

Special Bonus Report

SPECIAL TEAMS PLAYBOOK

Coach Steve Tucker

Copyright Notice

The material enclosed is copyrighted. You do not have resell rights or giveaway rights to the material provided herein. Only customers that have purchased this material are authorized to view it. If you think you may have an illegally distributed copy of this material, please contact us immediately. Please email knowledgesupport@gmail.com to report any illegal distribution.

Copyright 2007 FootballTutorials.com All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying or by information storage and retrieval systems. It is illegal to copy this material and publish it on another web site, news group, forum, etc. even if you include the copyright notice.

Legal Notices

While all attempts have been made to verify information provided in this publication, neither the author nor the publisher assumes any responsibility for errors, omissions or contrary interpretation of the subject matter herein. The publisher wants to stress that the information contained herein may be subject to varying state and/or local laws or regulations. All users are advised to retain competent counsel to determine what state and/or local laws or regulations may apply to the user's particular operation. The purchaser or reader of this publication assumes responsibility for the use of these materials and information. Adherence to all applicable laws and regulations, federal, state and local, governing professional licensing, operation practices, and all other aspects of operation in the US or any other jurisdiction is the sole responsibility of the purchaser or reader. The publisher and author assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. Any perceived slights of specific people or organizations is unintentional.

Consult Your Physician

The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing any exercise or exercise technique. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

The author and publisher of this document and their employers make no warranty of any kind in regard to the content of this document, including, but not limited to, any implied warranties of merchantability, or fitness for any particular purpose. The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

CONTENTS

| | |
|---|----------|
| Special Teams – Punt Cover..... | 4 |
| Special Teams – Fake punt Run..... | 5 |
| Special Teams – Lane coverage..... | 6 |
| Special Teams – Wall right or left..... | 7 |
| Special Teams – Basic Wedge..... | 8 |
| Recommended Resources..... | 9 |
| The Coaching Essentials:..... | 9 |
| Online Clinics:..... | 9 |
| DVD Clinics..... | 11 |

Special Teams – Punt Cover



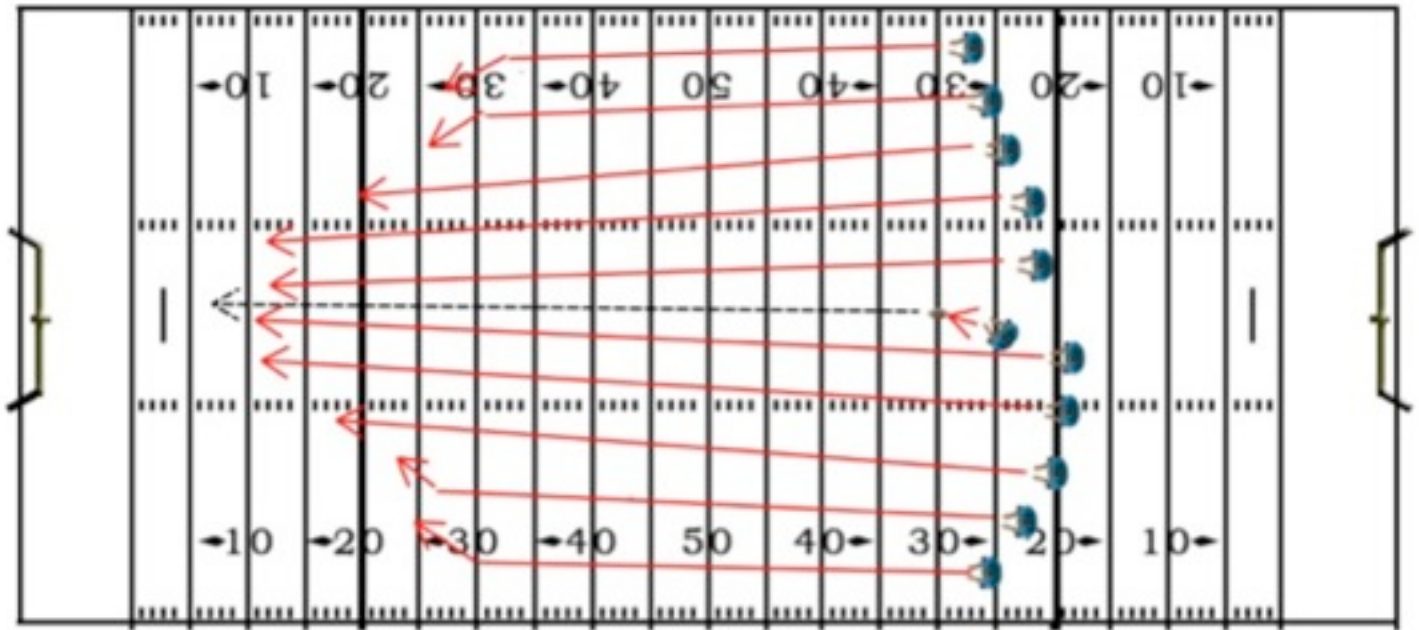
How to run this play – OK, we had a special teams drill in the drills section, now let's see how good your players are when they need to make the actual play. This is just standard punt coverage, but your players need to know their assignments.

The first release men (yellow) can move downfield at the snap of the ball, but the others must wait until the ball is kicked. These first men must close in on the runner and prevent any outside contain from being broken.

Aside from the responsibility of making a quick tackle for no gain, the yellow players must not allow the return player to get outside of them. All of the help they will receive is in the middle of the field, and coaches should instruct players to not risk losing the outside to a return player.

Your players need to run full speed downfield, maintaining their proper lanes as they go down. They are responsible for a blown lane if the runner returns it through there.

Special Teams – Lane coverage

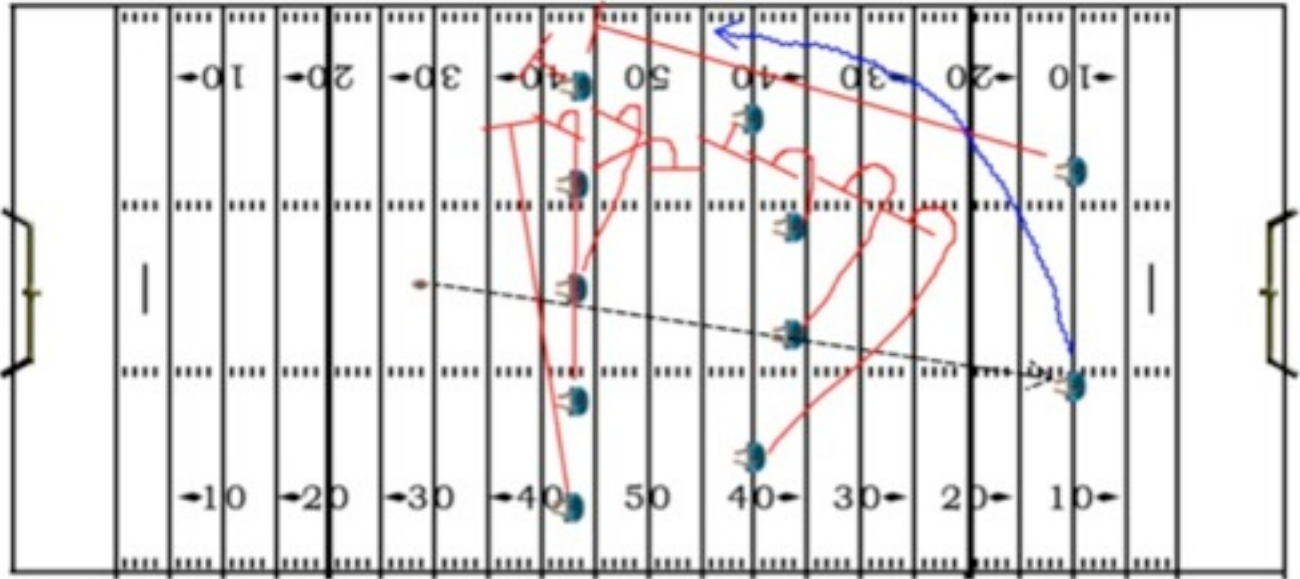


How to run this play – This play is football fundamentals 101. On the kickoff it is imperative for coaches to drill into the players that covering a lane is of the utmost importance. The breakdown of a kickoff return team usually comes when one a player abandons his lane, and creates an opening for the opposing team's runner.

This means that a player must run straight down the field and take on any blockers and runner in that lane. Creating a blockage in a lane is just as good as trying to make the tackle. When kickoff returners have to start moving laterally to avoid lane blockages, it makes it easier for the other players on the kickoff team to make a tackle.

It is a must, when defending a kickoff, for the players to stay in their lanes. They need to take ownership of that lane and make it so no one gets past them in that lane.

Special Teams – Wall right or left

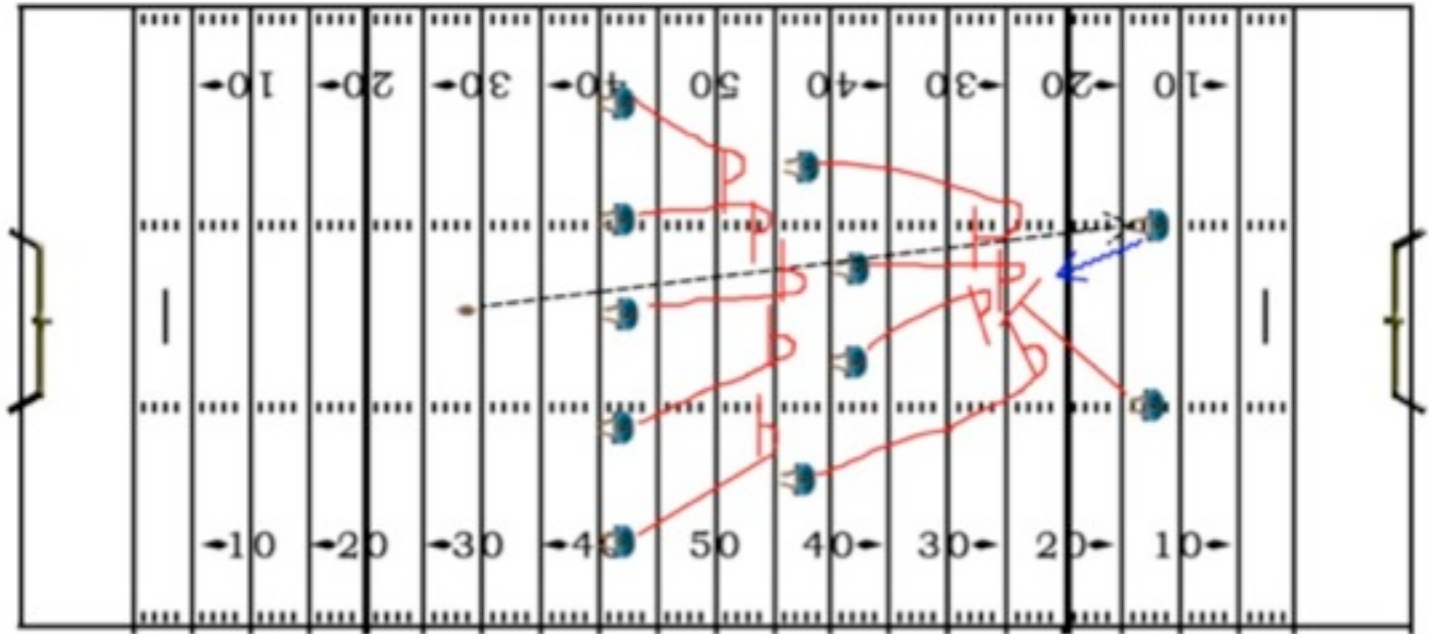


How to run this play – The wall is a tried and true kickoff return play that has been somewhat replaced by the wedge in higher level football programs. But, a well placed wall, both to the right or the left, can spring a runner and give them the sidelines to sprint for a touchdown.

The front right player must take the contain player immediately upon kickoff. Then, all of the players sprint to a place on the field they are supposed to be in order to create the wall. There should be no more than 3 or 4 yards between the players, which means that the wall should stretch nearly 30 yards in length – surely enough room for a kick returned to make some things happen.

The returner that does not get the ball provides the lead block for the other runner in as the last line of defense through the wall.

Special Teams – Basic Wedge



How to run this play – This is the first special teams play we will look at, and it is a basic one that is run by most teams on kickoff return.

Once the ball is kicked off, the front five players will sprint back about 10 to 15 yards and then find someone to hit. It is very important that these front five hit someone that is running down the field. When coaching, you may want the front five to pick someone on the kickoff team they are going to hit, so two players don't go after the same body.

The middle four players will come together in front of the player that is going to return the ball. This can be anywhere on the field, depending on where the ball is kicked (red). The two return men will be situated at the back, and the player the does NOT go to runs up to become part of the wedge.

Ideally in any kickoff return situation the 10 men in front of the returner will block the 10 men on kickoff cover (aside from the kicker), leaving a one on one match up with the kicker and the returner. In most cases, this is a mismatch.

When to run this play – This can be one of your basic kickoff return plays. It is more simple to teach than a wall right or left, and relies solely on the wedge creating a lane for the return player to run through.

Recommended Resources

The Coaching Essentials:

Football Drills & Practice Plans - Would you like to have 30 pre-designed practice plans at your fingertips? My ebook, "Football Drills & Practice Plans" is jam packed with over 147 unique, fun and effective football drills. The drills are fully organized into clipboard-ready practice plans... so you can prepare for practice in just 5 short minutes. Includes football tryout plans and my own "Team Selection Matrix". Perfect for the beginner coach looking to get organized, or for the experienced coach looking for fun, innovative ways to teach fundamental football skills. (\$37.77)

For more information visit:

<http://www.coachstevetucker.com/ar/drills.html>

Football Blueprint Software - Designing your own animated plays and drills can be as easy as 1-2-3. Football Blueprint software allows you to create stunningly effective animated drills and plays and share them with your team in 3 super easy steps. (\$197)

For more information visit:

<http://www.footballblueprint.com>

Online Clinics:

Offensive Line Secrets Clinic - Find out why every book, magazine article, and instructional video is just dead WRONG about Offensive Line Play. Instantly infuse your offensive linemen with run blocking and pass protection skills that'll supercharge your offense and *tear up* any team in your league. Offensive Line Coach (and former pro) Jonathan Himebauch (San Diego State University) reviews the "underground" secrets of stance, footwork, body mechanics, and hand placement. Packed with 68 O-line specific drills and coaching techniques. (\$97.77)

For more information visit:

<http://www.coachstevetucker.com/ar/olinesecrets.html>

4-2-5 Defense Clinic - Discover how to force more turnovers, intimidate your opponents, and dominate your football league with the seldom used (yet wildly effective) 4-2-5 Defense. In addition to the online clinic videos, you'll also get the companion study guide which is jam-packed with over 21 diagrams illustrating the specific positioning, schemes, keys, reads and responsibilities for every player on the field. (\$29.95)

For more information visit:

<http://www.coachstevetucker.com/ar/425defense.html>

Linebacker Bootcamp Clinic - In one short practice, your linebackers can master the wonderfully simple (yet usually overlooked) techniques that'll have them reading formations and plays with ease, sniffing out the ball carrier, then closing in for the kill like a bird-dog after a pheasant. You're guaranteed to discover brand new footwork, agility, pattern reading, block shedding, and tackling techniques that will give you a leg up on your competition. (\$29.95)

For more information visit:

<http://www.coachstevetucker.com/ar/bootcamp.html>

Practice Planning Secrets Clinic - Uncover how to produce immediate gains in your team's offense, defense, and special teams play...all while your practice runs on auto-pilot. Discover 4 proven strategies you can use to keep your players busting their humps for the entire practice session- without yelling or screaming. Learn how the top college and high school coaches use "Friday Scripting" to prepare for the big games. (\$29.95)

For more information visit:

<http://www.coachstevetucker.com/ar/ppsecrets.html>

Football Conditioning System - If you're a football coach who wants to improve the speed and agility of your team... not just get your kids to run a little faster... but completely dominate your league with superior athletic ability- then this is the system for you. (\$49.95)

For more information visit:

<http://www.coachstevetucker.com/ar/sas.html>

DVD Clinics

Special Teams Mastery DVD Clinic - Who Else Wants To Discover The Best Kept Coaching Secrets Behind Football's Greatest Special Teams Units? Discover the honest shortcuts to developing a kickoff return, kickoff cover, punt return, and punt cover team that overwhelms your opposition and wins the hidden yardage battle EVERY game. (\$99.95)

For more information visit:

<http://www.coachstevetucker.com/ar/specialteams.html>

New coaching tools are being added all the time, for a current list of the best coaching resources we offer, please visit our main catalog at:

<http://www.coachstevetucker.com/catalog.html>