



LINEBACKERS

Key & Diagnose: Recognition and reaction to run/pass, nose for ball, react immediately to key, vs. play action and misdirection, football aptitude, call signals, make adjustment call signals, and make adjust calls.

Instincts: Natural ability to find ball and make plays, anticipation.

Ward Off/Shed: Meet blockers, use of hands, forearms (flipper), pad-under-pad relationship, knee bender, separation, catcher vs. attacker, body position, balance, stay on feet, low protect, slip blocks, run around, tie up with blocker, on move in pursuit, use of hands through traffic, arm length, special awareness, on the ground.

Vs. Inside Run: Strength at the point of attack, stack, defeat lead blocker, use of arms and hands to take on, control and shed block, hold ground on plays directly at him, scrape and fill hole, reaction to cutback, size, bulk, toughness, splatter, willingness to initiate contact.

Leverage/Strength: Knee bend, functional strength, flexibility, take on blockers at the POA.

Vs. Outside Run: Range, speed, lateral quickness, pursuit to the sideline, make wide plays, get over trash, open field tackling, keeps leverage on ball without over running play, pursuit angles, burst to finish off plays, rundown focus.

Lateral Pursuit: Quickness to shuffle, make plays parallel to LOS, knee bend.

Range: Distance covered after ball is in air, pursuit, effort, attitude, speed, anticipation, urgency.

Tackling: Type – hard hitter or grab and drag down, explosion, breakdown, open field, wrap up arms, doesn't give ground, keen desire for contact, hits with authority, rise through numbers, angle or head up, arm length, up-the-field tackler, attack.

Zone Coverage: Recognition and react, drop, turn ability, depth, quick feet, vision, speed, quickness, anticipation, react to and adjust to ball, body position, closing quickness, burst after final move, discipline, instincts.



Man-To-Man Coverage: Quickness, speed, loose-hipped with smooth turn, acceleration, catch speed, position to recover, timing, play the ball, handle TE's and backs, use of hands.

Ball Reaction: What defender does after ball get close to the receiver? Knockdowns, interceptions, interference.

Hands: Type – soft, hard, body catch, extend for ball, adjust for difficult interception, does he knockdown catchable balls?

Pass Rush/Blitz: Quick take-off, use of hands, speed, quickness, strength, adjust on move, COD, burst to QB, timing, anticipation, type of moves (speed, vertical push, defeat blocker with leverage, acceleration off block, innate ability plus coaching, power rush, quick first step, active —3 pt off the corner, counter, batted balls.

Acceleration: Burst to close, amount of time it takes to beat top speed, ability once you're moving to get to a higher rate of speed.

LINEBACKER - CFL EMPHASIS

Key and Diagnose: FBI, ability to acquire and retain knowledge, ability to adjust and think on the move, instincts, reactions.

Speed: 40 time, burst, acceleration, catch-up speed.

Explosion: Force generated when delivering a blow, pop and strength, minimizing time lapse between initial movement and contact, quick movement out of transition to break on the ball, suddenness in body.

Man-To-Man Coverage: Ability to cover man-to-man on or off LOS, hips, feet, COD.

Zone Coverage: Recognition and react, drop, turn ability, depth, quick feet, vision, speed, quickness, anticipation, react to and adjust to ball, body position, closing quickness, burst after final move, discipline, instincts.

Quickness: Waggle motion Adjustments, Ability to move feet and torso rapidly, COD, knee bend, hips.



DEFENSIVE BACKS

Key & Diagnose: Recognition and reaction run/pass, instincts, anticipation, think on feet, make quick adjustments, reaction to play off blocks and tackle, production, react to play action passes.

Run Support: Key, defensive responsibilities, willingness to force, contain, tough, aggressive, hitter, strength, play off blocks and tackle, production, attack.

Ward Off/Shed/: Physical take on, use of hands to shed block, stay on feet, play off blocker in open field and make tackle.

Tackling: Type – hard or grab and drag down, wrap up arms, aggressive, tough and physical, desire for contact, doesn't shy away, can breakdown to tackle in open field, number of tackles, brings arms 6-inch punch.

Jam Receiver: Catch vs Waggle motion, Nose-to-nose, stance, balance, strength, physical striker, no lunge or overextend, recover, bump technique.

Man-To-Man Coverage: Catch and Trail, Backpedal, base, quick feet, ability to stay in pedal as long as possible (to route break points), transition out of pedal to all route angles, stop and go quickness, plant and drive, burst to close on ball, no false steps, (slips), loose-hipped for smooth turn with acceleration and catch-up speed, position to receiver, timing, leap ability, battle for ball, strip, tight coverage vs. man-to-man playing off ball, inside/outside, trail, angles, tough-minded, accepts challenge.

Movement/Turn: Body control, loose-hipped, transition, smooth and fluid, no wasted motion.

Foot Quickness: Waggle motion adjustments, Ability to move feet in rapid succession, lateral movement, back pedal, COD.

Acceleration: Burst, second gear, amount of time it takes to be at top level, ability once you're moving to get to a higher rate of speed.

Zone Coverage: Awareness, anticipation, reactions, visions, range, ball reactions and close, depth.

Ball Reactions: What defender does after he gets close to the receiver, in flight,



body position, knockdown, strip, interception, interference, ability to adjust, ball skills, play the ball down the field.

Closing Quickness: Closing on receiver after he makes his final move, direct line to point of ball, no false steps, plant and drive, break, recover burst and speed, deep catch up on long ball, speed turn and close.

Range: Distance covered after ball is in air, speed, anticipation, pursuit, effort hustle, always around ball, urgency, angles, catch-up speed.

Hands: Type – soft or hard, hand vs. body catch, extend for ball, adjust for difficult interception, does he knockdown catchable balls?

Confidence: Attitude, smart, daring, accept a challenge, never be defeated, ability to bounce back after being beaten, positive cockiness.

DEFENSIVE BACKS - CFL EMPHASIS

Corner/Halfback

Speed: 40time, burst, acceleration, catch-up speed, close.

Explosion: Force generated when delivering a blow, pop and strength, minimizing time lapse between initial movement and contact, quick movement out of transition to break on ball, suddenness in body.

Quickness: Waggle motion adjustments, Ability to move feet and body quickly to perform the techniques required of the corner position, ability to change direction quickly, knee bender.

Toughness: Degree of mental and physical toughness — aggressive, competitive spirit, willingness to initiate contact, perform at high level of competency regardless of situations or opponents' intensity.

Man-to-Man Coverage: Catch vs Waggle motion. Ability to cover man-to-man on or off the line of scrimmage, hips, feet, COD.



Ball Reactions: What defender does after he gets close to the receiver, in flight, body position, knockdown, strip, interception, interference, ability to adjust, ball skills, play the ball down the field.

Safety

Key and Diagnose: FBI, ability to acquire and retain knowledge, ability to adjust and think on the move, instincts, reaction.

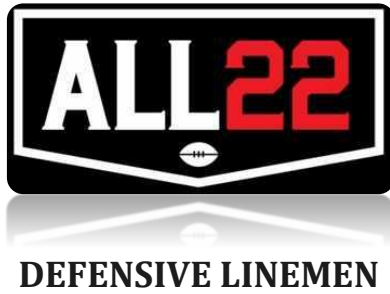
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Ball Reactions: What defender does after he gets close to the receiver, in flight, body position, knockdown, strip, interception, interference, ability to adjust, ball skills, play the ball down the field.

Quickness: Waggle motion adjustments, Ability to move feet and torso rapidly, COD, knee bend, hips.



Initial Quickness: 1-yard rule, Stance, movement off ball, gain advantage, anticipation, up-field get off, 2-gap technique, explode into blocker.

Reaction/Instincts: Diagnose play after controlling opponent, quick reactions, instincts, find ball, feel pressure and react on the move, react to angles, trap and combination blocks, right place-right time, cautious, hesitant, guesses a lot.

Strength at Point: Strength and explosion, leverage, use of hands and arms, 2-gap, one-on-one, drive block, vs. double team, hand fight too much, wrestle with blocker, push and shove type, content to stay on the line of scrimmage.

Disengage/Shed: Ability to disengage blocker and find ball, strength and technique vs. drive and double team, use of hands to separate, strength to pull and jerk, lateral shuffle, low block protect on move, get to ball and make play, stay on feet, not on ground, quick feet to catch up with blocker, slippery quality, power/activity of legs/feet, does he play from his legs?

Run Defense: Two-gap ability, strength at the point of attack, use of hands and arms to control blocker-shed, parallel to LOS, down-line pursuit, close inside with authority, mobility and speed to string out and pursue to sideline, awareness to blocking schemes and combinations (double, trap, fold, influence, etc.), tackle, productions run.

Tackling: Type – hard hitter, explosive, grabber, drag down, wrap up arms, stop ball carrier at the LOS without losing ground, angle or head on, breakdown and adjust in open field.

Pursuit: Movement to ball from snap to completion of the play, effort, angle, quietness, short and long, stay square to LOS, get over trash and through traffic, open field, take away cut back, urgency, intensity, closing speed.

Body Control: Stay on feet, not on the ground, flexibility, base, feet, use of hands to low protect, ability to recover and regain balance.



Use of Hands: Strength, quickness to gain control and escape, technique, punch and explosiveness, can get extension, separate, lock-out ability, arm length, hand and forearm strength.

Pass Rush: Stance(3ptor4pt), takeoff, quietness, use of hands and feet, strength, effort, tenacious, type of moves (slap or grab and swim, rip or uppercut, speed, power, spin), combination or second moves, stunts, vertical push, outside speed, defeat blocker, leverage, acceleration off blocks ability to adjust and burst to close on QB, stamina, discipline, stay in rush lane, innate ability plus coaching, quick first step, work feet and hands together.

Foot Quickness: Ability to move feet in rapid succession, lateral movement.

One-on-One: Burst, amount of time it takes to be at top speed, first step off the ball, closing speed, ability once you're moving to get to a higher rate of speed.

Double Team: Quick recognition and react to type of block, ability to control, shed and tackle. Reaction, strength hand technique to hold ground.

Trap: Quick recognition, close down hole, spill technique (take on with outside shoulder to flatten, what technique is being taught?).

DEFENSIVE LINEMEN – CFL EMPHASIS

Pass Rush: Stance(3ptor4pt), takeoff, quietness, use of hands and feet, strength, effort, tenacious, type of moves (slap or grab and swim, rip or uppercut, speed, power, spin), combination or second moves, stunts, vertical push, outside speed, defeat blocker, leverage, acceleration off blocks ability to adjust and burst to close on QB, stamina, discipline, stay in rush lane, innate ability plus coaching, quick first step, work feet and hands together.

Quickness: 1-yard rule, Ability to move hands, arms, torso and feet in rapid succession, movement in any direction.

Accelerate: Burst, amount of time it takes to be at top speed, first step off the ball, closing speed, ability once you're moving to get to a higher rate of speed.



Balance: Ability to retain body control in the execution of various Fundamentals required of playing defensive line, regain body control temporarily lost, lower strength and base to stay on feet.

Explosion: Force generated when delivering a blow, pop and strength, minimizing time lapse between initial movement and contact, suddenness in body.



KICKER/PUNTER

Hands: Type – soft, hard, eye-hand coordination, extend in hands or body catch, adjust to bad snap, is punter the holder for PAT/FG?

Get Off: PUNT – two or three step, distance covered/time snap = 0.8 seconds or better, touch to toe = 1.4 seconds or better, get away = 2.2 seconds or better.
KICKER – snap to kick = 1.3 seconds or better, Distance, explosion into ball.

Hang Time: Height of ball on punts and kickoffs (check for cover patterns on tape to determine hang time, i.e., on kickoffs cover team should be across the 30-yard line).

Handle Wind: Against wind, with wind, cross wind.

Accuracy: Leg control, placement, field goal percentage for kickers.

Pressure: Game pressure, rush, bad snap (hand and adjust to kick).

Tackle: Cover ability, courage.

Run/Pass: Bonus, check high school position played, athletic ability.

Production: Statistics, opportunities, does he get the job done, consistency.

Mechanics: Smooth and fluid, consistent, athletic, flexibility.

Note:

- Soccer or conventional
- Shoe or barefoot
- Right or left-footed
- CFL kicking game rule differences

KICKERS/PUNTERS - CFL EMPHASIS

Leg Strength
Accuracy
Distance
Production