THE QUARTERBACK

THE BOTTOM LINE

Three questions can be asked about a quarterback prospect to determine if the prospect is an option quarterback. When the three questions are answered with a "yes" than more likely the prospect can be an option quarterback. He may not be a Colorado or an Air Force style quarterback, but, he can run the option effectively to win football games.

The first question is, regardless of athletic ability, does the prospect have the willingness to get off the ground after a "big hit", call the same play and run it aggressively? If the answer is "yes" he has the mental and physical toughness to be an option quarterback. Mental and physical toughness is the quarterback's ability to remain poised, confident, determined, and courageous regardless of what happens on the field, or off the field. Mental and physical toughness, not sheer athletic ability is the key ingredient in a winning quarterback. A quarterback who has average athletic ability and endowed with mental and physical toughness is more likely to win than a quarterback with excellent athletic ability and marginal toughness.

The second question, does the quarterback have enough athletic ability (speed, quickness, balance) to run for a first down on third and seven when the defense forces the quarterback to carry the ball on an option play? If the answer is "yes" the quarterback can be an effective option quarterback.

The third question, does the prospect have the willingness to be an option quarterback? For the answer to be "yes" the quarterback prospect must be willing to execute option plays, not just tolerate running the option.

THE INTANGIBLES

Without question mental toughness, physical toughness, and caring are the three most important intangibles in a winning quarterback. That lesson was learned in 1979. Our team had a freshman quarterback from Muskogee, Oklahoma. He was five foot ten and a little bit and weighed about one hundred and sixty-two pounds. The young man was recruited by one college football program as a quarterback. Coaches considered him too small for the rigors of college football. But, the little quarterback from Muskogee High School is one of four quarterbacks in NCAA history to rush for over 2,000 yards and pass for over 4,000 yards in his college career. Entering his senior season in 1982, only Dan Marino and John Elway produced more total offensive yards in their college careers. And the little quarterback from Oklahoma certainly didn't have the supporting cast surrounding the two NFL greats.

The quarterback from Muskogee was a gifted athlete with magic in his feet and daring in his heart. He possessed the intangibles coaches relish talking about in quarterbacks. He was unselfish, he had the "want to" (desire), an infectious positive attitude, along with other numerous intangible qualities. But, those intangibles weren't the prime reason he was successful. There was another quality within him which gave him the ability to carry a 1-10 team, his freshman season, to three consecutive winning seasons, culminated with an 8-3 record his senior year. He met all the demands for perfection in practice with tenacity and a smile. He faced Alabama, Arkansas, Tennessee, and other clearly superior football teams with the same tenacity and the same smile. The tenacity was toughness, both mental and physical. But, what made the mental and physical toughness a force on and off the fie
Challenging the quarterback’s decision is an integral part of his education as a decision-maker. The challenge puts the quarterback in a mindset that no decision can be taken for granted.

Challenge the quarterback’s decision whether the decision was right or wrong. Ask him after each play which requires a decision why he made a particular decision. Ask him to be specific.

Challenge the quarterback after he made a correct decision by asking him with disbelief in your voice. "Why did you make that decision?" The question tests the quarterback’s understanding of the decision-making process and his confidence in his decisions.

4. **Share responsibility.** The quarterback must understand he shares, in part, the responsibility for his coaching. A quarterback must be responsible to coach himself because of the time constraints of a practice schedule. No young quarterback takes enough repetitions in practice to become totally proficient at the variety of factors necessary to execute an offense. In order to add to the physical repetitions a quarterback receives in practice he must add mental repetitions by observing. A quarterback must learn to place himself under the center when another quarterback is involved in a drill or executing the offense. As an observer he must critique his counterpart and learn from what he did correctly or incorrectly.

To insure the quarterback is taking the responsibility to coach himself test his awareness every second or third play by asking him a question. Force his mind to work overtime.

**THE QUARTERBACK AND THE OPTION**

For a quarterback prospect to develop into an option quarterback he must be coached to understand:

1. the theories behind the option plays and how the quarterback brings life to those theories.

2. the decision-making process which enables the quarterback to make the proper decisions to effectively execute the offense.

3. how to protect himself when he runs the football, and

4. how important it is to respect and protect the football.

**THE QUARTERBACK’S WILLINGNESS**

For the quarterback to make a contribution to the offense he must be willing to:

1. take the initiative and the time, on and off the field, to prepare himself mentally and physically.

2. become a student of option football by giving his attention and energy to detail (doing the "little things"), and

3. accept the positive and negative aspects of being a quarterback in stride and never allow either the positives or negatives to effect his attitude or
DECISIONMAKING

The ability to make the decisions to execute an offense is the true measure of a quarterback. Quarterbacking is decision-making. The quarterback’s decisions win or lose football games. Regardless of the style of an offense a coach designs, it won’t be successful unless the quarterback makes a significant number of correct decisions. Athletic ability and mental and physical toughness are key ingredients in a quality quarterback. But, a quarterback with these qualities can’t get on the field when he doesn’t possess the decision-making ability which allows the offense to move the ball.

The most important and difficult technique to coach in any offense is the quarterback’s decision-making. The difficulty arises in preparing the quarterback for the numerous variables, either offensively or defensively, which influence the quarterback’s decisions. The quarterback’s decision-making in an option offense is the key to success because of the number of decisions an option quarterback must make in a game. To be a successful decision-maker the quarterback must be coached to understand and execute a simple and logical decision-making process.

A quarterback can’t be expected to be one hundred percent correct with his decisions. In football that is impossible when twenty-two players react on the snap of the ball. But, two very important results must occur when the quarterback makes a wrong decision. First, the initial wrong decision isn’t followed by another poor decision. Usually the second wrong decision creates a lost yardage play or a turnover. Second is, the offense has possession of the football after the quarterback makes an incorrect decision.

The quarterback must understand he will make X number of wrong decisions in the course of the game. Those X number of wrong decisions are acceptable if the offense has possession of the football when the whistle blows to end the play. An offense can recover from a quarterback’s wrong decision, but often can’t recover from a turnover.

Regardless of how complex double or triple option decisions appear those decisions aren’t complex when a simple, logical decision-making process is coached, practiced and applied in a game. In an option offense the quarterback must have the decision-making tools to minimize the risks in an option offense. An option quarterback to consistently make the proper decisions must be coached to:

1. make one way decisions,
2. pre-snap read the defense, and
3. understand the perimeter of the defense.

ONE WAY DECISIONS

The key to consistently making correct decisions in an option offense is for the quarterback to make one way decisions. One way decisions are predetermined in the huddle or at the line of scrimmage.

In a double option play the quarterback can’t come down the line of scrimmage to option number three, hesitate and then decide whether to pitch the ball to the tailback or not to pitch the ball. The decision can be predetermined for the quarterback with a one way decision-making process. The one way decision-making process removes any hesitancy because the process instructs the quarterback exactly what to do when he reaches number three. The one way decision-making process instructs the quarterback to pitch the ball off number three, until number three won’t allow him to pitch the ball. When the quarterback takes the snap and comes down the line of scrimmage he tells himself, “Pitch, pitch, until
The quarterback makes a pre-snap read for a triple option by asking four questions. The four questions are:

1. **Where is the free safety?** (For the same reasons as for the double option.)

2. **Where is the read man?** The read man's alignment on the offensive guard or tackle establishes the quarterback's one way decision-making process for reading triple option play.

3. **Where is number three?** (For the same reasons as for the double option.)

4. **Where is number four?** (For the same reasons as for the double option.)

When the quarterback answers these questions he can execute the option with confidence and with a minimum of risk.

**THE PERIMETER DEFENSE**

The quarterback must have a fundamental knowledge of perimeter defenses to execute an option play. He must understand how the defense reacts from a variety of perimeter alignments to defend the option. Also he must recognize the perimeter defense to determine whether the offense has a number advantage or disadvantage based on the alignment.

The defenders in the perimeter defense are the quarterback's alphabet to read the perimeter defense. The perimeter defenders include: the option man (number three), the run support defender (number four, either a defensive back or an outside linebacker), the free safety, and the defensive backs responsible for the deep half or third of the field.

The diagram illustrates the perimeter defenders for a seven man front with a four deep secondary.

![Diagram of perimeter defense](image-url)
When number three has a soft number four (either a strong safety or a cornerbac) aligned outside, more than likely number three has the pitch, number four is a deep pass defender, and number two is responsible for the quarterback.

The Diagram illustrates number three with a soft number four (a strong safety) and the option responsibilities.

When number three has a hard number four (either a strong safety or a cornerbac) aligned outside, more than likely number three has the quarterback and number four is responsible for the pitch.

The Diagram illustrates number three with a hard number four (a cornerbac) and the option responsibilities.
The quarterback's option technique of running at the option man's nose was effective because:

1. The technique created a wide inside running lane for the quarterback. The quarterback was running away from the heart of the defense and to the option alley.

2. The technique allowed the quarterback to pitch the ball more often. The ball was pitched more often for two reasons. First, the quarterback chased the option man to get the ball pitched. Second, the ball was pitched more often when the option men were coached to restrict the quarterback's wide inside running lane.

The Diagram illustrates the quarterback's option technique of running at the option man's nose.

Regardless of the option technique one factor must remain constant. The quarterback must neutralize the option man as an alley player. He can't allow the option man to force a pitch and then make a play on the tailback for a short gain.

The Diagram illustrates the option man as an alley player.
the defense from play to play. However, the quarterback must always work to make the ideal pitch regardless of the pitch relationship. It is a discipline that develops a fundamentally sound quarterback and very few poor pitches.

An important coaching point for coaching the pitch is to teach and drill the quarterback's pitch technique before he is drilled on the option technique. For an orderly progression take it one step at a time. First, teach the quarterback to pitch the ball. Second, teach the quarterback the option technique. Then put the two techniques together.

OPTIONING DEFENDERS

The quarterback coaching points to option a slow play defender are:

1. Pre-snap read the defense. Anticipate the intentions of the defense before the ball is snapped.

2. Always think hard end. Be prepared to pitch the ball quickly.

3. Mentally set in motion the one way decision-making process. ("Pitch, pitch, until the option man won't let me pitch the ball.")

4. Come off the mesh holding the ball with two points of pressure in front of the jersey numbers to be prepared to pitch at any time.

5. Attack the option man's nose. Close the gap as quick as possible, but remain under control to pitch the ball on any step.

6. Keep the eyes focused on the option man's body. See his feet with the bottom of the eyes. When the back foot plants, pitch the ball.

7. Challenge the option man. Close to within an arm's length or closer before pitching the ball. Don't allow the option man to be an alley player. When the option man widens to maintain outside leverage continue to chase him to pitch the ball. To pitch the ball look over the option man's inside shoulder to mis-direct him. To keep the ball look over his outside shoulder to mis-direct him.

8. Run to the option alley on a keep. Run hash, numbers, and to the boundary to run away from the defense.

9. Look the pitch into the tailback's hands.

10. Don't get hit.

The quarterback's coaching points to option a hard end defender are:

1. Pre-snap read the defense. Anticipate the intentions of the defense before the ball is snapped.

2. Always think hard end. Be prepared to pitch the ball quickly.

3. Mentally set in motion the one way decision-making process. ("Pitch, pitch, until the option man won't let me pitch the ball.")

4. Come off the mesh holding the ball with two points of pressure in front of the jersey numbers to be prepared to pitch any time.
OPTIONING A DEFENSIVE LINEMAN

A quarterback for the most part options a defensive player in a two point stance. Occasionally he options a defensive lineman in a three or four point stance. The coaching points and techniques are the same as for optioning a defender in a two point stance. But, the quarterback must be aware a down lineman usually plays a hard end technique.

REDUCING THE RISKS

The quarterback reduces the risks of executing an option play by adhering to several option rules. The option rules are part of the quarterback's option technique. The rules are:

1. **Always think hard end.** Be mentally prepared for defensive pressure from the option man or a secondary blitz.

2. **When in doubt don't.** When the defensive reactions create any doubt in the decision-making process, keep the ball.

3. **Don't pitch in the grasp.** When in the grasp of a defender the play is over. Protect the ball.

4. **Don't pitch the ball blind.** Look the pitch in. Make sure the tailback is in position to catch the pitch.

5. **Never pitch off number two** (except on options which are designed to option number two). When the ball is pitched off number two the option man can attack the tailback as he is about to catch the pitch. Pitching off number two is a turnover decision.

6. **Get the ball pitched** to the tailback. Pitch the ball when the defensive reactions allow the ball to be pitched. Don't keep the ball for a five to six yard gain when the tailback would have gained thirty yards if the ball was pitched.

7. **Don't cutback.** Run to the option alley on a keep to run away from the defense.

8. **Don't get hit.** A quarterback is a quarterback, not a tailback. His running style is different, except on short yardage. The tailback can take on tacklers, the quarterback avoids tacklers.
STUNTS
AND
BLITZS
When we get two people rushing from outside the tackle box we will identify that blitz as an outside blitz.

EX:

When four rushers come off the side of the formation that we have determined as the strength we will call that a strong blitz.

EX:
Strong-C Stunt: with tackle and LB changing gap responsibility

Weak - C Stunt

Strong Blood or weak Blood Depending on which side of field Stunt comes.

Double Blood

Easy-Stunt with tackle and exchanging Responsibility.
4. Coverages

1. Man Free

2. 2 Deep Safeties with underneath defenders playing Zone

2 Man

2 Safeties playing Free to their half of the field with underneath defenders playing Man

3. 3 Deep with a Strong Safety in a Sky position

6°

3 on 2 coverage to the Strength

1/4, 1/4, 1/2

Quarters by Field Corner and Safety with a cover 2 look to the short side; sometimes called 3 Cloud

4 Across

Rotating secondary with Cover 3, 1/4-1/4-1/2, or Man principals; may not show until after motion is used and/or ball is snapped
IDENTIFICATION
OF DEFENSIVE
TECHNIQUES AND
DEFENSIVE FRONT
TERMINOLOGY
D. 303 Fronts

Characteristics:
- 3 technique aligned on (the outside shoulder of) the guard, a Nose touching the Center, and another 3 technique aligned on (the outside shoulder of) the other guard

Types:
1) Bear - Both Guards and the Center are covered and there's a Mike LB behind the Center. There a C gap players aligned in either 5 or 7 techniques

2) Double Eagle - Both Guards and the Center are covered and there are LBs aligned over the Tackles with Ends in 7 techniques to both sides

II. Calling Fronts

At Ga Southern University we will call fronts from the weak (nub) side to the strong (Over or Heavy) side. If we are aligned in our customary Spread set we will call fronts from the boundary side to the field side or Left to Right when the ball is in the middle of the field.
In listing Defensive Fronts at Ga. Southern University, we will use the defensive techniques and call them from weak to strong. The weak side will be the short side of the field if we don’t have a strength offensively. With a balanced offensive look and the ball in the middle of the field, we will read the techniques from left(weak) to right(strong).

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OPTION COUNT SYSTEM
3. 12-13 is our inside veer play. We will Load when run support is inside the Tackle box. Our option count begins with the first Down lineman touching or outside our PST being #1, the read Key; #2 is the next man out Line to LB'er Level to Secondary; and #3 is run support. Example:

1) Tackle calls "3" or "4i" to determine #1

2) Tackle calls "inside" or "outside" as to whether the LB is in the option count("in" line or A-back account for him,"out" QB treats him as #2 and reads(pitch key) or EZ stunt.

3) Find 1, 2, 3 and NDB's( there are two NDB's on the field to each side; thus, in Over and Heavy both NDB's are to that side).

4) Load when #3 is inside the box

5) If we have 12-13 (Load) called into an Eagle look, the QB can only run Load into the Eagle, when we don't have a MLB'er. Otherwise we should check 28-29. An Eagle defense is a 3 technique, a LB'er at depth over the PST, and a 7 TQ. Always go back to LB'er Kick

6) If Trips 12-13 is called and #3 is outside the box, then check 16-17 to the Trips side. Out of Trips you can't run Load you don't have a PSA to Load; and there isn't one to Arc #3.

7) 12-13 Zip is blocking scheme used to the shade side of a Stack defense. Where the OLB is outside and #3 is outside the box.
5. 18-19 is our Counter Dive option. We want to run this to the smallest Technique. The pitch key is #2, work to get the ball pitched. When #2 is on the line step away, seat the ball then open letting the BSG through, take a picture of #1 and work around to #2.

6. 28-29 is a Two-way option play run to an Eagle look. We pitch off #1 as long as #2 is off the line and #3 is inside the box. Check your best 12-13(Load) play otherwise.

7. 28-29 Solid is run to an Shade-5 side (can run it to a 2i-5 side) of a defense out of spread or away from trips. You would pitch off #2.

8. Some plays we will run from the Heavy package are:

   1. 28-29 Solid Rebel out of heavy no matter what. There is no pitch key as you look to follow the B-back.

   2. 44-45 the Belly dive.

   3. 48-49(Load) the Belly Option. We start our count on the Belly option from the over Tackle and the A-back (will Load) unless #3 is outside the box.

9. Check 81-82(Shuttle Pass) and 81-82 Eagle (QB Draw) to the 3 TQ. QB opens like 360-370 and runs the ball in the PS A seam.
2-3 is a Midline Triple Option play run to the B gap down lineman side (ie. 3 technique or 41). The QB will open past 6 o'clock to put his first step at 6:30 on 2. When we run 3, the QB will open with his left foot stepping back to 5:30. Just as we want on 12-13, the QB must get his first two steps in the ground and reach the ball back to hook up with the fullback. The fullback’s aiming point is the crack of the center and he will run straight ahead on his path while the QB reads the Defensive Tackle. The following fronts show which side we want to run 2-3:

6. Recognizing an Eagle look and what needs to be done with 16-17, 18-19, 28-29

An Eagle look is where we have a 3 technique over our guard and a LB over our Tackle. The 3 technique side of a 4-3 is also an example of an Eagle.

**Play Desired Change vs. an Eagle**

- 16-17 Tackle should call "Eagle" and QB now pitches off #1
- 18-19 Tackle should call “Eagle” and QB will now pitch off #1
- 28-29 Depends on 28-29 scheme

See attachment D

7. Use of “Special” on 16-17, 28-29, 312-313, Zoom, and Pup

- 16-17 Special - An audible by QB or may be called in huddle in anticipation of a 303 defense (ie. Bear 46 or Double Eagle; pitch key is now #1 or a LB who shows outside of #1
  - QB fronts out vs. this look

- 28-29 Special- Used when we are in Trips and have Cover 6 with a Drop OSLB aligned over our Single Receiver; Tackle will pull to kick out the Drop OSLB (ie. #2) and pitch key will be #1

- 312-313 Special- Used when Backside Slot will block OSLB rather than Flare as the safety valve; QB must pause longer than usual between “Ready” and “Set” in cadence to help A get in position to make this block

Pup or Zoom Special- QB fakes Quick Flare and then throws to WR running a Crack and Up

See attachment D
Georgia Southern Run Guidelines

1. Be Ready to throw uncovered out of Trips, Wide Spread and Over Sets (Brown and Green).

2. Run 10-11, 10-11 Twirl and 10-11 White to the B Gap defensive lineman (3 Technique DT or 4i) side. The Midline Count begins with the read man the B Gap Defender as #1; #2 is the next down lineman; #3 is flat defender. If you get two 2i's run to where #3 in Midline count is farthest, and treat as a pull read. Versus a head up (Zero Nose) 50 Defense can run the play to the side called.

   a. 10-11 will be a B-Back read and Pitch play. The B Gap Defender is the read man and the End will be the Pitch Key. The PSA will arc for Flat Defender.

   b. 10-11 Twirl is a B-Back read and Quarterback Follow play. The B Gap Defender is the read man, our Tackle will turn out on the End, and the PSA will lead up on the linebacker (1 Backer A has OLB; 2 backers he has PSLB).

   c. 10-11 White is a B-Back read and Quarterback Follow play. The B Gap Defender is the read man, our Tackle will turn out on the End, and the PSA will Fold inside and lead on linebacker (1 Backer A has OLB; 2 backers he has PSLB). BSA has tail motion on snap count.
### Huddle Call 13

**PLAY:** 13

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| 4-3 | 6-1 | College 4-3 |
| ![Diagram](image5.png) | ![Diagram](image6.png) | ![Diagram](image7.png) |

| 46 | 86 | Wide Tackle |
| ![Diagram](image8.png) | ![Diagram](image9.png) | ![Diagram](image10.png) |

**Shade-Reduced** | **Triple Stack** | **Shade Eagle Cover 5**

**Outside**
Atch E

29 - OK A can Arc 21 #3 is DIS 28 Special - OK Tackle can Arc on #2

28 Solid - #1 based by Tackle #3 29 G Cowboy

28 Solid Load - #1 based by Tackle #3 DIS
Atch G
Defense: 50 Shade

FIS  
C

B  G  and  O
T  N  T  O  O

313  O  460
Both B & D

370  O  460
Either B or S8

LC TE: When calling defenses. Call weak or left side first.

Defense: 4-3
S

B  B  B
T  N  T

"Eagle"  O  "Inside"
313  360

Defense: Double Eagle
S

B  B
T  N  T

"Eagle"  O  "Eagle"
313  360

Defense: Triple Stack
S

B  B  D
T  N  T

"Eagle"  O  "Outside"
313  312

Defense: "Bear" 46
S

FIS  
C

B  B  G
T  N  T

370  O  460
Both B & E 33

Defense: Shade 6

FS  
C

O  T  N  T  E
SIS

470: Both E and D
CENTER-QUARTERBACK EXCHANGE

I. GENERAL BACKGROUND

1. The center-quarterback exchange must be flawless. It must become second nature to you.

2. You must spend time with your center making sure you receive the ball the way you want it every time. The laces of the ball should come up crossing the fingers of your passing hand.

3. Never crowd your center.

II. STANCE

A. Feet

1. Armpit width
2. Pointing straight ahead
3. Weight on the balls of your feet, with the weight distributed in proportion to the side you are pivoting to.
4. 75% of the weight on the pivot foot, 25% on the lead foot.

B. Knees

1. Slightly flexed

C. Trunk

1. Upright as much as possible. Too much body lean will create problems in scanning the defense.

D. Hands and Arms

1. Throwing hand should be placed firmly under the center's buttocks, squarely in the middle with the palm facing down.

2. Opposite hand should be connected at the thumbs, either by meshing the thumbs together or by interlocking them.
THROWING TECHNIQUES

I. General Background

1. To improve as a passer, a QB must dedicate himself to that goal. Improvement will demand concentration and hours of work.

2. Basically, the number of times you throw the ball will determine how well you throw. There is no shortcut. Repetition leads to improvement and success.

II. Position and Stance

A. Feet

1. Armpit Width

2. 90% of weight on backfoot, 10% on front foot

3. Semi-crouched position - knee, hip, shoulder

4. Lead foot is pointed approx. 60 off the vertical plane behind the center, the back foot is approx. 30 off the horizontal plane parallel to the line of scrimmage. Feet are directly behind one another.

EX. [Diagram]

a. Enables passer to better see entire field
b. Enables passer to throw to his left more comfortably

B. Knees

1. Slightly bent

C. Trunk

1. Upright and Poised

D. Shoulders

1. Slightly open from the vertical, approx. 30 (Ex. Rt. handed passer, left shoulder slightly left of vertical plane) be careful not to open shoulders too much or it will result in a loss of power.
VI. THROWING BALL:

A. Elbow lead
   The elbow should lead or be ahead of the ball as you start the throwing motion.

B. High release
   Release the ball as high as possible with good arm extension. Provides leverage (power) and avoids having the ball blocked.
2. The opponent's personnel:
   a. Where is the defensive strength in terms of personnel? The weaknesses?
   b. What is the personality of the defense? Are they quick or slow; stunting or read; strong vs run, weak vs pass or vice versa. ETC.?

II. GOALS OF A QUARTERBACK

1. To execute your position at the highest degree of proficiency possible, be consistent!

2. To move your team across the goal line. You get an average of 13 attempts to score and we feel we have to score 4 times. This is the most important statistic in evaluating a quarterback. If he can take the team across the goal line or produce some sort of score one third of the time, he is doing his job.

3. Everyone gets an opportunity to do something big—only those who put a lot into it can take advantage of the opportunity when the situation presents itself. You have to be prepared.

4. Once you get the job done, you don't care who gets the credit!

5. Your reaction to losing can tell if you are a winner or a loser. You can lose and still be a winner as long as your reaction is correct.

6. Be realistic in setting your personal goals.

7. Know and respect responsibility.

III. RECOGNITION OF DEFENSES

To have a working knowledge of defensive football and to be able to put that knowledge to use in game situations, the quarterback must be able to recognize the different types of defenses and coverage alignments.
Vocabulary for Offense

**Base-Veer**
Inside, on, Outside, 1st Linebacker Head up to inside tackle box
1). as a Blocking Scheme; it's PSLB'er. The PST will release
inside or Outside #1 to get the PSLB'er. His path is based on
whether the PSG is covered (inside release) or Uncovered
(outside release). We must protect B Seam.
2). as a Blocking technique it's Step, Dip and Rip.

**Scoop**
Is a backside scheme, which allows us to cutback. The center
scoops Playside A gap to BSLB'er. He would deliver nose to BSG.
BSG and BST scoop the area from the hand in thier stance to the
hand of the next man towards the play.

**Zone**
Is a playside blocking scheme. PSLinemen step at a 45° to the
outside and play what comes thier way.

**Fold**
Is a backside block. It occurs between the C and BSG or the BSG
and BST. The first man blocks back and the second goes around.

**White**
Is a blocking scheme where the Linemen block head up to
outside. It can be used playside or Backside. It can be a call.

**"Green"**
Is a blocking scheme where the Playside linemen block head
up to inside. (Down)

**G-**
Is a blocking scheme where the PST blocks down to the 1st
DLM or BSLB'er inside. The PSG pulls around for PSLB'er or #1
depending on play called. We G on 12-13, 28-29, 16-17, 48-49.

**Wedge**
Is a blocking scheme where the all Linemen step to the point of
attack and block whatever crosses thier face working upfield.

**Hinge**
Is a Blocking technique used on 60-70 protection. We step
where we'd spit turning our backs to the sideline. Punch the
area so as to determine each gap. Set our feet. Scan the area for
any threat.

**Ace**
Is a Playside blocking scheme used between PSG and C, to
secure the nose to BSLB'er. BSG would short scoop when this is
used. This could be a called at the line by the C, if nose.

"Geronimo"- Is a Playside blocking scheme used to allow the PST to outside
release for the PSLB'er when the PSG is covered. The Center
would make this call, when he feels he can stop the Mike
backer from hitting the B seam on a 6-1 type Defense.

"Slip"- Is a playside blocking scheme used on triple stack defenses
where the PSLB'er is stacked on the nose or backside. The PST
goes outside on a 5 TQ and gets the PSLB'er. The PSG would
quick Ace to the PSLB. The C calls it and bases the shaded nose.
Tackle box-Is the area designated up the field from our tackles outside foot and inside to the other tackle.

Hot LB'er- Is the Linebacker designate as whom we'd would throw off if he'd blitz in 360-370 protection. Generally he's the 1st LB'er in the tackle box.

Full Scoop- Is a blocking technique used by C when we G. He'd stop any A gap run through.

Combo- Is a blocking scheme where PSG bases a 3 TQ and PST helps deliver the 3 as he works up to PSLB'er.

"I'm Back"- Is a call made by C, to alert PSG he's blocking back for the pulling Guard and he's covered by the nose.

Anchor Down- Is a backside block used by BST to stop backside defenders from chasing QB down from behind on counter options. We will use both Full and Half Anchors.

You/Me Scan- Is used in 360-370 protection between the C and BSG. The C would make the "call" as to who would spy the BSLB'er and get out for edge rusher. When both are covered no call.

"3-Down"- Is a blocking scheme used on 360-370. We need a 7-3-0 tech. Which allows the PST to block down on the 3 and take over the B gap. The PSG steps up to 3 and sets him up when the PST arrives, he takes over the A gap to secondary scan. The C bases the Nose he has him until PSG arrive then he has backside A gap to Edge rusher.

Bow- Is a blocking scheme against an Eagle or reduced front. PSG cuts PS 3 and PST goes straight for PSLB'er, while the B back goes through track securing 3 to BSLB'er to FS. (28-29)

Solid- as a blocking scheme in 28-29 we'd base a 4i, pitch off of #2 and the A-Back would arc for #3. On 10-11 vs 5-0-5 we'd base all across the line. Out of a heavy set we'd add "Rebel" and base all with the A-Back blocking 1st man outside of TE.

Cowboy- Is a blocking scheme when the B Back cuts the 5 TQ. Used on 12-13, 28-29.

Veer- Base- Is a blocking scheme when the PST blocks through 5 on 24-25.

Wash- Is a backside blocking scheme on 10-11 which allows the cutback.

Load- Is a blocking scheme which puts the PSA on PSLB'er to FS from the outside in. With someone else getting them from inside out.

"Eagle"- Is a called blocking scheme to account for the BSLB'er, on counter options. BSG pulls for PSLB and PST combos to BSLB.

Special- Is a term which means too much to print here.
Alignment: The offensive lineman will assume a three point stance with their earhole aligned on the waist of the center.

Splits: Normal splits for guards and tackles are three feet.

The fullback or B-backs heels will be grounded 5 yards from the ball, directly behind the QB. He will use a 3 point stance.

A-backs in spread will line up with 3 foot split from the tackle and 1 1/2 behind heels of the tackle. They will use a staggered 2 point stance with their inside foot back.
Hole Number System: Even Right - Odd Left
Football Terms

OFFENSIVE LINE

ACE - Double Team between guard and center.

ANCHOR DOWN - Backside tackle zones first down lineman from B-gap out and applies stack rule.

BASE - Inside, Over, Outside, nearest linebacker

COMBO - Playside guard and tackle blocks 3 technique together, tackle rubs off on linebacker.

CRASH - Playside tackle call to identify backside guards assignment.

DOWN - Playside guard and tackle block on any down lineman playing your inside gap.

DUECE - Playside guard base, playside tackle down on nose.

EAGLE - Tells QB and A's linebacker is #1.

FOLD - Backside call for center or guard to block back and guard or tackle to drop step and block backside linebacker.

4-BACK - Backside tackles call to identify centers assignment

4-VEER - Playside tackle call on load option

4-SWITCH - Guard and tackle pass block first man on to your outside.

G - Tackle Block down on first down lineman to your inside, guard pull for linebacker.

GEORGE - Double team between guard and tackle.

GATE - Backside tackle takes the inside away of any down lineman over him to the backside. Backside guard will cut-off if covered.

GREEN - Playside lineman block down and backside lineman scoop.

HINGE - Lineman will take a short 6 inch jab step in direction of play, drop step with inside foot, turn tail to sideline not allowing penetration.

PINCH - Double team between tackle and tight end.

RAILROAD - Nose goes weak on ace, playside guard railroad tackle to backside linebacker.

WALK - Huddle call for TE to move from one side to the other
QUARTERBACKS/BACKS/RECEIVERS

BLOCK - Tells A-back to block #2

CRACK BACK BLOCK - Block used by wide receiver that involves him blocking defender to his inside.

FLAT OR FOLD DEFENDER - Defensive player designated to have flat coverage and fold responsibility on inside run.

GO - Command by ball carrier to blocker that he is near and to initiate his block.

HOLD - Tells QB to stay with play called.

IVAN - A-back most away from playside wide receiver.

LION - Call that designates load on line of scrimmage.

LOAD - Block by playside back to block playside LB to safety.

OSCAR - A-back closest to playside wide receiver.

RABBIT - 3 Wides and 1 A-back are in the game.

READ ON RUN - Wide receiver and playside A-back coverages after ball is snapped.

RED - Back who normally goes in tail motion will not.

SINK HOLE - Area between underneath and deep coverage on boundary.

STALK BLOCK - Basic block used by wide receiver in running game that breaks to his side.

STAY - Huddle call that negates any check at the line of scrimmage.

SWAP - A-back and B-back exchange blocking assignments.

TRACK - Arc release by A-backs.

TWIRL - Type motion in which A-back starts off on regular tail motion and on snap of ball reverses direction.

VANCE - Call that designates 12 or 13 on the L.O.S.

ZONE - A-back call to tackle to let him know he has help on LB.

2 or 3 - PSWR call to identify assignment

BLAST - B-back load PSLB to Safety
Formations and Motion Calls

Spread

Trips Right (Left)

Over Right (left)

Over Right (Left) Green
Double Flex

Spread Right (Left)

Spread Left (Right) White

Stack Right (Left)
### BASE FORMATIONS

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<th>Trips RT</th>
<th>Trips LT</th>
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<tr>
<td><img src="image" alt="Trips RT Diagram" /></td>
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<table>
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<tr>
<td><img src="image" alt="Over RT Diagram" /></td>
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<table>
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<th>Over LT Brown</th>
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<th>Over LT Green</th>
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<thead>
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<table>
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<th>Spr LT Flex</th>
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<td><img src="image" alt="Spr RT Flex Diagram" /></td>
<td><img src="image" alt="Spr LT Flex Diagram" /></td>
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</table>
MOTION CALLS

The terms used to get motion are listed by position:

A BACKS = RIP - LIZ
Z/X = ROSE - LOAD
B BACK = ROY - LOU

EXAMPLE - SPREAD RIP

EXAMPLE - SPREAD LIZ

EXAMPLE - OVER RT BROWN LOAD

EXAMPLE - OVER LEFT BROWN ROSE

EXAMPLE - SPREAD ROY

EXAMPLE - SPREAD LOU
GEORGIA SOUTHERN EAGLES
PLAY (6-7) Short

POSITION
QB - Open pivot - option #1 - C.P. if #2 threatens must
E-Back - Are path, secure safety to corner
FA-Back - Block #2 (cut), Read Step
TE-Back - Tail Motion - Run Pitch Route
I - Cut off backside CB
2 - Push crack; unless inverted safety, then block straight-up
FB - Veer-In - Look for hip player to PSLB - Outside release w/B-Gap Backer
PG - Base to Ace to RR (Fast Ace)
C - I'm back to a 3 Tech
BG - Pull Tight and Seal PSLB (MLB Early)
ET - Anchor Down to Stack Rule
Open PS 2 Steps down LOS pitch to A  CP - 2 Up BS Must get in pitch relationship w/w
6-7 ARC path, seal corner to BS safety
Tailmotion catch pitch, hand off to wide over top
Block #2
"Lazy" release, seal CB inside
Reverse path, take handoff over top. Downhill, option trail player
Wash to Peel
Wash to Peel
Scoop to Peel
Base to Ace to RR
Veer In (Seal PSLB)
<table>
<thead>
<tr>
<th>Play</th>
<th>10-11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Z</td>
<td>Push Stalk block for Pitch</td>
</tr>
<tr>
<td>PSA</td>
<td>No Tail motion go Arc #2 on snap of ball</td>
</tr>
<tr>
<td>PST</td>
<td>Veer release for PSLB'er to FS.</td>
</tr>
<tr>
<td>PSG</td>
<td>Veer release Through A-gap and Block PSLB to BSLB to FS</td>
</tr>
<tr>
<td>C</td>
<td>Base to Reverse Ace BSLB'er</td>
</tr>
<tr>
<td>BSG</td>
<td>Reverse Ace to Base to Scoop</td>
</tr>
<tr>
<td>BST</td>
<td>Full Anchor Down</td>
</tr>
<tr>
<td>BSA</td>
<td>Tail Motion run pitch Rte</td>
</tr>
<tr>
<td>X</td>
<td>Across Field Technique</td>
</tr>
<tr>
<td>B</td>
<td>Playside Foot @ QB PS hip; midline step and step to Centers hip to receive ball; get a pull drive upfield to BSLB; with Z1 only pull read get around Z1 for Mike</td>
</tr>
<tr>
<td>Q6</td>
<td>Drop step Playside foot, slide with weight on front foot; read 3TQ as to give/keep on pull take one step and read next man on LOS.</td>
</tr>
</tbody>
</table>

---

**Play Diagram**

- **#3 in Middle**
- **Even Front → Odd Front**
- **Two-6**

---

**Diagram Details**

- **C**, **FS**, **SS**
- **Diagram Notation**
- **V 13**
Play 10-11 White

Z
Push Stalk block for inside run

PSA
No Tail motion drop step and block Backer Rules; (2 LB) PSLB to FS/(1 LB) Block OLB.

PST
White Playside

PSG
Veer release Through A-gap and Block PSLB to BSLB to FS

C
Scoop to Reverse Ace BSLB'er

BSG
Reverse Ace to Base to Scoop

BST
Full Anchor Down

BSA
Tail motion run pitch Rte

X
Across Field Technique

B
Playside Foot @ QB PS hip; midline step and step to Centers hip to receive ball; get a pull drive upfield to BSLB; with ZI only pull read get around ZI for Mike

Q8
Drop step Playside foot, slide with weight on front foot; read 3TQ as to give/keep; on pull take one step and hit the crease. (B-gap)
### Play: Hvy 10-11 Twirl

**Z**
- Push Stalk block for inside run

**PSA**
- Start Tail motion on Ready and block PSLB

**PST**
- White Playside; vs Stack Backer look take OLB and DE with heavy Tackle however they unfold

**PSG**
- Veer release Through A-gap and Block PSLB to BSLB to FS

**C**
- Scoop to Reverse Ace BSLB'er

**BSG**
- Reverse Ace to Base to Scoop

**BST**
- as Heavy Tackle White to Fold a Stack Backer look however they unfold

**BSA**
- Tail Motion on Set-Hike

**X**
- Base to White

**B**
- Playside Foot @ QB PS hip; midline step and step to Centers hip to receive ball; get a pull drive upfield to BSLB; with 2i only pull read get around 2i for Mike

**QB**
- Drop step Playside foot, slide with weight on front foot; read 3TQ as to give/keep; on pull take one step and hit the crease. (B gap)

---

![Diagram](image)
GEORGIA SOUTHERN EAGLES
PLAY (LOTL-11TL)

<table>
<thead>
<tr>
<th>POSITION</th>
<th>ASSIGNMENTS</th>
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</thead>
<tbody>
<tr>
<td>OB - Open just past midline - C.P. call to widest inside technique</td>
<td></td>
</tr>
<tr>
<td>B-Back - PS Step to BS Check of center, follow guards hip</td>
<td></td>
</tr>
<tr>
<td>PA-Back - PA-Back - Tail motion - Run Pitch Route</td>
<td></td>
</tr>
<tr>
<td>Ri-Back - Block Fold Player to Safety</td>
<td></td>
</tr>
<tr>
<td>I - Block man on inside out</td>
<td></td>
</tr>
<tr>
<td>2 - Block man on inside out</td>
<td></td>
</tr>
<tr>
<td>FT - Influence Rush End to Flat Defender</td>
<td></td>
</tr>
<tr>
<td>PSG Covered Change to Quick Trap (Veer-In MLB to B-Gap LB)</td>
<td></td>
</tr>
<tr>
<td>PG - Ace to PSLB - IF covered make 2 or 3 call (Influence) and change to Quick Trap</td>
<td></td>
</tr>
<tr>
<td>C - I'm back to a 3 Tech</td>
<td></td>
</tr>
<tr>
<td>BG - Pull and Trap 1st Down lineman A Gap Out</td>
<td></td>
</tr>
<tr>
<td>BT - Veer Release to BSLB</td>
<td></td>
</tr>
<tr>
<td>Play</td>
<td>12-13 Load</td>
</tr>
<tr>
<td>------</td>
<td>-------------</td>
</tr>
<tr>
<td>Push Stalk</td>
<td></td>
</tr>
<tr>
<td>PSA</td>
<td>Block PSLB'er to FS. Release outside #1 and inside #2 to get him.</td>
</tr>
<tr>
<td>PST</td>
<td>Veer release inside #1 for PSLB'er to FS</td>
</tr>
<tr>
<td>PSG</td>
<td>Base to ACE</td>
</tr>
<tr>
<td>C</td>
<td>Ace to Scoop</td>
</tr>
<tr>
<td>BSG</td>
<td>Scoop</td>
</tr>
<tr>
<td>BST</td>
<td>Scoop</td>
</tr>
<tr>
<td>BSA</td>
<td>Run Pitch Route</td>
</tr>
<tr>
<td>X</td>
<td>Across Field Technique</td>
</tr>
<tr>
<td>B</td>
<td>Run Track</td>
</tr>
<tr>
<td>QB</td>
<td>Run when #3 is in the Tackle Box; 12-13 Steps and reads.</td>
</tr>
<tr>
<td>Role</td>
<td>Description</td>
</tr>
<tr>
<td>------</td>
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<tr>
<td>Z</td>
<td>Push Stalk</td>
</tr>
<tr>
<td>PSA</td>
<td>Drop step and receive outside hand off</td>
</tr>
<tr>
<td>PST</td>
<td>Base to White</td>
</tr>
<tr>
<td>PSG</td>
<td>Base to White</td>
</tr>
<tr>
<td>C</td>
<td>Scoop for MLB to FS</td>
</tr>
<tr>
<td>BSG</td>
<td>Scoop for BSLB to FS</td>
</tr>
<tr>
<td>BST</td>
<td>Scoop</td>
</tr>
<tr>
<td>BSA</td>
<td>Run Pitch route a little deeper</td>
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<tr>
<td>X</td>
<td>Across Field Technique working for FS</td>
</tr>
<tr>
<td>B</td>
<td>Run Track go out PSLB'er</td>
</tr>
<tr>
<td>Q8</td>
<td>Run 12-13 steps full fake, outside hand off to A-Back</td>
</tr>
</tbody>
</table>

**Diagram:**

12-13 A Reverse
GEORGIA SOUTHERN EAGLES
PLAY ( 12-13 )
Counter

12 Counter

13 Counter

12 Counter

13 Counter

POSITION                      ASSIGNMENTS

QB    open deep (same as 22) Push off back foot and read guards block

B-Back run veer track and block playside LB

PA-Back Tail motion

BA-Back near safety

X    Stalk

Z    Stalk

PT    Block out white

PG    Base to Ace. to RR

C     I'm back to 3 tech.

BG    Pull

BT    White Blockout
Play 14-15

Push Stalk

Arc for Nearest threat.

Base 4i

ACE to BSLB'er

ACE to Base

Scoop

Scoop

Run Pitch Route

Across Field Technique

Run Track work outside block of PST get North and South

QB: Same mechanics as 12-13 give the ball to B-Back and carry out fake. Also can run Outside Veer by putting OPTION. When we do Read #2 as to Give or Keep, Pitch off of #3
<table>
<thead>
<tr>
<th>Play</th>
<th>16-17 with an Eagle call</th>
</tr>
</thead>
<tbody>
<tr>
<td>Z</td>
<td>Push Stalk</td>
</tr>
<tr>
<td>PSA</td>
<td>Run Motion and block #2</td>
</tr>
<tr>
<td>PST</td>
<td>Double 3 Technique to BSLB'er</td>
</tr>
<tr>
<td>PSG</td>
<td>Base 3 Technique</td>
</tr>
<tr>
<td>C</td>
<td>I'm Back</td>
</tr>
<tr>
<td>BSG</td>
<td>Pull and log for Eagle LB'er if 7 comes down log outside thigh</td>
</tr>
<tr>
<td>BST</td>
<td>Anchor Down</td>
</tr>
<tr>
<td>BSA</td>
<td>Block Downfield/ Block #3 unless #3 is covering you.</td>
</tr>
<tr>
<td>X</td>
<td>Across Field Technique</td>
</tr>
<tr>
<td>B</td>
<td>Open up playside and run Pitch Route</td>
</tr>
<tr>
<td>QB</td>
<td>Double step back let BSG clear and pitch off of #1; Eagle LB'er shows outside #1 pitch off Eagle LB'er.</td>
</tr>
</tbody>
</table>

16-17 Eagle

---

**Diagram:**

- **C**
- **FS**
- **B**
- **B**
- **B**
- **SS**
- **E**
- **T**
- **N**
- **T**
- **E**

---
Push Stalk

Run the Motion called and block #2. Unless Red call then go get the FS.

G Block, Block Down

Pull for PSLB'er. Spy the backer

Scoop if you have an A-Gap run through. Base no A-Gap threat

Scoop

Scoop

Downfield block/ Trips block #3

Across Field Technique

Open up playside and run pitch route

check Special when C and Both Guards are covered. Double step back and pitch off #1.
<table>
<thead>
<tr>
<th>Play</th>
<th>18-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Z</td>
<td>Stalk including a rolled up corner; unless he's #2 then go to #3.</td>
</tr>
<tr>
<td>PSA</td>
<td>Automatic twirl motion and go block #3 unless a rolled up corner then go to FS</td>
</tr>
<tr>
<td>PST</td>
<td>Veer for PSLB'er; base 4i</td>
</tr>
<tr>
<td>PSG</td>
<td>Base to ACE</td>
</tr>
<tr>
<td>C</td>
<td>I'm Back to a 2i, step opposite call to BSLB'er; to Ace</td>
</tr>
<tr>
<td>BSG</td>
<td>PSG pulls and logs #1; with a 4i go to PSLB'er</td>
</tr>
<tr>
<td>BST</td>
<td>Anchor Down 5 Technique out</td>
</tr>
<tr>
<td>BSA</td>
<td>Get into pitch route after the ball has been snapped</td>
</tr>
<tr>
<td>X</td>
<td>Across Field Technique</td>
</tr>
<tr>
<td>B</td>
<td>Run Track opposite call cut from a 3 Technique to 4i. No DLM go to BSLB'er</td>
</tr>
<tr>
<td>QB</td>
<td>12/13 Steps opposite the call, seat the ball, drop step, square up and option #2. &quot;Hot&quot; call when #2 is on the line step away to gain time</td>
</tr>
</tbody>
</table>

![Diagram](image)
18-19 with an Eagle

Stalk including a rolled up corner

Twirl motion and Block #2

Double 3 Technique to the BSLB'er

Base

I'm Back to a 2i, step opposite call to BSLB'er; to Ace

Pull and log for Eagle LB'er if 7 comes down log outside thigh

Anchor Down 5 Technique out

Get into pitch route after the ball has been snapped

Across Field Technique

Run track opposite call, cut from a 3 Technique to 4i. No DLM go to BSLB'er

12-13 steps opposite the call; let BSG clear and pitch off of #1; Eagle LB'er shows outside #1 pitch off Eagle LB'er.

18-19 Eagle
Play 22-23

Z
Push Stalk block for inside run

PSA
Go straight up field and block what comes to you

PST
Zone block

PSG
Zone block/possible Slip

C
Scoop/Possible Slip

BSG
Scoop

BST
Scoop

BSA
Run Pitch Route

X
Across Field Technique

B
Run Track, run off of block on 1st DLM inside #1

QB
12-13 Steps get ball back to B-back and carry out fake

Diagram:

- Initial formation with players marked
- Movement and block instructions indicated
- Ball carrier notation
- Diagrams showing play progression
<table>
<thead>
<tr>
<th>POSITION</th>
<th>ASSIGNMENTS</th>
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</thead>
<tbody>
<tr>
<td>QB</td>
<td>Reverse pivot to 3 o'clock, pivot into LOS option #3, C.P. if #2 threatens must</td>
</tr>
<tr>
<td>E-Back</td>
<td>18, 13 steps 19, 12 steps, BSLH to Safety</td>
</tr>
<tr>
<td>Fa-Back</td>
<td>Twirl and Block #2</td>
</tr>
<tr>
<td>Be-Back</td>
<td>Run Pitch Route from snap</td>
</tr>
<tr>
<td>X</td>
<td>Cut off backside CB</td>
</tr>
<tr>
<td>2</td>
<td>Push Crack; unless inverted safety, then Block Straight Up</td>
</tr>
<tr>
<td>PT</td>
<td>Veer-In (4 Strong, George, Crash, 5 Call, 7 Call, Eagle, Tom)</td>
</tr>
<tr>
<td>PG</td>
<td>Base to Ace to Railroad</td>
</tr>
<tr>
<td>C</td>
<td>I'm Back to A 3 Tech</td>
</tr>
<tr>
<td>BC</td>
<td>Pull and Cut 5 Tech</td>
</tr>
<tr>
<td>BT</td>
<td>Anchor Down to Stack Rule</td>
</tr>
<tr>
<td>POSITION</td>
<td>ASSIGNMENTS</td>
</tr>
<tr>
<td>---------------</td>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td>QB</td>
<td>open to 4:00 wide, flash to B-back. Option end man on L.O.S.</td>
</tr>
<tr>
<td>B-Back</td>
<td>Run veer track get width to block playside LB</td>
</tr>
<tr>
<td>Tail-Back</td>
<td>Run pitch Route</td>
</tr>
<tr>
<td>Set-Back</td>
<td>Arc-Release and block pitch support</td>
</tr>
<tr>
<td>PTE</td>
<td>Base</td>
</tr>
<tr>
<td>BTE</td>
<td>Scoop</td>
</tr>
<tr>
<td>PT</td>
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</table>
Downfield Blocking technique for inside runs

PSA
Arc for #3

PST
Veer inside for PSLB'er on 4 and 5 Techniques and outside on 4i's; combo 3 to PSLB'er

PSG
Base to ACE

C
I'm Back to a 3 TQ to Ace

BSG
Pull and trap #1 in option count

BST
Scoop

BSA
Run Pitch Route

X
Across Field Technique

B
Step Midline with Playside foot, step to BSG inside hip with Opposite foot roll over this step get inside hand off; use your guards trap

QB
Take 12-13 Steps then counter around 360° give ball and carry out option fake.
Push Stalk
Tail motion; unless red then block flat Defender

Slam veer a 5TQ. to BSLB'er, base a 4i, combo 3TQ to BSLB'er
Base to ACE
I'm Back to a 4i, to Ace
Pull and trap 5TQ out
Pull for PSLB'er
Double step back put inside arm up and receive an inside hand off, get on BST hip

Across Field Technique

Run veer track and block 1st man 4 TQ out

Reverse out to 3 or 9 fake to B back and give an inside handoff to the BSA carry out fake.