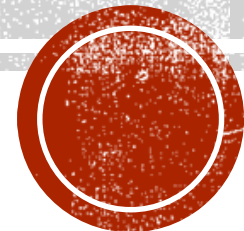




FOOTBALL UNIVERSITY



FOOTBALL LINGO

**DON'T BE LEFT OUT OF THE CONVERSATION
KNOW THE TERMS & BE PART OF THE GAME**

FOOTBALL TERMS YOU WILL HEAR

- **GENERAL:**

- **Chain Gang:** The officials on the sideline that hold the yardage markers. Referred to as the chain gang because their first down markers are held together by a 10 yard metal chain.
- **Field position:** The yard line that the ball is on.
- **Fumble:** A fumble is the drop of a ball that a carrier had under their control.
- **Hash marks:** The marks just outside the middle of the field that span the entire field and are the same width as the uprights.
- **Huddle:** The grouping of players on offense and defense to call a play.
- **Interception:** When a defensive player catches a ball intended for an offensive player. An interception results in a change of possession.
- **Leading with the head:** Any hit by a defender where the first contact is with the helmet. This leads to a penalty.
- **Line of scrimmage:** An imaginary line extending from sideline to sideline where the ball is spotted.
- **Offsetting penalties:** Penalties by players on offense and defense on the same play that cancel out. Results in a repeated down with same distance to go.
- **PAT:** Point after touchdown.
- **Pylon:** The usually orange marker that indicates each of the four corners of the end zone.
- **Spearing:** A penalty where the tackler's first contact with the ball carrier is with his head.
- **Trenches:** The offensive and defensive line.
- **TD:** Touchdown!
- **Touchback:** A play that results in the ball being placed on the 20-yard line.
- **Two-minute warning:** When two minutes are remaining in each half, officials will stop play for teams to regroup.
- **Unsportsmanlike conduct:** A penalty that's given when a player or team is acting unethically according to the official's judgement.



FOOTBALL TERMS YOU WILL HEAR

▪ **OFFENSE:**

- **Across the middle:** Refers to a running a pass route in the middle of the field.
- **Alligator arms:** A receiver who does not fully extend his arms to catch a pass
- **Audible:** A call at the line of scrimmage by the quarterback just prior to snapping the ball where he changes the play because the previous one would have likely been easily stopped by the defense.
- **Belly:** Running back runs the ball up the middle after taking the handoff from the quarterback with a reverse pivot.
- **Big uglies:** Offensive linemen
- **Blind side:** The side of the field facing the quarterback's back side when he is dropping back to pass or standing in the backfield looking to pass.
- **Bootleg:** When a quarterback runs out of the pocket with the ball looking to pass the ball but runs with it if he can't find an open receiver.
- **Cadence:** The words or sounds a quarterback makes prior to receiving the ball from the center.
- **Chop block:** A block where the offensive player throws himself at a defender's leg to take him down, but does not tackle.
- **Clip:** A penalty where an offensive player blocks a defensive player in the back. Results in a 15 yard penalty.
- **Chop block:** A block where the offensive player throws himself at a defender's legs to take him down, but does not tackle.
- **Double:** Two defenders covering one receivers.
- **Down by contact:** The ball carried is ruled down when any part of his body is touching the ground (other than his feet or hands) and he is touched by a defender.
- **Eligible receiver:** A player who is legally allowed to touch the ball when thrown forward over the line of scrimmage.
- **Encroachment:** A penalty where a defender is in the neutral zone before the ball is snapped. Results in a 5 yard penalty.
- **False start:** When an interior lineman on the offensive team moves prior to the snap of the ball - 5 yard penalty.



FOOTBALL TERMS YOU WILL HEAR

- **OFFENSE CONTINUED:**
- **Flea flicker:** A trick play where the quarterback hands the ball off to the running back straight up the middle, but then the running back stops, and tosses the ball back to the quarterback behind him who then throws the ball deep downfield to a receiver.
- **Field position:** The yard line that the ball is on.
- **Flat:** An area on the field outside the hash marks and 0-10 yards forward of the line of scrimmage to the offense.
- **Fumble:** The drop of a ball that a carrier had under his control.
- **Gap:** The space between offensive linemen.
- **Hail Mary:** A passing play where the offense is usually more than 40 yards away from the end zone.
- **Half the distance:** The amount of yardage penalized when the normal distance would exceed half the yards between where the ball is spotted and the end zone.
- **Halfback:** A running back.
- **Hitch:** A part of a pass route that causes a defender to stumble.
- **Holding:** When an offensive player uses his hands, arms, or other parts of his body to prevent a defensive player from tackling the ball carrier – 10 yard penalty.
- **Hook:** A pass route where the receiver runs down field approximately 12 yards and turns back to face the quarterback to catch the pass.
- **I-formation:** Offensive formation where two running backs line up in a straight line behind the quarterback.
- **In motion:** An offensive player who moves around the backfield prior to the snap of the ball.
- **Intentional grounding:** A penalty when a quarterback intentionally throws the ball in a place where none of his receivers can catch it or in an area without any receivers in an attempt to avoid being tackled for a loss of downs.
- **Lateral:** A thrown ball to a player that is either lateral to or behind the ball carrier relative to the yard lines.
- **Off-tackle:** An offensive running play where the running back attempts to carry the ball to the outside of the offensive tackle and inside of a tight end, if present.
- **Out pattern:** The course that a wide receiver runs where he starts running straight downfield and then turns and runs toward the sideline in an attempt to get open.



FOOTBALL TERMS YOU WILL HEAR

- **OFFENSE CONTINUED:**
- **Pocket:** The area where the quarterback stands during a play while looking to throw the ball downfield and where his linemen are protecting him.
- **Pro-formation:** Offensive formation where two running backs line up behind and lateral to the quarterback.
- **Quarterback sneak:** The quarterback tries to gain short yardage by keeping the ball and running forward.
- **Red Zone:** The area from the defense's 20 yard line to the goal line.
- **Reverse:** An offensive play with two hand-offs. The quarterback gives the ball to a carrier running in one direction, who then hands the ball to a carrier running in the other direction.
- **Rollout:** Part of an offensive play where the quarterback runs to one side of the offensive backfield looking to pass the ball.
- **Sack:** A tackle of the quarterback for a loss of yardage.
- **Screen:** A passing play where the offensive linemen allow the defense to go past them after the quarterback, while a receiver or running back run behind the offensive line to catch a pass from the quarterback.
- **Shotgun:** An offensive formation where the quarterback is backed up behind the center.
- **Slant:** A pass route that is immediately diagonal to the field.
- **Snap:** The transfer of the ball from the center to the quarterback.
- **Sneak:** An unexpected running play.
- **Strong side:** Using the offensive center as the middle, it is the side of the offense that they have more players lined up.
- **Sweep:** A running play where the ball carrier receives the ball and runs toward the sideline and up field.
- **Touchback:** A play that results in the ball being placed on the 20 yard line.



FOOTBALL TERMS YOU WILL HEAR

- **OFFENSE CONTINUED:**

- **Trips:** Three receivers.
- **Weak side:** Using the offensive center as the middle, it is the side of the offense that they have fewer player's line up.
- **Wide out:** Another term for wide receiver.
- **Wishbone:** Offensive formations with three running backs.
- **Zone blocking:** An offensive line principal that requires linemen to block specific gaps, not specific defenders.

- **DEFENSE:**

- **3-4:** A defensive formation with three down linemen and four linebackers.
- **4-3:** A defensive formation with four linemen and three linebackers.
- **Blitz:** An aggressive play by the defense when they attack a specific play by the offense.
- **Box:** The defensive area between the offensive tackles extending approximately seven yards deep in the defensive backfield.
- **Cover 2:** A defense where cornerbacks cover the wide receivers for the first 10-15 yards off the line of scrimmage, but then the safeties take over if the wide receivers continue to play deep.
- **Dime:** Where the defense removes another linebacker or defensive lineman and replaces him with a sixth defensive back.
- **Double:** Two defenders covering one receiver.



FOOTBALL TERMS YOU WILL HEAR

▪ **DEFENSE CONTINUED:**

- **Man to man:** A defender is assigned a specific player to cover regardless of where the offensive player goes.
- **Nickel:** A defensive formation where the defense will remove a linebacker and put a fifth defensive back on the field.
- **Pass interference:** When a defensive player unfairly interferes with a receiver's attempt to catch a pass.
- **Prevent defense:** A defensive formation where the team on defense is simply trying to prevent giving up a long, quick play for a touchdown and keep the clock running by leaving defenders deep and along the sidelines to keep the ball carrier in bounds.
- **Spearing:** A penalty where the tackler's first contact with the ball carrier is with his head.
- **Tackle box:** An area in the defensive backfield defined as between where both offensive tackles lined up that extends all the way backward to the end zone's back line.
- **Zone:** When a defender is responsible for covering any offensive player who runs into a specific part of the field.
- **Zone blitz:** Any blitz in which the defenders in pass coverage play zone defense.

▪ **COACHING STAFF:**

- **Head Coach:** Is the man guy and the face of the team. Gets most of the credit for winning and most of the blame for losing.
- **Offensive Coordinator:** Is in charge of the offensive players. He usually calls the plays and works directly with the QB's. He's responsible for developing the offensive game plan works with the head coach on how practiced is organized.
- **Defensive Coordinator:** Is in charge of the defensive players. He usually decides what defensive schemes to run. He meets with half the team on a typical practice day and prepares them for the upcoming opponent.
- **Special Teams Coach:** Supervises the kickers, punters, kick return team, field goal protection team and punt return team. He usually also studies film to prepare his team to attempt a block in a specific game.



FOOTBALL TERMS YOU WILL HEAR

- **COACHING STAFF CONTINUED:**

- **Quarterback Coach:** Monitors the physical and mental aspects of a QB's game. Works on the QB's footwork, pass-drop technique, and throwing motion.
- **Offensive Line Coach:** Works with the offensive lineman and has a solid understanding of the team's running game. Works with the offensive coordinator on which plays to run.
- **Defensive Line Coach:** Works exclusively with the defensive linemen on individual technique and whatever stunts the defensive coordinator wants from these players.
- **Linebackers Coach:** Works with linebackers and depending on the team's style of defense, ranks a step below defensive coordinator. This coach must work on tackling, pass-rushing off the corner, and particular pass coverage drops.
- **Secondary Coach:** Works with the defensive backs. He must have a total understanding of pass offenses.
- **Strength Coach:** Specializes in weight training and conditioning. Coordinates off-season training programs. Works with trainers regarding injury to players.

- **PENALTIES:**

- **Offside:** When any part of a player's body is beyond the line of scrimmage – 5 yard penalty.
- **Roughing the kicker:** When a defensive player makes any contact with the punter, provided the defensive player hasn't touched the kicked ball before contact – 15 yards automatic first down.
- **Roughing the passer:** When a defensive player makes direct contact with the quarterback after the quarterback has released the ball – 15 yard automatic first down.
- **Personal foul:** An illegal, foul considered risky to the health of another player – 15 yards.
- **Delay of game:** An action which delays the game – 5 yards.

