

MIDDLE SCHOOL FOOTBALL

EXPECTATIONS

Every “A” team should have between 22-25 players suited out, unless the numbers in the program are less than 50-55.

No player should be slated to start both ways on any team, unless again the program has a number problem. There might be critical times that you call a player to play both ways, but it should not be a majority of the game. NO player should be asked to play “iron man football” at this level.

Remember that your primary goal is to have as many players as possible reach the next level with as much skill development as possible. Playing in the game is a big part of any player’s development and enjoyment.

Winning should be important, it should be the goal of the practices and the games. Performing under pressure, rebounding from failure, and working as part of a team/family for a goal are great lessons to be learned when winning is the goal.

Winning at all cost is not an acceptable practice. Winning while doing the right things for the players and the overall program should bring you a more satisfaction than playing your top 5 players both ways for the entire game just to win the game.

The players will judge you. What will the players say about their experience twenty years from now?

The true value of youth sports is the opportunity to teach the kinds of **Character lessons** that are learned from striving on the field - lessons that bear ultimate fruit years later in a person’s profession, values, citizenship responsibilities, and family life.

Respect your opponent. We are a family of coaches in SBISD. Try to solve problems by communications. Timeouts can be called to discuss issues if needed.

SBISD MIDDLE SCHOOL RESTRICTIONS

Defense:

See attachment to the Fronts, Coverages, and Stunts allowed.

7th/8th – No Slanting or Stunting allowed. NO “Stemming” allowed.
(Players must align properly as soon as the offense breaks the huddle)

7th/8th – Goal line defense may be used when the offense progresses inside the opponent’s
20 yard line. Goal line defense may be run on 4th down anywhere on the field.

7th/8th – Defensive Linemen must be in a 3 or 4 point stance.
Exception: A defensive end may be in a 2-point stance.

7th/8th – All defensive Linemen must make contact with the offensive lineman they
are aligned on immediately after the snap of the ball.
Exception: Penetration is allowed on Goal line defense or on allowed stunts.

7th/8th – All linebackers must be aligned 2-5 yards from the L.O.S.
Exception: In Goal line defense they may tighten but should never be closer to
the ball than the heels of the nearest defensive lineman.

7th/8th – At least one safety must be aligned no closer than eight (8) yards from the
L.O.S. **Exception:** Goal line defense.

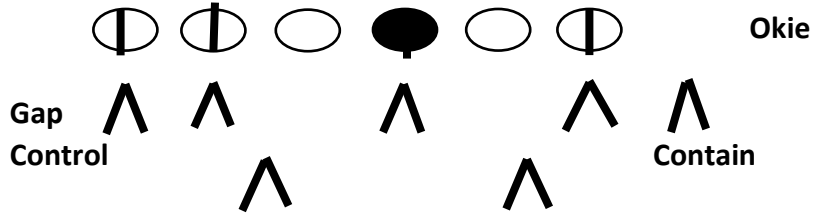
7th/8th – On special formations the defensive ends, secondary, and linebackers may
make alignment adjustments

7th/8th – Secondary backs should be aligned no closer to the L.O.S. than allowed by
the Linebackers. Cornerbacks cannot be aligned inside the defensive ends.

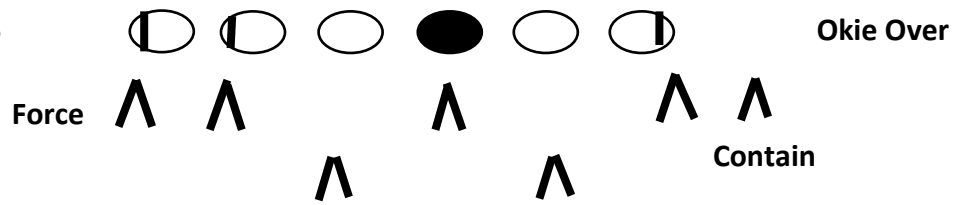
8th only – the defense is allowed to adjust to a three back offense or special
formations (unbalanced) by moving a safety inside to a linebacker alignment. This
player must be aligned at linebacker depth and may not align inside the “C” gap.

SEVENTH GRADE FRONTS

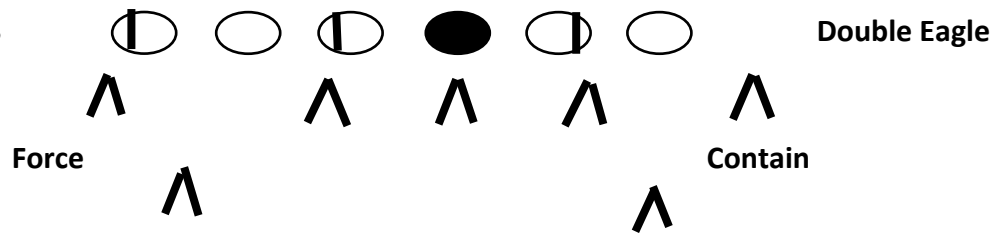
Okie 44



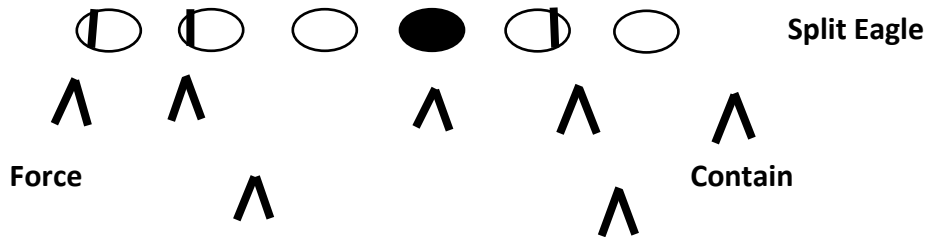
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Okie 33



Okie 53



Okie 35

