



# Tennessee Secondary School Athletic Association

## Football 5 Man Mechanics

# Coin Toss

Press Box

C

LJ

U

R

Proper  
Positioning

Score Board

<40

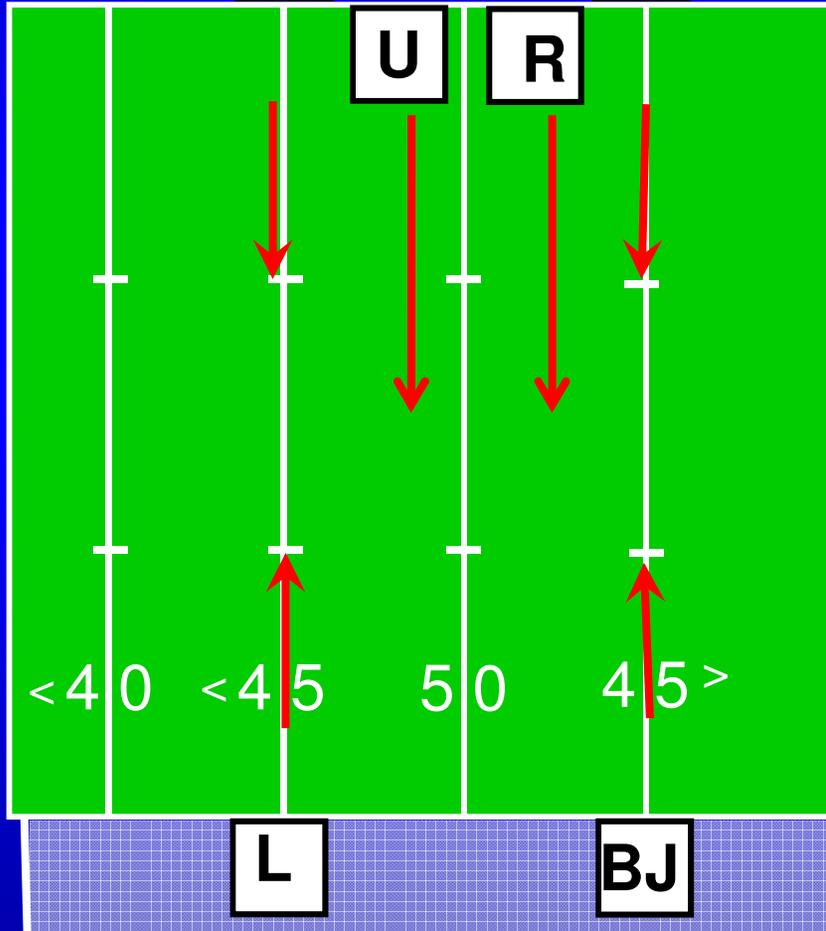
<45

50

45>

L

BJ

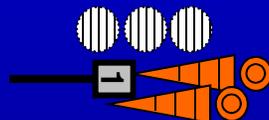
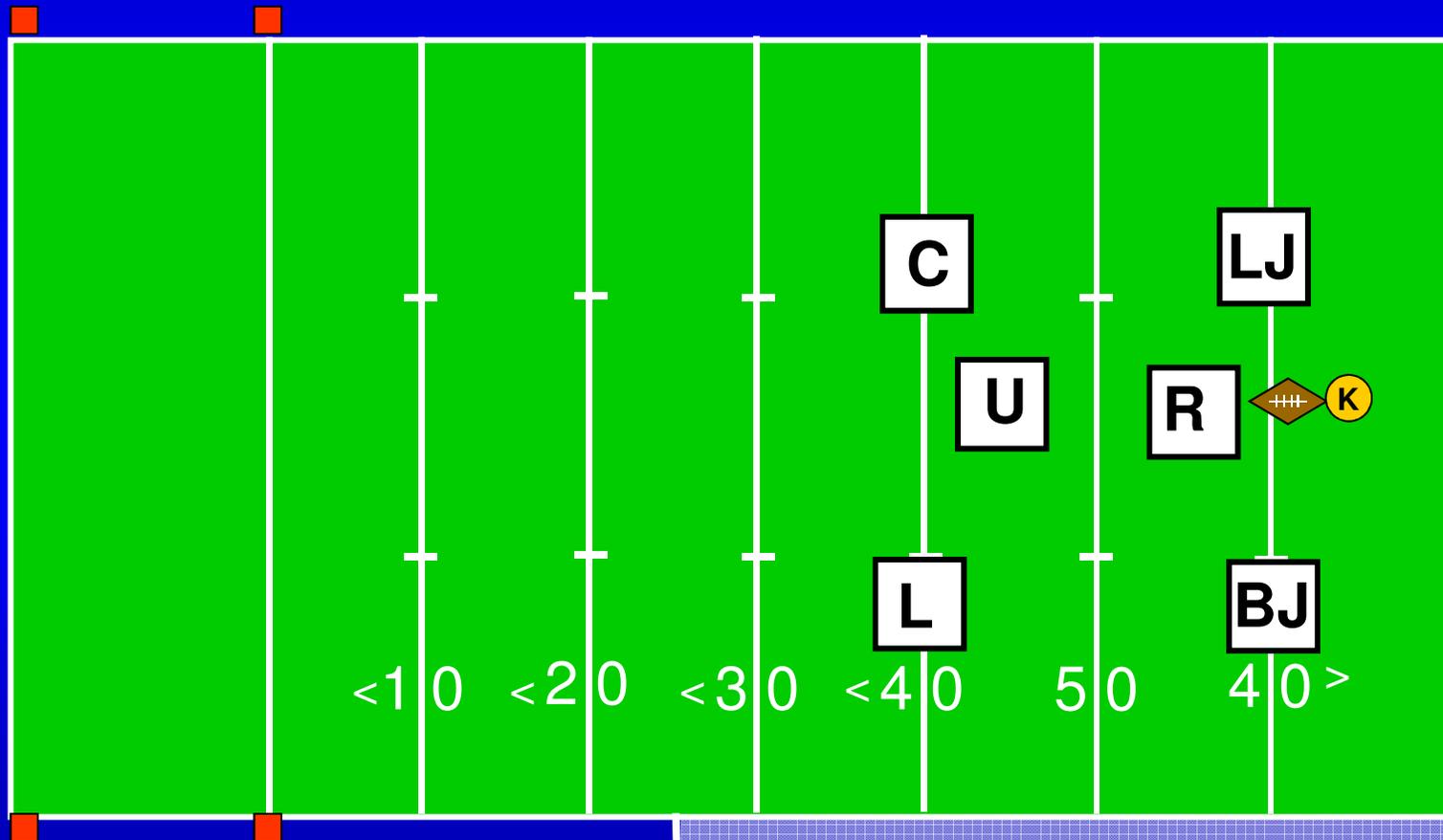


# After Coin Toss To Kick Off

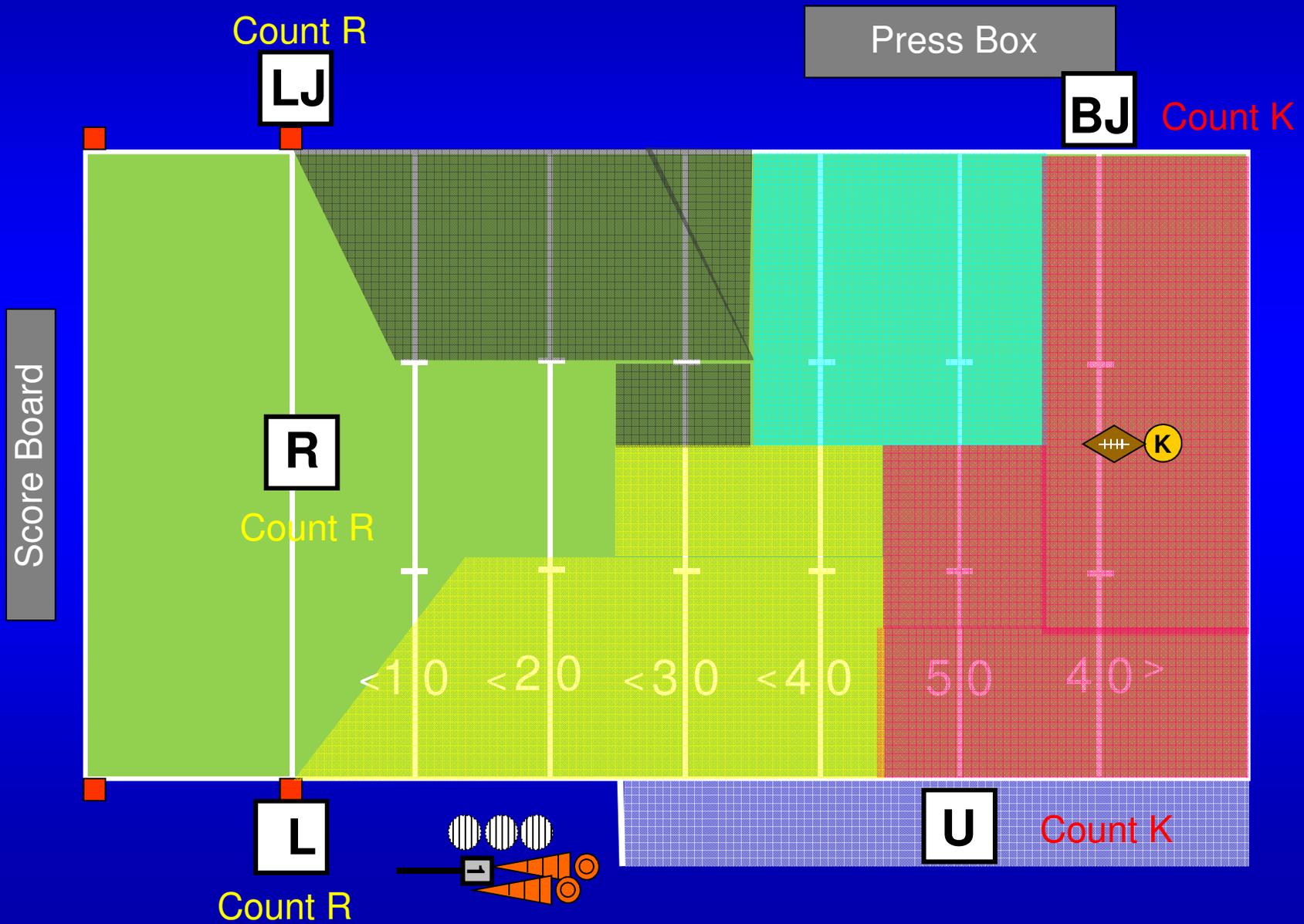
Proper Positioning

Press Box

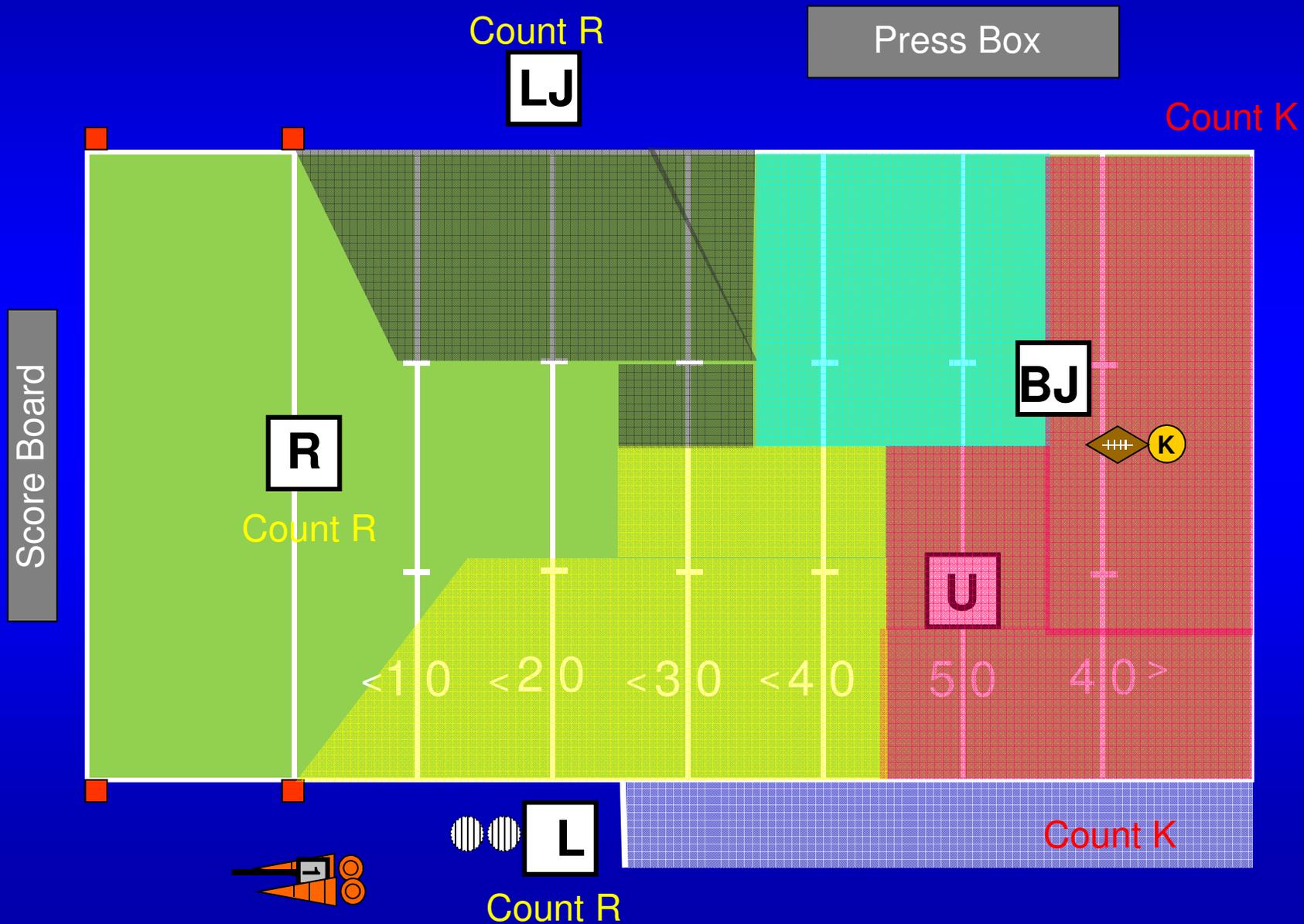
Score Board



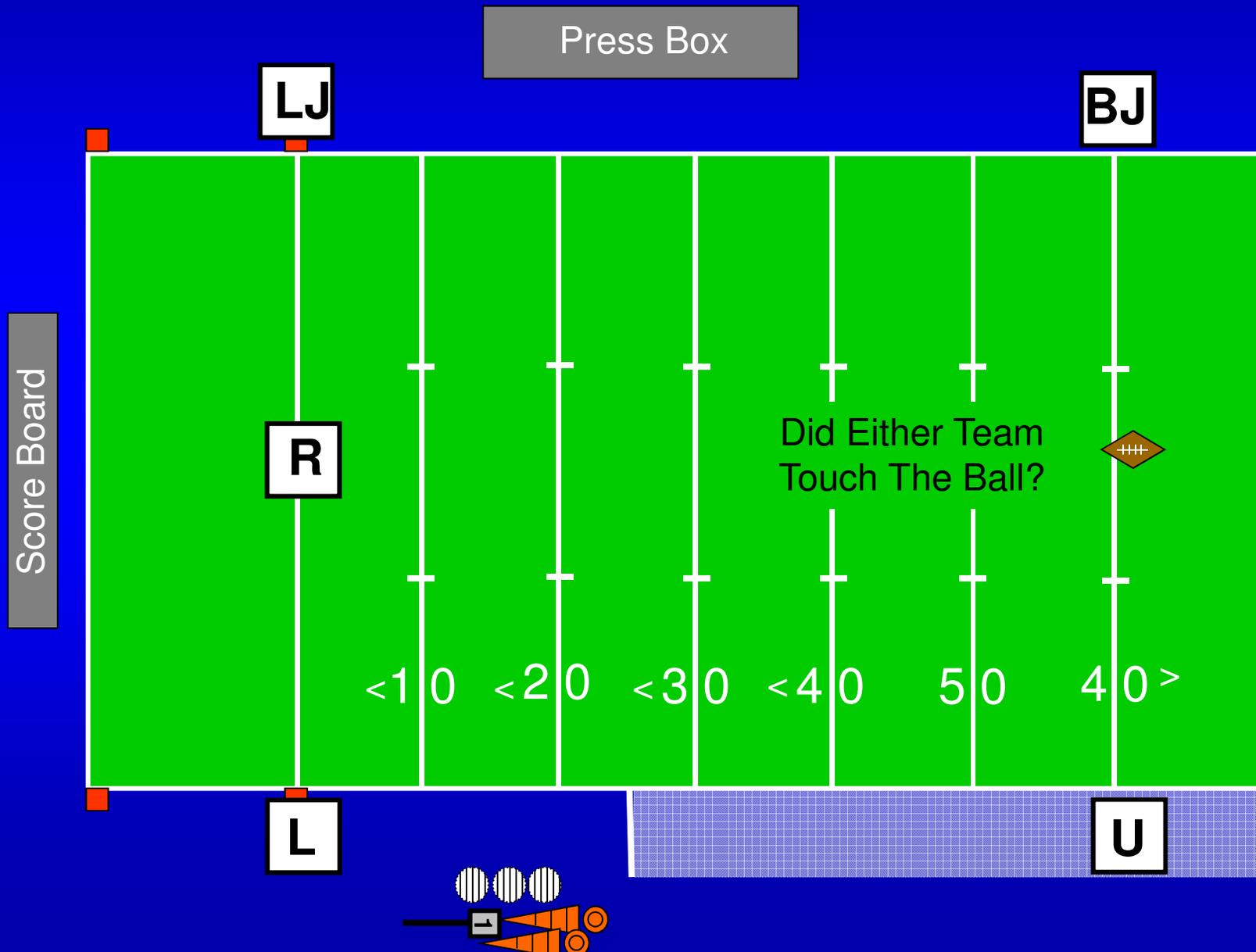
# Kick Off



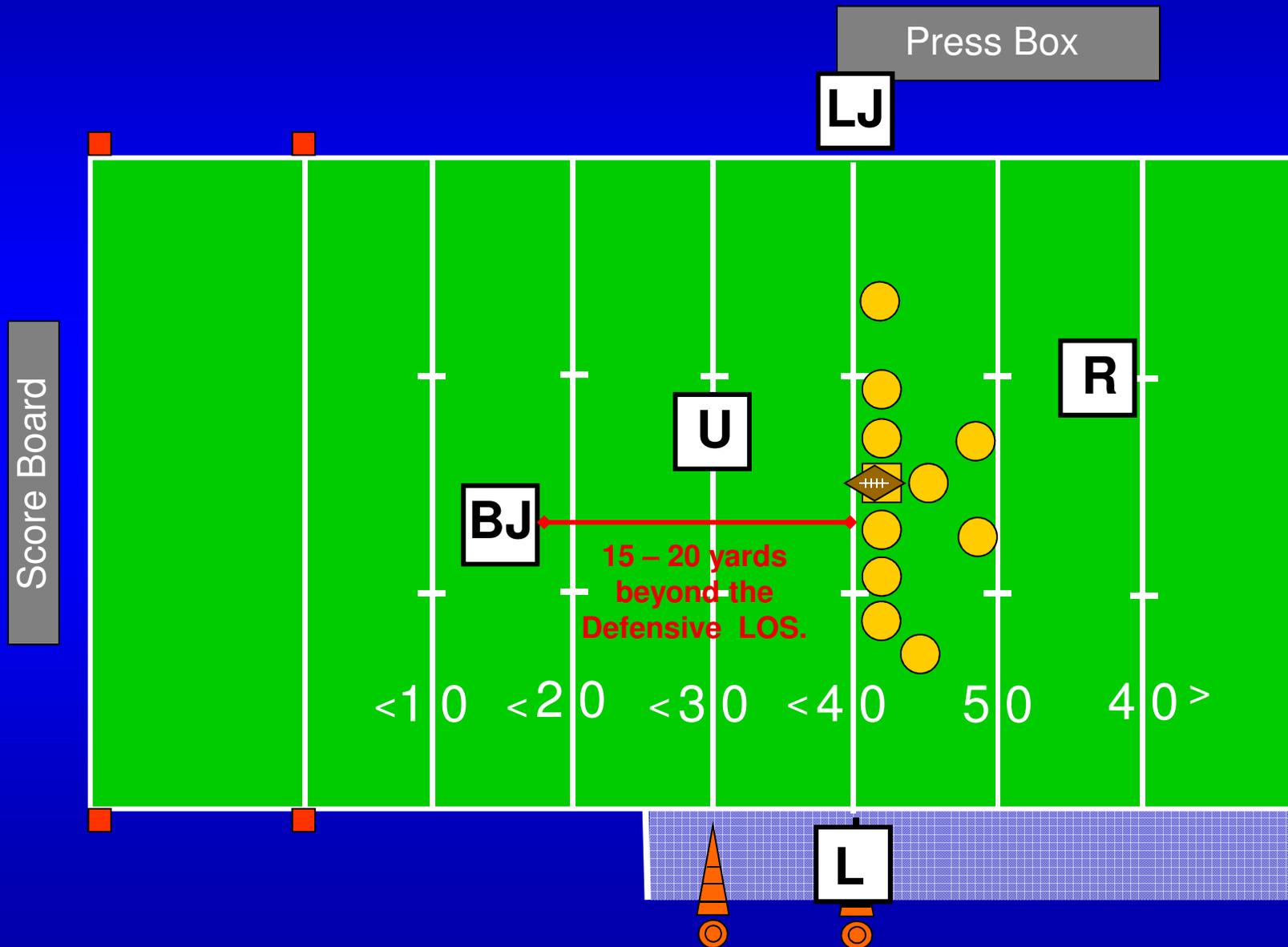
# Alter Position if Short Kick is Indicated by the Referee



# Onside Kick



# Standard Play/ Pre-Snap Position



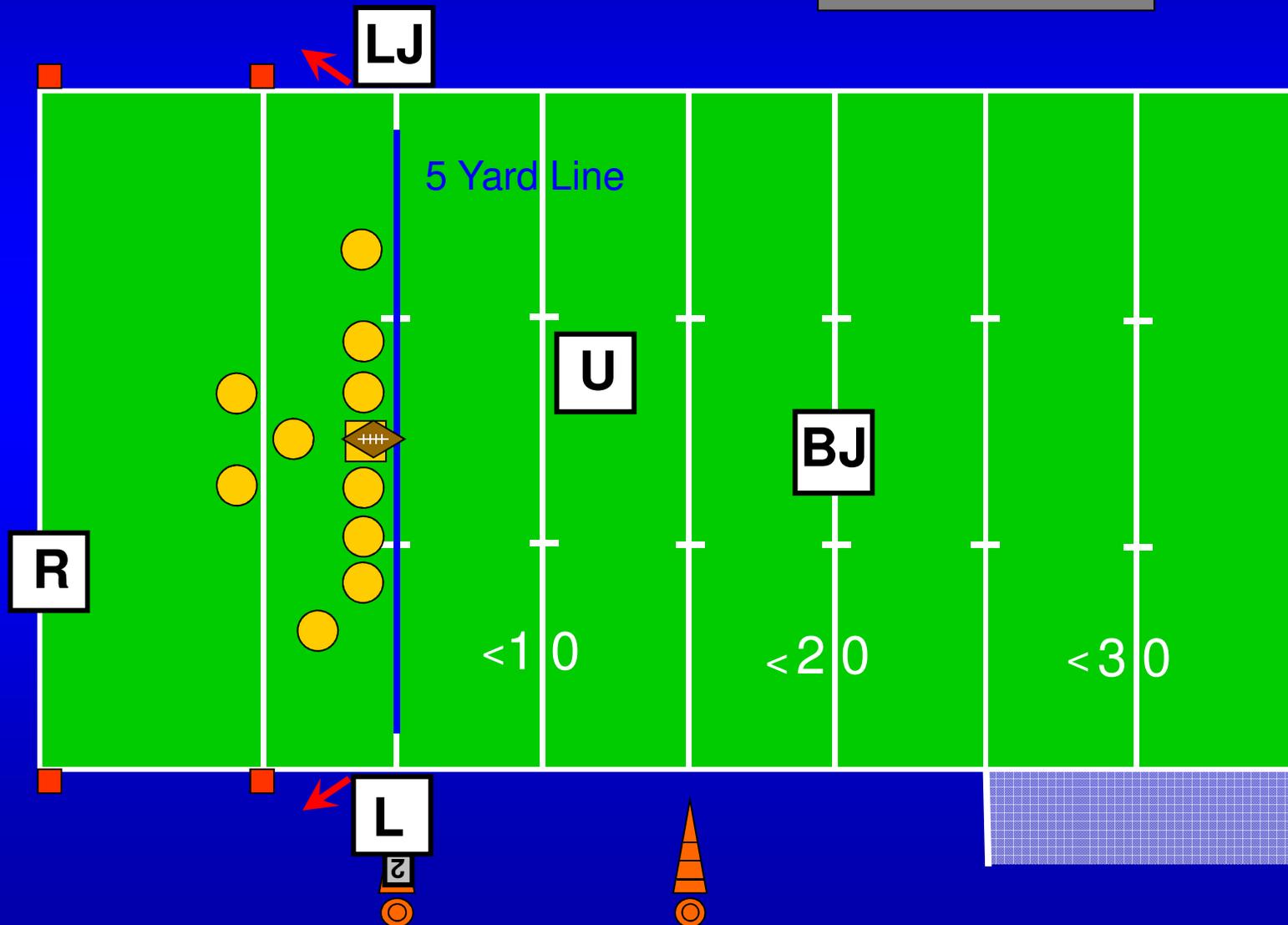




# Reverse Goal Line Mechanics

Reverse Goal Line Mechanics

Press Box



# Pre-Snap Duties

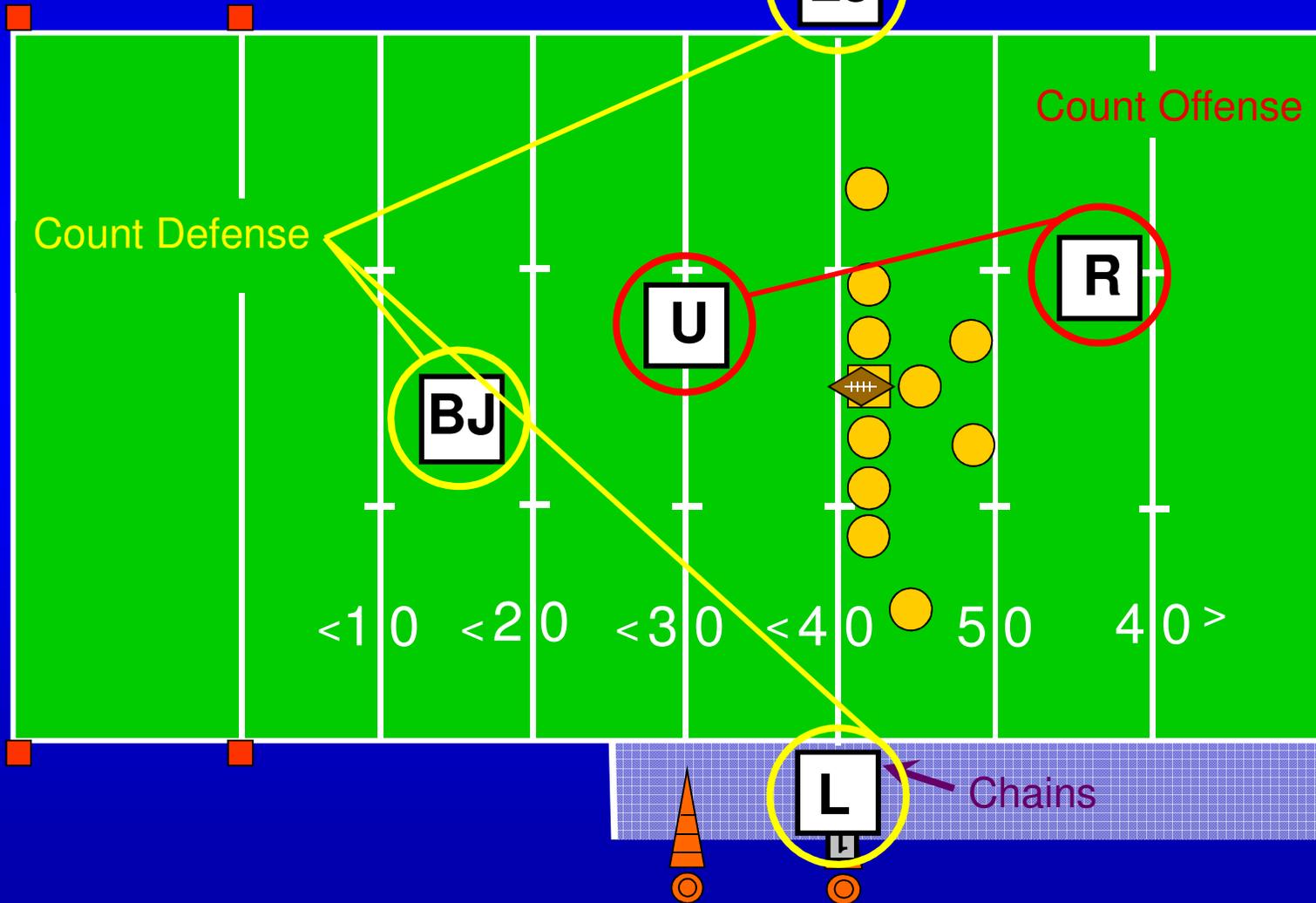
Counting

Press Box

Score Board

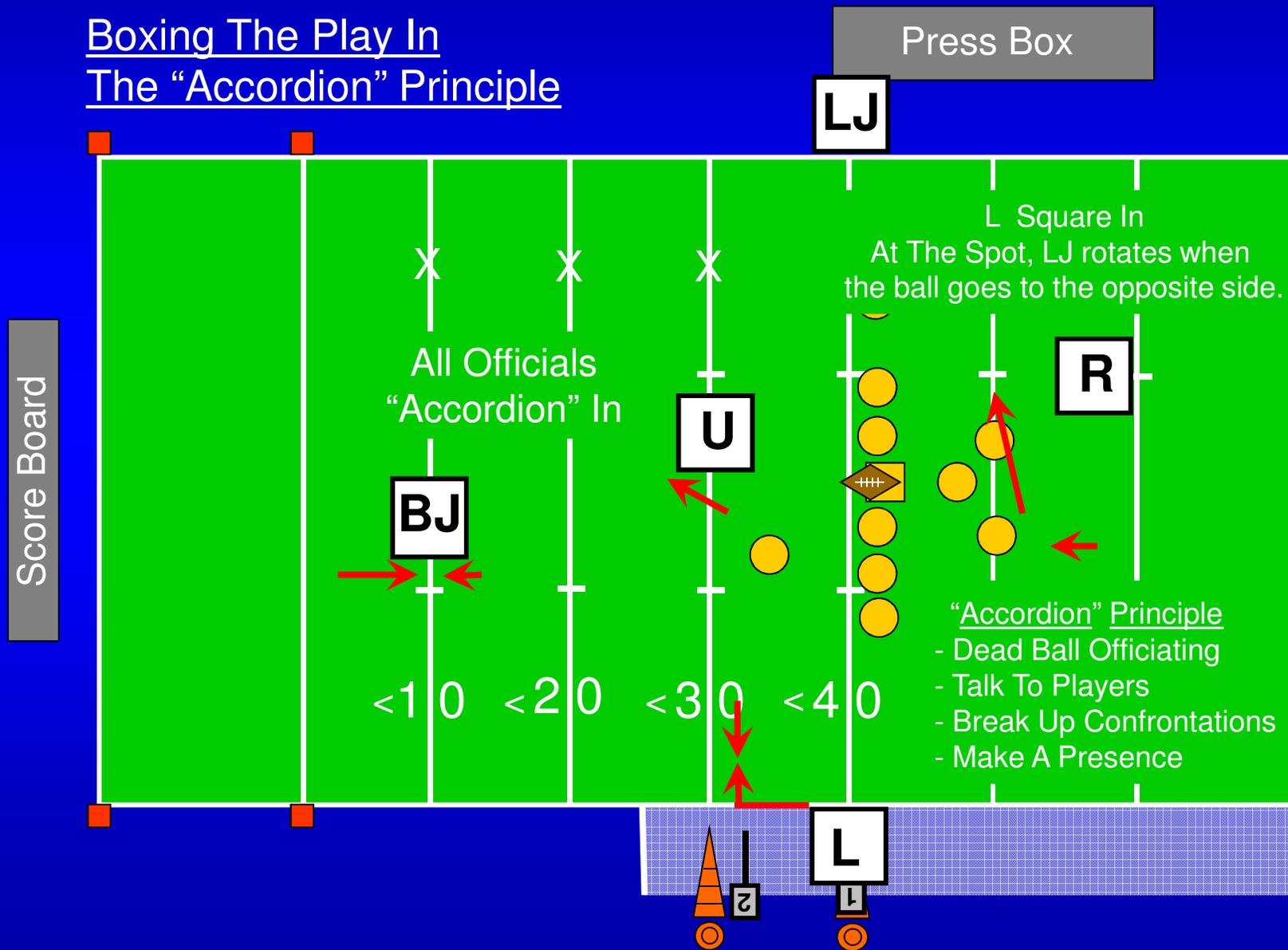
Count Defense

Count Offense



# Collapsing Box Coverage

## Boxing The Play In The "Accordion" Principle





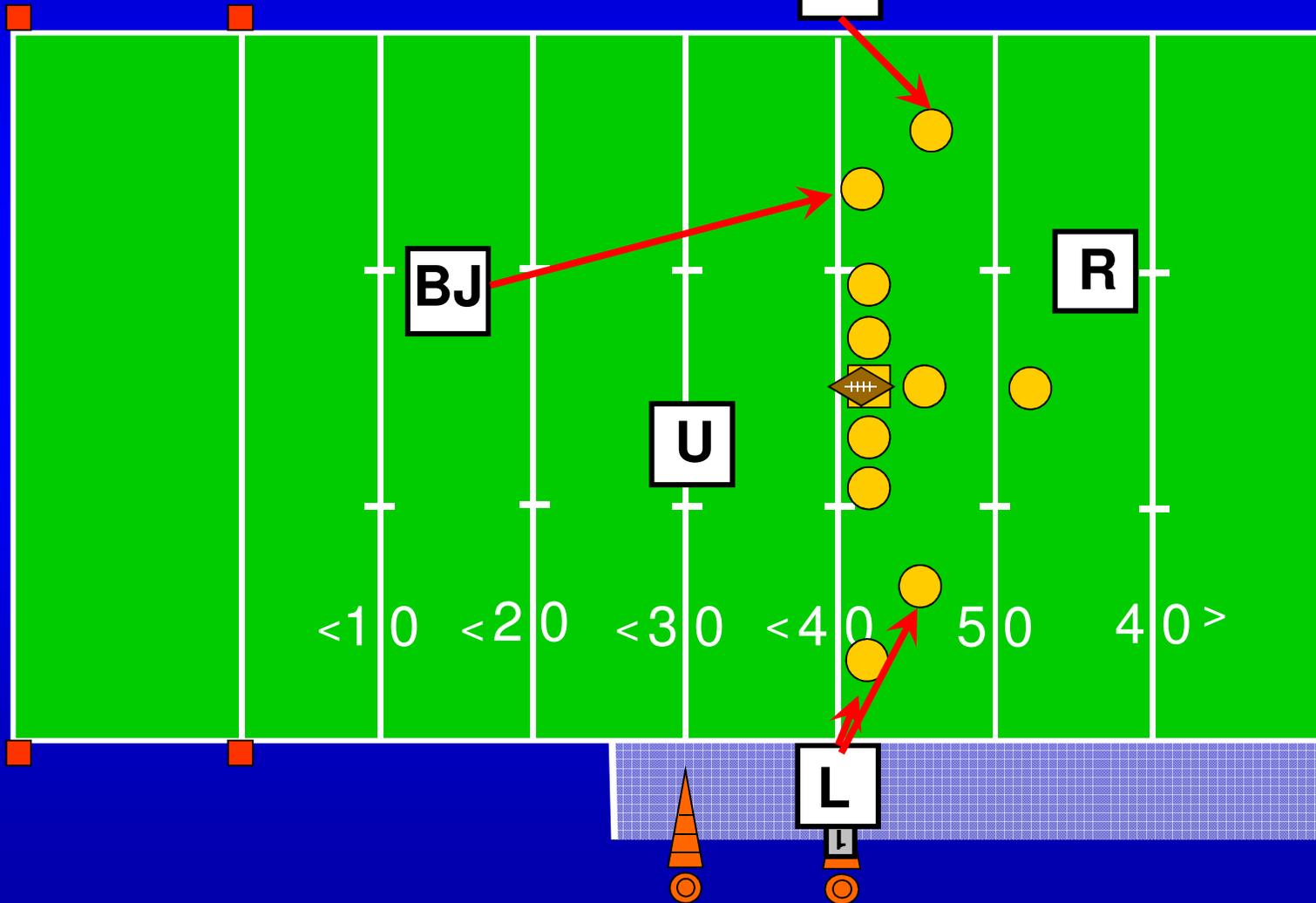


# Initial Keys

Double Wing

Press Box

Score Board

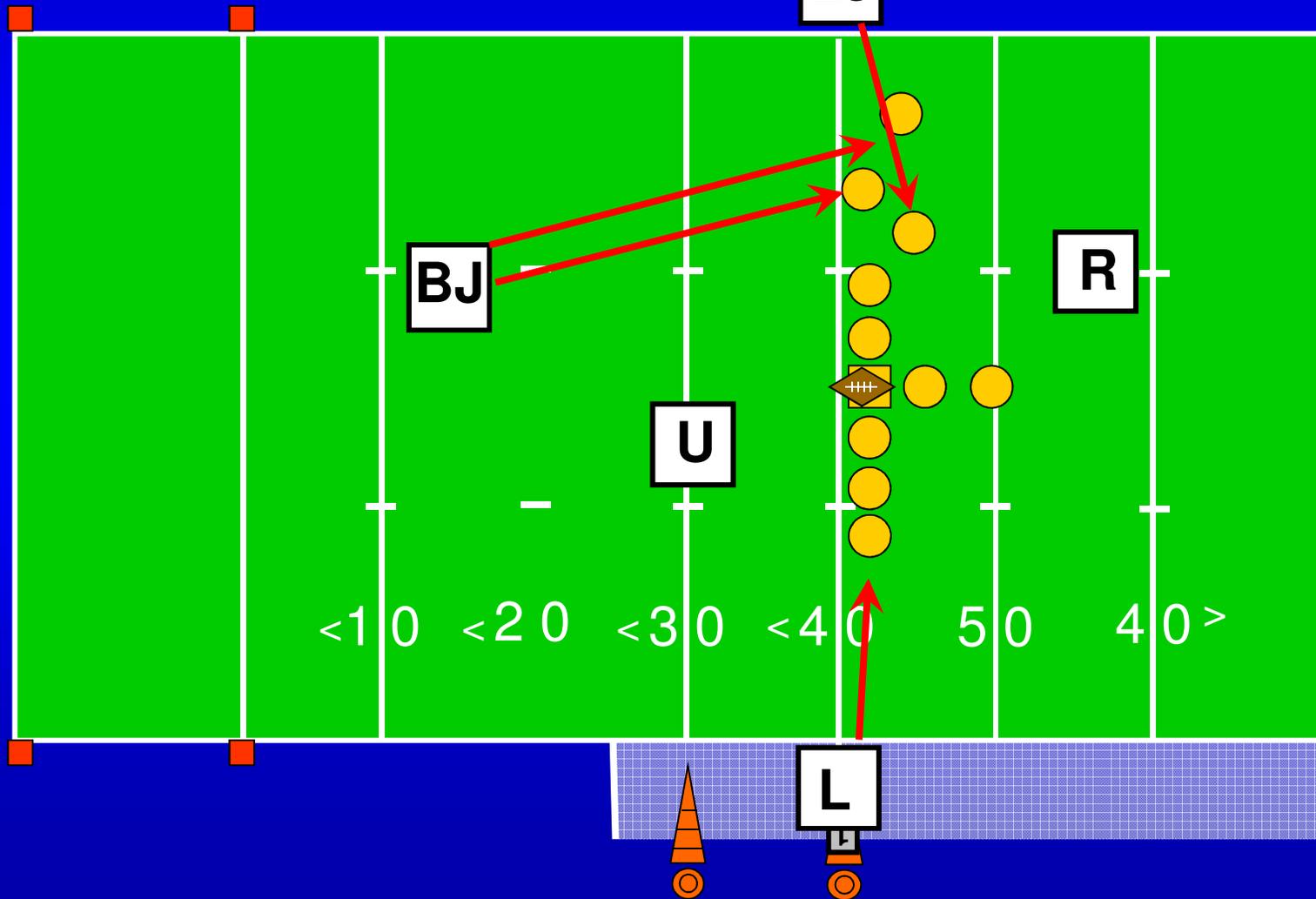


# Initial Keys

Trips Formation

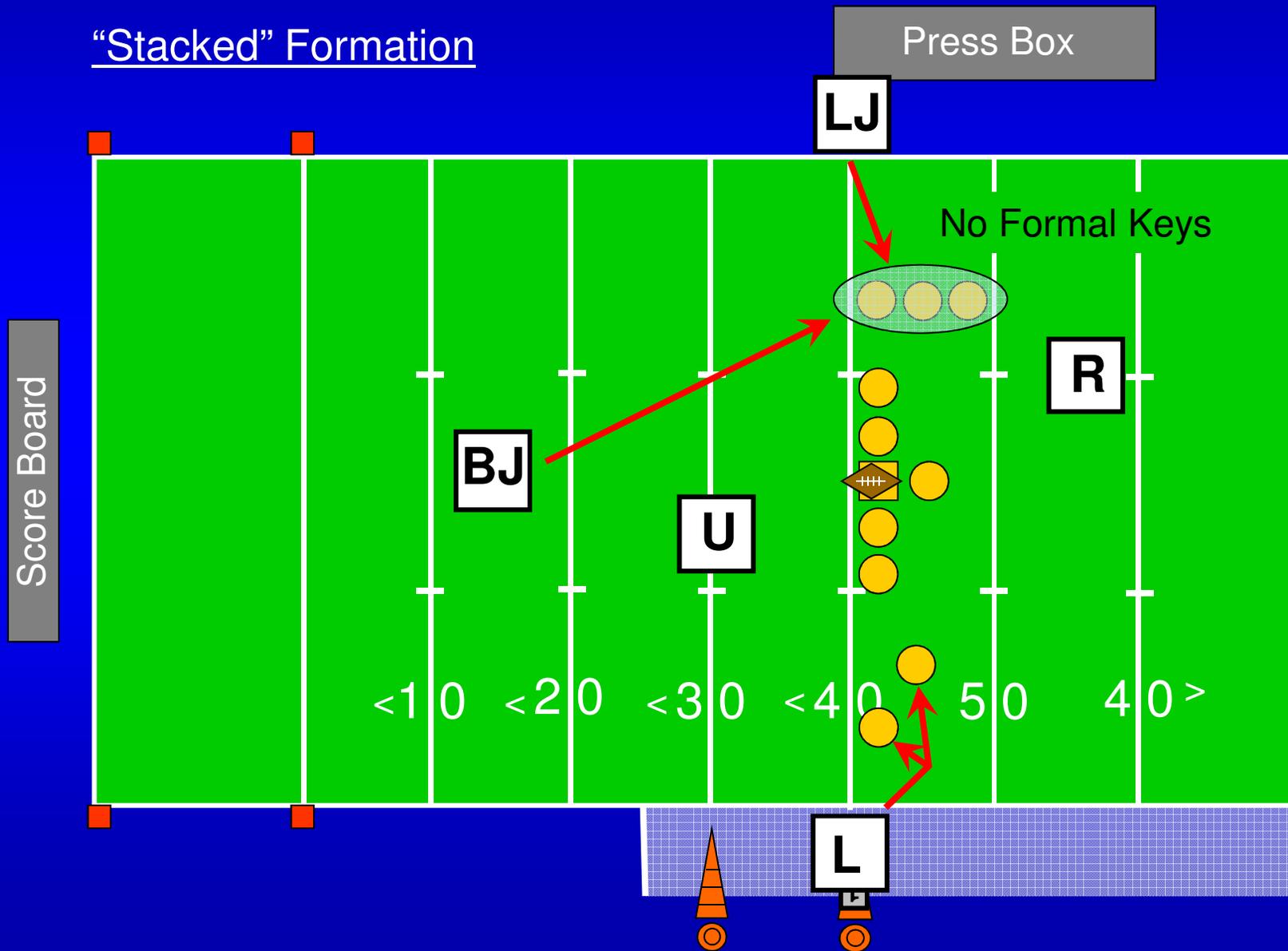
Press Box

Score Board



# Initial Keys

"Stacked" Formation



# Initial Keys

Balanced Formation

Press Box

LJ

Score Board

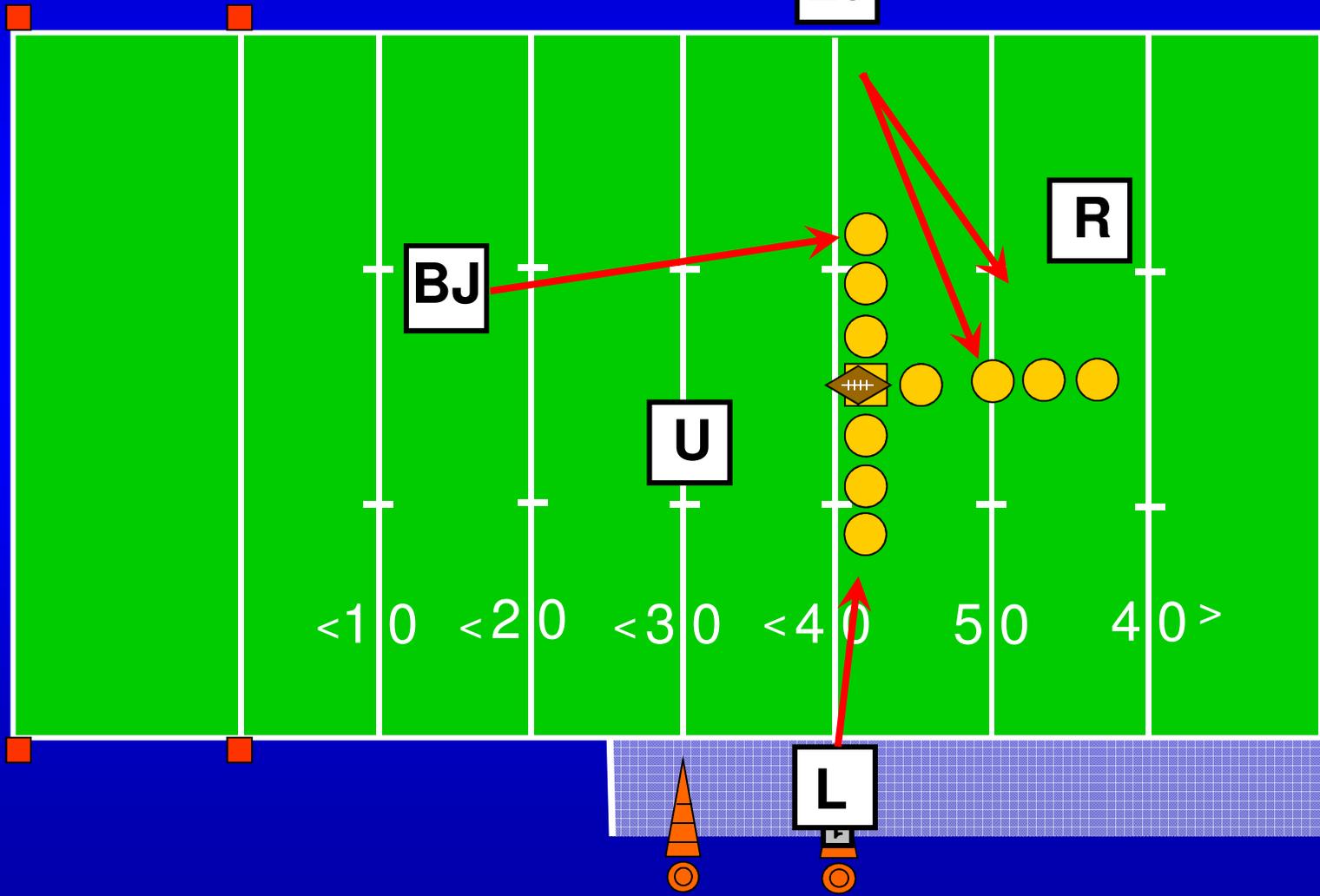
BJ

R

U

L

<10 <20 <30 <40 50 40 >



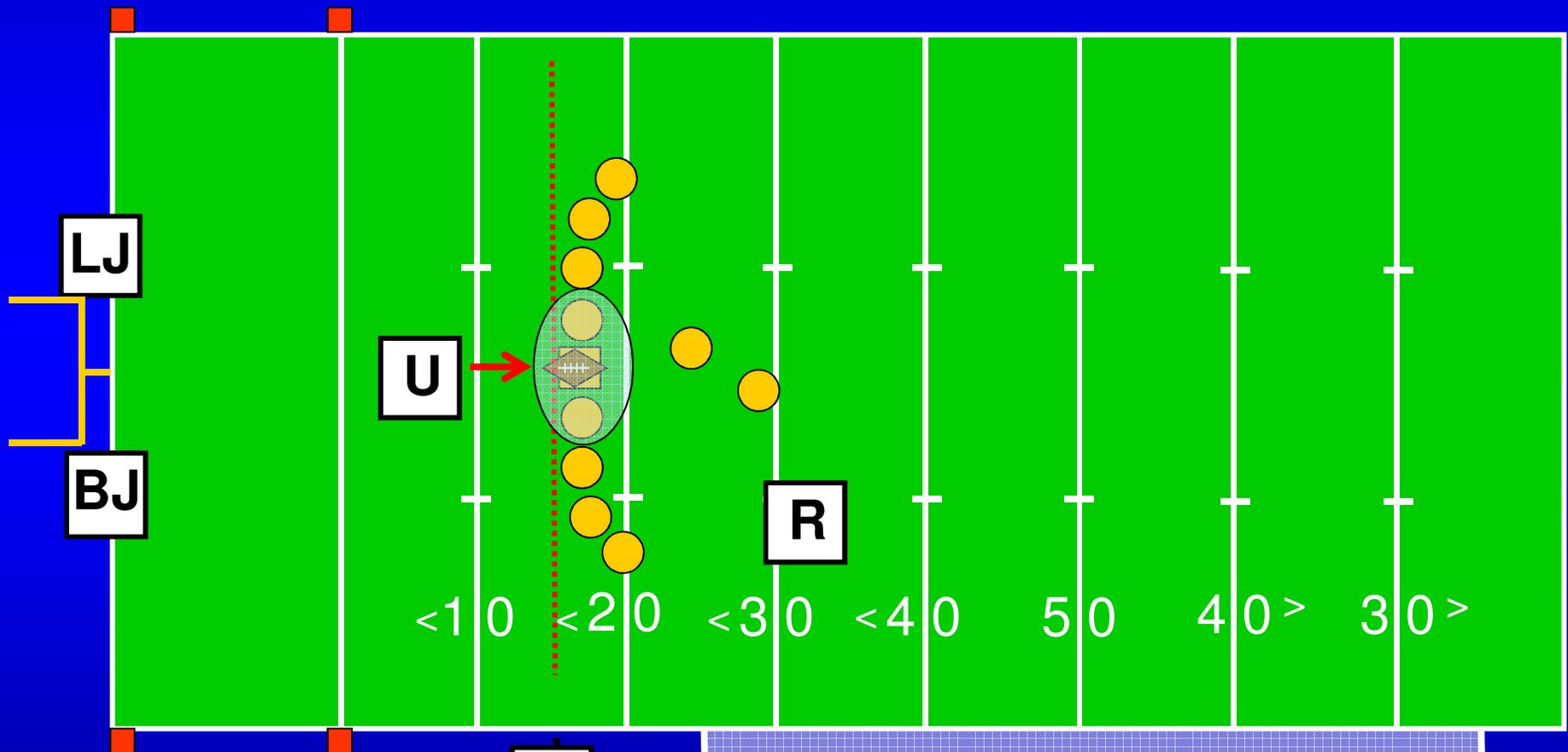




# FG And Try Mechanics

FG And Try Proper Positioning

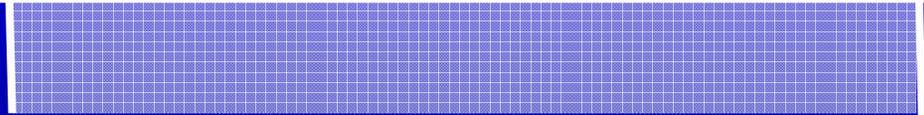
Press Box



If Blocked or Faked Outside the 25, LJ and BJ move to Pylons on the goal line.

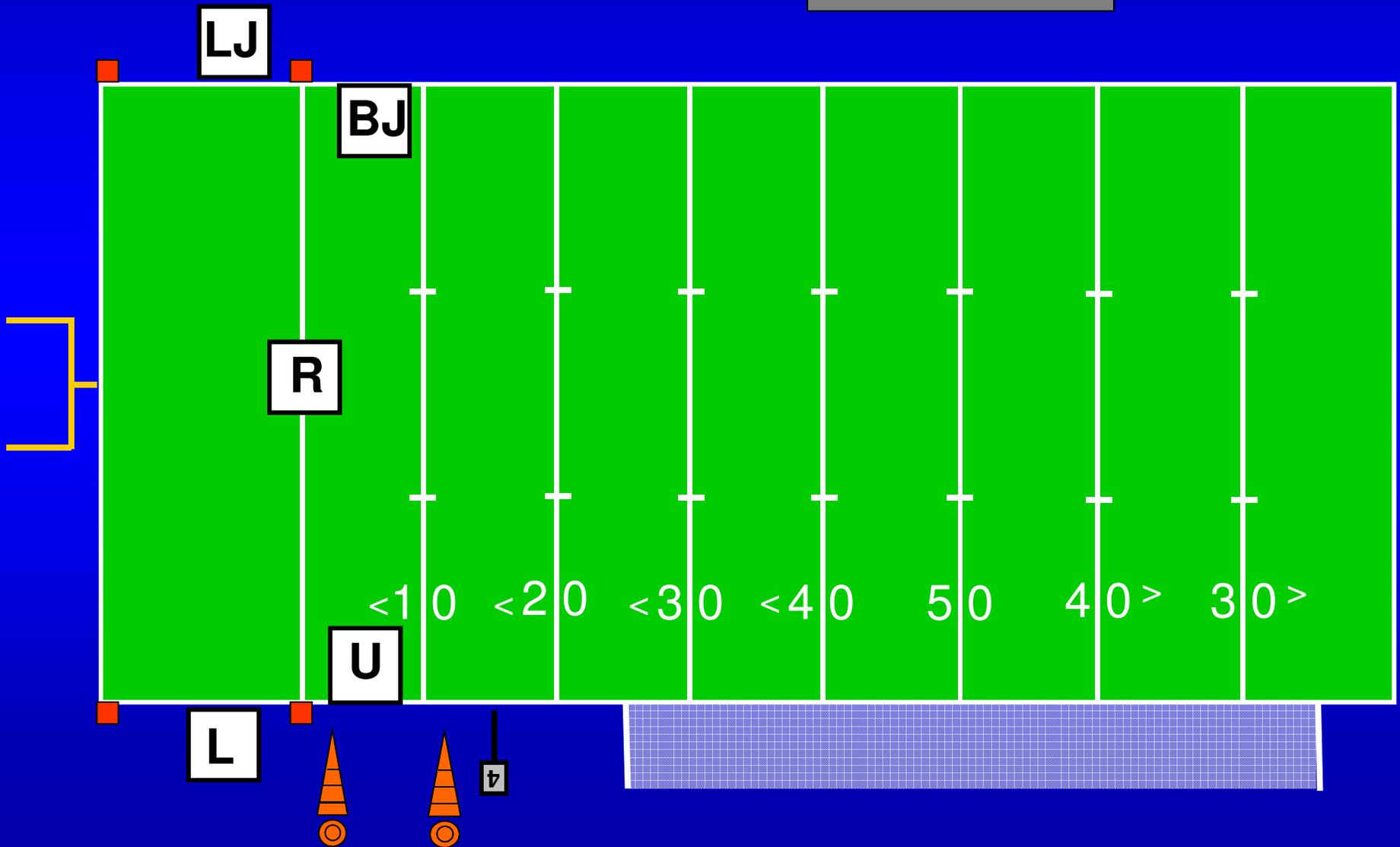


L



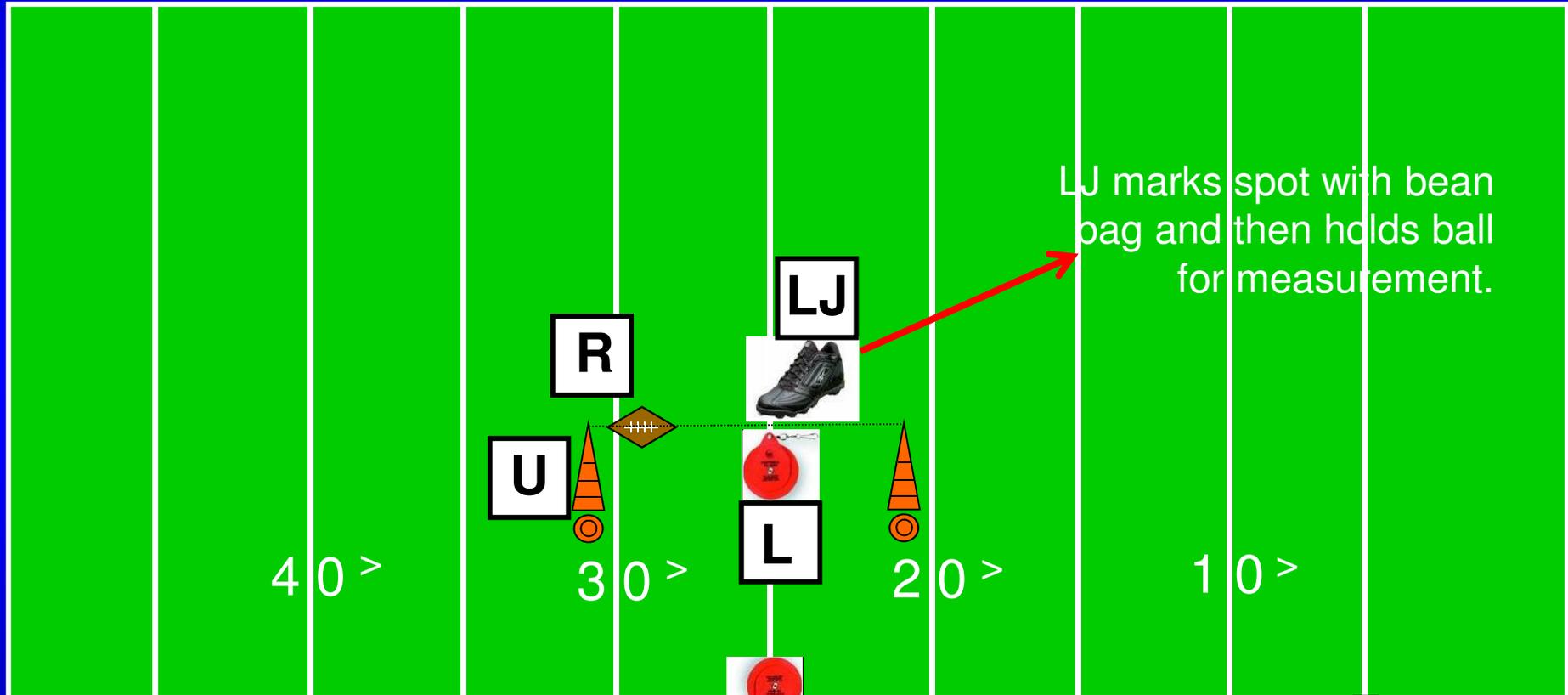
# After Try for Point Mechanics

Press Box

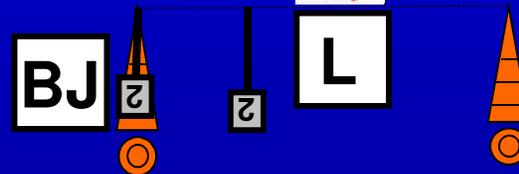


# Measurement Mechanics

Press Box



Back Judge  
Takes Charge  
Of The Box





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