TERMINOLOGY

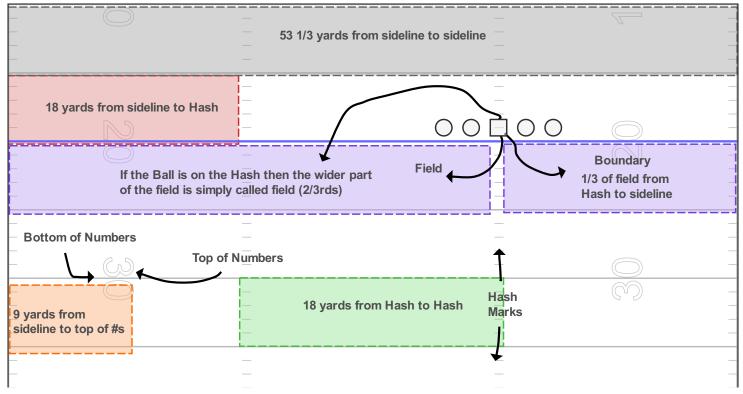
FOOTBALL TERMS

		<u> </u>			
General Terms		_			
_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		\bigcirc			
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 sto	pping the forward pro	ogress			
_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					
Walling Out=Defender using hands on a receiver as he works into his zone, prever	nting the inside releas	e(inside leverage) –			
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

	Force=funnel	the runner back inside
Contain vs Pass Keep	QB inside Spill=send th	ne runner to the outside
LOS LINE of Scrimmage	Q Alley=Area from Off Tackle	to WR
- E	M P bill Players	C Force Player
F - Outside leverage= a	orce ball to sideline Id pursue inside It(inside leverage)	Calls to change force "Cloud" = Cornerback is force. "Sky" = Safety is force.
Inside Leverage= Keeping Ball or off p outside of you	Alley player S Alley player S When the spill and force defenders do their jobs,the ball carrier will be left looking for a crease. The remaining Linebacker/Safety "fits" in the alley	

FIELD DIAGRAM



GAPS

	\bigcirc						
_			Guard	Guard			_
			1		Tigl	nt End	
			I.	I		I —	
	\mathbb{N}^{5}	— — C Q	BOA		C	└ ─ D	
		_ 1		1	i		-
			1	I	I		
—		_ I	I	1	•	—	_
		– Tack	le Cei	nter	Tackle		_
		_				—	_
		****Gaps start	at the center	and move	out from	n the ball	
_	(L)	_					-
_	\bigcirc						(~~)
_		_				_	
—							
-							
Position	Alignment	Run Responsibility			Pa	ass Responsibility	

SHADES (DL)

						7	_
_							_
		_			_		
	\mathbb{N}	- ()	G C	G T	(₽–		
		5 4i	3 2i 1 1	2i 3 4i 5	79_		
			2	2 4	■ 9H—		
		- 4	2 .	Ζ 4			
	****Th	ese are the numbers we	will use to ide	ntify where D	efensive Linen	nan are located.	
	GS ^{i=insid}	e vywhich means heads-	un on a Tight	End			
		_	ap on a right			(CD)	
Position	Alignment	Run Responsibility			Pass Responsi	bility	