

**Northwestern**

**RUN N GUN**

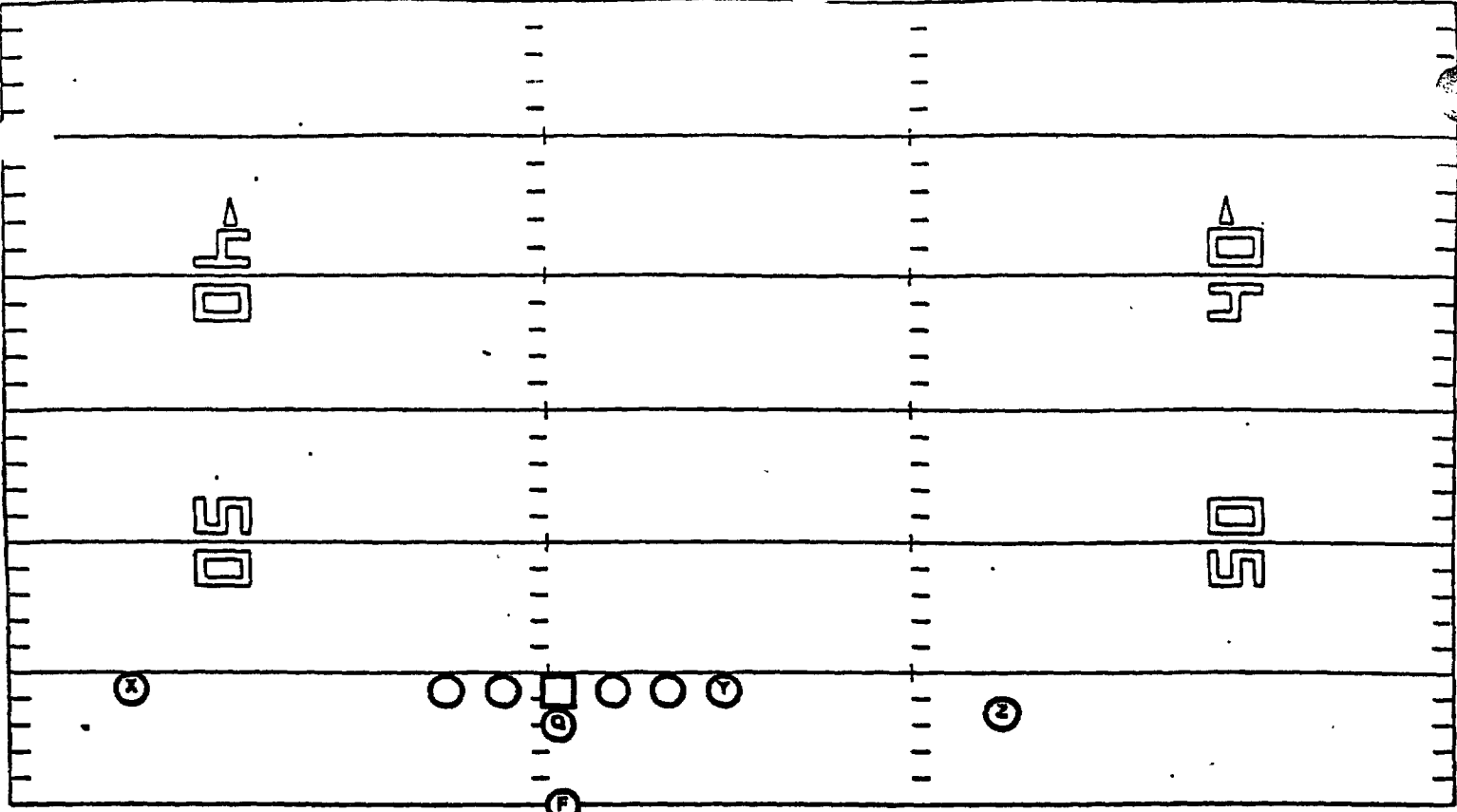
**Offense**

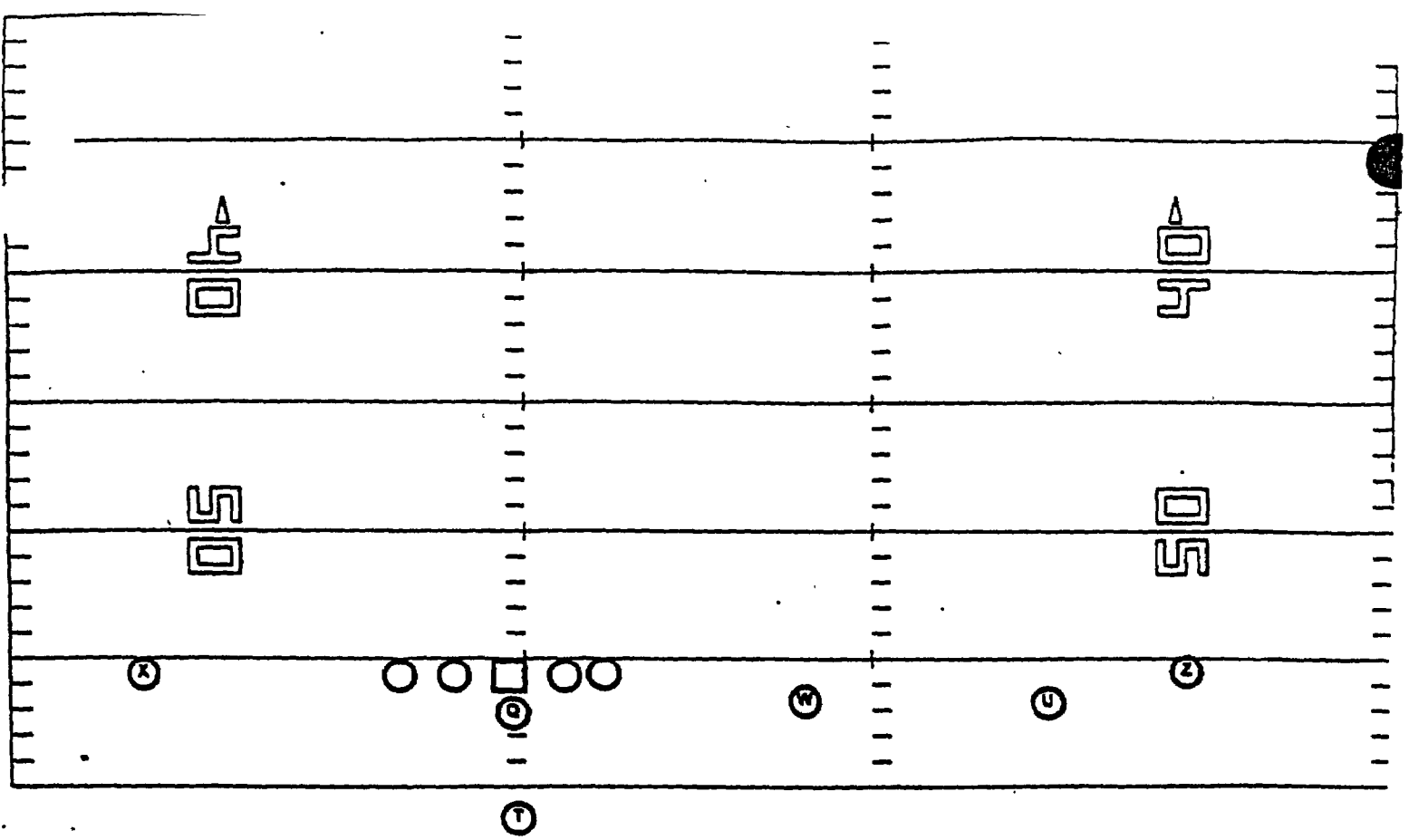


# **WILDCAT OFFENSE**

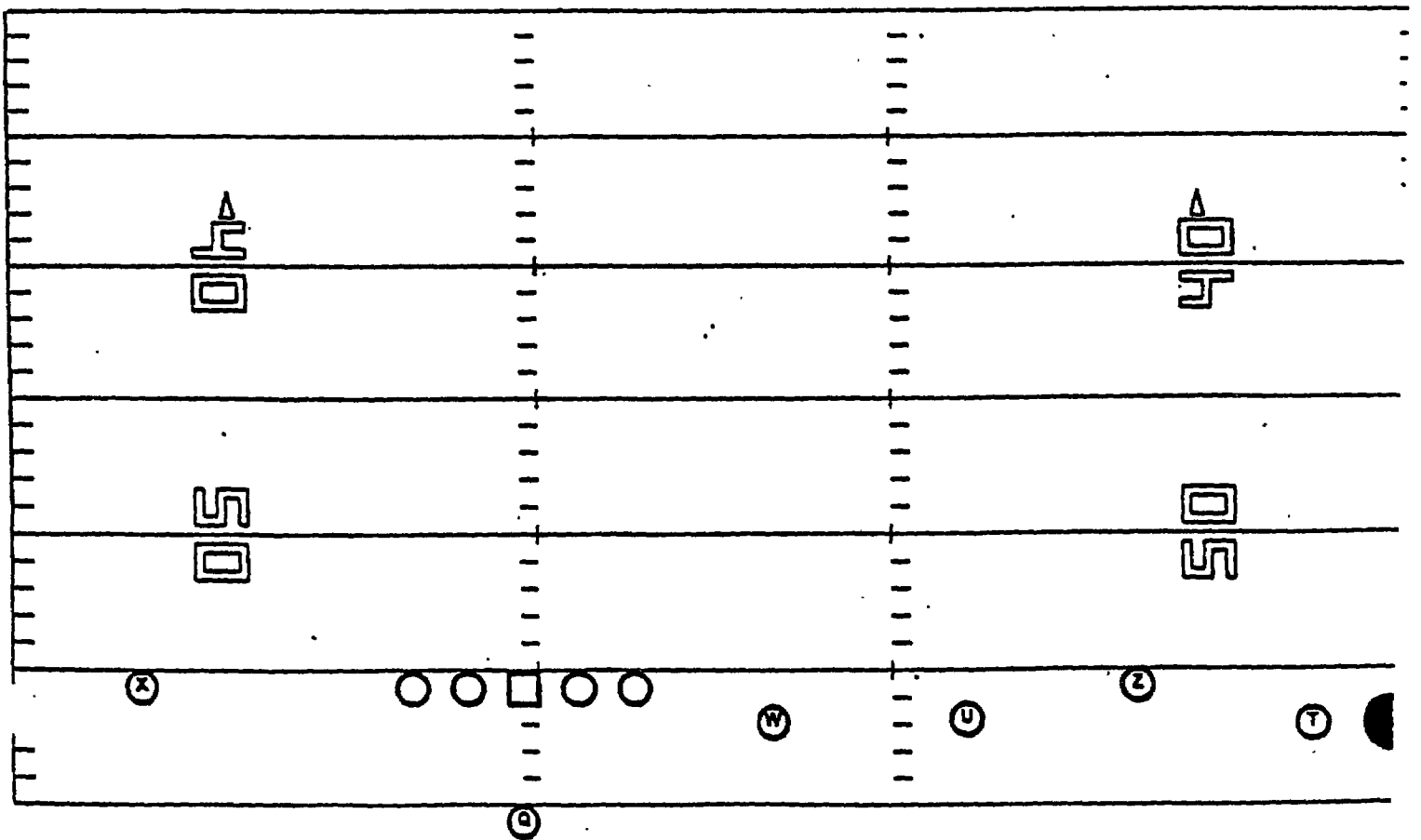
## **Formations**

***"RUN - n - GUN"***

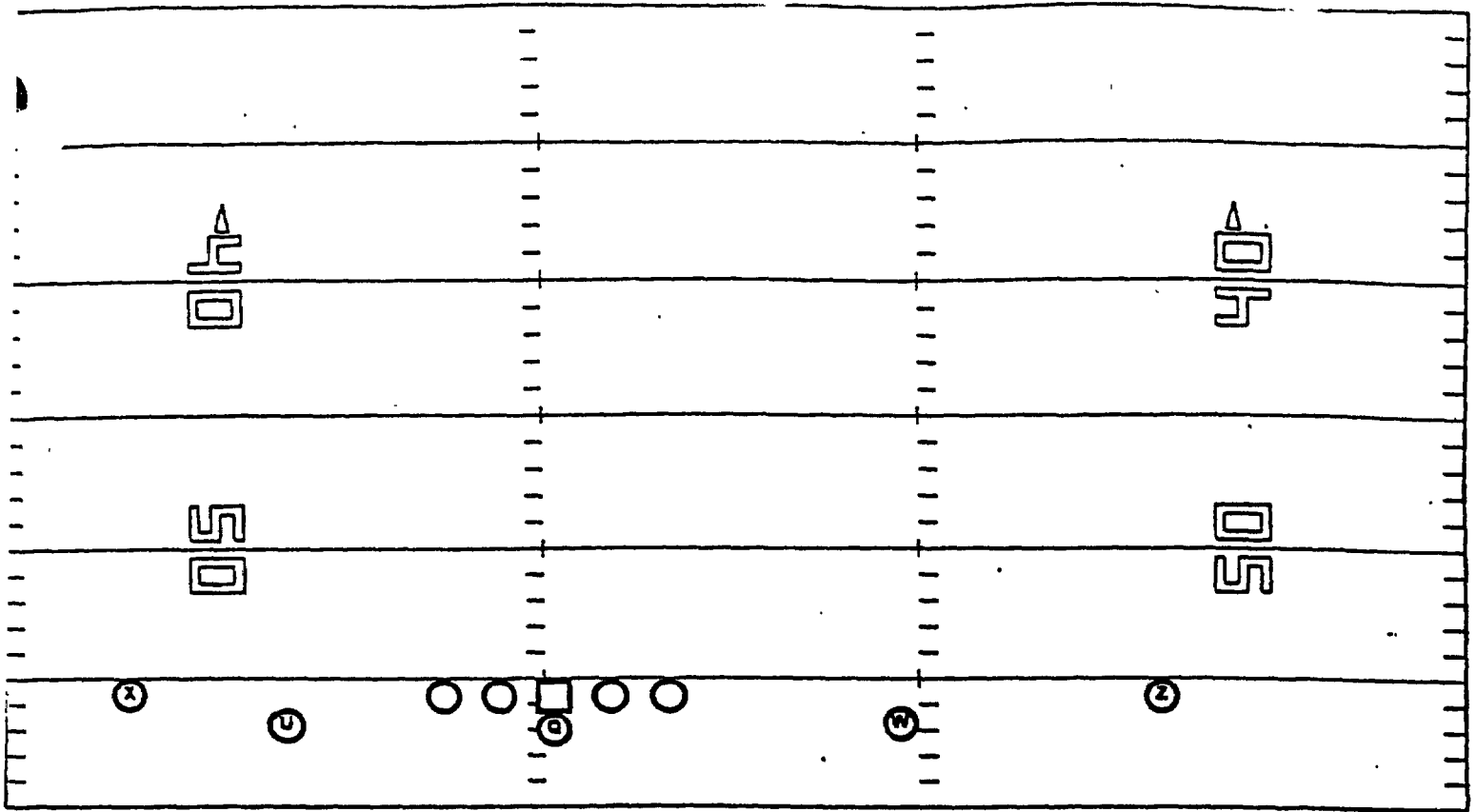




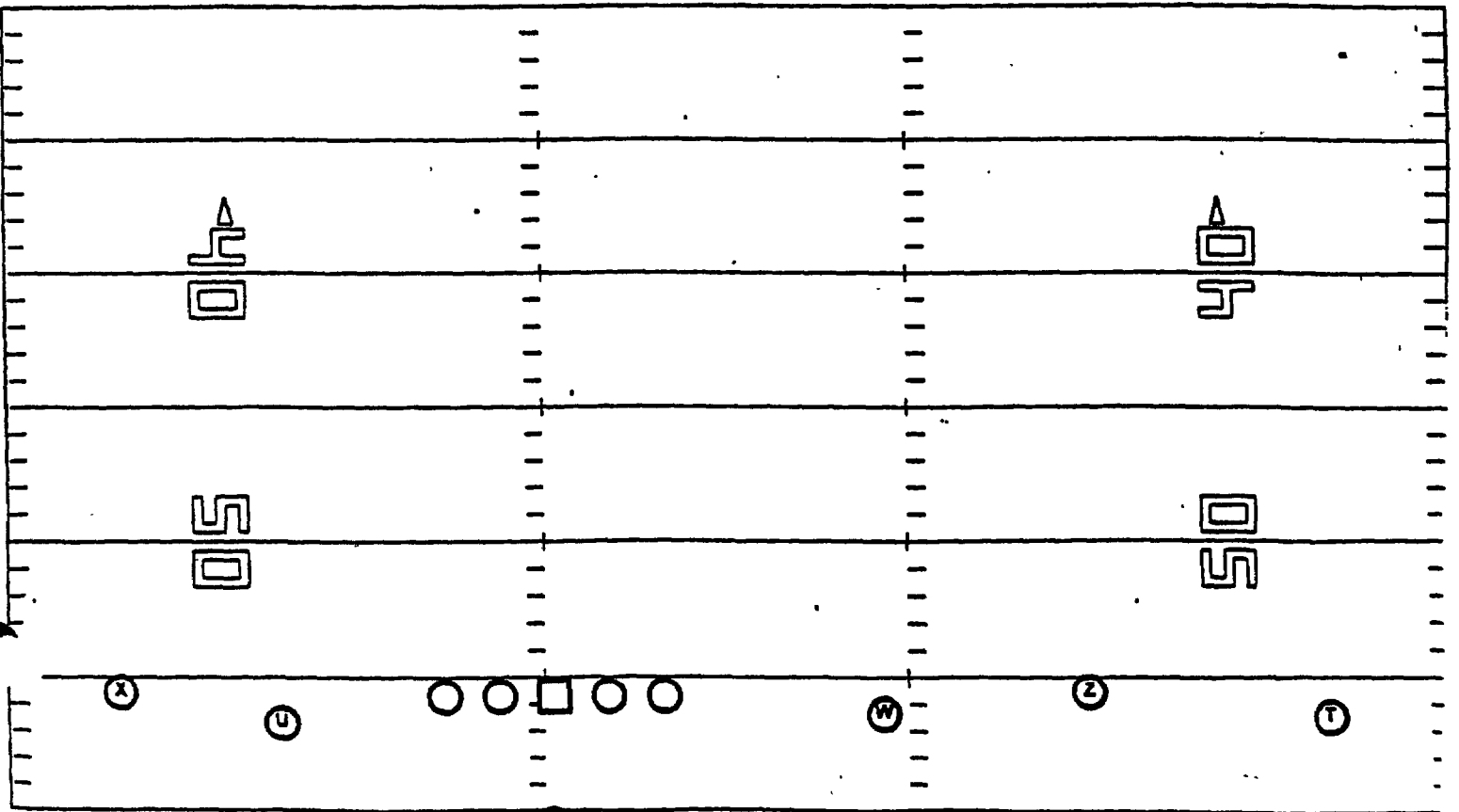
**PLAY: RIP - LIZ FAR**



PLAY: REX - LEX



PLAY: REX - LEX FAR



# **WILDCAT OFFENSE**

## **PRO**

***"RUN - n - GUN"***

RAM - LION

A handwriting practice grid with four horizontal lines. The top two lines are solid, and the bottom two are solid with a dashed midline. The grid is divided into two columns by two vertical dashed lines. On the left side, there are tick marks. The first column contains a diagram of the letter 'R' with a vertical line and a curved top, and a diagram of the letter 'M' with a vertical line and two humps. The second column contains a diagram of the letter 'L' with a vertical line and a horizontal base, and a diagram of the letter 'N' with a vertical line and a hump. Below the diagrams, there are several letters: 'X', 'O', 'O', 'Q', 'O', 'Y', 'W', 'Z', and 'T'. The letter 'Q' is positioned on the dashed midline, and 'T' is below the bottom solid line.

LAY: RAM FAR - LION FAR

A handwriting practice grid with four horizontal lines, identical in structure to the first grid. It is divided into two columns by two vertical dashed lines. The first column contains a diagram of the letter 'R' and a diagram of the letter 'M'. The second column contains a diagram of the letter 'L' and a diagram of the letter 'N'. Below the diagrams, there are several letters: 'S', 'O', 'O', 'Q', 'O', 'Y', 'W', 'Z', and 'T'. The letter 'Q' is positioned on the dashed midline, and 'T' is below the bottom solid line.



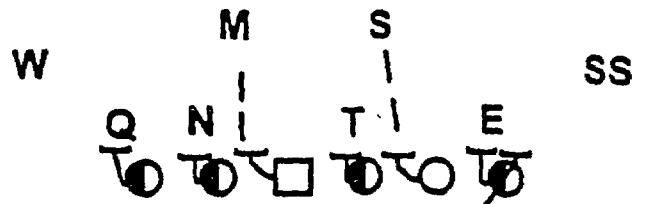
43-7 Shd (7)



30



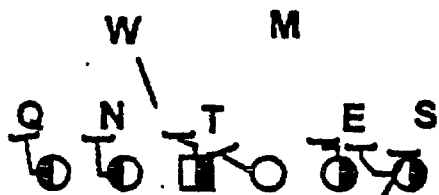
40: 17-35 (8)



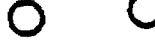
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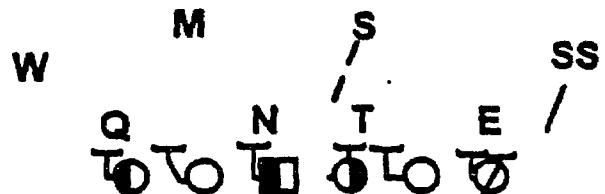
Shd Strong (7)



30



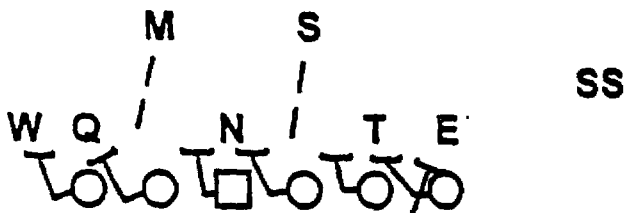
Shd Weak (8)



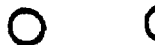
30



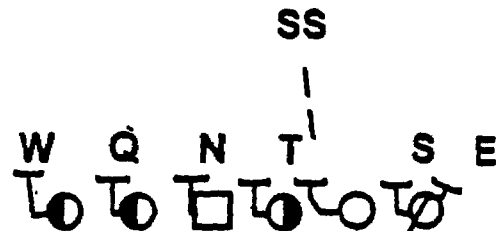
50 (7)



SS



Bear (8)



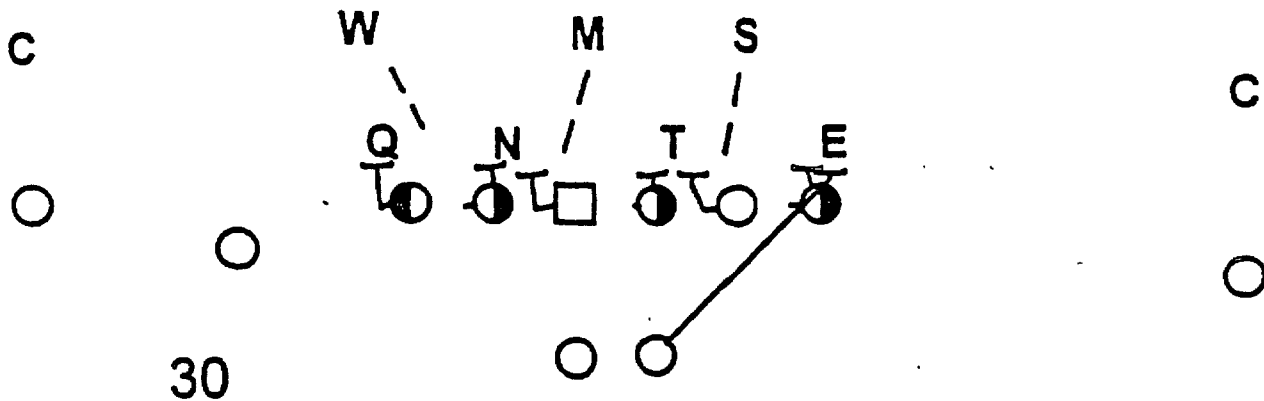
30



\*Alert for DB Gap vs. Bear Blitz Teams.

FS

SS

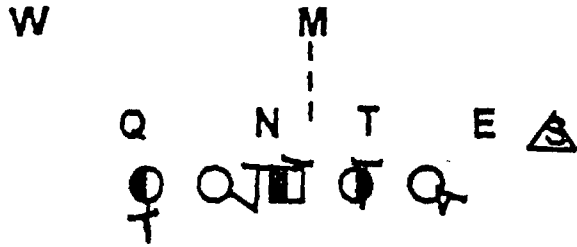


**Concept: 3 Step Drop; Gap Protection.**

Pos.	Assignment	Coaching Pt.
<b>PST:</b>	P.S. B gap	Be aggressive. No chop on Pump.
<b>SG:</b>	P.S. A gap	Be aggressive. No chop on Pump.
<b>C:</b>	B.S. A gap	Be aggressive. No chop on Pump.
<b>BSG:</b>	B.S. B gap	Be aggressive. No chop on Pump.
<b>BST:</b>	B.S. C gap	Be aggressive. No chop on Pump.
<b>Y:</b>	P.S. C gap	Be aggressive.
<b>F:</b>	Block EOL away from call	
<b>TB:</b>	30 Pro align to call, block to call.	Aim at inside leg of EOL. Cut block tech I = both backs to call. 30 P-fake, align away, block to call.
<b>PSWR:</b>	Run route	
<b>SWR:</b>	Run route	
<b>QB:</b>	Gun = Catch and throw. Under Center = 3 step.	Beat outside Blitz with throw 30 PF = nothing for you. TB flashes in fi

PLAY: 60-61 PRO (BROWN - BLUE)

13-7 Shd (7)



60

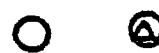


"MIDDLE"

40: 17-35 (8)

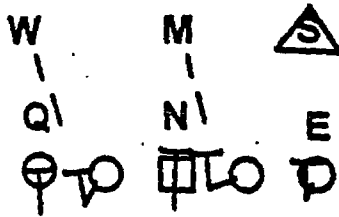


60



"LEFT"

50 Stack

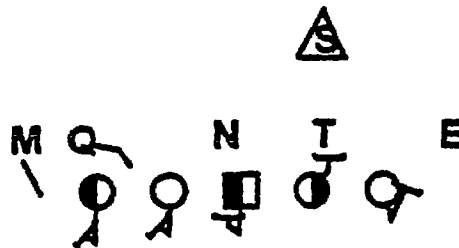


60



"MIDDLE"

Shd Weak (8)



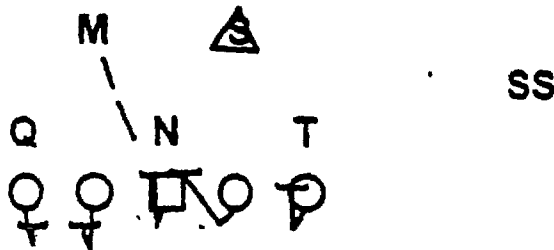
Sort

60



"LEFT"

50 (7)

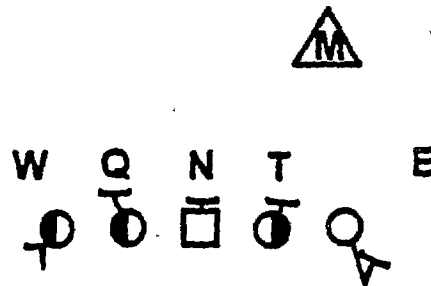


50



"LEFT"

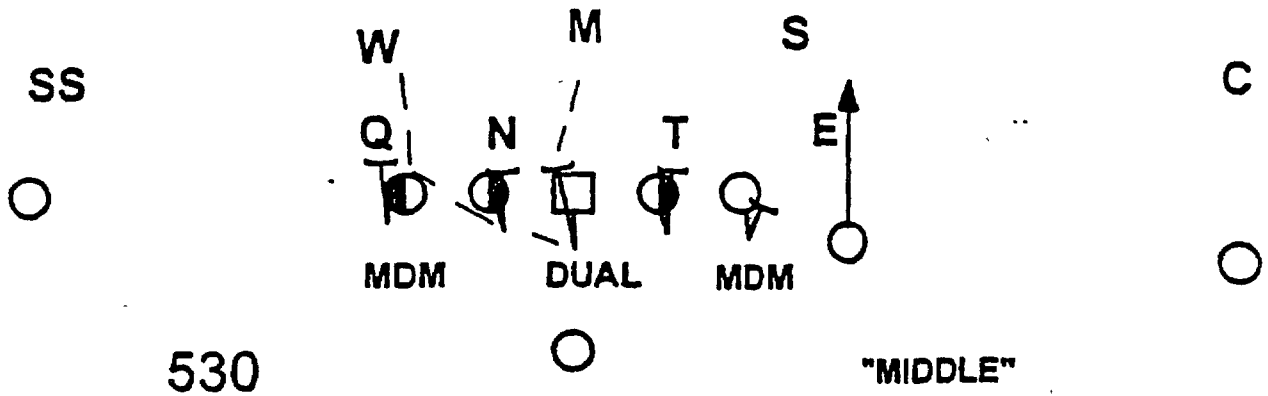
Bear (8)



60



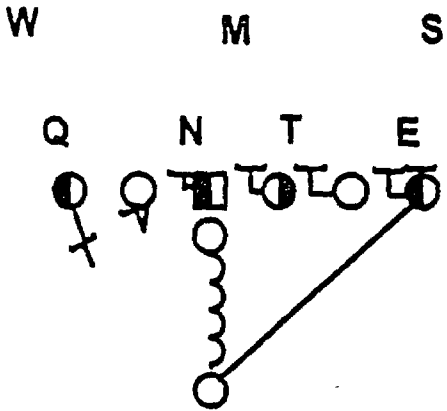
"Big on Big"



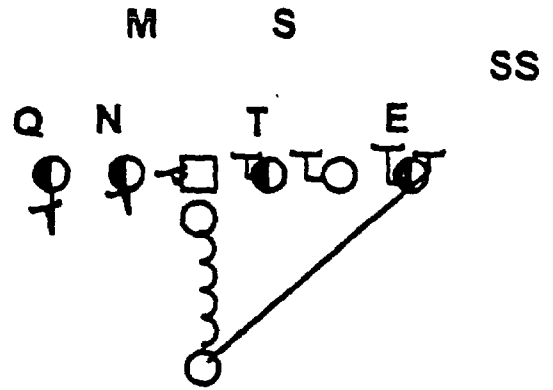
**Concept: 5 step Drop; MDM Protection. F.G. Pro. (CHOP)**

Pos.	Assignment	Coaching Pt.
<b>PST:</b>	"MDM"	Vs outside blitz, sink MDM "Bump" on inside blitz with Guard
<b>SG:</b>	Covered "Big On" Uncovered "Dual"	Expect "Bump" vs PSLB A gap blitz. "Even" = Big on "Odd" = "Dual"
<b>C:</b>	Call front, identify Mike Rt/Lt/Middle Covered block covered Uncovered Dual Mike to B.S.	Vs 43, Dual Mike to B.S. End B.S. Force = Rake/Lawn (Sort) Vs Shade Strong with Will in box, call Rake/Lawn (S) Vs 50 call "Mike" to "Force" side.
<b>BSG:</b>	Covered "Big On" Uncovered "Dual"	Blitz = Rake Center "Rake/Lawn" call = Sort B Gap
<b>BST:</b>	"MDM"	Vs. 43 MDM "Will" to "End" Call "Force" vs outside blitz Center "Rake/Lawn" call = Sort C Gap
<b>Y:</b>	Run route	
<b>F:</b>	Not in	
<b>TB:</b>	Empty: Far or Near = run route Gun: play fake away (i.e.- rocket start right, p-fake left)	Speed to B gap, with pocket fake to loose change inside.
<b>PSWR:</b>	Run route	
<b>PWR:</b>	Run route	
<b>QB:</b>	Gun = catch and throw, Under Center = 3 step.	

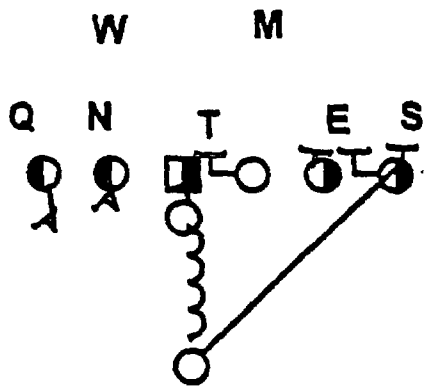
43-7 Shd (7)



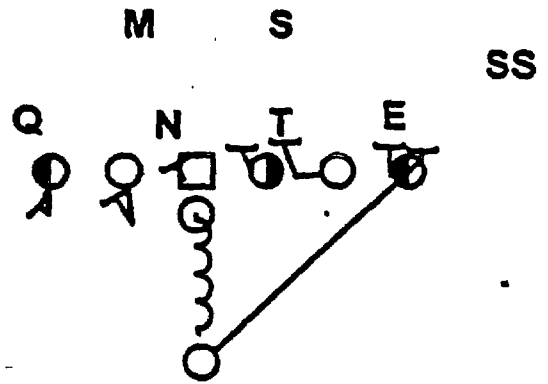
40: 17-35 (8)



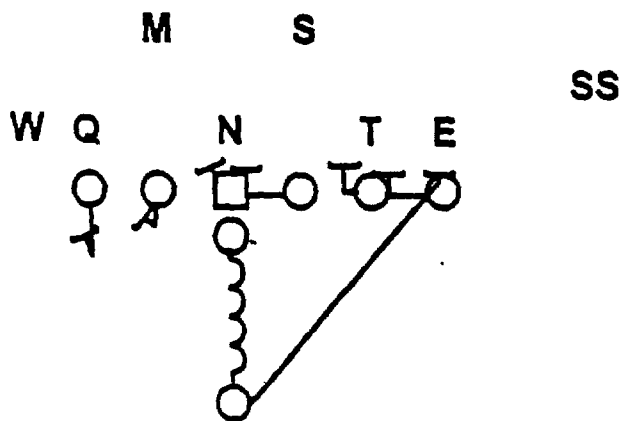
Shd Strong (7)



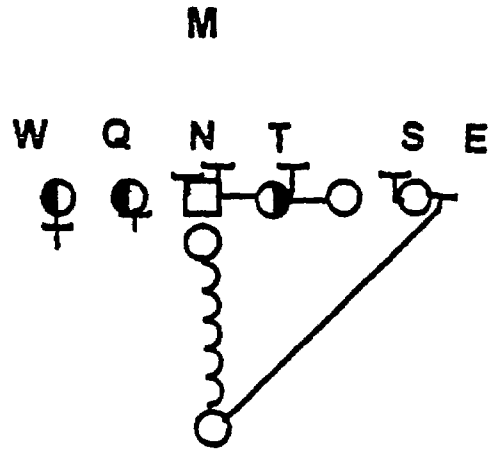
Shd Weak (8)

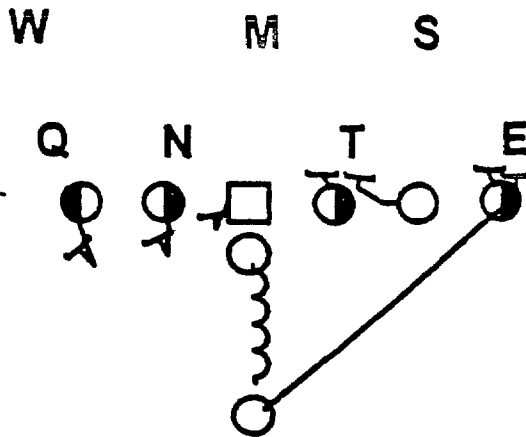


50 (7)



Bear (8)





70

**Concept: 1/4 Roll, Gap Protection**

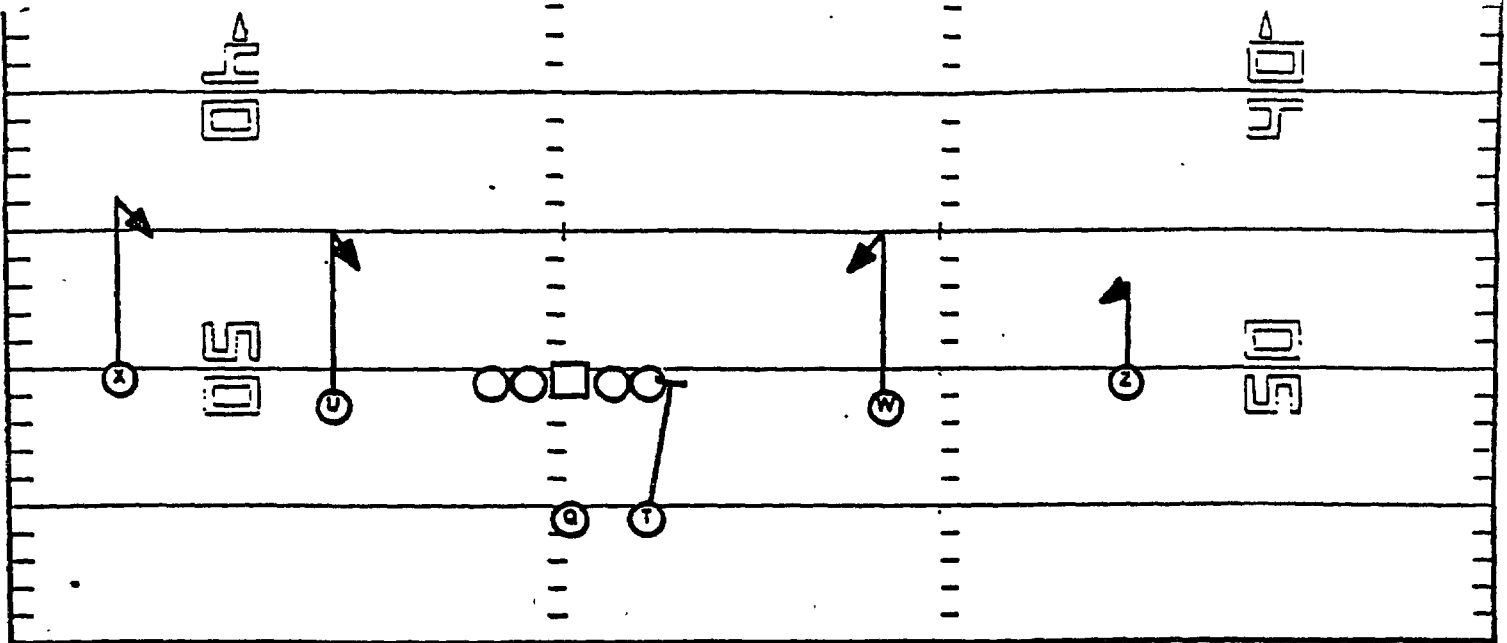
Pos.	Assignment	Coaching Pt.
<b>PST:</b>	Gap protect PS B gap	Aggressive protection, stay square
<b>SG:</b>	Gap protect PS A gap	Aggressive protection, stay square
<b>C:</b>	Sort protect BS A gap	
<b>BSG:</b>	Sort protect BS B gap	
<b>BST:</b>	Sort protect BS C gap	
<b>Y:</b>	Gap protect PS C gap	Aggressive protection, stay square
<b>F:</b>	Gap protect P.S. D gap	Aiming point - outside hip of TE. Be aggressive
<b>TB:</b>	Gap protect PS D Gap	A.P. = outside hip of TE. Be aggressive In I = help the F.
<b>PSWR:</b>	Run route	
<b>RSWR:</b>	Run route	
<b>QB:</b>	5 Step/ Gun 3 with gap protection	

# **WILDCAT OFFENSE**

## **ROUTES**

***"RUN - n - GUN"***

"Rex 32"



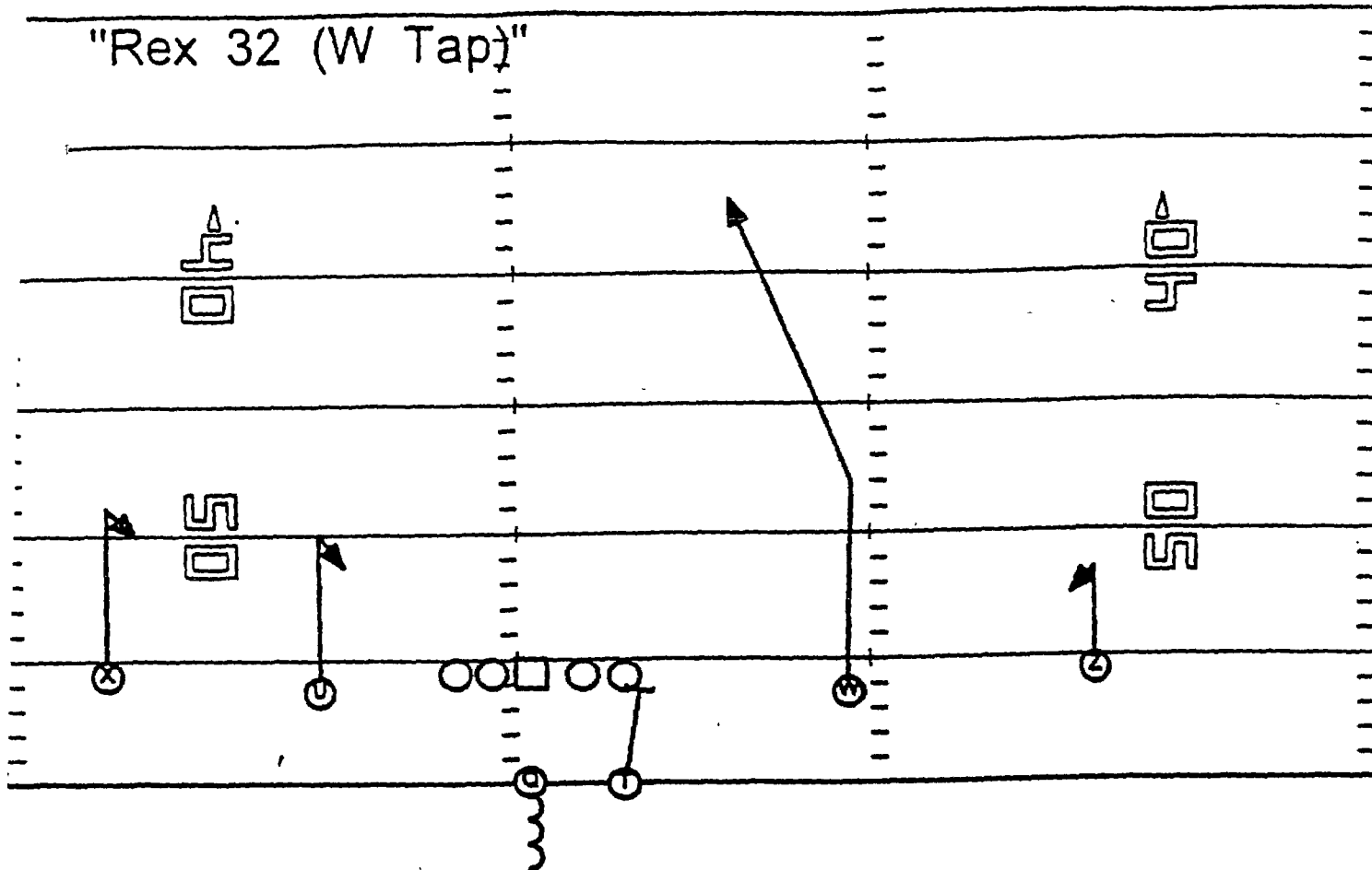
**Concept: Qk Throw - All Hitch. Fade Conv. will be signaled.**

Pos.	ASSIGNMENT	COACHING PT.
<b>X:</b>	6 Yd. Hitch. (Fade Adjustment will be Tapped.)	Inside Foot Up. 3 Full, 2 Small Steps. Rip Inside Elbow & Snap Head Around.
<b>Z:</b>	3 Yd. Hitch. (Fade Adjustment will be Tapped.)	Inside Foot Up. 1 Full, 2 Small Steps. Rip Inside Elbow & Snap Head Around.
<b>W/U</b>	6 Yd. Hitch. (Fade Adjustment will be Tapped.)	Inside Foot Up. 3 Full, 2 Small Steps. Rip Inside Elbow & Snap Head Around.
<b>Y/F:</b>	Y: Block PS C Gap. F:Block C/D Gap to Call or Not In.	
<b>TB:</b>	30/630 Protection. Far Alignment = Fade.	
<b>QB:</b>	Gun: Catch & Throw. Under C: 3 Step	Read: Shortest Throw/Deepest Defender Miss it Low & Away. Fade Adjustment will be signaled.



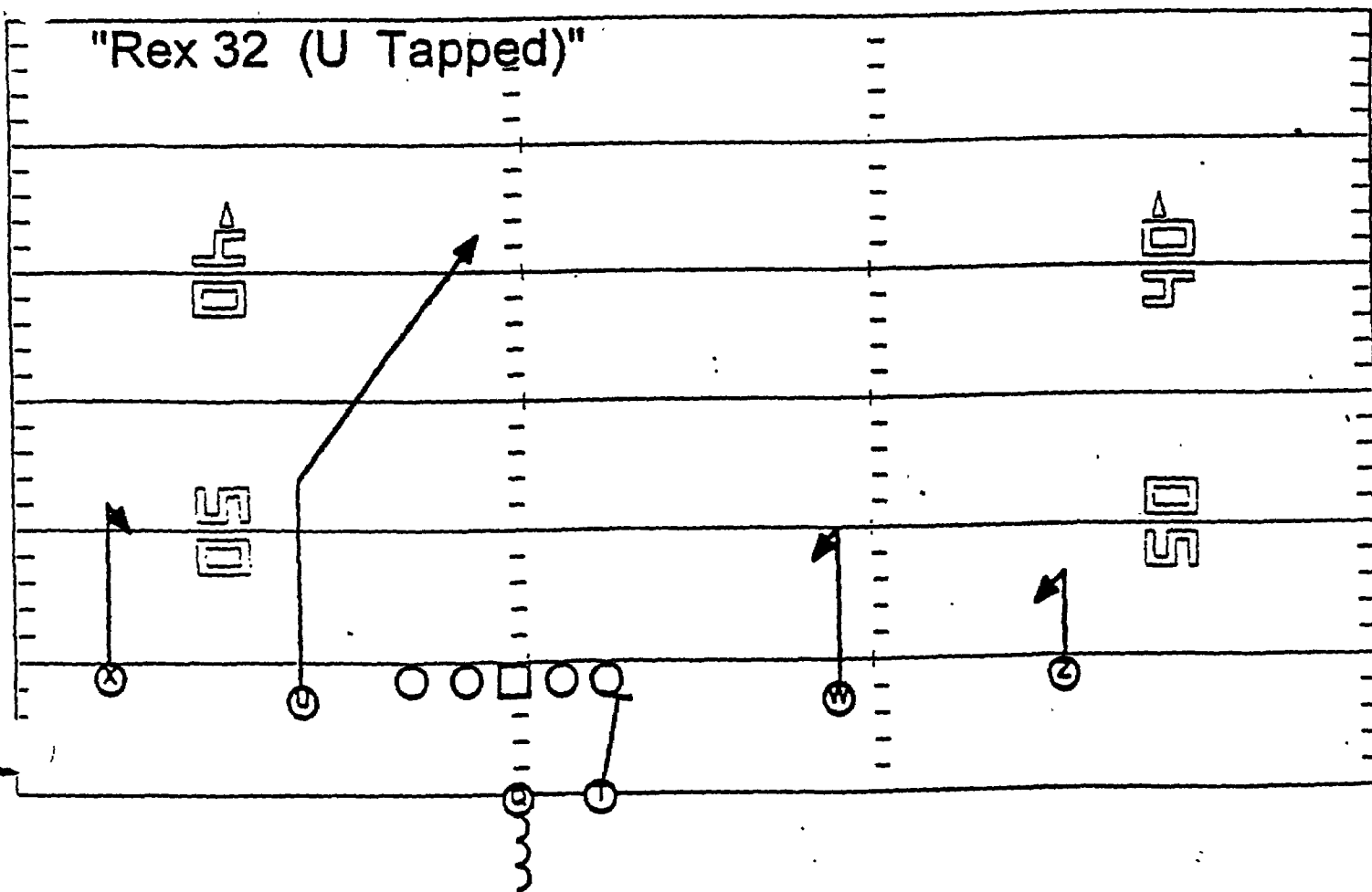
LAY: 32 - 33 HITCH

"Rex 32 (W Tap)"

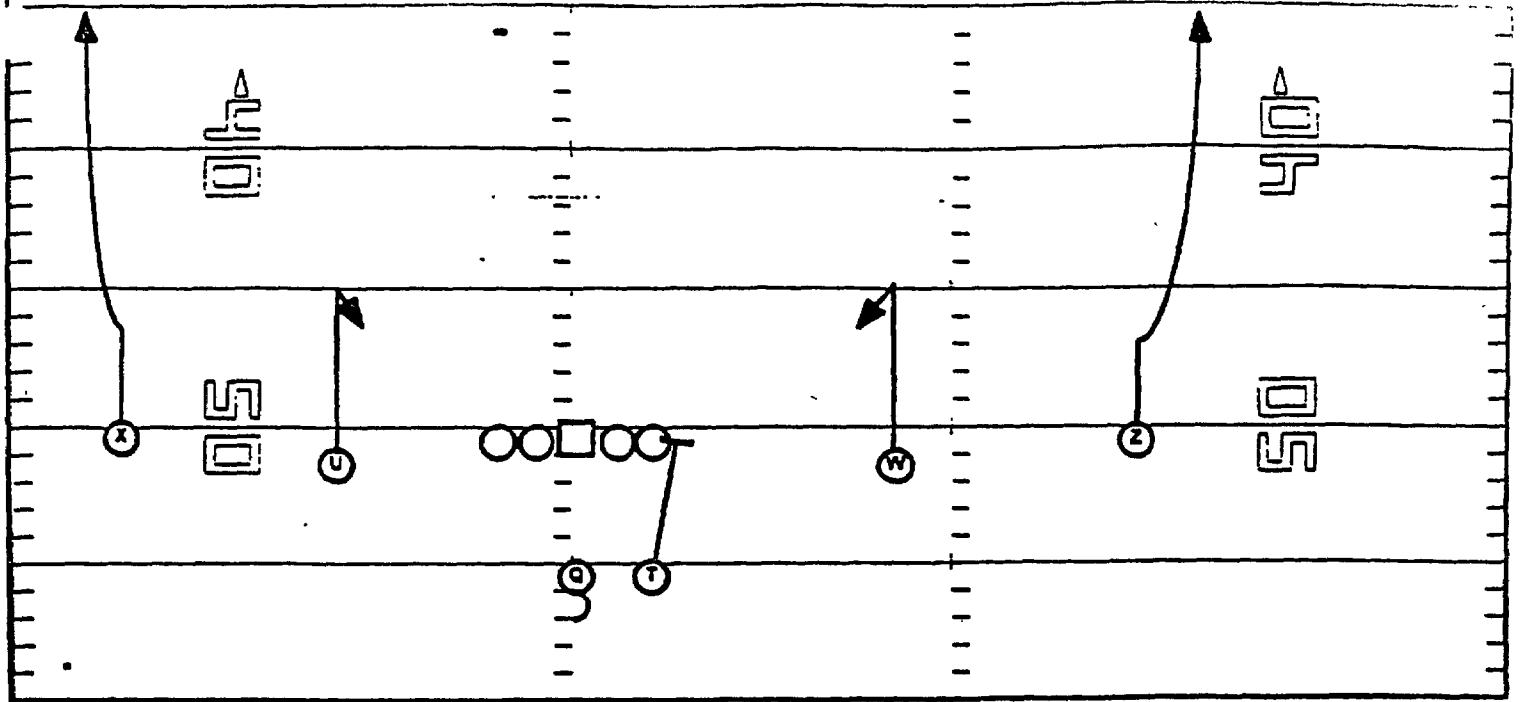


LAY: 32 - 33 Hitch

"Rex 32 (U Tapped)"



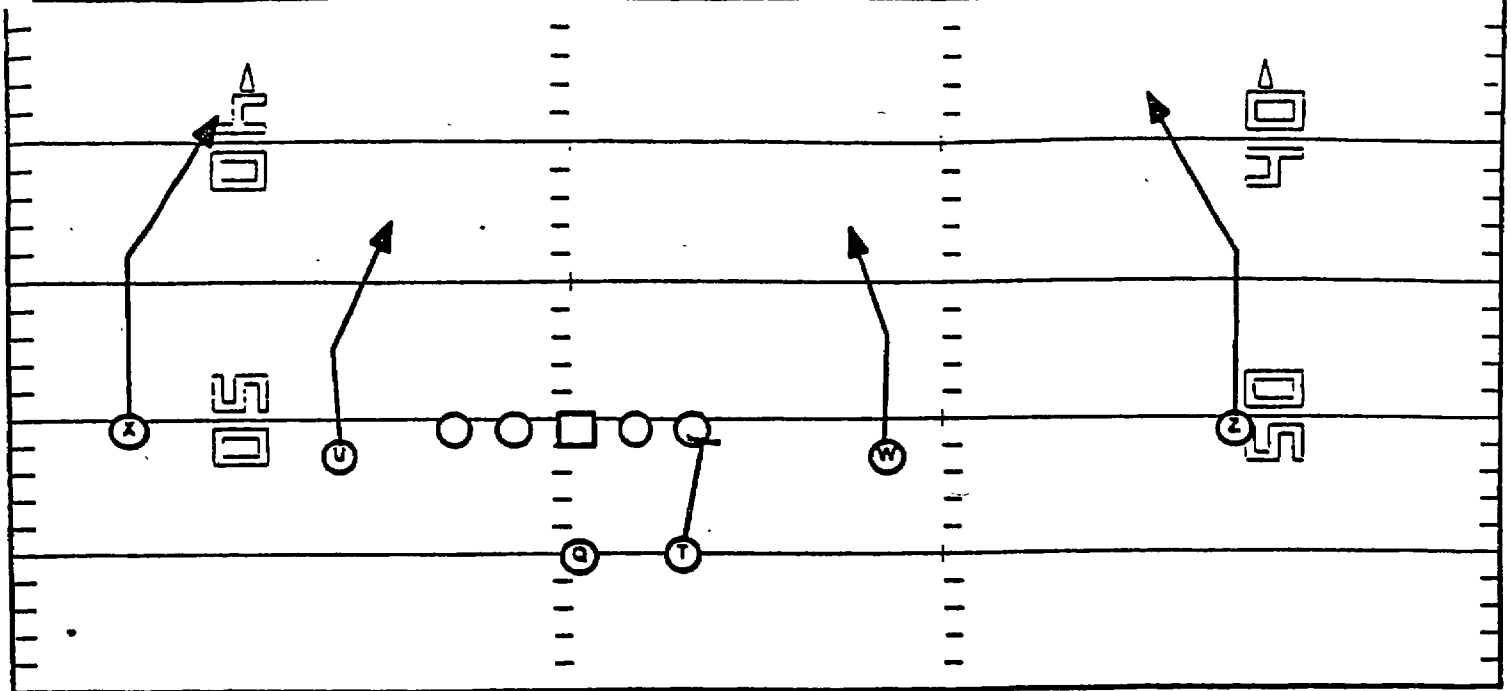
# "Rex 32 (Outside Tap)"



**Concept: Qk Throw - All Hitch. Fade Conv. will be sig**

Pos.	ASSIGNMENT	COACHING PT.
<b>X:</b>	6 Yd. Hitch. "Tap" = Fade.	Run Through the Outside Shoulder & Get Back on Top. Be Physical.
<b>Z:</b>	3 Yd. Hitch. "Tap" = Fade	Run Through the Outside Shoulder & Get Back on Top. Be Physical.
<b>W/U</b>	6 Yd. Hitch. "Tap" = 5 Step Post.	Stick the Post. You have the Middle of the Field. Only side Tapped will run the Post.
<b>Y/F:</b>	Y: Block PS C Gap. F: Block C/D Gap to Call or Not In.	
<b>TB:</b>	30/630 Protection. Far Alignment = Fade.	
<b>QB:</b>	Gun: Outside Tap = Catch & Throw. Inside Tap = 3 & Throw.	Outside Tap vs Bump Man. Inside Tap vs No Deep Man.

"Rex 36"

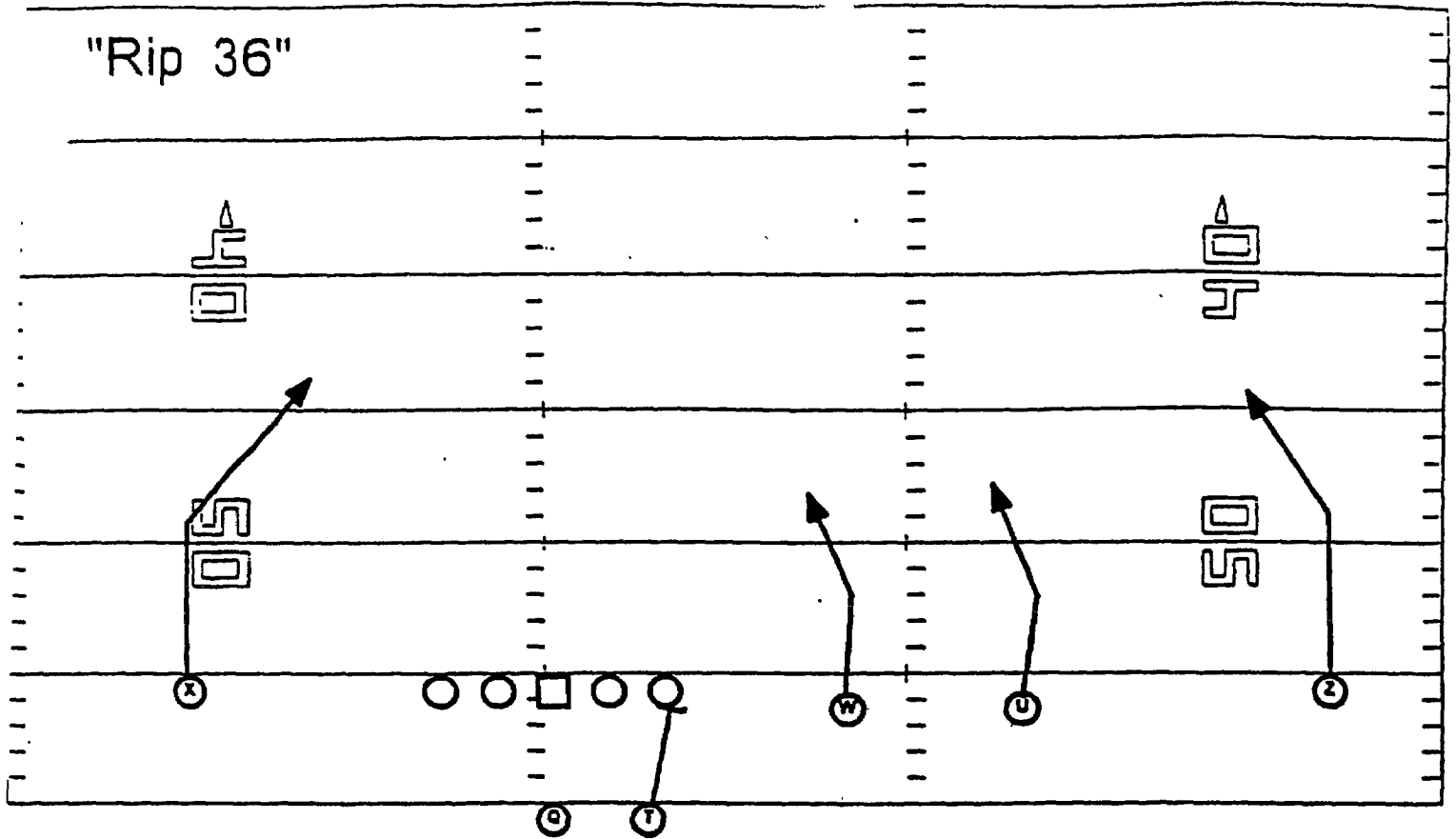


**Concept: Qk Throw - All Slant. Like to single WR to B**

Pos.	ASSIGNMENT	COACHING PT.
<b>X:</b>	6 Yd. Slant.	Inside Foot Up. 3 Full Steps. Vs Bump - Be Physical & Run Away. Keep it Thin vs Soft.
<b>Z:</b>	6 Yd. Slant.	Inside Foot Up. 3 Full Steps. Vs Bump - Be Physical & Run Away. Keep it Thin vs Soft.
<b>W/U:</b>	3 Yd Slant.	Inside Foot Up. 3 Steps. Stem Out, Back In. Keep it Thin. Don't get Bubbled Out Wide.
<b>Y/F:</b>	Y: Block PS C Gap. F:Block C/D Gap to Call or Not In.	
<b>TB:</b>	30/630 Protection	
<b>QB:</b>	Gun: Catch & Throw. Under C: 3 Step	Read: Boundary Shot. Keep it Thin & Behind vs Soft Corner to Beat the Low Safety.

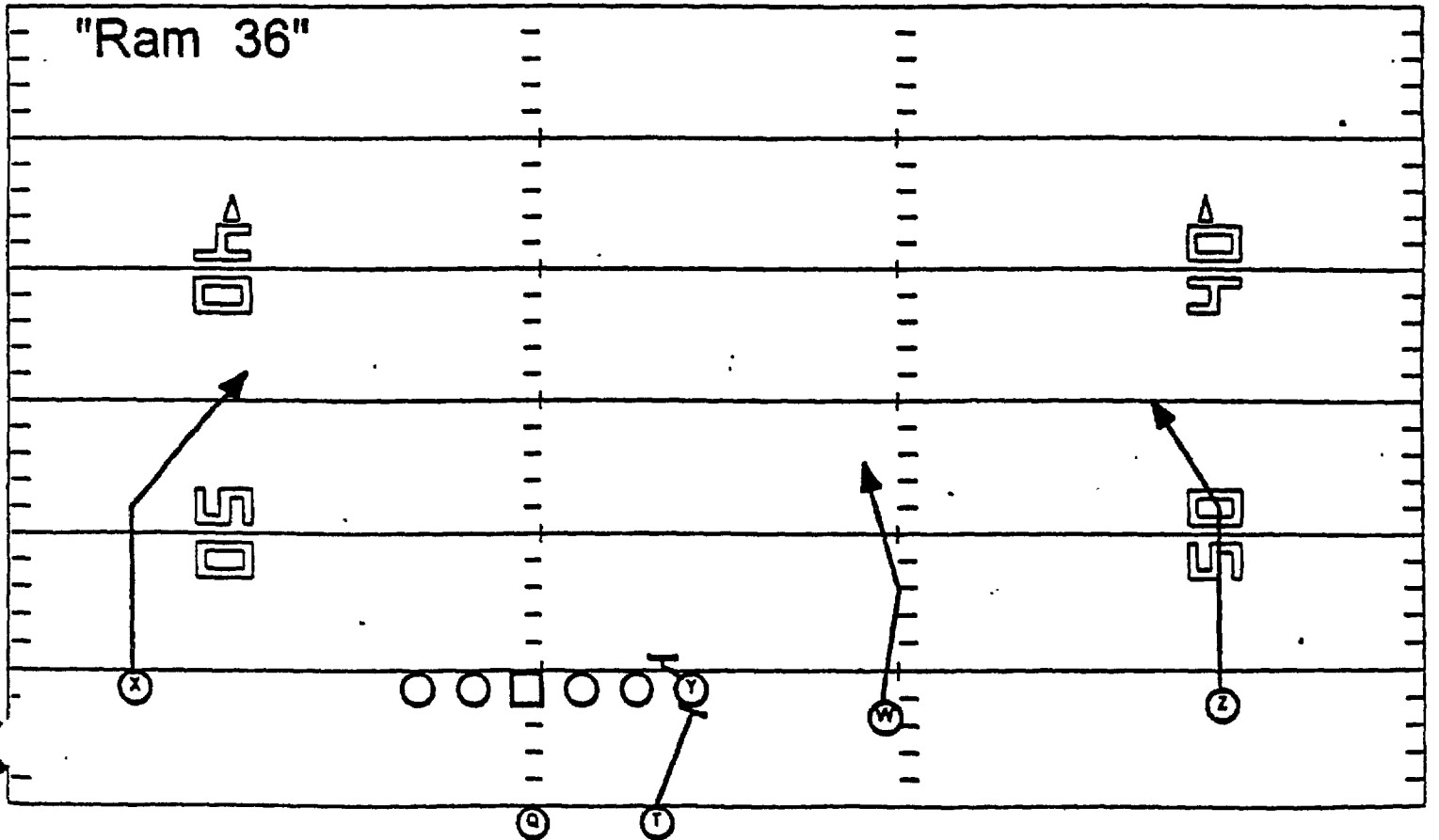
LAY: 36 - 37 (636-637) SLANT

"Rip 36"



LAY: 36 - 37 (636 - 637) SLANT

"Ram 36"

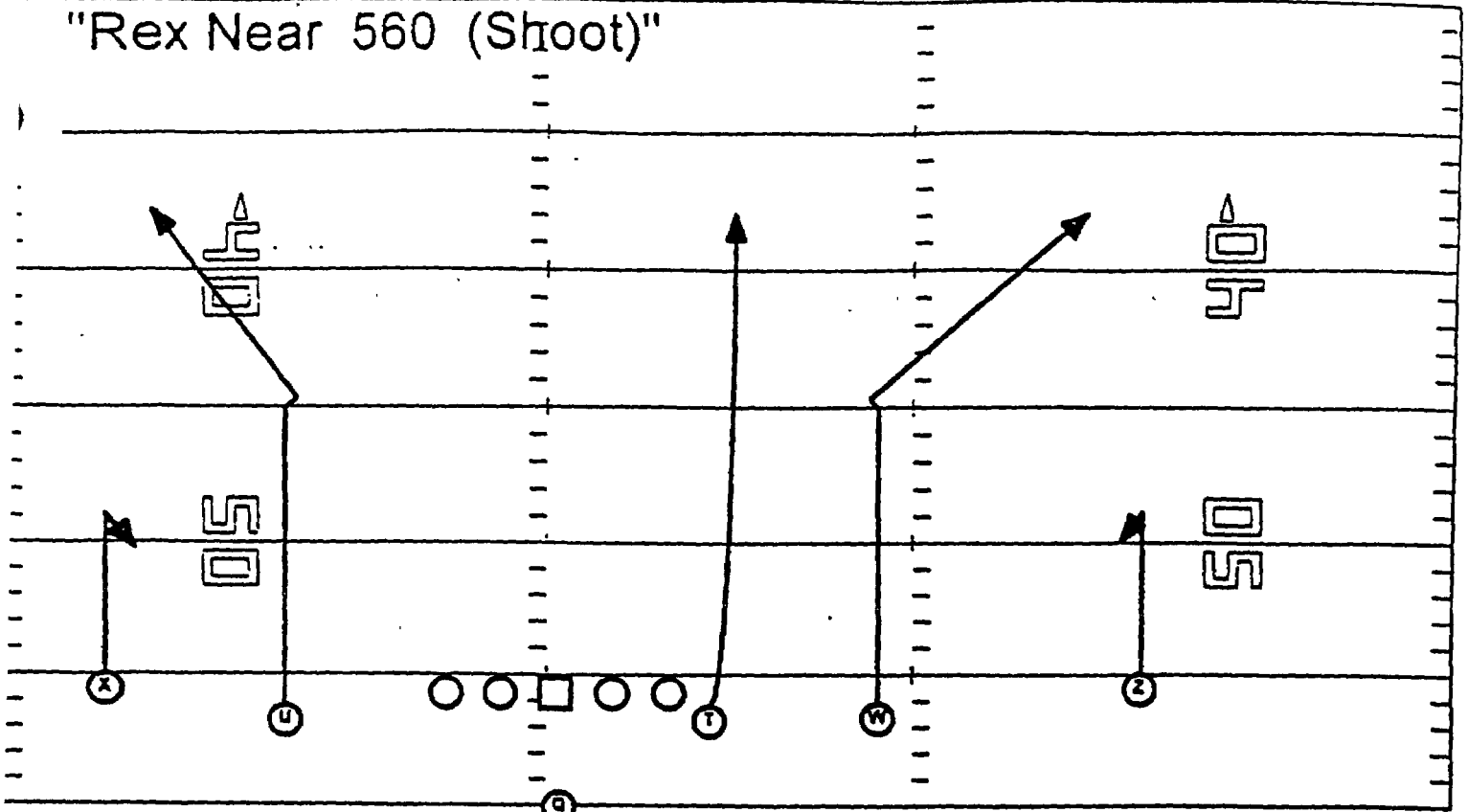






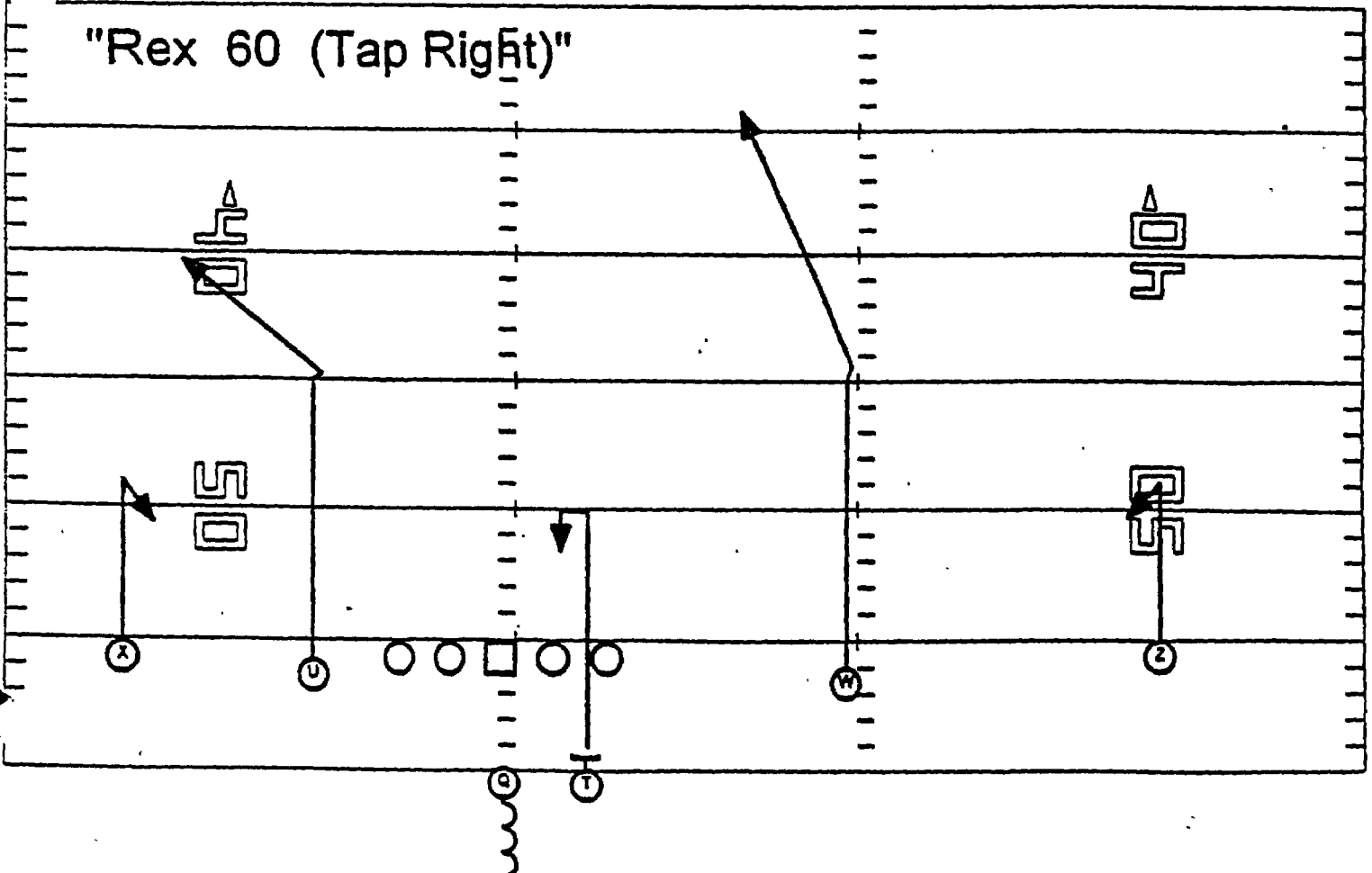
PLAY: 560 - 561 MUSTANG (Shoot)

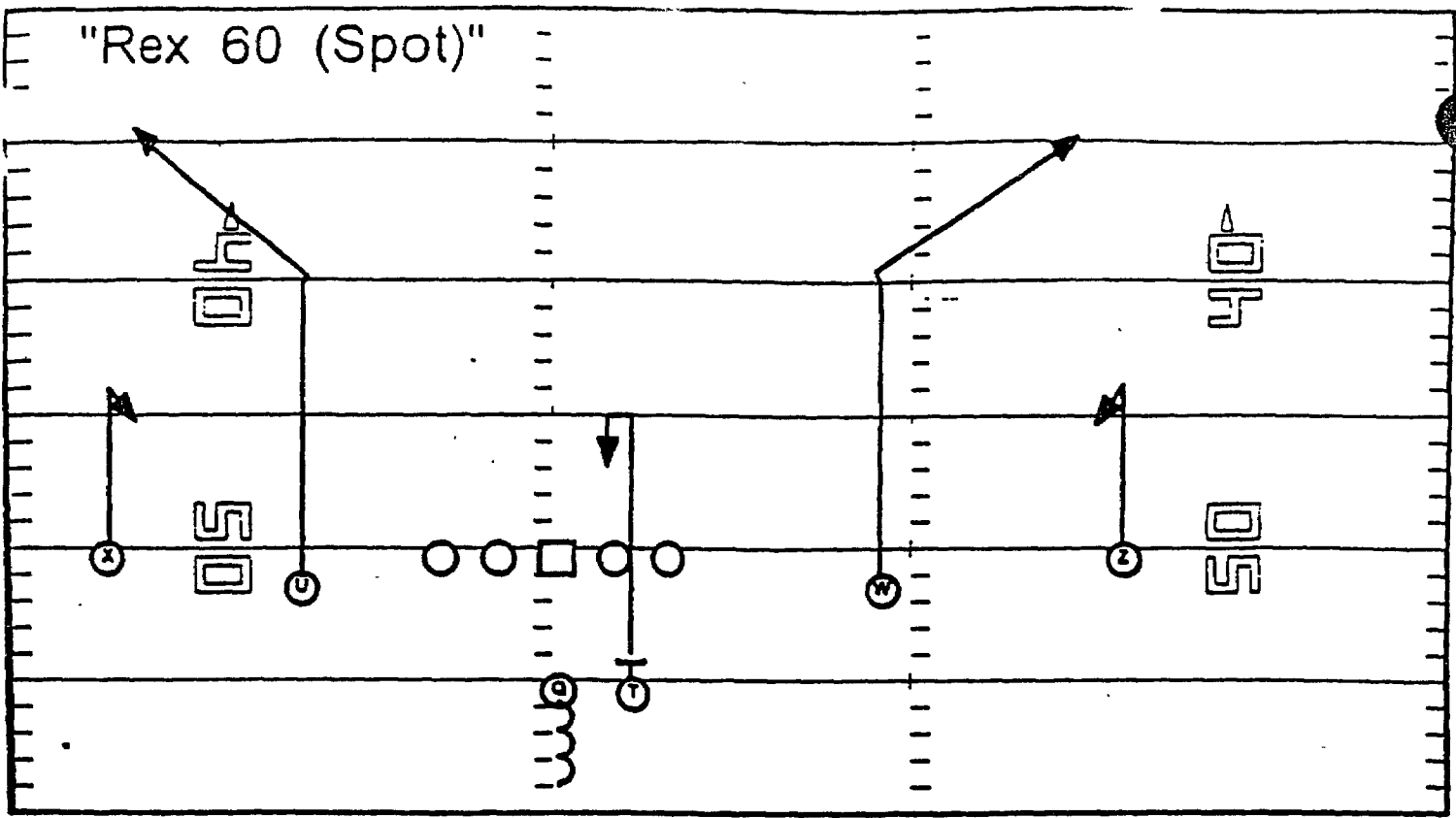
"Rex Near 560 (Shoot)"



PLAY: 60 - 61 MUSTANG (Spot)

"Rex 60 (Tap Right)"



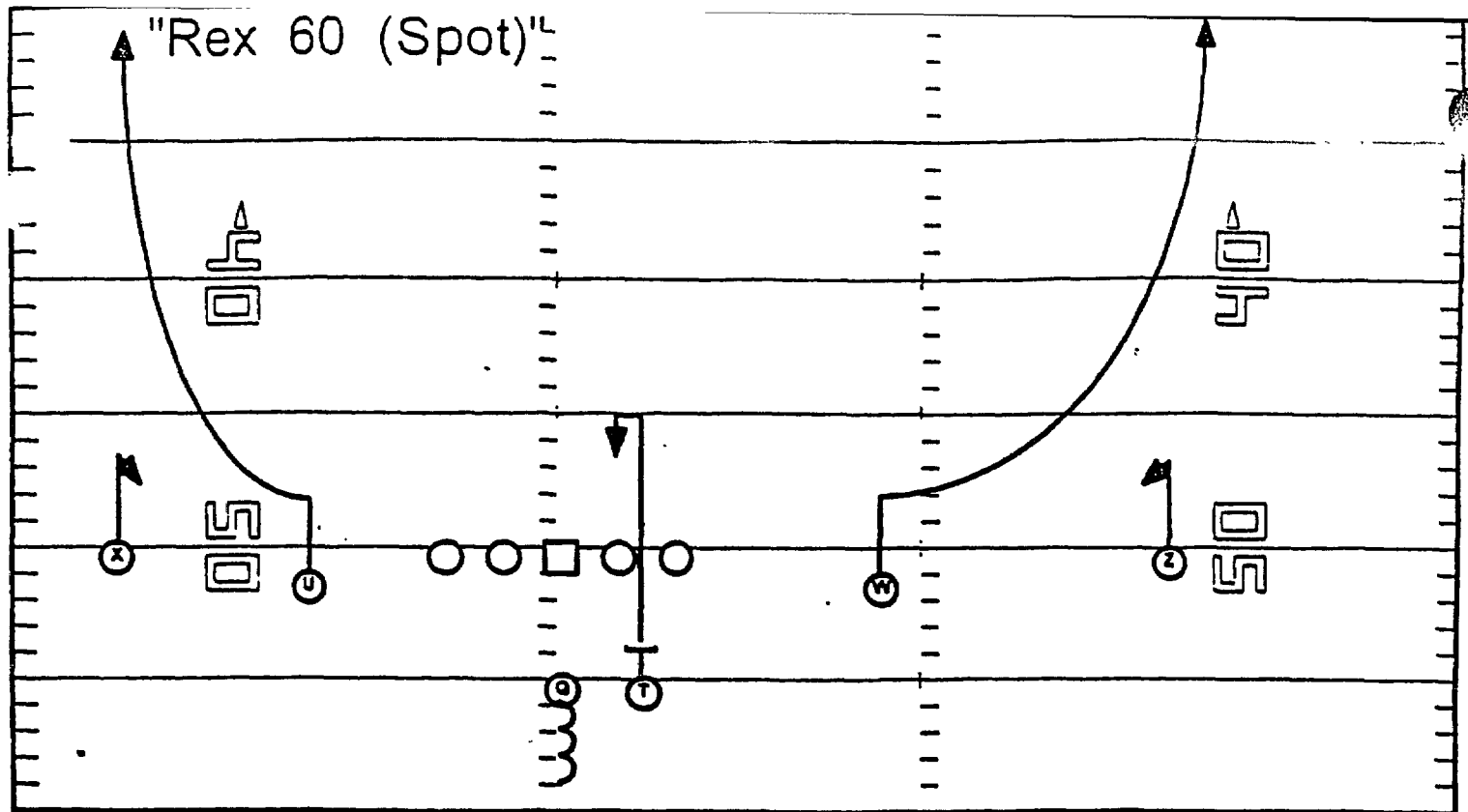


**Concept:**

Pos.	ASSIGNMENT	COACHING PT.
<b>X:</b>	6 Yd Hitch. (Rip = BS Option Route.)	3 Full Steps, 2 Small. Rip Inside Elbow & Snap Head Around.
<b>Z:</b>	6 Yd Hitch.	3 Full Steps, 2 Small. Rip Inside Elbow & Snap Head Around.
<b>U/W:</b>	10 Yd Corner. (Possible tap vs man cover)	8th Step Corner - Stick the Post.
<b>Y/F:</b>	Not In.	
<b>TB:</b>	60/560 Pro - Check to Route Signal.	Spot, Shoot.
<b>QB:</b>	Gun: Quick 3 for Hitch/Regular 3 for Corner (Possible tap vs man cover)	Read: Boundary Corner. Awareness of TB Spot or Shoot.





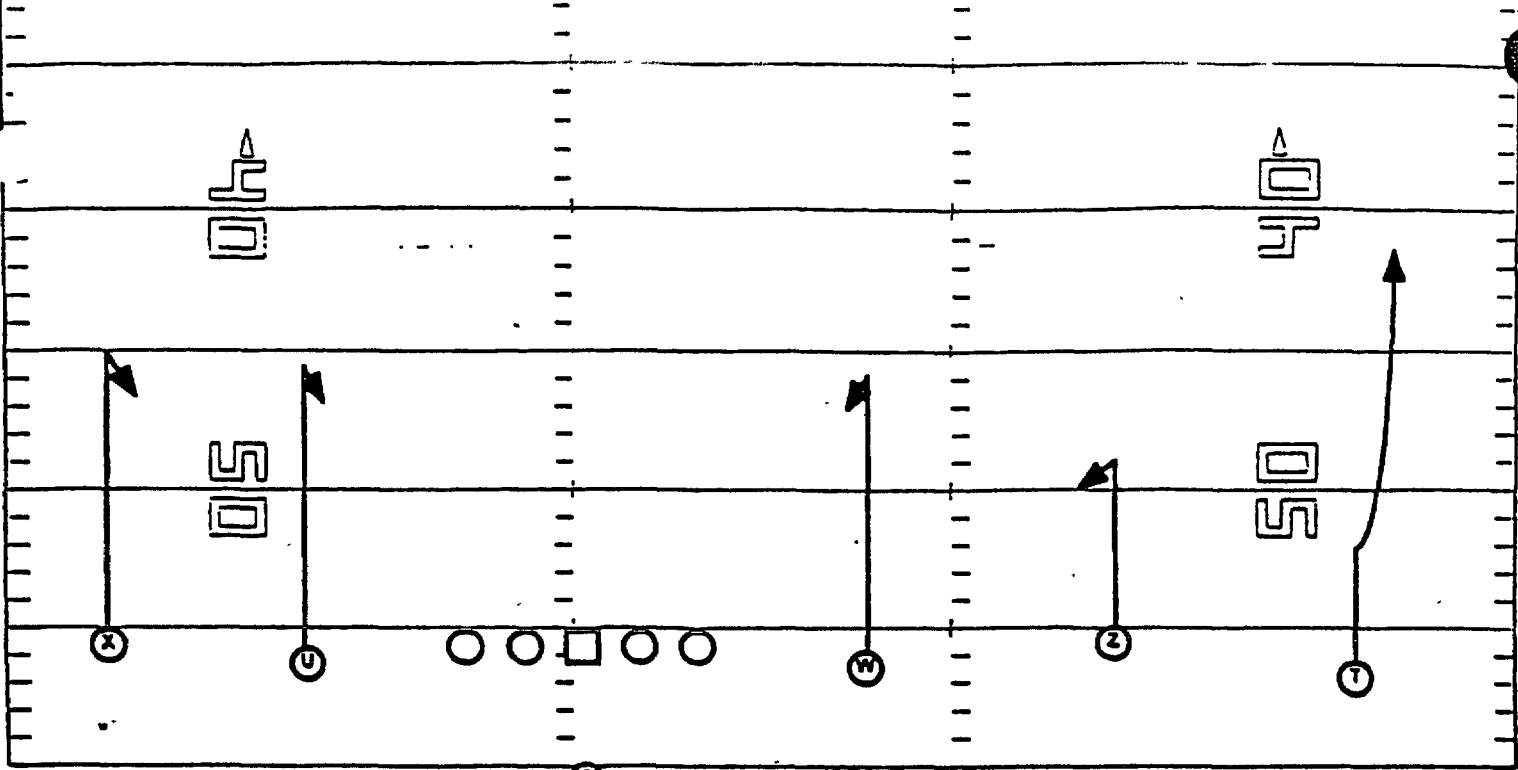


### Concept:

Pos.	ASSIGNMENT	COACHING PT.
<b>X:</b>	3 Yd Hitch. (Rip = BS Option.)	1 Full Step, 2 Small. Rip Inside Elbow & Snap Head Around.
<b>Z:</b>	3 Yd Hitch.	1 Full Step, 2 Small. Rip Inside Elbow & Snap Head Around.
<b>U/W:</b>	Up Route. (Possible tap vs man)	Get Width to the Bottom of the Numbers. Bump=Fade at 1-2 Yd. Soft=Fade at 6-8 Yd. (Rip = W Run Middle Seam.)
<b>Y/F:</b>	Not In.	
<b>TB:</b>	60/560 Pro, Check to Route Signal	Spot, Shoot
<b>QB:</b>	Gun: Quick 3 for Hitch/Regular 3 for Corner (Possible tap vs man)	Read: Boundary Corner. Awareness of TB Spot or Shoot.

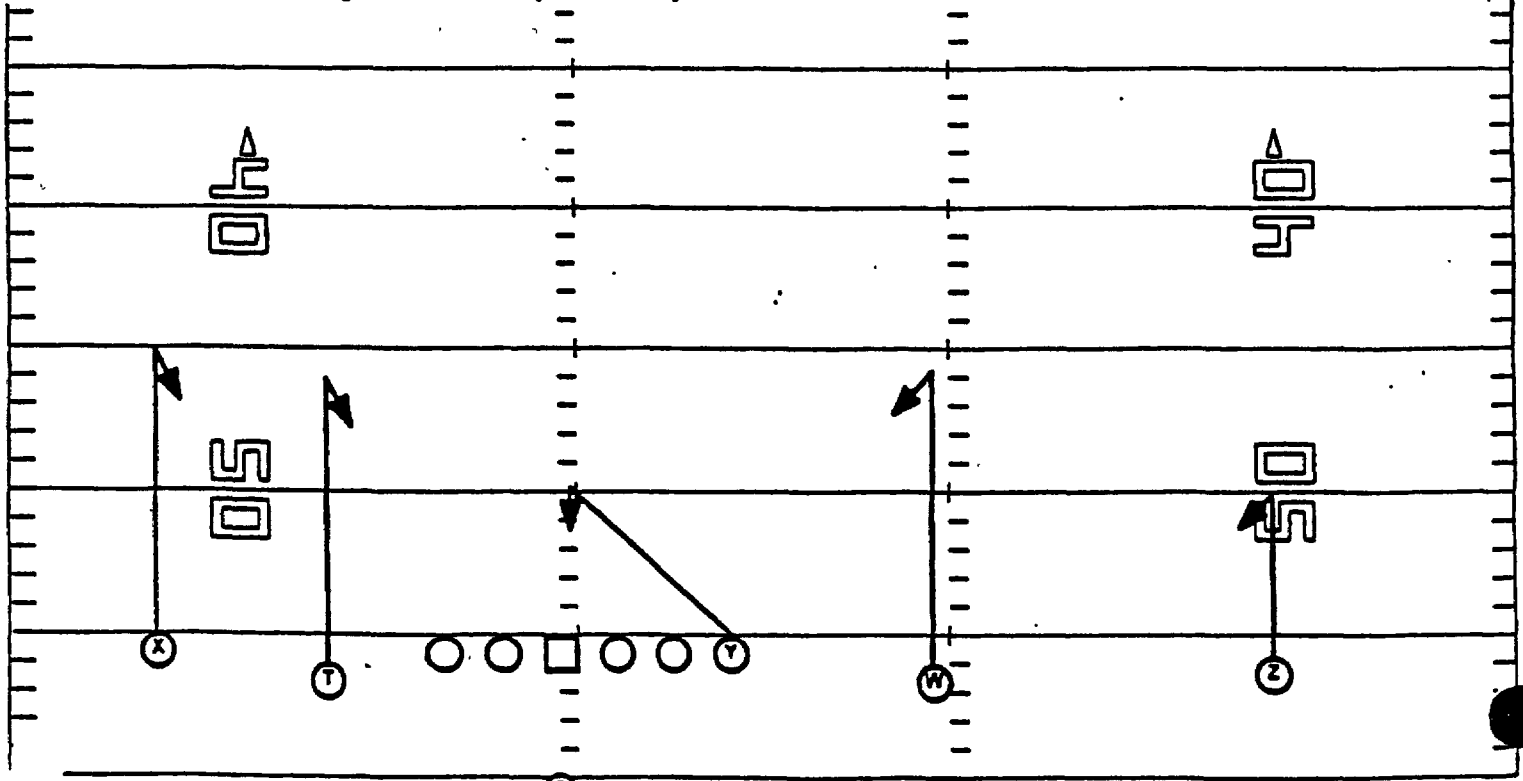


# "Rex Far 562 (Fade)"

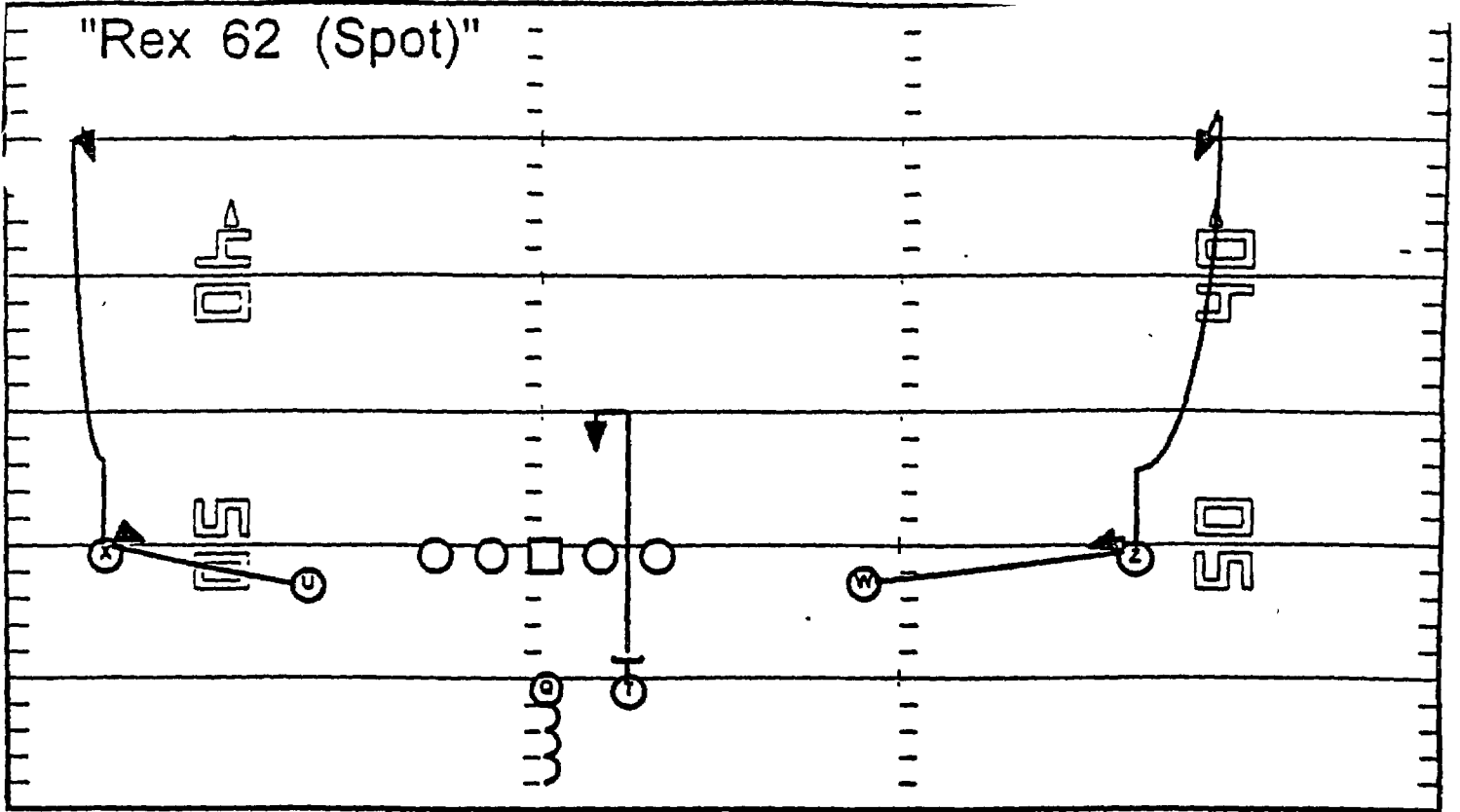


## PLAY: 562-563 HOOK

# "Ram Away 562 (Hook)"



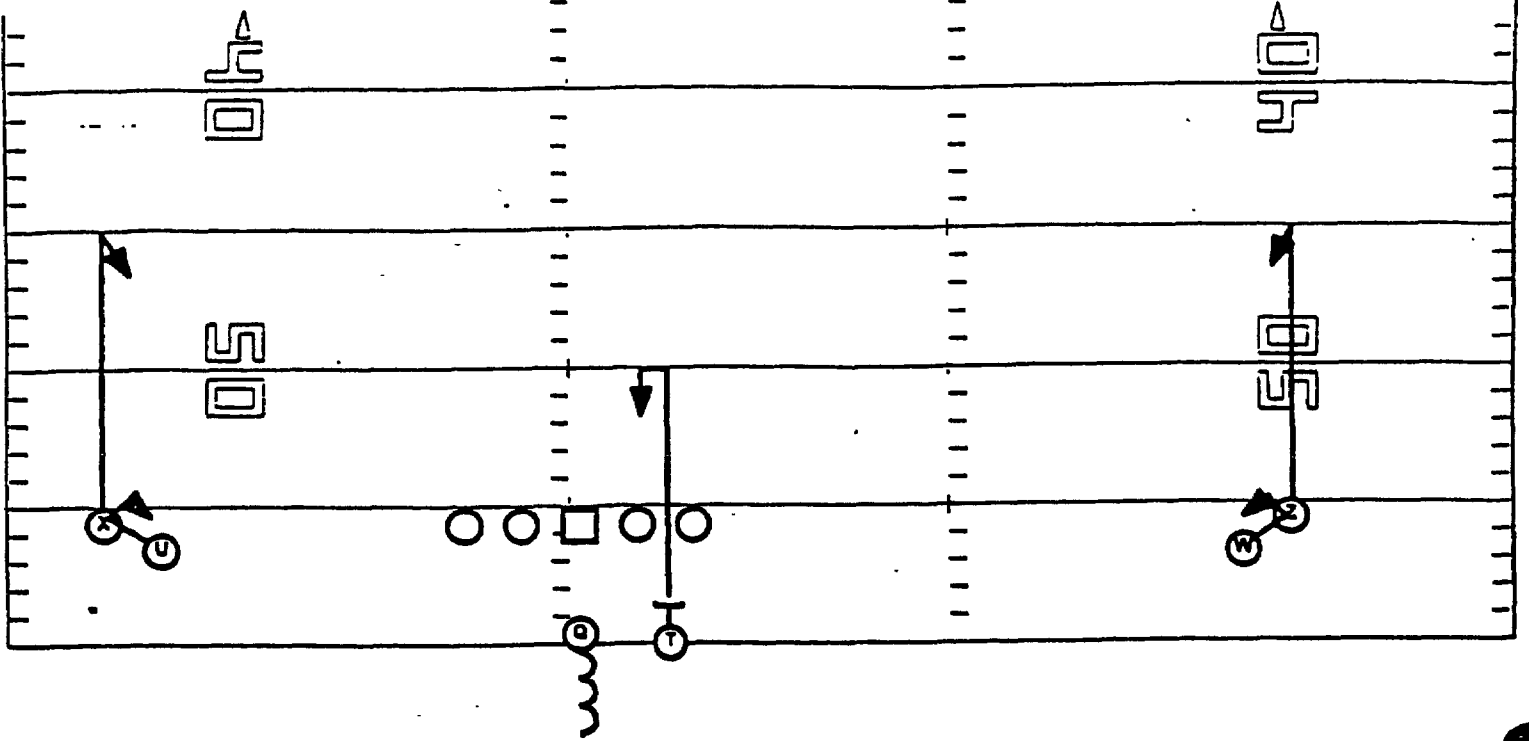
# "Rex 62 (Spot)"



## Concept:

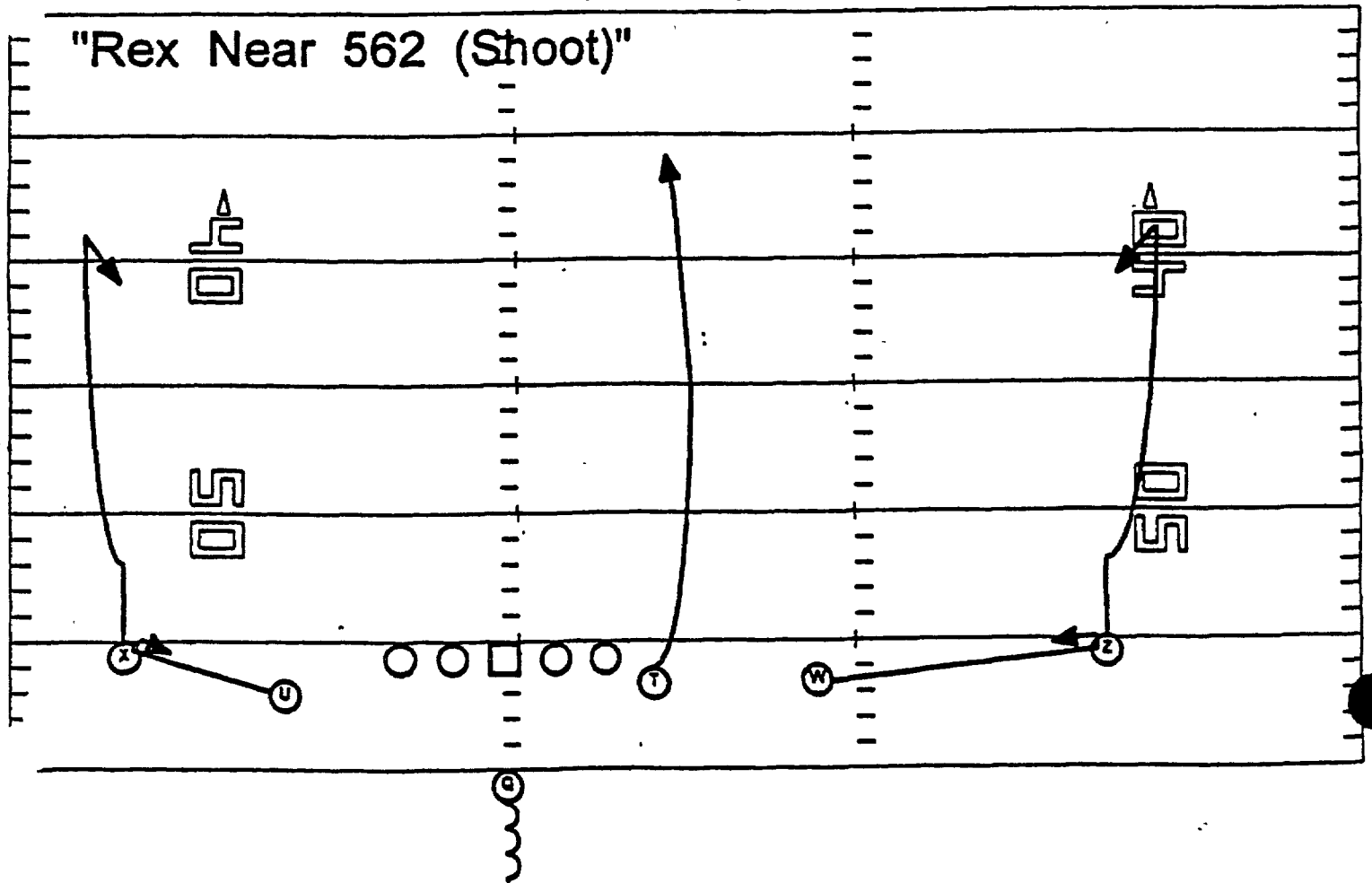
Pos.	ASSIGNMENT	COACHING PT.
X:	16-14 Dog Route.	Must Outside Release. Streak Stem.
Z:	16-14 Dog Route.	Must Outside Release. Streak Stem.
U/W:	Flat Route. (Possible tap vs man cover)	5 Steps, replace #1 Alignment.
Y/F:	Not In.	
TB:	60/560 Pro, Check to Route Signal.	Spot, Shoot.
QB:	Gun = 3 & Throw . (Possible tap vs man cover)	Best Match-up. Awareness of Flat Defenders Alignment. Go to TB as Lay-off.

"Rex Stack 62 (Spöt)"

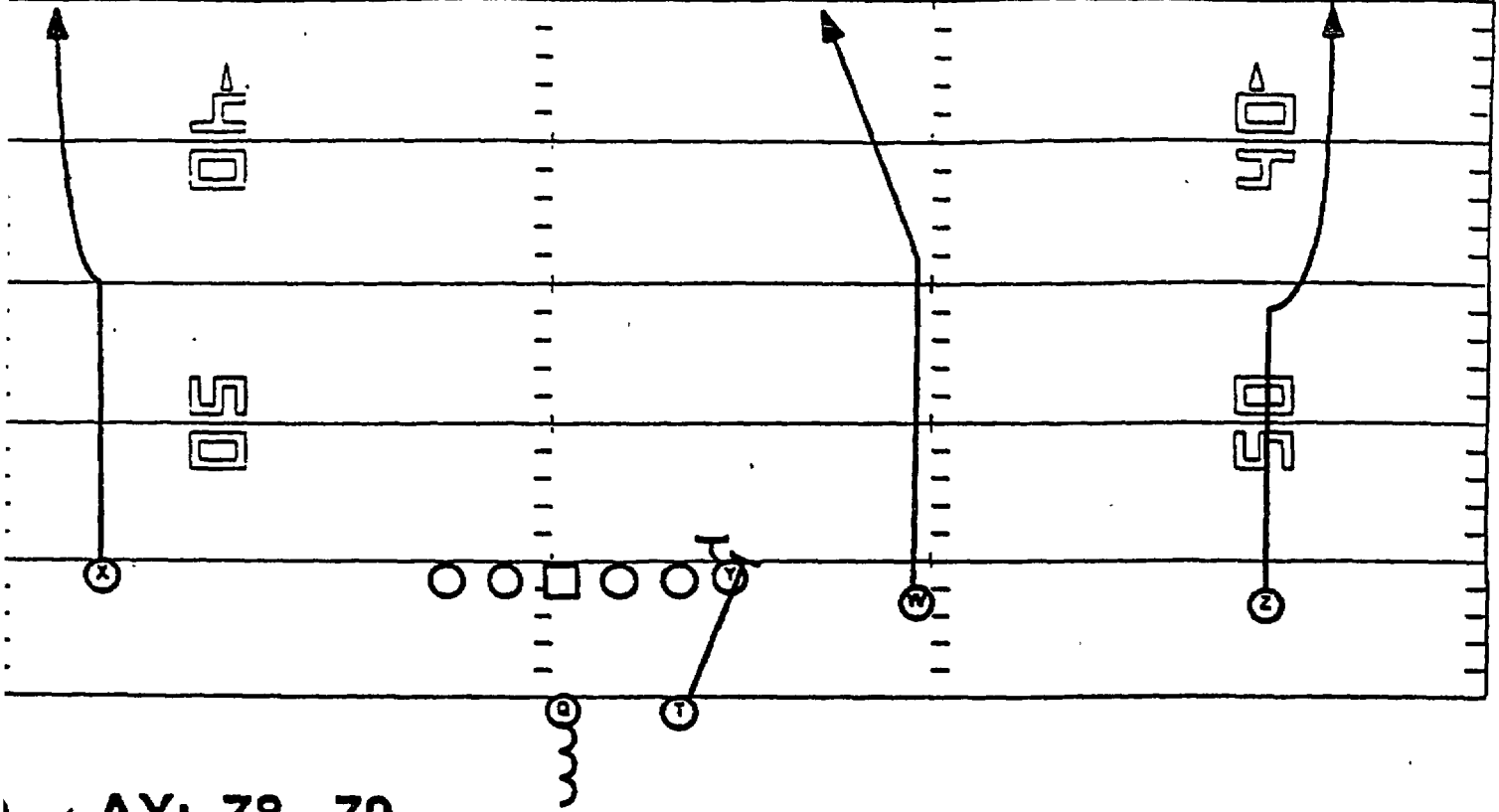


LAY: 562 - 563 DOG (Shoot)

"Rex Near 562 (Shoot)"

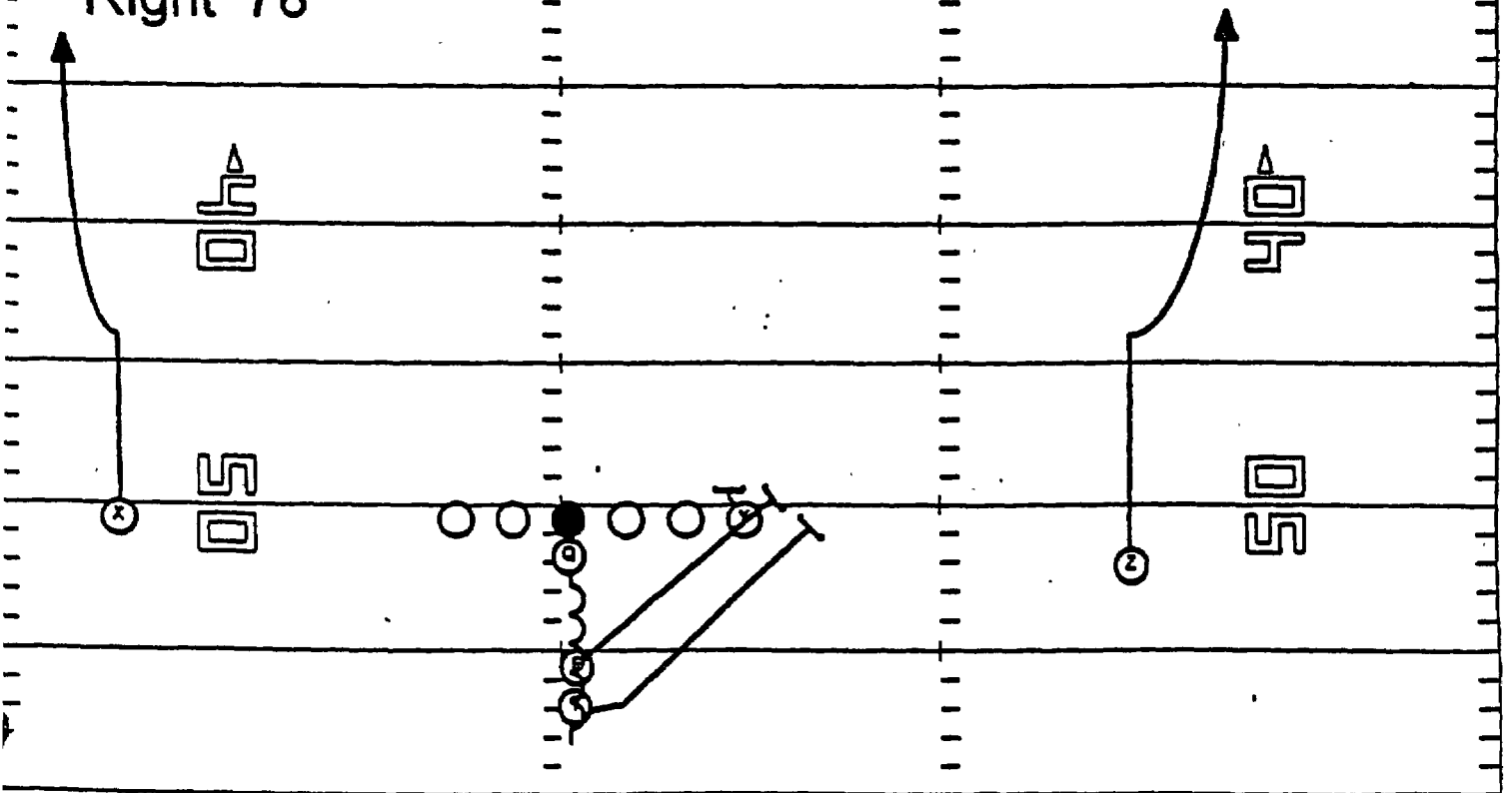


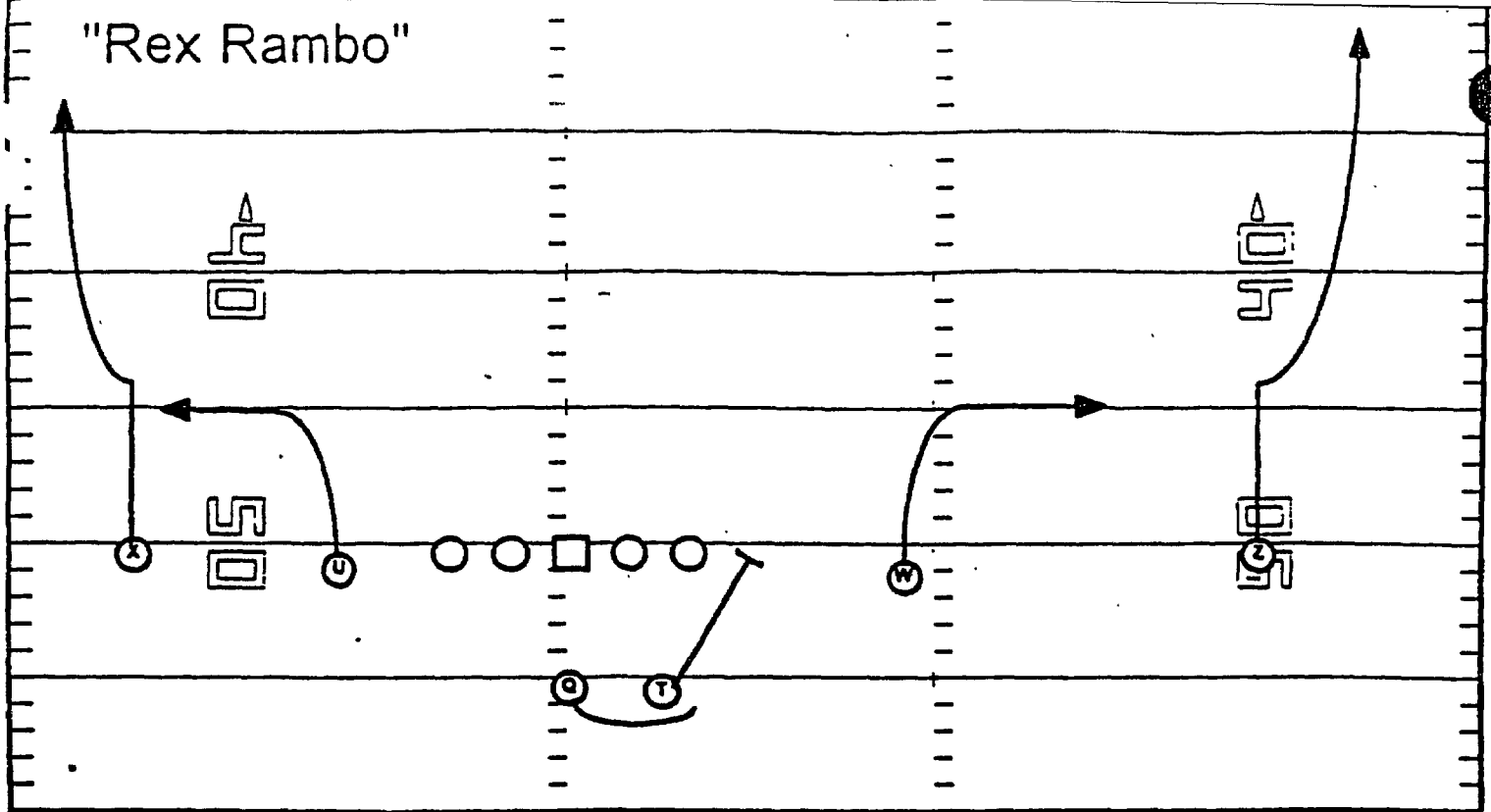
"Ram 78"



LAY: 78 - 79

"Right 78"



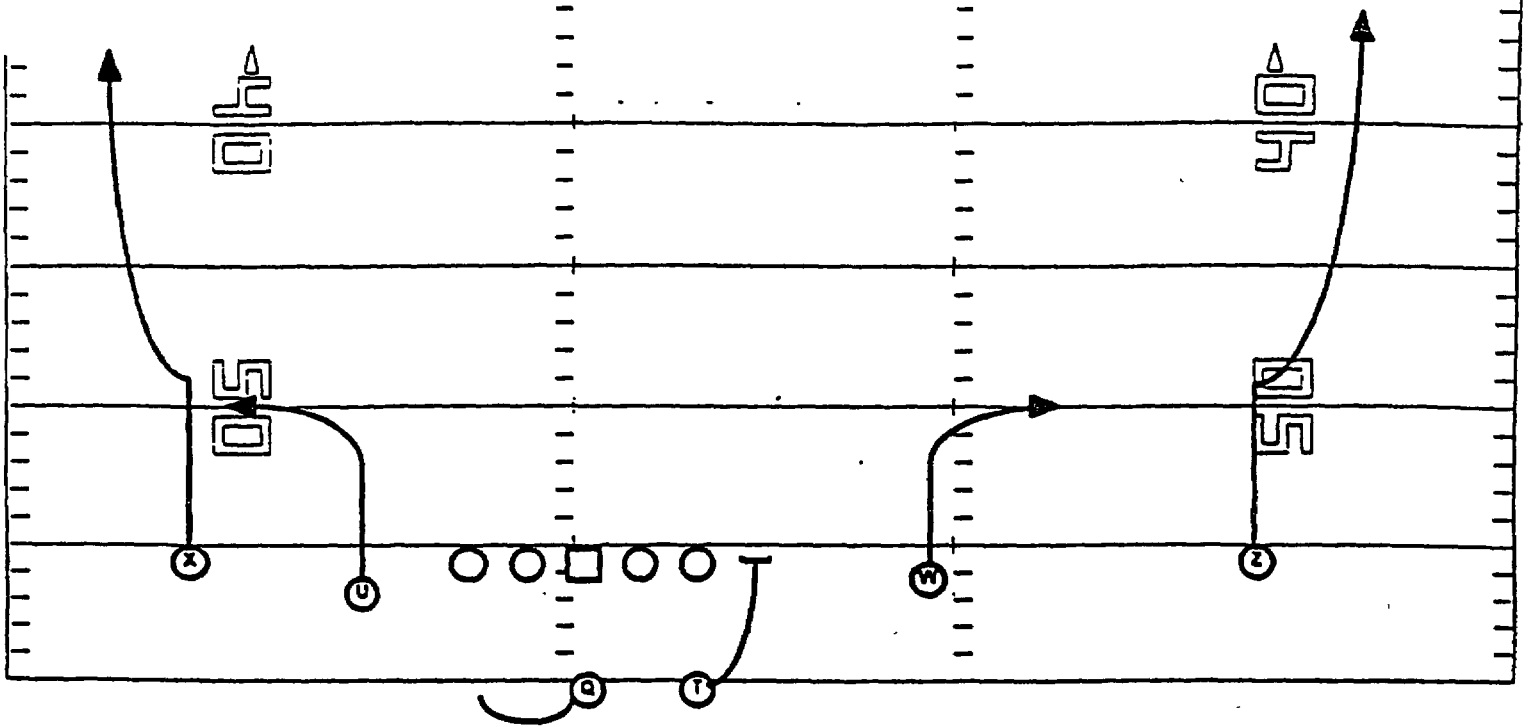


**Concept:**

Pos.	ASSIGNMENT	COACHING PT.
<b>X:</b>	Rex = streak (outside release) Rip = BS option route	
<b>Z:</b>	Streak.	Must Outside Release.
<b>W:</b>	4 yd Out.	
<b>U:</b>	4 yd out Rip = 4 yd in (claw)	
<b>TB:</b>	PS = outside blitz (speed) BS = chop E.O.L. (30 Pro)	
<b>QB:</b>	3 step sprint action.	Out route. Rub look in Rip with BS option

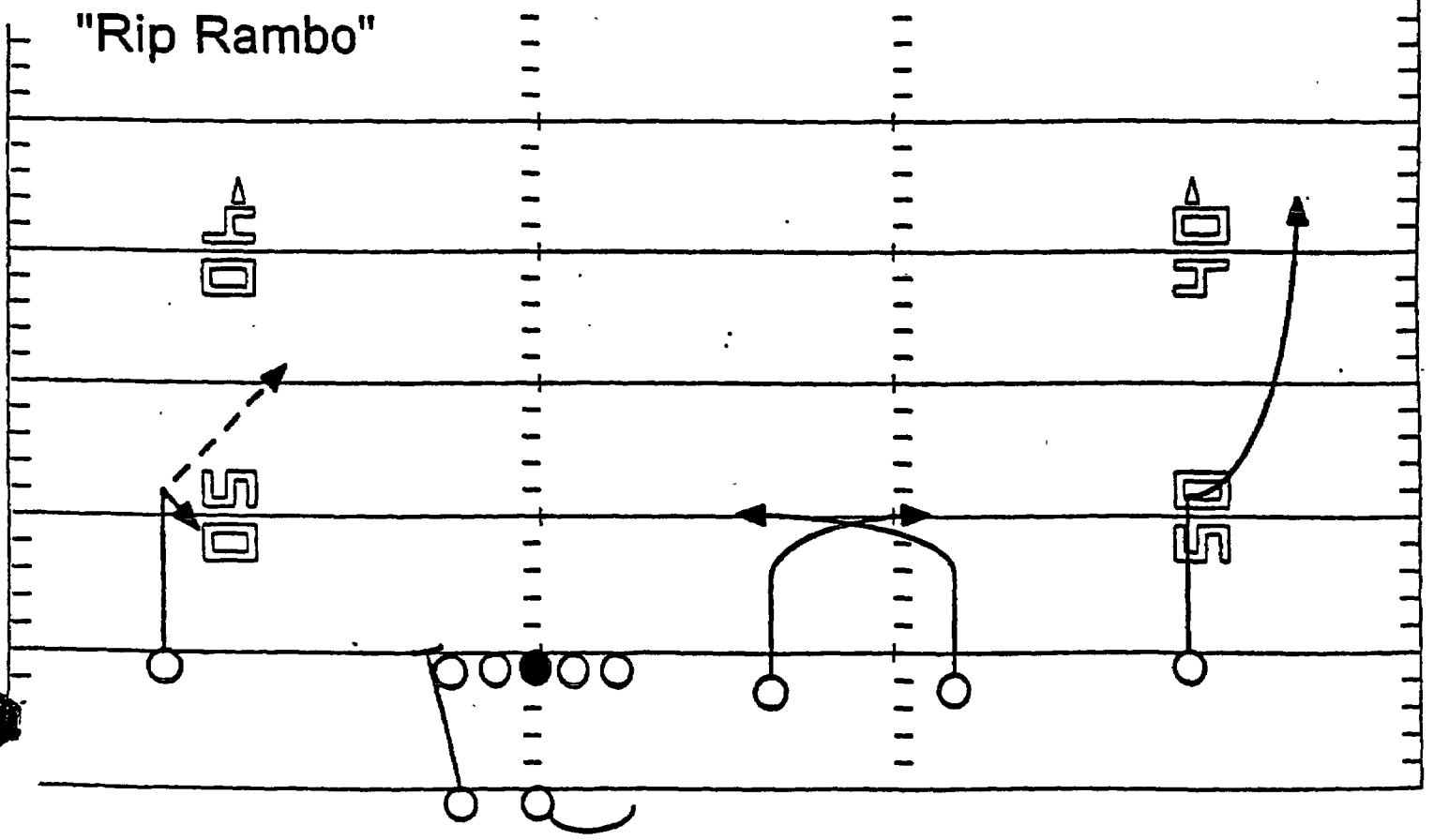


# "Rex Limbo"



# AY: 800-801 RAMBO - LIMBO

## "Rip Rambo"



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**WILDCAT  
OFFENSE**

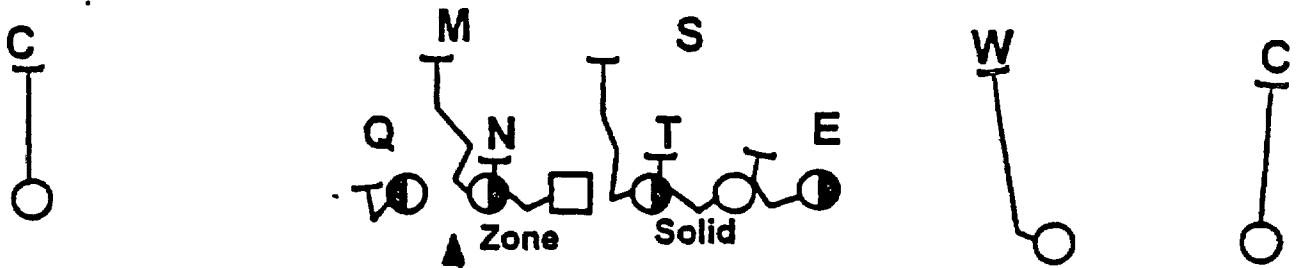
**INSTALL  
Thur. 8/10  
PM**

***"RUN - n - GUN"***

# **WILDCAT OFFENSE**

## **RUNS**

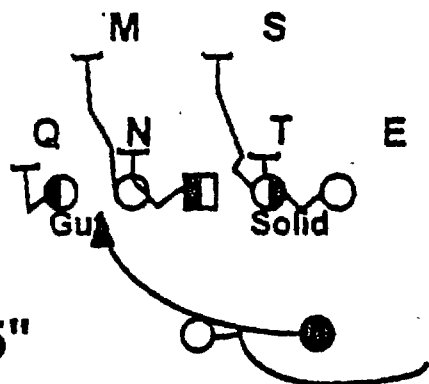
***"RUN - n - GUN"***



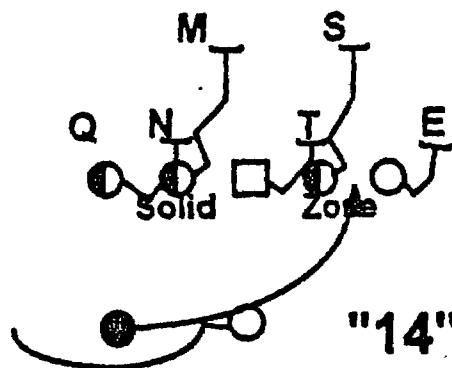
Concept:		
Pos.	Assignment	Coaching Pt.
<b>PST:</b>	Zone Drive PS C Gap. Ram: Cover = Moe. Uncover = Down (Make "G" call).	With Y = Toy. A.P. = Outside #.
<b>BSG:</b>	Zone Drive P.S. B Gap. Ram: Pull for PSLB, on "G" call.	Combo to MLB/PSLB.
<b>C:</b>	Zone Drive P.S. A Gap. Ram: Zone A Gap to BSLB.	Combo to MLB/PSLB.
<b>BSG:</b>	Reach B.S. A Gap.	Reach to BSLB.
<b>BST:</b>	Reach B.S. B Gap.	Reach to BSLB.
<b>Y:</b>	PSY: Control drive man on. BSY: Reach B.S. C gap.	With Wing, Toy In to PSLB.
<b>F:</b>	Backside Rule.	
<b>TB:</b>	Gun: Slide Open, Chase Outside Leg of PST. Home: Slide Open, Chase Outside Leg of PST.	QB Responsible for Mesh. Eyes on PST. Little Wider Course in Ram Formation.
<b>PSWR:</b>	Block Man On.	
<b>WR:</b>	P.S. Cut-off.	
<b>QB:</b>	Gun: Open to TB, Ride, Naked Away. Under Center: Front Out 5/7 O'Clock, Naked Away.	Responsible for Mesh.

PLAY: 14 - 15 (Zone to SE) - INDY

37 - 17

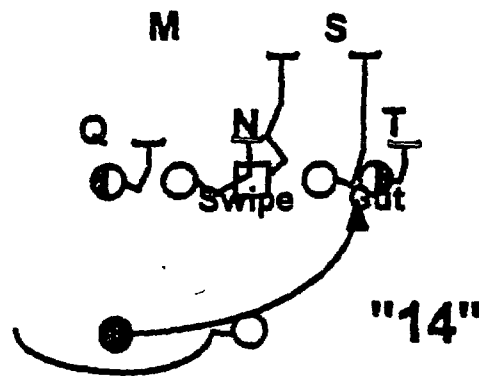
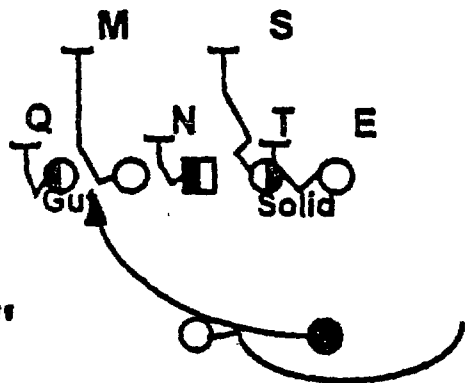


40: 17-37



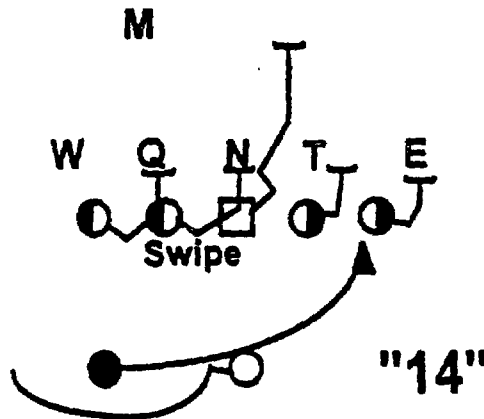
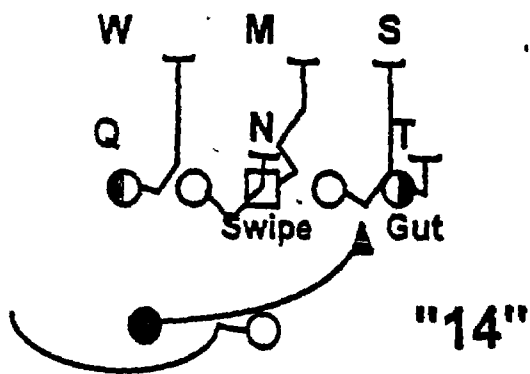
Shd Weak

50

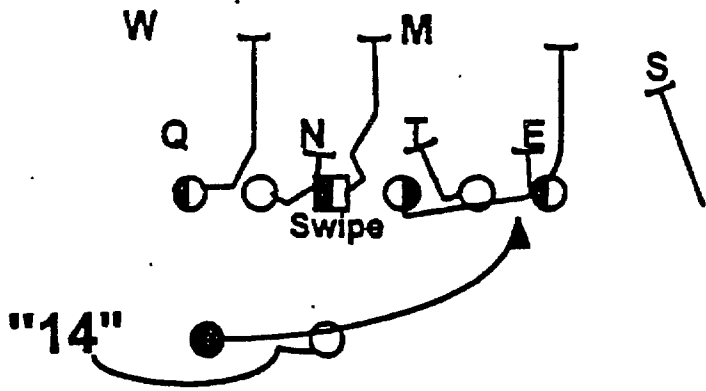


50 Stack

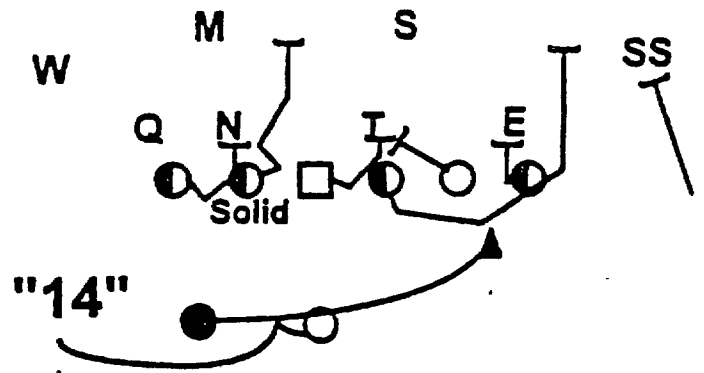
Bear



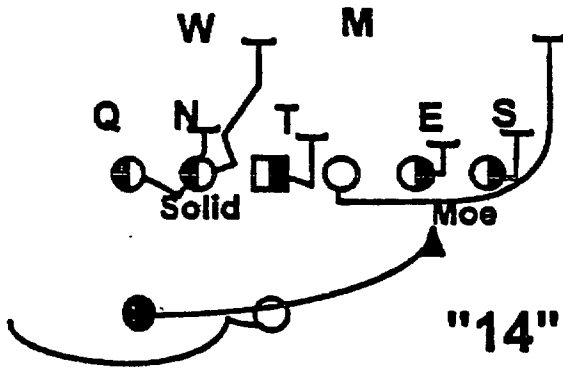
43-7 Shd



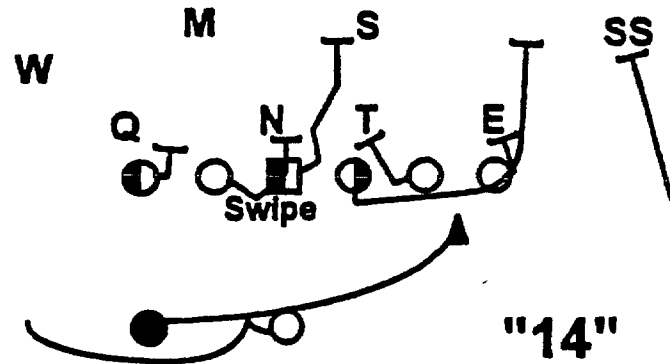
40: 17-35



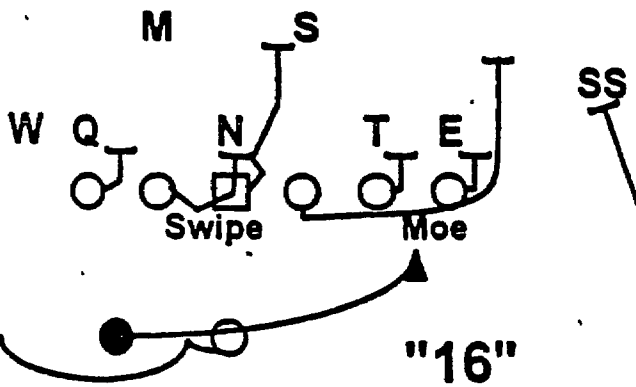
Shd Strong



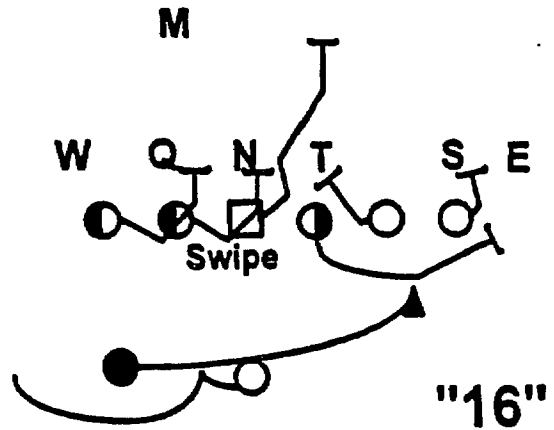
Shd Weak



50



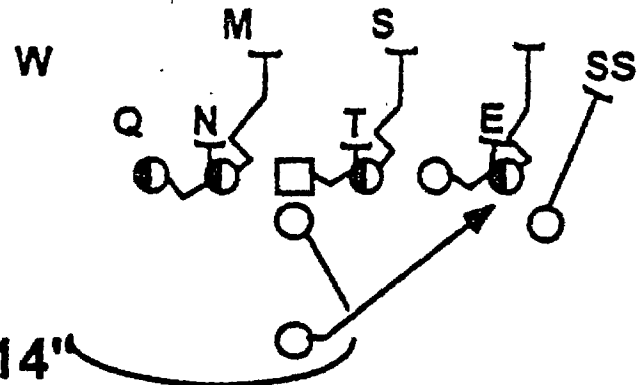
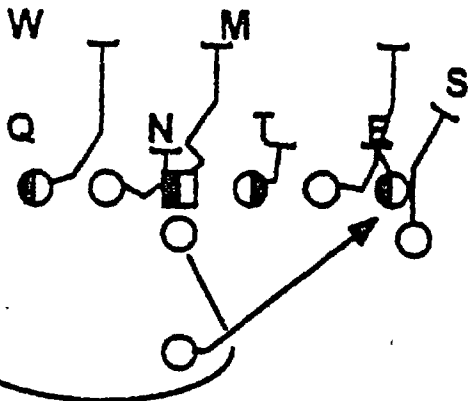
Bear



LAY: 14 - 15 ZONE (WING) - IND.

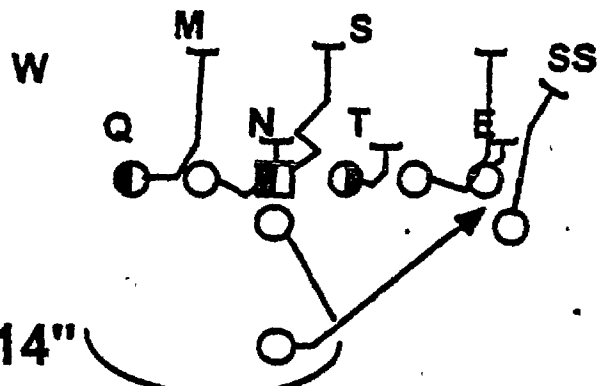
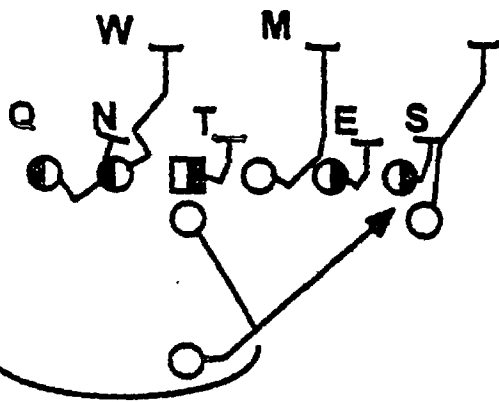
13 7 Shd

40: 17-35



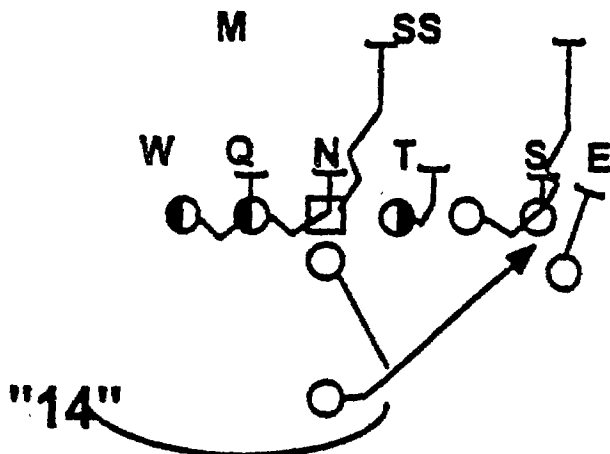
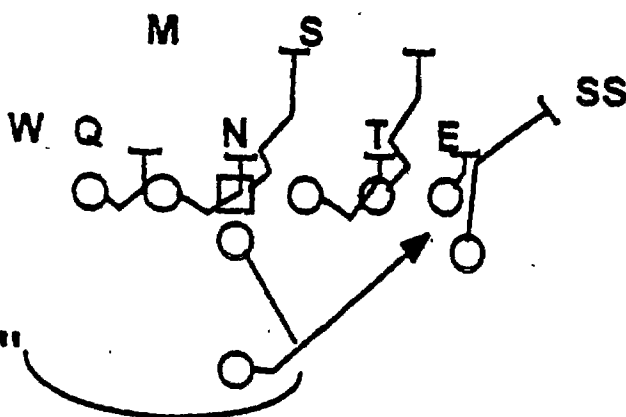
Shd Strong

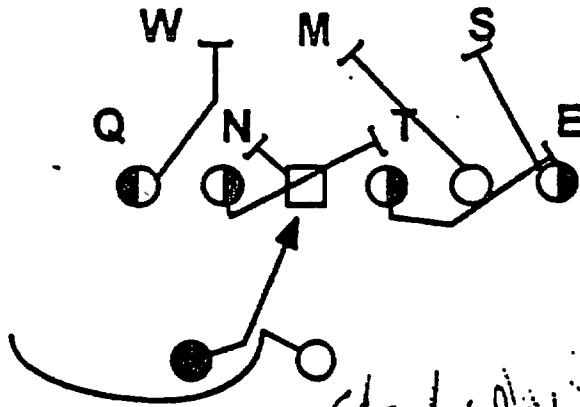
Shd Weak



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Bear





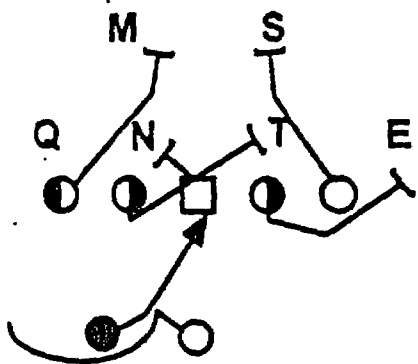
"40"

*Steel - Play: ...*

Concept:		
Pos.	Assignment	Coaching Pt.
<b>PST:</b>	Block MLB/PSLB.	Vs 3 = Tight Course. Vs 4-1 = Around. Vs 5 = Flash.
<b>SG:</b>	Covered = Influence and Kick Out EOL. Uncovered = Gash to MLB/BSLB.	"Steel" call (A Gap defender) Block Down
<b>C:</b>	Uncovered = Block Back. 0 Nose = Gash P.S. A Gap defender = Steel	Steel = Pull Block EOL.
<b>BSG:</b>	Pull, Trap 3/5 Technique.	Steel = Solid.
<b>BST:</b>	Block BSLB.	Tight Course. Steel = Solid.
<b>Y:</b>	Vs 43 = Block SLB. Vs 50/Strong = MOE.	vs. 6 / 7 technique = arch to support
<b>F:</b>	Out.	
<b>TB:</b>	Gun Align Away. Gap alignment. Tight, Quick Course.	Downhill, hand off at 3 1/2 yards; QB mes
<b>PSWR:</b>	Man On.	
<b>JWR:</b>	B.S. Reach.	
<b>QB:</b>	Gun Alignment. Step Up on Mesh. Naked Away.	QB Trap = 1 Step Back, North-South thru the A/B Gap Area.

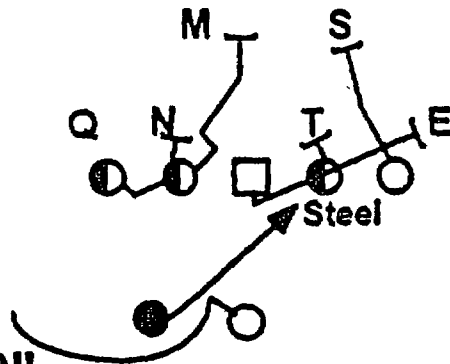


40: 37 - 17



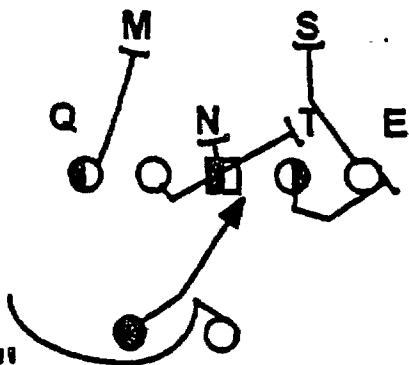
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40: 17-37



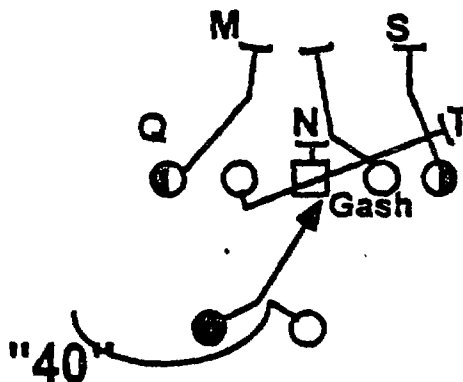
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Shd Weak



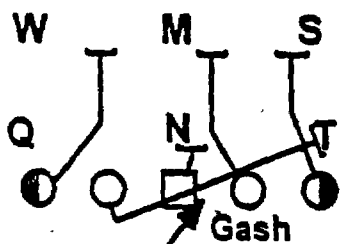
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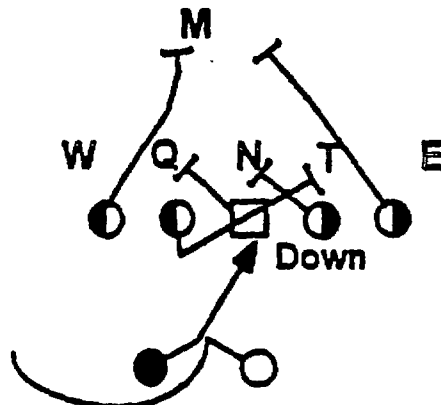
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50 Stack



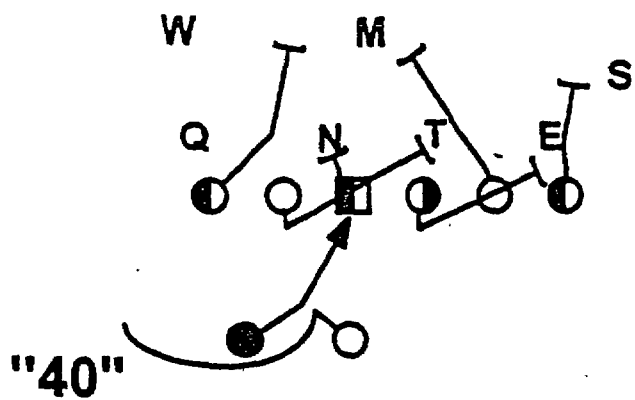
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Bear

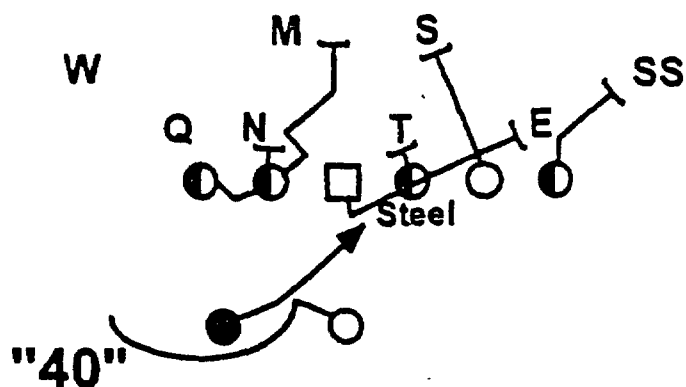


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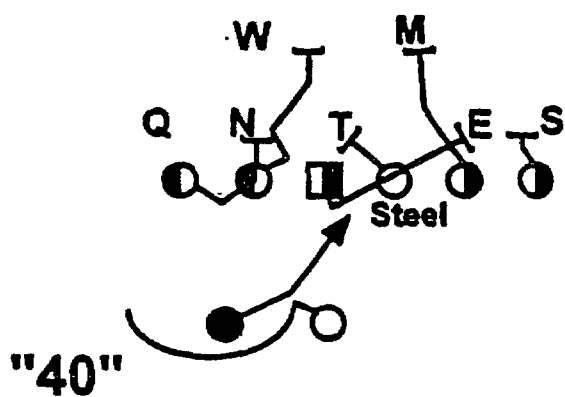
43-7 Shd



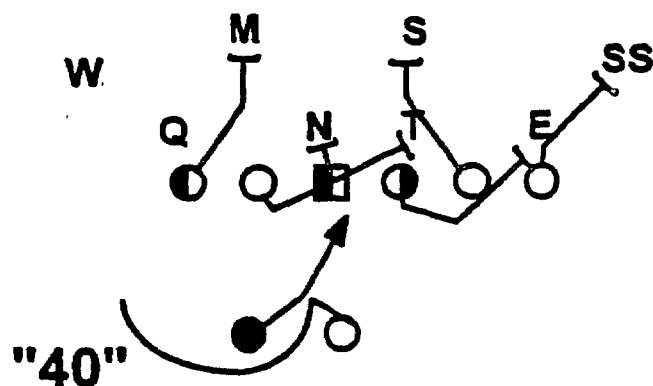
40: 17-35



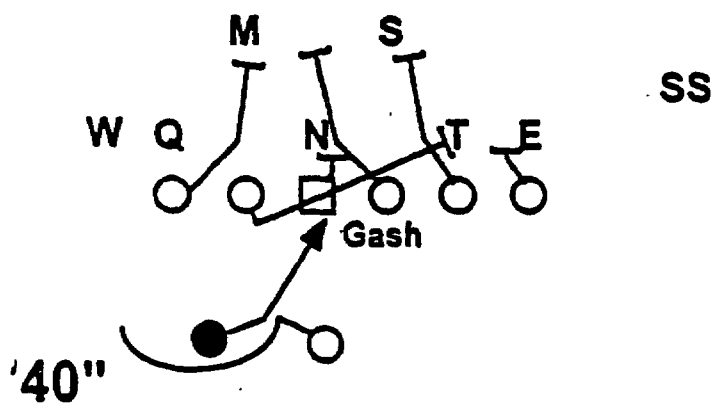
Shd Strong



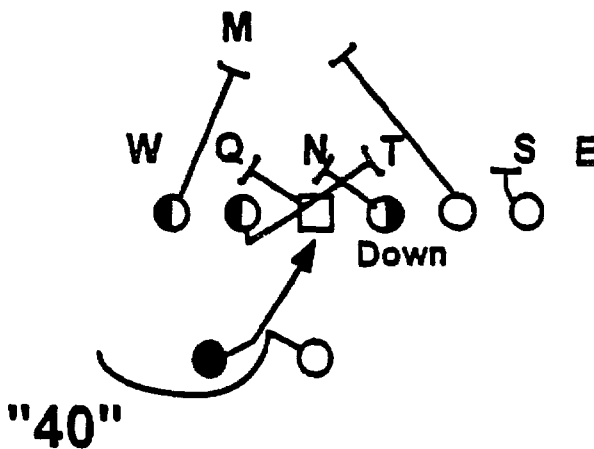
Shd Weak



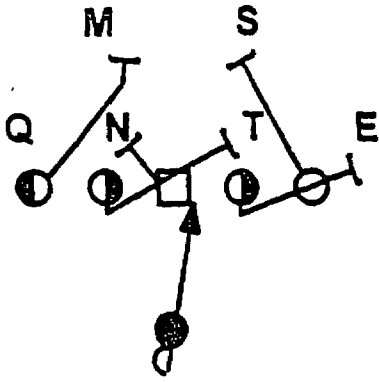
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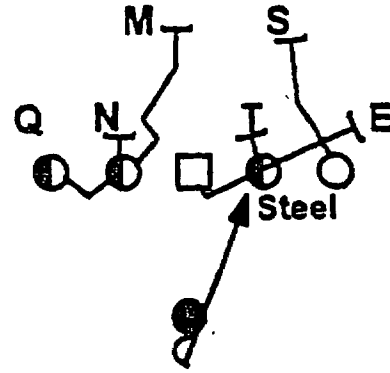
Bear



40: 37 - 17



40: 17-37

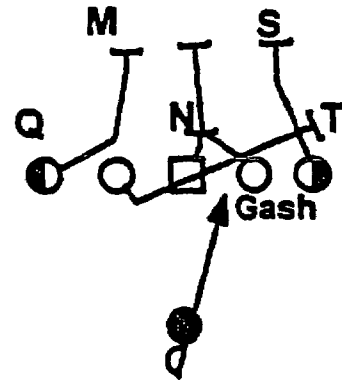
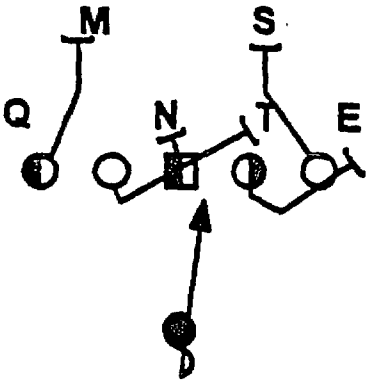


"40"

"40"

Shd Weak

50

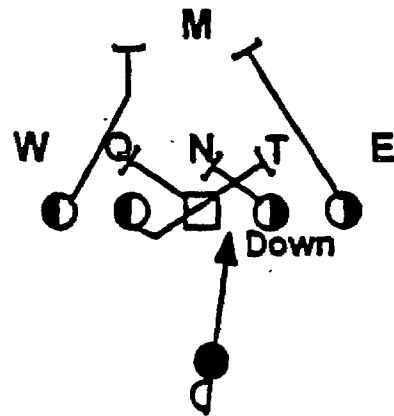
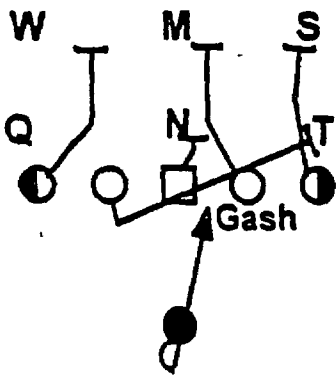


"40"

"40"

50 Stack

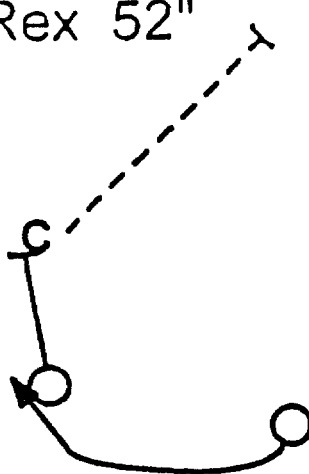
Bear



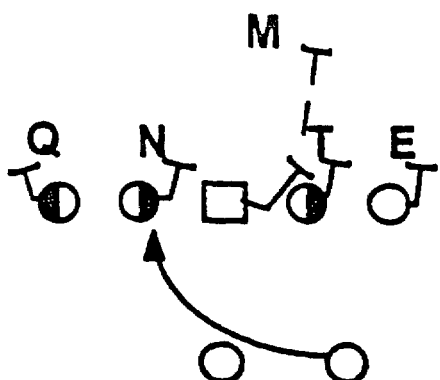
'40"

"40"

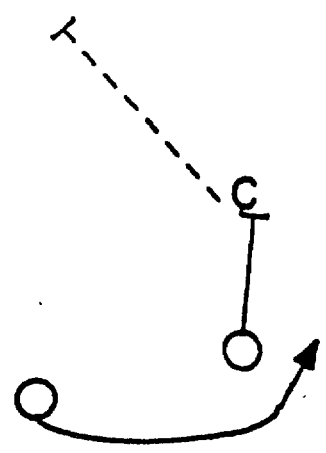
"Rex 52"



W



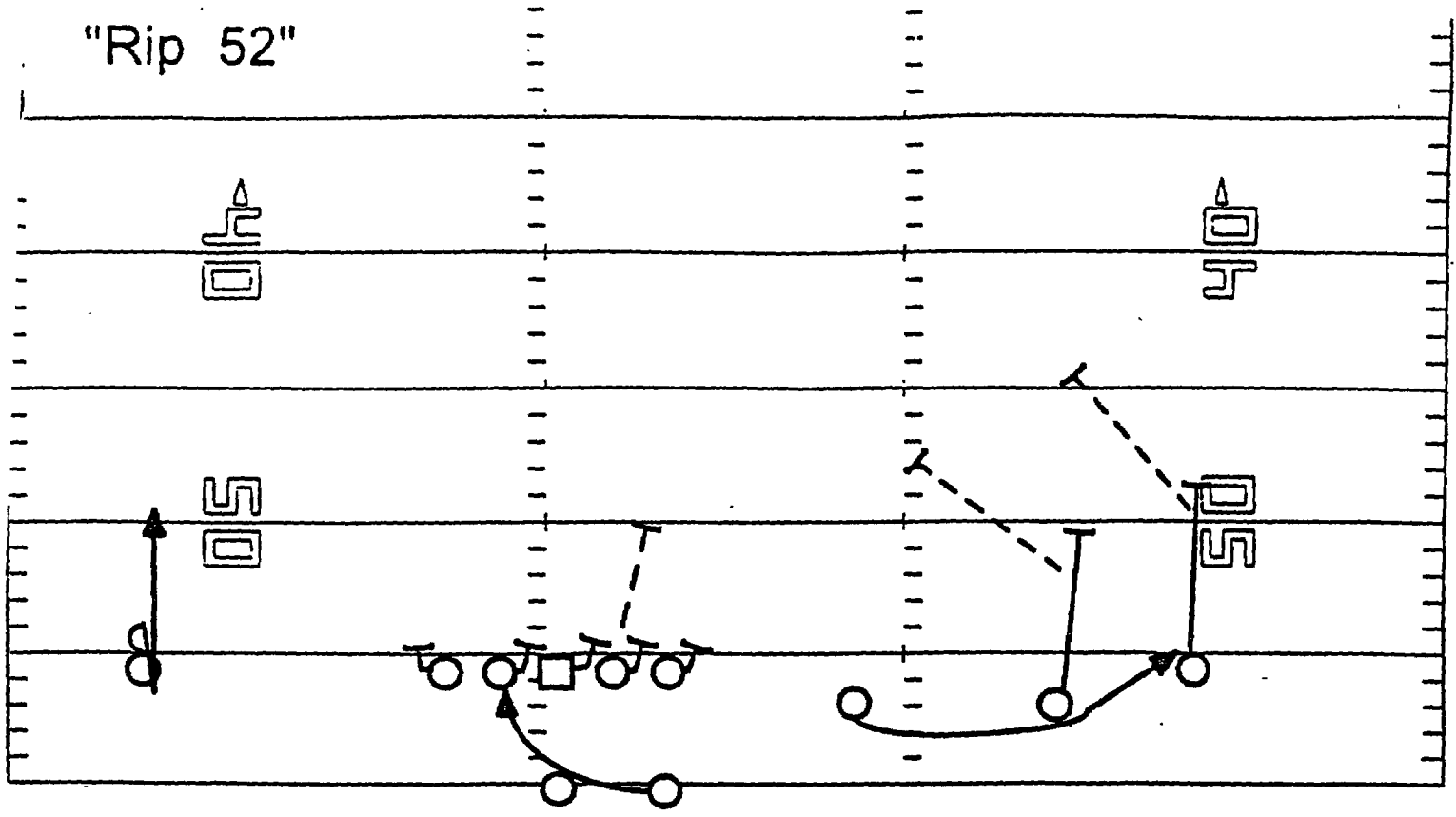
S



Concept:		
Pos.	Assignment	Coaching Pt.
PST:	Block Zone Rules. Chop.	
SG:	Block Zone Rules. Chop.	
C:	Block Zone Rules, Chop.	
BSG:	Moe. Chop.	
BST:	Moe. Chop.	
Y/F:	Not in. Ram: Y Blocks Zone Rules. Chop.	
X/Z:	Most Dangerous Man (MDM).	MDM = Man On; Crack; Take "2".
W:	Bubble Route.	T = Most Dangerous Man. MDM = Man On; Crack; Take "2".
U:	Rex = Bubble Route. Rip = Most Dangerous Man (MDM).	T = Most Dangerous Man. MDM = Man On; Crack; Take "2".
B:	P Fake Away from Call.	T = 3 Step Flare Bubble. Get on the
QB:	Catch and Throw.	T = Lead TB and Chase Throw. Rip = Alert for One Step Route.

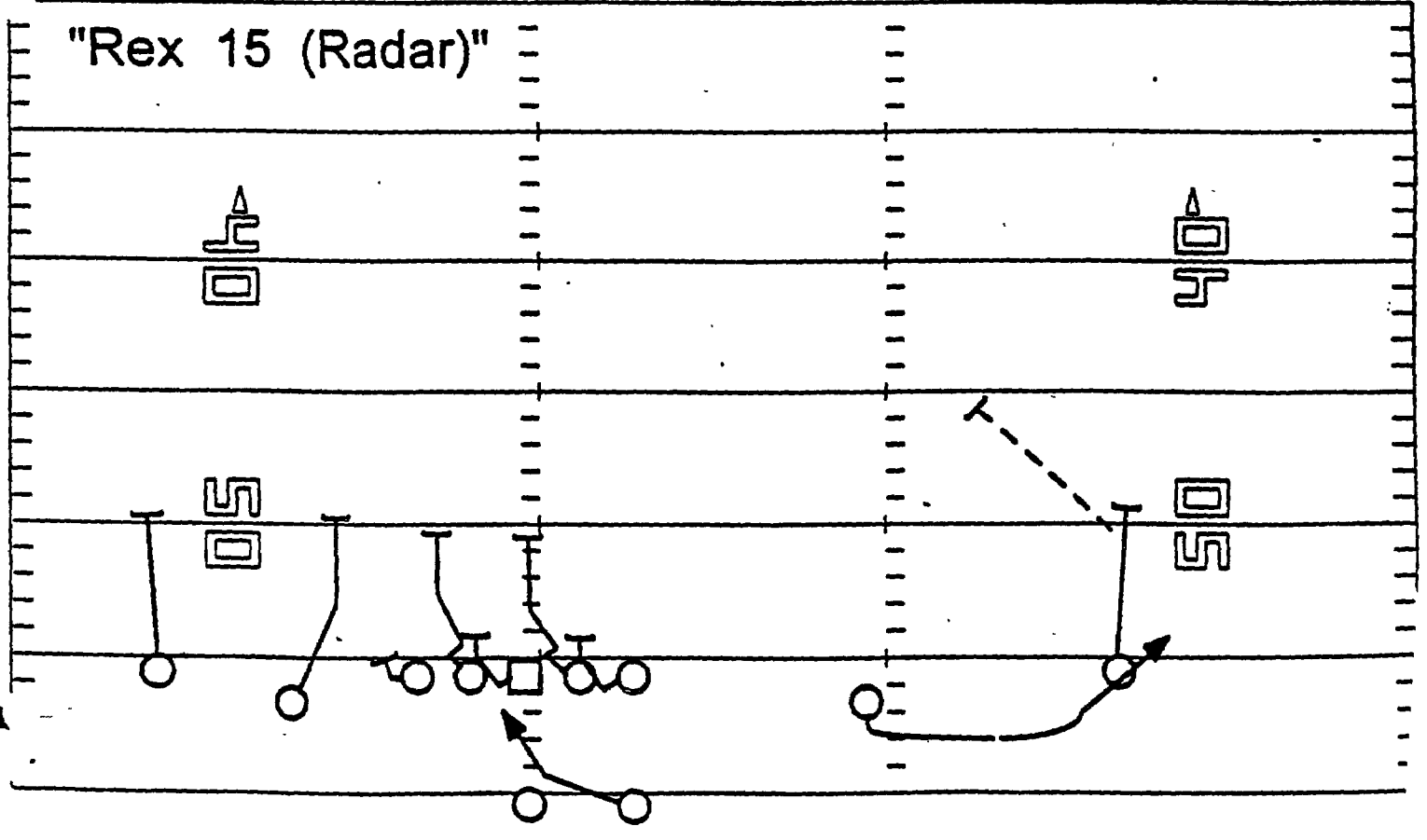
LAT. 52 00

"Rip 52"



**LAY: ZONE RADAR**

"Rex 15 (Radar)"

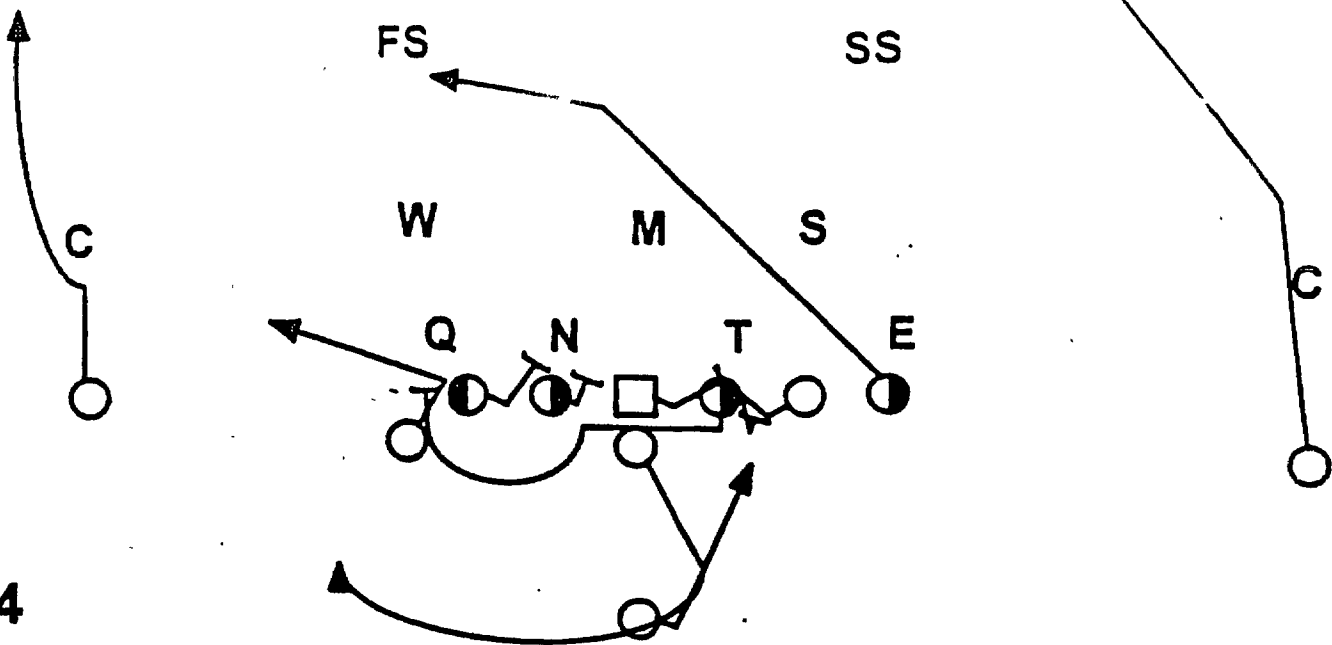




# **WILDCAT OFFENSE**

## **PRO**

***"RUN - n - GUN"***



314

**Concept:**

Pos.	Assignment	Coaching Pt.
<b>PST:</b>	Bubble cut off	
<b>BSG:</b>	Pull, get depth and chop E.O.L.	Pre-snap blitz awareness. Run wide rush/blitz upfield Get to LOS - don't stay deep in QB's wa
<b>C:</b>	Block back	
<b>BSG:</b>	Reach	"Build wall"
<b>BST:</b>	Reach	"Build wall"
<b>Y:</b>	Run route	
<b>F:</b>	Run action. 346-347 run flat route Block EOL	
<b>TB:</b>	Play Fake, block C gap	Block DE, or LB blitz.
<b>PSWR:</b>	Run route	
<b>NR:</b>	Run route	
<b>QB:</b>	Naked action off of play fake. Readiness to throw, you are an option.	316-317 (Gun Gut); 318-319 (I Toss) 346-347 (I Counter Toss)

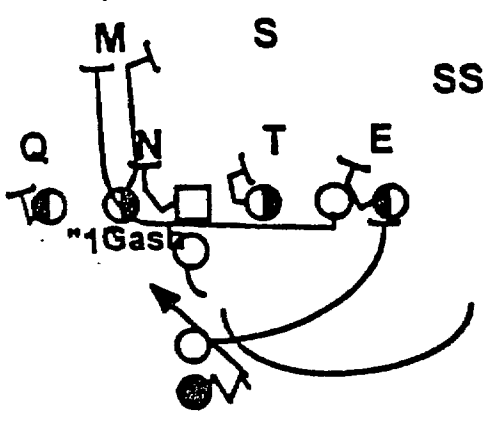


# **WILDCAT OFFENSE**

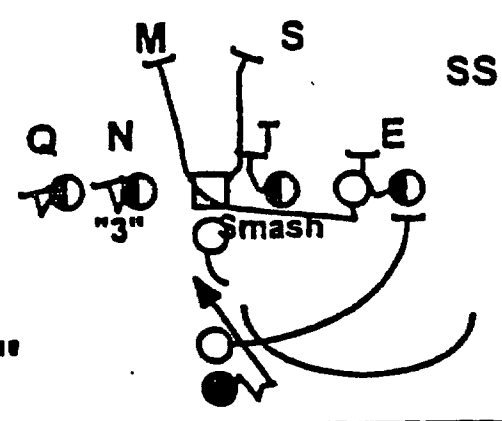
## **PRO**

***"RUN - n - GUN"***

0: 37-17

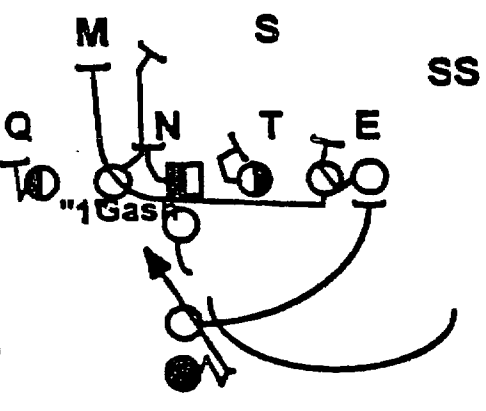


40: 17-37

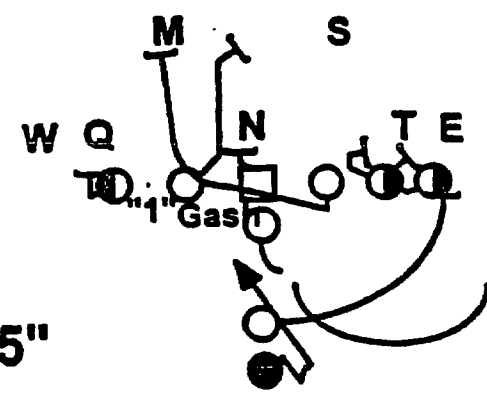


Shd Weak

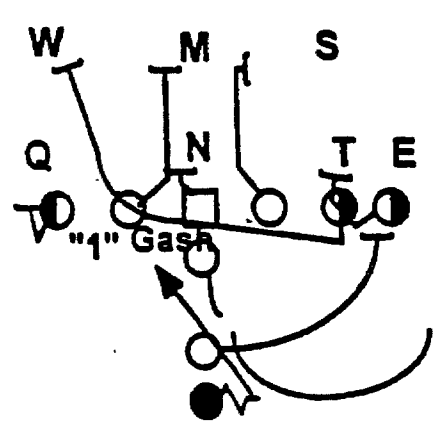
○ C FS



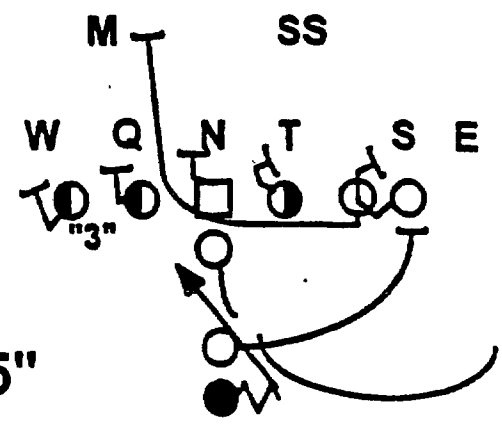
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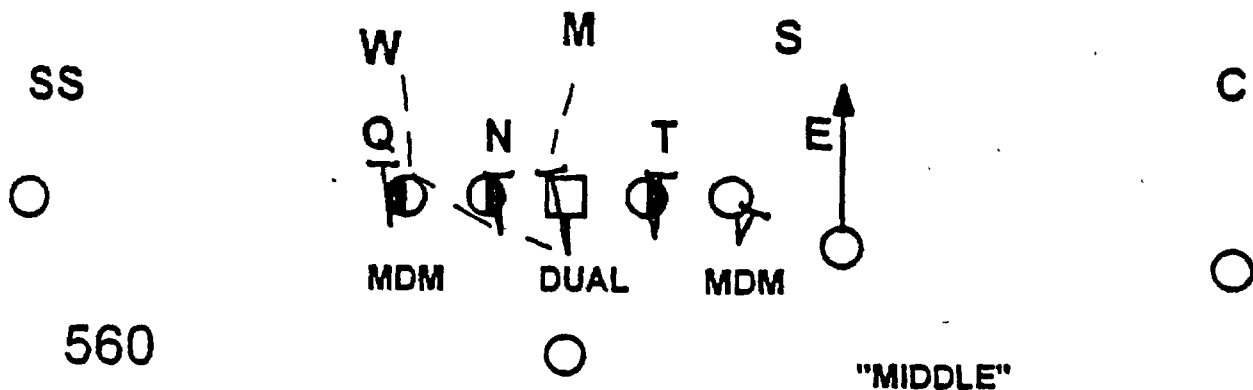


50 Stack



Bear

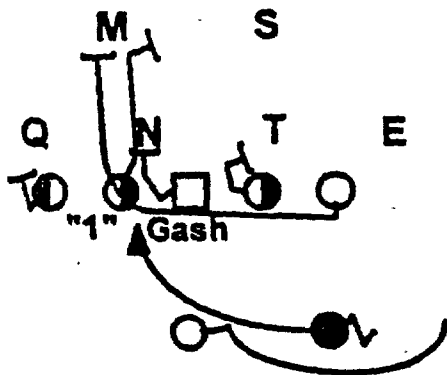




**Concept: 5 step Drop; MDM Protection. F.G. Pro. (CHOP)**

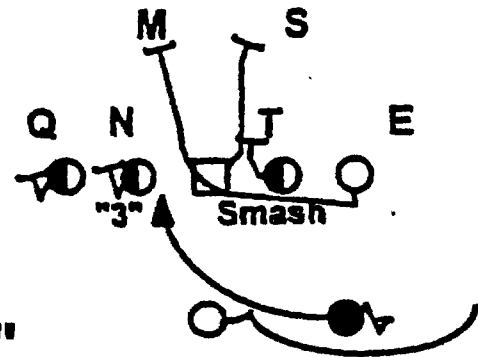
Pos.	Assignment	Coaching Pt.
<b>PST:</b>	"MDM"	Make "Force" call vs blitz. Alert for "Rake/Lawn" call = sort "C" gap "Punt pro" if Rake/Lawn is on the other side
<b>BSG:</b>	Covered "Big On" Uncovered "Dual"	"Even" = Big on; "Odd" = "Dual" Alert for "Rake/Lawn" call = sort "B" gap "Punt pro" if Rake/Lawn is on the other side
<b>C:</b>	Call front, identify Mike Rt/Lt/Middle Covered block covered (50 Defense) Uncovered Dual Mike to B.S.	Vs 43, Dual Mike to B.S. End B.S. Force = Rake/Lawn (Sort) Vs Shade Strong with Will in box, call Rake/Lawn (Sort) Vs 50 call "Mike" to "Force" side.
<b>BSG:</b>	Covered "Big On" Uncovered "Dual"	Center "Rake/Lawn" call = Sort B Gap
<b>BST:</b>	"MDM"	Vs. 43 MDM "Will" to "End" Call "Force" vs outside blitz Center "Rake/Lawn" call = Sort C Gap
<b>Y:</b>	Run route	
<b>F:</b>	Not in	
<b>TB:</b>	Run hot route to call	
<b>PSWR:</b>	Run route	
<b>WR:</b>	Run route	
<b>QB:</b>	Quick throw rhythm. Gun = catch and throw, Under Center = 3 step.	

0. 37 - 17



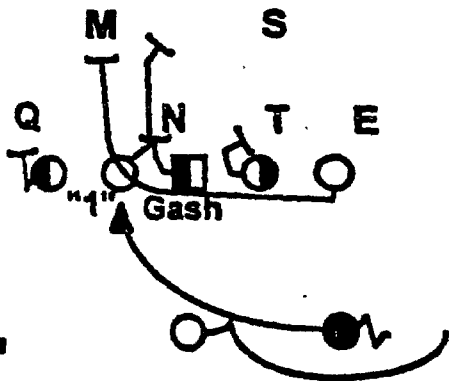
"45"

40: 17-37



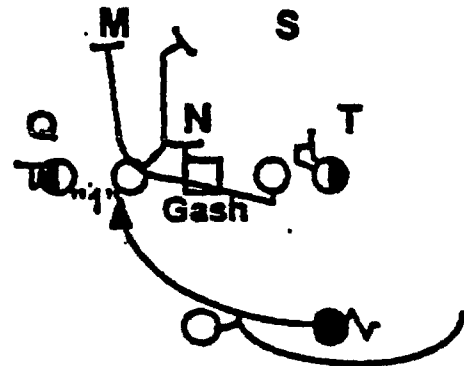
"45"

Shd Weak



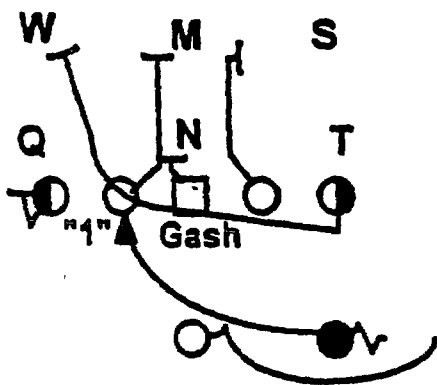
"45"

50



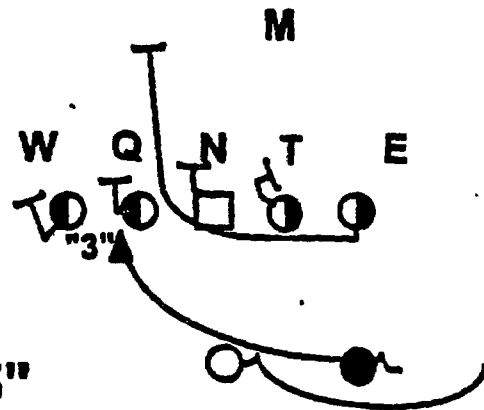
"45"

50 Stack



"45"

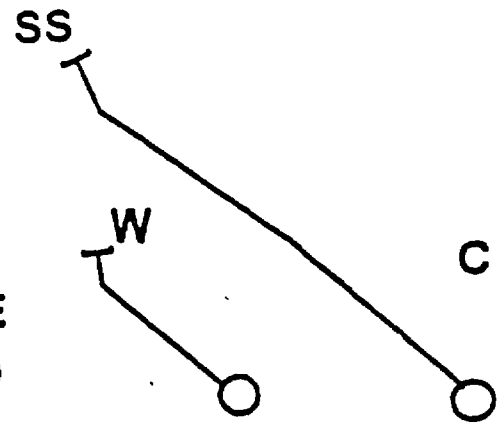
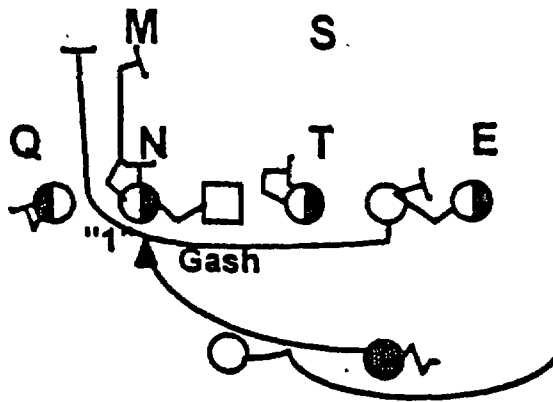
Bear



"45"



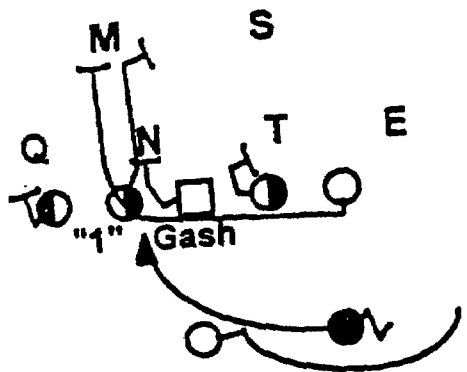
FS



"45"

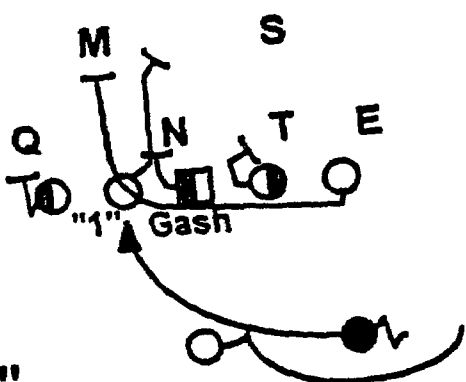
Concept:		
Pos:	Assignment	Coaching Pt.
<b>PST:</b>	Control Drive.	Pass set vs. an upfield rusher.
<b>SG:</b>	Vs 3 = Control Drive. Vs 1/shade/0 = Gash to MLB/BSLB.	Make 3/1 Call.
<b>C:</b>	Vs PS 1/ PS Shade /0 = Gash to MLB/BSLB. Vs BS Shade, BS 1 = Smash to BSLB.	
<b>BSG:</b>	Cut-off BS A Gap.	Smash = combo with Center to BSLB. Vs 50, Pull to PSLB.
<b>BST:</b>	Pull, PSLB, Alert for 1/3 Call.	Vs 50, Bubble Cut-off.
<b>Y:</b>	Reach BS C Gap.	
<b>F:</b>	Not In.	
<b>TB:</b>	Gun = offset away from call. Sell 14/15.	Slide open two step plant. QB responsible for mesh.
<b>PSWR:</b>	Block Man On.	
<b>E NR:</b>	B.S. Cut-off.	
<b>QB:</b>	Gun = Back to Call, Open to TB, Naked Opposite.	

Q: 37-17



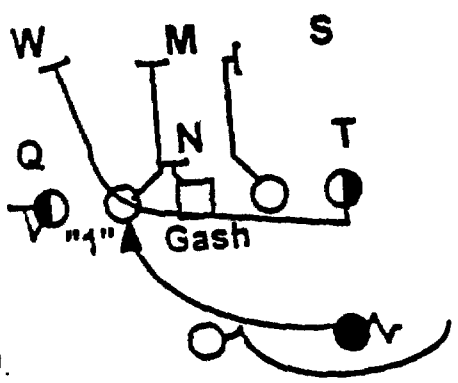
"45"

Shd Weak



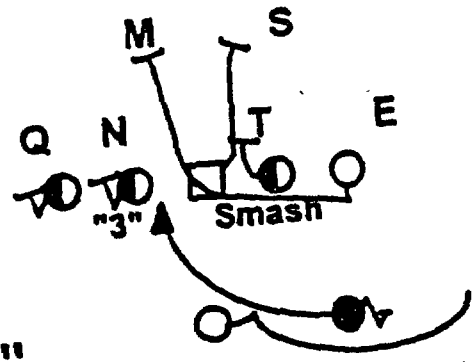
"45"

50 Stack



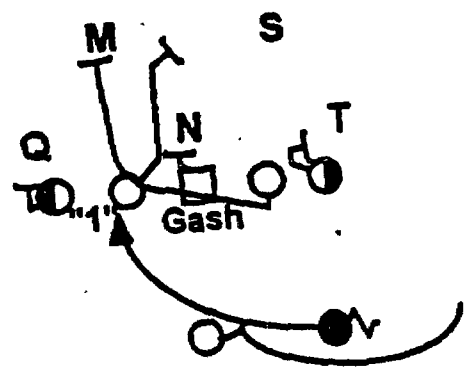
'45"

40: 17-37



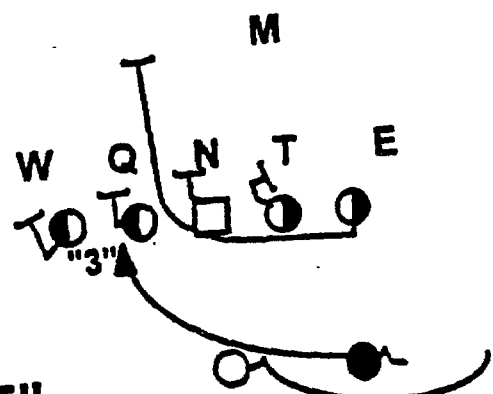
"45"

50



"45"

Bear



"45"

# **WILDCAT OFFENSE**

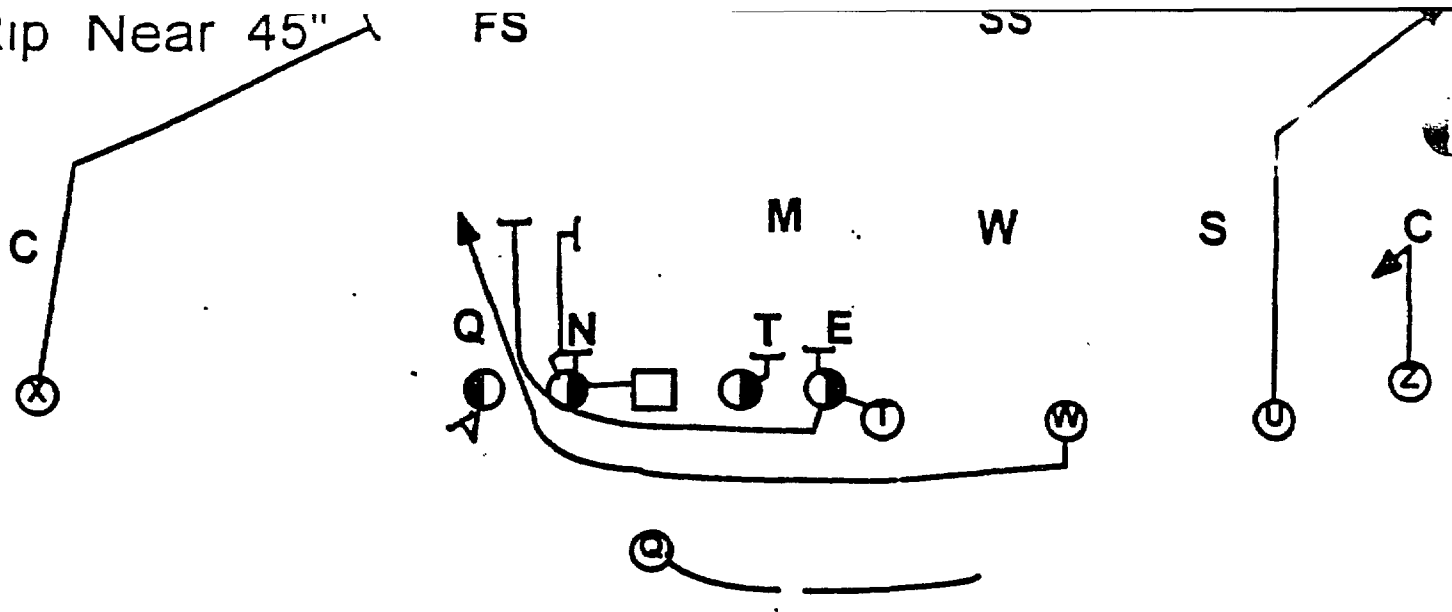
## **PRO**

***"RUN - n - GUN"***

"Rip Near 45"

FS

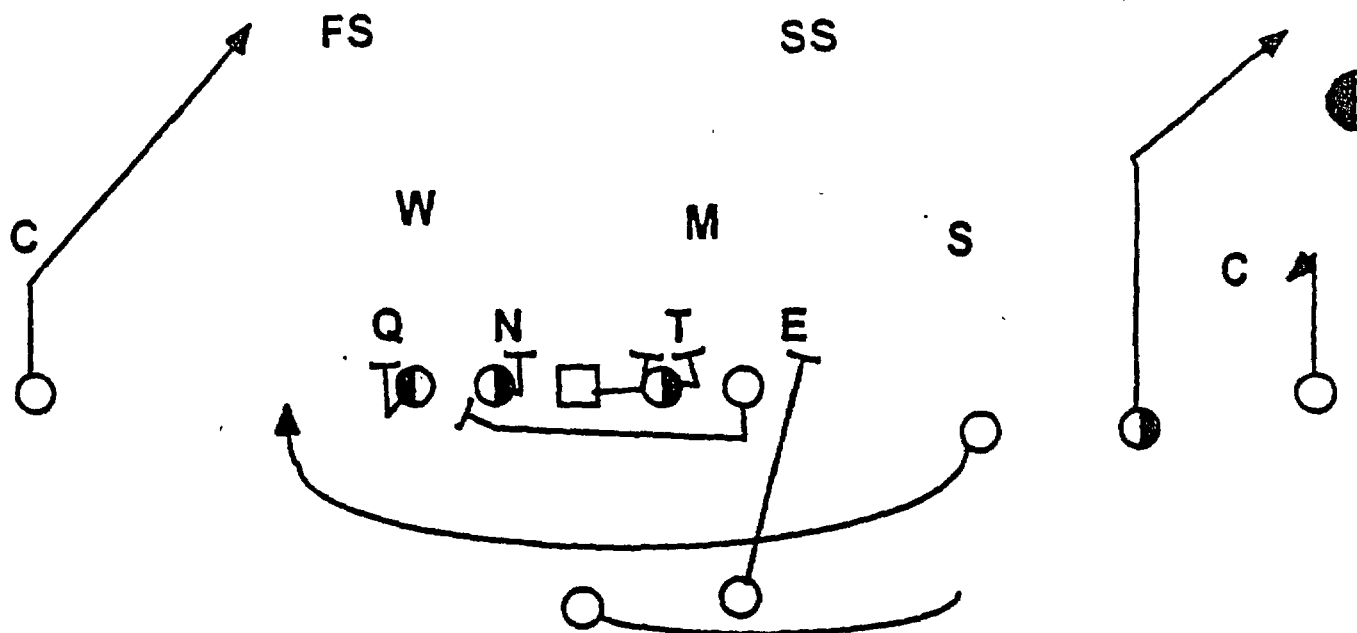
SS



**Concept:**

Pos.	Assignment	Coaching Pt.
<b>PST:</b>	Control Drive.	
<b>BSG:</b>	Vs 3 = Control Drive. Vs 1/shade/0 = Gash to MLB/BSLB.	Make 3/1 Call.
<b>C:</b>	Vs PS 1/ PS Shade /0 = Gash to MLB/BSLB. Vs BS Shade, BS 1 = Smash to BSLB.	
<b>BSG:</b>	Cut-off BS A Gap.	Vs 50, Pull to PSLB.
<b>BST:</b>	Pull, PSLB, Alert for 1/3 Call.	Vs 50, Bubble Cut-off.
<b>W:</b>	Reverse off Shovel Pass.	Loose a little Ground to get North.
<b>U:</b>	10 Yd Comer Route.	
<b>Z:</b>	6 Yd. Bar Route.	
<b>X:</b>	Post Track to Block Safety.	
<b>Q:</b>	Cut-off DE from Near Alignment.	
<b>QB:</b>	Sprint Action with Shovel Pitch to W. Continue on Sprint Course.	





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Concept:		
Pos.	Assignment	Coaching Pt.
PST:	Block play.	Awareness of passing spot.
SG:	Block play.	Awareness of passing spot.
C:	Block play.	Awareness of passing spot.
BSG:	Block play.	Awareness of passing spot.
BST:	Block play.	Awareness of passing spot.
Y:	Run route	
H:		
TB:	Play Fake, block C gap	Block DE, or LB blitz.
PSWR:	Run route	
SWR:	Run route	
QB:	Naked action off of play fake.	

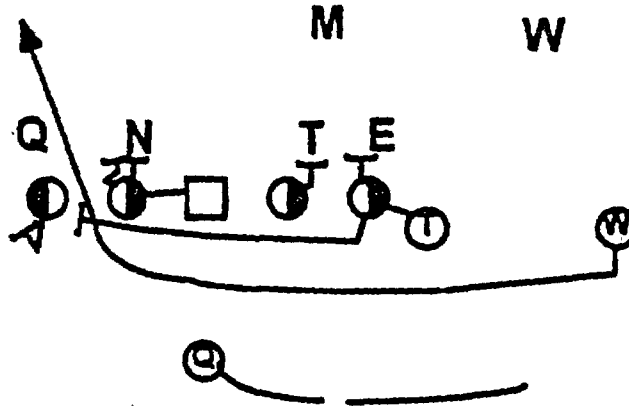


# PLAY: REVERSE MUSTANG

"Tip Near 445"

FS

SS



## Concept:

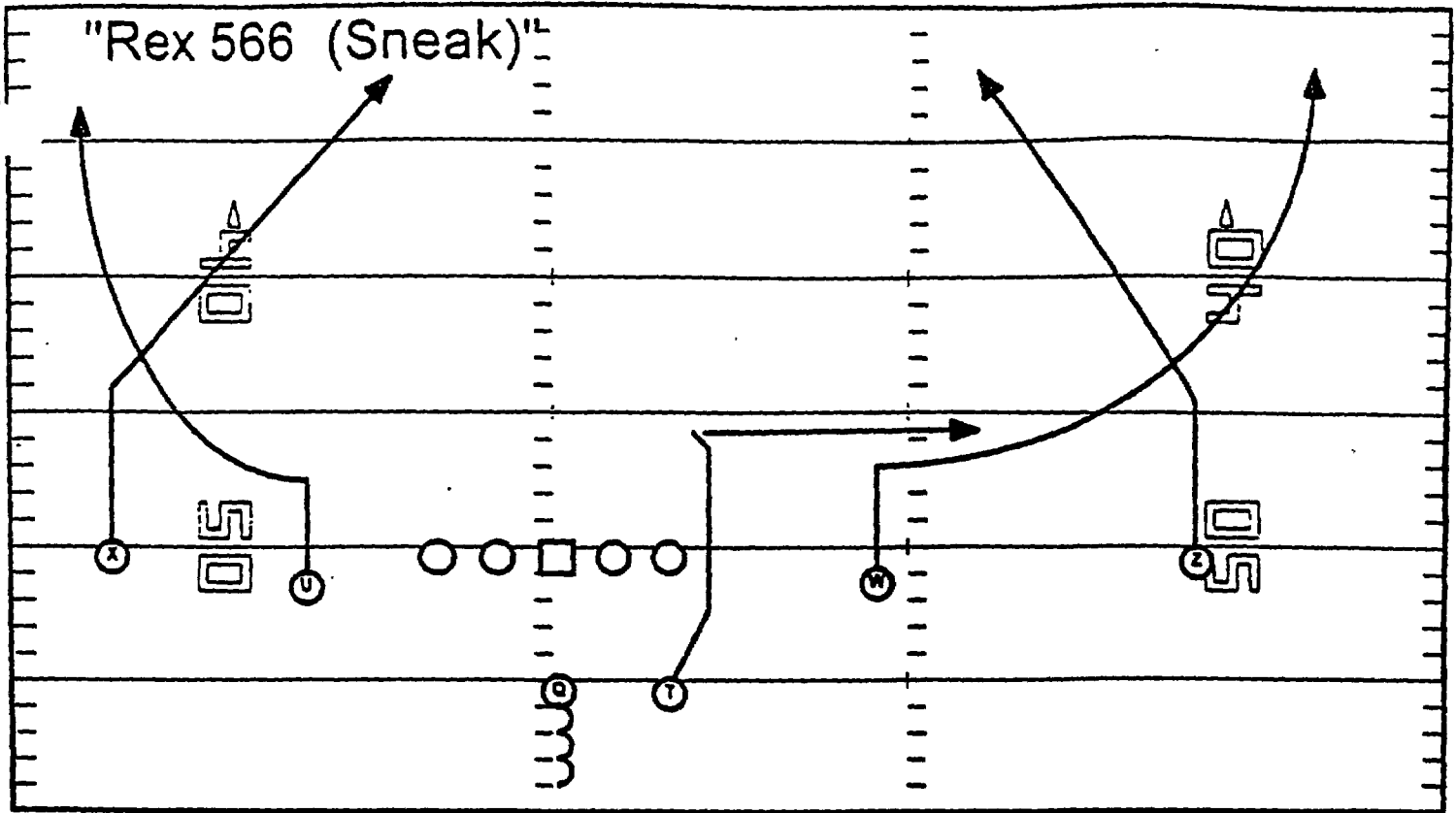
Pos.	Assignment	Coaching Pt.
<b>QB</b>	Control Drive.	Don't be Down Field. Aware of Passing Spot.
<b>PSG</b>	Vs 3 = Control Drive. Vs 1/shade/0 = Gash to MLB/BSLB.	Don't be Down Field. Aware of Passing Spot.
<b>C</b>	Vs PS 1/ PS Shade /0 = Gash to MLB/BSLB. Vs BS Shade, BS 1 = Smash to BSLB.	Don't be Down Field, Aware of Passing Spot.
<b>BSG</b>	Cut-off BS A Gap.	Don't be Down Field. Aware of Passing Spot.
<b>BST</b>	Pull, Run with Speed to Pull Defense.	Don't Be Down Field. Aware of Passing Spot.
<b>W</b>	Fake Reverse off Shovel Pass.	
<b>U</b>	10 Yd Corner Route.	
<b>Z</b>	6 Yd. Bar Route.	
<b>Y</b>	Hitch.	
<b>TB</b>	Cut-off DE from Near Alignment.	Awareness of Passing Spot.
<b>QB</b>	Sprint Action, Fake Shovel Pitch to W. Continue on Sprint Course for Mustang.	

# **WILDCAT OFFENSE**

## **ROUTES**

***"RUN - n - GUN"***

**PLAY: 566 - 567 PRESS**



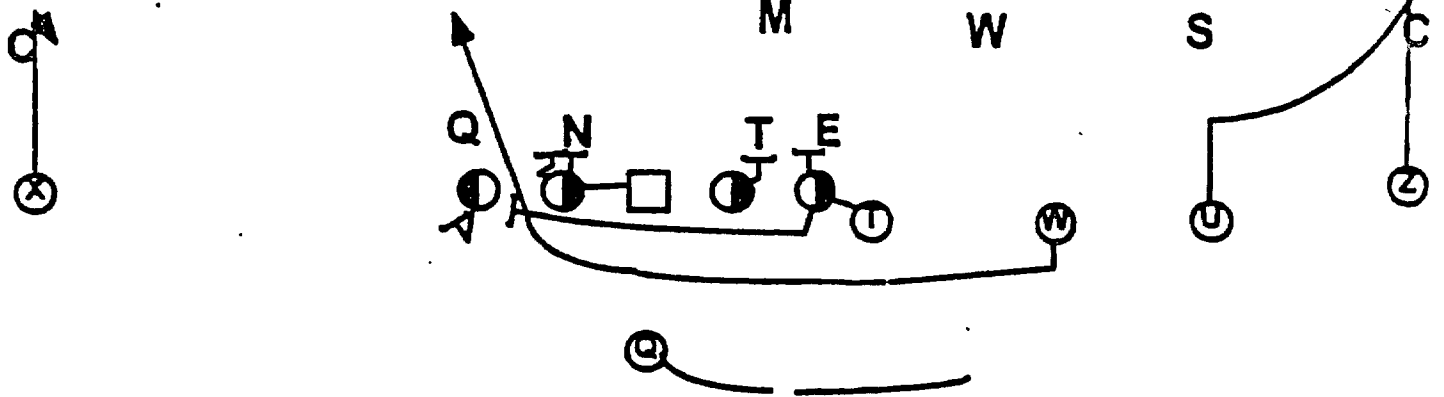
**Concept:**

Pos.	ASSIGNMENT	COACHING PT.
X:	3rd step skinny post.	Do not cross the hash.
Z:	3rd step skinny post.	Do not cross the hash.
U/W:	Slice route.	Run up the bottom of the numbers.
F:	Not in.	
TB:	Run out route sneak	
QB:	Gun = 3 & throw (No close).	Middle safety: Work best inside post. Cov 2/Man: Field post, wheel, TB sneak.

"Rip Near 445"

FS

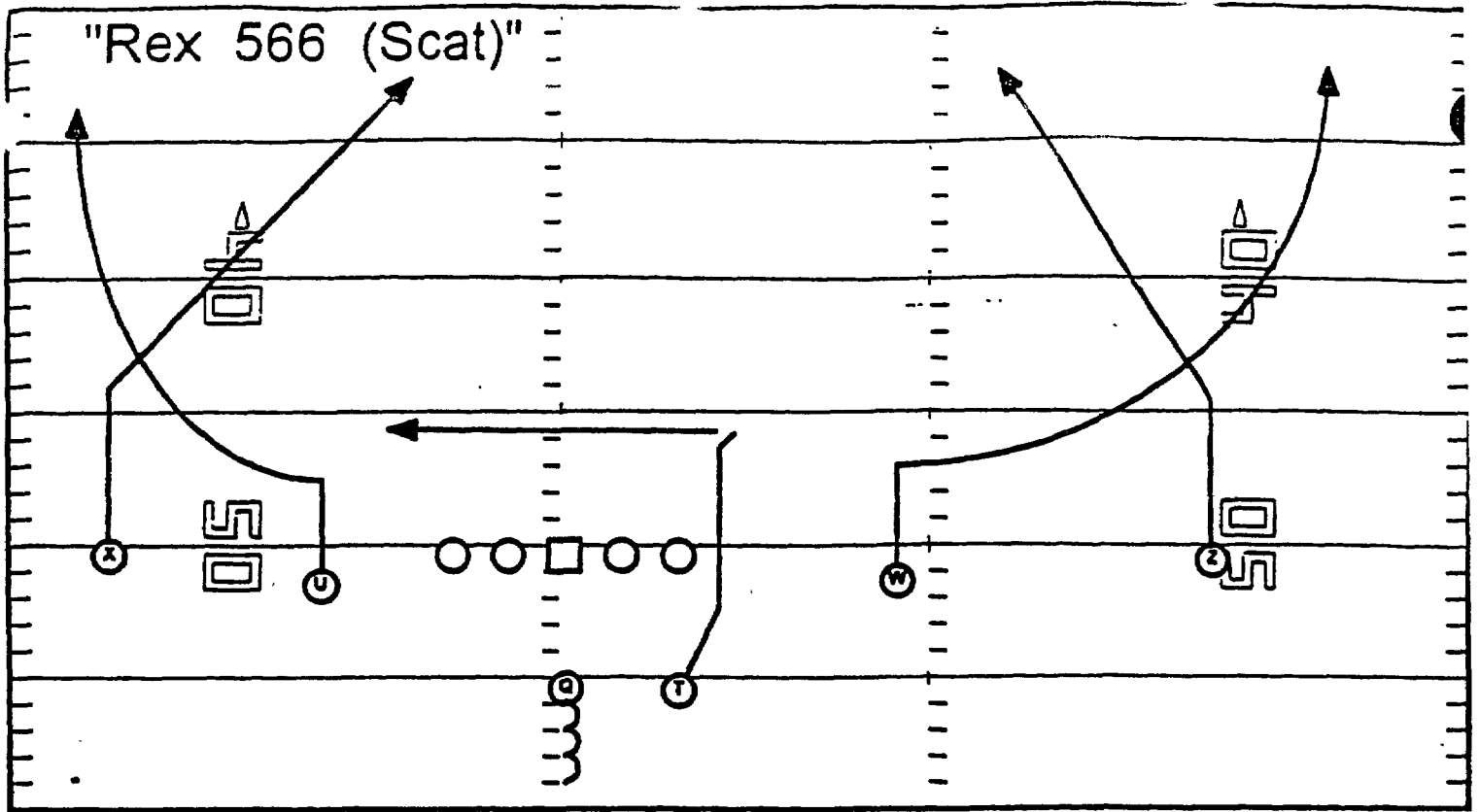
SS



**Concept:**

Pos.	Assignment	Coaching Pt.
<b>PST:</b>	Control Drive.	Don't be Down Field. Aware of Passing Spot.
<b>PSG:</b>	Vs 3 = Control Drive. Vs 1/shade/0 = Gash to MLB/BSLB.	Don't be Down Field. Aware of Passing Spot.
<b>C:</b>	Vs PS 1/ PS Shade /0 = Gash to MLB/BSLB. Vs BS Shade, BS 1 = Smash to BSLB.	Don't be Down Field, Aware of Passing Spot.
<b>BSG:</b>	Cut-off BS A Gap.	Don't be Down Field. Aware of Passing Spot.
<b>BST:</b>	Pull, Run with Speed to Pull Defense.	Don't Be Down Field. Aware of Passing Spot.
<b>W:</b>	Fake Reverse off Shovel Pass.	
<b>U:</b>	Press Route = Wheel	
<b>Z:</b>	Press Route = Post	
<b>X:</b>	Hitch.	
<b>B:</b>	Cut-off DE from Near Alignment.	Awareness of Passing Spot.
<b>QB:</b>	Sprint Action, Fake Shovel Pitch to W. Continue on Sprint Course for Mustang.	





**Concept:**

Pos.	ASSIGNMENT	COACHING PT.
<b>X:</b>	3rd step skinny post.	Do not cross hash
<b>Z:</b>	3rd step skinny post.	"Stick" your route - expect ball.
<b>U/W:</b>	Slice route.	Run down the bottom of the numbers.
<b>F:</b>	Not in.	
<b>TB:</b>	Run scat route.	
<b>QB:</b>	Gun = 3 & throw (No close).	Middle safety: Work best inside post. Cov 2/Man: Boundary post, wheel, TB s



# **WILDCAT OFFENSE**

## **Formations**

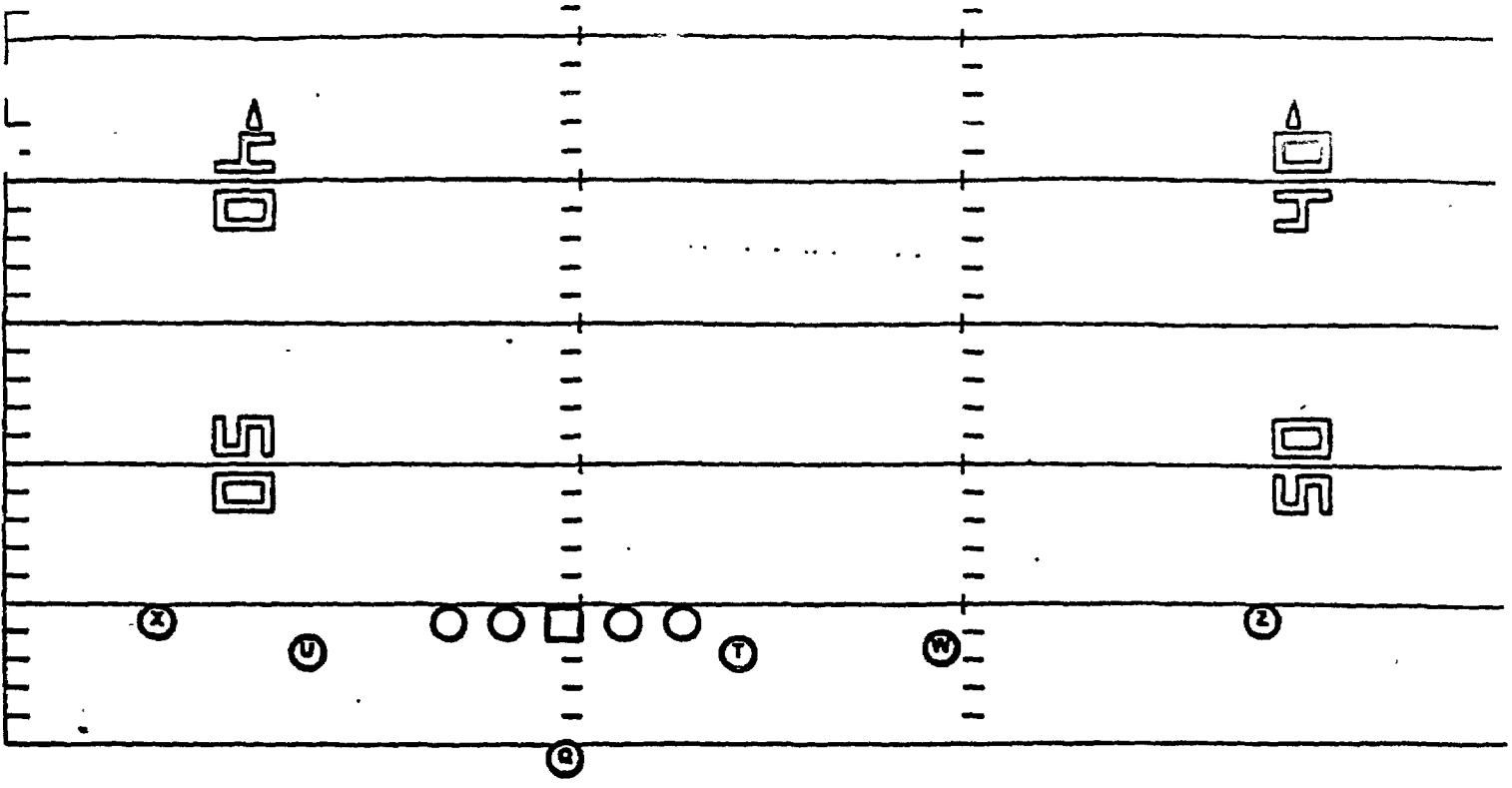
**"RUN - n - GUN"**

# **WILDCAT OFFENSE**

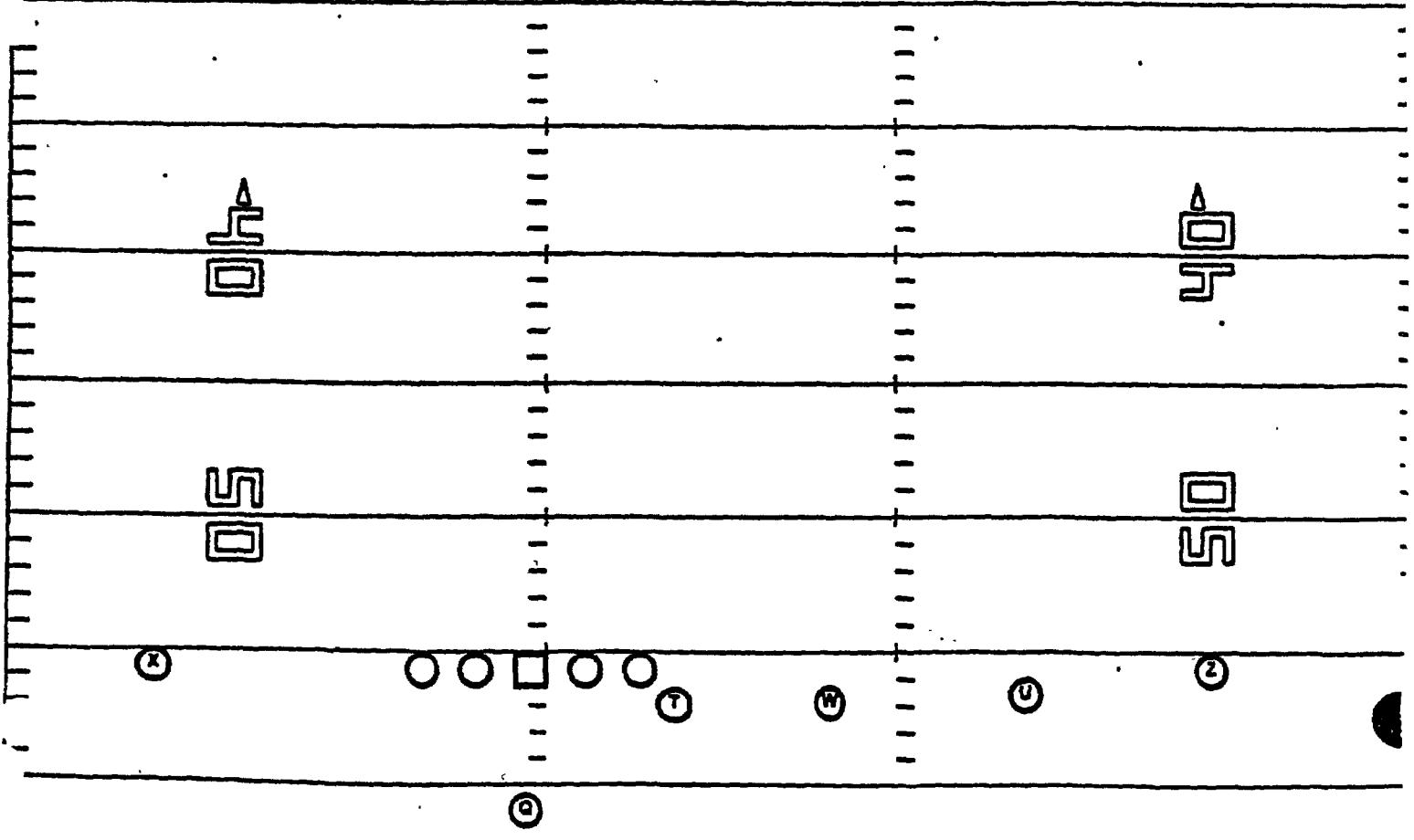
**INSTALL  
Sat. 8/12  
AM**

***"RUN - n - GUN"***





LAY: RIP - LIZ NEAR



**GENERAL**

**SECTION**

## 2000 PRE-SEASON OBJECTIVES

- 1. ATTACK:** We will play a fast break, up-tempo attack. We will force each opponent to react and adjust to our offense. We will always use intelligence and conditioning to our advantage.
- 2. GATA:** We will "GET AFTER THEIR ASS!" This is the cornerstone principle of Northwestern Football.
- 3. ELIMINATION OF SIW's:** It's tough enough to beat your opponent. Take away the negative plays to ensure that we don't beat ourselves. **TURNOVER RATIO** is the number one factor in winning and losing college football games.
- 4. SCORE:** The object of the RUN-n-GUN Offense is to score. We will score first, fast, and we will finish the fourth quarter. We will maximize the Red Zone and we will take advantage of every turnover that our defense creates by scoring points.
- 5. TEAM:** Foremost, we must become a true team. On and off the field, we act as one, united as a whole group, where together we can accomplish greatness.

# I. COMMUNICATION SYSTEM

## A. *Signal System*

The formation and the play will be signaled from the sideline. The QB and WR's must get the signals. In most cases the TB and TE will get the signals as well. If a WR does not get the signal from the sideline, he will look in to the QB with both hands up to indicate he does not know the play.

## B. *Formation Substitution*

All skill players are responsible for being on the field with the proper team. Once a formation is signaled from the sideline, if a player is on the field and he is in the next formation, he stays on the field and goes to his alignment. If a player is on the field and is not in the next formation, he will sprint off the field. If a player is on the sideline and he is on the next team, he will sprint on the field to his alignment. All WR's are eligible by alignment, except for the boundary WR. The X (Boundary WR) must stay inside the Numbers until the Referee has put the ball in play. The X's base alignment is two yds. outside the base of the Numbers. The X will get to his final alignment after the Referee has placed the ball in play. The QB needs to be aware of the alignment of the WR's before he calls for the ball.

## C. *COMMUNICATION TO THE OL / TE / TB*

The QB will verbalize to the offensive line, tight ends, and backs what play we will run. The QB has three systems to communicate to this group.

1. Number System: Two Numbers Used, First Number is Live, Second is Dummy.
2. Deuce Number System: Two Numbers Used, Second is Live.
3. Colors & Buzz Words.

## D. *FINAL CHECKS*

QB will check back to the sideline for final clearance on the play call. He will get the "Go" Signal, or he will get a new play. The WR & TB are responsible for the new checks or the "Go". The QB needs to communicate to the OL there is a change of play. No need to tell OL if the routes change and the protection stays the same. Try to keep your hand signals very discrete so our opponents will not see many of them.

## E. *READY COMMAND*

The QB will call "Ready" or give a "Foot Kick". Many defenses will stem - move on your foot, so only use this when the crowd is a factor. The Cen will look up after the command, and the OL and the Center will work on a timing system to come off the ball.

## II. SNAP COUNT VARIATIONS

**ONE COUNT:** All plays that are communicated through:

- Colors
- Buzz Words
- INDY Package

**TWO COUNT:** All plays communicated through the base number system

**THREE COUNT:** "Water" Alert to hold count for a three count.



# IV. FORMATIONS

<p><b>RIGHT</b></p>	<p><b>LEFT</b></p>
<p><b>ROVER</b></p>	<p><b>LOVER</b></p>
<p><b>RIGHT TIGHT</b></p>	<p><b>LEFT TIGHT</b></p>
<p><b>FLEX RIGHT</b></p>	<p><b>FLEX LEFT</b></p>

### III. PERSONNEL GROUPINGS

1. RIGHT / LEFT: Y, X, Z  
(Rover / Lover) T, F

2. RIGHT WING / LEFT WING: Y, X, Z  
T, H(Y)

3. RAM / LION: Y, X, Z, W, T

4. RICKY / LUCKY: Y, X, Z, U, T

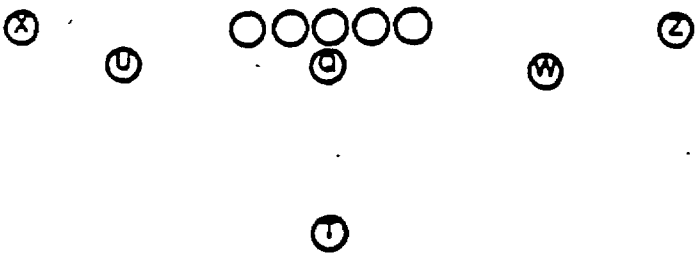
5. REX / LEX & RIP / LIZ: X, Z, U, W, T

6. RIGHT TIGHT / LEFT TIGHT: Z, Y, Y(Second Y),  
T, F

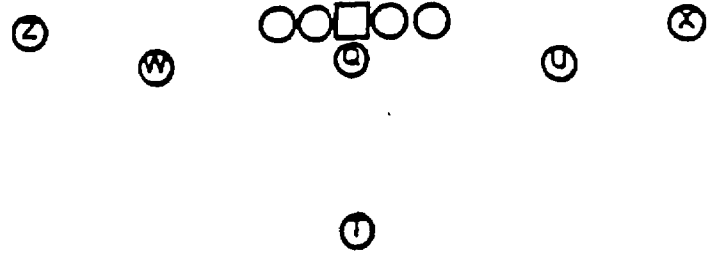
7. RHINO / ELEPHANT: Y, Y (BS), Y (Wg)  
T, F

# IV. FORMATIONS (cont.)

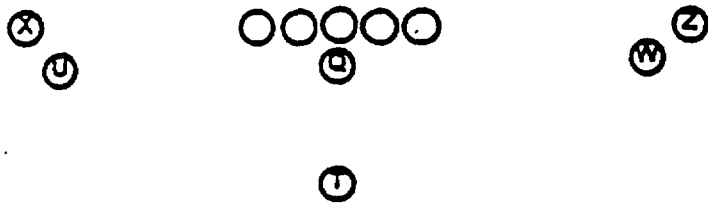
REX



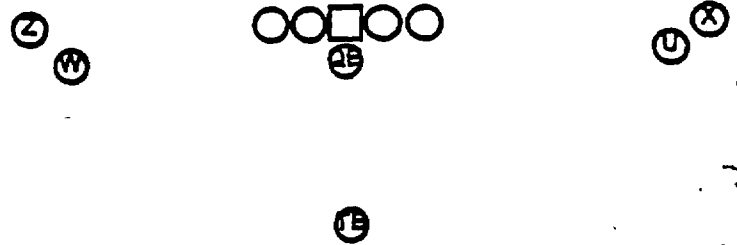
LEX



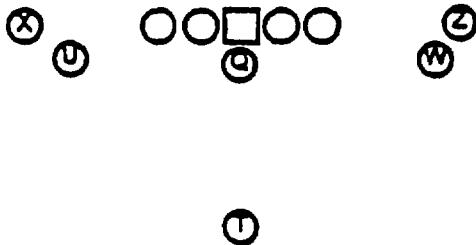
REX STACK



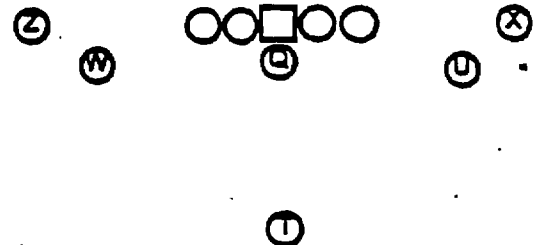
LEX STACK



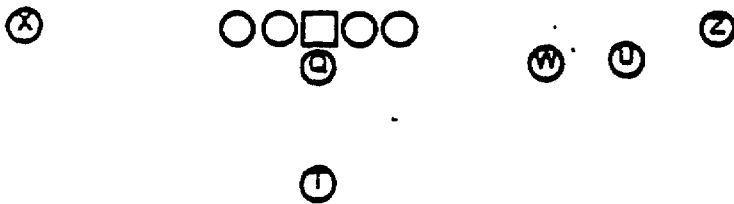
REX CLOSE



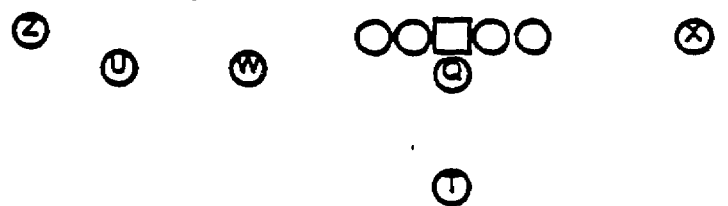
LEX CLOSE



RIP

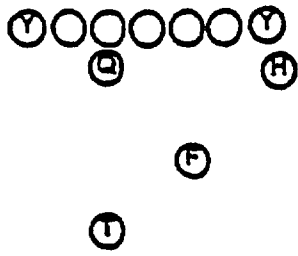


LIZ

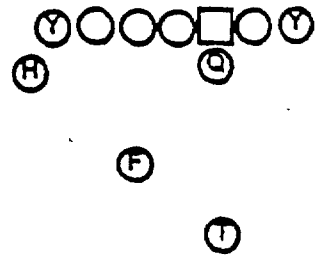


IV. FORMATIONS (cont.)

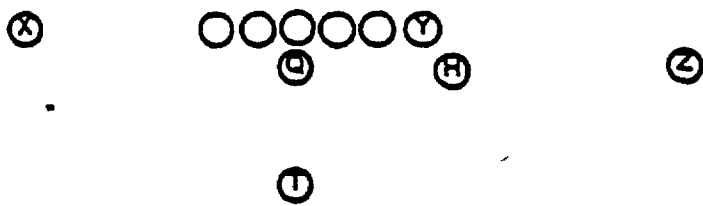
**RHINO**



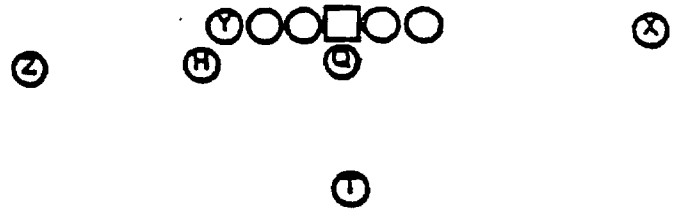
**ELEPHANT**



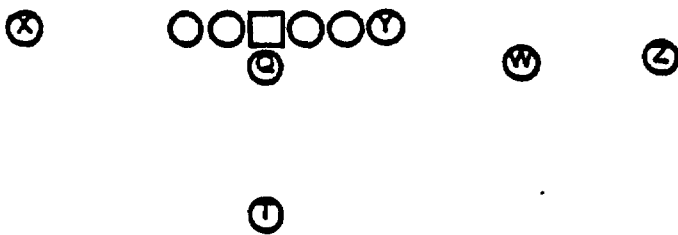
**RIGHT WING**



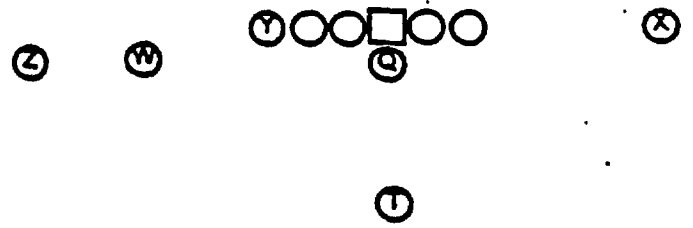
**LEFT WING**



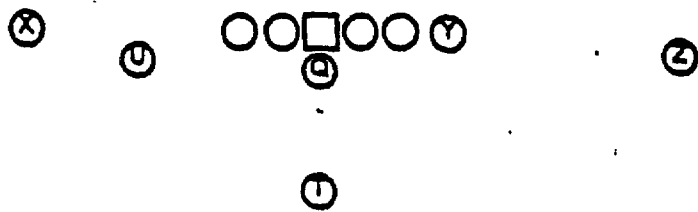
**RAM**



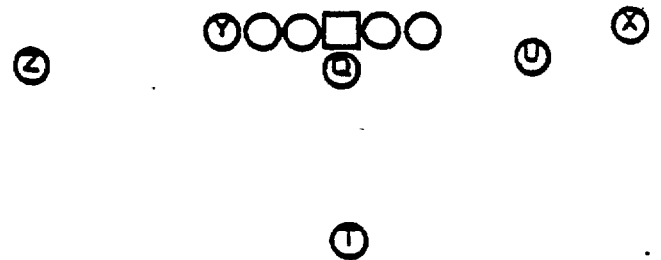
**LION**



**RICKY**

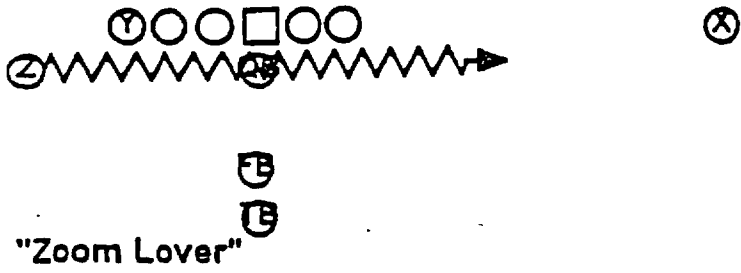


**LUCKY**

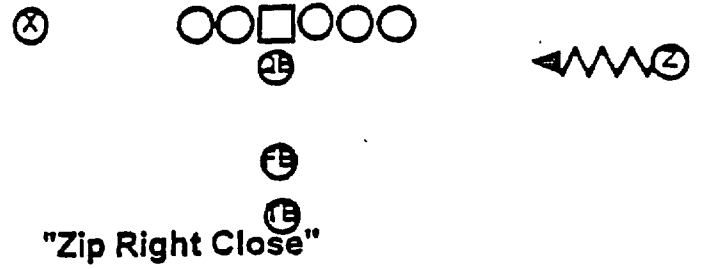


# VI. MOTIONS

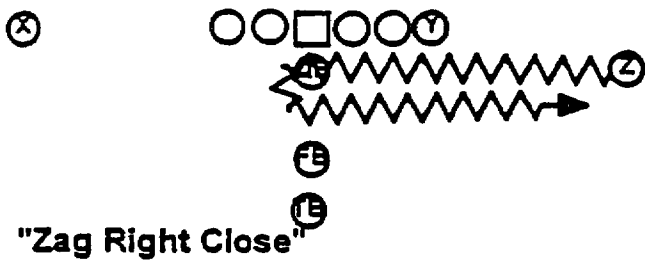
"Zoom" = Z across ball



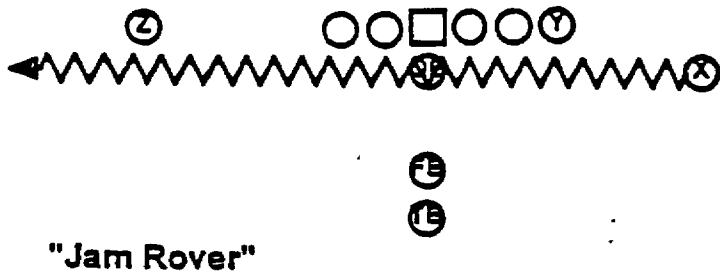
"Zip" = Z short motion in toward ball



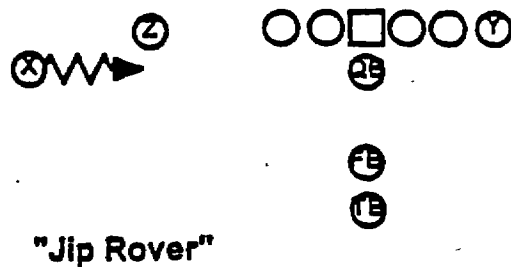
"Zag" = Z return motion



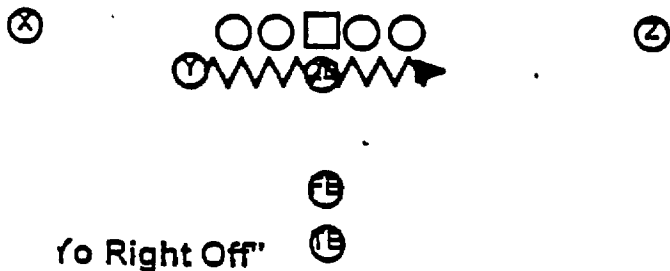
"Jam" = X motion across ball



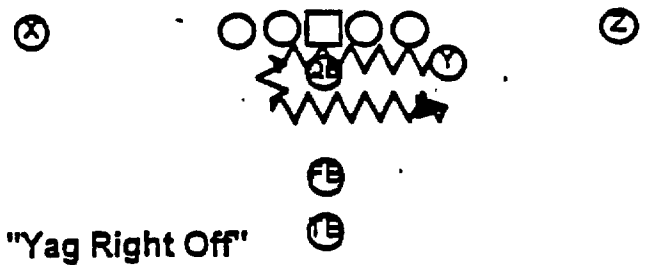
"Jip" = X short motion in toward ball



"Yo" = Y motion across ball



"Yag" = Y return motion



"I" = Implied (Rt/Rover/Tight/etc...)



"RIGHT" H  
I

"UNDER" = Home Position



"REX (UNDER)" I

"GUN" = Align to Responsibility Side



"REX" H I

"FAR" = TB align in outside WR to the Call



"REX FAR" H

"FAR" = TB align in outside WR to the Call



"RAM FAR" H

"FAR" = TB ALign in outside WR to the Call



"RICKY FAR" H

"NEAR" = TB Align in Wing Position to the Call



"REX NEAR" H

"NEAR" = TB Align in Wing Position to the Call



"RIP NEAR" H

"AWAY" = TB align in Slot WR Away from Call



"RIP AWAY" H

"AWAY" = TB align in Slot WR Away from Call



"RAM AWAY" H

# VII. BASE OFFENSIVE SERIES (cont.)

## II. Base Passes

Package	Route	Play #'s	Buzz Words
<b>3 STEP 30's</b>	<b>Hitch</b>	<b>32 - 33</b>	<b>Red / Black</b>
	<b>Outside Tap</b>	<b>32 - 33</b>	<b>"</b>
	<b>Inside Tap</b>	<b>32 - 33</b>	<b>"</b>
	<b>Hitch Pump</b>	<b>32 - 33</b>	<b>"</b>
	<b>Bow</b>	<b>34 - 35</b>	<b>"</b>
	<b>Bow w/ Inside Tap</b>	<b>34 - 35</b>	<b>"</b>
	<b>Arrow</b>	<b>534 - 535</b>	<b>Rocket / Laser</b>
	<b>Slant</b>	<b>36 - 37</b>	<b>Red / Black</b>
	<b>Slant Pump</b>	<b>36 - 37</b>	<b>"</b>
	<b>Slugo</b>	<b>36 - 37</b>	<b>"</b>
<b>3 Step Sprint</b>	<b>Rambo / Limbo</b>	<b>800 - 801</b>	<b>Rambo / Limbo</b>

## VII. Base Offensive Series

### I. Base Runs

<b>Concept</b>	<b>Plays</b>	<b>Buzz Words</b>
<b>Belly</b>	<b>12 - 13</b>	<b>--</b>
<b>Zone</b>	<b>14 - 15</b>	<b>Indy 3</b>
<b>Sweep</b>	<b>16 - 17</b>	<b>Indy 7</b>
<b>Option / Shovel</b>	<b>18 - 19</b>	<b>Orange / Yellow</b>
<b>Draw / QB Draw</b>	<b>20 - 21</b>	<b>Indy 9</b>
<b>Iso</b>	<b>22 - 23</b>	<b>--</b>
<b>Power</b>	<b>26 - 27</b>	<b>--</b>
<b>Trap / QB Trap</b>	<b>40 - 41</b>	<b>Indy 1</b>
<b>Dart</b>	<b>44 - 45</b>	<b>Indy 5</b>
<b>Counter</b>	<b>46 - 47</b>	<b>--</b>
<b>Reverse</b>	<b>44 - 45 or 46 - 47</b>	<b>--</b>

**QB Sneak = Indy 10**

**FB Wedge = Indy 11**

**Rhino / Elephant = 29 - 29 Bam**



## VII. BASE OFFENSIVE SERIES (cont.)

### II. Base Passes (cont.)

Package	Route	Play #'s	Buzz Word:
Sprint Out 80's	Mustang	80 - 81 780 - 781	Green / Gol Indy 6
	Pony	80 - 81 780 - 781	Green / Gol
	Flood	84 - 85 784 - 785	Green / Gol Indy 8
Quarter Roll 90's	Quarter	94 - 95	----
	Quarter Up	94 - 95	----
	Quarter Go	94 - 95	----
Screens	WR Screen	50 - 51	Rio / Leo
	Bubble Screen	52 - 53	Radar / Lava
	Dump Screen	54 - 55	----

# VII. BASE OFFENSIVE SERIES (cont.)

## II. Base Passes (cont.)

Package	Route	Play #'s	Buzz Word
Drop Back 60's & 560's	Mustang (Colt)	60 - 61 560 - 561	Brown / Blue Dark / Light
	Slice	60 - 61 560 - 561	"
	Hook	62 - 63 562 - 563	"
	Dog	62 - 63 562 - 563	"
	Exxon	567 - 566	Dark / Light
	Texaco	567 - 566	"
	Shell	567 - 566	"
	Crease	566 - 567	"
	Press	566 - 567	"
	Claw	566 - 567	"
	Scat	568 - 569	"
	Sneak	568 - 569	"
	Snake	568 - 569	"
	Go	78 - 79	----
	Drag	568 - 569	Dark / Light

# VIII. INDY PACKAGE

Indy #'s	Play	
Indy 0	Exxon	560
Indy 1	Trap	
Indy 2	Hook	60
Indy 3	Zone	
Indy 4	Naked	800
Indy 5	Dart	
Indy 6	Sprt. Mustang	80
Indy 7	Sweep	
Indy 8	Sprt. Flood	80
Indy 9	Draw	
Indy 10	QB Sneak	
Indy 11	FB Wedge	

Colors/Buzzes	Play
Red / Black	30's
Rocket / Laser	530's
Brown / Blue	60's
Dark / Light	560's
Green / Gold	80's
Radar / Lava	Bubble Scrn
Orange / Yellow	Option

## VII. BASE OFFENSIVE SERIES (cont.)

### II. Base Passes (cont.)

Package	Route	Play #'s	Buzz Words
Naked / Boots	Cross	314 - 315 316 - 317	Indy 4
	Cobra	314 - 315	-----
	Viper	314 - 315	-----
	Flyer	344 - 345	-----

### III. Additional Pass Concepts

- A. P Fake Passes  
(With Quick Game and Bubble Screens)
- B. Short Yardage Pass off Power or Bam  
(126 - 127 or 128 - 129)
- C. Reverse Passes with Mustang or Press Roll

**DEFENSIVE  
RECOGNITION  
AND  
TERMINOLOGY**

# **WILDCAT OFFENSE**

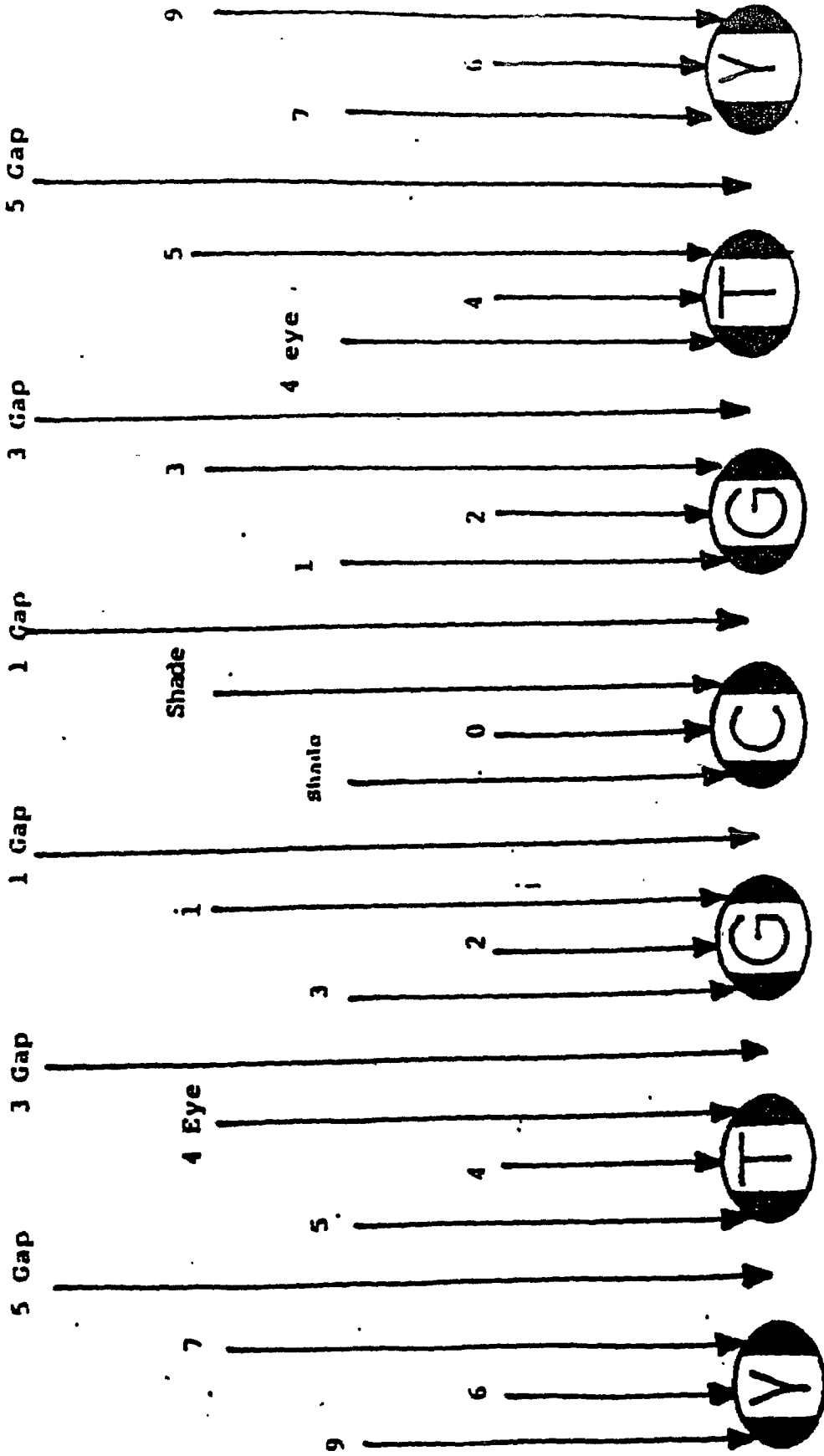
## **Defensive Recognition**

***"RUN - n - GUN"***

**DEFENSIVE**

**FRONTS**

DEFENSIVE      ALIGNMENTS





Q N T E  
○ ○ ○ ○ ○ ○  
○

43

W M S  
Q N T E  
○ ○ ⊗ ○ ○ ○  
○

43-Sh (Shade)

W M S  
Q N T E  
○ ○ ⊗ ○ ○ ○  
○

43-Sld (Slide)

W M S  
Q N T E  
○ ○ ⊗ ○ ○ ○  
○

43-7 (Tech.)

W M S  
Q N T E  
○ ○ ⊗ ○ ○ ○  
○

43 Ag (An: Away)

W M S  
Q N T E  
○ ○ ⊗ ○ ○ ○  
○

43-7 Er (Angle Away)

W M S  
Q N T E  
○ ○ ⊗ ○ ○ ○  
○

43 Sam

W M  
Q N T E S  
○ ○ ⊗ ○ ○ ○  
○

43 Will

M S  
W Q N T E  
○ ○ ⊗ ○ ○ ○  
○

- 43 - Middle Linebacker Family  
7 man front  
4 DL, 3 LB (1 MLB, 2 OLB)
- 40 - 4-4/ 4-2 2 Linebacker Family  
8 man front/ nickel front  
4 DL, 2 LB (PSLB & BSLB), 2 alley defenders (OLB's)/No weak alley in nickel
- 60 - Reduced 40 Family  
7 man front (8 is goalline)  
4 DL (reduced on TE side), 2 LB (PSLB & BSLB), 9 tech. OLB
- Weak - Shade Nose Weak Family  
(Wk)  
8 man Front  
Shade, Five, OLB Weak - variations to strength, 2 LB (PSLB & BSLB)
- Strong - Shade Nose Strong Family  
(St)  
7 Man Front  
Shade, Five, Nine OLB Strong - variations to weak side, 2 LB (PSLB & BSLB)
- 50 - 0 Nose, 5-2 Family  
7 man front  
3 OL (0 Nose), 2 LB (PSLB & BSLB), 2 OLB
- Tilt - Tilt Nose 43 Family  
(Ti)  
7 man front  
7 DL with Tilt Nose, PSLB to Tilt, 2 OLB (9 tech.)
- Bear - Double Eagle (46) Family  
(DE)  
7 or 8 man front  
Inside 3 covered (nose & 2 3 tech), 2 LB (1 LB vs one-back), man press  
Defender on TE
- 80 - Goal Line Family  
8 man short yardage fronts

M S  
 Q N T E  
 ○ ○ ⊗ ○ ○ ○  
 ○

39-17  
 M S  
 Q N T E  
 ○ ○ ⊗ ○ ○ ○  
 ○

37-17  
 M S  
 Q N T E  
 ○ ○ ⊗ ○ ○ ○  
 ○

39-SH 5  
 M S  
 Q N T E  
 ○ ○ ⊗ ○ ○ ○  
 ○

26-SH 5  
 M S  
 Q N T E  
 ○ ○ ⊗ ○ ○ ○  
 ○

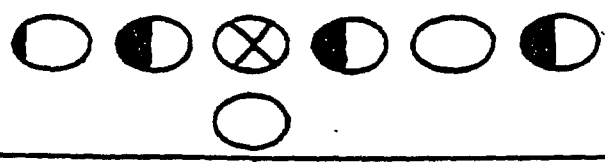
17-37  
 M S  
 Q N T E  
 ○ ○ ⊗ ○ ○ ○  
 ○

19-37  
 M S  
 Q N T E  
 ○ ○ ⊗ ○ ○ ○  
 ○

Nickel 50  
 M S  
 Q N T E  
 ⊗ ○ ⊗ ○ ⊗ ○  
 ○

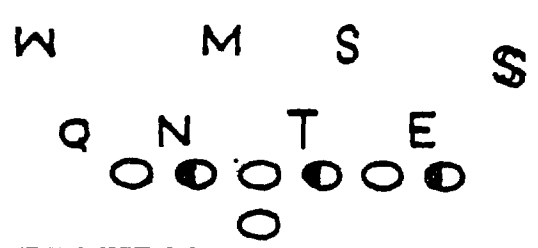
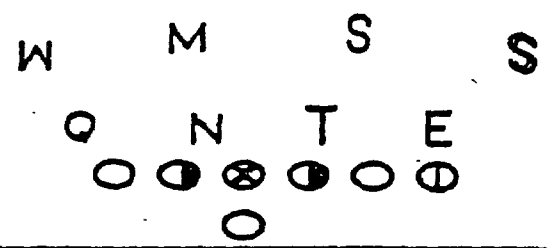
W M S S

Q N T E



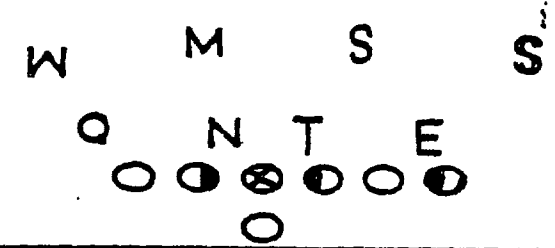
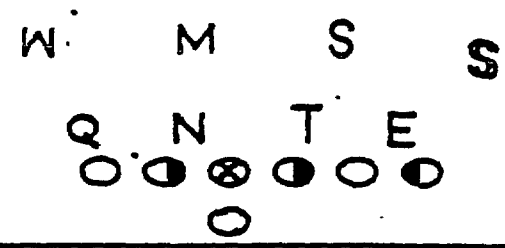
36-17

17-37



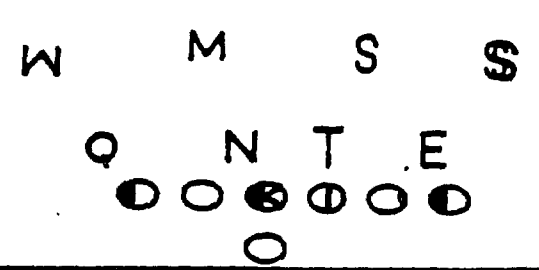
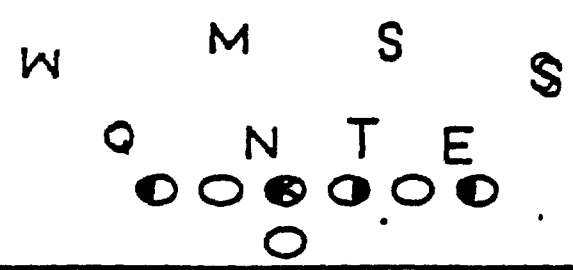
37-15

17-17



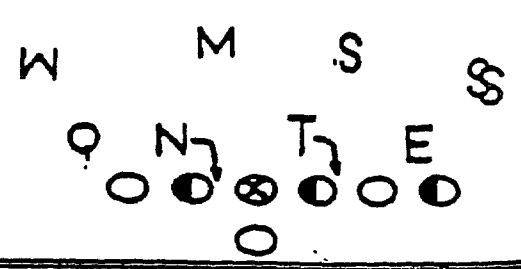
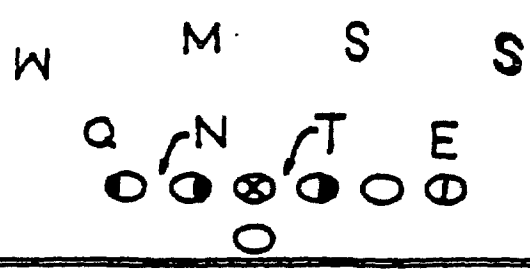
37-Sh (Shade)

27-Sh (Shade)



36-17 ER (Angle Away)

17-37 IT (Slant to)



W M S S

Q N T E  
○ ○ ○ ○ ○ ○  
○

Wk-36

W M S S  
Q N T E  
○ ○ ○ ○ ○ ○  
○

Wk-37

W M S S  
Q N T E  
○ ○ ○ ○ ○ ○  
○

k-26

W M S S  
Q N T E  
○ ○ ○ ○ ○ ○  
○

Wk-27

W M S S  
Q N T E  
○ ○ ○ ○ ○ ○  
○

Wk-46

W M S S  
Q N T E  
○ ○ ○ ○ ○ ○  
○

Wk-37 (Flex)

W M S S  
Q N T E  
○ ○ ○ ○ ○ ○  
○

M S  
Q N T E W  
○ ○ ⊗ ○ ○ ○  
○

25-25

15-15

M S  
Q N T E W  
○ ○ ⊗ ○ ○ ○  
○

M S  
Q N T E W  
○ ○ ⊗ ○ ○ ○  
○

25-Sh (Shade)

M S  
○ N T E W  
○ ○ ⊗ ○ ○ ○  
○

W M  
Q N T E S  
○ ○ ○ ○ ○ ○  
○

Sg-37

W M  
Q N T E S  
○ ○ ○ ○ ○ ○  
○

Sg-35

W M  
Q N T E S  
○ ○ ○ ○ ○ ○  
○

Sg-27

W M  
Q N T E S  
○ ○ ○ ○ ○ ○  
○

Sg-25

W M  
Q N T E S  
○ ○ ○ ○ ○ ○  
○

Sg-46

W M  
Q N T E S  
○ ○ ○ ○ ○ ○  
○

Sg-37 (Flex)

M S  
Q N T W E  
○ ○ ○ ○ ○ ○  
○

M S

W Q N T E  
⊖ ○ ⊗ ○ ⊖ ⊖  
○

55

M S  
W Q N T E  
⊖ ○ ⊗ ○ ⊖ ⊖  
○

54

M S  
W Q N T E  
⊖ ○ ⊗ ○ ⊖ ⊖  
○

55 Sg

M S  
W Q N T E  
⊖ ○ ⊗ ○ ⊖ ⊖  
○

55 Wk

M S  
W Q N T E  
⊖ ○ ⊗ ○ ⊖ ⊖  
○

54 Sl (Slant)

M S  
W Q N T E  
⊖ ○ ⊗ ○ ⊖ ⊖  
○

54 Ag (Angle)

M S  
W Q N T E  
⊖ ○ ⊗ ○ ⊖ ⊖  
○

54 Sq (Squeeze)

M S  
W Q N T E  
⊖ ○ ⊗ ○ ⊖ ⊖  
○

54 Pi (Pinch)

M S  
W Q N T E  
⊖ ○ ⊗ ○ ⊖ ⊖  
○



M  
W Q N T E S  
● ● ● ○ ● ●  
○

Tilt Sg (Strong)

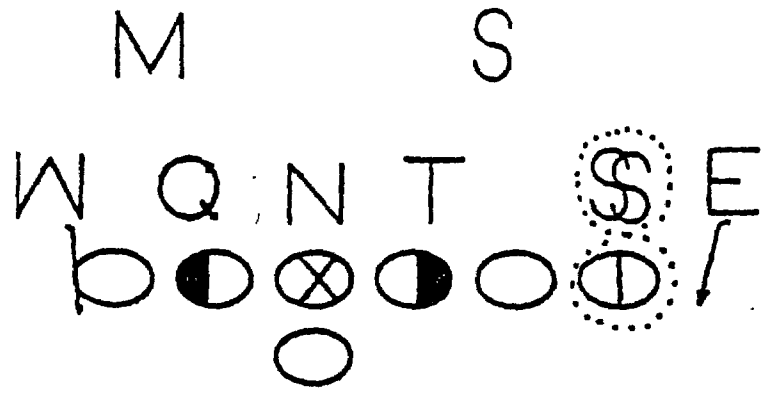
Tilt Wk (Weak)

M  
W Q N T E S  
● ● ● ○ ● ●  
○

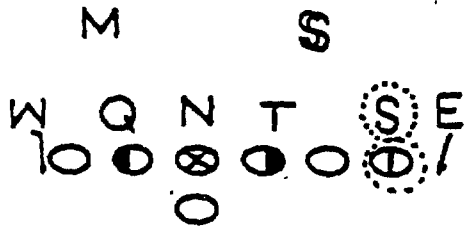
M  
W T Q T E S  
● ○ ● ● ● ●  
○

Db (Double) Tilt

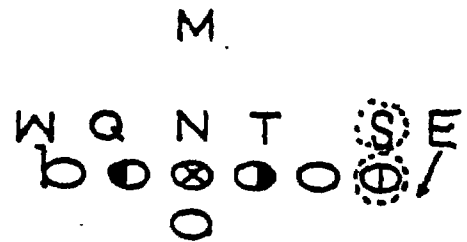
M  
W Q N T E S  
● ○ ● ○ ● ●  
○



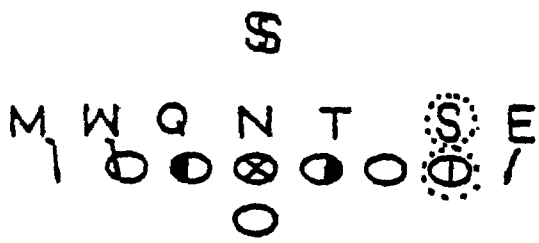
Bear (40 Personnel)



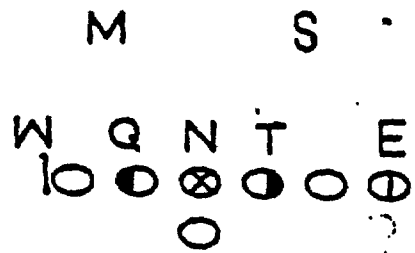
Bear (1 Back)



Bear M-C (7-1 Lock)



Double Eagle (50 Personnel)



**DEFENSIVE**

**DEALS**

M S  
 W T V V T E  
 ○ ⊙ ⊙ ⊗ ⊙ ⊙ ⊙  
 ○

82

7D (Diamond)

M S  
 W T V V T E  
 ○ ⊙ ⊙ ⊗ ⊙ ⊙ ⊙  
 ○

M  
 W T V S V T E  
 ○ ⊙ ⊙ ⊗ ⊙ ⊙ ⊙  
 ○

82 Fr Cr (Fire Crash)

10-1

M S  
 C W T V V T E S  
 ↓ ⊙ ⊙ ⊗ ⊙ ⊙ ⊙ ↓  
 ○

B  
 C M W T V V T E S  
 ↓ ⊙ ⊙ ⊗ ⊙ ⊙ ⊙ ↓ ↓  
 ○

65

Gap 8

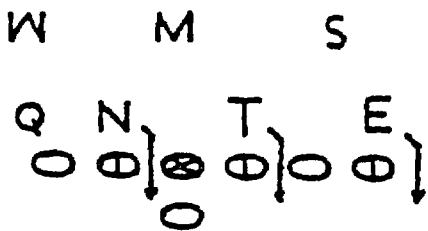
W B S  
 W T V V T E  
 ○ ⊙ ⊙ ⊗ ⊙ ⊙ ⊙  
 ○

B  
 W E T V V T E S  
 ↓ ⊙ ⊙ ⊗ ⊙ ⊙ ⊙ ↓  
 ○

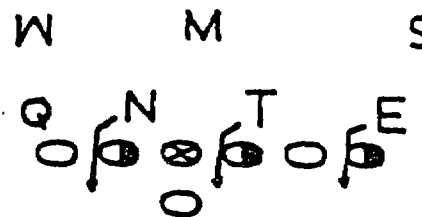
- SL (Slant): DL moves to TE.
- 3. IT: DT's move to TE.
- 5. SQ (Squeeze): DT's move inside.

- 2) AG (Angle): DL moves away from TE.
- 4) ER: DT's move away from TE
- 6) PI (Pinch): DT's and DE's move inside.

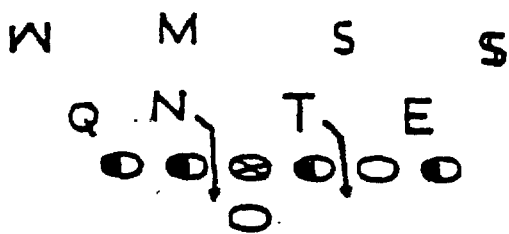
1) 43 SL



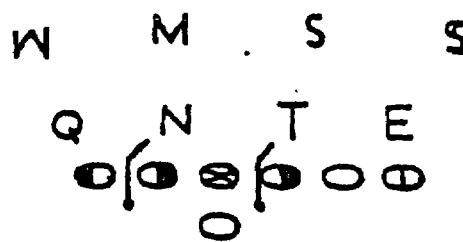
2) 43 AG.



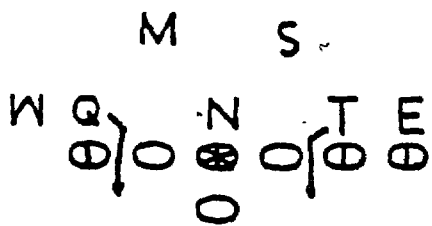
3) 40: 17-37 IT



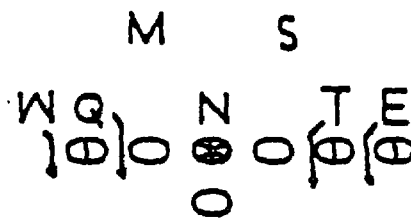
4) 40: 36-15 ER



5) 54 SQ



6) 54 PI

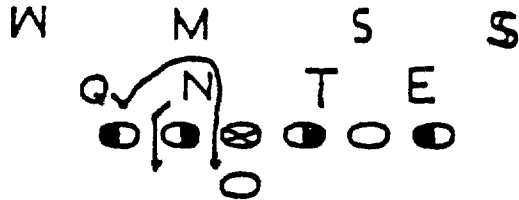


player will always be written first, followed by the > sign (meaning "over"), and then the le  
the position that his stunt takes him directly over. Some stunts will involve more than 2 pos

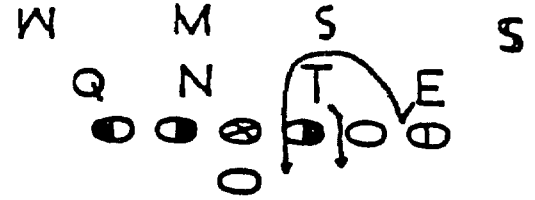
- 1. Q>N: Quick end over nose
- 3. N>Q: Nose over quick end
- 5. T>N: Strong tackle over nose
- 7. T>Q: Strong tackle over quick end

- 2. E>T: Strong end over tackle
- 4. T>E: Strong tackle over end
- 6. Q>N: Quick end over nose
- 8. Q>T: Quick end over tackle

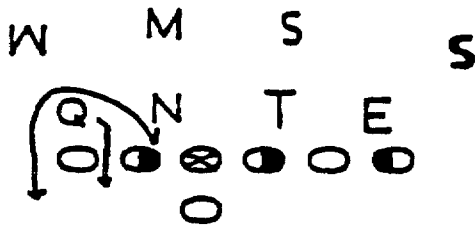
1) 40: 37-17 Q>N



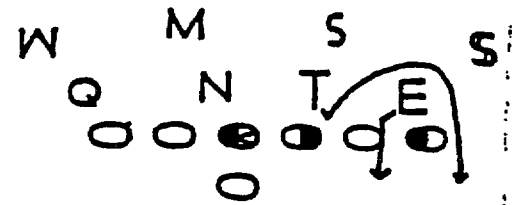
2) 40: 36-15 E>T



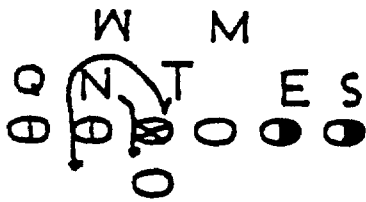
3) 40: 37-15 N>Q



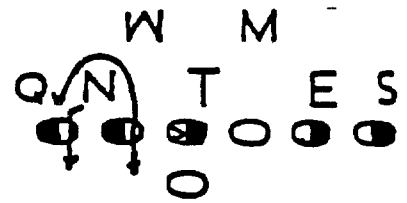
4) Wk-37 T>E



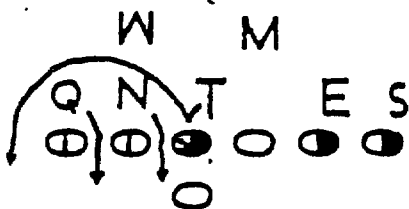
5) Sg-25 T>N



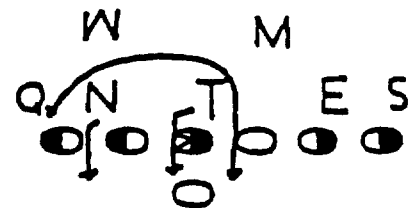
6) Sg-35 Q>N



7) Sg-25 T>Q



8) Sg-35 Q>T



**INSIDE STUNTS:**

Will be called by using the letter or the position blitzing and where the blitzers are blitzing into. (Slash indicates blitzing over nose to other side of football from original alignment.)

**EXAMPLES:**

- 1. SA: Sam into A gap.
- 2. SC: Sam into C gap.
- 3. M/A: Mike over ball to opposite A gap.
- 4. SC M/A: Sam into C gap, Mike over to A g
- 5. MB: Mike into B gap
- 6. S/A: Sam over to ball to opposite A gap
- 7. WB: Will backer in the B gap.
- 8. SC: Sam into C gap

<p>1) Wk 36 SA</p>	<p>2) 50 SC</p>
<p>3) Wk 36 M/A</p>	<p>4) Wk 36 SC M/A</p>
<p>5) SG 37 MB</p>	<p>6) SG 37 M/A</p>
<p>7) 43 WB</p>	<p>8) 43 SC</p>

Examples:

- 1. WD: Outside LB blitzing in D gaps.
- 3. Sn (Storm): SS blitzing outside D gap
- Cr (Crash): C blitzing outside D gap
- 7. Fl (Flame): FS blitzing outside D gap

- 2. Max: Max 8 man blitz
- 4. Sk (Strike): SS blitzing inside
- 6. Cr (Crunch): C blitzing inside
- 8. Fr (Fire): FS blitzing inside

<p>1) 43 SD WD</p>	<p>2) 40 Max</p>
<p>3) Wk-36 Sm (Storm)</p>	<p>4) Wk 36 Sk (Strike)</p>
<p>5) Sg-35 Cr (Crash)</p>	<p>6) Sg-37 Cn (Crunch)</p>
<p>7) Sg-35 Fl (Flame)</p>	<p>8) Wk-36 Fr (Fire)</p>



**DEFENSIVE**

**COVERAGES**

- A. Zone
1. 2 (Zone)
  2. 2 (Match)
  3. 2 (Soft)
  4. 6 (Comers Over)
  5. 2 (Invert)
  6. 4
  7. 4 Boundary
  8. 4 Field

- B. Man
1. 2 (Man)
  2. 0 (4 Weak)
  3. 0 (Double outside)

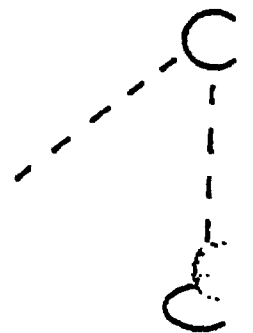
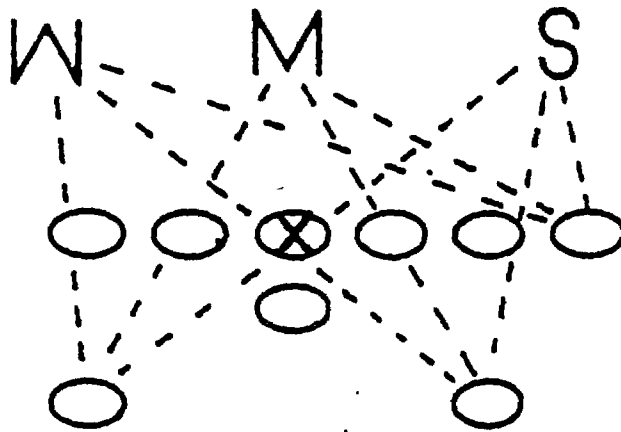
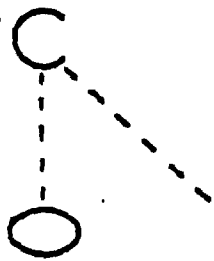
## II. 3 DEEP FAMILY

- A. Zone
1. 3 (Zone)
  2. 3 (Read)
  3. 3 (Roll Strong)
  4. 3 (Roll Weak)
  5. 3 (Heavy)

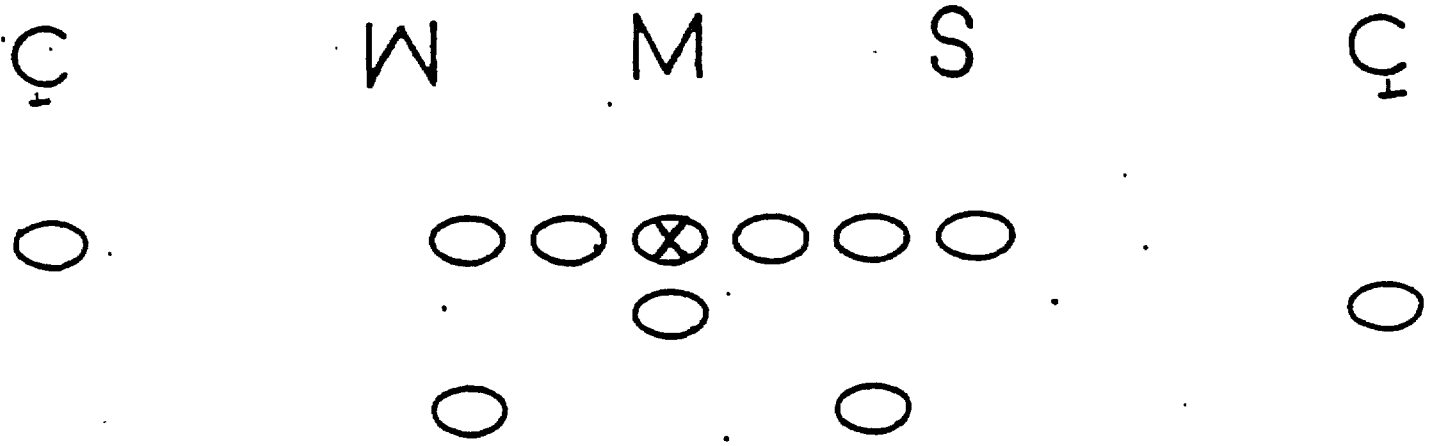
- B. Man
1. 1 (4 man rush)
  2. 1 (5 man rush)
  3. 0 (Double Inside)
  4. 0 (Double Outside)
  5. 0 (4 weak)
  6. 0 (4 strong)

↑  
F

↑  
S



- 
- F : Roll up pattern read man tech. vs #1 field  
C : Deep 1/2 field  
B : Deep 1/2 boundary  
C : Roll up pattern read man tech. vs #1 boundary  
S : Pattern read man tech vs #2 strong  
M : Pattern read man tech. vs #3 strong  
W : Pattern read man tech. vs #2 weak



- 
- F** : Roll flat - field
  - C** : Deep 1/2 field :
  - T** : Deep 1/2 boundary
  - B** : Roll boundary flat
  - S** : Strong hook/curl .
  - M** : Middle hook
  - W** : Weak hook/curl

↑  
T

↑  
S

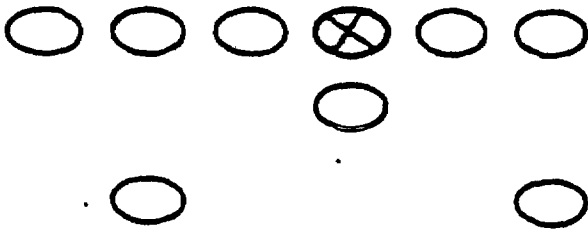
S

M

W

C

C



F  
C  
B  
S  
M  
W

Roll up flat - field

Field deep 1/2

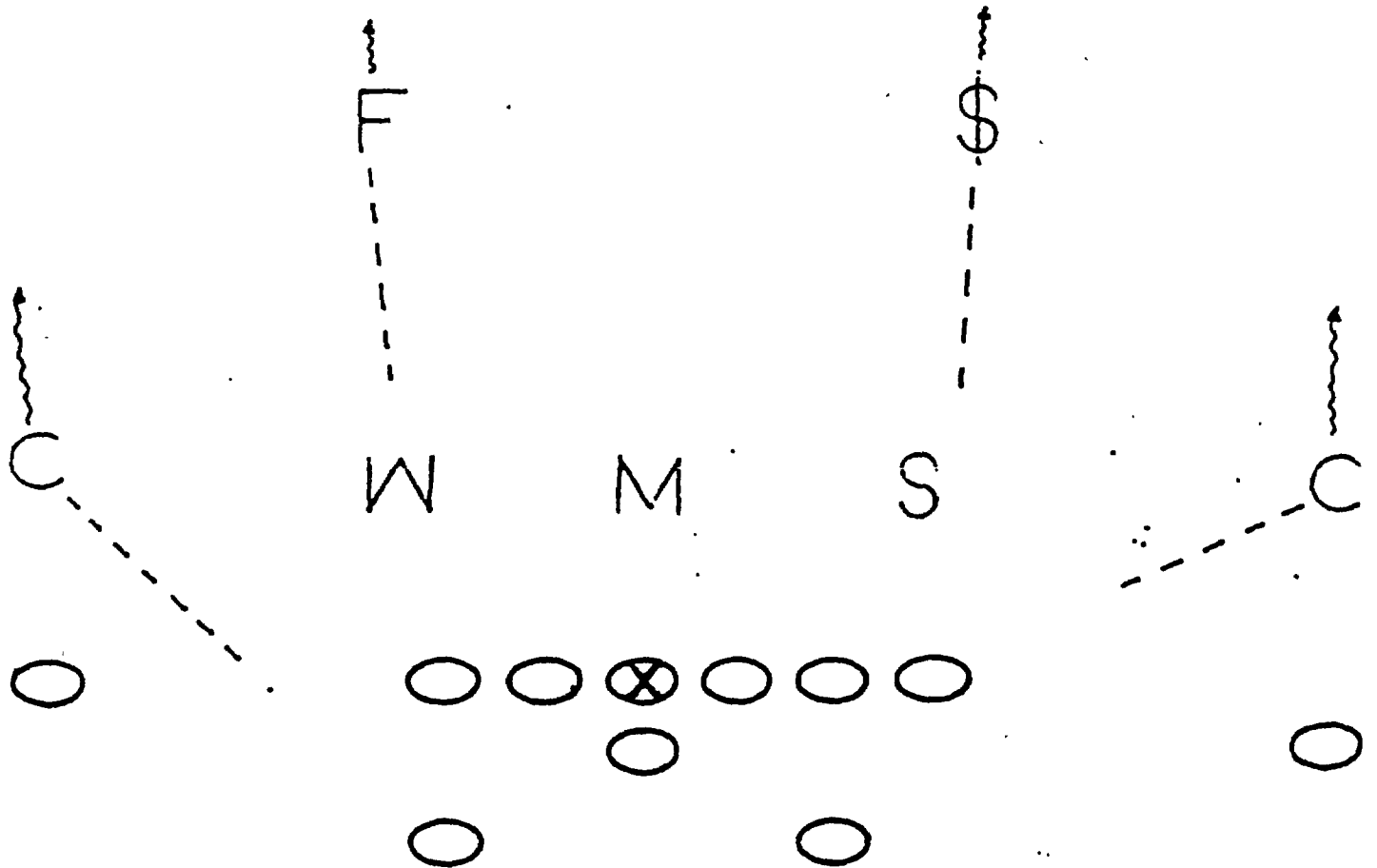
Boundary deep 1/2

Field hook/curl

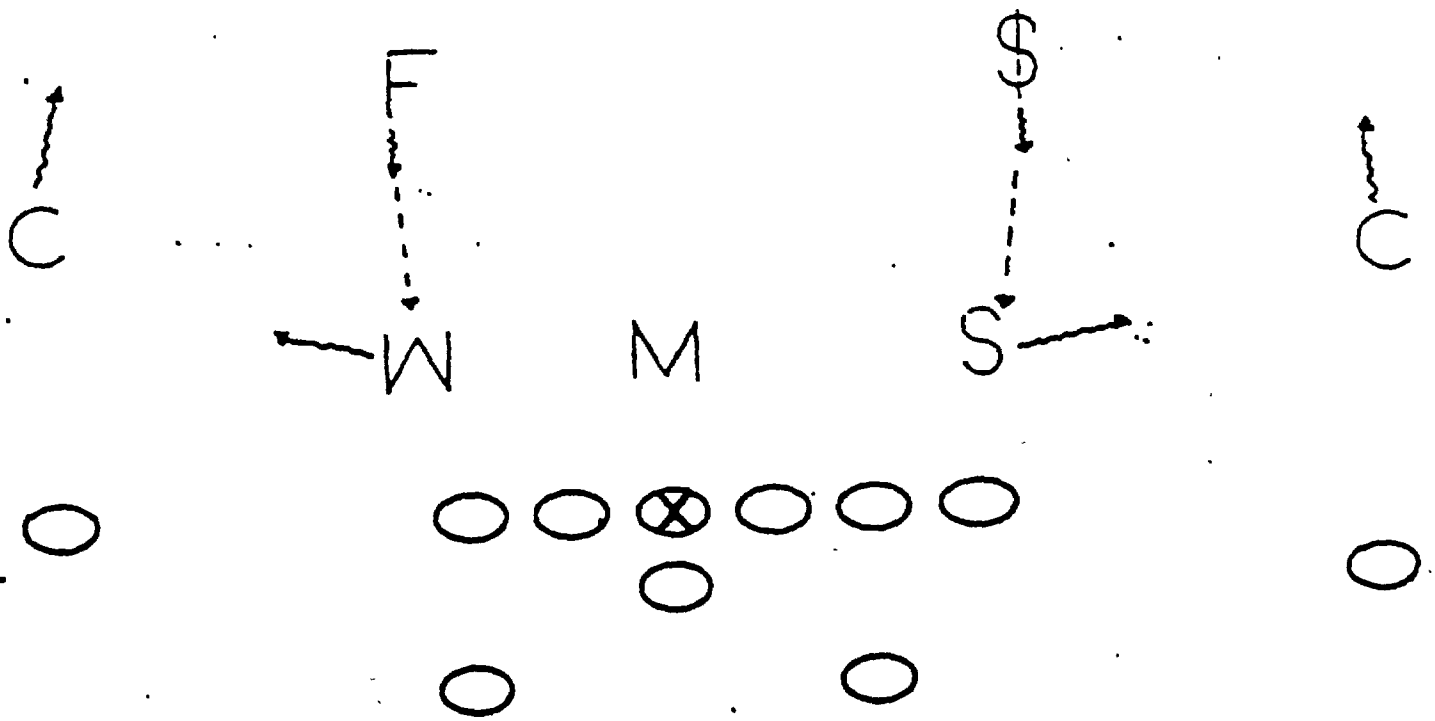
Strong curl/flat

Strong hook/curl

Weak hook/curl



- 
- F : Soft drop tech. (Pattern read #2 field)
  - B : Deep 1/2 field (Pattern read #2 field)
  - C : Deep 1/2 boundary (Pattern read #2 boundary)
  - W : Soft drop tech (Pattern read #2 boundary)
  - S : Strong hook/curl
  - M : Middle - hook
  - W : Weak hook/curl



- FC:** Soft drop technique - field outside 1/4
- \$:** Pattern read #2 - field
- F:** Pattern read #2 - boundary
- BC:** Soft drop technique - boundary outside 1/4
- S:** Strong curl/flat
- M:** Middle hook
- W:** Weak curl/flat

F

1/2

C

\$

C

W

M

S

O

O O X O O O

O

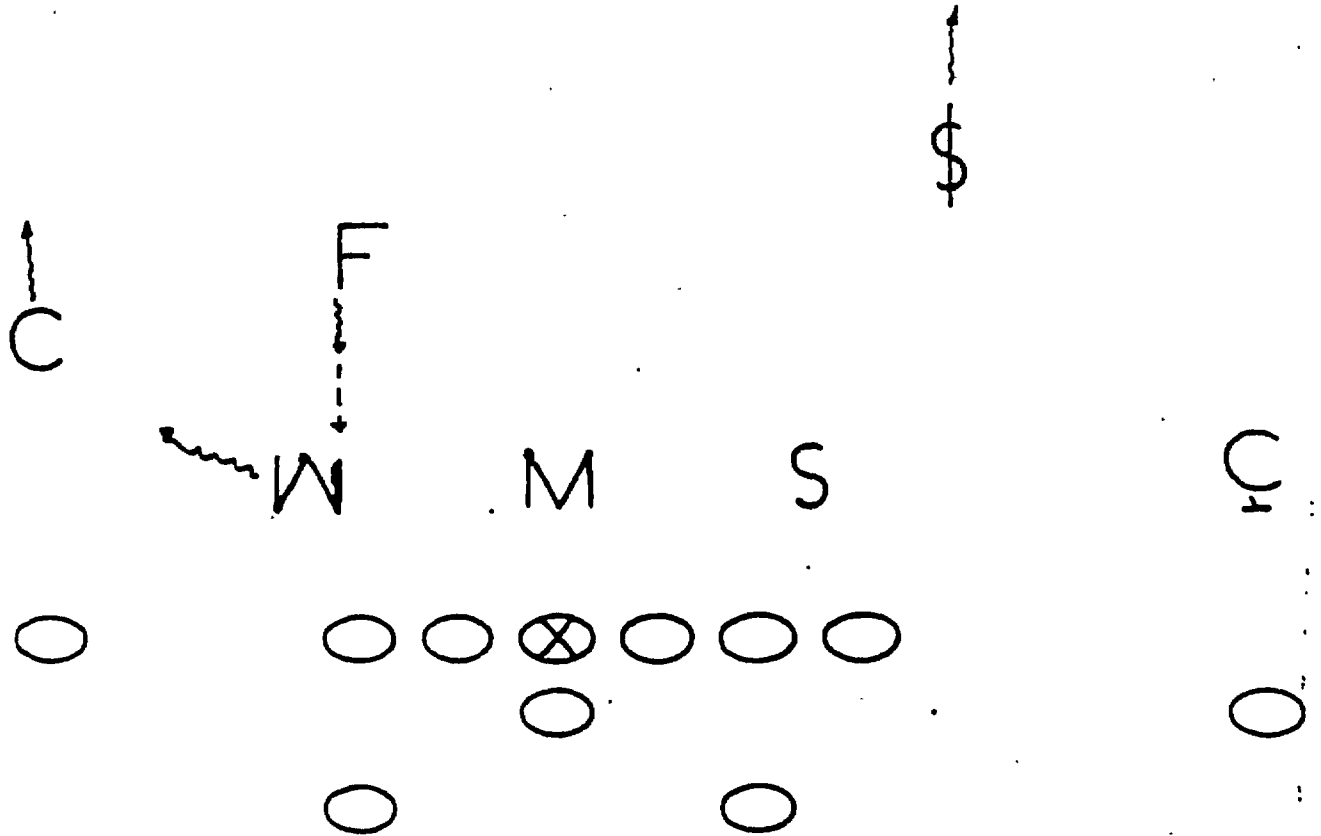
O

O

O

- F : Deep 1/2 - field
- C : Curl/flat - field
- \$ : Boundary deep 1/2
- B : Roll up boundary - flat
- C : Strong hook/curl
- S : Middle hook
- M : Weak hook/curl





**FC:** Roll - field flat

**\$:** Deep 1/2 - field

**F:** Pattern read #2 - boundary

**BC:** Soft drop technique - boundary outside 1/4

**S:** Strong hook/curl

**M:** Middle hook/strong hook

**W:** Weak cur/flat

F

\$

C

C

W

M

S



**FC:** Soft drop technique - field outside 1/4

**\$:** Pattern read #2 - field

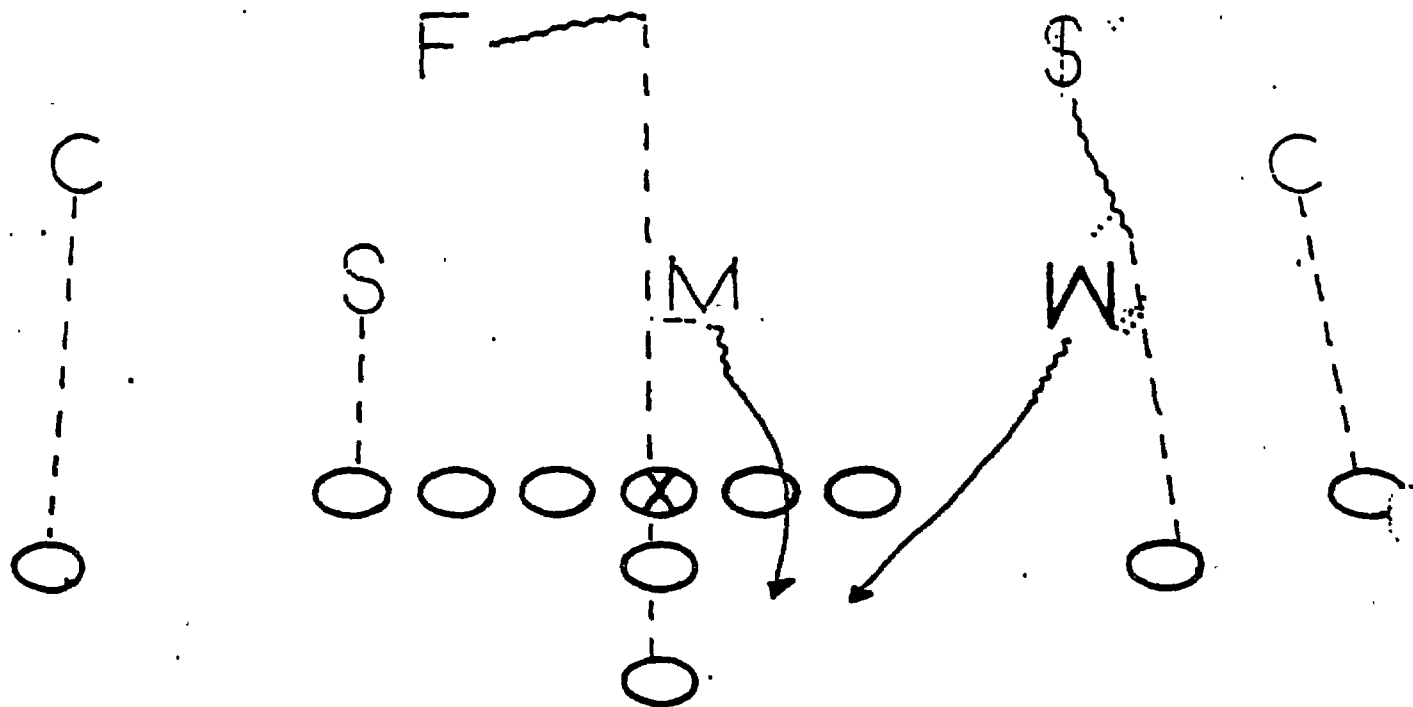
**F:** Deep 1/2 - boundary

**BC:** Roll boundary - flat

**S:** Strong curl/flat

**M:** Middle hook/strong hook

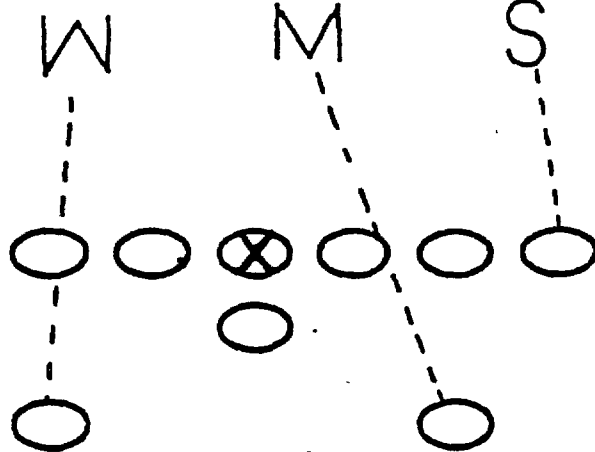
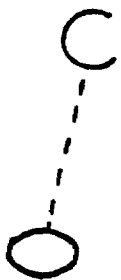
**W:** Weak hook/curl



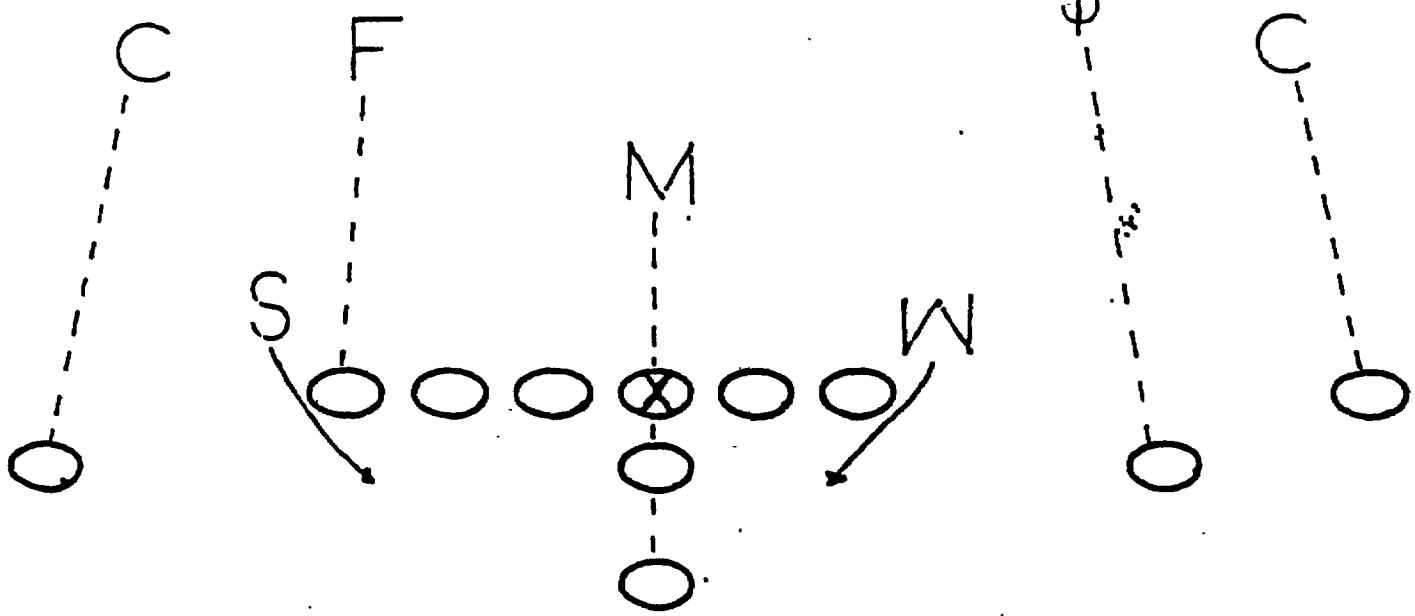
- 
- F : Man #1 - field
  - C : Man #2 - field
  - S : Man RB to free
  - B : Man #1 - boundary
  - S : Man #2 - boundary
  - M : Blitz weak B
  - W : Blitz weak D

F

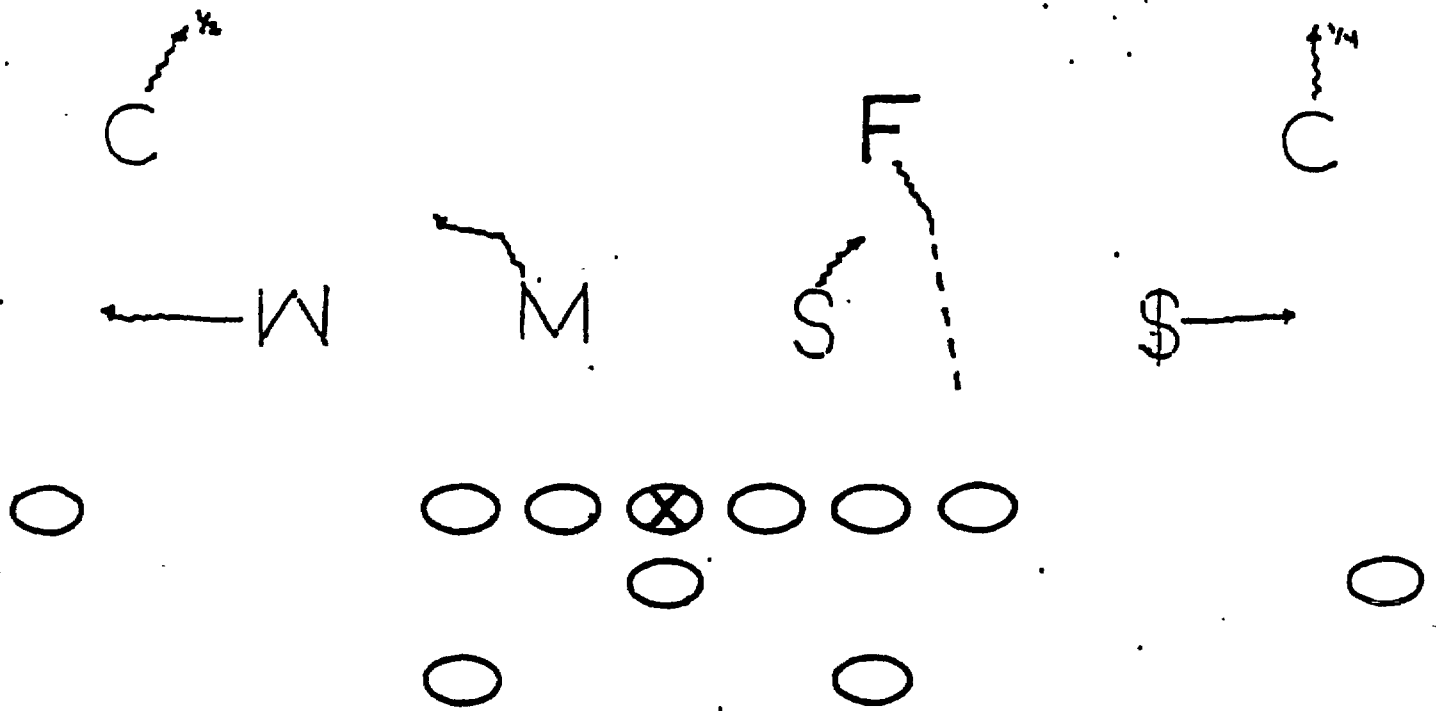
S



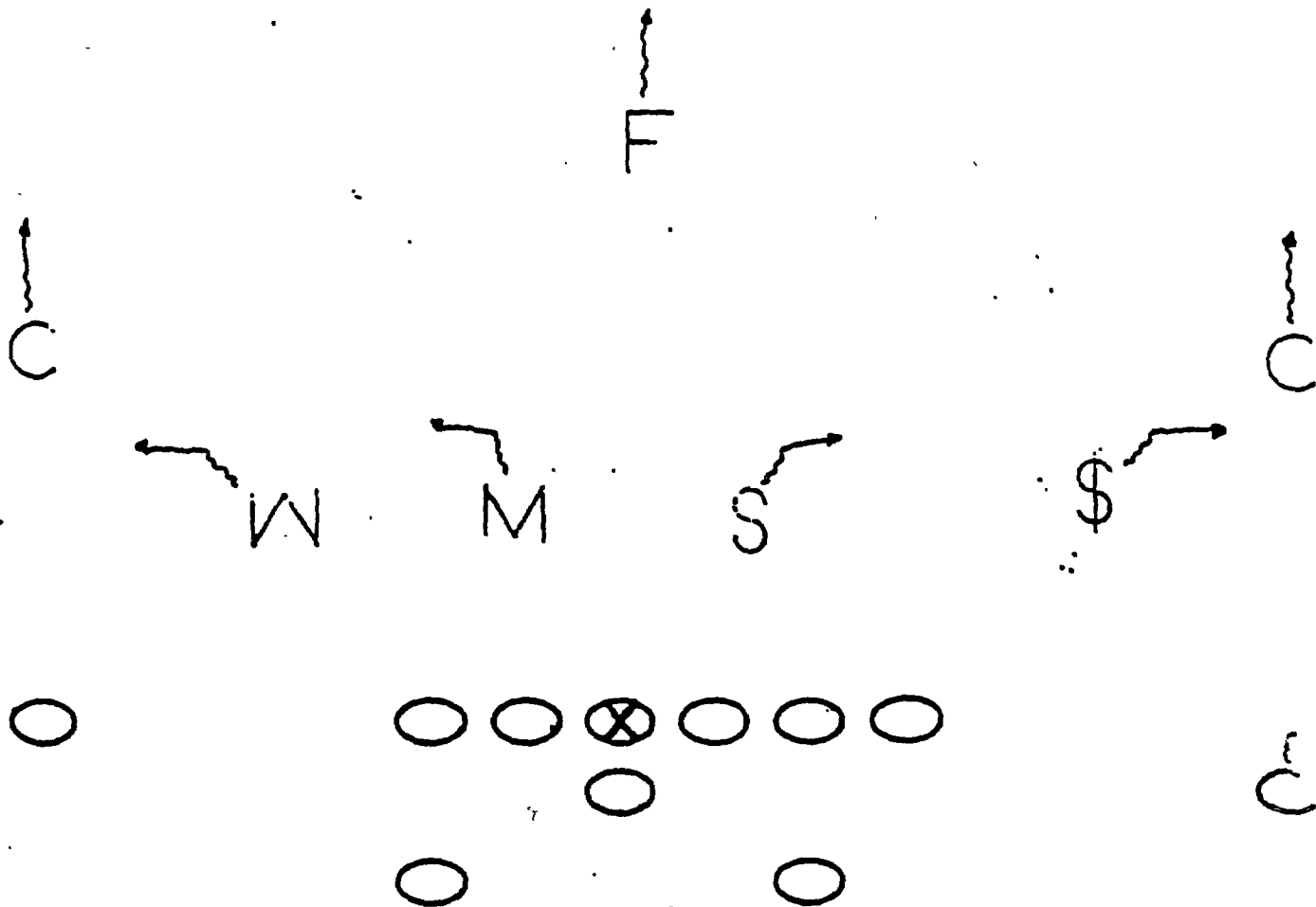
- F : Man underneath #1 - field
- C : Deep 1/2 - field
- T : Deep 1/2 - Boundary
- B : Man underneath #1 - boundary
- S : Man #2 strong
- M : Man #3 strong
- W : Man #2 weak



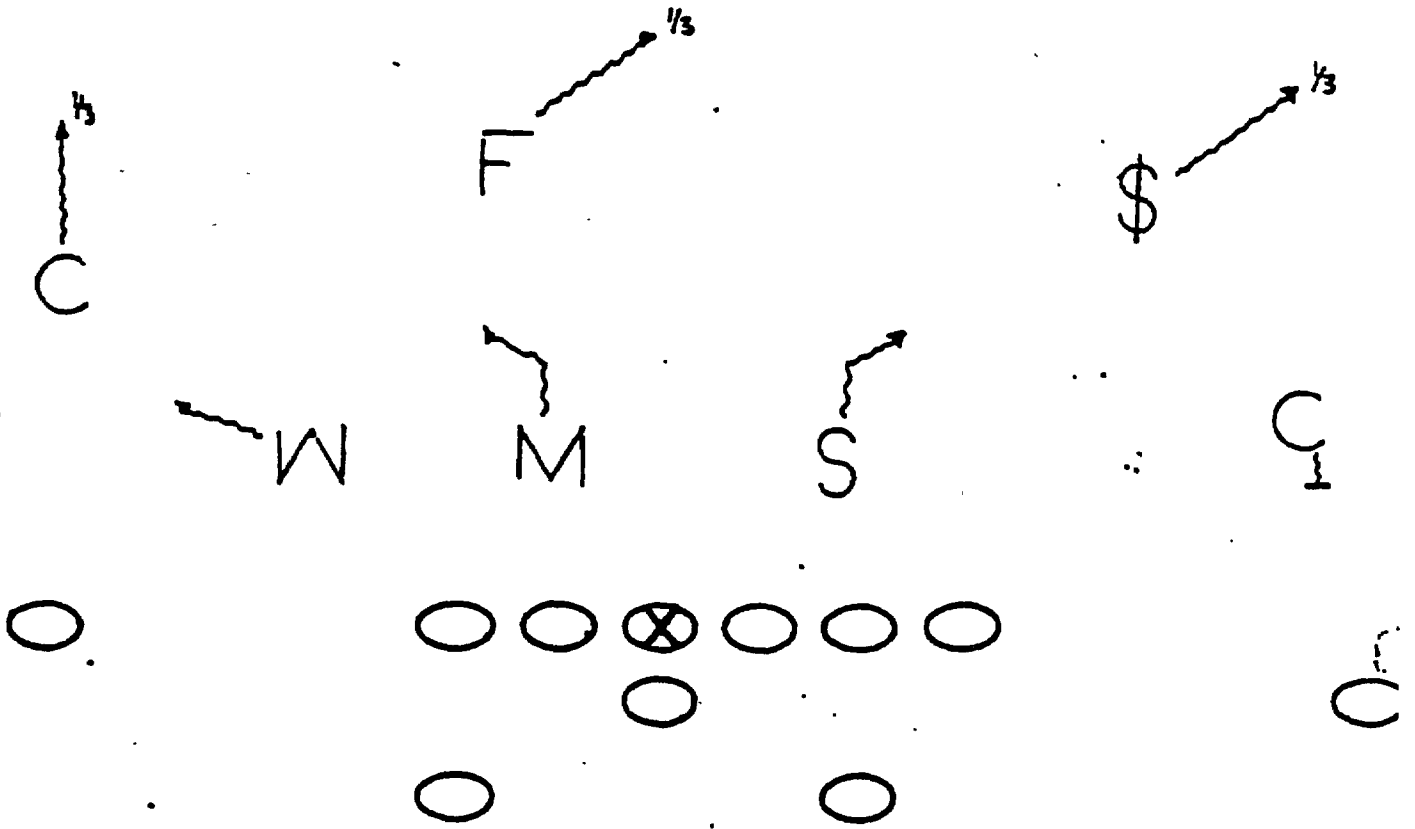
- 
- F : Man #1 - Field
  - C : Man #2 - Field
  - \$ : Man #2 - Boundary
  - B : Man #1 - Boundary
  - O : Blitz Strong D
  - S : Man RB
  - M : Blitz Weak D
  - N :
  - W :



- F : Soft drop technique - field outside 1/4
- C : Buzz flat - field
- T : Pattern read #2 - field
- B : Soft drop technique - boundary 1/2
- S : Strong hook/curl
- M : Weak hook/curl
- W : Buzz flat-boundary

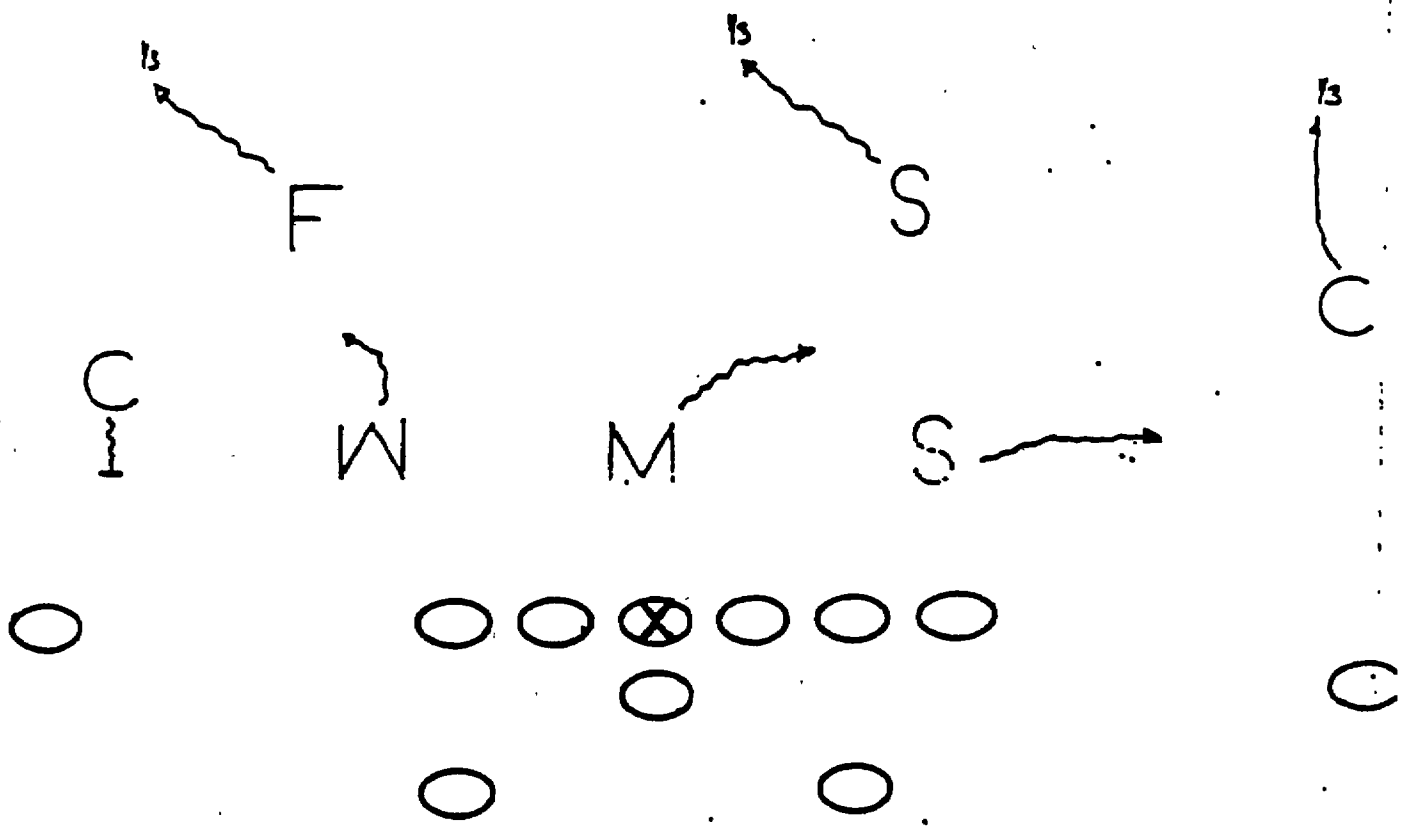


- F : Deep 1/3 - Field
- C : Curl/Flat - field
- \$ : Deep 1/3 - middle
- B : Deep 1/3 - boundary
- S : Strong hook/curl
- M : Weak hook/curl
- W : Weak curl/flat

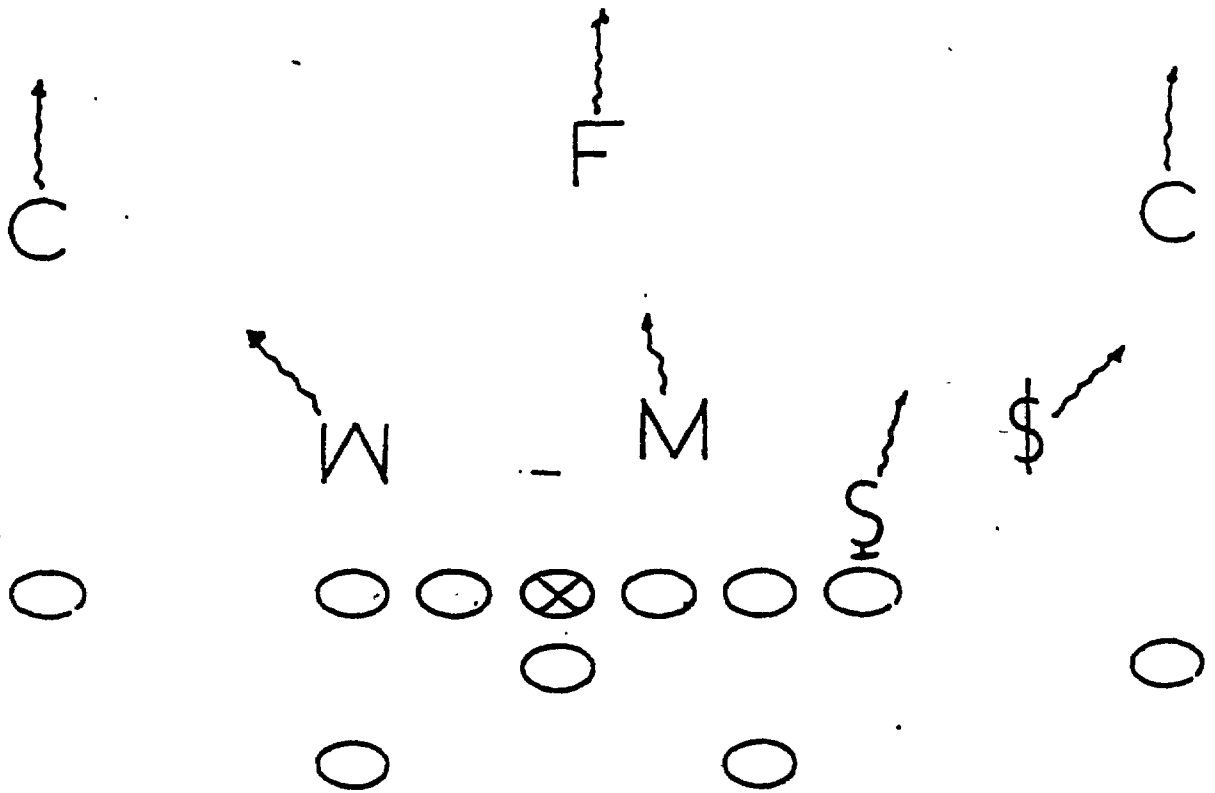


- 
- FC : Roll up flat - field
  - FT\$ : Roll deep 1/3 - field
  - BT\$ : Middle deep 1/3
  - BC : Deep 1/3 - boundary
  - SS : Strong hook/curl
  - MM : Weak hook/curl
  - WW : Weak curl/flat

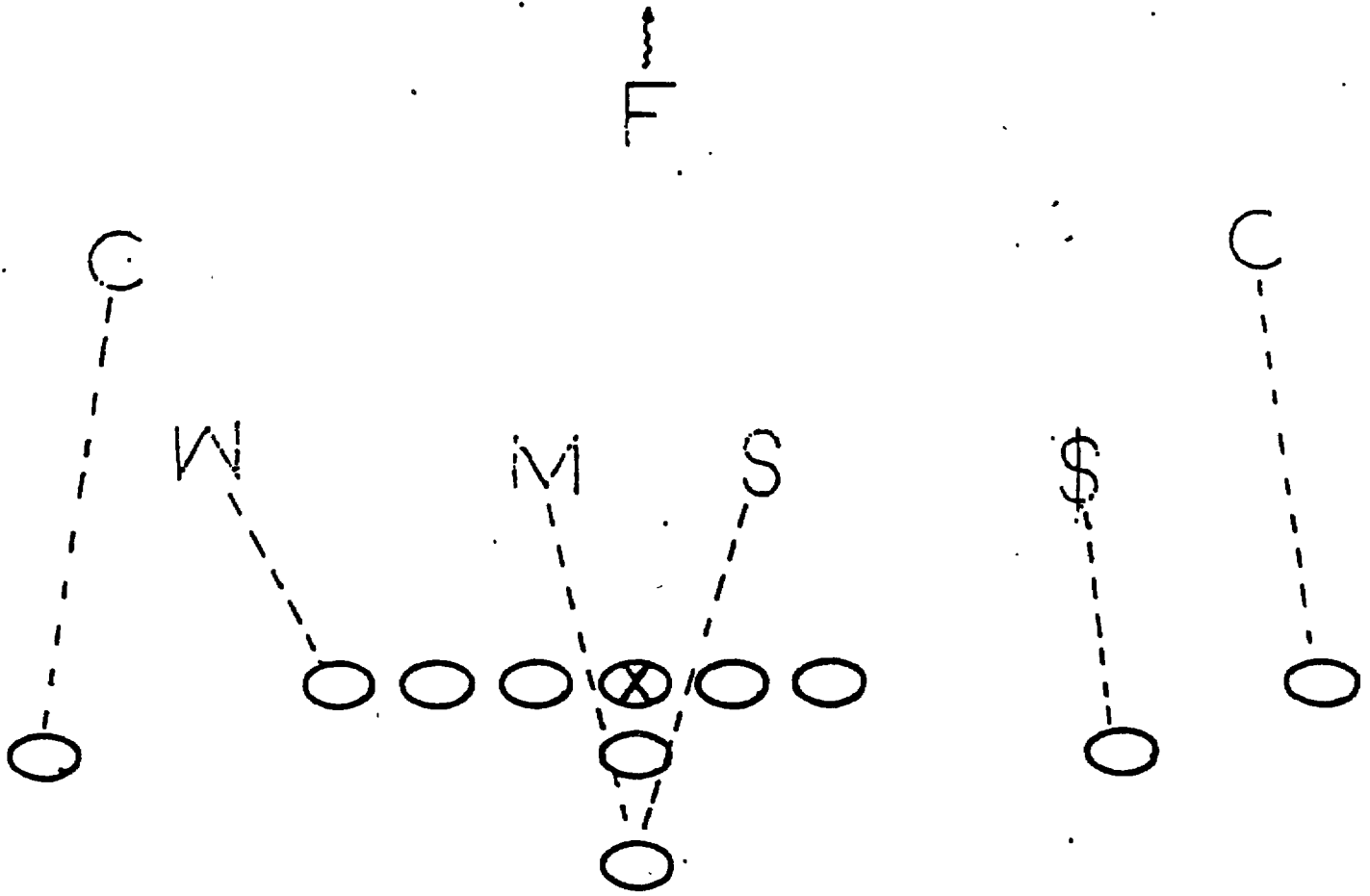




- 
- F : Deep 1/3 - field
  - C : Middle 1/3
  - B : Roll deep 1/3 - boundary
  - S : Roll up flat - boundary
  - M : Strong curl/flat
  - W : Strong hook/curl
  - W : Weak hook/curl

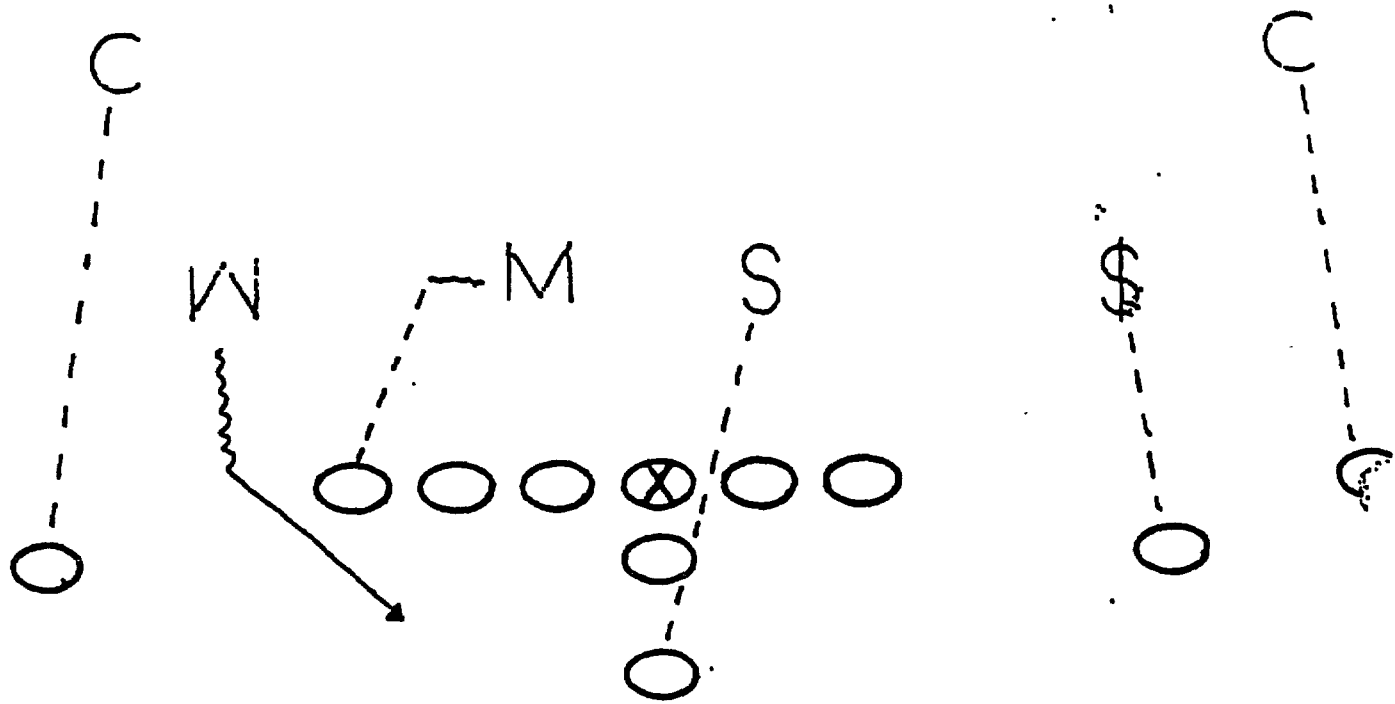


- FC:** Deep 1/3 - field
- \$:** Flat - field
- F:** Deep 1/3 - middle
- BC:** Deep 1/3 - boundary
- S:** Strong curl
- M:** Strong hook
- W:** Weak curl/flat

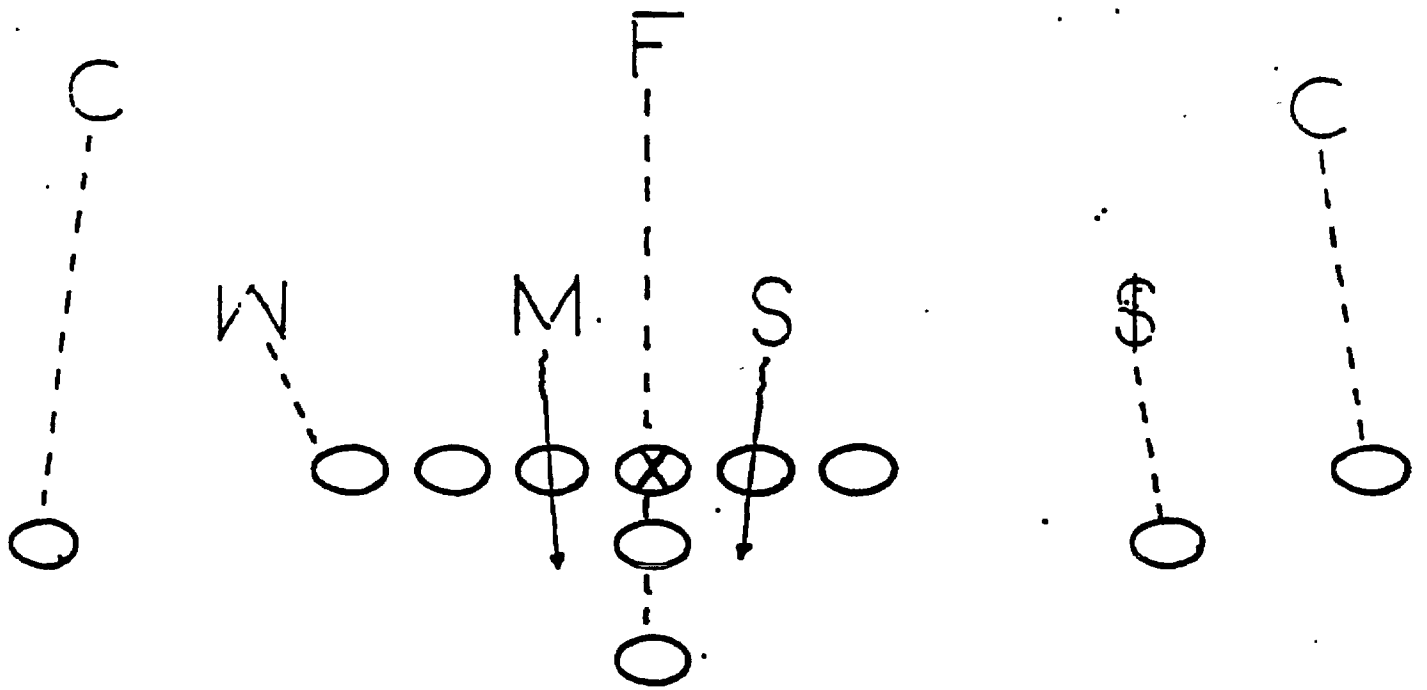


- 
- F** : Man #1 field
  - C** : Man #2 field
  - N** : Deep middle 1/3
  - B** : Man #1 boundary
  - S** : Man RB field/robber
  - M** : Man RB boundary/robber
  - W** : Man #2 boundary

F

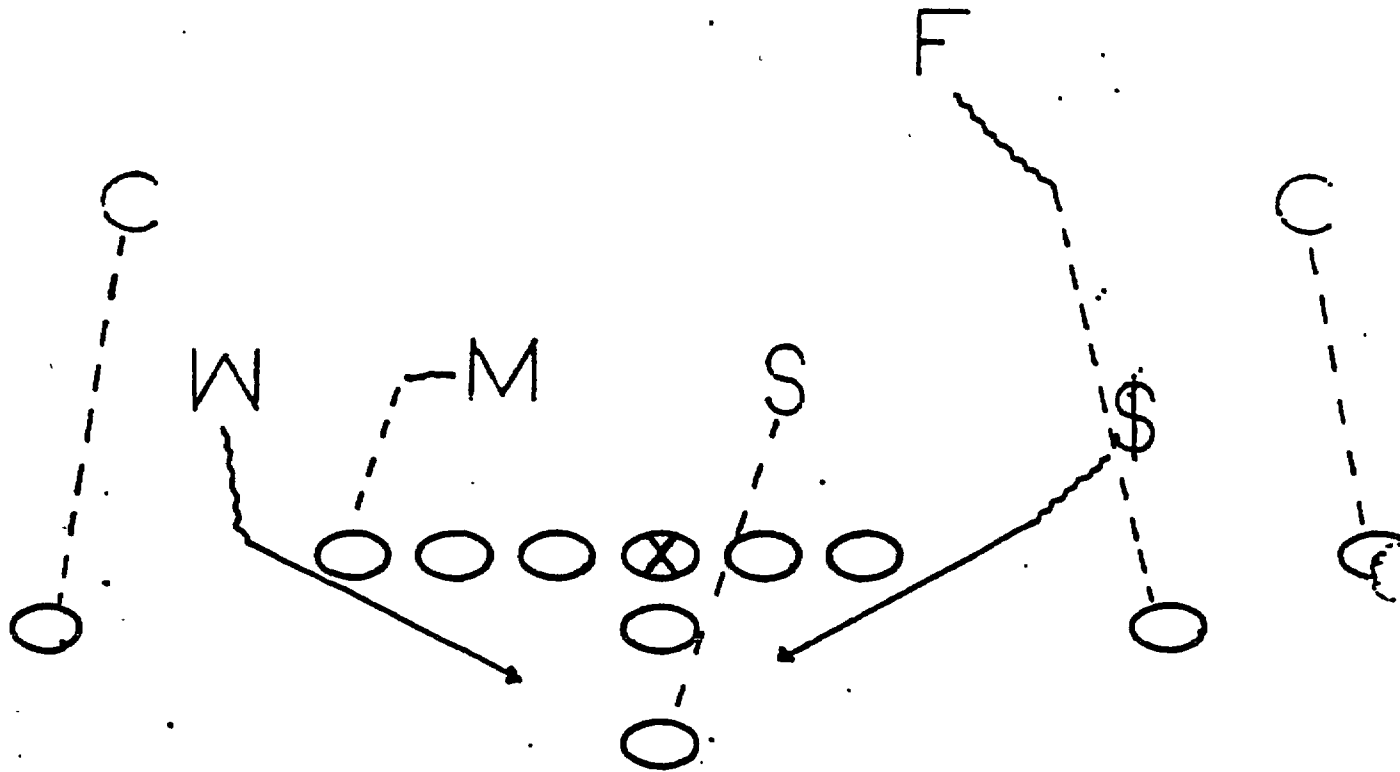


- F : Man #1 Field
- C : Man #2 Field
- B : Deep middle 1/3
- O : Man #1 boundary
- S : Man #3 field
- M : Man #2 boundary
- W : Blitz D - boundary

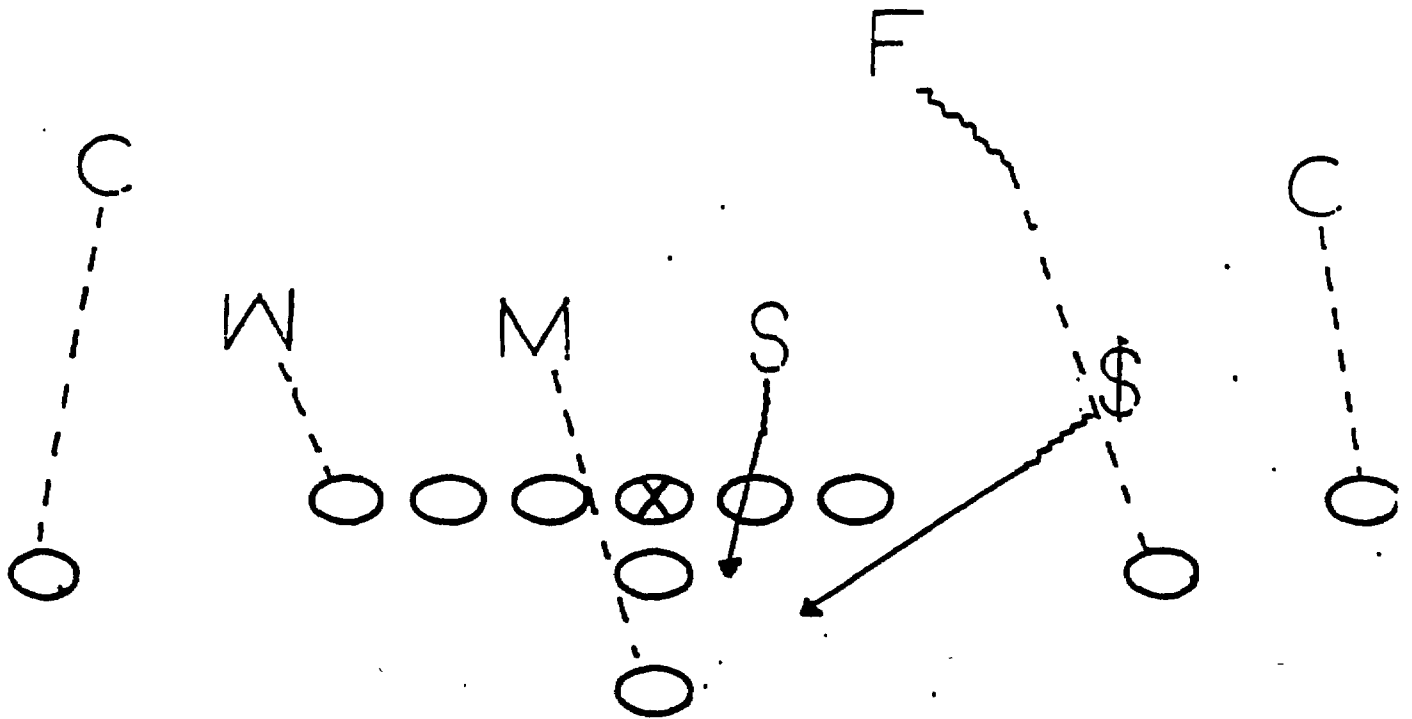


F  
 C  
 B  
 W  
 M  
 S  
 T  
 S  
 C  
 W

- Man #1 field
- Man #2 field
- Man RB/Robber
- Man #1 boundary
- Blitz inside
- Blitz inside
- Man #2 boundary



F	Man #1. field
C	Blitz outside - field
S	Man #2 field
B	Man #1 boundary
C	Man RB/Robber
S	Man #2 boundary
M	Blitz outside - boundary
W	



- |    |                      |
|----|----------------------|
| F  | Man #1 field         |
| C  | Blitz outside- field |
| \$ | Man #2 field         |
| B  | Man #1 boundary      |
| C  | Blitz inside         |
| S  | Man RB/Robber        |
| M  |                      |
| W  | Man #2 boundary      |



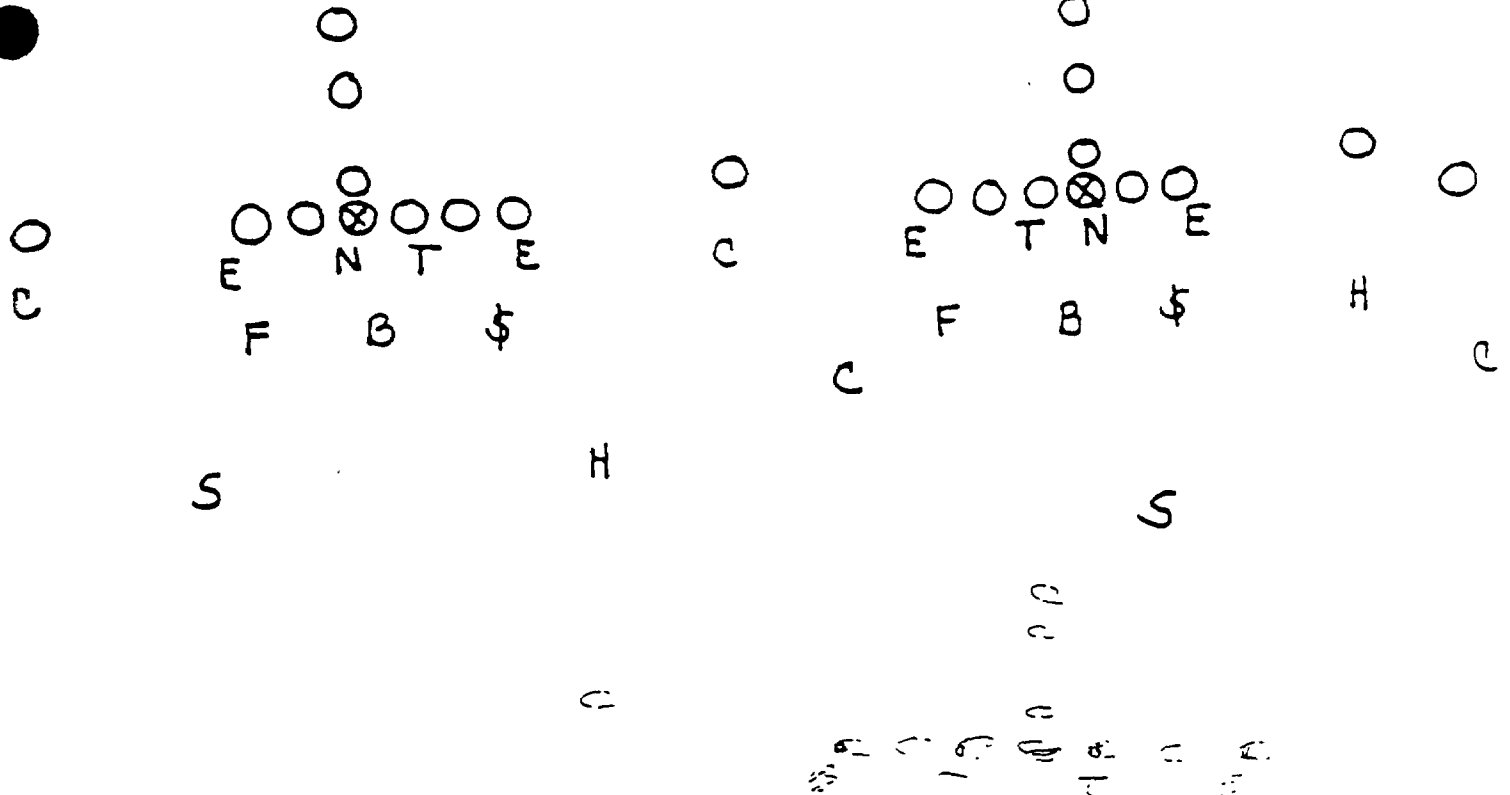


# PENN STATE'S BASIC DEFENSE



JERRY SANDUSKY  
DEFENSIVE COORDINATOR

PENN STATE'S BASIC DEFENSE



Linebackers:

Sam - Strongside outside linebacker

Backer - Middle linebacker

Fritz - Weakside linebacker

Qualities:

Sam - Most athletic linebacker, combination outside linebacker and strong safety.

Backer - Defensive Quarterback, powerful athlete with good judgment.

Fritz - Strongest outside linebacker, combination outside and inside linebacker.



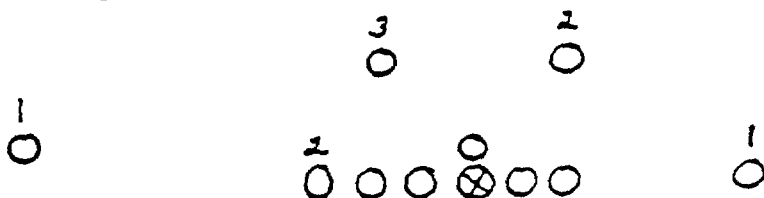






## GENERAL DEFINITIONS:

- A. Boundary rule - The ball is considered to be on the hash (open field call, the boundary rule prevails) when it is on the hash mark and up to 3 yards inside the hash.
- B. Strongside - Side of play to the open field or to the strength of the formation, if the ball is considered to be in the middle of the field.
- C. Weakside - Side of play into the sideline or away from the strength of the formation if the ball is in the middle of the field.
- D. Numbering of receivers



- E. Flanker side: - The strength of the offensive formation. The side of 2 or more receivers. Must be determined versus Double Wing and Full T.

### Stance:

1. Two point stance with toes pointed straight ahead, feet parallel and at least shoulder width apart.
2. Knees bent and weight of the body on the balls of the feet.
3. Upper body is bent slightly forward and is alert but not tense. Hands are positioned slightly outside the knees, palms facing inside.
4. Shoulders square and head and eyes focused on key.
5. From the waist down you should be alert and tense. Body parts above the waist should be relaxed, and you should appear confident.
6. In summary, linebackers should be in the best body position to move in all directions without drastic changes of body position.

Alignments:

Sam - Strongside, 4 yards deep, straddle inside leg of tight end. Inside eye of offensive tackle.

Backer - Straddle leg of center to the tight end side, 4 yards deep.

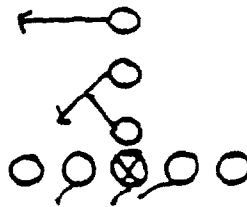
Fritz - Weakside, 4 yards deep, straddle inside leg of tight end, inside eye of offensive tackle.

Basic Principles of Play Recognition:

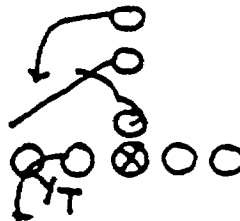
In order for a linebacker to make the proper reaction and to do it as quickly as possible he must be able to see the ball and the flow. The purpose is to get to the ball as quickly as possible. However, a linebacker must be able to recognize the total play in order to be in proper position. As a result, many times we talk about reading the ball and flow or near triangle (ball, near lineman, and near back).

Definite action (fast flow) is determined by the following:

1. The quarterback opens both backs come (guard may reach or possibly block down)

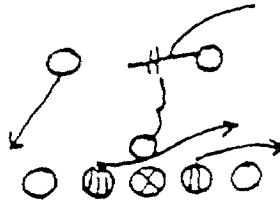


2. The quarterback reverse pivots and both backs come. Many times this is accompanied with a go around blocking scheme (Tackle down guard around)





- Anytime the guard pulls. Regardless of any backfield action, if the guard pulls that takes precedence.



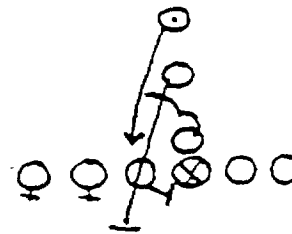
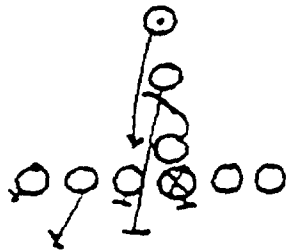
### Rationale

- The ball is the fastest indicator but the initial movement could be in the wrong direction.
- The near back is decisive but can also be wrong.
- The guard is accurate (doesn't lie) but sometimes is a little too slow. It is also difficult to differentiate between ISO and scoop blocking without seeing the backfield action.

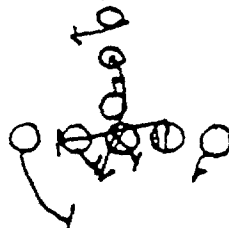
As a result, linebackers must see the total picture.

### Other considerations

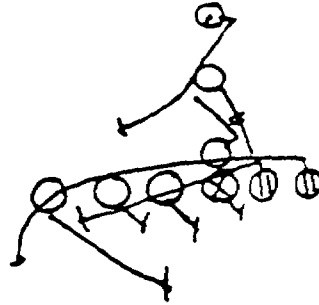
The guard and tackle usually turn out on the Isolation or Lead Draw. Another back leads the ball carrier into the hole. Additionally, if the guard blocks down and the tackle doesn't (blocks out) it is an isolation.



Quick Trap Blocking - One side blocks down (usually a tackle comes down on an inside linebacker). The opposite side guard pulls to trap the defensive tackle.



Long Trap (Counter) blocking As a general rule versus misdirection (Counter) plays the linebackers should not react until they are sure. The backside guard and either a tackle or a back will pull. The tight end will usually come down on the inside linebacker. The linebacker on the side of the pulling guard should shout "guard" to help the opposite side linebacker



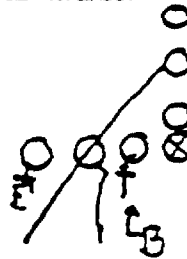
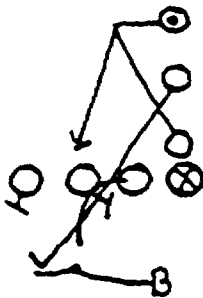
### Techniques vs. the run

#### A. Backer

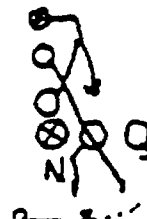
##### 1. Middle Stack

a. Key - Ball - Flow

b. Action to the tight end - slide to get even with the offensive guard, attack fold block square with inside shoulder and forearm, ready to handle area in C gap outside Sam or Fritz. You can play under tackle's block when guard reaches our tackle.

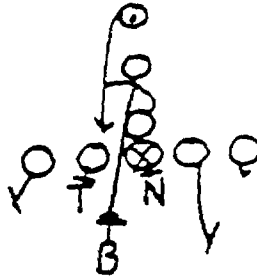


c. Action away from tight end - Slide quickly to the action-side guard. Play his block square, if possible, with inside shoulder and forearm. Be ready to handle the area just outside Sam or Fritz's fill.

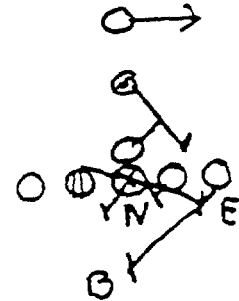
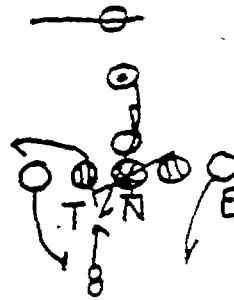
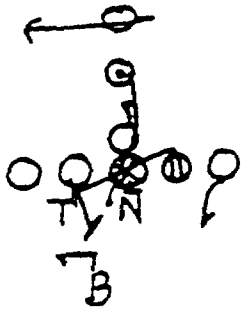


Note: Sam or Fritz should spill off tackle plays to the outside so that the Backer can play over top.

- d. Isolation - attack lead blocker square. Sell out or play with inside shoulder and forearm.



- e. Trap - Stay alert for tackle or guard's down block. Beat him, if possible. If guards pulls away, slide, ready for tackles down block. Attack the area, ready to give off versus tackle's down block.



B. Sam and Fritz

1. Split End Side

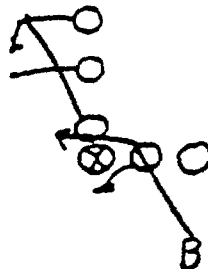
- a. Key the near triangle
- b. Action to you - Attack the B gap. Play according to the blocking scheme and play of the defensive end. Start straight up the field. Attack a lead blocker or make him miss by setting him up to the outside then coming under to the inside. Make the play or make it bounce deep and outside. If you take on the blocker, attack him with your inside shoulder and forearm then immediately come off the block to the inside.



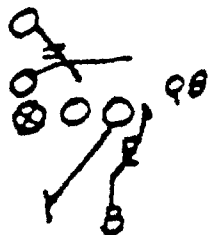
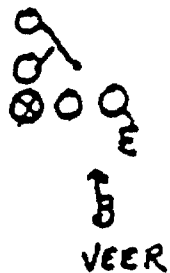
If tackle blocks down, replace the end tightly in the C gap. Keep everything as tight as possible. Stay square, play with inside shoulder, inside foot forward. Make it bounce then be playable to it.



- c. Action away - Attack over guard on slow run action to the tight end, play cutback. Keep on inside shoulder, take on opening.

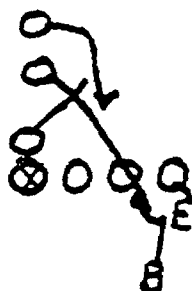


- d. Option - Play veer or QB depending on blocking scheme.

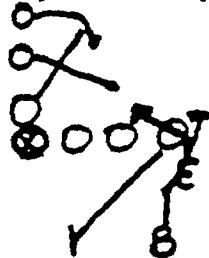


2. Tight end side

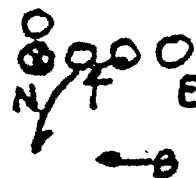
- a. Key through the tackle to the ball - flow.
- b. Action to you - attack the C gap. Play according to the blocking scheme and play of the defensive end. Start straight up the field and attack in the same manner as on the split end side. Make the play or make it bounce to the outside.



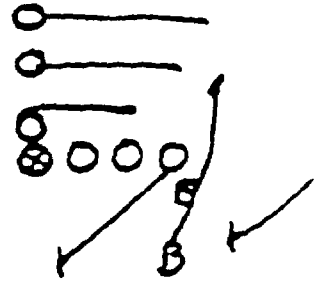
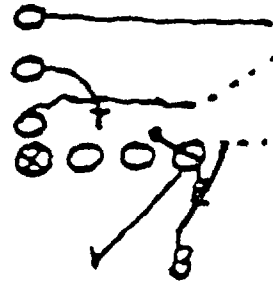
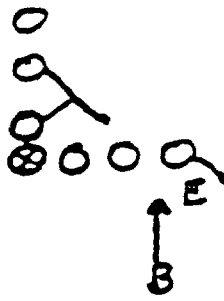
If tight end blocks down, replace the defensive end in the D gap. Same technique as on split end side



- c. Action away - Attack the guard area. Realize what has happened to the tackle. Attack an opening, keep everything on your inside shoulder versus scoop for cutback.

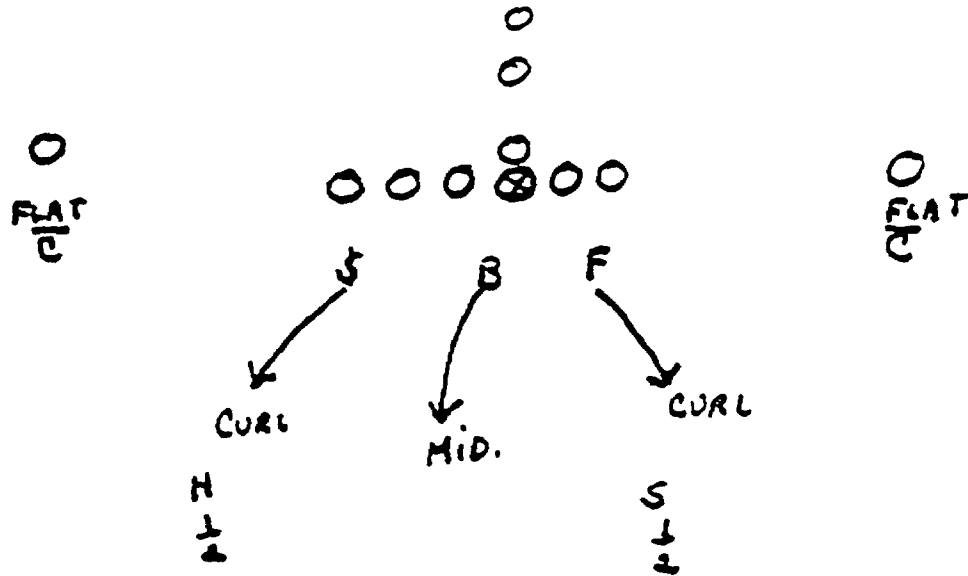


- d. Option assignment - Outside veer - QB. If tight end blocks down, QB to Pitch, Pitch vs down the line option.



### Pass Coverage

- A. 2 Deep Zone vs. tight end - flanker.



1. Zone Pass Drops

- a. Ball in the middle

- 1) Curls are one yard inside the hash, twelve yards deep.
- 2) Middle is in the middle of the field, 15 yards deep.

Note: For every two yards the ball moves the zone moves one yard.

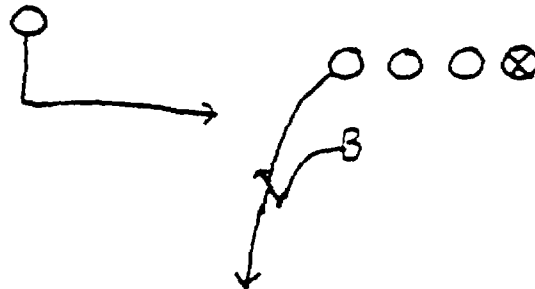
- b. Ball on the hash mark

- 1) Strong curl is three yards inside the hash, 12 yards deep.
- 2) Weak Curl is three yards outside the hash, 12 yards deep.
- 3) Middle is five yards inside the hash, 15 yards deep.

c Curl techniques

Retreat laterally to the curl zone. Jam and push #2 (who is an immediate threat to a 2 deep safety) wide to the curl zone. Sneak a peak (glance) for a number one as you go to the curl.

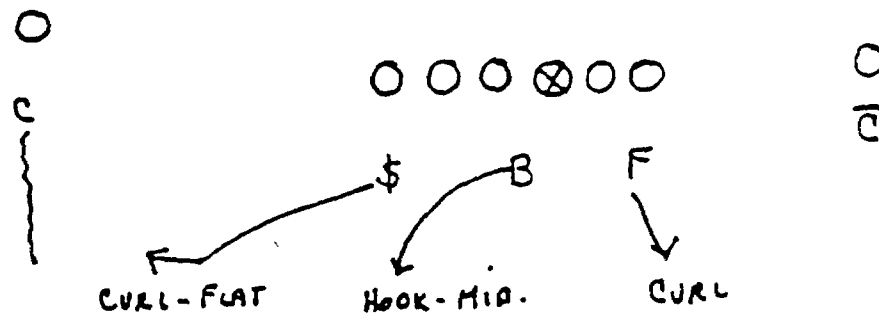
If receiver runs an under, come off the curl and play up to the under.



d Middle Technique

Retreat laterally to middle zone. Look for #2 receiver; he is the first threat. If he goes flat, #3 becomes the next immediate threat.

B. Quarter Coverage vs. Pro Set



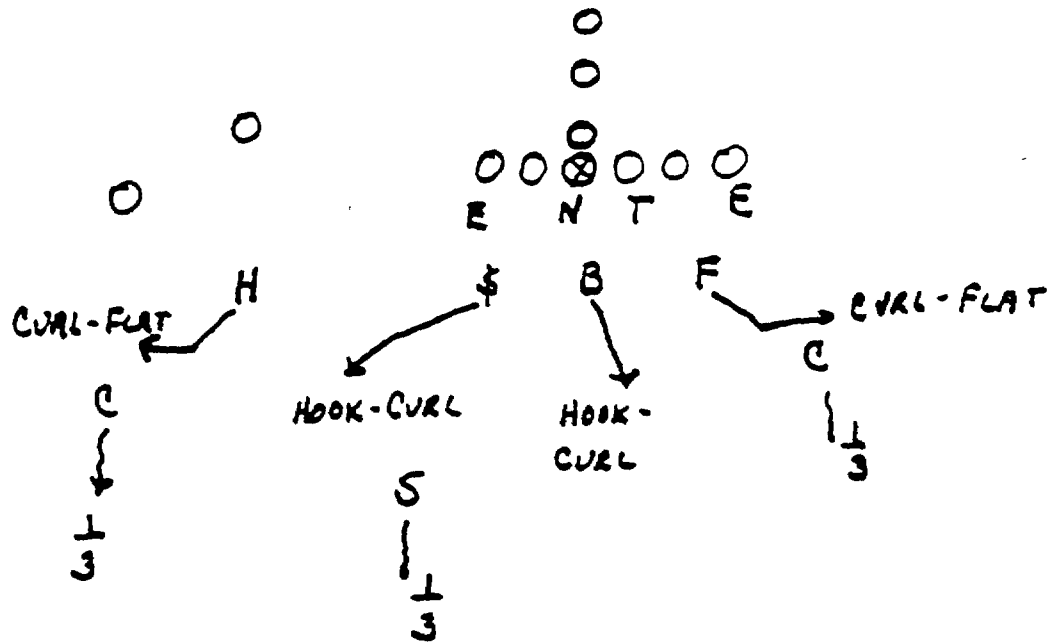
1 Curl to Flat Pass Drop

Get width toward the wide curl area (curl plus 2-3 yards).  
If ball is on the hash, head for the opposite hash. Hang in the wide curl then play up to anything that shows flat. Run with any receiver that goes flat and up.

2. Hook to Middle Pass Drop

Retreat to the hook area (the area directly in front of a normal tight end 10-12 yards deep). Match up with the tight end in the hook area. If the tight end goes flat, hang in the middle area and be alert to handle #3 down the middle.

C 3 Deep 4 Under versus twins





# DEFENSIVE FRONT STACK



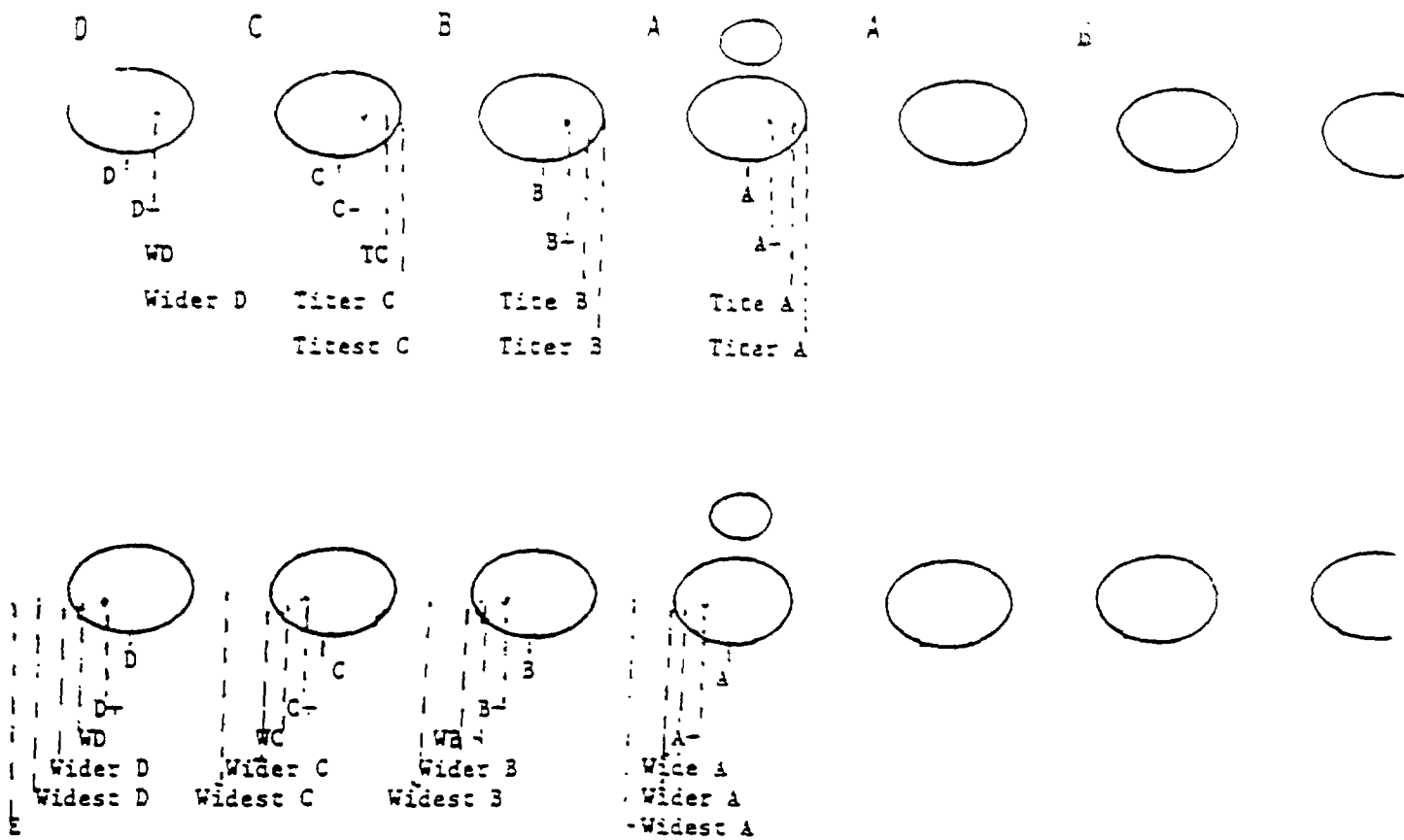
JOESARRA  
DEFENSIVE LINE COACH

1996

DEFENSIVE FRONT

STACK

GAPS - ALIGNMENTS



WIDE ST - Gap alignment outside the TE (Widest "D"), OT (Widest "C"), OG (Widest "B"), Center (Widest "A")

WIDER - Align inside foot on the outside foot of the T.E. (Wider "D"), OT (Wider "C"), OG (Wider "B"), Center (Wider "A").

WIDE - Straddle the outside leg of the TE (WD), OT (WC), OG (WB), Center (WA).

+ Nose on the Outside eye of the TE (D+), OT (C+), OG (B+), Center (A+).

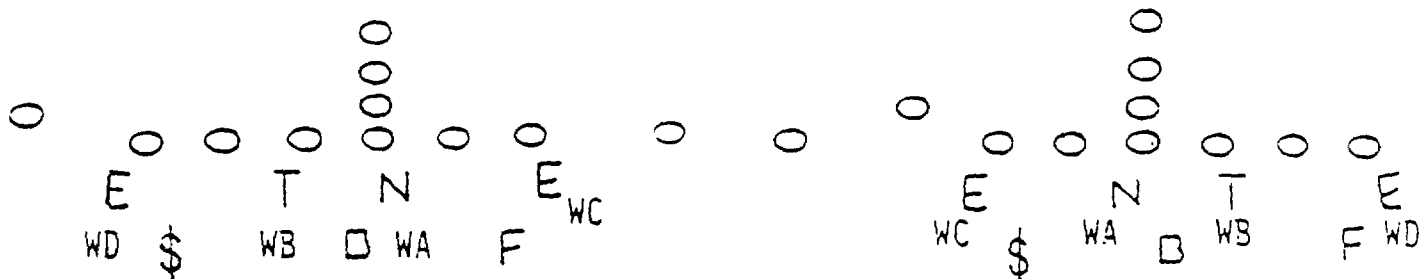
= Nose on the inside eye of the TE (D-), OT (C-), OG (B-), Weakside of Center (A-).

BASE (A,B,C,D) - Head up (Nose to Nose) alignment on the TE (D), OT (C), OG (B), Center (A).

TITE - Straddle the inside leg of the TE (TD), OT (TC), OG (TB), center (TA).

TITER - Align your outside foot on the inside foot of the TE (Titer "D"), OT (Titer "C"), OG (Titer "B"), Center (Titer "A")

STACK



	TACKLE	NOSE	TE - E	SE - E
ALIGNMENT - WB	WB. STRADDLE THE OUTSIDE LEG OF TE	WA. STRADDLE THE LEG OF THE CENTER TO THE SE SIDE	WD. STRADDLE THE OUTSIDE LEG OF TE	WC. STRADDLE THE OUTSIDE LEG OF OT.
STANCE	3 POINT STANCE PARALLEL - SLIGHT STAGGER	3 POINT STANCE PARALLEL - SLIGHT STAGGER.	3 POINT STANCE PARALLEL - SLIGHT STAGGER - ABLE TO SEE BALL	3 POINT STANCE PARALLEL - SLIGHT STAGGER ABLE TO SEE BALL AND OT.
KEY	BALL - MOVEMENT - CB	BALL - MOVEMENT CENTER.	BALL - MOVEMENT TE	BALL - MOVEMENT OT
RESPONSIBILITY	"B" GAP DONT GET REACHED IN "B" GAP	"A" GAP DONT GET REACHED IN "A" GAP	"D" GAP TO "C" GAP DONT GET REACHED TO YOUR "D" GAP	"G" GAP TO "B" GAP DONT GET REACHED TO YOUR "C" GAP
RUN REACTION	ACCORDING TO BLOCK OF OFFENSIVE MAN	ACCORDING TO THE BLOCK OF THE OFFENSIVE MAN OR BLOCKING SCHEME	ACCORDING TO THE BLOCK OF THE OFFENSIVE MAN AND OR BLOCKING SCHEME	ACCORDING TO THE BLOCK OF THE OFFENSIVE MAN AND OR BLOCKING SCHEME
PASS RUSH LANE	INSIDE "B" GAP RUSHER TO TE	INSIDE "A" GAP RUSHER TO SE	WIDE CONTAIN RUSHER TO TE	WIDE CONTAIN RUSHER TO SE

BLOCKS / SCHEME TO RECOGNIZE AND BEAT

- BASE - Drive Block
- Reach.
- Cutoff.
- Down Block
- Cut Block
- Trap.
- Double team.
- Blocker pull outside - Down block or influence trap.
- Blocker pull away - block back or reach.
- Influence - Trap - Draw.
- Screen.
- Scoop.
- Zone blocking.
- Pass - Drop Back - Play Action.
- Bootleg.
- Fold
- Invert Fold
- Flock

Base Block  
Drive



Reach



Cutoff



Double



Out Blk



Blk Back



Down Blk



Trap



Zone



Scoop



Draw Influence



Screen



Boot



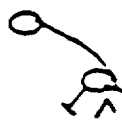
Kickout



Kickout



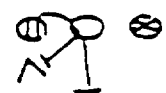
Log(Load) Overthrow



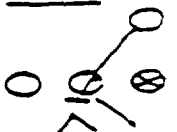
Fold



Inv. Fold



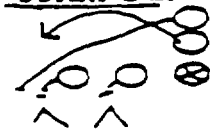
Flock



Drop Back



Sprint Out



## Love a Tackle - Be a Big Hitter - Love to Win

### Qualities of a Defensive Lineman

1. Toughness - The tougher the challenge the better he plays.
2. Competitor.
3. Hard Worker.
4. Strength.
5. Quick feet.
6. Quick hands.

Mentality to dominate and punish opponents.

Judgment - athletic awareness of what is happening.

Ability to put picture schemes together and react.

Ability to shed - rush pass.

Unselfish - do his job others may make the play.

Athletic ability to maximize performance and compensate for less strength.

Ability to change direction.

Ability to stay focused.

Ability to come off blocks.

Loyalty/Trust

## Defensive Lineman

### Stance

Inside Lineman - 3 point stance .

Parallel - Slight stagger to instep.

Outside Lineman - 3 point stance.

Alignments -       Shade outside or inside. Nose (Head up - Inside or  
outside responsibility) Wide-Loose alignment.  
Tite Inside alignment - Gap alignment.

Key -               Ball/Or Offensive man aligned on or next to him  
according to assignment and or situation.

Responsibility -   According to defensive alignment and technique.

Reaction -         According to block of offensive man and or blocking  
scheme.

Pass Rush Lane -  According to defensive assignment and technique.



PENN STATE FOOTBALL

"DEFENSE" IS OUR GAME      DEFENSIVE LINE "WINNING" IS OUR AIM  
DEFENSIVE TECHNIQUES AND ASSIGNMENTS TO MASTER

1. STANCE
  2. ALIGNMENT
  3. ASSIGNMENT
  4. BLOW (BLOCK, DESTRUCTION)
  5. SHEDDING
  6. PURSUIT
  7. TACKLING
- LATERAL MOVEMENT  
POWER BASE  
BACK PEDAL (BALANCE)  
LOW BLOCK DESTRUCTION  
HIGH BLOCK DESTRUCTION  
OPTION REACTION AND EXECUTION  
PASS RUSH  
TAKE OFF  
EXPLOSION  
KEY READ-REACT  
HUSTLE  
2ND EFFORT  
MENTAL ALERTNESS  
PHYSICAL TOUGHNESS  
TRANSITIONAL MOVES - CHANGE OF DIRECTION

REGULARLY EVALUATE YOURSELF IN THESE AREAS, YOUR  
VALUE TO OUR DEFENSE IS IN DIRECT CORRELATION TO YOUR  
NEARNESS TO THE BALL .

WHAT YOU DO TODAY WILL WIN FOR US IN THE FALL  
MASTER/EXECUTE YOUR JOB DESCRIPTION.

POSITION TACKLE (NOSE)

"WA" ALIGNMENT

Position N/T "WA"

1. Stance - Alignment

- A. 3 point slightly staggered stance with the inside hand down and straddling the outside (near) leg of the center. Be able to protect the "A" gap to the side of your alignment.

2. Responsibility:

"A" gap to the side of your alignment and close back fast on plays away. Pursue flat on all outside plays.

3. Key:

The ball (Hand) and the head of the center. You will also be able to feel the movement of your near guard as he becomes your first priority as a secondary pressure point or key.

4. Reactions:

- A. Step with inside foot control the center's head and protect the near "A" gap. Drive the center under his pads.



B. 1 on 1 Block:

- A. Control the center with your defensive block. Drive him back into the hole.
- B. Fight the pressure of the block, maintain leverage on the center accelerating the feet. Playable either way.
- C. Must not be drive off the ball, staying square.
- D. Ball goes away from you-fight-pressure of the block squeezing and working across the center face (but don't go so fast that you can't protect your gap on a cutback. Slide your area of responsibility and you are able to come off and make the play. You must get extra pressure from your inside hand and keep the center off the linebacker. If he blocks the backside linebacker you must make the tackle.

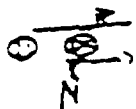


5. Double Team - Guard blocks down on you.

- A. Take off deliver blow into the center and beat the 1 on 1 block, keep your feet moving. Do not get knocked off L.O.S. Play into the down block and if there is a seam try to split it. If you feel the double team by the guards alignment or quickly on the first step then play out into it. If splitting the seam drop inside shoulder and drive through the gap stay as low as possible. Keep your feet moving. By driving the center (or post blocker back and creating a seam you can slip) drive your hips past the center getting thru while pulling him with your outside hand and swimming past him. Make a pile or seat roll out as a last resort.

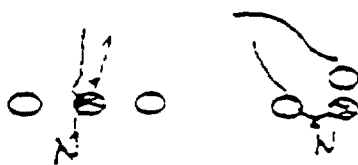


9. Block Back and Guard pulls away behind center.
- A. Fight into and through the centers block back. Fight across the centers face. Beat his block.
  - B. Control the I.O.S. crossing his face. Don't give ground.
  - C. Keep feet driving through the block.
  - D. Only go back door if pinned.
  - E. Play same as a drive block back.



10. Pass Read

- A. Take off attack the center get into pass rush land as soon as pass read shows. (pre or post snap read show pass vs. sprint out pass - the initial read could be the same as a reach block head or high hat by the center and the read of the guard as you beat the reach block)

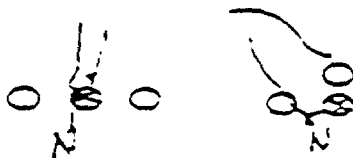


9. Block Back and Guard pulls away (for) behind the center
- Fight into and through the centers block back. Fight across the centers face. Beat his block.
  - Control the I.O.S. crossing his face. Don't give ground.
  - Keep feet driving through the block.
  - Only go back door if pinned.
  - Play same as a drive block back



10. Pass Read

- Take off attack the center get into pass rush land as soon as pass read shows. (pre or post snap read show pas vs. sprint out pass - the initial read could be the same as a reach block head or high hat by the center and the read of the guard as you beat the reach block)



POSITION TACKLE

"WB" ALIGNMENT

## Position T/E Technique "WB" Alignment

1. Stance - Alignment
  - A. 3 point stance with inside hand down and slight stagger.
  - B. Straddle the outside leg of the offensive guard.
2. Responsibility. B gap. Inside rusher.
3. Key: Offensive guard, ball and feel the offensive tackle.
4. Reaction: Explode and step with your inside foot straight upfield attacking with the face and hands. Take off, get penetration.
  - A. 1 on 1 Block - Guard drive blocks you. Take off and fight the pressure of his block. Maintain B gap leverage until you beat the blocker and locate the ball. Stay Square
    1. Feel turnout pressure close to the inside through his head staying square to the line of scrimmage don't go around his block. Construct the hole and do not get turned out.
  - B. Double Team - OT blocks down on you.
    1. Take off beat the post blocker (the Guard) 1 on 1 not getting knocked off the L.O.S.
    2. Play out into the down block of the offensive OT and if there is a seam try to split it. Attacking and beating the offensive guard can create a seam to get through and enable you to only have to beat the down block.
    3. If you feel the down block of the OT is to occur (pre read or on snap) you can play out into it. 1st beat the offensive guard. Vs. the down block, fight out through the pressure and cross his face if possible, depending on the placement of the OT head.
    4. In splitting the seam, drop your outside shoulder and drive through the gap stay as low as possible. Keep your feet moving. Work through - off the outside shoulder of the offensive guard.
    5. By beating the guard's block a seam is created between the OG and OT you can slip (drive) your hips through the seam or shuffle yourself through the hole pulling the OG with you outside and or swimming past him.
    6. Make a pile or seat rolls as last resort - stay on the L.O.S. not drive off the ball.



C. Reach (Lead Block)

1. Beat the guards head and block by exploding and driving your hands into the blocker. Get under the blockers pads and following through versus the high block controlling the LOS. and maintaining leverage and control of the B gap. Keep your outside arm locked out. Drive your feet upfield.

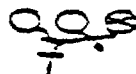


2. If he comes off low, attack with your hands into the blockers shoulder and head gear not letting him into your feet and controlling the B Gap. If the ball goes outside work upfield. Great take off - stepping with your inside foot will help beat the block and prevent getting hooked - reached.



D. Scoop Block - Ball Away from your assignment

1. Take off upfield getting your hands into the blocker if possible - accelerate the feet and squeeze him flat down the LOS. Ride squeeze him as you attack inside. Constrict the hole.



2. Keep the feet moving to prevent the OT from cutting your legs.
3. Quick scoop means a tighter run play and wide scoop means a wider play.
4. Ball goes away you must pursue - pressure down the LOS.

E. Guard Pulls Inside Away

1. Look inside - both guards and tackle pull away think sweep or counter trap away.



2. Pursue down the LOS. and take pursuit angle according to your assignment.



3. Must beat the block back by the center.

F. Guard pulls away - be ready for a block back by the back or center. The back may block (cut you) with counter action away. The depth of the pull will assist in telling you the type of play.



Also be ready for a block back by the center (Invert fold) tight across his face if possible.





POSITION END - TACKLE

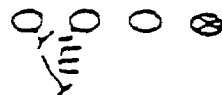
"WIDE C" ALIGNMENT

T/E - Technique - WC Technique

1. Stance - Alignment
  - A. 3 point with inside hand down slight stagger. Be able to see the ball
  - B. Straddle the outside leg of the offensive tackle. Could be tighter depending on ability of C technique player to defend the C Gap.
2. Responsibility: C Gap. Contain rusher unless a rush outside of you. Contain pursuer unless a pursuer outside of you.
3. Key: Offensive tackle - Ball. Explode on movement of the OT down hand and head or the ball.
4. Reaction: Explode step with your inside foot attacking with the triangle face and hands.
  - A. 1 on 1 Block - tackle drive blocks into your take off and fight the pressure of his block. Maintain C Gap leverage until you beat the blocker and locate the ball. Stay square.
    1. Feel turn out pressure close to the inside through his head staying square to the L.O.S. Do not go around his block. Construct the "B" Gap. Don't get turned out.
  - B. Double Team - TE blocks down to you.
    1. Take off beat the post blocker (the tackle). 1 on 1 not getting knocked off the L.O.S.
    2. Play out into the down block of the TE and if there is a seam try to split it. Attacking and beating the offensive tackle can create a seam to get through and or enable you to only have to beat the down block of the TE.
    3. If you feel the down block of the TE is to occur (pre-read on snap). You can play out into it. 1st: beat offensive tackle. Vs. the down block fight out through the pressure and cross his face if possible - depending on the placement of the TE's head gear.
    4. If splitting the seam drop your outside shoulder and drive through the gap. Stay as low as possible. Keep your feet moving. Work through - off the outside shoulder of the OT.
    5. When beating the tackle's block if a seam is created between the OT and TE you can slip (drive) your hips through the seam or shuffle your self through the hole pulling the OT with you outside and or swimming past him.
    6. Make a pile or seat roll as a last resort. Stay on the L.O.S.



7. The double team could be a team block with the tight end of offensive tackle blocking the linebacker.



C. Reach (Lead Block)

1. Beat the head and block by exploding and driving your hands into the blocker. Get under the blockers pads and following through versus the high block controlling the L.O.S. and maintaining leverage and control of the C Gap. Keep your outside arm locked out. Drive your feet upfield.

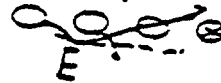


2. If he comes off low attack with your hands into the blockers shoulder and head gear not letting him into your feet and controlling the C Gap. If ball goes outside work upfield. Great take off - stepping with your inside foot will help beat the block and prevent getting hook - reached.



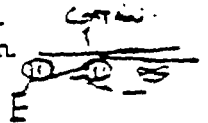
D. Scoop Block - Ball away from your assignment

1. Take off into the tackle getting your hands into blocker if possible - accelerating the feet to cover him flat down the L.O.S. Ride (Squeeze) him as you attack inside and upfield. Constrict the "B" gap.
2. Keep the feet moving to prevent the TE from cutting your legs.
3. Inside scoop means tight run play. Wide scoop mean wide play. Wide scoop means a wide play.
4. Ball goes way you must know if you have contain or not - how you pursue to the ball.

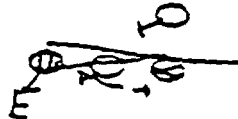


E. Tackle Pulls Inside Away

1. Look inside - both guard and tackle pull away think sweep or counter trap away.
2. Pursue down L.O.S. and take pursuit angle according to your assignment. If you have contain you must be sure the QB is clean as you chase contain. Think contain.



- F. Tackle pulls away be ready for a block back by the back or guard. The back may block (cut you) with count action away. The depth of the pull will assist in telling you if it is a wide play away from you or if the guard is going to block back on you.

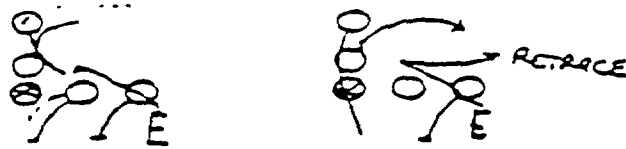


The tackle pulls away (shallow to L.O.S.) be ready for a block back by the OG (Invert fold). Fight across the face of the turn out block

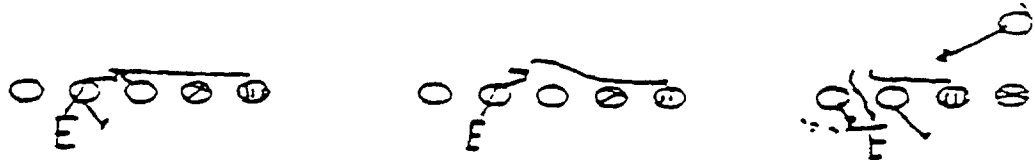


G. Tackle release inside -

1. Close hard to the inside - hit the OT if possible as you close and constrict. Try to prevent a clean release to the inside. (If you have contain. you can't get lost inside). See the ball tackle it - otherwise make sure the QB is clean.



2. Get as low as possible, attack the trap and trapper tite as possible to the LOS. Trap the trapper. Do not go around the trapper.
3. If you see the ball or blocker coming out your side react back out to the down block of the TE. Attack low and hard through his face. Fight pressure, hold your ground. Don't be driven down inside of off the ball. Vs. bootleg, retrace your tracks.
4. Your assignment will tell you whether to attack and/or constrict from the outside.



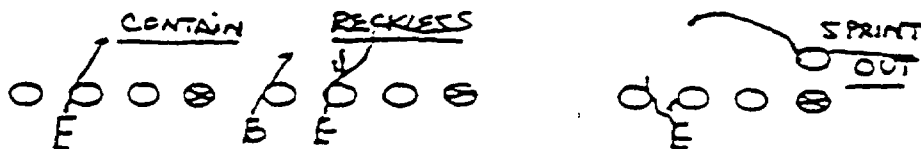
H. Tackle pulls to your outside

Take off into the tackle as tackle pulls outside step out and look inside to read trap and be prepared to beat the down block of the TE. Look for the ball and or a blocker coming out to you. You can also read the depth of a pull to you for a kick or log. Play trap technique according to assignment. If you have contain do not wrong arm. When the offensive tackle influence blocks he usually sets deeper and releases deeper outside.



i. Pass

Take Off - know if you have responsibility. If you have a rusher outside or you - you can rush reckless. Play sprint out pass as a reach and over throw cutback.



POSITION END

"WD" ALIGNMENT

Position "E" "D" Alignment and Technique

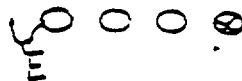
1. Stance- alignment
  - A. 3 point slightly staggered stance. Be aligned with possible tilt to be able to see the ball.
  - B. Straddle the outside leg of the TE. Could be tighter or side according to the players ability and assignments.
2. Responsibility: D Cap. Contain rusher versus the pass unless a blitzer outside of you.
3. Key: Ball - TE or slot.
4. Reaction: Explode into the TE with your inside foot attacking with your hands and face in the sternum.
  - A. 1 on 1 Block - the TE block into you take off and fight the pressure of his block. Do not get hooked. Maintain "D" leverage. Stay square locating the ball. Versus turn out block fight pressure and constrict the hole. QB-P vs. option (unless in a Switch, the pitch).



3. Reach (Lead Block)

Beat the TE block by exploding your hands into the block. Do not get drive off the L.O.S. Constrict your area as fast as you can by not opening a big seam. By flattening him out you can shed him as he has no power upfield. Lock out your outside arm while exerting pressure upfield.

If he comes off low attack with your hands into the blockers shoulder and head gear not letting him into your feet and controlling the "D" gap. If the ball goes outside work upfield.



- C. TE releases inside V (Crash Read) - Close hard inside to constrict the "C" gap. If possible use your hands to keep the TE off inside defenders. Look inside. Look for a blocker coming at you from the inside. Attack the blocker if you do not have contain you attack the kick out block by attacking him and getting under the blocker forearm. If you have contain, attack and constrict keeping outside leverage. If the blocker log blocks you, use your hands to keep the blocker flat and facing the ball deep. Versus option outside veer - QB - Pitch - according to assignment

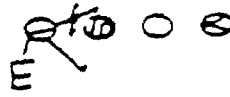


Crash Read = OV-Q  
Switch = Pitch-Q

Log - Play as Low over throw block. Attack up into the blocker maintain

X Block - Play as kick out.

Ctr. Trap - Force ball deep same as kickout. Don't let it split.



- D. TE Arc releases - attack with your hands flatten him out staying square and maintaining outside leverage. Throw the blocker off and work upfield. Keep the release tight (2-3 slides). You have contain vs. pass unless a rusher outside of you.

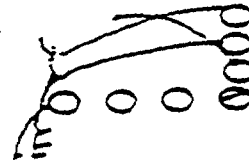
Your assignment: tells you if you have QB or Pitch - Arch release Pitch.



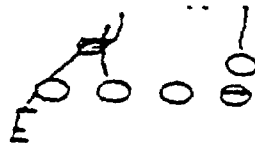
- E. If in a wide switch alignment, close the seam vs. down blocks but have outside responsibility - Pitch on the option - play all blocks from the outside in. Constrict as much as possible but able to contain and take the pitch on the option. Unless the TE blocks and hook up option the QB-Pitch.



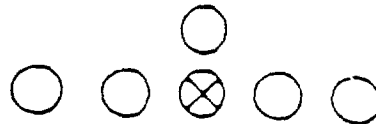
- F. Pass - show you are the contain rusher unless involved in a pass rush game that would take you underneath. Vs. sprint out force contain the QB. Work up the field and constrict the QB as much as possible.



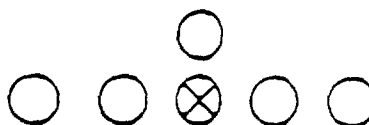
If the blocker works your upfield past the QB, use your hands and momentum (body balance) to throw him deep and you come under to the inside - YOU MUST IMMEDIATELY WORK UP FIELD and re-establish new containment and make the sack. (When appropriate can us "Spin Technique.")



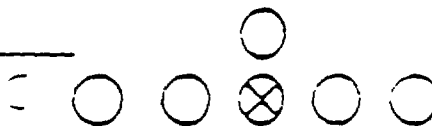
DEFENSE \_\_\_\_\_



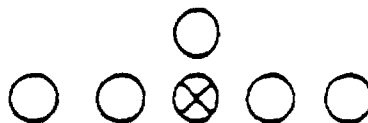
DEFENSE \_\_\_\_\_



DEFENSE \_\_\_\_\_

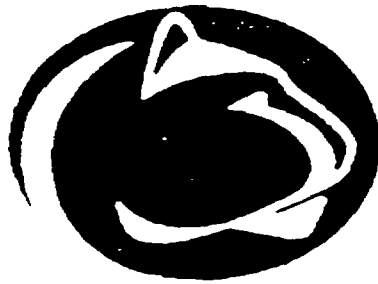


DEFENSE \_\_\_\_\_



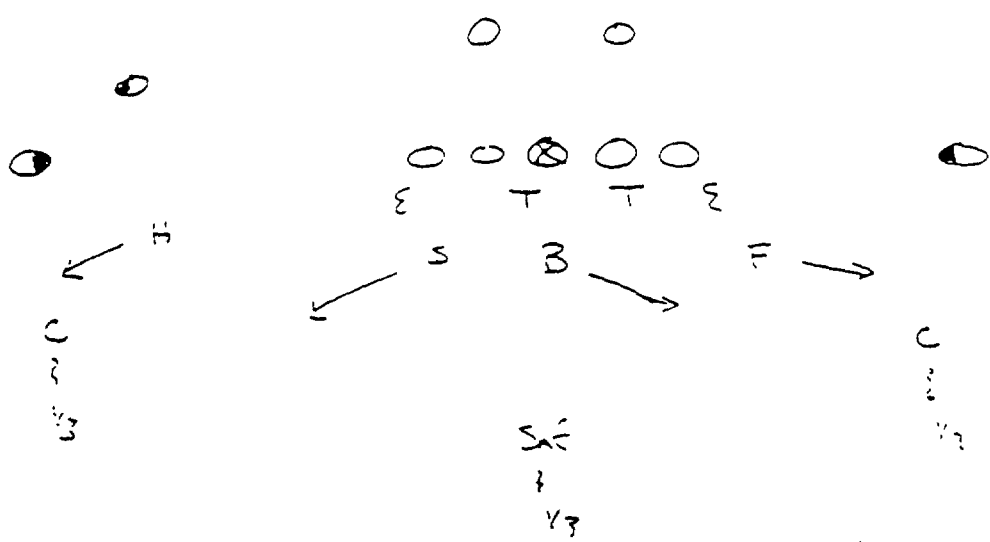


# SECONDARY COVERAGE



TOM BRADLEY  
DEFENSIVE BACKFIELD COACH

### 3 DEEP COVERAGE

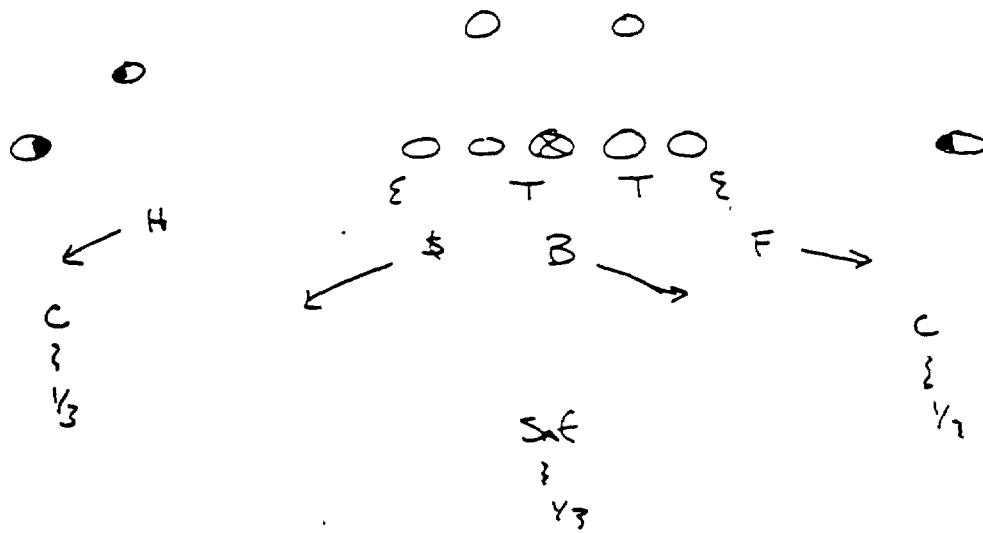


	STRNG CORNER	HERO	SAFETY	WEAK CORNER
TECHNIQUE	Deep 1/3	Invert Zone	Deep Middle 1/3	Deep 1/3
ALIGNMENT	7 Yds. VS #1	5 YDS. O/S #2 T.E. 5 X 5	12 YDS. SPLIT FORMATION	7 YDS., 1/3 #1 T.E. - 2 X 5
STANCE	70% - 30%	50% - 50%	70% - 30%	70% - 30%
KEY	Q.B.-#2 -#1	QB-#3-#2-#1	QB. FEEL THE REC.	QB-#2-#1
RESPONSIBILITY	RUN TO: LATE CONTAIN RUN AWAY: CUTOFF PASS - DEEP 1/3	RUN TO: FORCE RUN AWAY. FOLD ALLEY PASS: WIDE CURL TO FLAT	RUN: ALLEY PASS. DEEP MIDDLE 1/3	RUN TO: LATE CONTAIN RUN AWAY: CUTOFF PASS: DEEP 1/3
COACHING POINTS	CLUE VS. 2 THREATS TALK TO HERO	FLY FLAT VS. SPRINT OUT AND 3 STEP LISTEN FOR SC	MELT ON HARD LOCK	T.E. 2 X 5 AND BACK PEDAL CANES, CLUE

**NOTES:**

CANES VS #2  
FLOOD  
CLUE

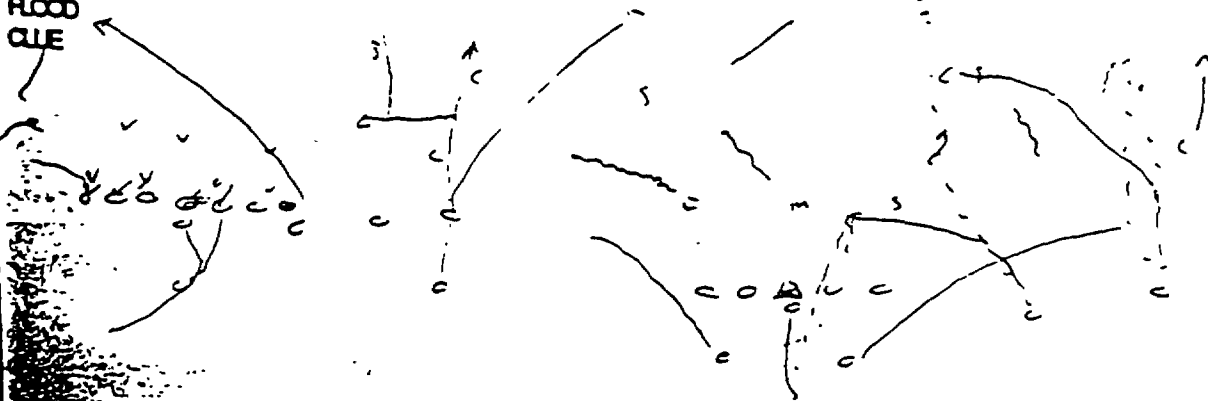
### 3 DEEP COVERAGE



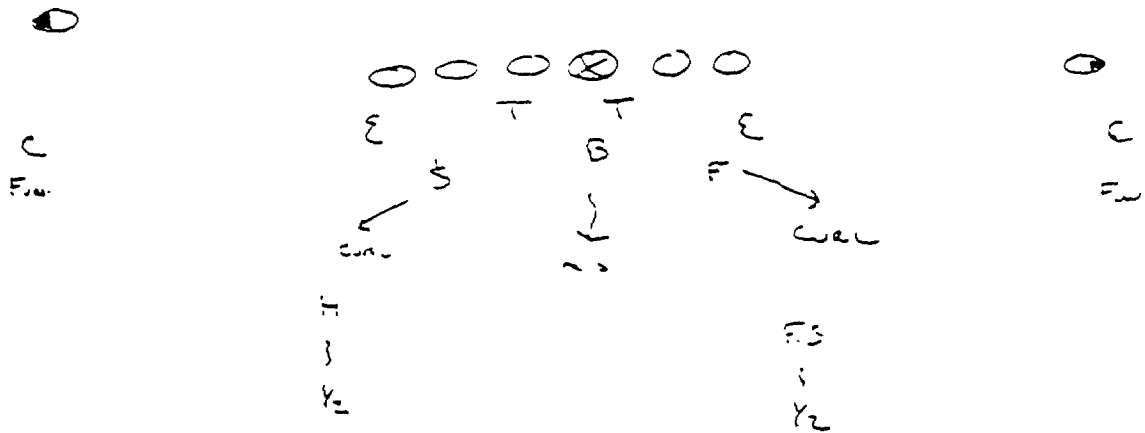
	STRING CORNER	HERO	SAFETY	WEAK CORNER
TECHNIQUE	Deep 1/3	Invert Zone	Deep Middle 1/3	Deep 1/3
ALIGNMENT	7 Yds. 1/3 #1	5 YDS. O/S #2 T.E. 5 X 5	12 YDS. SPLIT FORMATION	7 YDS., 1/3 #1 T.E. - 2 X 5
STANCE	70% - 30%	50% - 50%	70% - 30%	70% - 30%
KEY	Q.B.-#2 -#1	QB-#3-#2-#1	QB, FEEL THE REC.	QB-#2-#1
RESPONSIBILITY	RUN TO: LATE CONTAIN RUN AWAY: CUTOFF PASS - DEEP 1/3	RUN TO: FORCE RUN AWAY: FOLD ALLEY PASS: WIDE CURL TO FLAT	RUN: ALLEY PASS: DEEP MIDDLE 1/3	RUN TO: LATE CONTAIN RUN AWAY: CUTOFF PASS: DEEP 1/3
COACHING POINTS	CLUE VS. 2 THREATS TALK TO HERO	FLY FLAT VS. SPRINT OUT AND 3 STEP LISTEN FOR SC	MELT ON HARD LOOK	T.E. 2 X 5 AND BACK PEDAL CANES, CLUE

**NOTES:**

CANES VS. TE TIPS  
FLOOD  
CLUE



# 1/2 COVERAGE

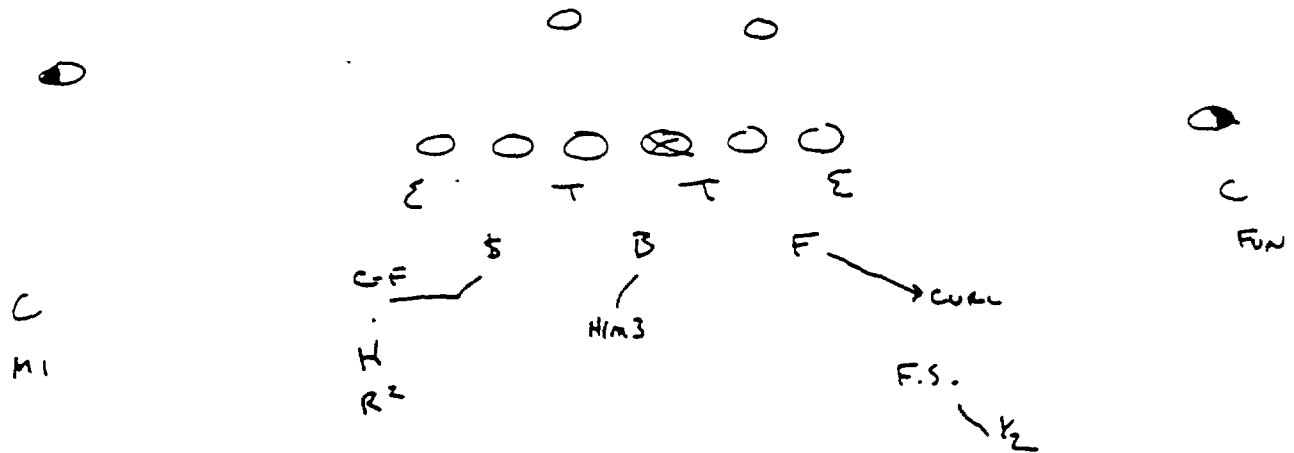


	STRNG CORNER	HERO	SAFETY	WEAK CORNER
TECHNIQUE	Funnel	Deep 1/2	Deep 1/2	Funnel
ALIGNMENT	O/S Press T.E. 2 X 2 or F X F	10-12 yds. deep	10-12 yds. deep	O/S Press TE = 2X2 or FXF
STANCE	50% - 50%	70% - 30%	70% - 30%	50% - 50%
KEY	# 1	QB -#2 - #1	QB - #2 - #1	# 1
RESPONSIBILITY	RUN TO: FORCE RUN AWAY: CUTOFF PASS - FUNNEL FLAT	RUN TO: SECONDARY CONTAIN RUN AWAY: LATE ALLEY PASS - DEEP 1/2	RUN TO: SECONDARY CONTAIN RUN AWAY: LATE ALLEY PASS: DEEP 1/2	RUN TO: FORCE RUN AWAY: CUTOFF PASS: FUNNEL, FLAT
COACHING POINTS	LAY OFF THE FAKE JAM WITH YOUR FEET	PLAY D & D KEY OF QB MELT ON HARD LOCK	PLAY D&D KEY OF QB MELT ON THE HARD LOCK.	LAY OFF THE FAKE JAM WITH YOUR FEET

**NOTES:**

CRACK  
JUGS  
TRACE

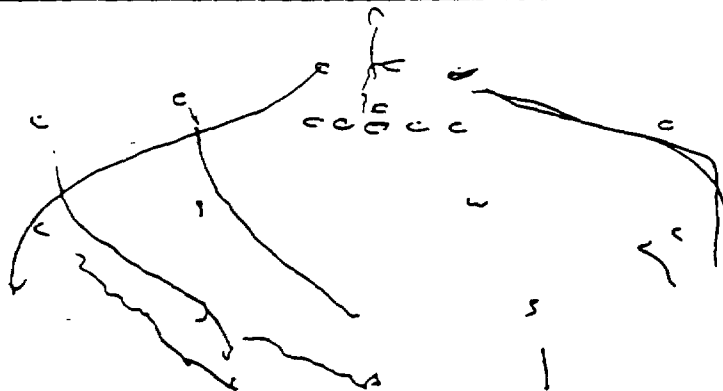
# 1/4 COVERAGE



	STRNG CORNER	HERO	SAFETY	WEAK CORNER
TECHNIQUE	1/4 Match	1/4 Read	Deep 1/2	Funnel
ALIGNMENT	7 Yds. O/S #1 Press	2 X 10 off the TE	10-12 yds. deep	O/S Press TE = 2X2 or FXF
STANCE	70% - 30%	70% - 30%	70% - 30%	50% - 50%
KEY	3 step to #1	#2 - QB	QB - #2 - #1	#1
RESPONSIBILITY	RUN TO: LATE CONTAIN RUN AWAY: CUTOFF PASS - MATCH #1	RUN TO: FORCE RUN AWAY: BACK ALLEY PASS: MAN, DOUBLE OR ZONE 1/4	RUN TO: SECONDARY CONTAIN RUN AWAY: LATE ALLEY PASS: DEEP 1/2	RUN TO: FORCE RUN AWAY: CUTOFF PASS: FUNNEL, FLAT
COACHING POINTS	-DEFEND THE POST AND THE STREAK.	-#2 VERTICAL=MAN -#2 SHOOT=DOUBLE -#2 DRAG OR BLOCK = ZONE 1/4	PLAY D&D KEY OF QB MELT ON THE HARD LOOK.	LAY OFF THE FAKE. JAM WITH YOUR FEET.

**NOTES:**

DEUCE CALL

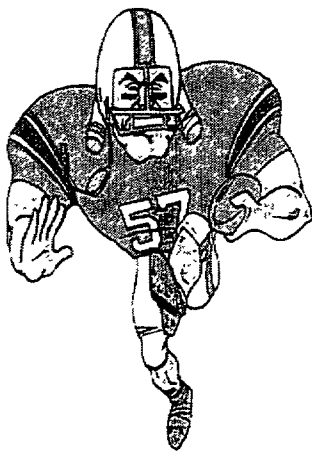


# The Tradition Continues

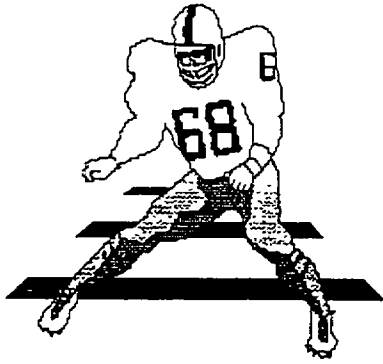
## Football Playbook

by Hall of Fame Coach

Dale L. Tryon



Complete with: Offense; Defense; Kicking Game; Philosophy; Goals; Keys To Being A Champion; Having A Positive Attitude; Etc.



## Boone Football

*Dear Athlete,*

*I hope that you are as anxious for the season to start as I am. There is no sport in the world with as much "fun" attached to it than football. Each year I can hardly wait for the next season to begin.*

*Guys, I'm not used to having a losing season. Last years record was horrible and I've had a bad taste in my mouth ever since. There is no fun in losing. Get yourself mentally and physically ready to go. I'm confident we are about to embark on a winning season. It will be tough, as the competition will be very good. However, with the emphasis on weight lifting and a better attitude, we should be able to put Boone Football back on top. Let's be the 4th Boone High team in the last 6 years to make it to the State Playoffs.*

*A good part of our success will be determined by how serious you take this playbook. Know your assignments!*

*May this be a memorable season for you!*

*Coach Tryon*

# Boone Football

*"As good as it comes"*

## VARSIITY SCHEDULE;

Friday, Sept. 5= Norwalk, There  
Friday, Sept. 12= Webster City, Here  
Friday, Sept. 19= A.D.M., There  
Friday, Sept. 26= Johnston, Here  
Friday, Oct. 3= Perry, There  
Friday, Oct. 10= Carroll, Here  
Friday, Oct. 17= Nevada, There  
Friday, Oct. 24= Saydel, Here  
Friday, Oct. 31= J.S.P.C., Here  
Wed., Nov. 5= First round of State Playoffs  
Mon., Nov. 10= Quarter Round of State Playoffs  
Sat., Nov. 15= Semi-Finals of State Playoffs  
Sat., Nov. 22= State Playoff Finals in Dome

## JUNIOR VARSITY SCHEDULE:

Monday, Sept. 8, Ames, Here at 5:30  
Monday, Sept. 22, J.S.P.C. Here at 5:30  
Monday, Sept. 29, Johnston, There at 5:30  
Monday, Oct. 13, Carroll, Here at 5:00/7:00  
Monday, Oct. 20, Webster City, Here at 5:30

## SOPHOMORE SCHEDULE:

Monday, Sept. 8, Norwalk, There at 5:30  
Monday, Sept. 15, Webster City, There at 5:30  
Monday, Sept. 22, A.D.M., There at 5:30  
Monday, Sept. 29, Johnston, Here at 5:30  
Monday, Oct. 6, Perry, There at 5:30  
Monday, Oct. 13, Carroll, Here at 5:00  
Monday, Oct. 20, Nevada, There at 5:30  
Monday, Oct. 27, Saydel, Here at 5:30



# *Team*

Perhaps the greatest failure in most High School Athletics lies in the area of team concept. Very few athletes in any sport, and that includes football, have been able to subordinate their own personal goals, desires, etc. in favor of team goals. Instead of asking what can I do to help the team? And what's best for the team now? They ask how will being on the team help ME? Will I get to be on the first team? How much will I get to play? All of us have personal interests and goals and, of course, all of us like to do well. But, when you consistently put yourself ahead of the team, you become that most limited of all athletes, the self-centered, egotistical, and short-sighted player who never realizes (until it's too late) that his own interests and satisfaction are inextricably bound to the TEAM. There's no greater feeling of self-satisfaction in sports (or life) than making a significant contribution to the success of the TEAM. To know that other people were counting on you and you came through so much more important than any kind of personal attainment that comes without team success. Let's all (coaches too) remember throughout this entire season that what's really important is (T.E.A.M.)= (Together Each Achieves More).

## *Tryon's Top Ten Tips* (To be a great athlete)

1. **WANT** to win-in the words of Coach Vince Lombardi, "Winning isn't everything, but wanting to win is."
2. **GIVE EVERYTHING** you've got- , "Talent is worthless unless it is used."
3. **ALWAYS** have P.M.A.- That is "positive mental attitude." Think you can, and you will.
4. **NEVER** say die- many a battle has been won the last few seconds.
5. **ALWAYS** be coach able- I don't know everything, but I want you to pretend I do!
6. **Be a leader and a follower-** and know when to be which!
7. **Follow the rules;** of the coach, your parents, the school- you may not like it, but **DO IT.** You'll be making some rules yourself someday.
8. **Get yourself together-**know who and what you really want to be, and then be that kind of person.
9. **Climb every mountain-** no matter the task, **always reach higher.**
10. **HAVE FUN-**be it football, be it life, **you'll enjoy it best if you give it your best.**

FOURTEEN COMMITMENTS  
TO  
"TOREADOR" FOOTBALL  
Boone High School

- 1) Commit To Your Academics!
- 2) Commit To Having Class!
- 3) Commit To Doing The Right Thing!
- 4) Commit To The Program!
- 5) Commit To Hard Work!
- 6) Commit To Becoming A Smart Player!
- 7) Commit To Our Team Attitude Concept!
- 8) Commit To A Winning Attitude!
- 9) Commit To Our System!
- 10) Commit To Yourself!
- 11) Commit To Your Teammates!
- 12) Commit To Your Coaches!
- 13) Commit To Your School!
- 14) Commit To Your Community!

You must be willing to COMMIT to reach the TOP OF THE STATE- don't sell yourself and your teammates short!!!

# We must have PMA

What does PMA stand for? It means that you must have a **Positive Mental Attitude** if you want to be a Champion. Let me quote some of my favorite sayings in this regard:

*“Great teams just do not happen. It takes character, pride and a burning desire to be great!”*

*“Confidence is the invisible cement that binds a team together.”*

*“Character is what you do when nobody but God is watching.”*

*“Living without a goal is like shooting without a target.”*

*“Greatness in any area involves sacrifices.”*

*“Are you making an honest effort to do the extra things the coaches have asked you to do: working with weights, working on other sports, working on improving all areas involving strength, quickness, agility, skills? Do you really want to be a winner?”*

*“A positive mental attitude will help you overcome problems that come up.”*

## THE WINNING STATE OF MIND

*If you think you are beaten, you are,  
If you think that you dare not, you don't.  
If you'll like to win, but think you can't,  
It's almost a cinch you won't.*

*If you think you'll lose, you've lost,  
For out in the world you find  
Success begins with a fellow's will,  
It's all in the state of mind.*

*Think big, and your deeds will grow,*

*Think small, and you'll fall behind:  
Think that you can, and you will...  
It's all in the state of mind.*

*Life's battle don't always go  
To the biggest or fastest man,  
But sooner or later, the man who wins  
Is the man who believes he an.*

*"Be more concerned with your character than with your reputation, because your character is what you really are while your reputation is merely what others think you are."*

*"Ability may get you tot he top, but it takes character to keep you there."*

*"Our belief at the beginning of a doubtful undertaking is the one thing that insures the successful outcome of our venture."*

*"Pride is feeling good about yourself and your performance."*

*"Pride is that inner feeling that drives an athlete to perform at his best every time he plays-even in practice. An athlete with pride will not accept an inferior performance."*

*"Pride is a strong motivating force because it reflects an athlete's sense of his own value and ability. Champions are proud of their performance and the ability of their team to play together as a unit. Most of all, winners with pride like themselves and live up to a positive self-image."*

### *LOOK INTO THE MIRROR*

*When you get what you want in your struggle for wealth and life makes you king for a day...*

*Go to the mirror and take a look at yourself and see what that man has to say.*

*He's the one who counts; not all the rest, for he's with you clear to the end.*

*You've passed life's most difficult test when you call the man in the mirror your friend.*

*"You become the person you think about the most!"*

*"In order to become a champion you must see yourself as a champion. Your actions are determined by your self-image. Always remember: A negative self-image leads to defeat; A positive self concept leads to victory!"*

**HERE'S HOW YOU CAN IMPROVE YOUR SELF-IMAGE:**

- 1. Evaluate yourself. Identify your strengths and weaknesses.*
- 2. Put past disappointments behind you and concentrate on succeeding in the future.*
- 3. make a commitment to get along with people.*
- 4. Develop positive personal habits.*
- 5. Expect success and push hard to realize it.*
- 6. Identify with the end result you plan to reach.*

*"Champions are driven to great accomplishments by a pride in themselves that prevents them from giving anything less than a one hundred percent effort."*

*"Make your opponent fear and respect you."-Knute Rockne*

*"There is a big difference between wanting to and willing to."*

*"The will to prepare to win is much more important than the will to win."- Vince Lombardi*

*"Emphasize the fundamentals-Do the little things right and big things happen."*

*"The champion is separated from the average athlete by his attitude toward practice."*

*"Every practice session is a step toward future success!"*

*"If you fail to prepare you prepare to fail."*

*"You can't buy sweat--you must earn it!"*

*"Practice does not make perfect!-Perfect practice makes perfect."*

*"If everything is going your way, you are probably heading in the wrong direction."*

*"If it's worth doing at all, it's worth doing well."*

*"The saddest words of tongue or pen are these sad words...-it could have been."*

*"Associate yourself with men of good quality if you value your own reputation: for it is better to be alone than in bad company"*

*"Failure is impossible!"- Susan B. Anthony*

*"It's not what life does to you that counts--it's what you do to life!"- Coach Tryon*

*"DESIRE is a magic word that inevitably crops up in any conversation involving a person's chance of success in a chosen endeavor: If we can convince ourselves to really want to attain a goal, it can be accomplished!"*

*"The real measure of an athlete is not what he is, but what he is capable of becoming."*

*"Believe in yourself, recognize your weakness--then change that weakness into power, and you can become a champion."*

*"You must believe-your body can only achieve what your mind can perceive. Winners expect to win, losers hope to win!"*

*"Set goal. Have a vision, a dream of just what you want to accomplish. Write down the goals and go for it!"*

*"Be a thinker, and a dreamer, but more important, be a doer."*

*"Talent will get you to the top but it takes character to keep you there."- John Wooden.*

*"Commitment means- You can count on me!"*

1. Commitment means you are always at practice..
2. Commitment means you listen and practice to improve.
3. Commitment means you follow all training rules.
4. Commitment means you work hard in the classroom and stay eligible.
5. Commitment means you discipline your personal life and be a positive person around school.
6. Commitment means you prepare with dedication for all games.
7. Commitment means you always finish what you start.
8. Commitment means you push yourself to get in top condition mentally and physically.
9. Commitment means you follow a well-organized strength training program.

*"In order to be a winner you must make a complete commitment to be the best you can be. Committed athletes are able to overcome obstacles to their success."*

*"The most important thing is not where you are now, but in what direction you are heading!"- Coach Fryon*

*"It takes less time to do a thing right than it does to explain why you did it wrong."*

*"The superior man blames himself--the inferior man blames others."- Don Skula*

*"Everyday you fail to practice, you miss an opportunity to improve."*

*"Anything that harms your body will harm your athletic performance."*

*"There is no substitute for hard work."*

*"Talent alone doesn't insure success."*

*"Practice and hard work is like money in the bank."*

*"A leader causes things to happen. He actively works in a manner that will serve as a positive example for others."*

*"TRUE COURAGE is doing what is right based on sound Christian principles, rather than just going along with the crowd."*

*“Mental attitude and team morale are 90% of football. The other 10% is physical.”*

*“If an athlete wants to win and play his best, a player must discipline his life. This means no smoking, drinking, over-eating, or anything that keeps him from doing his best. Football demands stern discipline. Each player must do the things which he feels are the very best for his team.”*

*WHAT IT TAKES TO BE NUMBER 1, BY Vince Lombardi*

*“Winning is not a sometime thing: it's an all-the-time thing. You don't win once in a while, you don't do things right once in a while, you do them right all the time. Winning is a habit. Unfortunately, so is losing.*

*“There is no room for second place. There is only one place in my game and that is first place. I have finished second twice in my time at Green Bay and I don't ever want to finish second again. There is a second place bowl game, but it is a game for losers played by losers. It is and always has been an American zeal to be first in anything we do and to win and to win and to win.*

*“Every time a football player goes out to ply his trade he's got to play from the ground up-from the soles of his feet right up to his head. Every inch of him has to play. Some guys play with their heads. That's O.K. You've got to be smart to be No. 1 in any business. But more important, you've got to play with your heart-with every fiber of your body. If you're lucky enough to find a guy with a lot of head and a lot of heart, he's never going to come off the field second.*

*“Running a football team is no different from running any other kind of organization-an army, a political party, a business. The principles are the same. The object is to win-to beat the other guy. Maybe that sounds hard and cruel. I don't think it is.*

*“It's a reality of life that men are competitive and the most competitive games draw the most competitive men. That's why they're there-to compete. They know the rules and the objectives when they get in the game. The objective is to win-fairly, squarely, decently, by the rules but to win.*



*“And in truth, I’ve never known a man worth his salt who in the long run, deep down in his heart, didn’t appreciate the grind, the discipline. There is something in good men that really yearns for, needs, discipline and the harsh reality of head-to-head combat.”*

*“I don’t say these things because I believe in the ‘brute’ nature of man or that men must be brutalized to combative. I believe in God, and I believe in human decency. But I firmly believe that any man’s finest hour-his greatest fulfillment to all he holds dear- is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle-victorious.”*

*“The longest play in football is the kickoff return-it takes about 12 seconds on the average. The shortest play is a dive into the line for no gain-it takes about 2.5 seconds. The average good play lasts about 6 seconds. On the average, the offense runs 50 to 60 plays in a game. We are talking about 6 times 60 or 360 seconds of total effort. This amounts to just 6 minutes a game. If you play both ways, it amounts to less than 12 minutes of actual playing time in the game. You must give 100% on every play!”*

*“Never be completely satisfied with your play. Always look to improve yourself.”*

*“Show me a completely satisfied man, and I will show you a failure.”-Thomas A. Edison.”*

*“The true test of character is how you handle fear. You can rise to the challenge and experience peak performance or you can burn yourself out worrying about what can go wrong. Use your energy in a positive manner!”*

*“The only thing we have to fear is fear itself.”-Franklin Roosevelt*

*“Courage is the resistance to fear, not the absence of fear”-Mark Twain*

*“Courage can be nourished and developed through practice, confidence, and action.”*

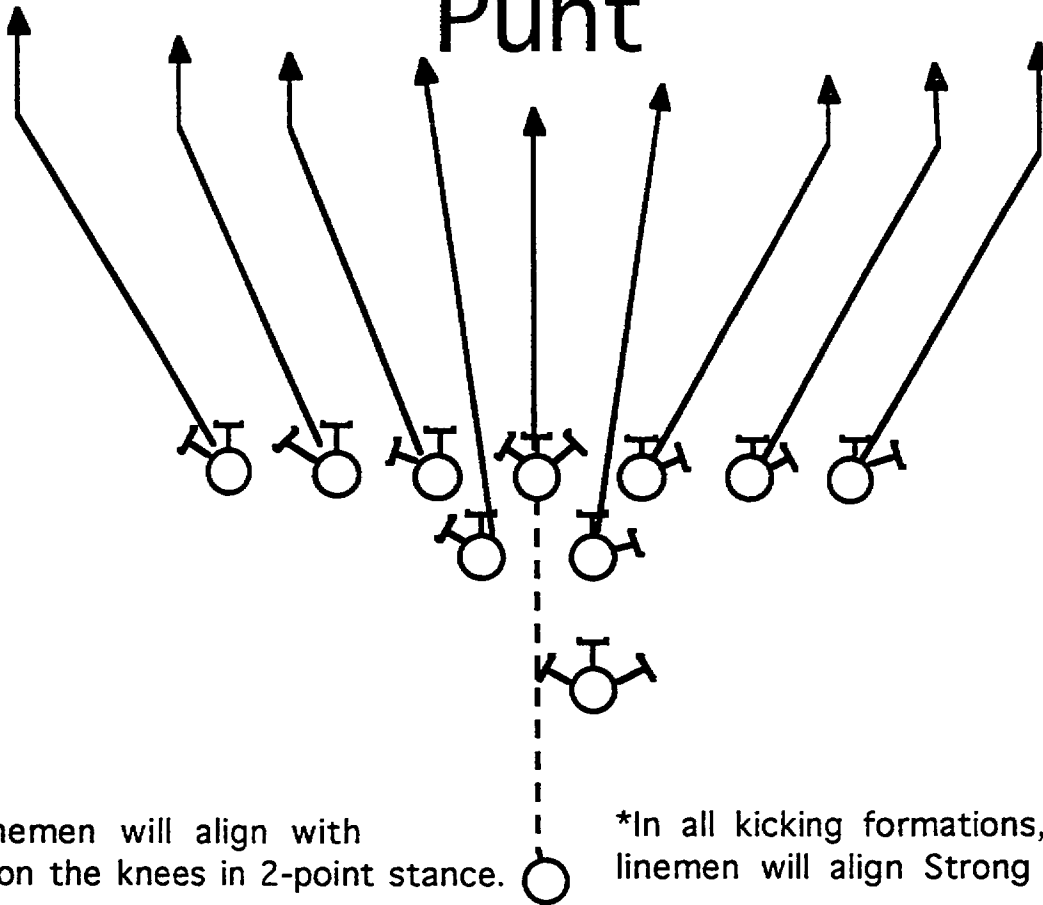
*“Persistence means you never give up. You look at failure as a stepping-stone instead of a stumbling block.”*

*“Always finish what you start! NEVER, EVER QUIT!”*



**“The Kicking Game”**

# Punt



\*All linemen will align with hands on the knees in 2-point stance.

\*In all kicking formations, our linemen will align Strong side Right.

\*There will be a 4' split between C and G's, a 2' split between G and T and a 2' split between T and E. All will step backwards with your outside foot at a 45 degree angle. Keep the inside foot planted. You are all responsible for anyone from your nose to the nose of the offensive lineman to your OUTSIDE. We are blocking a zone, so you may have 2 people to block. Extend both arms (outside arm out and the inside arm straight ahead). Block solid for 2 long seconds and then sprint down field. Be under control when you make the tackle. All linemen will swing outward as they are going down field. Everyone turn the play in!. The ends will aim for a spot about 5 yards from the sideline.

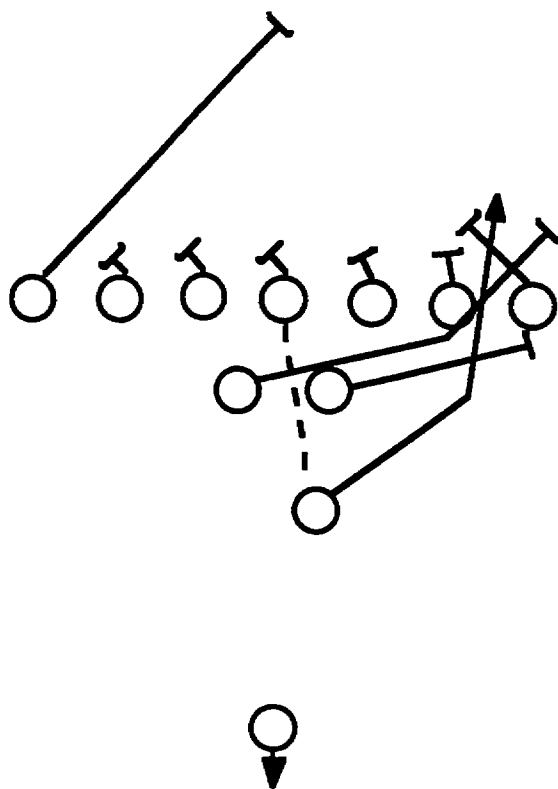
\*The Upbacks will align about 2 yards deep and are responsible for any one that comes in their area (between center and guard).

\*The FB will block the first person to show (no matter where he is coming from). Do NOT step back, as you may block the kick.

\*The Punter will be 14 yards deep. Have a balanced stance. Step back with the kicking foot as the ball is snapped. Take your steps quickly and kick.

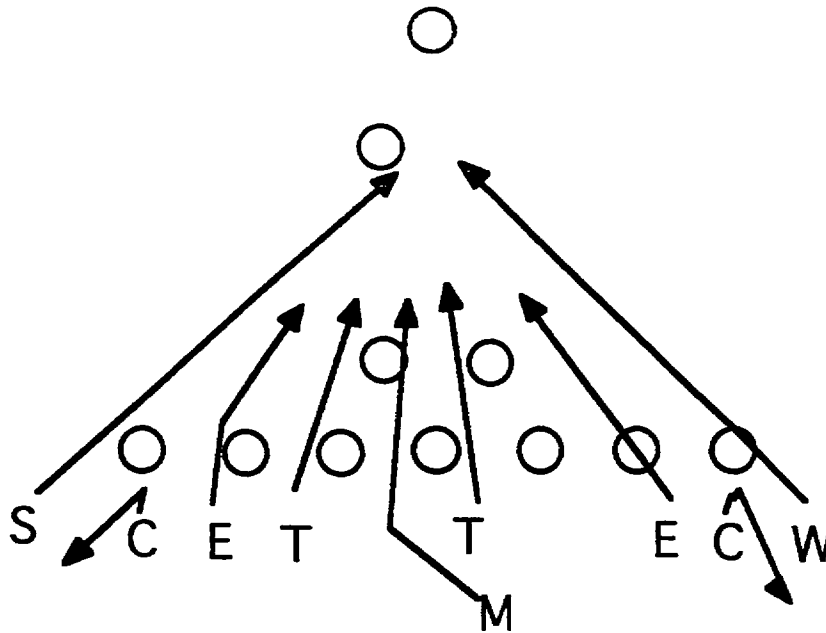
\*If there are two men between the end and tackle or three men between end and guard, the tackle will call "HELP-END" and the end blocks inside.

# *Fake Punt Run*



- \*All linemen block the man on you or the first person to show to your inside. It may be a blitzing LB or the lineman to your inside.
- \*The "Y" end will block the first lineman to his inside. It may be a double-team with the RT. You may combo down to the inside LB.
- \*The UPBACK to the right will block out on the first person to show outside of the block of the "Y". It may be a blitzing LB or lineman.
- \*The BACKSIDE LB will go up the hole and block the first person to show, usually a LB.
- \*The FB is the ball carrier. Run off the block of the trap blocker. You MUST get the first down!
- \*The kicker will jump, putting both hands in the air and then turn and run backwards 5 yards. Make it appear that the ball has gone over your head.
- \*We may run this to the left! We may call the direction at the line!

# Block Punt



SS

FS

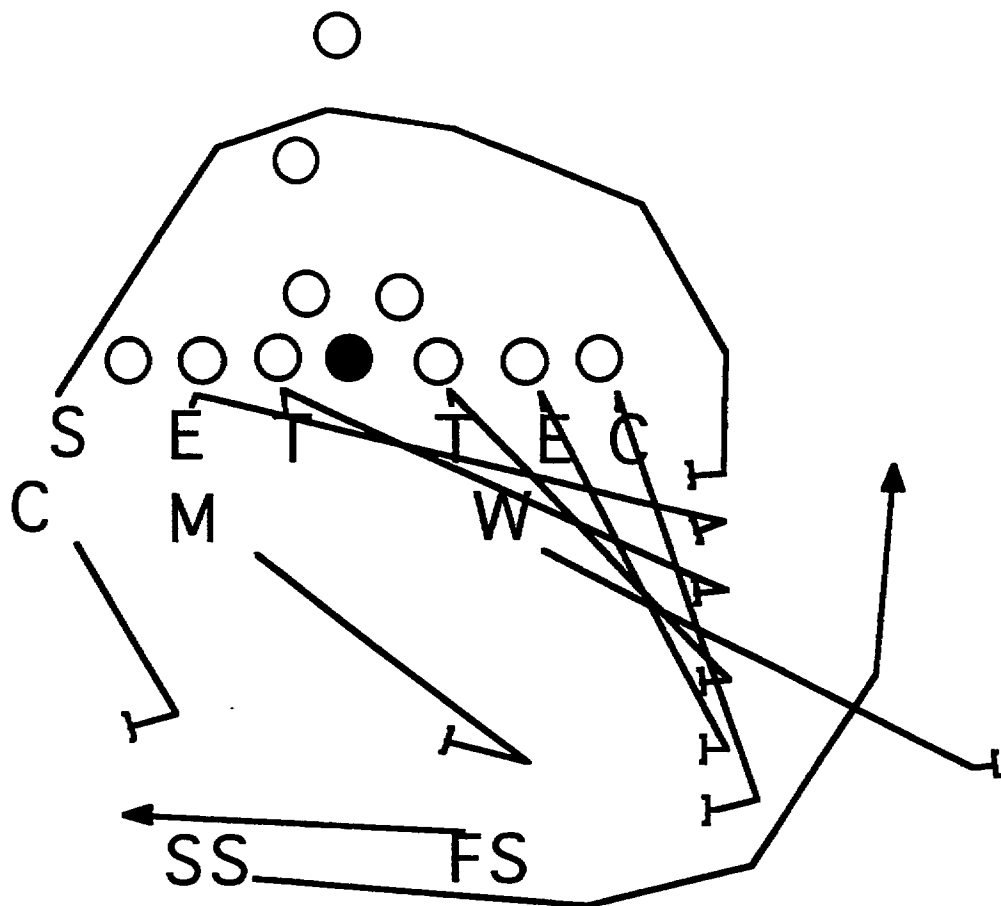
\*Just before the snap, all of the front people take the gap and rushe the punter. Aim for a spot about 3 to 4 yards in front of the kicker. Watch for fake. "C and C" may back off to watch for a fake.

\*Never, Never, Never;  
a. Be offside.  
b. Rough the kicker.

\*If we don't get the kick blocked, we will have an automatic return right on.

\*The returners should know that there won't be much blocking for you on this play, so keep in mind, the possibility of the "fair catch."

# Punt Return



\*The deep backs should be about 7 yards apart when the ball is being fielded. Communicate with each other. The one with the ball goes on the inside.

\*Interior linemen should bump their man and then sprint to a location about 10 yards from the sideline. The CB will get you aligned. "SLB" should try to block kick before going to the line of blockers. "WLB" blocks out on first man down field to outside. "MLB" and "CB" block the first men down in their area.

\*Never, Never, Never!

- a. Be offsides.
- b. Rough the kicker.
- c. Block below the waist.
- d. Block from behind (clipping).

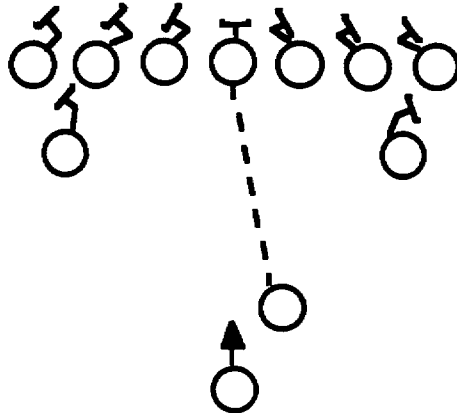
\*There are more penalties on this play than any play in football, so be careful.

\*We will go automatically to Eagle-Fire def., if the team decides to try for it!

\*Never field a punt inside the 12 yard line.

\*Our LB'ers will flip-flop according to the direction of the TE. "Liz" formation is shown above.

# Field Goal



\*All linemen should align in a 2-point stance, about 3 inches from the person next to you. When the ball is snapped, step with your inside foot. Put your foot over the foot to the person to your inside. You are you responsible for the anyone on you or to your inside gap. This is just opposite as the Punt formation rule.

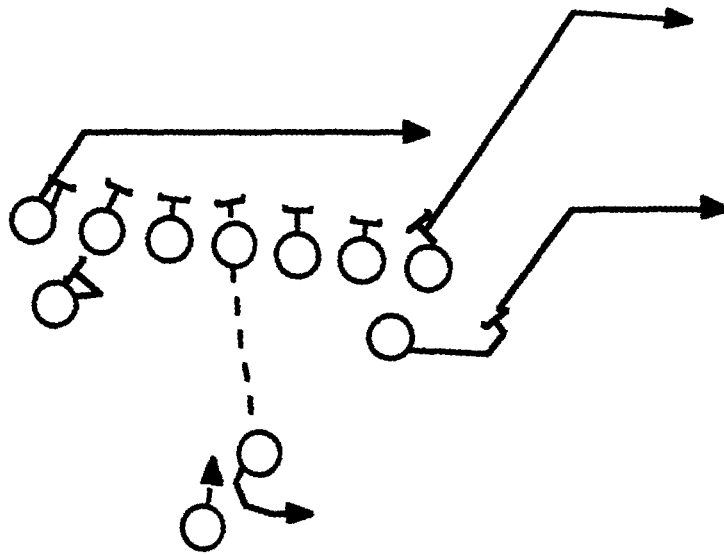
\*The UPBACKS should ailign 2 feet behind and to the inside of your ends. DO NOT let anyone go between you and the end. Block area solid!

\*The HOLDER should be 7 yards deep with the inside knee up. Face inward. Holler "SET" and the center will snap the ball to you in about 3 seconds. Punt the ball immediately down on the "T". If possible get the strings away from the kicker. Do not let go of the ball.

\*Kicker should keep eyes down and kick through the ball!

\*We will use the above formation on both fieldgoals and extra point kicks.

# Fake Field Goal



\*Linemen do regular field goal blocking. Do NOT go downfield, because it is a pass play.

\*"X" end (aligns to the left). He does a crossing pattern. Get about 6 yards deep. Bump block first!

\*The "Y" end (aligns to the right). Bump block and then go down and out (about 10 yards deep),

\*The Right UPBACK should tease the defensive end to take an inside route, bump him and then go down and out for a pass. Only about 3 yards deep.

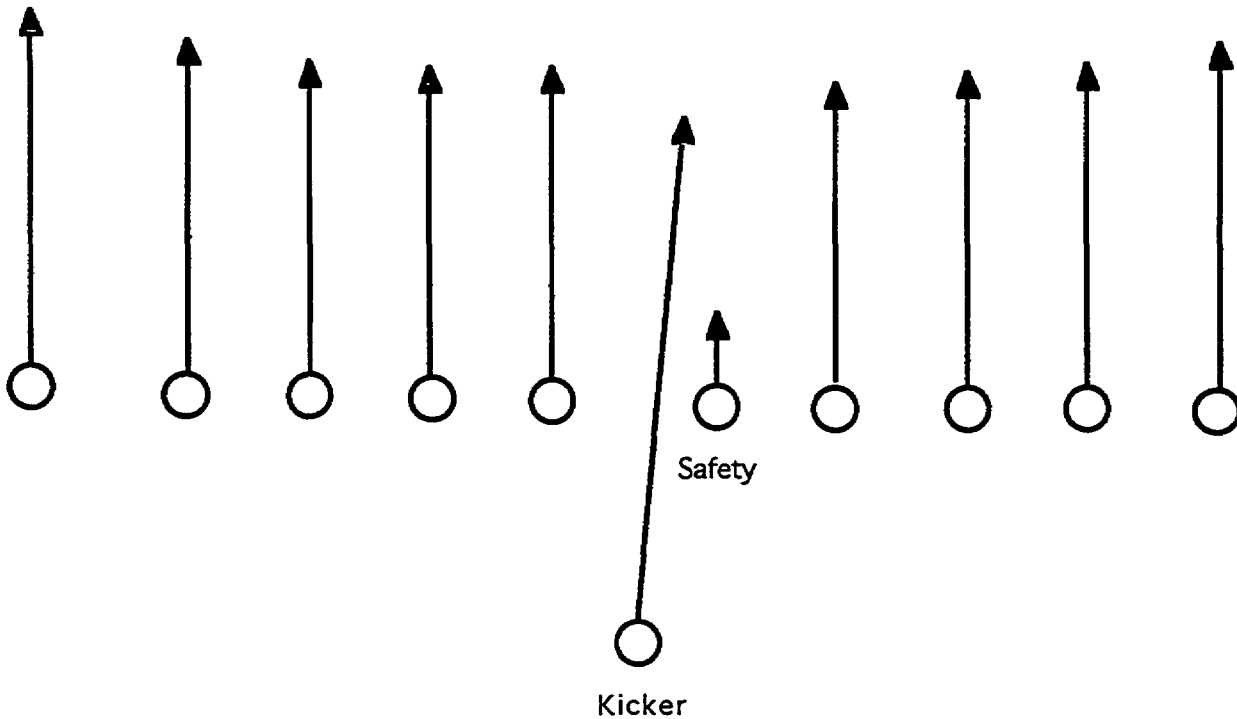
\*The Kicker fakes a kick.

\*The Holder lets the kicker fake a kick. Then he spins counter clockwise. Throw the ball to the open receiver.

IF WE HAVE CALLED A FIELD GOAL AND THERE IS A BAD SNAP OR FUMBLE, THE HOLDER WILL YELL 'FIRE' AND ALL OF THE PLAYERS WILL AUTOMATICALLY DO THE SAME AS THAT DRAWN ABOVE. Our FIRE call is the same as a FAKE FIELD GOAL.



# Kickoff

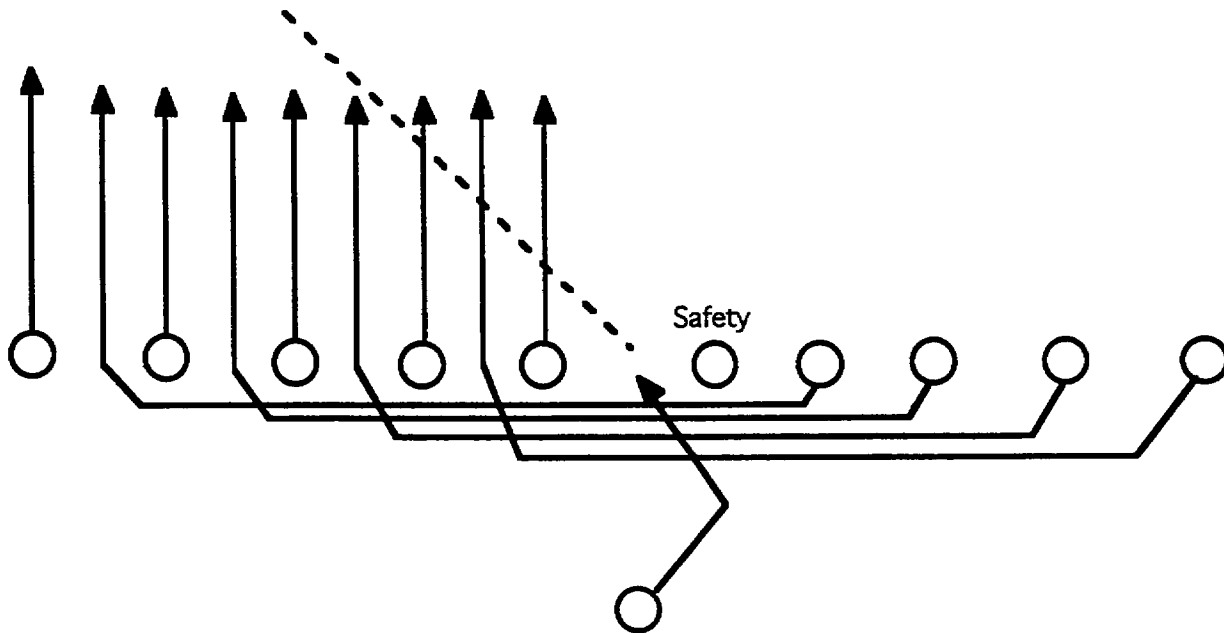


\*All linemen align in a 2-point stance, facing inward. When kicker hollers "set" you will go immediately to a 3-point stance. As the kicker passes you, go down field full speed, but under control. Turn the play IN and make the tackle. Some games we will have our players cross, as they are going downfield. This may help confuse opponents blocking schemes. DO NOT BE OFFSIDES.

Our SAFETY will not go down more than a few yards. It is your responsibility to NEVER let a kick returner go the distance.

\*Sometimes we will kick the ball deep and other times we will use a "crazy" kick where the ball will go to an upback. We will never, never kick the ball to best returner.

# On-side Kick



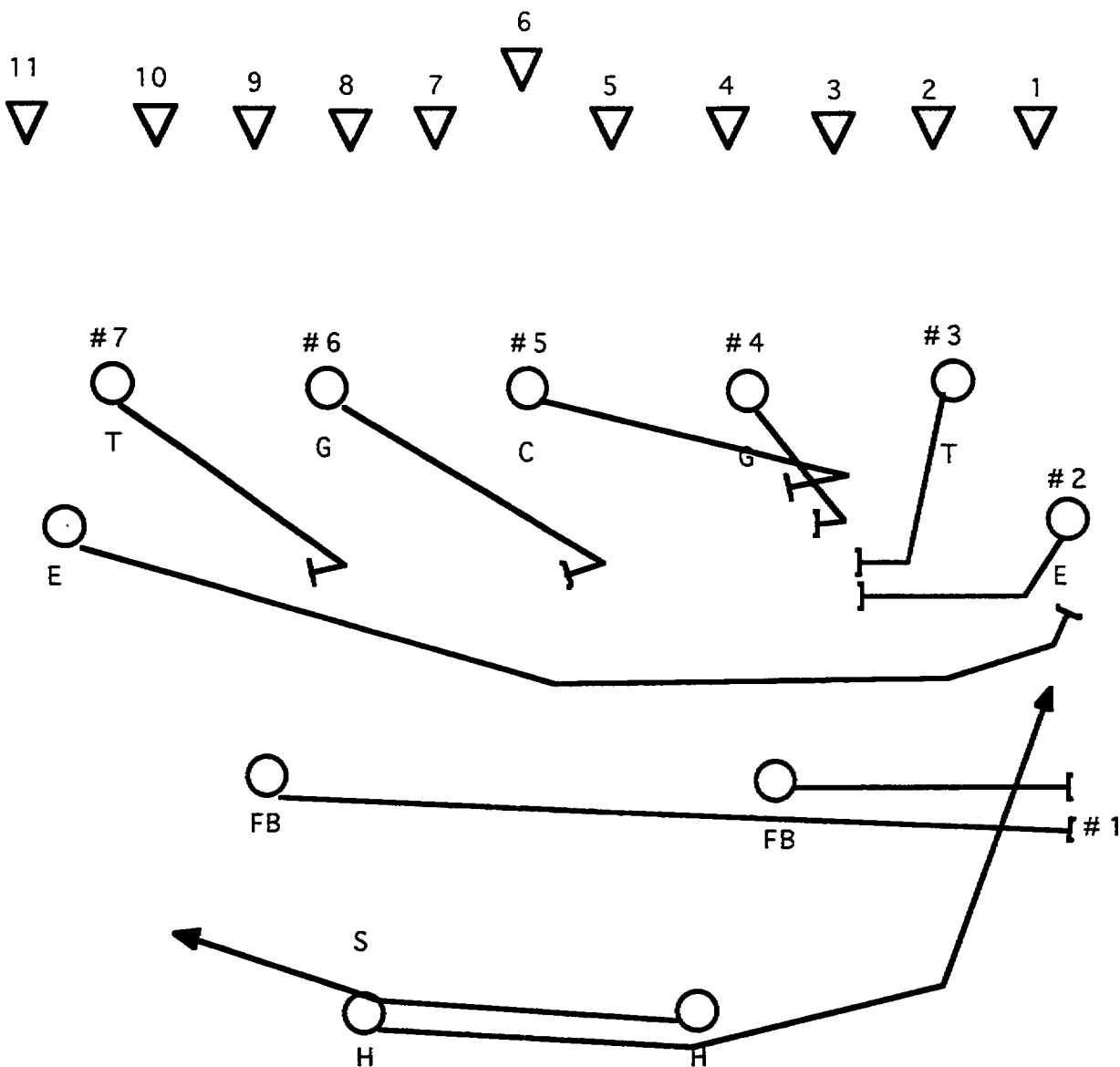
\*All linemen use the same alignment, etc. as they did on the normal kickoff. However, when the kicker yells "SET" the players on the right side of the line will go in motion, as described above. Be sure to get in your right slot. Everyone must fire after the ball with reckless abandon. If you can't get to the ball, then block someone, so that the entire momentum is going the way we want it to go.

\*The safety will stay back in case they break a run on us.

\*The kicker will align the same as on the normal kickoff. However, before he kicks, he will have to get an angle on the ball. The kick must go at least 10 yards. A perfect kick would be one that rolled about 11 to 13 yards deep and about 5 yards from the sideline.

\*We may kick this from the hash mark!

# Kickoff Return Right

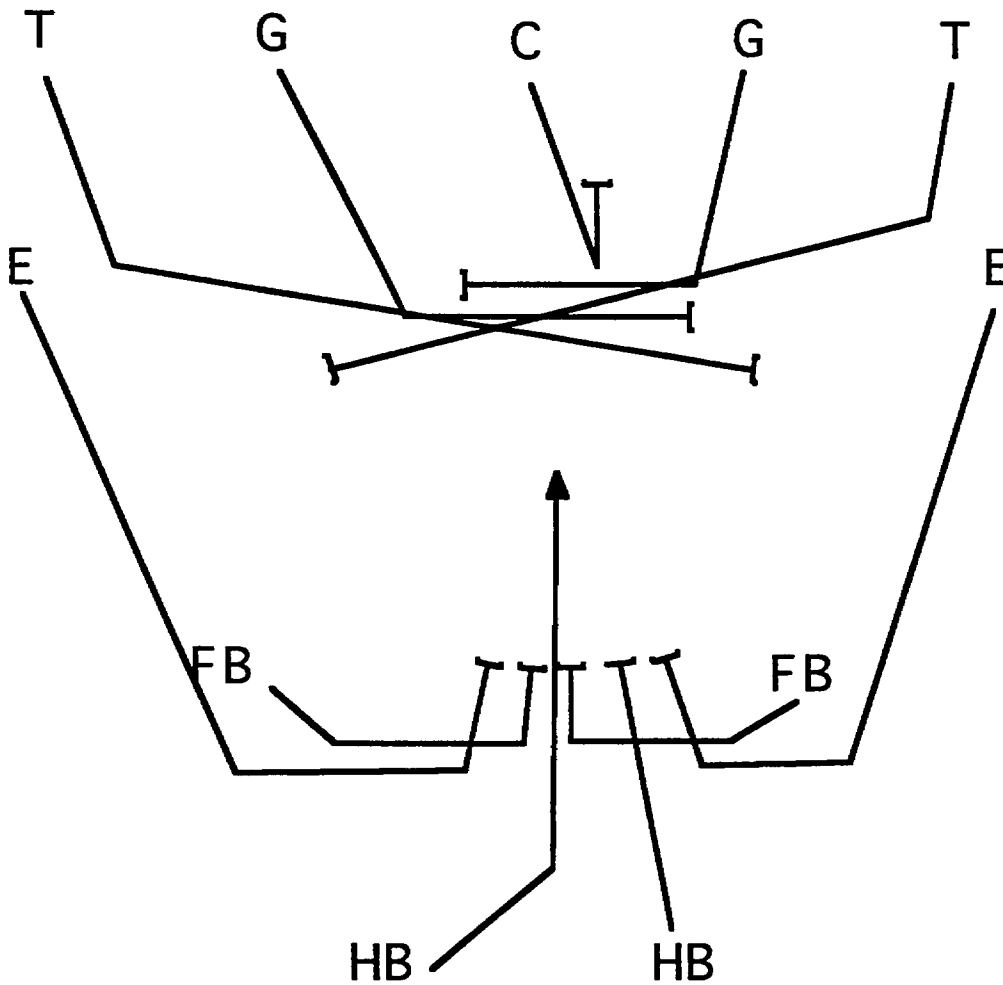


\*Return Left would be just the opposite as above.

\*Everyone will sprint back to about the 30 yard line. This is where we will open the lane for the running back. 15 yards in front of the ball carrier.

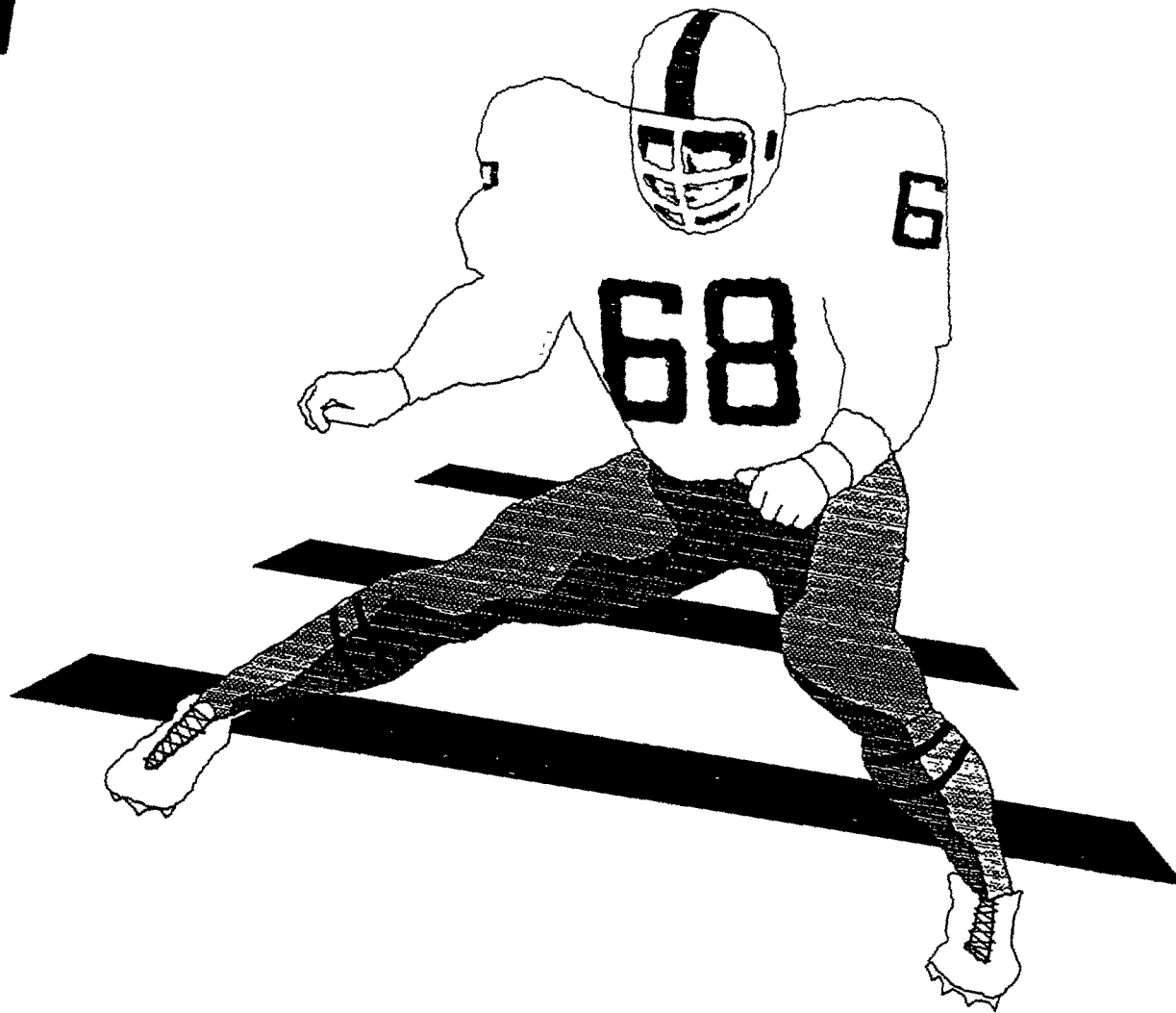
\*Halfbacks will cross The one with the ball will go to the inside. Make good fakes after the handoff. Get about 7 yards apart when fielding the ball. Communicate with each other. If you fumble the kickoff, don't cross. Practice this every night before the practice officially starts.

# Middle Kickoff Return



- \*The FB's set the wedge.
- \*Ball carrier hollers "go".
- \*Blockers. Don't lunge. Keep contact.

- C blocks #6,
- RT blocks #8
- LT blocks #4
- RG blocks #7
- LG blocks #5
- Ends get to wedge.



# “The Defensive Game”

# Defensive Philosophy

It will be our philosophy to keep things fairly simple, so that we will not have confusion. Yet, our defense will be one that will give many different looks to our opponents, in hopes that we can confuse them. Sometimes we will slant to different gaps and other times we will shift to the gap before the ball is snapped. We will be a defense that attacks and pursues. We will be a defense that **MAKES THINGS HAPPEN!**"

## Defensive Theory

1. Our defensive strategy is to stymie the opponent's running game while controlling the passing game and preventing the long pass.
2. We can adjust our defenses to any opponent's strength or game situations without changing the basic structure.
3. We execute as near to perfection as possible the individual and team techniques.
4. We believe that any play can be stopped if we practice against and see that play enough.
5. We will concentrate on stopping our opponent's best plays.
6. In Passing situation, we are either going to blitz hard or we are going to leave several people back. This will confuse the opposing quarterbacks. To further confuse our opponents we will mix up our defensive coverages so that we are in a 2-deep zone, 3-deep zone, man-to-man or some kind of a man/ zone defense. The defense will be disguised so that opponents will not be able to figure out our pass coverage.
7. We will increase the defensive pressure as our opponent gets nearer the goal line. More blitzes and man-to-man coverage.
8. We will work to eliminate the long run. We will do this with great pursuit, good open field tackling and pride.
9. We want to completely eliminate the long pass.
10. We want to eliminate all silly penalties.

## What makes a defense strong??

1. Each individual must believe in our defense and in himself.
2. On every offensive play or pass, eleven defensive men have an assignment to carry out. **If one man fails, all eleven fail.**
3. Pursuit and gang tackling are the two most important parts of our team defense.
4. Aggressiveness must be developed and maintained.
5. We must Stop the Third Down play.
6. We stop all teams inside our 10. **THEY SHALL NOT SCORE.**
7. Overall team speed, quickness and lateral movement must receive top priority.
8. Each team has its strengths and weaknesses. **KNOW THEM!**
9. When a sudden change situation occurs, we must mentally rise to the occasion.
10. We will make the opponents, **DO WHAT THEY DON'T LIKE TO DO.** If they don't like to pass, we will force them to pass, etc..

## **Defensive Goals**

1. Hold opponents scoreless.
2. Hold opponents to less that 200 yards of total offense.
3. Force 3 fumbles a game and recover 2.
4. Intercept 1 of every 10 passes thrown.
5. Do not allow any touchdown passes.
6. Do not allow any run or pass reception of over 15 yards
7. Sack the passer 3 or more times a game.
8. Never let the opponent have the ball for more than 8 successive plays.
9. Block or force a bad punt.
10. Hold our opponent to an average of 15 yards or less on kick-off returns.
11. Average 15 yards or more on all our punt returns.
12. Our defensive team must score at least once a game.

## **Eleven Keys to Being a Champion**

1. **PMA-** Always believe you will be successfull.

2. **PREPARATION**- Practice with a purpose.
3. **SELF-DISCIPLINE**- Follow all training rules.
4. **COMMITMENT**- Make sacrifices for the team.
5. **LOYALTY**- Always speak about team-mates in a positive manner.
6. **COURAGE**- Stand up for what is right.
7. **PRIDE**- Be a "winner" on and off the field.
8. **DESIRE**- Possess internal drive to do your best.
9. **CLASS**- Respect others as you strive for excellence.
10. **PERSISTENCE**- Be able to "bounce back" from adversity.
11. **WORK**- Push yourself into peak condition.

\*Follow these rules and you will help make our **TEAM NUMBER 1!** Coach Tryon

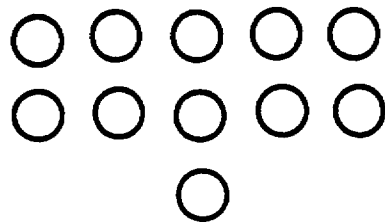
**"The team with the strongest defense  
will win the close games."**



# Defense

## The Boone High Way

Our defense is the best possible defense. It is the defense used by practically all of the College Bowl Winners last January. Most of the successful Iowa High School Teams used this defense last fall. Practically every Pro team runs this defense. It is an attack and pursue defense. It involves a lot of blitzing linebackers and stunting linemen. It is a defense that we can easily adjust to any possible offensive formation. It is the defense of the Boone Treadors!

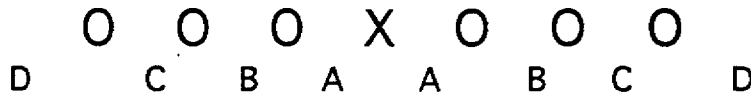


### THE HUDDLE

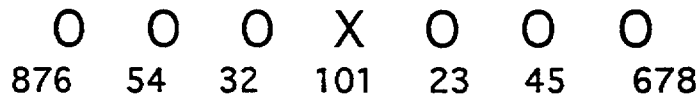
(About 3 yards from the ball.)



### GAP RESPONSIBILITY



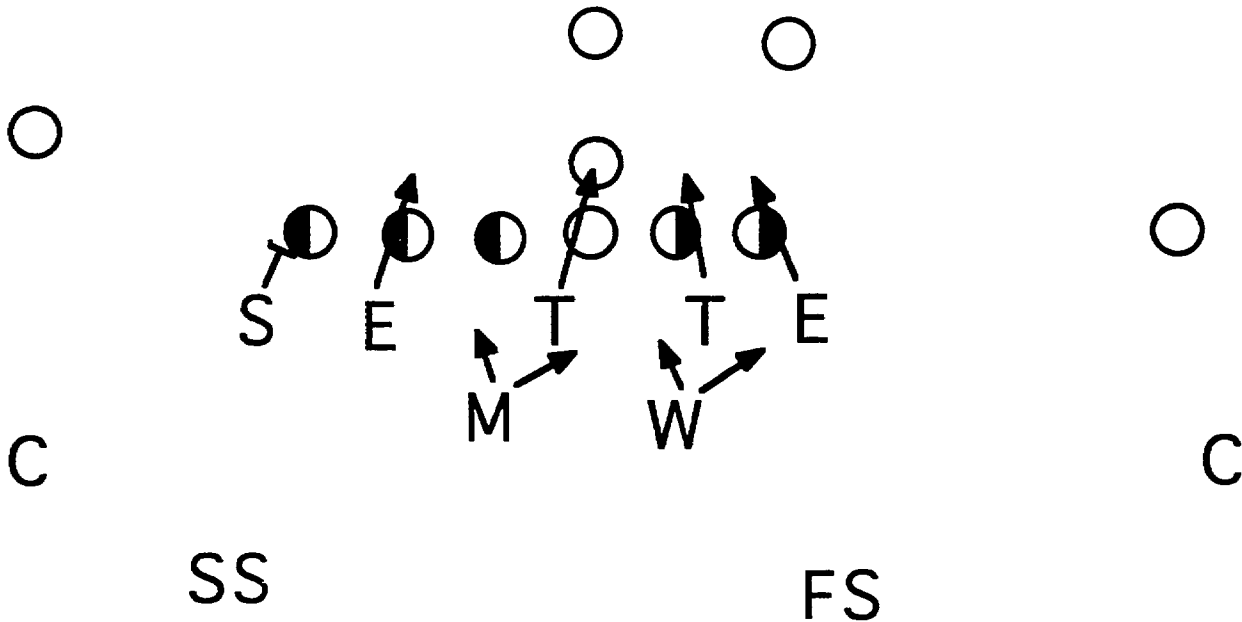
### ALIGNMENTS



This is our base defense.  
Especially good against  
the run.

# Eagle

Eagle defense is shown  
below.



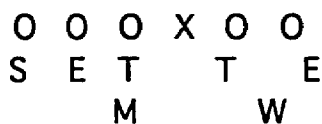
- S= #7 technique toward the call.
- E's= #5 technique.
- T toward call= #1 technique.
- T away from call= #3 technique.
- M= #3 technique toward call.
- W= #3 technique away from the call.
- All Def. backs= Refer to your coverages.

A favorite blitz out of this formation would be "Eagle-Fire". We would go cover-1. The "W" and the "T" away from the call would blitz the "b" and the "c" gaps. All of the other linemen would do the same as they did on the regular "Eagle" call. SLB also fires. MLB "teases" into the line. Safeties take No. 2 receivers.

We could make an adjustment or two according to what the offense does.  
Here are some examples:

If they are a TRAPPING team:

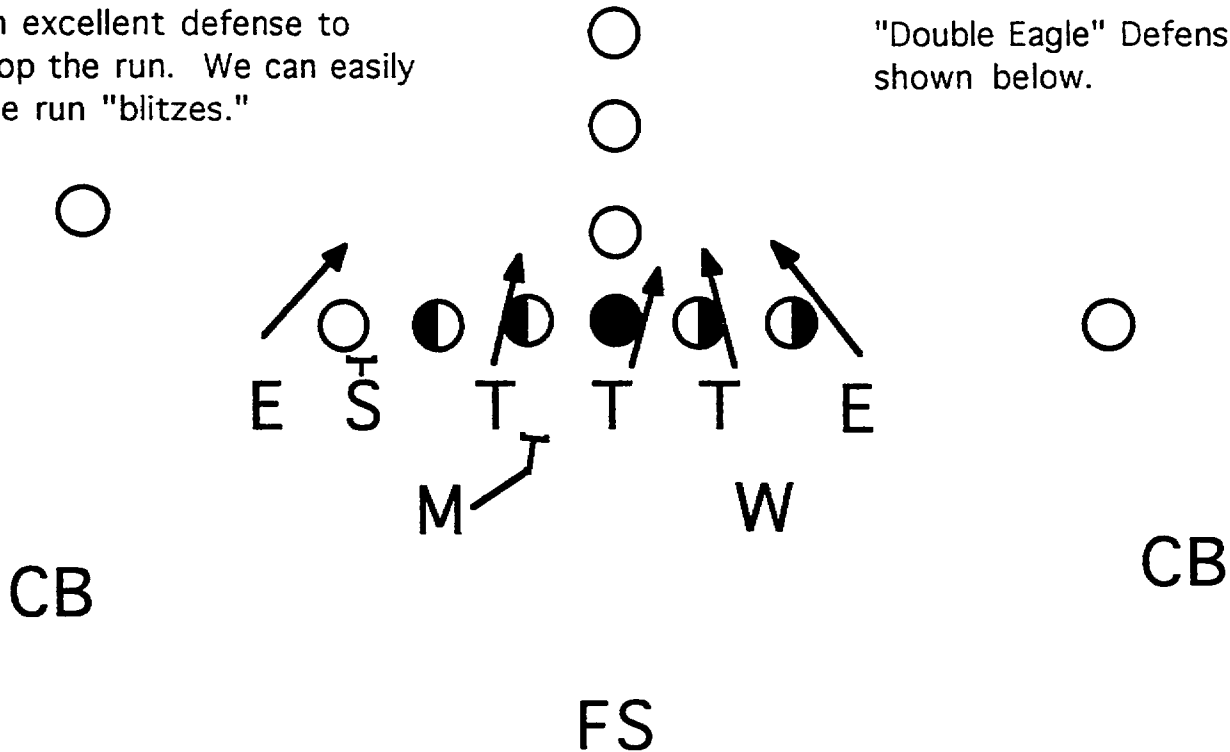
If they are a TE oriented team:



# Double Eagle

An excellent defense to stop the run. We can easily use run "blitzes."

"Double Eagle" Defense shown below.



E's= #9 technique. Come hard and disrupt everything. Help look for a man in the flat if LB to your side is blitzing.

S= #6i technique. You have No. 2 receiver in man coverage.

W= #4 technique. If they go to two TE's, then use 6i technique. You have No. 2 rec.

T's= #3 technique.

Inside T= Play head up on center and then shoot gap away from the call.

M= #4 technique (if they have 2 runners). #2i technique if only 1 runner. On a pass play you have No. 3 man. On a run you have "A" gap responsibility.

C's= Man coverage on No. 1 receiver.

FS= "Free" unless "S" or "W" LB is blitzing, then take his man.

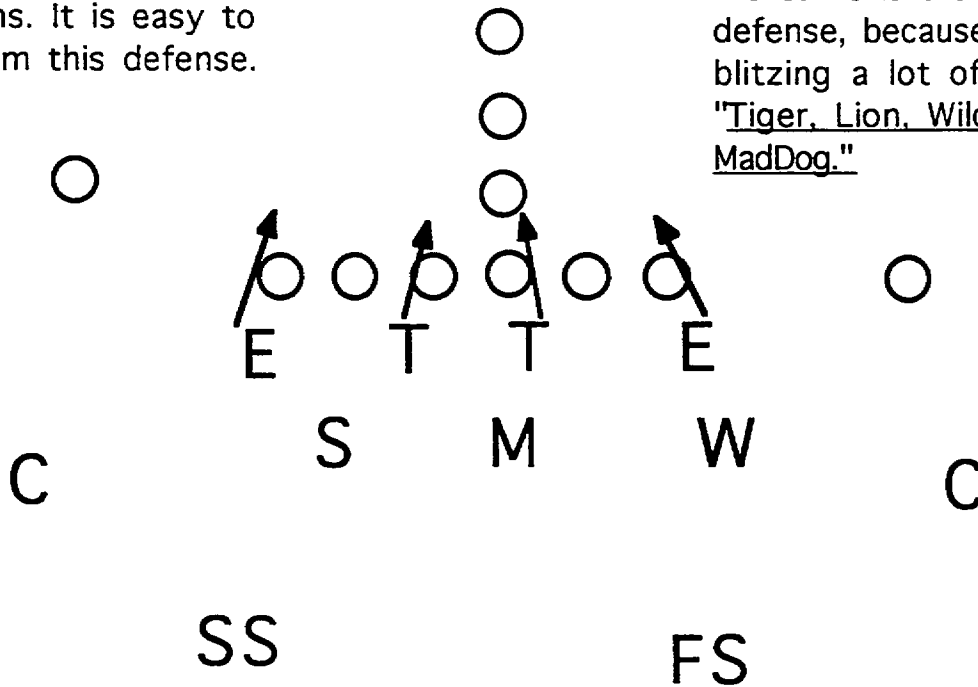
We could blitz:

- Double Eagle-Blitz Strong= Sam blitzes "C-gap". (FS takes his man). Mike blitzes the "A" gap toward the call. Nose tackle shoots the gap away from the call. "M" has #3 receiver. The outside tackles shoot "B" gaps.
- Double Eagle-Double Blitz= Mike and Willie shoot the "A" gaps. However, if there is a TE toward Willie's side he will slide out and take No. 2 receiver and the FS will blitz the "A" gap away from the call. Nose tackle plays head-up. The outside Tackles attack the "B" gaps.
- Double Eagle- Safety Blitz= FS will blitz the "A" gap away from the call. Nose "T" goes "A-gap" toward the call.

# Beast

We will use this in passing situations. It is easy to blitz from this defense.

We call this the "Beast" defense, because we are blitzing a lot of wild animals; "Tiger, Lion, Wildcats and MadDog."



End toward call= #7 technique. Sometimes we may align in a 6i technique.

End away from call= #5 technique.

Tackle toward call= #3 technique.

Tackle away from call= #1 technique. Sometimes we may align in a 2i alignment.

S= #5 technique toward the TE or the call (you have "C" gap responsibility). If Def.

end comes down hard, you will have "D" gap and end will take the "C" gap.

W= #5 technique away from the call. You have "B" and "D" gaps to your side.

M= #0 technique. You have "A" gap toward call and "B" gap away from the call.

Def. Backs= Refer to the different coverages.

## Best Stunts:

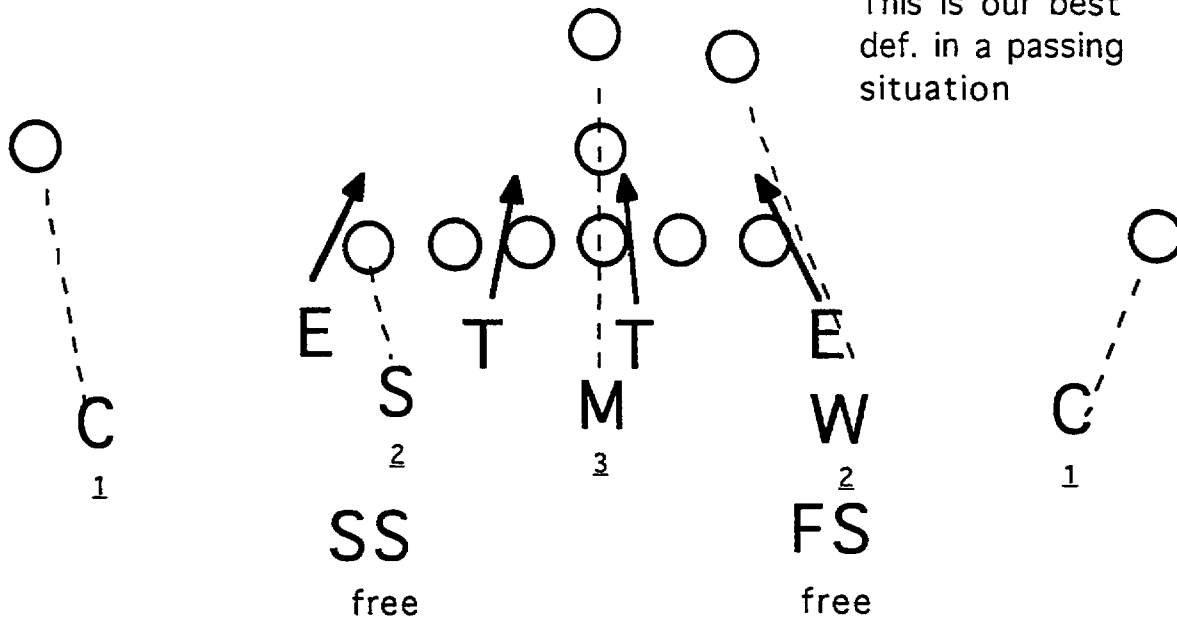
- "Tiger"= The Sam LB toward the TE blitzes with Def. end.
- "Lion"= The Willie LB toward the Loose side blitzes with the Def. end.
- "Wild Cats"= Both Sam and Willie blitz in their respective gaps (with ends).
- "Mad Dog"=Mike LB blitzes in the "A" gap toward the call.

\*When we blitz, we will be in cover-1. Otherwise we will be in a zone coverage.

# Cover-1

We will normally be in Cover-1 when blitzing.

"Beast-Tiger" is shown below:  
This is our best def. in a passing situation



This is man-to-man coverage. The defensive front 4 come hard!

C's=#1 receiver. Align a little to inside receiver. Don't get beat deep, especially if you don't have a "free" safety behind you.

S= Align to the TE side. Take the #2 man to man. If you are blitzing (make sure safety is taking your man). If MLB blitzes, you may have to take his man.

W= Align to SE side. Take the #2 man from the outside. If the MLB blitzes, you may have to take his man. If you blitz, make sure someone has your assigned man.

M= #3 receiver. Take him even if you are blitzing.

SS=Align to the TE side or "call" side. You are a "free", unless The SLB is blitzing, then you would take his man (#2 man).

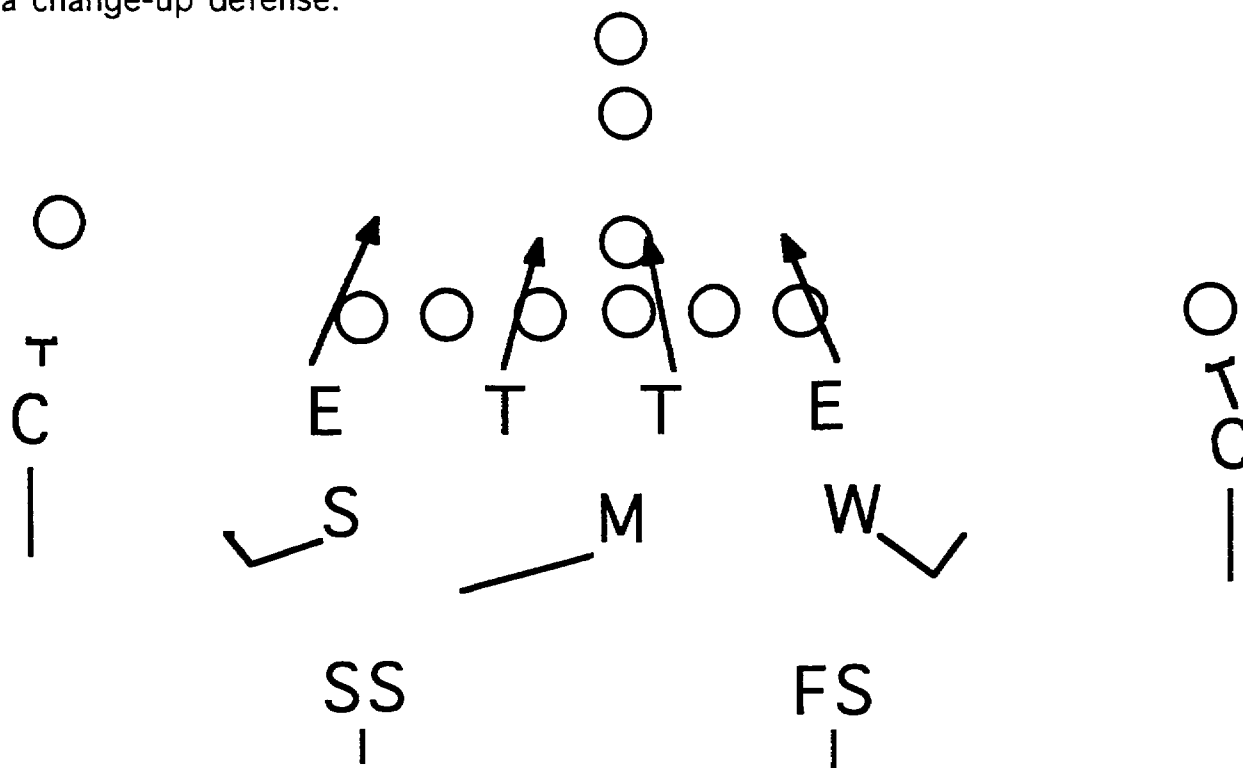
FS=Align to the SE side or side away from the call. You are "free" unless the "WLB" is blitzing, then you would take his man (#2man).

\*If your man goes in motion, you will need to go with him.

# Cover-2

We will use this zone pass coverage only as a change-up defense.

Shown is "Beast" def.



C's= Play bump and run. Stay with your man for about a 10 yard area. Do not go across field with him. If you notice a 2nd receiver coming to the flat area, you would release your man and take the flat.

S and W= Drop back 10 yards to one yard outside the TE position. Look for any delayed pass to the flat, such as a screen pass.

M= Drop back 10 yards toward the TE side. If the TE comes across in front of you, bang him. Always look for the TE as soon as you recognize a pass.

SS and FS= Align about 15 yards deep. You have deep one-half pass responsibility. Align close to the hash marks. Never get beat deep!

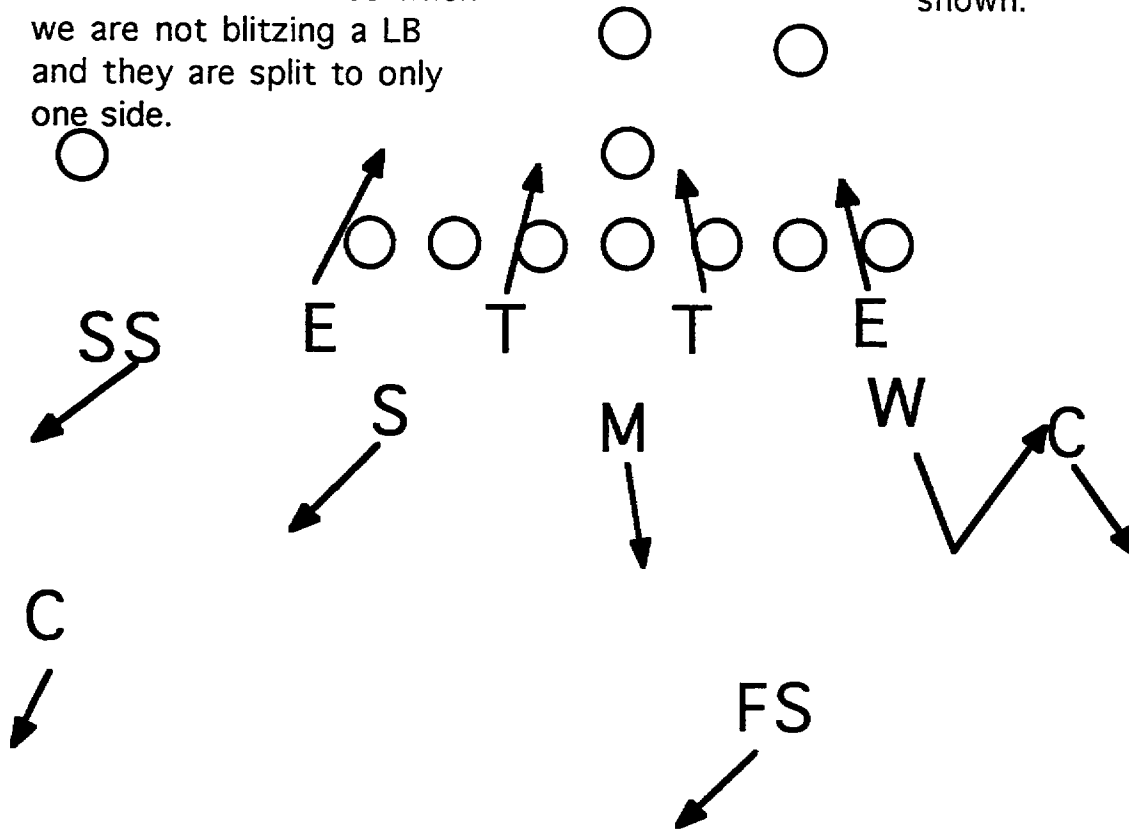
\*If there is long motion, we will stay in the same alignment, unless the motion man makes a slot-formation (wide out and a slot-man to one side) in which case the SS will move with him and call cover-3.

\*We will not use this coverage IF we are blitzing.

# Cover-3

We will usually be in this cover-3 zone defense when we are not blitzing a LB and they are split to only one side.

"Beast" defense is shown:



SS= He goes to the TE side, unless all split receivers are to one side, then he goes to the side of the receivers.

SS, S, M, and W= Drop back 10 yards and divide the field by 1/4's. The 2 outside men would drop back and take the flats if a screen, etc. developed. All Linebackers must know to which side the SS aligned to.

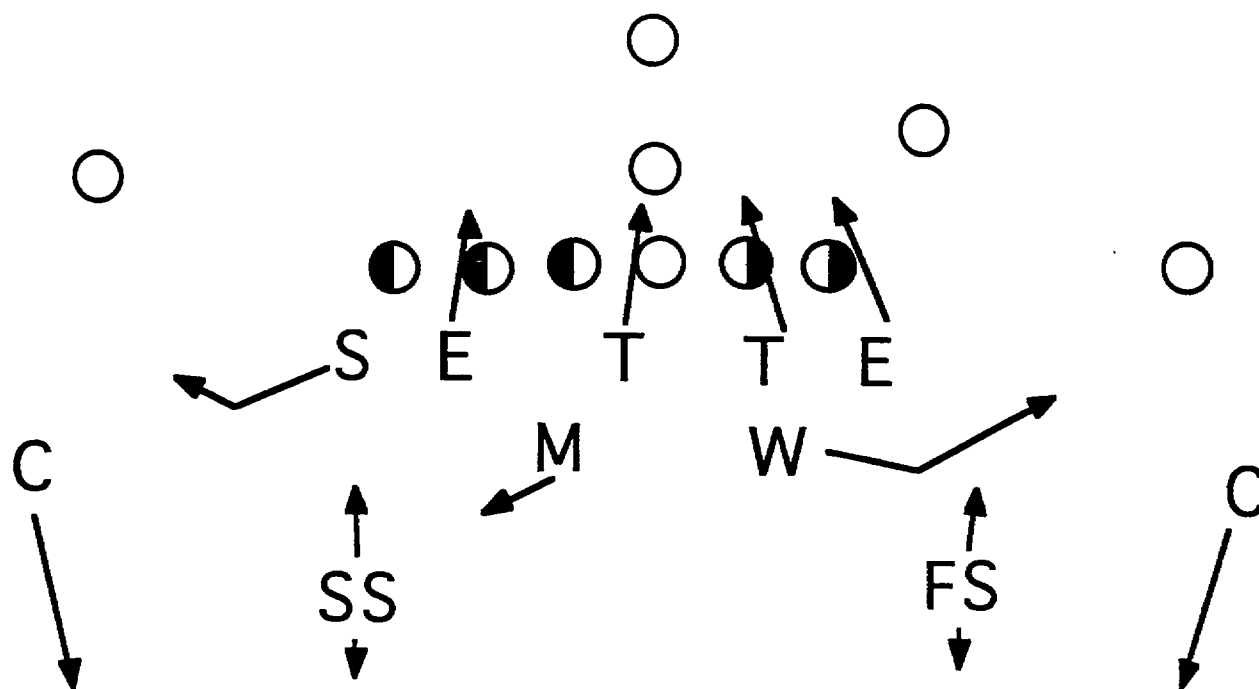
C's and FS'= Take deep 1/3. Never get beat deep!

\*If motion comes toward the SS, just ignore it. However, if motion goes away and it gives the opponents wide outs to both side, we will convert to cover-4.

We will use this zone def. whenever opponents have wide receivers to both sides.

"Eagle" defense is shown.

# Cover-4



C's= Play one yard outside the widest man. You have deep 1/2.

SS and FS= Key the #2 receiver from the outside. You can always go for the interception. If the #2 blocks, you must come up quickly according to #2's block. If #2 releases to flat or across the middle, just ignore him (just play football). If #2 comes down the middle on a deep pass, you go with him.

S and W= Drop back 10 yards. You have the flats. If #2 receiver aligns wide, you will need to cheat out, so that you can take the quick out by a receiver.

M= Drop back 10 yards to the side of the TE.

\*If opponents go in motion to put all wide receivers to one side, our SS would go to his flat and call cover-3. If with long motion, there are still wide receivers to both sides we will stay in cover-4.





# “The Offensive Game”

# Huddle and Cadence

Z FB QB TB  
Y X  
ST SG C QG QT

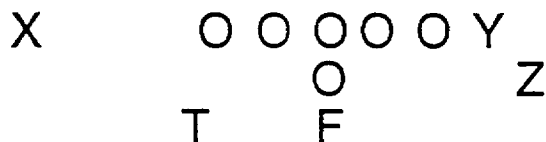
The center calls the huddle, about 5 yards from the line of scrimmage. Only the QB will speak. He will call the play twice. For example, he will call "183 Belly", "183 Belly", "Ready Break". The center and any wide receivers will go immediately to their positions when they here the play for the first time. When the QB says "Ready" the others will turn and face the defense with hands on the knees. We will be flip-flopping the offensive line, so if an unbalanced left play is called, the linemen would shift to that position. On the command "Break" everyone will slap their hands and sprint to the line of scrimmage into a ready to hit position. The QB will let the last player set for 2 seconds and then call out the cadence, which is "Ready-Hike". If we decide to go on a delayed count, the team will be told of this before the play is called!

## Types of blocks

- A. MAN= We will number the defensive linemen and LB'ers from "O" at the center on outward. Used for running plays.
- B. CUP= All linemen step to the inside and blocks the first person to show. If no one comes help to the outside. Backs check for a blitzing LB first and if no one is blitzing, then block the def. end.
- C. TRAP= A lineman pulls and traps on our TRAP plays.
- D. COMBO= Linemen join to combo block on I-formation plays.
- E. ZONE= Two time block on line and someone will slide off and block the LB.

# FORMATIONS;

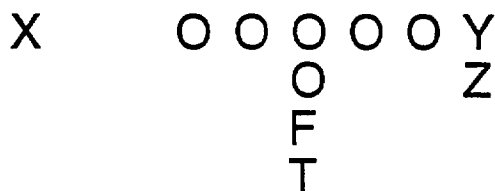
## "WINGED-T"



This is our "Cheetah" formation (quick team).

1. It is based on finesse and quickness.
2. Our favorite pass formation.
3. Our "trap" offense which features lots of mis-direction plays.
4. Our line will flip-flop.
5. Our "X-end" and "Z-back" can cheat to other locations.

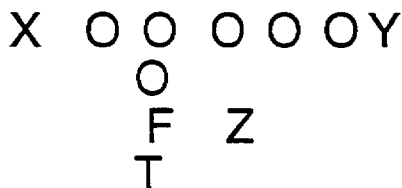
## "I"



This is our "Power" formation (power team)

1. Great for short yardage situations.
2. Great for bad weather games.
3. We use man-to-man blocking.
4. Our line will flip-flop.
5. Our "X-end" and "Z-back" can cheat to other locations.

## "UNBALANCED"



This is a change up look for our "Power" formation.

1. Same assignments as mentioned above in "Right"
2. Both guards will slide to the right of the center.

Our Plays will have 3 numbers in them.

1. The first number sets the formation. No. 1 means our Strong side and "Z" Back go to the right. The No. 9 means our Strong side and "Z" back go to the left.
2. The second number does two things. (1) It sets the backfield formation and established which series we will be running. If the second number is ,O,1, 2 or 3, our backs will align in a Wing-T formation. If the second number is 4 or above we will align in an "I-Formation."
  - a. The second number also designates a series for us, such as:
    - O. "O-Series"= Winged-T formation, QB drop back passes.
    1. "Teen- Series"= Winged-T formation, Quick Pitch Series.
    2. "20-Series"= Winged-T formation, FB up middle, Trap Series (Run or Passes)
    3. "30-Series"= Winged-T formation, FB leads, Trap Series.
    4. "40-Series"= I-Formation. "Wedge Series. Man blocking.
    5. "50-Series"= I-Formation. FB leads. Man blocking.
    6. "80-Series"= I-Formation. FB belly series. Man blocking.
3. The third number is the hole of attack. We number our holes from the right as shown below.

9-8-7-6-x-4-3-2-1

# Offense- "The Boone High Way"

## I-FORMATION

**PLAYS:** (Man blocking). Our "power" offense. An excellent formation for short yardage situations. This is our "Power" Team. Linemen will align about 6" apart.

### 80 SERIES= (Our FB Belly Series):

183 Belly  
987 Belly

East, 183 Belly  
West, 987 Belly

East, 183 Belly Flood Pass  
East, 183 Belly Bomb Pass  
East, 183 Belly Bootleg "

181 Belly Keep  
989 Belly Keep

181 Belly Pitch  
989 Belly Pitch

188 Belly Counter  
989 Belly Counter

East, 182 Belly 2nd man  
West, 988 Belly 2nd man

### FOURTY SERIES=(FB Dive series):

144 Wedge  
946 Wedge  
146 Wedge  
944 Wedge

142 Wedge 2nd man  
948 Wedge 2nd man

141 Wedge Pitch  
949 Wedge Pitch

149 QuicksideWedge Pitch  
941 QuicksideWedge Pitch

141 Dump pass  
949 Dump pass

### 50 SERIES= (FB lead series):

152 Blast  
958 Blast  
158 Quickside Blast  
952 Quickside Blast

156 Lead  
954 Lead

East, 159 Quickside Toss  
West, 951 Quickside Toss

## WINGED-T PLAYS:

(Trap blocking or Special Blocking). This is our "finesse" offense, especially good in big yardage situations. We call this our "Cheetah" Team or the team with much quickness. Linemen are split about 2' apart. The TE aligns 3' wide if the tackle has a man on him and 6' if the tackle is uncovered.

### 20 SERIES=

(Plays where FB goes up the middle):

124 Trap  
926 Trap

121 Down Sweep  
929 Down Sweep

121 Waggle  
929 Waggle

### 30 SERIES=

(FB lead type plays):

132 Power  
938 Power

138 Counter Criss-Cross  
932 Counter Criss-Cross

### 100 SERIES=(Drop back pass plays):

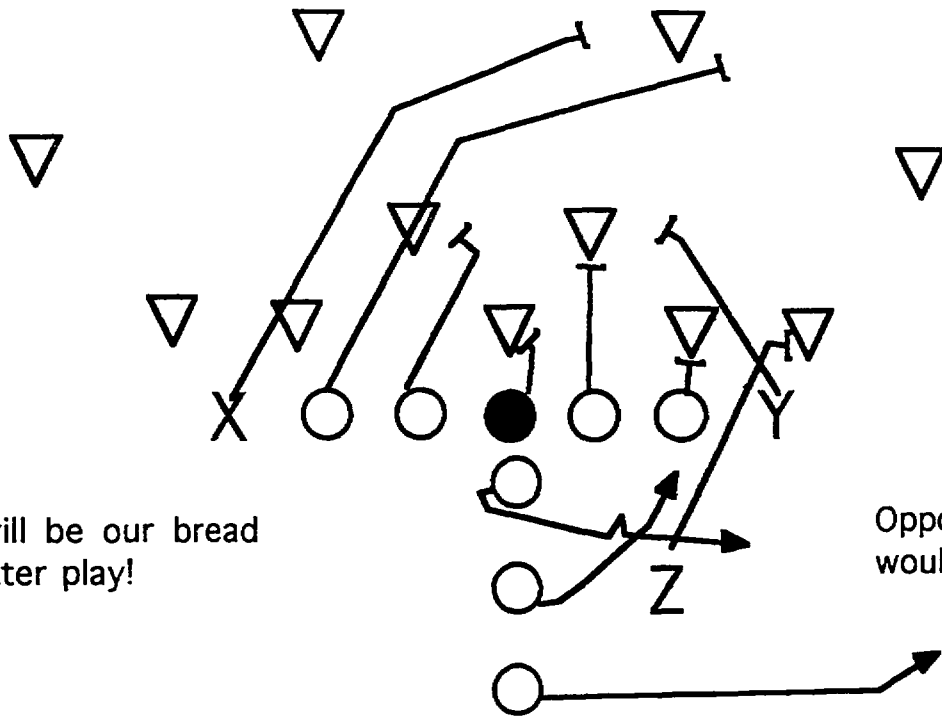
100 Passes (call patterns)  
900 Passes (call patterns)

100 Flea-Flicker Left  
900 Flea-flicker Right

100 Screen Left  
900 Screen Right

100 Middle Screen  
900 Middle Screen

# 183 Belly



\*This will be our bread and butter play!

Opposite play of this would be 987 Belly.

Y= Block the #3 man. However if #3 is the def. end, then block the LB.

ST= #2 man. Take him either way.

SG= #1 man.

C= #0 or backside LB.

QG= #1 man.

QT= Downfield and lead the play.

X= Downfield and lead the play.

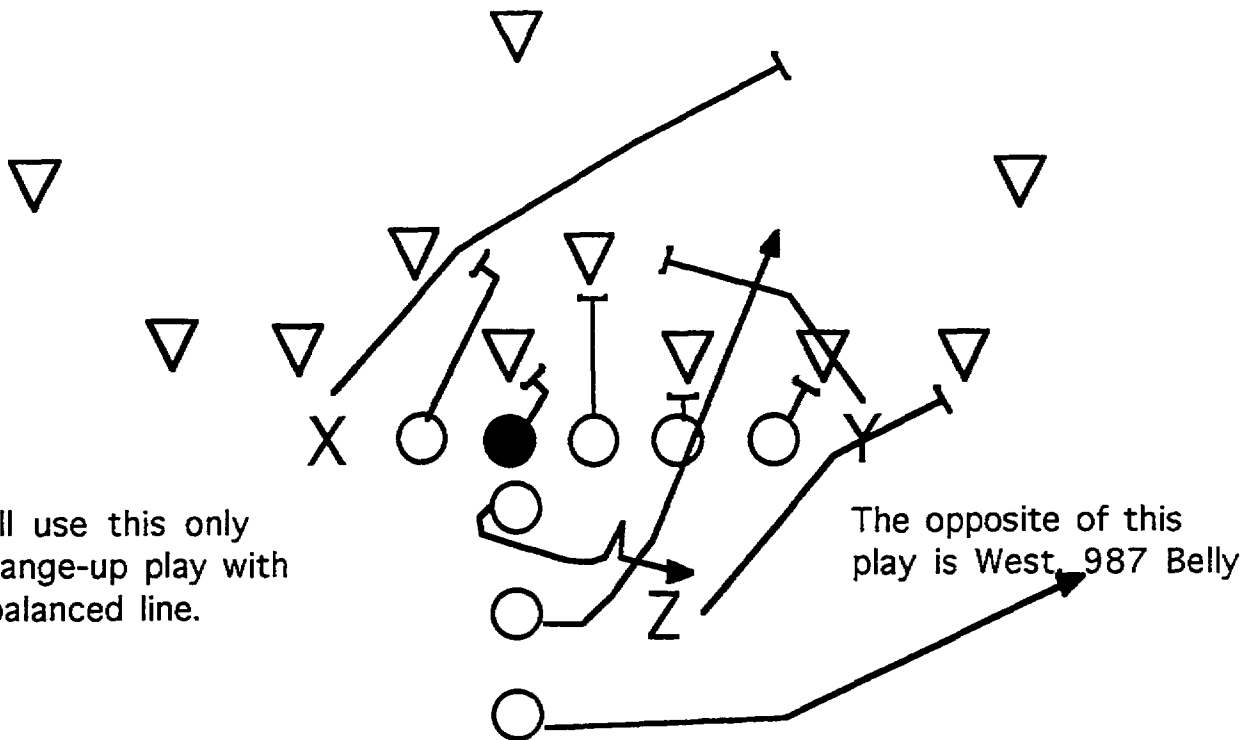
QB= Reverse pivot. Take 3 steps. Ride the FB. Give FB the ball and fake option to the right.

FB= Short jab right. Round it off to ST. Key block of ST. You are the ball carrier.

TB= Fake a pitch to the right.

Z= Block out on defensive end.

# East, 183 Belly



\*We will use this only as a change-up play with the unbalanced line.

The opposite of this play is West, 987 Belly

Y= #4 man. If #4 man is the defensive end, combo block down to the LB.

ST= #3 man.

SG= #2 man.

C= Man on or backside LB.

QG= Align to right of center and block #1 man.

QT= Align next to center and block #1 man.

X= Downfield and lead the play.

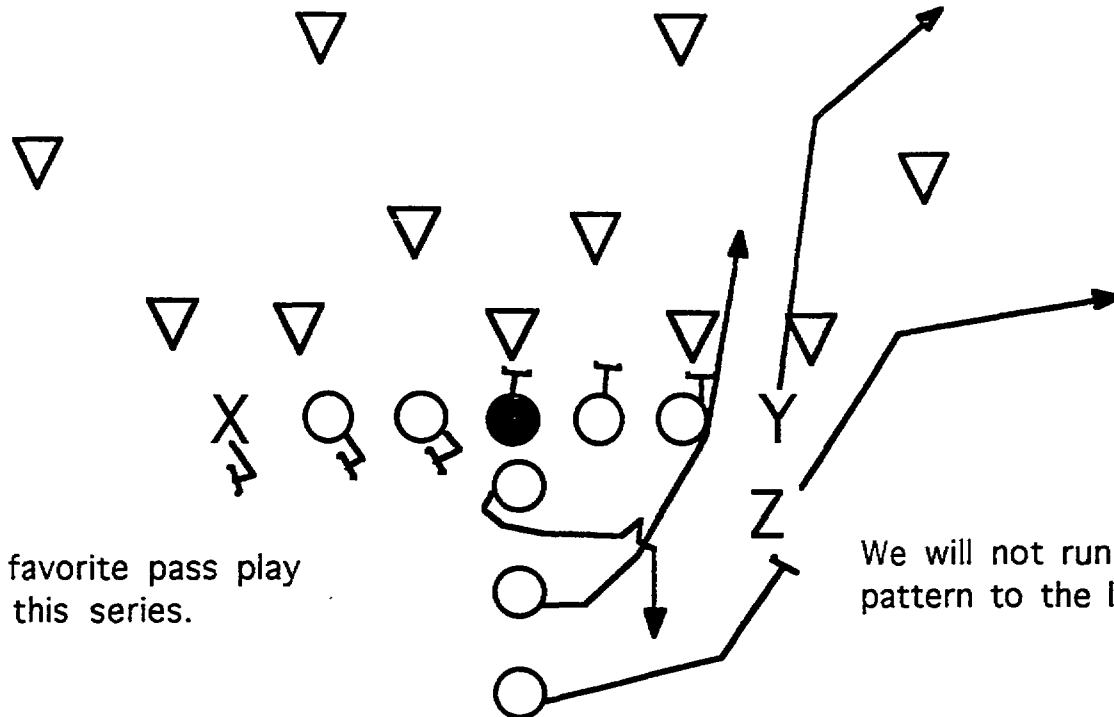
QB= Same as 183 Belly play.

FB= Same as 183 Belly play.

TB= Same as 183 Belly play.

Z= Block end out.

# 183, Belly Flood Pass



\*Our favorite pass play from this series.

We will not run this pattern to the left side.

Y= Run a #5 route. Down 10 to 12 yards and run a "flag" route.

ST= Fire out block on #2, but don't go downfield.

SG= Fire out block on #1, but don't go downfield.

C= Fire out block on #O, but don't go downfield. If no "O" man, then hinge block.

QG= Pivot outward and block the first person to show.

QT= Pivot outward and block the first person to show.

X= Pivot outward and block the first person to show.

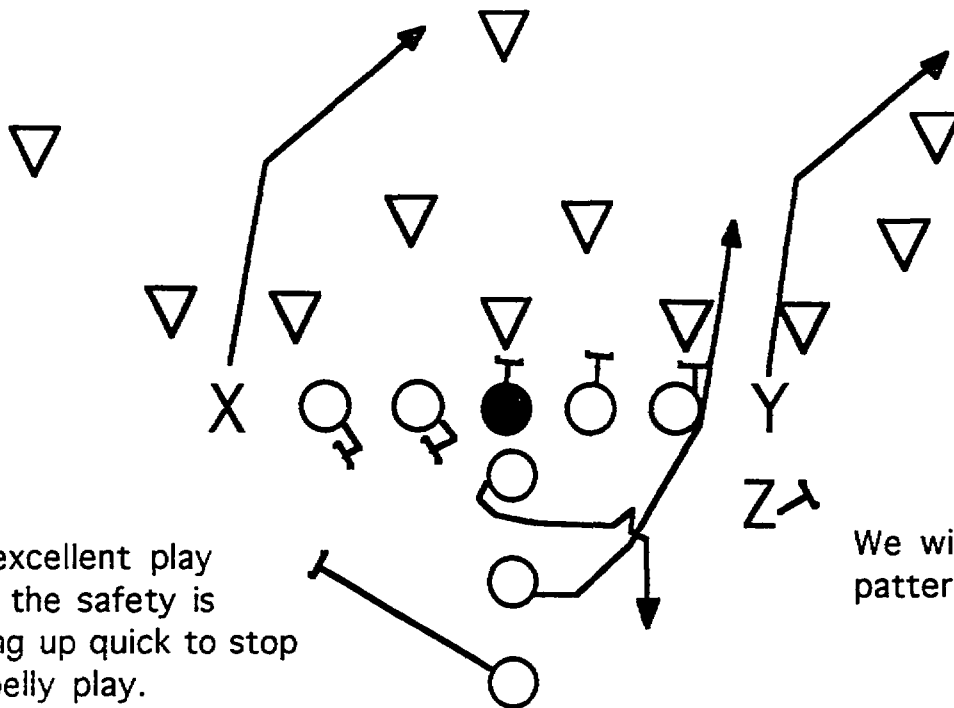
QB= Fake the 183 Belly and drop back 3 steps and throw. Look deep first.

FB= Fake a great 183 Belly.

TB= Block the first person to show from the outside.

Z= Do a #1 (quick out at 5 yards).

# 183 Belly, Bomb Pass



\*An excellent play when the safety is coming up quick to stop the belly play.

We will not run this pattern to the left side.

Y= Run a #5 route. Down 10 to 12 yards and run a "flag" route.

ST= Fire out block on #2, but don't go downfield.

SG= Fire out block on #1, but don't go downfield.

C= Fire out block on #O, but don't go downfield. If no "O" man, then hinge block.

QG= Pivot outward and block the first person to show.

QT= Pivot outward and block the first person to show.

X= Run a #6 (post pattern).

QB= Fake the 183 Belly and drop back 3 steps and throw. Look deep middle first.

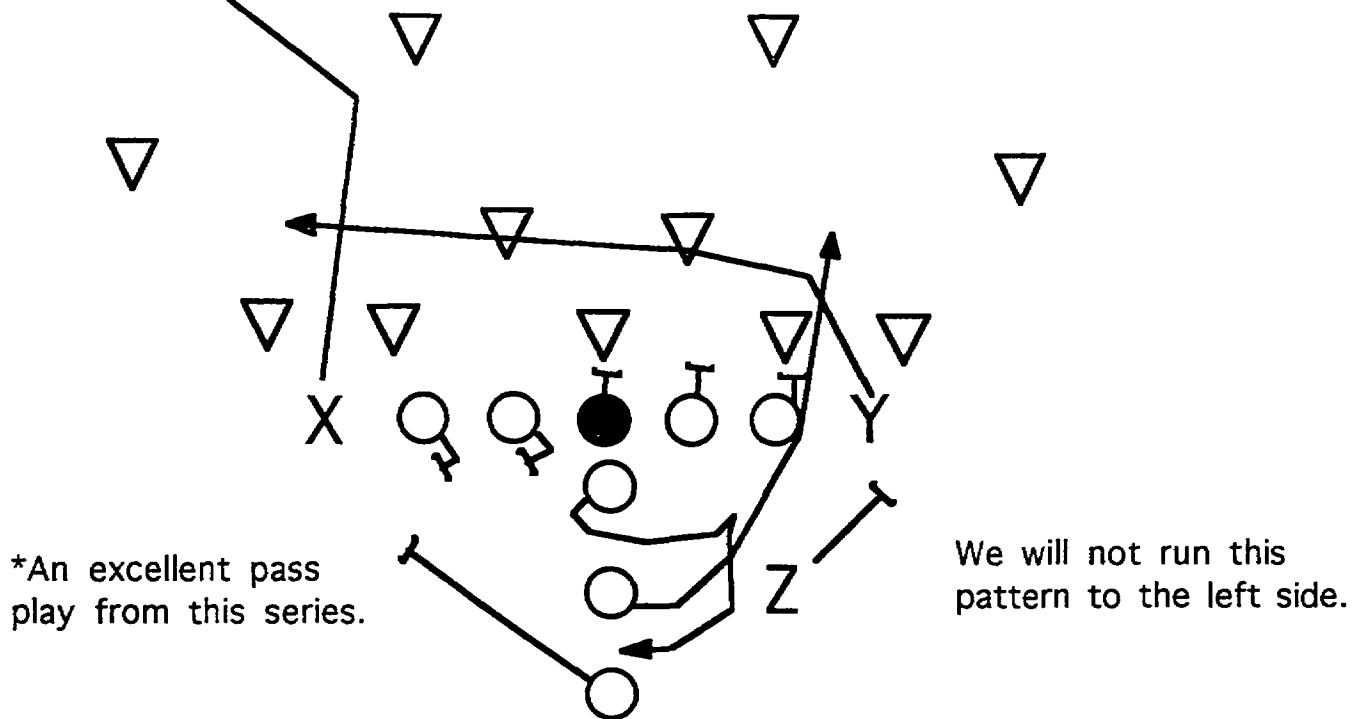
FB= Fake a great 183 Belly.

TB= Block the first person to show from the outside to your left.

Z= Block the first person to show from the outside to your right.



# 183 Belly, Bootleg Pass



Y= Run a short crossing route. Be about 6 yards deep when you arrive to far left side.

ST= Fire out block on #2, but don't go downfield.

SG= Fire out block on #1, but don't go downfield.

C= Fire out block on #O, but don't go downfield. If no "O" man, then hinge block.

QG= Pivot outward and block the first person to show.

QT= Pivot outward and block the first person to show.

X= Run a #5 route.

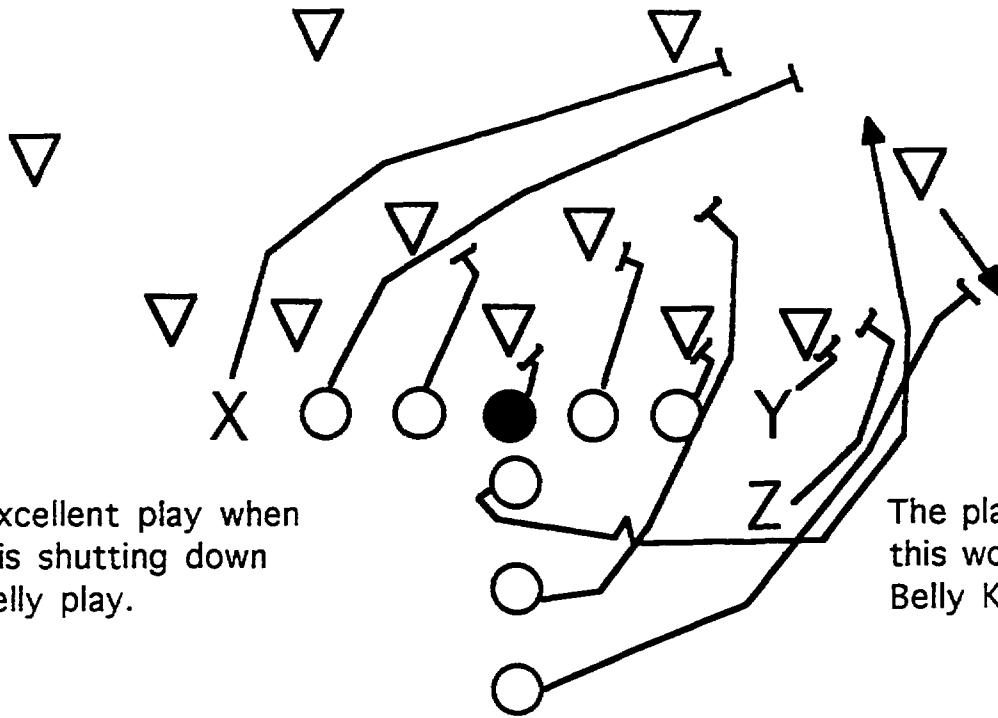
QB= Fake the 183 Belly and run a bootleg to opposite side. Look deep first.

FB= Fake a great 183 Belly.

TB= Block the first person to show from the outside to the left.

Z= Block the first person to show from the right.

# 181 Belly Keep



\*An excellent play when team is shutting down the belly play.

The play opposite of this would be 989 Belly Keep.

Y= Hook the def. end.

ST= #2 man.

SG= #1 man.

C= #0 man or LB to the backside.

QG= #1 man.

QT= Downfield and lead the play.

X= Downfield and lead the play.

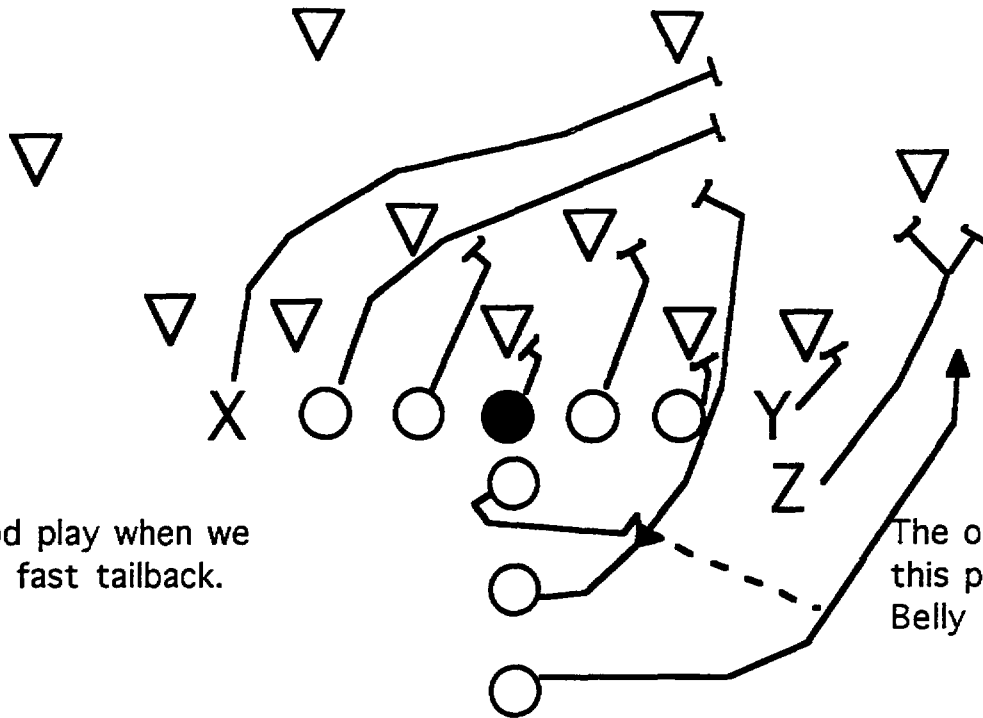
QB= Same as Belly play. Make an excellent fake. Cut inside the block of the TB.

FB= Same as Belly, but end up as a blocker downfield.

TB= Lead the play. Block out on the corner back.

Z= Help "Y" on the block of end. If he doesn't need help, go down field to force back.

# 181 Belly Pitch



\*A good play when we have a fast tailback.

The opposite play of this play would be 989 Belly Pitch.

Y= Hook the defensive end.

ST= #2 man.

SG= #3 man.

C= #0 man or LB to the backside.

QG= #1 man.

QT= Downfield and lead the play.

X= Downfield and lead the play.

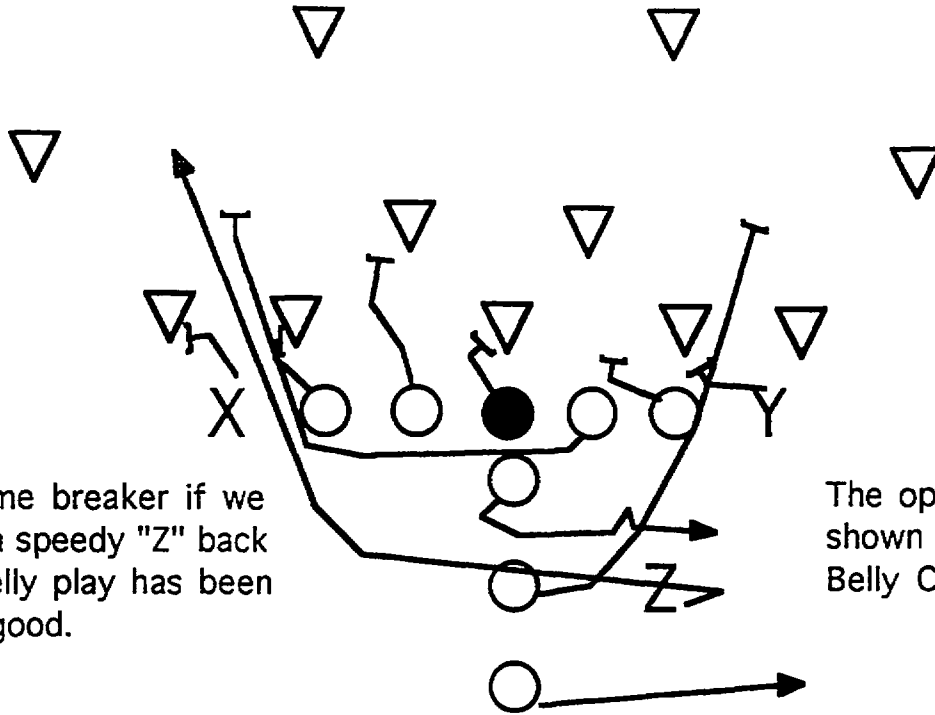
QB= Same as Belly play. Make a great fake to FB and pitch quickly to TB.

FB= Same as Belly play. Fake a good fake and become a blocker.

TB= Receive pitch. Read block of WB.

Z= Block the corner back. Take him in or out.

# 188 Belly Counter



\*A game breaker if we have a speedy "Z" back and Belly play has been going good.

The opposite play as shown above is 982 Belly Counter.

Y= Block down.

ST= Block down as you need to fill for pulling guard.

SG= Pull and lead play up the hole.

C= #0 man or first lineman to backside.

QG= #1 man.

QT= You must hook the #2 man.

X= Take the defensive end out.

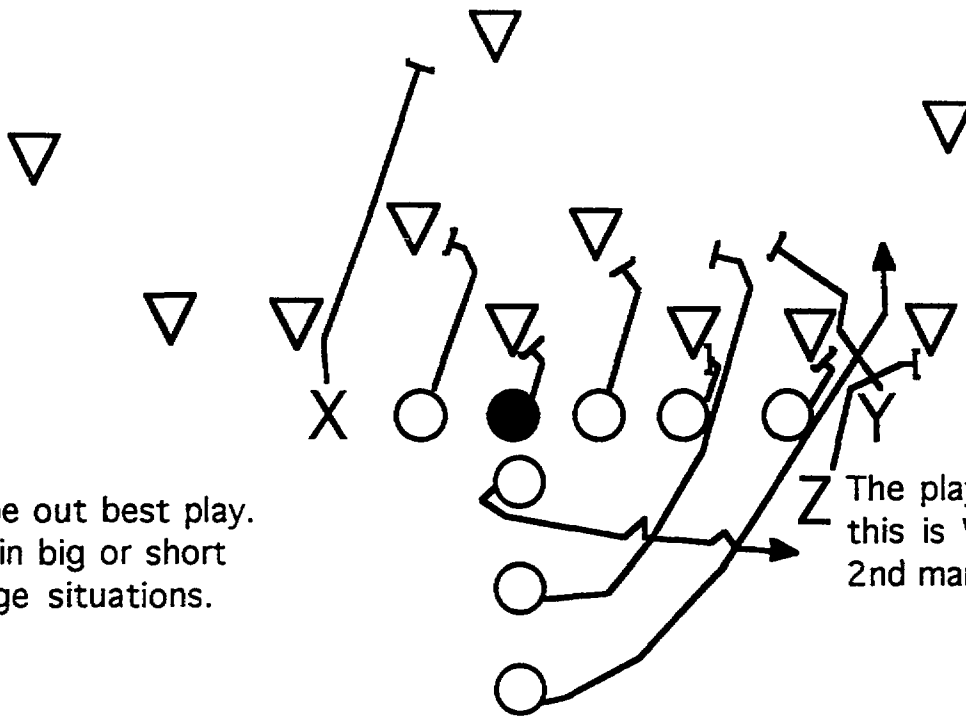
QB= Same as Belly play. Make a good fake and reach back to hand to "Z" back.

FB= Same as Belly play. Make a good fake. Become a blocker.

TB= Fake a pitch to the right.

Z= Take a jab step to right. Come back left and receive ball. Run off tackle. Read SG.

# East, 182 Belly 2nd man



\*Maybe out best play.  
Good in big or short  
yardage situations.

The play opposite of  
this is West, 988 Belly  
2nd man.

Y= #4 man. However, if #4 man is the Def. end, then combo inside to the LB.

ST= #3 man.

SG= #2 man.

C= #0 man or backside LB.

QG= Align to right of center. Block #1 man to playside.

QT= Align in QG's position and block #1 man.

X= Bump #2 man and go downfield to block.

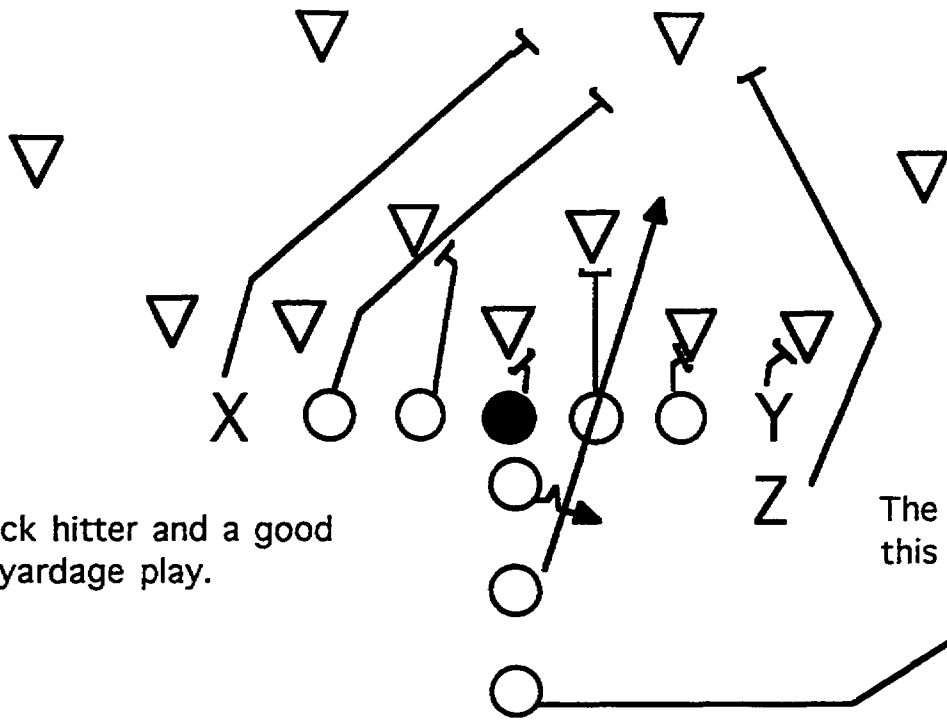
QB= Start out the same as Belly play. Keep ball. Take 2 more steps and ride and give ball to TB. Then fake outside.

FB= Same as Belly play. Make a great fake. Become a blocker.

TB= Short jab step to right. Round it off. Head for inside of defensive end.

Z= Block the end out.

# 144 Wedge



\*A quick hitter and a good short yardage play.

The play opposite of this is 946 Wedge.

Y= #3 man.

ST= #2 man

SG= #1 man. (take him either way). If #1 man is a lineman on you, we will probably crossblock with the center.

C= #0 man or LB. If there is no one on you, we will probably crossblock with the SG.

QG= #1 man.

QT= Down field and lead play.

X= Downfield and lead play.

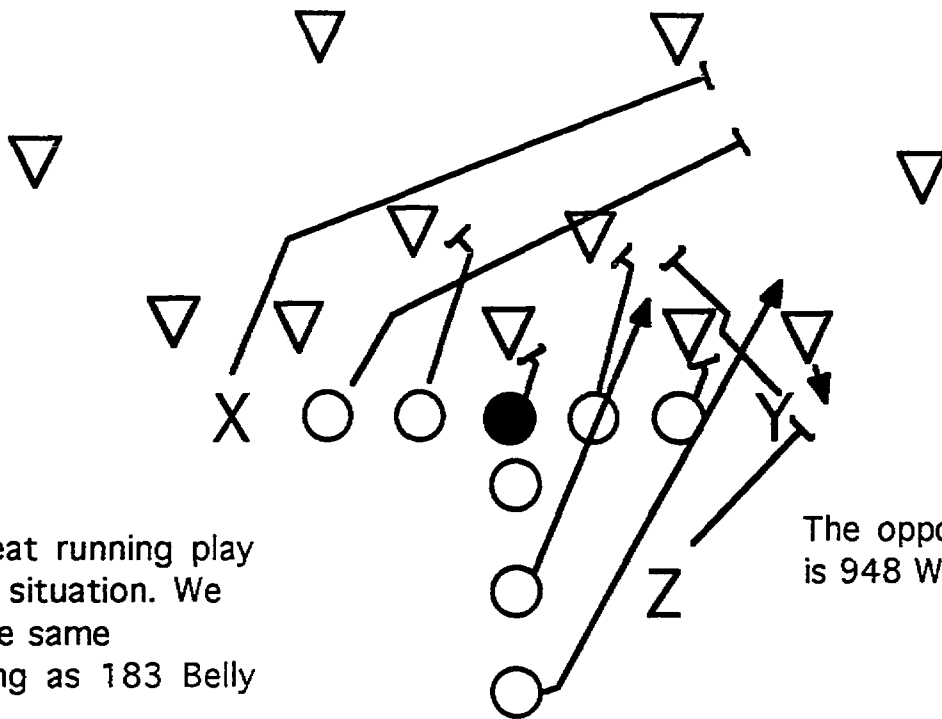
QB= Step out at 45 degrees and ride the FB. Give ball to FB. Fake a pitch to TB.

FB= Key the block of the RG. Run accordingly. If there is no one on the center, we will probably be running inside the guard.

TB= Fake the 141 Wedge Pitch.

Z= Go quickly downfield and lead the play.

# 142 Wedge, 2nd Man



\*A great running play in any situation. We use the same blocking as 183 Belly

The opposite of this play is 948 Wedge, 2nd Man.

Y= Block the #3 man. However if #3 is the def. end, then combo block down to LB.

ST= #2 man. Take him in.

SG= #1 man. Take him in.

C= #0 man. Or backside LB.

QG= #1 man.

QT= Downfield and lead the play.

X= Downfield and lead the play.

QB= Make a great fake to FB. Take 2 more steps and give to TB.

FB= Fake hard over the SG area and then become a blocker.

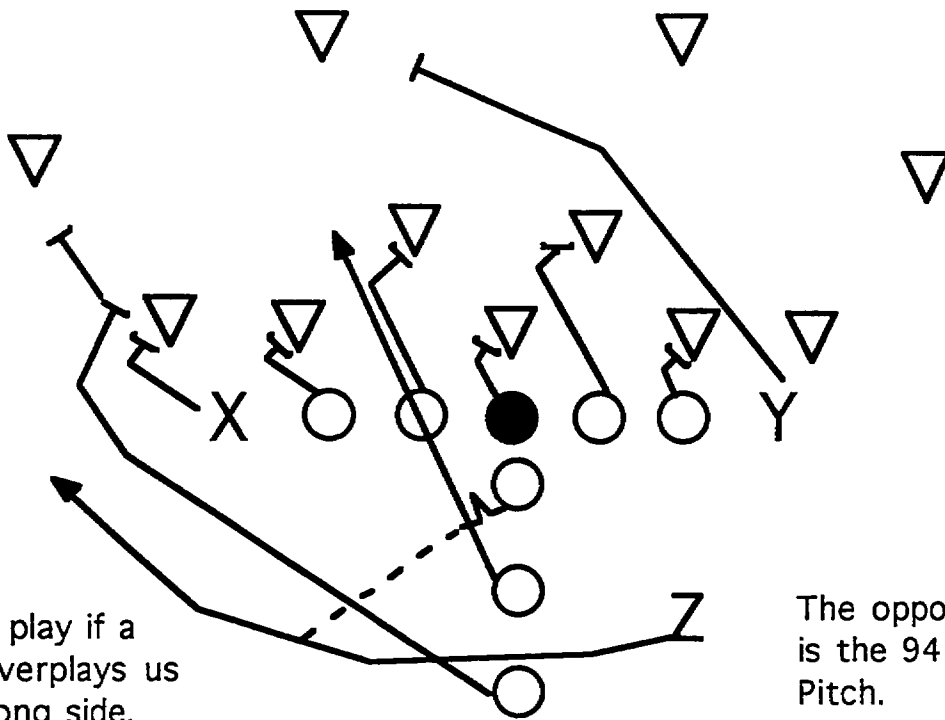
TB= Take a short jab right. Receive ball and head for inside of Def. end.

Z= Take end out.





# 149 Quickside Wedge Pitch



A good play if a team overplays us the Strong side.

The opposite of this play is the 941 Quickside Wedge Pitch.

Y= Downfield and lead the play.

ST= #2 man.

SG= #1 man.

C= #0 man or LB.

QG= Hook the #1 man.

QT= Hook the #2 man.

X= Hook the defensive end.

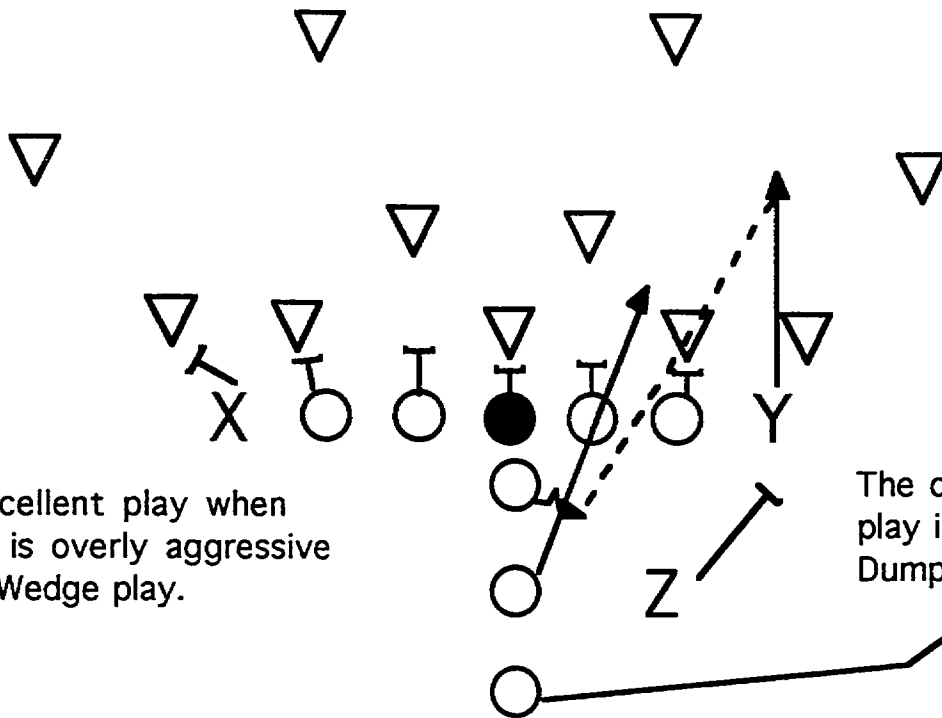
QB= Fake the Wedge and Quick Pitch to the "Z" back.

FB= Fake a good Wedge play.

TB= Help with the block on the defensive end and then go the cornerback.

Z= Use speed. Receive pitch and key block of the TB.

# 141 Wedge Dump Pass



\*An excellent play when the LB is overly aggressive to the Wedge play.

The opposite of this play is the 949 Wedge Dump Pass.

Y= Go to the open area and look for a quick pass.

ST= Fire out block on #2. Don't go downfield.

SG= Fire out block on #1. Don't go downfield.

C= If man is on you fire out. Otherwise, step back with left foot and block to left.

QG= Step back with left foot and block to left.

QT= Step back with outside foot and block to outside.

X= Step back with outside foot and block to outside.

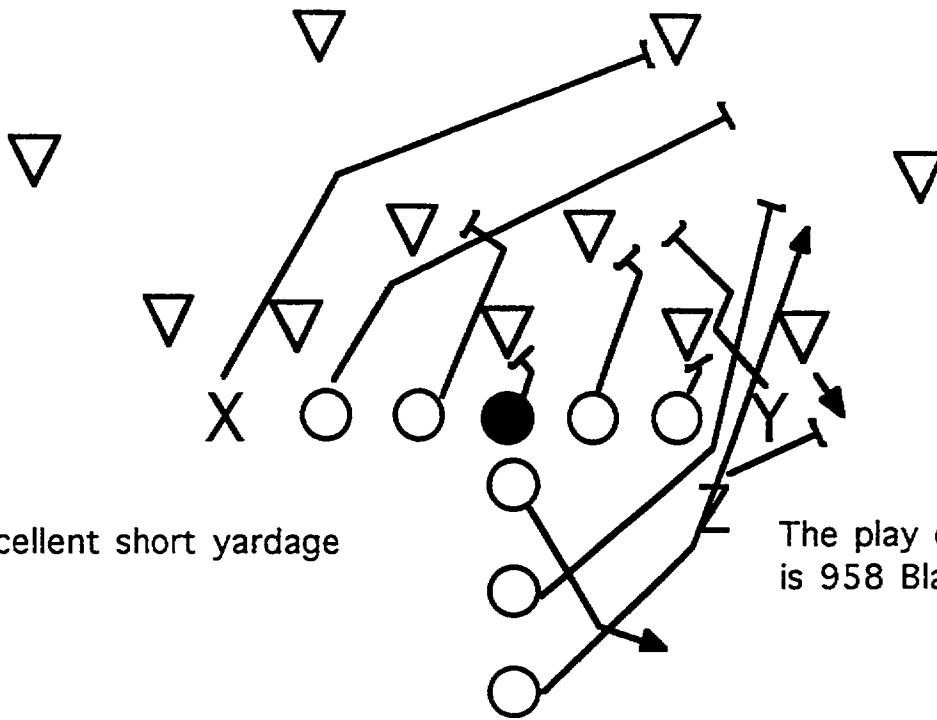
QB= Fake Wedge and hit the "Y" end if he is open. Otherwise throw to "Z".

FB= Make a great Wedge fake.

TB= Flare right and look for a pass.

Z= Block the first man to show to the right.

# 152 Blast



An excellent short yardage play.

The play opposite of this is 958 Blast.

Y= Block the #3 man. However if #3 is the def. end, then combo to the LB.

ST= #2 man.

SG= #1 man.

C= #0 man or LB.

QG= #1 man.

QT= Downfield and lead the play.

X= Downfield and lead the play.

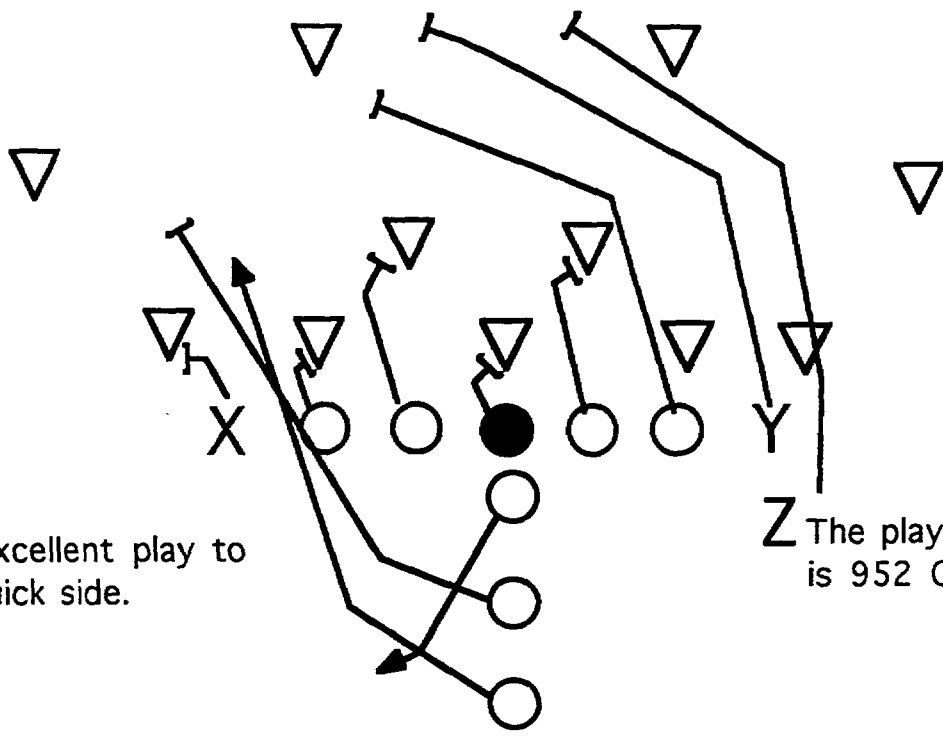
QB= Get the ball quickly to the TB. Fake right.

FB= Lead the play quickly up the hole.

TB= Receive ball and hit quickly inside the defensive end.

Z= Take defensive end out.

# 158 Quickside Blast



\*An excellent play to the quick side.

Z The play opposite of this is 952 Quickside Blast.

Y= Downfield and lead the play.

ST= Ddownfield and lead the play.

SG= #1 man.

C= #0 man or LB.

QG= Hook #1 man.

QT= Hook #2 man.

X= Take the defensive end out.

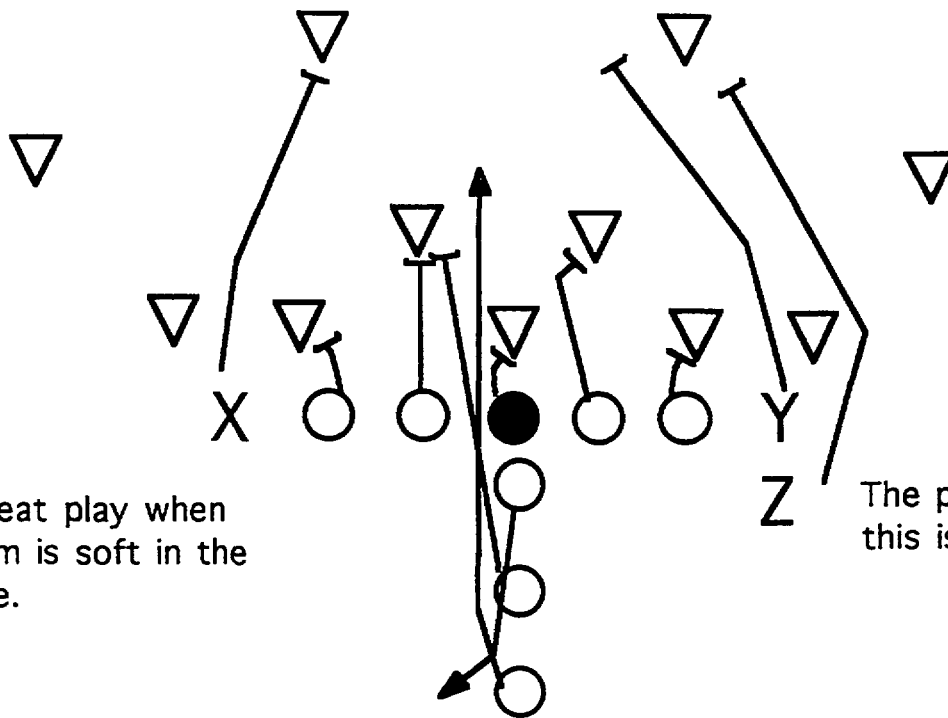
QB= Get the ball quickly to the TB.

FB= Lead the play up the hole.

TB= Get ball and go quickly inside "X's" block.

Z= Downfield and lead the play.

# 156 Lead



\*A great play when a team is soft in the middle.

The play opposite of this is 954 Lead.

Y= Downfield and lead the play.

ST= #2 man.

SG= #1 man.

C= #0 man or help with QG's block (if there is no one on you).

QG= # 1 man (you will get help from the Center if no one is on him).

QT= #2 man

X= Downfield and lead the play.

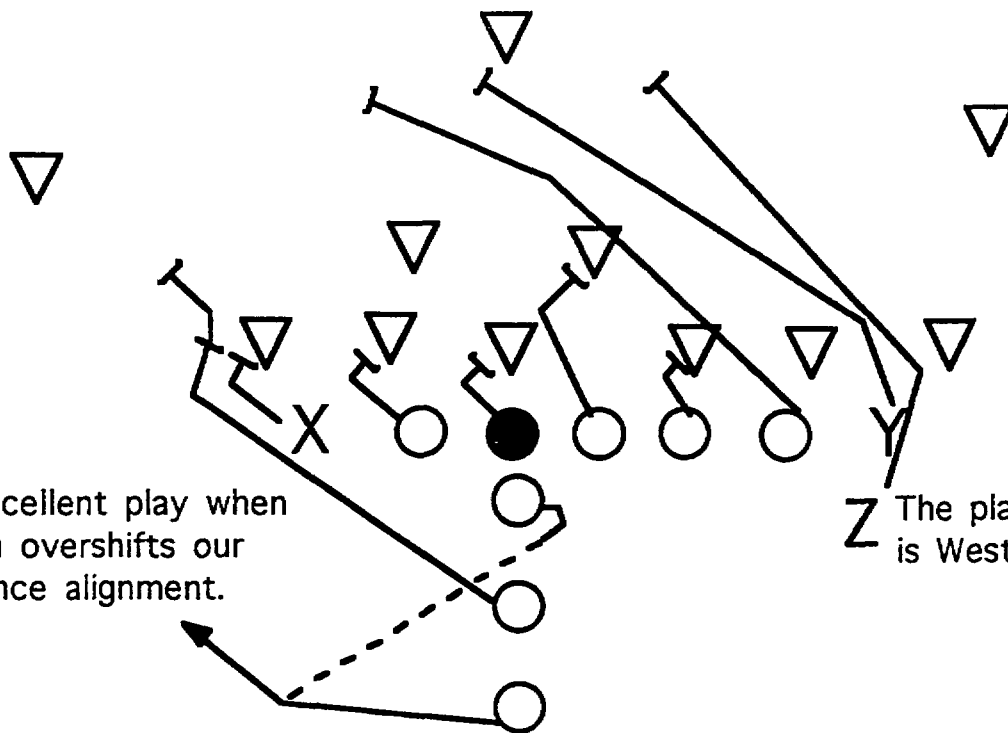
QB= Get the ball quickly to TB and fake left.

FB= Lead the play off left guard (block the middle or onside LB).

TB= Receive ball and go quickly off left guard.

Z= Downfield and lead the play.

# East, 159 Toss



\*An excellent play when a team overshifts our unbalance alignment.

Z The play opposite this is West, 951 Toss

Y= Downfield and lead the play.

ST= Downfield and lead the play.

SG= #2 man.

C= #0 man or LB.

QG= Align to right of center and block #1.

QT= #1 man.

X= Hook the end.

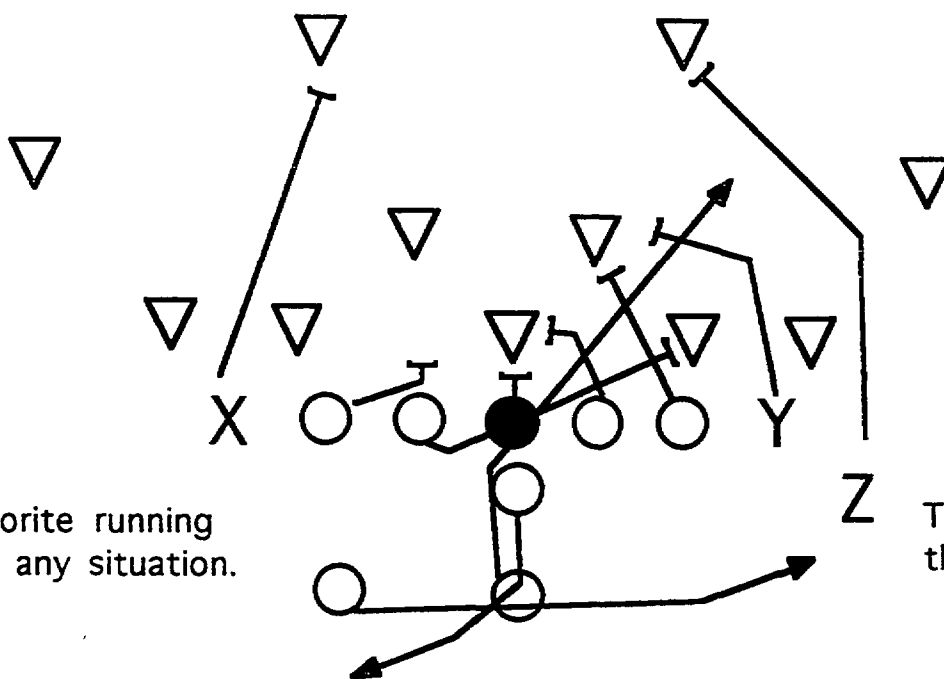
QB= Reverse pivot and pitch quickly to the TB.

FB= Help on block on the defensive end and then go on to cornerback.

TB= Receive pitch and run quickly to the left.

Z= Downfield and lead the play.

# 124 Trap



\*A favorite running play in any situation.

The play opposite of this is 926 Trap.

Y= Inside LB.

ST= Inside LB.

SG= Lead or away (man on center or block first lineman away).

C= Lineman on. Backside gap. LB.

QG= Pull. Trap first lineman to right of center.

QT= Check block #1 man. If #1 man is a LB and he does not blitz, you can block the #2 man.

X= Downfield and lead the play.

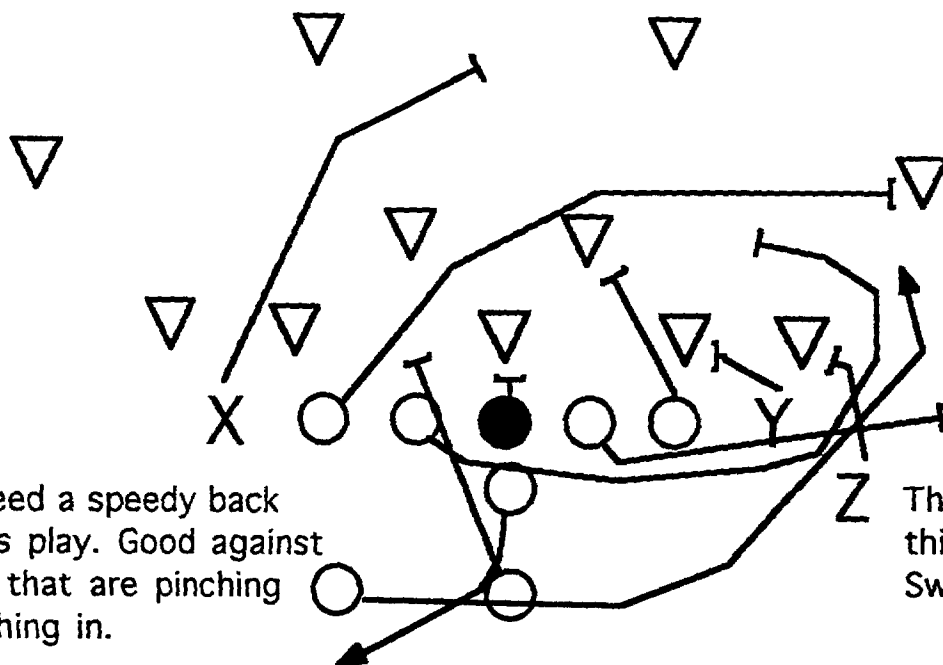
QB= Open. Step back at midline. Handoff with right hand to FB. Fake to TB and then fake a bootleg.

FB= Aim for left leg of the center. Receive the ball and then break immediately to the right. You will be going behind the block on the LB'ers.

TB= Fake a 121 Down Sweep.

Z= Down field and lead the play.

# 121 Down Sweep



\*We need a speedy back for this play. Good against teams that are pinching everything in.

The play opposite of this is 929 Down Sweep.

Y= Gap, Down, LB.

ST= Gap, Down, LB.

SG= Pull. Block first man outside of "Z's" block.

C= Onside gap. On. Area.

QG= Pull. Wall off to the inside.

QT= Downfield and take the far cornerback out.

X= Downfield and lead the play.

QB= Open at midline. Step back, fake to FB and Give to TB. Fake bootleg.

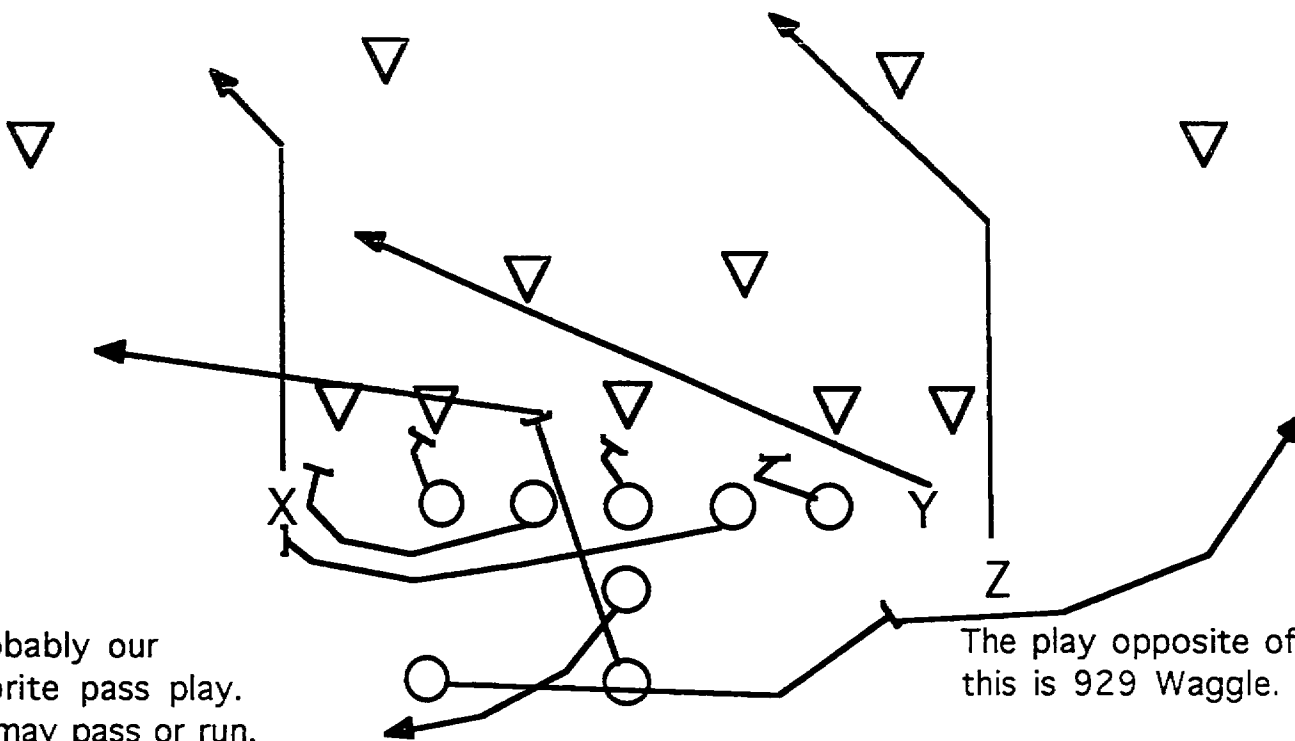
FB= Make a good fake over the QG. Fill block.

TB= Receive ball. Get quick speed. Outrun the flank. Look for QT's block on CB.

Z= Block the first lineman to the inside.



# 121 Waggle



\*Probably our favorite pass play. QB may pass or run.

The play opposite of this is 929 Waggle.

X= Do a #5 pattern.

LT= On or first lineman to inside.

LG= Pull, block first lineman outside the LT's block. . Try to hook your man. If QB yells "GO" then lead the QB downfield.

C= On or first lineman away from the direction of the call.

RG= Pull, "LOG" the defensive end. Help the LG take him in. If the QB does not get the end hooked, you should proceed to take the end out. If the QB hollers "GO" then you will help lead the QB down field.

RT= Pull, check block for pulling guard.

Y= Cross at a depth of 15 yards.

Z= Run a #6 (post) pattern.

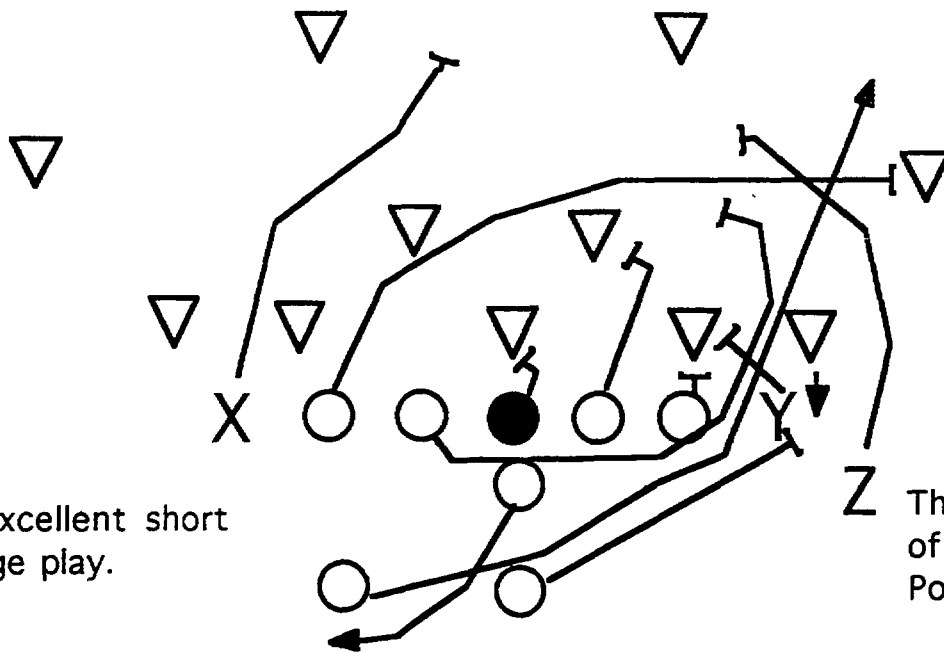
QB= Open. Take 2 step straight back. Fake a handoff to TB. Threaten flank ( no deeper than 6 yards). Option run or pass. Look for "X", "F", "Y", "Z", "T" in this order!

FB= Block "A" gap. Then go to 5 yards deep in the flat.

TB= Fake a sweep. If backside end is coming hard, stay and block; if not, release to a throwback route. This will change from game to game.

\*This is probably one our most consistent pass plays. It has shown a very high completion rate.

# 132 Power



\*An excellent short yardage play.

The play opposite of this is 938 Power.

Y= Lead or away (Man on ST or block lineman to your outside.).

ST= On. Inside gap. LB.

SG= On. Inside gap. LB.

C= Lineman on or first lineman away.

QG= Pull. Wall off to the inside.

QT= Downfield and block out on far CB.

X= Downfield and lead the play.

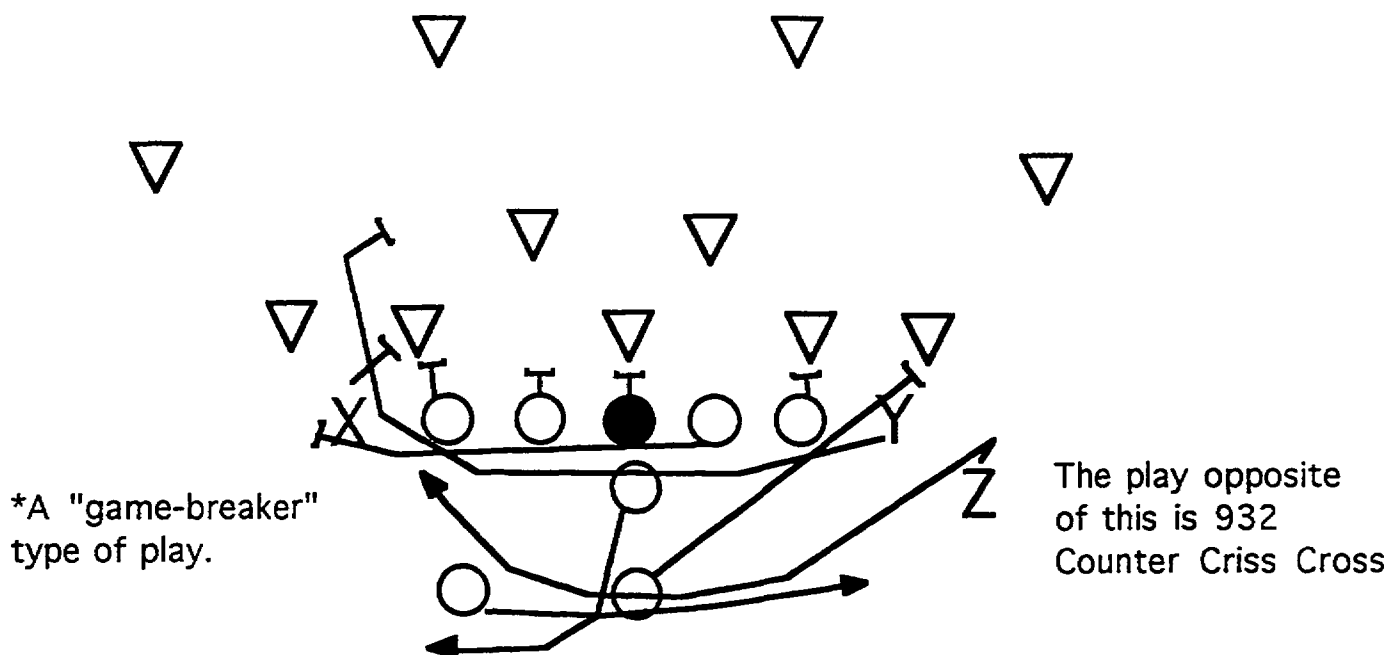
QB= Open at midline. Hand off to TB. Fake a bootleg.

FB= Head for tail of ST. Block first lineman outside of ST.

TB= Receive ball and head immediately to 2 hole. Cut inside block of ST on CB.

Z= Influence first man on or outside of TE, then wall off to the inside.

# 138 Counter Criss-Cross



Y= Pull. Lead the play. Wall off to the inside. However, if first LB blitzes, you must take him.

ST= On. Inside gap area.

SG= Pull. Trap out at hole. Trap the first lineman to outside of QT.

C= On. First lineman to your right.

QG= Block area solid (including blitzing LB'ers).

QT= On. Inside gap. LB.

X= Lead or away. (Block the lineman on the tackle. If no one on the QT, then block the first lineman to the outside).

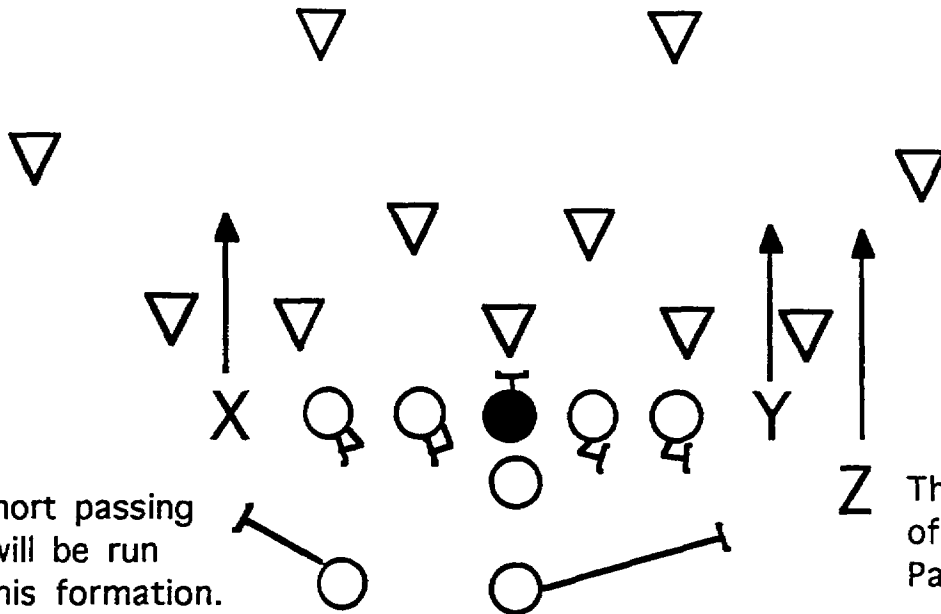
QB= Hand off the TB and fake a good bootleg. Draw the defensive end to you.

FB= Block the first person to show to the right of the ST.

TB= Receive the ball and give an inside handoff to the "Z" back.

Z= Jab right. Come backward and receive an inside handoff from the TB. Cut up quickly into the 8 hole (inside the SG's trap block).

# 100 Passes



\*Our short passing game will be run from this formation. We may split out.

The opposite plays of this are 900 Passes.

Y= Run patterns as referred to on the following page.

ST= Cup blocking.

SG= Cup blocking.

C= Cup blocking.

QG= Cup blocking.

QT= Cup blocking.

X= Run patterns as referred to on the following page.

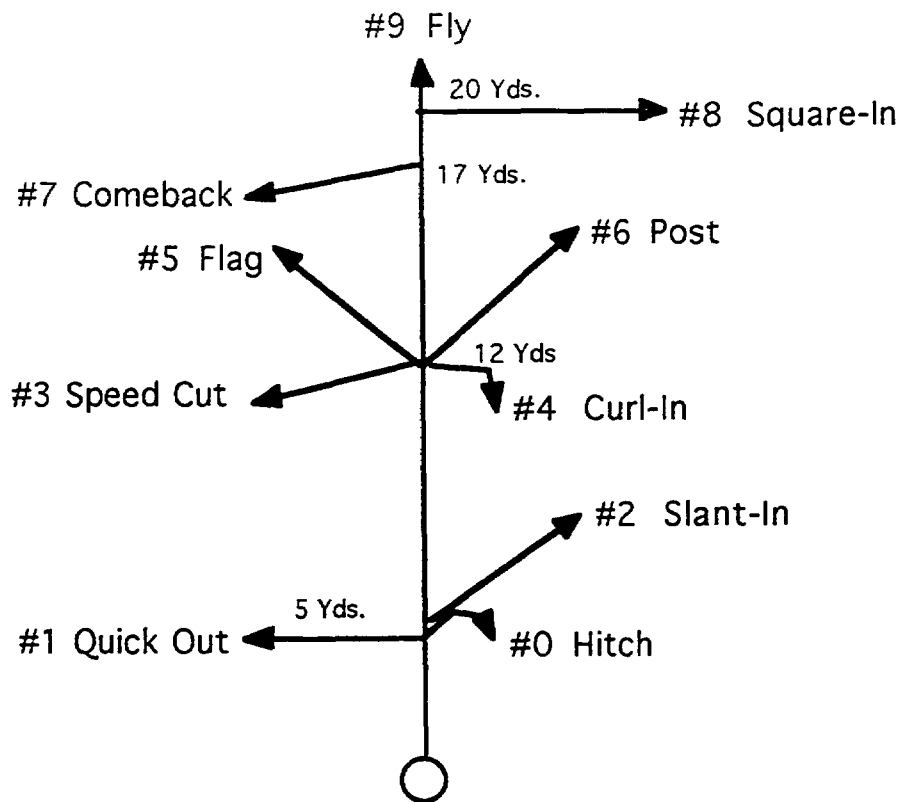
QB= Drop (3,5 or 7 steps, depending on the pass). Look for primary receiver.

FB= Block to the side of the "Y" end.

TB= Block to the side of the "X" end.

Z= Run patterns as referred to on the following page.

# Pass Patterns



\*Out Drop back pass plays will consist of calling one of the following patterns;

\*X=Split-End  
 Y=Tight-End  
 Z= Flanker

\*Even numbers are always to the inside and odd numbers are to the outside.

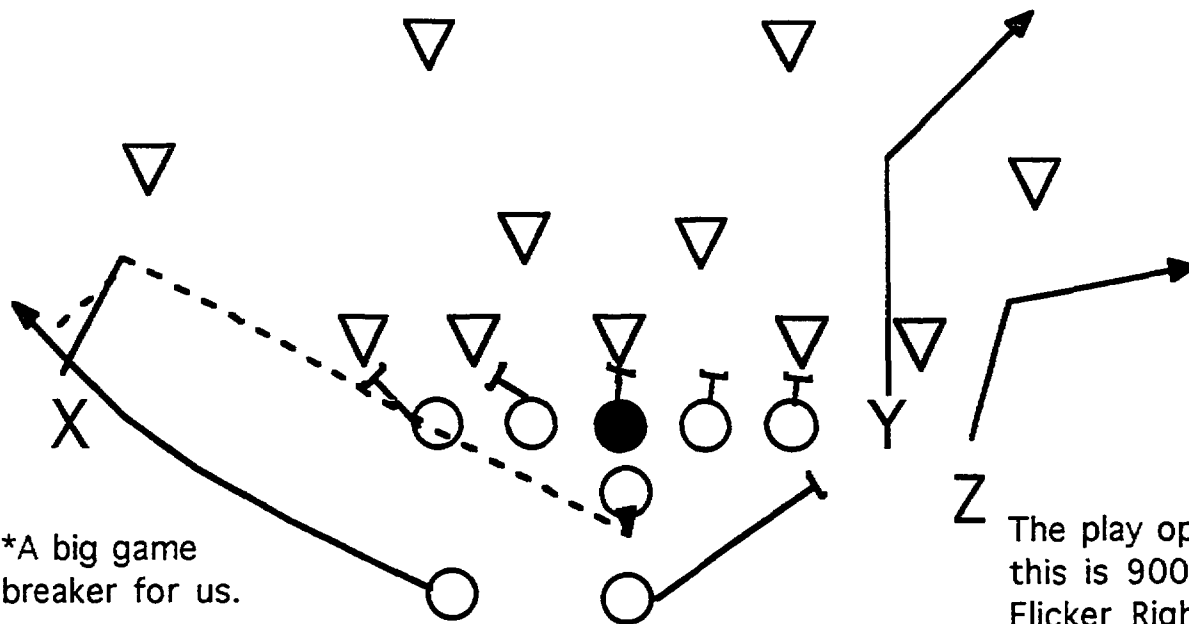
\*If we are in Wing-Right, an X-5 call, means the Split end ("X") will do a "Flag".

\* Our "Audibles" will also be based on the information above. Our offense will quickly line up in a Wing-Right formation. A Z-7 calls means that the Z back will do a #7 or comeback pattern.

\*The QB will take the following drop steps; Throw before receiver cuts.

- a. 3 steps= #0,#1,#2 patterns. (1 big step and 2 little steps)
- b. 5 steps= #3,#4,#5,#6 patterns. (3 big steps and 2 little steps)
- c. 7 steps= #7,#8,#9 patterns. (5 big steps and 2 little steps)

# 100 Flea Flicker Left



\*A big game breaker for us.

The play opposite of this is 900 Flea Flicker Right.

Y= Run the "Flood" pass.

ST= Fire out block in area. Do not go downfield.

SG= Fire out block in area. Do not go downfield.

C= Fire out block in area. Do not go downfield.

QG= Fire out block in area. Do not go downfield.

QT= Fire out block in area. Do not go downfield.

X= Align wide. Slant in and hook at about 5 yards. Receive ball and pitch back to TB.

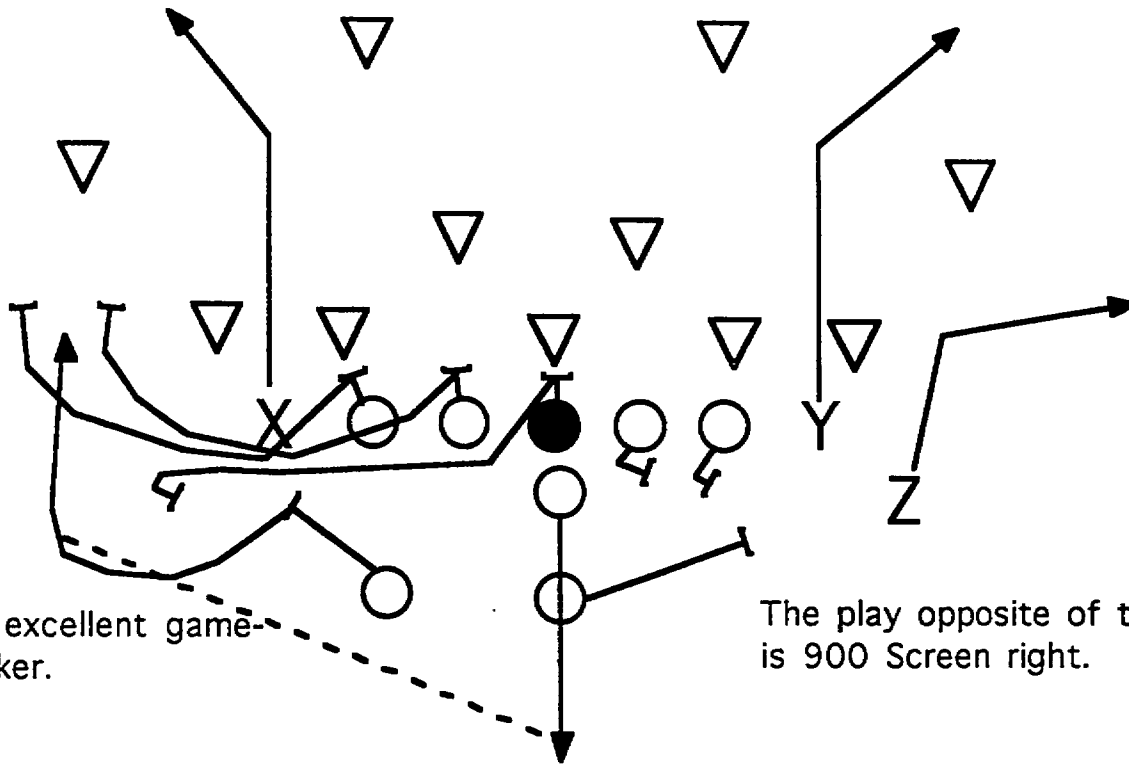
QB= A quick pass to "X" end. If "X" end is not open turn to right and throw to the open man on the flood pattern.

FB= Help block to the side of "Y".

TB= You are the pitch man on this. Time it so that you catch the pitch BEHIND the "X" end.

Z= Run the Flood pass pattern.

# 100 Screen Left



\*An excellent game-breaker.

The play opposite of this is 900 Screen right.

Y= Run the flood pattern.

ST= Cup blocking.

SG= Cup blocking.

C= Block area for 2 seconds and then release to left. Turn back and block any one chasing the play from behind.

QG= Block area for 2 seconds and then release to left to lead the play.

QT= Block area for 2 seconds and then release to left to lead the play.

X= Run a #7 pattern.

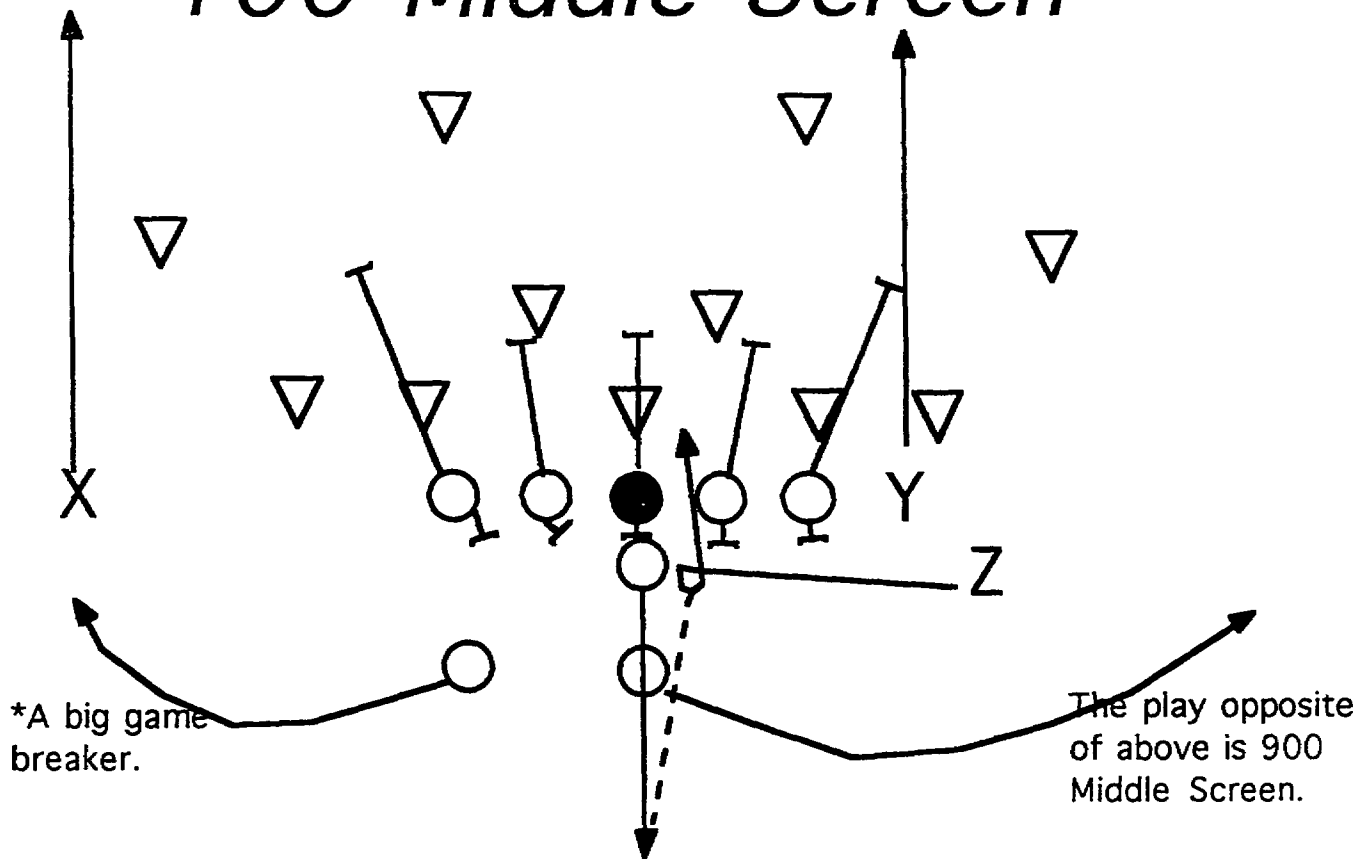
QB= Drop back deep. Look right and then throw screen to left. If receiver is not open. Look back to right for Flood pass. OR over throw the receivers.

FB= Block the first person to show to the right. Cup blocking.

TB= Bump man to the left (if he comes at you). Release to left. Turn to the inside and receive the ball.

Z= Run the Flood pass to the right.

# 100 Middle Screen



\*A big game breaker.

The play opposite of above is 900 Middle Screen.

Y= Run a #9 pattern.

ST= Bump and release downfield to lead the play.

SG= Bump and release downfield to lead the play.

C= Bump and release downfield to lead the play.

QG= Bump and release downfield to lead the play.

QT= Bump and release downfield to lead the play.

X= Run #9 pattern.

QB= Get depth (10 to 12 yards) quickly. Throw to "Z" back. If not open then throw ball into the ground.

FB= Flare to the right.

TB= Flare to the left.

Z= Get quickly to one yard behind where the ball was snapped. Receive ball and follow the blockers.



# Tryon's Top Thirty Three Tips To Take Through Time

by Dale L. Tryon

- \*\*TEMPTATION** to join the wrong group of people can be disastrous. "Never let a bad person bring you down to their level."
- \*\*THRIVE** on hard work. "Work hard and good things have a way of happening."
- \*\*TRIUMPH** is just a little "Umph" added to Try.
- \*\*TARDINESS** is bad. "If you can't be on time- Be Early."
- \*\*TEAM** = Together Each Achieves More.
- \*\*TRUST** is important--so is being loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent.
- \*\*TIME MANAGEMENT** is significant. Be organized." Plan your work, then work your plan." "If you fail to plan, you should plan to fail."
- \*\*TEACH** yourself to "Never give up-Never give up!"
- \*\*TOBACCO** is bad--so is Alcohol and Drugs!
- \*\*THE** Ten Commandments are something we should all live by.
- \*\*TOTAL COMMITMENT** should be your only way to do things.
- \*\*TRY-ON** a happy face. It takes less muscles to smile than it does to frown!
- \*\*TACKLE** your worst jobs early in the a.m. when you are rested and still have a clear mind
- \*\*TEST** yourself and keep educating yourself. More education will always pay dividends.
- \*\*TEARING** down the opposition is not the right thing to do. Be full of Praises!
- \*\*TENACITY** is a quality of all successful people.
- \*\*TERMINATE** all thoughts about failure. You can do it! Remember AMERICAN ends with "ICAN."
- \*\*TERRIBLE** to "put down" another person. "If you don't have something good to say about someone, don't say anything."
- \*\*TREAT** others like you would like to be treated.
- \*\*THERE** are 2 sides to every story. Hear both sides before drawing a conclusion.
- \*\*TODAY** you should praise your kids and your spouse and then do it again every day.
- \*\*TOMORROW** is the worst word in the Dictionary. "Do it now" (not tomorrow)!
- \*\*TOUCH** someone's life. Be a positive influence on their life. "You will be a better person for having made someone else a better person."
- \*\*TRACE** your roots and always remember to respect those ahead of you.
- \*\*TRADITIONAL** Family Values should always be a priority in your life!
- \*\*TRAIN** yourself to always set goals. Write them down and then go-for-it.
- \*\*TRY** to save money for a "rainy day." You never know when you will need it.
- \*\*TAKE** care of your body. The Good Lord gave you one body. He won't give you another one. You will be living within this body your entire life. Why not make it a good place to live? You treat it good and it will treat you good!
- \*\*TRAVEL** through time knowing that you have lived your life in such a way that you have no regrets.
- \*\*TAKE** your time and do it right. "Inch by inch, life's a cinch--yard by yard it's hard."
- \*\*TRAGIC** to think that winning is everything. It's the "wanting to win" that is important.
- \*\*TRIGGER** your life. Have fun in whatever you are doing. Enjoy life!
- \*\*THANK** the Lord Often!

