



# CHAPTER 2

## OFFENSIVE SKILLS — BY POSITION

THIS CHAPTER was designed to help football coaches establish the exact skills necessary for their players to master at each respective offensive position. Included in the following pages are skill-level checklists — both basic and advanced — for:

- ✓ Quarterbacks (2.1).
- ✓ Ball carriers (2.2).
- ✓ Receivers (2.3).
- ✓ Offensive linemen (2.4).
- ✓ Centers (2.5).

While all work is original, the idea came from the *Football Coach's Survival Guide* by Michael D. Koehler.

## QUARTERBACK SKILLS

Name: \_\_\_\_\_

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### BASIC SKILLS

**Before competing at the varsity level, the quarterback must be able to:**

- ☐ Assume a correct stance and secure the snap.
- ☐ Correctly call the cadence and snap of the ball (both under center and in the shot-gun).
- ☐ Execute a hand-off properly.
- ☐ Execute a pitchout properly.
- ☐ Execute a 1-, 3- or 5-step drop.
- ☐ Properly throw (pass) a football with the following 7-step throwing technique.
  - ☐ Firm wrist.
  - ☐ Coordinate shoulder turn.
  - ☐ Elbows at shoulder level.
  - ☐ Straight-arm follow through.
  - ☐ Head over front foot.
  - ☐ Air under heel (up on toes).
  - ☐ Head still and vertical.
- ☐ Know the pass tree routes.
- ☐ Execute the fake.
- ☐ Know quarterback's assignments on each and every play.
- ☐ Learn to control the huddle and properly call the play.
- ☐ Protect the football while running.

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### ADVANCED SKILLS

**To succeed at the varsity level, the quarterback must be able to:**

- ☐ Successfully execute basic skills 10 out of every 10 plays.
- ☐ Know each player's responsibility on every play.
- ☐ Lead in the huddle and at the line of scrimmage.
- ☐ Direct the attack so the offense can either run or pass the ball for positive yardage 9 out of every 10 plays.
- ☐ Execute the option correctly 9 out of every 10 plays.
- ☐ Correctly read and identify pass coverages 8 out of every 10 plays.
- ☐ Read receiver adjustments to defensive coverages correctly at least 8 out of every 10 plays.
- ☐ Complete 6 out of every 10 pass attempts.
- ☐ Identify and call an audible "Hot" correctly at least 9 out of every 10 plays.
- ☐ Know the opposition's strong and weak points based upon the scouting report.

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# BALL CARRIER SKILLS

Name: \_\_\_\_\_

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## BASIC SKILLS

Before competing at the varsity level, the ball carrier must be able to:

- ☐ Establish a balanced stance (2- and 3-point) and explode off the line of scrimmage on the correct snap count.
- ☐ Execute a correct QB-RB exchange (hand-off).
- ☐ Execute a correct fake hand-off.
- ☐ Protect the football while running.
- ☐ Execute sound run-blocking technique.
- ☐ Execute sound pass-blocking technique.
- ☐ Learn basic offensive calls (alignment and responsibility).
- ☐ Execute correct technique for receiving the pitch.

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## ADVANCED SKILLS

To succeed at the varsity level, the ball carrier must be able to:

- ☐ Execute basic skills correctly 9 out of every 10 plays.
- ☐ Read blocks and cut to avoid tackles.
- ☐ Carry and avoid defenders after contact (stiff arm, hit and spin-and-power drive).
- ☐ Rush for a 3-plus yard average per carry.
- ☐ Block and defeat the correct defensive player at least 8 out of every 10 plays.
- ☐ React and execute "Hot" (audible) assignments correctly at least 9 out of every 10 plays.

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## Name: \_\_\_\_\_

**Before competing at the varsity level, the receiver must be able to:**

- ☐ Get into a fundamentally sound 2- or 3-point stance. Explode off the line of scrimmage on the correct snap count.
- ☐ Consistently catch the football while employing the basic skill of hand-eye coordination.
- ☐ Protect the football after the catch or hand-off, using the correct carry technique based upon game situation.
- ☐ Run assigned pass routes (alignment and responsibility).
- ☐ Know and execute pass tree routes.
- ☐ Free himself from a defender to execute the assigned pass pattern (using fakes and swim technique).
- ☐ Identify and execute the correct block of assigned opponent based upon the play called (screen technique, running block, mirror block, etc.).
- ☐ Identify defensive coverages and work to the open area for the reception based on the defensive reaction.
- ☐ Execute the correct motion and technique and then execute the offensive assignment.

**To succeed at the varsity level, the receiver must be able to:**

- ☐ Execute basic skills correctly at least 9 out of every 10 plays.
- ☐ Catch at least 7 out of every 10 catchable passes.
- ☐ Run assigned pass routes or passing tree correctly on 9 out of every 10 plays.
- ☐ Identify and block the assigned man on 8 out of every 10 plays.
- ☐ Adjust pass routes correctly to defensive coverage (man/zone) on at least 8 out of every 10 plays.
- ☐ React and execute the “Hot” (audible) assignments correctly on at least 9 out of every 10 plays.

**NOTES:**

# OFFENSIVE LINEMEN SKILLS

**Name:** \_\_\_\_\_

## BASIC SKILLS

**Before competing at the varsity level, the offensive lineman must be able to:**

- ☐ Get into a fundamentally sound 3-point stance.
- ☐ Explode off the line of scrimmage on the correct snap count.
- ☐ Execute correct run-block technique.
- ☐ Understand and execute correct trap-block techniques.
- ☐ Understand and execute correct pulling and blocking techniques.
- ☐ Execute correct pass-blocking techniques.
- ☐ Identify and block assigned opponent based on the play called.

## ADVANCED SKILLS

**To succeed at the varsity level, the offensive lineman must be able to:**

- ☐ Execute basic skills correctly on 9 out of every 10 plays.
- ☐ Identify and block assigned man effectively on 8 out of every 10 plays.
- ☐ Execute basic team run-blocking techniques.
- ☐ Execute basic team pass-blocking techniques.
- ☐ Execute cross-block, double-team and trap-blocking techniques on at least 8 out of every 10 plays.
- ☐ Call defensive opponent alignment/blitzes.
- ☐ React and execute audible assignments on 9 out of every 10 plays.

**NOTES:** \_\_\_\_\_

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Name: \_\_\_\_\_

**Before competing at the varsity level, the center must be able to:**

- ## ADVANCED SKILLS

**To succeed at the varsity level, the center must be able to:**

- ☐ Execute basic skills correctly on 9 out of every 10 plays.
- ☐ Identify and block his assigned man on at least 8 out of 10 plays.
- ☐ Execute basic team run-blocking techniques.
- ☐ Execute basic team pass-blocking techniques.
- ☐ Call defensive opponent alignments and blitzes.
- ☐ Execute cross block, trap team and double-team blocking techniques on at least 8 out of 10 plays.
- ☐ React to and execute audible assignments.
- ☐ Snap the ball from the shot-gun, punt and field goal/PAT formation to the correct spot on 10 out of 10 plays.

**NOTES:**