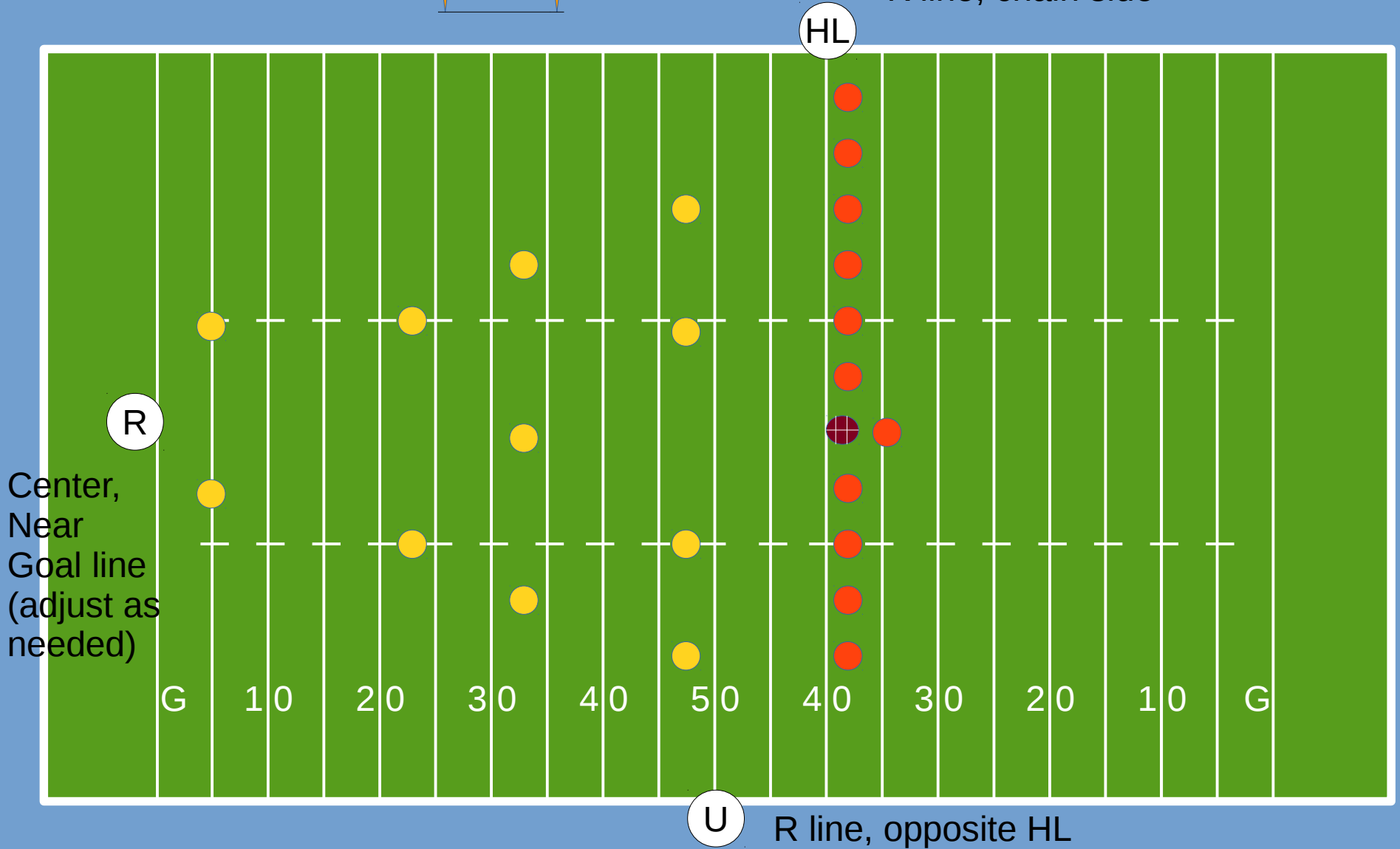


3-Man Mechanics

Kickoffs



K line, chain side



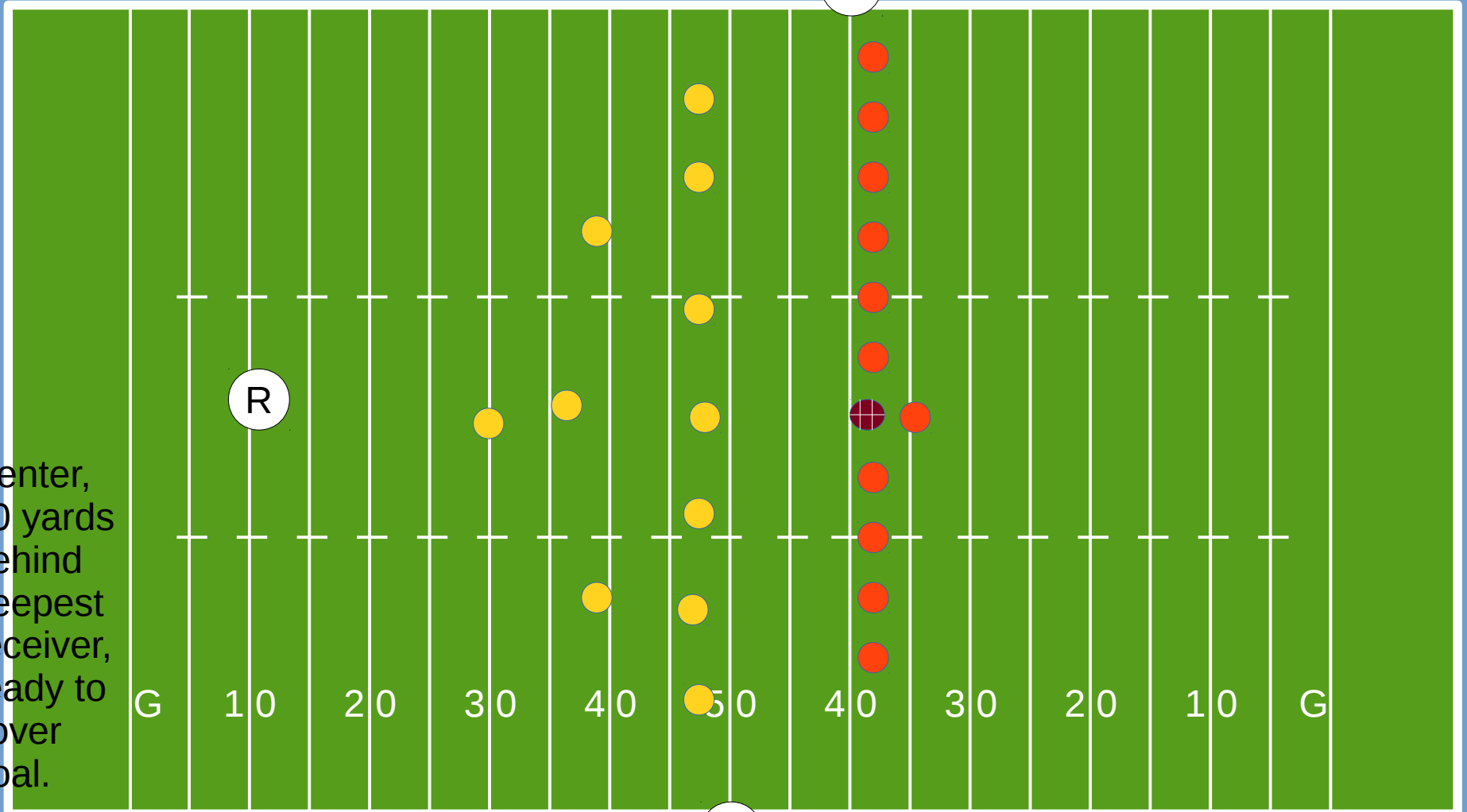
3-Man Mechanics

Kickoffs (Onside)



K line, chain side

HL

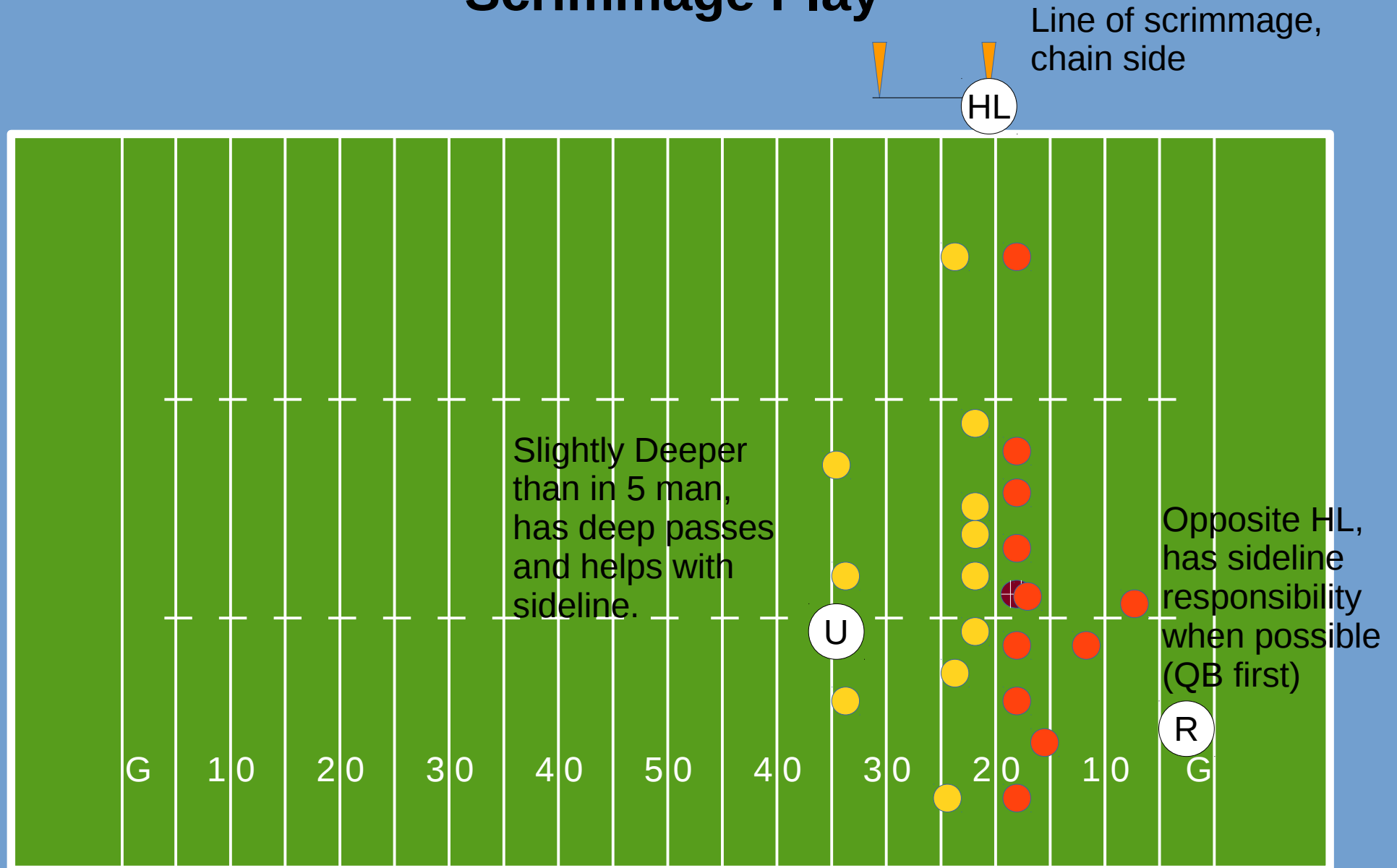


U

R line, opposite HL

3-Man Mechanics

Scrimmage Play



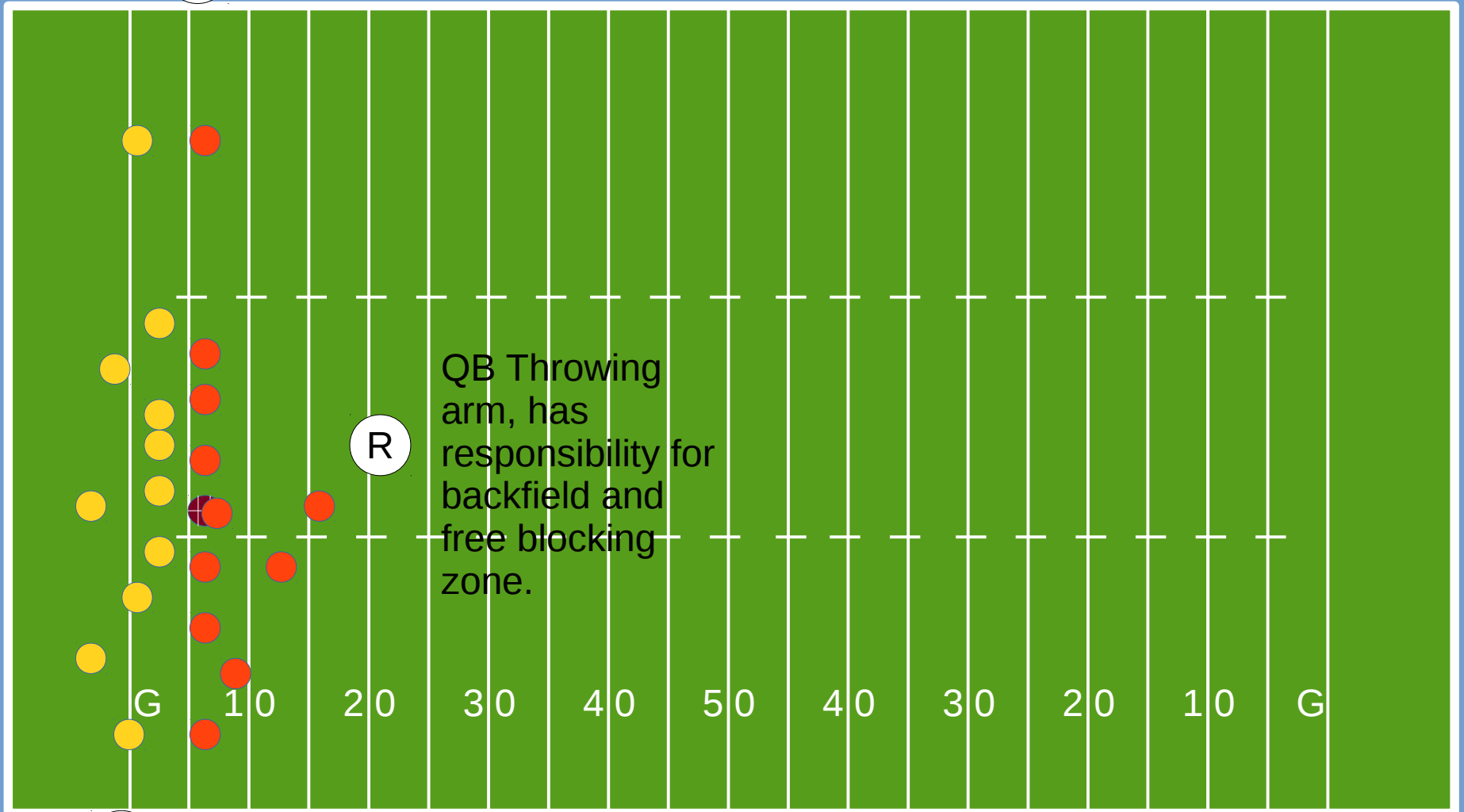
3-Man Mechanics

Scrimmage Play (Near Goal)



Line of scrimmage, chain side.

HL Move to goal on snap and work back.

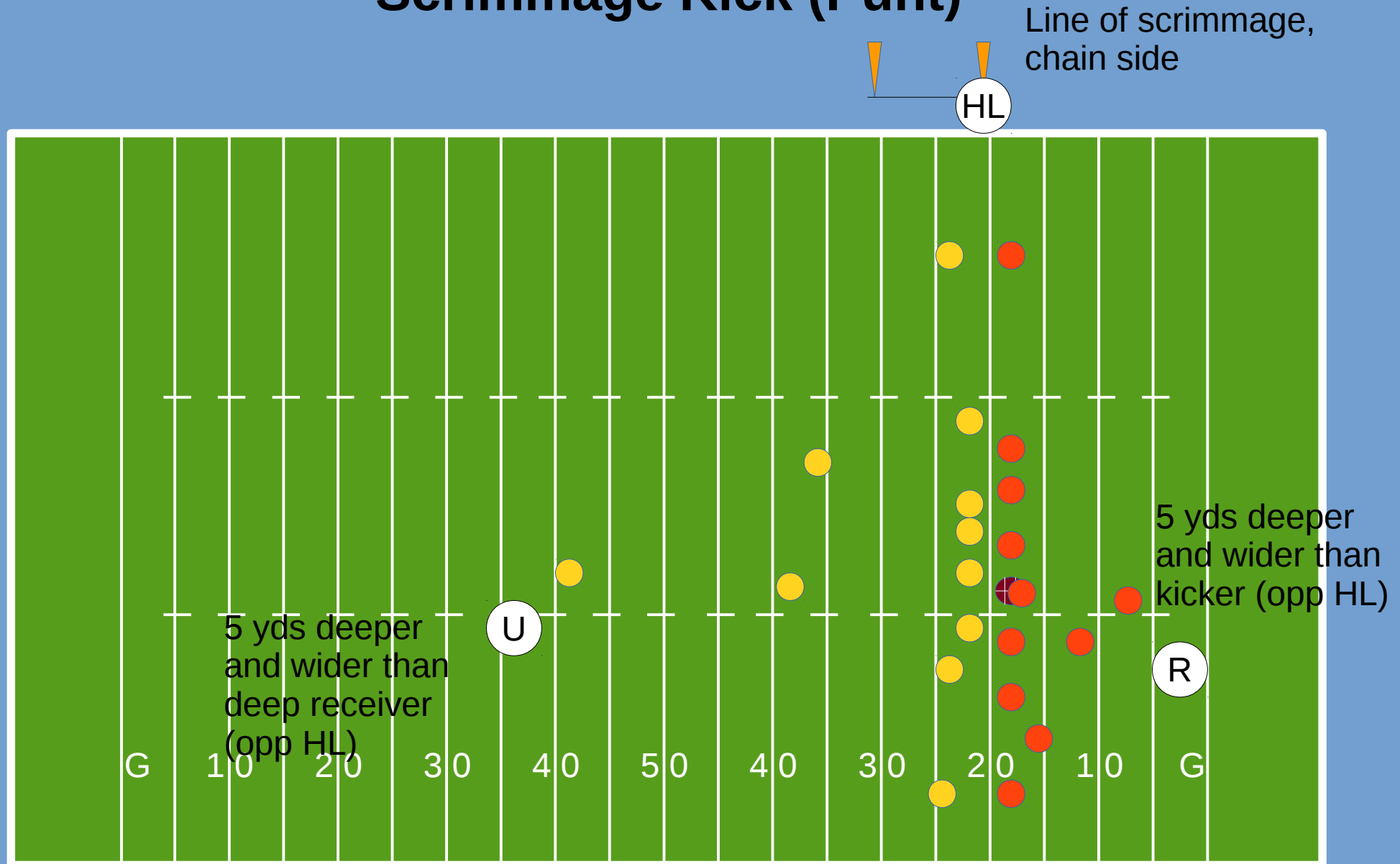


U Near Goal line, opposite HL.

Adjust as needed – discuss exact position.

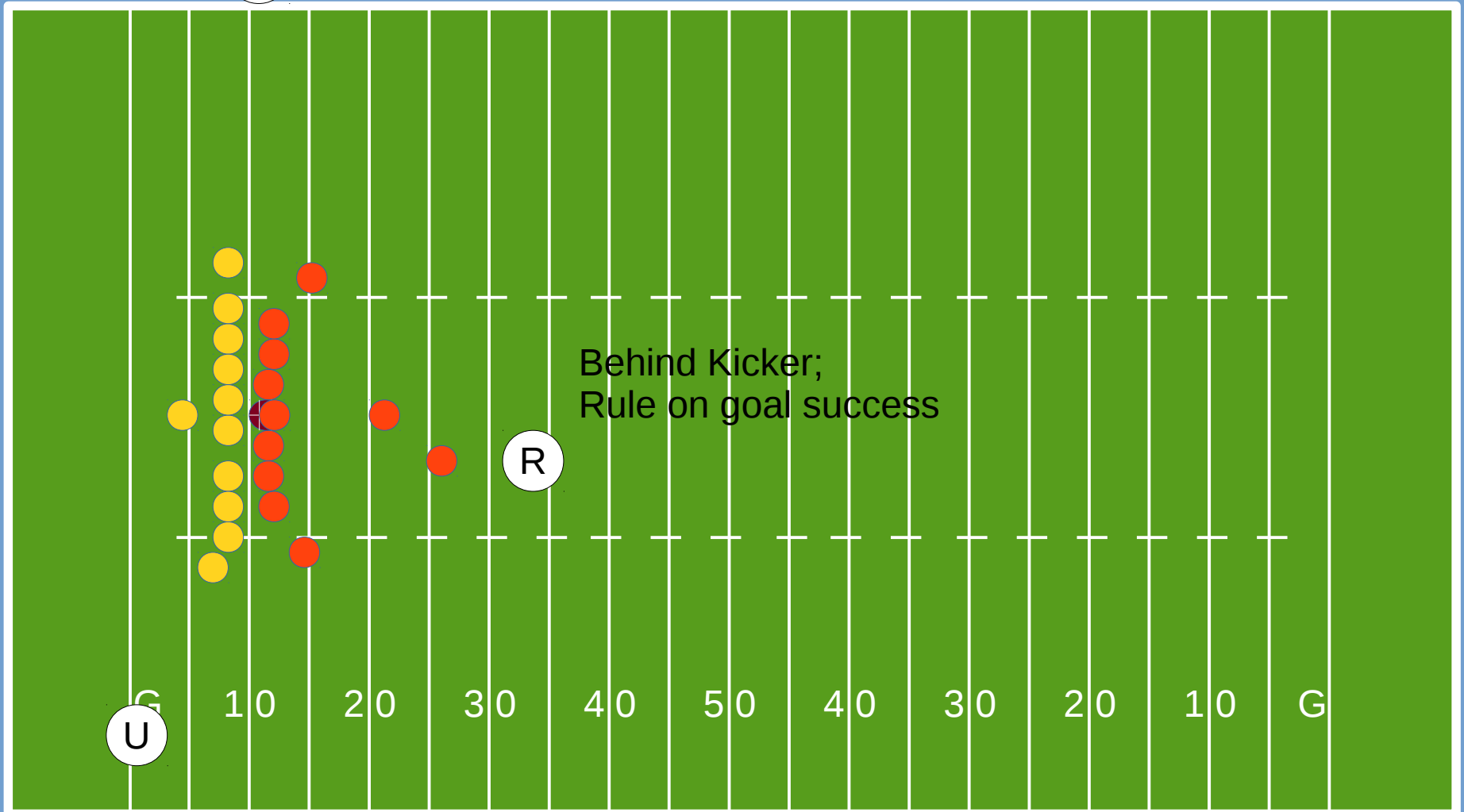
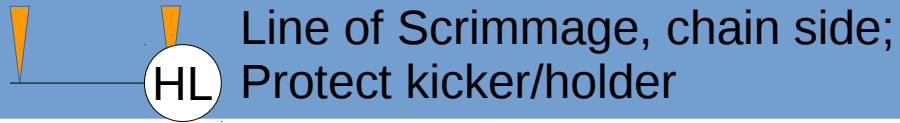
3-Man Mechanics

Scrimmage Kick (Punt)



3-Man Mechanics

Scrimmage Kick (Try/FG) – All Distances



Goal Line, opposite HL; Discuss in pregame and adjust.
Quick look at crossbar if necessary

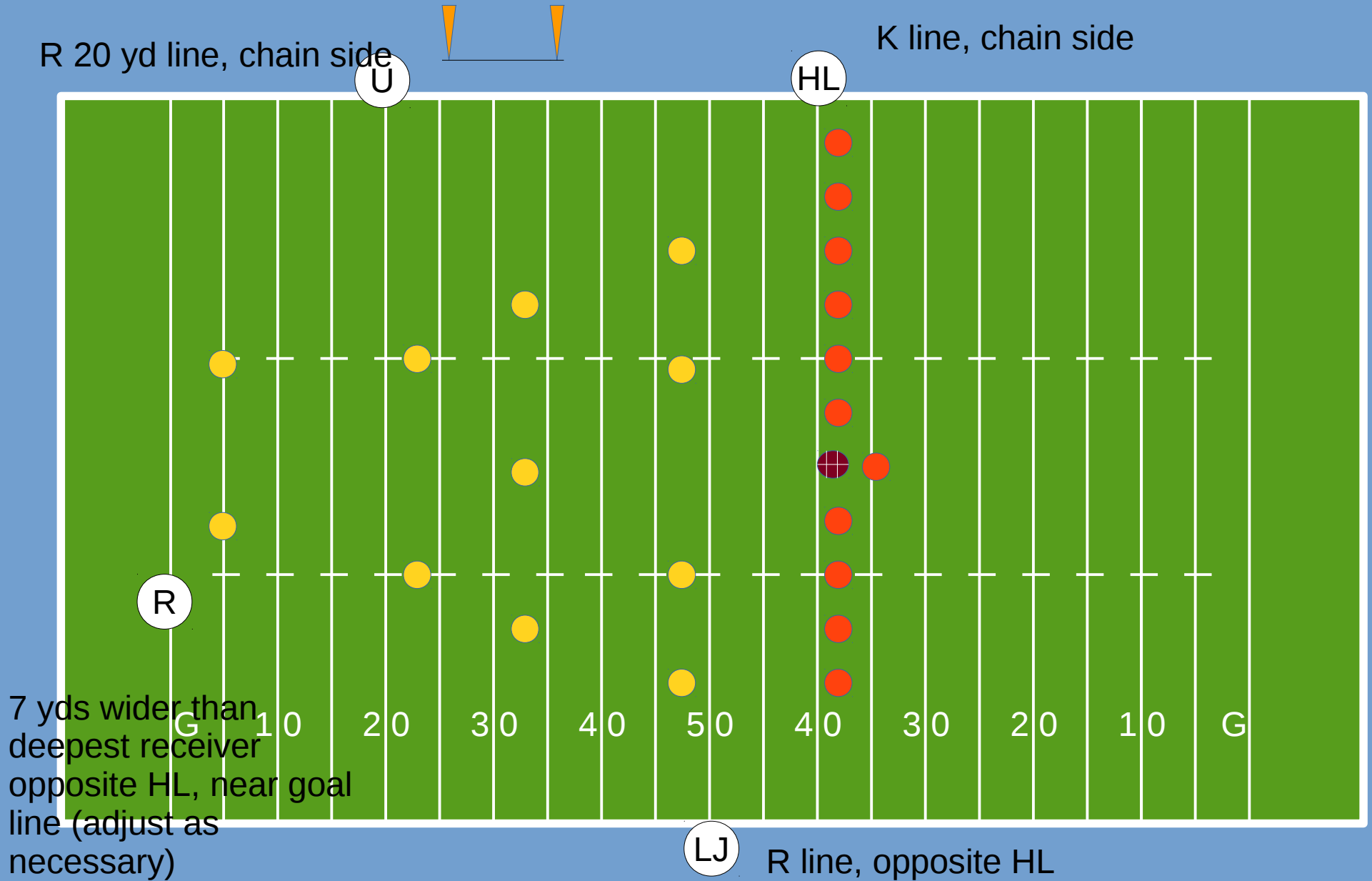
3-Man Mechanics

Game Timing

- Referee: Play Clock (25 sec), Timeouts
- Umpire: Game Clock (unless scoreboard used)
- Linesman: N/A
- Scoreboard can be used if run by proficient individuals.

4-Man Mechanics

Kickoffs



4-Man Mechanics

Kickoffs (Onside)

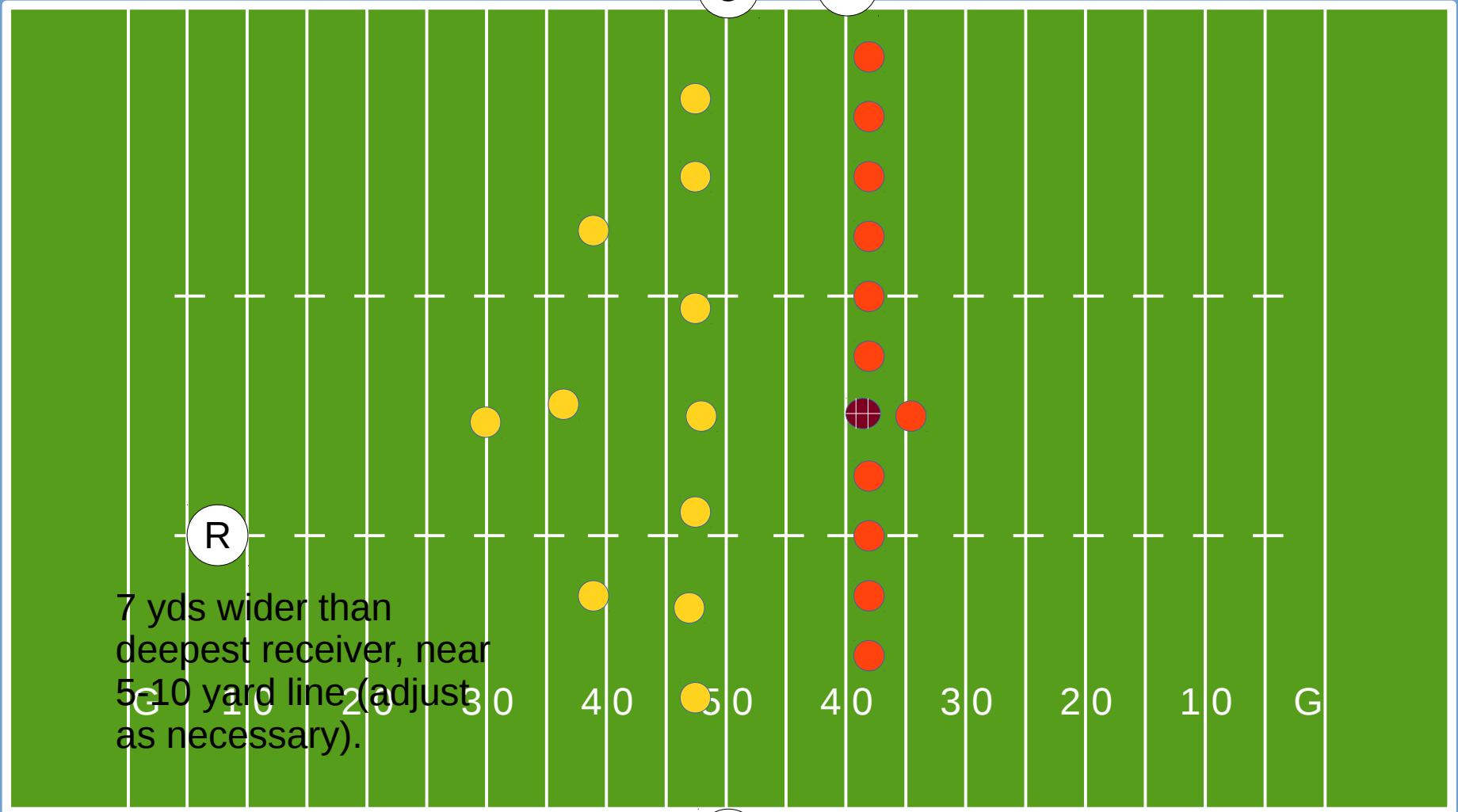


R line, chain side

K line, chain side

U

HL



R

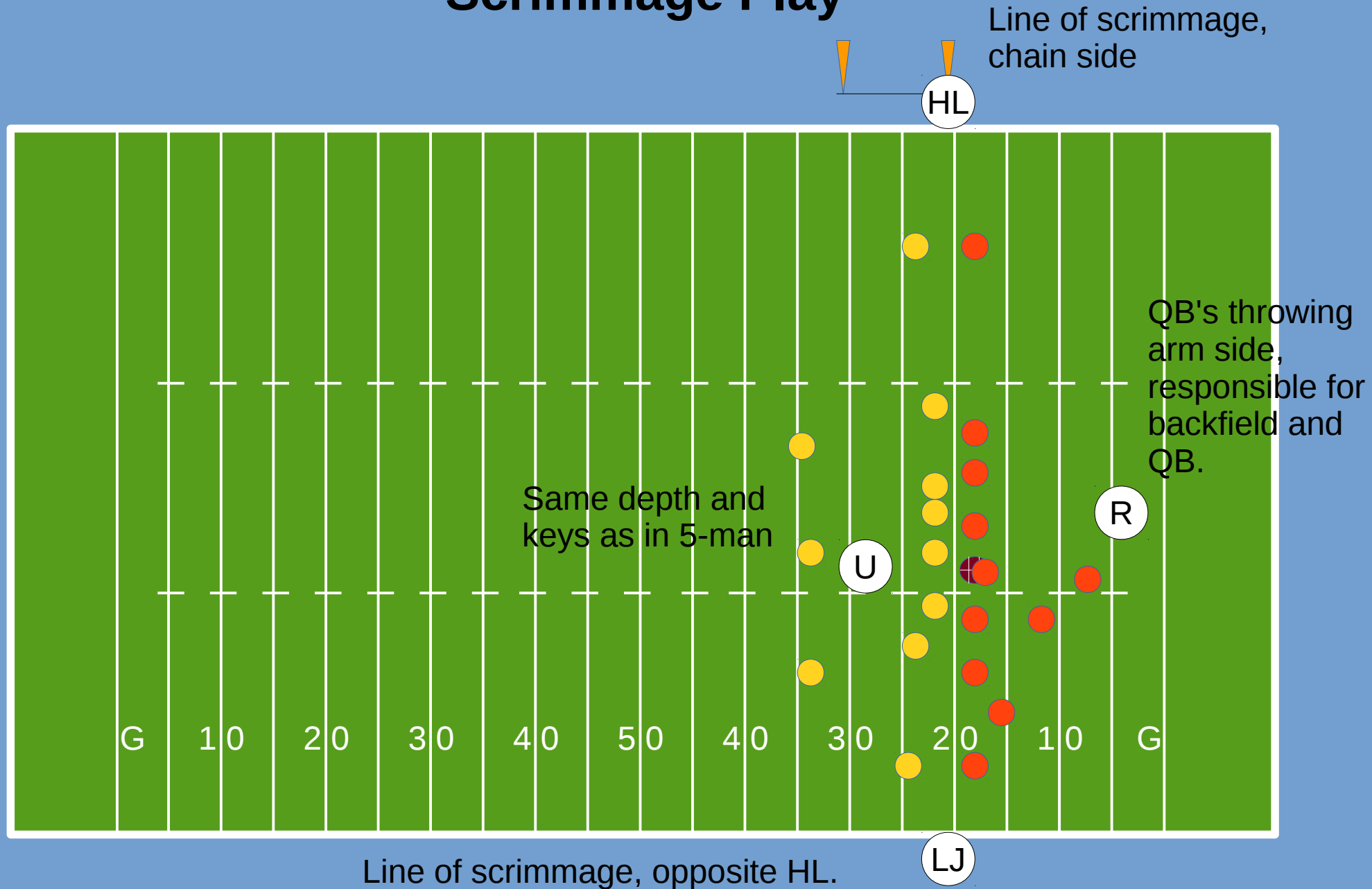
7 yds wider than
deepest receiver, near
5-10 yard line (adjust
as necessary).

LJ

R line, opposite HL

4-Man Mechanics

Scrimmage Play



4-Man Mechanics

Scrimmage Play (Near Goal)



Line of scrimmage, chain side,
move to goal on snap and work back.

HL

Regular
scrimmage
position,
watches
middle

U

R

QB Throwing
arm, has
responsibility for
backfield and
QB.

G

10

20

30

40

50

40

30

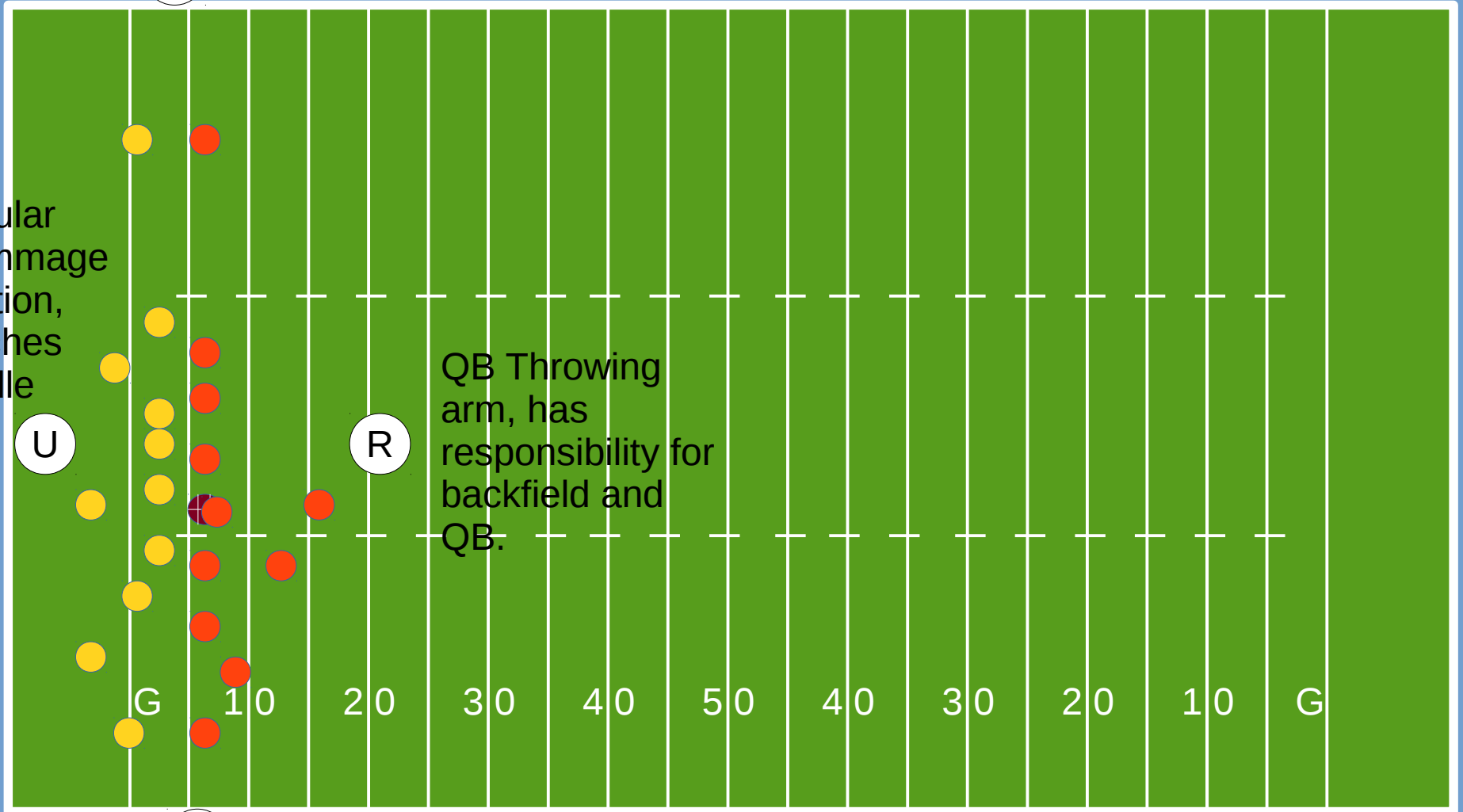
20

10

G

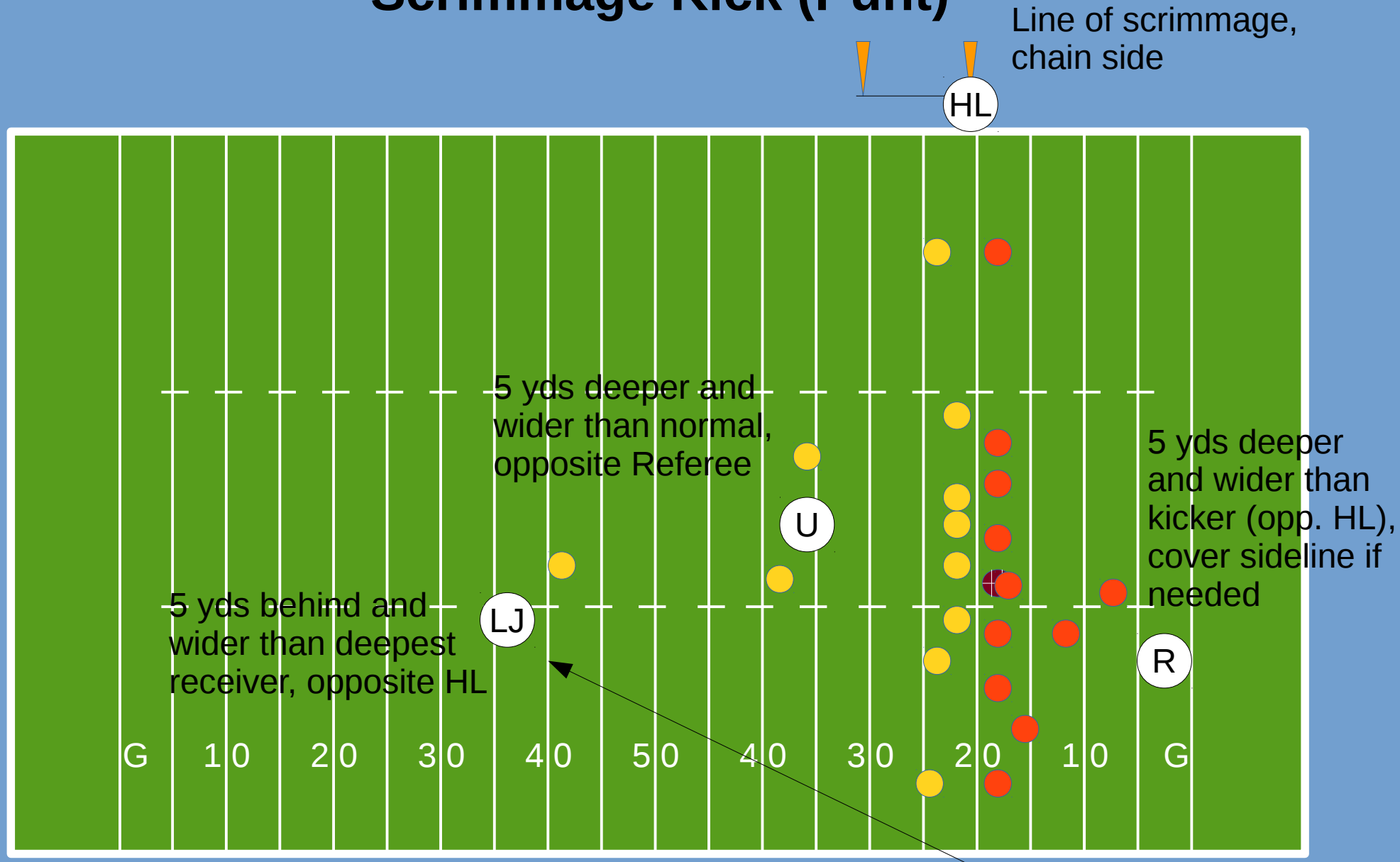
LJ

Line of scrimmage, opposite HL. Move to
goal on snap and work back.





4-Man Mechanics

Scrimmage Kick (Punt)

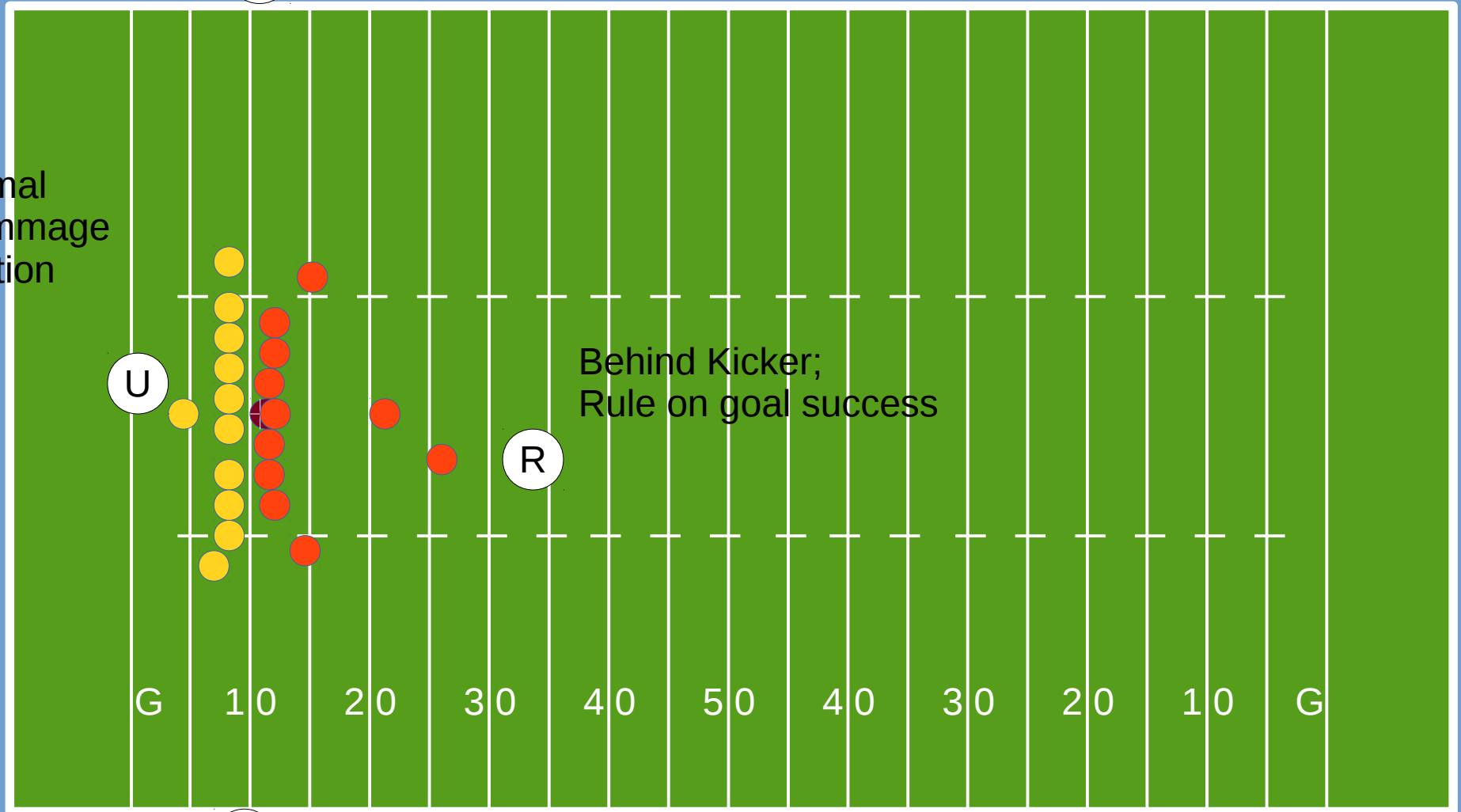



4-Man Mechanics

Scrimmage Kick (Try/FG) – Inside 15 yards

  Line of Scrimmage, chain side;
Protect kicker/holder

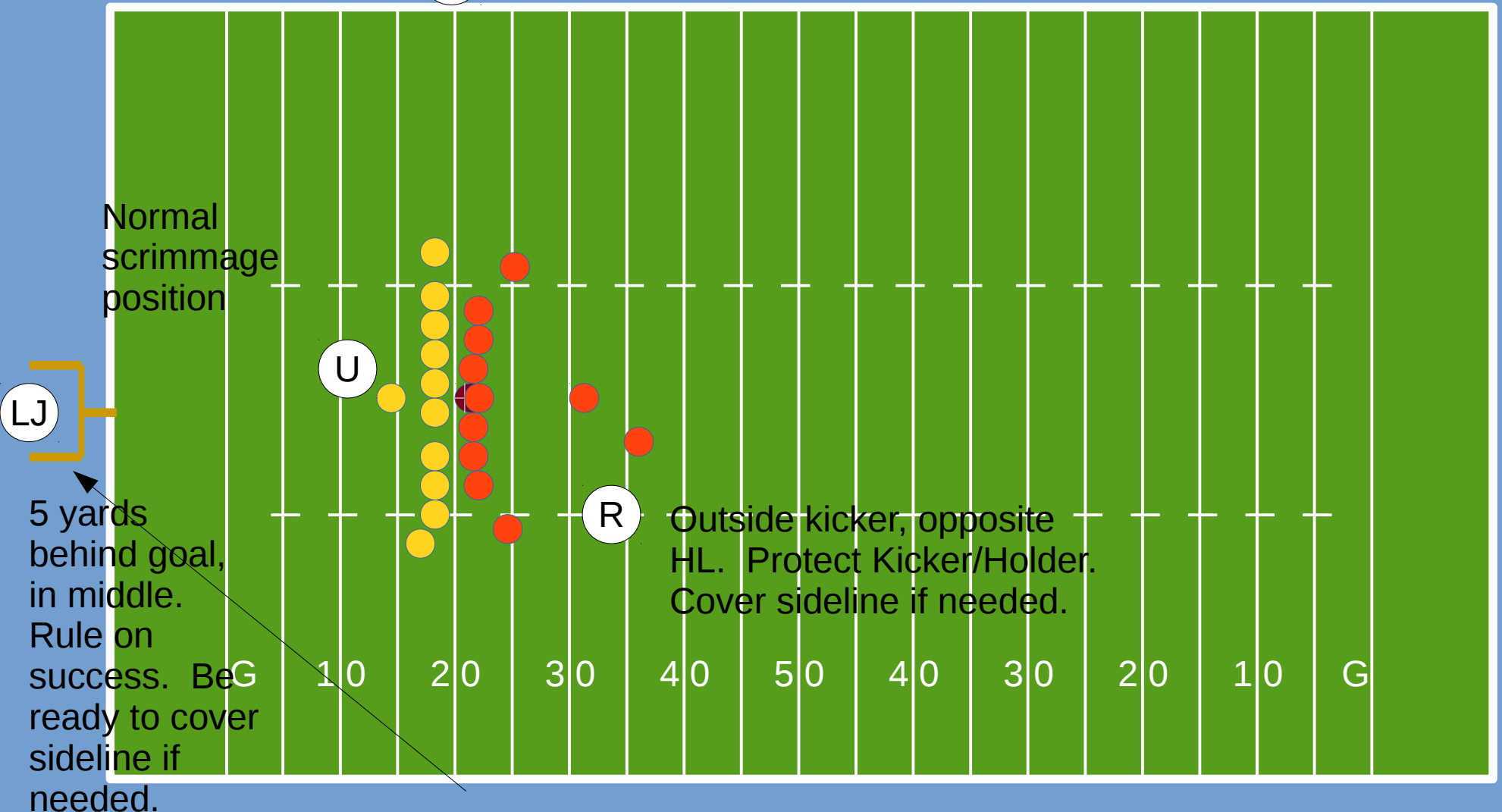
Normal
scrimmage
position



 Line of scrimmage, opposite HL;
Quick look at crossbar if necessary

4-Man Mechanics

Scrimmage Kick (Try/FG) – 15 yards or more



4-Man Mechanics

Game Timing

- Referee: Play Clock (25 sec), Timeouts
- Umpire: N/A
- Linesman: N/A
- Line Judge: Game Clock (unless scoreboard used)
- Scoreboard can be used if run by proficient individuals