

H and L Mechanics

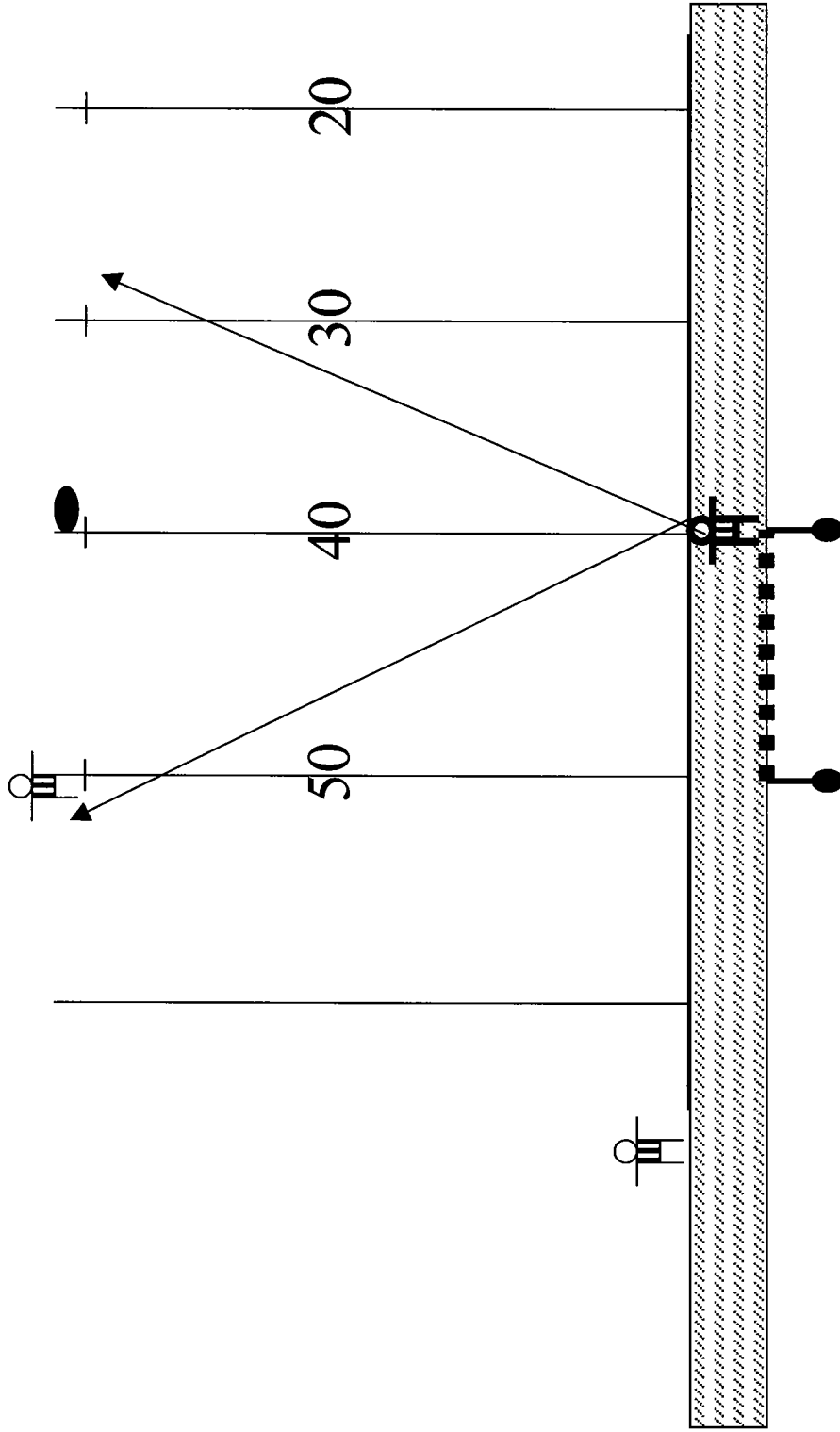
(Not covered in the manual)

A/I/P Clinic

June 23-25, 2006

Starting Position

1. 1 or 2 steps off the sideline.
2. At the snap back straight back to the back of the white.

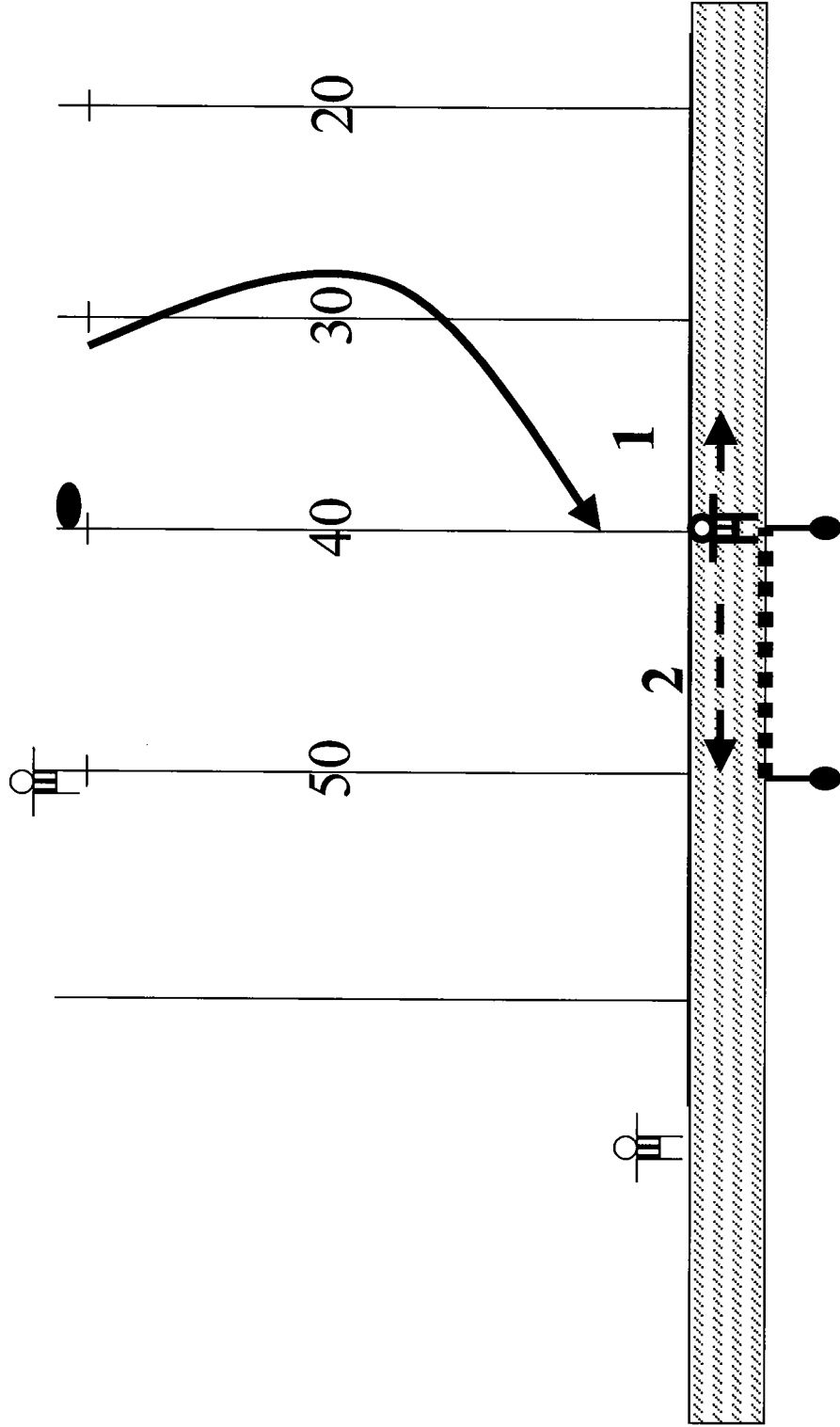


Wide Starting Position

1. Gives you a greater scope.
2. Helps keep the sideline back.
3. Keeps the H/L out of the play
 - There is no advantage gained by moving up if the ball is on the other hash. Stay 1 or 2 steps off the sideline, at the snap move to back of white.

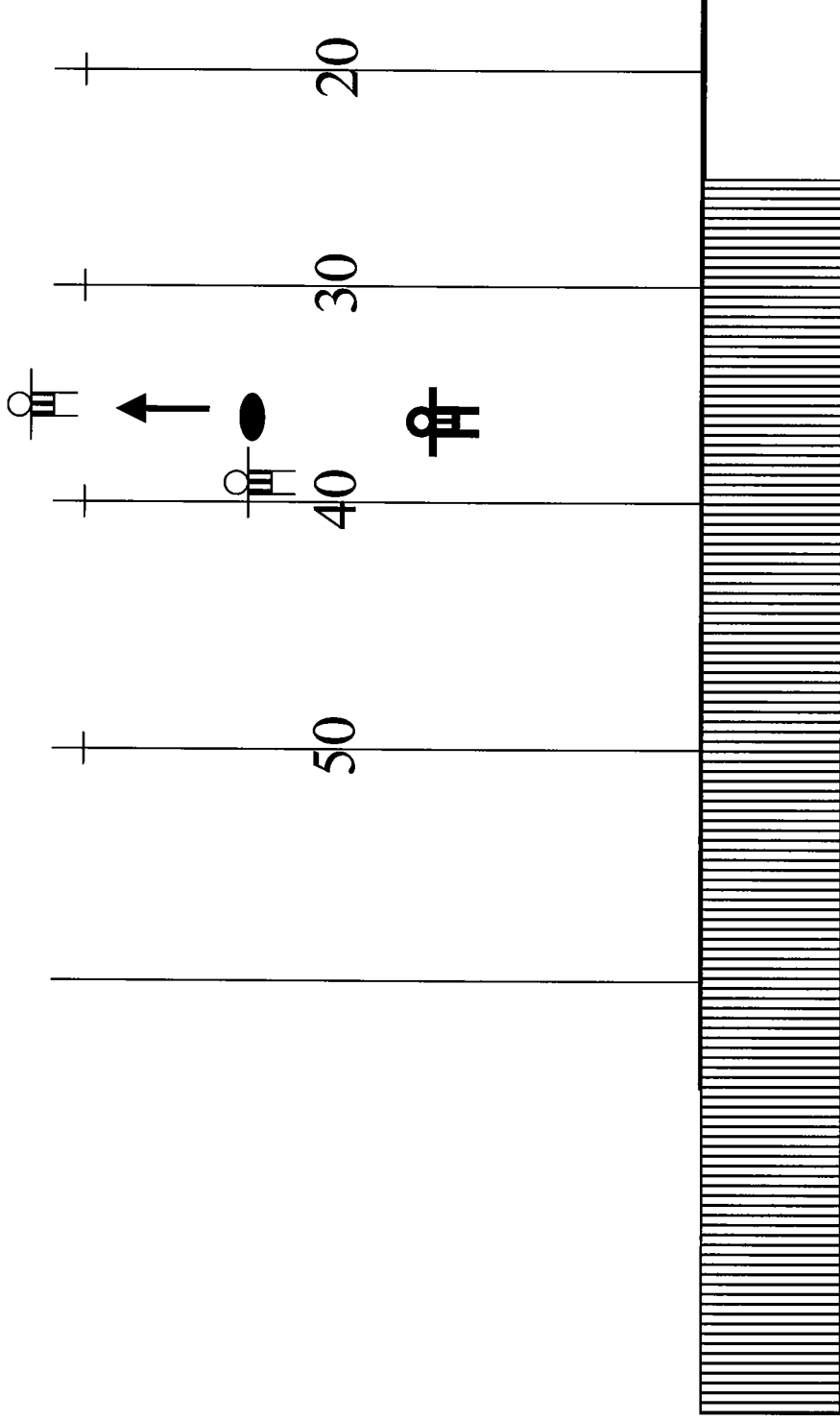
Running Play towards the H/L

1. Work on the back of the white
2. H may move up field to let the runner pass you if runner is close to sideline.
3. L has to stay on LOS



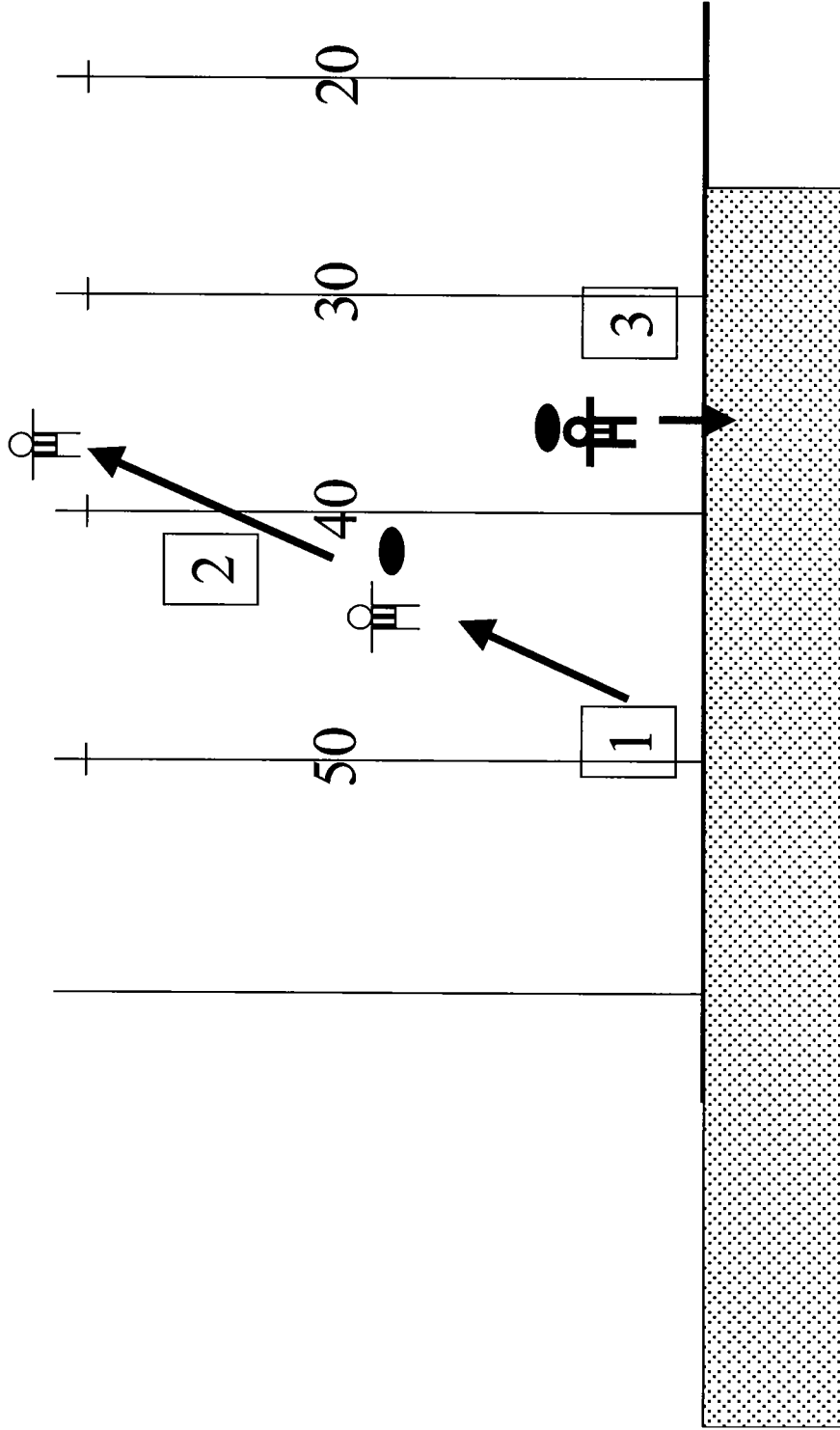
Ball down inside hash

1. S or U will retrieve
2. Same ball stays in play
3. Keep yourself wider than the players



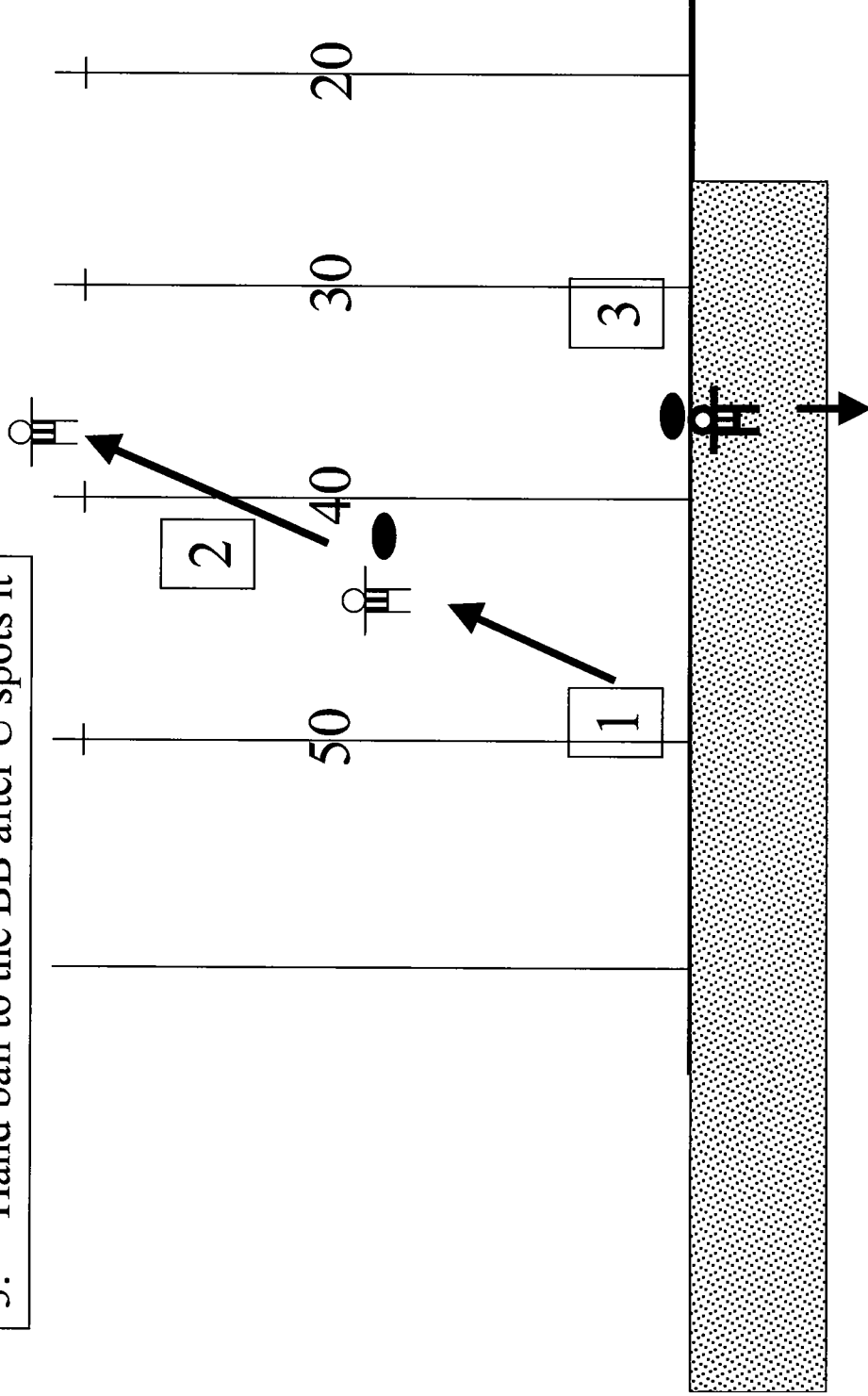
Ball IB outside Hash

1. Ball spotted at your feet
2. Rotate in through the S
3. Toss ball to the BB after U spots it



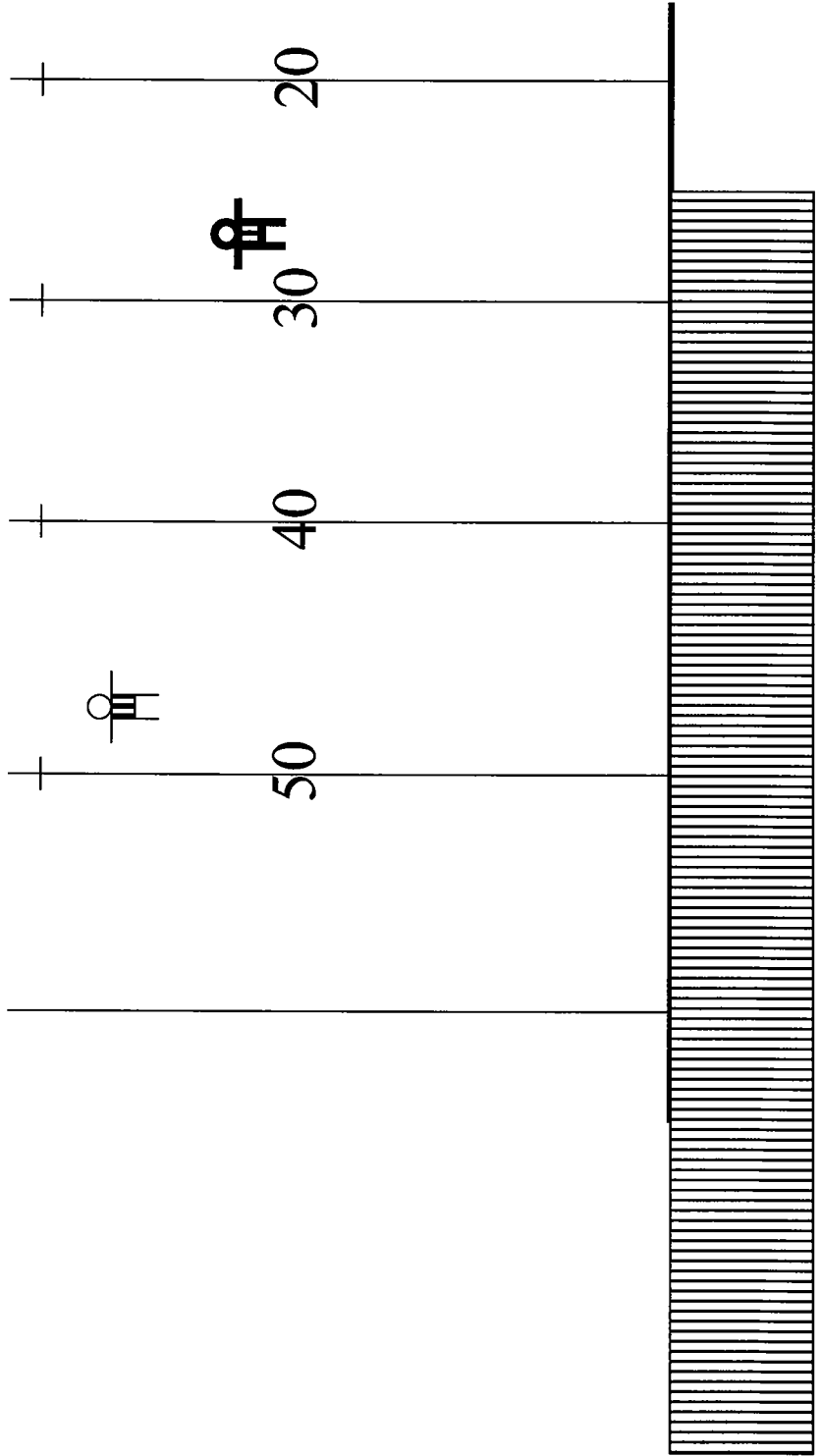
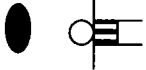
Ball OOB

1. Ball spotted on the field
 - Give snap signal.
2. Rotate in through the S
3. Hand ball to the BB after U spots it



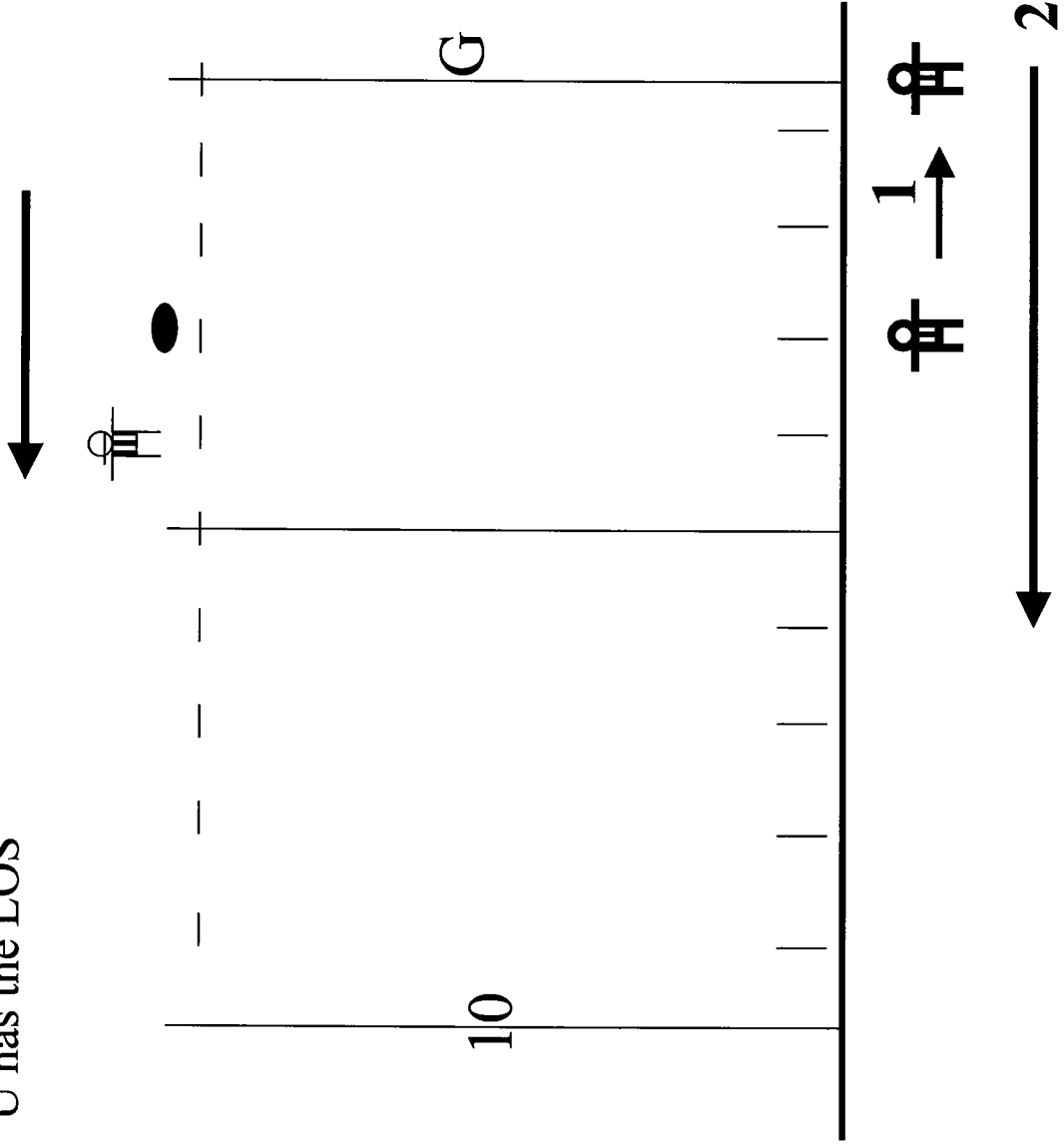
Ball down opposite hash

1. Mirror the L's spot or provide and hold soft spot
2. Come no further than the top of the numbers



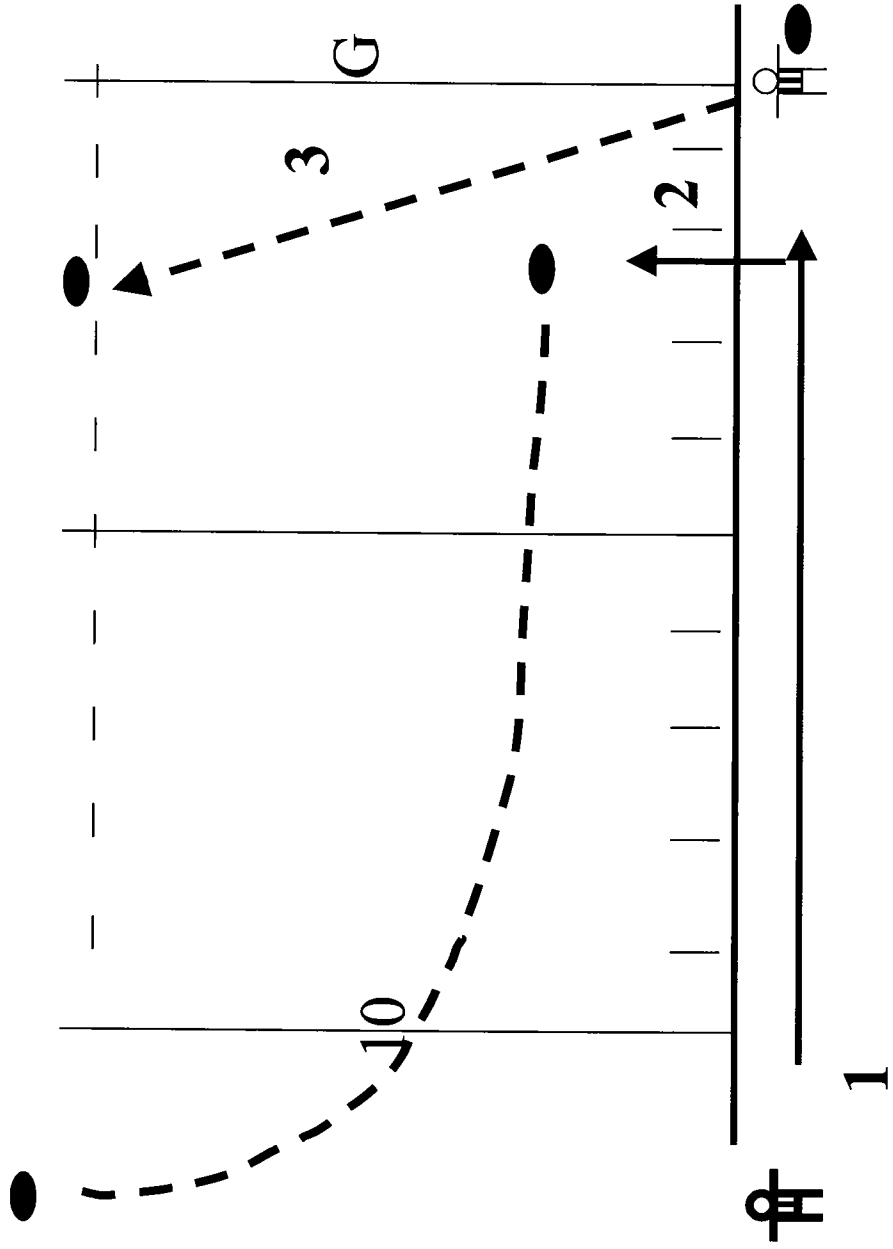
Snapped inside the A5 (Coming Out)

1. Break back to the GL
- Make sure ball gets out of EZ
2. Work up field behind the run.
3. U has the LOS



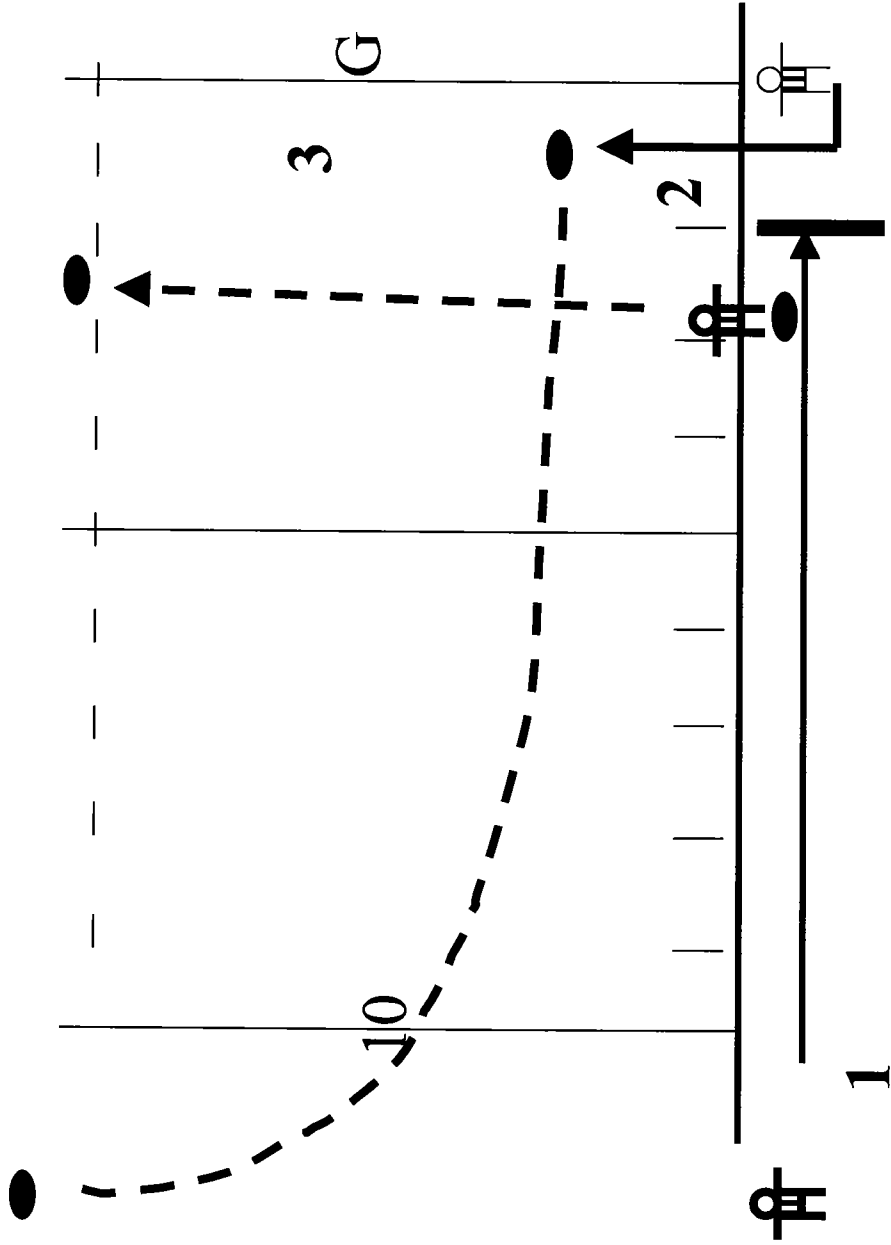
Run ends at the B2

1. Your spot!



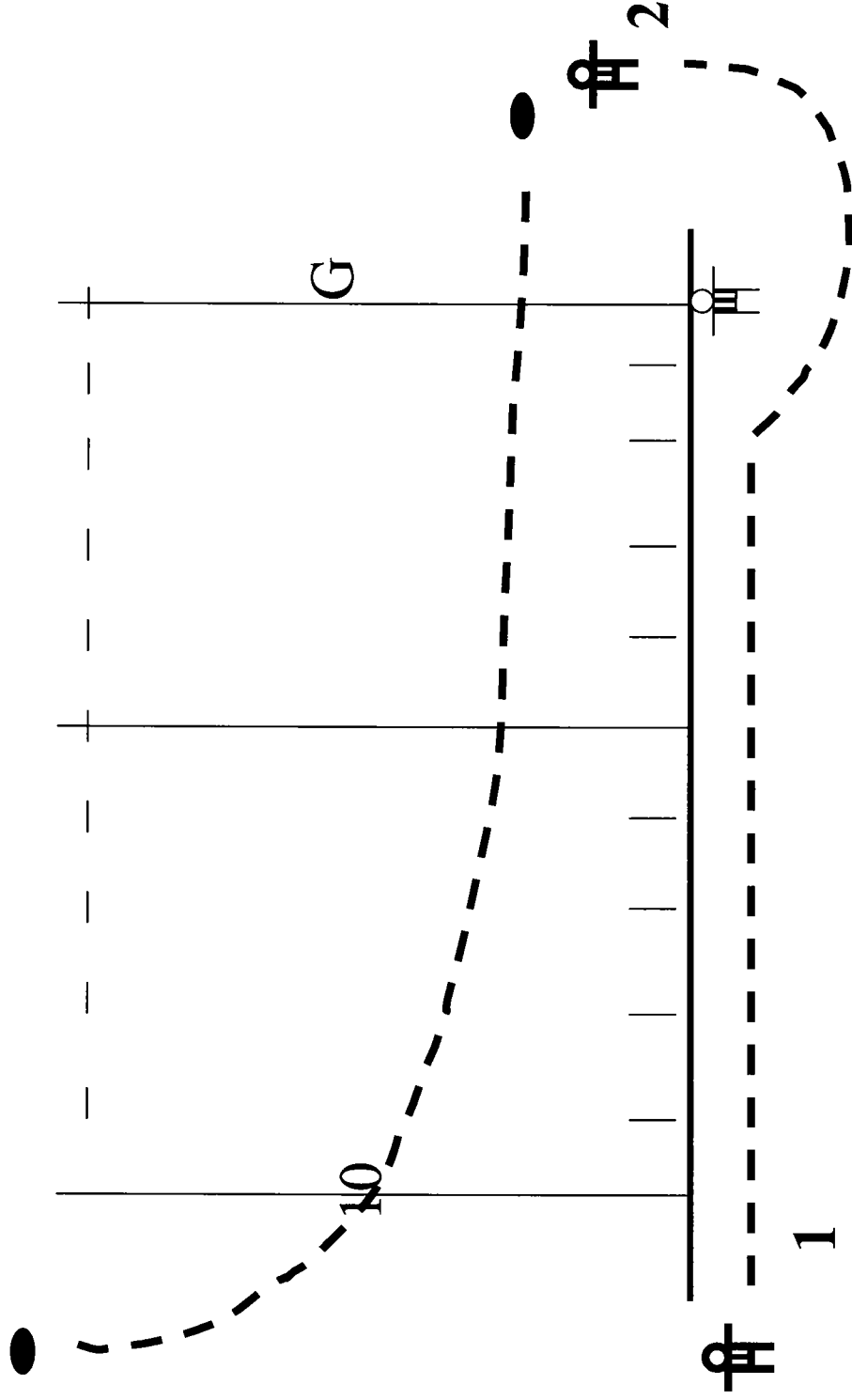
Run ends at the B1 (Going in)

1. S/F spot!
2. H/L progress goes to the 2, S/F progress 1yd to GL.
3. Clean up as S/F would at the end of play.
4. Put ball at S/F feet; get new ball if appropriate



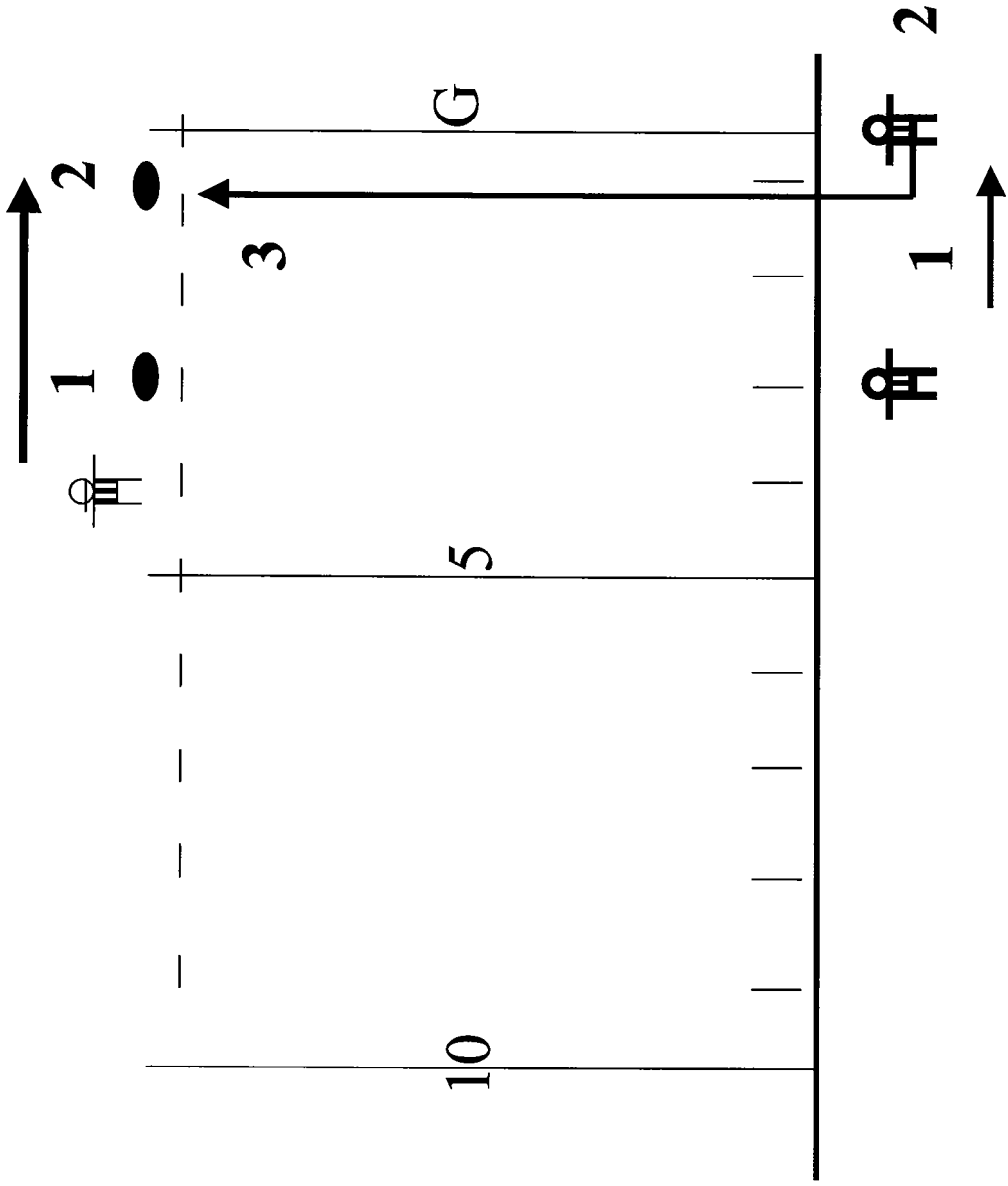
Run ends in the EZ

1. Continue around S/F
2. Get to the runner and talk to them
 - Preventive officiating (trash talking, excessive celebration)
 - Help them avoid the flag.

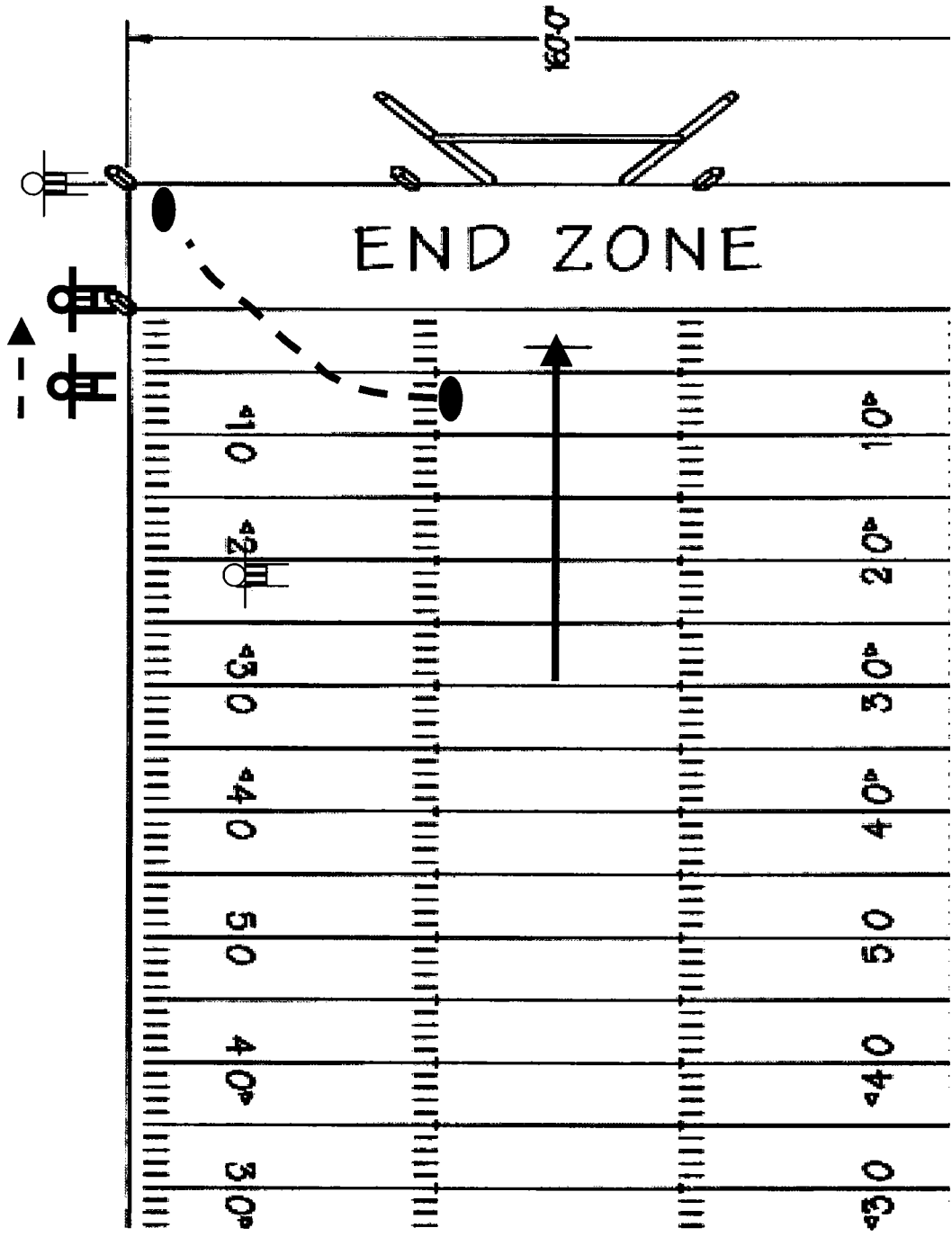


Snapped inside the B5

1. Get to the GL at the snap
2. Work back towards the ball if the runner is downed before GL
3. Come to the ball if the ball is downed inside the 1.

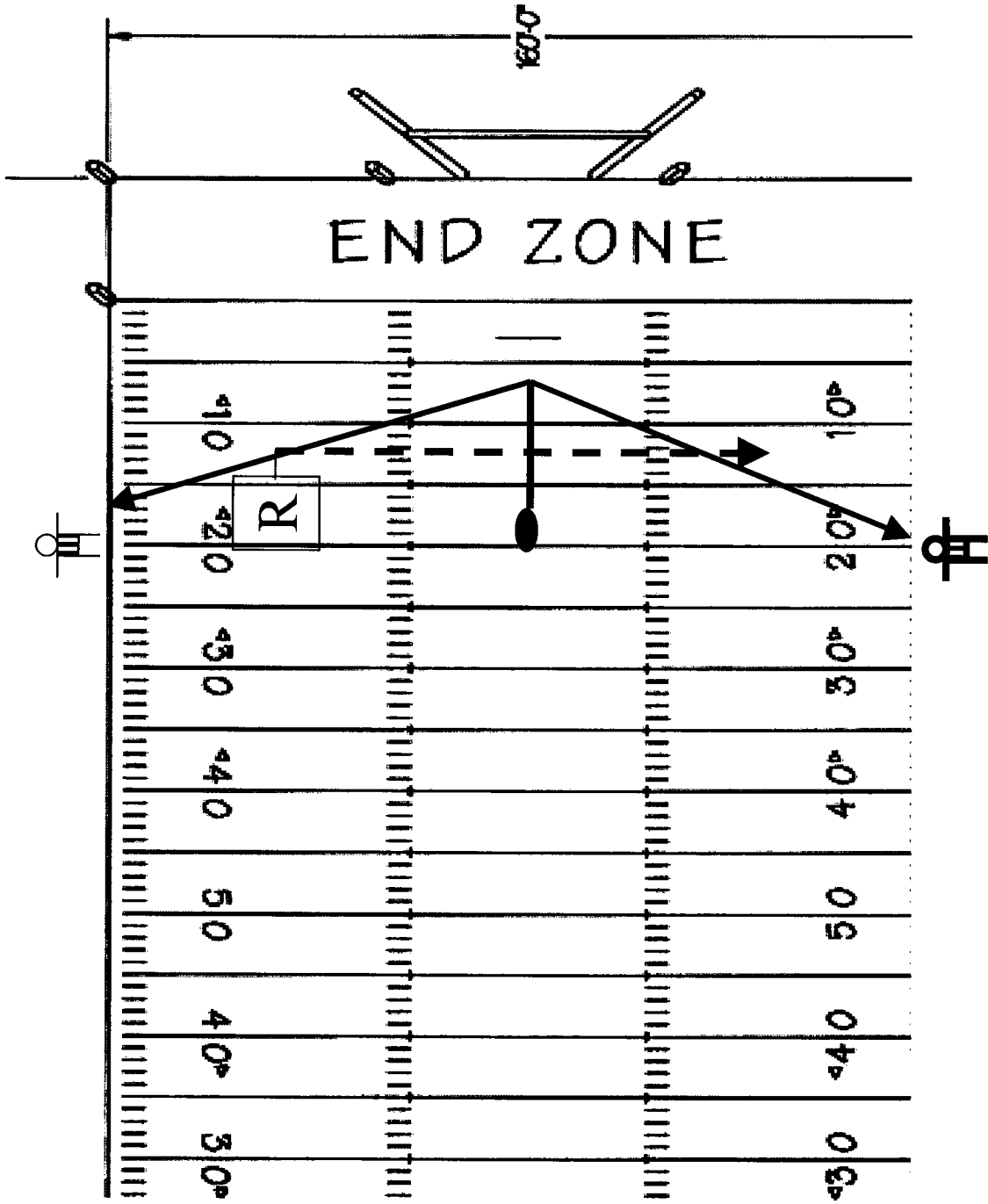


Snapped at the B5; pass in EZ



Receiver in motion

- The receiver to your side in motion is your key until he crosses the center



Play Breakdown for H/L Film

Play	Description	Comments	Time counter	
1	Measurement	Good example of mechanics on hashmark side of ball	0:00:00	2:38:00
2	TD	Wing positioning	2:39:00	3:56:00
3	Hold on RT	LJ good call; must kill clock	3:56:00	5:10:00
4	LJ mechanics	Misdirection play: holding dead ball spot.	5:10:00	7:23:00
5	Mechanics on run to the 1	Screen to H side	7:23:00	8:13:00
6	Reverse mechanics	Don't get caught; be ahead of play	8:13:00	11:30:00
7	Hold	R's K, H help?	11:30:00	13:31:00
8	Late Hit	Quickout to LJ side	13:31:00	15:46:00
9	Inside b5	Wings to GL on snap	15:46:00	18:00:00
10	Punt Mechanics	Pace for the H	18:00:00	20:23:00
11	Punt Mechanics	Pace for the H	20:23:00	22:37:00
12	TD Mechanics	Wing around F/S	22:37:00	24:12:00
13	III Formation	Signals	24:12:00	25:42:00
14	Loose ball	Mechanics	25:12:00	26:44:00
15	Unbalanced	signals	26:44:00	27:33:00
16	QB OOB	Bag & go if needed	27:33:00	29:04:00
17	Run at H	Move upfield to let play pass	29:04:00	31:04:00
	Incomplete over			
18	Middle	U help	31:04:00	33:19:00
19	III formation	Punchback	33:19:00	35:11:00
	III formation :29			
20	seconds left	Count backs/ focus	35:11:00	37:08:00
21	OOB	LJ position	37:08:00	38:10:00
	Complete near			
22	SL	Signals	38:10:00	39:13:00
23	Interception	Catch Signal again	39:13:00	40:41:00
24	SL warning	H behind coach	40:41:00	42:20:00
25	Long play	H&S coverage. Applies to I/F	42:20:00	44:27:00
26	Ineligible call	Late in blowout; too technical	44:27:00	45:36:00
27	Hail Mary	Coverage	45:36:00	46:43:00
	H/S pass			
28	coverage	good tandem coverage	46:43:00	47:55:00
29	Punt Mechanics	H too far down gets caught	47:55:00	49:25:00

 Covered in Powerpoint