



QUARTERBACK

Arm Strength: Ability to throw deep and sideline ball, throw on move left and right, all routes, throwing across field, get into tight spots, zip, delivery, use of body, 7-step with hitch, comeback is toughest throw.

Quick Delivery: Type of delivery, slow, fast, wind up, deliberate, etc., strong wrist with a quick snap, always ready to throw, ball position-where does he carry the ball, no wasted motion, tight spiral with speed, re-cock throw, roll the ball.

Accuracy Short: Hit a moving target at full speed, keep receivers on routes with few adjustments to throw, throw a catchable ball, timing, touch, throw on the move, percentage QB's that flick ball are less accurate.

Accuracy Long: Keeps receivers on routes with few adjustments, hit a moving target downfield, throw to the corner, keep ball away from DB, doesn't hang ball or throw ball up for grabs, timing, judgment.

Touch: Throw over defense, timing, anticipation, feel for throw, catchable ball, take off, loose upper body to roll the ball.

Judgement/Read: Read defense/coverage including pre-read, sight adjustments, locate secondary receivers, see and react to blitz, judgment, force ball into coverage, progressions, hot receivers, volume of passing game, anticipation, protection knowledge, managing Waggle motion.

Anticipation: Natural feel in the passing game, sense to quickly read play as it develops.

Vs Pressure: Hang in pocket with heavy rush, poise, tough, clutch player, temperament, can take a hit.

Quick Set-Up: Dropback speed to a throwing point, back pedal or crossover, balance, active feet, quick feet related to movement within the pocket, body control to be ready to pass, toe placement of front toe (up on toes), hitching, rhythm, weight transfer.

Foot Quickness: Ability to move feet in rapid succession, set up, quick escape footwork technique.

Avoid/Escape: Escape and scramble ability to avoid rush, sack avoidance, scramble right and left, lateral slide or step up in pocket, sense for feeling pressure, buy a second chance.



Running Ability: Athletic with ball, speed, quickness, aggressive, slider vs. tough runner scrambler, likes to run, will take off if opportunity presents itself.

Ball Handling: Control of center exchange, handoffs, play action and fake ability, does he fumble? protect from having ball stripped in pocket, size of hands, handle shotgun snap.

Courage: Doesn't panic, determination to stay in pocket, toughness, can take a hit, play through pain/injury.

Leadership: Competitive as well as cool and tough under game and rush pressure, disciplined two-minute effectiveness, patient when behind and confident to take charge under adverse conditions, command of team.

QUARTERBACK- CFL EMPHASIS

Arm: Strength, quick release, throw on the move, zip, delivery.

Mental: Managing Waggle motion, FBI, knowledge of game, ability to adjust in the heat of battle, audibles, huddle command, does he take control? assume authority and command respect of team.

Accuracy: Overall accuracy, short and long, complete passes with few adjustments, keep receivers on routes, completion percentage.

Courage: Competitiveness, toughness, hang in pocket, take a hit, vs. pressure, play hurt.

Mobility: Movement skills; feet, avoid/escape rush, ability to make plays on the move, left and right, the ability to escape with suddenness and reset the body with balance to make a quick, accurate throw.



RUNNING BACKS

Initial Quickness: Movement on snap, explosive start, straight ahead, lateral type of stance, hitch or false step, quickness to the hole, 2pt/3pt stance.

Instincts/Vision: Natural instincts and feel for running the ball, vision, quick reactions, ability to create or alibi positive yardage on poorly blocked plays.

Inside Runner: Vision, see whole picture, pick, slide and accelerate through the hole, ability to find and hit a crease, body lean, strength, power, break tackles, short yardage and goal line, follow and utilize blockers, cut in hole, pound type, gain yards after initial hit, leg drive, effort, ability to finish runs with authority, make aggressive tough two and three-yard runs, traffic burst in the hole.

Power/Break Tackles: Strength to break tackles, get behind pads, can be own blocker and move the pile, leverage, short yardage and goal line, leg drive, refuses to be stopped, slasher, hard-nosed, loves contact.

Short Yardage Run: Efficiency in short yardage situations, run skills, power and desire.

Outside Runner: Speed and quickness to turn corner and run wide, game breaker, can score from anywhere on the field, elusiveness to make tackles miss, instincts, plant and cut, attack downhill.

Elusiveness: Makes defenders miss, type – darter or weaver, deceptive, dancer, quickness, balance, plant and cut without loss of speed, can dip in and go out, gear change, straight line limitations, create, avoid, slip/slide.

Balance: Ability to retain body control in the execution of various fundamentals required of the running back position, regain body control temporarily lost, lower strength to stay on feet.

Ball Security: Chronic fumbler, protect ball, why? carelessness, physical make up, number of fumbles.

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

Pass Routes: Able to get out of backfield and into routes quickly, type of routes, experience as a receiver, type of cuts, awareness, vs. man & zone, can play detached.

Hands: Type: soft or hard, body or hand catcher, adjust to thrown ball, able to make difficult catch, catch clean in hands, natural.



Run Block: Willingness, attitude, effort, aggressive, initial contact, base, balance, knee bend, strength & explosion, stay on feet, follow through, finish, react to games and stunts, chop blocker or face up, experience.

Pass Block: Willingness, attitude, effort, initial contact, feet, balance, stay square, face up, base, hit and recoil, shadow defender, no overextended or lunge, blitz and stunt pickup.

Durability: Ability to be physically able to perform consistently over a long period, doesn't miss time - game or practice -, know difference between pain and injury, number of carries(game/season), stamina, maintain concentration when injured or tired late in game.

RUNNING BACKS – CFL EMPHASIS

Running Back

Run Skills: Overall run talent, inside and outside, production as a runner, create, avoid.

Instincts/Vision: Natural instincts and feel for running the ball, quick reactions, eyes, ability to create, make something out of nothing.

Speed: 40 time, burst, acceleration, playing speed.

Quickness: Ability to initiate body movement in a desired direction in a single thrust, able to move hands, arms, torso and feet in rapid succession.

Pass Block: Willingness, attitude, effort, initial contact, feet, balance, stay square, face up, base, hit and recoil, shadow defender, no overextended or lunge, blitz and stunt pickup.

Hands: Ability to catch all pass routes, production as a receiver, natural vs. body catch.

Fullback

Inside Run: Vision, feet, strength, power, between tackles, short yardage and goal line, finish runs, courage.

Quickness: Ability to initiate body movement in a desired direction in a single thrust, able to move hands, arms, torso and feet in rapid succession.

Blocking: Run/pass, willingness, production.



Hands: Ability to catch all pass routes, production as a receiver.

Mental: Ability to assimilate strategy and to adopt prescribed solutions to different game situations, FB position is mentally demanding.



OFFENSIVE LINEMEN

Initial Quickness: 1-yard rule, Movement off the ball to gain advantage, quickness on start, stance, foot and hand quickness.

Explosion: Knee bender, not a waist bender, leg drive, roll hips, strength, shock, control and drive, surge, pancakes.

Run Block Inline: Type(drive, hook, scoop, fan, double, slip, peel, trap, angle, cut-off), initial contact, leverage, feet, balance, sustain, visible snap when delivering a blow, explosion, finish block, follow through, combination blocks(double, fold, cross, etc.), ability to adjust and block different looks, stay on feet, position (finesse) vs. power, timing, vision.

Sustain/Balance: Base, balance, feet, no overextended, ability to recover and regain balance, ability to retain body control in the execution of various position fundamentals.

Base/Leverage: Solid lower body, flexibility and power, knee bender, hard to knock off feet.

Cut-Off: Lateral agility and quickness to prevent and secure defenders pursuit away from play, vs. slant move.

Pull/Trap: Initial move, adjust on run, zero in on target, depth and approach, body control, kick out or log, contact follow through, finish, quickness, explosion.

Adjust on Move: Change of direction, agility and body control, breakdown, zero in on moving target, vision.

Block Downfield: Effort, hustle, make second block, look for someone to hit second and third level, angle, adjust, sustain work on air, throw to early and overextend, results.

Pass Block: Stance, quick set, drop and angle, feet, base, balance, athletic ability, lateral slide, recover quickness, mirror and shadow, shift weight, can sit back, tuck hips and explode, use hands, punch, pop and recoil, quick hands, lock out arms, recognize and adjust to various games, twists and stunts, ability to handle speed, quick and power rush, patient, not overanxious or overaggressive, no lunge or overextend, top heavy, anchor, range, drop and anchor vs. bull rush, shoulders square, head up, confidence.



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

Body Control/Recover: Regarding on the move to an opponent's movement, ability to regain body control and balance, get out of trouble, redirect and shift weight quickly to defeat opponent, pivot/turn run.

Use of Hands: Quickness, stab, punch, placement, extension, 6-inch punch, control opponent.

Anchor Vs. Power: Size, strength, balance, base, punch, shock, drop weight.

Finish: Effort to complete the play, go until the whistle, dominate opponent, competitive spirit.

OFFENSIVE LINEMEN - CFL EMPHASIS

Size: Height and weight according to CFL charts.

Quickness: 1-yard rule, Initial movement off LOS and into blocks, set in pass pro, ability to move hands, arms, torso and feet in rapid succession.

Pass Block: Stance, quick set, drop and angle, feet, base, balance, athletic ability, lateral slide, recover quickness, mirror and shadow, shift weight, can sit back, tuck hips and explode, use hands, punch, pop and recoil, quick hands, lock out arms, recognize and adjust to various games, twists and stunts, ability to handle speed, quick and power rush, patient, not overanxious or overaggressive, no lunge or overextend, top heavy, anchor, range, drop and anchor vs. bull rush, shoulders square, head up, confidence.

Strength: Overall strength, degree of strength exhibited in performance of duties (functional or playing strength), weight room vs. on the field.

Body Control/Recover: Ability to quickly adjust body and shift weight to regain balance and get position on an opponent after being out of position initially.

Mental: FBI, learn and retain with limited reps, understand concepts, make mental adjustments on the move, awareness & alertness.



WIDE RECEIVERS

Hands: Type - soft, hard, stiff, suction hands, extend and pluck, body catch, adjust to ball in flight, makes difficult catch (low balls, over shoulder, ball behind or any other off-target throw), secure ball after catch, concentration, size of hands.

React/Adjust to Ball: See and adjust to ball in flight, body control, make difficult catch, hand placement, vision, focus, track, leap ability, timing.

Initial Quicks: Movement off ball, stance, burst into routes, consistent off ball, immediate pressure, close cushion.

Release/Waggle: Escape holdup in press cover, quick feet, strength to fight jam, moves and techniques, get into route and back on course quickly, choppy steps and then a burst, keep feet in the ground.

Strength: Functional strength, escape jam, get off LOS, stay on routes, sturdy runner, break tackles, physical, durable.

Separation: Acceleration and burst to separate from defender, deep or out of cuts, does he pull away, create space, COD without wasted movement, horizontal, vertical.

Play Speed/Tempo: The speed and intensity in which the game is played, with or without the ball, carry pads, efficiency in movement qualities.

Movement/COD: Type of cuts, sharp, rounded, body control, stride, gathers, come out of turn smoothly with a burst to separate, ease of movement, balance, faking and cutting ability, efficiency in movement, drop weight, COD qualities, hard angle breaks, decisive out of breaks, lateral separation.

Field Awareness: Ability to find open spots in zone, read coverage, zone and man-to-man, awareness of field and game situations, adjustments at the snap, awareness of boundaries.

Receive Short: Ability to find open area in zone, quickness to defeat man-to-man, catch ball in a crowd, run through catch over middle, cutting ability, awareness, can or can't he get open, route agility, target, separation.



Receive Long: Speed to get deep, close cushion, force separation with DB, change speeds, adjust to ball in flight – over-shoulder, react to underthrow, leap ability on jump ball, acrobatic - type catch, vision, concentration, vertical threat.

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

React to Crowd: Courage, concentration, hold ball on contact, over middle, big target, will battle with DB, won't turn down ball, production inside, react in combative environment, catch in a crowd on the move.

Run after Catch: Athletic after catch, quickness, acceleration, elusiveness, open field instincts, change of pace, determined runner, fight for extra yards, stamina, fumbler?

Blocker: Willingness, effort, aggressiveness, strength, adjust on move, sustain, type of blocks (stalk, cut, crack), results.

WIDE RECEIVERS – CFL EMPHASIS

Hands: Dependable, consistent, natural vs. body catch, drops.

Movement/COD: Body control, drop weight, efficient runner, ease of movement, Waggle motion, route agility.

Strength: Functional strength, escape jam, get off LOS, stay on routes, sturdy runner, break tackles, physical, durable.

Play Speed/Tempo: Playing speed, deep acceleration, burst out of cuts.

Run after Catch: Athletic after catch, speed, quicks, instincts, production with ball in hands.