

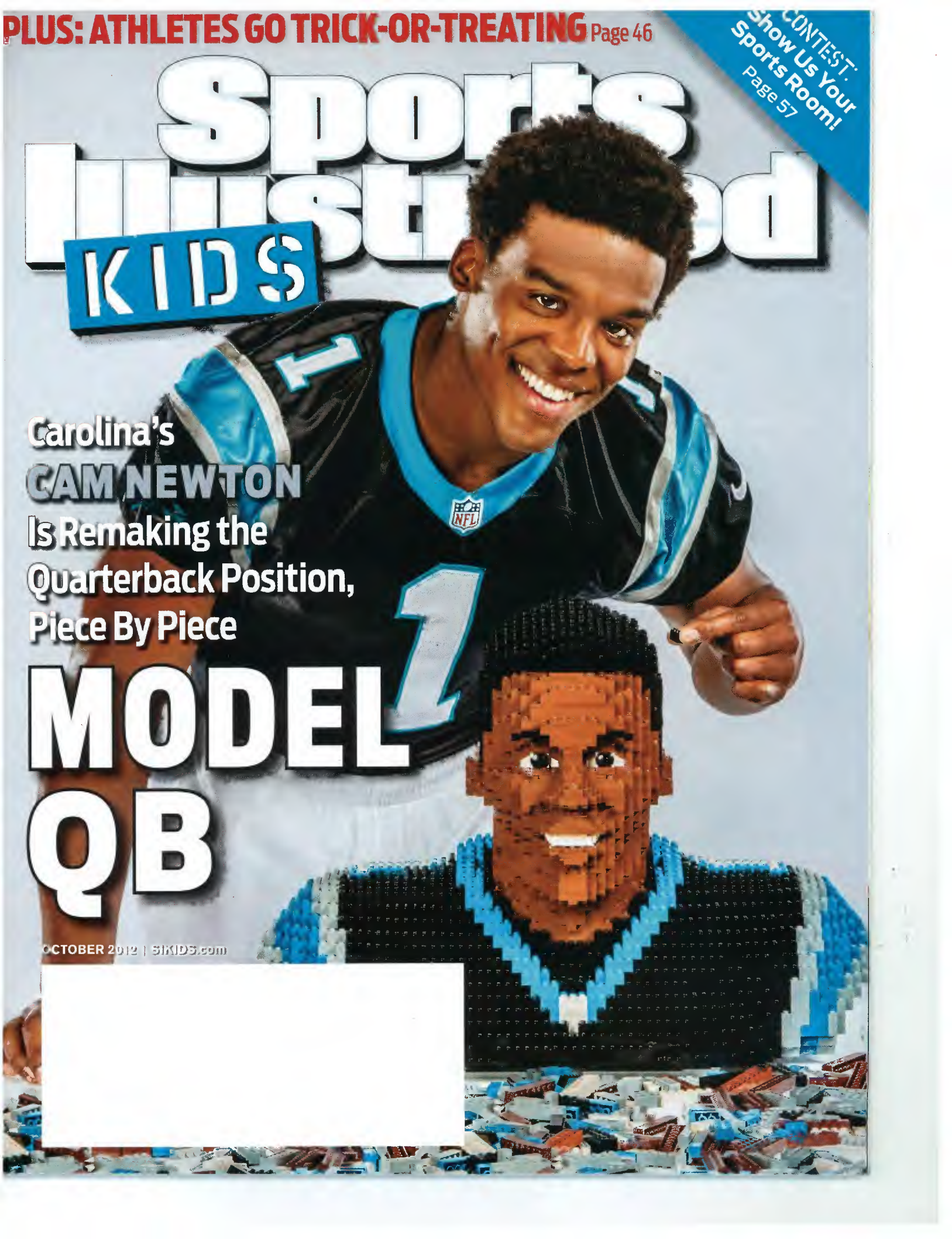
Sports Illustrated

KIDS

Carolina's
CAM NEWTON
Is Remaking the
Quarterback Position,
Piece By Piece

MODEL QB

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GAME WITHIN

NFL players reveal the secrets they use to g



Cornerback

IKE TAYLOR
Pittsburgh Steelers

WELL COVERED: “A lot of people play off coverage [backed away from the line of scrimmage]. It gives you a better view; you can see the formation. But I try to play bump-and-run coverage [right up on the line of scrimmage]. Not everyone has the confidence to do it; you can take one wrong step and that receiver is gone. But the quarterback wants the receiver in a certain area at a certain time. Bump and run throws off that timing.”

TURN AND RUN: “You see a lot of people who can run fast straight ahead, but their hips are tight. They can’t change direction. I’m not *that* flexible, but I’m flexible enough to turn my hips and run.”

TRUST YOUR INSTINCTS: “I don’t want to go into a game feeling like I know everything because a lot of teams are going to play us differently anyway. You can try to look at things like a receiver dropping his hips, but in football it’s really just a feel. I have to trust what I feel.”



Wide Receiver

STEVIE JOHNSON
Buffalo Bills

ESCAPING THE JAM: “If I’m getting jammed for two or three seconds, it’s throwing off the timing with the quarterback. I try to knock [the defender’s] arms down before he can even touch me. It’s wax-on, wax-off, like the Karate Kid.”

MAKING MOVES: “From talking with DBs from high school, college, and even in the NFL, they all say they check to see when you sink your hips, drop your arms, or turn your head. That’s when they know something’s going to happen. So if I have a go route [straight upfield], I’ll get to a point, and I’ll drop my arms to make it look like I’m going to stop, but then I’ll keep going.”

WINNING THE BATTLE: “I call it parking the DB. When you park your car, you park it in the stall, then go somewhere else. So if I’m going to the right, but I fake to the left, and the DB has jumped all the way to the left, I just “parked” him. The rest is on the quarterback-receiver chemistry.”



Defensive Tackle

LINVAL JOSEPH
New York Giants

SNAP JUDGMENT: “I just keep my eye on that ball. Guys can do a lot of [gesturing] with their hands. There are hard counts, things to try to draw you offsides. But that ball is the one thing that has to move [when the play starts].”

STUFFING THE RUN: “Once the ball is snapped, I just read the guy in front of me. He’s going to show me where they want the [running back] to go. I want two guys blocking me. If I’m double-teamed it opens the door for the linebacker, and I’ve done my job. Sometimes in the second half an offensive coordinator will start sending that second guy at the linebackers, then it’s my turn to find the lanes and run through them.”

FALSE STEPS: “Sometimes a team will run right, run right, run right, then fake right and run left. If I take that one false step, that gap opens up [for the runner]. That offensive lineman has me sealed and can do whatever he wants with me.”

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