

98

Air Force

Fisher

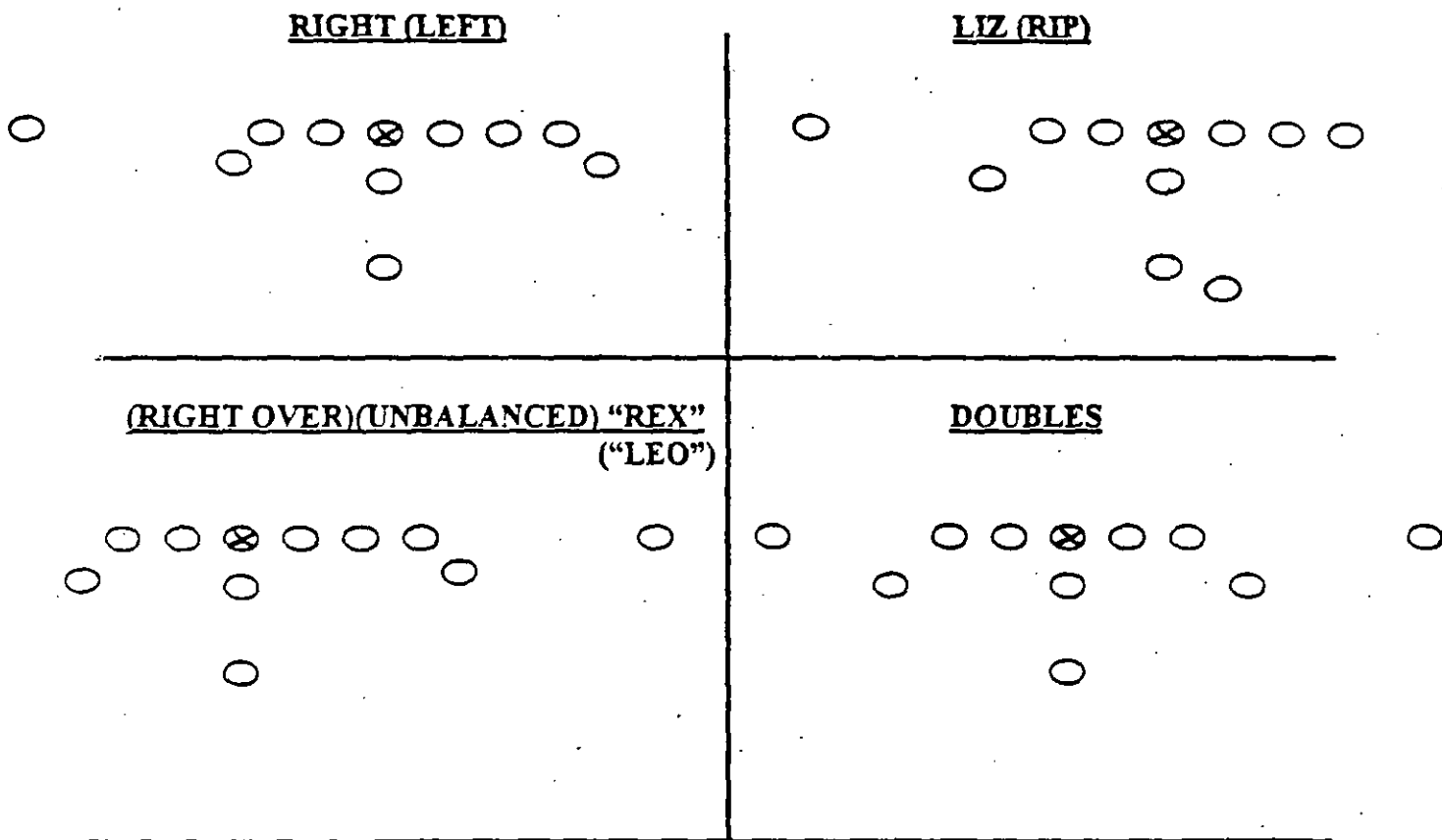
DeBerry

FALCON FLEX BONE

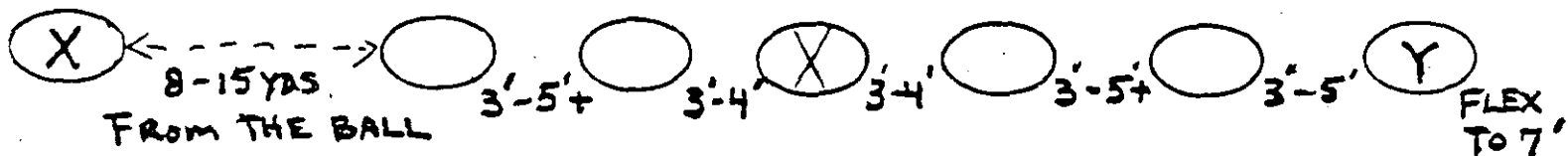
At the Air Force Academy our offense is based on the execution of 1) the triple option, 2) counters from the option and 3) a one-on-one action passing game. Our basic theory is to take advantage of whatever the defense gives us. We limit the number of plays, so we may vary our blocking patterns and spend more time on execution.

In this paper we will not attempt to cover the entire offense, but will outline the important basics of our run and our pass game.

FORMATIONS



LINE SPLITS

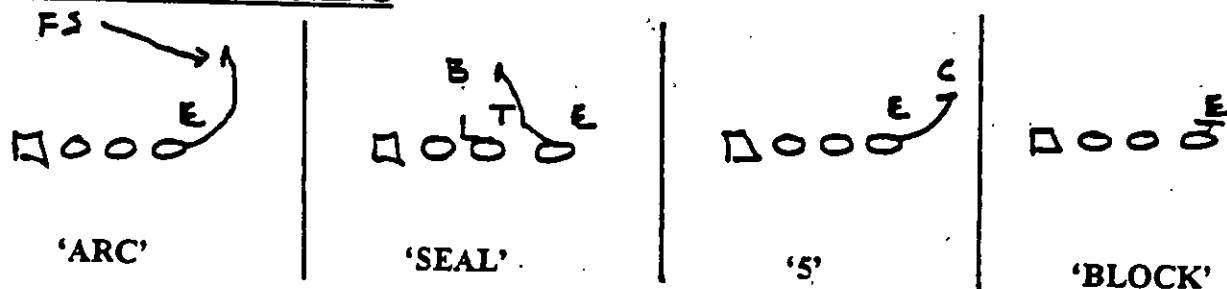


Line splits vary according to play, blocking patterns and defensive alignments. Usually maximum splits are used on runs and minimum on passing plays.

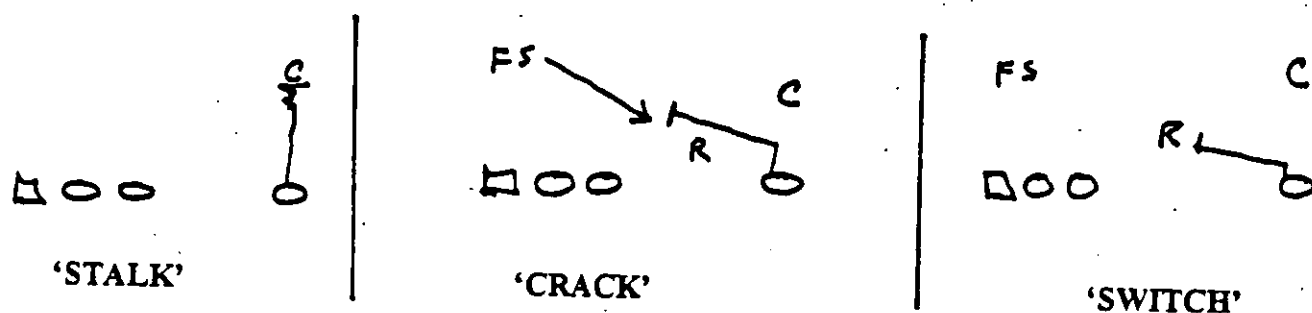
RECEIVER AND RUNNING BACK BLOCKING

Our backs and receivers will change block patterns in order to force the defense to change option responsibilities. These changes can be called in the huddle or recognized on the move.

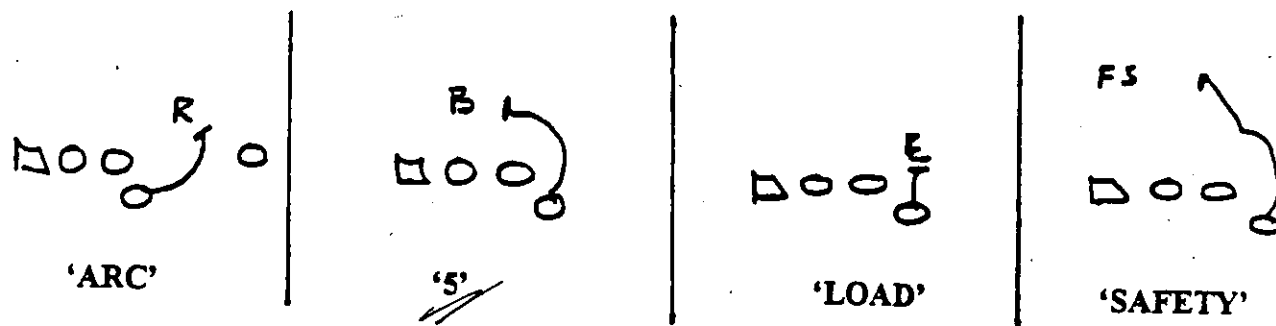
TIGHT END BLOCKING



WIDE OUT BLOCKING

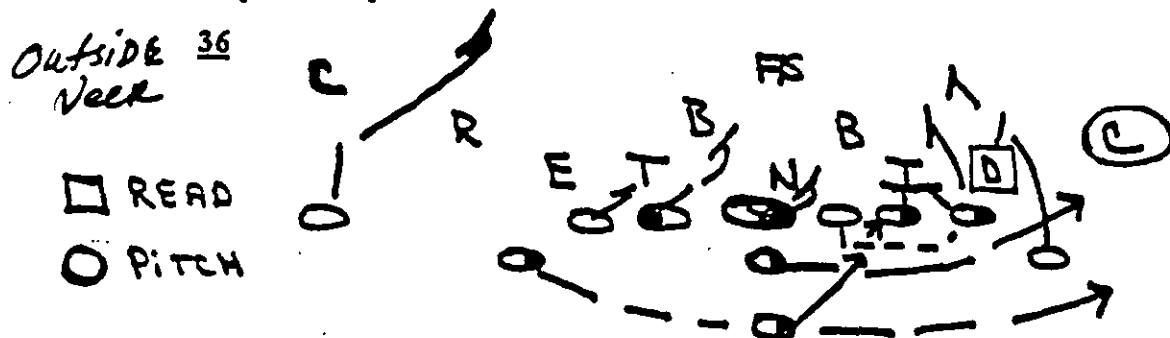


RUNNING BACK BLOCKING



These block patterns can be used in various combinations to gain us the best advantage for the type defense we are playing against.

We also run the outside veer by taking minimum splits and reading the end man on L.O.S. We use a G-Scheme and our fullback aims for the inside hip of the tackle. This play is another way to keep the fullback in the game and forces a change in defensive responsibility.



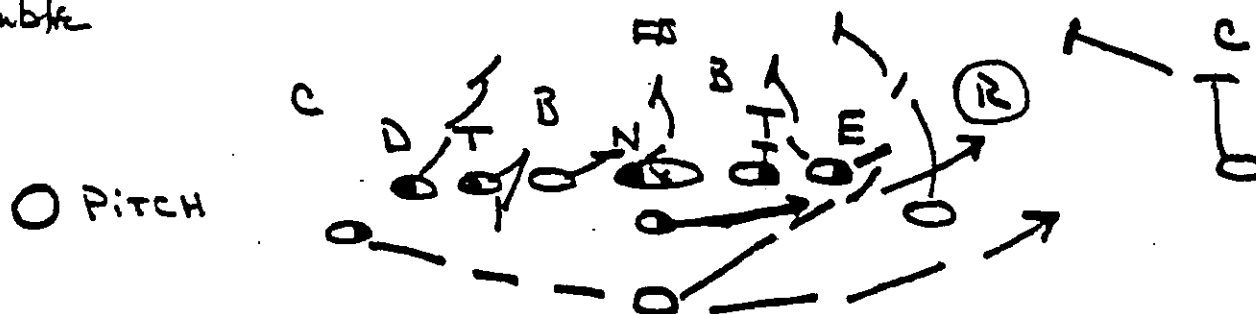
We will mix a predetermined keep play off the outside veer to force the ball to the secondary level. Our fullback will read the guard's block for inside-out on the LB to safety level. Our QB's pitch key is primary run support. He is taught to read the guard's block and follow the fullback.

36 KEEP



In addition to our keep play off the outside veer, we will also run a predetermined outside play off the inside veer. Our fullback will block the 5 technique defender and we will again option primary run support with our QB and pitch back.

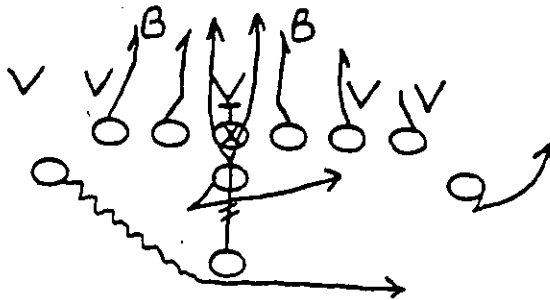
Double 38'S'



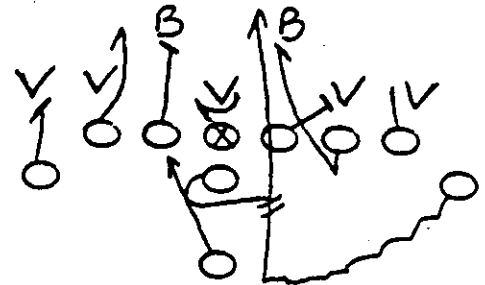
COUNTERS

Our counters are used to slow down or take advantage of over pursuit against our option game. We have six basic counter plays - 30-31 a FB Cut, 8-9 Power, 12-13 a HB Dive, 14-15 a HB Crossbuck, 16-17 FB Trap, and X-Reverse with our wide out. The blocking for our counter plays is usually Base, however the line may switch assignments according to defensive sets.

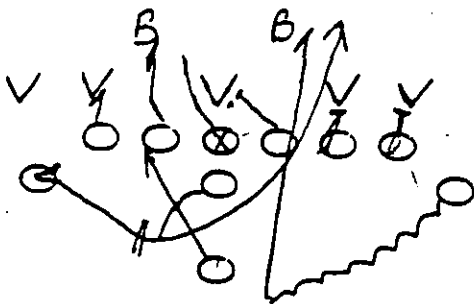
(30) FB CUT



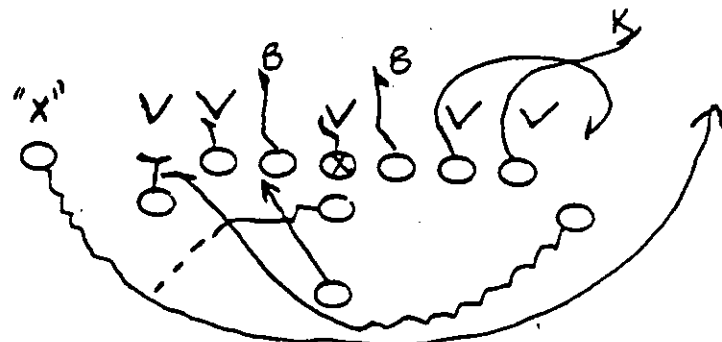
(12) HB COUNTER



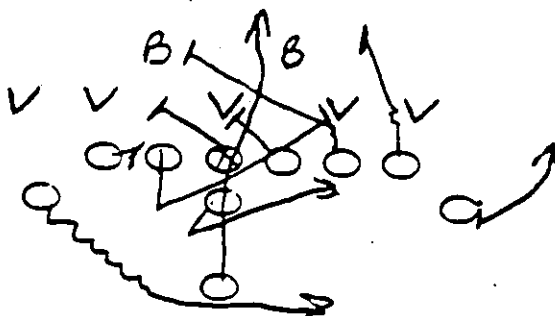
(14) CROSSBUCK



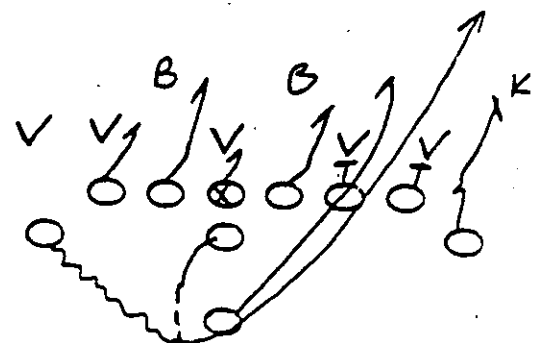
X-REVERSE



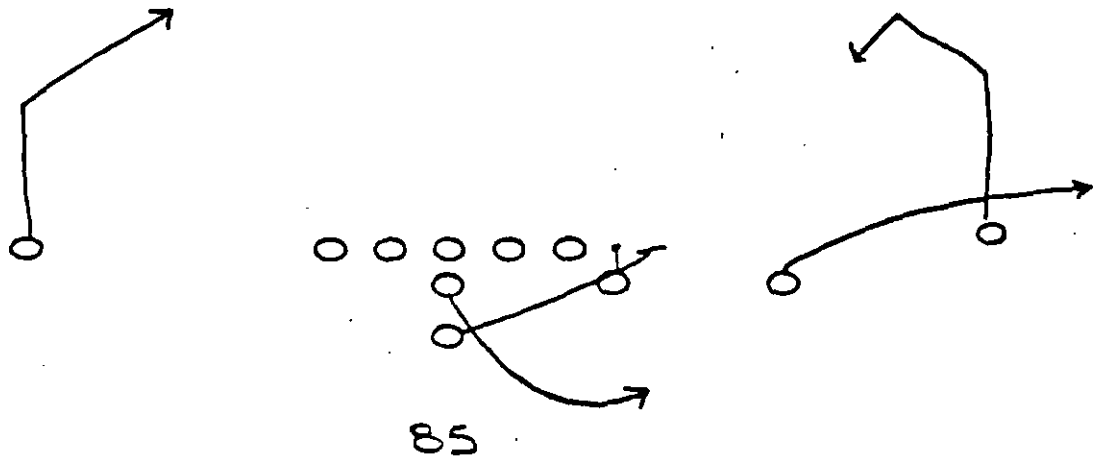
(16) FB TRAP



(8) POWER



Our sprintout game is a combination route system. We use a 2 digit system with the first number indicating direction and the second number the route combination.



There are many ways of running the Wishbone Offense and we fell ours is the best for our situation. It enables us to take advantage of our players' intelligence, quickness and great effort and desire. Our players know and understand the why's and how's of our offense - a must for successful execution of the Flexbone.

We hope this information will be of some help to you and your team. We would welcome you to visit the Academy for more detailed information or call anyone of our position coaches for the techniques or questions you may have. We have a great number of requests for film and written material - time does not allow us to answer every question by mail or send films. Please call or come by to visit with us about the details of the Flexbone.

Best of Success,

FALCON OFFENSIVE STAFF

I want to thank, Coach DeBerry, the American Football Coaches Association, and all of you coaches for giving our offensive staff the opportunity to share our option attack with you. Each one of us will discuss a specific-type option play with you. Sammy Steinmark will cover the midline option, Dick Enga the belly option, Chuck Petersen the counter lead option, Larry Fedora the speed option and I will start with our inside veer option.

As you can tell, we live by the option. The rest of our running and passing offense is considered the counter game to our options. I would like to say that our staff does an excellent job of play selection and adjustment during the ball game, and that is the reason for a great deal of our success year after year.

Inside Veer Option

The inside veer is a true read triple option, which means that on the snap of the ball the defense will start determining whether the fullback, the quarterback, or running back will be the ball carrier. The quarterback will read the first man on the tackle to outside for the fullback give, then attack the pitch key to determine if he keeps or pitches to the running back. This type option is basically designed for eight-man fronts, but can be used against seven-man fronts as well. It is where we start our option attack, and we run it about 1,560 times a season.

Inside Veer Rules

Backside Receiver: Cut off and secure backside.

Backside Tackle: Hinge-Cut off-Switch.

Backside Guard: Base-Scoop-Switch.

Center: Call combo with backside guard or playside guard — linebacker.

Playside Guard: Combo with center or playside tackle according to technique.

Playside Tackle: Base-Combo with playside guard.

Inside Receiver: Release outside read key and block first inside linebacker.

Outside Receiver: Block first threat in secondary zone.

Fullback: Run path through outside hip of guard-mesh with gentle squeeze and read blocks.

Quarterback: Step at four or eight o'clock-mesh-gather read-explode out and attack inside of pitch key.

Pitchback: Run pathway through fullback's alignment. Keep pitch relationship

four to five yards in front of quarterback.

We also have play-action passes to counter the secondary pressure. Gap frontside and hinge backside protection is

Diagram 1: Veer to Tight End

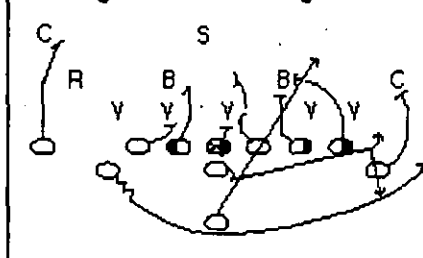
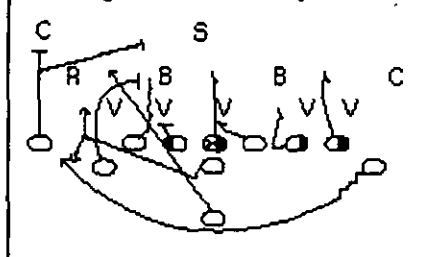


Diagram 2: Veer to Split End



used for these passes. Time does not allow me to go into detail about these routes, but I will diagram them for you.

We would welcome any questions on anything we do after everybody is done with the lectures.

Diagram 3: Pass to Tight Side

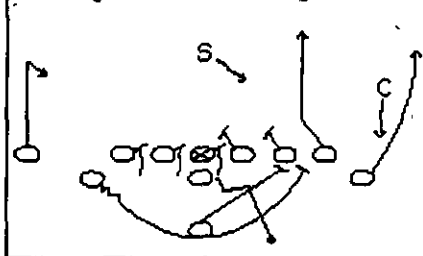
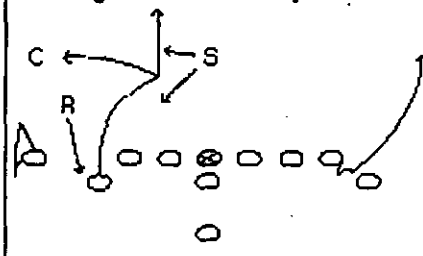


Diagram 4: Pass to Split Side



Sammy Steinmark, Runningbacks

Midline Option

The midline option play is a supplemental option that is designed to complement our base option play, the inside veer option. It is a play that changes up the read key on the defense, and in doing so, we feel it makes it harder on our opponents to zero

Air Force Option Attack



Bob Noblitt

**Offensive
Coordinator**

**U.S. Air Force
Academy**

**Colorado Springs,
Colo.**



**Sammy Steinmark
Runningbacks
Coach**



**Dick Enga
Tight Ends
Coach**



**Chuck Petersen
Quarterbacks and
Fullbacks Coach**



**Larry Fedora
Wide Receivers
Coach**



in on our inside veer play with a particular stunt or method of defensive play. This adds to our diversity on offense, and it makes it more difficult for our opponents to prepare for us both in preparation time and teaching during the week prior to playing us.

The midline is also a true read play to the fullback like our inside veer, except the quarterback has the choice to follow the halfback into the line of scrimmage. If it is not there, he may still attack the pitch key just like the true triple option play. The quarterback will read the first down lineman from the shade, to outside, for the fullback give, then choose to follow the lead halfback into the line of scrimmage for the quarterback keep. If it is not there, he continues to attack the pitch key to determine if he keeps the ball outside or pitches to the running back. Again, we use this to help keep defenses honest on our inside veer and will be used versus eight-man fronts or seven-man fronts.

Midline Blocking Rules

Split End: First by alignment in secondary zone.

Diagram 5: Midline to Tight End

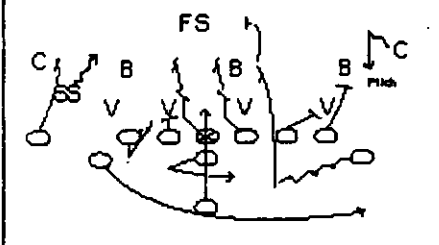
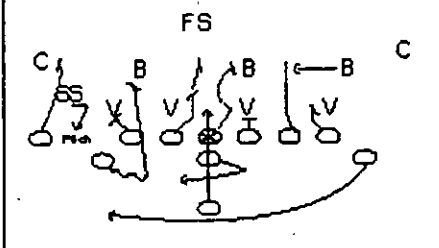


Diagram 6: Midline to Split End



Tight End: Block stretch combo.

Playside Tackle: First man on line of scrimmage outside read key to stretch combo.

Playside Guard: Release inside read key to playside linebacker to backside.

Center: Block man on to backside combo with backside guard to backside linebacker.

Backside Guard: Man on or inside, to combo with center.

Backside Tackle: Hinge.

Lead Back: Block first playside linebacker. Go outside the read key.

Pitch Back: Run pathway through fullback's keeping pitch relationship four to five yards in front of quarterback.

Fullback: Run midline pathways and mesh with quarterback for give or disconnect.

Quarterback: Read first down linemen from shade to outside. Clear step back and away so fullback can run his pathway. If disconnect, attack to pitch key.

Dick Enga, Tight Ends

Belly Option vs. 4-3

The belly option is a double option and is a means of getting outside with the opportunity to pitch the ball. It is also a complement to our inside veer to the tight end side. It has been a very successful play for us, since we can run it to multiple number of defensive fronts with little variation in our blocking schemes. It is a play that players, as well as the coaches, have an awful lot of confidence in (as indicated by the number of times it has been called). It is a power sweep that has been one we have run in some very tight pressure situations and has produced excellent results.

Belly Option Blocking Rules

Tight End: With seven technique vs. a 4-3, we will combo this with the runningback and execute our stack blocking technique.

Playside Tackle: Will gap block technique over guard. He will have help from the center who is using the sideboards technique in case technique over guard shoots hard down inside. If this occurs, tackle insures and then will work upfield sealing inside off.

Playside Guard: He will pull and since "H" is called, he will be looking outside possibly for stack linebacker. If nothing shows, he turns upfield sealing the inside.

Center: He will tell backside guard to scoop since he has to go sideboards with technique over playside guard. If tackle has technique locked in, he will slide up to middle linebacker if gone to backside linebacker.

Backside Guard: Center will call scoop. If he doesn't, he will base technique over him.

Backside Tackle: Backside tackle will hinge and cut rushing technique over him.

Split End: To tight end side, his rule is to block man on. If backside, he will press and try to cut off. If press coverage, he will run him off.

Lead Back: Lead back will combo with the tight end, the technique over them. He will step with his outside foot first and aim at the outside hip of the stack linebacker, if he stays inside of him, he will block him. If seven technique loops outside, he will lock him in. If seven technique goes down across face of tight end, linebacker will go hard inside to middle linebacker if stack linebacker is working outside.

Fullback: First step is a lateral step with second step at the inside leg of tackle. Fake belly with quarterback and bounce outside the tight end area. Block linebacker if he gets out or flatten to the free safety.

Quarterback: He reverses out and gets to four or eight o'clock (depending on what direction he's going) on his second step. He meshes with the fullback and deep as possible and rides him to his front hip. After mesh, he will pull and read guard's block looking to bounce outside the runningback's block. If corner sinks on him, he will pitch to pitchback.

Pitch Back: Run course like our triple option maintaining pitch relationship to the quarterback. Expect pitch at anytime making sure you look the ball in and you carry it on the correct side.

Diagram 7: Belly Option vs. Even Front

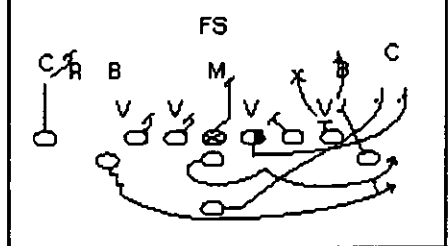
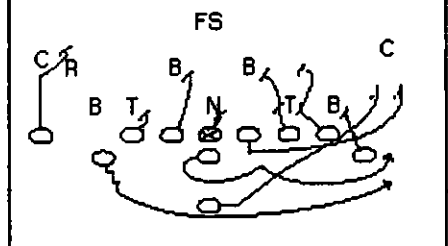


Diagram 8: Belly Option vs. Odd Front



Chuck Petersen, QBs/FBs

Counter Lead Option

The counter lead option has been an effective compliment to our split end triple option attack. It is a double option (quarterback-pitch) play where we use the fullback as a lead blocker. We assign someone to block the man responsible for the fullback

and the man responsible for the quarterback. It allows us to take some pressure off our quarterback so he doesn't have to read the triple option every snap. Over the last two years, when we installed the play, we have averaged over six yards per play on the counter lead option.

We have found that the counter lead option is very easy to install and execute against a variety of fronts. I will focus on the way we block it against a 4-3 defense and an eight man reduced front defense.

Counter Lead Option Rules

Backside Tight End: Cut off backside from line of scrimmage to secondary.

Backside Tackle: Hinge-Cut off-Switch.

Backside Guard: Base-Scoop-Switch.

Center: Call combo with backside guard or playside guard to linebacker.

Playside Guard: Base or combo with center to linebacker.

Playside Tackle: Call combo with playside halfback to playside linebacker.

Playside Halfback: Combo with playside tackle to playside linebacker.

Fullback: Block playside linebacker to free safety.

Quarterback: Reverse out to six o'clock. Pivot on second step and attack inside leg of support player for pitch.

We also have a group of play action passes that come off our counter lead option

Diagram 9: Counter Lead Option vs. 4-3

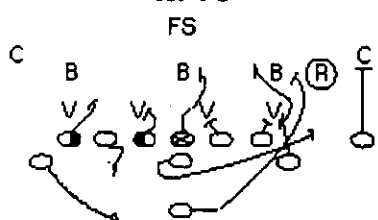
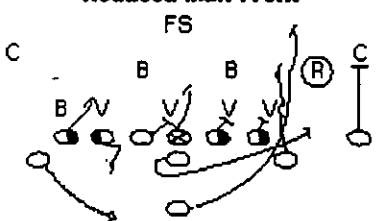


Diagram 10: Counter Lead Option vs. Reduced Man Front



action. We use our play action pass as a way to counter the secondary's reaction to our running game. We use the same protection as Coach Noblitt explained previously. Gap frontside and hinge backside, but the quarterback's action is the same as our counter

lead option. Once the quarterback has completed his pivot, he works four steps down the line and one back for frontside routes, and three steps down and two back for backside routes. Time does not allow me to go into greater detail with these routes; but I would be happy to discuss them after our presentation is completed.

Diagram 11: Frontside Counter Lead Option Pass

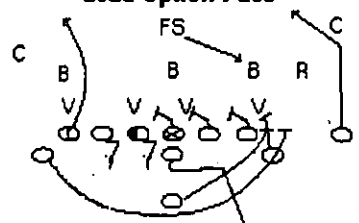
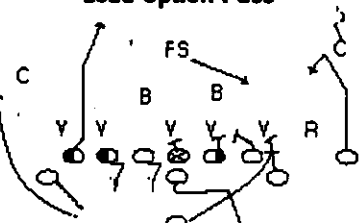


Diagram 12: Backside Counter Lead Option Pass



Larry Fedora, Wide Receivers

Speed Option

Our speed option series has been a great play for us the last couple of years. It has given us an opportunity to get the ball out of the quarterback's hands quickly and enabled us to get the ball on the perimeter with simple blocking assignments. This series averaged over seven yards a play. We will run this play out of a number of formations. We will run it to the open end side or to the tight end side.

Speed Option Rules

Split End: Crack playside linebacker or inverted safety.

Tight End: Best release to linebacker to free safety.

Playside Tackle: Zone release to first inside linebacker. Block man on if two outside.

Playside Guard: Base-Combo-Linebacker.

Center: Scoop-Base-Combo.

Backside Guard: Scoop-Base.

Backside Tackle: Hinge-Linebacker.

Lead Blocker: ARC support or frontside linebacker.

Pitch Back: Get in pitch relationship.

Fullback: Progression linebacker to free safety or ARC corner.

Quarterback: Drop step six o'clock attack end man on line of scrimmage and pitch.

Our play action pass off of this series is

Diagram 13: Speed Option to Open End

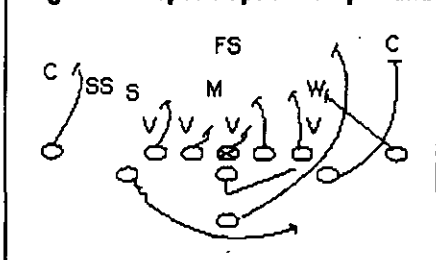
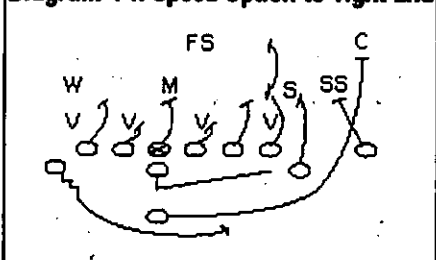


Diagram 14: Speed Option to Tight End



obviously dependent upon the secondary's reaction to the run. We will gap frontside of the protection and hinge the backside. The quarterbacks will read the reaction of the corner and then make the proper throw.

Diagram 15: Speed Option Pass to Open End

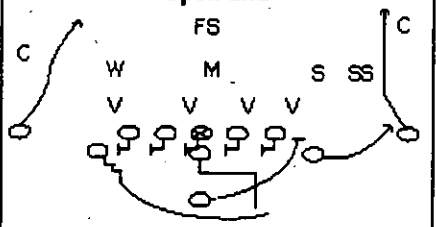
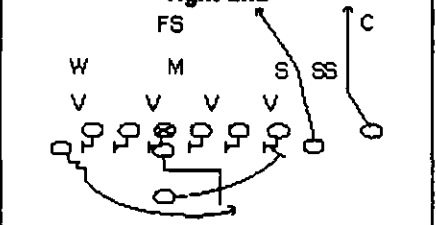
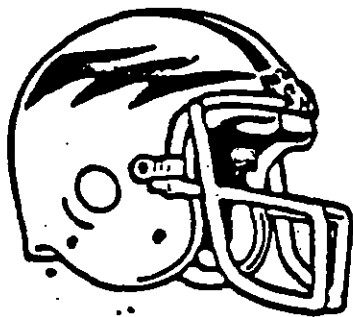


Diagram 16: Speed Option Pass to Tight End



Once again we would like to thank the American Football Coaches Association and all of you coaches for the opportunity to share some of the schemes that have made this year very special for us at the Air Force Academy.



"The Price Of a Conference Championship"

What is the price of a championship? It is simply.....

To use all your courage to force yourself to concentrate on the problems in hand, to think of it deeply and constantly, to study it from all angles, and to plan.

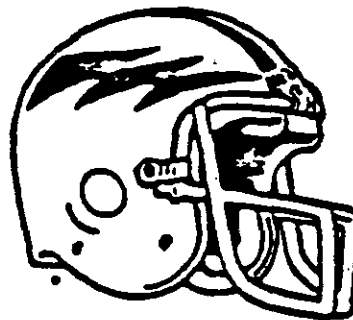
We have a high and sustained determination to put over what you plan to accomplish, not if circumstances be favorable to it's accomplishment, but in spite of all adverse circumstances which may arise --- and nothing worthwhile has ever been accomplished without some obstacles overcome. To refuse to believe that there are any circumstances sufficiently strong to defeat you in the accomplishment of your purpose.

HARD? I should say so! That's why so many men never attempt to acquire success. They answer the siren call of the rut, and remain on the beaten paths for beaten men.

Nothing worthwhile has ever been achieved without constant endeavor, some pain, and constant application of the lash of ambition.....that's the price of success.

Every man should ask himself, "Am I willing to endure the pain of this struggle for the comforts and rewards and the glory that go with achievements? Or shall I accept the uneasy inadequate contentment that comes with mediocrity?"

Am I willing to pay the price for a championship.....?





Don't Quit

When things go wrong, as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must - but don't you quit!

Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;
Don't give up, though the pace seems slow -
You might succeed with another blow.

Often the goal is nearer than it seems
To a faint and faltering man,
Often the struggler has given up
When he might have captured the victor's cup
And he learned too late, when night slipped down,
How close he was to the golden crown.

Success is failure turned inside out
The silver tint to the clouds of doubt -
And you never can tell how close you are,
It may be near when it seems afar;
So, stick to the fight when you're hardest hit -
It's when things seem worst that you mustn't quit!
Author Unknown



TO ANY ATHLETE

THERE ARE LITTLE EYES UPON YOU AND THEY'RE WATCHING NIGHT AND DAY, AND THERE ARE LITTLE EARS THAT QUICKLY TAKE IN EVERY WORD YOU SAY. THERE ARE LITTLE HANDS ALL EAGER TO DO ANYTHING YOU DO, AND A LITTLE BOY WHO'S DREAMING OF THE DAY HE'LL BE LIKE YOU.

YOU'RE THE LITTLE FELLOW'S IDOL, YOU'RE THE WISEST OF THE WISE; IN HIS LITTLE MIND ABOUT YOU, NO SUSPICIONS EVER ARISE. HE BELIEVES IN YOU DEVOUTLY, HOLDS ALL THAT YOU SAY AND DO; HE WILL SAY AND DO IN YOUR WAY WHEN HE'S A GROWN-UP LIKE YOU.

THERE'S A WIDE-EYED LITTLE FELLOW WHO BELIEVES YOU'RE ALWAYS RIGHT, AND HIS EARS ARE ALWAYS OPEN, AND HE WATCHES DAY AND NIGHT. YOU ARE SETTING AN EXAMPLE EVERY DAY IN ALL YOU DO, FOR THE LITTLE BOY WHO'S WAITING TO GROW UP TO BE LIKE YOU.

FALCON OFFENSE

Our offense is designed to control the tempo of the game, maintain possession of the ball, and to SCORE. In order to accomplish this, we will use three methods of communicating our plays.

I. HUDDLE - the center will form the huddle four yards from and directly behind the ball. The player's backs will be to the ball and their eyes on the QB's lips.

①

T G C BT
LB FB X Y RB
QB

The QB will call the formation, play, snap count, repeat the play and snap count - then give "Ready Break" - all players will sprint to the line.

Snap Counts are "Down-Set-Hike." We can go on "Down" or any number of "Hikes." We can also use "Freeze."

Audibles - the play can be changed at the LOS by the QB before or after he says "Down." Any word he uses will be an audible, and the SNAP COUNT will be on the first "Hike." The audibles can be block patterns such as '5' or Max - opposite to take the same play the other way, or words that mean plays such as; any City means Zone (34-35), and any Car means Crease. Examples Chicago means 34-35; Cadillac means 36-37 Crease.

Dummy Audibles can be used when the QB tells the team before leaving the huddle.

II. BLITZ: is used to force the defense to align early and eliminate stemming. The QB will call the plays at the line with no huddle, and the snap count will be on "Hike." Signals for plays will come from the sideline coach or predetermined formations and plays will be used. After each play, the team immediately goes to their positions to listen for the QB's call. The audibles can be used to change plays.

III. HURRY - HURRY: is used to save time while working to score quickly. It is about the same as Blitz except at a much quicker pace, with all positions getting aligned and down while the QB receives the play from signals on the sideline. Predetermined formations and play signals will be used. The snap count will be "Down-Set-Hike and audibles can be used when needed.

Formations: Split Ray or Lou, and Wide Right and Left

Runs: 34-35, 34-35 'S'

Passes: All 6# - 7#'s and All 8# - 9#'s

Signals: Hands Rolling = 34-35

Hands Rolling then one hand extended = 'S'

Right Arm Extended then finger numbers = 6#

Left Arm Extended then finger numbers = 7#

Right Hand on Head then finger numbers = 8#

Left Hand on Head then finger numbers = 9#

Cover face with hands = 60-70 Hide

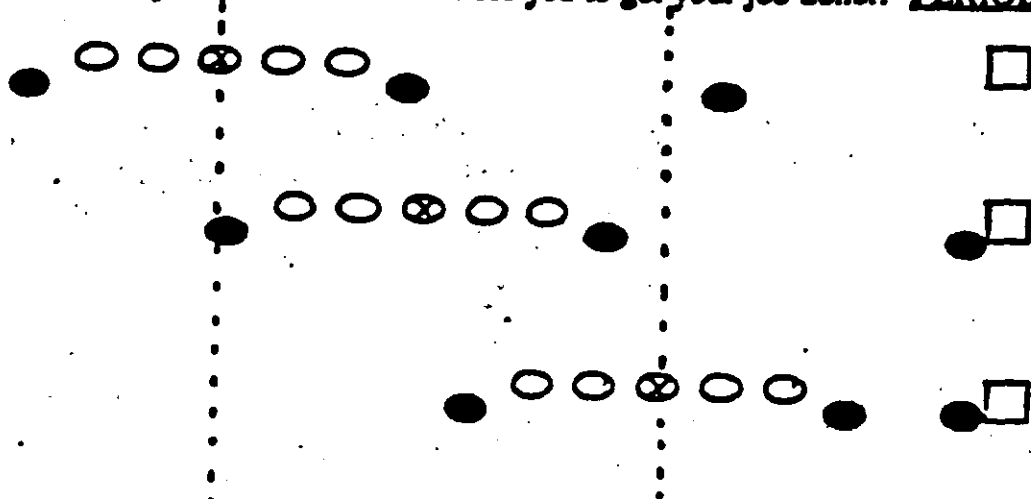
Waving hand and fingers = 60-70 Scat

The team will return to the huddle for the call when there are time outs or long periods for a dead ball. Everybody sprints to save time! QB will yell "Hurry - Hurry" when we need to be on the ball after plays.

RUNNING BACKS SPLIT RULES

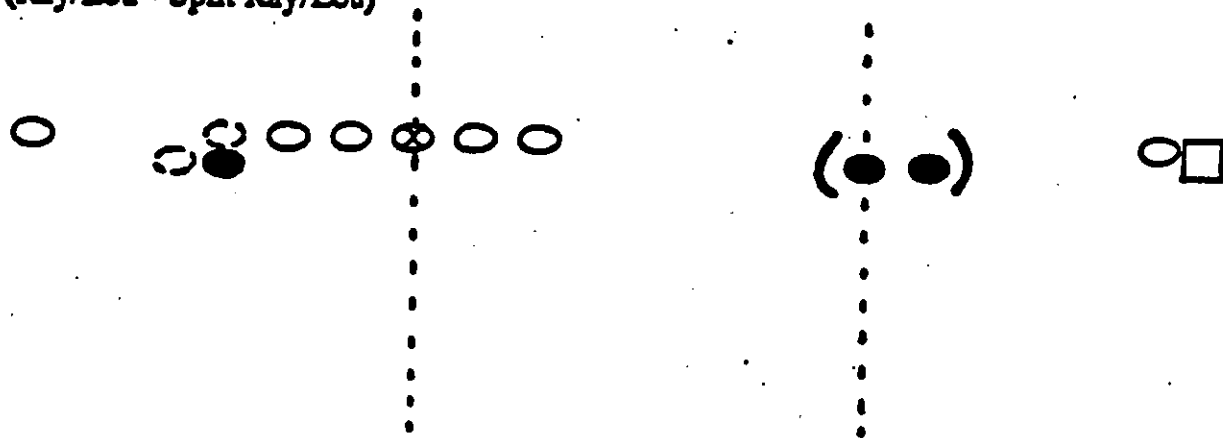
Your Base Rule is: Ball on A-Hash, Inside Backs 1-2 yards outside EMOLOS and air between his hip and your most forward point (Air Depth). When an outside receiver, you should be two yards outside the opposite Hash. When ball is in the middle of the field, inside back the same. Outside receiver, you are on top of the numbers. When on the Hash and you are into the boundary, inside backs are the same. Outside, you are on top of the numbers.

* Note: The most important aspect of the split we use will depend on the play called, what kind of motion is needed, and the formation which we choose to run that particular play out of. You will have to memorize what split is the best in order for you to get your job done!! **PERIOD!!**

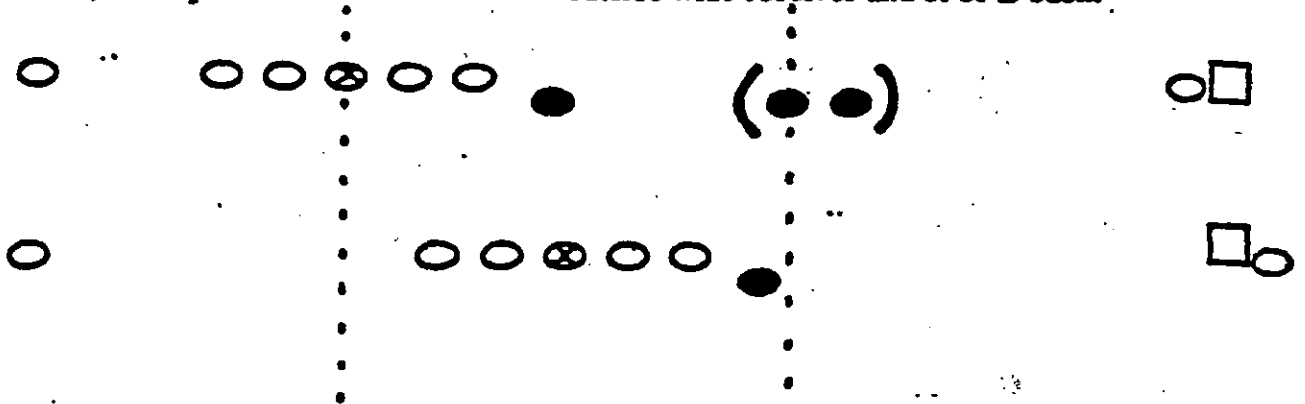


* Remember: Specific plays, formations, and motion will cause you to be in a certain split. So, be smart and mix up your split to help you have the advantage all the time.

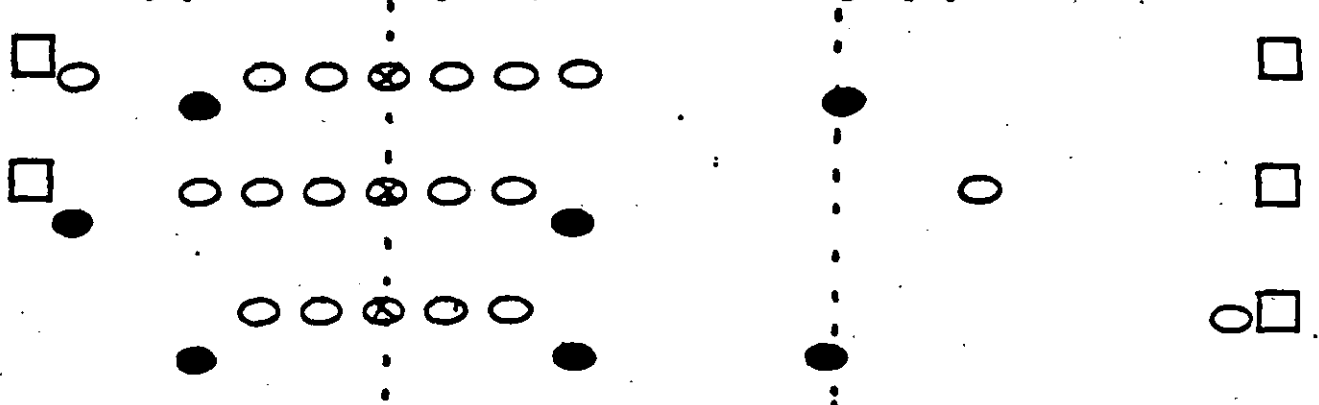
When we are in a Twins Spot with the ball on the Hash, your Base Rule is on the opposite Hash to 2 yards outside the Hash, depending on the play called and the motion needed.
(Ray/Lou - Split Ray/Lou)



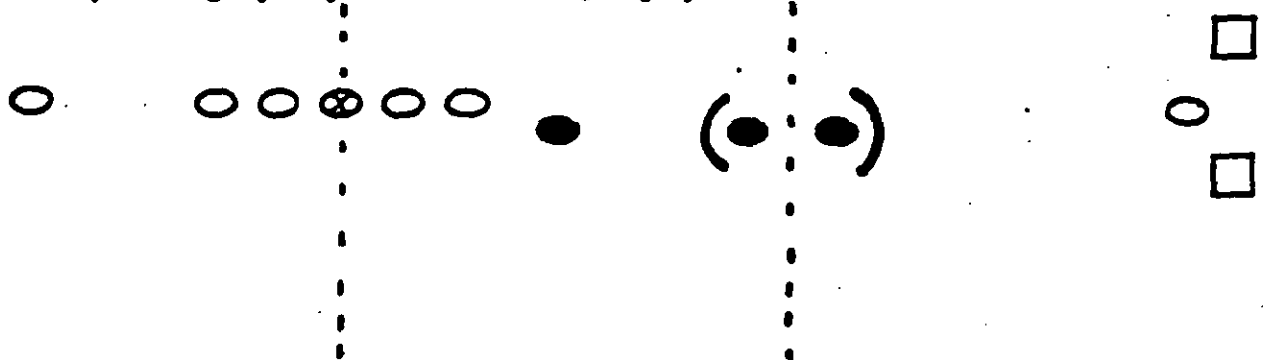
When Trips is called and the ball is on the Hash R&L Back, you split 2-4 yards outside EMOLOS and have Air Depth (AGAIN, GET YOUR JOB DONE!!). 'A' Back, your Base Spl on the Hash to 2 yards outside of opposite Hash according to play called. If the ball is in the middle of the field, then split the difference between outside wide receiver and R or L back.



When we are in a Flanker position and the ball is on the Hash (wide Rt & Lt or Rock & Lead) the Base Split is the opposite Hash or according to play called and motion needed. If you are into the boundary, your Base is the top of the numbers or according to play called and motion needed.



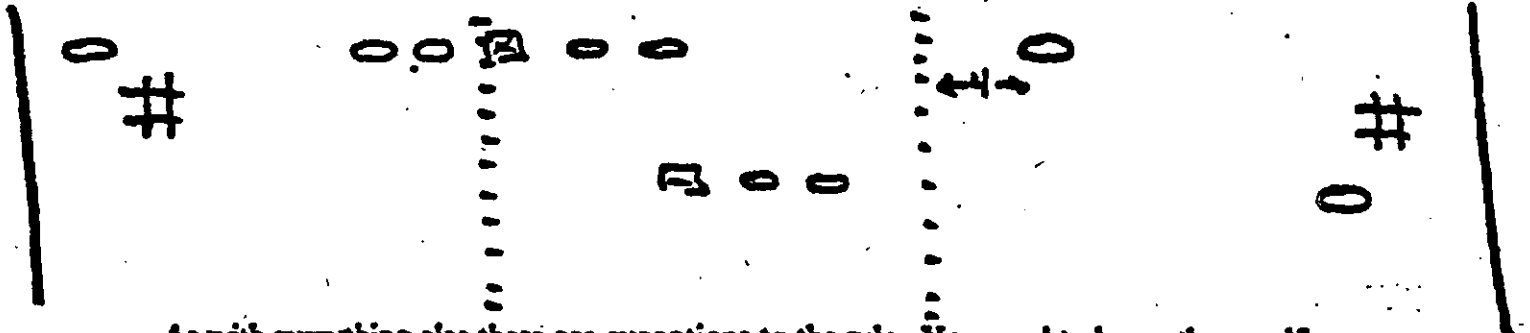
When Scat is called and ball is on the Hash, we are looking to stretch the defense, so R&L backs 2-4 outside EMOLOS. 'A' Back, you are on the Hash to 2 yards outside the opposite Hash. Again, make sure you can get your job done according to play called and motion needed.



* Remember: When in doubt, you must always be in position to execute your job on that particular play, so be smart and know your own ABILITY!!!

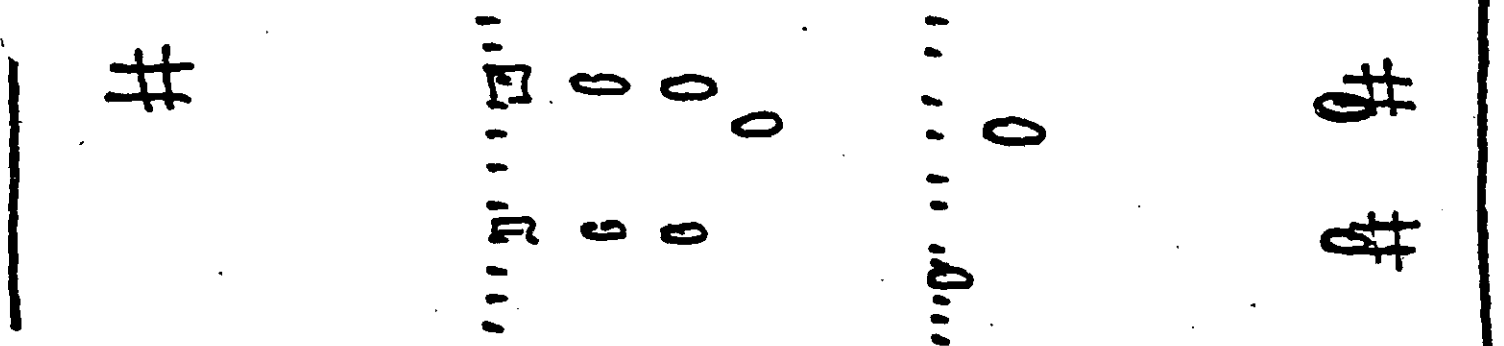
WIDE RECEIVER SPLITS

As a base rule, your split should be 4 yards outside the hash when the ball is on the opposite hash. When the ball is in the middle of the field, split at the top of the #'s. Into the boundary, split the difference between the #'s and the sideline. Bottom line is this: Take a split that allows you to get the job done!

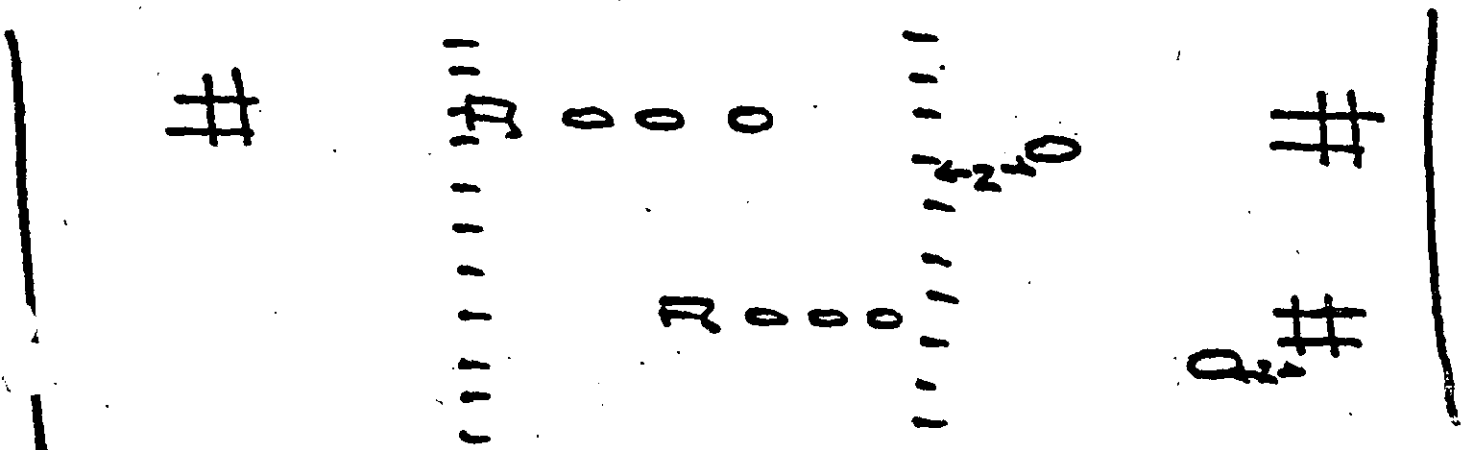


As with everything else there are exceptions to the rule. You need to know the specific plays and formations that will cause you to deviate from the base rule. Because of these exceptions be smart and mix up your splits on inside running plays and on plays away from you.

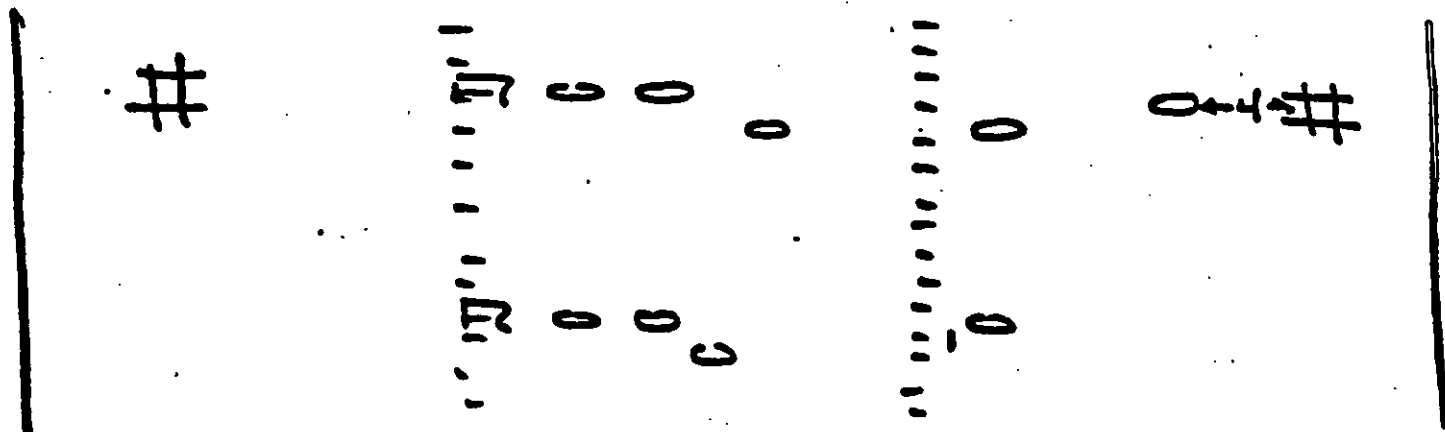
1. Anytime you have another man aligned on the hash (twins receiver, near hash, Trips, Ray-Lou, Rock-Lead) you align on the top of the #'s.



2. When you are in a flanker position (spread formation) and the ball is on the opposite hash, align 2 yards outside the hash. When the ball is in the middle, align 2 yards inside the #'s.

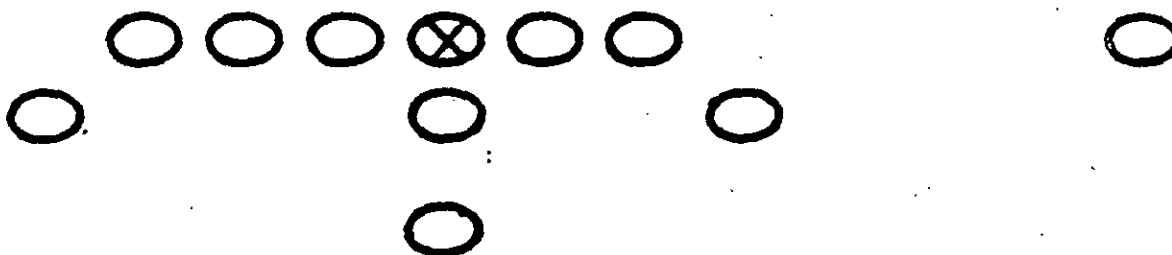
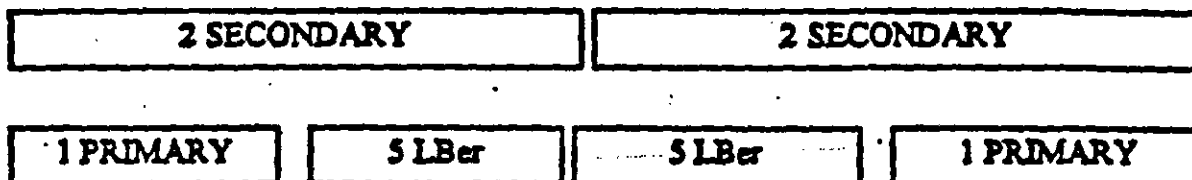


3. On Scat when you are in Trips, align 4 yards inside the #'s. On Scat from split, align 1 yard outside the hash.



4. On Sprint-out passes all front side splits are on the top of the #'s except for 84-94, 87-97 and 86-96. On those routes, cut your split down to 3 yards inside the #'s.

BLOCKING RULES FOR INSIDE & OUTSIDE RECEIVERS



TE in Tight is Inside Rec.
 RB (W/TE in Tight) is Outside Rec.
 Flex TE is Outside and RB is Inside
 RB on Nub of Unbalanced is Inside
 SE in Unbalanced or Trips is NOT counted
 RB's in Trips are Inside and Outside
 TE on Backside of Trips is Inside

(RB with a tackle to Align on is Inside)

PERIMETER BLOCKING RULES ON OPTIONS

<u>PLAY</u>	<u>INSIDE RECEIVER</u>	<u>OUTSIDE RECEIVER</u>
18-19	Primary	Crack '5' Zone
20-21 (Mike)	LBer	1 st by Alignment in Secondary Zone
24-25 (Mike)	Primary	1 st Threat in Secondary Zone
28-29	LBer	1 st Threat in Secondary Zone
34-35	LBer	1 st Threat in Secondary Zone
34-35 '5'	LBer	1 st by Alignment in Secondary Zone
36-37 Crease	LBer	1 st Threat in Secondary Zone
38-39	Primary	1 st by Alignment in Secondary Zone
38-39 '5'	Special Rules	1 st by Alignment in Secondary Zone

Block = TE: Base

'5' Block = TE: Base RB: LBer

Safety = Inside: LB to FS Outside: Man Over

Backside of Trips or I = Outside: Man Over

Twirl = Outside: Man Over

X Frontside of Unbalanced: Man Over. Can give X call to outside receiver to exchange responsibility.

FALCON QUARTERBACKS

"God made man such that when something fires his soul, impossibilities vanish."

This quote says as much about "NO Limit" as anything I've heard or read. Each man for the next five months should commit himself to this ideal and there will be no limit to what we can accomplish. It won't be good enough to want it just a little bit. We must have a desire so "white hot" that nothing can put the fire out!

I talked to y'all a great deal about the four elements I think are essential to our success. Even though you are asked to do a lot, if you look at each element individually you can see it can be fairly easy.

Be a great leader: This is the most important element. You are an extension of me on the field. Take full responsibility for your actions and the actions of your teammates. Let them see you are one of them and they will do anything for you. You must see that your teammate's souls are fired and when they start to flicker, you must restart them.

Get us in the right play: It is my job as a coach to give you the information that will allow you to do this. It is your responsibility to be so focused in meetings and practice that when you get to the stadium it is easy. If it means coming down early to look at film or talk, then do it. The question is, "How much does your soul burn?"

Make good decisions: Football is a game of decision making. Every play you will be asked to make a decision. Mentally, you cannot take a play off. If you take the approach that each play is the most important play in the game, then your concentration will be at a high level all the time. Your fire must be as strong on the third play as it will be on the last play.

Take care of the ball: You've heard it since you started playing football, but it is entirely true; the team that takes care of the ball usually wins. More games are lost because of mistakes in this area than are won. When we have the ball, we should either score or at least punt it so one opponent must go a long way to score. There is no room for "My bad" here.

I haven't said anything to you about anything else. It's all pretty simple. I will not accept anything less than your best effort in these four areas. If Wake Forest, Navy, Army, and the WAC Championship game don't fire your soul then nothing will! If they do, then you will do everything in your power to be great in the four key areas.

IMPORTANT THOUGHTS TO PLAYING QB

I. You must gain the confidence of your teammates and coaches

- A. Have confidence in yourself. Be sure they sense your confidence
- B. Have confidence in them and let them see that as well
- C. Know what to do
- D. Speak clearly and distinctly in the huddle
- E. Take charge in the huddle. Command Respect
- F. Concentrate. Avoid silly mistakes
- G. Be positive both in your support and command
- H. Be yourself. Do not try to be someone you are not

II. You must earn your teammates and coaches respect

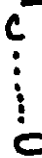
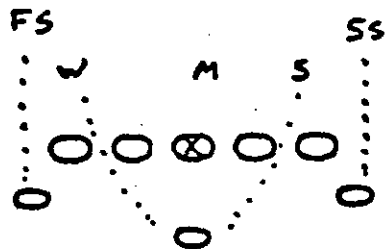
- A. Never criticize a teammate on or off the field
- B. Accept the responsibility for a poor play if you were in any way involved
- C. Never, never, ever make excuses! Find solutions!
- D. Congratulate and affirm your teammates on a good play. This is especially true for the O-Line. You give them credit for your success
- E. Execute your assignment. As a leader, if you do not do it right, you cannot expect anyone else to do it right
- F. Be a great practice player. You set the tone for practice every day
- G. Always hustle. Never be lazy!
- H. Encourage your teammates when things do not go well. That is when they need your leadership the most
- I. Remember: "Leaders must have the willingness to communicate not just the ability to do so."

III. Things expected from an Air Force quarterback

- A. Leadership: The most important expectation there is
- B. Execution: You must be sound fundamentally in all aspects of your game
- C. Dedication: You must know your opponent as well as you know your own team. You must watch film to understand your opponent and you must watch yourself to learn and correct your mistakes
- D. Knowledge of our offense: You must understand what we are trying to do and why we are doing it. You must not only understand your job, but everyone else's as well
- E. Knowledge of defenses: You must know defensive philosophy and how to attack each defense. Understand fronts and coverage and how to exploit them
- F. Toughness: You must know the difference between injury and pain. Expect pain, endure pain, conquer pain, and never complain! Your teammates need to know you will practice and play with pain
- G. Mental Toughness: It is "the ability to hold on to what you want when faced with what you have got under pain and pressure."

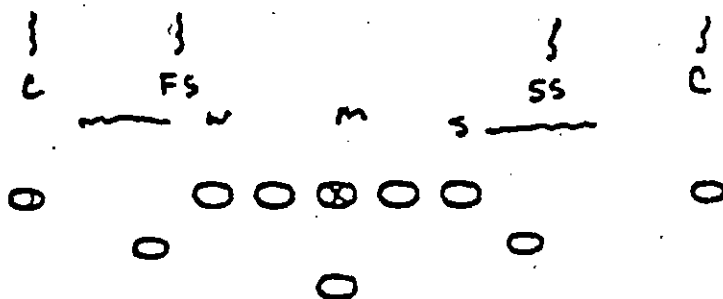
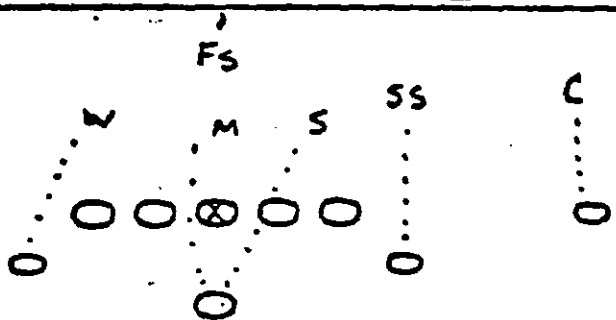
COVERAGES

FS 10



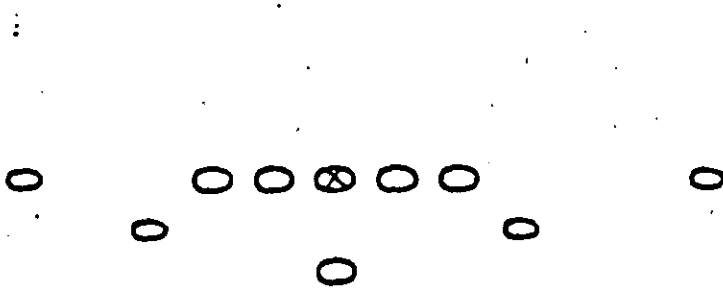
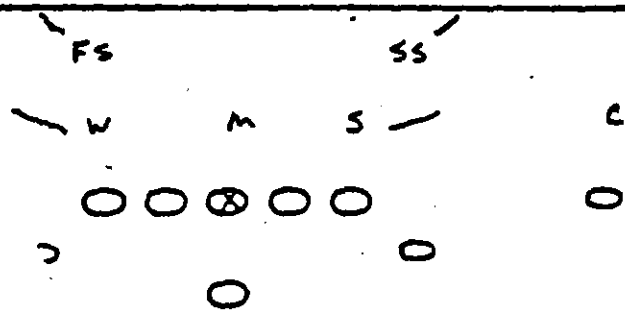
COVER 0

COVER 7

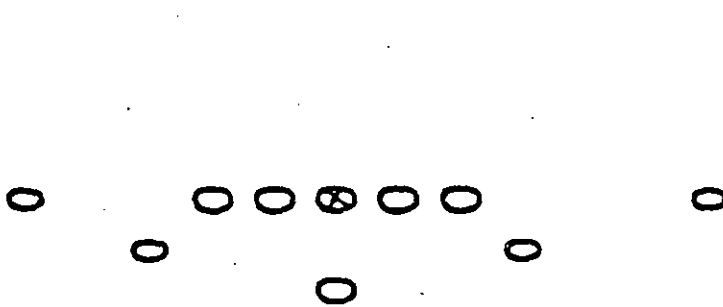
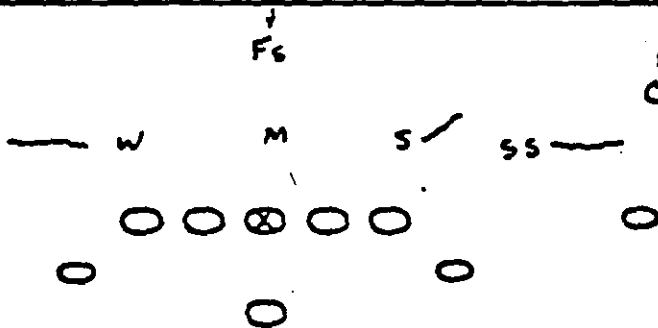


COVER 1

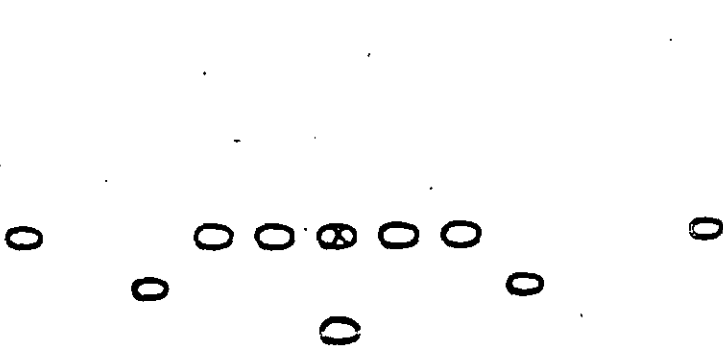
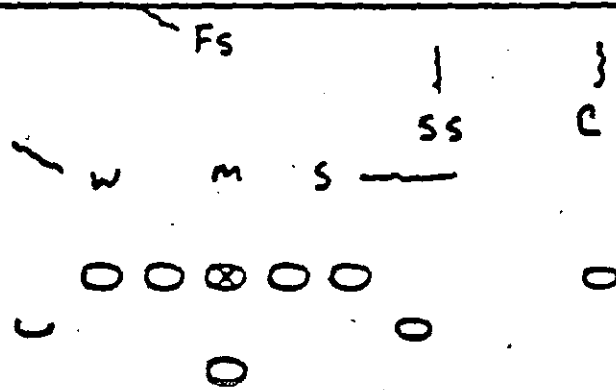
COVER 8



COVER 2



COVER 3



FALCON QUARTERBACK BLUEPRINT FOR SUCCESS

In order to successfully operate our option offense, you must master many different functions in a short period of time. Many times you will have ten seconds or less once you get to the line of scrimmage to decipher information and execute the given play. I will give you the tools which will help you in this process, but you must work hard and study to become proficient. The son of the late, great Packer coach, Vince Lombardi, said it best, "You must think instinctively, habitually, and correctly without even thinking about it."

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Defensive Recognition

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- 2) Listen for technique calls by one offensive lineman (they are always right)
- 3) Consider and recognize the side to which the play is called, unless we get an unbalanced defensive structure
- 4) Disregard a player's position and stance. Only consider alignments

FRONTS

J M S
V V V V
O O O O O O

4-3

W M S
V V V V V V
O O O O O O

Hip 6-1

B B
V V V V V V
O O O O O O

Eagle-Shadow

B B
V V V V V V
O O O O O O

Eagle-G

B B
V V V V V V
O O O O O O

50

B B
V V V V V V
O O O O O O

Double Eagle

B B
V V V V V V
O O O O O O

Split

W M S
V V V V V V
O O O O O O

Slide

B
R V V V V V V
O O O O O O

BASTARD (5-1 if R: B of)

B B
V V V V V V
O O O O O O

6-2

B B B
V V V V V V V
O O O O O O

6-5

B B B
V V V V V V V
O O O O O O

5-3

B B
V V V V V V
O O O O O O

B B
V V V V V V
O O O O O O

B
V V V V V V V
O O O O O O

DEFENSIVE TECHNIQUES



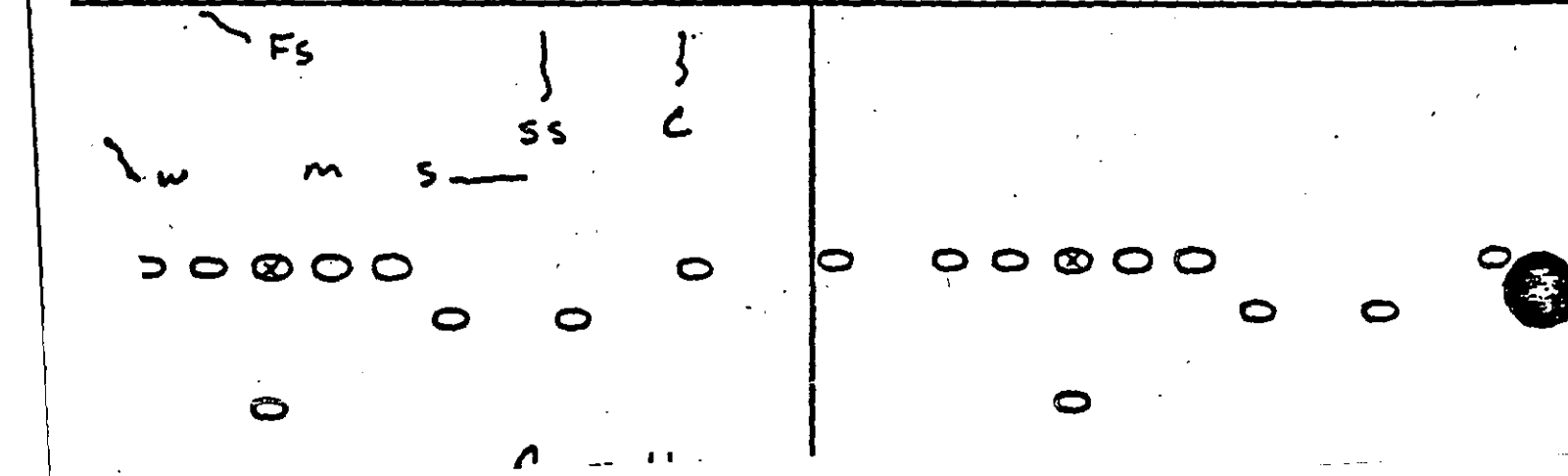
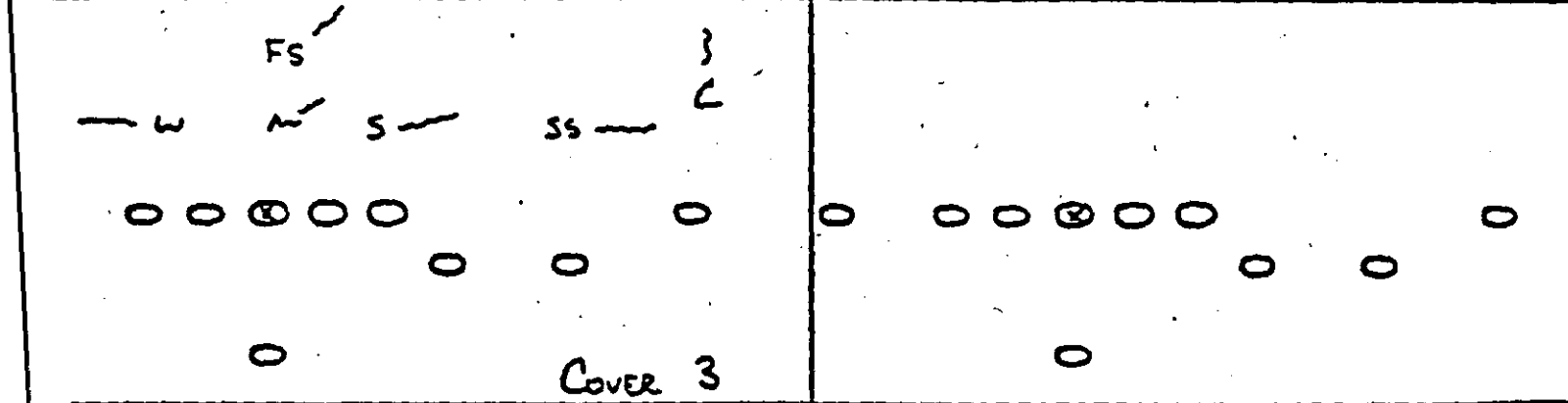
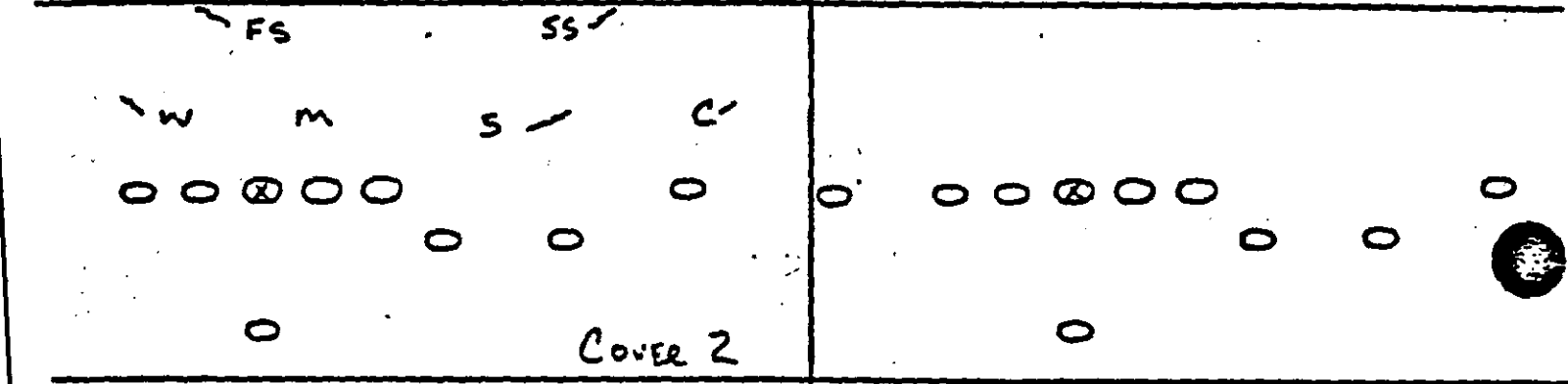
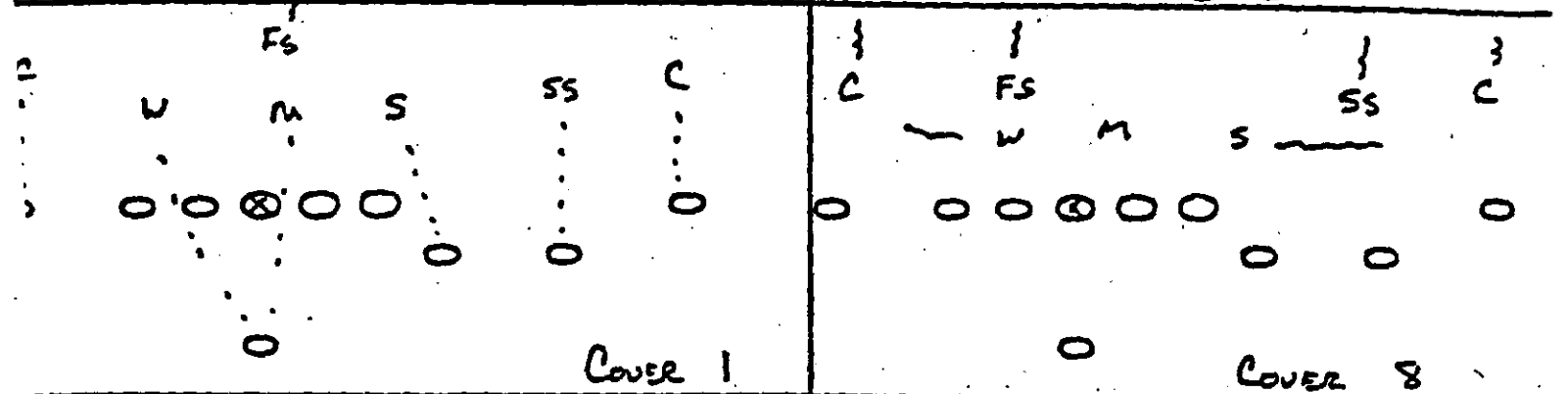
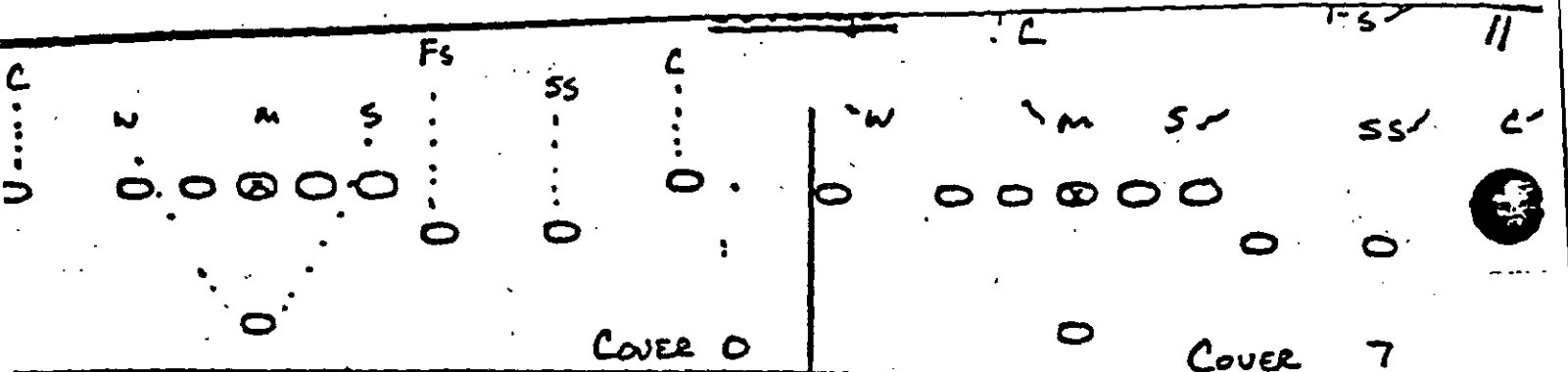
TERMINOLOGY USAGE

- 1) We will call the defensive "Look" to our SE side first and the Look to our TE side second (when looking at combination defenses)
- 2) EAGLE - DT in a 3 Technique
- 3) WIDE EAGLE - DT in 3 or 2 Technique and LBer outside him
- 4) SHADE - MG or DT playing any side of the Center
- 5) WIDE "G" - MG or DT playing inside our guard with a 7 Technique
- 6) "G" - MG or DT playing on inside of our Guard
- 7) HIP - Defensive End off LOS at LB level
- 8) FLEX - Down defensive lineman back off LOS

COVERAGES

FD 10

<p>FS W M S SS C</p> <p align="center">COVER 0</p>	<p>W M S SS C</p> <p align="center">COVER 7</p>
<p>FS W M S SS C</p> <p align="center">COVER 1</p>	<p>FS W M S SS C</p> <p align="center">COVER 8</p>
<p>FS W M S SS C</p> <p align="center">COVER 2</p>	<p align="center">COVER 9</p>
<p>FS W M S SS C</p> <p align="center">COVER 3</p>	<p align="center">COVER 10</p>
<p>FS W M S SS C</p> <p align="center">COVER 4</p>	<p align="center">COVER 11</p>



STUNTS



Hot

Pinch



Tear



Echo

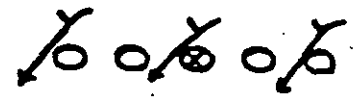


A Plug

B Plug



Blitz



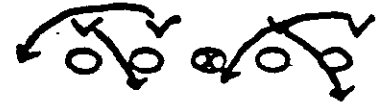
Slant



Corner Fire



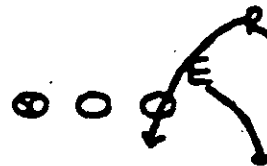
3-1 Stunt



Twists



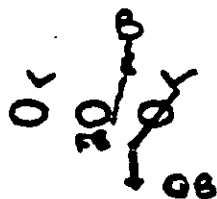
Reverse Fire



Lightning



Reverse Lightning

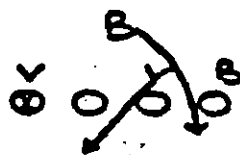


STUNTS

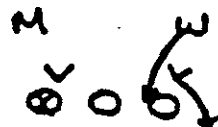


Hot

Pinch



Tear



Echo



A Plug

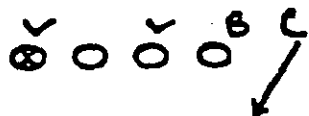
B Plug



Blitz



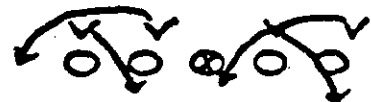
Slant



Corner Fire



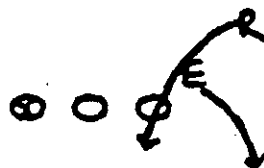
3-1 Stunt



Twists



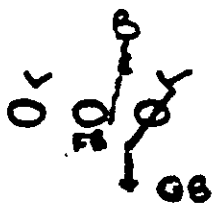
Rover Fire



Lightning



Reverse Lightning



The I Formation

There are several Keys you must understand for us to be successful in the I Formation. If you have an idea of what we are doing and how to bail yourself out, you will be fine.

1. Know what the formation is and what we are trying to do out of the formation.
2. Understand that when we are in the I, we will never be balanced but treat them as we always have done as balanced or unbalanced as our count system goes.

A. Balanced: 5 ½ - 5 ½

B. Unbalanced: 6 ½ - 4 ½

1) I Rt/Lt

1) I Rex/Leo

2) I Rt/Lt Nub

2) I Ray/Lou

3) I Split Rt/Lt

3) I Rex/Leo Nub

4) I Wide Rt/Lt

5) I Rt/Lt Low/Ray

6) I Split Ray/Lou

3. If you have any doubts about what to run: think 24-25 Mike to TE side and 18-19 FB to SE side away from Rover.

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- 2) Listen for technique calls by one offensive lineman (they are always right)
- 3) Consider and recognize the side to which the play is called, unless we get an unbalanced defensive structure
- 4) Disregard a player's position and stance. Only consider alignments

Air Force 1998 Quarterback Standard Audibles

- 1) 2-3
 - A) Audible best option when called into LBer Plug
- 2) 12-13 (Force)
 - A) Only run 12-13 to TE side
 - B) Force: Audible opposite with 12-13 -vs- Naked End
- 3) 14-15
 - A) Audible best option when called into LBer Plug
- 4) 18-19 (FB)
 - A) Run 18-19 away from Rover. On FB, run to TE or to SE away from Rover
 - B) To TE side on FB, audible Block if TE cannot loop check
- 5) 20-21
 - A) Take play to largest inside technique
 - B) Audible 24-25 when primary is in a non-archable position
 - C) Audible 24-25 to TE side when TE cannot loop check
 - D) Audible best option -vs- 4-3 with no-TE in the game
- 6) 24-25 (Block)
 - A) Take play to largest inside technique
 - B) On Block, audible to 24-25 -vs- 6-1 Defense
- 7) 20-21 Mike
 - A) Audible 24-25 Mike to TE side when TE cannot loop check
 - B) Audible 24-25 Mike when primary is in a non-archable position
 - C) To SE side -vs- 4-3 with WLB outside our tackle, audible 24-25 Mike
 - D) To SE side -vs- 4-3 with WLB on the LOS, audible opposite with 24-25 Mike.
If you have no TE in the game, audible best option
 - E) You have to have an Arc Back to run Play
- 8) 24-25 Mike (Block)
 - A) To SE side -vs- 4-3 with WLB on the LOS, audible opposite. If you have no TE in the game, audible best option
 - B) On Block, audible to 24-25 -vs- 6-1 Defense
- 9) 28-29
 - A) Only run to SE side
 - B) -vs- 6-1 Defense to Rover and WLB is on the L.O.S., audible best option.
Away from the Rover, pitch off WLB.

10) 28-29 Roger and 128-129 Roger

- A) Audible best option -vs- Rover Fire to backside

11) 30-31 Veer

- A) Take play to smallest inside technique

12) 34-35 (Safety)

- A) Audible opposite with best option when primary is in a non-archable position
- B) Audible 34-35 '5' -vs- 8 Man Front Defenses
- C) Audible away from the Rover when ball is in MOF
- D) Audible to 36-37 Crease or 20 Series -vs- B-Gap
- E) Audible opposite with best option -vs- LBer Plug
- F) Only run Safety away from the Rover or to the TE side

13) 34-35 '5' (Block)

- A) Audible 34-35 -vs- 7 Man Fronts (keep '5' on away from Rover [TE or SE] or to TE in unbalanced)
- B) Audible 38-39 '5' or best option opposite -vs- LBer Plug
- C) Audible Block (TE side) -vs- Corner Fire (R Fire in Rex-Leo)
- D) On Block: audible '5' -vs- 6-1 Defense or Stack is outside our HB
- E) Must "true read" 34-35 '5' Block -vs- any defense except 4-3 (read TE's block to give or pull)
- F) '5' Arc is an SE play -vs- 4-3/6-1 or Eagle Defense. Read Space (pull & pitch)

14) 36-37 Crease

- A) Only run -vs- 3, B-Gap or 4I
- B) Audible best option -vs- 4-3, Shade, or G Defense

15) 38-39

- A) Audible Block if TE cannot loop check

16) 38-39 '5' (Arc)

- A) Audible best option -vs- 50 Defense
- B) Audible best option -vs- loose 5 technique
- C) Tell HB to Arc -vs- 4-3/6-1 Defense

17) Slide Defense

- A) Run 34-35 or 5 Arc to SE side (check coverage). Think 6-7 (H), 6-7 (H) Keep, and 24-25 (Mike) to TE side

18) 4#-5#

- A) Throw Hot to HB -vs- C/R Fire on 44-54 (Swap)

19) 112-113

- A) Audible best option -vs- R Fire to side of the throw

20) 132-133 Attack (HB)

A) Audible best option -vs- O-Bump on both receivers

21) 6#-7#

A) Audible 8#-9# -vs- 50 Defense (O Nose) and R Fire

22) 8#-9#

A) Audible 87-97 when 86-96 (roll), 88-98 (roll), 89-99 is called -vs- Squat Defender

23) Fear of any play: audible best option. Out of the I, think 24-25 Mike to TE side and 18-19 FB to SE away from the Rover

24) Use code words when possible. City = 34-35 Car = Crease

DEFENSIVE TECHNIQUES



TERMINOLOGY USAGE

- 1) We will call the defensive "Look" to our SE side first and the Look to our TE side second (when looking at combination defenses)
- 2) EAGLE - DT in a 3 Technique
- 3) WIDE EAGLE - DT in 3 or 2 Technique and LBer outside him
- 4) SHADE - MG or DT playing any side of the Center
- 5) WIDE "G" - MG or DT playing inside our guard with a 7 Technique
- 6) "G" - MG or DT playing on inside of our Guard
- 7) HIP - Defensive End off LOS at LB level
- 8) FLEX - Down defensive lineman back off LOS

FRONTS

J M S
O O V V O O

4-3

W M S
O O V V O O

Hip 6-1

B B
V V V V V

Eagle-Shape

B B
V V V V V

Eagle-G

B B
V V V V V

50

B B
V V V V V

Double Eagle

B B
V V V

Split

W M S
V V V V V

SLIDE

R B E
V V V V V

BASTARD (5-1 of R & B)

B B
V V V V V

6-2

B B B
V V V V V

6-5

B B B
V V V V V

5-3

B B
V V V V

B B
V V V V

B
V V V V V

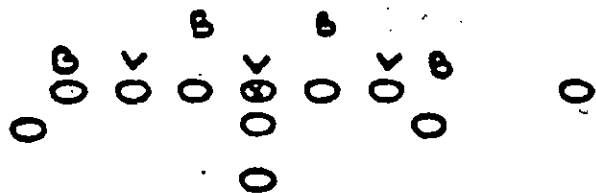
STUNT RECOGNITION

- 1) We designate strength (weak or strong) to our tight end side. If there is no tight end then to the two (2) receiver side, or to the field if there is not a 2 receiver side
- 2) We assume every stunt is from a 50 Defense unless we name it otherwise
- 3) The term "SLANT" weak or strong refers to movement of the down lineman
- 4) "PINCH" refers to movement of tackle and end towards center and refers to the side it occurs on....example - Pinch Strong, Pinch Weak, or Double Pinch.
- 5) "BLITZ" is when one or both LBers come hard inside the "C" Gap
- 6) "ROVER FIRE" is when the Rover or Strong Safety comes up on the LOS and comes hard on the snap
- 7) "CORNER FIRE" is when the CB comes up on the LOS and fires hard on the snap
- 8) "SAFETY FIRE" is when anyone out the secondary fires anywhere between the ends
- 9) "HOT STUNT" refers to when the defensive end pinches hard and tries to reach the Mesh area
- 10) "TWIST" Crossing stunt by two down linemen. Example - Nose Twist, Tackle Twist
- 11) "PLUG" LBer(s) jump into gaps
- 12) "LIGHTNING" refers to stunt between the defensive end and either the strong safety (Rover) or CB
- 13) "ECHO" refers to stunt and swapping assignment between defensive tackle and end
- 14) "TEAR" Tackle Fires B Gap
- 15) "O-STUNT" Read Key flattens for FB then upfield for QB
- 16) "REVERSE LIGHTNING" CB or Rover to QB coming outside ends alignment, end on Pitch
- 17) "SLOW LIGHTNING" same as Lightning except DE hesitates (slow plays) before going to Pitch
- 18) "MESH CHARGE" Read Key attacking Mesh and taking fullback
- 19) "BINGO" Nose Guard Crossing Face of Center
- 20) "1-3" movement of Guard from 1-3/3-1 Techniques

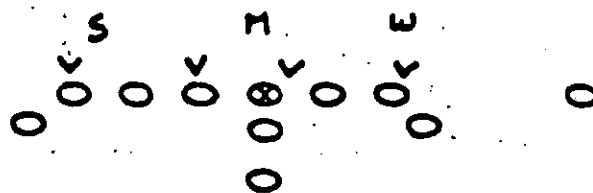
Offensive Systems -vs- Various Fronts

We classify all defenses as either 7 or 8 Man Fronts. You must know what constitutes a 7 Man Front and what constitutes an 8 Man Front. A 7 Man Front is one in which the defense has a man directly over our center as either a O-Technique, NG or MLB. Examples of these balanced defenses are:

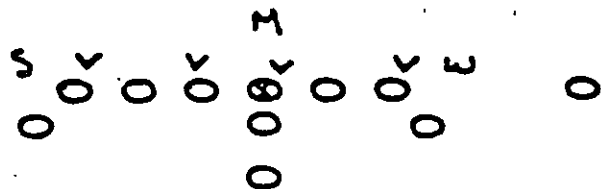
5-0



4-3

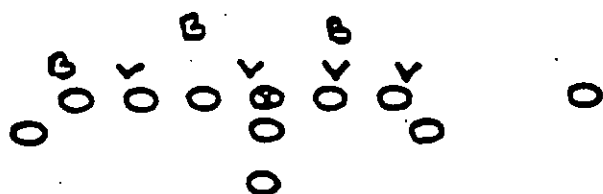


6-1

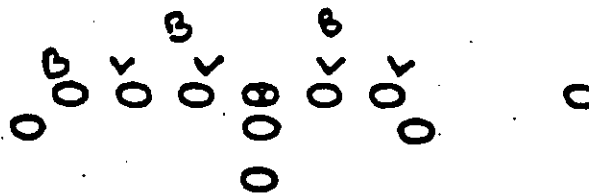


An 8 Man Front is any other defense in which the defense reduces from a 5-0 Front to play Shades on our center and/or guards. Examples of the reduced type defenses are:

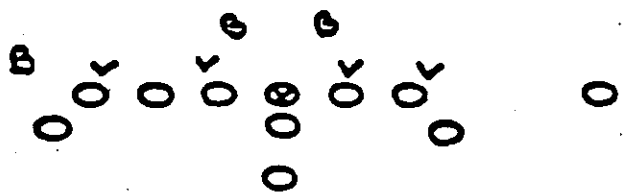
Eagle Shade



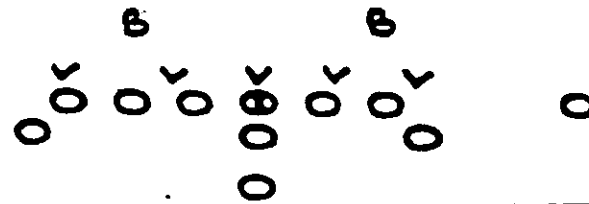
Eagle-G



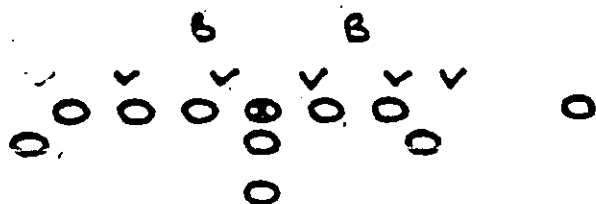
SPLIT



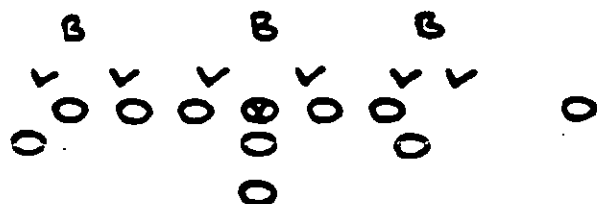
DOUBLE EAGLE



6-2



6-3



Once you have determined what type of front you have (ie. 7 or 8 Man), you must determine what system you will attack it with. We have two systems; the Veer-Five and the Zone-Arc system. In both systems we basically are trying to get two men to the frontside LBer (Zone-Arc: OG & OT Veer-Five: OT & HB or TE)

Zone-Arc Release Option (34-35)

This play gives a great opportunity to truly triple option the defense.

ZONE refers to the blocking scheme by the playside center, guard and tackle



Our playside lineman step in such a manner that we gain an extra blocker on the playside LB.

ARC refers to the release by the lead blocker into the secondary to block the man responsible for pitch



Veer-Five Release Option (34 "5" - 35 "5")

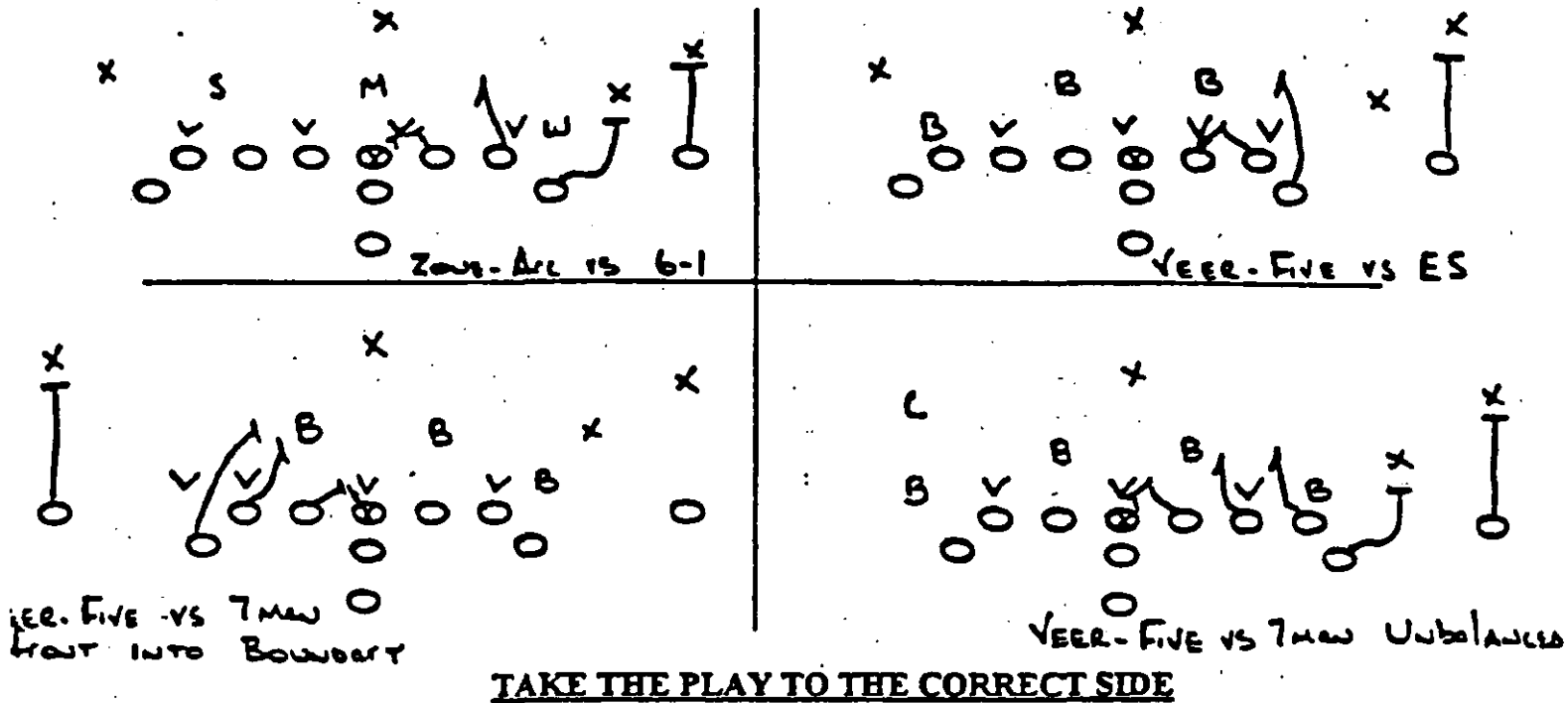
The Veer aspect of this option tells our playside offensive tackle to block down. Instead of zoning to the LB and getting two offensive linemen on him, we will now down block and get one lineman and one back on the playside LB.



It is important the QB understand the Veer Scheme, because it virtually eliminates a Gap or 4I player as a "Read", because the tackle will block down on them - automatically knocking them into the track of the FB and creating a disconnect.

The "Five" release refers to the inside receiver's release. Instead of blocking the man in the secondary responsible for the pitch, he is now blocking for the QB on 5 Zone players who may be responsible for the QB and unable to be read as "Pitch".

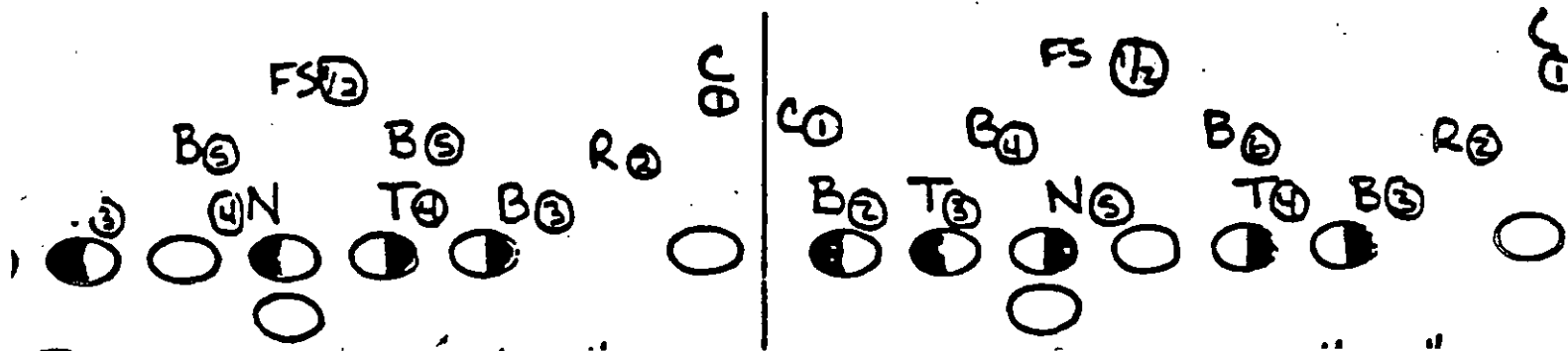
As a general rule, we want to run Zone-Arc -vs- 7 Man Fronts and Veer-Five versus 8 Man Fronts. The exception (there are always exceptions) is that you can run Veer-Five -vs- 7 Man Fronts into the boundary or to the long side of unbalanced as long as the FS is aligned over the center.



The advantage we have in using a Read Option offense is that out of our balanced formations we force defenses to balance with us. We also use unbalanced formations to force defenses to unbalance with us. Every so often certain teams will unbalance their defense by mistake or to try and gain an advantage. If you recognize this, we can gain a considerable advantage. If you fail to recognize the situation, it can be disastrous.

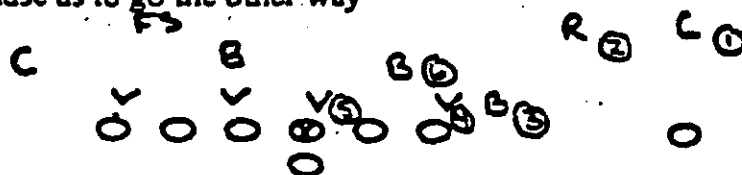
Numbers Ratio

We will always count the number of defensive people on each side of our offense. When we are in a balanced set, we generally look for 5 1/4 - 5 1/4 ratio. In our unbalanced sets, we will look for 6 1/4 - 4 1/4 ratio. In both situations we can run to either side. Always count a shaded NG as a whole man and a MLB or FS inside our OT (inside our TE in unbalanced) as a 1/2 man.



Frontal Overshift

This is where the NG and Rover are on the same side. This causes a 6-5 ratio and will cause us to go the other way



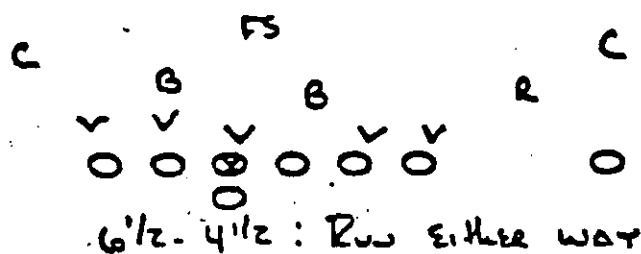
Secondary Overshift

This is where the FS and Rover are on the same side causing another 6-5 ratio

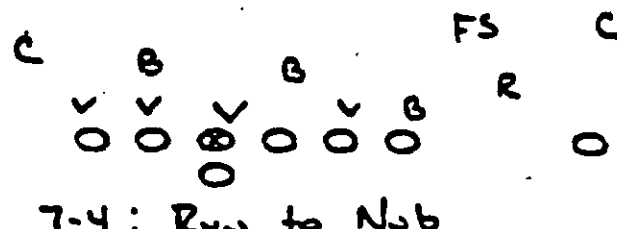


Unbalanced Formation Rule

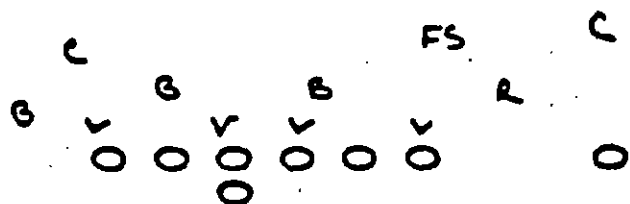
As stated earlier, these formations cause us to look for a $6\frac{1}{2} - 4\frac{1}{2}$ ratio. The FS is normally the key. The NG and Rover are usually on the same side.



$6\frac{1}{2} - 4\frac{1}{2}$: Run either way



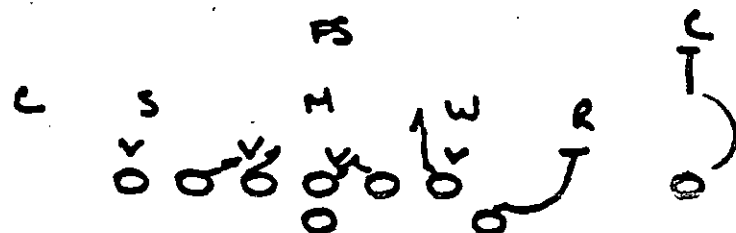
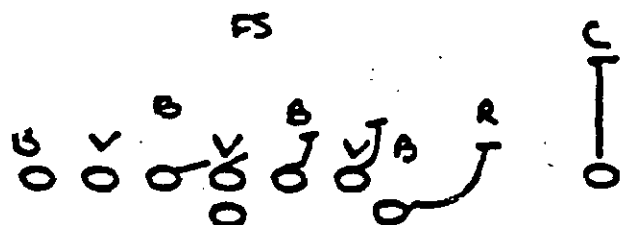
7-4 : Run to Nub



6-5 : Run to the side

Exception To The Rule

7 Man Front defenses (50, 6-1, 4-3), depending on coverage, usually have a 6-5 ratio when the ball is on the Hash. We can still attack the field as long as we are in Zone-Arc. You can never run Veer-Five into a 6-5 ratio from a balanced formation.



PUTTING IT ALL TOGETHER

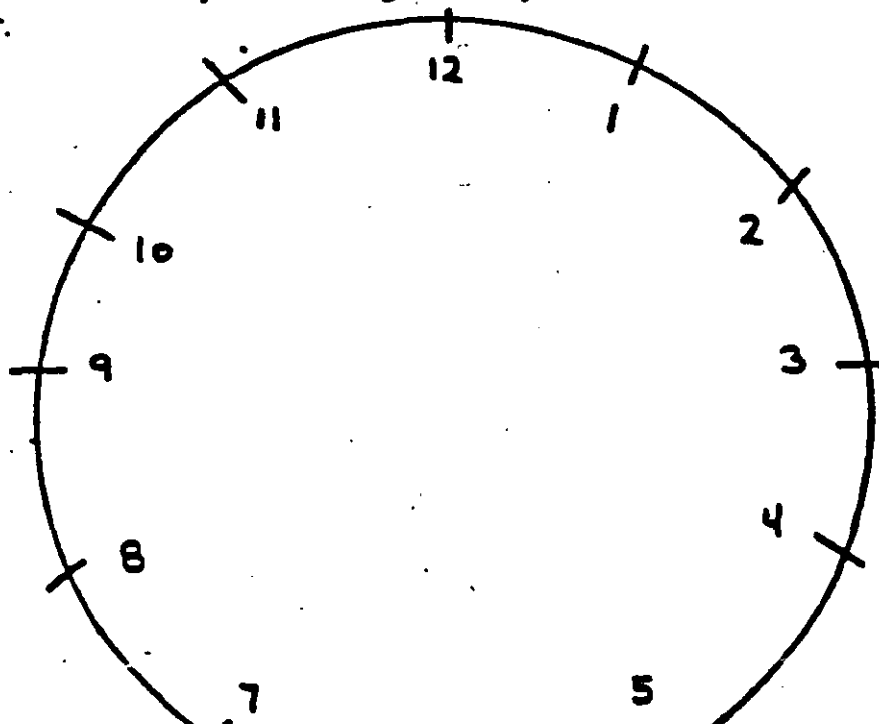
I know the last two sections are difficult to comprehend and even more difficult to decipher with a play clock winding down. As a basic rule of thumb, try doing this:

1. Look down the middle of the defense. If you have an O NG or MLB and the FS is inside the box, you can run Zone-Arc to the field and can run either system into the boundary.
2. If you look down the middle and our center is uncovered or has a shaded NG, you need to be in a Veer-Five play. As long as the NG is not shaded to the field with the Rover or the FS is not outside the box, you can go either way.

EXECUTION

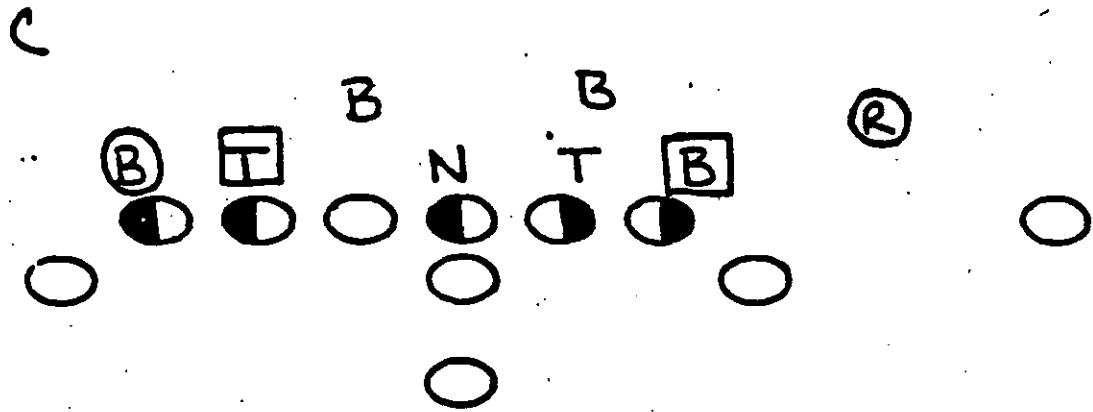
If you have gotten this far, this step will be a piece of cake! Hard work and repetition will allow you to be successful in this phase of the game. This is, however, the most important aspect of your play. You must be perfect. Doing the little things right will make the big things happen. As Coach Noblitt always stresses, Execute Aggressive Fundamentals!

We will use a clock system to designate the quarterback's directional steps as he leaves the center.



EAGLE - SHADE

FS

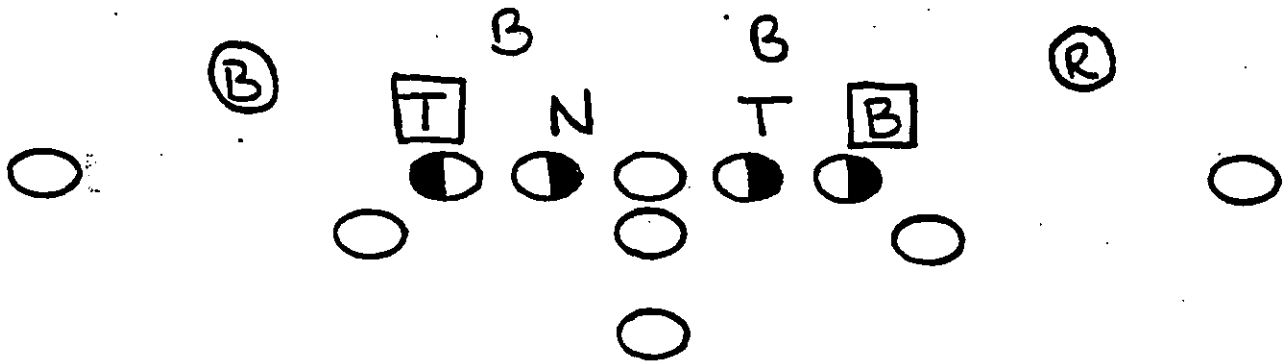


VEER

VEER

EAGLE - G

FS

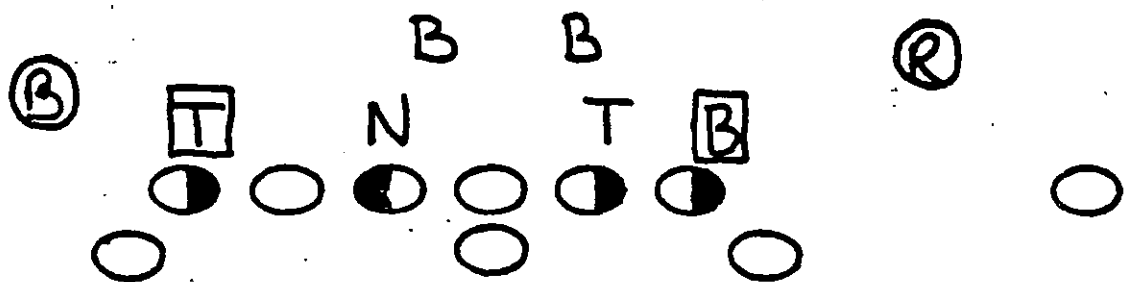


VEER

VEER

Split

FS



VEER

50

FS

C

B

B

R

C

(B)

(T)

N

(T)

(B)



Zone / Veer

Zone

4-3

FS

C

(S)

M

(W)

R

C

(B)

T

N

(T)



Zone / Veer

Zone

4th

SLIDE

5th

FS

C

(S)

M

(W)

R

C

(B)

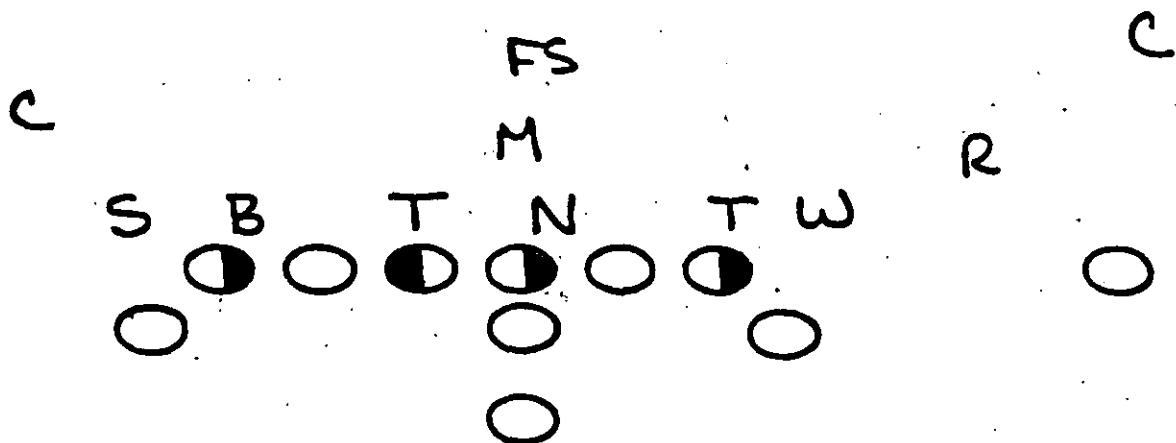
(T)

N

(T)



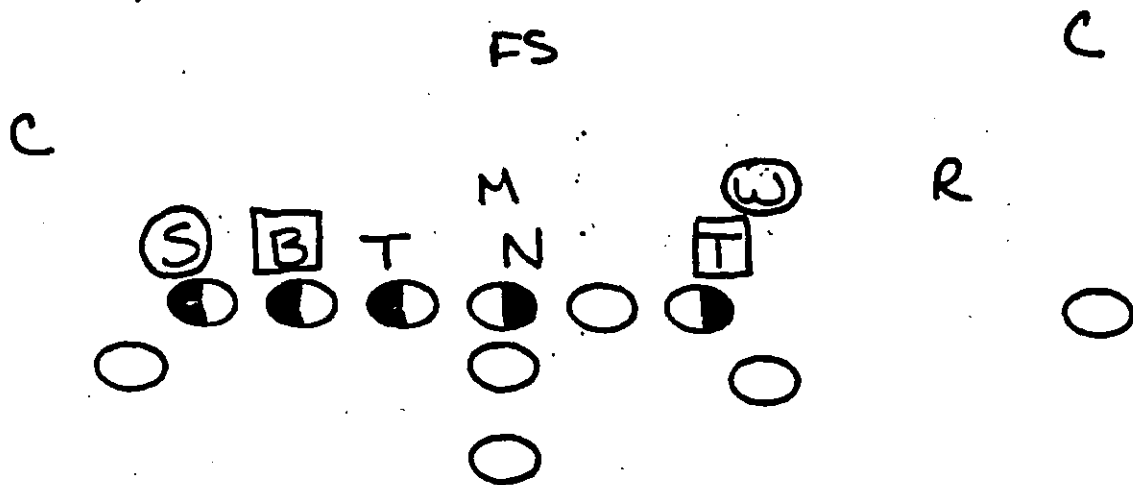
6-1



Zone/Veer

Zone

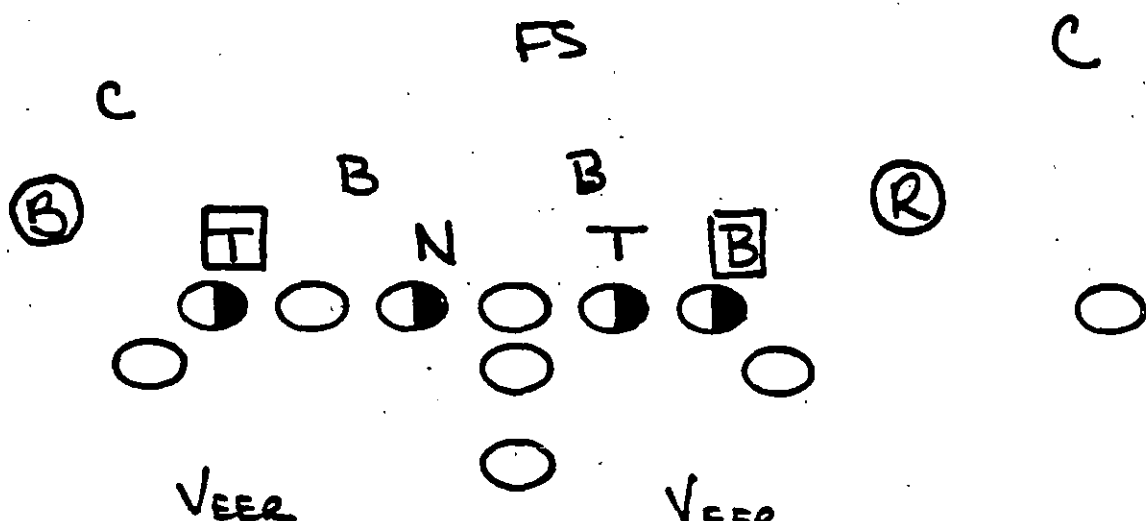
4-3/6-1



VEER/Zone

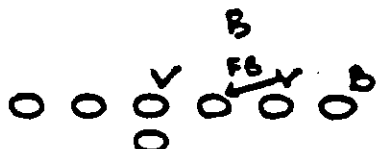
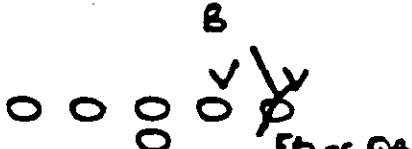
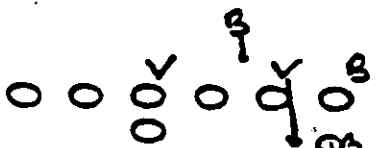
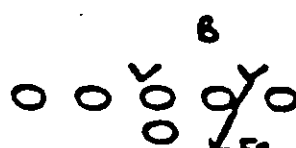
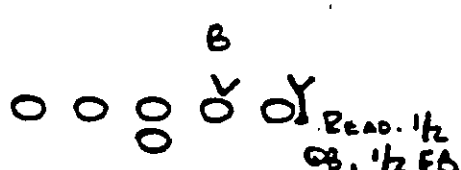
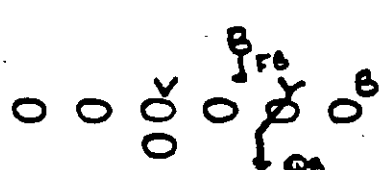
Zone

Eagle-Wide G



The first step in executing the triple option is the Read. Recognition, repetition, proper fundamentals, and a pre-snap thought are the keys to being successful. Take care of the Read first and everything else will follow. When in doubt, give the ball to the FB.

1. We will always read (on our triple option) the first down lineman in the B-Gap to outside.
2. Read Keys react in different ways based on the defense that is called. It is important that you understand what the reactions are.

<p><u>Down the Line</u></p> 	<p><u>Contact</u></p> 
<p><u>Upfield</u></p> 	<p><u>Mesh Charge</u></p> 
<p><u>Squat</u></p> 	<p><u>O Stunt</u></p> 

Down the Line: Read squeezes flat into the FB's pathway (disconnect)

Contact: Read is responsible to keep the PST off the LBer (ride longer to decide)

Upfield: Penetration (give)

Mesh Charge: Penetration to Mesh (disconnect quickly)

Squat: Reading Mesh; 1/2 FB, 1/2 QB (give)

O Stunt: Responsible for QB, but "Bluff" charges to FB (give)

Always have one pre-snap thought and react off of the thought. I like to compare this process to what a baseball hitter mentally goes through during an at-bat based on a particular pitch count. He has a different thought process on a 3-0 count -vs- a 3-2 count. On a 3-0 count, Ken Griffey, Jr. has a green light to hit, but will only look for a fastball down the middle. Anything else he will let go, because he has 2 strikes left. On a 3-2 count, he has to be more careful, because any pitch in the strike zone will be called a strike if he doesn't swing (he will be called out). He still has one pitch/location he looks for, but he also will hit any pitch or location as long as it is in the strike zone. Use this approach when developing a pre-snap thought.

The PSRs for Zone-Arc release option 34-35 are as follows:

<u>"Read" Alignment</u>	<u>PSR</u>	<u>HTP</u>
Gap	Disconnect	3-0
4I	Disconnect	3-0
4	Give	3-2
5	Give	3-0
6	Give	3-0
7	Give	3-0

The PSR for Veer-Five Release are as follows (because of the down block the PSR changes):

<u>"Read" Alignment</u>	<u>PSR</u>	<u>HTP</u>
Gap	Disconnect (auto)	3-0
4I	Disconnect (auto)	3-0
4	Disconnect	3-0
5	?	3-2
6	Give	3-0
7	Give	3-0

After you execute the read (and have pulled the ball) you must equally execute the pitch phase of the option. You must always know who your Pitch Key is, how he is playing you, and how to attack him. Usually, your Pitch Key is the next man outside your Read Key. Sometimes your Pitch Key is the primary run support

defender from the secondary (Rover in a reduced type defense), sometimes he is on the LOS (OLB in a 6-1 or 50 Defense), and sometimes he is a Stack LBer (4-3). Other times we may add "Block" to the call which tells the TE to block your Pitch Key; therefore, your Pitch Key is the next man outside. Like Read Keys, Pitch Keys react certain ways based on the defensive call. You must recognize each way you will be played and attack each one differently.

Pitch has 5 recognitions:

1. Hot - quick move by "Pitch" at QB - (pitch to HB)
2. Sink - has QB and squats (use up and pitch to HB)
3. Slow Play - $\frac{1}{2}$ QB $\frac{1}{2}$ pitch attempts to cause QB hesitation (use up and pitch to HB).
4. String - "Pitch" to HB (keep)
5. Bluff - bluffs for QB, but takes HB (keep-fake pitch)

CONCLUSION

Well, that's it! Easy, huh? It really is easier than it all sounds. This system was created many years ago by men smarter than me and has been executed by people with less intelligence than you. Study hard, work harder, and you will be successful. If you play within yourself and the system and take care of the football, you will lead your team to many victories! After all, isn't that what it's all about?

QB TERMS

TRIPLE RUN TERMS

Pathway

This is an imaginary line drawn by the QB that is a straight line from the fullback through the outside hip of the playside guard. The track is as wide as the fullback's shoulder and represents an area that a defender must get into in order to stop the fullback for less than a four yard gain.

S Zone

Defenders moving from inside-out to the ball. On option plays these are defenders inside the fullback's "track".

Read

Man to be optioned for the give or disconnect to the fullback.

Pitch

Man to be optioned for QB Keep or Pitch.

Support

Man responsible for Pitch

Mesh

This is the hook up with the QB and fullback. The QB will put the ball into the fullback's pocket and will shift his weight and arms with the fullback along his track while making his decision to give or disconnect.

Ride

This is the period of time between the Mesh and actual physical activity of giving or disconnecting.

Give

This is when the QB decides that his "Read" does not have any of his tackling surface in the track of the fullback and therefore cannot stop the fullback for less than four yards.

Disconnect

This is what happens when "Read" does have part of his tackling surface in the track of the fullback and therefore would stop the fullback. The actual disconnect will be a sharp snapping back of the ball out of the FB's pocket by the QB. Do not try to pull the ball away through the ride.

Tackling Surface

This is the part of the defender's body that is in a good position to stop the fullback short of four yards. Tackling surface would be the defender's shoulders, not the arm. Key his inside shoulder pad.

PSR

Alignment of your "Read Pre-Snap.

Stack Principle

This is the thought process around reading two defenders who are stacked. The LOS defender is the "Read", the stack defender is "Pitch".

Read Stack (Pull & Pitch)

This is when "Read" and "Pitch" are in a position to exchange responsibilities. You must be prepared for this mentally on each snap. Your thought process is to assume that one is assigned to the fullback and pre-determine to disconnect. However, sophisticated defensive play can confuse this issue. As we progress, we will learn through visioning to read the Stack.

- A) Pre-Snap - your thoughts should be to pull the ball and pitch off the defender's responsible for QB
- B) If there is movement to the pathway of the fullback and I disconnect, I must be ready for the type of defender taking me. Be ready to pitch quickly.
- C) If there is no movement from either defender to the pathway of the FB, give the ball to the FB.

Twirl

This is a term in which the QB pitches the FB to the playside HB off of Counter Motion called away from the Rover.

QUARTERBACK TECHNIQUES

Stance

Feet are about shoulder width apart. Both feet must be perpendicular to LOS and inside and clearing the heels of the center. There is a slight bend in the knees. The back is straight and the head is up. The arms are not rigid but relaxed. The weight is on the balls of the feet. On some plays, the weight may be primarily on one foot to enable the proper push-off. Get hands under center quickly to force defense to show alignment.

Center Exchange

Put throwing hand under the butt of the center to wrist depth. The middle finger must go up the crack of the center's butt. Pressure is applied to the center by the hand. Maximum width is gained by spreading the fingers. The bottom hand is put under the top with the thumbs together. Apply pressure to center to help with location of snap. Don't pull hands out on exchange. Pressure ride with center.

First Step (34-35)

On our triple option plays, the QB must take the ball from the center directly to the FB Mesh. The QB must put his weight on and push off the foot opposite the direction of the play. The first step is critical to the play. Step to 4 or 8 o'clock, lock your chin on your front side shoulder pad, your eyes directly to your "Read" with your backside arm locked straight and playside arm bent.

Mesh

Transfer your weight from your back foot to front throughout the "ride and decide" process. Never ride past the front hip. If give, pressure front hand into fullback's stomach. On disconnect, snap ball out with back hand across fullback's stomach.

Optioning End

Always get downhill after disconnect from FB. Hold the ball at chest level while attacking inside foot of DE. When the end attacks, squat and pitch. If he takes pitch, turn upfield running away from FS. On all slow play or sink techniques, try to use up and eliminate DE after pitch by crossing his face.

Pitch

We will use a basketball technique (overhand soft lob) to prevent a low pitch. Execute pitch at arms length and chest level of pitch back.

Mid-Line Option (20-21)

Clear step heel to toe and front out to the called side: Mesh with FB, Read "A-Gap Defender". Check Pitch Key. Attack his inside foot and be ready to make Pitch quickly. On 30-31, execute hand off and Fake Option (steps are same a 20-21).

Mid-Line (24-25)

Step like 20-21. Get depth. Mesh with FB and read your key. Accelerate off Mesh and read tackle's block for inside or out. If block call, read TE's block.

16-17

Clear Step heel to toe and front out to the called side (same steps as 20-21). Get the ball back as deep as possible to the FB. He will be a little slower because of a deeper alignment than on 20-21. Fake Option to the call side after hand off.

20-21 Mike

Same steps as 16-17. Once you Mesh with the FB, attack inside leg of Pitch Key (EMLOS). If the technique we are trying to log works upfield, the guard will kick him out and you will need to jump inside his block.

24-25 Mike

Same steps as 16-17. After Mesh with the FB, accelerate and read tackle's block for inside or outside. If Block Call, read TE's block. React the same way as 20-21 Mike if the guard cannot log the Read Key.

Lead Step (14-15)

Execute 34-35 Mesh with FB. Use head and eyes to sell Fake. Arm ride fullback and step at 90 degrees to HB. Give ball as deep as possible. Fake Boot. If Draw call, give ball underneath.

36-37 Crease

Lead step at 3 or 9 o'clock. 2nd step should be elongated with the 3rd step being a "Crow Hoop" into the LOS. You will Mesh with the FB and transfer your weight to the front foot during this "Crow Hop". If disconnect, accelerate off Mesh and attack Pitch Key.

Double Option and Loads (38-39)

Step at 3 or 9 o'clock and Mesh quickly with FB. Disconnect football and accelerate off Mesh to next Pitch Key. On 38-39 5 get down LOS quickly.

Draw Steps (61)

Open out at six o'clock. Push for 5 steps and make it look like 62. On the 5th step, plant and run to set spot of defense.

Sweep Steps (6-7 H Toss)

Reverse out and dead pitch ball at chest level to HB. Look Pitch in and fake Bootleg.

2-3

Open at 4 or 8 o'clock and flash ball to FB. Step at 90 degrees to HB. Give ball as deep as possible. Fake Boot.

12-13 (Force)

Front out to 4 or 8 o'clock and hand ball as deep as possible to the TB. Look ball in to the TB's stomach. Fake Boot.

18-19

Open to 6 o'clock and attack EMLOS. Pitch off EMLOS.

81-91

Open to 3 or 9 o'clock with ball up in Sprint position. Hand ball to HB underneath (look ball in). Continue on Sprint pathway to sell Fake.

6-7 (Keep)(H)

Reverse out and get to 4 or 8 o'clock on your 2nd step. Mesh with the FB as deep as possible and ride to front hip. Fake Keep on 6-7. On Keep, after Mesh, pull ball and read guard's block. On H Keep, look to bounce outside the H Block.

28-29

Reverse out to 6 o'clock on 1st step. Pivot quickly on 2nd step and attack Pitch Key.

PASS DROPS

4#-5#/134-135#

Step like 36-37 Crease and get the ball back to the FB. Once "Crow Hop" is complete, push back off the LOS 3 steps at a 45 degree angle. Get your feet underneath you and set to throw. Find Pass Key quickly!

60-70 (Drop Back)

Open at six o'clock and accelerate on 5 step drop. Drive hard on the first three steps and gather on the last two. Set up directly behind the center. Do not drift on Drop. Stand tall and ready to throw.

80-90 (Sprint)

Open at 5 or 7 o'clock with playside foot. Have ball ready to throw on third step. Read contain for sprint to corner. Attack the corner and throw first, run second. On 80-90 (Throwbacks), pull up inside our PST.

112-113

Take 12-13 Steps. After Fake to TB, get depth (5 yards) and attack the corner. Get head around quickly. If EMLOS gets upfield, pull up, set feet and throw.

124-125

Take Midline Steps. After Fake, work 2 down and 3 back. Set feet and throw.

128-129

Take 28-29 Steps. After pivot on frontside routes, push 4 down and 1 back. On backside routes, push 3 down and 2 back.

132-133 Attack (HB)

Place weight on playside foot and get depth on first step with opposite foot. Open to target and throw the ball quickly to the receiver.

QUARTERBACK COACHING POINTS

1. When executing the triple step to 4 or 8 o'clock, lock your chin on your frontside shoulder pad, your eyes directly to your "Read", your backside arm locked straight and playside arm bent. Take ball from center directly to FB Mesh.
2. Always get downhill after disconnect from FB.
3. If "give" carry out your Fake to the numbers on every play.
4. Never pitch blind or into "Garbage" (area where defensive back has already penetrated)
5. If disconnect and FS is unblocked, stretch him toward the boundary and then attack his inside shoulder, unless you out-run him.
6. Execute pitch at arms length and chest level. Use basketball pitch.
7. If Hot End, be prepared to step back out of Mesh to make pitch.
8. Know down and distance - what we need for a first down.
9. Do not pitch off of inside (5 Zone) pressure, unless scheme dictates it.
10. Avoid all shoulder contact on hand-offs and rides.
11. Never pitch the ball off of pressure by your "Read", if you miss your Read, then minimize your loss for next play (follow your dive or out-run "Read"). Don't make a bad play worse.
12. Never pitch off of defender that has been assigned to be "H" blocked or blocked by "block" call.
13. Eliminate Pitch Key after execution of pitch.
14. Always know who "Read" and "Pitch" are.
15. Know your footwork on all Pass Routes
16. On pass plays that begin with Option Play Action, make sure that you take at least two option steps with your shoulders leaning forward in an option position before you make your drop.
17. Hold ball at shoulder height to make sure of quick delivery.
18. Know your receiver progression.
19. Think of your Alignment and Reaction Key as you approach the LOS. Know where your outlet receivers are, if there are any.
20. Throw between or over Lbers not through them.
21. On sideline routes, bring receivers back to ball and lead them to the sidelines. Keep the ball to the outside (outside hip - not out of bounds).
22. Body position (leading with the chest to produce follow-through) is of utmost importance on deep passes. Follow through to an imaginary spot in the air where the ball must travel through at it's height so that the deep ball can drop in nose down to the proper target point.
23. When scrambling, making the big play is great...making the big mistake is fatal.

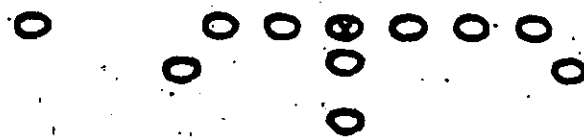
Options		Direct and Counters	100 Series Passes	4#-5# Passes	8#-9# Passes
TE	Nub	2-3	112-113	44-54	80-90 R-L-Y Cross
6-7 Keep (H)	18-19 (FB)	6-7 (H)	124-125	44-54 Swap	80-90 R-L-Y Cross Dig
18-19 (FB)	20-21	6-7 H-Toss	128-129 7'		80-90 Hail Mary
20-21 (BLK)	20-21 Mike	10	128-129 9'	6#-7# Passes	82-92
20-21 Mike (BLK)	24-25	12-13	128-129 Post	60-70 Hide	83-93
24-25 (BLK)	24-25 Mike	12-13 Force	128-129 Search (Wheel)	60-70 X Scal	83-93 Goalline
24-25 Mike (BLK)	28-29	14-15 Draw	128-129 Dig	62	84-94
34-35 (Safety) (BLK)	34-35 (Safety)	16-17	128-129 Flag	62 HB	84-94 Max Run
34-35 '5' (BLK)	34-35 '5' (ARC)	24-25 Mike Power	128-129 Roger	62 Pass	85-95
36-37 Crease	36-37 Crease	28-29 Roger	132-133 Attack (HB)	65-75	86-96 (Max)
38-39 (Safety) (BLK)	38-39 '5' (ARC)	30-31 Veer	134-135 '5'	68-76	86-96 Max Roll
38-39 '5' (BLK)		61	134-135 '8'		87-97 (Max)
		81-91			88-98 (Max)
					89-99 (Max)
Formations	Motions	Goalline	Hurry-Hurry	Special	
Right/Left	R-9/L-8				
I-Right/Left	Zoom				
I-Right/Left Nub	Twirl				
Rex/Leo	Speed				
I-Rex/Leo	2-Step or 1/2				
I-Rex/Leo Nub					
Split					
I-Split Right/Left					
Strong					
Left Ray/Right Lou					
I-Right Lou/Left Ray					
Split Ray/Lou					
I-Split Ray/Lou					
Ray/Lou					
I-Ray/Lou					
Trips					
I-Wide Right/Left					

FORMATIONS

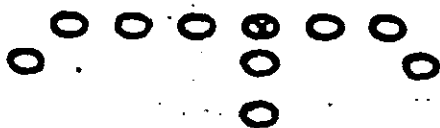
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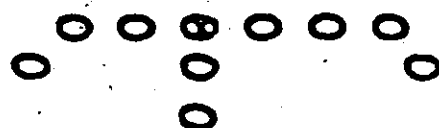
RIGHT



LEO



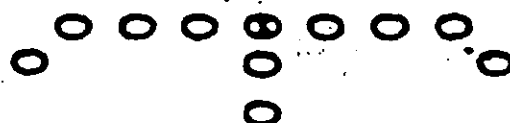
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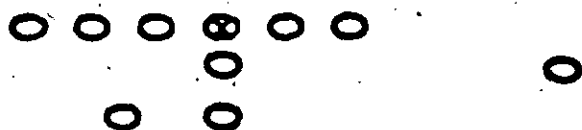
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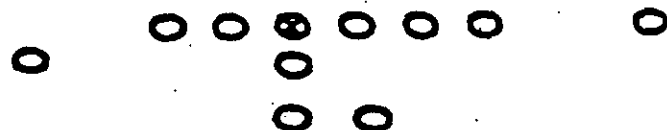
TIGHT



STRONG LT



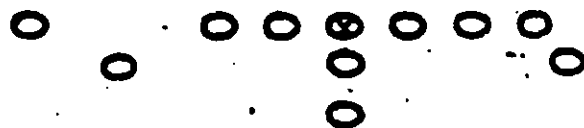
STRONG RT



LT RAY



RT LOU



SPLIT LOU



SPLIT RAY



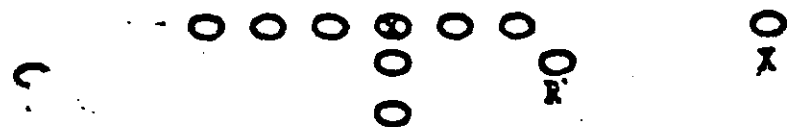
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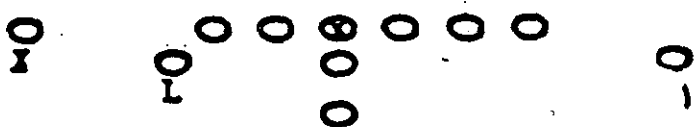
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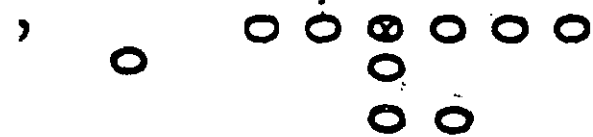
WIDE LT.



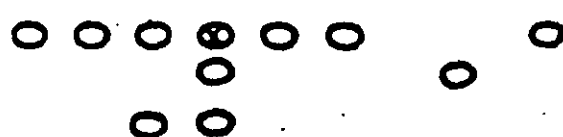
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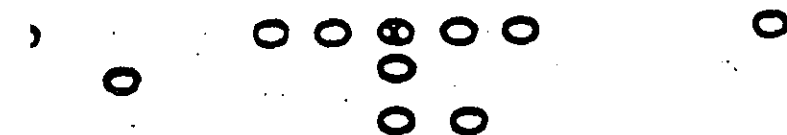
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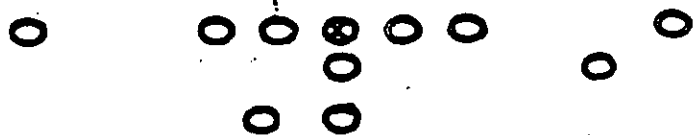
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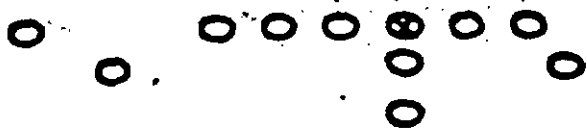
SPLIT LIZ



SPLIT RIP



LOU



RAY



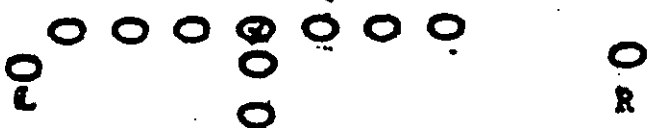
TRIPS LT



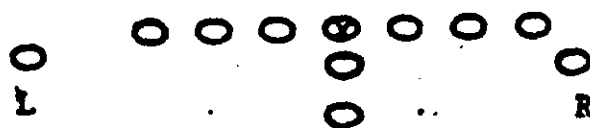
TRIPS RT



LT. SPREAD



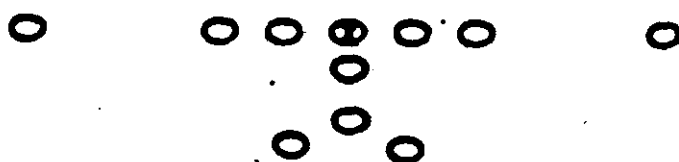
RT SPREAD



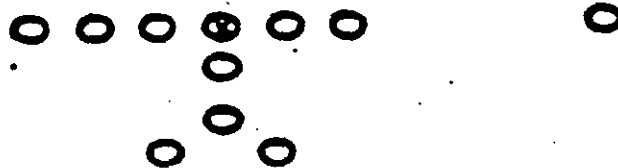
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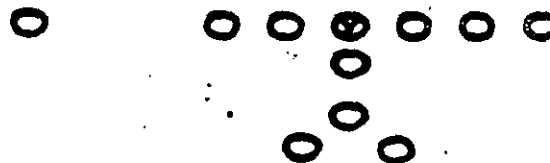
SPLIT BONE



LT BONE



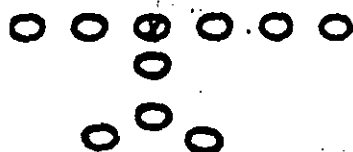
RT BONE



LEO BONE



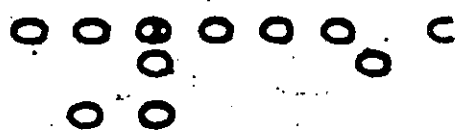
REX BONE



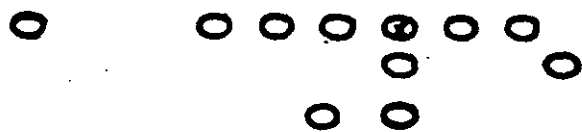
LEO WING



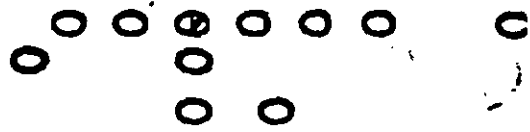
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LEO NUB

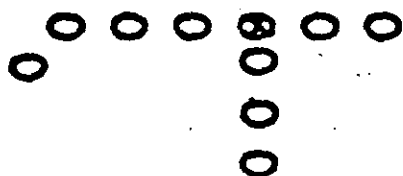


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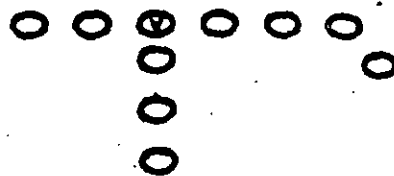


FORMATIONS

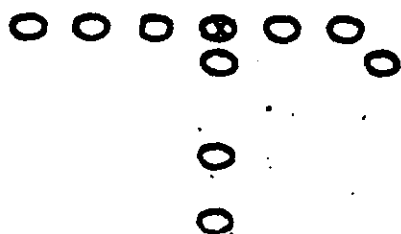
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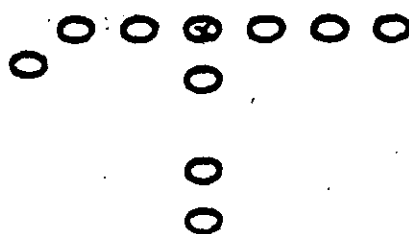
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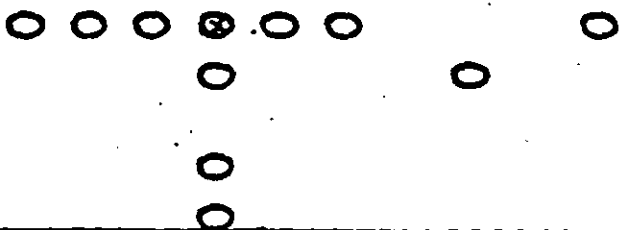
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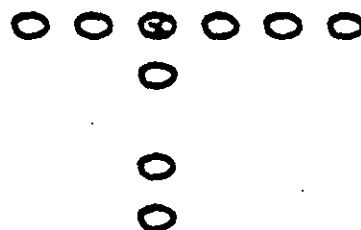
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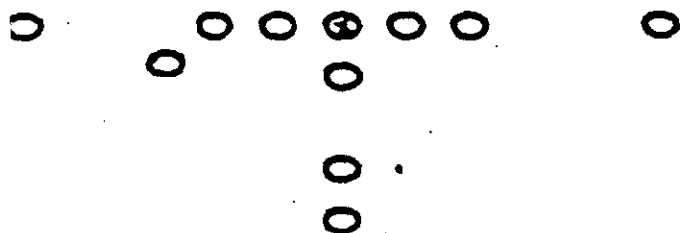
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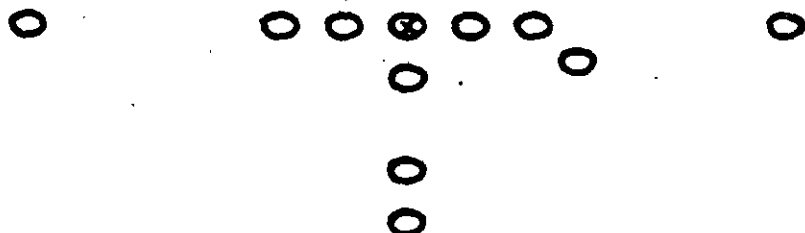
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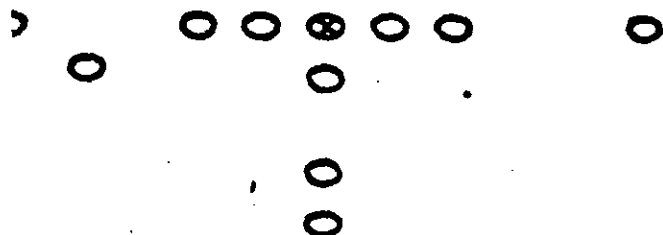
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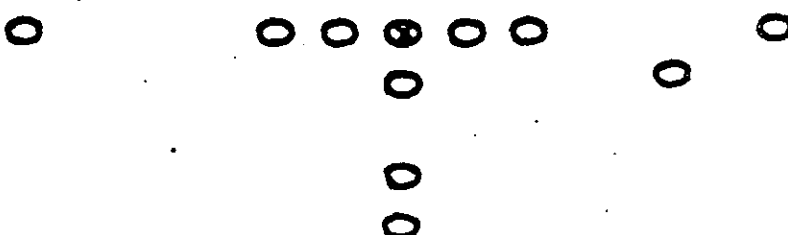
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I SPLIT LOU

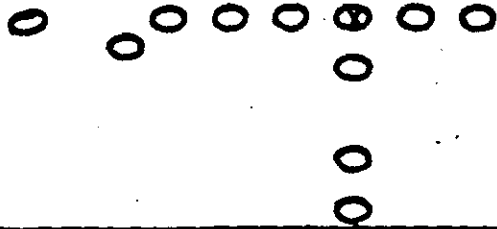


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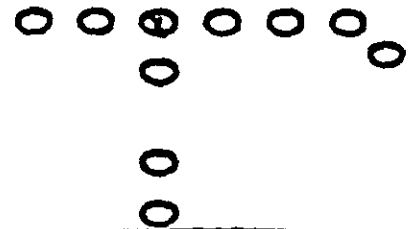


FORMATIONS

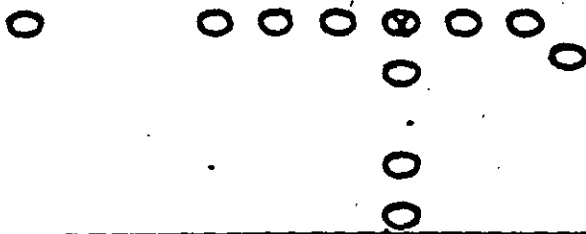
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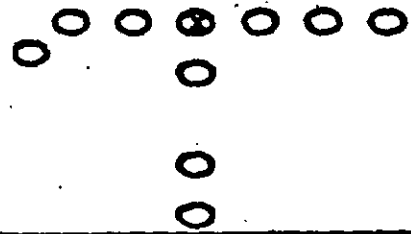
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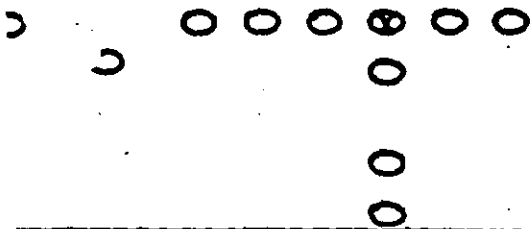
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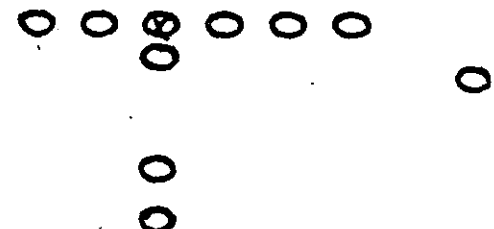
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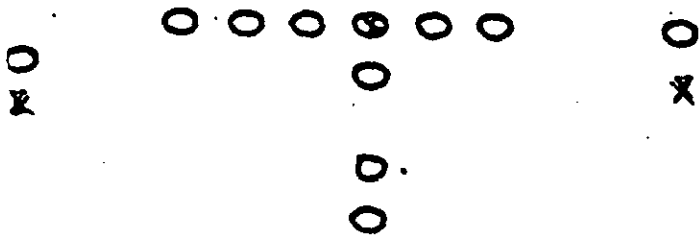
I LOU



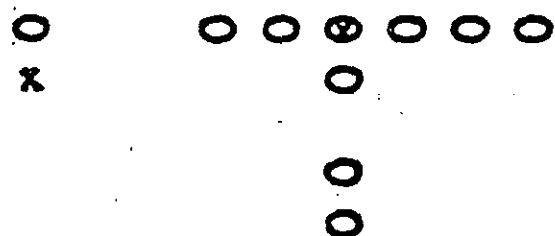
I RAY



I WIDE LEFT

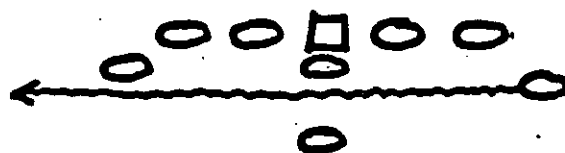


I WIDE RIGHT



MOTIONS

R-2 Right RB going across formation to left



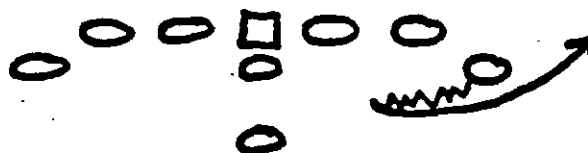
L-8 Left RB going across formation to right



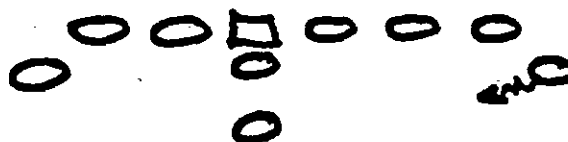
Zoom Ray or Lou aligned RB coming in toward formation



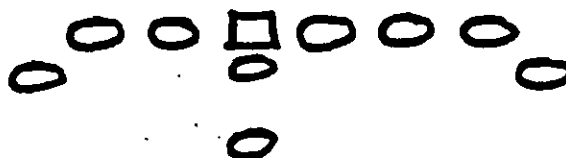
Twirl RB coming inside formation then on Snap returning to original position for Pitch or Blocking



2 Step or Half Starting in motion toward play a little early



Speed Do not move at all until ball is snapped

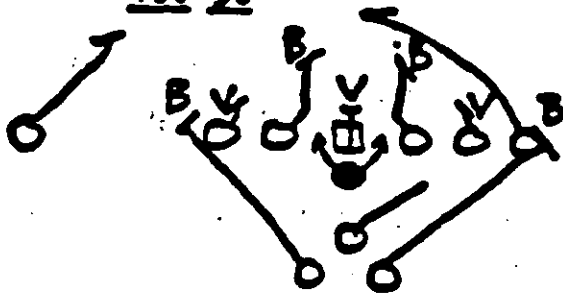


10 (Freeze, Frog, Influence)

QB - Ball Carrier - take the best hole available.

All other positions run same as 30 except on: FROG no one moves except Center and QB on Snap; and on INFLUENCE the guards attack wide outside hip of man on:

vs. 50

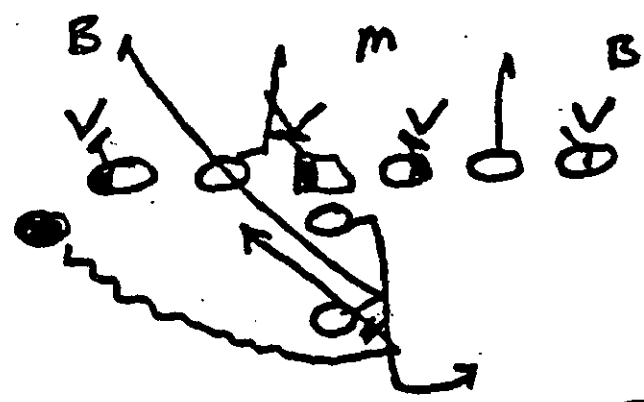


vs. 6-1 Influence

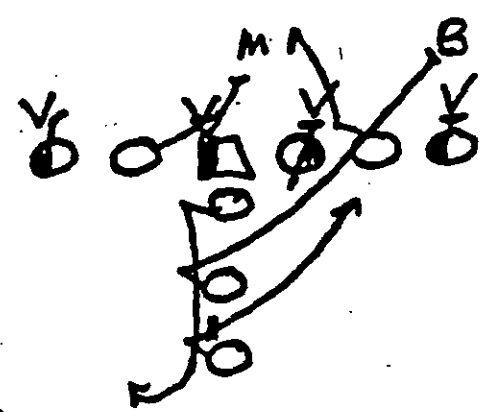


2-3

- SE** - 1" by Alignment in Sec. Zone; Cut off inside half
- TE** - Base Block - make sure FB knows technique over you. It will only be a "7" or a "9" Tech, can signal with inside hand if in 7 Tech.
B.S. - Stay cut-off deep middle 1/3
- PSI** - Covered - Base Hinge or Fan (no fan with T.E.) - Uncovered - Listen to TE's call, "7" go inside th
 3 Tech's hip to MLB, "9" block outside LB
- PSG** - 2,3,Base Hinge - O or BS Shade, Fan on NUB Side - A,1,Red - O, Shade, Card
- C** - Fan, block Nose Guard - BS Shade, MLB to BSLB - A,1,Red - O, PS Shade, Card
- BSG** - Scoop, Base, or Switch
- BST** - Switch, B, 4I, 4,5
- LB** - Cut off inside leg of primary defender
- PB** - Out of "T" Formation - use Counter Steps making good Fake and to time up hand off with QB. Rea just like 14-15 out of "Slot" Formations - use motion to Fake 2 Steps past FB again time up hand of Read is the same.
- FB** - Quick jab step & block PSLB. To TE side -vs- 4-3 if '7' call block SLB. If '9' call block MLB.
- QB** - Make Fake to fullback on 34-35 & hand the ball deep to the HB and Fake Bootleg. If motion is needed, bring HB early enough to get past the FB.



3



2

)

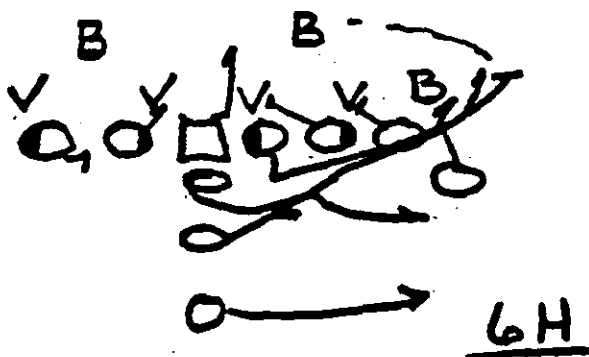
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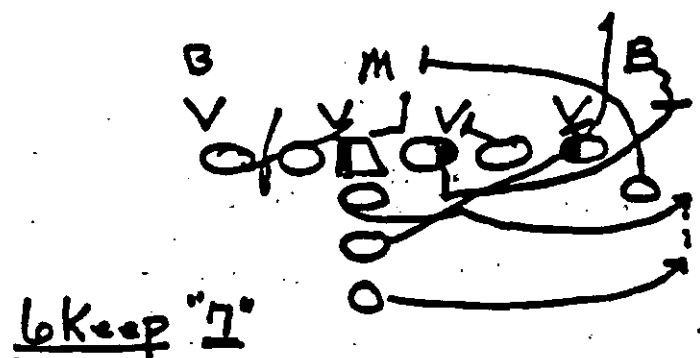
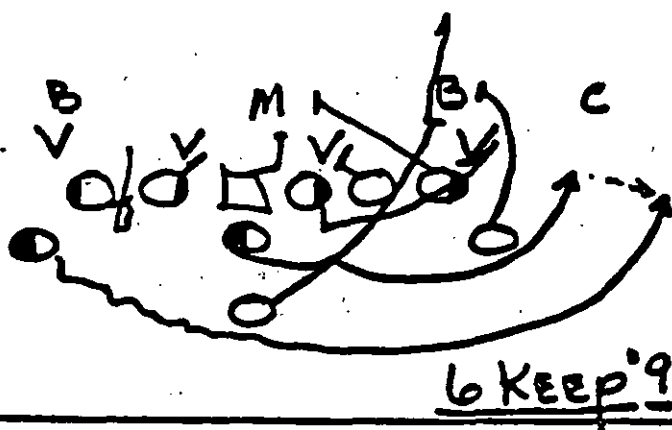
6-7H

- SE** 1st By Alignment in Sec. Zone; cutoff inside half
- IE** If 7 Tech you have him yourself - 6&9 Tech, we will combo with RB. If moves outside, v slide off to LBer - we'll double and let LBer come to us.
- PSI** Gap or Tan
- PSG** Pull and Trap 1st man outside the H Block
- C** Scoop, Base, Sideboards
- BSG** Scoop, Base
- BSI** Hinge
- LB** Listen for Call from tight end. If a "7" Call, go get Mike. If "9" Call, you "H" the "9" Technique
- PB** Run 34-35
- FB** Same as 6-7, but think Bounce
- QB** Same as 6-7



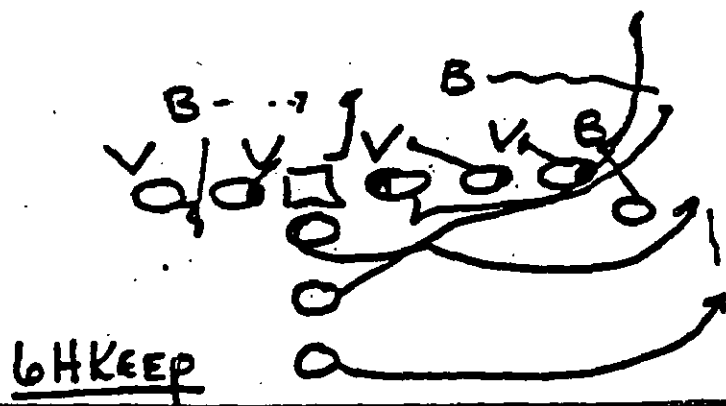
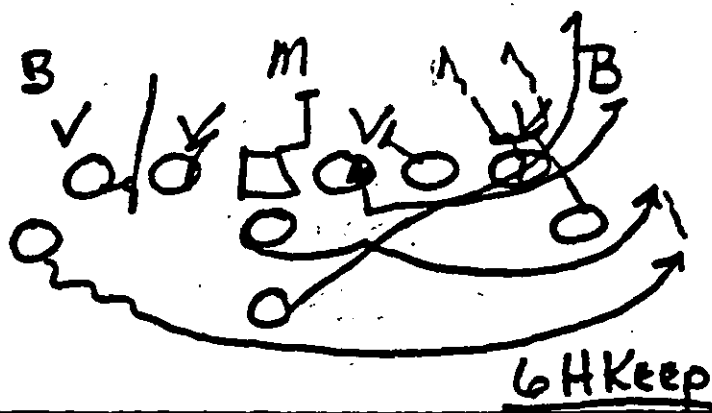
6-7 Keep

- SE** Block Man on
- TE** Block like 6-7, can be Gap or Tan Calls -vs- 5 Technique
- PST** Gap or Tan
- PSG** Pull and Log 9 Tech to OSLB
- C** Scoop, Base, Side Boards
- BSG** Scoop, Base
- BST** Hinge
- LB** Listen for T.E. Call. If "7" Call, you have Mike. If "9" Call, you have Jack wherever he g
- PB** Run 34-35
- FB** Align at 7 feet. Step lateral and 2nd step at inside leg of PST. Make a great 6-7 Fake and block levels.
- QB** Reverse pivot w/2nd step at 4 or 8 o'clock. Ride FB to front hip and read guards block



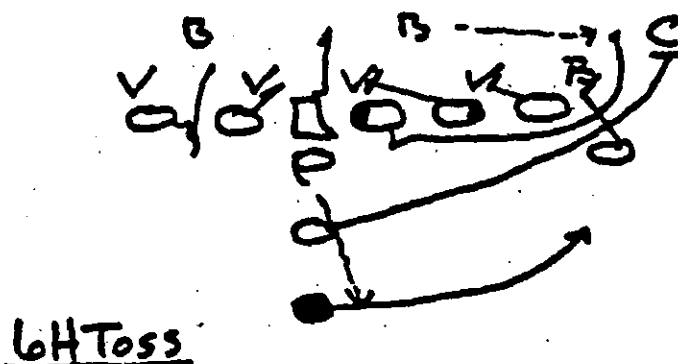
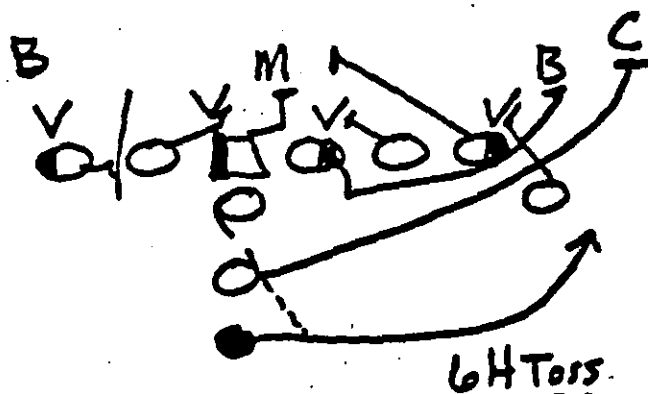
6-7 H Keep

<u>SE</u>	Block Man On
<u>TE</u>	Block like 6 & 7 Kekeep - if Gap or Tan Call, you and RB will combo Tech over you up to LBer level
<u>PST</u>	Gap or Tan
<u>PSG</u>	Block 1 st man past H-Block, expect inside LBer when you are uncovered
<u>C</u>	Scoop, Base, Side Bounds
<u>BSG</u>	Scoop, Base
<u>EST</u>	Hinge
<u>LB</u>	Listen for TE Call. If "7" Call, you have Mike. If "9" Call, you "H" the "9" Technique!!
<u>PB</u>	Run 34-35
<u>EB</u>	Same as 6-7 Keep except Bounce and look to flatten to FS
<u>QB</u>	Same as 6-7 Keep except think Bounce



6-7 H Toss

SE	Block Man On
TE	Block like 6 & 7 H Keep
PST	Gap or Tan
PSG	Block 1 st man past H-Block, expect inside LBer when you are uncovered
C	Scoop, Base, Side Boards
BSG	Scoop, Base
BST	Hinge
LB	Block just like 6-7 H Keep
PB	Deepen up ½ yard and hesitate 1 count enough for FB to clear. This is an outside play
FB	1 st step OS leg of TE and block primary
QB	Reverse pivot and soft toss ball to HB. Fake Bootleg



12-13

SE - Man ON

TE - Base or Combo Base

PST- Covered - Block Stretch Base (attack outside $\frac{1}{2}$)

PSG- Uncovered - Block Stretch Reach (lateral step and read)

C-

BSG- Backside Shades on BST, BSG, and Center are considered uncovered.

BST - If you and your inside man are both covered, you stay on your man.

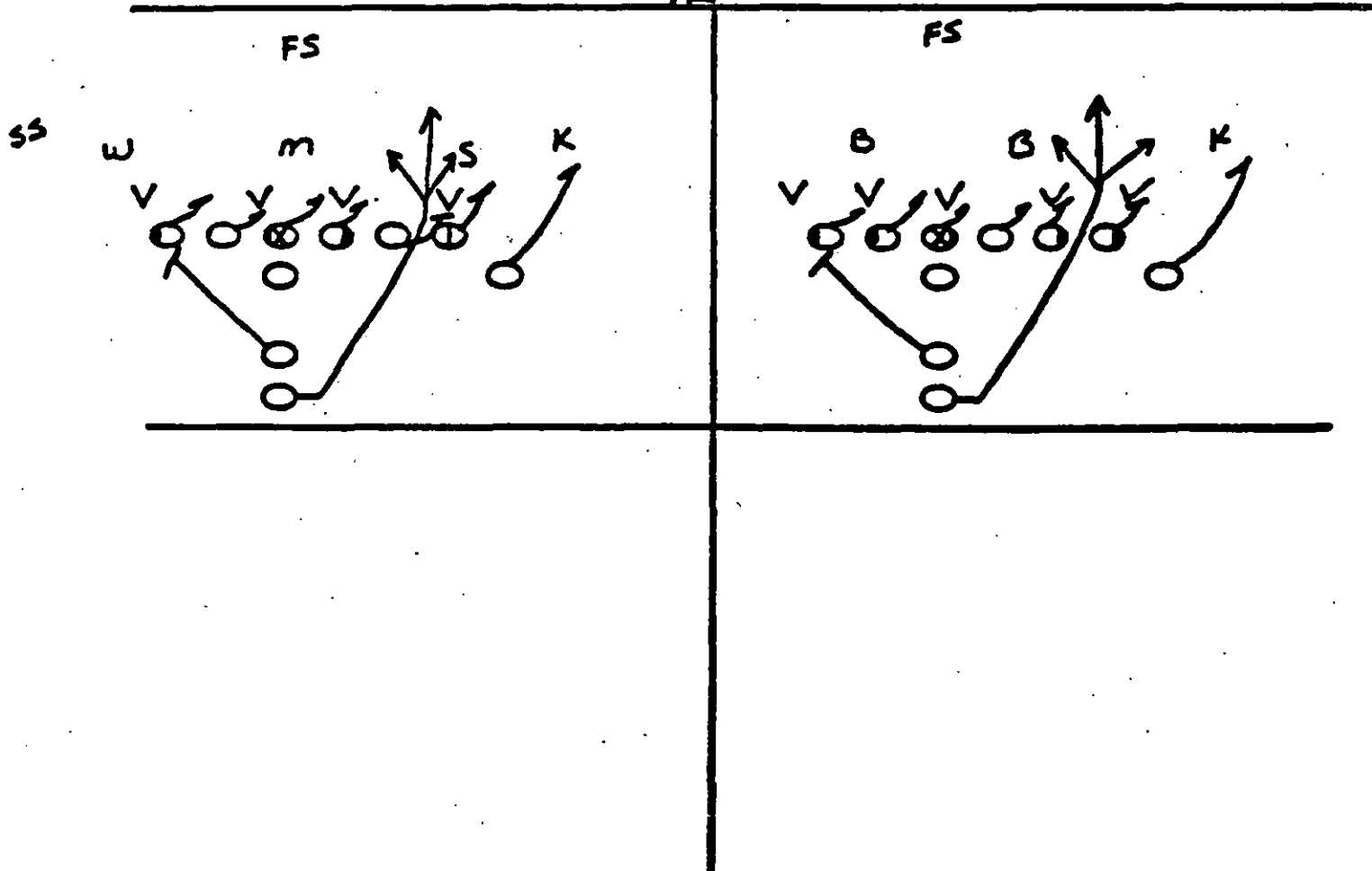
LB - Cut off inside knee of primary defender

PB - Lateral step crossover, aiming point is outside hip of OT. QB will bring ball to you. Crawl the heels of O-Lineman before you make any cuts. Keep shoulders parallel to L.O.S. until you pass the L.O.S. Look for 3-way cut only at this point. Never before.

FB - Step to inside leg of BST and block EMLOS inside-out

QB 1st step at 4 or 8 o'clock. Present ball as deep as possible to HB (look ball into the HB's stomach).
Fake Bootleg.

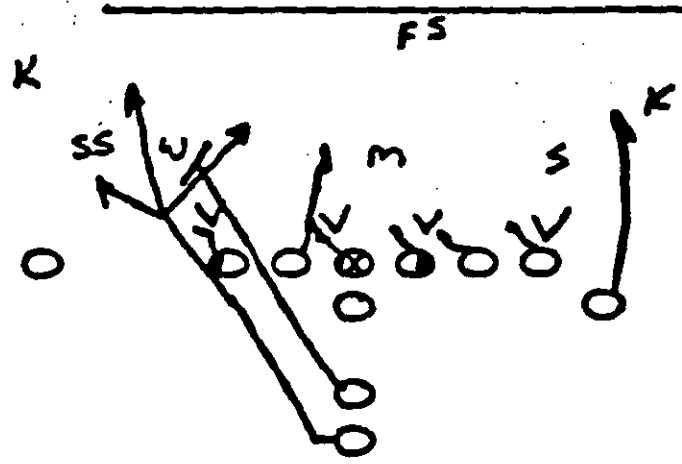
"12"



12-13 FORCE

- SE Man On
- TE Base or Combo Base
- PST Stretch Base or Reach
- PSG > Card - O and Shade; Red - A,1,2; Base 3 (control MLB to BSLB)
- C
- BSG Same as 12-13
- BST Same as 12-13
- LB Same as 12-13
- PB Same as 12-13 (Keep reading OT's block. FB will find his man)
- FB Lateral step and on 2nd step crossover to inside leg of PST. Block PSLB inside or outside of tackle's block.
- QB Same as 12-13

13 FORCE



14-15

SE 1st By Alignment in Sec. Zone; Cut off inside half

TE Call out Tech. 7 or 9 - Base blk Tech you call

PST Covered - Base Hinge or Fan (no Fan with TE) - Uncovered - listen to TE's call, "7" go in thru 3 Tech's hip to MLB, "9" block outside LB.

PSG 2,3,Base Hinge - O or BS Shade, Fan on Nub side - A,1,Red - O, Shade, Card

C Fan, block Nose Guard - BS Shade, MLB to BSLB - A,1,Red - O, PS Shade, Card

BSG Scoop, Base, or Switch

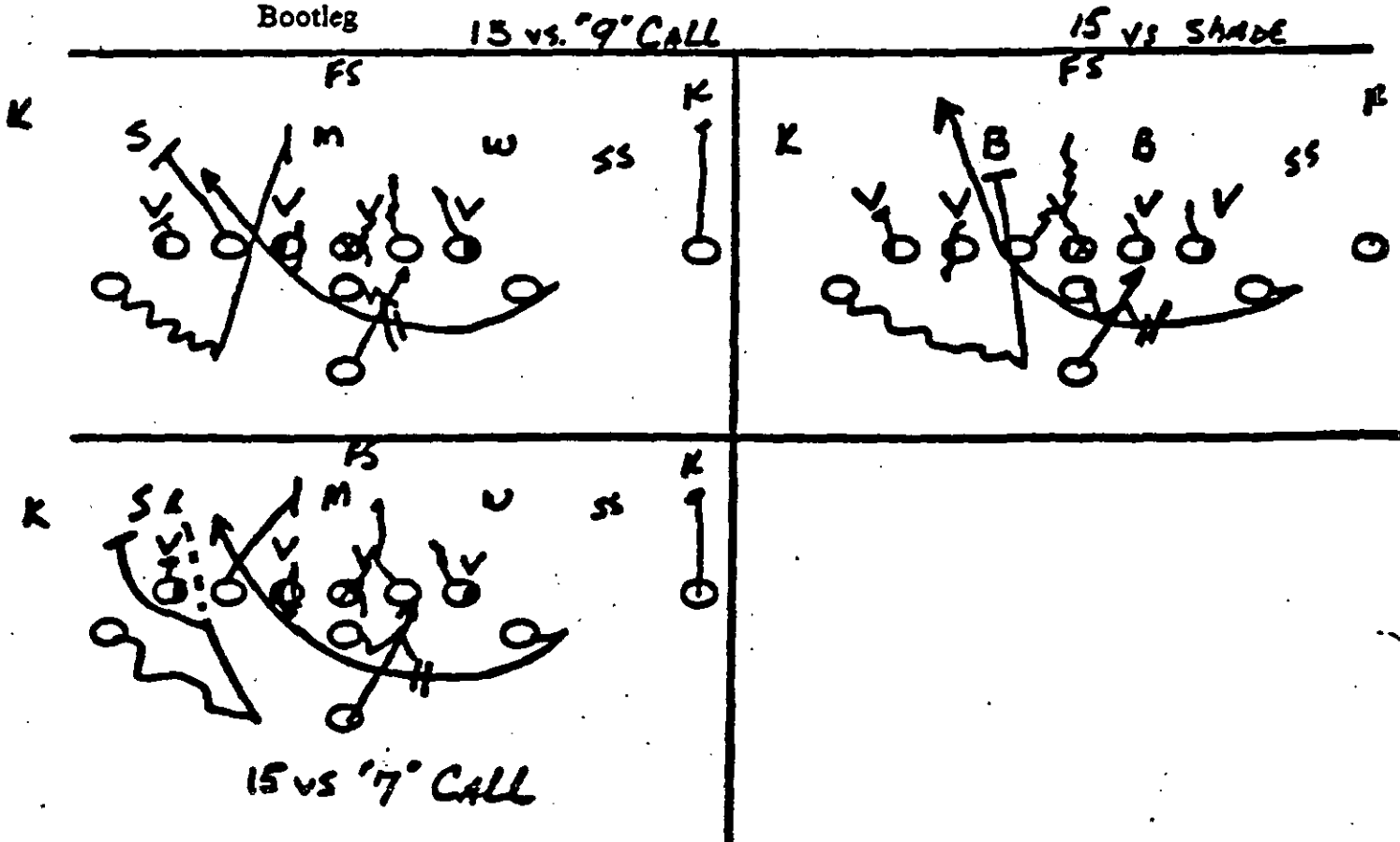
BSI Switch, B, 4I, 4,5

LB -vs- a 4-3 Defense Listen for TE Call. If "7" Call, you have Stack Backer - Think outside! If "9" Call, you have Mike! -vs- a 2 linebacker scheme, you have playside linebacker
Read 1st covered lineman past the center

PB Deepen alignment counter fake, read 1st covered lineman past the center!

FB Fake 34-35 and block 1st thing off T's tail

QB Make a good fake to the FB on 34-35 and bring ball deep as possible to the HB. Fake Bootleg



16-17

SE - 1st By Alignment in the Sec. Zone; Cut off inside half

TE - F.S. Base Technique over you if works outside release straight up-field and blk 1st threat - B.S. star cut off and down-field to blk middle 1/3.

PST- Block 1st inside LB to BSLB - Influence if your man is being trapped

PSG- "NOSE" Call block O or PS Shade; A,1,2 influence out; 3 Influence In to MLB to BSLB.

C - Block back - Call "NOSE"

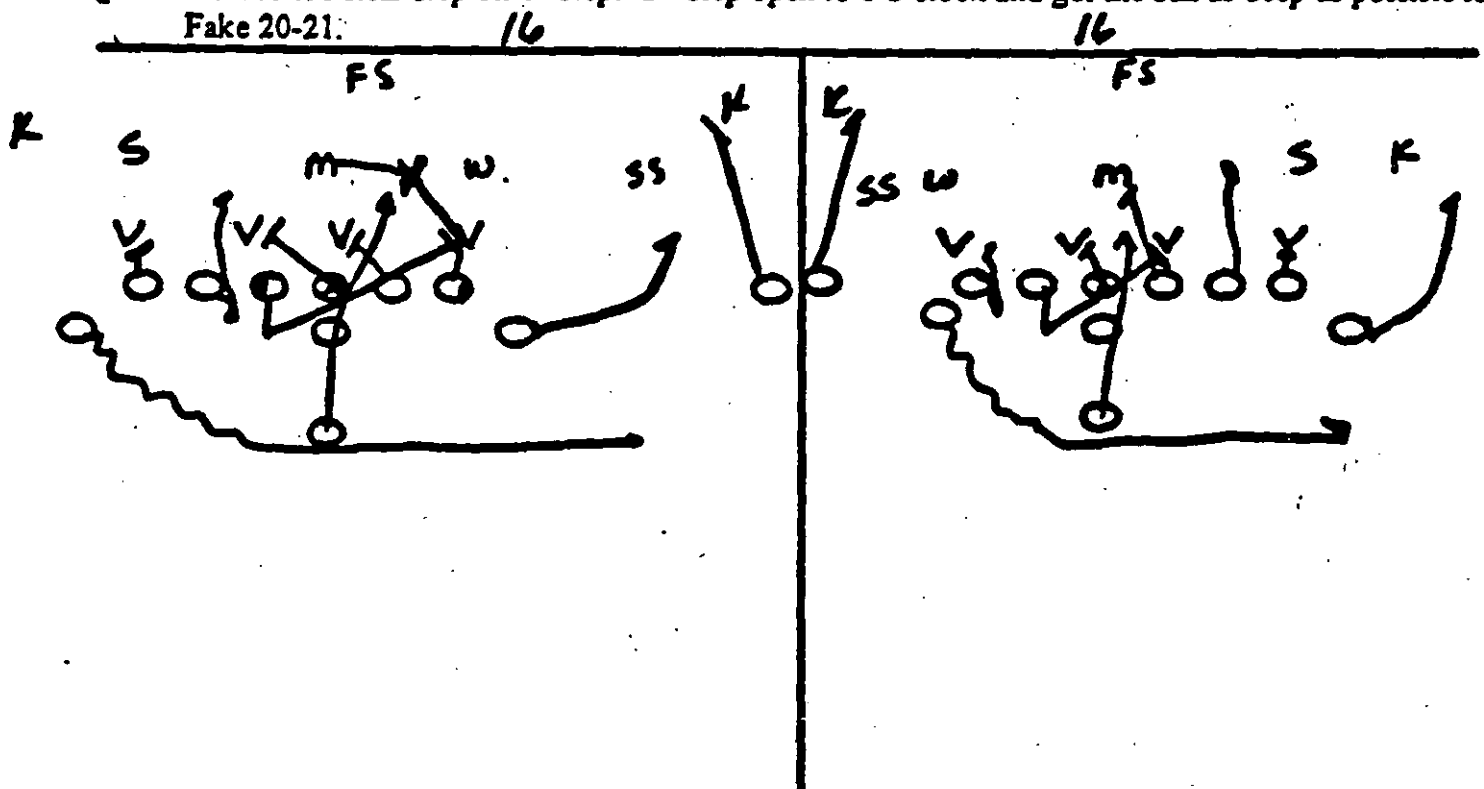
BSG- Pull and trap first man in A-Gap to outside

BST- B Gap to LB (Jump Hinge)

LB - Run 20-21 Speed (Possibility of using 24-25, depending on
PB - reaction of defense)

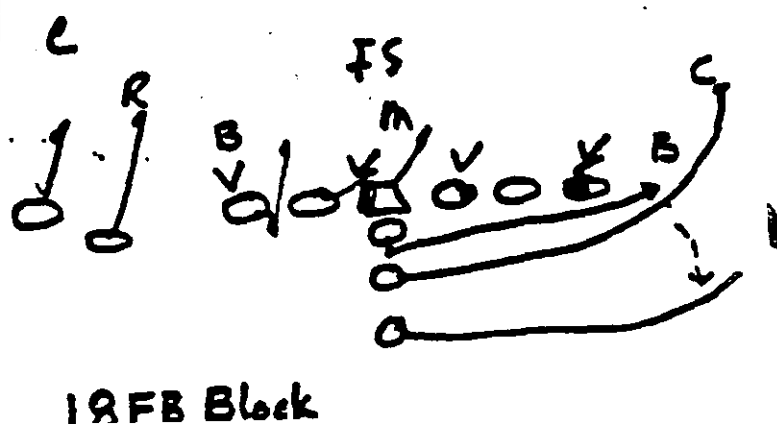
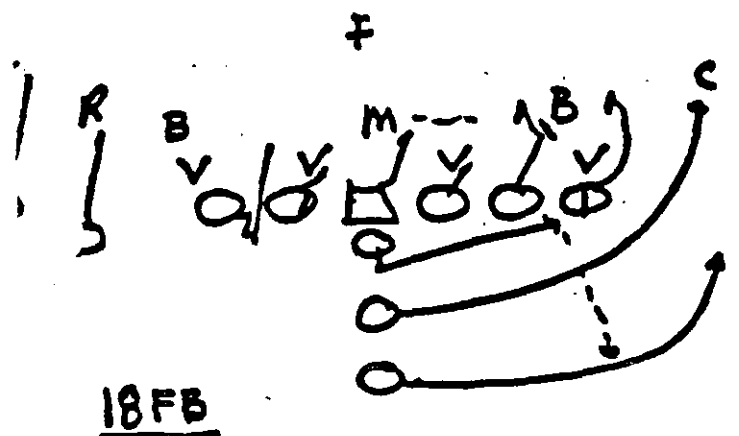
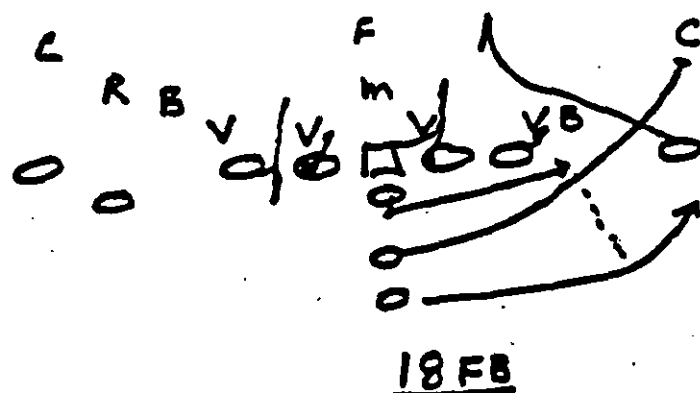
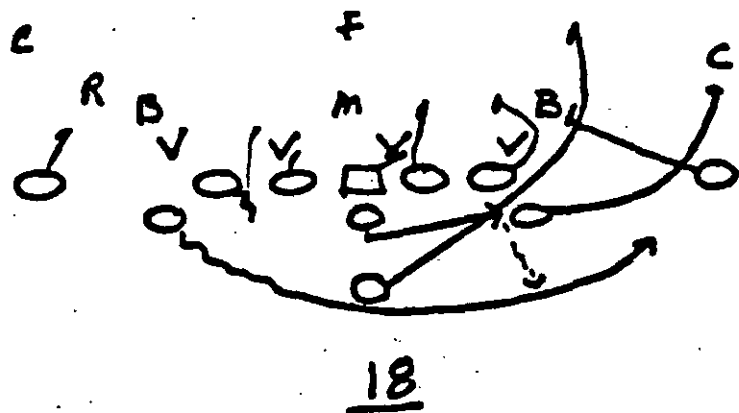
FB - Align at 8 feet and run to Crack of QB. Clear Mesh and cut off guard's trap block

QB - Heel to toe clear step on 1st step. 2nd step open to 6 o'clock and get the ball as deep as possible to I
Fake 20-21.



18-19 (Fullback)(Block)

SE	Crack Playside LB off LOS
TE	Loop check to first LBer to F.S. (can release inside if tackle is covered). "Block"
PSI	Zone Release to 1 st inside LB - check Echo - Block man on you if two outside
PSG	Base - Red - LB
C	Scoop BS Shade and O - Base PS Shade - Red A,1,2
BSG	Scoop, Base
BST	Hinge
LB	Arc Primary Run Support. On "Fullback", block safety. If backside, cut off inside knee of man over.
PB	Run 34-35
FB	Step to outside leg of T and block the FS. On fullback, block primary (corner or FS)
QB	Drop step to 6 o'clock, attack the EMLOS, and pitch off him.



20-21 (BLOCK)

SE - 1st by Alignment in Secondary Zone

TE - Loop chk to F.S. - Base Technique over you on "Block" Call - *YARC*

PST - Release outside the Ready Key and block first OSLB to MLB to FS

PSG - Release inside the Ready Key and block MLB to BSLB - think bury A and Shade

C - O, BS Shade, BSLB, DoDad

BSG - A, 1, 2, 3, LB.

BST - Hinge

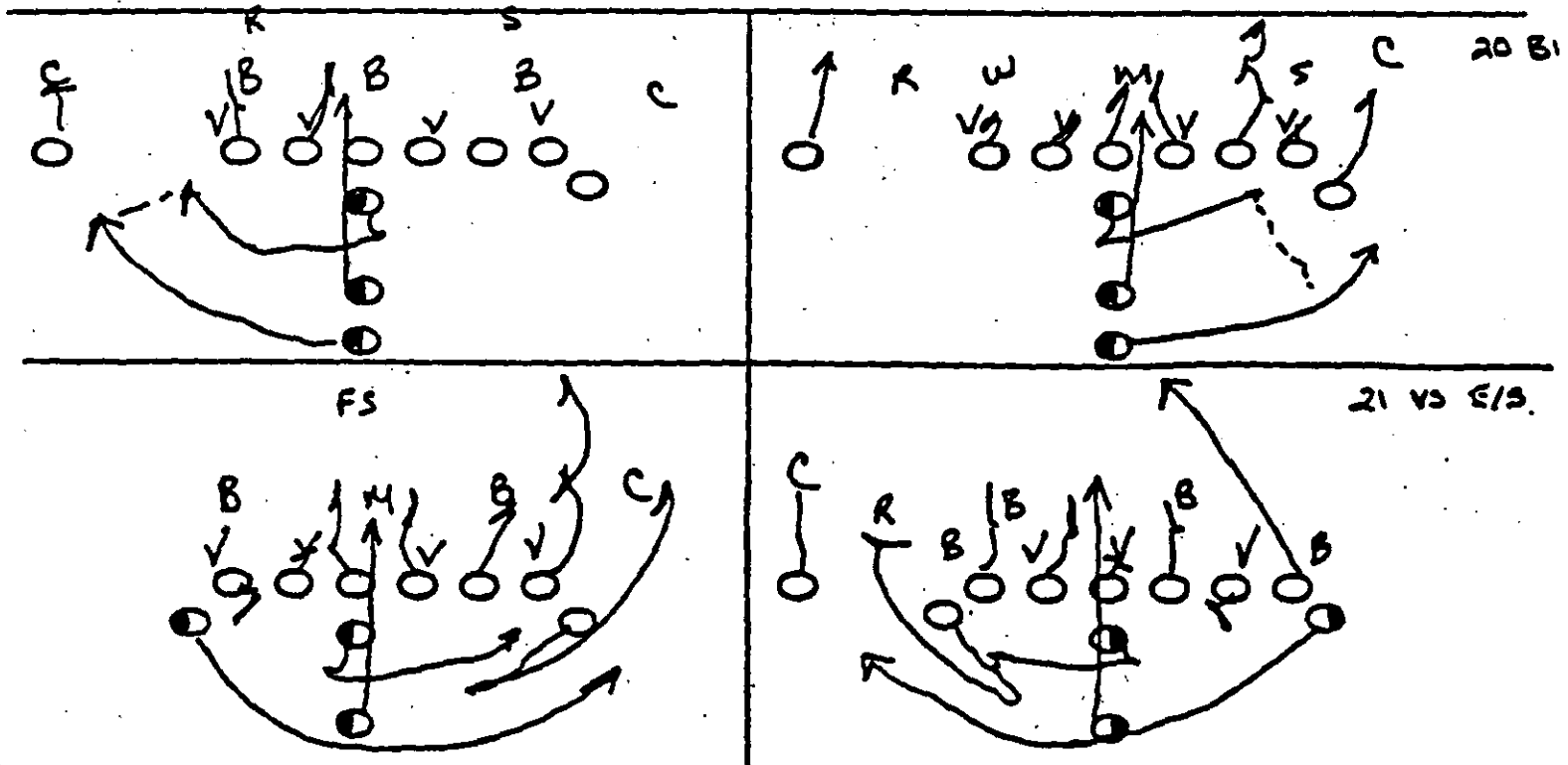
LB - Arc Primary Run Support

PB - Run 34-35

FB - Run midline pathway and mesh with QB for give or disconnect

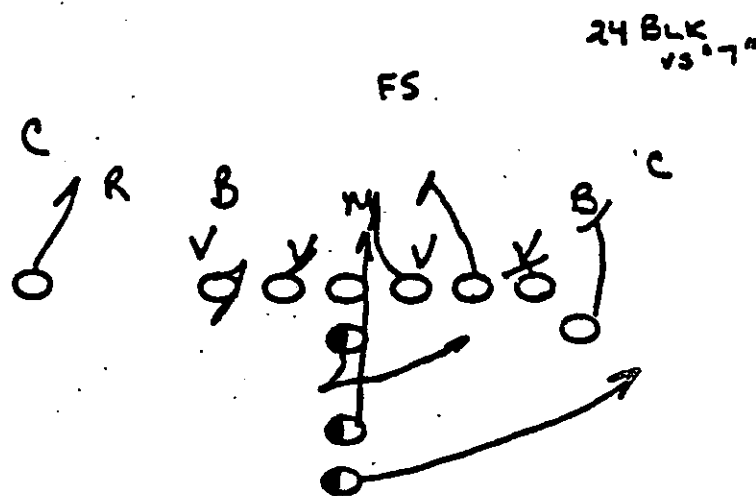
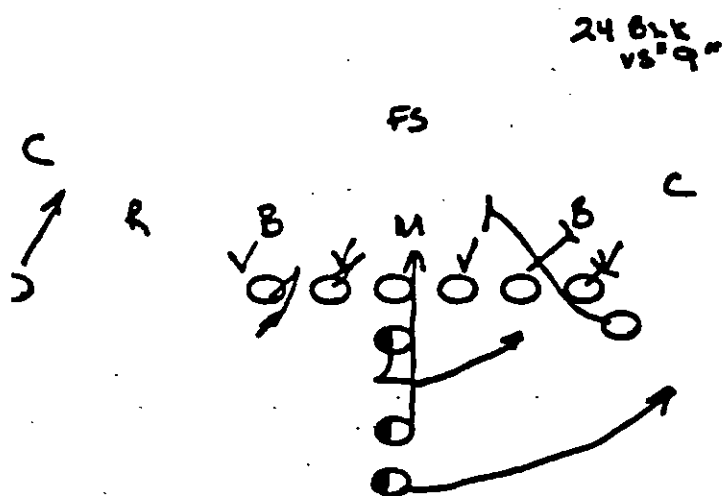
QB - Read first down lineman from Shade to outside. Attack back and away so FB can run midline pathw with 2nd step at 6 o'clock. Pitch Key if disconnect.

***READ KEY is first down lineman from SHADE to Outside**



- SE - 1st By Alignment in Secondary Zone**
- TE - Tackle uncovered you block like 12-13 Stretch Combo - On Block you call technique and base technique called 7 or 9. Heavy 6 will be called a 7**
- PST - First Man on LOS outside the Read Key (Combo with TE) - On "Block" you block according to T. Tech call - "7" go inside LB - "9" go outside LB**
- PSG - Same as 20-21**
- C - Same as 20-21**
- BSG - Same as 20-21**
- BST - Same as 20-21**
- LB - To Nub - Block playside LBer. To Wing - listen for the T.E. Call. "7" Call block Stack LBer. "9" Call Block Mike.**
- PB - Run 34-35**
- FB - Same as 20-21**
- QB - Read first down lineman from Shade to outside. Clear back and away so fullback can run midline pathway and 2nd step at 6 o'clock. Run off tackle's block and attack Pitch Key on disconnect. On block, read TE's block.**

*** READ KEY is first down lineman from SHADE to outside**

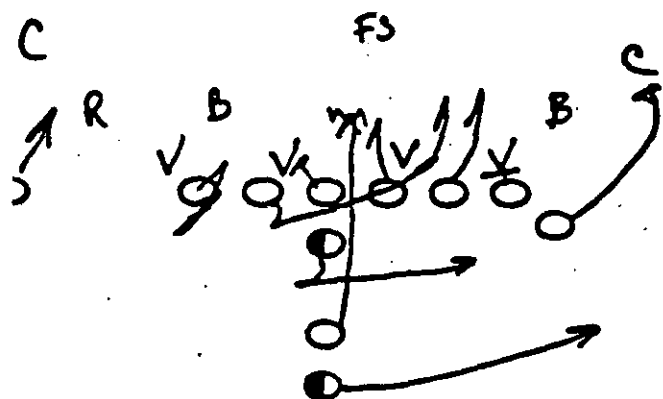


20-21 Mike (Block)

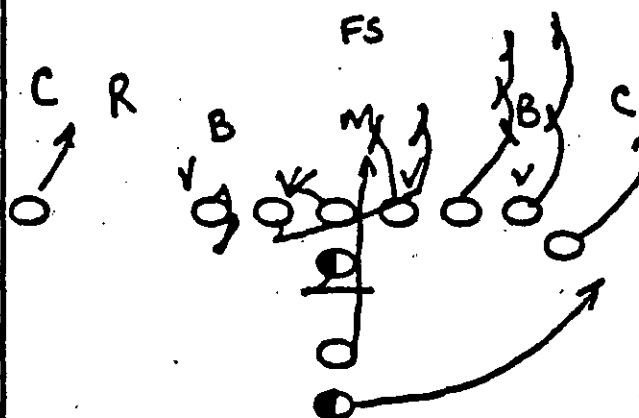
SE	1 st By Alignment in Secondary Zone
TE	Same as 20-21 (Block)
PSI	Same as 20-21
PSG	Same as 20-21
C	Block back for pulling guard
BSG	Pull and log Read Key to MLB to BSLB
BST	Hinge
LB	Are Primary Run Support
PB	Run 34-35
FB	Deepen to 8 feet. Run midline pathway and get tackled. Turn away from MLB if not tackle
QB	Clear back and away so fullback can run midline pathway with 2 nd step at 6 o'clock. Pitch key.

*READ KEY is first down lineman from SHADE to Outside

20 MIKE BLOCK



20 MIKE



24-25 Mike Power

SE 1st By Alignment in Secondary Zone

TE Same as 24-25

PST
PSG
C
BSG
BST

} Same as 24-25 Mike

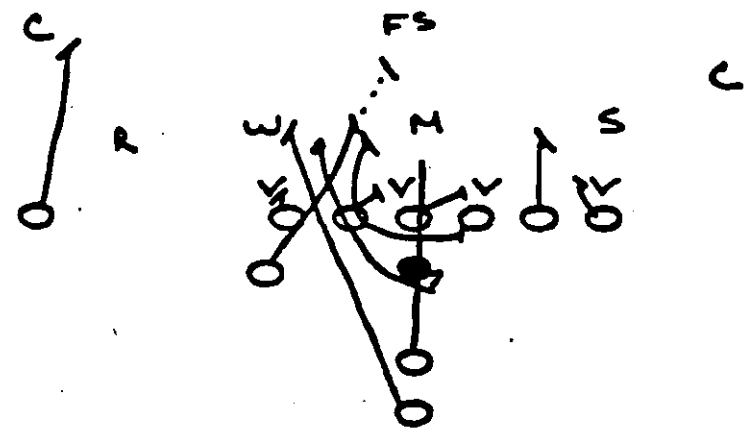
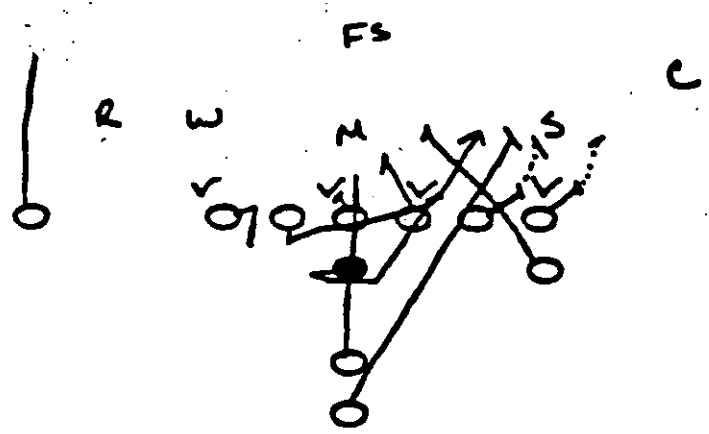
LB Cheat and Block Mike LBer

PB Block Stack LBer to Secondary Level

FB
QB

> Same as 24-25 Mike

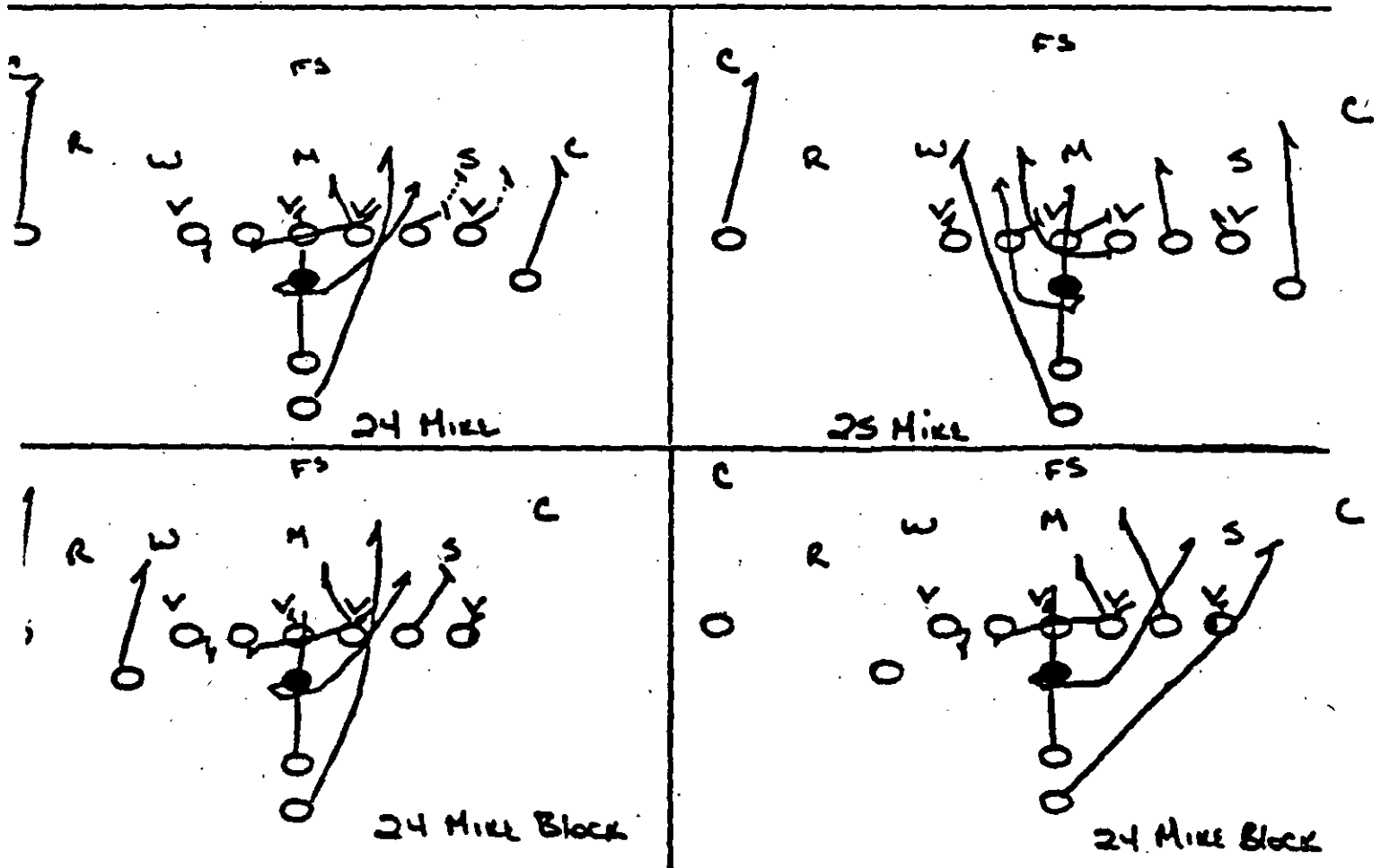
***READ KEY is first down lineman from SHADE to Outside**



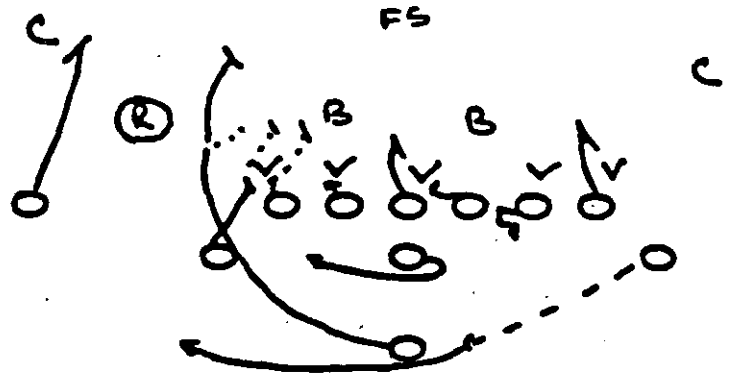
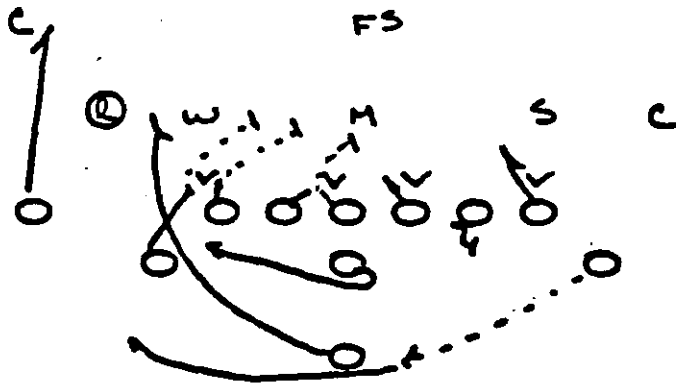
24-25 Mike (Block)

SE	1 st By Alignment in Secondary Zone
TE	Same as 24-25 and 24-25 Block
PSI	Same as 24-25 and 24-25 Block
PSG C BSG EST	Same as 20-21 Mike
LB	Block Mike LBer to Secondary level (don't let LBer cross your face)
PB	Run 34-35
FB	Same as 20-21 Mike
QB	Clear back and away so fullback can run midline pathway and 2 nd step at 6 o'clock. Follow inside tackle's block

***READ KEY is first down lineman from SHADE to Outside**



- SE** 1st Threat in Secondary Zone
- TE** B.S. stay cut off and block deep middle 1/3
- PSI** Combo with slotback to inside LB when covered, go directly to LB when uncovered
- PSG** Base, Red
- C** Scoop, Base, Red
- BSG** Scoop, Base
- BSI** Hinge
- LB** Combo block with OT. If OT is covered, you have cover defender unless OT overcomes h
If OT has him under control, you have Mike -vs- 4-3 or first inside LBer -vs- 50 Schemes
- PB** Run 34-35
- FB** Block PSLEB to FS. You have the Stack (inside-outside) against a 4-3
- QB** 1st Step 6 o'clock and pivot on 2nd step. Attack Pitch Key



28-29 Roger

ST

Playside: Cut Split Run Reverse; aiming point 2 yds behind FB Alignment
Backside: Push Corner Block FS on Recognition of Reverse

II

Inside release get DB to come over top roll back and build wall for X coming back

PST

Hinge and block EMOLOS

PSG

PS A-Gap to outside flat - look for CB to inside

C

BS A-Gap to LB Level

BSG**BST**

Base

LB

Same as 28-29, you must keep first man outside of OT's butt on the LOS

PB

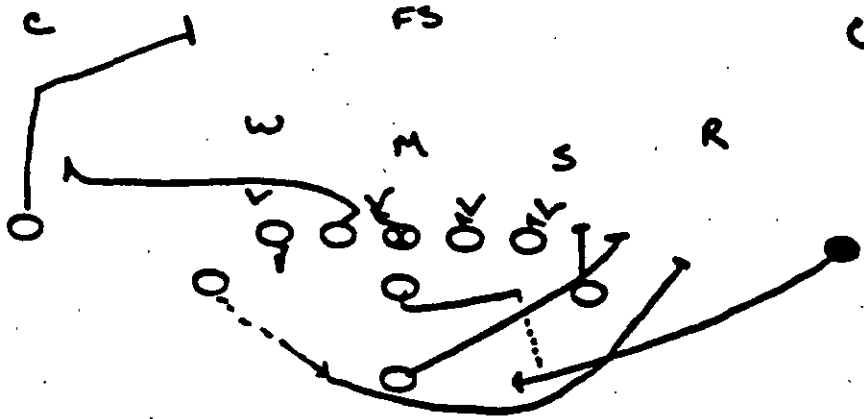
Ruin 34-35 - you are never deeper than 5 yds from LOB and you must avoid W.R. and protect 1" thing off of LB's butt.

FB

Block 1st man outside FSHB (128-129 Protection)

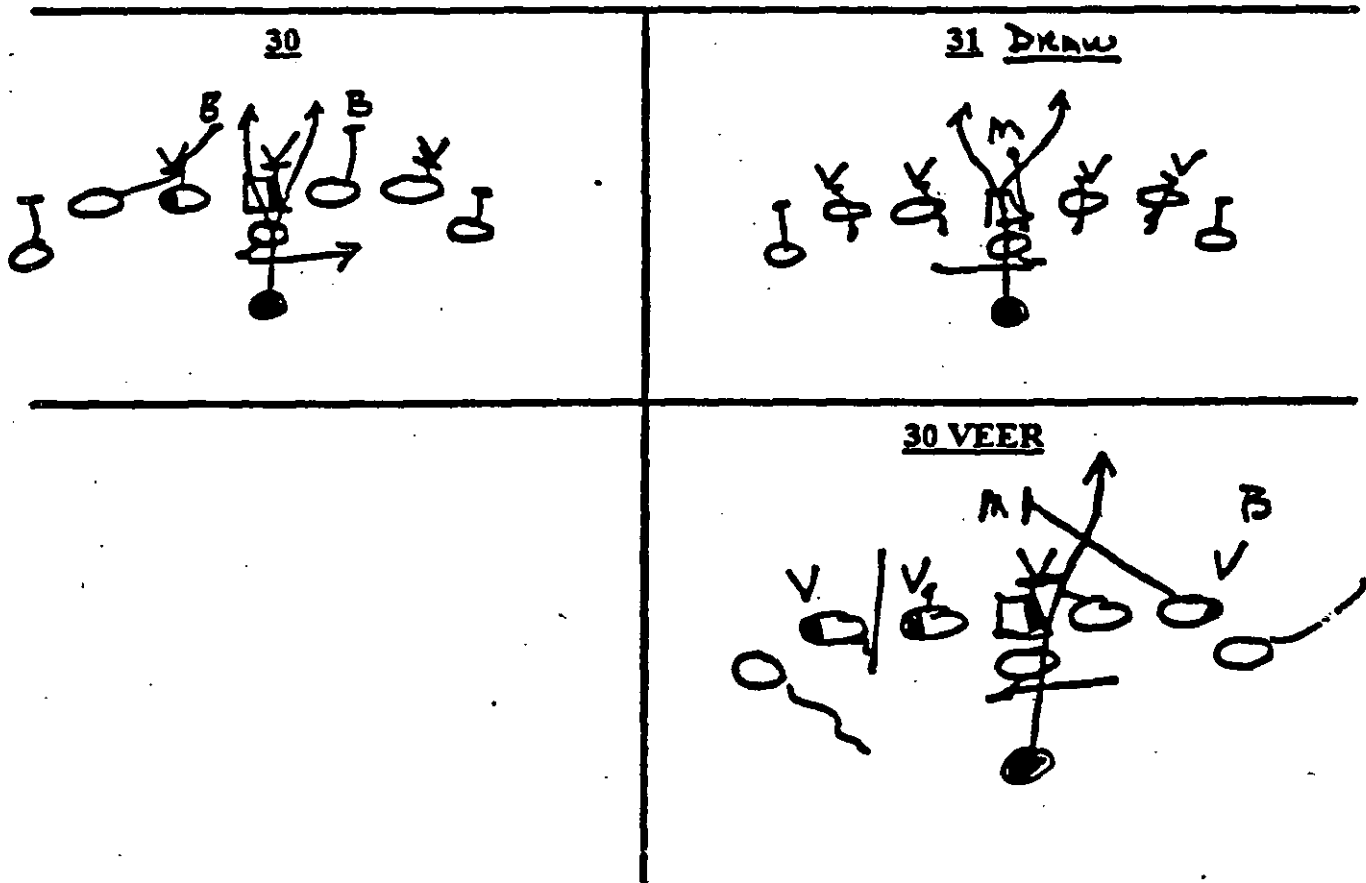
QB

28-29 Steps. Attack EMLOS and soft toss ball to X.



30-31 (Draw) (Veer)

- SE** 1st by alignment in secondary zone, cutoff inside half
- TE** Base, stay cut off to F.S.
- PST** Base, LB, Rub Switch 3 Tech - (Base Draw)(Veer - 1st Inside LBer)
- PSG** Base, LB, Rub Switch 3 Tech - (Base Draw)(Veer - Double Shade, A, 1)
- C** O, Shades, MLB, PSLB to BSLB - (Base Draw)(Veer - Double Shade, A, 1)
- BSG** Base, LB, Rub Switch 3 Tech - (Base Draw)(Veer - Base)
- BST** Base, LB, Rub Switch 3 Tech - (Base Draw)(Veer - Hinge)
- LB** Block "H" Rules (may ARC on Divide)
- PB** Carr "H", ARC, or Divide
- FB** Run midline pathway. Stay on pathway through mess and make cutoff center's block
- QB** Clear step to heel depth with weight on playside foot. Open to 6 o'clock and give ball deep as possible. Fake option down LOS



34-35 (SAFETY - BLOCK)

SE - First Threat in the Secondary Zone. On Safety, Block Man on

TE - Inside Rec - You Block Primary Zone. If Outside Block Secondary Zone.
B.S. Inside Release Block Middle 1/3 Safety Call you Block Safety on Block you Base

PST - Zone Blocking - On Middle Call, Tom -vs- 3 (Listen for Tech call by guard)

PSG - Zone Blocking - On Middle Call Block Cardinal -vs- Shade, Base -vs- a-1-2, and Tom -vs- 3.

C - Scoop - Cardinal - FS A-Gap to LB

BSG - Scoop - Base - Switch

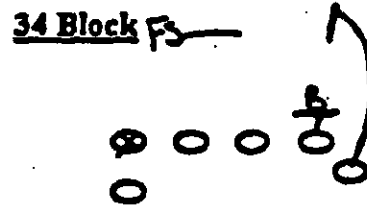
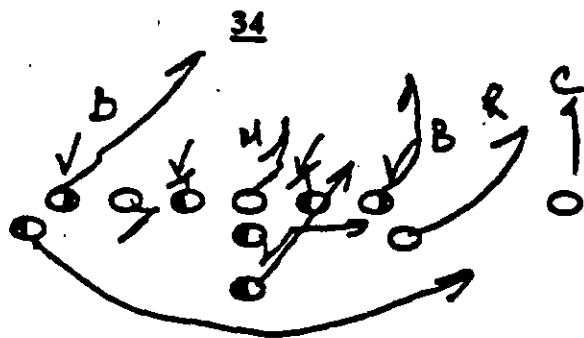
BST - Hinge - Switch

LB - Inside - First Man Out of Primary Zone
Outside - First Man Out of Secondary Zone
Safety - Block Corner When Outside, On Inside Use Safety Rule

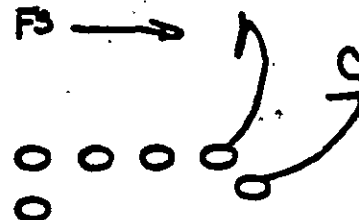
PB - 34-35

FB - Aim at Outside Hip of Guard and Mesh with QB for Give or Disconnect. Read Guard's Block If Covered.

QB - Read First Defender on LOS From B-Gap to Outside. Attack Downhill and Option QB Responsibility. Work to Pitch.



SAFETY



34-35 'S' (BLOCK)

SE - First Threat in the Secondary Zone

TE - Inside - Block 'S' (LBer) On Block Call - You Base
B.S. - Inside Release Block Middle 1/3.

PST - Veer Blocking

PSG - Veer Blocking

C - Veer Blocking

BSG - Scoop - Base - Switch

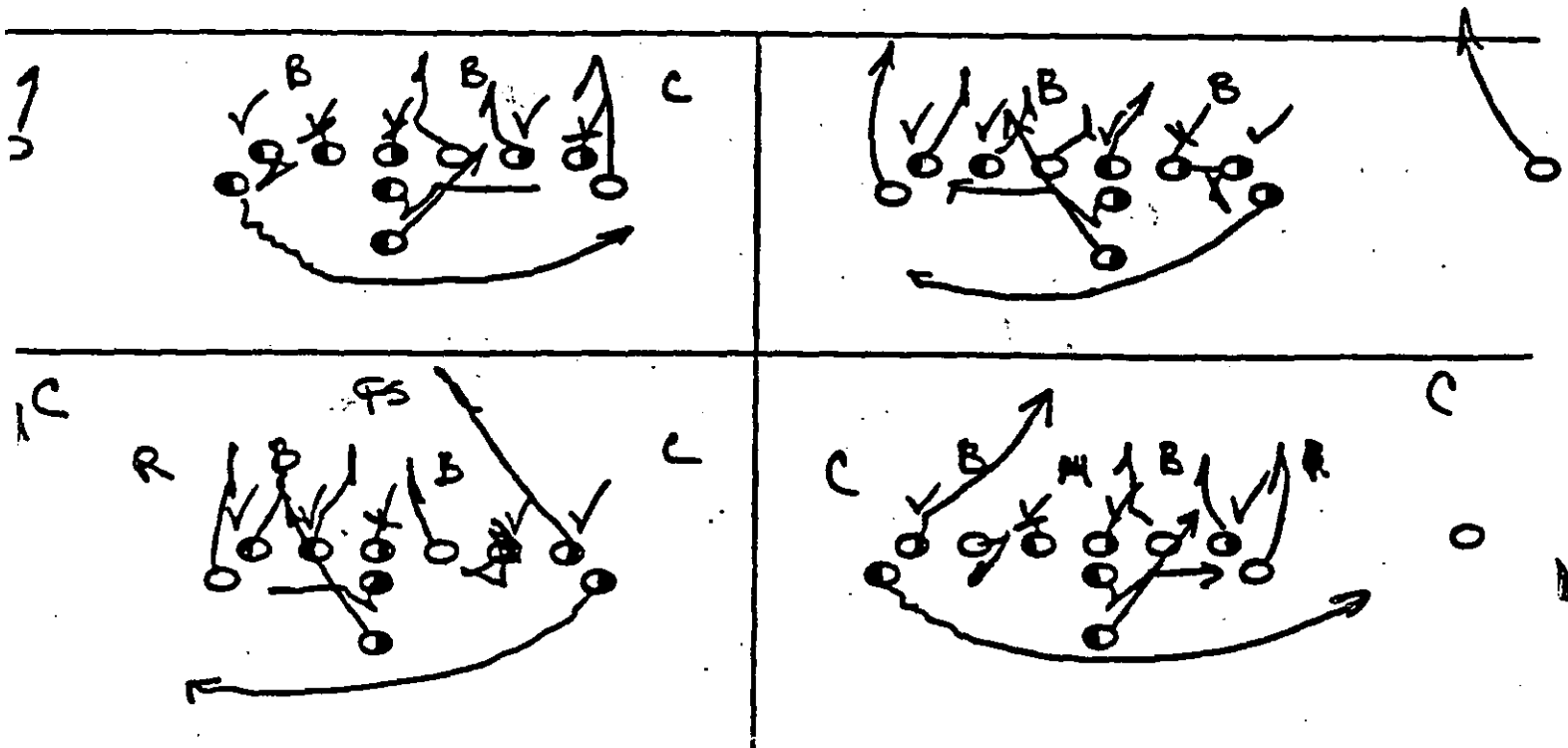
BST - Hinge - Switch

LB - Inside - 'S' LBer (can be "called" to ARC)
 Outside - First Man Out of secondary Zone.
 "Block" Call - 'S' LBer.

PB - 34-35

FB - Aim at Outside Hip of Guard and Mesh With QB For Give or Disconnect.
 Read Guard's Block if Covered.

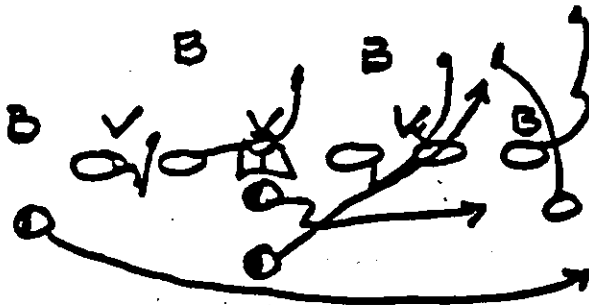
QB - Read First Defender on LOS From B-Gap to Outside. Attack Downhill and Option QB
 Responsibility. Turn Up Field If Slow Play



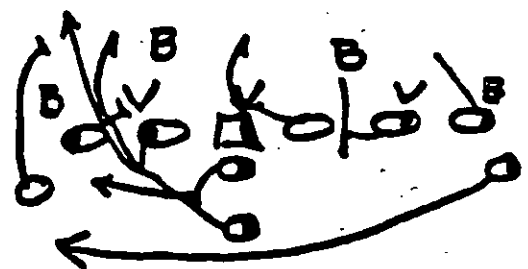
36-37 CREASE

- SE - First threat in secondary zone
- TE - ARC Release to LBer - Free Safety
- PST - Base or Tom - vs- 3, B, 4I (4)
- PSG - Base or Tom - vs- 3, B, 4I (4)
- C - Reach A, 1, 2, ³ to LBer - Scoop 0 and BS Shade
- BSG - Scoop - Base - Switch
- BST - Hinge, Switch
- LB - Inside Block LBer
Outside Block first threat in secondary zone
- PB - 34-35
- FB - 36-37 stay in Crease
- QB - 36-37 Technique and Read End Man on LOS - Step for more width on second step

36 CREASE



37 CREASE



SE - First Man by Alignment in the Secondary Zone

TE - check LBer to Free Safety

If Block is called - You Base Block - If Safety is called, You Block Secondary

PST - Base, can under block

PSG - Base, can under block

C - Base, Scoop, PSLB to BSLB

BSG - Scoop - Base - Switch

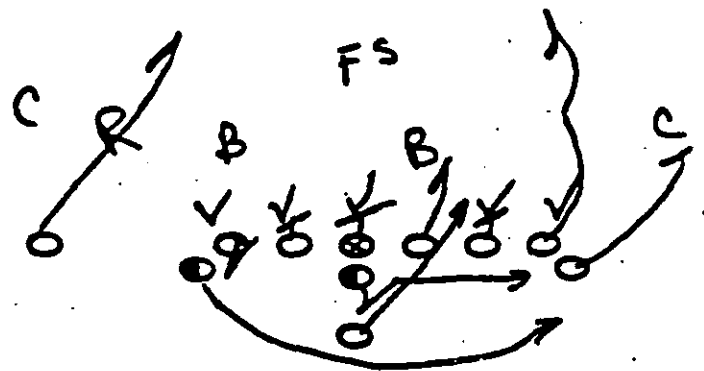
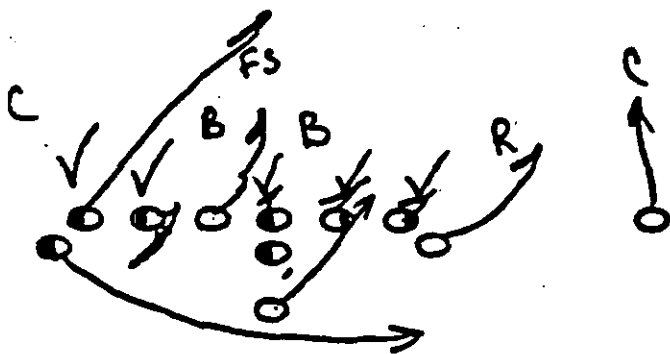
BST - Hinge - Switch

LB - Block Primary

PB - 34-35

FB - Run 34-35, get tackled or block levels

QB - Fake 34-35, accelerate to Pitch Key



38-39 '5'

SE - First Threat in the Secondary Zone

TE - Inside - Block '5' or (L Ber). B.S. - Inside Release Block Deep Middle 1/3

PST - Veer Blocking

PSG - Veer Blocking

C - Veer Blocking

BSG - Scoop - Base - Switch

BST - Hinge - Switch

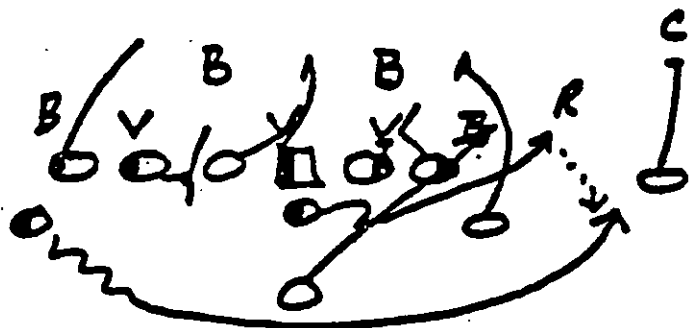
LB - Inside - '5' L Ber
Outside - First Man Out of Secondary Zone

PB - 34-35

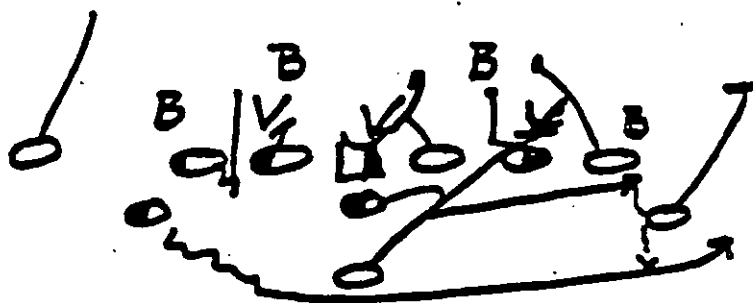
FB - Aim at Outside Hip of 5 Technique and Knock Him Down

QB - Delay Slightly From Under Center. Let the Fullback Clear and Accelerate to Pitch Key.
(No Read or Mesh With Fullback). Option QB Responsibility.

38 '5' (SE)



38 '5' (TE)



89

4# - 5# PASSES

1. Simulates our 36-37 action with the QB coming down the line to throw frontside

2. Pass Protection Blocking (Gap is Rule - Base is Call)

Line - same as 400-500 Max

TE - same as 400-500 on backside

FB - same as 400-500

LB - "H" unless ARC is called

PB - You have ARC Route, unless ARC or MAX is called

3. FSTE - Run Route called

4. FSX - Run Route called and make adjustments according to Coverage

5. The Routes:

43-53 : Crack-Up

44-54 : Post Wheel - ("Flat")

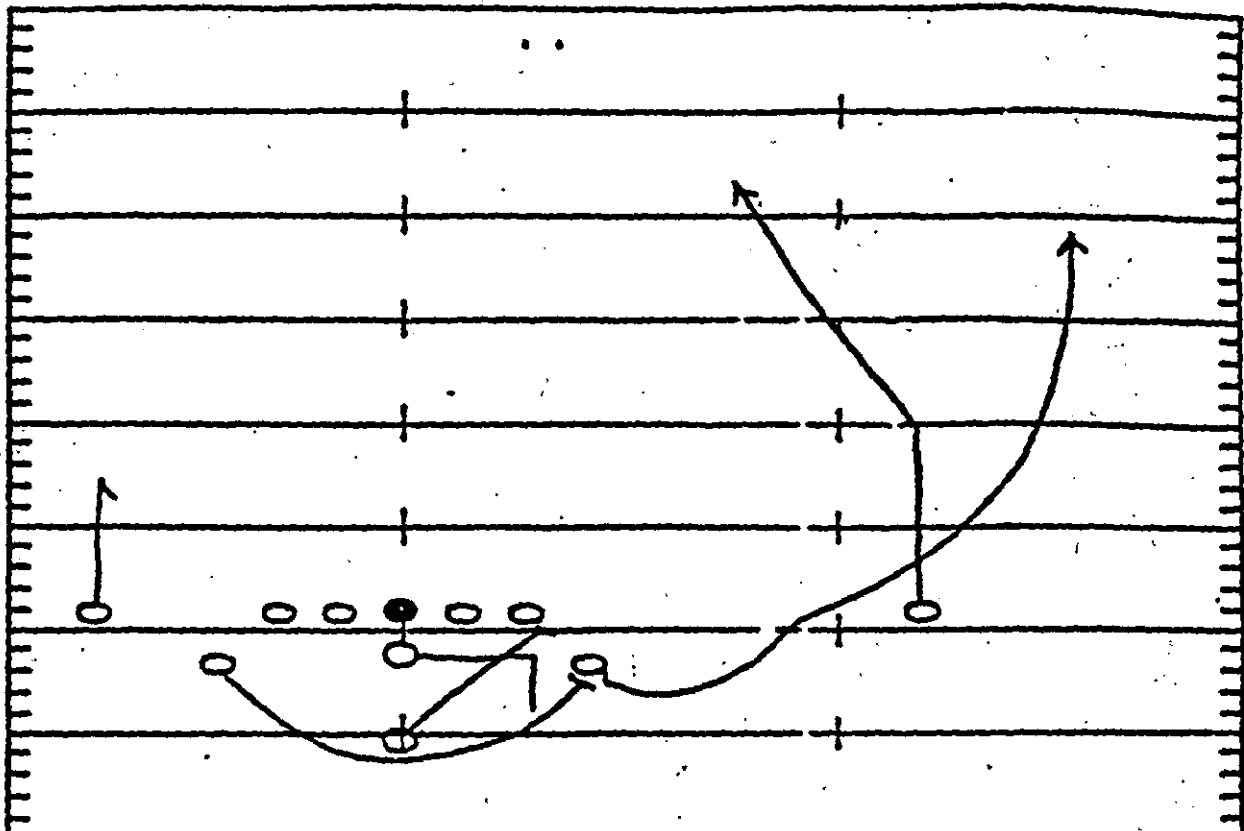
47-57 : Post - ("ARC")

48-58 : Streak - ("Flat")

49-59 : Flag

6. Inside - Outside rules DO apply to this system

7. "Swap" means primary receivers exchange routes



PLAY PHILOSOPHY

Run when Rover is near LOS

QUARTERBACK

Fake 38'S' and push 3 off LOS

PROGRESSION

Read Corner. Throw Post if Corner stays outside for Wheel. Throw Wheel if Corner runs inside. If Rover Fire, hit HB

FRONTSIDE X

Run Skinny Post. Must come inside because of Wheel

BACKSIDE X

Occupy the Corner

PITCHBACK (PB)

Max Project

LEADBACK (LB)

Fake ARC Block at Primary Defender. Make him trigger and avoid Him to Wheel Route

TIGHT END (Y)

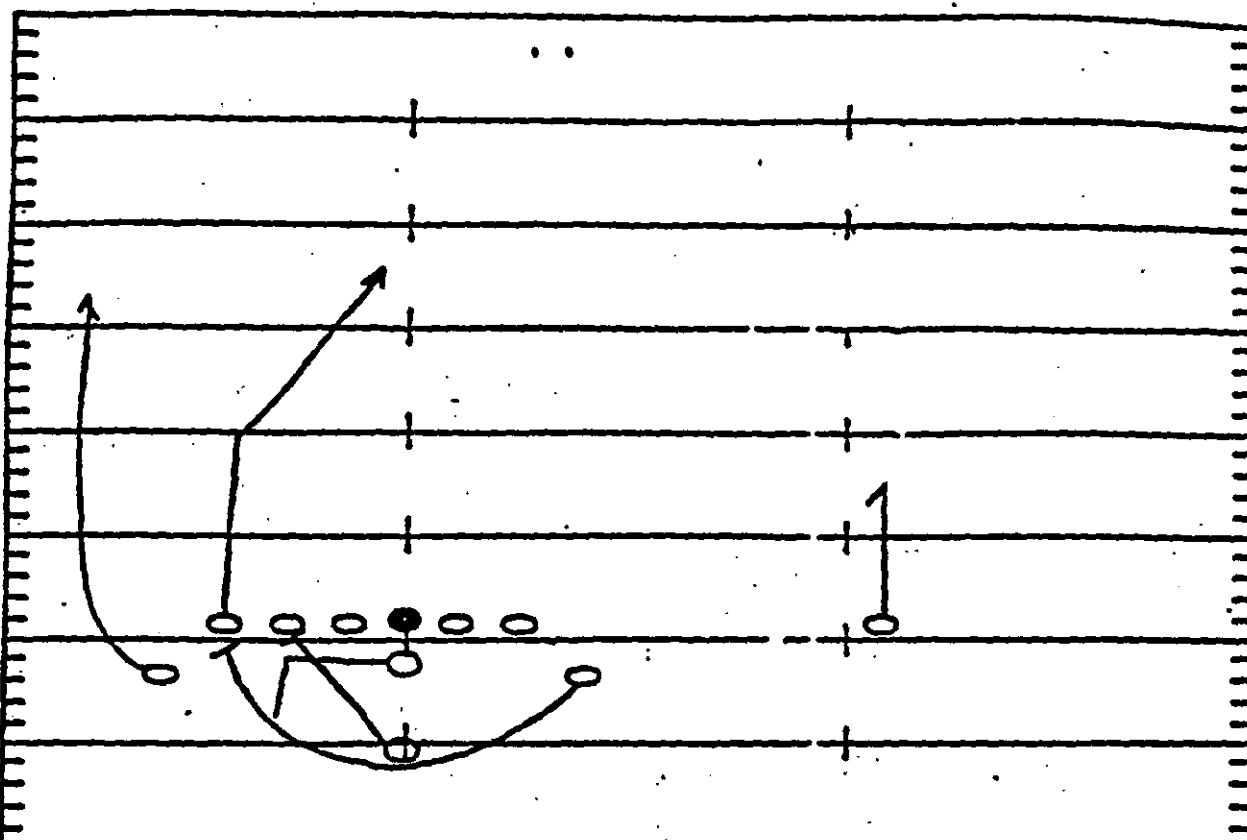
**BS - ARC Release look for Corner Fire and run
Complimentary Route**

FULLBACK (F)

Gap Pass Pro

PLAY

54 SWAP



PLAY PHILOSOPHY

Run when Corner is pressing LOS

QUARTERBACK

Fake 39'5' and push 3 off LOS

PROGRESSION

Read Corner. Throw Post if Corner stays outside for Wheel. Throw Wheel if Corner runs with Post. If Corner fires, hit HB

FRONTSIDE X

BACKSIDE X

Occupy the Corner

PITCHBACK (PB)

Max Protect

LEADBACK (LB)

Fake ARC Block at Primary Defender. Make him trigger and avoid Him to Wheel Route

TIGHT END (Y)

Best release, get back on Stem 10 yd make Break,
run to near upright

FULLBACK (F)

Gap Pass Pro

61-71 PASSING

This is a straight dropback passing system that allows routes to be used in all areas of the field. 6# Routes are to the right and 7# Routes are to the left. Blocking is a frontside and backside concept. Routes can be called by number or word.

"Color" called the QB means the #2 wide receiver is uncovered and will be "HOT." The Hot receiver turns to the QB on the snap - linemen attack their man - and fullback blocks away from tight end or tight slot.

Pass Protection Rules

PST - First Man on LOS Outside Guard's Call

PSG - O, Shade, LBer with Center to First Man on LOS Outside O

Center - Frontside A to Backside A-Gap - Read Combo with Guards

BSG - Shade, A, 1, 2, 3 and BSLBer to First Man on LOS Outside O.

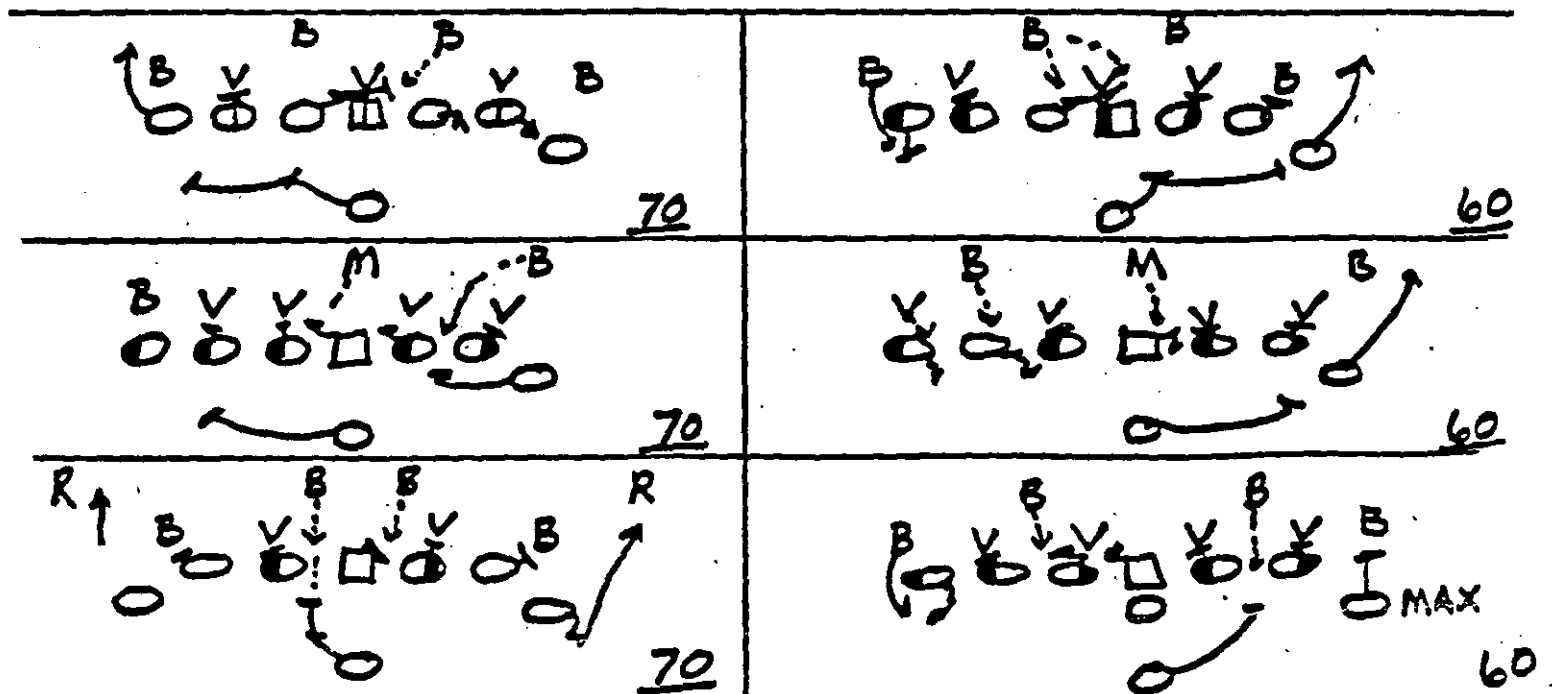
BST - First Man Outside of Guard's Call (~~Me~~ and You Call)

FB - Block Inside LBer to #4 Man to Side of Call (Except Hot)

BS - Inside Receiver - Check Solid -vs- Four Man Rush or Release

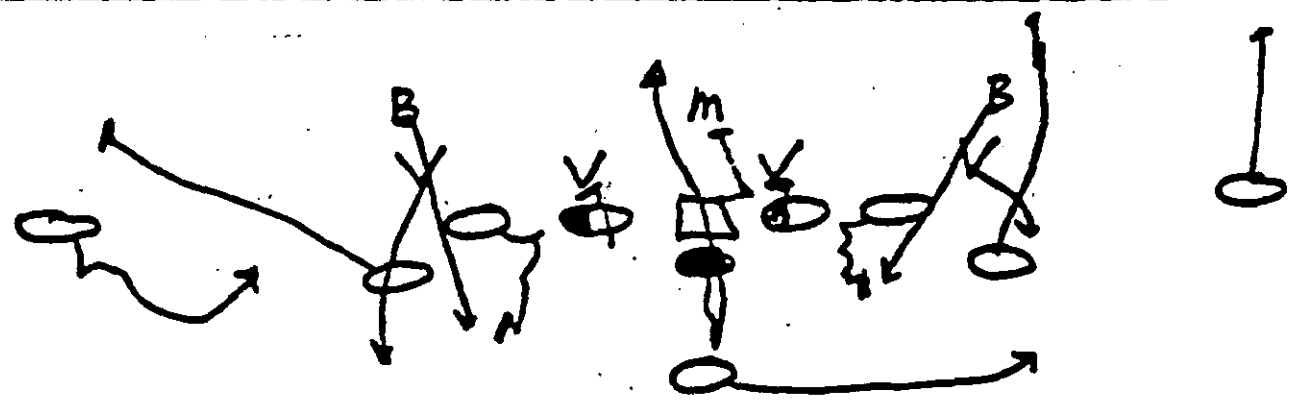
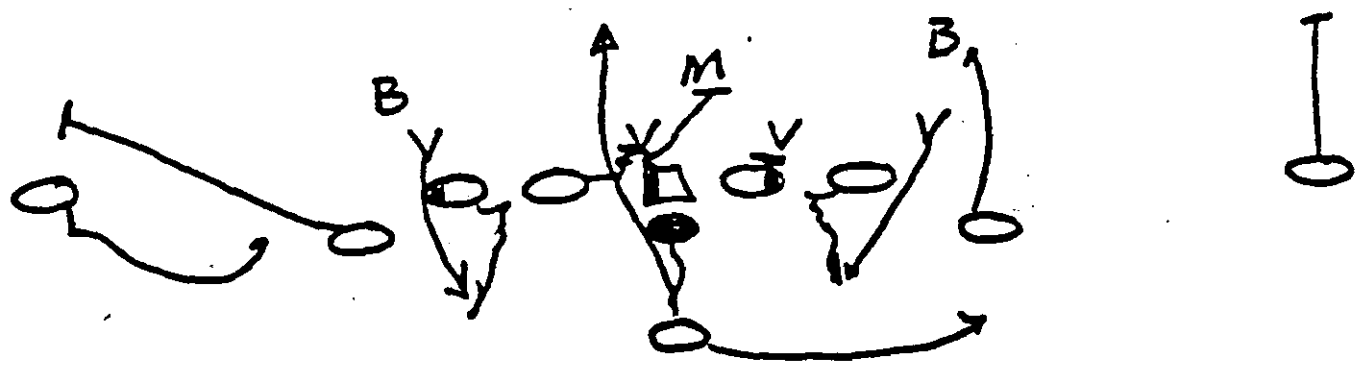
FS - Receiver - Can Be Called to Max Block

QB - Drop Straight Back Behind Center (Make Color Call and Audibles)



61

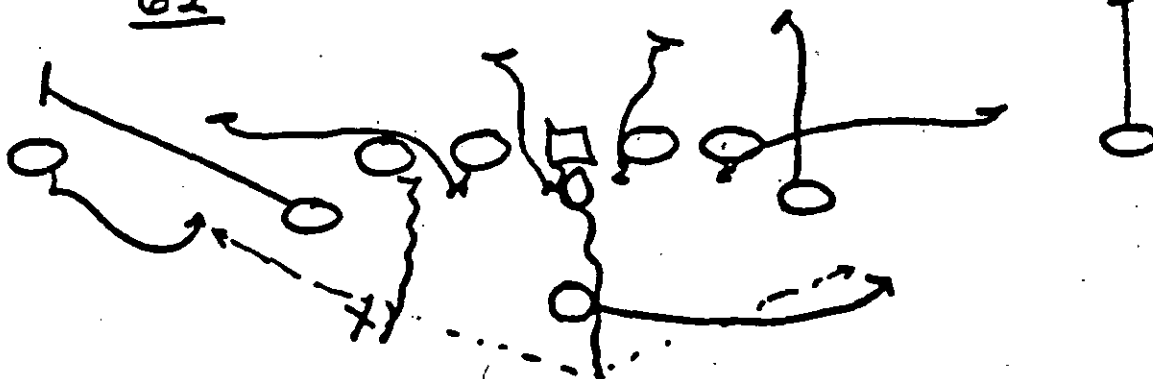
- SE** Playside: Push Deep Block 1st By Alignment in Secondary Zone
Backside: Run 62 Route Block Flat Defender
- TE** F.S. - Release inside/outside pending on Tech - run thru PSLBer
- PSI** Hinge - take first inside rusher - then outside rusher or to LB
- PSG** } Block 60 Protection Rules - let center release to LB as much as possible - press the rushers
- C** } hard to open a run lane for the QB
- BSG** }
- BSI** Hinge - take first inside rusher - then outside rusher or to LB
- LB** > Run same as 62
- PE** >
- FB** Swing to frontside
- QB** Take good 5 step drop (looking off LBers). Accelerate reading center



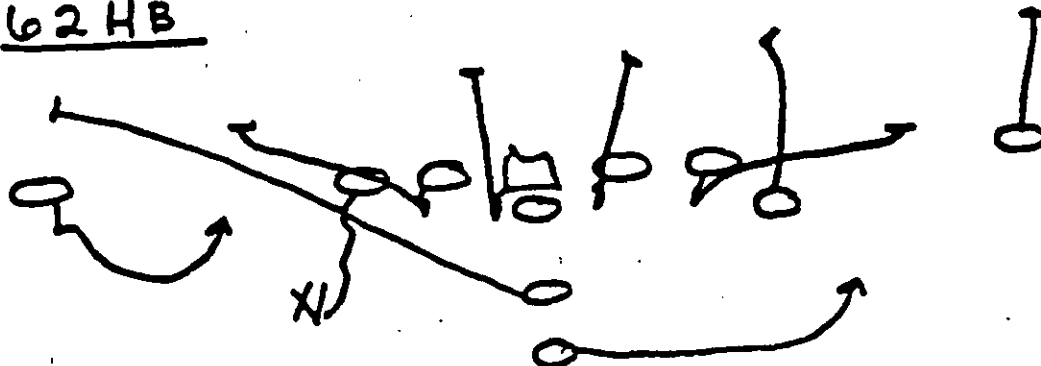
62 (HB)

- SE Playside: Push Deep Block 1st By Alignment in Secondary Zone
Backside: Run Route
- TE Inside/outside release pending on tech, run thru P.S. LBer
- PST Block 60 Rule - not EMOLOS - Read Echo - Release flat to outside and block support
- PSG Block 60 Rule - Release to first inside LB
- C Hinge backside A-Gap - release to first inside LB to FS
- BSG Hinge backside B-Gap area - check Echo - release flat outside to first support
- BST Drop 4 yds and cut outside rusher or go get him
- LB You must eliminate playside LBer!
- PB On 62, release and block corner! On HB, motion as normal 34-35. On 5th Step, belly back look to QB and catch ball going down hill at LOS
- FB Block corner opposite the call. Avoid DE inside-outside to get to corner
- QB Bring BSHB in motion. Take 5 Step Drop and read EMLOS. Throw swing to HB if EML rushes. If EMLOS drops, throw to BSX on Screen

62

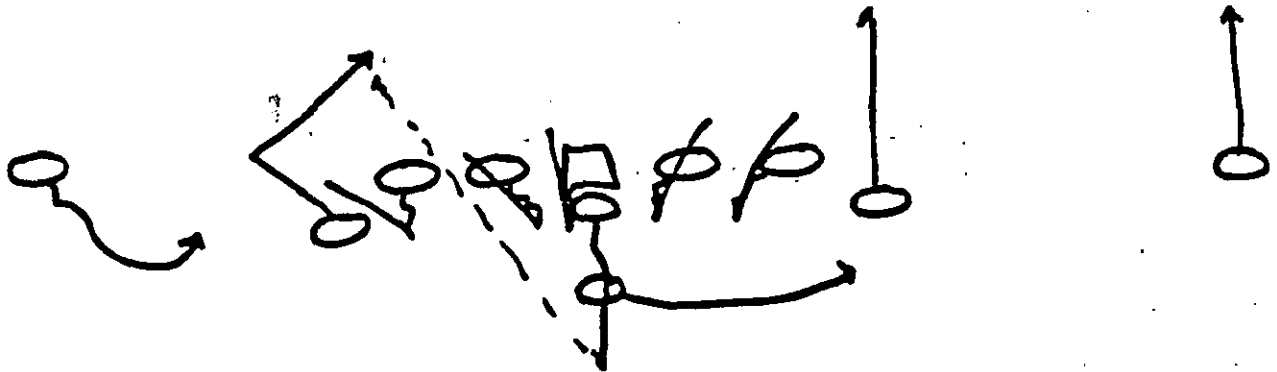


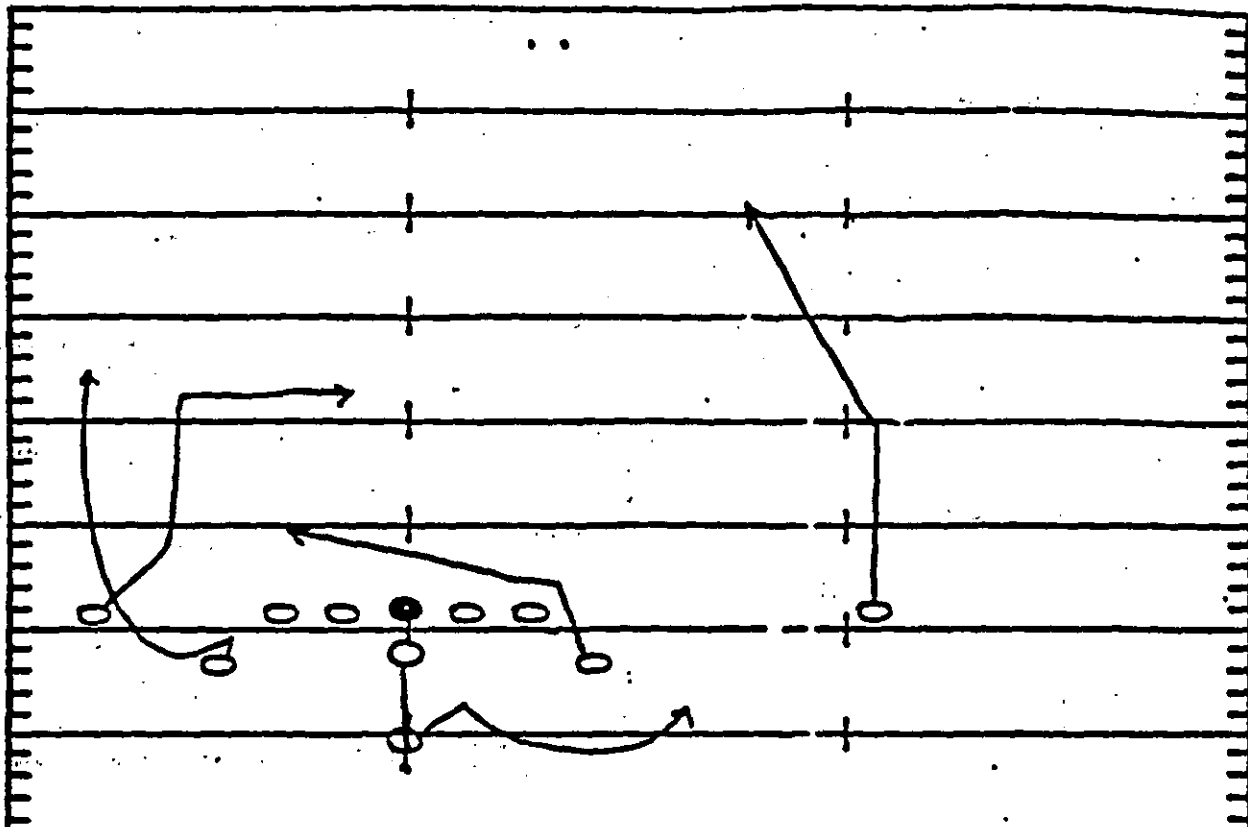
62 HB



62 PASS

- SE** Playside: Run Route
 Backside: Run Route
- TE** Run like 62
- PSI** Hinge and block inside rusher - then release to flat
- PSG** Hinge and block inside rusher - then release to LB
- C** Man on to BS A-Gap - then release to LB
- BSG** Hinge - check Echo - release to flat
- BST** Cut outside rusher at 4 yds or go get him
- LB** Run Clear Route
- PB** Make look like 62 on third step, redirect under Will LBer.
- FB** Flair like 62
- QB** Take 5 Step Drop (looking to flair). On 5th Step, throw to BSHB on Seam Route



PLAY PHILOSOPHY

Run -vs- 2 Deep to take advantage of hole between $\frac{1}{2}$ player and LBer

QUARTERBACK

Throw off 5 Step Drop

PROGRESSION

Read FS & LBer for Dig to hide. If LBer jumps Hide, throw Dig. If Lber sits under Dig, throw Hide

FRONTSIDE X

Cut Split down & run Post through FS

BACKSIDE X

Cut Split down. Release inside & run Dig off a Post Stem no deeper than 12.

PITCHBACK (PB)

Check Block then run Wheel

LEADBACK (LB)

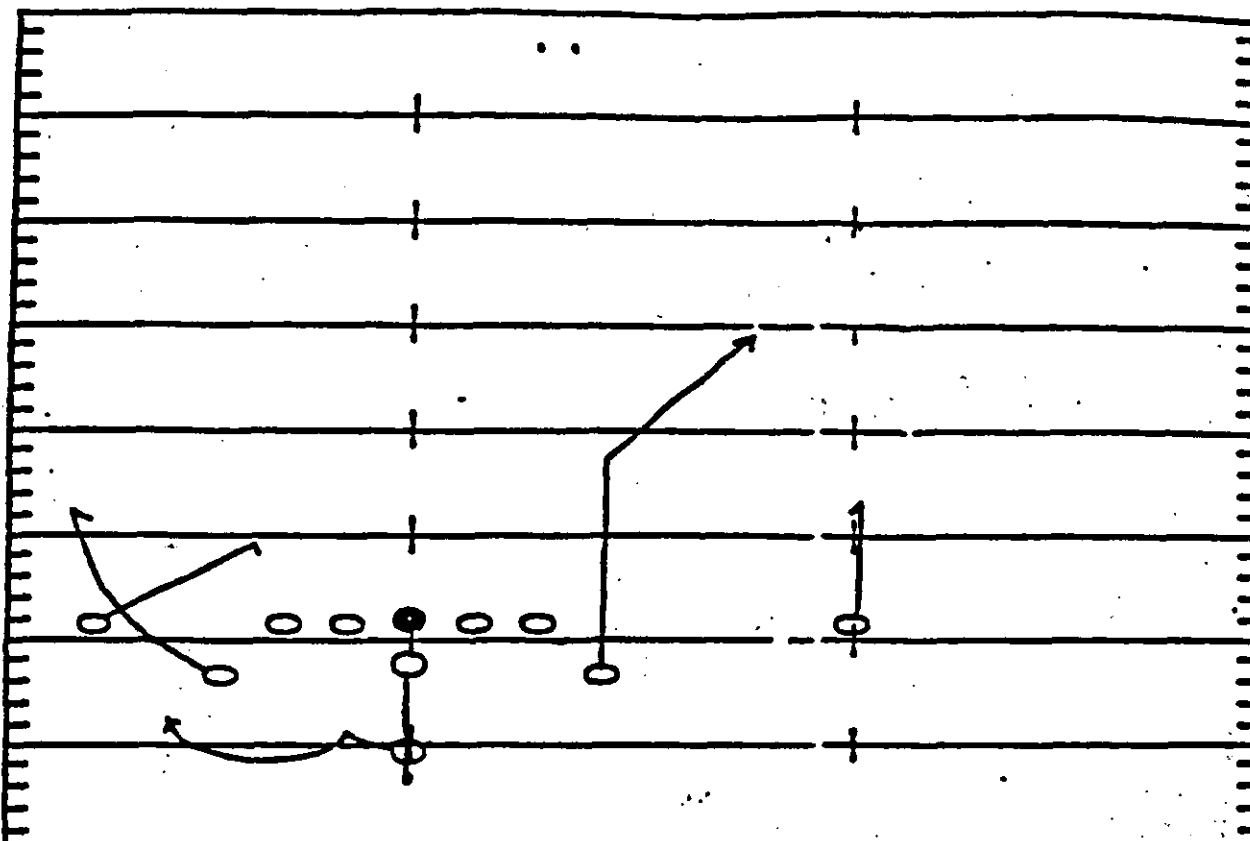
Run Hide Route at 3 yds

TIGHT END (Y)FULLBACK (F)

Block 60-70 Protection then Swing

PLAY

70 X SCAT

PLAY PHILOSOPHY

First Down, Possession Route. Get the ball into X's hands when LBer leaves on Drop

QUARTERBACK

Throw off 5 Step Drop

PROGRESSION

Throw Hot of PSLB. Read PSLB and his drop for FSX (work FSX hard). If PSLB sits, work Flat Defender for Swing to Wheel Stop

FRONTSIDE X

Run under route replacing PSLB. Sit down in area vacated

BACKSIDE X

Run 6 yd Hitch Route. Sit down on pressure

PITCHBACK (PB)

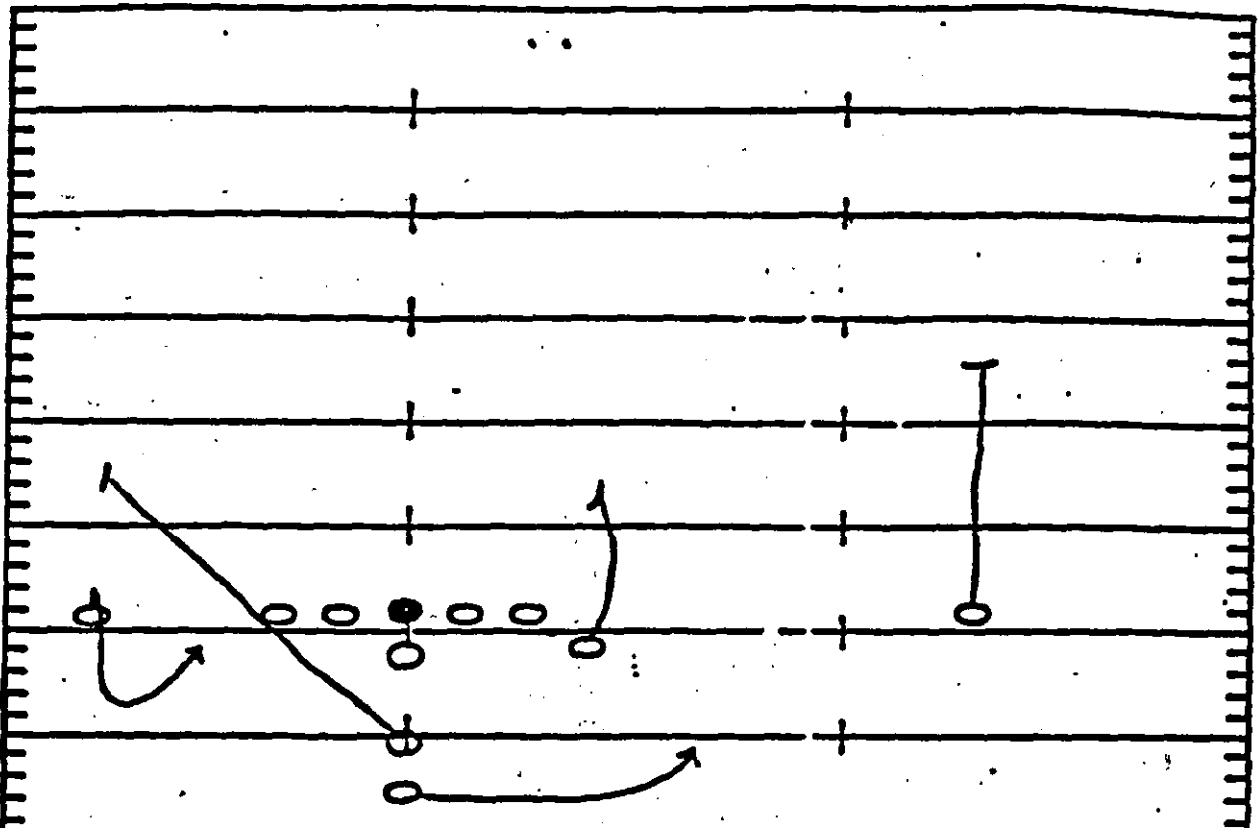
Check Block then release to Post Corner

LEADBACK (LB)

Run Wheel Stop Route at 8 yds. Turn inside & face QB

TIGHT END (Y)FULLBACK (F)

Check #4 to Swing

PLAY PHILOSOPHY

Run -vs- Heavy Rush. Blitz and Pressure. 3rd Down Call

QUARTERBACK

Take a good 5 step drop reading EMLOS

PROGRESSION

Read EMLOS. Throw fair to HB if EMLOS rushes. If he drops throw to BSX

FRONTSIDE X

Run through corner's outside shoulder. Block 1st by alignment

BACKSIDE X

Run Screen Route. Push one hard step, Back 4 and come downhill. Be an athlete

PITCHBACK (PB)

Motion like 34-35 on 5th step
Get eyes on QB and catch ball going towards L.O.S.

LEADBACK (LB)

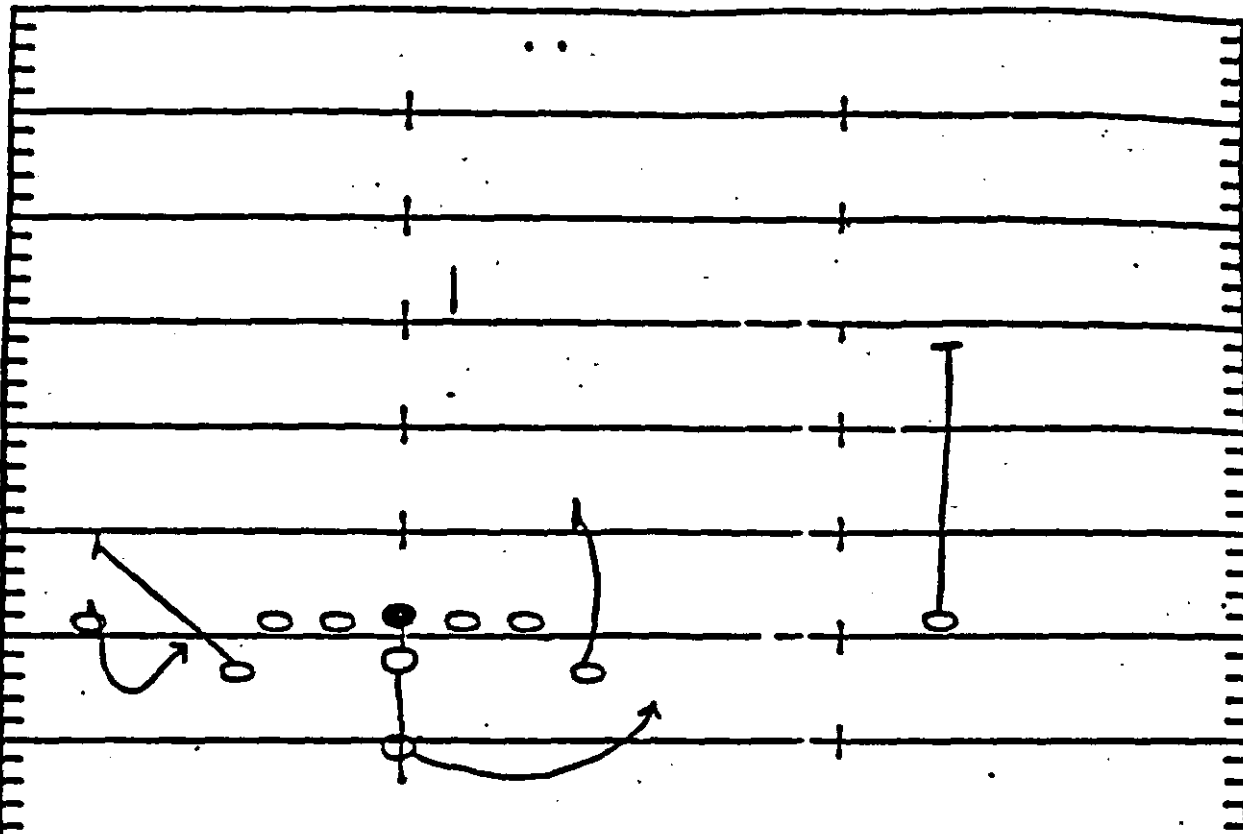
Block 62.

TIGHT END (Y)

Block 62

FULLBACK (F)

Block the support player (C or R) opposite the call

PLAY PHILOSOPHY

Run vs- Heavy Rush. Blitz & Pressure. 3rd Down Call

QUARTERBACK

Throw off 5 Step Drop

PROGRESSION

Read EMLOS. Throw Swing to FB if EMLOS rushes. If EMLOS drops, continue to get depth & throw to BSX. Throw on 5th Step

FRONTSIDE X

Run through Corner's outside shoulder. Block 1st by alignment

BACKSIDE X

Run Screen Route. Push 1 hard Step, back 4 & come downhill. Be an athlete.

PITCHBACK (PB)

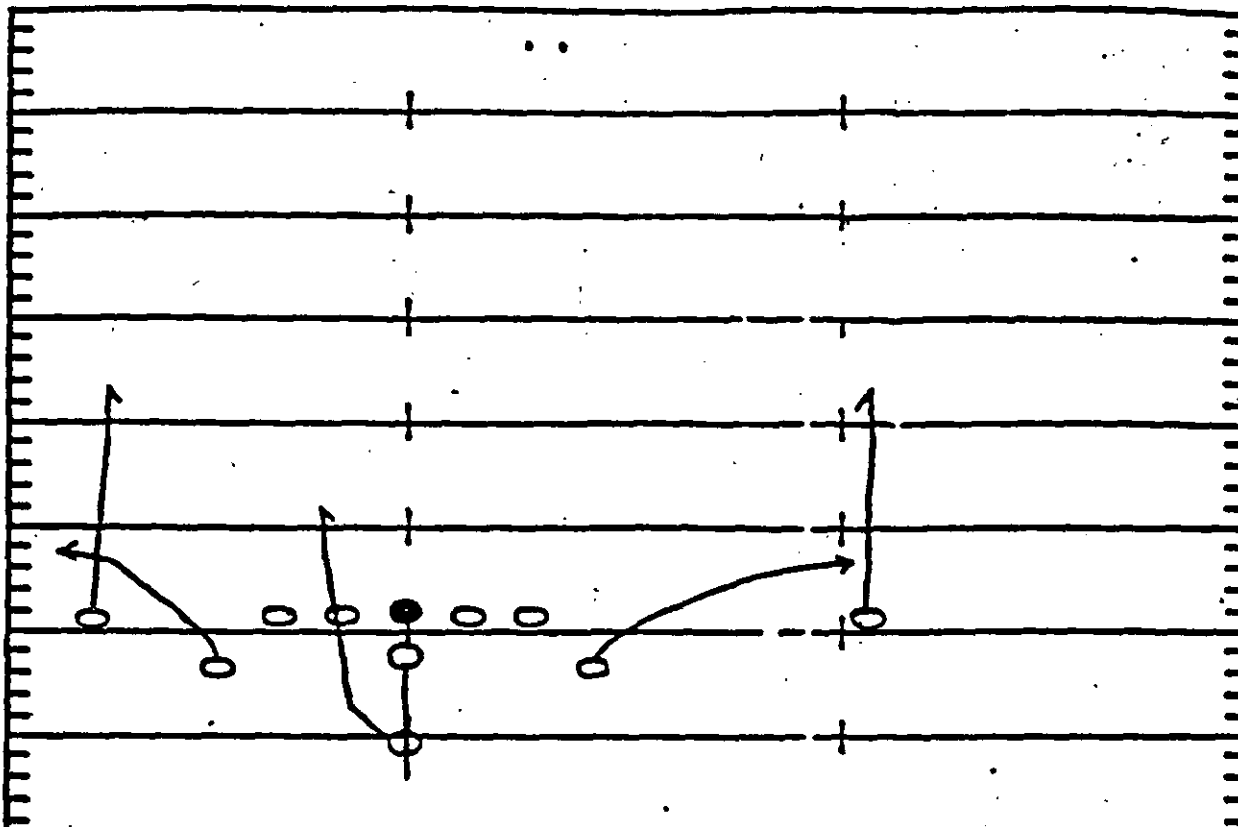
Release & block Corner's inside shoulder pad. Kick him out.

LEADBACK (LB)

'5' PSLB

TIGHT END (Y)FULLBACK (F)

Run Swing Route. Look for ball quickly on 5th Step. Get depth on 1st Step. If ball is thrown, BS continue downfield & get a block

PLAY PHILOSOPHY

Possession type route and 3rd Down Route to get the "Sticks."

QUARTERBACK

Throw off 5 Step Drop

PROGRESSION

1 Deep: Work Flat-Curl Combo off Flat Defender to FB.

2 Deep: Work high-low Flat Corner off Squat Corner

FRONTSIDE X

Run 1 $\frac{1}{2}$ Curl \rightarrow vs- 3 Deep. \rightarrow vs- Squat Corner, run Post Corner at 22 yds

BACKSIDE X

Run 1 $\frac{1}{2}$ yd Curl \rightarrow vs- 3 Deep. \rightarrow vs- Squat Corner, run Post Corner at 22 yds

PITCHBACK (PB)

Check Block then release on Flat Route; 4 yds Deep, 2 yds from S.L.

LEADBACK (LB)

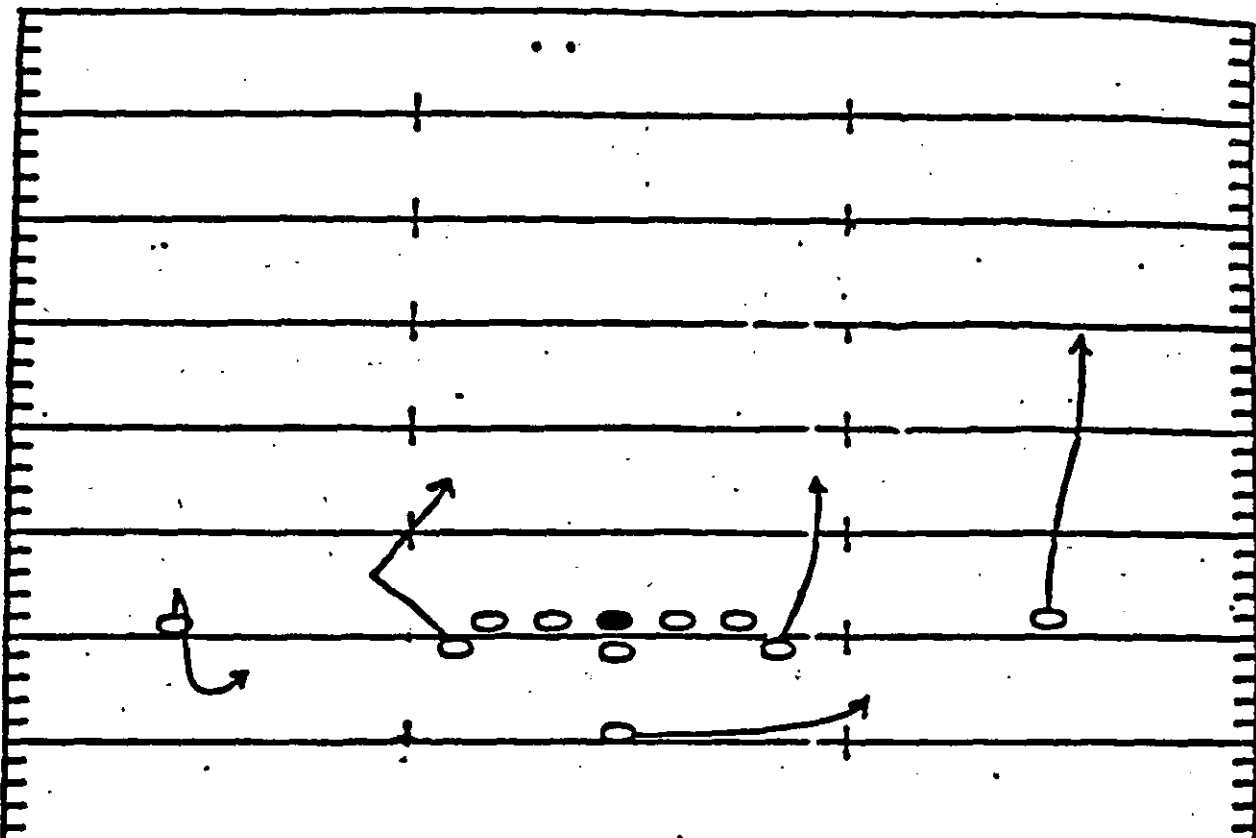
Run Flat Route; 4 yds Deep, 2 yds from S.L.

TIGHT END (Y)FULLBACK (F)

Block 60-70 Protection then release over FSG at 6 yds

PLAY

62 Pass

PLAY PHILOSOPHY

Run as counter to 62 and 62 HB when WLB is stopping the play with running hard or Echo

QUARTERBACK

5 step drop. Throw to seam route on the backside. Make it look like 62.

PROGRESSION

Throw to BSHB on Seam

FRONTSIDE X

Same as 62, be a good decoy

BACKSIDE X

Same as 62, do not block until after the catch.

PITCHBACK (PB)

Make route look like 62. On 3rd Step, work opposite Will LBer. (underneath) get eyes on QB

LEADBACK (LB)

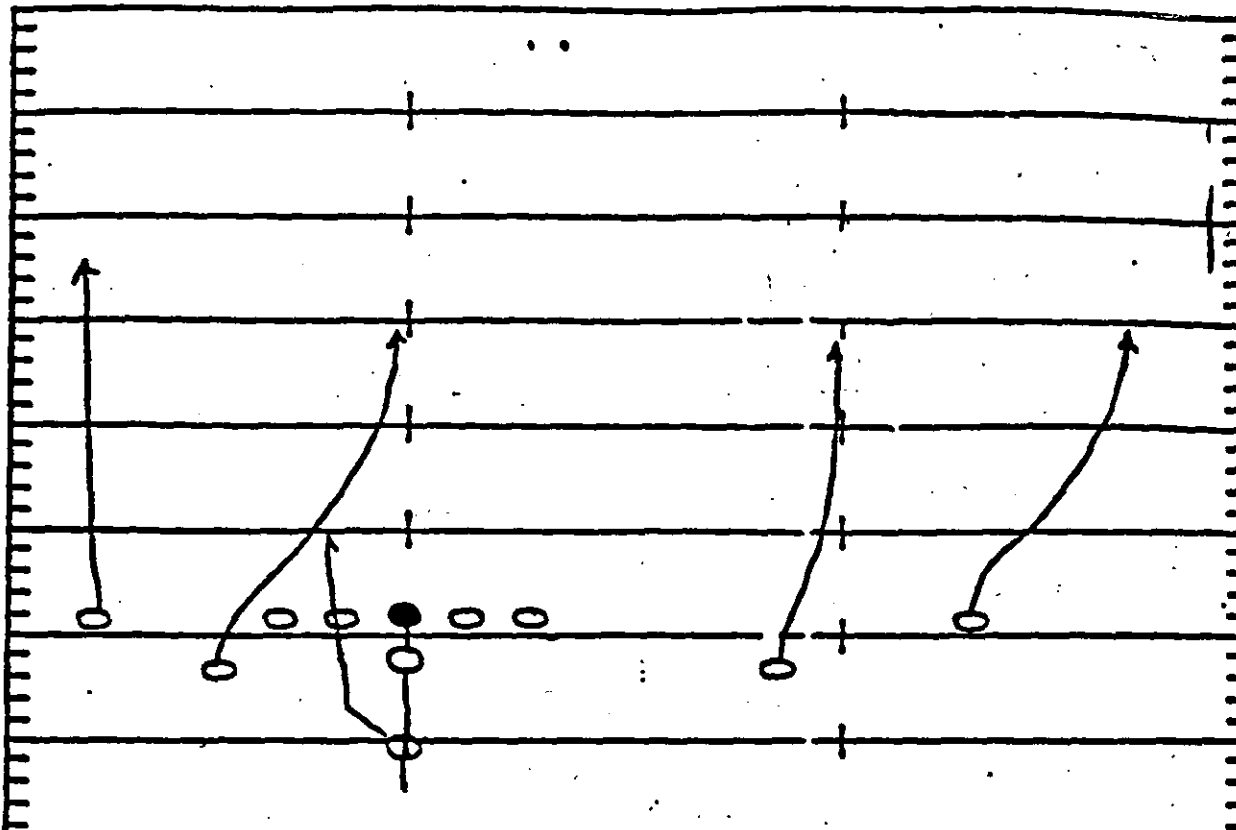
Run 62.

TIGHT END (Y)

Run 62

FULLBACK (F)

Flair to callside

PLAY PHILOSOPHY

A Deep throw to Stretch Cover 3. Good from MOF.

QUARTERBACK

Throw off 5 Step Drop

PROGRESSION

3 Deep: Read FS & work HB down hashes
2 Deep: Work ¼ player Weak for X & HB

FRONTSIDE X

Run Streak Route. Must stay outside Squat Corner

BACKSIDE X

Run Streak Route. Must stay outside Squat Corner

PITCHBACK (PB)

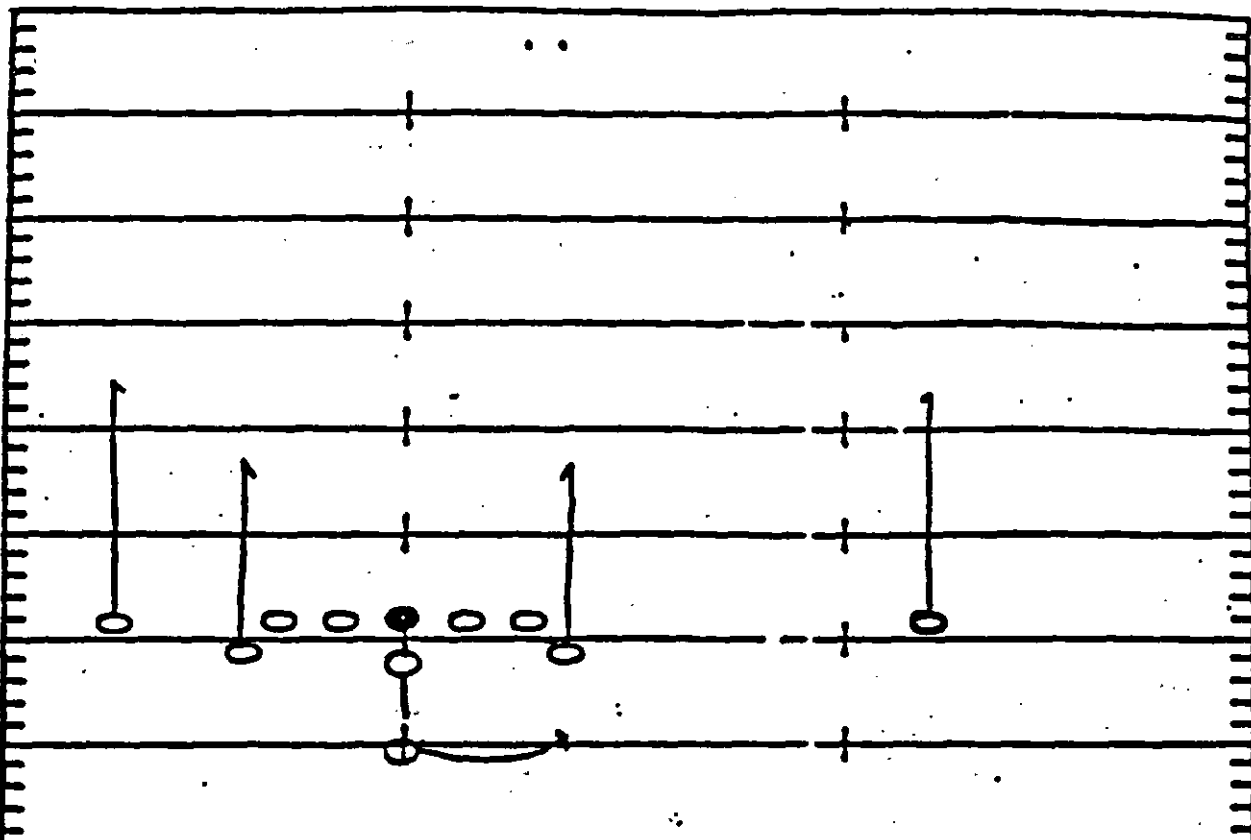
Run Streak Route. Avoid wall defender inside/outside & work 1 yd inside Hash

LEADBACK (LB)

Run Streak Route. Avoid wall defender inside/outside & work 1 yd outside Hash

TIGHT END (Y)FULLBACK (F)

Block 60-70 Protection then release over FSG at 6 yds

**PLAY PHILOSOPHY**

1st Down, Possession Route, take advantage of Soft Coverage

QUARTERBACK

5 Step Drop. Throw Weak.

PROGRESSION

Read Flat Defender (Weak) and throw Hitch outside-in

FRONTSIDE X

Run 12 yd Stop Route

BACKSIDE X

Run 12 yd Stop Route

PITCHBACK (PB)

Run Void Route 8 yds deep!

LEADBACK (LB)

Check #4 to Complimentary Route! If in the "T", use 60-70 Protection to Flare Control

TIGHT END (Y)

Gap Block front side

FULLBACK (F)

Block 60-70 and set up over FSG.

8# - 9# PASSING

This Sprint out system is based on "called" routes being adjusted to secondary coverages. Consistent "Reads" and timing are essential to success!

Inside is A Back and X is Outside Receiver in this system; expect 83-93

Pass Protection (Turn Back Blocking is the rule. "Gap" is the "Call")

BST

BSG

C

PSG

PST

Step to playside technique, then turn back and block what shows to your inside. Check Lbers and late backside rushers. Call "Gap" frontside if LB is in your Gap.

80-90 is thrown back over BST and BSG

87-97 is thrown over PST - stay low or inside

FB - Block first man off last blocker's butt)

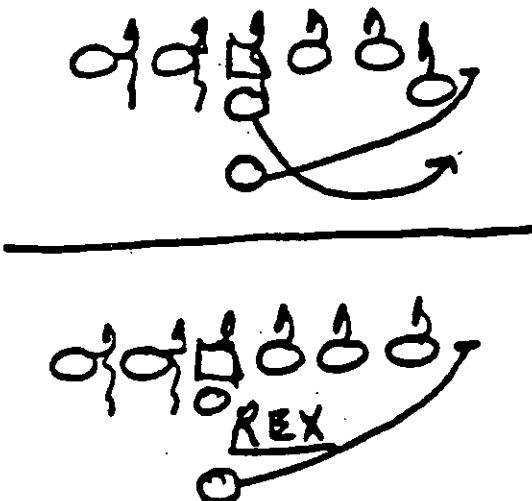
X - Route called (outside receiver)

LB - Block first man off tackle's butt - exception Rex-Leo off TE's butt

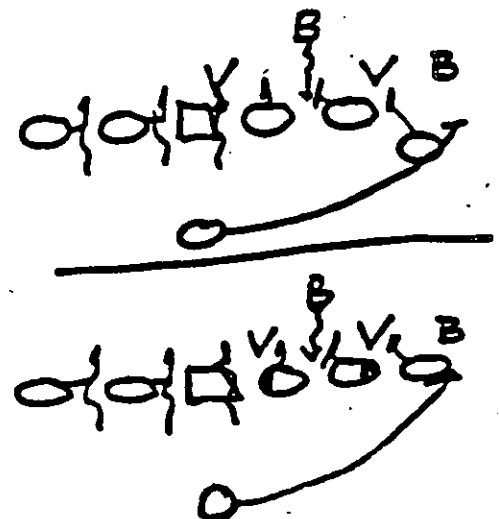
PB - Max on call otherwise Solid

A - Route called (inside receiver)

TURNBACK PROTECTION



"GAP" CALLED



SE

Playside: Run Route
Backside: Block Man On

TE

Run thru FS or CB whichever is the most dangerous

PST

PSG

C

BSG

BST

Set up for 8#-9# Turnback Protection

Block (press) the man in your area - if no rusher, then release to first backside LB

LB

Run like 14-15 (remember to be 1 yd deeper and 1 yd closer to formation. Be a Great Fake

RAY-LOU

Run Clear - Route

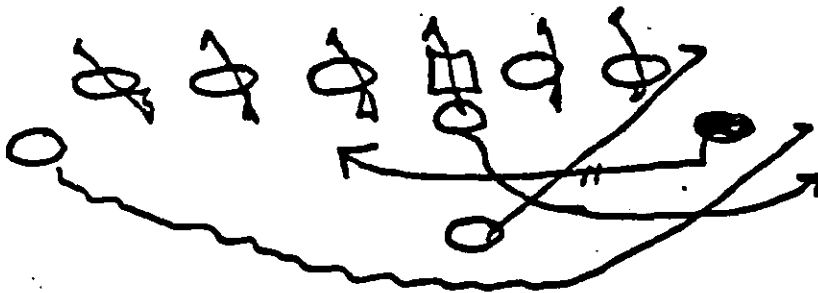
FB

Block 1st man off tackle's butt - Hurry

QB

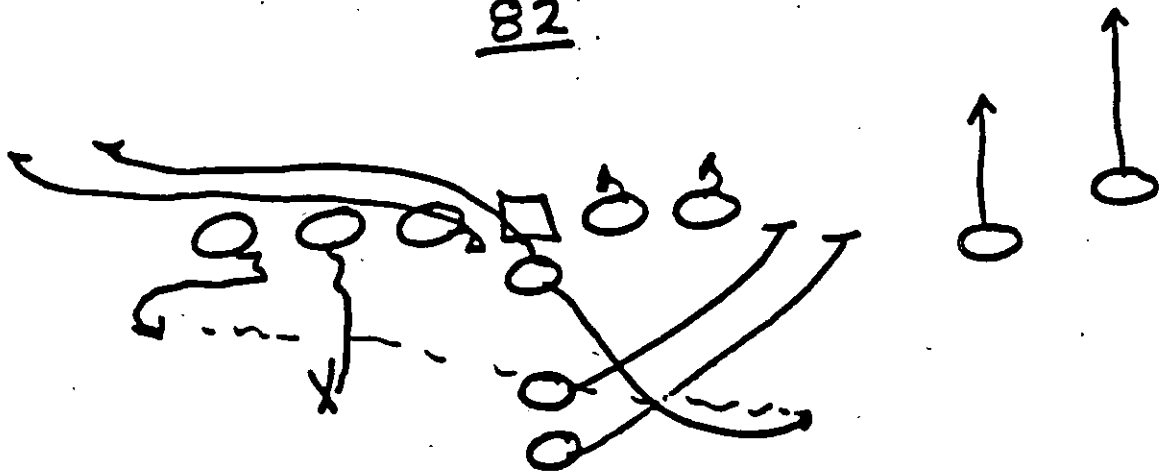
Sprint tighter to L.O.S. and hand to RB underneath

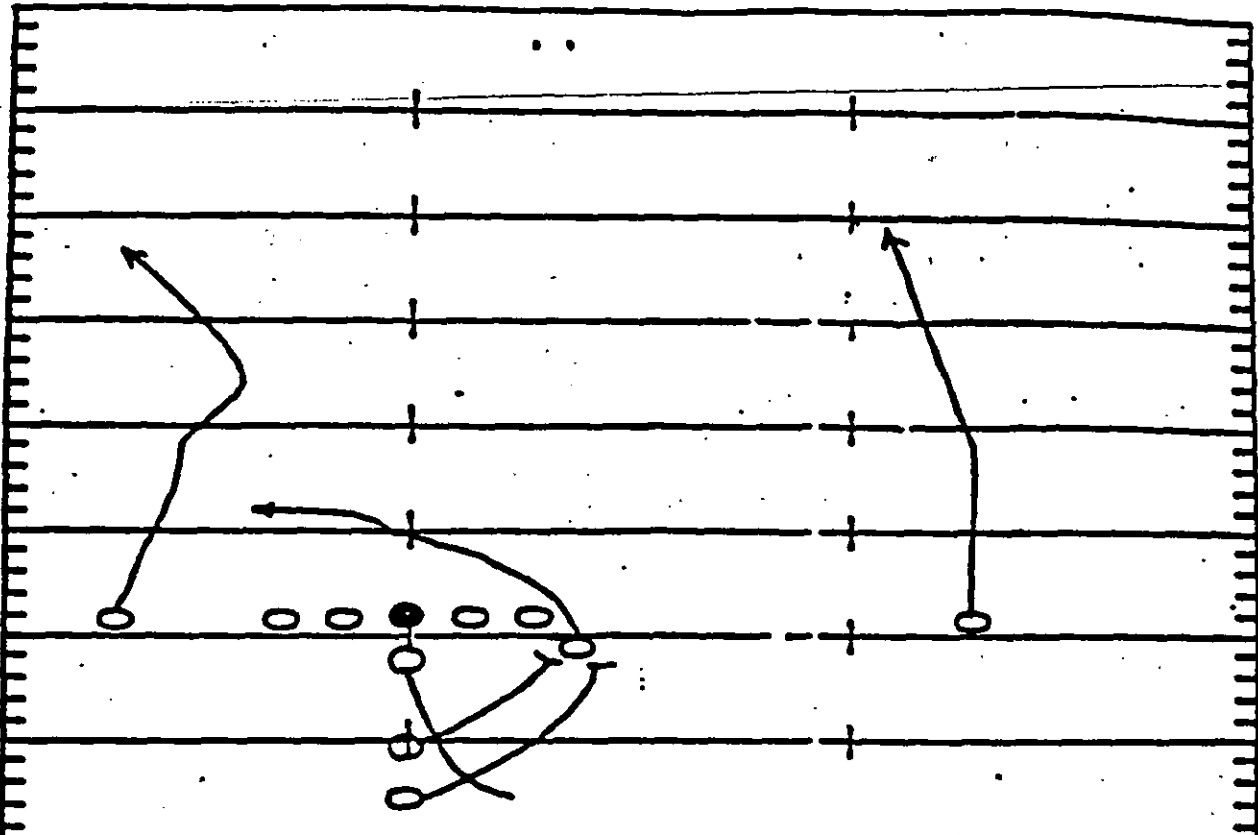
81



- SE Run Route
- TE Block Technique over you 3 counts - release inside or outside pending technique, 3 steps behind LOS and show numbers to QB. SCORE!
- PST
PSG > Block 8#-9# Turnback Protection
- C
BSG > Block 8#-9# Turnback Protection for two counts, then release flat outside and block first m that comes from outside to inside.
- BST Drop 4 yds and cut your area rusher or go get him
- LB Block 80-90 Protection
- RAY-LOU Run Clear Route
- FB Block 80-90 Protection
- QB Sprint outside tackle, get up and throw to backside TE
-

82



PLAY PHILOSOPHY

Run when defense is running hard and scrapping LB's on Sprint Out

QUARTERBACK

Sprint and set up over FSG

PROGRESSION

Read Flat Defender Weak for
Cross to Post-Corner

FRONTSIDE X

Run Post

BACKSIDE X

Run backside Post Corner

PITCHBACK (PB)

Use 80-90 Protection

LEADBACK (LB)

Use Wide Alignment for free release to
Crossing Route. Avoid LBer's under-
neath 6 yds deep over opposite Nub
Alignment

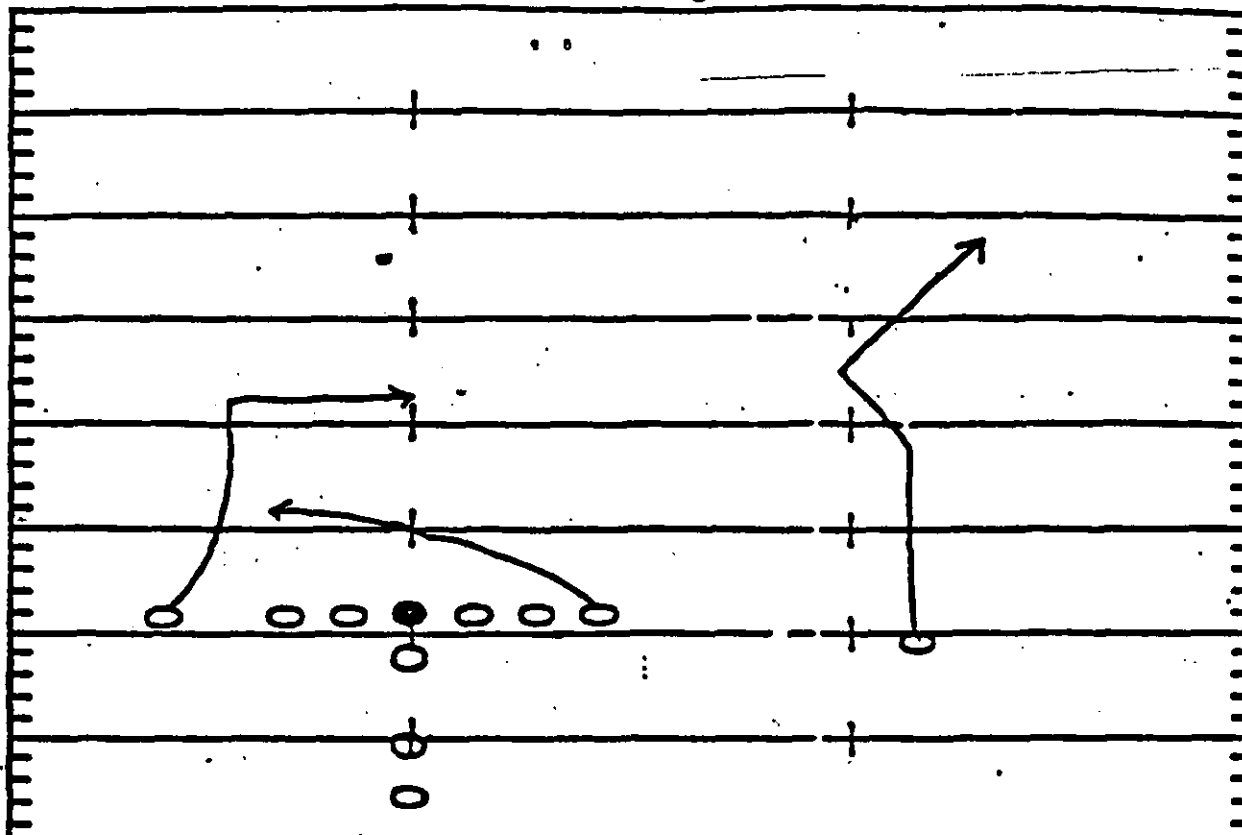
TIGHT END (Y)

N/A

FULLBACK (F)

80-90 Protection. R or L will release
into route

80 Y Cross Dig



Run -vs- 2-Deep and when LB's are scraping and running hard -vs- Spring Out

Sprint and set up over FSG

Read BSLB for Drag to Dig

Run Post Corner

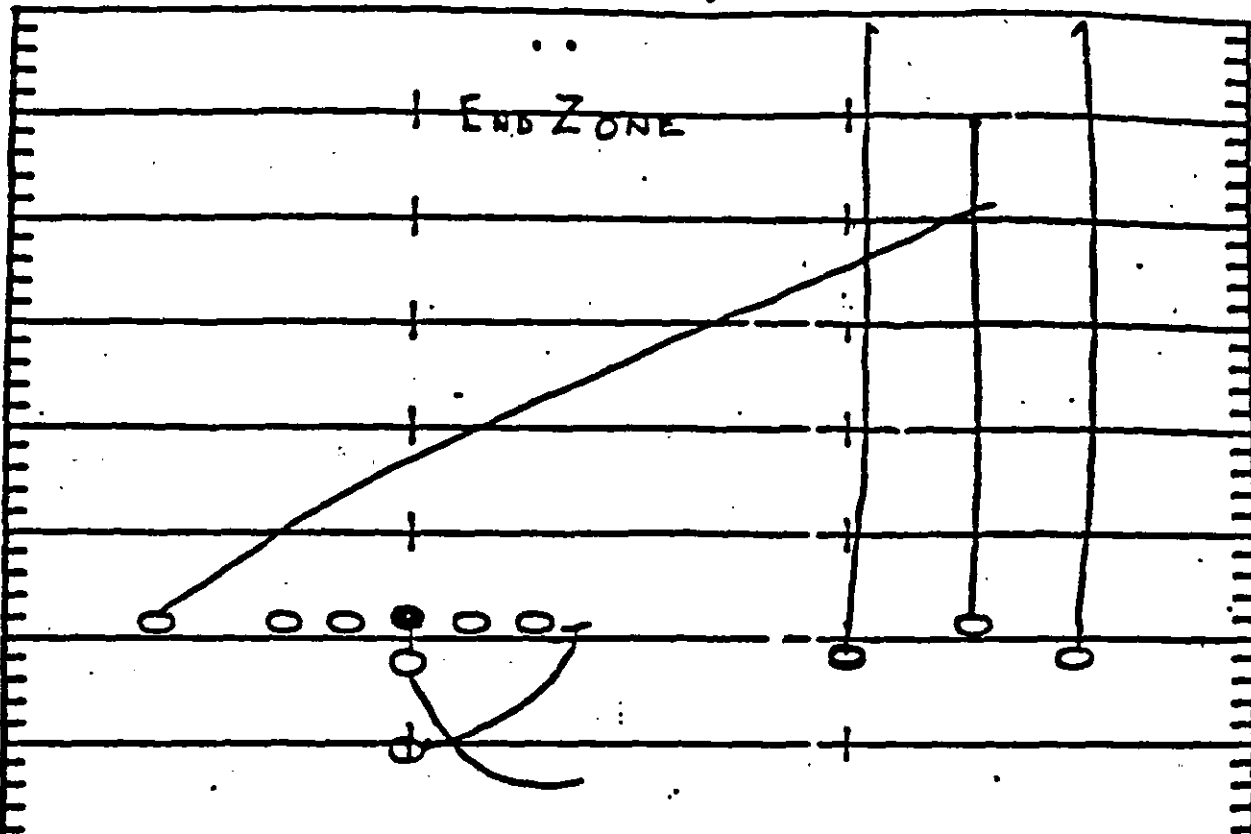
Run Dig at 12-14

Use 80-90 Protection

N/A

Run Drag Route at 10-12 yds.

80-90 Protection. TE will release into route



PLAY PHILOSOPHY

Last effort to throw touchdown pass

QUARTERBACK

Sprint and try to break contain

PROGRESSION

Throw ball high and outside.
Keep the ball in the field of play
to give us a chance

FRONTSIDE X

Split difference between #5 and
Hash - get 5 yds deep in End
Zone - be the jumper

BACKSIDE X

Cut Split, get to goalline directly
beneath jumper - be aware of
tipped ball

PITCHBACK (PB)

Align 1 yd outside Hash Mark
Run Streak Route rubbing the
defensive back looking for tip
ball. Screen out defenders.

LEADBACK (LB)

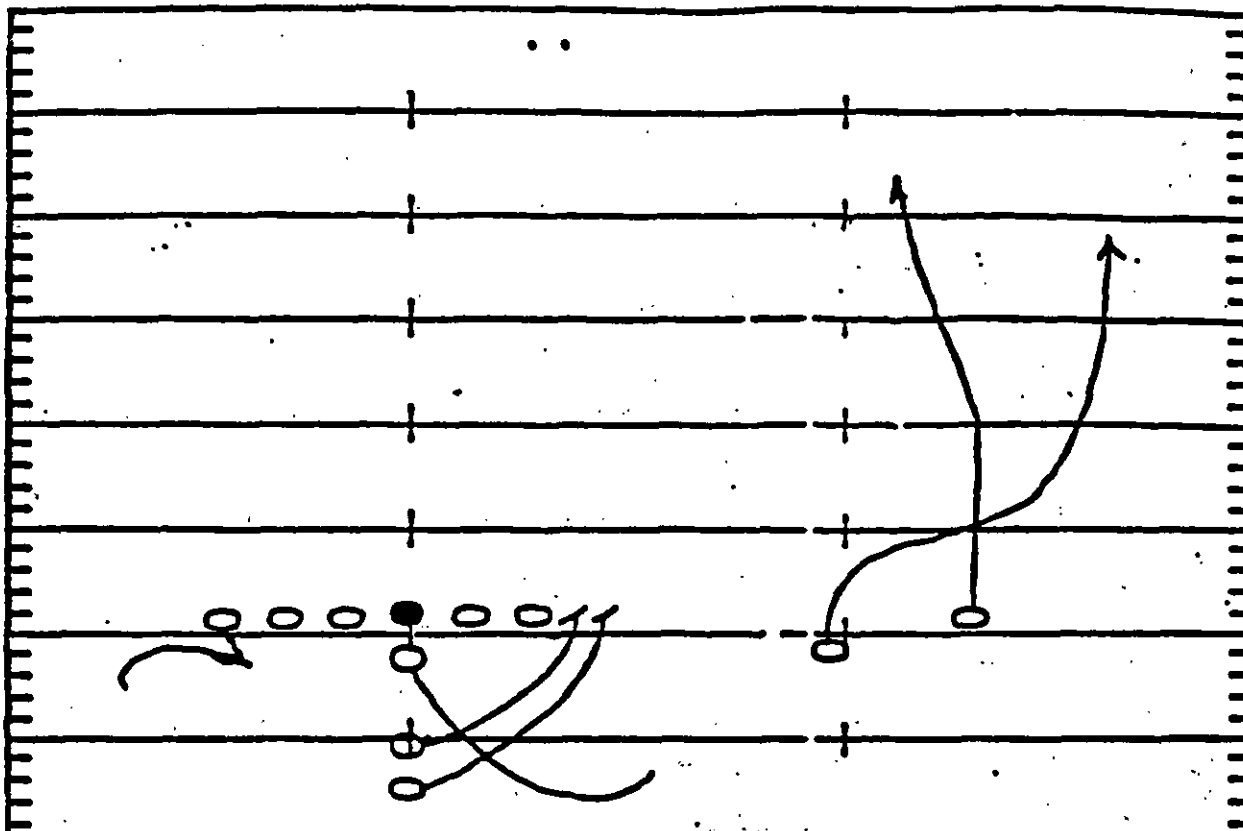
Align at top of numbers - run Streak
Route to 5 yd deep - in end zone look
for tip ball

TIGHT END (Y)

N/A

FULLBACK (F)

80-90 Protection. You are by yourself.
Try to get EMLOS hooked

PLAY PHILOSOPHY

Run as counter to Sprint Outs when defense is running hard

QUARTERBACK

Sprint and set up over FSG

PROGRESSION

Throw Screen to TE on the backside

FRONTSIDE X

Run a Post

BACKSIDE XPITCHBACK (PB)

Use 80-90 Protection

LEADBACK (LB)

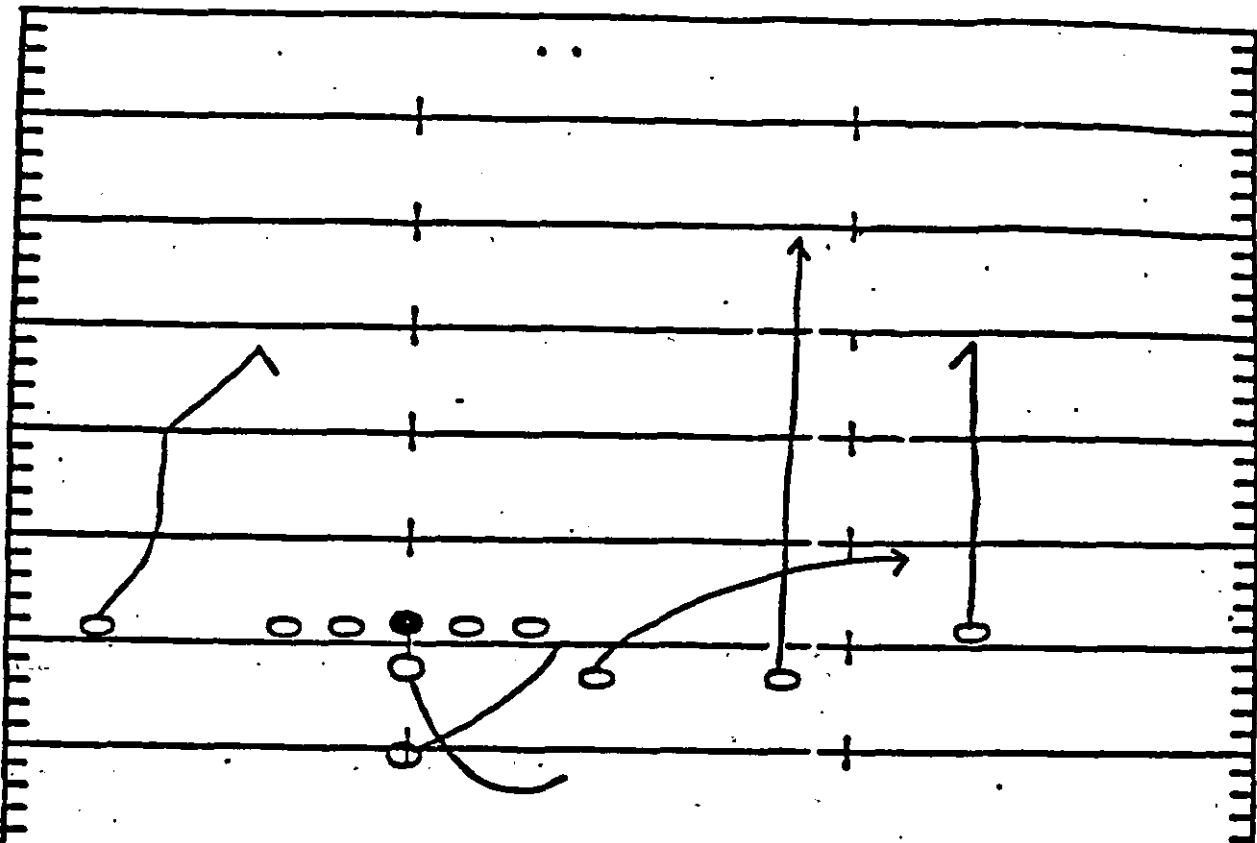
Use 80-90 Protection

TIGHT END (Y)

F.S. ; Block 3 counts - release
3 steps behind LOS - catch
ball and SCORE!

FULLBACK (F)

80-90 Protection.

PLAY PHILOSOPHY

Run -vs- Cover 3

QUARTERBACK

Open to 6 o'clock 2nd step crossover, get width on 3rd. Feel blocking scheme on whether to pull up or continue Sprint Out

PROGRESSION

Read Flat Defender. Throw Flat to Curl

FRONTSIDE X

Run Curl 14-12 yd. -vs- Squat Corner convert to Corner Route at 22 yds

BACKSIDE X

Post Curl - inside release at 5-7 push vertical to 10 Break to Post at 14 Curl up and work off LB

PITCHBACK (PB)

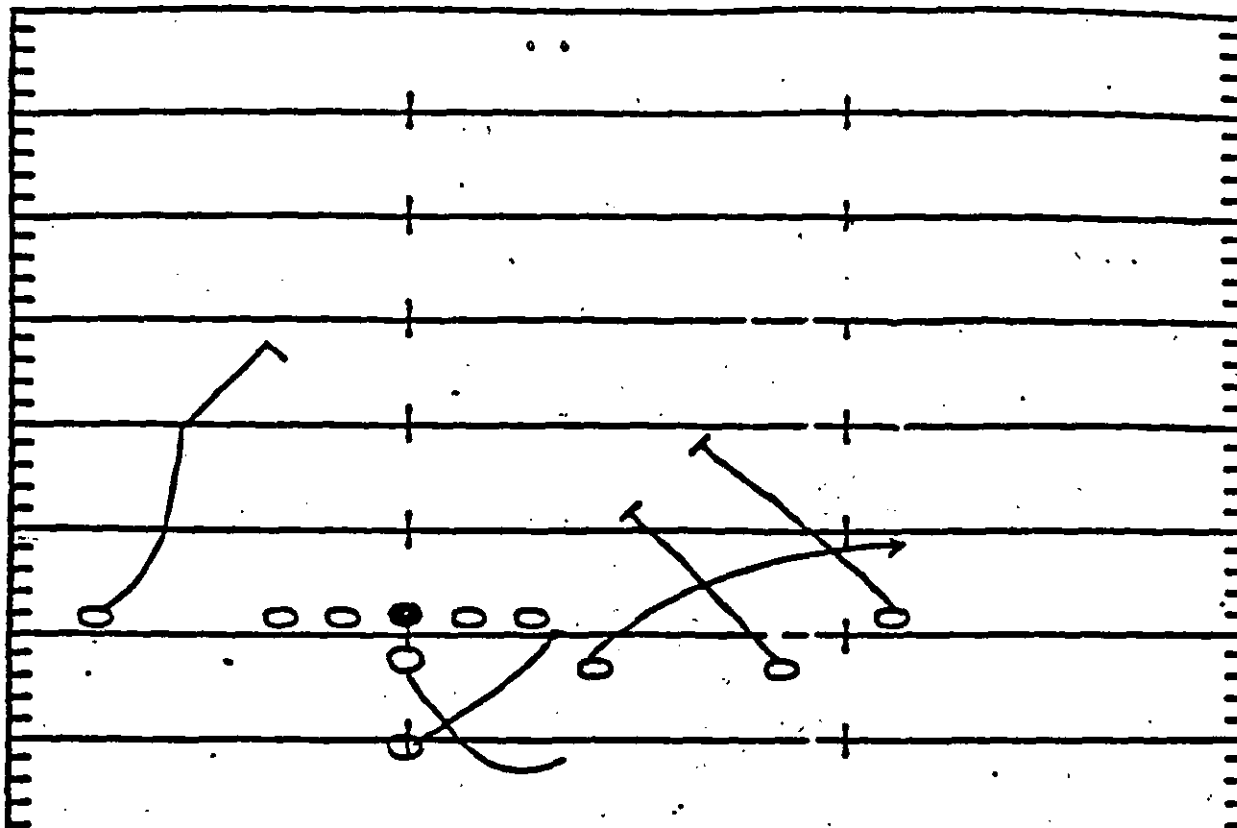
Release to Flat 4-6 yds at sideline

LEADBACK (LB)

Run a Streak - clear Deep

TIGHT END (Y)FULLBACK (F)

Block 80 Protection

PLAY PHILOSOPHY

Run vs- Man Coverage on Goalline

QUARTERBACK

Open to 6 o'clock 2nd step crossover, get width on 3rd. Feel blocking scheme on whether to pull up or continue Sprint Out

PROGRESSION

Throw to Slot Back in Flat on 3rd Step

FRONTSIDE X

slot
Cut Split and Rub Man responsible for ~~the~~ Back

BACKSIDE X

Run Post Curl

PITCHBACK (PB)

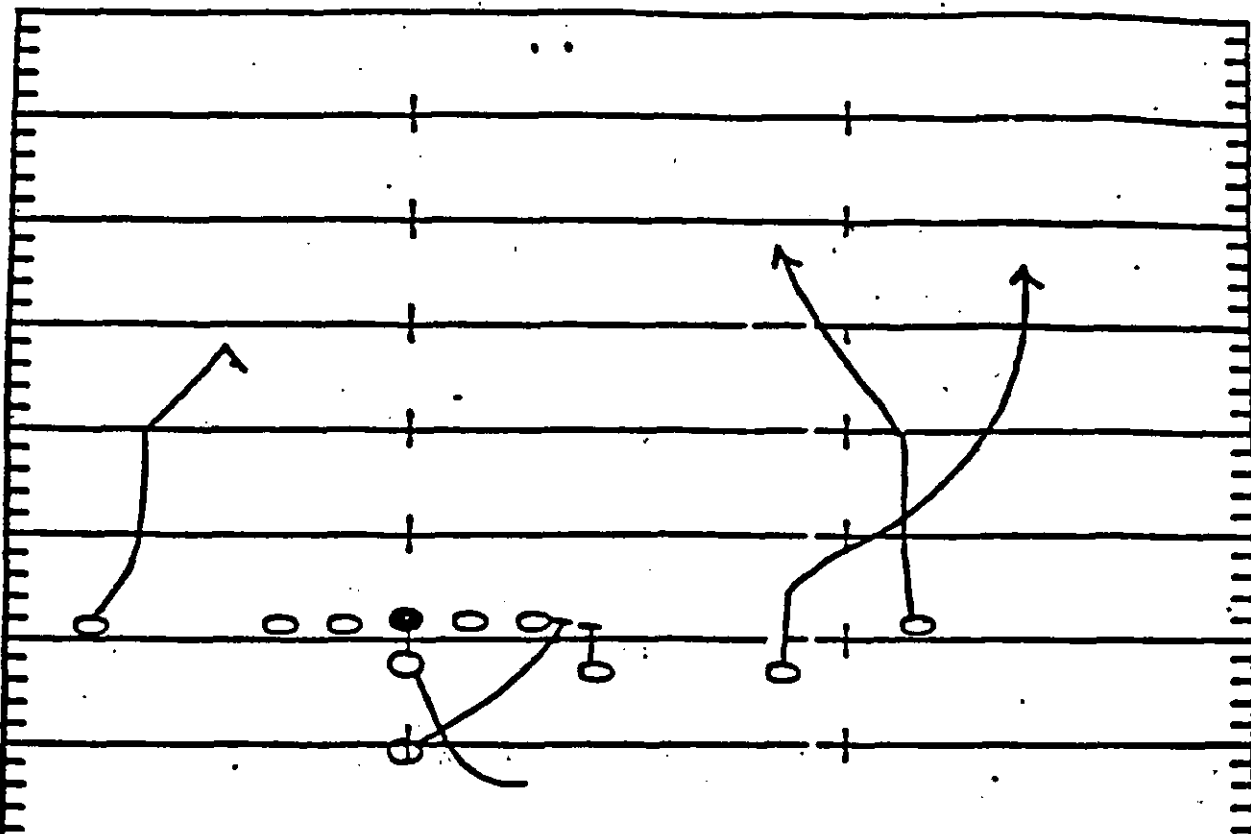
Run Flat Route 4 yds from sideline

LEADBACK (LB)

Cut Split and Rub Man responsible for Slotback

TIGHT END (Y)FULLBACK (F)

Block 80 Protection

PLAY PHILOSOPHY

Run to compliment 85-95 or when SS is losing HB (Wheel)

QUARTERBACK

Open to 6 o'clock 2nd step crossover, get width on 3rd. Feel blocking scheme on whether to pull up or continue Sprint Out

PROGRESSION

Read Corner. If Corner Covers Post, throw Wheel. If Corner covers Wheel, throw Post

FRONTSIDE X

Run Post Route. Make Break at 10. Have to come inside, because of Wheel

BACKSIDE X

Run Post Curl

PITCHBACK (PB)

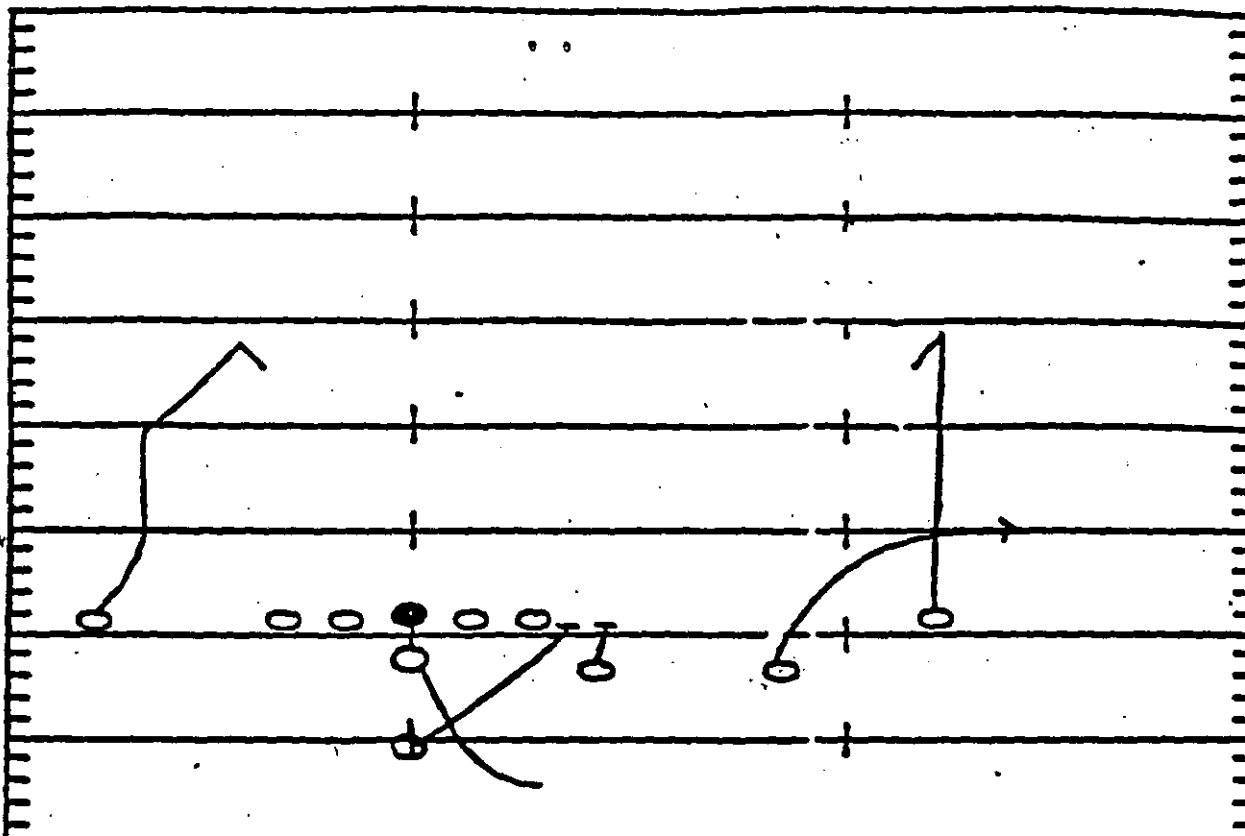
Block Sprint Protection Rule

LEADBACK (LB)

Run Sprint Wheel pushing Deep to 5-6 yds and turn head to QB. Roll upfield on Wheel 2-3 yds past bottom of numbers

TIGHT END (Y)FULLBACK (F)

Block 80 Protection



PLAY PHILOSOPHY

First or Third Down Call. High Percentage Pass

QUARTERBACK

Open to 6 o'clock 2nd step crossover, get width on 3rd. Feel blocking scheme on whether to pull up or continue Sprint Out

PROGRESSION

Read Flat Defender for HB to Curl

FRONTSIDE X

Run Curl 14-12 yds. If Squat Corner, convert to Post Corner at 22 yds

BACKSIDE X

Run Post Curl

PITCHBACK (PB)

Block Sprint Protection Rule

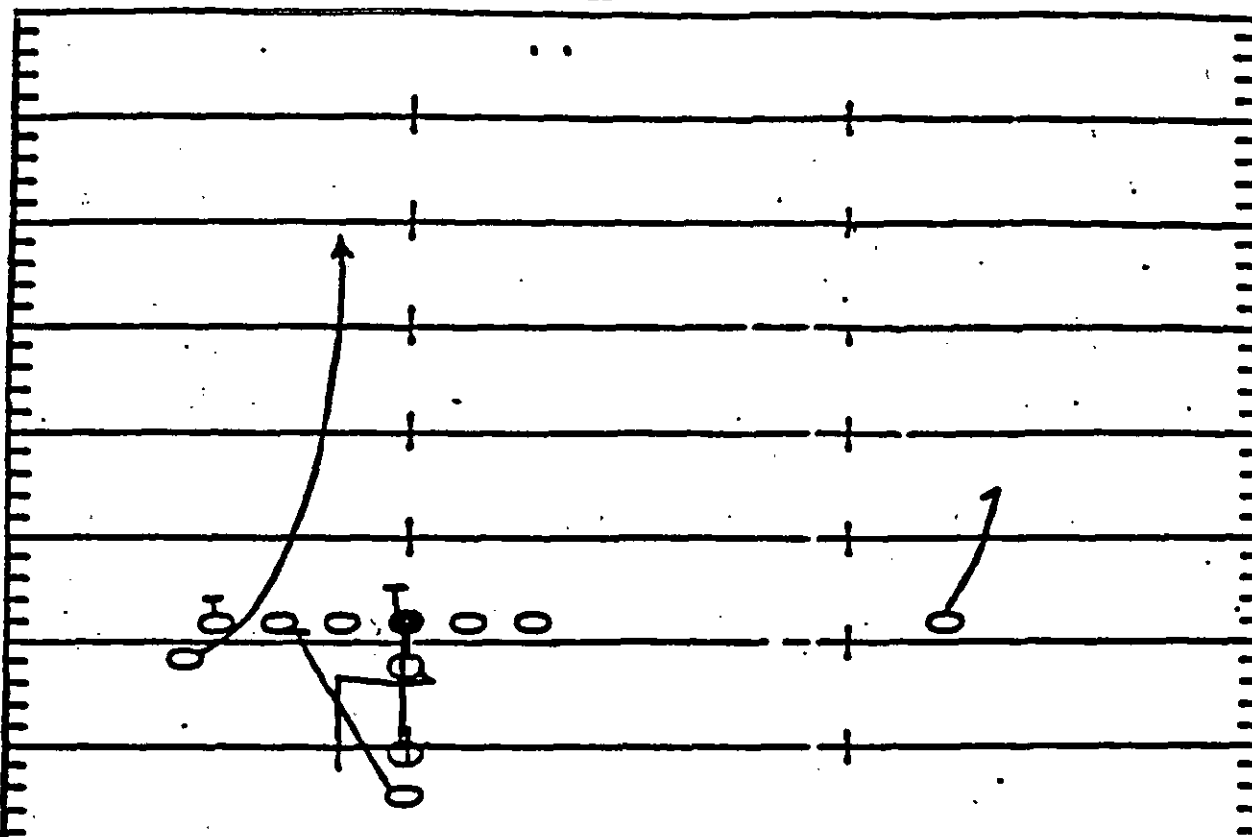
LEADBACK (LB)

Release to Flat 4 yds at the sideline

TIGHT END (Y)

FULLBACK (F)

Block 80 Protection

PLAY PHILOSOPHY

Run as compliment to 24-25 when FS is making the play

QUARTERBACK

Midline steps. After Mesh, work
2 Down and 3 Back

PROGRESSION

Throw Seam Route to HB.

FRONTSIDE X

Occupy the Corner

BACKSIDE X

Occupy the Corner

PITCHBACK (PB)

Fake 24-25 Mike Power and
block playside LBer

LEADBACK (LB)

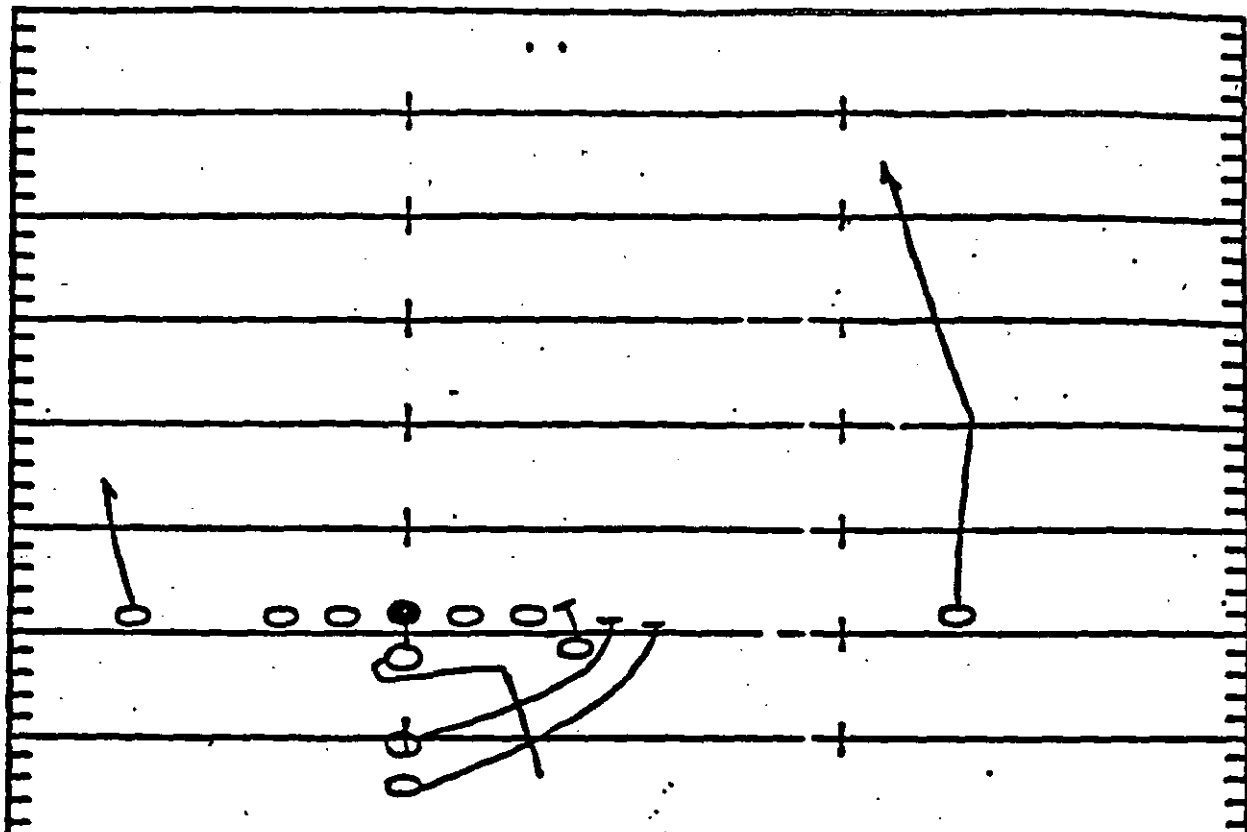
Run like 24-25, avoid LBer's and run
a Seam Route. Listen for technique call
from TE. "7" Call expect to go outside
TE!!

TIGHT END (Y)

Base Block Technique over you

FULLBACK (F)

Run midline pathway and block
PS A-Gap

PLAY PHILOSOPHY

Run as compliment to 28-29 when FS is running Alley

QUARTERBACK

28-29 Steps. After Pivot, work
4 Down and 1 Back

PROGRESSION

Throw Frontside Post

FRONTSIDE X

Run Skinny Post

BACKSIDE X

Occupy the Corner

PITCHBACK (PB)

Use 128-129 Protection. Block like Max,
but be wider and expect Rover Fire or
Sam rushing wide! You could get a Flare
with word Package.

LEADBACK (LB)

Use 128-129 Protection. Run like 28-29.
Protect 1st thing off of OT's butt.

TIGHT END (Y)

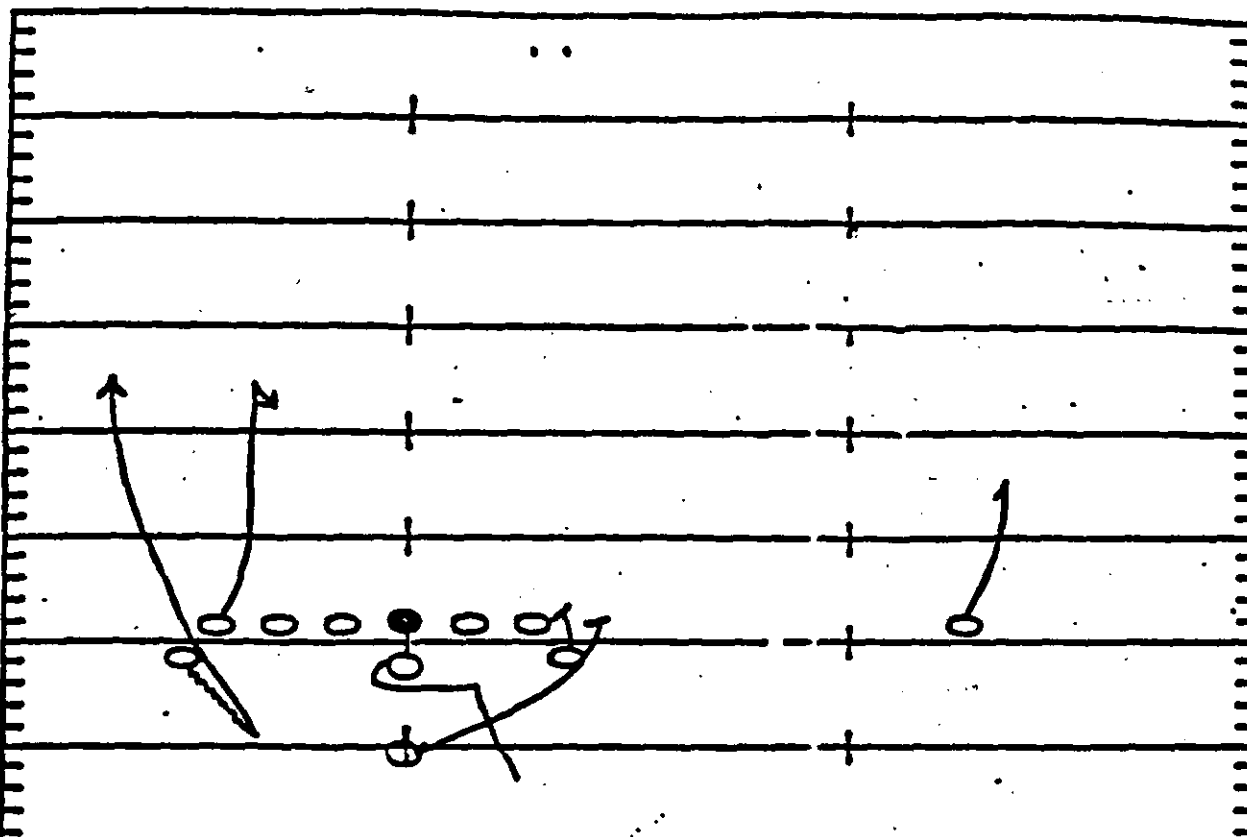
Base or Gap Block
outside

FULLBACK (F)

Block 128-129 Protection. You are
the PSHB.

PLAY

128 - Search Wheel



PLAY PHILOSOPHY

Run as compliment to 28-29. Throwback when corner is playing TE Tight

QUARTERBACK

28-29 Steps. After Pivot, work
2 Down and 3 Back

PROGRESSION

Read corner for Search to TE or
Wheel to HB.

FRONTSIDE X

Occupy the Corner

BACKSIDE X

Cut Split, Run Post Curl

PITCHBACK (PB)

Use 1/2 Motion and run Wheel Route.

LEADBACK (LB)

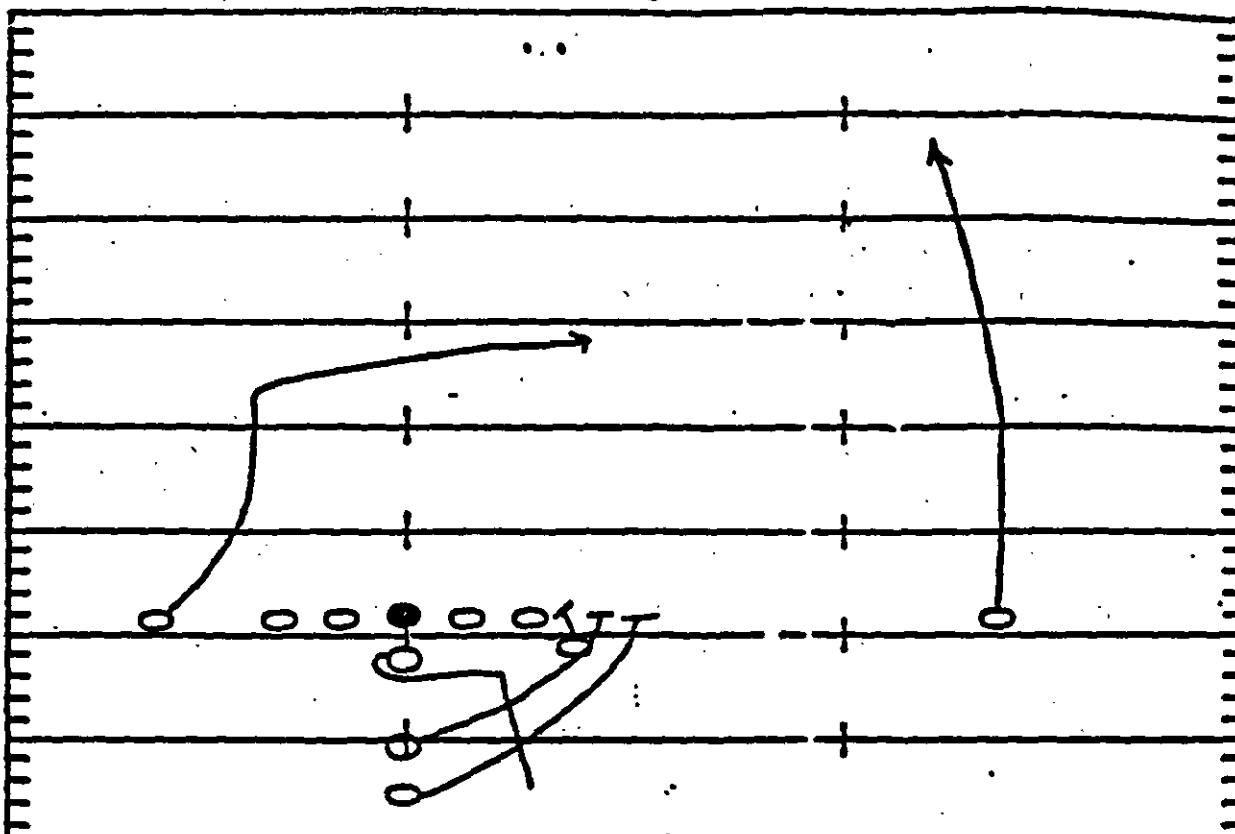
Use 128-129 Protection. Same as 128-7"

TIGHT END (Y)

Same as Search

FULLBACK (F)

Block 128-129 Protection. You are
outside the PSHB

PLAY PHILOSOPHY

Run as compliment to 28-29. Throw when Skinny Post is not there

QUARTERBACK

28-29 Steps. After Pivot, work
2 Down and 3 Back

PROGRESSION

Throw backside to X. He will be no
deeper than 14 yards

FRONTSIDE X

Run Skinny Post

BACKSIDE X

Run Dig

PITCHBACK (PB)

Use 128-129 Protection. Same as
128-7.

LEADBACK (LB)

Use 128-129 Protection. Same as 128-7

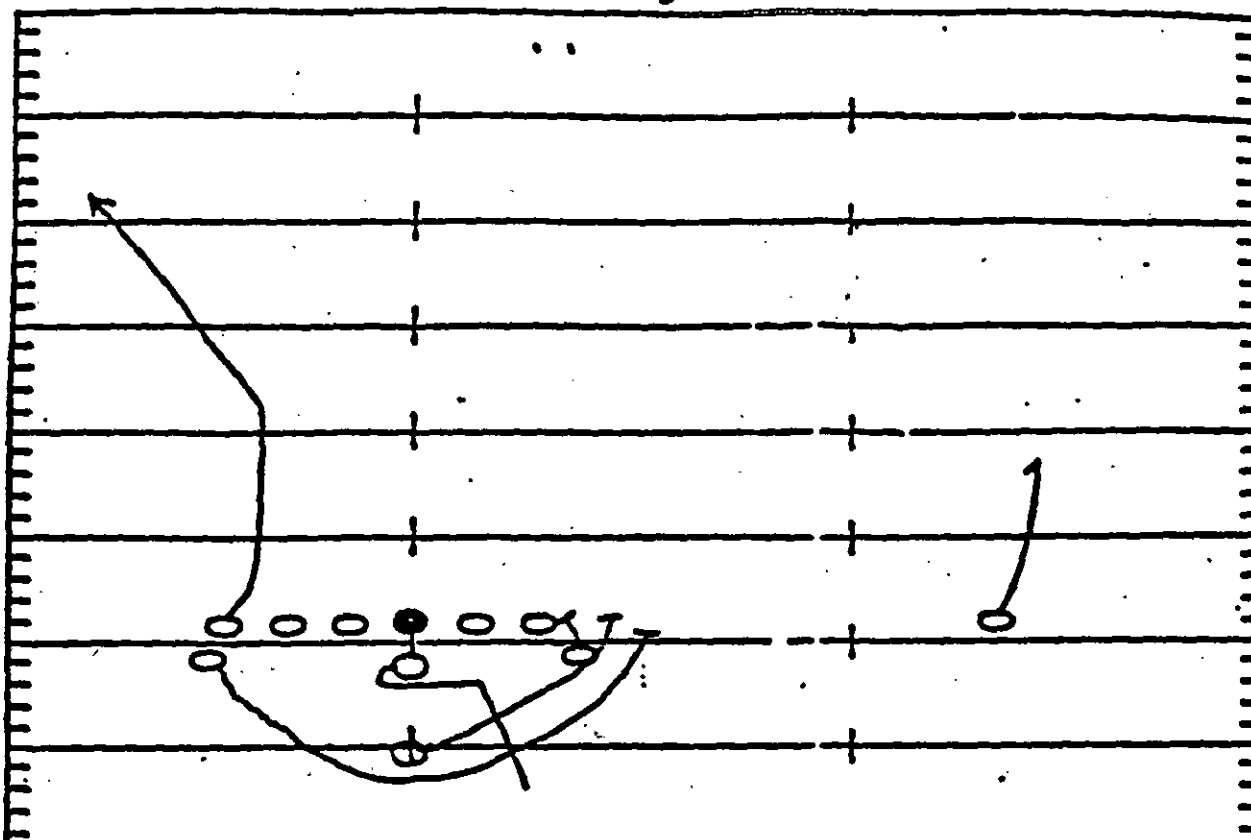
TIGHT END (Y)

Gap Block

FULLBACK (F)

Block 128-129 Protection. You are
outside the PSHB

128 - Flag



Run as compliment to 28-29 when corner is over playing playside

**28-29 Steps. After Pivot, work
2 Down and 3 Back**

Throw Post Corner to receiver no deeper than 22 yards. Bring receiver back if corner is over the top on the route

Occupy the Corner

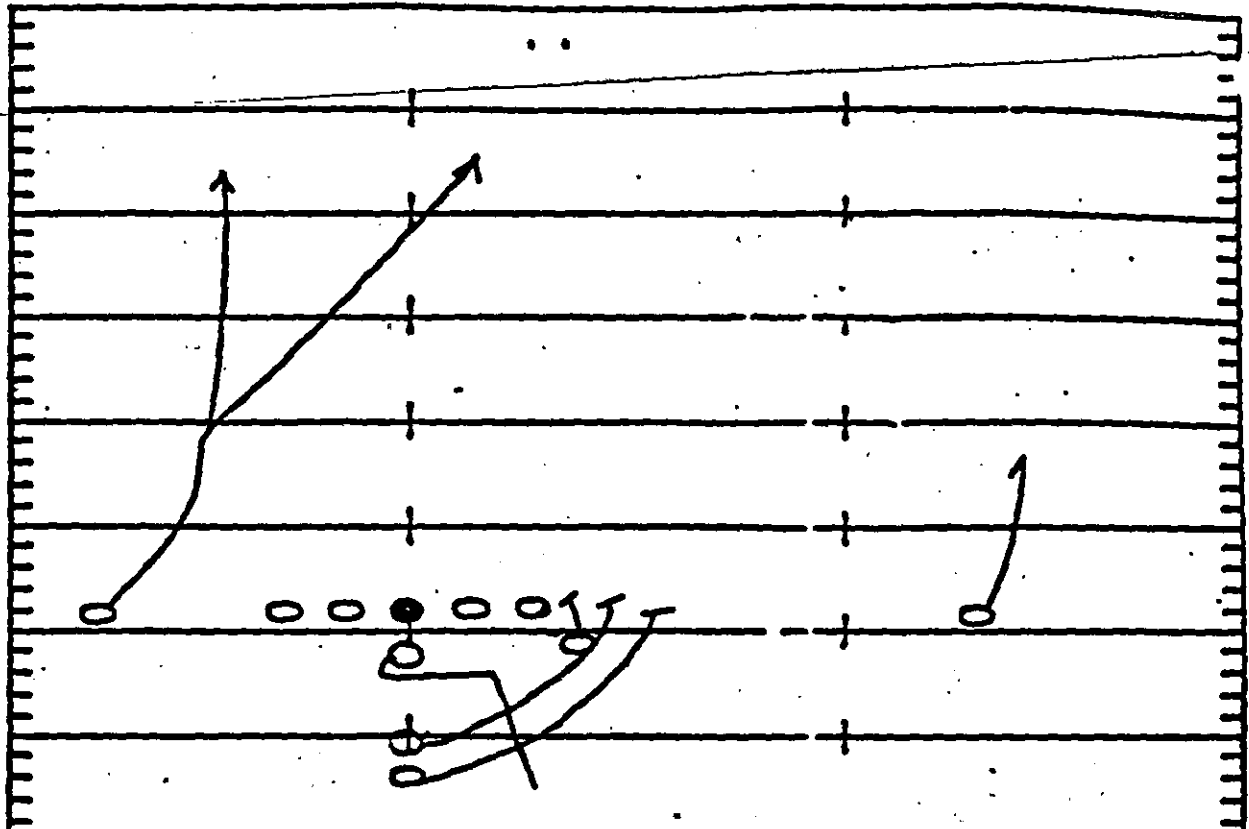
Run Post Corner

Use 128-129 Protection. Same as 128-47.

Use 128-129 Protection. Same as 128-"T"

F.S. Gap Block
B.S. Run Post Corner

Block 128-129 Protection. You are outside the PSHB

PLAY PHILOSOPHY

Run as compliment to 28-29 to take advantage of backside corner trying to cover $\frac{1}{4}$ of field

QUARTERBACK

28-29 Steps. After Pivot, work
2 down and 3 back

PROGRESSION

Throw backside post to X

FRONTSIDE X

Occupy the Corner

BACKSIDE X

Run backside Post

PITCHBACK (PB)

Block 128-129 Protection.
Could get a Flar or Solid Call

LEADBACK (LB)

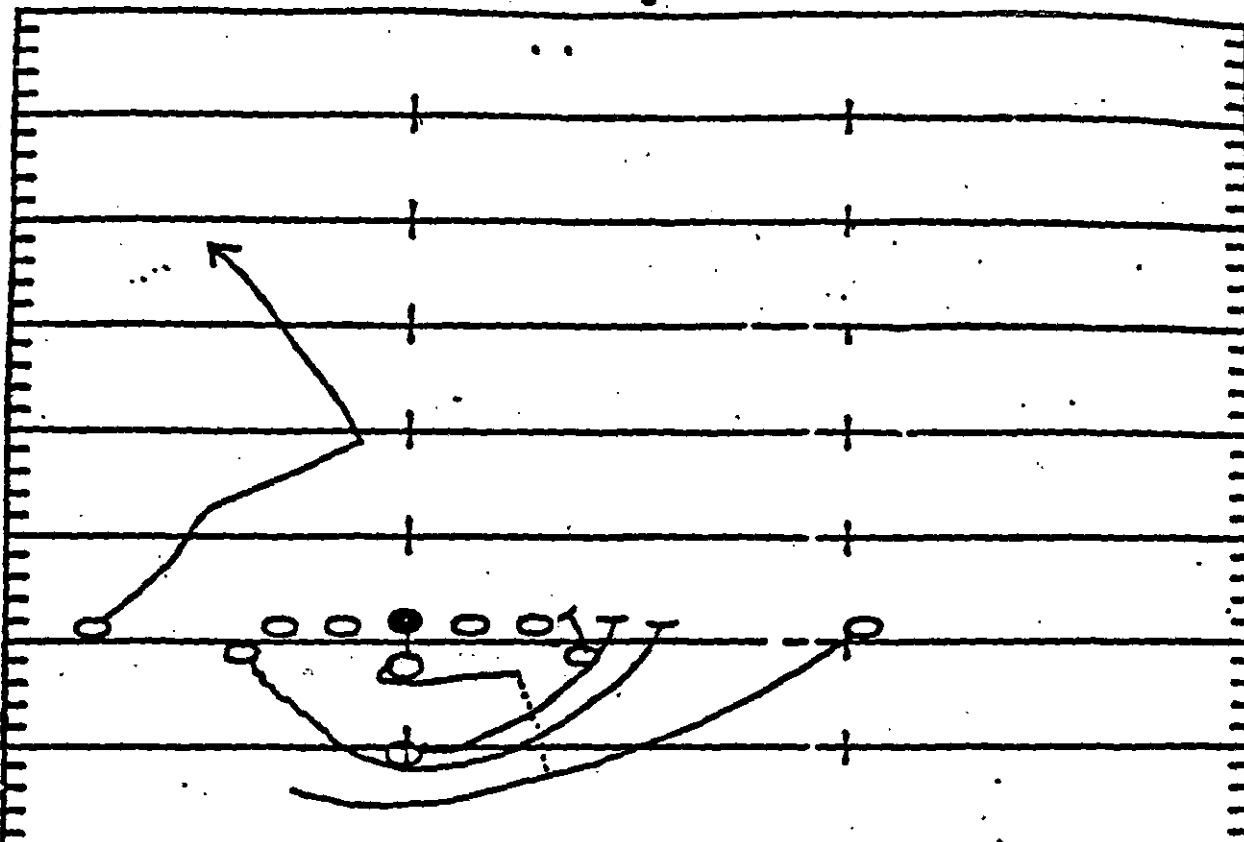
Block 128-129 Protection.

TIGHT END (Y)

Block Gap, look for LBer scraping
technique over tackle working
outside

FULLBACK (F)

Block 80-90 Protection.

PLAY PHILOSOPHY

Run as counter to 28-29 when corner and FS Read Reverse quick

QUARTERBACK

28-29 Steps. After Pivot, work the EMLOS and soft toss ball to X

PROGRESSIONFRONTSIDE X

Take Reverse Path decide to throw or run

BACKSIDE X

Push to FS; when FS commits to Reverse break to Flag

PITCHBACK (PB)

Use 128-129 Protection.

LEADBACK (LB)

Use 128-129 Protection.

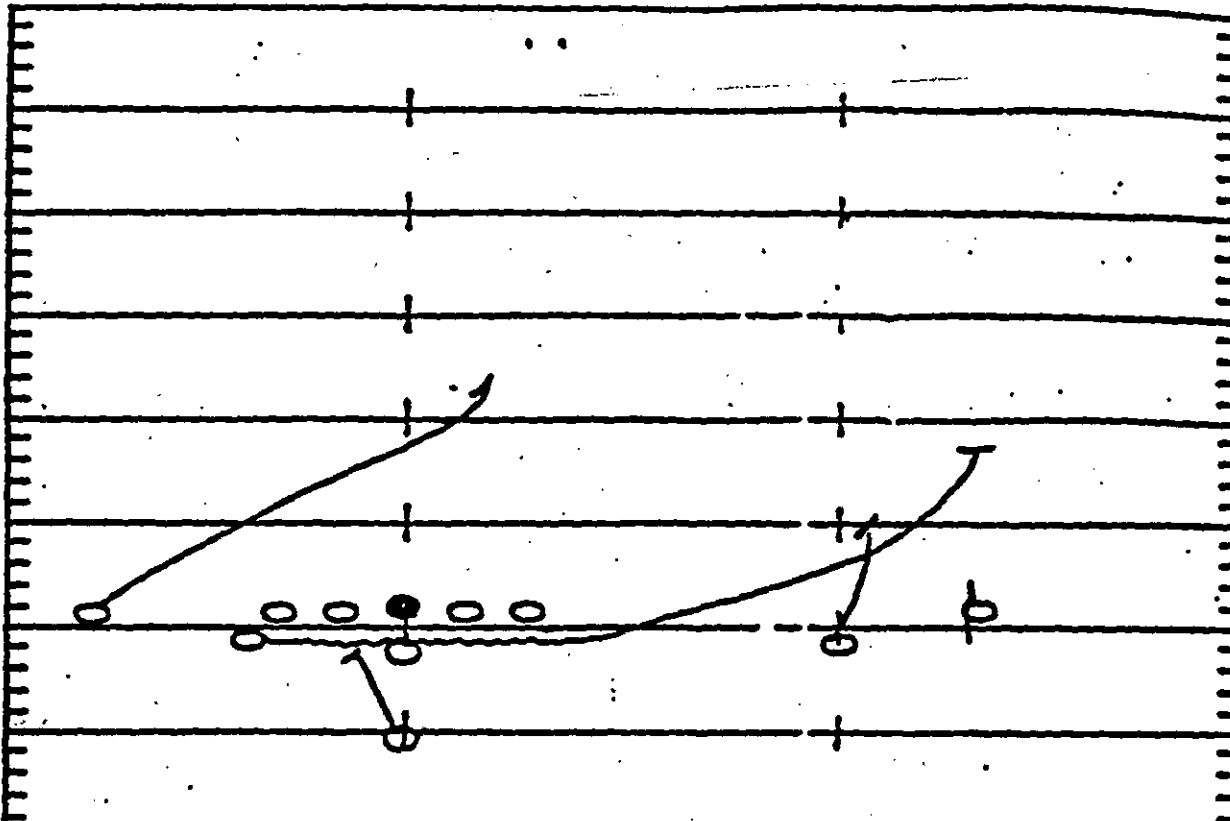
TIGHT END (Y)

P.S. inside release get CB to come over the top, Wheel back and build wall

FULLBACK (F)

Block 128-129 Protection. You are outside the PSHB

132 Attack



PLAY PHILOSOPHY

Spread the field and take advantage of soft coverage

QUARTERBACK

If Motion, Snap ball when motion gets outside our TE area. Take one step back and throw quickly leading X upfield.

PROGRESSION

Throw ball to X

FRONTSIDE X

Run the Screen one step up and one step back

BACKSIDE X

Occupy the corner

PITCHBACK (PB)

If in Motion, block corner over WR.
If not, block 132-133 Protection

LEADBACK (LB)

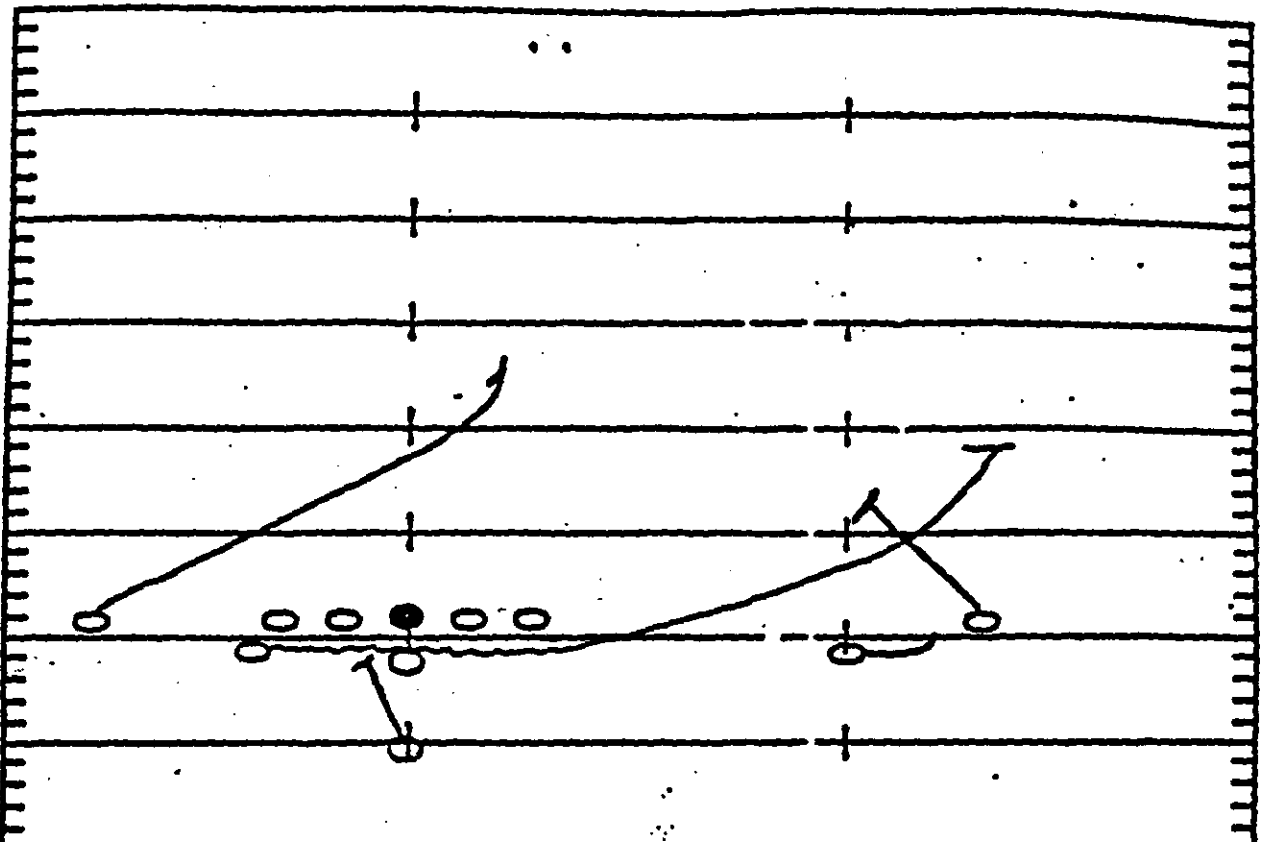
Block 132-133 Protection if Nub. If not, block Rover. You must get Rover blocked inside!

TIGHT END (Y)

Attack technique over you. Make sure You keep his hands down.

FULLBACK (F)

Block EMLOS opposite the play call

PLAY**132 Attack HB****PLAY PHILOSOPHY**

Spread the field and take advantage of soft coverage

QUARTERBACK

Take one step back and throw to
HB leading him upfield

PROGRESSION

Throw to HB

FRONTSIDE X

Block Primary

BACKSIDE X

Occupy the corner

PITCHBACK (PB)

Block Corner over wide out

LEADBACK (LB)

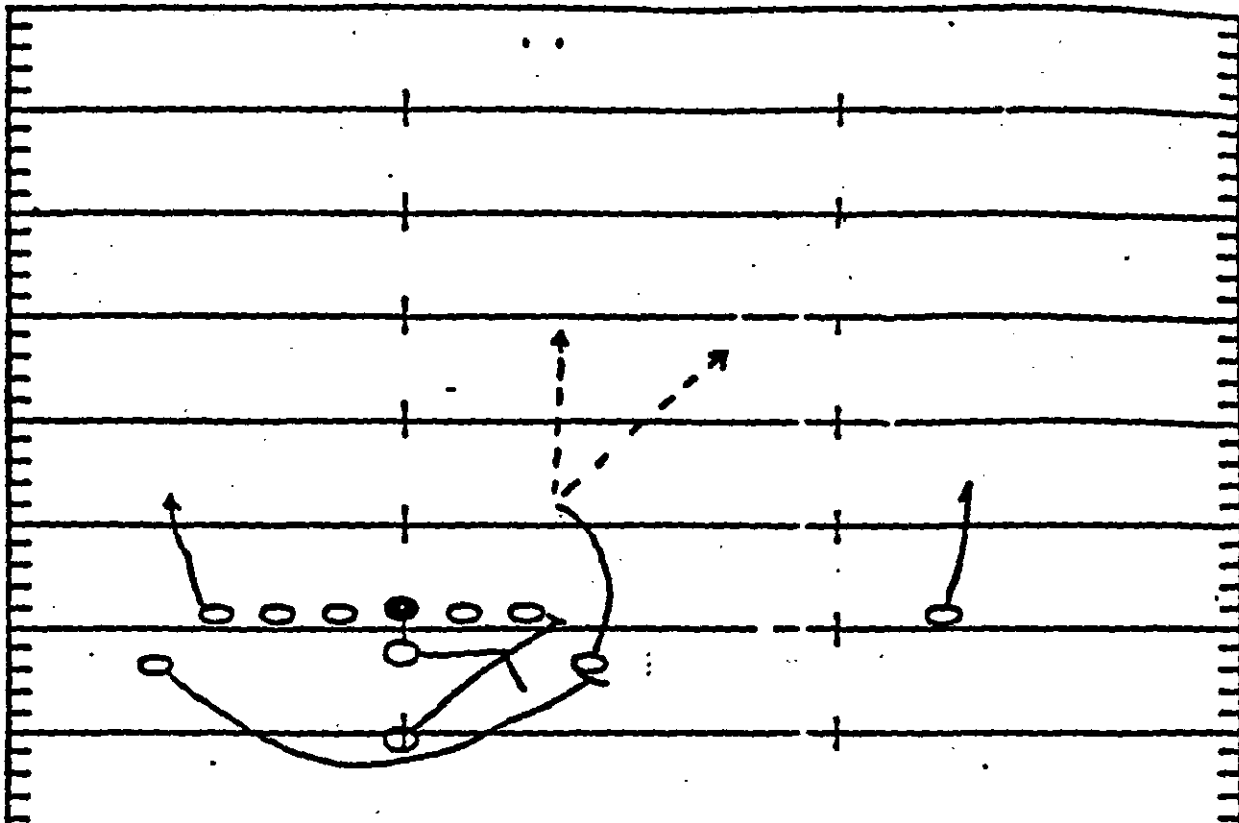
Run Screen Route. Step lateral and
get eyes on QB

TIGHT END (Y)

Same as 132 Attack

FULLBACK (F)

Block EMLOS opposite the play call



PLAY PHILOSOPHY

Run to compliment option & FS if in alley. Also, like to NUB of Rex-Leo

QUARTERBACK

Fake 38-39 '5'. Throw to HB

PROGRESSION

Read FS for throw to HB

FRONTSIDE X

Occupy Corner

BACKSIDE X

Occupy Corner

PITCHBACK (PB)

Max Protect

LEADBACK (LB)

Run '5' Pathway. Read FS Run Read Route off FS

TIGHT END (Y)

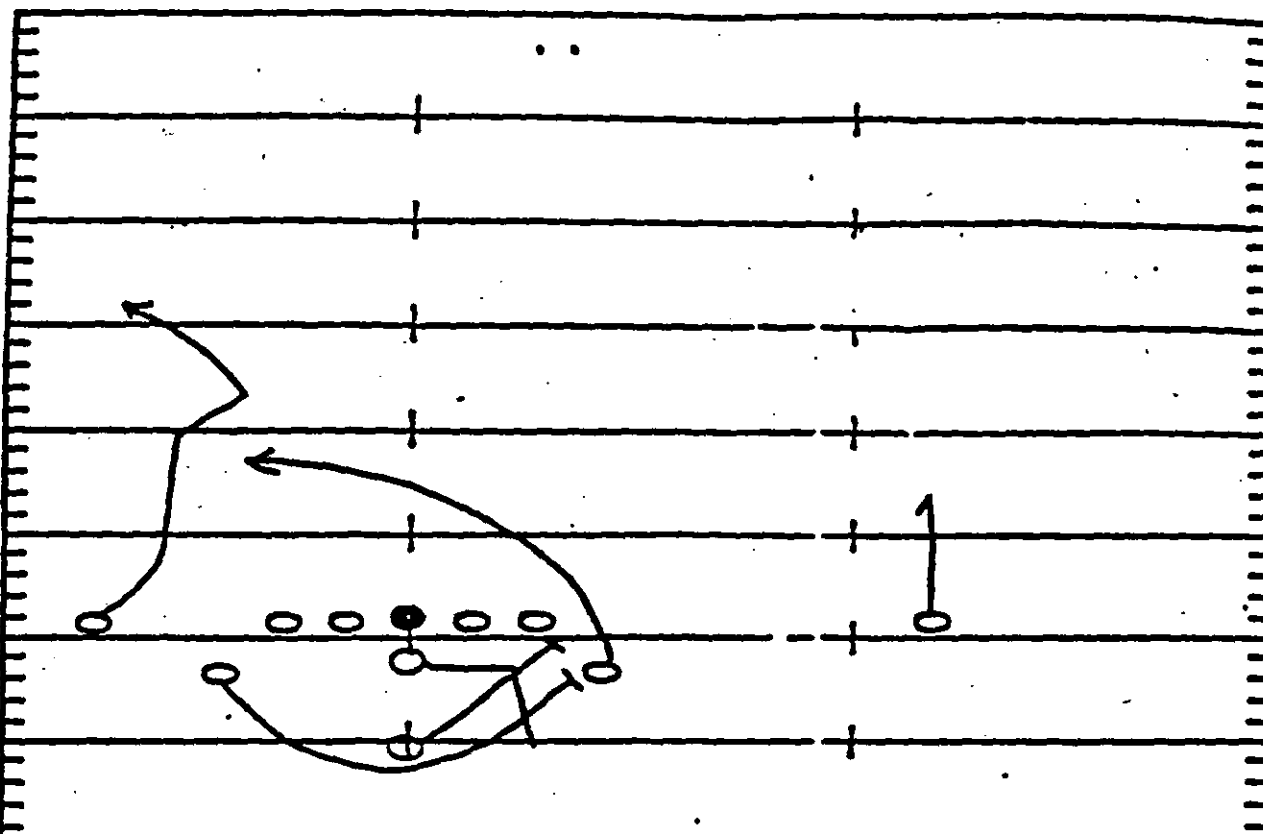
Check for C Fire & run complimentary Route

FULLBACK (F)

Gap Pass Pro

PLAY

134 R CROSS



PLAY PHILOSOPHY

Run as a method to throwback Post Corner off of play action

QUARTERBACK

Fake 38-39 '5' & throw back to X or Cross

PROGRESSION

Read Flat Defense (Drop End) for high-low.
Throw Post-Corner to Cross

FRONTSIDE X

Occupy Corner

BACKSIDE X

Inside release like BS cutoff. At 5-7 push vertical
at 10 yds Run Post Corner to 22 yds

PITCHBACK (PB)

Max Protect

LEADBACK (LB)

Get best release possible & run Drag 8-10 yds
over BST

TIGHT END (Y)

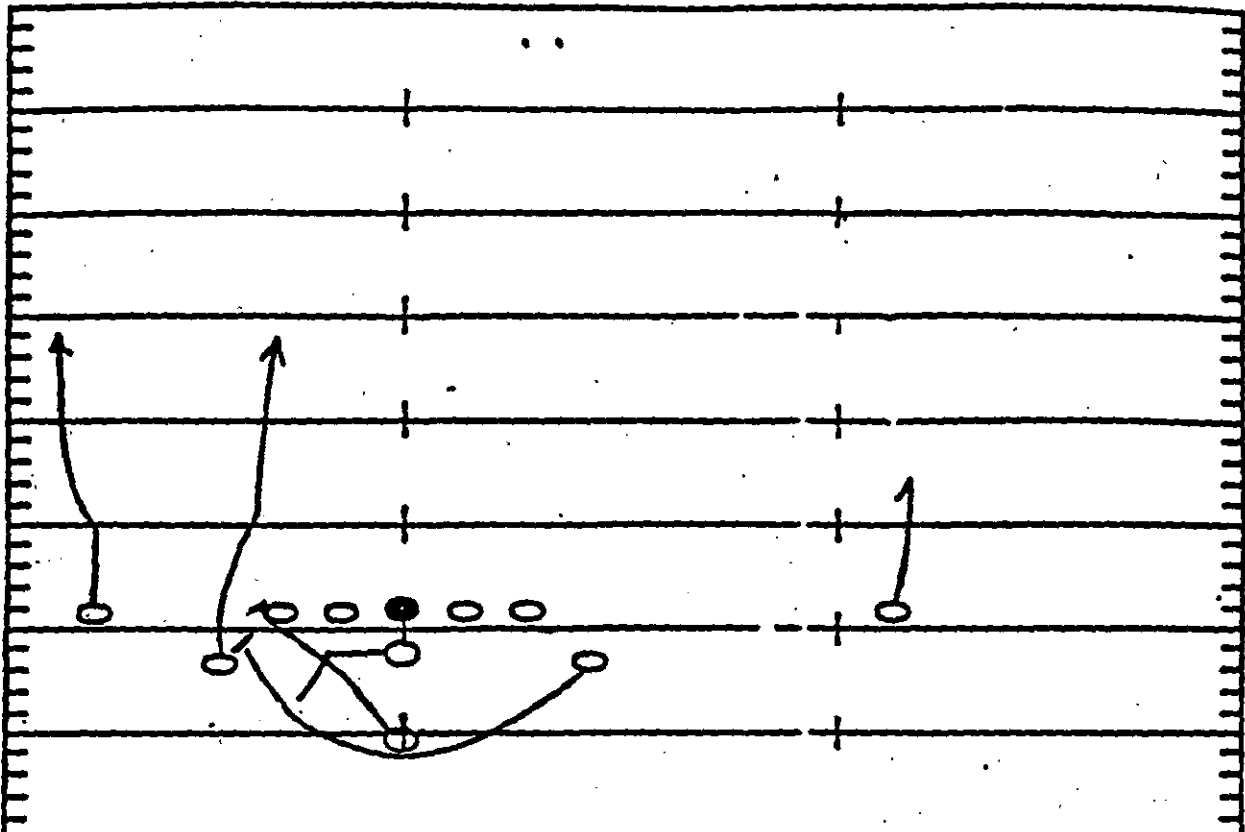
FS: Run Cross 8-10 over BST (if Y Cross)

FULLBACK (F)

Gap Pass Pro

PLAY

135. 8.



PLAY PHILOSOPHY

Compliment option -vs- Roll Coverage into Boundary

QUARTERBACK

Fake 38-39 '5' & push 3 off LOS

PROGRESSION

Throw Idle in hole to FSX. If ½ overplays to the Idle, throw the seam

FRONTSIDE X

Release through OS Pad of Corner & Idle in hole

BACKSIDE X

Occupy Corner

PITCHBACK (PB)

Max Protect™

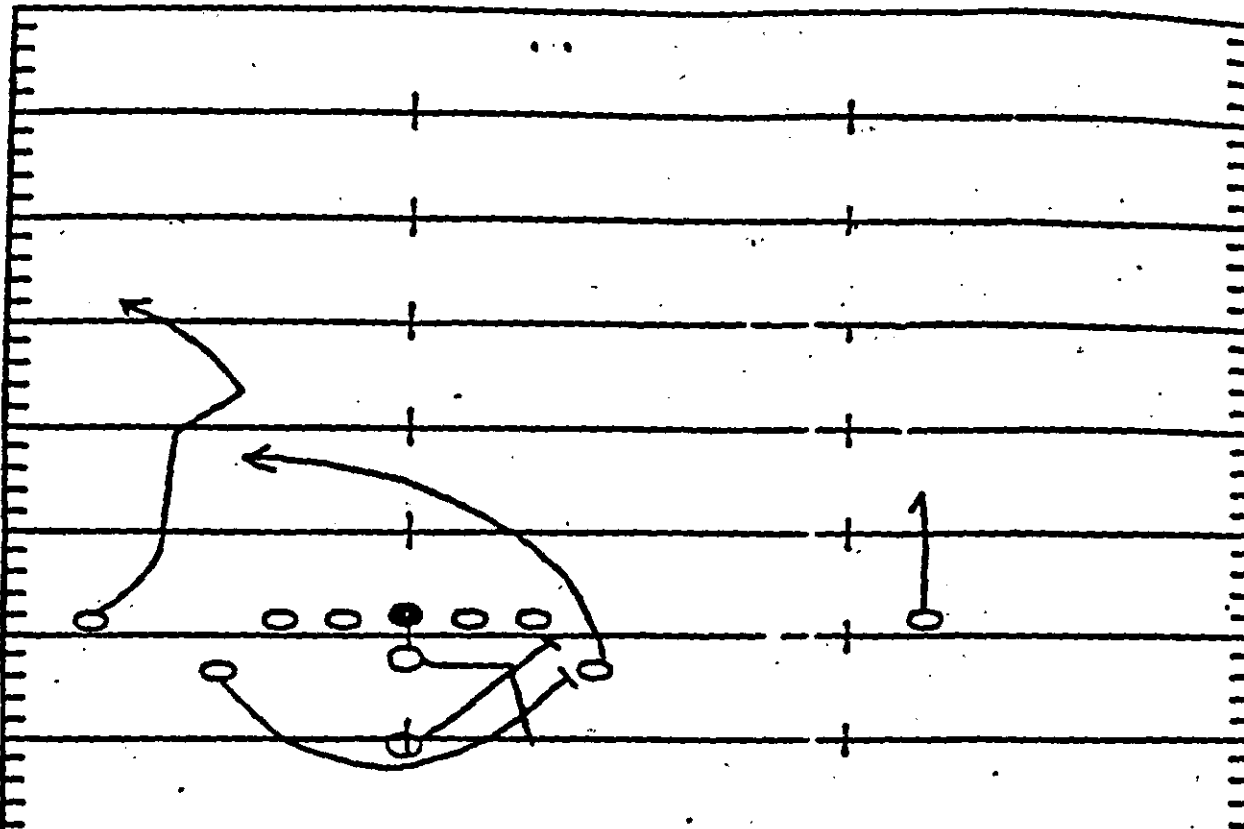
LEADBACK (LB)

Run Seam to OS Pad of $\frac{1}{2}$ player. No deeper than 12 yds

TIGHT END (Y)

FULLBACK (F)

Gap Pass Pro

PLAY PHILOSOPHY

Run as a method to throwback Post Corner off of play action

QUARTERBACK

Fake 38-39 '5' & throw back to X or Cross

PROGRESSION

Read Flat Defense (Drop End) for high-low.
Throw Post-Corner to Cross

FRONTSIDE X

Occupy Corner

BACKSIDE X

Inside release like BS cutoff. At 5-7 push vertical
at 10 yds Run Post Corner to 22 yds

PITCHBACK (PB)

Max Protect

LEADBACK (LB)

Get best release possible & run Drag 8-10 yds
over BST

TIGHT END (Y)

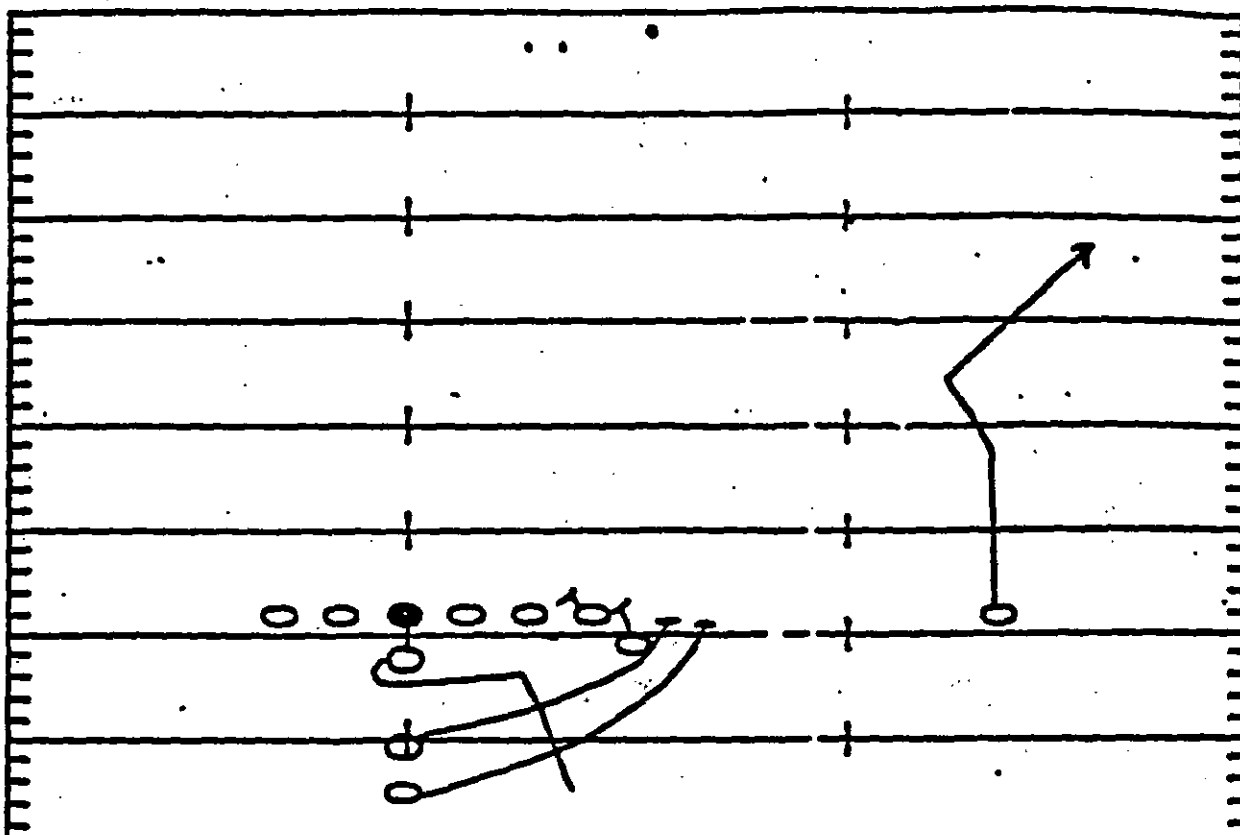
FS: Run Cross 8-10 over BST (if Y Cross)

FULLBACK (F)

Gap Pass Pro

PLAY

128-9



PLAY PHILOSOPHY

Run as compliment to 28-29 when Corner has inside leverage

QUARTERBACK

28-29 Steps. After Pivot, work
4 Down and 1 Back

PROGRESSION

Throw Frontside Post-Corner no deeper
than 22 yards. Bring receiver back if
corner is over the top of route

FRONTSIDE X

Run Post Corner

BACKSIDE X

Occupy the Corner

PITCHBACK (PB)

Use 128-129 Protection! Same as 128-7.

LEADBACK (LB)

Use 128-129 Protection. Same as 128-7

TIGHT END (Y)

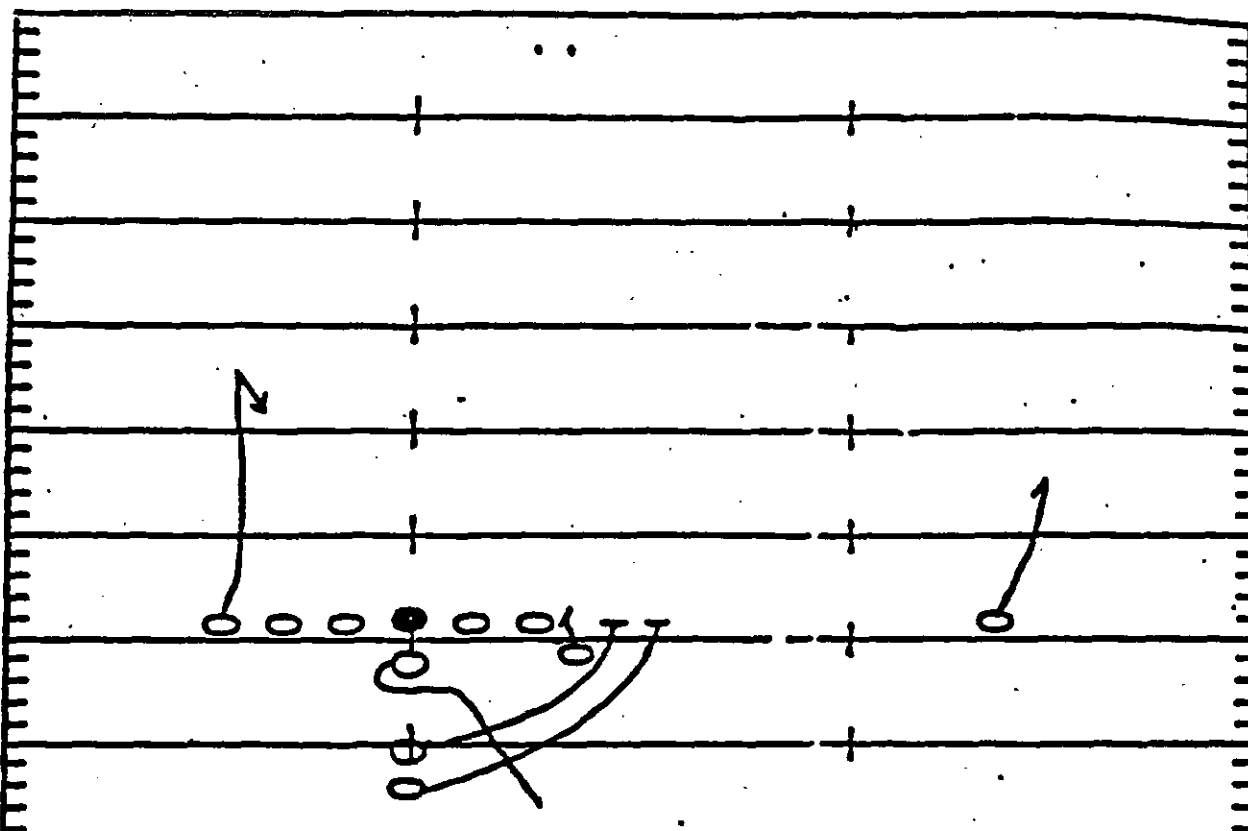
Gap Block

FULLBACK (F)

Block 128-129 Protection. You are
outside the PSHB

PLAY

128 - Search

PLAY PHILOSOPHY

Run as compliment to 28-29 when backside LB is running hard

QUARTERBACK

28-29 Steps. After Pivot, work
1 Down and 3 Back

PROGRESSION

Throw Search Route to TE, inside or
outside PSLB

FRONTSIDE X

Occupy the Corner

BACKSIDE X

Run Post Curl

PITCHBACK (PB)

Use 128-129 Protection! Same as 128-77.

LEADBACK (LB)

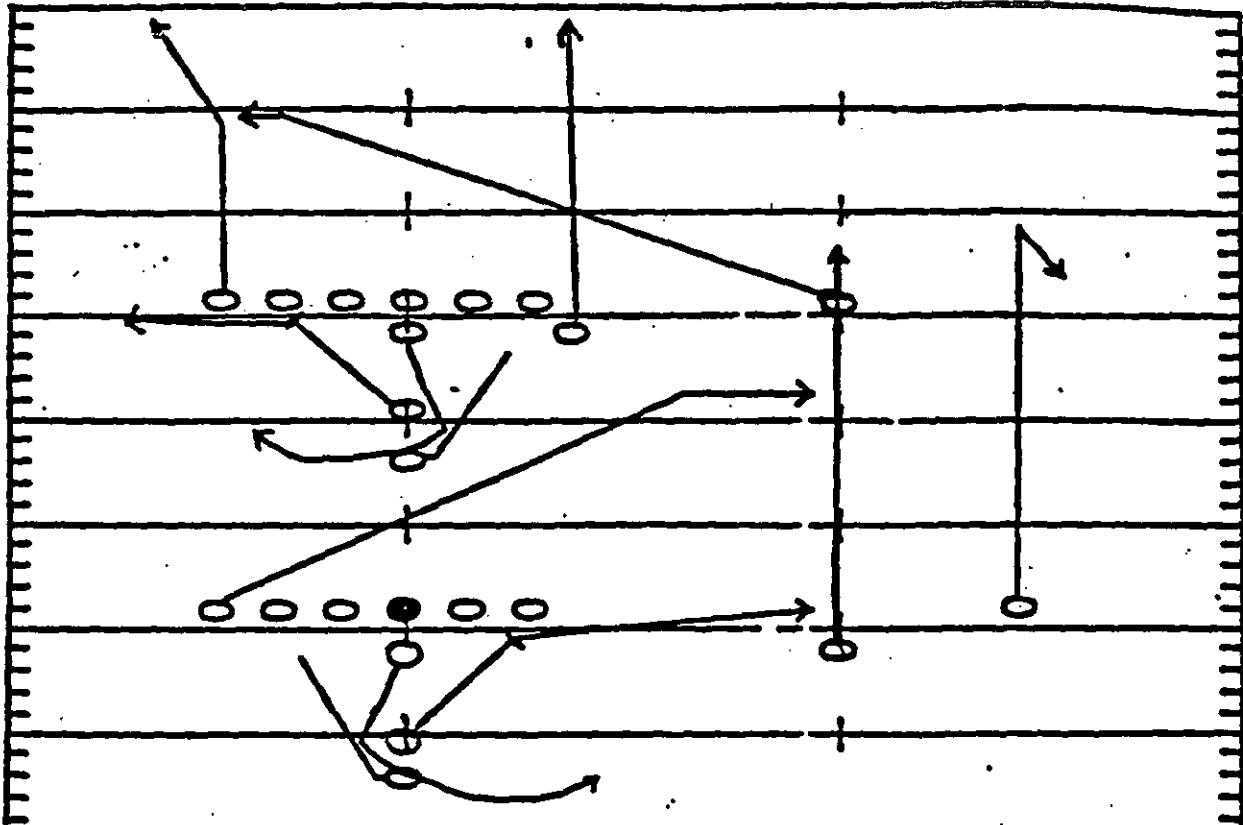
Use 128-129 Protection. Same as 128-77

TIGHT END (Y)

Get good split, preferably inside release
go to 12 yds. Comeback to 10 yds. - read
P.S. LBer - know if it is a 2 or 3 LBer
scheme

FULLBACK (F)

Block 128-129 Protection. You are
outside the PSHB

PLAY PHILOSOPHY

Counter to 12-13 when backside end is squeezing hard

QUARTERBACK

Fake 12-13. Get depth (7 yds) off
Fake and attack corner

PROGRESSION

Boot away from Y: Quick look to
comeback. Work Chipper to Drag.
Boot to Y: Work Post-Corner,
Chipper to Drag

FRONTSIDE X

Run Comeback 18 back to 16

BACKSIDE X

Cut Split, run Drag at 10-12 yds.

PITCHBACK (PB)

Run 12-13, be a Great Faker!
You must be tackled or look
up playside LBer

LEADBACK (LB)

Run Clear Route from wherever you are
aligned!

TIGHT END (Y)

B.S. - get good split, run Drag
at 10-12 yds.
F.S. - get good split, get on stem
break at 10 and aim to 22 yds

FULLBACK (F)

Block EMLOS for 2 counts and release to
Flat. Get width and go no deeper than
2 yards