



RUNNING PLAYS/PASSING PLAYS

National Federation of State
High School Associations



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&
Friends



RUN/PASS PLAY BASICS

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- Player designations/requirements
- Turn pre-snap thoughts into read action
- Legal formations
- Possession/Scrimmage/Snap
- Keys regarding running and passing plays to zone coverage
- Mechanics throughout



RUN PLAYS/PLAYER DESIGNATIONS

- A back is any A player who has no part of his body breaking the plane of an imaginary line drawn parallel to the **LOS** through the waist of the nearest teammate who is legally on the line, except for the player under the snapper, who is also considered a back (2-32-3).
- A lineman is any A player who is facing the opponent's goal line with the line of his shoulders approximately parallel thereto and with his head or foot breaking an imaginary plane drawn parallel to the line of scrimmage through the waist of the snapper when the ball is snapped (2-32-9).
- A runner is a player who is in possession of a live ball or is simulating possession of a live ball (2-32-13).





RUN PLAYS/HANDING THE BALL

- Any player may hand the ball backward at any time (7-3-1).
- No player may hand the ball forward except during a scrimmage down before a change of possession, provided both players are in or behind the neutral zone and it is to:
 - a. A lineman who has clearly faced his end line by moving both feet in a half-turn and is at least 1 yard behind his line when he receives the ball.
 - b. A back or a teammate who, at the snap, was on the end of his line and was not the snapper nor adjacent to the snapper (7-3-2).
 - During a scrimmage down after a change of possession, no player may hand the ball forward to a teammate (7-3-3).



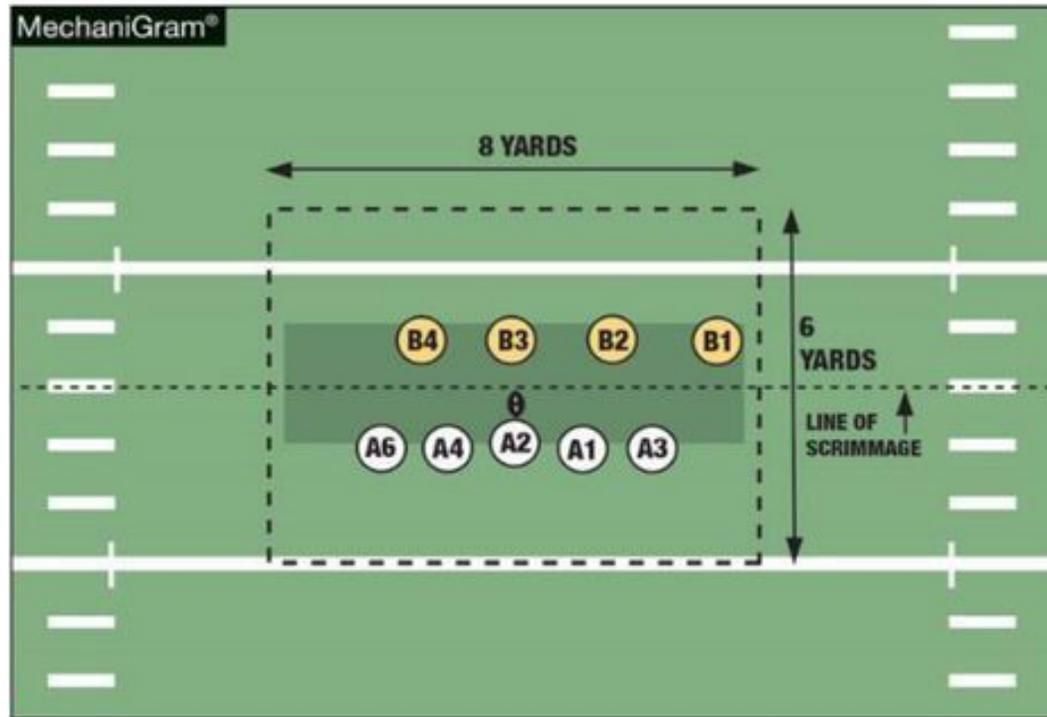


RUN PLAYS/POSSESSION/SCRIMMAGE/SNAP

- A ball in player possession is a live ball held or controlled by a player after it has been handed or snapped to him, or after he has caught or recovered it (2-34-1).
- Scrimmage is the action of the two teams during a down which begins with a legal snap (2-38).
- A snap is a legal act of passing or handing the ball backward from its position on the ground (2-40-1).
 - **Points of emphasis regarding snap**
 - When ball is moved other than legal adjustment
 - Snap must be quick and continuous
 - Snap ends when the ball touches the ground or another player
 - <https://youtu.be/xjhAW6of3oA>



FREE-BLOCKING ZONE AND LEGAL BLOCKING



The free-blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage. A player is in the free-blocking zone when any part of his body is in the zone at the snap.



TURN PRE-SNAP ??? INTO READ ACTION

- Develop a routine and stick to it!
- Straddle LOS and let play develop
- Wing action- read tackles to indicate run or pass
- Runs in your direction
 - Take a step or two into the backfield
 - This instills better look at blocks at point of attack
 - Let ball carrier/runner pass you and officiate play from behind





READ ACTION INTO CORRECT POSITIONING

- Runs away from you...
 - Move toward the flow of play but trail your fellow wing across
 - 100% zone by clean-up action opposite to referee and umpire (this is where all the cheap plays happen)
 - Wings should always mirror one another's spots





READ ACTION ON RUN PLAYS (CONT.)

- Run between hash marks
 - Stay on LOS as long as possible
 - When reading lineman, you'll be forgiven for missing a hold, but never missing a fumble
 - On short yardage situations, you may want to step in backfield to pickup ball carrier for critical spots





READ ACTION ON RUN PLAYS (CONT.)

- Let ball carrier take you upfield
 - Unless there is loss of yardage on the play, you don't want to come back upfield to mark forward progress
 - Forward progress is the furthest spot the runner with ball gained before being drove back or sacked
 - Square the spot off
 - Remember "Dead Ball" officiating under all circumstances
 - If spot is in question, you have another wing for assistance





READ ACTION ON RUN PLAYS (CONCLUSION)

- Sideline and **OOB** plays
 - Don't turn your back to the action (face OOB while marking forward progress spot)
 - Primary responsibility on OOB plays are spot and player safety
 - Better to be too slow than too fast! (getting a ball back in, etc.)
 - If you award forward progress in bounds the clock is not stopped unless for first down
 - If the play is dead inbounds, place a ball on ground inside the sideline to mark the spot
 - If OOB, place a ball on the ground just outside the sideline





GOAL LINE RUN PLAYS/MECHANICS

- When snap starts at 5 yard line going in, get to the GL immediately after snap
- When play starts between 5 and 10 yard line, move several steps downfield. When play is toward GL, go directly to GL to meet player there to anticipate ruling TD or moving into field of play to mark spot
- Don't signal TD in field of play and don't follow runner in EZ to signal TD.



Mechanics

Drawing Time





OBSERVATION POINTS

- Line Judge should be the first wing aware of 1st down, direct line downfield to chains and stopping clock “game management”
- Never give up the goal line, most critical line to officiate on field
- Linesman- Never turn head to check on first down- Bad perception. Both wings- think every play, down and distance and clock status-critical!
- Remember- focus 8 seconds at a time, 160 times a game!

