
8 MAN DEFENSE

Never Be Out-Schemed

KICKOFF RETURN PACKAGE

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Pick a **D**irection **M**arketing

8 MAN DEFENSE

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**“It’s not the will to win,
but the will to prepare
to win that makes a
difference.”**

- Bear Bryant

8 MAN DEFENSE

Introduction

Just like many of you reading this, I've been around football since before I could walk. My father played football at the University of Florida and coached as high as the USFL in his career. Growing up, it's all I knew and it's all I studied.

I played Division I football at Charleston Southern University where I helped win a conference championship and was named Captain. I know the importance of preparation for success.

Today, I coach an 8-Man team in Charleston, SC and I've taken my knowledge of the game and adjusted it to the 8-Man rules. As with any team, great players are hard to win without. But we believe that we'll never be beat before the snap. Our young men will always be in the best position to make plays and we'll do our best to set them up for success through our preparation.

These manuals are designed to help you to **NEVER BE OUT-SCHEMED.**



8 MAN DEFENSE

Special Teams Advantage

Although Special Teams is typically a Coach's least favorite thing to practice, it's my favorite. **Special Teams plays are opportunities to score.** Most teams do not practice their Special Teams, so they just "wing it" during a game.

Take advantage of this fact and prepare your team to capitalize.

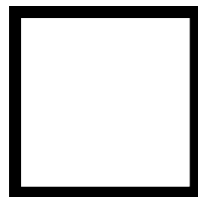
This special teams package will outline where the best players on the field should be played, alignment, angles of pursuit, and even some videos on how to handle the ball.

Be sure to keep some starters on Special Teams, these schemes aren't just for backups. It's also a great idea to name a Special Teams Captain to help emphasize this section of the game's importance.

I've done my best to draw up the formations that are most popular in our league, feel free to contact me if you don't know how to line up against a formation I haven't covered.

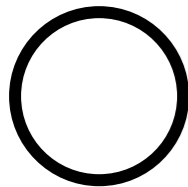
8 MAN DEFENSE

Symbol Descriptions



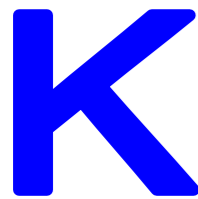
Center -

The Long Snapper in Punt Formation



Circle -

Any players on the opposing team.



Blue K -

The player kicking the ball.



Orange Dot -

Tee from which kicks are made



Red X -

The approximate spot the ball should land.



Blue R -

The player that is intended to catch the ball & return it for a TD.

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Deep Kickoff Return Notes

[F] Front Line Men -

Should be fast & athletic with good hands in case an onside kick is used against them (Defensive Backs & Receivers). Their job is to kick the left side of the Kickoff team out, away from the return. [F1: #8, F2: #7, F3: #6, F4: #5]

[B] Back Line Men -

Should be heavier and able to absorb a hit (Linebackers, Tight Ends, & agile Offensive Linemen). Their job is to kick the right side of the Kickoff team out, into the sideline to create a seam for the returner. [B1: #3, B2: #2, B3: #1]

[R] Return Man -

When the ball is caught, the Return Man should yell, "GO!" so the Back Line Men know to engage their blocks and kick out. The Returners path should be between the right should of F4 & the left shoulder of B1, where the seam forms. **They cannot "dance" on this return, they have to hit the seam with aggression to break tackles.**

When it's Used -

If the opposing team has a kicker that can kick it deep. This return takes time to develop, so blocks do not need to be engaged immediately.

35
40
45
50
45
40
35
30
25
20
15

#8

#7

#6

#5

#4

#3

#2

#1



F1

F2

F3

F4

B1

B2

B3

#8
#7
#6
#4

#3
#2
#1

R X

Deep KOR Right

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Wedge Kickoff Return Notes

[F] Front Line Men -

Players should drop for 3-5 yards before attacking their designated men. Block towards the respective sideline to keep opponents from the middle of the field.

[F1: #8, F2: #7, F3: #2, F4: #1]

[B] Back Line Men -

Players should take a path to meet 3-5 yards behind B2 in order to set up a loose wedge. Players must come together before heading up field in unison. Must wait for the Return man to yell, "GO!" before taking off. The wedge men are crucial and must take on the first opponents that appear. [B1, B2, B3: Pickup First Man]

[R] Return Man -

When the ball is caught, the Return Man should yell, "GO!" so the Back Line Men know to push forward with the wedge. **The Return Man must be patient on this return and wait for the wedge to form.**

When it's Used -

If the opposing team has a kicker that can kick it deep or anywhere down the middle of the field.

35
40
45
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45
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35
30
25
20
15

#8

#7

#6

#5

#4

#3

#2

#1



F1

#8

F2

#7

F3

#2

F4

#1

B1

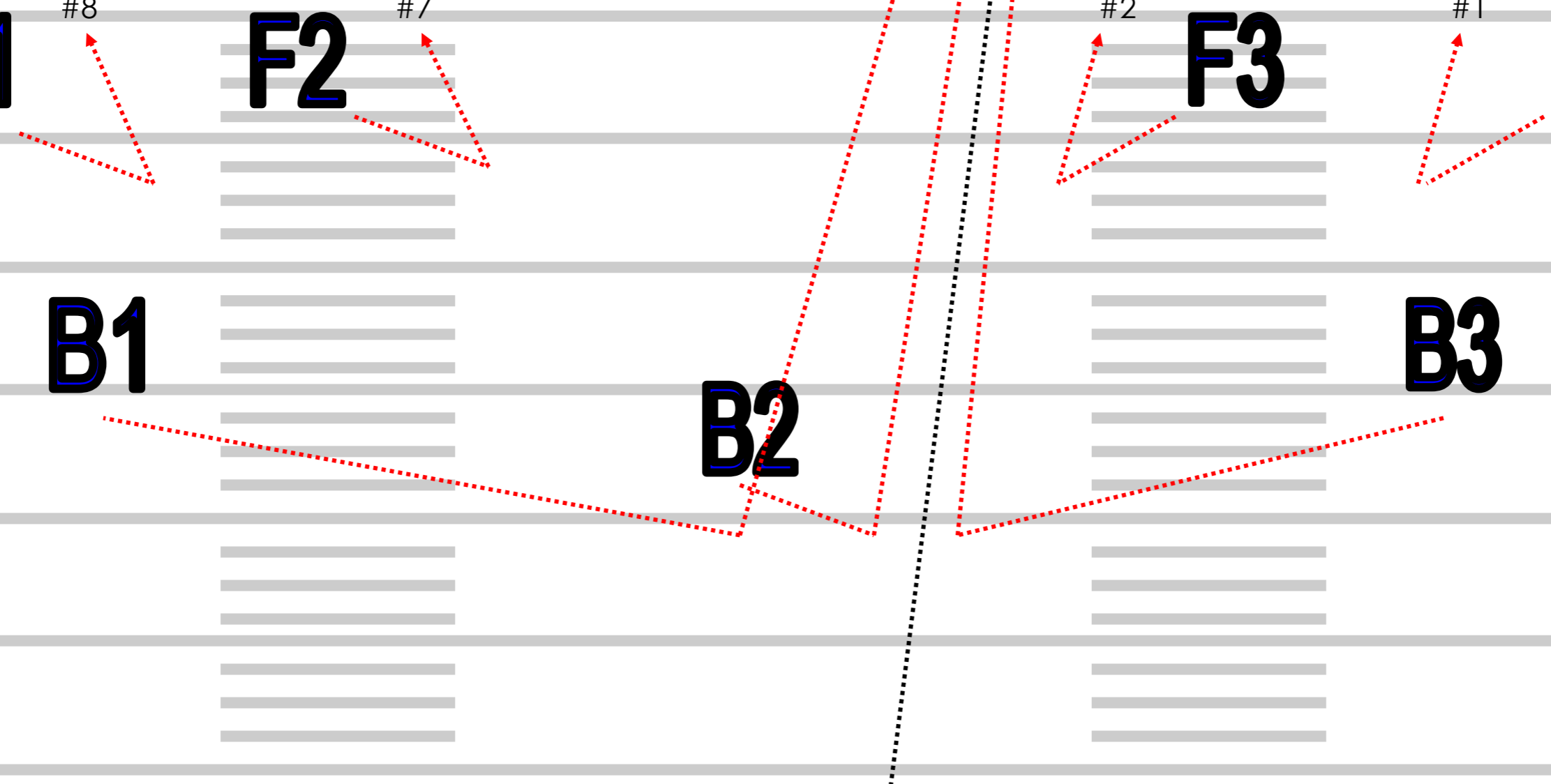
B2

B3

R

X

Wedge KOR Right



8 MAN DEFENSE

Pooch Kickoff Return Notes

[F] Front Line Men -

Should react fast to this type of kick. They need to get on their blocks fast because the ball is only in the air for a short period of time. [F1: #6, F2: #4, F3: #2, F4: #1]

[B] Back Line Men -

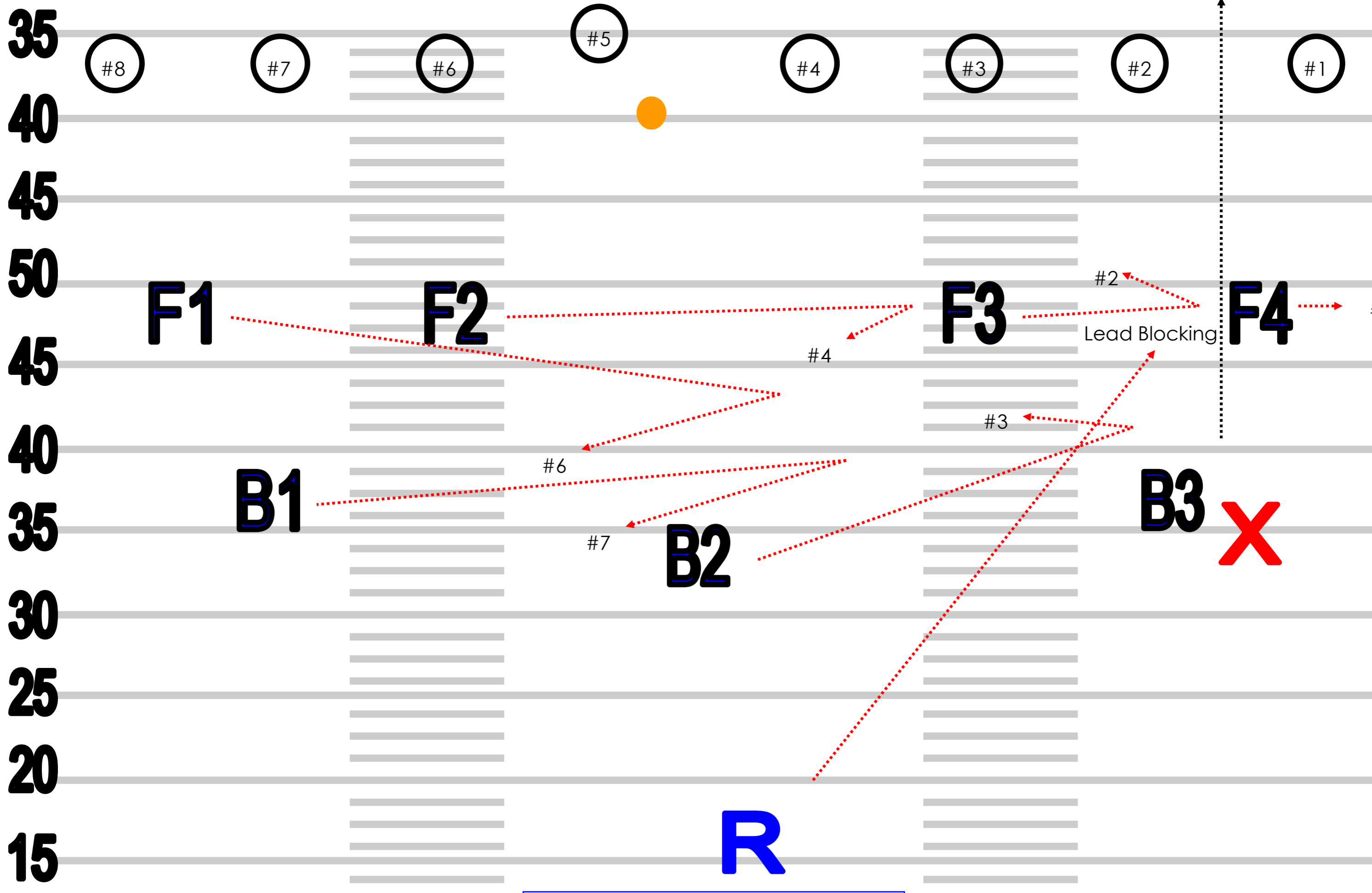
Should react fast to this kick as well, getting on their blocks ASAP. If B3 is unsure about returning the ball, he can A.) Fair catch the ball, B.) Let the Return Man catch the ball, or C.) Knock it out of bounds. If he doesn't catch the ball, he becomes lead blocker. [B1: #7, B2: #3, B3: Returning or Lead Blocking]

[R] Return Man -

If they can get to the ball fast enough, they should catch it and return it. If not, they become the lead blocker for B3 to help open up a hole for him to run.

When it's Used -

If the opposing team has a kicker that pooches the ball over the front line, but doesn't kick it deep enough to form a solid return.



Pooch KOR Right

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Onside Kickoff Return Notes

[F] Front Line Men -

Should react fast. They have to either A.) Fall on the kick or B.) Go “stab” the closest opposing player so they cannot recover it.

[B] Back Line Men -

Should react fast. They have to either A.) Fall on the kick or B.) Go “stab” closest opposing player so they cannot recover it. If the ball bounces, they may have to leave their feet to catch it in mid-air.

[R] Return Man -

Should stay deep as a “safety” in case the other team kicks it there to pin the KOR team deep in their own territory without chance of a return.

When it's Used -

When it is obvious that the other team is going to use an onside kick. Some teams do this regularly in our league, others will only use this Kickoff when the situation calls for it.

35
40
45
50
45
40
35
30
25
20
15

#8

#7

#6

#5

#4

#3

#2

#1



F1

F2

F3

F4



B1

B2

B3

R

Onside KOR Right

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[Contact](#)

I am readily available by email for questions and suggestions. I always creating new products and striving to master this game.

Emails can be sent through the contact page of the website.

If you'd like a one-on-one coaching session get an in-depth walk through of the 3-3 Defense, check out my Individual Sessions.

