

Tim Podraza Concentration Routine
Presented at SDCFOA Meeting 7/15/15

Snap – Tackle – Back

Snap – Tackle - Receiver

Clock – Down & Distance – Run or Pass – Count – Tackle – Receiver- Snap

1. Dead ball officiate
2. Get forward progress
3. Check clock
4. Ball at feet – get new ball
5. Visual contact with R, then move box, then indicator on hand
6. Make sure U spots ball correctly
7. Signal substitutions if appropriate
8. Back off to sideline
9. Check down with downfield official – know line to gain
10. Check clock/know clock status
11. Count offense – check R's signal
12. Get TE out of huddle – hand on ground? Covered?
13. Give outside receiver my back foot to line-up
14. Count four backs – define formation (legal?)
15. Know eligibles/ineligibles – know receiver's # & defenders #
16. Crackback zone – receiver can/cannot – 10 yd belt
17. Watch everyone get set
18. Snap tackle (read tackle) back (key)
19. Know if QB, pass, ineligibles behind/beyond line – tell R
20. Know if pass is forward/backward
21. Observe tackle's block
22. Observe action on/by receiver – zone – know what happened
- 23.

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