

COACHING TIPS –

Developing a Strategy -

Go for First Downs NOT Touchdowns. This can be accomplished by using short passes and a running plays. Mix in long passes and trick plays to keep the defense honest and to catch them off guard.

Offensive Tips -

Throwing a spiral - Hold the ball near the back with your fingers over the laces - Keep your elbow in tight to your body and the ball up by your ear - Point your non-throwing shoulder toward your target.

Leading the receiver -

As a quarterback you don't want to throw the ball to where the receiver is but rather where he/she is going to be - Practicing your routes with your receivers will help you figure out how far you can lead them with your throws.

Receiving a pass -

Form a triangle with your hands (between your index fingers and thumbs) - Keep your eye on the ball at all times - Try to keep the ball away from your body - Keep your hands soft so that you can cushion the ball - Once you have caught the ball, tuck it away so that you don't fumble it.

Play Action -

Using a fake handoff can distract the defensive backs enough to get the receivers open for a pass - Try a few running plays first to set up the play fake then throw the ball down the field.

Short Passing Routes –

Short passes are safe and effective ways of moving the ball - Short passes can be run towards the sideline (out), towards the middle of the field (in), or just by turning back toward the QB when you have found a hole in the defense (button hook) - Often a short pass can turn into a big gain with a few quick moves.

Long passes –

They can be run towards the sideline (corner pattern), towards the middle of the field (post pattern), or just by running straight (fly pattern) - A long pass is most effective when the defense is caught off guard. Using a mixture of running plays and short passes will open up the field for the long bomb.

Defensive Tips –

Tips Pulling the Flag - Watch the ball carrier's hips as opposed to his/her feet or head - Stay low and lunge at the flag - If you grab anything but the flag, let go immediately so that you don't get a penalty.

Playing Zone Defense –

Each defensive back is responsible for an area as opposed to a player - The advantage of this system is that you can keep an eye on the receiver and the quarterback at the same time. As receivers come through your area, try to anticipate where the quarterback wants to throw it and beat the receiver to the spot.

Playing Man to Man Defense -

Leave some space between you and the receiver (this is your cushion) - As the receiver starts his/her route you can start to back pedal - When the receiver makes his/her break you can turn and run with them to try to break up the pass.