

231-7601 Rowle.

LONDON RAVENS

PLAY BOOK

1983

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AMERICAN FOOTBALL

The object of this booklet is to simplify the various plays into an easy method of remembering them.

For example:

Consider the statement "Blue 43"

"Blue" denotes the formation. (More about that later)

"4" (forty) denotes who will get the ball,

"3" where he will attempt to take it.

Painless? there are 40 combinations possible, and with 9 formations that gives you a total of 360 variations. (And all within the first page.)



The holes are numbered from the centre even to the right odd to the left. The four numbers circled are the positions the ball carrier comes from.

FORMATIONS

Each formation is referred to by a colour so the Quarterback can if necessary change the play at the line of scrimmage. They are listed in ascending order of use e.g. "Split" is used more than "Triple wing"

1. "I formation"-----"Red"
2. "Split"-----"Green"
3. "Double wing"-----"Blue"
4. "Slot"-----"Purple"
5. "Shotgun"-----"Black"
6. "Opposite"-----"Tan"
7. "Spread"-----"Yellow"
8. "Near"-----"Orange"
9. "Triple Wing"-----"White"

The positions are shown in detail over, but it is worth mentioning that the formations can be used for either "Passing" or "Rushing"

WR=Wide receiver
TE=Tight end
FB=Fullback
HB=Halfback

G=Guard
T=Tackle
O=Centre

The centre is always denoted as a square. (*)

One other point to further complicate matters is which side the Quarterback wants the tightend to line up on, so the earlier call of "Blue 43" would be "Blue Right 43"(or Left). Dependant on how the defence react.

So, $2 \times 9 \times 40 = 720$...Getting better.

(*) unless you don't have a square on your typewriter then its "O".

"Near" (Orange).

WR	T G Q G T Te HB	WR
	HB	

"Triple wing" (White).

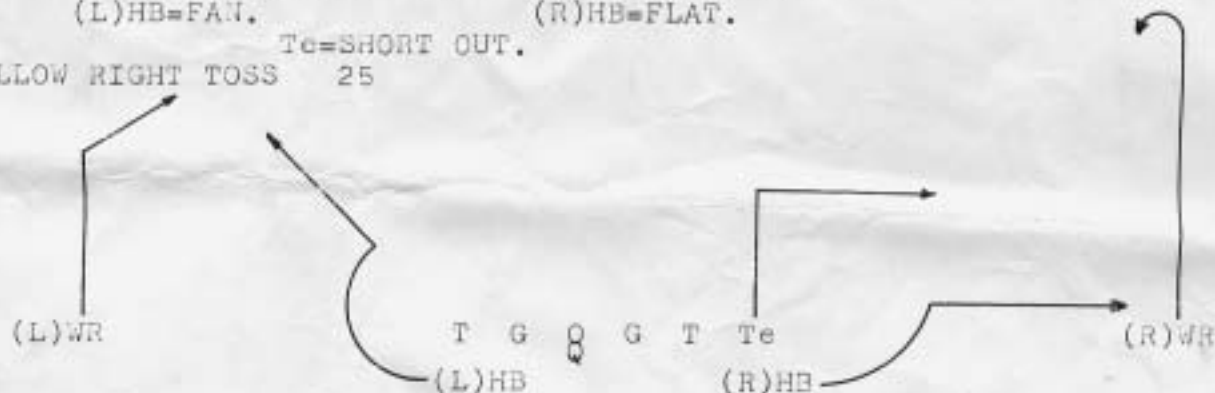
	T G Q G T Te HB	WR
WR	HB	

Easy eh? Well before the commercials here's a fullblooded "Super bowl"winning play; The explanation is a lot harder than the play itself. "A double safety, option screen,option pass-spread play."

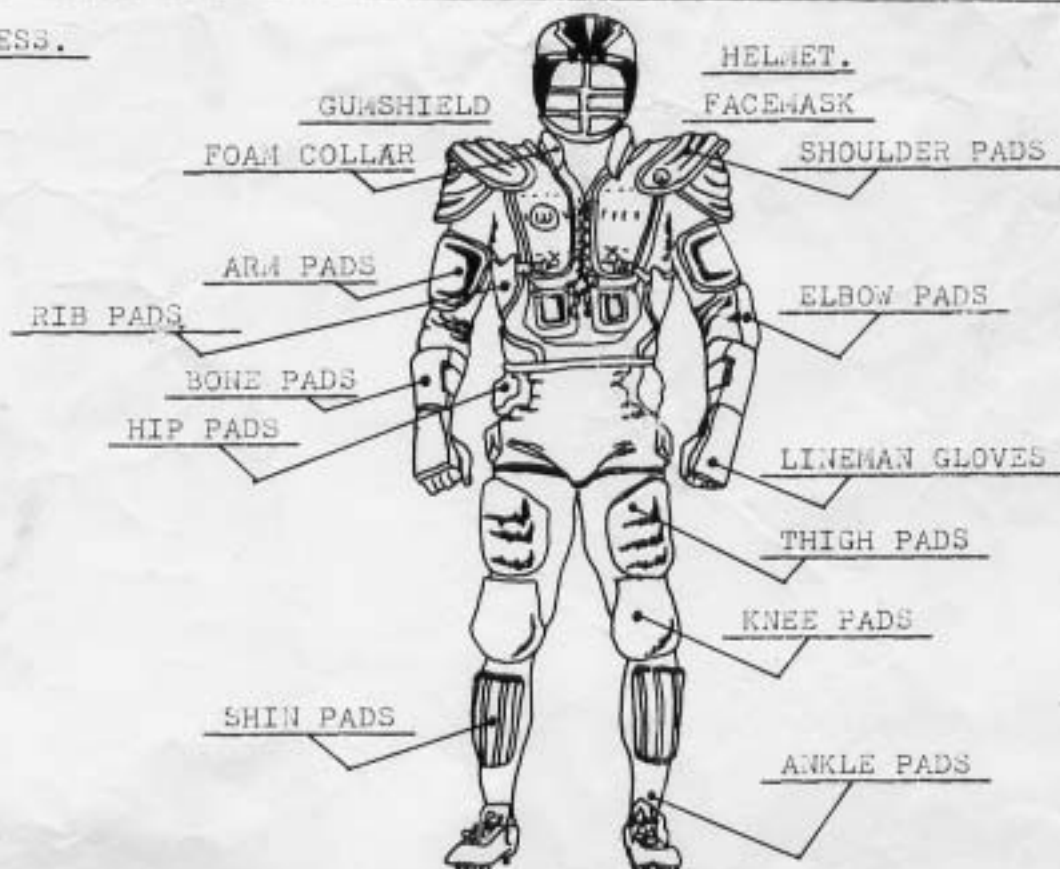
(L)WR=LONG SLANT IN. (R)WR=LONG HOOK IN.
(L)HB=FAN. (R)HB=FLAT.

Te=SHORT OUT.

YELLOW RIGHT TOSS 25



THE BUSINESS.



AMERICAN FOOTBALL

5

Well page five and in excess of 6,178,502 combinations!
(If you could play one every 40 seconds it would take you over SEVEN years to play them all.)

As a form of light relief we move swiftly on to getting the ball from the Quarterback to the ball carrier.

- 1). HANDOFF, exactly as it suggests. The passing player extends his arm so that the receiver can take the ball between ribs and hips. Usually when the players are travelling in opposite directions.
- 2). LATTERAL, easiest described as a rugby pass. For when players are travelling in the same direction.
- 3). THE PASS, the ball is thrown so it spirals through the air (tricky).

Right there now follows The Linemens section, so if you are a lineman read on, others to page 7.

Linemen are terrific, great, best athletes, best looking, salt of the earth As you may have guessed you can have the best "Patterns, Quarterback" in the world but without those guys blocking you will get squat. And no doubt Squatted!

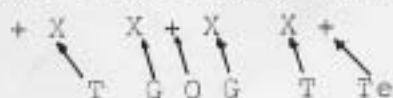
(Remember this Sunday guys! cheques in the post.)

The most basic type of block is the power or Straight ahead block. Aimed at the defender directly ahead of you, this cannot always be used as the defence don't always oblige in lining up ahead of you. Consequently, various other plays can be used, it is up to the centre to call the Offensive blocking patterns.

- 1 Straight ahead has no call, as this is the block you would throw anyway.
- 2 Angle linemen slant & block to left or right.
- 3 Wedge 3 blockers at one defence linemen, ouch!
- 4 Isolation a defender is allowed to come through and just when he thinks he has made it he's picked off by the Fullback.
- 5 Lead one running back "Leads" the other through the hole.
- 6 Double team two offence take on one defence, useful against smart-arse defence men.
- 7 Crossblock two linemen exchange targets. (on defence it is called a stunt.)

As in the "Hole numbering" of page one even numbers mean "To the right" odd, "To the left" e.g. "Angle 17" linemen slant left. "Angle 72" linemen bless-their-cotton-socks slant right.

2). ANGLE (ODD).

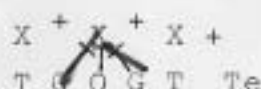


T=Tackle, G=Guard, O= Centre, Te=Tightend.
+=Linebacker's, XX's= Defensive linemen.

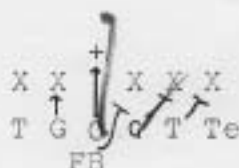
AMERICAN FOOTBALL.

6

3) Wedge.

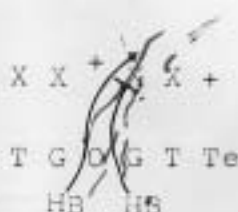


4) Isolation.



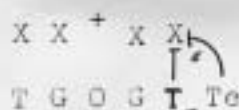
*See note below.

5) LEAD .

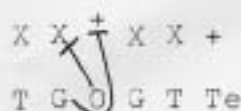


6) Double team.

(Can be any two players, Tackle and Tightend shown).



7) Cross block.



There are two types of block "Pass block" Where the linemen stand up and retreat to form a pocket where the Quarterback can pray in peace. And the Rushing block, where they fire out across the line to make the hole for the fragile running back. This time they can extend their arms but still cannot hold onto the defence linemen.

* Note, a "Trap block" is Isolation used to create a hole for the ball carrier, otherwise known as the "Sucker block". The "Trap is sprung" as the unfortunate Defence player crosses the line of scrimmage, leaving the Hole.

AMERICAN FOOTBALL

7

DEFENCE

Just like offence formations there are defence formations, we will look at the four main types;

- 1). "3-4", The most common type, allows the 'Midfield' (Linebackers) to either come to the line against rushing, or go deep against passing plays.
 - 2). "4-3" Mostly used against the pass, the idea being to stop the pass at its source than try to cover multiple receivers.
 - 3). "Short yardage or Goalline", sometimes known as the "Short-&-curlies".
 - 4). "Flex" Neither 3-4 or 4-3 but a mixture of both, the only rule being "read the play and then react".
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1). 3-4

```
      X   X   X
    +   +   +   +
```

2). 4-3

```
    X   X   X   X
      +   +   +
```

3). GOALINE.

```
    X   X   X   X X X X   X
      +   +               +
```

4). FLEX.

```
      X       X   X   X +
    +         +
```

I mentioned earlier about the Tightend and which side he stands this also affects the defence but just to make things difficult it is known as Strongside (the sidefacing the tightend) and the weakside, the side not facing the tightend.

Strongside/weakside cont.

Regardless of whether 3-4 or 4-3 formation the defence always has one outside Linebacker who positions himself opposite the Tightend this is the "Strongside Linebacker". The otherside Linebacker is the "weakside Linebacker".
The same applies to the safety.

STACK, STUNT, DOG, THE BLITZ.

Stack: Any Linebacker sets up behind a Linemen, he can then go left, right, or follow the lineman. He then get's his "Jollies" watching the Offense fall over one and other trying to get to him.

Stunts. As the offensive "Crossblock".

DOG The only difference between dogs and "THE BLITZ" is the players involved, dogs are linebackers, blitz are the rest...

Pass rush

If the Front line in a 3-4 defence can be controlled then the Offense will storm ahead, the Centre will blot out the nose tackle, each Tackle takes an End, and the Guards hunt down the Linebackers.

HOWEVER if the rush cannot be stemmed then everything changes Linebackers do the "Hunter-killer" act, able to use the holes left by the Guards who are busy trying to contain the Front Line. Any Dog or Blitz forces Offensive adjustments, multiples can make the blockers feels like they have fallen asleep on a grindstone!

THOU SHALT NOT GIVE UP YARDAGE.

(exception: WHENST THOU SHALT FORCE UPON THE OFFENCE THE CURSE OF THE "LOST YARDAGE". THEN SHALL THERE BE MUCH WAILING AND BEATING OF BREASTS UPON THE OTHER BENCH.
THEY SHALT ALSO SEND FORTH UNTO THE WILDERNESS A SACRIFICE, AND THEY SHALL CALL HIM "FIRED".)

There are several other positions that I havn't yet mentioned, so, Cornerback's and Safties, the back four, five or six
The last line of defence, the most thankless job of all
up against big fast giants. And the best they can hope to do is to stop the other guy from scoring!!!
Kickers, Punters, Holder's etc. will be easier to deal with on the pitch.

So tonight, when youre dreaming of that "Green Shift Black wide receiver long out Fly, just listen for the footsteps of that big mean cornerback who you have run ragged all afternoon and who is going to get his own back when you reach up into the sky to pluck out that bomb from over your shoulder.
Nightmares are made of this..

AMERICAN FOOTBALL

9

The offense must have at least seven players at the line on the snap. This does not include the Quarterback, all others must be one yard behind. No line men may move between assuming a three point stance and the snap of the ball. This stationary part of the snap must be at least one second.

HANDS, ARMS, BODY.

For the offence, holding onto another player or stuffing your running back through a three inch gap to try and gain further yardage are no-no's, and if caught then Thou art given the curse of the lost yards.

Defense have all the fun, the only thing they cant do is to make contact above the shoulders. However they cannot tackle or hold onto an opponent, other than the passing player or the runner.

MUMBLE, FUFF

A fumble can be picked up and carried by anyone on either team. But with the fuff the defense can only advance if the ball has not contacted the ground, but the main difference is that fumble means that you have had possession of the ball, and then lost it.

ODDS AND SODS.

And finally the odds and sods section where all those useful bits are hidden away.

Audible: A coded play change called at the line of scrimmage

Blindside: The side that the Quarterback isn't watching.

Bootleg: A 'deceptive' play with the Quarterback fooling the defence into thinking that he has handed the ball off to a running back when he is actually hiding the ball with his hip or body. It only works if the running back and Quarterback are a) moving in opposite directions, and b) They are able to "Sell" the idea to the defense.

Bump and run: Used against pass receivers, the defender "Bumps" into the receiver within five yards of the line, then chases him down the pitch.

Broken field running: Fancy-footwork against tight pass coverage.

Brushing block: A block at less than full power also called "check" followed by a run past the defender.

Clipping: EXTREME naughty of the first division, "Throwing the body across the back of the opponent" This incursion into never-never land will cost you a big FIFTEEN YARDS!!!

Cutback: When the ball carrier takes the ball against the run of play.

Crawling: A rare call, but if you try it when you are on the ground not only will you gain a FIVE yard penalty, but also get to try out the latest advances in micro surgery.

Crossbody block: This is the one to stop the other guy big or small. Your side, (arm, shoulder, ribs,) into the upper leg of the aforementioned target. With luck you will be able to walk to the Hospital.

Dime: Defense formation, where an extra two safety players come on to make a total of six, used against the pass.

Defensive holding; "Illegal use of the hands by the defence." Holding onto the shirt and refusing to let go, the reward? FIVE YARDS AND FIRST DOWN. The rule was brought in in 1969 when J. KOWALSKI, a linebacker with the CHIEFS grabbed hold of the CHARGERS star running back in the third minute and wouldn't let go until two hours after the game.

Delay of game; The offence has thirty seconds to snap the ball from when the referee does his windmill impersonation, failure equals Delay of game "FIVE YARDS."

Draw; Another deceptive, with the quarterback acting as bait for the defence, when he handoffs the ball to the running back, the difference between this play and the Bootleg is that the Quarterback moves Backwards before handing off and getting the pain arrive.

Eligible receiver; Any of the five legally entitled to receive the ball, the two ends and the three backfield men, only rarely will the interior linemen be eligible. Note; the Quarterback cannot catch his own pass!!! (Shame.)

Flanker; The wide receiver who is on the same side as the tight-end, officially he must line up one yard behind the line.

Flare pass; A short pass to the "FLAT" pattern.

Flea flicker; A name given to a gadget play where the initial receiver flicks the ball to a trailing receiver for an extra gain, something like a rugby lineout.

Flood; To have more receivers than defenders in one part of the field.

Force; The act of either the corner back or safety forcing a running player into the centre.

Gadget play; A trick or special play.

Inside; The area between the two offensive tackles.

Illegal forward pass; A pass thrown from in front of the line of scrimmage; A pass thrown to an ineligible receiver.

Line call; Signals called by the centre at the line of scrimmage to change the offensive blocking patterns.

Look in; describes the play where the receiver stops short of the intended catching position, and pretends to get ready to catch the ball.

Nickle; An extra defence safety (making five.) Like dime, used against passing plays, to double team intended receivers.

Onside kick; A short kick just over ten yards, which gives the kicking team a good chance of recovering the ball, "First man there goes for the man, second man goes for the ball."

Option pass; When the thrower has an option to either of a number of players.

Option run; When the Quarterback has the option to run, pass or handoff..

Option runner; A good running back who can look for holes other than the one he is heading for.

Outside; The area outside the tackles.

Overshift; This is the defence "Shifted" across one man towards the strongside.

Over the top; The folly of the running back trying to gain those last few inches by diving over the top. The similarity to the "Over the top" of the First World War should be noted!!!

Personal foul; Another no-no called against punching, kicking, biting, and any other act of unwarranted aggression to the enemy. This'll cost you FIFTEEN YARDS AND you can be sent off!!!!

Pick; When a receiver "Accidentally" gets in between the intended receiver and the defender who is trying to cover him.

Piling on; Jumping on or falling onto the grounded ball carrier since making this illegal the death rate has fallen dramatically.

Power sweep; A run around one or other end with both Tackles leading the blocking.