

FOOTBALL



X&O'S

A large red arrow graphic that starts at the right end of the 'S', loops down and left, and then points left towards the 'X'.

Offensive Playbook



Offensive Philosophy

We run a multiple spread offense. This defensive set allows us to accomplish our goals.

We will constantly attack the defense using our speed and ability to confuse the defense. We will put constant pressure on the defense by our equal willingness to run or pass and attack any weaknesses that they may have.

We will be unpredictable in our play calling and we will always force the defense to react to what we are doing.

Philosophy

With our offense we want to:

- Stretch the field horizontally and vertically
- Have balance between the run and pass game
- Be unpredictable in our play calling to the defense
- Run the same running plays from multiple formations
- Have a passing game that allows everyone to play every position
- Dictate to the defense:
 - Tempo (speed)
 - Alignments
 - Force them to cover the entire field
- Attack the defense where they are the weakest
- Make the defense think or play vanilla defense by moving players through motions, shifts and multiple formations



Offensive Goals

- Zero Turnovers
- Limit Penalties
 - Less than 3 per game
- Convert 75% of our 3rd Down Opportunities
- 150 Yards of Rushing
- 200 Yards of Passing
- 100% Scoring in the Red Zone
- Never leave the defense in a bad position after a turnover or punt
- End Every Drive with a Kicking Play



Offensive Tempos

We will run our offense at four separate tempos. These tempos are designed to change the pace that the game is played. We can speed up the game so we are snapping the ball 10 seconds after the end of the last play, or we can slow the game down to milk the play clock.

- **STORM**
 - Slowest tempo. We will only call the formation and we will check to the play at the LOS
- **THUNDER**
 - Regular tempo. This will be our normal speed. It allows us to call the formation and play, but still call audibles if we want to.
- **LIGHTNING**
 - Fastest tempo. Two-minute Offense. This is how we will snap the ball in the quickest way possible. Our goal is to snap the ball within 10 seconds of the end of the previous play.
- **RAIN**
 - Slow tempo. Four-minute Offense. With this tempo we will use all of the play clock before we snap the ball. We will usually call in the formation and play, but we will make sure we are snapping the ball late in the play clock.
 - All players must know the situation. Do not go out of bounds!!



Snap Count

- **Lightning**
 - Snap Call will be: “Set, Hit”
 - This is our cadence in Lightning and in Two-minute situations
 - This will also be our cadence anytime we audible
- **Odd, Even, Three**
 - Snap Call will be: “Set, Red/Blue #, Red/Blue #, Hit, Hit, Hit”
 - This is our basic cadence, Odd = 1, Even = 2, Three = 3
 - We will only use Red & Blue as our colors.
 - These are always live colors on Check With Me. Red is to the right and Blue is to the left.
 - Make sure our QB is using Red on some plays that are called to the left and vice a versa.
 - If our QB wants to change the direction of the play, or if we have two plays called and we want to run the second play, he will call “Kill, Kill” before the beginning of the cadence.
- **Ready, Hit**
 - Snap Call will be: “Set, Red/Blue #, Red/Blue #, Hit, Hit, Hit, Hit, Ready, Hit”
 - This is a cadence we will use when the defense is showing blitzes during the cadence. It gives our players time to see where the blitzes or line shifts are ending up.
- **Freeze**
 - There is no Snap Count!!!
 - This will be what we use when we want to try to draw the defense offside.
 - It is called Freeze because the offense is to freeze in place once they align.



How We Call Plays

We will never huddle, we will never teach a huddle.

Our entire offense will be called from the line of scrimmage using wristbands or from Audible Code Words. Every player on offense will have three wristbands: Formations, Plays and Weekly Gameplan.

From Day 1 in the summer, each player will have a wristband. Even during the summer, we will only call plays and formations using the wristband.



How We Call Plays

FORMATIONS WRISTBAND

ALPHA	SPREAD RIGHT	NOVEMBER	H-5
BRAVO	SLOT RIGHT	OHIO	H-6
CHARLIE	DOUBLES RIGHT	PAPA	Y-5
DELTA	ACE RIGHT	QUEBEC	Y-6
ECHO	TRIPS RIGHT	ROMEO	Z-5
FOXTROT	TRIO RIGHT	SPIRIT	Z-6
GOLF	TREY RIGHT	TANGO	F-5
HOTEL	PRO RIGHT	UNIFORM	F-6
INDIA	WING RIGHT	VICTOR	Y-TRADE
JULIET	TROY RIGHT	WHISKEY	H-ORBIT
KILO	TRIO RIGHT BUNCH	X-RAY	Z-ORBIT
LIMA	TRIO RIGHT LIFT	YANKEE	Y-ORBIT
MIKE	SOLO SPREAD RIGHT	ZULU	H-FLY

Our Formations wristband uses the military alphabet to call in the formations. The above is just an example, but we will have different formations listed depending on what we are using each week.

The process is very simple. As soon as the last play is over, the players are taught to look at their wristbands and listen for the coach calling the play in. The coach calling the plays will simply shout out a letter (Alpha) and the players will echo the call.

EXAMPLES:

- ALPHA - Formation is what is listed
 - Spread Right
- BRAVO OPPO - Formation the opposite of what is listed
 - Slot Left
- CHARLIE ROMEO – Formation is combined with both calls
 - Doubles Right, Z-5



How We Call Plays

WRISTBAND					
1		2		3	
1 - 0	BUCKEYE	1 - 0	FADE-OUT	1 - 0	MIDLINE
3 - 2	CROSS	3 - 2	FADE-STOP	3 - 2	POWER
5 - 4	DART	5 - 4	HITCH	5 - 4	ROCKET
7 - 6	DASH	7 - 6	JET	7 - 6	SHALLOW
9 - 8	FADE	9 - 8	LEAD	9 - 8	SLANT
4		5		6	
1 - 0	SMASH	1 - 0	UTAH	1 - 0	VEGAS DBL SWITCH
3 - 2	SMASH-IN	3 - 2	VEER	3 - 2	HITCH DUPE
5 - 4	SPRINT DRAW	5 - 4	VEGAS	5 - 4	BUCKEYE DBL BINGO
7 - 6	STICK	7 - 6	VO	7 - 6	HITCH DBL BINGO
9 - 8	TRAP	9 - 8	SLANT-TURN	9 - 8	HITCH DBL DUPE
7		8		9	
1 - 0	SHALLOW SWITCH	1 - 0	VEER ALERT (1)	1 - 0	VEGAS PUMP
3 - 2	SLANT DUPE	3 - 2	MIDLINE ALERT (3)	3 - 2	DASH ALERT (1)
5 - 4	SMASH DIVIDE	5 - 4	CWM	5 - 4	HITCH - SLANT
7 - 6	SLANT GO	7 - 6	TRAP ALERT (3)	7 - 6	LEAD ALERT (1)
9 - 8	HITCH GO	9 - 8	VEGAS SWITCH	9 - 8	FLORIDA STATE

Our Regular Wristband is how we call in our normal plays. There are various ways to call in the play:

- COLOR ## (Either number can be the live number, we usually set it as the second number, the other number is random)
 - Example: "WHITE 36"
 - Go to the WHITE pod of the wristband (1st pod), find play "6", 6 is an even number, so the resulting play is DASH RIGHT
- ### (Either the first two digits or the last two digits are live, we usually set it to the last two digits, the other number is random)
 - Example: "431"
 - Go to pod #3 (yellow pod), find play "1", 1 is an odd number, so the resulting play is MIDLINE LEFT

This is also how we send in our snap count. If the last number is odd, we go on Snap Count ODD (1), if the last number is even, we go on Snap Count EVEN (2). If the last number ends in "3", we go on Snap Count THREE (3).



How We Call Plays

GAME WRISTBAND - FOREMAN - WEEK 1			
1.	FULL HOUSE LEFT, LEAD ALERT	2.	TRPS RT F, FK JET LT, DBL TRBL RT
3.	FULL HOUSE LT, ROCKET RT	4.	TRPS RT F, Y-SWT, FK JET LT, TRPL SCRNM
5.	FULL HOUSE LT, STRETCH RT	6.	TRIPS RT F, 900 VO, F-PIVOT
7.	FULL HOUSE LEFT, JET RIGHT	8.	TRIPS RIGHT F, D-9, F-OUT
9.	FULL HOUSE RT, FK JET LT, 900 WAGGLE RT	10.	TRPS RT BNCH, F-SWT, X-12, VALPO, Z-DRAG
11.	WING RT, FK JET RT, LEAD RT	12.	TRPS RT BNCH, F-SWT, X-12, SPACING, X-FADE
13.	TUFF, F-10, VEER ALERT	14.	TRPS RT BNCH, VEGAS, X-UNDER
15.	TUFF LEFT, STRETCH OPTION RT	16.	TRIPS RT F, X-SLIP SCREEN LT
17.	TUFF RT, ZONE LT, LEAD OPTN RT	18.	DOUBLES, ROCKET TOSS PASS RT
19.	DBLS LT, QUAD TGT RT, JET OPTN RT	20.	WIDE RT, FK LEAD LT, UTAH
21.	TRIPS RT, 900 SPRINT DRAW LEFT	22.	WIDE RT, FK LEAD RT, SLP SCRNM HK & LTRL LT
23.	QUAD, FAKE JET RT, ED RIGHT	24.	RAZORBACK, JET RIGHT
25.	WIDE RT, VEER REVERSE LEFT	26.	RAZORBACK, FK JET RT, WRAP RT
27.	QUAD, JET REVERSE LEFT	28.	RZRBACK, FK JET RT, H-FOLD, STRETCH LT
29.	CRAZY RIGHT, JET RIGHT	30.	RZRBACK, JET RT, ARKANSAS PASS
31.	TRIPS RT EMPTY, QB DRAW	32.	RZRBACK, FK JET RT, DELAY PASS LT

DO NOT LOOK AT THE PLAY CALLS, THEY ARE OLD AND NOT APPLICABLE

Our Game Wristband is the wristband that we use for specific looks we want to use depending on the opponent. This wristband usually has a lot of motion and it will be where we have most of our trick plays that are in for a given week.

This is the most straightforward wristband as far as play calling. We will simply call in the color BROWN and the number of the corresponding play.

- Example: BROWN 6
 - Trips Right F, 900 VO, F-Pivot

This is also how we send in our snap count. If the last number is odd, we go on Snap Count ODD (1), if the last number is even, we go on Snap Count EVEN (2). If the last number ends in "3", we go on Snap Count THREE (3).



Audibles

We can call audibles at any time during the game except when we are in Lightning Tempo.

Our code word for letting the players know we are calling an audible is Music.

After we align, if we want to call an audible, we will shout "MUSIC, MUSIC". The players will look to the sideline to get the audible. If linemen are in a three-point stance, they must stay there. All players will echo the call. The snap count defaults to "Set, Hit"

All of our audibles have Code Words as well as Hand Signals. We will also use directional words to tell everyone the direction of the play.

DIRECTIONAL CALLS

LEFT

West
South
Moon
Hot
Off
Wet

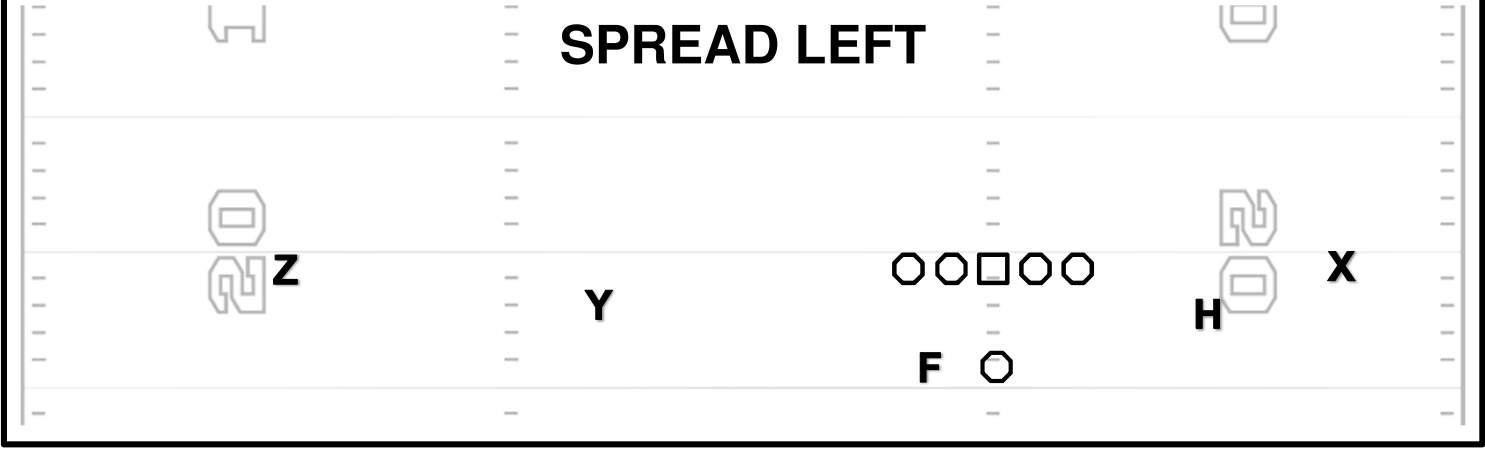
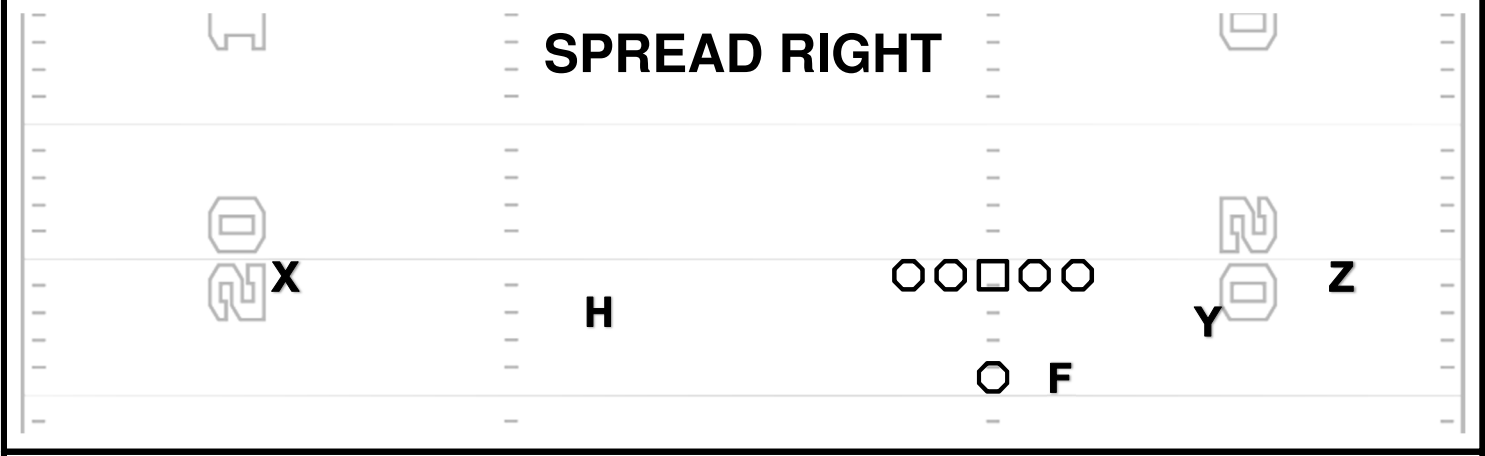
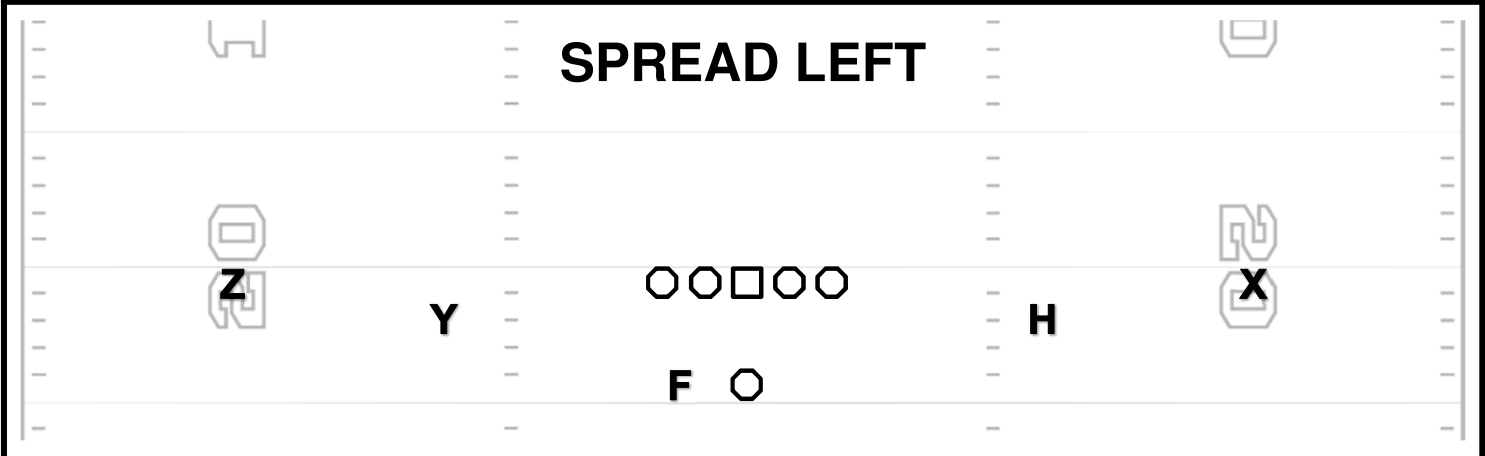
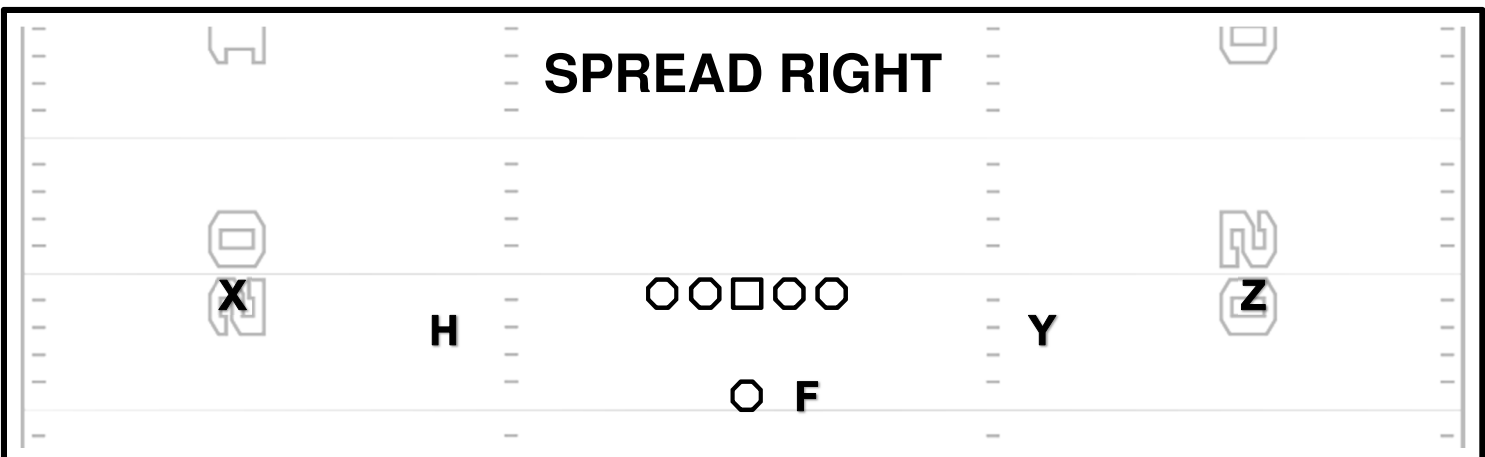
RIGHT

East
North
Sun
Cold
On
Dry

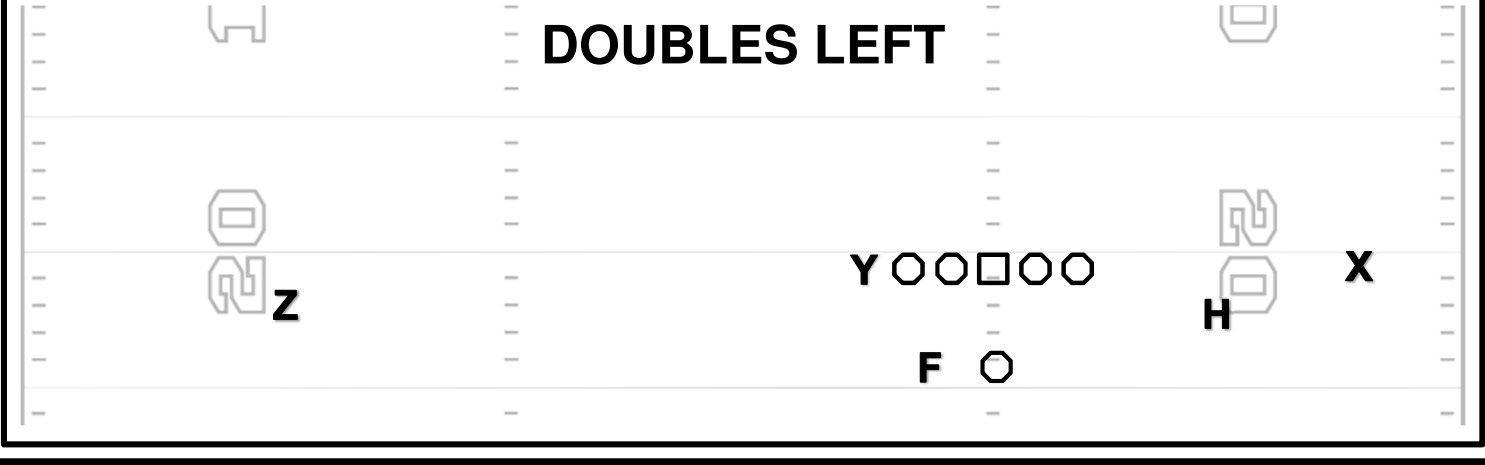
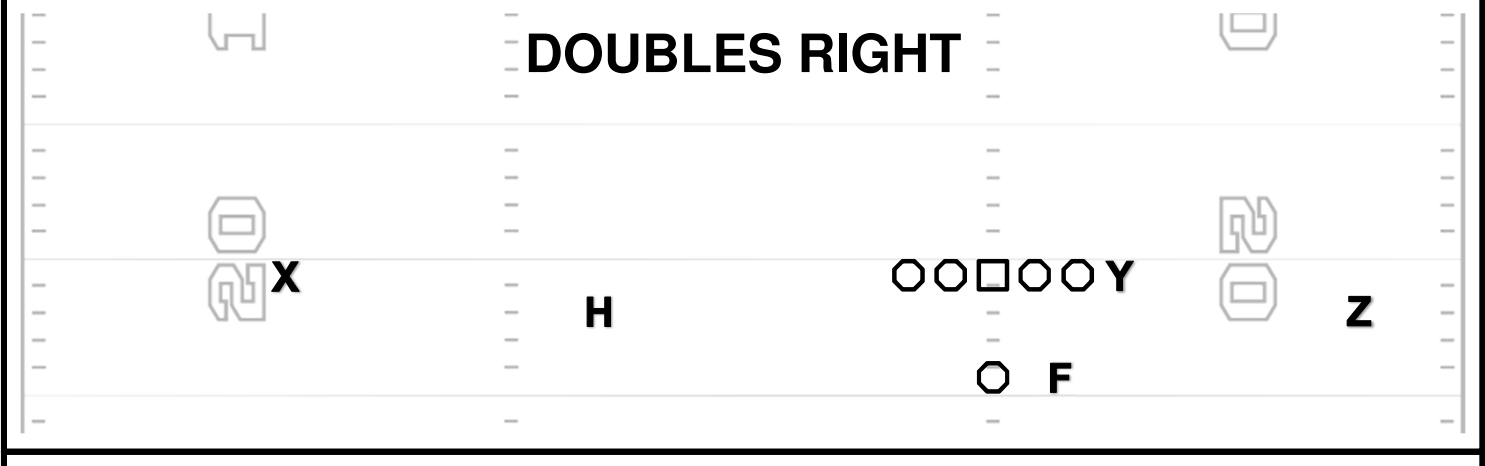
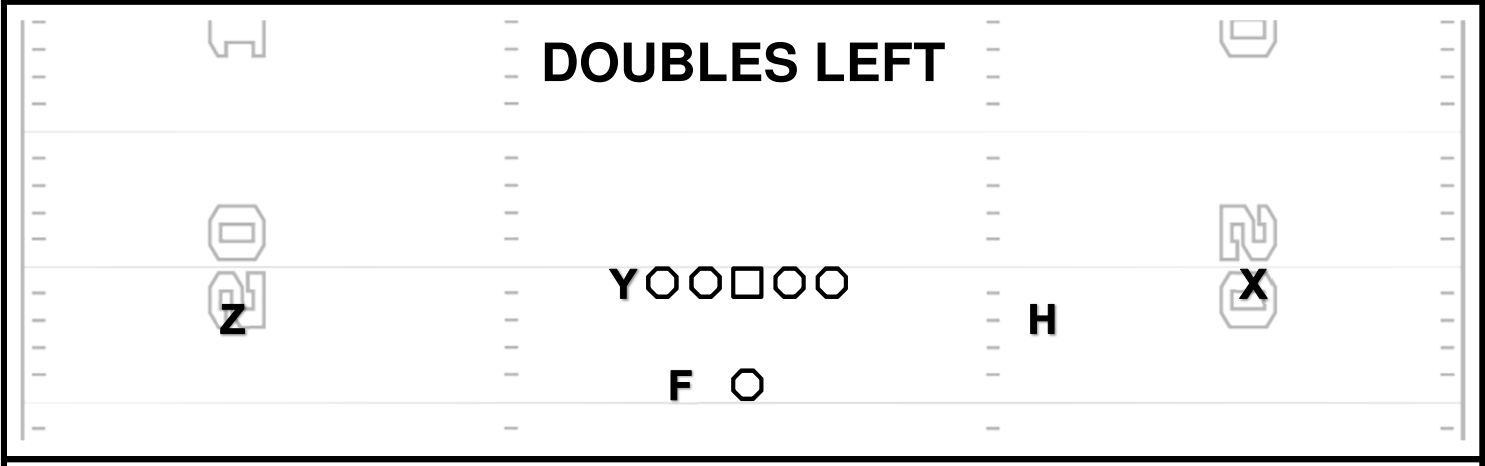
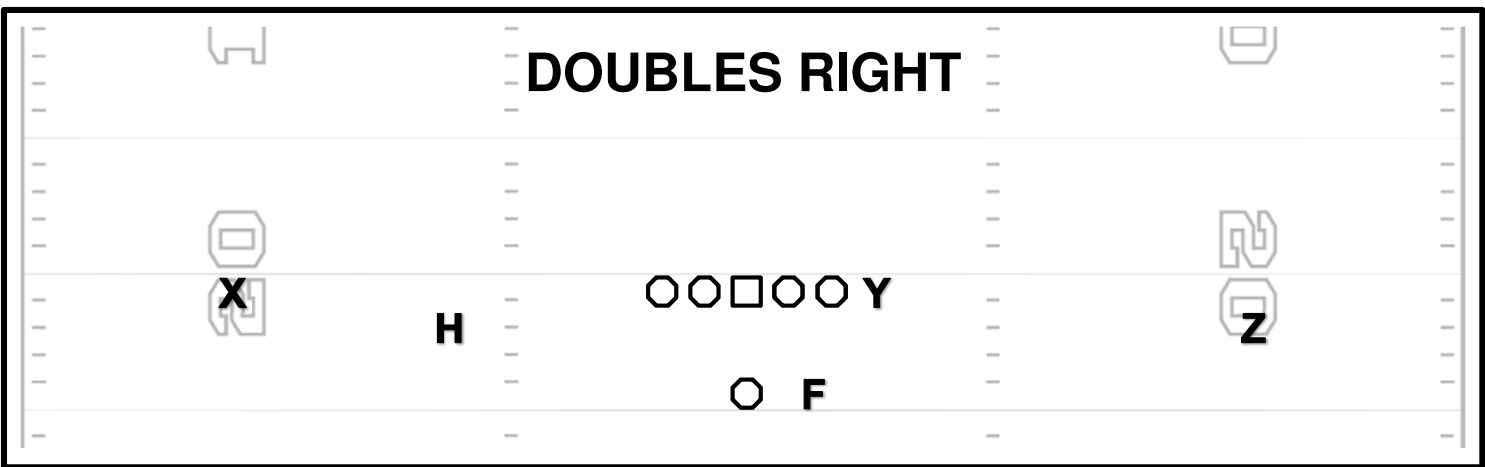
EXAMPLES:

- "MUSIC, MUSIC"
 - Vikings East
 - Veer Right
- "MUSIC, MUSIC"
 - SIGNAL: Hand above head as Tall
 - DIRECTION: Moon
 - Trap Left

Base Formations



Base Formations



Base Formations

ACE RIGHT

X O O □ O O Y

O F

ACE LEFT

Y O O □ O O X

F O

ACE RIGHT

X O O □ O O Y

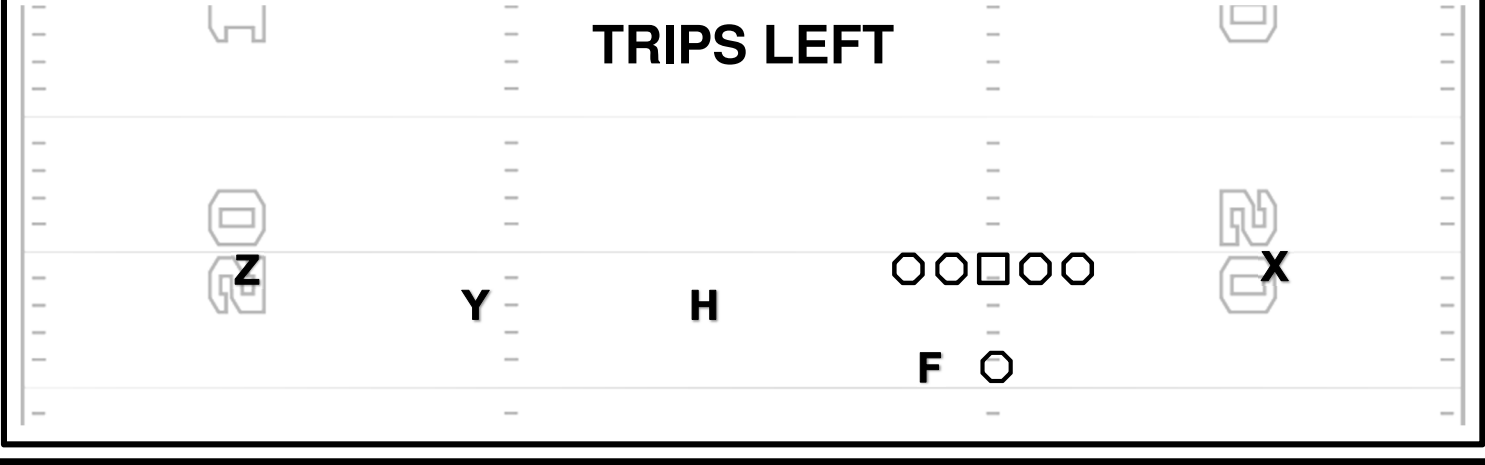
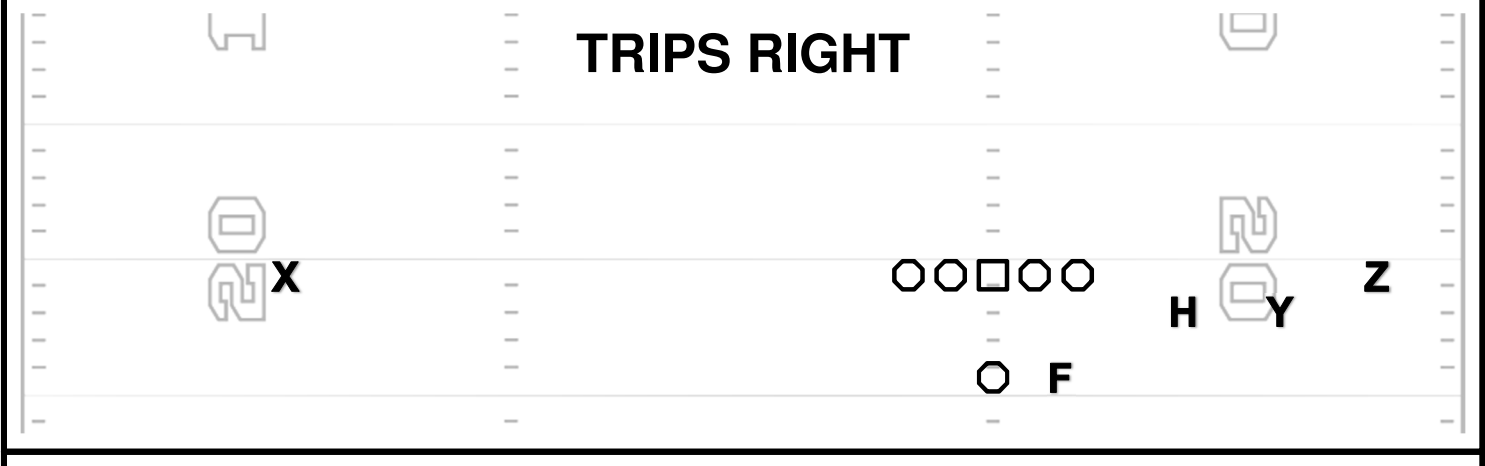
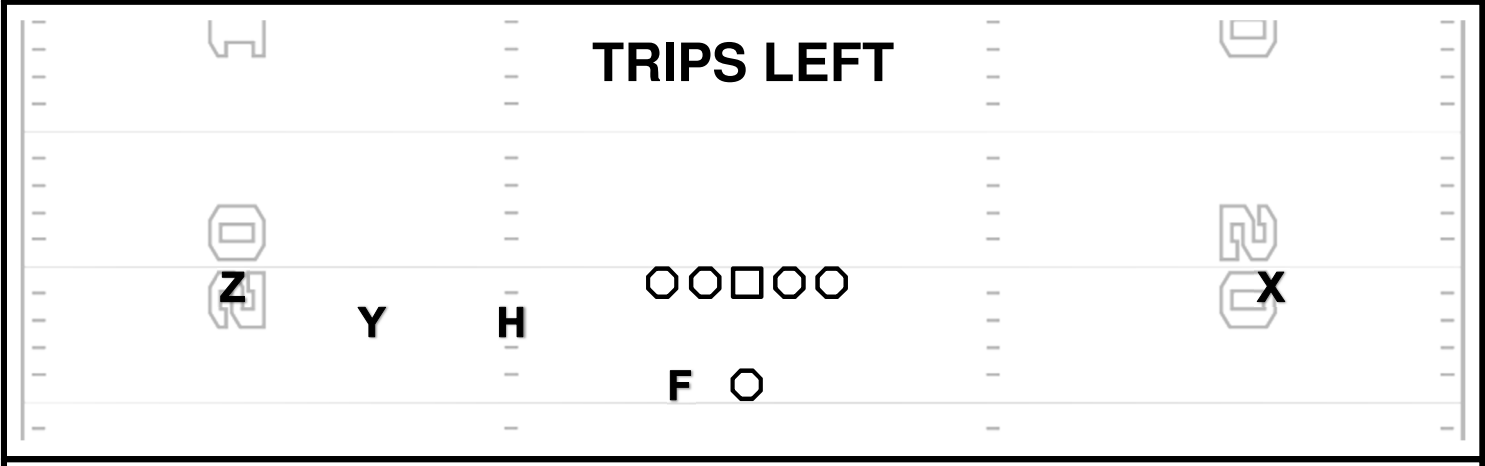
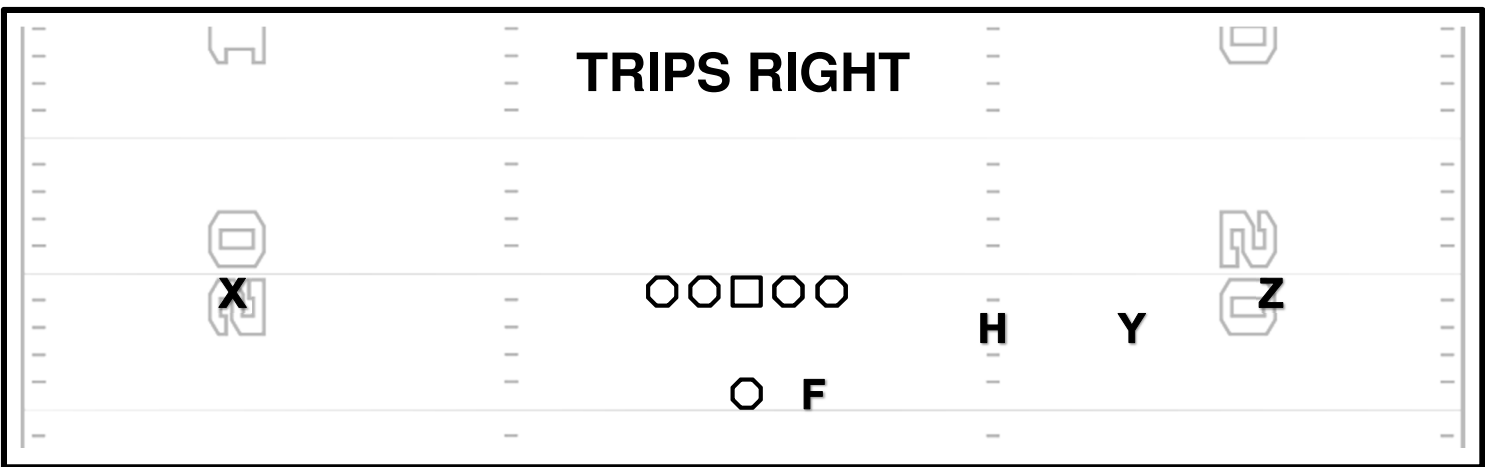
O F

ACE LEFT

Y O O □ O O X

F O

Base Formations



Base Formations

TRIO RIGHT



TRIO LEFT



Y

H



TRIO RIGHT



TRIO LEFT

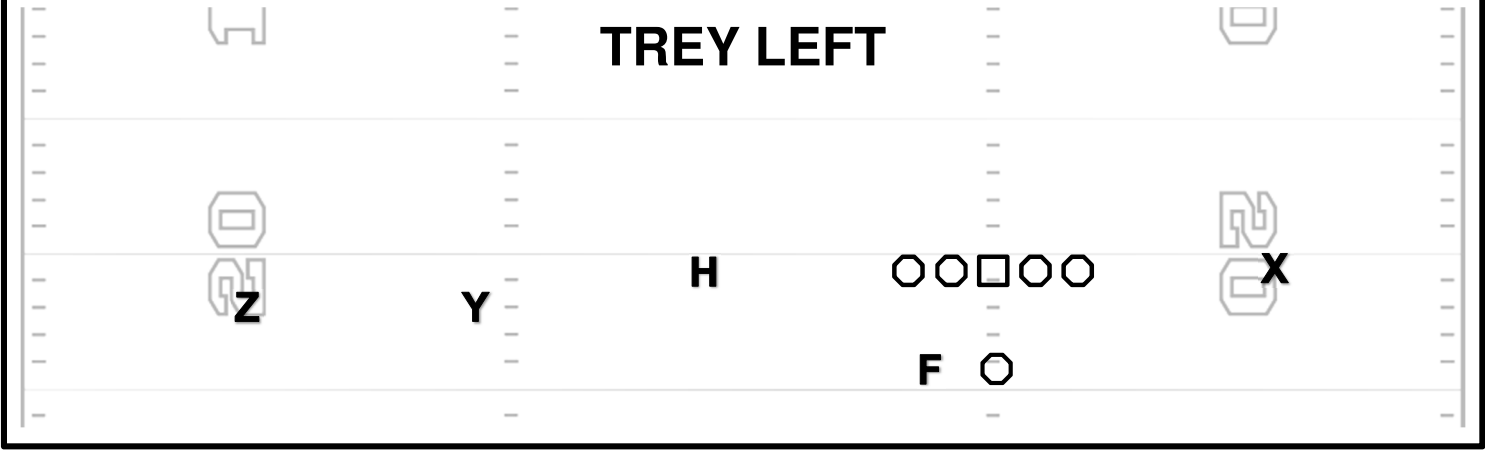
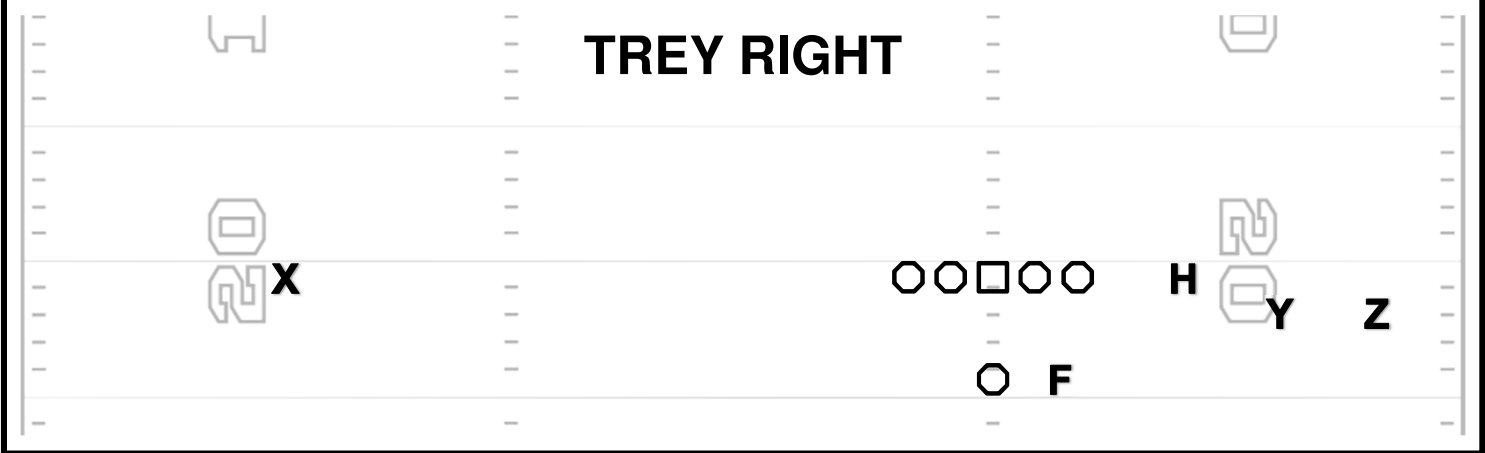
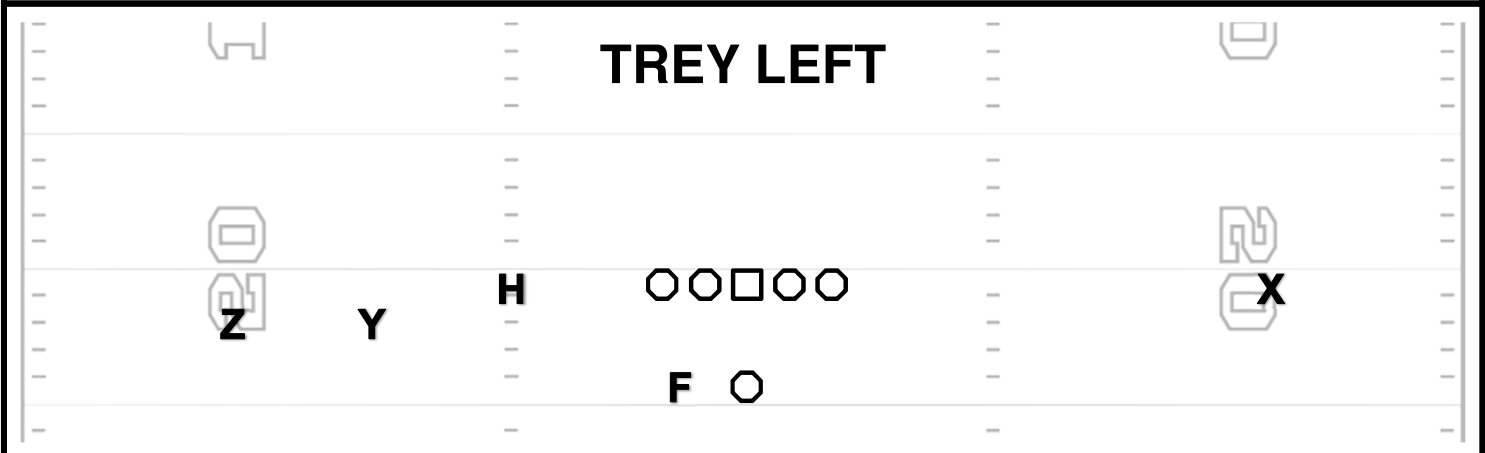


Y

H



Base Formations



Base Formations

PRO RIGHT



O O □ O O Y

O F
H

PRO LEFT



Y O O □ O O

F O
H

PRO RIGHT



O O □ O O Y

O F
H

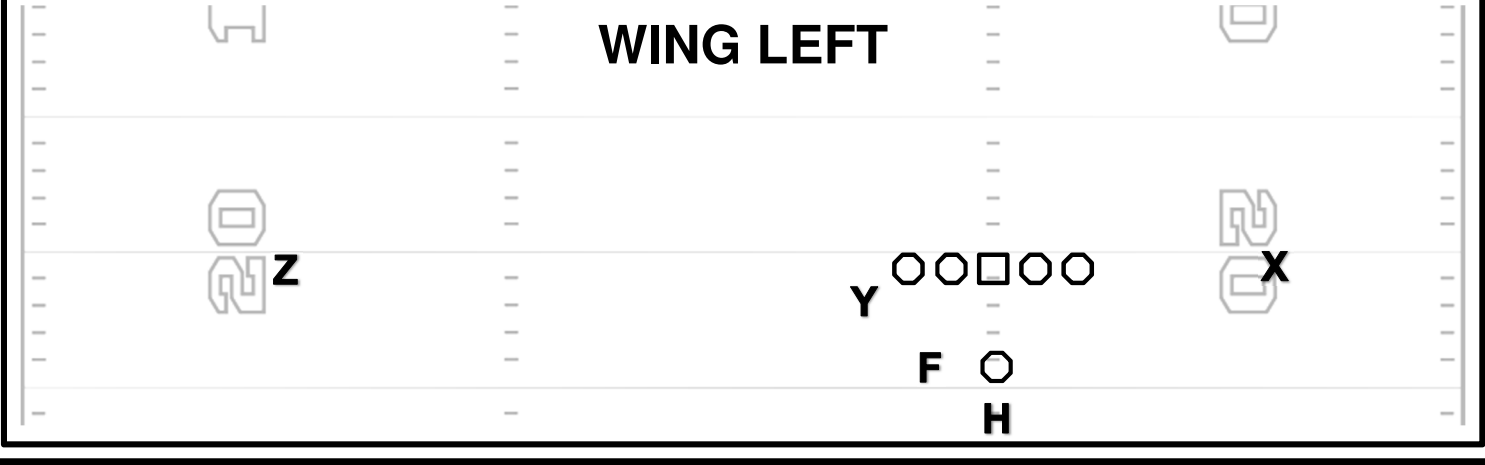
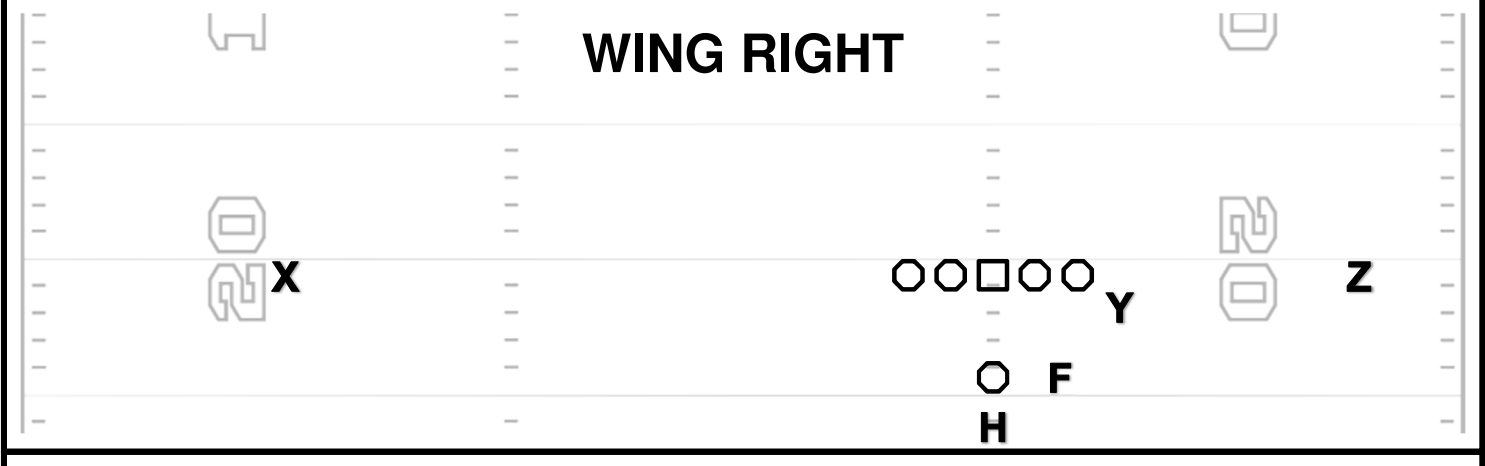
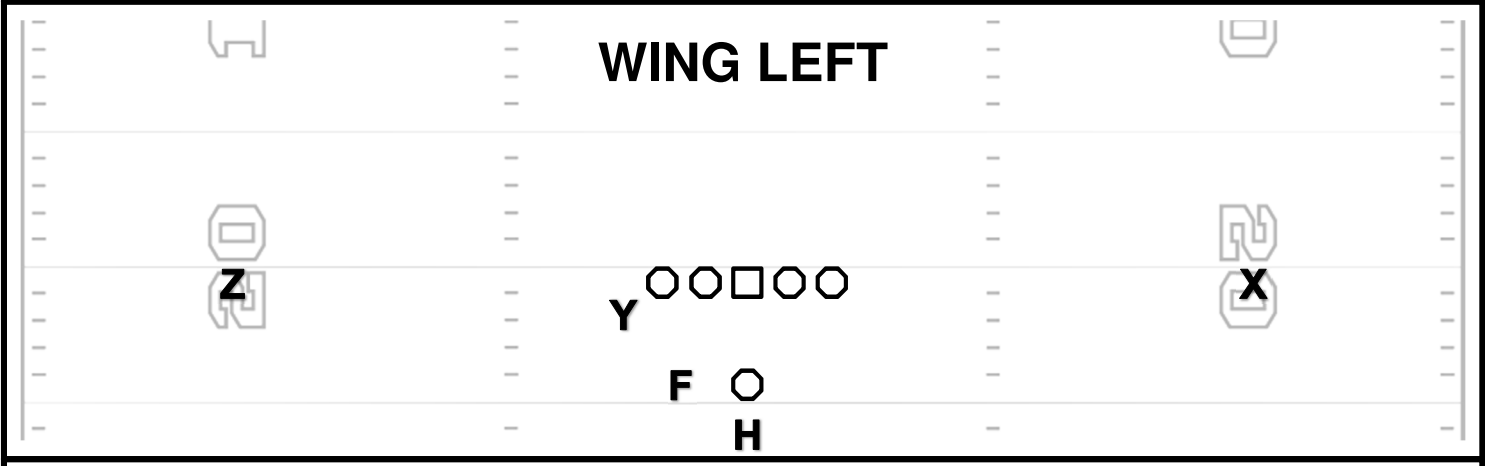
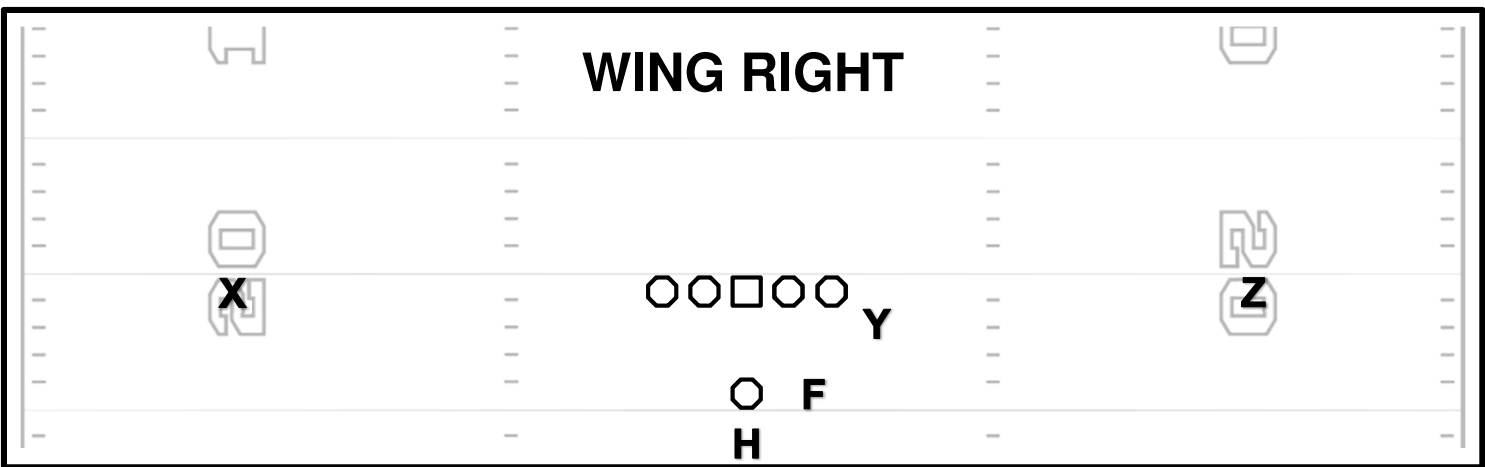
PRO LEFT



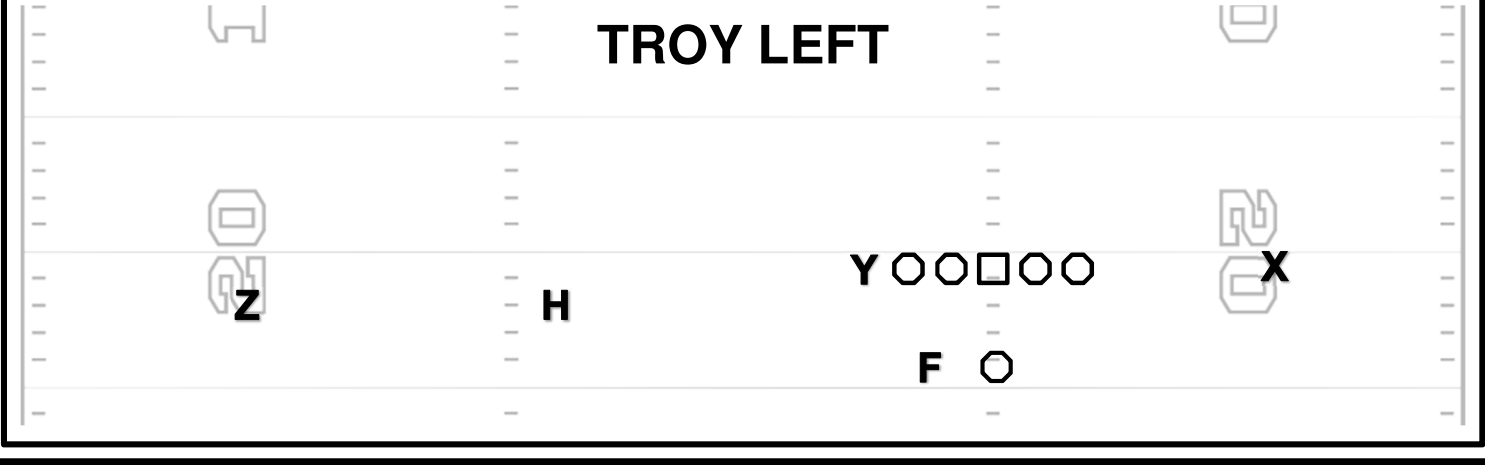
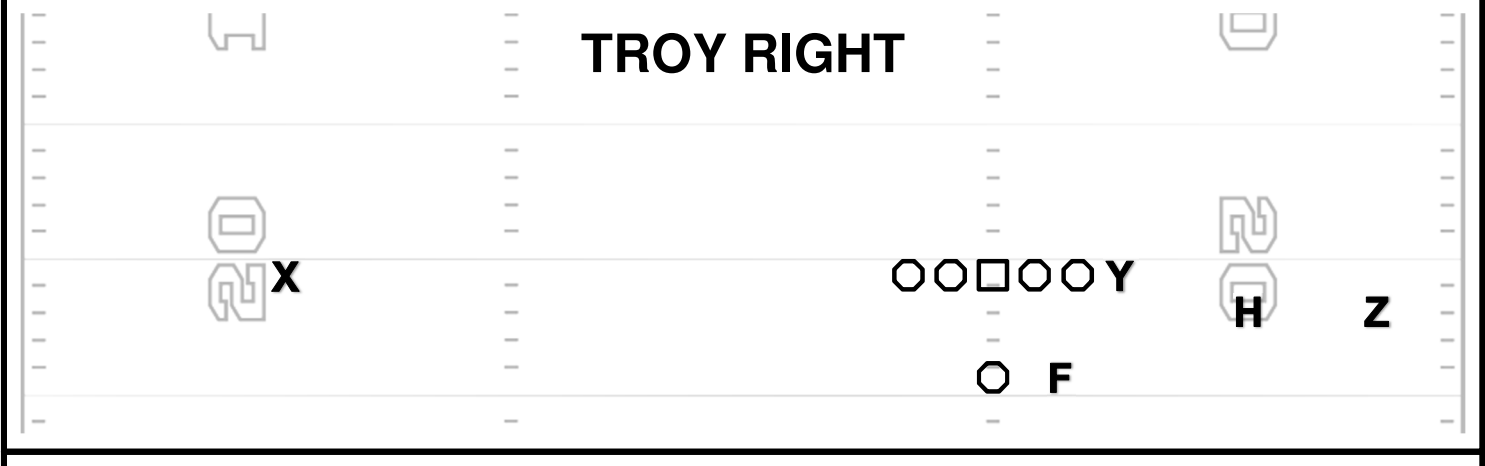
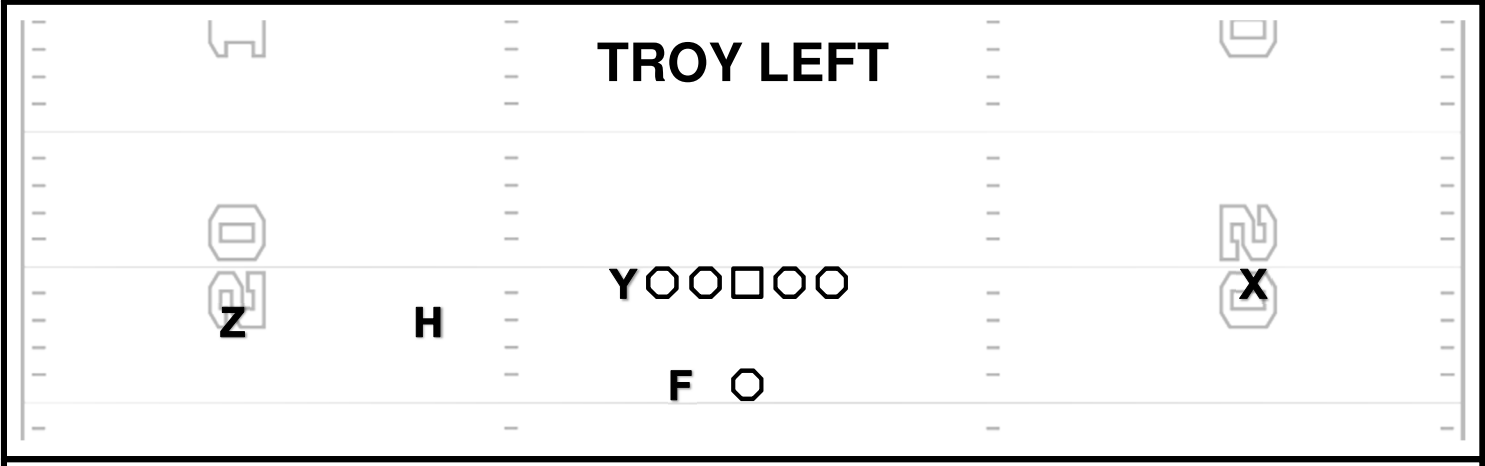
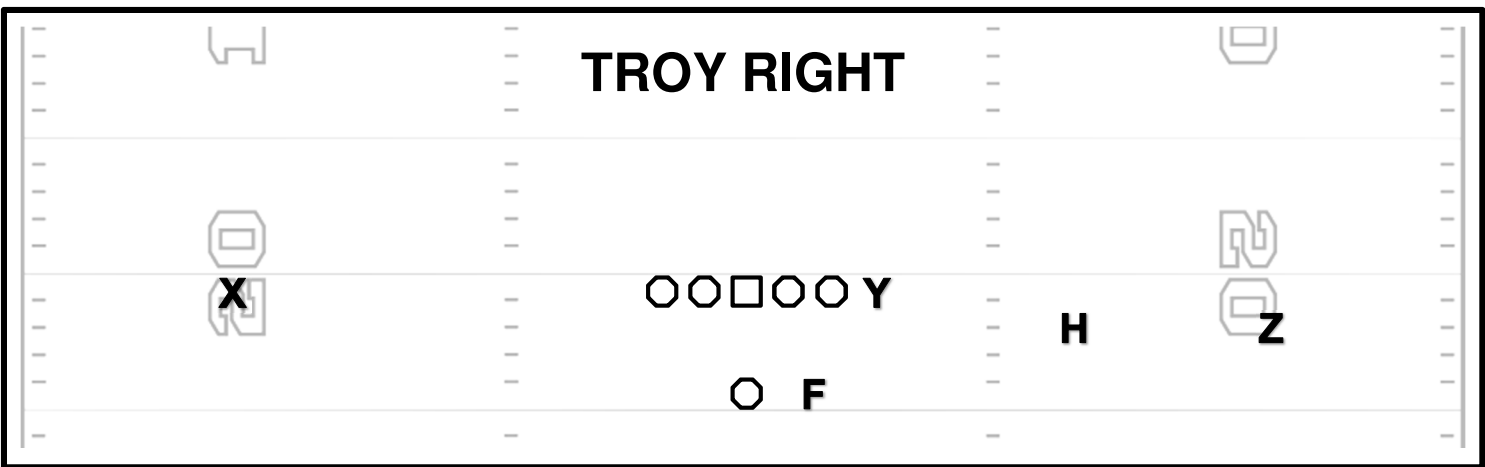
Y O O □ O O

F O
H

Base Formations

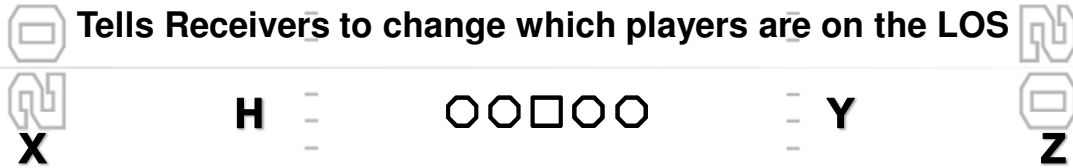


Base Formations



Formation Rules

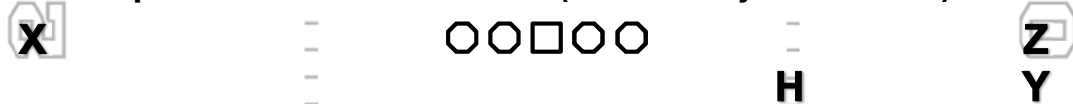
INVERT



SPREAD RIGHT INVERT

STACK

Tells Receivers to stack their alignments, but they cannot change their relative position in the formation (#1 WR stays as #1 WR)



TRIPS RIGHT STACK

BUNCH

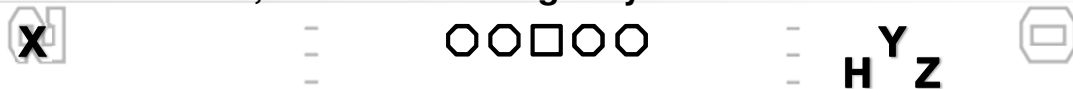
Tells Receivers to tighten their alignments, the inside receiver will be 3-4 yds off of the Tackle, each WR will align 1-yd from each other



TRIO RIGHT BUNCH

CLUSTER

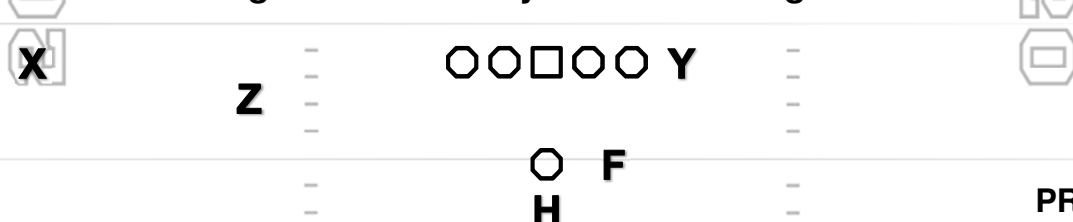
Tells Receivers to tighten their alignments, the inside receiver will be 8-yds off of the Tackle, each WR will align 1-yd from each other



TRIO RIGHT CLUSTER

Z (over)

The "Z" receiver will align as a slot away from the strength of the called formation



PRO RIGHT Z

Formation Rules

H (over)

The "H" receiver will align as a slot away to the strength of the called formation



X ○ ○ □ ○ ○ Y

H



Z

○ F

ACE RIGHT H

RIFT

Tells "F" to align as the inside receiver to the RIGHT side



Z

Y

H

○ ○ □ ○ ○

F



X

○

TRIO LEFT RIFT

LIFT

Tells "F" to align as the inside receiver to the LEFT side



Z

Y

H

F

○ ○ □ ○ ○



X

○

TRIO LEFT LIFT

FLING

Tells "F" to align as a Wing to the strong side of the called formation



X

○ ○ □ ○ ○

F

Y



Z

○

H

SLOT RIGHT FLING

HINGE

Tells "H" to align as a Wing to the strong side of the called formation



X

○ ○ □ ○ ○

H

Y



Z

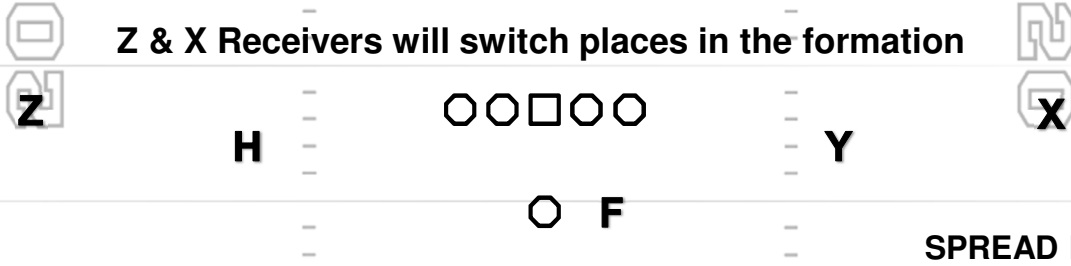
○ F

TRIO RIGHT HINGE

Formation Rules

ZAX

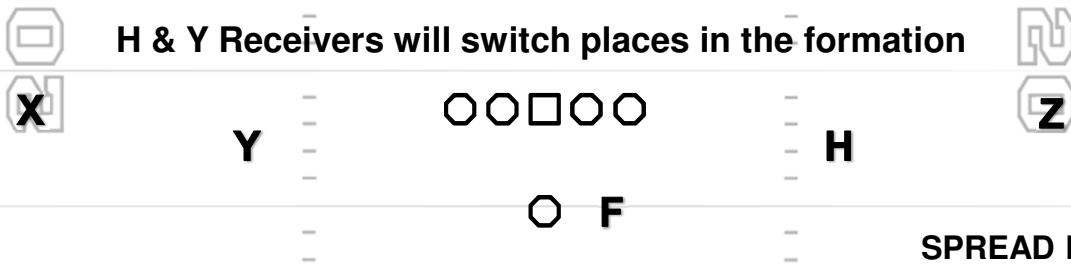
Z & X Receivers will switch places in the formation



SPREAD RIGHT ZAX

HAY

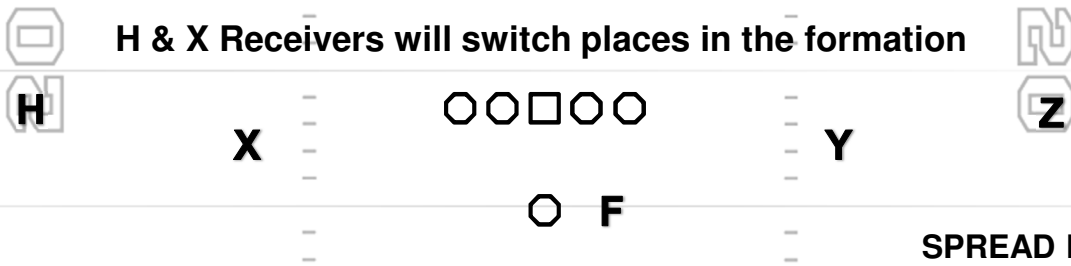
H & Y Receivers will switch places in the formation



SPREAD RIGHT HAY

HEX

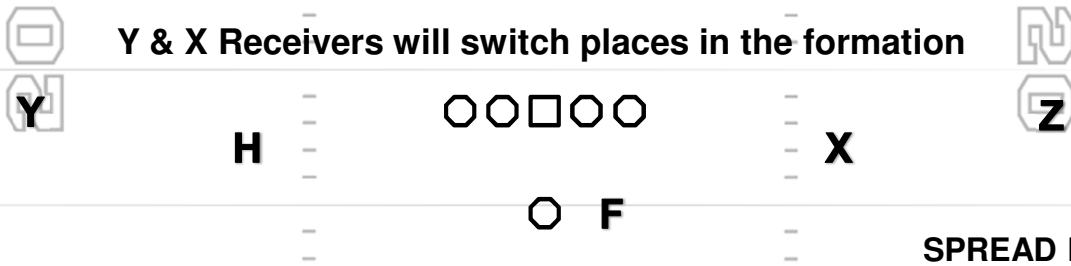
H & X Receivers will switch places in the formation



SPREAD RIGHT HEX

YAX

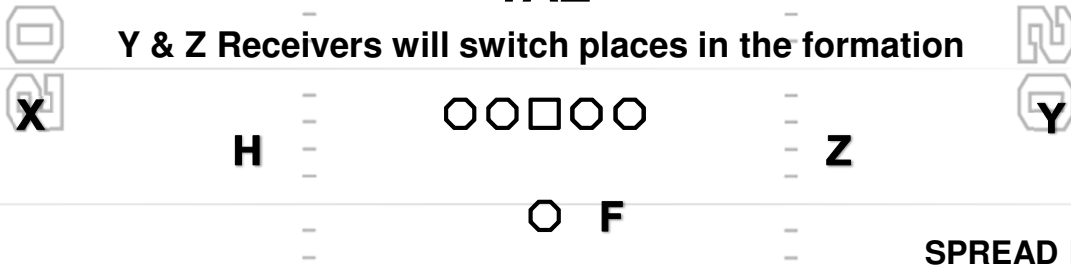
Y & X Receivers will switch places in the formation



SPREAD RIGHT YAX

YAZ

Y & Z Receivers will switch places in the formation

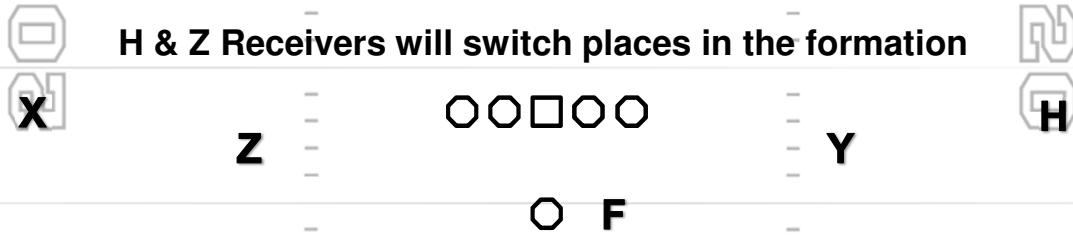


SPREAD RIGHT YAZ

Formation Rules

HAZ

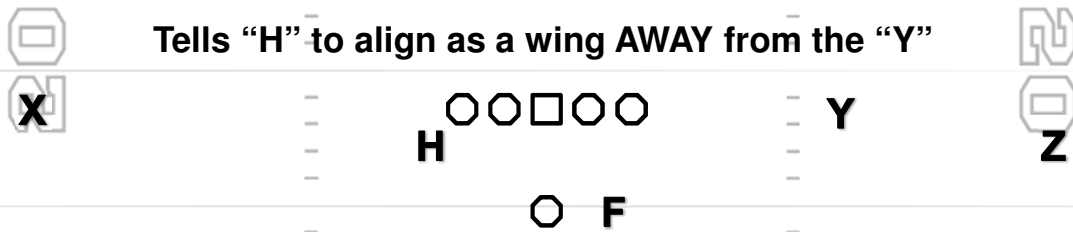
H & Z Receivers will switch places in the formation



SPREAD RIGHT HAZ

HAT

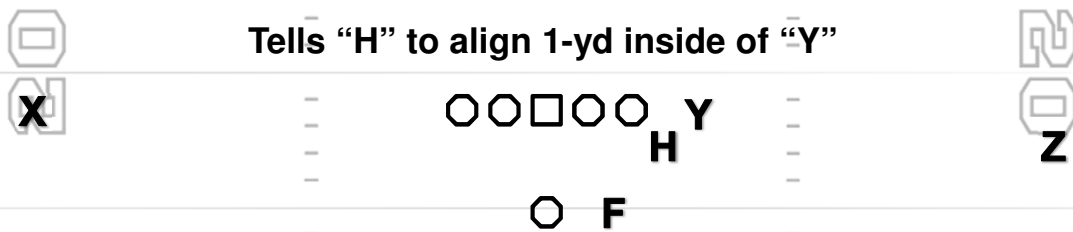
Tells "H" to align as a wing AWAY from the "Y"



SLOT RIGHT HAT

HIP

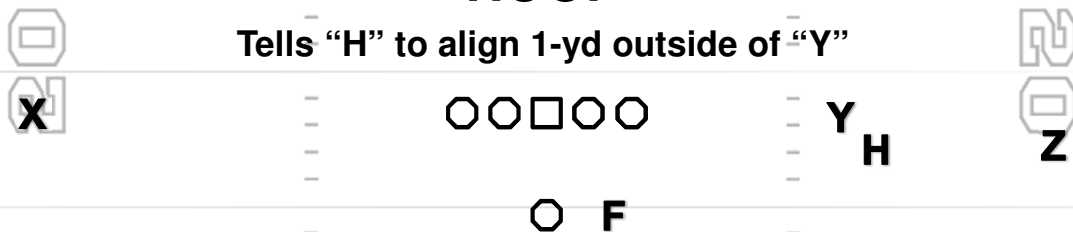
Tells "H" to align 1-yd inside of "Y"



PRO RIGHT HIP

HOOP

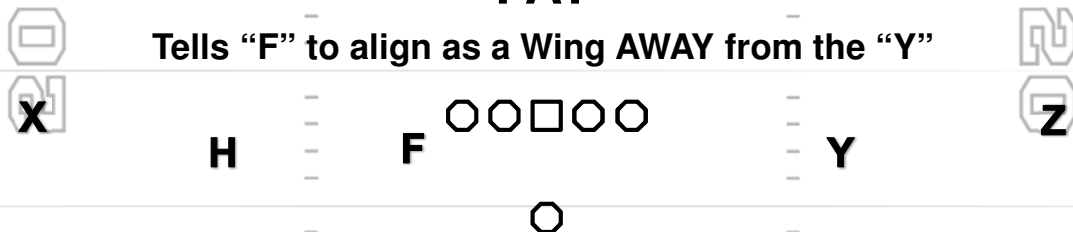
Tells "H" to align 1-yd outside of "Y"



SLOT RIGHT HOOP

FAT

Tells "F" to align as a Wing AWAY from the "Y"

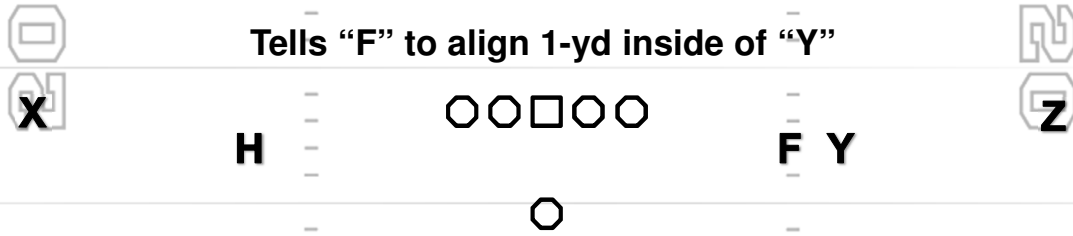


SPREAD RIGHT FAT

Formation Rules

FIT

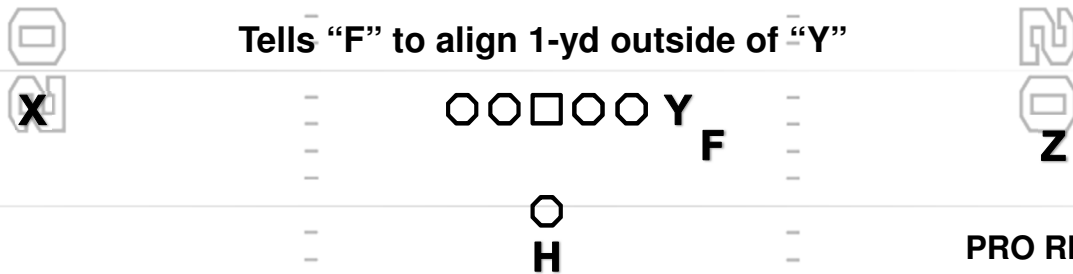
Tells "F" to align 1-yd inside of "Y"



SPREAD RIGHT HAZ

FOOT

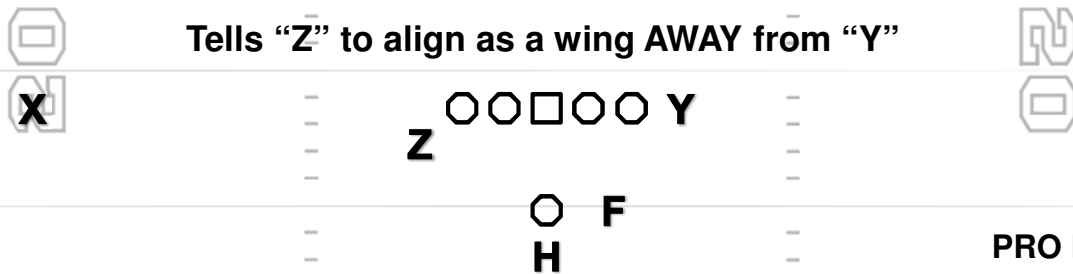
Tells "F" to align 1-yd outside of "Y"



PRO RIGHT FOOT

ZAP

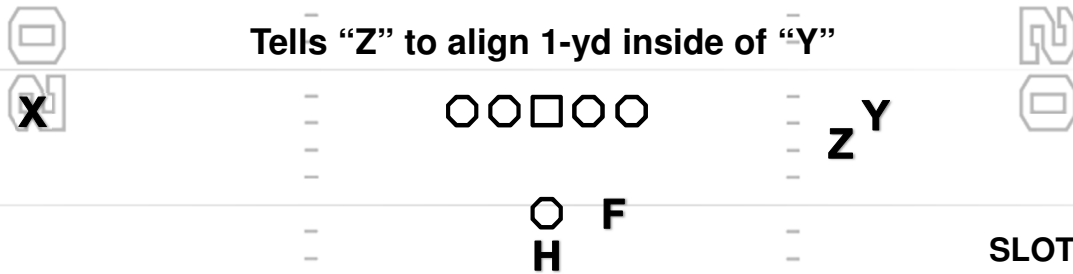
Tells "Z" to align as a wing AWAY from "Y"



PRO RIGHT ZAP

ZIP

Tells "Z" to align 1-yd inside of "Y"



SLOT RIGHT ZIP

ZOOT

Tells "Z" to align 1-yd outside of "Y"

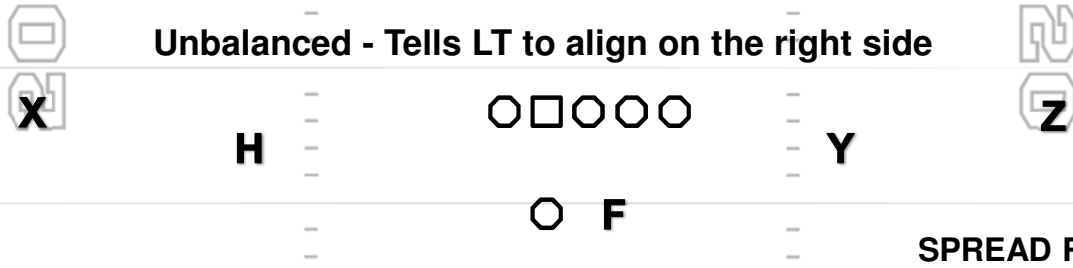


DOUBLES RIGHT ZOOT

Formation Rules

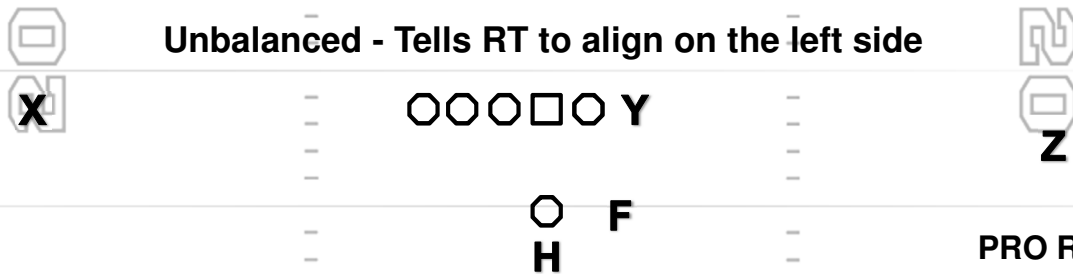
RAM

Unbalanced - Tells LT to align on the right side



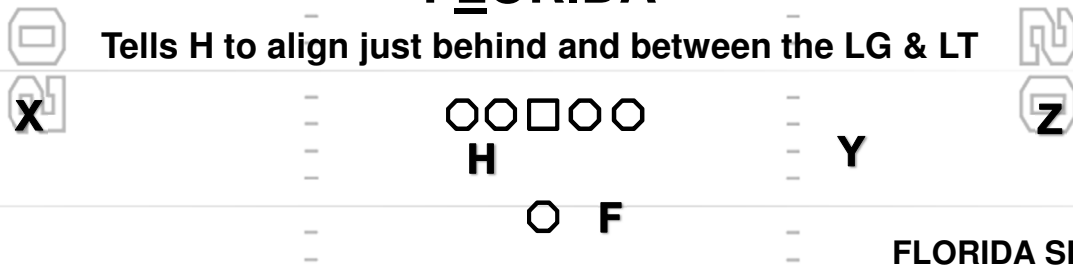
LION

Unbalanced - Tells RT to align on the left side



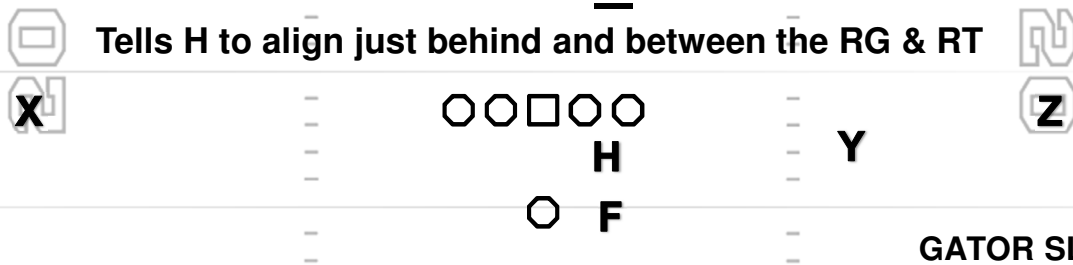
FLORIDA

Tells H to align just behind and between the LG & LT



GATOR

Tells H to align just behind and between the RG & RT



FORMATIONS

2 x 2 – No TE

<p>SPREAD LEFT</p> <p>Z Y ○ ○ □ ○ ○ H X</p> <p> F ○</p>	<p>SPREAD RIGHT</p> <p>X H ○ ○ □ ○ ○ Y Z</p> <p> ○ F</p>
<p>SPREAD LEFT INVERT</p> <p>Z Y ○ ○ □ ○ ○ H X</p> <p> F ○</p>	<p>SPREAD RIGHT STACK</p> <p>X H ○ ○ □ ○ ○ Z Y</p> <p> ○ F</p>
<p>SPREAD LEFT BUNCH</p> <p>Z Y ○ ○ □ ○ ○ H X</p> <p> F ○</p>	<p>SPREAD RIGHT CLUSTER</p> <p>X H ○ ○ □ ○ ○ Y Z</p> <p> ○ F</p>
<p>SPREAD LEFT ZAX</p> <p>X Y ○ ○ □ ○ ○ H Z</p> <p> F ○</p>	<p>SPREAD RIGHT HAY</p> <p>X Y ○ ○ □ ○ ○ H Z</p> <p> ○ F</p>
<p>SPREAD LEFT HEX</p> <p>Z Y ○ ○ □ ○ ○ X H</p> <p> F ○</p>	<p>SPREAD RIGHT YAX</p> <p>Y H ○ ○ □ ○ ○ X Z</p> <p> ○ F</p>
<p>SPREAD LEFT YAZ</p> <p>Y Z ○ ○ □ ○ ○ H X</p> <p> F ○</p>	<p>SPREAD RIGHT HAZ</p> <p>X Z ○ ○ □ ○ ○ Y H</p> <p> ○ F</p>
<p>SPREAD LEFT HAT</p> <p>Z Y ○ ○ □ ○ ○ H X</p> <p> F ○</p>	<p>SPREAD RIGHT ZOOT</p> <p>X H ○ ○ □ ○ ○ Y Z</p> <p> ○ F</p>

FORMATIONS

2 x 2 – No TE

<p style="text-align: center;">SPREAD LEFT ZIP</p> <p style="text-align: center;"> Y Z ○ ○ □ ○ ○ H X F O </p>	<p style="text-align: center;">SLOT RIGHT FAT</p> <p style="text-align: center;"> X F ○ ○ □ ○ ○ Y Z O H </p>
<p style="text-align: center;">SLOT LEFT INVERT FAT</p> <p style="text-align: center;"> Z Y ○ ○ □ ○ ○ F X O H </p>	<p style="text-align: center;">SLOT RIGHT STACK FAT</p> <p style="text-align: center;"> X F ○ ○ □ ○ ○ Z Y O H </p>
<p style="text-align: center;">SLOT LEFT BUNCH FAT</p> <p style="text-align: center;"> Z Y ○ ○ □ ○ ○ F X O H </p>	<p style="text-align: center;">SLOT RIGHT CLUSTER FAT</p> <p style="text-align: center;"> X F ○ ○ □ ○ ○ Y Z O H </p>



FORMATIONS

2 x 2 – One TE

<p style="text-align: center;">DOUBLES LEFT</p> <p>Z Y ○ ○ □ ○ ○ H X</p> <p style="text-align: center;">F ○</p>	<p style="text-align: center;">DOUBLES RIGHT</p> <p>X H ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">○ F</p>
<p style="text-align: center;">DOUBLES LEFT INVERT</p> <p>Z Y ○ ○ □ ○ ○ H X</p> <p style="text-align: center;">F ○</p>	<p style="text-align: center;">DOUBLES RIGHT STACK</p> <p>X H ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">○ F</p>
<p style="text-align: center;">DOUBLES LEFT BUNCH</p> <p>Z Y ○ ○ □ ○ ○ H X</p> <p style="text-align: center;">F ○</p>	<p style="text-align: center;">DOUBLES RIGHT CLUSTER</p> <p>X H ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">○ F</p>
<p style="text-align: center;">DOUBLES LEFT HEX</p> <p>Z Y ○ ○ □ ○ ○ X H</p> <p style="text-align: center;">F ○</p>	<p style="text-align: center;">DOUBLES RIGHT ZAX</p> <p>Z H ○ ○ □ ○ ○ Y X</p> <p style="text-align: center;">○ F</p>
<p style="text-align: center;">DOUBLES LEFT HAZ</p> <p>H Y ○ ○ □ ○ ○ Z X</p> <p style="text-align: center;">F ○</p>	<p style="text-align: center;">DOUBLES RIGHT HAT</p> <p>X H ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">○ F</p>
<p style="text-align: center;">DOUBLES LEFT ZIP</p> <p>Y Z ○ ○ □ ○ ○ H X</p> <p style="text-align: center;">F ○</p>	<p style="text-align: center;">DOUBLES RIGHT ZOOT</p> <p>X H ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">○ F</p>
<p style="text-align: center;">PRO LEFT RIFT</p> <p>Z Y ○ ○ □ ○ ○ F X</p> <p style="text-align: center;">○ H</p>	<p style="text-align: center;">PRO RIGHT FAT</p> <p>X F ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">○ H</p>

FORMATIONS

2 x 2 – One TE

<p>PRO LEFT Z HIP</p> <p>Y H ○ ○ □ ○ ○ Z X</p> <p>F ○</p>	<p>PRO RIGHT Z HOOP</p> <p>X Z ○ ○ □ ○ ○ Y H</p> <p>○ F</p>
<p>PRO LEFT Z FIT</p> <p>Y F ○ ○ □ ○ ○ Z X</p> <p>○ H</p>	<p>PRO RIGHT Z FOOT</p> <p>X Z ○ ○ □ ○ ○ Y F</p> <p>○ H</p>
<p>WING LEFT HAT</p> <p>Z Y ○ ○ □ ○ ○ H X</p> <p>F ○</p>	<p>WING RIGHT FAT</p> <p>X F ○ ○ □ ○ ○ Y Z</p> <p>○ H</p>

FORMATIONS

2 x 1 – No TE

<p style="text-align: center;">SLOT LEFT</p> <p>Z Y ○ ○ □ ○ ○ X</p> <p style="text-align: center;">F O H</p>	<p style="text-align: center;">SLOT RIGHT</p> <p>X ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">O F H</p>
<p style="text-align: center;">QUEEN SLOT LEFT</p> <p>Z Y ○ ○ □ ○ ○ X</p> <p style="text-align: center;">O F H</p>	<p style="text-align: center;">SPLIT SLOT RIGHT</p> <p>X ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">H O F</p>
<p style="text-align: center;">HALF SLOT LEFT</p> <p>Z Y ○ ○ □ ○ ○ X</p> <p style="text-align: center;">H O F</p>	<p style="text-align: center;">HALF SPLIT SLOT RIGHT</p> <p>X ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">F O H</p>
<p style="text-align: center;">SLOT LEFT INVERT</p> <p>Z Y ○ ○ □ ○ ○ X</p> <p style="text-align: center;">F O H</p>	<p style="text-align: center;">SLOT RIGHT BUNCH</p> <p>X ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">O F H</p>
<p style="text-align: center;">SLOT LEFT ZOOT</p> <p>Z_Y ○ ○ □ ○ ○ X</p> <p style="text-align: center;">F O H</p>	<p style="text-align: center;">SLOT RIGHT Z</p> <p>X Z ○ ○ □ ○ ○ Y</p> <p style="text-align: center;">O F H</p>
<p style="text-align: center;">SLOT LEFT ZIP</p> <p>Y Z ○ ○ □ ○ ○ X</p> <p style="text-align: center;">F O H</p>	



FORMATIONS

2 x 1 – No TE

<p style="text-align: center;">SLOT LEFT</p> <p>Z Y ○ ○ □ ○ ○ X</p> <p style="text-align: center;">F O H</p>	<p style="text-align: center;">SLOT RIGHT</p> <p>X ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">O F H</p>
<p style="text-align: center;">QUEEN SLOT LEFT</p> <p>Z Y ○ ○ □ ○ ○ X</p> <p style="text-align: center;">O F H</p>	<p style="text-align: center;">SPLIT SLOT RIGHT</p> <p>X ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">H O F</p>
<p style="text-align: center;">HALF SLOT LEFT</p> <p>Z Y ○ ○ □ ○ ○ X</p> <p style="text-align: center;">H O F</p>	<p style="text-align: center;">HALF SPLIT SLOT RIGHT</p> <p>X ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">F O H</p>
<p style="text-align: center;">SLOT LEFT INVERT</p> <p>Z Y ○ ○ □ ○ ○ X</p> <p style="text-align: center;">F O H</p>	<p style="text-align: center;">SLOT RIGHT BUNCH</p> <p>X ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">O F H</p>
<p style="text-align: center;">SLOT LEFT ZOOT</p> <p>Z_Y ○ ○ □ ○ ○ X</p> <p style="text-align: center;">F O H</p>	<p style="text-align: center;">SLOT RIGHT Z</p> <p>X Z ○ ○ □ ○ ○ Y</p> <p style="text-align: center;">O F H</p>
<p style="text-align: center;">SLOT LEFT ZIP</p> <p>Y Z ○ ○ □ ○ ○ X</p> <p style="text-align: center;">F O H</p>	

FORMATIONS

2 x 1 – One TE

<p style="text-align: center;">PRO LEFT</p> <p>Z Y ○ ○ ○ □ ○ ○ X</p> <p style="text-align: center;">F ○ H</p>	<p style="text-align: center;">PRO RIGHT</p> <p>X ○ ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">○ F H</p>
<p style="text-align: center;">PRO LEFT Z</p> <p>Y ○ ○ ○ □ ○ ○ Z X</p> <p style="text-align: center;">F ○ H</p>	<p style="text-align: center;">PRO RIGHT ZOOT</p> <p>X ○ ○ ○ □ ○ ○ Y Z</p> <p style="text-align: center;">○ F H</p>
<p style="text-align: center;">PRO LEFT Z ZAP</p> <p>Y ○ ○ ○ □ ○ ○ X Z</p> <p style="text-align: center;">F ○ H</p>	<p style="text-align: center;">PRO RIGHT ZIP</p> <p>X ○ ○ ○ □ ○ ○ Z Y</p> <p style="text-align: center;">○ F H</p>

FORMATIONS

3 x 1 – No TE's

<p>TRIPS LEFT</p> <p>Z Y H ○ ○ □ ○ ○ X</p> <p>F O</p>	<p>TRIPS RIGHT</p> <p>X ○ ○ □ ○ ○ H Y Z</p> <p>○ F</p>
<p>TRIO LEFT</p> <p>Z Y H ○ ○ □ ○ ○ X</p> <p>F O</p>	<p>TRIO RIGHT</p> <p>X ○ ○ □ ○ ○ H Y Z</p> <p>○ F</p>
<p>TREY LEFT</p> <p>Z Y H ○ ○ □ ○ ○ X</p> <p>F O</p>	<p>TREY RIGHT</p> <p>X ○ ○ □ ○ ○ H Y Z</p> <p>○ F</p>
<p>TRIPS LEFT STACK</p> <p>Z Y H ○ ○ □ ○ ○ X</p> <p>F O</p>	<p>TRIPS RIGHT BUNCH</p> <p>X ○ ○ □ ○ ○ H Y Z</p> <p>○ F</p>
<p>TRIO LEFT CLUSTER</p> <p>Z Y H ○ ○ □ ○ ○ X</p> <p>F O</p>	<p>TRIO RIGHT HINGE</p> <p>X ○ ○ □ ○ ○ H Y Z</p> <p>○ F</p>
<p>SLOT LEFT FLING</p> <p>Z Y F ○ ○ □ ○ ○ X</p> <p>○</p> <p>H</p>	<p>SLOT RIGHT RIFT</p> <p>X ○ ○ □ ○ ○ F Y Z</p> <p>○</p> <p>H</p>
<p>TRIO LEFT HIP</p> <p>Z Y H ○ ○ □ ○ ○ X</p> <p>H O</p>	<p>TRIO RIGHT HOOP</p> <p>X ○ ○ □ ○ ○ Y H Z</p> <p>○ H</p>

FORMATIONS

3 x 1 – One TE & Two TE's

<p style="text-align: center;">TROY LEFT</p> <p>Z H Y O O □ O O X</p> <p style="text-align: center;">F O</p>	<p style="text-align: center;">TROY RIGHT</p> <p>X O O □ O O Y H Z</p> <p style="text-align: center;">O F</p>
<p style="text-align: center;">TROY LEFT BUNCH</p> <p>Z H Y O O □ O O X</p> <p style="text-align: center;">F O</p>	<p style="text-align: center;">TROY RIGHT HOOP</p> <p>X O O □ O O Y H Z</p> <p style="text-align: center;">O F</p>
<p style="text-align: center;">TROY LEFT HIP</p> <p>Z Y H O O □ O O X</p> <p style="text-align: center;">F O</p>	<p style="text-align: center;">TROY RIGHT</p> <p>X O O □ O O Y H Z</p> <p style="text-align: center;">O F</p>
<p style="text-align: center;">PRO LEFT LIFT</p> <p>Z F Y O O □ O O X</p> <p style="text-align: center;">O H</p>	<p style="text-align: center;">PRO RIGHT FIT</p> <p>X O O □ O O F Y Z</p> <p style="text-align: center;">O H</p>
<p style="text-align: center;">PRO LEFT FOOT</p> <p>Z F Y O O □ O O X</p> <p style="text-align: center;">O H</p>	<p style="text-align: center;">PRO RIGHT Z HOOP</p> <p>X Z H O O □ O O Y</p> <p style="text-align: center;">O F</p>
<p style="text-align: center;">PRO LEFT TRIPS</p> <p>Y O O □ O O H Z X</p> <p style="text-align: center;">F O</p>	<p style="text-align: center;">PRO RIGHT TRIO</p> <p>X Z H O O □ O O Y</p> <p style="text-align: center;">O F</p>
<p style="text-align: center;">ACE LEFT Z (over)</p> <p>Y O O □ O O X Z H</p> <p style="text-align: center;">F O</p>	<p style="text-align: center;">ACE RIGHT H (over)</p> <p>X O O □ O O Y H Z</p> <p style="text-align: center;">O F</p>

FORMATIONS

Goal Line Formations

<p style="text-align: center;">UNDER ACE RIGHT</p> <p style="text-align: center;">X O O □ O O Y</p> <p style="text-align: center;">O</p> <p style="text-align: center;">F</p> <p>H Z</p>	<p style="text-align: center;">UNDER I ACE RIGHT</p> <p style="text-align: center;">X O O □ O O Y</p> <p style="text-align: center;">O</p> <p style="text-align: center;">F</p> <p style="text-align: center;">H</p> <p>X Z</p>
<p style="text-align: center;">UNDER I PRO RIGHT</p> <p style="text-align: center;">O O □ O O Y</p> <p style="text-align: center;">O</p> <p style="text-align: center;">F</p> <p style="text-align: center;">H</p> <p>X Z</p>	<p style="text-align: center;">UNDER I PRO RIGHT Z</p> <p style="text-align: center;">X Z O O □ O O Y</p> <p style="text-align: center;">O</p> <p style="text-align: center;">F</p> <p style="text-align: center;">H</p>
<p style="text-align: center;">TROY RIGHT BUNCH (Beast Personnel)</p> <p style="text-align: center;">X O O □ O O Y H Z</p> <p style="text-align: center;">O F</p>	<p style="text-align: center;">FULL HOUSE RIGHT (Full House Personnel)</p> <p style="text-align: center;">X O O □ O O Y</p> <p style="text-align: center;">H O F</p> <p style="text-align: center;">O</p> <p style="text-align: right;">Z</p>

FORMATIONS

Specialty Formations

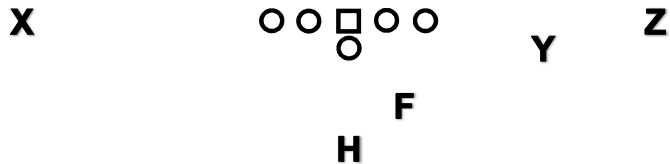
<p>TROY RIGHT BUNCH (Beast Personnel)</p> <pre> X O O □ O O Y H Z O F </pre>	<p>ACE RIGHT ZOOT (Heavy Personnel)</p> <pre> H X O □ O O O Y Z O F </pre>
<p>FULL HOUSE RIGHT (Full House Personnel)</p> <pre> X O O □ O O Y Z H F O </pre>	<p>CIRCUS RIGHT</p> <pre> X H Y O □ O O LT Z O F </pre>
<p>TRIO LEFT LION</p> <pre> Z Y H O O O □ O X O F </pre>	<p>RAZORBACK RIGHT</p> <pre> F X O □ O O O Y Z Q H </pre>
<p>ACE RIGHT H BUNCH (Destroyer Personnel)</p> <pre> X O □ O O O Y H Z O F </pre>	



Backfield Alignments

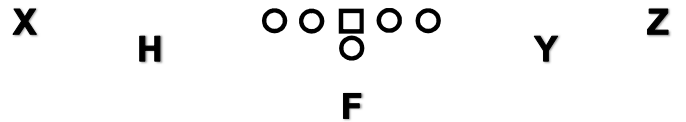
UNDER CENTER SETS

UNDER SLOT RIGHT



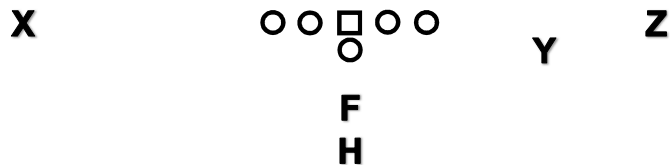
With no backfield call after Under, we will align in our default backfield set. The FB will be aligned to the strength of the formation between the G & T with his toes at 4 yds and the H will be behind the QB at 6 yds.

UNDER SPREAD RIGHT



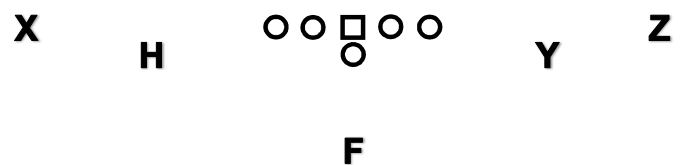
With no backfield call after Under, and if the H is in the formation as a WR, the FB will be aligned directly behind the QB with his toes at 4 yards.

UNDER I SLOT RIGHT



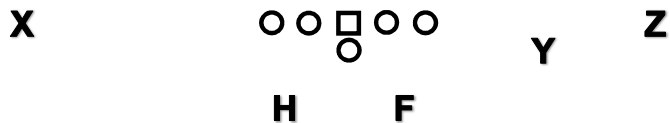
"I" tells the F to align directly behind the QB at 4 yards in a three-point stance. The H will remain directly behind him at 7 yards.

UNDER SOLO SPREAD RIGHT



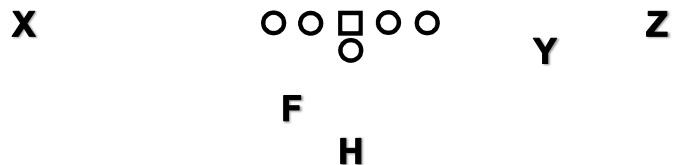
"SOLO" is used to move the F into an alignment directly behind the QB with his toes at 6 yards. This is used when H is aligned somewhere other than the backfield.

UNDER SPLIT SLOT RIGHT



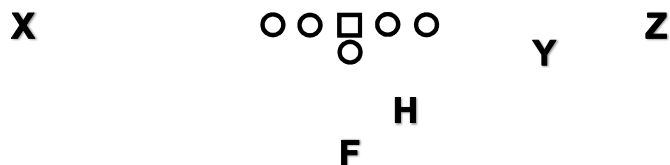
"SPLIT" tells the RBs that we are in a Split Back Formation. Both RBs will align straddling the T with their toes at 4 yards. The F will align to the strength.

UNDER QUEEN SLOT RIGHT



"QUEEN" tells the FB to align away from the strength of the formation between the G & T with his toes at 4 yards.

UNDER HALF SLOT RIGHT



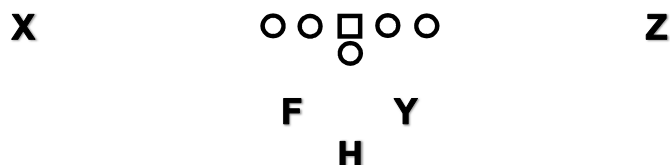
"HALF" tells the H & F to switch positions in the backfield. This can be combined with any backfield alignment.

UNDER HALF SPLIT SLOT RIGHT



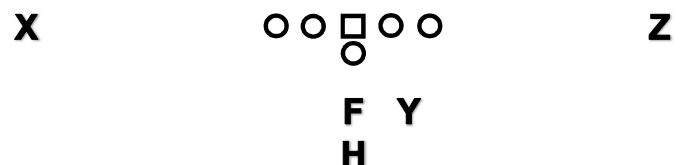
"HALF" tells the H & F to switch positions in the backfield. In this example, the H & F switch positions in our "SPLIT" alignment.

UNDER DIAMOND SLOT RIGHT



"DIAMOND" tells the Y to align as a RB to the call side. He will align with his toes at 4 yards between the G & T.

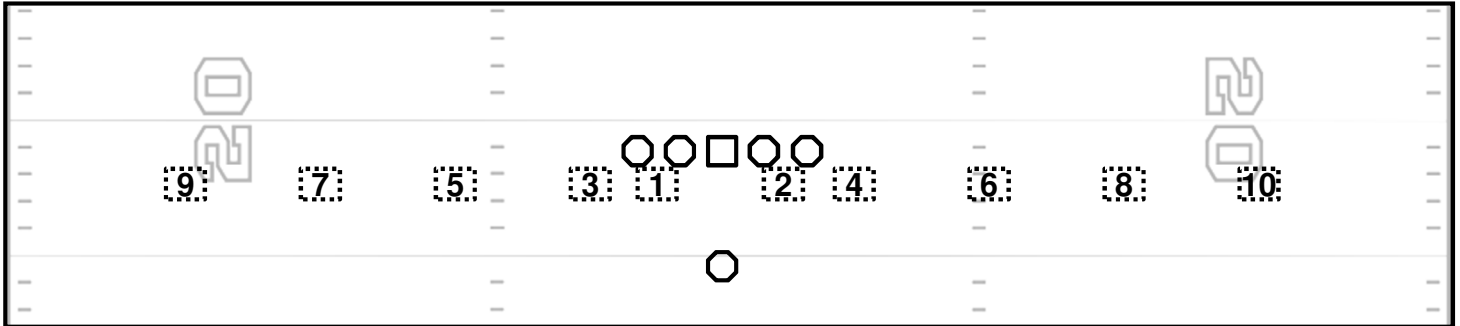
UNDER POWER SLOT RIGHT



"POWER" tells the Y to align as a RB to the call side. He will align with his toes at 4 yards between the G & T. The HB and FB will align in an "I" formation.

Regular Motions

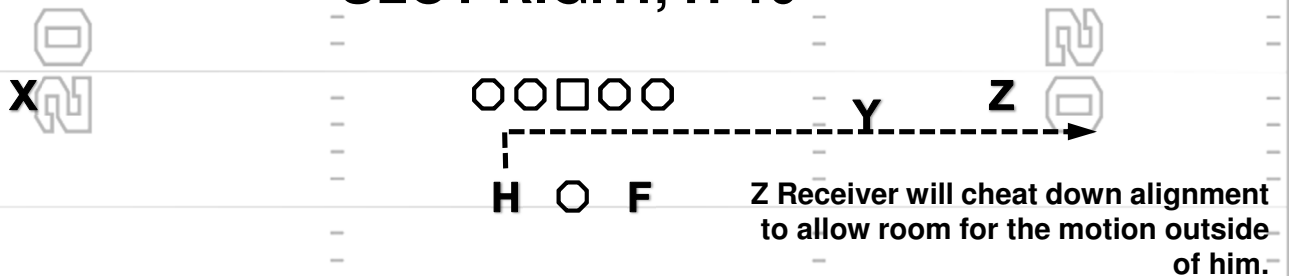
The motion call (if any) will come at the end of the formation call. It will be communicated by telling the specific player (H,T,X,Z) where to go (numbers). 3 or 4 positions tell the motion man to go just outside the end man on the LOS. 9 or 10 positions tell the motion man to go outside the widest WR.



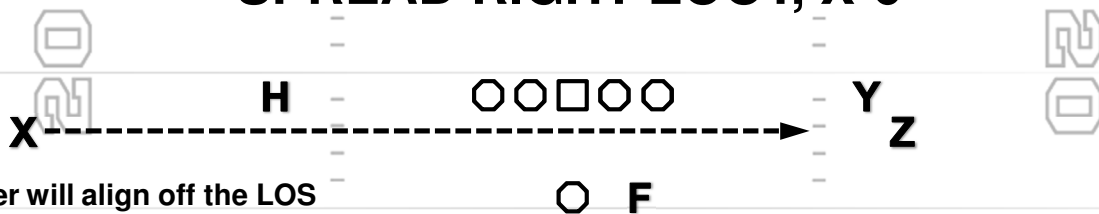
SPREAD RIGHT INVERT, Z-7



SLOT RIGHT, H-10



SPREAD RIGHT ZOOT, X-6

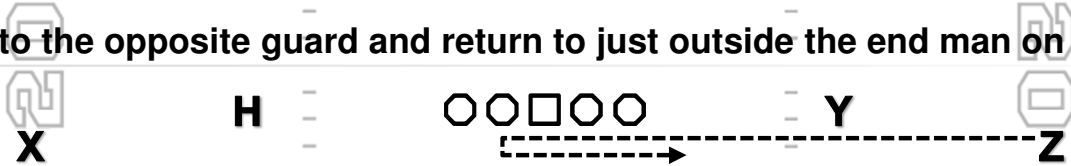


X Receiver will align off the LOS because he is called in motion, must communicate with H

Named Motions

RETURN

Motion to the opposite guard and return to just outside the end man on the LOS

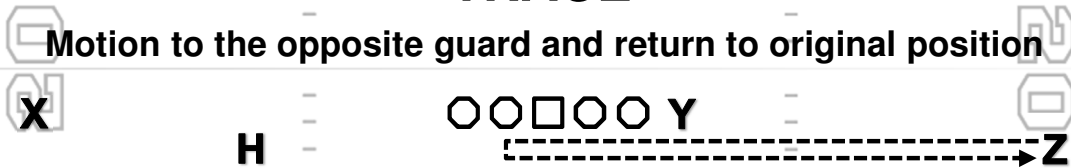


O F

SPREAD RIGHT INVERT Z-RETURN

TRACE

Motion to the opposite guard and return to original position

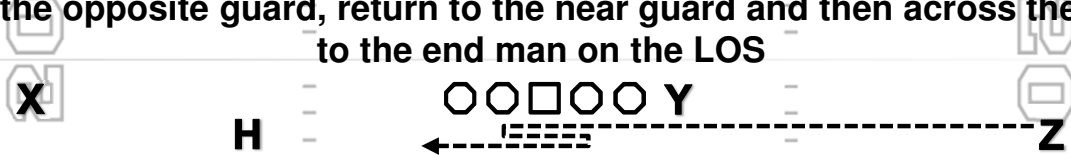


O F

DOUBLES RIGHT Z-TRACE

CRAZY

Motion to the opposite guard, return to the near guard and then across the formation to the end man on the LOS

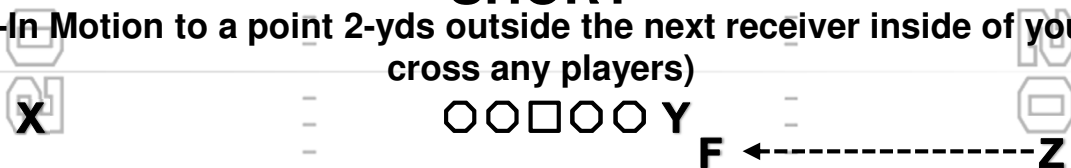


O F

DOUBLES RIGHT Z-TRACE

SHORT

Outside-In Motion to a point 2-yds outside the next receiver inside of you (do not cross any players)

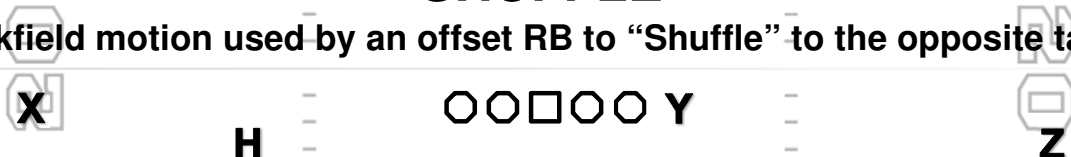


O
H

PRO RIGHT FOOT, Z-SHORT

SHUFFLE

Backfield motion used by an offset RB to "Shuffle" to the opposite tackle



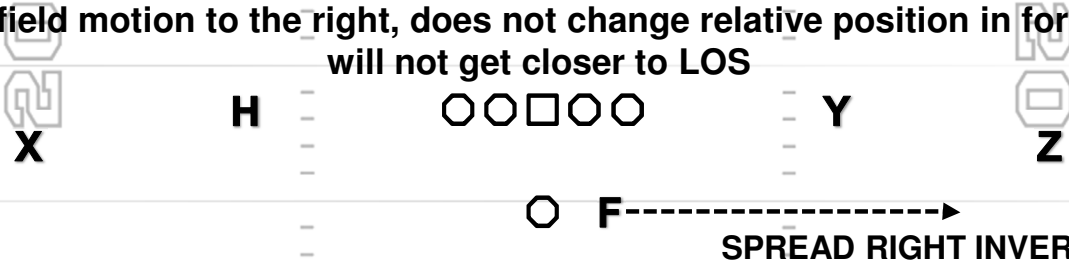
← ⊕ F

DOUBLES RIGHT F-SHUFFLE

Named Motions

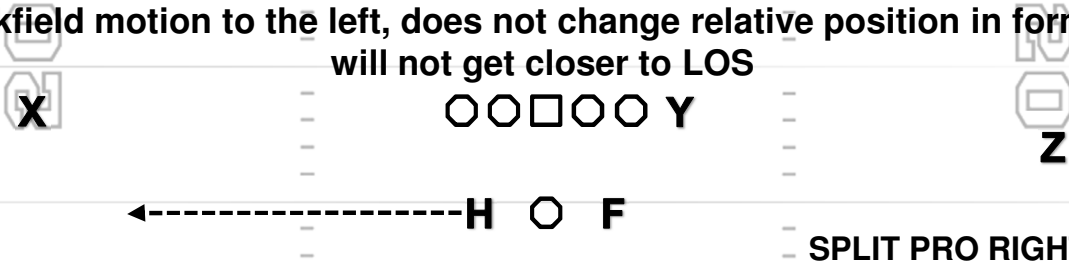
RINGO

Wide backfield motion to the right, does not change relative position in formation and will not get closer to LOS



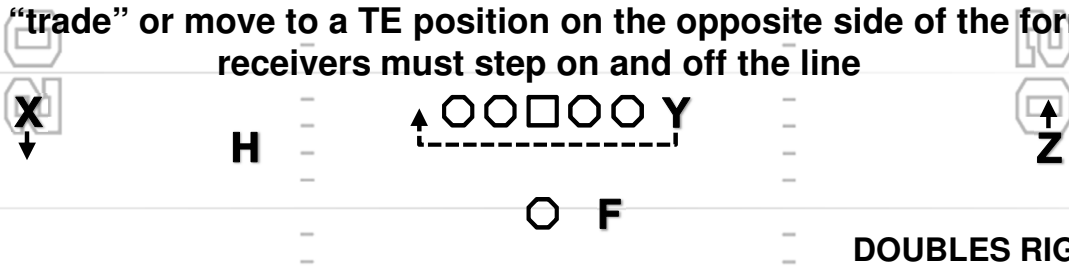
LUCKY

Wide backfield motion to the left, does not change relative position in formation and will not get closer to LOS



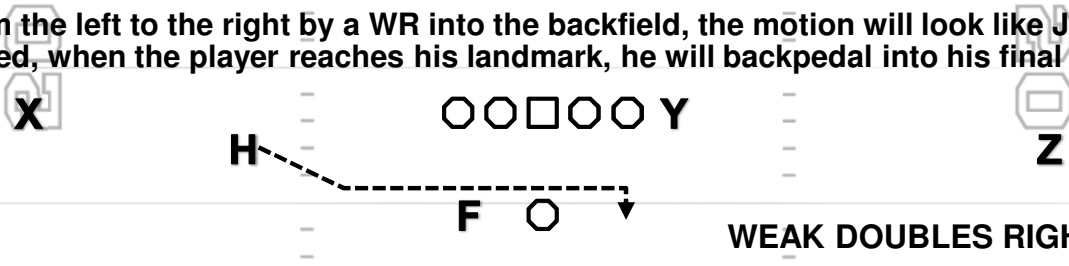
TRADE

TE will "trade" or move to a TE position on the opposite side of the formation, receivers must step on and off the line



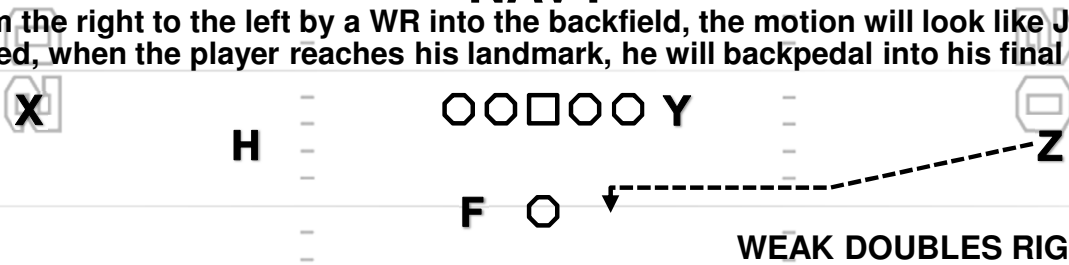
ARMY

Motion from the left to the right by a WR into the backfield, the motion will look like Jet motion at full speed, when the player reaches his landmark, he will backpedal into his final position



NAVY

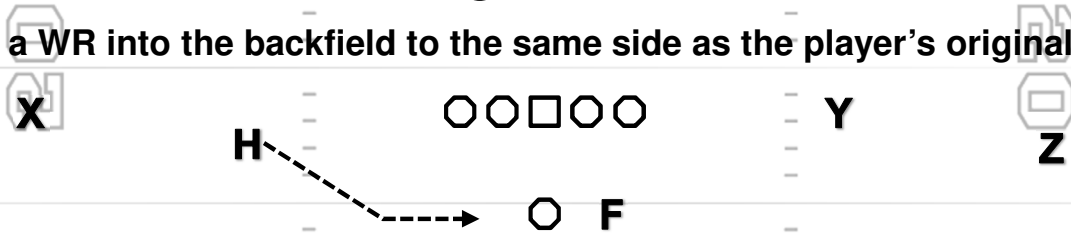
Motion from the right to the left by a WR into the backfield, the motion will look like Jet motion at full speed, when the player reaches his landmark, he will backpedal into his final position



Named Motions

ORBIT

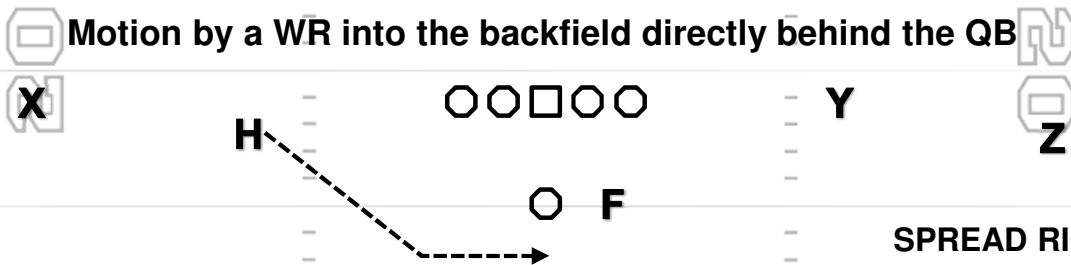
Motion by a WR into the backfield to the same side as the player's original alignment



SPREAD RIGHT H-ORBIT

FLY

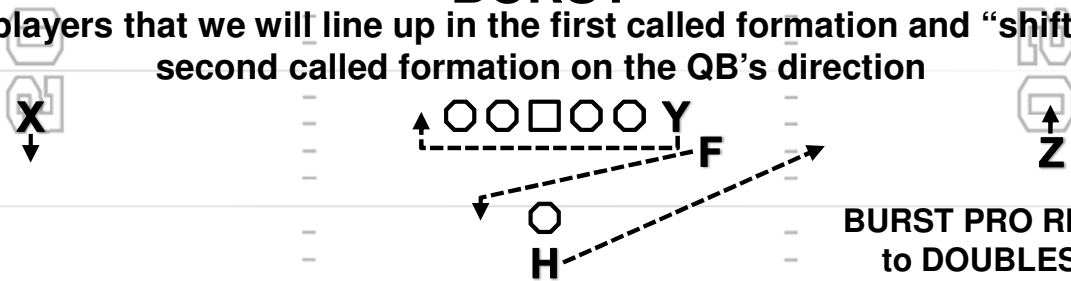
Motion by a WR into the backfield directly behind the QB



SPREAD RIGHT H-FLY

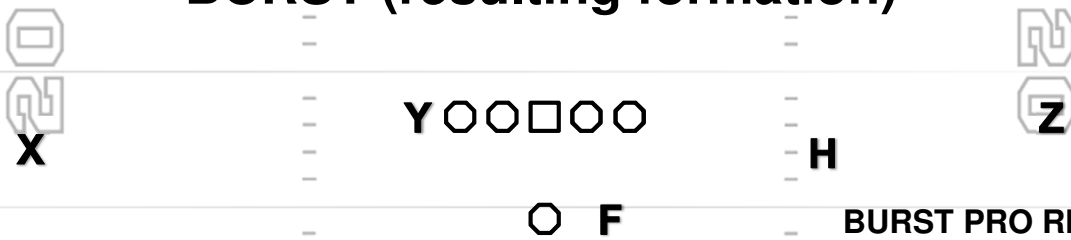
BURST

Tells all players that we will line up in the first called formation and "shift" into the second called formation on the QB's direction



BURST PRO RIGHT FOOT
to DOUBLES LEFT ZAX

BURST (resulting formation)



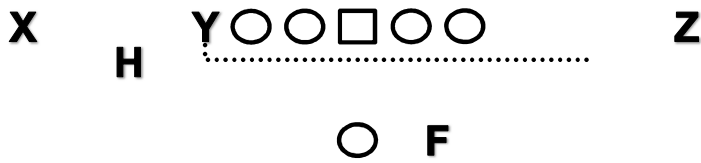
BURST PRO RIGHT FOOT
to DOUBLES LEFT ZAX



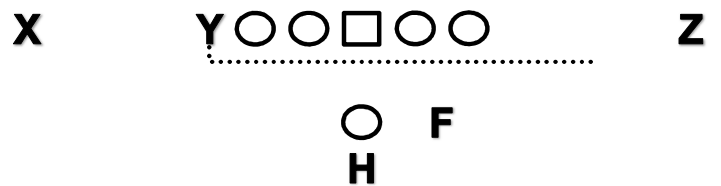
TRADE

Y Aligns as TE away from call side and moves to Position

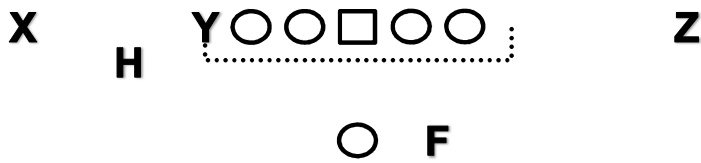
TRADE SPREAD RIGHT



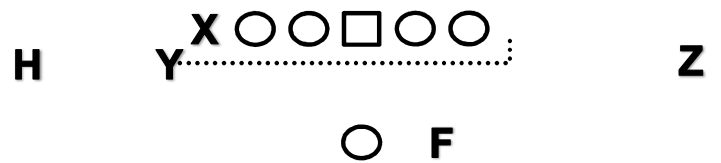
TRADE SLOT RIGHT



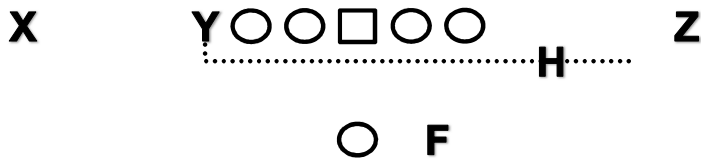
TRADE DOUBLES RIGHT



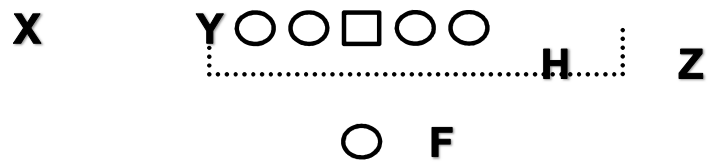
TRADE ACE RIGHT



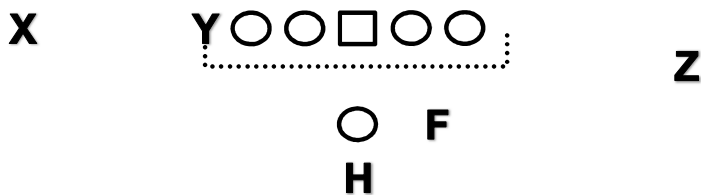
TRADE TRIPS RIGHT



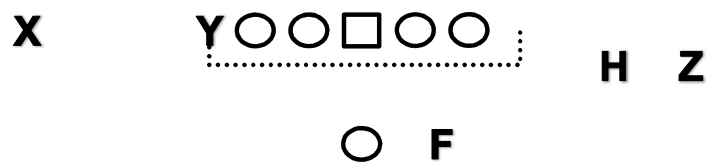
TRADE TRIO RIGHT



TRADE PRO RIGHT



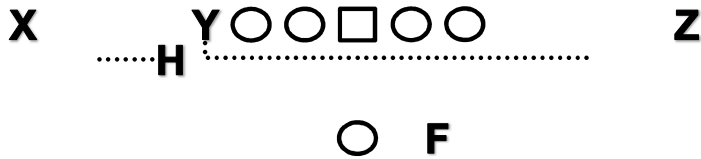
TRADE TROY RIGHT



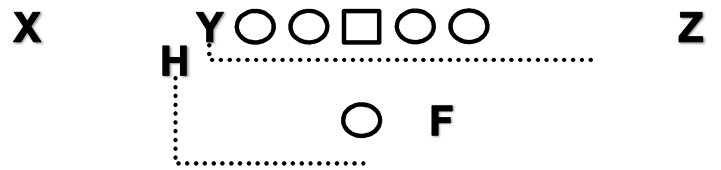
YOSHI

Y & H align as a TE and wing away from the call side

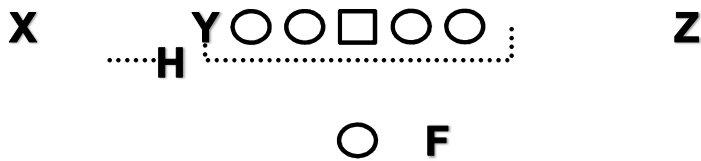
YOSHI SPREAD RIGHT



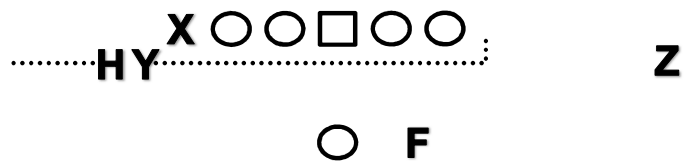
YOSHI SLOT RIGHT



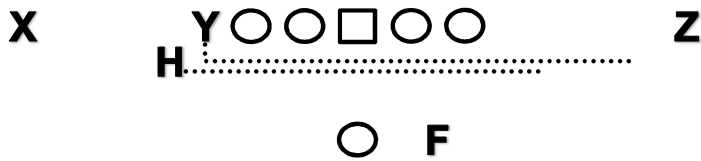
YOSHI DOUBLES RIGHT



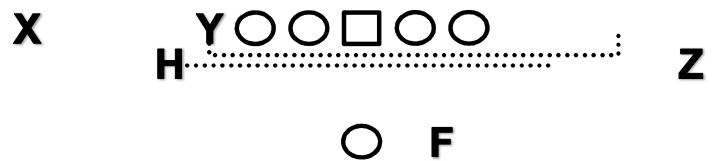
YOSHI ACE RIGHT



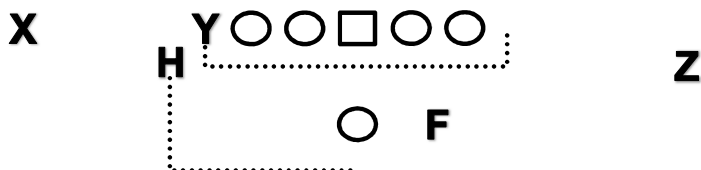
YOSHI TRIPS RIGHT



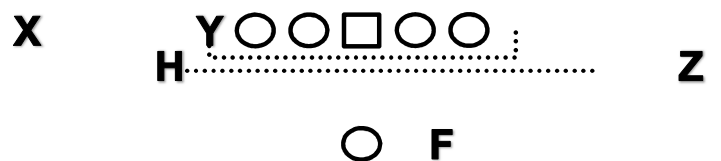
YOSHI TRIO RIGHT



YOSHI PRO RIGHT



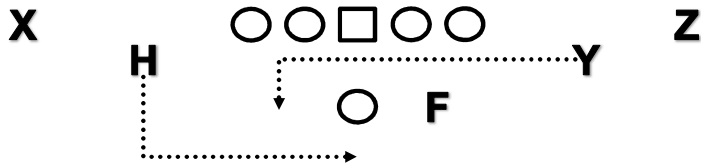
YOSHI TROY RIGHT



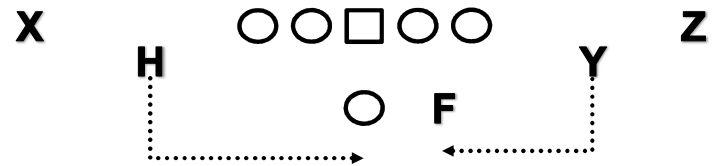
DANCE

Everyone aligns in **SPREAD RIGHT** and we will shift to the called formation.

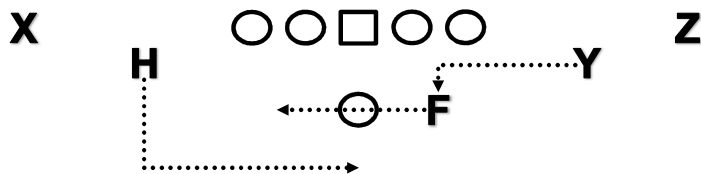
DANCE DIAMOND RIGHT



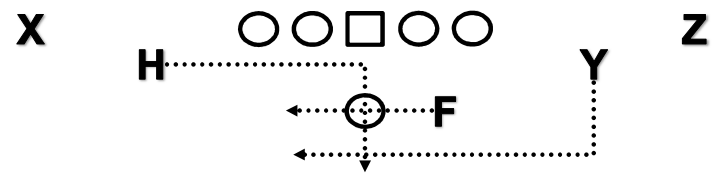
DANCE BOAR SLOT RIGHT



DANCE DIAMOND LEFT



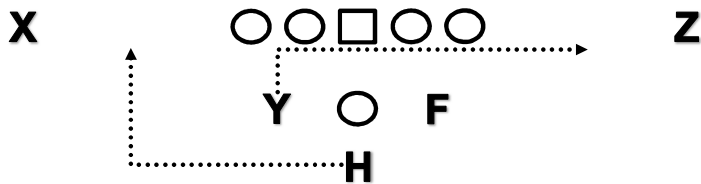
DANCE BOWL SLOT RIGHT



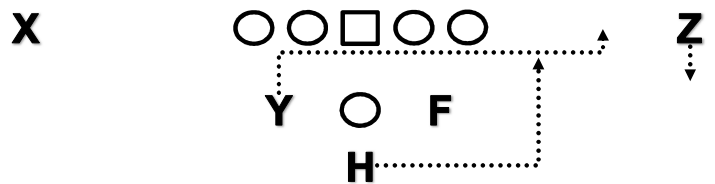
HEAVY

Everyone aligns in DIAMOND RIGHT and we will shift to the called formation.

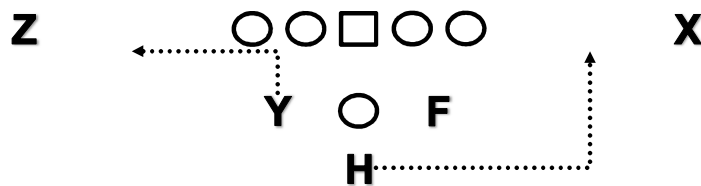
HEAVY SPREAD RIGHT



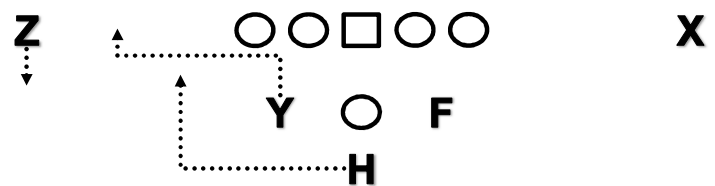
HEAVY TRIO RIGHT



HEAVY SPREAD LEFT



HEAVY TRIO LEFT



FOOTBALL

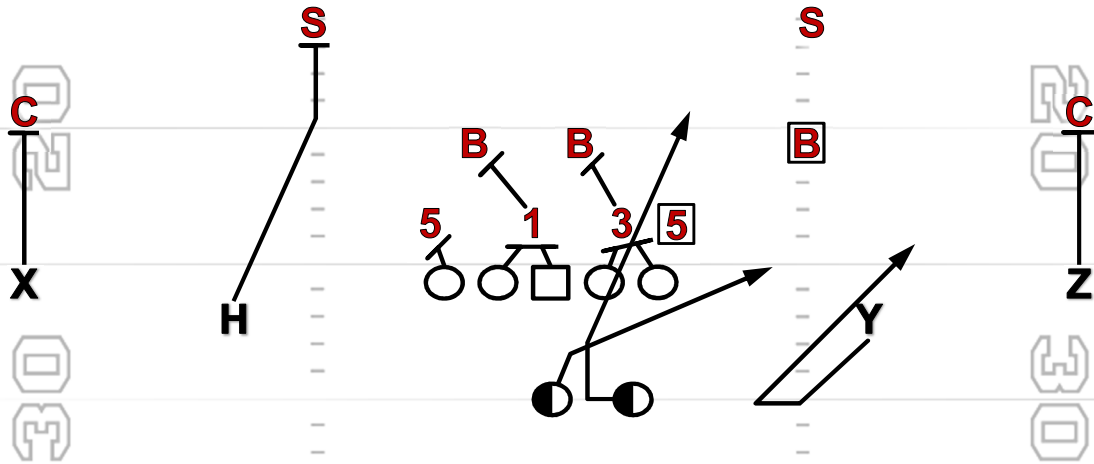


X&O'S

RUN GAME

Minnesota Vikings – Hug Self as if Cold

We prefer to run VEER to the 1-tech against a four-man front. We will run it to the 3-tech, but if we have a VEER Check With Me (CWM) called, it will always check to the 1-tech. If we call VEER CWM to a three-man front, the QB will check to the side with better numbers or blocking angles.

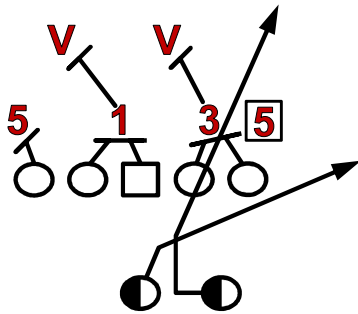


HANDOFF KEY – First player on LOS outside of the B-Gap

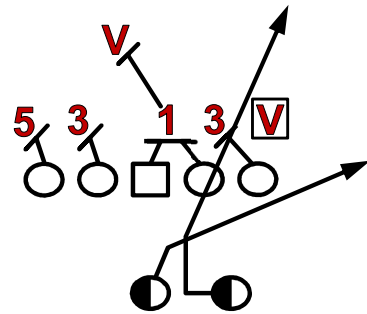
QB	Secure snap moving towards the LOS, place ball in the gut of the RB with your eyes directly on the handoff key, if the handoff key crashes down, pull the ball and read the block of the slot receiver
F	Must get a pre-snap read to see aiming point (outside leg of first down lineman inside of the handoff key), on snap, shuffle towards QB and give a loose pocket for the ball, attack aiming point
X	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
H	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Y	Drop into pitch relationship with the QB. You must stay in proper pitch relationship down the entire field.
Z	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
PST	On your pre-snap read, identify the handoff key, with no TE, you will always combo with PSG to the second level, with a TE outside of you, you will block inside or outside depending on the handoff key
PSG	On your pre-snap read, identify the handoff key to see if you will have help from PST, if you have help, combo with PST to second level, with no help, block man on to inside
C	Strong Shade or Man On – Combo with the PSG to the second level Weak Shade or Uncovered – Combo with the BSG to the second level
BSG	Block playside gap to backside gap
BST	Block playside gap to backside gap

Minnesota Vikings – Hug Self as if Cold

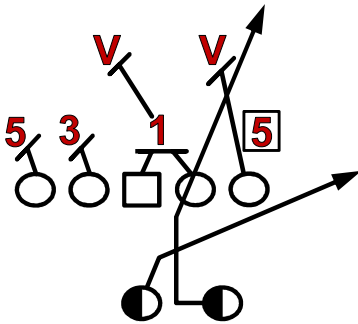
VEER RIGHT vs 4-3



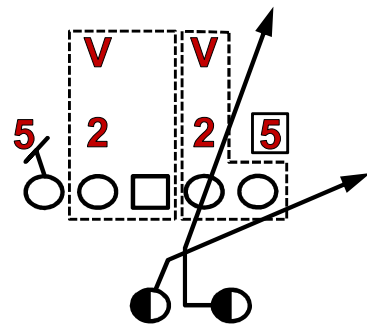
VEER RIGHT vs 4-3 Under



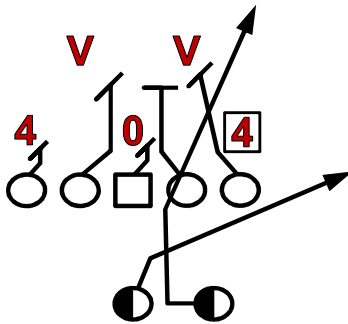
VEER RIGHT vs 4-4



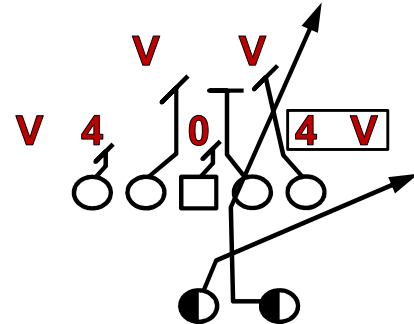
VEER RIGHT vs 4-4 Stack



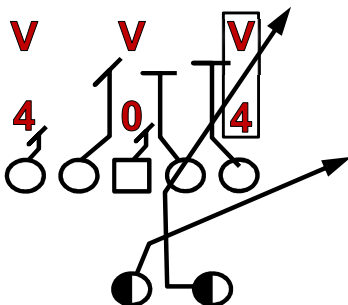
VEER RIGHT vs 3-4



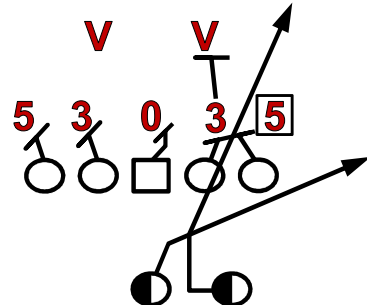
VEER RIGHT vs 5-2



VEER RIGHT vs 3-5

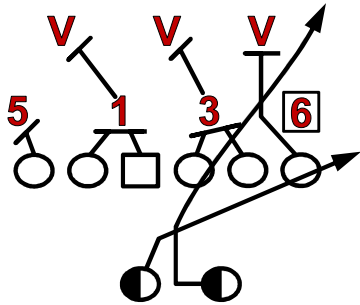


VEER RIGHT vs Bear

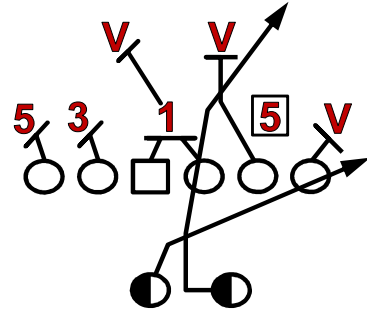


Minnesota Vikings – Hug Self as if Cold

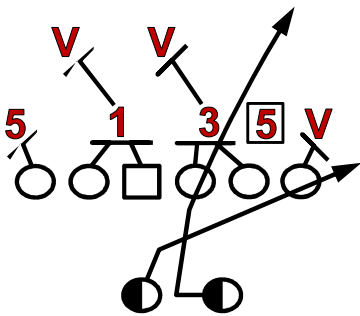
VEER RIGHT vs 4-3



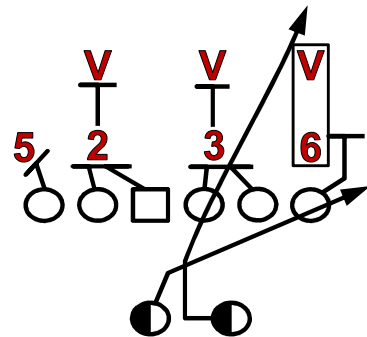
VEER RIGHT vs 4-3 Under



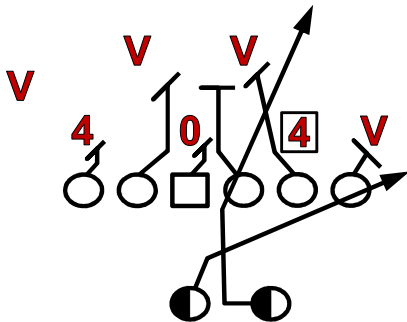
VEER RIGHT vs 4-4



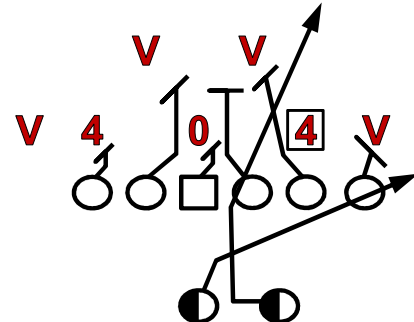
VEER RIGHT vs 4-4 Stack



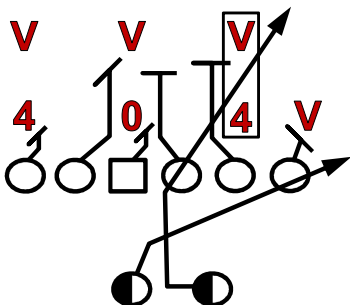
VEER RIGHT vs 3-4



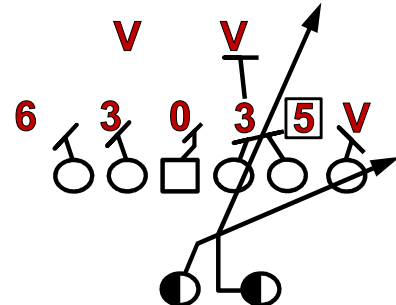
VEER RIGHT vs 5-2



VEER RIGHT vs 3-5

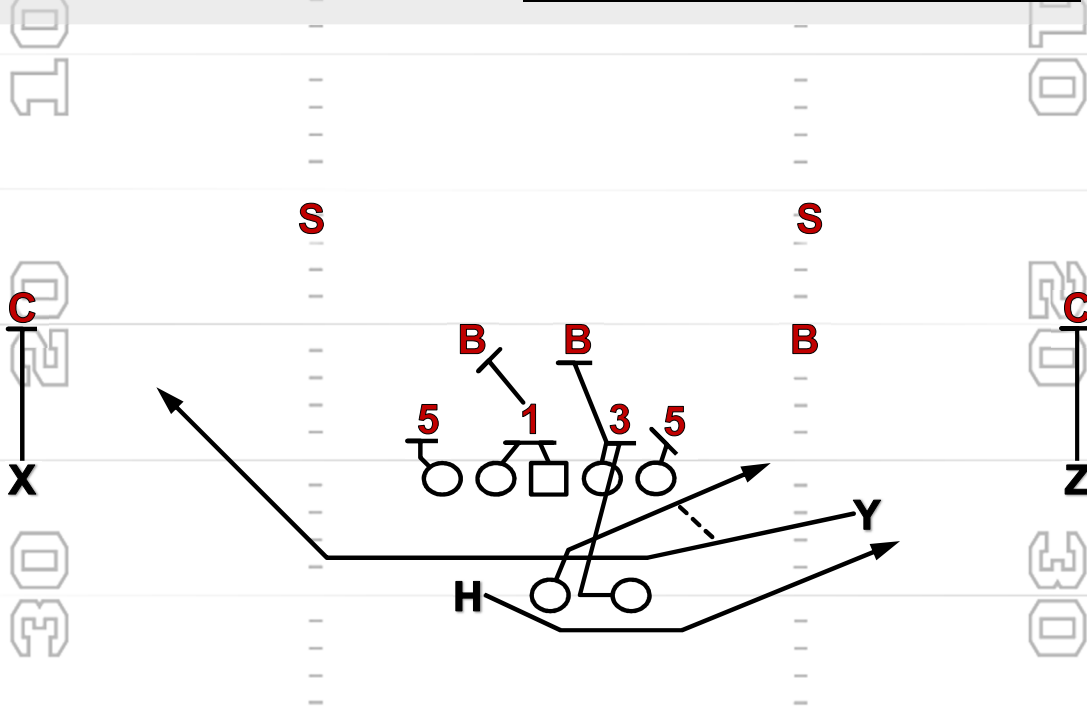


VEER RIGHT vs Bear



VEER REVERSE

SPLIT SLOT RIGHT, VEER REVERSE LEFT

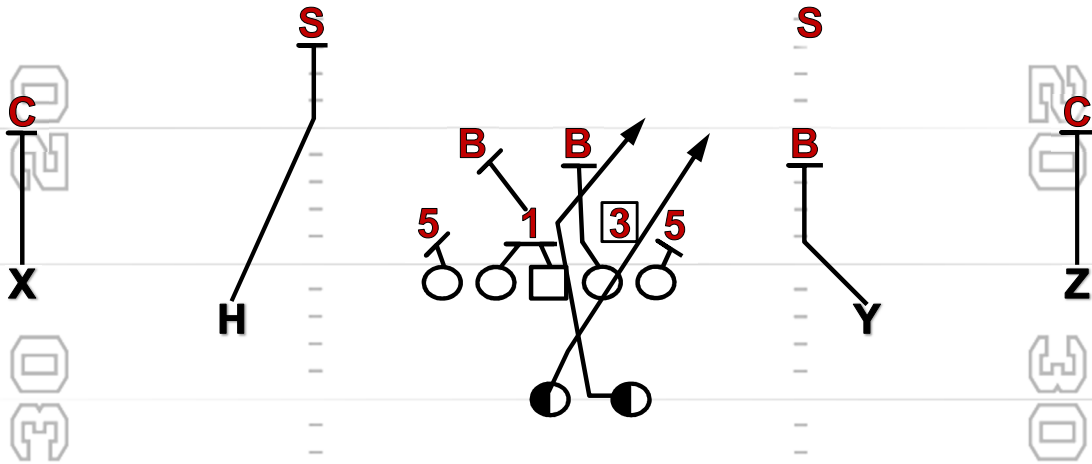


QB	Secure snap moving towards the LOS, place ball in the gut of the RB with your eyes directly on the handoff key, pull the ball and continue on path. Make it look like a pitch to the H, but the Y will "intercept" the pitch.
F	On snap, shuffle towards QB and give a loose pocket for the ball, attack the DL that you are responsible to block. Get tackled by him.
X	Block man on.
H	On snap, get into pitch relationship with the QB.
Y	On snap, start on your path for the reverse. When the QB pitches the ball, secure the catch and get to the outside as quickly as possible.
Z	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
PST	Block man on.
PSG	Combo with the C to the second level.
C	Combo with the PSG to the second level.
BSG	Block inside to man on. If you have a man on your outside shade, punch to give the F time to engage and get through to the second level.
BST	Block playside gap to backside gap

MIDLINE

Miami Dolphins – Hand as jumping dolphin

We will always run MIDLINE to the 3-tech against a four-man front. If the play is called to the 3-tech, the QB will call “Kill, Kill” which will tell everyone to flip the play. We do not like to run MIDLINE against a three-man front, but we will run it against a 3-4.



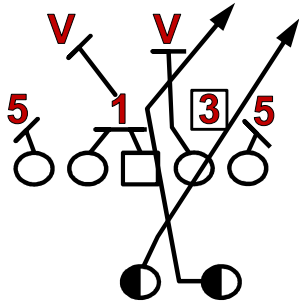
HANDOFF KEY – First player on LOS head-up or outside of the PSG

QB	Secure snap moving towards the LOS, place ball in the gut of the RB with your eyes directly on the handoff key, if the handoff key crashes down, pull the ball and read the block of the PST
F	Must get a pre-snap read to see aiming point (inside leg of first down lineman inside of the handoff key), on snap, shuffle towards QB and give a loose pocket for the ball, attack aiming point
X	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
H	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Y	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Z	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
PST	On your pre-snap read, identify the handoff key, if the man over you is the handoff key, release inside to the second level, if the handoff key is inside of you, block inside gap to outside gap
PSG	On your pre-snap read, identify the handoff key, release inside and combo with the C to the second level
C	Strong Shade or Man On – Combo with the PSG to the second level Weak Shade or Uncovered – Combo with the BSG to the second level
BSG	Block playside gap to backside gap
BST	Block playside gap to backside gap

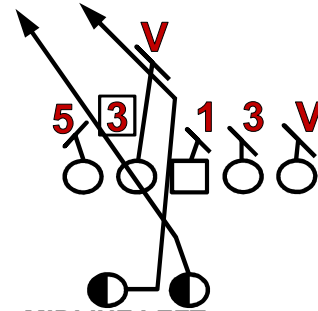
MIDLINE

Miami Dolphins – Hand as jumping dolphin

MIDLINE RIGHT vs 4-3

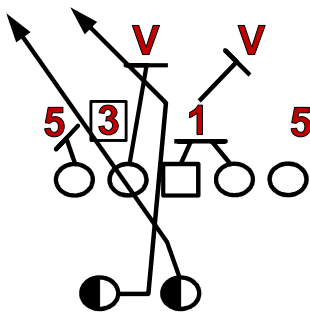


MIDLINE RIGHT vs 4-3 Under



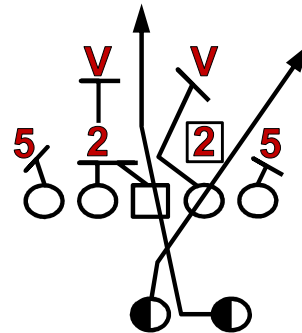
Must check to MIDLINE LEFT

MIDLINE RIGHT vs 4-4

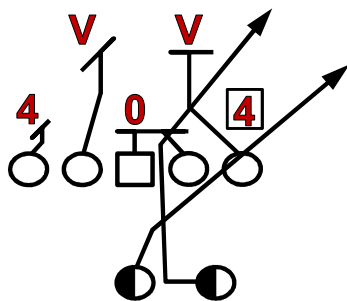


Must check to MIDLINE LEFT

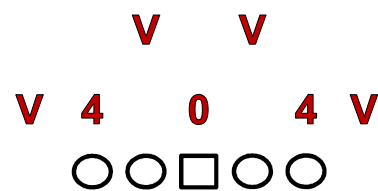
MIDLINE RIGHT vs 4-4 Stack



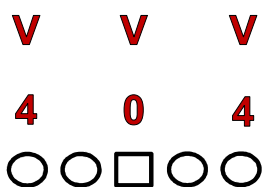
MIDLINE RIGHT vs 3-4



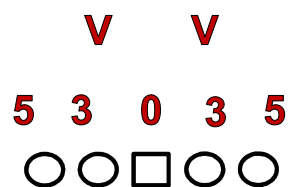
Will not run Midline vs 5-2



Will not run MIDLINE vs 3-5



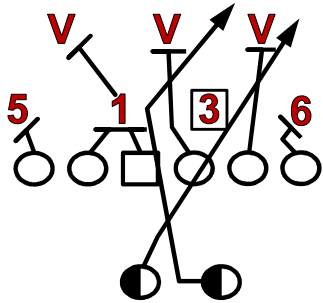
Will not run MIDLINE vs Bear



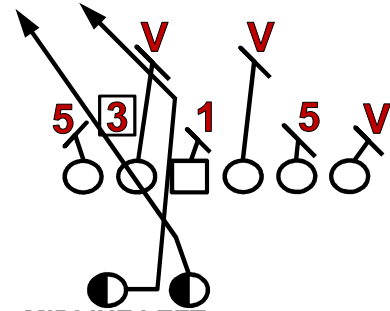
MIDLINE

Miami Dolphins – Hand as jumping dolphin

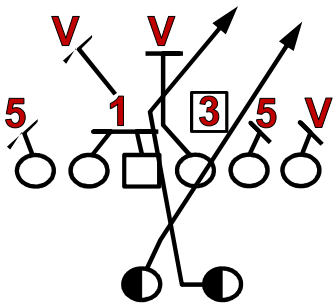
MIDLINE RIGHT vs 4-3



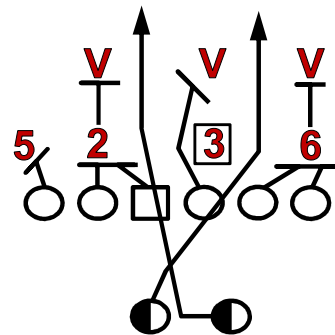
MIDLINE RIGHT vs 4-3 Under



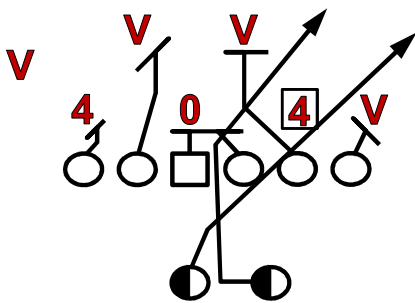
MIDLINE RIGHT vs 4-4



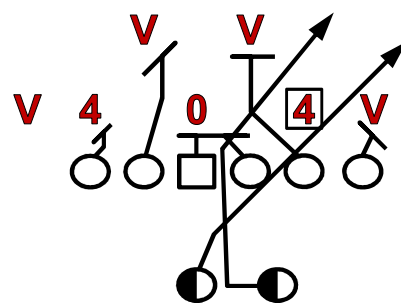
MIDLINE RIGHT vs 4-4 Stack



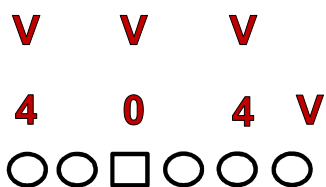
MIDLINE RIGHT vs 3-4



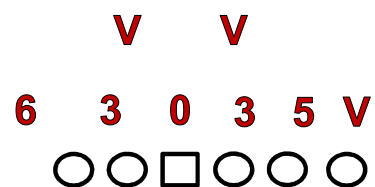
MIDLINE RIGHT vs 5-2



Will not run MIDLINE vs 3-5

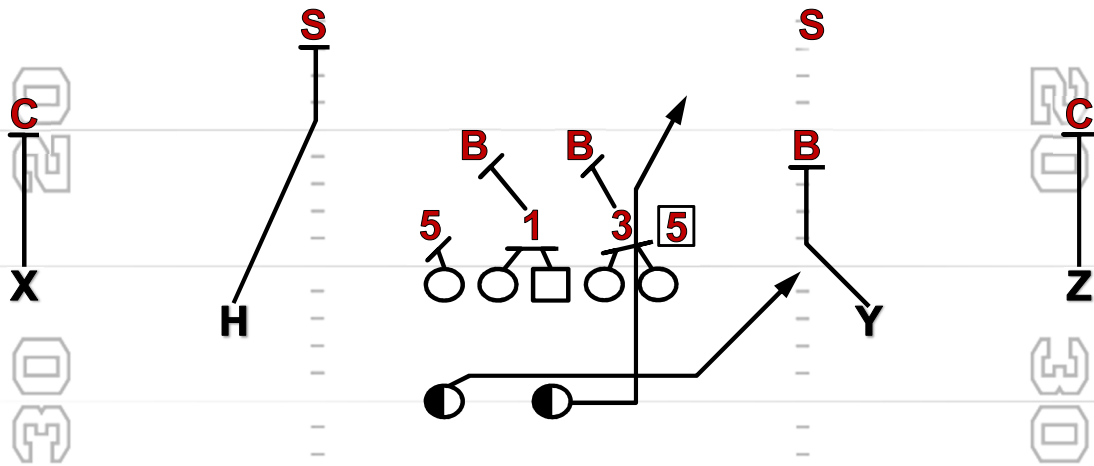


Will not run MIDLINE vs Bear



Dallas Cowboys – Hand as lasso

We prefer to run DASH to the 1-tech against a four-man front. We will run it to the 3-tech, but if we have a DASH Check With Me (CWM) called, it will always check to the 1-tech. If we call DASH CWM to a three-man front, the QB will check to the side with better numbers or blocking angles.

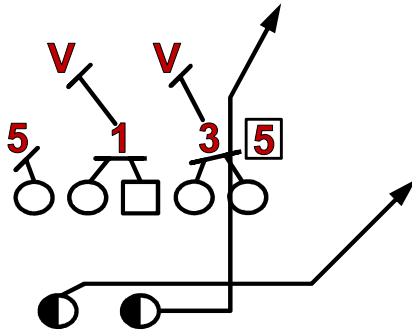


HANDOFF KEY – First player on LOS outside of the PSG

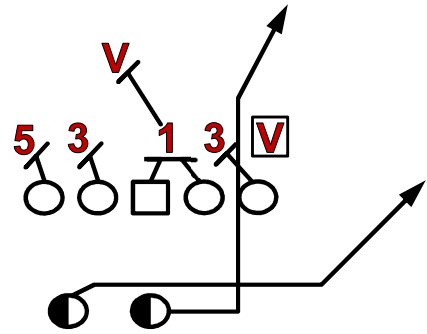
QB	Secure snap, shuffle to playside with ball extended and your eyes directly on the handoff key, if the HOK crashes down, give the ball, if HOK key sits or follows the RB, attack outside leg of the next inside lineman
F	On snap turn and run full speed, you are responsible for the exchange with the QB, give a soft pocket for the ball, if you get the ball continue at full speed and read the block of the slot receiver
X	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
H	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Y	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Z	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
PST	On your pre-snap read, identify the handoff key, with no TE, you will always combo with PSG to the second level, with a TE outside of you, you will block inside or outside depending on the handoff key
PSG	On your pre-snap read, identify the handoff key to see if you will have help from PST, if you have help, combo with PST to second level, with no help, block man on to inside
C	Strong Shade or Man On – Combo with the PSG to the second level Weak Shade or Uncovered – Combo with the BSG to the second level
BSG	Block playside gap to backside gap
BST	Block playside gap to backside gap

Dallas Cowboys – Hand as lasso

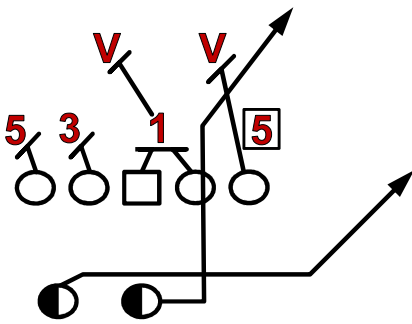
DASH RIGHT vs 4-3



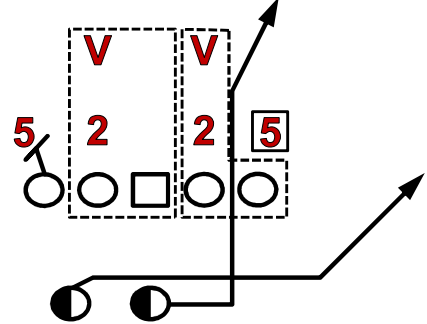
DASH RIGHT vs 4-3 Under



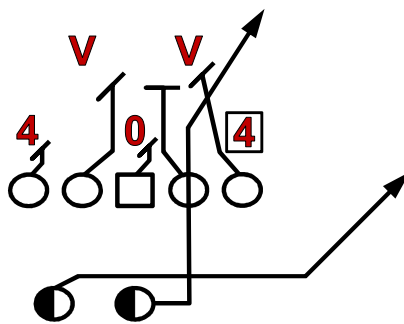
DASH RIGHT vs 4-4



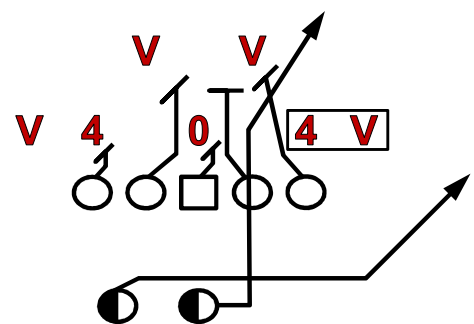
DASH RIGHT vs 4-4 Stack



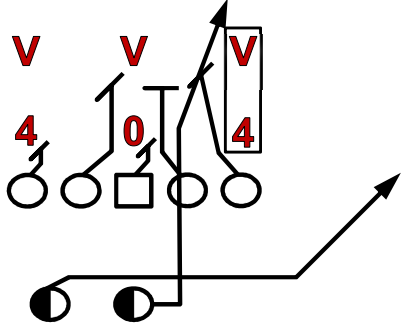
DASH RIGHT vs 3-4



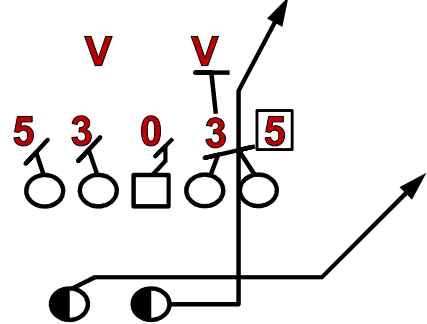
DASH RIGHT vs 5-2



DASH RIGHT vs 3-5

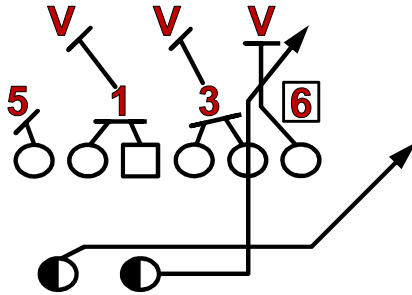


DASH RIGHT vs Bear

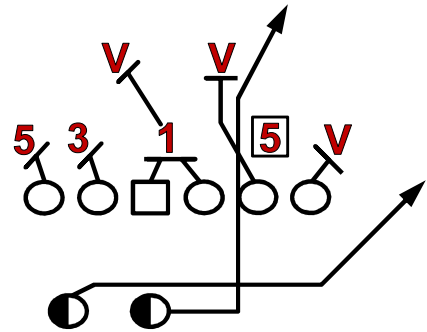


Dallas Cowboys – Hand as lasso

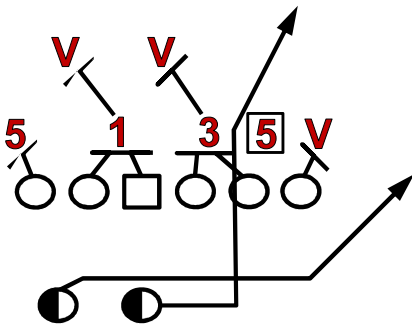
DASH RIGHT vs 4-3



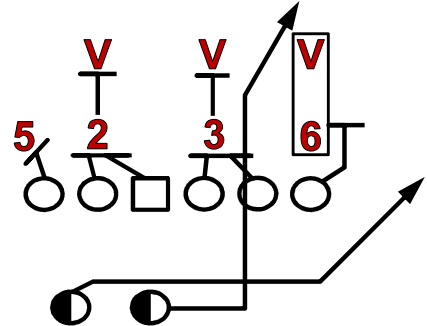
DASH RIGHT vs 4-3 Under



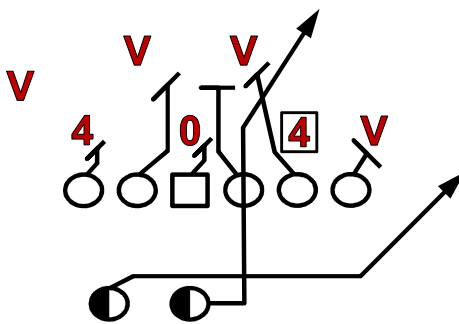
DASH RIGHT vs 4-4



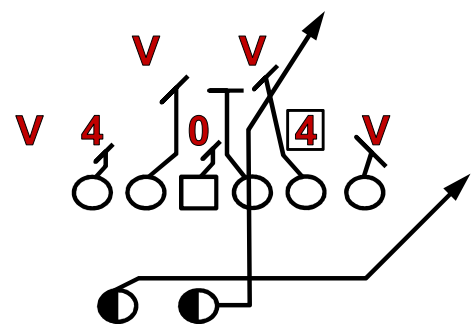
DASH RIGHT vs 4-4 Stack



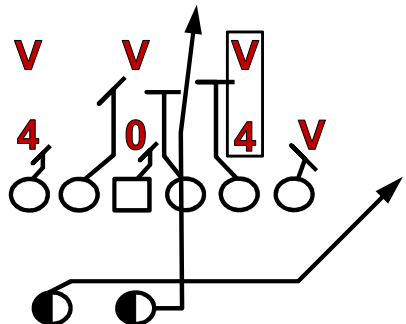
DASH RIGHT vs 3-4



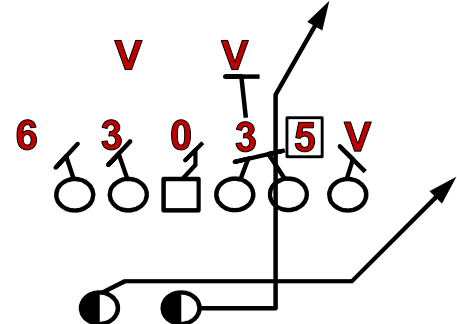
DASH RIGHT vs 5-2



DASH RIGHT vs 3-5

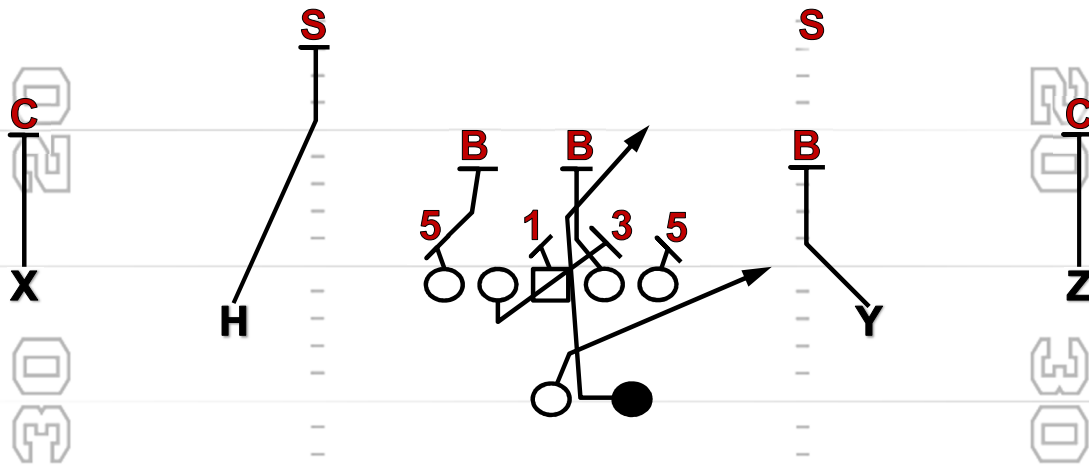


DASH RIGHT vs Bear



Tennessee Titans – Hand above head as “tall”

TRAP will always be run to the 3-tech against a four-man front. If it is run to the 1-tech side the play becomes LONG TRAP. Against a three-man front, we want to run the play to the side with better numbers or blocking angles. TRAP is a fast-hitting downhill running play.

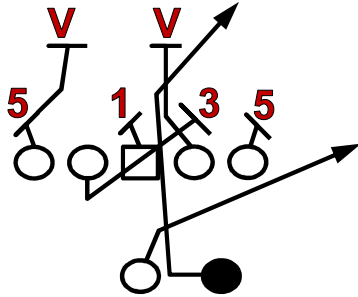


QB	Secure snap moving towards the LOS, place ball in the gut of the RB with your eyes on the playside DT (usual MIDLINE read), make the handoff look like MIDLINE, but it is a give every time.
F	Must get a pre-snap read to see aiming point (bubble between trapped DL and the next inside DL), on snap, shuffle towards QB and burst upfield just off the back of the pulling BSG. MUST HIT FAST
X	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
H	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Y	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Z	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
PST	On your pre-snap read, identify the DL we are trapping, if he is aligned over you, release inside to the second level, if the DL we are trapping is inside of you, block man on to the outside gap
PSG	On your pre-snap read, identify the DL we are trapping, combo with the C to the second level, but be aware of blitzing LB in the playside gap
C	Strong Shade or Man On – Combo with the PSG to the second level Weak Shade or Uncovered – Combo with the BSG to the second level
BSG	On your pre-snap read, identify the DL we are trapping, on the snap, pull down the line and kick-out the DL.
BST	Block playside gap to backside gap

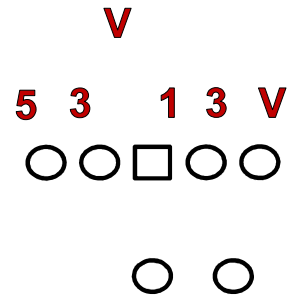
TRAP

Tennessee Titans – Hand above head as “tall”

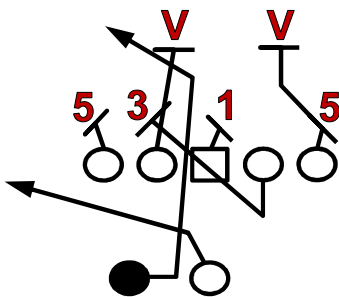
TRAP RIGHT vs 4-3



Will not run TRAP vs 4-3 Under

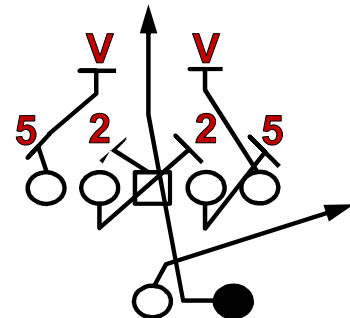


TRAP RIGHT vs 4-4

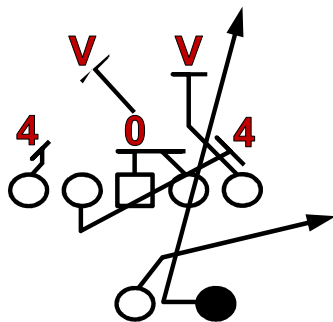


Must flip to TRAP LEFT

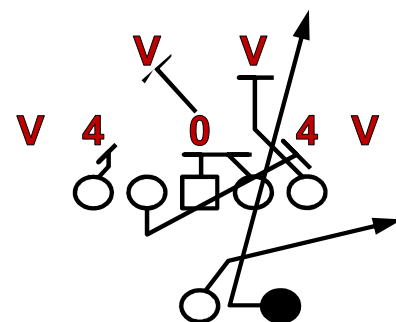
TRAP RIGHT vs 4-4 Stack



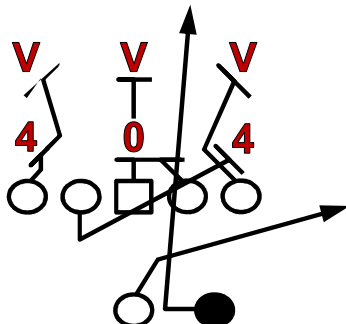
TRAP RIGHT vs 3-4



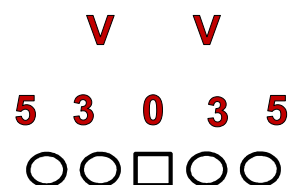
TRAP RIGHT vs 5-2



TRAP RIGHT vs 3-5



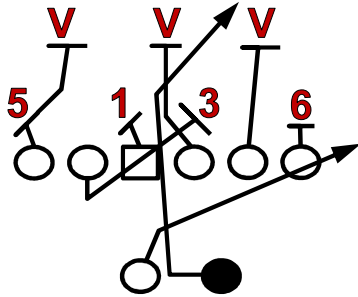
Will not run TRAP vs Bear



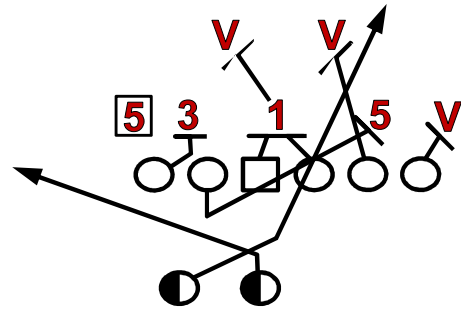
TRAP

Tennessee Titans – Hand above head as “tall”

TRAP RIGHT vs 4-3

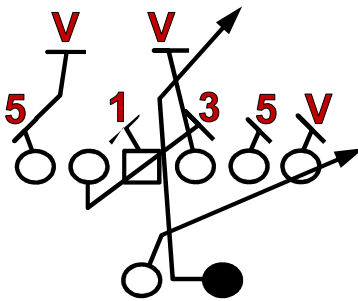


TRAP RIGHT vs 4-3 Under

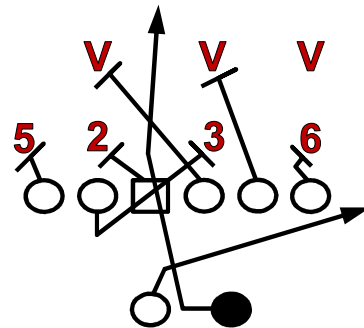


Must check to LONGTRAP RIGHT

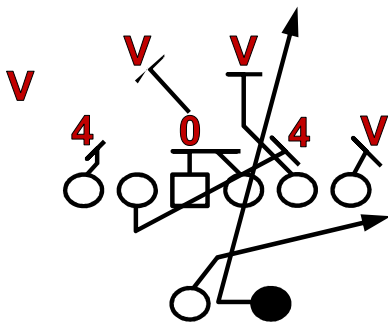
TRAP RIGHT vs 4-4



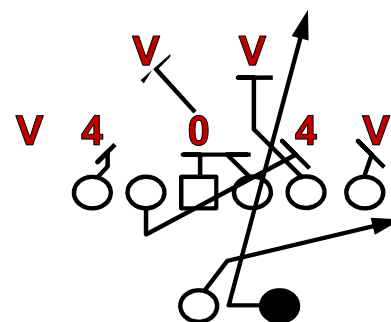
TRAP RIGHT vs 4-4 Stack



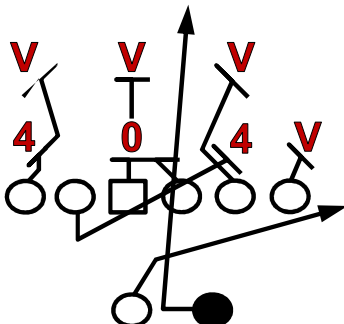
TRAP RIGHT vs 3-4



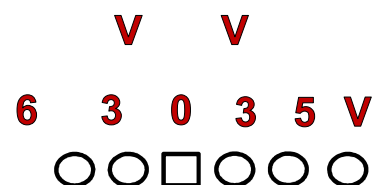
TRAP RIGHT vs 5-2



TRAP RIGHT vs 3-5

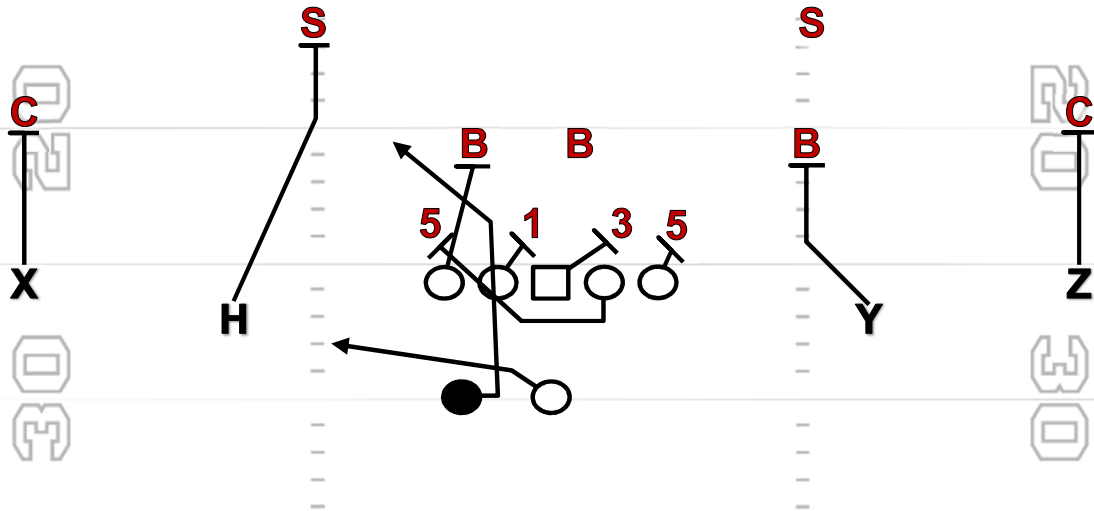


Will not run TRAP vs Bear



LONG TRAP

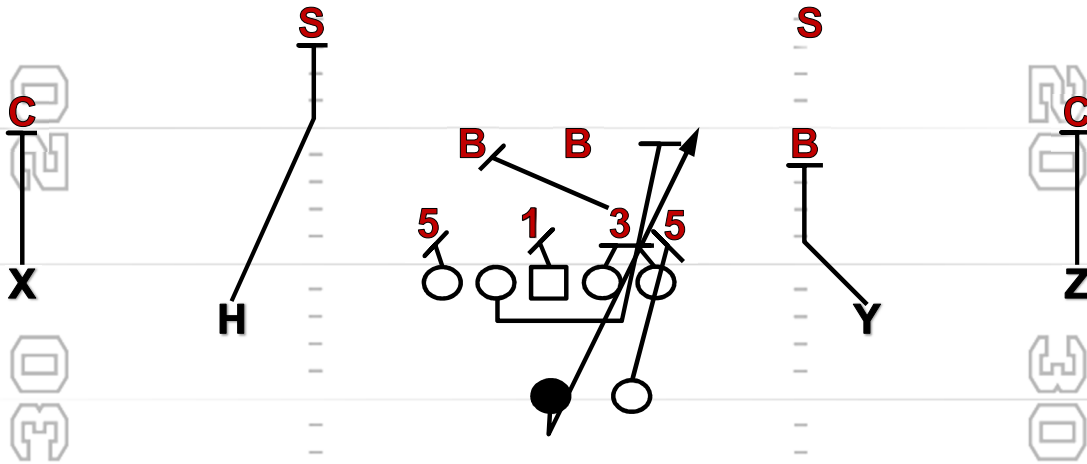
New England Patriots - Salute



QB	Secure snap moving towards the LOS, place ball in the gut of the RB with your eyes on the playside DE (usual VEER read), make the handoff look like VEER, but it is a give every time.
F	Must get a pre-snap read to see aiming point (bubble between trapped DL and the next inside DL), on snap, shuffle towards QB and burst upfield just off the back of the pulling BSG. MUST HIT FAST
X	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
H	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Y	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Z	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
PST	On your pre-snap read, identify the DL we are trapping, if he is aligned over you, release inside to the second level, if the DL we are trapping is inside of you, block man on to the outside gap
PSG	On your pre-snap read, identify the DL we are trapping, combo with the C to the second level, but be aware of blitzing LB in the playside gap
C	Strong Shade or Man On – Combo with the PSG to the second level Weak Shade or Uncovered – Combo with the BSG to the second level
BSG	On your pre-snap read, identify the DL we are trapping, on the snap, pull down the line and kick-out the DL.
BST	Block playside gap to backside gap

Pittsburgh Steelers – Pull hand down (Diesel)

POWER can be run to either side against a four-man front and a three man front. With only one running back in the backfield, the QB will be the ball carrier.

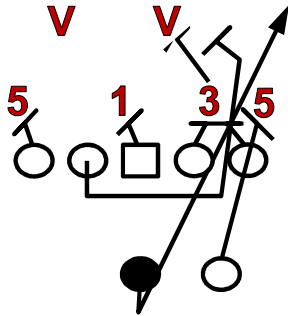


We will always kick out the EMLOS

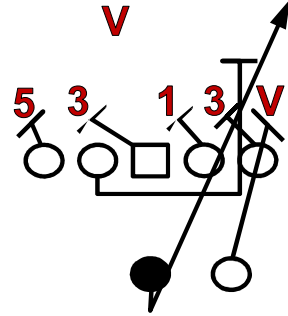
QB	Secure snap, step back and flash pass to let the blocks develop, aiming point is the outside leg of the down lineman inside of the kick-out block, read the block of the pulling BSG
F	On your pre-snap read, determine the EMLOS for your kick-out block, the block does not need to be a kill shot, but you must get inside position so attack the inside leg of the EMLOS
X	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
H	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Y	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Z	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
PST	On your pre-snap read, identify the EMLOS, combo with the PSG to the backside LB on the second level
PSG	Block man on to backside, possible combo with PST to backside LB
C	Head Up Technique – Block man on Uncovered or Weak Shade – Block backside to replace BSG, must take big lateral step to reach 3-tech
BSG	On your pre-snap read, identify the EMLOS and playside LB, pull through hole created by PST down-block and block the first LB to show (usually playside LB)
BST	Block playside gap to backside gap

Pittsburgh Steelers – Pull hand down (Diesel)

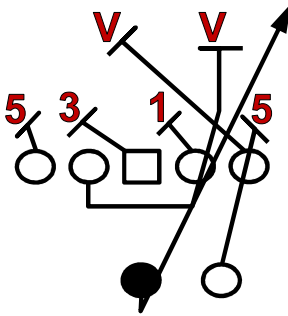
POWER RIGHT vs 4-3



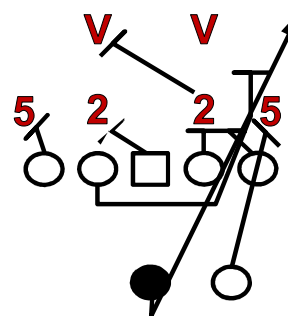
POWER RIGHT vs 4-3 Under



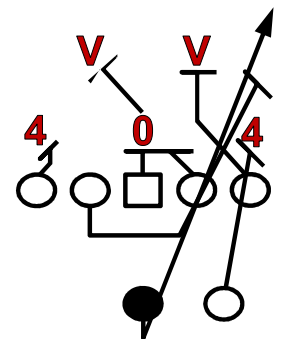
POWER RIGHT vs 4-4



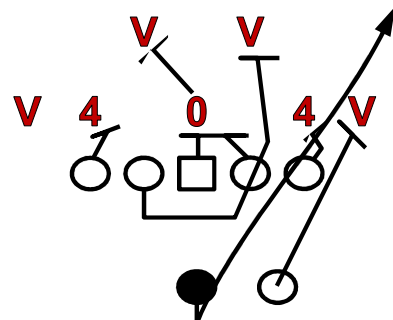
POWER RIGHT vs 4-4 Stack



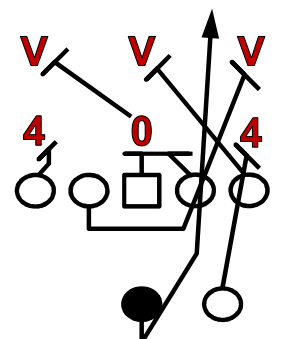
POWER RIGHT vs 3-4



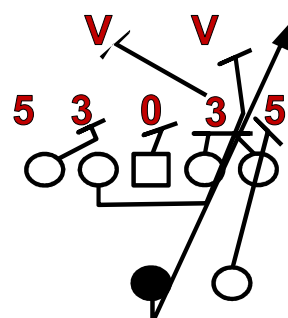
POWER RIGHT vs 5-2



POWER RIGHT vs 3-5

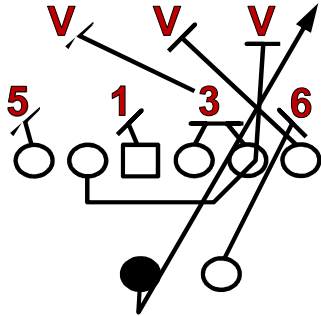


POWER RIGHT vs Bear

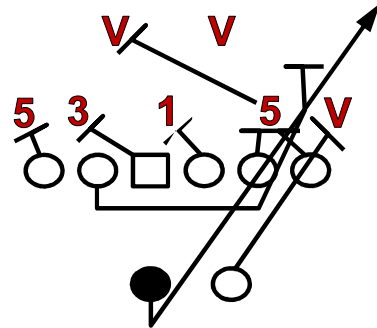


Pittsburgh Steelers – Pull hand down (Diesel)

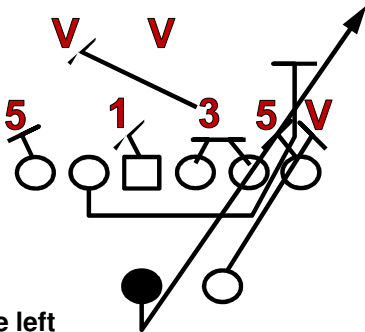
POWER RIGHT vs 4-3



POWER RIGHT vs 4-3 Under

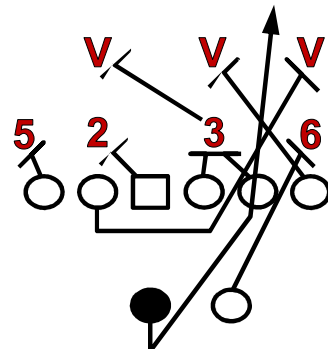


POWER RIGHT vs 4-4

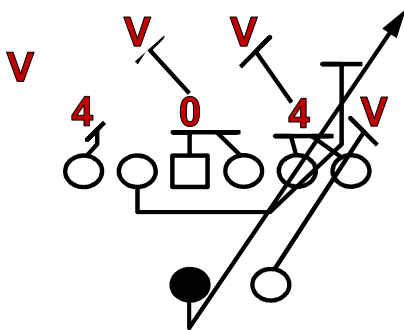


Better play to the left

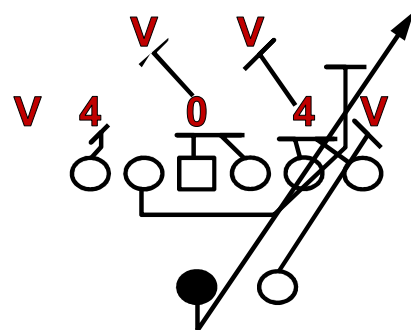
POWER RIGHT vs 4-4 Stack



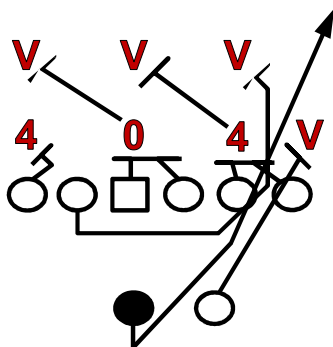
POWER RIGHT vs 3-4



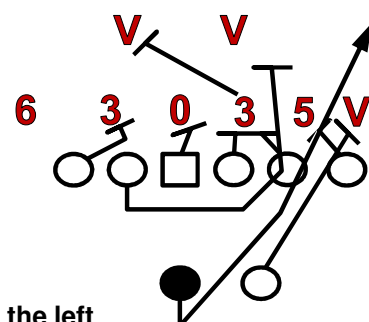
POWER RIGHT vs 5-2



POWER RIGHT vs 3-5



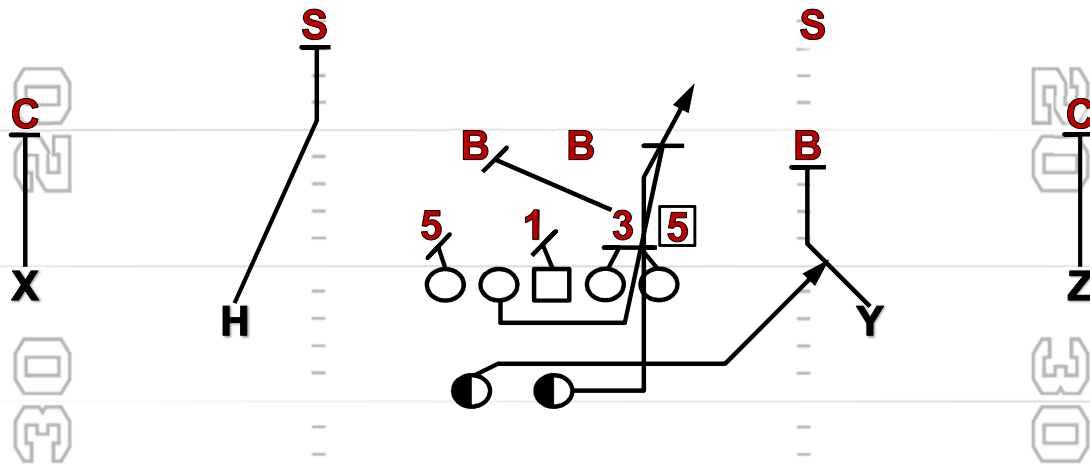
POWER RIGHT vs Bear



Better play to the left

Detroit Lions – Hands driving

POWER can be run to either side against a four-man front and a three man front. With only one running back in the backfield, the QB will be the ball carrier.

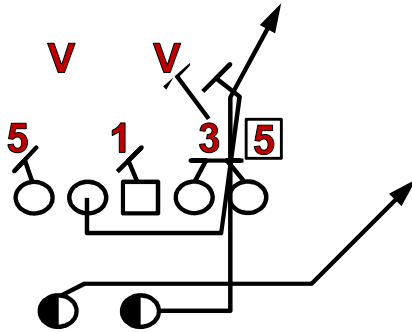


HANDOFF KEY – EMLOS

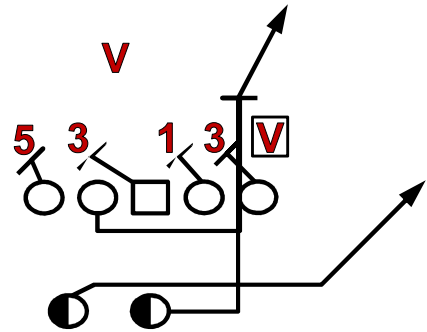
QB	Secure snap, shuffle to playside with ball extended and your eyes directly on the handoff key, if the HOK crashes down, give the ball, if HOK key sits or follows the RB, attack outside leg of the next inside lineman
F	On snap turn and run full speed, you are responsible for the exchange with the QB, give a soft pocket for the ball, if you get the ball continue at full speed and read the block of the slot receiver
X	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
H	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Y	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Z	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
PST	On your pre-snap read, identify the EMLOS, combo with the PSG to the backside LB on the second level
PSG	Block man on to backside, possible combo with PST to backside LB
C	Head Up Technique – Block man on Uncovered or Weak Shade – Block backside to replace BSG, must take big lateral step to reach 3-tech
BSG	On your pre-snap read, identify the EMLOS and playside LB, pull through hole created by PST down-block and block the first LB to show (usually playside LB)
BST	Block playside gap to backside gap

Detroit Lions – Hands driving

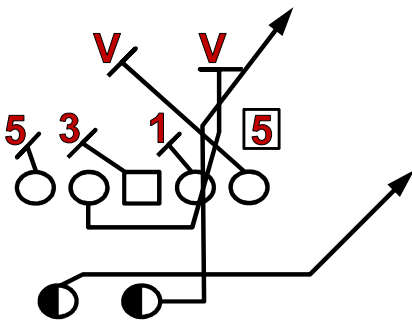
DART RIGHT vs 4-3



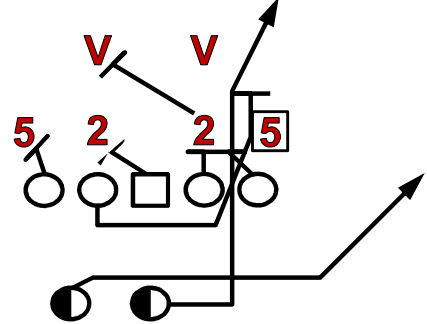
DART RIGHT vs 4-3 Under



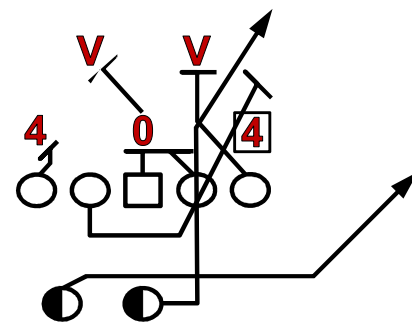
DART RIGHT vs 4-4



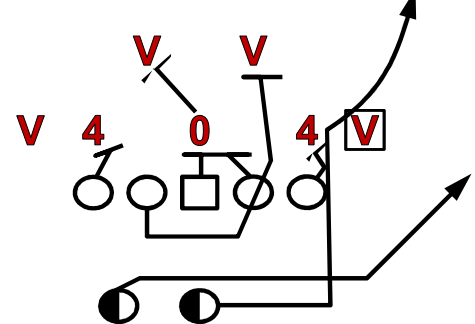
DART RIGHT vs 4-4 Stack



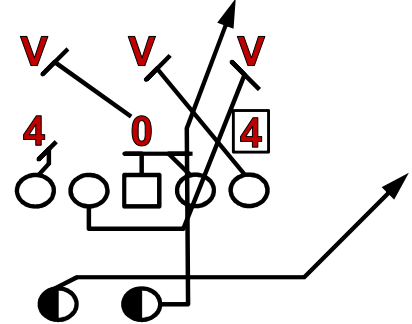
DART RIGHT vs 3-4



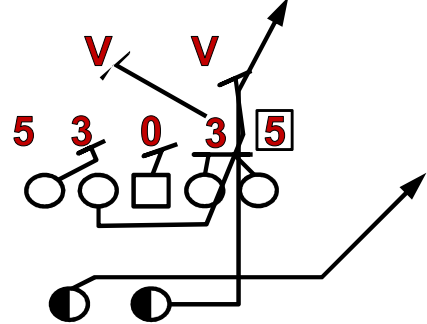
DART RIGHT vs 5-2



DART RIGHT vs 3-5

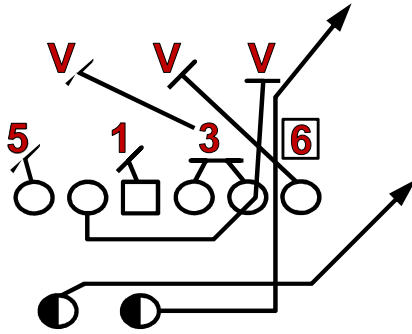


DART RIGHT vs Bear

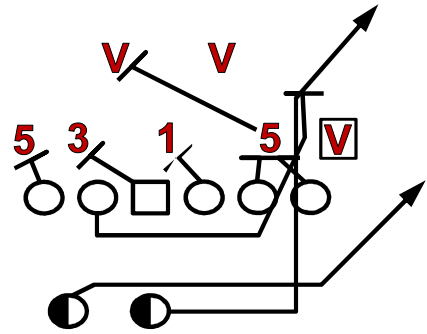


Detroit Lions – Hands driving

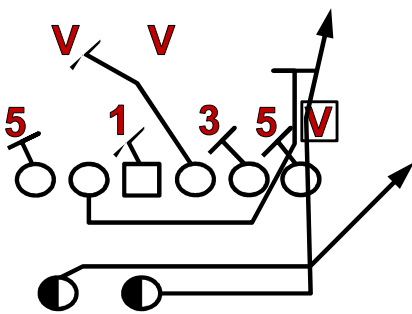
DART RIGHT vs 4-3



DART RIGHT vs 4-3 Under

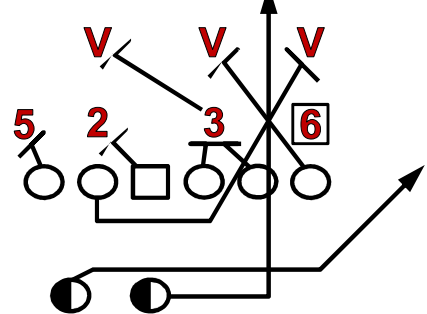


DART RIGHT vs 4-4

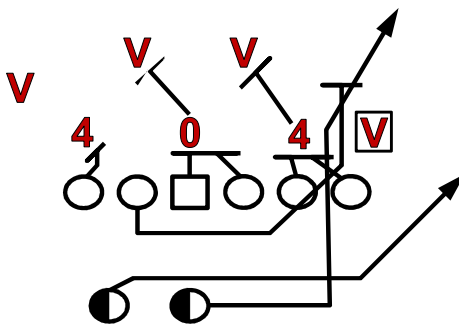


Better play to the left

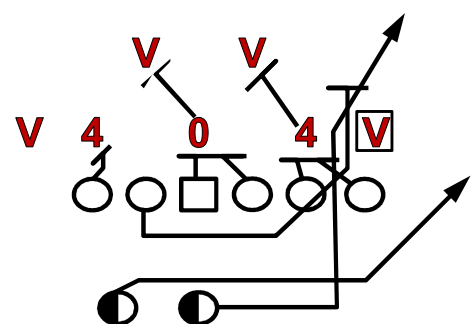
DART RIGHT vs 4-4 Stack



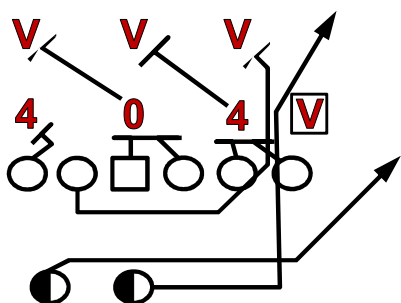
DART RIGHT vs 3-4



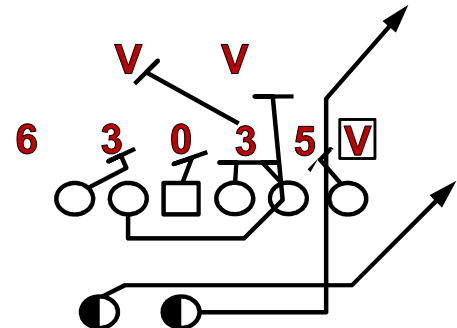
DART RIGHT vs 5-2



DART RIGHT vs 3-5



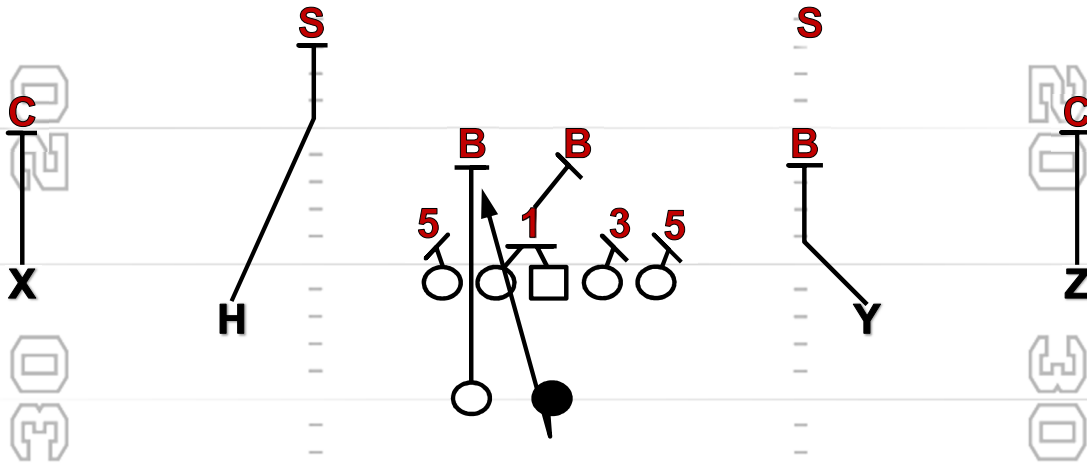
DART RIGHT vs Bear



Better play to the left

Kansas City Chiefs – Hand as tomahawk

We prefer to run LEAD to the 1-tech against a four-man front. We will run it to the 3-tech, but we always want to run to the biggest bubble. If we call LEAD CWM to a three-man front, the QB will check to the side with better numbers or blocking angles.

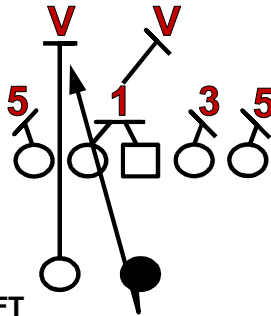


With only one running back in the backfield, the QB will be the ball carrier.

QB	Secure snap, step back and flash pass to let the blocks develop, aiming point is the outside leg of the down lineman inside of the kick-out block, read the block of the pulling BSG
F	On your pre-snap read, identify the unblocked LB to the call side, you are lead blocking on him
X	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
H	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Y	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Z	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
PST	Block man on to outside gap
PSG	Block man on to inside gap, possible combo block with the C
C	Strong Shade or Man On – Combo with the PSG to the second level Weak Shade or Uncovered – Combo with the BSG to the second level
BSG	Block playside gap to backside gap, possible combo with C
BST	Block playside gap to backside gap

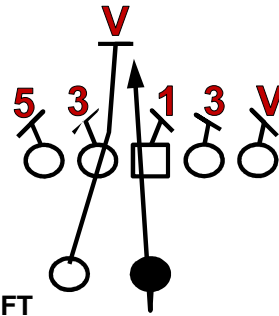
Kansas City Chiefs – Hand as tomahawk

LEAD RIGHT vs 4-3



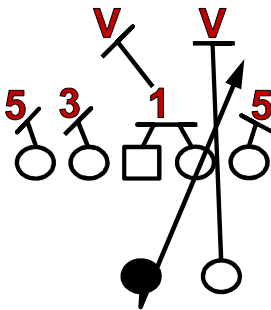
Flip to LEAD LEFT

LEAD RIGHT vs 4-3 Under

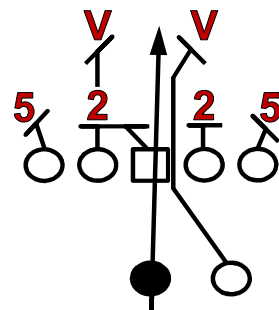


Flip to LEAD LEFT

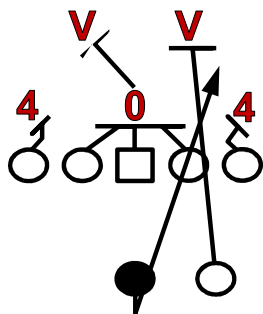
LEAD RIGHT vs 4-4



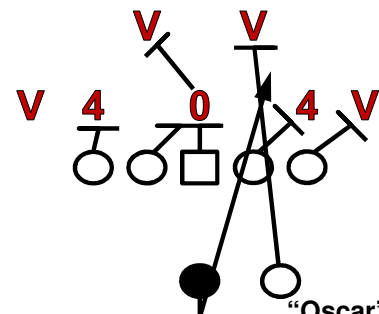
LEAD RIGHT vs 4-4 Stack



LEAD RIGHT vs 3-4

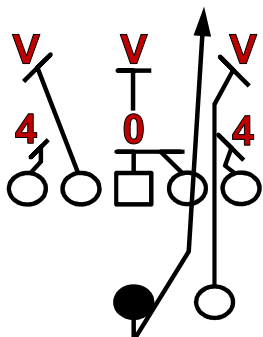


LEAD RIGHT vs 5-2

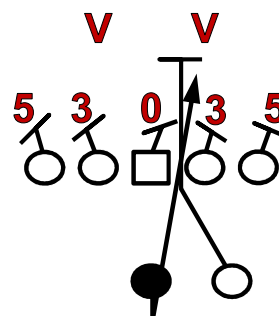


"Oscar" call on right

LEAD RIGHT vs 3-5

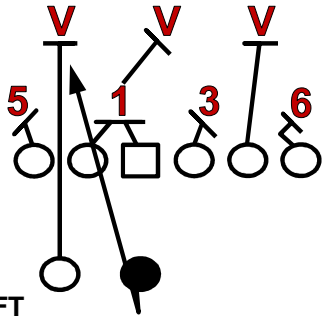


LEAD RIGHT vs Bear



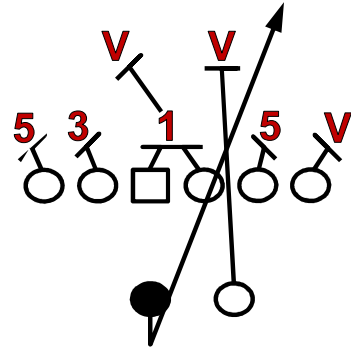
Kansas City Chiefs – Hand as tomahawk

VEER RIGHT vs 4-3

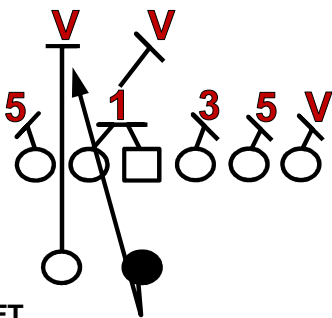


Flip to LEAD LEFT

LEAD RIGHT vs 4-3 Under

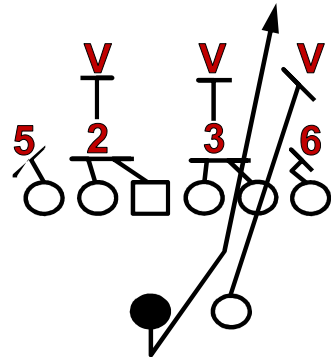


LEAD RIGHT vs 4-4

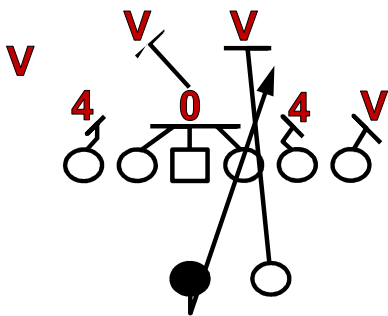


Flip to LEAD LEFT

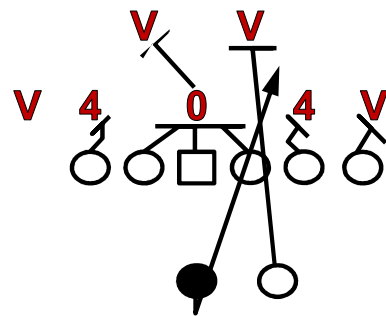
LEAD RIGHT vs 4-4 Stack



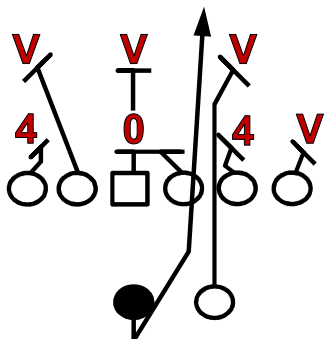
LEAD RIGHT vs 3-4



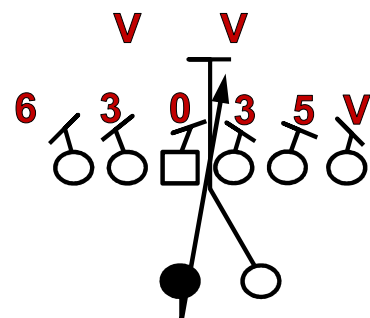
LEAD RIGHT vs 5-2



LEAD RIGHT vs 3-5

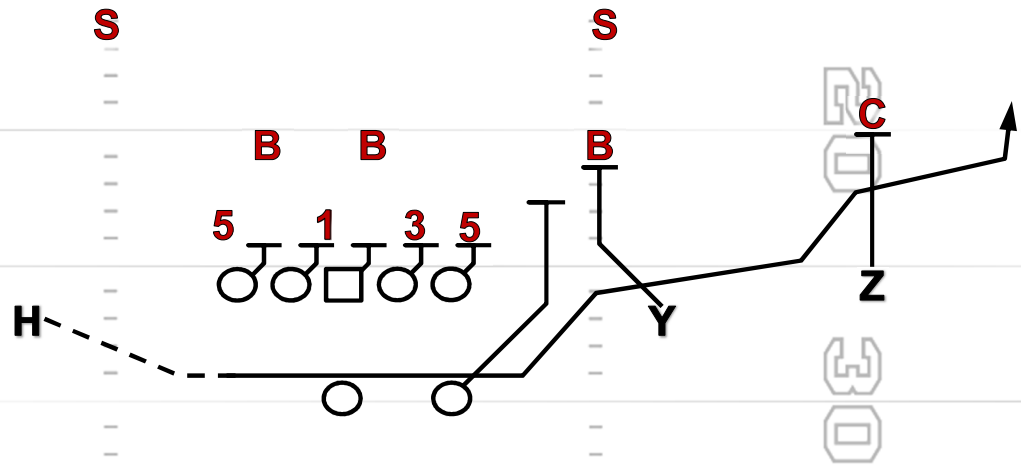


LEAD RIGHT vs Bear



Jacksonville Jaguars – Hand as J

JET is a play designed to be a quick outside hitting play. The full speed motion allows the ball carrier to get outside before the defense can fully rotate and pursue.

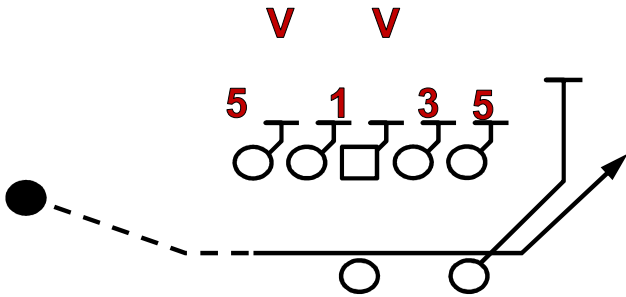


Any receiver can run JET, if there is not a player tagged, the furthest inside receiver away from the call side runs the JET.

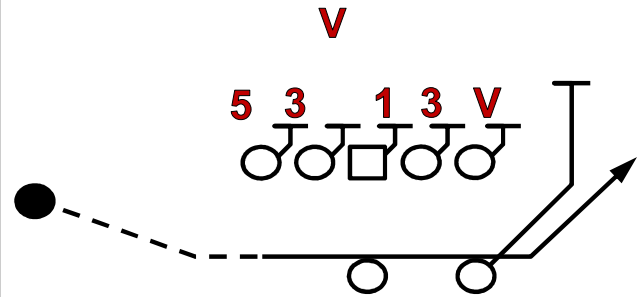
QB	Snap the ball when the motion man gets to the BST, secure snap and give to the motion man, show pass after the handoff
F	On the snap get width as quickly as possible, make sure the PST has the DE secured and work to help the slot receiver secure the LB, if there is no slot receiver, you are blocking the first defender to show outside
X	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
H	On QB's indicator, start motion getting depth before width to just in front of the QB, your motion should be at 80% speed, secure handoff, always run Hash – Numbers – Sideline
Y	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Z	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
PST	Outside zone blocking, secure first level before working to second level
PSG	Outside zone blocking, secure first level before working to second level
C	Outside zone blocking, secure first level before working to second level
BSG	Outside zone blocking, get to second level immediately unless there is a defender in the playside gap
BST	Outside zone blocking, get to second level immediately unless there is a defender in the playside gap

Jacksonville Jaguars – Hand as J

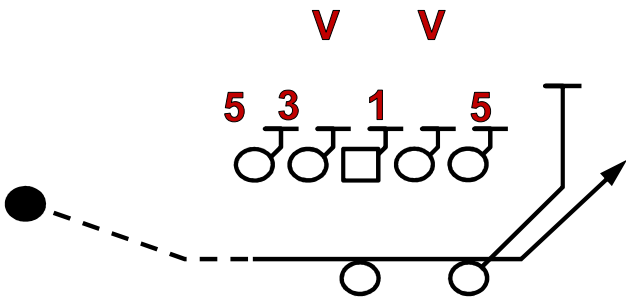
JET RIGHT vs 4-3



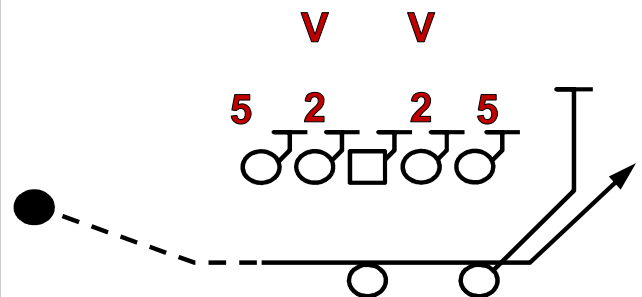
JET RIGHT vs 4-3 Under



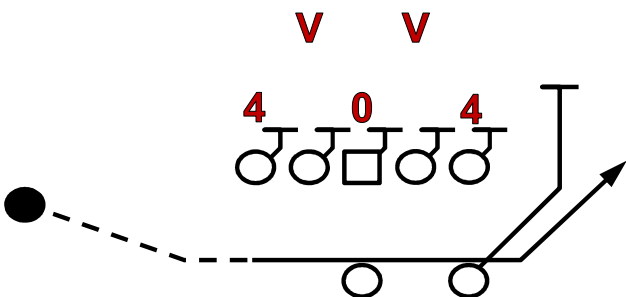
JET RIGHT vs 4-4



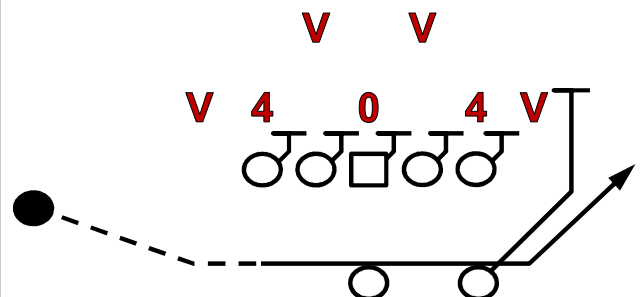
JET RIGHT vs 4-4 Stack



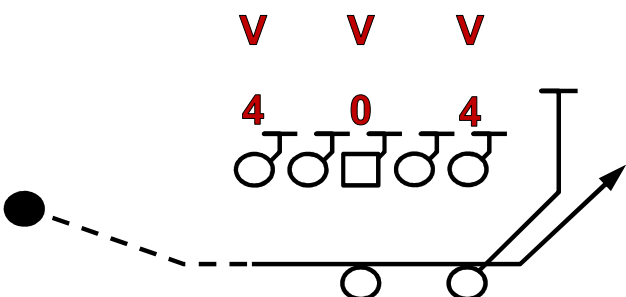
JET RIGHT vs 3-4



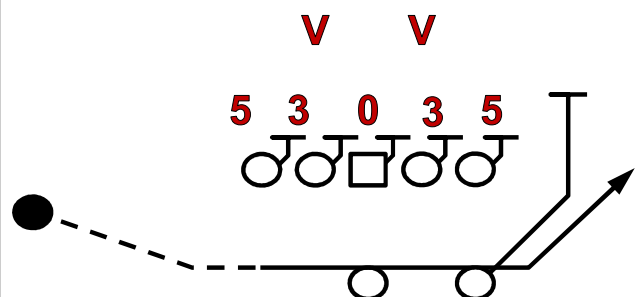
JET RIGHT vs 5-2



JET RIGHT vs 3-5

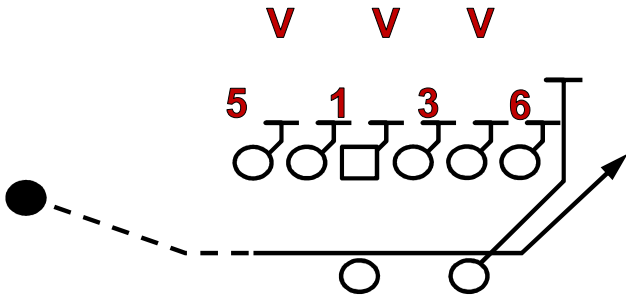


JET RIGHT vs Bear

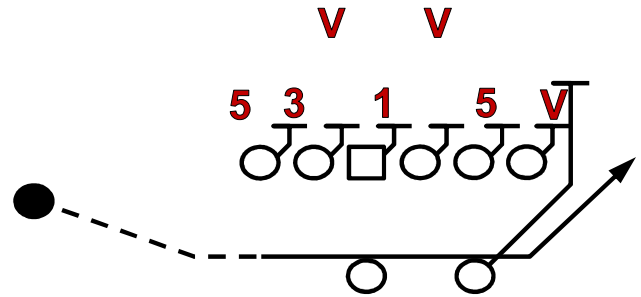


Jacksonville Jaguars – Hand as J

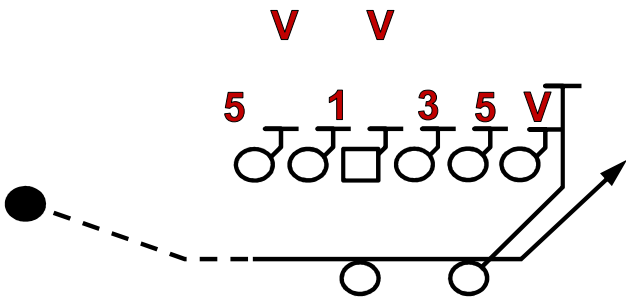
JET RIGHT vs 4-3



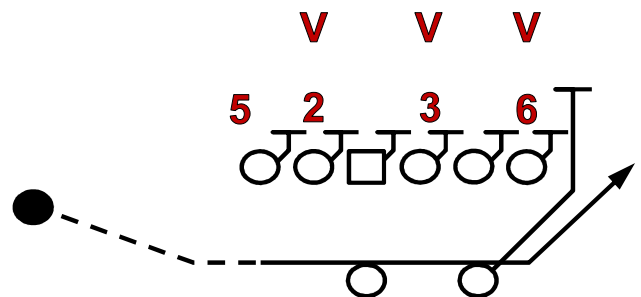
JET RIGHT vs 4-3 Under



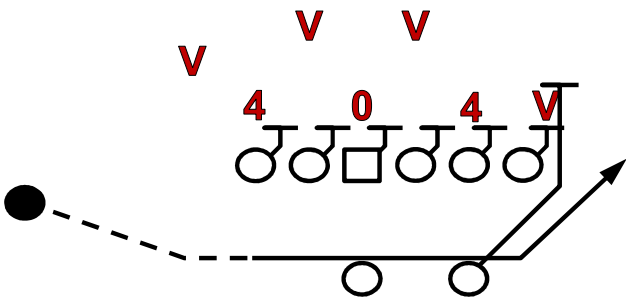
JET RIGHT vs 4-4



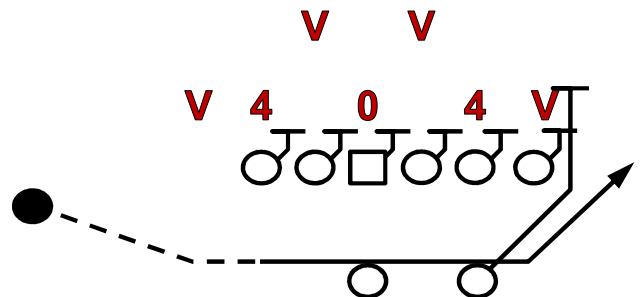
JET RIGHT vs 4-4 Stack



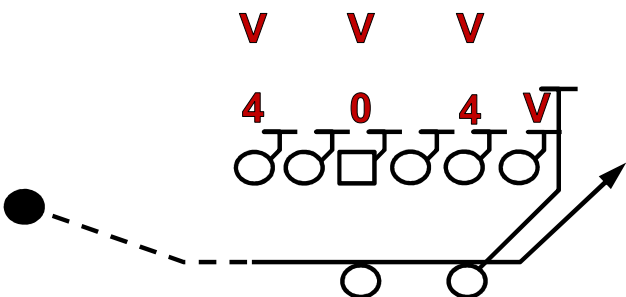
JET RIGHT vs 3-4



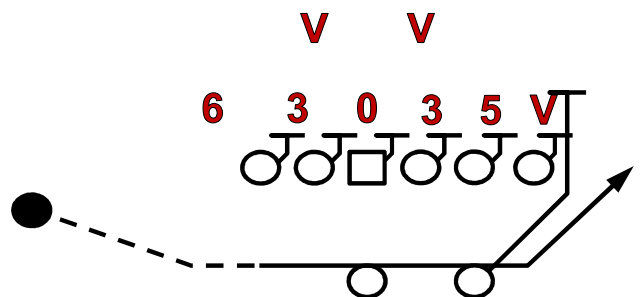
JET RIGHT vs 5-2



JET RIGHT vs 3-5

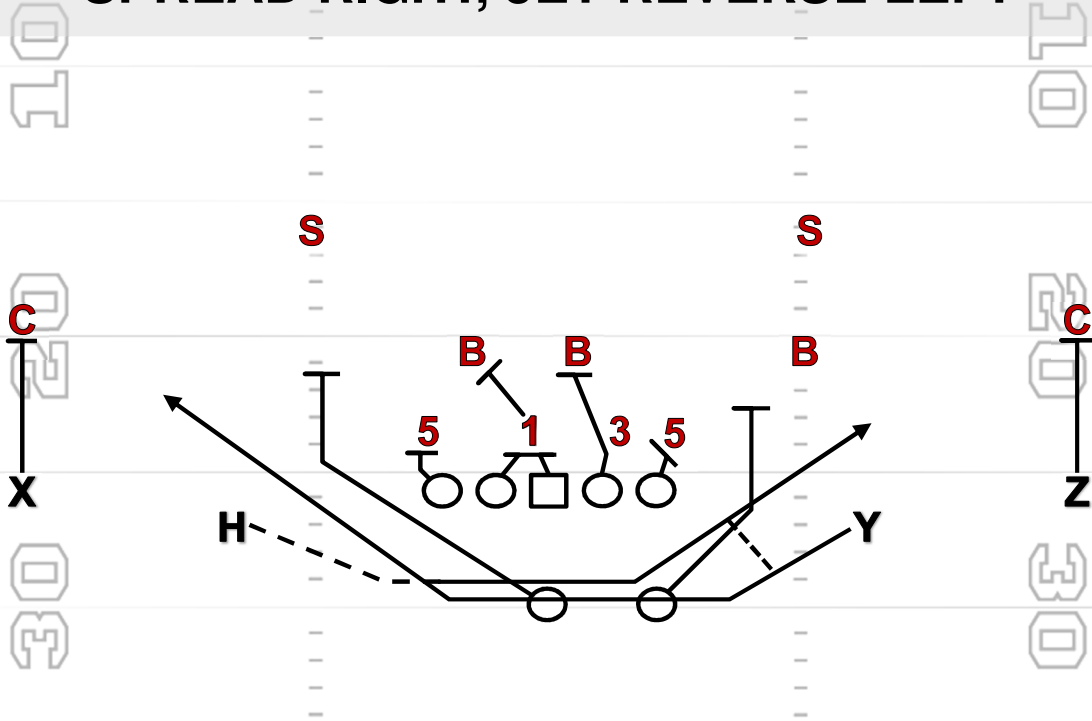


JET RIGHT vs Bear



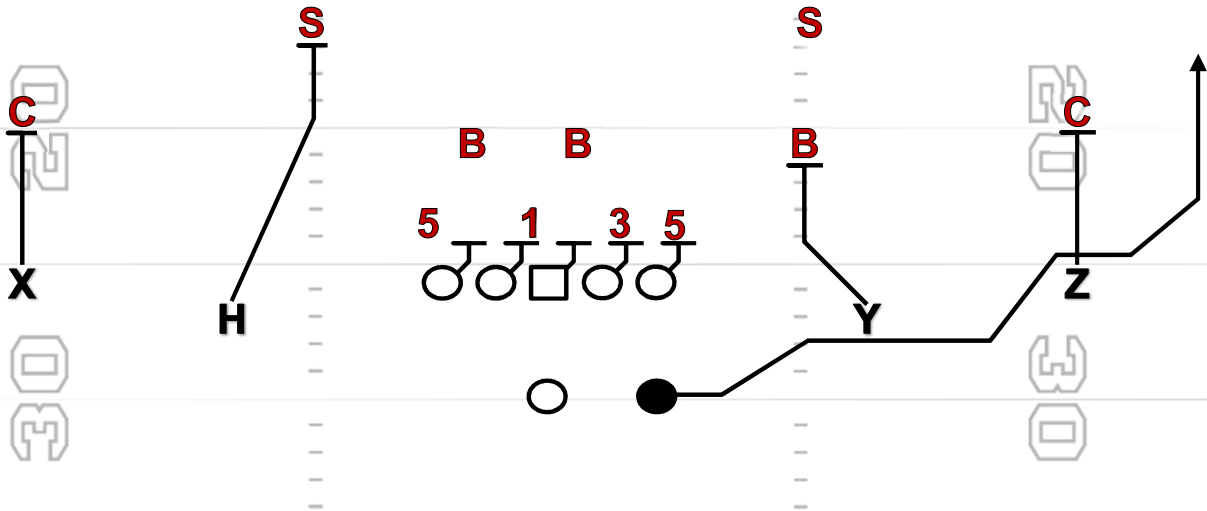
JET REVERSE

SPREAD RIGHT, JET REVERSE LEFT



QB	Snap the ball when the motion man gets to the BST, secure snap and give to the motion man, become a lead blocker for the reverse.
F	On the snap get width as quickly as possible, make sure the PST has the DE secured and work to help the slot receiver secure the LB, if there is no slot receiver, you are blocking the first defender to show outside
X	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
H	On QB's indicator, start motion getting depth before width to just in front of the QB, your motion should be at 80% speed, secure handoff, always run Hash – Numbers – Sideline
Y	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Z	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
PST	Outside zone blocking, secure first level before working to second level
PSG	Outside zone blocking, secure first level before working to second level
C	Outside zone blocking, secure first level before working to second level
BSG	Outside zone blocking, get to second level immediately unless there is a defender in the playside gap
BST	Outside zone blocking, get to second level immediately unless there is a defender in the playside gap

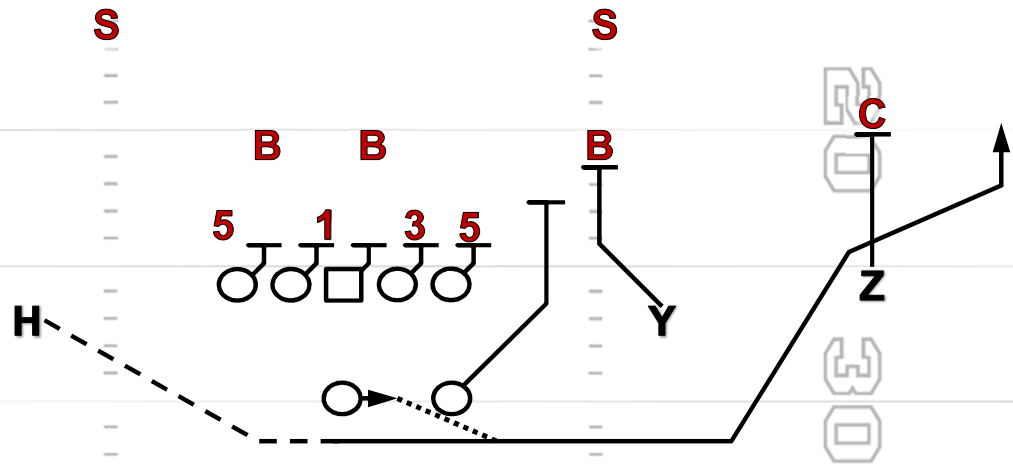
San Fran 49ers – Point @ Ring



QB	Secure the snap and pitch to the ball carrier, the pitch should be outside to where the TE usually aligns
F	On the snap get width as quickly as possible, expect the pitch at the width where the TE usually aligns. Secure the pitch and always run Hash – Numbers - Sideline
X	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
H	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Y	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Z	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
PST	Outside zone blocking, secure first level before working to second level
PSG	Outside zone blocking, secure first level before working to second level
C	Outside zone blocking, secure first level before working to second level
BSG	Outside zone blocking, get to second level immediately unless there is a defender in the playside gap
BST	Outside zone blocking, get to second level immediately unless there is a defender in the playside gap

Oakland Raiders – Hold hand over eye like patch

ROCKET is a play designed to be a quick outside hitting play. The full speed motion and the wide pitch allows the ball carrier to get outside before the defense can fully rotate and pursue.

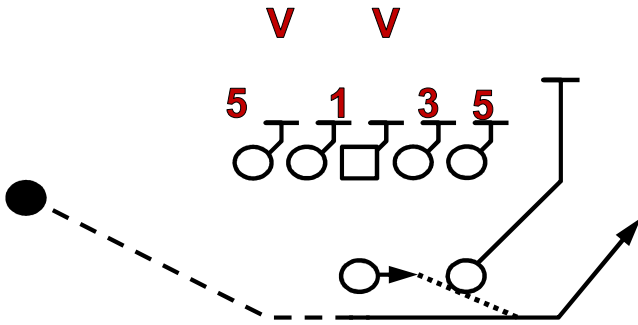


Any receiver can run ROCKET, if there is not a player tagged, the furthest inside receiver away from the call side runs the ROCKET.

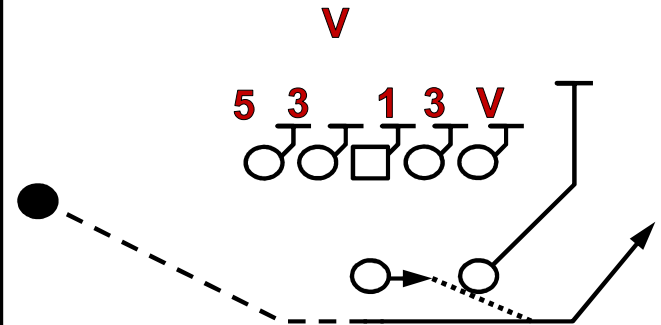
QB	Snap the ball when the motion man gets behind you, secure the snap and pitch to the ball carrier, the pitch should be outside to where the TE usually aligns
F	On the snap get width as quickly as possible, make sure the PST has the DE secured and work to help the slot receiver secure the LB, if there is no slot receiver, you are blocking the first defender to show outside
X	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
H	On QB's indicator, start motion getting depth before width to a yard behind the QB, your motion should be at 80% speed, secure pitch, always run Numbers – Sideline
Y	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Z	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
PST	Outside zone blocking, secure first level before working to second level
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Oakland Raiders – Hold hand over eye like patch

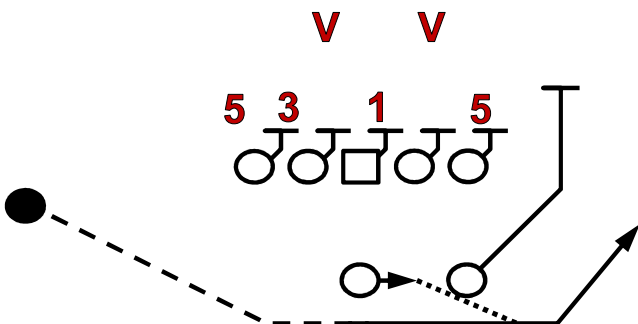
ROCKET RIGHT vs 4-3



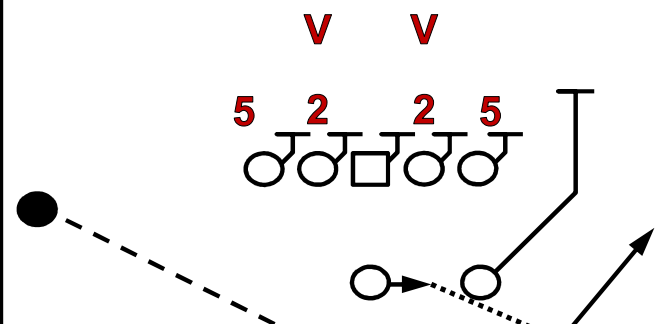
ROCKET RIGHT vs 4-3 Under



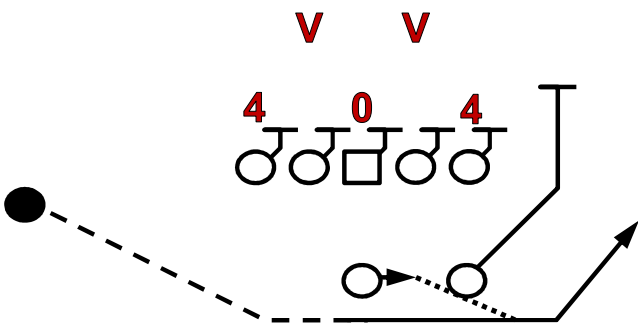
ROCKET RIGHT vs 4-4



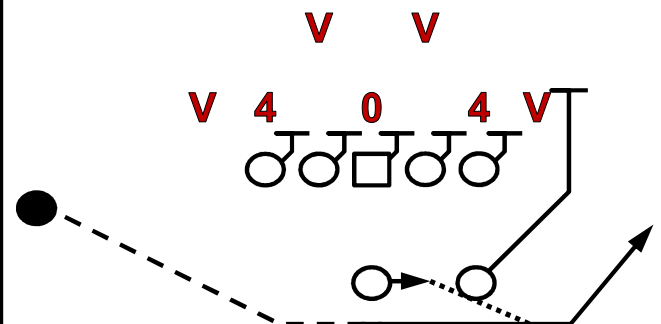
ROCKET RIGHT vs 4-4 Stack



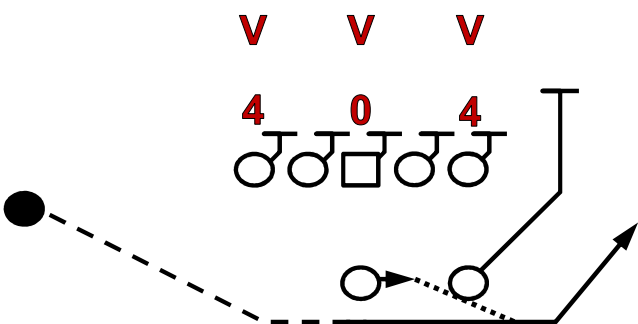
ROCKET RIGHT vs 3-4



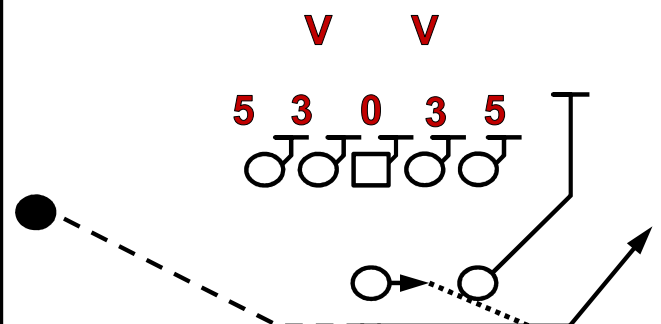
ROCKET RIGHT vs 5-2



ROCKET RIGHT vs 3-5



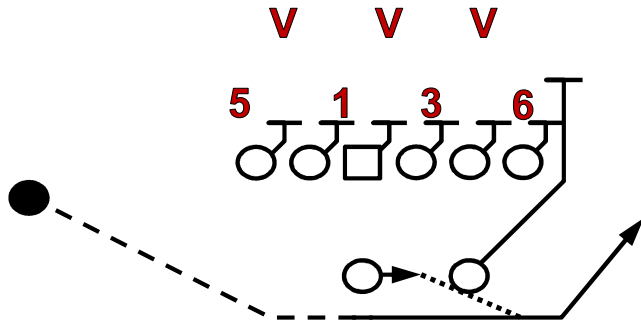
ROCKET RIGHT vs Bear



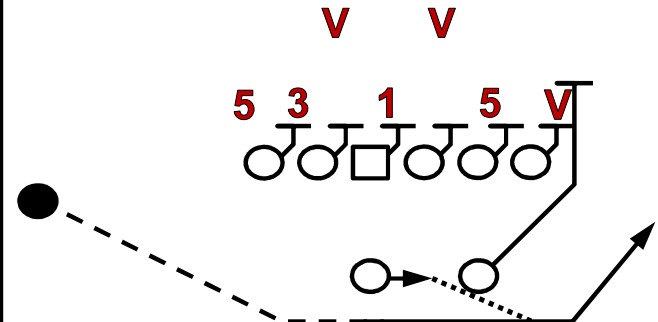
ROCKET

Oakland Raiders – Hold hand over eye like patch

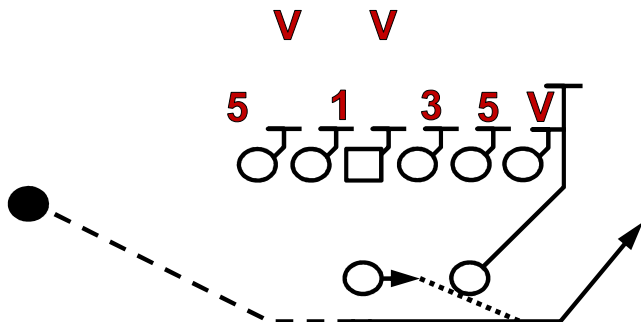
ROCKET RIGHT vs 4-3



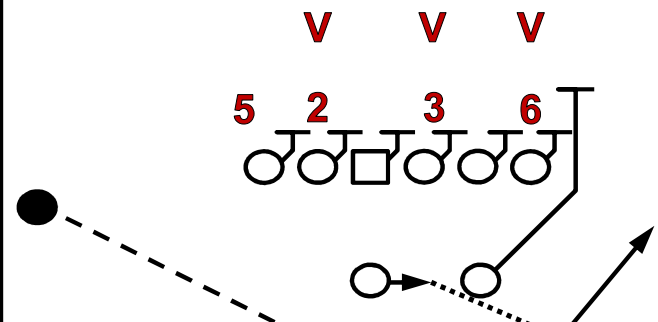
ROCKET RIGHT vs 4-3 Under



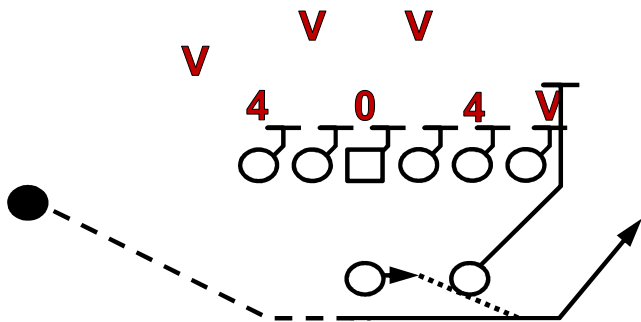
ROCKET RIGHT vs 4-4



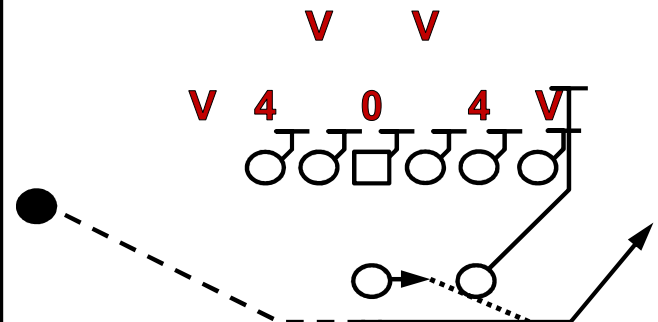
ROCKET RIGHT vs 4-4 Stack



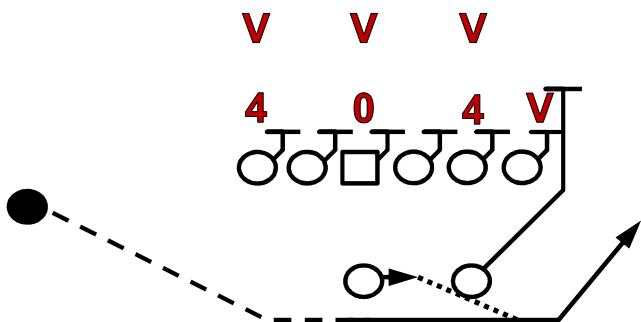
ROCKET RIGHT vs 3-4



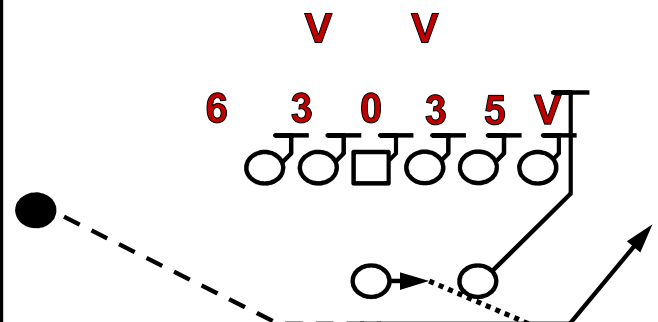
ROCKET RIGHT vs 5-2



ROCKET RIGHT vs 3-5



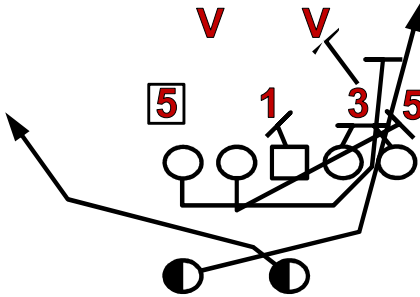
ROCKET RIGHT vs Bear



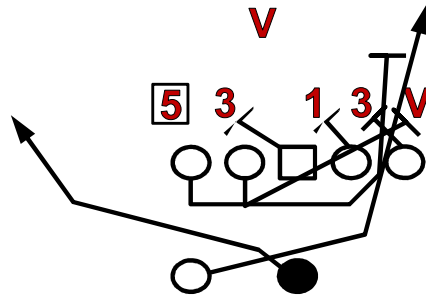
COUNTER

Chicago Bears – Hands as big bear

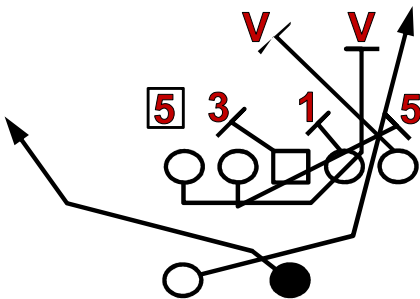
COUNTER RIGHT vs 4-3



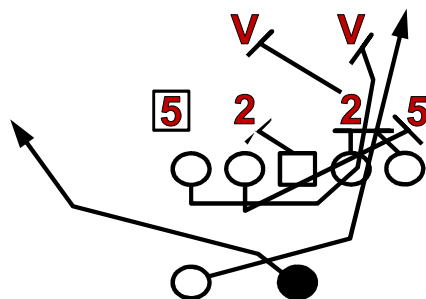
COUNTER RIGHT vs 4-3 Under



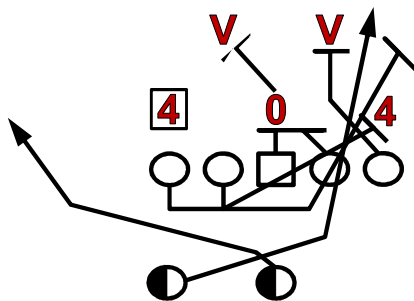
COUNTER RIGHT vs 4-4



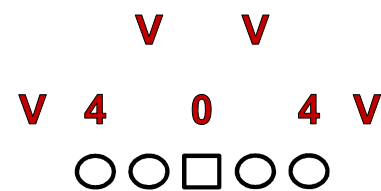
COUNTER RIGHT vs 4-4 Stack



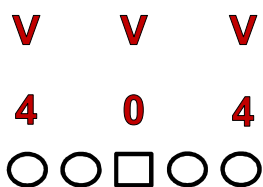
COUNTER RIGHT vs 3-4



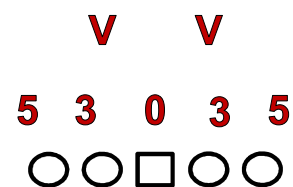
Will not run COUNTER vs 5-2



Will not run COUNTER vs 3-5

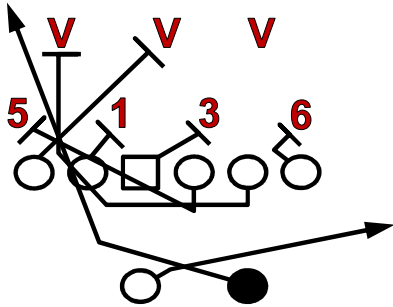


Will not run COUNTER vs Bear

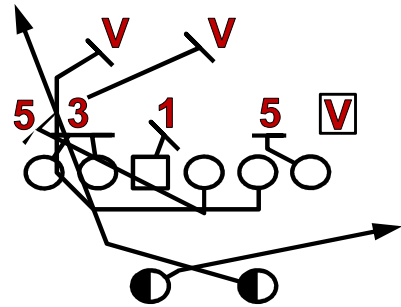


Chicago Bears – Hands as big bear

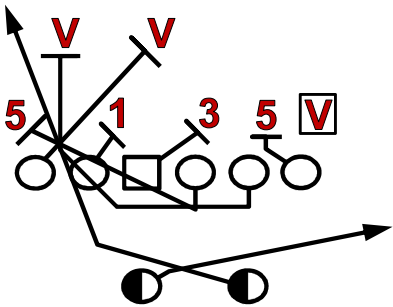
COUNTER LEFT vs 4-3



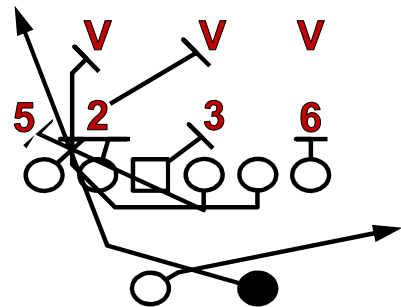
COUNTER LEFT vs 4-3 Under



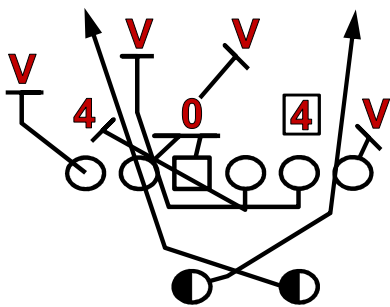
COUNTER LEFT vs 4-4



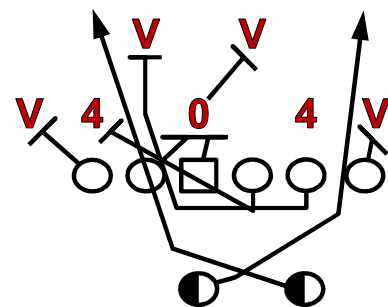
COUNTER LEFT vs 4-4 Stack



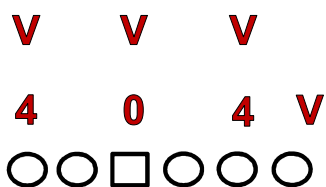
COUNTER LEFT vs 3-4



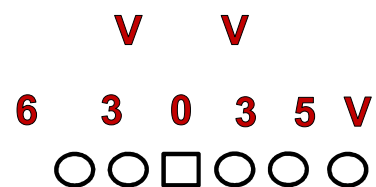
COUNTER LEFT vs 5-2



Will not run COUNTER vs 3-5



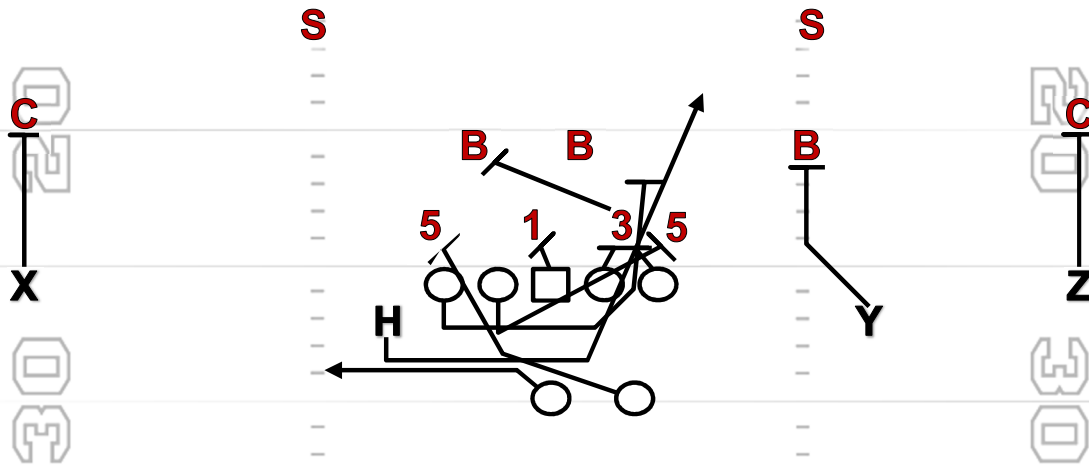
Will not run COUNTER vs Bear



WING COUNTER

Chicago Bears – Hands as big bear

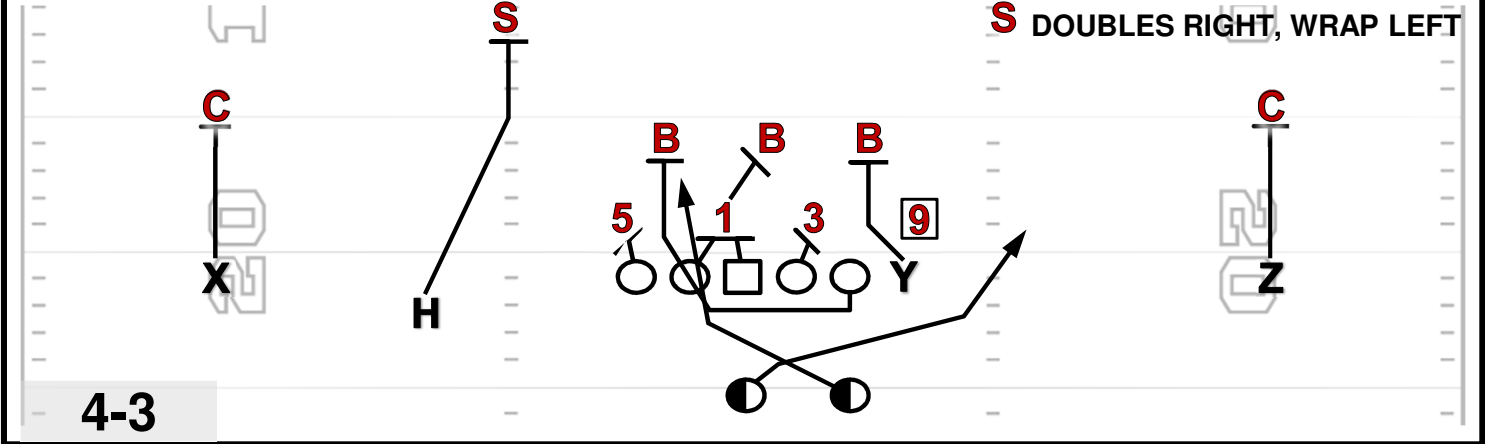
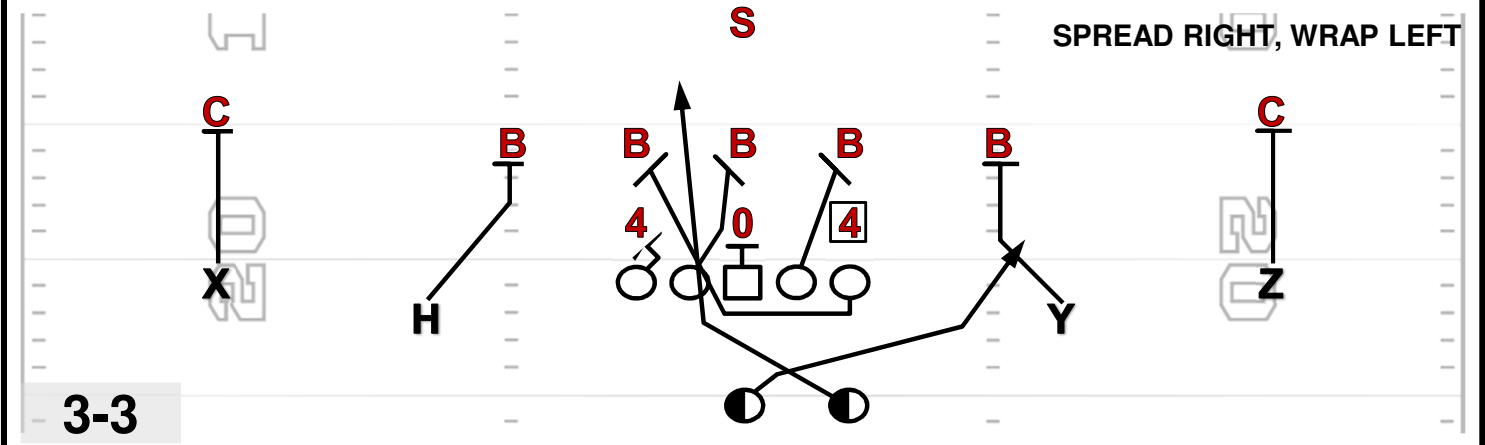
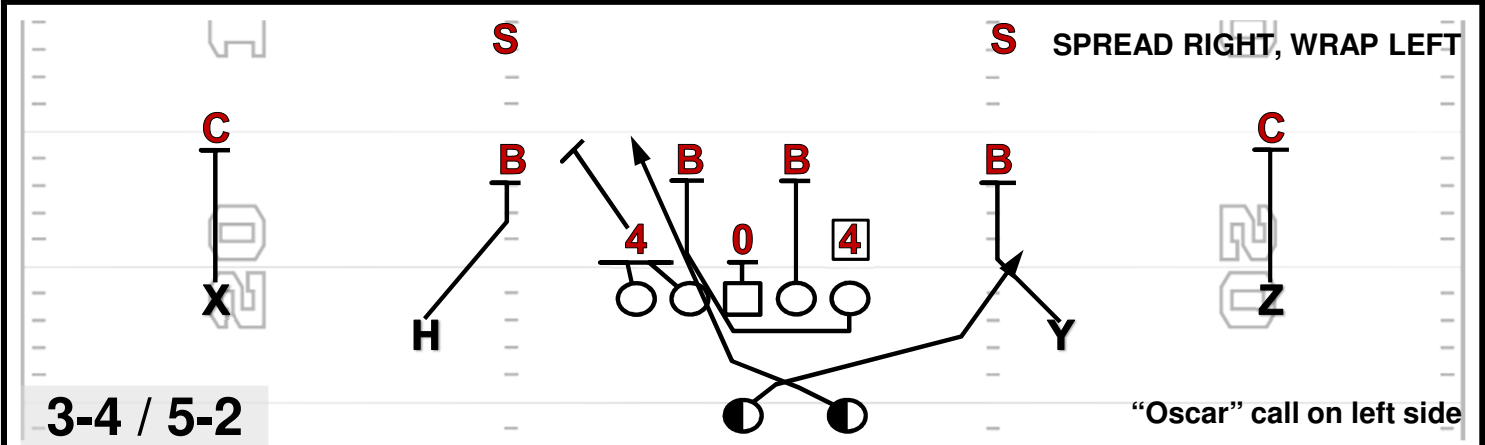
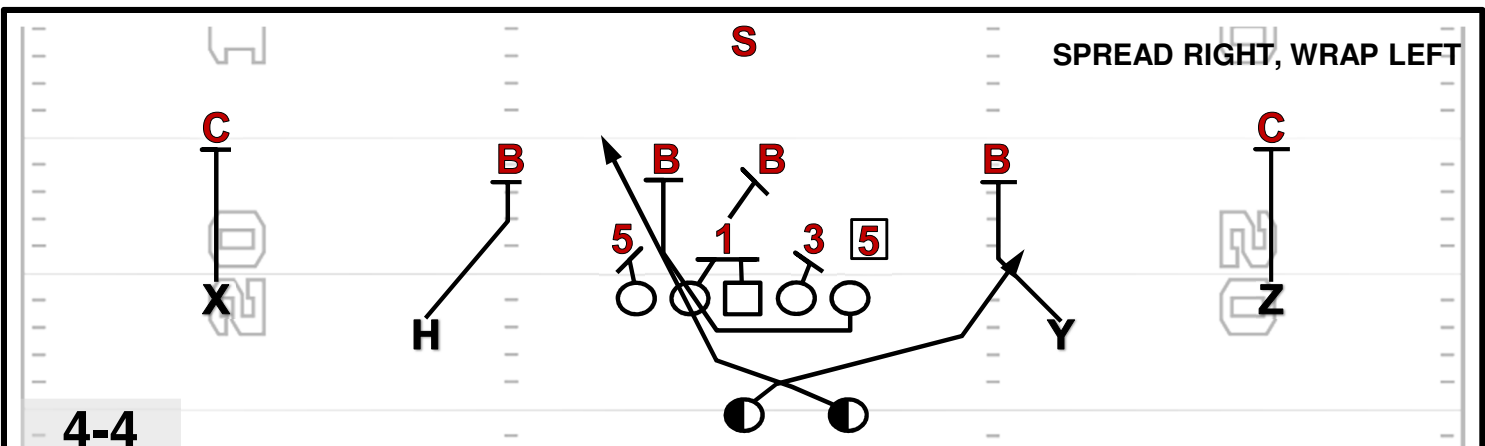
COUNTER can be run to either side against a four-man or three-man front. If there is no tag, the BSG will kick-out and the BST will pull through. If we tag it (Y-COUNTER), the BSG will kick out, but the Y will pull through. We can tag any player to be the pull through player.



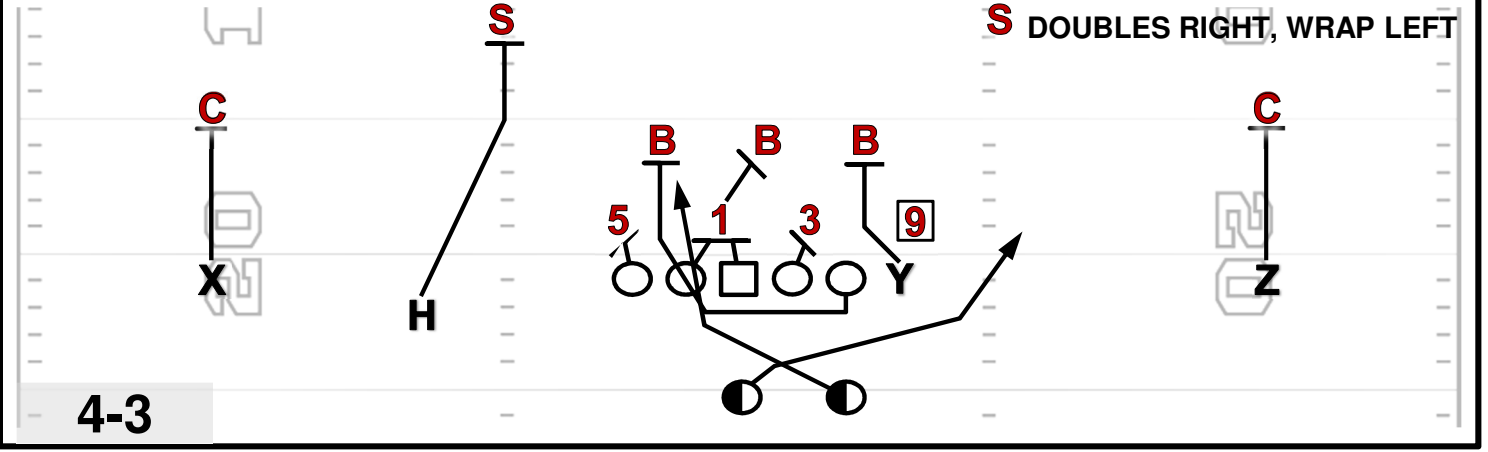
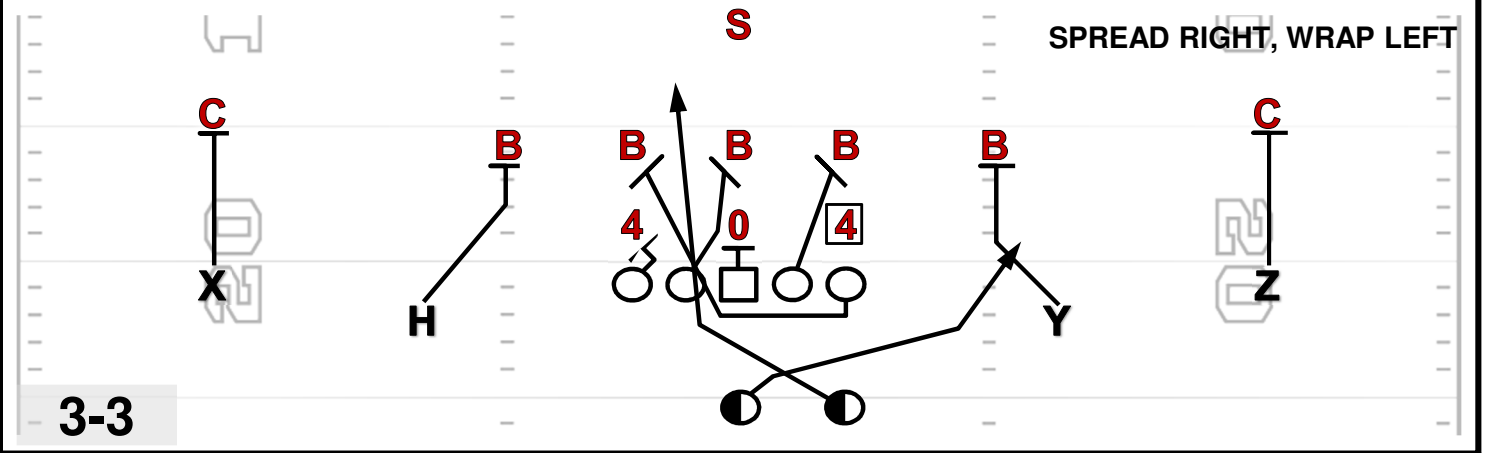
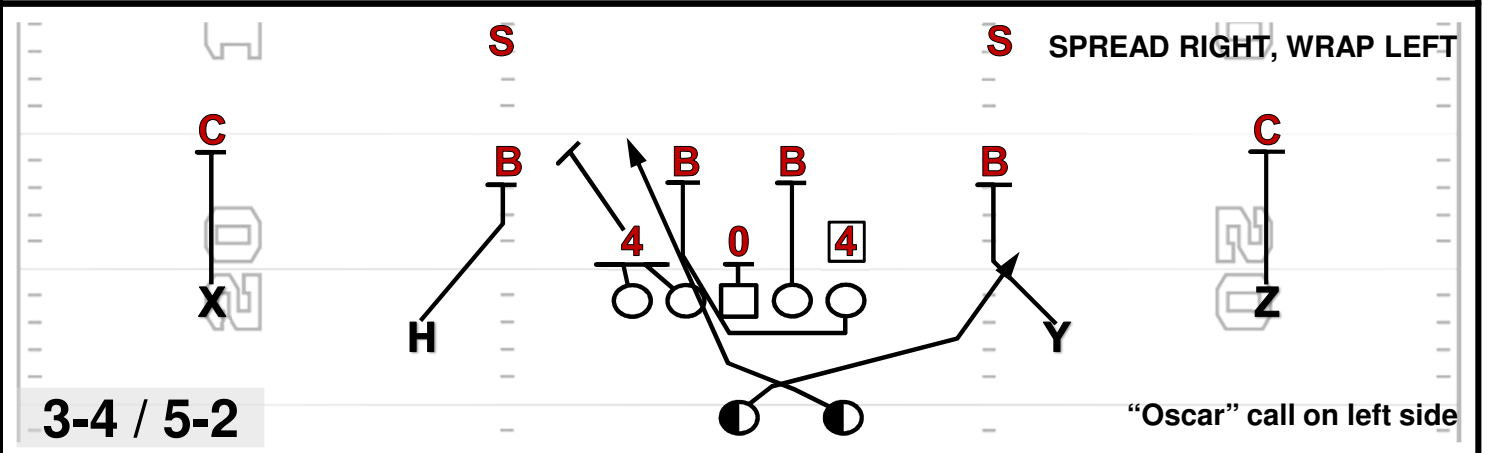
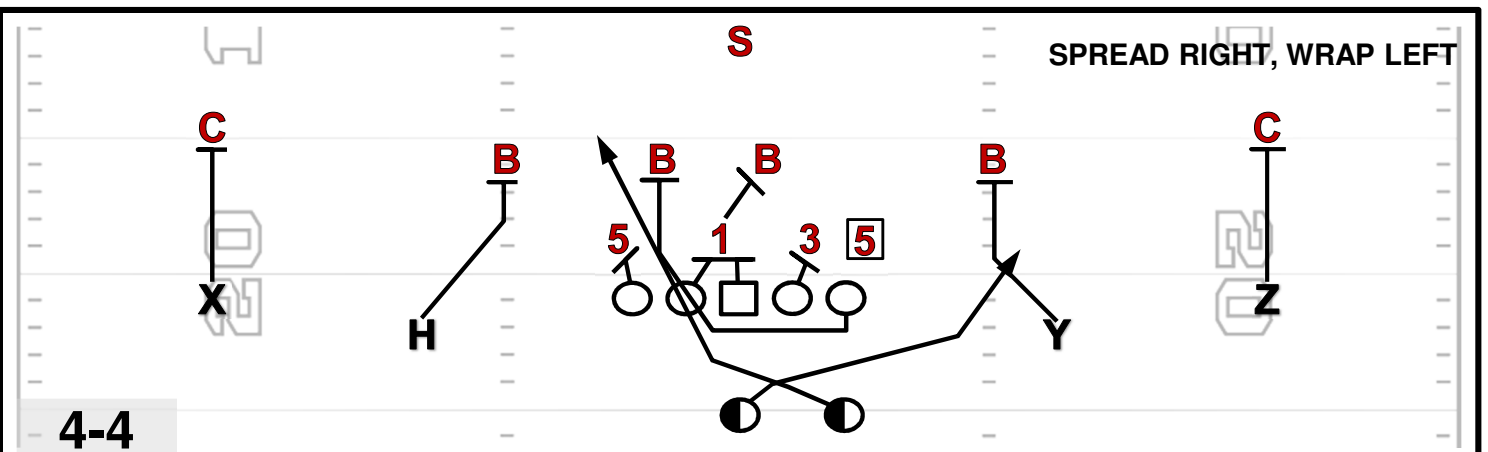
We will always kick out the EMLOS

QB	Secure snap moving towards the LOS, ball fake to the FB coming across and place the ball in the wing's stomach.
F	On your pre-snap read, determine the DL you need to block, come across the QB for the handoff fake, but disregard the fake if you need to get to your block.
X	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
H	Tighten alignment, take a drop step on the snap and come slightly back on your path across the formation. Secure the handoff from the QB and follow the blocks of the BSG & BST.
Y	Align yourself to best execute your responsibility, block nearest man (usually LB that tries to split the difference)
Z	Block man on, if he bails, work towards middle of field, big plays happen because of downfield blocking
PST	On your pre-snap read, identify the EMLOS, combo with the PSG to the backside LB on the second level
PSG	Block man on to backside, possible combo with PST to backside LB
C	Head Up Technique – Block man on Uncovered or Weak Shade – Block backside to replace BSG, must take big lateral step to reach 3-tech
BSG	On your pre-snap read, identify the EMLOS, pull and kick-out the EMLOS
BST	On your pre-snap read, identify the EMLOS and playside LB, pull through hole created by PST down-block and block the first LB to show (usually playside LB)

WRAP

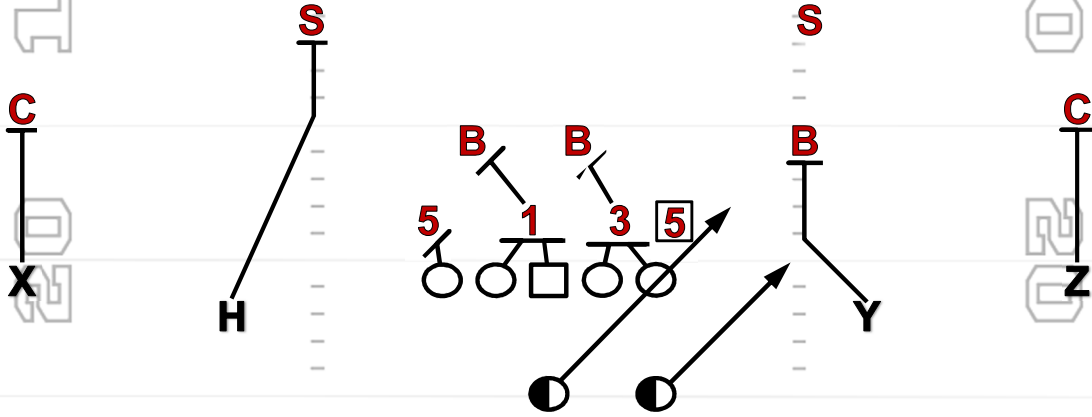


WHAM



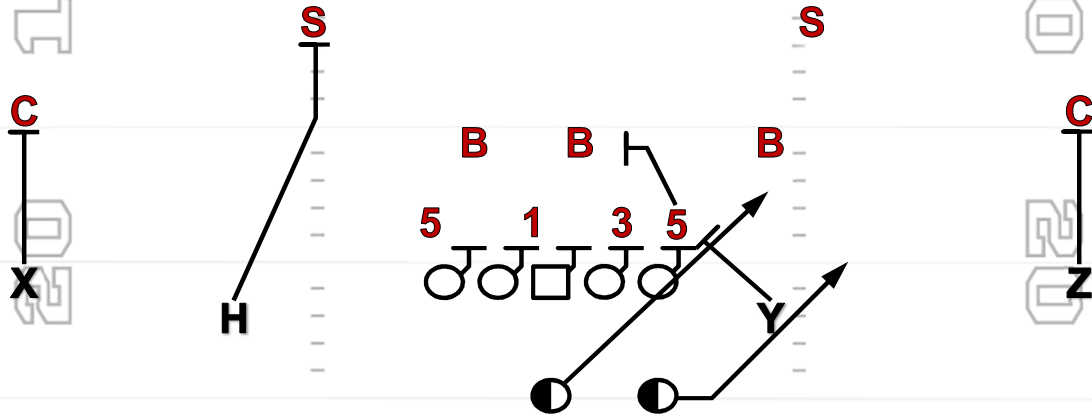
QUICK OPTION

On QUICK we do not block the EMLOS. The QB will usually wind up pitching the ball quickly to the RB so both players need to be ready.



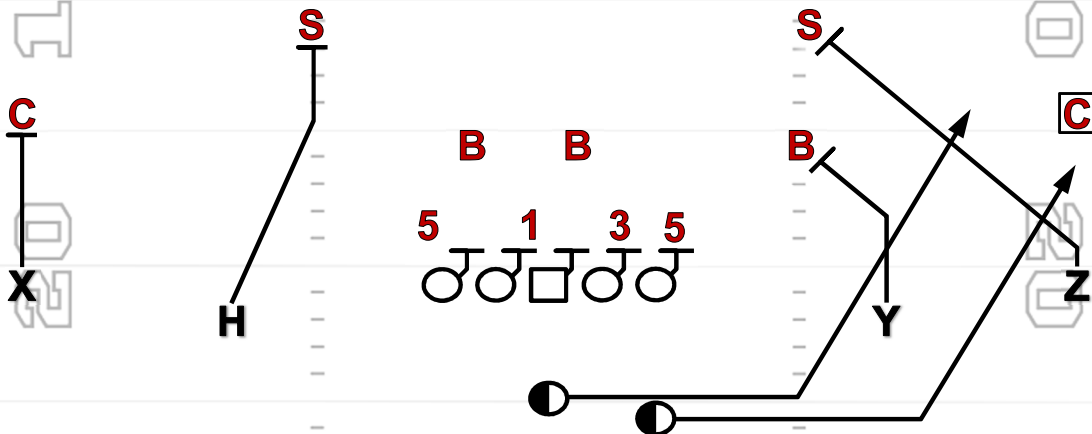
SPEED OPTION

On SPEED we do not block the D-gap player (usually a LB), the RB must stay in pitch relationship with the QB down the field. The right slot will help to secure the DE and will work up to the LB.



ZOOM OPTION

On ZOOM we do not block the CB, the RB must stay in pitch relationship with the QB down the field. The receivers will block back on the LB and S. We like this blocking against Cover 4 teams.



FOOTBALL



X&O'S

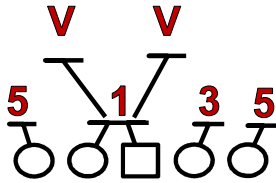
A large red arrow graphic that starts at the right end of the 'S', goes down, then left, then up, and finally right to the tip of the arrow.

PASS GAME

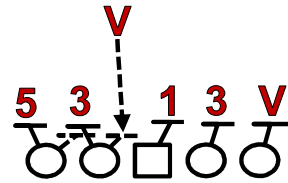
PASS PROTECTION

Quick Game Pass Protection

4-3

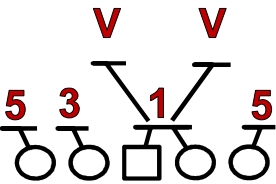


4-3 Under

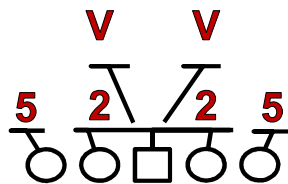


If MLB blitzes, call for LG and LT to block down

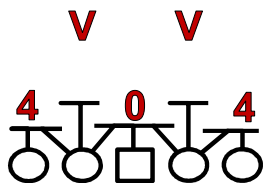
4-4



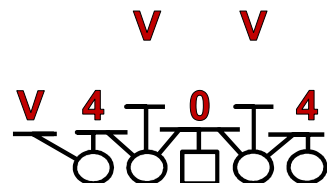
4-4 Stack



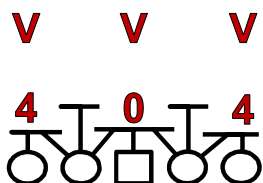
3-4



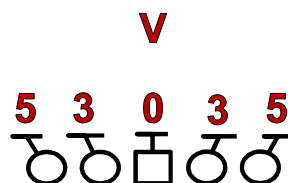
5-2



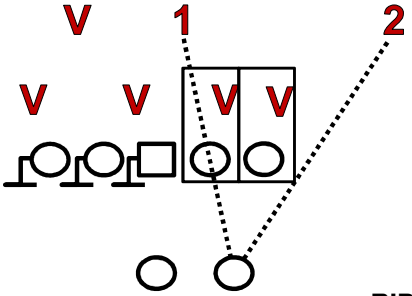
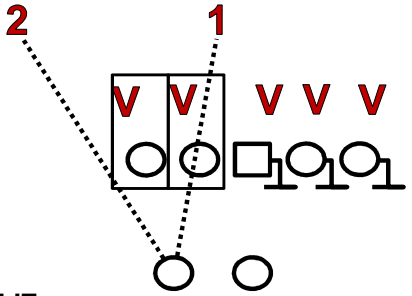
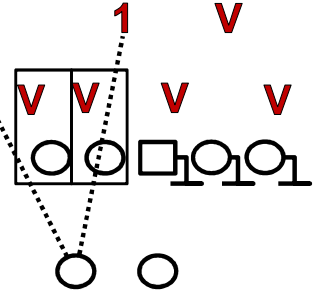
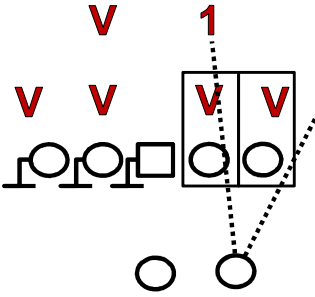
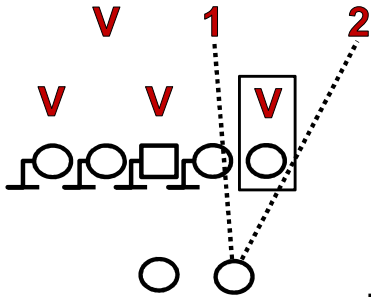
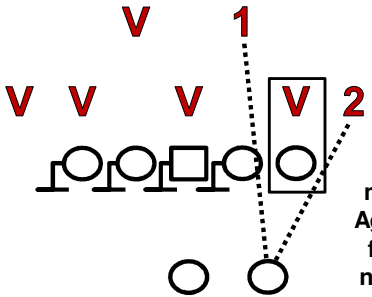
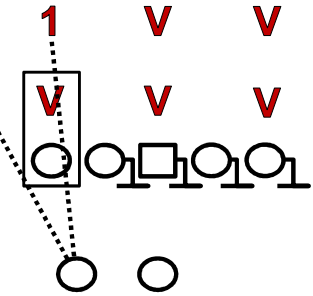
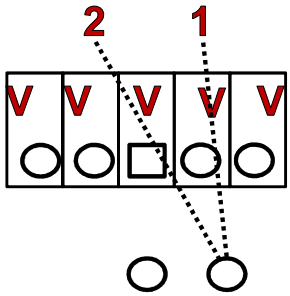
3-5



Bear

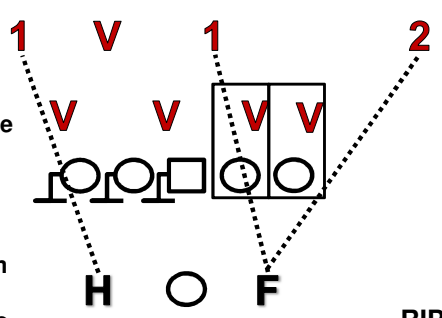
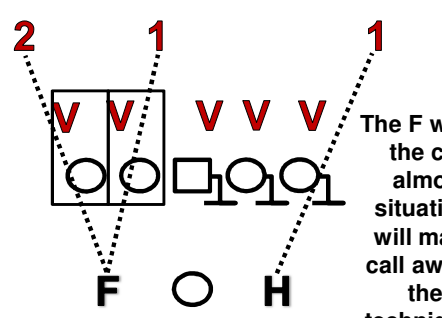
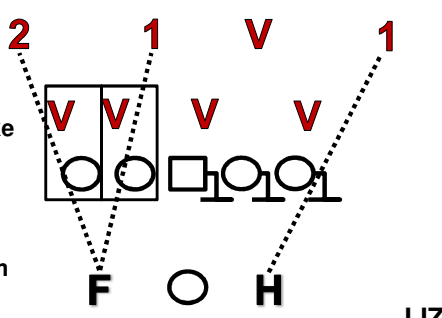
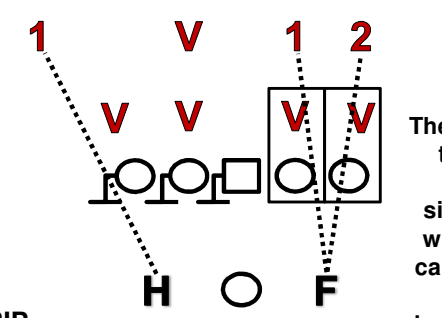
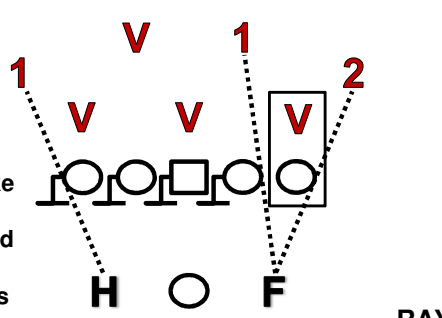
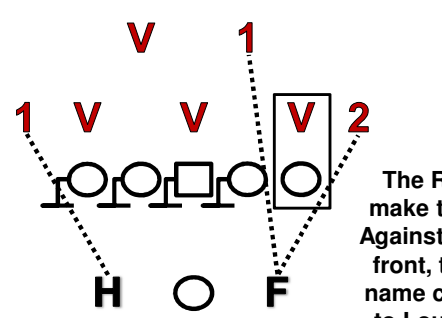
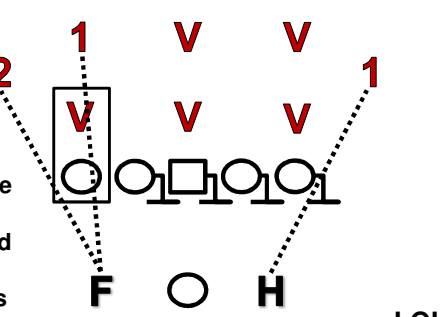
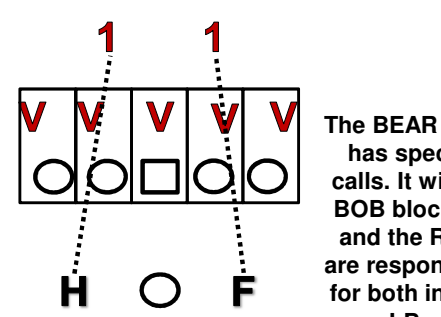


6-Man Pass Protection – Man to the Call Side, Zone Away

<p style="text-align: center;">4-3</p>  <p>The RB will make the call. In almost all situations he will make the call away from the "1" technique side</p> <p style="text-align: right;">RIP</p>	<p style="text-align: center;">4-3 Under</p>  <p>The RB will make the call. In almost all situations he will make the call away from the "1" technique side</p> <p style="text-align: left;">LIZ</p>
<p style="text-align: center;">4-4</p>  <p>The RB will make the call. In almost all situations he will make the call away from the "1" technique side</p> <p style="text-align: right;">LIZ</p>	<p style="text-align: center;">VEER RIGHT vs 4-4 Stack</p>  <p>The RB will make the call. In almost all situations he will make the call away from the "1" technique side</p> <p style="text-align: left;">RIP</p>
<p style="text-align: center;">VEER RIGHT vs 3-4</p>  <p>The RB will make the call. Against an Odd front, the call name changes to Lou & Ray</p> <p style="text-align: right;">RAY</p>	<p style="text-align: center;">VEER RIGHT vs 5-2</p>  <p>The RB will make the call. Against an Odd front, the call name changes to Lou & Ray</p> <p style="text-align: left;">RAY</p>
<p style="text-align: center;">VEER RIGHT vs 3-5</p>  <p>The RB will make the call. Against an Odd front, the call name changes to Lou & Ray</p> <p style="text-align: right;">LOU</p>	<p style="text-align: center;">VEER RIGHT vs Bear</p>  <p>The BEAR front has special calls. It will be BOB blocking and the RB is responsible for both inside LBs</p> <p style="text-align: left;">BOB</p> <p style="text-align: right;">LBs</p>

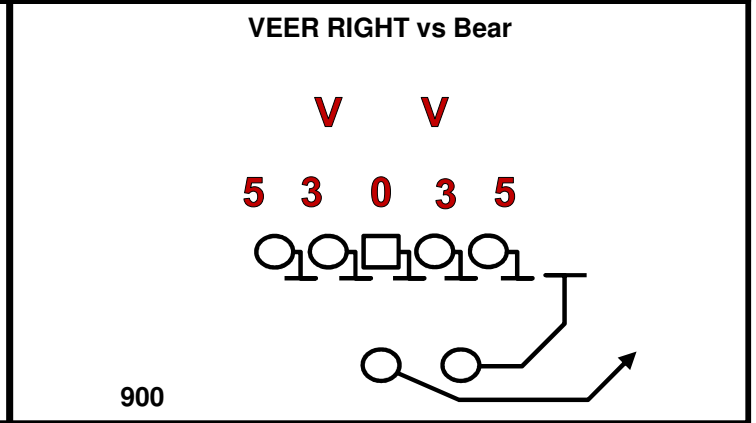
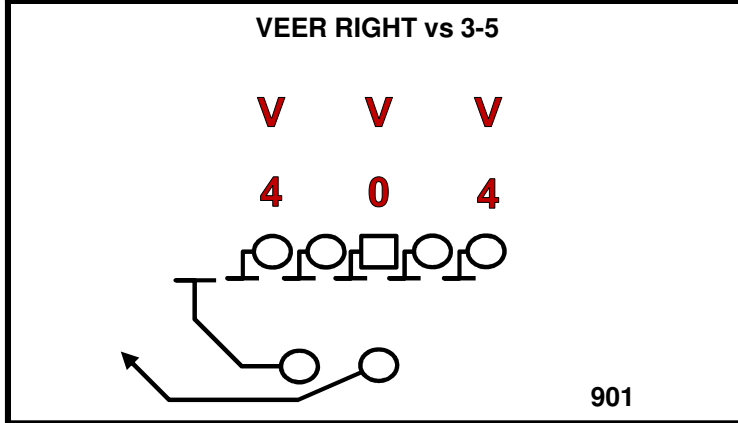
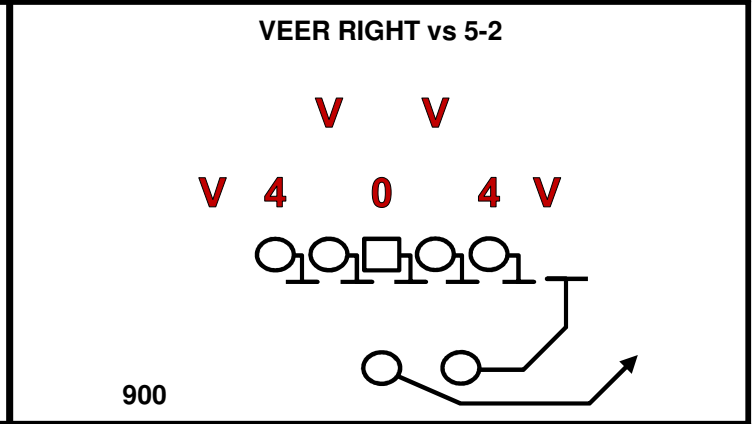
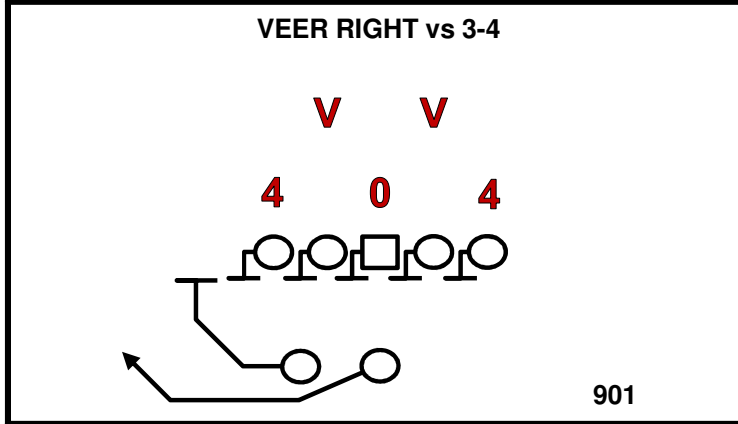
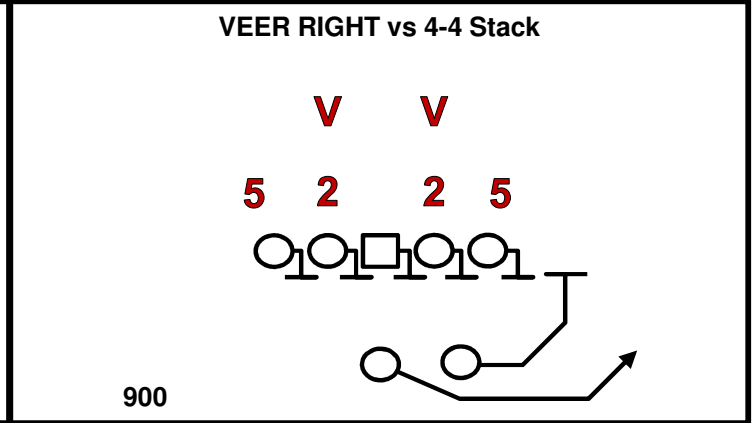
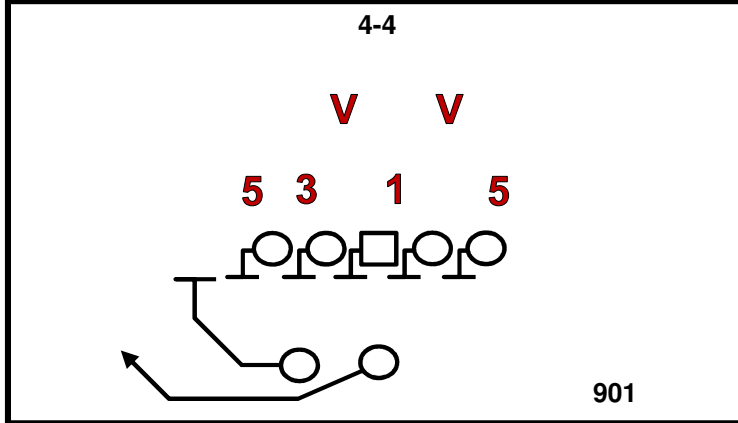
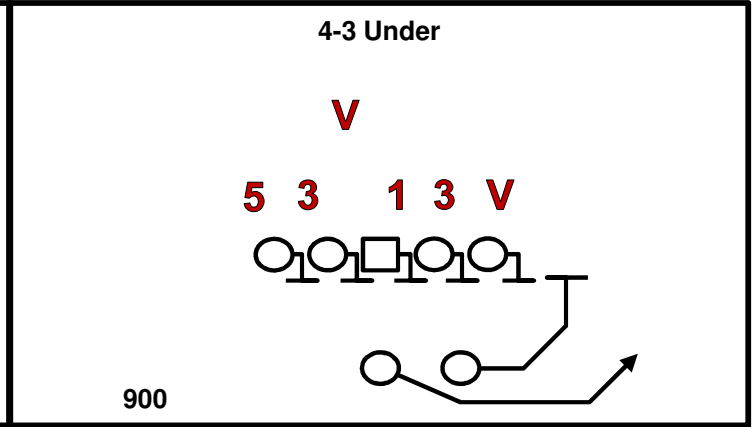
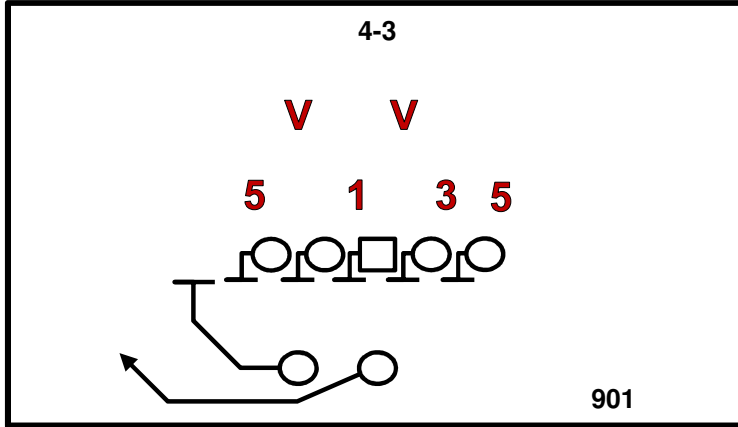
PASS PROTECTION

7-Man Pass Protection – Man to the Call Side, Zone Away

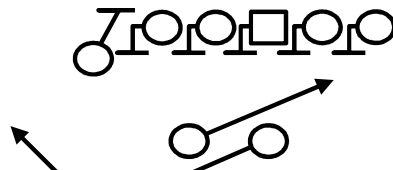
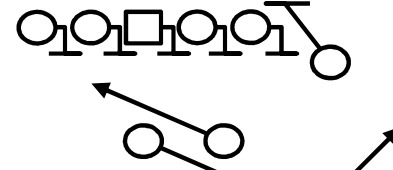
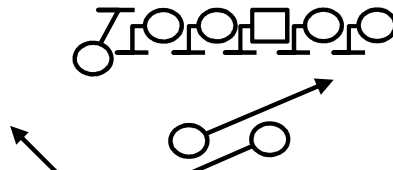
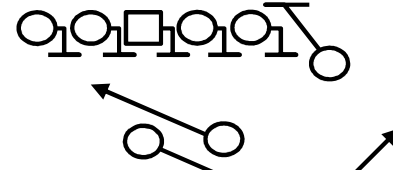
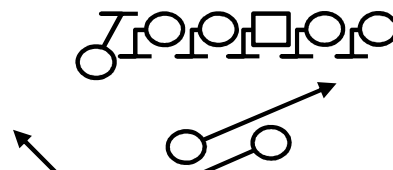
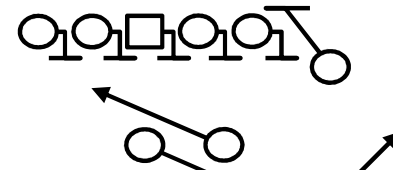
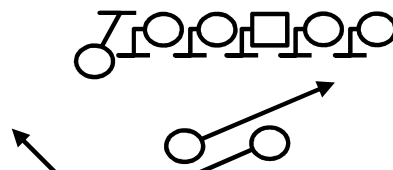
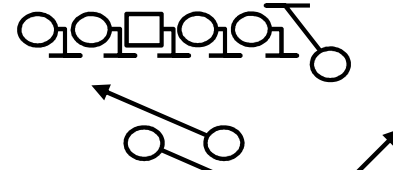
<p style="text-align: center;">4-3</p>  <p>The F will make the call. In almost all situations he will make the call away from the "1" technique side</p> <p style="text-align: right;">RIP</p>	<p style="text-align: center;">4-3 Under</p>  <p>The F will make the call. In almost all situations he will make the call away from the "1" technique side</p> <p style="text-align: left;">LIZ</p>
<p style="text-align: center;">4-4</p>  <p>The F will make the call. In almost all situations he will make the call away from the "1" technique side</p> <p style="text-align: right;">LIZ</p>	<p style="text-align: center;">VEER RIGHT vs 4-4 Stack</p>  <p>The F will make the call. In almost all situations he will make the call away from the "1" technique side</p> <p style="text-align: left;">RIP</p>
<p style="text-align: center;">VEER RIGHT vs 3-4</p>  <p>The F will make the call. Against an Odd front, the call name changes to Lou & Ray</p> <p style="text-align: right;">RAY</p>	<p style="text-align: center;">VEER RIGHT vs 5-2</p>  <p>The RB will make the call. Against an Odd front, the call name changes to Lou & Ray</p> <p style="text-align: left;">RAY</p>
<p style="text-align: center;">VEER RIGHT vs 3-5</p>  <p>The F will make the call. Against an Odd front, the call name changes to Lou & Ray</p> <p style="text-align: right;">LOU</p>	<p style="text-align: center;">VEER RIGHT vs Bear</p>  <p>The BEAR front has special calls. It will be BOB blocking and the RB's are responsible for both inside LBs</p> <p style="text-align: left;">BOB</p> <p style="text-align: right;">LBs</p>

PASS PROTECTION

Sprint Out Pass Protection (900-Right, 901-Left)

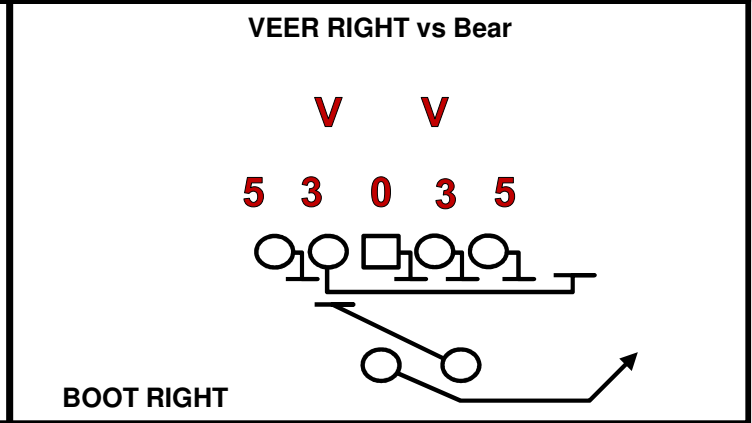
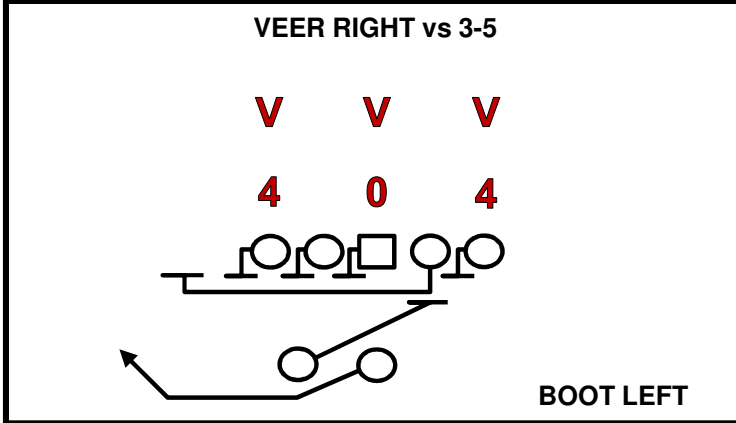
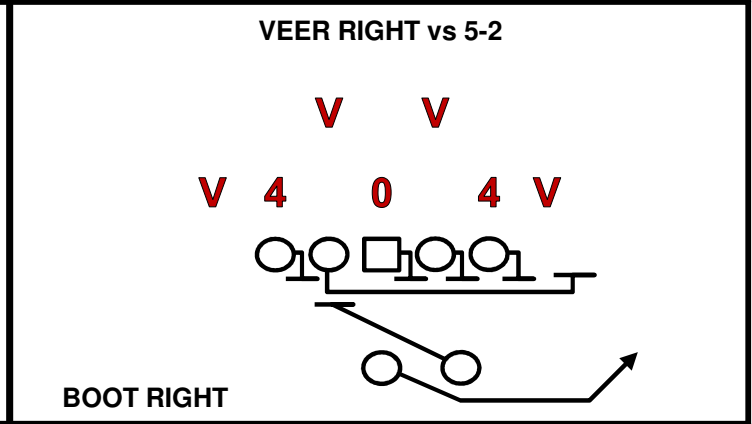
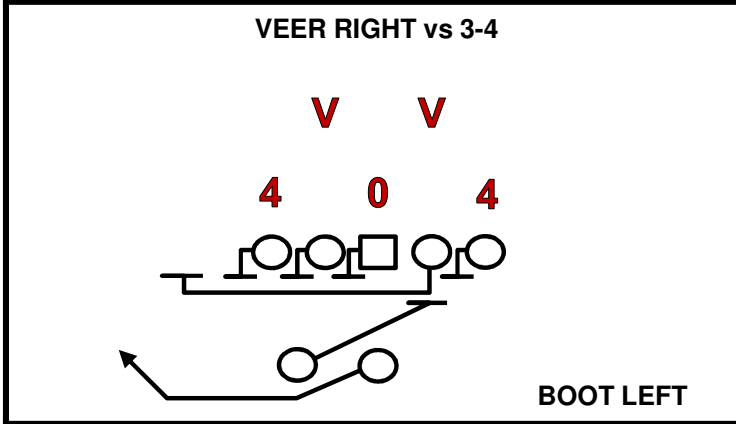
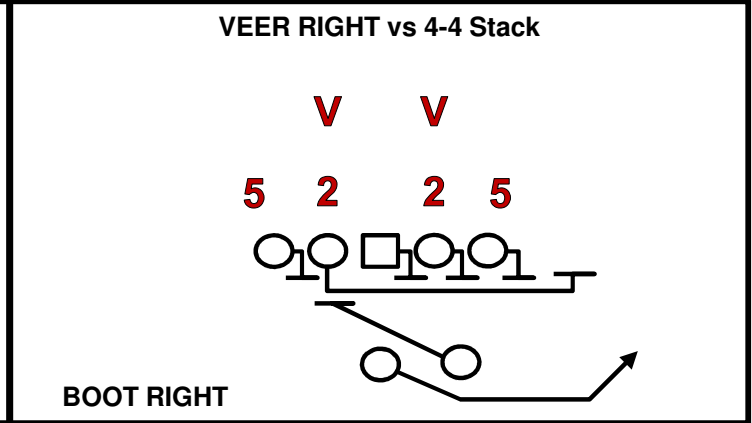
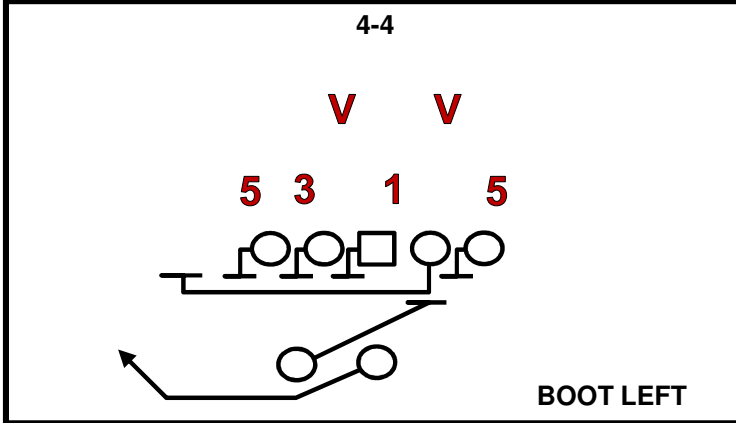
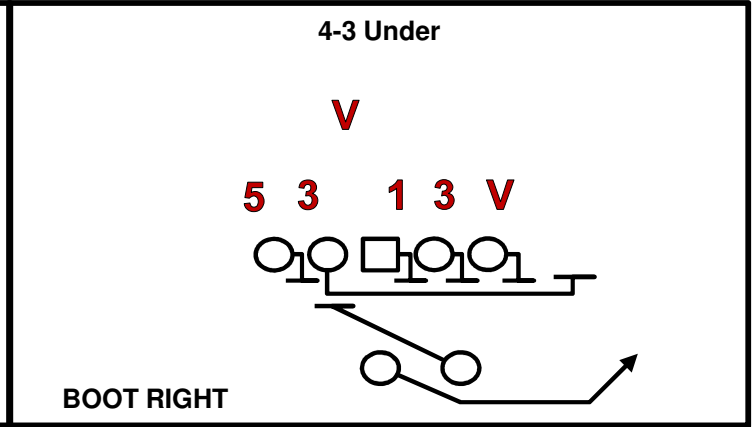
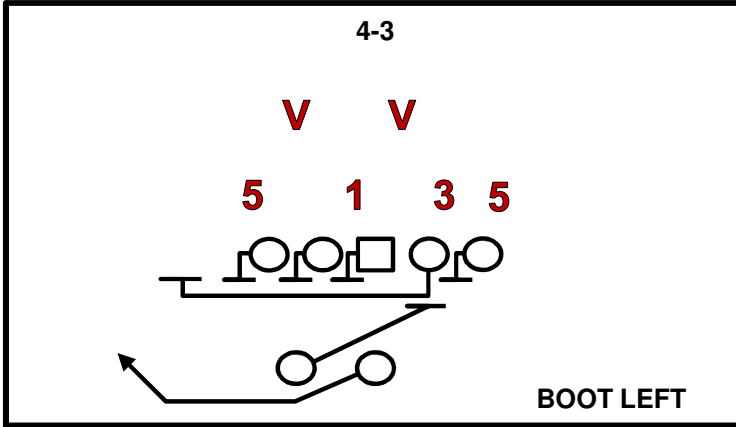


Pinch Pass Protection

<p style="text-align: center;">4-3</p> <p style="text-align: center;">V V</p> <p style="text-align: center;">5 1 3 5</p>  <p style="text-align: right;">PINCH LEFT</p>	<p style="text-align: center;">4-3 Under</p> <p style="text-align: center;">V</p> <p style="text-align: center;">5 3 1 3 V</p>  <p style="text-align: left;">PINCH RIGHT</p>
<p style="text-align: center;">4-4</p> <p style="text-align: center;">V V</p> <p style="text-align: center;">5 3 1 5</p>  <p style="text-align: right;">PINCH LEFT</p>	<p style="text-align: center;">VEER RIGHT vs 4-4 Stack</p> <p style="text-align: center;">V V</p> <p style="text-align: center;">5 2 2 5</p>  <p style="text-align: left;">PINCH RIGHT</p>
<p style="text-align: center;">VEER RIGHT vs 3-4</p> <p style="text-align: center;">V V</p> <p style="text-align: center;">4 0 4</p>  <p style="text-align: right;">PINCH LEFT</p>	<p style="text-align: center;">VEER RIGHT vs 5-2</p> <p style="text-align: center;">V V</p> <p style="text-align: center;">V 4 0 4 V</p>  <p style="text-align: left;">PINCH RIGHT</p>
<p style="text-align: center;">VEER RIGHT vs 3-5</p> <p style="text-align: center;">V V V</p> <p style="text-align: center;">4 0 4</p>  <p style="text-align: right;">PINCH LEFT</p>	<p style="text-align: center;">VEER RIGHT vs Bear</p> <p style="text-align: center;">V V</p> <p style="text-align: center;">5 3 0 3 5</p>  <p style="text-align: left;">PINCH RIGHT</p>

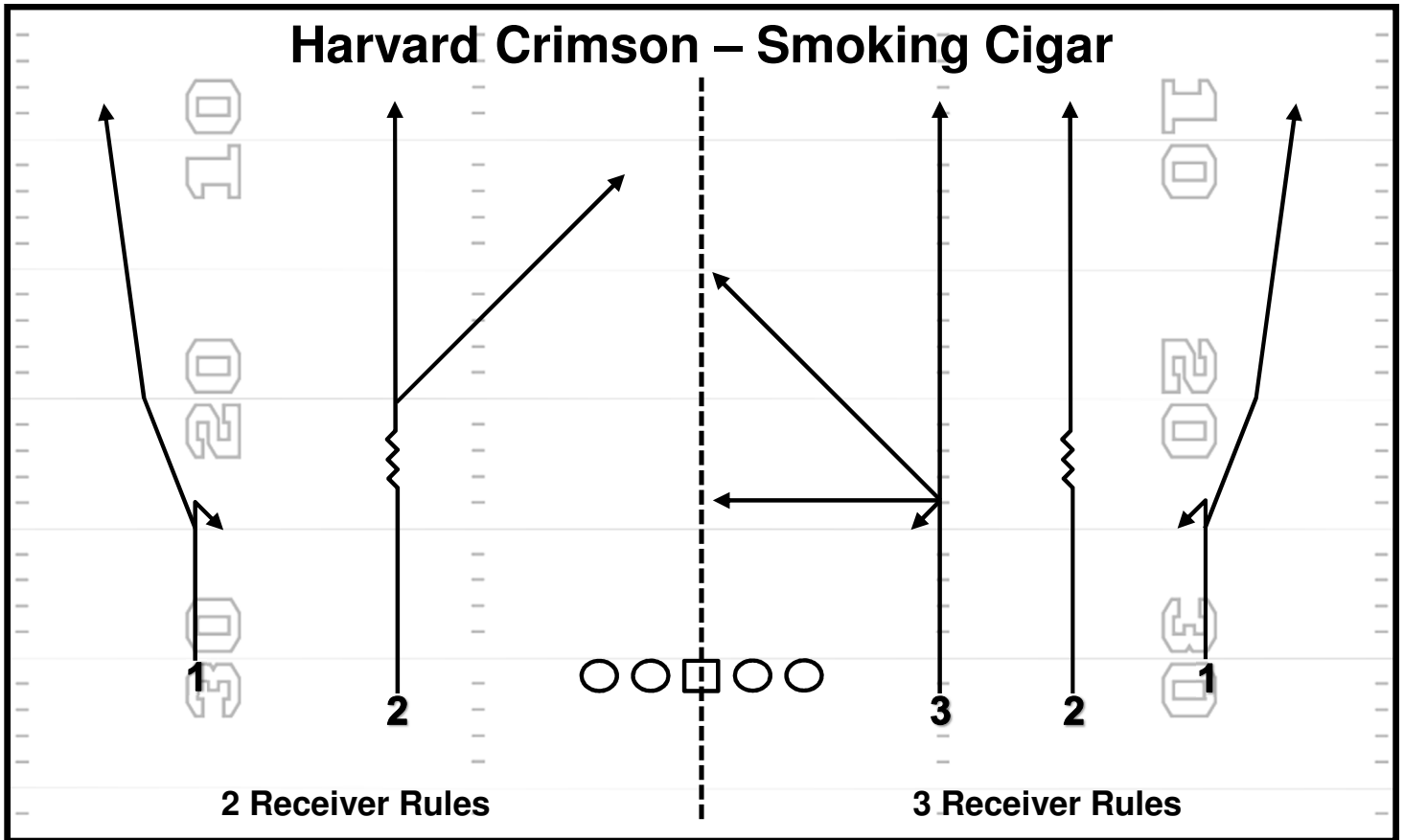
PASS PROTECTION

Boot Pass Protection



HITCH

Harvard Crimson – Smoking Cigar

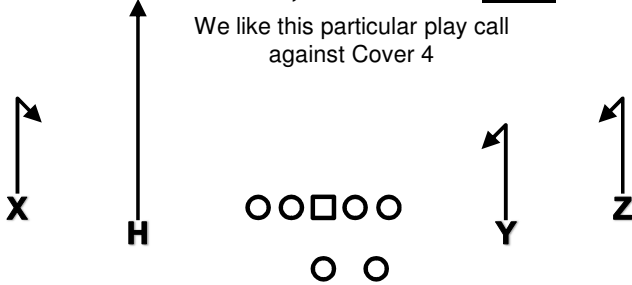


POS	ASSIGNMENT	COACHING POINTS
QB	3 Step Drop. Work side of deepest CB. Read the flat defender. If shoulders stay closed, throw the hitch now, if shoulders open to flat, hit the Seam in the void.	Read: Flat Defender Danger: Next Inside LB Timing is important. Throw the Hitch before his break.
THREE RECEIVER RULES		
#1	Hitch-Fade Read. Align 14 yards outside the Tackle. Attack the outside shoulder of the CB. Drive hard to 6 yards. Snap your head and hands around. If the CB is closing or levels at 6 yards, burst past him on the Fade route.	After catch on Hitch, spin to the outside and get North and South to get positive YAC.
#2	Seam. Attack outside shoulder of defender over you. Avoid collision with defender, work vertical and throttle down in zone after you clear the defender.	Do not get too wide, must stay on vertical stem.
#3	Get Open. You have the freedom to get open after 7-yards. Do not drift into the Seam area.	Vs. Man-to-Man: Get across field at 7-yards
TWO RECEIVER RULES		
#1	Hitch-Fade Read (see above)	
#2	Seam. Split difference between #1 and Tackle. Same rules as above, but you have the ability to use the middle of the field if the safety vacates.	

Harvard Crimson – Smoking Cigar

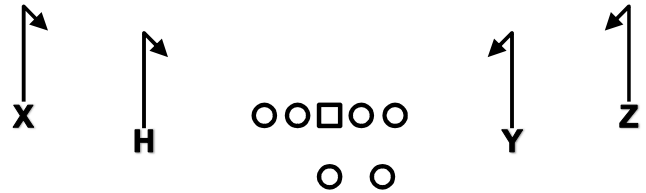
SPREAD RIGHT, HITCH RIGHT DUPE

We like this particular play call against Cover 4



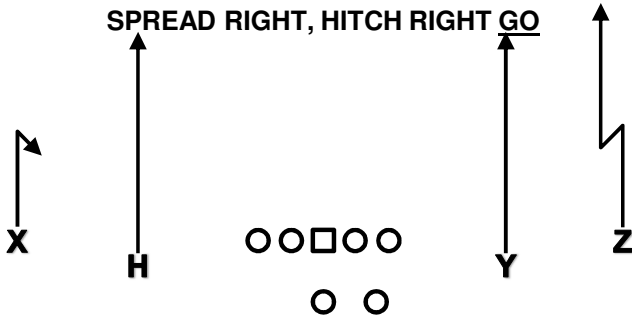
DUPE tells the #2 Receiver to duplicate the same route as #1. This tag applies to our Hitch & Slant routes.

SPREAD RIGHT, HITCH RIGHT DOUBLE DUPE



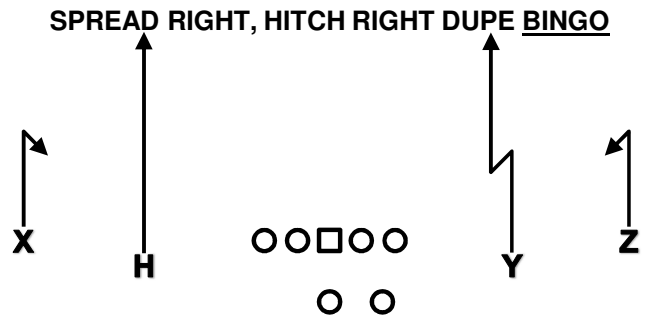
DOUBLE tells the backside to run the same tag as the frontside of the route. This tag applies to our Hitch & Slant routes.

SPREAD RIGHT, HITCH RIGHT GO



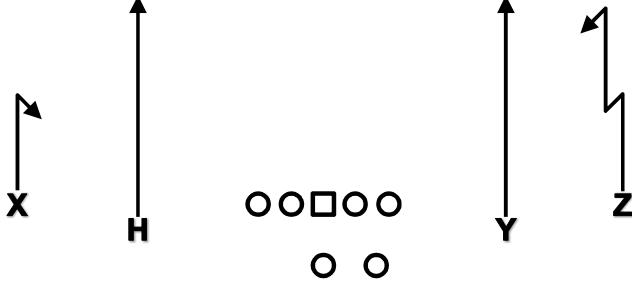
GO tells the #1 Receiver to the frontside to run a GO on top of their called route. In this case it is a Hitch & Go. This tag also applies to our Slant Route (Slant & Go).

SPREAD RIGHT, HITCH RIGHT DUPE BINGO



BINGO tells the #2 Receiver to run a GO on top of their called route. In this case it is a Hitch & Go. This tag applies throughout our pass game.

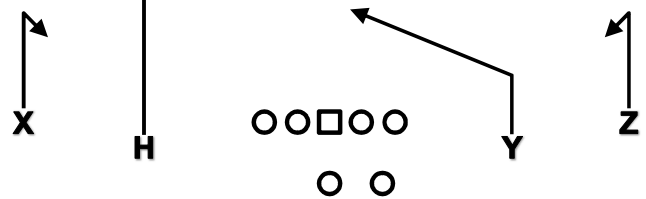
SPREAD RIGHT, HITCH RIGHT STUTTER



STUTTER tells the #1 Receiver to run a "Hitch on top of a Hitch".

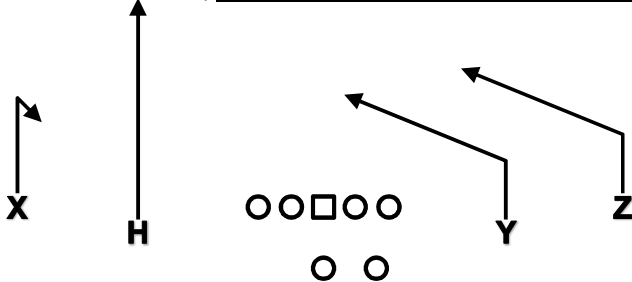
SPREAD RIGHT, HITCH RIGHT Y-SLANT

We like this particular play call against Cover 4



Y-SLANT tells our Y to run a Slant. This type of tag is used throughout our offense.

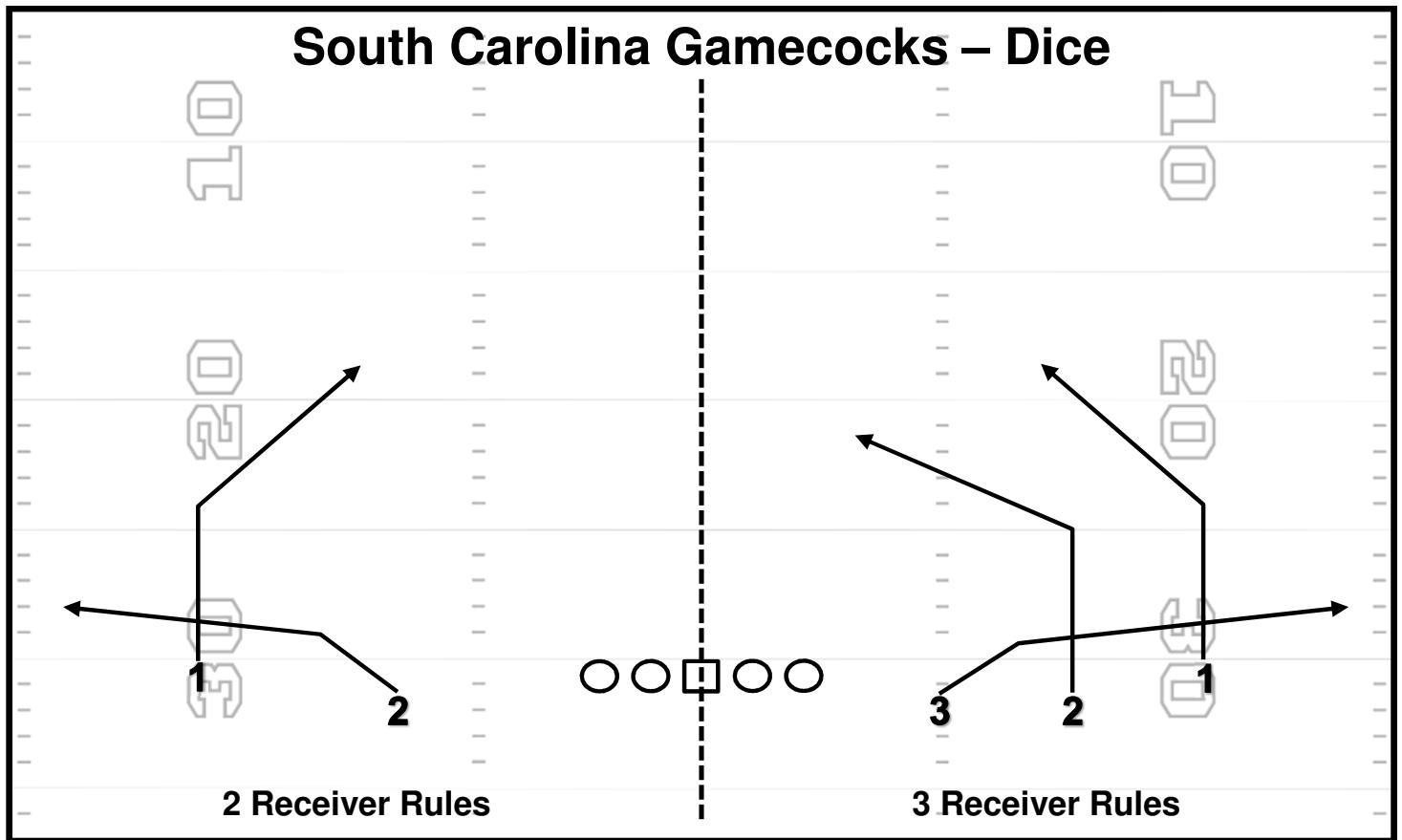
SPREAD RIGHT, HITCH LEFT, SLANT RIGHT DUPE



This is an example of combining two plays into one. In this situation we combined Hitch (Cov.3) to the left and Slant Dupe (Cov.2 & Cov.4) to the right.

SLANT

South Carolina Gamecocks – Dice

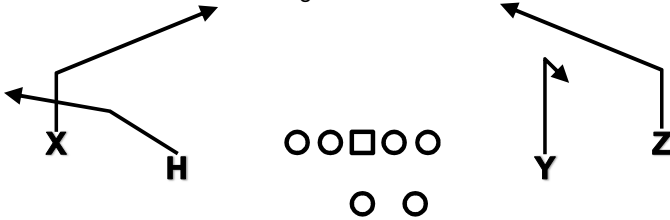


POS	ASSIGNMENT	COACHING POINTS
QB	3 Step Drop. Always throw any singled slant if short defender aligns tight. 2 WR Side: Key shoulders of first short defender (flat defender), if shoulders stay square, throw the shoot now. If he widens, throw the slant in the window. 3 WR Side: Same read, hit inside slant if second defender widens	Read: Flat Defender Danger: Next Inside LB To 3 WR side, Danger player becomes the third short defender (usually MLB)
THREE RECEIVER RULES		
#1	Slant. Align 14 yards outside the Tackle. Drive hard to 6 yards using whatever width you need to get an inside release. Plant and burst to the inside expecting the ball.	Stay skinny on route, get inside flat defender, but stay outside next inside defender
#2	Slant. Best release past short defender over you. Push stem to 5 yards, plant and burst to the inside expecting the ball. Work inside of the second short defender, but stay outside the next defender.	
#3	Shoot. Get width on your initial stem, aiming point is to run out of bounds at 3 yards. To the short side, push vertical before getting width to keep timing the same.	Vs. Man-to-Man: Push vertical on stem to create separation.
TWO RECEIVER RULES		
#1	Slant. (See Above)	
#2	Shoot. (See Above)	

South Carolina Gamecocks – Dice

SPREAD RIGHT, SLANT RIGHT Y-STICK

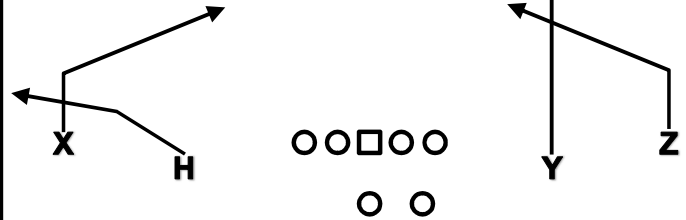
We like this particular play call against Man-to-Man



Y-STICK tells our Y to run a Stick route. This type of tag is used throughout our offense.

SPREAD RIGHT, SLANT RIGHT Y-SEAM

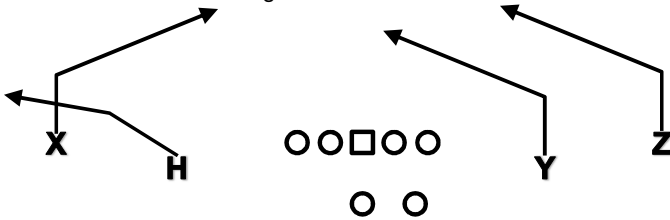
We like this particular play call against Cover 4



Y-SEAM tells our Y to run a Seam route. This type of tag is used throughout our offense.

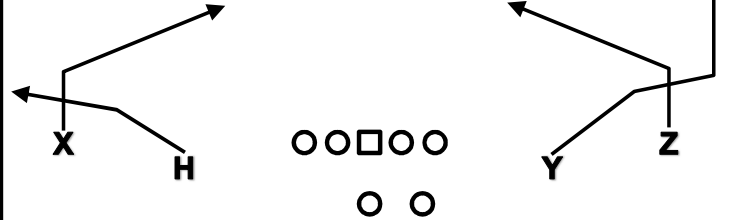
SPREAD RIGHT, SLANT RIGHT DUPE

We like this particular play call against Cov.4 & Cov.2



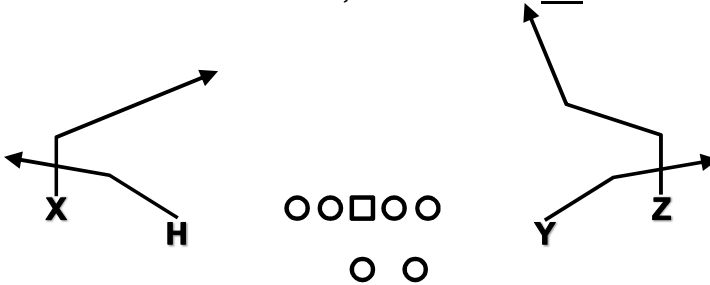
DUPE tells the #2 Receiver to duplicate the same route as #1. This tag applies to our Hitch & Slant routes.

SPREAD RIGHT, SLANT RIGHT BINGO



BINGO tells the #2 Receiver to run a GO on top of their called route. In this case it is a Shoot & Go. This tag applies throughout our pass game.

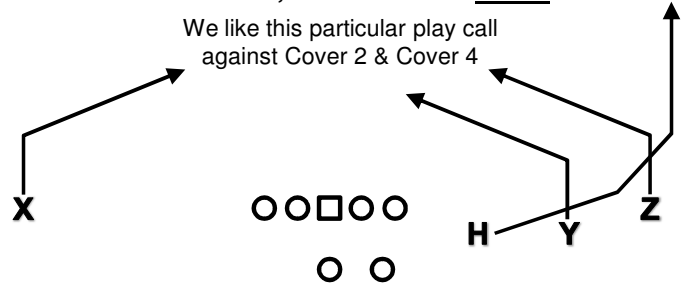
SPREAD RIGHT, SLANT RIGHT GO



GO tells the #1 Receiver to the frontside to run a GO on top of their called route. In this case it is a Slant & Go.

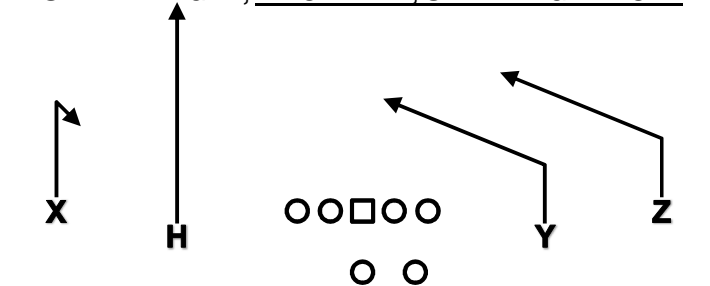
TRIPS RIGHT, SLANT RIGHT TURN

We like this particular play call against Cover 2 & Cover 4



TURN tells the receiver running the Shoot route to run a Turn route. The route is essentially an instant Wheel route.

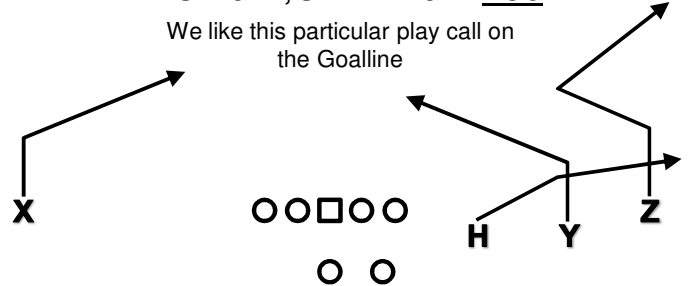
SPREAD RIGHT, HITCH LEFT, SLANT RIGHT DUPE



This is an example of combining two plays into one. In this situation we combined Hitch (Cov.3) to the left and Slant Dupe (Cov.2 & Cov.4) to the right.

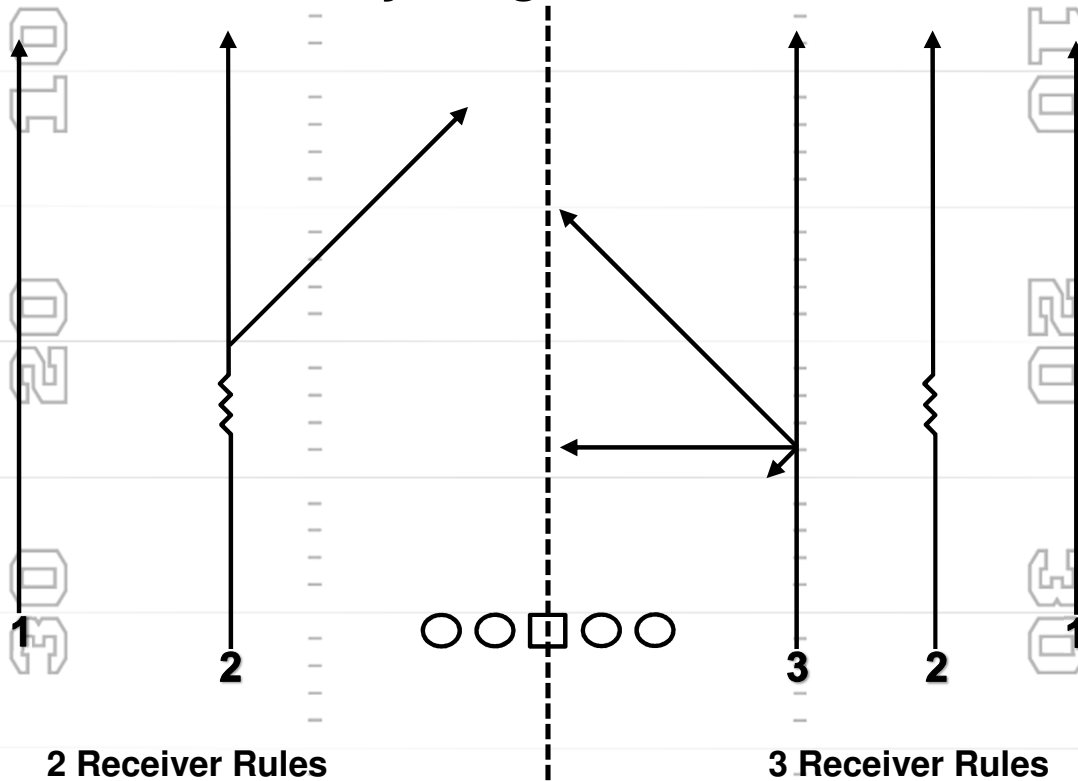
TRIPS RIGHT, SLANT RIGHT DOG

We like this particular play call on the Goalline



DOG tells the #1 receiver to run a Slant Corner. It is three steps to the slant and the aiming point is the back pylon.

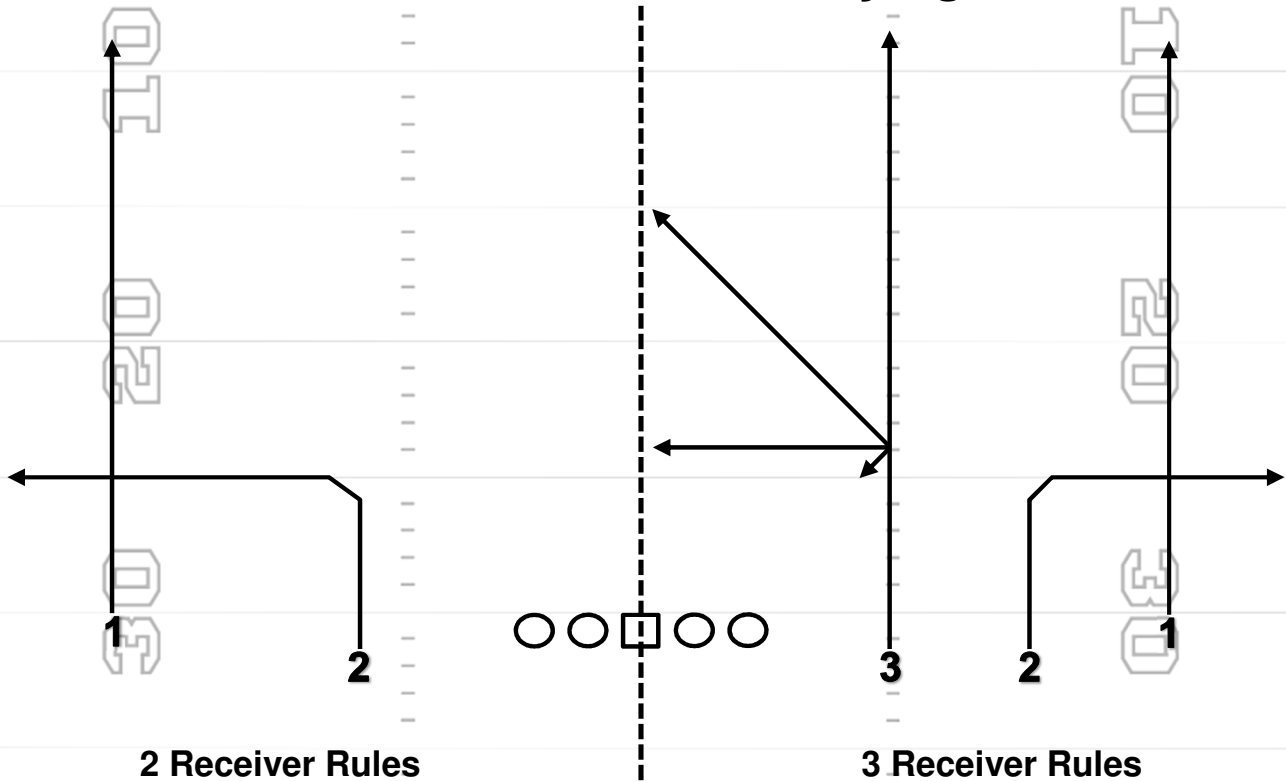
Army Knights – Pistol



POS	ASSIGNMENT	COACHING POINTS
QB	3 Step Drop. Use pre-snap read to determine which side you will work depending on matchup, field width or safety width. Cover 3: May be able to manipulate the middle of the field safety to hit either of the seam routes.	Read: Pre-Snap Read Danger: Fast-flowing Safety
THREE RECEIVER RULES		
#1	Fade. Release outside against press coverage and widen after the initial two steps to get width and separation from the defender.	Box out defender on underthrows and get the ball at its highest point
#2	Seam. Attack outside shoulder of defender over you. Avoid collision with defender, work vertical and throttle down in zone after you clear the defender.	Do not get too wide, must stay on vertical stem.
#3	Get Open. You have the freedom to get open after 7-yards. Do not drift into the Seam area.	Vs. Man-to-Man: Get across field at 7-yards
TWO RECEIVER RULES		
#1	Fade. (See Above)	
#2	Seam. Split difference between #1 and Tackle. Same rules as above, but you have the ability to use the middle of the field if the safety vacates.	

FADE-OUT

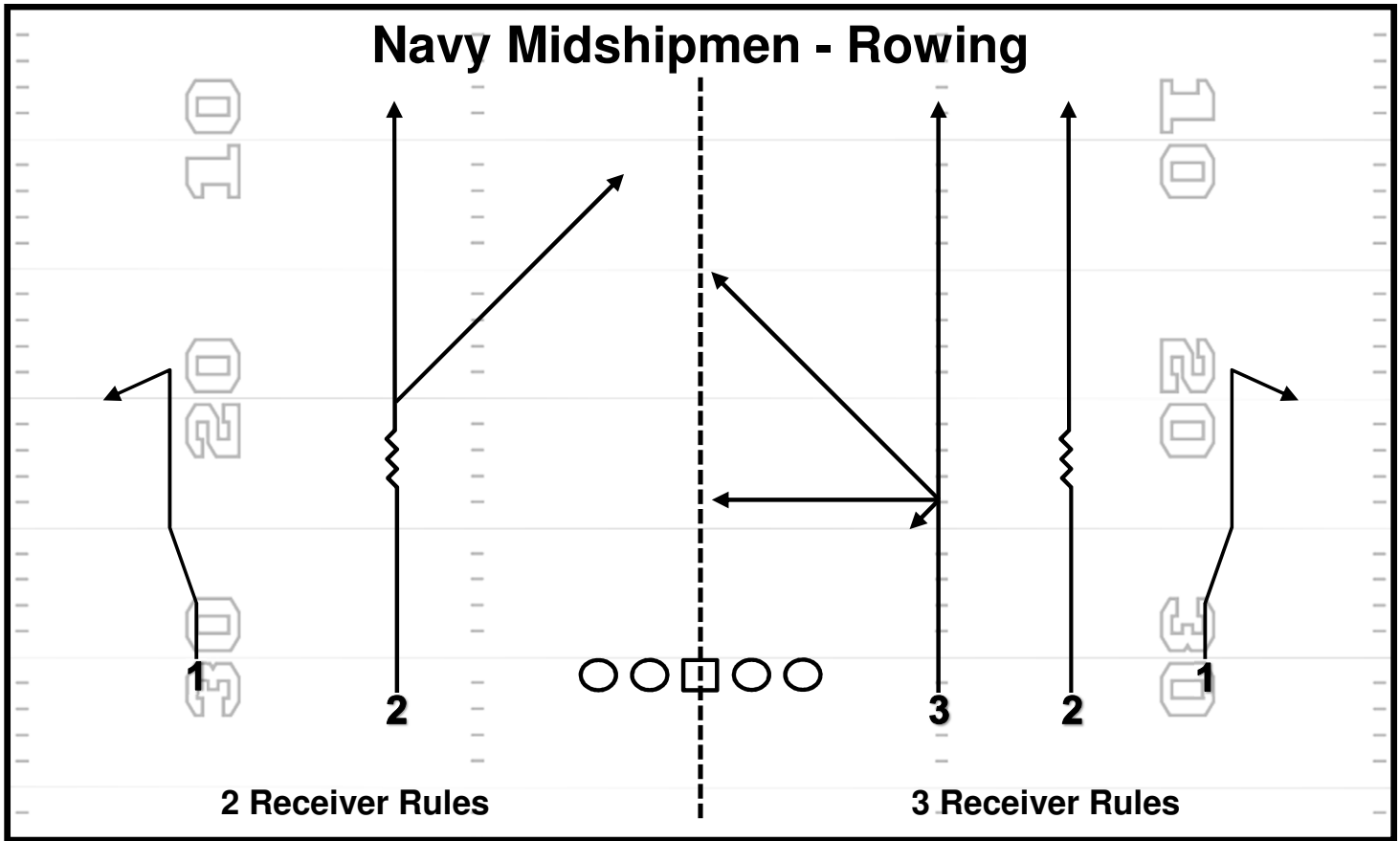
Air Force Falcons - Flying



POS	ASSIGNMENT	COACHING POINTS
QB	3 Step Drop. Use pre-snap read to determine which side you will work depending on matchup, field width or safety width. Read the drop of the CB. If he bails with the Fade, throw the Speed Out. If the CB sits or comes up on the Speed Out, hit the Fade quickly in the void.	Read: Pre-Snap Read to CB Danger: Flat Defender / Safety
THREE RECEIVER RULES		
#1	Fade. Release outside against press coverage and widen after the initial two steps to get width and separation from the defender.	Box out defender on underthrows and get the ball at its highest point
#2	Speed Out. Push vertical to 4-yards and use a speed cut to break out towards the sideline.	Do not drift downfield after speed cut. Come slightly back towards LOS.
#3	Get Open. You have the freedom to get open after 7-yards. Do not drift into the Seam area.	Vs. Man-to-Man: Get across field at 7-yards
TWO RECEIVER RULES		
#1	Fade. (See Above)	
#2	Speed Out. (See Above)	

FADE-STOP

Navy Midshipmen - Rowing

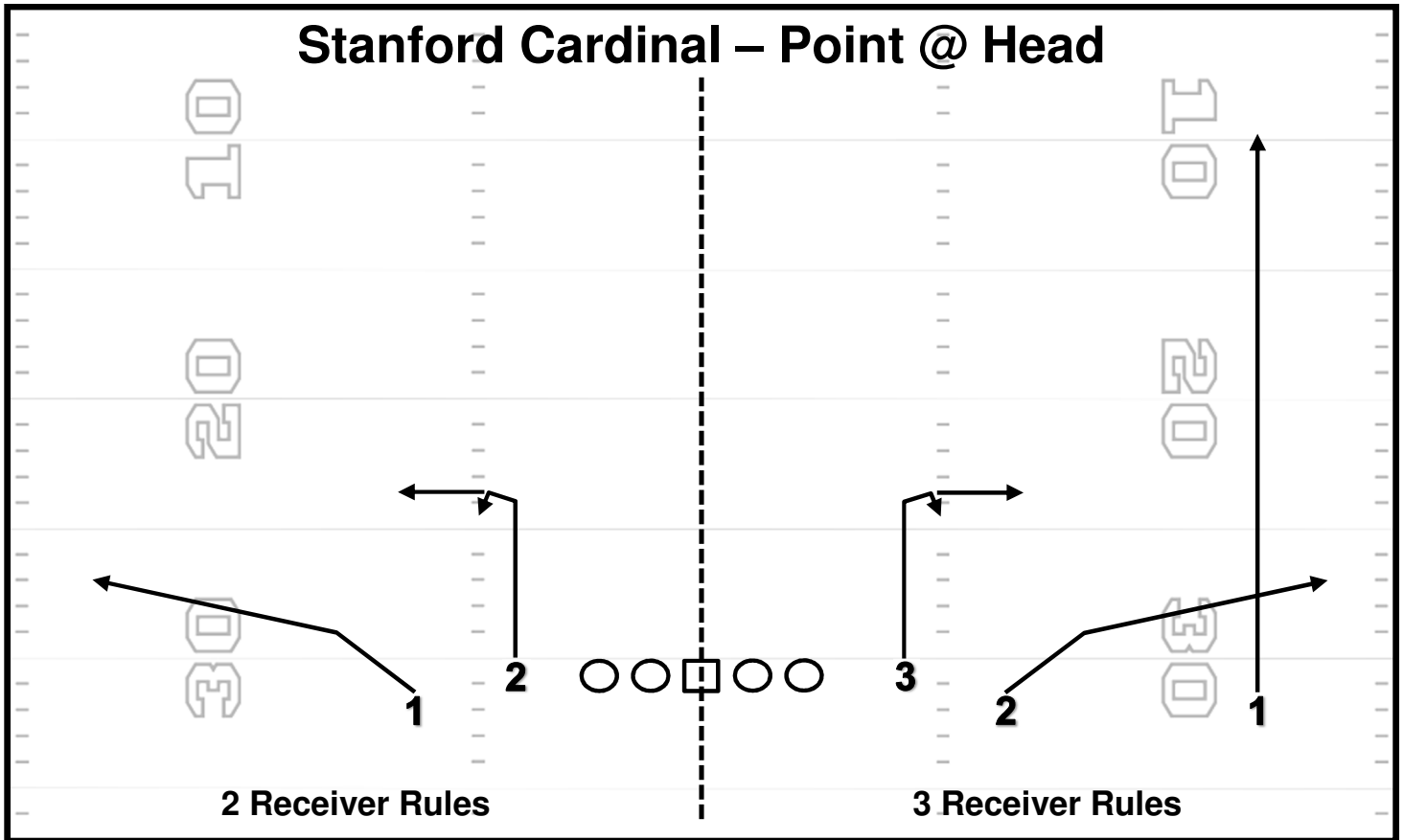


2 Receiver Rules

3 Receiver Rules

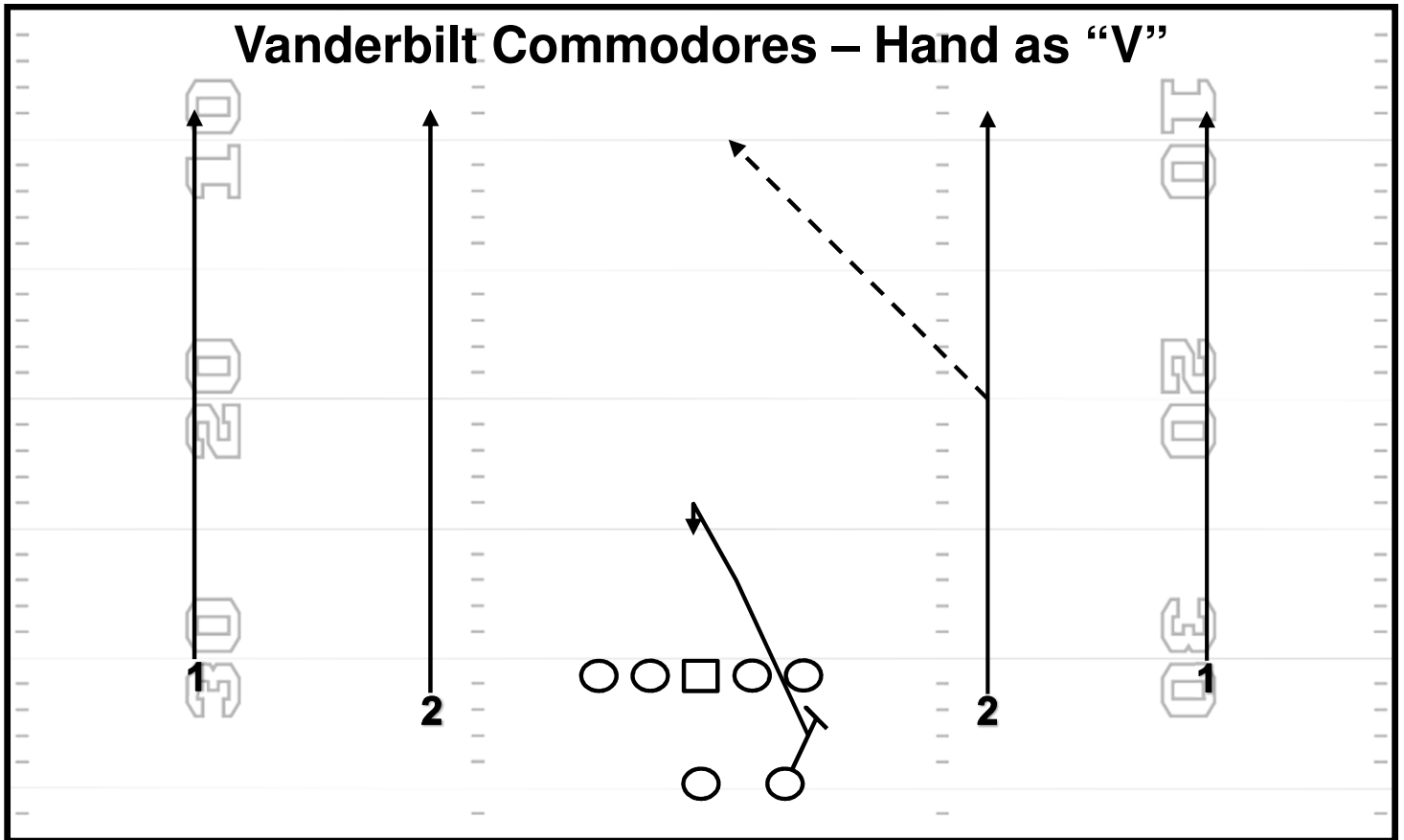
POS	ASSIGNMENT	COACHING POINTS
QB	3 Step Drop. Use pre-snap read to determine which side you will work depending on matchup, field width or safety width. Cover 3: May be able to manipulate the middle of the field safety to hit either of the seam routes.	Read: Pre-Snap Read to CB Danger: Flat Defender
THREE RECEIVER RULES		
#1	Fade-Stop. Release outside against press coverage and widen after the initial two steps to get width and separation from the defender. After widening put hand in the air for the ball. Snap head, hips and hands to the outside 1-yard past the goal line or the 1 st down marker.	Sell the Fade route!
#2	Seam. Attack outside shoulder of defender over you. Avoid collision with defender, work vertical and throttle down in zone after you clear the defender.	Do not get too wide, must stay on vertical stem.
#3	Get Open. You have the freedom to get open after 7-yards. Do not drift into the Seam area.	Vs. Man-to-Man: Get across field at 7-yards
TWO RECEIVER RULES		
#1	Fade-Stop. (See Above)	
#2	Seam. Split difference between #1 and Tackle. Same rules as above, but you have the ability to use the middle of the field if the safety vacates.	

Stanford Cardinal – Point @ Head



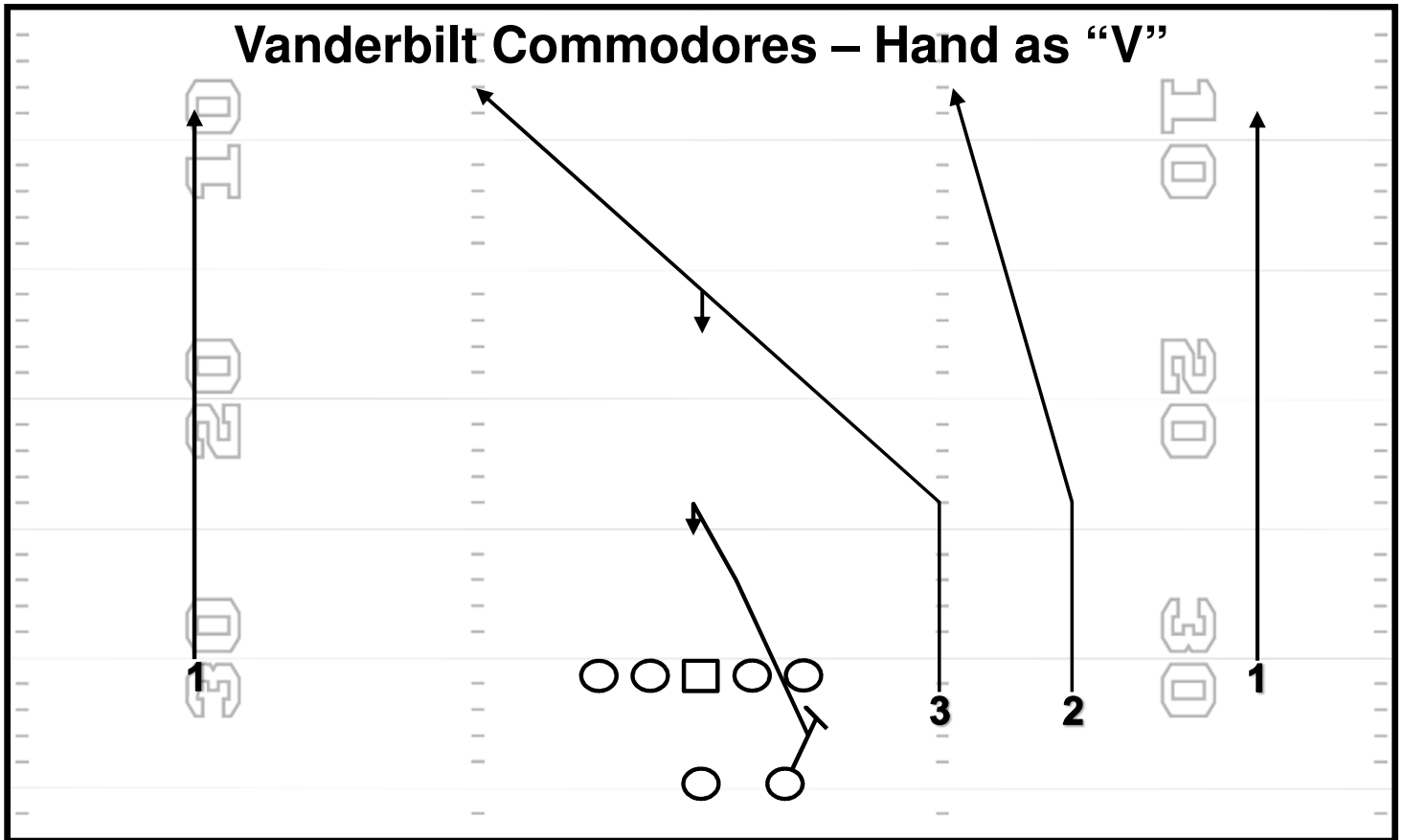
POS	ASSIGNMENT	COACHING POINTS
QB	3 Step Drop. Hit the Stick route on a fast rhythm unless a drop is limiting the throwing lane. If the first short defender is head up on the Stick receiver, watch his technique to see if he walls the Stick off.	Read: Stick Route Danger: First Short Defender Cover 2: If Stick taken away, take shot with Go route
THREE RECEIVER RULES		
#1	Go. Take widest split possible, work to get outside release and run a full speed go.	Find safety and widen to give window for QB
#2	Shoot. Get width on your initial stem, aiming point is to run out of bounds at 3-yards. To the short side, push vertical before getting width to keep timing the same.	
#3	Stick. Best possible release, plant and turn head to outside at 6-yards. If defender inside works to attack him, collision, lean on and accelerate to the outside away from the defender.	Expect ball immediately when you plant and turn, spin 180 degrees and get north and south
TWO RECEIVER RULES		
#1	Shoot. (See Above)	
#2	Stick. (See Above)	
BACKSIDE		
WR	Slant. 6-yard slant	

Vanderbilt Commodores – Hand as “V”



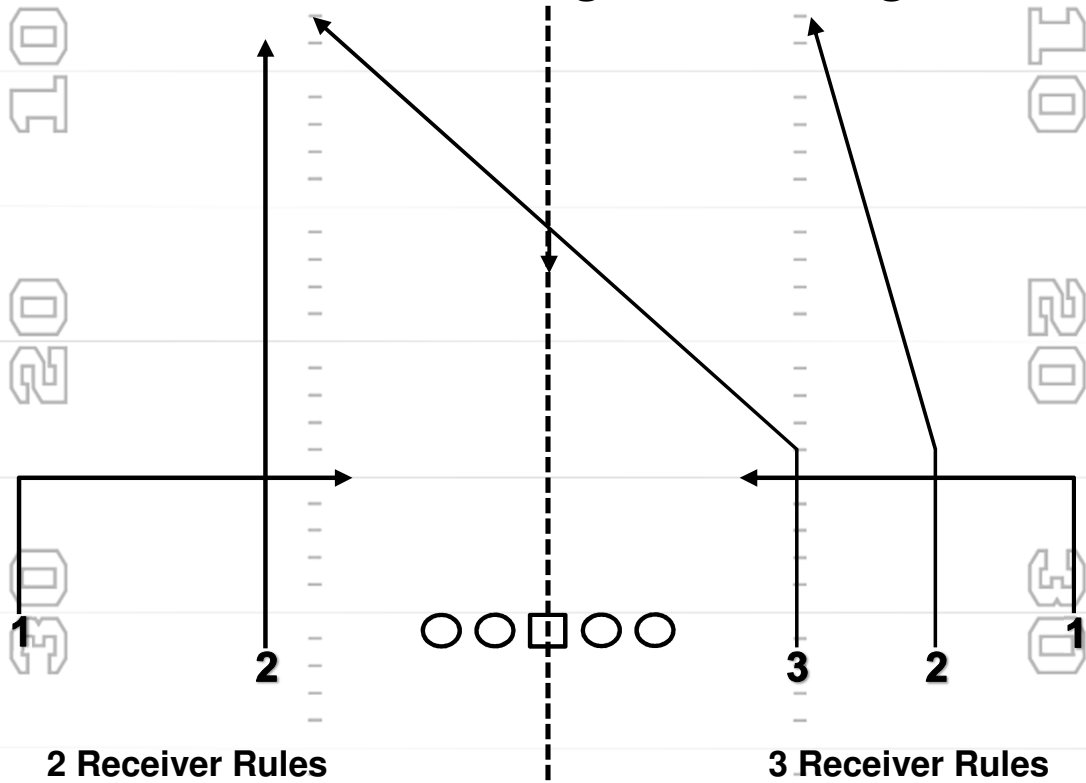
POS	ASSIGNMENT	COACHING POINTS
QB	<p>5 Step Drop. Use pre-snap read to determine which side you will work depending on matchup, field width or safety width.</p> <p>Cover 3: Manipulate the FS with your eyes. Look to the inside seam route away from where you want to throw the ball. Snap your hips and eyes and throw to the opposite Seam.</p> <p>Cover 2: Pre-Snap Read for matchup on outside or to work middle of the field. Use your eyes to manipulate the Safety to the side you want to work. If going outside, look at inside Seam route. If going to inside Read, look at the outside route to the same side of the field.</p>	<p>Cover 3 Read: Free Safety Danger: LB Sinking with Vertical</p> <p>Cover 2 Read: Pre-Snap Read to Safety Danger: Sinking MLB or CB</p>
RECEIVER RULES		
FS #1	Go. Aiming point is 6 yards from the sideline at 22-yards.	Box out defender on underthrows and get the ball at its highest point
FS #2	Read-Seam. Aiming point is 2-yards outside the hash at 22-yards. You have the ability to use the middle of the field if the MOFO.	Can break straight across at 10-yards if LB's blitz
BS #1	Seam. Aiming point is 2-yards outside the hash at 22-yards. Do not drift into the middle of the field.	
BS #2	Go. Aiming point is 6-yards from the sideline at 22-yards.	
RB	Check Release. Check for blitzing LB, check to route over the ball at 5 yards.	

Vanderbilt Commodores – Hand as “V”



POS	ASSIGNMENT	COACHING POINTS
QB	<p>5 Step Drop. Use pre-snap read to determine which side you will work depending on matchup, field width or safety width.</p> <p>Cover 3: Manipulate the FS with your eyes. Look to the inside seam route away from where you want to throw the ball. Snap your hips and eyes and throw to the opposite Seam.</p> <p>Cover 2: Pre-Snap Read for matchup on outside or to work middle of the field. Use your eyes to manipulate the Safety to the side you want to work. If going outside, look at inside Seam route. If going to inside Read, look at the outside route to the same side of the field.</p>	<p>Cover 3 Read: Free Safety Danger: LB Sinking with Vertical</p> <p>Cover 2 Read: Pre-Snap Read to Safety Danger: Sinking MLB or CB</p>
RECEIVER RULES		
FS #1	Go. Aiming point is 6 yards from the sideline at 22-yards.	Box out defender on underthrows and get the ball at its highest point
FS #2	Seam. Aiming point is 2-yards outside the hash at 22-yards. Push vertical for the first 5-6 yards.	
FS #3	Seam. Aiming point is the opposite hash at 22-yards. If MOFO, you can sit over the ball, as long as you are deeper than 12-yards.	
BS #1	Go. Aiming point is 6-yards from the sideline at 22-yards.	Box out defender on underthrows and get the ball at its highest point
RB	Check Release. Check for blitzing LB, check to route over the ball at 5 yards.	

Tech Hokies – Fingers Pointing In




POS	ASSIGNMENT	COACHING POINTS
QB		
THREE RECEIVER RULES		
#1	Smash-In. Drive hard to 5-yards and break flat to the inside. Expect the ball immediately.	After catch, get north & south immediately and split defenders
#2	Seam. Aiming point is 2-yards outside the hash at 22-yards. Push vertical for the first 5-6 yards.	Aiming point changed if you need to split the CB and S
#3	Seam. Aiming point is the opposite hash at 22-yards. If MOFO, you can sit over the ball, as long as you are deeper than 12-yards.	
TWO RECEIVER RULES		
#1	Smash-In. See Above	
#2	Read-Seam. Aiming point is 2-yards outside the hash at 22-yards. You have the ability to use the middle of the field if the MOFO.	

Vanderbilt Commodores – Hand as “V”

SPREAD RIGHT, VEGAS RIGHT PUMP

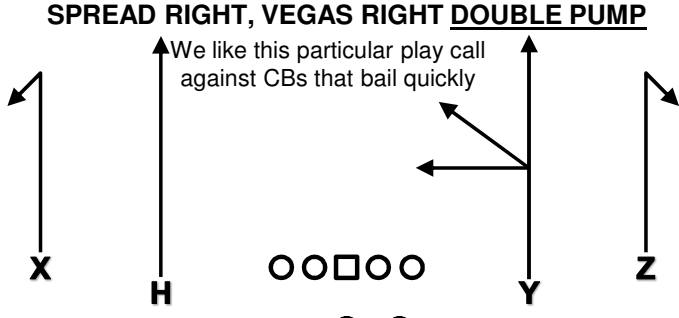
We like this particular play call against CBs that bail quickly



PUMP tells the frontside #1 receiver to run a 15-yard comeback.

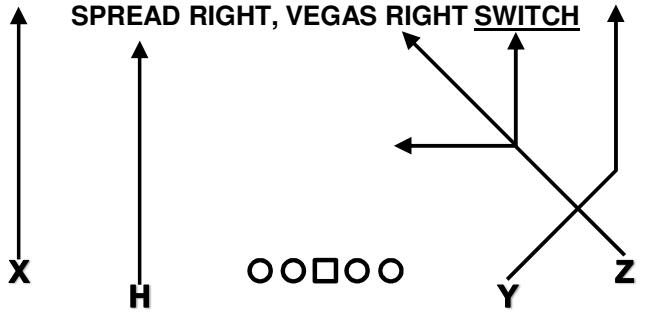
SPREAD RIGHT, VEGAS RIGHT DOUBLE PUMP

We like this particular play call against CBs that bail quickly



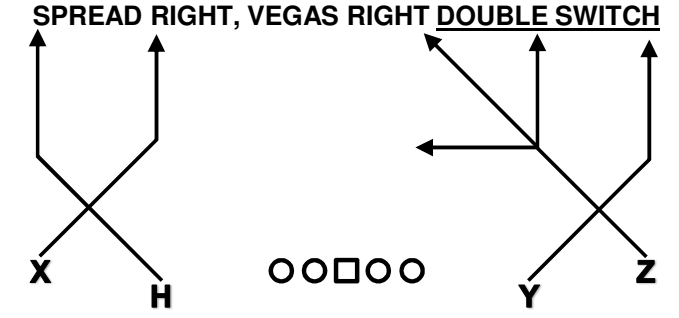
DOUBLE tells us that the tag applies to both sides. PUMP tells both #1 receivers to run a 15-yard comeback.

SPREAD RIGHT, VEGAS RIGHT SWITCH



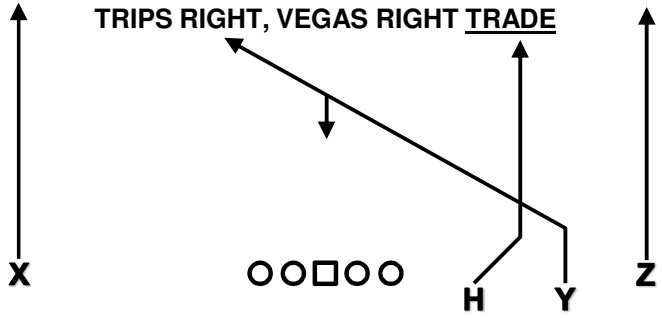
SWITCH tells the #1 & #2 receivers to switch routes. This tag applies throughout our offense.

SPREAD RIGHT, VEGAS RIGHT DOUBLE SWITCH



DOUBLE tells us that that tag applies to both sides. SWITCH tells the #1 & #2 receivers to switch routes.

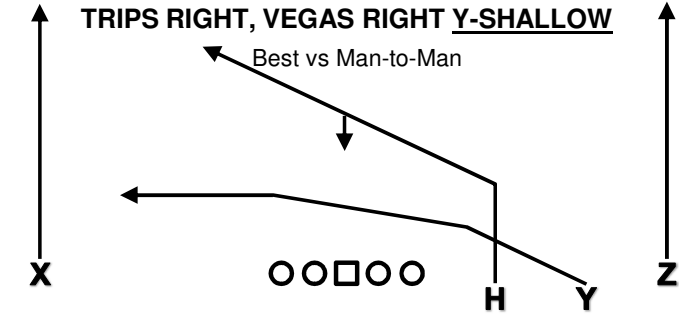
TRIPS RIGHT, VEGAS RIGHT TRADE



TRADE tells the #2 & #3 receivers to switch routes. This tag applies throughout our offense.

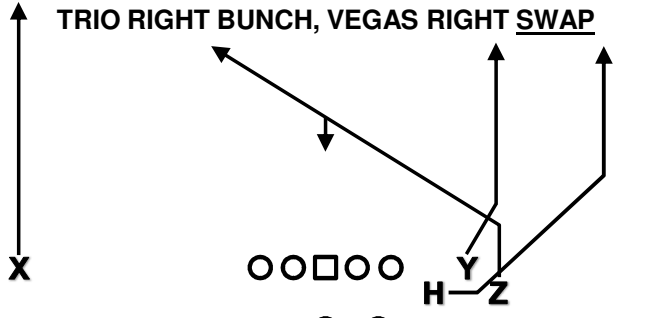
TRIPS RIGHT, VEGAS RIGHT Y-SHALLOW

Best vs Man-to-Man



Y-SHALLOW tells our Y to run a Shallow route. This type of tag is used throughout our offense.

TRIO RIGHT BUNCH, VEGAS RIGHT SWAP

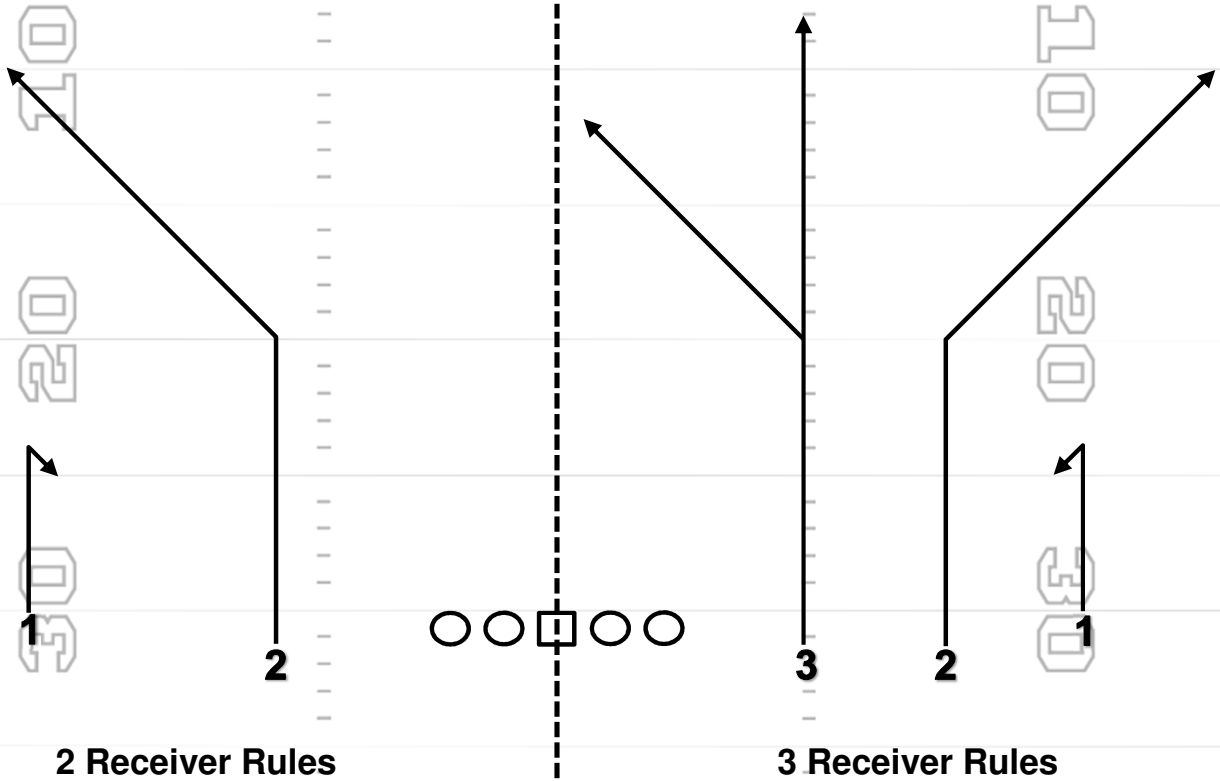


SWAP tells the #1 & #3 receivers to switch routes. This tag applies throughout our offense.

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SMASH

Syracuse Orange – Smash fist into hand

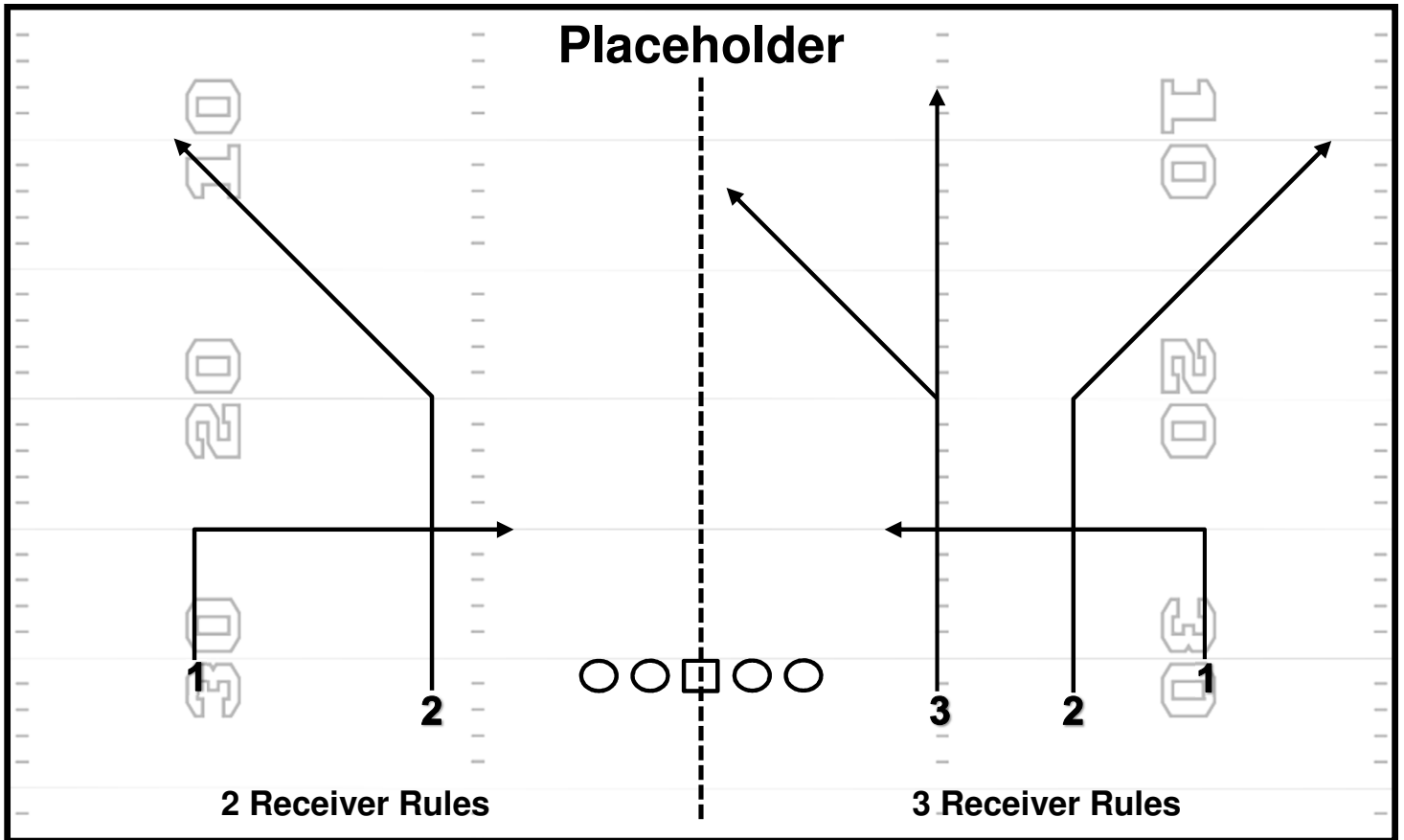


2 Receiver Rules

3 Receiver Rules

POS	ASSIGNMENT	COACHING POINTS
QB	3-5 Step Drop. Use pre-snap read to determine which side you will work depending on matchup, field width or safety width. Read the drop of the CB. If he bails, hit the Hitch route on your 3 rd step. If the CB sits or presses, hit the Corner route behind him on your 5 th step.	Read: Cornerback Danger: Flat Defender
THREE RECEIVER RULES		
#1	Hitch. Align 14 yards outside the Tackle. Attack the outside shoulder of the CB. Drive hard to 6 yards. Snap your head and hands around. If flat defender widens quickly, you can slide behind him if ball not thrown immediately.	After catch, spin to the outside and get positive yards
#2	Corner. Nod and break at 10-yards. Your aiming point is the front pylon, if we are inside the 20-yard line, aiming point is back pylon.	Aiming point changed if you need to split the CB and S
#3	Go. Aiming point is 2-yards outside the hash at 22-yards. You can use the middle of the field if MOFO.	
TWO RECEIVER RULES		
#1	Hitch. See Above	
#2	Corner. See Above	

SMASH-IN

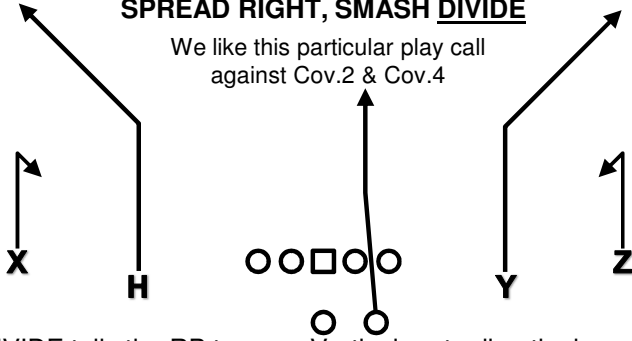


POS	ASSIGNMENT	COACHING POINTS
QB		
THREE RECEIVER RULES		
#1	Smash-In. Drive hard to 5-yards and break flat to the inside. Expect the ball immediately.	After catch, get north & south immediately and split defenders
#2	Corner. Nod and break at 10-yards. Your aiming point is the front pylon, if we are inside the 20-yard line, aiming point is back pylon.	Aiming point changed if you need to split the CB and S
#3	Go. Aiming point is 2-yards outside the hash at 22-yards. You can use the middle of the field if MOFO.	
TWO RECEIVER RULES		
#1	Smash-In. See Above	
#2	Corner. See Above	

Syracuse Orange – Smash fist into hand

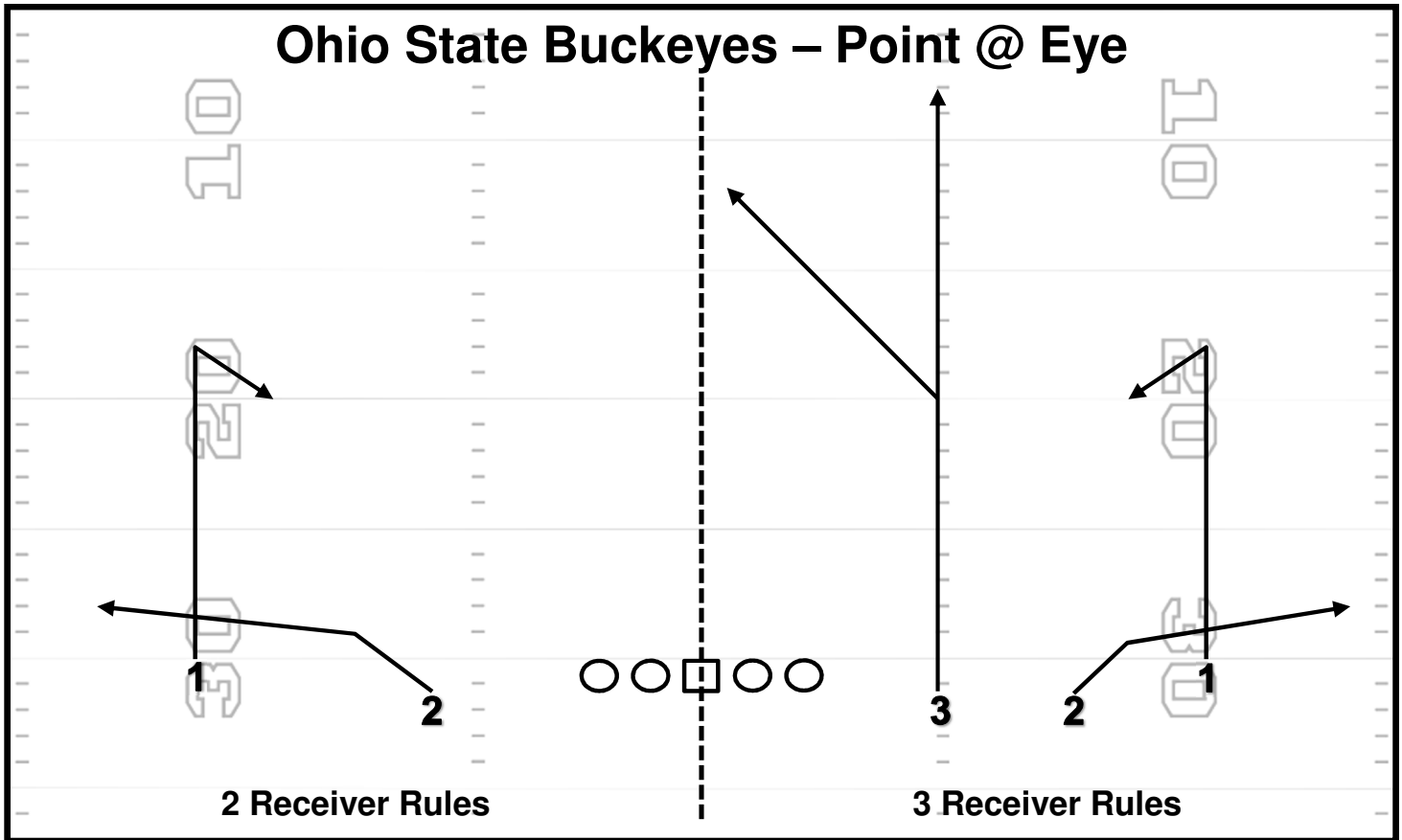
SPREAD RIGHT, SMASH DIVIDE

We like this particular play call against Cov.2 & Cov.4



DIVIDE tells the RB to run a Vertical route directly down the middle of the field.

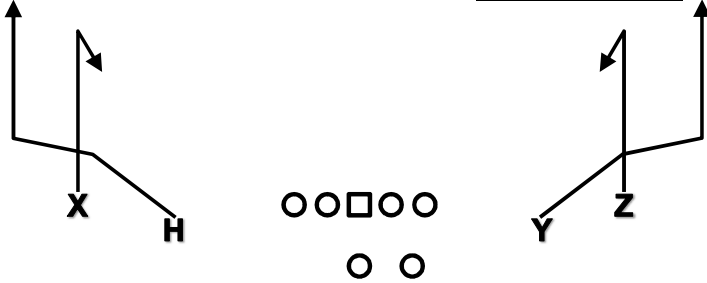
Ohio State Buckeyes – Point @ Eye



POS	ASSIGNMENT	COACHING POINTS
QB	5 Step Drop. Use pre-snap read to determine which side you will work depending on matchup or field width. Read the flat defender, if he sits with the Curl, throw to the Speed Out. If the flat defender widens to cover the Speed Out, throw to the Curl. Beware of the next inside defender (Hook-to-Curl), you may need to throw the receiver open to the window.	Read: Flat Defender Danger: Hook-to-Curl Defender Aiming point for the Speed Out is 6-yards outside the break
THREE RECEIVER RULES		
#1	Curl. Push vertical for 12-yards, break down and snap out of your break to the inside coming back to 10-yards. If there is a defender between you and the QB, slide to the inside to the open window.	Do not slide to window if QB is throwing the ball to you.
#2	Shoot. Get width on your initial stem, aiming point is to run out of bounds at 3 yards. To the short side, push vertical before getting width to keep timing the same.	Vs. Man-to-Man: Push vertical on stem to create separation.
#3	Read-Go. Aiming point is 2-yards outside the hash at 22-yards. You can use the middle of the field if MOFO.	
TWO RECEIVER RULES		
#1	Curl. See Above	
#2	Shoot. See Above	

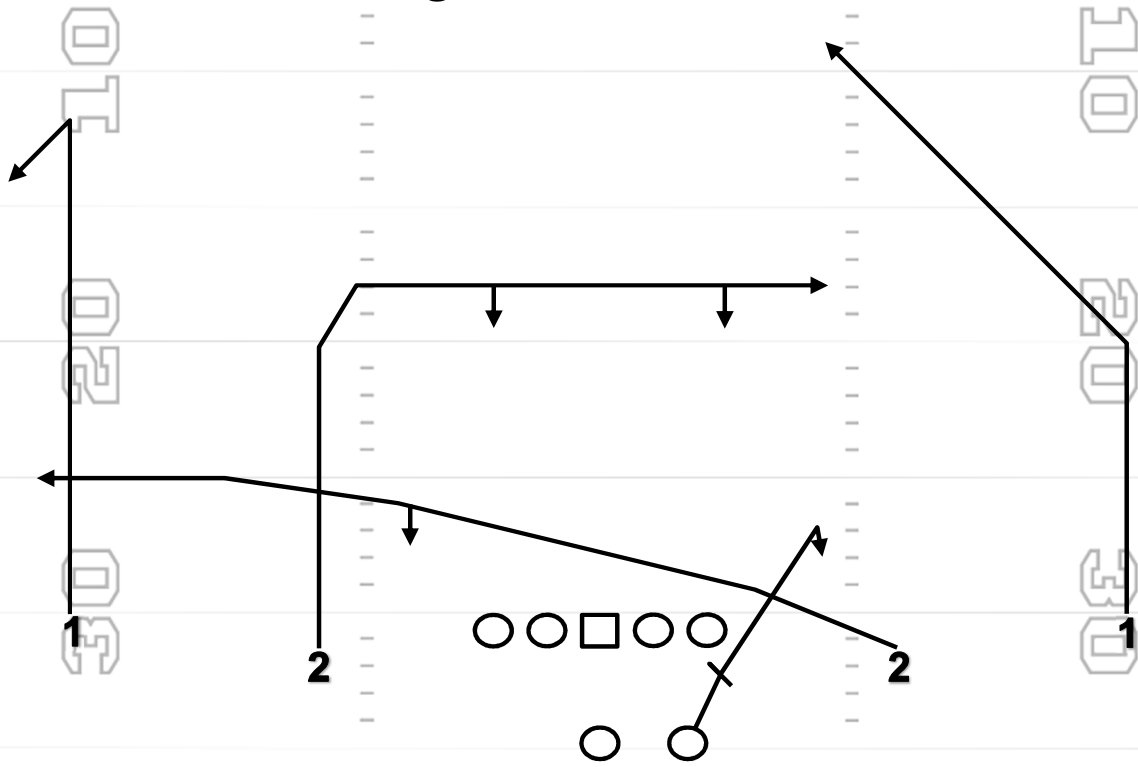
Ohio State Buckeyes – Point @ Eye

SPREAD RIGHT, BUCKEYE RIGHT DOUBLE BINGO



DOUBLE tells us that the tag applies to both sides. BINGO tells the #2 Receiver to run a GO on top of their called route. In this case it is a Wheel Route.

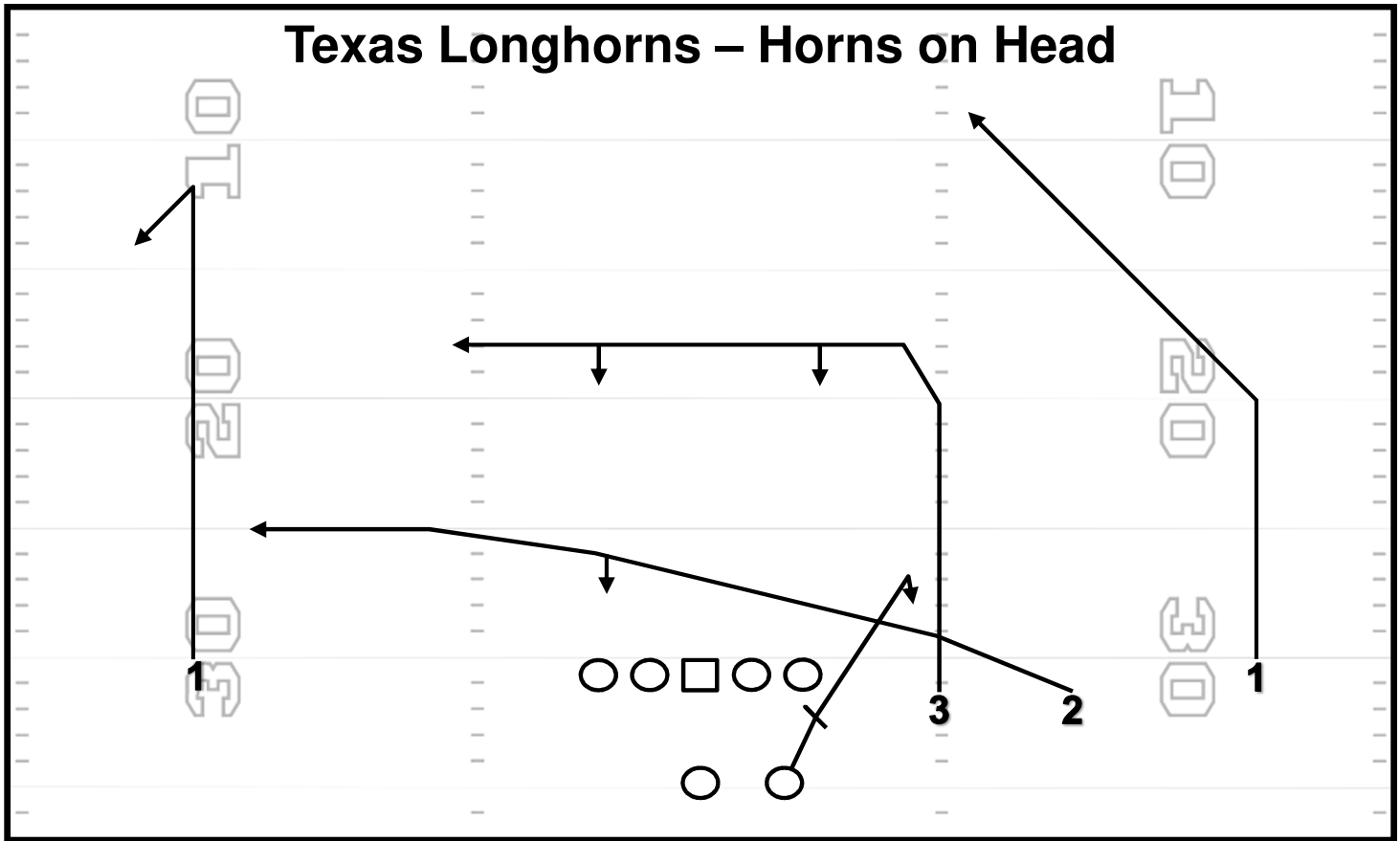
Texas Longhorns – Horns on Head



POS	ASSIGNMENT	COACHING POINTS
QB	5 Step Drop. On your drop, peek at the Safety to see if he is coming up to cover the Dig. If he is, throw the Post on your 5 th step. If the Safety stays deep, your read is the MLB. If he gets depth underneath the Dig, throw to the Shallow route. If the MLB comes up to defend the Shallow, throw to the Dig in the open window.	Read: MLB Danger: Next Underneath Defender
RECEIVER RULES		
FS #1	Post. Push vertical to 10-yards, nod and break to the near goal post.	Take the route more vertical than across the field
FS #2	Shallow. Aiming point is the feet of the nearest DL. Continue to get depth to 5-yards. Do not sit down until after you get outside the tackle box.	Against man-to-man use a stair step technique to create separation
BS #1	Comeback. Push vertical to 18 yards, break to the outside and comeback to 15 yards downfield.	
BS #2	Dig. Push vertical to 10-yards, press to steps towards the post and continue straight down the LOS across the formation. You can sit in any open window once you get to the tackle box.	
RB	Check Release. Check for blitzing LB, check to route 3-yards x 3-yards off the playside tackle.	

SHALLOW

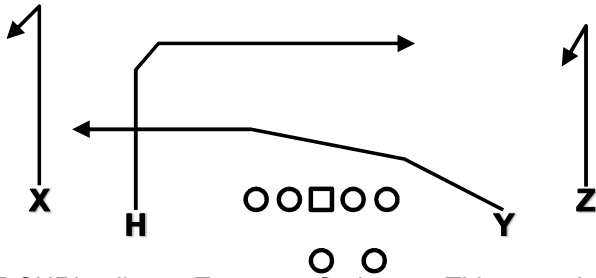
Texas Longhorns – Horns on Head



POS	ASSIGNMENT	COACHING POINTS
QB	5 Step Drop. On your drop, peek at the Safety to see if he is coming up to cover the Dig. If he is, throw the Post on your 5 th step. If the Safety stays deep, your read is the MLB. If he gets depth underneath the Dig, throw to the Shallow route. If the MLB comes up to defend the Shallow, throw to the Dig in the open window.	Read: MLB Danger: Next Underneath Defender
RECEIVER RULES		
FS #1	Post. Push vertical to 10-yards, nod and break to the near goal post.	Take the route more vertical than across the field
FS #2	Shallow. Aiming point is the feet of the nearest DL. Continue to get depth to 5-yards. Do not sit down until after you get outside the tackle box.	Against man-to-man use a stair step technique to create separation
FS #3	Dig. Push vertical to 10-yards, press to steps towards the post and continue straight down the LOS across the formation. You can sit in any open window once you get to the tackle box.	
BS #1	Comeback. Push vertical to 18 yards, break to the outside and comeback to 15 yards downfield.	
RB	Check Release. Check for blitzing LB, check to route 3-yards x 3-yards off the playside tackle.	

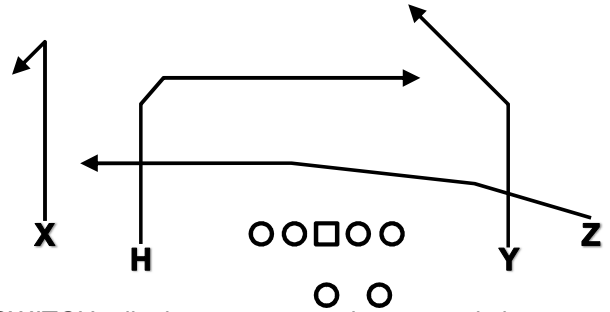
Texas Longhorns – Horns on Head

SPREAD RIGHT, SHALLOW RIGHT Z-CURL



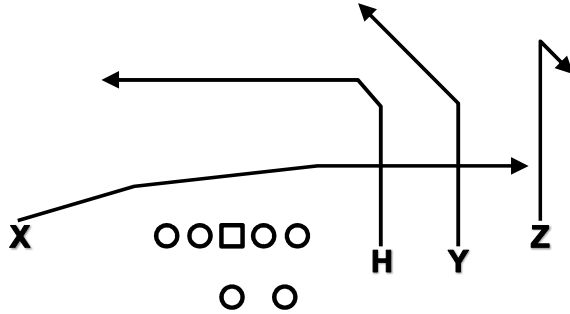
Z-CURL tells our Z to run a Curl route. This type of tag is used throughout our offense.

SPREAD RIGHT, SHALLOW RIGHT SWITCH

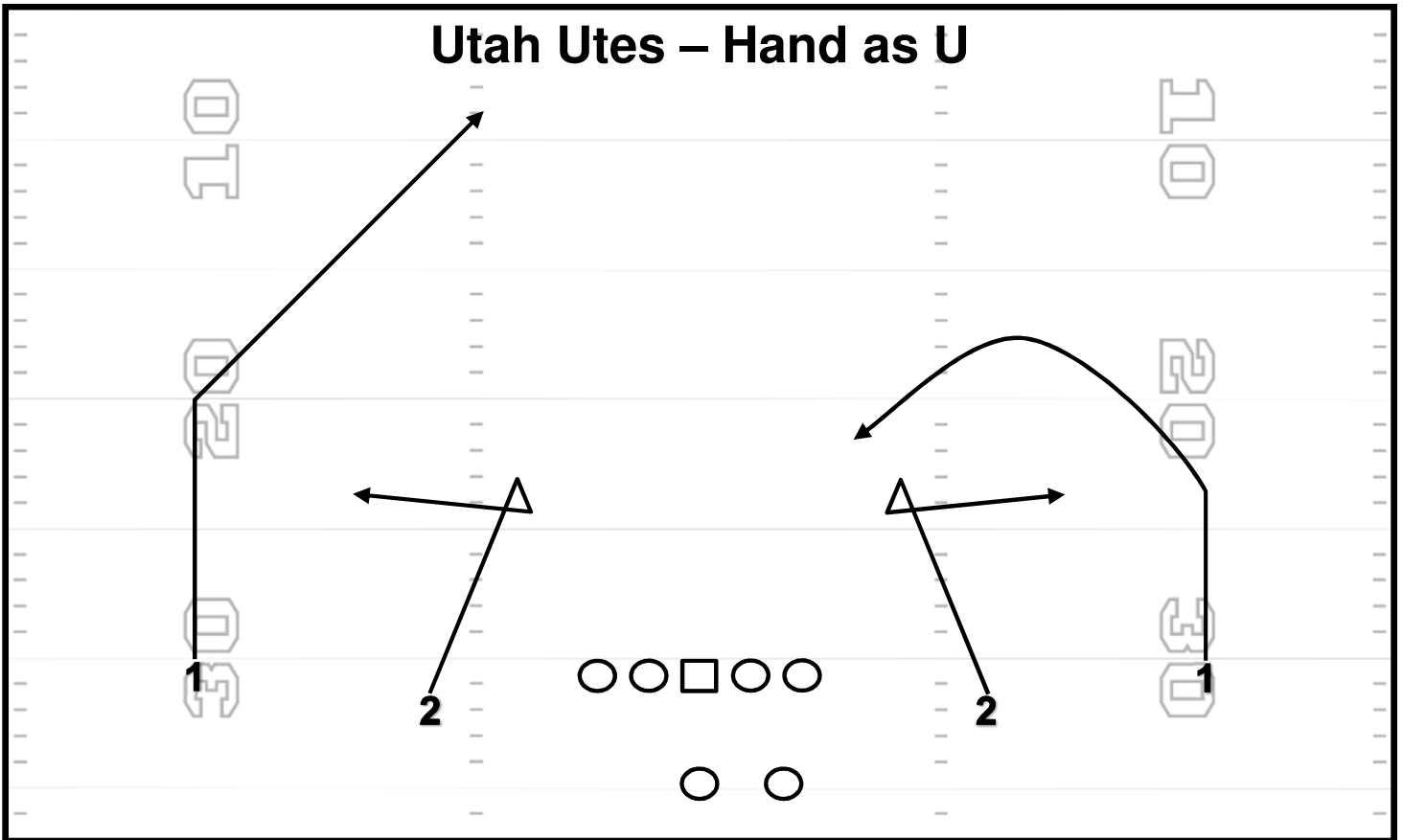


SWITCH tells the #1 & #2 receivers to switch routes. This tag applies throughout our offense.

TRIPS RIGHT, SHALLOW LEFT

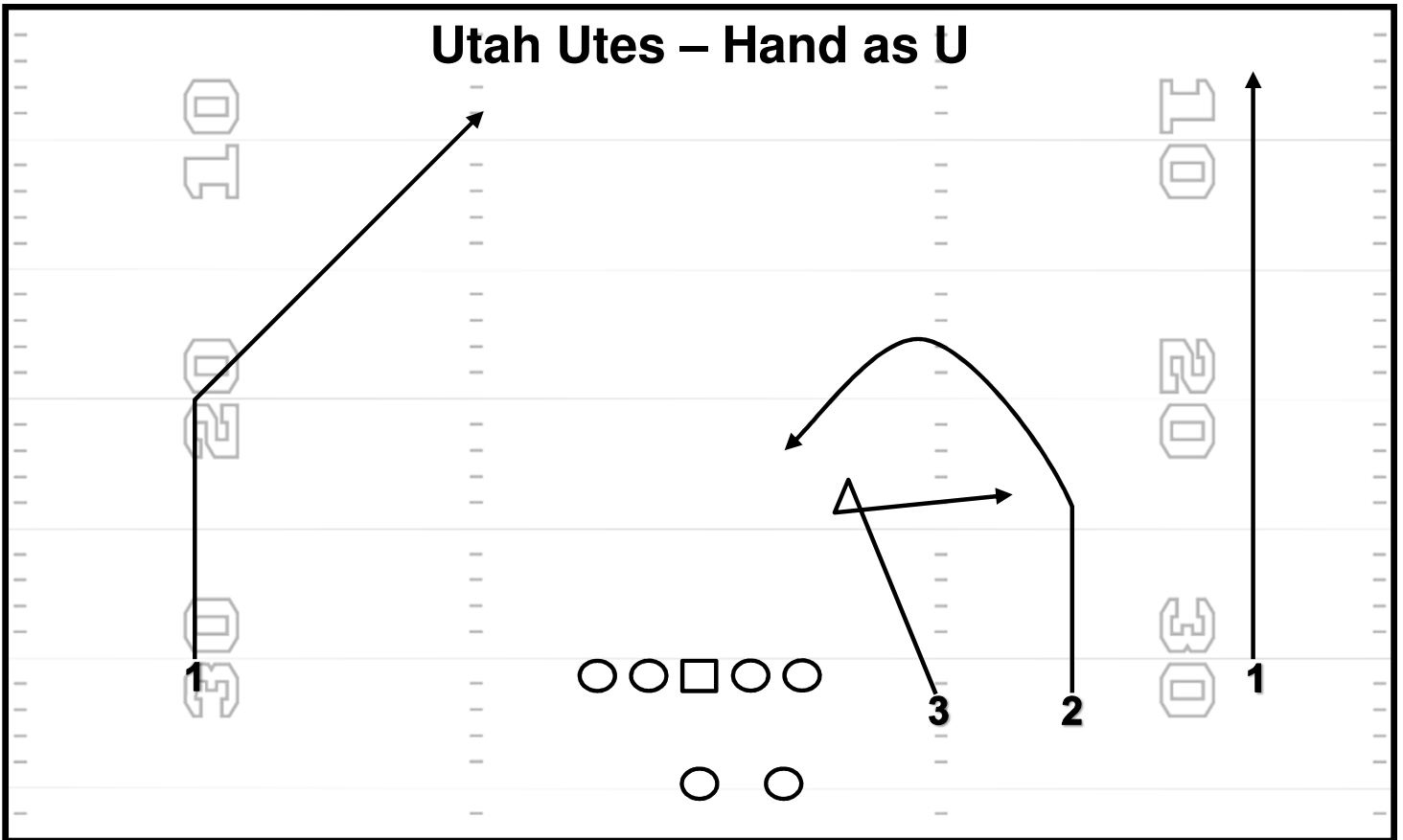


Utah Utes – Hand as U



POS	ASSIGNMENT	COACHING POINTS
QB	5 Step Drop. On your drop, read the Hook-to-Curl Defender to the call side. If the defender widens with the Whip route, hit the Follow in the window created behind him. If the defender stays inside, look to the Whip route making sure that the flat defender is not sitting in the zone.	Read: Hook-to-Curl Defender Danger: Flat Defender & MLB
RECEIVER RULES		
FS #1	Follow. Push vertical to 6-yards angle in towards the post to 12-yards and come back to the QB by finding the void in the zone created by the Picot route.	
FS #2	Whip. Push to the inside leg of the defender over you. Pivot at 5-6 yards and burst to the outside.	
BS #1	Post. Push vertical to 10-yards, nod and break to the near goal post.	
BS #2	Whip. Push to the inside leg of the defender over you. Pivot at 5-6 yards and burst to the outside.	

Utah Utes – Hand as U

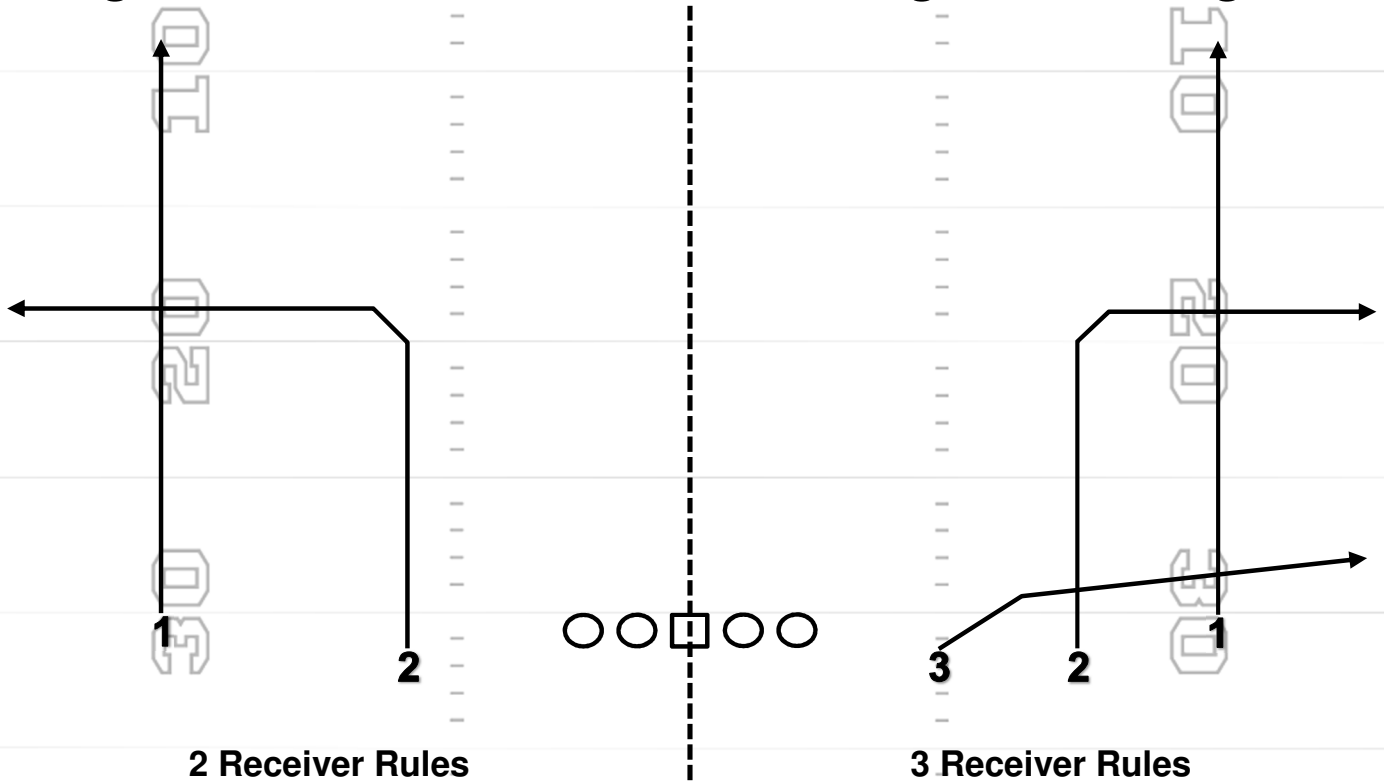


POS	ASSIGNMENT	COACHING POINTS
QB	5 Step Drop. On your drop, read the Hook-to-Curl Defender to the call side. If the defender widens with the Whip route, hit the Follow in the window created behind him. If the defender stays inside, look to the Whip route making sure that the flat defender is not sitting in the zone.	Read: Hook-to-Curl Defender Danger: Flat Defender & MLB
RECEIVER RULES		
FS #1	Go. Aiming point is 6 yards from the sideline at 22-yards.	Box out defender on underthrows and get the ball at its highest point
FS #2	Follow. Push vertical to 6-yards angle in towards the post to 12-yards and come back to the QB by finding the void in the zone created by the Picot route.	
FS #3	Whip. Push to the inside leg of the defender over you. Pivot at 5-6 yards and burst to the outside.	
BS #1	Post. Push vertical to 10-yards, nod and break to the near goal post.	Box out defender on underthrows and get the ball at its highest point

Utah Utes – Hand as U

<p>TRIPS RIGHT, UTAH RIGHT <u>SWITCH</u></p> <p>SWITCH tells the #1 & #2 receivers to switch routes. This tag applies throughout our offense.</p>	

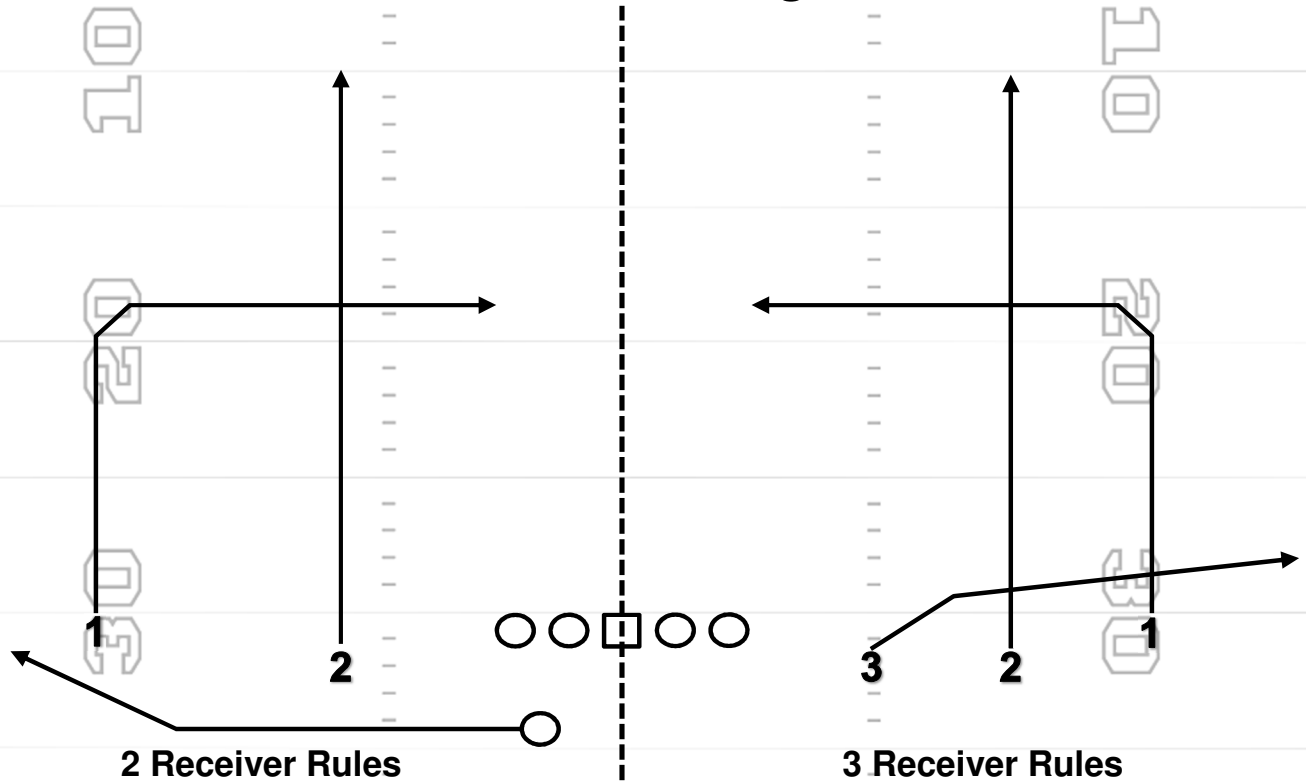
Virginia Cavaliers – Hands with Fingers Pointing Out



POS	ASSIGNMENT	COACHING POINTS
QB	5 Step Drop. Pre-Snap Read to determine which side you want to work based on ball location, matchups and defensive alignment. Read the deep defender to the side you want to work. If the defender bails with the Go route, throw the Deep Out. If the deep defender sits on the Deep Out, throw the Go route.	Read: Deep Defender Danger: Flat Defender
THREE RECEIVER RULES		
#1	Go. Aiming point is 6 yards from the sideline at 22-yards.	Box out defender on underthrows and get the ball at its highest point
#2	Deep Out. Push vertical to 10-yards and speed cut to the deep out.	Do not drift downfield on your out break, must stay parallel to the LOS
#3	Shoot. Get width on your initial stem, aiming point is to run out of bounds at 3 yards. To the short side, push vertical before getting width to keep timing the same.	Stop 3-yards from the sideline. Do not run out of bounds.
TWO RECEIVER RULES		
#1	Go. Aiming point is 6 yards from the sideline at 22-yards.	Box out defender on underthrows and get the ball at its highest point
#2	Deep Out. (See Above)	Do not drift downfield on your out break, must stay parallel to the LOS

DIAMONDS

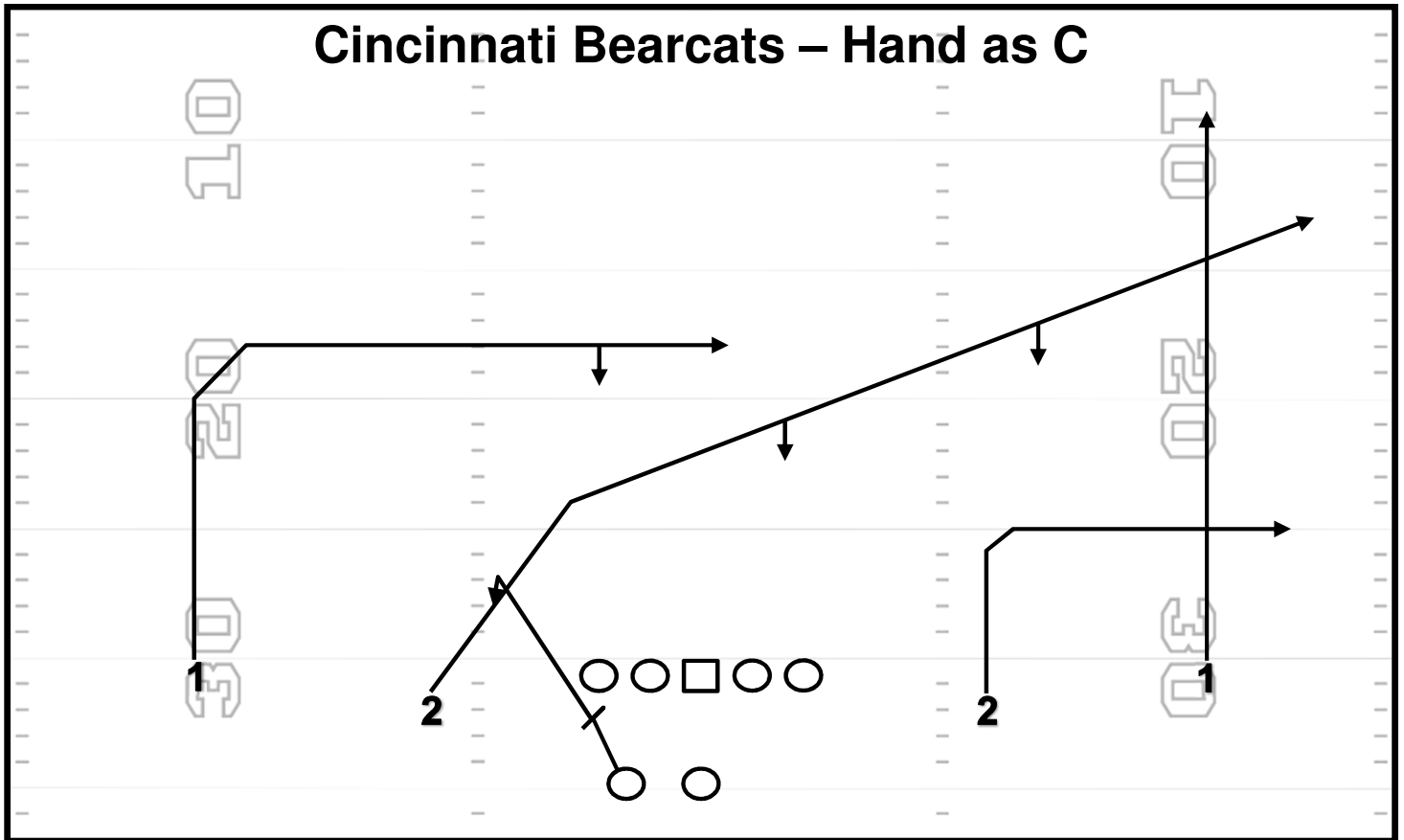
Duke Blue Devils – Shooting a Free Throw



POS	ASSIGNMENT	COACHING POINTS
QB	5 Step Drop. Pre-Snap Read to determine which side you want to work based on ball location, matchups and defensive alignment. Immediately read the flat defender to see if we have leverage for the Shoot or Swing route. If the flat defender widens, hit the Dig route before he gets inside enough for the ILB to get into the passing lane.	Read: Flat Defender to CB Danger: Inside LB
THREE RECEIVER RULES		
#1	Dig. Push vertical to 10-yards, press 1-2 steps towards the post and break straight across the field.	
#2	Go. Aiming point is 6 yards from the sideline at 22-yards.	Box out defender on underthrows and get the ball at its highest point
#3	Shoot. Get width on your initial stem, aiming point is to run out of bounds at 3 yards. To the short side, push vertical before getting width to keep timing the same.	Stop 3-yards from the sideline. Do not run out of bounds.
TWO RECEIVER RULES		
#1	Dig. Push vertical to 10-yards, press 1-2 steps towards the post and break straight across the field.	
#2	Go. Aiming point is 6 yards from the sideline at 22-yards.	Box out defender on underthrows and get the ball at its highest point
RB	Swing Route.	Get width quickly

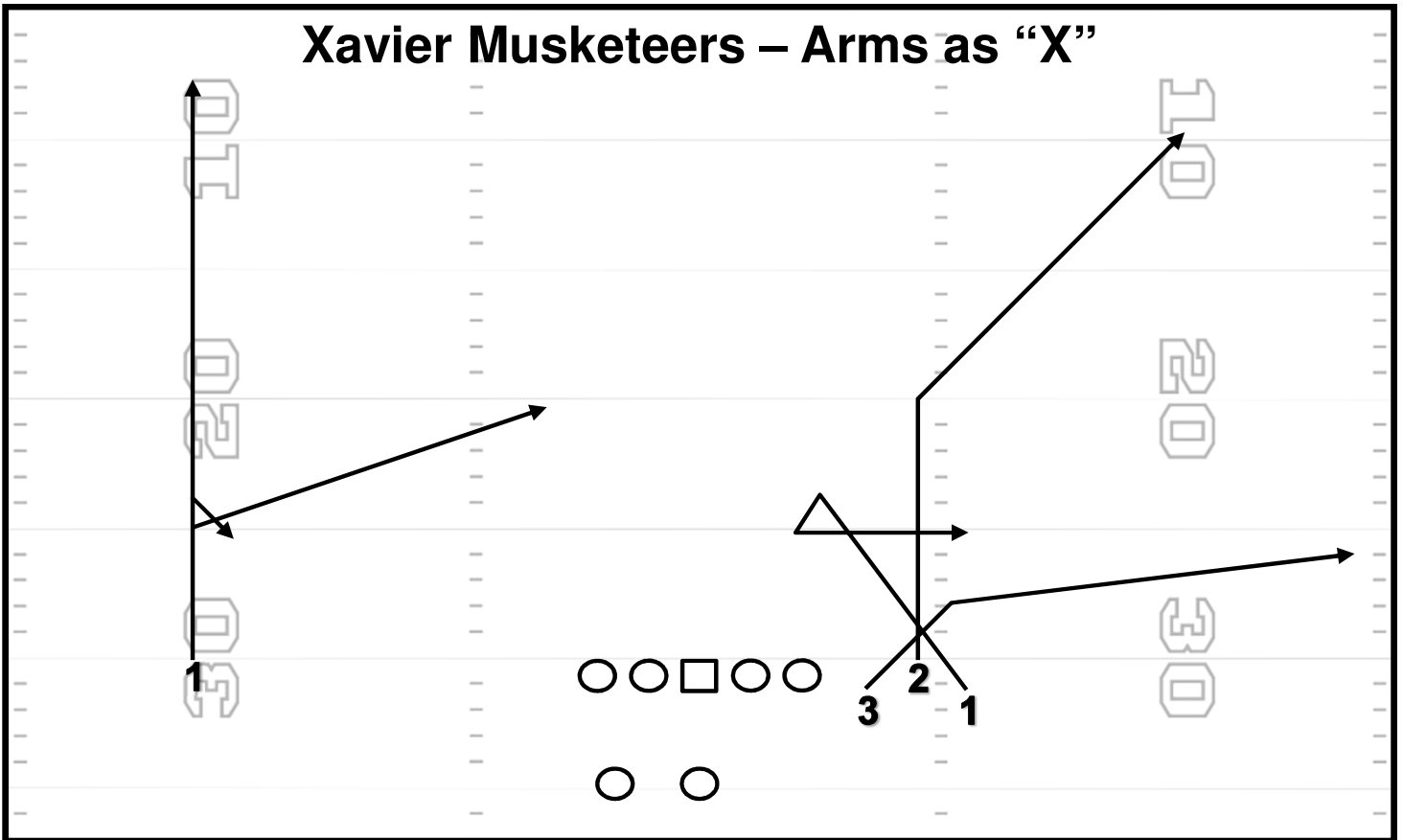
CROSS

Cincinnati Bearcats – Hand as C



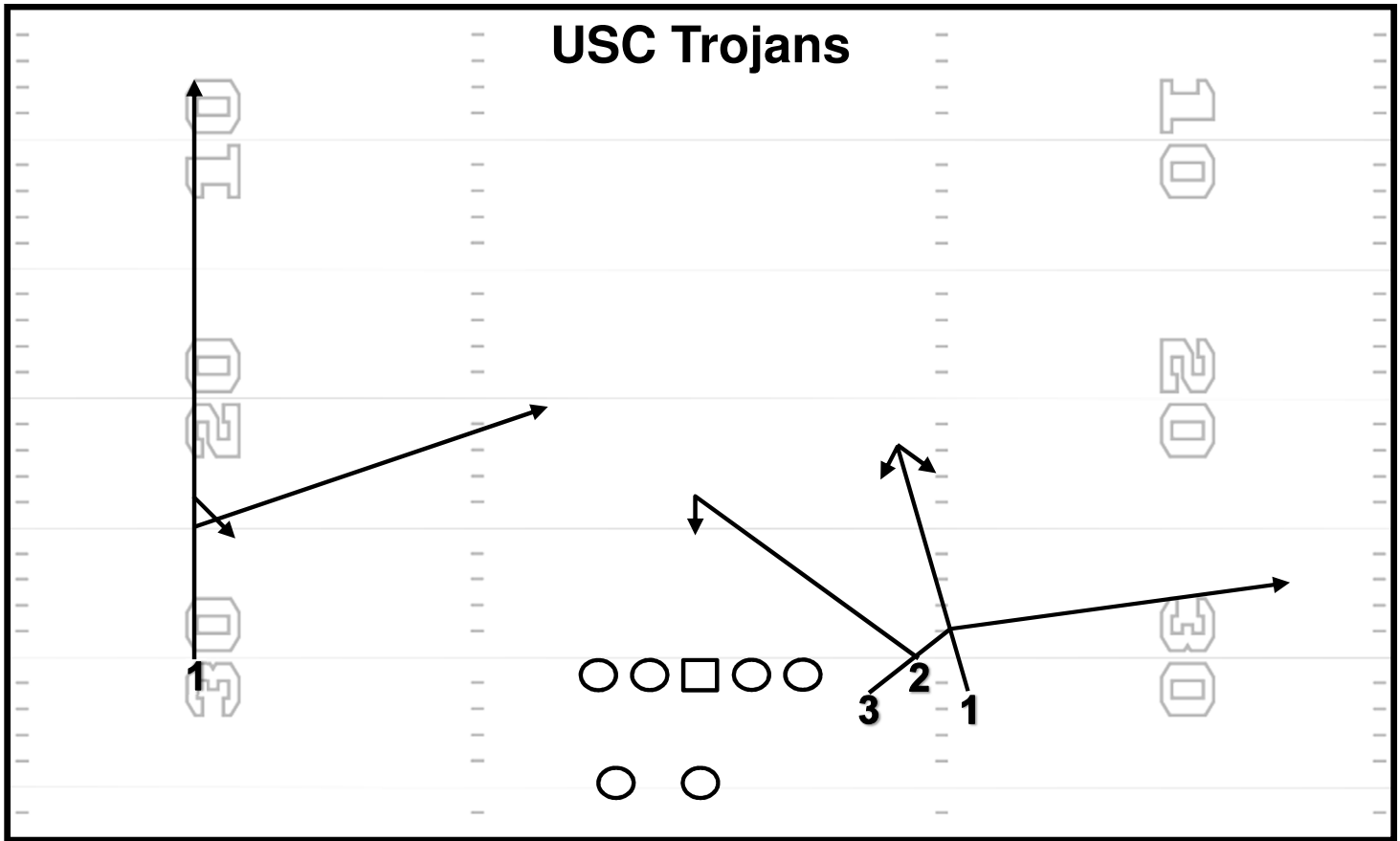
POS	ASSIGNMENT	COACHING POINTS
QB	5 Step Drop.	
RECEIVER RULES		
FS #1	Go. Aiming point is 6 yards from the sideline at 22-yards.	Box out defender on underthrows and get the ball at its highest point
FS #2	Speed Out. Push vertical to 4-yards and use a speed cut to break out towards the sideline.	Do not drift downfield after speed cut. Come slightly back towards LOS.
BS #1	Dig. Push vertical to 10-yards, press to steps towards the post and continue straight down the LOS across the formation. You can sit in any open window once you get to the tackle box.	
BS #2	Cross. Ideally we will run this route underneath the LB covering you, but over the top of the MLB or next inside LB. Final aiming point is 18 to 22-yards out of bounds on the opposite sideline. You have the freedom to sit down in any window once you cross the Center.	Must get across the field as well as get depth throughout your route
RB	Check Release. Check for blitzing LB, check to route 3-yards x 3-yards off the backside tackle.	

Xavier Musketeers – Arms as “X”



POS	ASSIGNMENT	COACHING POINTS
QB	5 Step Drop. Force the defense to cover the flat and hit the Shoot route immediately on your 5 th step. If you have the matchup you like, the Corner is a great route against Cover 2 or Man-to-Man. The Pivot route is always working from inside to outside and will come open after your initial read.	Read: Flat Defender Danger: Deep Third Defender
RECEIVER RULES		
FS #1	Pivot. Mesh over the top of the Shoot route at 6-yards. Key the defender over the #3 receiver. Push your route at him. At about the original position of the #3 receiver, use head and arms to break hard to the outside. Against zone, if there is a defender outside of you, sit in the open window.	Box out defender on underthrows and get the ball at its highest point
FS #2	Corner. Nod and break at 10-yards. Your aiming point is the front pylon, if we are inside the 20-yard line, aiming point is back pylon.	Aiming point changed if you need to split the CB and S
FS #3	Deep Shoot. Push deeper vertical than a normal Shoot route. You want to create a mesh with the #1 receiver. Aiming point is out of bounds at 4-5 yards.	Stop 3-yards from the sideline. Do not run out of bounds. If it is 3 rd & 4, push your stem a yard deeper than normal
BS #1	Individual Route. Always run the Slant if the lane is open. Otherwise, communicate with the QB to determine the proper route.	

SPACING



POS	ASSIGNMENT	COACHING POINTS
QB	3 Step Drop. Pre-snap read, if you like the backside matchup, throw it. You are reading this route from the inside-out. The Hook-to-Curl LB has to make a choice. If he widens, hit the Hook. If he stays with the Hook, hit the Spacing route.	Read: Hook-to-Curl Defender Danger: MLB & CB
RECEIVER RULES		
FS #1	Spacing. Push vertical to 8-yards. Know where the flat defender is. If he widens to cover the Shoot, sit in void at 8-yds. If he stays inside, slide back outside away from the Hook-to-Curl Defender.	
FS #2	Hook. No freedom in the route. Must push to 6-yards directly over the ball and sit down. Get big and use body to "box" out defenders.	
FS #3	Shoot. Get width on your initial stem, aiming point is to run out of bounds at 3 yards. To the short side, push vertical before getting width to keep timing the same.	Stop 3-yards from the sideline. Do not run out of bounds.
BS #1	Individual Route. Always run the Slant if the lane is open. Otherwise, communicate with the QB to determine the proper route.	

FOOTBALL



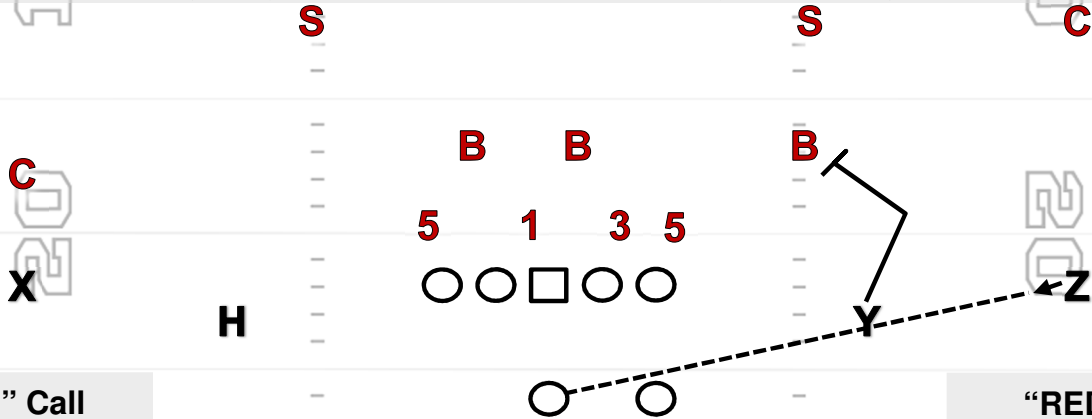
X&O'S

SCREEN GAME

SCREEN GAME

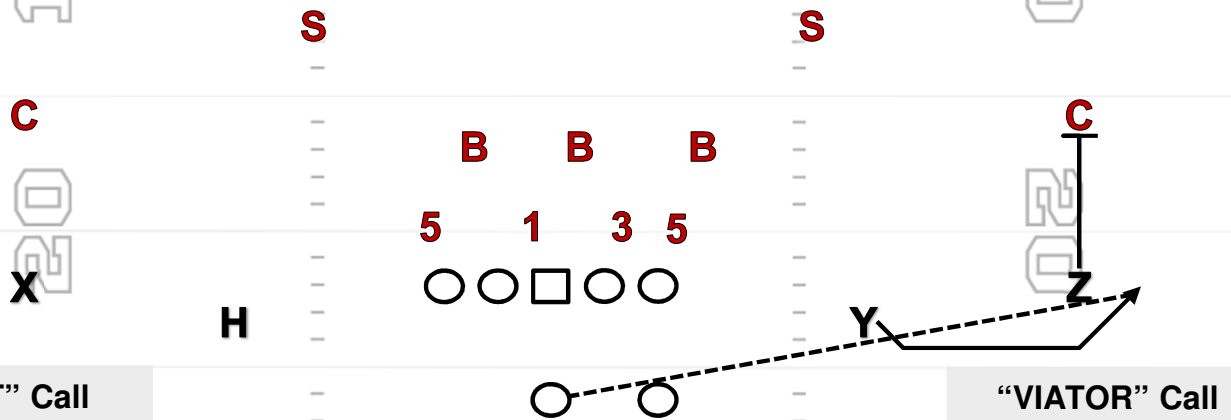
NOW

Our NOW screen is not a called play. Our QB should call it anytime he sees a favorable matchup where the receiver can get at least 5-yards. The receiver will simply turn his body to the QB to catch the ball. He must get 5-yards and then he can make any moves to get more yards.



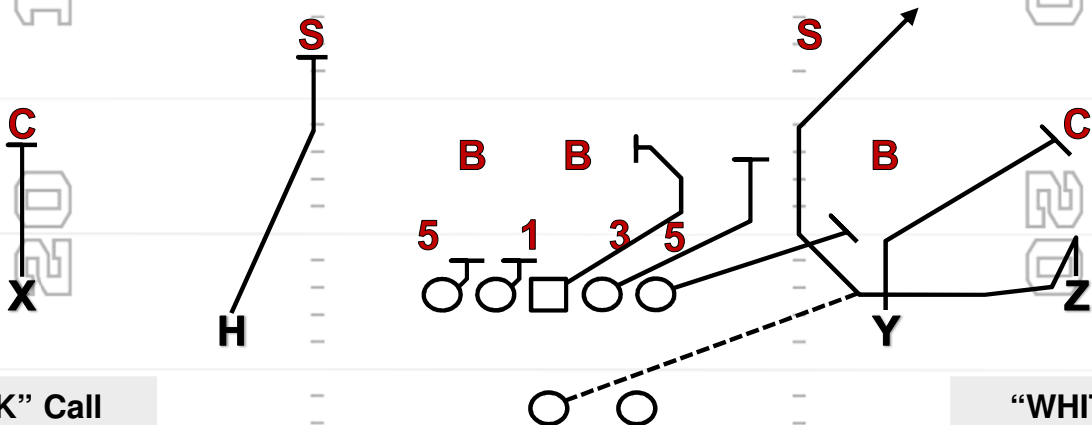
BUBBLE

We can call BUBBLE as a play, but it is another check our QB should make if the slot receiver is uncovered.



JAG

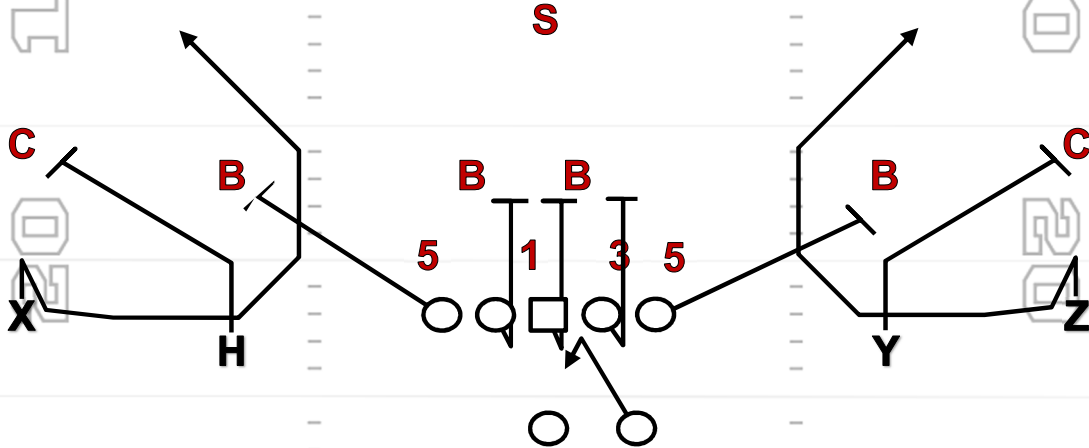
This is another play that we can call but it will also be checked to by the QB.



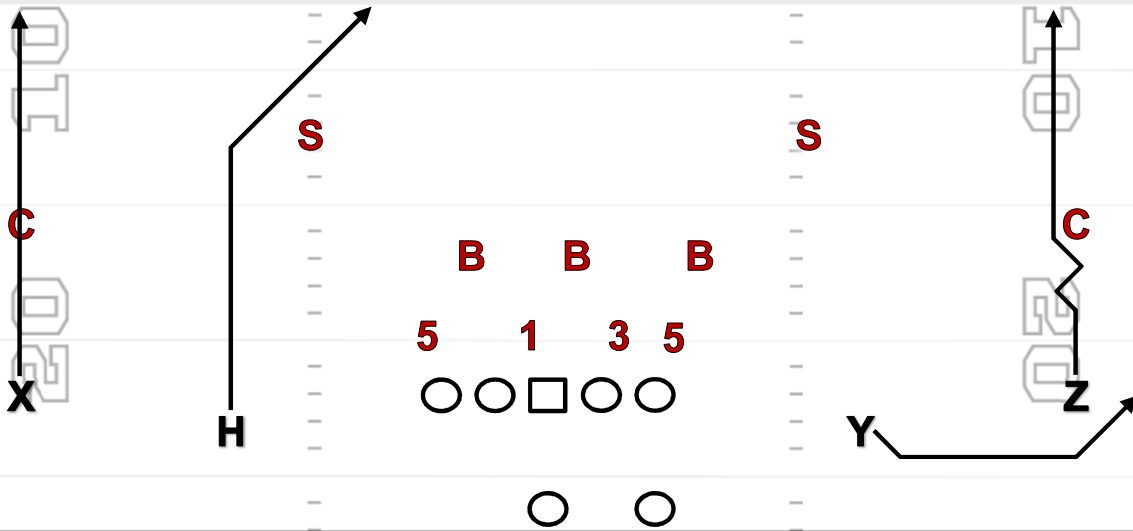
SCREEN GAME

TRIPLE SCREEN

This play will always be called. The QB will read the MLB's. If they get width, throw the Middle Screen. If they sit in the middle (do not get width), throw the Jag screen to either side.



BUBBLE, ALL GO



FOOTBALL

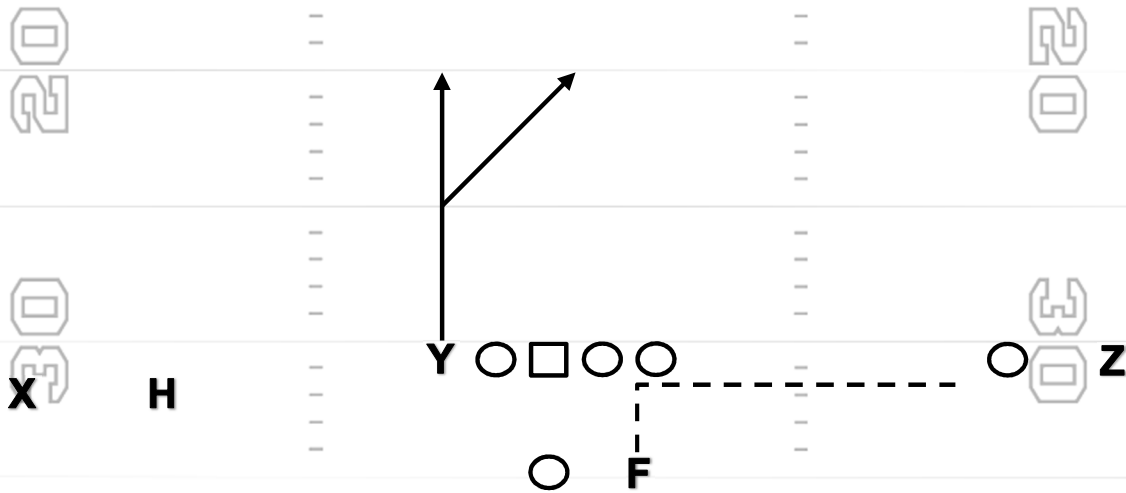


X&O'S

GADGET PLAYS

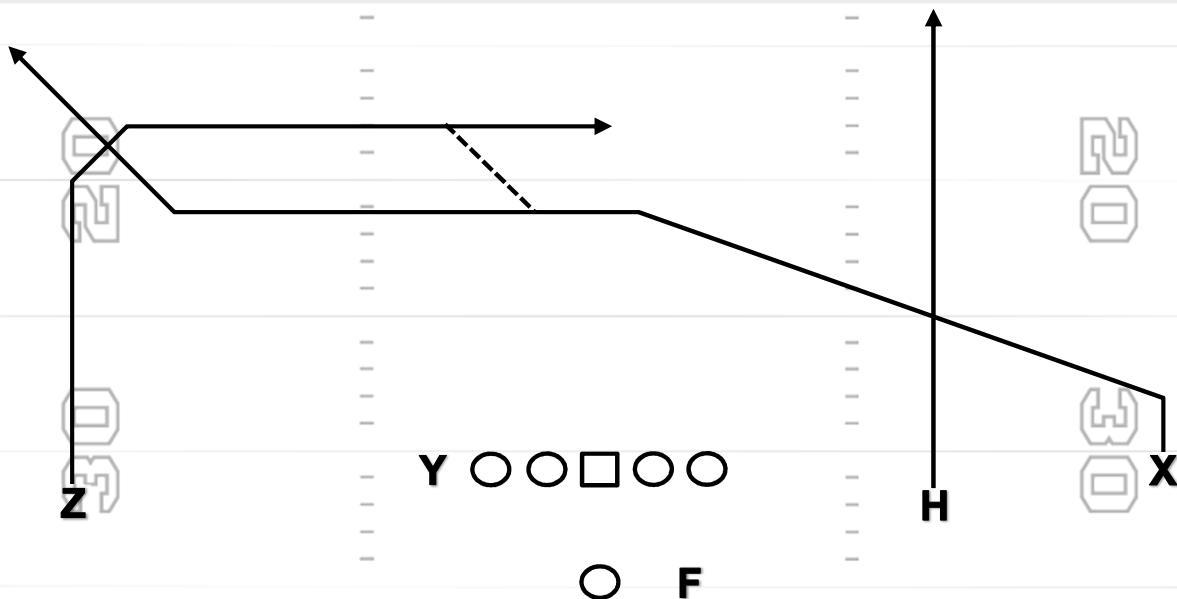
CIRCUS

We will usually run this out of a timeout and we like it in the Goal Line Area. We want to sneak the Y-Receiver to make him look like a Tackle. The Left Tackle will align out wide to the right with the Z-receiver. The only read for the QB is the Y. If he is covered, throw the ball out of bounds over his head.



BOISE HOOK & LATERAL

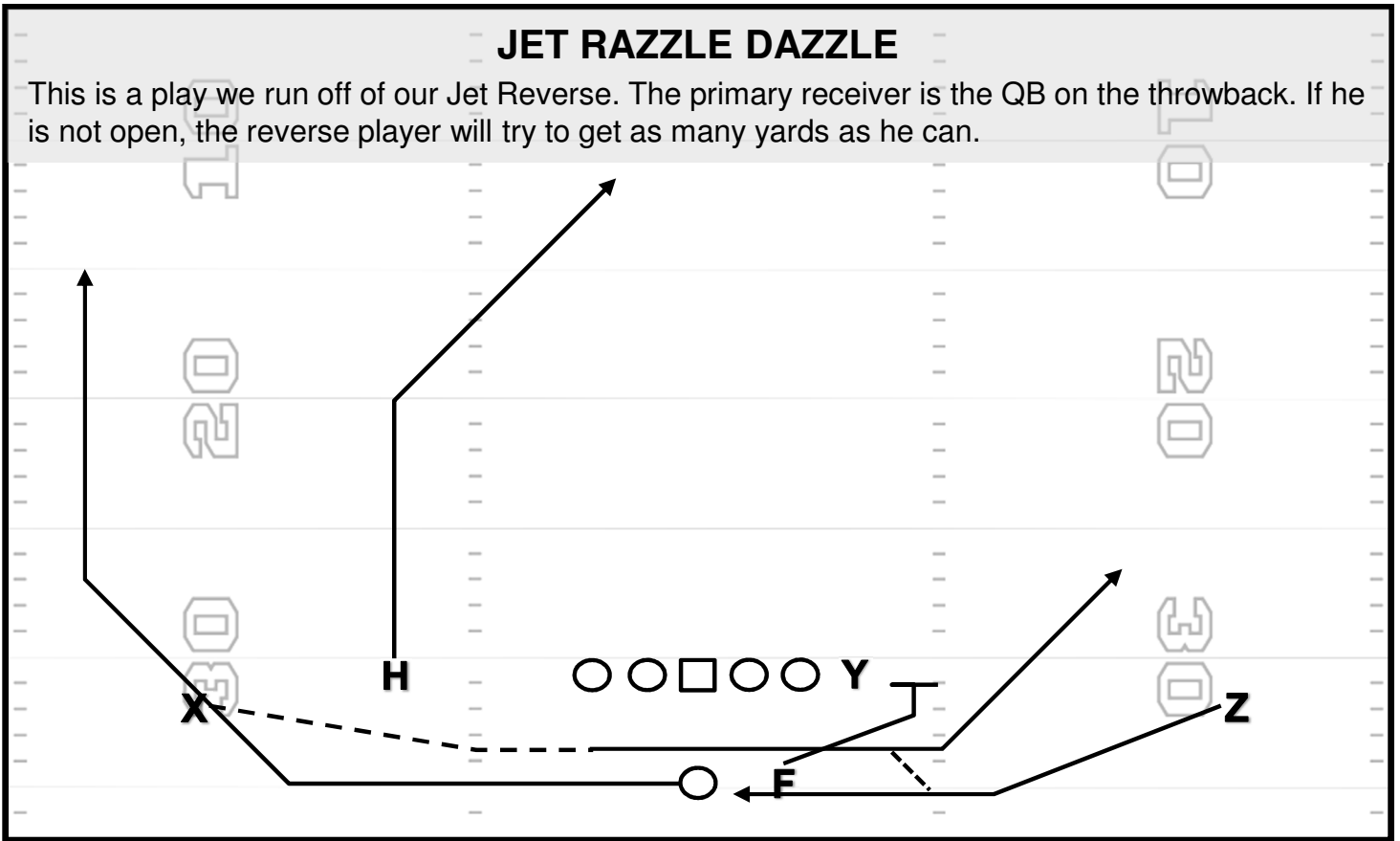
This play is similar to one that was made famous in 2007 when Boise State ran it against Oklahoma in the Fiesta Bowl. The throw is designed to go to the Dig on the left. After the catch, he needs to take a few steps to the inside to sell the fake. The #1 Receiver on the backside will come all the way across the formation to get the pitch from the Dig player.



GADGETS

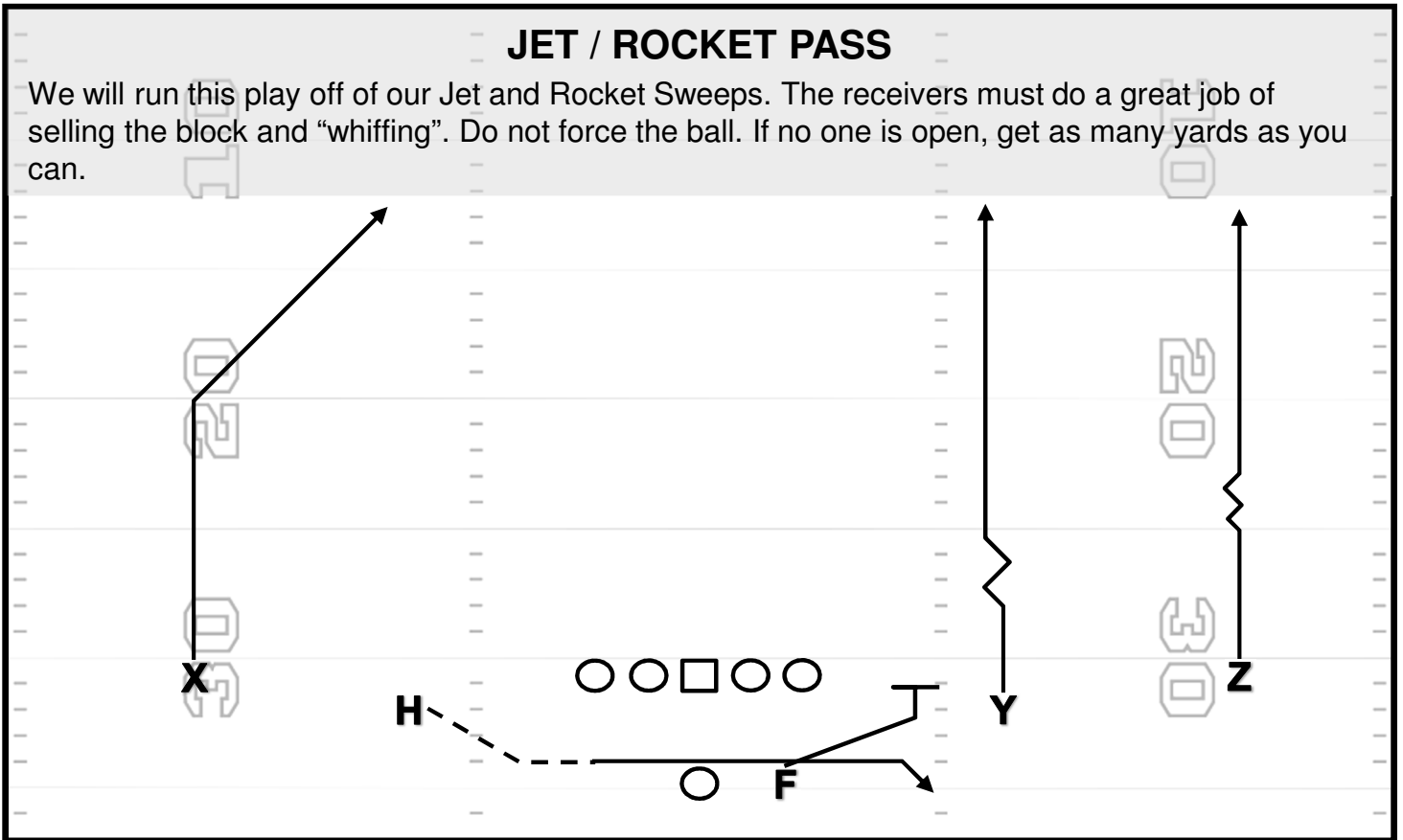
JET RAZZLE DAZZLE

This is a play we run off of our Jet Reverse. The primary receiver is the QB on the throwback. If he is not open, the reverse player will try to get as many yards as he can.



JET / ROCKET PASS

We will run this play off of our Jet and Rocket Sweeps. The receivers must do a great job of selling the block and "whiffing". Do not force the ball. If no one is open, get as many yards as you can.

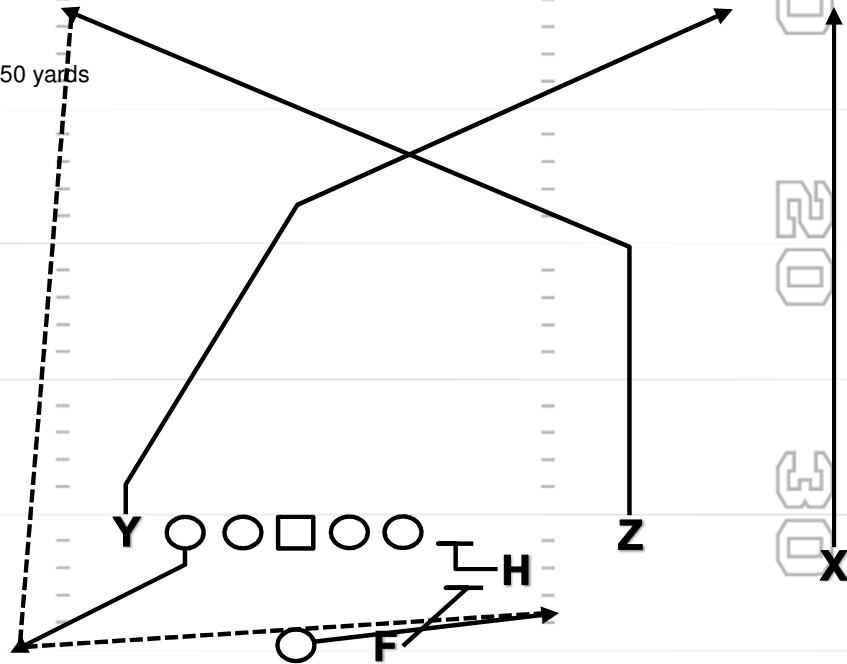


GADGETS

TACKLEBOMB

This play is only effective if we have a LT that can throw the ball. It is a great play that is set up by using Sprint Out plays. The only receiver on the play is the receiver coming across the field.

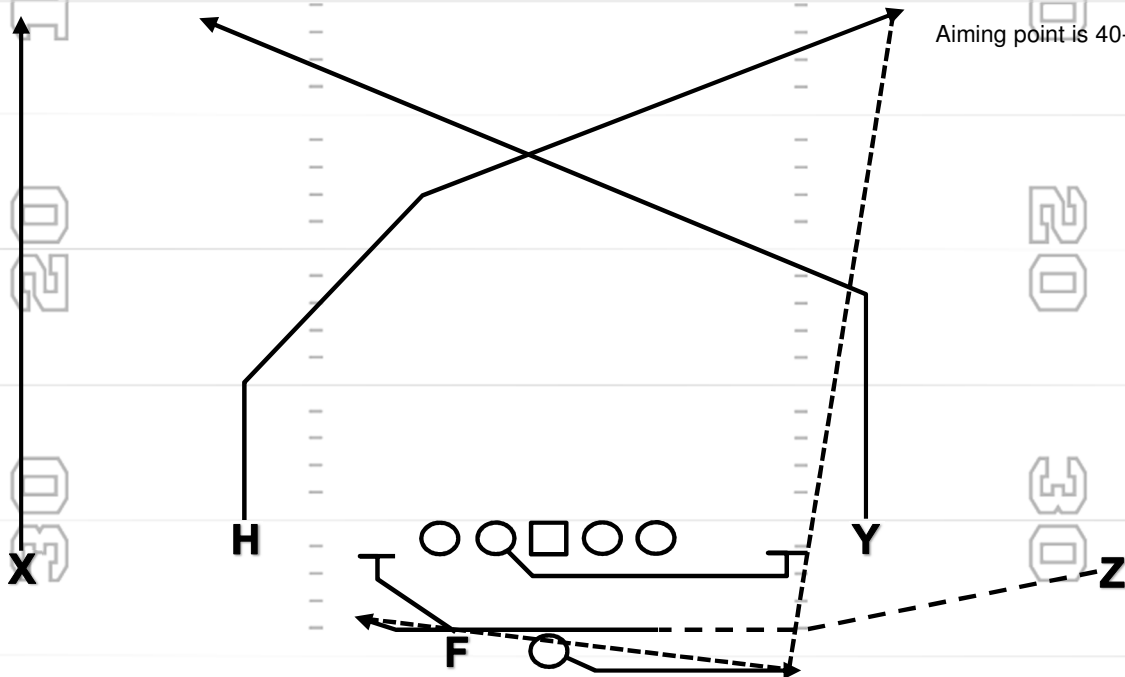
Aiming point is 40-50 yards



CARBOMB

We will run this play off of a Jet as a Double Pass. The only read is the player coming across the field. If he is not open, get as many yards as you can.

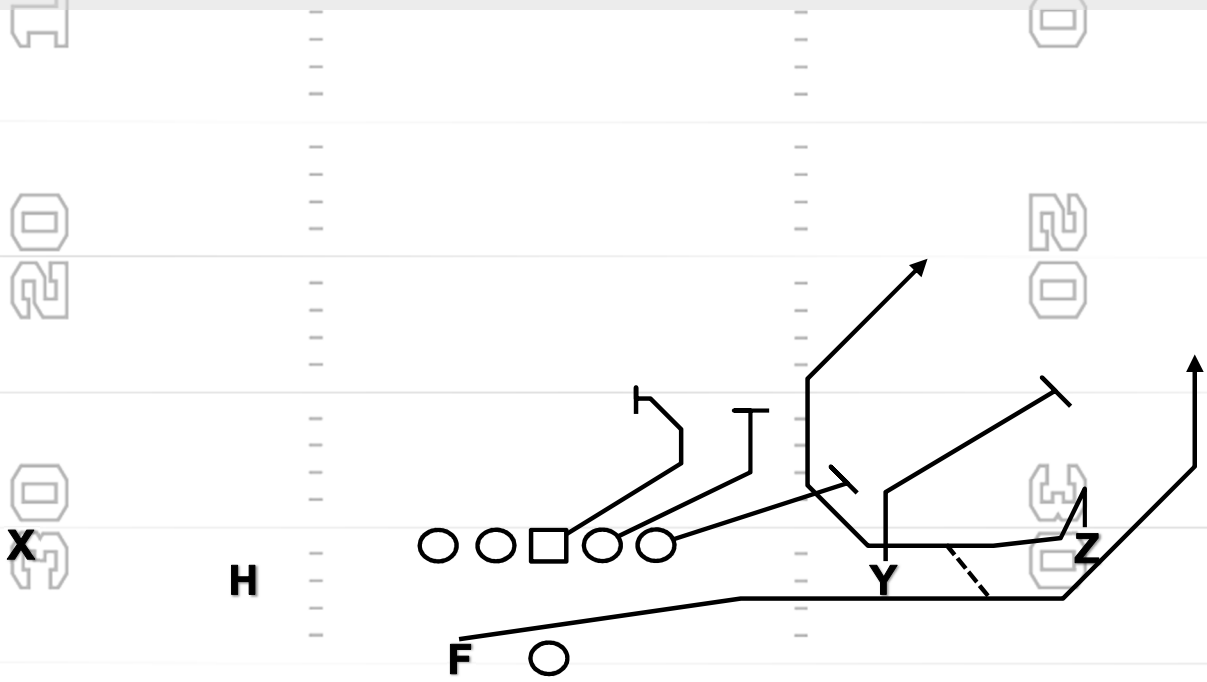
Aiming point is 40-50 yards



GADGETS

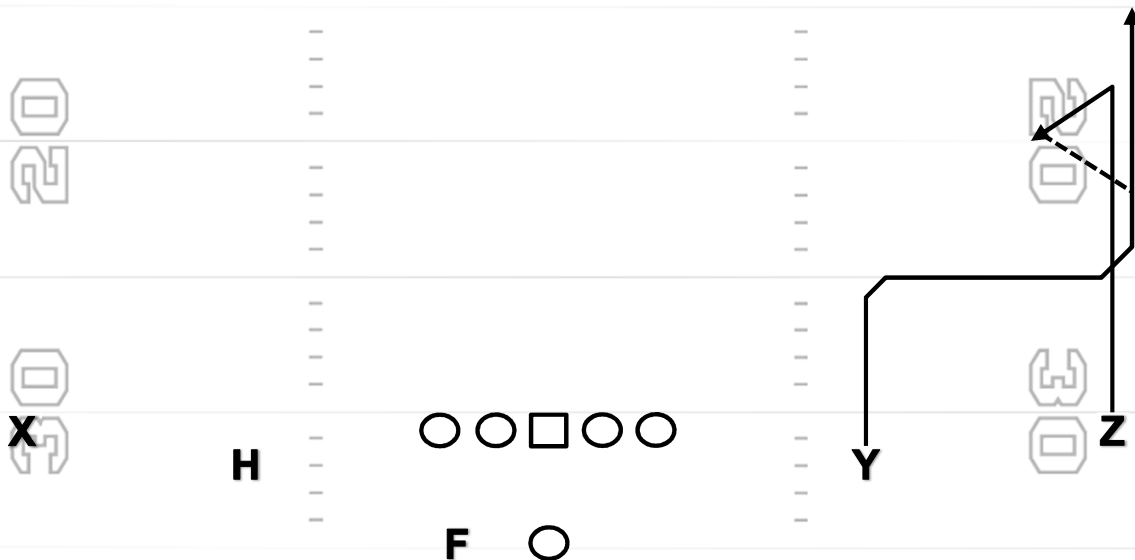
JAG HOOK & LADDER

We will run this play off of our Jag Screen. The QB will throw the screen and the receiver will make the catch, continue down the LOS and pitch to the RB coming across who will get downfield.



BUCKEYE HOOK & LADDER

This will be run off of our Buckeye route, we will throw to the Curl route and the Speed Out will come underneath it to get the lateral.



HAIL MARY

This is our end of half, end of game, need a touchdown play. We have very specific rules and will put our best athletes in position to make the play.

- Our tallest receiver / best jumper will be the middle receiver. His job is to post up and make the catch. No matter what, he must get his hands on the ball.
- Our next tallest receiver / best jumper will be the outside receiver. His job is to get 3-4 yards deeper than the middle receiver. Expect a ball that is tipped to you.
- The third receiver is to get 3-4 yards shorter than the middle receiver. Expect a ball that is tipped to you.

We will typically want our QB to half roll to his throwing hand side. This should allow the play to develop and give him more time.

The RB must protect the QB! If he gets sacked, the game is over and we lose.

