OFFENSE

RUNNING BACK FUNDAMENTALS
BACK FUNDAMENTALS

STANCE: 3 Point:
1. Keep feet underneath yourself. Be balanced - so you can be an athlete all the time.
2. Do not be too wide, toes pointed in with butt down and head up.
3. Place hand directly under head - never out front.

STANCE 2 Point:
-2 PT = Hback in I set or both backs in shotgun set (feet under armpits / upright).
-RECEIVER STANCE = inside leg back with hands ready (RTE RELEASE).
*work zone / sprint steps every day (zone / cross over / slow to fast  *see steps).

BALL SECURITY: DO FORM RUNS WITH BALL (5 PTS OF PRESSURE)
-Always use left and right arms for each drill.
-Double tuck, zig-zag (switch ball to outside arm on cut with DB TUCK during switch/cut)
-Pop ups, every 5 yards slap non-ball hand on ground and POP straight up (5 pts of pressure).

JUMP CUT: Objective is to make short shallow reactionary cut that gains ground while avoiding potential tacklers.
-KEYS - Keep shoulders square and never cross feet during cut.
-Make cut when 1 YARD FROM DEFENDER-JUMP CUT OPPOSITE DEF HEAD
-1st plant with inside foot/2nd step with outside foot at 45 degrees and 3rd = hop
90 degrees with both feet and plant off inside foot.
-last = accelerate ahead and away form tackler(Touchdown move).
-NEVER SWITCH BALL DURING/BEFOR JUMP CUT*
-*MISS READ - STAY WITH DIRECTION (DO NOT STOP)*

SHAKE MOVE: Objective is to make reactionary cut to avoid direct hit by defender. Start with pound step (direction of final cut), then take a quick 2nd pound step and cut away.

CROSS-OVER: Objective of move is to make quick cutback from defensive flow. Keep hips low and don’t change ball over during cut.

BALL DRILLS: Figure 8/grabs/flips/drop-circle-grab/lying on ground-catch-tuck-head bob.

NET DRILLS: KEY = FINGERS/TUCK/HEAD BOB
-High(thumbs together)/low(pinkies together)/sides
-turn(react)/over shoulder/highest point.
-Lying on back catch(over shoulder): Have person toss over head.
-backs can catch option pitches from QB’s (attack downhill)

BASE BLOCKS: Use first steps drills and strike progression drill.
-Use chutes drill and Power lead drill and read.

STALK BLOCK and/or PASS PROTECTION: Use Mirror dodge drill

ROUTE TECHNIQUES: Use physical swim technique-stay low (get DEF hands off).
-Must threaten defender, burst into cut.
-Weave into cut(hips back-arms pumping), plant(reach).
-Follow through(come back to ball).
*SEE RECEIVER ROUTE FUNDAMENTALS AND ROUTE RULES*

AGILITY DRILLS: Pro shuttle/speed zig-zag/ropes or ladder with move/hand spins/TTO/

CONDITIONING: 40 yard interval sprint workout/350's X 6(60 sec.) with 30 sec. recovery.
BACK FUNDAMENTALS - FIRST STEPS

**STEP:** Zone  
**CALL:** Zone  
Six inch, 45° step playside, point toes and turn shoulders at 45° angle also – key point!  
**ZONE and SPRINT PLAY STEPS – WORK**  
1-zone step  2-cross over  *slow to fast!*

**STEP:** Power  
**CALL:** Power  
Six inch lateral step inside, keeping toes pointed forward.

**STEP:** Pull  
**CALL:** Pull  
Rotate playside foot (spin on heel) 90° in place, pointing toes toward sideline. Keep your weight on balls of feet (not heel).

**STEP:** Kick  
**CALL:** Kick  
Six inch, 45° step outside to the rear. Use non-leverage foot (playside).

**STEP:** Drop  
**CALL:** Drop  
Six inch step straight backwards. Using leverage foot (backside). Example=2nd step for 40 and 80 (hinge) pass protection,

**STEP:** Lead  
**CALL:** Lead  
Six inch step straight forward with playside foot. Offensive back lead blocking on Playside Middle or Outside backers.
**RECEIVER ROUTE TECHNIQUES**

1. **STANCE:** 2 point with inside foot back, arms relaxed, push off front foot. 
   **KEY=** take off on snap of ball (not count when in receiver position)!
2. **ALIGNMENT:** Stretch defender to max., yet able to get where you need to be. 
   All run plays align at bottom of numbers on field=maximum stretch.
3. **ROUTE RELEASE:** Attack with first step to get defender outside framework (Shake). 
   (foot fire) six quick steps in one yard radius to deceive defender.
   (burst) forward body lean, low center of gravity to keep pad level low.
   (hand to hand) physical swim, stay low, rip and get defenders hands off.
   **Vs. Cover 2-Zone:** Attack defenders outside leg, if he gives it=take it!
   Defender takes it away=Rip inside. Never get bumped off route path.
   **KEY=** do route release(1 on 1) before any ball receiving drills (team or group)
4. **ROUTE STEM:** Run stem of route at defender (attack or threaten defender). Run route to beat defender, not an area. **BURST** (lean forward) at defender before cut (eyes deep).
5. **ROUTE BREAKING POINT:** Before cut, WEAVE outside framework of defender. Start to lean back (drop hips) and pump arms. Plant outside foot (reach) and rip inside elbow to turn body. Run route so defender must go through you to get to ball.
6. **ROUTE FAKES:** 3 types of fakes - (1) change of pace (2) double fake (3) weave.
7. **BALL SECURITY:** Always come back to the ball, look ball into double tuck position. If defender on=work (spin) to sideline, if defender off=(square up DEF) and run vertical.
8. **R.A.C.:** Run after catch - this is the key to becoming a complete receiver.
9. **ROUTE DEPTH:** We use a rhythm pass concept, receiver must get as deep as possible while staying on rhythm of Qb drop (timing is the key).
   **General rule of thumb:**
   3 step plays=routes run at 7-8 yards depth.
   5 step=routes run at 10-12 yds.
   7 step=15-17 yds.

**HELP QB CALLS** *(If QB can’t see, he can hear)*

- **CHECK WILL BACKER & FREE SAFETY:** check free safeties($) depth and free safeties (FS) alignment. If Will in blitz position at Line of Scrimmage (LOS), and FS over top = blitz key.
- *Receiver yells = "Will" (Will blitz cue to Qb)!*

**RECEIVER PRE-SNAP READS AND CALLS**

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<td>&quot;1&quot;</td>
<td>1 deep-man</td>
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<td>&quot;2&quot;</td>
<td>2 deep zone</td>
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<tr>
<td>&quot;2 man&quot;</td>
<td>2 deep-man under</td>
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<td>&quot;2 dog&quot;</td>
<td>2 deep with man(dog) on 1 rec</td>
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<td>&quot;3&quot;</td>
<td>3 deep zone</td>
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<td>&quot;3 weak&quot;</td>
<td>3 deep, $ hook area weak side.</td>
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<tr>
<td>&quot;3 strong&quot;</td>
<td>3 deep,$ hook strong side.</td>
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<tr>
<td>&quot;4&quot;</td>
<td>4 deep-combination zone/man</td>
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<td>&quot;42&quot;</td>
<td>cover 4 strong and cover 2 weak.</td>
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**COVERAGE CALLS**

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**General rule of thumb:**

3 step plays=routes run at 7-8 yards depth. *(from backfield set = 3 yards depth).
5 step=routes run at 10-12 yds. *(from backfield set = 4-5 yards depth).
7 step=15-17 yds. *(from backfield set = 6-7 yards depth).
PASS ROUTES AND ADJUSTMENTS

The individual pass routes are described and diagrammed below. Backs must understand the concept of the pattern (BIG PICTURE), who and how we want to stretch defenders. **Hot concepts** automatically release back into route **(no check block on backer – take off).**

**ROUTE:** swing  
**DESCRIPTION:** 1st step with inside foot, check backer, take off wide and fast.

**ROUTE:** option – “Ole” route  
**DESCRIPTION:** read backer, hot=arrow.  
No blitz, get to 5 yds and go away from LB.

DO NOT bubble back, but stretch horizontal without turning to LOS before ball thrown.

**ROUTE:** arrow  
**DESCRIPTION:** 1st step with inside foot, check backer, take off wide and flat.

**ROUTE:** arrow(hot)-angle – “tex” route  
**DESCRIPTION:** 1st step with inside foot, check backer, attack backers outside leg.

**ROUTE:** arrow(hot)-snake – “Snake” route  
**DESCRIPTION:** get to sideline fast with arrow route, qb no look = run snake deep.

**ROUTE:** get open – “G” route  
**DESCRIPTION:** read backer, hot = Go.  
No blitz, read LB’s, for stop and sit.

get to sideline fast with arrow route, look for ball (hot-arrow). If Qb not looking at you – turn upfield and run snake route deep.

get outside O-tackle fast attacking backers outside shoulder. If Backer blitz then Go vertical in seam, Backer drops = stop & sit.
BACK RUN BLOCK PROGRESSION
*use phase breakdown drills to teach "parts" of offense and build to "whole" concept.

"strike progression" drill:
partners with cigar dummy
Start on hands & knees, head to side of cigar dummy, work on hip strike/shoulder block/roll eyes to sky(keep close to dummy). Go to 3 pt stance and work first step and strike.

"chute base block" drill:
Start in 3 pt stance, on count run thru chute and base block=drive(strike) and finish.

"check release" drill:
Qb and backs run 50-60-70 pass game versus live backers.

"iso read" drill: (chute/out)
2 backs vs 1 cigar dummy
Backs start in set and run offensive play(play strip) with lead-"iso" block and ball carrier reading block(chute or out).

"option game" drill:
have offense set. 1st coach = dive read, 2nd coach(ball in hand) = pitch read. If dive give, then coach throws ball to Qb=pitch read. Offensive team must gain 10 yds without being touched using run or pass.

"gauntlet" drill:
position groups(1 Qb each)
Separate into Fback, Hback and Rec groups with Qb at each. Each group executes run/pass play and scores. Station #1 goes first, then #2, then #3(continue reps). Rotate QB's and sides after 5 reps each group. *high intensity drill with focus on scoring(TOUGH)!
# RUNNING BACK LOG

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TIME TOTAL

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