



# **GEORGIA SOUTHERN VEER RESEARCH PLAYBOOK**

## 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 field

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 counter part 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.)

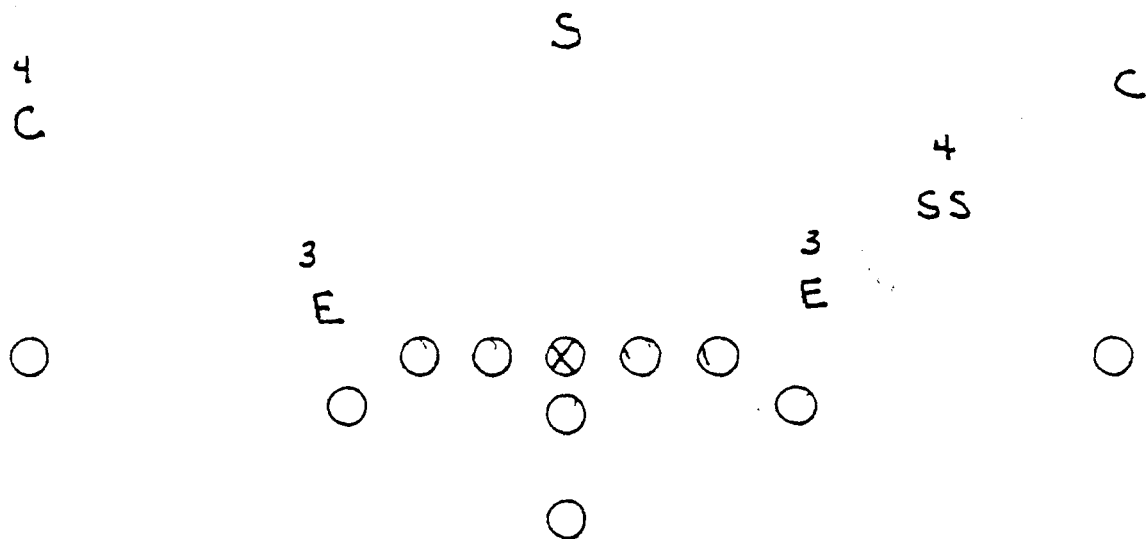
When the quarterback answers these questions he can execute the option with confidence and with a minimum of risk.

## 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.

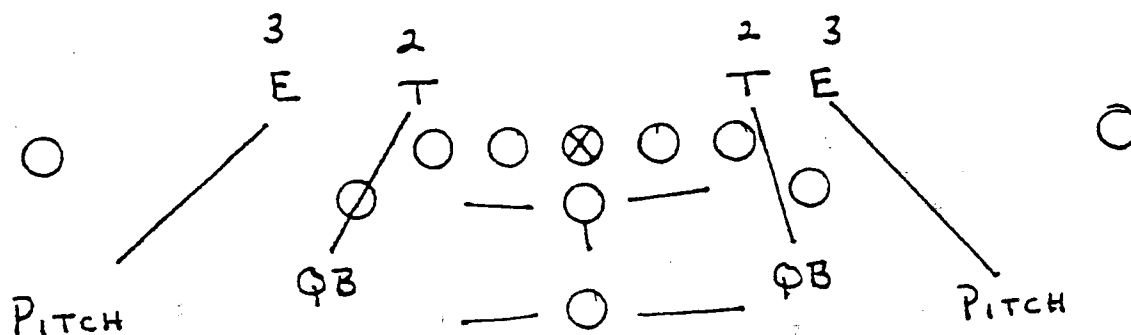
The defenders in the perimeter defense are the quarterback's alphabet to read the perimeter defense. The perimeter defenders include: the option man (number three), the run support defender (number four, either a defensive back or an outside linebacker), the free safety, and the defensive backs responsible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



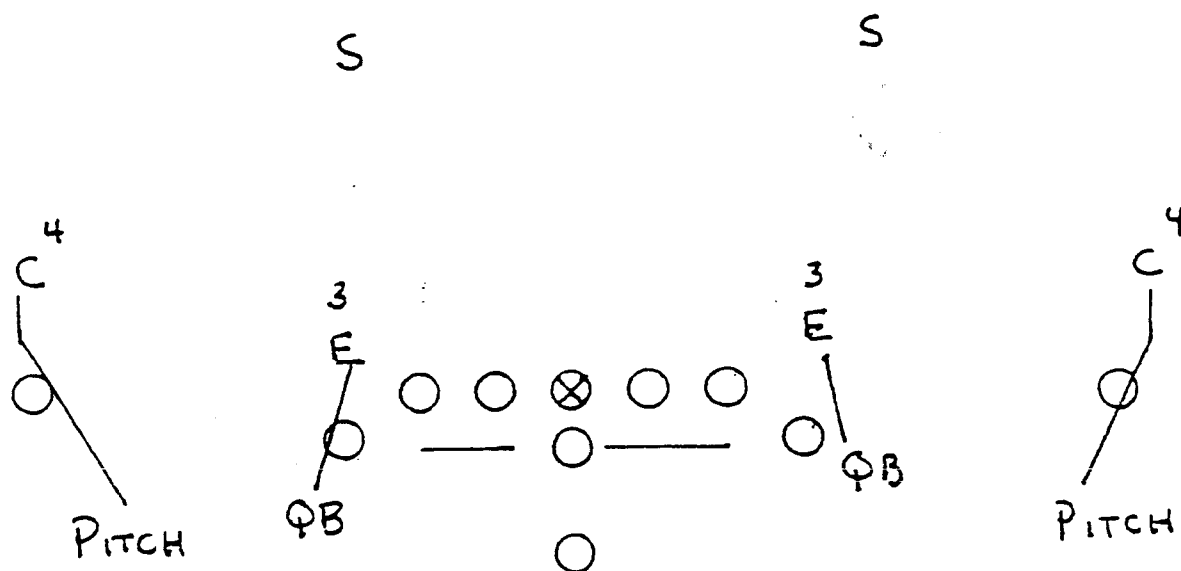
When number three has a soft number four (either a strong safety or a cornerback) aligned outside, more than likely number three has the pitch, number four is a deep pass defender, and number two is responsible for the quarterback.

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 cornerback) 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 cornerback) and the option responsibilities.





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

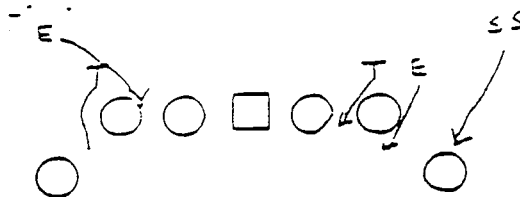
The quarterback reduces the risks of executing an option play by adhering to several option rules. The option rules are part of the quarterback's option technique. The rules are:

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.

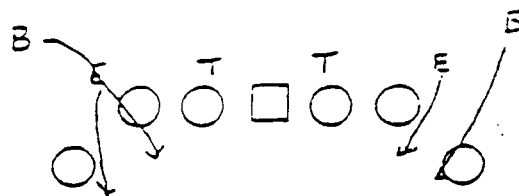
STUNTS  
AND  
BLITZS

When we get two people rushing from outside the tackle box we will identify that blitz as an outside blitz.

EX:

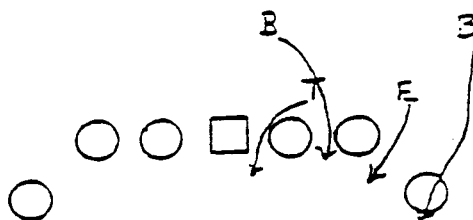


EX:



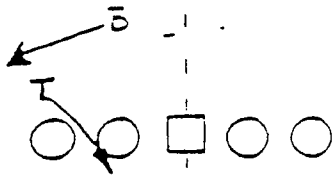
When four rushers come off the side of the formation that we have determined as the strength we will call that a strong blitz.

EX:

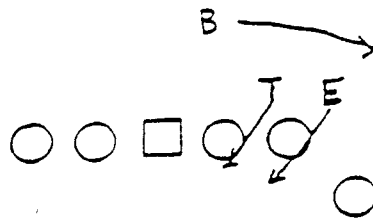




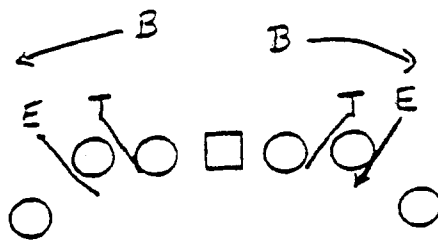
Strong-C Stunt with tackle and LB Changing  
gap Responsibility



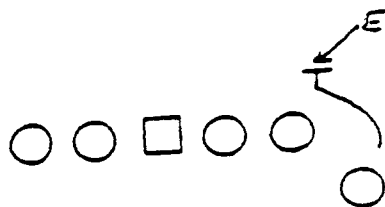
Weak - C Stunt



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



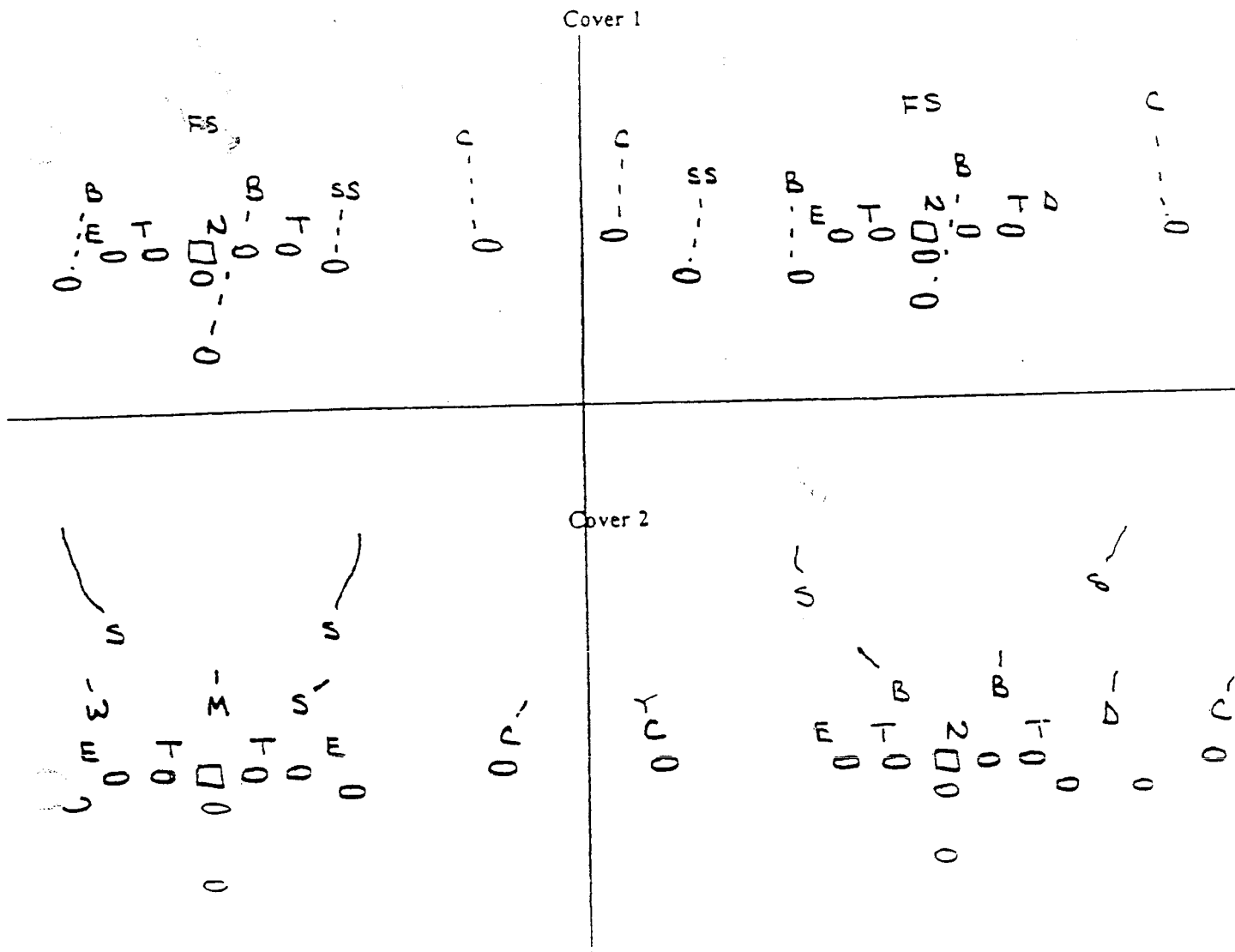
Double Blood



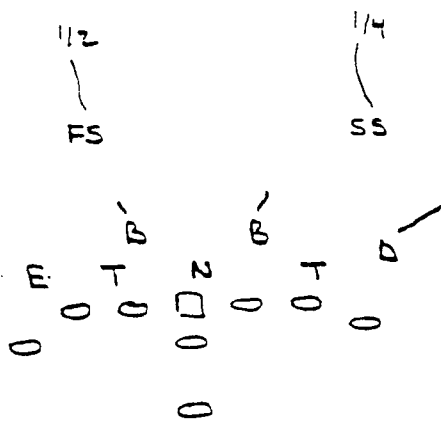
Easy-Stunt with tackle and exchanging  
Responsibility.

#### 4. Coverages

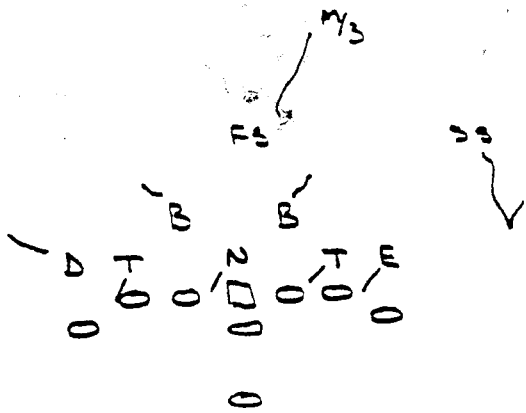
- 1 Man Free
- 2 2 Deep Safeties with underneath defenders playing Zone
- 2 Man 2 Safeties playing Free to their half of the field with underneath defenders playing Man
- 3 3 Deep with a Strong Safety in a Sky position
- 6 3 on 2 coverage to the Strength
- 1/4, 1/4, 1/2 Quarters by Field Corner and Safety 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



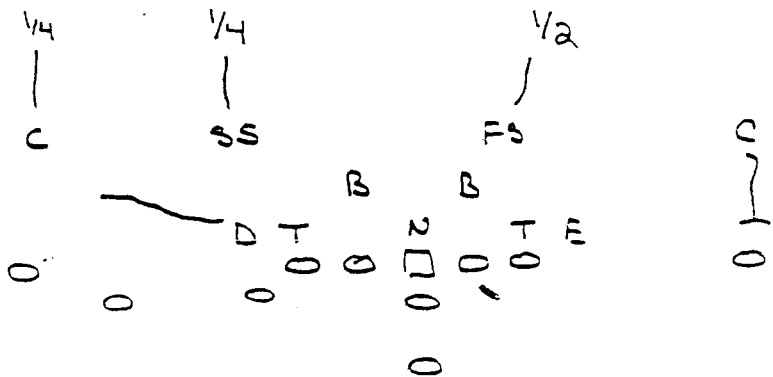
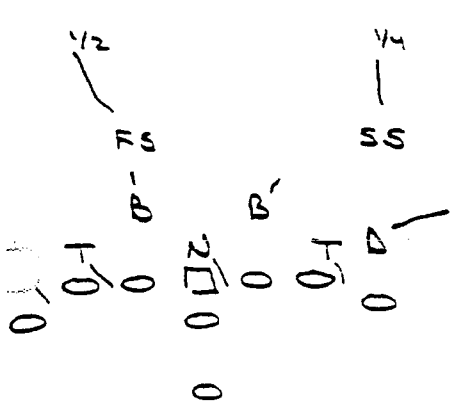
Cover 1/4, 1/4, 1/2



Cover 4 Across (Rotate to 3)



Cover 4 Across (Rotate to 1/4-1/4-1/2)



IDENTIFICATION  
OF DEFENSIVE  
TECHNIQUES AND  
DEFENSIVE FRONT  
TERMINOLOGY

Type:

1) 50 - The Center has a Nose head up or backside of him, both Guards have LBs over them, the Tackles are covered by Defensive Linemen (and there are Ends aligned over the Slots or Tight End)

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 are 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

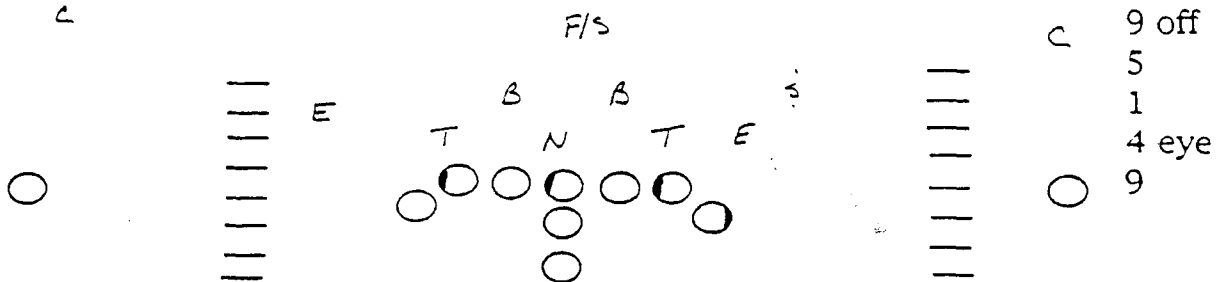
II. Calling Fronts

At <sup>GA. Southern</sup> ~~GA.~~ 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.

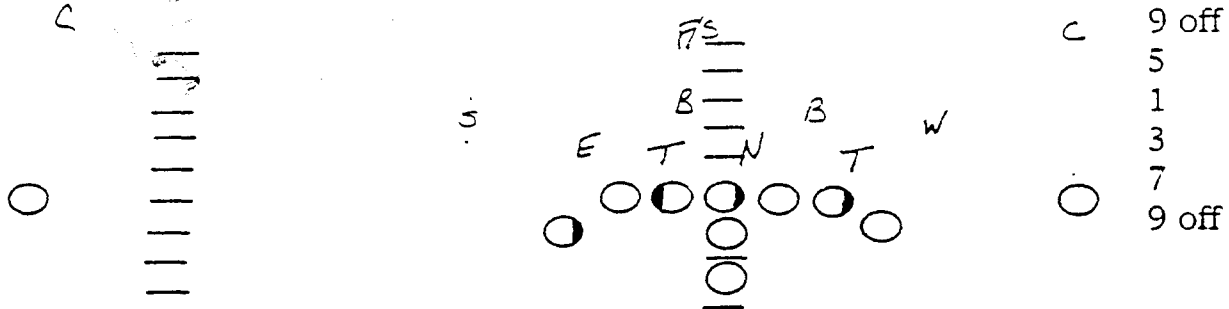


In listing Defensive Fronts at Ga. Southern University, we will use the defensive techniques and call them from weak to strong. The weak side will be the short side of the field if we don't have a strength offensively. With a balanced offensive look and the ball in the middle of the field, we will read the techniques from left(weak) to right(strong).

for example #1:



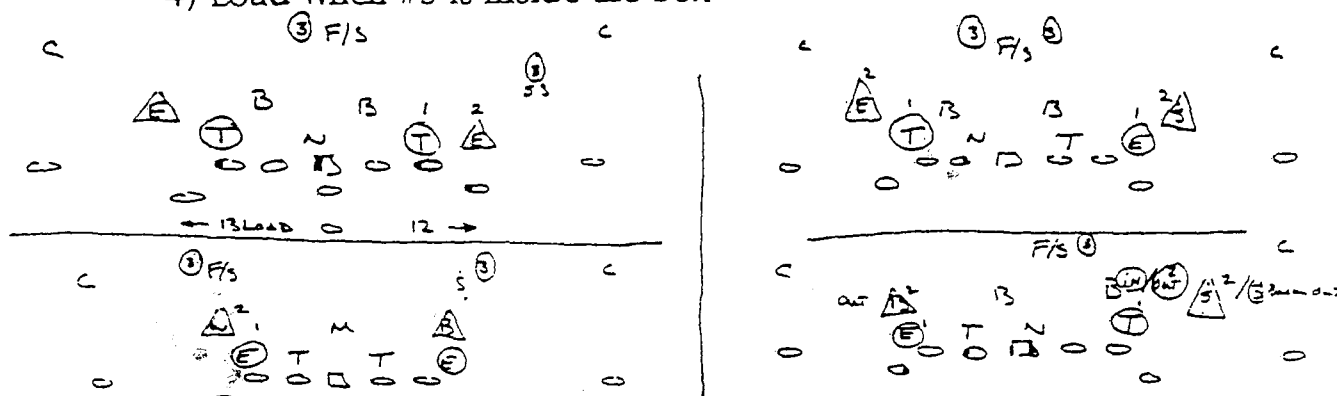
for example #2



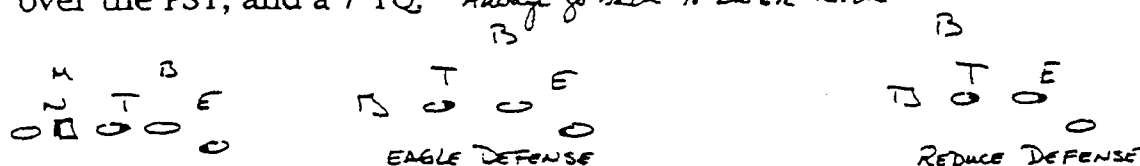
# OPTION COUNT SYSTEM

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

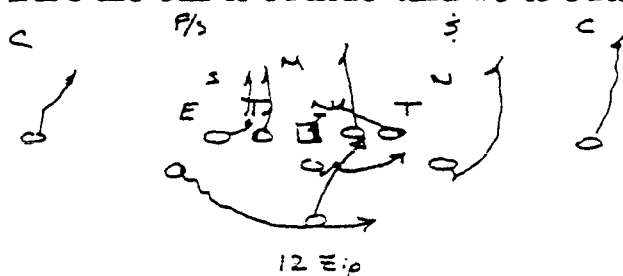


5) If we have 12-13 (Load) called into an Eagle look, the QB can only run Load into the Eagle, when we don't have a MLB'er. Otherwise we should check 28-29. An Eagle defense is a 3 technique, a LB'er at depth over the PST, and a 7 TQ. Always go back to LB'er Kick



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.

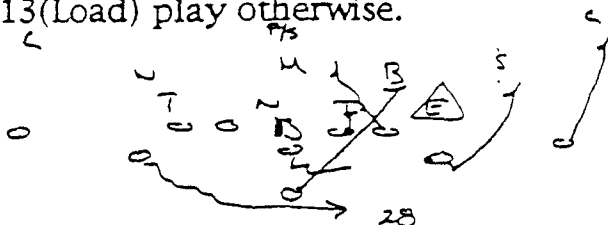
7) 12-13 Zip is blocking scheme used to the shade side of a Stack defense. Where the OLB is outside and #3 is outside the box.



over

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.

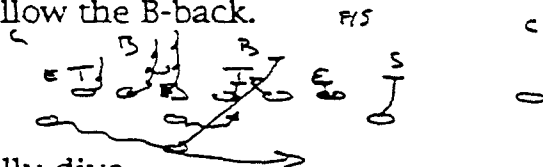


7. 28-29 Solid is run to an Shade-5 side(can run it to a 2i-5 side) of a defense(out of spread)or away from trips. You would pitch off #2.

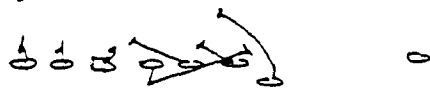


8. Some plays we will run from the Heavy package are :

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.

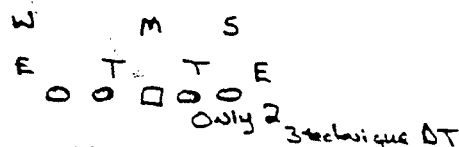
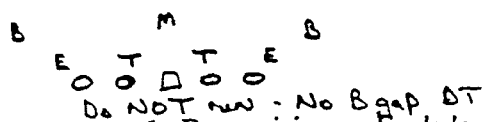
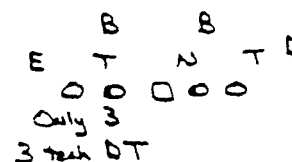
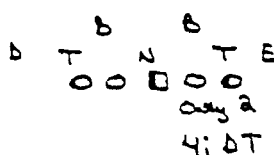
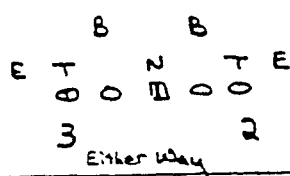


3. 48-49(Load) the Belly Option. We start our count on the Belly option from the over Tackle and the A-back(will Load)unless #3 is outside the box.

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.

## 5. 2-3

2-3 is a Midline Triple Option play run to the B gap down lineman side (ie. 3 technique or 4I). 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

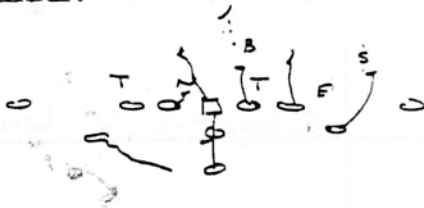
See attachment D

## Georgia Southern Run Guidelines

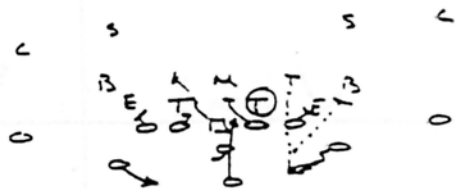
1. Be Ready to throw uncovered out of Trips, Wide Spread and Over Sets (Brown and Green).

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).

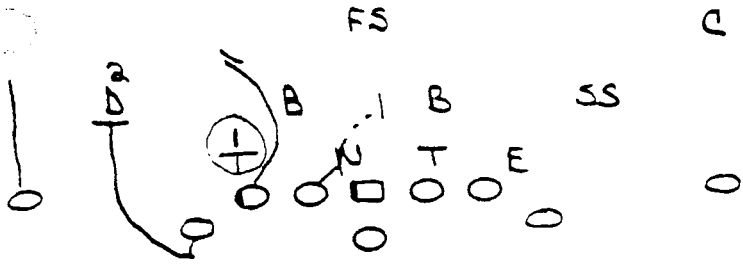


c. 10-11 White is a B-Back read and Quarterback Follow play. The B Gap Defender is the read man, our Tackle will turn out on the End, and the PSA will Fold inside and lead on linebacker (1 Backer A has OLB; 2 backers he has PSLB). BSA has tail motion on snap count.

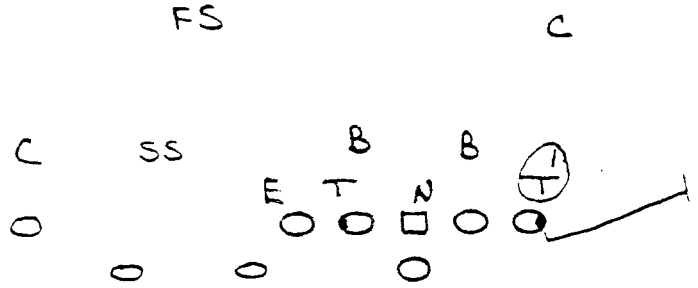




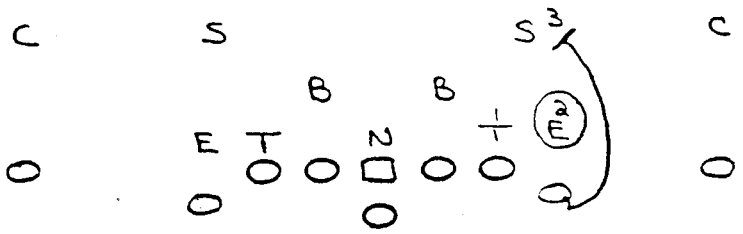
# Atch E



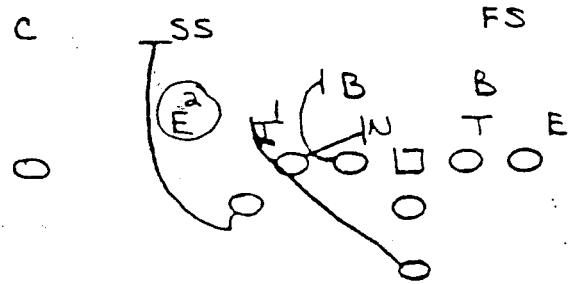
29- OK A cow Arc #2 & #3 in IS



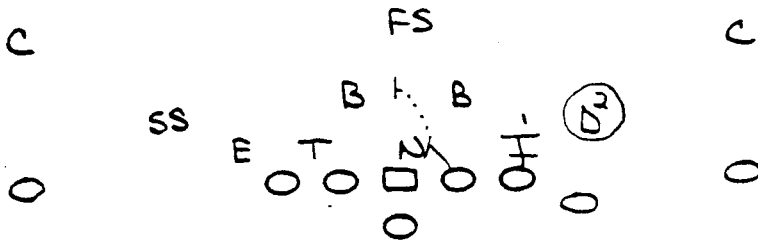
28 Special-OK Tackle can Arc on #2



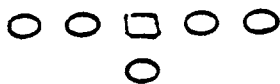
28 Solid-#1 based by Tackle & A on #3



29 G Cowboy



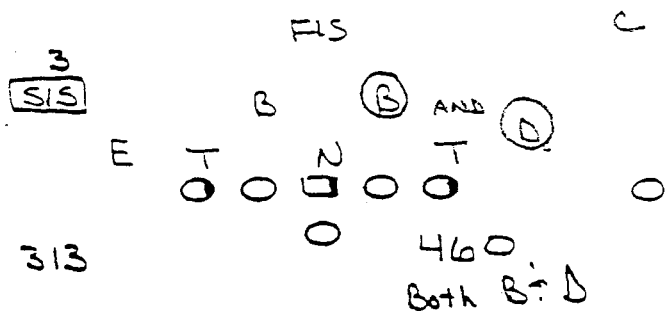
28 Solid Load-#1 based by Tackle & #3 in IS



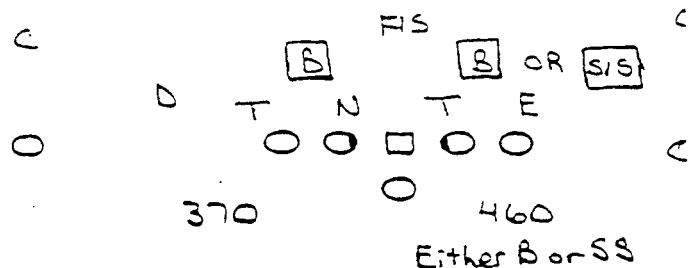


ATCH G

Defense: 50 Shade

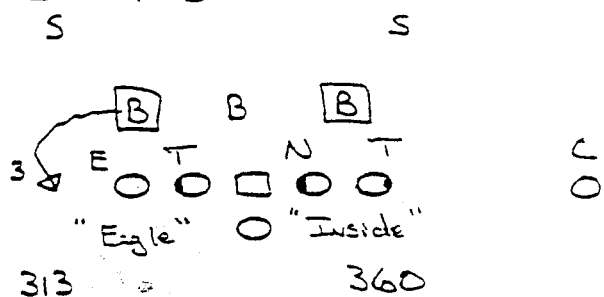


Defense: 66

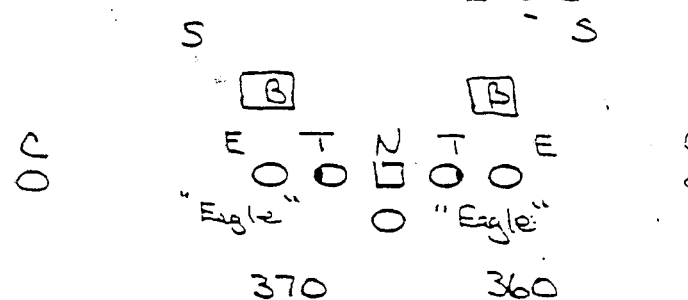


NOTE: When calling defenses call Weak or Left side first

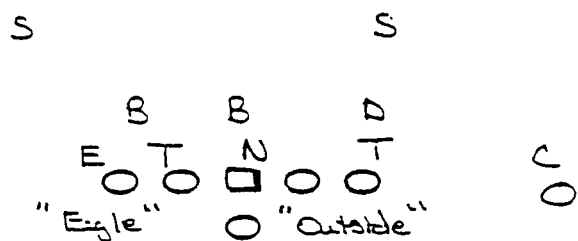
Defense: 4-3



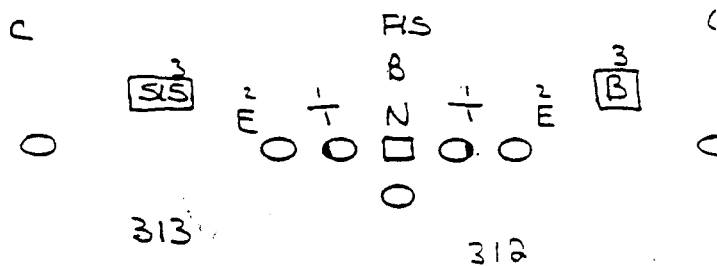
Defense: Double Eagle



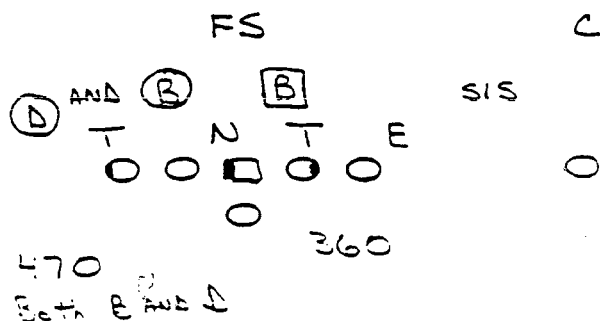
Defense: Triple Stack



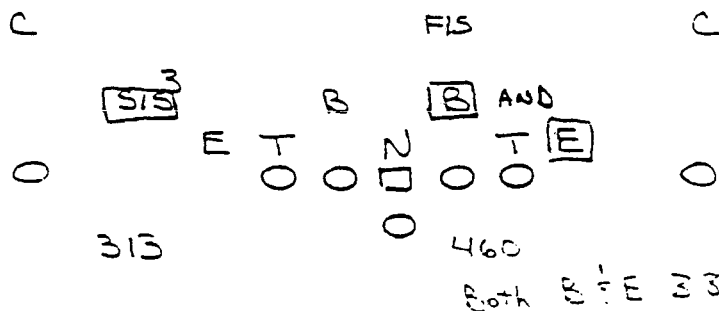
Defense: "Bear" 46



Defense: Shade 6



Defense: 50



## 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

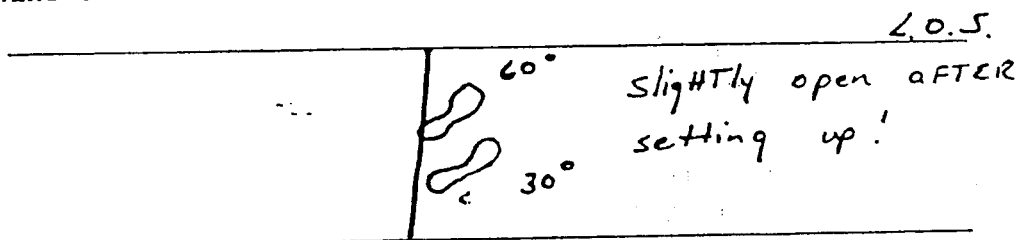
1. To improve as a passer, a QB must dedicate himself to that goal. Improvement will demand concentration and hours of work.
2. Basically, the number of times you throw the ball will determine how well you throw. There is no shortcut. Repetition leads to improvement and success.

### 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.



- 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

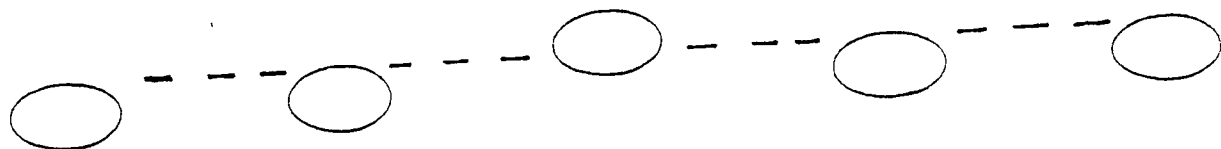
To have a working knowledge of defensive football and to be able to put that knowledge to use in game situations, the quarterback must be able to recognize the different types of defenses and coverage alignments.

## Vocabulary for Offense

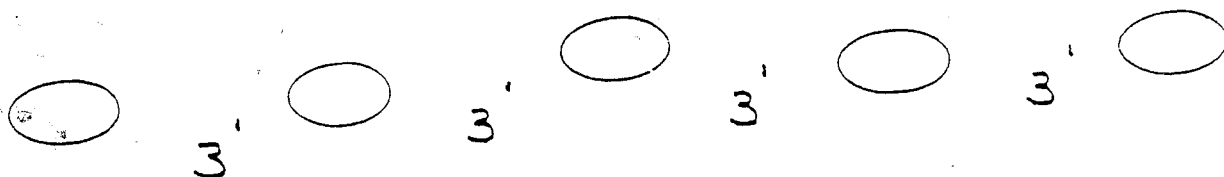
- INSIDE OVER OUTSIDE A RELEASE  
L3
- Base-Veer- Inside, on, Outside, 1st Linebacker Head up to inside tackle box  
1). as a Blocking Scheme; it's PSLB'er. The PST will release inside or Outside #1 to get the PSLB'er. His path is based on whether the PSG is covered (inside release) or Uncovered (outside 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 their stance to the hand of the next man towards the play. *SECURE PS GAP TO BSLB*
- Zone- Is a playside blocking scheme. PSLinemen step at a 45° to the outside and play what comes their way. *G- JAY STEP W/ OUTSIDE FOOT TO INSIDE OF OUTSIDE FOOT OF DOWN LINEMAN OVER TO INSIDE*
- 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 their 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 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 <sup>step - by - Base</sup> 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.

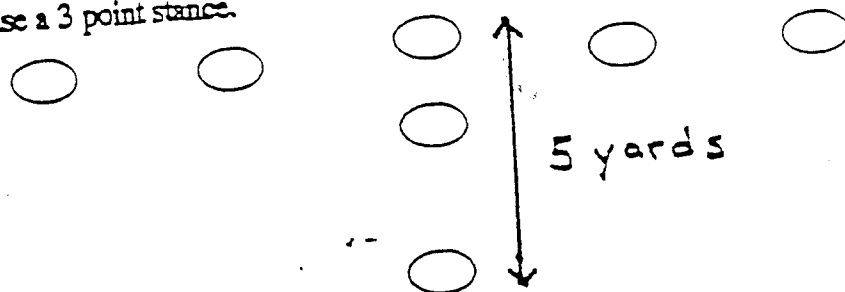
Alignment: The offensive lineman will assume a three point stance with their earhole aligned on the waist of the center.



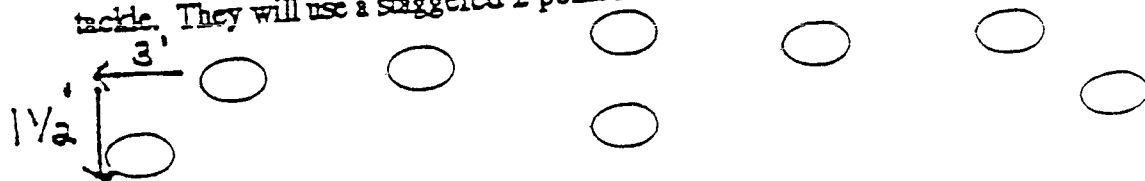
Splits: Normal splits for guards and tackles are three feet.



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.



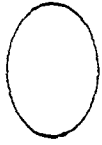
A-backs in spread will line up with 3 foot split from the tackle and  $1\frac{1}{2}$  behind heels of the tackle. They will use a staggered 2 point stance with their inside foot back.





# Hole Number System: Even Right - Odd Left

9 7 5 3 1 0 2 4 6 8



# 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 tracks 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 read coverage for run support 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.

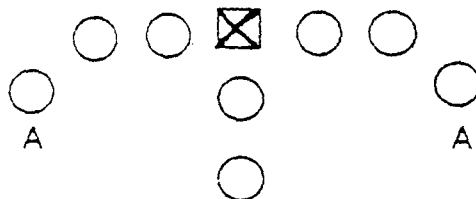
) ZONE - A-back call to tackle to let him know he has help on LB.

2 or 3 - PSWR call to identify assignment

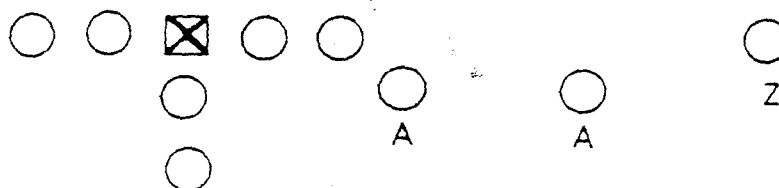
BLAST - B-back load PSLB to Safety

## Formations and Motion Calls

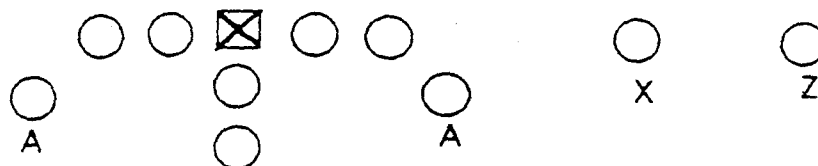
### Spread



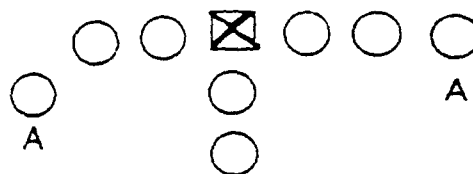
### Trips Right (Left)



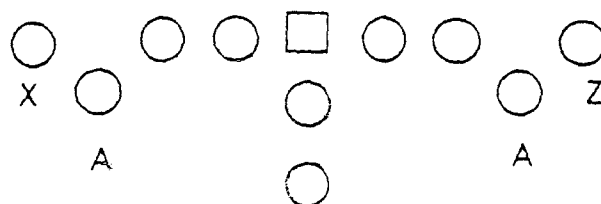
### Over Right (left)



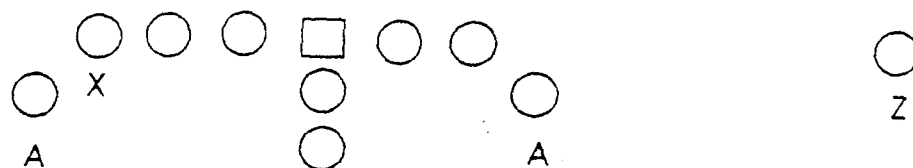
### Over Right (Left) Green



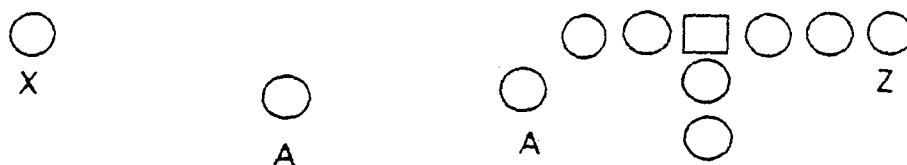
# Double Flex



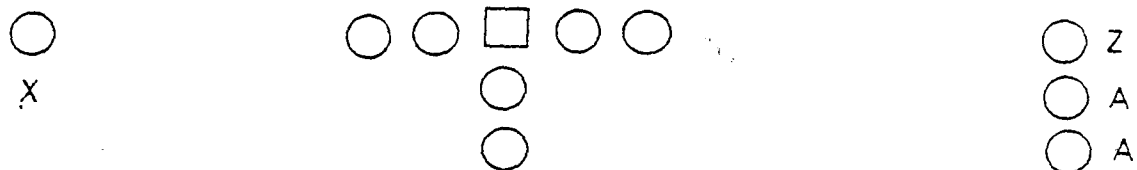
# Spread Right(Left)



# Spread Left(Right) White

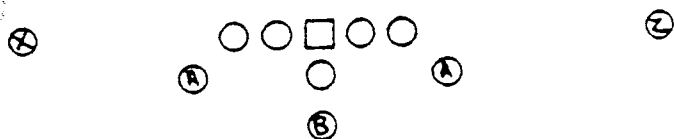


# Stack Right (Left)

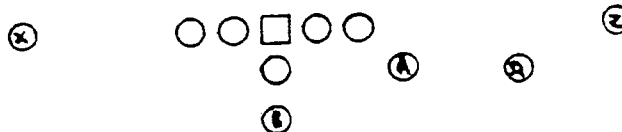


# BASE FORMATIONS

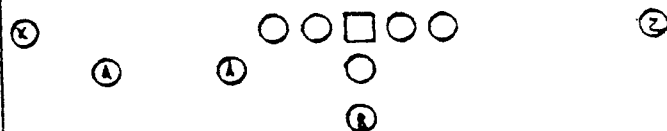
SPREAD



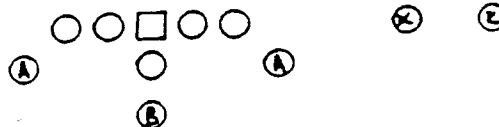
TRIPS RT



TRIPS LT



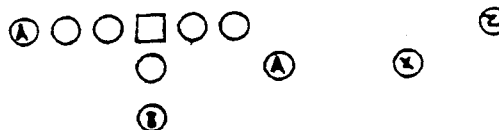
OVER RT



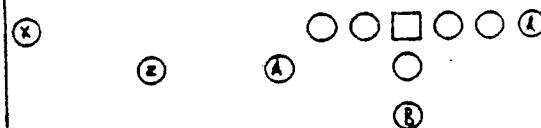
OVER LT



OVER RT BROWN



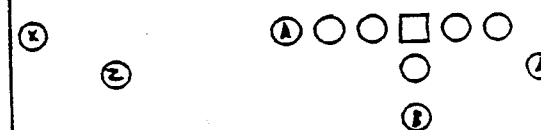
OVER LT BROWN



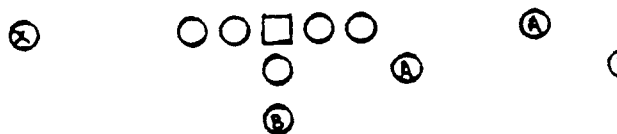
OVER RT GREEN



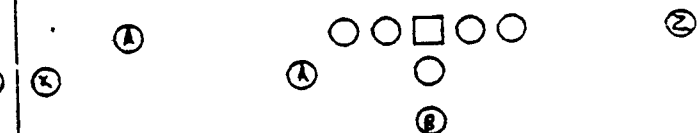
OVER LT GREEN



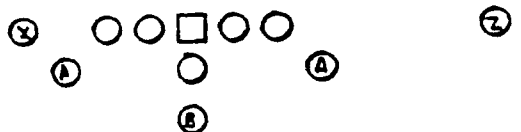
INVERTED TRIPS RT



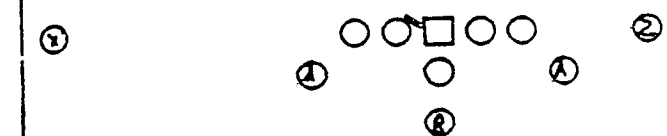
INVERTED TRIPS LT



SPR RT FLEX



SPR LT FLEX



## MOTION CALLS

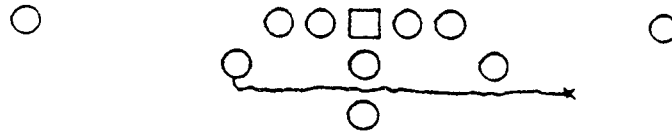
THE TERMS USED TO GET MOTION ARE LISTED BY POSITION:

A BACKS=RIP-LIZ

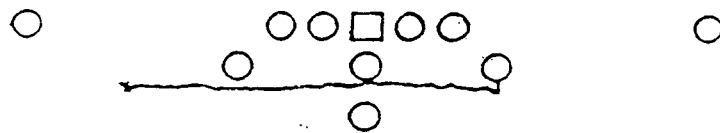
Z/X=ROSE-LOAD

B BACK=ROY-LOU

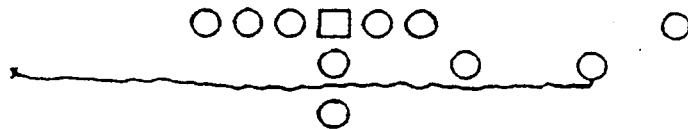
EXAMPLE - SPREAD RIP



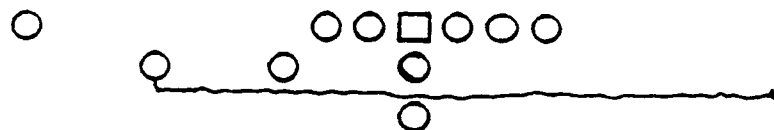
EXAMPLE - SPREAD LIZ



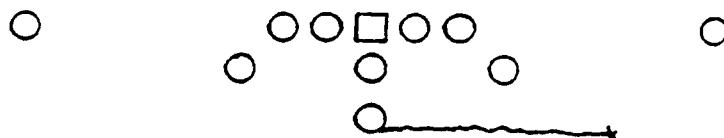
EXAMPLE - OVER RT BROWN LOAD



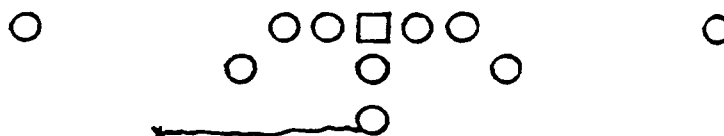
EXAMPLE - OVER LEFT BROWN ROSE



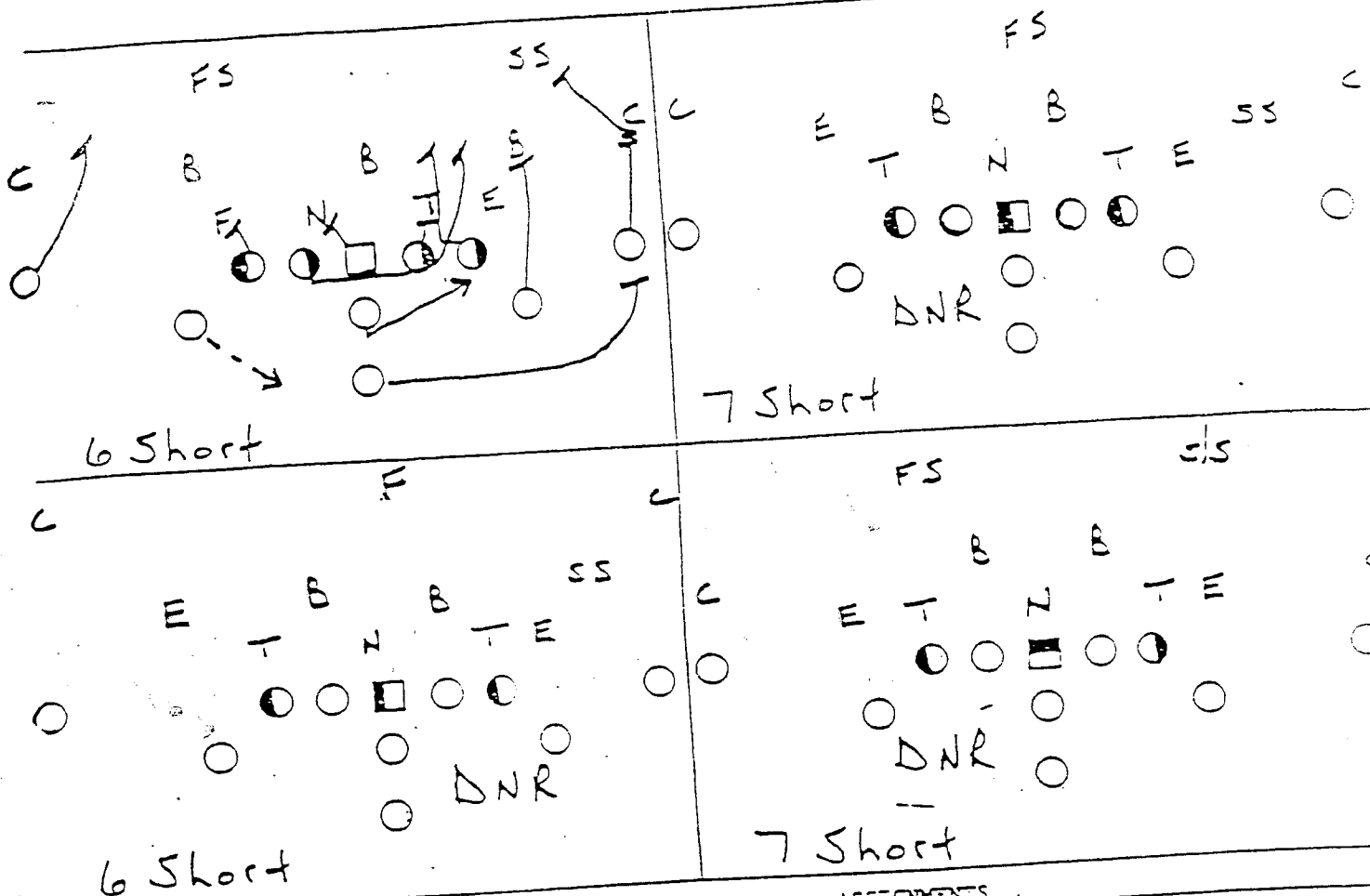
EXAMPLE - SPREAD ROY



EXAMPLE - SPREAD LOU



GEORGIA SOUTHERN EAGLES  
PLAY (6-7) Short



POSITION

ASSIGNMENTS

QB - Open pivot - option #1 - C.P. if #2 threatens must ✓  
C.P. w/Eagle ✓ Blue "Lion"

B-Back - Are path, secure safety to corner

PA-Back - Block #2 (cut); Read Step

BA-Back - Tail Motion - Run Pitch Route

Z - Cut off backside CB

2 - Push crack; unless inverted safety, then block straight-up

PT - Veer-In - Look for hip player to PSLB - Outside release w/B-Gap Backer

PG - Base to Ace to RR (Fast Ace)

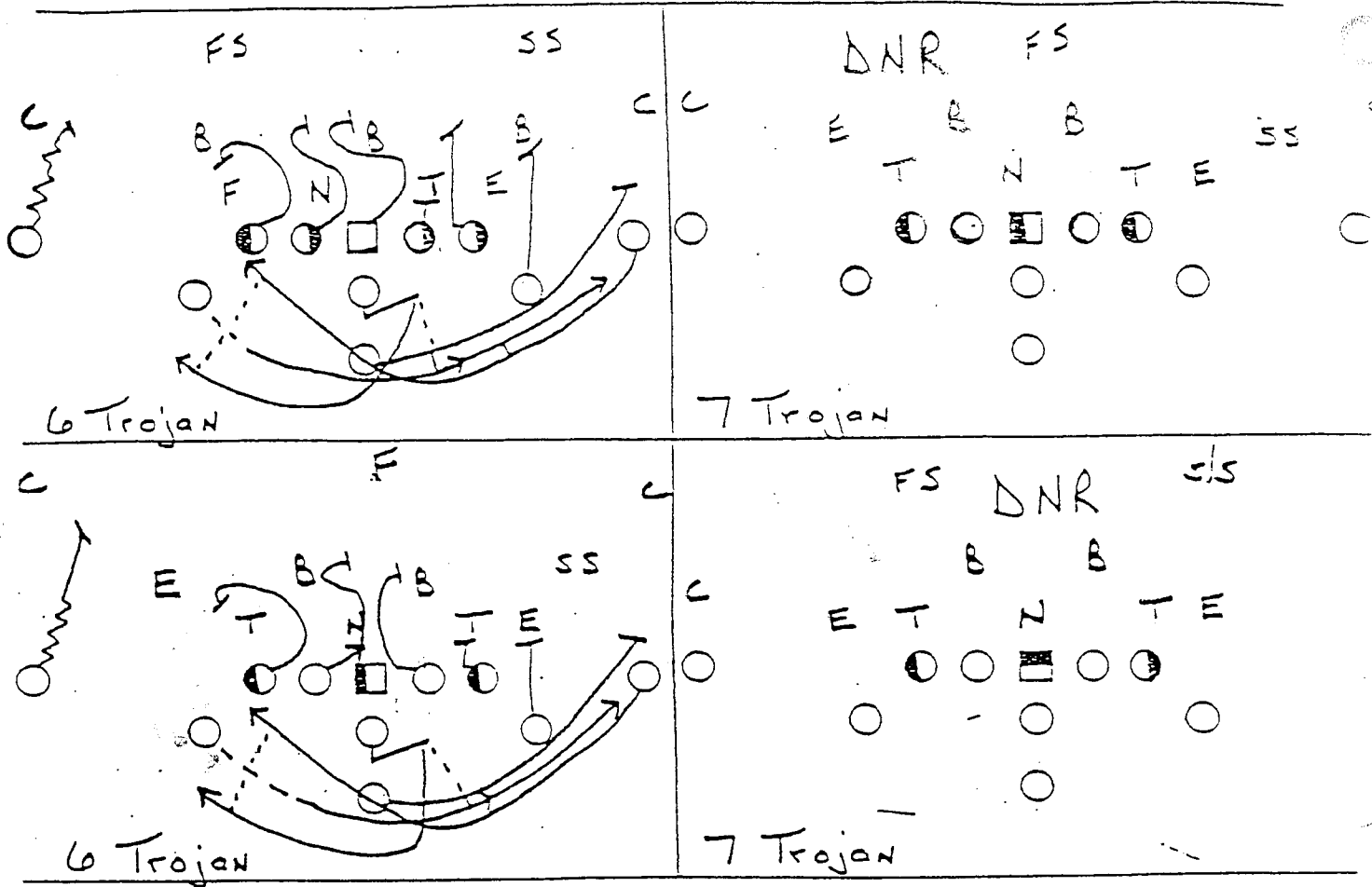
C - I'm back to a 3 Tech

BG - Pull Tight and Seal PSLB (MLB Early)

BI - Anchor Down to Stack Rule



GEORGIA SOUTHERN EAGLES  
PLAY (6-7) Trojan



POSITION

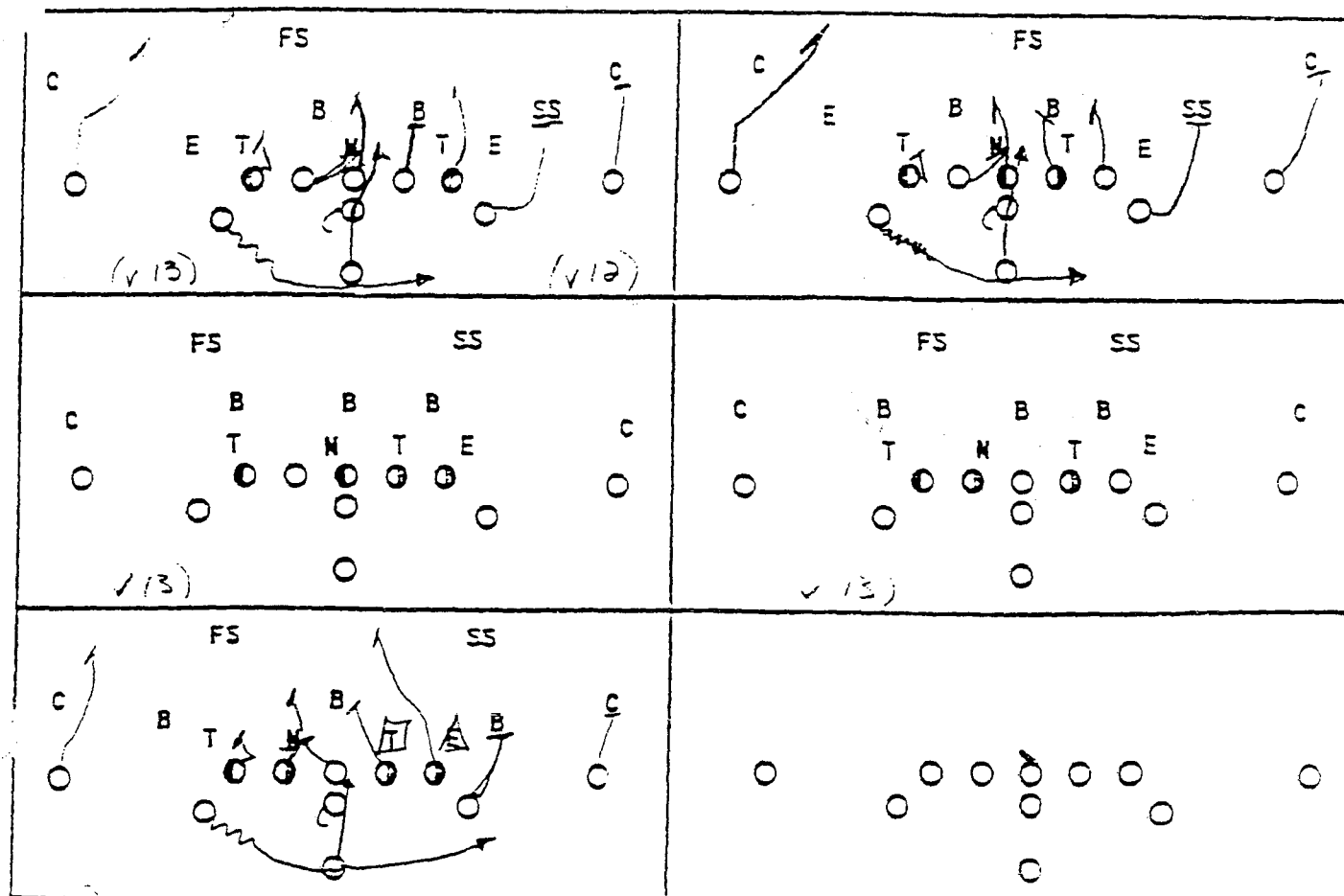
ASSIGNMENTS

- | POSITION | ASSIGNMENTS  |
|----------|--|
| QB       | Open PS 2 Steps down LOS pitch to A CP - 2 Up BS Must get in pitch relationship w/wp ✓ |
| B-Back   | 6-7 ARC path, seal corner to BS safety   |
| PA-Back  | Tailmotion catch pitch, hand off to wide over top                                      |
| RA-Back  | Block #2   |
| X        | PS - "Lazy" release, seal CB inside  |
| Z        | BS - REverse path, take handoff over top. Downhill, option trail player                |
| PT       | Wash to Peel   |
| PG       | Wash to Peel   |
| C        | Scoop to Peel  |
| BG       | Base to Ace to RR  |
| ET       | Veer In (Seal PSLB)  |

Z	Push Stalk block for Pitch
PSA	No Tail motion go Arc #2 on snap of ball
PST	Veer release for PSLB'er to FS.
PSG	Veer release Through A-gap and Block PSLB to BSLB to FS
C	Base 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
QB	Drop step Playside foot, slide with weight on front foot; <del>keep head up</del> ; read 3TQ as to give/keep on pull take one step and read next man on LOS.

#3 IN MIDDLE

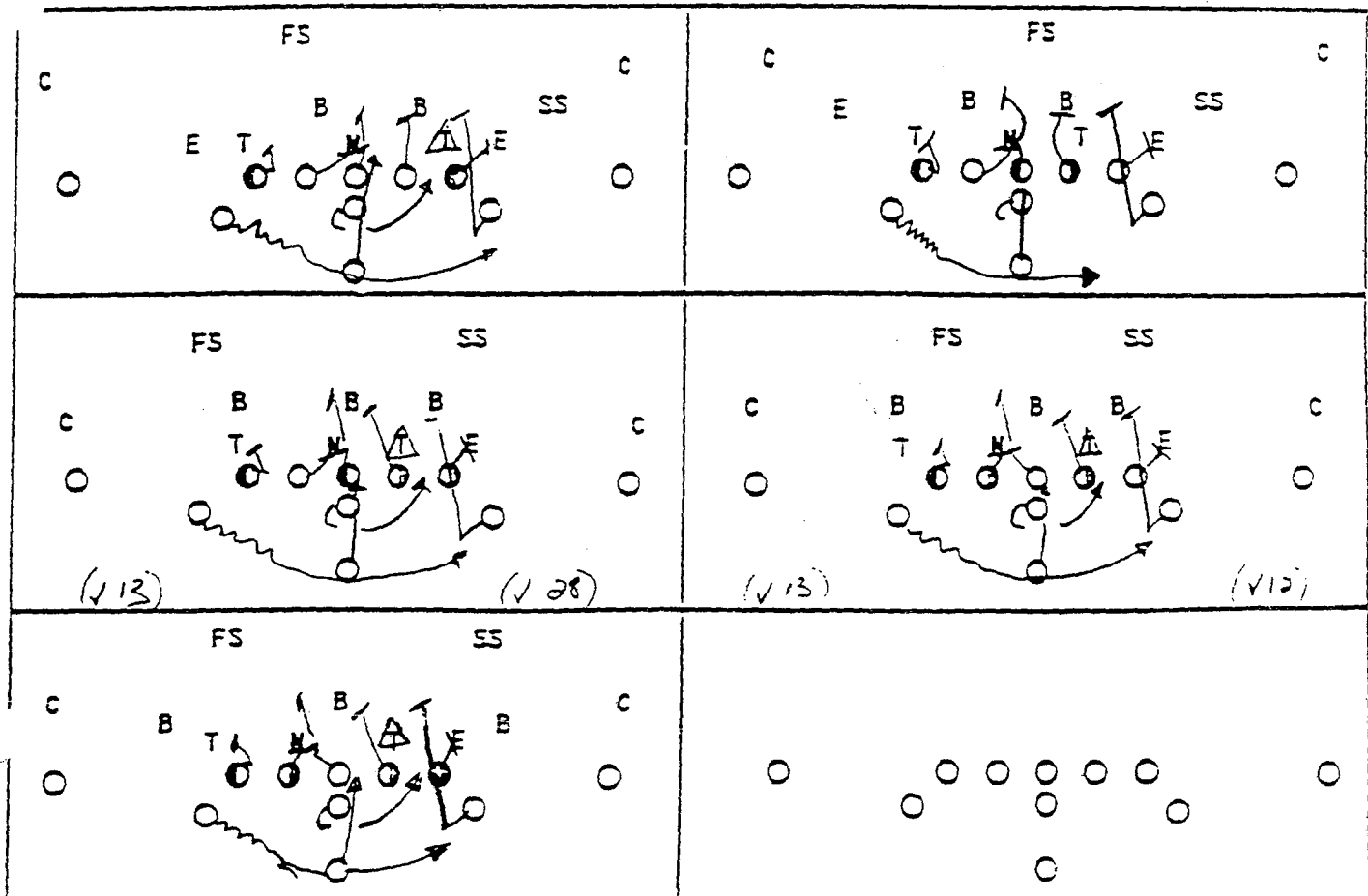
EVEN FRONT → ODD FRONT  
TWO LB'S



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 2i only pull read get around 2i for Mike
QB	Drop step Playside foot, slide with weight on front foot; <del>keep it white high</del> ; read 3TQ as to give/keep; on pull take one step and hit the crease. (B-gap)



Play

Hvy 10-11 Twirl

Push Stalk block for inside run

Z

Start Tail motion on Ready and block PSLB

PSA

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

PST

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

PSG

Scoop to Reverse Ace BSLB'er

C

Reverse Ace to Base to Scoop

BSG

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

BST

Tail Motion on Set-Hike

BSA

Base to White

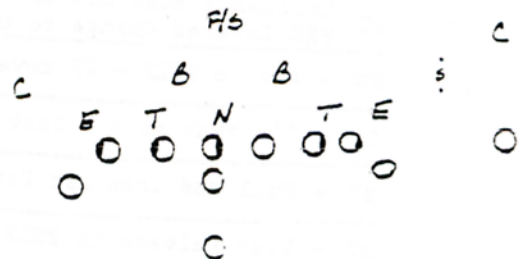
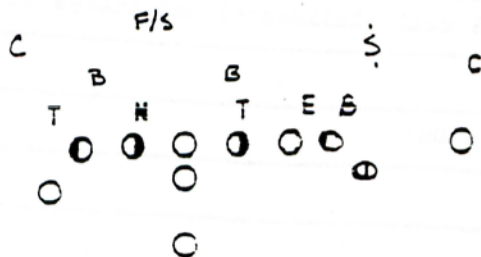
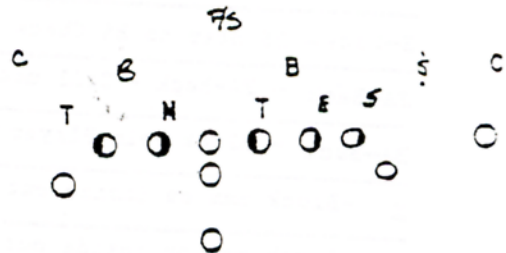
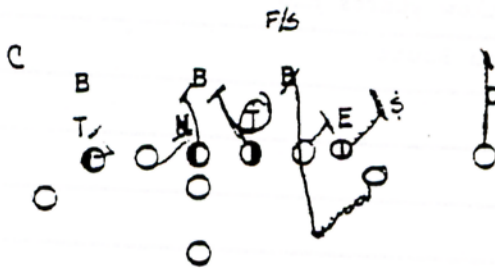
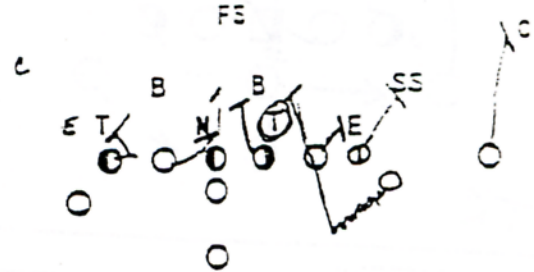
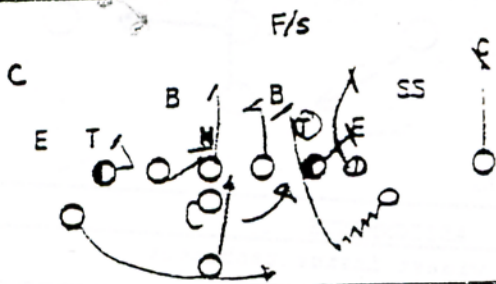
X

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

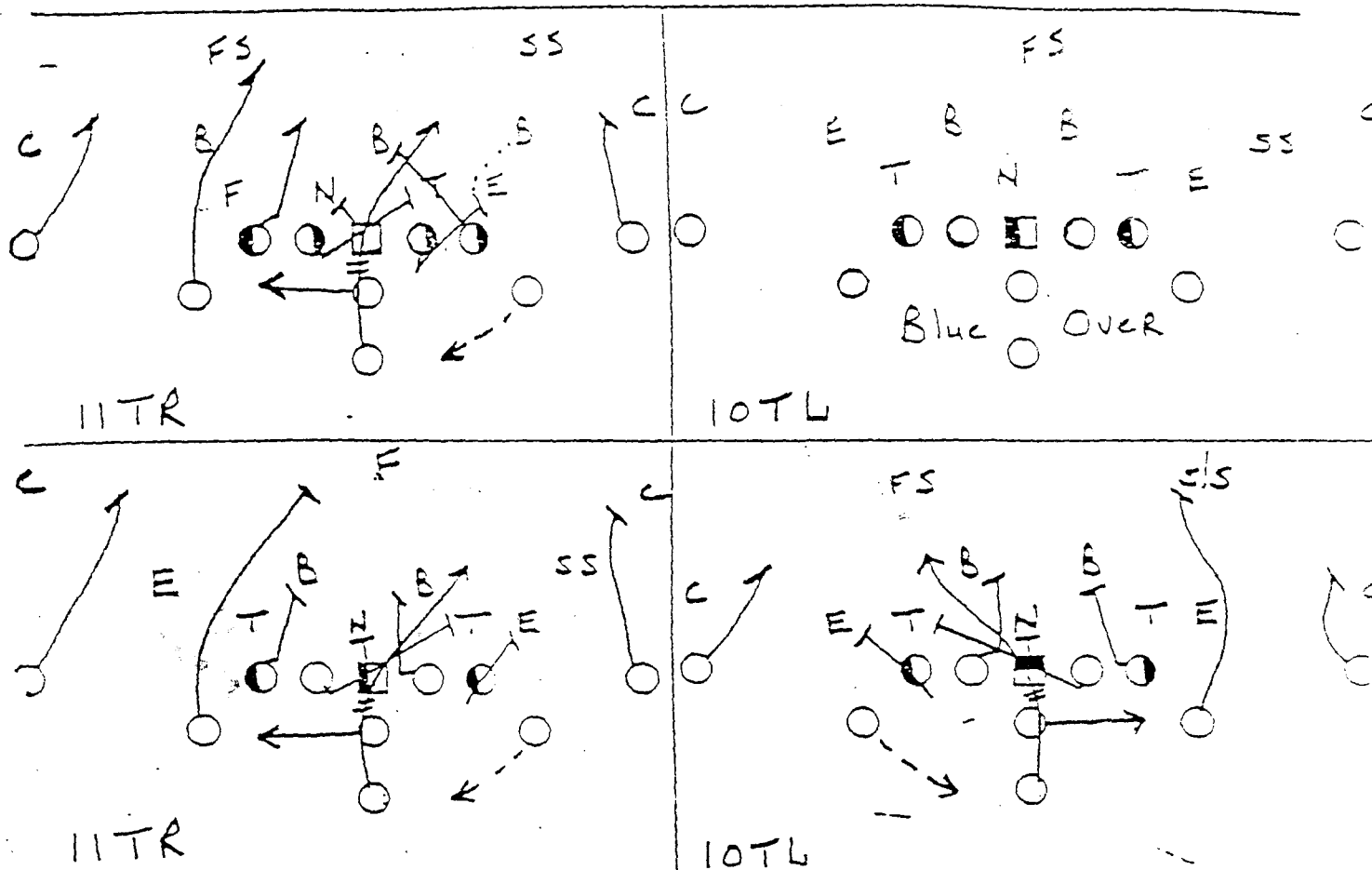
B

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

QB



GEORGIA SOUTHERN EAGLES  
PLAY (10TL-11TR)



## POSITION

## ASSIGNMENTS

OS - Open just past midline - C.P. call to widest inside technique

B-Back - PS Step to BS Check of center, Follow guards hip

PA-Back - PA-Back - Tail motion - Run Pitch Route

BA-Back - Block Fold Player to Safety

X - Block man on inside out

Z - Block man on inside out

Y - Influence Rush End to Flat Defender  
PSG Covered Change to Quick Trap (Veer-In MLB to B-Gap LB)

PG - Ace to PSLE - IF covered make 2 or 3 call (Influence) and change to Quick Trap

C - I'm back to a 3 Tech

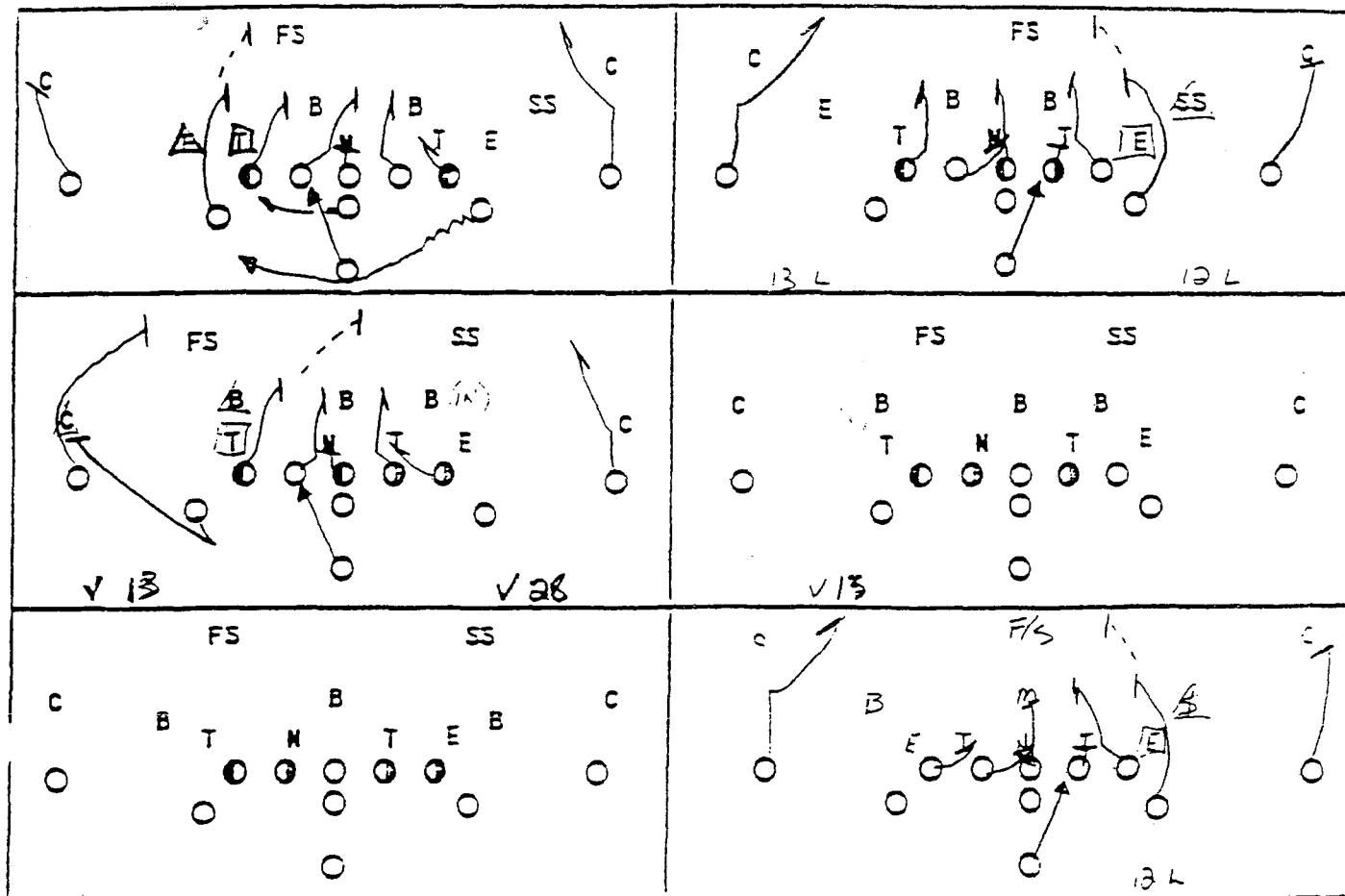
BG - Pull and Trap 1st Down Lineman A Gap Out

BT - Veer Release to BSLE

Play

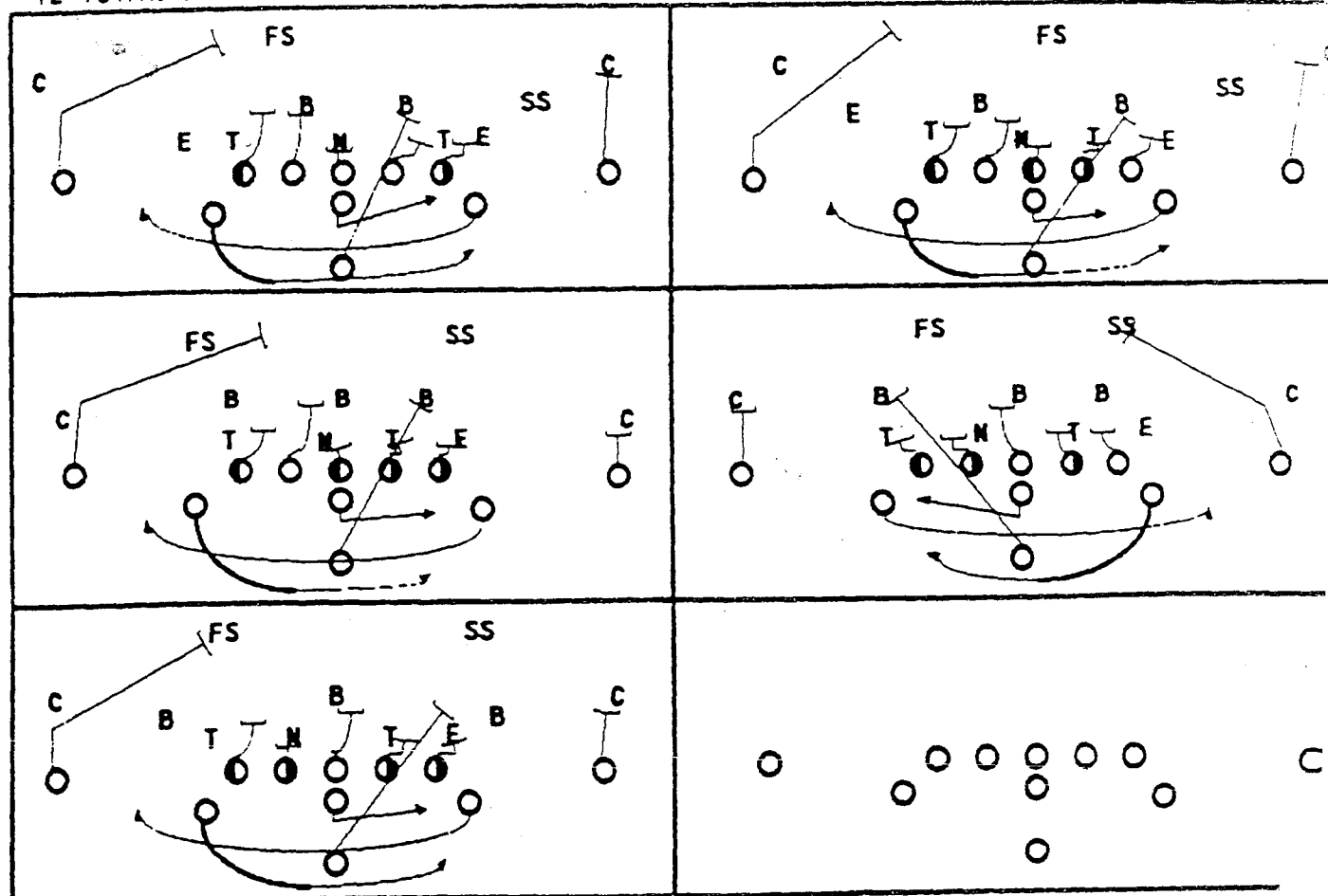
12-13 Load

Z	Push Stalk
PSA	Block PSLB'er to FS. Release outside #1 and inside #2 to get him.
PST	Veer release inside #1 for PSLB'er to FS
PSG	Base to ACE
C	Ace to Scoop
BSG	Scoop
BST	Scoop
BSA	Run Pitch Route
X	Across Field Technique
B	Run Track
QB	Run when #3 is in the Tackle Box; 12-13 Steps and reads.



Z	Push Stalk
PSA	Drop step and receive outside hand off
PST	Base to White
PSG	Base to White
C	Scoop for MLB to FS
BSG	Scoop for BSLB to FS
BST	Scoop
BSA	Run Pitch route a little deeper
X	Across Field Technique working for FS
B	Run Track go out PSLB'er
QB	Run 12-13 steps full fake, outside hand off to A-Back

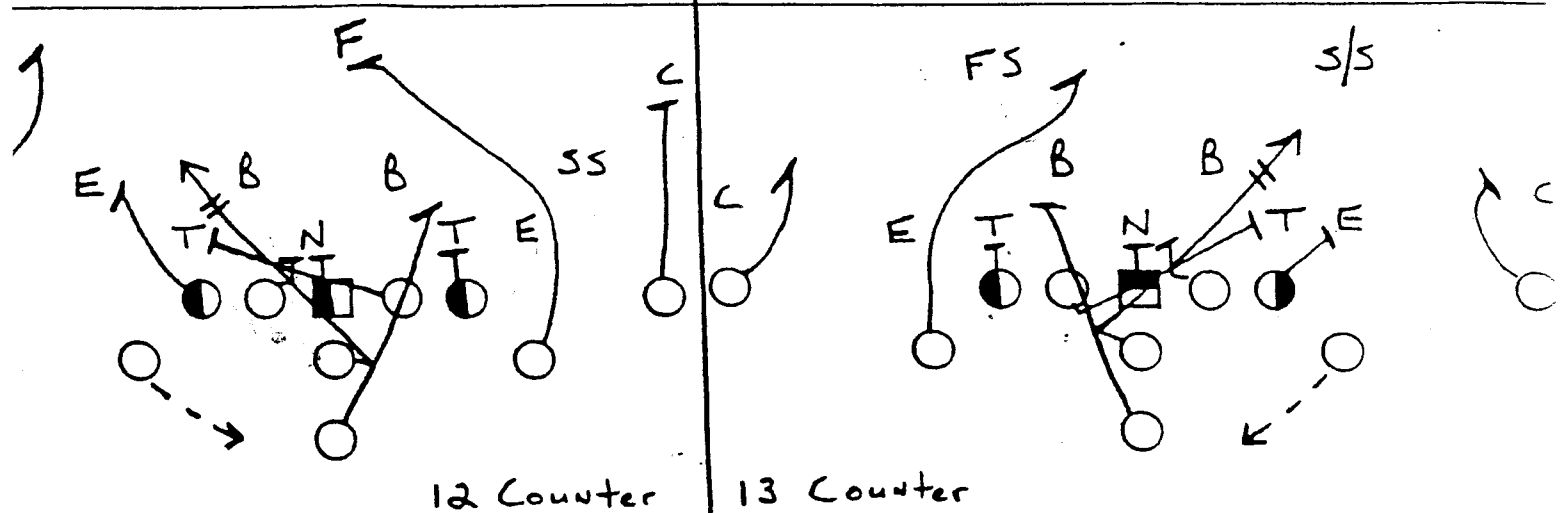
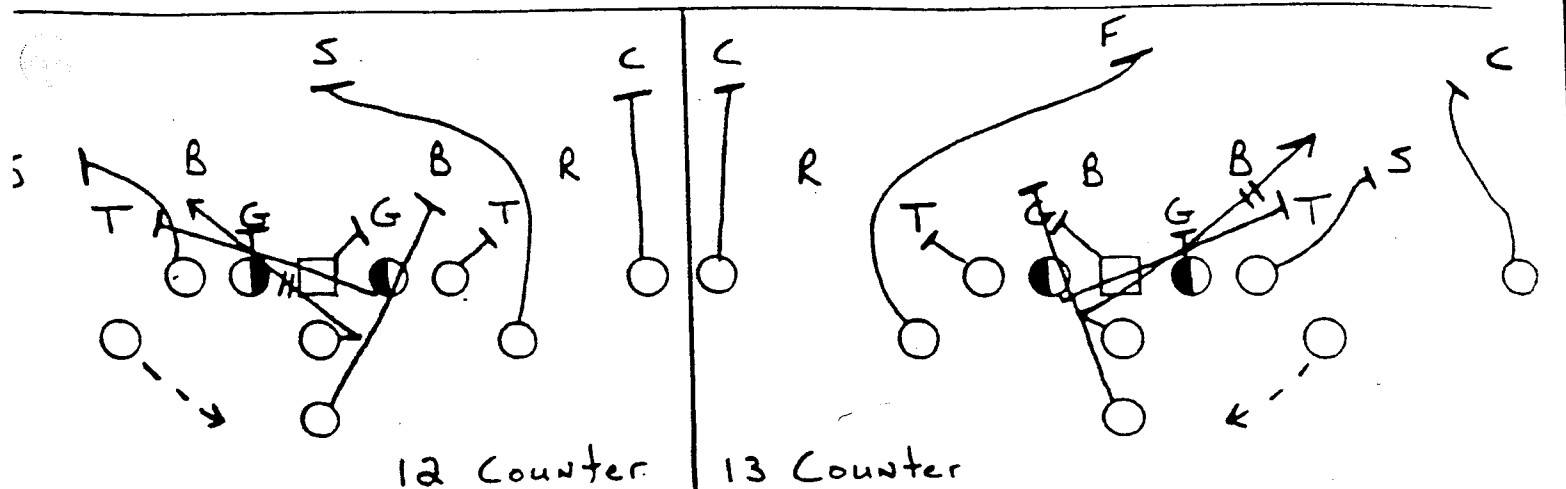
12-13 A Reverse



# GEORGIA SOUTHERN EAGLES

PLAY ( 12-13 )

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

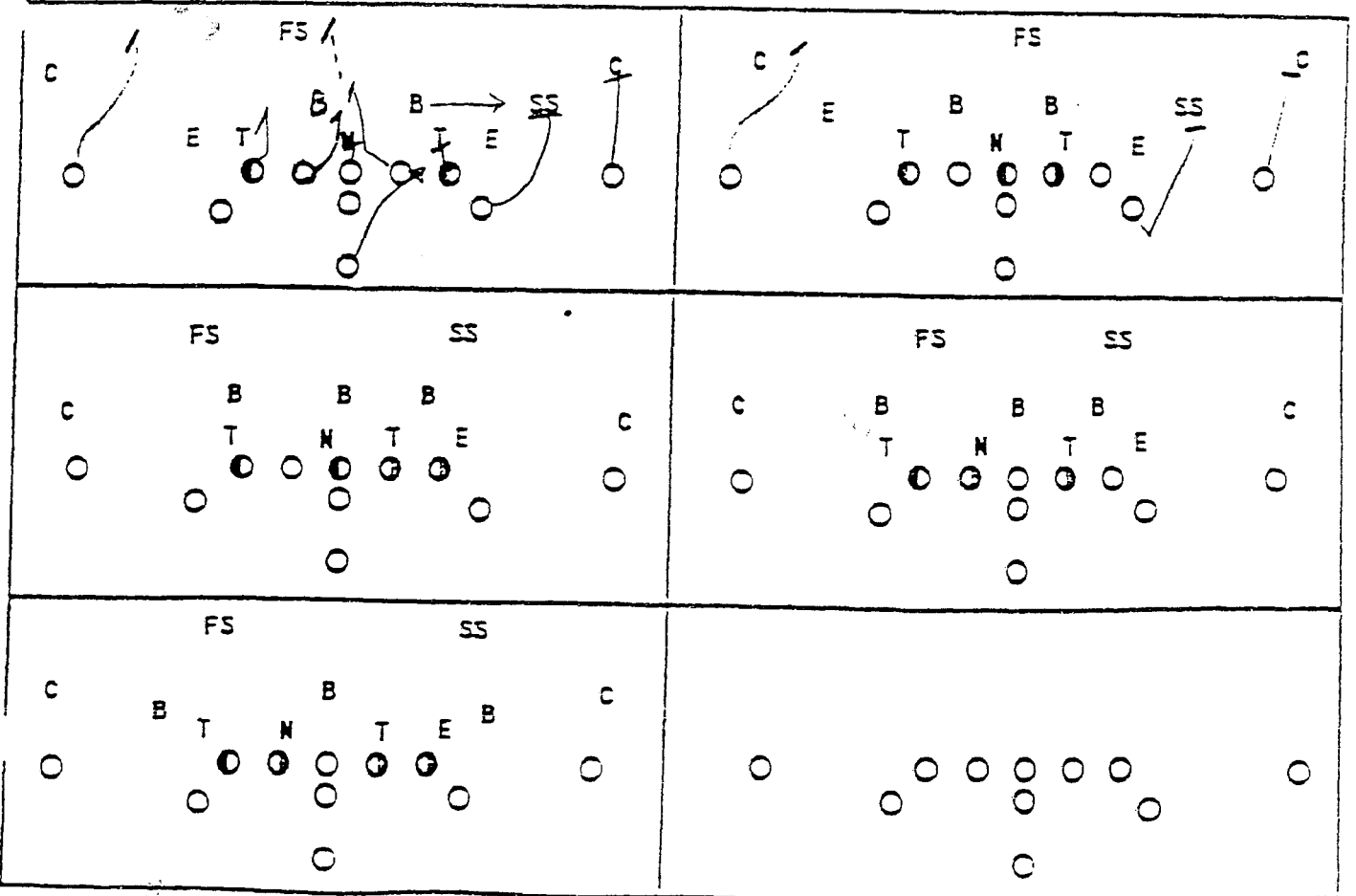
C I'm back to 3 tech.

BG Pull

BT ~~white~~ Block out



Z	Push Stalk
PSA	Arc for Nearest threat.
PST	Base 4i
PSG	ACE to BSLB'er
C	ACE to Base
BSG	Scoop
BST	Scoop
BSA	Run Pitch Route
X	Across Field Technique
B	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

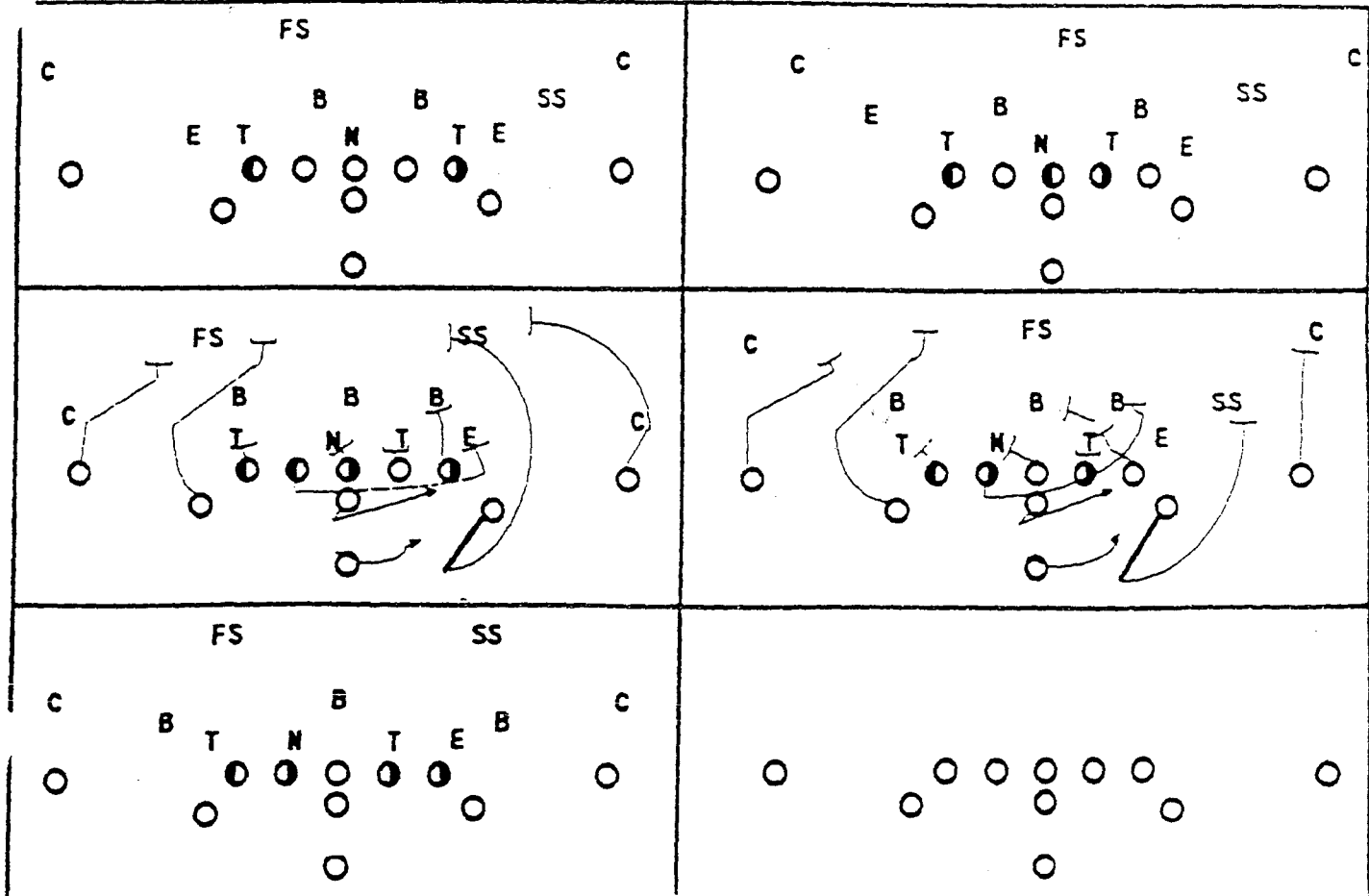


Play 16-17 with an Eagle call

OUT

Z	Push Stalk
SA	Run Motion and block #2
PST	Double 3 Technique to BSLB'er
PSG	Base 3 Technique
C	I'm Back
BSG	Pull and log for Eagle LB'er if 7 comes down log outside thigh
BST	Anchor Down
BSA	Block Downfield/ Block #3 unless #3 is covering you.
X	Across Field Technique
B	Open up playside and run Pitch Route
CB	Double step back let BSG clear and pitch off of #1; Eagle LB'er shows outside #1 pitch off Eagle Lb'er.

16-17 Eagle



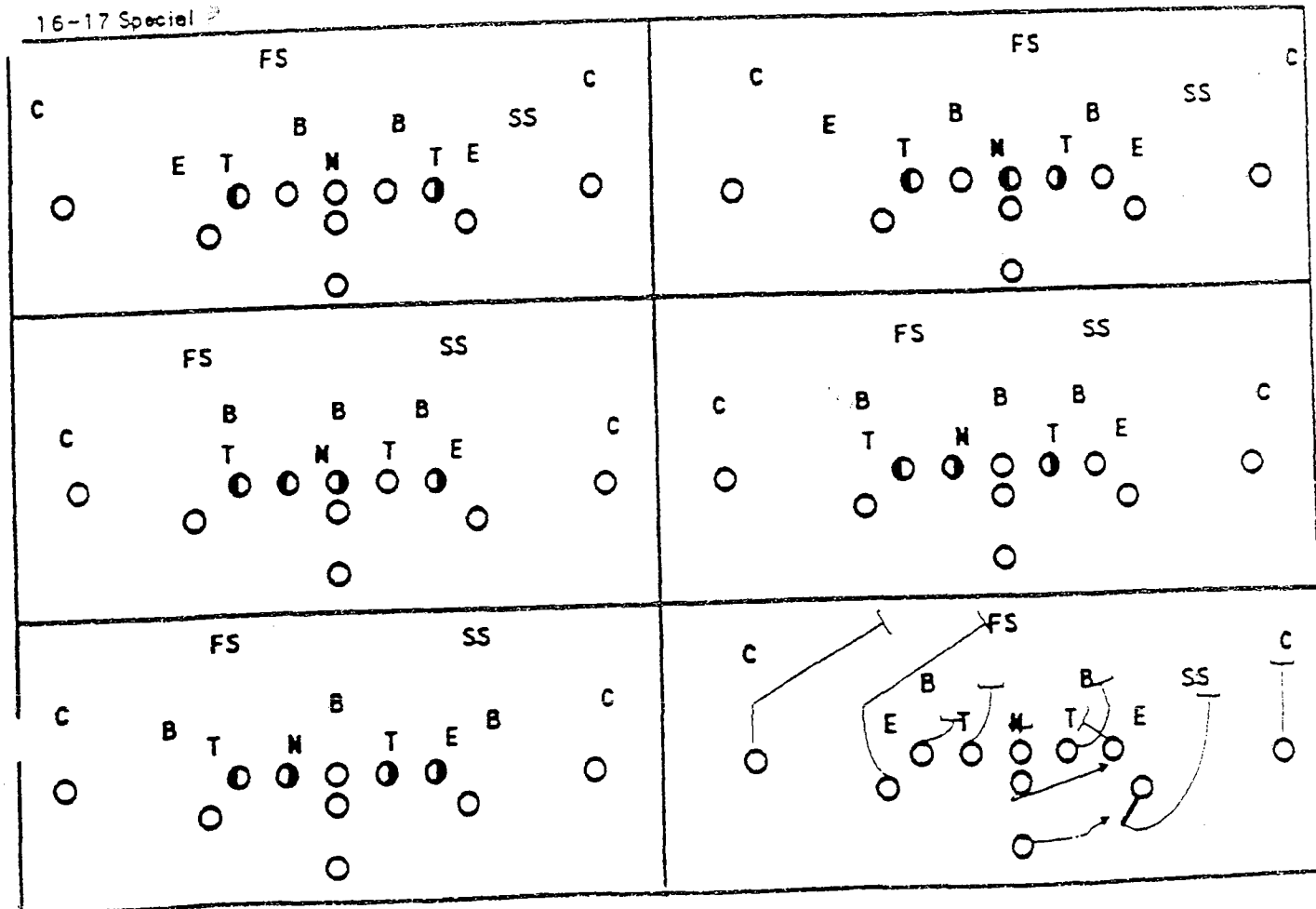
Play

16-17 "Special"

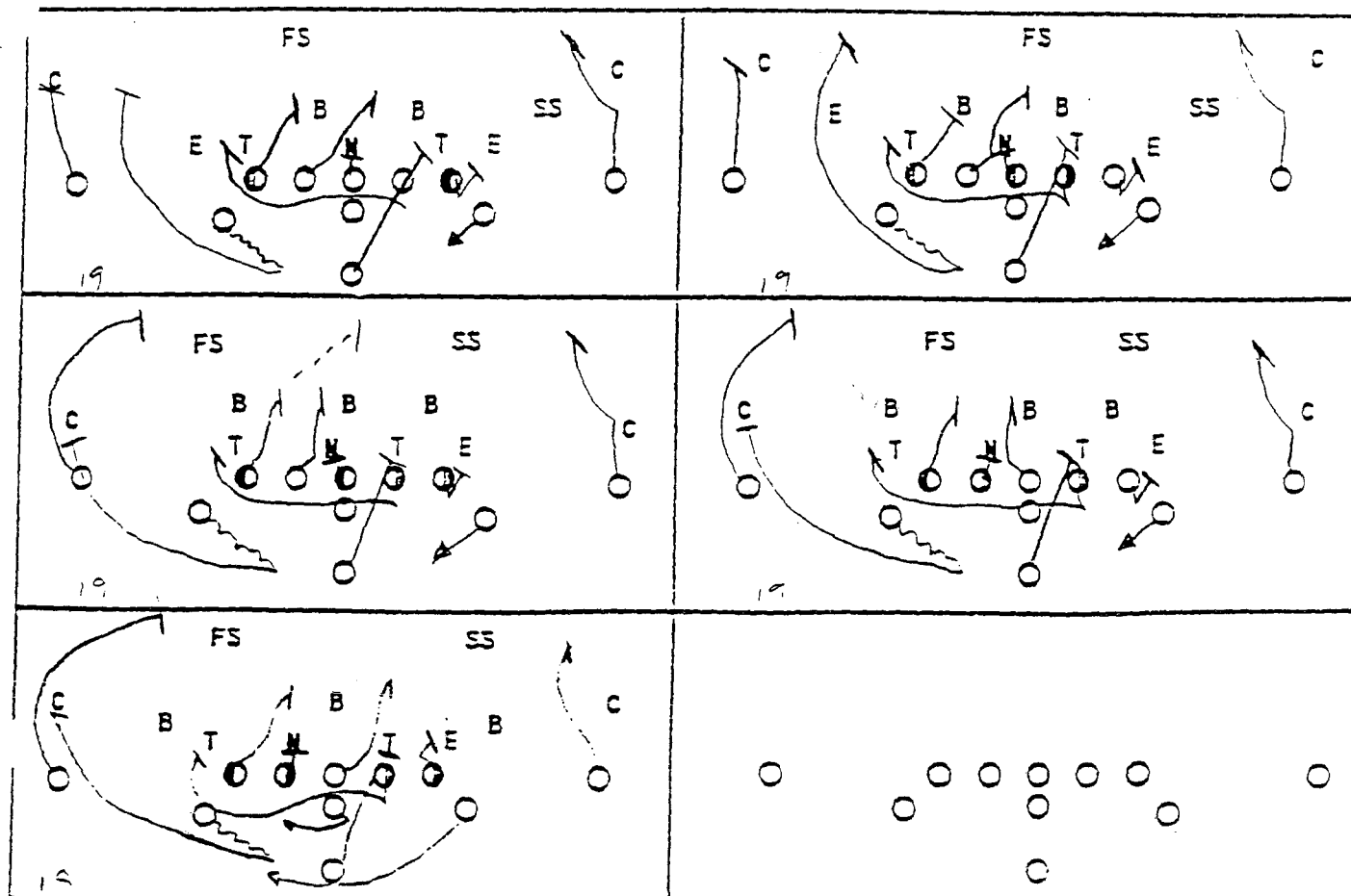
OUT

Z	Push Stalk
SA	Run the Motion called and block #2. Unless Red call then go get the FS.
PST	G Block. Block Down
PSG	Pull for PSLB'er. Spy the backer
C	Scoop if you have an A-Gap run through. Base no A-Gap threat
BSG	Scoop
BST	Scoop
BSA	Downfield block/ Trips block #3
X	Across Field Technique
B	Open up playside and run pitch route
CB	check Special when C and Both Guards are covered. Double step back and pitch off #1.

16-17 Special

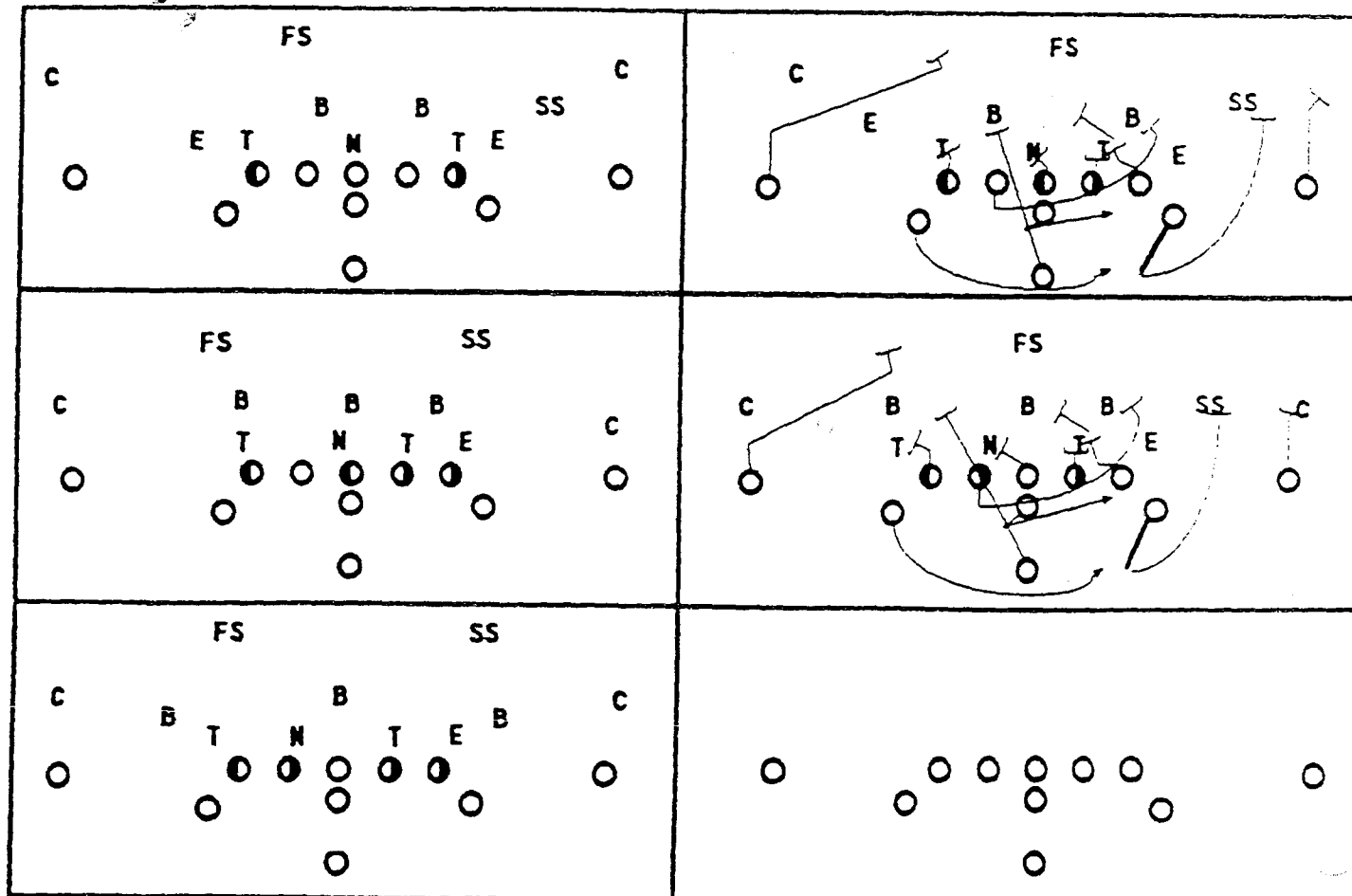


Z	Stalk including a rolled up corner, unless he's #2 then go to #3.
PSA	Automatic twirl motion and go block #3 unless a rolled up corner then go to FS
PST	Veer for PSLB'er, base 4i
PSG	Base to ACE
C	I'm Back to a Zi, step opposite call to BSLB'er, to Ace
BSG	PSG pulls and logs #1; with a 4i go to PSLB'er
BST	Anchor Down 5 Technique out
BSA	Get into pitch route after the ball has been snapped
X	Across Field Technique
B	Run Track opposite call out from a 3 Technique to 4i. No DLM go to BSLB'er
QB	12/13 Steps opposite the call, seat the ball, drop step, square up and option #2. "Hot" call when #2 is on the line step away to gain time



Z	Stalk including a rolled up corner
PSA	Twirl motion and Block #2
PST	Double 3 Technique to the BSLB'er
PSG	Base
C	I'm Back to a 2i, step opposite call to BSLB'er; to Ace
BSG	Pull and log for Eagle LB'er if 7 comes down log outside thigh
BST	Anchor Down 5 Technique out
BSA	Get into pitch route after the ball has been snapped
X	Across Field Technique
B	Run track opposite call, cut from a 3 Technique to 4i. No DLM go to BSLB'er
CB	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.

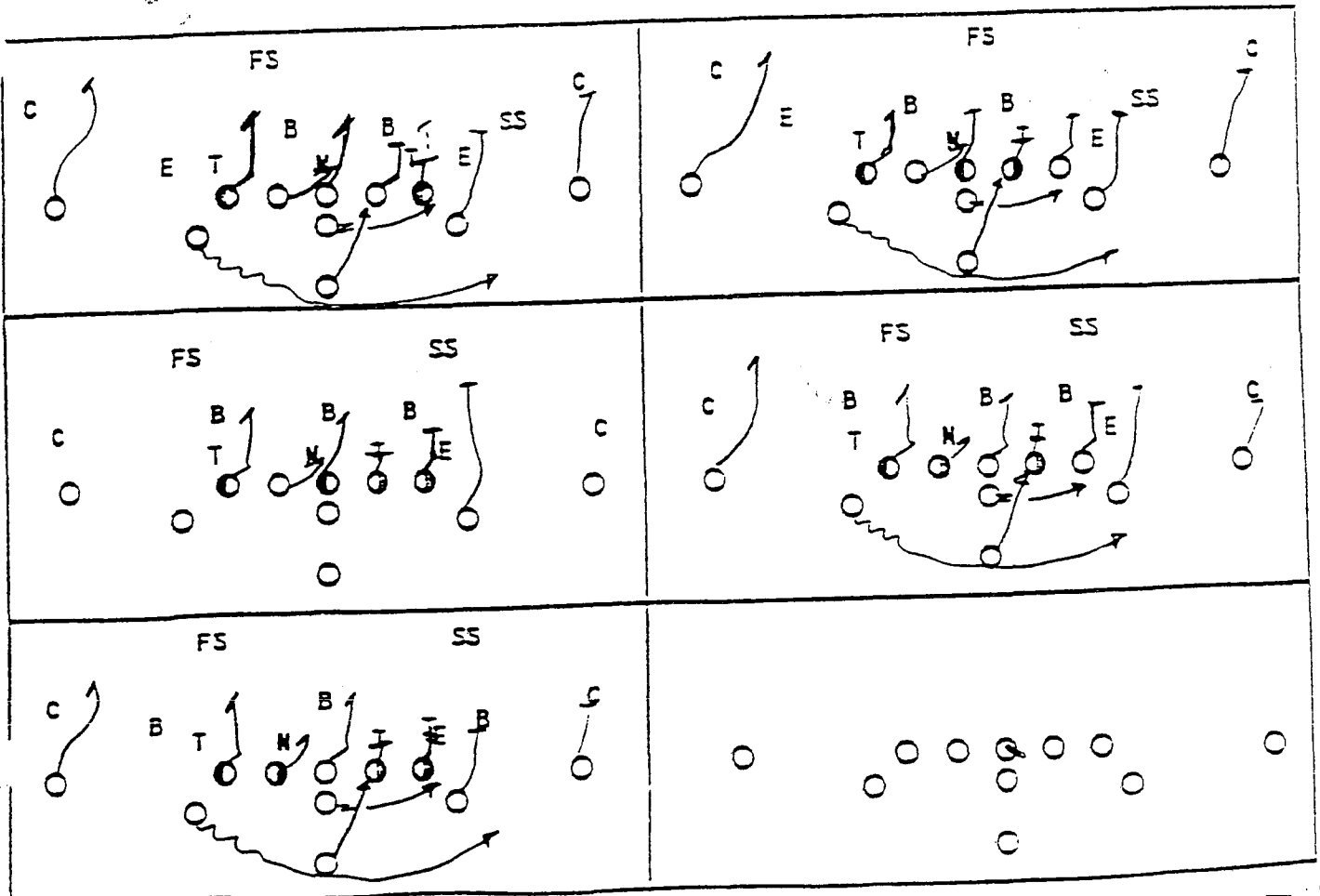
## 18-19 Eagle



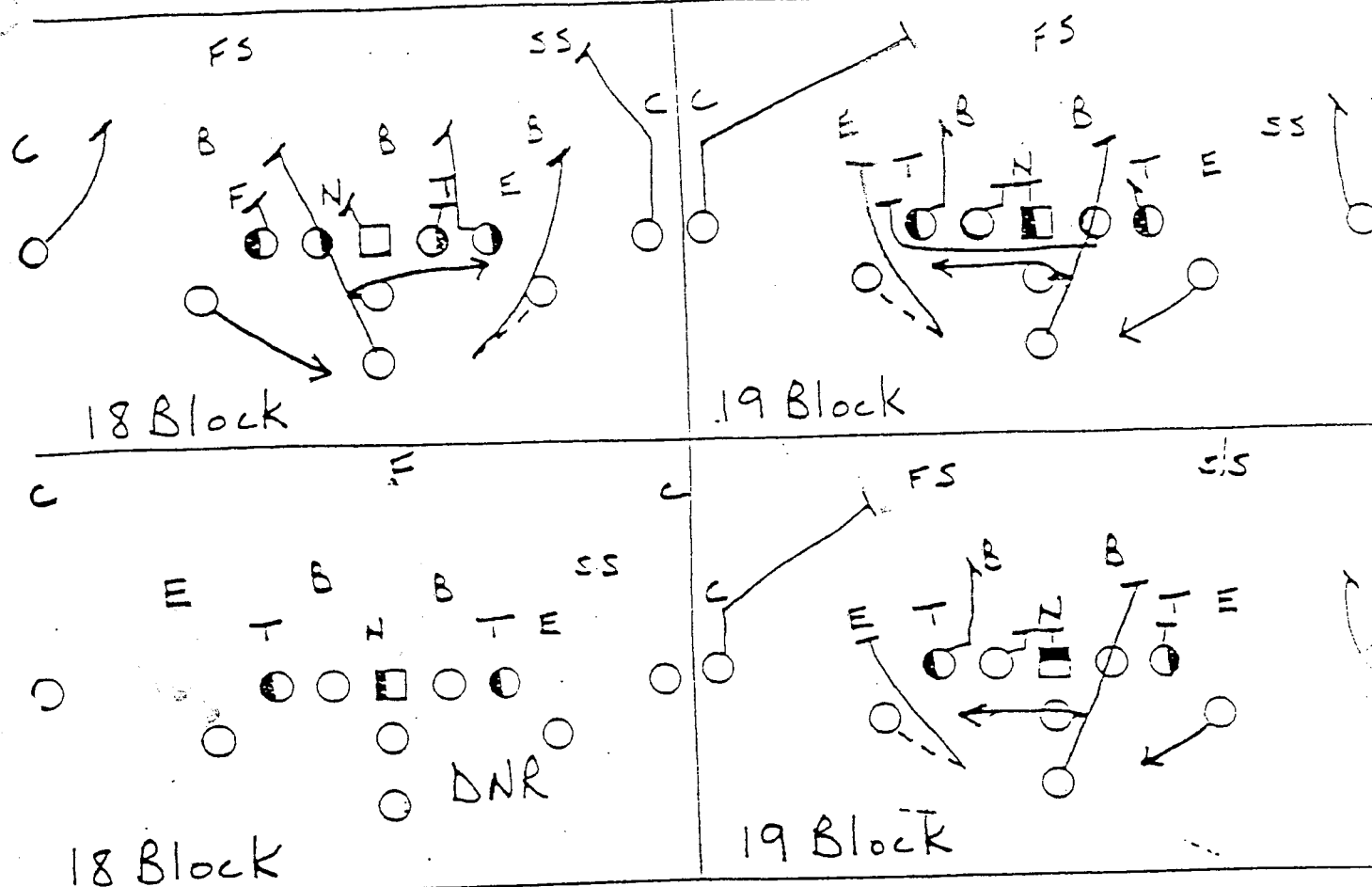
Play

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



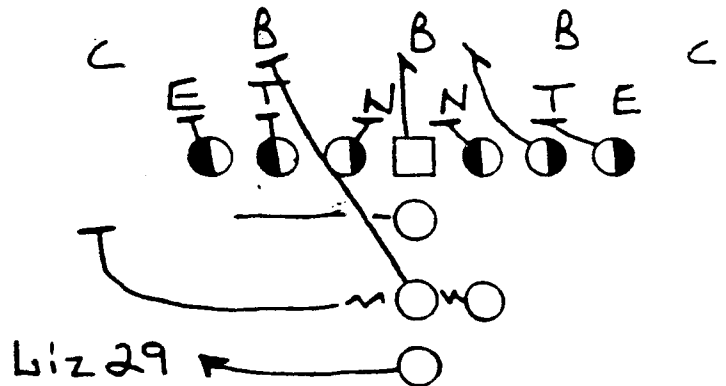
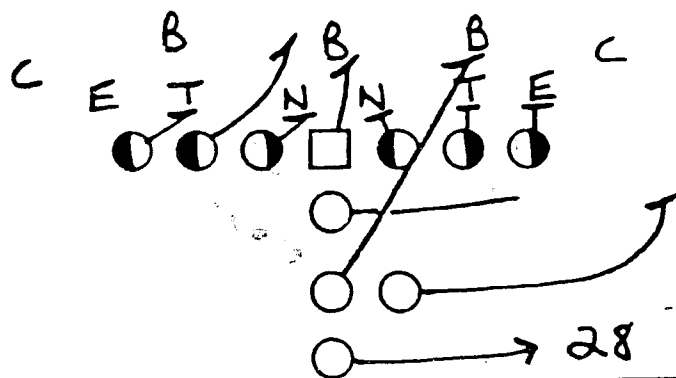
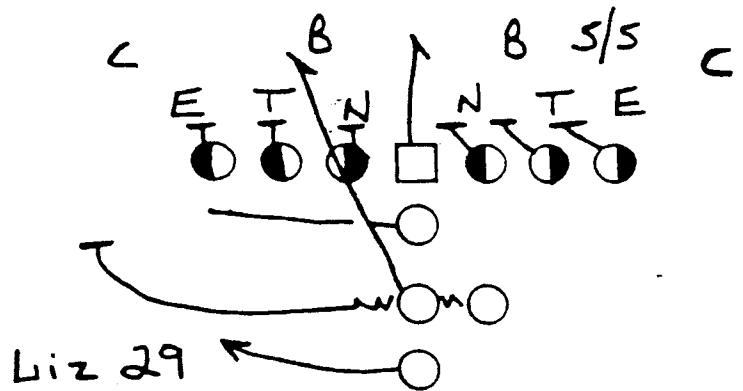
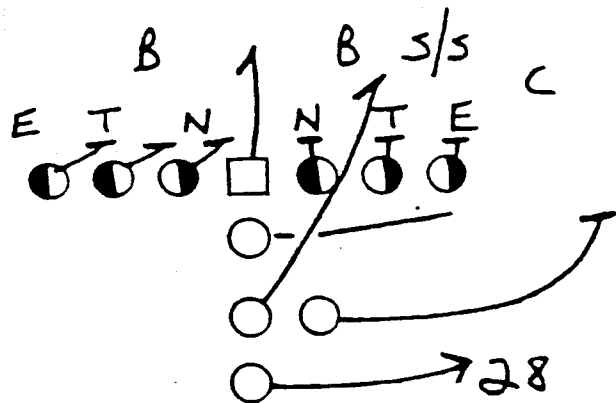
GEORGIA SOUTHERN EAGLES  
PLAY (18-19) Block



## POSITION

## ASSIGNMENTS

- QB - Reverse pivot to 3 o'clock, pivot into LOS option #3, C.P. if #2 threatens must
- B-Back - 16, 13 steps 19, 12 steps, BSLB to Safety
- PA-Back - Twirl and Block #2
- BA-Back - Run Pitch Route from snap
- X - Cut off backside CB
- Z - Push Crack; unless inverted safety, then Block Straight Up
- PT - Veer-In (4 Strong, George, Crash, 5 Call, 7 Call, Eagle, Tom)
- PG - Base to Ace to Railroad
- C - I'm Back to A 3 Tech
- BG - Pull and Cut 5 Tech
- BT - Anchor Down to Stack Rule



## POSITION

## ASSIGNMENTS

QB open to 4:00 wide, flash to B-back. Option end man on L.O.S.

B-Back Run veer track get width to block playside LB

Tail-Back Run pitch Route

Set-Back Arc-Release and block pitch support

PTE Base

BTE Scoop

PT Base

PG Base

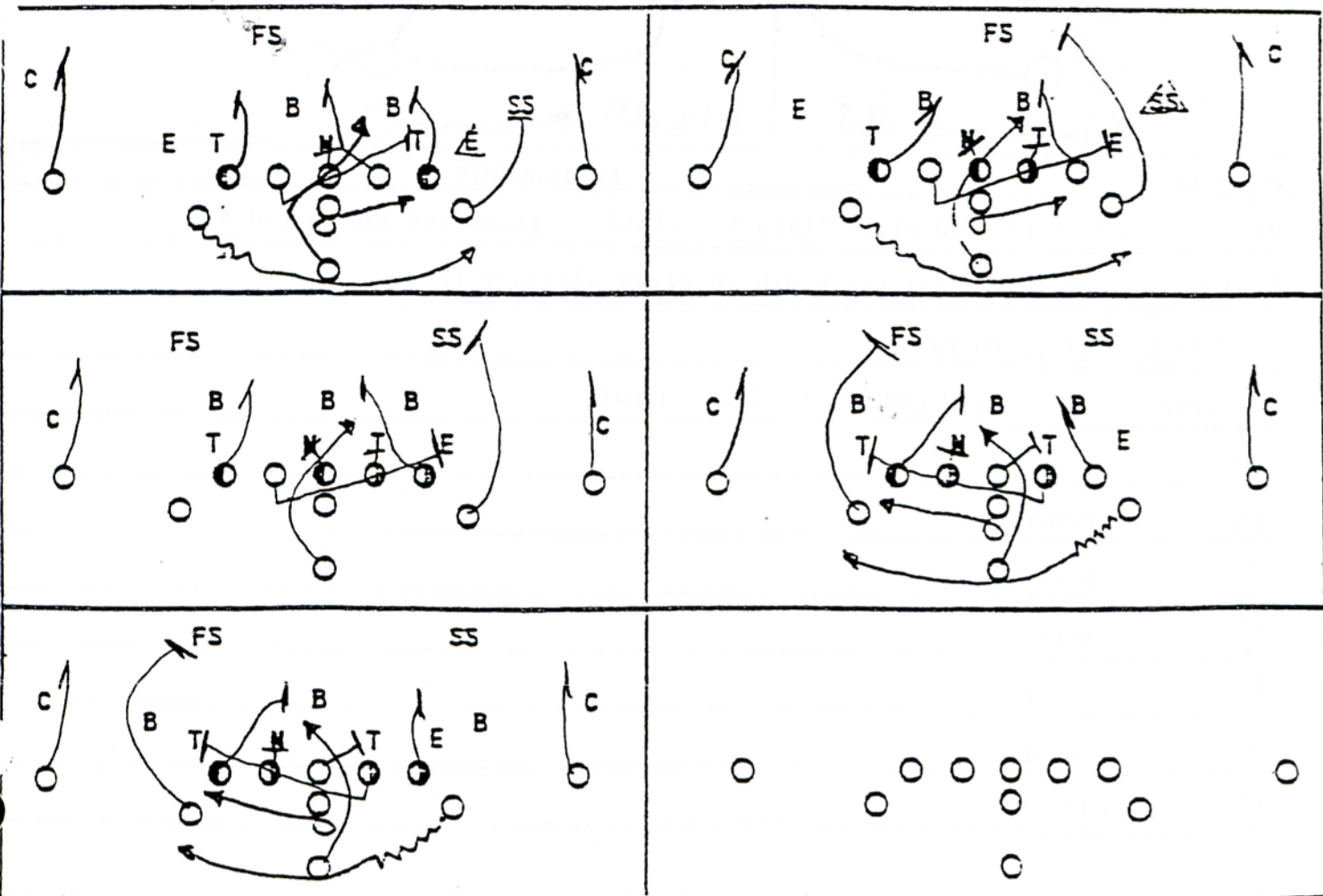
C Scoop

BG Scoop

BT Scoop



Z	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.



Z

Push Stalk

PSA

Tail motion; unless red then block flat Defender

PST

Slam veer a 5TQ. to BSLB'er, base a 4i, combo 3TQ to BSLB'er

PSG

Base to ACE

C

I'm Back to a 4i, to Ace

BSG

Pull and trap 5TQ out

BST

Pull for PSLB'er

BSA

Double step back put inside arm up and receive an inside hand off, get on BST hip

X

Across Field Technique

B

Run veer track and block 1st man 4 TQ out

QB

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

36-37

