

The background features a stylized mascot of a knight on a horse. The knight is wearing a red and white tunic and a red and white surcoat. The horse is white with red and white markings. The knight is holding a shield with a red background and a white 'U' on it. The entire mascot is rendered in a light gray color.

Norfolk Catholic Football

NC Offense

Have A Plan

- Be Who You Are
- Just Do It
- Top of the list “Improve”
- Expectations
- Limitations
- Decision Making

Short Passing Game

- One Dimension Football will not beat the teams that are equal or better than you. Run/Pass/Ratio
- Quarterback Play
- Catching the Football
- Pass Routes
- Pass Protection
- Make Them Defense The Entire Field

Passing Game

- Attack match ups (most defenses take lesser athlete's and put them at CB)
- They Teach Don't get Beat Deep.
- Make Them Defense the Entire Field
- Throwing and catching are very natural, it starts in Elementary School

Attitude

- Most Important Thing In The Game Of Football Today Is Attitude.
- Win at everything you Do
- Positive 80%
- Negative 20% (Accountability)

Leadership

- Observe Successful People (Winning)
- Communication
- Listen
- Be Trustworthy
- Exercise Great Time Management
- Be Positive

NC Passing Game

- Preparation Time in the off Season
- Practice Time
- Balance, Running & Passing
- Correlation with running game
- Off .Lineman need to know where the ball will be thrown from
- Know what your coaching
- Don't need great athletes to throw and catch the ball

Quarterback Technique

- Stance
- The Snap
- Drop Steps 3 & 5
- Communicate with O-L 90 & 80 & 70 Series
- Pre-Snap Read
- Breakdown of steps
- The throw

Quarterback Stance

- Feet parallel, shoulder width apart
- Weight on inside of foot
- Slight bend of knees
- From the waist bend over until shoulder are over the knees
- Elbows slightly bent (shock absorbers)
- Arm and wrist deep under center
- QB hands relaxed
- Top hand pressure on the butt of center, thumbs and grooves of hand together
- Finger pointing downward, ball hits top hand, bottom hand traps the ball
- Practice Practice Practice Practice

QB Steps

- 1st step aggressive to get away from the LOS push off with the right foot pivot on the left foot
Pivot to 11:00 o'clock position
- Good athletic position when retreating shoulders right angle to the LOS eyes looking downfield
- On the snap ball goes to the ear, use both hands
- Plant step to the target
- Weight evenly distributed with a little more on the inside of the back foot

QB Steps Continued

- Push off inside of the back foot to start the throw
- Step to the target
- Weight will shift to the front foot
- Shoulders square to the target arm over the top throw down hill
- In practice you will find arm strength , don't ask QB to make throws he physically can't

Receiver Play

- Stance Be comfortable Prefer inside leg
back, better view
- Split Adjust according to route and play
- Release Get off the ball
- Drive Get DB in a back pedal
- Fake
- Break
- Catch Reach for ball
- Hands
- Tuck ball away

Multiple Sets

- Pro

0 0 0 x 0 0 0

-

0

0

-

0

0

Sets Continued

- 1 Back set

- $000x00$ 0

- 0 0 0

- 0

- Trips

Pass Routes

- Hitch 98 & 99

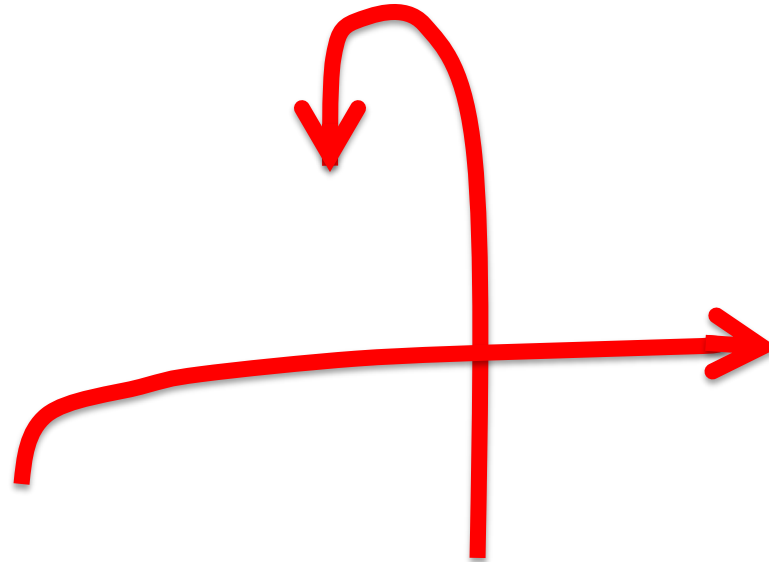


Hitch



Pass Routes

- Arrow / Curl 96 & 97



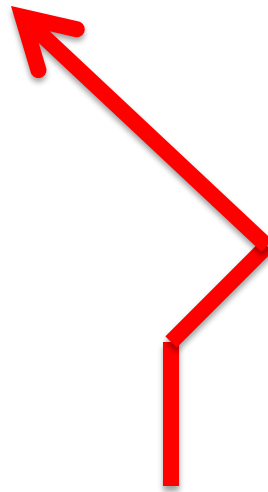
Arrow/Curl



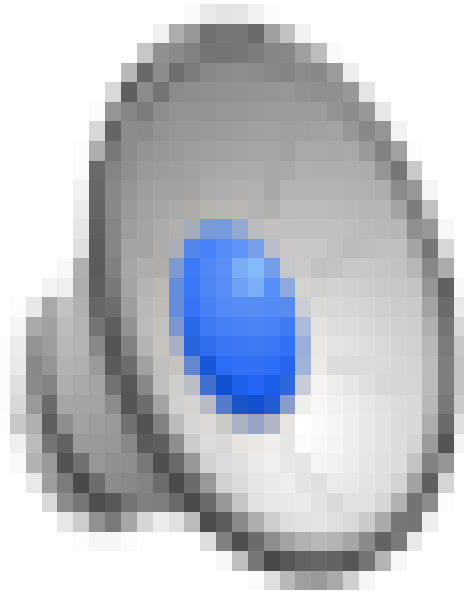
Pass Routes

- Post Corner

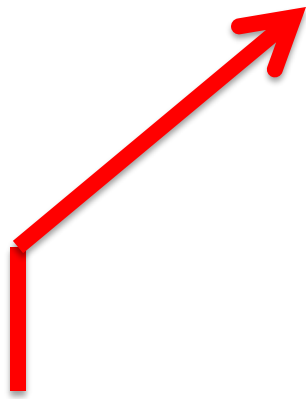
94 & 95



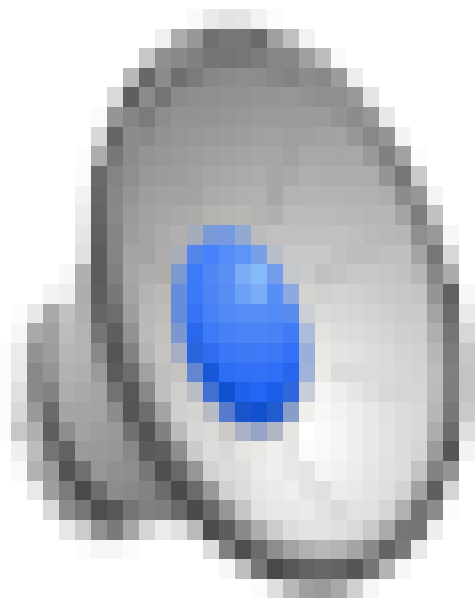
Look in Flag



Slant

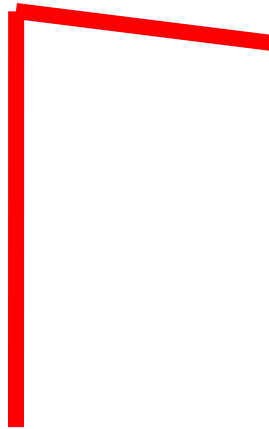


Slant



Pass Routes

- Outs 92 & 93



X Out



Y Out



Out



Drills

- Line Drill

- X X X X X _____

- Rec.

- QB

Drills

- In-Front Drill (Distraction)

XXXXXXXXXX



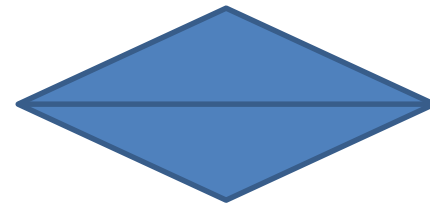
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QB



Drills

- Route Drill

- X
 - X
 - QB
- x
x
QB

Drills

- Breakout Drill

- X QB X

- Time 4 seconds Break right and left
teach rec, adjustments. Teach QB to throw
on the run.

2 Minute Offense

- Numbers indicate play

- 1 set (Y) 0 0 0 X 0 0 0
- 0 0
- 0
- 0