Fly Offense

The FLY Offense is a mis-direction, ball concealing, deception offense. It has been compared to the Wing T and an option style offense. The WR Sweep is the base play of the offense and its most dangerous play. "Sweep till they weep" is a common phrase used in the Fly Offense. Another big phase of the Fly offense is its use of the No Huddle. The deception of the offense and the use of the No Huddle defenses usually gives the Fly Offense a "vanilla" type of or base type defense. The Fly is one of the most exciting new offenses.
Formations

<table>
<thead>
<tr>
<th>Twins</th>
<th>Pro</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ace</td>
<td>Deuce</td>
</tr>
<tr>
<td>Trips</td>
<td>Trey</td>
</tr>
<tr>
<td>Bunch</td>
<td>Empty</td>
</tr>
</tbody>
</table>
# Blocking Schemes

<table>
<thead>
<tr>
<th></th>
<th>Drive</th>
<th>Combo</th>
<th>Double</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><img src="image1" alt="Drive Diagram" /></td>
<td><img src="image2" alt="Combo Diagram" /></td>
<td><img src="image3" alt="Double Diagram" /></td>
</tr>
<tr>
<td>Reach</td>
<td><img src="image4" alt="Reach Diagram" /></td>
<td><img src="image5" alt="Step Diagram" /></td>
<td><img src="image6" alt="Fold Diagram" /></td>
</tr>
<tr>
<td></td>
<td><img src="image7" alt="Down Diagram" /></td>
<td><img src="image8" alt="Cover Diagram" /></td>
<td><img src="image9" alt="Trap Diagram" /></td>
</tr>
<tr>
<td></td>
<td><img src="image10" alt="Cross Diagram" /></td>
<td><img src="image11" alt="Zone Uncovered Diagram" /></td>
<td><img src="image12" alt="Zone Covered Diagram" /></td>
</tr>
<tr>
<td></td>
<td><img src="image13" alt="Pull and Kick Out Diagram" /></td>
<td><img src="image14" alt="Pull and Lead Diagram" /></td>
<td><img src="image15" alt="Pull and Reach Diagram" /></td>
</tr>
</tbody>
</table>
Shifts & Adjustments

- Y Trade
- Flip
- Over
- Under
- Pro to Bunch
- Twins to Ace
- Ace to Empty
- Deuce to Empty
### No Huddle

Everyone looks to sideline and receives signal from coach.

Check wrist band for play.

### Colors & Number = Run look at chart

Red 359, Red 359

<table>
<thead>
<tr>
<th>3 Digit Number</th>
<th>3 - 5 - 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 = Dummy Call</td>
<td>5 = Top Row</td>
</tr>
<tr>
<td>9 = Left Row</td>
<td></td>
</tr>
</tbody>
</table>

Play = 25 Belly

### Cities/States & Numbers = Pass

Houston 359, Houston 359

<table>
<thead>
<tr>
<th>3 Digit Number</th>
<th>3 - 5 - 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 = Dummy Call</td>
<td>5 = 5 Step Left</td>
</tr>
<tr>
<td>9 = Pass Play #9</td>
<td></td>
</tr>
</tbody>
</table>

Play = 59 Pass

### Girls Names = Play Action Pass

Use 359, Use 359

<table>
<thead>
<tr>
<th>3 Digit Number</th>
<th>3 - 5 - 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 = Dummy Call</td>
<td>5 = Top Row</td>
</tr>
<tr>
<td>9 = Left Row</td>
<td></td>
</tr>
</tbody>
</table>

Play = 25 Belly Pass

### Body Signals

<table>
<thead>
<tr>
<th>Coach Signals #6</th>
<th>Numbers get higher as they go down the body</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Top of Head</td>
</tr>
<tr>
<td>2</td>
<td>Ear</td>
</tr>
<tr>
<td>3</td>
<td>Nose</td>
</tr>
<tr>
<td>4</td>
<td>Chest</td>
</tr>
<tr>
<td>5</td>
<td>Cross Armlet</td>
</tr>
<tr>
<td>6</td>
<td>Hands</td>
</tr>
<tr>
<td>7</td>
<td>Stomach</td>
</tr>
<tr>
<td>8</td>
<td>Hip</td>
</tr>
<tr>
<td>9</td>
<td>Knees</td>
</tr>
</tbody>
</table>

### Change Ups

**Double Calls**

Use 359, Use 359, Red 359, Red 359

1st Call is Dummy, 2nd Call is Live

**Signals & Verbal Call**

Signals are Dummy, Verbal is Live

**Rock Band Names = Screens**

Metallica 359, Metallica 359

All Numbers are Dummy Call

Screens are Rock Band Names

**M Names = Middle**

Metallica, Megadeth, Metal

**R Names = Right**

Rush, Ramones, Rolling Stones

**L Names = Left**

Lush, Limp Bizkit, Linkin Park
QB Plays

11 Spinner

44 Cover 3

52 Cover 2/4

43 Cover 2/4
18 Load

44 Cover 3

52 Cover 2/4

43 Cover 2/4
FB Plays

31 Trap

44 Cover 3

52 Cover 2/4

43 Cover 2/4
HB Plays

22 Go

44 Cover 3

52 Cover 2/4

43 Cover 2/4
48 Green

44 Cover 3

52 Cover 2/4

43 Cover 2/4
Pass Plays

Play Action Pass

48 Pass

26 Belly Pass

11 Spin
Screens

X Screen

Y Screen

H Screen

F Screen

Make a Screen/Hitch call every play including pass.
3 Step Pass

X & Y Pass

98 H Wheel

98/99 H Flat

93 H Pop

93 F Seam

Make a Green/Yellow Call every play including pass
Roll Left

75/77 H Delay

77 Y Drag

73 H Seam

75 H Bomb
80 Roll Right

X Pass

83 F Seam

85/87 F Flat

87 X Bomb

77 H Delay