



Princeton Junior Football League

Skills and Teaching Points 2019

Skills and Teaching Points for Coaches

QB Throwing

- Teaching Points: fingertips on the laces, pushing the ball high, step into your throw with your opposite leg, pronate the thumb down so it ends up pointing towards your waist.

Receiving

- Teaching Points: Start with your eyes, using your hands (not your body), your fingertips finish the catch. Start small (fingertips, then hands, then arms, then the body).
- Teaching Points: Catch the nose/point of the football with both hands.
- Teaching Points: Running your patterns: it's **Cut** –with your feet, **Catch** – with your hands, **Tuck** – the ball into your arm, and **Turn** - up field to get yardage or score a touchdown) **CCTT**.

Blocking/3-point stance

- Teaching Points: 3-point stance: The feet should be about shoulder width and straight ahead, no wider than the shoulders. Having one foot slightly back is fine. Drop into a squatting position and extend the down hand slightly inside the near foot, in front of the body. Weight - 70% on feet/hips and 30% on your hand. KEEP THE HEAD UP!!
- Teaching Points: Run Blocking - using open hands only in contact with the trunk (hips to shoulders), have a wide base (feet at least shoulder with apart), stake short steps as you drive the defender back (no long strides – you lose your balance and your power)
- Teaching Points: Pass Blocking - Stay low, shuffle or chop your feet and give a little ground as you make a pocket that the QB can move around in. If a defender wants to sprint way up field, then use his momentum against him, and let him go, as long as he doesn't get to the pocket.

NO SHOULDERS – we block with open hands (no grabbing or holding)



Princeton Junior Football League

Skills and Teaching Points 2019

Flag Grabbing

- Teaching Points: Pursue ball carrier, focus on their hips, cut off their path and breakdown in front of them going for both flags at once or using two hands to go for the nearest flag.
- Explain whenever the kids hear references to tackling, we mean flag grabbing only. There is no traditional tackling in our league. No one should be brought to the ground.

Huddle Organization

- Teaching Points: Two-tier huddle system, center sets the huddle 5-7 yards behind the line of scrimmage facing the ball, holds hands up and calls huddle. Offensive line is in the front row hands on knees (3), perimeter players in the back row (3), QB faces the huddle and calls the play
- Teaching Points: Formations – offense: 3 linemen always, one center, two guards (not eligible), Jrs can have 1 or 2 RB, Srs only 1. Defense – 3 linemen, 2 must rush on the count of 4.