

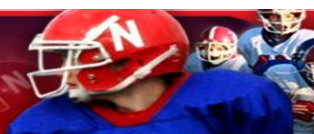
# NATIVITY 7TH & 8TH GRADE OFFENSIVE PLAYBOOK



*Nativity Groveland Football - NGFB.net*



**NATIVITY  
GROVELAND AREA  
FOOTBALL ASSOCIATION**



# Positions

## 1. QUARTERBACK

- a. The quarterback is the leader of the offense. Before the play starts he is the one who will relay the play from the person bringing the play in, either another play or a coach, to the rest of the team. In the huddle **NO ONE BUT THE QUARTERBACK SPEAKS.**
- b. The quarterback's main responsibilities are
  - i. Relaying the play to the team
  - ii. Getting the team in the correct formation and players where they need to be
  - iii. Initiating the play by cleanly receiving the ball from the center and getting it to the correct next person on the field.
- c. The quarterback is always lined up behind the center, either under center in base formations or 3 yards behind in shotgun formations

## 2. 2-Back

- a. The 2-Back is one of 3 running backs used in the offense
- b. The 2-Back has many responsibilities outside of just running the ball.
  - i. On some plays he will be responsible for leading blocking for the 3-Back
  - ii. On some pass plays he will be pass blocking for the quarterback
  - iii. On other pass plays he will be a receiver OR even split out outside of the backfield as a receiver
- c. There are many positions on the field at which the 2-Back may line up, refer to the positions diagrams to see where.

## 3. 3-Back

- a. The 3-Back is one of 3 running backs used in the offense
- b. The 3-Back has many responsibilities outside of just running the ball.
  - i. On many plays he will be responsible for leading blocking for the 2-back, especially in the I formation
  - ii. On some pass plays he will be pass blocking for the quarterback
  - iii. On many shotgun pass plays the 3-Back will stay in the backfield with the quarterback as the primary running back or as an additional blocker

## 4. 4-Back

- a. The 4-Back is the last of the 3 running backs on the offense.
- b. The 4-Back is more of a hybrid receiver/running back than the 2 or 3-Backs
- c. The 4-Back must be a steady run blocker since he is **the** key blocker on outside run plays
- d. The 4-Back also must be a good route runner and catcher since there are many pass plays in which he is the primary receiver
- e. The 4-Back is never lined up in the backfield
  - i. His positioning on the field will depend on the formation (outside the End or inside the End) and on the strength of the formation (left or right)

## 5. Ends

- a. Our offense employs 2 ends, or receivers
- b. Ends must be lined up on the line of scrimmage
- c. The Ends must also be both capable run blockers as well as pass catchers and route runners.
  - i. Ends are essential run blockers, especially in base formations when they are lined up as **Tight Ends**(Ends lined up directly next to the tackle in a 3-point stance)
  - ii. Ends may either line up as tight ends, next to the line, or split out in Spread formations
    1. While in tight the End will be in a 3-point stance like the other lineman
    2. While split out, Ends will be standing up like a wide receiver with their inside foot forward
- d. Ends will not switch sides of the formation, the Right End will continue being the Right End no matter the formation

## 6. Tackles

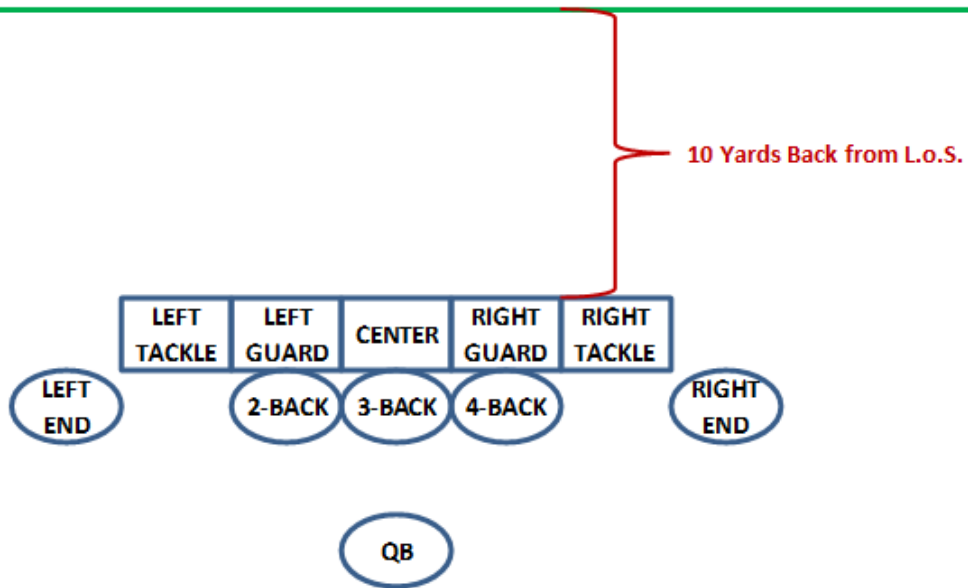
- a. All offenses employ 2 offensive Tackles

- b. The Tackles are the furthest **interior lineman** away from the Center
  - c. Tackles are solely blockers, they are not able to receive the ball unless there is a fumble
7. Guards
- a. All offenses employ 2 offensive Guards
  - b. Guards line up generally between the Tackle and the Center
  - c. The Guards in our offense must be especially mobile lineman
    - i. There are many misdirection and sweep plays that we run that call on the Guard to **pull** in order to act as an extra blocker
  - d. In unbalanced formations the positions of the guards may switch around
8. Center
- a. The Center is the secondary leader of the offense and the **leader of the line**
    - i. The Center's **first** responsibility is to get the team into a huddle to for the quarterback to call a play
    - ii. His **second** responsibility is to get the huddle broken after the quarterback calls the play and get the team to the line of scrimmage quickly
      - 1. Once the team is at the line of scrimmage the Center will call splits to ensure lineman spacing and make sure everyone on the line is lined up **on the line of scrimmage**

## The Huddle

1. Before the offense runs any play, either after a time out, change of position, or after one of our own plays we will always get into a huddle. (There are times we will go no huddle, which will be discussed later)
2. Immediately after the previous play is completed and the referee blows his whistle the Center will get the huddle organized.
  - a. The Center will **run** to a spot **10 Yards** back from where the ball is spotted and put both hands in the air and **YELL "HUDDLE"**
  - b. The other players will all sprint back to the huddle and line up as shown below- in 2 lines with their backs to the line of scrimmage
    - i. The first line is the Linemen, standing straight up with the Ends at an angle facing in to either side
    - ii. In front of the Linemen are the 3 running backs leaning forward with their hands on their knees so that the Linemen can see and hear the Quarterback
    - iii. The Quarterback will be facing all of the players
  - c. Once in the huddle **NO ONE** can talk except the Quarterback
    - i. This is because we often bring in plays by rotating running backs from the sideline so the huddle **must be quiet to hear who is being substituted**
3. The Quarterback will come meet the player being substituted into the game with the play before reaching the huddle
  - a. The player bringing the play in will tell the Quarterback the play twice, along with any other instructions from the coach
  - b. Once they reach the huddle the Quarterback will tell the team the following what the play is (Wing Right 32 Dive) and the cadence (On ONE!), then the Quarterback will repeat the play and cadence
  - c. After the second cadence the Quarterback will say "READY" and the team will respond "BREAK" while performing a single clap- this is how we break the huddle
4. After the huddle is broken the team will **SPRINT** to the line of scrimmage, get into position where the Center will call for splits
  - a. Once the down Linemen get proper splits (finger tips to elbows) the Center will call "DOWN" at which point the Linemen get into their 3-point stance.
5. Once the Linemen are down the Quarterback may initiate the play by beginning his cadence

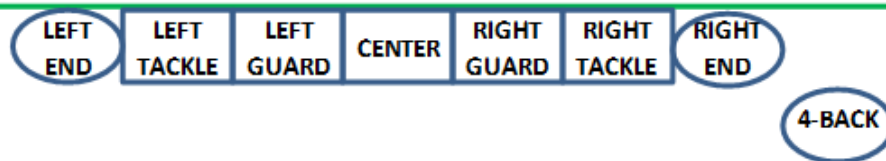
## Line of Scrimmage



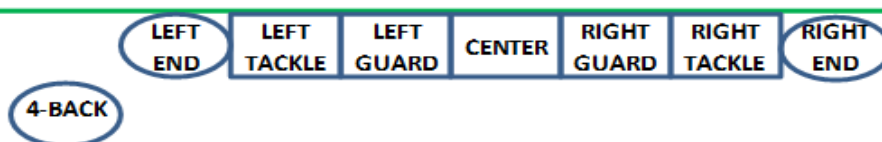
## Formation Strength

1. In our base offense we employ what is called a "Wing-Back"
  - a. In our offense we refer to the Wing-Back as the 4-Back
  - b. In the base offense the side we deploy the 4-Back to is our strength, and that will be the first part of the play call on any of our base plays
2. The play call will not be tricky- it will tell the 4-Back which side to line up on, it will either be "**Wing Right**" or "**Wing Left**"
  - a. This direction is meant to tell the 4-Back where to go
3. See below diagrams for the 4-Back position on **Wing Right** and **Wing Left**

## Wing Right



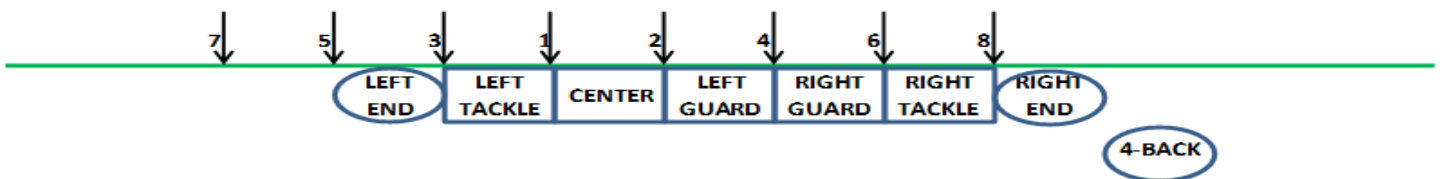
## Wing Left



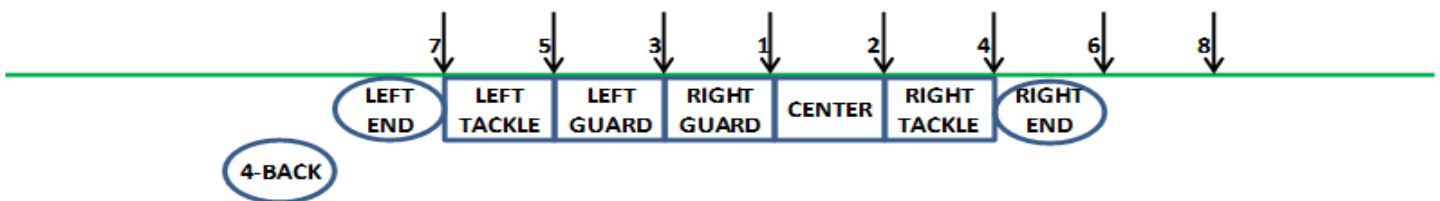
## Unbalanced Line

1. Sometimes we will shift the line to be unbalanced to either the left or the right
  - a. We try to do this to catch the defense off-guard and to give our offense an extra Lineman at the point of attack for a greater advantage
2. When we go unbalanced it will be the Guards who will switch which side of the Center they are lining up on
  - a. The Linemen to the side we go unbalanced to will shift over one spot to make room for the Guard to be next to the Center.
3. The running lanes will still be keyed from the Center's position, the first hole to his right is still the 2 and the first to his left is still the 1
4. In Unbalanced formations the Quarterback should try to always call the play on either **FIRST SOUND** or on **SET** to try to get the play off before the other team notices we are unbalanced.
  - a. This means it is doubly important for everyone to break the huddle quickly and sprint to the line **EVERYTIME**, because if we only do it on unbalanced the other team will know that when we run to the line we will be unbalanced

### Unbalanced Right



### Unbalanced Left

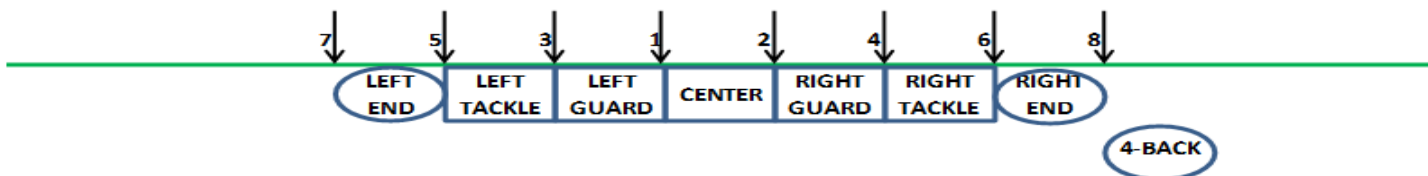


## Running Lanes

1. On running plays the holes used for signifying where the blockers will block and the runners will run are outlined in the figure below
  - a. To the right of the Center the holes are even numbered, with the nearest space to the Center's right being the 2 Hole and the furthest being the 8 Hole
    - i. Note the number will not go above 8, there is no 10 Hole
  - b. To the left of the Center the holes are odd numbered, with the nearest being 1 and the furthest the 7 Hole
2. Even if you are not the running back receiving the ball or the person lead blocking for the running back, knowing the hole is important for everyone.

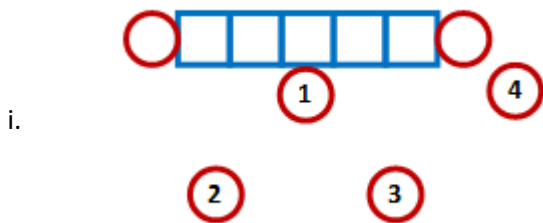
- a. The hole the play is going to determines who each Lineman will block in accordance to our "run block rules", which we will get to later.
3. Each running play will have 2 numbers said in it (I.E. 32, 24, 47, 18, etc.) in these the first number is the running back carrying the ball and the second is the hole he is running to.

### Running Lanes

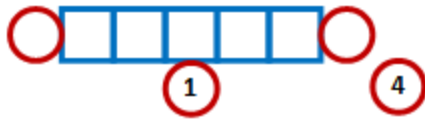


## Formations

1. The Nativity Offense has 7 different formations we will run plays from
  - a. Our "base" formations are Split Backs and I
  - b. These are the formations where the Quarterback will be lined up under Center
  - c. The formations starting with Spread are shotgun formations
2. In Split formation the strength (Wing right or left) will tell the 4-Back where to line up
  - a. The Linemen will be in their same spots, with the 2 Ends tight to the line in a 3-point stance
  - b. The 2 Back will be lined up behind the Left Guard straddling his outside leg and 3 yards behind the Left Guard
  - c. The 3 Back will be lined up behind the Right Guard straddling his outside leg and 3 yards behind the Right Guard
  - d. Below is an example of Wing Right Split:



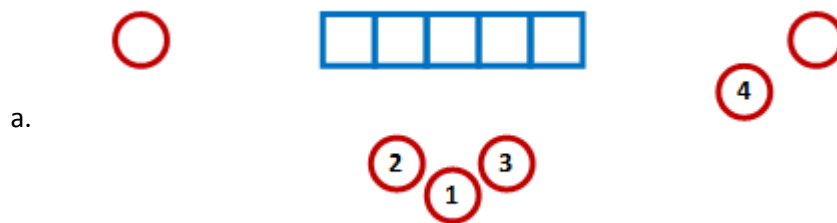
3. In I Formation the strength will tell the 4-Back where to line up
  - a. The Linemen will be in their same spots, with the 2 Ends tight to the line in a 3-point stance
  - b. The 3 Back will be lined up 2.5 yards directly behind the Quarterback
  - c. The 2 Back will be lined up 5 yards directly behind the Quarterback, the Quarterback, 3 Back, and 2 Back create an I, hence the name of the formation
  - d. Below is an example of Wing Right I



5.

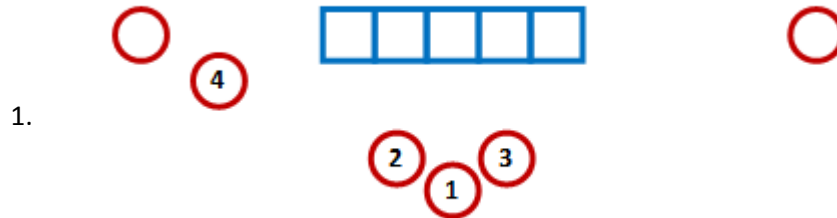


4. The 5 Spread formations are all out of Shotgun, the number following Spread (i.e. Spread 13) explains the balance of where the 2 Back or 4 Back will line up.
- The Quarterback will stand 4.5 yards directly behind the Center to receive the shotgun Snap
  - The interior Linemen will line up in normal splits like they do in the BASE formations
  - The Left End will be split wide left-7 yards outside of the Left Tackle and in a stand up position **on the line of scrimmage**
  - The Right End will be split wide right-7 yards outside of the Right Tackle and in a stand up position **on the line of scrimmage**
  - These alignments will be the same in all of the Spread formations, the alignment of the Backs are described below by formation:
    - SPREAD 12**
      - Spread 12 is when the Left End is the only (1) player lined up wide left and the 4 Back & Right End are both (2) line up wide right- thus 12
      - The 4 Back will be lined up 5 yards outside of the Right Tackle and inside of the Right End, the 4 Back will be standing up in a receiver position and has to be **off the line of scrimmage**
      - The 3 Back will be lined up on the Quarterbacks right, directly behind the Right Guard and only slightly in further forward than the Quarterback
      - The 2 Back will be lined up on the Quarterbacks left, directly behind the Left Guard and only slightly in further forward than the Quarterback
      - Below is an example of Spread 12



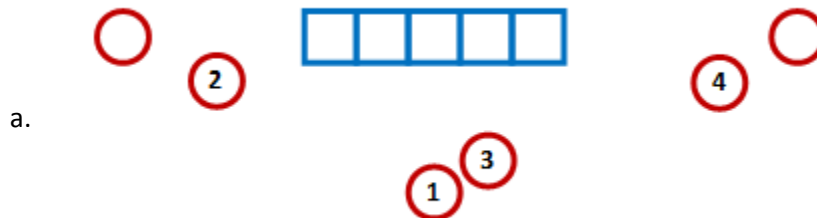
ii. **SPREAD 21**

- Spread 21 is when the Left End & 4 Back are both (2) lined up wide left and the Right End is the only one (1) line up wide right- thus 21
- The 4 Back will be lined up 5 yards outside of the Left Tackle and inside of the Left End, the 4 Back will be standing up in a receiver position and has to be **off the line of scrimmage**
- The 3 Back will be lined up on the Quarterbacks right, directly behind the Right Guard and only slightly in further forward than the Quarterback
- The 2 Back will be lined up on the Quarterbacks left, directly behind the Left Guard and only slightly in further forward than the Quarterback
- Below is an example of Spread 21



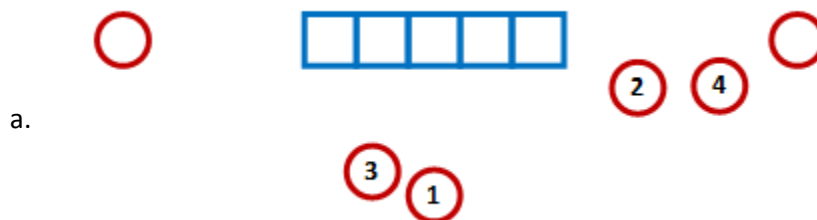
### 3. SPREAD 22

- a. Spread 22 is when the Left End & 2 Back are both (2) lined up wide left and the 4 Back & Right End are both (2) line up wide right- thus 22
- b. The 4 Back will be lined up 5 yards outside of the Right Tackle and inside of the Right End, the 4 Back will be standing up in a receiver position and has to be **off the line of scrimmage**
3. The 2 Back will be lined up 5 yards outside of the Left Tackle and inside of the Left End, the 2 Back will be standing up in a receiver position and has to be **off the line of scrimmage**
4. The 3 Back can be lined up on the Quarterbacks right or left, directly behind the whichever Guard and only slightly in further forward than the Quarterback
5. Below is an example of Spread 22



### 4. Spread 13

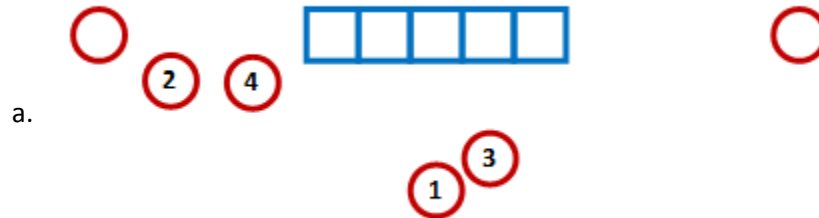
1. Spread 13 is when the Left End is the only (1) receiver lined up wide left and the 2 Back, 4 Back, & Right End are all (3) lined up wide right
2. The 4 back will be lined up 5 yards outside of the Right Tackle and inside of the Right End, the 4 Back will be standing in a receiver position and has to be **off the line of scrimmage**
3. The 2 back will be lined up 3 yards outside of the Right Tackle and inside of the 4 Back, the 2 Back will be standing in a receiver position and has to be **off the line of scrimmage**
4. The 3 Back can be lined up on the Quarterbacks right or left, directly behind the whichever Guard and only slightly in further forward than the Quarterback
5. Below is an example of Spread 13



### 5. Spread 31



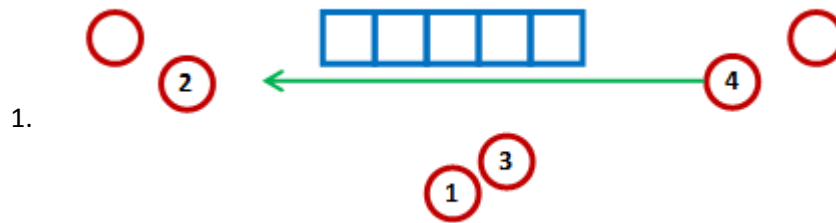
1. Spread 31 is when the Left End, 2 Back, & 4 Back are all (3) receiver lined up wide left and the Right End is the only (1) one lined up wide right
2. The 2 back will be lined up 5 yards outside of the Left Tackle and inside of the Left End, the 2 Back will be standing in a receiver position and has to be **off the line of scrimmage**
3. The 4 back will be lined up 3 yards outside of the Left Tackle and inside of the 2 Back, the 4 Back will be standing in a receiver position and has to be **off the line of scrimmage**
4. The 3 Back can be lined up on the Quarterbacks right or left, directly behind the whichever Guard and only slightly in further forward than the Quarterback
5. Below is an example of Spread 13



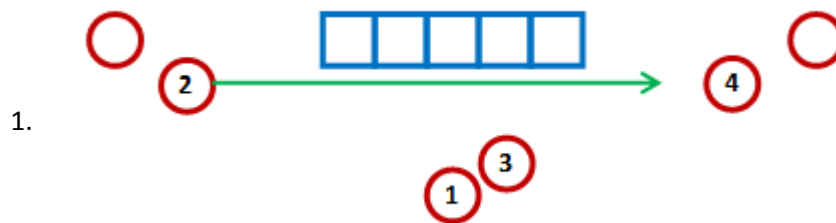
## Motion

1. "Motion" is when a member of the backfield (2 Back, 3 Back, or 4 Back) is moved to a different part of the field than where he originally lined up.
2. We utilize motion in our offense in order to catch the defense off guard or to add an extra blocker to the point of attack before the defense gets a chance to adjust to the new strength.
3. Most often we utilize motion out of our Spread formations, although this doesn't always have to be the case
4. In our offense we have only 2 different motion calls that may be used in our play names
  - a. The first is **LIZ**, which sends the back lined up on the **LEFT INTO MOTION TO THE RIGHT**
  - b. The second is **RIP**, which send the back lined up on the **RIGHT INTO MOTION TO THE LEFT**
  - c. So our motion calls are to align with where the person going in motion starts in for the formation (**L**IZ=LEFT, **R**IP=**R**IGHT)
  - d. It is always the running back **split out & closest** to the Center who will be the one going in motion
  - e. **Ends will never be the one going in motion**
5. The play given to the Quarterback will say if there is motion involved,
  - a. I.E. Spread 22 RIP 37 Sweep
    - i. This play sends the 4 Back in motion from RIGHT to LEFT to be an extra blocker on the 37 Sweep
  - b. There are also play calls where the back going in motion will receive the ball
    - i. I.E. Spread 22 LIZ 28 Jet Sweep
      1. This is the 2 Back going in motion and receiving the ball on a 28 Sweep
  - c. **One plays with motion the Quarterback will never call the play on first sound.**
  - d. When the team is at the line of scrimmage and set the Quarterback will send the running back into motion by stomping his foot
  - e. Depending on the play call the running back will either time their motion to be on the other side of the line to be utilized as a lead blocker (as in the Spread 22 RIP 37 Sweep) or will time it to receive the hand off from the Quarterback (as in the Spread 22 LIZ 28 Jet Sweep)

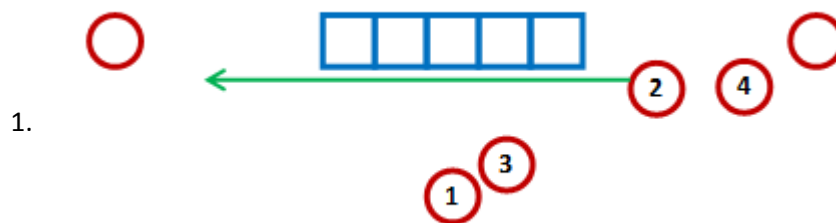
6. When going in motion the running back will start by turning and running parallel to the line of scrimmage
  - a. **THE RUNNING BACK CANNOT TURN BACK TO THE LINE OF SCRIMMAGE BEFORE THE BALL IS SNAPPED, THIS IS A PENALTY**
  - b. Below are examples of different types of motions.
    - i. **Spread 22 RIP**



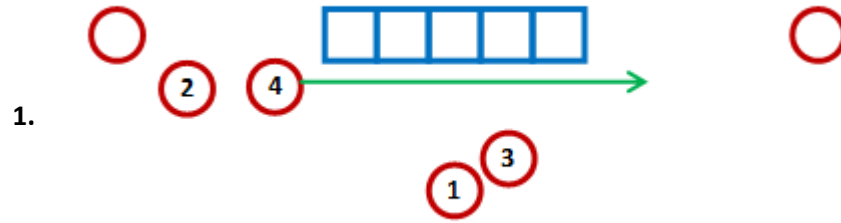
- ii. **Spread 22 LIZ**



- iii. **Spread 13 RIP**



iv. Spread 31 LIZ



## Stances

1. 3-Point Stance

- a. The 3-Point stance is the base stand for all of football, it is how the Offensive Linemen will always start in and many times the Ends as well
  - i. To start keep feet shoulder width apart with one foot stepped back to push off of
  - ii. Bend your knees to while not letting your butt get too high into the air
    1. Keep your weight on the balls of your feet with your legs ready to explode out of your stance
  - iii. Bend over at the waist and use your dominant hand to plant into the ground
  - iv. With your off hand keep it cocked and close to your body with the elbow bent right to use it to block
  - v. **KEEP YOUR HEAD UP AND EYES FORWARD**



## 2. 2-Point Stance

- a. This is how the running backs will line up in the base formations as well as running backs in the backfield in Spread formations
  - i. To start keep your feet about shoulder width apart with your toes pointed forward
    1. Always have your feet pointing the straight ahead, if you turn towards where the play is going the defense will notice
  - ii. Keep a slight bend in your knees and bend some at your hips
  - iii. Be bent at the hips enough so that you may rest your hands on your thighs just above the knee
  - iv. Have the weight on the balls of your feet so you can explode out of your stance at the snap of the ball
  - v. **KEEP YOUR HEAD UP AND EYES FORWARD**

vi.



## 3. Receiver Stance

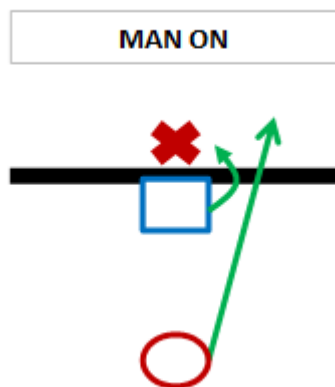
- a. This is the position that the Ends and running backs will be in when they are split wide in the Spread formations.
  - i. Have your feet staggered in a stand up sprinters stance with your inside leg in forward
  - ii. Be slightly bent forward at the hips with your weight on your front foot and ready to push off with your back leg
  - iii. Keep your hands up and cocked with the elbows bent ready to use it to push through a defender or to block

4.

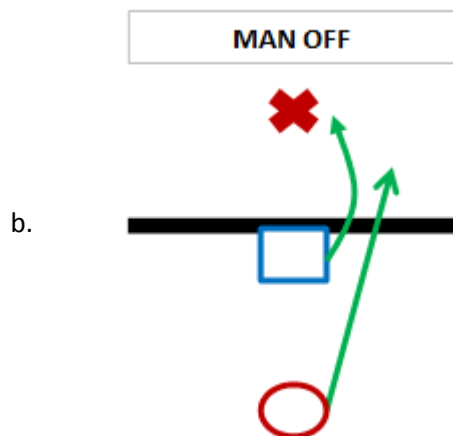


## Blocking Rules

1. The Nativity blocking rules are simple and once you understand what they mean it is easy to put into practice.
2. To help make things simple, when we break the huddle each of the down lineman should find the defender, according to the blocking rules below, and point to them to signify that is who they will be blocking.
3. The rule is "Man On, Man Off, Man Closest to the hole"
  - a. Man On
    - i. The first rule, Man On, means just that. If there is someone lined up in front of you, on the line of scrimmage, block him.
    - ii. In the diagram below, the green arrow is indicating the direction the running play is going



2. Man Off
  - a. The second rule, Man Off, means that if there is not a someone in front of you on the line of scrimmage and there is a person in front of you OFF the line of scrimmage (likely a linebacker), block him.

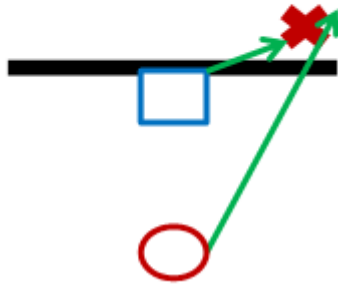


### 3. Man Closest to the Hole

- a. If there is no one lined up in front of you either ON or OFF the line of scrimmage, then find the nearest defender to the hole the play is going. If there is not an unblocked defender near the hole, then combo-block on a defender and move to a linebacker near the hole.

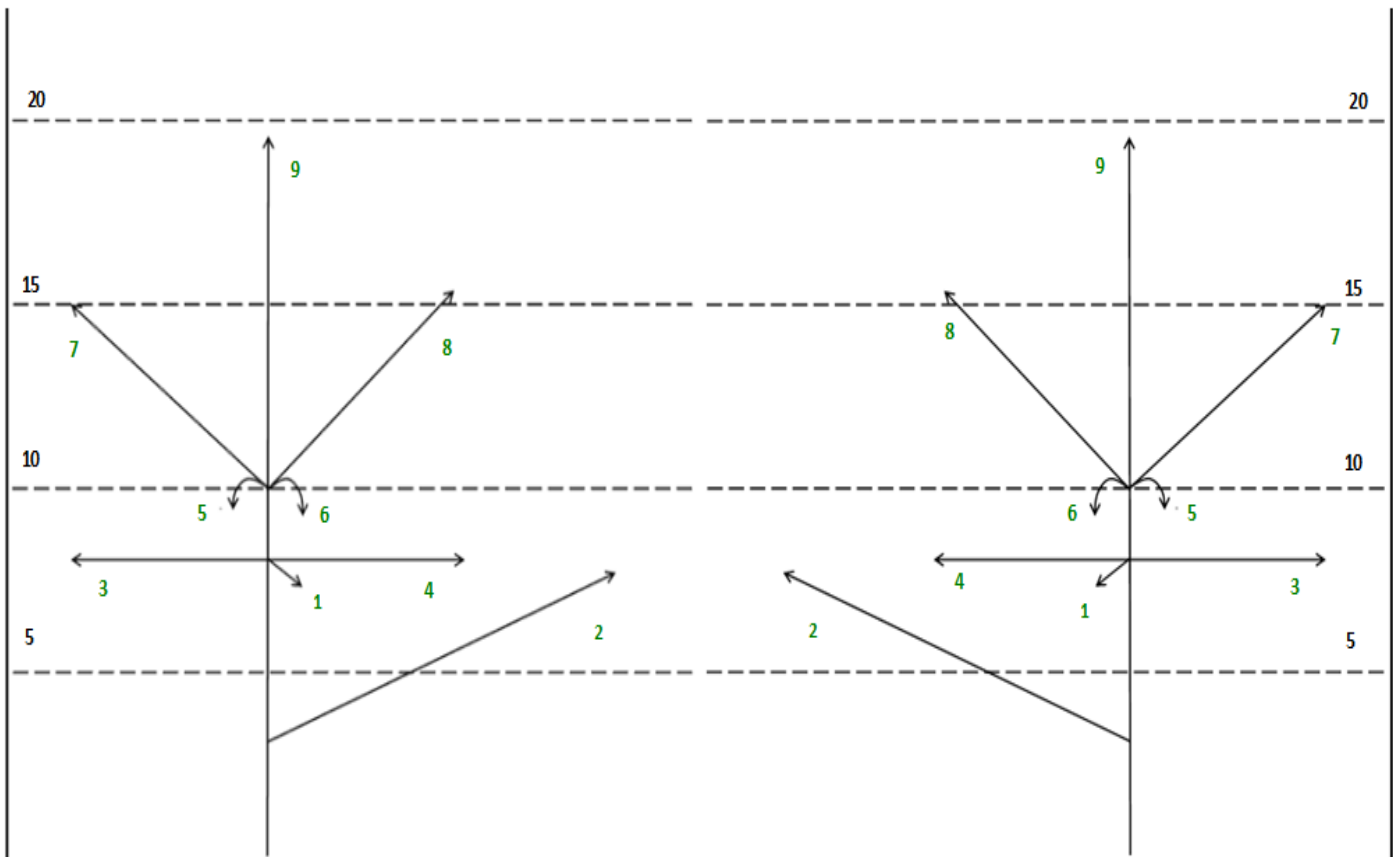
#### MAN CLOSEST THE HOLE

b.

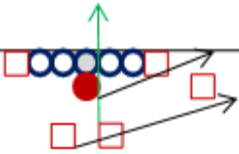
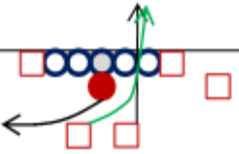
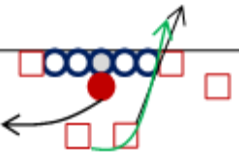
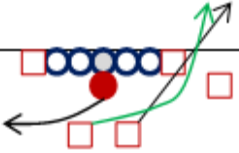
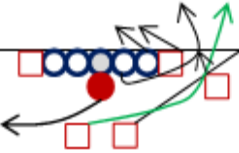
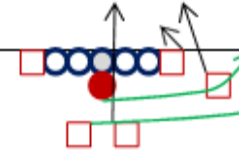
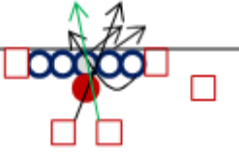
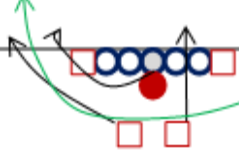
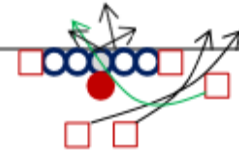


## Passing Tree

- The passing tree is used to help more easily identify passing routes using numbers instead of words.
- This makes it easier to call passing plays, since the play call will have numbers instead of added words to remember.
- In the below diagram the right side is the side line, the left is the middle of the field.
- In the route descriptions, remember **INSIDE means the CENTER of the field not left** and **OUTSIDE means the SIDELINE not right.**
- Routes:
  1. Hitch - 7 yards pushing downfield, plant on the outside foot and turn to the **inside** and come back to the quarterback
  2. Slant - 3 Yards and plant on the outside foot and break at an angle slightly downfield **towards the middle of the field**
  3. Out - 7 yards pushing downfield, plant on inside foot breaking at a **straight line towards the sideline.**
  4. In/Drag - In/Drag: 7 yards pushing downfield, plant on outside foot breaking at a **straight line towards the middle of the field.**
  5. Hook - 10 yards pushing downfield, at 10 yards **turn to the outside** and find open spot in the defense
  6. Curl - 10 yards pushing downfield, at 10 yards **turn to the inside** and find open spot in the defense
  7. Flag/Corner - 10 yards, plant with inside foot and break at a 45° angle **towards the sideline**
  8. Post - 10 yards, plant with outside foot and break at a 45° angle **towards the goal posts**
  9. Go/Fly/Seam - Taking a slight outside release off of the line of scrimmage sprint straight downfield looking for the ball over the inside shoulder



# Split Backs Running Plays

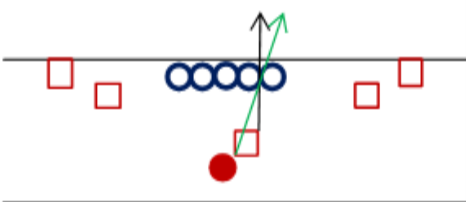
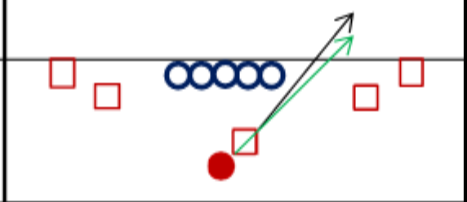
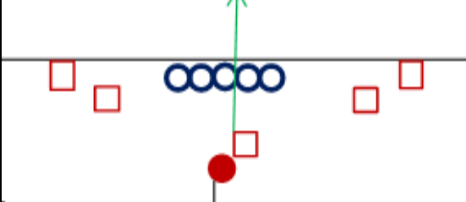
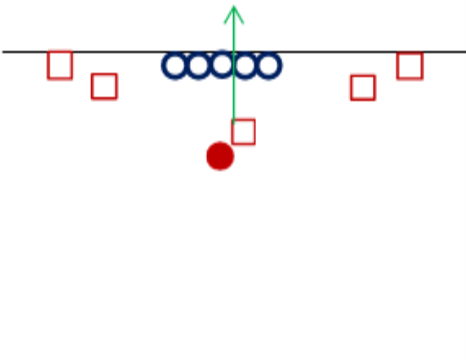
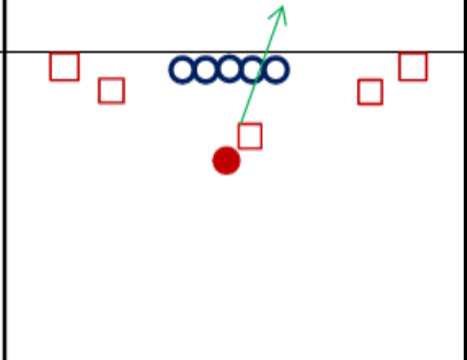
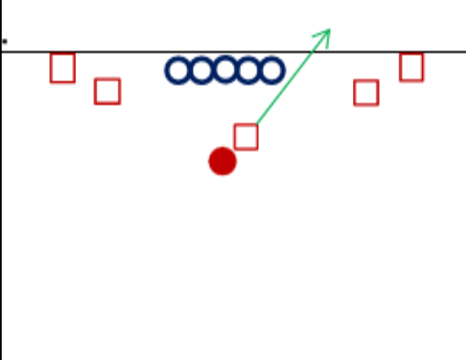
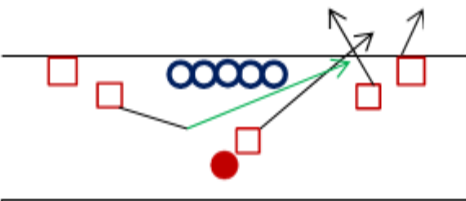
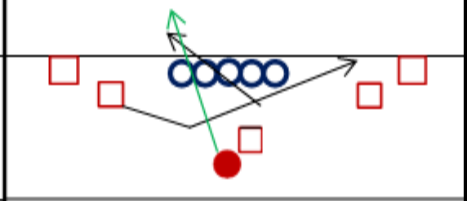
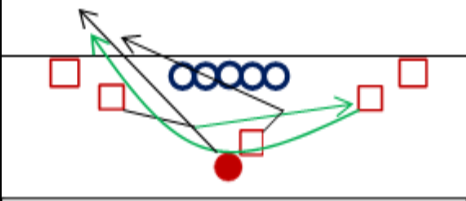
<p>Wing Right Split 32 Dive</p>	<p>Wing Right Split 24 Lead</p>	<p>Wing Right Split 26 Offtackle</p>
		
<ul style="list-style-type: none"> <li>• 3 back takes handoff going through the 2 hole</li> <li>• QB and 2 Back fake option to the right</li> <li>• Linemen follow man on/man off blocking rules</li> </ul>	<ul style="list-style-type: none"> <li>• 3 back leads through the 4 hole finding the first linebacker</li> <li>• 2 Back follows the 3 Back and cuts based off 3 backs block</li> <li>• QB fakes bootleg to the weak side</li> <li>• Linemen follow man on/man off blocking rules</li> </ul>	<ul style="list-style-type: none"> <li>• 3 back leads through the 6 hole finding the first linebacker</li> <li>• 2 Back follows the 3 Back and cuts based off 3 backs block</li> <li>• QB fakes bootleg to the weak side</li> <li>• Linemen follow man on/man off blocking rules</li> </ul>
<p>Wing Right Split 28Sweep</p>	<p>Wing Right Split 28 Quick Pitch</p>	<p>Wing Right Split 18 QB Option</p>
		
<ul style="list-style-type: none"> <li>• 3 back leads through the 8 hole finding the first linebacker</li> <li>• 2 Back takes hand-off &amp; follows the 3 Back and cuts based off 3 backs block</li> <li>• QB fakes bootleg to the weak side</li> <li>• Linemen follow man on/man off blocking rules, 4 Back will either seal or kick out man on depending where the CB is lined up</li> </ul>	<ul style="list-style-type: none"> <li>• 3 back leads through outside and kicks out the CB</li> <li>• 2 Back takes pitch &amp; follows the 3 Back and cuts based off 3 backs block</li> <li>• QB fakes bootleg to the weak side</li> <li>• Play side tackle and end will block down and 4 back will seal DE</li> <li>• Play side guard will pull and find seal the outside linebacker</li> </ul>	<ul style="list-style-type: none"> <li>• 3 back fakes 32 Dive</li> <li>• 4 Back seals off outside linebacker pursuit, leaving the CB</li> <li>• QB fakes 32 dive and sprints down the line, not getting too deep in the backfield</li> <li>• 2 Back maintains 1 yard behind QB and 3 yards outside to make the defender choose</li> <li>• QB will read the CB and if the CB stays back, QB cuts up field if CB attacks QB pitch to 2 Back</li> </ul>
<p>Wing Right Split 31 Cross Buck</p>	<p>Wing Right Split 49 Reverse</p>	<p>Wing Right Split 40 Counter</p>
		
<ul style="list-style-type: none"> <li>• QB turns away from the play side to fake to 2 back</li> <li>• 2 Back fakes 22 dive</li> <li>• 3 back takes a timing step to the right and takes handoff through the 1 hole</li> <li>• Center and play side guard block opposite play side leaving man on center</li> <li>• Play side tackle pulls behind center and guard to take man on center</li> </ul>	<ul style="list-style-type: none"> <li>• 3 back and QB Fake 32 Dive</li> <li>• 2 Back lead blocks kicking out the CB</li> <li>• QB fakes 32 dive and handoffs to the 4 back</li> <li>• 4 back takes timing step right and takes a handoff from the QB going left</li> <li>• Center pulls around end and seals in the outside linebacker</li> </ul>	<ul style="list-style-type: none"> <li>• 3 back and 2 back fake 28 sweep</li> <li>• 4 back takes timing step and takes inside handoff through 0 hole</li> <li>• QB fakes 28 sweep, handoffs inside to 4 back</li> <li>• Center blocks play side taking play side guard's man</li> <li>• Weak side guard goes up to block MLB</li> <li>• Play side guard pulls back and blocks weak side guard's man</li> </ul>



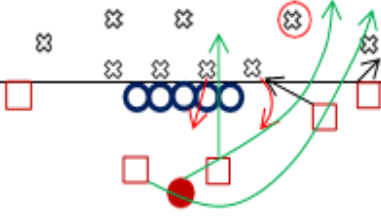
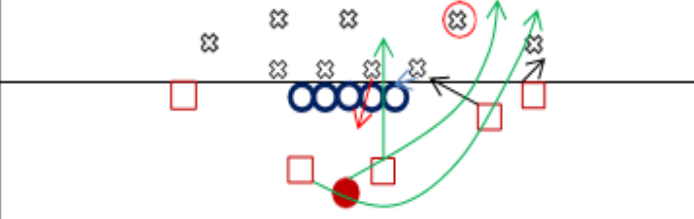
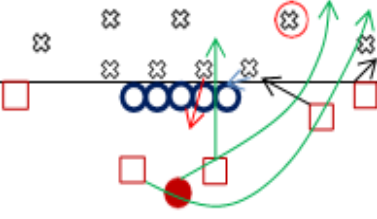
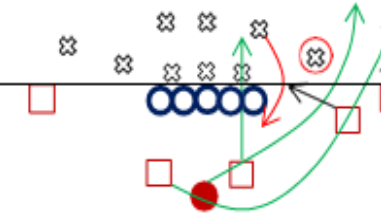
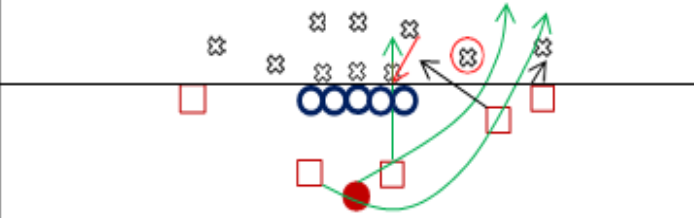
# I Backs Running Plays

<p>Wing Right I 32 Dive</p>	<p>Wing Right I 24 Lead</p>	<p>Wing Right I 26 <u>Offtackle</u></p>
<ul style="list-style-type: none"> <li>3 back takes handoff going through the 2 hole</li> <li>QB and 2 Back fake option to the right</li> <li>Linemen follow man on/man off blocking rules</li> </ul>	<ul style="list-style-type: none"> <li>3 back leads through the 4 hole finding the first linebacker</li> <li>2 Back follows the 3 Back and cuts based off 3 backs block</li> <li>QB fakes bootleg to the weak side</li> <li>Linemen follow man on/man off blocking rules</li> </ul>	<ul style="list-style-type: none"> <li>3 back leads through the 6 hole finding the first linebacker</li> <li>2 Back follows the 3 Back and cuts based off 3 backs block</li> <li>QB fakes bootleg to the weak side</li> <li>Linemen follow man on/man off blocking rules</li> </ul>
<p>Wing Right I 28 Sweep</p>	<p>Wing Right I 28 Quick Pitch</p>	<p>Wing Right Split 18 QB Option</p>
<ul style="list-style-type: none"> <li>3 back leads through the 8 hole finding the first linebacker</li> <li>2 Back takes pitch &amp; follows the 3 Back and cuts based off 3 backs block</li> <li>QB fakes bootleg to the weak side</li> <li>Linemen follow man on/man off blocking rules, 4 Back will either seal or kick out man on depending where the CB is lined up</li> </ul>	<ul style="list-style-type: none"> <li>3 back leads through outside and kicks out the CB</li> <li>2 Back takes pitch &amp; follows the 3 Back and cuts based off 3 backs block</li> <li>QB fakes bootleg to the weak side</li> <li>Play side tackle and end will block down and 4 back will seal DE</li> <li>Play side guard will pull and find seal the outside linebacker</li> </ul>	<ul style="list-style-type: none"> <li>3 back fakes 32 Dive</li> <li>4 Back seals off outside linebacker pursuit, leaving the CB</li> <li>QB fakes 32 dive and sprints down the line, not getting too deep in the backfield</li> <li>2 Back maintains 1 yard behind QB and 3 yards outside to make the defender choose</li> <li>QB will read the CB and if the CB stays back, QB cuts up field if CB stacks QB pitch to 2 Back</li> </ul>
<p>Wing Right I 23 Counter</p>	<p>Wing Right I 49 Reverse</p>	<p>Wing Right I 40 Counter</p>
<ul style="list-style-type: none"> <li>QB turns away from the play side to fake to 2 back</li> <li>3 Back fakes 32 Dive</li> <li>2 back takes a timing step to the right and takes handoff through the 3 hole</li> <li>Center and play side guard block opposite play side leaving man on center</li> <li>Play side tackle pulls behind center and guard to take man on center</li> </ul>	<ul style="list-style-type: none"> <li>3 back and QB Fake 32 Dive</li> <li>2 Back lead blocks kicking out the CB</li> <li>QB fakes 32 dive and handoffs to the 4 back</li> <li>4 back takes timing step right and takes a handoff from the QB going left</li> <li>Center pulls around end and seals in the outside linebacker</li> </ul>	<ul style="list-style-type: none"> <li>3 back and 2 back fake 28 sweep</li> <li>4 back takes timing step and takes inside handoff through 0 hole</li> <li>QB fakes 28 sweep, handoffs inside to 4 back</li> <li>Center blocks play side taking play side guard's man</li> <li>Weak side guard goes up to block MLB</li> <li>Play side guard pulls back and blocks weak side guard's man</li> </ul>

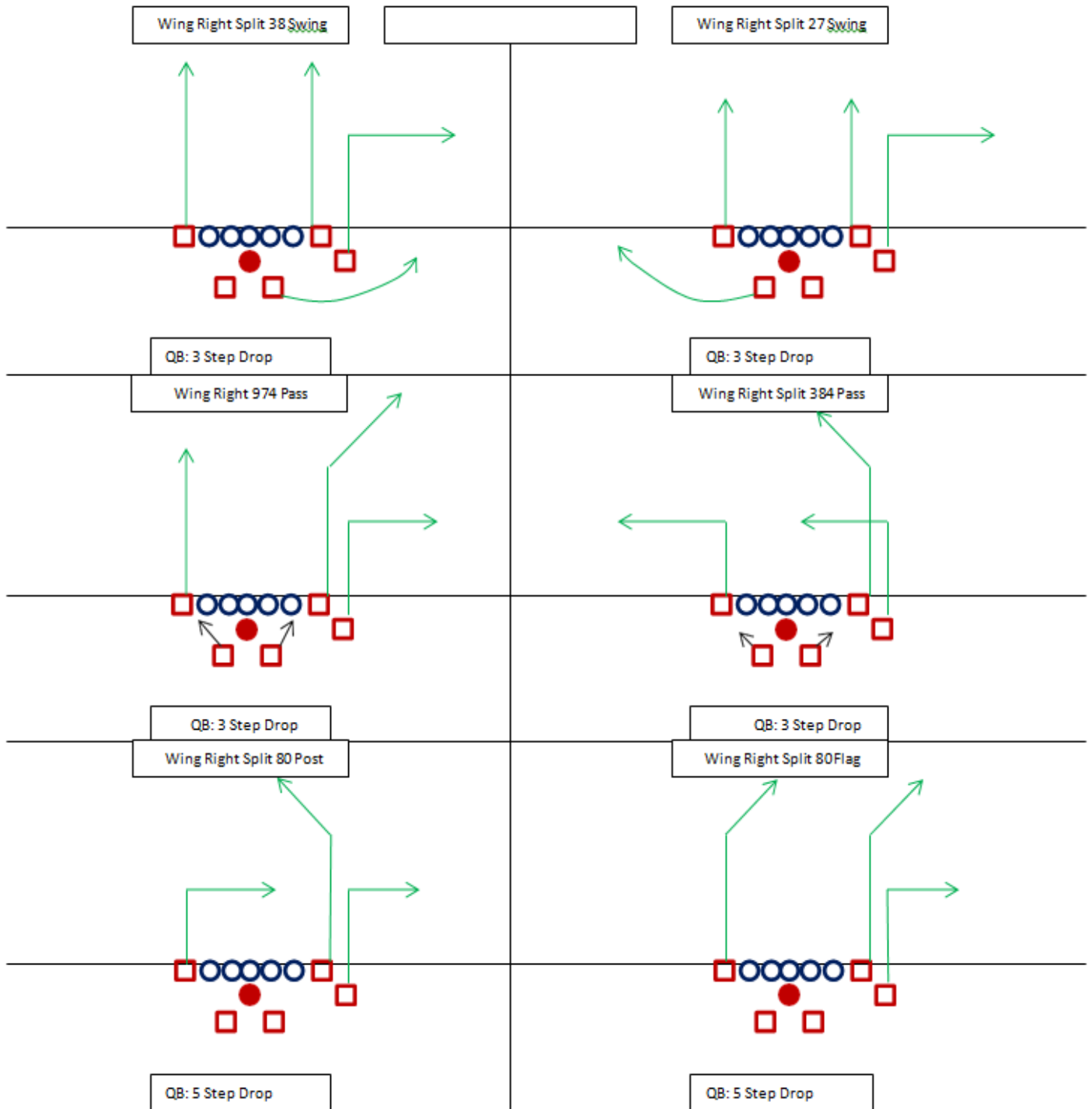
# Spread Running Plays

<p style="text-align: center;">Spread 22 14 Follow</p> 	<p style="text-align: center;">Spread 22 18 Sweep</p> 	<p style="text-align: center;">Spread 22 32 Draw</p> 
<p>3 Back: lead block through the 4 hole sealing off linebacker Quarterback: follows 3 Back through 4 hole</p>	<p>3 Back: lead block outside tackle and seal the outside linebacker to the inside 4 Back-Right End: Push defenders to the outside Quarterback: Follow 3 Back through the hole</p>	<p>Quarterback: Drop liking taking a pass drop 3 Back: fake pass block for 1 count, dive through 2 hole Line: Take pass drop for 1 count then drive block forward</p>
<p style="text-align: center;">Spread 22 32 Dive</p> 	<p style="text-align: center;">Spread 22 34 Lead</p> 	<p style="text-align: center;">Spread 22 36 Offtackle</p> 
<p style="text-align: center;">Spread 22 LIZ 28 JetSweep</p> 	<p style="text-align: center;">Spread 22 LIZ 13 Counter</p> 	<p style="text-align: center;">Spread 22 47 Reverse</p> 
<p>3 Back: Lead block through 8 hole 4 Back: crack back on outside linebacker Right End: back man on 2 Back: take short motion at slight angle to QB, at the snap take hand off and follow 3 Back</p>	<p>3 Back: take counter step towards the right and cutback to lead through the 3 hole 2 Back: go in motion, fake 28 jet sweep Quarterback: Fake 28 jet sweep to 2 Back and follow 3 Back through the 3 hole.</p>	<p>3 Back: take counter step towards the right and cut back to lead reverse 2 Back: take jet sweep and toss to 4 Back going around end Quarterback: lead block after jet sweep 4 Back: take toss from 2 Back and reverse following QB</p>

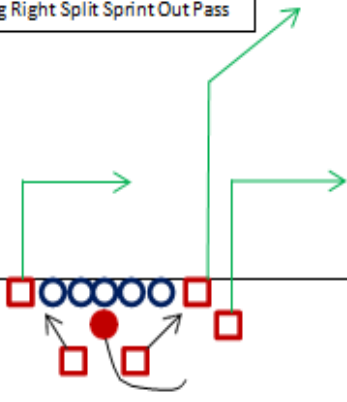
# Spread 12/21 Triple Option

Spread 12 Triple Option vs Even Front	Spread 12/21 Triple Option	Spread 12 Triple Option vs Even Front
		
<p>Right End: Block cornerback-push to the outside            4 Back: Crack back block on defensive end            3 Back: Dive straight ahead, ready to receive ball from the quarterback            2 Back: get in pitch position to the quarterback- 3 yards outside and slightly behind him            Quarterback: Against an even front (4 down linemen) read where the defensive end goes. If defensive end goes outside then give to the dive man</p>	<p>Right End: Block cornerback-push to the outside            4 Back: Crack back block on defensive end            3 Back: Dive straight ahead, ready to receive ball from the quarterback            2 Back: get in pitch position to the quarterback- 3 yards outside and slightly behind him            Quarterback: Against an even front (4 down linemen) read where the defensive end goes. If defensive end crashes inside then keep the ball and go downfield. Read the outside linebacker (circled), if he comes to you pitch to the 2 back, if he hesitates keep the ball</p>	<p>Right End: Block cornerback-push to the outside            4 Back: Crack back block on defensive end            3 Back: Dive straight ahead, ready to receive ball from the quarterback            2 Back: get in pitch position to the quarterback- 3 yards outside and slightly behind him            Quarterback: Against an even front (4 down linemen) read where the defensive end goes. If defensive end crashes inside then keep the ball and go downfield. Read the outside linebacker (circled), if he comes to you pitch to the 2 back, if he hesitates keep the ball</p>
Spread 12 Triple Option vs Odd Front	Spread 12 Triple Option vs Odd Front	
		
<p>Right End: Block cornerback-push to the outside            4 Back: Crack back block on left inside linebacker            3 Back: Dive straight ahead, ready to receive ball from the quarterback            2 Back: get in pitch position to the quarterback- 3 yards outside and slightly behind him            Quarterback: Against an odd front (3 down linemen) read where the left inside linebacker goes. If left inside linebacker goes outside then give to the dive man</p>	<p>Right End: Block cornerback-push to the outside            4 Back: Crack back block on left inside linebacker            3 Back: Dive straight ahead, ready to receive ball from the quarterback            2 Back: get in pitch position to the quarterback- 3 yards outside and slightly behind him            Quarterback: Against an odd front (3 down linemen) read where the left inside linebacker goes. If left inside linebacker crashes inside then keep the ball and go downfield. Read the outside linebacker (circled), if he comes to you pitch to the 2 back, if he hesitates keep the ball</p>	

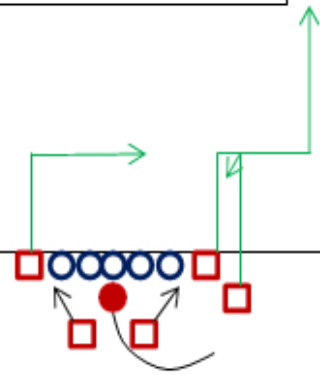
# Split/I Backs Passing Plays



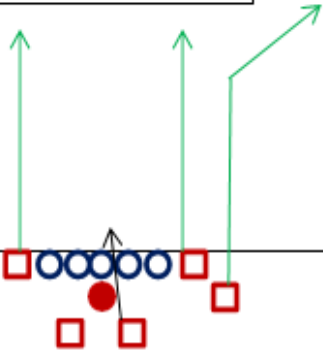
Wing Right Split Sprint Out Pass



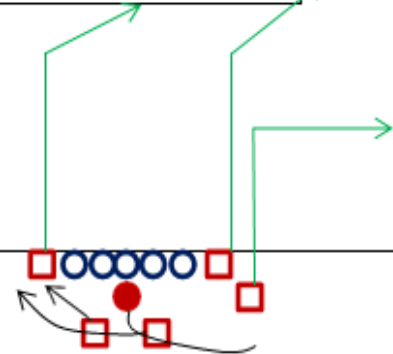
Wing Right Split Sprint Out & Go Pass



Wing Right Split 32 Dive Pass



Wing Right Split 18 QB Naked Pass



QB: Fake 32 Dive then 3 Step Drop

Wing Right 29 Screen Pass



QB: 3 Step Drop

QB: Fake 37 Sweep, Sprint OutRight

Wing Right 38 Screen Pass



QB: 3 Step Drop

# Spread Passing Plays

