

WASHINGTON STATE COUGARS



2002 OFFENSIVE PLAYBOOK

WASHINGTON STATE OFFENSE SERIES TERMINOLOGY

1. **Teens** - 08-09 Option - 10-11 Wedge - 12-13 Tom - 14-15 Zone - 16-17 Zone
16-17 A ReverseQB/F ball action - QB opens playside, ball carrier gets the ball playside.
2. **20 Series** - 20-21 Trap - 26-27 Toss
QB/F ball action - QB opens away from hole, ball carrier gets ball opposite of the hole called. F will open to the hole in Toss.
3. **30 Series** - 32-33 Power, 34-35 Ctr , 34-35 Ctr Sweep, 34-35 Cross, 38-39 Sweep
QB/F ball action - QB opens opposite of the hole. F back or H fakes opposite of hole, gets the ball to the playside.
4. **40 Series** - 46-47 G Lead
Action indicates F/H will be ball carrier. QB opens opposite the hole.
5. **50 Series** - Draw Series - 52-53 Draw,
6. **60 Series** - Drop Back Passing Game (TE out). Six man slide protection weak.
7. **70 Series** - Drop Back Passing Game (TE Out). Six man slide protection strong.
(Scat is another term for 70's)
9. **90 Series** - Quick Passing Game. 7 man protection. TE Blocks strong - F blocks weak.
10. **90 Y** - Quick passing game, 7 man protections - H & F Blocks.
11. **300 Series** - Play action pass.
12. **590 Series** - Dropback Passing Game. TE out, F-Back out, OL declares 4 down rushers and Mac.
13. **690 Series** - Dropback Passing Game. TE in, F-Back out, 6 man pass protection, center declares weak.
14. **Screens** - Crack, Slow, Middle, Quick, Double, Rip-Liz, and Throwback Screen.

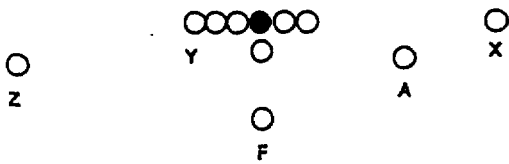
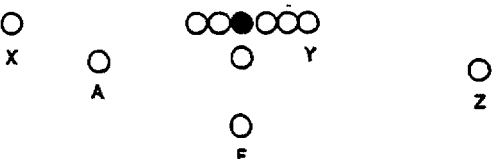
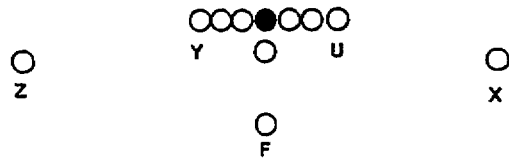
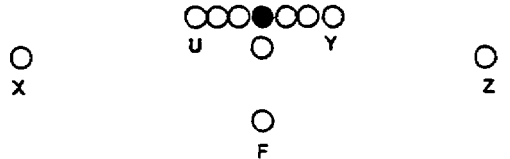
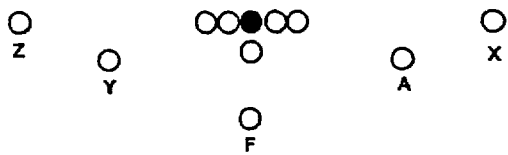
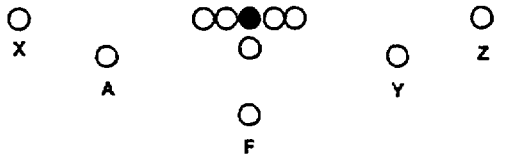
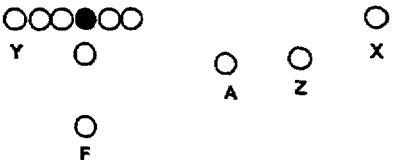
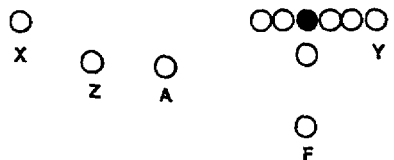
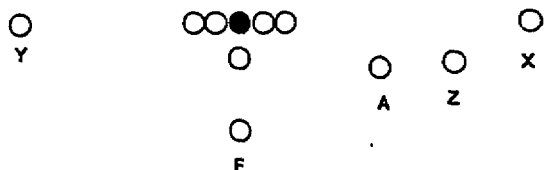
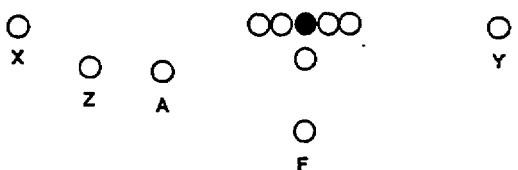
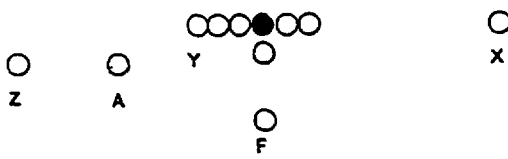
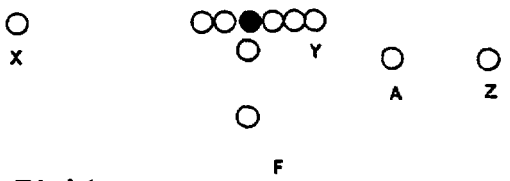
GENERAL TERMINOLOGY

1. **A** - Doubles Back
2. **AFBP** – Across Field Blocking Point
3. **F** - Fullback
4. **H** - Halfback
5. **U** - Weakside TE in two TE formation
6. **X** - Split End
7. **Y** - Tight End
8. **Z** - Flanker
9. **B.C.** - Ball Carrier
10. **Blitz** - Six or more defenders rushing the QB.
11. **Bump** – A man technique by a pressed defender.
12. **Cloud** - Corner force in 3 deep coverage.
13. **Contain** - The primary force defender.
14. **Crash** - Term used to describe outside blitz technique of corner.
15. **C.P.** - Coaching Point
16. **DB** - Defensive Back
17. **Dime** - Six defensive backs
18. **Dog** - 5 or less defenders rushing QB.
19. **EMLOS** - End man on line of scrimmage.
20. **Even Front** - Defensive alignment with center is uncovered.
21. **Far** - 2 back formation where "H" aligns behind the weak tackle.
22. **Force** - Immediate upfield pressure from a defender on run plays.
23. **First Sound** - Term indicating quick snap. (DOWN)
24. **"G"** - Onside guard pulls and leads play outside or traps onside. Also term used to indicate guard pulling on bootleg.
25. **Goose** - Silent snap between center and QB.
26. **Hack** - Motion by the halfback.

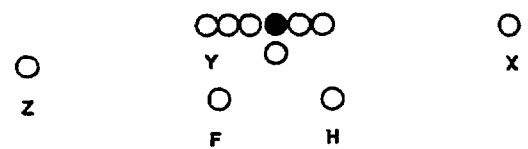
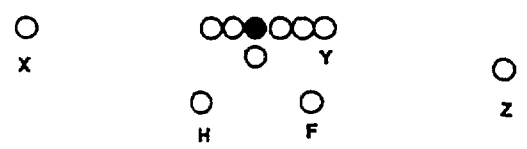
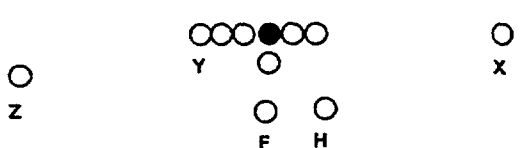
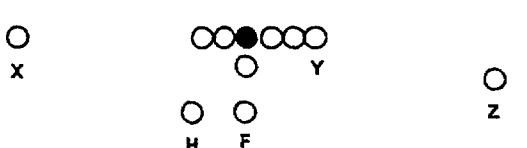
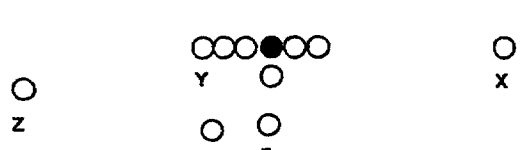
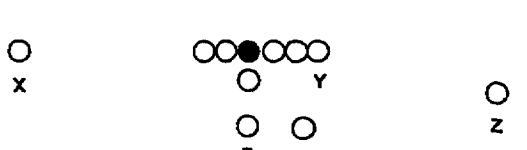
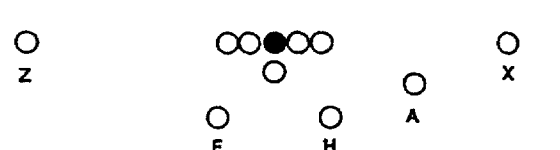
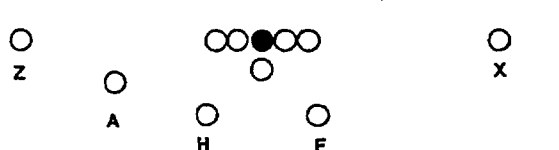
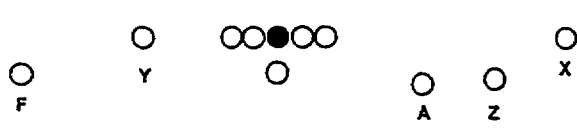
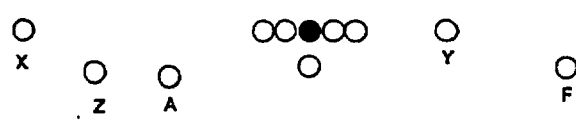
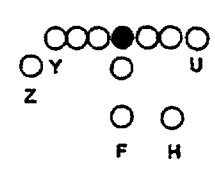
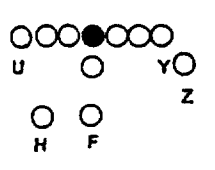
27. **Invert** - SS/FS as primary force defender strong or weak.
28. **Jam** - Defender trying to hold up a receiver on the LOS. Zone Technique
29. **Jet** - Motion by the A/H receiver.
30. **LB** - Linebacker.
31. **Load** - H or F blocking EMLOS.
32. **LOS** - Line of Scrimmage
33. **Max** - The term indicating that the TE is in Pass Pro.
34. **Motion** - Pre snap movement by an eligible player.
35. **Near** - Where H aligns behind the strong tackle.
36. **Nickel** - Five defensive backs.
37. **OLB** - Outside Linebacker.
38. **Shade** - Defensive alignment with nose guard slightly removed from the middle of the center.
39. **Backside** - Term used when the play is run away from you.
40. **Odd Front** - Defensive alignment with center being covered.
41. **Playside** - The side to which the play is run.
42. **Plug** - An inside LB rushing straight ahead.
43. **Press** - The outside defender on the LOS weak or strong.
44. **Roll** - A secondary rotation.
45. **Return** - Motion which returns you to your original alignment.
46. **Scat** - term used for 70 Pass Pro & Patterns.
47. **Sky** - SS playing in the curl/flat area in zone coverage. Primary force defender in 3 deep coverage.
48. **Slants** - Defensive lineman slanting to a specific gap.
49. **Strike** - Call made by TE when he has a man on and outside and he will block out on widest defender on LOS.
50. **Strongside** - The side of the Y.
51. **Stunts** - Defensive lineman moving in different directions.
52. **SUP** - Strong safety up on LOS over the TE, with a defender outside.

- 53. **Sex** - Sam End exchange.
- 54. **Sustain** - Staying with the block until the whistle blows.
- 55. **Twins Off** - Two tight end formation when X steps on the LOS and U backs off.
- 56. **Up** - F motion.
- 57. **Walked** - A linebacker bumping out to cover a receiver.
- 58. **Wall** - Inside out technique of defender to keep A and Y out of the middle.
- 59. **Weakside** - The side away from the Y.
- 60. **Wing** - Term used to describe the alignment of the wing player on goalline or short yardage.
- 61. **Zoom** - Z receiver motion.

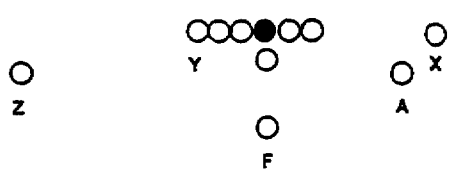
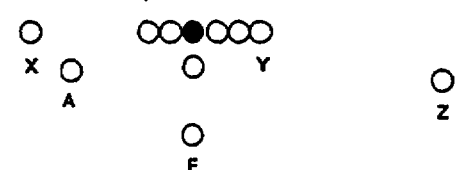
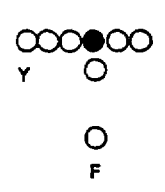
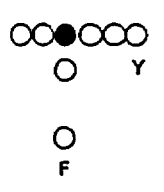
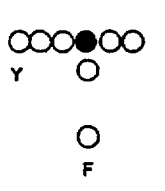
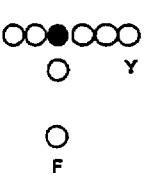
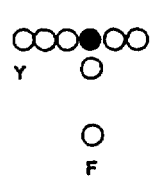
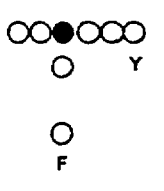
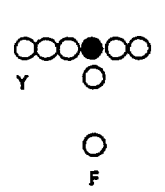
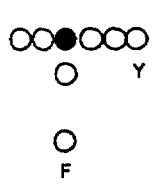
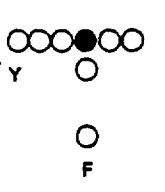
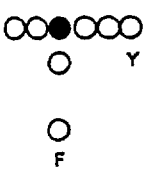
Formations

 <p>Doubles Left</p>	 <p>Doubles Right</p>
 <p>Twins Left</p>	 <p>Twins Right</p>
 <p>Double Slot Left</p>	 <p>Double Slot Right</p>
 <p>Trips Left</p>	 <p>Trips Right</p>
 <p>Trips Left Open</p>	 <p>Trips Right Open</p>
 <p>Trey Left</p>	 <p>Trey Right</p>

Formations

 <p>Pro Left</p>	 <p>Pro Right</p>
 <p>Far Left</p>	 <p>Far Right</p>
 <p>Near Left</p>	 <p>Near Right</p>
 <p>Pro Slot Left</p>	 <p>Pro Slot Right</p>
 <p>Spread Left</p>	 <p>Spread Right</p>
 <p>Goalline Left</p>	 <p>Goalline Right</p>

Formation Adjustments

 <p>Doubles Left Squeeze</p>	 <p>Doubles Right Squeeze</p>
	
	
	
	
	

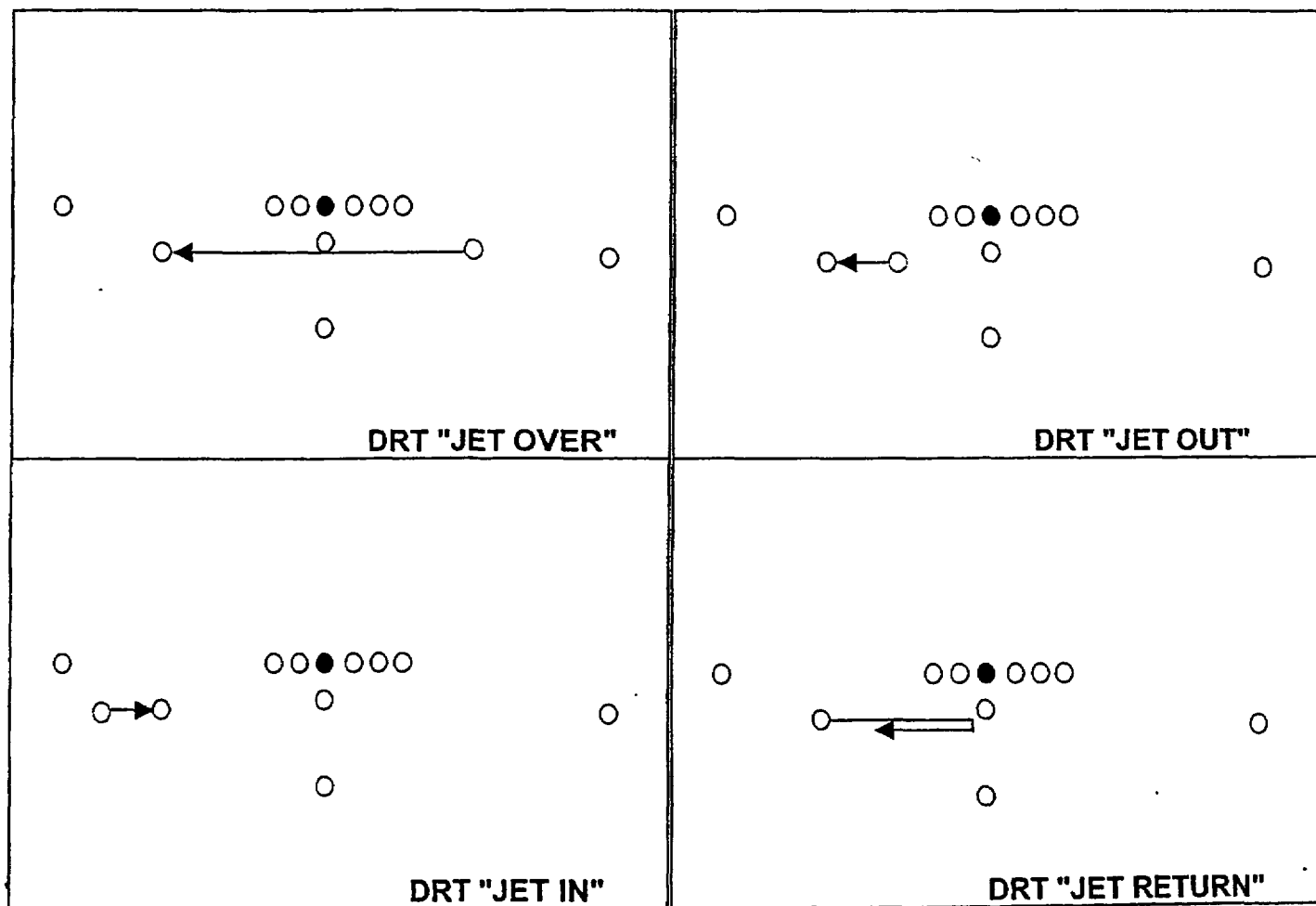
WIDE RECEIVER MOTION (A BACK)

On A Motion, we will end up in the formation called in the huddle.
All motion is run at full speed.

Example: Doubles Rt Jet Over - The A back will line up in Trey Right formation and on "down" he will pause one count and then will motion across the formation into Doubles Right.
(Receiver may start motion later according to the play called.)

1. Jet Over Motion = A/U jets across the formation.
2. Jet In Motion = A/U aligns outside and jets in to base alignment.
3. Jet Out Motion = A/U aligns inside and jets out to the base alignment.
4. Jet Return Motion = A/U jets across the formation past center and returns to original spot.

Jet: A/H/U back motion across the formation



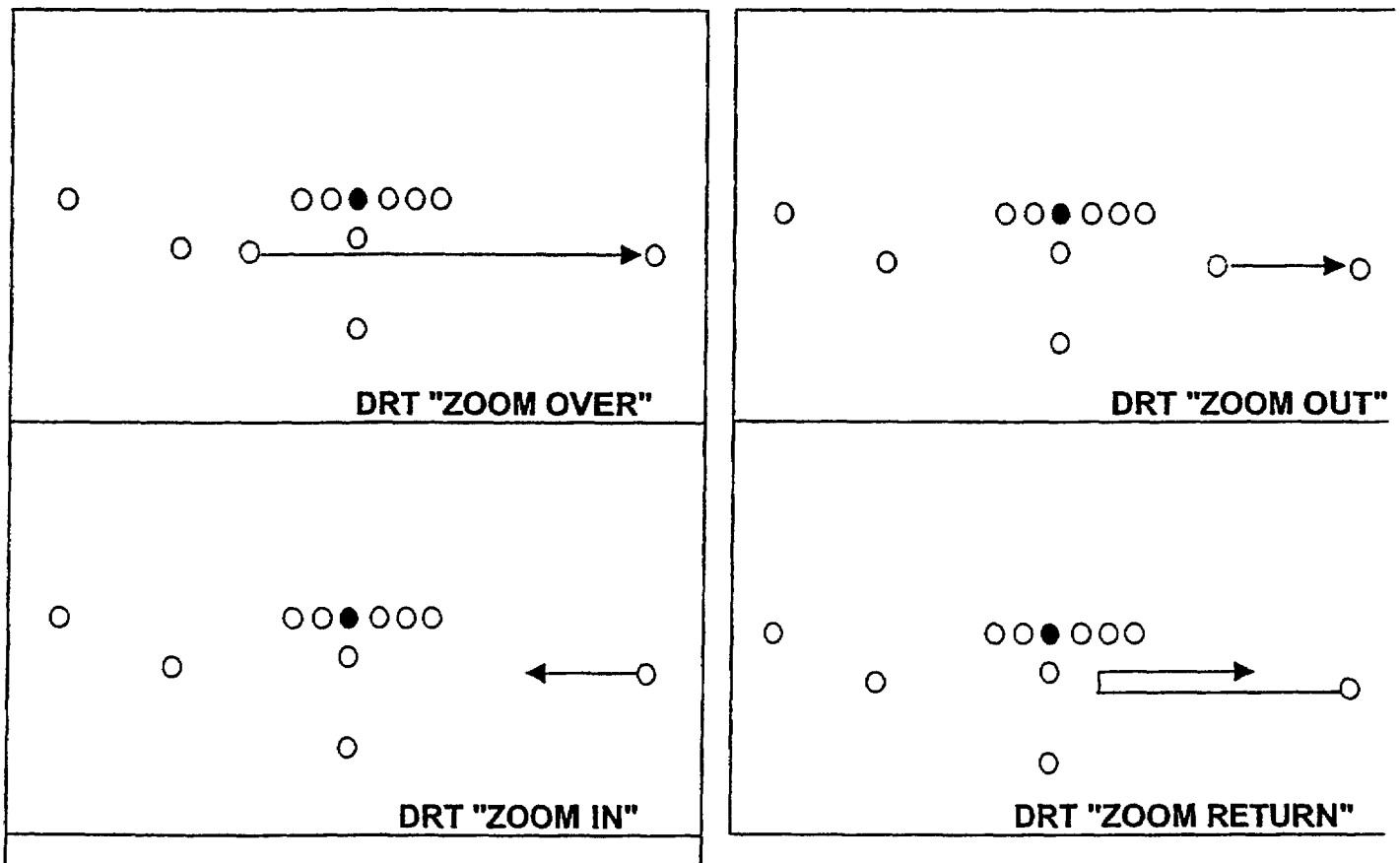
WIDE RECEIVER MOTION (Z RECEIVER)

On, WR motion, we will end up in the formation called in the huddle. All motion is run at full speed

Example: Doubles Rt Zoom Over- The Z receiver will line up in trips right formation, and on "down" he will pause one count and then motion across the formation into doubles right.
(Receiver may start motion later according to the play called.)

1. Zoom Over Motion – Z motions across the formation
2. Zoom In Motion – Z aligns outside and motions in
3. Zoom Out Motion – Z aligns inside and motions out
4. Zoom Return Motion – Z motions over past center and returns to original spot

Zoom: "Z" receiver motion across formation

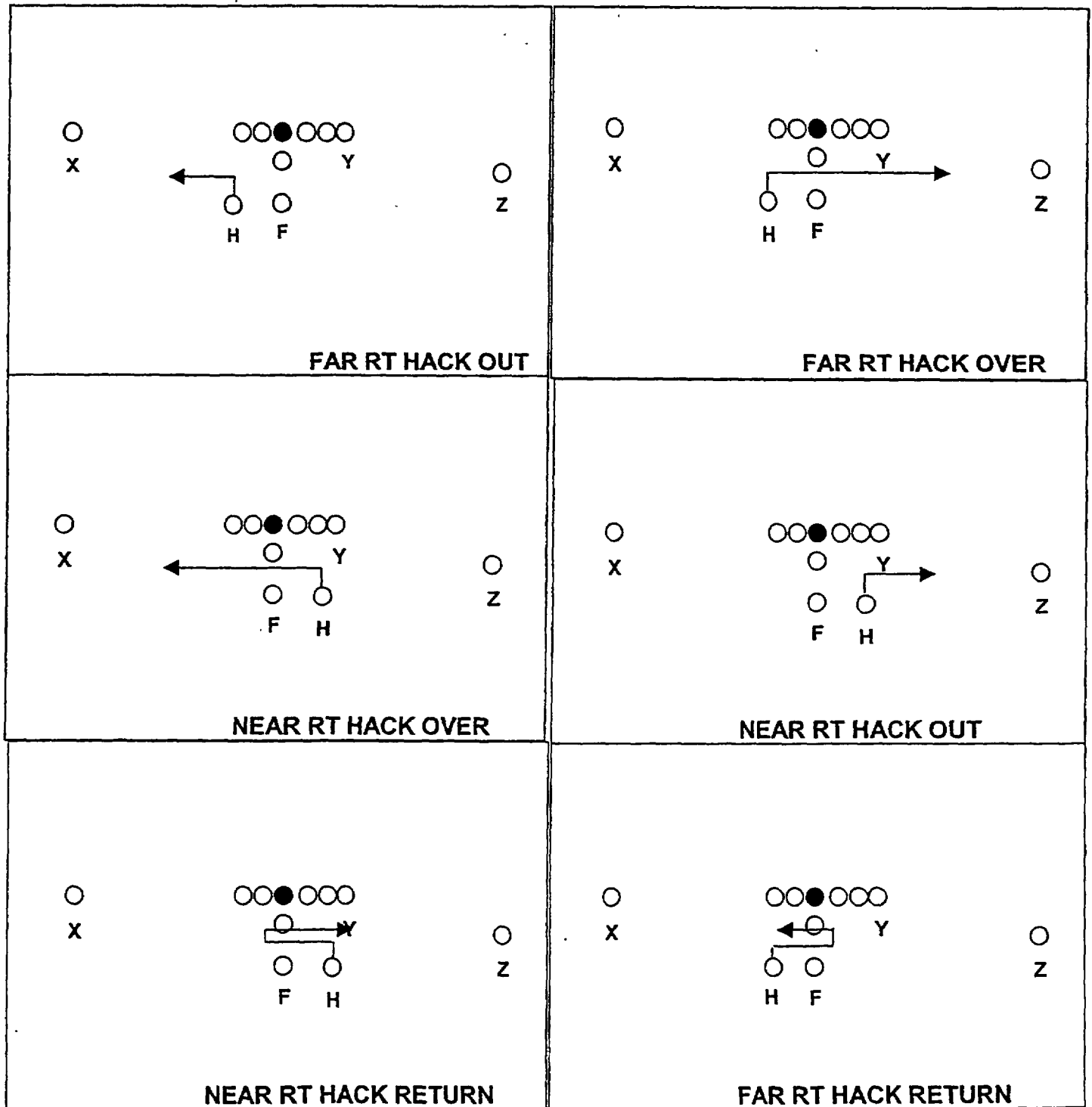


H-BACK MOTION HACK MOTION

H will align in the backfield and motion over, out, or return.

Example: Rt Far Hack out 16 Zone

H will align in the far set and motion out away from the tight end.



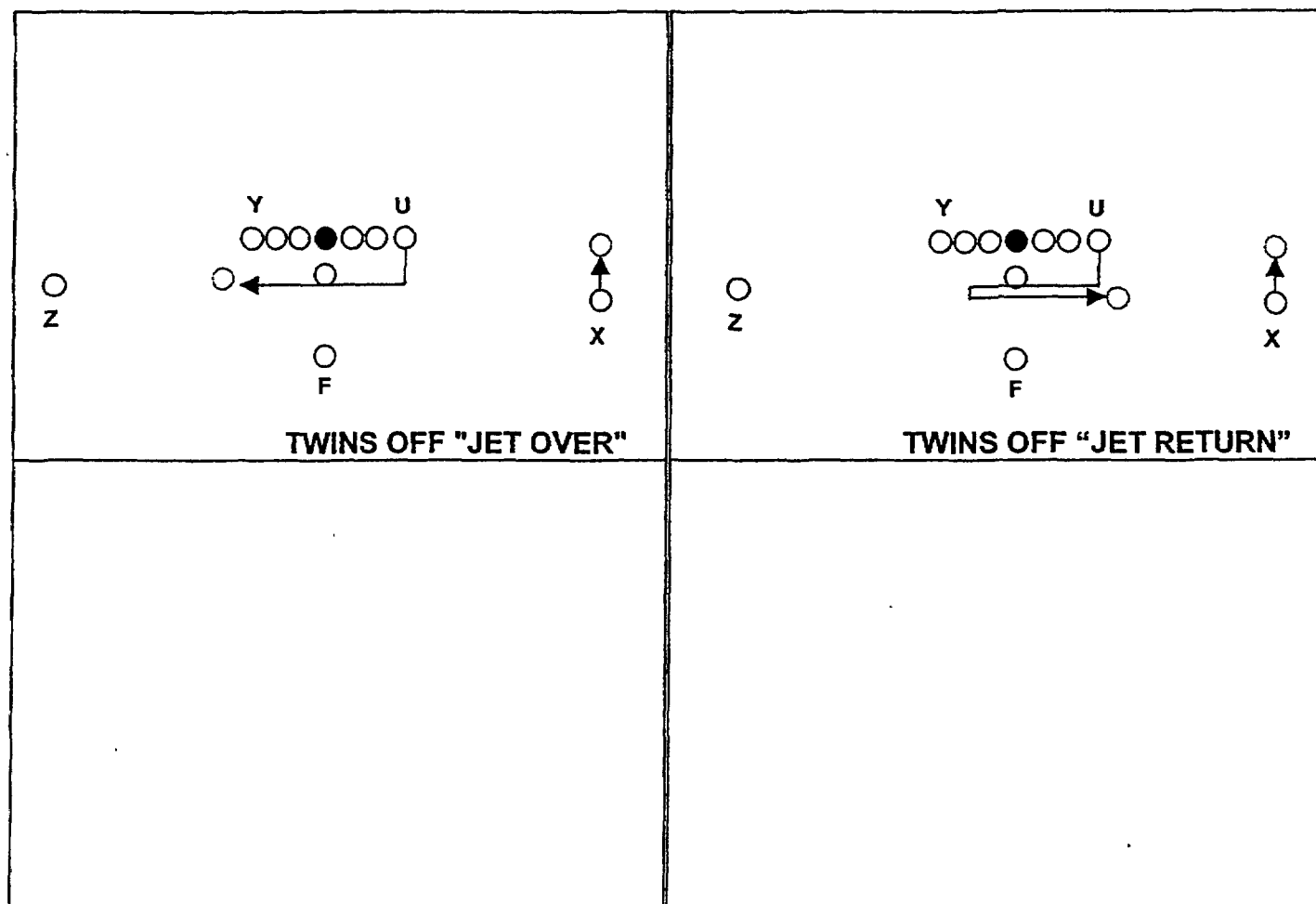
TIGHT END MOTION (U)

On U motion, we will start out in the formation called in the huddle.
The U back will then motion "Over" or "Return", which ever one is called.

Example: Twins Rt Off Jet Over – The U will line up in Twins, take one step back from the LOS, (X will step on the LOS), pause and Jet Over the formation.

1. Jet Over Motion = U jets across the formation.
2. Jet Return Motion = U jets across the formation past center and returns to original spot.

Jet: A/H/U back motion across the formation

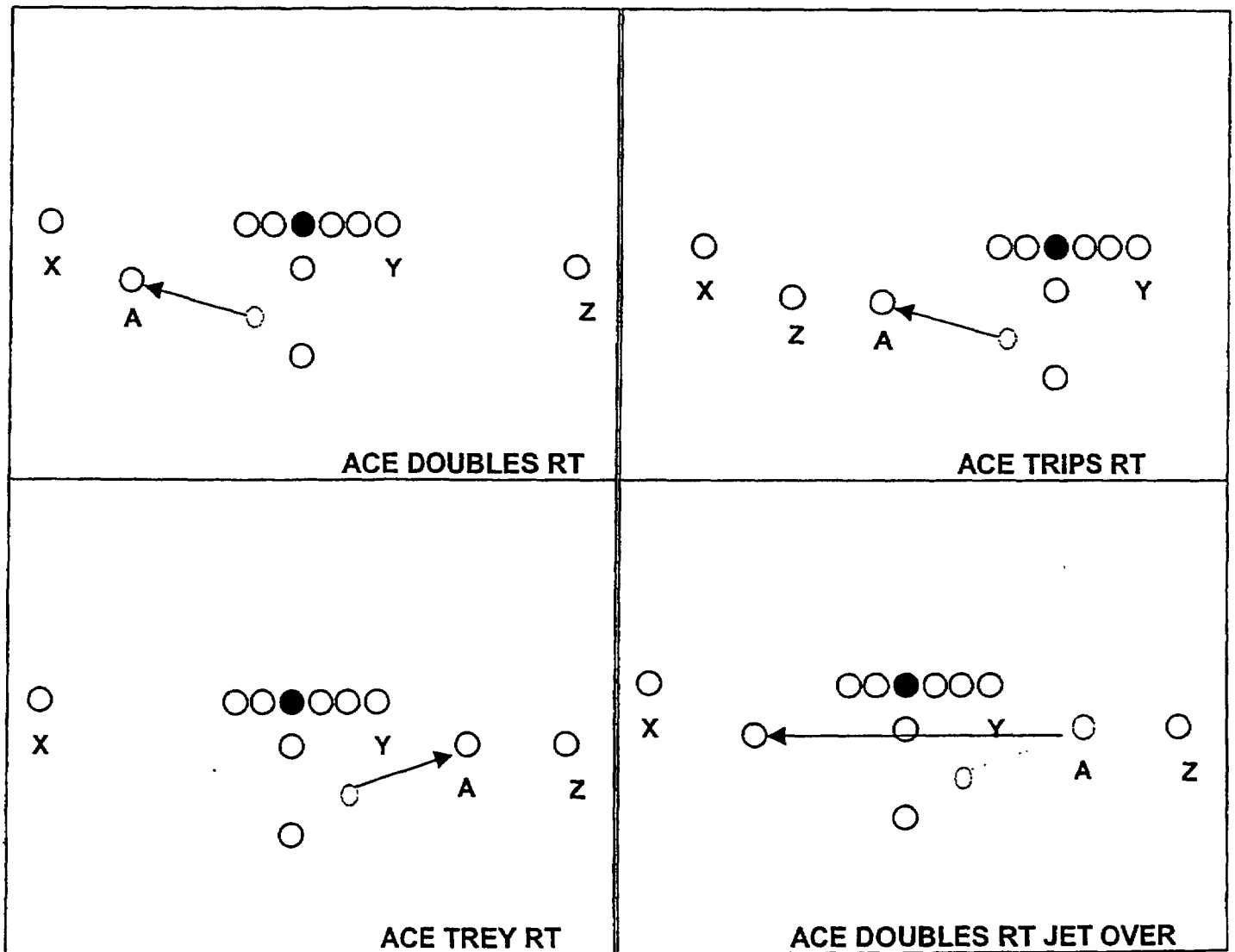


WIDE RECEIVER SHIFTS (A BACK) ACE SHIFT

Receiver will align in the backfield and shift to the formation that is called.

Example: Ace Doubles Rt 16 Zone

The "A" back will align in the backfield and shift to his original position in Doubles formation.

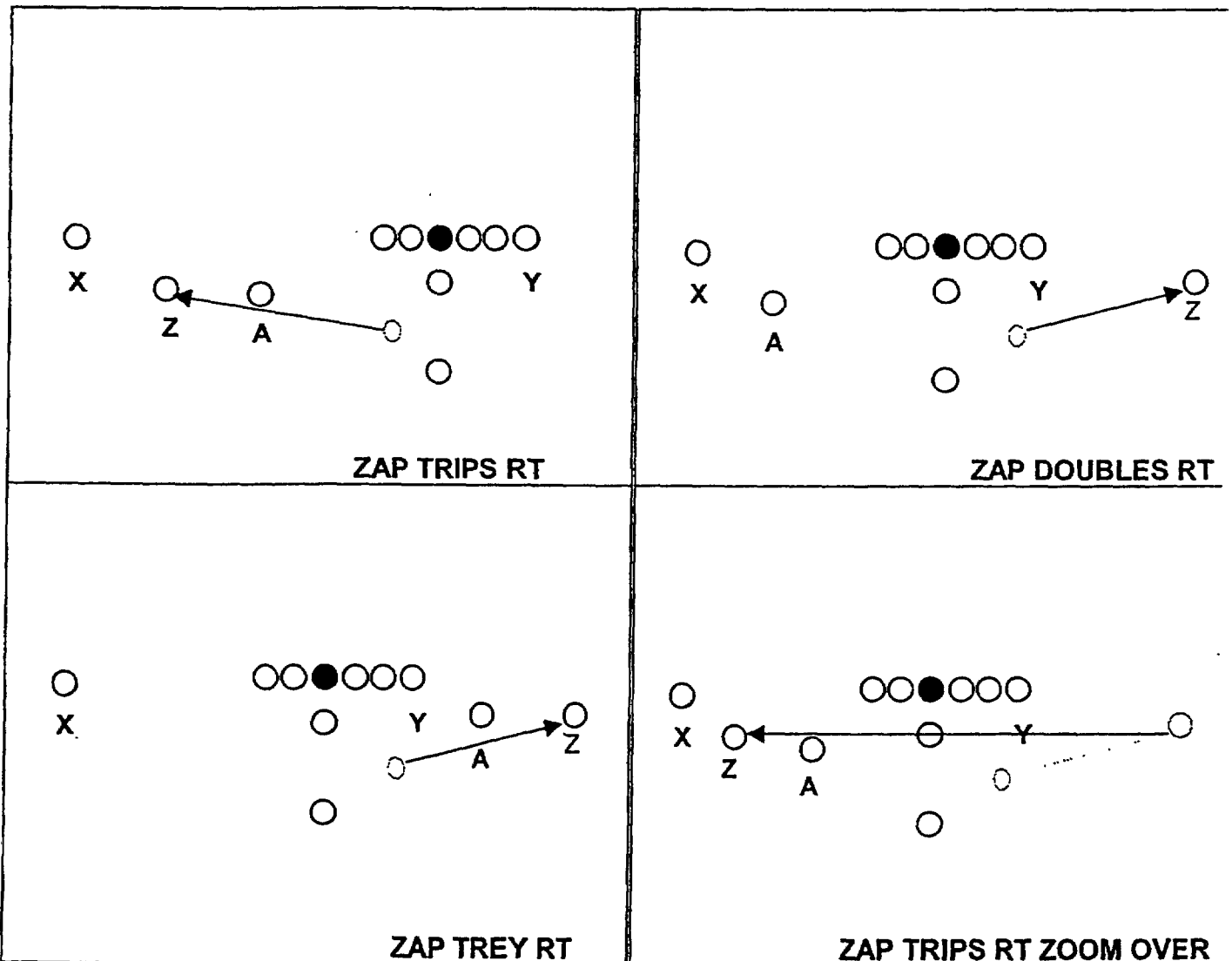


WIDE RECEIVER SHIFTS ("Z") ZAP SHIFT

Receiver will align in the backfield and shift to the formation that is called.

Example: Zap Trips Rt 35 Counter

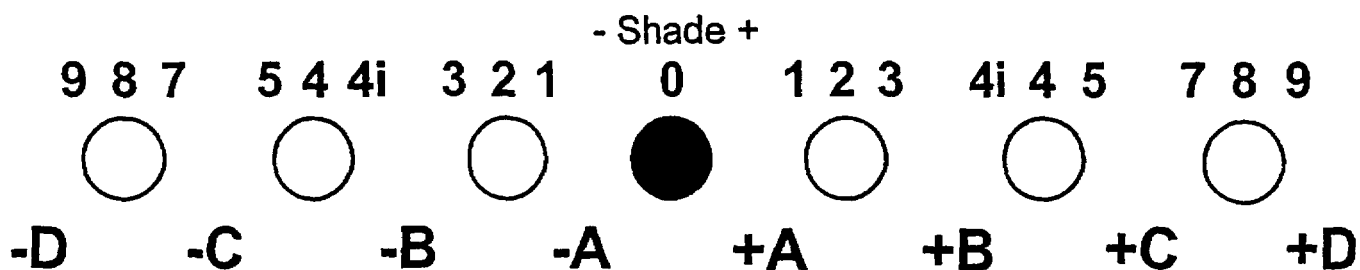
"Z" will align in the backfield and shift to his original position in Trips formation.



Defensive Alignments and Gaps (Right Formation)

Weak -

Strong +



Alignments of defenders will be determined by numbers.

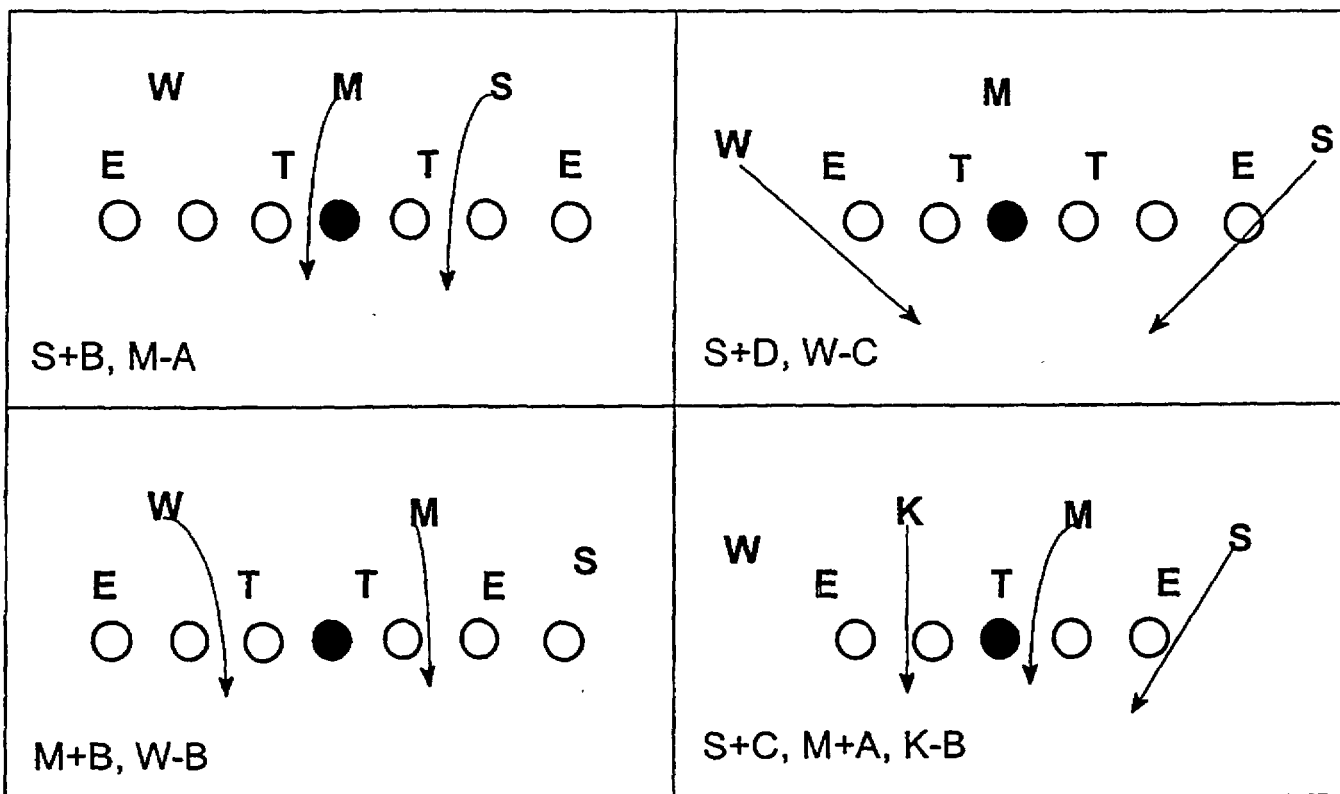
All head up techniques will be determined by even numbers: 2, 4, 8.

All off set techniques will be determined by odd numbers 1, 3, 5, 7, 9.

Gaps are determined to Y as + A gap, +B gap, +C gap, +D gap.

Gaps are determined away from Y as -A gap, -B gap, -C gap, - D gap.

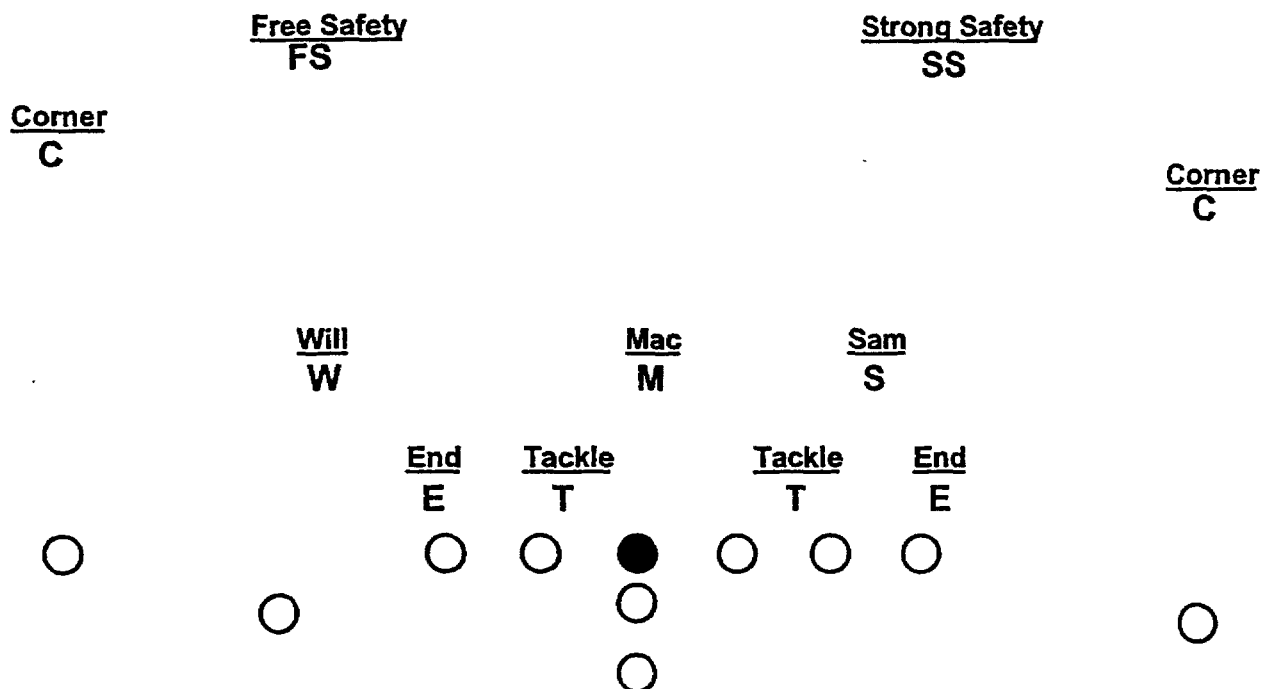
We identify blitzing or dogging defenders location by labeling the defender, the gap, and the side in which they rushed.



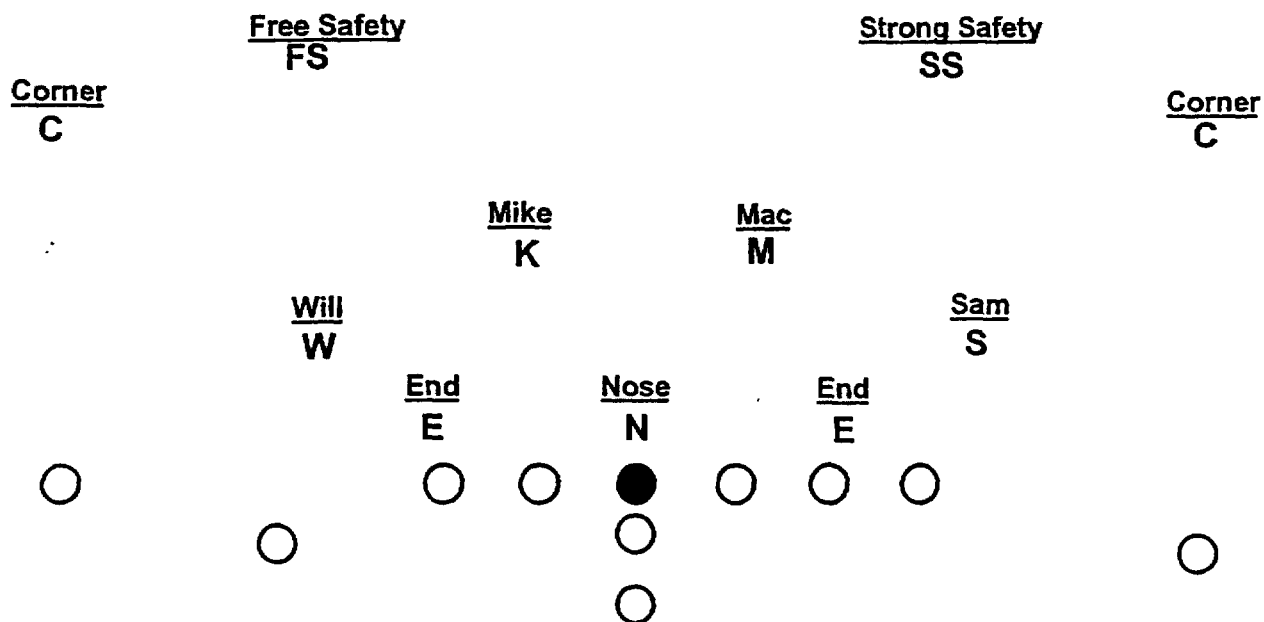
Defenses are broken down in two ways:

1. Personnel on the field. Three down lineman and four linebackers (3-4), four down linemen and three linebackers (4-3), four down linemen and two linebackers (4-2), etc.
2. Alignment of the defense on the field. Example: Eagle, Strong Eagle, Okie, etc.

4 - 3 Personnel



3 - 4 Personnel



FRONTS

<p>41</p> <p style="text-align: center;">M</p> <p>E T ● T E</p> <p>○ ○ ○ ○ ○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>	<p>41 Sam/Will Press</p> <p style="text-align: center;">M</p> <p>W E T ● T E S</p> <p>○ ○ ○ ○ ○ ○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>
<p>42</p> <p style="text-align: center;">M S</p> <p>E T ● T E</p> <p>○ ○ ○ ○ ○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>	<p>42 Strong Eagle</p> <p style="text-align: center;">M S</p> <p>E T ● T E</p> <p>○ ○ ○ ○ ○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>
<p>43</p> <p style="text-align: center;">W M S</p> <p>E T ● T E</p> <p>○ ○ ○ ○ ○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>	<p>43 Strong Eagle</p> <p style="text-align: center;">W M S</p> <p>E T ● T E</p> <p>○ ○ ○ ○ ○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>
<p>43 Will Walk</p> <p style="text-align: center;">W M S</p> <p>E T ● T E</p> <p>○ ○ ○ ○ ○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>	<p>44</p> <p style="text-align: center;">W M S</p> <p>N E T ● T E</p> <p>○ ○ ○ ○ ○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>
<p>52 Eagle</p> <p style="text-align: center;">W M</p> <p>E T ● T E S</p> <p>○ ○ ○ ○ ○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>	<p>52 Double Eagle</p> <p style="text-align: center;">M S</p> <p>W E T ● T E</p> <p>○ ○ ○ ○ ○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>
<p>52 Eagle G</p> <p style="text-align: center;">W M</p> <p>E T ● T E S</p> <p>○ ○ ○ ○ ○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>	<p>Okie</p> <p style="text-align: center;">K M S</p> <p>W E T ● T E</p> <p>○ ○ ○ ○ ○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>
<p>Okie Stack</p> <p style="text-align: center;">W M S</p> <p>E T ● T E</p> <p>○ ○ ○ ○ ○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>	<p>46</p> <p style="text-align: center;">M</p> <p>W E T ● T S E</p> <p>○ ○ ○ ○ ○ ○</p> <p style="text-align: center;">○</p> <p style="text-align: center;">○</p>

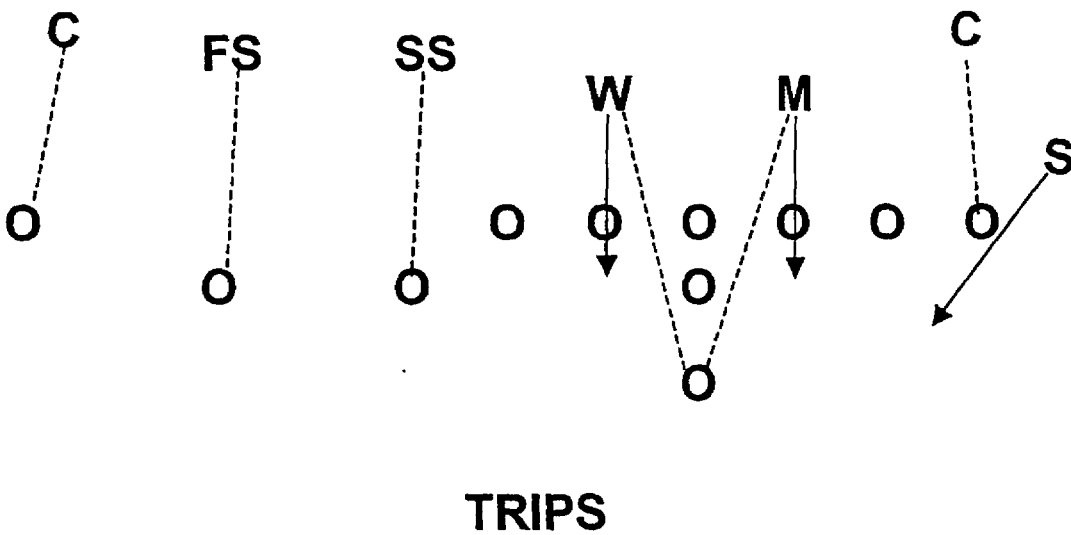
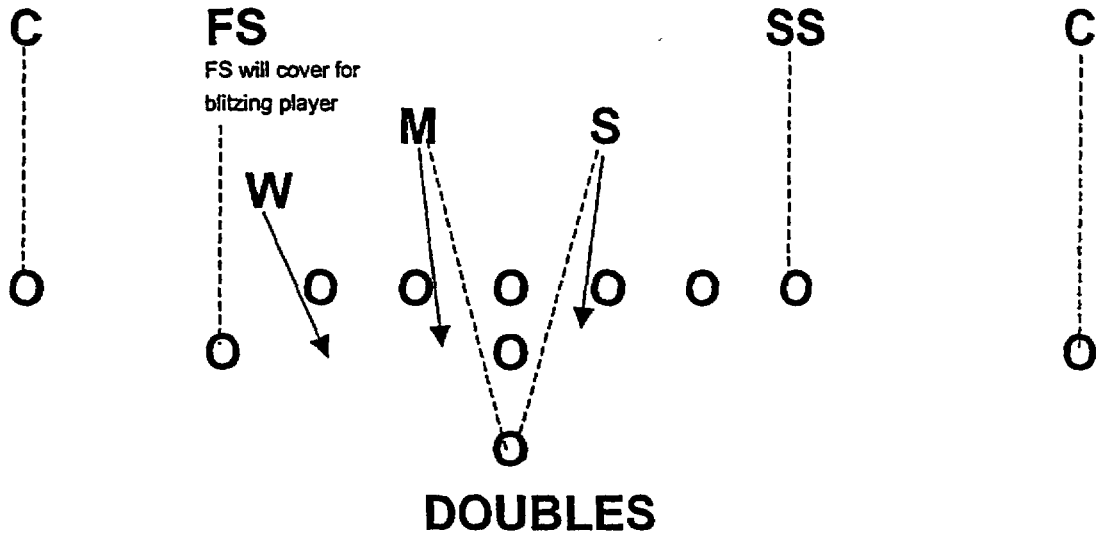
O

Strengths

Pressure Defense
Every receiver covered
6-7 Man Rush (8)
Strong & Weak Force

Weakness

Option
Cover Deep Middle
Crossing Routes/Rubs
Man Routes
Reverses



MAN

Strengths

PRESSURE

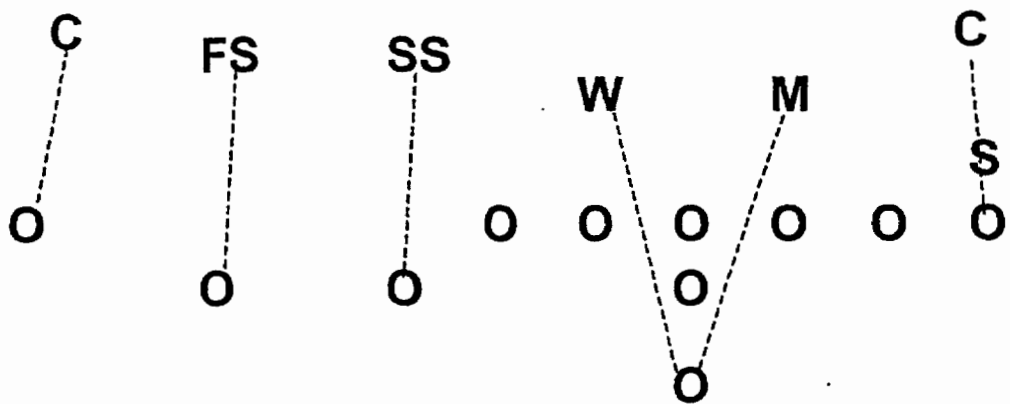
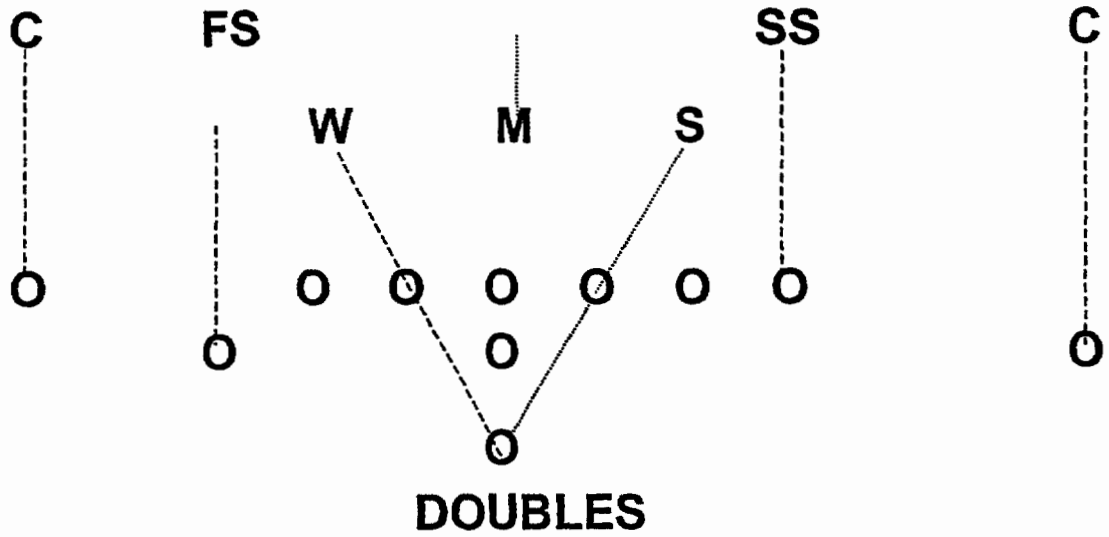
RUN DEFENSE

DISGUISE COVERAGE

Weakness

MISMATCH

BIG PLAY



TRIPS

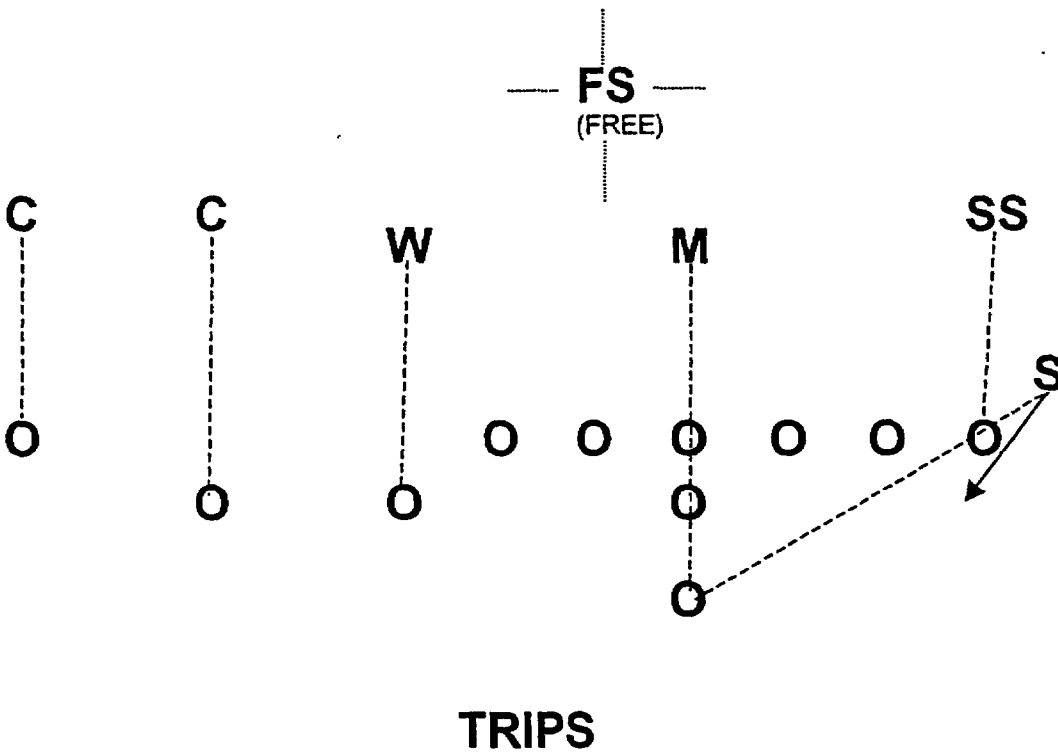
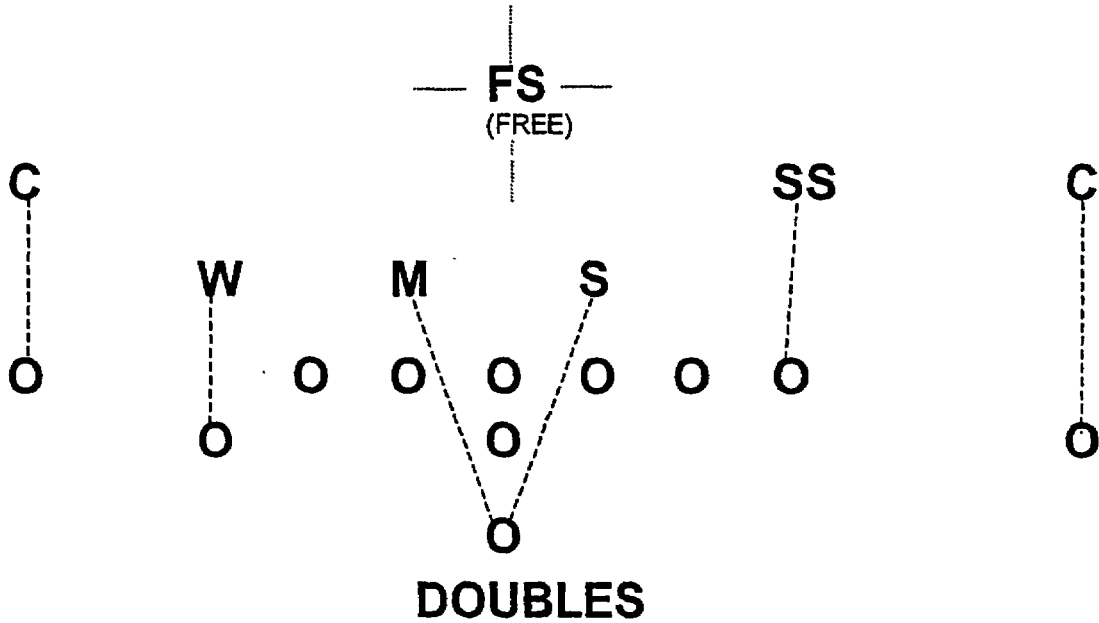
Man coverage with the free safety and one linebacker free in the middle of the field.

STRENGTHS

Pressure Defense (Multiple Blitzing Package)
 Deep Middle Coverage
 Short & Medium Routes
 5 Man Rush

WEAKNESS

Crossing Routes
 Contain Perimeter Plays
 Screens
 LB on Backs - Mismatch



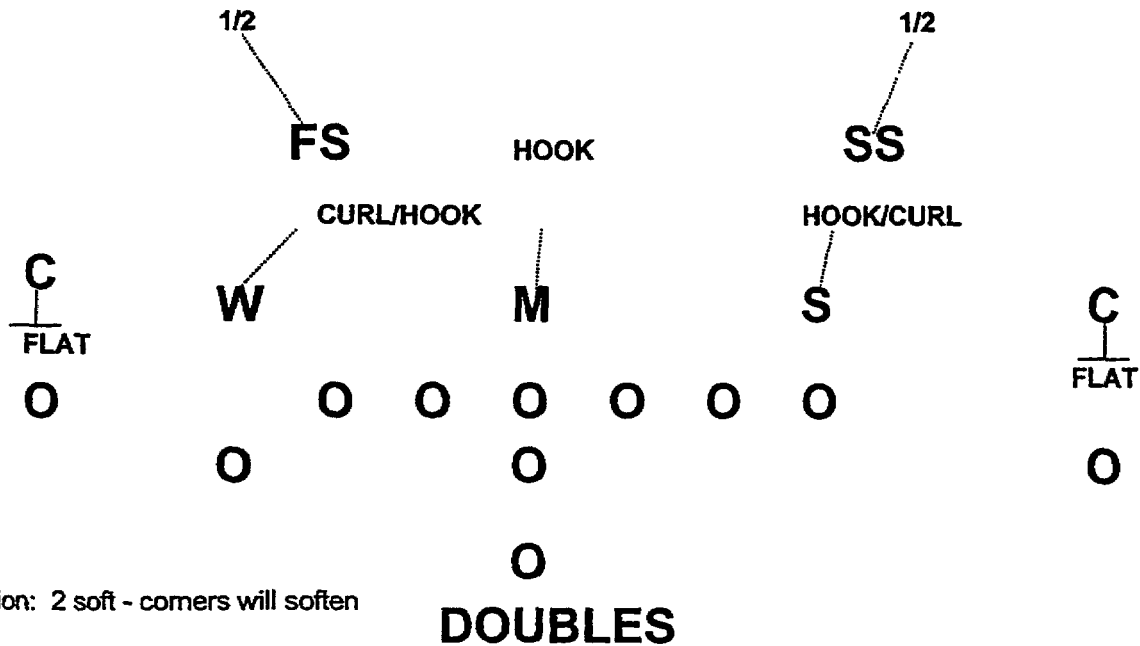
STRENGTHS

Bump on X & Z
 Short Routes
 Contain Strong & Weak
 Horizontal Seams
 Excellent Run Defense

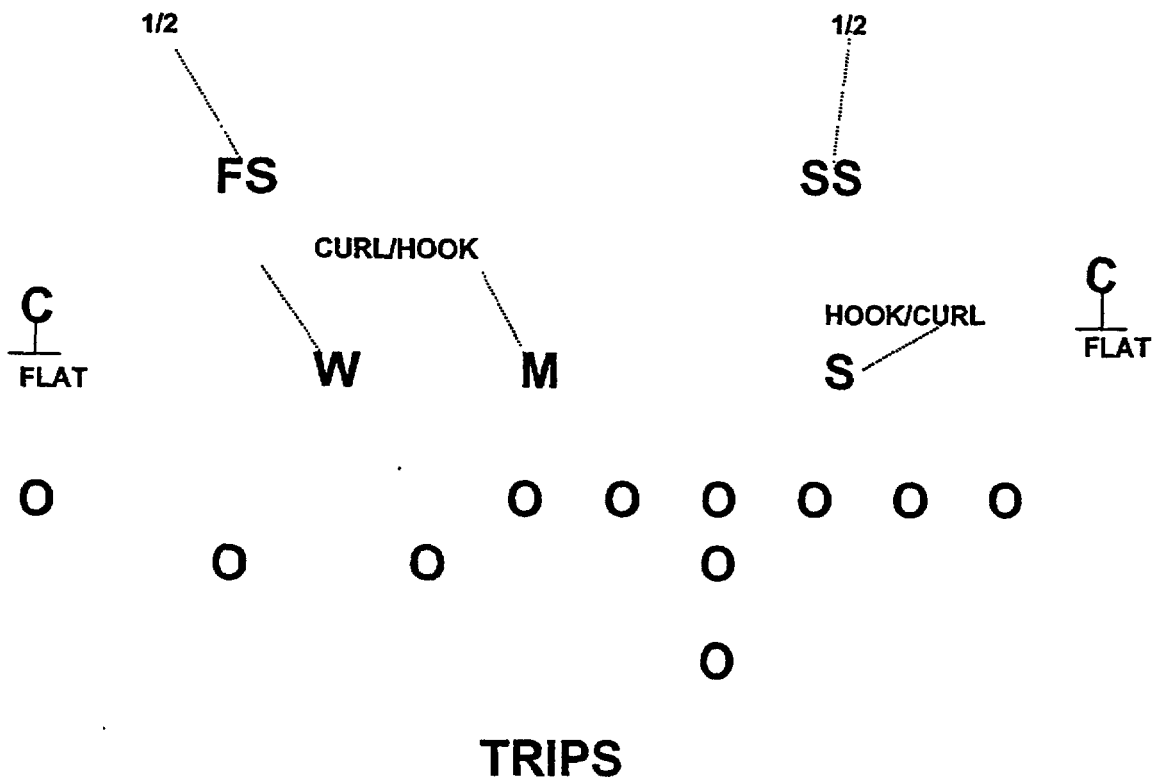
WEAKNESS

Run Defense
 Middle-Inside Receiver
 Vertical Floods
 Corner Routes

2 deep zone defenders. Responsible for 1/2 the field, 5 underneath zone defenders responsible of flat, curl and hook areas.



Variation: 2 soft - corners will soften



2 MAN

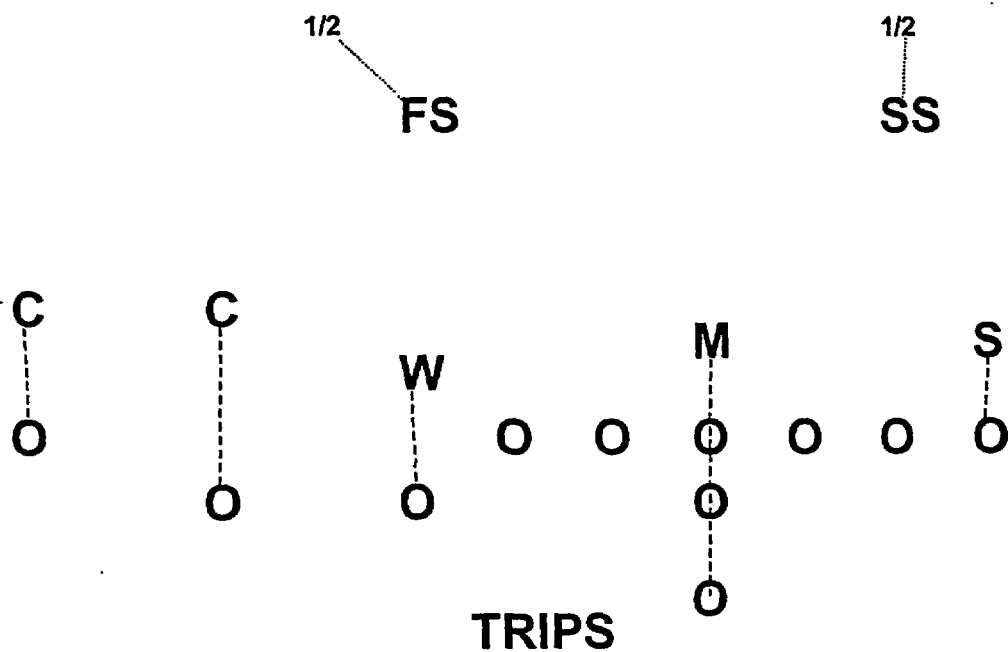
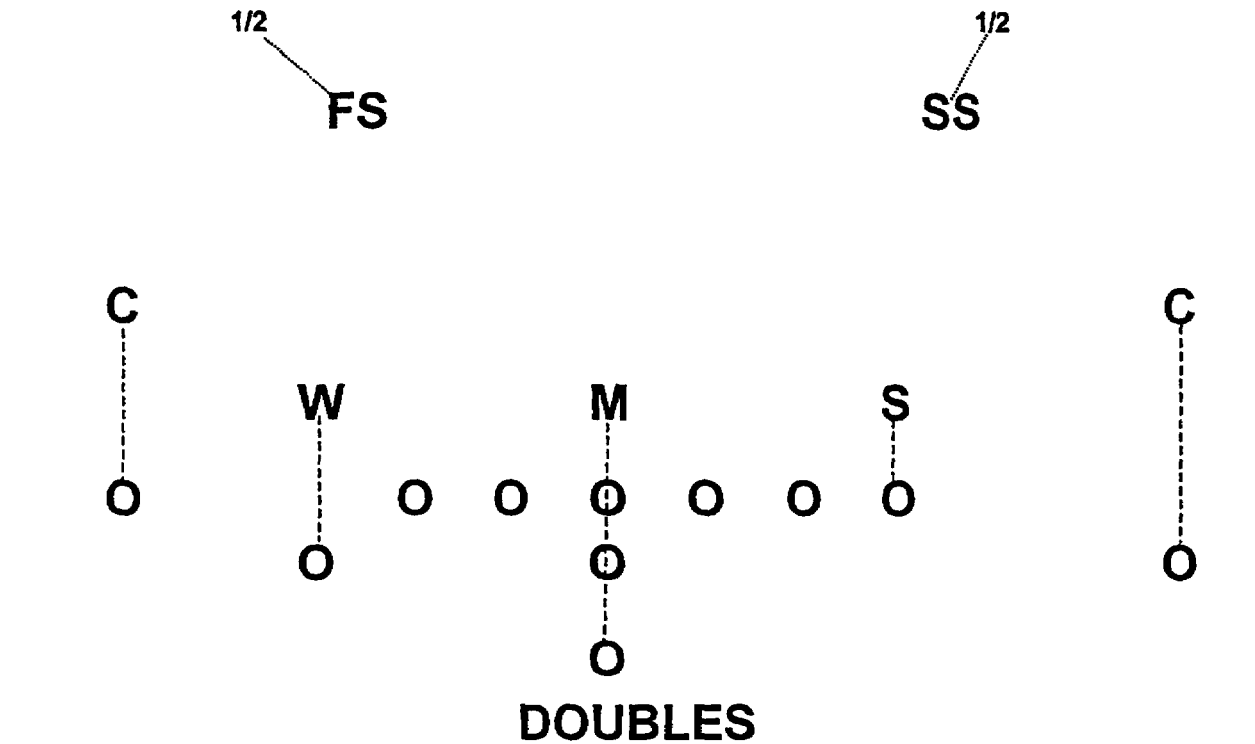
2 deep zone defenders responsible for 1/2 the field. 5 man defenders usually in a bump and run technique denying an inside release.

STRENGTHS

Double Cover Receivers
Disguise
Nickel

WEAKNESS

Run Defense
Crossing Routes
Contain Strong & Weak
QB Scramble
Option



2 BRACKET MAN

***Can play a high/low or inside outside bracket on A & Y or X & Z.**

Double teaming designated receiver(s).

STRENGTHS

Eliminates Inside Receivers (if A & Y Bracket)

Eliminates Outside Receivers (if X & Z Bracket)

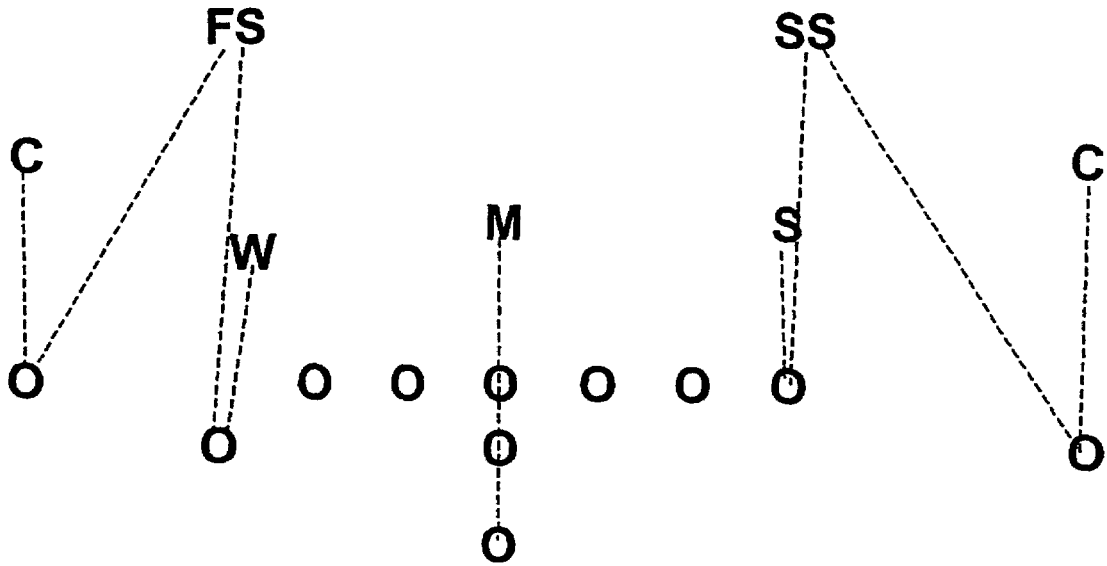
Contain Strong & Weak (if X & Z Bracket)

WEAKNESS

Possible Mis-Match

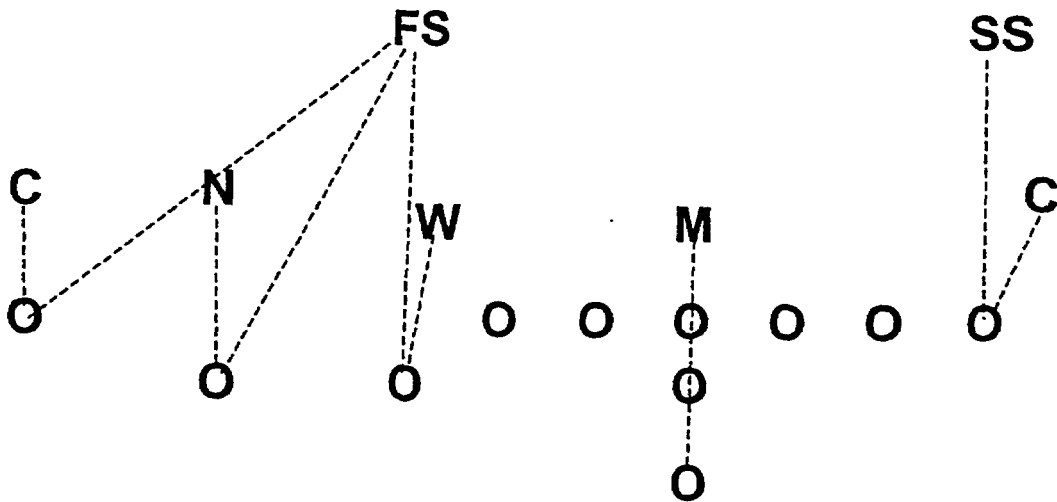
Deep Middle

Poor Pass Rush



DOUBLES

***Can play a high/low or inside out bracket on A & Y**



TRIPS

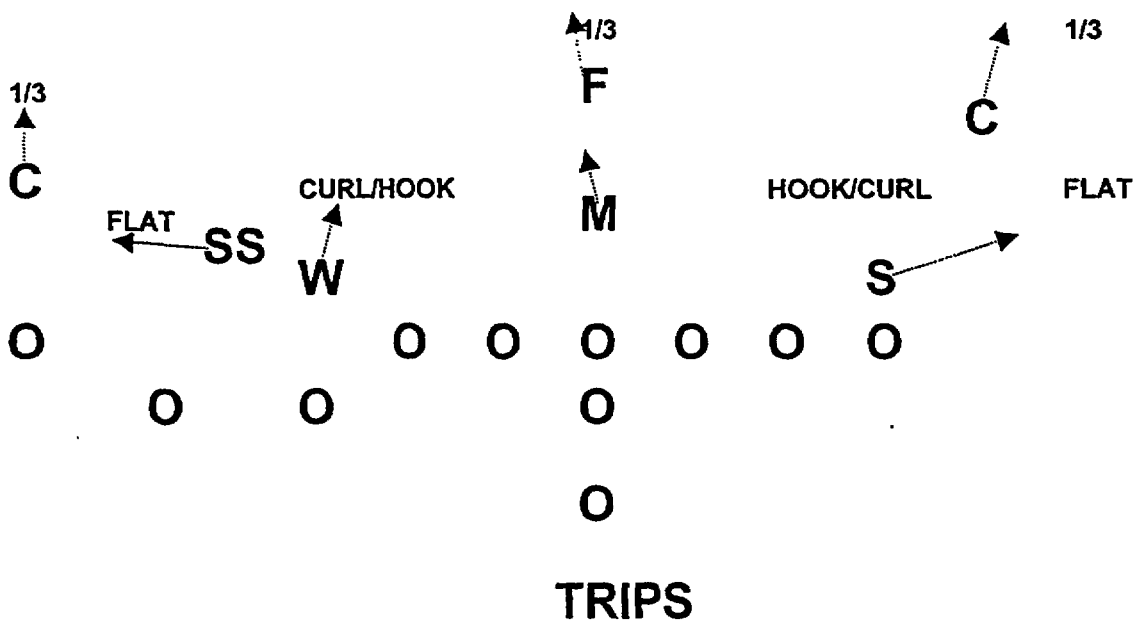
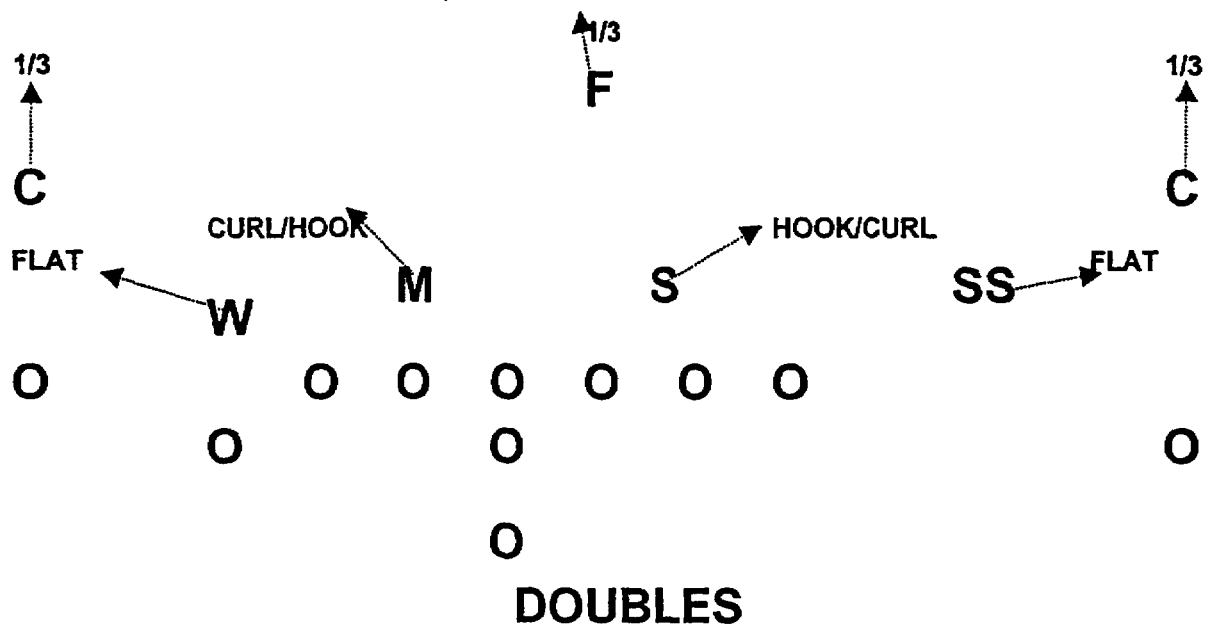
3 deep, 4 underneath zone coverage with the strong safety responsible for the strongside flat.

Strengths

3 Deep
Force & Contain Strong
Disguise
Run Defense

Weakness

Flood Patterns
Weakside Out
Weakside Force
Horizontal Seams
Easy Release - WR



3 WEAK

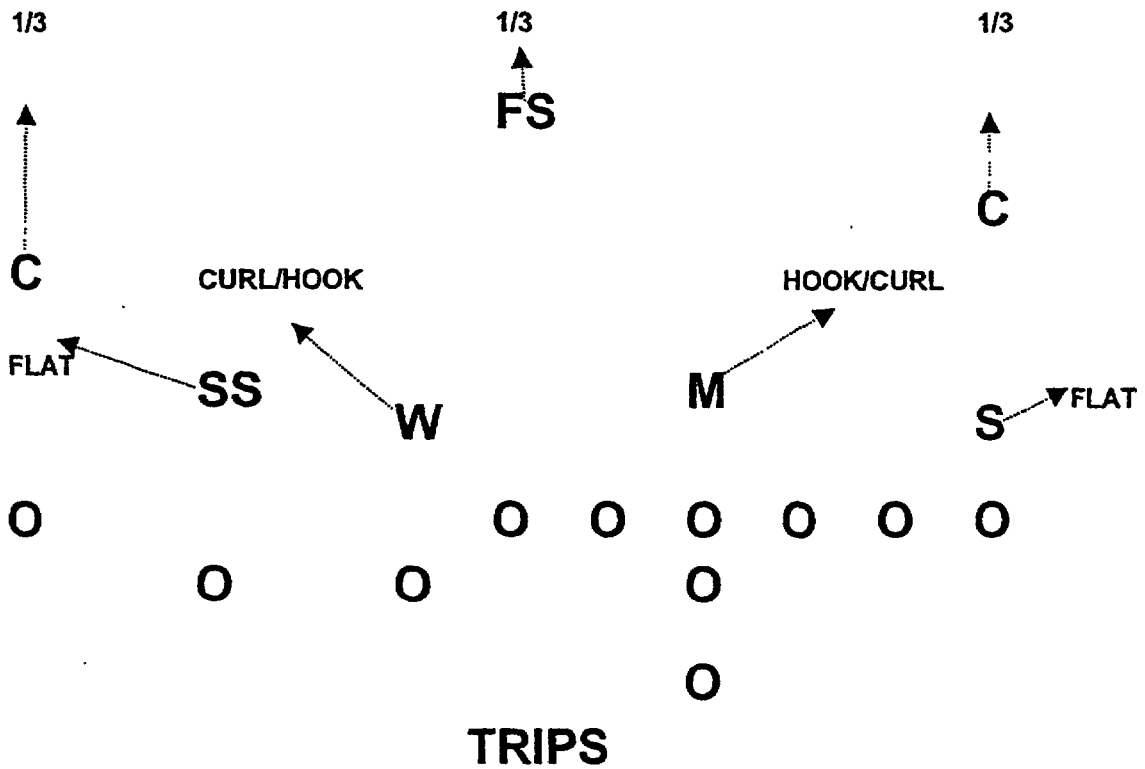
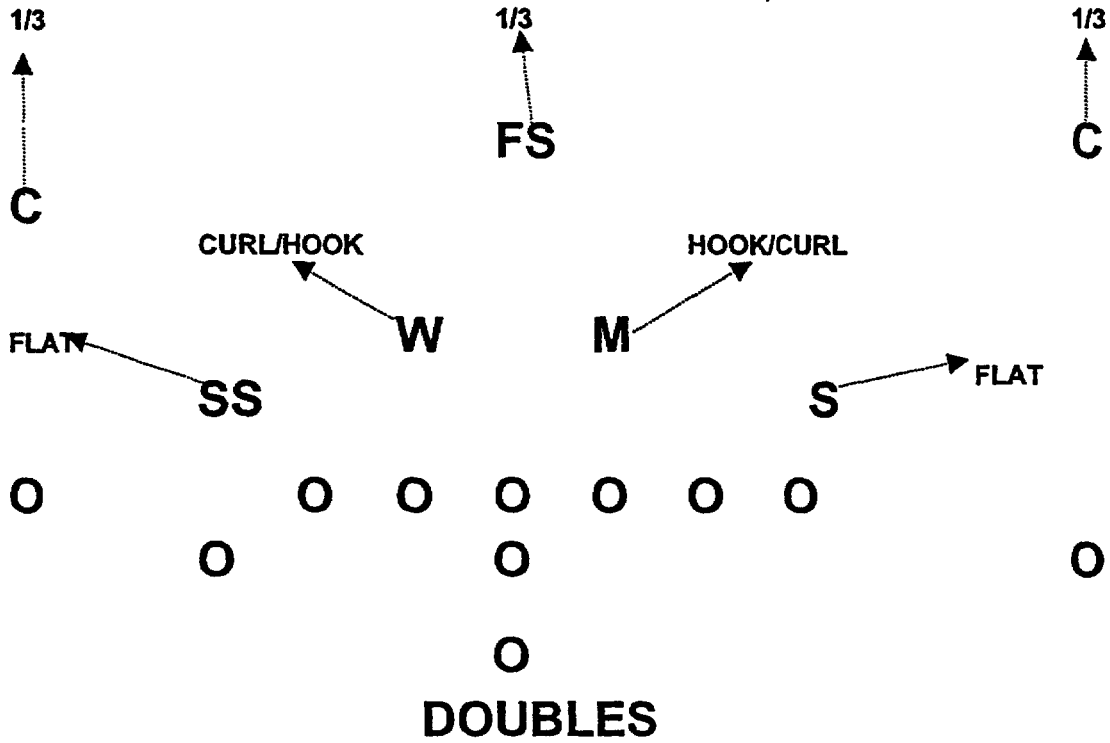
3 deep, 4 underneath zone coverage with the strong safety responsible for the weakside flat.

STRENGTHS

3 Deep
Force & Contain Weak
Disguise
Run Defense

WEAKNESS

Flood Patterns
Strong Side Out
Strong Side Force
Horizontal Seams
Easy Release - WR



3 WEAK CLOUD

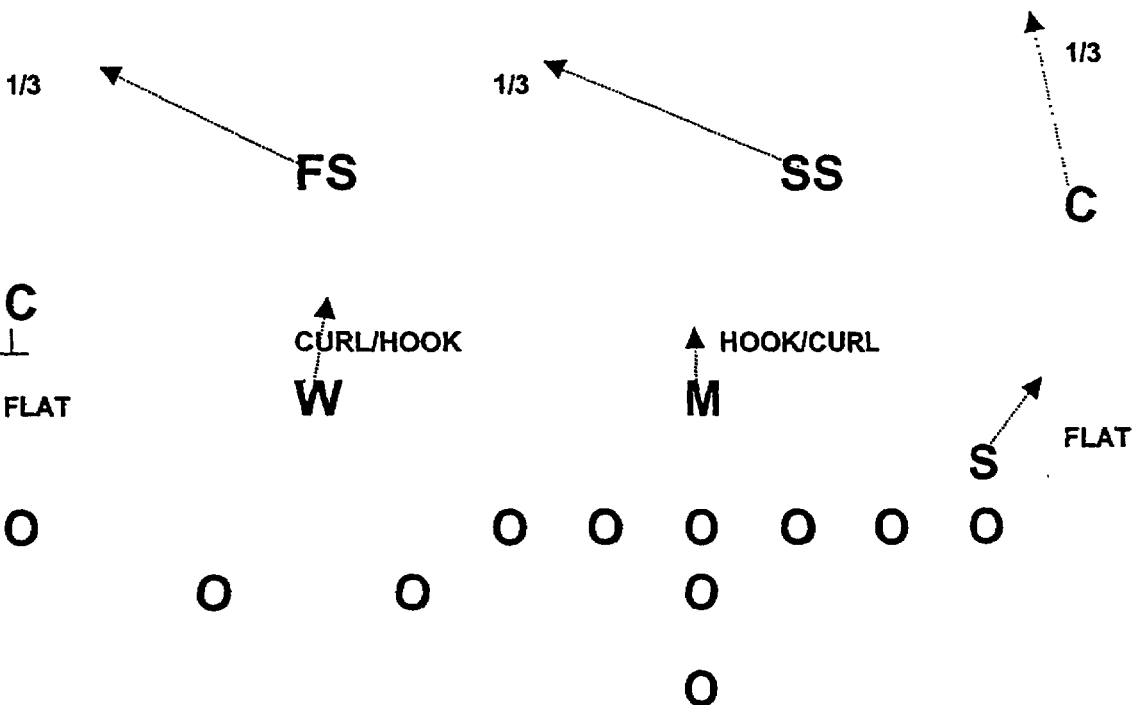
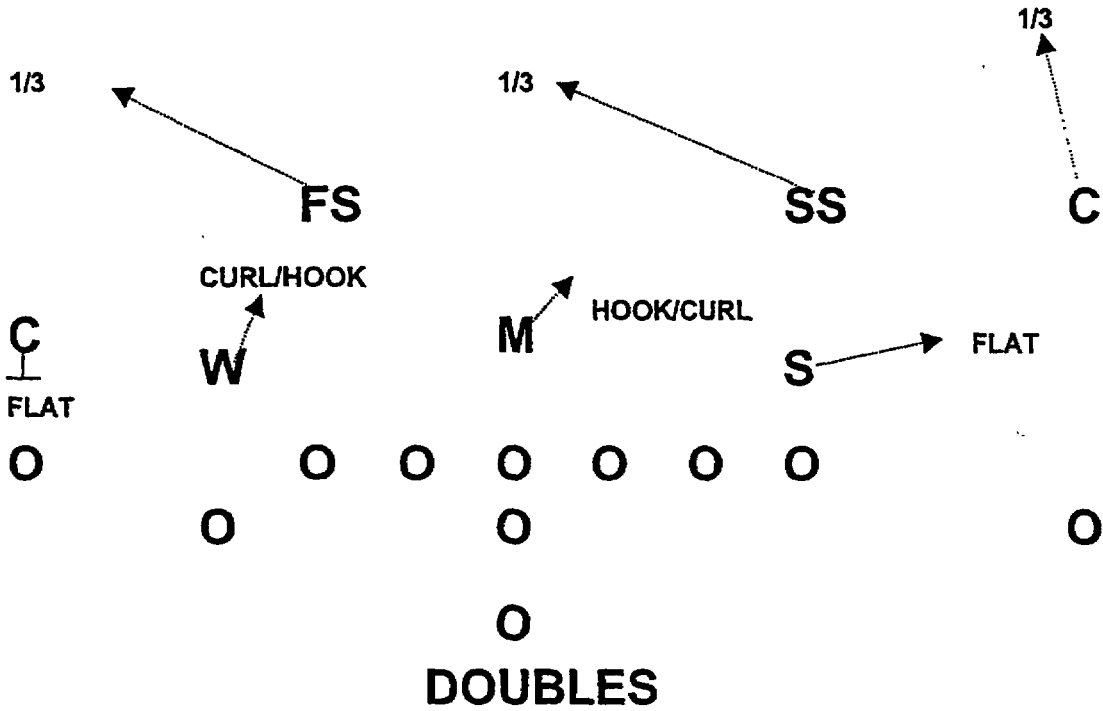
3 deep, 4 underneath zone coverage with the weakside corner playing the flat.

STRENGTHS

3 Deep
Bump on X
Weak Force & Contain
Disguise
Weak Out

WEAKNESS

Flood Routes
Horizontal Seams
Force Strong Side
Strong Out



TRIPS

3 STRONG CLOUD

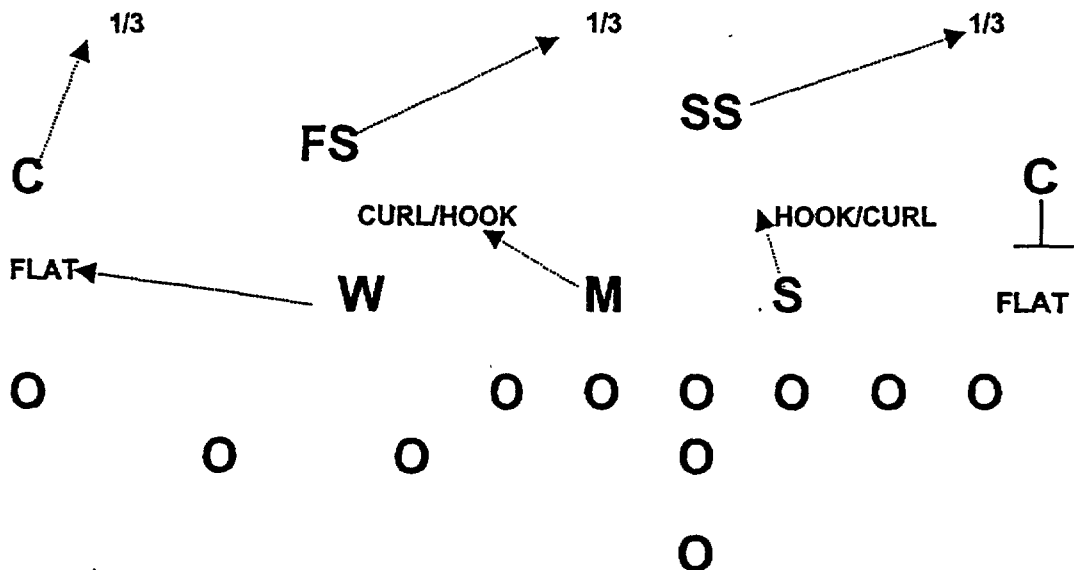
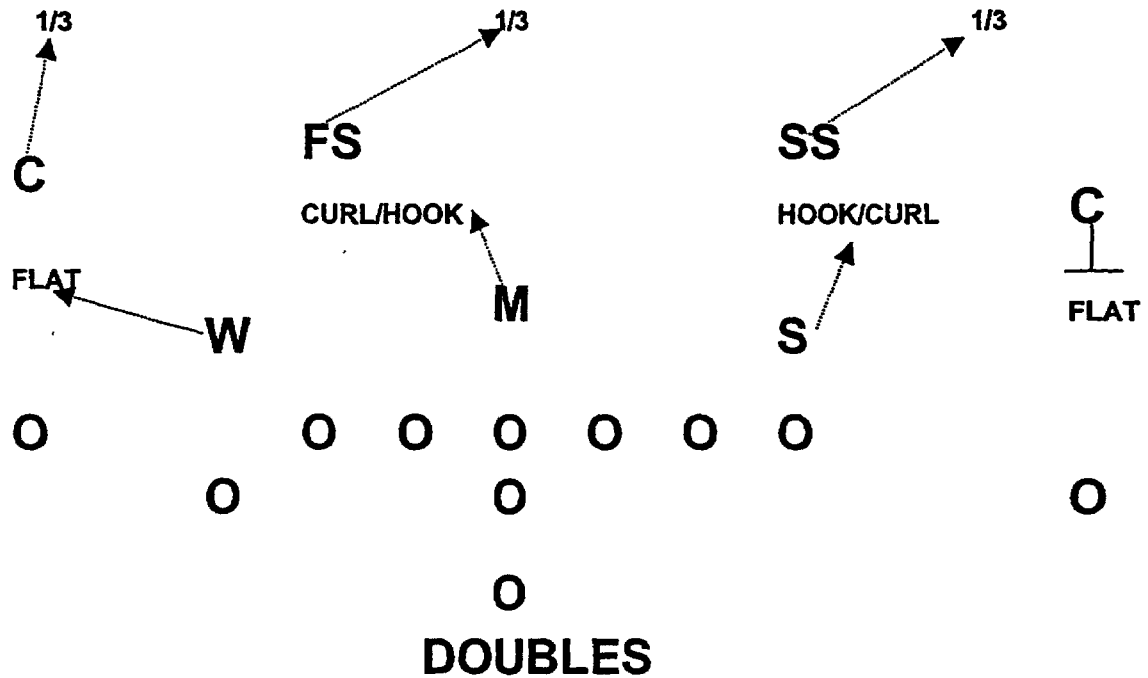
3 deep, 4 underneath zone coverage with the strongside corner playing the flat.

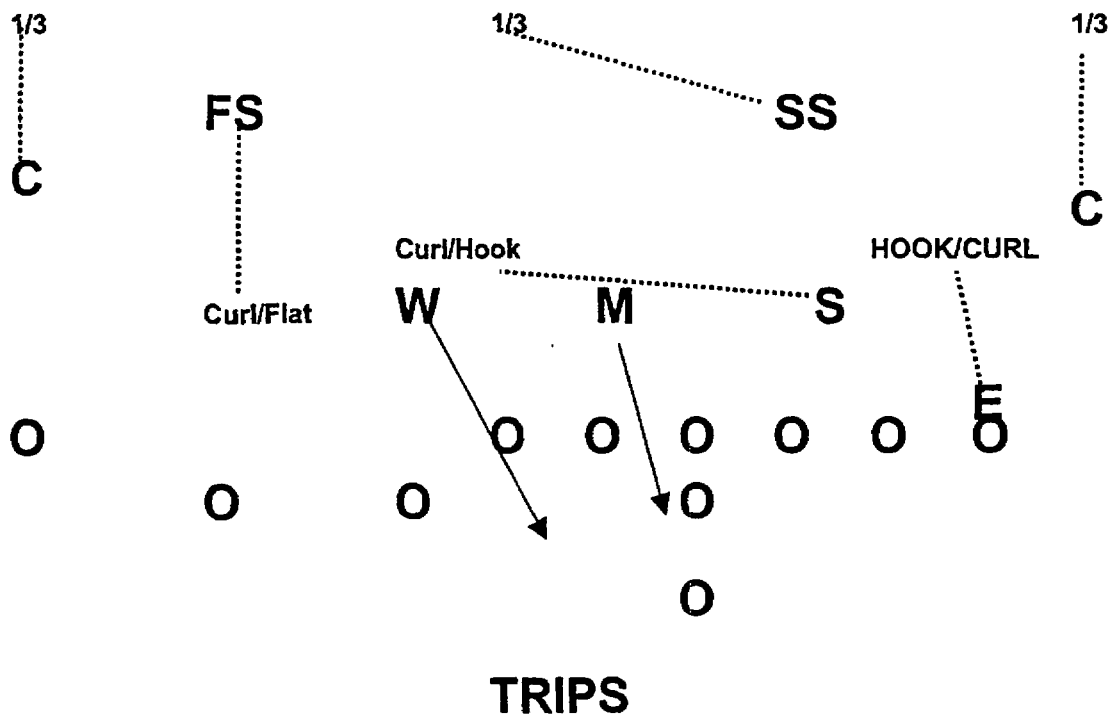
STRENGTHS:

3 Deep
Bump on Z
Strong Force & Contain
Disguise
Strong Out

WEAKNESS

Flood Routes Weak
Horizontal Seams
Force Weak Side
Weak Out





3 PREVENT

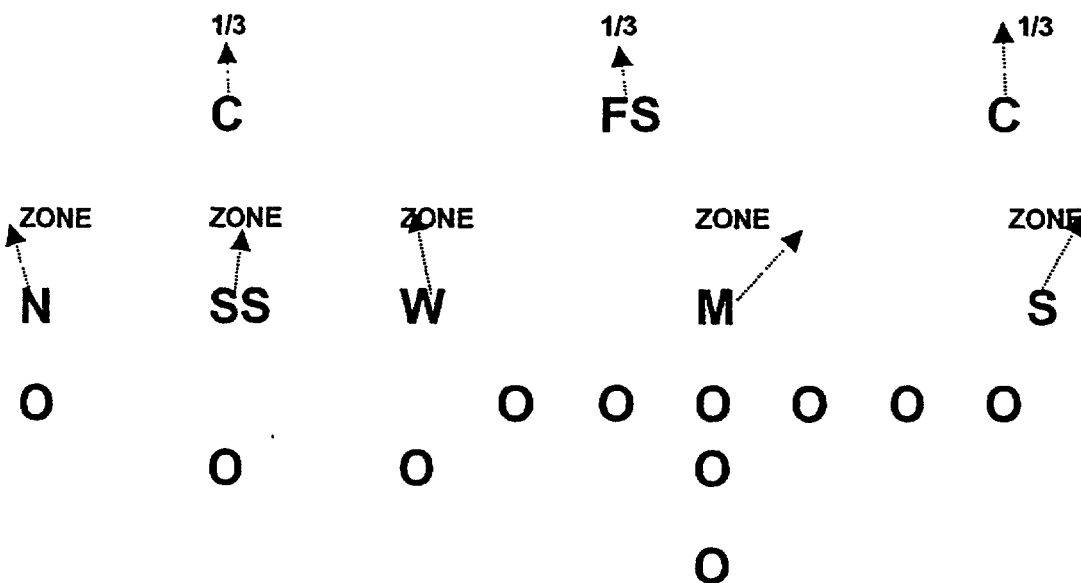
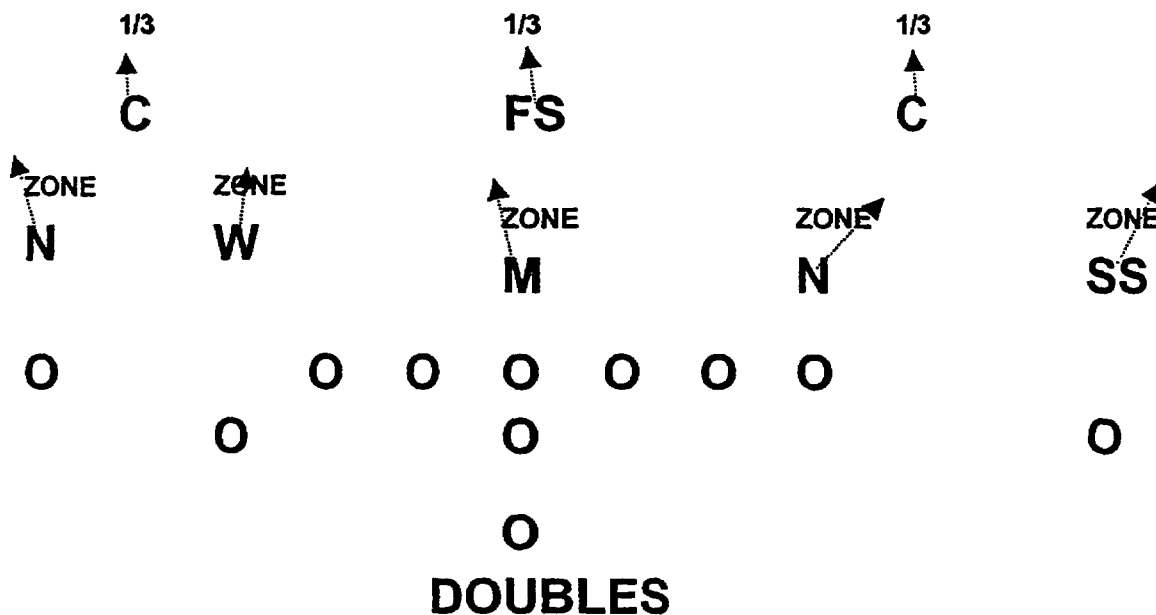
3 deep, 5 underneath zone coverage designed to prevent a big play before halftime or the end of the game.

STRENGTHS

3 Deep
Force & Contain
Prevent
Underneath Routes

WEAKNESS

Horizontal Seams
Flood Patterns
Intermediate Routes



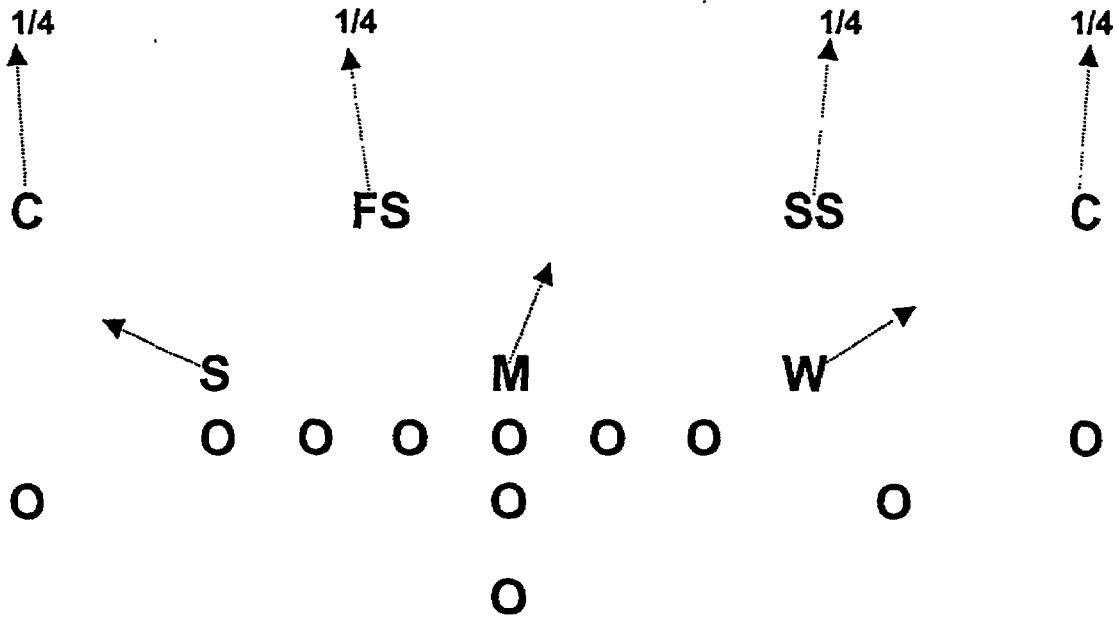
TRIPS

COVER 4

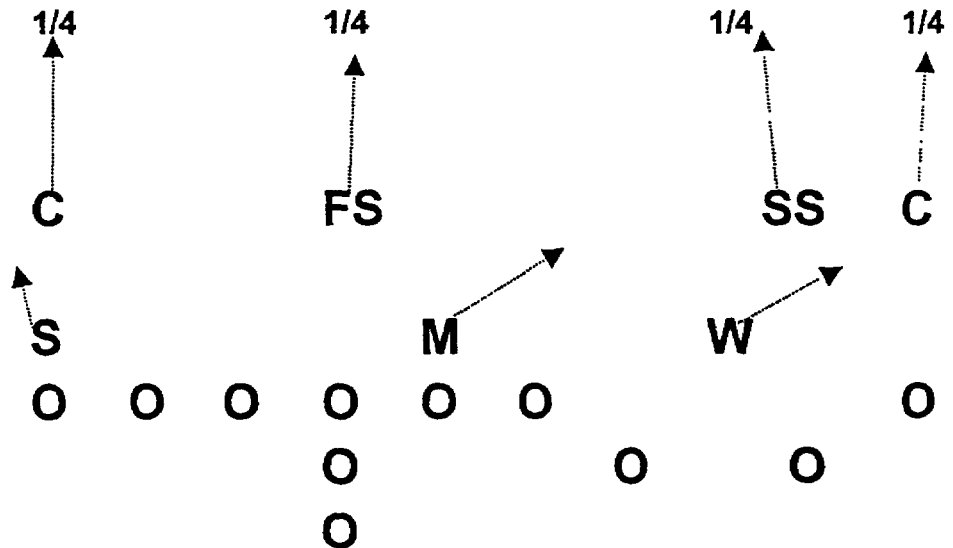
STRENGTHS
 Deep Patterns
 Vertical routes
 Run Defense

WEAKNESS
 Flat
 Outs

4 deep zone defenders, responsible for 1/4 of the field. 3 underneath zone defenders.



COVER 4 VS. TRIPS



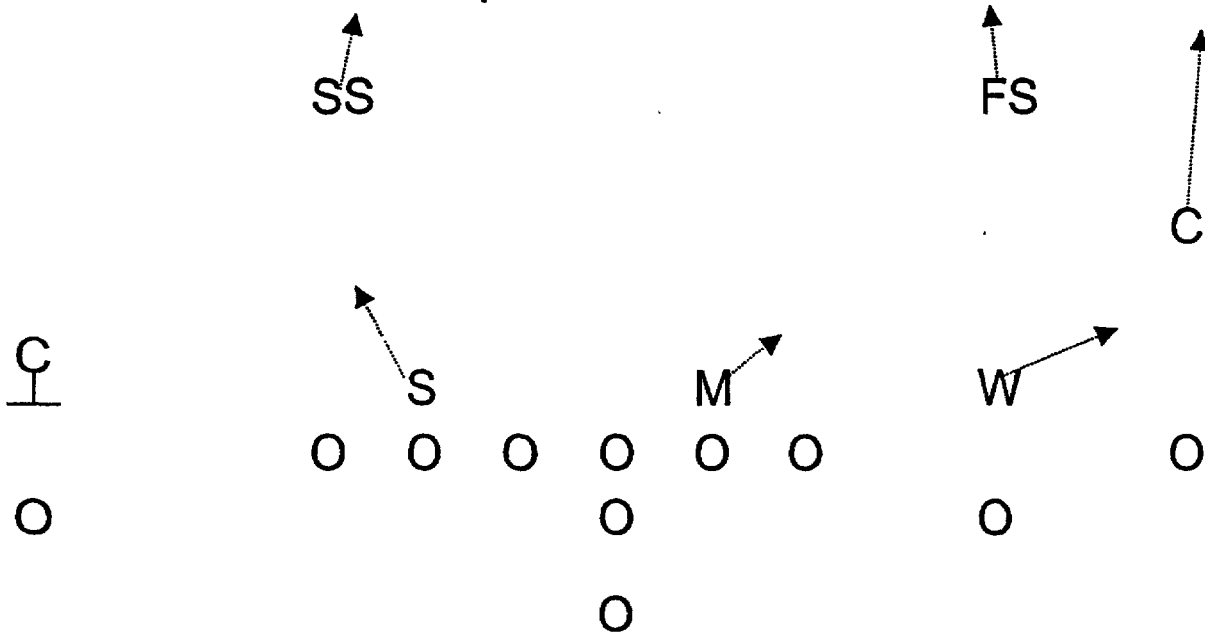
COVER 6

STRENGTHS

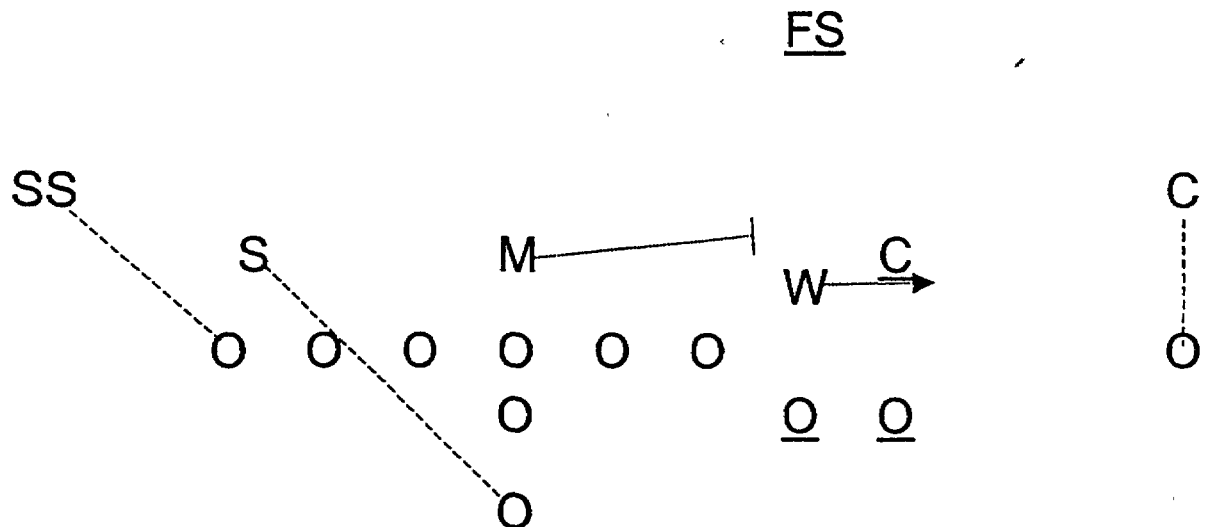
Boundary Runs
Boundary short game

WEAKNESS

Middle of field
Wide field flat



SPECIAL VS TRIPS



C – Man to man on any vertical release over 10 yards

C & FS – Read #2 (Z) and #3 (A) if either go flat C doubles #1

FS takes remaining receiver vertical

SS – Man to Man on TE on any route except drag

S – Man to Man on route run by F to his side

W – Work to #2 (Z). If #2 or #3 goes flat he goes to the flat.

M – Walls #3 (A) out of the middle.

THE WASHINGTON STATE QUARTERBACK

Our goal at Washington State is to win football games. The QB is a very, very important ingredient in whether we win or lose. He is the coach on the field, and leads the team in that manner. He must be willing to do anything and everything he possibly can to help our team win.

There are certain characteristics that a WSU quarterback must have to be successful:

First of all, he must have confidence in himself. By being fully prepared, knowing the offense, and the defense inside and out, creates a sense of confidence. There are no surprises or uncertainties. He has gone through every situation and knows how and what to do. He makes big plays all the time because he makes them in practice, in the film room, and in his mind. When something goes wrong, or he gets knocked down, he is confident enough to believe in his abilities, picks himself up, and comes back even harder.

Confidence is caught, not taught. It is very important for a QB to have his teammates respect. The QB should never criticize a fellow player on or off the field. He should try to positively motivate them to do something right, or pick it up a notch. But he must have their complete respect and confidence to do this, before he tries to motivate them. He must take responsibility for a poor play and figure out what he can do next time to make that play work. He must congratulate his teammates on a good play and continually give his O Line credit for good protection or blocking. He must never make excuses. He should execute his assignments with precision on every play, because his teammates are always watching him. He must set the pace for execution of the "little things" that can make the difference. He must always hustle and never be lazy. He must always be supportive and positive to a player after a mistake. Be positive, "I know you will make that play next time." Show them that you believe in them.

The next characteristic is Dedication. All great Washington State quarterbacks have a burning desire to achieve. He must spend a lot of extra time to learn what he has to learn...watching film, study defenses, coverages, know the offense, know audibles, and perfect his fundamental skills of his position. He cannot be great in any of this unless he is committed to becoming great. He must worry about one thing, Improving. He must strive to become the very best he can be.

If the quarterback does and has all of the above, he will be a great leader for the team.

QUARTERBACK PHILOSOPHY

The responsibilities of a quarterback are a lot different than any other position on the field. You are the coach on the field. You must be the first guy on the field and the last guy off the field. You must spend more time in the video room watching practice and game film, watching our offense and the defense defending against us. You have to know everything about our offense and their defense. You will always be ahead of the other players, knowing not only your assignment, but everyone else's also, particularly the wide receivers and running backs. You must understand the defense and what they are trying to do to us, so you can counter attack.

HUDDLE

The play starts with you every time. Just the way that you receive the play is important. You must make sure you know the signals, pay attention and don't miss any information about the play call. Get the whole play described perfectly. Another important aspect of receiving the play is your attitude toward the play. The other players in the huddle can sense your attitude, which will effect the success of that play. You must be firm and confident, saying the play clearly and calmly so that everyone completely understands the whole play. If you have problems talking in the huddle, say the play over to yourself, before you step into the huddle. Once you step into the huddle, everyone stops moving and talking. All eyes are on you, take control of the huddle. Back away from the huddle at least arm's length so that you are not crowding the front line. Say the play loudly enough so that everyone hears you in the huddle, but not so loud that the defense hears you. Then make sure you pause when you are supposed to, not rushing, and get a good break, everyone clapping together. If you receive the formation and play correctly, and present it to the offense correctly, the chances of that play being successful are very good.

Now, once you have presented the formation, play, and snap count, and broke the huddle, you must now go get lined up. You briskly walk up to the line of scrimmage, not sprinting or slowly walking. Now you walk up to the center, look left to right, right to left. Then you are ready to receive the ball, so you tap the center on his right cheek, letting him know you are under him and ready. If you are left handed, you may tap him on the left cheek. This procedure must be done the same way every time, just like a golfer, or shooting free throws. Now, sometimes we may tell you to point to the safeties before you look left to right, right to left. This will give you a pre snap read of the coverage and may alert you of a possible blitz. Once you have gone through this entire procedure, your eyes will go straight ahead. Then once the ball is snapped, your eyes immediately go to what you need to be looking at on that particular play.

RECEIVING THE BALL FROM CENTER

If you can't get the snap, you can't play Quarterback! This should never be under estimated. You can never practice it enough, before and after practice, no matter if you are having problems or not. Every QB does it exactly the same

way, no matter if you are left or right handed. By doing this, it is always the same for the center as well, no matter who is at QB.

HAND PLACEMENT

All QB's will put their right hand on top, with the left hand below. The two hands press together at the natural grooves of the knuckles. The fingers are comfortably spread, just as if you were gripping the football to pass it. Now, your pointer finger should be right in the crack off the center's ass, and all other fingers should press upward, giving pressure to his ass. The thumb of the top hand is spread in such a manner as to nearly be parallel to the line of scrimmage. The bottom hand is placed in position so that the thumbs are together in the natural mesh of the knuckles. The hands should be off set, so that the bottom hand is slightly behind the top hand.

The bottom hand gives the upward pressure on the top hand creating the hand pressure up under the center. The pressure contact is maintained all throughout the snap, this is called riding the center out. In a perfect snap, the fingers of the throwing hand should receive the laces in such a manner that the ball is ready to be thrown, with little or no adjustment.

ARMS

The top elbow will be straight. This will make sure you are the correct distance from the center, not crowding, and will also help you stand tall. When you get the snap, you absorb the football with your shoulder. If you have a bent arm, your hands may separate, or you may have a tendency to pull out early. Once again, absorb the blow of the football by giving in with your shoulder. The bottom arm can be slightly bent. Make sure you ride the center out, with pressure to his ass until you receive the football. Remember the center may be stepping right or left, so be ready to go with him.

LEGS AND FEET

This position is a little different than your typical football hit position. You want your feet spread apart, right under your hips, or under your armpits. Not quite shoulder width apart. It's actually not a really comfortable or athletic position. But you will move to an athletic position. The weight should be on the balls of your feet, so you can push off in either direction. Your feet should be toe to toe, not staggered.

The legs should be slightly bent, but not too much. You want to lift the center up as much as possible, so you start tall. Some centers, you may have to bend your legs more than others. Your knees should be slightly knock kneed. This will help you push off and move quickly.

UPPER BODY

You want to stand as tall as you can so you can see everything going on with the defense. You adjust your height with your legs, not your upper body. Your back should be straight, with your head up. Have a slight arch in your back.

Remember to get yourself into the correct position to receive the snap, no matter if you are having a manager snap it to you, or even on air. It must be done the same every time, if you want to be consistent. You can never practice this enough!!

RUNNING GAME

A. Position of Ball

1. Post-Snap – use “pocket” technique bringing ball into body at belt area, elbows close to side.
2. Adjustment – adjust hands on the ball according to what you wish to do next.
3. Before Hand-Off – keep your body between the ball and the defensive man you are trying to deceive. Carry the ball low and comfortably prior to the hand-off.

B. Spins and Turns

1. Head and Eyes – turn head and eyes in direction of spin, locating the ball carrier and junction point. Be under control to avoid any contact with head back or ball carrier. Keep hands under center.
2. Shoulders and Hips – twist from the hips and shoulders in a natural motion following the head and eyes. Again stress balance and control.
3. Footwork – the initial “push off” begins when the ball is received, never before. A transfer of weight must precede the push off, shifting from a balanced position to the stable foot. The lead foot steps in the direction of the play in a swinging motion and must be kept close to the ground. The following procedure should be smooth and sound:
 - a. head and eyes turn in direction of play
 - b. shoulders and hips follow, under control
 - c. push off away foot with proper transfer of weight
 - d. lead foot steps in direction of play
 - e. follow through with push off foot for balance, move in controlled alignment.

C. Hand off

1. Responsibility – the QB is 100% responsible for the success of the hand off. He must adjust to the receiving back and get him the football. An easy technique to follow is that of a “dealer attitude”.

2. Holding the Ball – keep both hands on the ball as long as possible. Approaching placement point, move ball from pocket to ball carrier while gradually releasing hand nearest that point. Give hand should be slightly under and to the rear of the ball. Start with two, finish with one.
3. Look – what the spot where you intend to place the ball. Look the ball directly into the belt buckle and make necessary adjustments.
4. Footwork – try to make exchange with the same foot as the give hand. Although not tremendously important, this allows for greater reach and balance.
5. Placing the Ball – place or press the ball firmly into ball carrier's pocket (remember, adjust to him), allowing your give hand to ride the ball. Ball should be motionless and not placed too high, as this is a source of fumbles. Avoid slamming the ball into the receiver.

D. Faking

1. Technique – after hand off, return hands to pocket for additional fakes of setting up to pass.
2. Types – three main possibilities
 - a. Show the ball with two hands, ride the fake and pull out.
 - b. Hold ball in pocket area with support hand while placing empty give hand at placement point allowing back to fold over it.
 - c. Post-Play Faking – several options including “boot” look, additional hand offs, and setting up to pass.
3. Purposes – for completing the entire fake.
 - a. deception of defense
 - b. protection from getting hit from behind
 - c. opportunity to read secondary (pass fake)
 - d. fumbles – you become safety man

E. Toss

1. Types – there are two basic types of tosses used
 - a. short toss to the tailback in the “I” or Ace Back.
 - b. Long toss to either back from a split set

2. Techniques

Short Toss – QB reverses out, bringing ball to pocket position; then steps in direction of toss in an underhanded motion with both hands on the ball, tosses a “dead ball” to the receiving back. The QB must lead the back slightly and direct the toss approximately elbow high. Follow through with fake.

F. Option

1. Ball Position – ball should be held with both hands gripping the center, and in the pocket position. QB should have the ability to tuck it away or pitch it.
2. Footwork – open and lead step with near foot, proceed to option point and attack the defender’s inside leg. Steps are not important, simply be quick and force the defender into a decision as soon as possible. Pitch off of either foot.
3. Read – head and eyes locate option man immediately after the snap and read through decision or option point.
4. Decision – your decision to pitch or keep it, based upon the answer to one question, “can he tackle me?” If so, pitch the ball as soon as you know it. If not, tuck the ball away and turn upfield.
5. Pitch – using the hand closest to the back, pitch the ball in an end-over-end motion leading the back slightly. Pitch the second you know the defender can make a play on you because he can’t cover both the keep and the pitch. Thumb under or basketball pitch. Keep pitch numbers high on back.

PASSING GAME

A. Position of Ball

1. Technique – after follow through of snap, bring ball into pocket position and continue to high cradle at armpit level, using both hands and adjusting the laces to the fingers. Be cocked and ready to throw at any time. Never carry the ball in one hand.

B. Throwing Mechanics

1. Footwork – upon reaching the setting position, the QB must anchor his final step and close his feet in a gathering motion to prevent overstriding. The QB must be perpendicular to the LOS until a decision is made to throw the ball. At this point, step toward the target with the left foot, never crossing the imaginary line drawn from the right foot to the receiver and never stepping too far left either. Do not overstride, stay on top of the left foot through the passing motion. Follow through should take the rear foot past the front foot towards the target.
2. Read – having located the defensive man on your drop, make your decision on where to throw. Find the receiving or the seam and watch that spot through the entire passing motion. Be aware of the advantages of “looking off” secondary defenders who are reading you. This can be done during your drop, after you read, whenever the opportunity arises. The main point though is to keep your eyes on the target through the throw.
3. Arms and Shoulders – arms should be kept close to the body until you begin the pass action. At this point, a cocking action takes place where the left elbow passes the left hip immediately preceding the first forward movement. As the ball is thrown, the right elbow must be above the right shoulder for proper throwing action. Follow through completely.
4. Hand Position – this technique is largely a matter of personal preference and success. Basically, the ball leaves the index finger last and the palm must face the target at all times. The follow through should emulate an invert position.
5. Throwing Short – short to medium range passes should be thrown at normal speed using the techniques outlined thus far. An important point is to avoid overstriding. Throw while over the front foot.

6. **Throwing Long** – this is the only passing situation where it becomes necessary to overstride slightly throwing more off the back foot. The trajectory of the pass is such that this step is necessary. Throw the pass knowing the speed of the receiver as well as the position of the defensive secondary. Generally, release the ball with the idea of letting the receiver run under. Adjust and catch the ball in stride.
7. **Screens and Swing Passes** – should be thrown similar to the short pass, without extra loft but at a speed that may be less than normal. Adjust to the position of the receiver.

C. Dropback

1. **Steps** – short routes call for a 1 and 3 step drop, medium routes a 5 step drop, and long routes, 7 step drop.
2. **Types, Techniques** – three basic types employed
 - a. **Crossover** – conventional, used in all three drops. Involves dropping tail to begin movement and momentum, lead step with right foot parallel to LOS and crossover to setting point. In last two steps before balancing and setting up, shift weight forward to slow up and prepare to gather feet.
 - b. **Backpedal** – begin by dropping tail as in crossover. Drop right foot first to facilitate same 3-5-7 step drops. This method allows for easier reading but is not as quick as the crossover and generally you won't get as much depth with this method.
 - c. **Combo** – used in 5 and 7 step drops. This technique employs the crossover method from the LOS. Two steps from the setting position, the QB pivots on the right foot, turns his body to face the defense and continues the final two steps in a backpedal.

D. ½ Roll Out

1. **Ball Position** – get the ball to the high cradle position (ready) immediately after snap, preparing to throw at any point. Carry ball here until decision is made to throw the ball.

2. Footwork – open with your playside foot straight back and continue your drop on a 60° angle (5 o'clock to right and 7 o'clock to left). Try to get 5 to 6 yards deep as quickly as possible and square your shoulders to the LOS or your receiver. Continue to keep your feet shuffling. Throw off your power leg.
3. Philosophy – the ½ roll out pass is designed to move the pocket to one side or the other. Also, to get the QB outside to relieve the pressure of the inside rush.

E. Sprint Out

1. Ball Position – get the ball to the high cradle (ready) position immediately after snap, preparing to throw at any point. Carry ball here until decision is made to run or throw.
2. Footwork – open with onside foot and run to get outside. Try to get 6 to 7 yards deep as quickly as possible and square your shoulders to the LOS or main receiver. Continue controlled sprint, throw off of the right foot.
3. Philosophy – the sprint out pass is designed to take advantage of a QB that runs well and exploits defenses in which containment is easily broken. A simple rule would be to run when you can get at least 5 yards or when no receivers are open. Try to avoid letting a defender get a solid hit by getting out of bounds or getting down. If a receiver is wide open 10 yards downfield and you feel you can get over 5 yards running, it doesn't matter. Throw him the football.

F. Play Action

1. Footwork and Faking – are dictated by what run play fake is called. Obviously, the idea is to sell the run in every way. Also, it is important you know who you are trying to hold or fool.
2. Ball Handling – as discussed in the "Faking" section of the running game. Hide the ball until the last possible instant before settling to throw.
3. Reading – if you follow the fake, this not only convinces the defense of the run but allows you to continue into your reading progression.

4. Set and Throw – the set position is also determining by the play fake; however, the throwing mechanics and the footwork of the drop are the same.

G. Bootleg

1. Technique – make play. Fake and place ball on your hip, hidden from defense. Sprint with the idea of running although some plays are specifically designed to throw. Don't rush the fake, and know what the play is designed to accomplish.

H. Dash

1. Technique – Take a 5 step drop, after a quick pause, step out at 45° to right, (roll out to left), keeping your depth. We are not attempting to attack the corner as in spring.

OFFENSIVE LINE TERMINOLOGY

Ace	Call Made by the Center to alert guard that they have a combo block to the middle or backside linebacker. Used in counter or any gap blocked play.
Angle Drive	Block used by Center Guard and tackle when blocking down or back on a defender. Angle of step is determined by the technique of the defensive lineman.
Backside	The side away from the play.
Base	Run or pass block man on.
Base Block	Aiming point is point between sternum and outside breast at belt level. Always step with near foot when executing this block.
Blitz	When six or more defenders rush the QB.
Butter	The offensive lineman that is the chopper.
Cage	Call made by Center to tell PSG to gap block the man over the center on counter or trap plays.
Cat	Center and Tackle Attack 3 Technique to backside linebacker (zone scheme).
Covered	Term used to indicate that an offensive lineman has a defensive lineman covering him.
Deuce	Call made by PSG to alert tackle they have a combo block to the middle or backside linebacker. Used in counter or gap blocked plays.
Directional Call	Call made by Center to alert O Line and TE's so they know which way he is zoning (sets the targeting).
Dog	When only 5 or less defenders rush the QB.
Double	Call made by PST to alert the guard that they have a zone block. Used in inside and outside zone.
Down	An alert that calls off any call and indicates that each lineman to that side must aggressively block his inside gap.
Eat	Fold block scheme, TE after Tackle.
EMOL	Term for end man on line.

Fan	Call made to block one man out.
"G"	Onside guard pulls and leads play outside or traps onside. Also term used to indicate guard pulling on bootleg.
Gap	Call made by guard if there is a threat to the "A" gap. Tells the back that there is a possible change of blocking responsibilities.
Gas	Fold blocking scheme, Guard after Snapper.
Gat	Fold blocking scheme, Guard after Tackle.
Goose	Silent snap between Center and QB.
Heavy	Call made by PST on 38/39 to alert the Center and PSG to run step.
High Wall	Technique used by any backside lineman to prevent down lineman from getting playside. Backside lineman must get hat on inside numbers, keep his feet and run. If defender attempts to work behind, high pressure.
Hole	Tackle alerting that there is no press look to the outside.
Log	Block used by BSG in counter when defensive lineman is using wrong shoulder technique.
LOS	Stand for line of scrimmage.
Low Wall	Take full bucket step driving head by defender, placing backside shoulder pad on play side thigh four inches above knee and square shoulders to goalline.
Max	The term indicating that the TE is staying in for pass protection.
Middle	Call made by Center to note MLB defense.
Playside	The side the play is being ran to.
Plug	An inside LB rushing straight ahead.
Press	A call made by the backside tackle when there is an immediate threat to the outside by a 2 nd level defender both weak and strong in 590's. Only weak in 60's and strong in 70's.
Quad	Call made by play side wing to alert the TE that they have a zone block. Used in inside and outside zone.

Ram/Lion	A call made by the Center alerting the Guard that they are working together.
Ray/Lee	Full slide strong pass protection used in 90's when we face 52 Eagle and Bear fronts.
Roger/Lucky	A call made when there is a press look in 60's and a 34 Okie in 60's and 70's.
Sag	Fold block scheme, Snapper after Guard.
Scat	Term used for 70 pass protections and patterns.
Scoop	Call made by Center to alert BSG they have a zone block. Used in inside and outside zone.
Sex	Call made by TE alerting Sam End eXchange.
Sift	Technique used by backside lineman to block most dangerous defender.
Single	Call made by PSG to alert Center they have a zone block. Used in inside and outside zone.
Slant	Defensive lineman slanting to a specific gap.
Slug	Call made by BST to alert TE they have a zone block. Used in inside and outside zone.
Solo	When you alert a lineman that he is working alone.
Step & Hinge	Used by an offensive lineman that is uncovered. Take drop step bang next defensive lineman inside then hinge back.
Step It	Show drop step with outside foot, cross over with inside foot keeping shoulder down field. Technique used in a man blocked zone play by PSG blocking PS LB.
Steer & Go	Pass set and guide defender away from play and then go to linebacker.
Steer Technique	Pass set and guide defender away from the play. Explode with inside hand into defender's armpit and run up field.
Strong	The side to strength.
Stunts	Defensive lineman moving in different directions.
Sup	Strong Safety up on LOS over the TE, with a defender outside.

Sustain	Staying with the block until the whistle blows.
Swap	Call made by BSG to alert tackle they have a zone block. Used in inside and outside zone.
Switch	Call used when an offensive lineman has a looper.
Tag	Fold block scheme, Tackle after Guard.
Tae	Fold block scheme, Tackle after Tight End
Toe It	Short drop step with outside foot, crossover with inside foot keeping shoulders square to LOS. Technique used in a man blocked zone or toss play by PST working up to playside LBer.
Trap	Execute pull technique. Must pull into LOS to get on defender's inside hip or number. Hit and run your feet.
Trio	Call made by Center when the PSG and Center are covered on inside and outside zone. Tells PSG, Center and backside OG/OT to work one man over.
Trip	Call made by center. Zone scheme used by center, BSG and BST to full zone up to 2 nd level defender.
Triple	Call made by PS TE to alert the tackle they have a zone block. Used in inside and outside zone and 90's.
Tuff	A linebacker breaking the heels of the defensive lineman.
Uncovered	When an offensive lineman does not have a defensive lineman threat.
Weak	Side away from strength.
Wrap	The offensive lineman that keys the linebacker and finds work. The uncovered lineman in a Zone pass scheme.

BASIC PASS PROTECTION TECHNIQUES

Described below are basic techniques in pass protection.

1. **PROPER SET** – These will be described in detail later in this section.
2. **PUNCH** – The timing of the punch for maximum impact is critical. The aiming point for the punch is the inside number. Nose of headgear should have inside number leverage.
3. **BEND IN THE KNEES** – Not at the waist. This allows the offensive linemen to punch up thru the defender, not out.
4. **PULL YOUR HEAD BACK** – Keep the chest out (Dolly Parton) and head back so as to never get over-extended.
5. **SHUFFLE AND SLIDE** – Your feet should “cover the man” – in other words your feet are opposite his. You must “feel” this. Never crossover and keep your feet on the ground. No “air time”.
6. **DOMINANT POST FOOT** – Your inside foot should be the dominant foot. Keep weight on insteps of feet.
7. **COVER** – Because EFFORT is our standard.

PASS SETS

The inside foot is referred to as the POST FOOT and the outside foot is referred to as the SET FOOT.

FOOTWORK

1. KICK STEP – This is an outside step with the set foot. The weight on your kick step should be concentrated on the inside foot.
2. POWER STEP – Inside step with the post foot. This is an aggressive step to take away inside rush lane. On a POWER STEP try to trip the rusher with your Post Foot. Toe must be pointed straight downfield to keep shoulders strong.
3. SLIDE STEP – Move by opposite foot after KICK OR POWER STEP.

PASS SETS

1. For communication purposes we will name our sets according to the alignment of the defender. Described below are pass sets used in one-on-one situations.
 - A. POWER SET – Used when defender is aligned head-up or inside eye or shoulder. Technique – on the initial set it is important to take away inside rush lane. First step should be a POWER STEP then take SHORT SLIDE STEP. If the defender forces inside rush lane, continue to power step and flatten him. Visualize tripping him with your post foot. The KEY COACHING POINT is to keep your post foot pointed straight down field to keep the shoulders square.
 - B. QUICK SET – Used when defender is aligned tight on your outside eye or ear. Technique – on the initial set it is vitally important to drive the post knee into the ground – this provides lower center of gravity. As you drive your post foot keep it to the ground and open slightly with your outside or set foot to “cover the man”. If the defender rushes inside, POWER STEP and flatten the defender. If defender rushes outside, KICK STEP and stretch the defender.
 - C. SLIDE SET – Used when defender is partially covering you or is in the gap requiring you to move outside to cover the man. Technique – Kick step gaining width and also enough depth to “cut him off at the pass”. Establish nose to inside number and cover the man. The wider the defender, the wider and deeper the kick step. If defender continues to rush outside, continue to KICK STEP and stretch defender. If he rushes inside POWER STEP after initial set and flatten him inside.

- D. **KICK SET** – Used by tackle when defender is in a wide alignment to split end side. Also used by guards and centers in a fan situation, ie. Roger and Lucky.

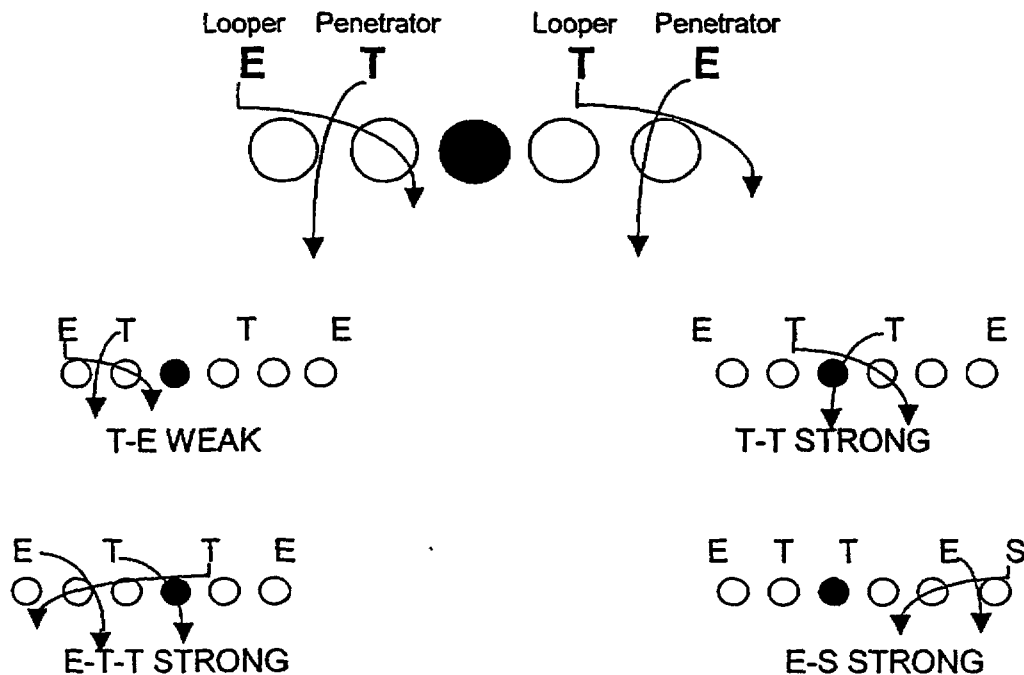
Technique

1. Read his backbone. If he is pointed upfield, then look at his feet. If outside foot is back he will turn toward QB on 3rd step.
 - a. Dig your post foot (inside foot) into the ground as you kick the set foot. This set can be deeper because defender will be farther upfield when he turns toward QB. (Be alert for quick inside move after 1st step.) On the defender's 3rd step fight to keep defender from grabbing outside arm. Maintain inside leverage and run him past the QB.
2. If backbone is upfield and inside foot is back he will turn toward QB on his second step (if he turns on 4th step, he will be too far upfield.)
 - a. This is not as deep because defender will not be as far upfield when he turns toward QB. On the defender's 2nd step fight to keep defender from grabbing outside arm. Maintain inside leverage and run him past the QB.
3. If backbone is pointed toward the QB, foot stagger of defender doesn't matter. Turn to defender at point of intersection and use Pass Pro Techniques.

TWISTS

Twists are games played by the Defensive front, in which some sort of crossing action occurs. A twist is identified by first naming the penetrator (who goes first) then naming the looper (who comes around), and finally the side which the looper attacks. (Strongside or Weakside).

We will zone block all Twists. There are two components to a twist, the PENETRATOR and the LOOPER.



I. BLOCKER WHO HAS PENETRATOR

Take your proper set. Jam the PENETRATOR and flatten him out so as to stay on same level as your buddy. Don't come off the penetrator until you're knocked off. Always anticipate the twist by realizing the PENETRATOR is doing "something different".

- Might be trying to grab you more than rush.
- Might be attacking toward blocker who has LOOPER trying to knock him off.

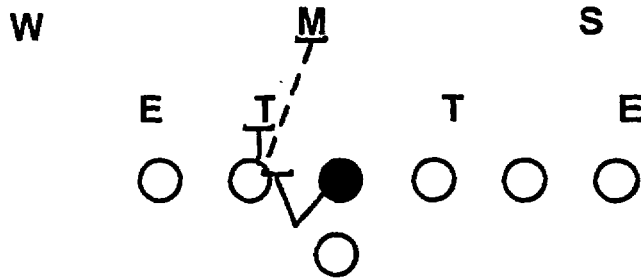
II. BLOCKER WHO HAS LOOPER

Take your proper set. When LOOPER starts his loop drop your foot to the side of the loop and "attack the pile" in the direction of loop. Try to knock PENETRATOR into the path of the LOOPER. Always anticipate the loop by realizing "something is different".

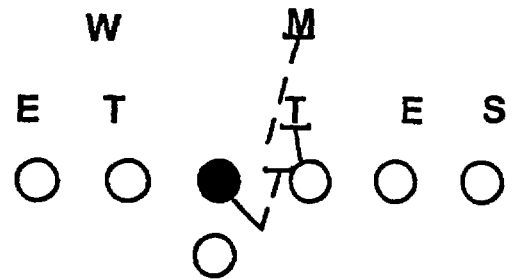
- Defender not really rushing toward passer like normal.
- Not trying to get his hands on you.
- Looking in the direction of the loop.

PASS PROTECTION TERMINOLOGY

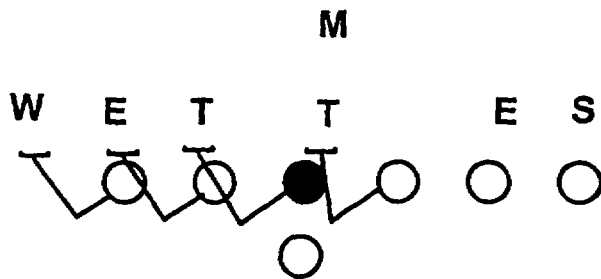
LION: A call directing the center left, working with the left guard on the defensive lineman and the stacked backer.



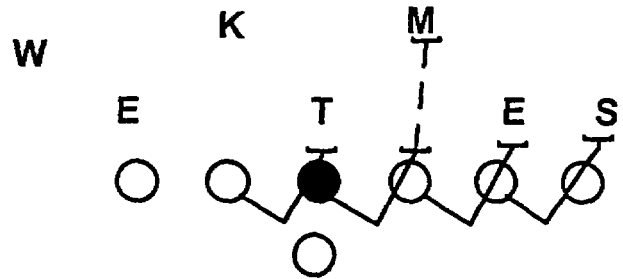
RAM: A call directing the center right, working with the right guard on the defensive lineman and the stacked backer.



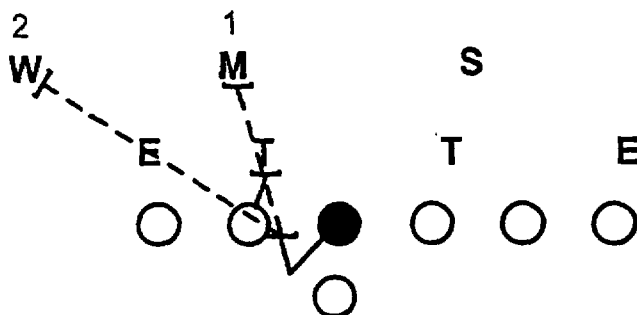
LUCKY: A full slide protection left, starting with the first uncovered lineman from the playside guard back.



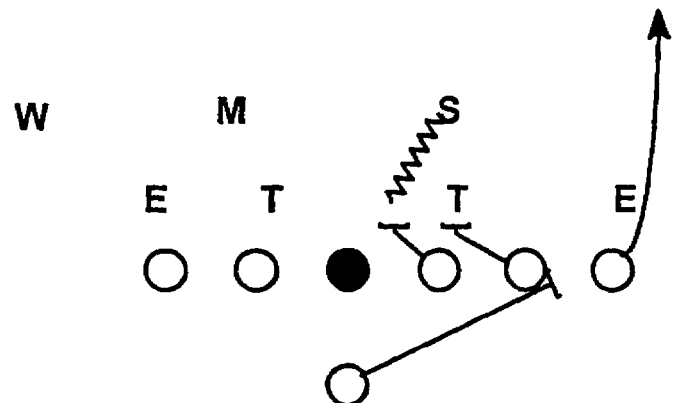
ROGER: A full slide protection right, starting with the first uncovered lineman from the playside guard back.



SOLID: A dual read by the uncovered lineman responsible for the inside to outside linebacker. A man protection scheme.

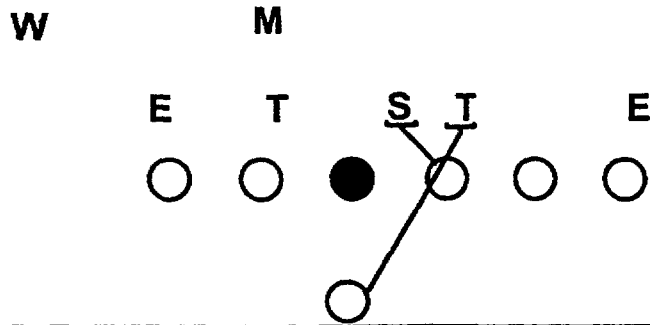


SQUEEZE: Call used by playside tackle and playside guard to get to a gap blocking scheme. We use it when the LB that the back is responsible for is TUFF on the LOS in the A or B gaps.

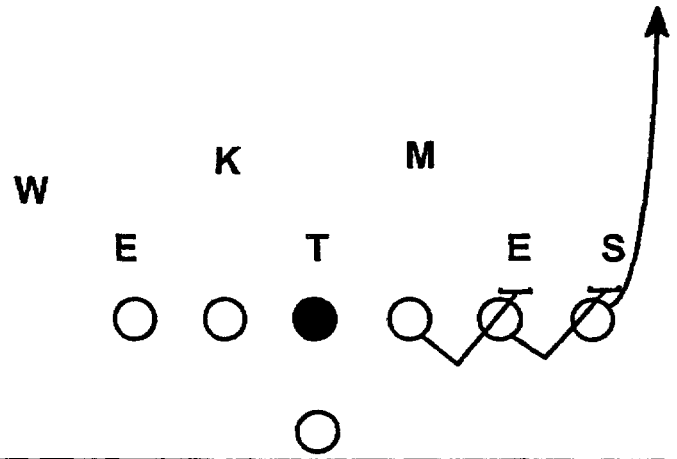


PASS PROTECTION TERMINOLOGY

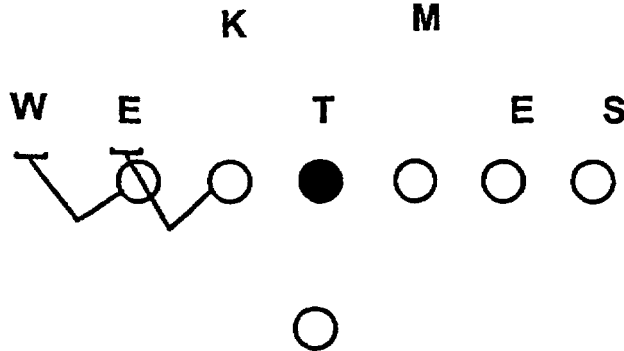
GAP: A call telling the back and the callside guard to switch assignments.



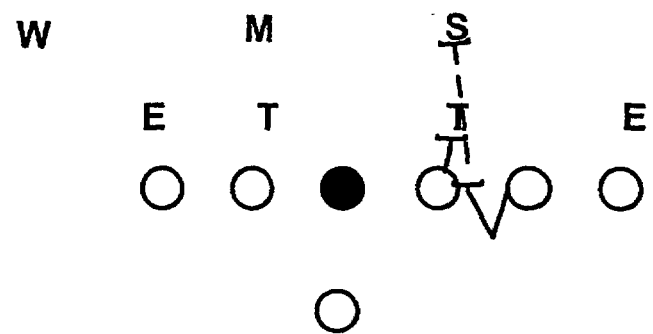
FAN: A call made by the playside tackle or tight end alerting the line to work one man outside.



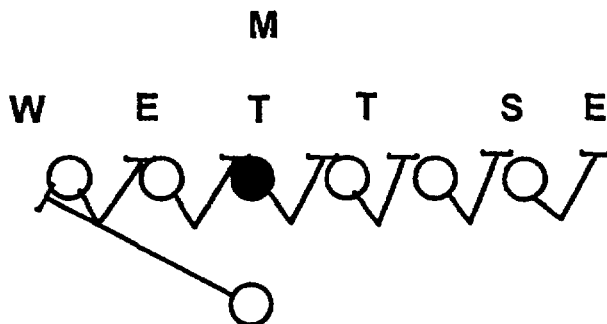
PRESS: A call telling the guard and tackle to work to one man outside.



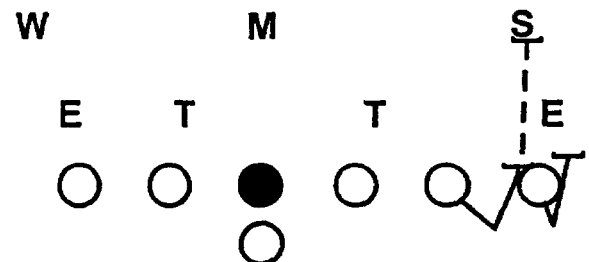
DOUBLE: A call telling the guard and tackle that they are in a zone scheme working to the playside linebacker.



RAY/LEE: A call telling the hole unit including the TE to block your strongside gap.



TRIPLE: A call made by the TE alerting the tackle that they are in a zone scheme working to the playside linebacker.



FUNDAMENTAL PRINCIPLES OF OFFENSIVE BLOCKING

To be a successful blocker, one must be fundamentally sound in both the run and the pass. To be fundamentally sound, one must realize what is required of the individual blocker and how to go about fulfilling the requirements. First, the blocker must acknowledge that blocking can be developed to a greater degree than any other phase of football because it is the most unnatural thing. Blocking requires much more time because there are many more things to learn. Knowing isn't enough, the reflexes must be trained until thinking is a minor thing in a tough situation.

Each player must develop a repertoire of techniques that will enable him to execute his assignment in all situations. Repetition must be a way of life. Concentration, self-discipline, willingness to pay the price and personal pride geared to perfection must be evident at all times.

Valuable Hints for Execution of Blocking

- I. Know Your Offense
 - A. Have a good knowledge of every play and how it fits into the offensive scheme.
 - B. Know the blocking assignments and adjust at the Point of Attack.
 - C. Know the influence action that will affect the reaction of the defense.
 - D. Know the timing of plays – delay or quick hitting.
 - E. Have a complete picture of the passing game.
 1. Know the different types of protection and every man's responsibility.
 2. Know the timing of all passes and depth and position of the QB's set so that proper technique can be applied.
 3. Know the direction the ball is thrown so that you may cover.
 - F. Pay attention to game plans when particular plays are set up to take advantage of an individual, a defense or a situation.
 - G. Know your job thoroughly. Know WHAT, HOW, and WHY you are to do the job.
- II. Know the Basic Defense of our Opponents and the Responsibility of Each Position

III. Know Your Opponent

- A. Does he play on or off the LOS?
- B. Is he a reader or a charger?
- C. Is he a change pacer (mixing up his play)?
- D. Does he have pre-determined moves set by a particular defensive set?
- E. What are his tendencies on pass rush (his technique, moves, etc.)?

IV. Stance: Must permit you to execute all of your techniques without lost motion.

- A. Accurate line up: no tips.
- B. Alert for the QB's command on the LOS and teammates' calls.
- C. Recognition of defenses, adjustment of rules.
- D. Movement.

V. Execution of Technique

- A. Approach – anticipation, movement, adjustment
- B. Contact – Explode sets, violent hands.
- C. Finish – Keep your feet moving like pistons (maintain and sustain).

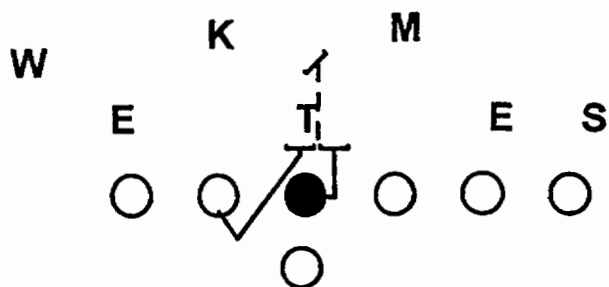
VI. Secondary Assignment – Second Effort Will WIN.

- A. Make a block that facilitates a long run.
- B. Recover a fumble.
- C. Prevent opponent from capitalizing on your team's error.
- D. Break their will.

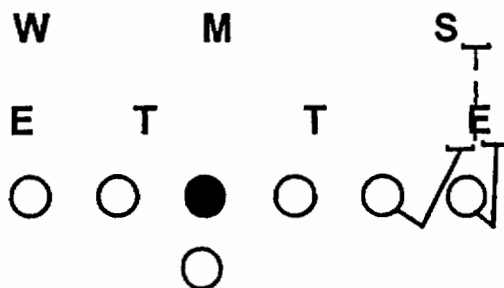
TWO PLAYER SCOOP BLOCKS

Scoop= Two or more adjacent offensive linemen working together on a defensive lineman, on level one to a linebacker on level two.

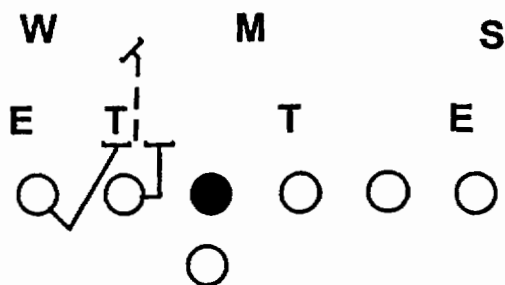
Scoop: Backside scoop technique between the center and uncovered backside guard.



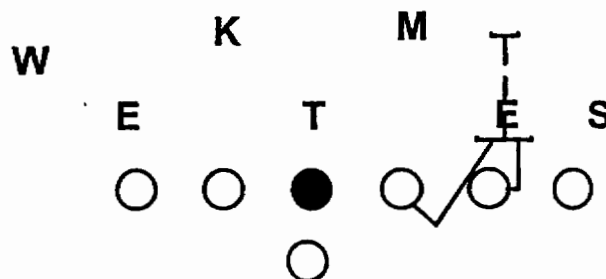
Triple: Scoop technique between the playside tight end and the uncovered playside tackle.



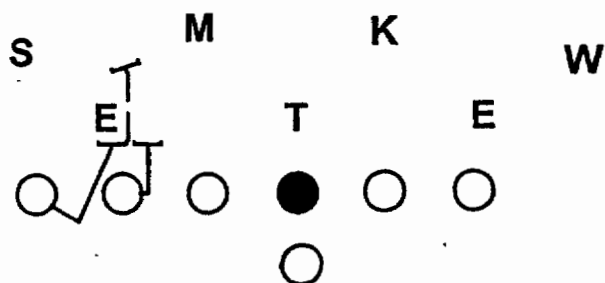
Swap: Backside scoop technique between the backside guard and backside tackle.



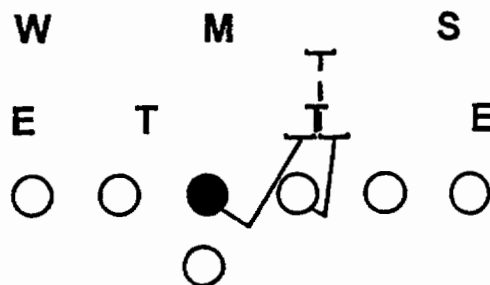
Double: Scoop technique between playside tackle and uncovered playside guard.



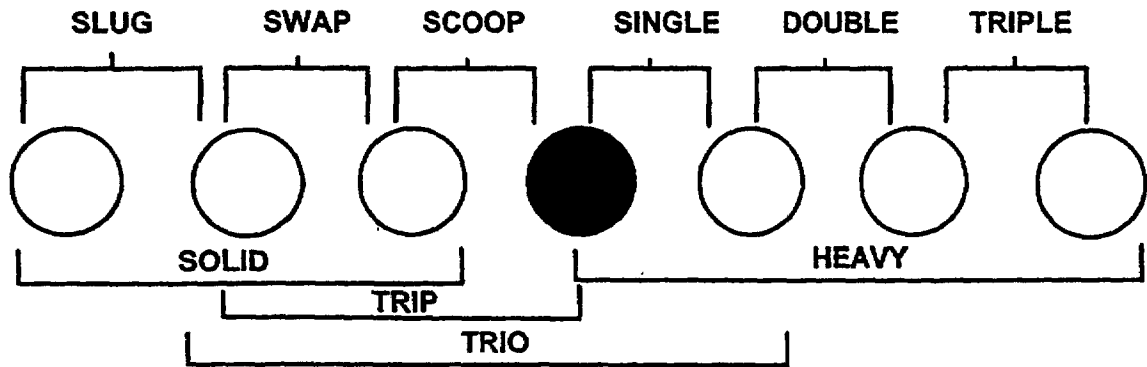
Slug: Backside scoop technique between the backside tight end and backside tackle.



Single: Scoop technique between the playside guard and uncovered center.

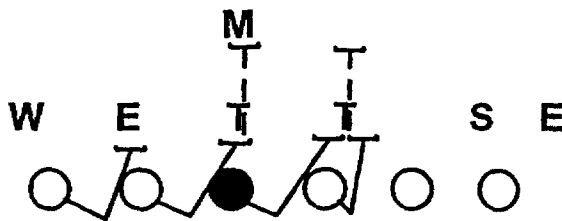


SCOOP TREE

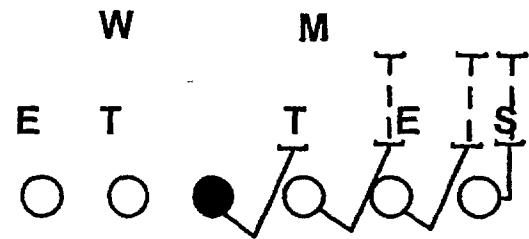


THREE OR MORE PLAYER SCOOPS

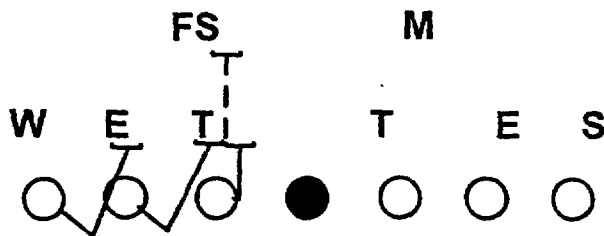
TRIO: Scoop technique between playside guard, center, backside guard, and possibly backside tackle.



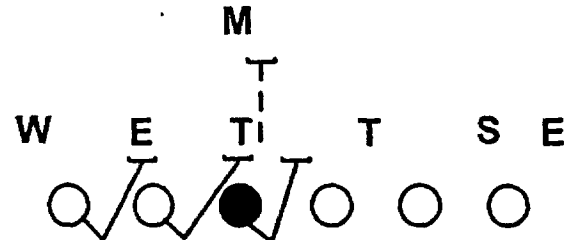
HEAVY: Scoop technique between covered playside guard, covered playside tackle, and playside tight end.



SOLID: Scoop technique between backside tight end, backside tackle and backside guard.



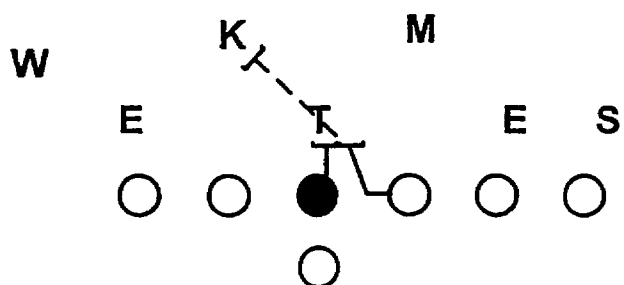
TRIP: Scoop technique between backside tackle, backside guard and center



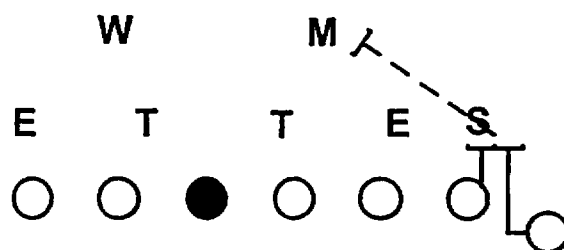
DOUBLE TEAM COMBOS

DOUBLE TEAM COMBOS: A combination block between two adjacent players sealing the down defensive lineman working to the backside linebacker.

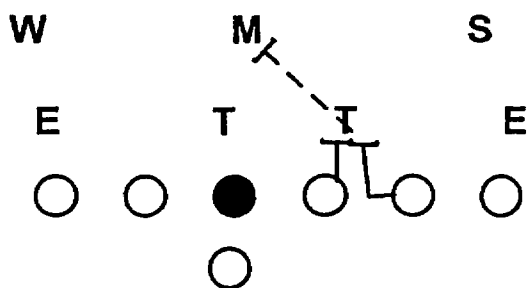
ACE: Combo block between the center and the playside guard to a middle or backside LB.



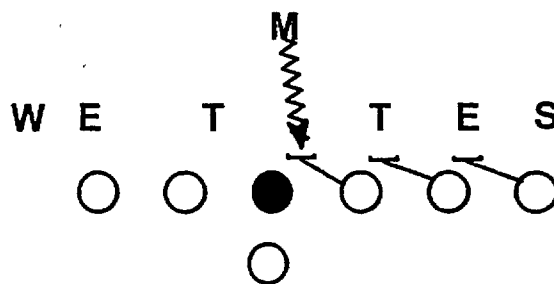
QUAD: Combo block between the playside TE and the playside wing in goalline formations.



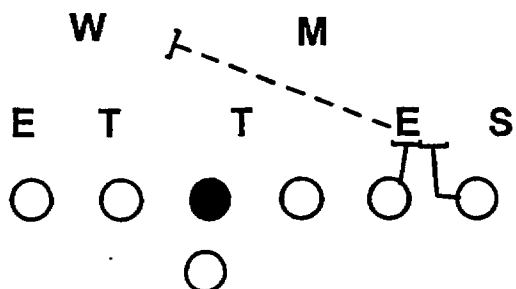
DEUCE: Combo block between the playside guard and tackle to a middle or backside LB.



DOWN: A call alerting the lineman that the combo block is off, and that each playside lineman must aggressively block his inside gap.

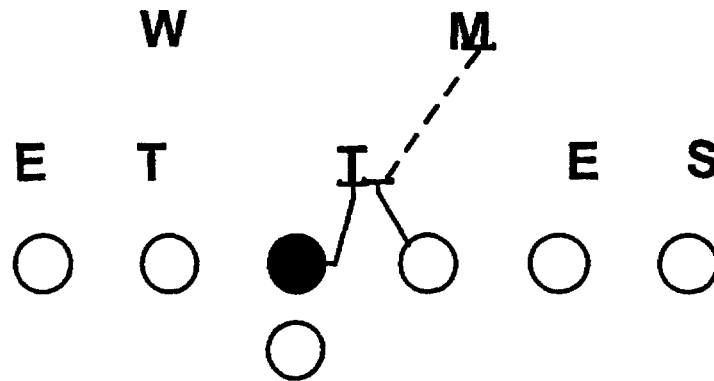


TREY: Combo block between the playside tackle and tight end to a backside LB.

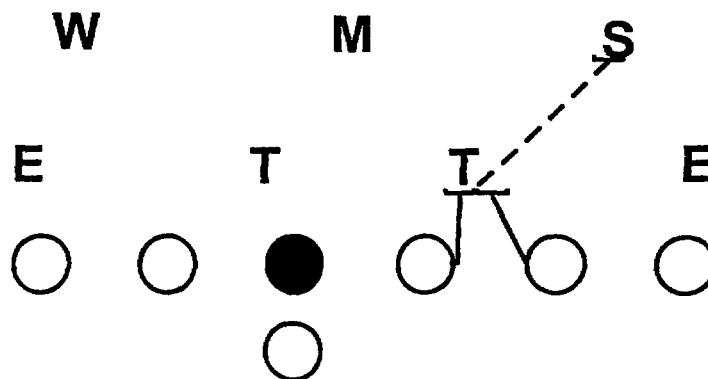


MISCELLANEOUS BLOCKING SCHEMES

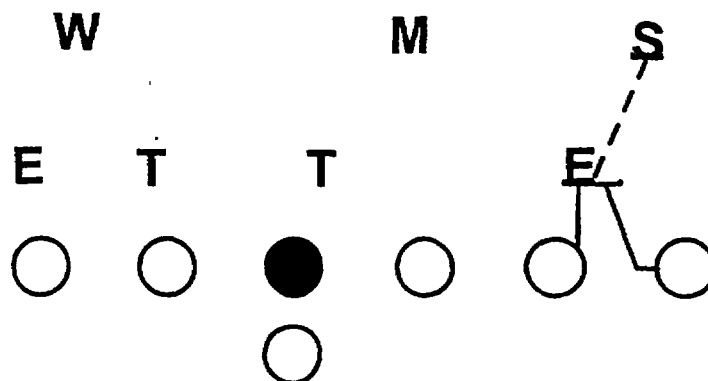
ACE TO: Center and playside guard block shade and playside linebacker.



DEUCE TO: Playside guard and tackle block the down defender to the playside linebacker.



TREY TO: Playside tackle and tight end blocking the down defender to the playside linebacker.



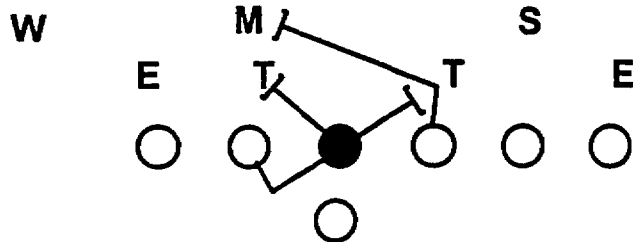
ADDITIONAL RUN BLOCKING SCHEMES

TRAP - 3 CALL: A guard trap scheme to create a vertical seam over the playside guard.

BACKSIDE GUARD - Trap defender over the playside guard

CENTER - Responsible for defender over the backside guard.

PLAYSIDE GUARD: Responsible for defender over the center.

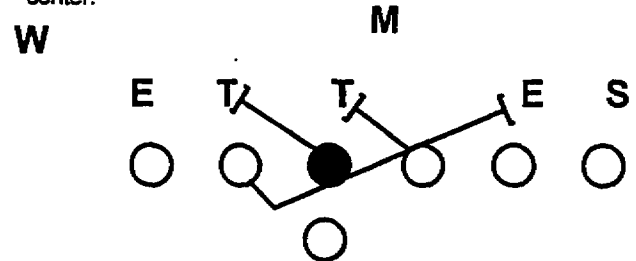


TRAP - 5 CALL: A guard trap scheme to create a vertical seam over the playside tackle.

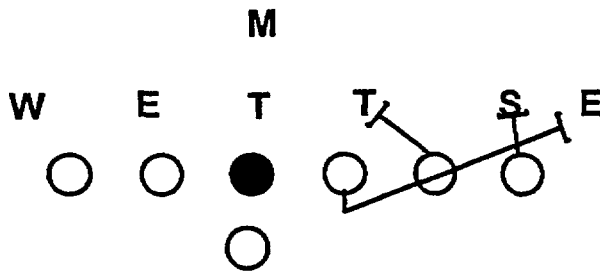
BACKSIDE GUARD - Trap defender over the playside tackle.

CENTER - Responsible for defender over the backside guard.

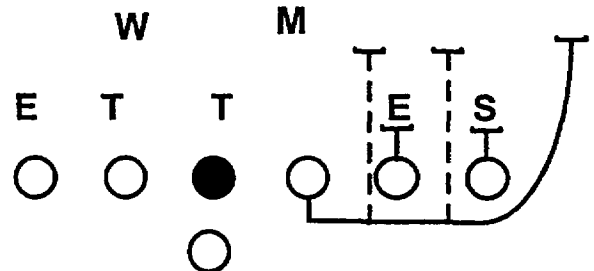
PLAYSIDE GUARD: Responsible for defender over the center.



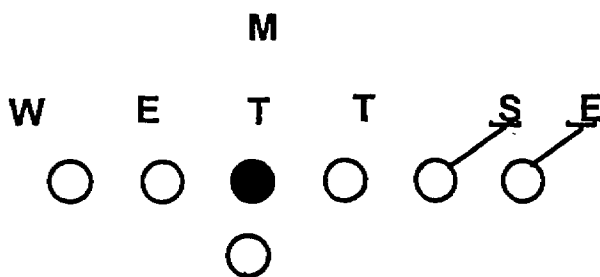
G SCHEME: A fold scheme between playside guard, playside tackle and tight end.



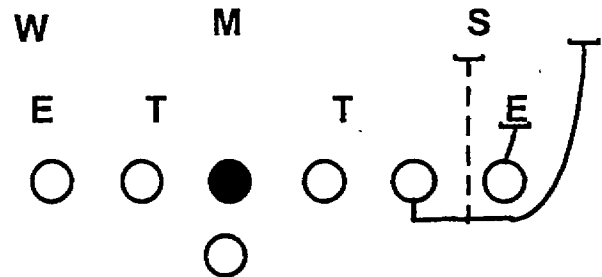
STEP IT: A man blocking concept locking the playside guard on a level 2 defender.



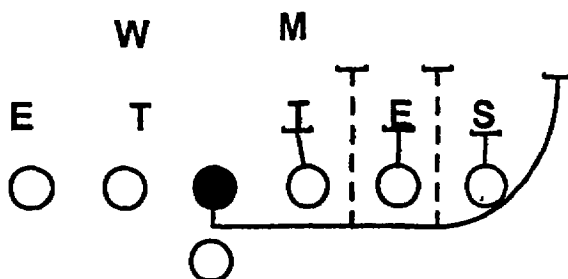
STRIKE: A fan block between tight end and playside tackle.



TOE IT: A man blocking concept locking the tackle on a level 2 defender to the playside.

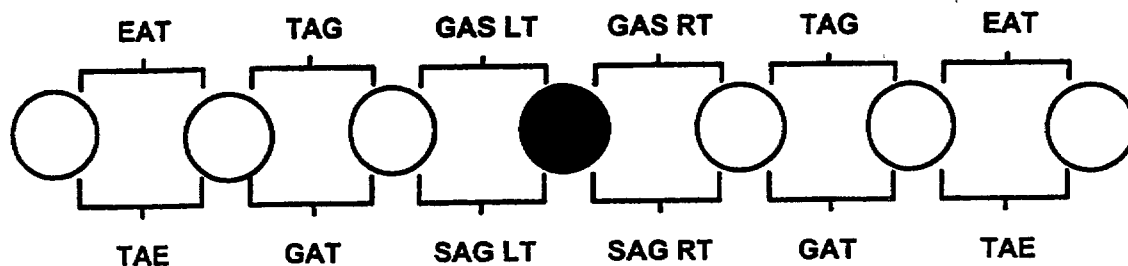


SNAPPER: A man blocking concept locking the center on a level 2 defender to the playside.

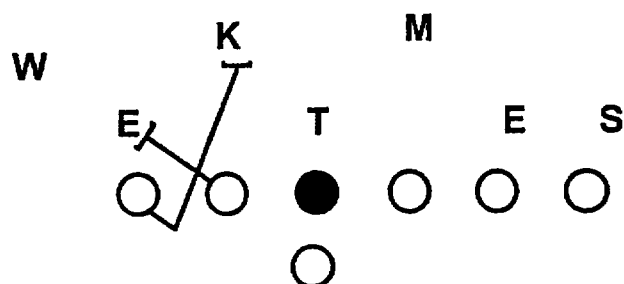


FOLD BLOCKS

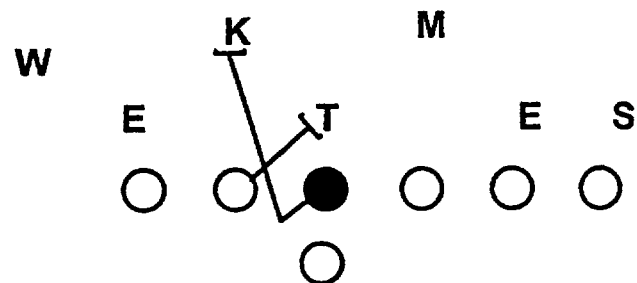
FOLD TREE



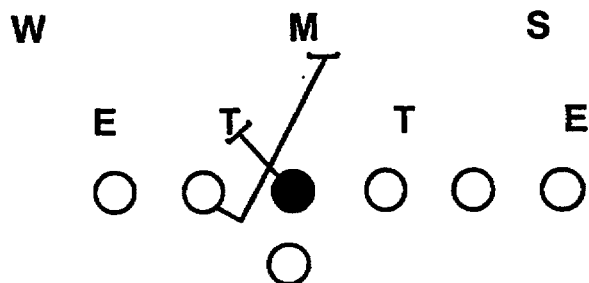
TAG: Fold block between tackle and guard



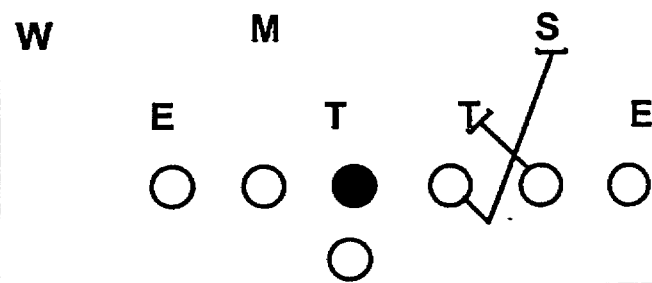
SAG LT: Fold block between center and guard.



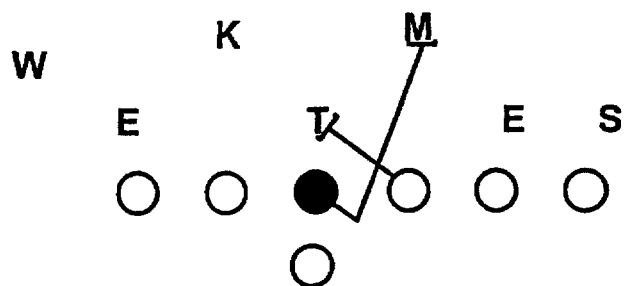
GAS LT: Fold block between guard and center.



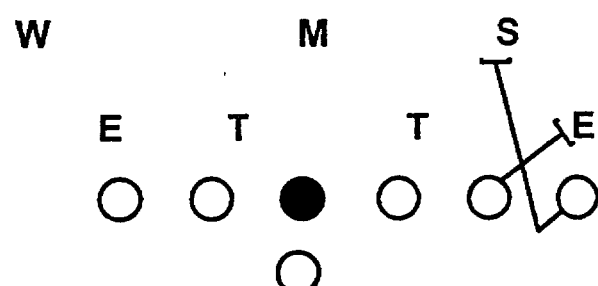
GAT: Fold block between guard and tackle.



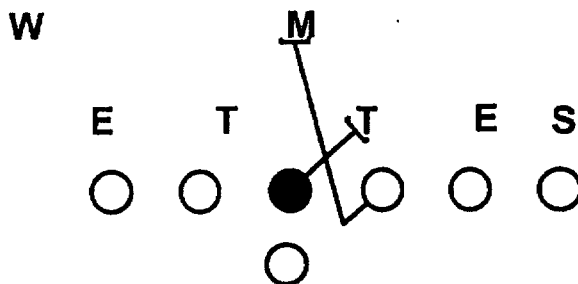
SAG RT: Fold block between guard and center.



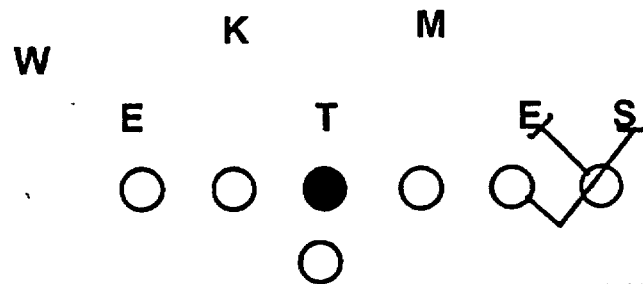
EAT: Fold block between playside tackle and tight end.



GAS RT: Fold block between center and the playside guard.



TAE: Fold block between tight end and tackle.



POWER ZONE BLOCKING PRINCIPLE

I. ZONE BLOCKING PRINCIPLES

Power Zone blocking is between two offensive linemen responsible for blocking two defenders in a certain area towards the point of attack. The purpose of using the Power Zone Blocking Scheme is to stop penetration, create movement on the first level and also seal off the onside LB'er. All power zone blocks initially start out as an inside-out double team. As movement begins, either the Outside blocker or Inside blocker will gain control over the defender on the 1st level, allowing the other blocker to come off the block to handle the linebacker. In this type of blocking scheme, it is critical to create movement on the 1st level before coming off for the linebacker.

- A. **INSIDE BLOCKER:** (Offensive linemen covered by a linebacker or uncovered.) Take a short lateral step with playside foot aiming for a point between his sternum and playside number. We refer to this as a half bucket step. As the inside blocker takes his half bucket step it is important to read the movement of the defensive man on outside blocker. If the defender's near hip is coming toward you, explode up under the defender's chin making sure to stop penetration. Upon making contact, whip your arms and move your feet like pistons working to get movement up the field. If the defender has locked on or is widening with the outside blocker – punch and push off the defender and explode to the 2nd level to block the playside breast of the LB'er.

NOTE: As you take the HALF BUCKET STEP to read the hip aligned on the outside blocker, use a split eye on the linebacker over you as he may be playing under your block. If this is the situation, immediately explode back on the LB'er blocking him in the numbers.

- B. **OUTSIDE BLOCKER:** (Offensive lineman covered by a down lineman.) The outside blocker must read the alignment of the defender aligned on him so he can hit the proper landmark and initially create the movement on the 1st level. If the defender is aligned on the outside eye or shoulder half bucket step with playside foot aiming for point between his sternum and playside number. If the defender is aligned head-up step with playside foot – this is a short 6 inch lateral step aiming for a point between the sternum and playside number. If he is aligned inside eye, he will replacement step with playside foot aiming the nose of the headgear to block the playside number of the defender. If the defender loops out or locks on, we want the outside blocker to maintain contact – once you feel contact from the inside blocker now you can look for the scrapping linebacker on level 2. If the defender aligned on you slants inside – punch and push off the defender and explode to 2nd level to block the onside

LB'er. Block the LB'er by exploding up through his numbers using a good drive block technique. Do not allow linebacker to cross your face.

The following terms are used for POWER ZONE BLOCKING at the Point of Attack.

1. **POWER TRIPLE BLOCK** – Power Zone block between the TE and playside tackle. Used when playside tackle is uncovered. The TE is the outside blocker and the tackle is the inside blocker.
2. **POWER DOUBLE BLOCK** – Power Zone block between the playside tackle and playside guard. Used when playside tackle is covered. The tackle is the outside blocker and the guard is the inside blocker.
3. **POWER ACE-TO-BLOCK** – Power Zone block between the onside guard and center. Power Ace is used when the playside tackle is covered. The playside guard is the outside blocker and the center is the inside blocker. This block is used to get to the onside to middle LB'er.
4. **POWER SINGLE BLOCK** – Power single block between the playside guard and center. Power single is used when the playside tackle is uncovered. Center must be uncovered to have a single situation. The playside guard is the outside blocker and the center is the inside blocker. Used to block middle to backside LB'er.

II. BACKSIDE ZONE BLOCKING PRINCIPLES

A. POWER SCOOP TECHNIQUE

This is used by the center and backside guard. When the guard is uncovered, and the noseguard is head up or shaded backside. If the NG is head up lateral step with the playside foot aiming the nose of your head gear for his playside number. If NG locks on or widens maintain contact. If the NG stays backside explode to the 2nd level for the backside LB'er. If the NG is shaded backside replacement step with playside foot aiming the nose of your head gear for the playside number of the defender. This is to bid time for the backside guard to not allow leakage. The second step is knee to the crotch with backside foot. The third step is an explosion step to the second level looking for the backside LB'er.

B. HIGH WALL TECHNIQUE

Used when the backside offensive lineman has no help from his backside buddy. The angle of the toe is directly proportioned to how far inside he is aligned. The aiming point is the inside number. When executing a High Wall Technique it is extremely important to keep your feet and run the defender past the hole with movement up the field.

C. POWER SWAP TECHNIQUE

Zone blocking between the backside guard and backside tackle. This technique will be used when the guard is covered by a down lineman who is head up to outside eye or shoulder and the LB'er is stacked over the tackle. The guard will take a replacement step with his playside foot and will release tight through the playside number of the 3 technique. On his second step, shoot knee to crotch and must "rip" his backside arm and shoulder up into the defender. The third step is an explosion to the 2nd level looking for the backside LB'er.

NOTE: If the backside LB'er moves to a stack over the guard to a shade inside, you may have to resort to a Full Swap Technique.

D. POWER SLUG TECHNIQUE

Zone blocking between the backside tackle and H Back or Tight End. The tackle will release tight through the playside number of the 5 technique. Take a replacement step with his playside foot and on his second step shoot knee to crotch and "rip" his backside arm and shoulder up into the defender. The third step is an explosion step to the second level looking for the backside LB'er.

14/15 INSIDE ZONE

1. Center is targeting the blocking scheme to a middle or backside LB in a TE formation running inside zone strong. Center is targeting to a middle or playside LB in an open set formation.
2. Line calls start from playside working back.
Covered Lineman calls:
TE will make a **Triple Call**.
Playside Tackle will make a **Double Call**.
Playside Guard will make a **Single Call**
Center will make a **Scoop Call**
Backside Guard will make a **Swap Call**
Backside Tackle will make a **Slug Call**
3. Covered lineman with playside shade execute a ½ bucket step.
Covered lineman versus a head up defender executes a short lateral step.
Covered lineman versus an inside shade defender executes a replacement step.
4. Uncovered lineman always executes a ½ bucket step.

PLAYSIDE TE

Block playside gap area to playside linebacker.

Triple Call

1. Playside TE versus a 9 technique executes a ½ bucket step. Aiming point is outside number at belt level height, shooting second step knee to crotch.
2. Head up to inside defender, TE executes a short lateral step, or a replacement step. Aiming point is outside number at belt level height, shooting second step knee to crotch.

Double Call

1. If TE gets a **Double Call** from the playside tackle that puts him in a base reach assignment for the end man on the line of scrimmage.

PLAYSIDE TACKLE

Block playside gap area

1. If covered make a **Double Call**. Executing a ½ bucket step versus a playside shade aiming point is outside number at belt level height, shooting second step knee to crotch.
2. Inside to head up defender. Execute a short lateral or replacement step. Aiming point is outside number at belt level height, shooting second step knee to crotch.
3. If uncovered execute a **Triple Call** with playside TE. Execute a ½ bucket step, aiming point is for the breast plate at belt level height working through the outside number. Must get push on first level before concern with second level defender. If the tackle gets a **Single Call** from playside guard that puts him in a base reach assignment.

PLAYSIDE GUARD

Block playside gap area.

1. If covered make a **Single Call**. Executing a $\frac{1}{2}$ bucket step versus a playside shade aiming point is outside number at belt level height, shooting second step knee to crotch.
2. Inside to head up defender you are executing a short lateral or replacement step. Aiming point is outside number at belt level height, shooting second step knee to crotch.
3. If uncovered execute a **Double Call** with playside tackle. Aiming point is for the breast plate at belt level height, working through the outside number. Must get push on first level before concern with second level defender.

CENTER

Block playside gap area

1. If covered, execute a $\frac{1}{2}$ bucket step versus a playside shade defender. Aiming point is outside number at belt level height, shooting second step knee to crotch.
2. Head up to backside defender, center makes a **Scoop Call** working with backside guard. Executing a short lateral or replacement step. Aiming point is outside number at belt level height, shooting second step knee to crotch.
3. If uncovered, $\frac{1}{2}$ bucket step, working a **Single Call** with playside guard working to middle or backside LB. Aiming point is for the breast plate at belt level height, working through the outside number. Must get push on first level before concern with second level defender.
4. Possible **Trio Call** if center and playside guard are both covered. A **Trio Call** is a full zone scheme from playside guard back. Executing full bucket steps except playside guard. Run your tracks and pick up what comes to you.

BACKSIDE GUARD

Block playside gap area.

1. If covered, execute a ½ bucket step versus a playside shade defender. Aiming point is outside number at belt level height, shooting second step knee to crotch.
2. Head up to backside defender, guard makes a **Swap Call** working with backside tackle. Executing a short lateral or replacement step. Aiming point is outside number at belt level height, shooting second step knee to crotch.
3. If uncovered, execute a ½ bucket step, working a **Scoop Call** with center for backside LB. Aiming point is breast plate at belt level height, working through the outside number. Must get push on first level before concern with second level defender.

BACKSIDE TACKLE

Block playside gap area.

1. If covered execute a ½ bucket step versus playside shade defender. Aiming point is outside number at belt level height, shooting second step knee to crotch.
2. Head up to inside defender, tackle will make a **Slug Call** working with backside TE. Executing a short lateral or replacement step. Aiming point is outside number at belt level height, shooting second step knee to crotch.
3. If uncovered execute a ½ bucket step working a **Swap Call** with backside guard for backside LB. Aiming point is breast plate at belt level height, working through the outside number. Must get push on first level before concern with second level defender.
4. If no backside TE and no **Swap Call**, tackle will **Sift** through the end man on the line of scrimmage to the most dangerous defender.

BACKSIDE (TE)

Block playside gap area.

1. If covered versus a playside shade defender, execute a ½ bucket step, aiming point is outside number at belt level height, shooting second step knee to crotch.
2. Head up to backside defender with no **Slug Call**, you will sift to the most dangerous defender.
3. If TE gets a **Slug Call**, execute a ½ bucket step with backside tackle to backside LB or safety. Aiming point is breast plate at belt level height, working through the outside number. Must get push on first level before concern with second level defender.

16/17 OUTSIDE ZONE

1. Center is targeting the blocking scheme by identifying the LB he is working to.
2. Line calls start from playside working back.
Covered lineman calls:
TE will make a **Triple Call**.
Playside Tackle will make a **Double Call**.
Playside Guard will make a **Single Call**
Center will make a **Scoop Call**
Backside Guard will make a **Swap Call**
Backside Tackle will make a **Slug Call**
3. Covered lineman with playside shade execute ½ bucket step. Covered lineman versus head up to inside defender execute a full bucket step.
4. Uncovered lineman execute a full bucket step making no call.

PLAYSIDE (TE)

Block playside gap area to fourth defender strong.

Triple Call

Against a playside shade defender execute a ½ bucket step aiming point is outside number at belt level height, shooting second step knee to crotch.

A head up to inside defender execute a full bucket step working out to fourth defender strong, second step is crossover, third step gaining width.

Double Call

If you get a **Double Call** by the playside tackle that puts you in a base reach assignment on the end man on the line of scrimmage.

PLAYSIDE TACKLE (PST)

Block playside gap area covered make **Double Call**. A **Double Call** is a block between playside guard and playside tackle up for playside linebacker.

1. Versus a 5 technique execute a ½ bucket step, aiming point is outside number at belt level height, shooting second step knee to crotch.
2. If the playside guard makes a **Single Call**, that puts you in a base reach assignment on the 5 technique.
3. Versus a head up to inside defender execute a full bucket step to playside linebacker, second step is a cross over and third step gaining width.
4. If uncovered execute a **Triple Call**. A full bucket step, keying the near knee of the down defender over the TE. If knee comes to you block through outside number, if knee goes away, stay on track to fourth defender strong.

PLAYSIDE GUARD (PSG)

Block playside gap....covered make **Single Call**.

1. If a (3 technique), execute ½ bucket step, aiming to outside number at belt level height, shooting second step knee to crotch.
2. Head up to inside defender (1 technique), still make a **Single Call**, execute a full bucket step working to playside linebacker, second step is a crossover, third step gaining width.
3. If uncovered, full bucket step working a **Double Call** with PST, keying the knee of the down defender over the PST. If knee comes to you block through outside number, if knee goes away, stay on track to playside LB.

CENTER

Block playside gap...covered make a **Scoop Call** or possibly a **Trio Call**.

1. If covered (playside shade) execute a ½ bucket step, aiming to outside number at belt level height, shooting second step knee to crotch.
2. If head up to backside defender (Backside Shade) make a **Scoop Call** or possibly a **Trio Call**. If playside guard is covered also. A **Trio Call** is a full zone scheme, from the playside guard back. With this call everyone runs their tracks, picking up what comes to them.
3. If there is a backside shade on the center and no one on playside guard, the center works with backside guard, executing a **Scoop Call**.

If uncovered, full bucket step, working a **Single Call** with playside guard working to middle or playside LB. Execute a full bucket step keying the near knee of the down defender over PSG. If knee comes to you, block through outside number, if knee goes away, stay on track to middle or playside LB. On a full bucket step, your second step is a cross over, third step is gaining width.

BACKSIDE GUARD (BSG)

Block playside gap area.

1. If covered make a **Swap Call** working with backside tackle for backside LB.
2. Versus a (1 technique)
Take ½ bucket step, aiming to outside number at belt level height, shooting second step knee to crotch.

When executing a **Cut block**, take a full bucket step working to dip n rip through defender, aiming point is 4 inch above outside knee. Work to get your head to playside gap area before throwing. Head and feet should be end zone to end zone, not sideline to sideline.

3. If uncovered, execute a full bucket step, working a **Scoop** with center to middle or backside LB. Second step is a cross over, third step gaining width. Keying the near knee of the down defender over the center. If knee comes to you, block through outside number, if knee goes away, stay on track to middle or backside linebacker.

BACKSIDE TACKLE (BST)

Block playside gap area

1. If covered make a **Slug Call** working with backside TE to backside linebacker.
2. Versus a (5 technique) that slants or crosses your face, execute a full bucket step, aiming to outside number at belt level height, shooting second step knee to crotch on backside linebacker.
3. If uncovered, full bucket step, working a **Swap Call** with backside guard for backside LB. Second step is a cross over, third step gaining width. Keying the near knee of the down defender over the (BSG). IF the knee comes to you, block through outside number, if knee goes away, stay on track to backside LB. Possible cut block.

When executing a **Cut block**, get head to playside gap area before throwing. Head and feet should be end zone to end zone, not sideline to sideline.

BACKSIDE TE (BSU)

Block playside gap area.

1. Execute a **Slug Call**, working with backside tackle to backside linebacker.
2. Take a full bucket step. Second step is a cross over, third step gaining width. Keying the near knee of the down defender over the BST. If the knee comes to you, block through the outside number, if knee goes away, stay on track to backside linebacker.
3. When executing a cut block, get head to playside gap area before throwing. Head and feet should be end zone to end zone, not sideline to sideline.

Expectations of the Tight End in our Single Back Offense

The Tight End position at Washington State will be a position of toughness and athletic diversity. You will be challenged both physically and mentally while playing the tight end position. If you do not want to be known as part of the toughest tight end unit in the Pac-10 then you should change positions immediately. You must be able to hit with your face over and over again.

“Like no other position on the football field you will be responsible to be as productive of a pass blocker as our best offensive lineman, while being able to be as athletic in the passing game as our wide receivers.”

- I. Understand and believe in the concept of “One At A Time.” This concept will be studied regularly at positional meetings, team meetings, the practice field, and ultimately game day. You will learn to take this concept beyond football and use it in your daily life including academically.
- II. You will take the positional meeting to the practice field and ultimately to the playing field.
- III. To study and learn parts of the offensive line, wide receiver, and running back sections of the playbook. Emphasis will be put on the offensive line section since 2/3 of our assignments are directly related to the offensive line play.
- IV. Understand that **“BALL SECURITY = JOB SECURITY”**
- V. Must be a great 3-dimensional player
 - A. Run Game
 - B. Pass Protection
 - C. Tight End in Passing Game

A. Run Game

1. Tight End is expected to know
 - a. Defensive Fronts
 - b. Defensive Shades
 - c. Defensive Leverages
 - d. Defensive Movements (anticipate)

Begin with an understanding of where the play is going

2. Running Backs aiming point – put your tight end at running back if concerned or having problems.
3. How fast the play hits. Zone, Trap, Counter, Toss are all different (maintaining the block)
4. Blocks
 - a. 1st Level block
 - b. 2nd Level block
 - c. Backside block, cut off

B. Pass Protection

- a. Study offensive line section
- b. Study all protection sections
- c. Pass Protection drills and techniques will be an E.E.D. during practice sessions.

C. Pass Protection Expectations

- a. ID the Front
- b. Anticipate any defensive movements
- c. Anticipate blitz
- d. Expect the worst/toughest scenario

D. Tight End in Passing Game – Encompasses more than just receiver. Screen – Block, Decoy Receiver – Hold coverage guy, etc.

Expectations

a. “Reading Coverage” – F.T.F. (Find the Fox)

- i. F.T.F – Find the Fox
- ii. Closest pass defender to you
- iii. Who can cover you – Man/Zone
- iv. Blitz – Who? What? (Zone) Where? (3W’s)

b. Release (EDD)

- i. Violent hands
- ii. Quick feet
- iii. Hip Through

c. Route (Techniques)

- i. Weave
- ii. Cross-over
- iii. Body lean mechanics – Head, Shoulders, Arms
- iv. Snap the break – Elbows

d. Catch –Noose

5. Finish

TIGHT END TERMINOLOGY

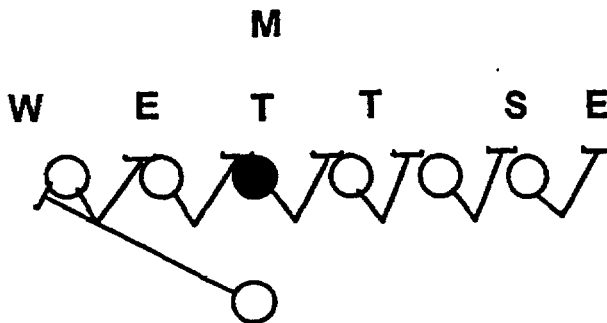
Attack	Standard level of performance on each and every play. (ATTACK THE DEFENDER).
Base	Run or pass block man on.
Base Block	Aiming point is point between sternum and outside breast at belt level. Always step with near foot when executing this block.
Covered	Term used to indicate that an offensive lineman/tight end has a defensive lineman covering him.
Cut-Off	Type of block that cuts off defender's angle to the ball. Outside shoulder leverage
Directional Call	Call made by Center to alert O Line and TE's so they know which way he is zoning (sets the targeting).
Dog	When only 5 or less defenders rush the QB.
Down	An alert that calls off any call and indicates that each lineman to that side must aggressively block his inside gap.
Eat	Fold block scheme, TE after Tackle.
EMOL	Term for end man on line.
Fan	Call made to block one man out.
F.T.F.	Find The Fox (Free Safety)
"G"	Onside guard pulls and leads play outside or traps onside. Also term used to indicate guard pulling on bootleg.
LOS	Stand for line of scrimmage.
Max	The term indicating that the TE is staying in for pass protection.
Middle	Call made by Center to note MLB defense.
Noose	Proper technique used to catch the football

Playside	The side the play is being run to.
Plug	An inside LB rushing straight ahead.
Post Foot	Your inside foot is the post foot. Keep weight on insteps of feet.
Punch	The timing of the punch for maximum impact is critical. The aiming point for the punch is the inside number. Nose of headgear should have inside number leverage.
Quad	Call made by play side wing to alert the TE that they have a zone block. Used in inside and outside zone.
Ray/Lee	Full slide strong pass protection used in 90's when we face 52 Eagle and Bear fronts.
Roger/Lucky	A call made when there is a press look in 60's and a 34 Okie in 60's and 70's.
Scat	Term used for 70 pass protections and patterns.
Sex	Call made by TE alerting Sam End exchange.
Shuffle and Slide	Feet should "cover the man"- in other words your feet are opposite his. You must "feel this." Never crossover and keep your feet on the ground. No "air time."
Sift	Technique used by backside lineman to block most dangerous defender.
Slant	Defensive lineman slanting to a specific gap.
Slug	Call made by BST to alert TE they have a zone block. Used in inside and outside zone.
Solo	When you alert a offensive lineman/tight end that he is working alone.
Strong	The side to strength.
Stunts	Defensive lineman moving in different directions.
Sup	Strong Safety up on LOS over the TE, with a defender outside.

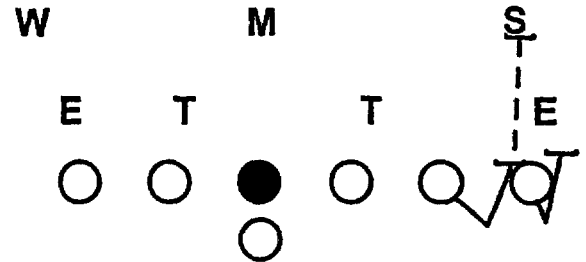
Sustain	Staying with the block until the whistle blows.
Switch	Call used when an offensive lineman/tight end has a looper.
Tae	Fold block scheme, Tackle after Tight End
Trap	Execute pull technique. Must pull into LOS to get on defender's inside hip or number. Hit and run your feet.
Triple	Call made by PS TE to alert the tackle they have a zone block. Used in inside and outside zone and 90's.
Twists	Games played by the defensive front, in which some sort of crossing action occurs
Tuff	A linebacker breaking the heels of the defensive lineman.
Uncovered	When an offensive lineman/tight end does not have a defensive lineman threat.
Weak	Side away from strength.
Weave	Technique used in running a pass route

PASS PROTECTION TERMINOLOGY

RAY/LEE: A call telling the hole unit including the TE to block your strongside gap.



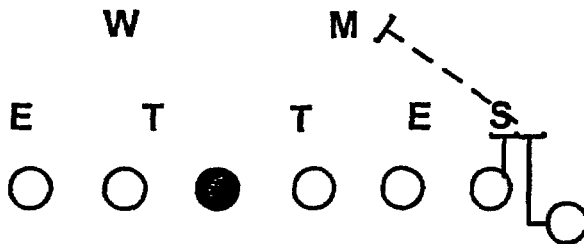
TRIPLE: A call made by the TE alerting the tackle that they are in a zone scheme working to the playside linebacker.



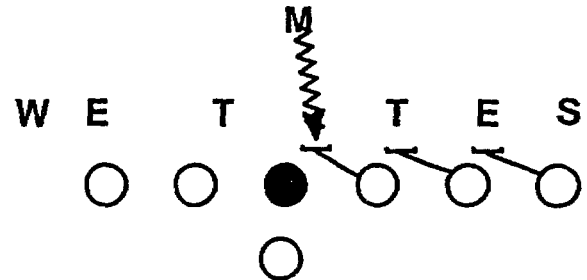
DOUBLE TEAM COMBOS

DOUBLE TEAM COMBOS: A combination block between two adjacent players sealing the down defensive lineman working to the backside linebacker.

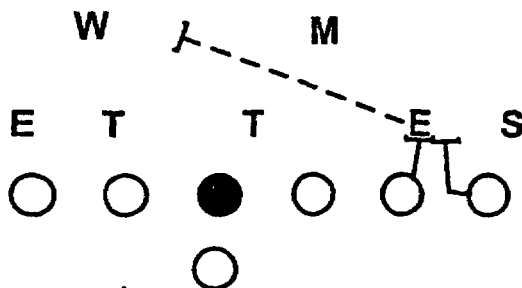
QUAD: Combo block between the playside TE and the playside wing in goalline formations.



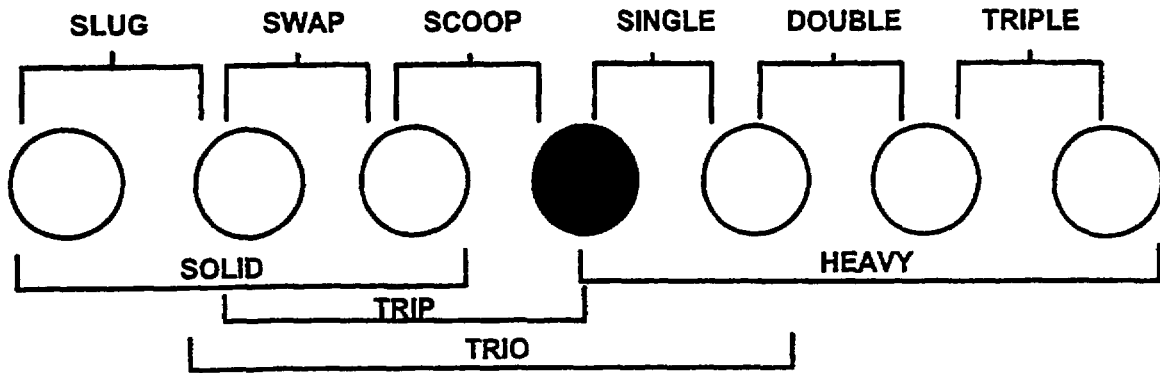
DOWN: A call alerting the lineman that the combo block is off, and that each playside lineman must aggressively block his inside gap.



TREY: Combo block between the playside tackle and tight end to a backside LB.

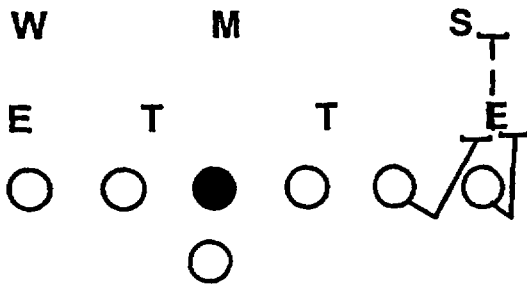


SCOOP TREE

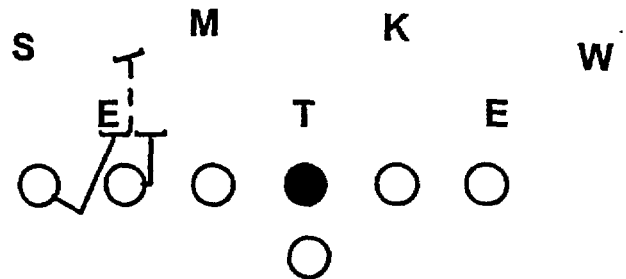


TWO PLAYER SCOOP BLOCKS

Triple: Scoop technique between the playside tight end and the uncovered playside tackle.

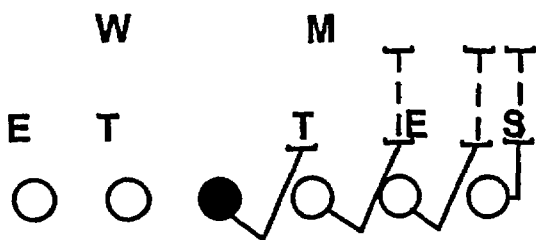


Slug: Backside scoop technique between the backside tight end and backside tackle.

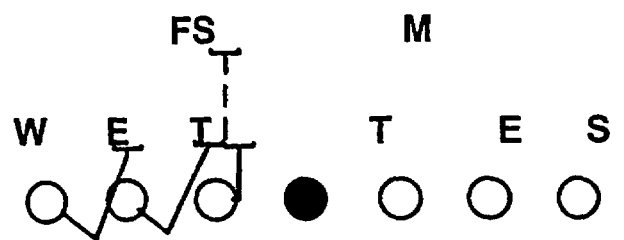


THREE OR MORE PLAYER SCOOPS

HEAVY: Scoop technique between covered playside guard, covered playside tackle, and playside tight end.

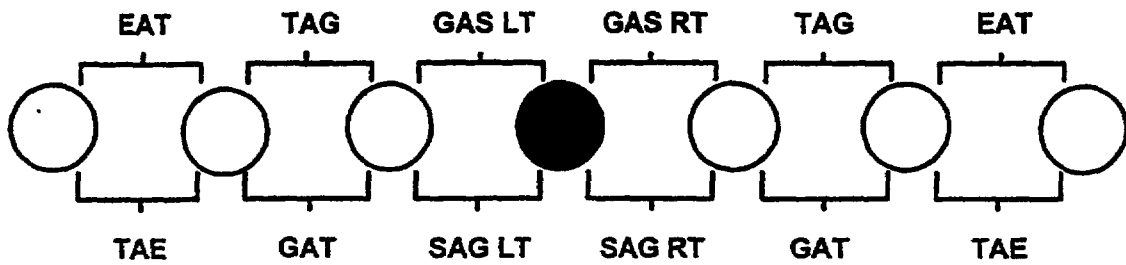


SOLID: Scoop technique between backside tight end, backside tackle and backside guard.

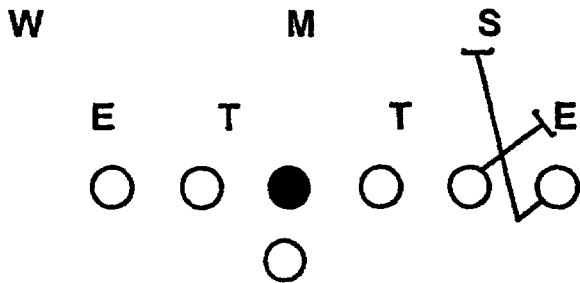


FOLD BLOCKS

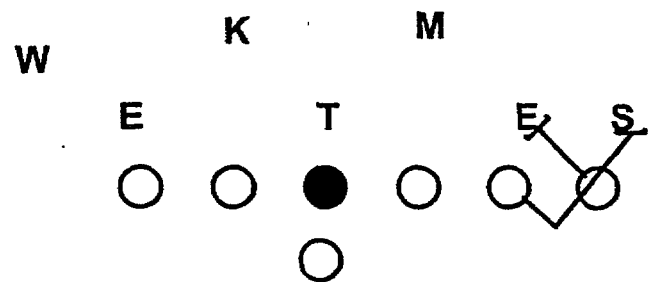
FOLD TREE



EAT: Fold block between playside tackle and tight end.

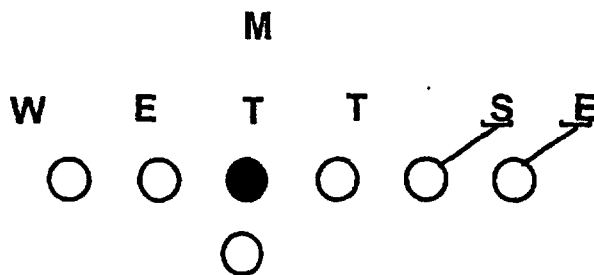


TAE: Fold block between tight end and tackle.

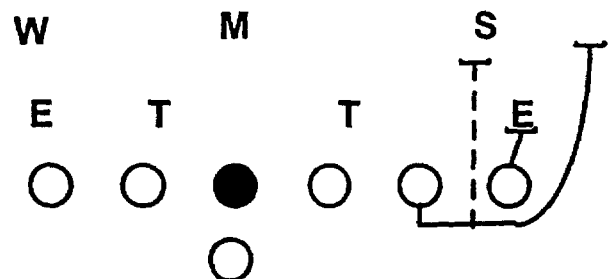


RUN BLOCK SCHEMES

STRIKE: A fan block between tight end and playside tackle.



TOE IT: A man blocking concept locking the tackle on a level 2 defender to the playside.



PLAY NUMBER 20-21 Trap

BASIC BLOCKING Man

BALL CARRIER (F) 2 point stance, toes at 6 yards. Attack! Step with backside foot to backside leg of center. Bend playside – cut off of trap block. Key the MLB

BACK (A) Quick technique man on or first LB inside.
(H)
(U)

BACKSIDE TACKLE Base block man on or over. AP inside number of defender.
C.P. – take a big split vs 43 and sift for Will

BACKSIDE GUARD Pull and trap 3 technique. AP: inside hip. Get your feet moving and out of the hole. Take inside out trap course

CENTER Block back for pulling guard, responsible for first down lineman backside. AP: inside hip bone of down lineman. Sustain block, do not allow defender to cross your face.

PLAYSIDE GUARD False set defensive lineman and go to middle to backside linebacker.
C.P. take a big split

PLAYSIDE TACKLE Combo step, sell a deuce block and work to first LB inside.
Coaching point – take a big split.

TIGHT END (Y) Base block defender on you. AP: inside number. You cannot get beat inside. CP: take a big split. Vs. 7 technique – cut defender.

SPLIT END (X) Playside – stalk block man on to first force (Cov 4 read)
Backside - AFBP

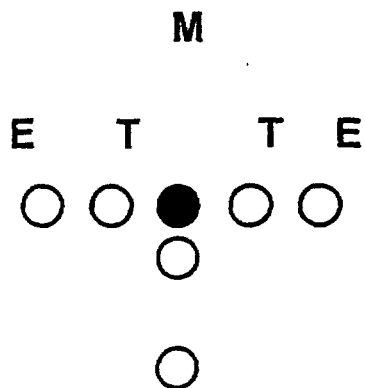
FLANKER (Z) Playside – stalk block man on to first force (Cov. 4 read)
Backside - AFBP

QB
First step is a drop step straight back with playside foot. Open away from the hole on second step.
Get the ball as deep as possible to F and carry out pass fake.

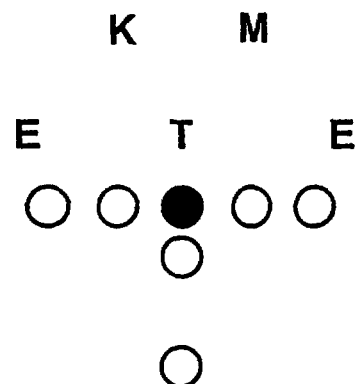
ALERTS
Always run to the 3 technique. Vs. Double Eagle, check to counter or 90's.

PLAY: 16-17 A REVERSE

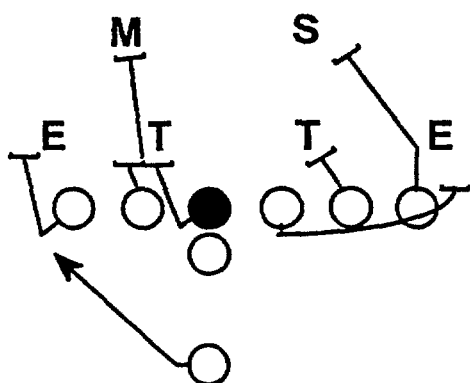
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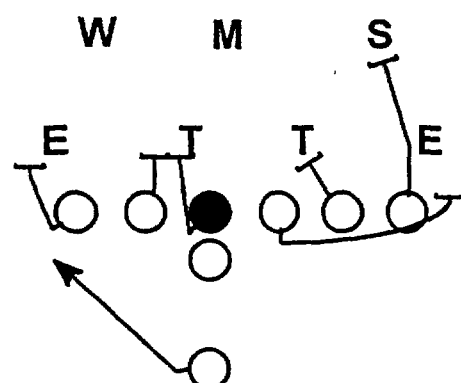
3-2 OKIE



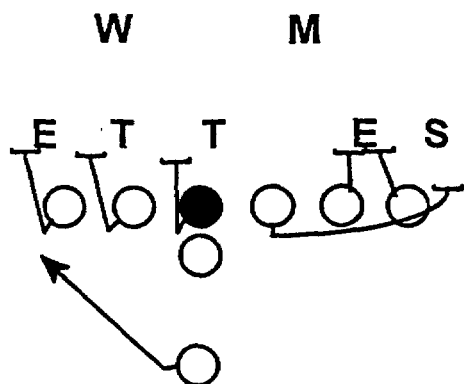
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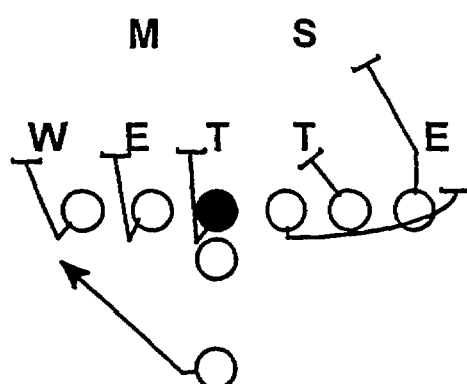
43 STRONG EAGLE



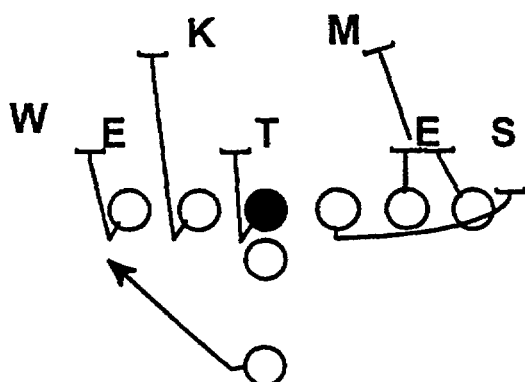
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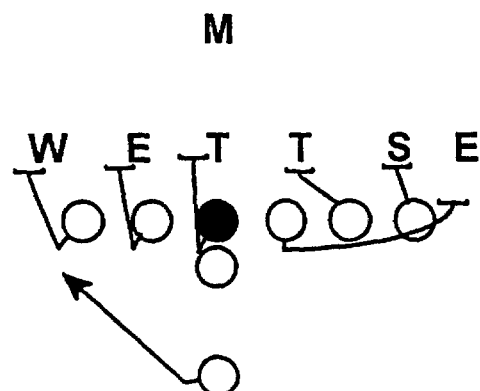
52 DBL EAGLE



3-4 OKIE



46



BALL CARRIER (F) 2 point stance, toes at 7 yards, execute the run called (16/17).
"Rock the Rock"

BACK (A) Gain depth on first step back toward the ball. Position yourself for over the
(H) top hand off. Run stretch sweep action.
(U)

BACKSIDE TACKLE Block playside gap area
Possible calls: SLUG, SWAP, TRIO

BACKSIDE GUARD Block playside gap area. Look for any defender crossing the formation.
Possible calls: SWAP, SCOOP, TRIO

CENTER Block inside shoulder of man on you. If uncovered block regular 16/17 zone.
Make Backer call to set the targeting
Possible calls: SINGLE, SCOOP, TRIO

PLAYSIDE GUARD Pull around T.E. If TE's man reads reverse, log him. If he is fooled and runs flat
down L.O.S. away from play, continue upfield and look for the next defender.

PLAYSIDE TACKLE Block man on or inside – force the defenders away for the reverse.
Vs. 5-2 eagle: make a TREY call with T.E. to MAC.

TIGHT END (Y) Inside release looking to pick the SAM backer.

SPLIT END (X) Block deep third defender your side, try to cut off.

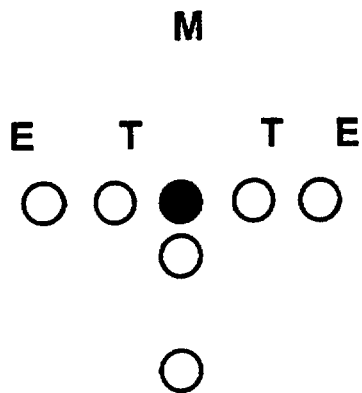
FLANKER (Z) Run slant at FS, try and draw corner with you. If unable to draw corner,
stock him.

QB Open playside at 45° from the L.O.S. and fake 16/17 zone. Hand off ball over the top to
A/H back who is running the reverse. Boot P.A. fake.

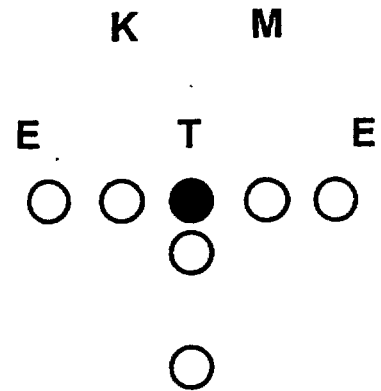
ALERTS

PLAY: 16-17 Zone

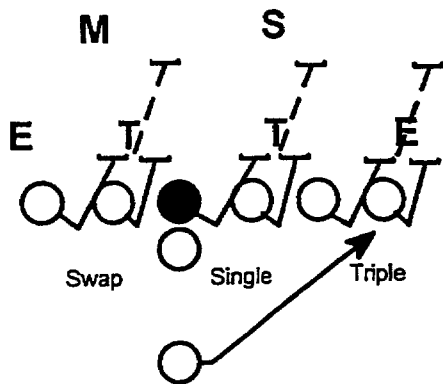
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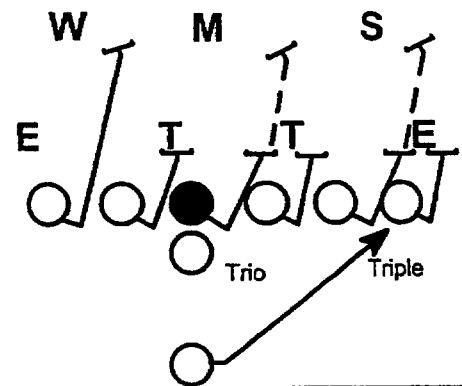
3-2 OKIE



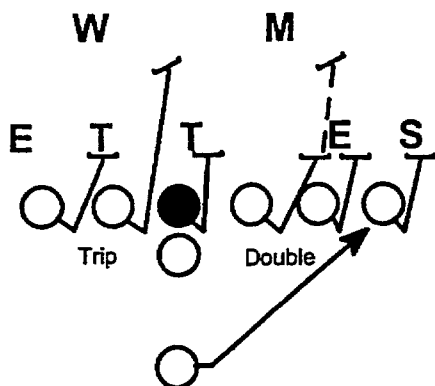
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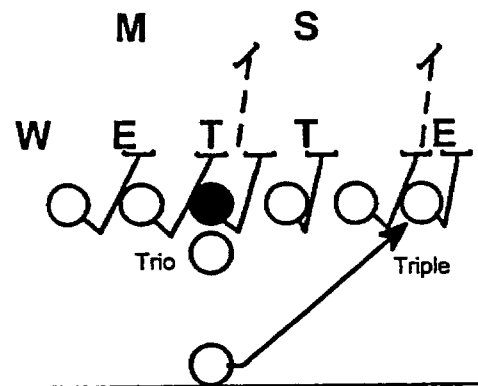
43 STRONG EAGLE



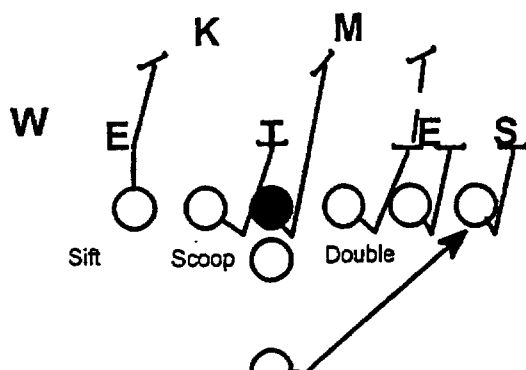
52 EAGLE



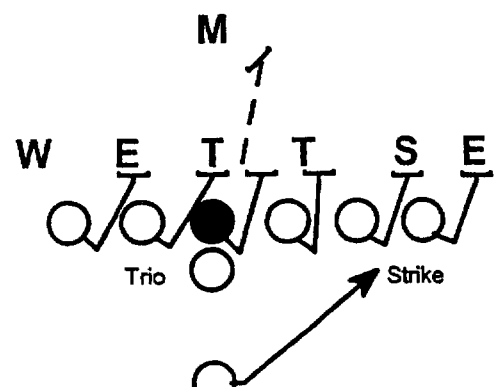
52 DBL EAGLE



3-4 OKIE



46



PLAY NUMBER 16-17 ZoneBASIC BLOCKING Zone

BALL CARRIER (F) 2 point stance, toes at 7 yards, 12 inch playside step 2nd step to Outside hip of TE. Key the EMOL. Try to break contain. Press!

BACK (A) Playside: quick technique. Backside: Fake Rip or Liz.
(H)
(U) Block playside gap area
Possible calls: SLUG

BACKSIDE TACKLE Block playside gap area
Possible calls: SLUG, SWAP, TRIO, TRIP

BACKSIDE GUARD Block playside gap area
Possible calls: SWAP, SCOOP, TRIO, TRIP

CENTER Block playside gap area
Make Backer call to set the targeting
Possible calls: SINGLE, SCOOP, TRIO, TRIP

PLAYSIDE GUARD Block playside gap area
Possible calls: DOUBLE, SINGLE, TRIO

PLAYSIDE TACKLE Block playside gap area
Possible calls: DOUBLE, TRIPLE, STRIKE

TIGHT END (Y) Playside, block playside gap area working to 4th defender strong
Possible calls: TRIPLE, STRIKE

SPLIT END (X) Playside, stalk block man on to first force (Cov 4 read)
Backside - AFBP

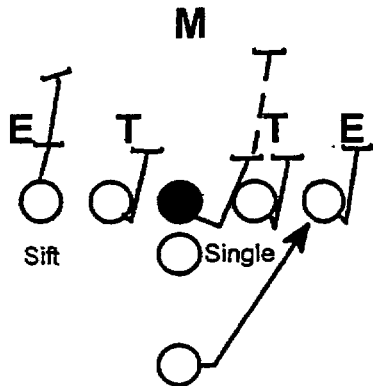
FLANKER (Z) Playside - stalk block man on to first force (Cov 4 read)
Backside - AFBP

QB Open playside at 45° from the LOS. Long first step, sprint to F, getting the ball to him as deep as possible. Boot out for PA fake.

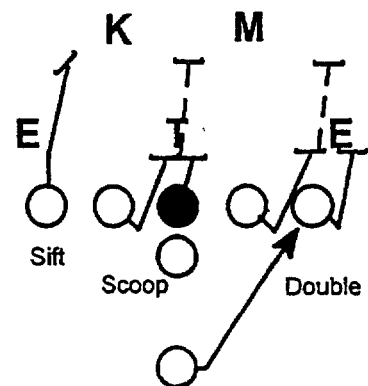
ALERTS
Vs a 46 defense check to "G" scheme - counter weak or 90's

PLAY: 14-15 Zone

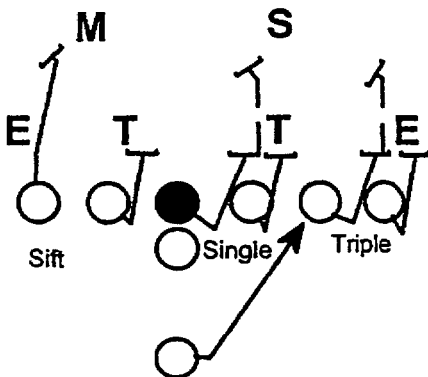
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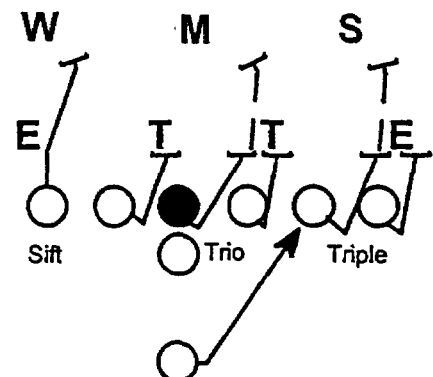
3-2 OKIE



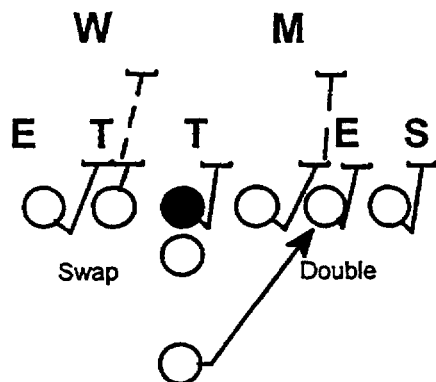
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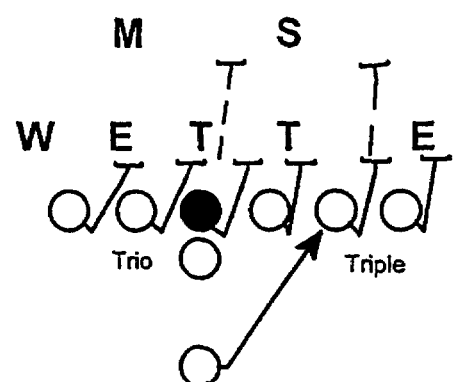
43 STRONG EAGLE



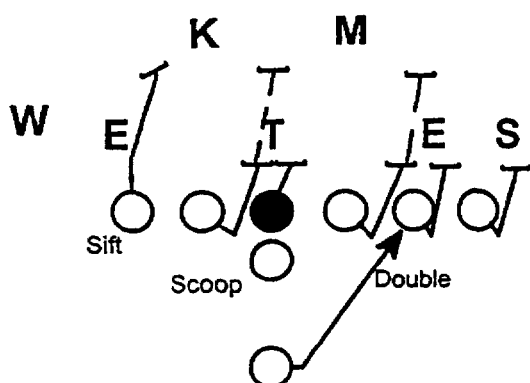
52 EAGLE



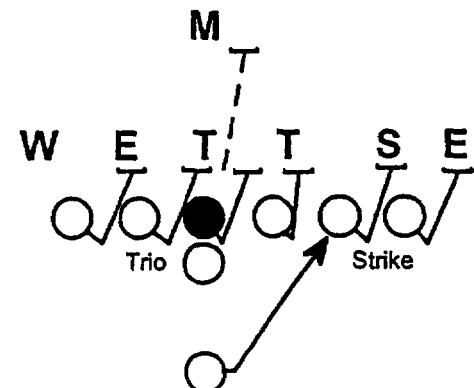
52 DBL EAGLE



3-4 OKIE



46



BALL CARRIER (F) 2 point stance, toes at 7 yards, 12 inch playside step, 2nd step crossover. 3rd step to outside hip of playside guard. Key the hat of the 1st defensive lineman playside.

BACK (A) Playside Onside: quick technique. Backside: Fake RIP or LIZ.
(H)
(U) Block playside gap area. Possible calls would be SLUG.
With no calls – sift to most dangerous man

BACKSIDE TACKLE Block playside gap area
Possible calls: SLUG, SWAP, TRIO
With no call – sift to most dangerous man

BACKSIDE GUARD Block playside gap area
Possible calls: SWAP, SCOOP, TRIO

CENTER Block playside gap area
Must make backer call to set the targeting
Possible calls: SINGLE, SCOOP, TRIO

PLAYSIDE GUARD Block playside gap area
Possible calls: DOUBLE, SINGLE, TRIO

PLAYSIDE TACKLE Block playside gap area
Possible calls: TRIPLE, STRIKE, DOUBLE

TIGHT END (Y) Block playside gap area working to playside outside LBer or 3rd defender strong. Vs 4-3: work to 4th defender strong (Sam)
Possible calls: TRIPLE, STRIKE

SPLIT END (X) Playside – stalk block man on to first force (Cov. 4 read)
Backside - AFBP

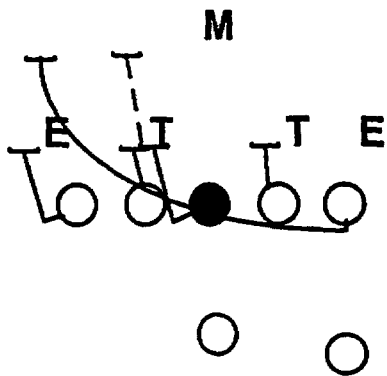
FLANKER (Z) Playside – stalk block man on to first force (Cov 4 read)
Backside - AFBP

QB
Open playside at 75° from LOS sprint to F, hand ball off. Snap head around and boot out for P.A. fake.

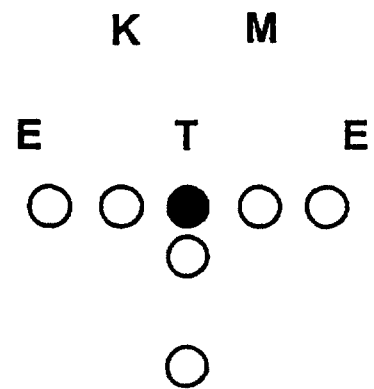
ALERTS
Check opposite on weakside zone when 7 man box.
C. P. O-line - Take care of level one first.

PLAY: 12-13 TOM

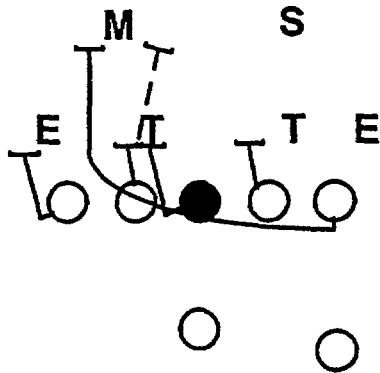
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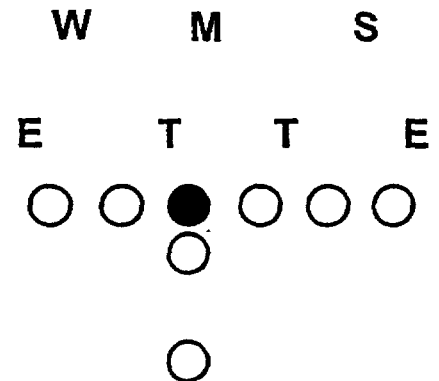
3-2 OKIE



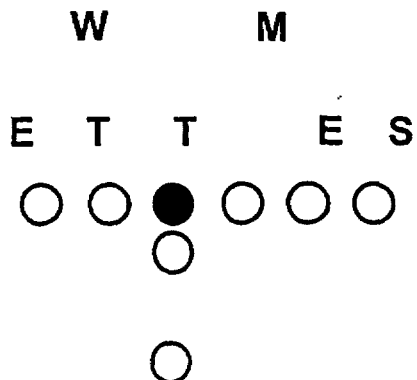
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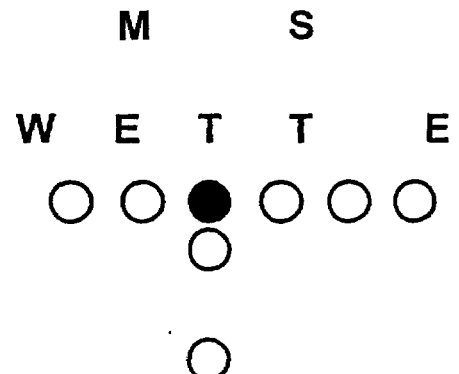
43 STRONG EAGLE



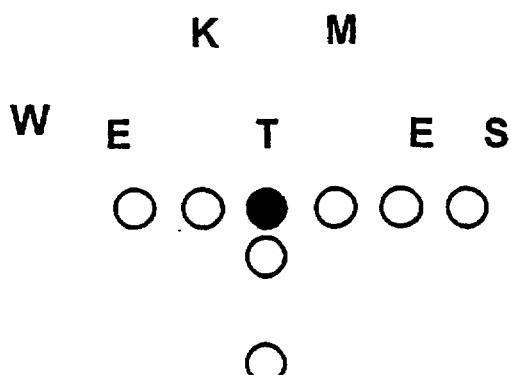
52 EAGLE



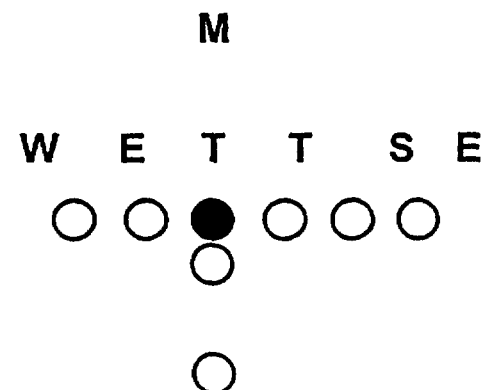
52 DBL EAGLE



3-4 OKIE



46



BALL CARRIER (F) 2 point stance, toes at 5 ½ yards behind backside tackle. 12 inch Playside step. Be aware of shotgun snap. You are responsible for The exchange. Trail pulling tackle.

BACK (A) Playside: wheel and block corner. Backside: Block OLB quick technique.
(H)
(U)

BACKSIDE TACKLE Pull and block playside outside LB'er

BACKSIDE GUARD Base block man on.

CENTER Base reach block nose shade. Possible single vs. 1 technique.

PLAYSIDE GUARD Block playside gap area
Possible calls: DOUBLE, SINGLE

PLAYSIDE TACKLE Base block 5 technique.
C.P. Reach influence when applicable.

TIGHT END (Y)

SPLIT END (X) Playside: one safety, block man on. Two safeties, post and block safety.
Backside – Cover 4 read.

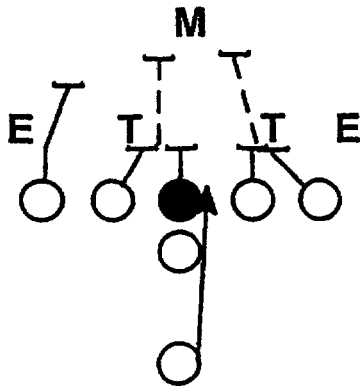
FLANKER (Z) Playside: one safety, block man on. Two safeties, post and block safety.
Backside – Cover 4 read

QB Toes at 5 yards. Secure gun snap, eyes on backside end. If end comes upfield, hand Ball off and execute boot P.A. fake. If end squeezes, pull ball and run.

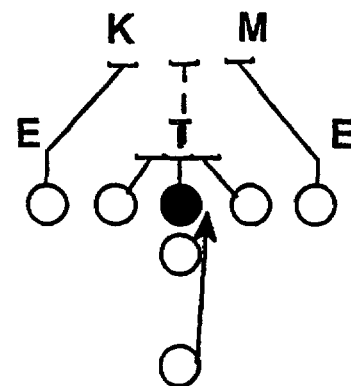
ALERTS
Play will be checked to the low shade.

PLAY: 10-11 Wedge

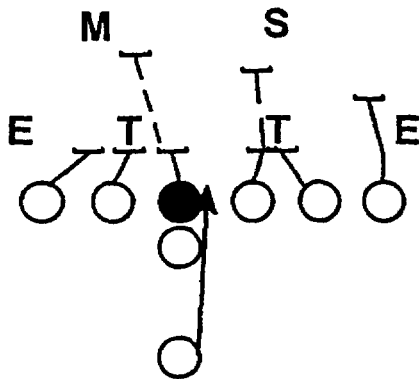
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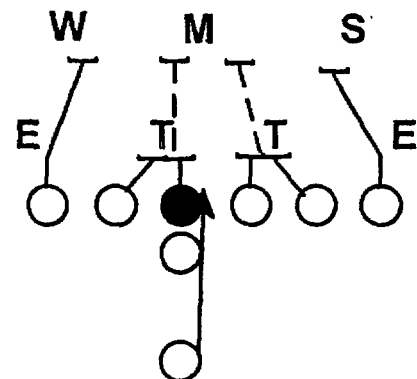
3-2 OKIE



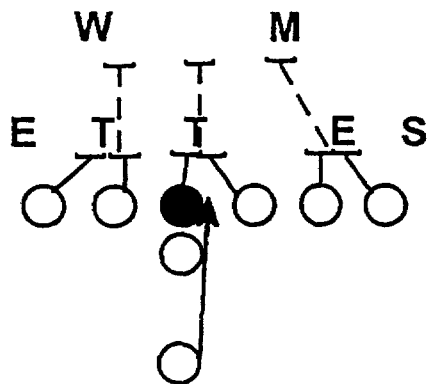
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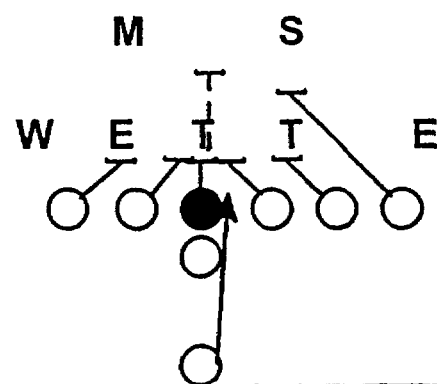
43 STRONG EAGLE



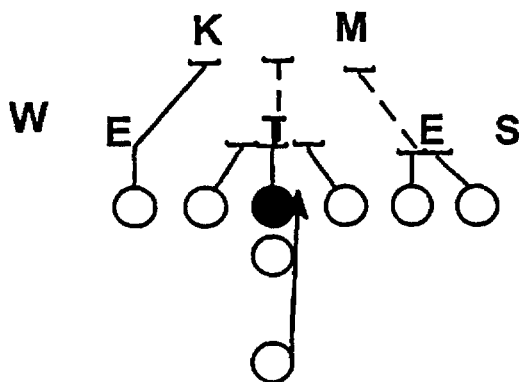
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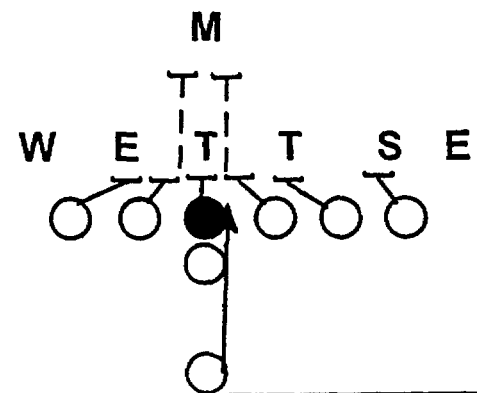
52 DBL EAGLE



3-4 OKIE



46



PLAY NUMBER 10/11 WEDGE

BASIC BLOCKING Wedge

BALL CARRIER (F) 2 point stance, toes at 6 yards. Attack! Step with playside foot to playside leg of center. Attack the LOS, keep pads down drive your feet on contact and double hand the ball. You must get the 1st down or touchdown!

BACK (A) Block man on quick technique, if man disappears plateau up to safety.
(H)
(U)

BACKSIDE TACKLE Wedge blocking: AP: playside hip of backside guard. Stay low and drive your feet

BACKSIDE GUARD Wedge blocking: AP: playside hip of center. You must stay low and get movement.

CENTER Wedge blocking: AP: playside hip of onside guard. Stay low and drive your feet.

PLAYSIDE GUARD Wedge blocking: AP: Playside hip of center. You must stay low and get movement. You are the apex of the wedge.

PLAYSIDE TACKLE Wedge blocking: AP: playside hip of onside guard. Stay low and drive your feet.

TIGHT END (Y) Wedge blocking: AP: playside hip of onside tackle. Stay low and drive your feet.

SPLIT END (X) Stalk block man on or first force vs. Cov 4

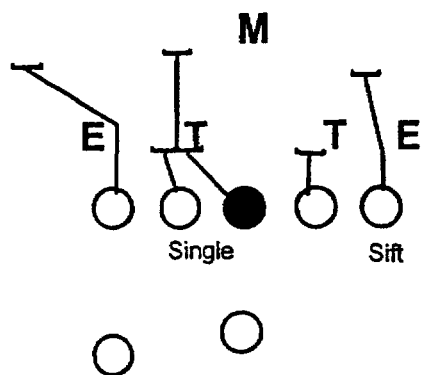
FLANKER (Z) Stalk block man on or first force vs Cov 4.

QB Open at 6 o'clock playside and get the ball as deep as possible to "F". Carry out a pass fake

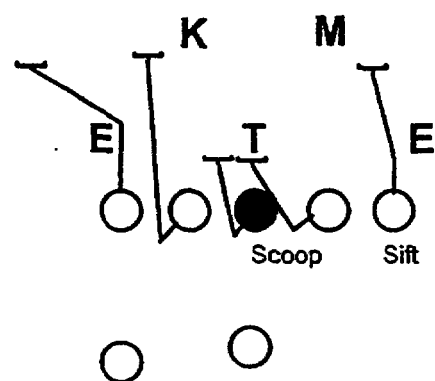
ALERTS

PLAY: 08-09 Option

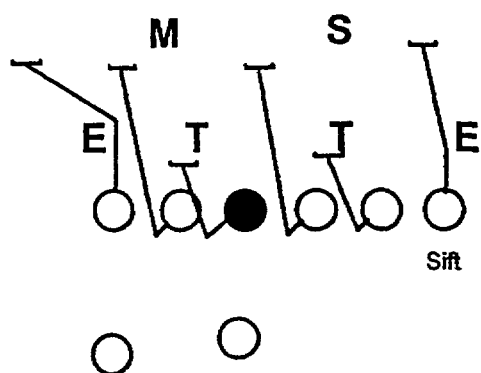
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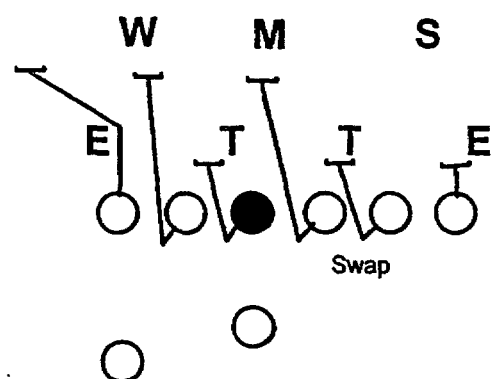
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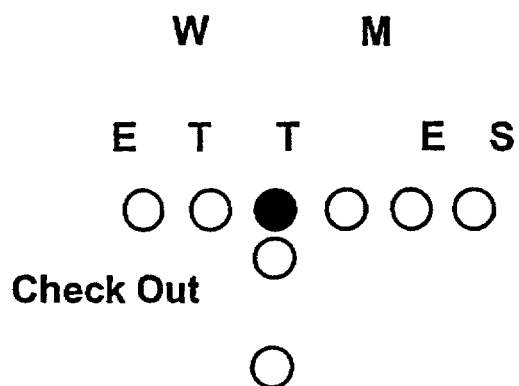
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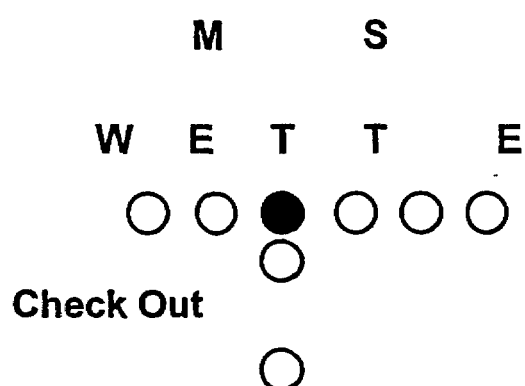
43 STRONG EAGLE



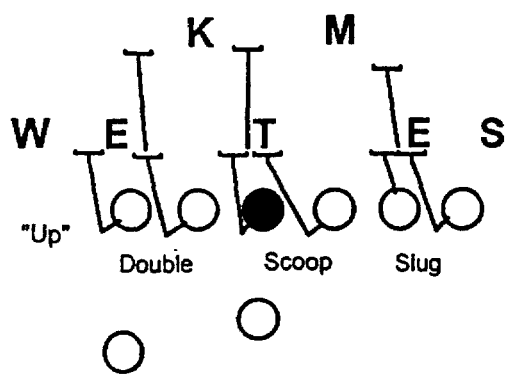
52 EAGLE



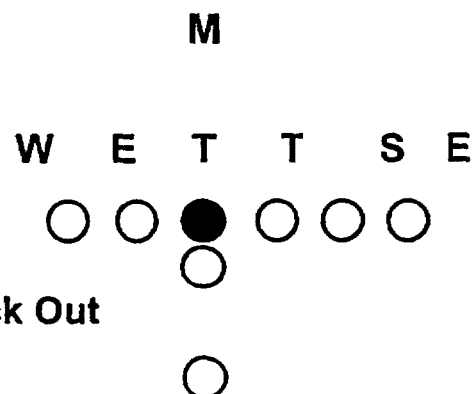
52 DBL EAGLE



3-4 OKIE



46



BALL CARRIER (F) 2 point stance, toes at 5 1/2, behind playside tackle. 12 inch bucket step, 2nd step crossover. Maintain a 4 x 2 pitch relationship with the QB.

BACK (A) Playside slot receiver (A or Y) Block man on to inside
(H)
(U)

BACKSIDE TACKLE Block playside gap area (outside zone technique)
Possible calls: SLUG, SWAP, TRIO

BACKSIDE GUARD Block playside gap area (outside zone technique)
Possible calls: SWAP or TRIO

CENTER Block playside gap area (outside zone technique)
Possible calls: TRIO, ACE, OR SING

PLAYSIDE GUARD Covered: SINGLE to middle or backside LB
Uncovered: ACE or playside gap area to middle or backside LB

PLAYSIDE TACKLE Block first LB over to outside, working to safety
Versus a press look, make an up call and execute a full zone scheme, leaving Pressed backer for the QB.

TIGHT END (Y) Backside: block playside gap area (outside zone technique)
Tackle covered, execute SLUG call
Tackle uncovered, shift to most dangerous man

SPLIT END (X) Block man on.

FLANKER (Z) Across field blocking point.

QB Catch ball and attack outside shoulder of the defensive end.
If he commits to you, pitch ball to F. If DE takes away pitch, tuck the ball and get upfield

ALERTS
Play will be checked to the low shade.

vertical, hold your line, if there is a hole inside the QB will take you there with the ball. If you get a cover 2 look the middle of the field belongs to the A back when Y and A are running seam routes.

Wheel

Release like you would on a flat route. If it's man coverage you might release a little flatter to pull the defender down. Break upfield hard at approximately the original alignment of the W.R. Plant on your outside foot, using a good elbow jam so that you don't drift. This will enable you to create more separation between you and the defender. Be ready to fade to the football after you've established your line.

Drag (3 – 6 – 9 yards Build route)
Release inside underneath the linebacker. This is a build route (3-6-9). Release to 3 yards deep and come across the formation you want to be at 6 yards over the backside tackle. If you haven't gotten the ball, continue on your path and build to 9 yards. If you have tight man coverage take a step upfield on your way across and then get back on your path. This will force the man covering you to belly upfield and create separation from the defender. *Y - if you are getting bumped slam defender then go.

Drag Return (3-6 yards)
Start your Drag Route, take at least 5 hard steps to a depth of 3 yards. Plant hard on your upfield foot and elbow jam back outside hard with your inside arm, retracing your path. Vs. Tight Man coverage put the defender in a hard chase, plant and run away. Vs. Zone start back outside and find a window. Gain ground slightly when coming back outside.

Diagonal (6 – 12 - 18 yards Build route)
This is also a build route (6 to 18 yards) inside release to 6 yards and take a path to 18 yards over the top of the backside linebacker. If you are getting tight man coverage take a step upfield and get back on your path. This will create separation between you and the defender. Y - if you are getting tight man slam defender and go.

Option (8 - 10 yards)
This is a read route for you. Release to the outside eye of the defender, push him and work opposite of where he drops. Allow him to over or under play you. If he drops and jams you, slam him and work away.

Hook (6-8 yards)
Come off the ball straight upfield like a hitch route. Plant and snap back to the QB working the hole between outside linebacker and the middle linebacker. If the middle linebacker works your way stay there. If the middle linebacker works away from you, expect ball to be thrown inside.

Hunt (10-12 yards)
Release like you would on a drag route. When you get to the onside guard snap straight upfield to your depth. Work the hole in the middle between the linebackers, keeping your route within the tackle box. If it's blitz coverage look for the ball immediately. If there are two inside linebackers work the route off the near one. When you straighten up push at him and settle inside. Keep your arms up so you don't drift and can react to the football.

Seam/Take Off
Release to your reference point, as inside receivers this is generally 2 yards outside the hash mark. If a defender is playing you outside, push at him to level him and burst by. If the defender is inside of you try to get a wider alignment and push inside to level him then burst by. Once you get

PASS ROUTE DESCRIPTIONS

(Inside Receivers A & Y)

Zone Adjust (6-8 yards) Complimentary for #1 pattern

When running to the wide field your reference point is 2 yards outside the hash mark. Run a direct line to your reference point 6 yards deep, plant on your inside foot, elbow jam with your outside arm so you don't drift. Post up the defender and control the under coverage. When running this route to the boundary your reference point is the inside edge of the numbers. A's should tighten down their split when into the boundary.

Flat (6-8 yards)

Your reference point is 6 yards deep on the sideline. Take 2 steps upfield, (except Red) then run a direct line to your reference point. Your primary responsibility is to clear for the deeper route and be a blitz outlet. If you get bump man coverage run a press out, 2 steps upfield working off the defender's outside shoulder press against him and break away.

Out (10 yards) Gold (6-8 yards)

Work to the outside eye of the defender plant on your inside foot and elbow jam to the outside. Sprint to the sideline away from the defender. Do not lose ground on your break so the defender can not come underneath you. If you are being bumped the route turns into a press out. If it's zone coverage find the hole between the flat defender and the defender in the hook area. If the flat defender runs with the wide receiver continue outside.

Fin (6-8 yards)

Start your Gold Route and on your fourth outside step, plant and elbow jam back to the inside. Retrace your path gaining ground slightly upfield. Vs. Tight Man coverage get the defender in a hard chase, plant and run away from him. Vs. Zone coverage widen the flat defender, plant and find a window to settle into.

Corner (12-14 yards breaking point)

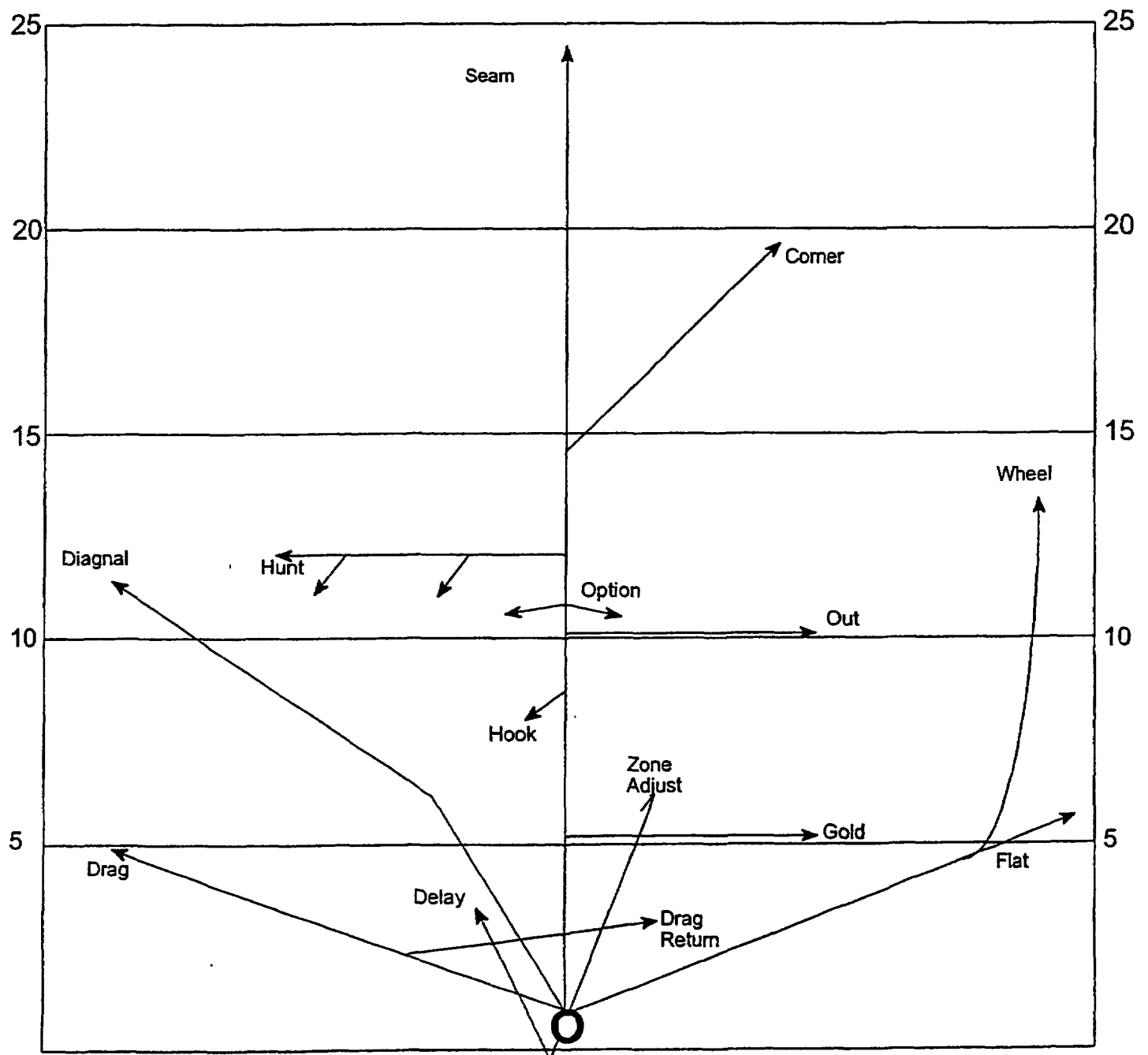
Try to gain outside in leverage with your release. Attack the defender being ready to misdirect his force. Use a burst weave inside and break to the back corner of the end zone. Leave room for the QB to throw the ball. Be ready to adjust to the football. If you can't get outside leverage try to create a two way go, use a 3 step burst weave to the post and break to the back corner of the end zone.

Delay

Block man over you for 2 counts lose him inside and run an easy release outside.

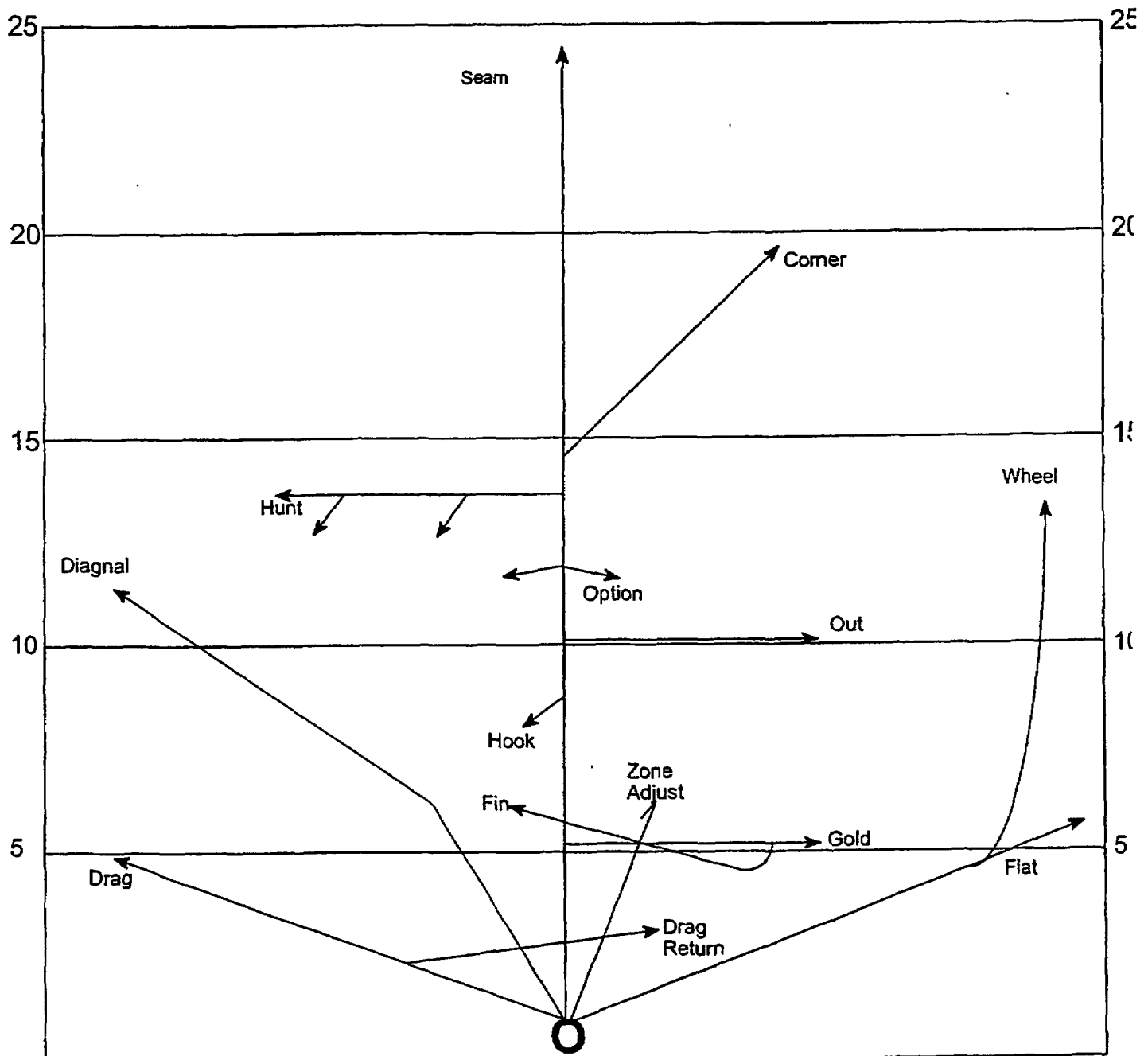
WSU PASSING TREE INSIDE RECEIVER (Tight Ends - Y)

ZONE ADJUST: 6-8 yards
 CORNER: 12-14 yards
 DIAGONAL: 6-12-18 Build route
 DRAG: 3-6-9 Build route
 DRAG RETURN: 3-6 yards
 FLAT: 6 yards
 HOOK: 6-8 yards
 HUNT: 10-12 yards
 OPTION: 8-10 yards
 SEAM:
 OUT: 10 yards
 GOLD: 6-8 yards
 WHEEL: 6-8 yards flat, wheel upfield



WSU PASSING TREE INSIDE RECEIVER (A Back)

ZONE ADJUST: 6-8 yards
 CORNER: 12-14 yards
 DIAGONAL: 6-12-18 Build route
 DRAG: 3-6-9 Build route
 DRAG RETURN: 3-6 yards
 FLAT: 6 yards
 HOOK: 6-8 yards
 HUNT: 12-14 yards
 OPTION: 8-10 yards
 SEAM:
 OUT: 10 yards
 GOLD: 6-8 yards
 FIN: 6-8 yards
 WHEEL: 6-8 yards flat, wheel upfield



4 Dig 15 yards Split: Basic to Max

Release depends on C.B.'s alignment. Do not be in a big hurry to get inside. Try to widen the C.B. Burst weave (turn him) and break inside. In Man coverage run away from the C.B., do not gain ground upfield. In bump coverage try to release inside, press defender back outside, burst and break away. If you get a roll C.B., widen him burst to your depth and break inside looking for a window in the underneath coverage.

5 Post Corner See 90 series description

Comeback 20-18 yards Split: Basic

Release depends on alignment of the C.B., you are trying to create room outside for the comeback. Breakdown the cushion as fast as you can by attacking the C.B. Use a 4 step burst weave through his outside shoulder turning him deep. On the 4th step of your burst plant and elbow jam driving back to 18 yards. If the ball isn't there yet continue to work back to the QB if you get A bump C.B. try to get an outside release and use a good burst. If you are inside of the C.B. burst him, plant and sweep him by. If you get a roll C.B. run a fade, occupying the same area as if the C.B. was playing off of you.

DROPPACK SERIES PASS ROUTE DESCRIPTIONS

(Outside Receivers X & Z)

- 0 Stop (14-12 yds) Split: Basic to Max**
9 step pattern. Release is according to how your being played and your alignment (split). Your main objective is to sell take off. Break down C.B.'s cushion as fast as you can. Use a good outside burst weave to turn his hips, plant on your 3rd step of the burst weave and elbow jam back to the Q.B. It is important not to drift or round this part of the route. Work back to the Q.B., if there is a defender between you and the Q.B. find a hole and work back through it. If you are working against zone coverage with the C.B. in the deep 1/3, get to your depth as fast as your can, elbow jam so you don't drift, and find a hole. If you are working against a roll C.B. widen him on your release and burst to your depth. It is important that you know the yardage needed for a first down!
- 1 Out 15 yards Split: Basic**
Release depends on the alignment of the C.B. You are trying to create room outside for the out route. Gain leverage on your release! The last 4 steps of the route is a burst weave to turn the C.B., plant on the 4th step of your weave and elbow Jam to the sideline. If you get a bump C.B. try to get an outside release burst weave and break away. If you get a roll C.B. you must take an outside release and run fade.
- 2 Post 12 yds to 14 yds Split: Basic to Max**
Release depends on alignment of the C.B., you are trying to create room inside. Push or pull the C.B. outside with your release, then use a good 3 step burst, weave to turn his hips outside. On your third step elbow jam and break inside working off the D.B.'s shoulder. This will prevent him from center field turning and cutting you off. Be alert here for his inside hand as you go by, be ready to misdirect his force. If you get a bump C.B. try to get an inside release and cut him off creating a two way go. Burst weave him to the outside, elbow jam and come out at a high angle. If you get a roll C.B. widen him with your release get upfield to 12 yards and break to the post be ready for the ball to be delivered on the break. If you get two deep coverage pull the safety to your side wide and work through his inside shoulder.
- 3 Take Off See 90 Series description**

6

Smash

Split: Max

5 step (quick steps) release to C.B.'s outside eye. Pump your arms hard creating the illusion that your running a deeper route. Read the coverage as you come off. If the C.B. stays deep in zone stay outside and hang there. If it's man coverage use the same release (be patient) and break away HARD. If you get a roll C.B. use same release to his outside eye, start inside looking for a window in the under coverage.

Variations:

Quick Out Move- Take 4 hard steps and break to the out, turn back inside and read the Coverage. If Man Coverage run away from the C.B., if it's Zone Coverage stay in the soft spot.

Under Move- Take 3 hard steps and break inside at the Flat Defender, freeze him and slide back outside.

*

Under

Split: Max

Same route depth but there is no read keep coming inside. If it is zone coverage find A hole.

IN (10 yds)

Split: Basic to Max

Release depends on the coverage. If it's man coverage push or pull the defender with your release (attack) then break away hard. If it's zone coverage, try to pull the inside defender dropping to the zone over you, wide. Break back inside looking for a window in the coverage.

OUT (10 yds)

Split: Basic

Release depends on the coverage. If it's man coverage push or pull the defender with your release trying to create room outside. Break away hard. If it's zone coverage and there is a defender outside of you sit down in the window between inside and outside defenders.

90 SERIES PASS ROUTE DESCRIPTIONS

(Outside Receivers X & Z)

- 0 Hitch** **Split: Basic**
5 step route. Release to C.B.'s outside eye. On your fifth step elbow jam to the QB. It is important not to drift. On this route do not drive back hard to the ball it should be in the air. If the ball is not in the air start creeping back to the QB. If you get a bump or roll C.B. convert route to a fade.
- 1 Quick Out** **Split: Basic**
4 step route. Release to C.B.'s outside eye on your fourth step plant and elbow jam. Drive to the sideline. If you are into the boundary be ready to drag your feet. If you get a roll or bump C.B. convert route to a fade. If you release inside, work to get back outside away from the safety.
- 2 Slant** **Split: Max**
5 step route. Release to C.B.'s outside eye, try to pull or push him outside. On your 5th step jam hard at a 45 degree angle. If man coverage break hard away from C.B. If zone coverage be ready to throttle down in the hole behind flat defender. If you get a bump C.B. get inside of him, push back and break away.
- 3 Take Off** **Split: Basic**
Break down cushion as quick as possible, attack the defender (step on his toes) and go through his outside shoulder. It is important to be ready for the jam by the C.B. misdirect his force and hold your line. Never be closer than 5 yards to the sideline. The QB will drop the ball over your outside shoulder. If you get a bump C.B. attack him and run fade. If you get a roll C.B. try to get an outside release if the C.B. won't let you outside push him to the sideline and duck inside.
- 5 Post Corner** **Split: Basic**
On your release you want to work toward the C.B. Close the cushion as much as possible, plant on your outside foot, and break hard to the post for 3 steps turning the corner's hips to the post. On your third step elbow jam and break back to the back corner of the end zone. Be ready to misdirect D.B.'s force. Leave as much area for the QB to put the ball as you can, don't try to make the throw for him. Let him throw to the open area then go get it. If you get a bump C.B. create a two way go break 3 steps to the post inviting the C.B. inside you elbow jam and break hard to the back corner of the end zone. If you get a roll C.B. with 2 deep zone take an inside release push upfield on the safety and turn the route into a deep out. If you get a roll C.B. with 3 deep zone turn the route into a comeback.

WSU PASSING TREE OUTSIDE RECEIVER (X & Z)

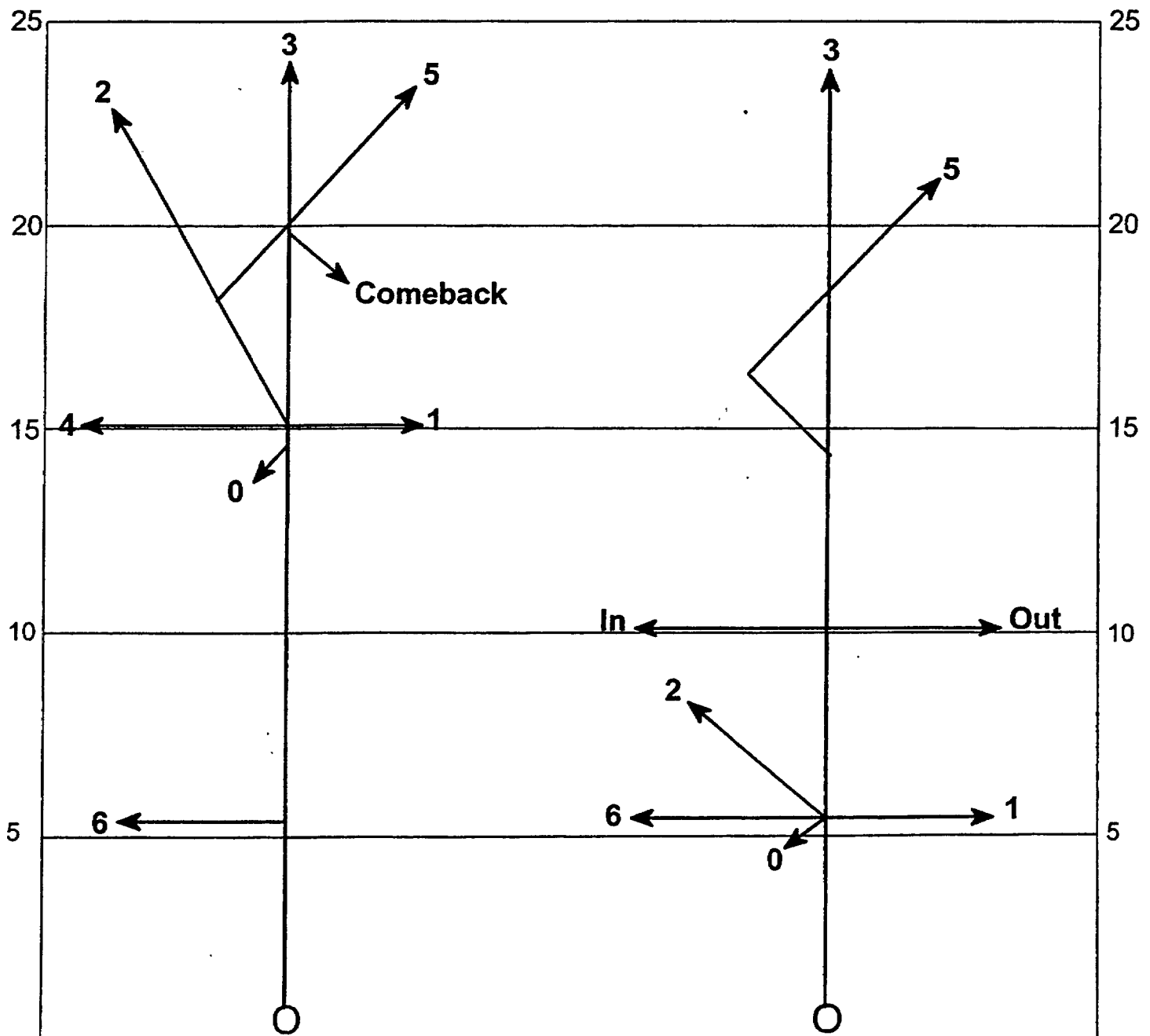
60 SERIES

- 0 - Stop 14-12 yds.
- 1 - Out 15 yds.
- 2 - Post 12-14 yds.
- 3 - Take Off
- 4 - Dig 15 yds.
- 5 - Post Corner (12-14 yds)
- 6 - Smash 5 Steps (under)
- Comeback 20-18 yds.

90 SERIES

- 0 - Hitch 5 Steps
- 1 - Quick Out 4 Steps
- 2 - Slant 5 Steps
- 3 - Take Off
- 5 - Post Corner (12-14 yds)
- 6 - Smash 5 Steps (under)

IN - 10 yds
OUT - 10 yds



Drag (3 – 6 – 9 yards Build route)
- Release inside underneath the linebacker. This is a build route (3-6-9). Release to 3 yards deep and come across the formation you want to be at 6 yards over the backside tackle. If you haven't gotten the ball, continue on your path and build to 9 yards. If you have tight man coverage take a step upfield on your way across and then get back on your path. This will force the man covering you to belly upfield and create separation from the defender. *Y - if you are getting bumped slam defender then go.

Drag Return (3-6 yards)
Start your Drag Route, take at least 5 hard steps to a depth of 3 yards. Plant hard on your upfield foot and elbow jam back outside hard with your inside arm, retracing your path. Vs. Tight Man coverage put the defender in a hard chase, plant and run away. Vs. Zone start back outside and find a window. Gain ground slightly when coming back outside.

Diagonal (6 – 12 - 18 yards Build route)
This is also a build route (6 to 18 yards) inside release to 6 yards and take a path to 18 yards over the top of the backside linebacker. If you are getting tight man coverage take a step upfield and get back on your path. This will create separation between you and the defender. Y - if you are getting tight man slam defender and go.

Option (8 - 10 yards)
This is a read route for you. Release to the outside eye of the defender, push him and work opposite of where he drops. Allow him to over or under play you. If he drops and jams you, slam him and work away.

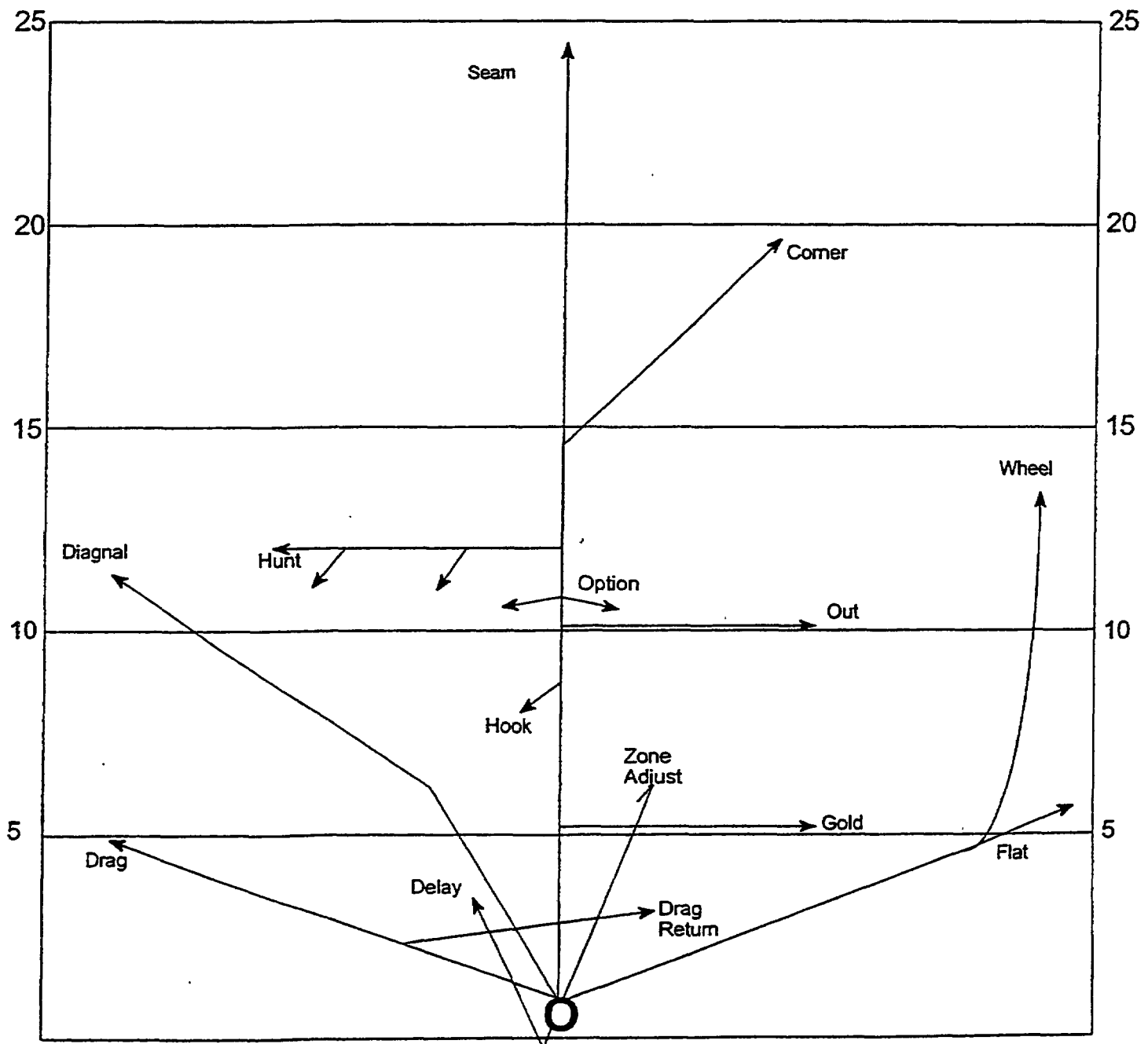
Hook (6-8 yards)
Come off the ball straight upfield like a hitch route. Plant and snap back to the QB working the hole between outside linebacker and the middle linebacker. If the middle linebacker works your way stay there. If the middle linebacker works away from you, expect ball to be thrown inside.

Hunt (10-12 yards)
Release like you would on a drag route. When you get to the onside guard snap straight upfield to your depth. Work the hole in the middle between the linebackers, keeping your route within the tackle box. If it's blitz coverage look for the ball immediately. If there are two inside linebackers work the route off the near one. When you straighten up push at him and settle inside. Keep your arms up so you don't drift and can react to the football.

Seam/Take Off
Release to your reference point, as inside receivers this is generally 2 yards outside the hash mark. If a defender is playing you outside, push at him to level him and burst by. If the defender is inside of you try to get a wider alignment and push inside to level him then burst by. Once you get

WSU PASSING TREE INSIDE RECEIVER (Tight Ends - Y)

ZONE ADJUST: 6-8 yards
 CORNER: 12-14 yards
 DIAGONAL: 6-12-18 Build route
 DRAG: 3-6-9 Build route
 DRAG RETURN: 3-6 yards
 FLAT: 6 yards
 HOOK: 6-8 yards
 HUNT: 10-12 yards
 OPTION: 8-10 yards
 SEAM:
 OUT: 10 yards
 GOLD: 6-8 yards
 WHEEL: 6-8 yards flat, wheel upfield



RB CHECKLIST

1. **ALIGNMENT**
 - ✓ Depth
 - ✓ Position
 - ✓ Advantage
2. **STANCE**
 - ✓ 2 pt or 3 pt
 - ✓ Heel spacing
 - ✓ Hand placement
 - ✓ Eyes
3. **STEPS**
 - ✓ Aiming point
 - ✓ No false steps
 - ✓ Tempo
4. **EXCHANGE**
 - ✓ Pocket, inside elbow up. Back of hand to chest. Bottom wrist through belt buckle.
 - ✓ Feel the ball, do not anticipate, let the QB seat the ball.
 - ✓ Immediately secure the ball high and tight.
5. **READ**
 - ✓ Front
 - ✓ Secondary
 - ✓ Blitz
 - ✓ Blocking schemes
 - ✓ Lead back
6. **PROTECTION**
 - ✓ Identify responsibilities
 - ✓ Win the pad level battle
 - ✓ Hot feet on contact
7. **RECEIVING**
 - ✓ Look it in
 - ✓ Get upfield
 - ✓ Finish in bounds (unless in 2 minute)
8. **RUSHING**
 - ✓ Get four first
 - ✓ Finish in bounds (unless in 2 minute)
 - ✓ High and tight
 - ✓ Run with your eye

THE COMPLETE BACK

Expectations are high for WSU Running Backs. In a single back offense only one back can be the predominant ball carrier. That person will be the total player; tough, athletic, fast, great hands, elusive, intelligent and coachable. In order to reach your maximum potential you must work everyday to master those skills. Set your bar high, come early, stay late, be a self starter, out work your opponent!! “Coach me coach, coach me”

Accountability

The most important ability is accountability. Always think of the team first. Ask yourself if your action benefits the team.

- Dedicate to graduate
- Be disciplined, stay away from drugs (you are guilty through association)
- Lead through effort
- Spot your teammates
- Finish what you start

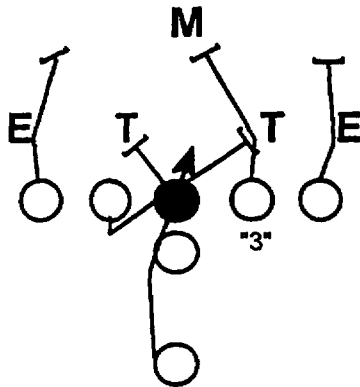
RB Big 5

1. Focus – what, where, when, why, how.
2. Ball Security – “High and tight, see no light”.
3. Rushing – run with your eyes, get four – first and finish in bounds.
4. Receiving – look it in
5. Play without the ball – protect, open holes, carry out fakes.

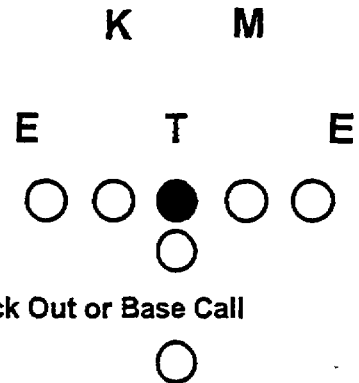
COMPETE

PLAY: 20-21 Trap

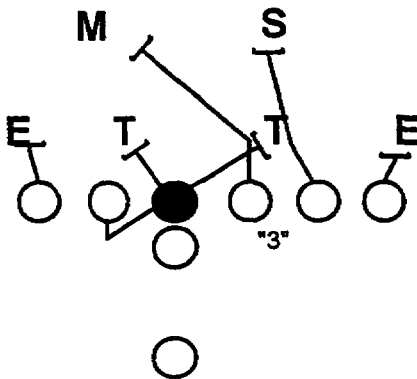
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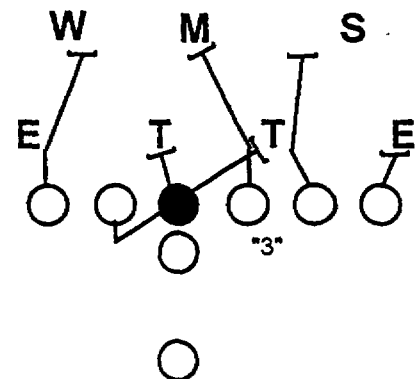
3-2 OKIE



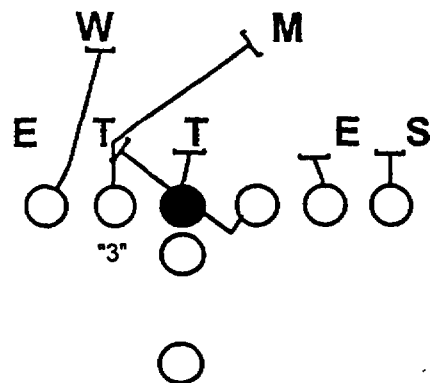
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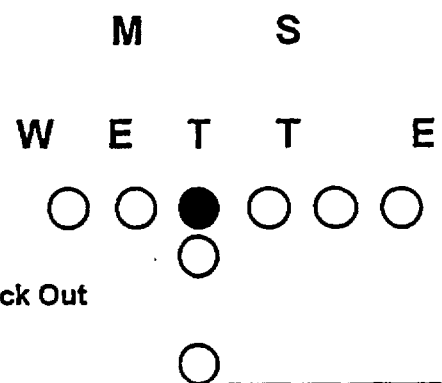
43 STRONG EAGLE



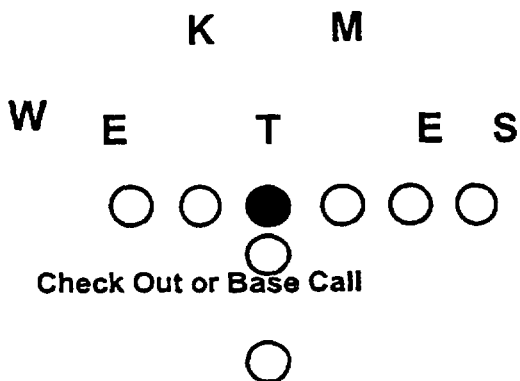
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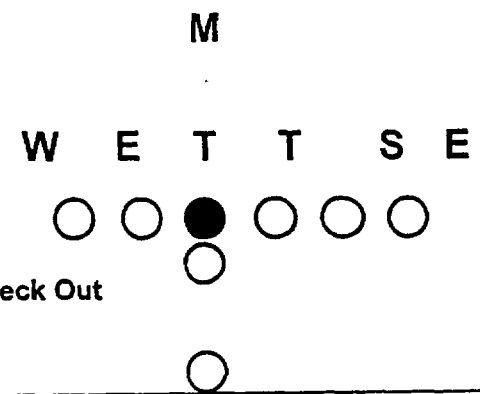
52 DBL EAGLE



3-4 OKIE



46



PLAY NUMBER 26-27 TossBASIC BLOCKING Zone

BALL CARRIER (F) 2 point stance, toes at 7. 12 inch playside step, crossover, look toss in. Get the edge. Key EMLOS.

BACK (A) Playside: quick technique man on to inside. Backside: Fake Rip & Liz.
(H)
(U)

BACKSIDE TACKLE Block playside gap area
Possible calls: SLUG, SWAP, TRIO, TRIP

BACKSIDE GUARD Block playside gap area
Possible calls: SWAP, SCOOP, TRIO, TRIP

CENTER Block playside gap area
Backer call to set the targeting
Possible calls: SINGLE, SCOOP, TRIO, TRIP

PLAYSIDE GUARD Block playside gap area.
Vs. 4-3: execute single scheme up to MAC. Vs. 4-2: step it for SAM
Vs. 52 Eagle: step it for MAC.
Vs. Okie: step it for Mac

PLAYSIDE TACKLE Vs. 43: toe it for SAM.
Vs. 4-2: block down on 3 technique
Vs. 52 eagle: toe it for SAM.
Vs. Okie: toe it for SAM C.P. Communicate with TE.

TIGHT END (Y) Block playside gap area. Tackle covered, angle drive block 5 technique.

SPLIT END (X) Playside – stalk block man on to first force (Cov 4 read)
Backside - AFBP

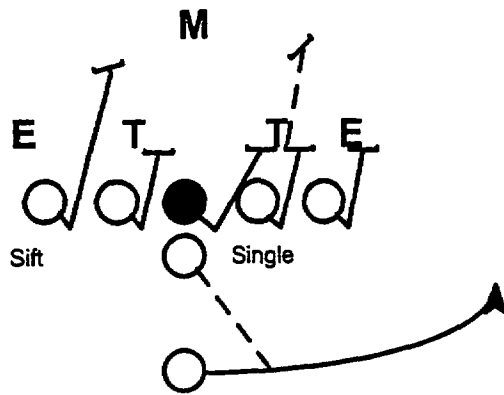
FLANKER (Z) Playside – stalk block man on to first force (Cov 4 read)
Backside - AFBP

QB Reverse pivot out and toss to F. Carry out Boot play action fake after toss.

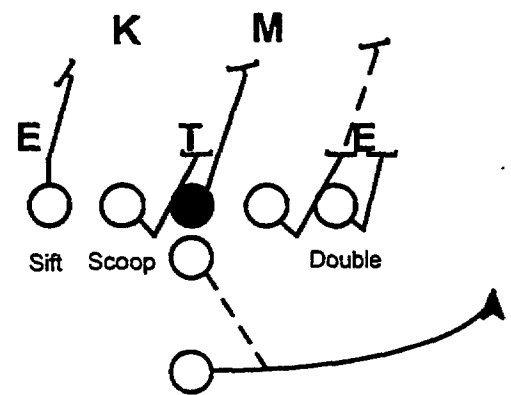
ALERTS

PLAY: 26-27 Toss

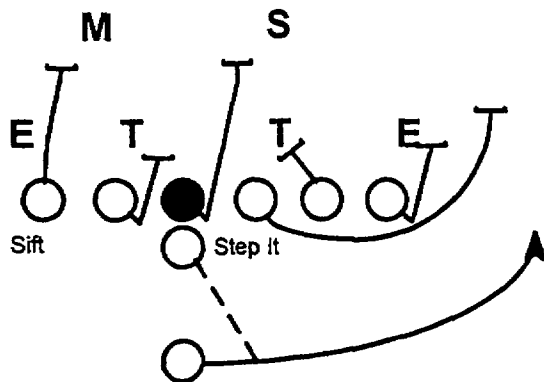
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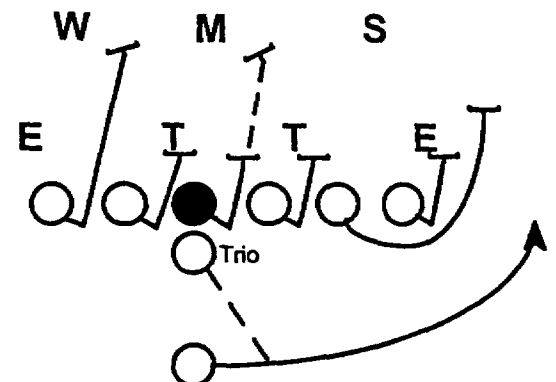
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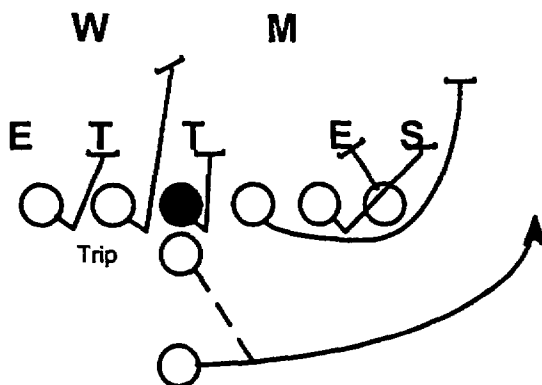
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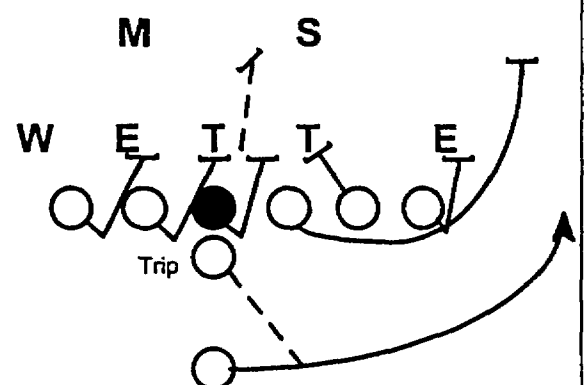
43 STRONG EAGLE



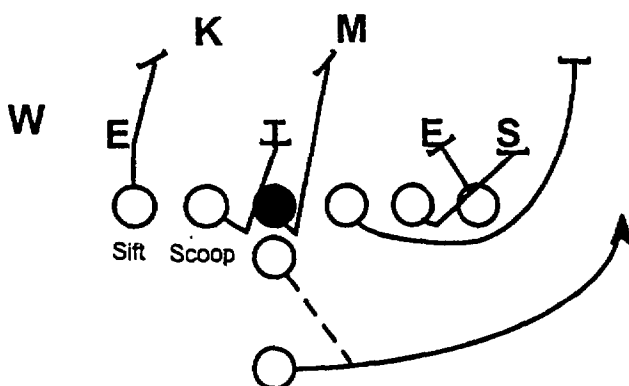
52 EAGLE



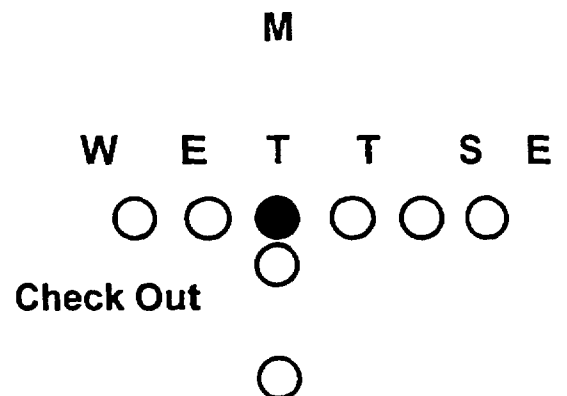
52 DBL EAGLE



3-4 OKIE



46



BALL CARRIER (F) 2 point stance, toes at 7. 12 inch backside step, gather.
Attack (A Gap) inside hip of playside guard. (Base counter rules)

BACK (A) Playside: quick technique man on or inside. Backside: Block man on.
(H)
(U) Fill block look for next defender on second level – or base block
Tackle Covered: Slug to backside LB. Tackle uncovered: Sift to most dangerous

BACKSIDE TACKLE Block man on or backside inside LB. Cat block with center on DT to back side LB vs. double eagle. AP – inside number. Calls - cat

BACKSIDE GUARD Pull and block playside inside LB. Pull up into the two or three hole. Get shoulders square and sustain block.

CENTER Block back on first defensive lineman. Calls - Ace, Cat

PLAYSIDE GUARD Gap responsibility – when covered block man on – AP between the numbers. When tackle is uncovered make a deuce call. Calls - deuce, ace.

PLAYSIDE TACKLE To a tight end. Covered - base block man on. Calls - deuce
Uncovered – first defender inside, on or off LOS

TIGHT END (Y) Block man on. Attack inside number at belt level high. C.P. cannot get beat inside.

SPLIT END (X) Playside – Stock block man on to 1st force. (Cov. 4 read)
Backside – A.F.B.P.

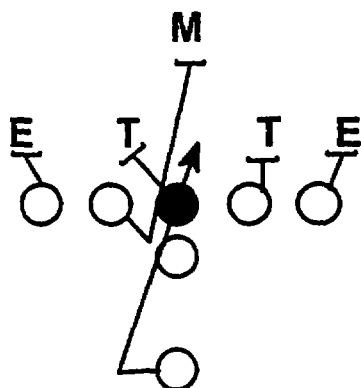
FLANKER (Z) Playside – Stock block man on to 1st force. (Cov. 4 read)
Backside – A.F.B.P.

QB Open away from hole at 6 o'clock. 2nd step reach ball to RB. Hand ball over the top, and carry out boot fake.

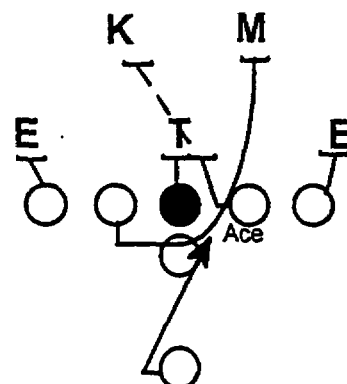
ALERTS

PLAY: 32-33 Power

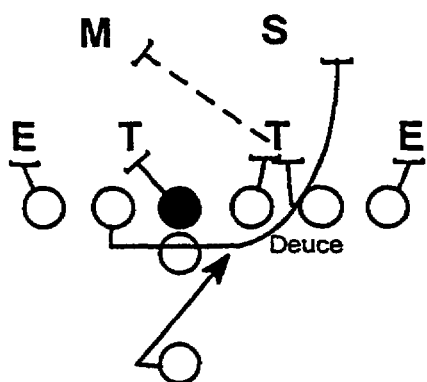
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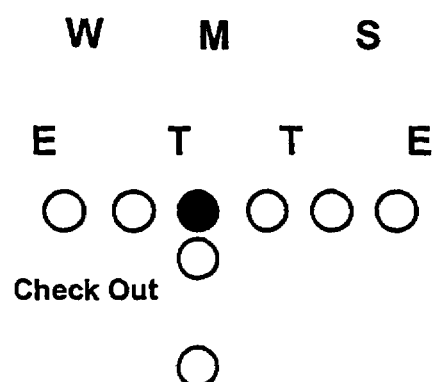
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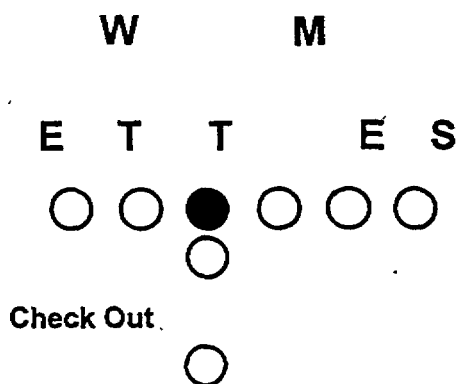
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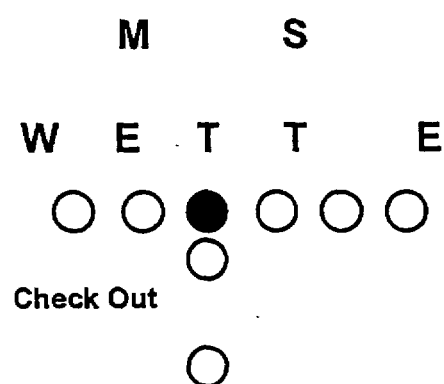
43 STRONG EAGLE



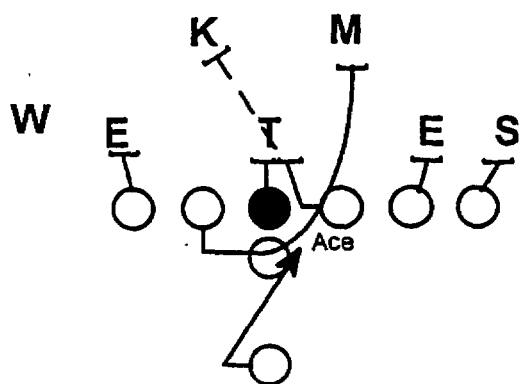
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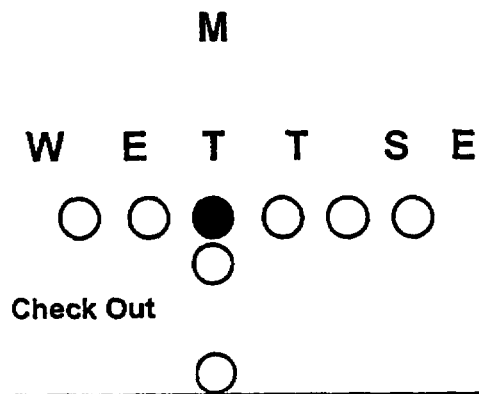
52 DBL EAGLE



3-4 OKIE



46



BALL CARRIER (F) 2 point stance, toes at 7 (possible offset). 12 inch backside step, gather. Your aiming point is the inside hip of the playside guard.

BACK (A) Playside – quick technique man on to inside. Backside: if jetting block EMLOS
(H) Step and hinge. Block EMLOS.
(U)

BACKSIDE TACKLE Pull with depth getting inside hip to outside hip relationship on the guard.
Turn up off double team. Keep your shoulders square and block first defender to show. i.e. playside LB. C.P. – Read pulling guard's block and think power the hole.

BACKSIDE GUARD Trap block EMLOS: AP – inside number of defender.
Get your feet moving and out of the hole. C.P. – Take inside out trap course.

CENTER Block back for pulling guard, responsible for first down lineman backside. AP – inside hip bone of down lineman. Sustain block, do not allow penetration and keep defender from crossing your face. Possible calls: ACE, CAGE

PLAYSIDE GUARD Gap responsibility – when covered block man on. AP between numbers. When the tackle is uncovered block a Deuce. AP inside number. Be alert for LB run through. Uncovered: block man over center. AP inside hip bone.
Possible calls: ACE, CAGE, DEUCE, DOWN

PLAYSIDE TACKLE Gap responsibility – when covered Trey with TE. AP inside number of the down lineman, responsible for LB run through. Uncovered: Deuce with guard.
AP: outside number of lineman, drive thru man to level 2.
Possible calls: DEUCE, TREY, DOWN

TIGHT END (Y) Block your inside gap, listen for combo calls. Tackle covered, execute a trey block with the playside tackle for the down lineman to the MLB or backside LB on level 2.
Tackle uncovered, arc release for #4 vs 42 defense vs. 43 cram for Mack.

SPLIT END (X) Playside – stalk block man on to first force (Cov 4 read)
Backside - AFBP

FLANKER (Z) Playside – stalk block man on to first force (Cov 4 read)
Backside - AFBP

QB Open away from hole, just off course of 6 o'clock, 1st step should be a long step. Then skip step. Ball is handed off over the top. Carry out boot fake.

ALERTS

A Back: Possible jet motion to block EMLOS.

BALL CARRIER (F) 2 point stance, toes at 7 (possible offset). 12 inch backside step, gather. Stay Flat! Get in to the hip pocket of the pulling tackle. Get the edge!

BACK (A) Playside: quick technique man on to inside. Backside: If Jetting block EMLOS
(H)
(U) Step and hinge.

BACKSIDE TACKLE Pull with depth getting your inside hip to the outside hip relationship of the guard, turn up off guard's seal block. CP – think one hole wider than counter.

BACKSIDE GUARD Trap seal block EMLOS: AP outside number working to seal him inside.
CP – inside out trap course.

CENTER Block back for pulling guard, responsible for first down lineman backside. AP – inside hip bone of down lineman. Sustain block, do not allow penetration and keep defender from crossing your face. Possible calls: ACE, CAGE

PLAYSIDE GUARD Gap responsibility – when covered block man on. AP between numbers. When the tackle is uncovered block a Deuce. AP inside number. Be alert for LB run through. Uncovered: block man over center. AP inside hip bone.
Possible calls: ACE, CAGE, DEUCE, DOWN

PLAYSIDE TACKLE Gap responsibility – when covered Trey with TE. AP inside number of the down lineman, responsible for LB run through. Uncovered: Deuce with guard. AP outside number of lineman, drive thru man to level 2.
Possible calls: DEUCE, DOWN, TREY

TIGHT END (Y) Playside – Block your inside gap, listen for combo calls. Tackle covered, execute a trey block with the playside tackle for the down lineman to the MLB or backside LB on level 2.
Tackle uncovered vs. 4-2 work inside for playside/inside LB'er. 4-3 cram for MAC
Backside – step and hinge technique

SPLIT END (X) Playside – stalk block man on to first force (Cov 4 read)
Backside - AFBP

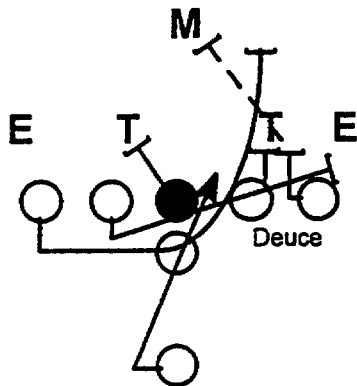
FLANKER (Z) Playside – stalk block man on to first force (Cov 4 read)
Backside - AFBP

QB Open away from hole at 6 o'clock. Long first step, then skip step. Hand ball off. Snap head around and boot out PA Fake.

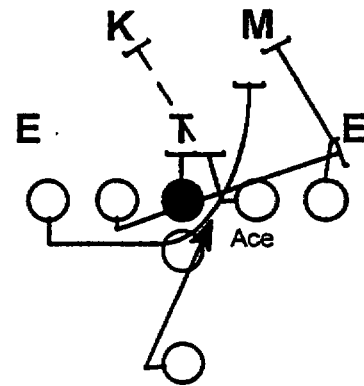
ALERTS

PLAY: 34-35 Counter

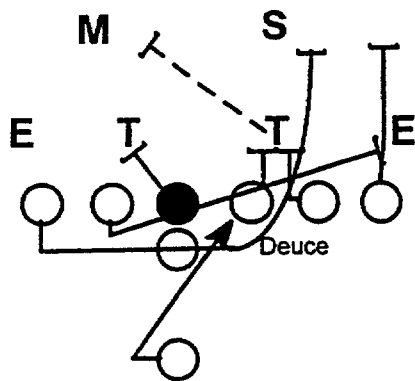
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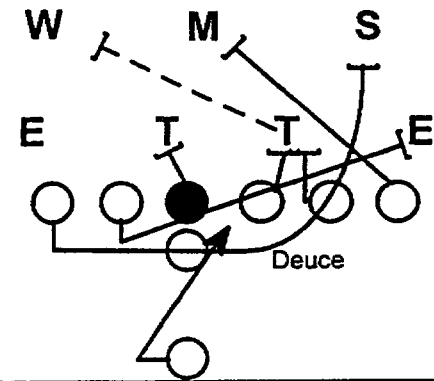
3-2 OKIE



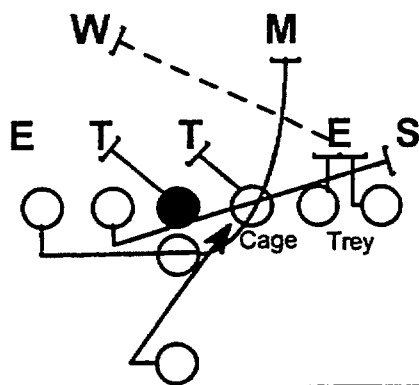
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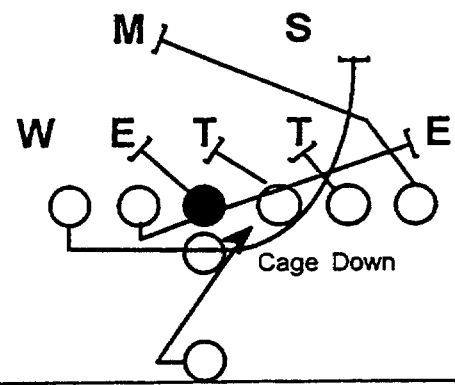
43 STRONG EAGLE



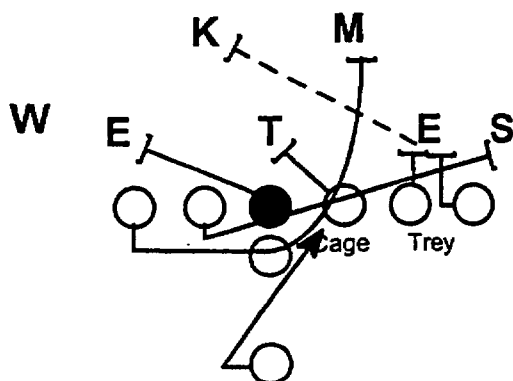
52 EAGLE



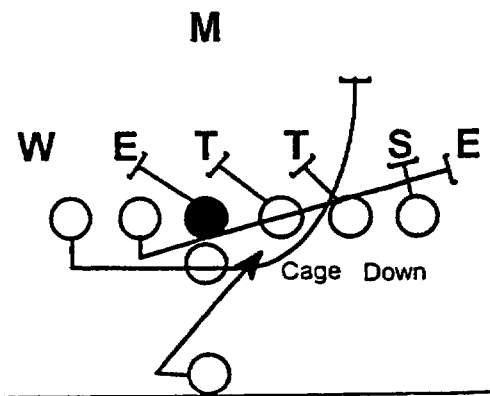
52 DBL EAGLE



3-4 OKIE

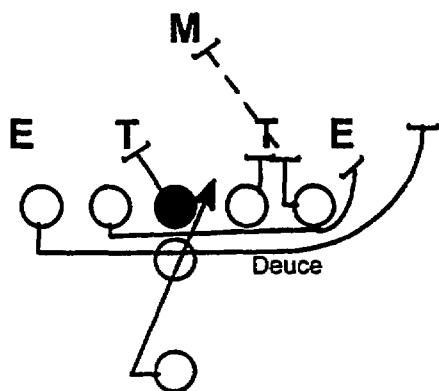


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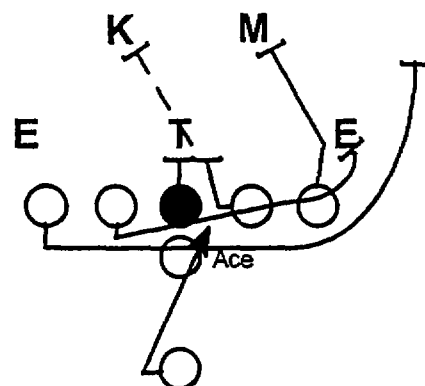


PLAY: 34-35 Counter Sweep

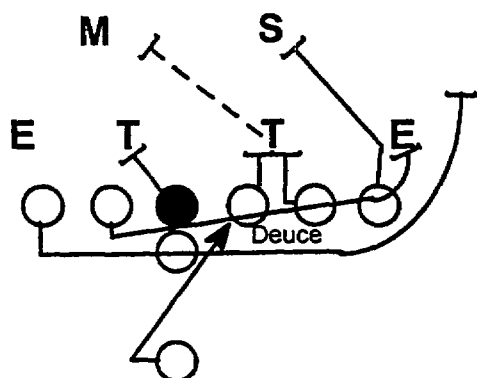
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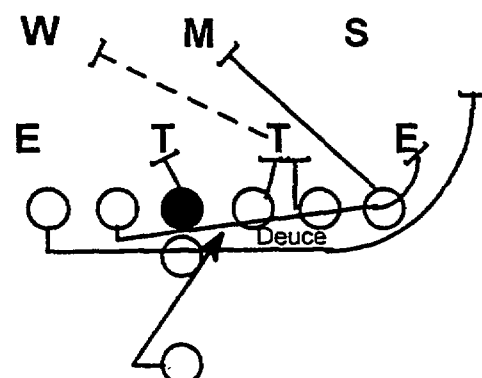
3-2 OKIE



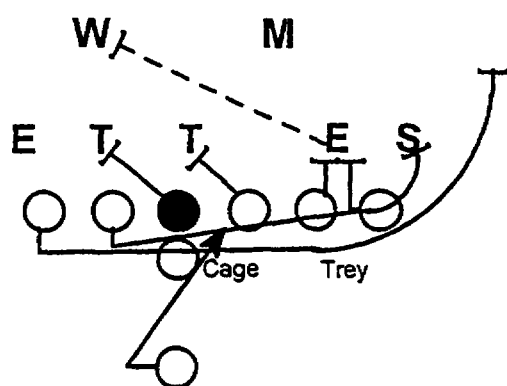
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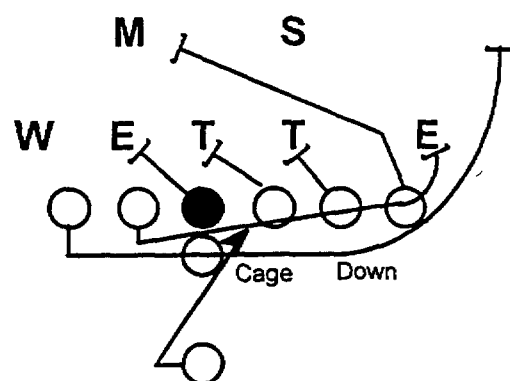
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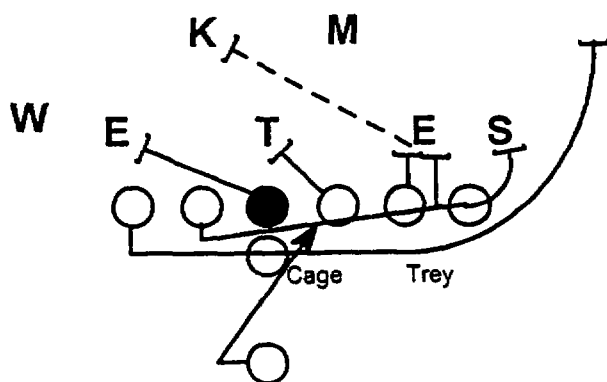
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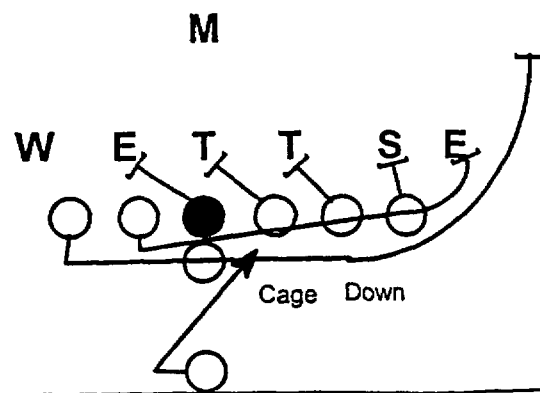
52 DBL EAGLE



3-4 OKIE

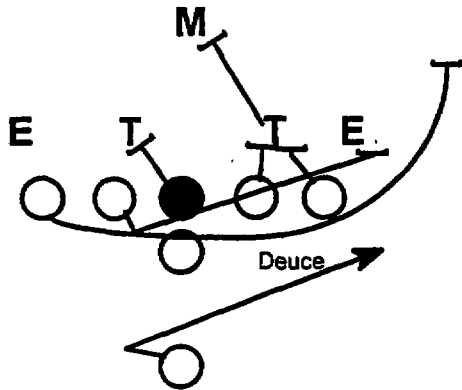


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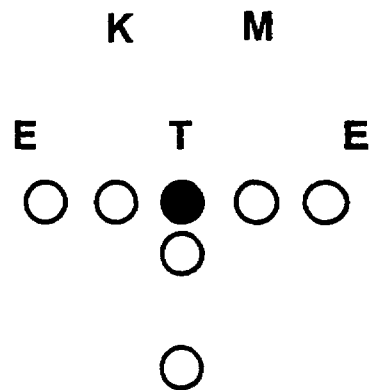


PLAY: 34-35 Counter Sweep Weak

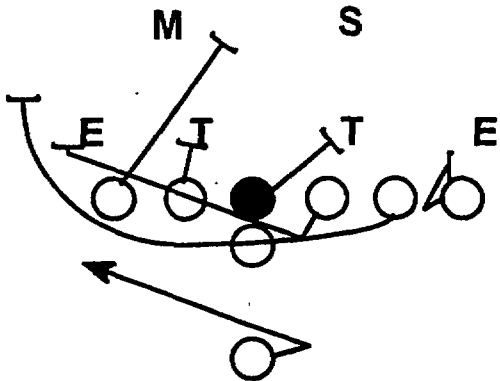
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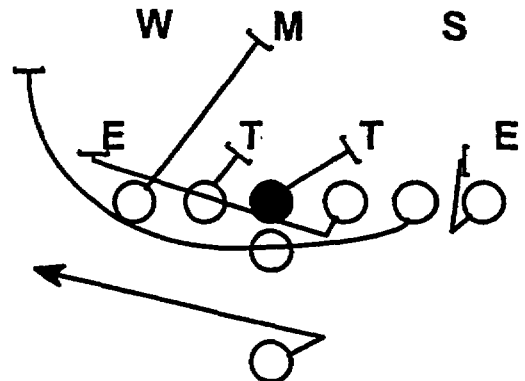
3-2 OKIE



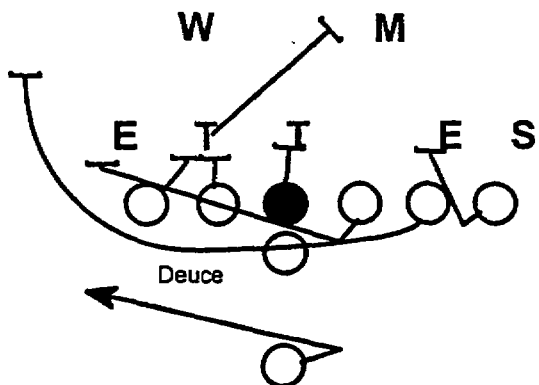
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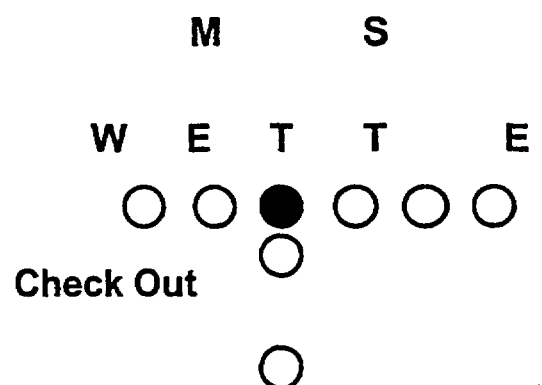
43 STRONG EAGLE



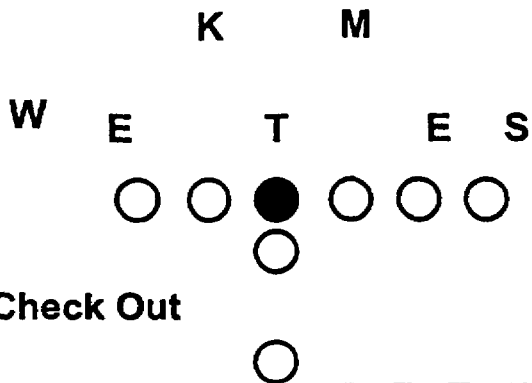
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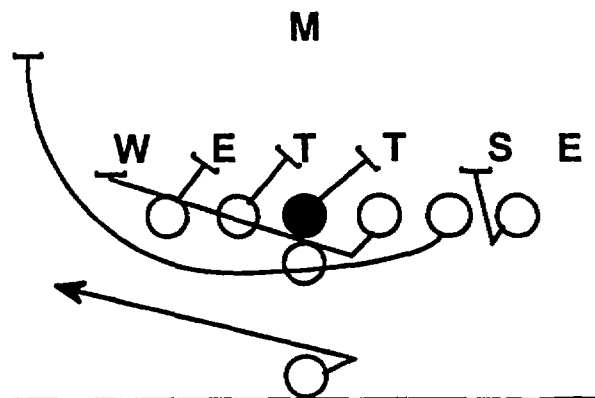
52 DBL EAGLE



3-4 OKIE



46



BALL CARRIER (F) 2 point stance, toes at 7. Block the backside defensive end. Get pad under pad and force the 5 technique upfield – do not let him cross face.

BACK (A)
(H) 3 point stance toes at 4 yds, behind weak tackle. Jab step with backside foot
(U) let F clear. Step with playside foot FLAT. Crossover snap downhill to A Gap.

BACKSIDE TACKLE Pull with depth getting inside hip to outside hip relationship on the guard.
Turn up off double team. Keep your shoulders square and block first defender to show. i.e. playside LB. C.P. – Read pulling guard's block and think power the hole.

BACKSIDE GUARD Trap block EMLOS: AP – inside number of defender.
Get your feet moving and out of the hole. C.P. – Take inside out trap course.

CENTER Block back for pulling guard, responsible for first down lineman backside. AP – inside hip bone of down lineman. Sustain block, do not allow penetration and keep defender from crossing your face. Possible calls: ACE, CAGE

PLAYSIDE GUARD Gap responsibility – when covered block man on. AP between numbers. When the tackle is uncovered block a Deuce. AP inside number. Be alert for LB run through. Uncovered: block man over center. AP inside hip bone.
Possible calls: ACE, CAGE, DEUCE, DOWN

PLAYSIDE TACKLE Gap responsibility – when covered Trey with TE. AP inside number of the down lineman, responsible for LB run through. Uncovered: Deuce with guard.
AP: outside number of lineman, drive thru man to level 2.
Possible calls: DEUCE, TREY, DOWN

TIGHT END (Y) Block your inside gap, listen for combo calls. Tackle covered, execute a trey block with the playside tackle for the down lineman to the MLB or backside LB on level 2.
Tackle. Uncovered arc release for #4 vs 42 defense vs. 43 cram for Mack.

SPLIT END (X) Playside – stalk block man on to first force (Cov 4 read)
Backside - AFBP

FLANKER (Z) Playside – stalk block man on to first force (Cov 4 read)
Backside - AFBP

QB Open away from hole, just of course of 6 o'clock, 1st step should be a long step.
Then skip step towards H, staying flat. Ball is handed off over the top. Carry out boot fake.

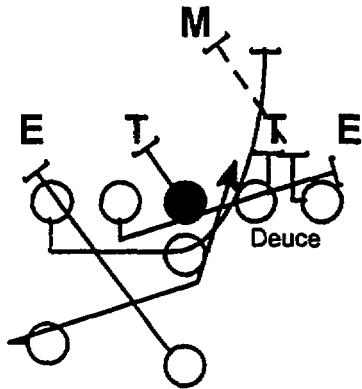
ALERTS

PLAY: 34-35 Counter Cross

41

W

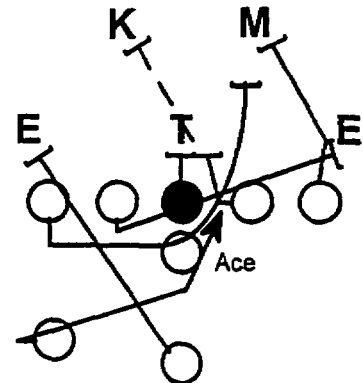
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3-2 OKIE

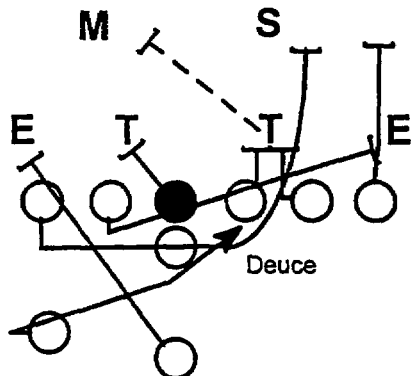
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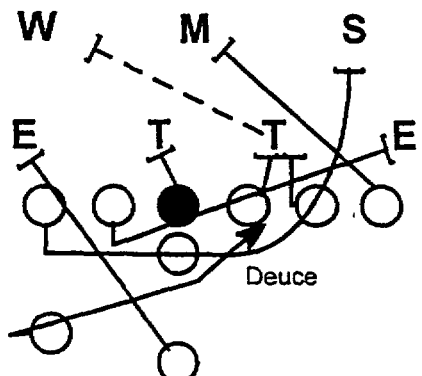


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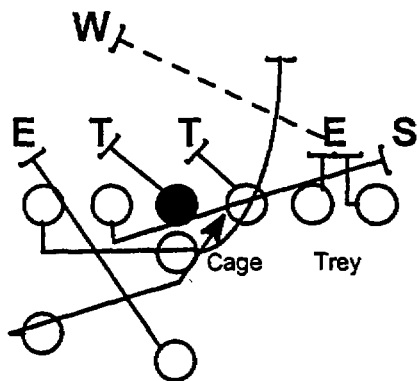
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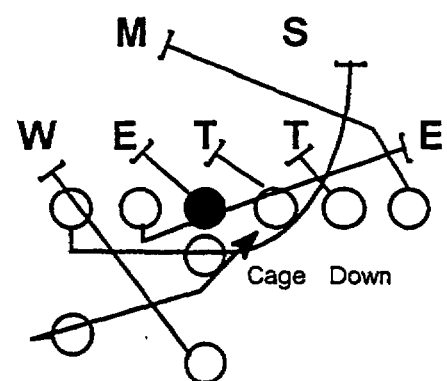
43 STRONG EAGLE



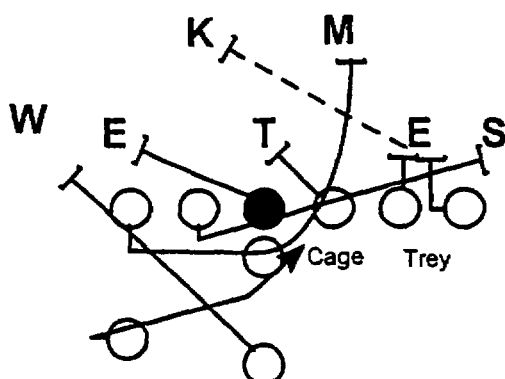
52 EAGLE



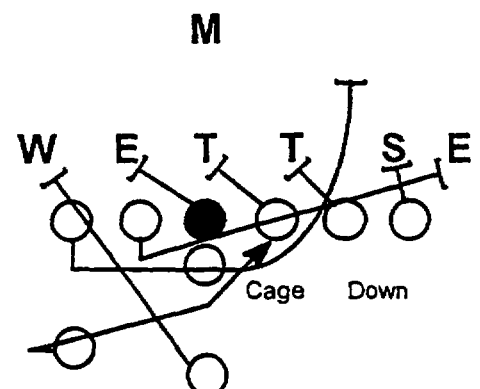
52 DBL EAGLE



3-4 OKIE



46



BALL CARRIER (F) 2 point stance, toes at 7. 12 inch playside step (slightly downhill) gather. Hands holstered. Wait for the QB to bring the ball back to you. Key the MLB.

BACK (A) vs Man Cov outside release stalk block man on. Vs Zone post wheel with WR
(H)
(U)

BACKSIDE TACKLE Draw block man on outside. Work to take the inside away vs 7 man box you block 1st and 2nd level defenders.

BACKSIDE GUARD Covered, draw block man on. Uncovered possible draw combo to LB.

CENTER Draw tandem to middle or backside LB. Base rule work to backside LB vs 2 backer box.

PLAYSIDE GUARD Covered, draw block man on. Uncovered, possible draw ace with center. Vs. 1 tech. Possible draw single.

PLAYSIDE TACKLE Draw block man on outside. Vs 6 or 7 man box block 1st and 2nd level defenders.

TIGHT END (Y) Arc release: block force don't pass color. Tackle covered, block base.

SPLIT END (X) Vs. Man Cov – outside release and stalk block man on.
Vs. Zone Cov – post wheel with WR

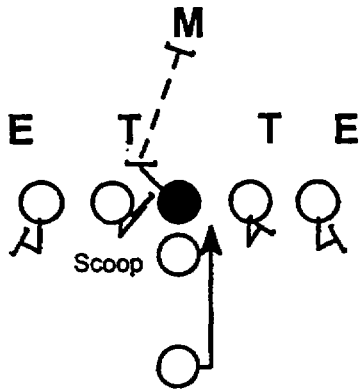
FLANKER (Z) Vs Man Cov outside release and stalk block man on.
Vs Zone Cov – post wheel with WR

QB Back pedal out, looking opposite direction of hand off. After 3rd step, turn and hand ball to F. Set up with pass fake.

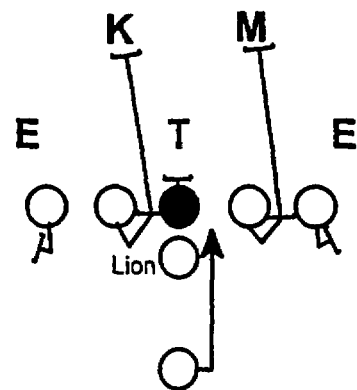
ALERTS Oline you can use our fold schemes, to take advantage of angles.

PLAY: 52-53 Draw

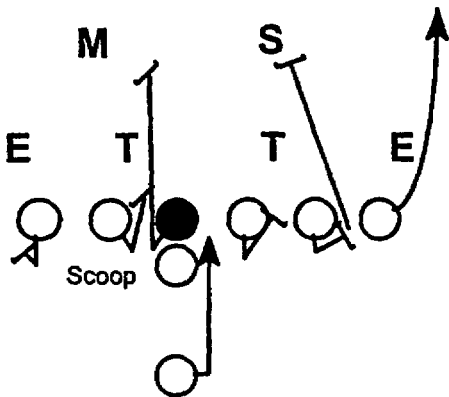
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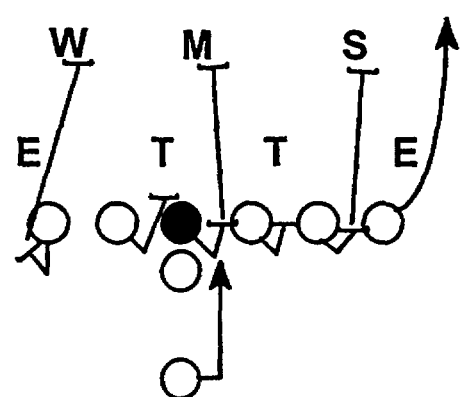
3-2 OKIE



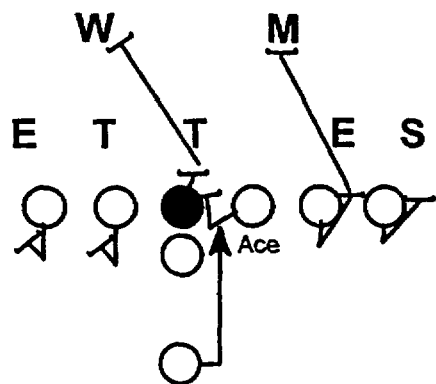
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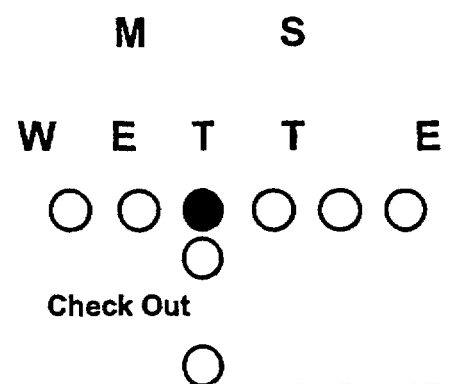
43 STRONG EAGLE



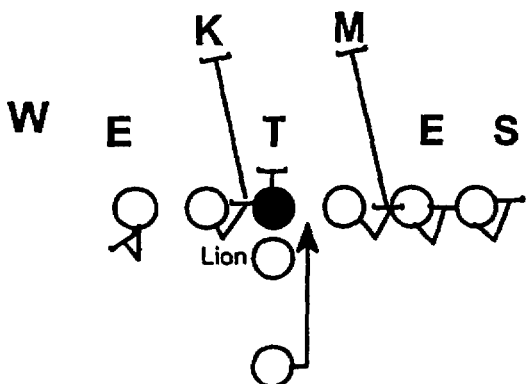
52 EAGLE



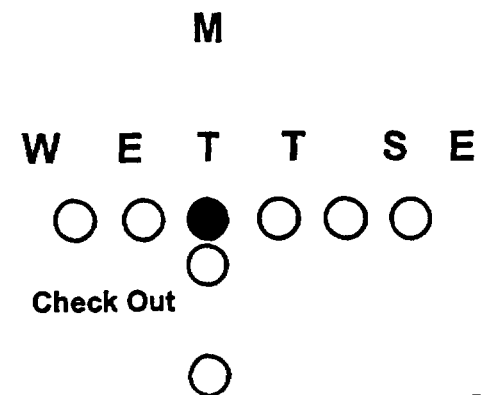
52 DBL EAGLE



3-4 OKIE



46



BALL CARRIER (F) 2 point stance, toes at 7. (Possible offset) Block the first defender in the area from the weak tackle's hip to the outside. Check WILL LB for inside blitz. Possible squeeze call from weak tackle.

BACK (A) Runs route called
(H)
(U) Runs route called

WEAKSIDE TACKLE Man on to outside. If weak OLB is in the box, we are responsible for him, if he blitzes in the A or B Gap.
Calls: RAY, LEE

WEAKSIDE GUARD Covered: Base.
Uncovered: Directional call to you. If no call, work to LB over to outside.
Calls: LEE, RAY, RAM, LION

CENTER Covered: Base with possible RAM/LION call.
Uncovered: Make RAM/LION call to low shade.
Calls: RAM, LION, RAY, LEE

STRONGSIDE GUARD Covered: Base.
Uncovered: Directional call to you. If no call, work to LB over to outside.
Calls: DOUBLE, RAM, LION, RAY, LEE

STRONGSIDE TACKLE Man on to outside.
Calls: DOUBLE, TRIPLE, RAY, LEE

TIGHT END (Y) Man on to outside, working to the playside outside LB.
Calls: TRIPLE, STRIKE, RAY, LEE.

SPLIT END (X) Runs route called

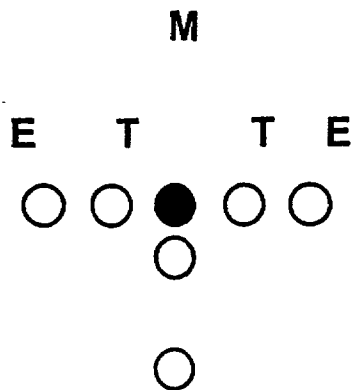
FLANKER (Z) Runs route called

QB Read regular pattern progression

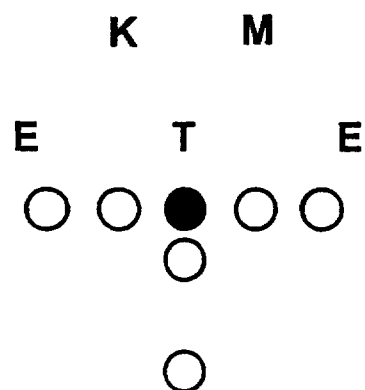
ALERTS Can throw vs all defenses

90 PROTECTION

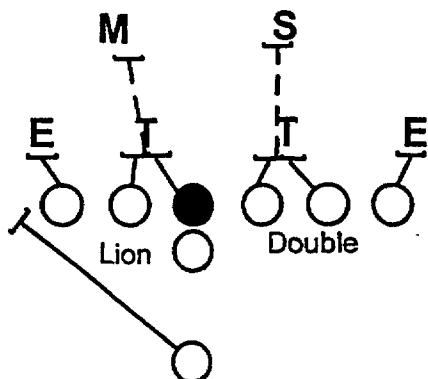
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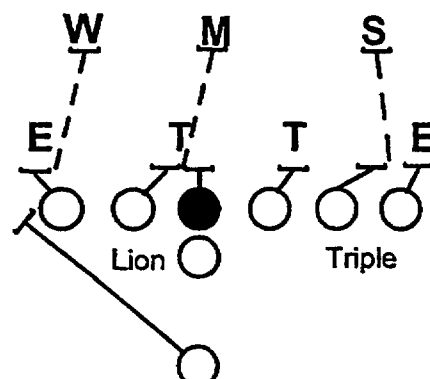
3-2 OKIE



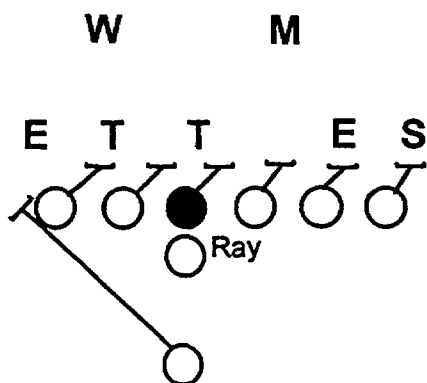
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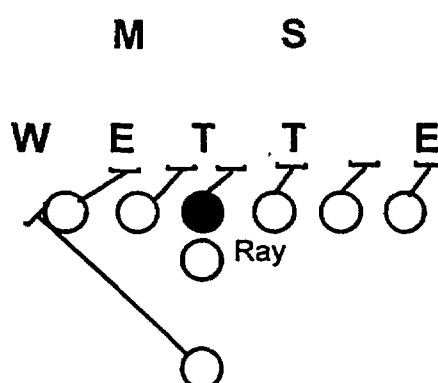
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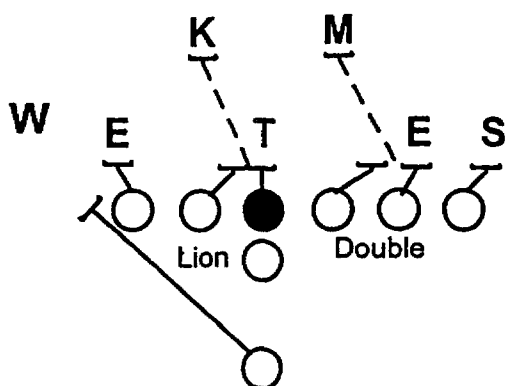
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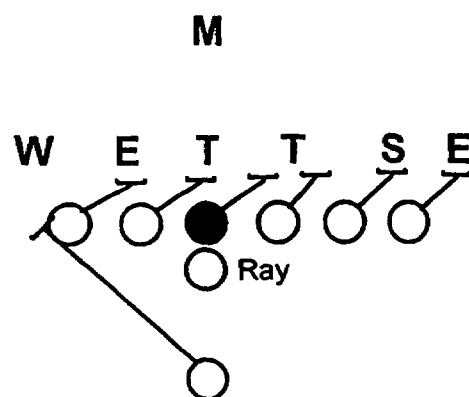
52 DBL EAGLE



3-4 OKIE



46



PLAY NUMBER 60's

BASIC BLOCKING 6 MAN; POCKET; TURN WEAK

BALL CARRIER (F) 2 point stance, toes at 7, possible offset. In 60 protection you have two blocking assignments, the Mac LB and the Sam LB. When solid call is made by the uncovered lineman your dual is off and you have Sam.

BACK (A) Execute called pattern
(H)
(U)

WEAKSIDE TACKLE Covered: Block man on or outside. area all games. Slide weak (away from Y) responsible for weak C gap; widest rusher.
Calls: SOLID, ROGER/LUCKY, FAN/PRESS, AND BASE

WEAKSIDE GUARD Covered: Block man on; area all games;
Uncovered: slide weak (away from Y) responsible for weak B gap.
Calls: SOLID, ROGER/LUCKY, RAM/LION, FAN, PRESS, AND BASE

CENTER Covered: Block man on; area all games; slide weak (away from Y) responsible for weak A gap. Calls: SOLID, ROGER/LUCKY, RAM/LION, BASE

STRONGSIDE GUARD Covered: Block man on; area all games.
Uncovered: slide weak (away from Y); responsible for strong A gap
Calls: SOLID, ROGER/LUCKY, RAM/LION, SQUEEZE AND BASE

STRONGSIDE TACKLE Covered: Block man on or Man outside. Area all games
slide weak (away from Y)
Responsible for strong B gap.
Calls: SOLID, ROGER/LUCKY, SQUEEZE AND BASE

TIGHT END (Y) Run route called

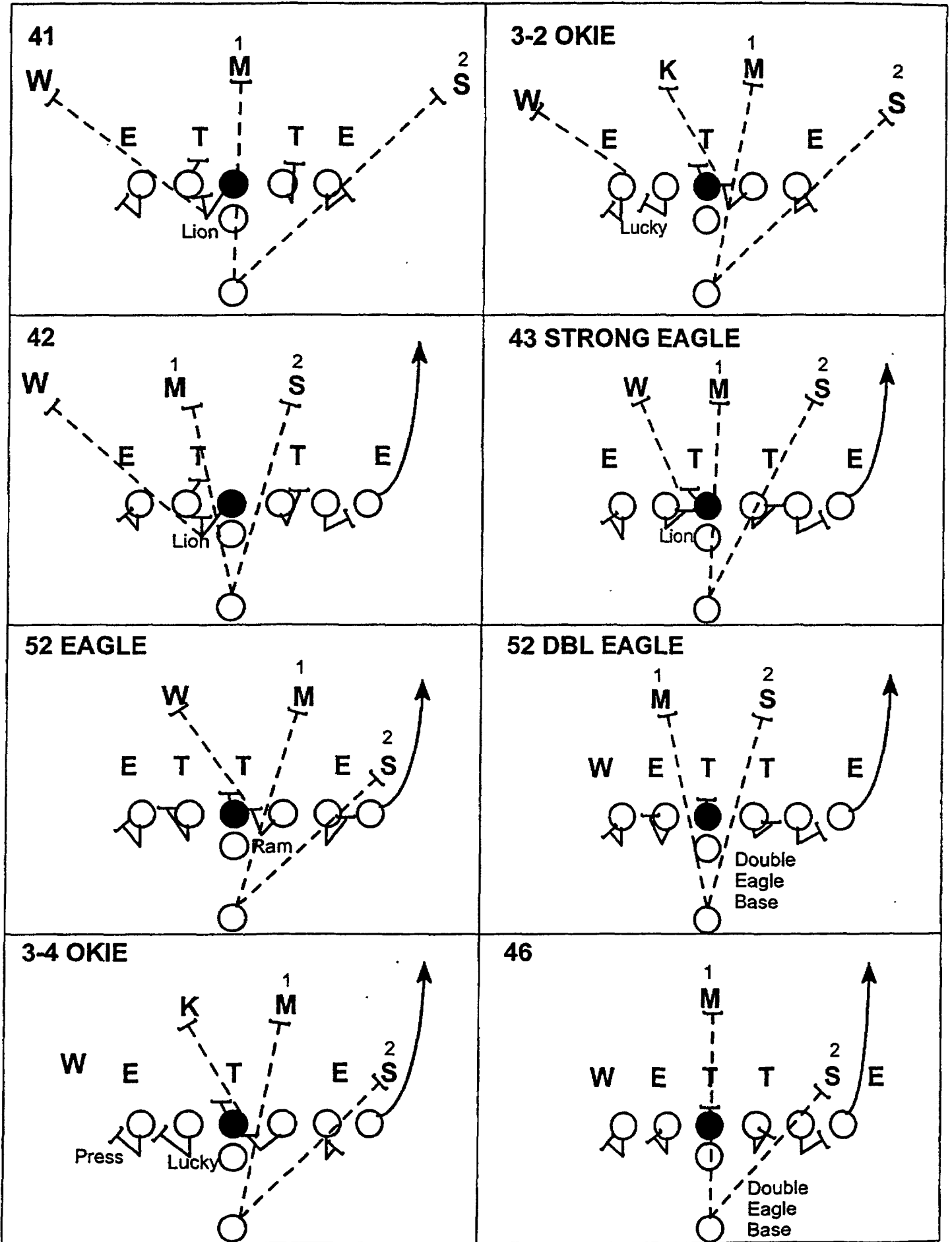
SPLIT END (X) Execute called pattern

FLANKER (Z) Execute called pattern

QB Take a 5 step drop with eyes downfield, throw to open receiver

ALERTS

60 PROTECTION



BALL CARRIER (F) 2 point stance, toes at 7. (Possible offset) Responsible for the Sam LB.

BACK (A) Run designated route
(H)
(U)

WEAKSIDE TACKLE Block man on when covered or first man outside.
Calls: BASE

WEAKSIDE GUARD Block man on when covered. When uncovered, dual read. C.P set with depth.
Reading Mac to Will – blocking inside out. If neither man rushes, work to help the center and watch for line mixes. Calls: BASE

CENTER Block man on when covered. When uncovered, dual read. C.P. set with depth.
Reading Mac to Will – blocking inside out. If neither man rushes, work to help the guard or the 1 tech and watch for line mixes. Calls: BASE

PLAYSIDE GUARD Block man on when covered. When uncovered look to help the center, then playside tackle. C.P. set with depth. Calls: SQUEEZE, FAN AND BASE

PLAYSIDE TACKLE Block man on when covered or first man outside.
Calls: SQUEEZE, FAN AND BASE

TIGHT END (Y) Run designated route

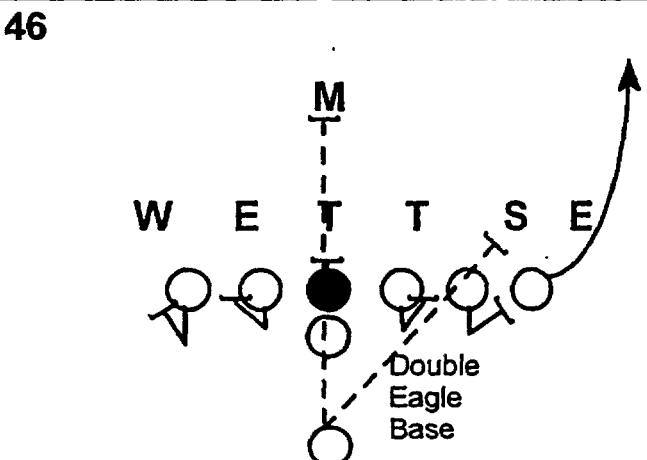
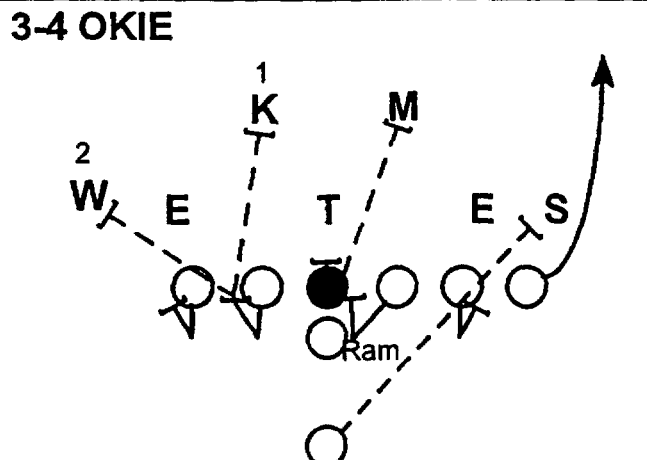
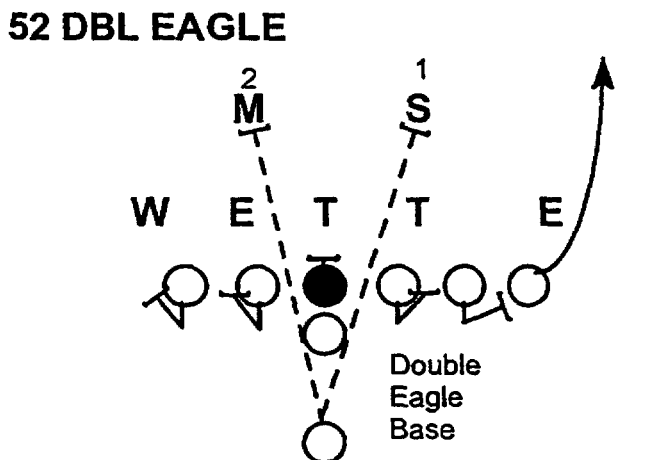
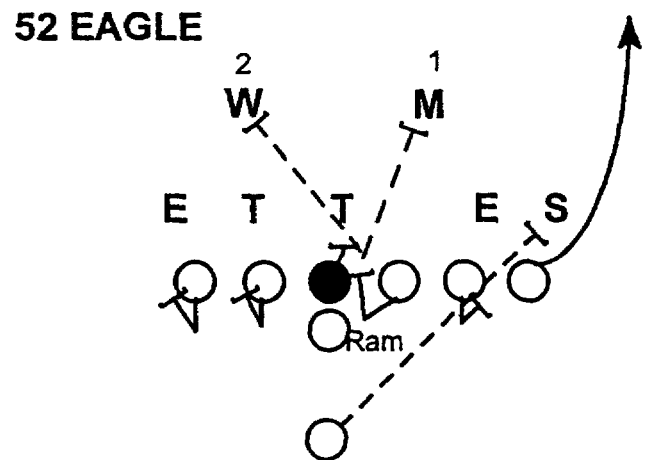
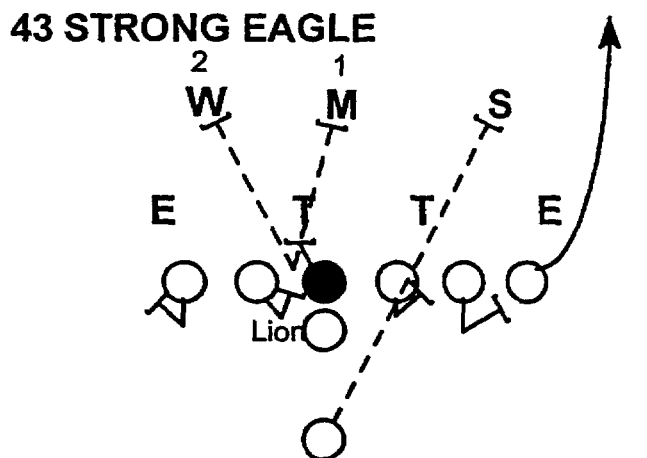
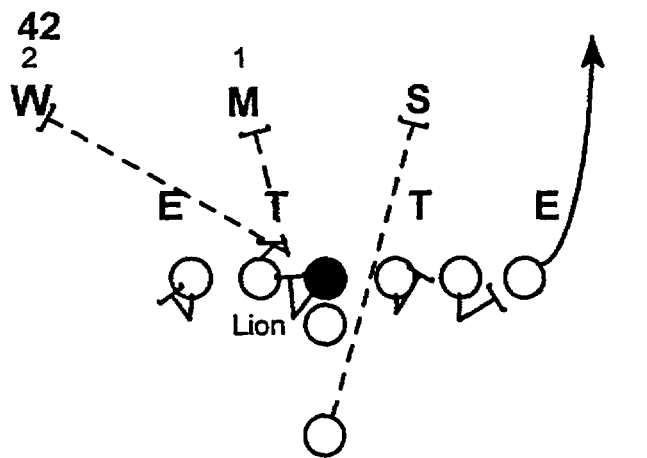
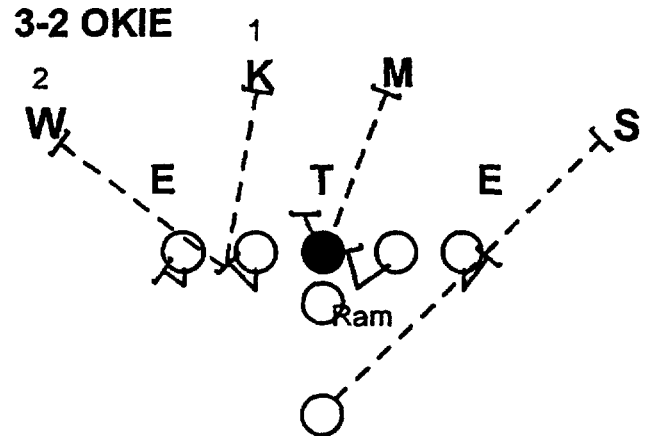
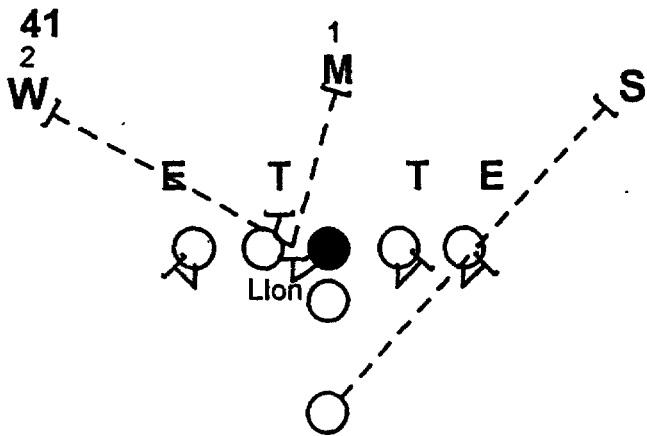
SPLIT END (X) Run designated route

FLANKER (Z) Run designated route

QB Execute throw and progression

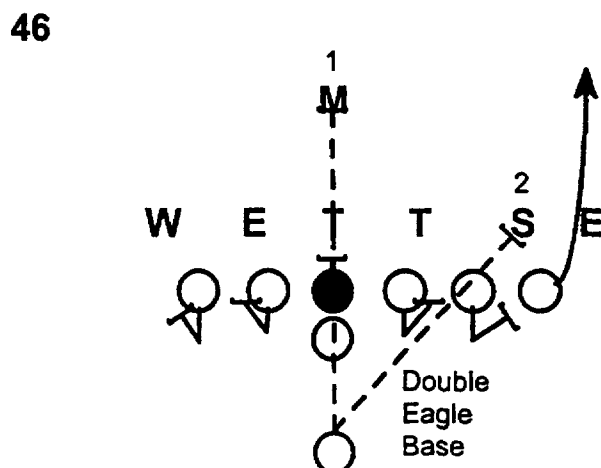
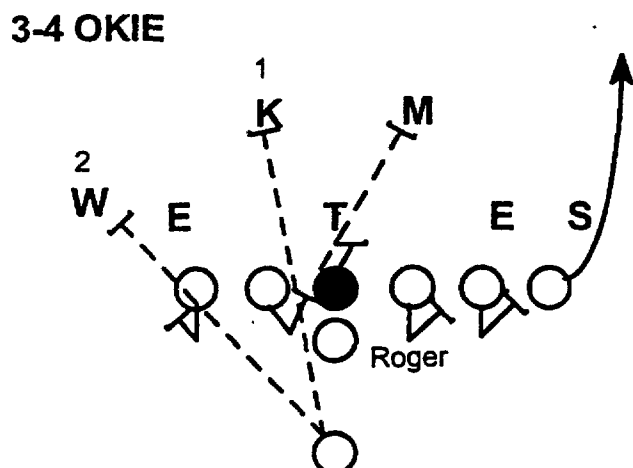
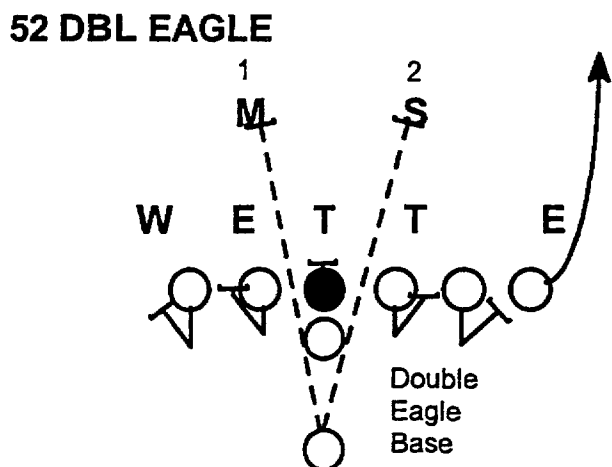
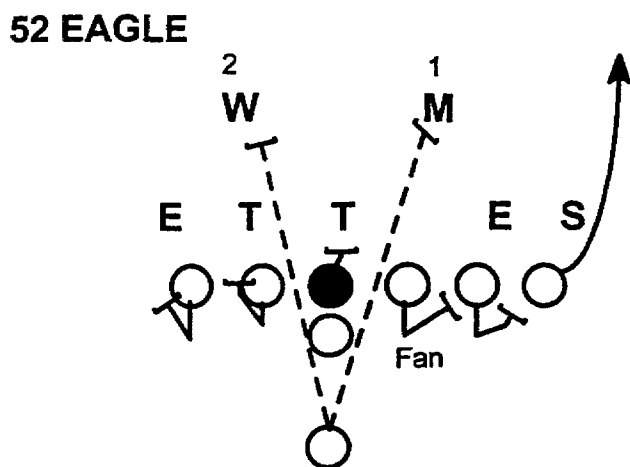
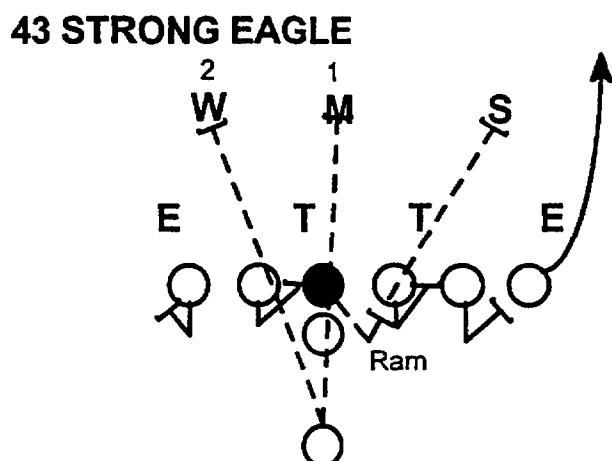
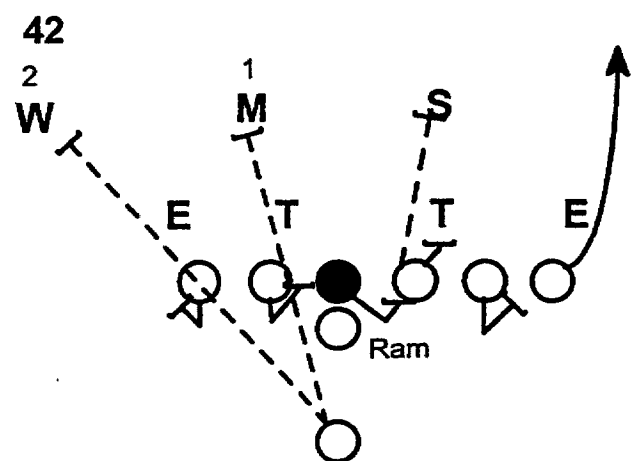
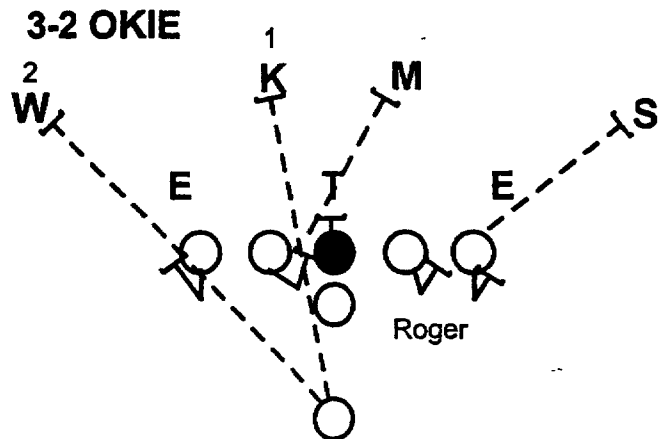
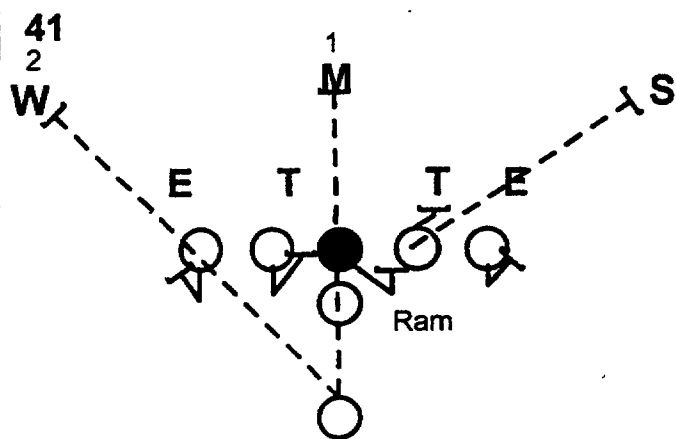
ALERTS Whenever LB's are up tough into LOS, possible SQUEEZE, LUCKY OR ROGER call

60 SOLID PROTECTION



PLAY NUMBER 70'sBASIC BLOCKING 6 MAN; POCKET; TURNSTRONG**BALL CARRIER (F)** 2 point stance, toes at 7. (Possible offset) Block Mac to Will.**BACK** (A) Execute A's pattern
(H)
(U)**WEAKSIDE TACKLE** Covered: block man on; or man outside, area all games
Calls: SOLID, ROGER/LUCKY, PRESS, SQUEEZE AND BASE**WEAKSIDE GUARD** Covered: block man on; set on the line; area all games
Uncovered: slide strong (toward Y) C.P. set with depth.
Responsible for weak A gap
Calls: ROGER/LUCKY, RAM/LION, FAN, SOLID, SQUEEZE**CENTER** Covered: block man on; set on the line; area all games
Uncovered: slide strong (toward Y); C.P. set with depth.
responsible for strong A gap Calls: SOLID, ROGER/LUCKY, RAM/LION**STRONGSIDE GUARD** Covered: block man on; set on the line; area all games
Uncovered: slide strong (toward Y); C.P. set with depth.
Responsible for strong B gap
Calls: SOLID, ROGER/LUCKY, RAM/LION, FAN AND BASE**STRONGSIDE TACKLE** Covered: block man on; area all games
Uncovered: slide strong (toward Y). C.P. set with depth
Responsible for Strong C gap. Calls: SOLID, ROGER/LUCKY, FAN AND BASE**TIGHT END (Y)** Run route called**SPLIT END (X)** Execute called pattern. Run route called.**FLANKER (Z)** Execute called pattern. Run route called.**QB** Take a 5 step drop with eyes downfield. Execute pattern progression.**ALERTS**

70 PROTECTION



BALL CARRIER (F) 2 point stance, toes at 7. (Possible offset) Block Will LB.

BACK (A)
(H) Run designated route
(U)

WEAKSIDE TACKLE Block man on or first man outside. Sustain your block for 4 seconds.
Calls: BASE, SQUEEZE

WEAKSIDE GUARD Block man on when covered. When uncovered, look to help the center.
C.P. set with depth. Watch for line mixes.
Calls: BASE, SQUEEZE

CENTER Block man on when covered. When uncovered, dual read. C.P. set with depth.
Reading MAC to SAM – blocking inside out. If neither man rushes, work to help the guards. Watch for line mixes. Calls: BASE

STRONGSIDE GUARD Block man on when covered. When uncovered dual read MAC to SAM blocking.
inside out. C.P. set with depth. If neither man rushes, look to help the center.
Watch for line mixes. Calls: BASE

STRONGSIDE TACKLE Block man on or first man outside.
Calls: BASE

TIGHT END (Y) Run designated route

SPLIT END (X) Run designated route

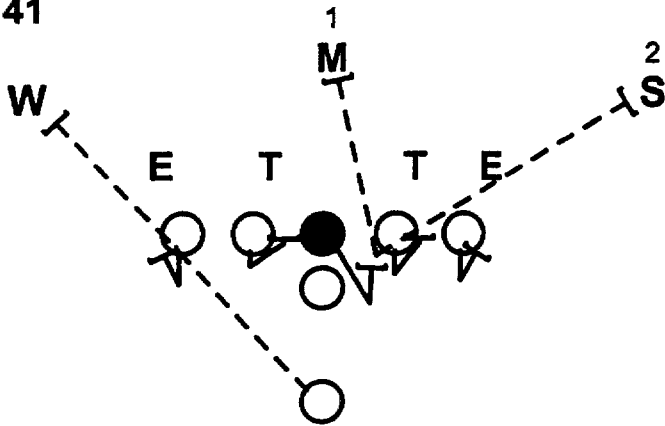
FLANKER (Z) Run designated route

QB Take 5 step drop, and execute throw and progression.

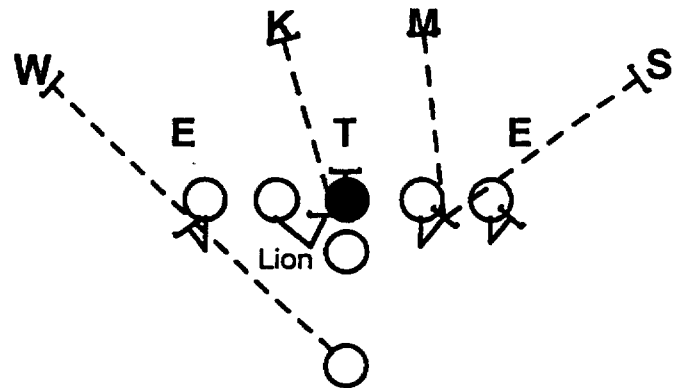
ALERTS Whenever LB are up tough into LOS, Calls: SQUEEZE, LUCKY OR ROGER

70 SOLID PROTECTION

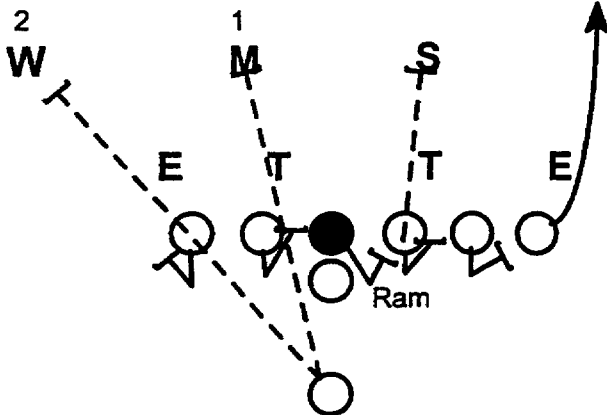
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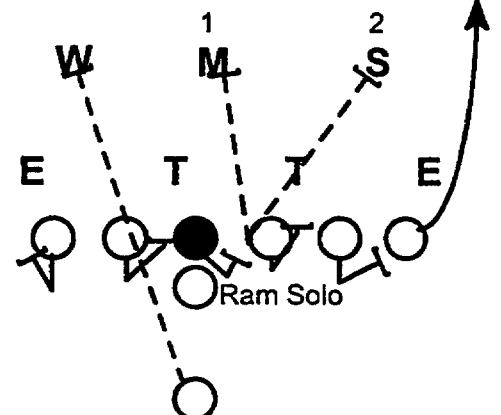
3-2 OKIE



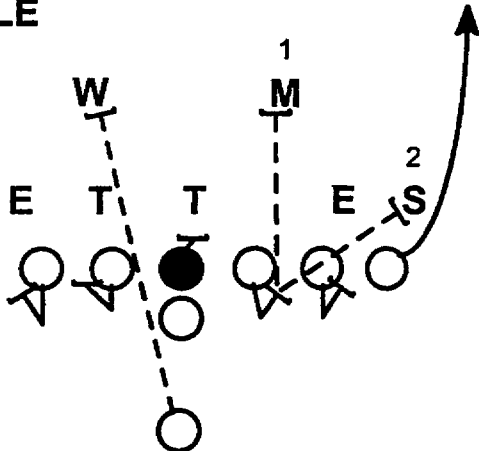
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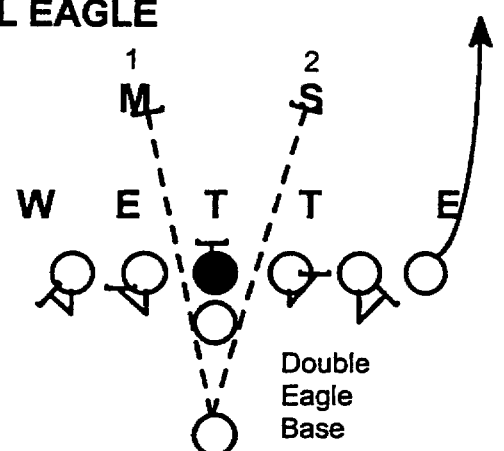
43 STRONG EAGLE



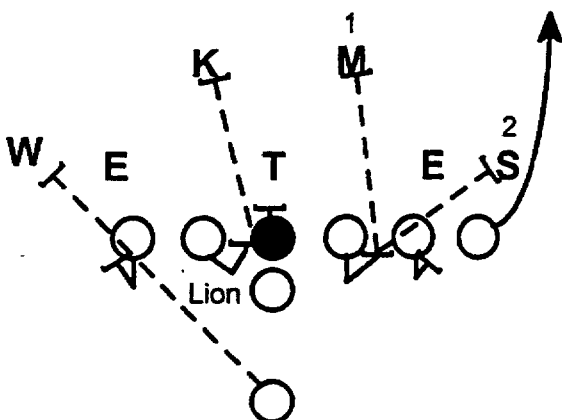
52 EAGLE



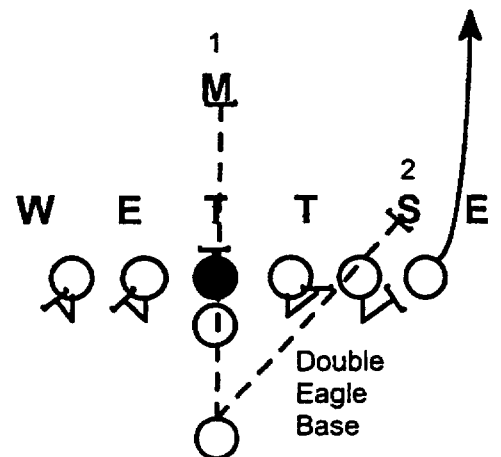
52 DBL EAGLE



3-4 OKIE



46



BALL CARRIER (F) 2 point stance, toes at 7. (Possible offset) When motion is called, motion after first dummy audible to X or Y side. When no motion is called run swing route to Y side.

BACK (A) Execute pattern
(H)
(U)

WEAKSIDE TACKLE Responsible for the four rushers and Mac.
Calls: SQUEEZE, FAN, BASE

WEAKSIDE GUARD Responsible for the four rushers and Mac.
Calls: SQUEEZE, LUCKY, ROGER, FAN, BASE

CENTER Responsible for the four rushers and Mac.
Base rule: declare Mac weak against 2 backer look. C.P. working to nearest LB'er threat. Calls: LION/RAM, LUCKY/ROGER, BASE

STRONGSIDE GUARD Responsible for the four rushers and Mac.
Calls: LION/RAM, LUCKY/ROGER, SQUEEZE, BASE

STRONGSIDE TACKLE Responsible for the four rushers and Mac.
Calls: PRESS, SQUEEZE, LUCKY/ROGER, BASE

TIGHT END (Y) Run pattern called

SPLIT END (X) Run pattern called

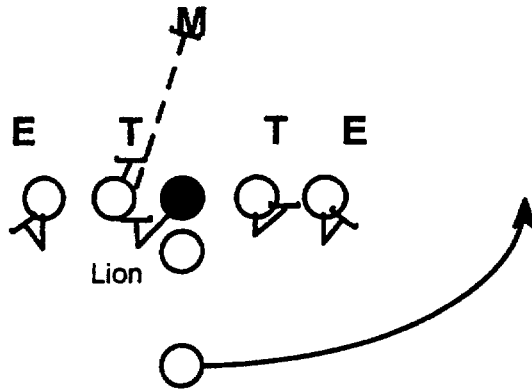
FLANKER (Z) Run pattern called

QB Pre snap read. 3-5 step drop, depending on the pattern. Check Motion progression.

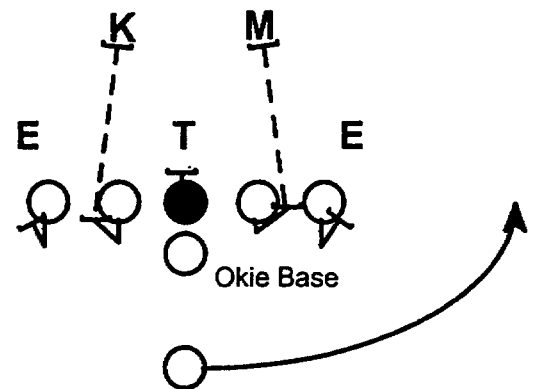
ALERTS
C.P. Defense brings 6, side of Y is hot.

590 PROTECTION

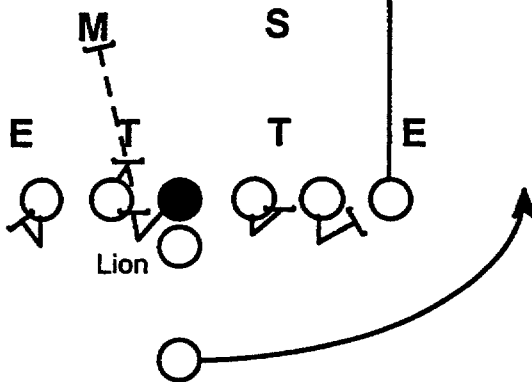
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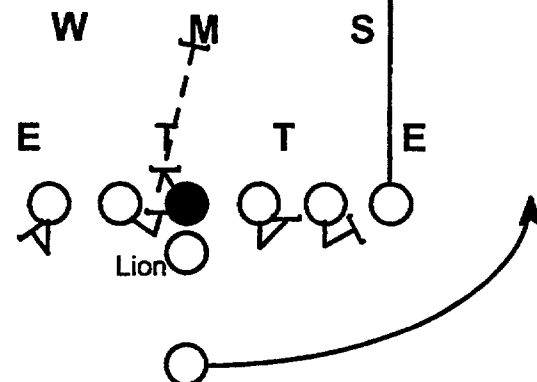
3-2 OKIE



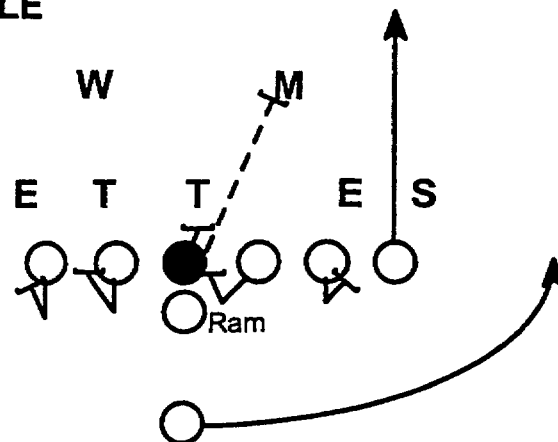
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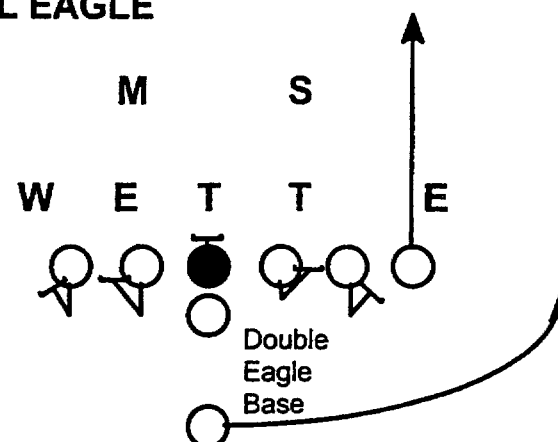
43 STRONG EAGLE



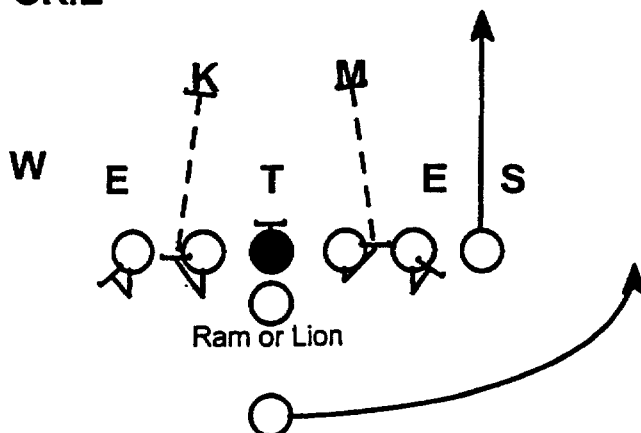
52 EAGLE



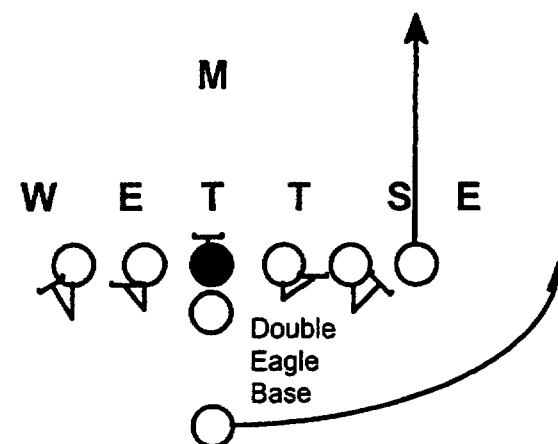
52 DBL EAGLE



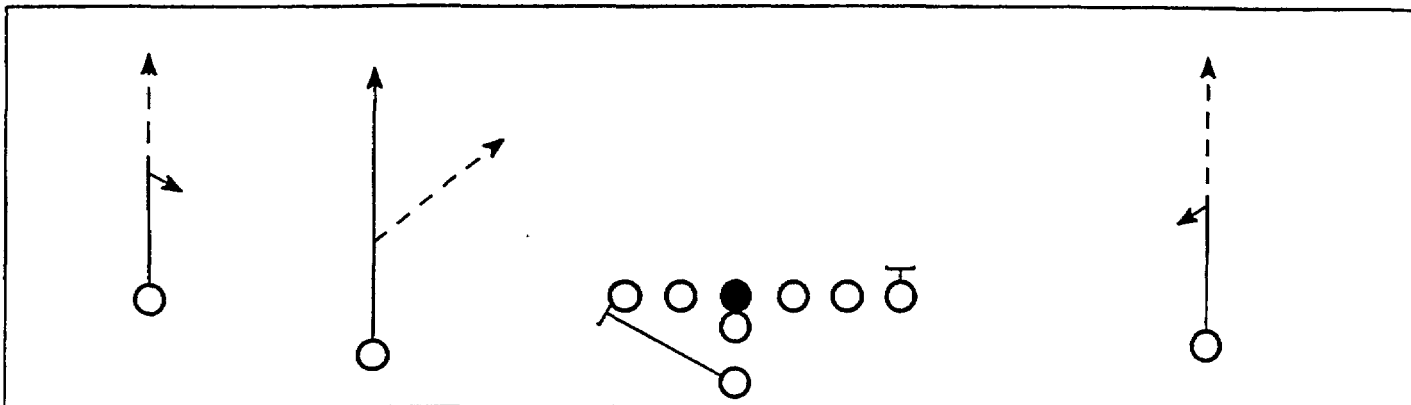
3-4 OKIE



46



PLAY: 90



QB READS

3 step drop- rhythm throw

1. Look at X receiver side first
2. If flat defender sprints to cover throw to inside receiver on seam route
3. Throw to receiver who has most cushion

Aiming Point - belly button

C.P. - vs. bump or roll coverage receiver will adjust route to T.O. or fade

Aiming Point- outside shoulder between receiver and sideline Vs. Blitz inside receiver may pop open over the middle be alert

X: Hitch (5 step) 7 yards

Y: Block

Z: Hitch (5 step) 7 yards

A/H/U: Seam

FB: Block

C.P. QB pick soft defender

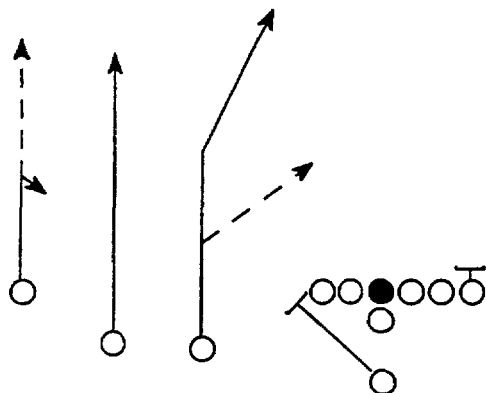
X and Z: Adjustment is fade or takeoff, outside release

A and Z: Read and adjust according to Triangle Rule. A in doubles, Z in trips.

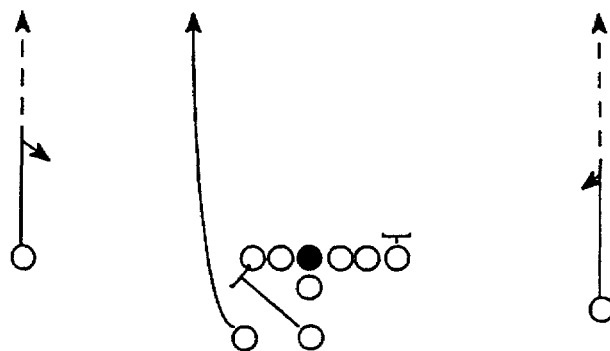
A/H/U: Take the middle vs. Cov. 2 or blitz

C.P. A Back vs. blitz run slant

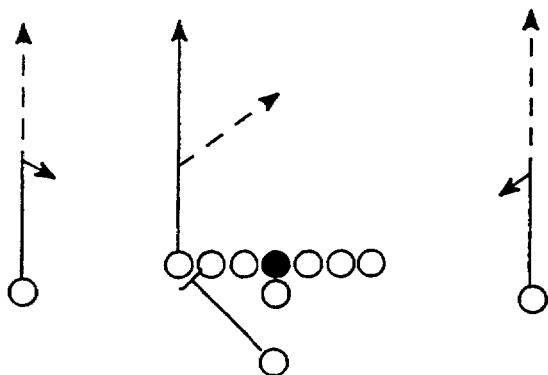
TRIPS



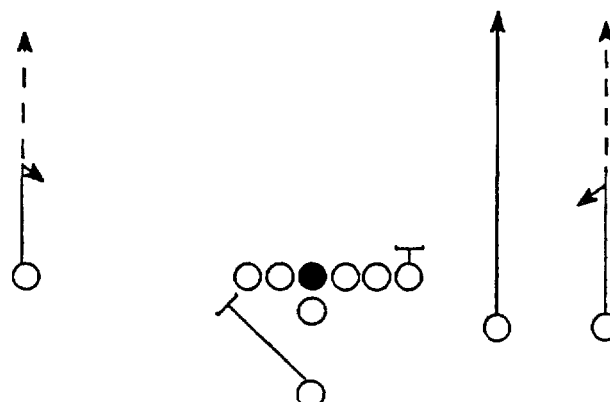
FAR



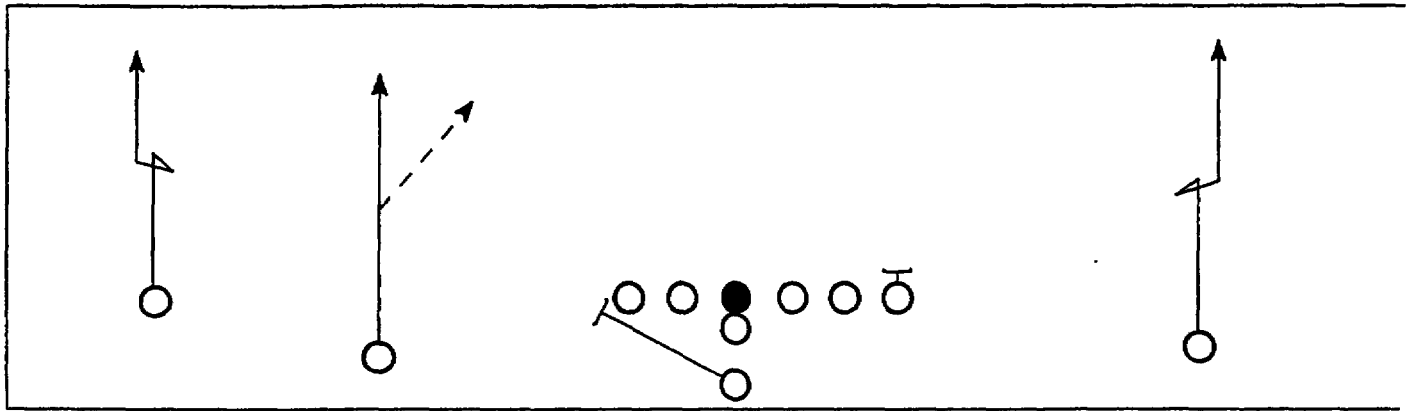
TWINS



TREY



PLAY: 90 & Go



QB READS

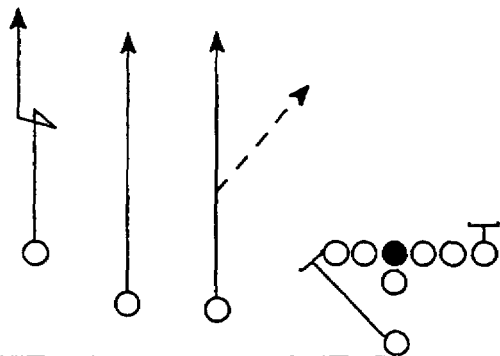
3 step drop 2 quick reset

1. Pick the side where corner has played tightest or game plan
2. Pump fake on 3rd step
3. Take 2 quick reset steps back and throw ball quickly

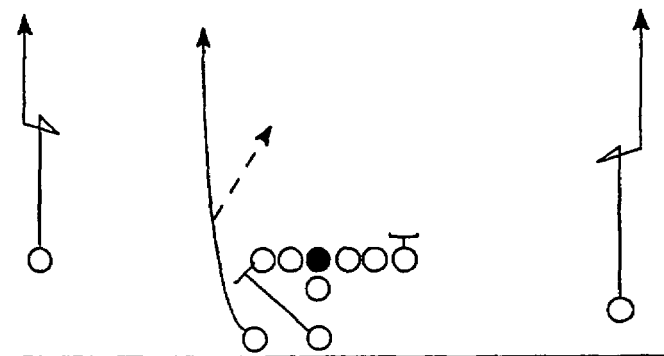
Aiming Point: if receiver is wide open shoot ball to him quickly and sharply. If receiver is covered throw ball like you throw a takeoff route

X: Hitch and go
 Z: Hitch and go
 Y: Block
 A/H/U: Seam
 FB: Block
 C.P.: QB pump the hitch
 X-Z: Sell the hitch first, see the pump then turn it up
 A/H/U: Take the middle vs. Cov. 2 or blitz

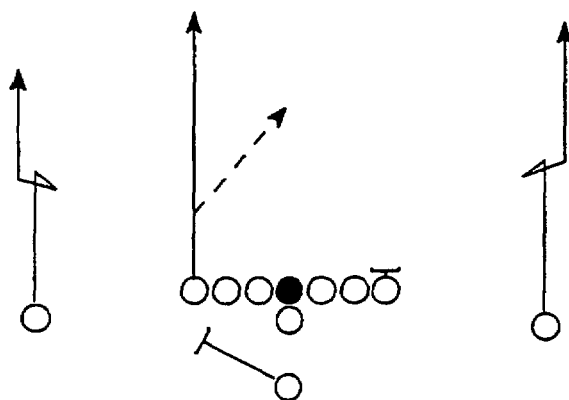
TRIPS



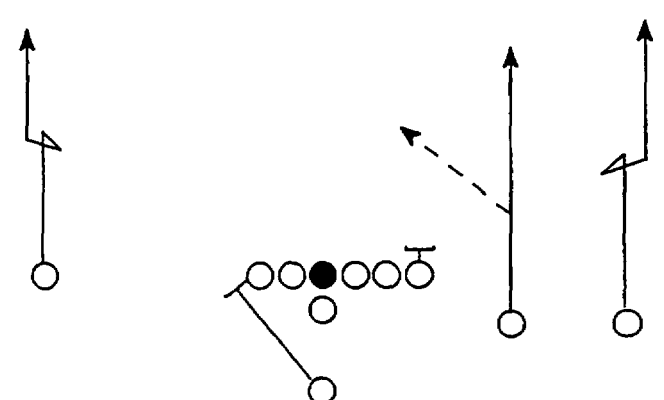
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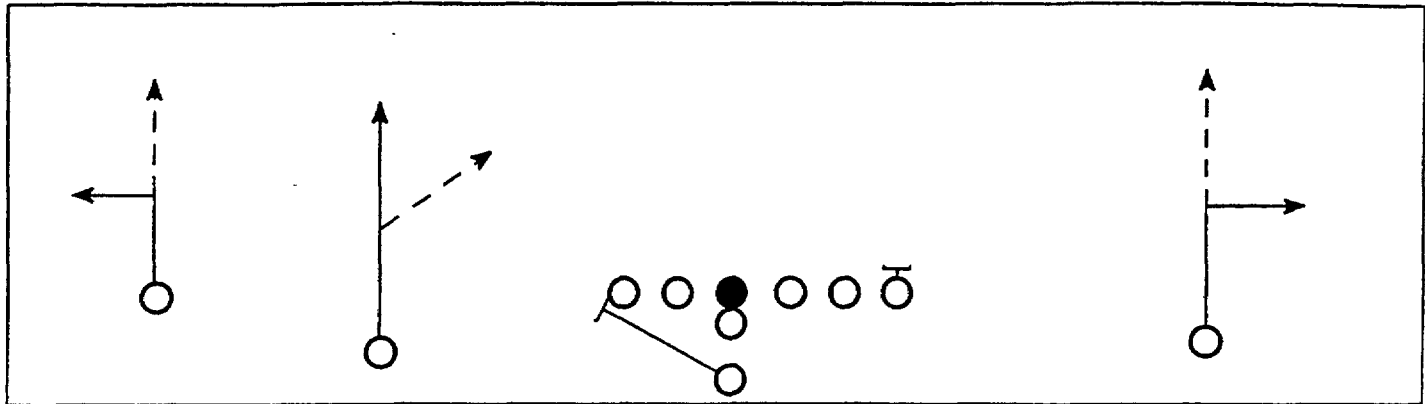
TWINS



TREY



PLAY: 91



QB READS

3 step drop - rhythm throw

1. Look to X receiver side first
2. If flat defender sprints to cover the out, then throw to inside receiver on seam route
3. Throw to receiver who has most cushion

Aiming Point: Far hip

vs. Bump or roll coverage receiver will adjust to a takeoff or fade

Aiming Point: outside shoulder between receiver and sideline

Vs. blitz inside receiver may pop open over the middle - be alert

X: Quick out (4 step) 6 yards

Y: Block

Z: Quick Out (4 step) 6 yds

A/H/U: Seam

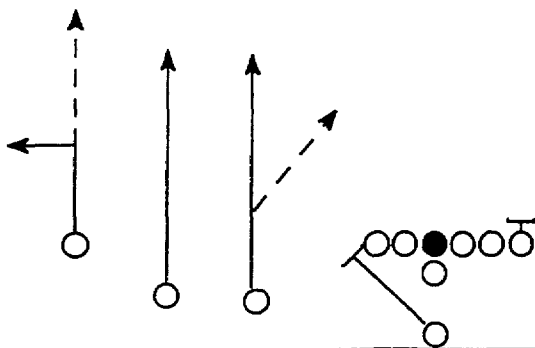
FB: Block

C.P.: QB pick soft defender

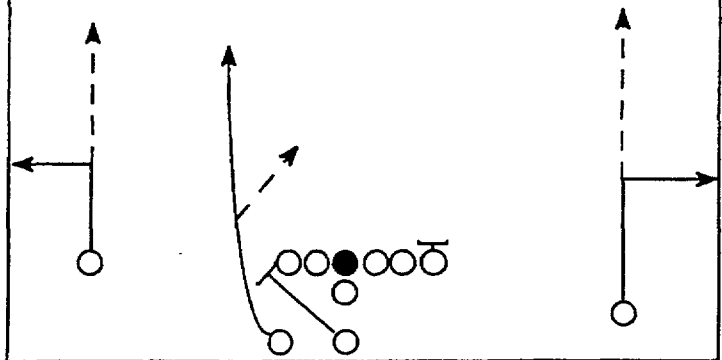
X and Z: Adjustment is fade or takeoff

A/H/U: Take the middle vs. Cov. 2
Vs. blitz - A back run slant

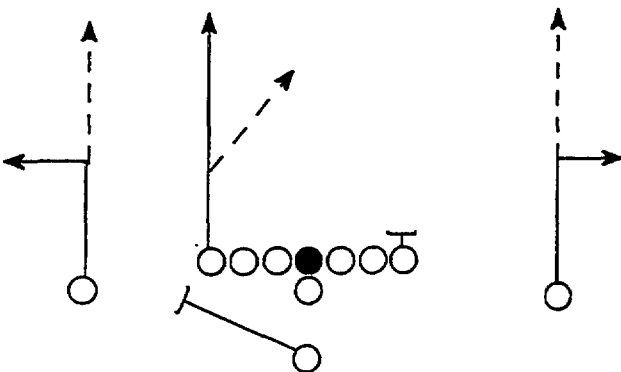
TRIPS



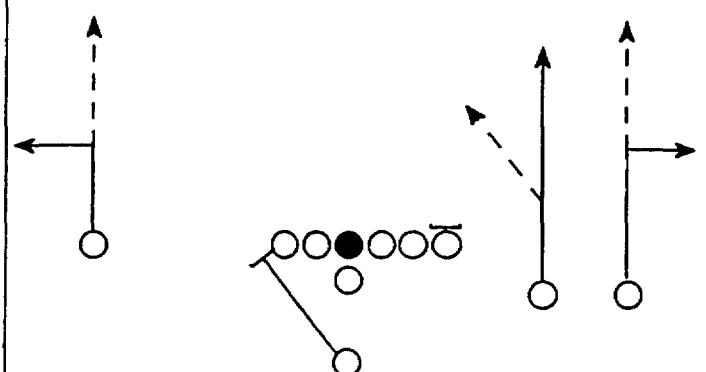
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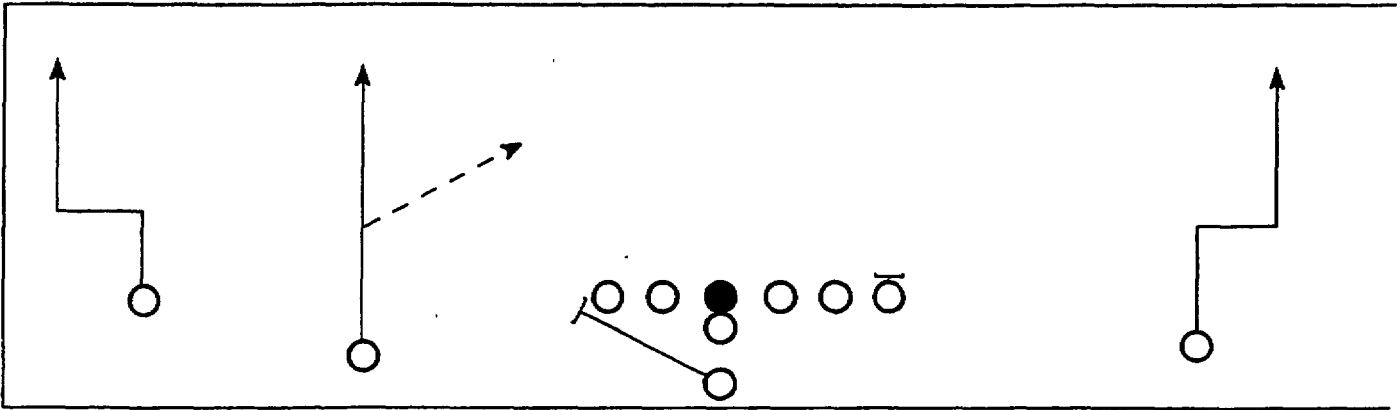
TWINS



TREY



PLAY: 91 & Go



QB READS

3 step drop with 2 quick reset steps

1. Pick the side where corner has played tightest or game plan
2. Pump fake on third step
3. Take 2 quick reset steps back and throw ball quickly.

Aiming Point: If receiver is wide open - shoot ball to him quickly and sharply
If receiver is covered throw ball like you throw takeoff route

X: Quick out and up

Y: Block

Z: Quick out and up

A/H/U: Seam

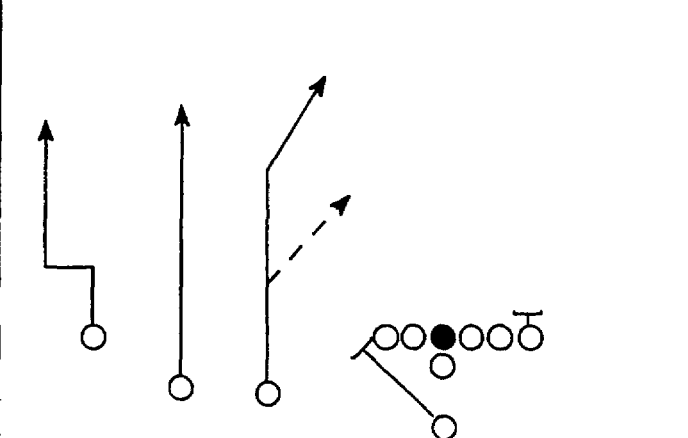
FB: Block

C.P.: QB pump the quick out

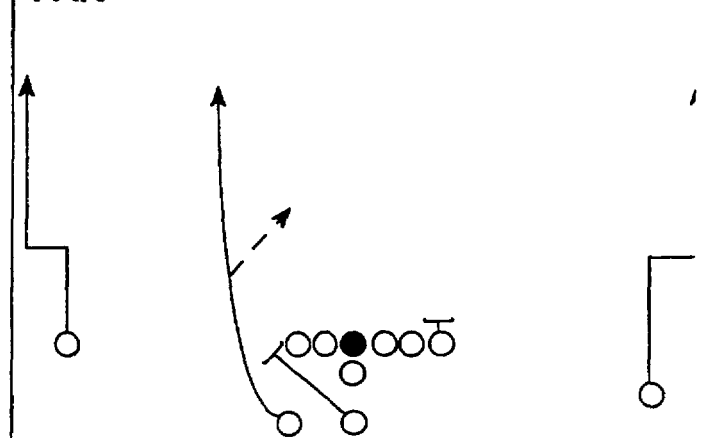
X and Z: Sell the quick out

A/H/U: Take the middle vs. Cov. 2 or
Vs. blitz - A back run slant

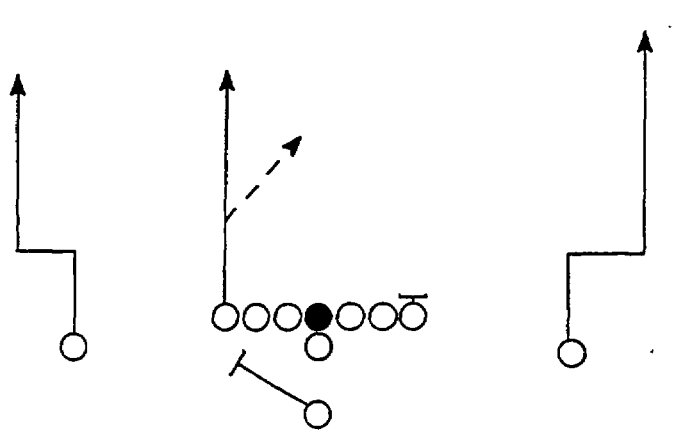
TRIPS



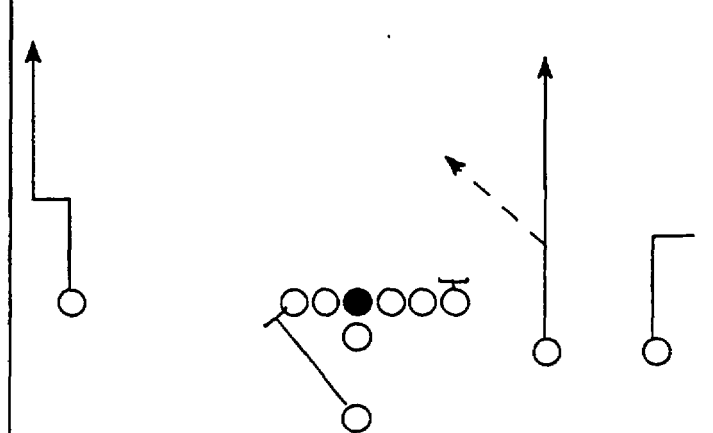
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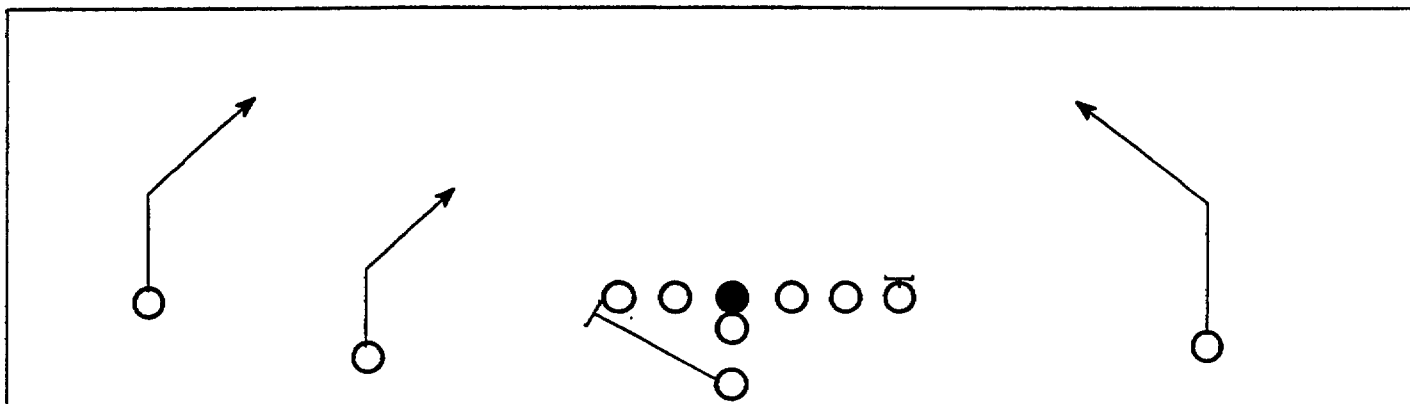
TWINS



TREY



PLAY: 92



QB READS:

3-5 Step drop

1. Be careful of Z slant – no underneath control
2. Read A to X

X: 5-step slant

Y: Block

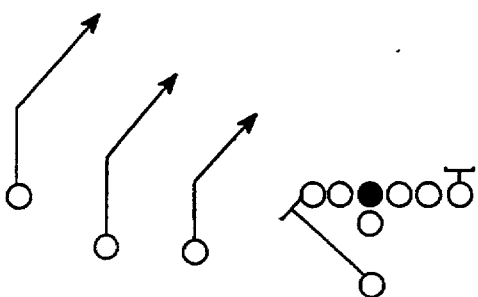
Z: 5-step slant

A/H/U: 3-step slant

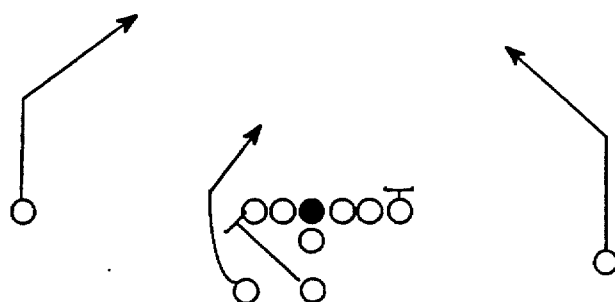
FB: 90 Protection

C.P. Vs. Cover 4 - X flatten route

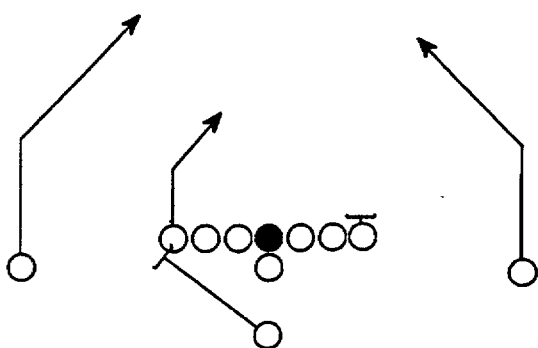
TRIPS



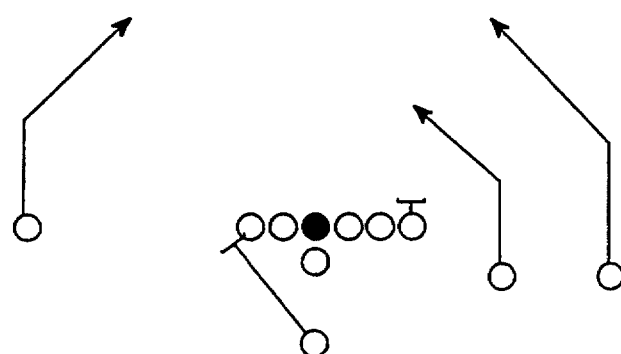
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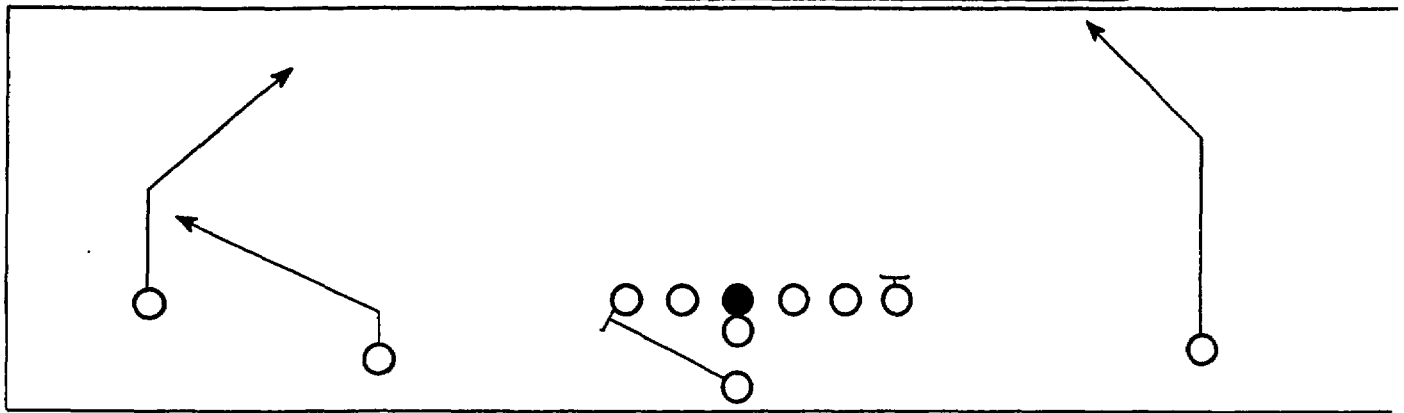
TWINS



TREY



PLAY: 92 A Flat (90 Red)



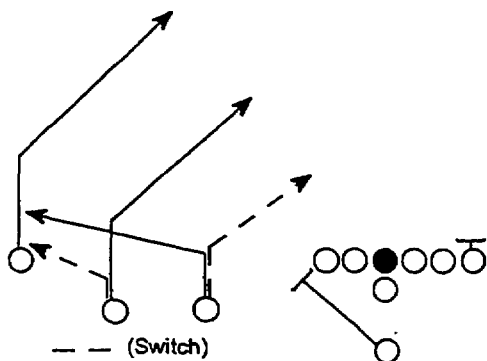
QB READS

3 step route - non rhythm

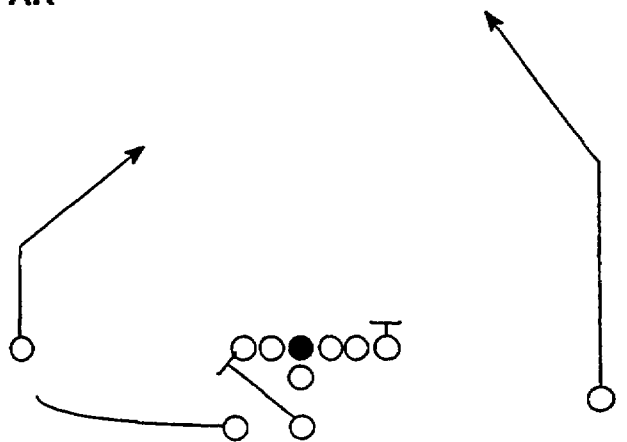
1. Read defender covering A - he runs flat - throw slant. He drops off - throw flat
2. Look to throw slant first. Aiming point is 6 inches in front of waist
3. Throw flat route. Aiming point is far hip.

X: Slant (5 step) 7 yards
 Y: Block
 Z: Post 12-14 yards
 A/H/U: Flat (6 yard aiming point)
 FB: Block
 C.P.: QB key flat defender
 Z: Adjustment in Trips is 3 step slant
 A: Wheel if you don't get the ball

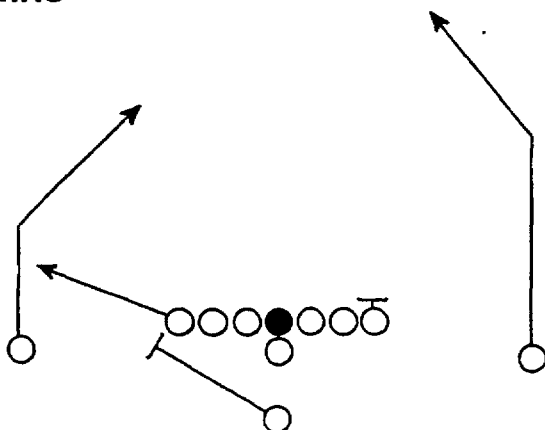
TRIPS



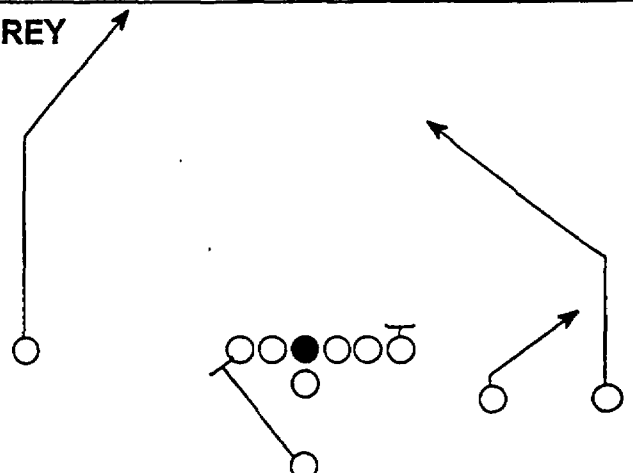
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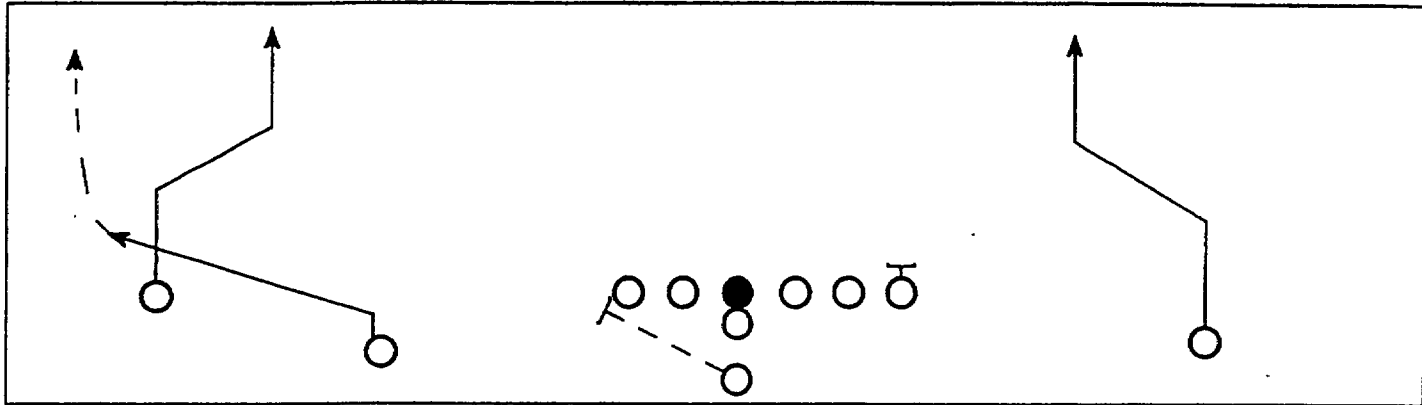
TWINS



TREY



PLAY: 92 A Flat & Go (Red & Go)

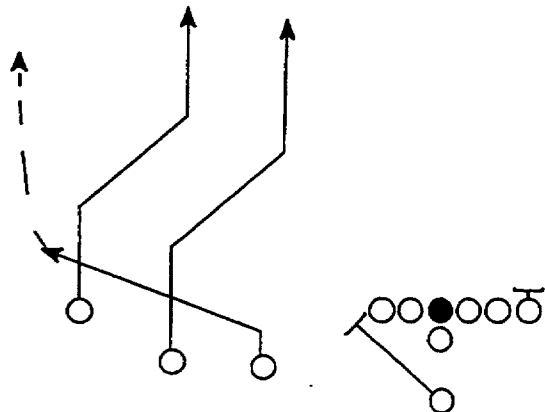


QB READS

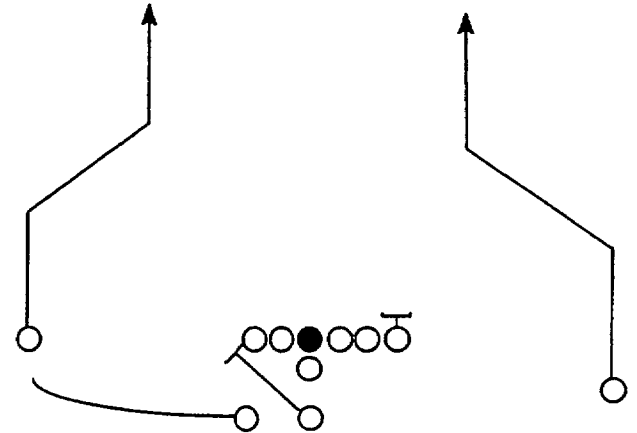
3 step drop, with 2 quick reset steps
Pump fake slant on 3rd step. Reset - throw deep to slant and go or wheel route.
Wheel route may come open as alternate route

X: Slant and go
Y: Block
Z: Slant and go
A/H/U: Wheel
FB: Block
C.P.: QB pump the slant
X and Z: See the pump then turn it up

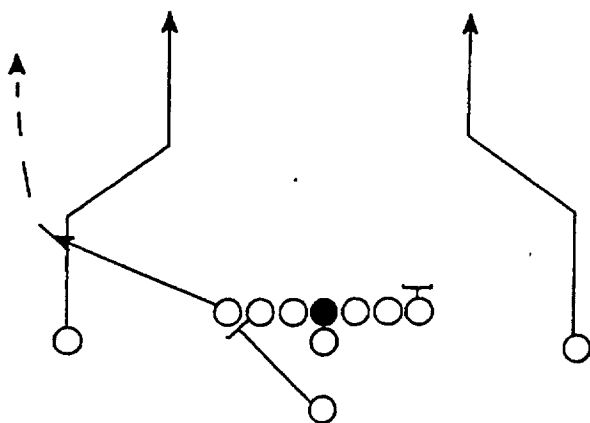
TRIPS



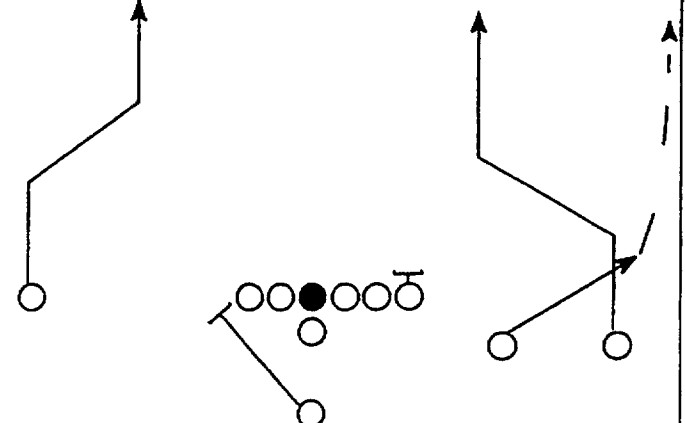
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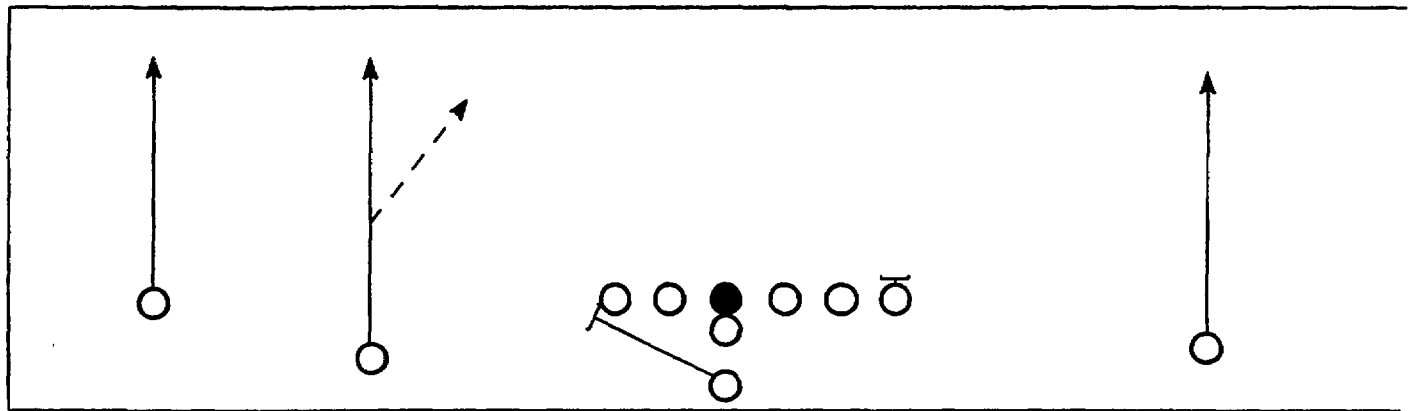
TWINS



TREY



PLAY: 93



QB READS

3 step drop

1. Pick side to where defender has tightest cushion or game plan. Aiming point is outside shoulder between receiver and sideline.

Alert- vs. blitz inside receiver may pop open over the middle

X: Take off

Y: Block

Z: Take off

A/H/U: Seam

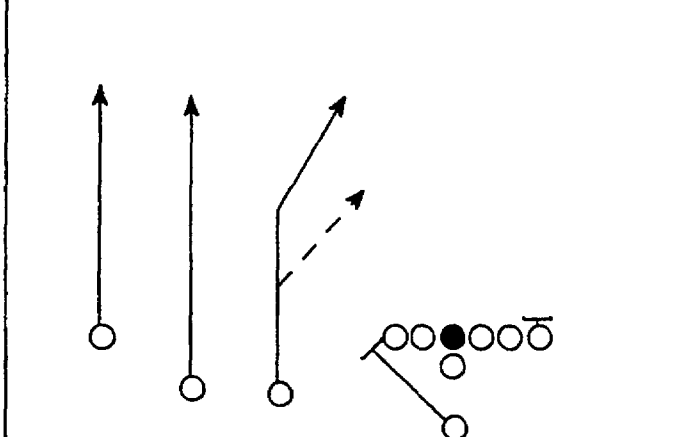
FB: Block

C.P.: X-Z leave room

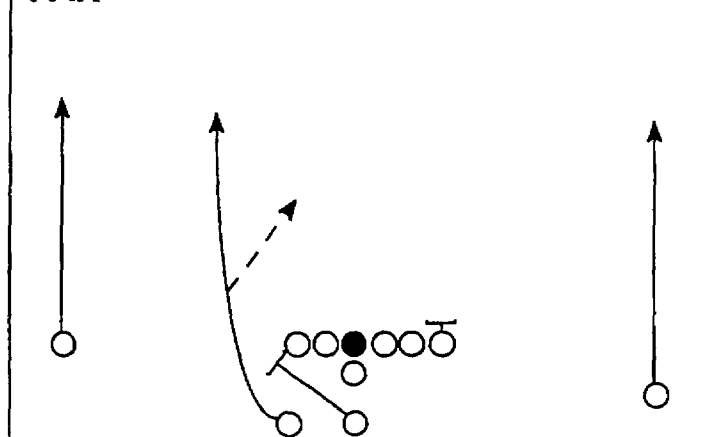
A: Has the middle vs. Cov. 2

Vs. blitz A back runs slant

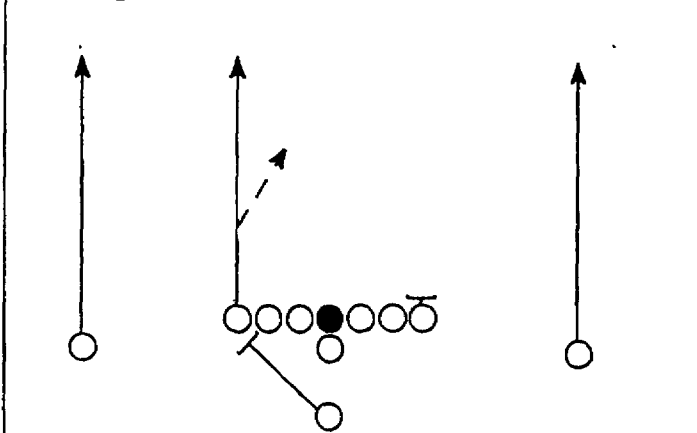
TRIPS



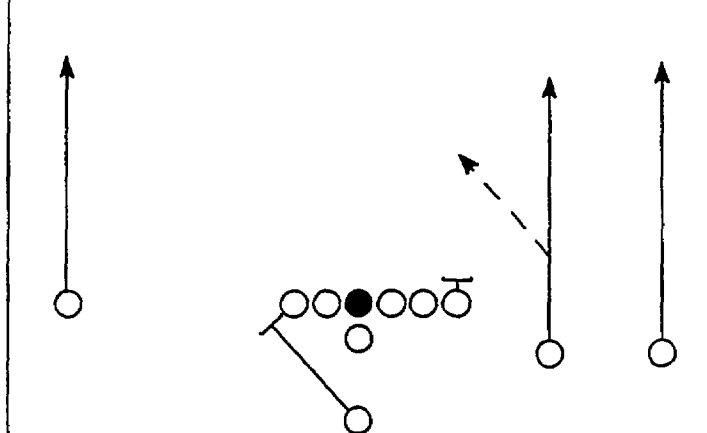
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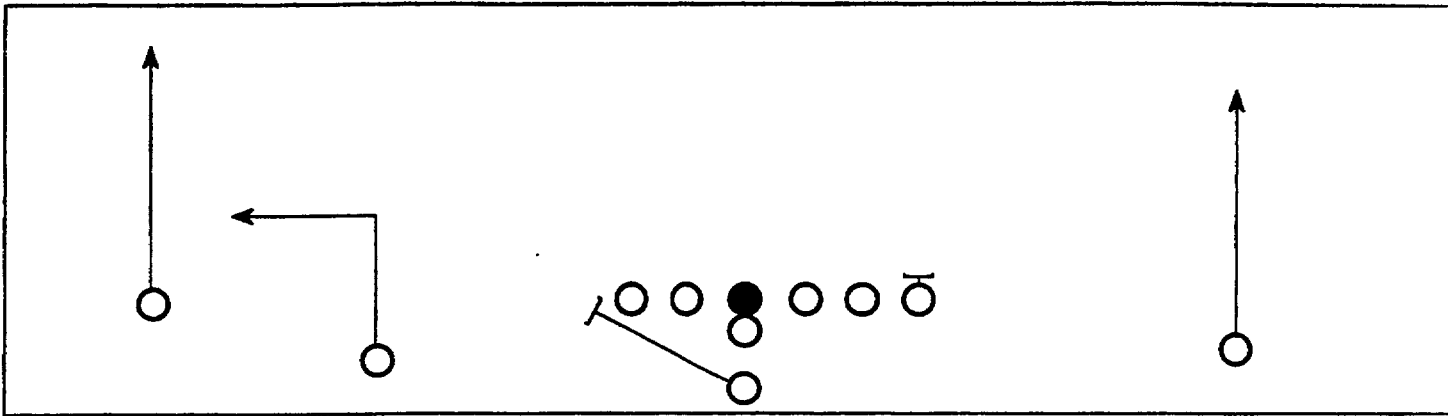
TWINS



TREY



PLAY: 93 A Out (Gold)



QB READS

3 step drop

(If A gets hung up you may drift 2 steps deeper)

1. Peak to X on takeoff
2. If X is not open comeback to A on the quick out.

Aiming point is far hip.

X: Take off

Y: Block

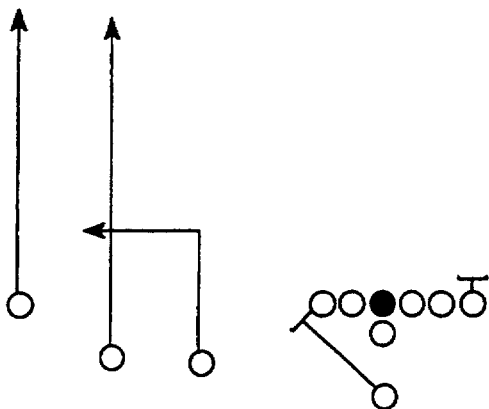
Z: Take off

A/H/U: Quick Out 6 yards

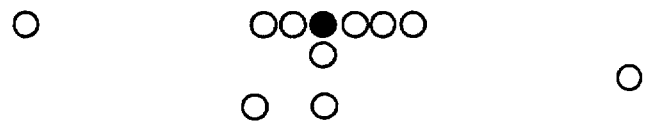
FB: Block

C.P.: X must release outside

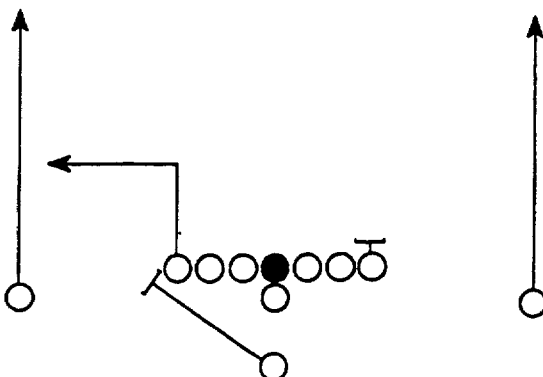
TRIPS



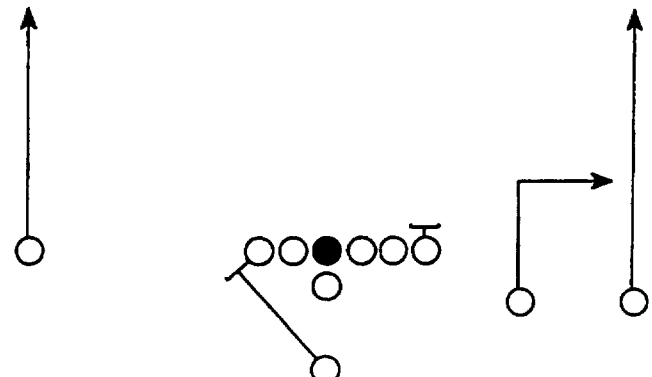
FAR



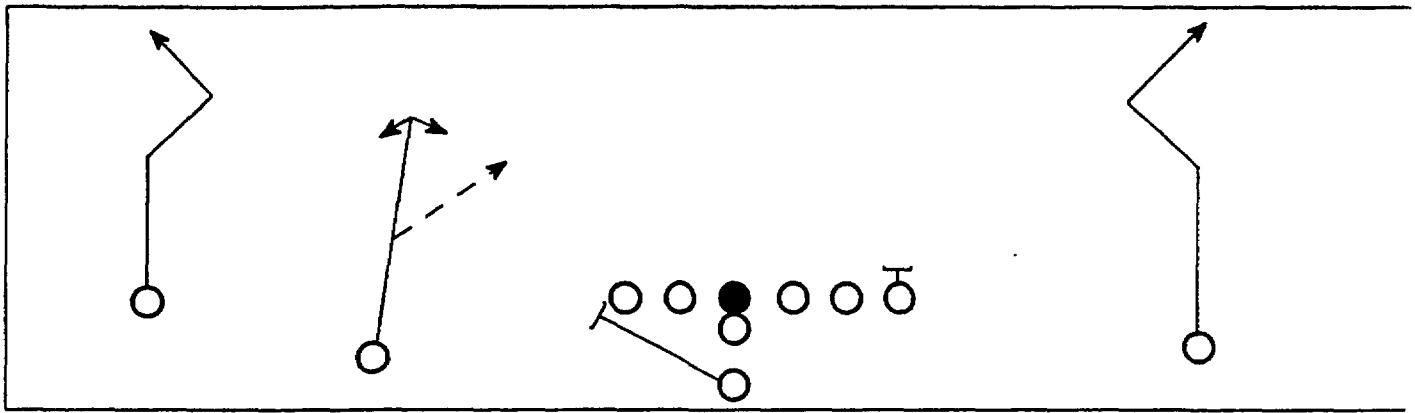
TWINS



TREY



PLAY: 95



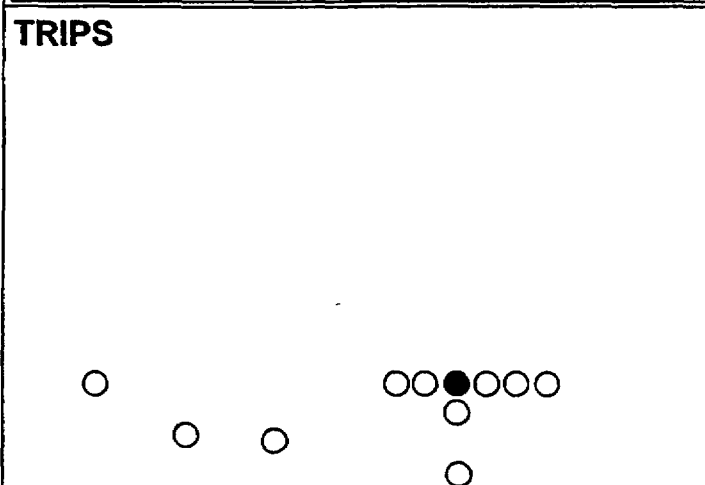
QB READS:

7 step drop - rhythm

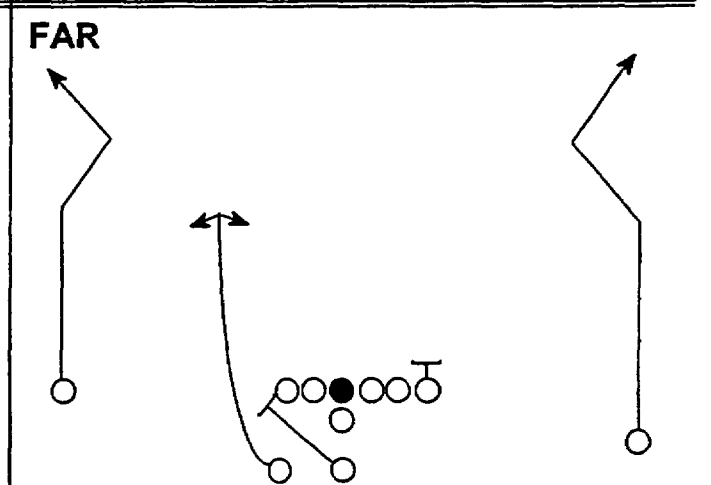
1. Pick a side (X or Z) depending on def. back alignment
2. Throw back away from defender - let X or Z run to the ball
3. If covered on the outside come back to A on a get open.
4. We may run A flat with this also

X: Post corner route.
Y: Block.
Z: Post corner route.
A/H/U: Get open RT 10-12 yds.
FB: Block.
C.P. A/H/U - if the linebackers disappear take the middle

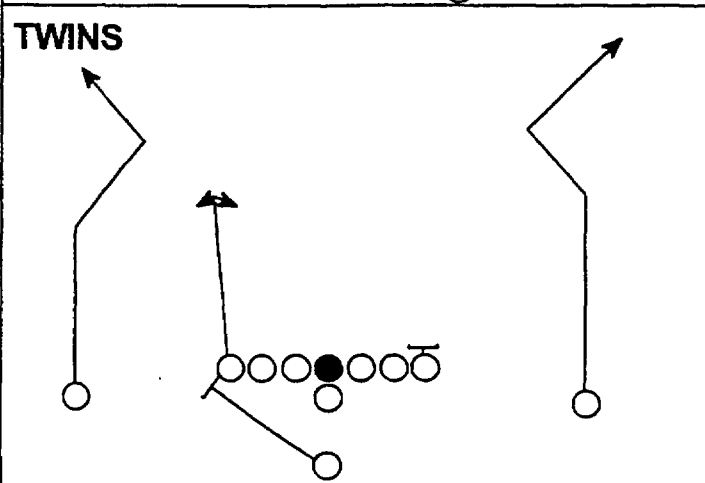
TRIPS



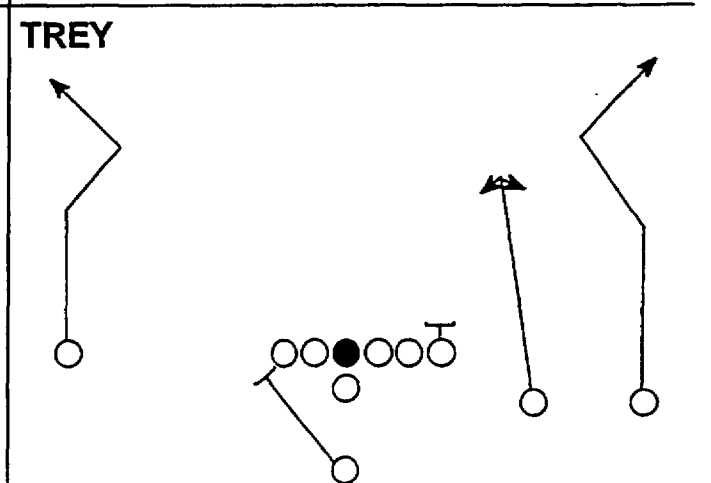
FAR



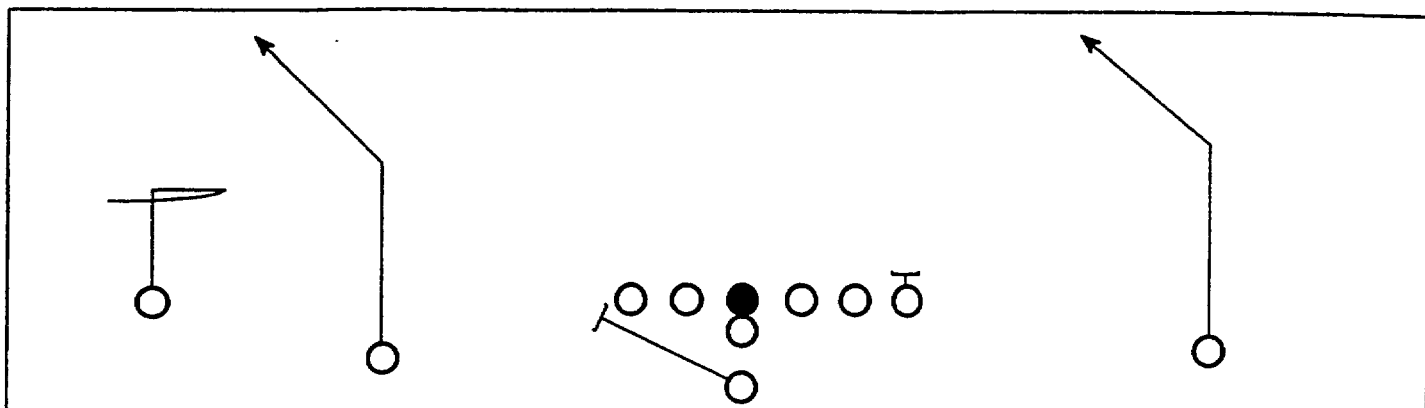
TWINS



TREY



PLAY: 96



QB READS

5 step Gather

vs. Man Coverage throw corner route. Not open come back to smash route. Smash will be coming hard inside.

vs. Zone Coverage Read defensive corner if he drops deep to cover the corner route - throw to Smash. If he stays on Smash - throw deep to corner route. Note X will read underneath coverage, he will stay outside or come underneath.

Coaching Point- game plan may tell you to throw post route

vs. blitz coverage.

Aiming Point- Smash route - throw to belly button.

Corner route vs. Man throw to receivers outside number

vs. Zone throw to open hole away from defense

X: Smash (5 steps)

Y: Block

Z: Post 12-14 yards

A/H/U: Corner 12-14 yards

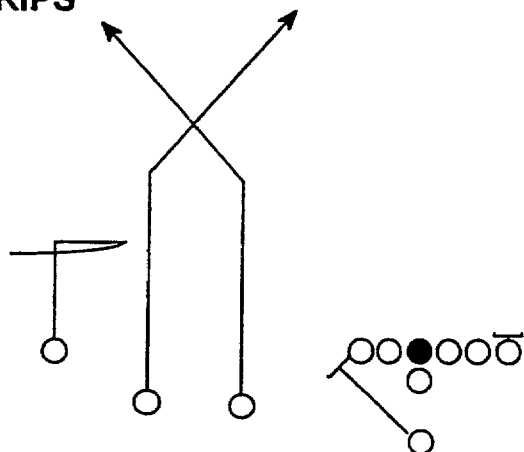
FB: Block

C.P.: QB read playside corner

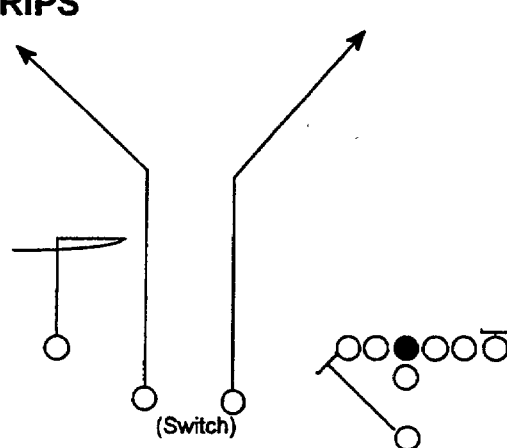
X: Read underneath coverage on

SWITCH CALL: A and Z switch routes

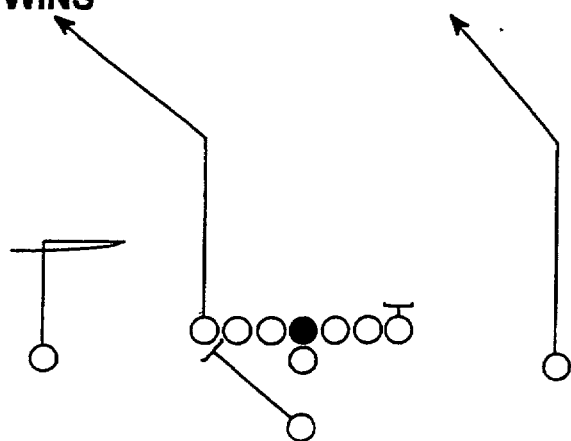
TRIPS



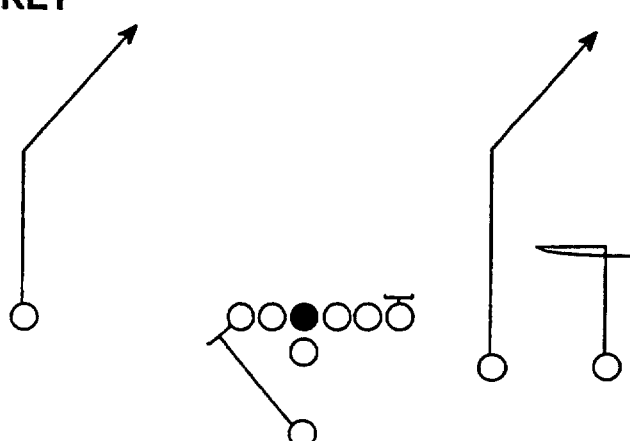
TRIPS



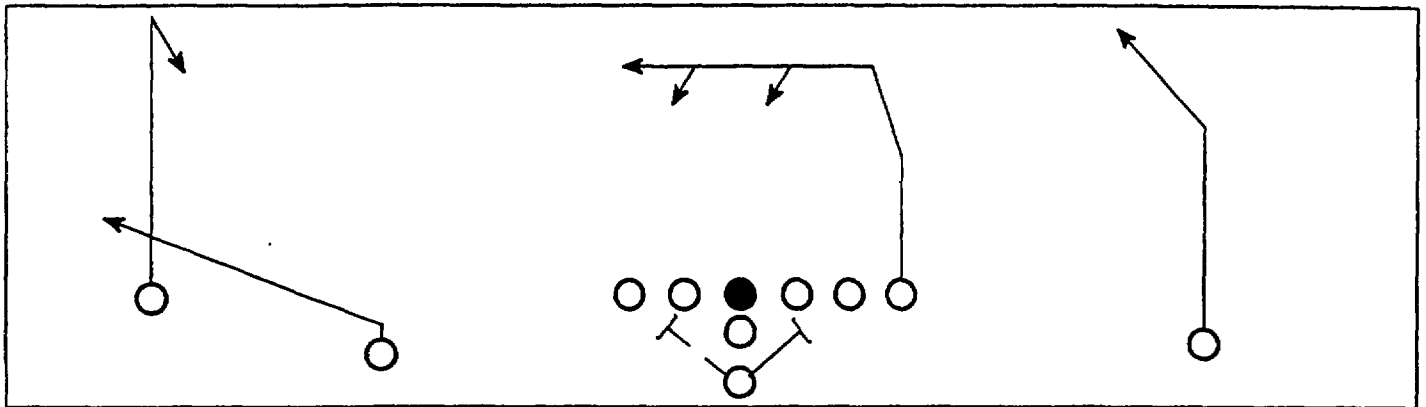
TWINS



TREY



PLAY: 60/70 X



QB READS

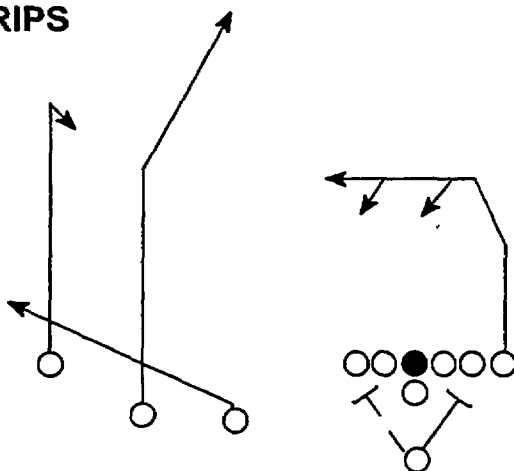
5 step Gather - non rhythm

1. Hero = Z on post
Hot = A in flat
2. Read defender responsible for curl -
throw opposite his reaction.
3. Progression is
X on stop
A on flat
Y on hunt

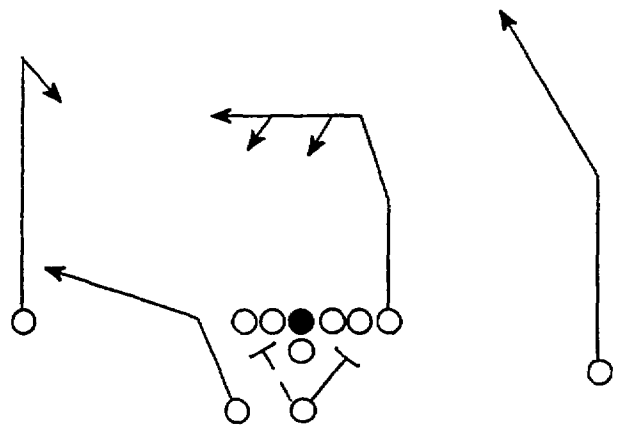
Aiming Point for stop route is belly button.
Coaching Point vs. 2 deep you may go to Y on
hunt. Game plan will dictate.

X: Stop (12-14 yards)
Y: Hunt (10-12 yards)
Z: Post - Hero route
A/H/U: Flat (6 yards)
FB: Block 60/70
C.P.: It is important to clear the stop
route.

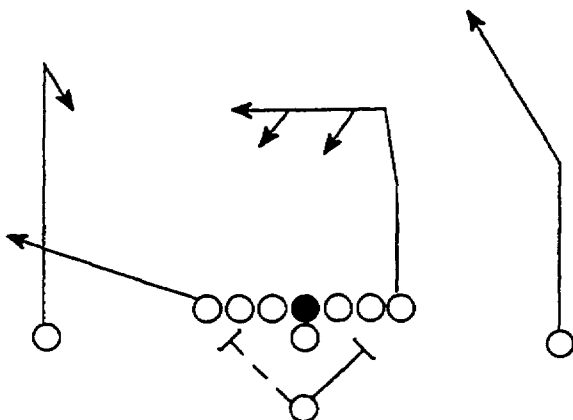
TRIPS



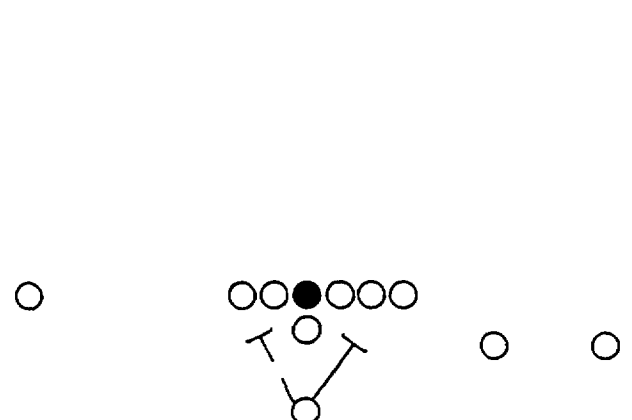
FAR



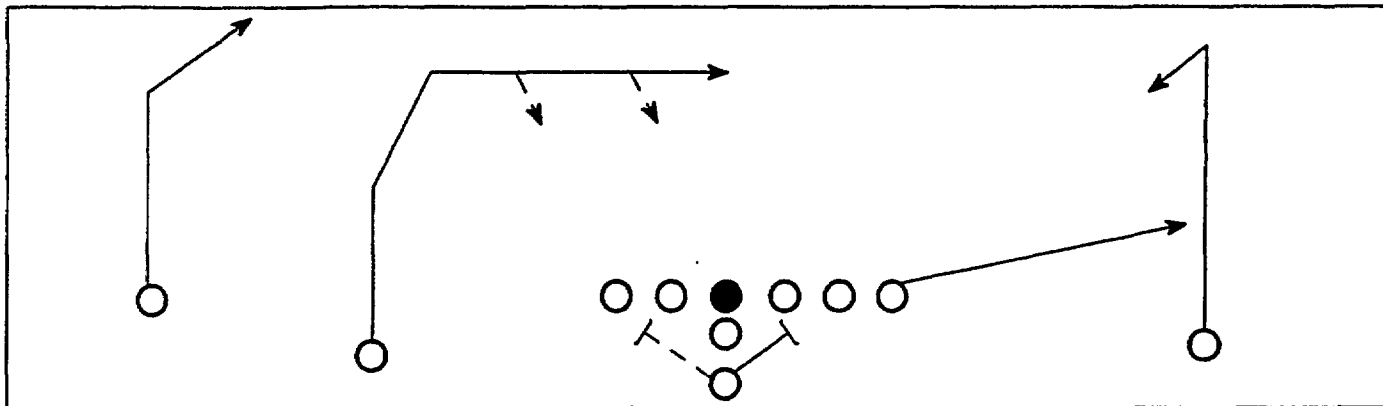
TWINS



TREY



PLAY: 60/70 Z



QB READS

5 step gather - non rhythm

1. Hero X on Post
Hot Y on Flat
2. Read defender responsible for curl area -
throw opposite drop
3. Progression is
Z on stop
Y on flat
A on hunt

Aiming point for stop is belly button.

Coaching Point: vs. 2 deep you may want to go to A on hunt. Game plan will dictate.

X: Post - hero route

Y: Flat (6 yds)

Z: Stop (12-14 yds)

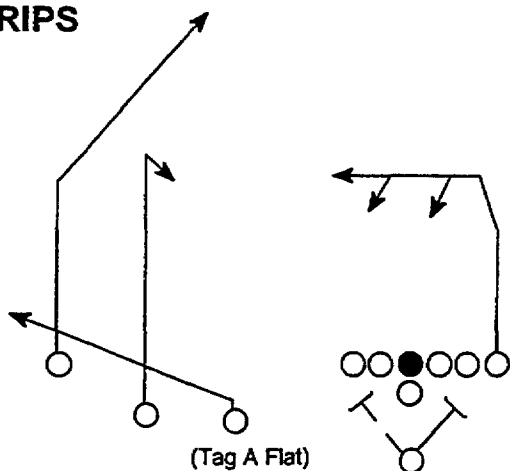
A/H/U: Hunt (12-14 yds)

FB: 60/70 Protection

C.P.:

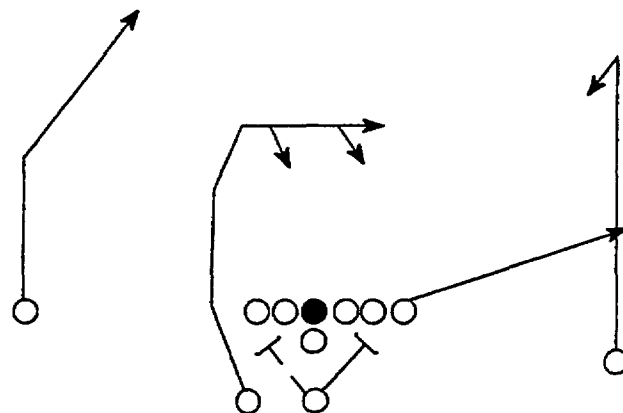
Y: It is important to clear the stop route

TRIPS

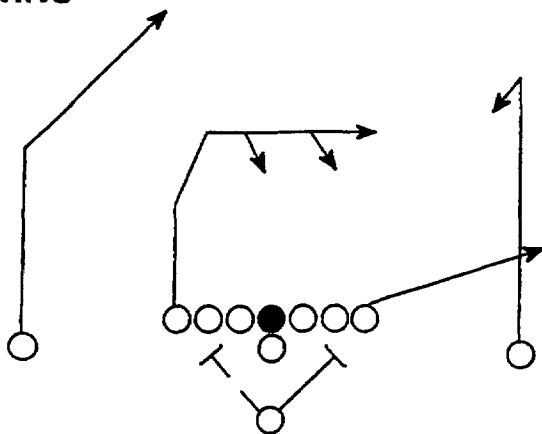


(Tag A Flat)

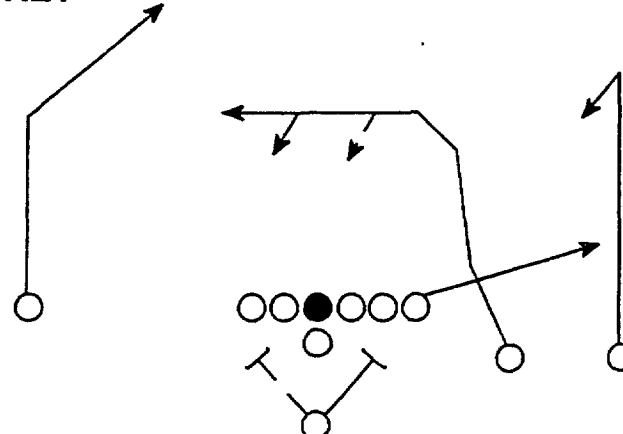
FAR



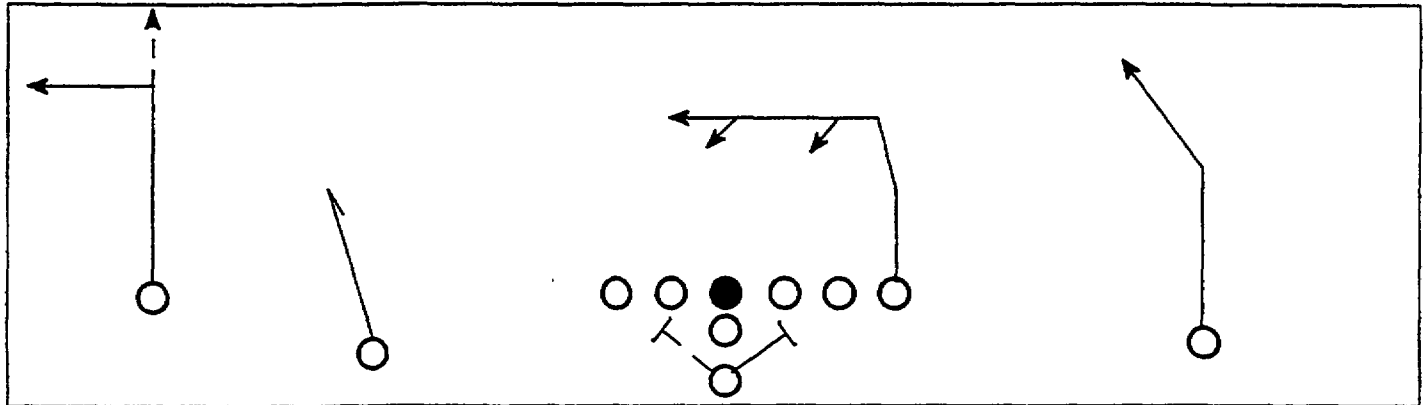
TWINS



TREY



PLAY: 61/71 X



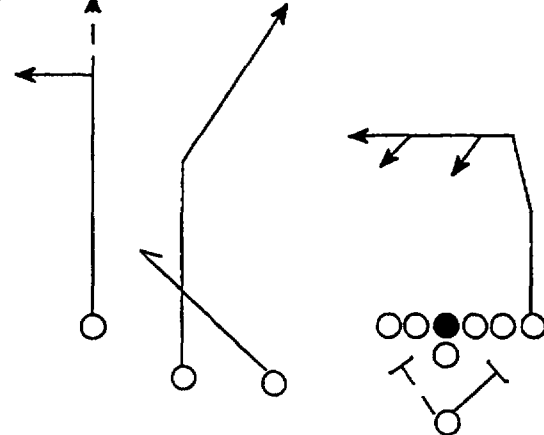
QB READS:

5 step gather - rhythm

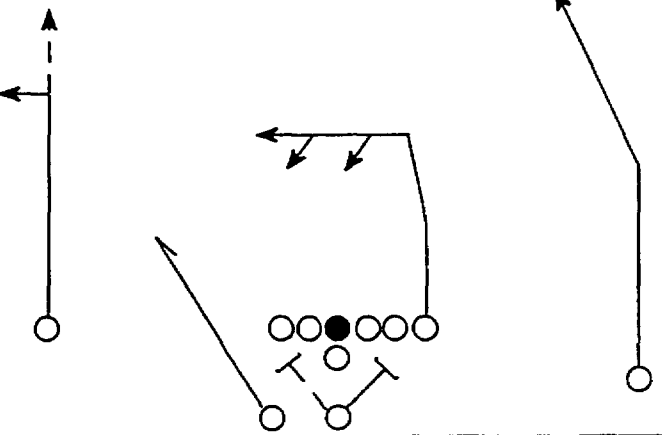
1. Hero - Z on post
Hot - A on zone adjust
2. Read defender responsible for underneath coverage on the out
3. Progression is
X on out
A on zone adjust
Y on hunt

X: Post - hero route
Y: Hunt (10-12 yds)
Z: Out (15 yds)
A/H/U: Zone Adjust (6-8 yds)
FB: 60/70 Protection
C.P. X - Convert vs Cover 2

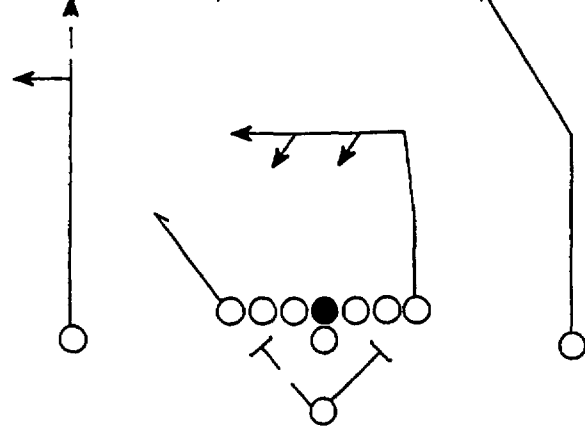
TRIPS



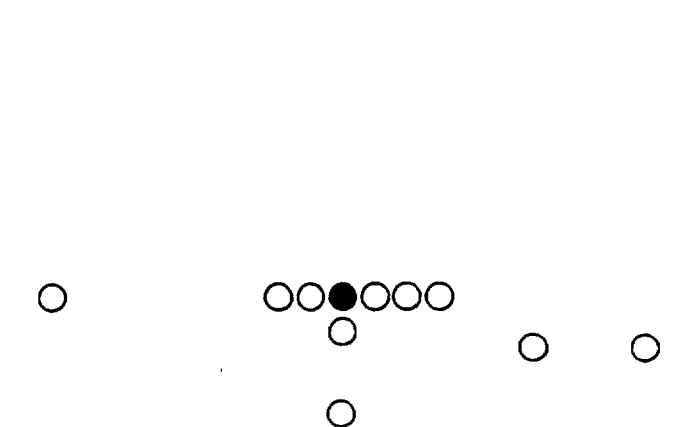
FAR



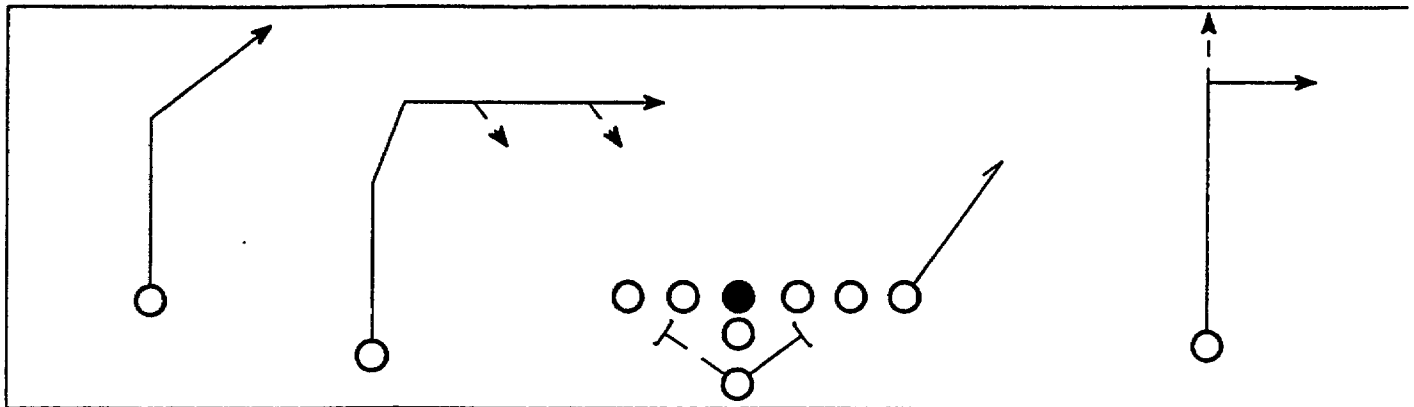
TWINS



TREY



PLAY: 61/71 Z



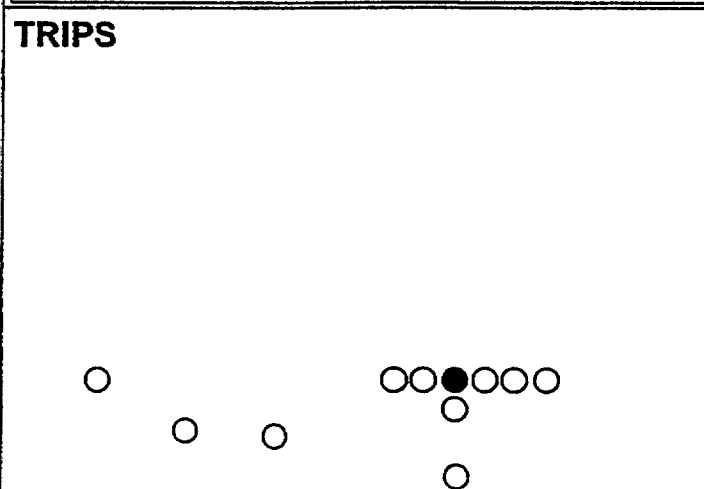
QB READS:

5 step gather - rhythm

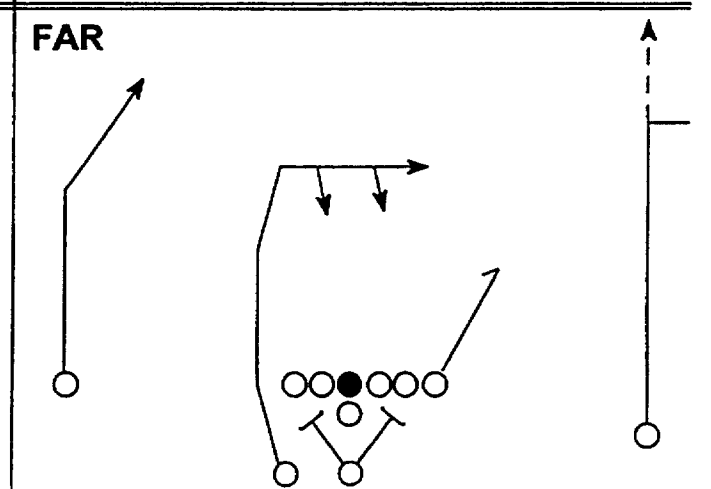
1. Hero - X on post
Hot - Y on zone adjust
2. Read defender responsible for underneath coverage on the out
3. Progression is
Z on out
Y on zone adjust
A on hunt

X: Post - hero route
Y: Zone Adjust (6-8 yds)
Z: Out (15 yds)
A/H/U: Hunt (12-14 yds)
FB: 60/70 Protection
C.P. Z - convert vs. cover 2

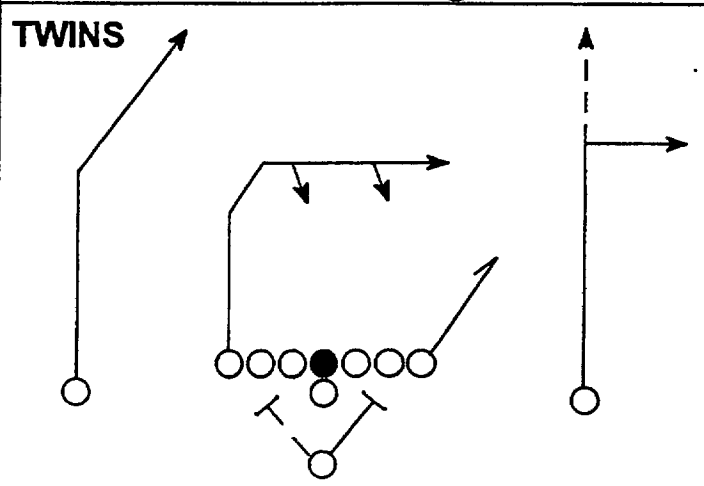
TRIPS



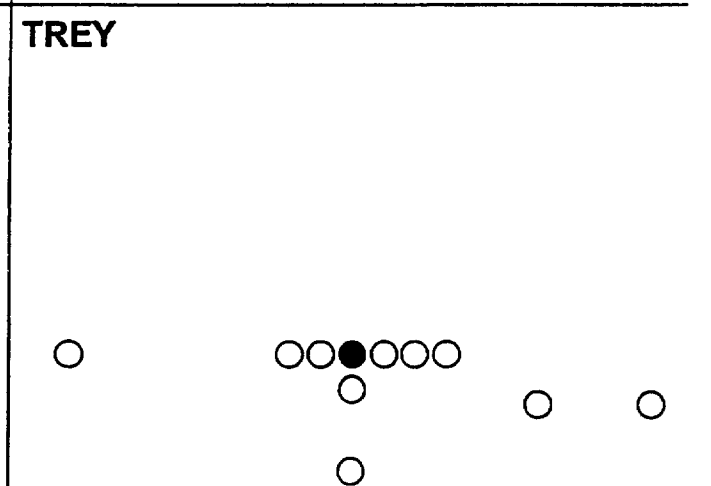
FAR



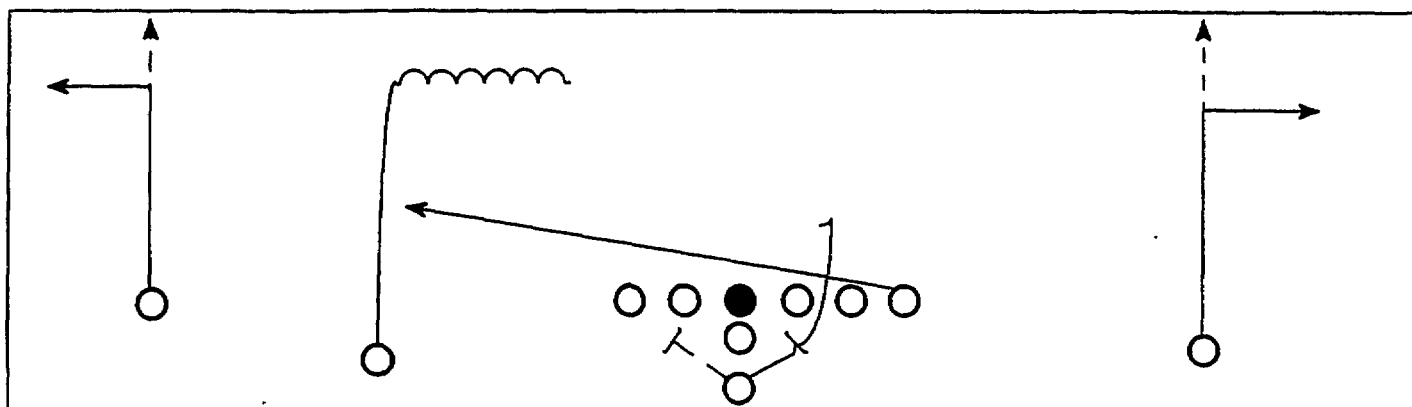
TWINS



TREY



PLAY: 61/71 Mayday



QB READS

5 step gather - rhythm throw when throwing out.

1. No hero route

Hot - Y on drag

2. Progression

vs. 3 deep - read flat defender weak, man free choose X or Z whomever has most cushion

vs. 2 deep - A or Y depending on drop of backers

vs. blitz - throw to Y (hot)

vs. prevent - A on go - Y on drag

X: Out (15 yds)

Y: Drag underneath linebackers

Z: Out (15 yds)

A/H/U: G.O. route (14 yds)

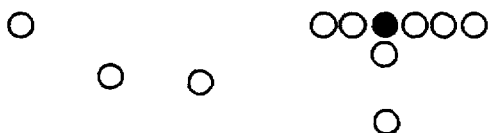
FB: 60/70 Protection (Leak)

A/H/U: Get open off the Mac linebacker

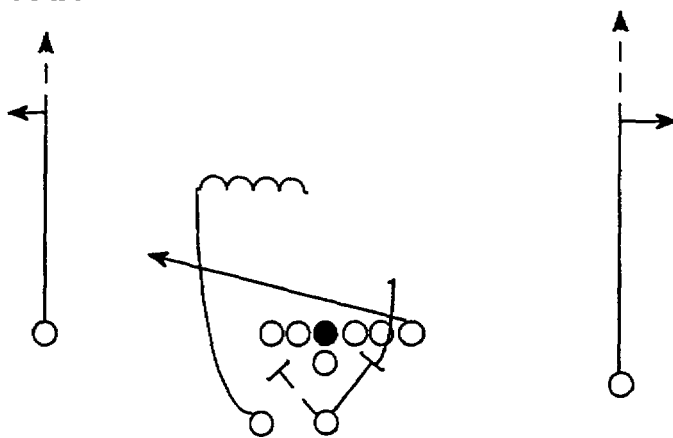
Y: Blitz outlet

C.P.: X and Z do not convert in 2 minute drill

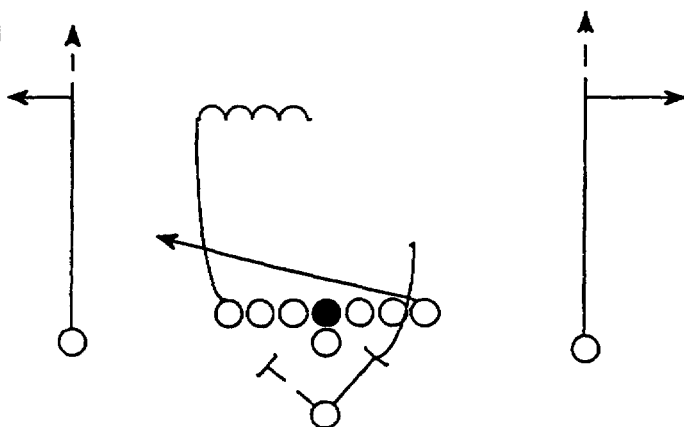
TRIPS



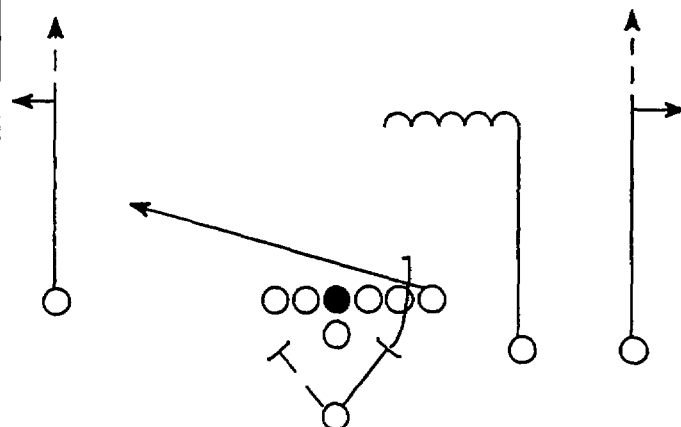
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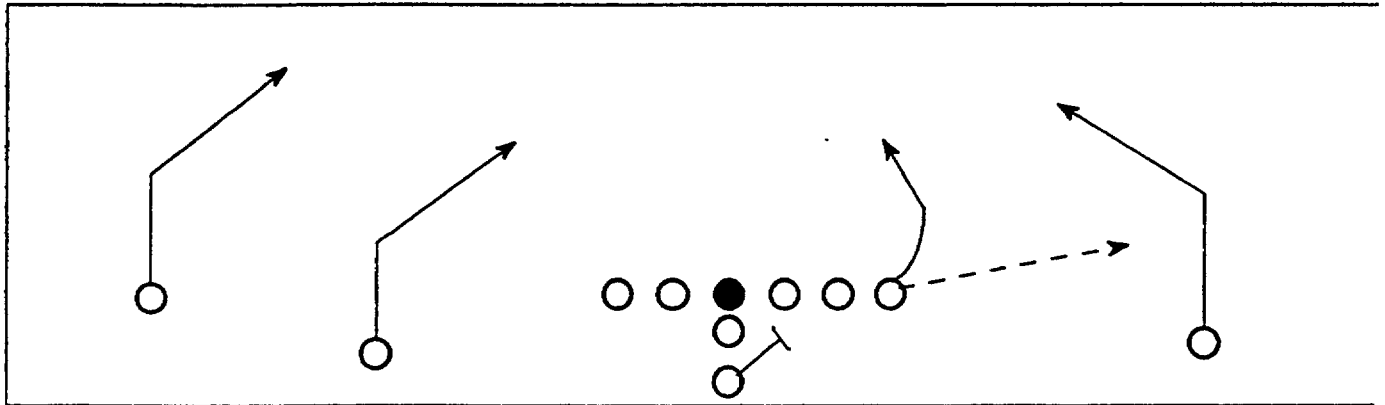
TWINS



TREY



PLAY: 62 Slants (Y Flat)



QB READS:

3 step shuffle or five step drop - non rhythm
 Pick 2 receiver side (wide side)
 Look to inside receiver if covered
 pause and throw outside.

On Y Flat

Vs. 1 Safety look - Read Y to Z

Vs. 2 Safety look - Read A To X

X: Slant 5 step
 Y: Slant (3 step)
 Z: Slant (5 step)
 A/H/U: Slant (3 step)
 FB: Block 60/70 Protection

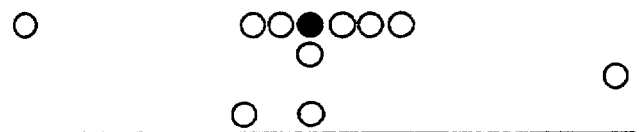
C.P. Inside receivers have to come underneath flat defenders.

Vs. Cover 4 - X Flatten out slant

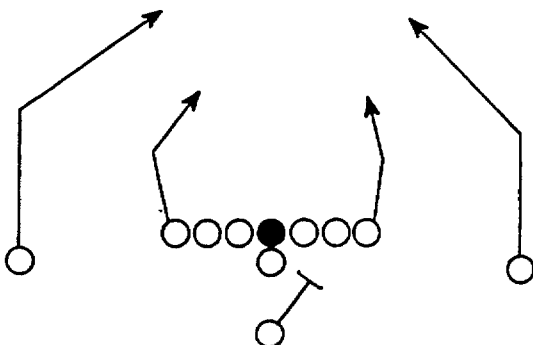
TRIPS



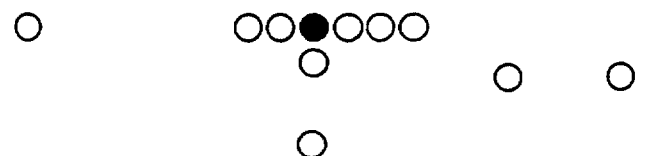
FAR



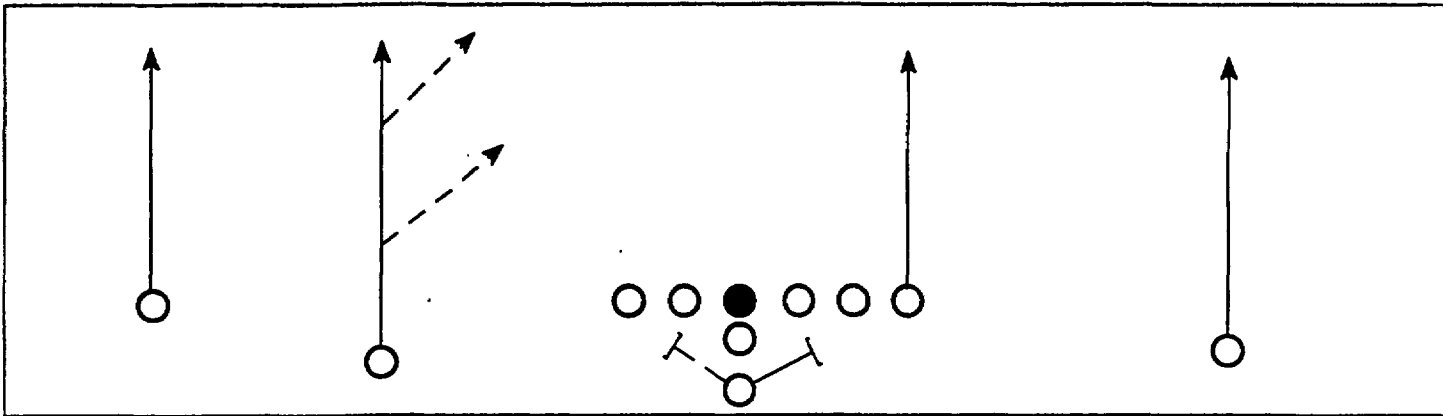
TWINS



TREY



PLAY: 63/73



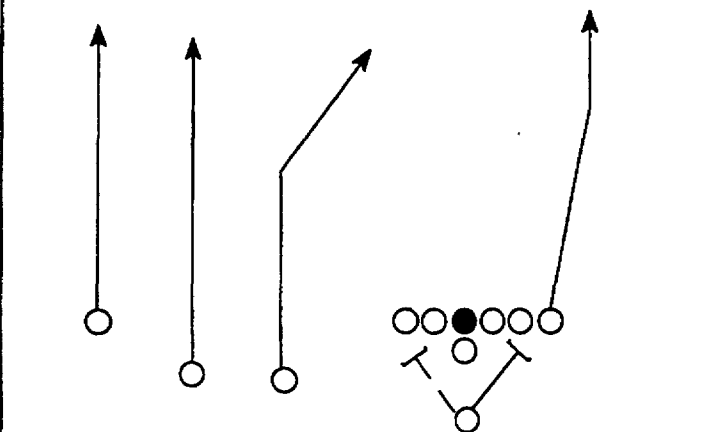
QB READS

5 step drop

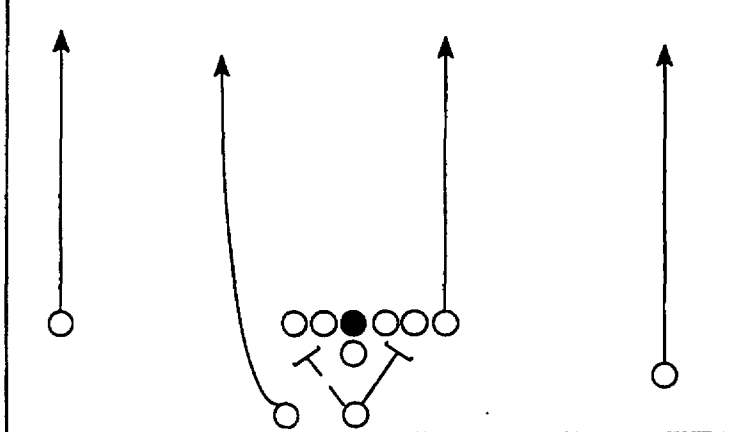
1. All receivers are hero.
 2. Hot is A back on slant.
 3. Progression vs. coverages
- 3 deep** - Pick best match up, Look off F.S. and throw opposite his reaction
- Man** - Pick best match up
- 2 deep** - A to X - Read F.S. OR
Y to Z - Read S.S.

- X:** Take off (ref point is the #'s)
- Y:** Seam (ref point is 2 yds outside hash)
- Z:** Take off (ref point is the #'s)
- A/H/U:** Seam (ref point is 2 yds outside hash)
- FB:** 60/70 Protection
- C.P.:**
- X-Z:** adjustment vs. roll corner is fade
- A/H/U:** has middle vs. blitz or cover 2
Vs. Blitz Run slant

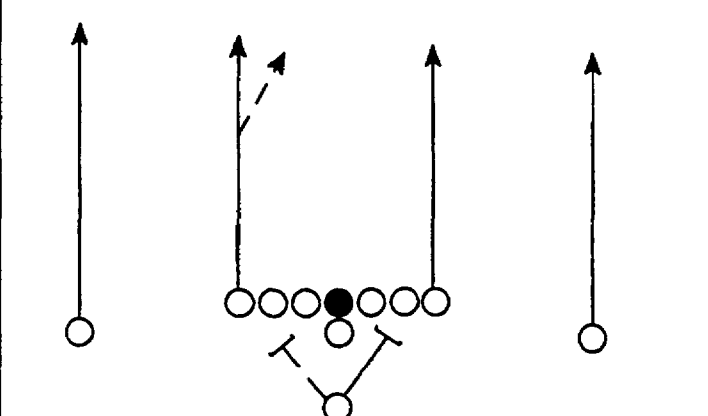
TRIPS



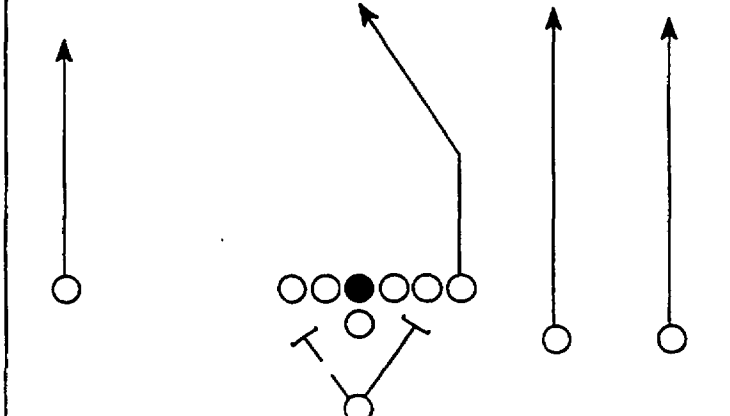
FAR



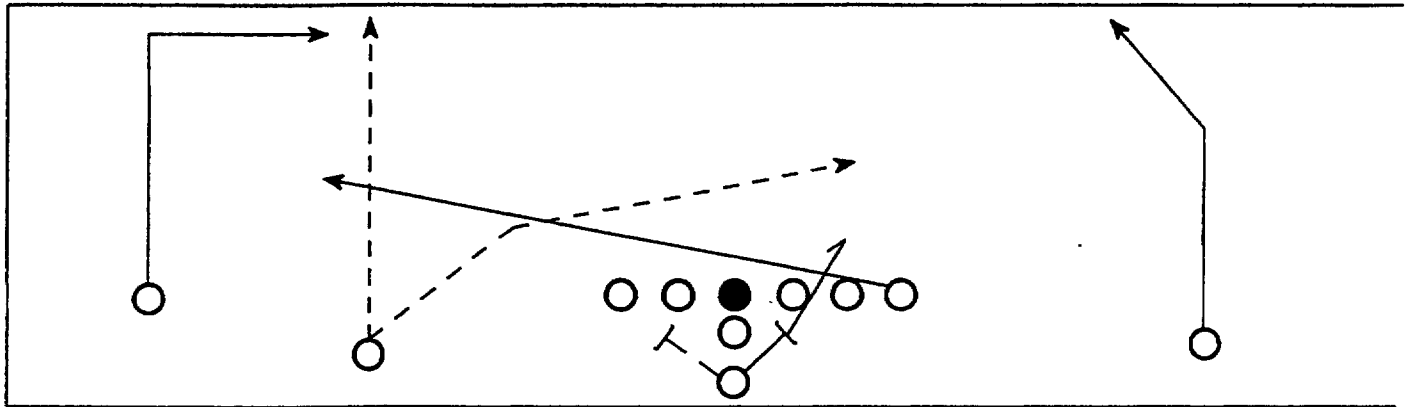
TWINS



TREY



PLAY: 64 X



QB READS

5 step gather non rhythm

May pull up shorter when throwing to T.E.

1. Hero Z on post

Hot Y on drag

Basic progression

Y on drag

X on dig

Aiming point is far side number on drag. 6 inches in front of waist on dig.

Coaching Point game plan and down and distance may affect progression.

X: Dig (15 yds)

Y: Drag (under the linebackers)

Z: Post - hero route

A/H/U: Vs. 2 safeties - Run seam through safety.

Vs. 1 safety - pick man covering Y

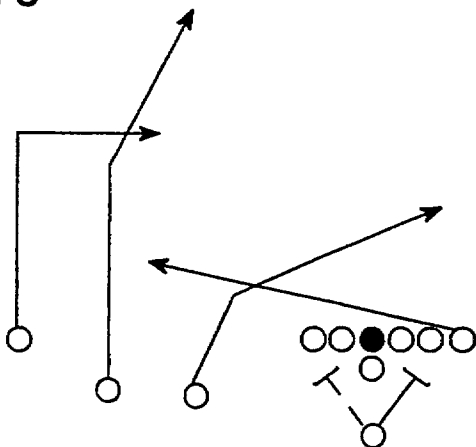
FB: 60/70 Protection

C.P.:

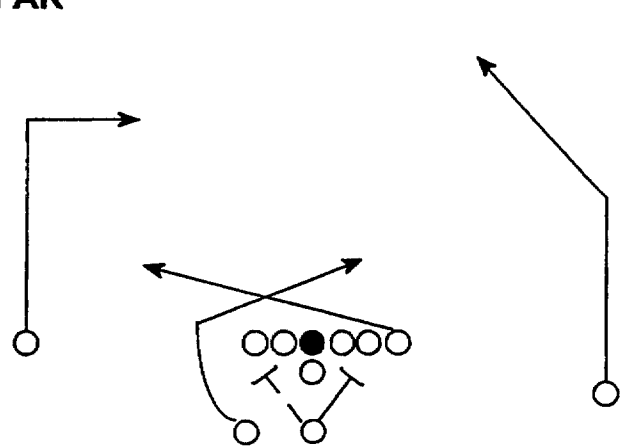
X: vs. man coverage run away from D.B.

vs. zone coverage find a window

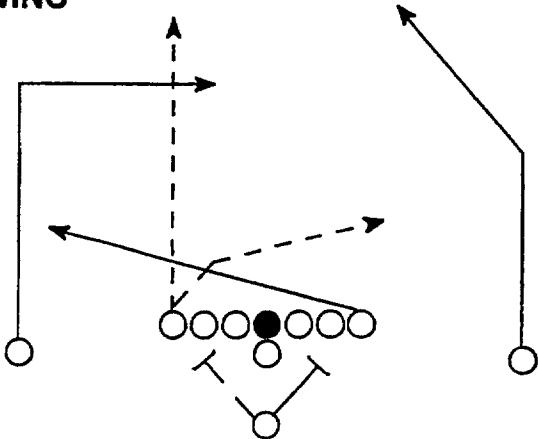
TRIPS



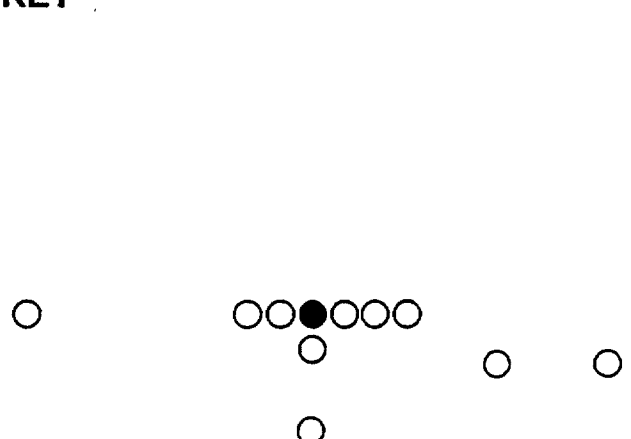
FAR



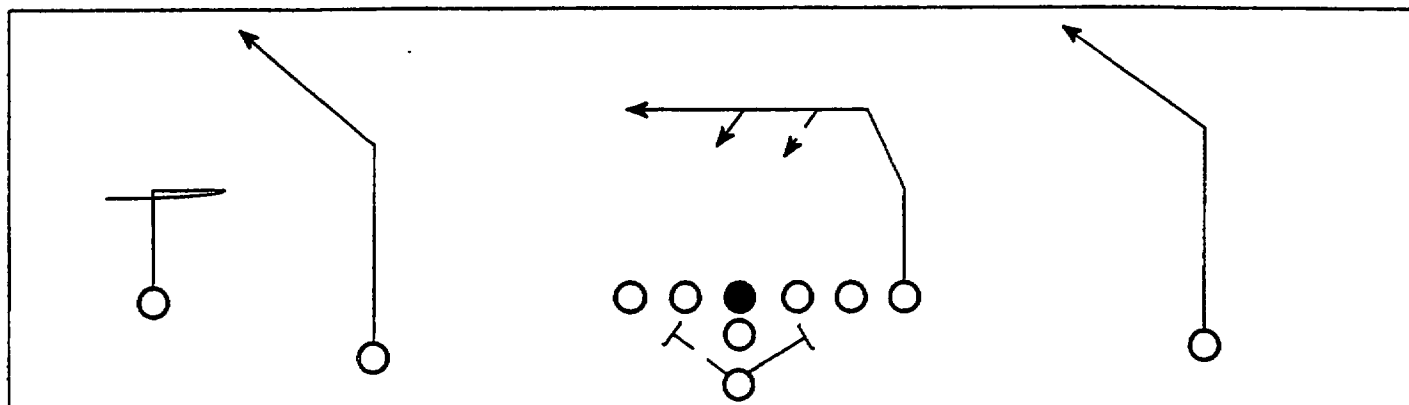
TWINS



TREY



PLAY: 66/76 X



QB READS

5 step drop

1. Hero - Z on post

Game plan may change to A on corner

2. Progression

A on corner

X on smash

Y on hunt

Alert- no hot receiver on this pattern

X: Smash (5 steps)

Y: Hunt (10-12 yds)

Z: Post (12-14 yds) hero route

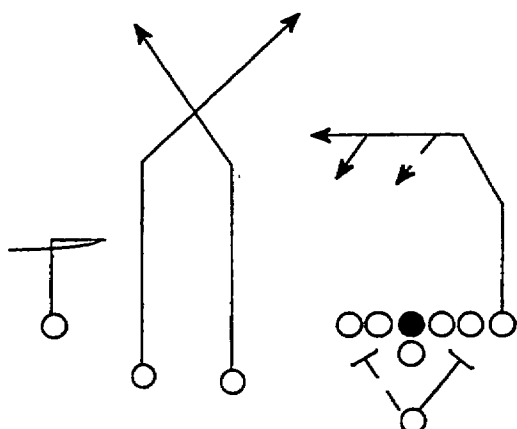
A/H/U: Corner

FB: 60/70 Protection

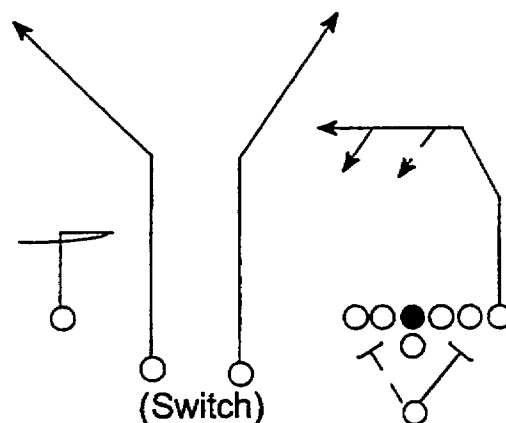
C.P.:

X: read under coverage for adjustment

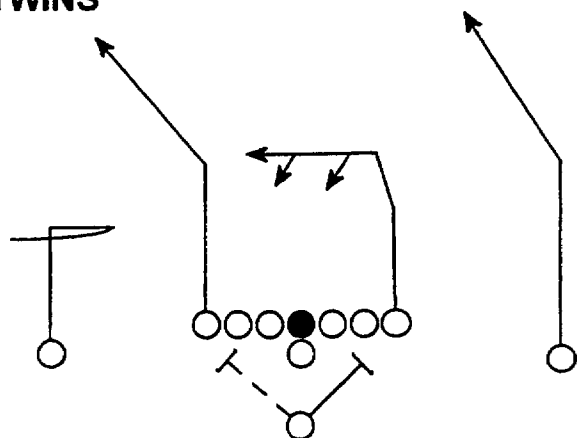
TRIPS



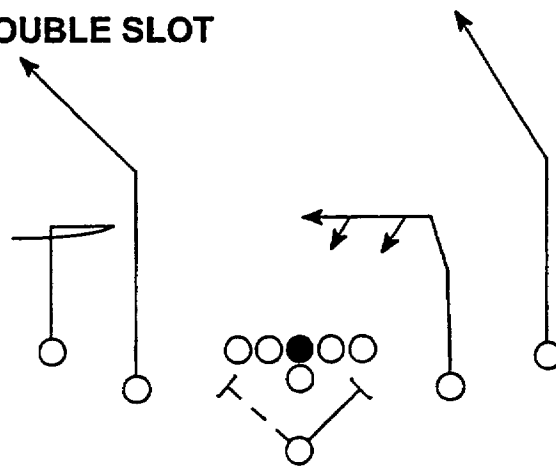
TRIPS



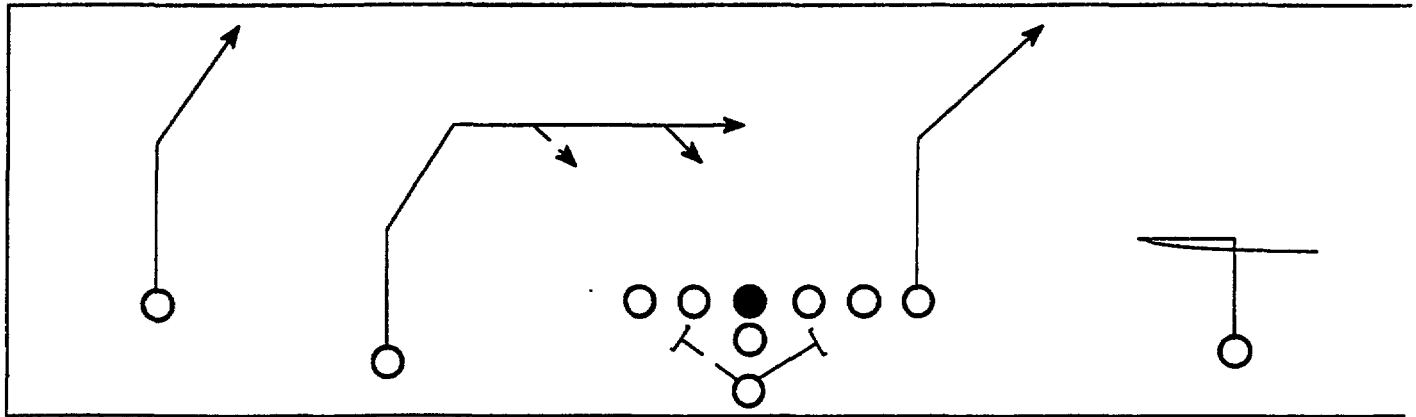
TWINS



DOUBLE SLOT



PLAY: 66/76 Z



QB READS

5 step drop

1. Hero - X on post

Game plan may change to Y on corner

2. Progression

Y on corner

Z on smash

A on hunt

Alert - no hot receiver on this pattern

X: Post (12-14 yards) Hero route

Y: Corner

Z: Smash (5 Steps)

A/H/U: Hunt (12-14 yards)

FB: 60/70 Protection

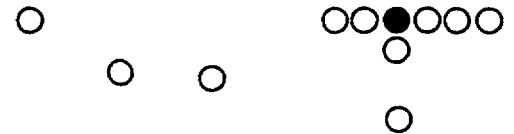
C.P.:

Z: read under coverage for adjustment

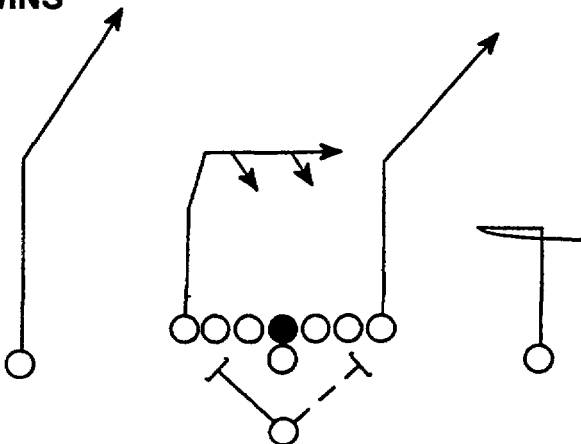
TRIPS



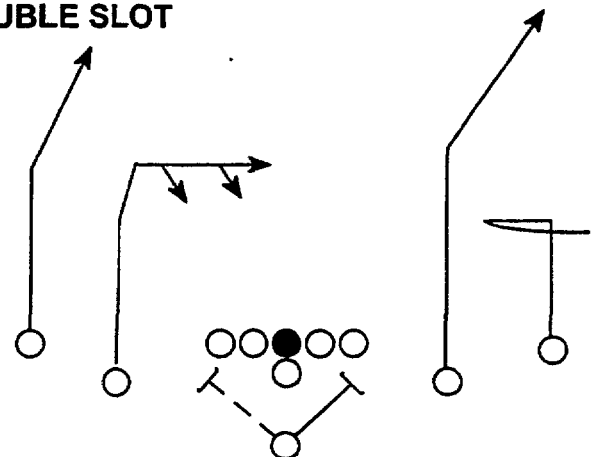
TRIPS



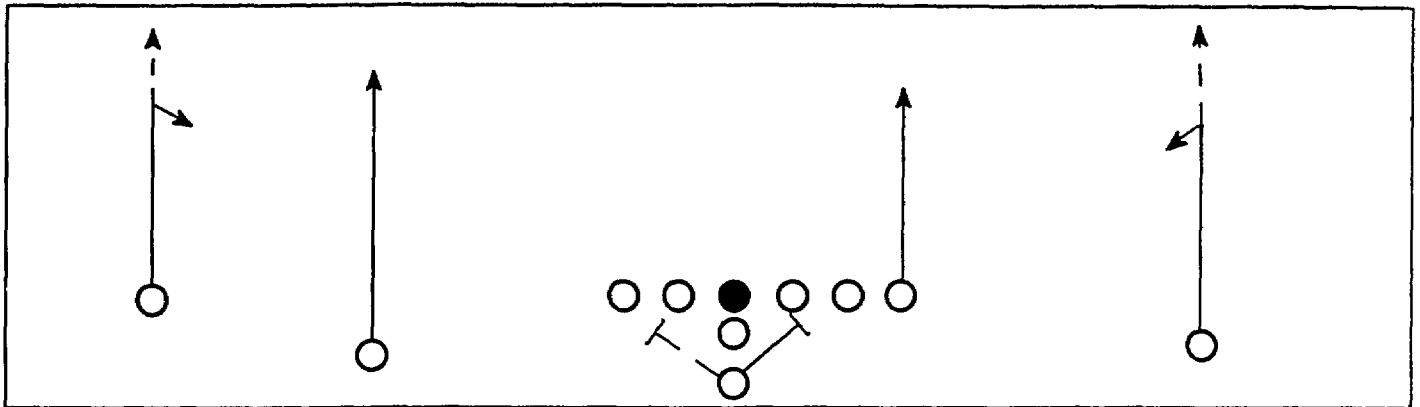
TWINS



DOUBLE SLOT



PLAY: 60/70 White



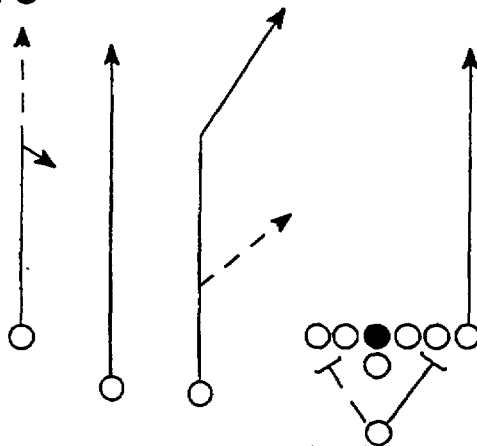
QB READS

Quick 5 Step Drop

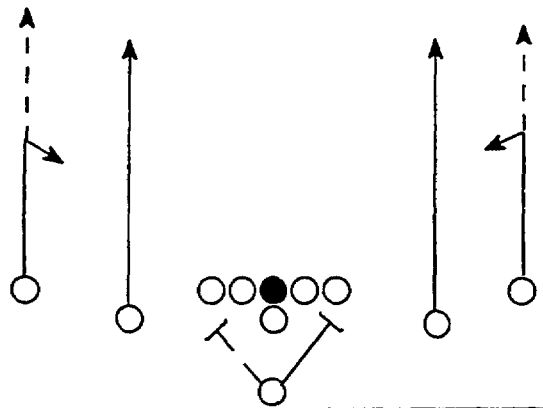
1. Pre snap read - CB with most cushion.
2. Throw to short side unless LB is walked out into throwing lane.
3. If flat defender sprints to cover hitch, throw inside to seam.

X: Hitch 7 Steps (10 yds)
 Y: Seam
 Z: Hitch 7 Steps (10 yds)
 A/H/U: Seam
 FB: Block 60/70
 C.P Vs. Blitz A back runs slant

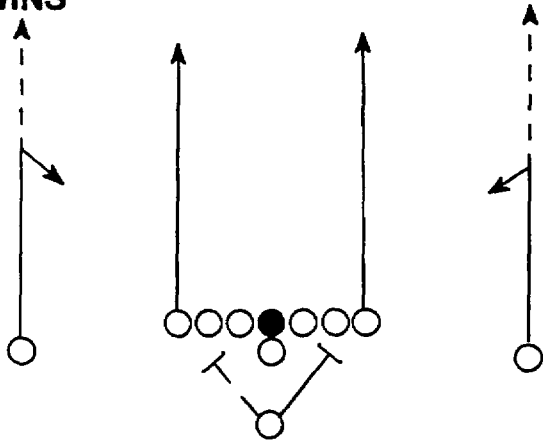
TRIPS



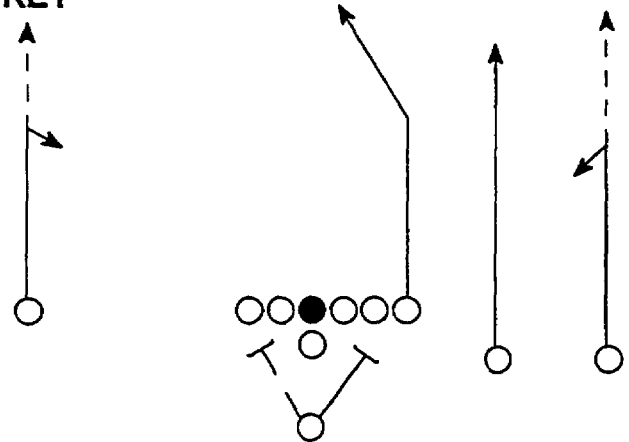
DOUBLE SLOT



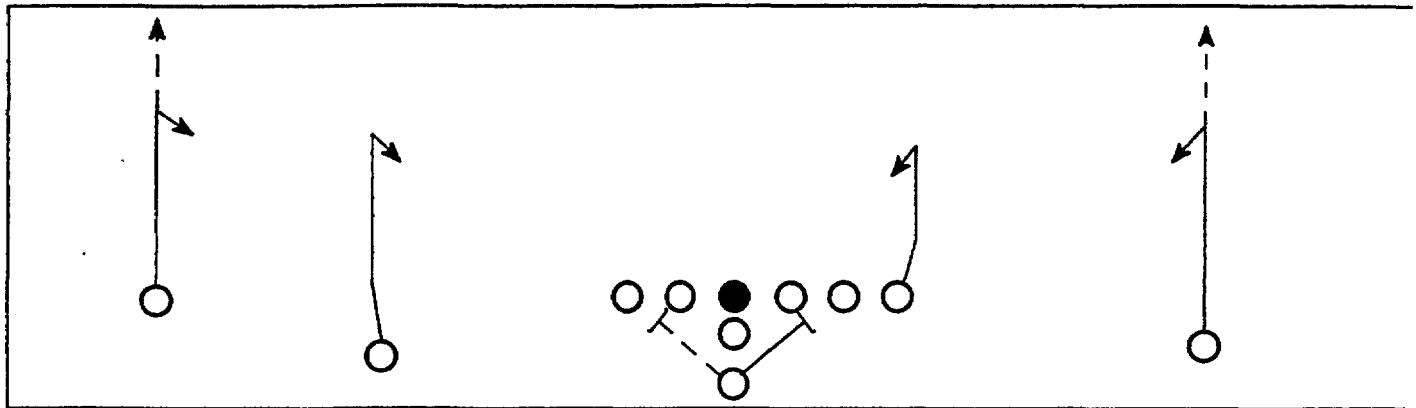
TWINS



TREY



PLAY: 60/70 White Hooks



QB Reads

5 Step Drop

Vs. Cov. 1- Biggest cushion for hitch

Vs. Cov. 2- Throw converted T.O. to X/Z

Vs. Cov. 3- Read Flat defender, throw opposite his reaction

Vs. Cov. 4- Read flat defender, throw opposite his reaction

X: Hitch (7 Steps) 10 yds.

Y: Hook 6-8 yds.

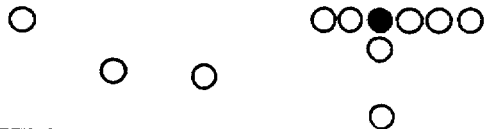
Z: Hitch (7 Steps) 10 yds.

A/H/U: Hook 6-8 yds.

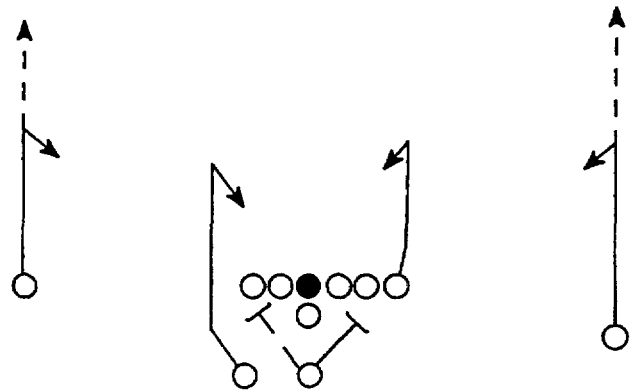
FB: Block 60/70 Protection

C.P. X and Z convert to fade vs. bump

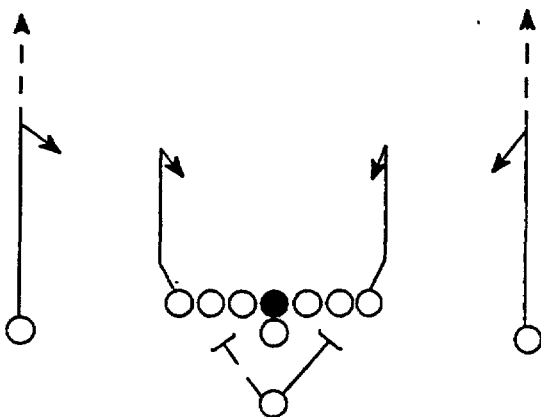
TRIPS



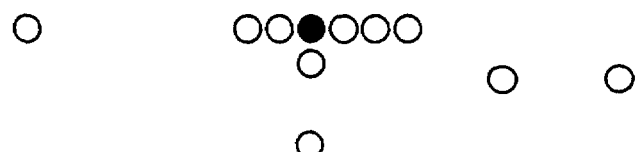
FAR



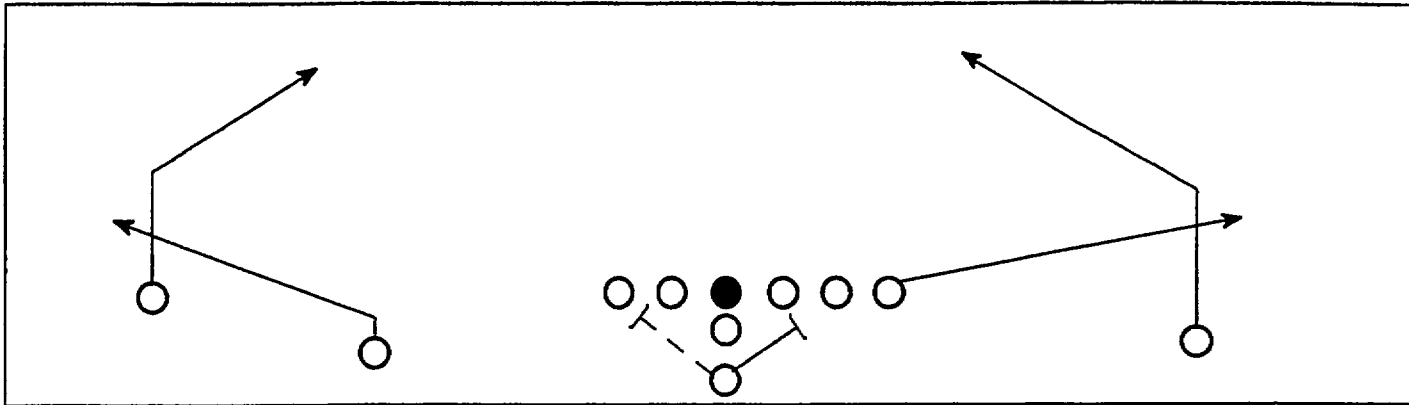
TWINS



TREY



PLAY: 60/70 Red



QB READS

3 Step drop - non rhythm

1. Read flat defender. If he runs flat, throw slant.

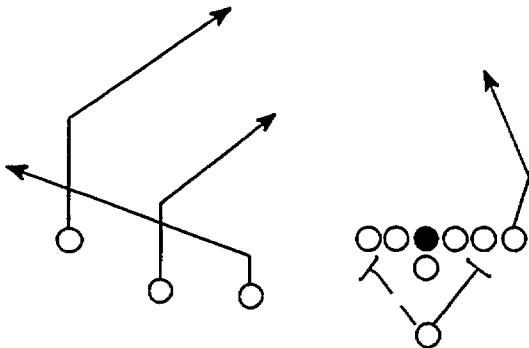
If he deepens, throw flat.

Vs. cover 1 - you may read FS throw to slant opposite his direction.

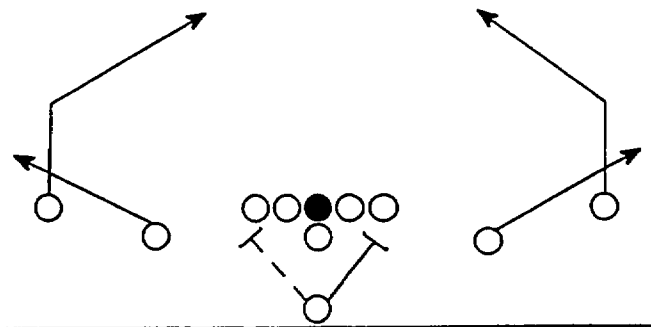
Vs. cover 4 - throw flat.

X: Slant
Y: Flat
Z: Slant
A/H/U: Flat
FB: Block 60/70 protection
CP:

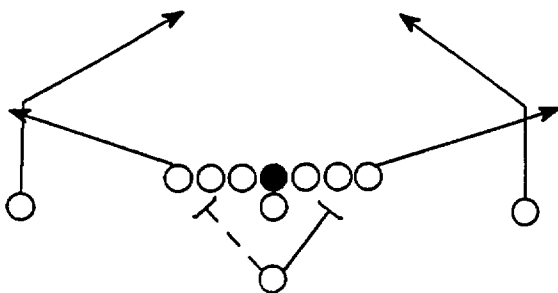
TRIPS



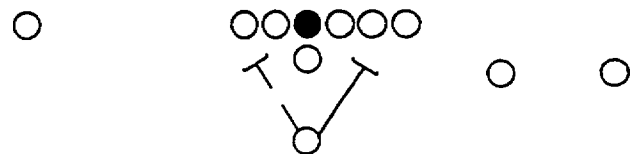
DOUBLE SLOT



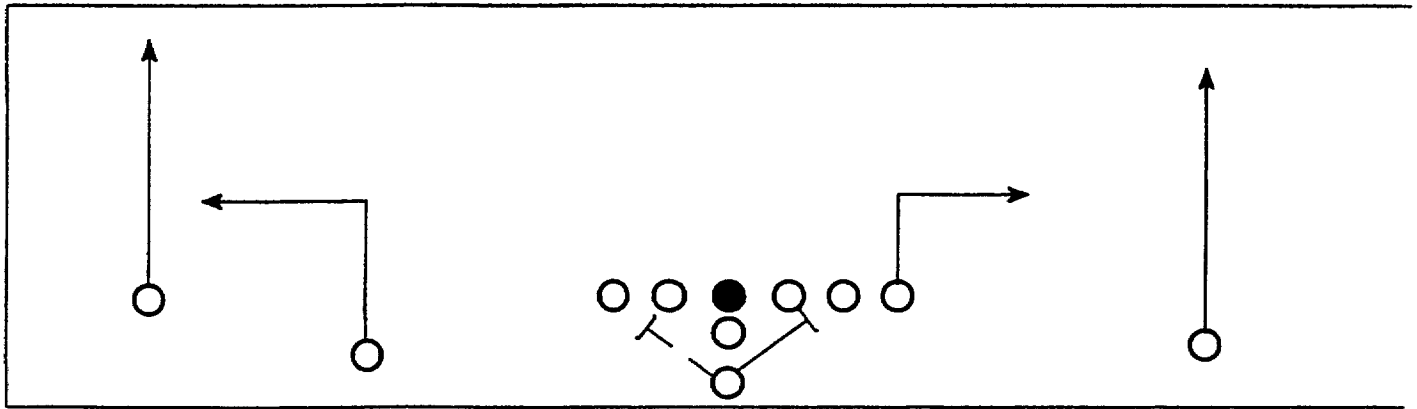
TWINS



TREY



PLAY: 60/70 Gold



QB READS

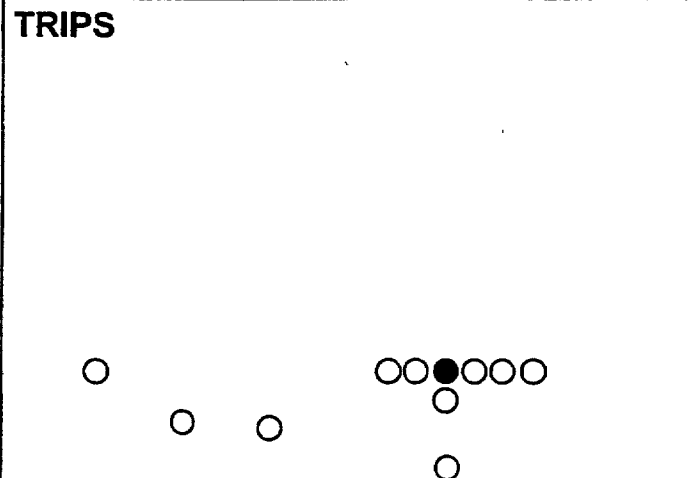
3-5 Step drop

Vs. man - take 5 steps to let wr work the out route.

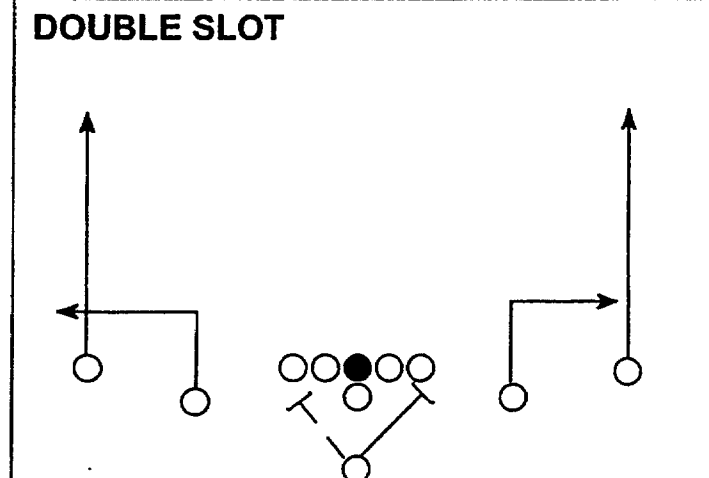
1. Pre snap - choose best match up or flat defender that is out leveraged.
2. Peek at take off.
3. Throw to quick out.

X: Take off
Y: Quick out
Z: Take off
A/H/U: Quick out
FB: Block 60/70
CP: X and Z outside release

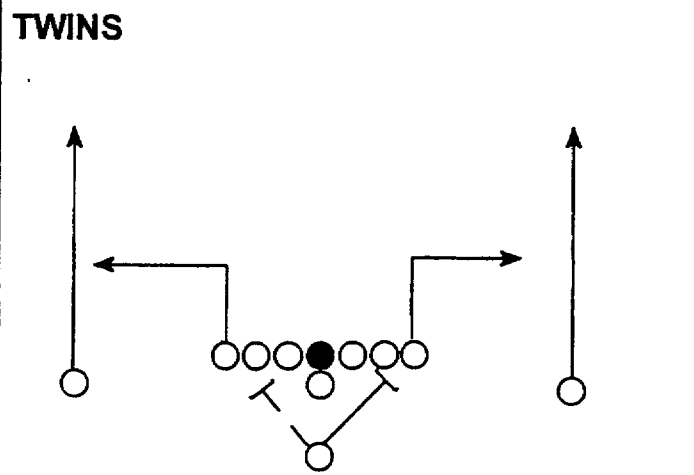
TRIPS



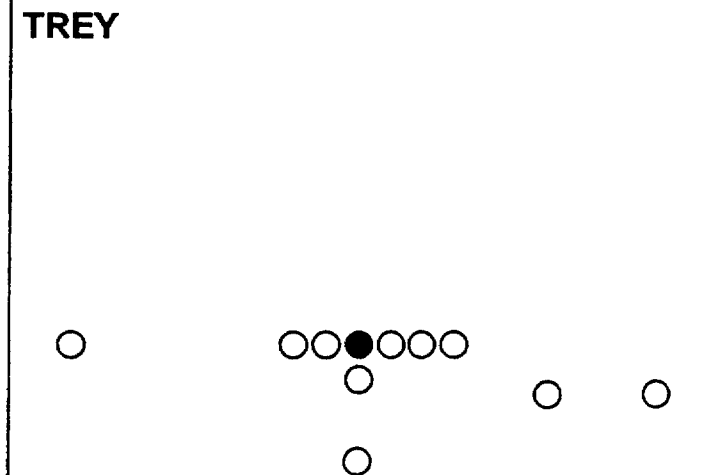
DOUBLE SLOT



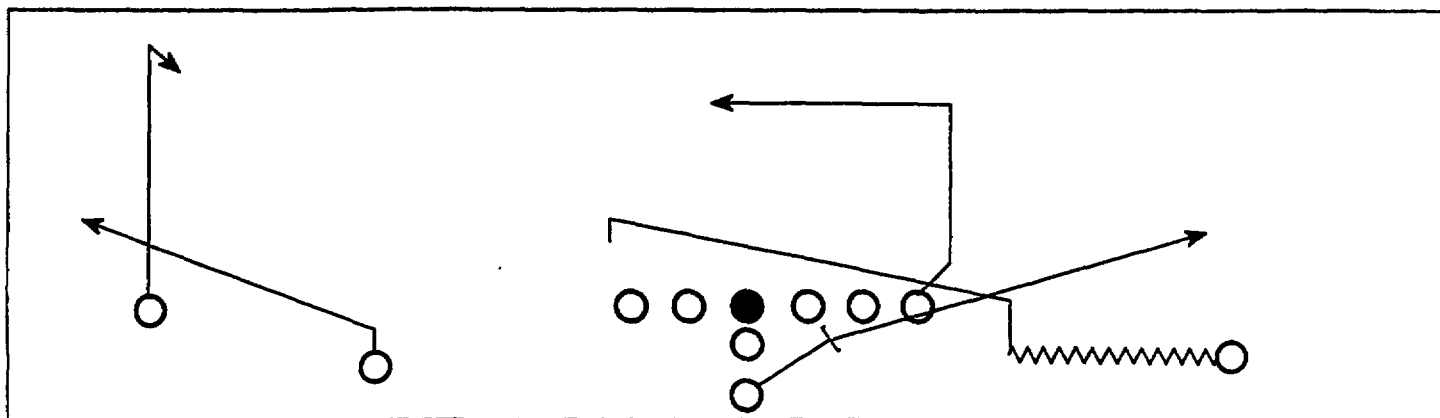
TWINS



TREY



PLAY: 60 X Z Spots F Flat



QB READS

5 Step Drop

Vs. 1 Safety: Read A to X

Vs. 2 Safeties: Read Z,Y, to F

OR read MAC to SAM backer and throw opposite their reaction

X: Stop (14 yds)

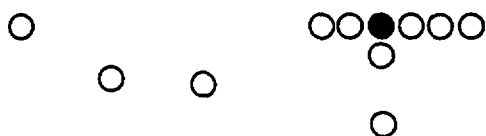
Y: In (10 yds)

Z: Drag Spot (3 yds) over C gap

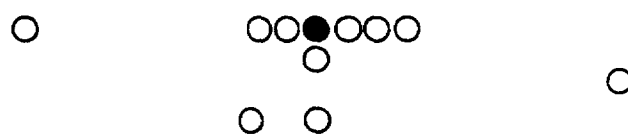
A/H/U: Flat (Angle to 6)

FB: Flat (3 yds)

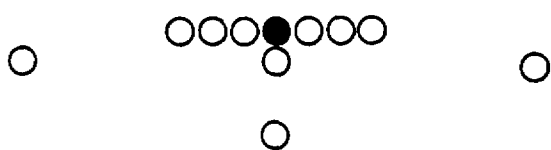
TRIPS



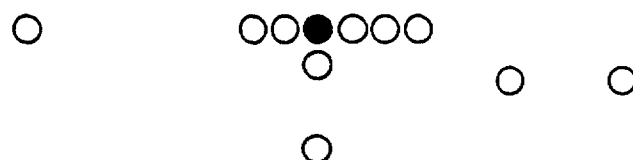
FAR



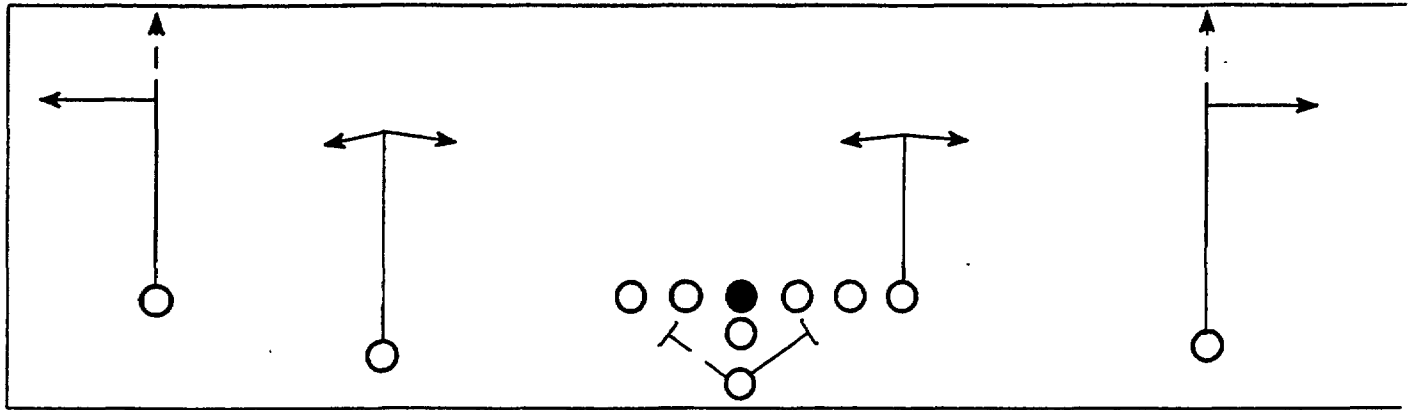
TWINS



TREY



PLAY: 61/71 White Options

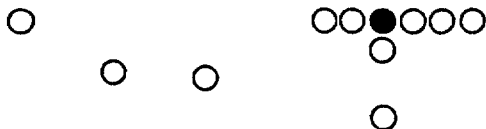


QB READS

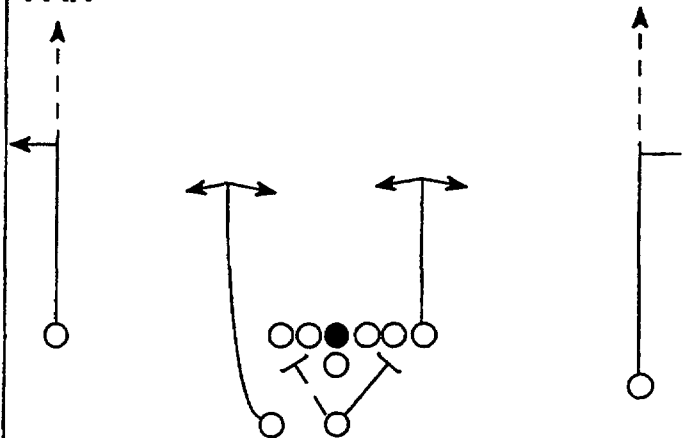
5 Step drop - rhythm
 vs. Cov. 1 - look for the biggest cushion for the out
 vs. Cov 2 - Look for option route
 vs. Cov 3 - Read flat defender throw opposite his reaction

X: Out - 6 Steps (10 yds)
 Y: Option 6-8 yds.
 X: Out - 6 Steps (10 yds.)
 A/H/U: Option 6-8 yds.
 FB: Block 60/70 Protection
 C.P. Z and X convert to fade vs bump

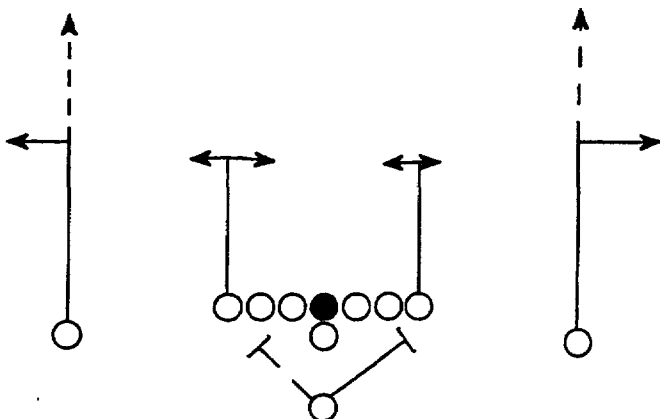
TRIPS



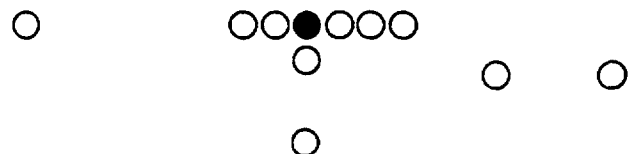
FAR



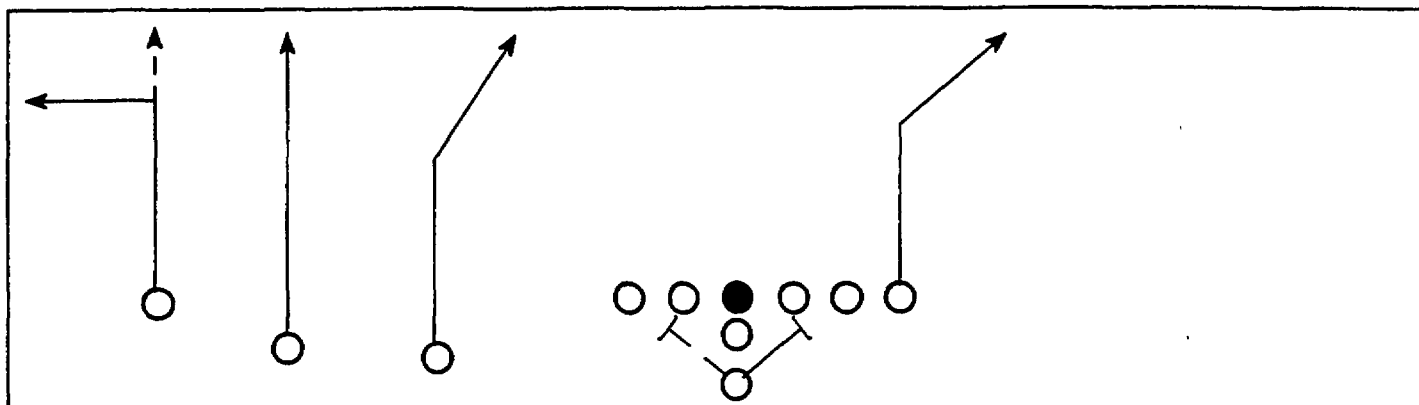
TWINS



TREY



PLAY: 61/71 Special



QB Reads

5 Step drop on rhythm throwing out or corner.
7 Step drop when reading free safety throwing post or seam.

1. Hero A on post, no hot

Progressions

Special - X on out

3 deep - read F.S.

A on post, Y on corner

Blitz/man cov - A on post

3 on 2 to trips - Y on corner, F on Flat

C.P. - Game plan may affect the progression and reads of this play

X: Out (15 yds.)

Y: Corner Route

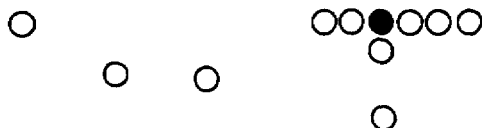
X: Seam

A/H/U: Post

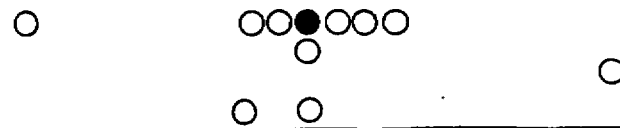
FB: 60/70 Protection

C.P. A: Run slant vs. blitz

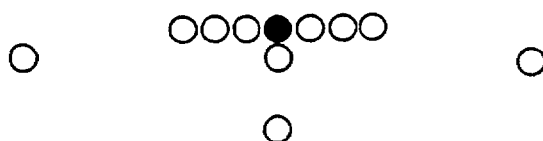
TRIPS



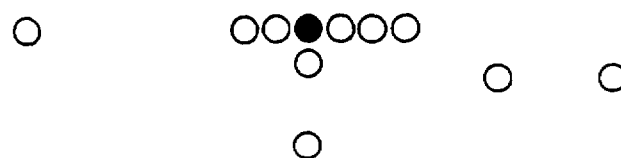
FAR



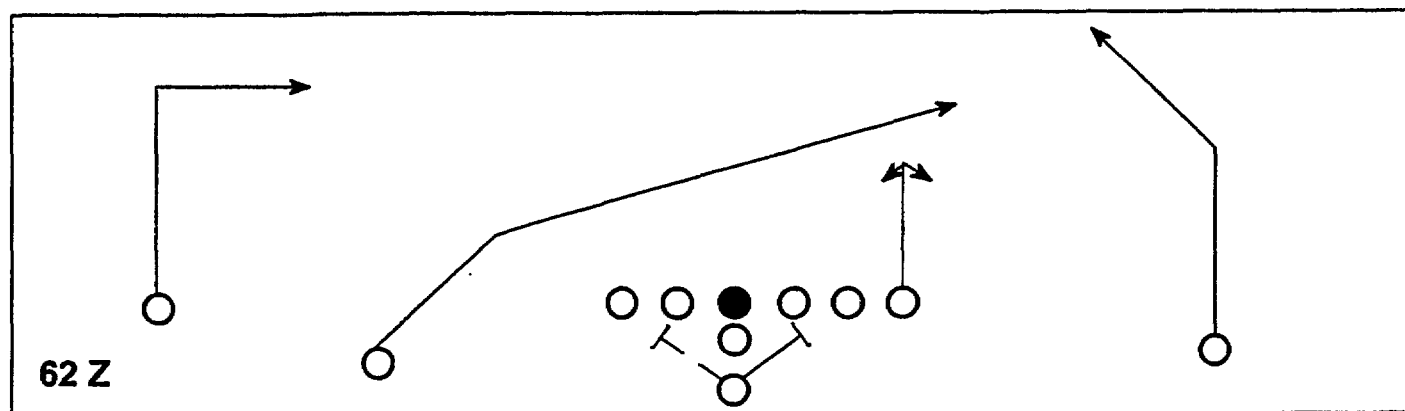
TWINS



TREY



PLAY: 62/72 Z/X



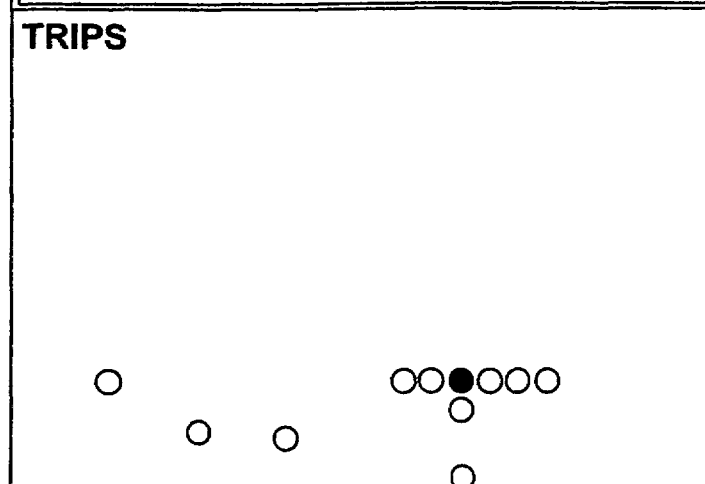
QB READS

5 Step drop

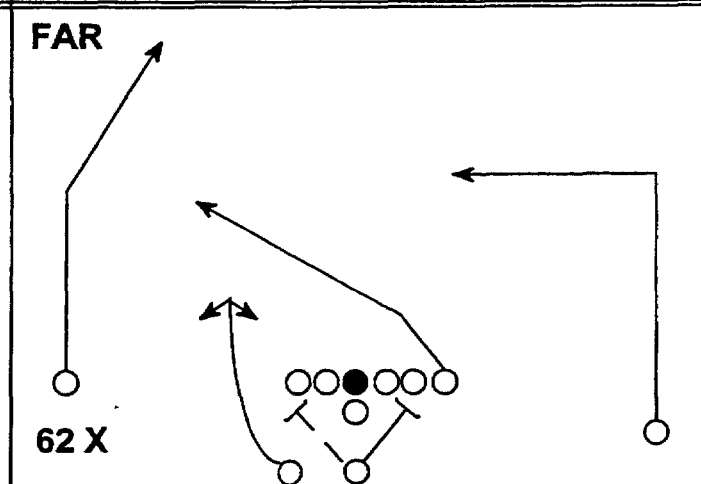
1. Read OLB and throw opposite his reaction
2. If the safety breaks on the diagonal route throw to the post.

X: Dig 15 yds.
Y: Option 6-8 yds.
Z: Post
A/H/U: Diagonal (over LBer's)
FB: Block 60/70 Protection

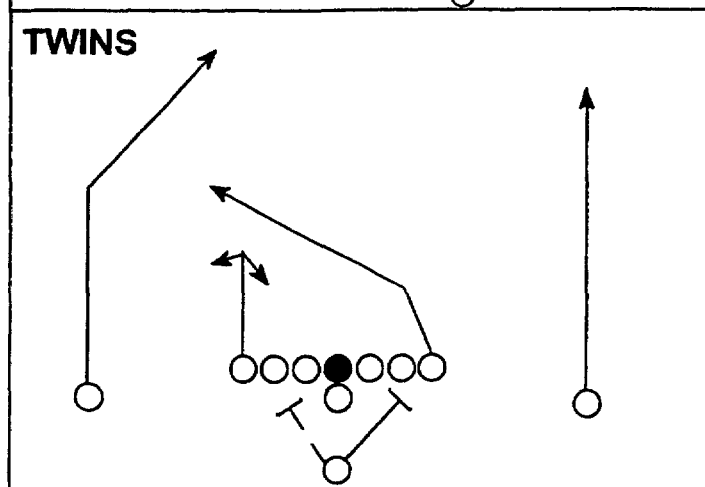
TRIPS



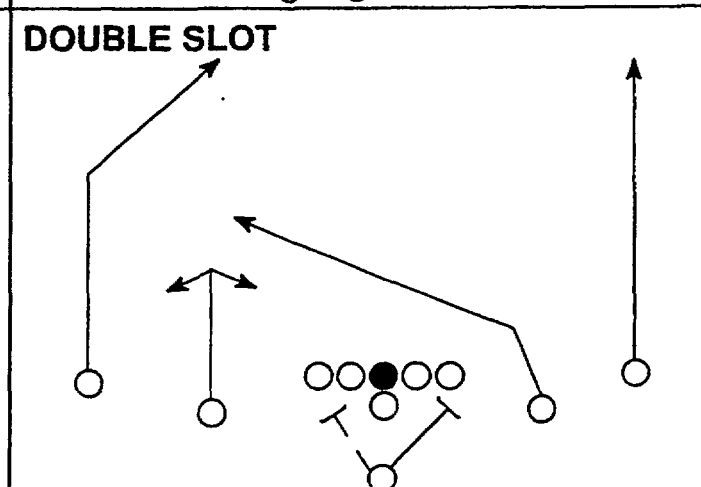
FAR



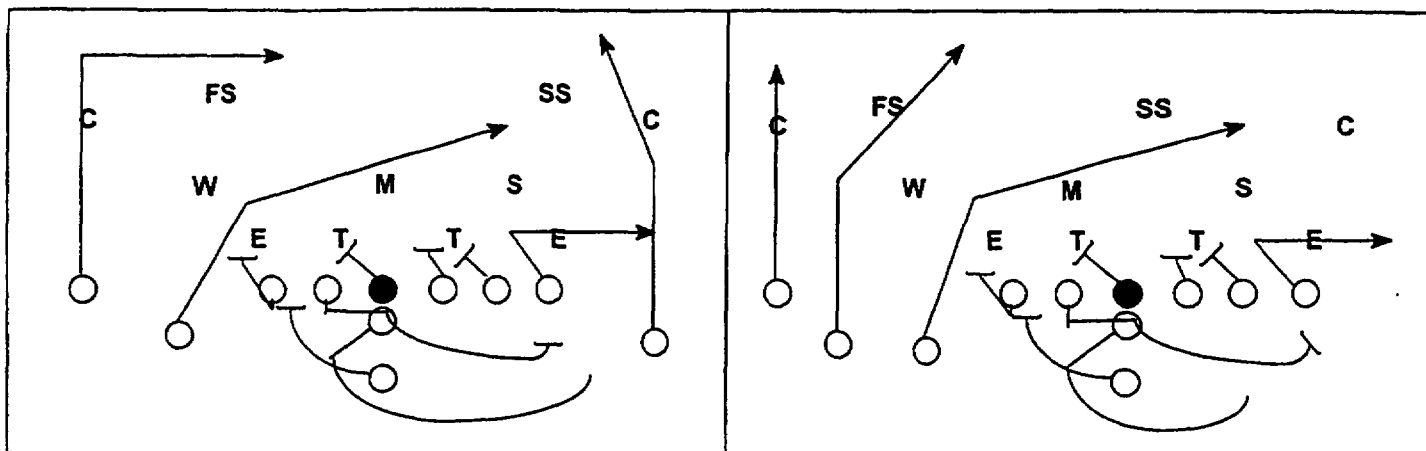
TWINS



DOUBLE SLOT

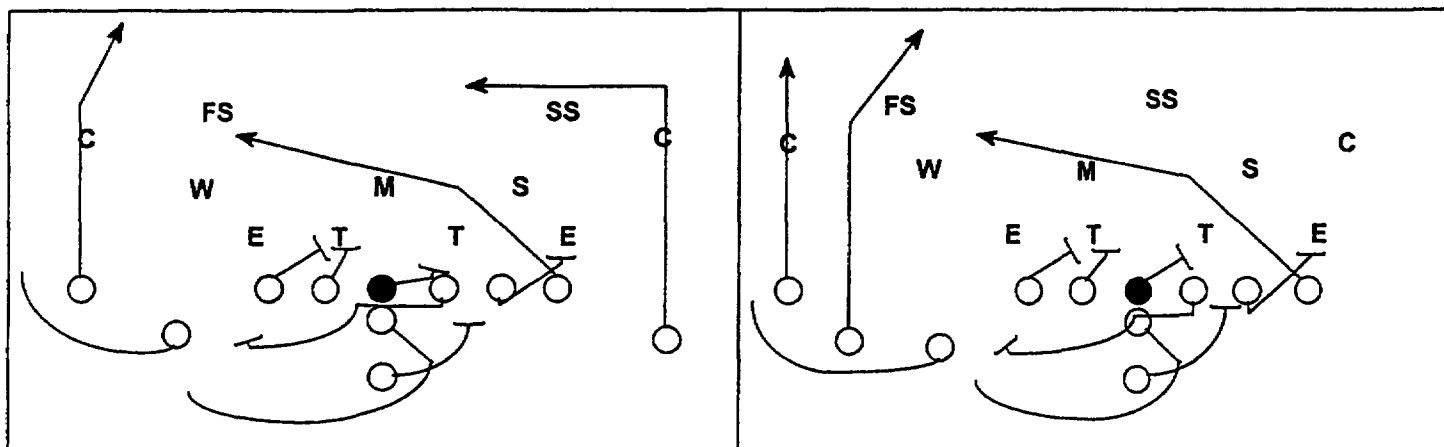


Play: 314/315 G Naked



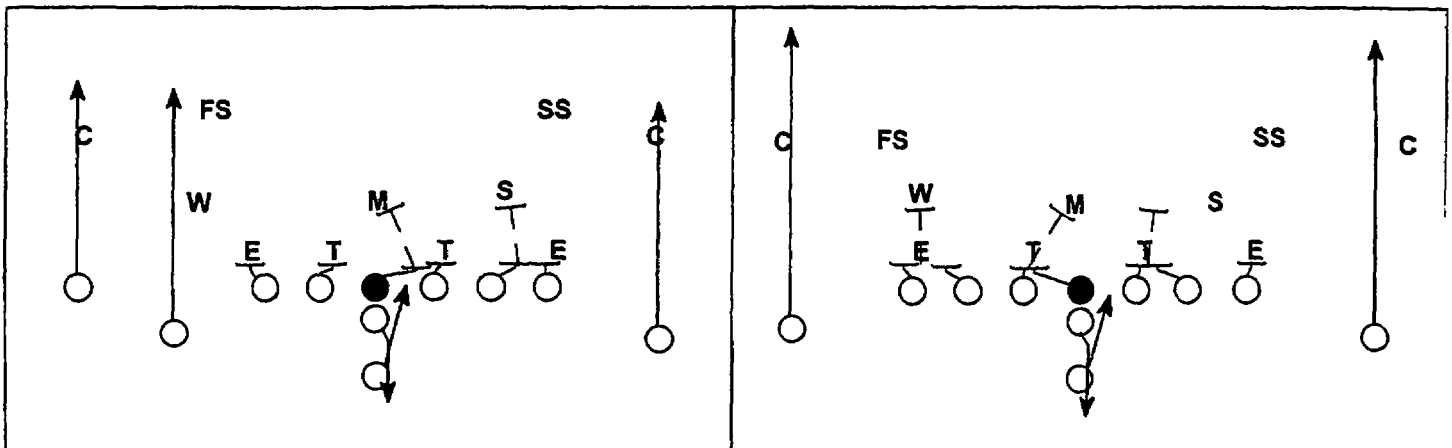
BALL CARRIER (F)	2 point stance toes at 7. Execute your base 14/15 track. <u>Fill for the pulling guard.</u> "Rock the Rock", hit first color.
BACK (A) (H) (U)	Run diagonal route, work the hole between the flat defender and inside LBer.
BACKSIDE TACKLE	Responsible for defender over backside guard. If backside guard uncovered block man on. Calls: Deuce, Down.
BACKSIDE GUARD	Responsible for defender over center. If center uncovered block man on. Calls: Deuce, Down.
CENTER	Responsible for defender over pulling guard. If pulling guard is uncovered block man. Calls: CAGE, ACE
PLAYSIDE GUARD	Pull and get depth, responsible for contain defender. If end closes log and seal. If end comes up field kickout.
PLAYSIDE TACKLE	Block man on outside. Aggressively block zone play.
TIGHT END (Y)	Slam flat, step down, sell run, slam the defender, then run flat (1-3 yds) C.P. - don't get hung up inside.
SPLIT END (X)	Run dig route in Dbls formation. Run take off in Trips formation
FLANKER (Z)	Run post in Dbl's formation. Trips formation - Outside release and run post
QB	Inside zone footwork, fake 2 handed handoff. Wave B.C. goodbye, watch him go. Snap head around and boot out opposite looking for Y to A. Read pulling guard's block. If he kicks the end out, set up. If he logs the end, sprint around him.
ALERTS	

Play: 314/315 G Boot



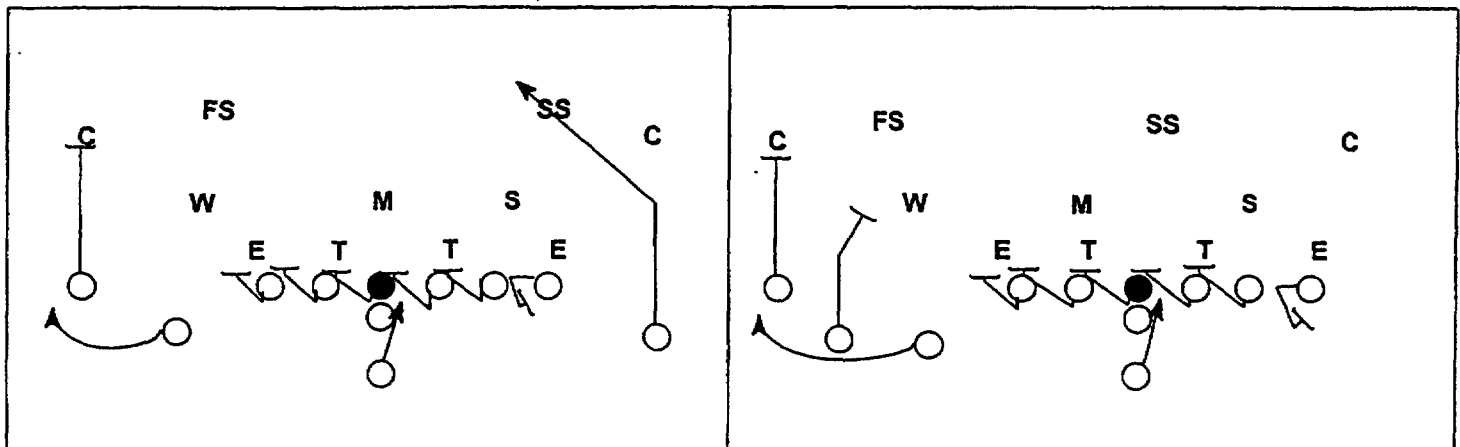
BALL CARRIER (F)	2 point stance toes at 7. Execute your base 14/15 track. <u>Fill for the pulling guard.</u> "Rock the Rock", hit first color.
BACK (A) (H) (U)	Run Rip or Liz, like backside of zone; work to 2 yds deep, 2 steps past #'s. Slam flat, step down, sell run, slam the defender, then run flat (1-3 yds) C. P. - don't get hung up inside
BACKSIDE TACKLE	Responsible for defender over backside guard. If backside guard uncovered block man on. Calls: Deuce, Down.
BACKSIDE GUARD	Responsible for defender over center. If center uncovered block man on. Calls: Deuce, Down.
CENTER	Responsible for defender over pulling guard. If pulling guard is uncovered block man on. Calls: CAGE, ACE
PLAYSIDE GUARD	Pull and get depth, responsible for contain defender. If end closes log and seal. IF end comes up field kick out.
PLAYSIDE TACKLE	Covered: responsible for man on. Uncovered: responsible for man over tight end.
TIGHT END (Y)	Run diagonal route, work hole between flat defender and inside LBer
SPLIT END (X)	Trips: Run take off route, outside release. Dbls or D. Slot: Run post.
FLANKER (Z)	Trips: Run post route Dbl or D. Slot: Run Dig
QB	Inside zone footwork, fake 2 handed handoff. Wave B.C. goodbye, watch him go by. Snap head around and boot out opposite looking for A to Y. Read pulling guard's block. IF he kicks the end out, set up. IF he logs the end, sprint around him
ALERTS	

Play: 310-311 Max



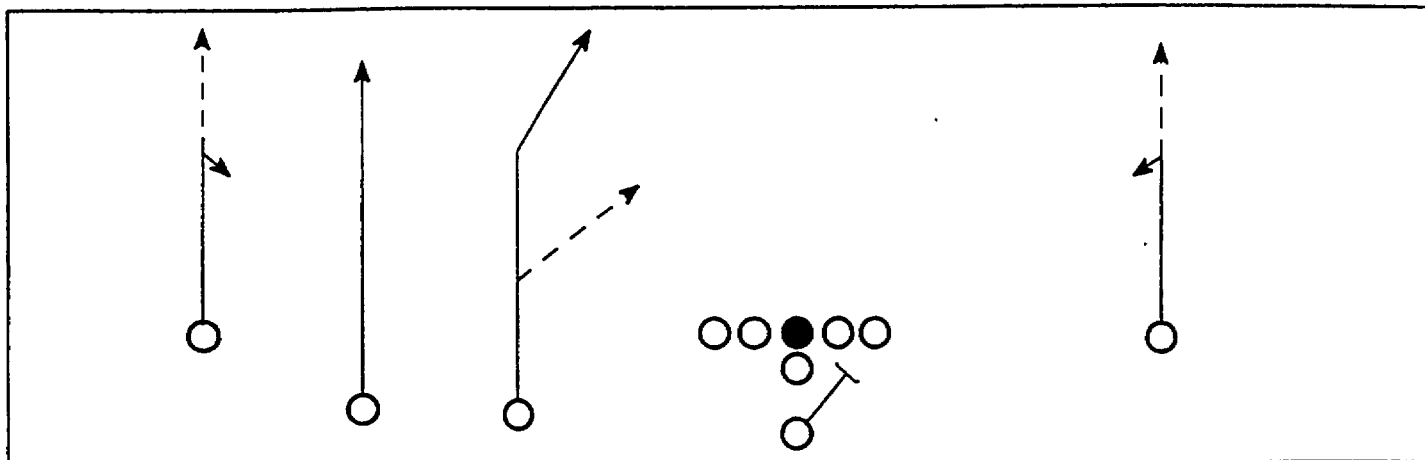
BALL CARRIER (F)	2 point stance, toes at 7. Execute your base 10/11 wedge track. "Rock the Rock". Hit first color.
BACK (A) (H) (U)	Run take off or execute pattern called. Aggressive run block. Responsible for #3 defender weak. Calls: STRIKE
BACKSIDE TACKLE	Aggressive run block. Responsible for #3 defender weak. Calls: ROGER/LUCKY, FAN
BACKSIDE GUARD	Aggressive run block. Responsible for #2 defender weak. Calls: LUCKY/ROGER, RAM/LION, FAN
CENTER	Aggressive run block. Responsible for #1 defender weak. Calls: LION/RAM, LUCKY/ROGER
PLAYSIDE GUARD	Aggressive run block. Responsible for #1 defender strong. Calls: LION/RAM, LUCKY/ROGER, DOUBLE
PLAYSIDE TACKLE	Aggressive run block. Responsible for #2 defender strong. Calls: DOUBLE, STRIKE, LUCKY/ROGER
TIGHT END (Y)	Aggressive run block. Responsible for #3 defender strong. Calls: STRIKE
SPLIT END (X)	Run take off or execute pattern called.
FLANKER (Z)	Run take off or execute pattern called.
QB	10-11 footwork with a quick jab step with opposite foot. 2 handed run fake and straight drop back. Progression will be determined by tagged route.
ALERTS	

Play: 310-311 Liz/Rip



BALL CARRIER (F)	2 point stance toes at 7 execute your base 10/11 Wedge track. "Rock the Rock" and hit first color.
BACK (A) (H) (U)	Align at 3 yards off LOS in a base split. Delay one count and sprint for width. Catch ball in your hands and try to run outside X's block.
BACKSIDE TACKLE	Play action pass tech, block 16/17. A.P. is the playside number of defender - sustain block. If uncovered block down. Possible step and hinge.
BACKSIDE GUARD	Play action pass tech, block 16/17 and attack playside number of defender - you are responsible for the weak A gap. Possible step and hinge.
CENTER	Play action pass tech, block 16/17 and attack playside number of defender. You are responsible for strong A gap. Keep good vision for any LB run through.
PLAYSIDE GUARD	Play action pass tech, block 16/17 and attack man on - sustain block - be alert for any LB run throughs.
PLAYSIDE TACKLE	Play action pass tech, block 16/17 and attack man on or outside - triple block with TE. Be alert for any LB run through.
TIGHT END (Y)	Play action pass tech, block 16/17 and attack man on. Look for help from playside tackle. Possible STRIKE call when SS comes outside.
SPLIT END (X)	Block corner on outside shoulder. If defender works to within 3 yards of sideline turn him and knock him out of bounds.
FLANKER (Z)	Backside - A.F.B.P. Playside - block first force on or inside of you
QB	Run fake 10-11 wedge - turn and thrown to A. Ball must be thrown behind the LOS
ALERTS	

Trips Open 60 White



QUARTERBACK

5 Step Drop
5 in the box check run
A or Z uncovered check Liz or Rip
If Hitch to Y is there - signal and take it
None of the above - stay with the play

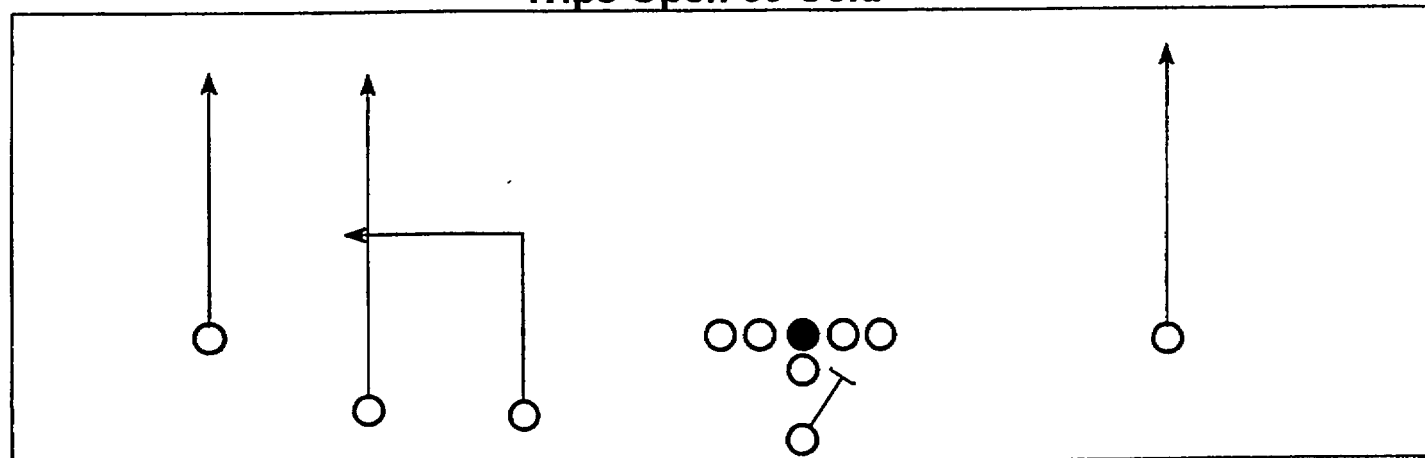
READS:

vs. 3 on 3- take hitch with biggest cushion
vs. 4 on 3- X to Z
Cov 2- Look off to Y, Hit A on seam
Blitz - A Hot on slant or hitch

X: Hitch (7 Step)
Y: Hitch (7 Step)
Z: Seam
AHU: Seam
FB: Block 60 Protection

C.P. A Back: Run slant vs blitz

Trips Open 60 Gold



QUARTERBACK

5 Step drop vs. bump on A
3 step drop vs. off technique on A
5 in the box check run
A or Z uncovered check Liz or Rip
If hitch to Y is there - signal and take it
None of the above - stay with the play

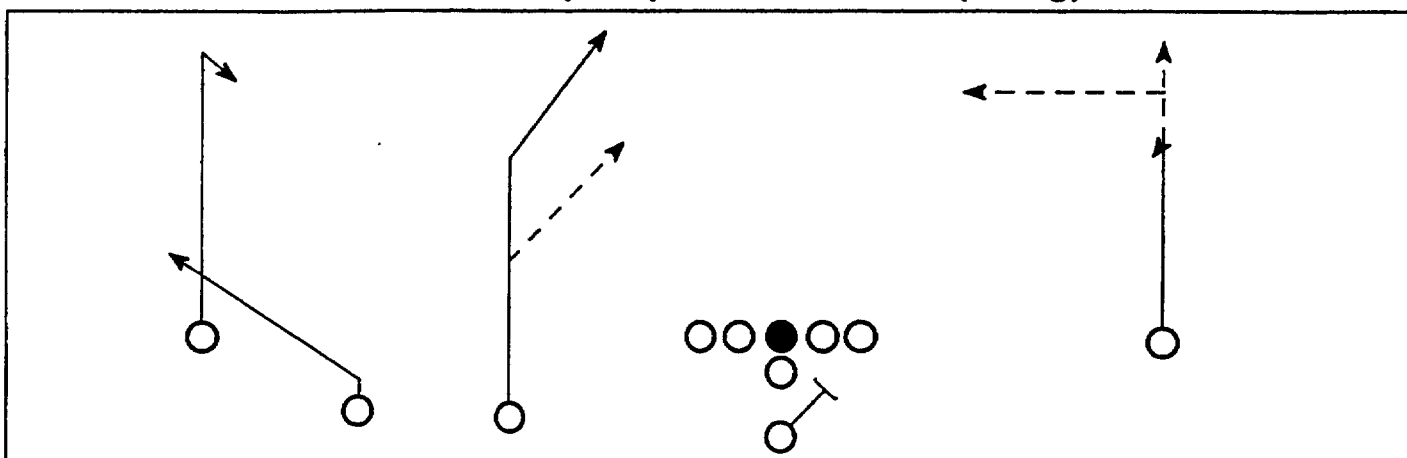
READS:

vs. 3 on 3- A to Z
vs. 4 on 3- A to X
Cov 2- A to X
Blitz - A to X

X: Take Off
Y: Signal
Z: Seam
AHU: Quick Out
FB: Block 60 Protection - Read Signal

C.P. A Back: Run a 4 step quick out if defender is off you. Run a press out 6-8 yards if the defender is bumping you.

Trips Open 60 X Switch (Y Dig)



QUARTERBACK

5 Step Gather

5 in the box check run

A or Z uncovered check Liz or Rip

If Hitch to Y is there - signal and take it

None of the above - stay with the play

READS:

vs. 3 on 3- Z to X

vs. 4 on 3- A to Y

Cov 2- A to Y

Blitz - Z to A

X: Stop

Y: Signal (Dig)

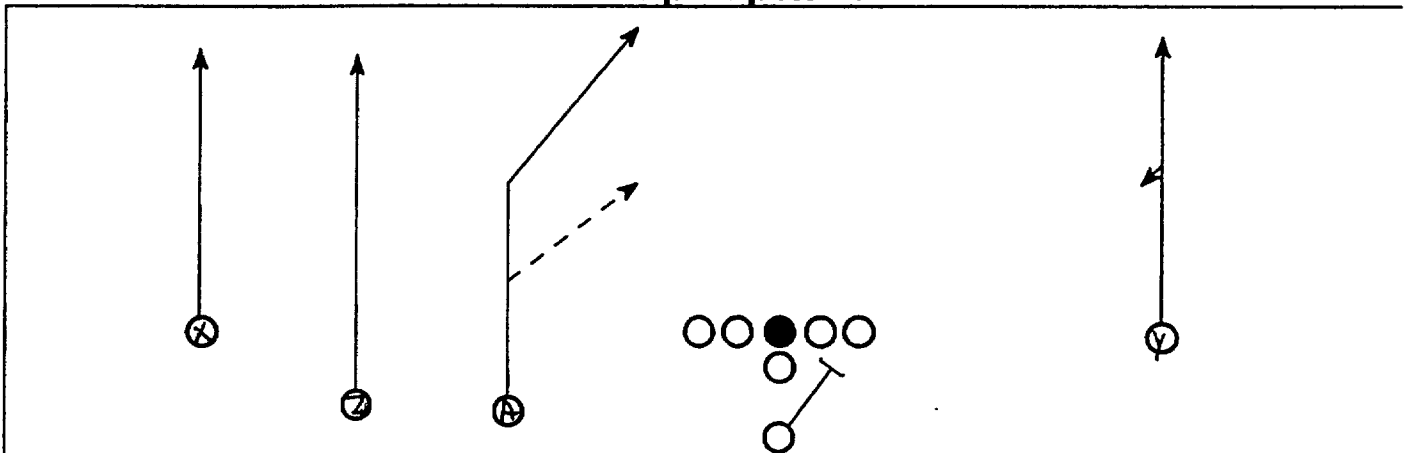
Z: Flat

AHU: Post

FB: Block 60 Protection

C.P. A Back: Run slant vs blitz

Trips Open 63



QUARTERBACK

5 Step Gather

5 in the box check run

A or Z uncovered check Liz or Rip

If Hitch to Y is there - signal and take it

None of the above - stay with the play

READS:

vs. 3 on 3- Z to X

vs. 4 on 3- A to Z

Cov 2- A to Z

Blitz - A back on slant

X: Take Off (2 yards outside #'s)

Y: Signal

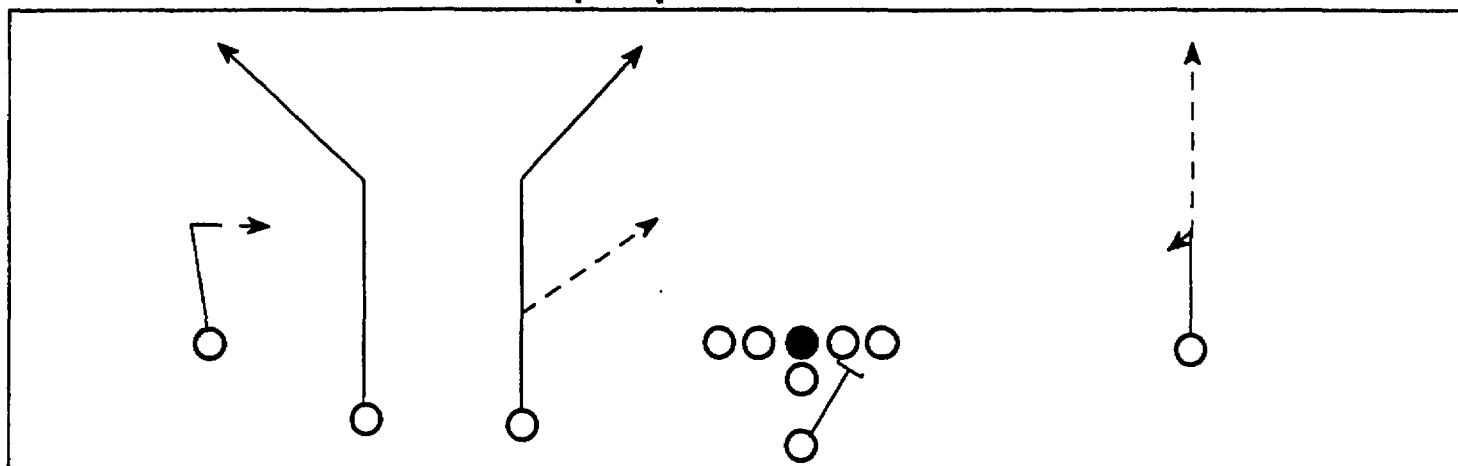
Z: Seam (2 yards outside hash)

AHU: Seam to middle (Do not exceed backside hash.

FB: Block 60 Protection

C.P. A Back: Run slant vs blitz

Trips Open 66 X Switch



QUARTERBACK

5 Step Gather

5 in the box check run

A or Z uncovered check Liz or Rip

If Hitch to Y is there - signal and take it

None of the above - stay with the play

READS:

vs. 3 on 3 - Z to X - Read corner's drop

vs. 4 on 3 - z to X

Cov 2 - A to Z - may come back late to X

Blitz - A hot on slant, or X on under

X: Smash

Y: Signal

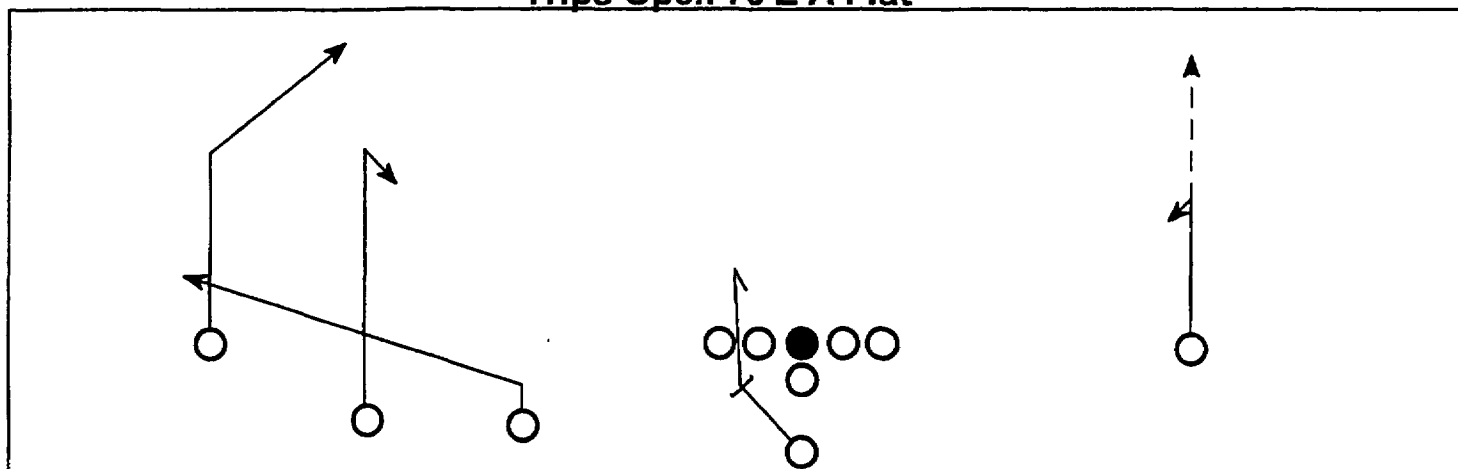
Z: Corner

AHU: Post

FB: Block 60 Protection

C.P. A Back: Run slant vs blitz

Trips Open 70 Z A Flat



QUARTERBACK

5 Step Gather

5 in the box check run

A or Z uncovered check Liz or Rip

If Hitch to Y is there - signal and take it

None of the above - stay with the play

READS:

vs. 3 on 3 - A, Z, to X OR read flat defender

vs. 4 on 3 - A, Z, to X OR backside to Y

Cov 2 - A, Z, to X

Blitz - A on flat

X: Stop

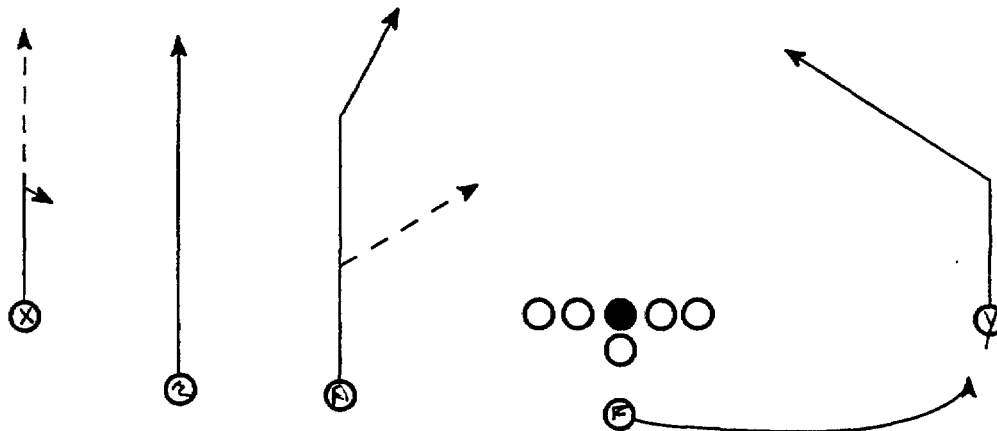
Y: Signal (Dig)

Z: Flat

AHU: Post

FB: Block 70 Protection - Leak

Trips Open 590 Y Slant



QUARTERBACK

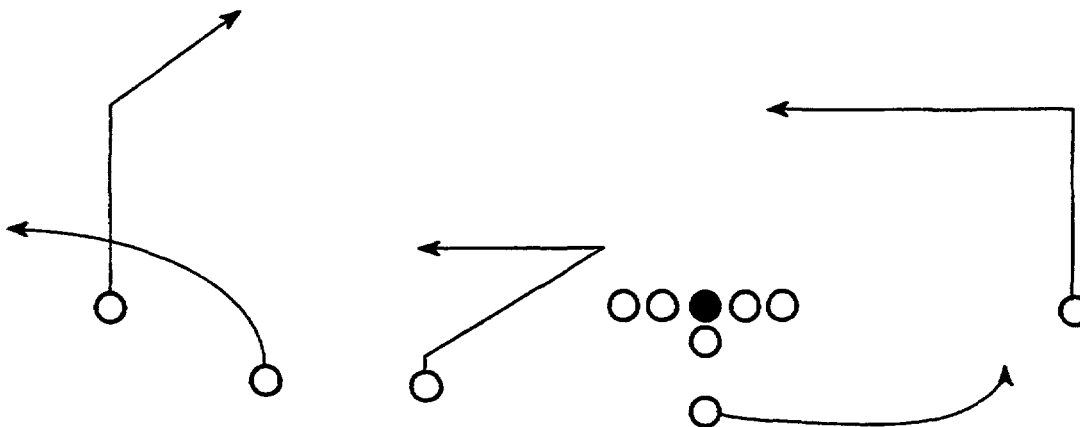
5 Step Drop
5 in the box check run
A or Z uncovered check Liz or Rip
If Hitch to Y is there - signal and take it
None of the above - stay with the play

READS:

vs. 3 on 3- X side - combo X to Z
Y side - combo Y to F
vs. 4 on 3- Y to F
Cov 2 - A to Z or Y to F
Blitz - A hot on slant

X: Hitch
Y: Slant
Z: Seam
AHU: Seam
FB: Hot Swing
C.P. A Back: Run slant vs blitz

Trips Open 593 A Dragon Return

**QUARTERBACK**

5 Step Drop
5 in the box check run
A or Z uncovered check Liz or Rip
If Hitch to Y is there - signal and take it
None of the above - stay with the play

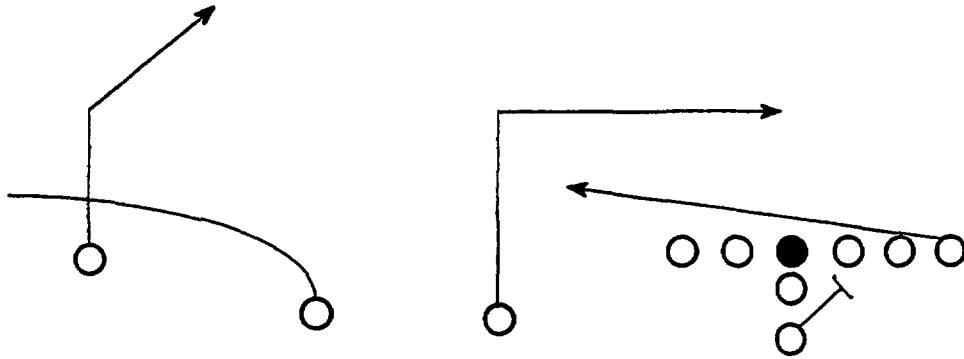
READS:

vs. 3 on 3- A to Y
vs. 4 on 3- A to Y - possible F to Y
Cov 2- A to Y
Blitz- F hot on swing

X: Post
Y: IN (10 yards)
Z: Flat (outlet)
AHU: Drag Return
FB: Hot Swing
C.P.

PLAY: 63 Dragon (A, Y, Z, X)

Y DRAGON



QB READS:

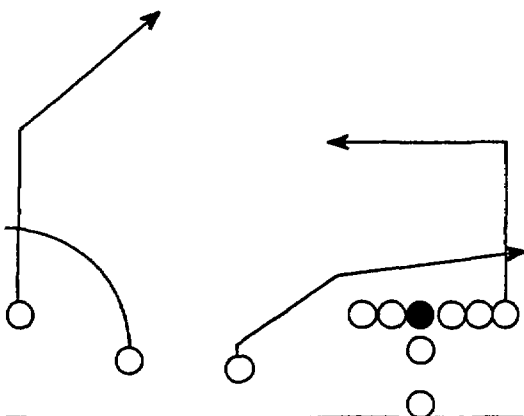
5 step drop

1. Read middle linebackers drop and throw opposite his reaction.
2. Player on drag route is your hot receiver

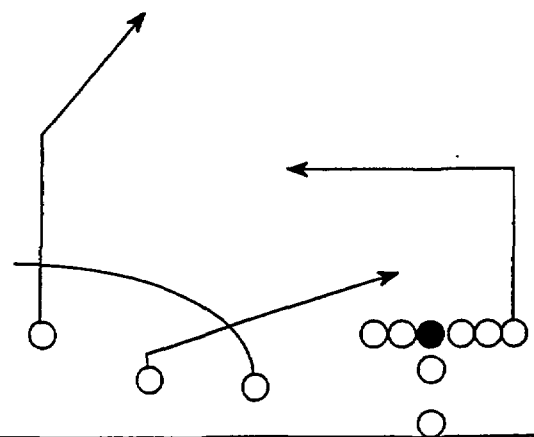
DRAGON RULES

Player called runs drag route
First receiver on opposite side of the ball runs ar in route at 10 yds
Z in Trips runs a flat route unless he is called on the drag.
X in Trips runs a post unless called on the drag

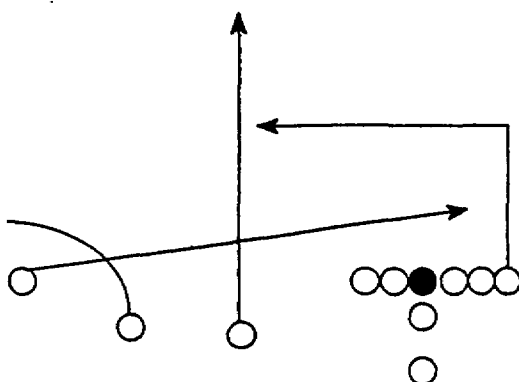
A DRAGON



Z DRAGON

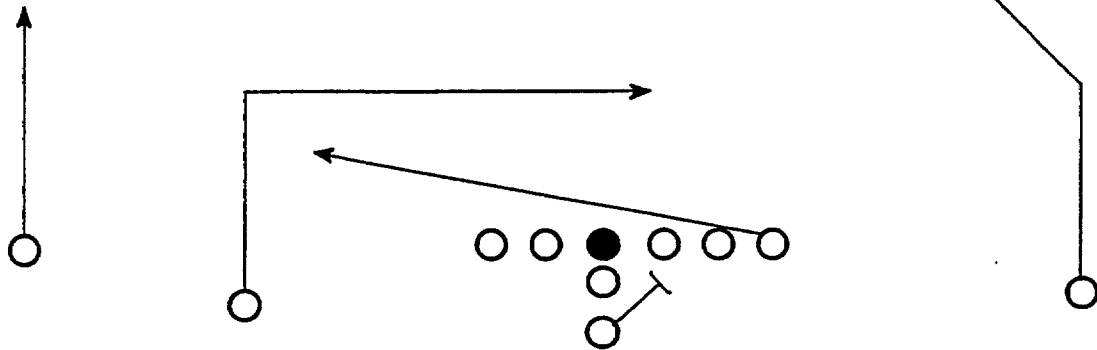


X DRAGON



PLAY: 63 Dragon (A, Y, Z, X)

Y DRAGON



QB READS:

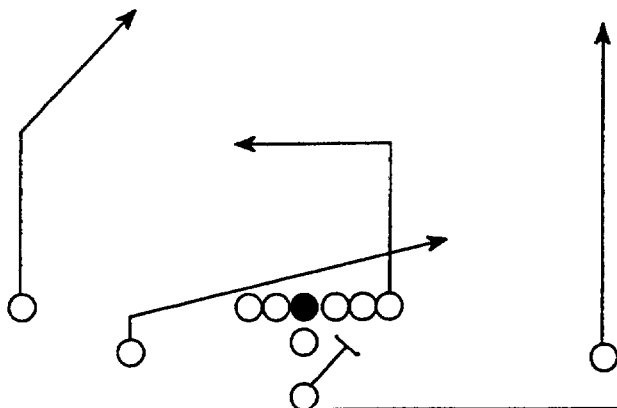
5 step drop

1. Read middle linebackers drop and throw opposite his reaction.
2. Player on drag route is your hot receiver

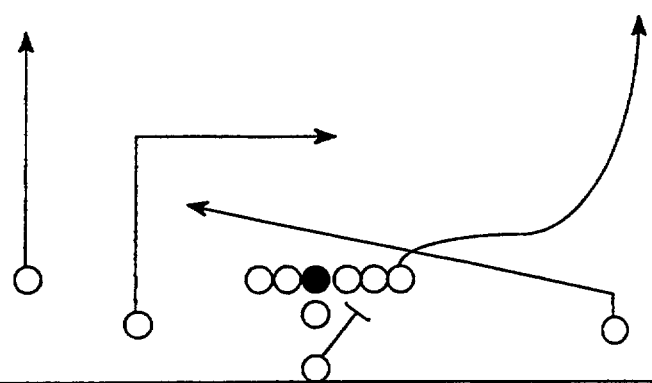
DRAGON RULES

Player called runs a drag route
First receiver on opposite side of the ball runs an In at 10 yds
Wide receiver on Drag side runs a post
Wide receiver on "IN" side runs take off
If there are 2 receivers to your side and the outside receiver runs drag, the inside receiver runs a wheel picking for the outside man.
Player called on drag is the hot receiver

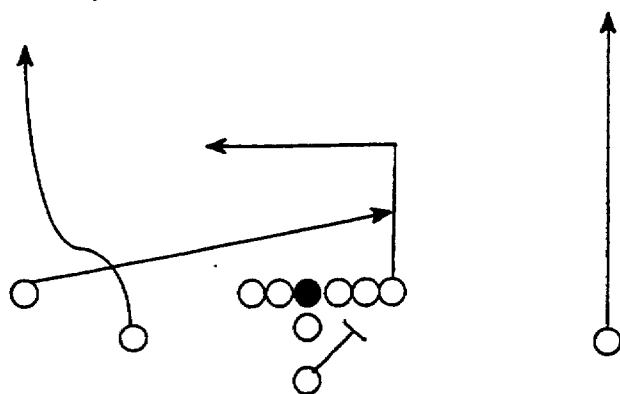
A DRAGON



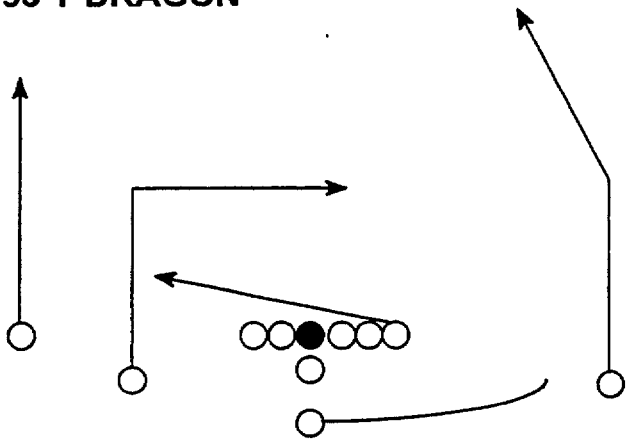
Z DRAGON



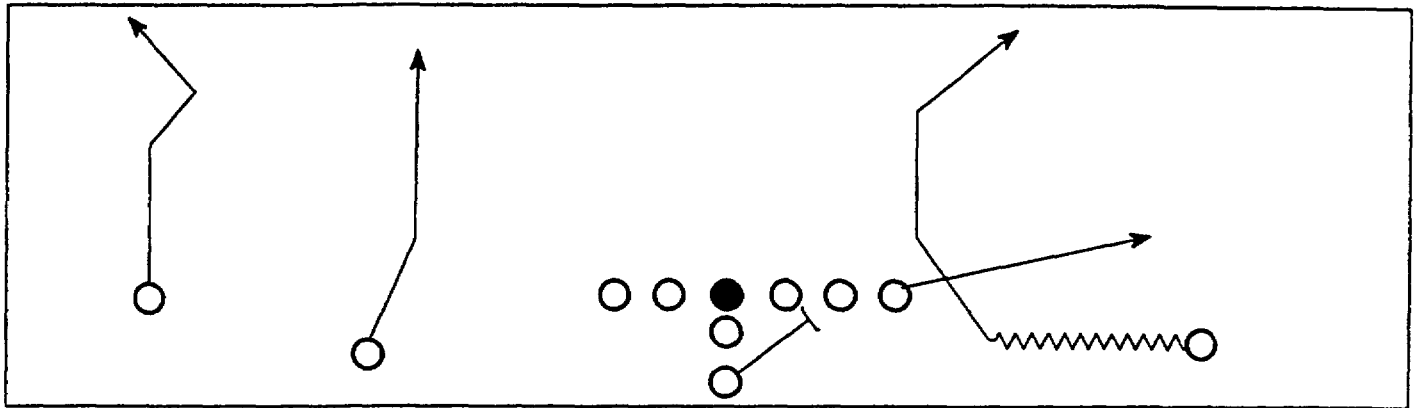
X DRAGON



593 Y DRAGON



PLAY: 65 A Seam



QB READS

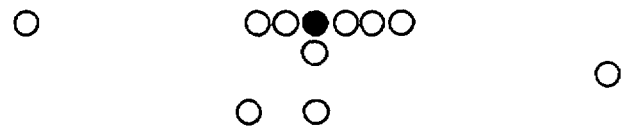
5 Step drop - non rhythm
 Vs. 1 safety: Read Y to Z
 Vs. 2 Safety: read Z, A, to X
 OR read SS to FS

X: Post Corner
 Y: Flat
 Z: Corner
 A/H/U: Seam
 FB: Block 60/70 Protection

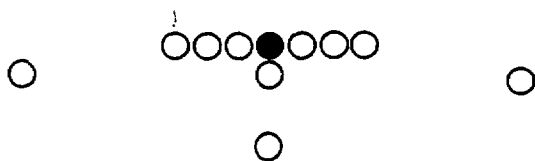
TRIPS



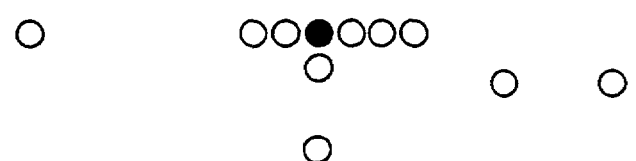
FAR



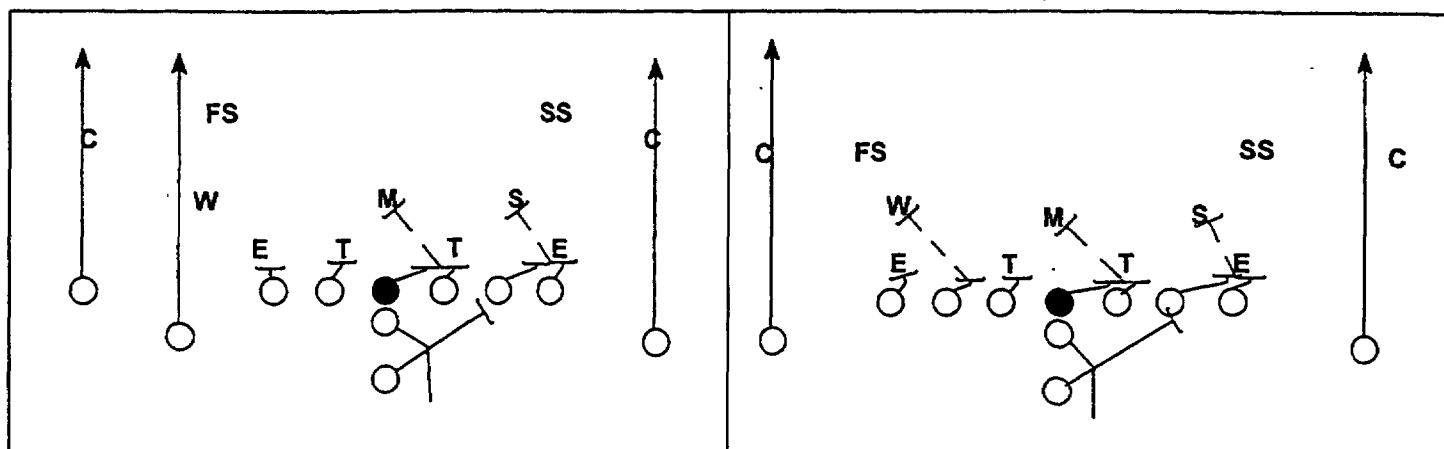
TWINS



TREY

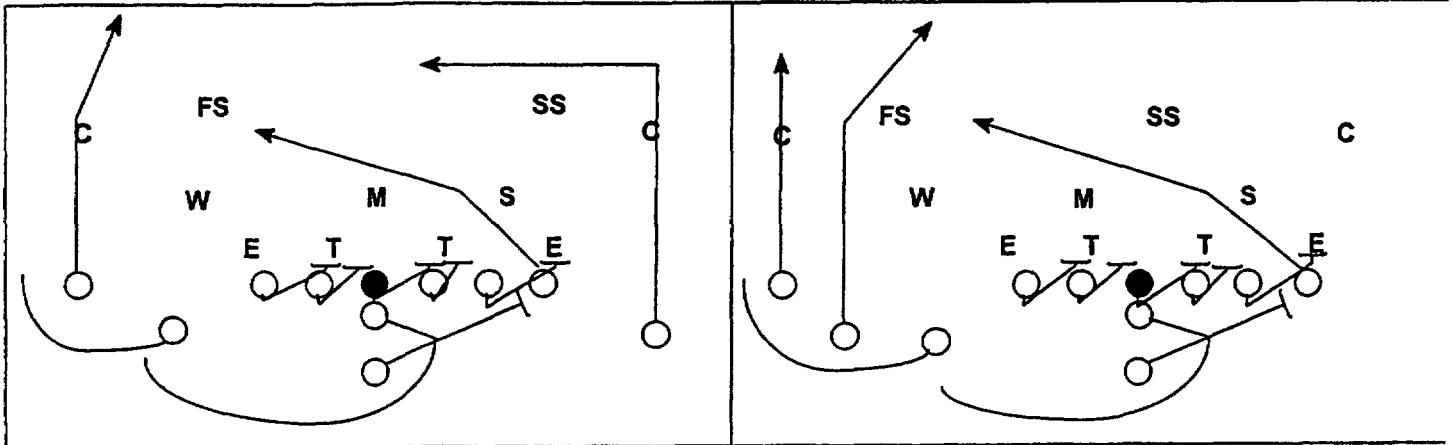


Play: 314/315 Max



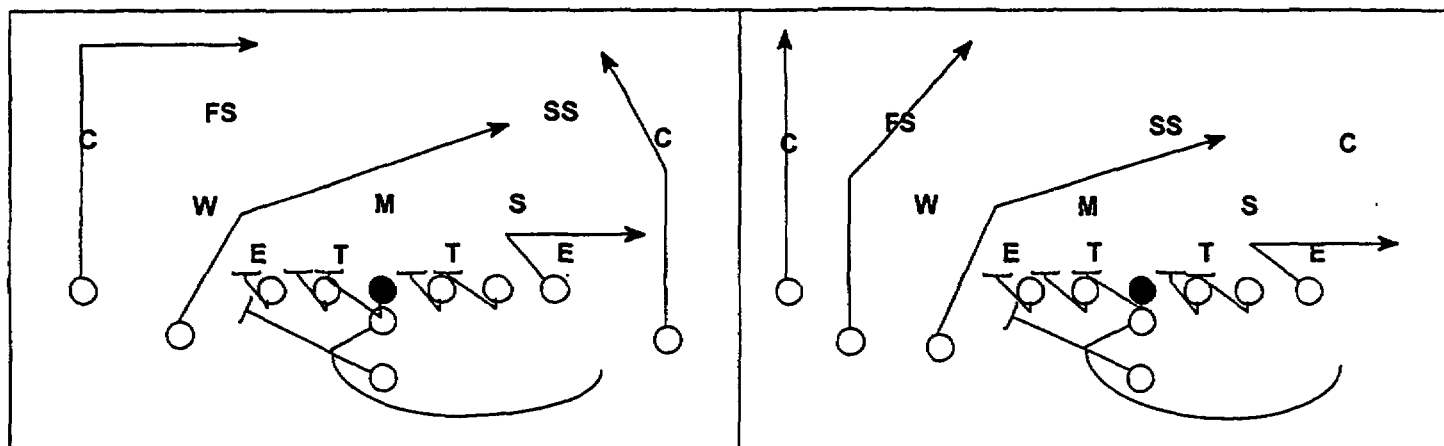
BALL CARRIER (F)	2 point stance, toes at 7. Execute base 14/15 track. Look to bounce the ball outside to draw the safety down. "Rock the Rock" Do not pass color. Check for blitz.
BACK (A) (H) (U)	Run take off or execute pattern called. Aggressively run block. If to fake side, regular zone rules. If away from fake side, inside cut off.
BACKSIDE TACKLE	If fake goes to tight end side, responsible for EMLOS. If fake goes away from tight end use regular zone rules.
BACKSIDE GUARD	Aggressively block zone play. If uncovered carry out zone responsibility then hinge and look to help backside.
CENTER	Aggressively block zone play. If uncovered carry out zone responsibility then hinge and look to help backside
PLAYSIDE GUARD	Aggressively block zone play. If uncovered carry out zone responsibility then hinge and look to help backside
PLAYSIDE TACKLE	Aggressively block zone play. If uncovered carry out zone responsibility then hinge and look to help backside
TIGHT END (Y)	Aggressively run block. If to fake side, regular zone rules. If away from fake side, inside cut off.
SPLIT END (X)	Run take off or execute pattern called.
FLANKER (Z)	Run take off or execute pattern called.
QB	14/15 zone footwork. 2 handed run fake. Wave RB goodbye and watch him go. Set up behind guard/tackle. Progression will be determined by the tagged route called.
ALERTS	

Play: 316/317 Boot



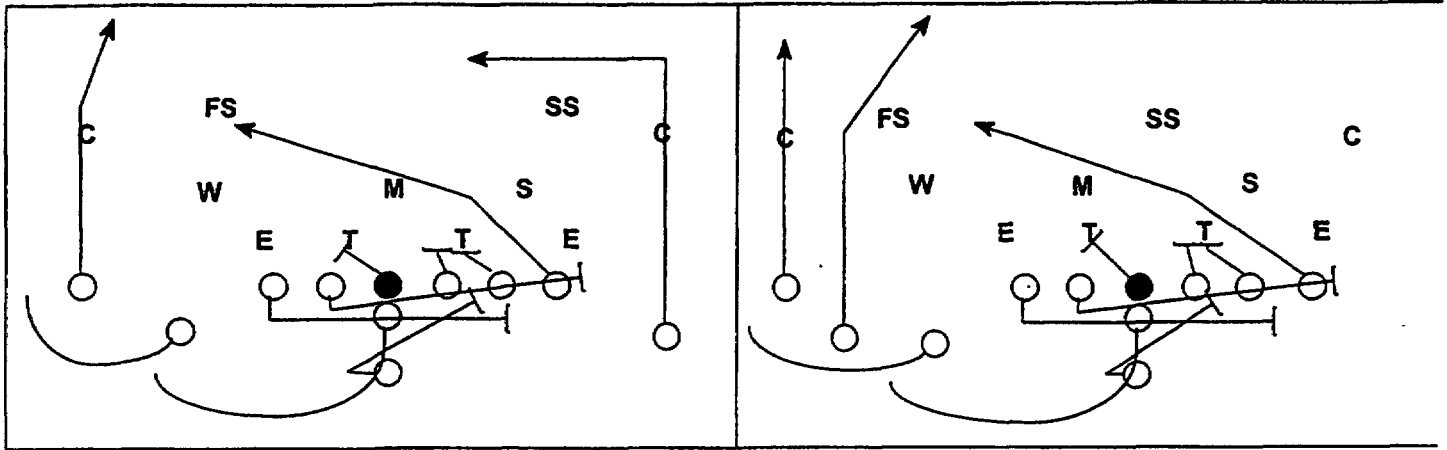
BALL CARRIER (F)	2 point stance, toes at 7. Execute base 16/17 track. Look to bounce the ball outside to draw the safety down. "Rock the Rock" Do not pass color. Check for blitz.
BACK (A) (H) (U)	Run Rip or Liz, like backside of zone; work to 2 yds deep, 2 steps past #'s. Slam flat - step down, sell run, slam defender, then run flat 1-3 yds. C.P. Don't get hung up inside.
BACKSIDE TACKLE	Sell 16 and 17 - bucket step and block first defender to show playside. C.P. Keep pads down.
BACKSIDE GUARD	Sell 16 and 17 - bucket step and block first defender to show playside. C.P. Keep pads down.
CENTER	Sell 16 and 17 - bucket step and block first defender to show playside. C.P. Keep pads down.
PLAYSIDE GUARD	Sell 16 and 17 - bucket step and block first defender to show playside. C.P. Keep pads down.
PLAYSIDE TACKLE	Sell 16 and 17 - bucket step and block first defender to show playside. C.P. Keep pads down.
TIGHT END (Y)	Run diagonal route. Work the hole between flat defender and inside LBer.
SPLIT END (X)	Trips: run take off route, outside release. Dbl or D. Slot : Run post
FLANKER (Z)	Trips: run post route. Dbl or D. Slot: run dig.
QB	Outside zone footwork, fake 2 handed hand off. Watch B.C. go by, wave him bye. Play fake important. Snap head around, gaining depth and throw to A to Y. C.P. - End will not be blocked so you may have to throw quick.
ALERTS	

Play: 316/317 Naked



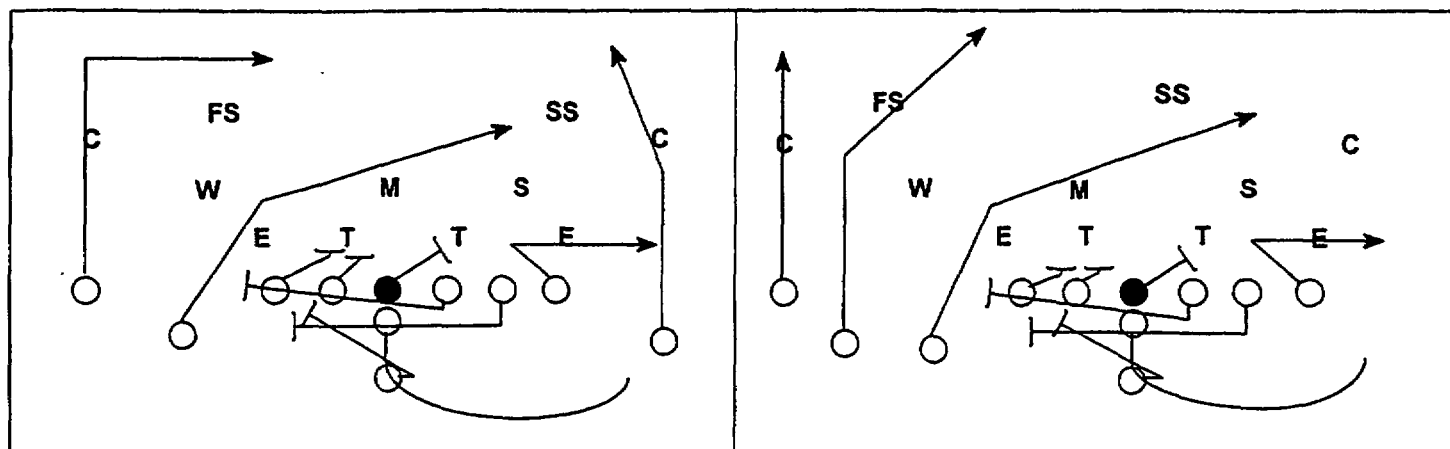
BALL CARRIER (F)	2 point stance, toes at 7. Execute base 16/17 track. Look to bounce the ball outside to draw the safety down. "Rock the Rock" Hit first color. Check for blitz.
BACK (A) (H) (U)	Run diagonal route. Work hole between flat defender and inside LBer.
BACKSIDE TACKLE	Sell 16 and 17 - bucket step and block first defender to show playside. C.P. Keep pads down.
BACKSIDE GUARD	Sell 16 and 17 - bucket step and block first defender to show playside. C.P. Keep pads down.
CENTER	Sell 16 and 17 - bucket step and block first defender to show playside. C.P. Keep pads down.
PLAYSIDE GUARD	Sell 16 and 17 - bucket step and block first defender to show playside. C.P. Keep pads down.
PLAYSIDE TACKLE	Sell 16 and 17 - bucket step and block first defender to show playside. C.P. Keep pads down.
TIGHT END (Y)	Slam flat - Step down, sell run, slam the defender, then run flat. (1-3 yds.) C.P. Don't get hung up inside.
SPLIT END (X)	Run digroute in Doubles formation. Run take off route in trips formation.
FLANKER (Z)	Run post in Doubles formation. Run post route in Trips formation.
QB	Outside zone footwork, fake 2 handed hand off. Watch B.C. go by, wave him bye. Play fake important. Snap head around, gaining depth and throw to Y to A. C.P. - End will not be blocked so you may have to throw quick.
ALERTS	

Play: 334/335 Boot



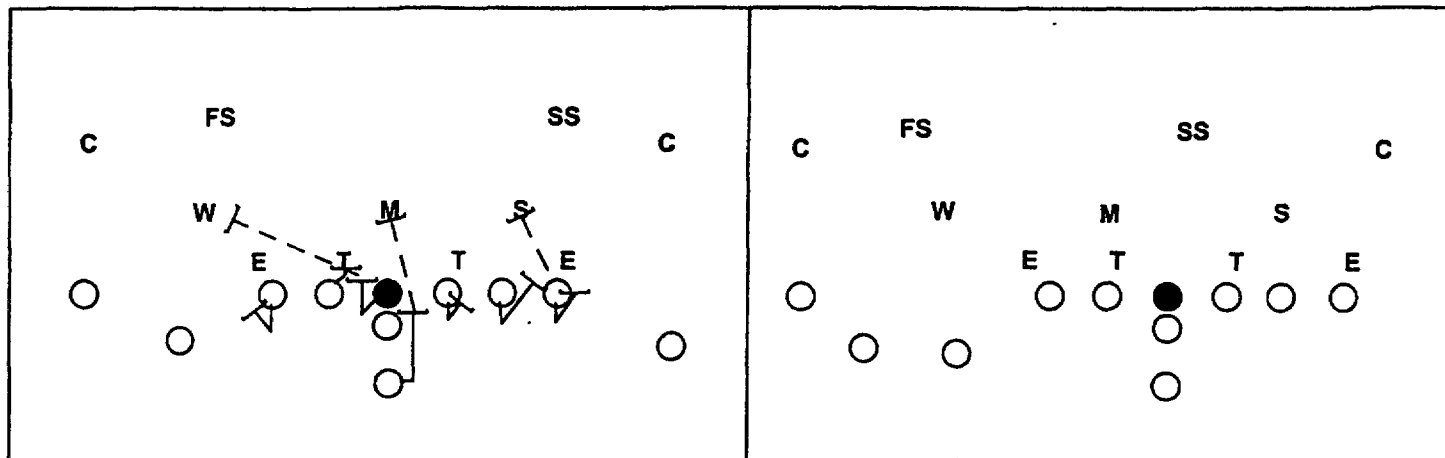
BALL CARRIER (F)	2 point stance, toes at 7 Execute base 34/35 track. "Rock the Rock" Hit first color.
BACK (A) (H) (U)	Fake rip or liz like backside of zone. Work to 2 yds deep 2 steps past the #'s. Slam flat, step down, sell run, slam the defender, then run flat (1-3 yds) C.P. - Don't get hung up inside.
BACKSIDE TACKLE	Pull with depth and block first defender to show playside. Be alert for Mac run through.
BACKSIDE GUARD	Pull and block first defender past tackle. AP: Inside number.
CENTER	Responsible for defender over pulling guard. If guard is uncovered block next defender on level 1. Calls: Cage
PLAYSIDE GUARD	Responsible for Strong A Gap. If center is uncovered block man on. Calls: Deuce, Down
PLAYSIDE TACKLE	Responsible for B Gap. If onside guard is uncoveed block man on. Call: Deuce, Down.
TIGHT END (Y)	Run diagonal route, work hole between the flat defender and the inside LBer.
SPLIT END (X)	Trips: run take off route, outside release. Dbl or D. Slot: run post.
FLANKER (Z)	Trips: run post route. Dbl or D. Slot: run dig.
QB	34-35 Counter footwork, fake 2 handed hand off. Watch B.C. go by, wave him bye. Play fake important. Snap head around, gaining depth and throw to A to Y. C.P. - End will not be blocked so you may have to throw quick.
ALERTS	

Play: 334/335 Naked



BALL CARRIER (F)	2 point stance, toes at 7. Execute base 34/35 track. "Rock the Rock". Hit first color.
BACK (A) (H) (U)	Run diagonal route, work hole between flat defender and inside LBer.
BACKSIDE TACKLE	Pull with depth and block first defender to show playside. Be alert for Mac run through.
BACKSIDE GUARD	Pull and block first defender past tackle. AP: Inside number
CENTER	Responsible for defender over pulling guard. If guard is uncovered block next defender on level 1. Calls: Cage
PLAYSIDE GUARD	Responsible for Strong A Gap. If center is uncovered block man on. Calls: Deuce, Down.
PLAYSIDE TACKLE	Responsible for B Gap. If center is uncovered block man on. Calls: deuce, down.
TIGHT END (Y)	Slam flat, Step down, sell run, slam the defender, then run flat (1-3 yds). C.P. Dont get hung up.
SPLIT END (X)	Run dig route in doubles formation. Run take off route in trips formation.
FLANKER (Z)	Run post route in doubles formation. Run post route in trips formation.
QB	34-35 Counter footwork, fake 2 handed hand off. Watch B.C. go by, wave him bye. Play fake important. Snap head around, gaining depth and throw to Y to A. C.P. - End will not be blocked so you may have to throw quick.
ALERTS	

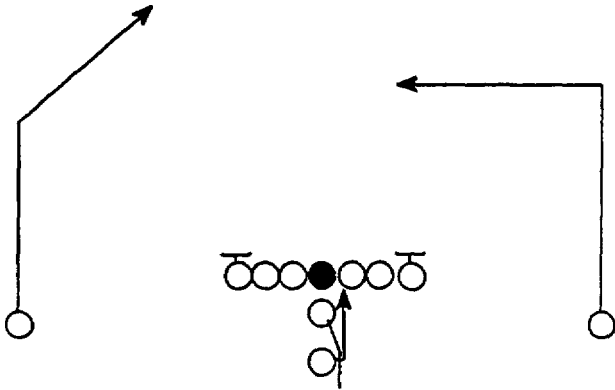
Play: 352 Max



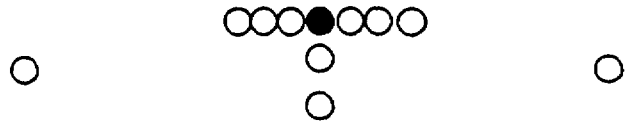
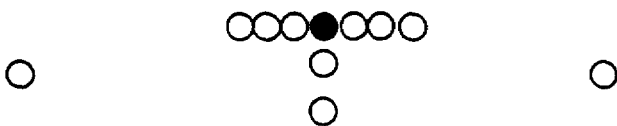
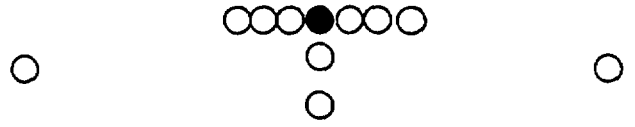
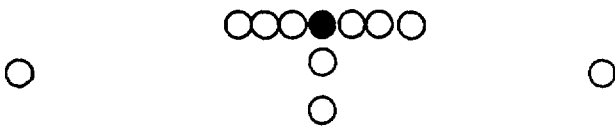
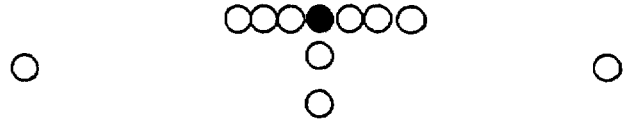
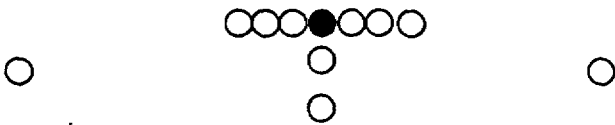
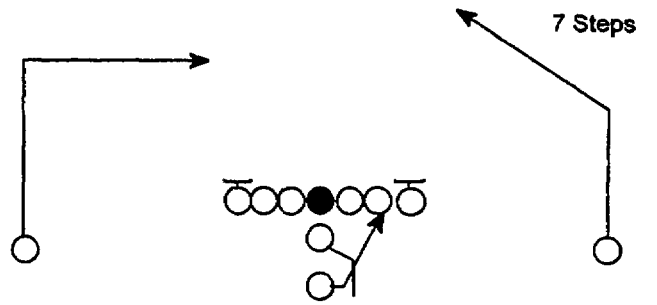
BALL CARRIER (F)	2 point stance, toes at 7. Execute draw fake. Do not pass color. Responsible for MAC.
BACK (A) (H) (U)	Run route called.
BACKSIDE TACKLE	Covered: block man on or outside. Area all games. Slide weak (away from Y) Calls: SOLID, ROGER/LUCKY, FAN/PRESS, AND BASE
BACKSIDE GUARD	Covered: Block man on. Area all games. Uncovered: Slide weak (away from Y) responsible for weak B gap. Calls: SOLID, ROGER/LUCKY, RAM/LION, FAN, PRESS, AND BASE.
CENTER	Covered: Block man on. Area all games. Slide weak (away from Y). responsible for weak A gap. Calls: SOLID, ROGER/LUCKY, RAM/LION, BASE
PLAYSIDE GUARD	Covered: Block man on. Area all games. Uncovered: Slide weak (away from Y). Responsible for strong A gap. Calls: SOLID, ROGER/LUCKY, RAM/LION, SQUEEZE AND BASE.
PLAYSIDE TACKLE	Man on to outside. Calls: DOUBLE, TRIPLE.
TIGHT END (Y)	Man on to outside. Calls: DOUBLE, TRIPLE.
SPLIT END (X)	Run route called.
FLANKER (Z)	Run route called.
QB	Back out and execute 52/53 draw fake. Set up and read route progression that is called.
ALERTS	

PLAY ACTION PATTERN VARIATIONS TWINS

310-311 Max X Post



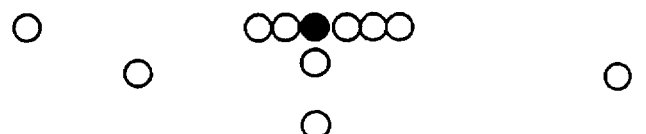
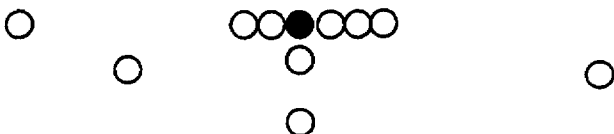
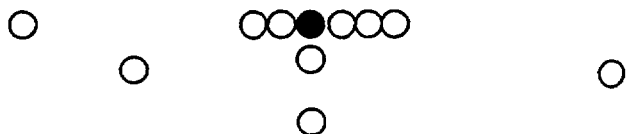
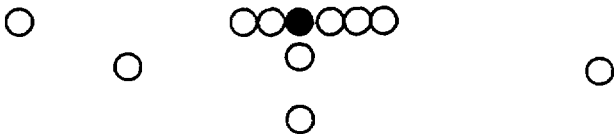
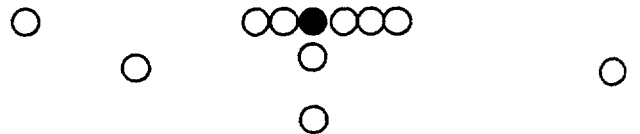
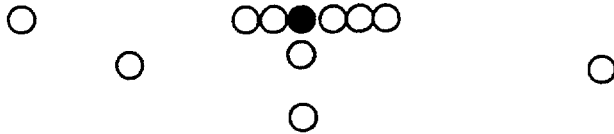
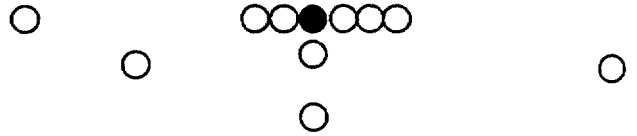
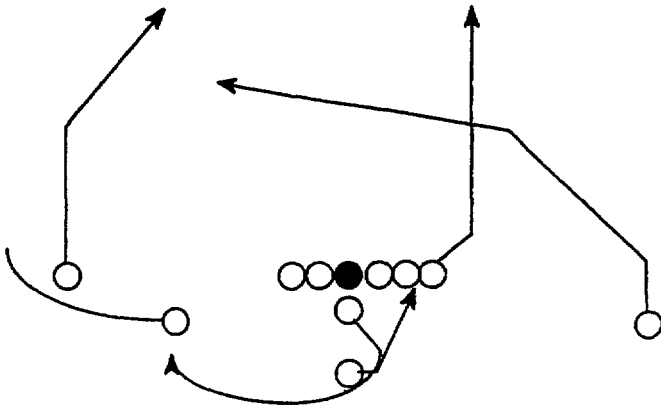
314-315 Max Z Quick Post



PLAY ACTION PATTERN VARIATIONS

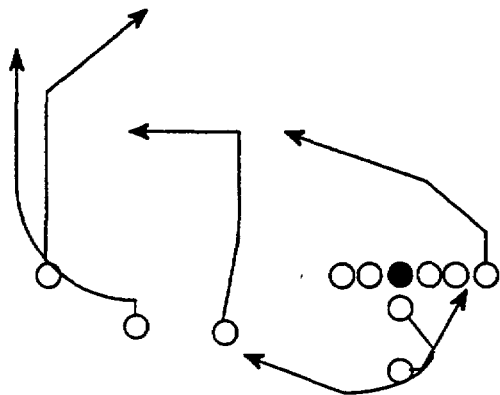
DOUBLES

314/315 G Boot Z Cross

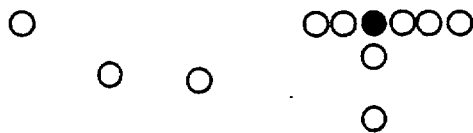
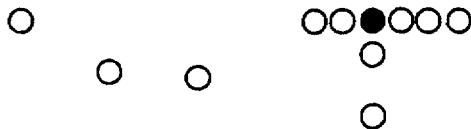
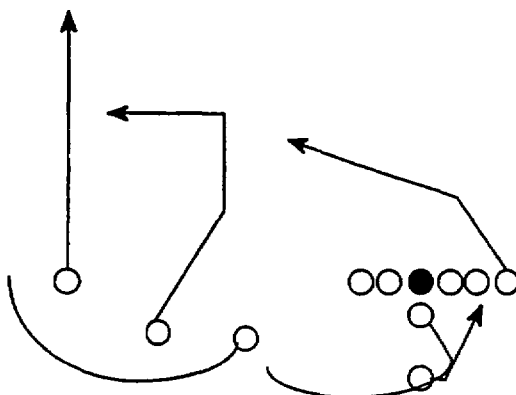


PLAY ACTION PATTERN VARIATIONS
TRIPS/TRIPS OPEN

314/315 G Boot Z Wheel A Out



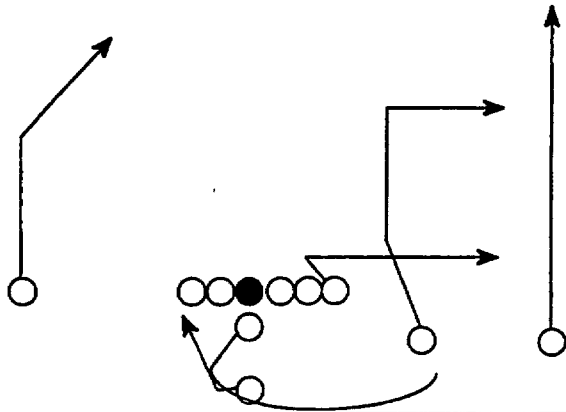
314/315 G Boot Z Out



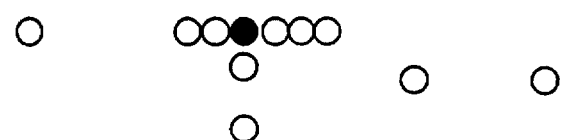
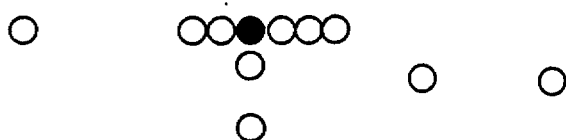
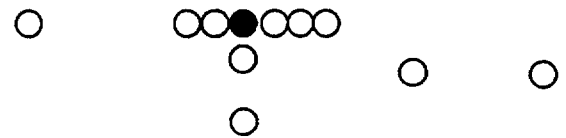
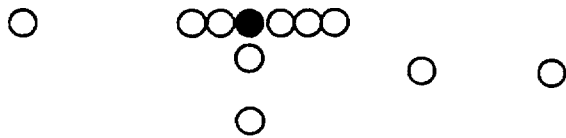
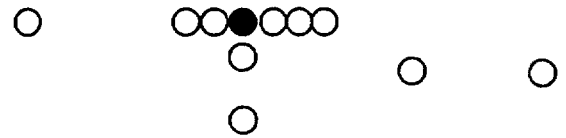
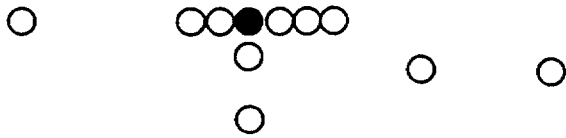
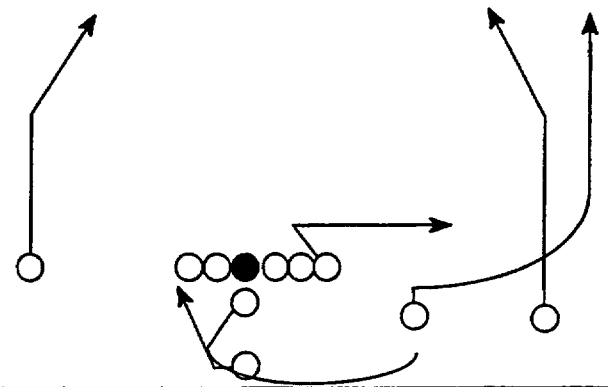
PLAY ACTION PATTERN VARIATIONS

TREY

314/315 G Naked A Out

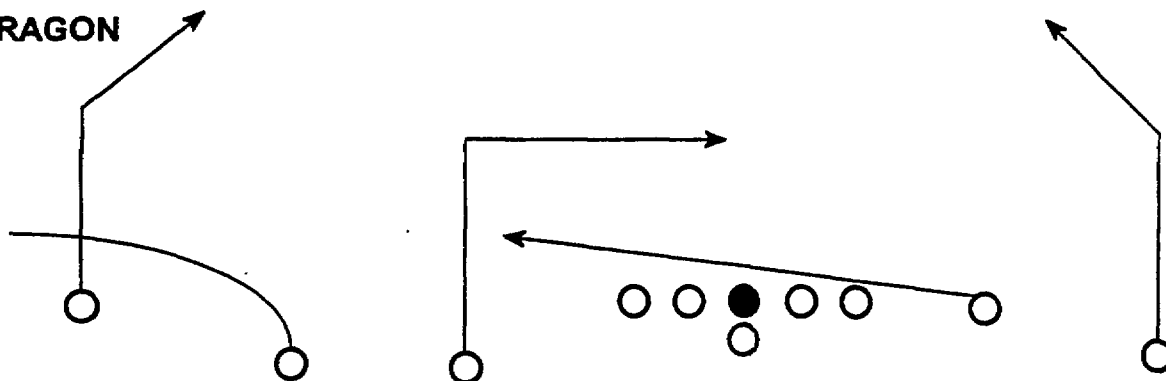


314/315 G Naked A Wheel



PLAY: 593 Dragon (A, Y, Z, X, F)

Y DRAGON



QB READS

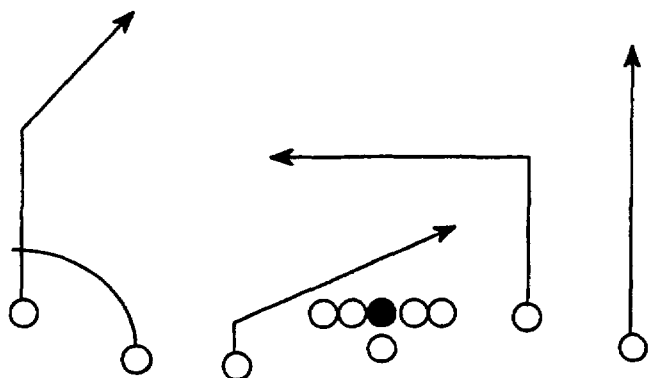
5 Step drop
Read middle linebackers drop and throw
opposite his reaction

Receiver called on the drag route is your hot
receiver

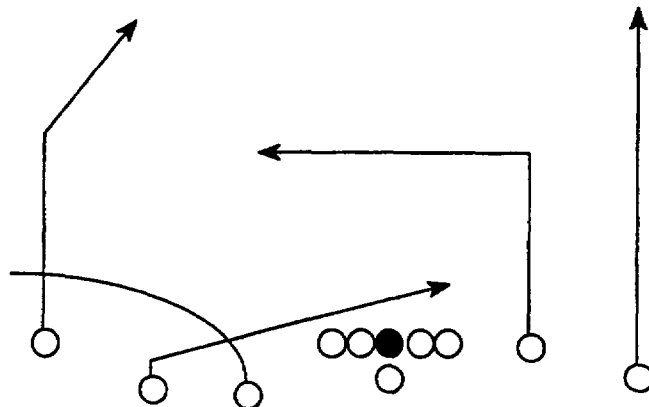
DRAGON RULES

Receiver called runs drag
First receiver on opposite side of the
ball runs an In route at 10 yards
Z In Trips runs a flat unless called on
the drag route
X in Trips runs a post unless called on
the drag
Y runs a wheel if F is called on the
drag

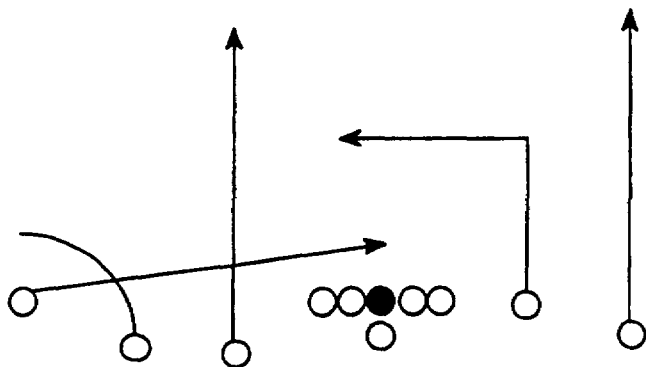
A DRAGON



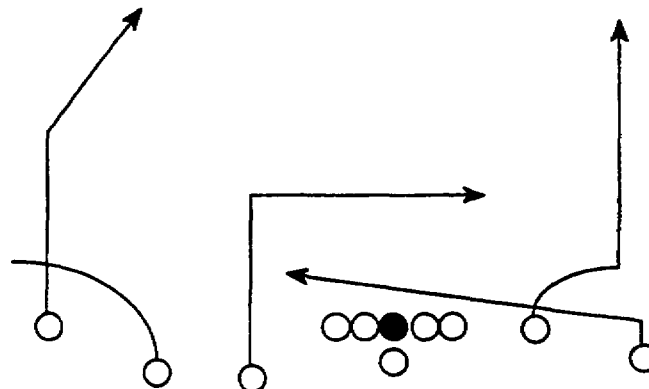
Z DRAGON



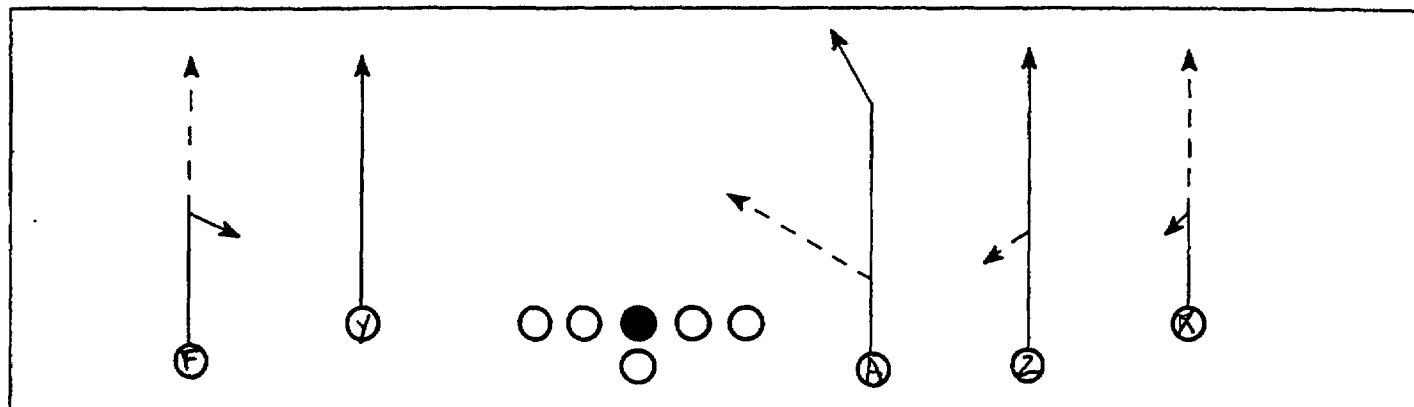
X DRAGON



F DRAGON



PLAY: 590



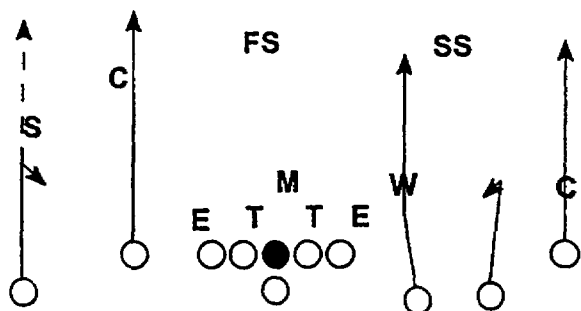
QB READS

3 Step Drop

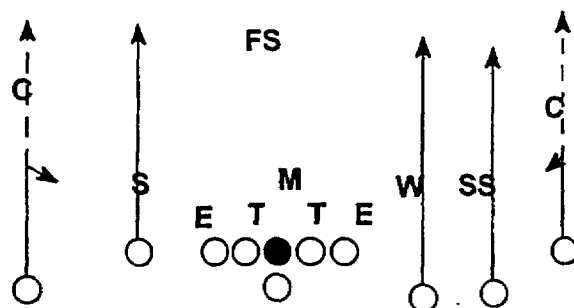
1. Pick the side of equal defenders.
2. Throw to the receiver who has the most cushion.

X: Hitch Route
Y: Seam Route
Z: Seam Route
A/H/U: Slant Route
FB: Hitch Route
C.P. X - F adjustment is fade

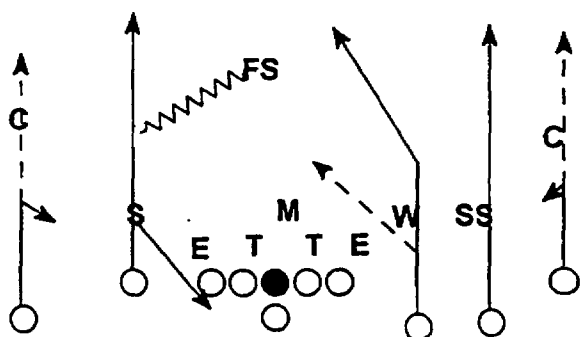
590 Adjustment *Zuncovered*



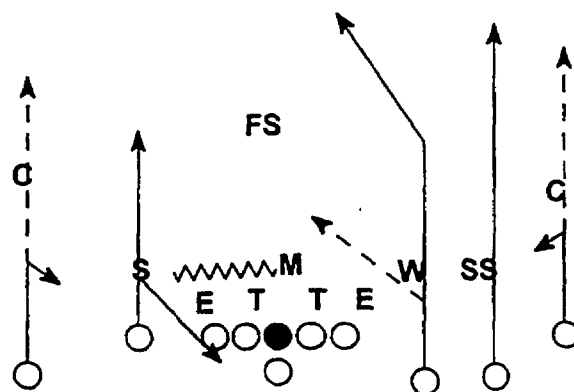
590 Adjustment *Cover 3*



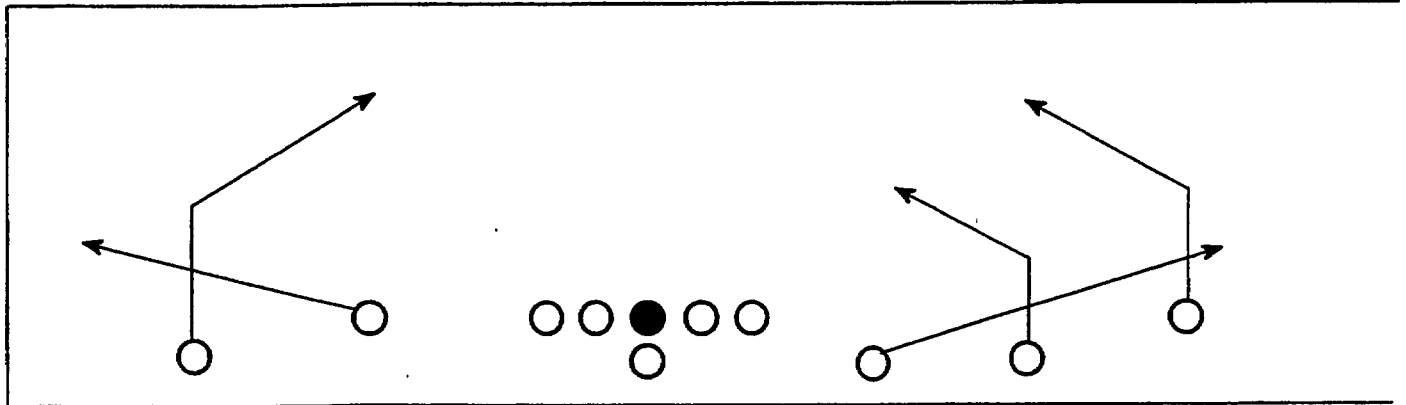
590 Adjustment *FS w/ SAM Blitz*



590 Adjustment *SAM Blitz w/ Backer Slide*



PLAY: 592 FLATS



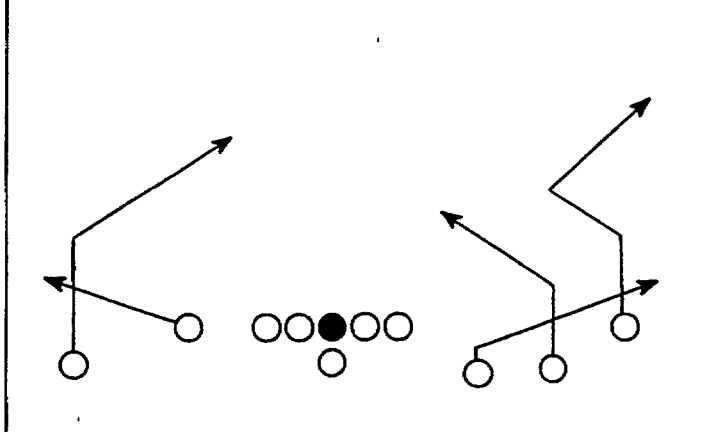
QB READS

3 Step Drop

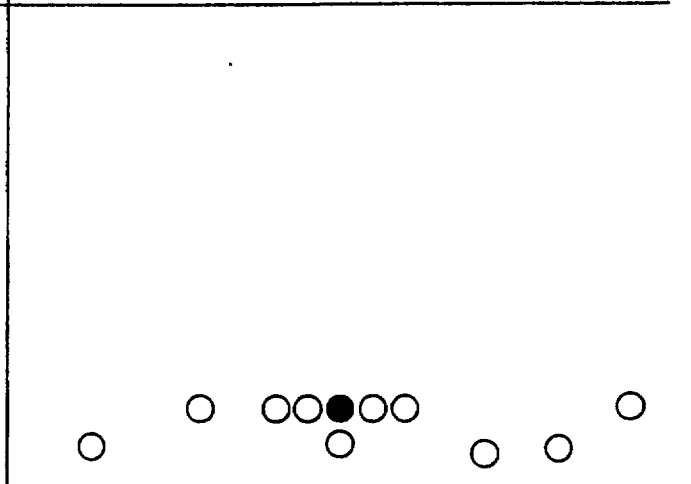
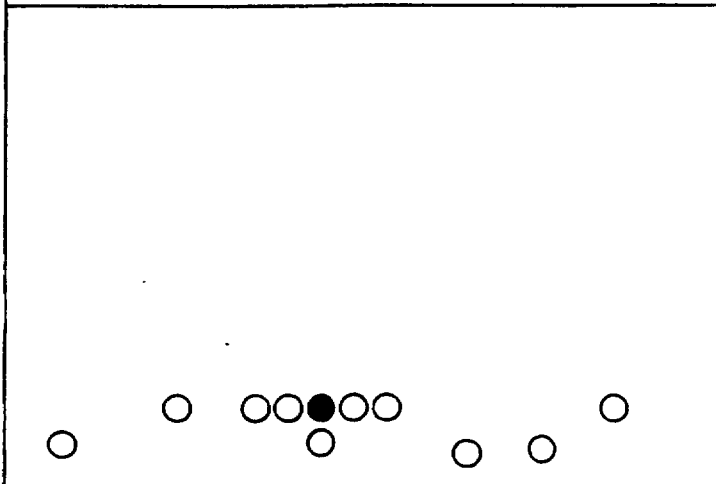
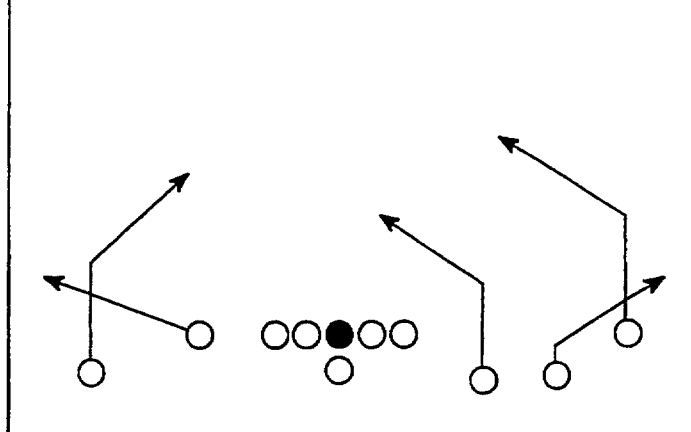
1. Pick the side of equal defenders
2. Read the defender responsible for the flat and throw opposite his movement.

X: Slant route 5 Steps
Y: Flat route
Z: Slant route 3 Steps
A/H/U: Flat route
FB: Slant route 5 Steps
C.P.

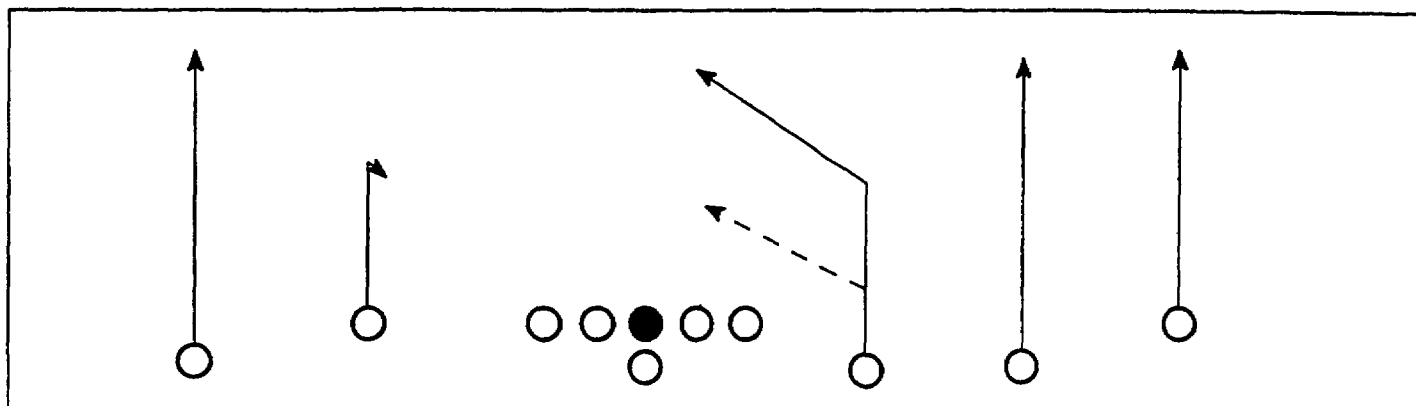
592 Flats X Corner



592 Flats Switch



PLAY: 593



QB READS

3 to 5 Step drop

Read coverage - FS alignment

Throw to the side of equal defenders

3 Deep - Read FS throw opposite his movement to Y or Z

2 Deep - Z to X - key safety on the hash Y to F

Man - A over the middle

X: Take off - reference point is the numbers

Y: Stop - 8 yds - arc release

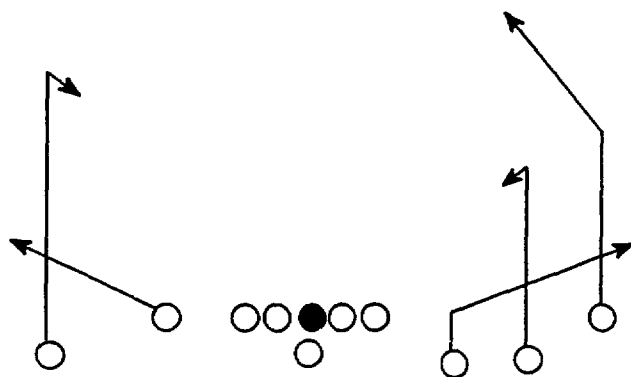
Z: Take off - reference point is 2 yds outside the hash

A/HU: Post Seam - reference point is 2 yds outside the far hash

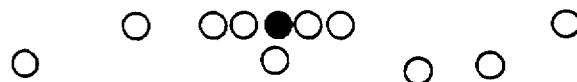
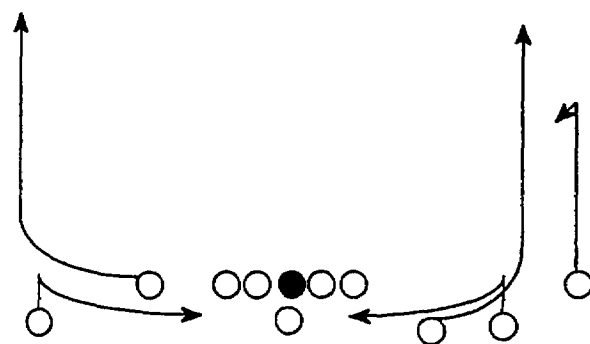
FB: Take off - reference point is the numbers.

CP: A/H/U - Blitz outlet

593 Pitt

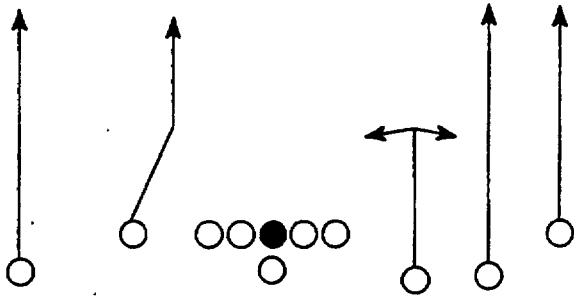


593 Devil



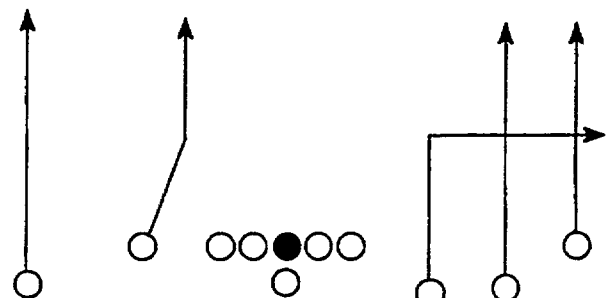
593 A INDIVIDUAL ROUTES

593 A Option



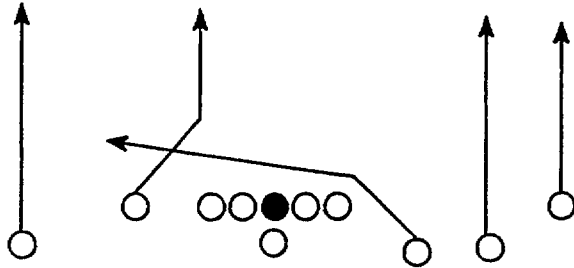
CP: A back work away from man covering you. In zone, find a hole. If no one is in the middle, take it.

593 A Out

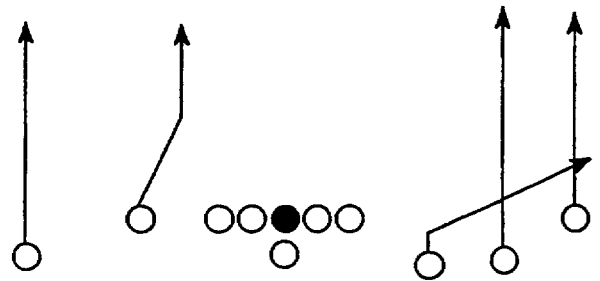


CP: A - if it's zone and there is a flat defender outside of you, sit down in the hole.

593 A Drag

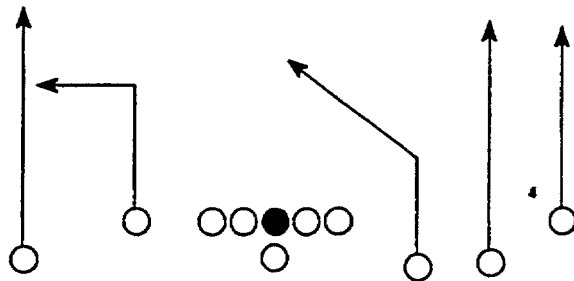


593 A Flat



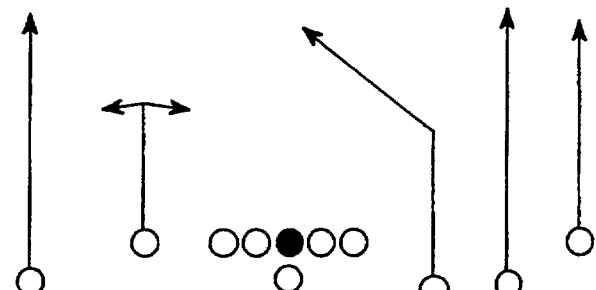
593 Y INDIVIDUAL ROUTES

593 Y Out



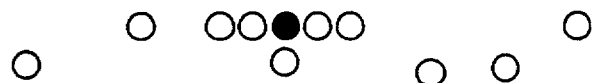
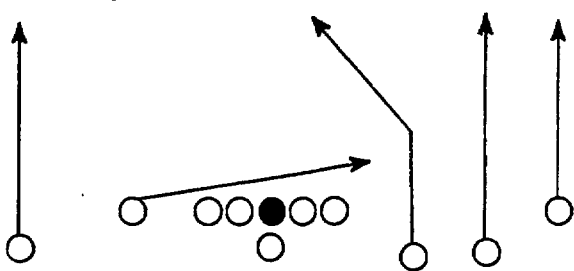
CP: F - must release outside

593 Y Option



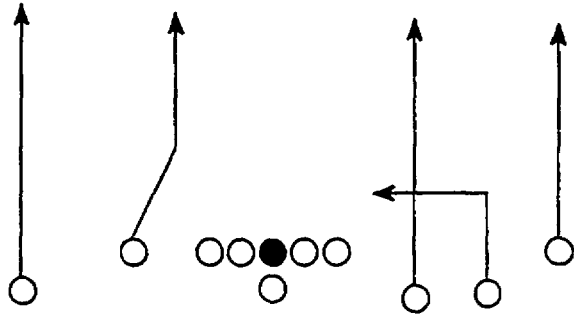
CP: Y - work away from man covering you. If zone, find a hole

593 Y Drag



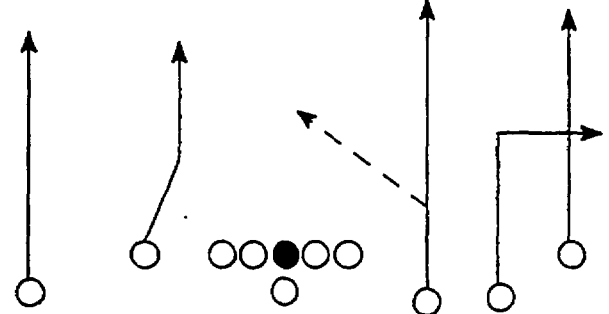
593 Z INDIVIDUAL ROUTES

593 Z Under



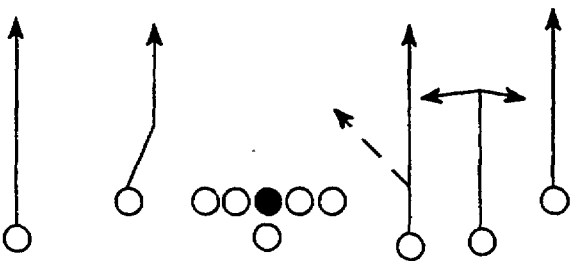
CP: Z - under route is at 5 yds.

593 Z Out



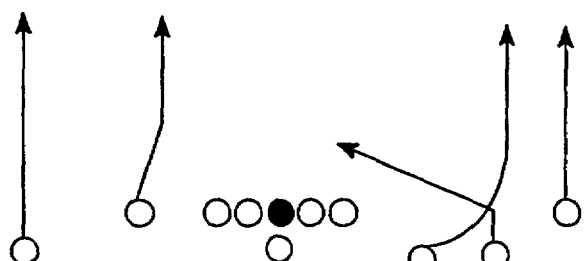
CP: X - must take an outside release
Z - 10 yds.

593 Z Option



CP: Z work away from man covering you. In zone, find a hole. Option route is 8-10 yds.

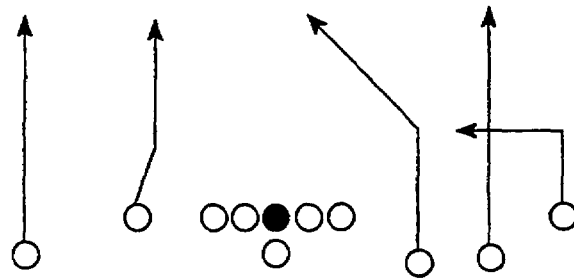
593 Z Slant



CP: Z - 1st step slant route, stay underneath the LB. A back, release at the man over Z, run seam route up the hash mark.

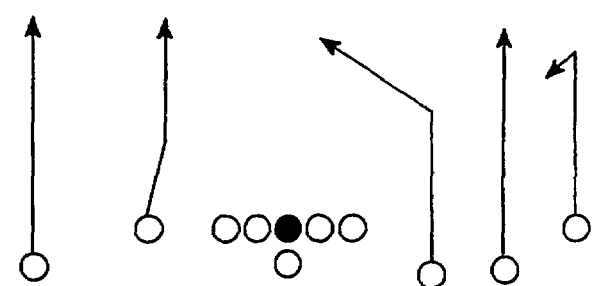
593 X INDIVIDUAL ROUTES

593 X Under

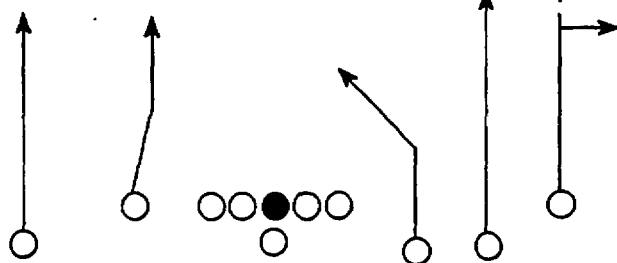


CP: Z and A avoid jam inside

593 X Stop

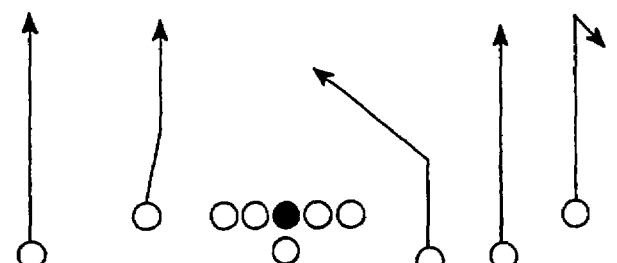


593 X Out



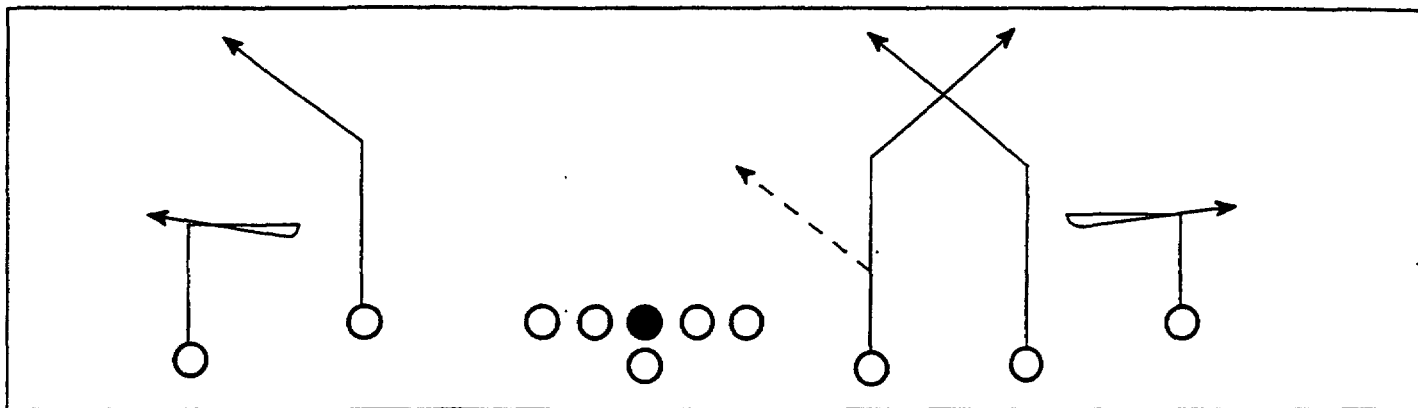
CP: Z and A avoid jam inside

593 X Comeback



CP: Z and A avoid jam inside.

PLAY: 596



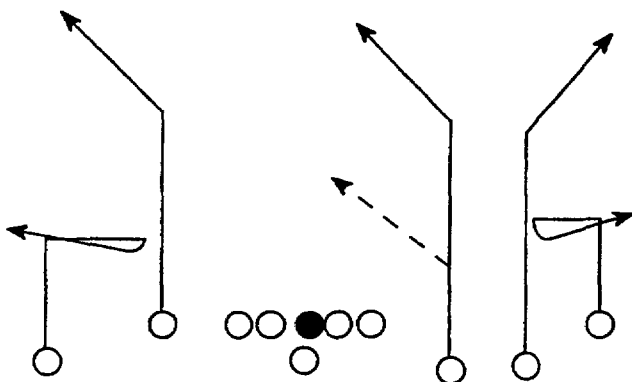
QB READS

5 Step drop

1. If FS moves out of deep middle 1/3 throw to Z on the post.
2. Pick the side of equal defenders.
3. Read defender responsible for deep outside 1/3 throw opposite his reaction - Corner to smash

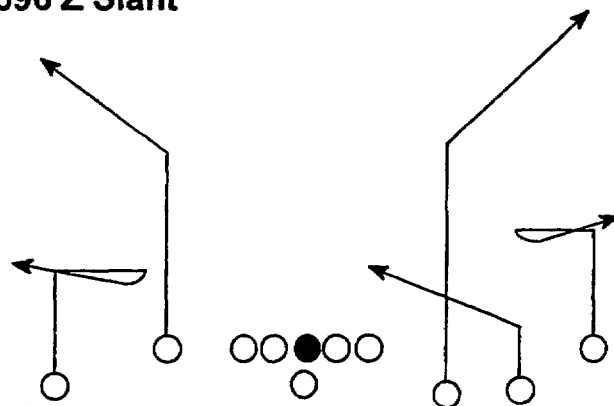
X: Smash
Y: Corner route
Z: Post route
A/H/U: Corner route
FB: Under route
CP: F and X are blitz outlets

596 Switch

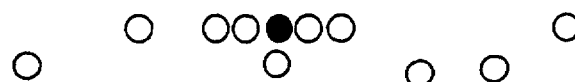
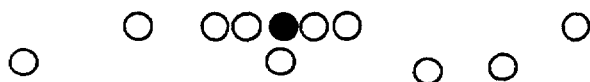


CP: A, F, X, are blitz outlets

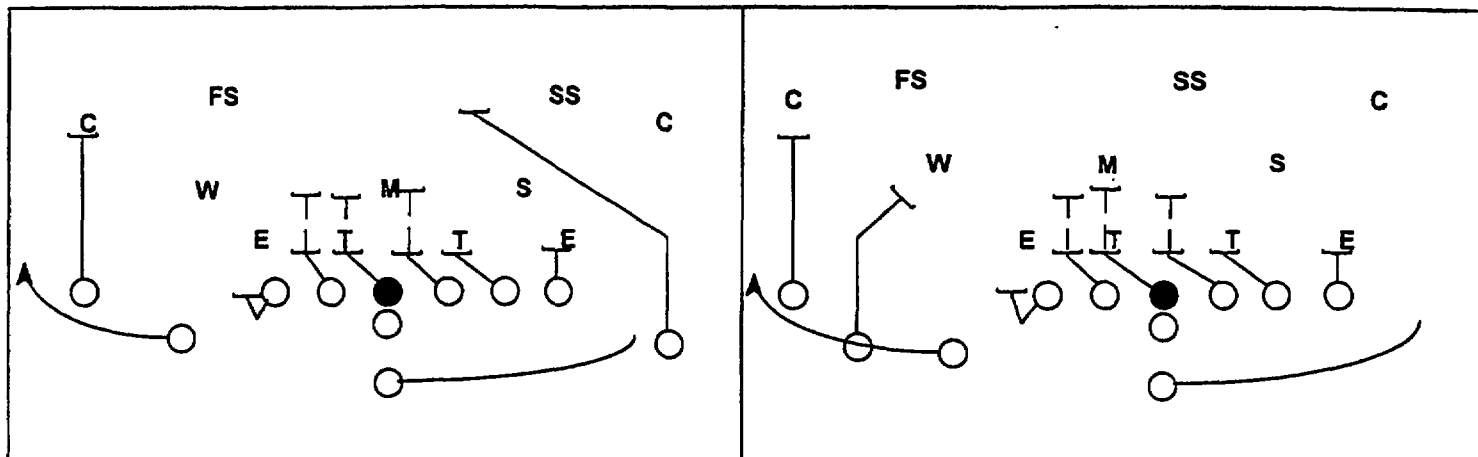
596 Z Slant



CP: Z - 3 step slant

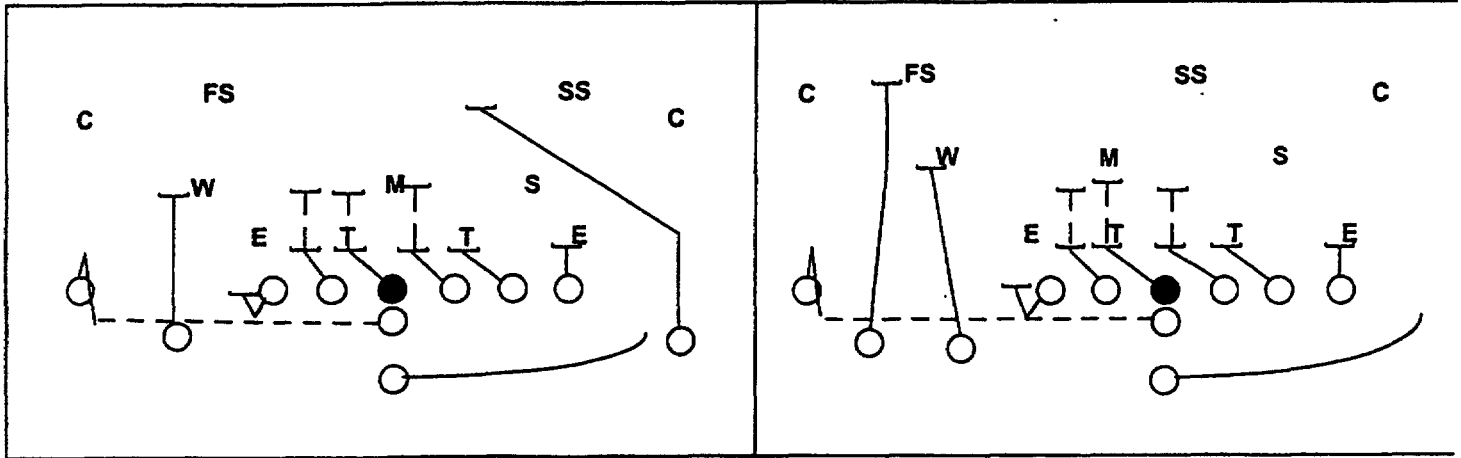


Play: Rip/Liz



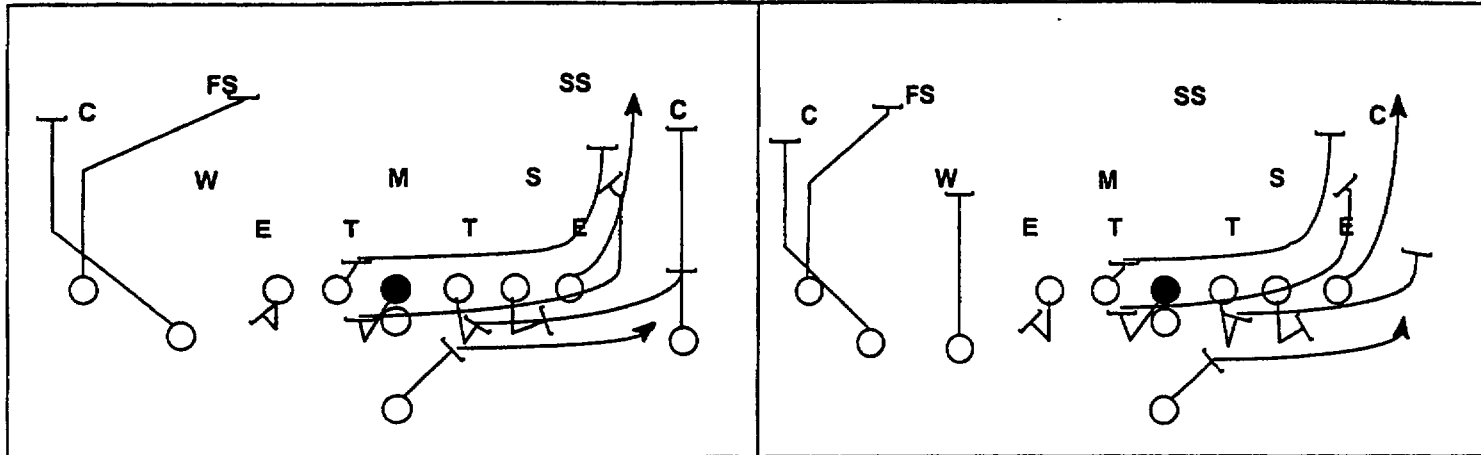
BALL CARRIER (F)	2 point stance, toes at 7. Swing opposite of the play call. Run full speed to the top of the numbers then begin to turn upfield. Go get a touchdown block.
BACK (A) (H) (U)	Basic split. Sprint for width. Catch ball in your hands and try to run outside X's block.
BACKSIDE TACKLE	Protect playside gap. Guard covered - reach block 3 technique Guard uncovered- step and hinge.
BACKSIDE GUARD	Attack nearest defender playside - take full bucket step and rip through trying to block ILB.
CENTER	Attack nearest defender to the playside - take full bucket step and rip through trying to get your shoulders through to block the nearest LB on the second level.
PLAYSIDE GUARD	Attack nearest defender to the playside - take full bucket step and rip through trying to get your shoulders through to block the nearest LB on the second level.
PLAYSIDE TACKLE	Take full bucket step and cut outside defender. C.P. Must get EMLOS hands down.
TIGHT END (Y)	Playside: take full bucket step and cut outside defender. C.P. Must get EMLOS hands down. Backside: protect playside gap. Take full bucket step and rip through C gap.
SPLIT END (X)	Screen your side - If your not getting ball - block man on. Screen away - Block man on or post wheel rule.
FLANKER (Z)	Screen your side - If your not getting ball - responsible for man over receiver outside you. Screen away - Man on or post wheel rule.
QB	Take quick step back and throw ball efficiently to the A back.
ALERTS	

Play: Ram/Lion



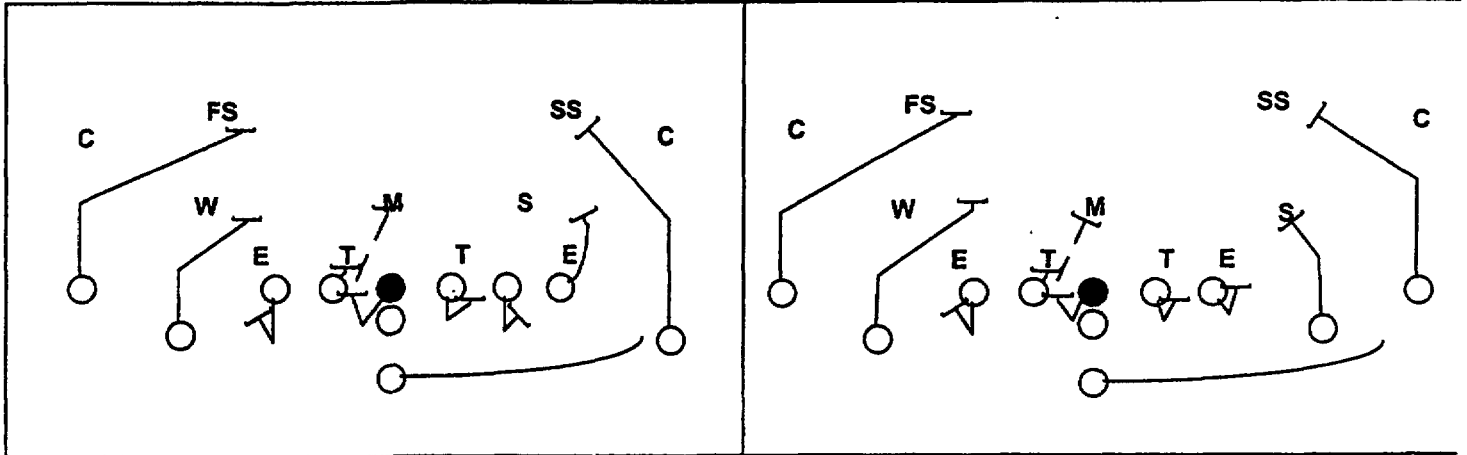
BALL CARRIER (F)	2 point stance, toes at 7. Swing opposite of the play call. Run full speed to the top of the numbers then begin to turn upfield. Go get a touchdown block.
BACK (A) (H) (U)	Block man over or game plan adjustment.
BACKSIDE TACKLE	Protect playside gap. Guard covered - reach block 3 technique Guard uncovered- step and hinge.
BACKSIDE GUARD	Attack nearest defender playside - take full bucket step and rip through trying to block ILB.
CENTER	Attack nearest defender to the playside - take full bucket step and rip through trying to get your shoulders through to block the nearest LB on the second level.
PLAYSIDE GUARD	Attack nearest defender to the playside - take full bucket step and rip through trying to get your shoulders through to block the nearest LB on the second level.
PLAYSIDE TACKLE	Take full bucket step and cut outside defender. C.P. Must get EMLOS hands down.
TIGHT END (Y)	Playside: take full bucket step and cut outside defender. C.P. Must get EMLOS hands down. Backside: protect playside gap. Take full bucket step and rip through C gap.
SPLIT END (X)	One hard step to set corner, retrace and catch ball behind L.O.S. work off inside receiver's block.
FLANKER (Z)	To your side, block man over you to inside.
QB	Take quick step back and throw to outside receiver (X). Must be thrown behind L.O.S. Aiming point is 1 yard behind L.O.S
ALERTS	

Play: 60 Screen Rt/Lt



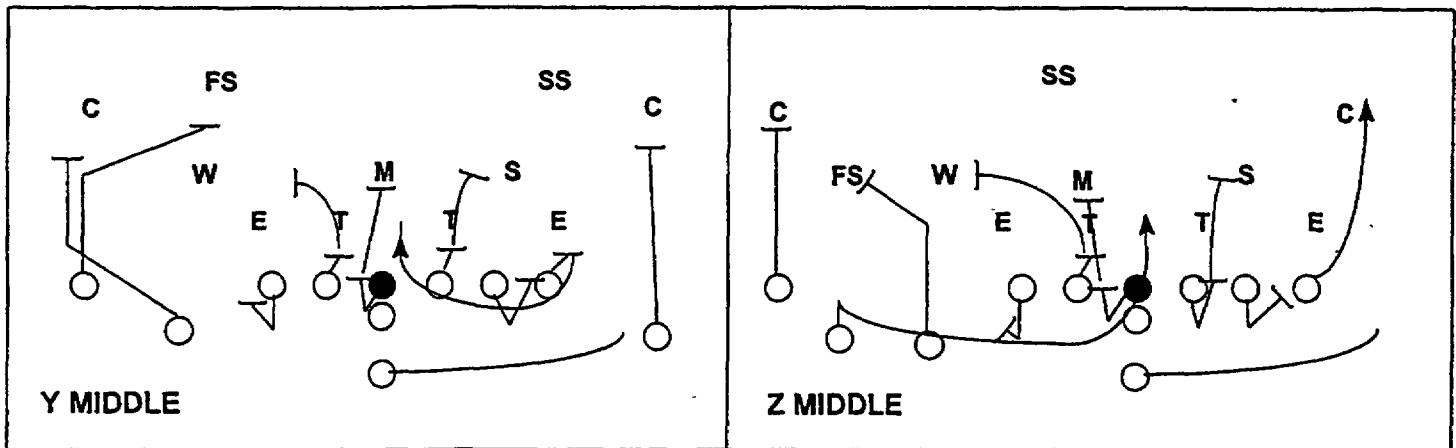
BALL CARRIER (F)	2 point stance, toes at 7. Step to chip the outside shoulder of the 1st defender strong. Check for MAC/SAM pressure. Get to 5x1 outside the tackle at 75 % of full speed. Go when the guard goes. Look the ball in and rip upfield.
BACK (A) (H) (U)	Dbls - Vs 1 safety look, block man on. 2 safety look, post wheel rule. Trips - Vs 2 safety look, block man on. 2 safety look, post wheel rule.
BACKSIDE TACKLE	Covered, block man on. Area all games. Uncovered fan responsible for C gap. Calls - Fan.
BACKSIDE GUARD	Covered block man on. Uncovered Roger/Lucky, slide weak. Let defender cross your face. Release down LOS, responsible for secondary support (alley defender).
CENTER	Covered block man on. Uncovered Roger/Lucky, slide weak, block for 2 counts, release down the line 2 yards outside TE's original alignment, working to seal curl area. Calls - roger/lucky, ram/lion.
PLAYSIDE GUARD	Covered block man on Uncovered, roger/lucky slide weak. Block for 2 counts release down the line 5 yards outside TE's original alignment, responsible for the force defender. Pull flat down LOS. Calls - roger/lucky, ram/lion.
PLAYSIDE TACKLE	Covered block man on. Area all games. Uncovered, Block man over TE. Call - roger/lucky.
TIGHT END (Y)	Vs. 1 safety look, block man on. Vs. 2 safety look, post wheel rule, and block corner.
SPLIT END (X)	Vs. 1 safety look, block man on. Vs. 2 safety look, post wheel rule.
FLANKER (Z)	Playside, cover 4 rule. Backside, post wheel rule, or man on vs 1 safety look.
QB	Take 5 step drop, looking opposite direction of the screen. Pause, then fade back, turn and throw off balance to RB. When throwing right, back pedal drop, when throwing left crossover drop. (For rt handed QB)
ALERTS	

Play: 592 Picks



BALL CARRIER (F)	2 point stance, toes at 7. Swing strong. Sprint to the top of the numbers before turning upfield. Get your head around by your third step. Catch and rip upfield.
BACK (A) (H) (U)	Run slant route. A.F.B.P.
BACKSIDE TACKLE	Block 590 protection.
BACKSIDE GUARD	Block 590 protection.
CENTER	Block 590 protection.
PLAYSIDE GUARD	Block 590 protection.
PLAYSIDE TACKLE	Block 590 protection.
TIGHT END (Y)	Arc release and block SAM or lb covering RB. If in Dbl Slot, run slant route and crack LBer inside you.
SPLIT END (X)	Run slant route and block safety. AFBP.
FLANKER (Z)	Run slant route and crack safety.
QB	Take quick 5 step drop, looking downfield, turn and make accurate pass to RB on swing.
ALERTS	

Play: 593 Middle Screen X, Y, Z, F



BALL CARRIER (F)	2 point stance, toes at 7. Swing strong. Full speed swing to the top of the #'s.
BACK (A) (H) (U)	Screen your side, if not getting ball, responsible for man over receiver outside you Screen away, man on or post wheel rule.
BACKSIDE TACKLE	Pass block man on or outside.
BACKSIDE GUARD	Pass block man on or over "1001 Go" and release upfield working inside out. Block most dangerous man.
CENTER	Pass block man on or over "1001 Go" and release upfield working for Mac LB. Block most dangerous man.
PLAYSIDE GUARD	Pass block man on or over "1001 Go" and release upfield working inside out. Block most dangerous man.
PLAYSIDE TACKLE	Pass block man on or outside. If Y middle screen and you are uncovered, set to pick the defender over Y.
TIGHT END (Y)	Run take off if not in screen and look up safety or most dangerous man. Y Screen set back off LOS, release down the line to receive the ball and get north and south.
SPLIT END (X)	Screen your side, If not getting ball - block man on. Screen away, block man on or post wheel rule.
FLANKER (Z)	Screen your side, if not getting the ball, responsible for man over receiver outside you. Screen away, man on or post wheel rule.
QB	7 Step drop - eyes downfield. Turn and make an accurate throw to receiver coming over the middle.
ALERTS	Receiver getting the screen - Take one hard step upfield, retrace and work back to the ball 2 yards behind the LOS. Catch the ball in your hands and get upfield, behind the kick out block.

SCAT

General Rules:

Scat is a part of our 70 passing game which allows us to use our motion and formations to confuse the defense by throwing the ball quick and upfield to our athletes. The line and "F" will block 70 protection. X will always run a control spot. Huddle call i.e.: Trey Right Jet Over Scat Streak.

Patterns:

- Scat Streak
- Z = Stop
- Y - Out & Up
- A, H, U - Flat
- X = Control Spot
- F = Check Swing

Scat Option

- Z = Post
- Y = 8-10 yds option route
- A, H, U = Flat
- X = Control Spot
- F = Check Swing

Scat In

- Z = Post
- Y = 10 Yard In
- A, H, U = Angle Route (motion a little wider)
- X = Control Spot
- F = Check Swing

Scat Bender

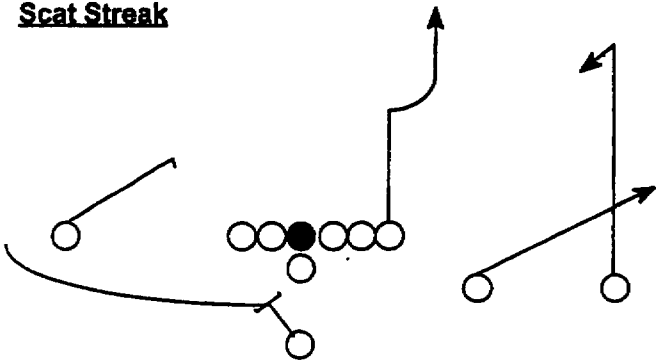
- Z = Out
- Y = Bender
- A, H, U = Angle Route (motion a little wider)
- X = Control Spot
- F = Check Swing

Scat Spot

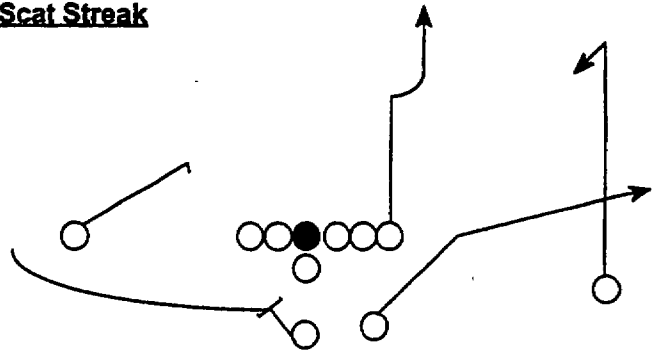
- Z = Post
- Y = Drag Spot
- A, H, U = Bender
- X = Control Spot
- F = Check Swing

SCAT ROUTES

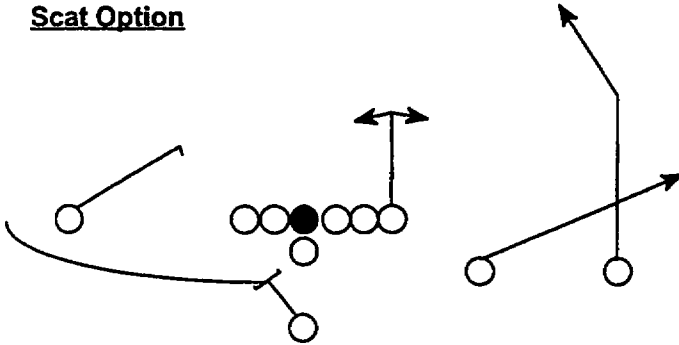
Scat Streak



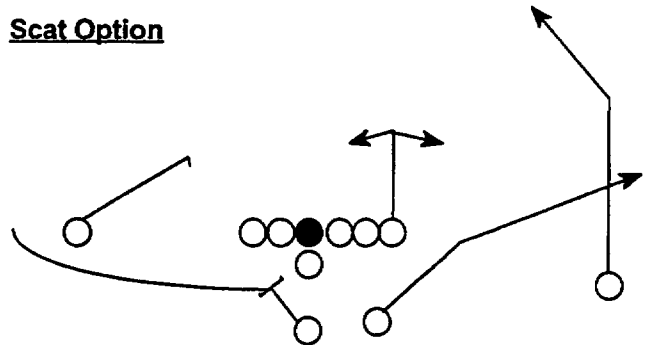
Scat Streak



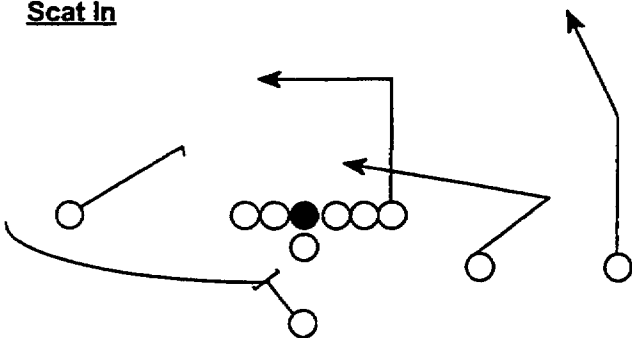
Scat Option



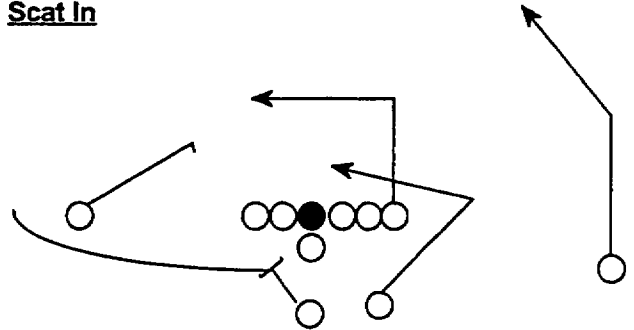
Scat Option



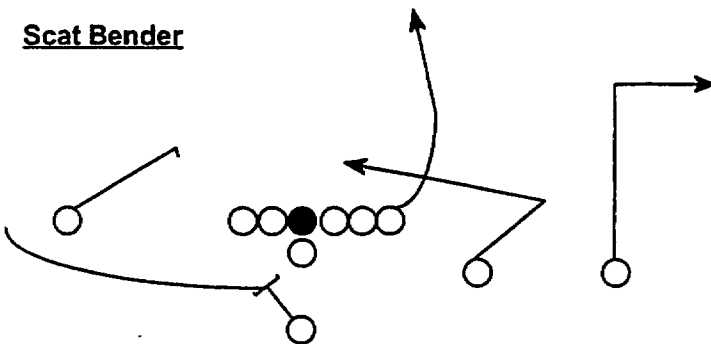
Scat In



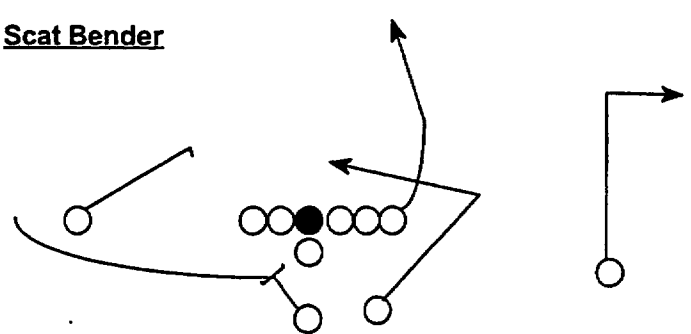
Scat In



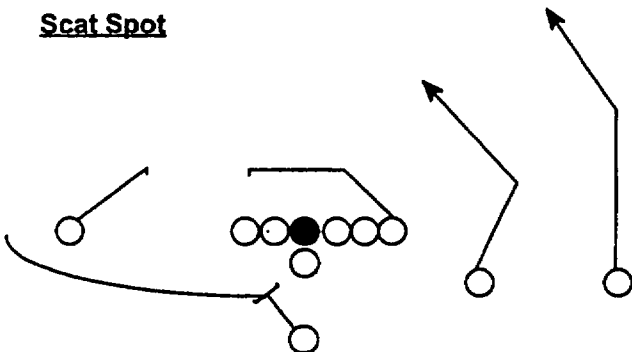
Scat Bender



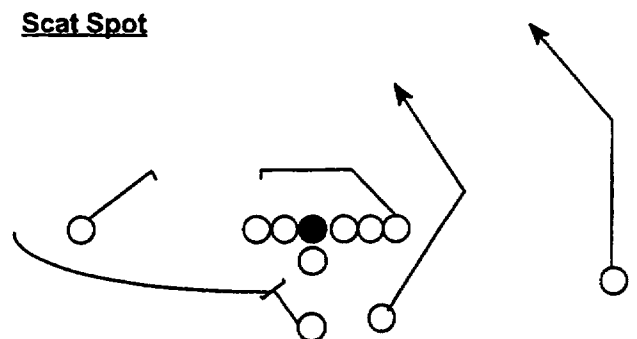
Scat Bender



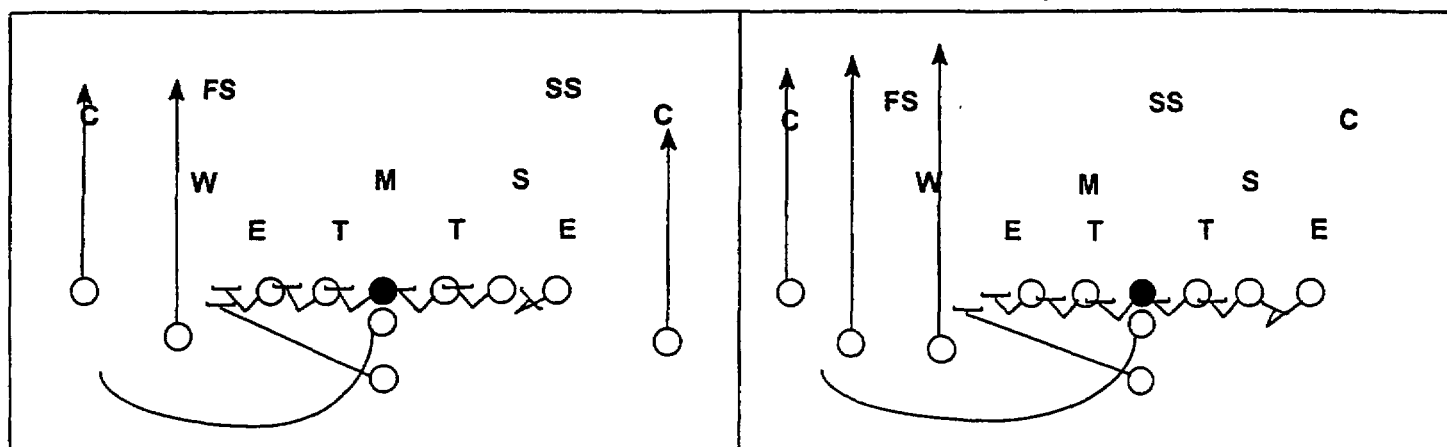
Scat Spot



Scat Spot

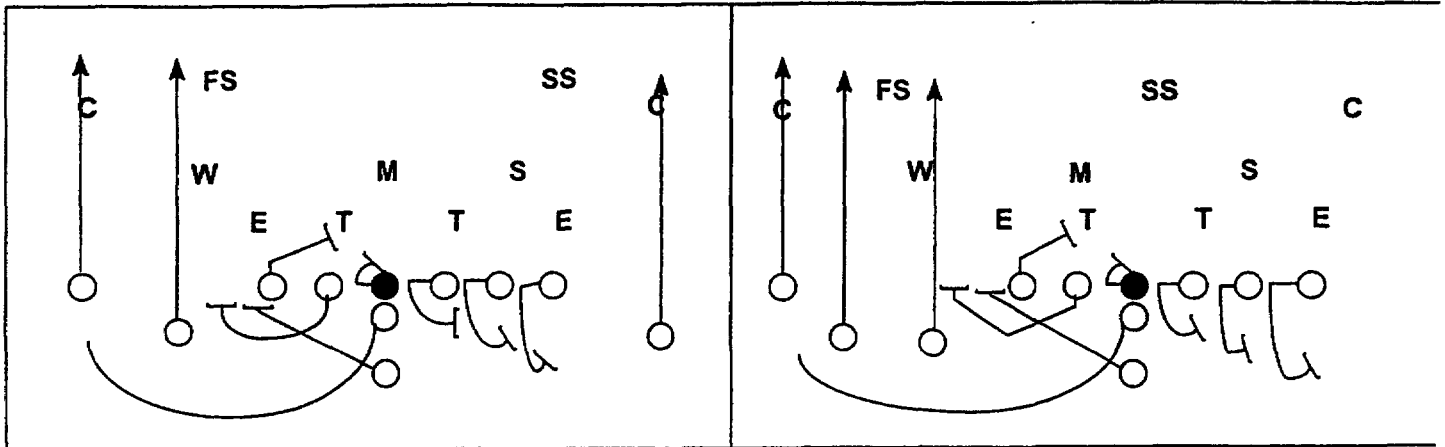


Play: SPRINT PROTECTION



BALL CARRIER (F)	Aggressively pursue the weak side "C" gap. Block first defender to show. If no outside threat help tackle secure DE. C.P. Be aware of LB scrape.
BACK (A) (H) (U)	Run designated route.
BACKSIDE TACKLE	You are responsible for backside "B" gap. When uncovered aggressively attack defensive lineman over the guard. If backside guard vacates you must over take D Lineman. When covered block man on. C. P. Step hard with your post foot forcing DL outside.
BACKSIDE GUARD	You are responsible for the backside "A" gap. When uncovered aggressively attack man over the center. If center vacates you must over take his block. When covered block man on. C.P. Step hard inside with your post foot forcing DL outside.
CENTER	You are responsible for the playside "A" gap. When uncovered aggressively attack defender over playside guard. If the guard vacates you must over take his block. When covered block man on. C. P. Be alert for Mac plug.
PLAYSIDE GUARD	You are responsible for the playside "B" gap. When uncovered aggressively attack defender over the playside tackle. If tackle vacates you must over take his block. When covered block man on. C.P. Be alert for LB plug on the playside.
PLAYSIDE TACKLE	You must block man or man outside (your block is critical). Attack defender's outside armpit working to flatten him down LOS. Avoid letting the defender rush outside upfield sustain block. C.P. If RB has no threat outside he will help you block your man.
TIGHT END (Y)	Block man forcing him outside - you must sustain your block, you are the QB's backside protector.
SPLIT END (X)	Run designated pass route.
FLANKER (Z)	Run designated pass route.
QB	Open at 6 o'clock and sprint out getting depth and width until over the top of tackle (about 7 yards). Read RB's block and sprint around or set up. Go through designated progression.
ALERTS	

Play: SPRINT G PROTECTION

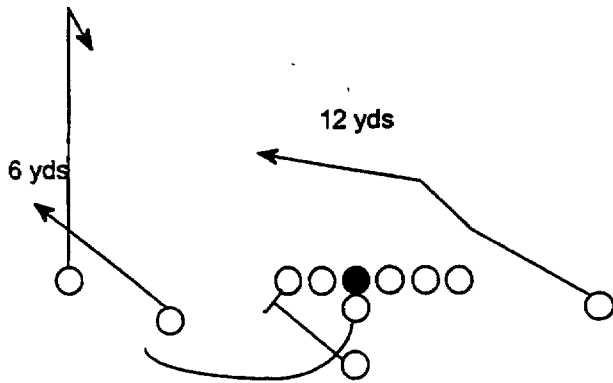


BALL CARRIER (F)	Attack EMLOS! You must use a variety of blocks - at times you will chop and other times stay high looking to pin inside. Possible offset.
BACK (A) (H) (U)	Run specific route called.
BACKSIDE TACKLE	Turn back protect - you will block the "C" gap - do not let your defender cross your face. Force the defensive man to the outside. Technique step and hinge.
BACKSIDE GUARD	Turn back protect - you will block the "B" gap - do not let your defender cross your face. Force the defensive man to the outside.
CENTER	Turn back protect - you will block the backside "A" gap - do not let defender cross your face. Force the defensive man to the outside. *If playside ILB threatens the playside "A" gap you must full ROGER or LUCKY playside.
PLAYSIDE GUARD	Open pull and block first defender outside of RBs block. Sustain your block.
PLAYSIDE TACKLE	Block and pin first defender over the playside guard.
TIGHT END (Y)	Turn back protect block first man outside and force upfield. You will block the "D" gap. Technique step and hinge.
SPLIT END (X)	Run specific route.
FLANKER (Z)	Run specific route.
QB	Open at 6 o'clock and sprint out getting depth and width until over the top of tackle (about 7 yards). Read RB's block and sprint around or set up. Go through designated progression.
ALERTS	Any outside linebacker pressure check out unless told otherwise.

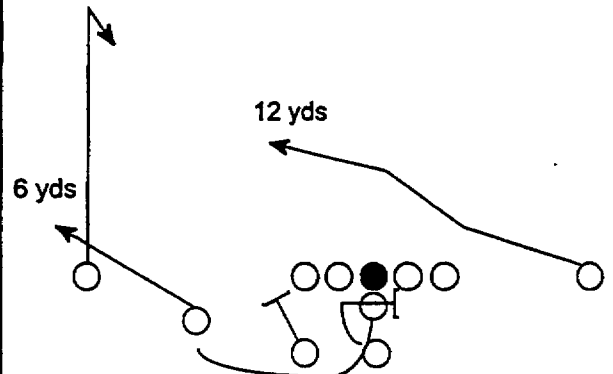
SPRINT ROUTES

2 Man Combinations

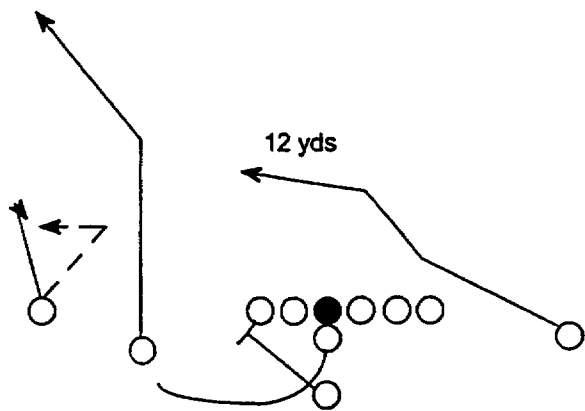
Sprint Stop
14 yds



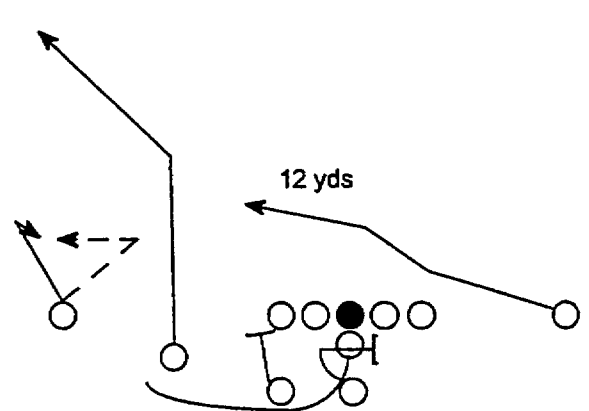
Sprint Stop
14 yds



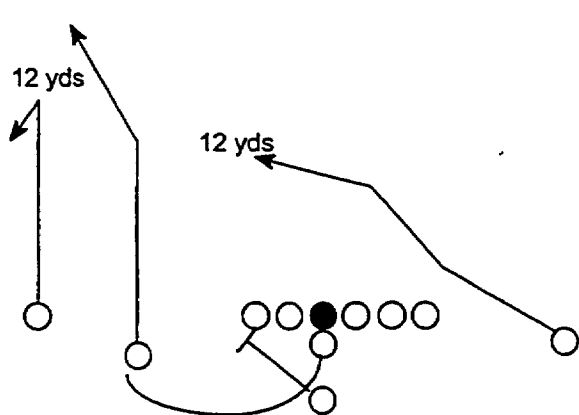
Sprint Smash



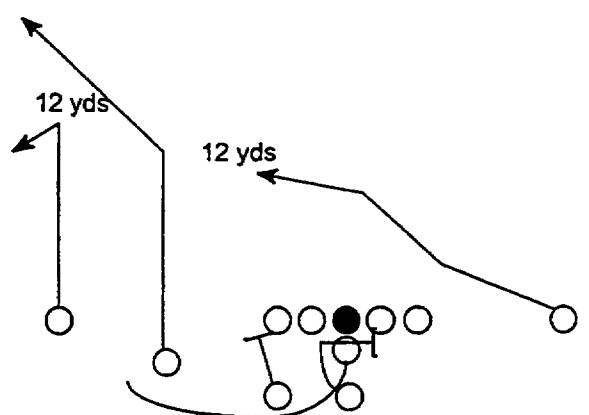
Sprint Smash



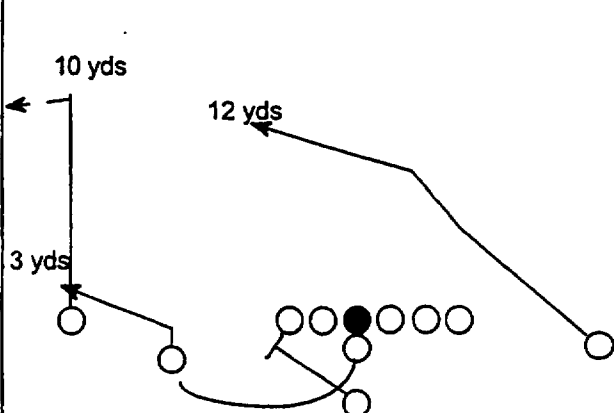
Sprint Hammer



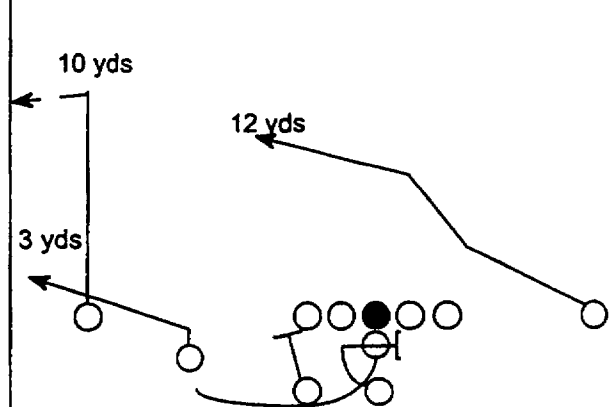
Sprint Hammer



Sprint Gray



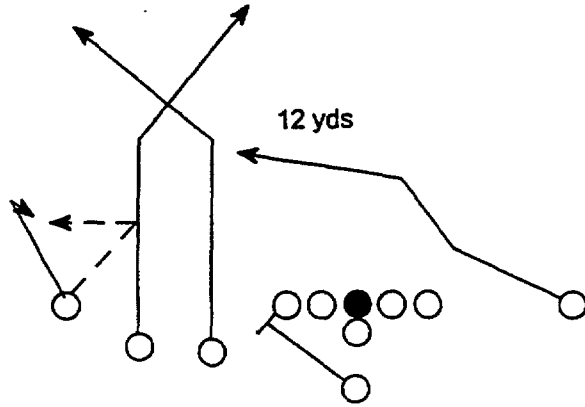
Sprint Gray



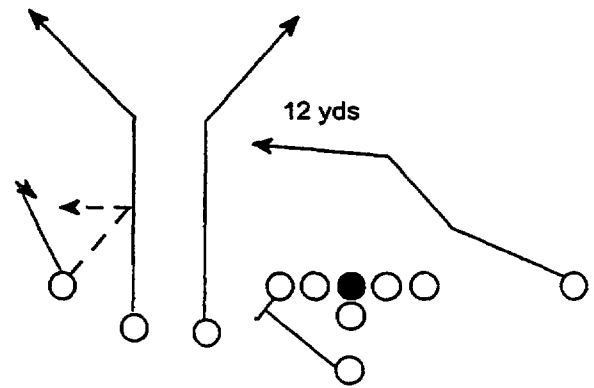
SPRINT ROUTES

3 Man Combinations

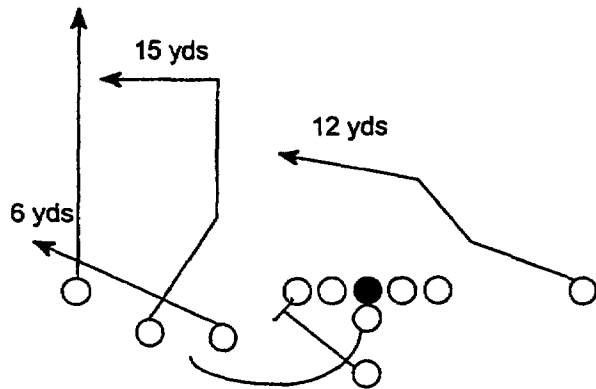
Sprint Smash



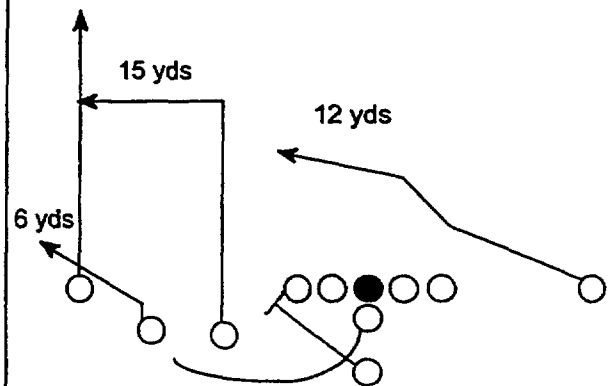
Sprint Smash Switch



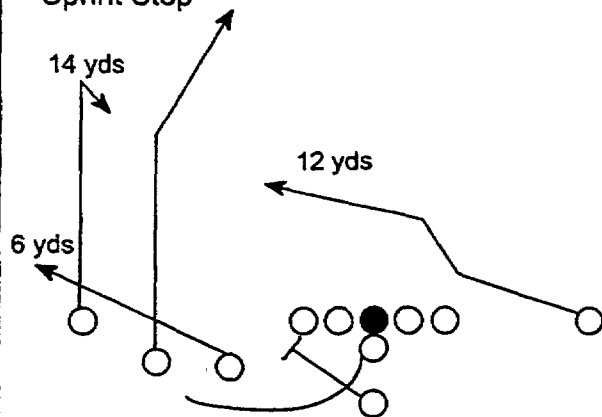
Sprint Flood



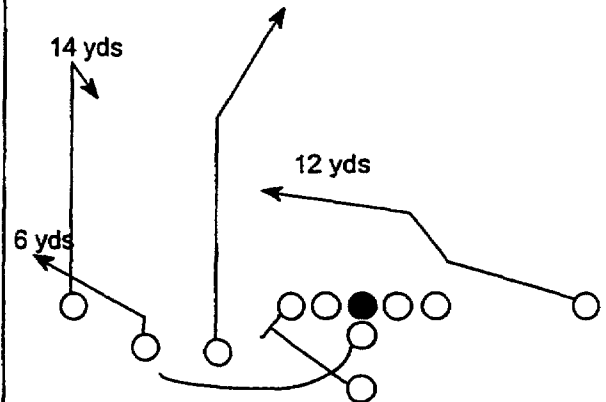
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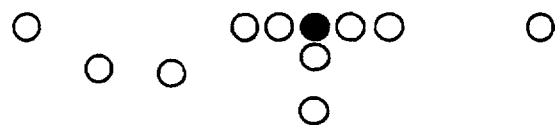
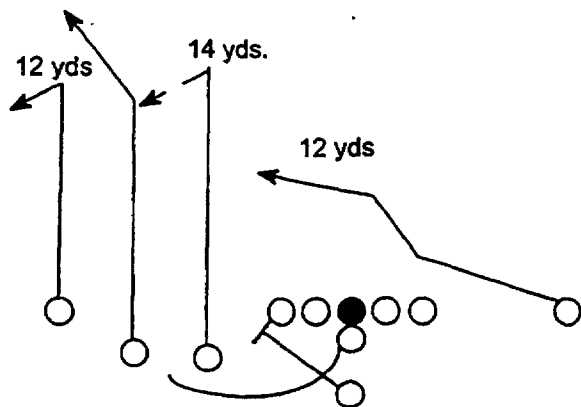
Sprint Stop



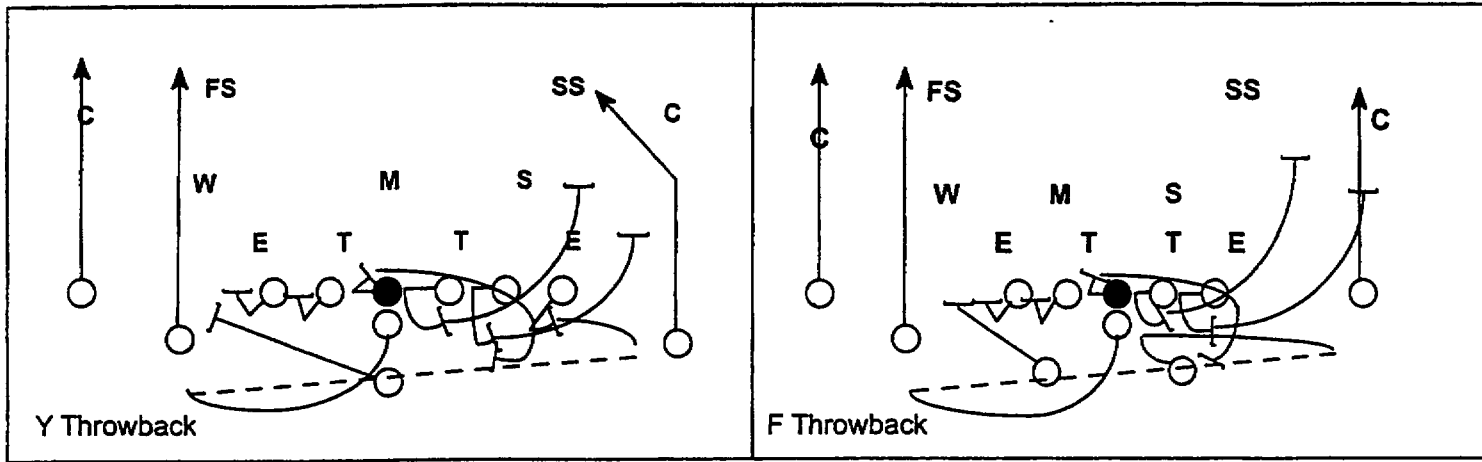
Sprint Stop Switch



Sprint Hammer

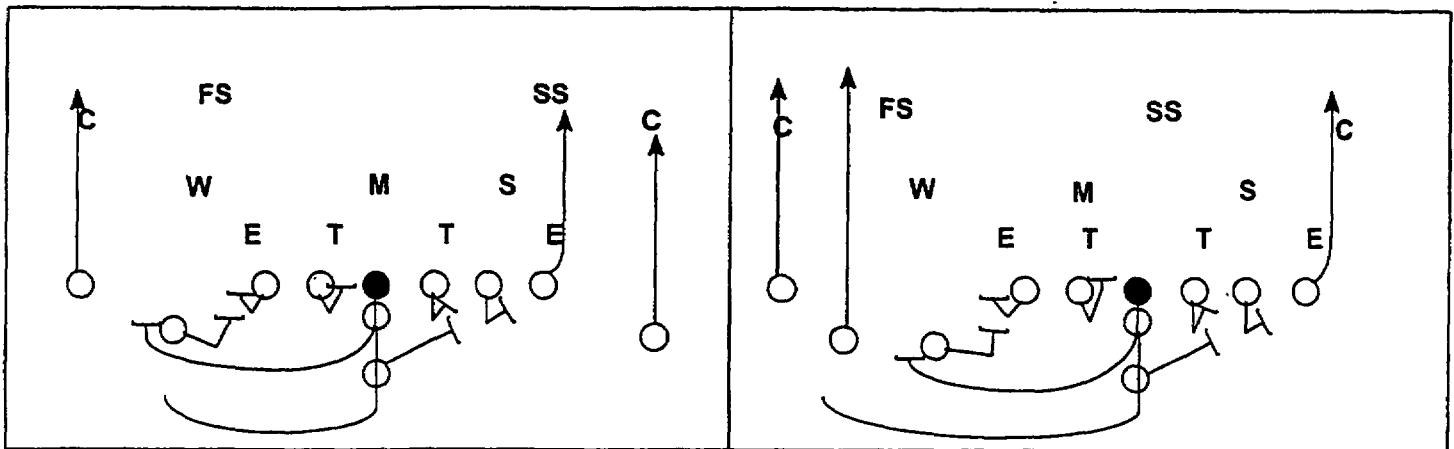


Play: SPRINT THROWBACK



BALL CARRIER (F)	From Pro Slot: Toes at 5 behind strong tackle. Step in to protect backside of sprint. After a 2 count, release flat at 75%. Look the ball in and rip upfield.
BACK (A) (H) (U)	Toes at 6 behind weak tackle. Block base sprint pro. Seal edge to scrape LB.
BACKSIDE TACKLE	Execute regular sprint protection for 2 counts. Face the defender outside of you. Let him defeat you. Release underneath looking to kick out first defender. (i.e. SS, Sam, Corner)
BACKSIDE GUARD	Execute regular sprint protection for 2 counts. Face the defender outside of you. Let him defeat you. Release underneath looking up into the alley for nearest defender (i.e. SS, Sam, Mac).
CENTER	Execute regular sprint protection. Force your defender upfield. Release flat down LOS. Possible alley block or peel back depending on game plan.
PLAYSIDE GUARD	Execute regular sprint protection.
PLAYSIDE TACKLE	Execute regular sprint protection.
TIGHT END (Y)	If receiving ball: Execute sprint protection. Force defender upfield. Get depth. After 3 count, turn back to QB and receive the throw. Get upfield, make a big play.
SPLIT END (X)	Run designated route.
FLANKER (Z)	Run designated route.
QB	Execute sprint progression. Sprint away from receiver getting ball, with eyes downfield. Once you have cleared RB block, stop, turn and throw the ball back to Y or F.
ALERTS	

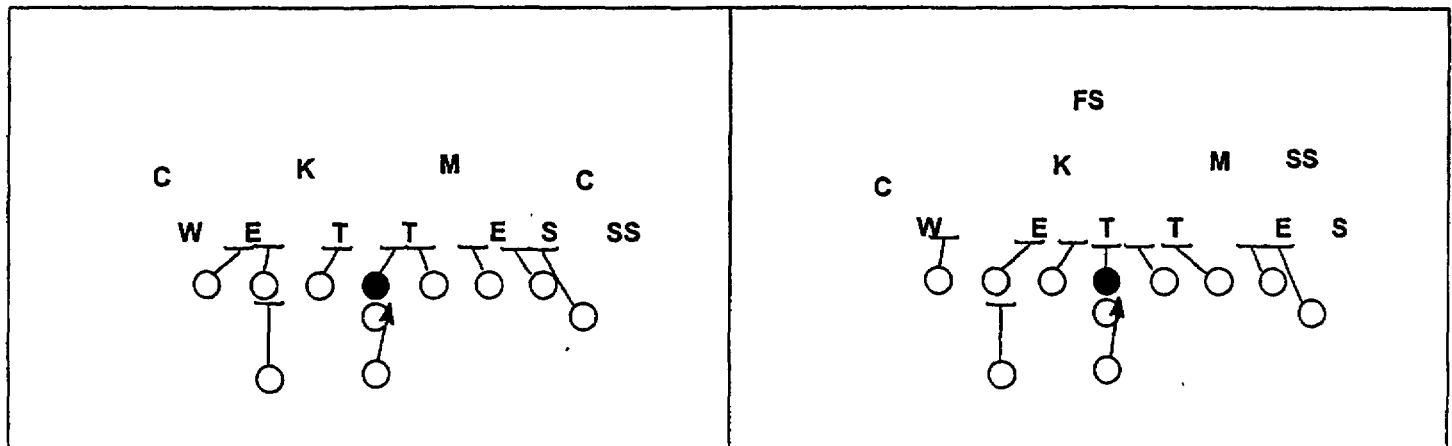
Play: DASH PROTECTION



BALL CARRIER (F)	Block backside, eyeballing LB looking inside to outside. If LB does not blitz, look to help OG or OT.
BACK (A) (H) (U)	Help tackle pin the widest rusher.
BACKSIDE TACKLE	Block man on or outside. Get depth force defender outside.
BACKSIDE GUARD	Block man on. Get depth force defender outside. When uncovered it's possible you could be the QB's personal protector. When this happens, set deep. Read LB, if no blitz run to far hash looking for any oncoming rusher.
CENTER	Block man on. When uncovered check backer. If there's no blitz, set deep off LOS. Release flat behind LOS to far hash looking for any oncoming rusher.
PLAYSIDE GUARD	Block man on. When uncovered, check backer. If there's no blitz, set deep off LOS. Release flat behind LOS to far hash looking for any oncoming rusher.
PLAYSIDE TACKLE	Block man on. Sustain block. Will get help from A back pin.
TIGHT END (Y)	Run specific route.
SPLIT END (X)	Run specific route.
FLANKER (Z)	Run specific route.
QB	Take 5 step drop, gather, then roll out to designated side. Go through route progression.
ALERTS	

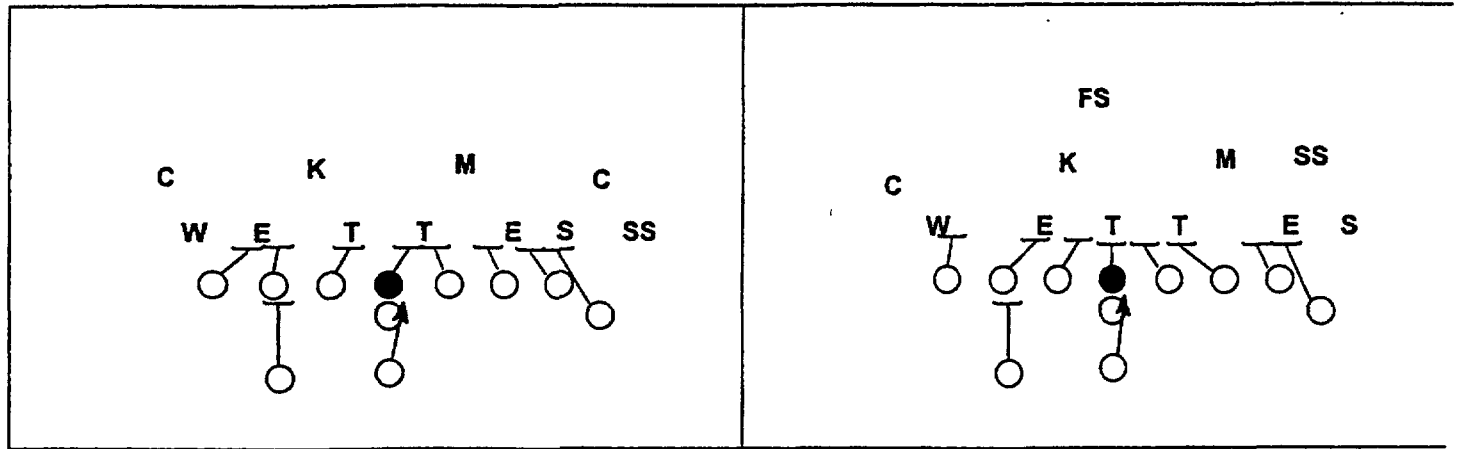
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Play: QB Sneak



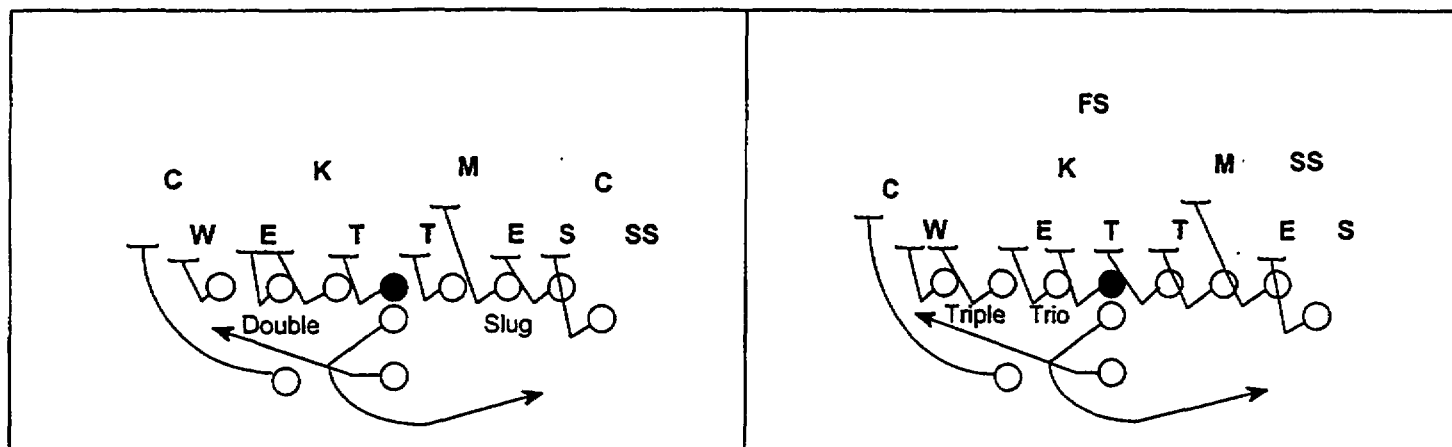
BALL CARRIER (F)	Align behind the center, toes at 6 yds. Follow the QB, make sure we maintain possession.
BACK (H)	Align behind the weak tackle, toes at 6 yds. On snap of the ball lead step at the inside hip of the tackle. Drive down inside and seal any defender from the tackle's nose to the outside.
BACKSIDE TACKLE	Wedge blocking. AP: Playside hip of backside guard. Stay low and drive your feet.
BACKSIDE GUARD	Wedge blocking. AP: Playside hip of center. Stay low and drive your feet.
CENTER	Wedge blocking. AP: Playside hip of playside guard. Stay low and drive your feet.
PLAYSIDE GUARD	Wedge blocking. You must stay low and get movement. You are the apex of the wedge.
PLAYSIDE TACKLE	Wedge blocking. AP: playside hip of the playside guard. Stay low and drive your feet.
TIGHT END (Y)	Wedge blocking. AP: playside hip of the playside tackle. Stay low and drive your feet.
TIGHT END (U)	Wedge blocking. AP: playside hip of the backside tackle. Stay low and drive your feet.
WING (WB)	Wedge blocking. AP: playside hip of the tight end. Stay low and drive your feet.
QB	Pre snap - look for weak spot on LOS. Receive snap and surge into the end zone. SECURE BALL!
ALERTS	

Play: 10/11 Wedge



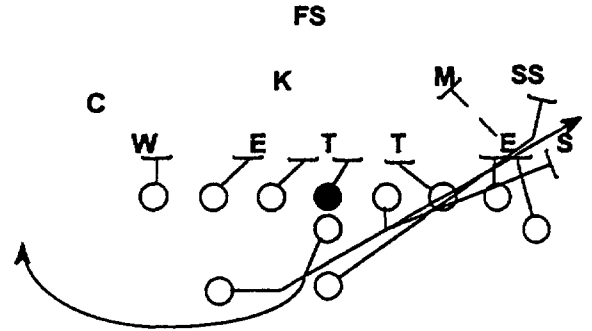
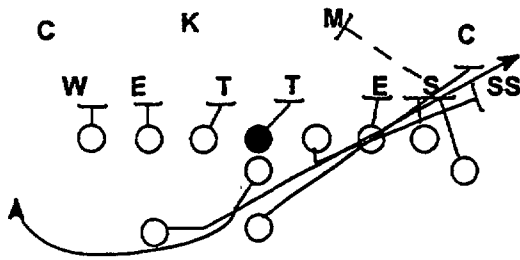
BALL CARRIER (F)	Align behind the center, toes at 6 yds. Lead step at inside hip of the guard. Get to LOS quickly, make a hole if there is none. Go over the top if necessary.
BACK (H)	Align behind the weak tackle, toes at 6 yds. On snap of the ball drive at the guard tackle gap. Try and block the LB, if you can't get to him, push the pile backward.
BACKSIDE TACKLE	Wedge blocking. AP: Playside hip of backside guard. Stay low and drive your feet.
BACKSIDE GUARD	Wedge blocking. AP: Playside hip of center. Stay low and drive your feet.
CENTER	Wedge blocking. AP: Playside hip of playside guard. Stay low and drive your feet.
PLAYSIDE GUARD	Wedge blocking. You must stay low and get movement. You are the apex of the wedge.
PLAYSIDE TACKLE	Wedge blocking. AP: playside hip of the playside guard. Stay low and drive your feet.
TIGHT END (Y)	Wedge blocking. AP: playside hip of the playside tackle. Stay low and drive your feet.
TIGHT END (U)	Wedge blocking. AP: playside hip of the backside tackle. Stay low and drive your feet.
WING (WB)	Wedge blocking. AP: playside hip of the tight end. Stay low and drive your feet.
QB	Open at 6 o'clock playside and get the ball as deep as possible to F. Drop back for P.A. fake.
ALERTS	

Play: 16/17 Zone



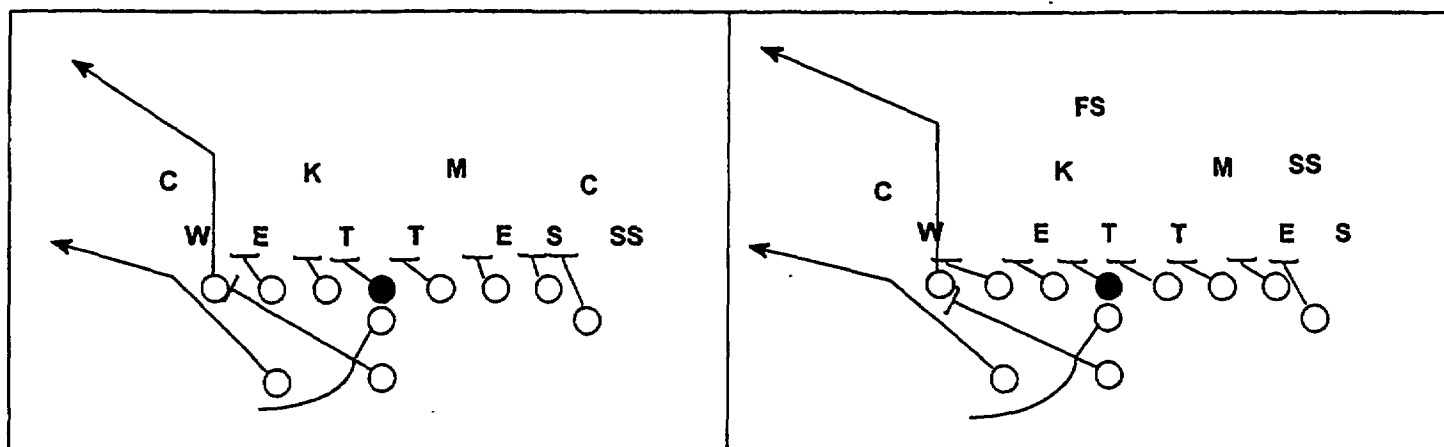
BALL CARRIER (F)	2 point stance, toes at 6 behind QB. Playside step, 2nd step to aiming point (crack of TE). Look to break contain.
BACK (H)	2 point stance, toes at 6 yds. Split the inside leg of the weak tackle. Playside step, block the contain/force player. Seal the edge or kick out.
BACKSIDE TACKLE	Block playside gap area. Possible calls: Slug, Swap, Trio. With no call - sift to most dangerous man.
BACKSIDE GUARD	Block playside gap area. Possible calls: Swap, Scoop, Trio.
CENTER	Block playside gap area. Must make backer call to set the targeting. Possible calls: Single, Scoop, Trio.
PLAYSIDE GUARD	Block playside gap area. Possible calls: Double, Single, Trio.
PLAYSIDE TACKLE	Block playside gap area. Possible calls: Triple, Strike, Double.
TIGHT END (Y)	Block playside gap area, working to playside outside LB or 3rd defender strong. Possible calls: Double, Triple, Strike, Quad.
TIGHT END (U)	Block playside gap area. Possible calls: Slug, Quad.
WING (WB)	Block playside gap area. Possible calls: Quad.
QB	Open playside at 45 degrees. 2 handed hand off. Secure ball. Boot away for P.A. fake.
ALERTS	

Play: 46/47 G Lead



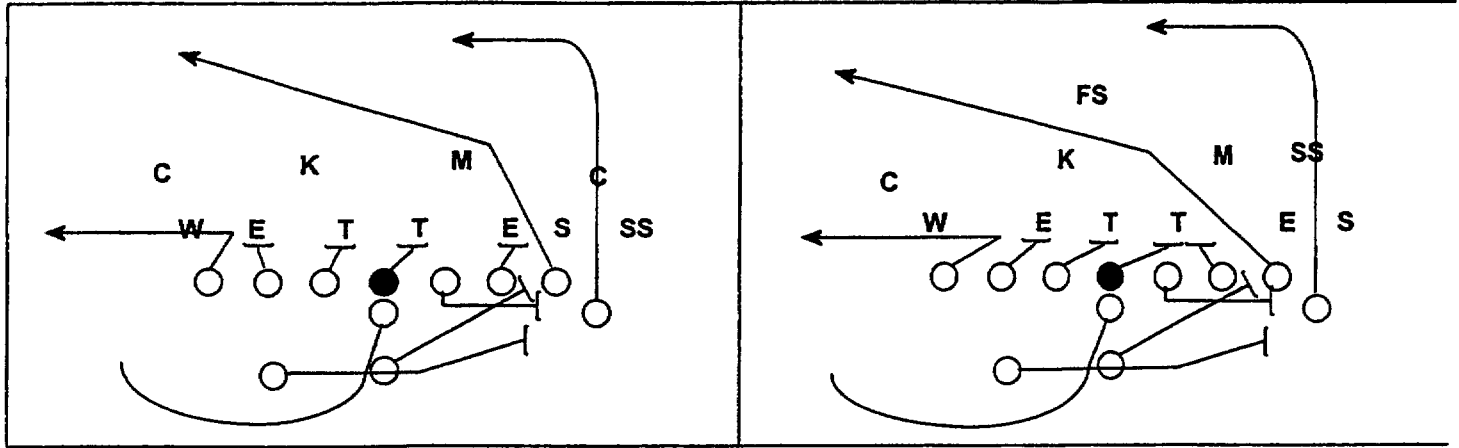
BALL CARRIER (F)	2 point stance, toes at 6 behind the center. Playside step toward outside hip of playside tackle. Fit inside of the G block. Game plan for blocking responsibility.
BACK (H)	2 point stance, toes at 6 behind the inside leg of backside tackle. 12 inch playside step, crossover and take exchange. Follow F, read his block on the LB. SCORE!
BACKSIDE TACKLE	Block playside gap area. Ram scheme: Reach a man.
BACKSIDE GUARD	Block playside gap area. Ram scheme: Reach a man.
CENTER	Block playside gap area. Ram scheme: Reach a man.
PLAYSIDE GUARD	Pull and kick out EMLOS. CP: Take inside out track.
PLAYSIDE TACKLE	Block man on or inside. If uncovered, angle drive block down on 3 technique. CP: Be alert for any LB run through in the B gap. Calls: Trey
TIGHT END (Y)	Block man on or inside CP: Leave EMLOS Calls: Trey, Quad.
TIGHT END (U)	Block playside gap area. Ram scheme: Reach a man.
WING (WB)	Release up field through outside shoulder of EMLOS, work to 4th defender strong. CP: Do not pass color.
QB	Open away from the hole and get the ball to H as deep as possible. Two handed hand off. Carry out boot fake.
ALERTS	

Play: 316/317 Flood



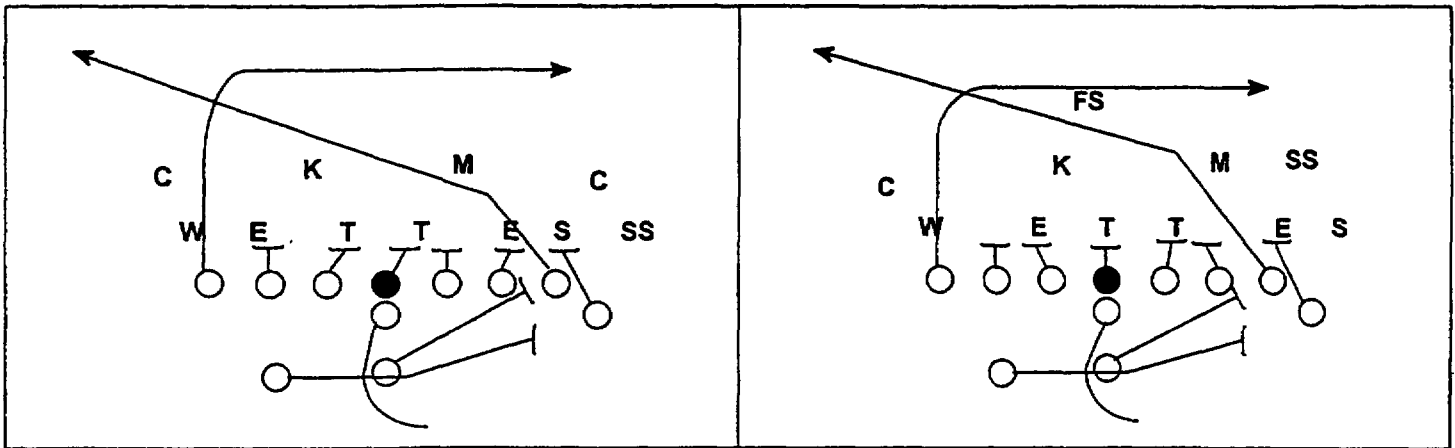
BALL CARRIER (F)	2 point stance, toes at 6. Execute base 16/17 zone path. Sell run, do not pass color.
BACK (H)	2 point stance, toes at 6, behind weak tackle. Execute base 16/17 zone path. Attack force defender, avoid and run flat route, 2 yds over goalline.
BACKSIDE TACKLE	Play action pass, sell run. Block your regular 16/17 zone rules. Sustain your block.
BACKSIDE GUARD	Play action pass, sell run. Block your regular 16/17 zone rules. Sustain your block.
CENTER	Step playside and block your defender. If not threatened peel back and look for backside pressure.
PLAYSIDE GUARD	Play action pass, sell run. Block your regular 16/17 zone rules. Sustain your block.
PLAYSIDE TACKLE	Play action pass, sell run. Block your regular 16/17 zone rules. Sustain your block.
TIGHT END (Y)	Play action pass, sell run. Block your regular 16/17 zone rules. Sustain your block.
TIGHT END (U)	Release inside and rip upfield a couple steps. Run to back corner of end zone, getting deep and wide as fast as possible.
WING (WB)	Play action pass, sell run. Block your regular 16/17 zone rules. Sustain your block.
QB	16-17 Zone footwork, 2 handed hand off fake. Roll out playside reading H to U.
ALERTS	

Play: 346-347 Boot



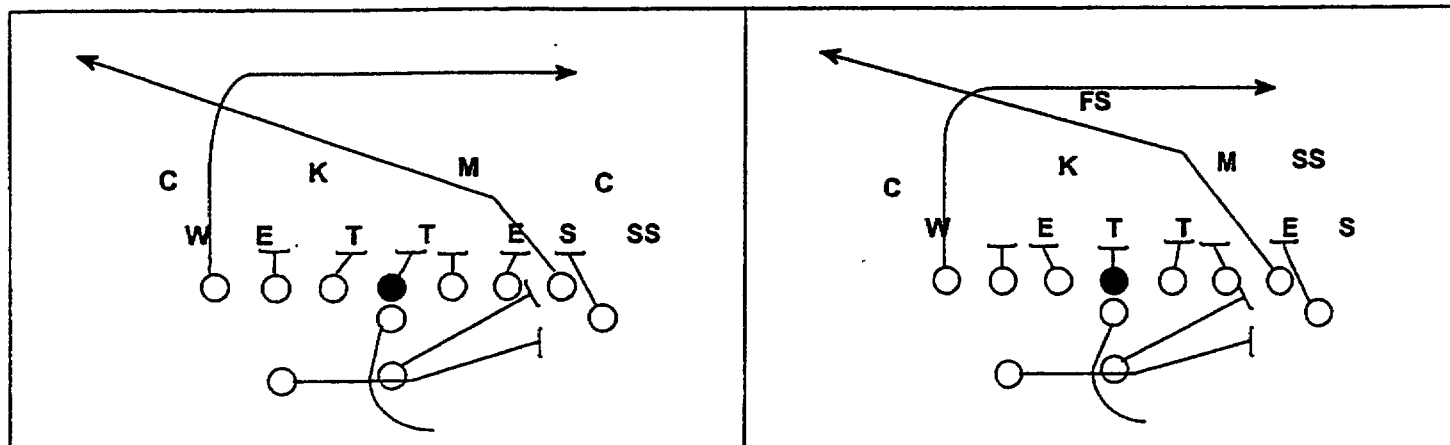
BALL CARRIER (F)	Align behind center, toes at 6. Lead block the playside LB as you would on 46/47 G Lead. Attack the LB full speed to draw him to you.
BACK (H)	Align behind the weak tackle, toes at 6. Open step, crossover and fake 46/47. Block first defender outside strong tackle's block.
BACKSIDE TACKLE	Play action pass, sell run. Covered: block defender on you. Uncovered: block down.
BACKSIDE GUARD	Play action pass, sell run. Covered: block defender on you. Uncovered: block down.
CENTER	Play action pass, sell run. Responsible for playside gap. If uncovered block strong. Minimal penetration.
PLAYSIDE GUARD	Play action pass, sell run. Pull and block end man on LOS. Critical block because you are protecting the QB's back.
PLAYSIDE TACKLE	Play action pass, sell run. Covered: block defender on you. Uncovered: fill for pulling guard.
TIGHT END (Y)	Inside release and run a diagonal.
TIGHT END (U)	Slam the defender on you, then release flat getting two yards deep in the end zone aiming towards the near corner.
WING (WB)	Inside release to back of endzone. Work towards the ball and find a window. If man coverage, run away.
QB	46/47 G Lead footwork. 2 handed hand off fake, then boot away from play fake and look to hit U in the flat or Y on the drag.
ALERTS	

Play: 346/347 Roll Pass



BALL CARRIER (F)	Align behind center, toes at 6. Lead block the playside LB as you would in 46/47.
BACK (H)	Align behind the weak tackle, toes at 6. Open step, crossover and fake 46/47. Block first defender outside strong tackle's block.
BACKSIDE TACKLE	Block playside gap area. Covered: block man on. Uncovered: reach a man.
BACKSIDE GUARD	Block playside gap area. Covered: block man on. Uncovered: reach a man.
CENTER	Block playside gap area. Covered: block man on. Uncovered: reach a man.
PLAYSIDE GUARD	Block playside gap area. Covered: block man on. Uncovered: reach a man.
PLAYSIDE TACKLE	Block B Gap area. Covered: punch man on and keep your eyes in the B gap. Uncovered: angle drive block the defender over the guard.
TIGHT END (Y)	Inside release getting no deeper than 6 yds. Fight across the formation looking for the ball in the far corner.
TIGHT END (U)	Outside release getting to a depth of 8 yds crossing the field looking for the ball deep in the end zone. Continue to run, don't stop.
WING (WB)	Block for the releasing TE.
QB	46/47 footwork. 2 handed hand off fake. Roll to playside and set up behind playside tackle, turn and throw back to Y who is crossing the formation.
ALERTS	

Play: 346/347 Roll Pass



BALL CARRIER (F)	Align behind center, toes at 6. Lead block the playside LB as you would in 46/47.
BACK (H)	Align behind the weak tackle, toes at 6. Open step, crossover and fake 46/47. Block first defender outside strong tackle's block.
BACKSIDE TACKLE	Block playside gap area. Covered: block man on. Uncovered: reach a man.
BACKSIDE GUARD	Block playside gap area. Covered: block man on. Uncovered: reach a man.
CENTER	Block playside gap area. Covered: block man on. Uncovered: reach a man.
PLAYSIDE GUARD	Block playside gap area. Covered: block man on. Uncovered: reach a man.
PLAYSIDE TACKLE	Block B Gap area. Covered: punch man on and keep your eyes in the B gap. Uncovered: angle drive block the defender over the guard.
TIGHT END (Y)	Inside release getting no deeper than 6 yds. Fight across the formation looking for the ball in the far corner.
TIGHT END (U)	Outside release getting to a depth of 8 yds crossing the field looking for the ball deep in the end zone. Continue to run, don't stop.
WING (WB)	Block for the releasing TE.
QB	46/47 footwork. 2 handed hand off fake. Roll to playside and set up behind playside tackle, turn and throw back to Y who is crossing the formation.
ALERTS	

"46 DEFENSE"

RUNS

1. 8-9 Speed Option
2. 16-17 G - Strong
3. 34-35 Counter St/Wk

PASSES

* 90
* 91
96
* Gold
* Red
61 Mayday
64 X

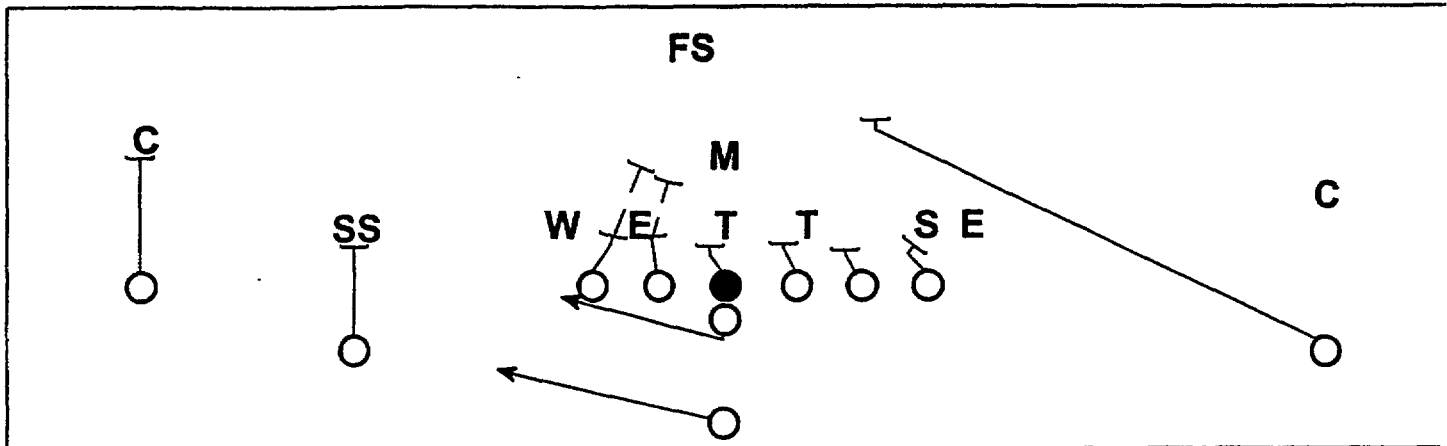
FORMATIONS

Doubles

Twins

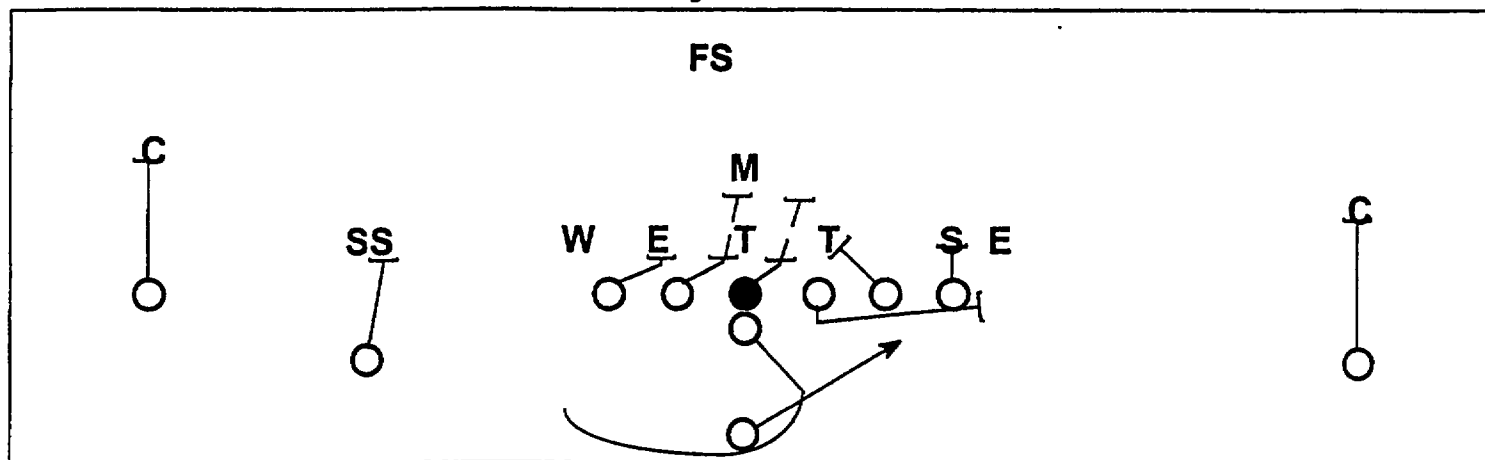
Trips

Play: 08-09 Option



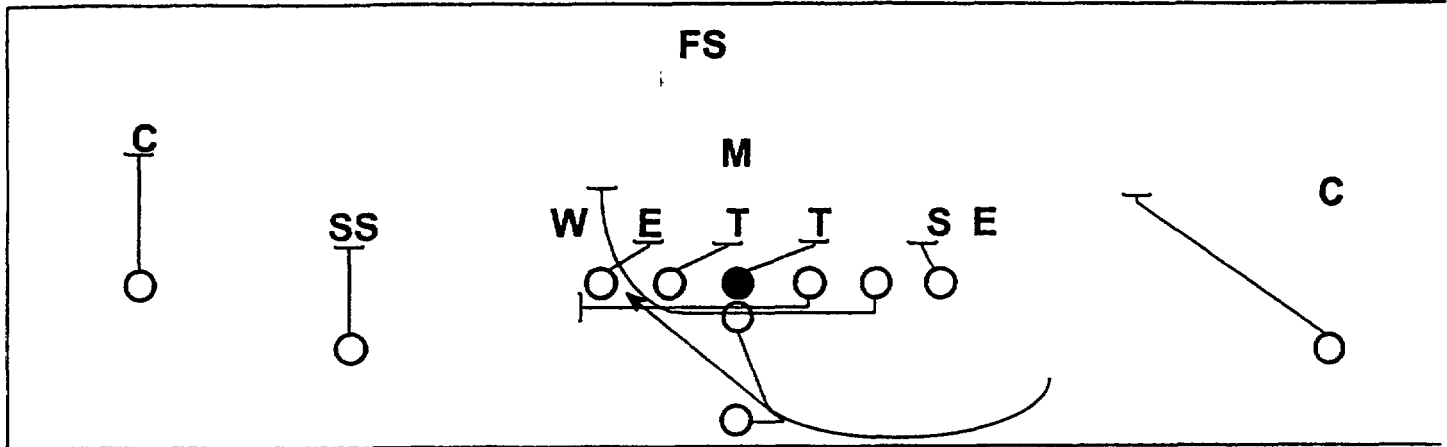
BALL CARRIER (F)	2 point stance, toes at 7, 12 inch bucket step, 2nd step crossover . Maintain a 4 x 2 pitch relationship with the QB.
BACK (A) (H) (U)	Block man on to inside
BACKSIDE TACKLE	Block playside gap area (outside zone technique) Possible calls would be SLUG, SWAP, TRIO
BACKSIDE GUARD	Block playside gap area (outside zone technique) Possible calls would be SWAP or TRIO
CENTER	Block playside gap area (outside zone technique) Frontside shade ACE to backside LB Possible calls would be TRIO or ACE
PLAYSIDE GUARD	Covered possible SINGLE or DUECE to middle or backside LB Uncovered ACE or playside gap area to middle or backside LB
PLAYSIDE TACKLE	Block first LB over to inside Versus a 41 defense, possible DUECE block to Mac
TIGHT END (Y)	Backside: block playside gap (outside zone technique) Tackle covered, execute SLUG call Tackle uncovered, sift to most dangerous man
SPLIT END (X)	Stalk man on to Cov 4 read
FLANKER (Z)	Across field blocking point
QB	Step back with opposite foot. Turn and attack the inside shoulder of defensive end. If he commits to you, pitch ball to F. If DE takes away pitch, tuck the ball and get upfield
ALERTS	Check out vs OLB press or look for opposite call

Play: 16-17 G



BALL CARRIER (F)	Align behind the center, toes at 7. Open step near foot followed by a crossover step at the inside hip of the TE. Stretch play, know blocking scheme, run north & south into the hole.
BACK (A) (H) (U)	Quick technique, block defender who has you. Run off if defender is bumped. Stalk if defender is off. H Back block the first defender weak on level 2 or block number 3 on LOS.
BACKSIDE TACKLE	TRIO: AP playside thigh board of defender on backside guard.
BACKSIDE GUARD	TRIO: AP playside thigh board of defender on center; color disappears go to next level.
CENTER	TRIO: AP playside thigh board of defender on playside guard; color disappears go to next level.
PLAYSIDE GUARD	TRIO: Pull block on EMLOS. AP: inside number of EMLOS. Pull block on EMLOS.
PLAYSIDE TACKLE	Angle drive on defender over guard. AP near hip of three technique.
TIGHT END (Y)	Angle drive block seven technique. AP near hip of defender. STRIKE - block EMOL. AP outside number.
SPLIT END (X)	Stalk block defender
FLANKER (Z)	Stalk block defender
QB	Open playside at 45 degrees, crossover and sprint to RB. Good hand off. Plant and boot fake away.
ALERTS	

Play: 34-35 Counter



BALL CARRIER (F)	2 point stance, toes at 7 (possible offset). 12 inch backside step, gather. Your aiming point is the inside hip of the playside guard.
BACK (A) (H) (U)	Playside – quick technique man on to inside. Backside – block EMLOS.
BACKSIDE TACKLE	Pull with depth getting your inside hip to outside hip relationship on the guard. Turn up off double team. Keep your shoulders square and block first defender to show. i.e. onside LB. C.P. – Read pulling guard's block and think power the hole.
BACKSIDE GUARD	Trap block EMLOS. AP – inside number of defender. Get your feet out of the hole. Inside out trap course
CENTER	Block back, responsible for first down lineman backside. AP – inside hip bone of down lineman. Sustain block – do not allow penetration and keep defender from crossing your face. Possible calls: CAGE
PLAYSIDE GUARD	Angle drive the defender over the center. Calls: Cage, Down.
PLAYSIDE TACKLE	Angle drive the defender over the playside guard. Calls: Cage, Down.
TIGHT END (Y)	Vs. 52 Dbl Eagle, arc release for #4 strong. Vs. a 46 Defense, block your inside gap; reach the 7 technique.
SPLIT END (X)	Playside – stalk block man on to first force (Cov 4 read) Backside - AFBP
FLANKER (Z)	Playside – stalk block man on to first force (Cov 4 read) Backside - AFBP
QB	Open away from hole, just of course of 6 o'clock, 1st step should be a long step. Then skip step. Ball is handed off over the top. Carry out boot fake.
ALERTS	

SLOW DOWN OFFENSE

At times during the course of the game we may wish to use our maximum twenty-five seconds (25) in order to run the play.

The coaching staff will instruct the QB that we are in slow down offense. The QB will enter the huddle, call the play, and with fifteen (15) seconds on the 25 second clock, he will break the huddle. Once on the LOS he will start calling his cadence at five (5) seconds left on the 25 second clock. Execute play.

All backs and QB keep the ball in bounds, and ball security is of the utmost importance.

2 MINUTE OFFENSE

2 minute is a very important aspect of the football game. You will use this procedure either right before the half or at the end of the game. This is usually used when you are trying to get the offense in position to score either a field goal or a touchdown.

QB dictates the offense - he always must think first downs and to stop the clock - (we would like to save as many timeout as possible).

QB will call "May Day Right or May Day Left" - the term "May Day" tells the offense we are in 2 minute offense and that every one must hurry up and get aligned on LOS (generally the coaches will alert the entire offense to expect 2 minute "O"). We will always stay in Doubles, Twins, Dbl Slot, or Spread. (We will only change formations when the clock is stopped.)

After the initial play has been executed - the QB will look to the sidelines for a signal. The signal caller will tell the QB to execute the designated play or make a "clock call". Clock means the QB will receive the ball and then spike it into the ground to stop the clock.

The QB's procedures will be as follows:

May Day Right = May Day Right - this is the formation called.

#64 X - #64 X = this means he has called 64 X

Down Ready Go = Cadence will always be called on Ready Go

Execute play

Hurry back to LOS and get set

QB look to the sidelines for direction and play from signal caller.

Key Points

- When calling "Clock-Clock" - QB clear yourself from lineman and spike the ball directly into the ground.
- Never clock play on fourth down.
- Never take a sack - throw the ball away in the nearest vicinity of an offensive player.
- Receivers - always communicate so you are aligned correctly and that everyone knows what play is called.
- Ball is always snapped on Ready-Go.
- Don't panic - efficiency and execution are the keys. The pressure is on the defense to stop us.

INTENTIONAL SAFETIES

Slow Safety:

QB or (punter), on instruction from Head Coach, take the ball and retreat to the end line and wait until the defense approaches. Once defense approaches step out of end zone. Avoid getting tackled in the end zone. Use as much time as possible.

Fast Safety:

QB or (punter), on instruction from the Head Coach, will take the ball and run out of the end zone immediately giving the opponent a safety.

Victory "O"

This formation is used at the end of a game when the Victory is in hand. We will use this when the defense has no timeouts left and the offense can run the clock out. Ball security is the most important factor of this alignment. The QB and Center must make sure they execute a perfect snap. When the QB receives the ball take two steps backwards and go to a knee. The offensive line will block 90 protection and the remaining players will circle around the QB for protection.

