



**Papillion LaVista South  
Jr. Titans Football  
Playbook**

**Head Coach: Chad Slump**

\*\*\*Confidential\*\*\* Please ensure this document's safety



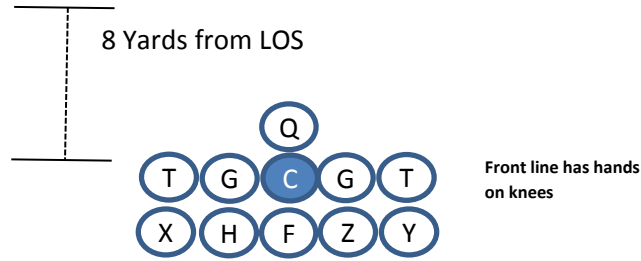
**Papillion LaVista South  
Jr. Titans Football  
Offense Playbook**

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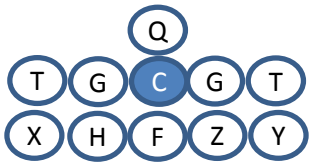
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# General Information

## Offense Huddle



## Positions

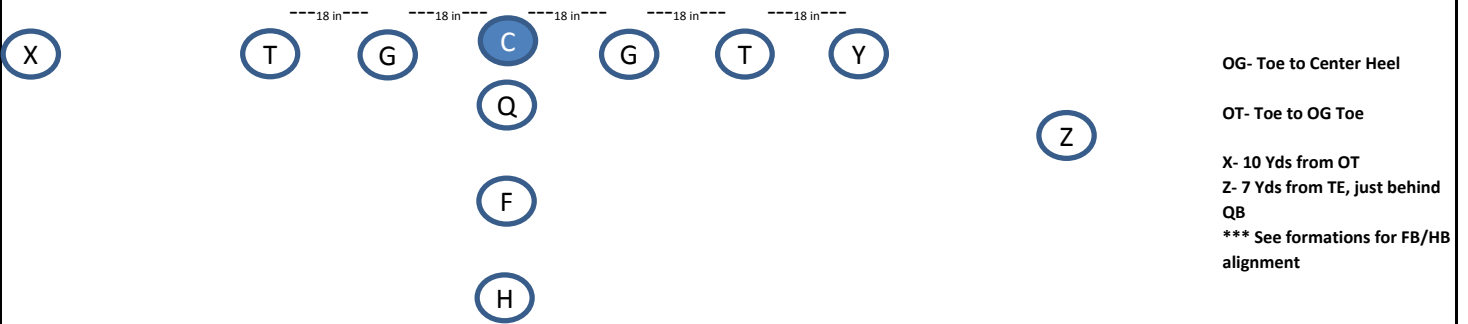


- C Center**- Critical for the success of the offense. The center is the only player on the team that is guaranteed to touch the ball every play. Players of this position must be smart, consistent, and tough. Communication is paramount for this position.
- G Guard**- A versatile lineman that needs to pull, block linebackers, or go man with a down lineman. Usually the smallest of the lineman.
- T Tackle**- Must be masters of the drive block. Position is key in both pass and run plays.
- X Wide Receiver**- Blocking is a key for this position. The better the blocker on a WR, the more opportunity our team has to throw him the ball.
- Y Tight End**- An exceptional blocker that has hands to catch the ball. Generally the biggest passing weapon in our offense.
- Z Flanker**- Possesses similar characteristics to the X back. Will block, receive exchanges for the QB and run pass routes.
- Q Quarterback**- This position is the football distributor. Athleticism is a plus, but intelligence is required. Must know what every position is doing on every play.
- H Halfback**- Hard nosed runner that is not afraid to go North & South. Must be a sound blocker as well.
- F Fullback**- Essentially, a lineman that can carry the ball. Primarily will be a blocker

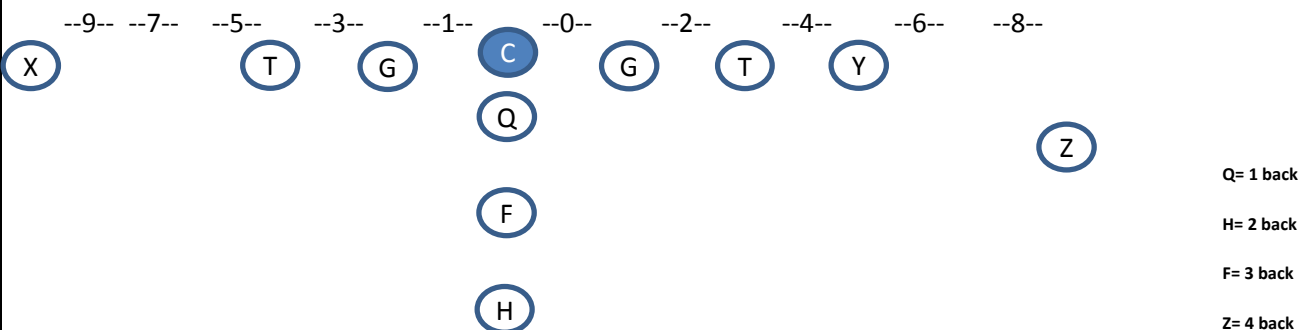
## Offensive Cadence

Silent Count or "Down, Set, Hut; Hut; Hut..."

## Splits and Line/Receiver Alignment

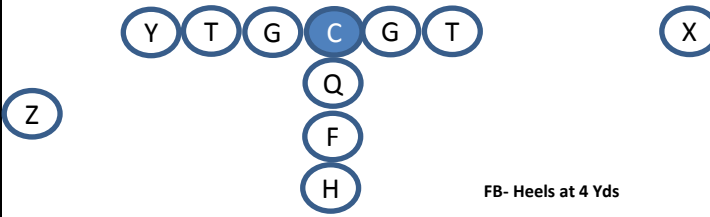


## Offensive Hole Locations/Back Numbers



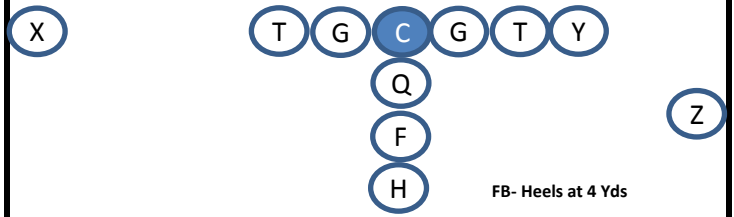
# Offensive Formations

## Pro Left



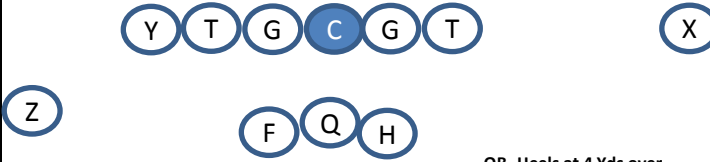
FB- Heels at 4 Yds  
HB- Heels at 5.5 Yds

## Pro Right



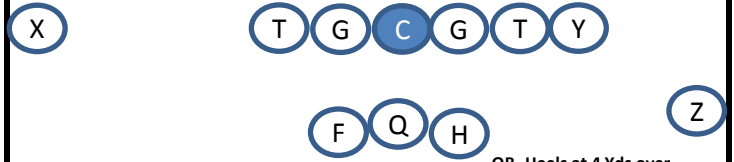
FB- Heels at 4 Yds  
HB- Heels at 5.5 Yds

## Gun Left



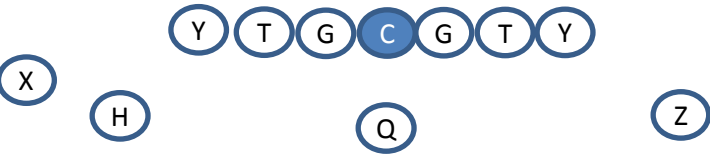
QB- Heels at 4 Yds over Center  
FB- Heels at 5 Yds over Strong Guard  
HB- Heels at 5 Yds over Weak Guard

## Gun Right



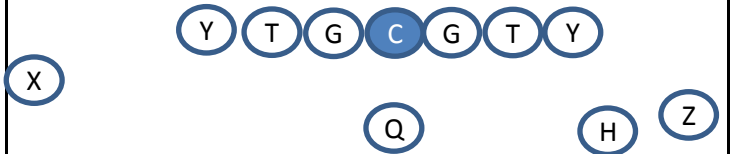
QB- Heels at 4 Yds over Center  
FB- Heels at 5 Yds over Weak Guard  
HB- Heels at 5 Yds over Strong Guard

## Husker Left



H Back to the Call  
Double Tight Ends  
HB- In the left slot. Split difference between X&Y  
X Back off LOS 3 yards

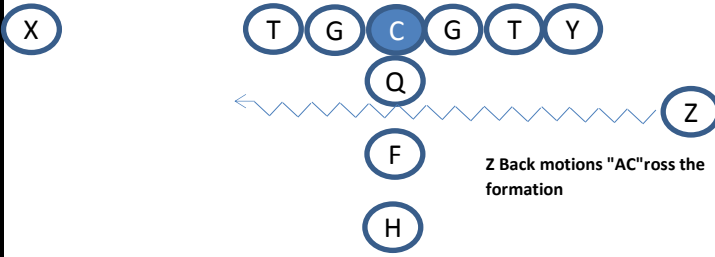
## Husker Right



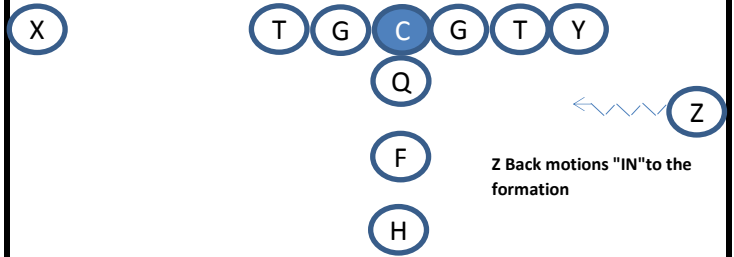
H Back to the Call  
Double Tight Ends  
HB- In the left slot. Split difference between X&Y  
X Back off LOS 3 yards

# Motion

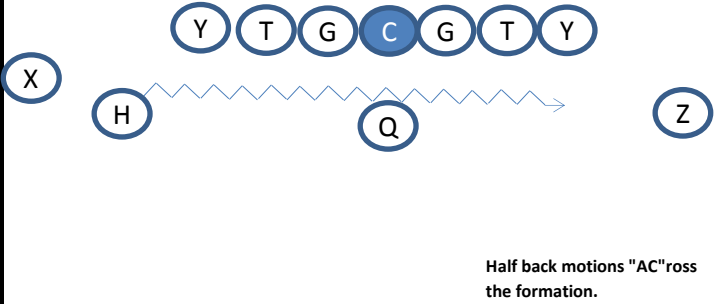
## ZAC



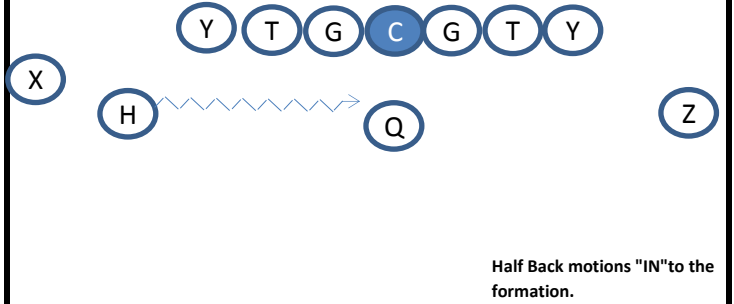
## ZIN



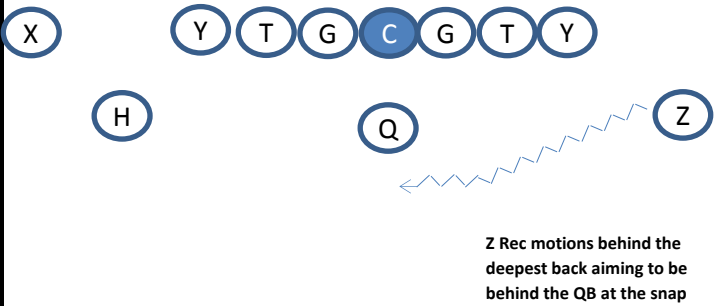
## HAC



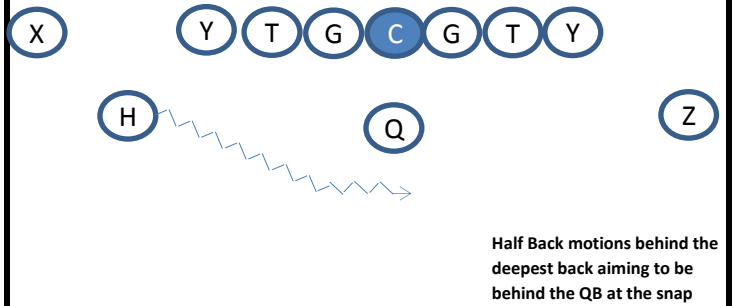
## HIN



## Z Rock

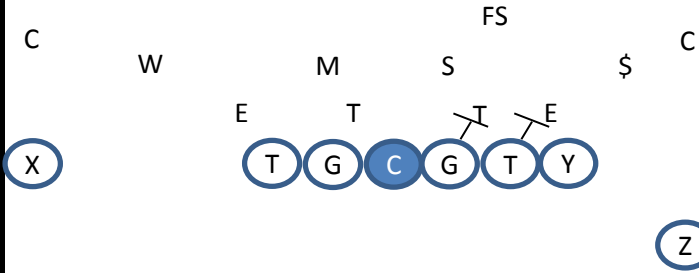


## H Rock

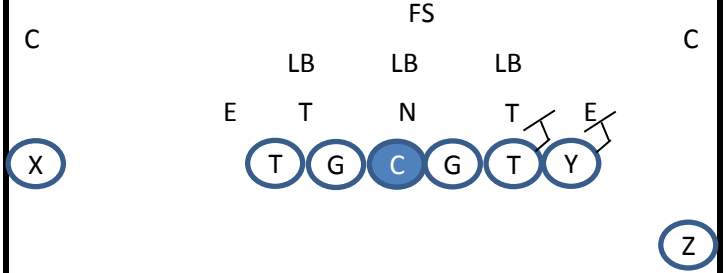


# Blocking

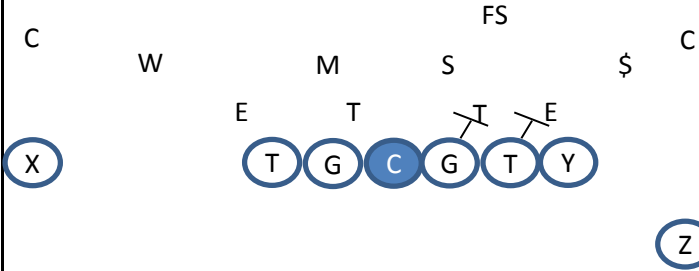
## Man Block



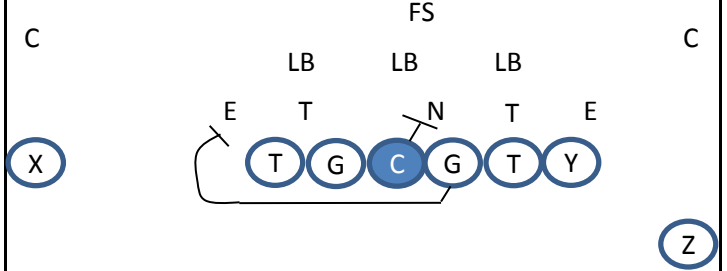
## Reach Block



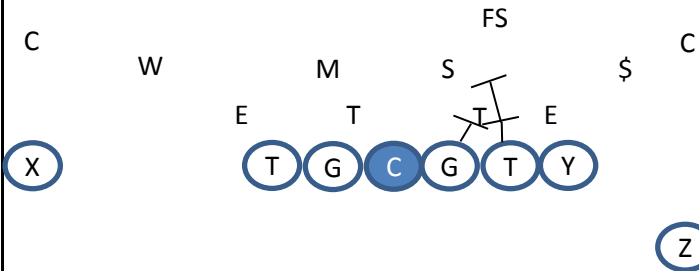
## Chop Block (Pork)



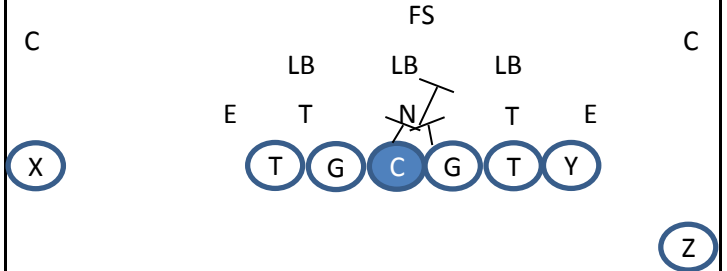
## Center (Fill) Guard Pull (Me)



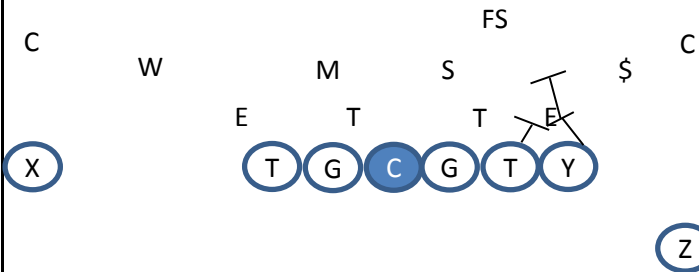
## Guard & Tackle Combo (High)



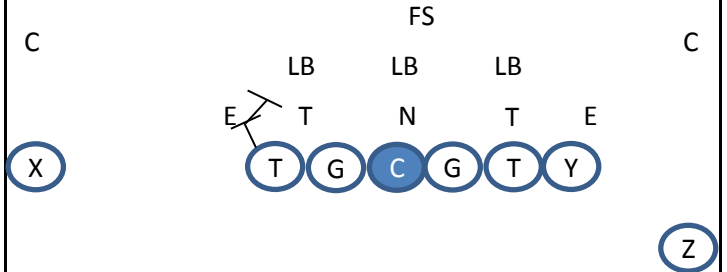
## Center & Guard Combo (Low)



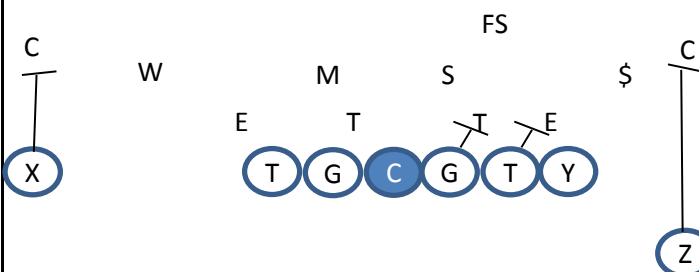
## Tackle & TE Combo (Cob)



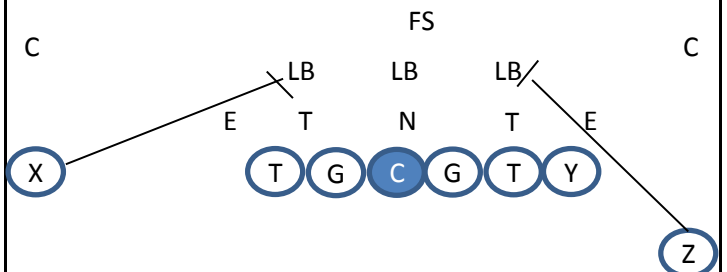
## Punch & Go (Pug)



## Stalk Block

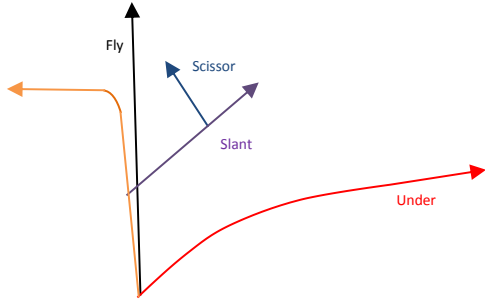


## Crack Block

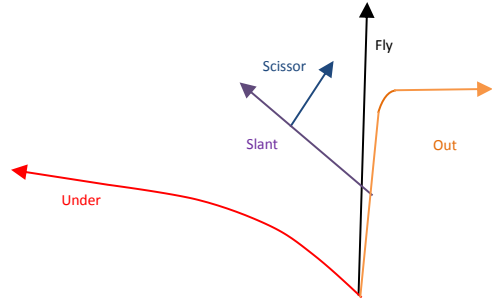


# Passing Tree

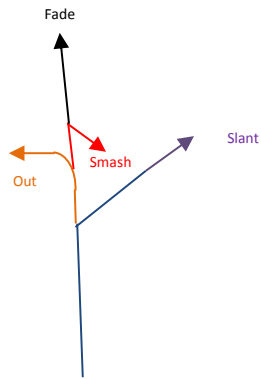
## Left X



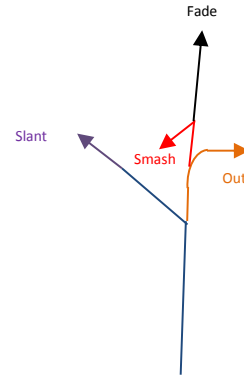
## Right X



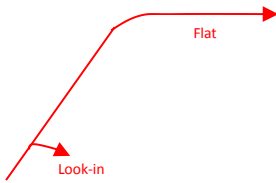
## Left Z



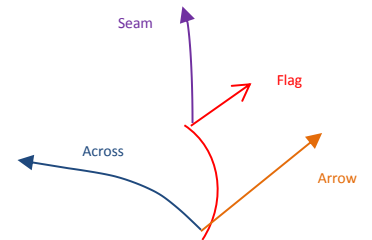
## Right Z



## RB



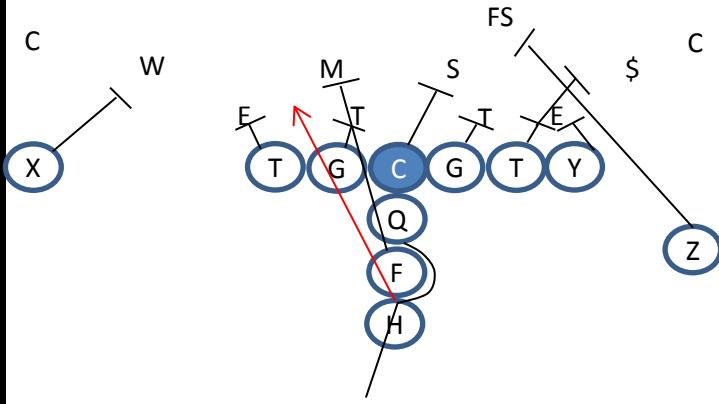
## Y Back



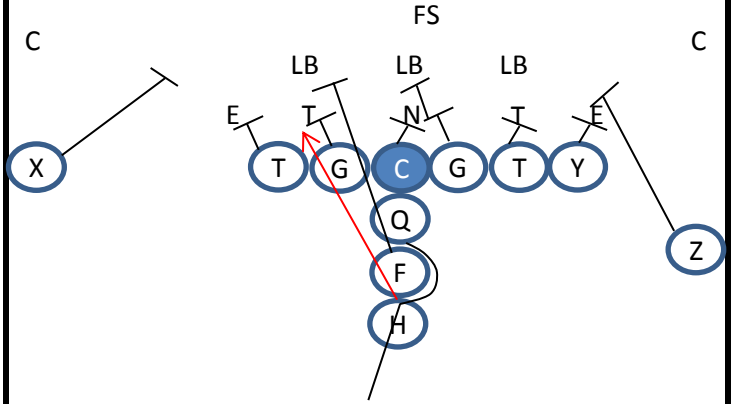
POS	Route	Coaching Points
X/Z	Under	Drag route under linebackers
X/Z	Out	5-Yard route - no cut/rounded turn
X/Z	Slant	3-Yard quick cut
X/Z	Scissor	10-Yard route before initial cut
X/Z	Fly	
X/Z	Smash	a.k.a. Button-hook or comebacker (Sell fly route)
X/Z	Fade	Stay toward boundry - don't slide toward the free safety
Y	Across	Drag route under linebackers
Y	Arrow	First step lateral toward boundry
Y	Flag	Make break at 10 Yds
Y	Seam	
RB	Look-in	
RB	Flat	Look for ball early in case of blitz

# 22-23 ISO (Fullback will "ISOLate" the playside MLB)

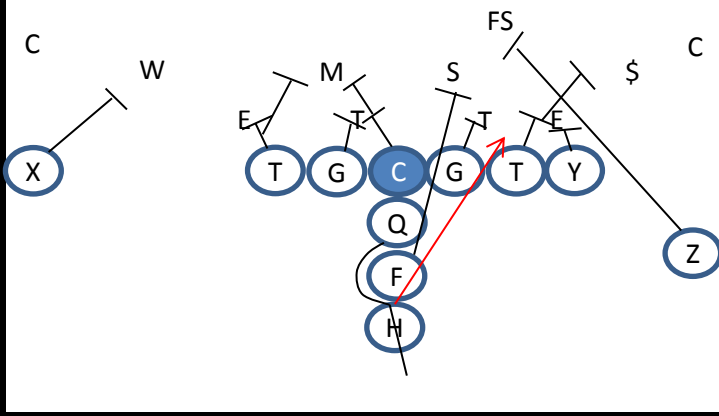
## Pro Right vs. 4-4 (Weak Side)



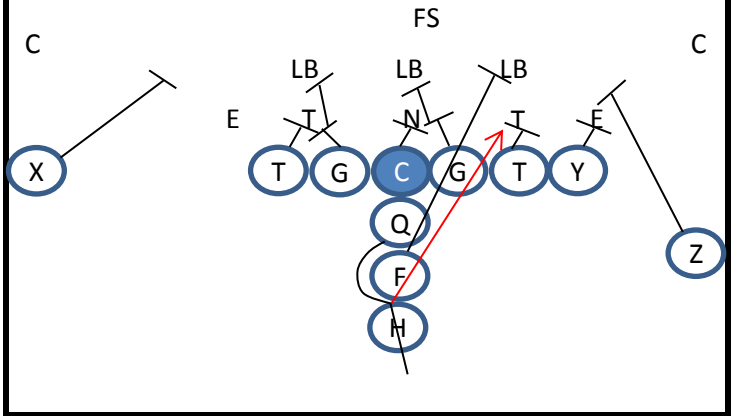
## Pro Right vs. 5-3 (Weak Side)



## Pro Right vs. 4-4 (Strong Side)



## Pro Right vs. 5-3 (Strong Side)



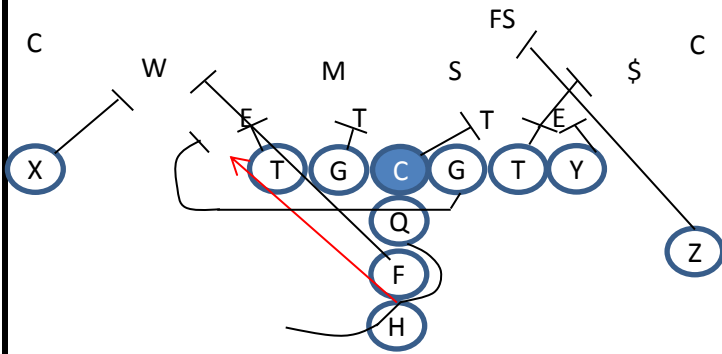
POS	ASSIGNMENT	COACHING POINTS
X	Release and block inside	
Y	On	If on PS and tackle is covered, Block Man; vs. 7 technique, COB or Out
Z	Release and block inside	
PST	On, LB	Covered, Block Man and drive DL where he wants to go; vs. 7 technique, COB or Out; Uncovered, LB'er
PSG	On, Inside	Covered, Block Man and drive DL where he wants to go; Uncovered, Low Combo to BS Lb'er
C	On, Outside, BS LB	Covered, Man if PS guard is covered, low combo if he is uncovered; Uncovered, Low combo with BS guard.
BSG	On, Inside, BS LB	Covered, Man or low combo with center; If covered on BS shoulder, High Combo with Tackle; Uncovered, Step down and up to LB'er.
BST	On, Punch & Go	Covered- Man or Punch & Go
FB	Block assigned LB	Pre-Snap read the Tackle location to get proper angle. First LB'er on or outside the Center
HB	Run 22-23 ISO	Drop Step with opposite foot of call and aim at outside hip of guard.
QB	Mid-Line Exchange	Reverse out. Get ball as deep as possible to HB. Set up deep.

<b>Optimal Formations:</b>	Pro Right	Pro Left			
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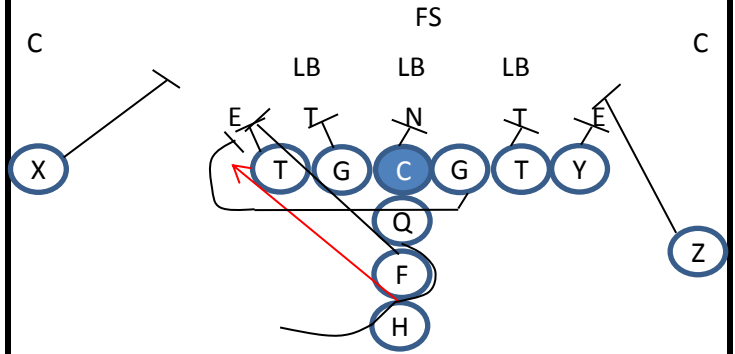


# 24-25 Power (Fullback to kickout outside LB)

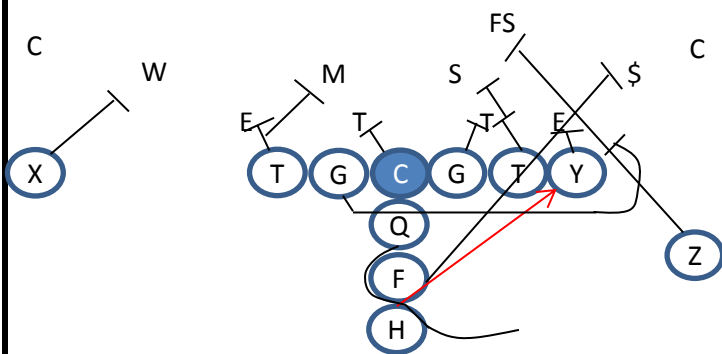
## Pro Right vs. 4-4 (Weak Side)



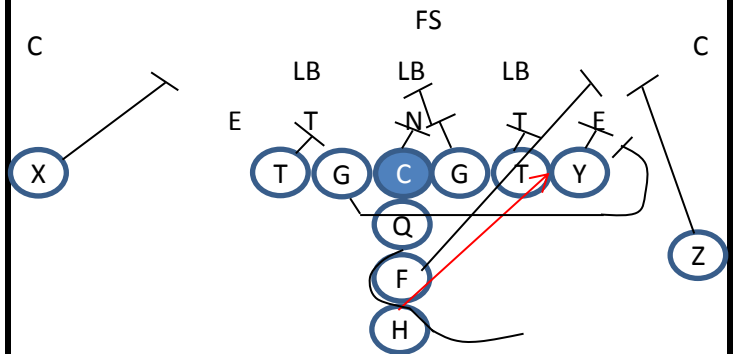
## Pro Right vs. 5-3 (Weak Side)



## Pro Right vs. 4-4 (Strong Side)



## Pro Right vs. 5-3 (Strong Side)

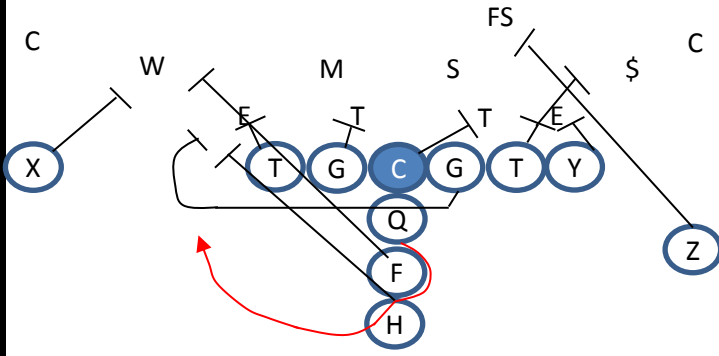


POS	ASSIGNMENT	COACHING POINTS
X	Release and block inside	Most Dangerous
Y	Inside LB'er	COB with Tackle to MLB. Down to MLB if No C Gap Threat.
Z	Release and block inside	Most Dangerous
PST	On, Inside	Covered, COB with TE. Take B Gap run through. Uncovered, High Combo with Guard.
PSG	On, Inside	Covered, High Combo with Tackle. Take a gap and run through. Uncovered, Low combo with Center.
C	Fill Away, On	Covered with both guards uncovered, Low with PS guard; Uncovered, fill for puller.
BSG	Pull & Lead	Pull and stay tight to O-Line. Turn head and block MLB.
BST	Cutoff (Reach), Punch & Go	Cutoff block (Reach) or Punch & Go
FB	Kick out OLB	Aim for inside Hip of Tackle. Drive and get feet out of hole
HB	Run 24/25 Power	Heels at 5 1/2. Drop step with opposite foot of call. Aim at PS guard. Find inside hip of puller.
QB	Mid-Line Exchange, Roll out	Reverse out and get ball to HB as deep as possible. Roll to play.

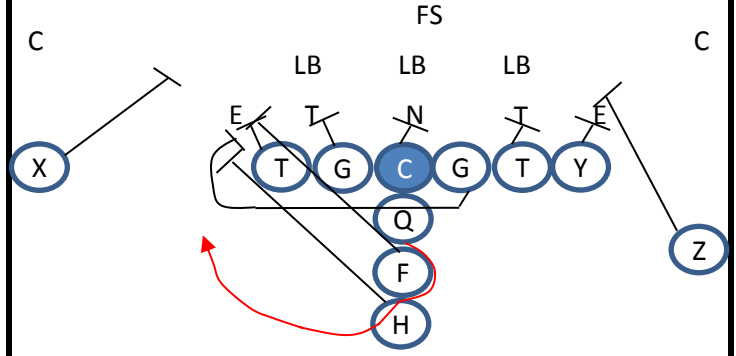
<b>Optimal Formations:</b>	Pro Right	Pro Left			
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# Fake 24-25 Power 18/19 Load (Fullback to kickout outside LB)

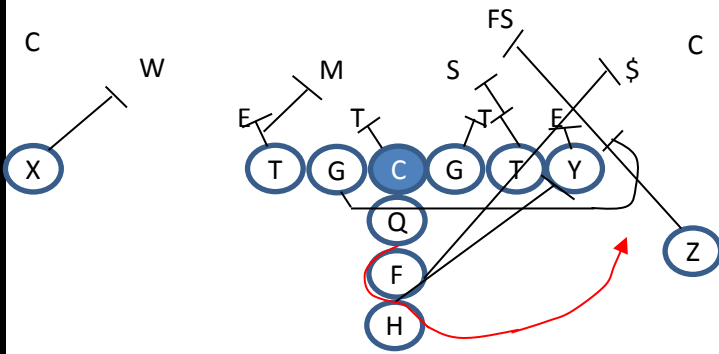
## Pro Right vs. 4-4 (Weak Side)



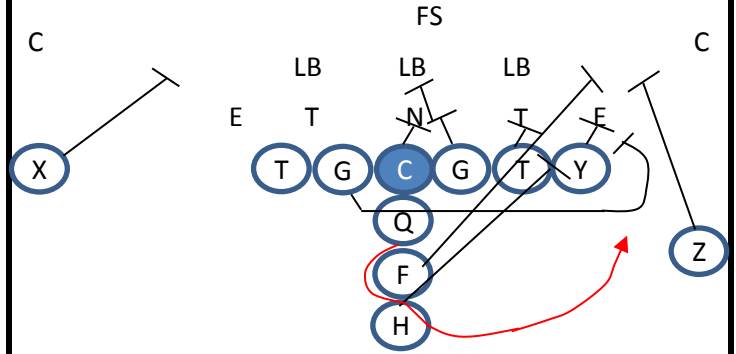
## Pro Right vs. 5-3 (Weak Side)



## Pro Right vs. 4-4 (Strong Side)



## Pro Right vs. 5-3 (Strong Side)



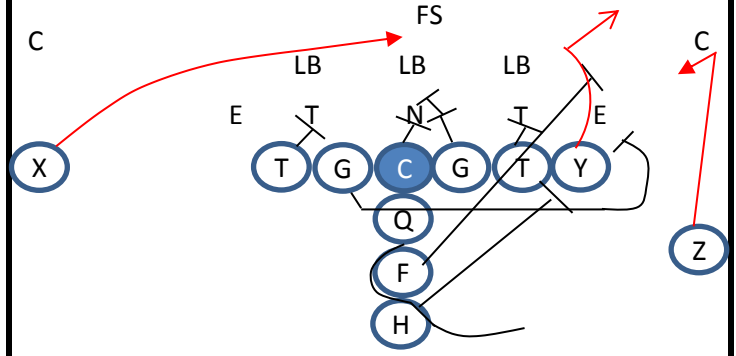
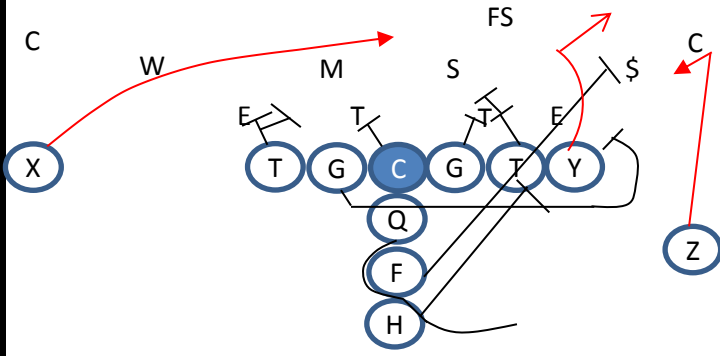
POS	ASSIGNMENT	COACHING POINTS
X	Release and block inside	Most Dangerous
Y	Inside LB'er	COB with Tackle to MLB. Down to MLB if No C Gap Threat.
Z	Release and block inside	Most Dangerous
PST	On, Inside	Covered, COB with TE. Take B Gap run through. Uncovered, High Combo with Guard.
PSG	On, Inside	Covered, High Combo with Tackle. Take a gap and run through. Uncovered, Low combo with Center.
C	Fill Away, On	Covered with both guards uncovered, Low with PS guard; Uncovered, fill for puller.
BSG	Pull & Lead	Pull and stay tight to O-Line. Turn head and block MLB.
BST	Cutoff (Reach), Punch & Go	Cutoff block (Reach) or Punch & Go
FB	Kick out OLB	Aim for inside Hip of Tackle. Drive and get feet out of hole
HB	Fake Run 24/25 Power	Heels at 5 1/2. Drop step with opposite foot of call. Aim at PS guard. Find inside hip of puller.
QB	Fake Mid-Line Exchange, Roll out to 8/9 hole	Reverse out and fake hand off to HB. Roll to 8/9 hole.

<b>Optimal Formations:</b>	Pro Right	Pro Left			
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# Fake 24 Power Pass (Will Only Run out of Pro Right to the Strong Side)

## Pro Right vs. 4-4 (Strong Side)

## Pro Right vs. 5-3 (Strong Side)

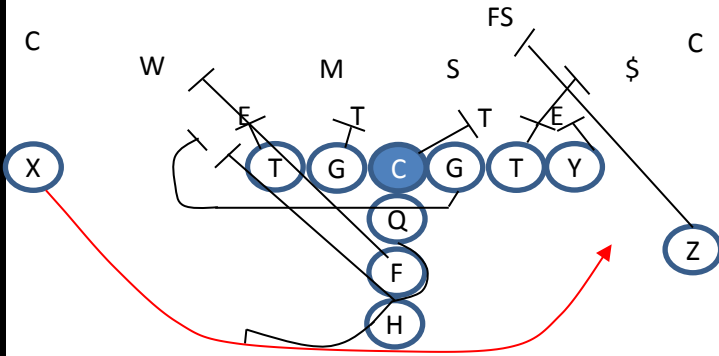


POS	ASSIGNMENT	COACHING POINTS
X	Release and run route	Release and run an under route
Y	Bump and run route	Bump end and run a Flag Route
Z	Release and run route	Run Smash Route
PST	On, Inside	Covered, COB with TE. Take B Gap run through. Uncovered, High Combo with Guard.
PSG	On, Inside	Covered, High Combo with Tackle. Take a gap and run through. Uncovered, Low combo with Center.
C	Fill Away, On	Covered with both guards uncovered, Low with PS guard; Uncovered, fill for puller.
BSG	Pull & Lead	Pull and stay tight to O-Line. Turn head and block MLB.
BST	Cutoff (Reach), Punch & Go	Cutoff block (Reach) or Punch & Go
FB	Kick out OLB	Aim for inside Hip of Tackle. Drive and get feet out of hole
HB	Run 24/25 Power	Heels at 5 1/2. Drop step with opposite foot of call. Aim at PS guard. Find inside hip of puller.
QB	Mid-Line Exchange, Roll out	Reverse out and fake ball to HB as deep as possible. Roll to play and throw to open receiver.

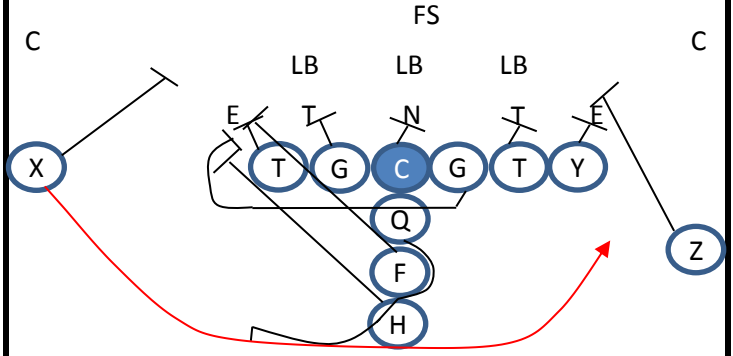
<b>Optimal Formations:</b>	Pro Right				
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# Fake 24-25 Power X/Z Reverse

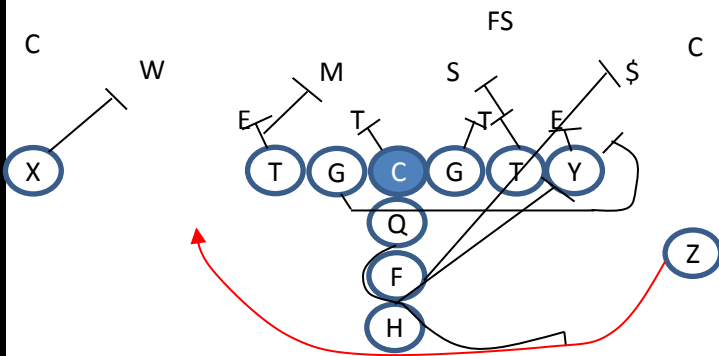
## Pro Right vs. 4-4 (Weak Side)



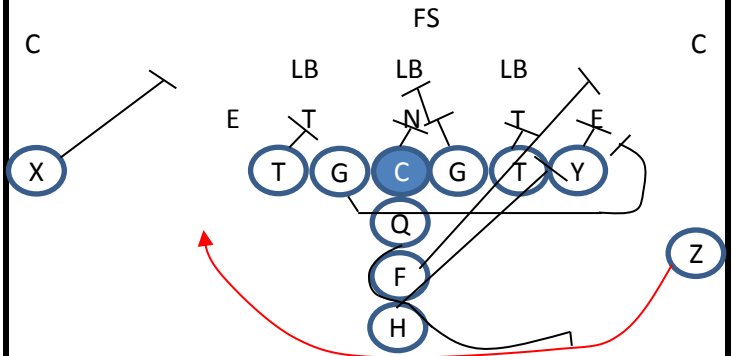
## Pro Right vs. 5-3 (Weak Side)



## Pro Right vs. 4-4 (Strong Side)



## Pro Right vs. 5-3 (Strong Side)

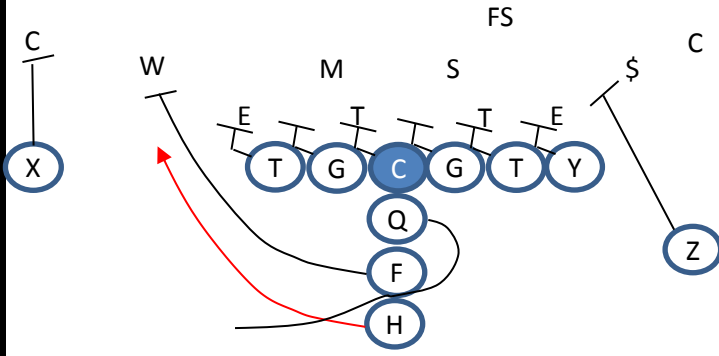


POS	ASSIGNMENT	COACHING POINTS
X	Release and block inside or take reverse	Most Dangerous/take reverse
Y	Inside LB'er	COB with Tackle to MLB. Down to MLB if No C Gap Threat.
Z	Release and block inside or take reverse	Most Dangerous/take reverse
PST	On, Inside	Covered, COB with TE. Take B Gap run through. Uncovered, High Combo with Guard.
PSG	On, Inside	Covered, High Combo with Tackle. Take a gap and run through. Uncovered, Low combo with Center.
C	Fill Away, On	Covered with both guards uncovered, Low with PS guard; Uncovered, fill for puller.
BSG	Pull & Lead	Pull and stay tight to O-Line. Turn head and block MLB.
BST	Cutoff (Reach), Punch & Go	Cutoff block (Reach) or Punch & Go
FB	Kick out OLB	Aim for inside Hip of Tackle. Drive and get feet out of hole
HB	Fake Run 24/25 Power	Heels at 5 1/2. Drop step with opposite foot of call. Aim at PS guard. Find inside hip of puller.
QB	Fake Mid-Line Exchange, Hand to X/Z Back	Reverse out and fake hand off to HB. Hand off to X/Z Back

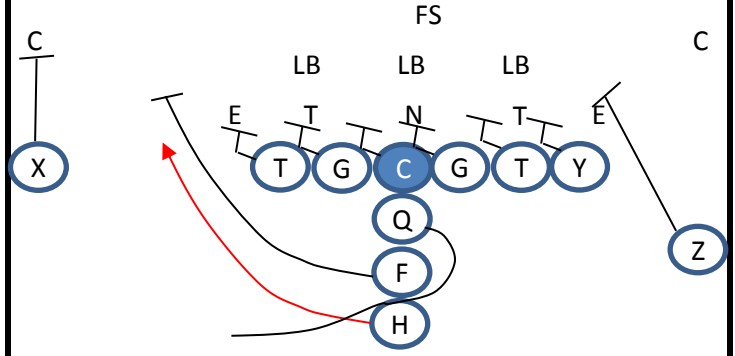
<b>Optimal Formations:</b>	Pro Right	Pro Left			
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# 28-29 Toss

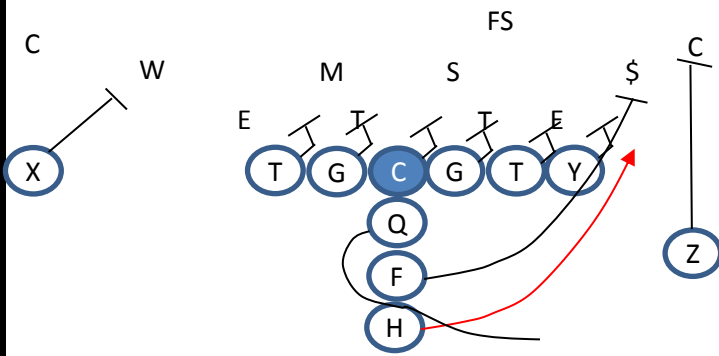
## Pro Right vs. 4-4 (Weak Side)



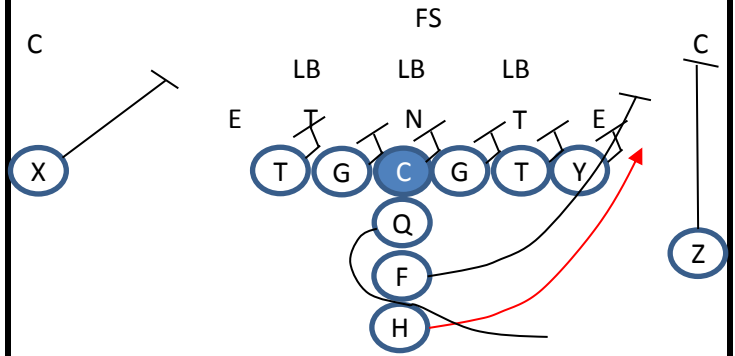
## Pro Right vs. 5-3 (Weak Side)



## Pro Right vs. 4-4 (Strong Side)



## Pro Right vs. 5-3 (Strong Side)

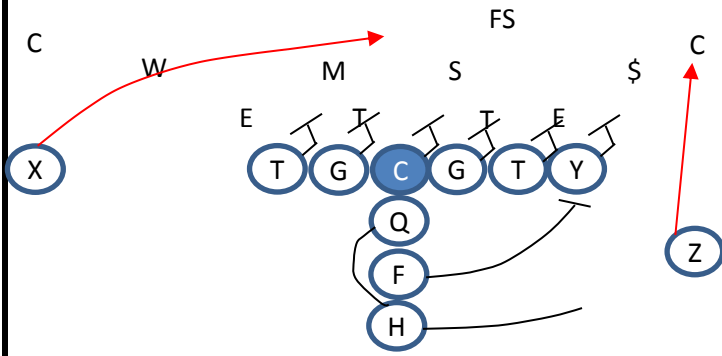


POS	ASSIGNMENT	COACHING POINTS
X	Stalk, Most Dangerous	Play to your side- Release & Stalk; Play Away- Release and take most dangerous.
Y	Outside Zone	
Z	Stalk, Most Dangerous	Play to your side- Release & Stalk; Play Away- Release and take most dangerous.
PST	Outside Zone	
PSG	Outside Zone	
C	Outside Zone	
BSG	Outside Zone	
BST	Outside Zone	
FB	Arc Release & Look Inside	Work hard to get outside
HB	Run 28-29 Toss	Lead Step, Sprint, Look for ball
QB	Reverse Out and Toss	Get away from LOS on reverse out and make soft toss.

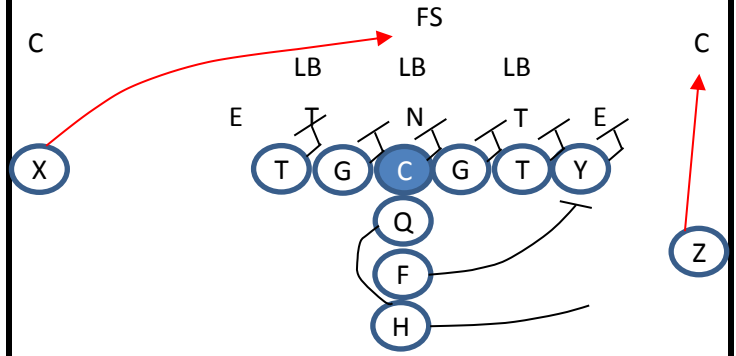
<b>Optimal Formations:</b>	Pro Right	Pro Left			
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# 28-Toss Pass (Will Only Run to right and strong side)

## Pro Right vs. 4-4 (Strong Side)



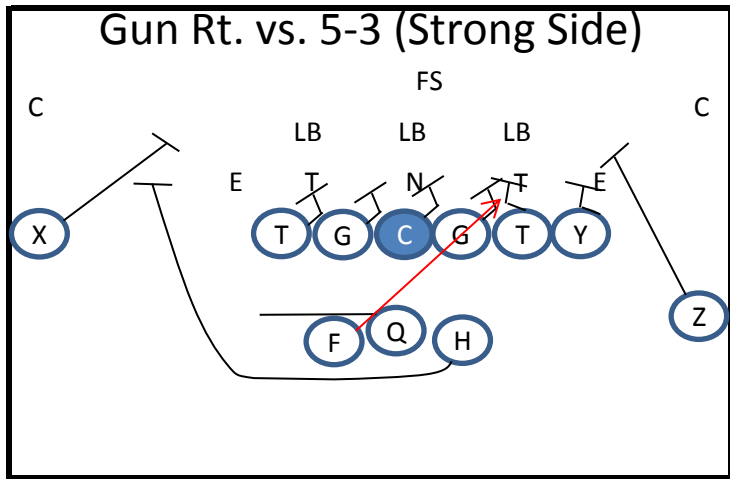
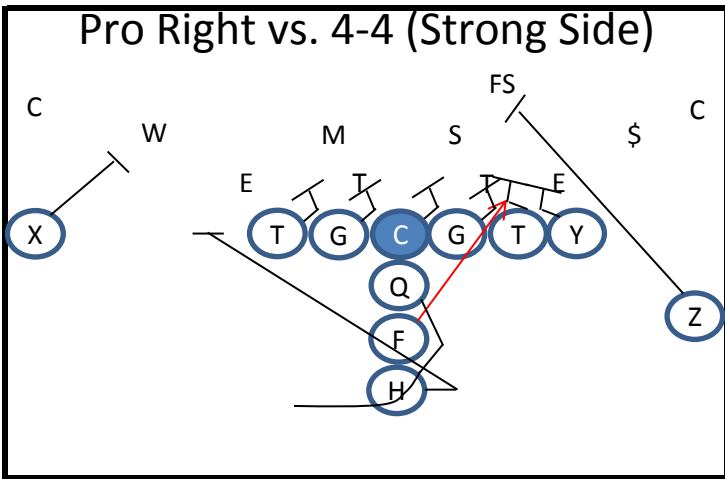
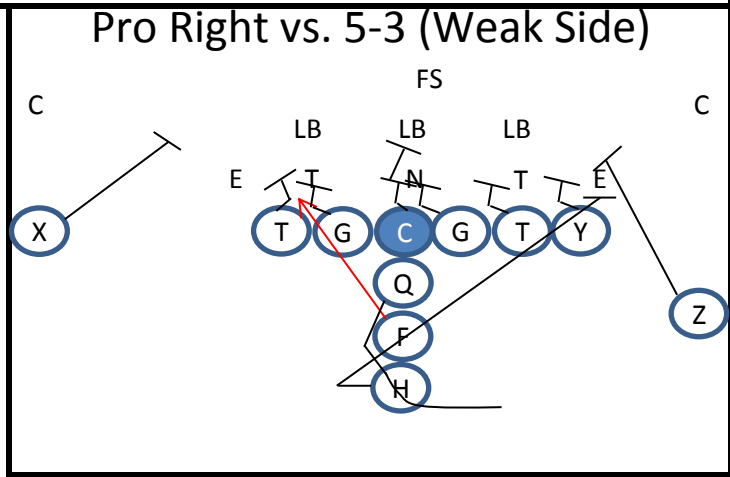
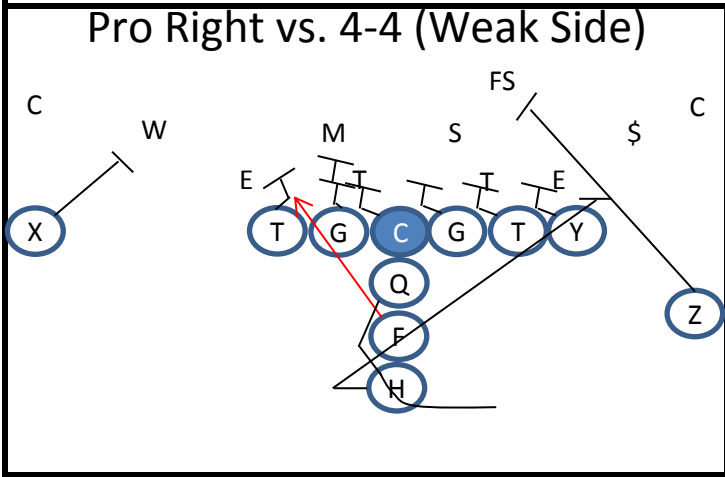
## Pro Right vs. 5-3 (Strong Side)



POS	ASSIGNMENT	COACHING POINTS
X	Release and run route	Run Under Route
Y	Outside Zone	
Z	Release and run route	Run Fade Route
PST	Outside Zone	
PSG	Outside Zone	
C	Outside Zone	
BSG	Outside Zone	
BST	Outside Zone	
FB	Arc Release & Look Inside	Work hard to get outside
HB	Take 28-29 Toss, Pass	Take the toss and stay deep. Look for X and Z receivers and throw or tuck and run.
QB	Reverse Out and Fake Toss	Get away from LOS on reverse out and deliver soft toss. Stay in front of H Back and block if needed

<b>Optimal Formations:</b>	Pro Right			
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# 32-33 Dive (Used to set-up the Counter)

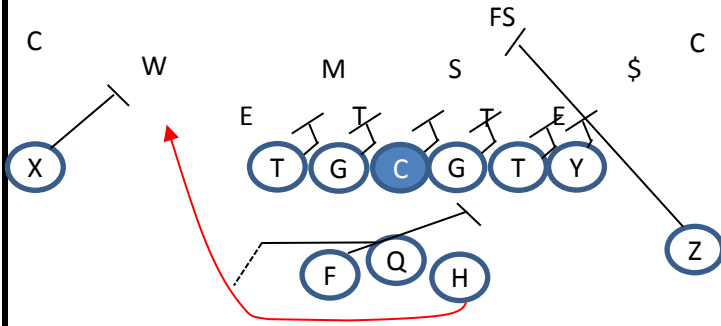


POS	ASSIGNMENT	COACHING POINTS
X	Release and block inside	Most Dangerous
Y	Inside Zone	
Z	Release and block inside	Most Dangerous
PST	Inside Zone	
PSG	Inside Zone	If DT is shaded or in A gap, scoop block to LB
C	Inside Zone	If DT is shaded or in A gap on play side, scoop block to LB
BSG	Inside Zone	
BST	Inside Zone	
FB	Run 32, 33 Dive	Take handoff and run hard through hole
HB	Counter Progression	Take Jab step, reverse and fake handoff. Seal back side
QB	Mid-Line Exchange, Roll out	Turn playside and deliver ball to FB. Carry out fake to HB and boot backside

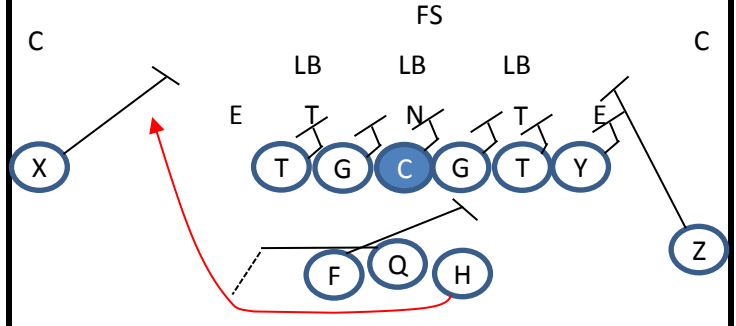
<b>Optimal Formations:</b>	Pro Right	Pro Left	Gun Right	Gun Left	
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# Fake 32/23 Dive 19/18 Option (PS DE Not Blocked. QB Reads)

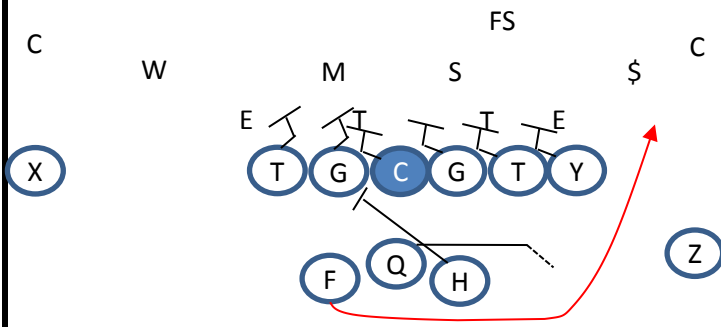
## Gun vs. 4-4 (Weak Side)



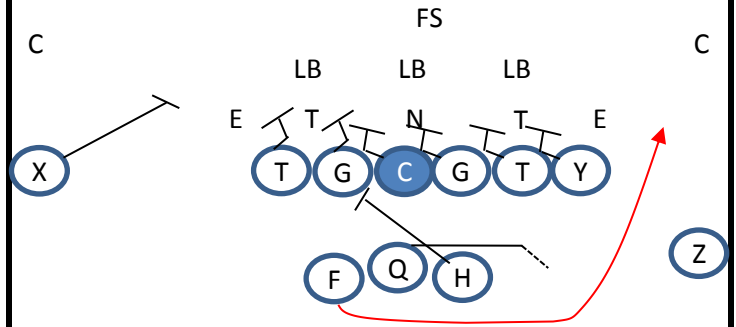
## Gun vs. 5-3 (Weak Side)



## Gun vs. 4-4 (Strong Side)



## Gun vs. 5-3 (Strong Side)



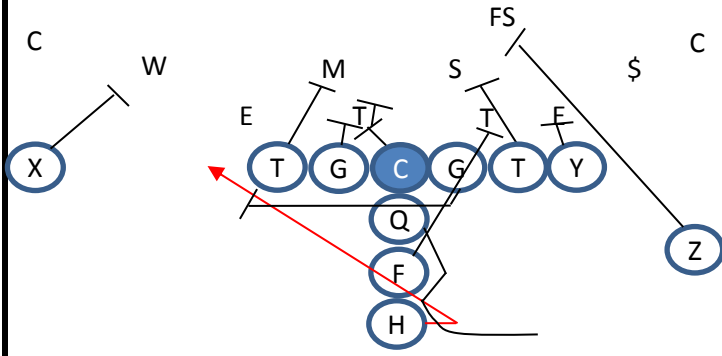
POS	ASSIGNMENT	COACHING POINTS
X	Release and block inside	Most Dangerous
Y	Inside Zone	
Z	Release and block inside	Most Dangerous
PST	Inside Zone	
PSG	Inside Zone	If DT is shaded or in A gap, scoop block to LB
C	Inside Zone	If DT is shaded or in A gap on play side, scoop block to LB
BSG	Inside Zone	
BST	Inside Zone	
FB	Fake 32/33 Dive	Fake 32/33 Dive. Fill for lineman
HB	Run 29 Option	Move laterally to the line, keeping QB relationship. If QB keeps, get up field to block.
QB	Mid-Line Exchange, Roll out	Fake hand off to FB. Sprint out and option to HB

<b>Optimal Formations:</b>	Gun Right	Gun Left			
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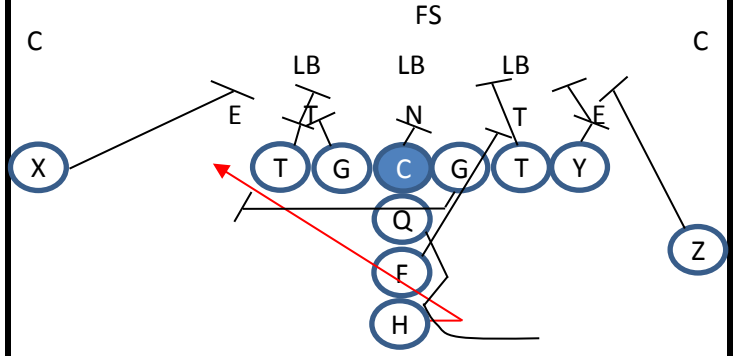


# 26-27 Counter (Counter to the Dive)

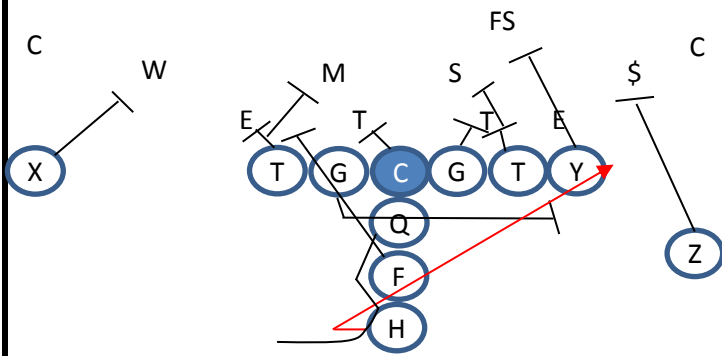
## Pro Right vs. 4-4 (Weak Side)



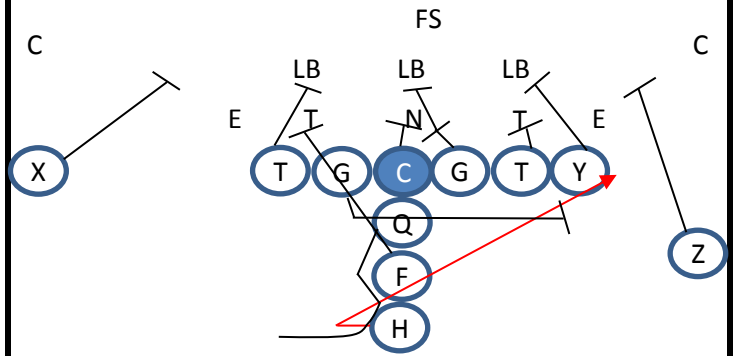
## Pro Right vs. 5-3 (Weak Side)



## Pro Right vs. 4-4 (Strong Side)



## Pro Right vs. 5-3 (Strong Side)

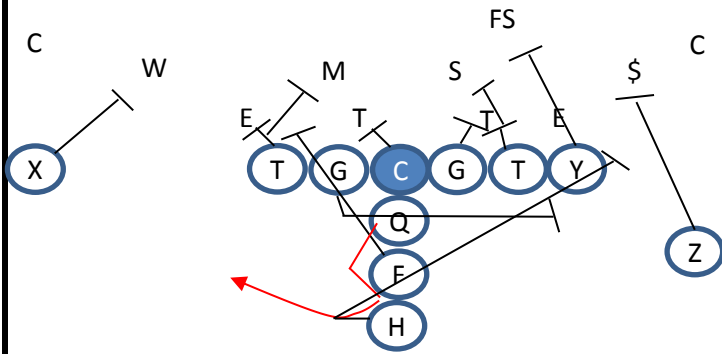


POS	ASSIGNMENT	COACHING POINTS
X	Release and block inside	Most Dangerous
Y	Inside Zone	If backside, Man on DE (Punch and go if outside shoulder); If playside, release to LB (BSG to kick-out DE)
Z	Release and block inside	Most Dangerous
PST	On/LB	If tackle is in B Gap, High Combo with Guard
PSG	On/Inside	If DT is shaded or in A gap, low combo with C unless Center needs to fill for BS Guard; if in B gap, high combo with OT
C	Fill for BSG; On/Playside	Fill for BSG; If BSG is uncovered and Playside A is occupied, Low Combo with PSG
BSG	Pull	Pull close to the line and kick out DE
BST	Man	If outside shoulder, Punch & go. On/Inside- Man
FB	Fake Dive/Fill for Puller	Replace Pulling Guard, then look inside out
HB	Run 24/25 Power	Take playside step and shift to 6/7 hole
QB	Mid-Line Exchange, Roll out	Reverse out and get ball to HB as deep as possible. Roll backside.

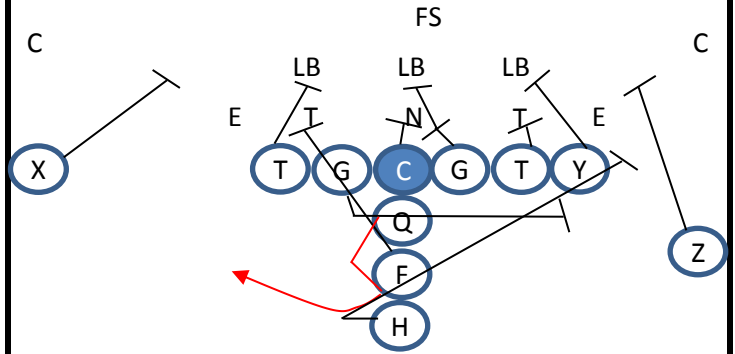
<b>Optimal Formations:</b>	Pro Right	Pro Left			
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# Fake 26-27 Counter 19/18 Bootleg

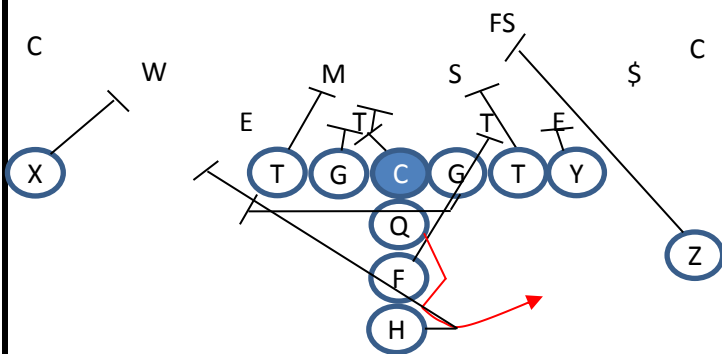
## Pro Right vs. 4-4 (Weak Side)



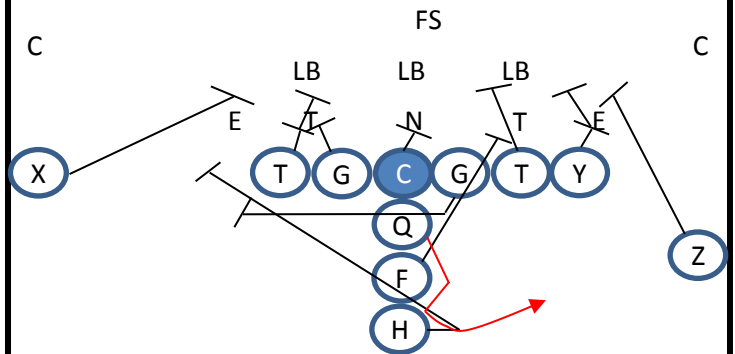
## Pro Right vs. 5-3 (Weak Side)



## Pro Right vs. 4-4 (Strong Side)



## Pro Right vs. 5-3 (Strong Side)

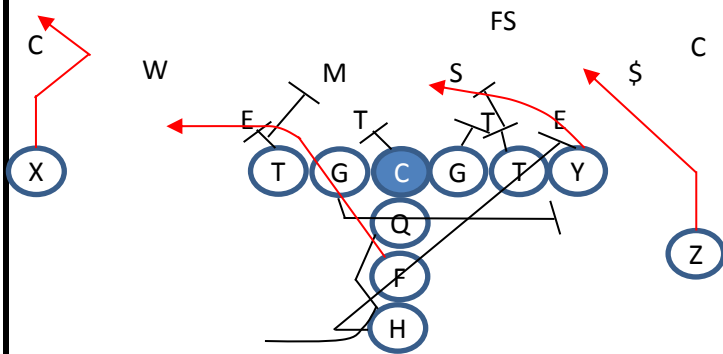


POS	ASSIGNMENT	COACHING POINTS
X	Release and block inside	Most Dangerous
Y	Inside Zone	If backside, Man on DE (Punch and go if outside shoulder); If playside, release to LB (BSG to kick-out DE)
Z	Release and block inside	Most Dangerous
PST	On/LB	If tackle is in B Gap, High Combo with Guard
PSG	On/Inside	If DT is shaded or in A gap, low combo with C unless Center needs to fill for BS Guard; if in B gap, high combo with OT
C	Fill for BSG; On/Playside	Fill for BSG; If BSG is uncovered and Playside A is occupied, Low Combo with PSG
BSG	Pull	Pull close to the line and kick out DE
BST	Man	If outside shoulder, Punch & go. On/Inside- Man
FB	Fake Dive/Fill for Puller	Replace Pulling Guard, then look inside out
HB	Run 24/25 Power	Take playside step and shift to 6/7 hole
QB	Mid-Line Exchange, Roll out	Reverse out and get ball to HB as deep as possible. Roll backside.

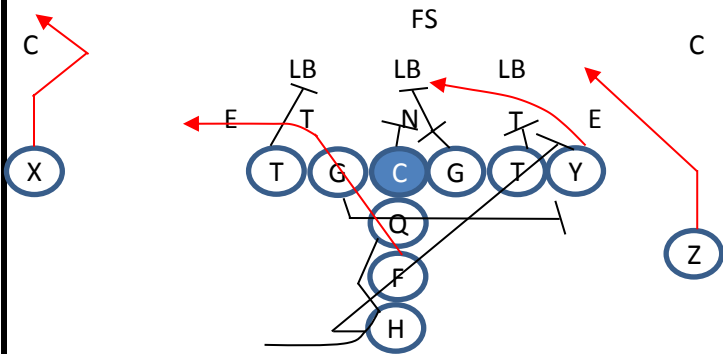
<b>Optimal Formations:</b>	Pro Right	Pro Left			
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# Fake 26/27 Counter Pass

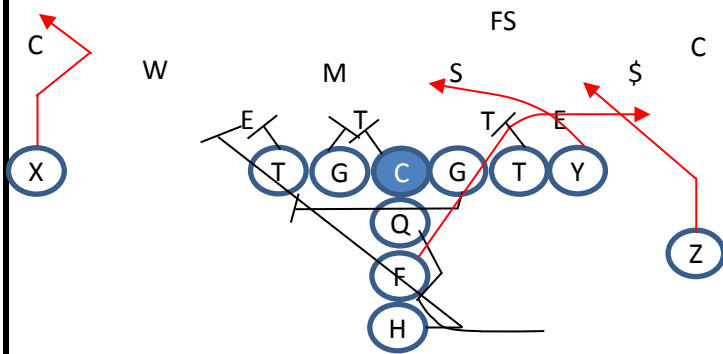
## Pro Right vs. 4-4 (Weak Side)



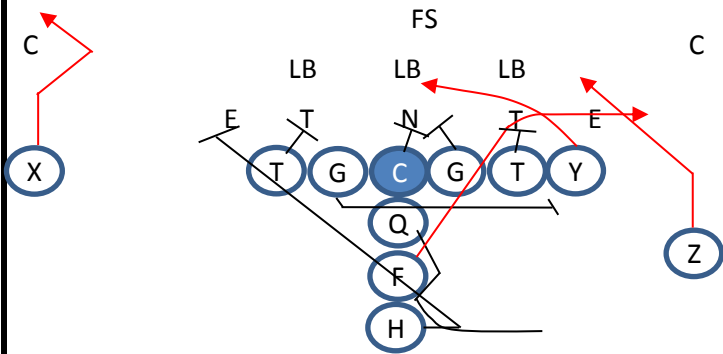
## Pro Right vs. 5-3 (Weak Side)



## Pro Right vs. 4-4 (Strong Side)



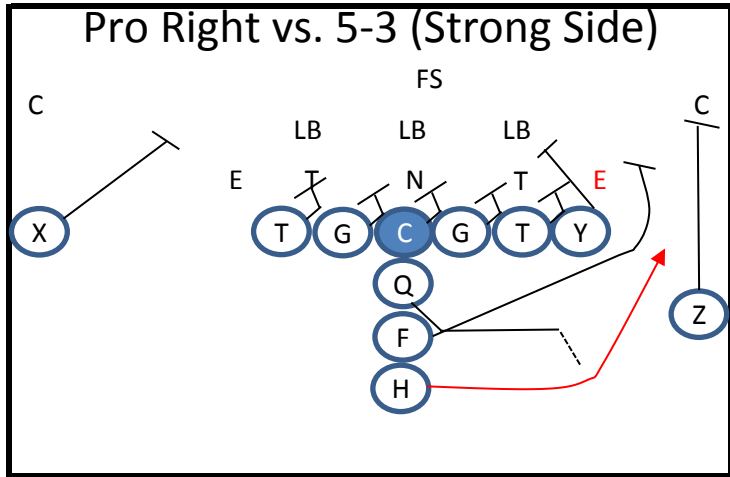
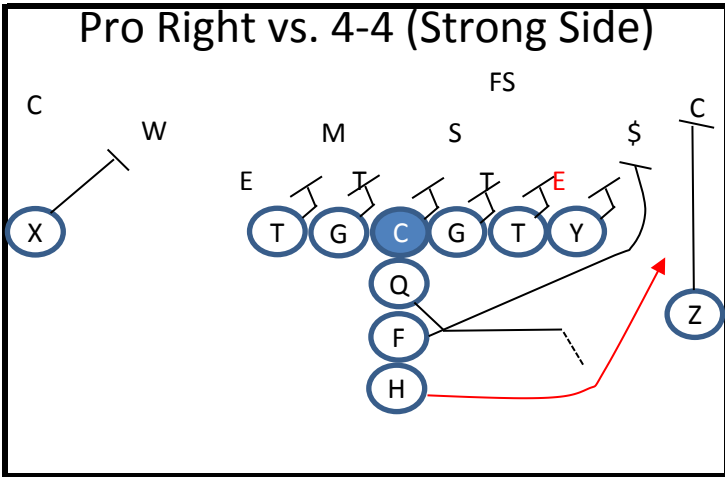
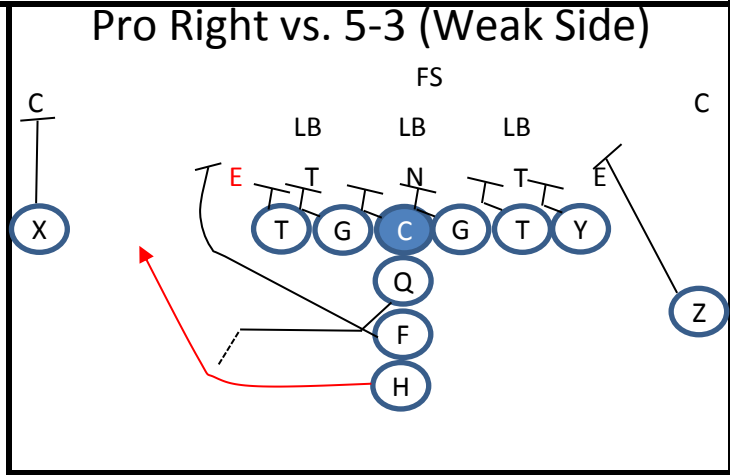
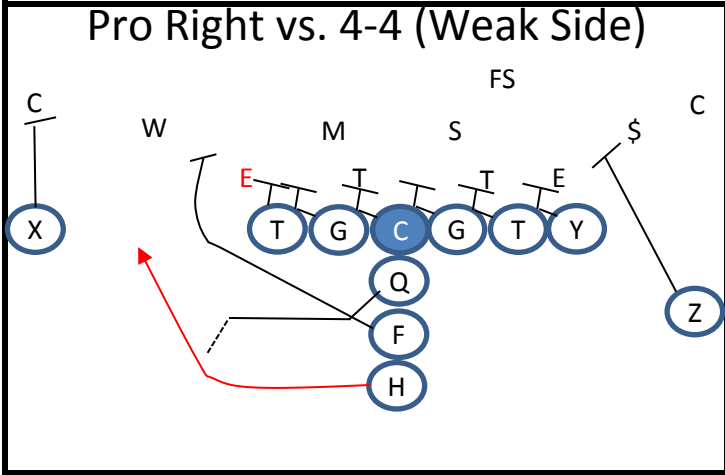
## Pro Right vs. 5-3 (Strong Side)



POS	ASSIGNMENT	COACHING POINTS
X	Release and run route	Run Scissors Route
Y	Bump DE and run route	Bump the TE and run an "Across" route
Z	Release and run route	Run Post Route
PST	On/LB	If tackle is in B Gap, High Combo with Guard
PSG	On/Inside	If DT is shaded or in A gap, low combo with C unless Center needs to fill for BS Guard; if in B gap, high combo with OT
C	Fill for BSG; On/Playside	Fill for BSG; If BSG is uncovered and Playside A is occupied, Low Combo with PSG
BSG	Pull	Pull close to the line and kick out DE
BST	Man	If outside shoulder, Punch & go. On/Inside- Man
FB	Bump DT to DE and run route	Run Flat Route
HB	Block SS End	Run fake 26/27 counter
QB	Fake Mid-Line Exchange, Roll and throw	Reverse out and get ball to HB as deep as possible. Roll to play and throw or tuck and run

<b>Optimal Formations:</b>	Pro Right	Pro Left			
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# 18-19 Option (PS End not blocked QB Reads)

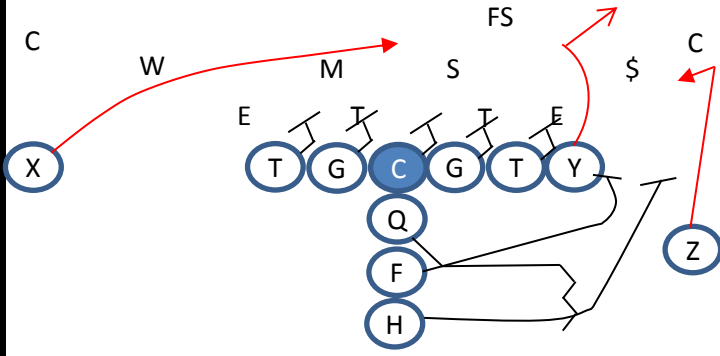


POS	ASSIGNMENT	COACHING POINTS
X	Stalk, Most Dangerous	Play to your side- Release & Stalk; Play Away- Release and take most dangerous.
Y	Outside Zone	If on Playside, do not block DE
Z	Stalk, Most Dangerous	Play to your side- Release & Stalk; Play Away- Release and take most dangerous.
PST	Outside Zone	If on Playside, do not block DE
PSG	Outside Zone	
C	Outside Zone	
BSG	Outside Zone	
BST	Outside Zone	
FB	Release and look inside	Release to outside shoulder of widest PS Lineman. Look inside.
HB	Run 18-19 Option	Move laterally to line, keeping QB relationship. If QB keeps, get up field to block
QB	Option to HB	Sprint out and option to HB, reading DE

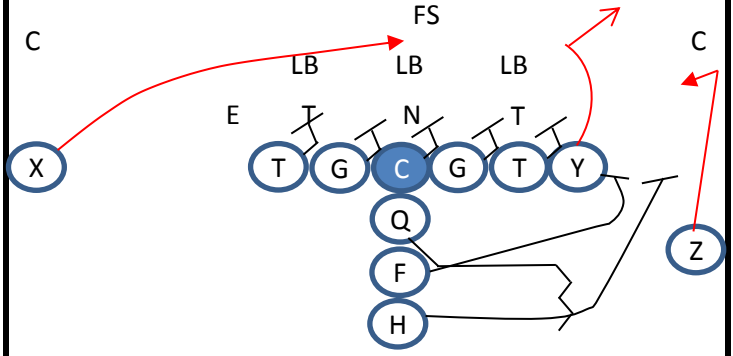
<b>Optimal Formations:</b>	Pro Right	Pro Left			
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# Fake 18/19 Option Pass (Will Only Run to Strong side)

## Pro Right vs. 4-4 (Strong Side)



## Pro Right vs. 5-3 (Strong Side)

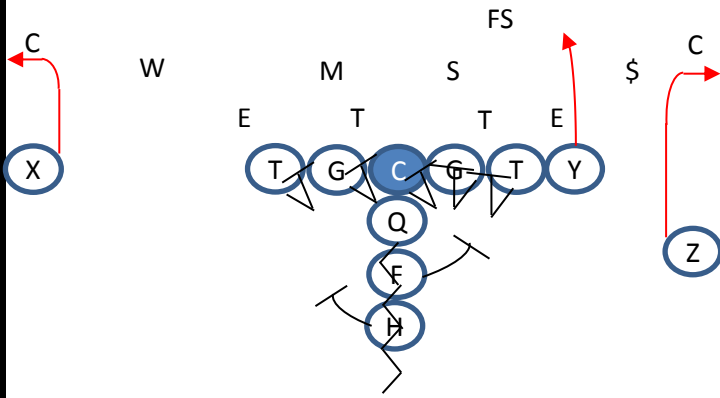


POS	ASSIGNMENT	COACHING POINTS
X	Release and run route	Release and run an under route
Y	Bump and run route	Bump end and run a Flag Route
Z	Release and run route	Release and run an smash route
PST	Outside Zone	
PSG	Outside Zone	
C	Outside Zone	
BSG	Outside Zone	
BST	Outside Zone	
FB	Release and look inside	Fake hand off and release to outside shoulder of widest PS Lineman. Look inside.
HB	Run 18-19 Option	Move laterally to line, step up to block
QB	Option to HB	Fake Hand off to FB, fake option to HB, get depth and pass

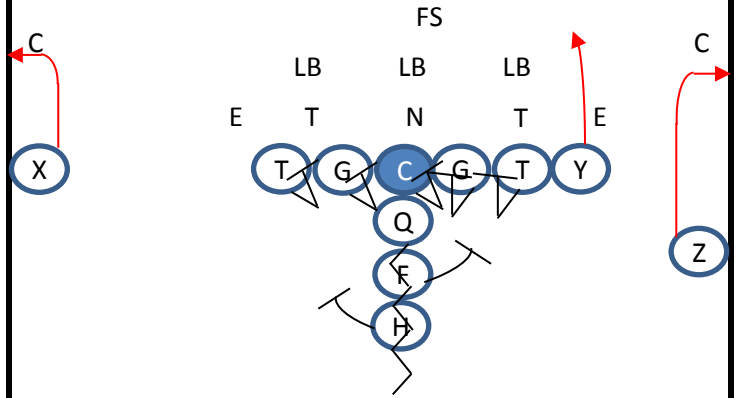
<b>Optimal Formations:</b>	Pro Right	Pro Left			
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# Double Out (With 84 Pass Pro)

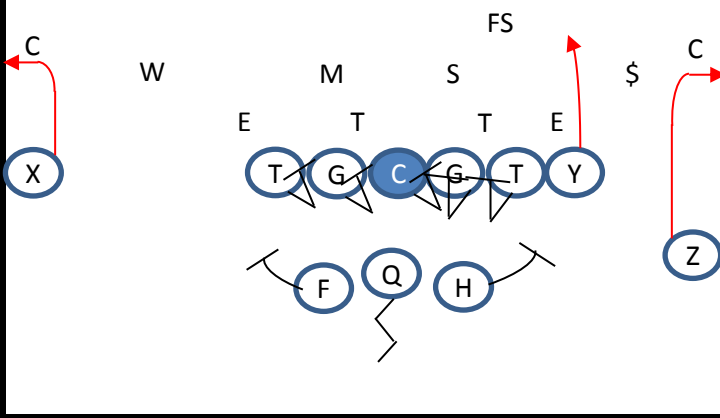
## Pro Right vs. 4-4 (Weak Side)



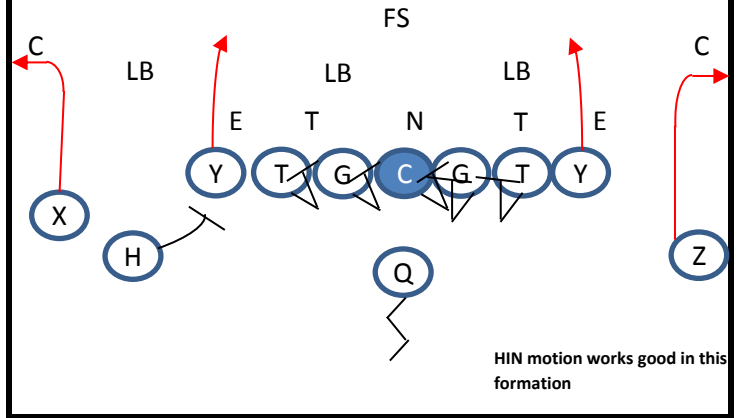
## Pro Right vs. 5-3 (Weak Side)



## Gun vs. 4-4 (Strong Side)



## Husker vs. 5-3 (Strong Side)



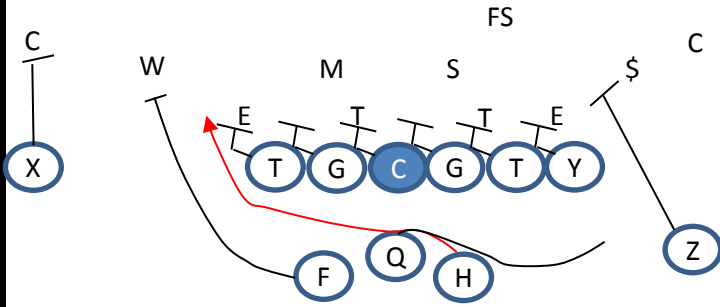
POS	ASSIGNMENT	COACHING POINTS
X	Release and run route	Run Out Route
Y	Punch & Run Route	Punch DE and run Seam Route
Z	Release and run route	Run Out Route
PST	Inside Zone Pass Pro	
PSG	Inside Zone Pass Pro	
C	Inside Zone Pass Pro	Step to throwing arm side of the QB
BSG	Inside Zone Pass Pro	
BST	Inside Zone Pass Pro	
FB	Inside Out to Right	
HB	Inside Out to Left	
QB	3 Step Drop	3 Step Drop and hit out or seam

<b>Optimal Formations:</b>	Pro Right	Pro Left	Gun Right	Gun Left	Husker Right/Left
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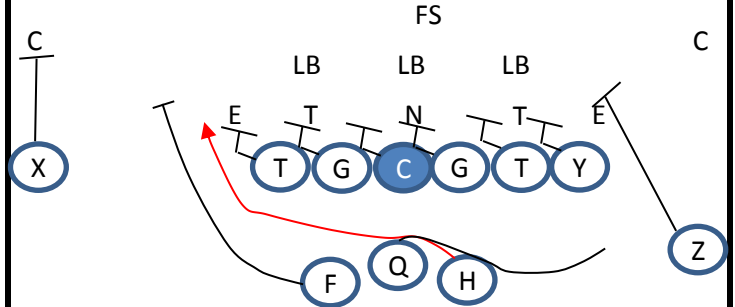


# 29/38 Sweep

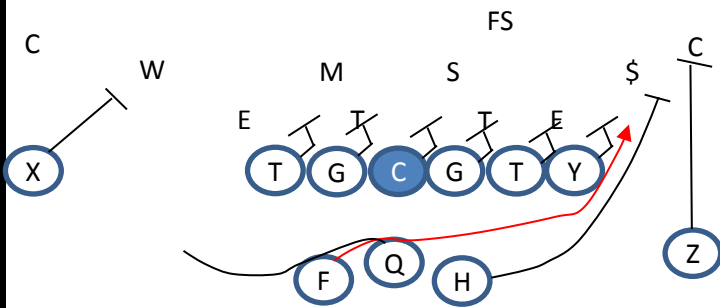
## Gun Rt 29 Swp vs. 4-4 (Weak Side)



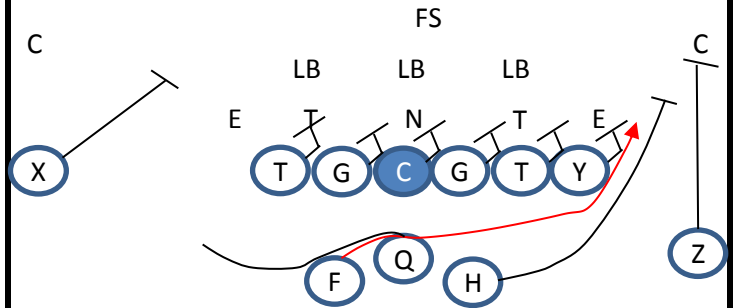
## Gun 29 Rt Swp vs. 5-3 (Weak Side)



## Gun Rt 38 Swp vs. 4-4 (Strong Side)



## Gun Rt 38 Swp vs. 5-3 (Strong Side)

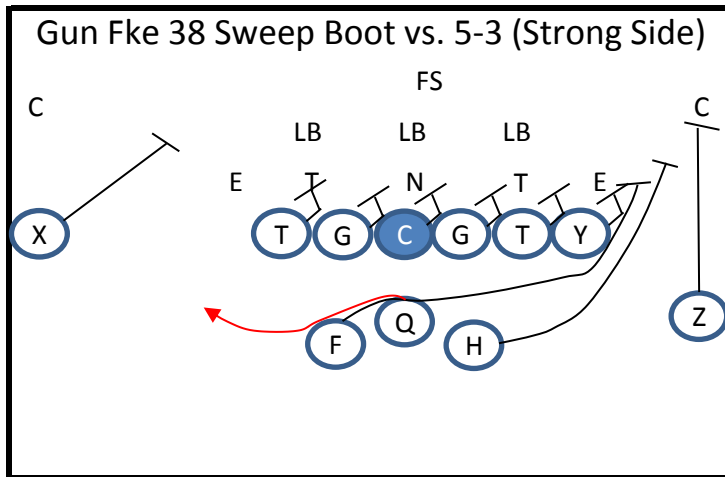
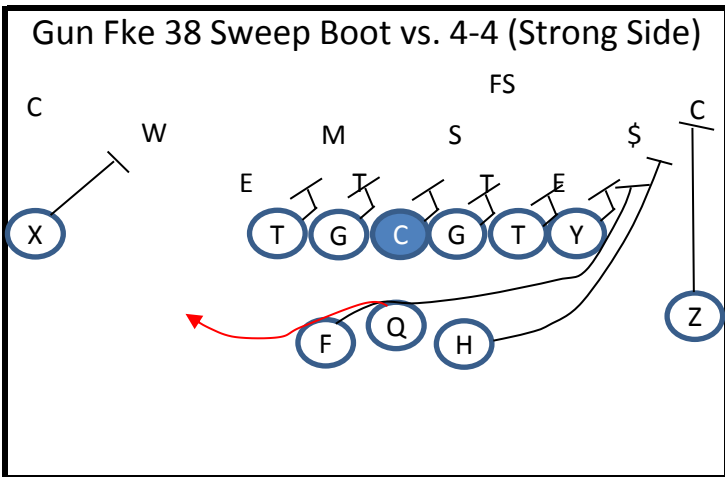
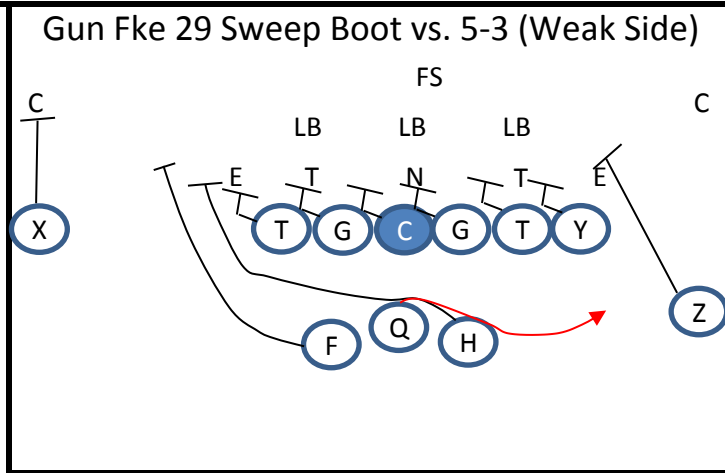
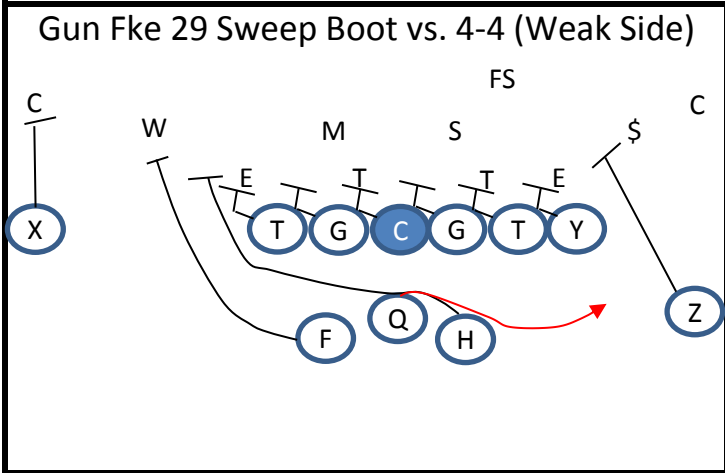


POS	ASSIGNMENT	COACHING POINTS
X	Stalk, Most Dangerous	Play to your side- Release & Stalk; Play Away- Release and take most dangerous.
Y	Outside Zone	
Z	Stalk, Most Dangerous	Play to your side- Release & Stalk; Play Away- Release and take most dangerous.
PST	Outside Zone	
PSG	Outside Zone	
C	Outside Zone	
BSG	Outside Zone	
BST	Outside Zone	
FB	Run 29/38 Sweep	On 38, take inside hand off, work to 8 hole. On 29, lead to 9 hole. Depending on LB's angle, seal or kick out.
HB	Run 29/38 Sweep	On 29, take inside hand off, work 9 hole. On 38, lead to 8 hole. Depending on LB's angle, seal or kick out.
QB	Inside Hand off, Boot	Quick inside hand off, Boot out

<b>Optimal Formations:</b>	Gun Right	Gun Left			
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# Fake Sweep Bootleg

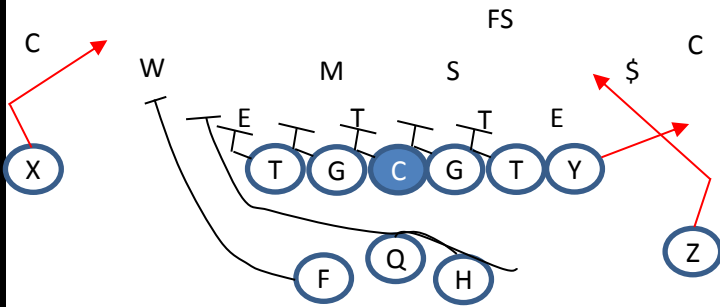


POS	ASSIGNMENT	COACHING POINTS
X	Stalk, Most Dangerous	Play to your side- Release & Stalk; Play Away- Release and take most dangerous.
Y	Outside Zone	
Z	Stalk, Most Dangerous	Play to your side- Release & Stalk; Play Away- Release and take most dangerous.
PST	Outside Zone	
PSG	Outside Zone	
C	Outside Zone	
BSG	Outside Zone	
BST	Outside Zone	
FB	Run 29/38 Sweep	On 38, fake inside hand off, work to 8 hole. On 29, lead to 9 hole. Depending on LB's angle, seal or kick out.
HB	Run 29/38 Sweep	On 29, fake inside hand off, work 9 hole. On 38, lead to 8 hole. Depending on LB's angle, seal or kick out.
QB	Inside Hand off, Boot	Fake inside hand off, Boot out

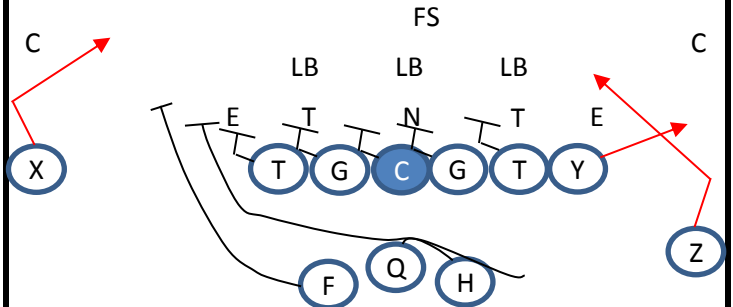
<b>Optimal Formations:</b>	Gun Left	Gun Right			
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# Fake 29/38 Sweep Slant Arrow

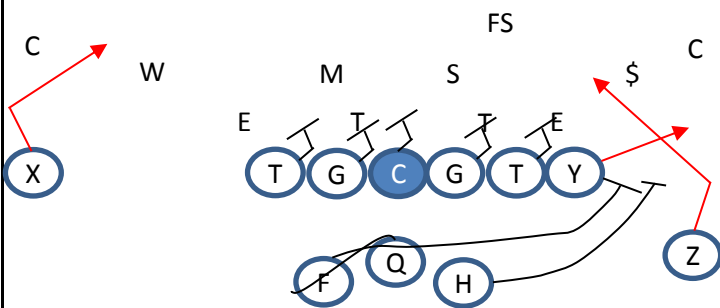
Gun Fke 29 Sweep Slant Arrow vs. 4-4



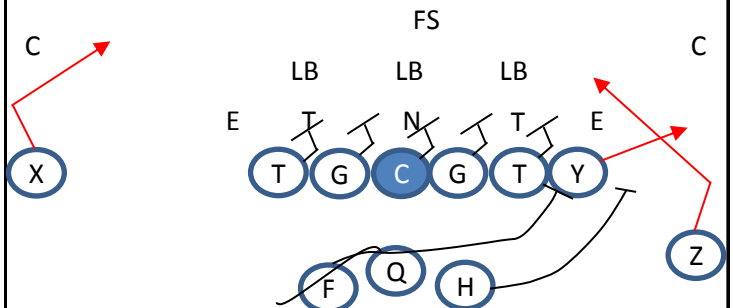
Gun Fke 29 Sweep Slant Arrow vs. 5-3



Gun Fke 38 Sweep Slant Arrow vs. 4-4



Gun Fke 38 Sweep Slant Arrow vs. 5-3

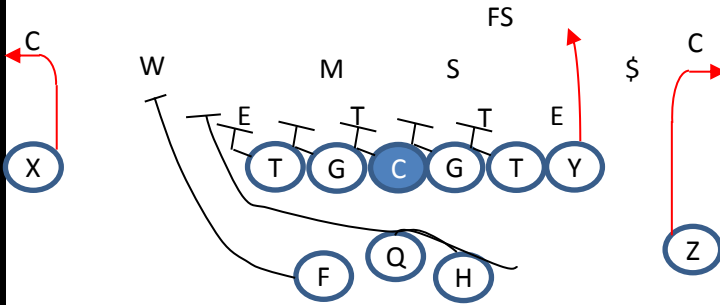


POS	ASSIGNMENT	COACHING POINTS
X	Run Route	Release and run slant route
Y	Punch and Go	Punch DE, release and run arrow route. Look fast for ball
Z	Run Route	Release and run slant route
PST	Outside Zone	
PSG	Outside Zone	
C	Outside Zone	
BSG	Outside Zone	
BST	Outside Zone	
FB	Run 29/38 Sweep	Look inside out to block
HB	Run 29/38 Sweep	Look inside out to block
QB	Inside Hand off, Boot	Fake inside hand off, quick boot and look for slant/arrow. Arrow route should be first read

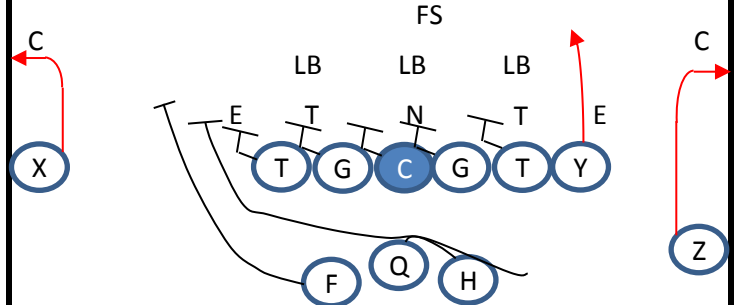
<b>Optimal Formations:</b>	Gun Left	Gun Right			
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# Fake 29/38 Sweep Double Out

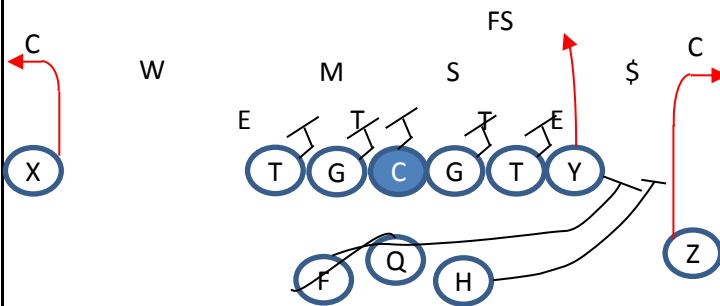
Gun Fke 29 Sweep Double Out vs. 4-4



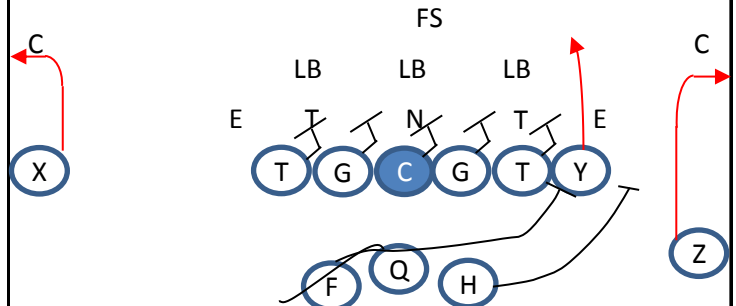
Gun Fke 29 Sweep Double Out vs. 5-3



Gun Fke 38 Sweep Double Out vs. 4-4



Gun Fke 38 Sweep Double Out vs. 5-3

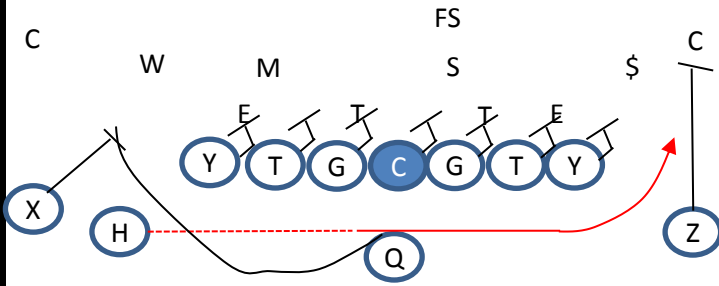


POS	ASSIGNMENT	COACHING POINTS
X	Run Route	Release and out route
Y	Punch and Go	Punch DE, release and run seam route.
Z	Run Route	Release and run route
PST	Outside Zone	
PSG	Outside Zone	
C	Outside Zone	
BSG	Outside Zone	
BST	Outside Zone	
FB	Run 29/38 Sweep	Look inside out to block
HB	Run 29/38 Sweep	Look inside out to block
QB	Inside Hand off, Boot	Fake inside hand off, quick boot and look for slant/arrow. Arrow route should be first read

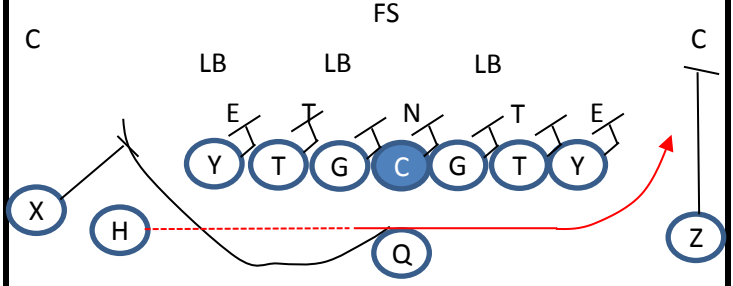
<b>Optimal Formations:</b>	Gun Left	Gun Right			
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# Motion 48/49 Sweep

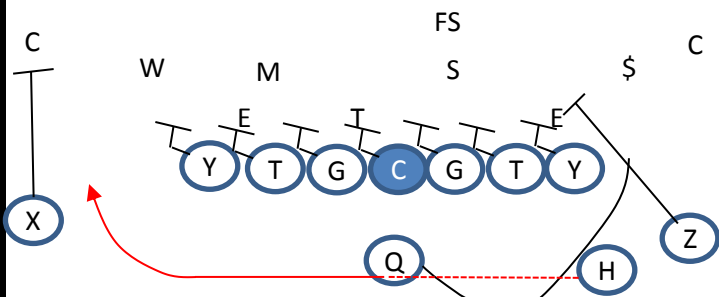
## Husker Left MO 48 Sweep vs. 4-4



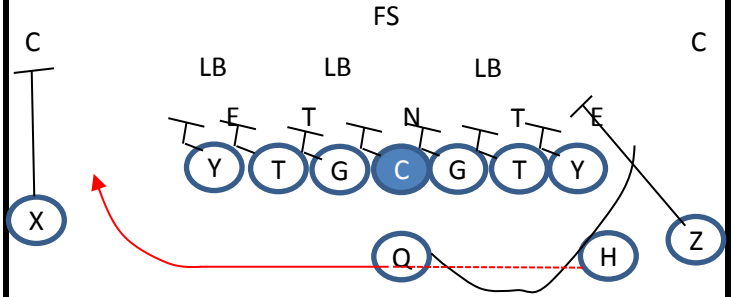
## Husker Left MO 48 Sweep vs. 5-3



## Husker Right Mo 49 Sweep vs. 4-4



## Husker Right Mo 49 Sweep vs. 5-3

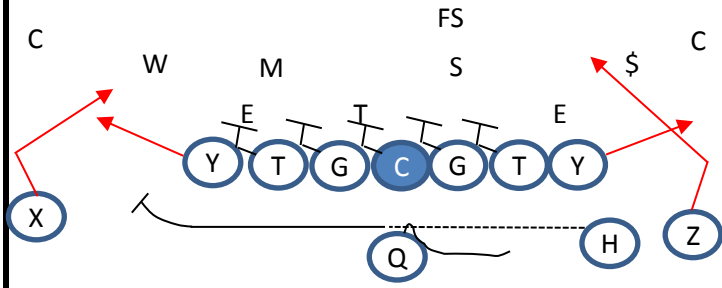


POS	ASSIGNMENT	COACHING POINTS
X	Stalk, Most Dangerous	Play side- Stalk; Backside- Most Dangerous
Y	Outside Zone	
Z	Stalk, Most Dangerous	On Playside, Stalk, on Weak Side, Most Dangerous
PST	Outside Zone	
PSG	Outside Zone	
C	Outside Zone	
BSG	Outside Zone	
BST	Outside Zone	
FB	n/a	
HB	Run Sweep/Block Inside	Inside motion and take sweep to 8/9 hole
QB	Inside Hand off, Boot	Fake inside hand off, Sprint out to hole.

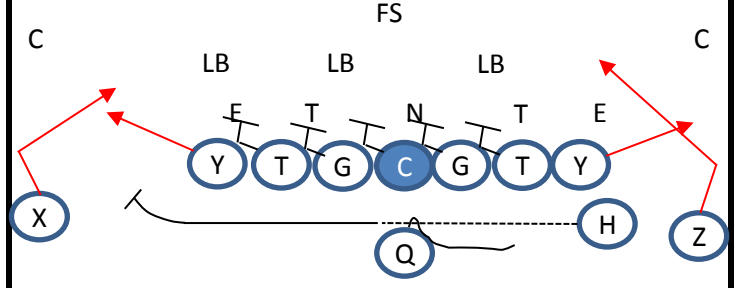
<b>Optimal Formations:</b>	Husker Right	Husker Left			
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# Motion Fake 49 Sweep Slant/Arrow

Hskr Rt Mo Fke 49 Swp Slnt Arro vs. 4-4



Hskr Rt Mo Fke 49 Swp Slnt Arro vs. 5-3

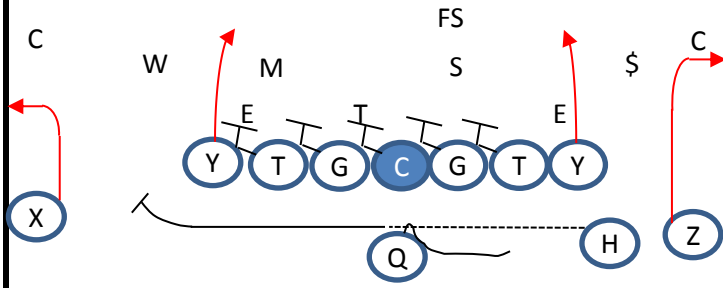


POS	ASSIGNMENT	COACHING POINTS
X	Run Route	Release and run slant route
Y	Run Route	Release and run arrow route
Z	Run Route	Release and run slant route
PST	Outside Zone	
PSG	Outside Zone	
C	Outside Zone	
BSG	Outside Zone	
BST	Outside Zone	
FB	n/a	
HB	Run Sweep/Block Inside	Inside motion and fake sweep to 8/9 hole
QB	Inside Hand off, Boot	Fake inside hand off, Sprint out to hole.

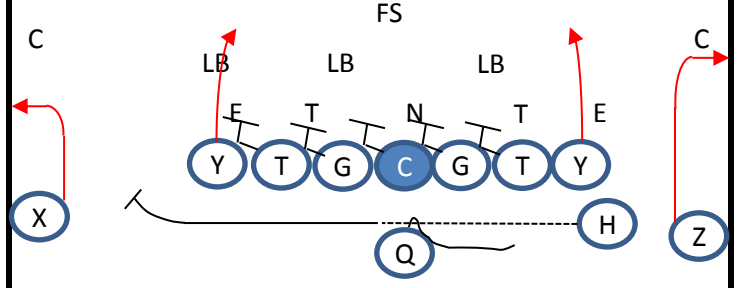
<b>Optimal Formations:</b>	Husker Right	Husker Left			
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# Motion Fake 49 Sweep Dbl Out

Hskr Rt Mo Fke 49 Swp Dbl Out vs. 4-4



Hskr Rt Mo Fke 49 Swp Dbl Out vs. 5-3

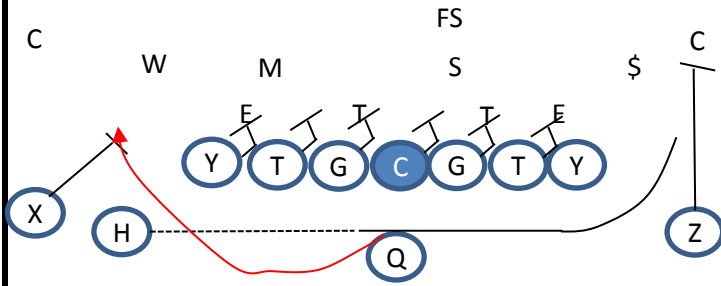


POS	ASSIGNMENT	COACHING POINTS
X	Run Route	Release and run out route
Y	Run Route	Release and run seam route
Z	Run Route	Release and run out route
PST	Outside Zone	
PSG	Outside Zone	
C	Outside Zone	
BSG	Outside Zone	
BST	Outside Zone	
FB	n/a	
HB	Run Sweep/Block Inside	Inside motion and fake sweep to 8/9 hole
QB	Inside Hand off, Boot	Fake inside hand off, Sprint out to hole.

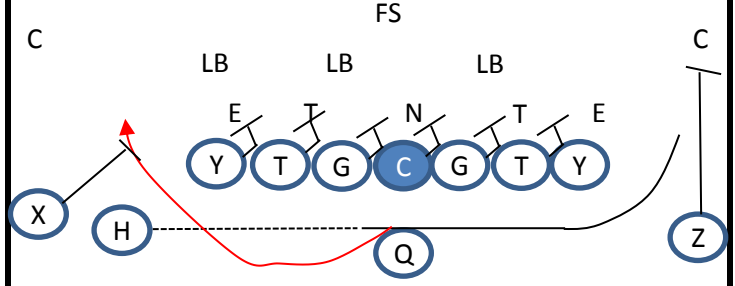
<b>Optimal Formations:</b>	Husker Right	Husker Left			
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# Fake Sweep End

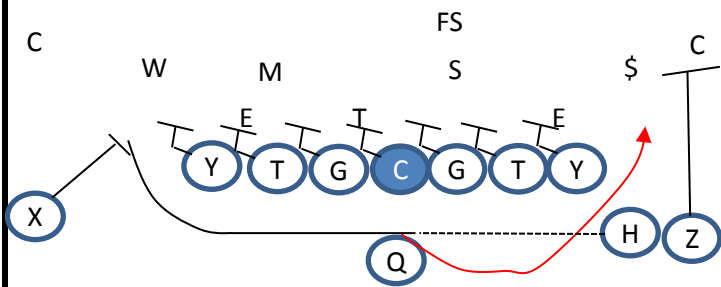
Husker Lft Mo Fake 48 Sweep 19 End vs. 4-4



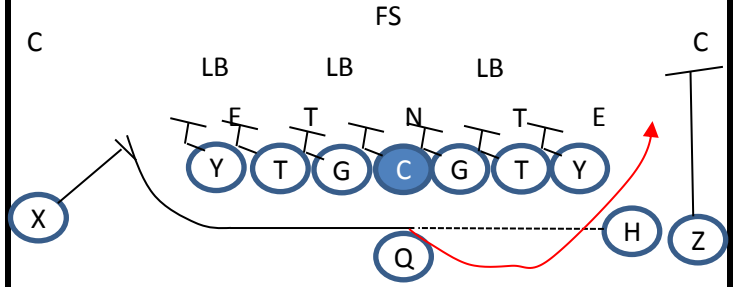
Husker Lft Mo Fake 48 Sweep 19 End vs. 5-3



Husker Rt Mo Fake 49 Sweep 18 End vs. 4-4



Husker Rt Mo Fake 49 Sweep 18 End vs. 5-3

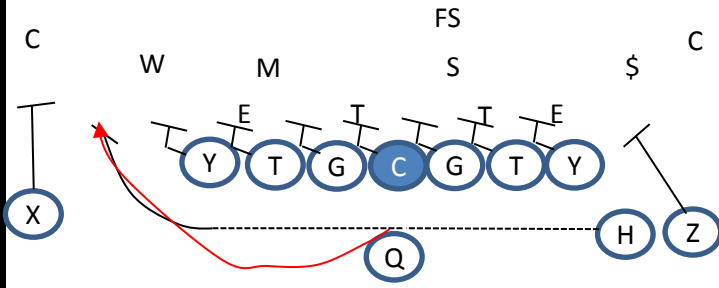


POS	ASSIGNMENT	COACHING POINTS
X	Stalk, Most Dangerous	On fake side, Stalk; on play side, most dangerous
Y	Outside Zone	
Z	Stalk, Most Dangerous	On fake side, Stalk; on play side, most dangerous
PST	Outside Zone	
PSG	Outside Zone	
C	Outside Zone	
BSG	Outside Zone	
BST	Outside Zone	
FB	n/a	
HB	Run Fake Sweep	Go into motion and fake sweep
QB	Inside Hand off, Boot	Fake inside hand off, Sprint out to hole.

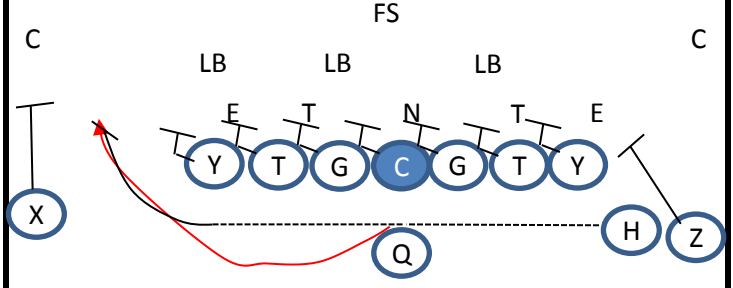
<b>Optimal Formations:</b>	Husker Right	Husker Left			
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# 18/19 End (Will run with and w/o motion)

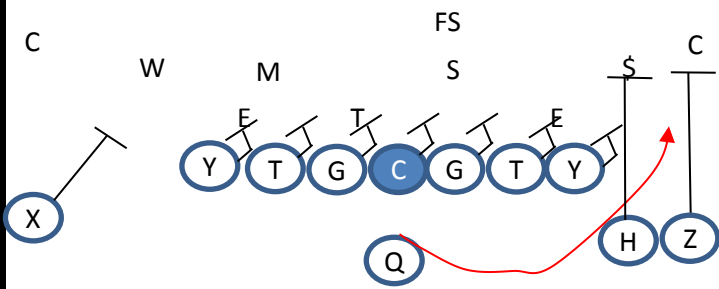
### Husker Right Mo 19 End vs. 4-4



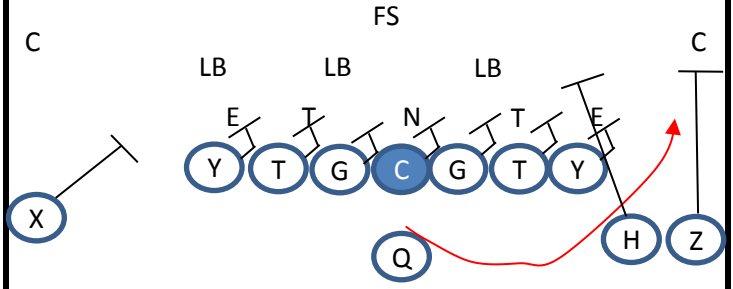
### Husker Right Mo 19 End vs. 5-3



### Husker Right 18 End vs. 4-4



### Husker Right 18 End vs. 5-3



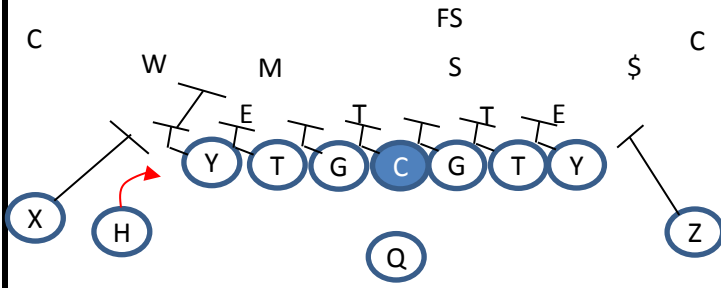
POS	ASSIGNMENT	COACHING POINTS
X	Stalk, Most Dangerous	Play Side- Stalk; Back Side- Most Dangerous
Y	Outside Zone	
Z	Stalk, Most Dangerous	On 19, (if Motion), Motion "Across", turn upfield at snap and block looking inside out. If not motion- block most dangerous; On 18- Stalk Block
PST	Outside Zone	
PSG	Outside Zone	
C	Outside Zone	
BSG	Outside Zone	
BST	Outside Zone	
FB	n/a	
HB	Motion/Most Dangerous	Either motion or block ahead most dangerous
QB	Sprint Out	Sprint out to 18/19 Hole

<b>Optimal Formations:</b>	Husker Right	Husker Left			
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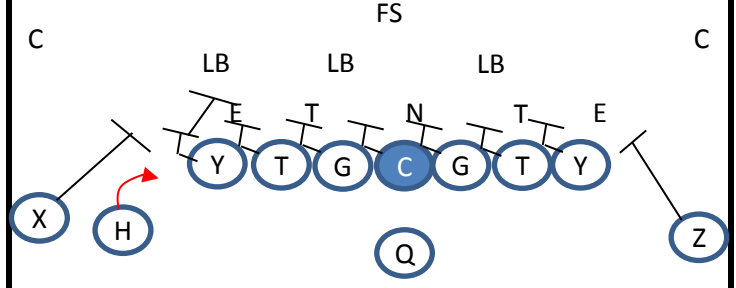


# 4 Back Quick Pass (Very quick pass. Will run block this)

## Husker Lft 4 Back Quick Pass vs. 4-4



## Husker Lft 4 Back Quick Pass vs. 5-3

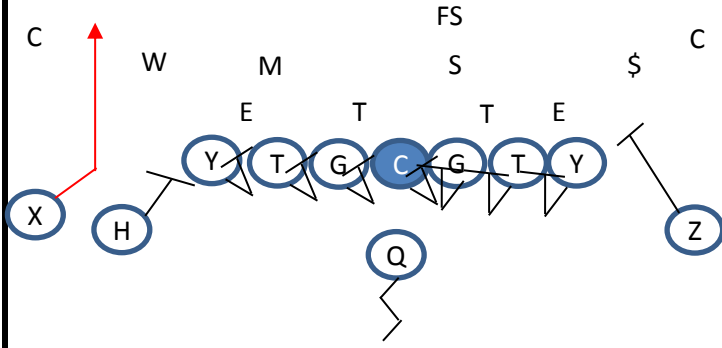


POS	ASSIGNMENT	COACHING POINTS
X	Crack OLB	
Y	Outside Zone	Playside, if no LOS threat, get out to LB. Seal in to the middle of the field.
Z	Most Dangerous	
PST	Outside Zone	
PSG	Outside Zone	
C	Outside Zone	
BSG	Outside Zone	
BST	Outside Zone	
FB	n/a	
HB	Catch Pass	Look in, pass will be coming fast. Run to light
QB	Quick pass to HB	Quick pass to HB. Do not find laces on ball. Catch and throw

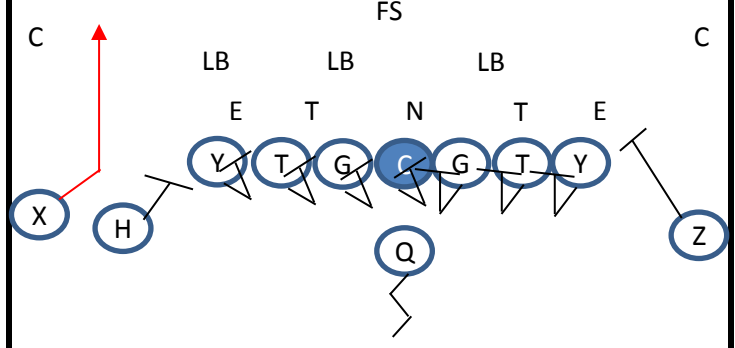
<b>Optimal Formations:</b>	Husker				
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# Fake 4 Back Pass X Fly (Block using Pass Pro)

## Husker Left Fake 4 Back Pass X Fly vs. 4-4



## Husker Left Fake 4 Back Pass X Fly vs. 5-3



POS	ASSIGNMENT	COACHING POINTS
X	Fake Crack, Run pattern	Fake Crack on the LB, release into a fly pattern
Y	Outside Zone	
Z	Most Dangerous	
PST	Outside Zone	
PSG	Outside Zone	
C	Outside Zone	
BSG	Outside Zone	
BST	Outside Zone	
FB	n/a	
HB	Catch Pass	Look in, take pump fake, block in
QB	Quick pass to HB	Pump fake to HB, take 3 step drop, throw fly to X receiver

<b>Optimal Formations:</b>	Husker				
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**Papillion LaVista South  
Jr. Titans Football  
Defense Playbook**

**Head Coach: Chad Slump**

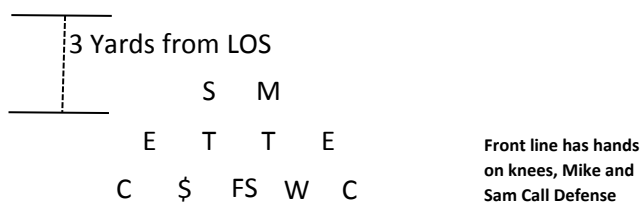
\*\*\*Confidential\*\*\* Please ensure this document's safety

# General Information

## Philosophy

Our defense is designed to be very aggressive. It also requires that players communicate and are thinking before the snap of the ball. We call these "pre-snap reads". Our assignments and responsibilities change often and communication is a must. We will stress technique at all positions. If you are disciplined and will hit, you will play. There has never been a great team that did not play great defense. Defense keeps teams in ball games. Our defense needs to give our offense the best possible field position. Our defense needs to keep our opponent's offense off the field. Our goal every time our defense goes out on the field is "THREE AND OUT".

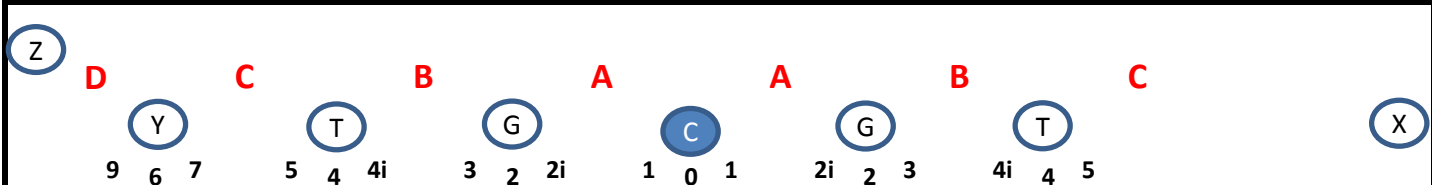
## Defense Huddle



## Positions

<p>E T T E \$ S M W C FS C</p>	T - <b>Defensive Tackle</b> - Our DT's will play with your cover foot back. You must know both right and left handed stances. We could flip-flop DT's.
	E - <b>Defensive End</b> - Our DE's will play with their cover foot back. You must know both right and left handed stances. We could flip-flop our DE's.
	S - <b>Sam Linebacker</b> - Strongside MLB
	M - <b>Mike Linebacker</b> - Weakside MLB
	\$ - <b>Dollar Linebacker</b> - Strongside OLB
	W - <b>Will Linebacker</b> - Weakside OLB
	C - <b>Cornerback</b> - Widest DB on the field
	FS - <b>Free Safety</b> - Deepest DB on the field

## Alignment Techniques & Gaps



### Techniques

- 0 - Head up on Center
- 1 - Shade on the Center
- 2i - Inside shade of Guard
- 2 - Head up on Guard
- 3 - Outside shade of Guard
- 4i - Inside shade of Tackle
- 4 - Head up on Tackle
- 5 - Outside shade of Tackle
- 6 - Head up on TE
- 7 - Inside Shade of TE
- 9 - Outside shade of TE
- Ghost - Outside shade of TE

\*Note, LB's techniques will have a zero added. Eg. 20= over guard.

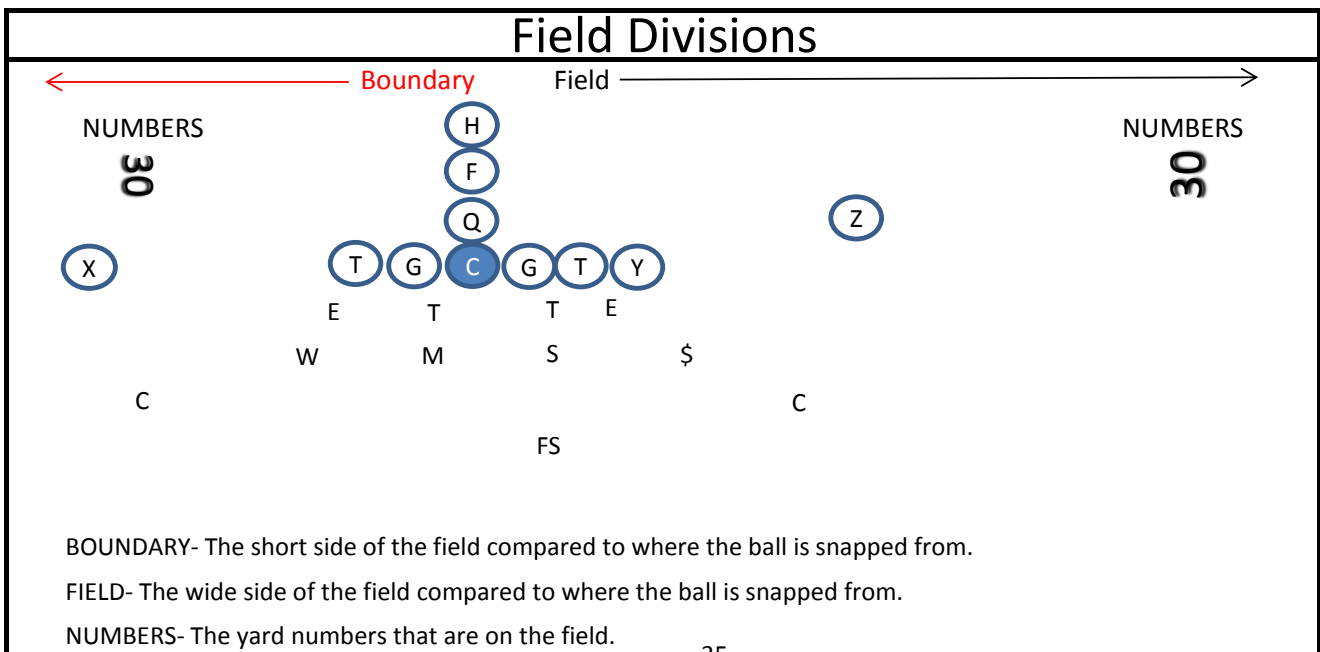
### Gaps

- A - Between Center & Guard
- B - Between Guard & Tackle
- C - Between Tackle & TE
- D - Outside of TE

# General Information

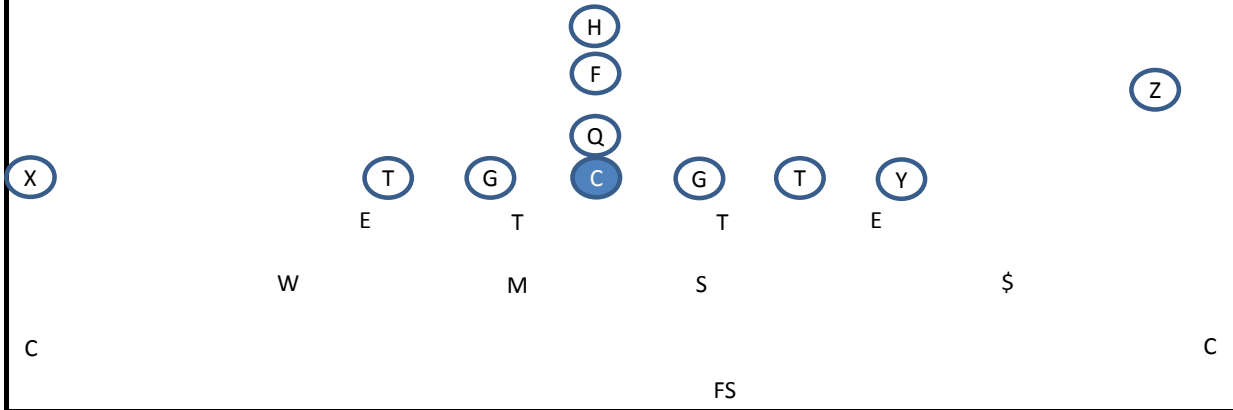
4-4 Defense		
Our defense will be made up of the following:		
<p style="text-align: center;"><b>Fronts</b></p> <ol style="list-style-type: none"> <li>1. "G"</li> <li>2. Tough</li> <li>3. Wide</li> <li>4. Strong Stack</li> </ol>	<p style="text-align: center;"><b>Coverages</b></p> <ol style="list-style-type: none"> <li>1. Cover 3</li> <li>2. Cover 1</li> <li>3. Cover 5</li> </ol>	<p style="text-align: center;"><b>Stunts</b></p> <ol style="list-style-type: none"> <li>1. Attacks</li> <li>2. Changes</li> <li>3. Bingo</li> </ol>

Defensive Fronts			
Front	Position	Technique	Gap Responsibility
"G"	Tackle to Call Tackle Away Ends Sam Mike	3 2i 5 or 7 20 20	B A C A B
Tough	Tackle to Call Tackle Away Ends Sam Mike	3 1 5 or 7 20 20	B A C A B
Wide	Tackles Ends MLB's	3 5 or 7 20	B C A
Strong Stack	Tackle to Call Tackle Away End to Call End Away Sam Mike	B Gap A Gap 6 5 B Gap Stack A Gap Stack	B A C C A B

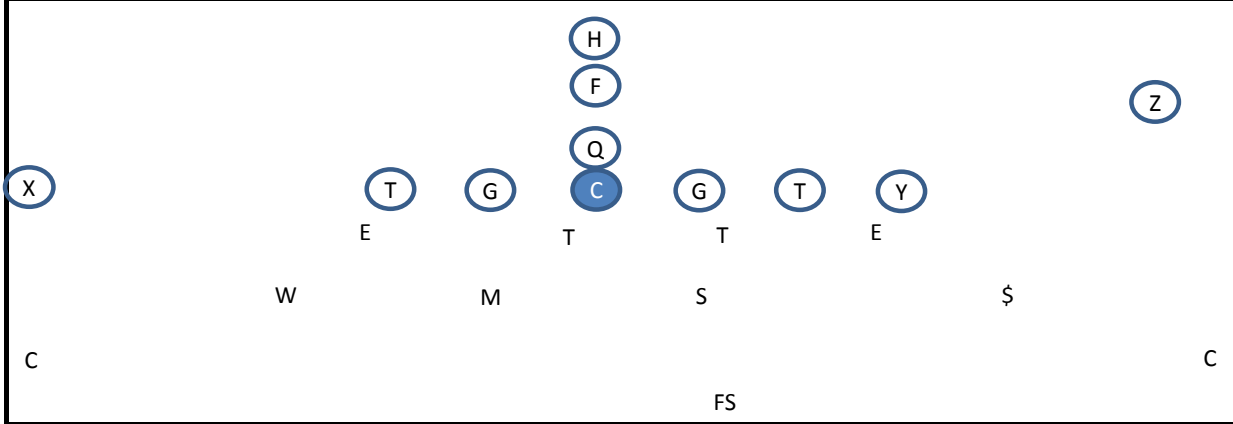


# 4-4 Defense Fronts

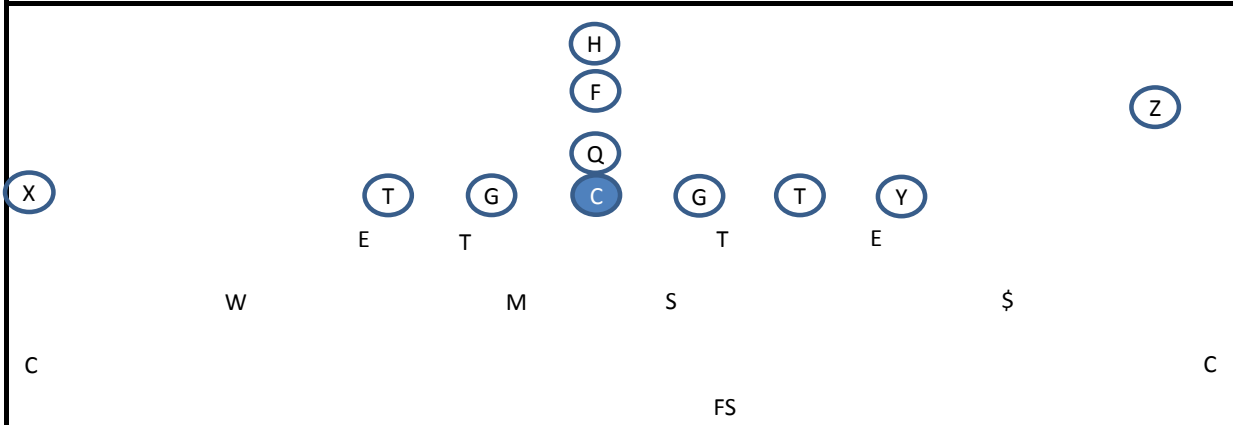
## "G"



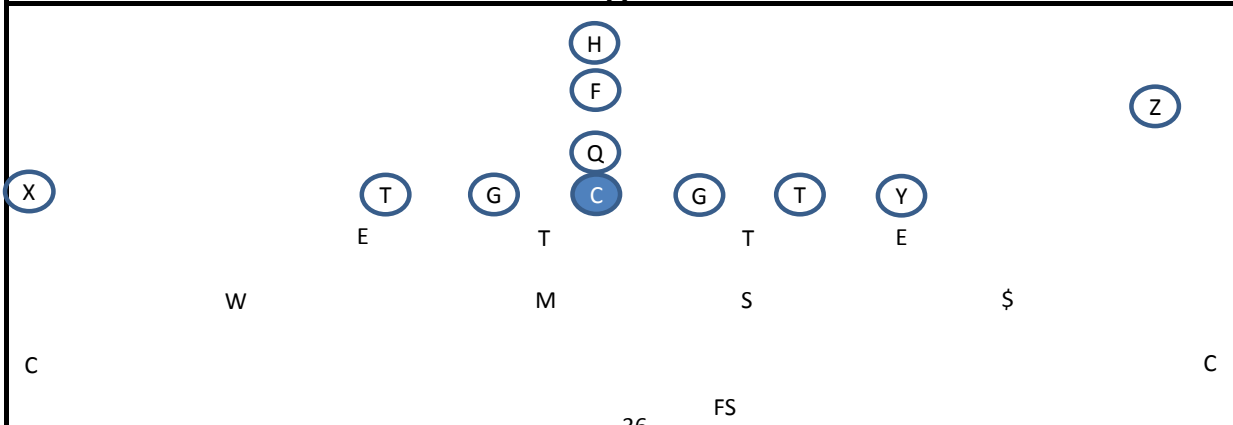
## Tough



## Wide



## Strong Stack



# Tackles

"1" Technique (aka Shade)	
<b>Alignment- Near shoulder of Center. Inside foot back</b> <b>Initial Charge- Explode to nearside breastplate of Center. Step with inside foot</b>	
<b>Responsibilities:</b>	
<ol style="list-style-type: none"> <li>1. A Gap to either side</li> <li>2. Do not let Center reach you</li> <li>3. Do not let Guard scoop you</li> <li>4. Stay square to LOS-- Lock Out</li> </ol>	<ol style="list-style-type: none"> <li>5. Fight pressure from guard with outside arm and shoulder</li> <li>6. If flow goes away, fight down our side of LOS and pursue</li> <li>7. Take on trap with outside shoulder and arm. Get under trap</li> <li>8. On the pass rush, stay in your quadrant</li> </ol>

"2" Technique	
<b>Alignment- Inside shoulder of guard. Outside foot back</b> <b>Initial Charge- Explode into breastplate of guard. Step with outside foot</b>	
<b>Responsibilities:</b>	
<ol style="list-style-type: none"> <li>1. A Gap to either side</li> <li>2. Do not let Center reach you</li> <li>3. Do not let Guard scoop you</li> <li>4. Stay square to LOS-- Lock Out</li> </ol>	<ol style="list-style-type: none"> <li>5. Fight double team in A Gap</li> <li>6. If Center fills back on you, jam and fight across his face</li> <li>7. Fight pressure from Guard with outside arm and shoulder</li> <li>8. On the pass rush, stay in your quadrant</li> </ol>

"3" Technique	
<b>Alignment- Outside shoulder of Guard. Inside foot back</b> <b>Initial Charge- Explode into outside breastplate of guard. Step with inside foot</b>	
<b>Responsibilities:</b>	
<ol style="list-style-type: none"> <li>1. B Gap to either side</li> <li>2. Do not let Guard reach you</li> <li>3. Do not let Tackle scoop you</li> <li>4. If Guard releases inside, jam him down and reduce the A Gap</li> <li>5. Stay square to the LOS. Lock out</li> </ol>	<ol style="list-style-type: none"> <li>6. Fight double team in B Gap</li> <li>7. If Center fills back on you, jam and fight across his face</li> <li>8. Fight pressure from Tackle with outside arm and shoulder</li> <li>9. If flow goes away, fight down our side of the LOS and pursue</li> <li>10. On pass rush, stay in your quadrant</li> </ol>

True "Gap" Technique	
<b>Alignment- In assigned Gap. Use your quickest stance</b> <b>Initial Charge- Explode through Gap</b>	
<b>Responsibilities:</b>	
<ol style="list-style-type: none"> <li>1. Gap Assigned (A or B)</li> <li>2. Penetrate and draw double team</li> <li>3. Stay low when doubled</li> </ol>	<ol style="list-style-type: none"> <li>4. When you get on their side of LOS, find ball</li> <li>5. On pass rush, stay in your quadrant</li> </ol>

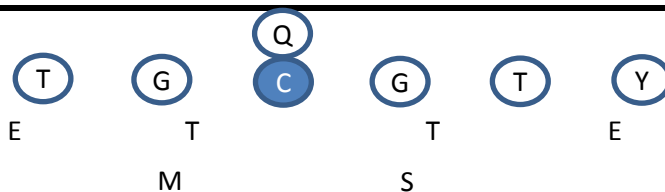
# Ends

"5" Technique	
<p><b>Alignment- Outside shoulder of the Tackle. Inside foot back</b></p> <p><b>Initial Charge- Explode into the outside breastplate of Tackle. Step with inside foot</b></p>	
<p><b>Responsibilities:</b></p>	
<ol style="list-style-type: none"> <li>1. C Gap</li> <li>2. Stay square to the LOS. Lock out.</li> <li>3. If Tackle goes down inside, jam him and reduce gap.</li> <li>4. Fight double team in C gap</li> </ol>	<ol style="list-style-type: none"> <li>5. Do not let Tackle reach you.</li> <li>6. Take on pulling Guard or Back with outside arm and shoulder.</li> <li>7. On flow away, trail on their side of LOS-Watch counter/boot/screen.</li> <li>8. On pass rush, you have contain. Get to your quadrant</li> </ol>



# Inside Linebackers

## "G" Formation



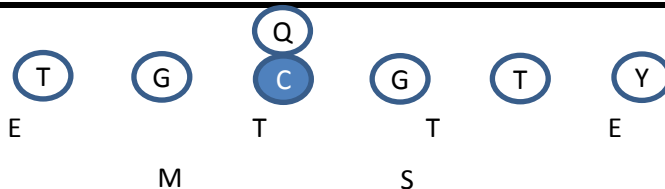
Alignment-- Sam- 4 1/2 yards off of the ball in a 20 technique; Mike- 4 1/2 yards off the ball in a 20 technique

### Responsibilities:

SAM- **Flow to:** Fill and get to the ball; **Flow away:** A Gap to your side. **Option to QB.**

MIKE- **Flow to:** B Gap; **Flow away:** A Gap away

## "Tough" Formation



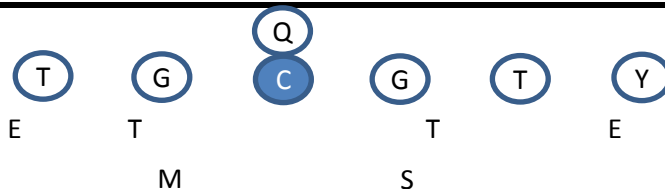
Alignment-- Sam- 4 1/2 yards off of the ball in a 20 technique; Mike- 4 1/2 yards off the ball in a 20 technique

### Responsibilities:

SAM- **Flow to:** Fill and get to ball; **Flow away:** A Gap to your side. **Option to QB.**

MIKE- **Flow to:** B Gap; **Flow away:** A Gap away

## "Wide" Formation



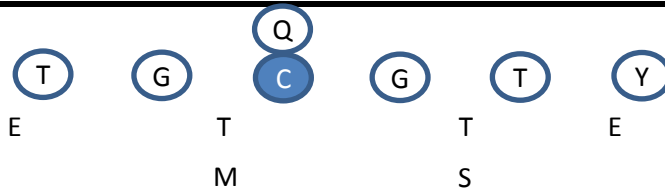
Alignment-- Sam- 4 1/2 yards off of the ball in a 20 technique; Mike- 4 1/2 yards off the ball in a 20 technique

### Responsibilities:

SAM- **Flow to:** A Gap; **Flow away:** A Gap to your side. **Option to QB.**

MIKE- **Flow to:** A Gap; **Flow away:** A Gap to your side

## "Strong Stack" Formation



Alignment-- Sam- 4 1/2 yards off of the ball in a 20 technique; Mike- 4 1/2 yards off the ball in a 20 technique

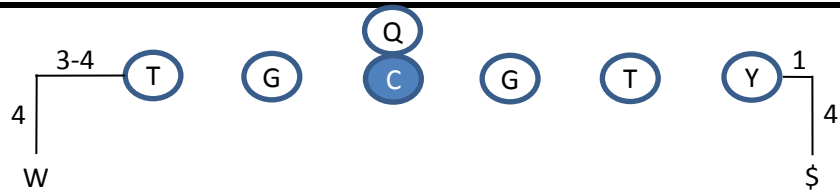
### Responsibilities:

SAM- **Flow to:** A Gap; **Flow away:** A Gap to your side. **Option to QB.**

MIKE- **Flow to:** B Gap; **Flow away:** A Gap away

# Outside Linebackers- Alignment

## Standard



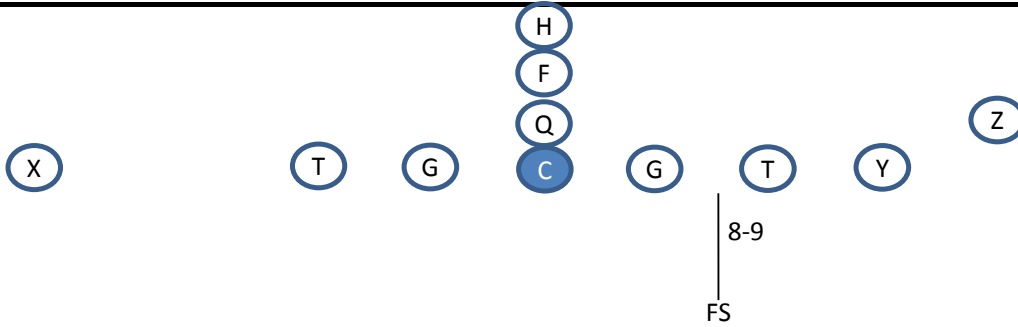
### Responsibilities:

Tight End Side: 1 yard outside of the TE and 4 yards deep- We call this "JET" Alignment

Split End Side: 3-4 yards outside the Tackle and 4 yards deep- We call this "WALK-AWAY"

# Safety- Alignment

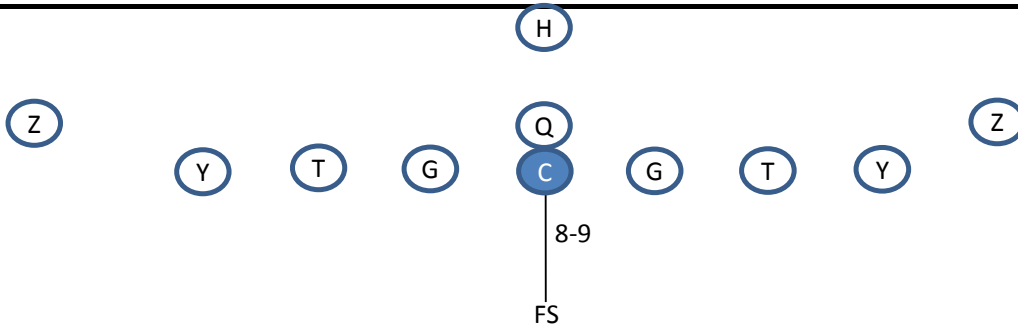
## Cover 3 with 2 back set and TE



### Responsibilities:

With a 2 back set and a TE, the FS will align in the B Gap to the TE side

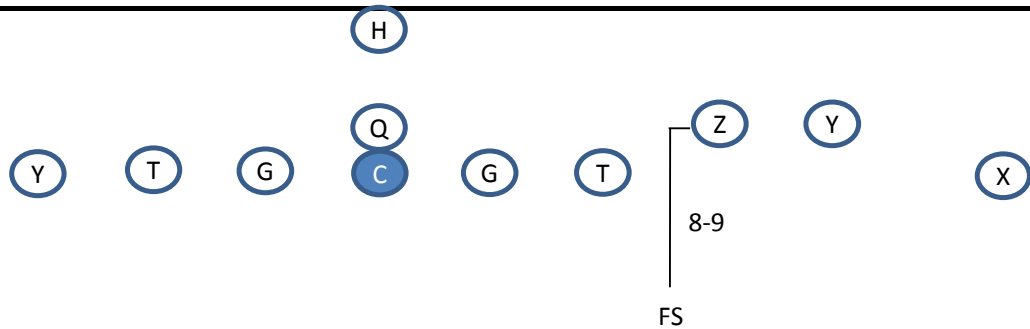
## Cover 3 with 1 back set



### Responsibilities:

Against a 1-back set and the ball in the middle of the field, the alignment will be splitting the widest receivers.

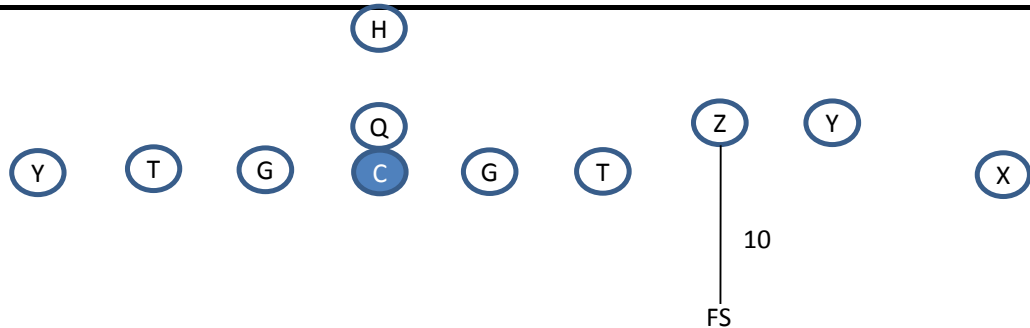
## Cover 3 with 1 back set



### Responsibilities:

Against Trips, alignment will be cheated to the Trips side.

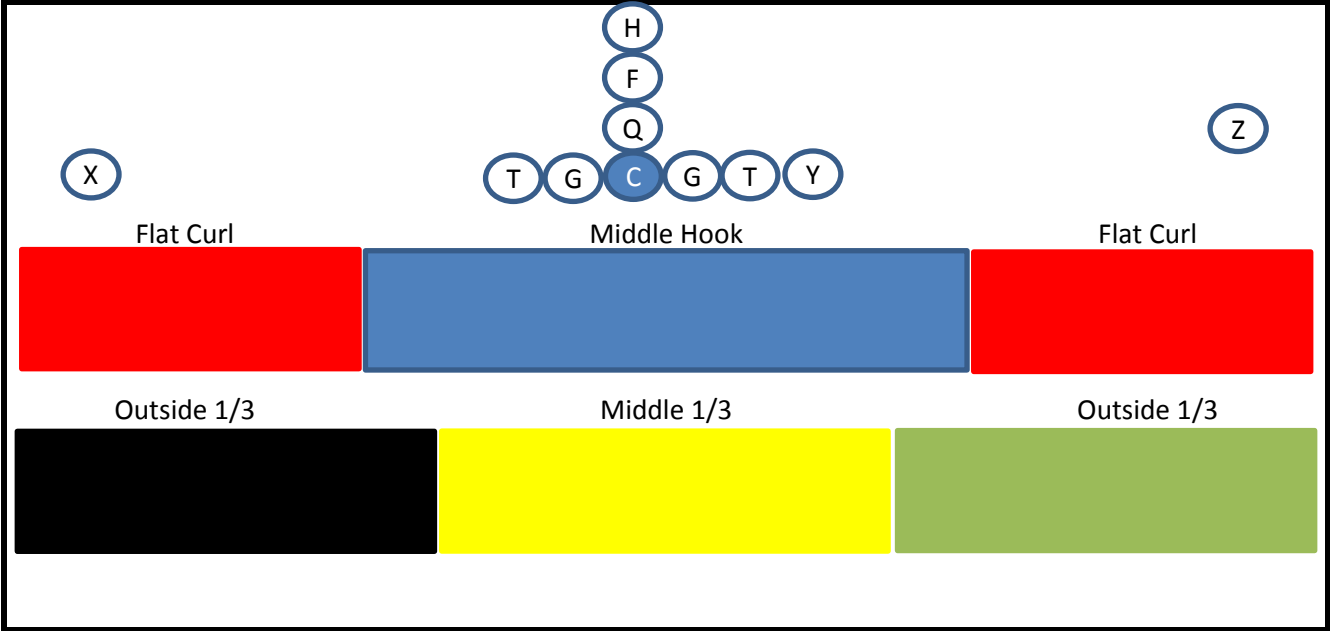
## Cover 5



### Responsibilities:

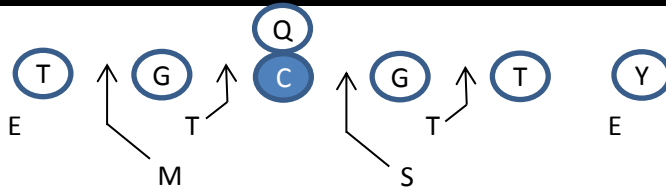
In the cover 5, the FS can cheat way over to the "field" side and 10 yards deep. We zone the field side and man on the boundary side.

# Pass Zones



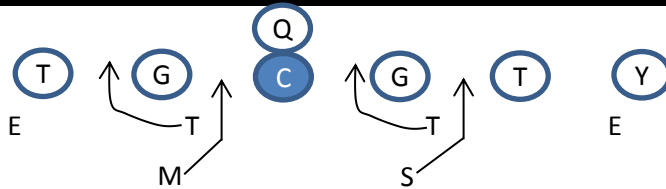
# Stunts

## Inside Attack



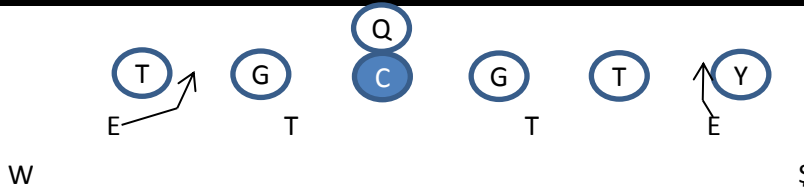
MLB's & Tackles will stunt the gap they are responsible for.

## Inside Change



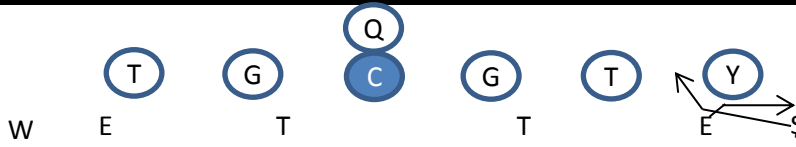
MLB's & Tackles will "Change" Gap responsibilities on their stunts.

## Outside Attack



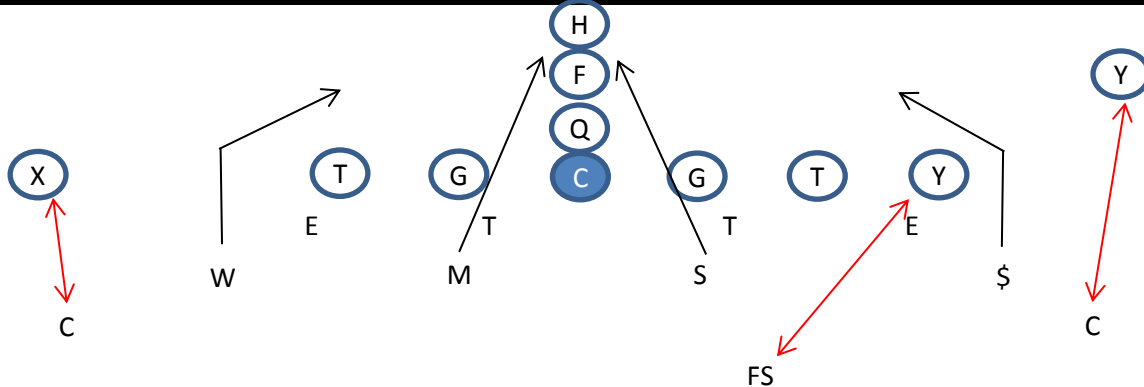
Only applies to DE. Hew will stunt C Gap and then flatten out.

## Outside Change



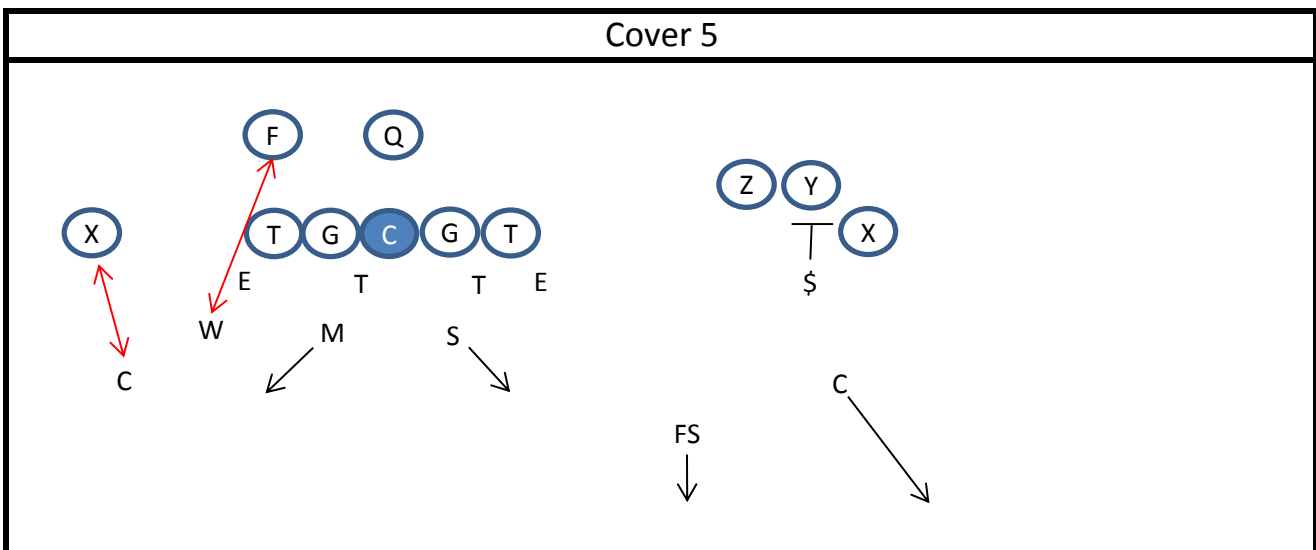
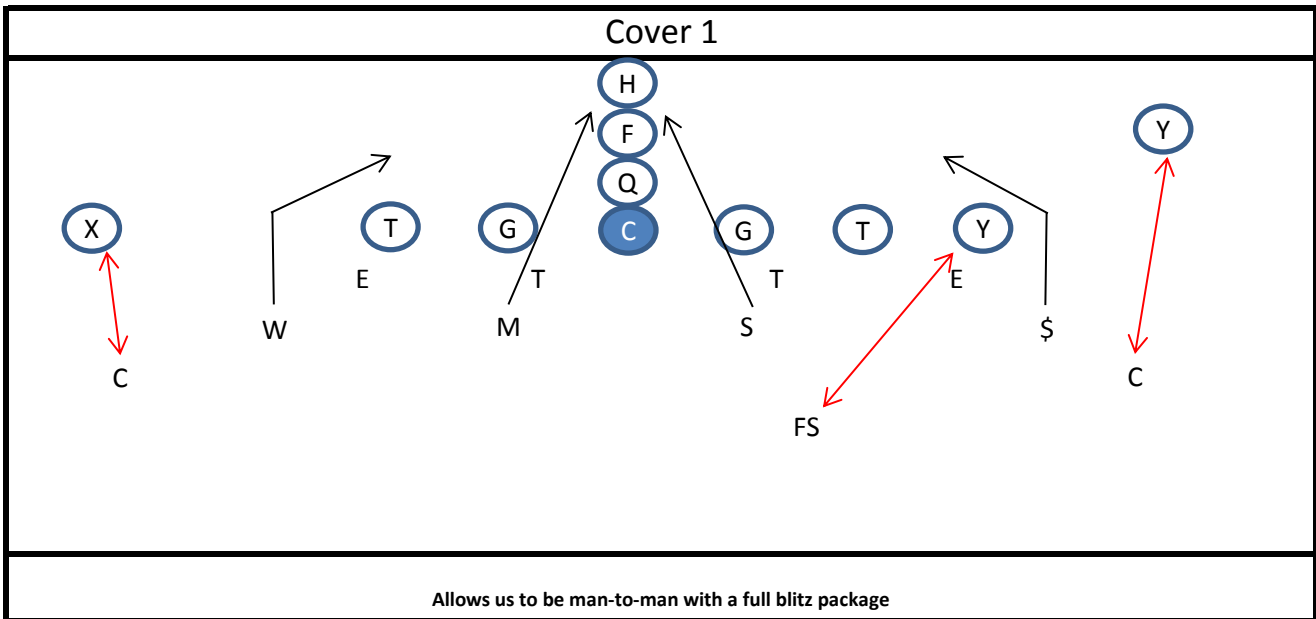
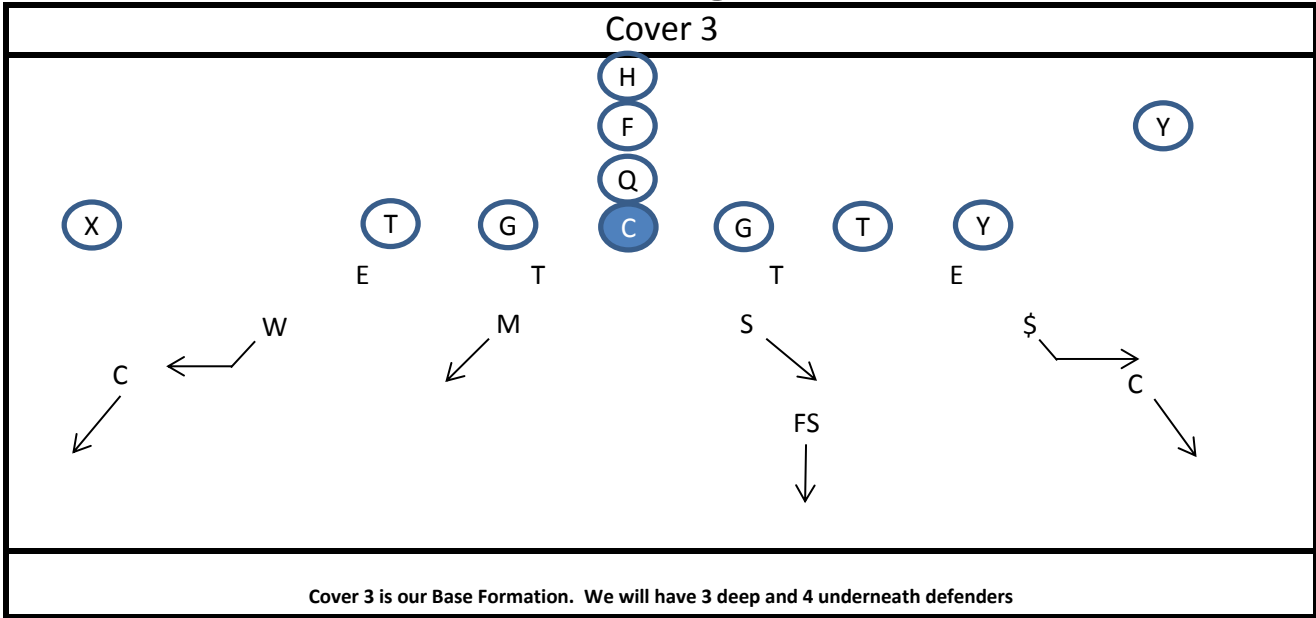
Applies to both OLB and DE. OLB will be in a SQUEEZE and come flat down the LOS. He is C Gap. The stunt is only to the TE Side

## Bingo



Bingo is usually called a Cover 1. Bingo puts both OLB's in a SQUEEZE and sends stunting them on a collision course to the outside shoulder of the near back.

# Coverages



Combo coverage. Man on the "boundary side" and zone on the "field" side. This will be a hash mark call. To the wide side of the field, we will play Cover 3 and to the boundary side, we will play man-to-man. The FS can cheat way over to the wide side of the field. If the Will LB'er does not have a #2 receiver to the side, he can blitz.