

# Index

## • Numerics •

3-4 defense, 132–133, 158, 188  
3-4 Eagle defense, 190–192  
4-3 defense, 133–134, 158, 187–188  
5-yard bump rule, 128–129  
40/25 second clock, 45  
46 defense, 195–197  
50-yard line, 22, 208

## • A •

agent, 295  
All-Americans, 285  
Allen, George (coach), 348  
Allen, Marcus (player), 93, 98, 144, 380  
Alworth, Lance (player), 92  
American Football Conference, 289  
American Football League (AFL), 289  
Anderson, Jamal (player), 96  
Anderson, Morton (player), 216  
Anderson, Willie (player), 117, 183  
Arena Football League, 304  
arm strength, 66  
artificial turf, 19, 24–25  
assist, 166  
Astroturf, 24  
Atkins, Doug (player), 343–344  
Atlanta Falcons, 131  
Atlantic Coast Conference, 275  
attendance, 11, 15  
Auburn University, 268, 385  
audibilizing, 64, 74, 389

## • B •

back judge, 45  
backpedaling, 71  
bailing out of the play, 68  
Bain, Bill (player), 117

ball, 27  
ball boy, 39  
ball control, 94  
Baltimore Colts, 88, 92, 352, 356  
bands, 269  
bang-bang plays, 179  
Banks, Carl (player), 164, 190  
Banks, Chip (player), 190  
Baugh, Sammy (player), 353  
BCS (Bowl Championship Series), 276–278  
bench area, 23–24  
Bettis, Jerome “The Bus” (player), 98  
Bickett, Duane (player), 190  
Big East Conference, 275  
Big Ten Conference, 274  
Big 12 Conference, 275  
binoculars, 246, 247  
Birk, Matt (player), 118  
blast or dive run play, 104, 202  
blind-side tackle, 114, 115  
blitzing, 71, 163, 180, 194–195, 245  
blocking  
    field goals and PATs, 218–221  
    illegal blocks, 50, 56–58  
    by offensive linemen, 113, 116–118,  
        124–126  
    by receivers, 78–79  
    by running back, 99  
    3-4 defense, 126  
    types of blocks, 124–125  
    wedge, 214–215  
Blount, Mel (player), 176–177  
Blue-Gray All-Star game, 284, 285  
bomb pass, 129, 183, 389  
bootleg, 132  
Bowden, Bobby (coach), 282, 283  
Bowl Championship Series (BCS), 276–278  
bowl games, 10, 276  
box, 182  
boxman, 39  
Bradshaw, Terry (player), 64, 354, 380–381

- breaks
    - by receiver, 78
    - by secondary player, 170
  - Brees, Drew (player), 12, 181
  - Brodie, John (player), 88
  - Brown, Jim (player), 97, 118, 144, 354–355
  - Brown, Mack (coach), 282
  - Brown, Paul (coach), 10, 358, 365, 366, 376–377
  - Bryant, Paul “Bear” (coach), 283
  - bullet throw, 87
  - bulletin board material, 325–326
  - bump and run, 176–177, 389
  - burst
    - off the line of scrimmage, 80
    - by secondary player, 170
  - Bush, Reggie (player), 97, 99
  - business managers, 236
  - Butkus, Dick (player), 163, 188, 344–345
  - buttonhook, 86
- ●
- Camp, Walter (father of football), 14–15, 17
  - Campbell, Earl (player), 97, 356
  - Canadian Football League (CFL), 302–303
  - capologists, 236, 300
  - card stunts, 249
  - Carter, Dale (player), 198
  - Casper, Dave (player), 57, 355
  - catching a pass, 81–82
  - centers, 114, 115–116, 389
  - chain gang or crew, 39
  - check with me (offensive strategy), 74
  - Chicago Bears, 344, 356–357, 361–363, 367–368, 376
  - chop block, 123, 124
  - Cincinnati Bengals, 366
  - cleats, 31–32
  - Cleveland Browns, 118, 366, 376–377
  - clipping, 57, 123
  - clock
    - 40/25 second, 45
    - game, 36, 44–45
  - coaches
    - firing of, 236
    - great, 365–374
    - instant replay, 46
    - kinder, gentler type, 232
    - offensive-genius type, 234–235
    - off-season work of, 228, 235
    - role of, 228–229, 235
    - smash-mouth football type, 233
    - yell-your-head-off type, 232
  - coaching
    - college football, 235, 282–283
    - high school, 235, 264–265
    - mental toughness, building, 324–325
    - motivation, 322, 325–326
    - personnel, 229–231
    - play calling, 64
    - styles and philosophies, 231–235
    - tone, finding correct, 322–323
    - youth football, 258–260
  - coin toss, 37, 208–209
  - college football
    - All-American and all-star teams, 285
    - awards, 283–284
    - Bowl Championship Series (BCS), 276–278
    - bowl games, 10, 276
    - as business, 281–282
    - coaches, 235, 282–283
    - conferences, 274–275
    - divisions, 270
    - firsts, 281
    - halftime shows, 248–249
    - history of, 15–16
    - junior college, 270–271
    - pageantry, 268–269
    - popularity of, 11, 13–14, 267–269
    - recent trends in, 278–282
    - recruiting, 235, 281
    - redshirt season, 279
    - rivalries, 268, 385–388
    - rule differences from NFL, 269
    - scholarships, 266, 280
    - season, 18
    - small college powers, 273–274
    - top programs, 271–273
  - Collins, Mark (player), 183
  - combo man coverage, 180–181
  - comeback pass pattern, 85
  - commercials, Super Bowl, 13, 301

compensatory picks, 298  
 completion percentage, 74  
 conditioning  
   off-season, 328, 333–334  
   overview of, 327–328  
   preseason, 329  
   during season, 329–331  
   strength training, 331–334  
   stretching, 335–336  
 Conference USA, 275  
 containing an opponent, 156  
 contract negotiators, 236  
 corner blitz, 245  
 cornerbacks, 170–172, 173, 183, 280, 389  
 Coryell, Don (coach), 370  
 count, 115, 390  
 counter play, 105, 390  
 cover four, 91, 192  
 cover one, 90  
 cover three, 91  
 cover two, 90  
 covering a kick, 210, 215  
 Cowher, Bill (coach), 233  
 Craig, Roger (player), 98  
 creatine, 334  
 cross bar, goalpost, 26  
 crossing pass pattern, 85–86, 129  
 Csonka, Larry (player), 95, 377, 379  
 Culp, Curley (player), 188  
 curl pass pattern, 86, 136, 137  
 cut-off block, 124  
 Cytomax, 338

## • D •

Dallas Cowboys, 118, 237, 351, 368, 377  
 Dallas 4-3 defense, 192–194  
 Davey O'Brien Award, 284  
 Davis, Al (owner), 237, 380  
 Davis, Terrell (player), 94, 122  
 Dawkins, Brian (player), 174, 200  
 Dawson, Dermontti (player), 116  
 death penalty, 282  
 DeBartolo, Eddie, Jr. (owner), 381  
 defense. *See also* pass coverages  
   base, 186–187  
   Dallas 4-3 defense, 192

  eight men in the box, 182  
   flex, 193–194  
   four-across, 134–135, 144  
   4-3 defense, 133–134, 187–188  
   46 defense, 195–197  
   goals, setting individual, 318  
   Kansas City Falcon, 197–198  
   man-to-man coverage, 82–83, 163, 171,  
     175, 180–181  
   Nickel, 183  
   over/under 4-3, 198–199  
   prevent defense, 143  
   reading a defense, 89–91, 195  
   short yardage, 201–202  
   stunting, 201  
   superstar, stopping, 199–200  
   3-4 defense, 126, 132–133, 188–190  
   3-4 Eagle defense, 190–192  
   two-point conversion, 200  
   youth football, teaching, 259–260  
   zone blitz, 126, 137–138, 194–195  
 defensive backfield, 390. *See also*  
   secondary  
 defensive coordinator, 230  
 defensive drills, 325  
 defensive end, 158, 159, 390  
 defensive line  
   alignment of, 154, 159–161  
   job of, 153, 155–156, 390  
   keys, 161–162  
   qualities of good, 156–157  
   types, 156–157, 157–159  
 defensive line coach, 230  
 defensive players, great, 343–352  
 defensive tackle, 158, 159, 390  
 deflection, 83  
 delay draw, 133–134  
 Denver Broncos, 94, 118, 122  
 depth chart, 247  
 Detroit Lions, 10, 351  
 diet, 336–338  
 dime back, 169, 175–176, 183, 245  
 dip and rip technique, 83  
 directional kicking, 211  
 Ditka, Mike (player/coach), 293, 356–357  
 doctors, team, 238  
 Dorsett, Tony (player), 98, 104

double-team, 124, 156, 390  
 down stance, 102–103  
 downing the ball, 209, 224  
 downs, 37, 38–39, 390  
 draft, fantasy football, 308  
 draft, NFL, 297–299, 390  
 draw play, 105, 132, 133–134, 391  
 drills, 324–325  
 drive, 39  
 drive block, 124  
 drive charts, 13  
 drop into coverage, 188  
 drop-kick, 219  
 dropping back, 65, 71–72  
 Dungy, Tony (coach), 198–199, 232, 233

## • E •

Easley, Kenny (player), 345  
 East-West Shrine Game, 285  
 edge, 117  
 eight men in the box, 182  
 elephant end, 160, 161  
 Elway, John (player), 63, 131  
 encroachment, 123  
 end lines, 22  
 end zone, 22, 391  
 ESPN, 18, 250, 297  
 Everett, Jim (player), 183  
 Ewbank, Weeb (coach), 361  
 extra point, 41, 391. *See also* point after a touchdown (PAT)

## • F •

face masks, 30–31  
 fair catch, 213, 224, 391  
 Fairbanks, Chuck (coach), 188  
 fake, 86  
 false start, 53, 123  
 fantasy football  
   administrative tasks, 307–308  
   drafting a team, 308  
   how leagues work, 306  
   information resources, 311  
   national leagues, 311–312  
   roster of players, 309

scoring, 306, 310  
 starting a league, 307  
 team management, 309  
 tips for success, 312  
 field  
   dimensions, 20  
   marks on, 21–24  
   surfaces, 24–25  
 field goal  
   blocking, 218–221  
   kicking, 216–217  
   missed, 218  
   rules, 217–218  
   scoring, 41, 215–216, 391  
 field judge, 45  
 field of play, 22  
 field position pass, 139  
 50-yard line, 22, 208  
 first down, 22, 38–39, 391  
 first-year player, 296  
 Fisher, Jeff (coach), 196  
 5-yard bump rule, 128–129  
 flags, red, 42, 46  
 flanker, 79, 86, 391  
 flat, 195, 200, 391  
 Flex defense, 193–194  
 Florida State University, 268  
 fly pass pattern, 87  
 flying wedge, 15  
 football  
   best of, 10–11  
   for everyone, 11  
   history of, 14–17  
   popularity of, 11–14  
 forklift, 245  
 formations, offensive, 109–111, 391  
 four-across defense, 134–135, 144, 192  
 four-point stance, 80, 155  
 fourth-and-1, 140–141  
 4-3 defense, 133–134, 158, 187–188  
 46 defense, 195–197  
 40/25 second clock, 45  
 FOX NFL Sunday, 12  
 FOX Sports, 1, 250, 304  
 frame of mind, 319–320  
 franchise player, 245, 295, 296, 392  
 free agent, 294–296, 299–300, 392

free safety, 89, 174–175, 392  
 Freeney, Dwight (player), 160  
 front seven, 91, 182, 186  
 Fulcher, David (player), 194  
 fullback, 95–96, 392  
 fumble, 115, 116, 179, 392

## ● G ●

game plan, 324  
 gaps, 157, 163, 392  
 Gatorade, 338  
 general managers, 236  
 Gibbs, Joe (coach), 366–367, 382–383  
 Gilchrist, Cookie (player), 95  
 goal lines, 22, 25  
 goalposts, 25–26, 261, 392  
 goals, setting, 315–318  
 Gonzalez, Tony (player), 79  
 Goodell, Roger (commissioner), 27  
 Gore, Frank (player), 95  
 Graham, Otto (player), 67, 353,  
 357–358, 377  
 Grambling State University, 273–274  
 Grange, Harold “Red” (player), 16  
 Grant, Bud (coach), 166  
 grass, natural, 20, 24–25  
 Green Bay Packers, 92, 359, 369–370, 378  
 Greene, Joe (player), 346, 381  
 Greene, Kevin (player), 191  
 ground game, 94–95. *See also* running back  
 groundhog hit, 179  
 Gruden, John (coach), 228  
 guard, 114, 116, 392  
 gunners, 222  
 Guy, Ray (player), 224–225

## ● H ●

Halas, George (coach), 344, 357,  
 367–368, 377  
 Haley, Charles (player), 160, 381  
 halfback, 96–97, 392  
 halftime shows, 248–249  
 Halls of Fame, 251  
 Ham, Jack (player), 346–347, 381  
 Hampton, Dan (player), 195

hand off, 72–73, 99, 100, 393  
 hang time, 210, 392  
 Hannah, John (player), 358–359  
 Hartings, Jeff (player), 116  
 Harvard University, 386–387  
 hash marks, 22–23, 262, 393  
 Hasselbeck, Matt (player), 129, 299  
 Hasty, James (player), 198  
 Hayes, Lester (player), 347, 380  
 Hayes, Woody (coach), 267  
 Haynes, Mike (player), 347, 380  
 head coach, 229  
 head linesman, 44  
 Heisman, John W. (player), 17  
 Heisman Trophy, 283–284  
 helmets, 30–31  
 Hendricks, Ted (player), 205, 346–347, 380  
 Hester, Devin (player), 213, 226  
 Hickey, Red (coach), 88  
 high school football  
   coaching, 235, 264–265  
   keeping in perspective, 263  
   overview of, 260–261  
   parents, tips for, 265  
   player lineups, 262–263  
   players, tips for, 264  
   popularity, 10  
   rule differences from NFL, 261–262  
   season, 18  
   style of play, 262  
 hike, 115  
 hitch pass route, 140  
 holding, 52, 55, 83, 122–124  
 Holmgren, Mike (coach), 129, 234, 322  
 “Holy Roller” play, 57  
 home field advantage, 291  
 hook pass pattern, 86  
 Houston, Ken (player), 348  
 Houston Oilers, 131, 356  
 Howard, Desmond (player), 213  
 Huff, Sam (player), 188, 348  
 Hula Bowl, 285  
 human resources directors, 236  
 Hunt, Lamar (owner), 292  
 hurry, 166  
 Hutson, Don (player), 359  
 hydration, 337–338

## • I •

I formation, 95, 103, 109–111, 129, 393  
 illegal forward pass, 84  
 incompletion, 36, 393  
 individual goals, setting, 317–318  
 ineligible receiver downfield, 123  
 influence block, 125  
 injured reserve, 296  
 injury  
   conditioning, 327, 335  
   playing hurt versus in pain, 339–340  
   prevention, 338–339  
 instant replay challenge system, 46  
 intentional grounding, 84  
 interceptions, 77, 84, 178, 318, 393  
 Internet, 250–251  
 intersection point, 121  
 intersectional games, 274  
 isolation play, 201–202  
 Ivy League, 274

## • J •

Jackson, Bo (player), 353  
 jam, 115, 177  
 James, Lionel “Little Train,” 98  
 jersey, 30  
 Jerve, Travis (player), 207  
 Johnson, Chad (player), 178  
 Johnson, Jimmy (coach)  
   career, 368  
   coaching style, 322, 326  
   Dallas 4-3 defense, 192  
   hidden yardage, 216  
   1992-1995 Dallas Cowboys, 377  
 Johnson, Larry (player), 96, 97  
 Johnson, Rudi (player), 144  
 Jones, Adam (player), 226  
 Jones, Deacon (player), 166, 349  
 Jones, Jerry (owner), 237, 326  
 Jones, June (coach), 131  
 Jones, Walter (player), 299  
 junior colleges, 270–271

## • K •

Kansas City Falcon defense, 197–198  
 Kelly, Jim (player), 131  
 keys  
   for defensive lineman, 161–162  
   description, 393  
   for quarterback, 135  
   for safeties, 173, 174  
 kicking game, 205  
 kicking team, 37  
 kickoff  
   coin toss, 37, 208–209  
   directional kicking, 211  
   kicking the ball, 210–211  
   lining up for, 37–38  
   returning, 213–215  
   rules of, 212–213, 394  
   setting up for, 209–210  
   “The Play,” 212  
 King, Peter (writer), 226  
 knockout tackle, 179

## • L •

Lafayette College, 387  
 Lambeau, Earl “Curly” (player/coach),  
   77, 92  
 Lambeau Field, 20, 252  
 Lambert, Jack (player), 350  
 Landry, Tom (coach), 104, 187, 193, 351  
 Lane, Dick “Night Train” (player), 350–351  
 lateral, 212, 394  
 Law, Ty (player), 171  
 Leaf, Ryan (player), 280, 293  
 Leahy, Frank (coach), 379  
 LeBeau, Dick (coach), 137, 194  
 Leggett, Earl (coach), 201, 227  
 Lehigh University, 387  
 leverage, 121  
 Lilly, Bob (player), 193, 351  
 line judge, 44–45  
 line of scrimmage, 43–44, 394  
 linebacker, 162–166, 183, 394

linebacker coach, 231  
 live game, watching, 246–247  
 Lombardi Award, 284  
 Lombardi, Vince (coach), 369–370, 378  
 long snapper, 28  
 looking off a defensive back, 245  
 Los Angeles Rams, 349, 350  
 Lott, Ronnie (player), 174, 345, 381  
 low rope drills, 330  
 luxury suites, 302

## • M •

Mackey, John (player), 356–357  
 Madden, John (coach/analyst), 243, 370–371  
 magazines, 249–250  
 man free coverage, 180  
 Manning, Peyton (player), 69, 128, 181, 233, 280  
 man-on-man blocking, 125  
 Mansfield, Ray (player), 116  
 man-to-man coverage, 82–83, 163, 171, 175, 180–181  
 Marchetti, Gino (player), 351–352  
 Marino, Dan (player), 68, 178, 381  
 Marinovich, Todd (player), 279  
 Mariucci, Steve (coach), 232  
 mascots, 269  
 Matheson, Bob (player), 189  
 Maxwell Award, 284  
 McElhenny, Hugh (player), 360  
 McLean, Ray “Scooter” (player), 219  
 McMahon, Jim (player), 219  
 meals, pregame and postgame, 337  
 mental toughness, 319–320, 324–325  
 Metcalf, Terry (player), 213  
 Miami Dolphins, 373, 378  
 Mid-American Conference, 275  
 middle linebacker, 165  
 midfield territory, 208  
 Mike linebacker, 165  
 Millen, Matt (player), 205  
 Miller, Justin (player), 213  
 mini-camps, 287  
 mobility, of quarterbacks, 67  
*Monday Night Football*, 18

Montana, Joe (player)  
 Bill Walsh, 374  
 biography, 360–361, 381, 382  
 3–4 Eagle defense, 190  
 qualities of, 63, 67  
 Moseley, Mark (player), 220  
 motivation  
 coaching, 322–326  
 goals, setting, 315–318  
 self-motivation, 319–321  
 Motley, Marion (player), 95, 377  
 Mount Union College, 273  
 Mountain West Conference, 275  
 muffing a kick, 224  
 Munoz, Anthony (player), 113  
 muscles, strengthening, 331–333

## • N •

Namath, Joe “Willie” (player), 67, 92, 379  
 National Association of Intercollegiate Athletics (NAIA) schools, 270–271  
 National Collegiate Athletic Association (NCAA), 270, 280, 281–282  
 National Football Conference, 290  
 National Football League (NFL)  
 attendance, 11, 15  
 conferences, 289–290  
 development programs, 257  
 draft, 297–299  
 franchise movement, 303  
 franchise values, 237  
 history of, 288–289  
 player designations, 295–297  
 player salaries, 299  
 playoffs, 291  
 roster size, 28  
 rule differences from college football, 269  
 salary cap, 300  
 schedule, 290–293  
 scouting combine, 298  
 season, 18  
 Super Bowl, 289, 292–293  
 team, building, 293–295  
 television, 301–302  
 uniform codes, 32–33  
 Web site, 13, 251

- National Football League (NFL) Properties, 237
  - NCAA (National Collegiate Athletic Association), 270, 280, 281–282
  - Neal, Lorenzo (player), 95
  - neutral zone, 116, 394
  - New England Patriots, 358–359
  - New York Giants, 16, 371–372
  - New York Jets, 92
  - newspapers, 249
  - NFL Europa, 303–304
  - NFL Experience, 293
  - NFL Players Association, 294, 295, 300
  - Nickel 40 defense, 183
  - nickel back, 28, 169, 175–176, 245, 394
  - Nitschke, Ray (player), 348–349
  - Noll, Chuck (coach), 346, 380
  - non-exclusive rights player, 296
  - north/south runners, 98, 99
  - nose tackle, 157, 188, 394
  - Notre Dame Victory March, 269
  - numerals, jersey, 30
- ○ ●
- Oakland Raiders, 57, 355, 363–364, 370–371, 380
  - offense
    - disguising a successful play, 148–149
    - field position, gaining better, 139–140
    - formations, 109–111
    - for four-across defense, 134–135, 144
    - for 4-3 front, 133–134
    - goal line, 144
    - goals, setting individual, 318
    - high school football, 262
    - inside 10-yard line, 144–145
    - isolation play, 201–202
    - post route versus the blitz, 138–139
    - power, 118
    - for press coverage, 136, 137
    - quarterback sneak, 142
    - red gun, 131–132
    - short-yardage plays, 140–142
    - shotgun, 130–131
    - for 3-4 front, 132–133
    - two-minute drill, 143–144
    - two-point conversion, 145–147, 200
    - West Coast, 129–130
    - youth football, teaching, 258–259
    - for zone blitz, 137–138
    - for zone coverage, 136–137
  - offensive coordinator, 229
  - offensive line
    - balance and base, 120–121
    - centers, 114, 115–116
    - goals, setting individual, 318
    - guards, 114, 116
    - job of, 113–114, 394
    - leverage, 121
    - penalties, 122–124
    - repetition in practice, 122
    - size of, 117–119
    - stance, 119–120
    - tackles, 114, 117
    - toughness, 121
  - offensive line coach, 230
  - offensive players, great, 353–364
  - officials
    - instant replay, 46
    - penalty signals, 46–51
    - roles of, 42, 395
    - types, 43–46
  - offset I formation, 109, 110, 111
  - offside, 54, 123, 395
  - off-tackle, 117, 395
  - off-tackle run play, 105, 106
  - Ogden, Jonathan (player), 118
  - Ohio League, 288
  - Ohio State University, 267, 268, 269, 387
  - Oklahoma drill, 324
  - Olsen, Merlin (player), 349
  - one-on-one drills, 324–325
  - open end, 154, 159, 160, 161
  - option play, 197, 395
  - out of bounds, 23
  - Outland Trophy, 284
  - overloaded, 131, 138
  - overtime, 292, 395
  - over/under 4-3 defense, 198–199
  - Owen, Steve (coach), 187
  - Owens, Terrell (player), 178, 245
  - owners, 237

● *p* ●

- Pac-10 Conference, 274  
 Pace, Orlando (player), 299  
 pads, 31  
 Page, Alan (player), 166  
 Palmer, Carson (player), 75  
 Parcels, Bill (coach), 233, 371–372  
 Parker, Jim (player), 361  
 pass  
   field position, 139  
   interception of, 77, 84  
   patterns/routes, 72  
   play-action, 140  
   possession, 139–140  
   timing, 85  
   touch, 87  
   underneath pass, 91  
 pass coverages  
   cover one, two, three, and four, 90–91  
   dropping into, 173  
   eight men in the box, 182  
   man-to-man, 136, 171, 175, 180–181  
   Nickel 40 defense, 182  
   press, 136, 137  
   zone, 137–139, 171, 181–182  
 pass defended, 178  
 pass drop, 164  
 pass interference, 56, 59, 179, 395  
 pass offense  
   red gun, 131–132  
   shotgun, 130–131  
   West Coast, 129–130  
 pass patterns, 72, 78, 85–88  
 pass rushers, 28, 160  
 passes defended, 318  
 passing game  
   overview, 77–78  
   patterns, 85–88  
   reading a defense, 89–91  
   receivers, 77–78, 78–83  
   shotgun formation, 88–89  
   terminology, 83–85  
 passing progressions, 69  
 passing reads, 69  
 passing tree, 87–88  
 PAT. *See* point after a touchdown
- Paterno, Joe (coach), 228, 283  
 Payton, Walter (player), 97, 274, 361–362  
 penalties  
   definition, 46  
   fifteen-yard, 56  
   five-yard, 52–55  
   offensive linemen, 122–124  
   pass-play, 59  
   signals, 46–51  
   ten-yard, 55–56  
 percentage kick, 212  
 personal protectors, 223  
 Phillips, O.A. “Bum” (coach), 188  
 physical therapy, 340  
 pick, 147, 200  
 pigskin, 27, 395  
 pitch run play, 105, 106, 395  
 Pittsburgh Steelers, 346, 350, 354, 380–381  
 placekicker, 37, 395  
 placekicking  
   field goals and PATs, 215–221  
   kickoff, 208–215  
   soccer-style kicking, 220  
 Plank, Doug (player), 195–196  
 play calling, 64, 73–74  
 play-action pass, 140, 395  
 playbooks, 235  
 player designations, 295–297  
 player salaries, 299  
 playoffs, 291  
 playsheet, 234  
 Plunkett, Jim (player), 380  
 point after a touchdown (PAT)  
   blocking, 218–221  
   kicking, 216–217  
   rules, 217  
   scoring, 41  
 Polamalu, Troy (player), 172, 173  
 Pollard, Fritz (player), 17  
 Pop Warner Football, 256–257  
 possession, 38, 396  
 possession pass, 139–140  
 post pass pattern, 72, 86, 138–139, 396  
 practice squad, 296  
 preparation, for game, 320–321  
 preseason games, 287  
 press box, 24

press coverage, 90, 136, 137  
 prevent defense, 143  
 Princeton University, 14, 267  
 Pro-Bowler, 296  
 professional football. *See also* National Football League (NFL)  
   American Football League (AFL), 289  
   Arena Football League, 304  
   Canadian Football League (CFL), 302–303  
   history of, 288–289  
   NFL Europa, 303–304  
 proprioceptive strength, 338  
 protecting the football, 104  
 public relations directors, 236  
 pulling, 108, 118, 157  
 punt  
   purpose of, 221, 396  
   quick kick, 225  
   returning, 225–226  
   rules for, 223–224  
   setting up and kicking, 222  
   team members, 222–223  
   “three and out”, 38  
   value of, 224–225  
 Punt, Pass & Kick competitions, 257  
 punt returner, 206, 223–224, 225–226

## • Q •

quarterback  
   arm strength, 66  
   competitive, 66  
   developing, 295  
   dropping back, 71–72  
   fundamentals, 70–73  
   grip, 73  
   handing off, 72–73  
   intelligence, 66–67  
   job of, 63–65, 396  
   keys, 135  
   mobility, 67  
   option play, 197  
   play calling, 64, 73–74  
   qualities, 65–69  
   reading a defense, 89–90, 178, 195  
   release, 67–68  
   salaries, 299

  size, 68  
   stance, 70–71  
   statistics, 74–75  
   vision, 68–69  
 quarterback coach, 230  
 quarterback sneak, 65, 142  
 quarters, length of, 35  
 quick feet, 67  
 quick kick, 225  
 quick off the ball, 161  
 quick out pass route, 144–145

## • R •

radio  
   following a game on, 247–248  
   sports talk shows, 248  
 Randle, John (player), 199  
 Rathman, Tom (player), 98  
 reach, 115  
 reach block, 125  
 receivers  
   catching, 81–82  
   job of, 78–79  
   man-to-man coverage, 82–83, 171  
   stance, 79–80  
   staying with, 177  
   zeroing in on, 246  
 receiving team, 37  
 recover, 62  
 recovery enhancer, 338  
 recruiting, 235, 281  
 red gun offense, 131–132  
 red zone, 200, 396  
 redshirt, 279, 396  
 referee, 43, 84  
 regular season, 290  
 Reid, Mike (player), 167  
 release  
   by quarterback, 67–68  
   by tight end, 160  
 restricted free agent, 295, 296  
 retreating, 67  
 returning  
   kickoffs, 37, 213–215  
   punts, 225–226  
 reverse run play, 106, 107, 397

- Rice, Jerry (player), 83, 180–181, 274, 306, 381  
 rice program, 331  
 Riggins, John (player), 97, 382–383  
 Roaf, Willie (player), 118  
 Robinson, Eddie (coach), 273, 282  
 Rockne, Knute (coach), 325, 372–373  
 rodmen, 39  
 Roethlisberger, Ben (player), 40  
 rookie, 297  
 Rooney, Art (owner), 380–381  
 Roosevelt, Theodore (President), 15  
 rosters, 28, 247, 295, 296  
 roughing the kicker, 58, 217  
 roughing the passer, 43, 58, 84  
 route, 397  
 rugby, 14, 94  
 rules of football, 14–15, 269  
 run-and-shoot offense, 131–132  
 running back  
   fullback, 95–96  
   halfback, 96–97  
   job of, 93, 100–101, 397  
   offensive linemen, 114  
   protecting self and ball, 103–104  
   size, 97–98  
   skills, 98–100  
   stance, 98, 102–103  
 running back drill, 324  
 running, for conditioning, 328, 329, 330  
 running into the kicker, 217  
 running lanes, 113  
 running plays, 104–109  
 running to daylight, 245  
 rushing the quarterback, 155  
 Rutgers University, 14, 267  
 Ryan, Buddy (player), 190, 195
- **S** •
- sacks, 68, 85, 156, 166, 318  
 safety (injury prevention), 338–339  
 safety (position), 172–175, 182  
 safety (scoring), 42, 397  
 salaries, NFL player, 299  
 salary cap, 300  
 Sam linebacker, 164, 165  
 San Diego Chargers, 57, 92  
 San Francisco 49ers, 88, 118, 373–374, 381  
 Sanders, Barry (player), 97, 98, 279  
 Sanders, Deion (player), 84, 170, 280, 377  
 Sapp, Warren (player), 84, 199  
 Sayers, Gale (player), 213, 363  
 scheme, 153, 397  
 Schmidt, Joe (player), 188  
 scholarships, 101, 266, 280  
 Schottenheimer, Marty (coach), 197  
 scoring  
   extra point, 41  
   field goals, 41, 215–216  
   safety, 42  
   by special teams, 207  
   touchdown, 40  
   two-point conversion, 41, 145–147  
 scouts, 238  
 sealing off the outside, 117  
 seam pass, 192  
 season, 17–18  
 Seattle Seahawks, 345  
 second skin, 25  
 secondary  
   bump and run, 176–177  
   cornerback, 170–172, 173, 183  
   description, 169–170, 397  
   nickel and dime backs, 169, 175–176  
   pass coverages, 90–91  
   pass interference, 179  
   positive plays by, 178–179  
   reading, 195  
   safety, 172–175, 182  
   staying with a receiver, 178  
   stemming around, 178  
 secondary coach, 231  
 Seifert, George (coach), 381  
 Senior Bowl, 285  
 Shanahan, Mike (coach), 118, 234, 236  
 shank, 222  
 Shell, Art (player), 363–364  
 shock troops, 373  
 shoes, 31–32  
 shooting a gap, 246  
 short-arming the ball, 115  
 short-deep area, 163  
 short-yardage situations, 140–142, 201–202

- shotgun formation, 88–89, 130–131, 160, 397
- shotgun snap, 65
- showing pass, 126
- Shula, Don (coach), 365, 373, 378
- Shurmur, Fritz (coach), 190–191
- side judge, 46
- sidelines, 22, 398
- single wing formation, 110, 398
- six o'clock step, 72–73
- size
  - defensive lineman, 156
  - offensive linemen, 117–119
  - quarterbacks, 68
  - receivers, 78
  - running back, 97–98
- skilled players, 66
- slant pass pattern, 86, 398
- slant run play, 107
- slide block, 125
- slide-protect, 363
- Smith, Bruce (player), 166
- Smith, Emmitt (player), 98, 118, 377
- Smith, Lovie (coach), 232
- snap, 70, 73, 115–116, 398
- soccer, 14
- soccer-style kicking, 220
- Southeastern Conference, 275
- Southern Methodist University, 282
- spearing, 56
- special teams
  - description, 205, 398
  - field goals and PATs, 215–221
  - impact of, 207, 216
  - kickoff, 208–215
  - players, 206–207
  - punting, 221–226
- special teams coach, 206, 230
- specialists, 28, 206
- speeches, motivating with, 325
- split end, 79, 80, 398
- split-back formation, 103, 109–110, 111
- SportGrass, 20
- sports drinks, 337–338
- spotting the ball, 36
- square-out pass pattern, 87
- Stabler, Ken “The Snake” (player), 57
- stadiums, 19–20, 246, 252, 302
- Stagg, Amos Alonzo (coach), 17, 283
- stance
  - defensive linemen, 155
  - offensive linemen, 119
  - quarterbacks, 70–71
  - receiver, 79–80
  - running back, 98, 102–103
- stand-up stance, 80
- Stanford University, 212, 249, 386
- stats service, fantasy football, 307–308
- “Statue of Liberty” play, 17
- stemming around, 178
- Stephenson, Dwight (player), 113
- steroids, 263, 334–335
- stiff arm, 103
- Stoops, Bob (coach), 282
- straight man coverage, 180
- streak pass pattern, 72, 87
- strength coach, 231
- strength training, 331–334
- stretching, 335–336
- stretching the defense, 143
- stringing out a play, 166
- stripping the ball, 179
- strong safety, 172–173, 182, 398
- stunting, 158, 201, 398
- subway alumni, 273, 399
- sudden death, 292
- sunshade, 31
- Super Bowl, 12–13, 289, 292–293, 321
- superstar, stopping, 199–200
- supplements, 334
- Surtain, Patrick (player), 171
- sweep run play, 73, 107, 108, 399
- swim technique, 83
- swing pass pattern, 87

## ● T ●

- tackle, 114, 117, 399
- tackling, 15, 166
- takeaway, 399
- talk radio, 248
- Tarkenton, Fran (player), 67
- Tasker, Steve (player), 226
- Taylor, Jason (player), 156, 160
- Taylor, Jim (player), 97
- Taylor, Lawrence (player), 190, 371

## team

- all-time great teams, 375–383
- following favorite, 249–251
- goals, setting, 316–317
- members of, 28
- ticket offices, 252–254
- tee, kicking, 37, 209
- telestrator, 243
- television
  - popularity of football, 12, 301
  - Super Bowl commercials, 13, 301
  - watching game on, 243–246
- third-and-long, 139
- Thomas, Derrick (player), 198, 234
- Thomas, Thurman (player), 97
- Thorpe, Jim (player), 17, 288
- 3-4 defense, 132–133, 158, 188
- 3-4 Eagle defense, 190–192
- three-point stance, 80, 102–103, 155
- tickets, 251–254
- tight end, 78, 79, 80, 399
- timeouts, 36, 247
- timing pass, 85
- Tomlinson, LaDainian (player), 95, 97, 153, 199–200
- touch pass, 87
- touchback, 209, 214, 224, 399
- touchdown, 40, 399
- trades, 293, 297
- trainers, 238–239
- training camp, 329
- transition players, 297
- trap play, 108, 109, 125
- trapping the ball, 85
- trenches, 11
- triple stretch play, 143
- Trojan Horse, 269
- turf burns, 25
- turnover, 84, 186, 317, 399
- two-a-days, 329
- two-gap style, 189, 190
- two-minute drill, 143–144
- two-minute warning, 45, 399
- two-point conversion, 41, 145–147, 200, 399
- two-point stance, 98, 102–103
- two-way players, 263

## • U •

- UCLA (University of California), 14
- umbrella defense, 187
- umpire, 43–44
- under tackle, 160
- underclassmen, leaving school early, 279
- underneath coverage, 135
- underneath pass, 91, 143
- undertraining, 335
- uniforms
  - description, 28–29
  - helmets and facemasks, 30–31
  - jersey, 30
  - NFL uniform code, 32–33
  - pads, 31
  - shoes and cleats, 31–32
- Unitas, Johnny (player), 92, 361
- University of Alabama, 268, 385
- University of California at Berkeley, 212, 386
- University of California (UCLA), 14
- University of Florida, 131, 268, 386
- University of Georgia, 386
- University of Michigan, 14, 268, 387
- University of Minnesota, 387
- University of Nebraska, 16
- University of Notre Dame
  - fans, 16, 273
  - Knute Rockne, 325, 372–373
  - 1946 and 1947 teams, 379
  - television contract, 275
  - tradition, 14
  - USC rivalry, 388
- University of Oklahoma, 388
- University of Southern California (USC), 14, 269, 388
- University of Texas, 388
- University of Wisconsin, 387
- unloader, 328
- unrestricted free agent, 297
- up stance, 102–103
- uprights, goalpost, 26
- Upshaw, Gene (player), 57, 364
- U.S. Military Academy, 386
- U.S. Naval Academy, 386

## • V •

veer formation, 95  
 veer run play, 108, 109, 400  
 vertical stretch play, 143  
 veterans, 295, 297  
 Vick, Michael (player), 62, 67, 153, 280, 299  
 Villanova University, 283  
 violence of sport, 15  
 vision  
   defensive lineman, 157  
   linebacker, 164  
   quarterback, 68–69  
   running back, 99  
 visualizing success, 320–321

## • W •

waiver system, 297  
 Walsh, Bill (coach), 129, 373–374, 381  
 Ware, Andre (player), 279  
 Warner, Kurt (player), 304  
 Warner, Pop (coach), 17, 110, 283  
 Washington Redskins, 348, 366, 382–383  
 water, 337–338  
 weak side, 132, 400  
 weather conditions, adjusting to, 339  
 Web sites, 250–251  
 Webster, Mike (player), 116  
 weight lifting, 331–334  
 West Coast offense, 78, 118, 129–130, 374  
 whey protein, 334  
 White, Danny (player), 104  
 White, Randy (player), 193  
 White, Reggie (player), 195  
 wide receiver, 400. *See also* receivers  
 wildcard teams, 291  
 Wilkinson, Bud (coach), 188  
 Williams, Doug (player), 273

Williams, Jamal (player), 142  
 Williams, Kevin (player), 142  
 Williams, Ricky (player), 293  
 Willy linebacker, 165  
 wind sprints, 330  
 Winfield, Antoine (player), 170  
 wings, 222  
 wishbone, 268  
 Wonderlic Test, 67  
 Woodson, Charles (player), 280, 283

## • Y •

Yale University, 14, 386–387  
 yard lines, 22  
 yards after the catch, 74  
 Young, Bryant (player), 156  
 Young, Steve (player), 67  
 Young, Vince (player), 128  
 Youngblood, Jack (player), 339–340  
 youth football  
   coaching, 258–260  
   defense, teaching, 259–260  
   NFL Junior Player Development program,  
     257  
   offense, teaching, 258–259  
   Pop Warner programs, 256–257  
   Punt, Pass & Kick, 257  
   when to start kids, 255–256  
 Youth Football Network Web site, 257

## • Z •

zeroing in on receiver, 246  
 Zimmerman, Gary (player), 122  
 zone blitz, 126, 137–138, 194–195  
 zone block, 125  
 zone coverage, 136–137, 171, 181–182, 400