

# **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).
- cone weave / j-cut / 5 bag hop / shuffle cut back / bounce take off / ladder – slalom.

**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 from tackler (Touchdown move).
- NEVER SWITCH BALL DURING/BEFORE 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 2<sup>nd</sup> 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).

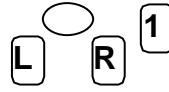
- Must threaten defender, **burst** into cut.
- Weave** into cut(hips back-arms pumping), plant(reach).
- Follow through(**come back to ball**).
- \*SEE RECEIVER ROUTE FUNDAMENTALS AND ROUTE RULES\**

**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.

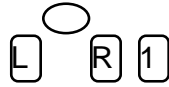
## BACK FUNDAMENTALS - FIRST STEPS

**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!



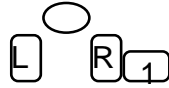
**PLAYSIDE  
6 INCHES**

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



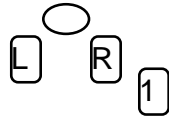
**INSIDE  
6 INCHES**

**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).



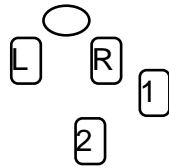
**PLAYSIDE  
SPIN**

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



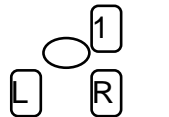
**OUTSIDE  
6 INCHES**

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



**PLAYSIDE  
6 INCHES**

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



**PLAYSIDE  
6 INCHES**



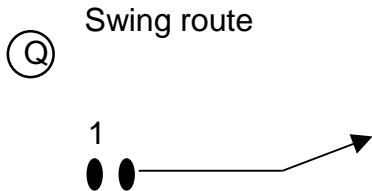
## PASS ROUTES AND ADJUSTMENTS

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

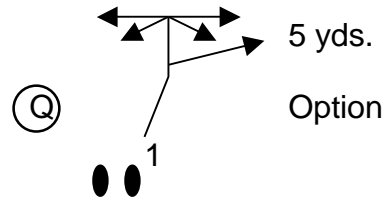
**DESCRIPTION:** 1st step with inside foot, check backer, take off wide and fast.



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

**ROUTE:** option – “Ole” route

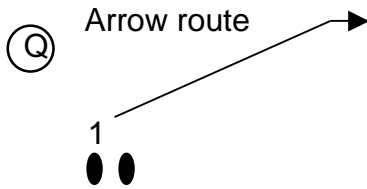
**DESCRIPTION:** read backer, hot=arrow. No blitz, get to 5 yds and go away from LB.



get to 5 yds. depth and run away from LB. If tight man=run out/in, vs. zone=sit out/in.

**ROUTE:** arrow

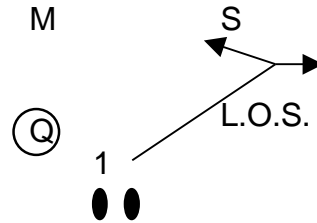
**DESCRIPTION:** 1st step with inside foot, check backer, take off wide and flat.



take off flat and aim to depth of 3 yards on the sidelines, stretching defense wide.

**ROUTE:** arrow(hot)-angle – “tex” route

**DESCRIPTION:** 1st step with inside foot, check backer, attack backers outside leg.



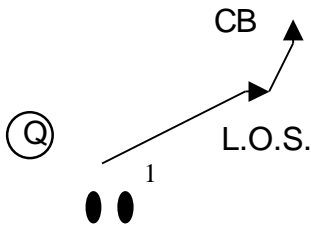
read backer, if blitz get wide and look for hot pass. If backer drops, fake arrow and get inside backer (find window to Qb).

**ROUTE:** arrow(hot)-snake – “Snake” route

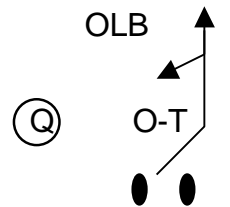
**DESCRIPTION:** get to sideline fast with arrow route, qb no look = run snake deep.

**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.



### RUNNING BACK LOG

<b>NAME:</b>	<b>DATE:</b>
<b>HEIGHT:</b> <b>WEIGHT:</b>	<b>TERM:</b>
<b>INDIVIDUAL GOALS:</b>	<b>TEAM GOALS:</b>

week #	catches (count)	footwork drills	ball mech	fundo drills	run	lift	stretch	total time
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

<b>TIME TOTAL</b>
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<b>SELF EVAL:</b>	<b>COACH REVIEW:</b>
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