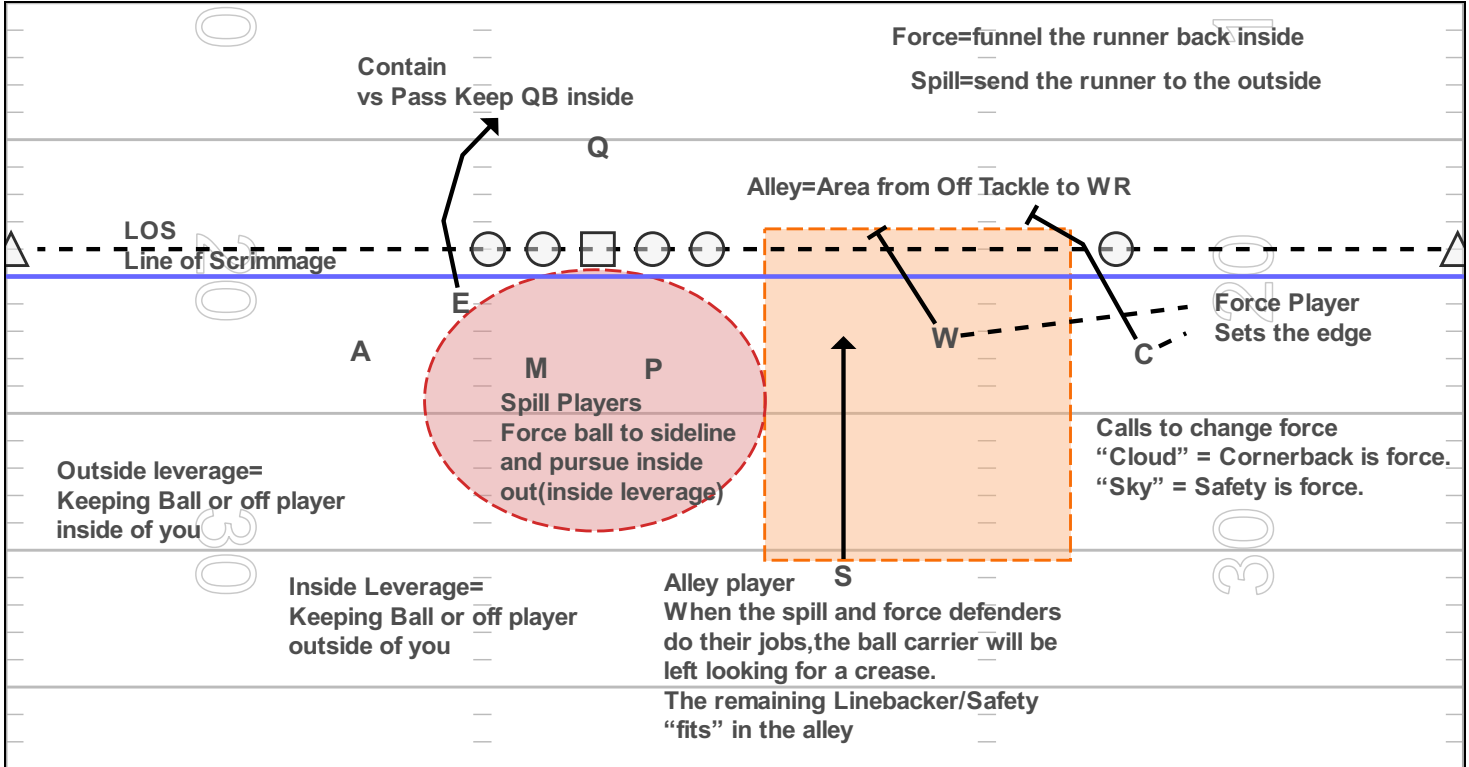


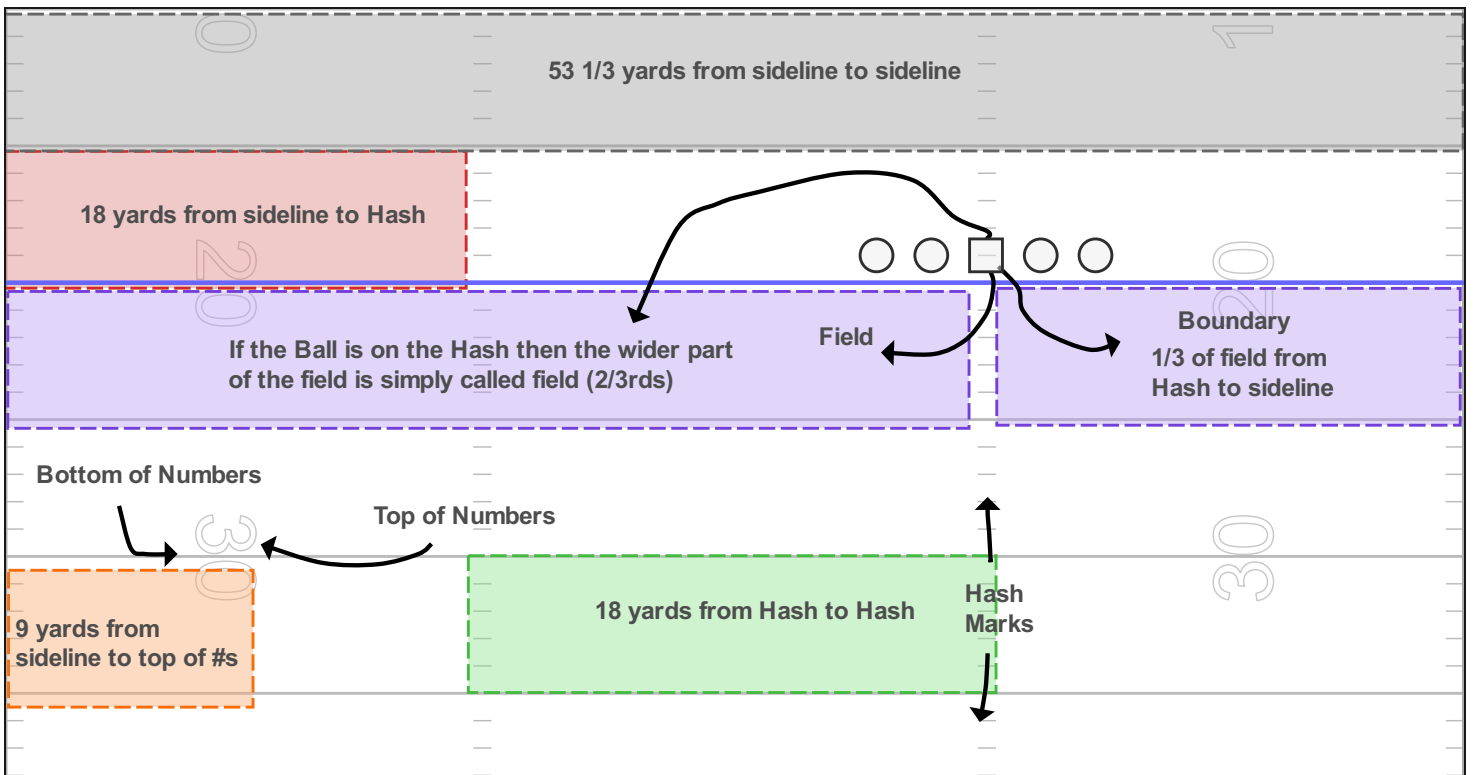
FOOTBALL TERMS

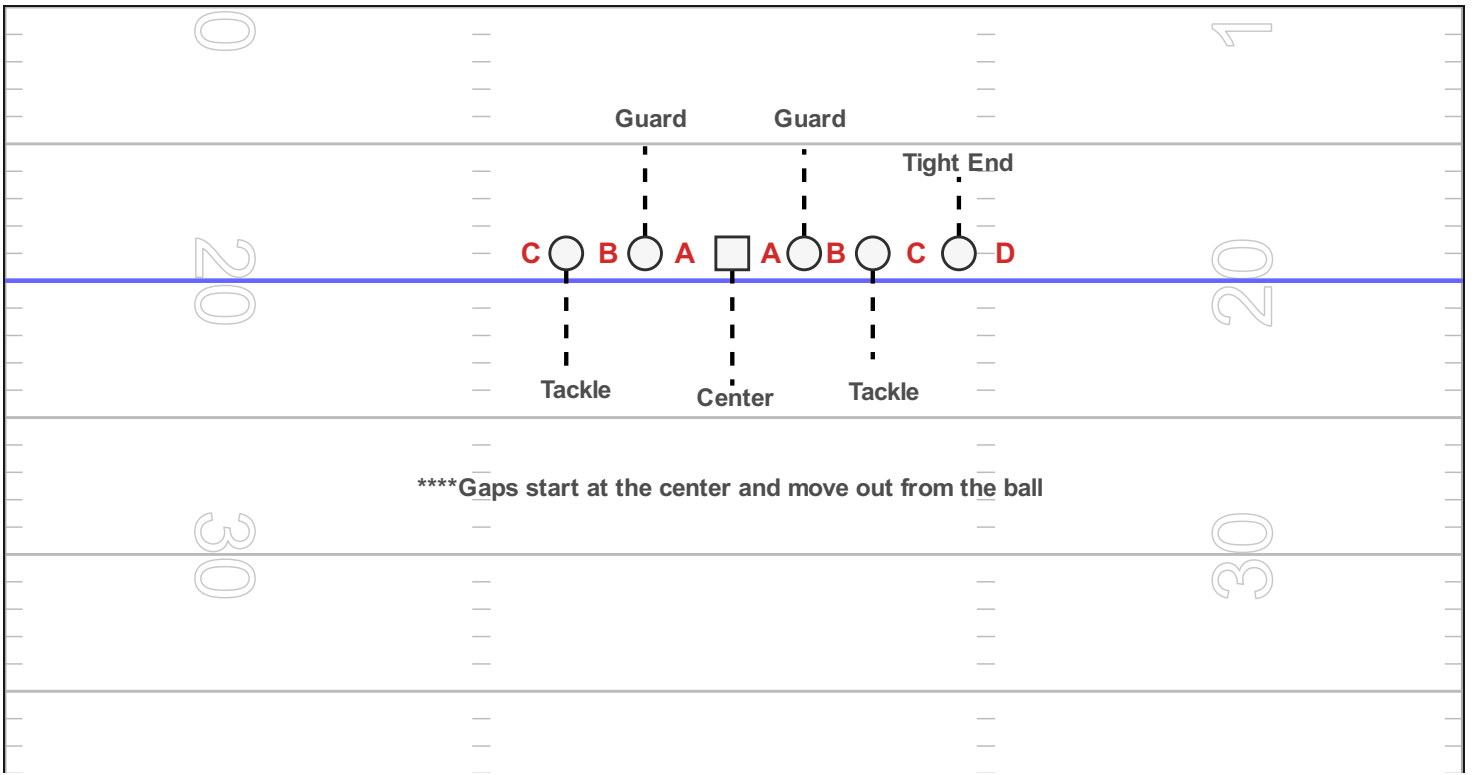
General Terms		1
Strong side= The side of the Offensive formation with a TE or 2+ receivers		
Weak side =The side of an Offensive formation away from the TE or strength		
L.O.S. Line of Scrimmage		
P.O.A. Point of Attack		
Wing=Back split 0-3 yards outside of end man on L.O.S.		
Nasty Split=Refers to a receiver who aligns 4-6 yards outside of the TE or OT		
Strong Flow=Both Offensive Backs moving to the strong side		
Weak Flow=Both Offensive Backs moving to the weak side		20
Split Flow=One Offensive Back moving strong while the other goes weak		
Fill=Support responsibility to meet play inside out		
Squeeze=Defensive Lineman fighting against pressure to collapse next inside gap		
Pursuit=An aggressive procedure by defensive players in going to the ball and stopping the forward progress of the ball carrier.*Inside out using the proper angle*		
Crack=A down block by a receiver usually on a Safety or a Linebacker		
Bounce=Forcing the football from its intended direction/hole to the outside		
Contain=Forcing the ball carrier inside while restricting the inside running lanes		
Cage=Responsibility for containing QB on pass		30
Walling Out=Defender using hands on a receiver as he works into his zone, preventing the inside release(inside leverage)		30
Target=Aim for inside # of intended receiver (ex. OLB cov 3 target 1 on drop)		
Funnel=Technique used when playing out on wide receivers to prevent a quick outside release, forcing receiver to release and run route towards a safety(inside)		
Bootleg=Quarterback run away from the flow of backs		
Roll=Quarterback running out behind the flow of backs		

FOOTBALL TERMS 2

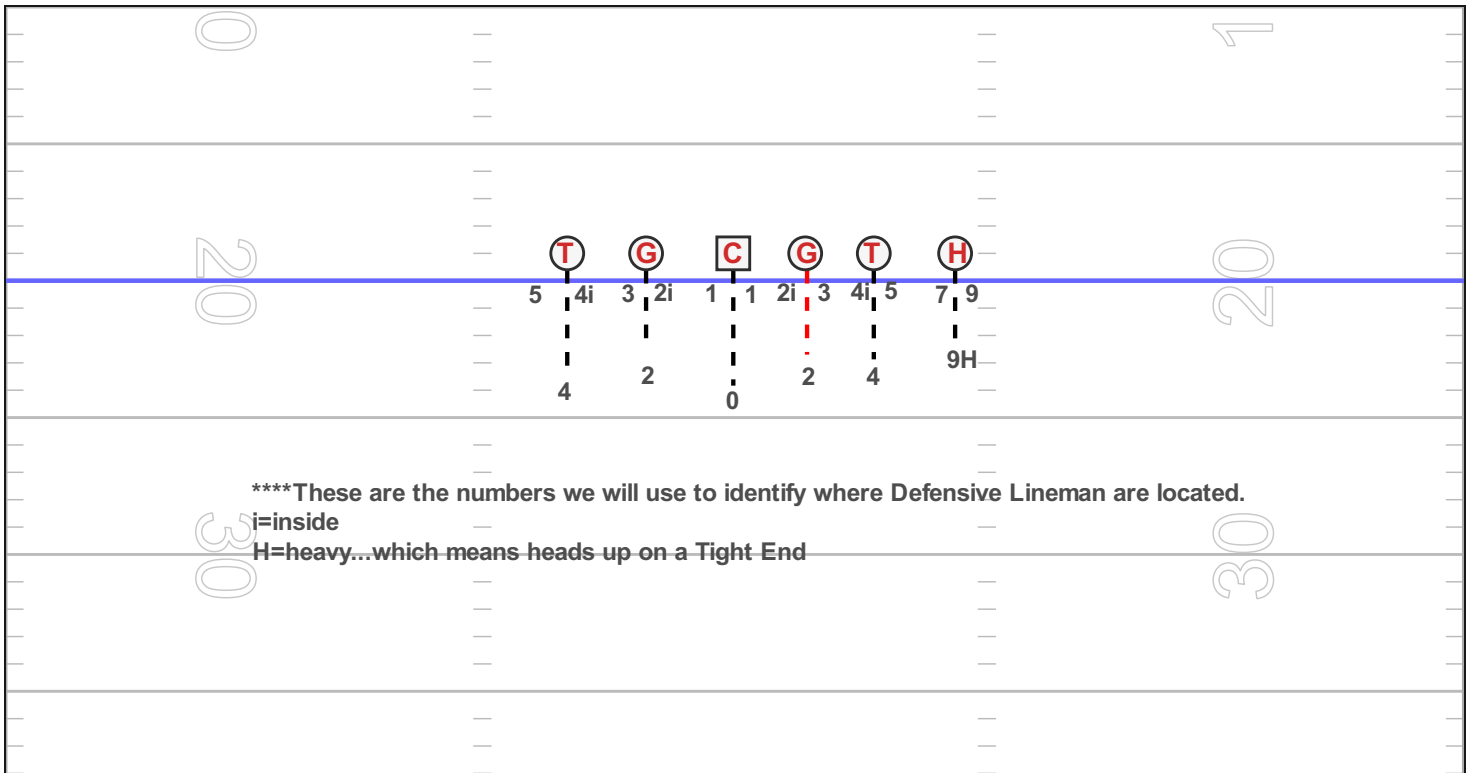


FIELD DIAGRAM





Position	Alignment	Run Responsibility	Pass Responsibility
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Position	Alignment	Run Responsibility	Pass Responsibility
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