COUGAR

SPECIAL TEAMS

PAT/ FG

Consistent
&
Physical
PHILOSOPHY: This special team will *win* football games. Success on this team is crucial. Never take an extra point or field goal for granted. It takes great concentration by *all 11 players* to be successful on this team. We will be successful.

FRONT 7 ALIGNMENT: All players will have their OUTSIDE foot up. The guards will be toe to heel with their outside foot on the center’s near foot. All other linemen will have their OUTSIDE foot even with the OUTSIDE foot of the player to his inside. The split is based on the individual player.

TO SET: The guards must set first. They put their outside foot in a toe to heel relationship with the center. They then stride with their inside foot. The goal is to stride as far as possible, without being off-balance, and put your foot behind the center’s near foot. Now adjust the up (outside) foot to obtain maximum width without being off balance. The tackles then repeat the same process EXCEPT they have their outside foot level with the outside foot of the guards. The tight ends then repeat the same process. Now the hands go in the holsters with the elbows squeezed tight to the body. The shoulders must be pulled back as far as possible. The weight is on the insteps. The front seven are now coiled and ready to strike.
The wings align on a forty-five degree angle with their inside foot close enough to the tackles so they can step at the snap of the ball and land this step behind the tackles outside foot. He begins with his feet level.

**THE CADENCE:** The holder will call the same word twice after receiving the ready sign from the kicker and ensuring all players are set. Words can be designated for the kick or a possible fake. Following this cadence he will flash his hands to the center. The center can now snap the ball at any time. The cadence call for the actual kick is FUME.

**THE PLAY:** As the ball is snapped, the Guards, Tackles and Tight-Ends will step with their inside feet behind the foot of the player to his inside. Each player is responsible for the INSIDE GAP ONLY. The Wings will step down to behind the foot of the tight ends.

• The front seven will UNCOIL and explode into the rushing lineman. **DO NOT MOVE EITHER FOOT ON CONTACT.** Uncoil and use all the energy and power in the power angles. Thrust the hands INSIDE, uncoil the hips and legs. Bench press the defender. Stay big by pulling the shoulders back ()do not turn the outside shoulder inside, and remain square. Do not move the outside foot.

• The Wings will step down and use the bounce technique. Jam the inside rusher with the inside hand. As the outside rusher approaches bounce out and jam him. The goal is to misdirect him out of his path to the holder. It is crucial that once the steps have been made that the inside foot does not move. Stay big and stay square to the targets.

• After calling the cadence, the holder will keep his hands out to the center. The holder will place the ball down, laces away from the kicker.

• The kicker will begin to step as the ball is being snapped and he will kick the ball through the uprights in under 1.2 seconds.

If the snap is not handled cleanly, the holder will make a call based on what routes he wants run. The holder will then roll out and complete the pass to one of the eligible receivers. The Center, Guards and Tackles cannot go passed the line of scrimmage. They will continue to block to the whistle.
**FIRE: FAKE RIGHT**

This can be called pre-snap or post snap.

**RTE:** Run an out at one yard passed the goal line or first down marker. Stop at 2 yards from sideline.

**RW:** Run a deep out and stop at 2 yards from back line and two yards from sideline.

**LTE:** Run straight at back line breaking two yards from back line and sit directly under the middle of goal post.

**LW:** Run shallow crossing route in the end zone. Cross fast enough to get into holder’s vision. Aiming point is five yards deep at sideline.

**HOLDER:** Take snap, reverse out, and run for pylon at end zone. Read the RTE, RW, LW, LTE and the run.

**KICKER:** Kick with follow through, turn and protect Holder’s backside. Only if the call is THROWBACK will you release in the pattern (dotted line).
FAKE LEFT=FLAME

LW- 11 yard out, stop at 2X2 in corner of endzone

LTE- 4 yard out, stop 1 yard in end zone (or passed 1st down) two yards from sideline.

RTE- Run to the back of the end zone and sit directly under the middle of the goal post, two yards from the back line.

RW- Run a shallow crossing route across the end zone with an aiming point of 5 yards deep at the sideline.

Kicker-Kick through the ball and block backside for holder.

Holder- Pull ball, front out and sprint for the pylon. Read the LTE, LW, RTE and RW.
SHOVEL PASS = FLASH

LW: Run crossing route and sell fake pass - collision anyone running to the ball.

LTE: Run shallow cross get covered - collision anyone running to the ball

RTE: Start on flat route, block anyone chasing the wing.

RW: Run laterally down the line of scrimmage, take shovel pass and score.

HOLDER: Shovel pass and then reverse out running Fire.

KICKER: Go through with kick fake.
This team will have the ability to run on the field and kick a successful field goal while time is running out and we can no longer stop the clock. The precision and efficiency of this team to get on the field immediately cannot be over stated. This situation is a great challenge.

PLAYERS: Whoever is on the field remains on the field with two exceptions: The Quarterback and the Z will come off the field. They will be replaced by the Holder and Kicker.

Y: The Y will line up tight right, just as he does in pro right.

X: Lines up tight left, next to the left tackle. He is on the line.

H: Lines up in a wing position to the left. Use same XPT/FG cadence.

F: Lines up in a wing position to the right.

O LINE: Lines up in the same spot they are playing in the game.

KEYS FOR SUCCESS: Everyone will get to the line of scrimmage as though their life depended on it. Everyone will get set, without moving, as quickly as possible. Everyone will demonstrate their desire to win by giving the maximum effort on this play. Everyone will be confident in this team.