

Football Glossary - Offense

Audible =	Changing the play just before the snap using verbal or hand signals
Backfield =	The running backs who line-up behind the quarterback or the area behind the offensive line.
Ball Carrier =	Any player who is carrying the football.
Blindside =	The side opposite where a player is facing (so the player is blind to that area). Usually this term is used when talking about rushing the quarterback.
Block =	One player engaging another player to stop him from getting to another player or to a specific part of the field.
Bomb =	Throwing the ball deep.
Bootleg =	An offensive play when the quarterback fakes a handoff going one way and then runs the other way.
C =	Abbreviation for the "Center" position.
Carry =	Term used for rushing with the ball. Statistics usually use "carry" or "carries" for rushing the ball.
Center =	The offensive lineman who is normally in the middle of the offensive line and snaps the ball, or the term used for snapping the ball.
Completion =	A pass that is caught by a receiver.
Cover =	The term for a defender staying with a receiver during a pass route or the term used for a player running down to stop a kick or a punt return from being advanced.
Coverage =	The defensive term for the scheme trying to stop the pass or the term for the special teams unit running down to stop a kick or punt return.
Cut =	When a player changes directions quickly.
Cutback =	When a ball carrier quickly changes directions and runs the opposite way from the way the play was originally going.

Double =	When two offensive players block one defender.
Down Block =	When the OT and TE block defenders inside (down). This frees the OG to pull.
Drive Block =	A basic block when one offensive lineman blocks one defensive lineman.
End =	An offensive or defensive player who lines-up on the end of the line.
End Zone =	Where the offense is trying to advance the ball to score a touchdown.
FB =	The abbreviation for "Fullback".
FG =	Abbreviation for "Field Goal".
Flat =	The area of the field near the LOS and between the hashmarks and the sideline.
Field Goal =	When the ball is kicked through the uprights. A FG earns a team 3 points.
Fill Block =	When an offensive lineman blocks another offensive lineman's area (used when OLs pull).
Formation =	The alignment that the offense or defense uses.
Fullback =	A larger running back who is primarily responsible for blocking.
G =	The abbreviation for "Guard".
Gap =	The space between the offensive line when they're lined-up. The gaps are assigned numbers or letters and running plays are designed to go to a specific gap. A basic way of assigning gaps is to call the space between the Center and Guard the "A" gap and the space between the Guard and Tackle the "B" gap.
Goal Line =	The line marking the beginning of the end zone. The goal line is considered part of the end zone.
Guard =	One of two offensive linemen who line-up beside the Center.
HB =	Abbreviation for halfback.
Hashmarks =	Two sets of short lines that are one yard apart and on each side of the center of the field for the entire length of the field.

I – Formation	=	An offensive formation in which the FB and HB line-up directly behind the quarterback.
Incompletion	=	When a pass is thrown but not caught by an eligible receiver.
Interception	=	When the defense catches a pass.
LOS	=	Abbreviation for “Line of Scrimmage”
Lineman	=	Any player who is on the offensive or defensive line.
Line of Scrimmage	=	An imaginary line that stretches from sideline to sideline and separates the offense and defense.
Man in Motion	=	An offensive player who runs behind the LOS before the snap as the rest of the offense is set. Only one player can be in motion as the ball is snapped.
OL	=	Abbreviation for “Offensive Lineman”.
OT	=	Abbreviation for “Offensive Tackle”.
OG	=	Abbreviation for “Offensive Guard”.
Offense	=	The unit with the ball trying to score points.
Offensive Line	=	The 5 offensive lineman (center, 2 OGs, and 2 OTs) who protect the QB and block for ball carriers.
Off Tackle	=	A running play designed to go outside the OT.
Option	=	A play where the QB has the option to run the ball or pitch it back to a running back.
Pass	=	Throwing the ball to another player.
Pass Pattern/Route	=	A pre-designed path a receiver runs to try to get open to receive a pass.
Pass Rush	=	The act of the defense trying to get to the passer.
Pitch	=	Throwing the ball underhand and backward.
Play	=	A sequence of actions from the snap (or kickoff) until a tackle is made and the whistle is blown.

Play Action Pass =	When a QB fakes a handoff and then drops back to throw a pass.
Pull Block =	When an offensive lineman runs to the outside to block a defender on a running play or a rollout.
QB =	Abbreviation for "Quarterback".
Quarterback =	The player who relays the play to the other offensive players, takes the snap, and then either hands-off or pitches the ball, runs with the ball, or attempts to pass the ball.
RB =	Abbreviation for "Running Back".
Receiver =	The player who is supposed to catch the ball.
Reverse =	When a play or a player starts one way and then goes the opposite way.
Roll Out =	The quarterback moving right or left out of the pocket to either throw or run with the ball.
Running Back =	An offensive player whose main job is to line-up in the backfield and run with the football.
Rush =	The act of running with the football or the act of the defense trying to get to the quarterback.
SE =	Abbreviation for "Split End".
Screen Pass =	A short pass that is usually performed with the offensive linemen letting the defensive linemen rush at the quarterback so that the offensive linemen can get out in front of the receiver and block.
Shotgun =	When the quarterback lines-up a few yards behind the center to take the snap.
Slot =	The area between the OT and the WR.
Snap =	When the center gives the ball to the quarterback to start a play (aka hiking the ball).
Split End =	An offensive player who lines-up out wide on one side.
Strong Side =	The side of the formation that has the tight end.
Sweep =	A running play to the outside.

T =	Abbreviation for “Tackle”.
T-Formation:	An offensive formation with 3 RBs in the backfield all lined-up next to each other so they look like the top of a “T”.
TB =	Abbreviation for “Tail Back”.
TD =	Abbreviation for “Touchdown”.
TE =	Abbreviation for “Tight End”.
Tackle =	A type of offensive or defensive lineman or when the ball carrier is brought to the ground.
Tailback =	A running back who lines-up the deepest in the backfield.
Tight End =	An offensive position that requires the player to block and catch the ball. The tight end usually lines-up directly beside the OT.
Touchdown =	When the offense reaches the end zone. A touchdown is 6 points.
WB =	Abbreviation for “Wing Back”.
WR =	Abbreviation for “Wide Receiver”.
Weakside =	The side of an offensive formation that doesn’t have the tight end. (The opposite side as the Strong Side.)
Wideout =	A receiver who lines-up to the outside of the formation.
Wide Receiver =	An offensive player who is mainly used to catch the ball.
Wing Back =	A running back who lines up on one of the wings.
Wishbone =	An offensive formation with 3 running backs in the backfield in the shape of a wishbone (a fullback is forward and 2 RBs are behind him and next to each other).

Football Glossary - Defense

Blitz =	A defensive term that means a defender who normally doesn't rush the quarterback rushes the quarterback.
Bump and Run =	A type of pass coverage a defensive back uses. The DB will bump the receiver at the line of scrimmage and attempt to throw the receiver off his pass route. Then the DB will run with the receiver.
CB =	Abbreviation for "Cornerback".
Cornerback =	A defensive back who usually lines-up and covers the receiver on the outside of the formation.
Cover =	The term for a defender staying with a receiver during a pass route or the term used for a player running down to stop a kick or a punt return from being advanced.
Coverage =	The defensive term for the scheme trying to stop the pass or the term for the special teams unit running down to stop a kick or punt return.
Cut =	When a player changes directions quickly.
Cutback =	When a ball carrier quickly changes directions and runs the opposite way from the way the play was originally going.
D =	Abbreviation for "Defense".
DB =	Abbreviation for "Defensive Back".
DE =	Abbreviation for "Defensive End".
DL =	Abbreviation for "Defensive Line" or "Defensive Lineman".
DT =	Abbreviation for "Defensive Tackle".
Defense =	The unit that tries to stop the offense (keep the offense from scoring).

- Defensive Back** = A defensive player who usually stands behind or outside the formation and is mainly responsible for stopping the offense's passing attack. Both safeties and cornerbacks are defensive backs.
- Defensive Backfield** = The area of the field behind the defensive line or the defensive backs as a unit.
- Defensive End** = A defensive lineman who lines-up on the end of the defensive line.
- Defensive Line** = The defenders who line-up opposite the offensive line and are the first line of defense.
- Defensive Lineman** = The players on the defensive line.
- Defensive Tackle** = A defensive lineman on the inside of the line.
- Dime Back** = The defensive back that comes on the field when the dime is used. That player is part of the "Dime Package".
- Dime Coverage** = A defensive coverage that uses 6 defensive backs.
- End** = An offensive or defensive player who lines-up on the end of the line.
- FS** = Abbreviation for Free Safety.
- Formation** = The alignment that the offense or defense uses.
- Free Safety** = A defensive player who lines up deep and whose usual responsibility is to stop the deep pass. Normally there are 2 safeties in the game – a FS and a strong safety. The FS is usually the faster and smaller of the 2 safeties.
- Front Seven** = The front part of the defense – the linemen and the linebackers.
- ILB** = Abbreviation for "Inside Linebacker".
- Inside Linebacker** = A linebacker that plays inside (usually inside the offensive tackles).
- Interception** = When the defense catches a pass.
- LB** = Abbreviation for "Linebacker".
- Linebacker** = A defensive player who lines up in back of the defensive line but in front of the defensive backs.
- Lineman** = Any player who is on the offensive or defensive line.

Line of Scrimmage = An imaginary line that stretches from sideline to sideline and separates the offense and defense.

Man-to-Man Coverage = When a defensive back covers a receiver by himself.

MLB = Abbreviation for "Middle Linebacker".

Middle Linebacker = A single linebacker that plays in the middle of the defense directly behind the defensive line.

NG = Abbreviation for "Nose Guard".

NT = Abbreviation for "Nose Tackle".

Nickel Back = The extra defensive back that comes onto the field for the Nickel Defense.

Nickel Defense = Defensive package with 5 defensive backs.

Nose Guard = Defensive lineman who lines-up opposite the offensive Center (aka Nose Tackle).

Nose Tackle = Defensive lineman that line-up on the offensive Center (aka Nose Guard).

OLB = Abbreviation for "Outside Linebacker".

Outside Linebacker = A linebacker who plays outside and behind the defensive line. OLBs are usually divided into strong side and weak side linebackers.

Pass Defender = A defensive player who defends against the pass.

Pass Rush = The act of the defense trying to get to the passer.

Play = A sequence of actions from the snap (or kickoff) until a tackle is made and the whistle is blown.

Rush = The act of running with the football or the act of the defense trying to get to the quarterback.

S = Abbreviation for "Safety".

SS = Abbreviation for "Strong Safety".

Safety =	A defensive player who is usually the last line of defense or when the offense is tackled in their own end zone (earns the tackling team 2 points).
Secondary =	Group of defensive backs or the area downfield where the DBs defend.
Strong Safety =	A type of defensive player who usually lines-up deep and defends the deep pass. This type of safety is usually a little bigger and is a big hitter.
Strong Side =	The side of the formation that has the tight end.
Stunt =	When defensive lineman rush differently than usual.
Tackle =	A type of offensive or defensive lineman or when the ball carrier is brought to the ground.
Touchdown =	When the offense reaches the end zone. A touchdown is 6 points.
Weak Side =	The side of an offensive formation that doesn't have the tight end. (The opposite side as the Strong Side.)
Zone Defense =	A pass defense where the DBs and the LBs drop back into coverage and are responsible to cover a part of the field instead of a specific player.