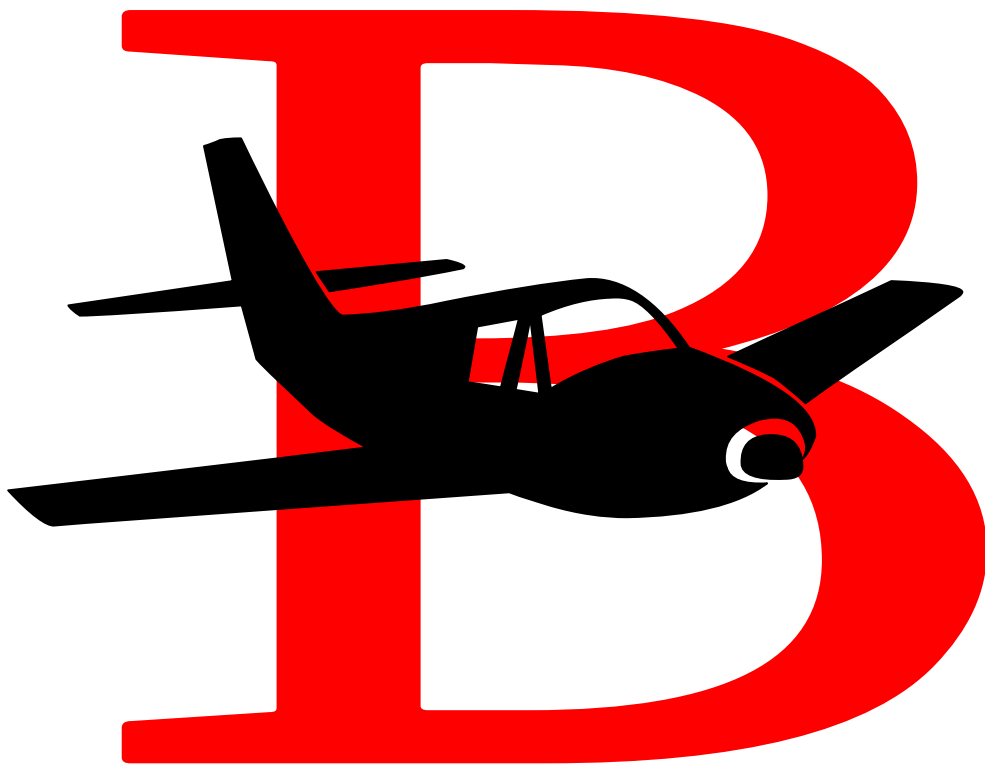


**BARON**  
**FOOTBALL**



**2005**

**PLAYERS**  
**HANDBOOK**

## **Thanks!**

First of all, all of the coaches would like to thank you for signing up to play with us this season. I have good expectations for the Barons this year, and I know that you are going to play a major role!

## **Practice Rules**

1. Show up. If you don't show up, you will not suit up at our next game (unless of church, family, or health related issues.)
2. Try. If you don't at least give an attempt, you will be benched.
3. Don't talk while we are talking. If you do, the consequence is running!
4. Have fun

\*\*\*Treat others as you would have them treat you\*\*\*

## **Game day**

All of our games begin at 7:30. You will stay after school the whole time. From 3:30-6:30 we will be practicing. At 7:15 we will begin to restate the game plan ideas and certain plays. Opening kickoff will be at 7:30.

If I say you are playing, stay close to me so you can know when to go in. Do NOT go out on the field until you are sure that you will be in the next play.

We require that you be at the school at 6 a.m. the next day to go over game films. If you do not show up, you will not be suiting up at our next game and risk being kicked off the team.

## **Coaching Staff**

Head coach-Kody Page

Offensive coach-Chris Davis

Defensive coach-Ron Stubbs

Special teams coach-James Cole

# **OFFENSE**

***Philosophy***

This season we are running a split back veer. If you don't know what this is, if you have ever seen "Remember the Titans", it is the offense they run. The veer is a deception, faking style of offense. VEER means we have a triple option with two reads: a dive read and a pitch read. OPTION means we only have a pitch read; the dive is a decoy.

Faking is the key to all plays. We believe if the whole offense makes all of their fakes the defense will eventually make a mistake giving us a big play.

***Offensive Goals***

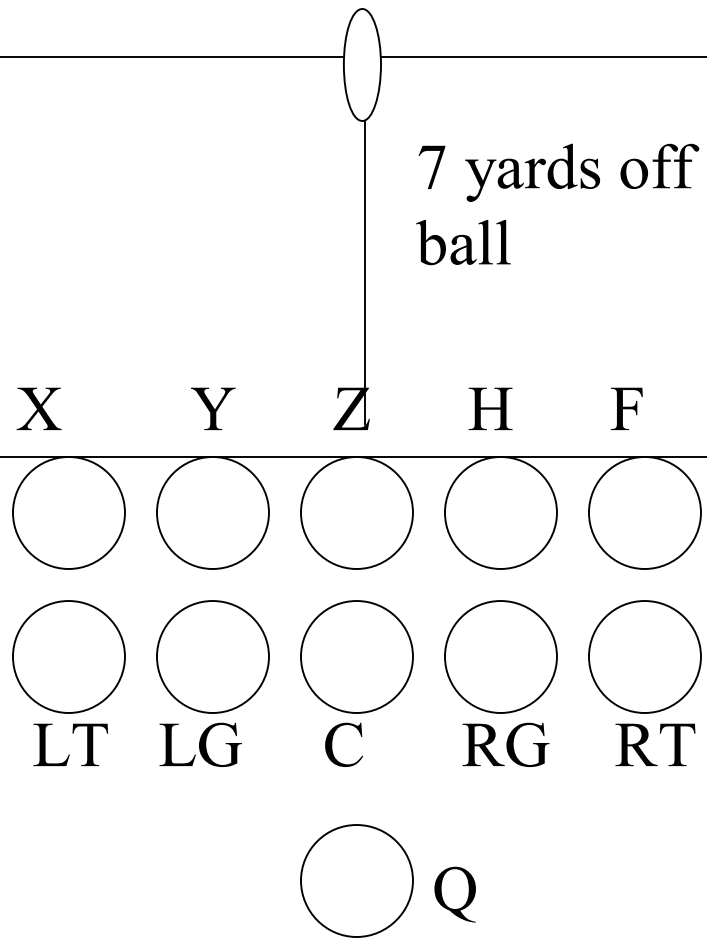
To establish a better offense, we are going to set weekly goals.

1. Win!
2. Establish an 6 yard per carry running game
3. Complete 50 percent of our passes.
4. Pass for 50 yards each game
5. Run for at least 150 yards each game

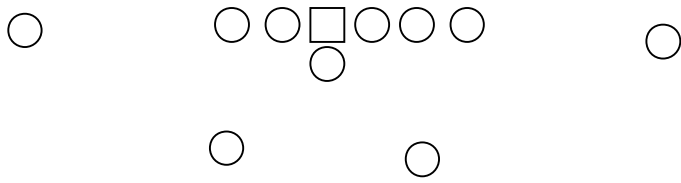
**Part II.**

**Formations**

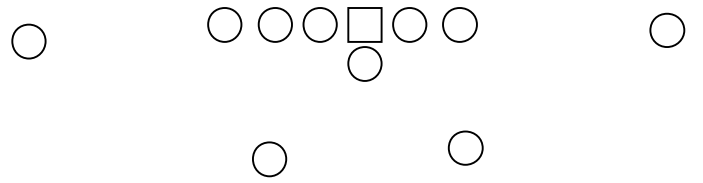
*The Huddle Formation*



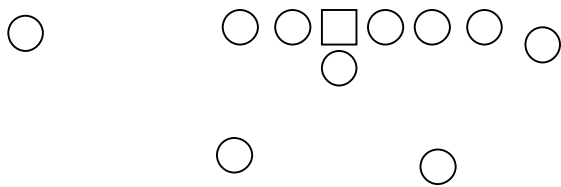
Split Backs Right



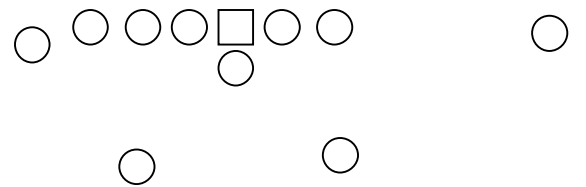
Split Backs Left



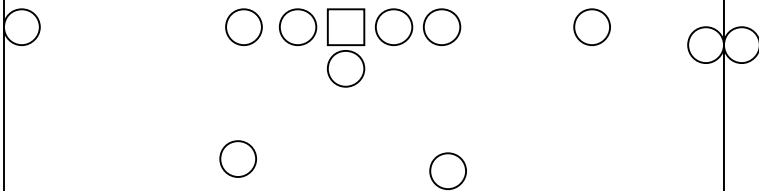
Split Back Twin TE right



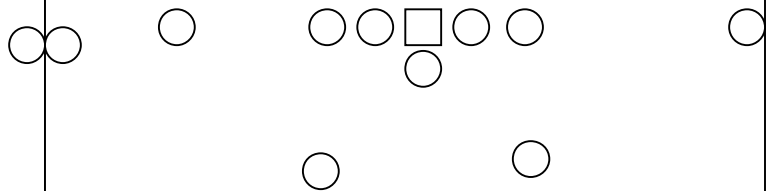
Split Back Twin TE right



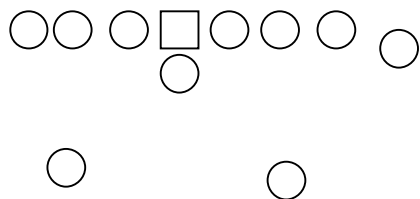
Split Backs 3 wide right



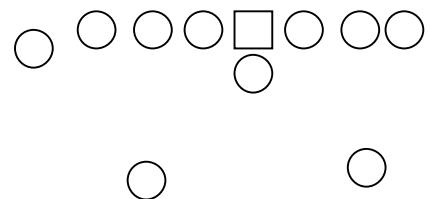
Split Backs 3 wide left



Split Backs Jumbo Right

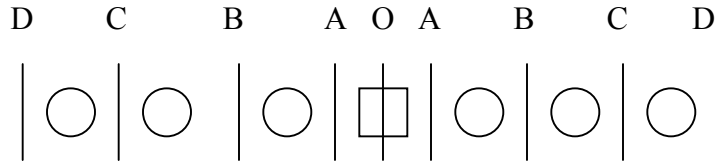


Split Backs Jumbo Left



## Part III.

## Play Terms



### Player Assignments

Play	Dive	Pitch	Dive read	Pitch read
Outside Veer	C Gap	Look for it down field	Last man on LOS	Contain comes at you
Inside Veer	B Gap	Look for it quick	C gap responsibility	DE comes at you
Trap Option	A Gap	Normal	None	Contain comes at you
Counter Option	A Gap	Look for it quick	None	DE comes at you
Speed Option	None	Look for it quick	None	DE comes at you
Load Option	B Gap	Normal	None	DE comes at you

Note for all of the plays:

WR' Always block CB away from pitch and drive them downfield during a run play

QB- When in doubt, take the dive

The defensive player in parentheses is your read

Also, all of these plays can be ran through all formations. When a run play is called, the direction is called as well. EX. Outside veer left



## **Getting Plays in**

To get plays in we will use simple hand signals with wristbands. Your bands will look like this

#	Play	#	Play	#	Formation
1	OV	7	Pass 1	1	SPL RT
2	IV	8	Pass 2	2	SPL LT
3	TRP OPT	9	Pass 3	3	TW TE RT
4	CNT OPT	10	Pass 4	4	TW TE LT
5	SPD OPT	11	Pass 5	5	3 WD RT
6	LD OPT	12	Play action	6	3 WD LT
		13	Z Reverse	7	JMB RT 8LT

To confuse the defense we will be having two coaches to do the hand signals. They are coach Page and Coach Davis. To keep us from being confused, the coach will always alternate. It will always go Coach Page then Coach Davis.

The hand signals we use are just numbers. The QB will look at the real call and the HB will look at the dummy call. In the huddle the QB does all of the talking.

The number order is always the following

1. How many play numbers there are (i.e 1 or two play numbers)
2. Formation #
3. Play number

We will have the same personnel in unless called by Coach Page. We will always have two WR, RB, and 1 TE. The WR can change to play TE. We will go over all roster substitutions during the last practice before the game, and right before the game.

## **Audible**

When the QB changes the play, we will not change the formation, just the play. He will do this by tapping part of his body and calling two numbers. He will call a color for a dummy call as well.

Whatever arm the QB uses to touch something is the playside (i.e. left is a left playside, right arm is a right playside). Unless the first number of the audible is 1, the first number is a dummy call as well. The second number tells the second number of the play.

To signify a audible change, the QB will either call the color of brown, Black or silver. Any other color and the play stays the same.

Here is how an audible would be called

Brown 36, Brown 36 set hut (tap any part of the body with the left arm)-if this audible were called, the play would be a load option to the left.

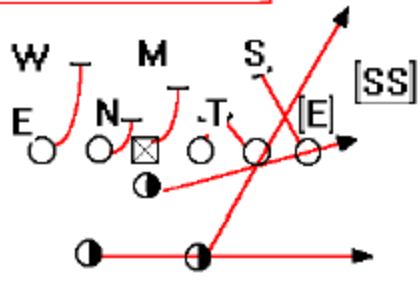
This is not an audible:

Green 13, Green 13 (tap any part of the body)-It is not brown black or silver.

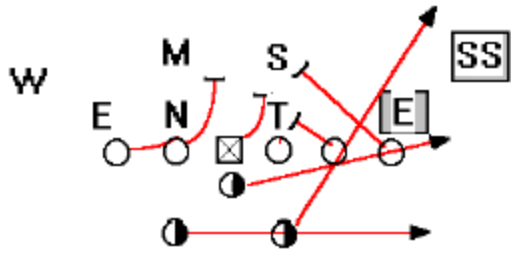
# **Base Plays**

Strong Side

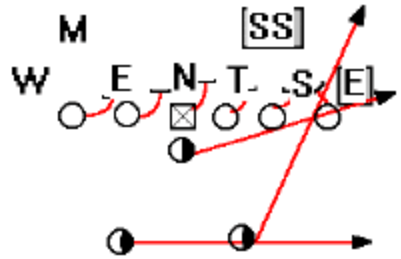
# Outside Veer



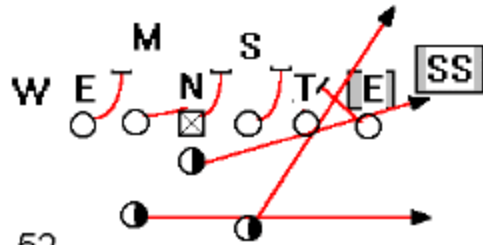
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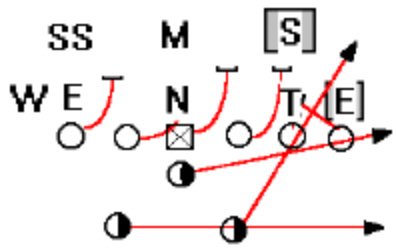
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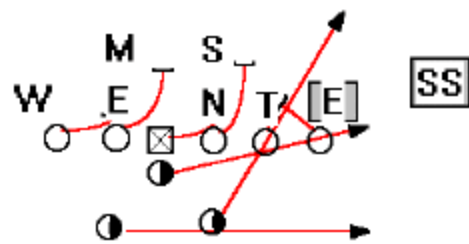
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52



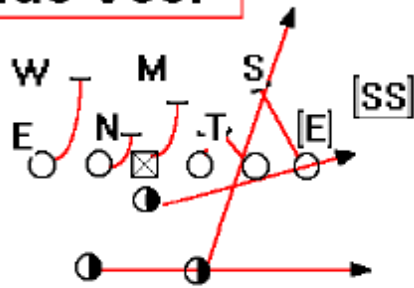
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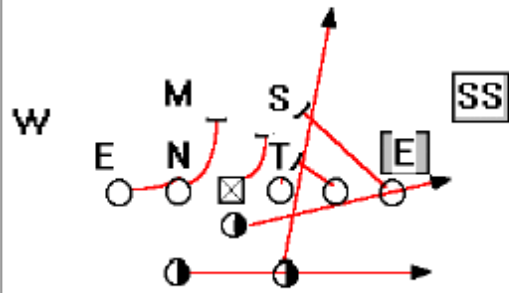
Over

Strong Side

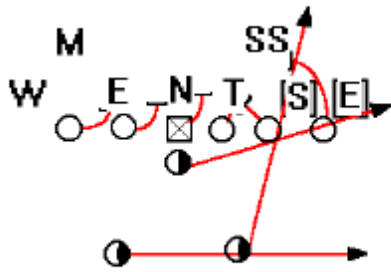
# Inside Veer



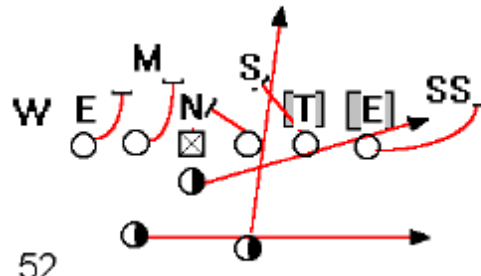
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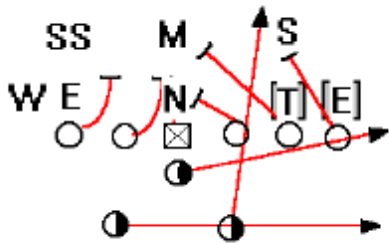
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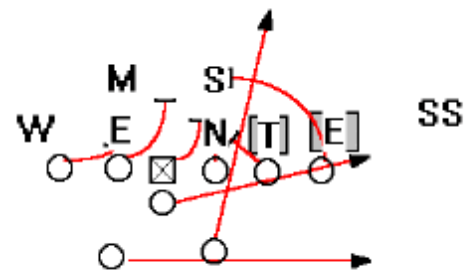
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52



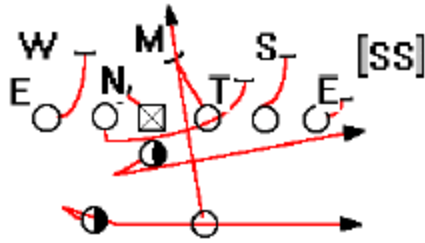
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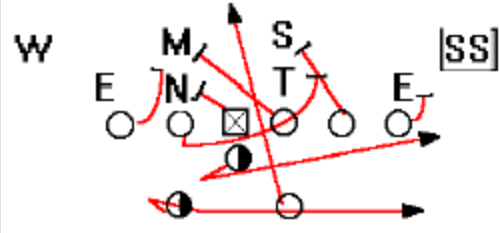
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"Check Weak"

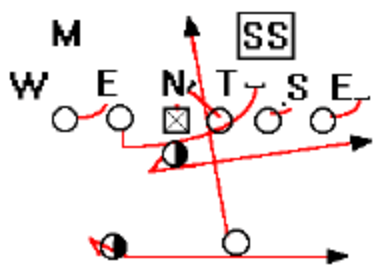
# Trap Option



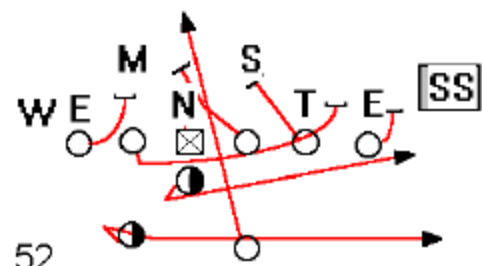
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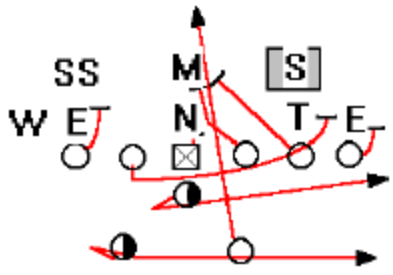
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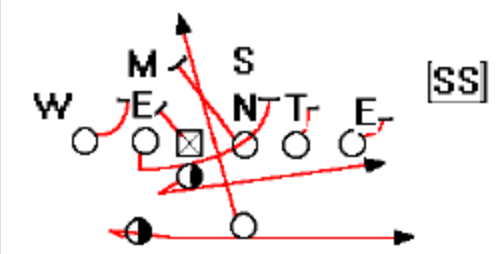
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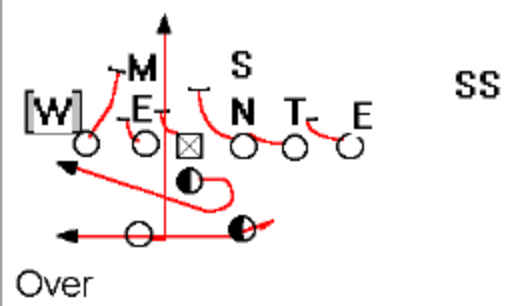
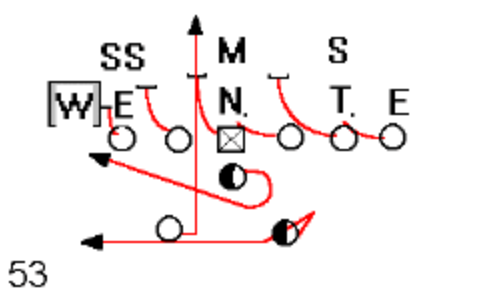
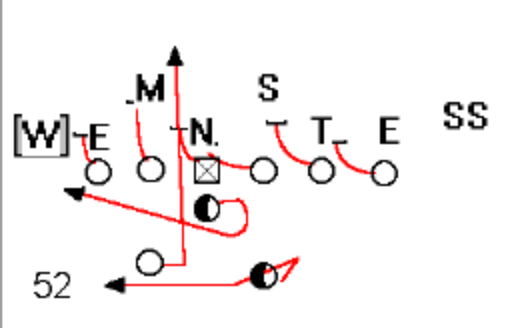
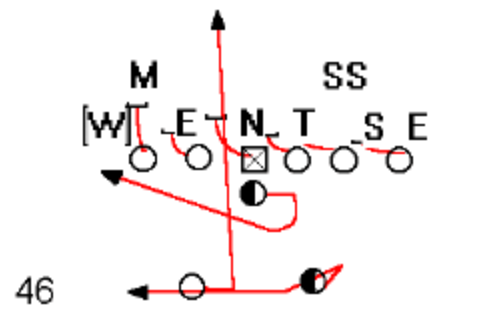
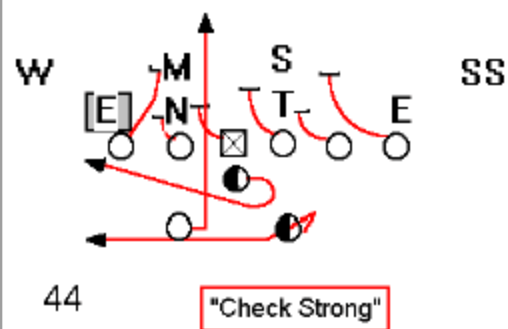
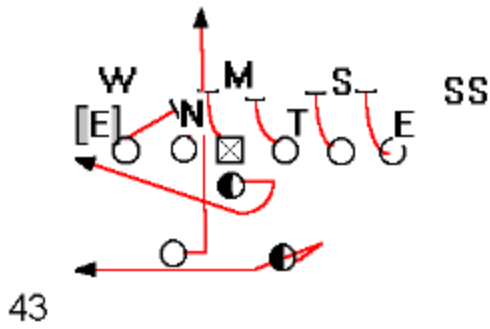


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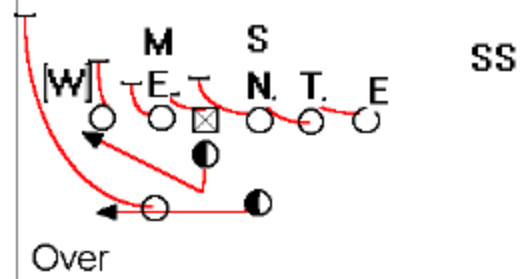
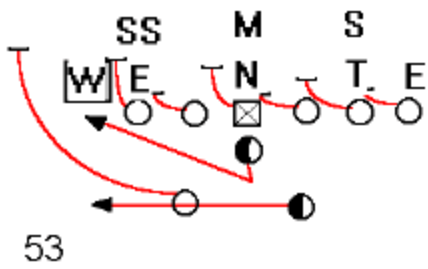
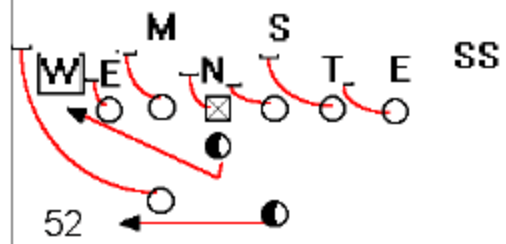
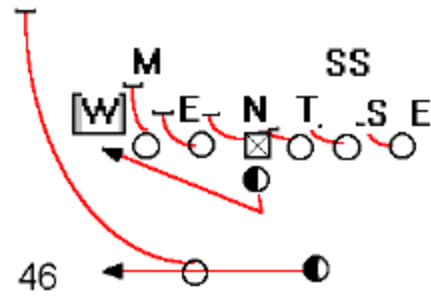
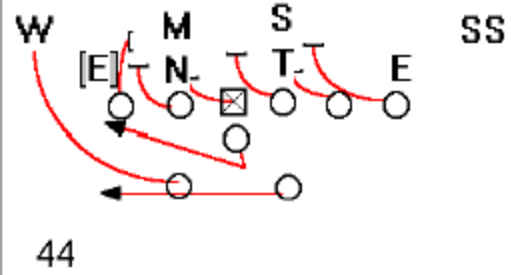
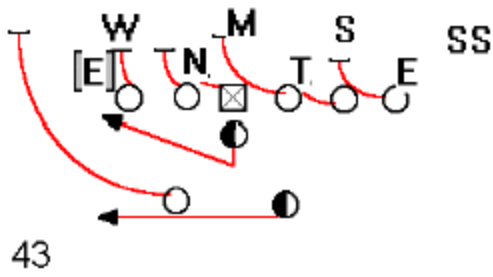


Over

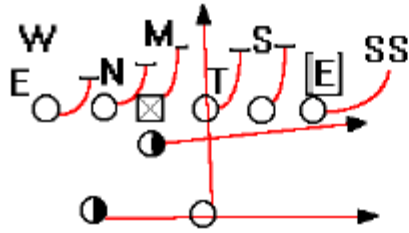
# Counter Option



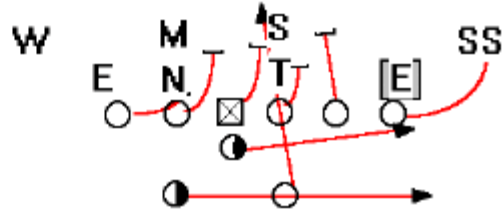
# Speed Option



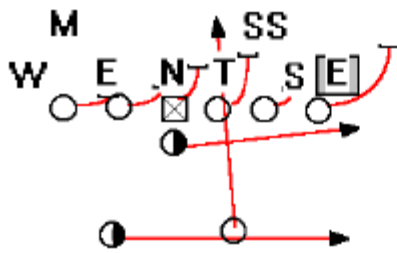
# Load Option



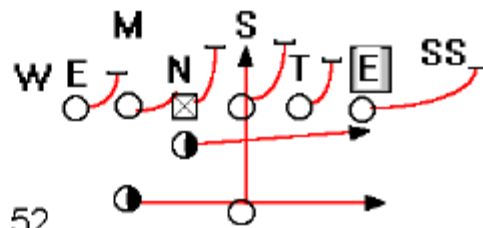
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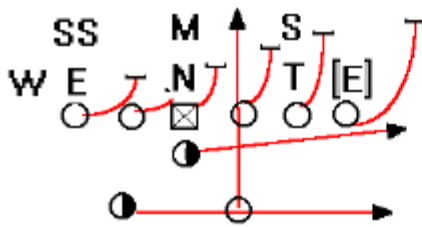
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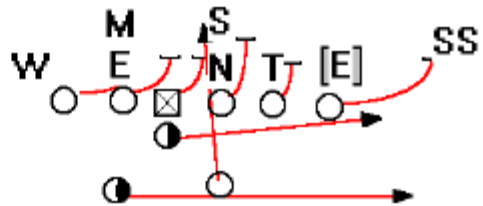
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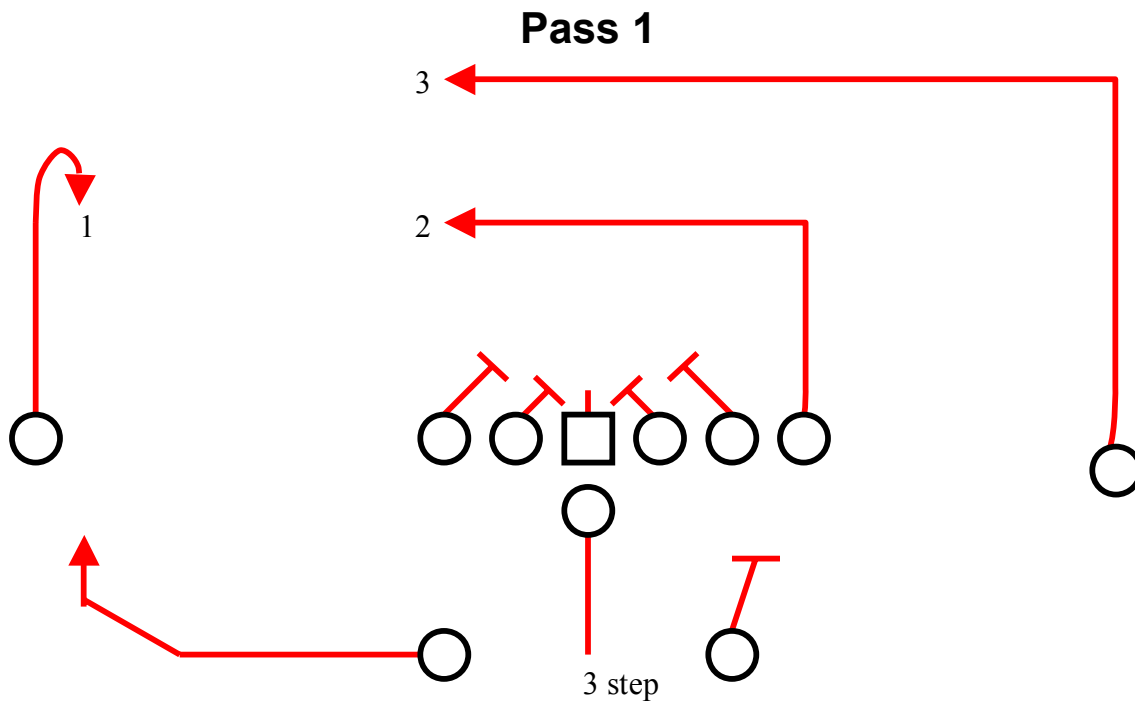


53



Over





### Player Assignments

O-line: Pass block (Block defensive front to the middle)

QB: 3 step drop

FB: Pass block

HB: Swing to the left

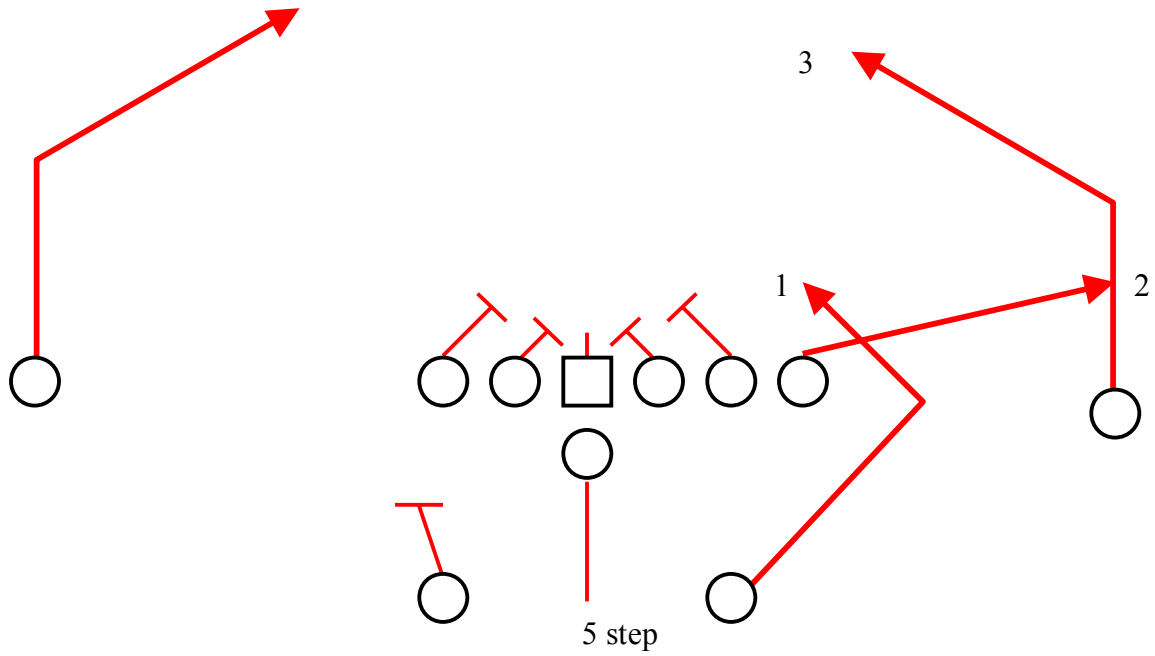
TE: Outside release 5 Yard in

Z: Outside release 10 yard in

X: 8 yard curl

Read progression: X Curl, Y In, Z in, H Swing

## Pass 2



### Player Assignments

O-line: Pass block (Block defensive front to the middle)

QB: 5 step drop

FB: V-Cut

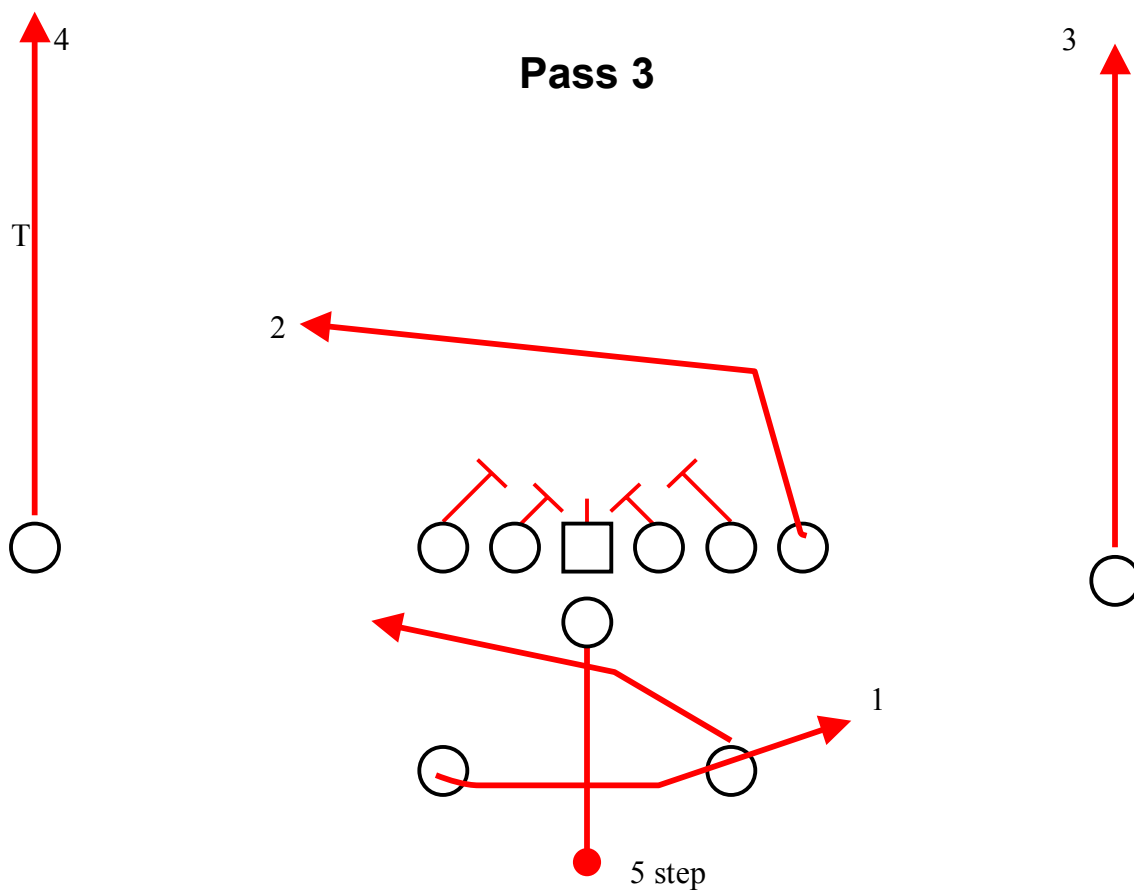
HB: Pass block

TE: Quick outside slant

Z: 10 yard post

X: 10 yard post

Read progression: FB V-cut, TE slant, Z Post, X Post



### Player Assignments

O-line: Pass block (Block defensive front to the middle)

QB: 5 step drop

FB: Flat left

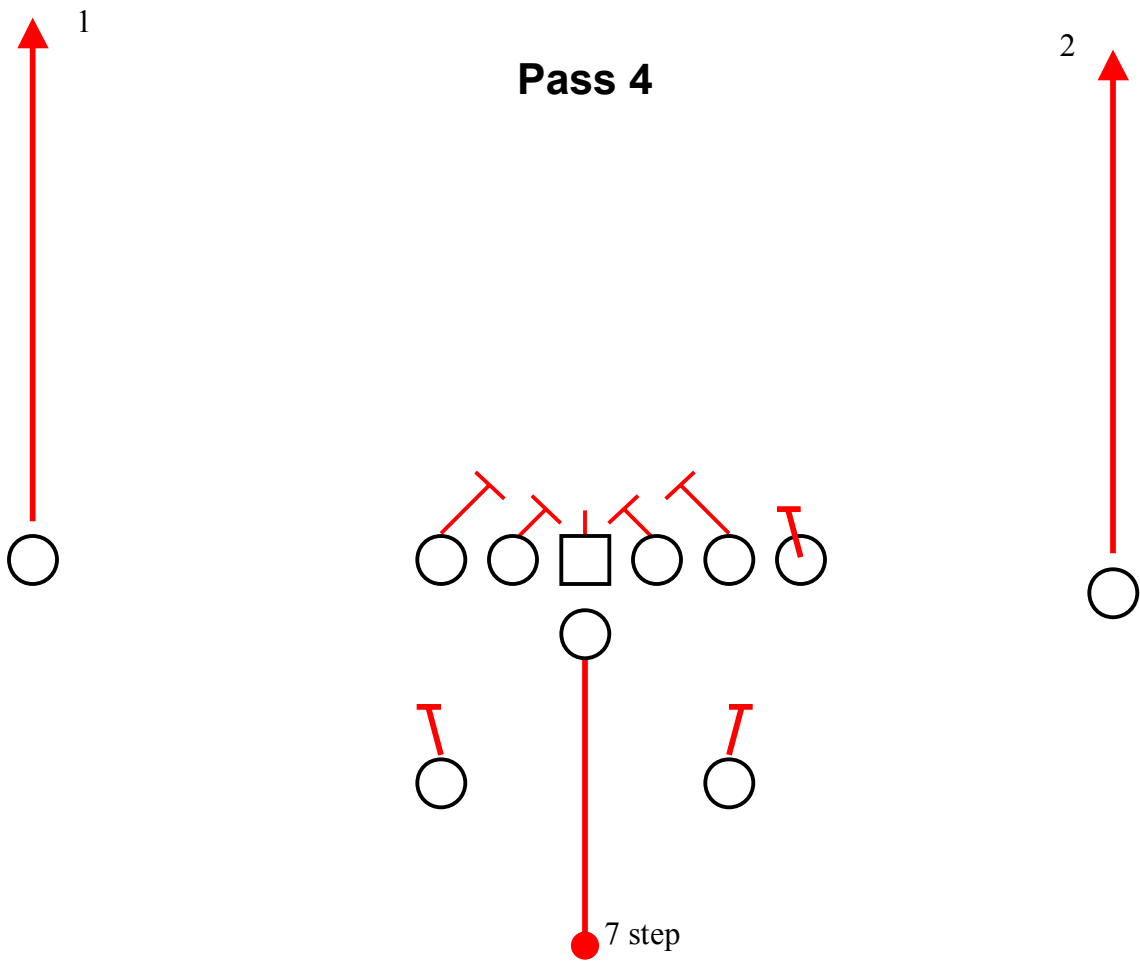
HB: Swing right

TE: Middle Drag

Z: Streak

X: Streak

Read progression: HB Swing, TE Drag, FB Flat, WR' Streaks



### Player Assignments

O-line: Pass block (Block defensive front to the middle)

QB: 7 step drop

FB: Pass block

HB: Pass block

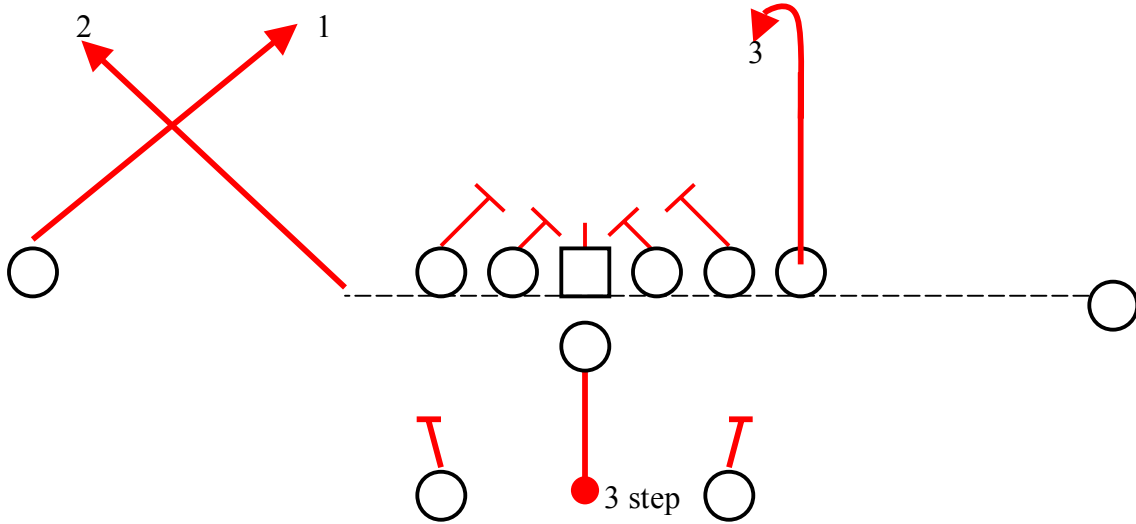
TE: Pass block

Z: Deep Streak

X: Deep Streak

Read progression: X streak, Z streak

## Pass 5



### Player Assignments

O-line: Pass block (Block defensive front to the middle)

QB: 3 step drop

FB: Pass block

HB: Pass block

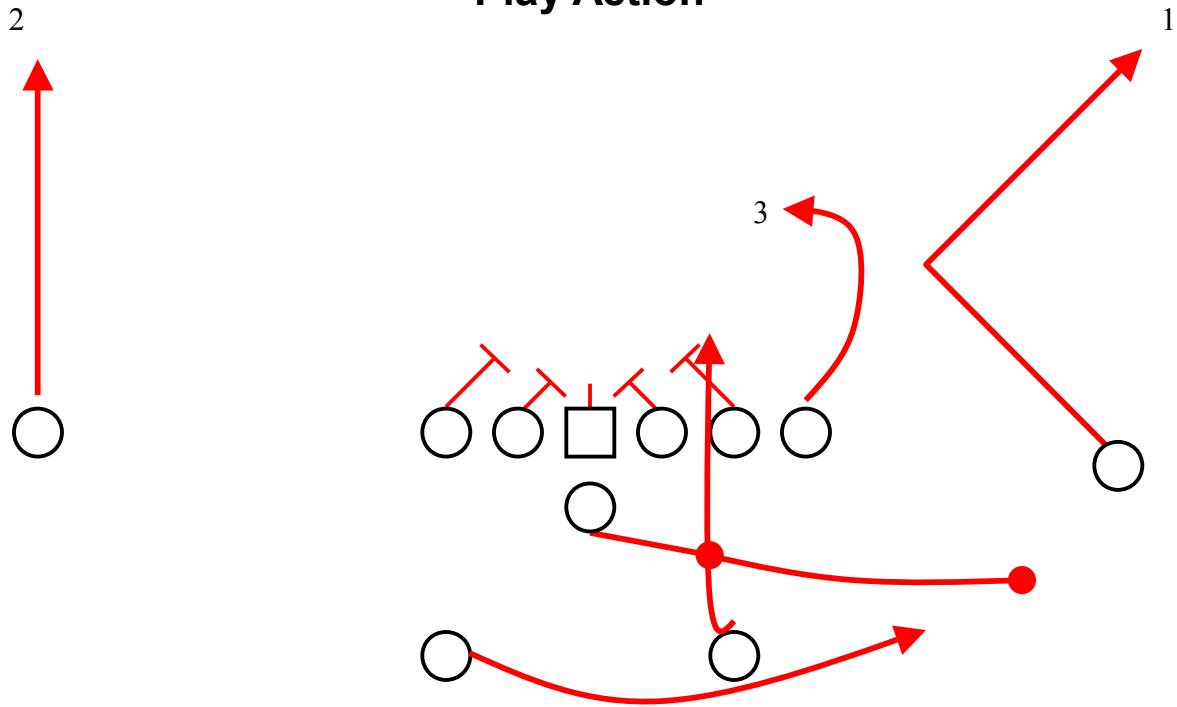
TE: 8 yard curl

Z: Motion to twins, quick slant out

X: Quick slant in

Read progression: X streak, Z streak

## Play Action



## Player Assignments

O-line: Pass block (Block defensive front to the middle)

QB: Fake veer, roll right

FB: Fake dive

HB: Swing right, fake veer

TE: Circle

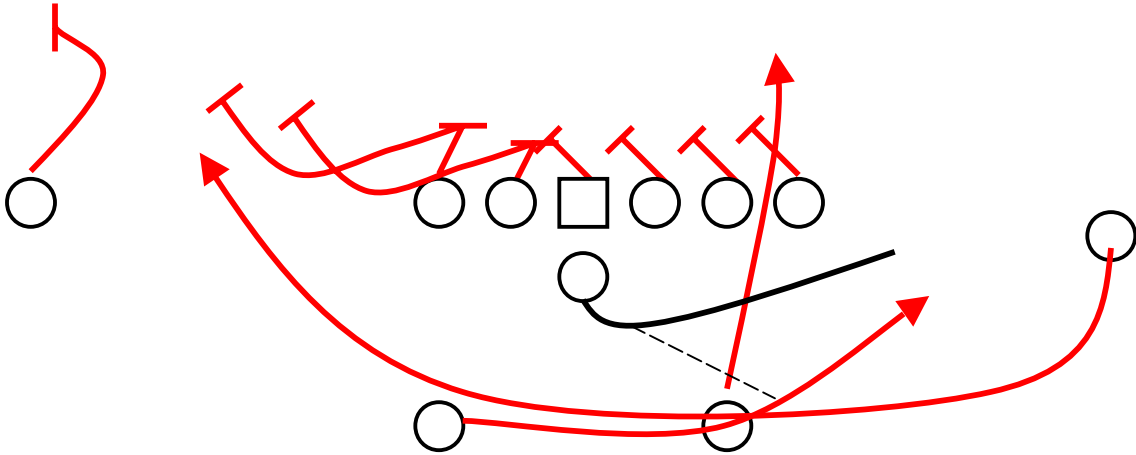
Z: V Cut

X: Deep streak

Read progression: WR V-Cut, WR Streak, TE Streak

Note on execution, Fake as though an inside veer play.

## Z Reverse



### Player Assignments

PG/PT-Block straight for 1 count, pull and block for reverse

C/BG/BT-Block middle

QB: Pitch to HB

FB: Dive

HB: Receive pitch, handoff to Z

TE: Block left

Z: Reverse

X: Block for WR

Note on execution, Fake as though an inside veer play.

# **DEFENSE**



***Philosophy***

The philosophy of our defense is to use heavy pressure to blitz and disrupt passes. If we blitz hard enough, we can shut down a running game just as easy. The key to our defense is our front. If we can disrupt them enough, we will force them to make a mistake.

***Defensive Goals***

To establish a better defense, we are going to set weekly goals.

1. Win!
2. Hold the offense to 100 passing yards a game
3. Hold the offense to 75 rushing yards a game
4. Get two sacks a game
5. Force a fumble
6. Force an interception

***Getting Plays in***

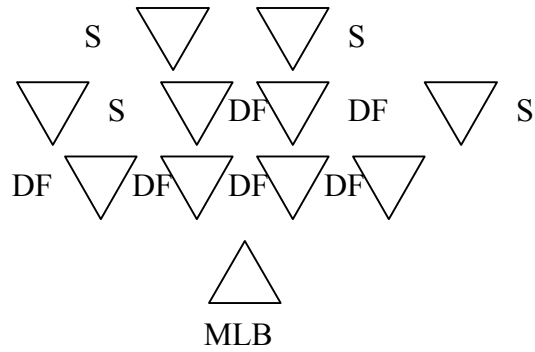
The MLB will come over and get the play from Coach Page then he will tell it to the rest of the defense.

***Coverage audibles and shifts***

Coverage audibles and shifts will be called by the captain of your area. The captain will call it by hand signals. He will first say "Shift!". After that he will do a hand signal. There are:

- Arm up-Shifts players closer to LOS
- Arm Left- Shifts players left
- Arm Right- Shifts players right
- Stop Sign-Back up or spread out
- Both arms up-Brings safeties in to blitz

***The Huddle Formation***



Code

S-Secondary

DF-Defensive front

4-3

3-4

5-2

4-4

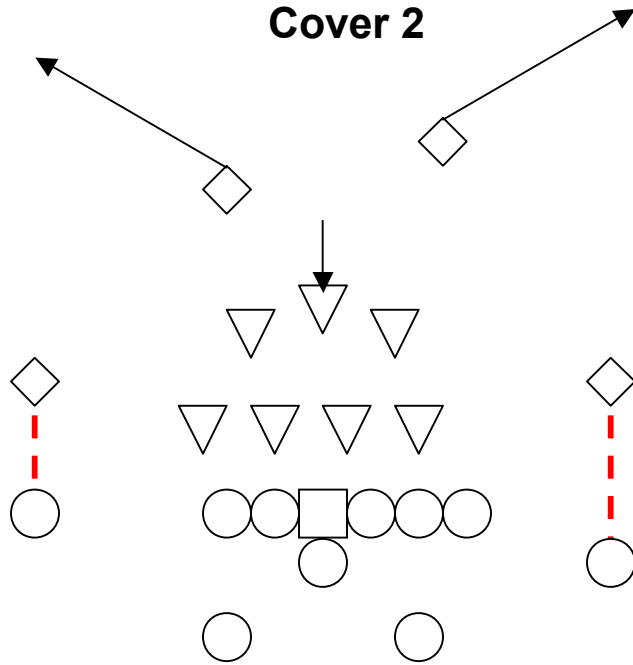
5-3

Nickel

Dime

Quarter

# **Coverages**



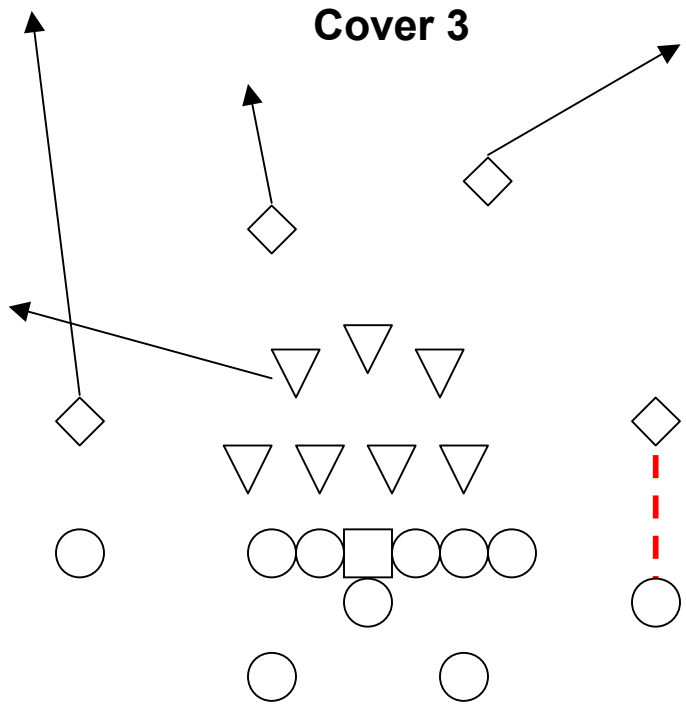
### Player Assignments

CB: Man on Man with WR

SS: Deep Zone

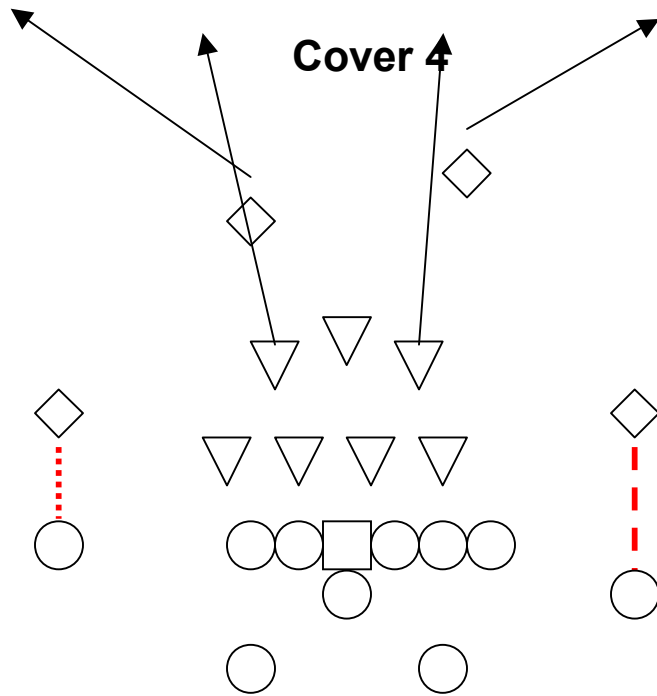
FS: Deep Zone

Note: LB Is called, MLB (s) may play hook zone



**Player Assignments**

- Right CB: Man on Man with WR
- Left CB: Deep Zone
- ROLB: Curl flat left
- SS: Deep Zone
- FS: Deep Zone



### Player Assignments

Right CB: Man on Man with WR

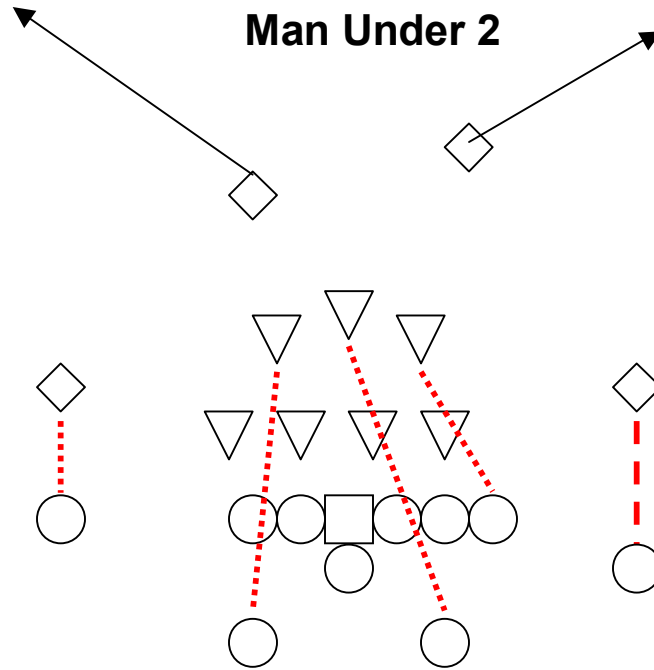
Left CB: Man on Man with WR

LOLB: Deep zone

ROLB: Deep zone

SS: Deep Zone

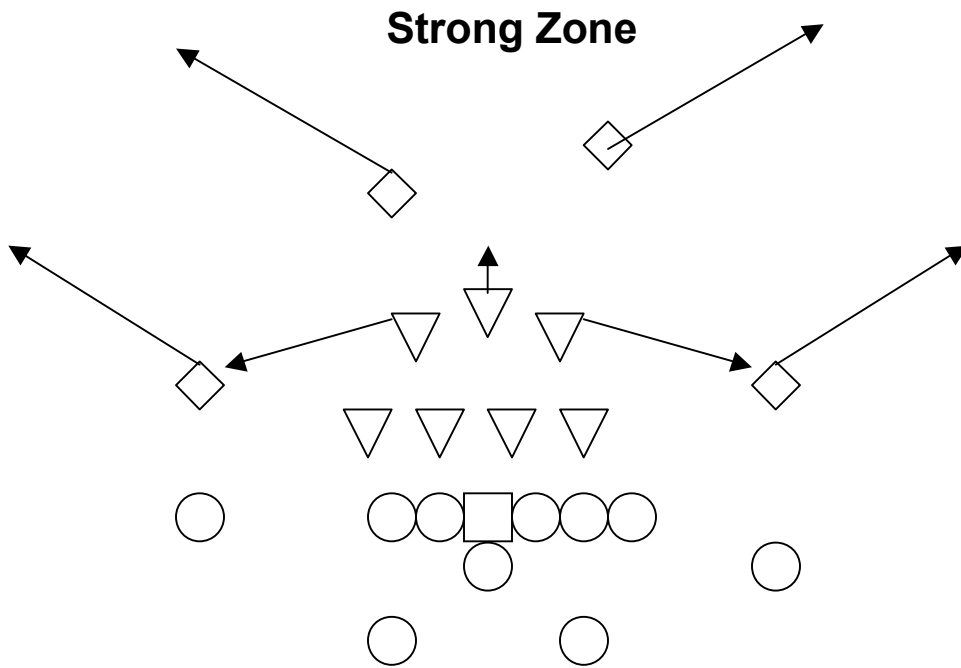
FS: Deep Zone



### Player Assignments

- LOLB: Man on Man with TE/RB
- MLB: Man on Man with TE/RB
- ROLB: Man on Man with TE/RB
- Right CB: Man on Man with WR
- Left CB: Man on Man with WR
- SS: Deep Zone
- FS: Deep Zone



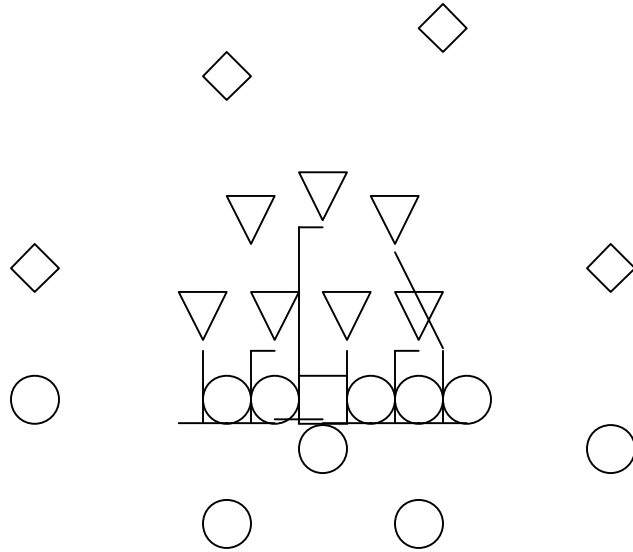


### Player Assignments

- LOLB: Flat left
- MLB: Hook Zone
- ROLB: Flat right
- Right CB: Curl flat zone
- LCB: Curl flat zone
- SS: Deep Zone
- FS: Deep Zone

# **Blitzes**

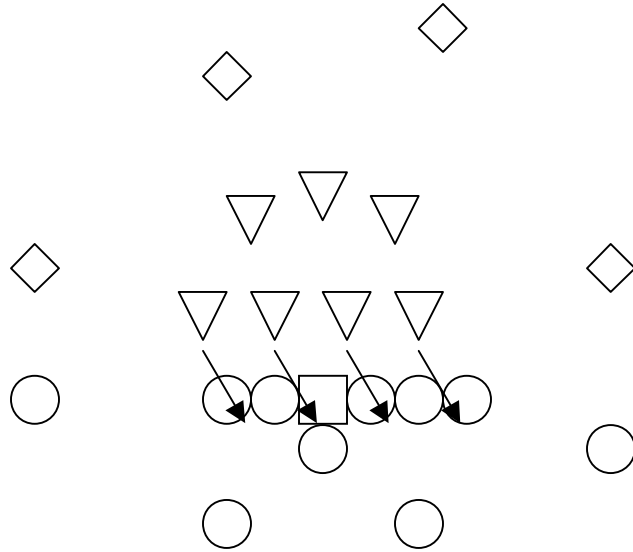
## Base



## Player Assignments

RE: Jam 5 hole  
RDT: Jam 3 hole  
MLB: Jam 1 hole  
LDT: Jam 2 hole  
LE: Jam 4 hole  
LOLB: 6 hole

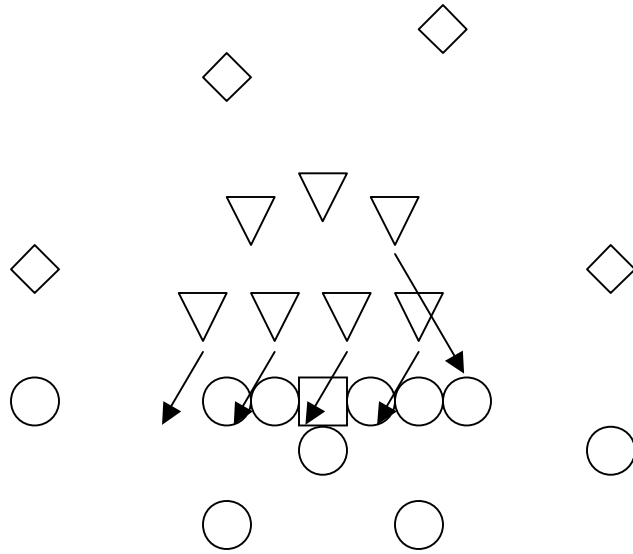
## Slant Left



## Player Assignments

DL: Slant to the left

# Slant Right

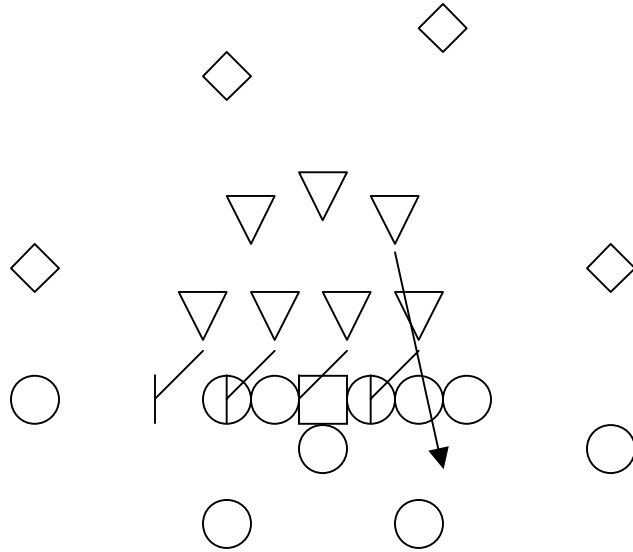


## Player Assignments

DL: Slant to the right

LOLB: Blitz left

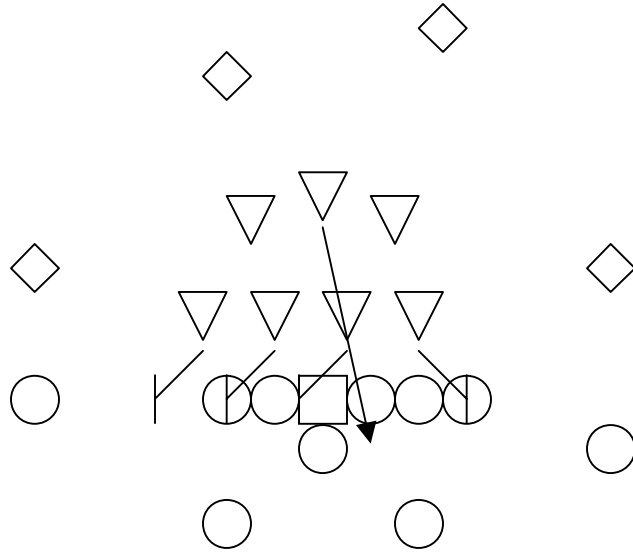
## Louie Shoot



### Player Assignments

DL: Base to the right  
LOLB: Blitz the right tackle

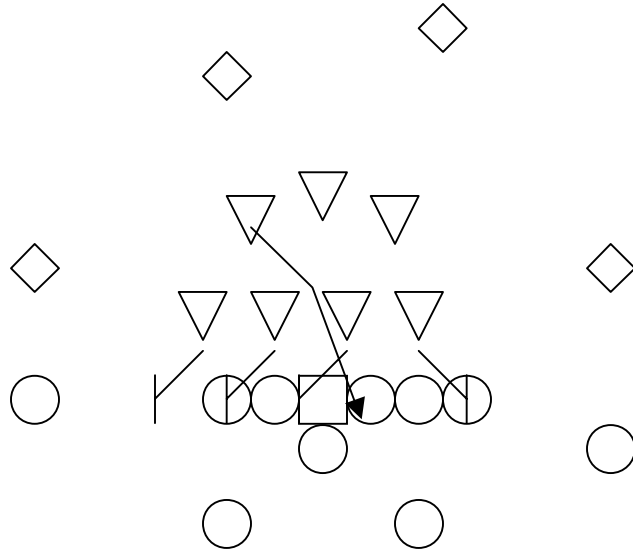
## Mike Blast



### Player Assignments

RE, RDT, LDT: Base to the right  
LDE: Base left  
LOLB: Blitz the left tackle  
MLB: Blitz 2 hole

## Richy Blitz



## Player Assignments

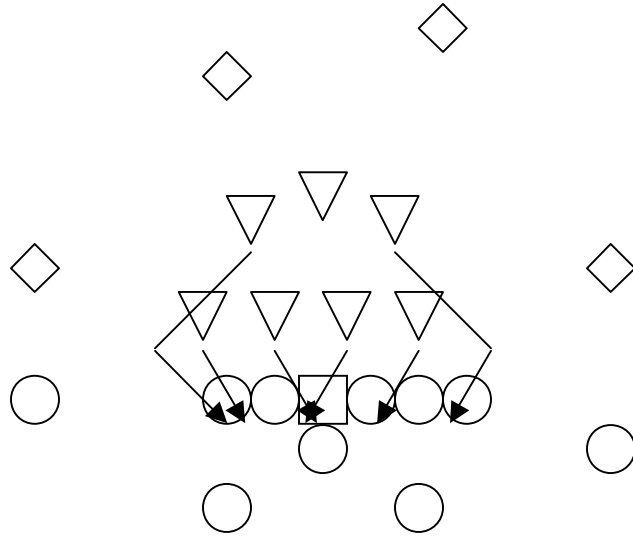
RE, RDT, LDT: Base to the right

LDE: Base left

ROLB: Blitz the 2 hole



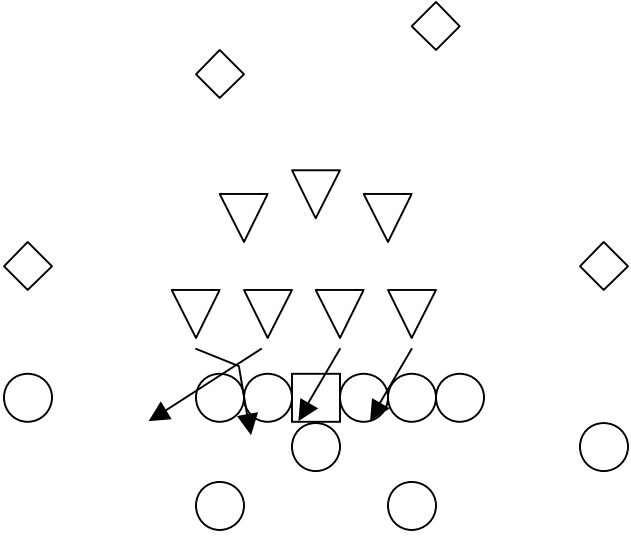
## OLBs Fire



## Player Assignments

DL: Blitz to the middle  
OLBS: Blitz around the O-Line then attack QB

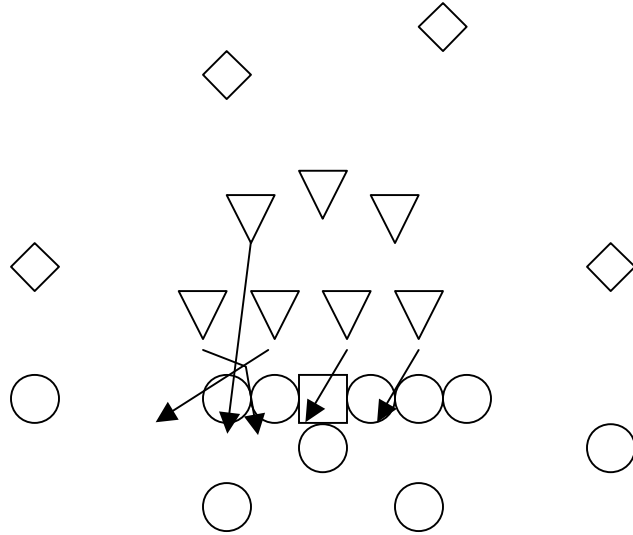
# ET Stunt



## Player Assignments

- LDL: Blitz right
- RDE: Blitz 3 hole
- RDT: Blitz 5 hole

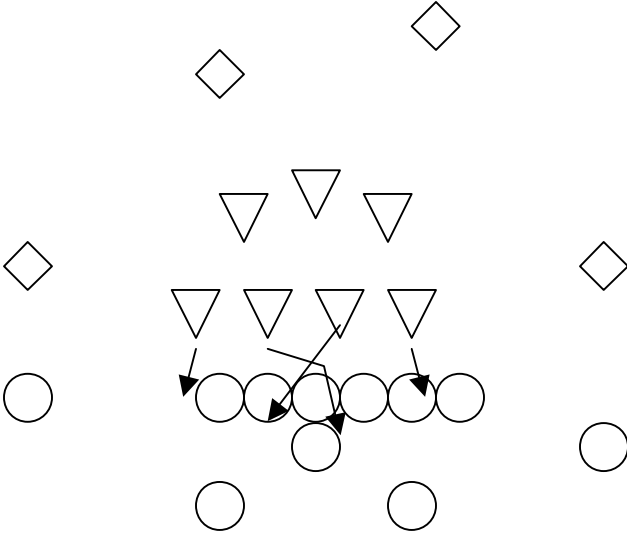
# ETR Twist



## Player Assignments

- LDL: Blitz right
- RDE: Blitz 3 hole
- RDT: Blitz 5 hole
- ROLB: Blitz LT

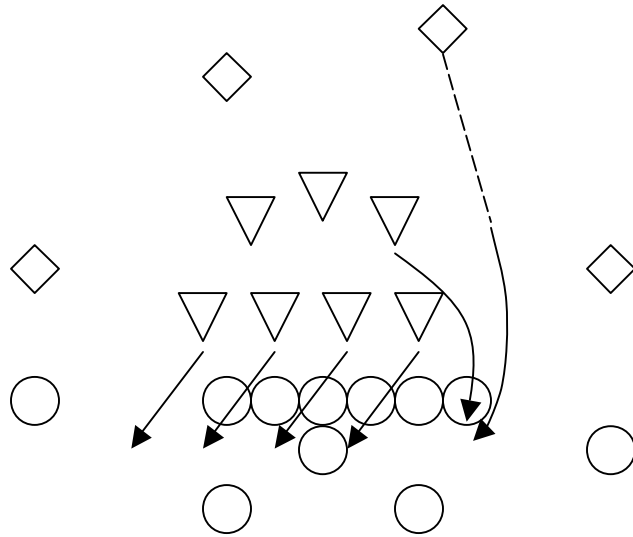
# TT Stunt



## Player Assignments

- DE': Blitz out
- LDT: Blitz 2 hole
- RDT: 1 hole

## SS Blitz



## Player Assignments

D-Line: Slant Right

LOLB: blitz TE

SS: (Pre-snap: Come in to blitz) Blitz around TE

# **SPECIAL**

# **TEAMS**

## ***Philosophy***

Our philosophy gets right down to the basics... establish a good field position for the offense to take over on.

## ***Goals Of the Special Teams***

To establish a better special teams unit, we are going to set weekly goals.

1. Score 75% of our field goals.
2. Get 100 KR yards
3. get 50 PR yards
4. Block 2 punts this season
5. Block 2 field goals this season.

