



Head Coach: Mike Parmentier

Assistants: Bill Parmentier, B.J. Ogata, Larry Caldieraro, Dave Martin, J.J. Kolesar,
Bob Semanik, Ed Hirschl

1. Introduction

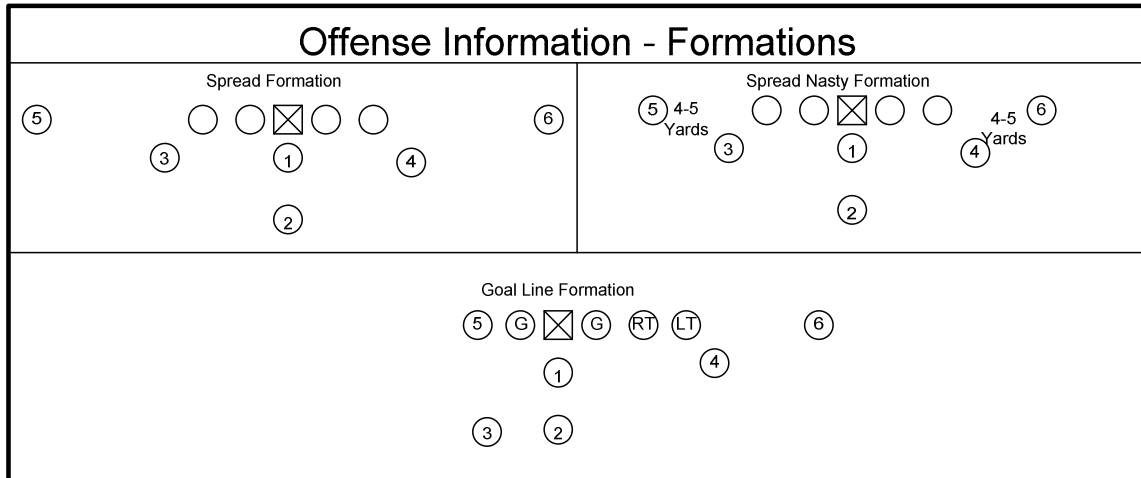
- A. Thank You IHSFCA
- B. Background-Coaching -18 years Head Coach Girard -7 Years/Staunton 6 Years
- C. Key Influences: Father, Brother, Rick Reinhart, Tim Dougherty

2. Philosophy & Stats

- A. Off the rocket toss we have a Wing-T philosophy. Down, FB cut trap, Tackle trap, ISO key plays off Rocket.
- B. Rocket not a gimmick play to us. Rocket motion on 75% of our plays. Ran rocket toss 3 out of every 10 plays.
- C. Get your best players the ball in space. Halfbacks, fullback, and receivers all run rocket.
- D. Put pressure on the perimeter of the defense immediately.
- E. Key blocks from receiver, halfback, and tackle. Tackles are most athletic lineman.
- F. Off the rocket toss we can attack different areas of defense. We attack middle, off tackle, counters, screens, play action as well as going deep.

3. Alignment & Formations

- A. Lineman 2 Foot splits/Halfbacks 1 foot outside tackle by 1 foot deep.
Fullback 4-4 1/2 yds. off ball, receivers only 4-5 feet outside tackle.
- B. We run multiple formations and can run all plays from each of them.
Main two are Nasty and Goal line. (Diagrams)



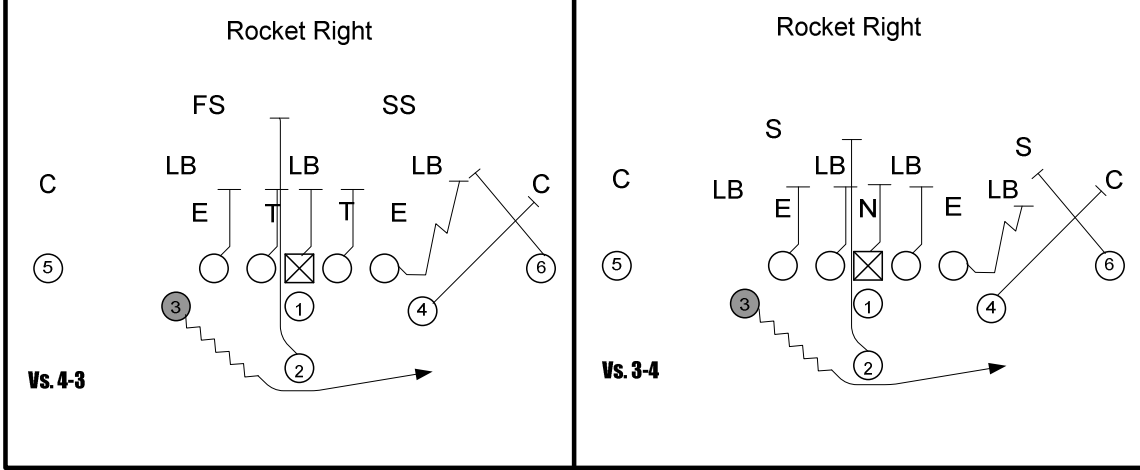
4. Keys to a Successful Rocket Toss.

- A. Back must be full speed motion.
- B. Aiming point for back is heels of fullback.
- C. Back hits the heels of fullback, he must then stay on a straight line.
- D. Catch the toss first, do not look downfield.
- E. Quarterback toss must be above the waist.
- F. The toss must be caught even with playside halfback or wider.
- G. Running lanes-stretch the defense and look cut-back. Sometimes we just hit the seams.
- H. Rocket toss great 1st sound play.

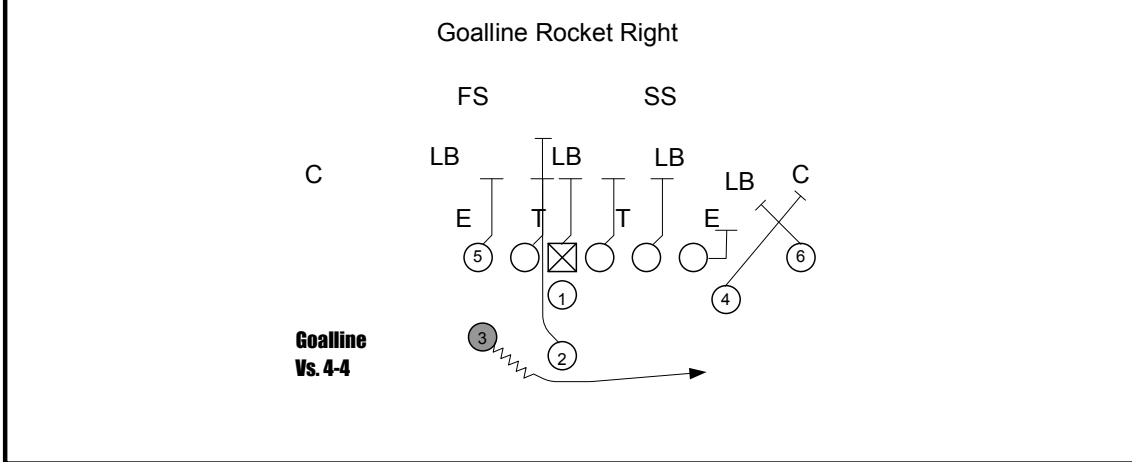
5. Blocking the Rocket.

- A. vs. 1 safety, vs. 2 safeties
- B. Spur call
(Diagrams) entire play

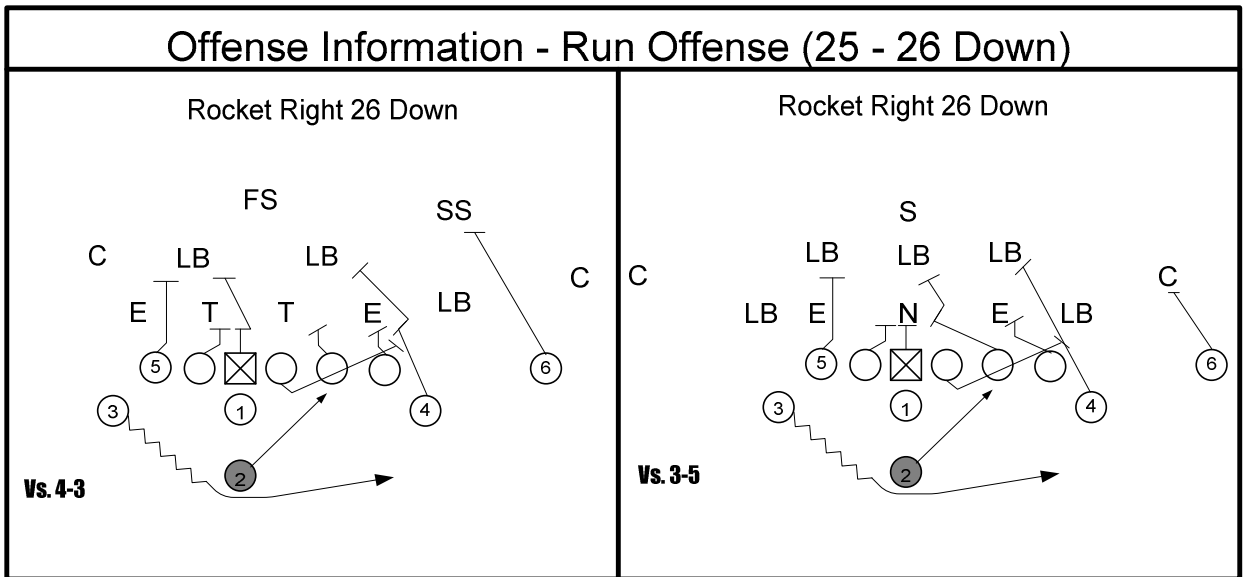
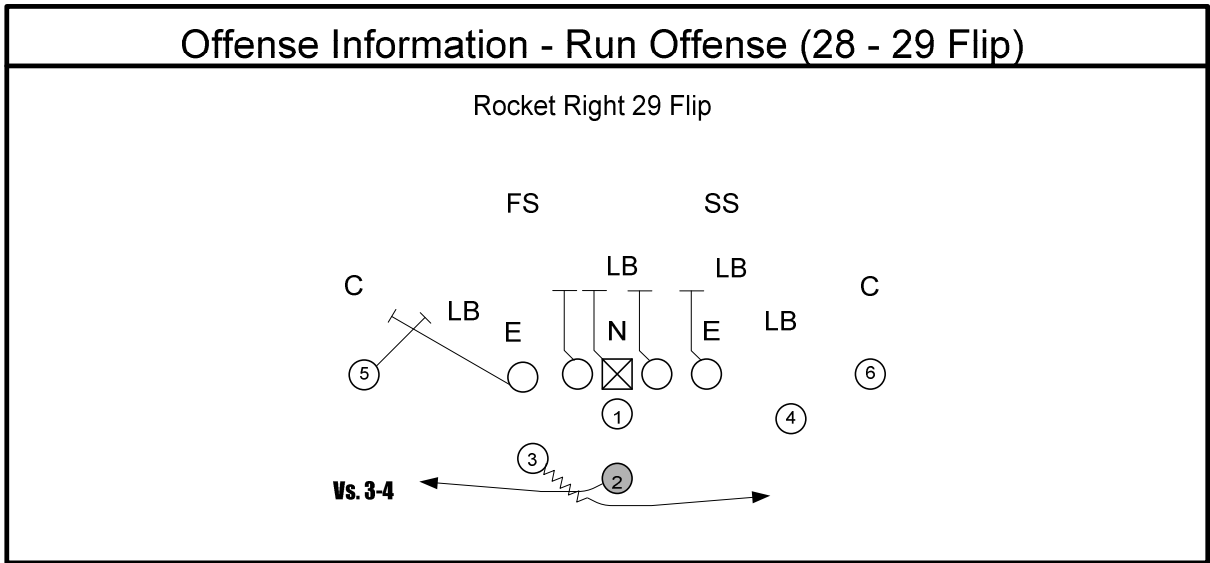
Offense Information - Run Offense (Rocket Right - Left)



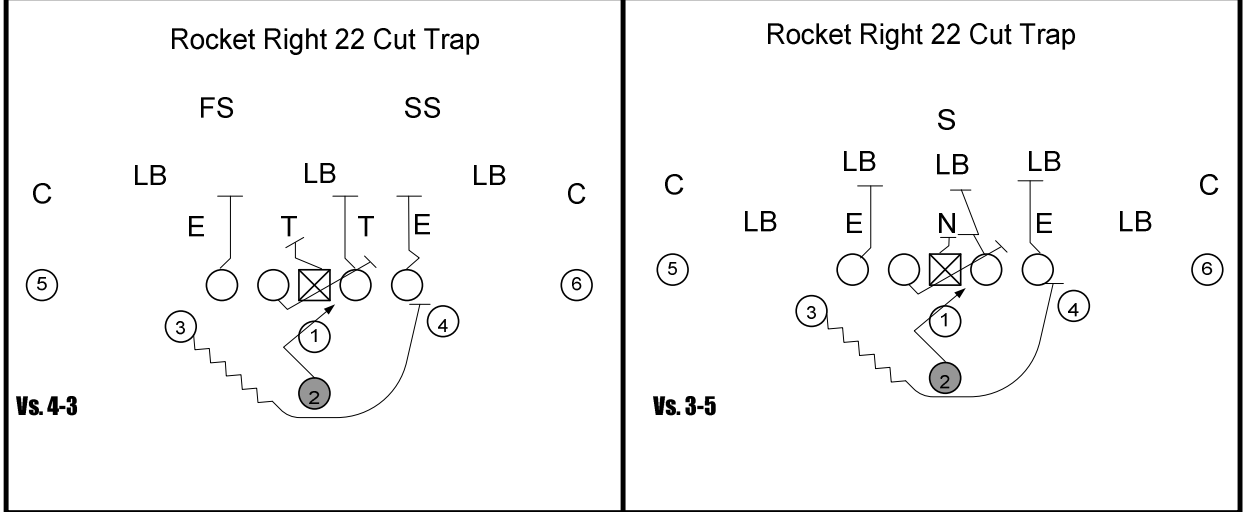
Offense Information - Run Offense (Rocket Right - Left)



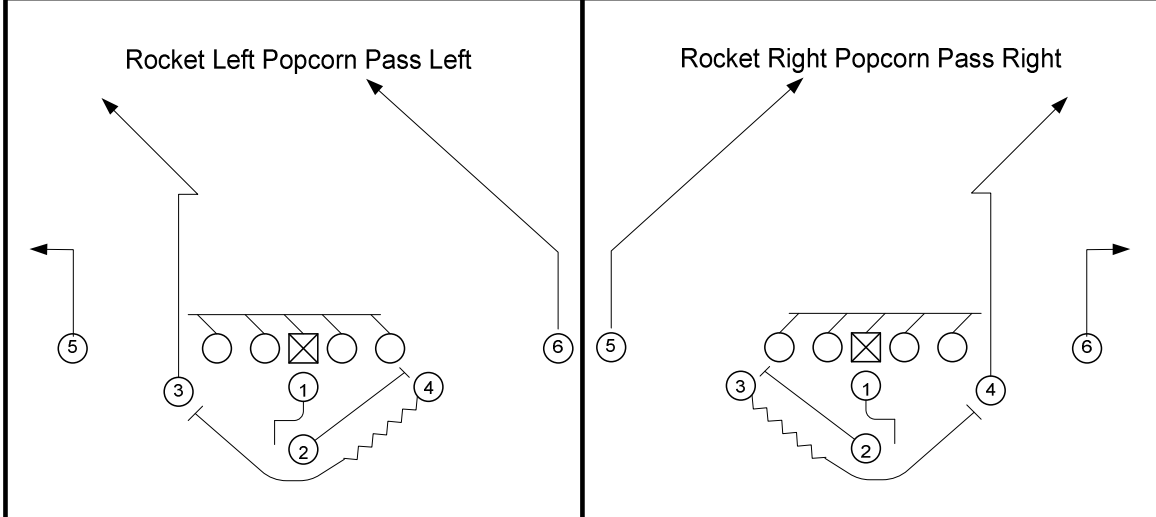
6. Plays off Rocket Motion.
- A. Flip-FB
 - B. Down-
 - C. Cut trap
 - D. HB Pass-must be a threat (diagrams)
 - E. Popcorn
 - F. Fade

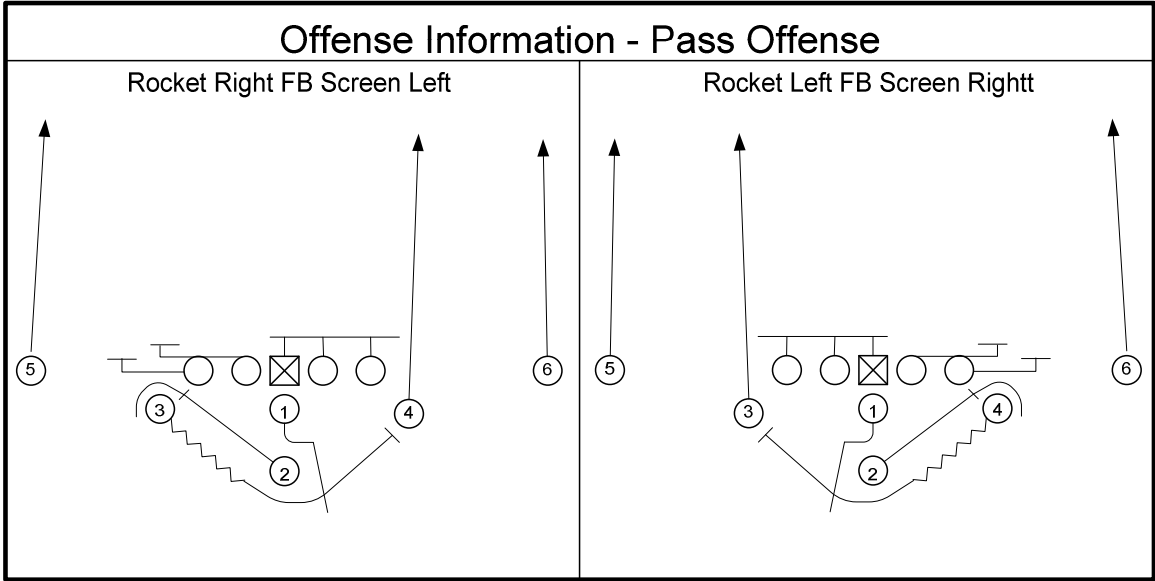


Offense Information - Run Offense (21-22 Cut Trap)



Offense Information - Pass Offense





-Video

-Questions