Offensive Formations

Shotgun offense: Used on passing plays

Split-back formation: Used on running or passing plays

1 formation: Used on running plays

KEY:

X = Center
O = Offensive player
▲ = Defensive player
QB = Quarterback
RB = Running back
TE = Tight end
TB = Wide receiver
Defensive Formations

4-3 front: A well-balance defense

[Diagram of 4-3 front]

3-4 front: Used to defend multiple offensive formations

[Diagram of 3-4 front]

KEY:

X = Center
O = Offensive player
▲ = Defensive player

DT = Defensive tackle
DE = Defensive end
LB = Linebacker
MLB = Middle linebacker
CB = Cornerback
S = Safety
N = Nose tackle

Diagram by Wiley, Composition Services Graphics
Cover two: Used to stop short passes

A Basic Punt Formation

Note: Eleventh defensive player is downfield to receive the punt.

KEY:

X = Center
O = Offensive player
= Defensive player
PP = Punter's personal protector
P = Punter
W = Wing
E = Ends