

PJFL Play Book



Coaches,

Thank you for volunteering your time to make this a quality and enjoyable football experience for all of the kids.

To help you get off to a fast start we have created this play book with both general advice as well as some specific direction.

This play book will help you in several ways:

By providing formations and plays it will help you get in and out of the huddle quickly. We will only be allowing 30 seconds between plays, so the kids need to know where to line-up and what their job is for the play.

*For the older divisions, it should be a goal of the coach to build up the team to the point where you don't need to be in the huddle with them. You could signal plays into the huddle or send in a play by telling it to a substitute who would bring it into the huddle.

For these reasons, there are just a couple of formations, this familiarity will help the players learn the plays well enough that they could execute them from most, if not all, of the positions.

We also tried to limit the amount of pass patterns so that they can be learned and perfected. They are listed and drawn out just behind the offensive plays in this play book. Make sure the kids practice them.

There are also some defensive sets included, but you can try whatever works for your team, just consult the rules to make sure you meet the defensive requirements/rules.

PJFL Play Book

You are free to draw up your own plays. You will find blank formation pages and blank play pages in the back of the play book, but we recommend you use the designed plays in this playbook as a foundation.

One thing that separates PJFL from other youth football programs is that we encourage our players to learn several, if not, every position on the field. For that to happen, your formation and plays should be easy to remember for the kids, and there should be many plays that look similar to one another to keep the defense from anticipating where the ball is going.

Being a coach in a huddle with 6 or 7 kids simultaneously asking questions and making requests can be very hectic. Before you know it 30 seconds has turned into 2 minutes. It is recommended that each coach devise a system of assigning players to a general group for a series of downs, or more, then rotate player positions for the next series:

For example: You identify 2 QBs for a given game, one starts

You assign 3 kids to play Offensive Line

You assign 3 kids to play Running Back & Receivers

This unit plays for a series of downs until they score, punt or throw an interception. The next time they are on offense again the other QB plays, the 3 players that were on the line are now the RB and Receivers and vice-versa.

Tommy and John are the QBs

Tommy plays QB first

Joe, Mike and Ed are the Offensive Lineman

Dylan, Jack and Cole are the Running Back and Receivers

They score a touchdown after 7 offensive plays.

The next time they get the ball on offense:

John is the QB

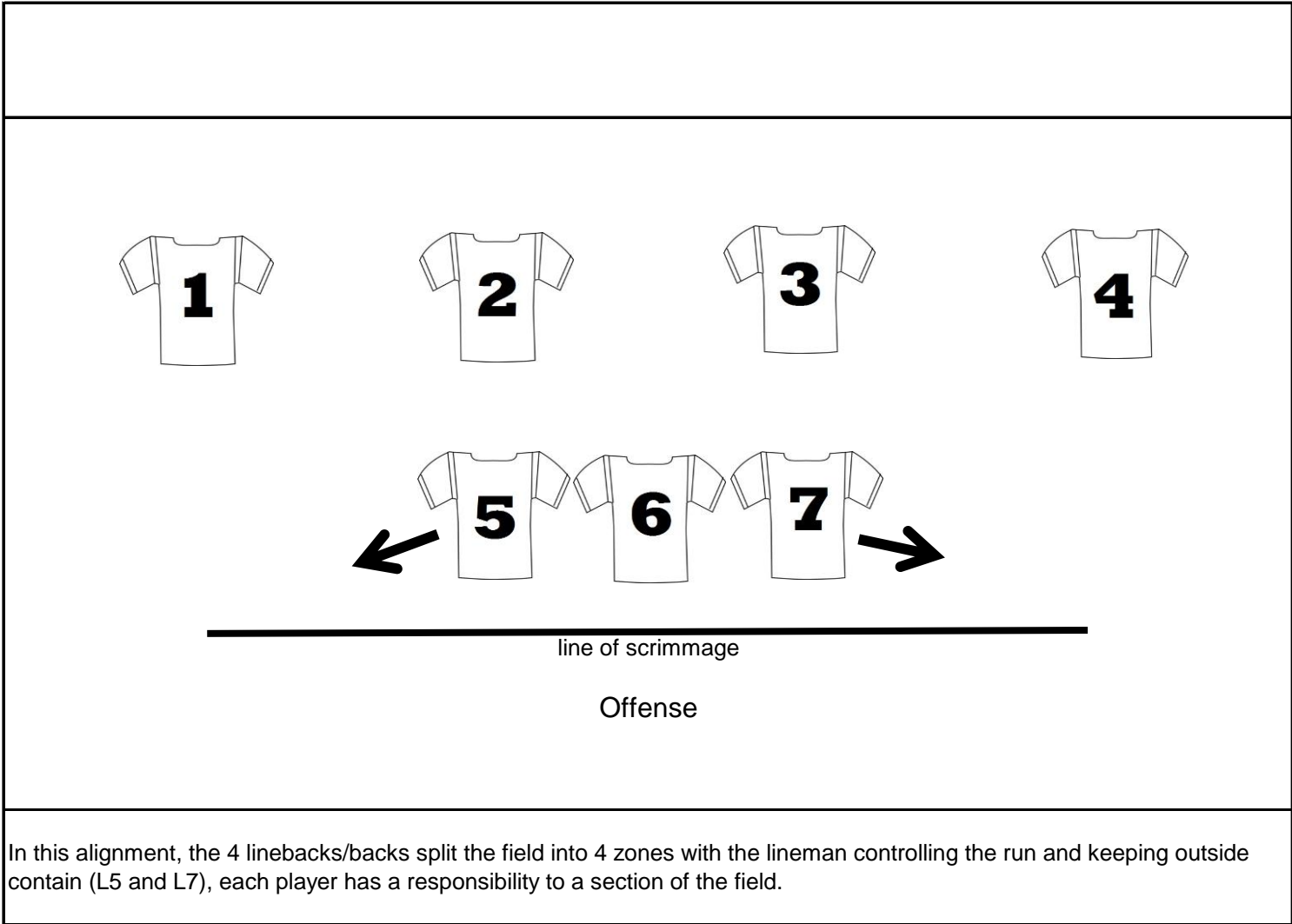
Dylan, Jack and Cole are the Offensive Lineman

Joe, Mike and Ed are the Running Back and Receivers

You can use this example system or come up with your own, but make sure kids are not standing on the sidelines very long, and spread the ball around.

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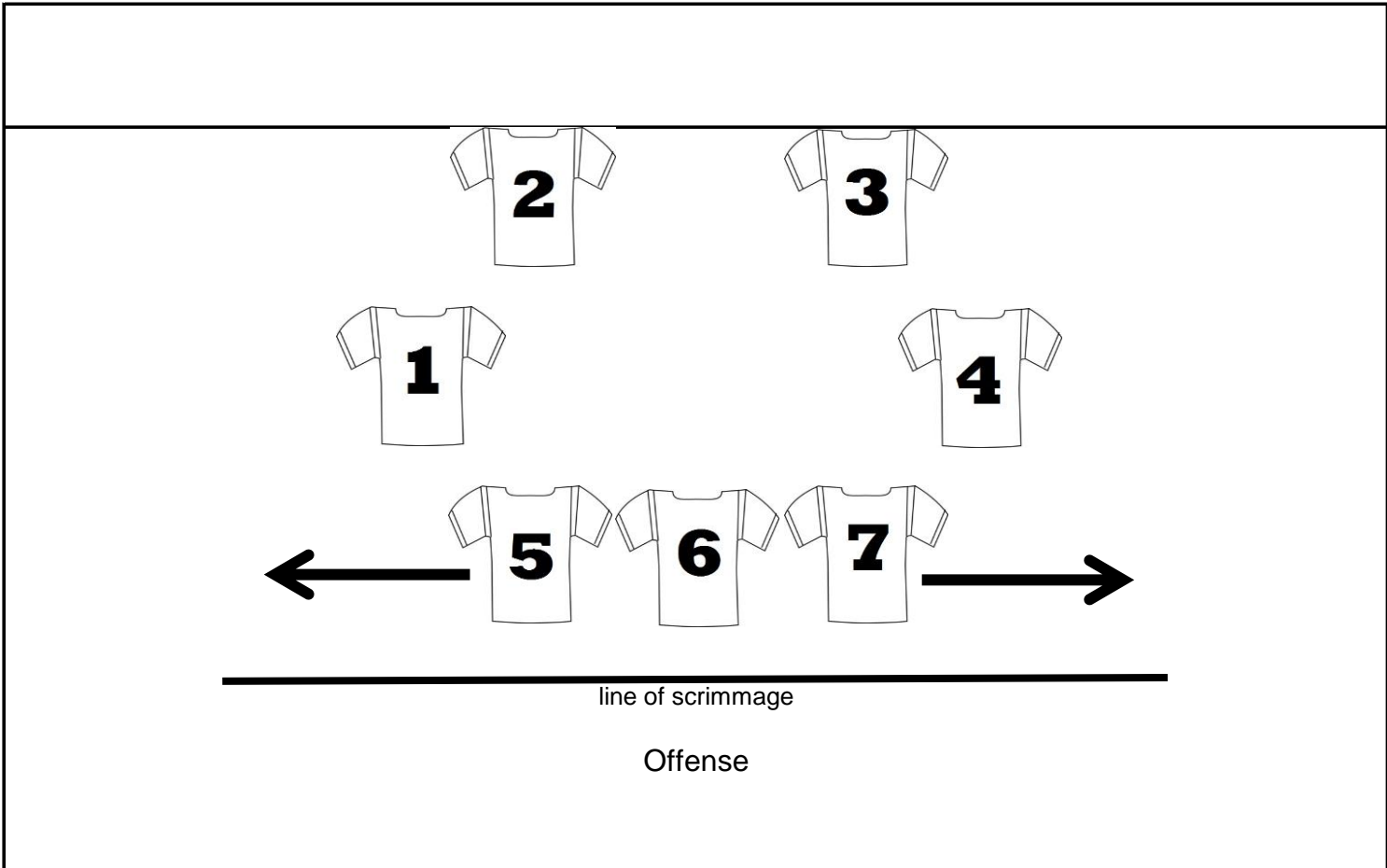
Defense - 3-4



In this alignment, the 4 linebackers/backs split the field into 4 zones with the linemen controlling the run and keeping outside contain (L5 and L7), each player has a responsibility to a section of the field.

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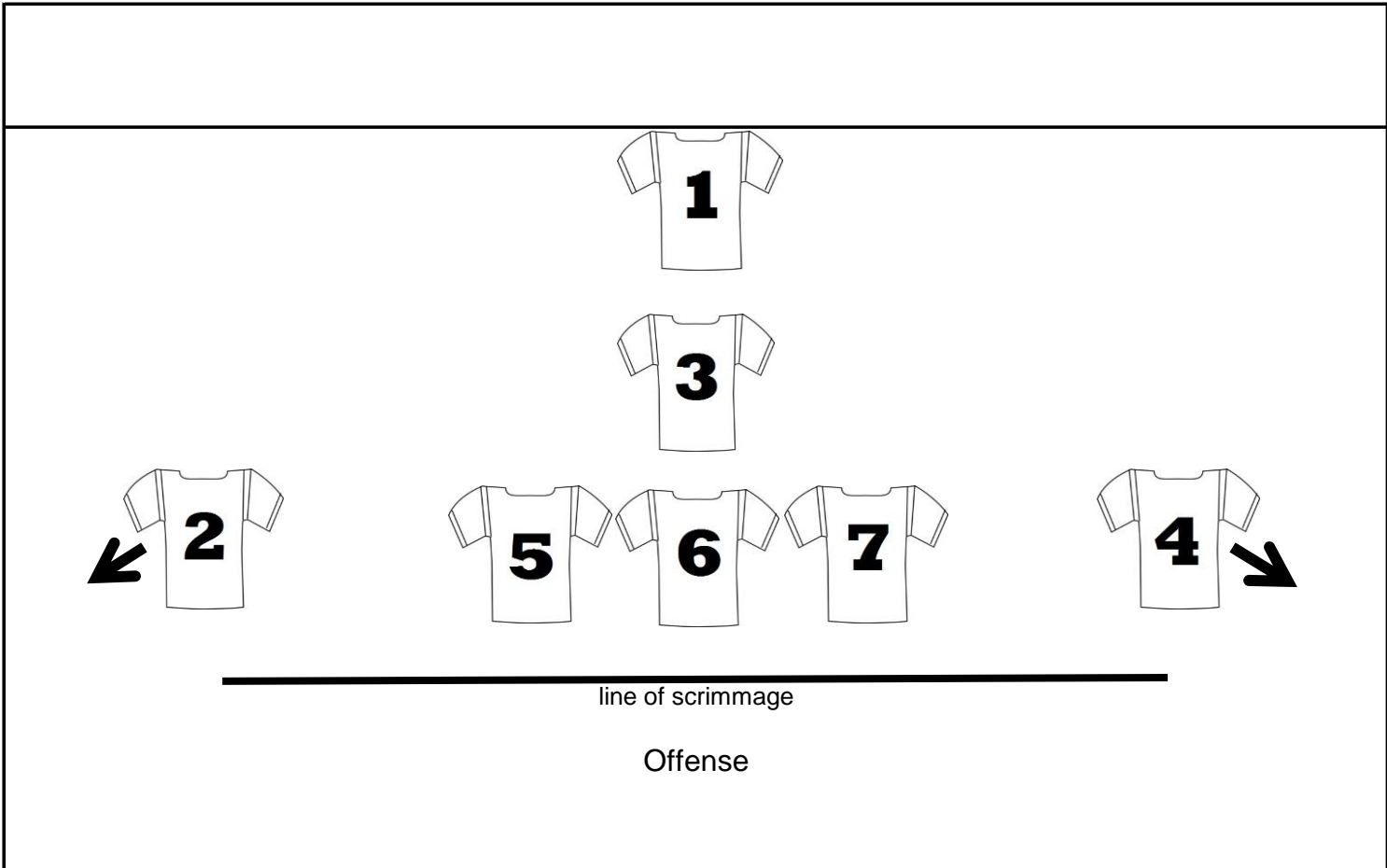
Defense - 3-2-2



In this alignment, the 2 Defensive Backs (D2 and D3) split the deep part of the field, the Outside Linebackers (L1 and L4) cover the middle of the field while the Defensive Lineman (L5, L6 and L7) play the run first, then help cover the flat (L5 and L7) with L6 focusing on the pass rush.

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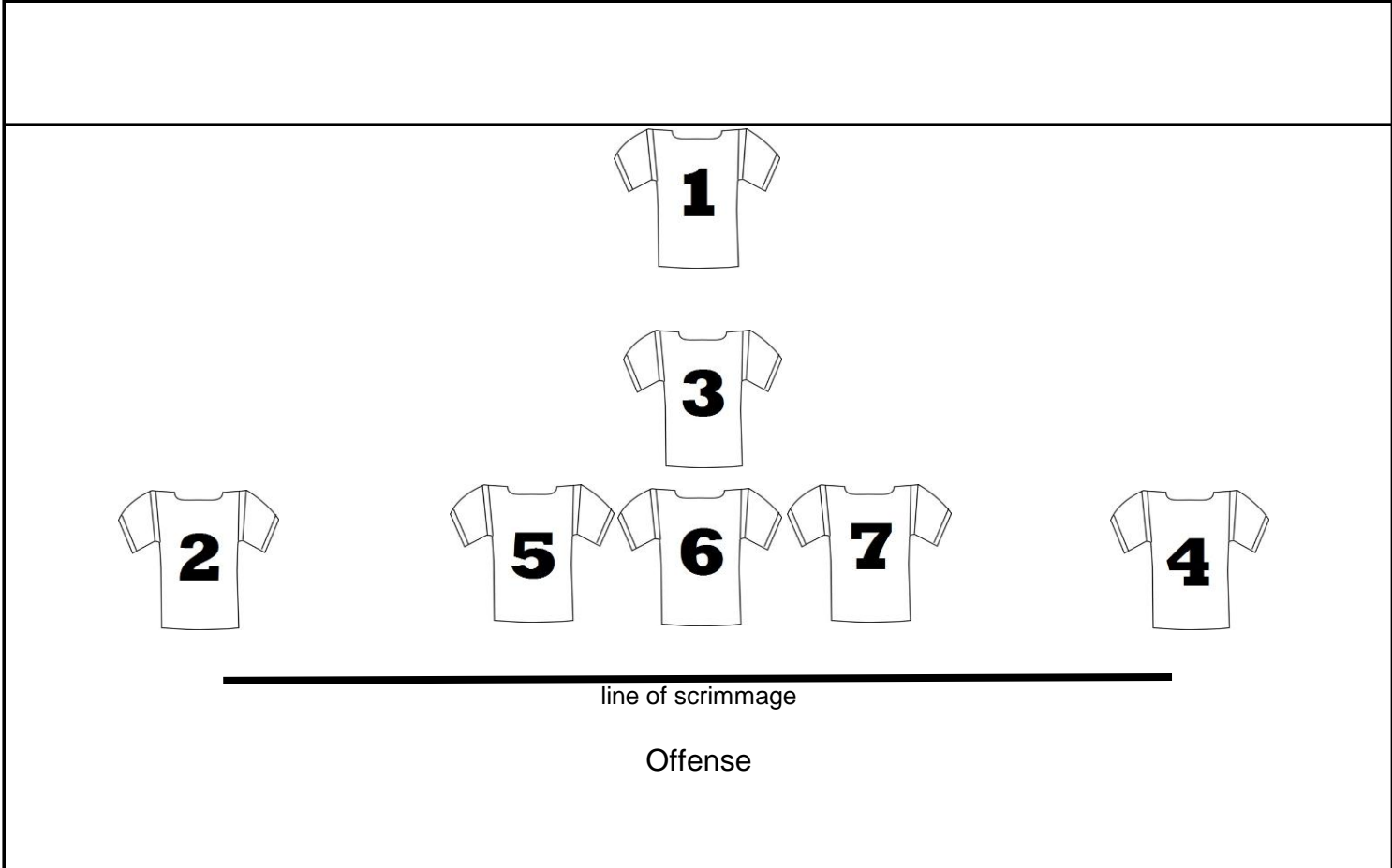
Defense - Man-to-Man Loose



In this defense, everyone matches up with another offensive player, the Safety (S1) follows the eyes and movement of the QB, everyone else keeps their man in front of them (they should keep the player they are guarding between them and the ball with each defensive player favoring the outside so that any play that might get made will be forced inside to their teammates.

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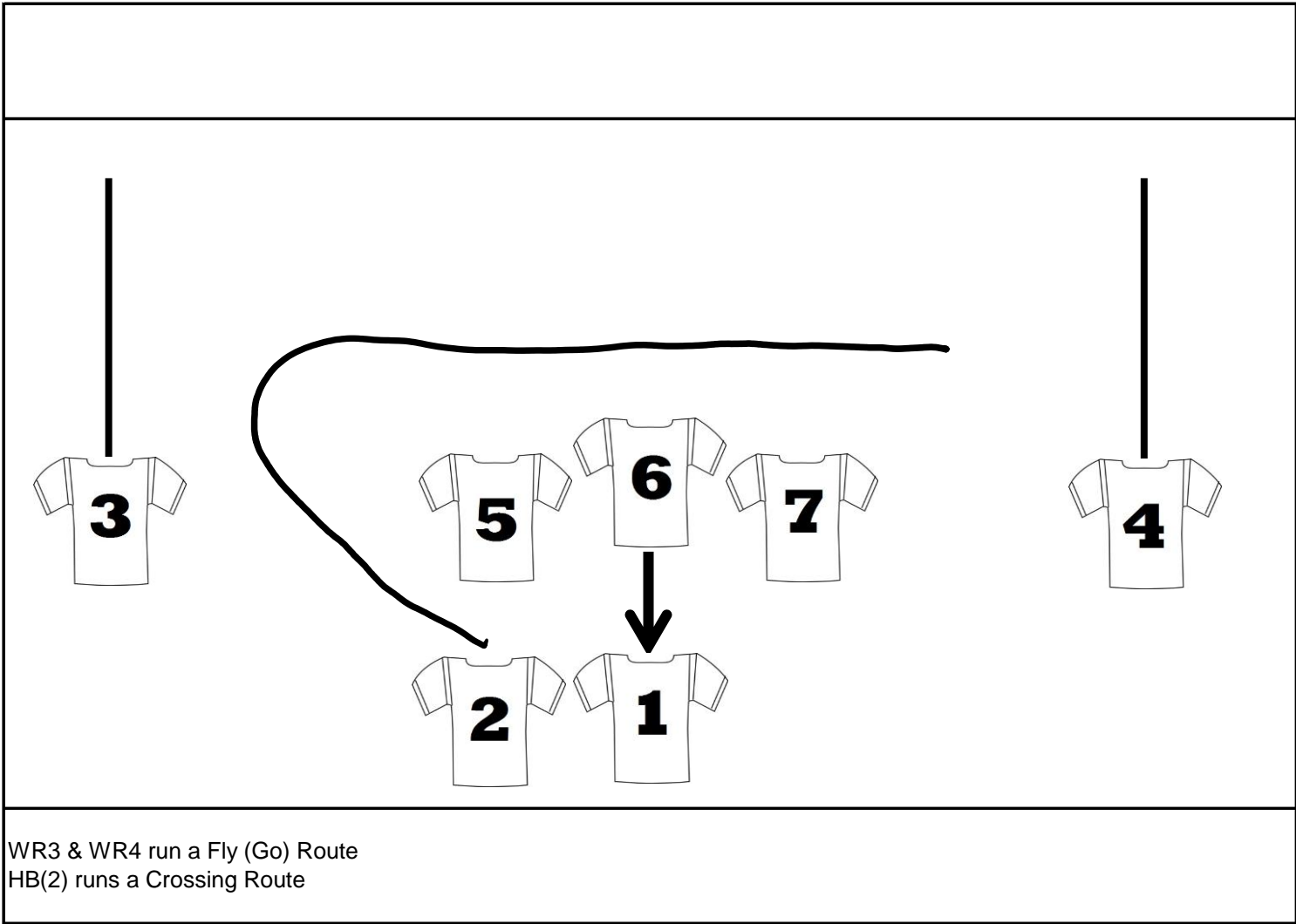
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In this defense, everyone matches up with another offensive player, the Safety (S1) follows the eyes and movement of the QB, everyone else keeps their man in front of them (they should keep the player they are guarding between them and the ball with each defensive player doing their best to deny the ball to the receivers or yardage to the player running the ball).

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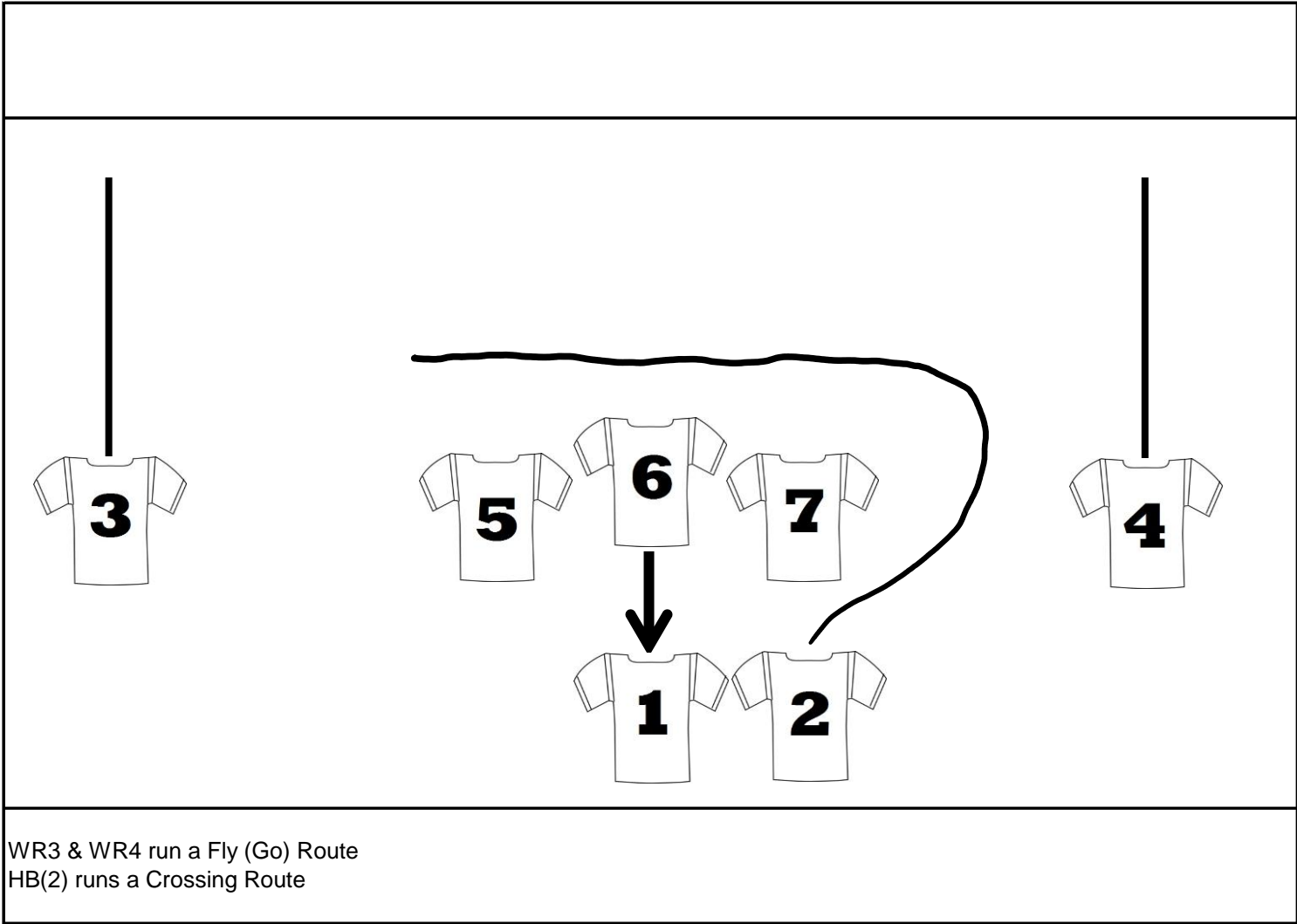
Twin Left - Double Fly Pass



WR3 & WR4 run a Fly (Go) Route
HB(2) runs a Crossing Route

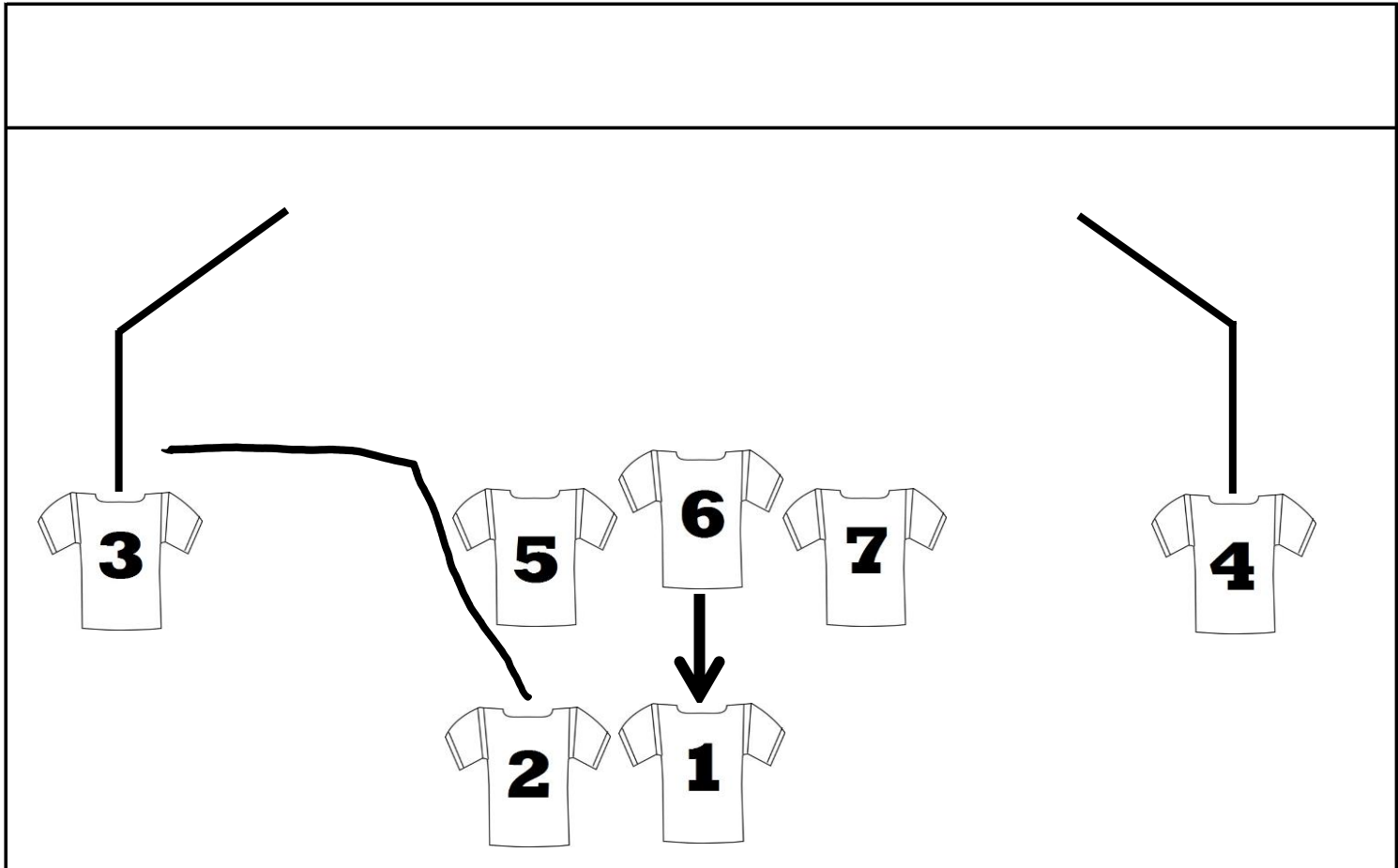
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Twin Right - Double Fly Pass



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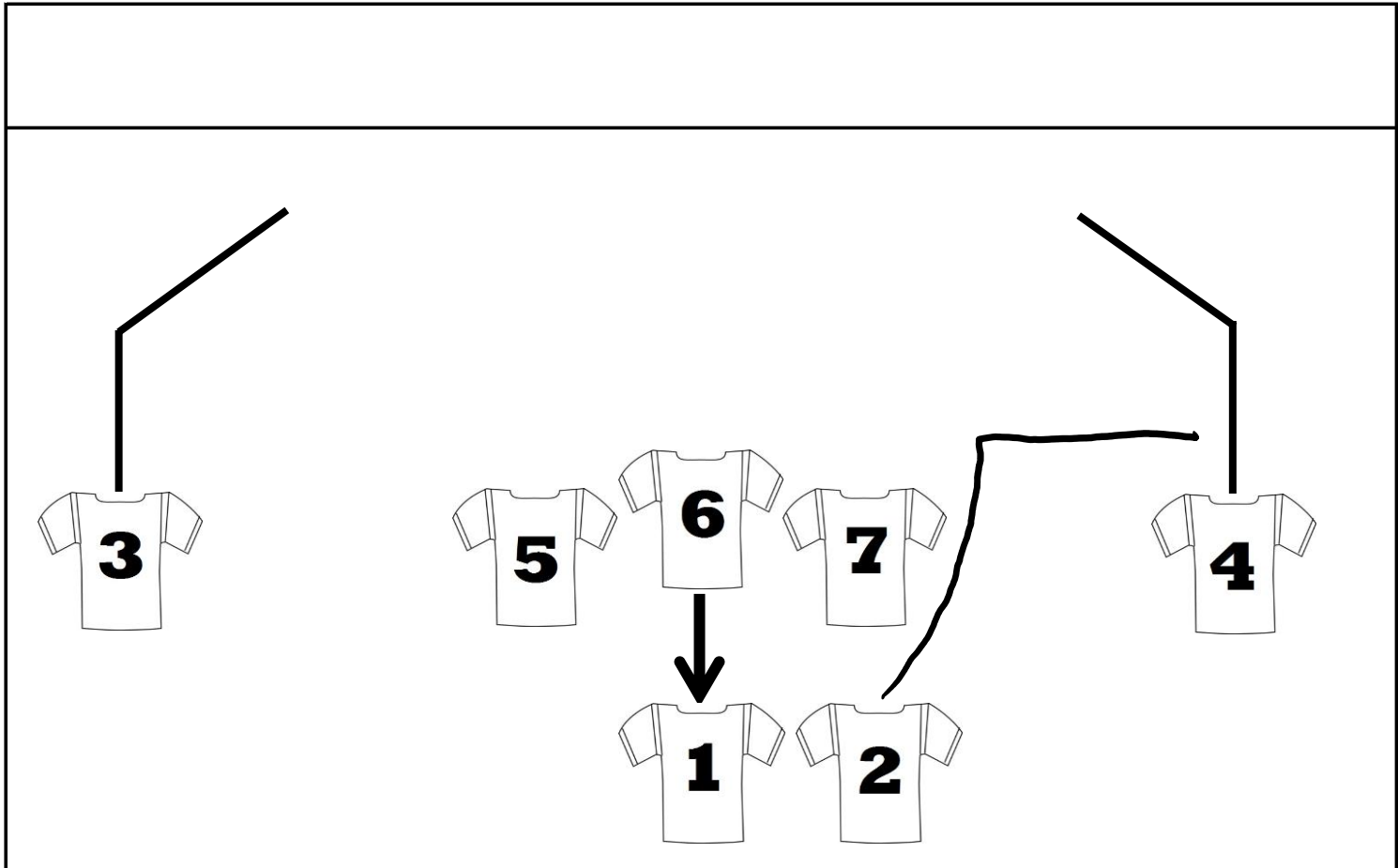
Twin Left - Out Pass



WR3 & WR4 run a Post Route *"skinny posts" (less of an angle on the cut) so they don't run to the same exact spot
HB(2) runs an Out Route

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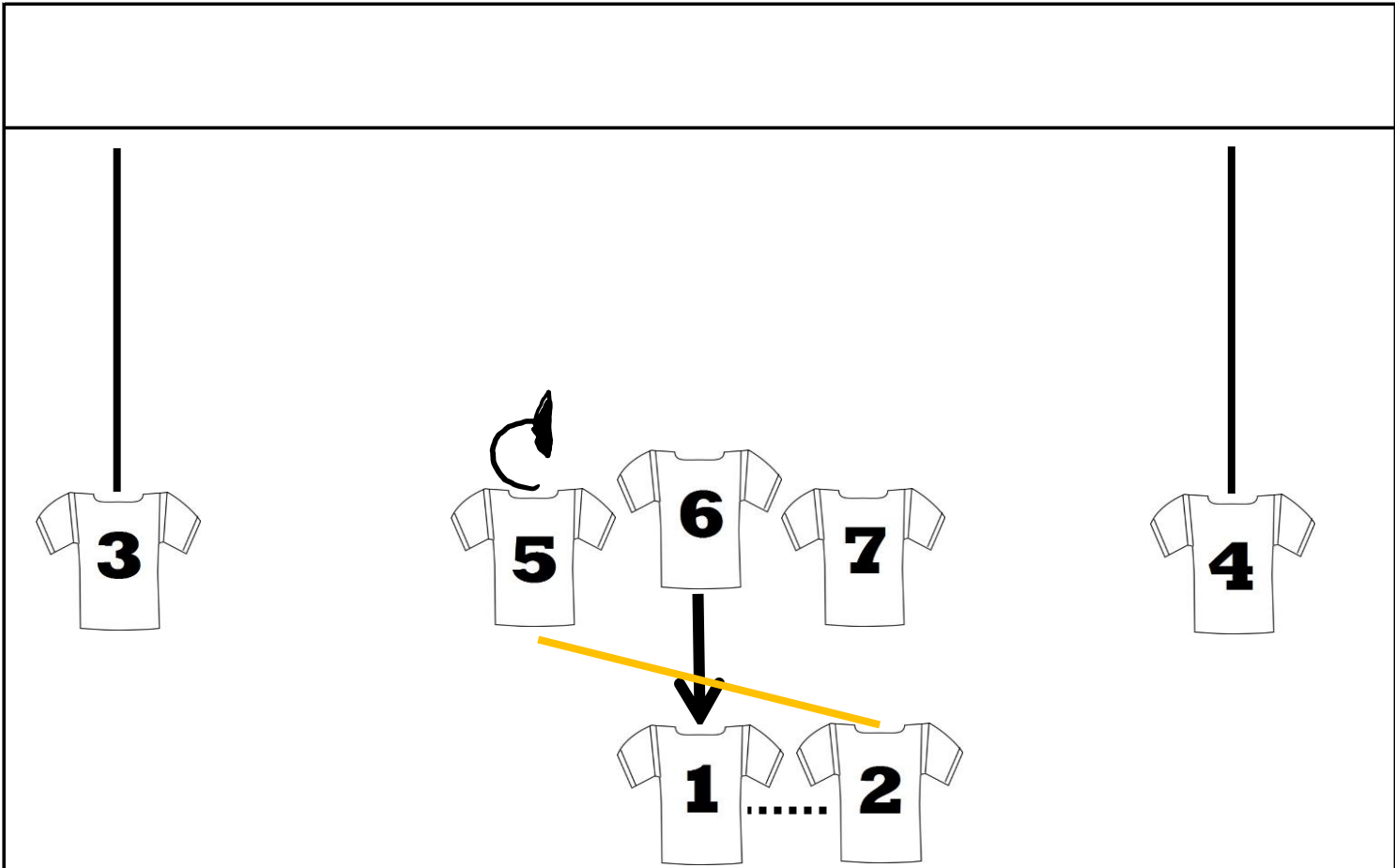
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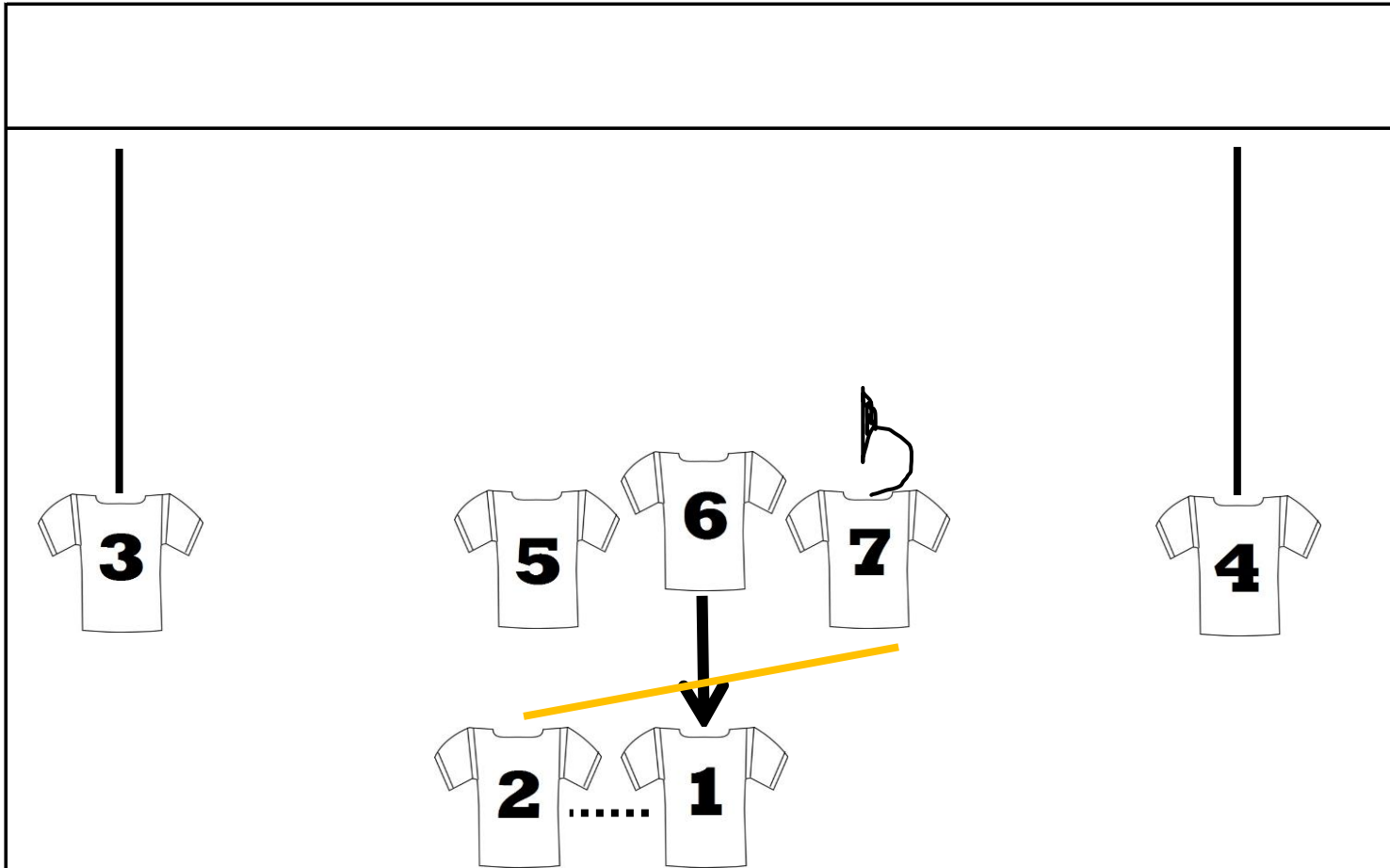
Twin Right - Run Left



HB(2) runs sharply in front of QB(1) for handoff
L(5) has to block to seal off the left side
WR3 & WR4 run Fly (Go) Routes to draw the defense away from the point of attack

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Twin Left - Run Right



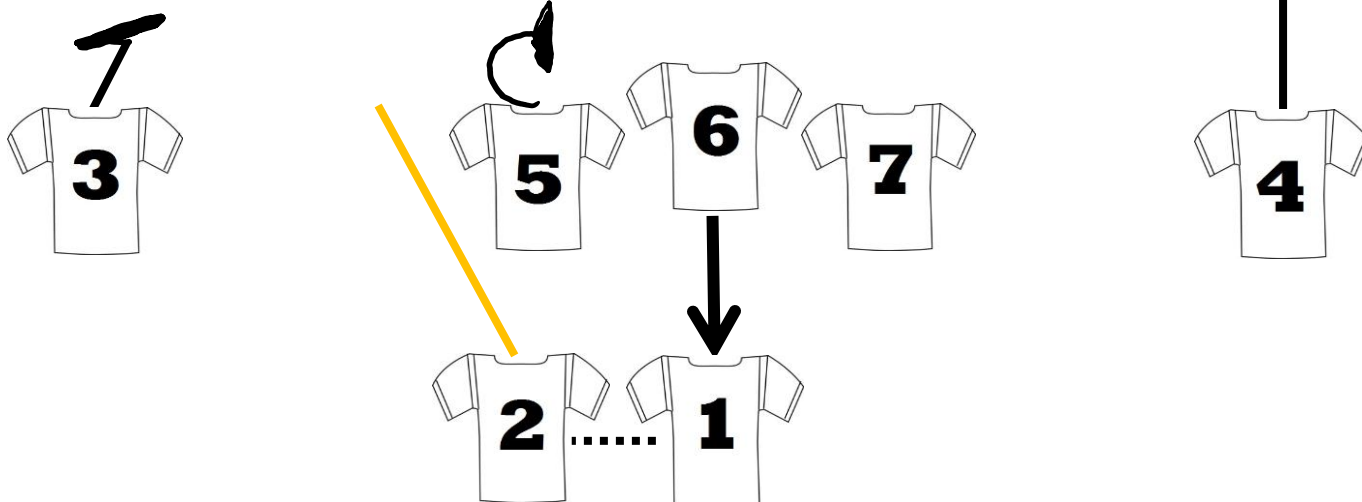
HB(2) runs sharply in front of QB(1) for handoff

L(7) has to block to seal off the right side

WR3 & WR4 run Fly (Go) Routes to draw the defense away from the point of attack

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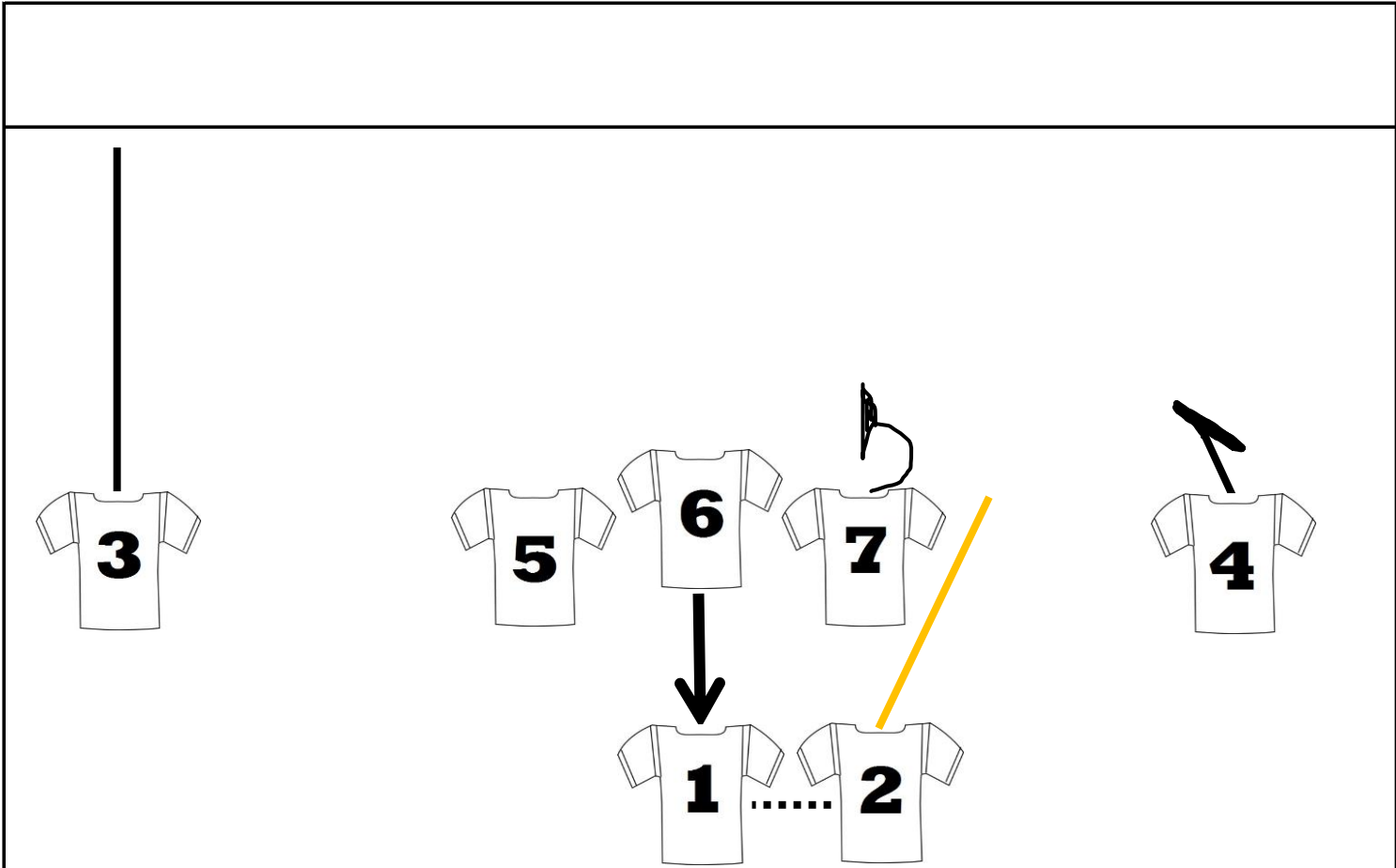
Twin Left - Run Left



QB(1) makes the handoff to HB(2)
HB(2) must wait a split second and not run until the handoff has been made
WR4 runs a Fly (Go) Route to lure away the defender

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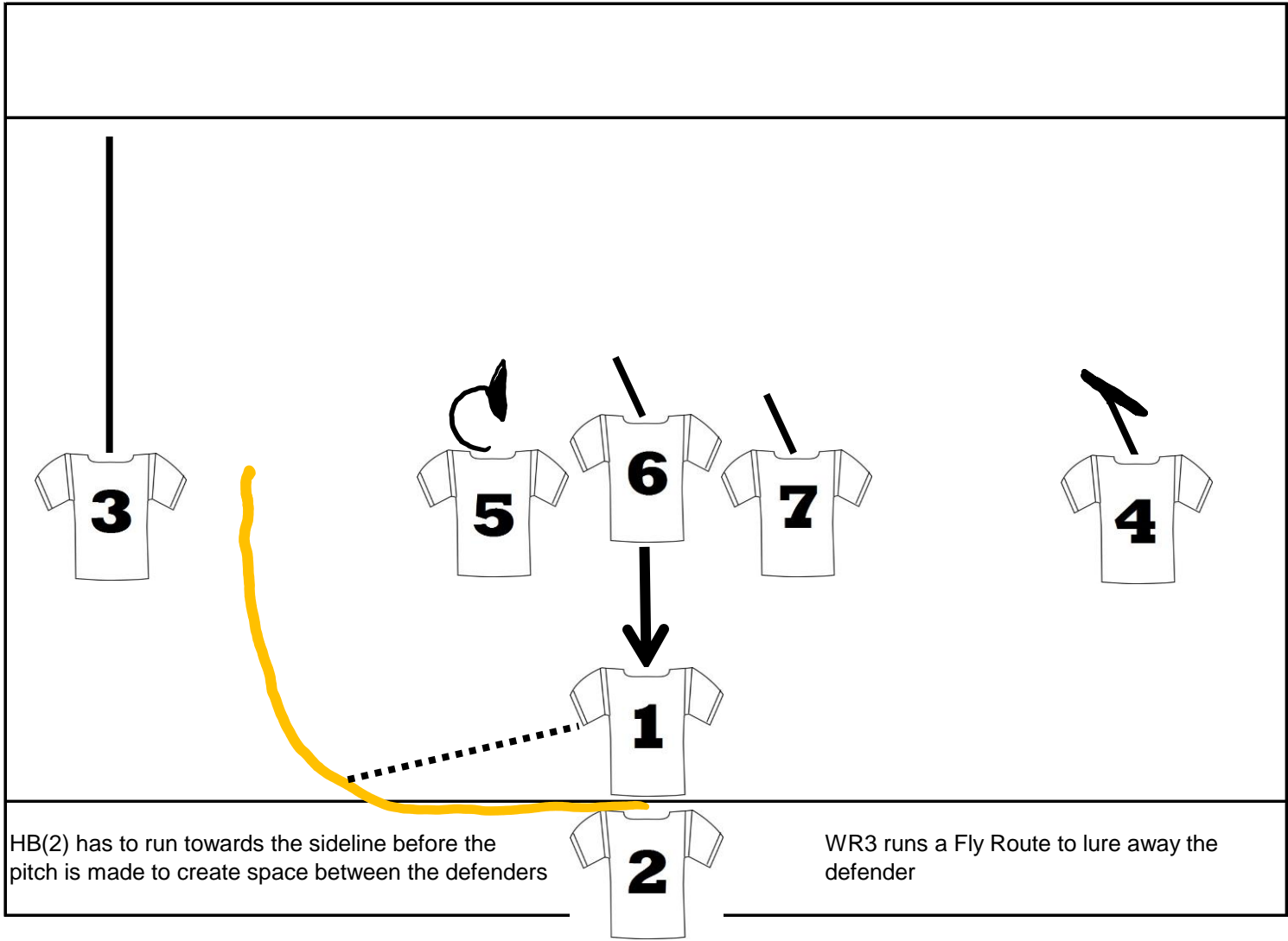
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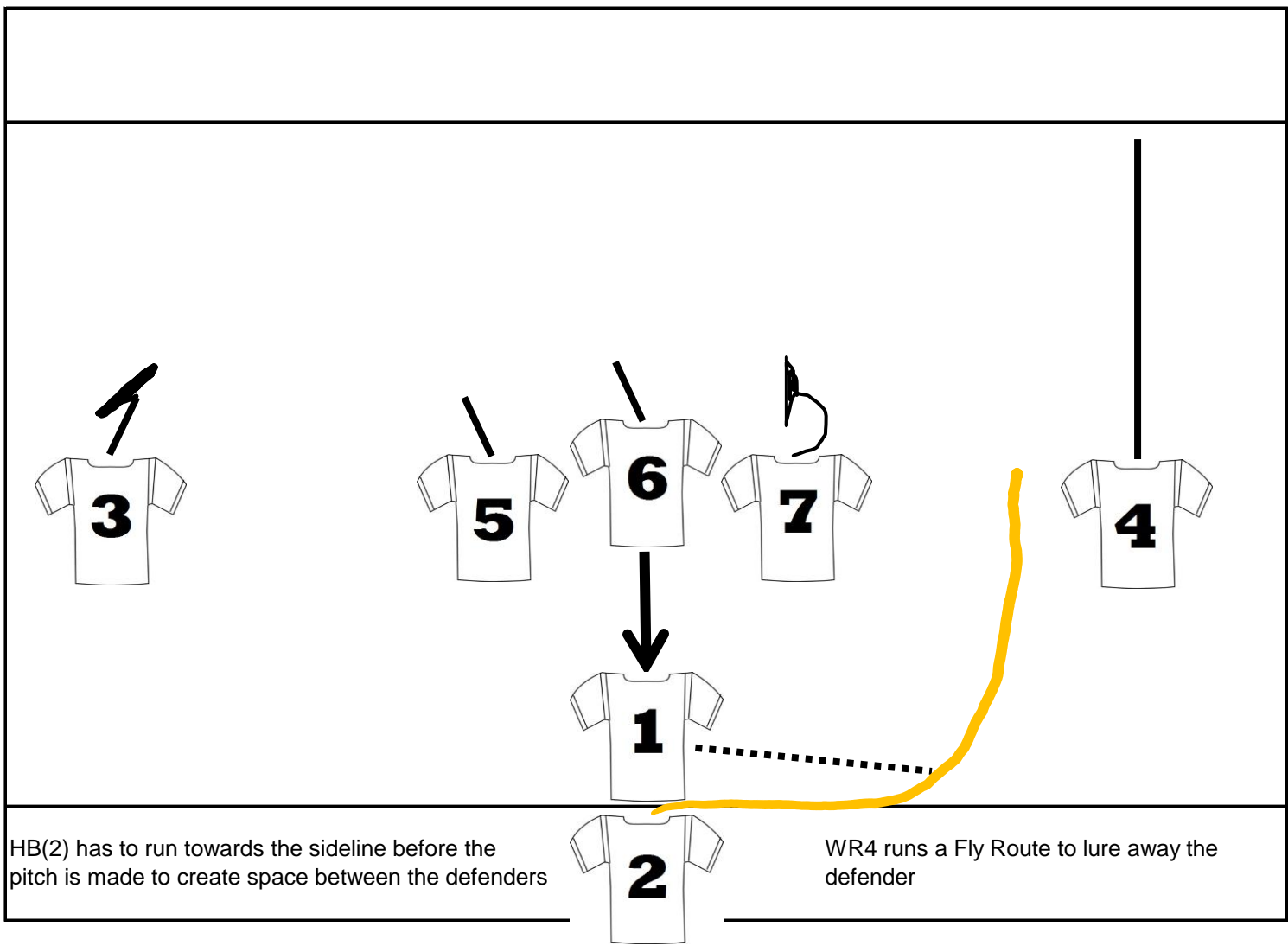
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I - Pitch Left



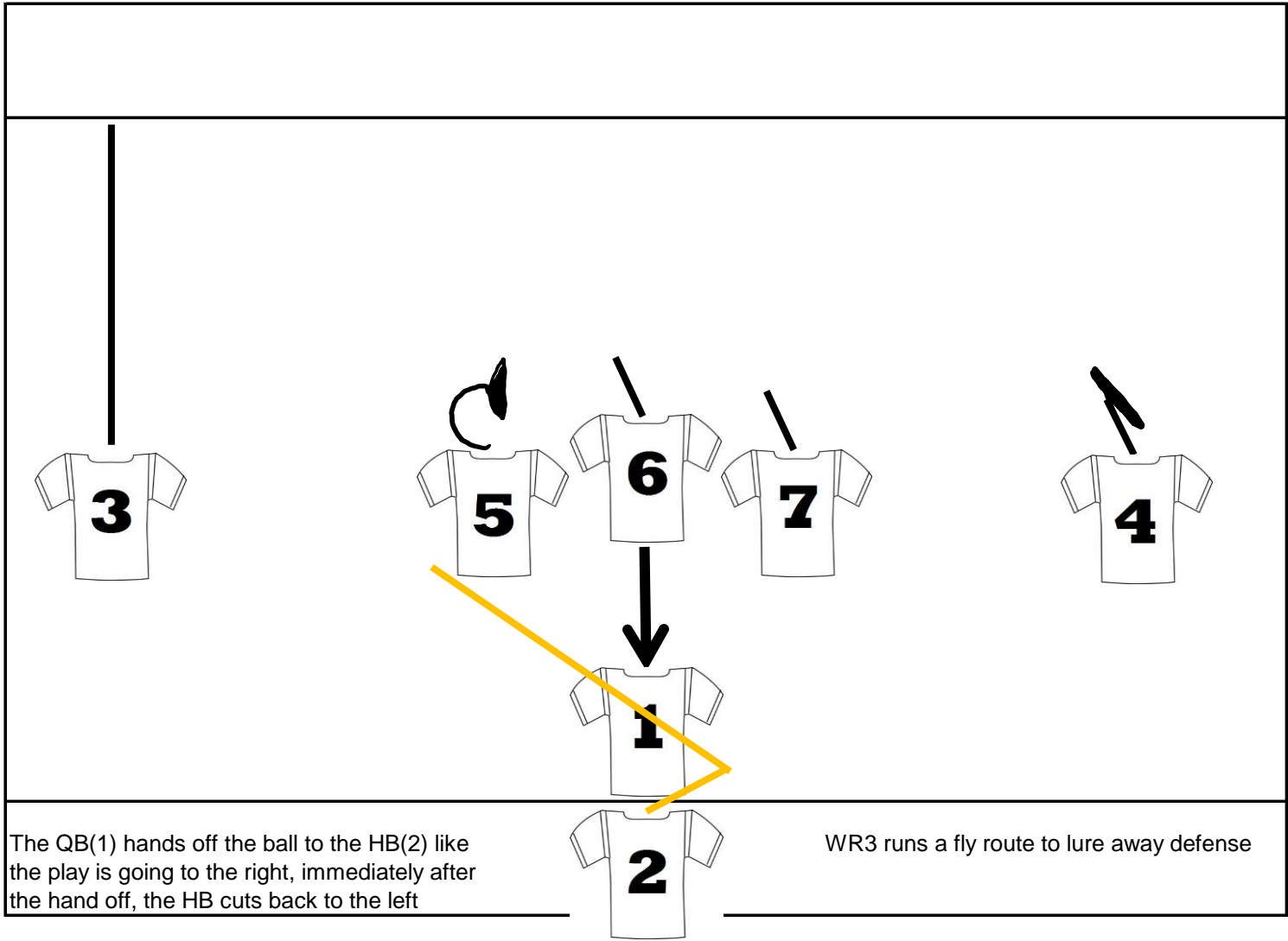
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I - Pitch Right



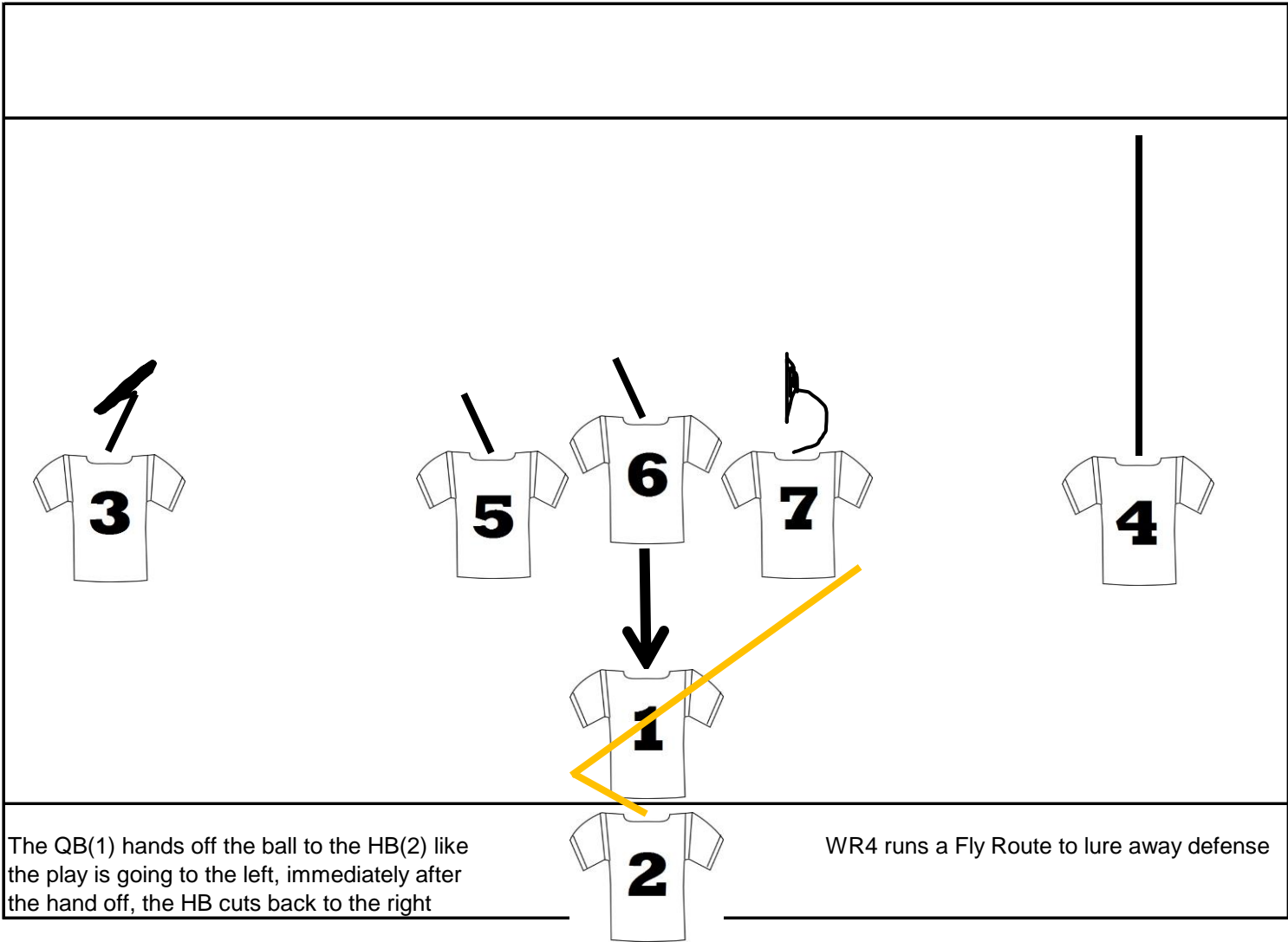
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I - Counter Left



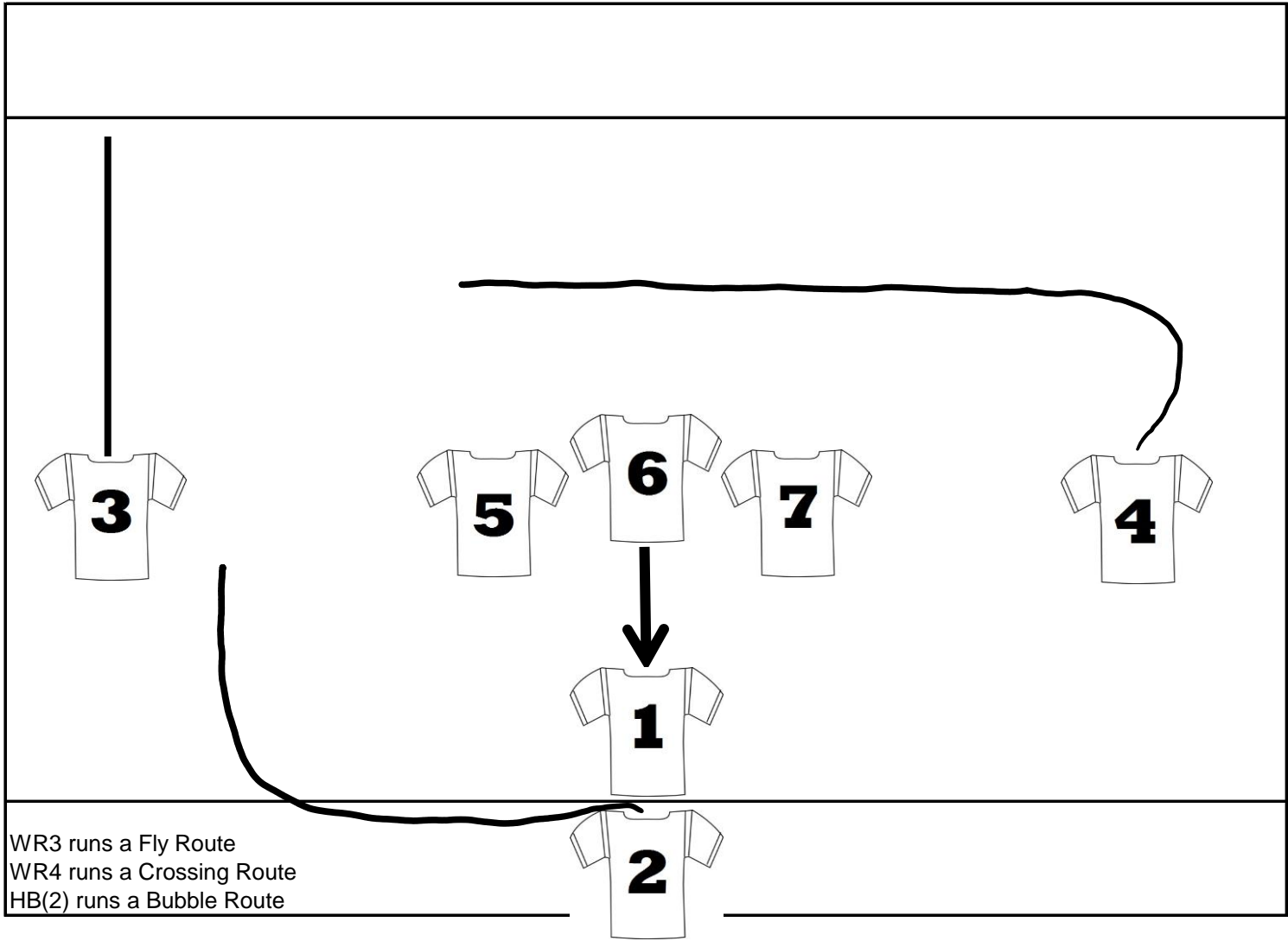
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I - Counter Right



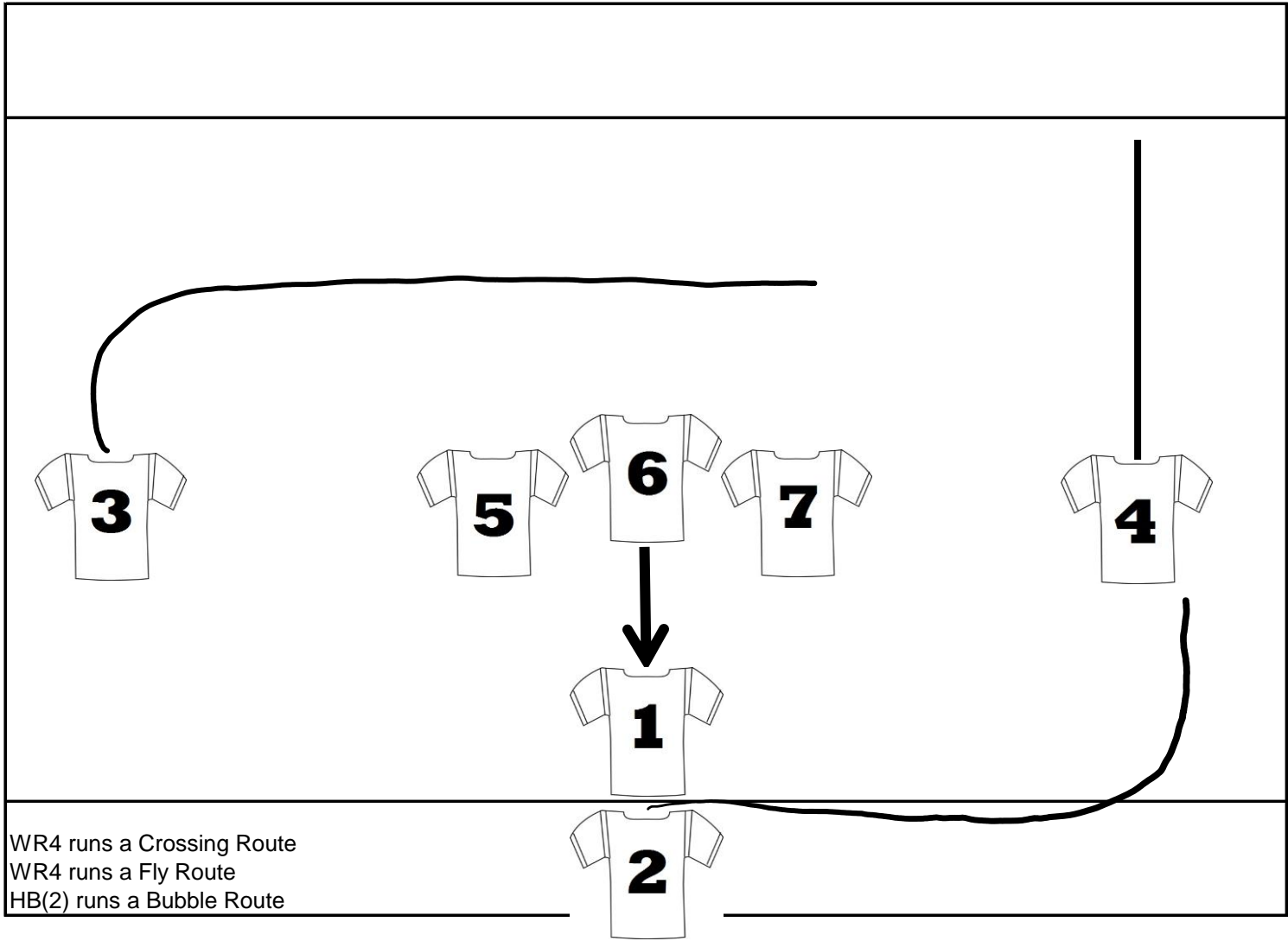
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I - Pass Left Deep



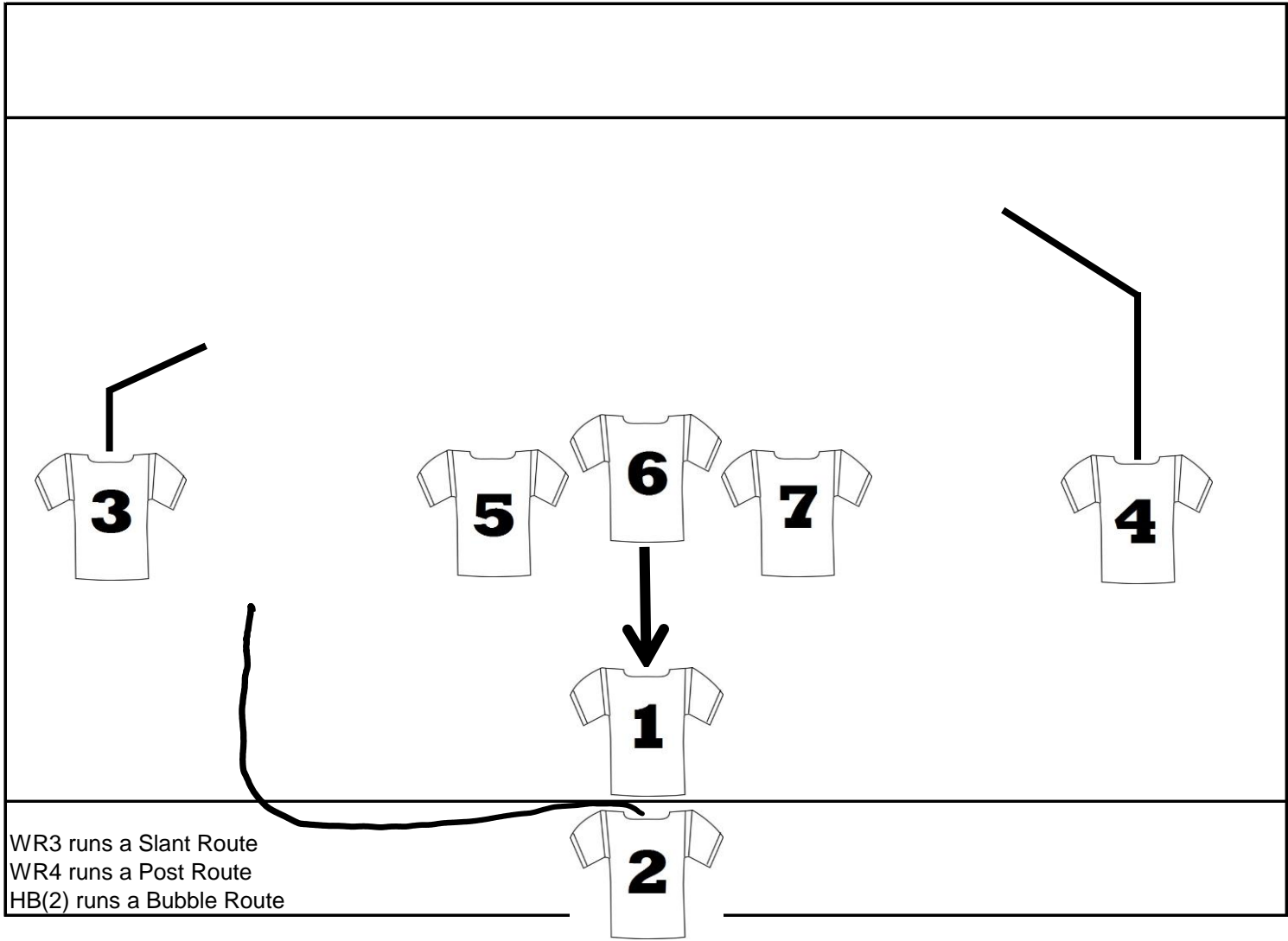
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I - Pass Right Deep



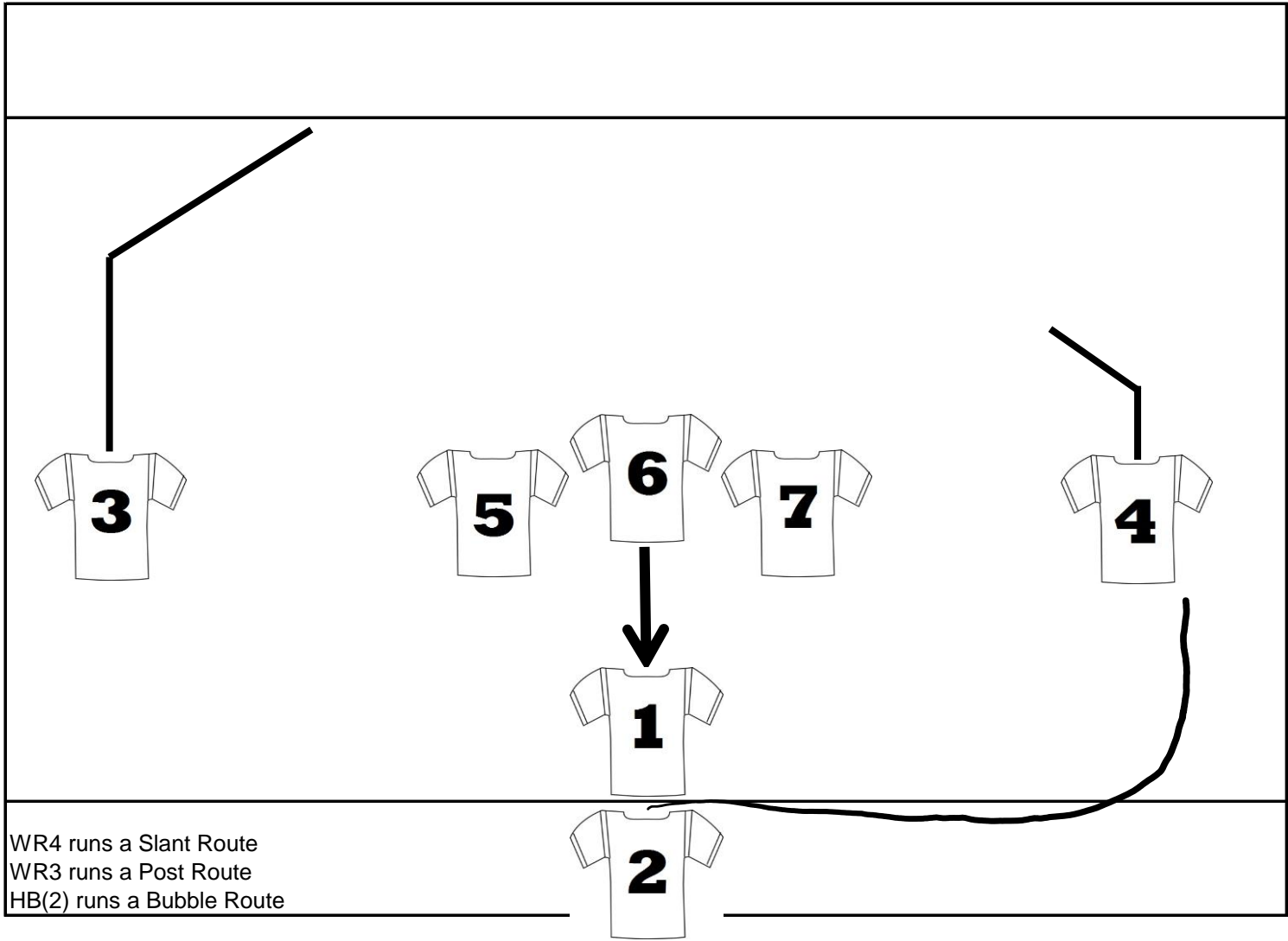
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I - Pass Left Short



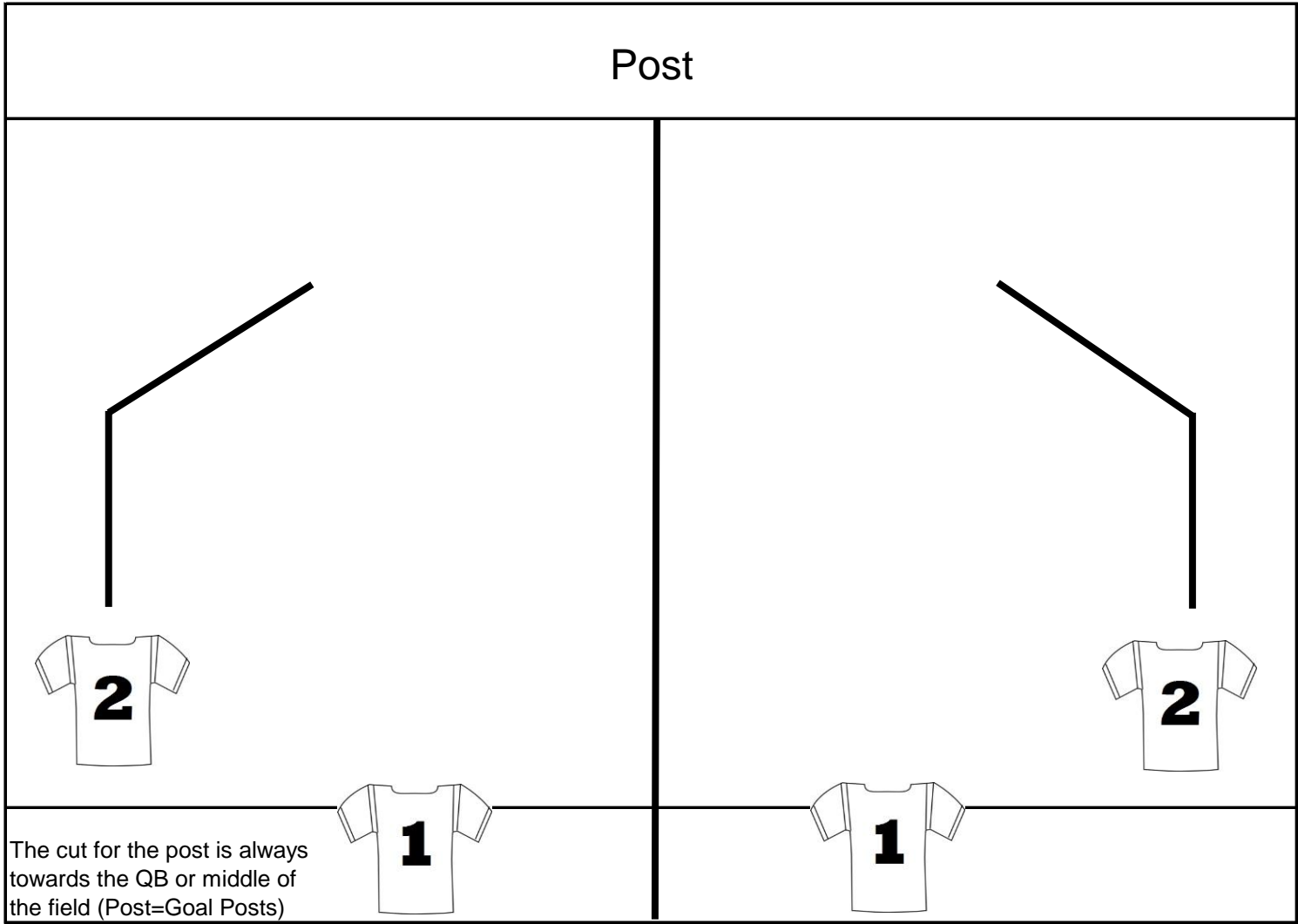
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I - Pass Right Short



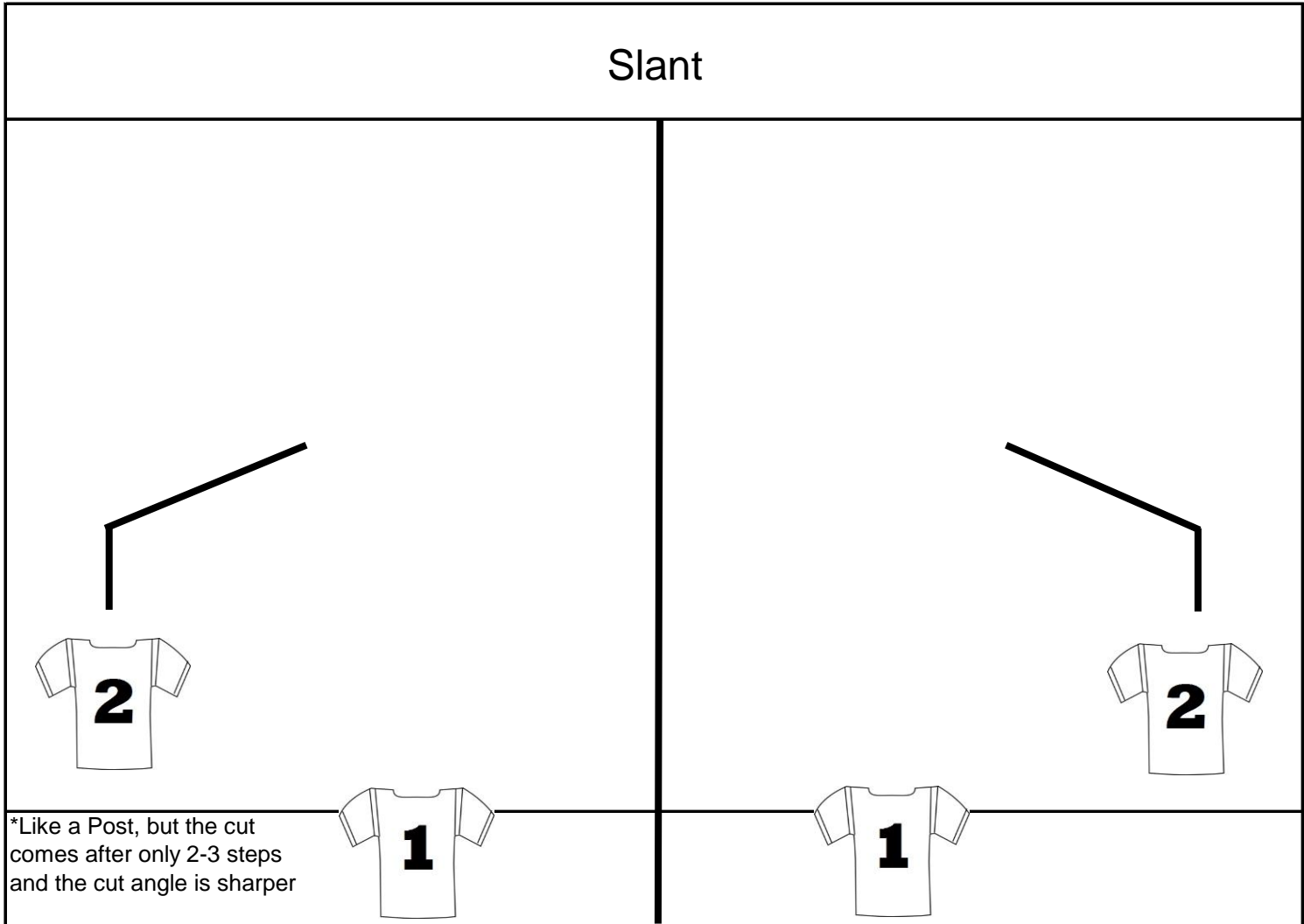
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Pass Patterns



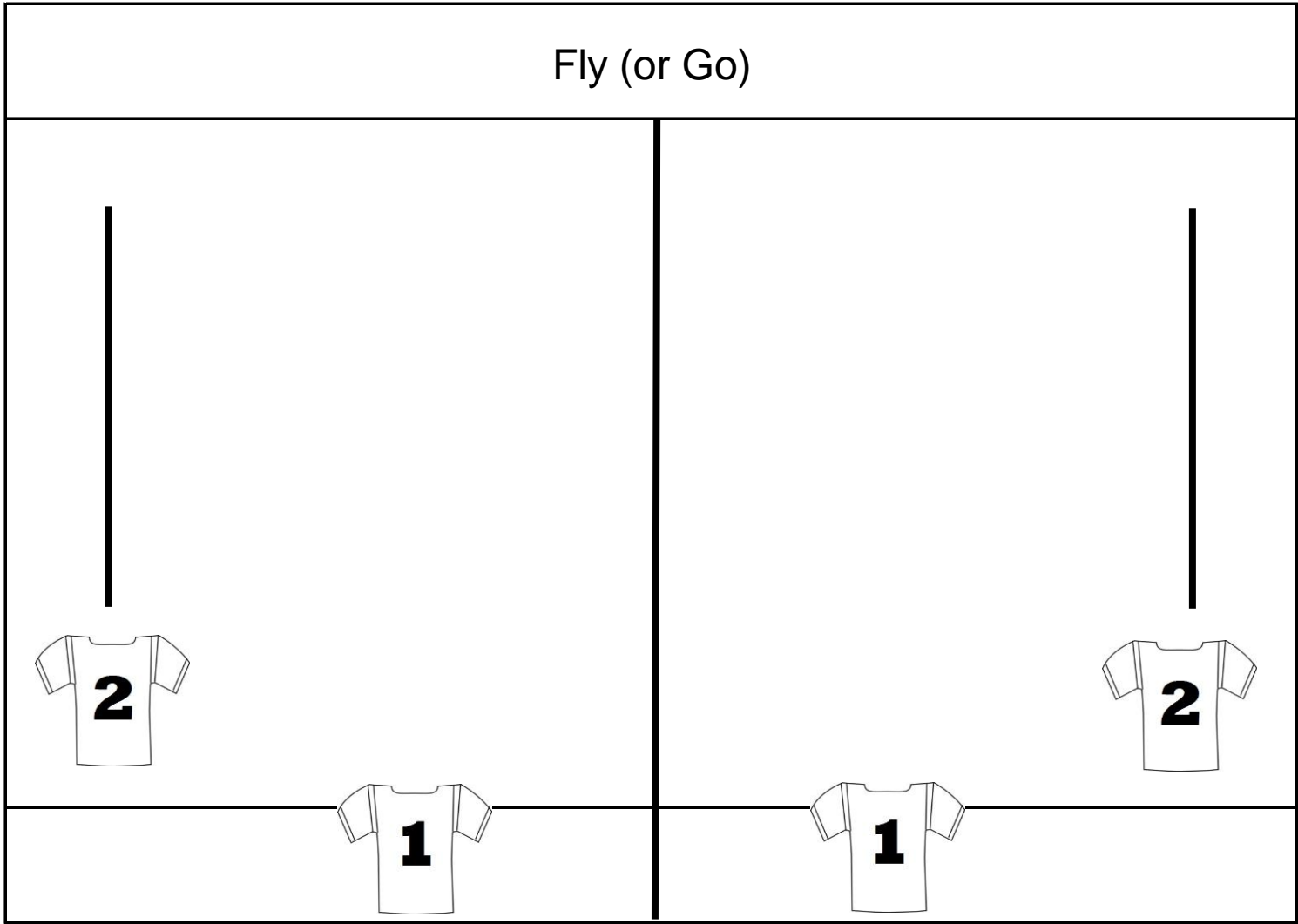
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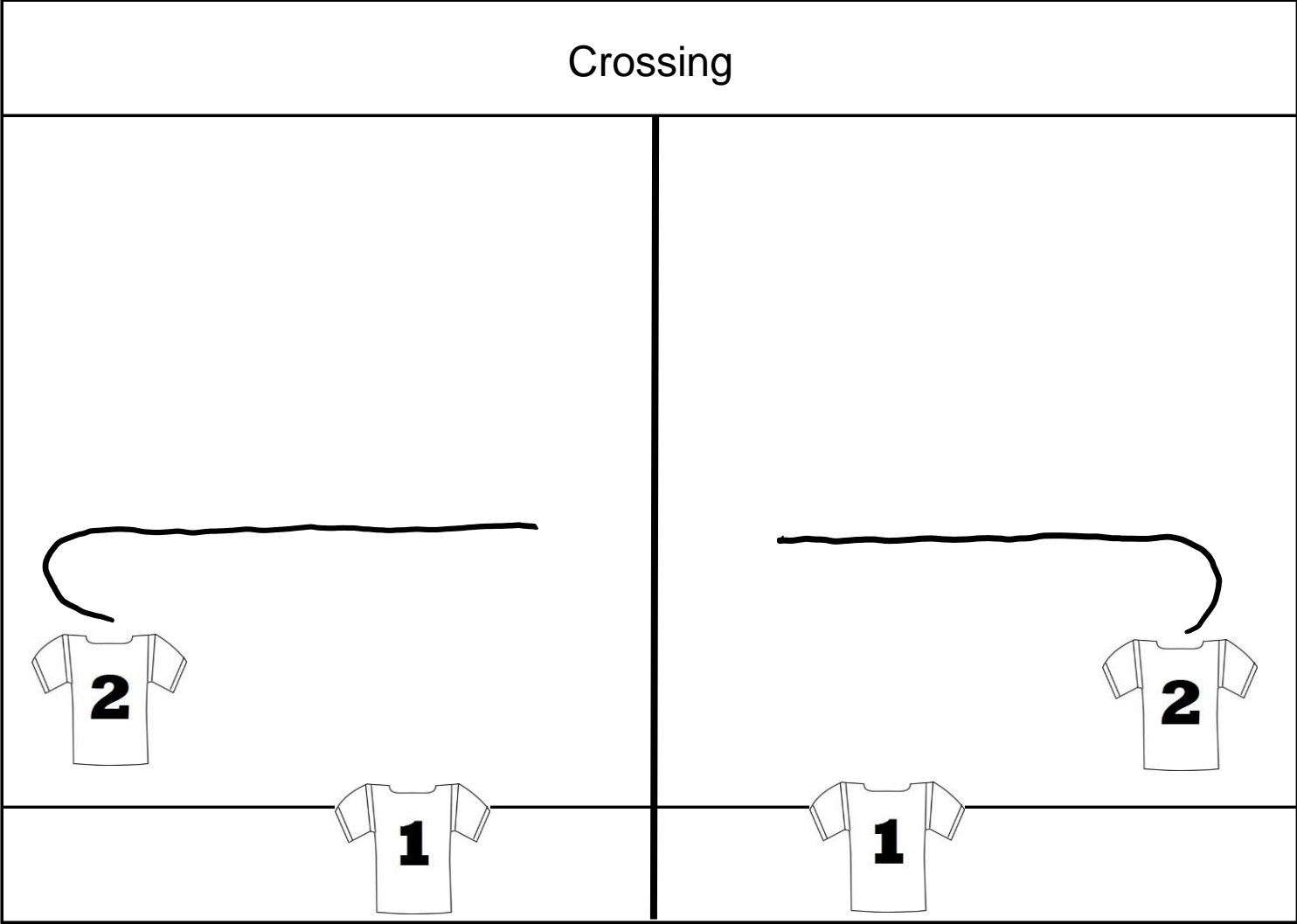
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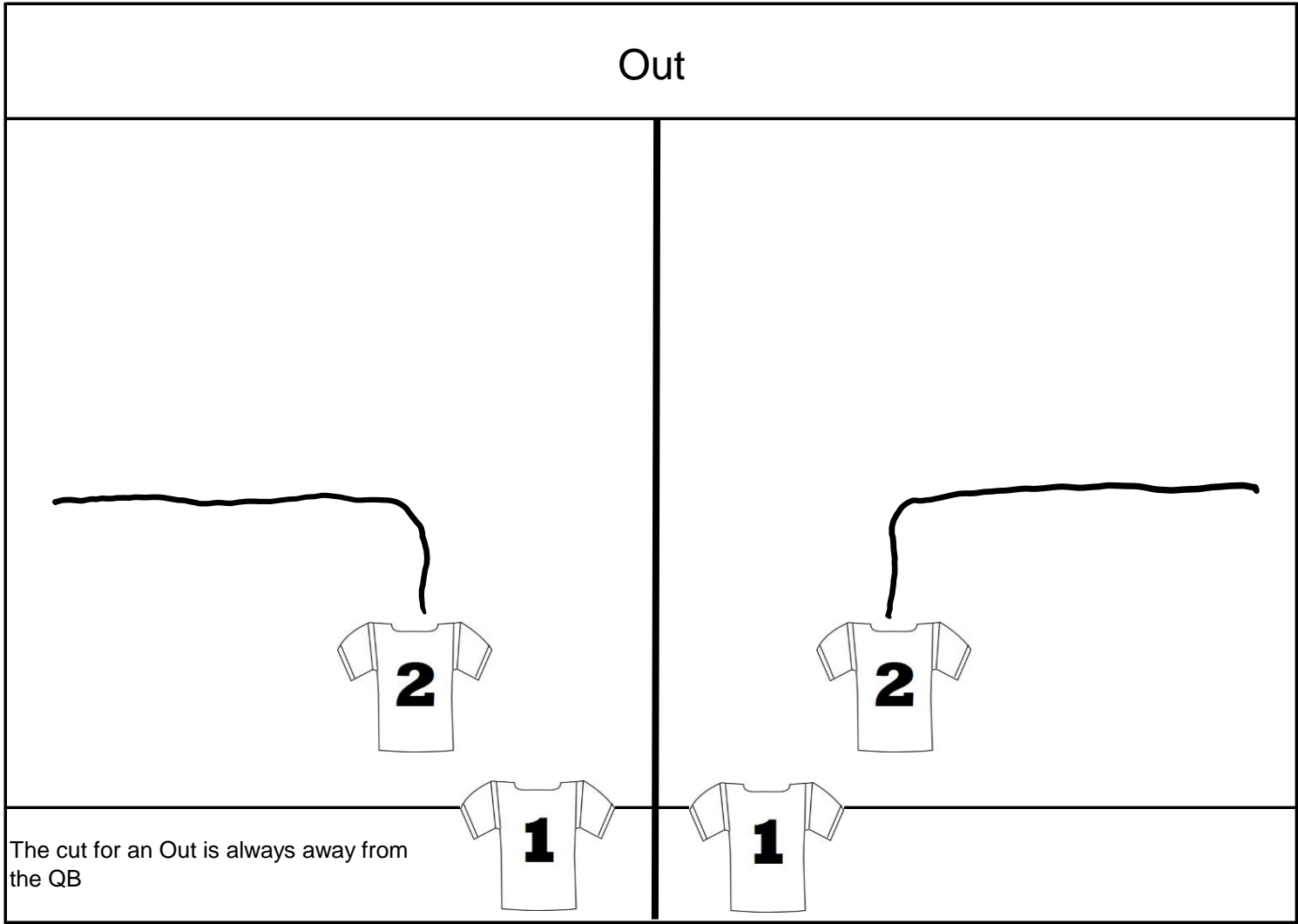
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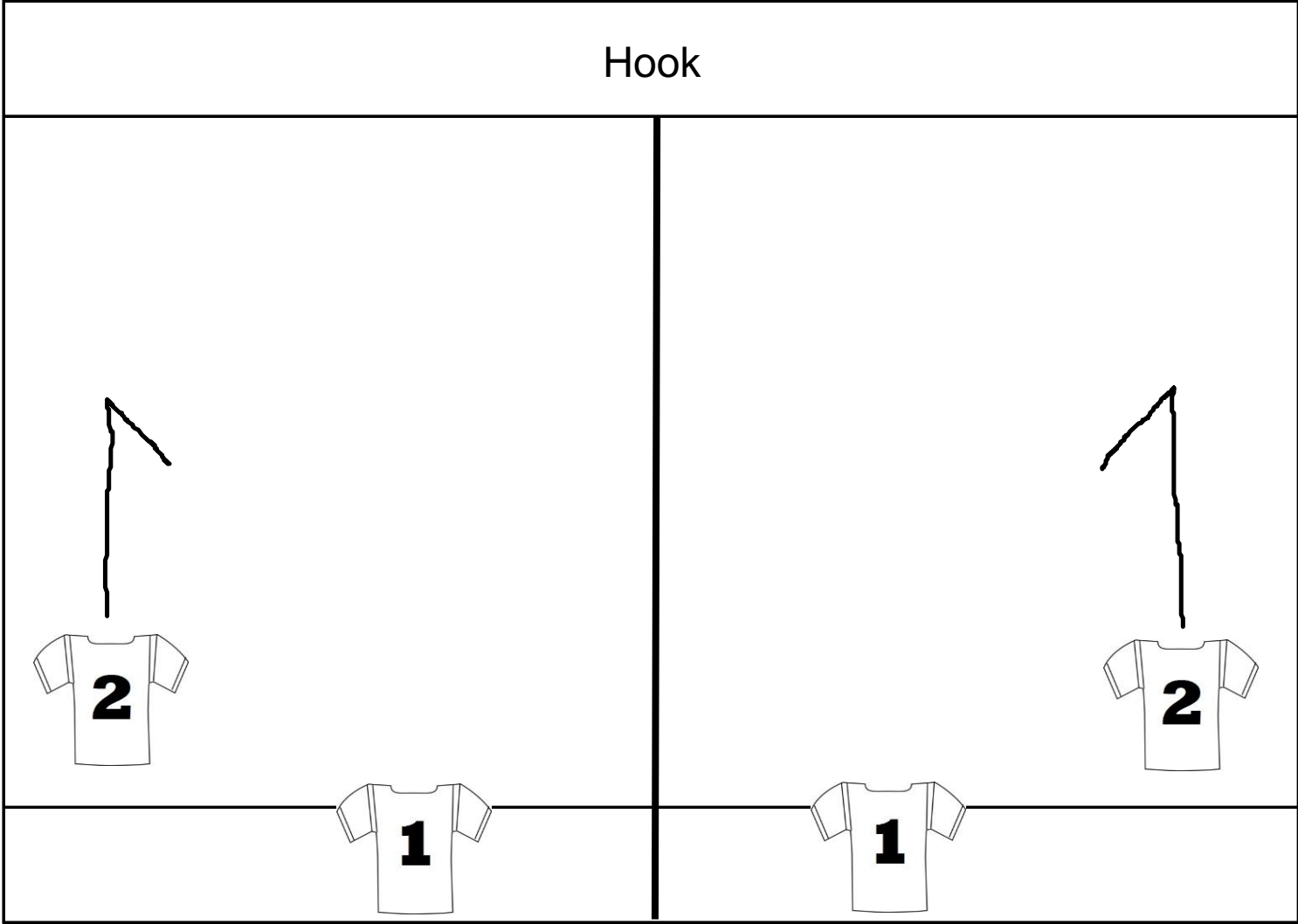
Pass Patterns



The cut for an Out is always away from the QB

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Pass Patterns



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Pass Patterns

