

**VIKING  
SPECIAL  
TEAMS**

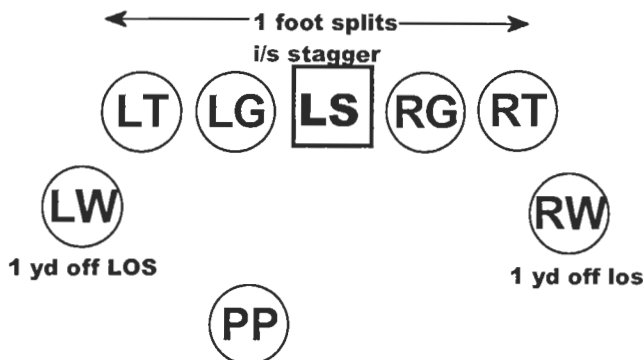
# PUNT TEAM

\*The punt team is a "HURRY, HURRY" team and must be alert for the call of "Punt Team" by the sideline coach. When "Punt Team" is called ALL members of the team not on the field will stand next to the coach ready for the call.

Ball in middle of field:  
align between hash  
and #'s.



If you are into boundary:  
align on #'s.



Ball in middle of field:  
align between hash  
and #'s.



If you are into boundary:  
align on #'s.



Heels at 15 yards

## PROTECTION

**Long Snapper:** After coverage and set calls make an excellent, non-rhythmic snap. Release opposite the kicking foot side on punter. Release through the nearest defender.

**GUARDS, TACKLES, WINGS:** Inside staggered 2 point stance. When ball is snapped, step back with outside foot first. You must continue to move quickly straight back. Stay big and move straight back.

**PERSONAL PROTECTOR:** You will make the coverage call and check to see that everyone is set. You will then make a "SET" call. You are responsible for helping inside-out on the kicking foot side of the punter. \*PP must determine where to help based on numbers and speed he sees.

**PUNTER:** Catch and kick. Determine where the block is most likely coming from and try to kick away from the block. Be aware of field position and game situation.

**X and Z:** Have no protection responsibility.

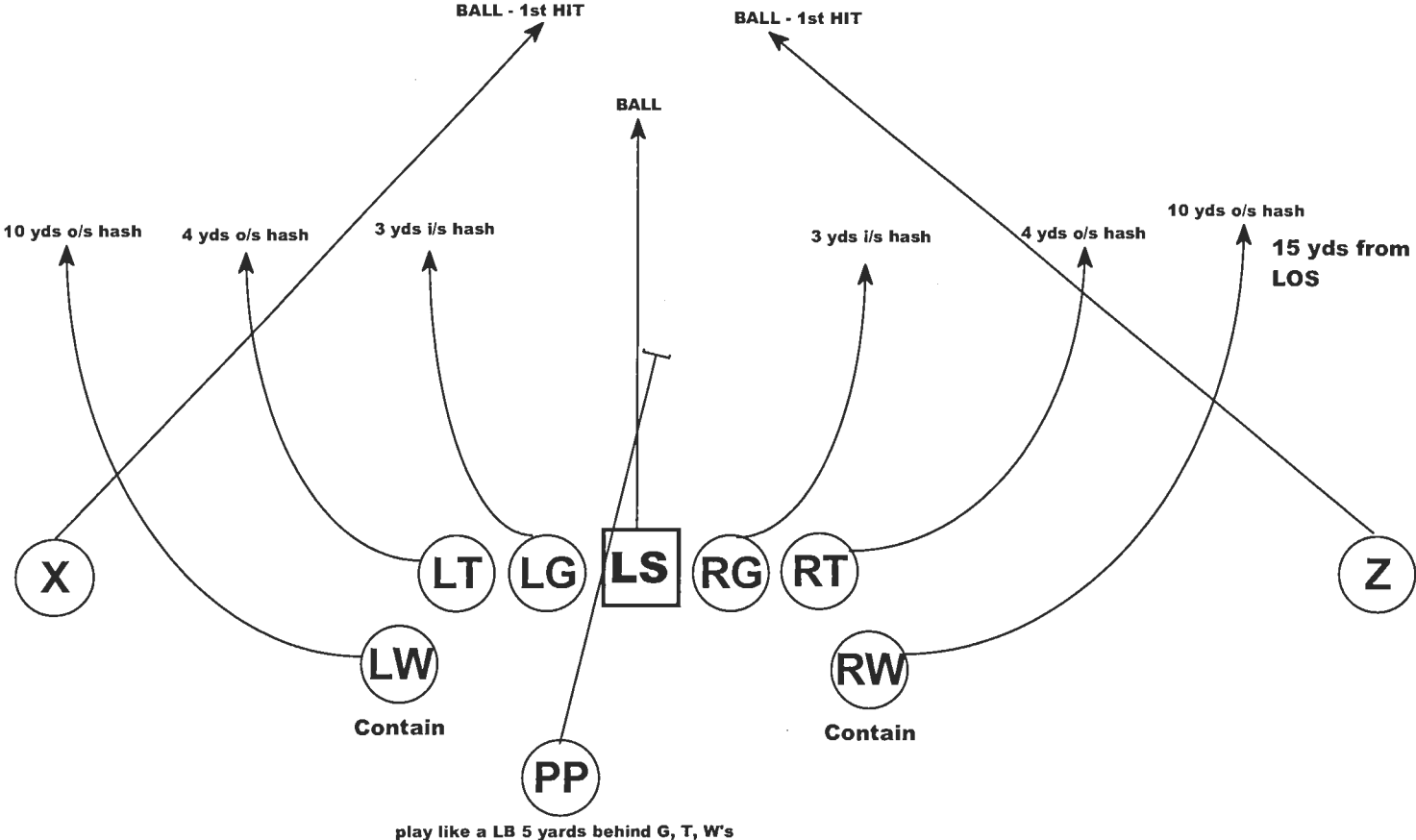
A "SOLID" call will tell the LS to stay and block until ball is punted.

## VIKING CALL

If either X or Z is uncovered a "VIKING" call may be given. When "VIKING" is called all players must get set immediately. The LS will snap the ball to the Punter. The Punter will then throw the ball to the open X or Z. X/Z must make sure of the catch and get the 1st down.

# PUNT TEAM - 2

## COVERAGE



P

Call kick direction  
Safety - keep ball in front of you

**GUARDS and TACKLES:** Get to your coverage point by 15 yards. Keep shoulders square. Listen for kick direction. Squeeze to ball.

**WINGS:** Force contain. Keep everything inside you. Keep shoulders square. Squeeze to ball. Communicate any sideline returns.

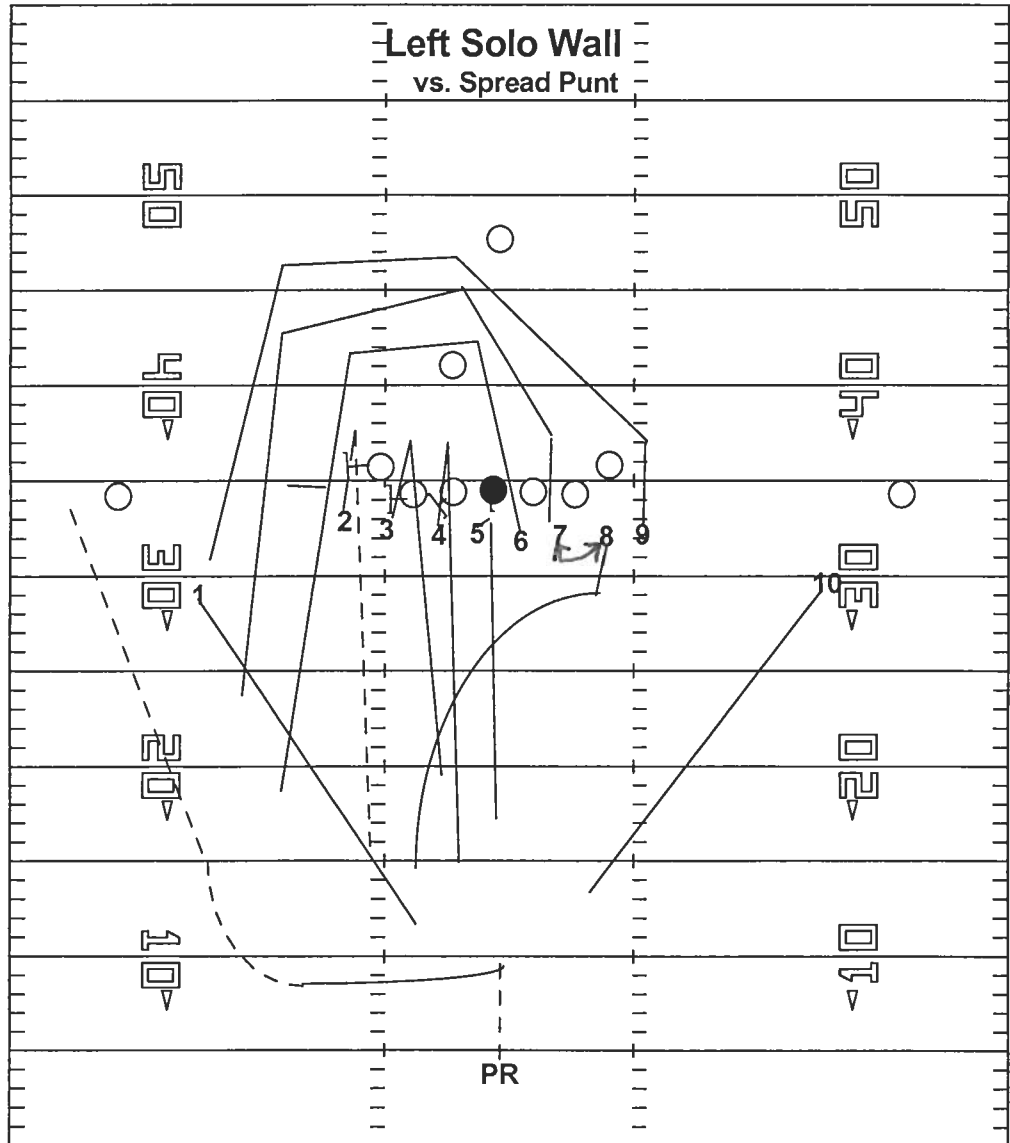
**PERSONAL PROTECTOR:** Play like a LB. Fill up any green.

**LONG SNAPPER:** Ball.

**X and Z:** Ball. Make the first hit.

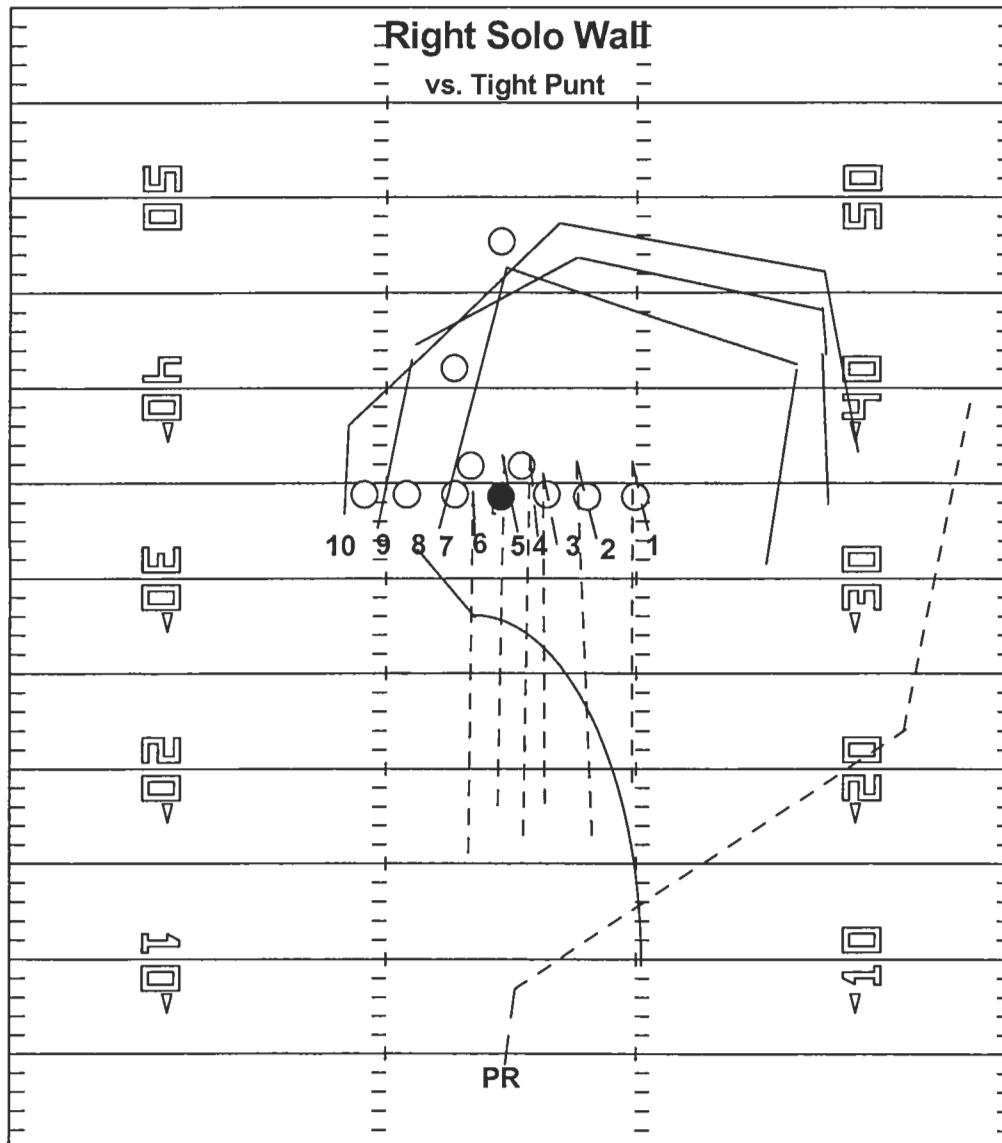
**PUNTER:** Call kick direction. Safety.

1	CALL SIDE	10i x 6 yards on split.	Delay contact with split as long as possible. When man breaks down, get hands on hips and ride.	*Take split where he wants to go. No knock down hits.
2	CALL SIDE	7 tech. on LOS	Attack upfield. Get into outside half of man. Wait until he breaks down get hands on hips and ride.	*Stay with man. Work to get to hip tech. No knockdown hits.
3	CALL SIDE	5 tech. on LOS (games)	Beat man off ball. Get into outside half of man. Wait until he breaks down get hands on hips and ride.	*Stay with man. Work to get to hip tech. No knockdown hits.
4	CALL SIDE	3 tech. on LOS	*Same rule as 3	*Stay with man. Work to get to hip tech. No knock down hits.
5	CALL SIDE	1 tech. on LOS	Don't give snapper free release. Hold up at line. Run w/ until he breaks down get hands on hips/ride	*Stay between snapper and callside. Work to hip tech.
6	AWAY FROM CALL	2i tech. on LOS	Block 1st thought. When ball is kicked peel off. First part of wall. Hands on hips and ride someone.	*Never outside numbers. Take 1st trash. No knockdown hits.
7	AWAY FROM CALL	3 tech. on LOS	Block 1st thought. When ball is kicked peel off 2nd part of the wall Hands on hips and ride someone.	*Never outside numbers. Take 1st trash. No knock down hits.
8	AWAY FROM CALL	5 tech. on LOS Cheat to 3 x 3 on snap	Peel off call side. Sprint down look for first trash (snapper?) Take 1st to show, take to middle.	*Play games. *Adjust to returner *No closer than 7. *Turn w/hands
9	AWAY FROM CALL	7 tech. on LOS	Block 1st thought. Upfield move. Once ball is kicked peel off. Final wall man. Hands on hips and ride.	Upfield first. Never outside numbers. No knock down hits.
10	AWAY FROM CALL	10i x 6 yards on split	Delay contact with split as long as possible. When man breaks down, hands on hips and ride.	*Try to keep split wide. Try to keep man away from call side.
PR	MIDDLE OF FIELD	5yds. past avg. kick depth	Catch the ball. Set up blocks. Get to the sidelines. Be athletic.	*CATCH the Ball. Make the 1st man miss. May have to give ground to gain ground.

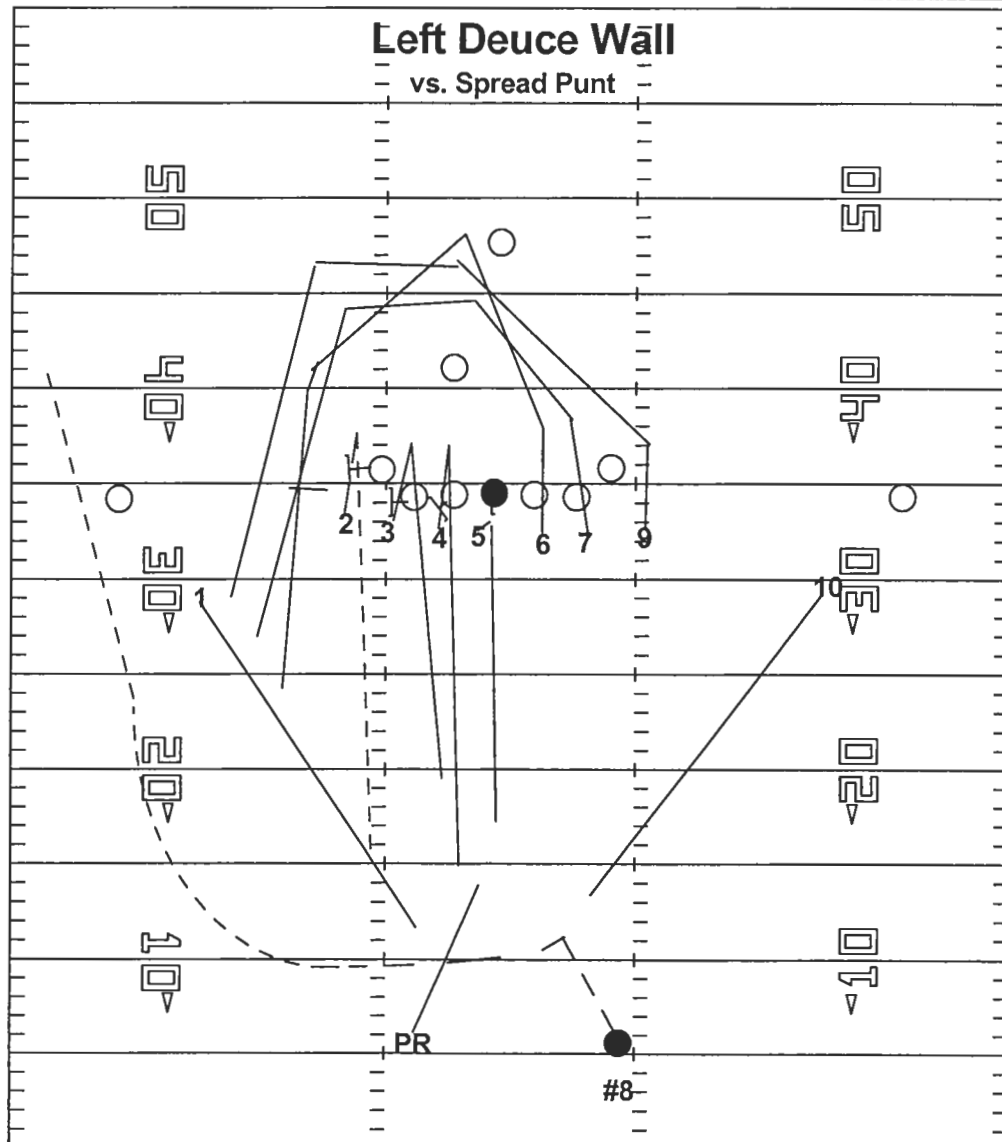


1	CALL SIDE	7 tech. on LOS	Show pressure. Get into outside half of man. Run w/ downfield. When breakdown, hands on hips.	*Hold tight up at the line. Work for hip tech. No knock downs.
2	CALL SIDE	5 tech. on LOS	Attack upfield. Get into outside half of man. Wait for him to break down then get hands on hips and ride.	*Stay with man. Work for hip tech. No knock down hits.
3	CALL SIDE	3 tech. on LOS	Beat man off ball. Get into and run with him. Wait for him to settle then get hands on hips and ride.	*Stay with man. Work for hip tech. No knock down hits.
4	CALL SIDE	2i tech. on LOS	Hold upback on LOS. Run once he gets release. Wait for him to settle then get hands on hips and ride.	*Hold on as long as poss. Work for hip tech. No knock downs.
5	CALL SIDE	1 tech. on LOS	Don't give snapper free release. Run once he gets release. Once he breaks down get hands on hips.	*Hold up as long as poss. Work for hip tech. No knock down hits
6	AWAY FROM CALL	1 tech. on LOS	Hold upback on LOS. Run once he gets release. Wait for him to settle then get hands on hips and ride.	*Hold up as long as poss. Work for hip tech. No knock downs.
7	AWAY FROM CALL	3 tech. on LOS	Think block 1st. When ball is kicked peel off. 1st part of the wall Get hands on and ride.	*Never outside #'s. Look for 1st trash. Work for hip tech.
8	AWAY FROM CALL	4i tech. on LOS. Cheat to 3 x 3 on snap	Peel off call side. Sprint down look for first trash coming. Take first man who shows, to middle.	*Play games. Erase first trouble. *Look for hands. Adjust to return man.
9	AWAY FROM CALL	5 tech. on LOS	Beat man upfield. Block 1st. Once ball is kicked peel off. 2nd piece of wall. Get hands on and ride.	*Upfield first. Look for a hip tech. No knock down hits.
10	AWAY FROM CALL	7 tech. on LOS	Block 1st. Ball is kicked peel off, last man on wall. Get hands on and ride man.	*Never outside #'s. Work for hip tech. No knock down hits.
PR	MIDDLE OF FIELD	5yds. past avg. kick depth	Catch the ball. Set up blocks. Know where traffic is (middle).	*CATCH the Ball. Make 1st man miss. May have to give ground to gain ground.

\*\*Must take care of "Inside Triangle".  
\*\*Those three must be blocked every time.

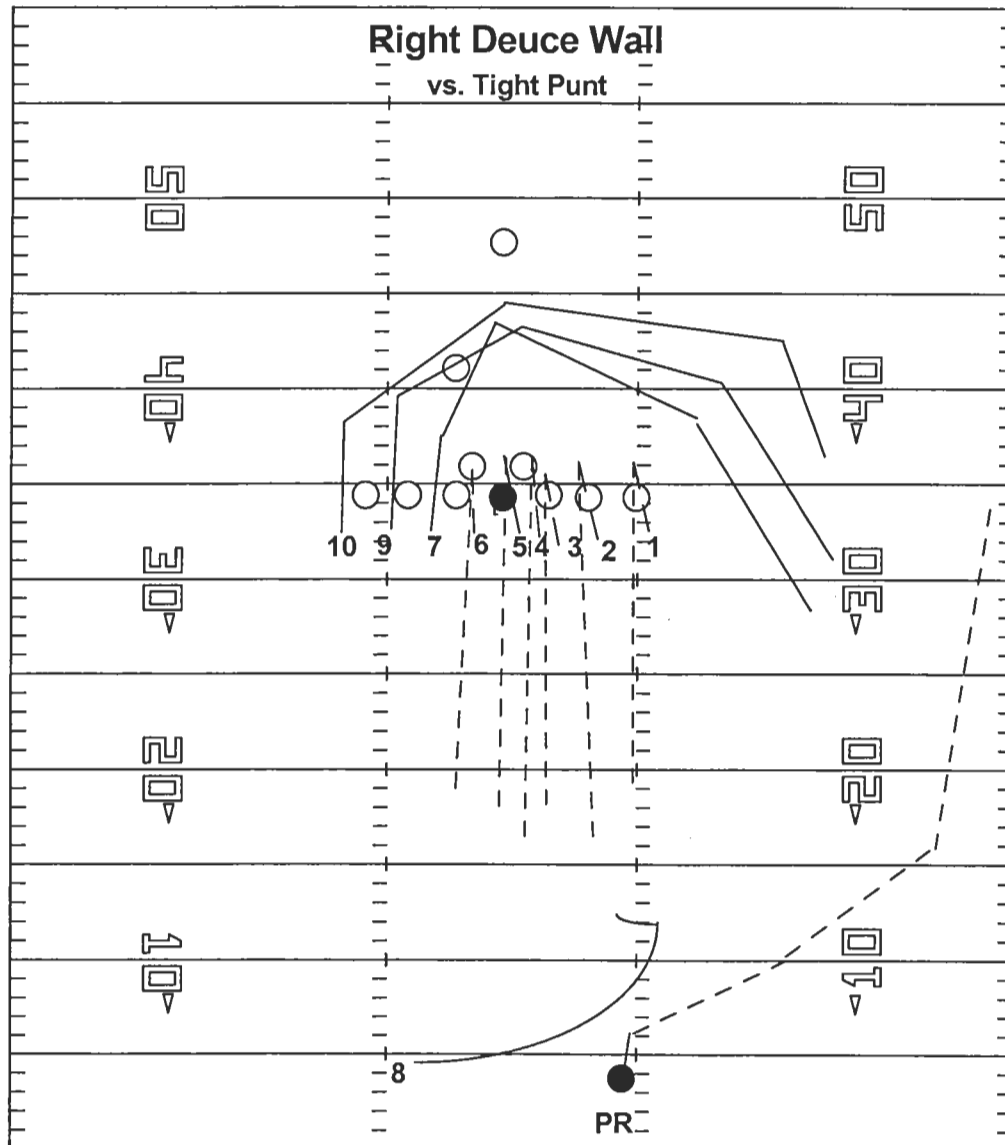


1	CALL SIDE	10i x 6 yards on split	Delay contact with split as long as possible. Wait until they break down to make a play.	*Avoid contact as long as possible. Wait for him to break down, get hands on hips/ride.
2	CALL SIDE	7 tech. on LOS	Attack upfield. Get into outside half of man. Turn and follow downfield.	*Work to get to hip tech. No knock down hits.
3	CALL SIDE	5 tech. on LOS (games)	Beat man off ball. Get into outside half of man. Wait for him to break down then get hands on hips/ride.	*Work to get to hip tech. No knock down hits.
4	CALL SIDE	3 tech. on LOS	Beat man off ball. Get into outside half of man. Wait for him to break down then get hands on hips/ride.	*Work to get to hip tech. No knock down hits.
5	CALL SIDE	1 tech. on LOS	Don't give snapper free release. Hold up at line. Then run, when he breaks down get hands on hips.	*Hold up as long as poss. Work to get to hip tech. No KO's.
6	AWAY FROM CALL	3 tech. on LOS	Think block 1st. Once ball is away tear off. 1st part of wall. Take 1st trash. Look to get hands on hips.	*Never outside numbers. Take first trash. No knock down hits.
7	AWAY FROM CALL	5 tech. on LOS	Think block 1st. Once ball is away peel off. 2nd part of the wall. Look to get hands on hips of any trash.	*Never outside numbers. Look for trash. No knock down hits.
8	AWAY FROM CALL Hash	**New Personnel (return man) *5 yards past average kick depth	Punt to you get to wall, away from you lead up, take 1st trash *Get distance from returner.	*Communicate *Catch the ball *Get to the wall *Clean up trash
9	AWAY FROM CALL	7 tech. on LOS	Think block 1st. Once ball is away peel off. Final piece of the wall. Look to get hands on hips of trash.	*Upfield rush. Never outside numbers. Look for trash. No knock down hits.
10	AWAY FROM CALL	10i x 6 yards on split	Delay contact with split as long as possible. Wait until they break down then get hands on hips.	*Avoid contact as long as possible. Wait for him to break down, get hands on hips/ride.
PR	Call Side Hash	5yds. past avg. kick depth	Punt to you get to wall, if away from you lead up, take 1st trash *Get distance from returner.	* Communicate *Catch the ball * Get to the wall *Clean up trash



<b>1</b>	<b>CALL SIDE</b>	<b>7 tech. on LOS</b>	3 pt. stance. Hard charge upfield When he gets release turn and run. Wait for breakdown get hands/hips	*Give pressure look. Keep contact as long as possible. Work for hip tech. No KO's
<b>2</b>	<b>CALL SIDE</b>	<b>5 tech. on LOS</b>	Attack upfield. Get into outside half of man. Wait for man to breakdown get hands on hips and ride.	*Give pressure look. Keep contact as long as possible. Work for hip tech. No knock down hits.
<b>3</b>	<b>CALL SIDE</b>	<b>3 tech. on LOS</b>	Attack upfield. Get into outside half of man. Wait for man to breakdown get hands on hips and ride.	*Give pressure look. Keep contact as long as possible. Work for hip tech. No knock down hits.
<b>4</b>	<b>CALL SIDE</b>	<b>2i tech. on LOS</b>	Attack upback. Hold on LOS as long as poss. Wait for him to break down, get hands on hips and ride.	*Hold up as long as possible. Work for hip tech. No knock down hits. Try to keep to middle of field.
<b>5</b>	<b>CALL SIDE</b>	<b>1 tech. on LOS</b>	Hold snapper on LOS as long as poss. Wait for him to break down, get hands on hip and ride.	*Hold up as long as possible. Work for hip tech. No knock down hits. Try to keep to middle of field.
<b>6</b>	<b>AWAY FROM CALL</b>	<b>1 tech. on LOS</b>	Hold upback on LOS as long as poss. Wait for him to break down, get hands on hip and ride.	*Hold up as long as possible. Work for hip tech. No knock down hits. Try to keep to middle of field.
<b>7</b>	<b>AWAY FROM CALL</b>	<b>3 tech. on LOS</b>	Upfield 1st. Think block 1st. When ball is away peel off and look for trash. 2nd wave of wall.	*Pressure first. Look for first trash Get to a hip tech. No knock down hits.
<b>8</b>	<b>AWAY Side Hash</b>	5 yards past avg. punt. *Away from Call. Return man in	If ball to you, get to wall. If ball is kicked away from you pick up 1st trash. Get away from return man.	*Communicate. Catch the ball. *Make one man miss. Clear first trash. No knock down hits.
<b>9</b>	<b>AWAY FROM CALL</b>	<b>5 tech. on LOS</b>	Upfield 1st. Think block 1st. When ball is away peel off. 2nd piece of the wall.	*Upfield first. Never outside #'s. *Look for trash. Get to a hip tech. *No knock down hits.
<b>10</b>	<b>AWAY FROM CALL</b>	<b>7 tech. on LOS</b>	Upfield 1st. Think block 1st. When ball is away, peel off. Final piece of the wall.	*Upfield first. Never outside #'s. *Look for trash. Get a hip tech. *No knock down hits.
<b>PR</b>	<b>Call Side Hash</b>	5 yards past avg. punt *Go to Call Side.	If ball to you, get to wall. If ball is kicked away from you pick up 1st trash. Get away from return man.	*Communicate. Catch the ball. *Make on man miss. Clear first trash. No knock down hits.

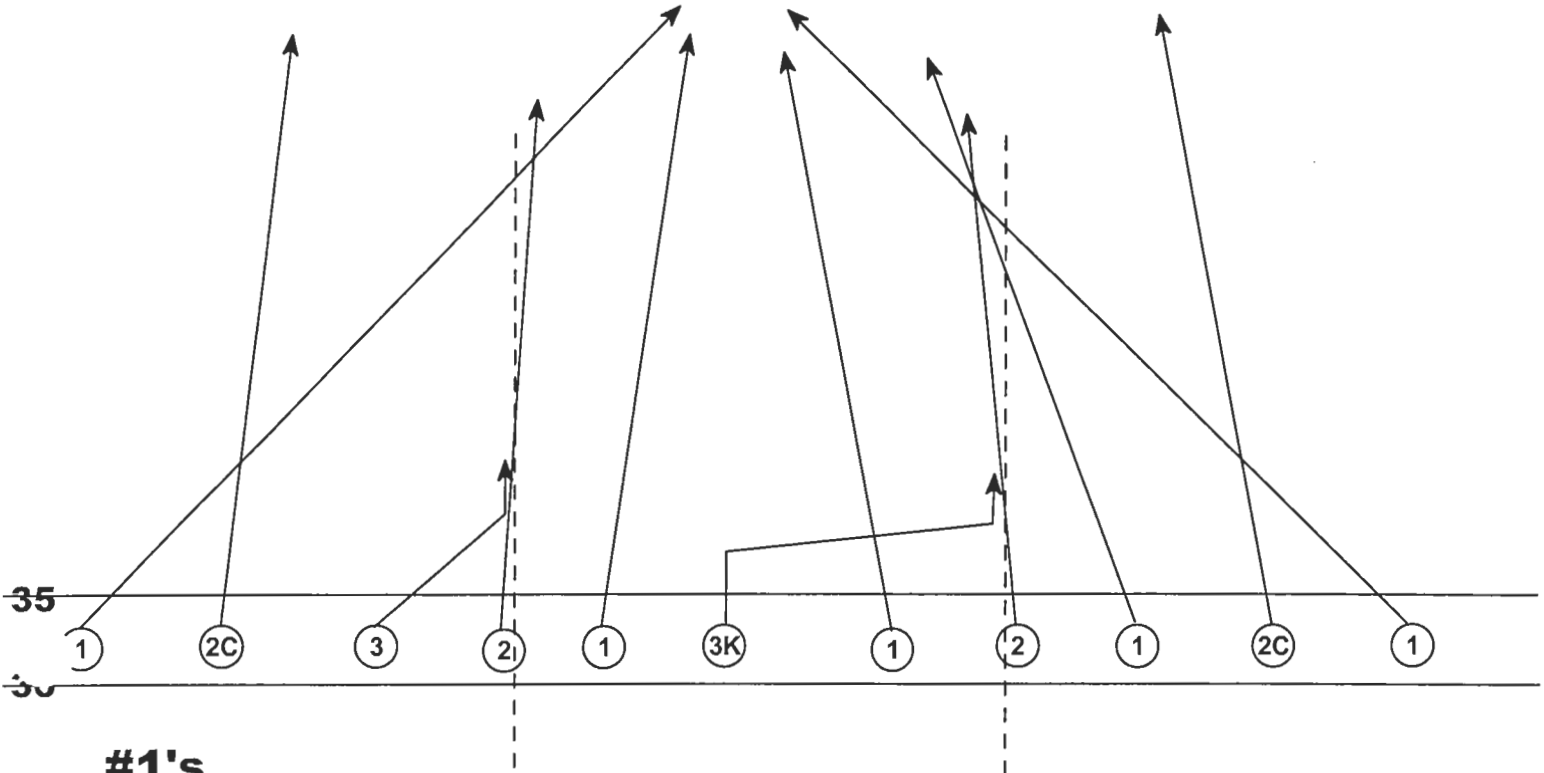
\*Must Take care of "Inside Triangle".  
\*Those three must be blocked every time.



# KICK-OFF TEAM

## COVERAGE

### BALL



### #1's

**First Wave.** When K passes your line of vision take off downfield in pace closely with K. You must be able to hit full speed when the ball is kicked. **DO NOT BE OFFSIDE!**

Run to the ball as fast as you can. Must maintain proper lane spacing and run under control. Be ready to react to the ball. Use your hands, speed and agility.

Do not stop to catch a blocker. When you are within 7 yards of the ball and there is a blocker between you and the ball, go through the blocker to the ball. When there are no blockers between you and the ball carrier at the 7 yard mark, break down so you can make an under control tackle.

Stay on your feet. If you get knocked down, get up and return to your lane. GATA!

### #2's & 2C's

**Second Wave.** Take off when the ball has been contacted by K. Hit full speed by the time you reach the 35 yard line. Maintain proper lane spacing and be under control. Use your hands, speed and agility. The same rules as the 1's apply.

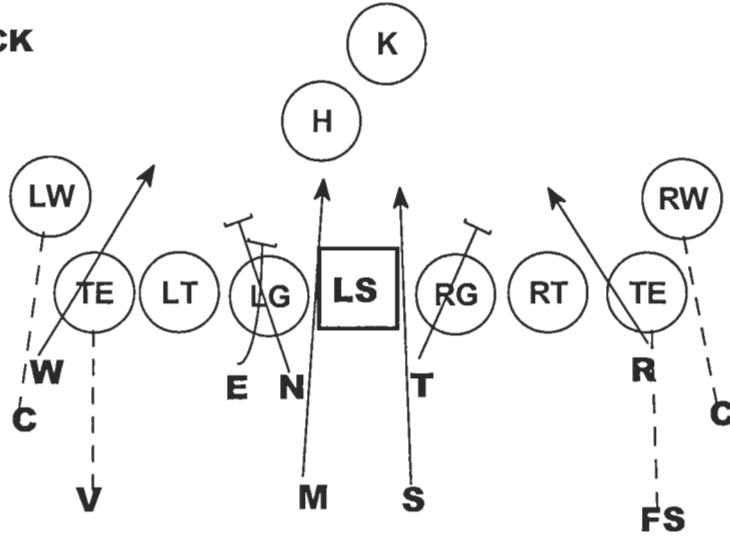
2C's are squeeze contain. Nobody can be outside of you. Squeeze the outside maintaining good lane relationship.

### #3 & 3K

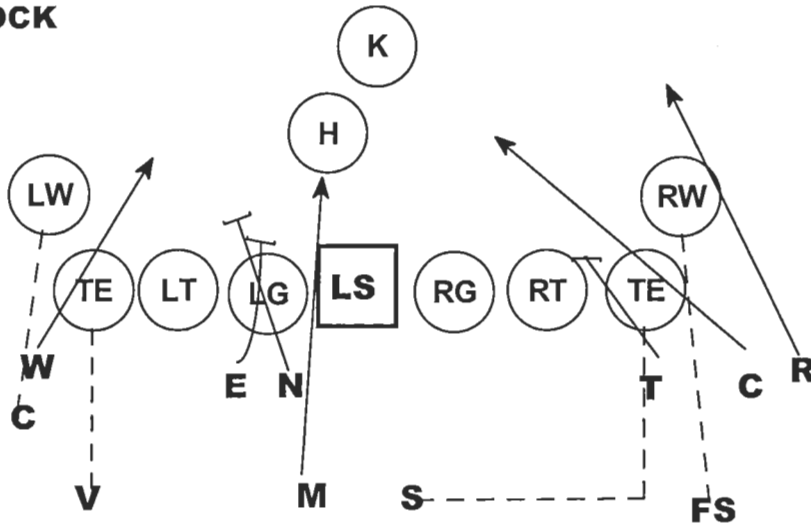
Safeties. Work to your hash and stay out of all piles. Last line of defense.

# PAT/FG BLOCK

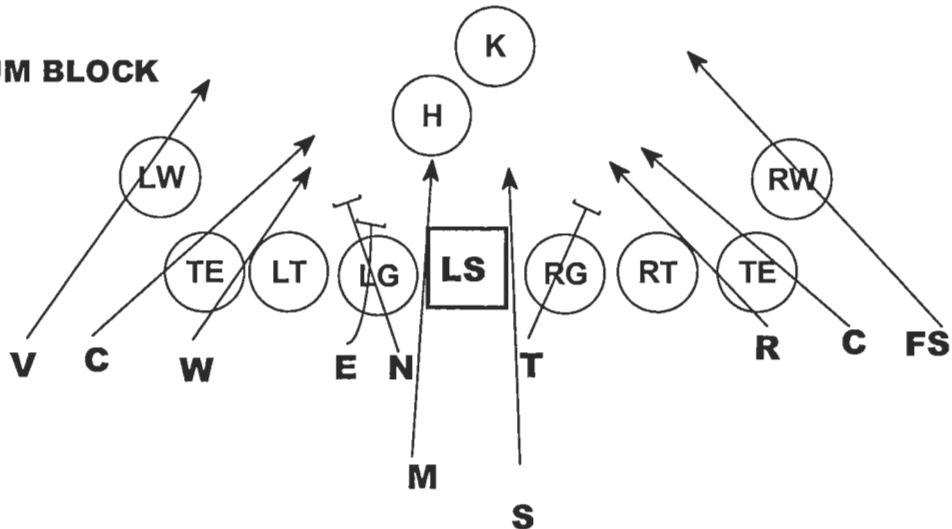
## MIDDLE BLOCK



## OUTSIDE BLOCK



## MAXIMUM BLOCK



# PAT/FG BLOCK - 2

## DRIVE BLOCK

