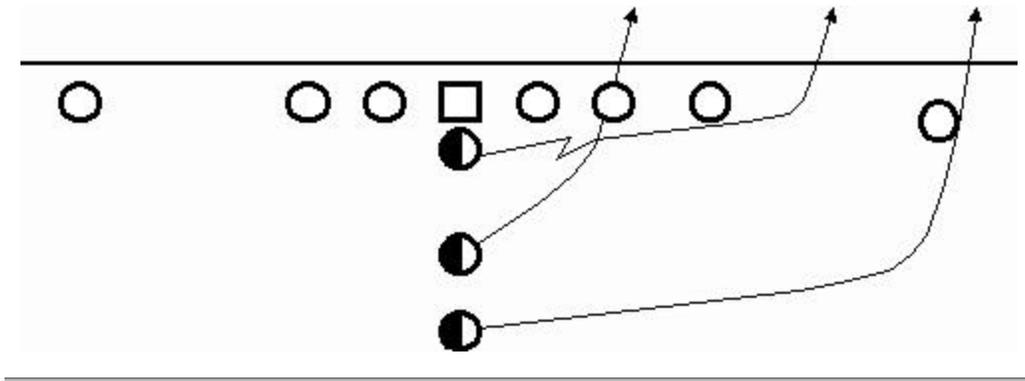


# "I" Option Play Book

Submitted By: Dale A. Spitzer  
Fort Defiance HS, Fort Defiance, VA 24437

35 & 36



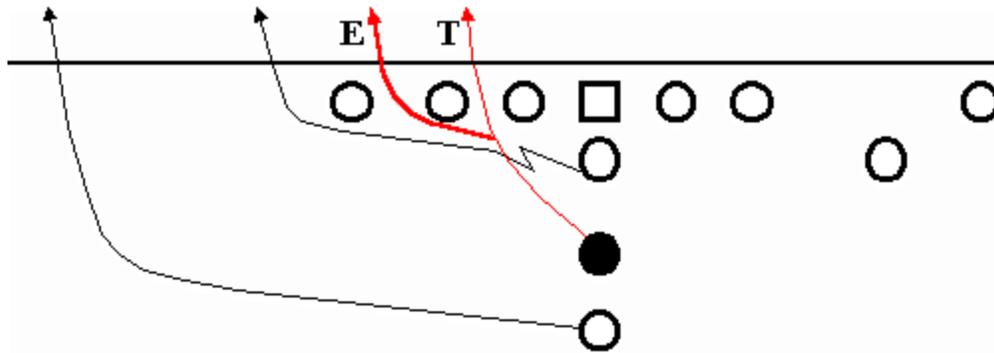
## FORMATION SLOT-PRO

### MAIN COACHING POINTS:

- **QB ATTACKS INTO THE LOS.**
- **FB runs for the inside hip of the tackle & gets 4 yards.**
- **Minimum splits by linemen.**

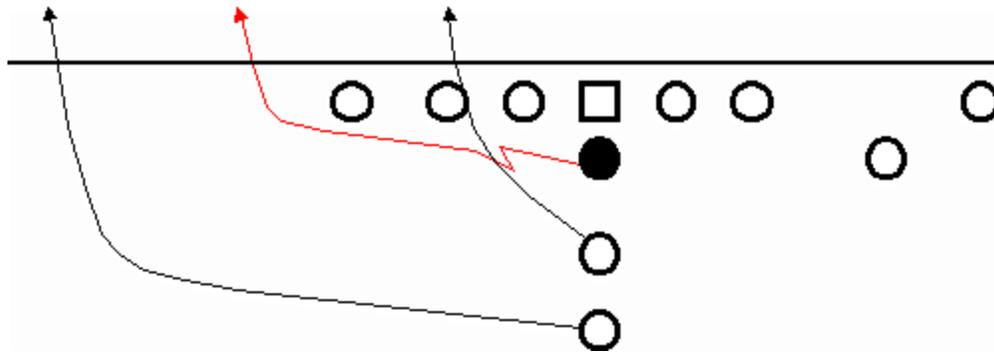
| Position        | Assignments   |
|-----------------|---|
| Playside Tackle | C block with Y or Z. Drive your man off the LOS into the LBer. If you can handle your man by your self tell the Y or Z man to go to the LBer.   |
| All Other OL    | Zone to the POA.  |
| Fullback        | Slash at the inside hip of the tackle. If you get the ball, hug the double team and get 4 yards. If you do not get the ball make a great fake and seal the FS.  |
| Tailback        | Option course   |
| X Receiver      | X - to you - stalk #1. Away, cross field on #1.   |
| Y Receiver      | Y - to you - C block. Away, cross field on #1.  |
| Z Receiver      | Z - Slot and to you, C block. Away, cross field on the FS. Pro, to, #1. Away, cross field on #1.  |
| Quarterback     | Pre-snap read. Find the dive key. If he is E2, pre-read this as keep. E3 pre-read this as give. You want to think give until the key will not let you give. To the split side pre-read the man on the tackle. |

### 35/36 GIVE



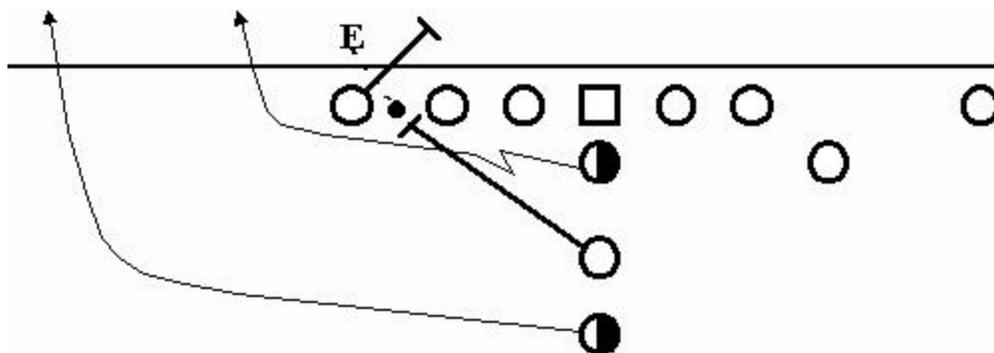
Y & Z block their man. QB will give the ball. FB reads the tackle for the cut.

### 35/36 KEEP



Y & Z block their man. QB keeps ball. FB makes a great fake.

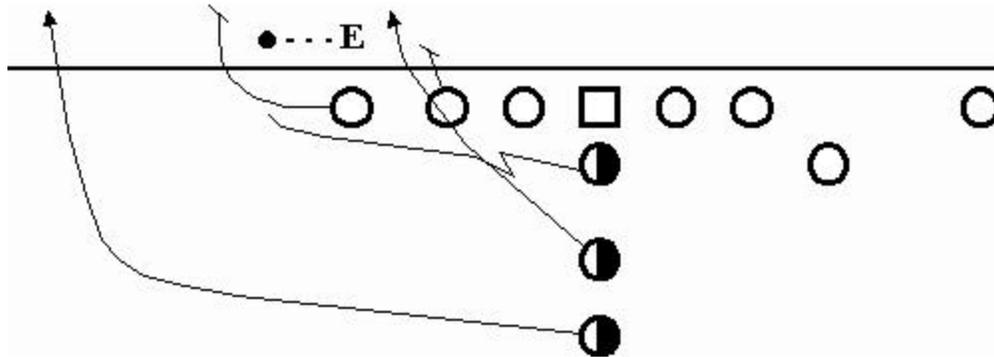
### 35/36 Load



Y & Z C block. FB loads the end. QB keeps the ball. Read FB block for cut. The FB should try to seal the end man. If he comes upfield the FB should kick out the end man on

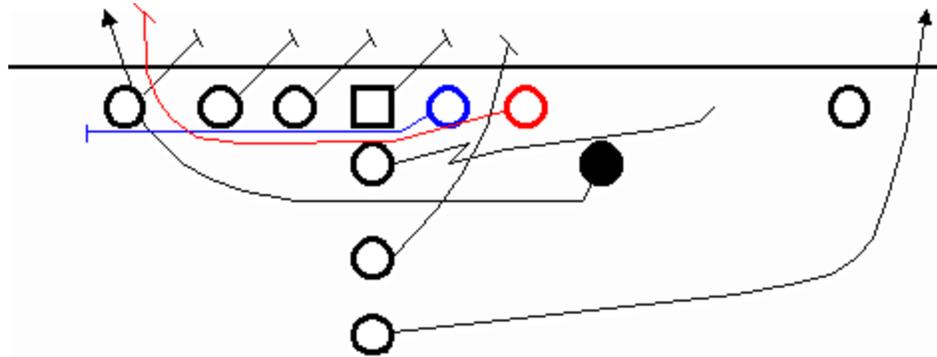
the LOS. Load should be used against a crashing end. If the end comes upfield on the LOAD call the **FB** must kick him out and the QB turns upfield and gets to the option alley.

### 35/36 RELEASE



Y & Z arc release. QB reads it. Load & Release calls are to be used vs. teams that key the release of our Y end and attack us accordingly.

### 35/36 REVERSE

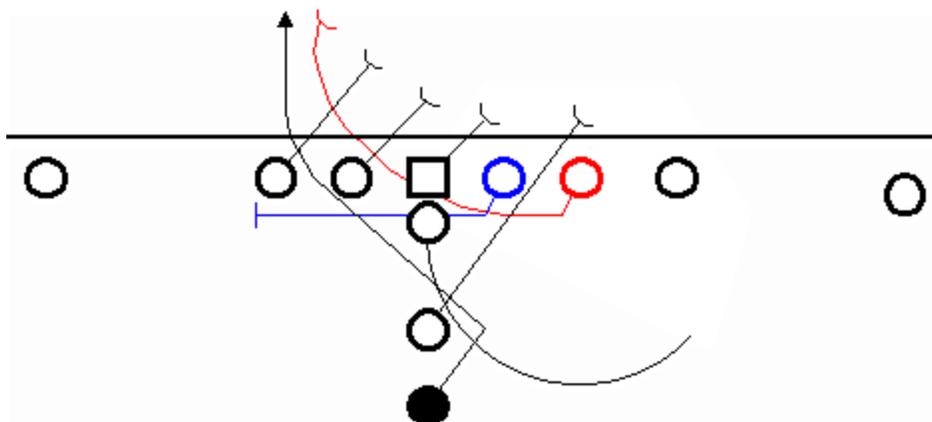


### VARIATION - 35/36 REVERSE SHORT

| Position   | Assignments   |
|------------|---|
| All O-Line | Blocked like 25/26  |
| Fullback   | Run play fake. Block the man over or outside our tackle. Slash at the playside tackle's inside hip. Make a great fake. You are responsible for cutting off B gap penetration. |
| Tailback   | Run the option course   |
| X Receiver | Cross Field on FS.  |
| Y Receiver | Base block the end man for 2 counts then release outside and block the corner.  |
| Z Receiver | Deepen your alignment on snap come inside and take the handoff from the QB Go   |

|             |   |
|-------------|---|
|             | behind the FE and the QB.   |
| Quarterback | 35/36 action. Don't work into the LOS. Hand the ball off to Z. Z will go behind you |
| Tailback    | Jab step and take the ball from the QB. Run to daylight.                            |

## 25 & 26

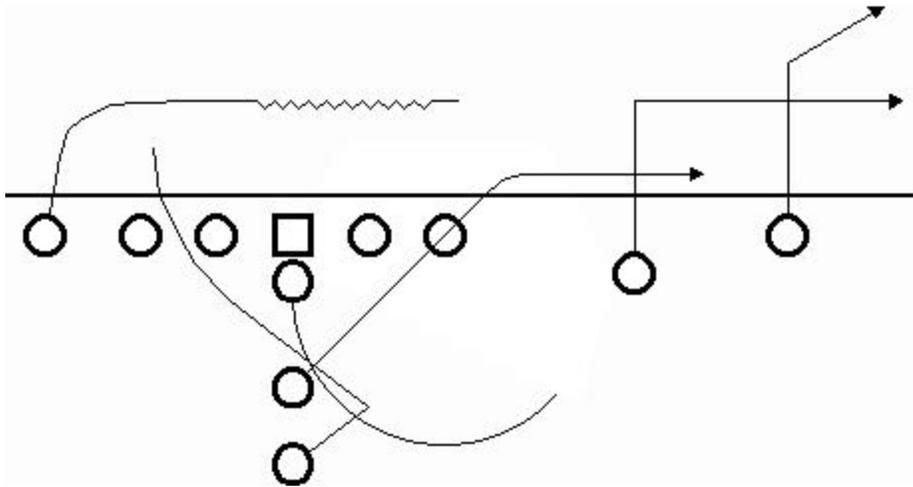


| Position                | Assignments  |
|-------------------------|--|
| Playside Tackle & Guard | A block to the inside. The tackle protects the B gap from penetration and the guard protects the A gap. The guard should listen for the SHOOT IT call from the center. This means the guard has the nose man and the A gap by himself.   |
| Center                  | A block combo. You are responsible for the backside A gap. If you are covered and the pulling guard is covered make a SHOOT IT call and block the man over the pulling guard.  |
| Backside Guard          | Pull and trap the first man past the playside guard  |
| Backside Tackle         | Pull and seal up through the POA. Your first priority is the LBer level. If there is no one on the LBer level, look to the free safety level.  |
| Fullback                | On 25 you will fill for the pulling tackle, the right tackle. On 26 you will fill for the left tackle. You are responsible for the backside B gap.   |
| Tailback                | Cross over on your left foot (on 25) at a 45 degree angle. Plant your right foot, take the handoff and drive over the playside guard. The QB will bring you the ball. Find the pulling tackle and stay on his outside hip. Once you break the LBer level do not wait for the tackle. |
| X Receiver              | Pro, inside out on #1 to your side. Twins, block #1 to your side   |
| Y Receiver              | Pro, block the SS. Twins, inside out on #1 to your side  |
| Z Receiver              | Pro, inside out on #1 to your side. Twins, block the FS  |
| Quarterback             | Open to the right on a 25. Sprint the ball back to the TB. Hand off and continue to attack the corner  |

### VARIATIONS

25/26 GUT - Just the guard pulls. 25/26 TACKLE - Tackle pulls and traps.  
Coaching Points For The Offensive Line Calls Will Be Talked About Later.

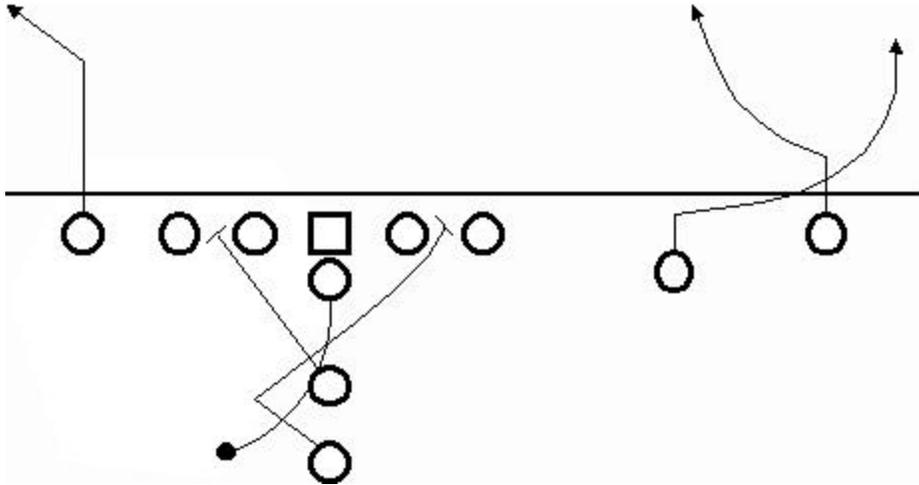
## 525 & 526



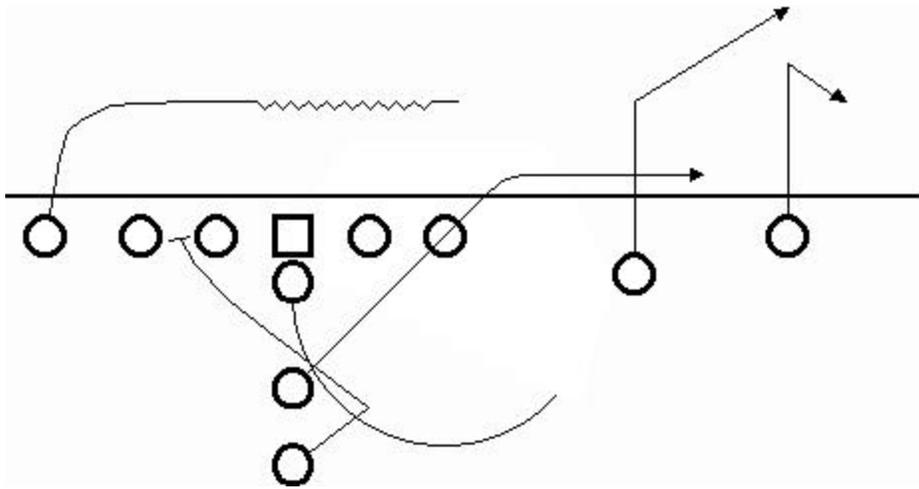
| Position    | To "X" Assignments  | To "Y" Assignments  |
|-------------|---|---|
| X Receiver  | release for the inside shoulder of the corner.<br>Run a 15 yard corner  | Post. Aim for the middle of the goal post                     |
| Y Receiver  | Settle 12 to 15 yards deep between the rotation of the FS and the SS  | 15 yard corner. Release for the inside shoulder of the corner |
| Z Receiver  | Pro - Post, aim for the middle of the goal post. Slot - 10 yard out   | Pro - 12 yard out   |
| Fullback    | Release for the flat. work for a depth of 5 yards   |   |
| Tailback    | Play Fake   |   |
| Quarterback | DO NOT HURRY THE FAKE. Let the fake draw the defense in. You must attack the corner of the defense hard after you have made the fake. Do not stop unless in: end to throw the football. Think run first |   |

525 to X

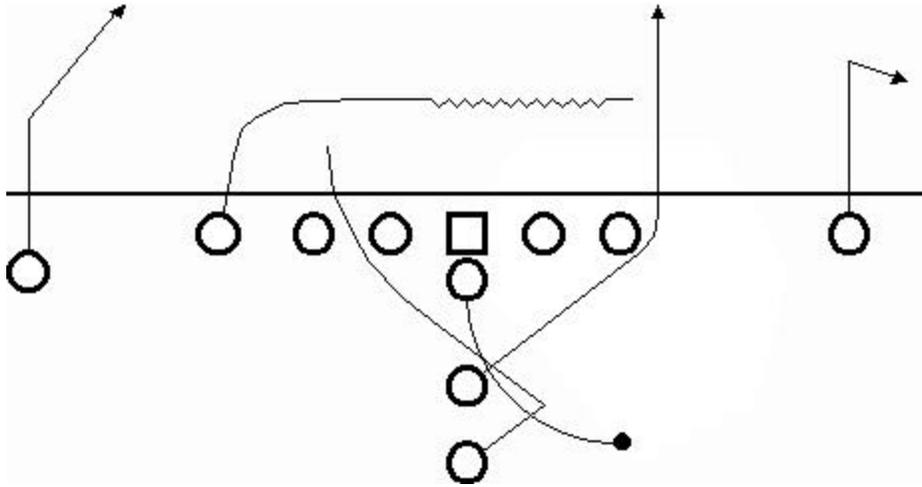




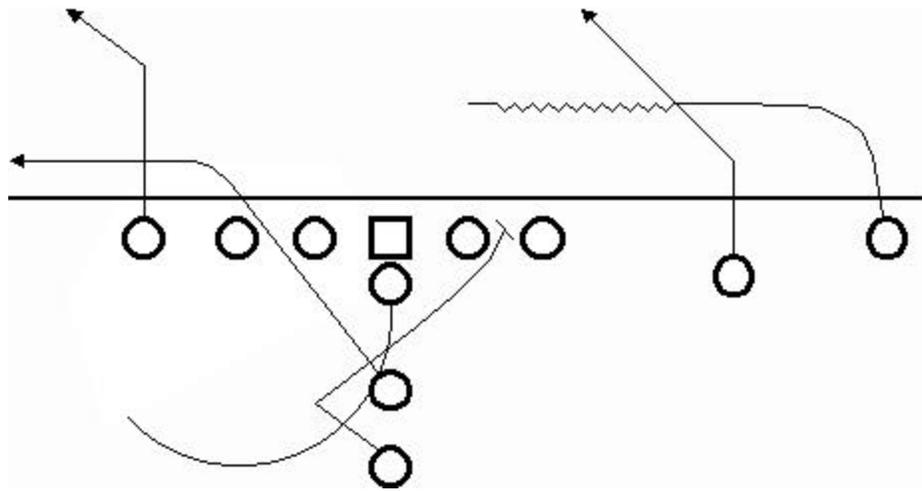
525 Change



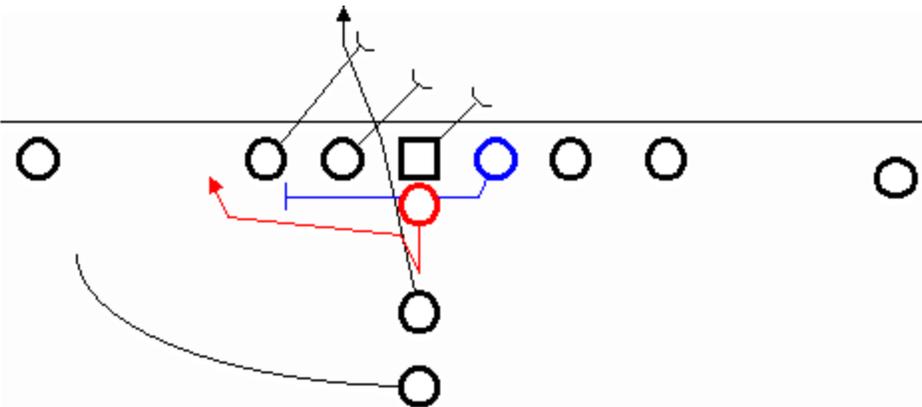
525 FB Middle



526 Z Middle



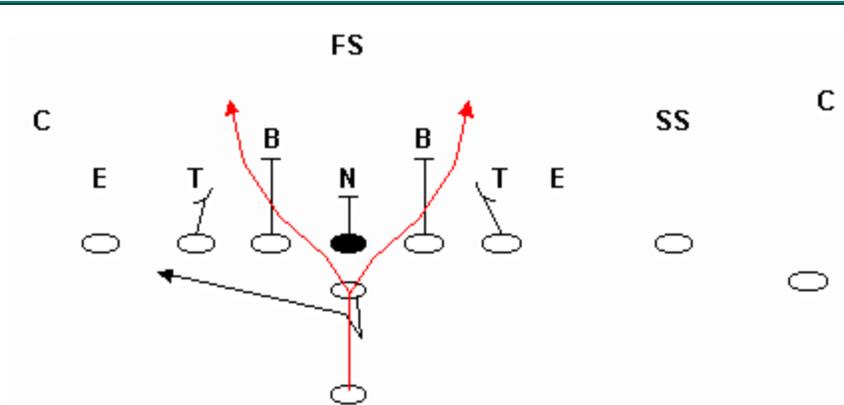
4 1 / 4 2



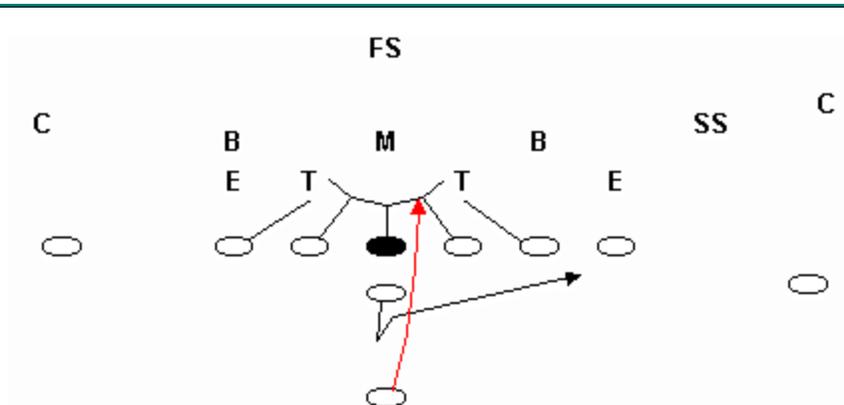
**MAIN COACHING POINTS:** 1. Good trap block. 2. FB stays on the trap route.

| Position    | To "X" Assignments   | To "Y" Assignments                 |
|-------------|--|------------------------------------|
| X Receiver  | Inside out on #1   |                                    |
| Y Receiver  | arc release and block run support defender inside out  | protect the C gap from penetration |
| Z Receiver  | Slot/twins, FS. Pro, inside out on #1  |                                    |
| Fullback    | From a good stance explode straight up the centers crack. Hug the double team and run to daylight.   |                                    |
| Tailback    | Freeze until the QB has handed the ball to the FB. Then run the option route to the alley.   |                                    |
| Quarterback | Open to the playside at 6 o'clock. Get a deep first step. You cannot get deep enough on the first step. Hand the ball off and attack the option man. |                                    |
| Backside OT | Pull flat and clip anyone chasing the pulling guard. <b>You</b> protect the B gap from penetration   |                                    |

**41/42 BASE**



**41/42 WEDGE**

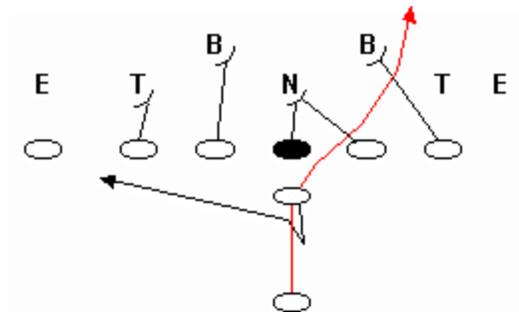


**41/42 BASE** - This variation is used vs. defenses that play head up. Everyone blocks man on and the FB runs to daylight.

**41/42 WEDGE** - This variation has the line wedge blocking at the POA

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## 41/42 CUT



**41/42 CUT** is a called cutback dive for the fullback. The play is run to an uncovered guard and a tackle covered by a 3 technique. It is called to a 3 technique tackle that will not close down with our tackle on his A block.

**COACHING POINTS:** The fullback must sink the dive to pull the nose and LBer to the playside A gap. The FB should run tight behind the nose and make the cut upfield. Make the defense come to you. The guard to the cut side should take a lateral step with the inside foot to drive his shoulders in front of the nose. Do not allow A gap penetration. The tackle to the cut side takes a short lateral step with the inside foot. Keep the shoulders square and eyes on the LBer.

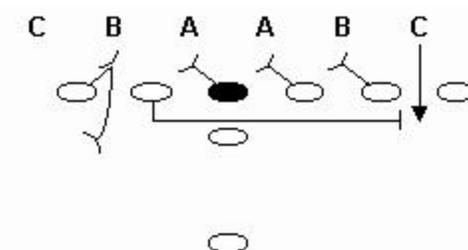
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## TRAP MUSTS

**The offensive line must not allow gap penetration.**

The offensive line must take the correct first step and understand their first responsibility is to protect the gap they are moving into as they take their first step of their blocking technique. The offensive lineman must secure that gap on the first step as he moves to block the defender assigned to him by the blocking rules.

**The lineman's cardinal rule is to: Never, never, allow a defender to cross your face to penetrate a gap.**



The diagram illustrates the gap responsibilities when trapping a down lineman on or past the playside tackle.

| Position        | Assignments   |
|-----------------|---|
| Playside Tackle | has the playside B gap  |
| Playside Guard  | has the playside A gap  |
| Center          | has the backside A gap  |
| Backside Guard  | has the playside C gap -- Trap block  |
| Backside Tackle | has backside B on the trap, and the backside B and C on the option. (Zone and Pick) |

**The offensive line must make line calls.**

The pulling guard must not waste his block by not knowing what the defense is at the point of attack. Line calls will reduce the possibility of a wasted block. The linemen must make line calls every play regardless of the blocking used.

**CENTER - ODD, EVEN, SHADE**

Identify the type of defensive front to be blocked. **ODD** or **SHADE** indicate the center is covered by a nose. **EVEN** indicates the center is covered by a linebacker.

**GUARDS - COVERED or UNCOVERED.**

**COVERED** indicates the guard has a lineman over him. **COVERED** tells the pulling guard to trap the man on the playside guard. **UNCOVERED** tells the pulling guard to trap the man on the playside tackle. The calls put the pulling guard on the proper track for the trap.

**TACKLES - 1, 2 or 3.**

A 1 call indicates the man on the tackle is a B gap defender. 2 indicates the man on the tackle more than likely is a B gap defender. A 3 call indicates the man on the tackle is a C gap defender. An EAGLE call indicates the tackle is covered by a linebacker.

The diagram illustrates the line calls vs. a 50 defense.

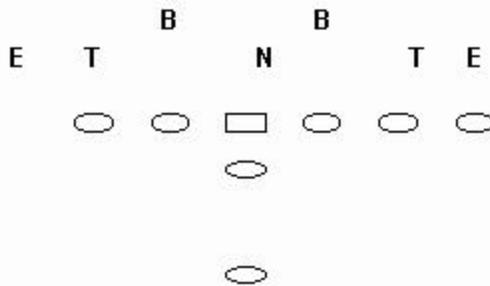


Diagram Above

Diagram Below

Left Tackle - 2

Left Tackle - 3

|  |                       |
|--|-----------------------|
| Left Guard - Uncovered.  | Left Guard - Covered  |
| Center - Shade   | Center - Even         |
| Right Guard - Uncovered  | Right Guard - Covered |
| Right Tackle - 3   | Right Tackle - Eagle  |
| <p>This diagram illustrates the line calls vs. a 40 defense.</p> |                       |

**The pulling guard must adjust the trap course.**

To block the trap the guard must get inside out leverage. on the option the guard must get outside in leverage in order to log (seal) the man at the POA. The option course must allow the guard to lead through the hole when the defensive lineman to be logged disappears inside.

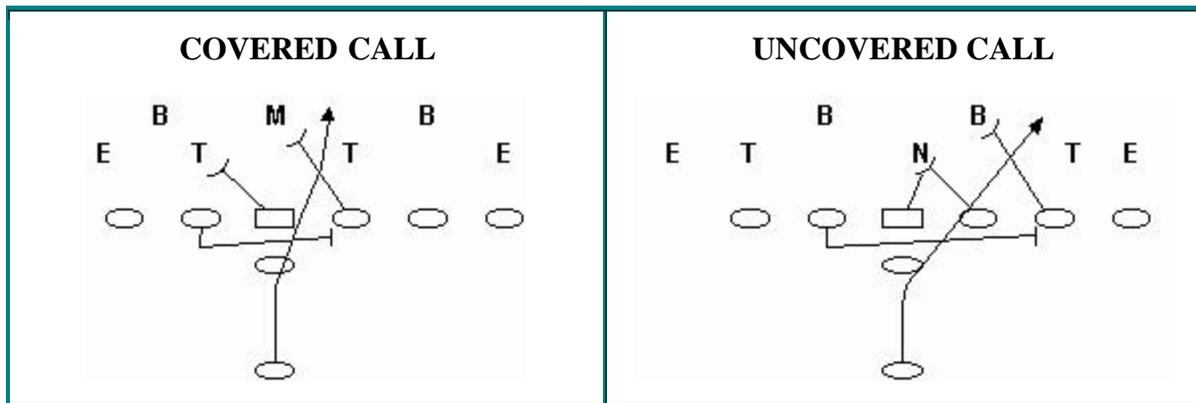
**The fullback must sink the dive.**

The fullback must sink the dive by staying on the dive track for one step past the hand off. By staying on the trap track the fullback is able to utilize the full impact of the pulling guard's block. When the fullback sinks the dive the LBer steps up. When LBers step up they usually are flat footed. This makes them easier to block.

**The Fullback must find the alternate running lane. The fullback learns this by understanding:**

- The trap blocking. The fullback must know the guard is trapping the first man on or past the playside guard.
- The 1-2 hole rule. The fullback must know he runs off the the first down lineman from the center - playside guard gap out.
- The offensive line calls. The fullback must know how the line calls help him read the defensive front to anticipate the location of the running lanes before the ball is snapped.
- The one way decision making process. The one way decision making process makes the fullback a decisive runner. In his stance the fullback tells himself, "run inside the trap, run inside the trap, until the defensive lineman won't let me. Then run outside him.'

The below diagram illustrates the FB's two basic 1 & 2 hole running lanes.



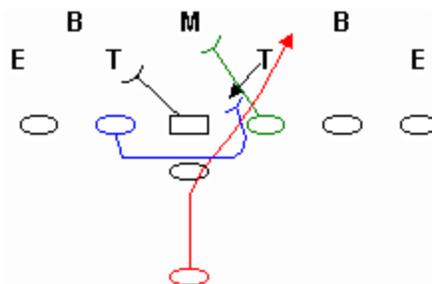
A **COVERED** call by the playside guard alerts the fullback to look at the alignment of the defensive lineman over the guard. The defensive lineman's alignment on the guard informs the fullback where to anticipate the running lane, inside or outside the defensive lineman.

An **UNCOVERED** call by the playside guard alerts the fullback to look at the alignment of the defensive lineman over the tackle. The defensive lineman's alignment on the tackle informs the fullback where to anticipate the running lane, inside or outside the defensive lineman.

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## 1-2 TRAP LINE CALLS

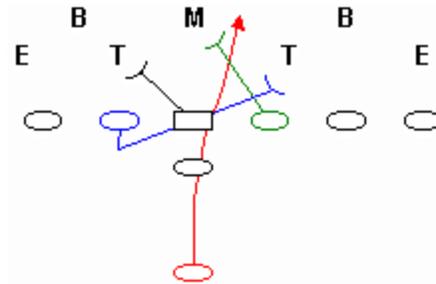
The diagram illustrates a **COVERED** call with the playside guard covered by a defensive lineman in a two technique.



### COACHING POINTS:

With a covered call and a two tech. the fullback can anticipate the running lane outside the two tech. The two tech. should close hard with the playside guard blocking inside. The pulling guard should collide the two tech. with his inside shoulder and pin him inside. The running lane should appear in the B gap. Once the fullback gets in the B gap he must square his shoulders to the goal line and run with power.

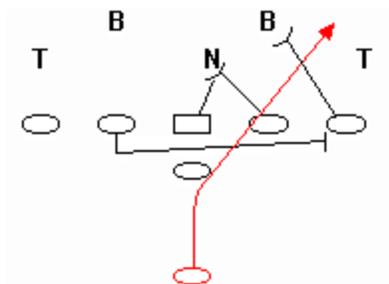
The diagram illustrates a **COVERED** call with the playside guard covered by a defensive lineman in a 3 tech.



**COACHING POINTS:**

With a covered call in a 3 technique the fullback can anticipate running the ball inside the 3 tech. The 3 tech should be responsible for the B gap. if the 3 technique closes the fullback should ran the ball into the B gap.

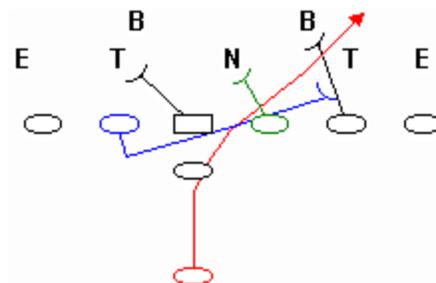
The diagram illustrates an **UNCOVERED 3**



**COACHING POINTS:**

With an uncovered 3 on the playside tackle the fullback can anticipate the running lane inside the 3 Tech. The 3 tech. should be responsible for the C gap.

The diagram illustrates an **UNCOVERED 3** with the playside guard covered by a 1 technique defensive lineman and the playside tackle covered by a 3 tech.



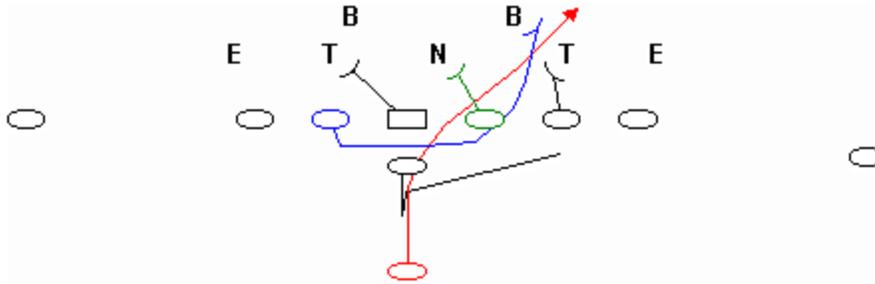
**COACHING POINTS:**

With the playside guard and the playside tackle both covered by defensive linemen, the offense must look at the base defense to determine which defensive lineman to trap. The

offense has to determine the first down line man past the playside guard. In the above diagram the playside guard makes an uncovered call because the 1 tech. is the over shifted nose guard in a 50 defense. The nose guard is responsible for the A gap. By being responsible for the A gap, he is not the first down lineman past the playside guard. The 3 tech. on the playside tackle is the first down lineman past the playside guard.

---

## 41/42 BACKER



### ASSIGNMENTS

X, Y, and Z block like 41/42. Block for the FB give.

### LINEMEN

Block just like 41/42 except the pulling guard is going to turn up the hole and block the LBer. The playside tackle will try to reach the man over him to get him to widen.

### BACKFIELD

Execute 47/48.

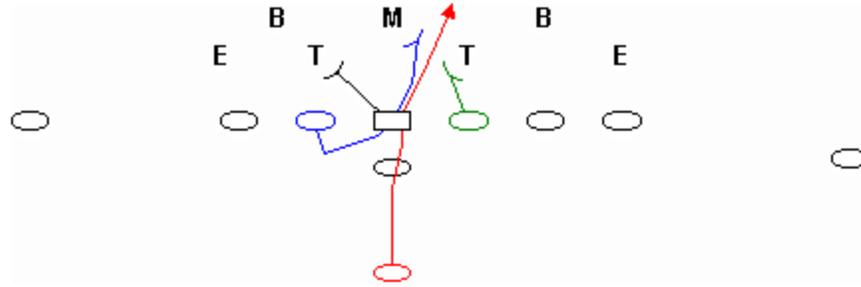
### COACHING POINTS

The fullback must sink the handoff. Stay on the pulling guards outside hip unless the LBer crosses the guard's head. The pulling guard runs the 1-2 trap track, the guard must find the LBer on his second step. The guard does not chase a scrape LBer. Turn inside for the offside LBer.

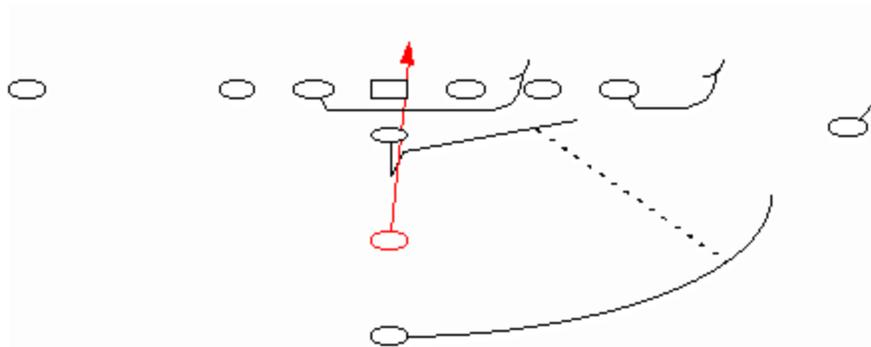
VS. 43 - We want to run this to a 3 tech that widens with a zone move by the playside guard.

---

## 41/42 BACKER VS. a 43



47 / 48



### MAIN COACHING POINTS:

- Protect the mesh.
- Get the playside LBer blocked.
- Get the perimeter blocked.
- QB and the TB run the alley.

### ASSIGNMENTS

**X** - Play to you stalk #1 to your side. Play away, cross field on #1 to your side.

**Y** - Pro and to you, arc release and block #2 to your side. Away, block the FS. Twins, to you, arc release on #1 to your side.

**Z** - Pro and to you, stalk #1 to your side. Slot or twins and to you. Stalk #2 to your side. Play away, cross field on FS.

### LINEMEN

We will use trap blocking to start with. All linemen will block the same as in 41/42. The pulling guard will pull and seal(log) the man to be trapped. Try to seal him until you have to kick him out.

---

## 47/48 ZONE

Zone to the POA. Leave the end man on the LOS unblocked. On the Y side the tackle must reach his man and keep him from getting to the outside. On the split side the tackle will have several different looks to deal with.

|    |           |          |    |    |
|----|-----------|----------|----|----|
|    |           |          |    |    |
| 50 | 50 Reduce | 50 Eagle | 43 | 42 |

The rule is to leave the end man on the LOS unblocked. with that in mind the playside tackle should block inside for the LB. If the LB is inside of the tackle he may be able to execute his block without much difficulty. The problem occurs when the defensive lineman jams our tackle and does not allow him to release inside. If the LBer is lined head up on the tackle or in a position to scrape outside quickly, the tackle has a difficult block at best. If the tackle cannot get to the LBer he should make a **STACK CALL**. The playside tackle will block the end. The QB will keep the ball and attack the option alley.

**THE BACKSIDE TACKLE MUST ZONE JAB AND PICK.** If no one crosses the tackles face he must turn back and pick up anyone crashing hard from the backside.

### **FULLBACK**

Explode up the center's crack. Sink the dive, make a great fake. Be aware of the playside LBer.

### **TAILBACK**

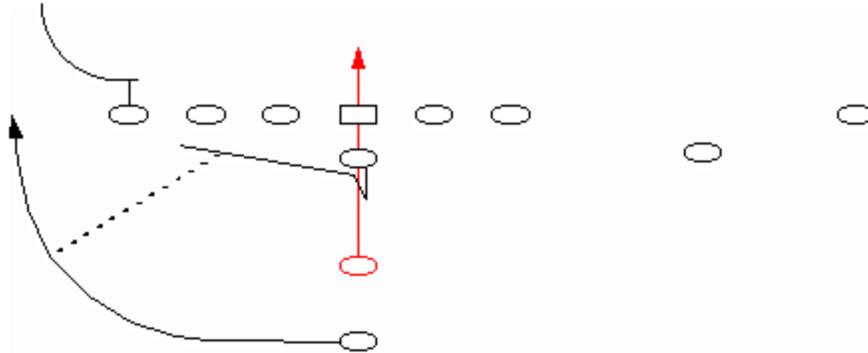
**FREEZE.** Get on the option route. Expect a quick pitch, expect a bad pitch. Stay on the alley course.

### **QUARTERBACK**

Open to the playside with a deep step. make a good fake then attack the option man think pitch all the way. Pitch until the option man will not let you pitch. If the playside tackle makes the **STACK** call you will keep the ball and sprint for the option alley.

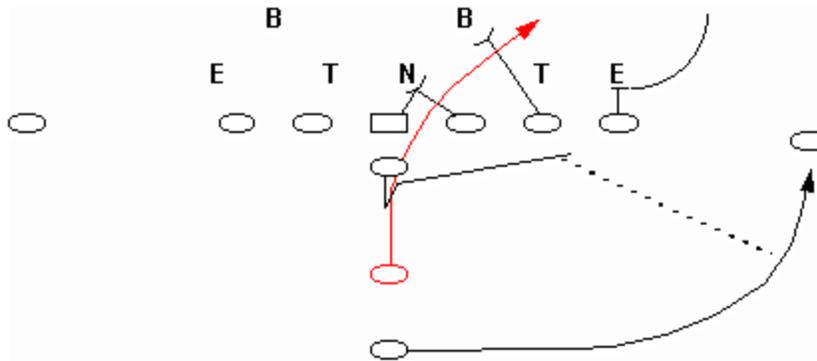


# 17 / 18



**MAIN COACHING POINTS** - Same as 47/48 - we may pull the backside guard and lead him on the alley.

## 47/48 READ



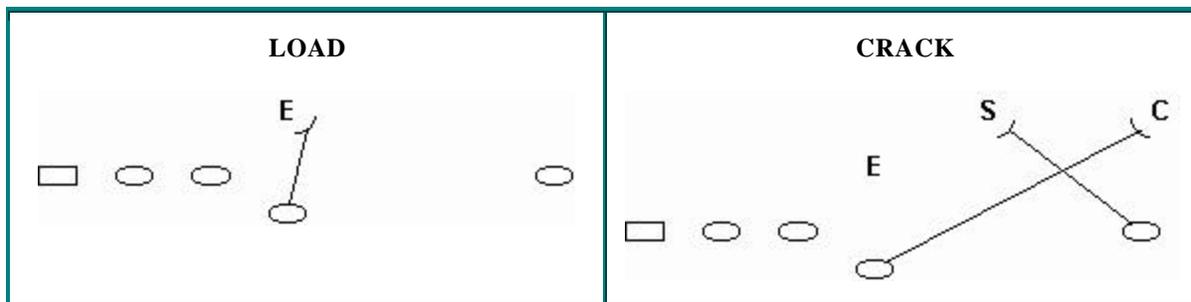
**MAIN COACHING POINTS:** Playside tackle opens split 6 to 9 inches

| Position        | Assignments   |
|-----------------|---|
| Playside Tackle | First linebacker on or inside. A block. Be prepared for the stack call. Open split 6 to 9 inches.   |
| Playside Guard  | A block combo. Leave the man over you unblocked. Man over in a I tech you block him. We are reading the first man past you. You are responsible sealing the A gap.  |
| Center          | A block with playside guard.  |
| Backside Guard  | Zone to POA   |
| Backside Tackle | Zone jab and pick.  |
| Fullback        | Run the 1-2 track. Sink the mesh. On a handoff stay in the running lane. No handoff, angle towards the option alley. The QB will decide if you get the ball or not. |
| Tailback        | Run option path   |
| X Receiver      | Play to you, stalk #1 to your side. Play away, cross field on #1 to your side.  |

|             |  |
|-------------|--|
| Y Receiver  | Pro and to you, arc release and block #2 to your side. Away, block the FS. Twins, to you, arc release on #1 to your side.  |
| Z Receiver  | Pro and to you, stalk #1 to your side. Slot or twins and to you. Stalk #2 to your side. Play away, cross field on FS.  |
| Quarterback | Read the first man past the guard. Think give until the man will not let you give. Be alert for the stack call. If you get a covered call be aware that a 2 tech. Defender is more than likely an A gap defender |

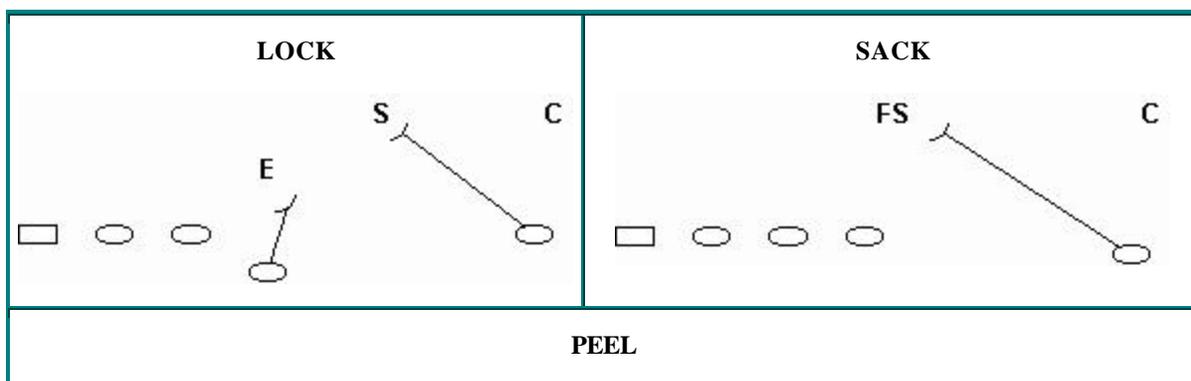
## PERIMETER BLOCKING CALLS

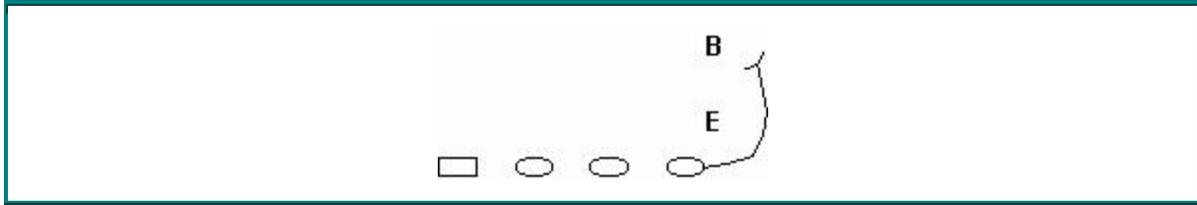
**LOAD** - We want to **LOAD** the defensive end because he may be crashing hard and coming after the QB. **Z** is the man that will make the 40 series **LOAD** block. He should step directly at the end man and ride him inside. (Diagrammed Below Left)



**CRACK** - We will **CRACK** when we are having trouble blocking the run support defender. **X** will be doing most of the **CRACK** blocking. From a **5** to **7** yard split **X** takes 1 step down field and cuts for the defender. He must get his head in front of the defender, pinning him to the inside. This block must be above the waist and the defender must absorb some punishment. **Z** or **Y** will arc out and block the #1 defender. (Diagrammed Above Right)

**LOCK** - combination of Load and crack designed to isolate the QB and TB on the corner. (Diagrammed Below Left)

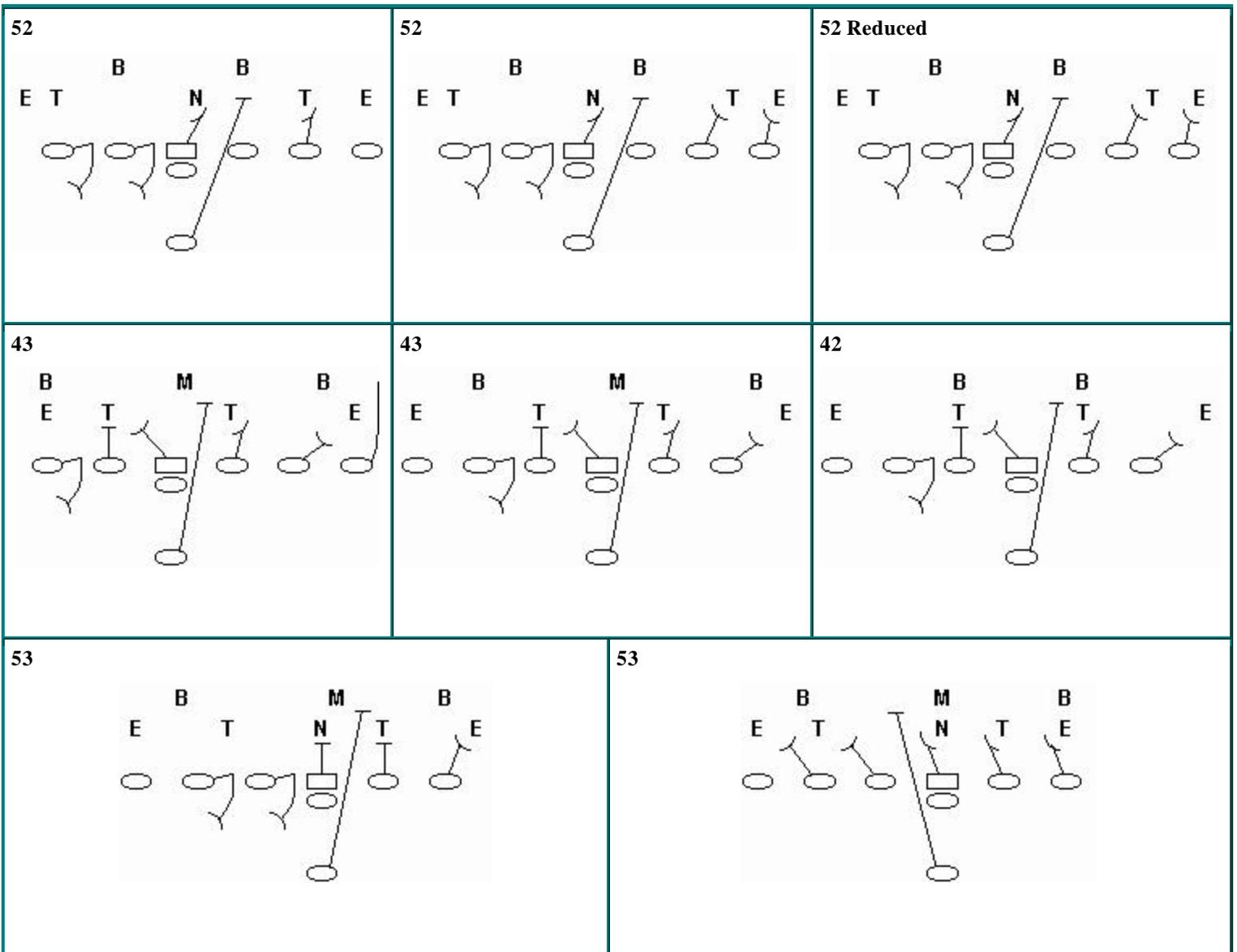




**SACK** - a crack block on the free safety. (Diagrammed Above Middle)

**PEEL** - a technique used to seal the playside LBer by releasing outside a head up defensive lineman. (Diagrammed Above Right)

## 40 PASS PROTECTION (BASE PROTECTION)



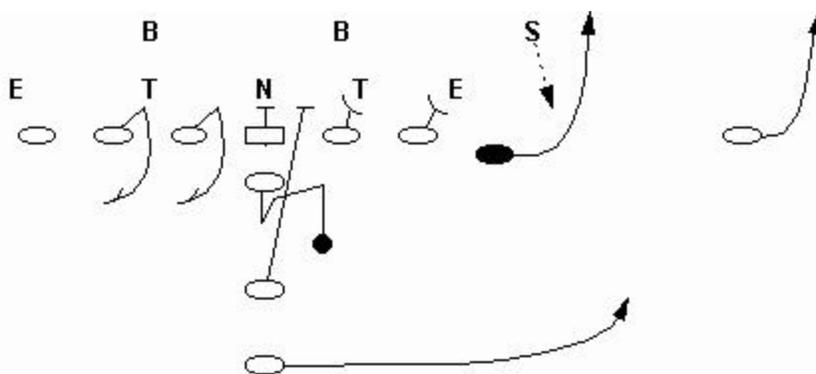
| Position        | Assignments   |
|-----------------|---|
| Playside Tackle | Man on. Uncovered, block outside. Aggressive run read.  |
| Playside Guard  | Man on. Uncovered, block outside. Aggressive run read   |
| Center          | Man on, backside A gap. Aggressive run read   |
| Backside Guard  | Protect the backside B & C gap - Zone and hinge back.   |
| Backside Tackle | Protect the backside B & C gap - Zone and hinge back.   |
| Fullback        | First LBer from the playside out.   |
| Tailback        | Option course for 10 yards. Turn and face the QB. Give him a big target. Be alert for the blitz by #2. If he blitzes you block him. |

## TRAP PROTECTION

| Position        | Assignments   |
|-----------------|---|
| Playside Tackle | On - inside. Do not block the end man unless solid is called.                         |
| Playside Guard  | On - inside. Be aggressive. Be alert for the Shoot it call.                           |
| Center          | On - backside A, Fill for the pulling guard.  |
| Backside Guard  | Pull and trap the end man on the LOS. Solid called, pull and seal the playside B gap. |
| Backside Tackle | Seal the B gap and wide rush. Hard zone and pick. Y in protection, seal B gap.        |

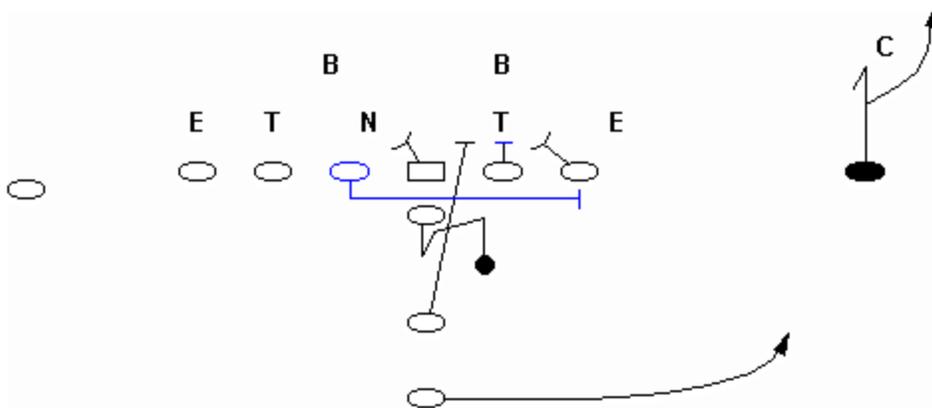
147 / 14 8

### SLOT 148 Z (BASE PROTECTION)



### 147 Y (TRAP)





(TRAP PRO W/ SOLID CALL)

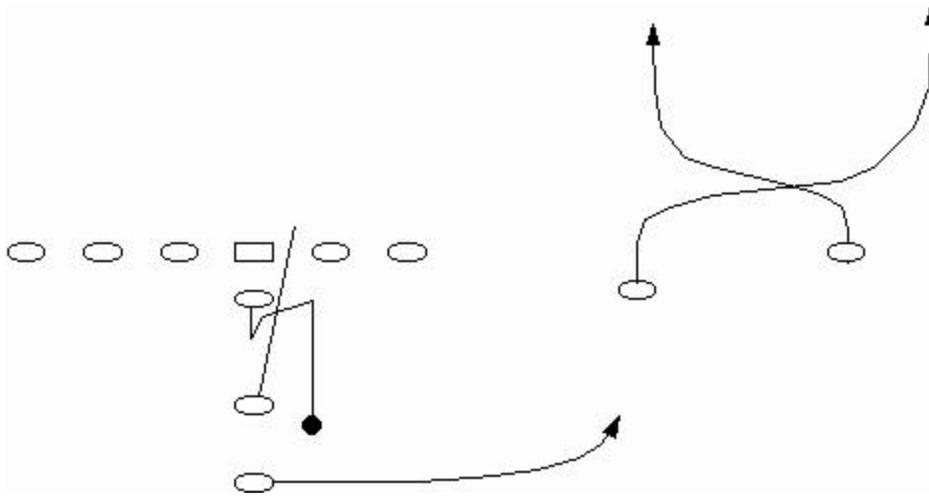
| Position    | Assignments   |
|-------------|---|
| X Receiver  | 1 PATTERN. Stalk block release. Make eye contact with the defender. Do not run a pass route. Outside release vs. a hard corner. Look for the ball as the hard corner is passed. 7 yard hitch vs. soft corner. |
| Y Receiver  | Pass Pro  |
| Z Receiver  | Go pattern. outside release vs. a hard corner   |
| Quarterback | Key the defensive back over X. When the corner backs up, throw a 7 yard hitch. If the corner plays hard throw to X in the hole  |

## 848

**COACHING POINTS:** Slant is a 1 rec. pattern. When there is no throwing lane, run the ball. Ride the FB slightly. Take one step back to throw.

| Position    | Assignments  |
|-------------|--|
| X Receiver  | Slant. Open split 2 to 3 yards. Release 4 steps downfield, then angle for a point 12 yards deep on the hash. Don't run the angle portion full speed. |
| Y Receiver  | Pass Pro.  |
| Z Receiver  | Slant. Open split 2 to 3 yards. Release 4 steps downfield, then angle for a point 12 yards deep on the hash. Don't run the angle portion full speed. |
| Quarterback | Key: vs. 3 deep the backside LBer. Vs. 2 deep the playside LBer. PROGRESSION: 3 deep, X. 2 deep, Z.  |

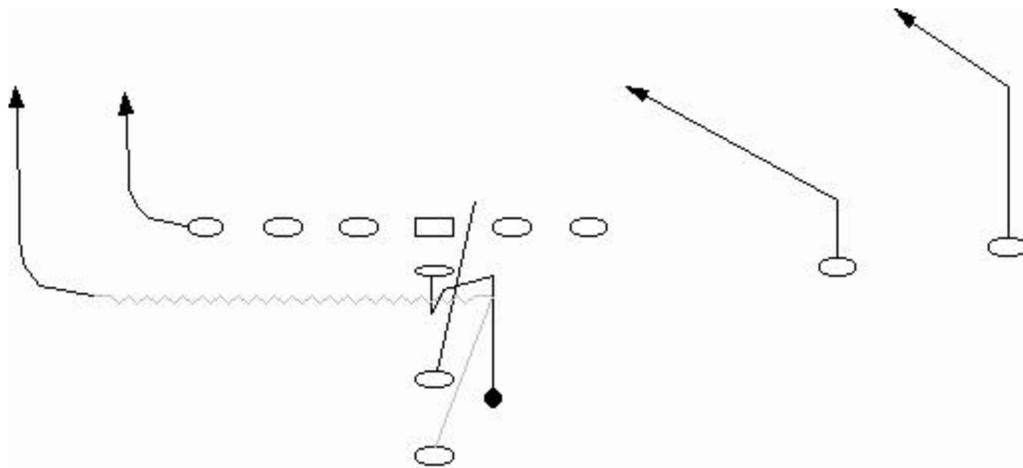
# 847/848 DEEP



**COACHING POINTS** - Come of f the mesh 2 steps and back 2 steps. vs. 3 deep Z will stop in front of a soft corner. Versus 2 deep throw opposite the safety's reaction.

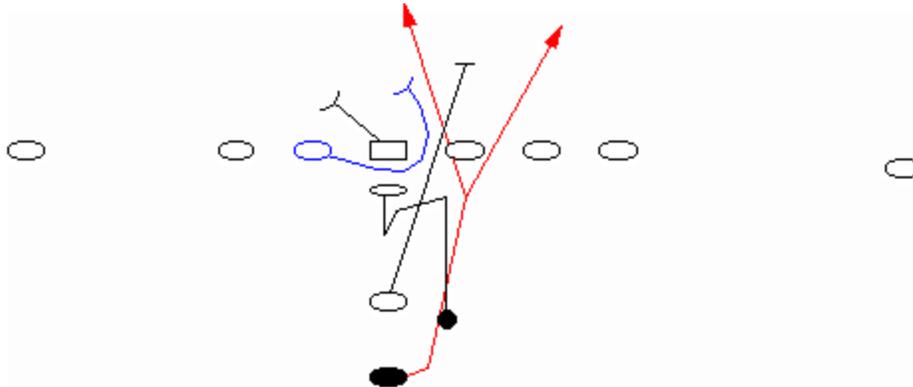
| Position    | Assignments   |
|-------------|---|
| X Receiver  | Slant and go route. With the ball on the hash align four to five yards outside the hash. Release four steps down field, then angle for a point 12 yards deep. on the hash. Two steps before the hash look at the QB then turn and run up the inside edge of the hash. Stay inside the hash. |
| Y Receiver  | Pass pro  |
| Z Receiver  | Quick out and up. Your 1st step is at a point 6 yards in front of X's alignment. Angle for the sideline. Within 5 yards of the sideline turn up field. Vs 2 deep get down the sideline looking for ball. Vs. 3 deep corner that hangs deep, hook at 12 to 14 yards deep.                    |
| Fullback    | Pass Pro  |
| Tailback    | Option route. Pick up #4 on blitz.  |
| Quarterback | Key - 3 deep key the FS to the RS defender. FS back-key the RS to determine If you throw to Z or TB. Vs. 2 deep key the safety on the hash.<br>PROGRESSION: X to Z to TB  |

# STREAKS PASS



| Position    | Assignments   |
|-------------|---|
| X Receiver  | 15 yard post  |
| Y Receiver  | Arc release. Look for the ball right now. Nasty split, 5 6 feet   |
| Z Receiver  | 8 pattern. If the FS goes with the tailback motion, you will get the ball in the middle of the field  |
| Fullback    | Hard 40 series fake   |
| Tailback    | Motion to Y. If the corner backs off you will get the ball right now!   |
| Quarterback | Hard 40 series fake. Key the corner on Y. If he widens with the TB hit Y in the seam. If the corner backs off, hit the TB. If the S moves over to cover Y hit Z down the middle of the field. |

53 / 54

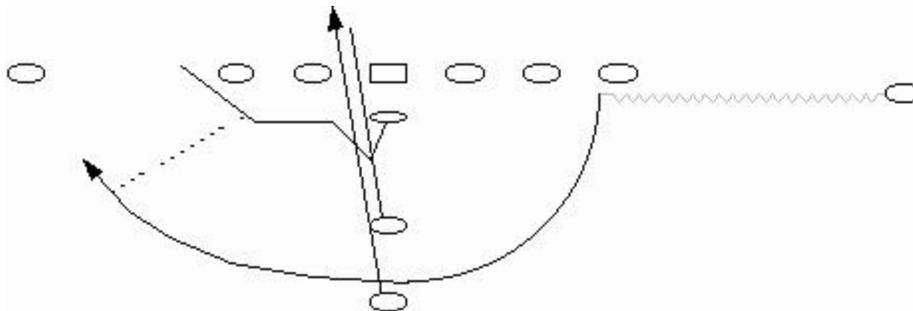


**COACHING POINTS:** Block by the lead back. 2. Seal on the playside LBer. 3. Max splits to Y, minimum splits to X. 4. Best to split and reduced side.

| Position | Assignments |
|----------|-------------|
|----------|-------------|

|                 |  |
|-----------------|--|
| Playside OL     | Base it.   |
| Center          | On, fill for pulling guard.  |
| Backside Guard  | Pull and seal POA  |
| Backside Tackle | Zone to POA  |
| X Receiver      | play to you, inside out on #1. Play away, cross field  |
| Y Receiver      | play to you, drive the end man on the LOS. Play away, cross field, safety  |
| Z Receiver      | play to you, inside out on #1. Play away, cross field  |
| Fullback        | On the snap jab step to the play side. Read the man on the guard to determine which hole to lead through. Block the LBer any way he wants to go. The TB will cut. If guard is uncovered go straight to LBer. |
| Tailback        | Cross over on your left foot (on 54) at a 45 degree angle. Plant your right foot, take the handoff and follow the FB. The QB will bring you the ball.  |
| Quarterback     | Open to the right on a 54. Sprint the ball back to the TB. Hand of f and continue to attack the corner.  |

### 53 / 54 Z OPTION



#### COACHING POINTS:

- Blocked just like 53/54
- Both backs block the end man on the LOS.
- Min. splits. 4. X cracks LBer to FS.

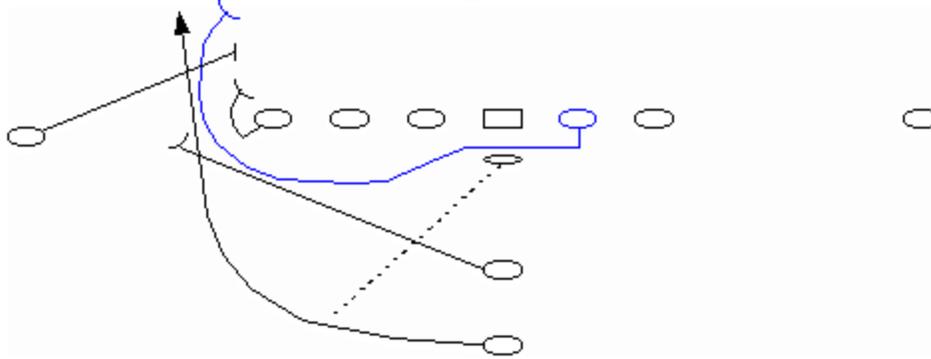
| Position    | Assignments   |
|-------------|---|
| Z Receiver  | Z is the pitch man. Depending on the formation Z may have to go in motion                   |
| Quarterback | Same as 53/54. Make a great fake and sprint around the end. Pitch on the first man to show. |

### 53/54 LEAD PASS

The LEAD PASS is thrown to the FB. It can be run from the I or the C/D set. The TB must make a great fake! The FB slips into the flat at 5 yards depth.

## 57 / 58

57 is diagrammed.



**COACHING POINTS:** 1. To a reduced side 2. Good crack and seal block.

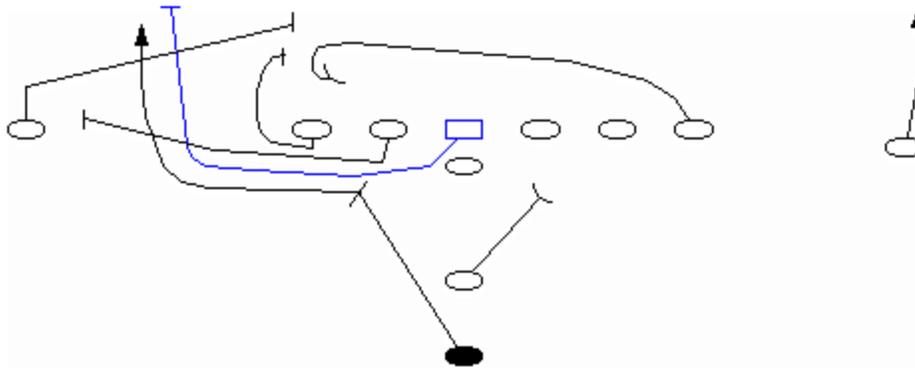
| Position        | Assignments  |
|-----------------|--|
| Playside OL     | Base zone  |
| Center          | Man on, MLBer, Backside LBer   |
| Backside Guard  | Pull and lead to the playside. You must get some depth so you can get your shoulders turned upfield. Seal to the inside. |
| Backside Tackle | pull to the playside and seal. Clip anyone that is chasing the guard the guard.  |
| X Receiver      | Crack inside.  |
| Y & Z Receiver  | Double the last man on the LOS. You must drive him off the line into the LBer  |
| Fullback        | Kick out #1 to play side   |
| Tailback        | On snap sprint to the sideline. Catch the pitch and run to daylight  |
| Quarterback     | Reverse out, toss ball to TB and lead for him.   |

## 91 / 92 DRAW

| Position       | Assignments   |
|----------------|---|
| Offensive Line | Covered, make your man rush to the outside. The uncovered lineman has the RT. LBer.                                     |
| X & Z Receiver | Take a max. split. Run off the defensive backs. When they react up break down and block them.                           |
| Y Receiver     | Run for the safety and block him.   |
| Fullback       | Set for pass protection for 3 counts, TAKE HAND OFF and run to daylight.  |
| Tailback       | Set for 3 counts, then into the flat to fake screen. Yell screen to draw the defense.                                   |
| Quarterback    | Take a 3 step drop and slip the ball to the back. Drop back 2 more steps and setup. Do not watch the back run the ball. |

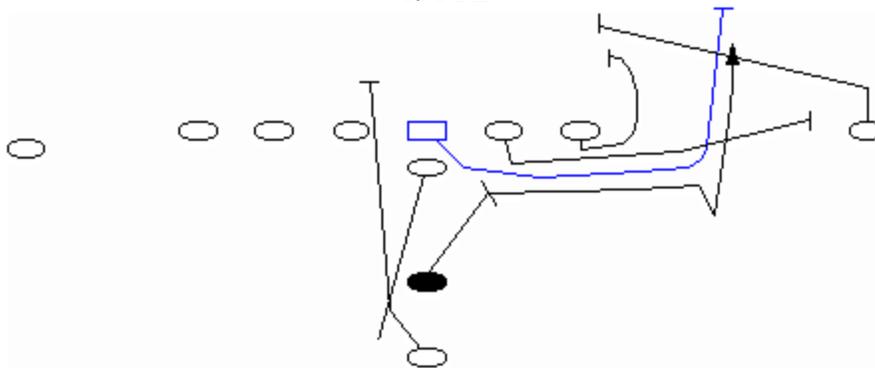
# 192 TB Screen & 191 FB

192 TB SCREEN



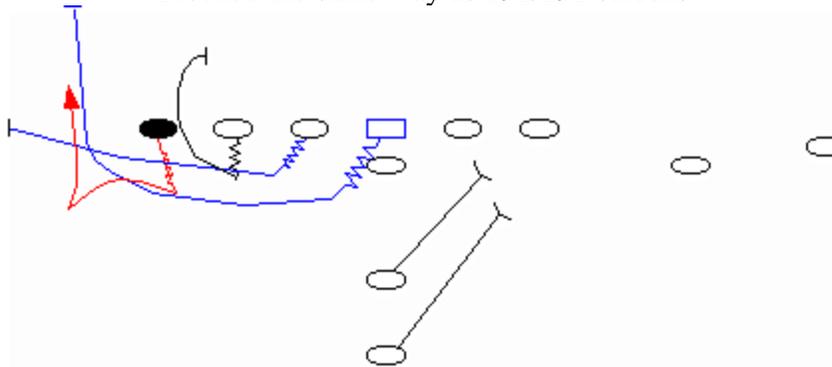
| Position             | Assignments  |
|----------------------|--|
| Playside OL & Center | Pass protection for 3 counts then pull to the flat. The tackle seals inside. The guard comes off the tackles butt and kicks out first wrong color. The center comes off the guards butt and blocks the alley. Look inside out.                             |
| Backside OL          | Pass protection 3 counts, wall pursuit   |
| X Receiver           | run the post and block the safety.   |
| Y Receiver           | come shallow across the field, turn and help seal the inside   |
| Z Receiver           | run a 6 pattern on your man, then turn back on him   |
| Fullback             | Run the fake called. Make a good fake. Help seal the LBer to your side.  |
| Tailback             | Pass protection for 3 counts then get into the flat. Get 5 yards outside the, tackle's alignment and 5 yards deep. When you catch the ball go! Do not wait for the blockers. As you release make contact with a defensive player. This will help hide you. |

191 FB

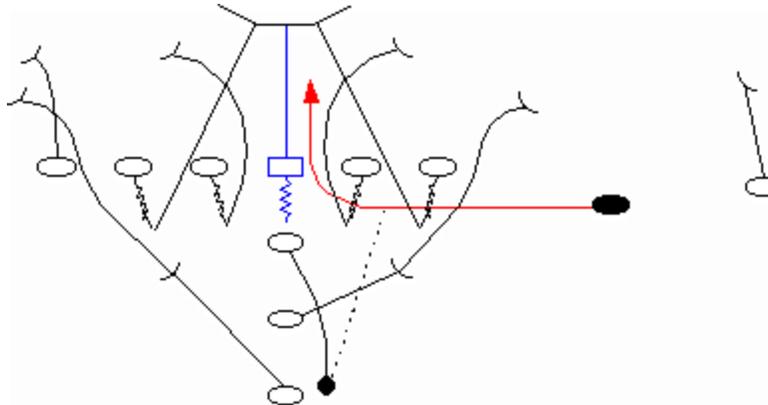


## 587/588 Y SCREEN

Blocked the same way as 191/192 screens.



## Z MIDDLE SCREEN

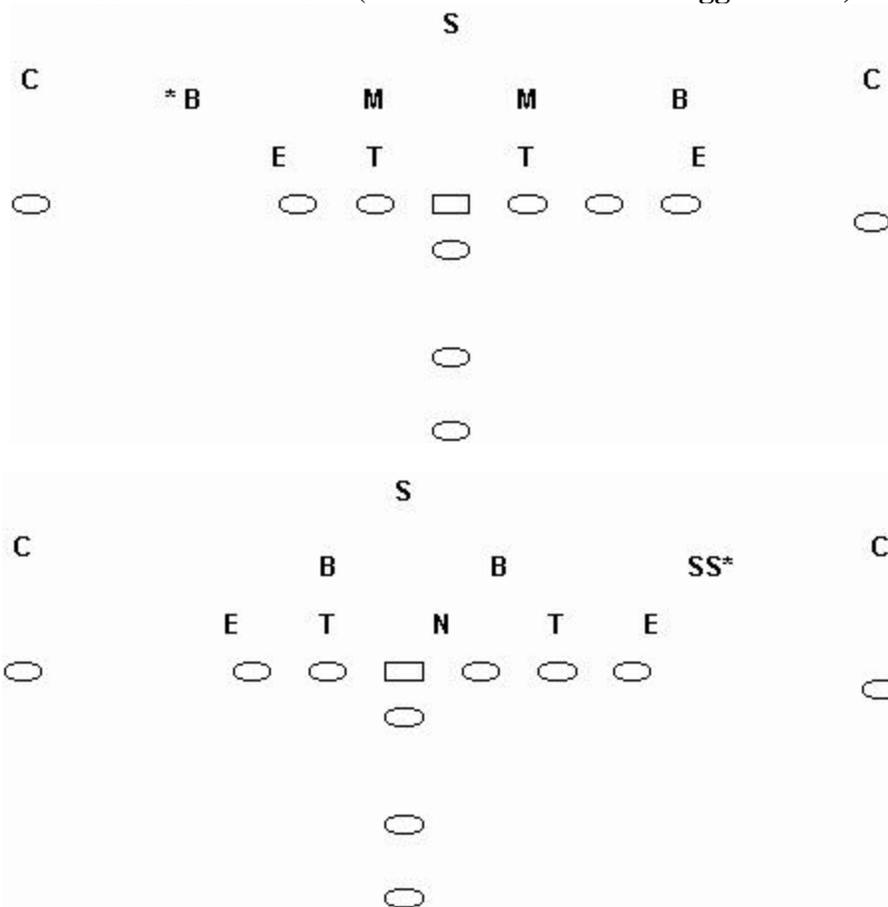


**WE CAN RUN Y MIDDLE SCREEN AND X MIDDLE SCREEN WITH THESE RULES.**

| Position            | Assignments   |
|---------------------|---|
| Guards              | Pass pro. Shoulder a blitzing LBer. Show pass for 3 counts then block the LBer to your side.      |
| Center              | Pass pro for 3 counts, form wedge w/tackles and crush FS.   |
| Tackles             | Pass pro for 3 counts, form wedge w/center and crush FS.  |
| X Receiver          | Block #1. Sell pass first.  |
| Y Receiver          | Same as X.  |
| Z Receiver          | Float in behind the center. Do not cross the LOS before you catch the ball. Find wedge.           |
| Fullback & Tailback | Pass pro. Shoulder a hard rushing end. Bounce him to the outside then go block the flat defender. |
| Quarterback         | 5 step drop. Continue to fade back. Dump ball to Z  |

## QUICK PASS ATTACK - 90 SERIES

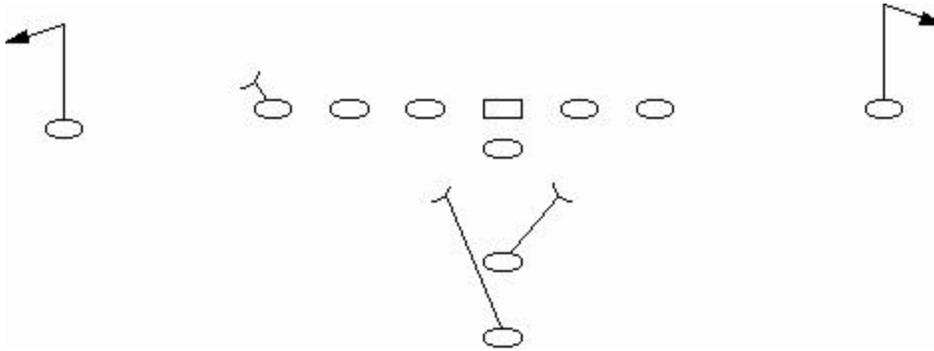
### PASS PROTECTION (We must fire out and be aggressive!!)



In the diagrams above the man with the star in either flat can stop the 90 series pass. Throw opposite of this man.

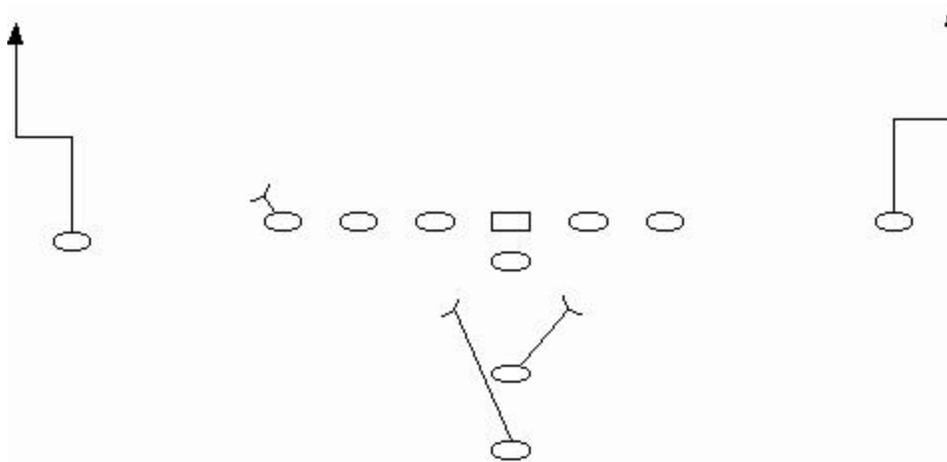
| Position            | Assignments   |
|---------------------|---|
| Guards              | Man on, block the end   |
| Center              | Man on, MLBer. If you need help call for the uncovered guard  |
| Tackles             | Man on, outside   |
| Fullback & Tailback | On the snap step up and check the LBer to your side. If he blitzes you have him. No blitz, help where needed                                      |
| Quarterback         | Read the coverage to both sides. Throw the pass to the side that does not have a man in the flat. Both receivers will be running the same pattern |

## 490



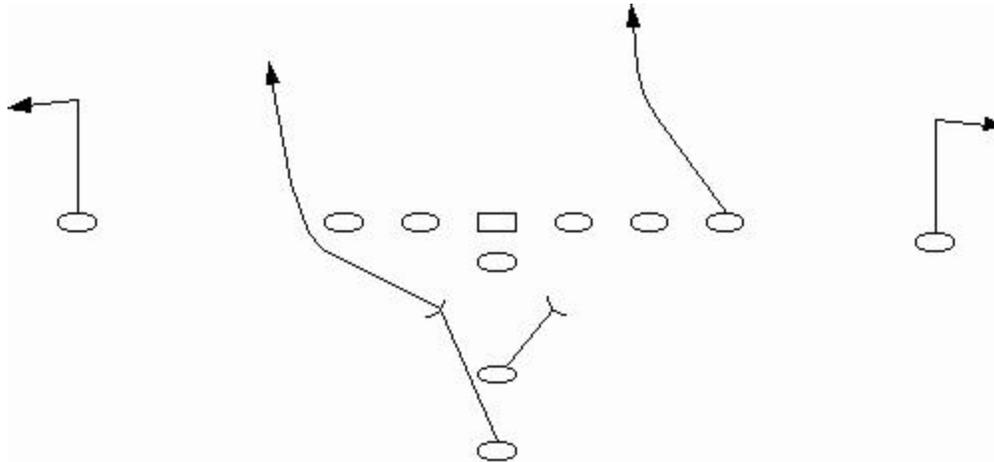
| Position       | Assignments   |
|----------------|---|
| X & Z Receiver | Run the 4 pattern. Make the cut on your 4th step. After the catch cut back to the inside.           |
| Quarterback    | Pre-read the defense. Take a 3 step drop and hit the open man. if he is covered throw the ball away |

## 490 UP



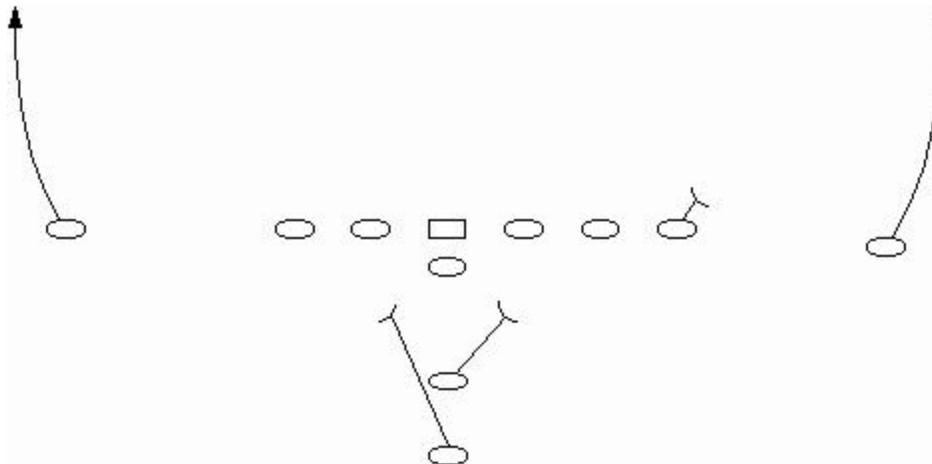
| Position       | Assignments   |
|----------------|---|
| X & Z Receiver | Run the 4 up pattern. Do not break the pattern back   |
| Quarterback    | 3 step drop. Pump fake away from you intended receiver. Drop 2 more steps and throw the ball. |

## 490 DELAY



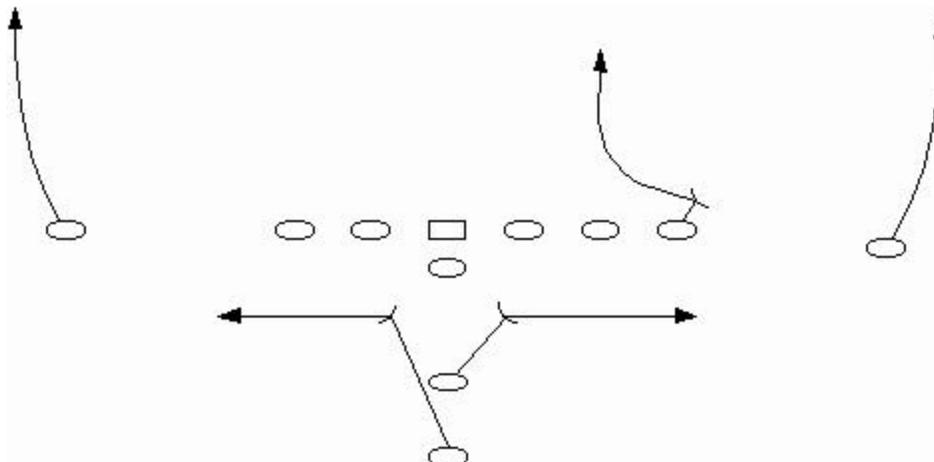
| Position       | Assignments   |
|----------------|---|
| X & Z Receiver | Run the 4 up pattern.   |
| Y Receiver     | Runs for the safety, make him cover you   |
| Tailback       | To the side of X. Set to pass protect, then release to the seam. If your LBer blitzes release right away and expect the ball quickly.                           |
| Quarterback    | 3 step drop, pump fake to Z. Drop 2 more steps and hit the back on the seam route. As you drop check the L8 to X side. If he blitzes throw the ball right away. |

## 690



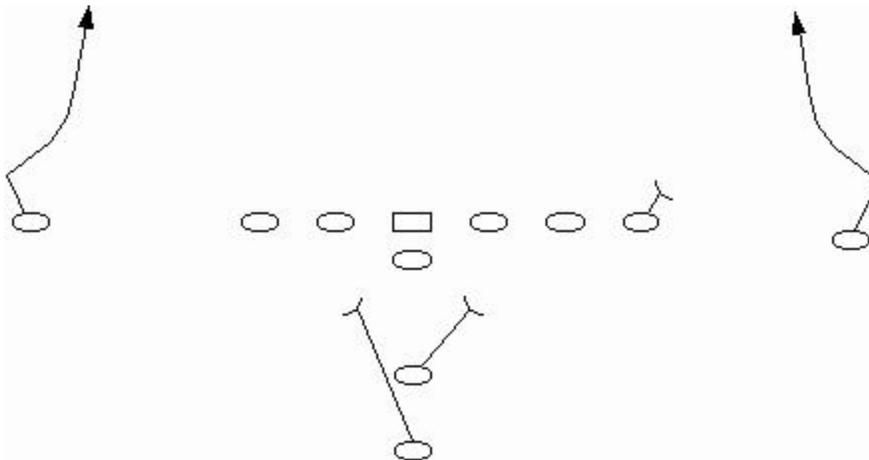
| Position       | Assignments  |
|----------------|--|
| X & Z Receiver | Run the 6 pattern.   |
| Y Receiver     | Pass Pro   |
| Tailback       | Pass Pro   |
| Quarterback    | 3 step drop and loft the ball. Let the receiver run under the ball |

## 690 Y DELAY



| Position       | Assignments   |
|----------------|---|
| X & Z Receiver | Run the 6 pattern.  |
| Y Receiver     | Block for 3 counts and release over the center area.  |
| Tailback & FB  | Check the LBers. If they do not blitz release to the flat right away.   |
| Quarterback    | Step drop, pump fake and drop 3 more steps. Look for Y over the middle. if he is not open throw the ball away |

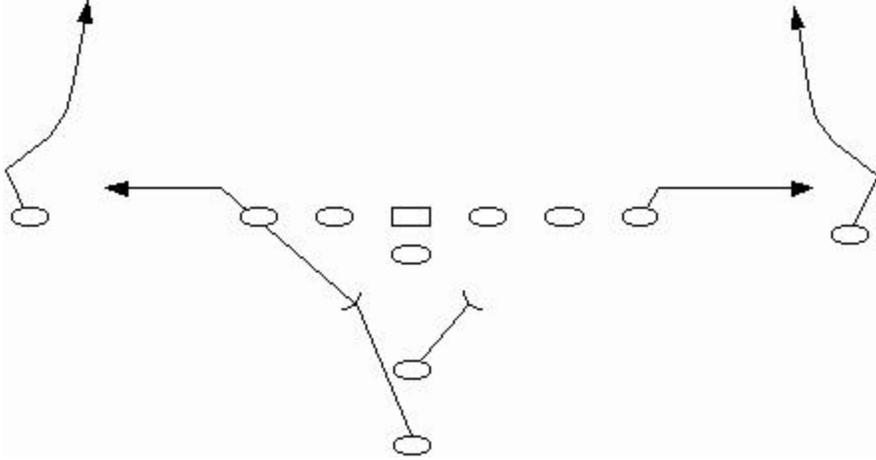
## 890



| Position       | Assignments   |
|----------------|---|
| X & Z Receiver | Run the 8 pattern. Make your cut on the 3rd step. If you are on the open side bend your route up the seam. if you continue to run to the inside the safety will take your head off. |
| Y Receiver     | Pass Pro  |
| Tailback & FB  | Pass Pro  |

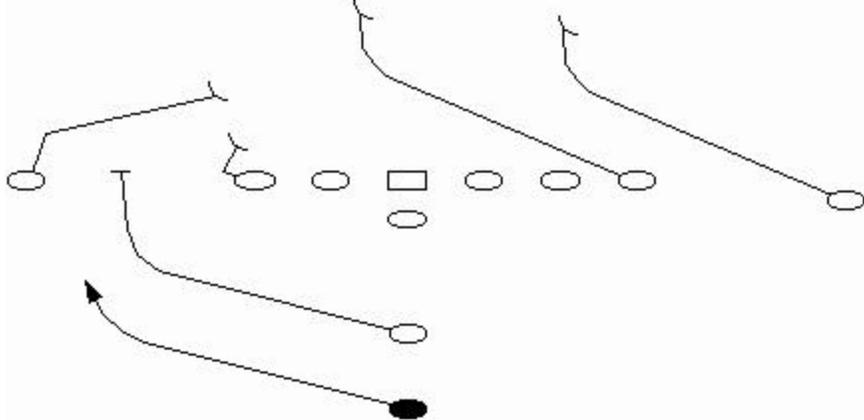
|             |   |
|-------------|---|
| Quarterback | 3 step drop. Same pre-snap read as 490. |
|-------------|---|

### 890 FLAT (Y FLAT)



| Position       | Assignments  |
|----------------|--|
| X & Z Receiver | Run the 8 pattern. If you are on the side of the flat call try to run your pattern into the safety and get in his way.   |
| Y Receiver     | Pass Pro (Y FLAT called run the pick route)  |
| Tailback       | On the 890 flat play he checks the LBer. HB goes to the X end side runs the flat route on regular call and he checks the LBer to his side on Y FLAT. (HB to Y end side blocks the end on Y FLAT) |
| Quarterback    | 3 step drop. Look opposite the side of the pattern called. Turn and throw the ball to the man running the flat route.  |

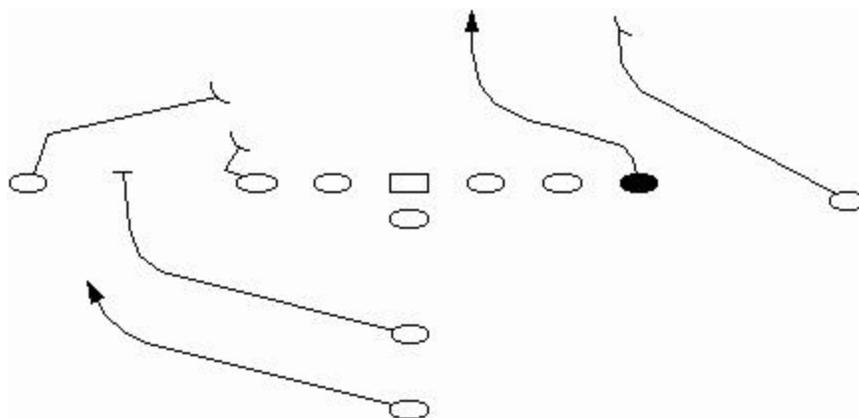
### 890 FLARE



| Position   | Assignments           |
|------------|-----------------------|
| X Receiver | Crack                 |
| Y Receiver | Cross field on the FS |

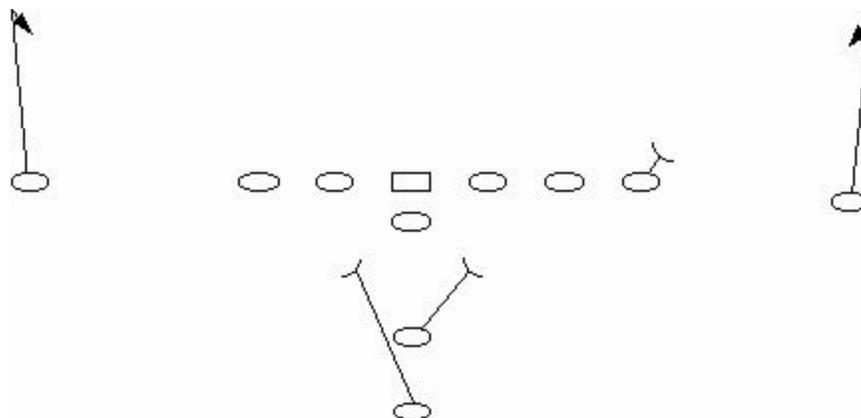
|             |                               |
|-------------|-------------------------------|
| Z Receiver  | Cross field                   |
| Fullback    | Lead                          |
| Tailback    | Flare pattern                 |
| Quarterback | 3 stop drop and dump the ball |

## 890 FLARE Y UNDER



| Position      | Assignments  |
|---------------|--|
| All Positions | Same assignments as 890 flare                                |
| Y Receiver    | KEY THE Lbers. If they fly to the TB go up the middle seam   |
| Quarterback   | Key the weak inside linebacker. If he goes with the TB hit Y |

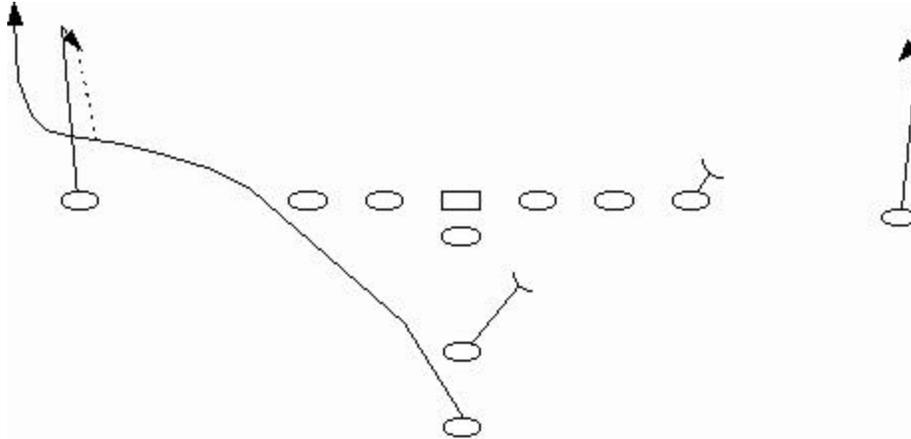
## 990



| Position       | Assignments   |
|----------------|---|
| X & Z Receiver | sprint off the LOS for 5 steps, plant, and come back to the QB 1 yard. After you catch the ball, turn to the outside. |
| Y Receiver     | Pass Pro  |
| Fullback       | Pass Pro  |

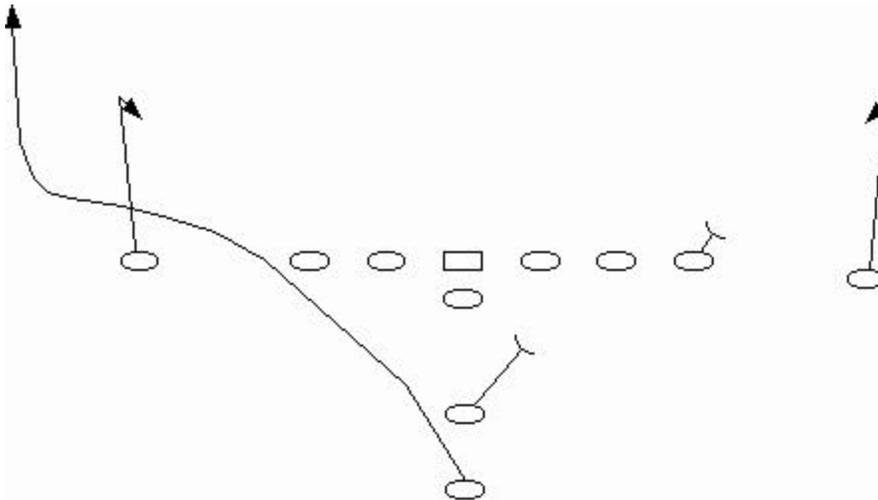
|             |  |
|-------------|--|
| Tailback    | Pass Pro                               |
| Quarterback | 3 step drop. Same pre-snap read as 490 |

## 990 TRAIL



| Position       | Assignments   |
|----------------|---|
| X & Z Receiver | X and Z run the 9 pattern. X will catch the ball and lateral it to the TB trailing him.   |
| Y Receiver     | Pass pro  |
| Fullback       | Pass pro  |
| Tailback       | On the snap sprint to the area where X is making the catch. Keep a pitch relationship with X. Catch the lateral and get in the end zone!! |
| Quarterback    | Same as 990. Throw to X   |

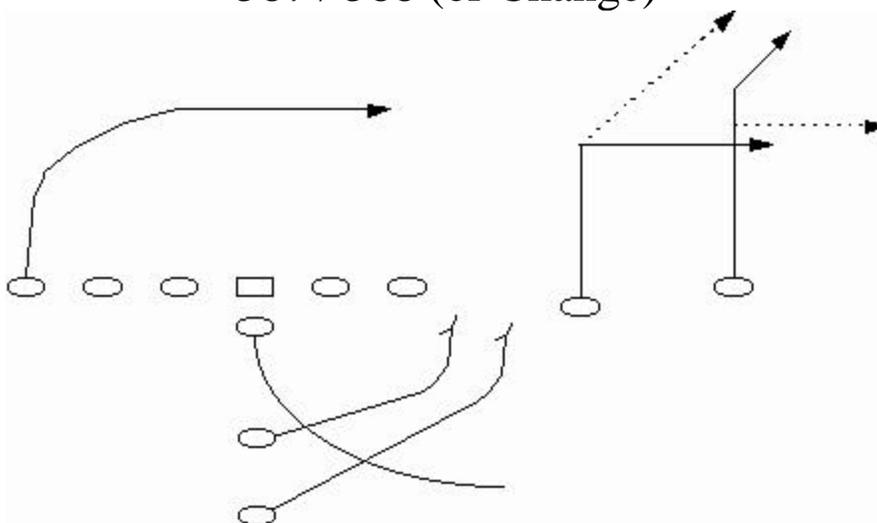
## 990 FLY



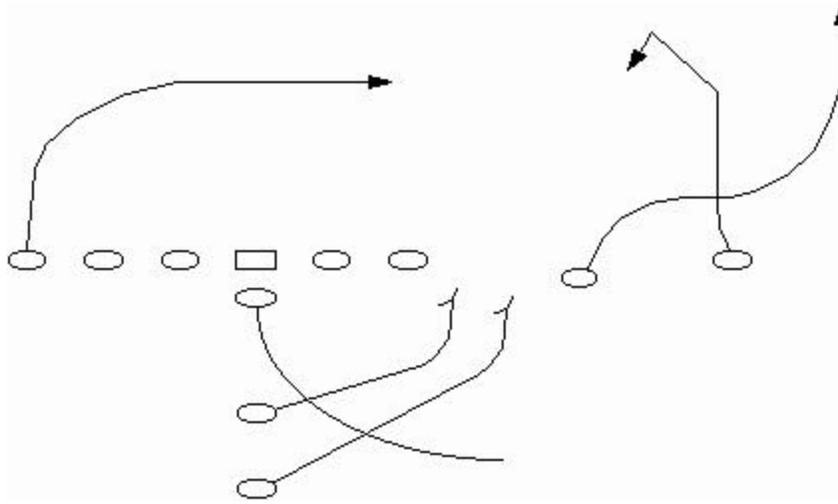
| Position | Assignments |
|----------|-------------|
|----------|-------------|

|                |  |
|----------------|--|
| X & Z Receiver | Cut split down, run the 9 pattern  |
| Y Receiver     | Pass pro   |
| Fullback       | Pass pro   |
| Tailback       | 990 trail action, sprint past the wide out and catch the ball down the sideline                |
| Quarterback    | 990 steps drop. Pump fake to the x or z, drop two more steps and hit the TB down the sideline. |

### 587 / 588 (or Change)



| Position       | Assignments  |
|----------------|--|
| X-Y-Z Receiver | 5 pattern <b>If "Change" is called X and Z Switch routes</b>   |
| Tailback & FB  | Double the end man on the LOS. Hook him.   |
| Quarterback    | Sprint to the outside. Your progression is run to z to X. The possibility of going to X is small. The most likely read will be a run pass option with Z. |



| Position       | Assignments   |
|----------------|---|
| X-Y-Z Receiver | 9 pattern   |
| Tailback & FB  | Double the end man on the LOS. Hook him   |
| Quarterback    | Sprint to the outside. Key the flat defender. If he comes up hit X on the curl. If he hangs back, run. After you have hit X on the curl several times z will become open for the big play. Your progression is run to X to Z. |

Rick Allison & John Stanton.  
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