

# PLAYING FOOTBALL LIKE A PRO



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# Foreword

Football is an all time favorite sport played all over the world. However there are some variations to the game depending on where it is being played. Get all the info you need here.

# ***Playing Football Like A Pro***

## **Chapter 1:**

### ***Playing The Football Game***

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# Synopsis

The football game was first dominated by men but in more recent years this game has seen a lot of participation from the women. There are international tournaments both for men and women held all over the world today; however the male participating tournaments still seems to have the bigger draw of interest.

## **The Basics**

The most basic and popular format is where two teams are pitched against each other with each team consisting of eleven members. Although there are usually eleven players on the playing field, there are also a few more players kept on reserve.

This is for various different reasons such as substitution for injuries sustained by those playing, the coaches discretion to replacing players throughout the game, and a few other reasons that the coach may deem fit to exercise the substitution option.

The general idea of the game is to be able to score as many goals as possible within a given period of time. The goals are located in the opposing teams playing area, where the each team tried to penetrate the defenses of the teams to score goals. The movement of the ball from one end to the other end of the playing field is usually done by kicking, throwing or running with it.

The general rule would be the hands are not to be used to control the ball while on the playing field and the only circumstances where the hands are allowed to be part of the playing motion is when the ball is being thrown in from outside the playing field or when the goal keeper is displaying skills to evade the opponents goal scores.

# **Chapter 2:**

## *Rules And Regulations Of The Game*

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### **Synopsis**

Here again depending on the level of those playing the game and the stage the game is at, there are several different types of rules applicable. However across the board, there are some basic rules that are usually applied to all the football games anytime it is being played anywhere around the world.

Ideally the football field should measure to about 120 yards long and 53.5 yards wide. The goals line will be drawn to the end of both sides of the field. There is 10 yards calculated to mark the end zone for each side and from there inwards, there is a line drawn for every five yards. The middle yard line is called the 50 yard line.



## **Rules**

Then there are hash marks which are rows parallel to the side lines, and this is where the ball is placed to start play. There are goal posts at either side of the end zones, which the ball has to be directed into, in order for a goal to be scored and recorded.

The team that scores the most goals within the allotted time will be declared the winner. The game is divided in to 4 different time allotments, with a long half time break between the second and third quarter. If a foul is called, the team would be in danger of losing one member depending on the color issued.

The yellow would signify a warning and the red would be the send off, and neither of these would have the recourse of a substitute.

The players taking on the defensive roles would be able to be in any position and move about freely on their side of the field without many restrictions.

Offensive players have several rules that define their positions according to the strategies adopted within the game plan frame. Ideally seven of the offensive players should be on the line of scrimmage, while four should be a yard behind. With the exception of one, the others would be set or still prior to the play beginning.

# **Chapter 3:**

## *The Quarterbacking Ground Rules*

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### **Synopsis**

There are many rules that ideally are supposed to function to protect the quarterback. Quarterbacks make up the offensive team and line up directly behind the offensive line.

These individuals are usually the leaders of the offensive team, responsible for calling the play in the huddle.

The quarterback role is the most visible and important role by comparison on the team. This position is probably the most influential in creating the direction of the game in its losses or wins.

The quarterback is usually in possession of the ball nearly through every offensive play and has a great responsibility in both calling plays and making decision during the play.

## **Quarterback**

The quarterback all being their play positions in various different specified positions. However in more recent years most of these quarterbacks are trained towards partially scripted formats. These actions are further assisted by the coaching of the play format, given through inbuilt headphones in the helmet.

This information is then relayed to the team mates for further execution, using a series of code words, numbers or a combination of the two. There are also special tactics such as “Blue 42” or “Texas 29” which represents a sudden shift in formation called on by the quarterback.

There are various other terms that represent certain movements to be executed by the quarterback such as flea flicker where the quarterback is supposed to catch a lateral by a wide receiver or fanning before delivering a forward pass, the wildcat formation would require the quarterback take the position of a flank receiver who can be used to catch the forward pass. Both these moves are typically used as decoys to throw the opposing team off play.

The ability to successfully make game plays from within the “pocket” formed by the blockers is will the most important quarterback contribution to the game. Showing great ability to run past defenders and have the endurance for it is also ideal.

# **Chapter 4:**

## *The Passing Game Essentials*

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### **Synopsis**

There are several different elements that would ideally be part of the quarterback's routine, and all contribute to the success of being able to make good decisions and executions to bring about a successfully played game.

## **Passing**

The stance of the quarterback is important in helping them maintain firm balance when the game begins, as they are usually the target for ball possession. This will allow them to read the defenses and react accordingly.

The hand positions are also something that is given consideration. Dropping the ball during play is a huge negative thus the need to be able to have the appropriate hand positions mastered. All these will contribute to the handling off of the ball, the carry on the ball and the passing or the ball.

The passing technique is also something that is given due consideration in the quest to ensure the game is successfully played. Cradling the ball at arm level over the right breast area will help the effective throw motion to have better success rates.

Holding the ball with the fingertips and allowing an air pocket between the ball and the palm would facilitate better passes, and proper release functions. Learning to throw with a purpose will ensure the ball finds its desired direction.

The level of accuracy should ideally be high as this is the defining point of getting the ball to the others who can then make it to be finishing zone. Releasing the ball also requires a certain level of intensity and this is encouraged to be done with the “short stroke”.

The footwork is also another essential part of completing the proper passing technique. By closing the feet position to prevent the over striding, the quarterback will be able to give the ball enough trajectory force to get it airborne and in the direction it is meant to go.

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# **Chapter 5:**

## *Mastering The Ground Running Game*

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### **Synopsis**

Being in the possession of the ball and making full use of the opportunities it presents is the ultimate in the exercise of mastering the ground running game. Just being the possession on the ball for a good part of the game is also a good ploy, if the relevant goals have already been scored and that puts the team scoring goal in the lead.

## **Ground Game**

The offense tries to advance the play of the ball while the defensive tries to prevent the offenses tactics. In the down system, the offense must make the advances of the ball positioning at least 10 yards as the first down is called. If the offense does not get the 10 yards in four plays, then the other team gains possession of the football.

Kicking the ball to the other team intentionally will allow the first team to get into a good field positioning for the ball kick. The center passes the football between the legs of the players to the offensive player which is usually the quarterback. The ball is the advanced either by running with the football called rushing or by passing the football.

The football in play is stopped or considered over, when a variety of different scenarios unfold some of which may include the player with the foot ball is tackled, or goes out of bounds or an incomplete pass takes place or a score or otherwise known as touchdown is achieved.

There are also several other ways the offensive team can lose possession of the football, such as through scoring, not getting 10 yards in four downs, fumbling or dropping the football and the defense team capitalizing on this by gaining possession on the ball, throwing the foot ball to the defense player for an interception, punching or kicking, missing a field goal or getting tackled in the end zone for a safety.



# **Chapter 6:**

## ***Pulling Off A Great Offensive Line Play***

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### **Synopsis**

Having a good and well placed offensive line is instrumental in dictating the direction of the game and its desired success. the level of discipline this exercise requires if ensure the offensive linesman is always ready and waiting for the opportunity to create successful play.

The success as an offensive football team, hinges greatly on the ability to have control on the line of scrimmage. To be good at this the offensive line requires more than just the elements of discipline or good blocking techniques, it also requires the all important ingredient of pride, as this pride is the push factor behind the team members making good game play moves.

## **Offensive Play**

Details that are often taken for granted are overlooked and usually cost the team's possible victory, thus a team that takes pride in its players and game plans will not make the mistake to overlooking even the smallest and seemingly insignificant moves.

There are many different aspects of the game that should be considered such as the huddle and the starting counts, all of which have their own significance to the game and thus should be mastered accordingly.

There is also the pre set positions that should also be mastered such as the base, feet, elbow and hands, should back and tail, head and neck.

These would help the players be in the best positions for the maintaining some levels of ball possession and also help to keep them from possible injury.

The purpose of the offensive line drill is to important the fundamentals of the offensive line play in a non contact drill, while the end zone area or side line will be the ideal platform of play. These lines will act as guides to get the player into good square off positions.

# **Chapter 7:**

## *Discover The Killer Strategies To Win The Game*

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### **Synopsis**

In order to ensure the odds are in favor of the team to win, there should be some clear strategies in place to help steer them into position. Every winning team has their own strategies to suit their game plans but in most cases there are a few common strategies that are usually the basis for any winning game plan.

The following are some more common killer strategies that are usually adopted by teams that able to boasts consistent wins:

## **Strategies**

Time should be allocated to line specific training. The defenders would practice such moves as marking, spoiling, defending the lead, defending the stoppage and zoning.

Having intensive training sessions that specifically focus on the strengths of each individual player is also something that can eventually contribute to killer strategies going well. Fine tuning the skill already apparent should be nurtured and the training drill should be enhanced to challenge these strengths. Winning would mean that each individual contributes 100% all the time, thus garnering optimum results.

Defenders should be given the freedom to call it as they see the game unfolding. Being given this leeway would eventually facilitate some exciting and spontaneously positive results. However the dominant points to focus on even through this “freedom” window would be the idea of spoiling form behind, helping the team mates and maintaining a high level of effort put into winning.

Developing and practicing set play patterns is also another killer strategy that should be adopted if winning is the end goal. Teams should be rather proficient in the stop play scenario whereby capitalizing on the stoppages would be most beneficial. This eventually dictates the ball movement and playing style. Concentrating on holding the ball while all the time advancing is also another killer strategy worth mastering.

# **Chapter 8:**

## ***Great Tactics For The Defensive Lineman***

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### **Synopsis**

There are certain moves that the defensive player has to be able to execute in order to facilitate ideal ball possession dominance for the team.

As there may be several different emphases such as on reading, penetrating or blitzing, the defensive player is usually taught to master some very fundamental basics.

The most popular and essentially good defensive line plays would have to include the stance that is somewhat neutral, the attack defensive positioning, the neutralized control element, the escape quickness strengths and the pursuit to get in the stop that makes the game. These would usually be incorporated and mastered early on in every team's makeup.

## **Tactics**

The following is a clear breakdown on the good defensive line play:

Stance - the proper body position would have to be adopted as this would give better weight distribution which is essential for a lineman. This is the only way the individual would be able to make quick powerful movements in any direction with ease.

Attack – this is where the player’s ability is tested to meet the charge of the blocker in of the general fundamental positions.

Neutralize – this is the defensive blow to be delivered accurately to stop the opponent’s charge while still maintaining control over the ball movement.

Escape – here the ability with which control is exercised over the clocker of when it comes to creating the shed for the blocker.

Pursuit – the proper path and effort is made in intercepting the ball carrier.

When all these various moves are concentrated on and mastered, the defensive lineman tactics should prove to be a force to be reckoned with. Therefore in order for the lineman to be effective in extending such moves, there should be an adequate amount of practice to perfect the moves.

# **Chapter 9:**

## *Dealing With Line-Backers*

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### **Synopsis**

The number of line backers used is usually dependent on the formation allotted for the play. The number varies, but the norm would be three or four which most defensive schemes would require.

## **Line-backers**

The 4 – 3 defense styles there are usually four down linemen and three linebackers. The middle linebacker's job is to cover the end to make sure a run does not escape and to watch and protect the pass.

This should be done by stopping runs between tackles while watching the entire field formation and game play. When it comes to passing plays, the linebacker's responsibilities vary based on whether a man or zone coverage is called.

In the 3 – 4 defense style, there are three linemen playing the line of scrimmage with four linebackers backing them up. This is typically done with two outside linebackers and two inside linebackers.

There are weak and strong positions for this formation but both positions do have its contributing attributes. This formation is done to disguise the direction the fourth rusher usually comes from, thereby ideally throwing the opponent off. The linebackers can rush the passer and play the run, depending on the play called.

In the 46 defense there are four linemen, three linebackers and a safety that is moved up to be positioned behind the line of scrimmage.

Deceivingly appearing as four linemen, when in actual fact only three function as linebackers, with one playing safety, this tactic has often



proven to be a good line of defense. In the 46 both outside linebackers play on the strong side, which is the tight end.

The 4-4 defense is also equally defense effective at running a stop but is really a weaker option when compared to the 4-3 defense. One of the linebackers is usually called into either blitz or passes coverage in order to compensate for the missed DB.

# **Chapter 10:**

## *Playing At The Last Line Of Defense*

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### **Synopsis**

There are several different types of defense formats that are usually used when the play in motion calls for a particular format. These are usually well practiced and ready to be executed when the signal to do so is given.

When it comes to the last line of defense styles, there are also a few options to choose from and this too is usually done when the play is called for.

These are used to primarily to defend against pass plays as well as the need to create open field tackles, especially when the ball is motion and has gotten last the other defense side.

## **Great Info**

The last line defense would have to include the defensive backs where two cornerbacks and two safeties are in place. Sometimes special defense backs such as nickelbacks and dimebacks can be used in place of the linebackers and defensive linemen where the defensive need is to cover additional pass receivers.

The safeties, are usually used as the last line of defense, and are placed within the farthest area from the line of scrimmage. This is to ensure there is help at the corners for deep pass coverage. The strong safety otherwise referred to as SS, are usually larger and stronger so as to be able to provide better protection against the run plays.

This is achieved by standing closer to the line of scrimmage, usually on the strong tight end of the field. Then there is the free safety which is otherwise known as FS, and this is usually used for smaller and faster individuals who are positioned to help on long pass plays.

They are also usually the deepest player on the defense and often the fastest moving ones too. These are all different forms of last line defense element that contribute to the success of the game when used accordingly.

# Wrapping Up

I hope that now you are on your way to a better game of football. Go out and enjoy and start playing like a pro.