



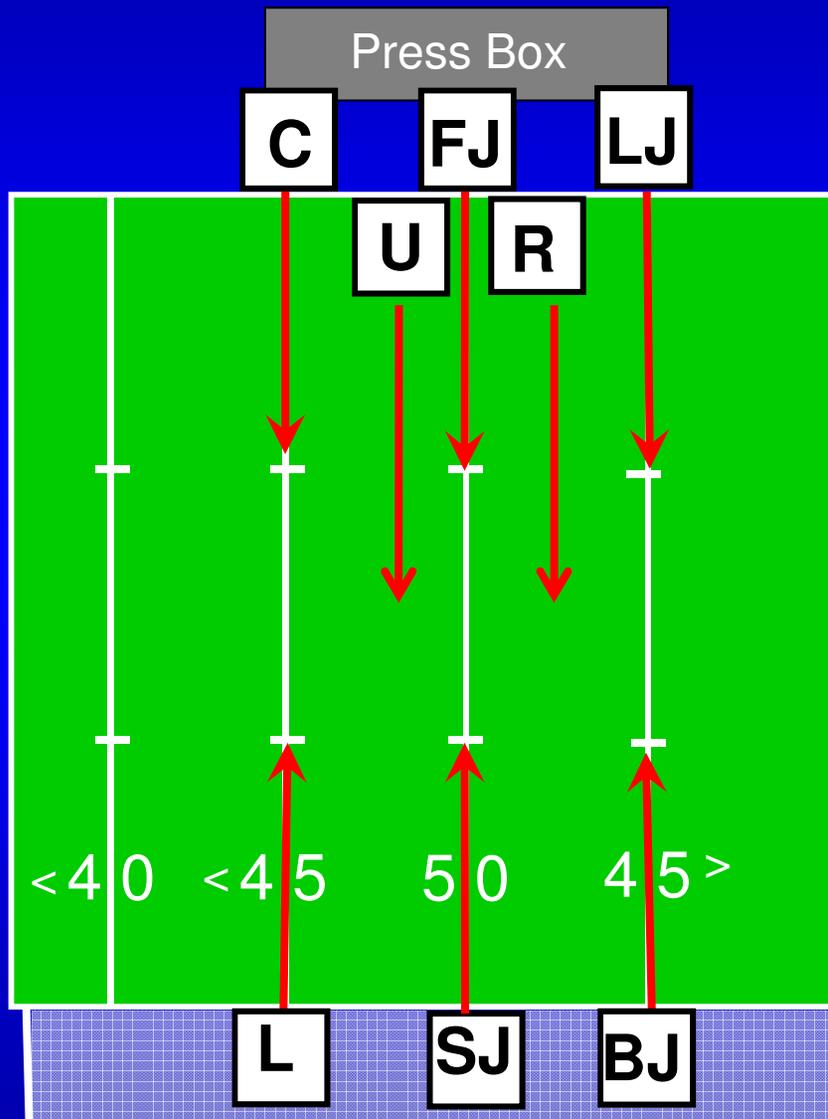
Tennessee Secondary School Athletic Association

Football 7 Man Mechanics

Coin Toss

Score Board

Proper
Positioning

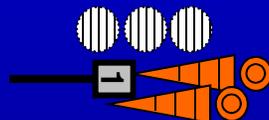
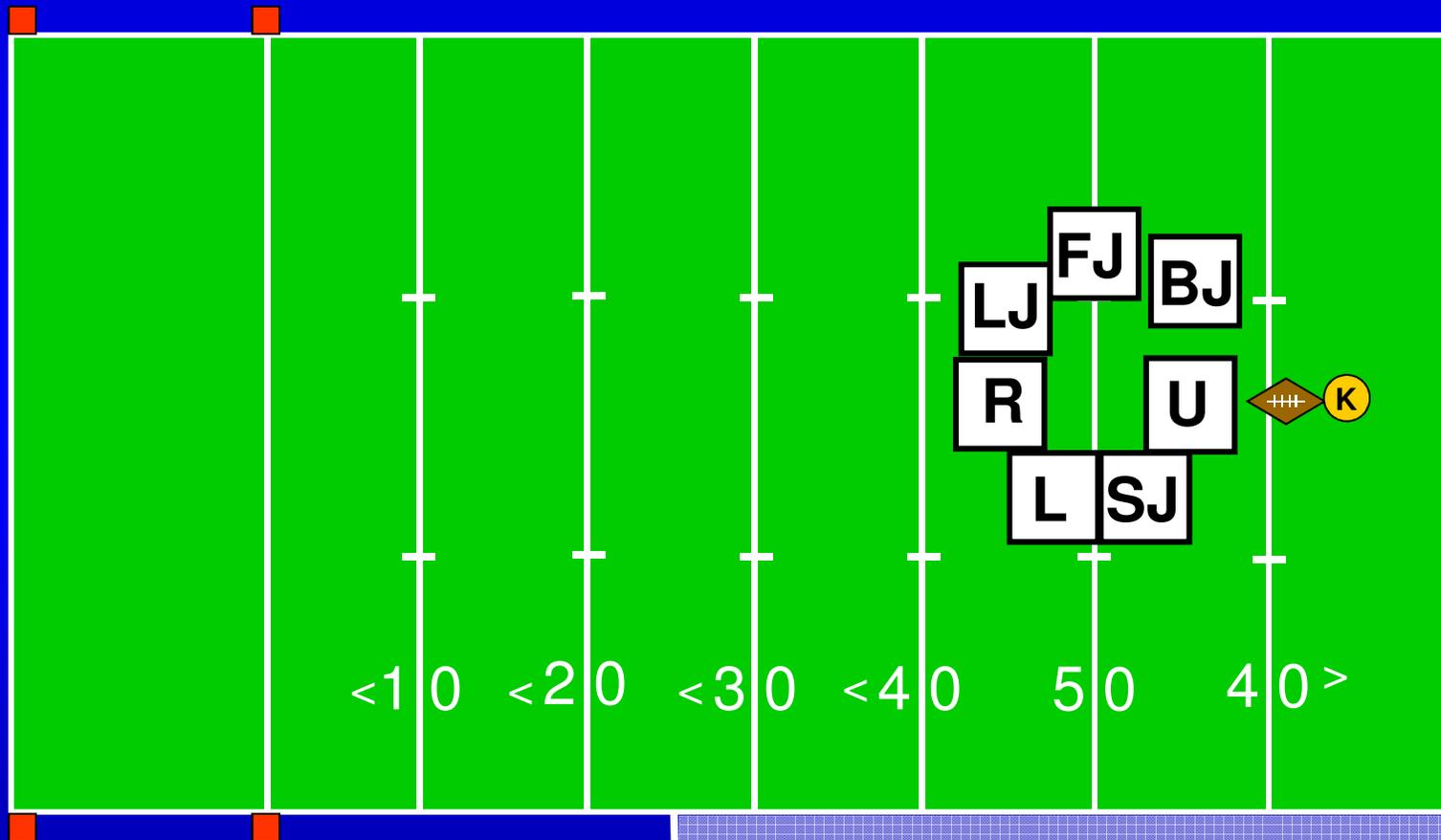


After Coin Toss To Kick Off

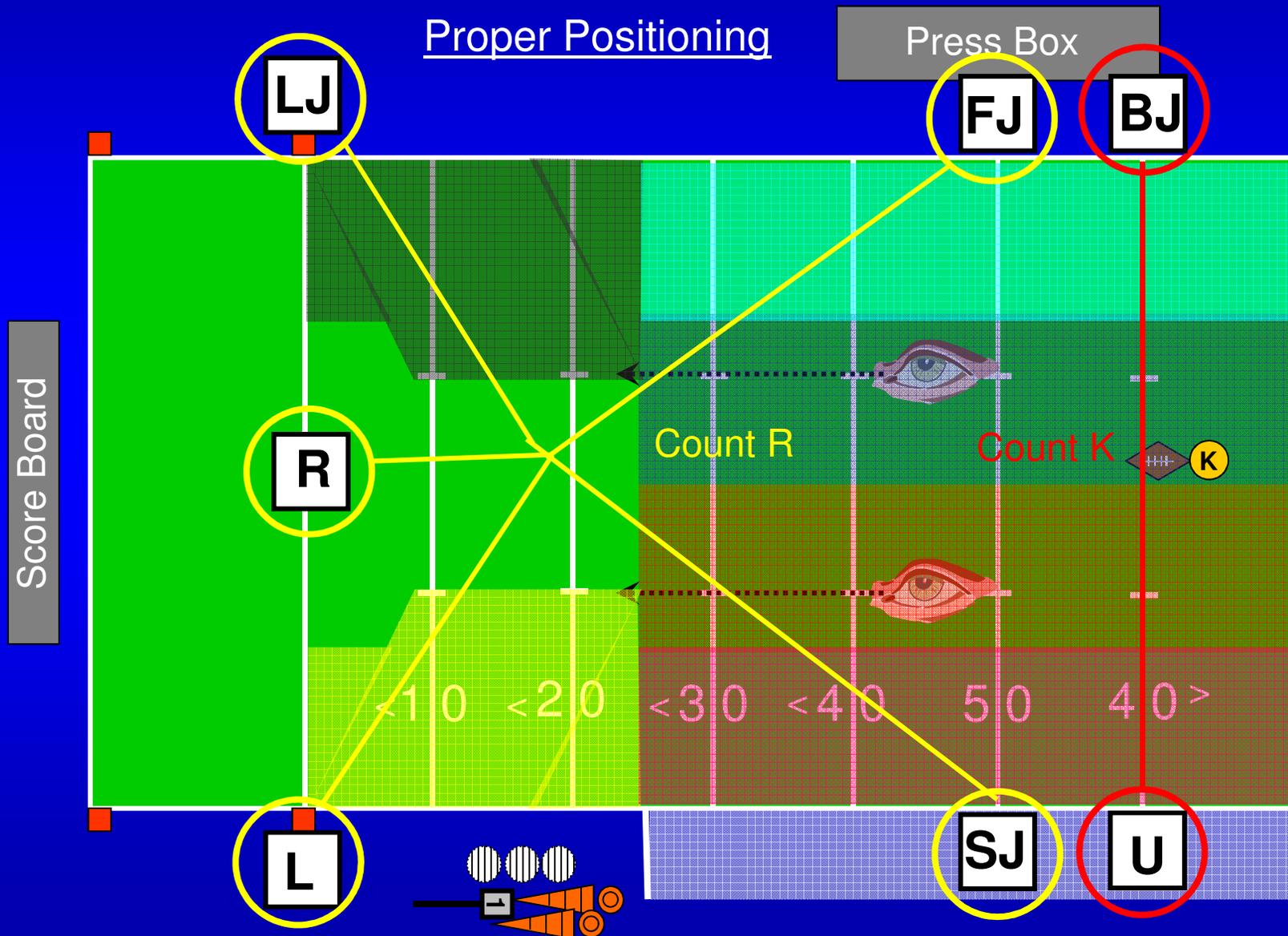
Proper Positioning

Press Box

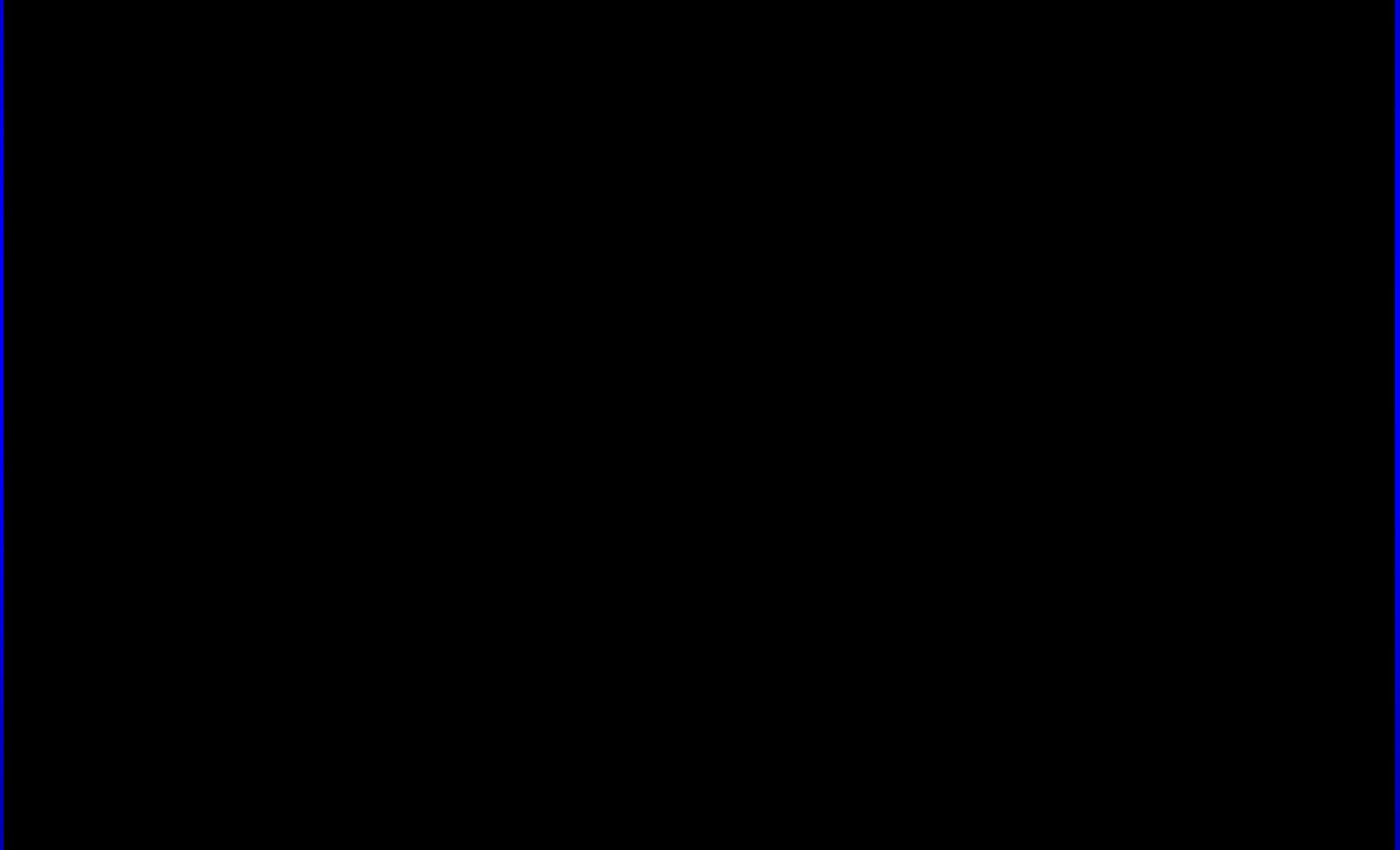
Score Board



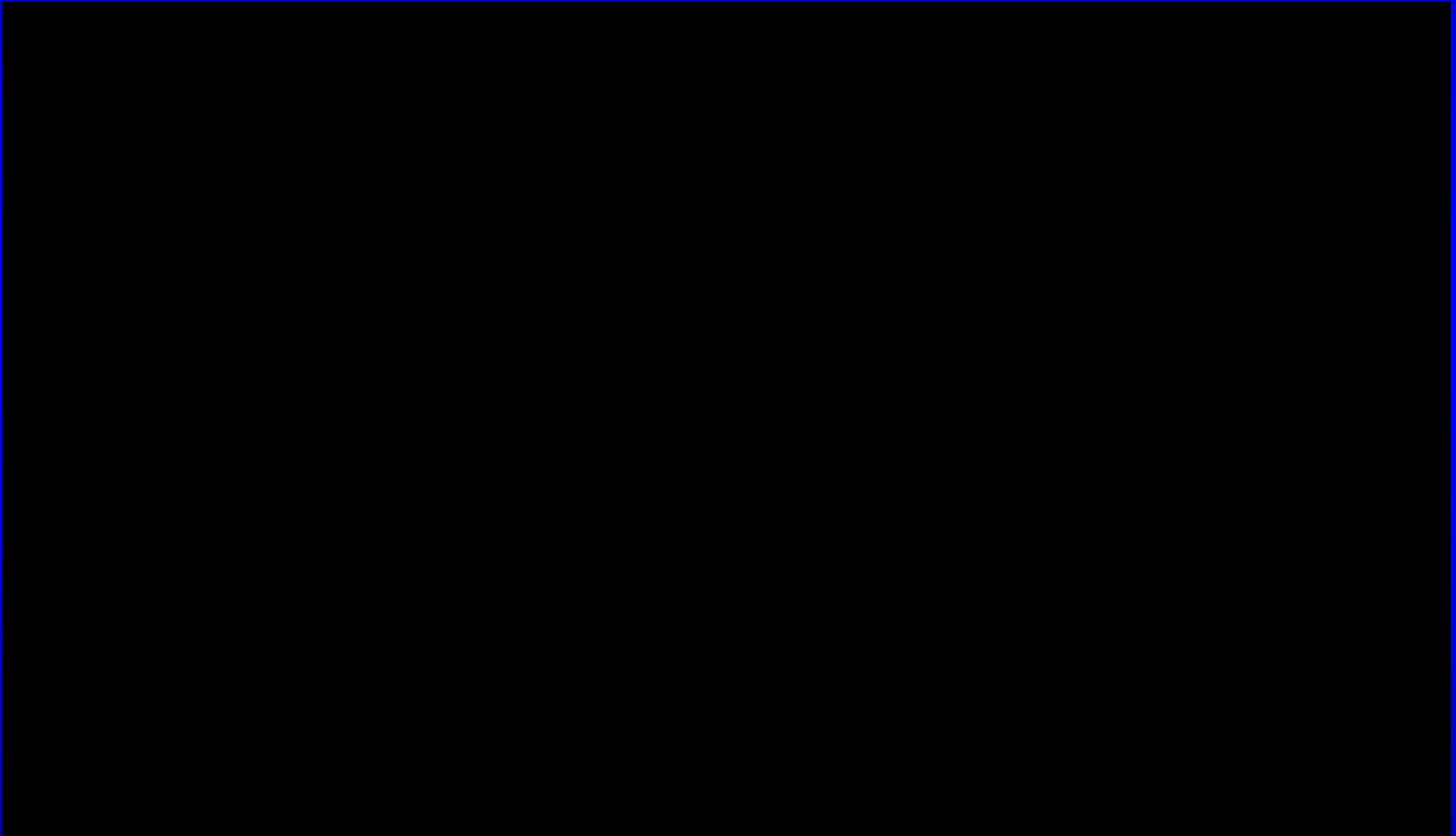
Kick Off



Kick Off-Side Zone



Kick Off-End Zone



Onside Kick – Six In The Box

Referee to Determine When to Go to Six in the Box

Proper Positioning

Press Box

FJ ↓ BJ

LJ

R

L

SJ

U

Score Board

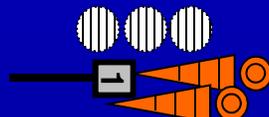
Did Either Team Touch The Ball?

Did The Ball Go 10 yards?

Did The Ball Hit The Ground?



<10 <20 <30 <40 50 40>

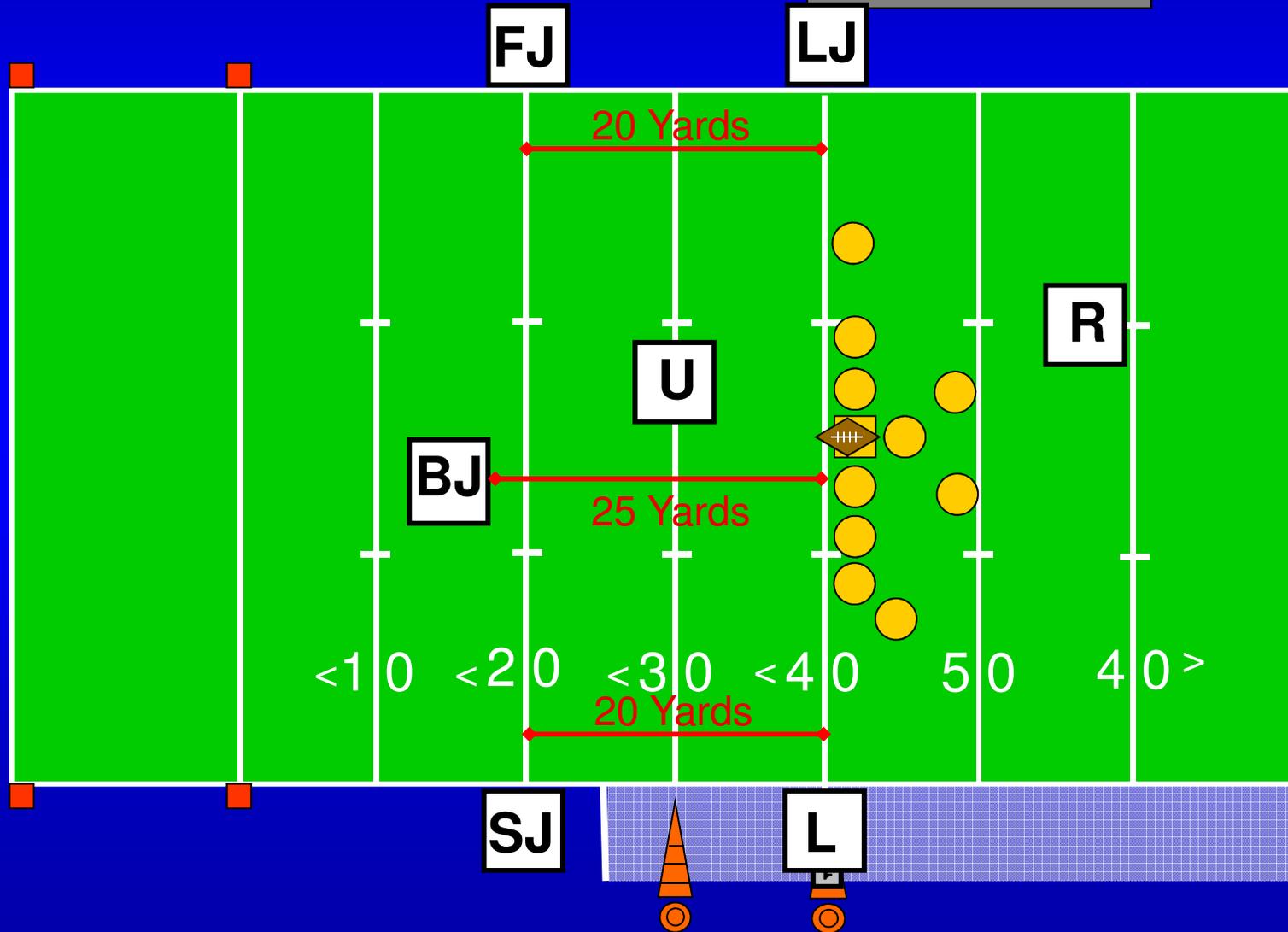


Standard Play

Standard Play Proper Positioning

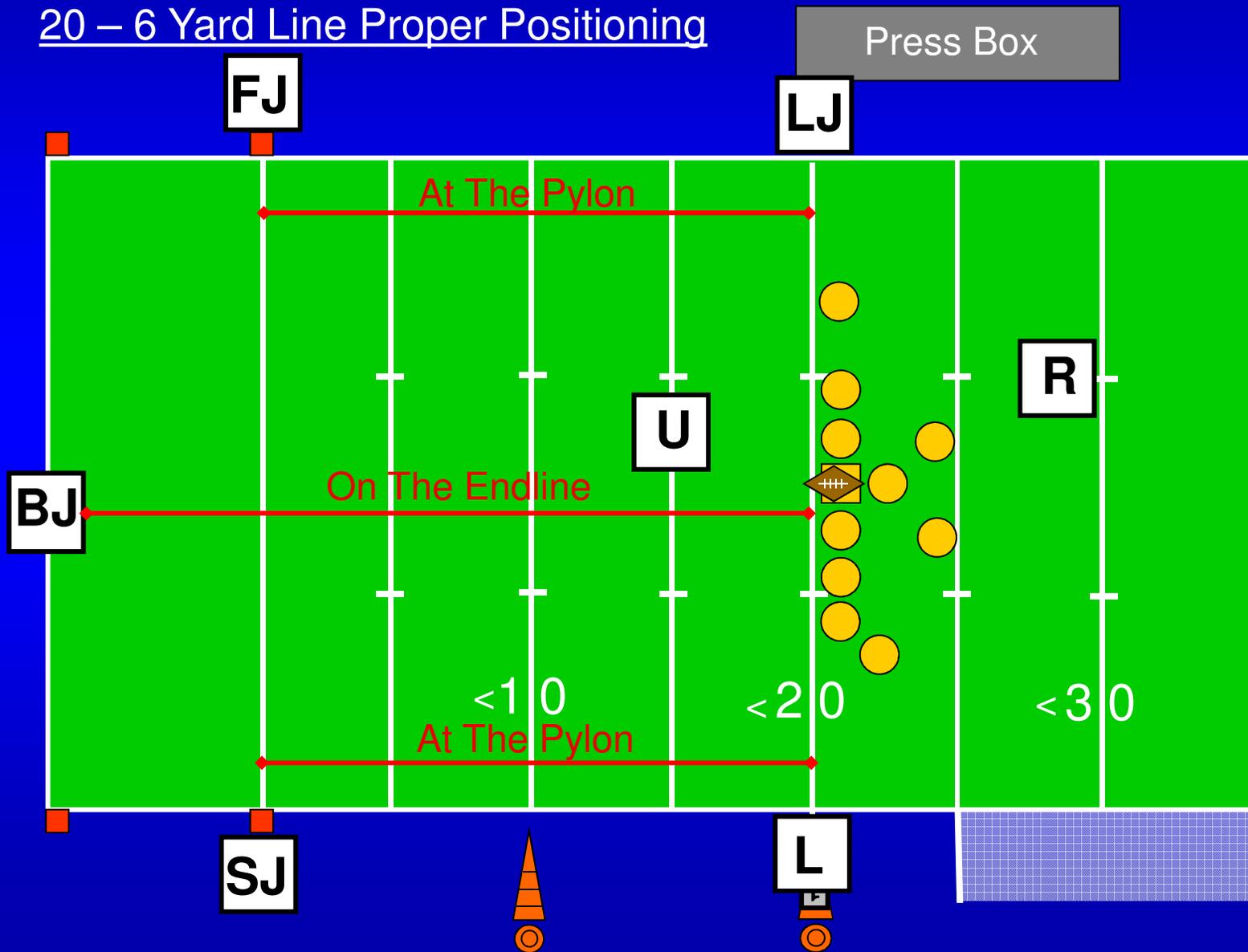
Press Box

Score Board

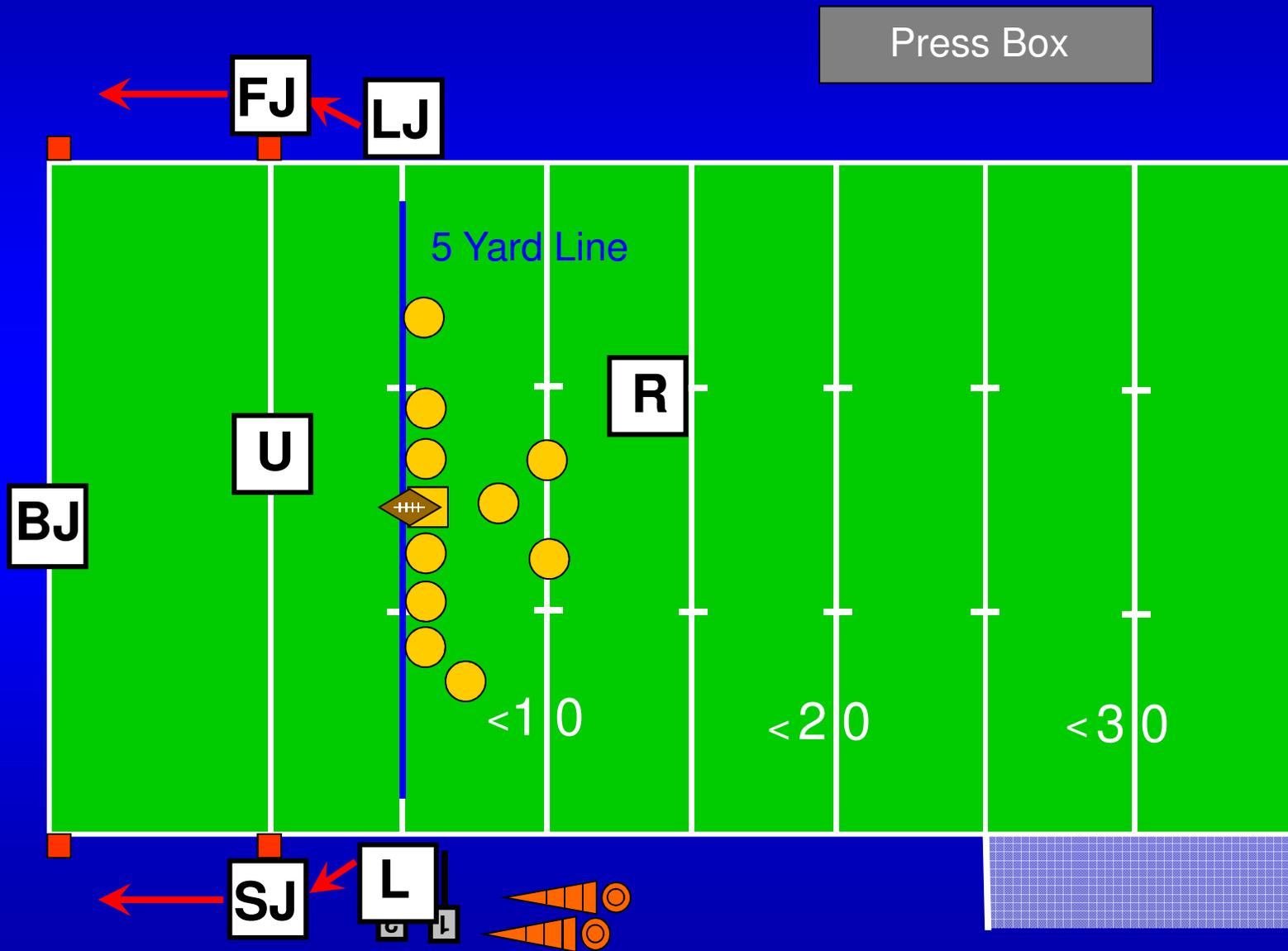


Inside The 20 Yard Line

20 – 6 Yard Line Proper Positioning



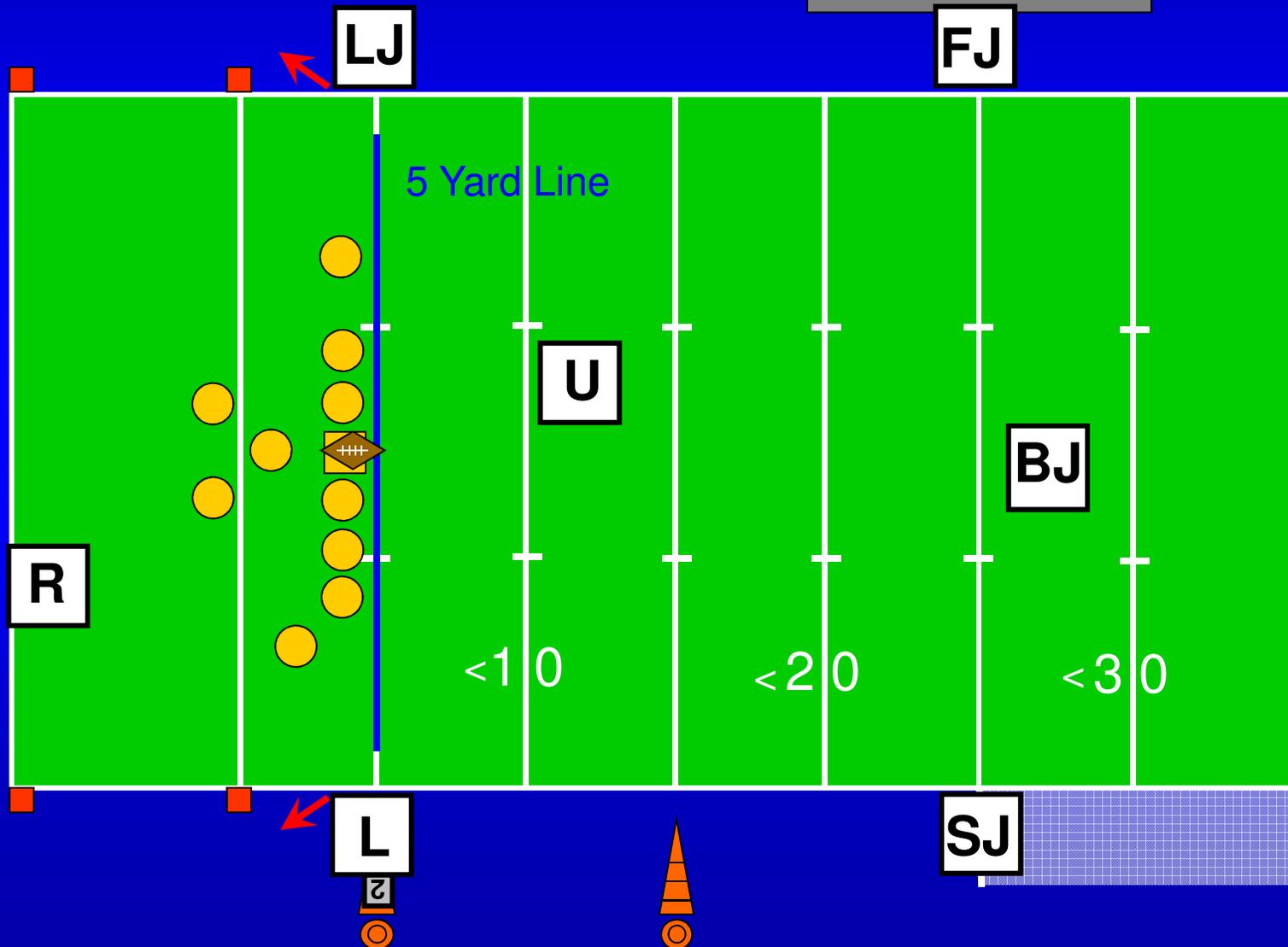
Approaching The Goal Line



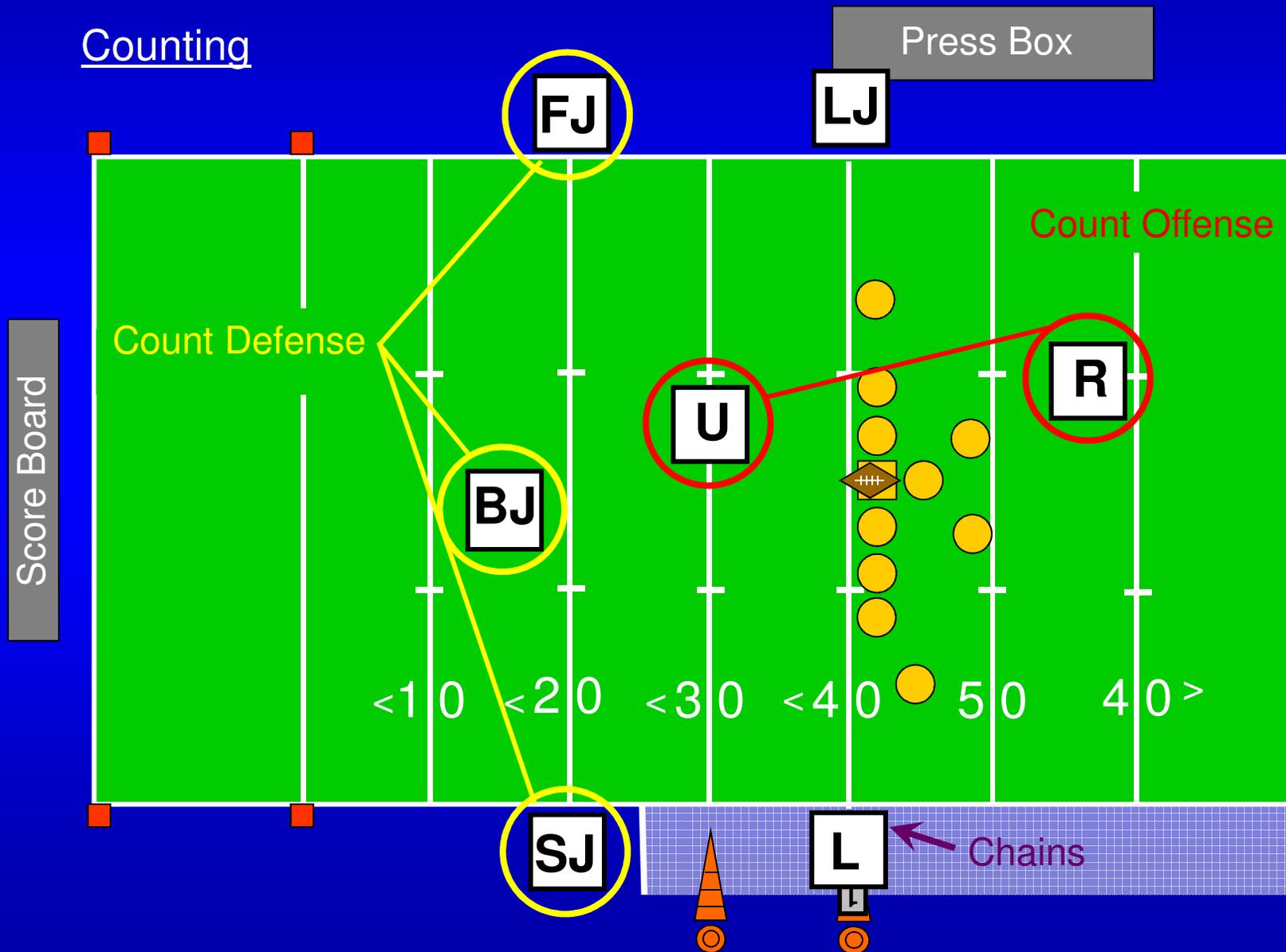
Reverse Goal Line Mechanics

Reverse Goal Line Mechanics

Press Box



Pre-Snap Duties



Collapsing Box Coverage

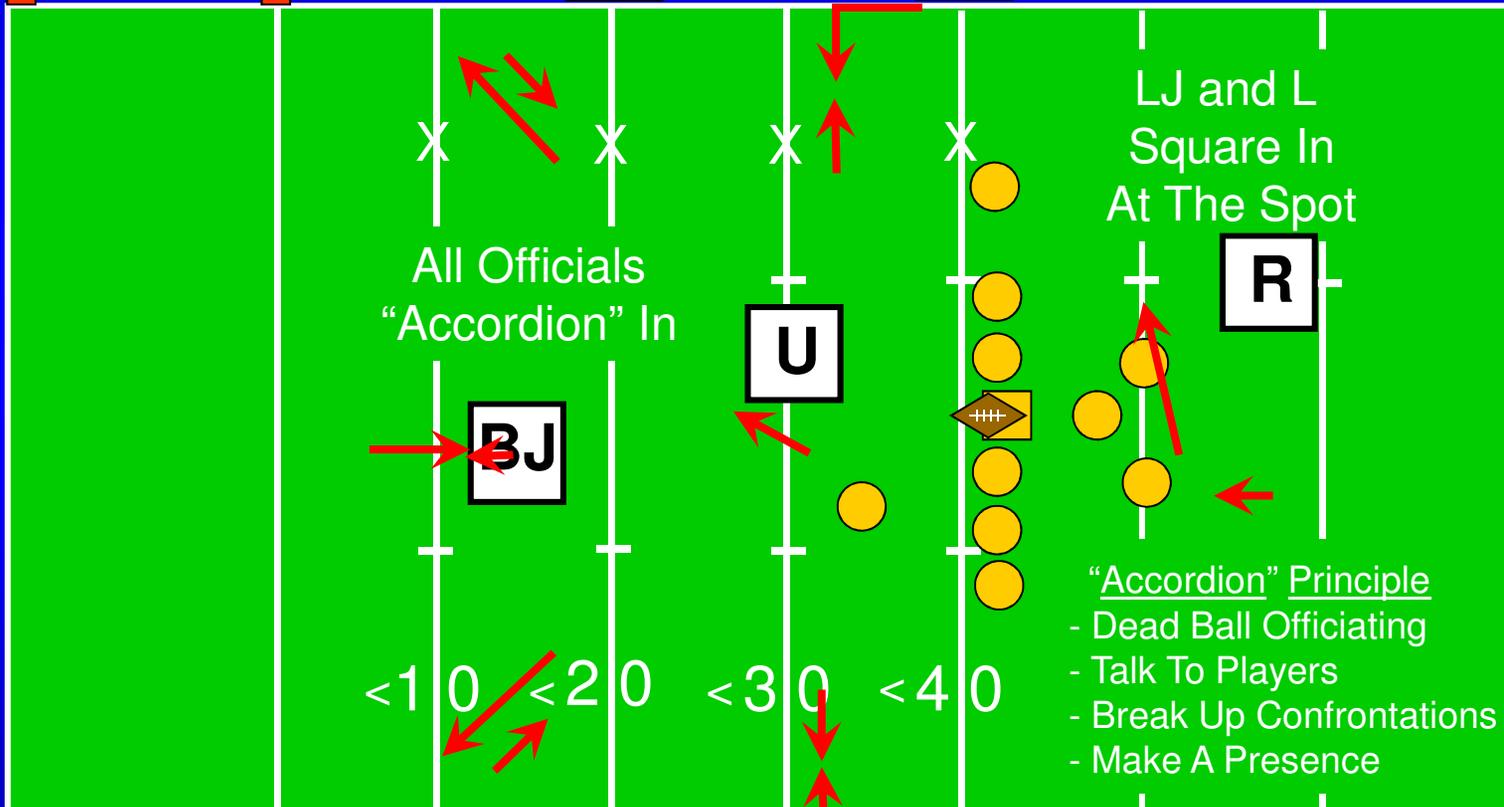
Boxing The Play In
The "Accordion" Principle

Press Box

FJ

LJ

Score Board

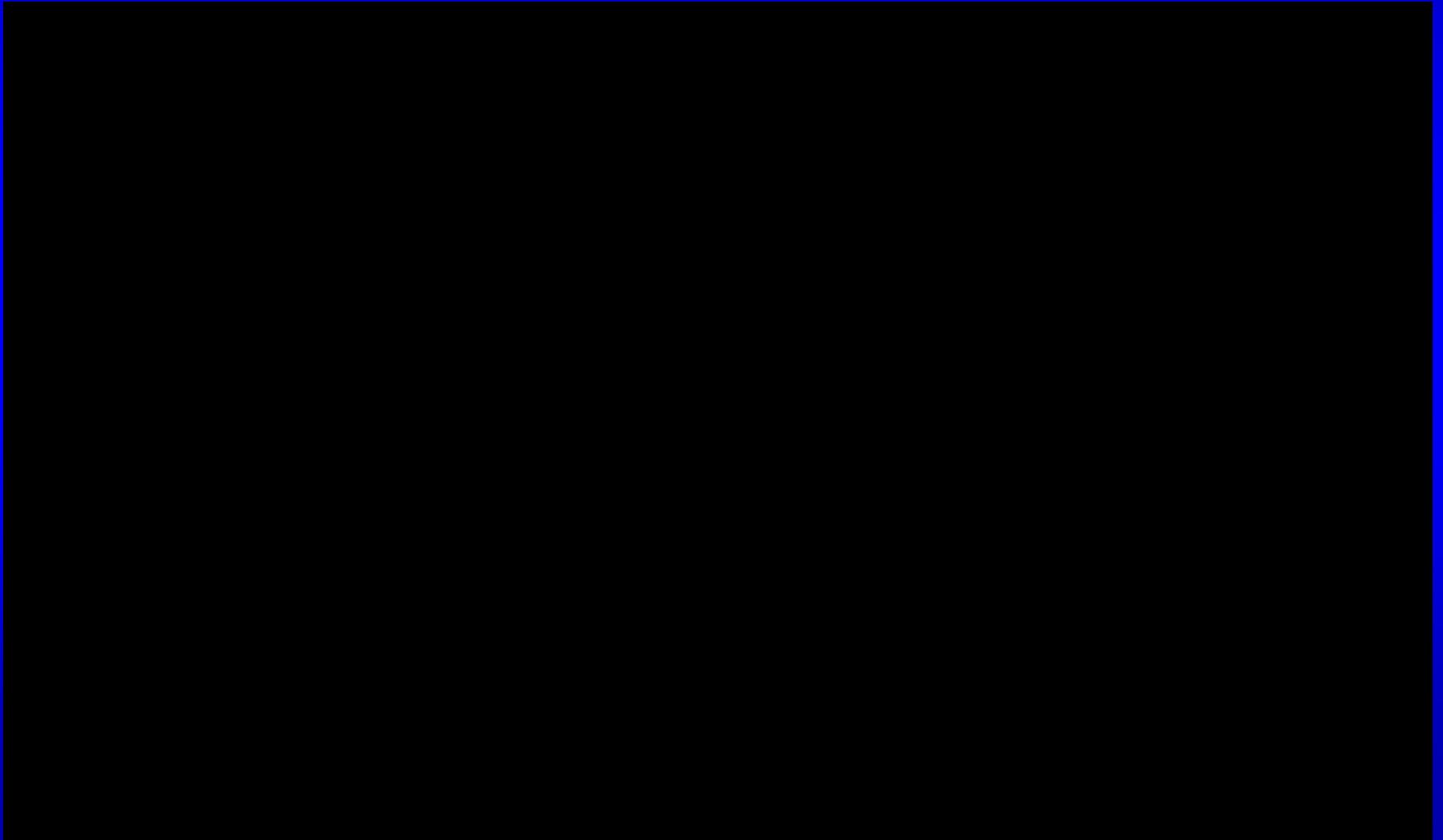


SJ

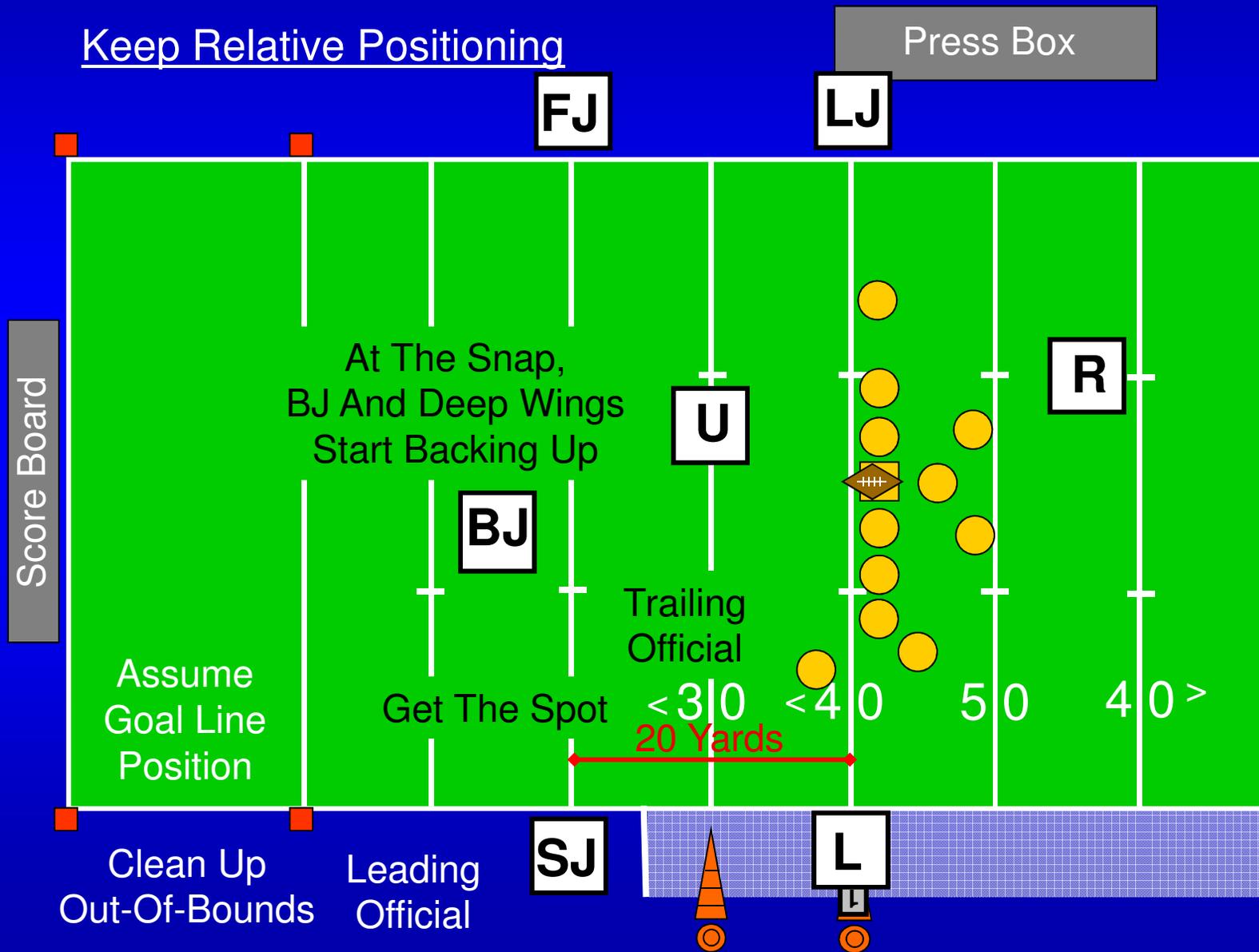
L



Collapsing Box



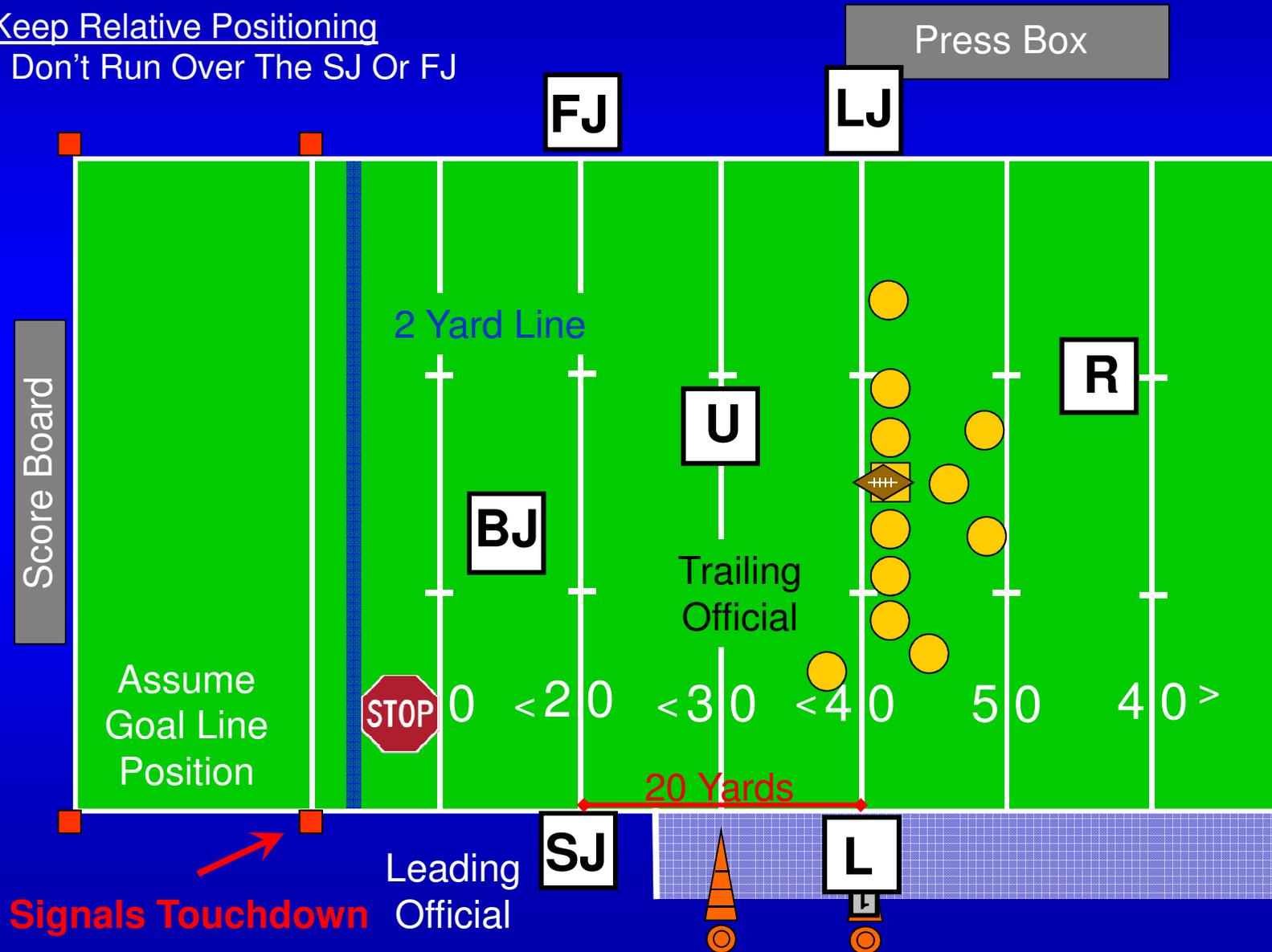
Long Run Down Sideline



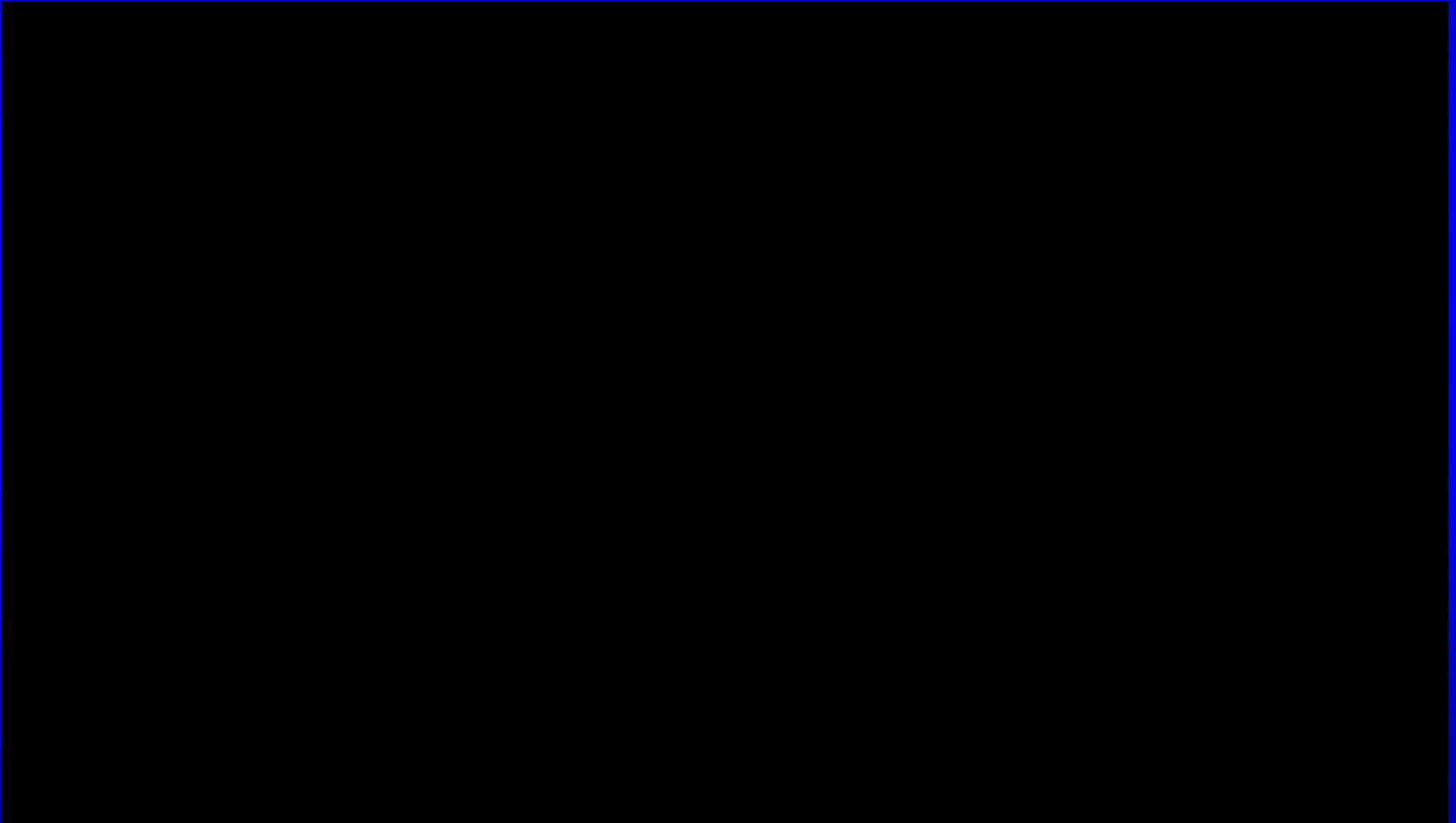
Long Run Down Sideline

Keep Relative Positioning

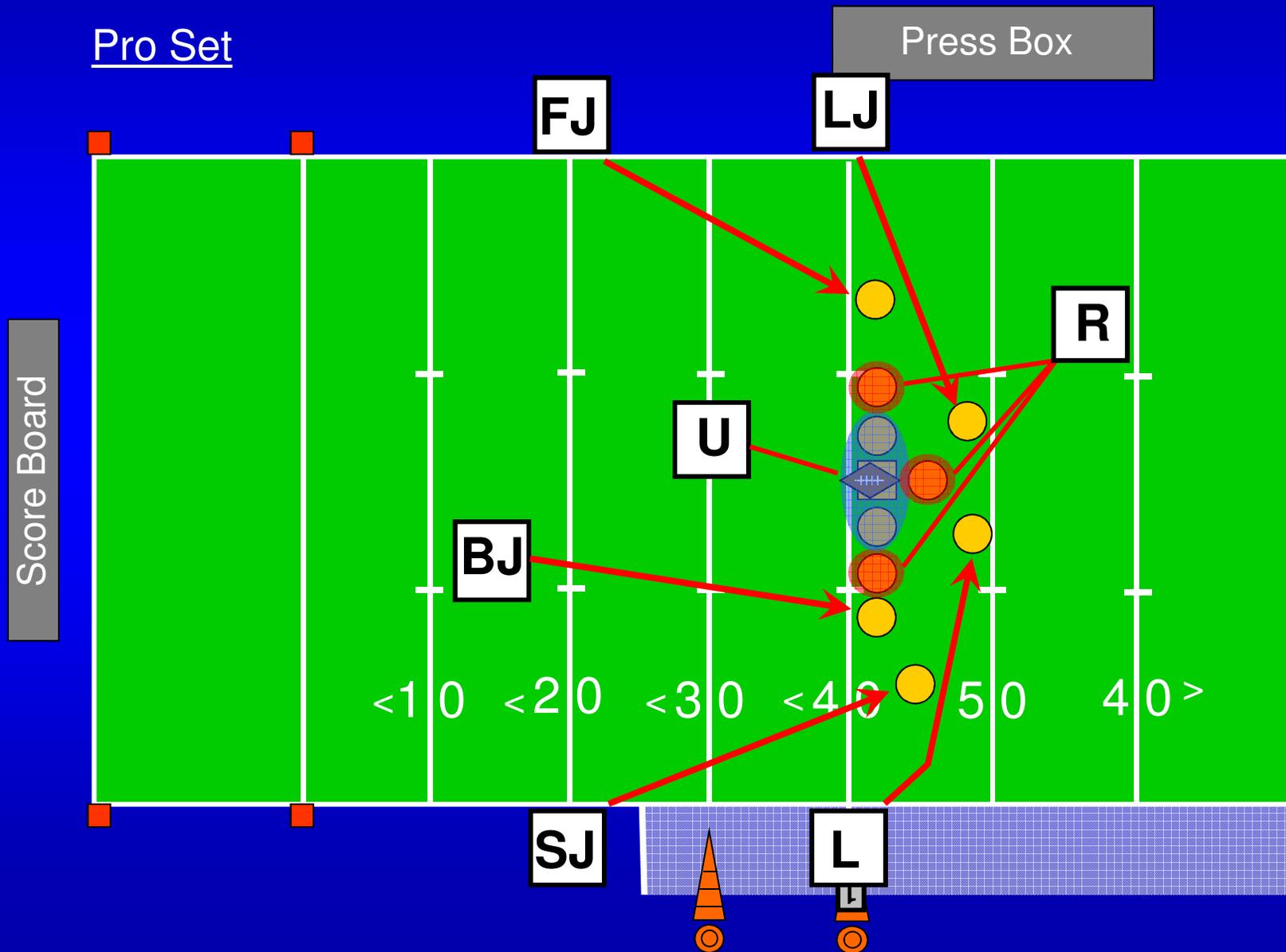
- Don't Run Over The SJ Or FJ



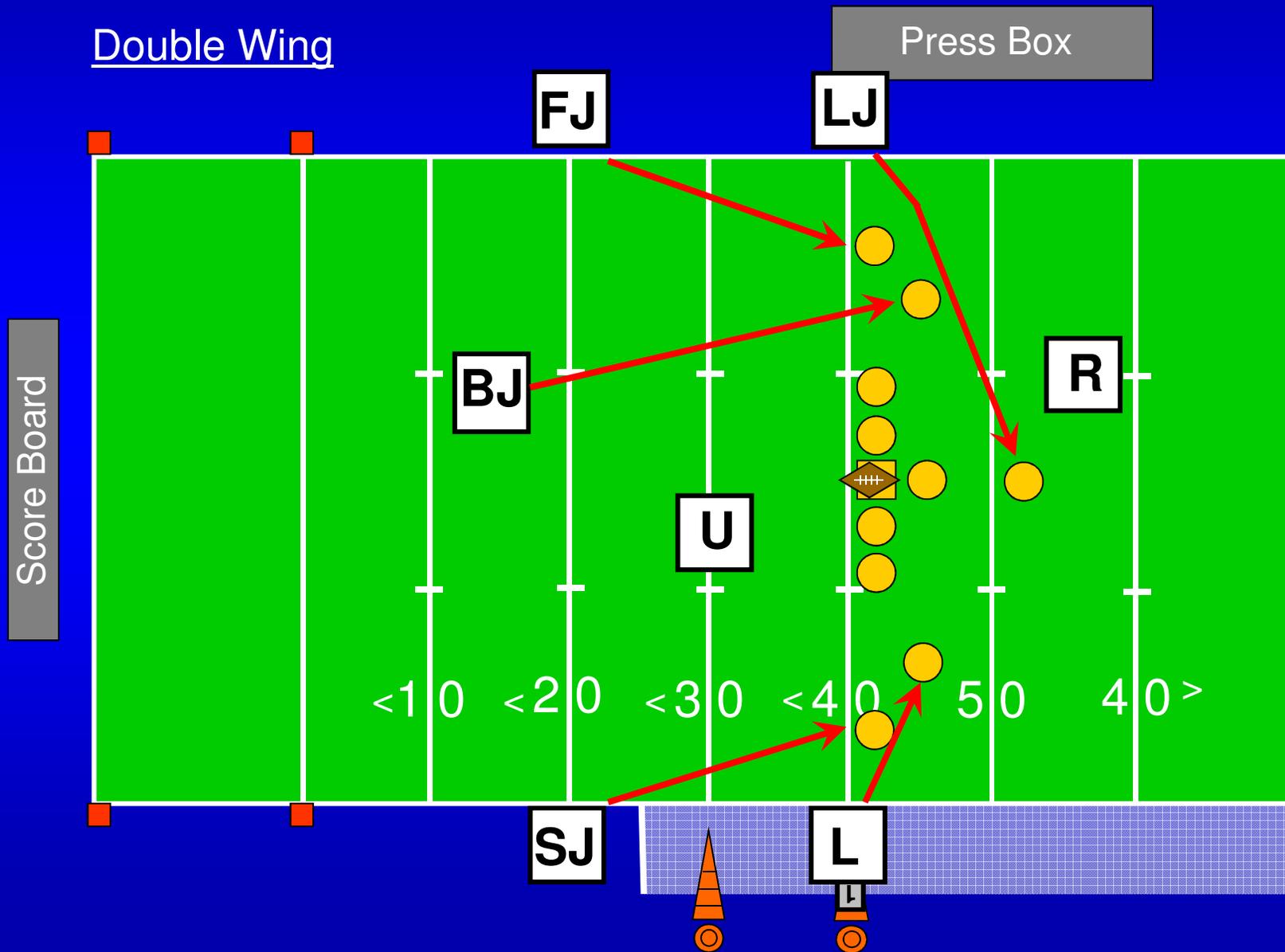
Ball Down on the 1 Yard Line



Initial Keys



Initial Keys

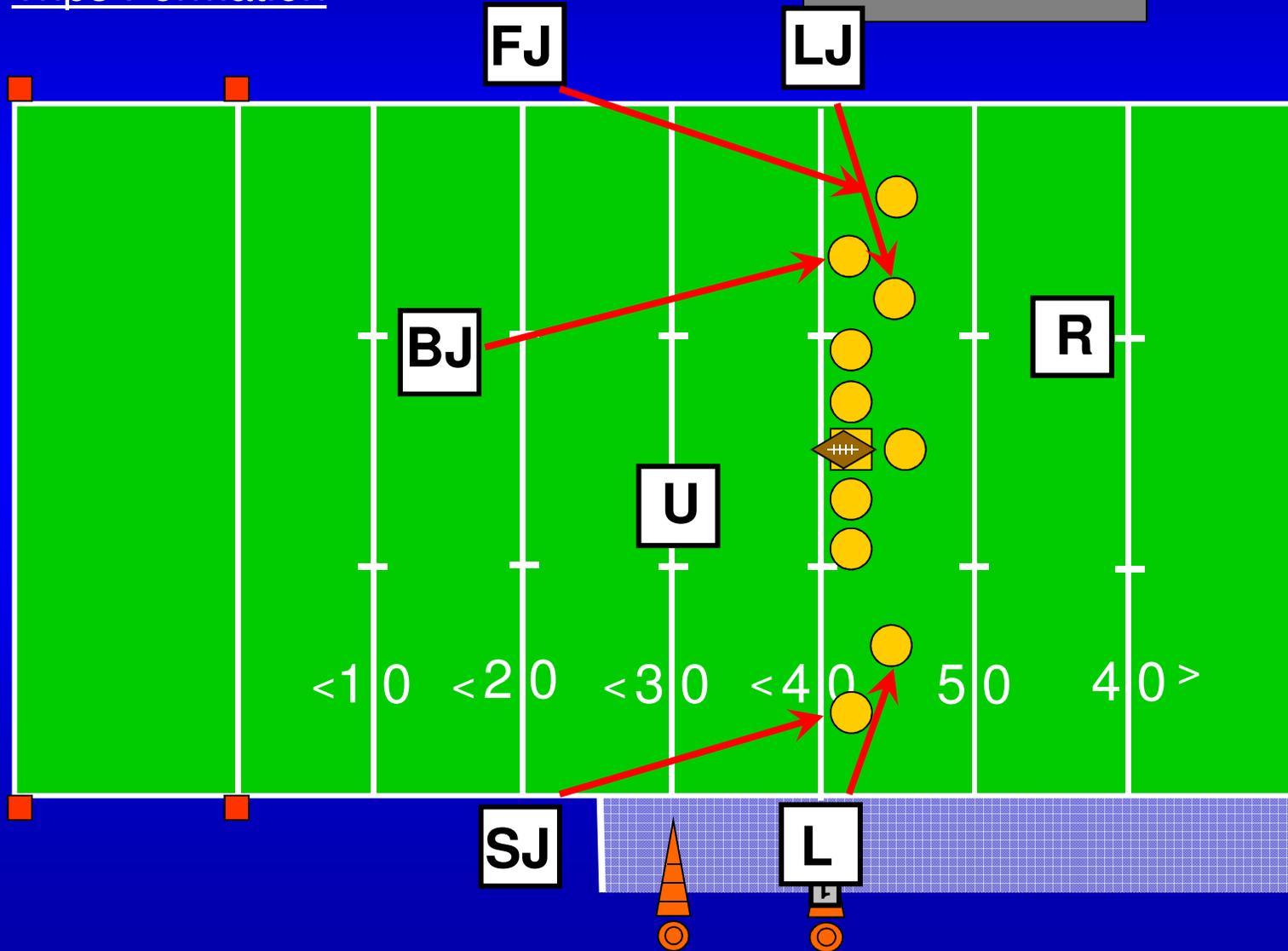


Initial Keys

Trips Formation

Press Box

Score Board

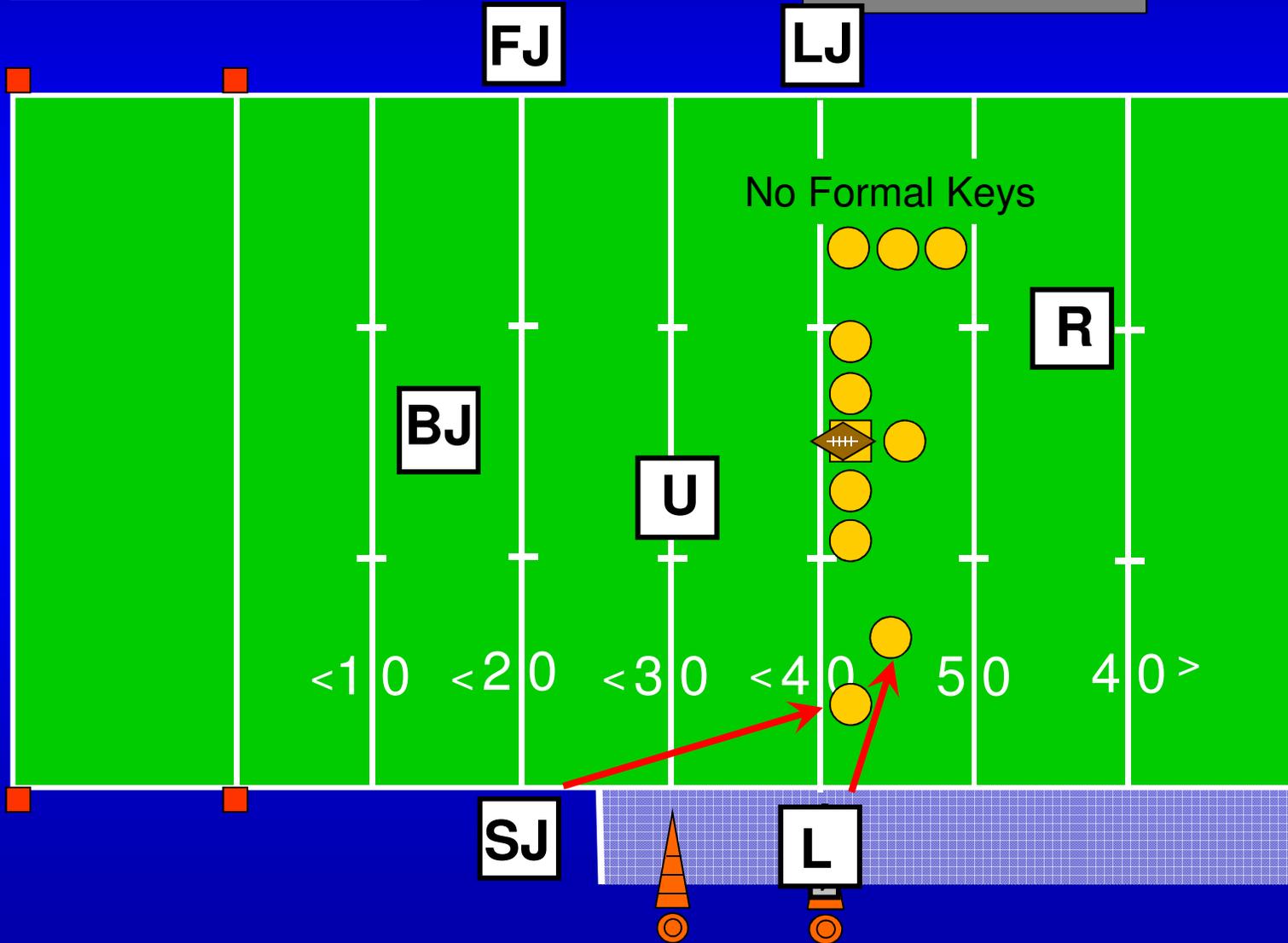


Initial Keys

"Stacked" Formation

Press Box

Score Board

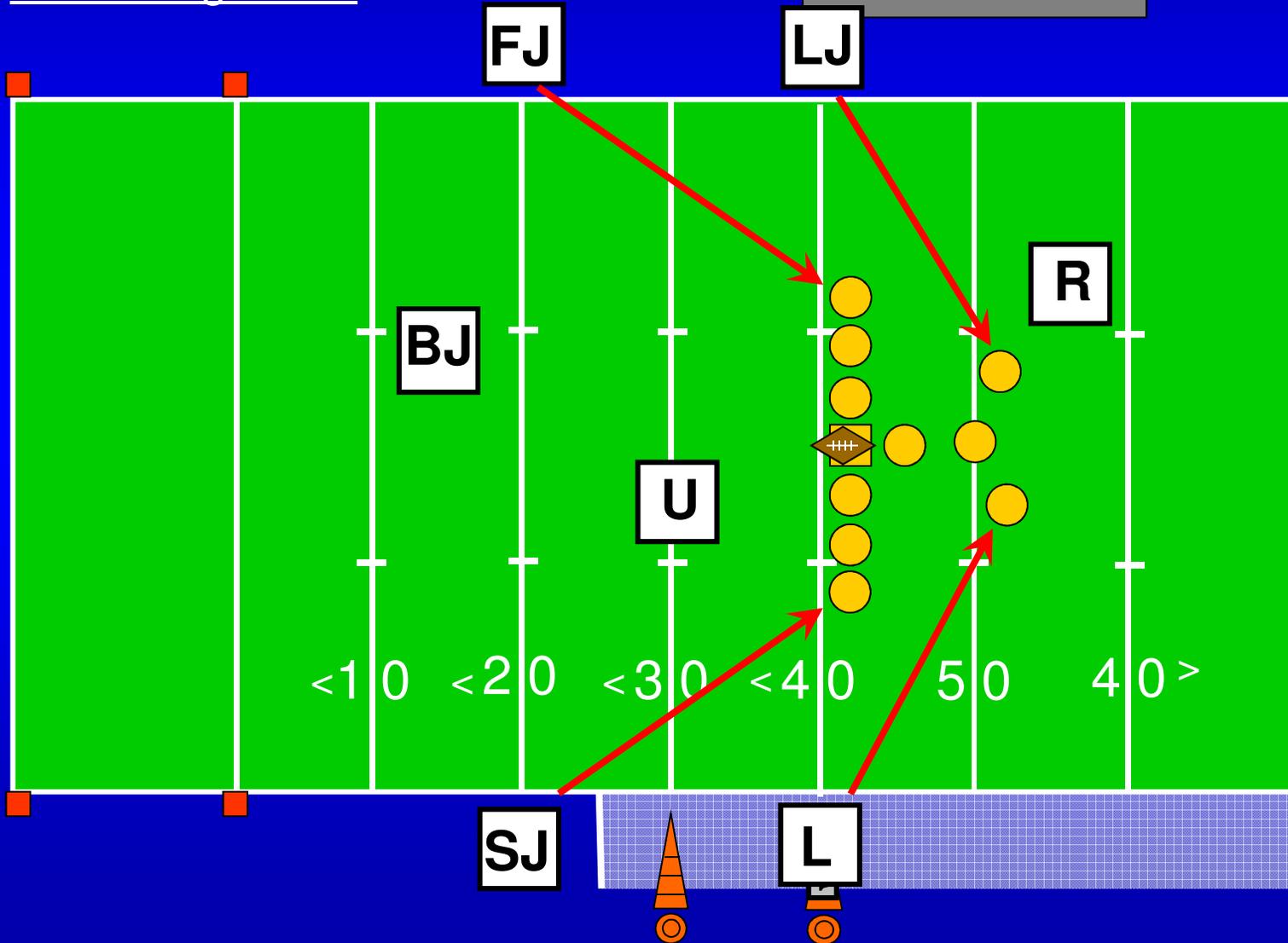


Initial Keys

Double Tight End

Press Box

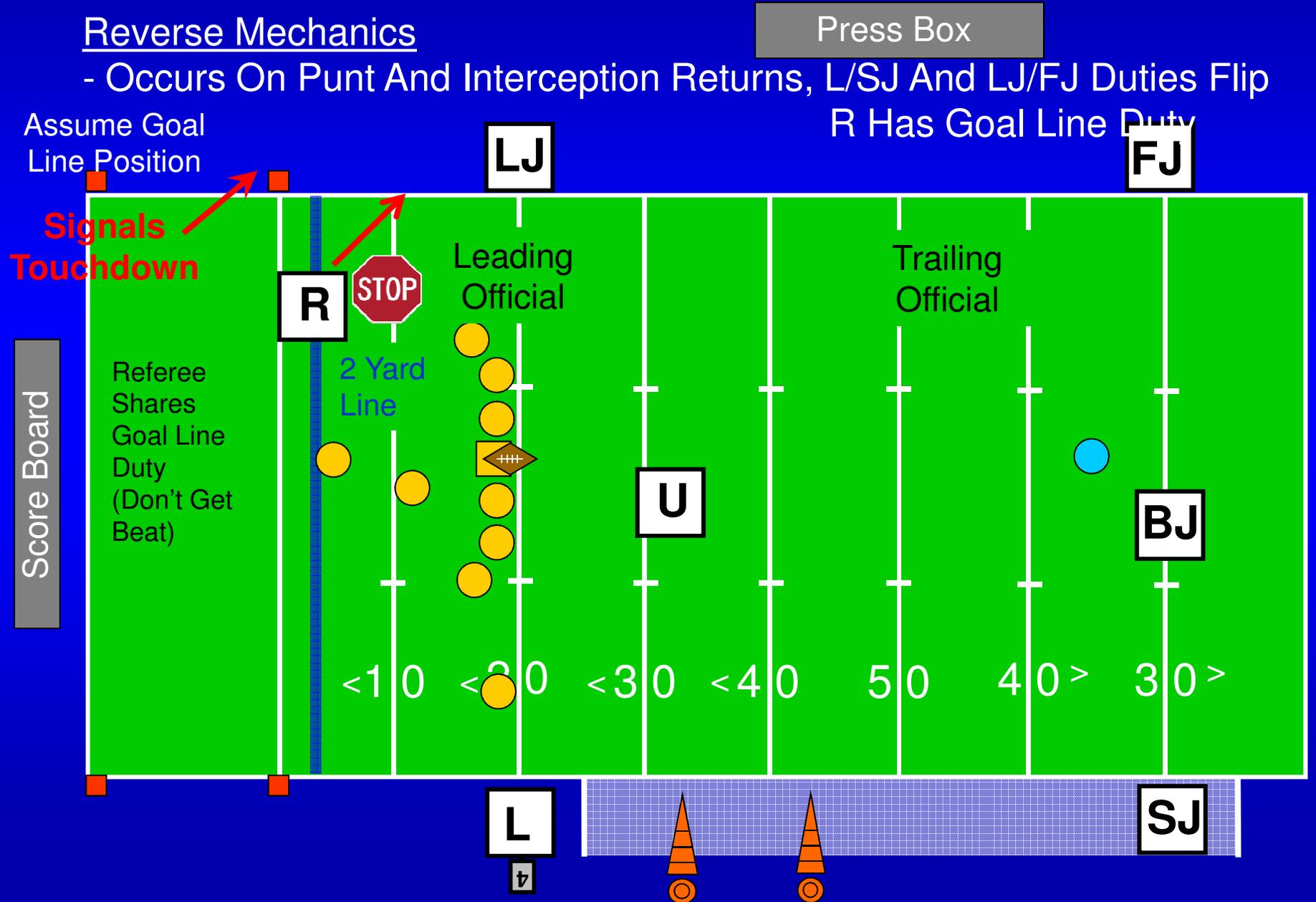
Score Board



“Reverse” Mechanics

Reverse Mechanics

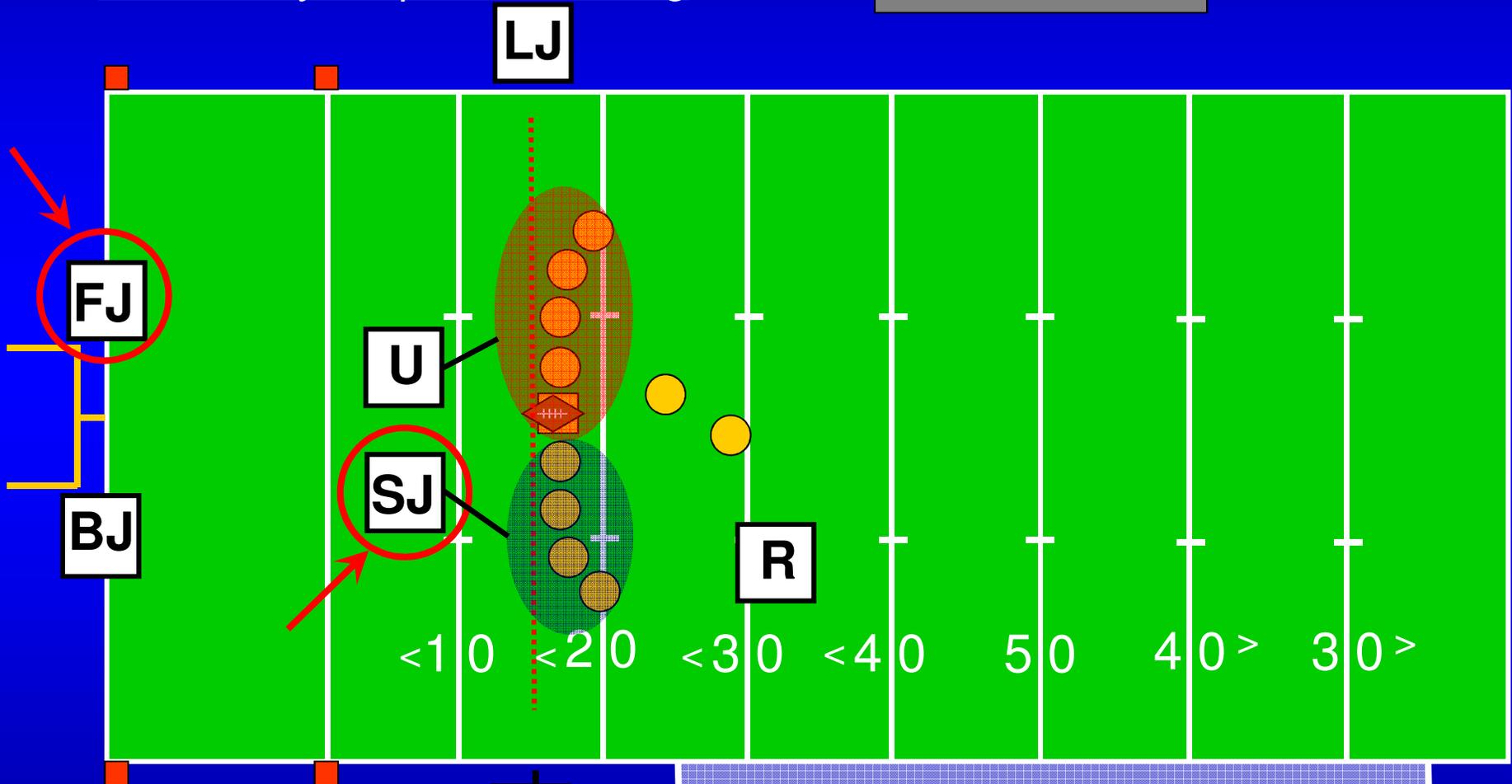
- Occurs On Punt And Interception Returns, L/SJ And LJ/FJ Duties Flip



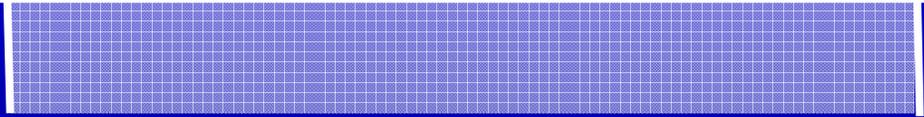
FG And Try Mechanics

FG And Try Proper Positioning

Press Box



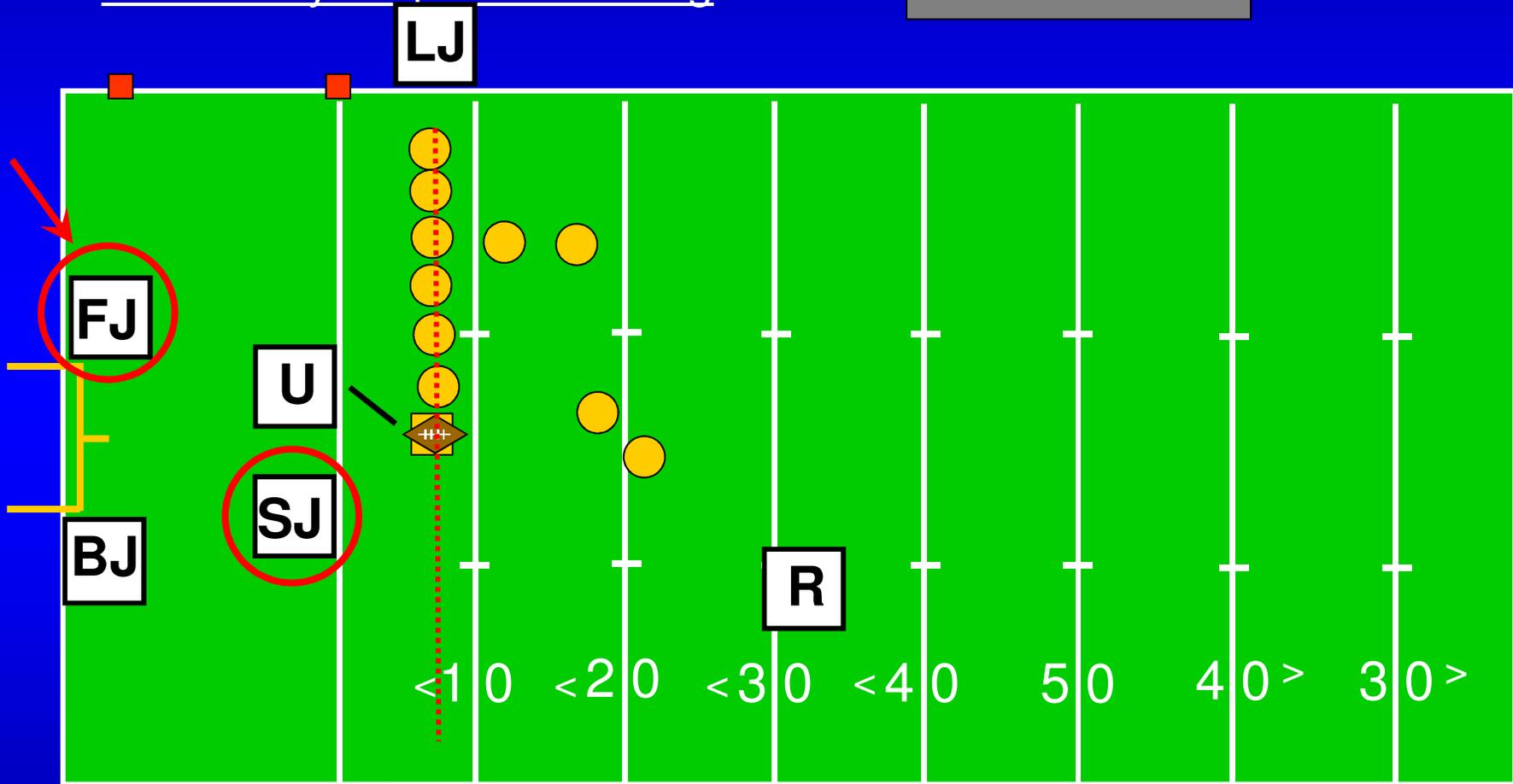
If Blocked or Faked
Outside the 25, FJ and
BJ move to Pylons on
the goal line.



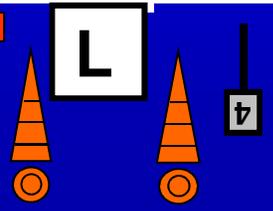
Swinging Gate Mechanics

FG And Try Proper Positioning

Press Box

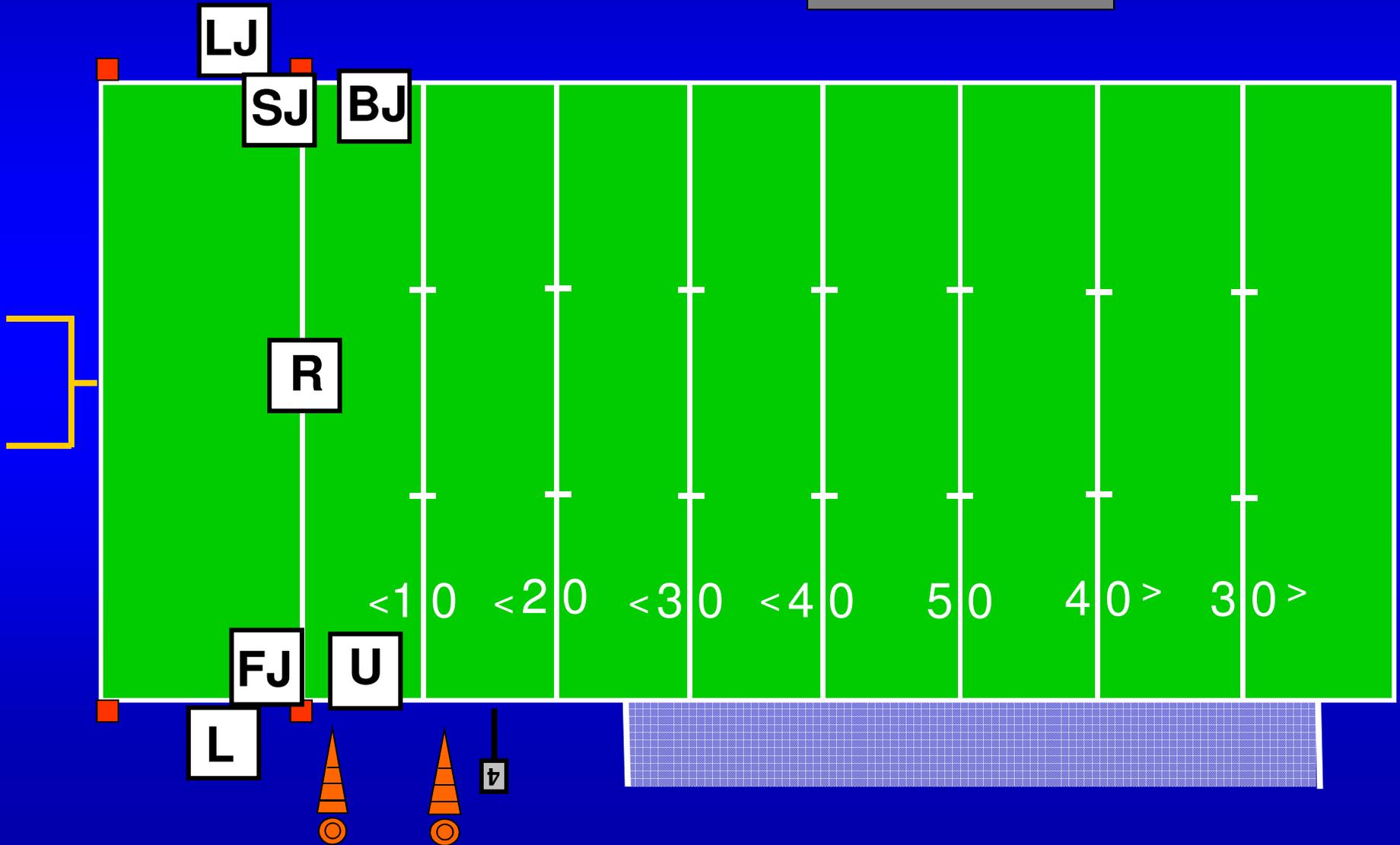


If Blocked or Faked Outside the 25, FJ and BJ move to Pylons on the goal line.



After Try for Point Mechanics

Press Box



Measurement Mechanics

Press Box

FJ

Field Judge
Clears Players Away
And Secures A New Ball
If Appropriate



FJ

R

BJ



U

L

40 >

30 >

20 >

10 >

SJ

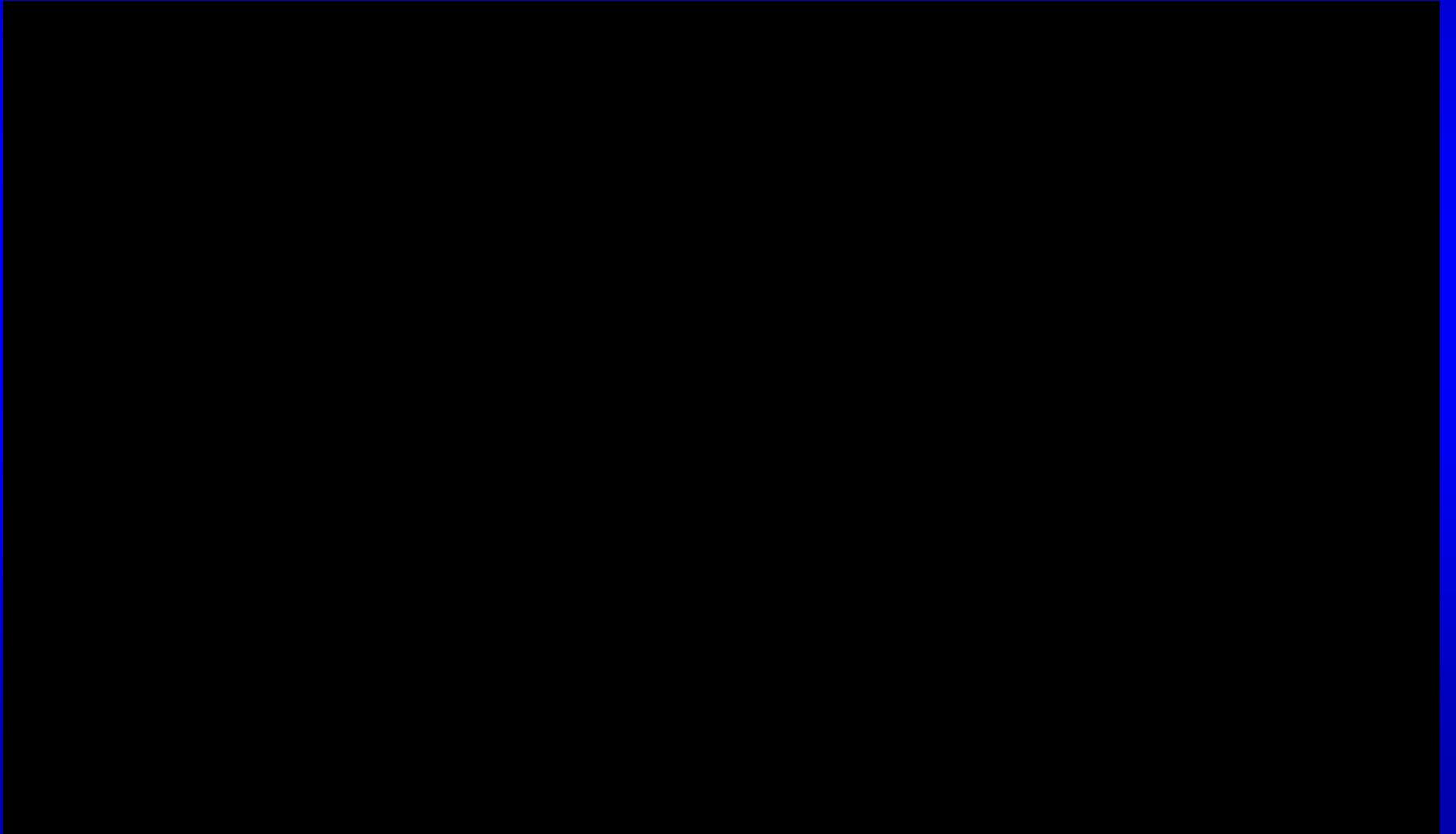
Side Judge
Takes Charge
Of The Box

SJ

L



Measurement





Tennessee Secondary School Athletic Association

Football 7 Man Mechanics