

# LOUISIANA YOUTH FOOTBALL

## QB Drop Times and Distances at the Youth Level

	QB's Distance From The L.O.S.	Depth Of Pass Routes	QB Must Be Set-up In:	QB Should Throw The Ball In:
<b>3 Step Drop</b>	4 Yards	5 - 10 Yards	1.5 Sec.	2.2 Sec. or less
<b>5 Step Drop</b>	6 Yards	10 - 14 Yards	1.7 Sec.	2.4 to 2.6 Sec.
<b>7 Step Drop</b>	8 Yards	15 or more	1.9 Sec.	2.6 to 2.9 Sec.

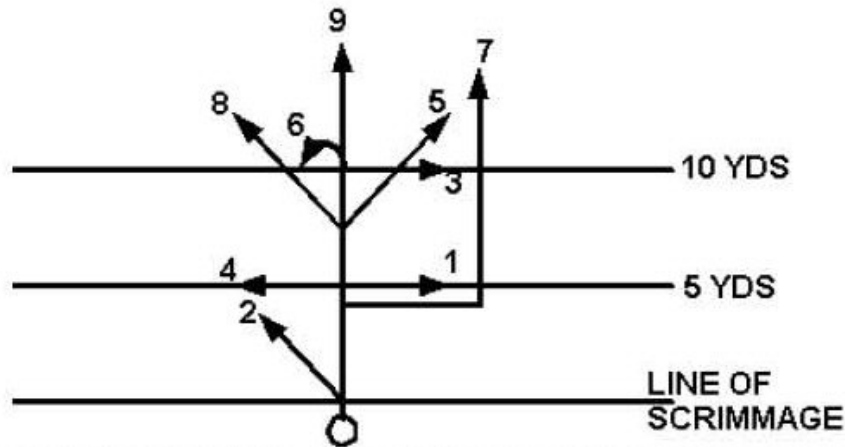
## QB Drop Times and Distances at the H/S Level

	QB's Distance From The L.O.S.	Depth Of Pass Routes	QB Must Be Set-up In:	QB Should Throw The Ball In:
<b>3 Step Drop</b>	5 Yards	5 - 10 Yards	1.4 Sec.	2.1 Sec. or less
<b>5 Step Drop</b>	7 Yards	10 - 14 Yards	1.6 Sec.	2.3 to 2.5 Sec.
<b>7 Step Drop</b>	9 Yards	15 or more	1.8 Sec.	2.5 to 2.7 Sec.



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*Putting YOUTH Back Into FOOTBALL*



The **Passing Tree** is the number system used for the passing routes. All routes are the same for the X, Y, and Z-receivers. The route assignments depends on the coaching preference. This system uses has all **EVEN** number routes towards the center of the field, while **ODD** number routes are towards the sidelines. Below are the routes used in this playbook:

#### ROUTE NAMES:

**#1 - Quick Out.** Drive out 5 yards then 90 degrees and drift to sidelines.

**#3 - Deep Out.** Drive out 10 yards then 90 degrees and drift to sidelines.

**#5 - Flag Route.** Drive out 8 yards, show hand fake and look back at QB, then sprint to deep flag. (out route)

**#7 - Shoot Route** (Chair Route) Sprint up to 4 or 5 yards then 45 degrees (or 90 degrees) for 2 strides then straight up the field. DO NOT drift to the middle of the field!

**#9 - Streak Route** (Fly Route) Can be a straight sprint "go" route off the line of scrimmage or can be incorporated with a one stride 45 degree "chair" after 8-10 yards. See *Shoot Route* above.

**#8 - Post Route.** Drive out 8 yards, show hand fake and look back at QB, then sprint to deep post.(in route) Opposite of *Flag Route* above.

**#6 - Curl Route.** Drive out 12 yards, slow and gather yourself, curl in towards QB, establish a wide stance and frame yourself. Find an open or void area.

**#4 - Drag Route.** Drive out 3 strides then drag on a 45 degree (or 90) angle to the opposite tackle.

**#2 - Slant Route.** Drive out 3 strides then slant 45 degrees. This is a timing route, **Expect the ball immediately!**

**#0 - Quick Hitch Route.** Drive out two strides then come back to QB on a 45, establish a wide stance and frame yourself.

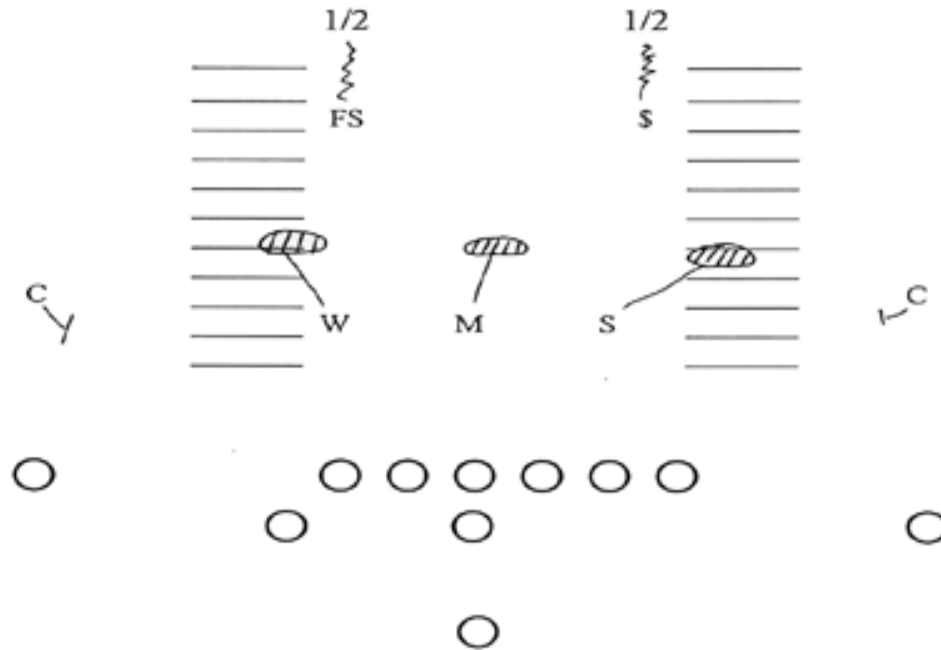
X: one of the quick receivers, most often used as the name of the **split end** but sometimes the tight end

Y: one of the quick receivers, most often used as the name of the **tight end**

Z: one of the quick receivers, most often used as the name of the **flanker**



## Cover 2



F/S - Works weak and deep (12-15 yds) & on the snap of the ball works his 1/2 field responsibility.

\$ - Works strong & deep with the same responsibility as F/S

C's - Head up to outside technique (2-5 yds) in a position to physical funnel the rec. inside and then sinking under the corner Rt. or playing tough run support.

WLB - Will work to the hash.

MLB - Middle of formations.

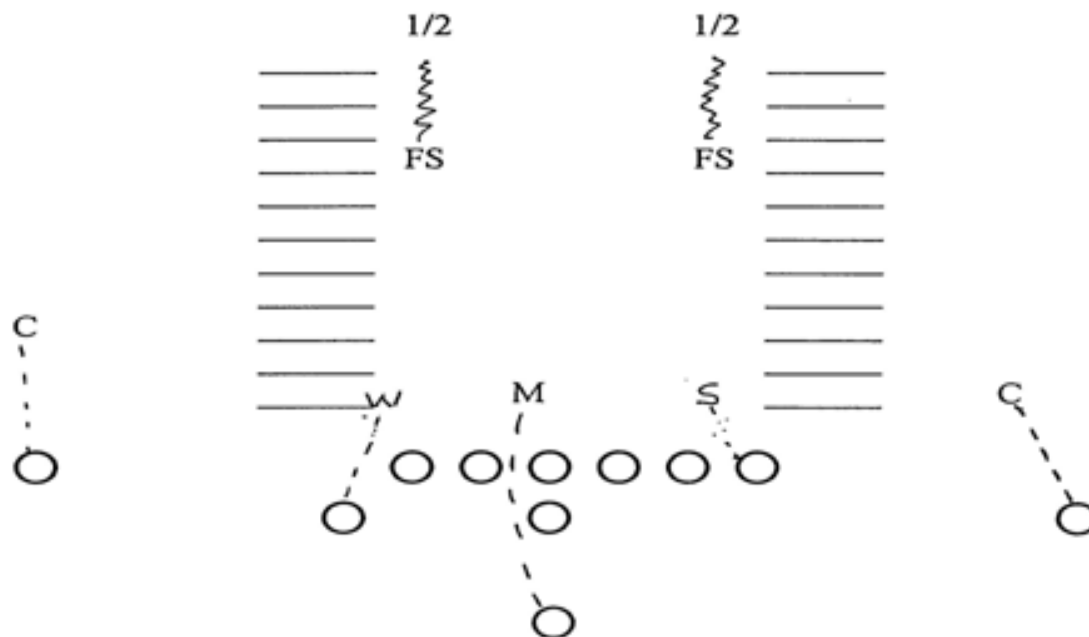
SLB - Will work to the hash.

QB - Read pre-snap - F/S weak & deep, R at the same level strong - Backers as to whether they leave LOS.

2-Nickel - The WLB goes out & DB replaces him.

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## Cover 2 Man



F/S - Same as Cov. 2

\$ - Same as Cov. 2

C's - Inside press technique forcing outside release in a trail position knowing of help over the top.

WLB - Cheat to a head up technique - Man on inside receiver.

MLB - Man on back.

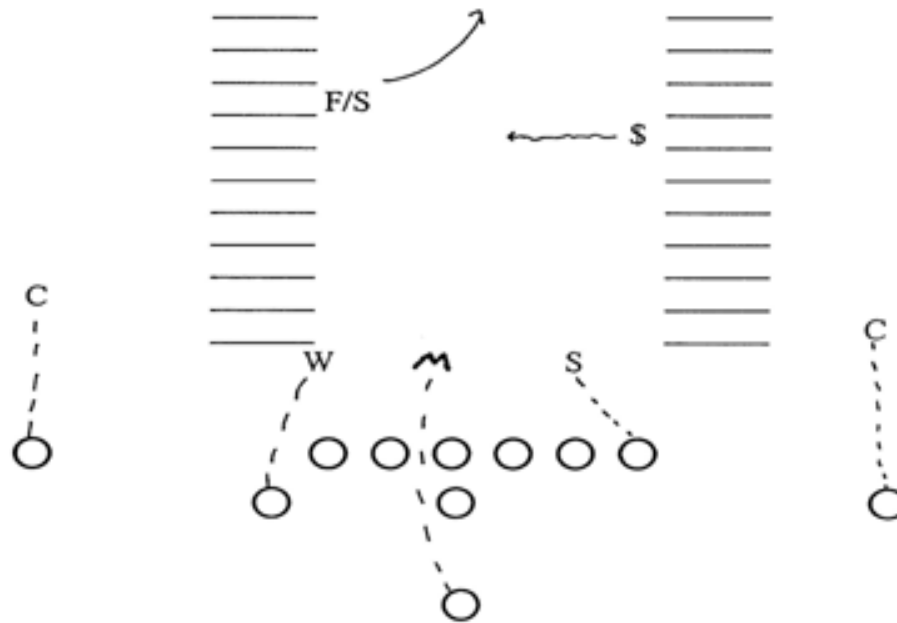
SLB - Man on TE..

QB - Same as 2 reading. C's & B's - C's inside tech, B's hold on LOS for backs.

2 Man Nickel - DB replaces LB.

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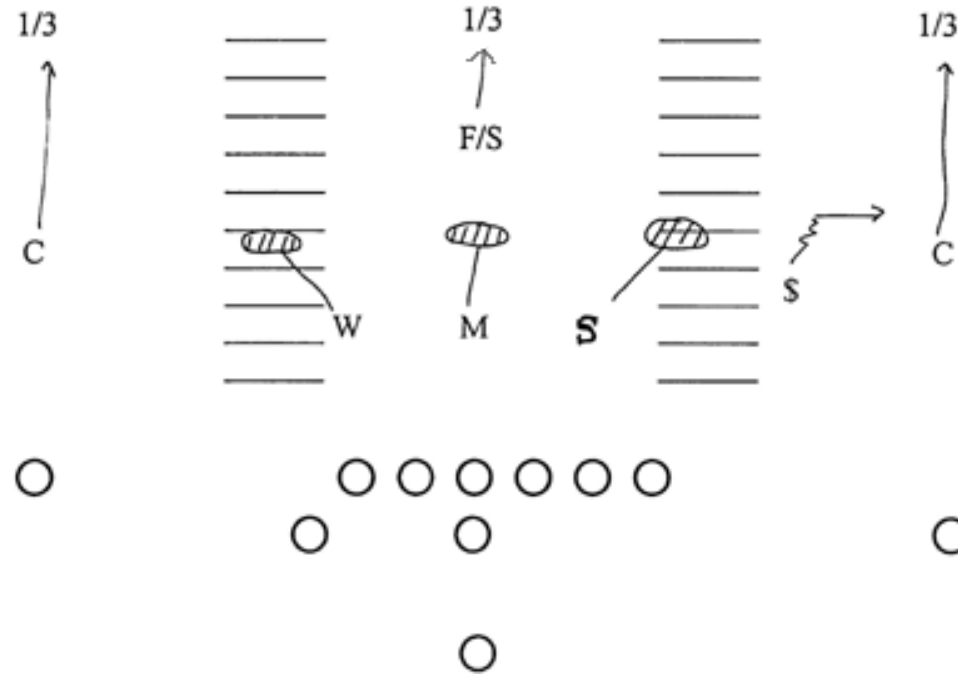
## Cover 21 Robber



Looks like Cov. 2 in presnap alignment. On snap the CB's play "Man," LB's are man on backs and TE. FS deep in middle. Rover robs middle for "In" routes.

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### Cover 3



F/S - Align over SG working towards middle of field with 1-3's responsibility (Ball on hash F/S will rotate toward middle of field).

\$ - Hangs the strong side curl at a depth of 12 yards working to the out when SAM approaches hash.

S - Curl area (hash)

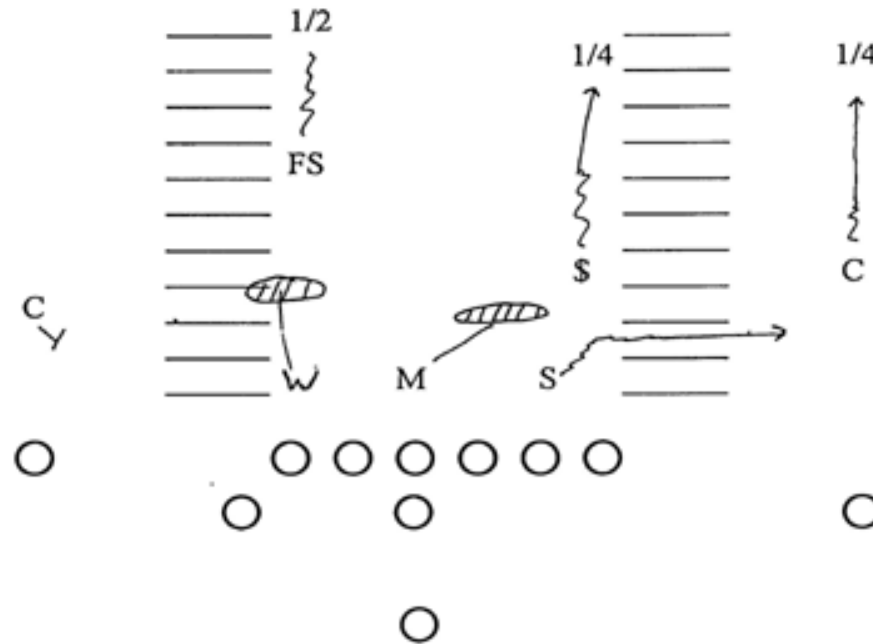
M - Middle of formation

W - Weak hash

C's - Align 7-9 yards, responsible for outside 1/3's.

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## Cover 4



F/S - Same as Cov. 2 alignment. Responsible for the weak 1/2's.

\$ - Will align over inside Rec. 8-9 yards. Responsible for 1-4 field taking away post from #1 - will rob the curl if #2 releases flat, 1/4 player.

Weak C - Play a hard technique with run support.

Strong C - Cov, 1 technique responsible for 1/4 field.

W - Weak side curl.

M - Middle of formation to strong side curl.

S - Curl to strong side flat.

QB read - Read the level of R alignment to differentiate 4 from 2.

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