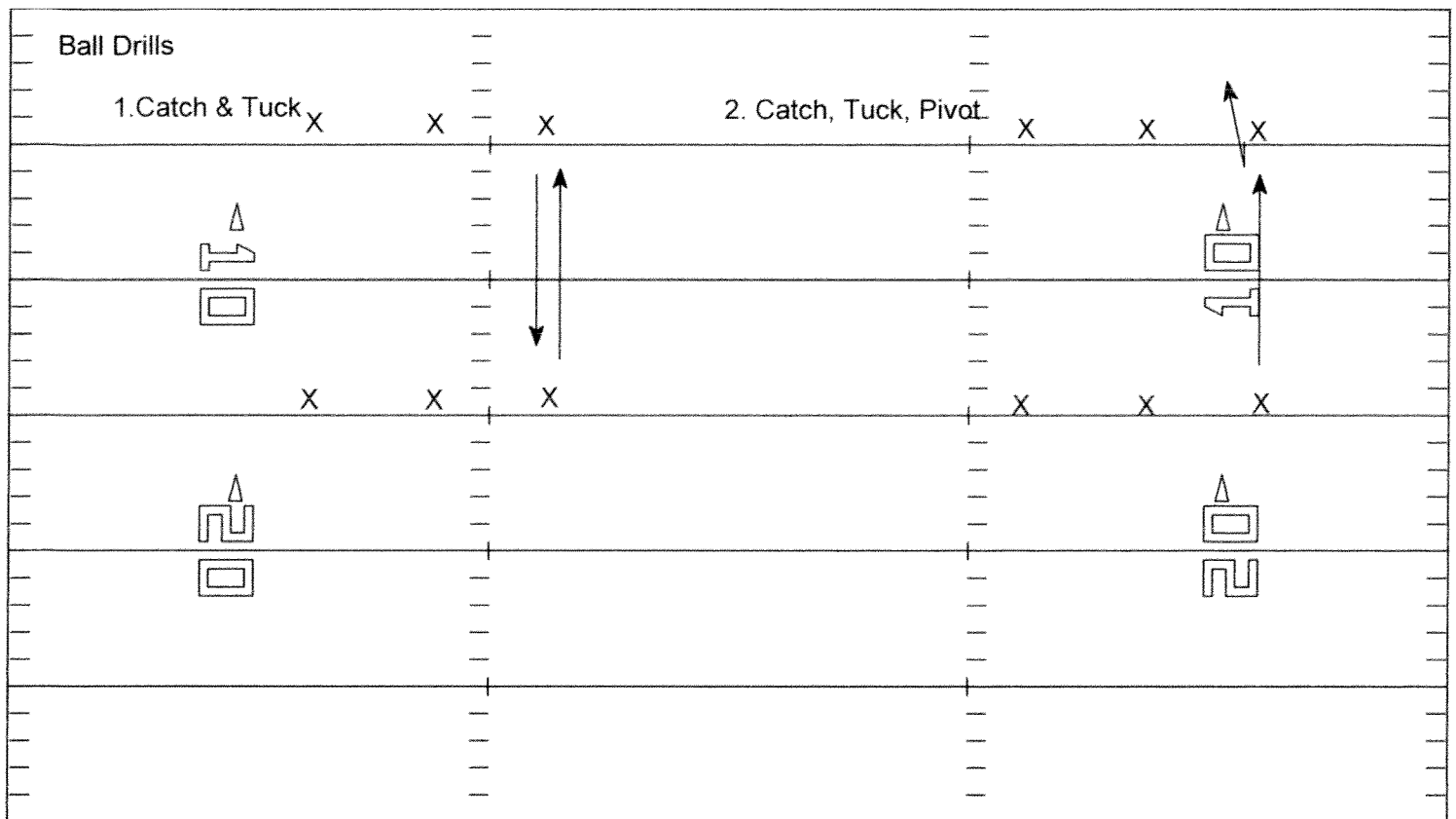
B. 45 degree cuts



A.) 90 degree cuts: Make a 10yd. X 10yd. box with the cones. Organize a single file line and have the second player start when the first turns the corner. Coaching points: Sprint to the cone. When close, lower pad level by bending knees and taking several quick choppy steps all while arms are moving at the side. Plant with the outside foot, sticking it in the ground with force but keeping it underneath the hips. Open the inside foot at a 90 degree angle-tell them to point the toe at the next cone. This opens the hips. Drive over the top with the plant foot and accelerate- Plant, Point, and Drive. Repeat at the next cone. This type of drill helps sharpen route running and getting to landmarks without wasted footsteps.

B.) 45 degree cuts: This is set up like before, but know the players accelerate to the first cone, plant with the outside foot, and pick up and point the inside foot at a 45 degree angle to simulate routes coming downhill and back to the quarterback. It's like a figure 8.

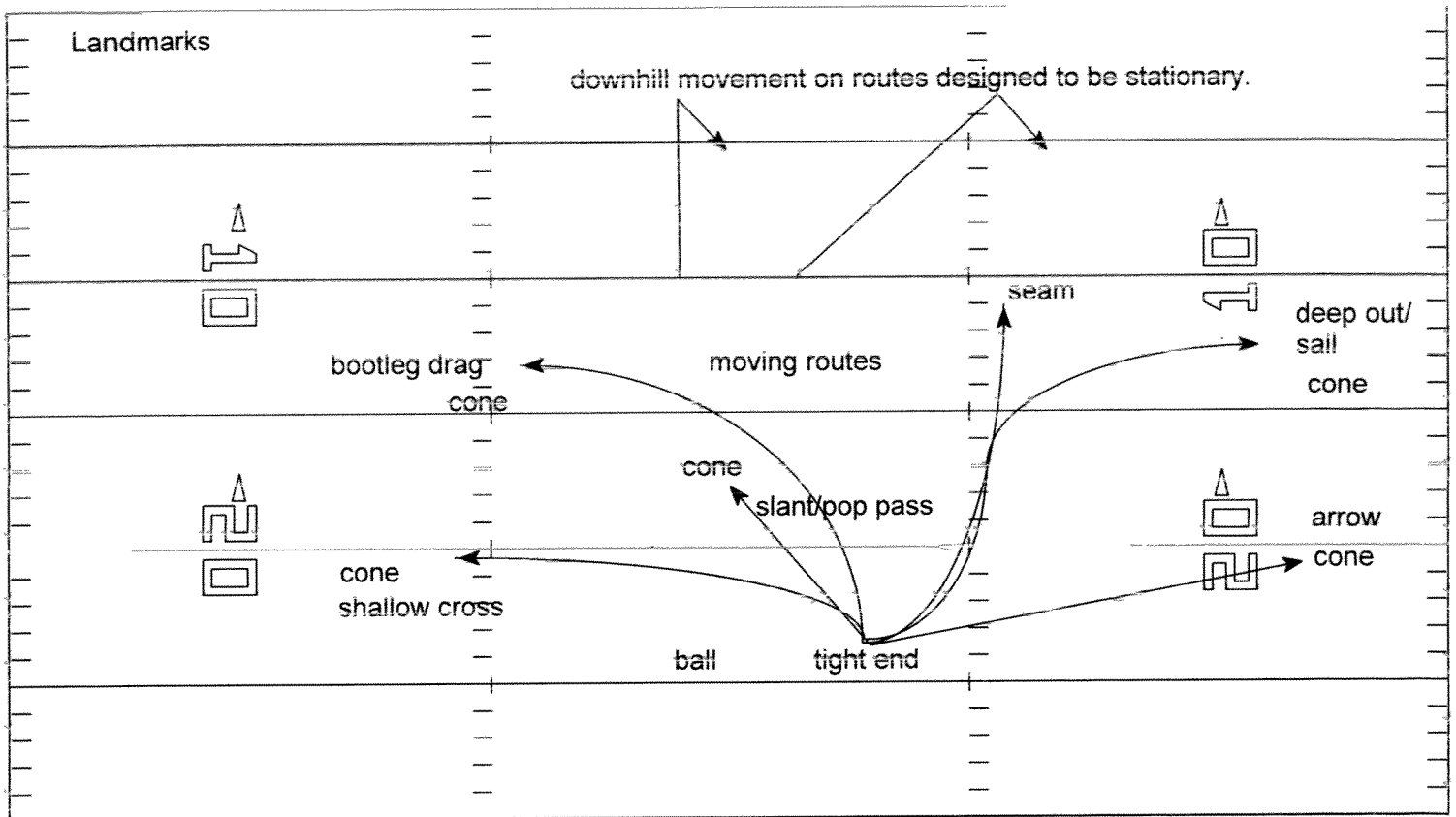
*When the kids get comfortable with the drill, incorporate the ball. When they come out of a break, throw them a ball to teach ball concentration while running and coach securing the ball.



1. Catch & Tuck: Teaches proper receiving technique. With a partner, face each other 10yds. apart. Play catch. Coaching Points: The receiver should extend arms at full length away from body, making a triangle with the thumbs and index fingers together so you have a window. Arms should be elevated so that the player can see through the window. Looking through the window, find the cross of the ball by locating the tip of the football through the window of the fingers. Catch the ball with arms extended. Balls caught with the body fall to the ground. Next, the player should "Look the ball in" as they move the ball to the chest. Teach to cover the points- one point in the elbow, the other covered by the hand. Push the ball to the pec, and apply pressure with the forearm. Stress looking the ball in after the catch.

2. Catch, Tuck, and Pivot: Works the above technique and adds the movement after the catch. Same as above, but now receiver will catch, tuck and pivot with the designated foot to get north and south a few steps. This teaches to get yards after catch and to get north and south after catching the football. Teach the kids to pivot with the foot closest to the q.b., but for the drill designate right or left foot. So, left foot forward- catch, tuck, and turn to the right 90 degrees to get north and south. Accelerate a few steps. Teach the kids to move in the opposite direction of the forward foot. If my left foot is forward, I'll catch it and turn to my right to get downfield. Next, change which foot is forward. Then, have the kids work without a foot forward but designate to step forward with a particular foot when the ball is thrown. You can also have the kids throw diagonally to work the technique.

3. Low ball: Teaches to change the hand position if the ball is low- play catcher. Extend the hands, but rotate the hands to put the pinkies together. Have the thrower put the ball low to have the receiver squat with the pinkies together to catch the ball.



Identify what are the routes the tight end will run from a tight or split position. Put cones on the field for the location and depth of the route. This gives the kids a landmark to run to and helps the timing of the play. Get them trained to "see the landmark before they put their hand down" after the huddle breaks. The kids like to look where they are going. Run this without a ball to start, then add the ball later.

Coaching points: Start in a disciplined stance. Release at full speed and accelerate to the landmark. Teach them to get their vision inside at an appropriate point. On a shallow route, release and get the vision inside right away. Don't worry if the depth of the route is not exact. Teach the kids the ball will be thrown to their outside shoulder or so their body is inbetween the ball and the defender. Make a sandwich with your body. Get width as you get vertical.

*It's easier for the quarterback to throw to a stationary target vs. a moving target. Some routes are designed to be thrown while moving at full speed. Others are designed to be stationary.

If running a route that is stationary, have the kids accelerate to the landmark at full speed, change pad level by bending knees and taking a few short choppy steps. Get your numbers to the quarterback and take two steps downhill. Use lines so you can see their steps. This simulates getting separation from the defender. If the ball isn't released quickly, the defender has time to react to the football. Taking two steps toward the quarterback provides separation from the defender. Then have them catch, plant, pivot, and drive to the endzone.

Week Outline

Monday	Tuesday	Wed.	Thursday
Install Front/Form Align/Assign	Technique In/Out Zone	Technique Power & Counter W/Tackles	Polish Group Time Short Ydg.
Partner H/Y vs. assign. Squares/line s	Demeanor Duck, 4pt., Fit, Reach, Cut-Off, Down	Demeanor Duck, Post Lead, Skip Pull	Situational Work

Demeanor Drill

- Train Running with knees bent while keeping a sound base to simulate being engaged with a defender
- Bob Wylie-bears, syracuse
- Coaching Points
- 2 point stance, all cleats in ground, knees bent, move feet independently, keep feet under armpits, head & eyes up. On Coach's movement-side to side, front to back.






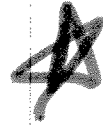
Stance & Alignment

- Feet balanced-enables 4 way movement, under armpits; All cleat in ground
- Knees bent in for power to concentrate weight on instep, flat back
- Extend down hand (either) as far as can reach, 5 fingertips on ground; knee and elbow aligned
- Lift down hand to check balance- No weight transfer
- Off hand- palm on knee, fingers extended
- Eyes-Strain through eyebrows
- Can Shift weight to help directional movement. Move ass slightly left to concentrate weight on left leg to enable quicker movement to the right.

Alignment

- 3 Levels- On, Normal, Off
-  ON- Crowd the ball; Hand on the rear tip of the ball. Use for playside of Power (post-lead) and short ydg. Tight Ends use when releasing into a route
- Normal- Used for normal down and distance. Hand on the shoe laces of center. Give spacing to enable getting feet under hips.
- Off- Used for pass pro, pulling. Enables leverage. Hand on the heel of center. Head must break center's waist.

Duck



- Trains running in space with knees bent, feet under armpits, working instep, keeping low center of gravity
- Coaching Points
- Use a line; Work right and left step
- Move arms at side; feet under armpits
- Weight on instep, knees bent, head and eyes up; All cleats in ground

Zone Steps *or Drive Block*

- Work 1st step and 2nd separately
- From stance, work right and left. Use a line
- On cadence, pick up and point toe to open up hip. Get foot down quickly. Bring thumbs to pecs.
- Pivot backside foot so off knee points in direction of step
- Maintain low c.o.g. My fingertips of off hand should be able to touch top of grass. Hold and check

Drive Block Zone Steps



- 2nd Step- Bring backside foot under hips to balance base. Keep feet under hips and armpits.
- Bring hands with second step (simultaneously)
- Hold and check-use off hand to sweep grass.

4 Point Explosion



- Trains hand placement (pecs) contact fit, getting extension; keeping elbows tight to body, thumbs up.
- Trains getting hips involved on contact
- Add medicine balls
- Coaching points
- Vs. partner w/shield
- Sit on heels, palms on thighs. On cadence, explode hands upward (thumbs up, elbows tight) Lift with extension. (bag should rise)
- Bring hips (dick in dirt)
- Fall to ground without catching self. Finish with arms extended, thumbs up.

Feet, Drive, Climb



- Trains contact fit position, pad level, maintaining a base, foot movement, arm extension, hip involvement
- Coaching Points
- Work on a sled or partner w/shield
- Start in fit- forehead on numbers, eyes up. Thumbs on pecs, eye level; Feet under armpits, all cleats in ground. Slight peak in back

Feet, Drive, Climb



- Give Feet command-Players chop feet rapidly, drive knee to chest, feet under hips
- Give Drive command-Players get extension, bring hips, widen and quicken feet
- Give Climb Command-Players drop center of gravity and thumb lift to "climb" the block and gain vertical leverage. Maintain base, feet under hips

Drive Reach Blocks

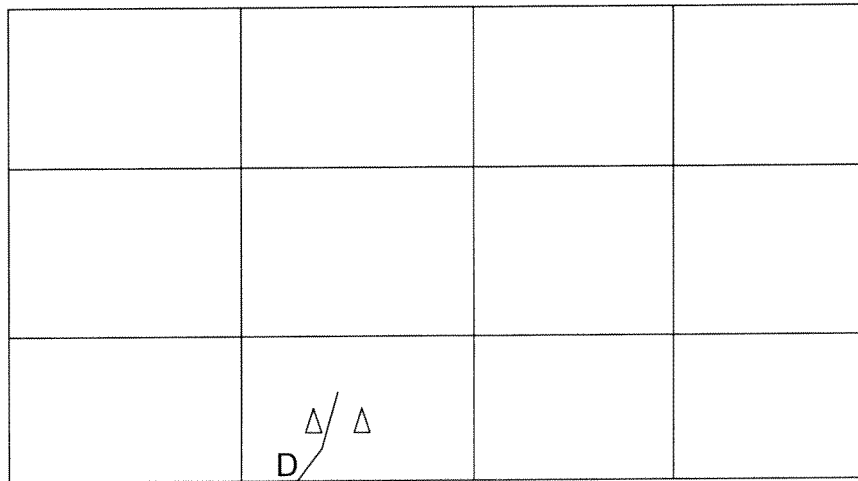
- Work inside and outside zone landmarks
- Use boards-put them on a line; Blocker starts with hand on intersecting line. Defender in a two point stance-give resistance
- Check disciplined stance and spacing from defender
- Start with a head up technique (drive block); On cadence, bring thumbs to pecs, get 1st and 2nd steps down, bring hands w/2nd step (palms on pecs) thumbs up, elbows tight; Get extension and thumb lift. Drive knees to chest, taking as many steps as possible. All cleats in ground, working instep;

Reach Blocks

- Keep knees within framework, look up through throat. Emphasize finish-At end of board, yell finish. Player drops center of gravity and thumb lifts to simulate playing through whistle
- ~~Move boards at an angle-work reach vs. a 7 technique, then a nine. Give landmark-head and eyes to outside number on inside zone. Have player put foot on a line for spacing and gaining distance/opening hip with first step. Emphasize blocking at an angle on zone reach!~~

Cut-Off

- Trains blocking a defender to my inside for backside techniques like a tight end blocking a 5tech. Partner, with the blocker on a horizontal line. Put the defender 2-4 feet to the inside. On cadence, blocker takes a 90 degree step "step on your chest with your thigh"
- Landmark is head and eyes to inside armpit. Strike with far arm to the sternum and use the near hand to balance and leverage. Once engaged, get vertical movement. To start, don't let them use the near hand. Have them pump it and only use the far hand. Stress center of gravity, pad level & run to landmark

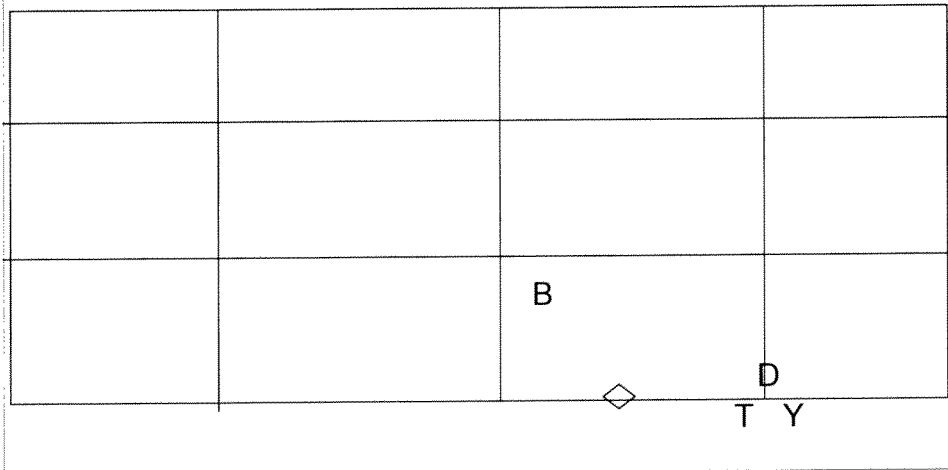


Defender is 2-4 feet from blocker. Think 6i/5tech

Post-Lead *-Double Team*

- Works a double team with the tackle on Power. Can be worked w/o tackles. Use a ball for alignment-"ON". Y cuts split to 6 inches (5tech). Tackle is the post; Y is the lead. Landmark is the sternum/near pec. Need vertical movement on level 1
- Y-First step is lateral and vertical. Drive my inside knee through near knee of defender. 4 hands on defender, 4 hands on linebacker. Start drill without lb to get comfortable w/double. Work both directions. Progress to linebacker in drill. Y/T communicate who's coming off. Y says me/you.

Reading the lb takes reps. If l come off, partner covers up defender. If no lb threat, stay on double. Work vs. a 5T. Prepare for a c gap defender; spike



THE POWER PLAY

By: Sean Peterson, Tight Ends Coach, Wayzata High School, Wayzata, Minnesota



Sean Peterson

On behalf of the Wayzata football program and Head Coach, Brad Anderson, I would like to thank the WFCFA for the opportunity to share our thoughts on the power play. We like to run power in normal down and distance situations and for short yardage/goal line. Typically, we run power from a 12 personnel (1 back, 2 tight end) grouping for normal down and distance and like 13 personnel (1 back, 3 tight ends), for short yardage/goal line. Through implementation, clinics and instructional films, I've acquired several coaching points that have improved our ability to run power.

O LINE TECHNIQUE

- A. **Playside:** Align the linemen with their fingertips on the rear tip of the ball. This is called the "On" position and accomplishes crowding the ball with the purpose of gaining vertical leverage and movement on the playside defenders.
- B. **Backside:** The guard and tackle should align in the "Off" position, with fingertips on the heel of the center. The head needs to break the center's waist to be legal. The depth in alignment aids the pulling guard as he doesn't have to get as much depth in his pull and enables the puller to clear the center's down block. Also, the guard is able to get vertical quickly. The backside tackle pass sets, (queen technique) and is responsible for the first defender from the B gap to the outside. The tackle should step down laterally toward the guard, securing the B gap and kick step the first

most dangerous defender. Refer to diagram 1. It's important for the tackle not to step upfield with the lateral step, consequently losing leverage.

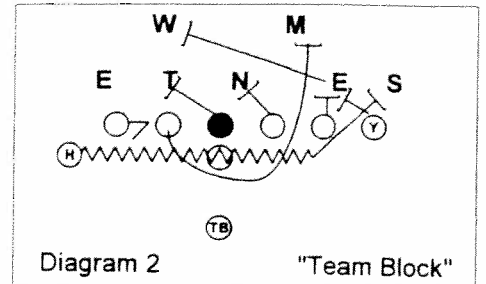
- C. **Double Team:** The guard tackle double team (diagram 1) is called a "Deuce" block. The guard's technique is the "post" block and the tackle is the "lead" blocker. Together, they are responsible for doubling the 3 Technique to the Will or backside linebacker. If the tackle and tight end are doubling, the technique is the same and is known as a "Team" block (diagram 2). Have the tackle or tight end (lead block) cut down their split to gain an advantage. A coaching point to use is "if there is a man in my gap, there is no gap."

Guard: The guard's first step should be with the inside foot. This enables the guard to keep the inside foot behind the playside foot to be able to react to a run through or if the 3 technique crosses his face to the inside gap. It's important not to step away from the tackle. Just pick up the inside foot and put it back down. The second step is with the playside foot and should land on the inside of the near knee of the defender. My landmark is the sternum with my playside hand striking the sternum and the opposite hand striking the rib cage. I want "4 hands on the defender, and 4 eyes on the linebacker."

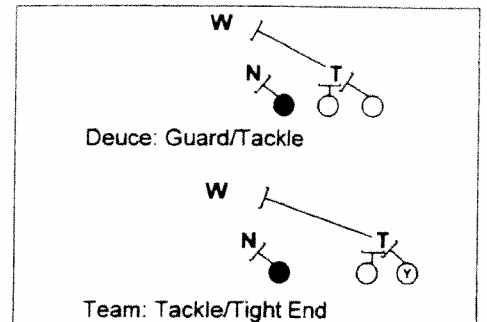
Tackle: This is the "lead" block. The landmark is the near pec. The tackle needs to step laterally with his inside foot while achieving distance upfield. The tackle's foot should land on the inside of the near knee of the defender.

It's important for the tackle to keep his shoulders square and maintain a shoulder-to-shoulder relationship with the guard. This enables getting vertical movement on the defender and the ability to get off the double team to pick up the linebacker.

Linebacker technique: The guard and tackle work together to come off for the Will linebacker. If the Will comes underneath attacking the A gap, the guard will come off. The guard and tackle can communicate who is leaving by giving a "you" or "me" call. Whoever comes off for the will should put their helmet on the backside number. This forces the Will to come over the top of the block, preventing a run through. I begin working the double team in prac-

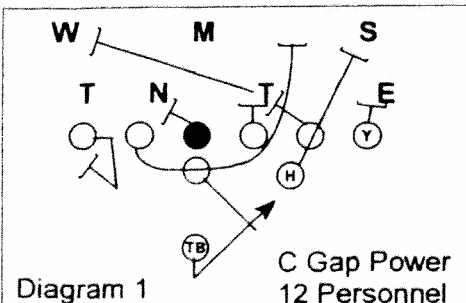


tice without the linebacker so the players get comfortable with the double team, and later on add the linebacker.



The double teams can be worked in practice with the playside linemen and the center.

Center: The center is responsible for blocking back for the pulling guard. Versus a 1 or 3 Technique, this is a down block. The landmark is the near peck or shoulder. It's important to get the head in front of the defender to be able to adjust to his movement. If the defender is a penetrator, the center keeps his landmark and drive blocks. If the defender tries to cross the center's face, the center needs to adjust on the move and get his head upfield or behind the playside shoulder of the defender. Versus a 50 front with a true nose, the center and guard would double team the nose.



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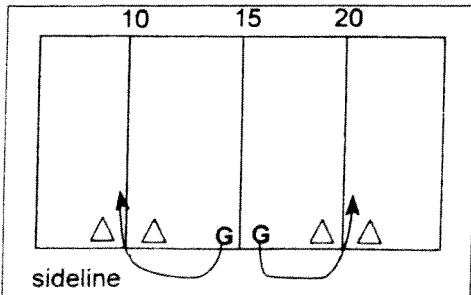
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GOOD LUCK COACHES, TEAMS, AND PLAYERS!

Backside Guard: Is responsible for pulling and blocking the Mike or playside backer. We like to "skip pull" a lineman that is blocking a level two defender. The skip pull allows the puller to gain depth and get vertical movement quickly while keeping his shoulders parallel. The guard should get vertical at the first point of entry past the double team. This technique takes practice for the puller to feel the double team. The kids have a tendency to get too wide and overrun the point of entry. To execute the skip pull, the first step is with the outside foot. Reach back and get depth while splitting the midline of the body. This seems awkward at first because the base and balance is compromised. The second step is with the inside foot. Point the toe at 90 degrees to open up the hip. It's important to keep the shoulders parallel as this will help vision and the ability to get north and south quickly. The guard needs to achieve lateral and vertical movement on the run. Once he clears the center, the guard should get his eyes on the Mike linebacker. The Mike's approach will help align the puller and provide a gauge for where to enter past the double team. Teach the puller to "Blow up the first color in the hole" as a stunt will create traffic in the point of entry.

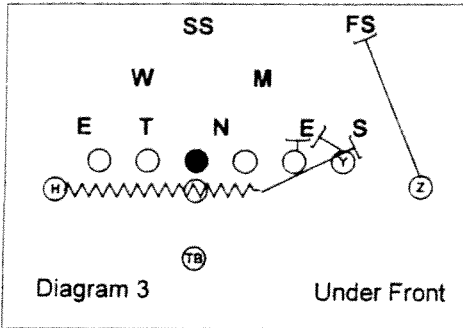
The guard may end up blocking a stunting lineman. As the guard gets vertical, he'll naturally get high. When a puller engages a level 2 defender, have him lower his pad level just before contact to gain leverage and power. A coaching point is to "Take a Bite" out of the defender, simulating reaching down like while eating. Work the skip pull both directions. Organize the drill so that two pullers are working the technique at the same time in opposite directions. Begin working the drill without the linebacker, and add that technique later. I use the yard lines to help establish distance. Also,



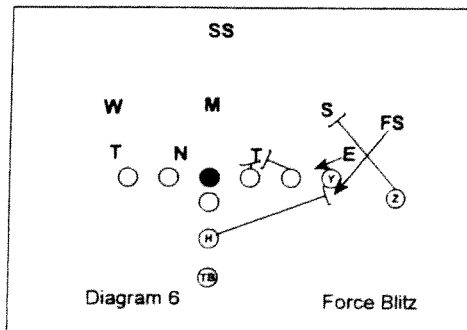
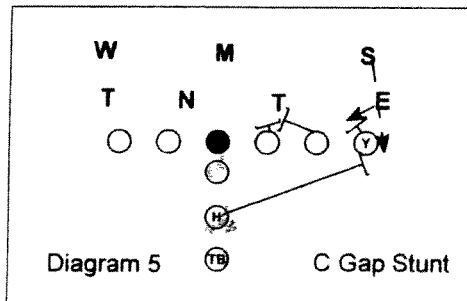
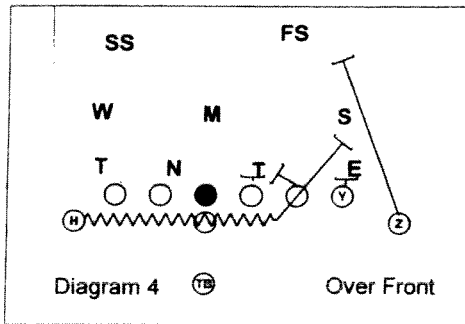
have the guard begin on a line so the depth of his first step can be monitored.

Kickout: The kickout blocker is responsible for kicking out the first defender outside the double team. The kickout can be accomplished in a variety of ways. In the one back offense, a tight end (H, back) can be moved around for the kickout. From a two back set a stationary fullback or tight end performs the kickout. The kickout blocker needs to have inside leverage. For C gap power, the land-

mark for the kickout is the outside leg of the tackle. The perimeter player will close down the edge, consequently the kickout blocker needs to read this and act accordingly. Versus an Under front the kickout will normally be on the Sam (diagram 3). An Even front like the



Over creates more possibilities. If there is pressure off the edge, the kickout blocker is responsible for the blitzer. The Z receiver blocks the force player or the first threat inside the corner. Leave the corner unblocked (diagrams 4,5,6).



The following illustrations are options for running power in short yardage/goal line situations and from a bunch look (Diagrams 7-11). The bunch creates spacing and makes the box defenders adjust.

