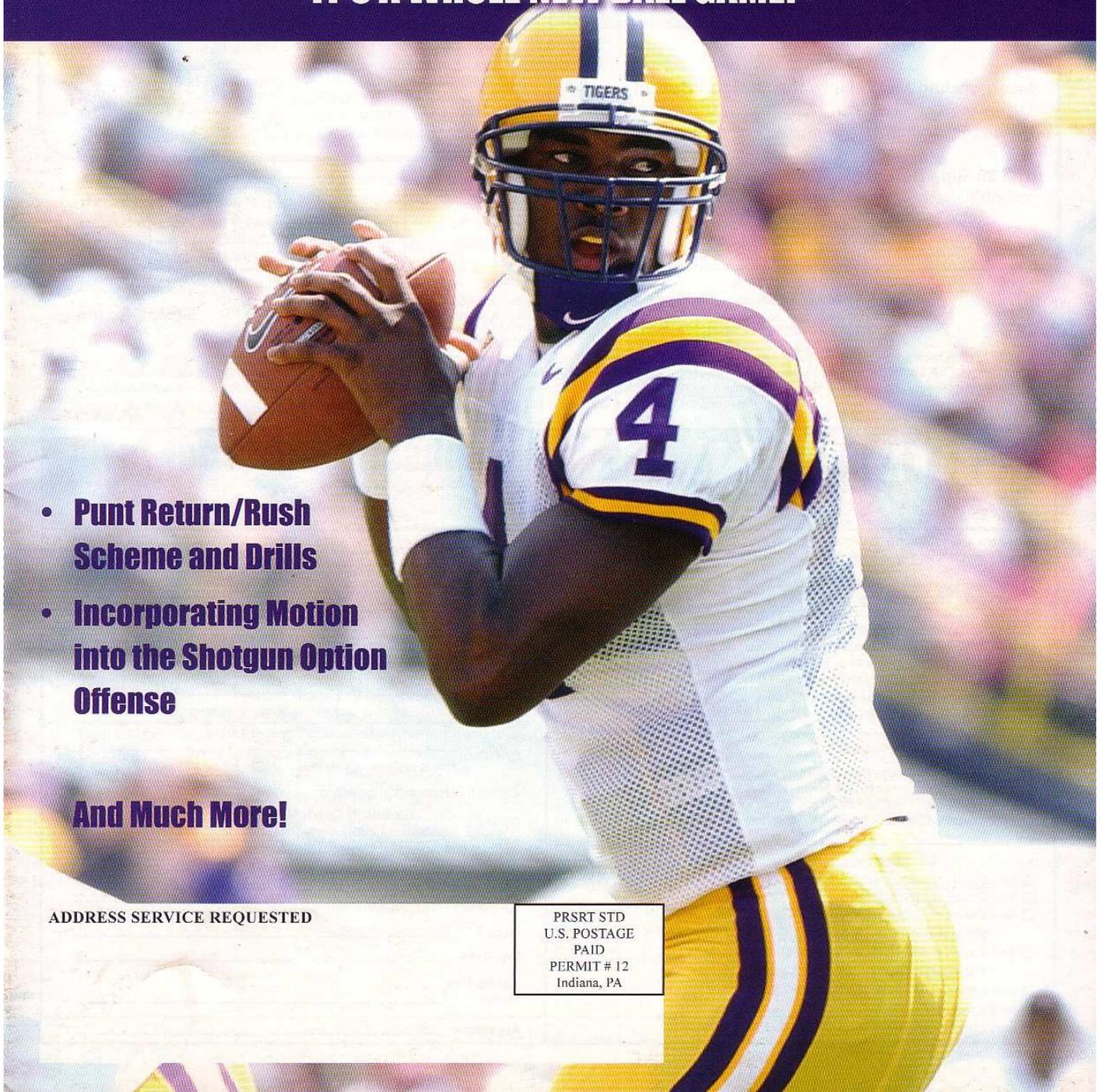


THE OLDEST MAGAZINE DEDICATED TO FOOTBALL COACHES

GRIDIRON *Coach*

Volume 13 • Issue 5
\$5.00

IT'S A WHOLE NEW BALL GAME!



- **Punt Return/Rush Scheme and Drills**
- **Incorporating Motion into the Shotgun Option Offense**

And Much More!

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PUNT RETURN

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Rush Scheme & Drills

We are very successful with this scheme that is simple to teach and simple to execute. The season 2003, we averaged 18,89 yards per return, blocked 3 and recovered 1 for TD. Last season (2004), we averaged 17,88 yards per return blocked 1, and returned 2 for TD.

Simplicity

Our base defensive front is a College 4-3 with a Monster, so when we schemed our punt return/rush, we tried to make it as much similar as possible to our defensive front. Our linemen (E, T, N and A) move from an outside or inside shade to an on technique. Our LBs (S, M and W) move up on the LOS and H (our Monster) play, as a base, a stack position behind the MLB. The CBs play 3 yards outside the ends vs a UB punt and an inside press technique vs a slot punt.

Philosophy

We think that the middle of a punt formation is the quickest way to block a punt, so we emphasize a great pressure here. Most often the snapper is drilled about snapping but not so much about blocking. We try to break his confidence and make him think. (2 men over him, he doesn't see that a lot of times).

Front

Our front is balanced so to not give any key of our rushing and returning side to our opponents. (Every time you see an overload, they will rush from that side and the players rushing the kick will make a side wall opposite the overload) As you see on diagram 1, the left side are doing chase block, this is not too difficult to teach, it is the same technique as for the front line players on the kickoff return team. But if we feel our players not comfortable with this technique, we teach them to block on the LOS, a seal block.

Flexibility

If our scouting report show that we will not be able to successfully rush or if we want to emphasize on the return, H will play back, 10 to 15 yards in front of the R. We call this adjustment Windy. See diagram 2.

On bad weather days (windy or rainy) or if the punter is not accurate or punt to the sides, we play with 2 returners, H steps off the field. We call this Rainy. See diagram 2.

When playing a slot punt formation with a great sprinter or gunner, we will double him with H, CB inside half and H outside half. We call this Visy (# of the specific player). See diagram 3.

Diagram 1

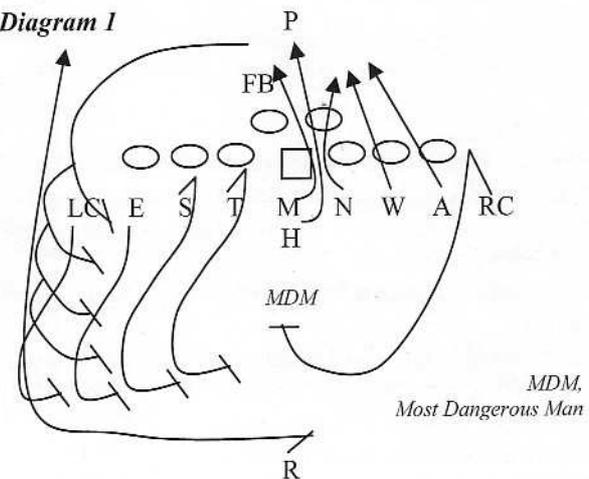
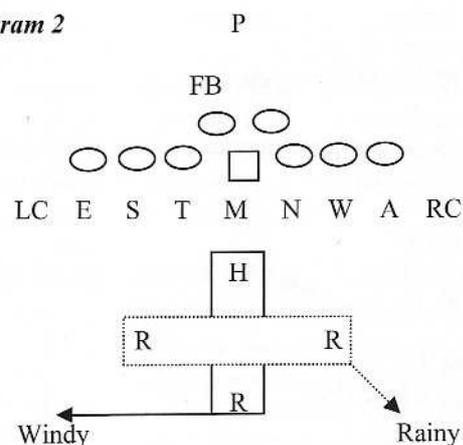


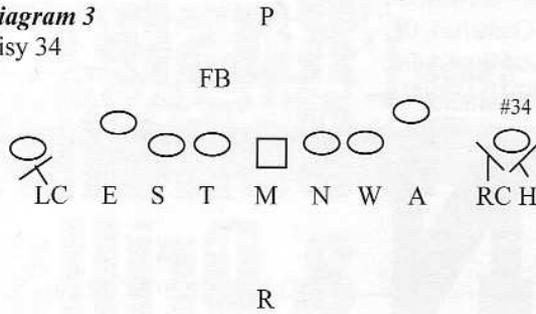
Diagram 2



We can call a reverse return with all adjustment without changing anything but the R going opposite the wall and giving the ball to the CB vs UB punt, A vs slot punt, or to the other returner when in Rainy call.

On safe punt, inside our 40 yard line, our LBs play four yards off the LOS to have a better angle of pursuit versus the fakes, and we play with a Rainy alignment as punters will try to put the ball out of bounds.

Diagram 3
Visy 34



Drills

We have individual drills for the rushers, the returners and the blockers. Then we break in 2 groups, 1 for each side of the scheme.

HALF LINE CHASE (Diagram 4)

PURPOSES: To teach and practice the proper fundamentals and techniques of chase or seal blocking in a punt return.

PROCEDURE

- Align a 1/2 line offense, only the center, UB, guard, tackle & TE.
- Place the 5 defenders in their proper stance and position.
- Mark 5 spots with cones 25 yards down field (this mark the end lane of the covermen).
- The returner or coach is 5 yards back of the cones in front of the center.
- At the coach's signal the offensive men will cover a punt at a moderate speed, the center at the cone no1, UB no2, guard no3, tackle no4 and TE no5.
- The defenders chase block their men.
- Depending of the coverage scheme, our tackle block the UB or the snapper.

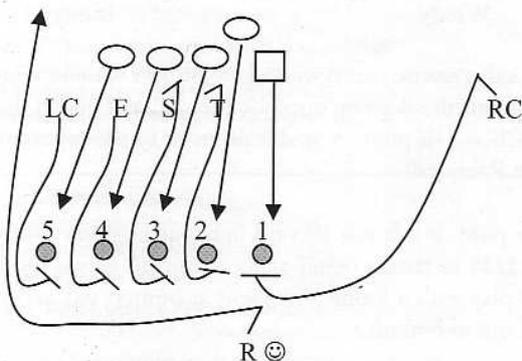
HALF LINE RUSH (Diagram 5)

PURPOSES: To teach and practice the proper fundamental and techniques of rushing the punt and setting up a sideline return.

PROCEDURE

- Align a 1/2 line offense, with the center, guard, tackle, TE, both UBs, FB & punter.

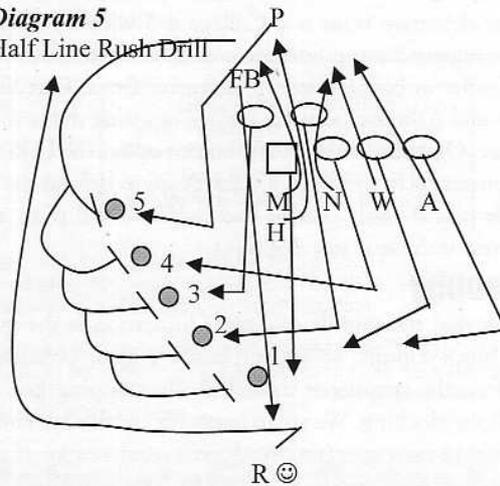
Diagram 4
Half Line Chase Drill



- Place 5 cones on an angle beginning on the field numbers 5 yards downfield from the LOS and extending five yards outside the return-side hash mark. Five yards separate each cone.
- The returner or coach is 30 yards down field in front of the center.
- At the coach's signal the offensive men will cover a punt at a moderate speed after their block.
- The defenders rush trying to block the kick then go to their spot setting the wall, M at cone no4, H no5, for the other defenders, the first down field take the last cone... They block the first wrong color to show.
- When the returner or coach changes direction, the center go to cone no1, LUB no2, RUB no3, guard no4 and P no5. The FB is here to make the returner work on breaking away the first tackler.

We then end with a team drill explained below:

Diagram 5
Half Line Rush Drill



PUNT RETURN/RUSH, TEAM DRILL

PURPOSES: To teach and practice the proper mechanics of our Punt Return/Rush scheme.

PROCEDURE

- Align a scout punting team over the football.
- The coach stand thirty yards from the LOS, and adjacent to the punt returner.
- On the snap of the ball, the punt return team executes their assignments.
- The punt returner is instructed to catch the punt and run behind the wall.

COACHING POINTS

- Begin the drill at a moderate speed.
- Personnel who form the wall are reminded to keep a five-yard separation and to move back upfield as the punt returner moves past them in the wall.
- Practice right and left.