

Flex Football Terminology

9v9 – 9 players on defense are the defensive ends (2), linebackers (3) and defensive backs (4).

Audible – the verbal changing of a play while the play clock is running.

Bail Technique – Always from a bump or press alignment. The DB will show press on the WR and just prior to the snap, the DB will pivot on his outside foot and gets depth immediately.

Balanced – an equal amount of players on each side of the ball. A balanced offensive line in Flex Football always has to have a Tackle on each side of the Center.

Blitz – a predetermined rush by any player but the defensive ends.

Bootleg – describes a play action pass in opposite direction of the flow with the QB rolling out to the opposite perimeter.

Bracket – A doubling technique where two defensive players will “bracket” a receiver. Each DB will guard their respective leverage on the receiver.

Bump Alignment – inside or outside within one yard an eligible receiver. The DB is in this position to get hands on and physically disrupt the receiver's route.

Bump and run – (press technique) is usually a man to man technique that involves disrupting the receivers route at the starting point.

Bull Rushing – (not allowed in Flex Football) is when a defender rushes down the centerline of a blocker.

Bunch – a cluster call in zone coverage.

Buzz – Describes a drop technique by a coverage player. This can also be the action of buzzing one's feet when approaching a ball carrier or a coaching cue.

Cadence – the quarterbacks sequence to notify the center when to snap the ball.

Chip Block – a block where a 2nd blocker will quickly assist in a block. In Flex Football, this must be engaged with the hands first. Shoulder chip blocking is not allowed.

Cobra – a corner blitz.

Contain - the edge of the defense that a defender is assigned to keep the ball carrier inside of.

Cover 0 - man to man coverage with zero help. In Flex Football, this is usually an all out blitz with 4 defenders rushing the QB.

Cover 1 man – Single high safety with man on man.

Cover 2 zone – 2 high safeties with a 5 zone underneath.

Cover 2 man – 2 high safeties with man to man players on all 5 eligibles

Cover 3 – 3 high zones between the CB, FS & FS in their respective 1/3 with a 4 under zone drops.

Cover 4 – (quarters coverage) is often a hybrid defense with a 4 deep (DBs) 3 under zone defense that incorporates man-to man principles.

Cushion – The vertical distance between the defensive back and the receiver.

Defensive End - In Flex Football, the Defensive Ends are the only defensive linemen on the field and are rushing the edge / B gaps or wider.

Direct Snap - when the ball is snapped to the running back and not the center. The RB is then treated as the RB as is subject to the QB running rule. See rules for further details.

Dime (player) - a 6th defensive back brought into play during heavy passing situations in substitute of a linebacker.

Downfield blocking - blocking beyond the line of scrimmage by any offensive player is allowed and encouraged in Flex Football. Downfield blocking must be hands 1st and appropriate in the level of limited contact as to keep everyone up.

Double Coverage - when two defenders double an eligible receiver either in man coverage or in zone.

Draw - a run play in which a quarterback deliberately shows pass and then either hands the ball off to the running back or runs the ball himself.

Drop – The action of moving to cover a zone usually behind a defender.

Drive - the combination of offensive plays in a series.

East to West - used to describe movement that is lateral in nature of the field; parallel to the yard lines; towards the sidelines.

Edge - describes the point at the end man of the line of scrimmage.

Eligible Receiver: 5 players on the offensive side of the ball who are legally allowed to catch a pass.

End Zone - The area at the end of a football field in which a ball carrier has to cross the goal line to score.

Far- an alignment by an offensive player (usually the back) that is on the opposite side as the tight end or the strength. The opposite of “near”.

Fade - number 9 on the route tree; a receiver route that is vertical and then “fades” towards the sideline.

False step- a step that gains no distance and is often described as a wasted step that goes opposite of the direction the player is intending to go.

False Start - a penalty in which an offensive player moves too early or crosses the LOS before the ball is snapped.

Fill - the act of “filling” a hole or gap in the line of scrimmage.

Flat - the area or zone that extends from outside the end man of the line of scrimmage to the sideline and usually several yards in depth.

Flow - the direction of the back(s) towards the line of scrimmage.

Force - often a defensive term that directs the player to set the edge and "force" the ball carrier back in side if he is unable to down the ball carrier himself.

Formation - the alignment of the offense or defensive players.

Gap - The space between two positions on the line of scrimmage that usually goes in sequence . For example, A gap, then B gap.

Guard - usually the 1st interior linemen immediately next to the center. In 9v9 Flex Football, the closet linemen (what would be the guard in 11v11) is referred to as a Tackle due to his position having to "kick slide" and block like a traditional tackle.

½ (half) - defensive back terminology designating that one deep ½ of the field is covered by a DB and the other ½ is covered by another DB (usually the safeties).

Hard count - a tactic used by the QB to draw defenders off side. As part of a normal cadence, the QB then tries to draw defenders off side with a fake cadence.

Highest point - a term used when the ball is thrown in the air that cues the player to go jump and get the ball if contested by the other player.

Hitch - a short route where a receiver pushes up field to make it look as if he is going deep, and then stops and works back to the qb.

Hot pass / Hot route - a quick pass to a receiver in the zone vacated by a blitzing defender.

Huddle - the gathering of all 9 players to get the play call prior to a play beginning.

Ineligible receiver - interior linemen (centers and tackles) who are not eligible to run out for a pass.

Inside handoff - a handoff that goes inside the tackle box.

Interior line - the Flex Football positions of center, tackle, tackle.

Interception - an offensive turnover in which a defender catches the ball.

Key - a coaching term used to identify what player, action or read will cause a predetermined reaction. For example, a safety may "key" the tight end - if the tight end

shows block, then the safety will help in the run - if the tight end runs a route, then the safety will cover him.

Kick Step / Kick Slide - A coaching term used in offensive line terminology. The action of gaining ground backwards while maintaining proper body and hand positions in order to block a defender.

Lane - a vertical area that would allow a ball carrier to gain ground.

Leverage - a predetermined body position that a player works to maintain. Described as inside leverage or outside leverage.

Linebacker - the 3 players "in the box" on defense. Comprised of 2 outside linebackers and one middle linebacker.

Line of Scrimmage (LOS) - a line across the width of the football field beyond which a team cannot cross until the next play has begun. Its location is based on the spot where the ball is placed after the end of the most recent play and following the assessment of any penalty yards.

Man to Man - coverage by a defensive back in which he is playing on that receiver instead of zone.

Max Protect - an offensive scheme to where running backs and tight ends are used to provide the "max" amount of protection for the quarterback.

Mike - the nickname for the middle linebacker

Motion - the movement by an eligible receiver prior to the snap that is parallel to the LOS.

Naked - a designed quarterback roll out beyond the pocket. Usually done in short yardage or red zone situations as to give the QB more time and to open up receiving / throwing lanes.

Near - an alignment by an offensive player (usually the back) that is on the same side as the tight end or the strength. The opposite of "Far".

Neutral Zone - area from the tip of the football back to the offensive side of the ball that extends from sideline to sideline . This is the area in which all players have to be on their respective sides of the ball.

Nickel - an additional DB that subs in for a LB in passing situations.

North to south - a general term used to describe movement towards the endzones.

Offside - a general penalty in which a player illegally crosses the LOS. Also encroachment.

Off the ball - an alignment term in which an eligible receiver would align further back and behind the line of scrimmage as to not cover up an eligible receiver and thus create an illegal formation in Flex Football.

On the ball - an alignment term in which an eligible receiver would align on the same plane as the ball or on the line of scrimmage. In Flex Football, one eligible receiver must align “on the ball” on each side of the center.

Open Hand blocking - In Flex Football, all blocking has to be open hand blocking meaning that hands engage 1st. There is no blocking with shoulders or elbows in Flex Football.

Open field blocking - the act of blocking in space. This requires more technique and proper fundamentals in breaking down.

Option - an offensive play in which the ball carrier has the “option” of keeping the ball or giving it to another eligible player via pitch, handoff, toss, pass, lateral pass or shovel pass.

Penetration - a term in which a defensive player gains advantage of what the offense is trying to protect. Usually it is the pocket around the QB.

Perimeter - similar to the “edge” or the end man on the line of scrimmage area.

Personnel - numbered descriptions of the players on the field. Ie 12 personnel is one back and two tight ends. The 1st number represents the backs and the 2nd number represents the tight ends.

Pick - a synonym for interception.

Pick Play - an offensive route concept and man to man beater where a receiver will intentionally create obstruct with his own body, by presence or even another defenders body- in hopes that it "picks" the trailing defender off, thus allowing the other receiver to become open and catch the ball.

Play action - an intentional pass play in which a qb will fake a hand off prior to dropping back.

Play Clock - In Flex Football, there is a 30 second running play clock to ensure the pace of play continues efficiently. If 30 seconds have passed between the head referee's ready signal and a play being executed by the offense - a delay of game penalty will be enforced.

Play side - the side of the center that the ball carrier is going.

Pocket - a general area behind the LOS formed by the offensive linemen as they block for a passing QB.

Post - a pass route that vertically extends towards the field goal post or where the field goal post would be. Route number 8.

Post corner - a route in which a receiver will fake a post route and immediately transition into a 7 route or corner route (working towards the corner of the field/endzone).

Press - a DB or coverage technique in which a defender would jam and disrupt the receiver at the LOS.

Prevent Defense - a defensive coverage which defensive backs and linebackers will align deeper than normal to "prevent" a deep pass or hail mary.

Protection - Offensive terminology where usually man-to -man, zone or combo blocking would be used by the offensive linemen and or any accompanying blockers.

Quarters - $\frac{1}{4}$ defensive zone coverage. Usually the CB, FS, SS and other CB divide the field into quarters.

Reach- a type of block where a blocker attempts to gain outside leverage to the play side.

Read - information that a player visually processes to make a decision. This could be the quarterback reading a defense or even a defender making a read on a type of action and then reacting to the ball.

Route tree - The "route tree" is a common football term used at higher levels to describe the route or pattern that a receiver runs. While depth of each route and small intricacies will vary with age and skill - the even numbers are inside routes (towards the middle of the field) and the odd numbers are outside routes (towards the sidelines).

Run Support - a defensive back term; when the secondary plays a part in stopping a run that has reached the 2nd level as most times DBs primary responsibility is pass 1st.

Safety - usually 2 points when the defense downs the ball carrier in their respective endzone. In Flex Footballs $\frac{1}{2}$ play, there is no "safety" nor any points awarded for downing a ball carrier behind the starting point of play (40 yardline).

Sam - a nick name or identifier for the strong side linebacker.

Scouting / scouting report - the analysis of an opponent's game film or play that will then be used to prep for the upcoming game.

Scramble - usually when a quarterback gets flushed outside the pocket but it can also be designed scramble. Please be sure to check the Flex Football Rule Book for the most up to date rules on the quarterback scramble.

Screen pass - a short quick pass caught behind the line of scrimmage that usually involves the offensive linemen blocking downfield. Offensive linemen preemptively push by rushers and allow them to get into the back field before continuing down field to find other defenders to block.

Seam - the space between two adjacent zones that is often seen as a weak spot in the defense.

Secondary - the defensive back group made up of free safety, strong safety, the corners and nickel player.

Series - the combination of 1st, 2nd, 3rd and 4th down.

Shade - an alignment by a defensive player in a gap or to a certain side of a player.

Short yardage - typically any distance less than 5 yards in a given series. Short yardage situations will often result in a different offensive concepts to either gain a 1st down or take advantage of the lesser distance.

Skelly - a pass only period during practice that usually is usually just involving the skilled players.

Slant - number 2 on the route tree where the receiver will slant towards the middle of the field nearly immediately at a 45 degree angle.

Slot - a receiver position between the offensive tackle and the wide receiver.

Sluggo - a fake slant and then go route.

Split - the lateral distance between two offensive players.

Spy - a defensive player who is assigned to "spy" the quarterback often plays the quarterback's eyes while assigned to cover the QB during any QB run.

Stack - a receiver alignment where two receivers are nearly vertically in line with one another.

Stalk Block - an open field blocking technique where the receiver approaches the DB and initiates a block in space.

Stem - a route running technique to gain a certain leverage position on the DB or to move the DB (by his own adjustment) to gain the offensive advantage.

Streak - a synonym for a go route or fade; a deep vertical route.

Stunt - a predetermined maneuver by the two defensive players often working together to twist or to gain the defensive advantage during a rush.

Strength - a defensive term used to identify which side of the offense formation the defense will align to. Usually it goes to the side of the ball (L or R) with more offensive players aligned. If a balanced formation, the Defense will call a strength predetermined from coach.

Swim Move - a defensive technique where the defender raises his arm and continues the arm motion as if swimming, up and over while gaining ground to a desired position.

The arm motion reduces the strike zone (limiting the blockers ability to strike), while simultaneously using the blockers momentum in the defenders favor to gain the defensive advantage.

Tackle Position - The 2nd offensive line position in Flex Football who is not the center. Usually the tackle in 11 man football is the 2nd position furthest from the center, but with Flex Football's 3 man OL, the tackle position performs like a traditional tackle position - blocking the edge, kick slide and similar techniques.

Tempo - high tempo, hustle, speed, quick(ly), fast and always running are terms used in Flex Football to illustrate the sense of urgency while on the football field.

Three and out - a term used when the offense did not gain a first down and subsequently has to turn over the ball after only 3 plays.

Tight End - a hybrid blocker and receiver. Often times, the TE aligns "in line" and makes up part of the line of scrimmage. The TE usually shares part responsibility in the protection but can also release out for a pass as an eligible receiver.

Two point stance - the only stance allowed in Flex Football besides the center.

Trail - a DB technique usually used in the red zone. The DB will trail the receiver as to not allow any short or underneath passes to be caught while using the back end of the end zone (out of bounds) as a tool to sandwich or push the player out of bounds and render him ineligible.

Trips - an offensive pass formation that is made up by three receivers on one side of the ball.

Twist - see also stunt; a defensive rush technique where players will twist with another defender while rushing.

Two minute warning - When two minutes of time is left on the clock. In Flex Football, the FINAL two minute warning at the end of the game allows for normal stoppage of the clock as in traditional football. (incomplete downs, play ending out of bounds, scoring plays, change of possessions and time outs all stop the clock in the final 2 minutes of the game)

Unbalanced interior line - not allowed in Flex Football - describes the use of INTERIOR offensive linemen only (the tackles and center) to create an offensive line formation

where two tackles are on one side of the center. A balanced offensive line must always be used where a tackle is on each side of the center. The addition of the Tight End does not make an unbalanced interior line.

Unbalanced receiver formation - legal in Flex Football - is any formation where there are more receivers to a respective side of the ball than on the other side. For example, a 3 x 1 receiver formation is allowed but can be described as an "unbalanced receiver formation".

Upfield - usually in the direction the player is facing; the direction towards each respective endzone.

Weak - an offensive backfield alignment away from the strength.

Wheel route - a route that bows in the shape of a wheel. Usually starting from inside and extending down the sideline.

Wide receiver - the receiver who aligns the widest on each side of the field.

Will - the nickname for the weak side outside linebacker.

X - a receiver position; often the split end.

YAC - Yards After Catch; to gain additional yards after receiving the ball.

Z - a receiver position: often the flanker; WR.

Zone Blitz - a defensive term where a blitz with zone coverage in the secondary.

Zone Blocking - an area blocking scheme used by the offense.