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Introduction

Expectations

As an offensive unit, we expect the following from our coaches and players.

1. We will be precise in our execution of plays. This will be derived from our attention to detail in everything we do as a team. We will be efficient and machine like, regardless of the environment and the situation at hand.
2. We will be disciplined, and consider assignment errors and mental mistakes unacceptable. Turnovers will not be tolerated!
3. We will be a physically and mentally tough team. By structuring our practices as we do, you should not see anything in a game that you have not seen before in practice. No situation on the field should be unexpected.
4. We will play hard and with great effort on every play from the snap until the whistle blows. There is no reason to take plays off!

Definition

Our offense is based upon Bill Walsh's 'West Coast Offense'. It is an offense that has been proven successful at the highest levels of football. With the proper commitment and attitude, it will be successful here too!

The 'West Coast Offense' is not easy to define. But, two statements do help explain what it is all about.

First, our offense uses "precision-timed passing, variable formations, and the exploitation of each player's skills" (quote by Bill Walsh) to attack the opposition. We will feature a 'fully dimensional passing attack' (including a short passing game that compliments the running game) and running game that controls the clock. We use multiple formations and personnel groupings to get favorable match-ups (ie. Flanker on a linebacker), run similar plays from different looks, hide our key receivers, and let our quarterback see and read the defense. We want to force the defense to adjust and react to us, while at the same time taking what the defense gives us.

Second, "The 'West Coast Offense' still amounts to nothing more than the total attention to detail and an appreciation for every facet of offensive football and refinement of those things that are needed to provide an environment that allows people to perform at maximum levels of self-actualization" (quote by Bill Walsh). It is that attention to detail that will allow us to perform at our best and win football games. As important as the X's and O's are, it is our commitment to the entire system that will make us successful.

Principles of the West Coast Offense

Protecting the Quarterback- We will protect the passer with a variety of protection schemes. Additionally, we will use the principle of a 'hot receiver'. This means that when the defense sends more rushers than we have blockers, one of our receivers will be available, allowing the quarterback to get rid of the ball before the rushers get to him.

Timing Passes- Our routes have been set up so that the quarterback is able to deliver the ball right as the receiver is making his break. In other words, the depth of the receiver's route has been timed so as to correspond to the depth of the quarterback's drop.

Use of Multiple Receivers- We will use as many as five eligible receivers on every pass play. Our routes will complement each other so that against man coverage there will be a 'clearing' action, and against zone defenders will have to choose who to cover, and who *not* to cover.

Reading the Defense- It is important that both the quarterback and the receivers be able to read the coverage of the defense. The quarterback needs to be able to choose the receiver he is going to throw the ball. The receivers need to be able to recognize the coverage, too, so that they can make necessary adjustment to their routes, or even run entirely different routes.

Running and Passing Plays are Complimentary- Our offense is a system, with the running game and passing game complimenting each other. We will run and pass from all personnel groupings and formations. Runs will set up passes, and passes will set up runs. It is an entire system, and entire offensive philosophy we intend to establish, not just a running or passing philosophy.

Practicing the Fundamentals- We will practice, over and over again, the fundamentals of our offense. From the repeated practicing of the fundamentals and plays, we will be able to execute our offense in a highly efficient manner.

Passing Game

Our passing offense will include several types of passes. Having several forms of passing in our scheme gives us a variety of offensive weapons and enhances our ability to handle each contingency condition and situation as it occurs. We will be unpredictable and force the defense to cover each eligible receiver.

In addition to the types of passes, we will also group into "play groups." Each play group may have several different types of passes within it.

Our passing attack will consist of six different types of passes.

1. **Three-Step Drop-** This type of pass is designed to be the ball control portion of the passing game. A three-drop is the most appropriate play to use for "taking what the defense gives you."

The three most basic plays that use the three-step drop combination are the quick out (Omaha), slant (Lion) and Hitch (Thunder). These pass plays are most often utilized (though not always) as part of the audible process.

2. **Five-Step Drop-** This type of pass play forms the basis of our timing pattern package. Designed to be thrown before the defense has time to respond, the five-step drop pass can be throw utilizing three different footwork techniques: quick five-step drop, the big five-step drop, or the five-step drop with a hitch step.
 - Quick Five-Step Drop- The quarterback throws a pass off his fifth step, using a quick balance-throw action.
 - Big Five-Step Drop- The quarterback takes three big drive steps, a throttle step to slow his drop, and a fifth step for balance.
 - Five-Step Drop with Hitch Step- The quarterback takes a normal five-step drop, with one or two hitch steps.
3. **Seven-Step Drop-** A seven-step drop is designed to give the receiver time to maneuver before the ball is thrown. This technique gives maximum separation between the receiver and defenders, whether running a vertical route or one that crosses the field. Two other advantages to a seven step drop are the ability to incorporate layered routes into plays and letting the receiver run "double-move" routes.
4. **Play Action Pass-** "This type of pass is designed specifically to develop and take advantage of a defensive conflict. A fundamentally sound play that strives to contradict the basic principles of a defense, the play-pass gets the defensive team to commit to a 'fake' run and then throwing a pass behind the defenders off the fake." (Quote from Bill Walsh)

The play action pass is particularly effective against defensive teams that are very active against the run. This type of pass exploits the intensity and aggressiveness of a defense. We will run our play action pass off of our most successful running plays.

There are several key elements to a successful play action pass play, in addition to being able to run the ball successfully.

- The play action pass must appear as close to the basic running play as possible.
- Line blocking, particularly at the point of attack, must simulate run blocking. There can be no easing up (by the linemen), as linebackers and defensive backs will be able to diagnose the play if any (letup) occurs.
- The running backs must run the same course they would if they were executing the running play, and they must hold their fakes through the LOS.
- The quarterback's mechanics must be the same as if executing the running play. His actions on both the pass and run should be consistent.
- The design of each play will have a specific defender we want to attack. We will isolate which defender we will attack on each play action pass play.
- The faking back and quarterback must know which defender is being attacked. Their fakes are directed to fool that man, and there are differences between fooling a corner and a linebacker.

5. **Action Pass-** Action passes are designed to use the threat of the quarterback running the ball to allow him to get outside the "perimeter" of the defense. There are two ways for the quarterback to break contain and get outside defense: using a play action fake or simply moving the pocket.

Either way, the key to action passes is to shorten the distance of the throw and create a throwing lane to the receiver outside the rush.

6. **Screen Pass-** This final type of pass play is designed to take advantage of a powerful pass rush. Screens are most effective when the offense is in an unfavorable down-and-distance. Often times in such situations, a defense will, in its quest to get to the quarterback, be susceptible to a screen pass.

In addition to the six types of pass plays we employ, we will break our passing plays into play groups, roughly corresponding to game situations.

1. **Base Passes-** Plays that can be used in nearly any down and situation, from any location on the field. These pass plays are the core of our offense.
2. **Action Passes-** Play action passes are pass plays that are used in conjunction with our running plays.
3. **Movement Passes-** Roll outs, sprint outs, and boot-legs make up the movement passes portion of our passing game.
4. **Screens-** A group of plays consisting of various screen passes.
5. **Nickel Passes-** Pass plays designed to be run in 'nickel' situations (ie. second and long, third and long, two minute offense, etc.)
6. **Short Yardage-** Pass plays designed to be run in short yardage situations, such as second, third, or fourth and short.
7. **Goal Line-** Pass plays that are designed to be run from inside the opponent's three-yard line. These plays also may be used when attempting a two-point conversion.
8. **Red Zone-** Pass plays designed to be run from inside the opponent's 20-yard line (the Red Zone). These plays can further be divided into +5, +10, +15 and +20 yard sections.

Running Game

We are committed to running the football. While we will throw the ball, we are also going to run the ball, and do so successfully.

Our running game has been designed so that we will have an advantage over our opponents. We will, through play calling and practice, create conditions under which we will run the football. To do so, we will:

- Make use of formational variations.
- Use motion and shifting to force desirable defensive adjustments just prior to the snap of the ball.
- Package running plays with appropriate play action passes.
- Use 'special' plays that take advantage of defensive commitment and aggressiveness.

Additionally, we will do four things to ensure our running plays will be successful:

- Secure a numerical advantage at the point of attack.
- Create good blocking angles.
- Cause the defense to hesitate in reading the play, and react more slowly.
- Slow support of the defensive backs.

As with our passing offense, we have several different packages, or types of running plays. They are:

1. **Base Runs-** Plays that can be used in nearly any down and situation, from any location on the field. These running plays are the core of our ground attack.
2. **Nickel Runs-** A series of runs from three and four wide receiver formations that are designed to be used against nickel and dime defenses.
3. **Short Yardage Runs-** Our short yardage (second, third and fourth down and two or less) running plays.
4. **Goal Line Runs-** Runs that we can run from inside of the opponent's five-yard line. They are similar runs to our short yardage plays, but feature two and three tightened personnel groups.
5. **Red Zone-** Running plays designed for use in the opponent's Red Zone.
6. **Four Minute-** A group of running plays that we will use when we enter our Four Minute offense. Mostly runs between the tackles that are designed to keep the clock moving.

Situational Offense

There are nine different types of Situational Offense of which you need to be aware. We will discuss the specifics of each situation during our game planning each week. However, you need to know the fundamental principles of each situation so you can make the proper decisions on the field. We are going to be smarter than our opponents. And that starts with being prepared for anything.

1. **Normal Down and Distance-** Fifty percent of all plays will occur under these circumstances (normal down and distance in the open field). There are three main objectives when we are in this situation.
 - a. Get a first down or series of first downs.
 - b. Position the offense for a favorable third-down situation (ie. third-and-four or less).
 - c. Run an 'explosive' play that will either score or establish dominant field position.
2. **Backed Up-** This is defined as gaining possession of the ball inside our own ten-yard line. When we find ourselves in this situation, here are some things we will try:
 - a. Move the ball to at least the five-yard line.
 - b. Run a group of core plays that are low risk.
 - c. Run plays from our 'short-yardage' (ie. third-and-two or less) package.
 - d. Use Personnel Groupings that involve more than one Tight End.
 - e. Throw the ball downfield to change the momentum and keep the defense off the field.
 - f. Attack the defense between the ends.
3. **Third Down-** Third downs can be broken down into three types:
 - a. Third-and-long (Seven or more yards).
 - b. Third-and-medium (Two to six yards).
 - c. Third-and-short (One yard or less).
4. **Fourth Down-** As with third downs, there are three types of fourth down situations:
 - a. Fourth-and-long (Four or more yards).
 - b. Fourth-and-short (One to three yards).
 - c. Fourth-and-inches.

5. **Red Zone-** The Red Zone, inside our opponents 20, is our scoring area. We expect to score touchdowns at least 75% of the time we penetrate the Red Zone. When we do, here are some of our priorities:
 - d. Run the ball.
 - e. Use motion to isolate desired matchups.
 - f. Run plays designed to beat the blitz and man-to-man coverage.
 - g. Pass the ball on underneath routes.
 - h. Select running plays, because in most instances the defense tends to stay in a base front. However, the quarterback needs to be alert here. If the defense jumps into a goal line front, he may need to audible to a pass.
6. **First and Goal-** Don't be surprised to see us throw on a First and Goal situation. When we do so, the quarterback needs to be focused. If he doesn't see something he likes, he needs to take a sack, run with the ball, or simply throw it away. We don't want to throw interceptions into the end zone!
7. **Goal Line-** This situation exists when we are inside the opponent's three-yard line. Our goal line plays will be run to one direction only so as to eliminate confusion and maximize our efficiency.
8. **Two-Point Plays-** A three-to-four play package that encompasses both first-and-goal and two-point conversion plays.
9. **vs Blitz-** Our game plans will include two or three 'blitz-beaters'. These plays will allow us to take advantage of the fact a team is blitzing. Remember, the best way to discourage a team from blitzing is to hurt it, and hurt it big (with a big play or score). When the defense blitzes, we need to be aggressive and attack.

Each of the situations above will be talked about in our meetings when we setup our game plan for the week. It is important, though, that you have a general understanding of each situation before we talk about the specifics. We want everyone to understand what our goals are in each situation so there is no confusion on the field. We can't afford to have any one player on a different page than the rest of the team!

Contingency Offense

There are two types of contingency offense: the four-minute offense and two-minute offense.

1. **Four-minute offense-** The primary goal of the four-minute offense is to take as much time off the clock as possible. This will enable us to protect a lead late in a game.

There are our basic objectives to this offense.

- a. Move the ball on the ground.
- b. Make first downs.
- c. Keep the clock running.
- d. Protect the football.

Here are some things each player needs to keep in mind when we are in our four-minute offense:

- The ball carrier should not struggle for extra yards. It is more important that we maintain possession of the ball than get an extra yard or two.
 - The ball carrier needs to be aware that the defense is going to try to strip him off the ball. Our downfield blockers need to make every effort to keep additional defenders from taking a shot at the ball carrier.
 - The quarterback should follow any running plays in case of a fumble.
 - The quarterback should ALWAYS take a sack rather than a risky pass.
 - The quarterback should run the play clock down whenever possible.
 - The quarterback should always be prepared to run with the ball on any pass play. Have a feel for the game!
 - The receivers need to be aware of the distance needed for a first down so as to keep the drive alive.
 - The linemen need to be alert for stunts and blitzes.
 - POISE is crucial! DO NOT let your opponents get to you. NEVER retaliate under any circumstance!
 - Avoid penalties! Not only do they stop the clock, but they make it more difficult to get first downs.
2. **Two-minute offense-** The two-minute offense is designed to enable us to score within a limited amount of time. For example, we might activate our two-minute offense at the end of the first half to get us into field goal range. Additionally, if we are trailing at the end of a game, we will employ our two-minute offense to score whatever points necessary to tie or win the game.

Here are some things you need to keep in mind when we are in our two-minute offense:

- If the situation permits, the quarterback should discuss strategies with the coach. Additionally, the entire offense should gather together to review the circumstances (ie. We need a field goal to tie) and what is expected from the defense.
- The quarterback should alert the referee that he will be calling a quick time-out should the ball stay in play.
- The quarterback should be prepared to kill the clock by spiking the ball. Use a distinct motion when doing so.
- The quarterback must remain poised and avoid desperate acts. Only employ high-risk throws in the waning seconds of a half/game.
- The wide receivers should be prepared to remain on the same side of the field as the previous play unless otherwise directed by the quarterback.
- Receivers and lineman need to be prepared to react to a scrambling quarterback.
- Running backs should be prepared to knock down the "meaningless" catch (ie. one that will result in a loss or negligible gain and allow the clock to continue to run).
- Running backs should be prepared to receive a lateral downfield from receivers if the clock is running down.
- Running backs should not struggle for extra yards. It will just waste time.
- Linemen should avoid suspicion of holding.
- Linemen need to hustle to the line of scrimmage.

- Everyone should be alert to a no-huddle call by the quarterback.
- Hustle back across the LOS after each play. Assume the next play is a no-huddle call and line up immediately!
- The entire offensive unit should establish a rhythm as practiced. No one should panic or act in a hysterical manner.
- Everyone needs to remain poised and concentrate before the ball is snapped.
- Assume the defense is going to blitz. NO ONE should be surprised by a blitz!
- Get enough for a first down, and then get out of bounds!
- Protect the ball! This might be our last possession of the game!
- Catch the ball before running with it. Once you have made the catch, run decisively and avoid desperate acts.
- Remain focused. Our best chance for success is for everyone to execute properly their responsibilities as planned and practiced.

Practice

"Win the war, then fight the war."
- Sun Tzu

The success of the 'West Coast Offense' is less due to the actual X's and O's than the comprehensive approach Coach Walsh took to creating a structured plan for everything on the field. Therefore, when we practice, we are practicing with a purpose. We need to get things done, whether it is to get ready for the season or an upcoming game, so we need your best effort.

Our practices are structured for the so that we can accomplish as much as possible in the time we have. Because we don't have time to waste, everything we do will be full speed- just like the game. There will be no excuse for not getting things done in practice.

Our primary reasons for having our practices so rigidly structured are:

1. No wasted time on the practice field.
2. The learning process is accelerated.
 - a. Players could view the practice schedule the night before, so they knew those areas that would be emphasized. Each category was specifically reviewed. When you take the field you want the best possible learning environment.
3. The game can be approached on a broad base, rather than piecemeal.
 - a. Every phase of football is worked concurrently. All facets are emphasized.

Because there is a lot to learn, we need everyone to be committed to our philosophy and the team. This starts with being in good physical condition and shape. It means studying your playbook- we can't afford any mental or assignment errors. Turnovers cost games! It means that when we practice, we practice to learn, and to get better and to prepare.

Games

Because of the way we have structured our offense and conduct our practices, the games should be free from the unexpected. Our preparation for games should allow us to be ready and relaxed. Playing the games should come naturally.

Remember, that this is still a game! And the game is time to have fun! We need you to concentrate and play hard, but don't forget to play relaxed, and enjoy the game.

The Playbook

It is very important that you read this playbook, in order, from beginning to end. We need you to understand the basic concepts of the offense, and that can come only if study this playbook from beginning to end.

It is vitally important that you understand each section of this playbook before moving onto the next section. It does you no good to be able to recognize an audible if you don't know where to line up in the huddle. Be patient, and thorough, and you will learn this offense!

There may seem like there is a lot to learn. However, there really is no more to learn here than any other system. Don't get bogged down by how complicated it seems... it really is not that complicated. By starting at the beginning and understanding those fundamental concepts, you will find it easier to learn as you go along.

Playbook Sections

The Basics- how to form the huddle, how a play is called, basic alignments, our offensive numbering system, the snap count, audibles, and the no-huddle portion of our offense.

Personnel Groupings- the different personnel groupings we will use and their associated hand signals.

Formations- We start with basic information for each position and move on to discussion of the motion packages we employ. We then list all the formations that we have available, by personnel group, and, finally, discuss our shifting package.

Defensive Recognition- It is important that we are able to recognize defensive fronts and coverages so we know how to attack the defense and make any necessary adjustments.

Pass Blocking Schemes- We need more than just our linemen understand these schemes, due to the fact that certain blocking schemes creating different responsibilities for backs and the tight end.

Common Pass Routes- This section discusses the most common routes in our offense. Additionally, we will discuss the rules for our receivers when there is a scramble situation.

Play Section- The play section is divided into several parts:

Plays

- Base Passes
- Action Passes
- Movement Passes
- Screens
- Nickel Passes
- Short Yardage
- Goal Line
- Red Zone Passes
 - +20
 - +15
 - +10
 - +5

- Base Runs
- Nickel Runs
- Short Yardage Runs
- Goal Line Runs
- Red Zone
- Four Minute

- No-Huddle/Audible
 - Passes
 - Hand Signals
 - Runs
 - Hand Signals

The play section will probably change the most, and most of the other portions of the playbook are philosophical and deal with fundamentals that will not change.

A Few Final Words

A few reminders...

1. Attitude means a lot. Stay positive and focused.
2. Don't be afraid to work hard, and don't be afraid to fail. We want you to play smart, but also play hard!
3. Help each other learn. If you understand something better than another player, help them out. It will only make the team better and other players will respect you for it.
4. Do not be afraid to ask questions if you don't understand something. We want you to know what you are doing out there, so don't worry about asking someone to explain something you don't understand.
5. We are a team- offense, defense, special teams, the coaches and players. We will not tolerate finger pointing or infighting. Save that energy for your opponents!
6. We expect you to be good citizens off the field. We don't have time to baby-sit an entire football team. Anyone who runs into off the field problems will be disciplined!
7. Have fun! Enjoy learning this offense and performing on the field!

Terms and definitions

Here are some of the common terms you will here throughout this playbook. Understanding these terms is VITAL to your understanding of this playbook and the offense.

Passing Game

Bracket	Two secondary men playing a receiver in and out.
Breaking Point	Width and depth a receiver makes his final cut on a pass route.
Bump and Run	Cornerback playing up on a receiver and covering him man to man.
Check Release	A Running back who must check a specific linebacker(s) before releasing into his pattern.
Check (Slow)	A protection used by TE or tight weak side player where he must check for a blitz before going into the pattern.
Cloud	A cornerback who rotates up to force the run or play short outside the coverage.
Depth	The number of yards from the LOS a receiver is when he makes his final cut.
Five Under	Number of defenders occupying the underneath coverage in a normal 34 front.
Four Under	Number of defenders occupying the underneath coverage in a normal pro front.
Free Release	A back coming out of the backfield without any blitz pickup responsibility.
Help	A back assigned to stay in the backfield for pass blocking purposes.
Hot Receiver	A receiver who must look for the ball if a specific player blitzes.
Inside Out Technique	A pass protection technique used by backs to pick up an inside blitz first, and, if there is no inside blitz, then check for an outside blitz.
Level (Squat) Technique	A cornerback waiting for a receiver to get to him before making a commitment to cloud coverage.
Lock on	Linebacker playing tight man to man coverage.
Nickel (42 or 41)	Refers to one or more extra defensive back replacing a linebacker or lineman in coverage.
Seam	A dead area between the deep coverage of the secondary.
Scat	Five man protection (free release to any running backs).
Sky	A safety that rotates up to force the run or play outside coverage in zone.
Split	The width alignment of receivers.
Underneath Coverage	The short zones between the line of scrimmage and the deep secondary, usually occupied by linebackers.
Walk Away ('B')	Linebacker walks away from the TE (Y) to the outside and slightly deeper.
Windows	Those areas between the underneath defenders that are susceptible to pass completions.

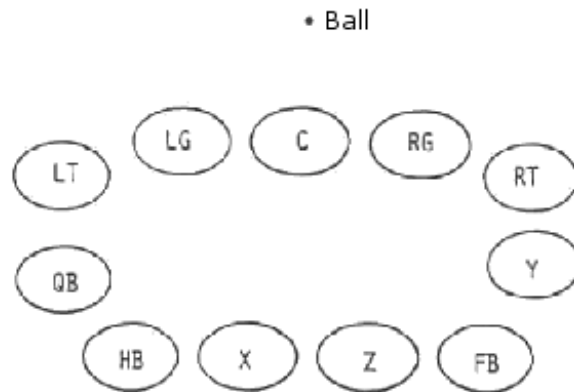
General

Backside	The side away from which the play is run.
Bubble	A linebacker covering the center, guard or tackle.
Counter	Establishes the flow in one direction, while the ball carrier cutting back in the other direction. (misdirection play)
Divide	When two backs move in opposite directions.
Flow	When two backs move in the same direction.
LOS	Line of Scrimmage
Playside	The side to which the play is run.
Stack	Linebackers are lined up behind a lineman.
Strong Side	The side of the TE (Y).
Weak Side	The side away from the TE (Y).

Fronts

Even Front	No man in front of the center. This is normally a 4-3 front.
Odd Front	Man on the nose of the center.
3 Man Front	A three man defensive front.
42 Front	A four man front with two linebackers and five defensive backs.
41 Front	A four man front with one linebacker and six defensive backs.
B (Buck Linebacker)	Linebacker on the TE (Y) side of the formation.
E (Defensive End)	The outside men of a down four.
M (Mike Linebacker)	The middle linebacker.
N (Nose Tackle)	The interior lineman of a down three.
P (Plugger Linebacker)	The extra linebacker in a three man front.
S (Safety)	The inside men of the secondary.
T (Tackle)	The inside men of a down four.
W (Will Linebacker)	Linebacker away from the TE (Y) side of the formation.

The Huddle



Forming and breaking the huddle

1. Center always sets up the huddle six yards from the ball. Set up quickly.
2. Huddle is oval shaped with the quarterback's left side to the line of scrimmage.
3. Line up quickly with hands on knees in a position to see and hear the quarterback.
4. The quarterback has COMPLETE control of the huddle.
5. You will receive the following information in the huddle:
 - a. Formation (possible motion)
 - b. Play
 - c. Blocking Scheme (pass or run)
 - d. Pass Pattern (if pass)
 - e. Snap count
6. When you do not hear what is said, call CHECK.
7. "Ready-Break" is the signal to leave the huddle. Clap hands and linemen turn to outside and go to the line of scrimmage QUICKLY.
8. The huddle reflects the attitude of each man and the team. Keep it sharp.
9. Quarterback: Do not call "Ready-Break" until the receivers have left the huddle.

In the Huddle

The quarterback does all the talking. He will give the following information:

- a. Shifts (ie. Y Shift To)
- b. Formation (ie. Red Right, Brown Left, etc.)
- c. Formation Adjustments (ie. Tight, Close, Zoom, etc)
- d. Motion (ie. 'F' Right, 'C' Left, etc)
- e. Play Number (ie. 50, 20, 98, etc)
- f. Play terms (ie. Power, X Hook, Hand Off Solid, etc)
- g. Snap Count (ie. On Two, On Set, etc)
- h. Ready-Break

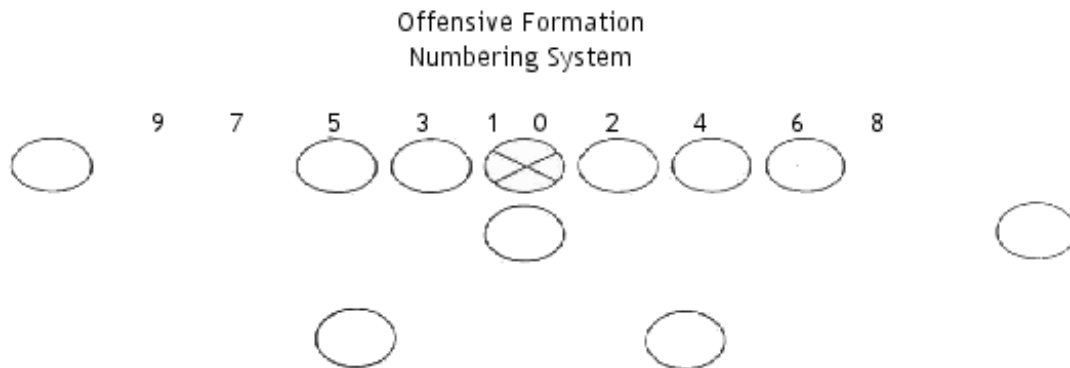
How it sounds

1. Red Right 324 Omaha, On Set – Ready-Break
2. 'Y' Shift To Red Right, 24 Double Square Out, On One – Ready-Break
3. Brown Left Slot, 'F' Left, 64, One Two – Ready-Break
4. Double Wing Right, 78 X Hook, On First Sound – Ready-Break

The ball may be snapped on the following counts:

- a. First Sound
- b. Set
- c. One
- d. Two
- e. Three (Hard Count)

Basic Alignments



Running Back Alignment- Split inside leg of the offensive tackles. Heels are at five yards.

Line Splits- Linemen lineup in a three-point stance. We want to make the defense think first sound!

Center – Guard split is two feet.

Guard – Tackle split is two feet.

Tackle – Tight End split is two to three feet and may vary with formation.

Flanker (Z) and Split End (X) Alignment- Alignments vary with formation.

Offensive Numbering System

All plays are called from the following series:

Teens- All runs.

An offset back will get the ball, going across the ball. Generally from Red, Blue or Brown from a five yard depth.

Example: 16 Power, 18 Bob, 19 'W'

20s- All passes

Split flow protection.

20-21, 320-321, 22-23 and 322-323 are all Six Man Protections. 24-25, 24 Bingo-25 Bingo, 324-325 are all Seven Man Protections. 28-29 is maximum Eight Man Protections with the TE blocking.

Example: Red Right 24 Double Square Out, Red Right 324 Omaha

NOTE: *Scat* tag (to be discussed more in the Protection section of this book) after 20-21, 22-23 or 322-323 gives the blocking back a free release and a true Five Man Protection.

Example: 322 Scat 'Y' Stick, 23 Scat Texas

30s- All runs

Trap and toss series from a five-yard depth and usually from an offset position.

Example: Red Right 30 Pull Trap

40s- All runs

Draw series from a five-yard depth.

Example: Red Right FB 40

50s- All passes

Slide Protection, normally from split backs, with the FB reading and HB having a free release.

50-51 substitution for 20-21 protection against teams with a force at the weak side linebacker ("Will"). TE is hot. Six Man Protection.

58-59 Seven Man Slide Protection with the TE and FB protecting strong side. Gap secure on stunts and good fire-zone protection.

Example: Red Right Slot 50 'X' Spot

60s- All runs

The ball carrier is at a five-yard depth.

Example: (T) Solo Right 68 Hand Off Solid

70s- All passes

One or two back weak flow protection.

70-71, 70 Swap-71 Swap, 72-73, and 72 Burst-73 Burst are all Six Man Protections. 74-75, 74 Bag-75 Bag and 74 Swap-75 Swap are Seven Man Protections with the TE blocking. 78-79 is an Eight Man Protection, backs weak and TE strong.

Example: Change Right 'C' Left 72 'X' Shallow Cross

NOTE: A Three (3) can be added to any of the protections above to adjust to a three-step drop and aggressive technique while keeping assignments the same.

Additionally, the *Scat* tag can be added to 72-73 to give a Five Man Protection.

Example: 'FB' West Right Slot 372 'Y' Stick, (T) West Right 'F' Left 372 'Y' Stick 'Z' Spot, (ZEB) Trips Right 'Y' Short 72 Scat Hank

80s- Open series

Seldom used, and only for special plays.

90s- All runs

Generally both backs will move in the same direction, with the ball carrier at a seven-yard depth. Mostly Green, Green Strong and Green Near. A broad and highly used category.

Example: Green Right 92 Lead, Green Left 99 Hand Off Solid, Green Near Right 93 Blast

2-3 Jet Protection

Along with 200-300 Jet Protection (for three step drops), this is our number one protection. A Six Man Slide Protection that can be flopped by the quarterback without calling an audible.

Example: Blue Right Close 2 Jet Flanker Drive, (U) Blue Right East 200 Jet 'Z' Omaha

Play Passes

Fox 2-3 Protection

Seven Man Aggressive Slide Protection based on the Fox 2-3 run series. FB has the ILB and HB has the OLB. Can be called from Brown, Blue or Green formations.

Example: Brown Right Fox 2 Double Square Out

H2-3 Protection

Seven Man Slide Protection faking H2-H3 run. FB has the OLB, while the HB has the ILB. This protection is used for maximum protection on seven-step drop type throws and is usually run from Green formation.

Example: Green Right Flash H2 Double Square Out

Fire 2-3 Protection

Six Man Slide Protection from a strong set (ie. Blue, Green Strong). The faking back has a double read and must be ready to abort his fake in order to pick up any blitzers. FB and TE are hot.

Example: (Zeb) Double Wing Right Fire 2 All Go

Candace- At the Line of Scrimmage

1. Linemen get set in a three-point stance! Make the defense think first sound!
2. Quarterback calls a color and number to each side of the formation.
3. Live color is **Black**.
4. Quarterback calls the defensive front.
5. Quarterback completes the snap count with "Set (pause) Hut – Hut"
6. When the quarterback calls the snap count on three, he will try to draw the defense offside on the second hut by accenting the count, pausing, and calling the third hut.
7. Audibles may be called regardless of the snap count. If the count is First Sound, the quarterback audibles before he puts his hands under the center.
8. Backs and receivers begin to shift on the first color if the snap count is on one, two or three. Motion, initiated when the QB nods at the receiver, cannot start until any backs or receivers that have shifted have come set for one full second. If the QB makes a 'NOW' call, all shifts and motions are off. Align as you would at the snap of the ball NOW!

How it sounds

On First Sound

Pro (ball is snapped on the first thing the QB shouts- the defensive front)

On Set

Blue 58, Blue 58, 43, Set

On One

Blue 58, Blue 58, 43, Set, Hut

On Two

Blue 58, Blue 58, 34, Set, Hut, Hut

On Three

Blue 58, Blue 58, 53, Set, Hut, **HUT** (pause) Hut

Audibles

Audibles give us the ability to, for whatever reason, change the play that was called in the huddle. This is a very powerful tool, as it allows us to attack the defense or check out of a 'bad play'. In addition to real audibles, we can call a 'fake' audible in order to keep the defense off-balance. This way, they will not know when a real audible is coming.

In order for us to use audibles effectively, we will need to practice each audible we plan to use. If we have not practiced an audible, we will not use it in a game. Towards the end of this playbook is a list of audibles and associated signals. This section will concentrate on the basics of how an audible is called.

Audibles exist for three reasons:

1. We see pressure, an unblocked front or blitz due to play selection.
2. We are in a Check With Me series and the quarterback sees something better (Black Over call).
3. We see an opportunity to gain an advantage in attacking a weak defender or weakness in their scheme.

When the quarterback calls an audible, keep the following things in mind:

1. Don't audible unless necessary.
2. An audible may be called at any time. If the center does not feel pressure, he does not snap the ball.
3. Dummy audibles may be called at any time, to be discussed below.
4. All audibles will go on a predetermined count (On One).

Procedure

1. Quarterback calls **Black** (the live color) and the Audible to each side of the formation. Signal the play with your hands. (Hand signals are discussed later)
2. Quarterback calls the defensive front.
3. It is On One!
4. The 'Over' call is considered an audible, and the same procedure is used as calling a regular audible. The 'Over' call flops the play from one side to the other. For example, (T) Solo Right 68 Hand Off, which is a hand off run to the right side of the formation, would become Solo Right 69 Hand Off, run to the left side of the formation.

How it sounds

Call in huddle:	Red Right Fox 2 on Two
At the LOS:	Black 324 Omaha, Black 324 Omaha, 42, Set, Hut.
Call in huddle:	(T) Solo Right 68 Hand Off on Three
At the LOS:	Black Over, Black Over, 43, Set, Hut (Play becomes (T) Solo Right 69 Hand Off)

Dummy Audibles

Dummy audibles exist so that when we check, the defense is not sure if it is a real audible. There are four reasons for dummy audibles:

1. When the quarterback checks, everyone knows it.
2. Often times when the offense checks, so does the defense.
3. Sometimes when the offense checks to a particular route (Omaha, Lion, etc), the defense jumps the route (particularly if they have heard it before).
4. This needs to be combated.

Procedure

1. The quarterback announces in the huddle "This is a dummy audible."
2. The quarterback calls the play: (T) Solo Right 200 Jet Sluggo, on One, Ready-Break.
3. At the LOS, his cadence are the same as if calling an actual audible:
 - a. Black 200 Jet Smoke, Black 200 Jet Smoke, 43, Set, Hut.
 - b. It's on One! We want the defense to think we are checking!
4. The play is still Jet 200 Sluggo.
5. Since we can't check out of a play when we are in Dummy Audible mode, the play selected must be one that can handle most situations.

Things to think about

1. When we call a dummy audible, it should roughly correspond to the actual play to be run. For example, if the play is: Red Right 324 Train (hitch and go), a good dummy audible would be Black 324 Thunder (hitch). If the defense thinks they know the play to which we are audibling, we should have an opportunity for a big play.
2. The quarterback and receivers should develop dummy hand signals and use them on random plays. That way when a real check is made, the defense is not sure if it is real or not.

No-Huddle (and Two Minute) Offense

Our no-huddle offense is similar to our audible system. It uses many of the same principals as our audible system.

The no-huddle offense will often be used in conjunction with our two-minute offense. They are not entirely the same thing. The no-huddle offense simply consists of plays called without the benefit of a huddle. Our two-minute offense is a time-based contingency offense designed to score points within a short time-frame. During the two-minute offense, we will often employ our no-huddle offense. However, there are times during a game we may employ a no-huddle offense and not be in our two-minute offense.

Procedure

1. There are two instances when the No-Huddle offense will be initiated.
 - a. A 'Surprise' No-Huddle after an explosive play.
 - b. At the close of the half or game.

Regardless of the instance, the quarterback will initiate the No-Huddle offense by shouting out the code word "Niitaka". At the close of the half or game, we will remain in No-Huddle mode unless directed by the quarterback to huddle.

2. The quarterback calls out the formation to both sides
3. The quarterback calls the play to both sides.
4. The snap count is always On One, with no color-number-color-number cadence. The QB simply calls out the front, followed by Set, Hut.
5. "Kill, Kill" means we are going to stop the clock with an incomplete pass. Everyone simply line up in a legal formation and get set for a second.

How it sounds

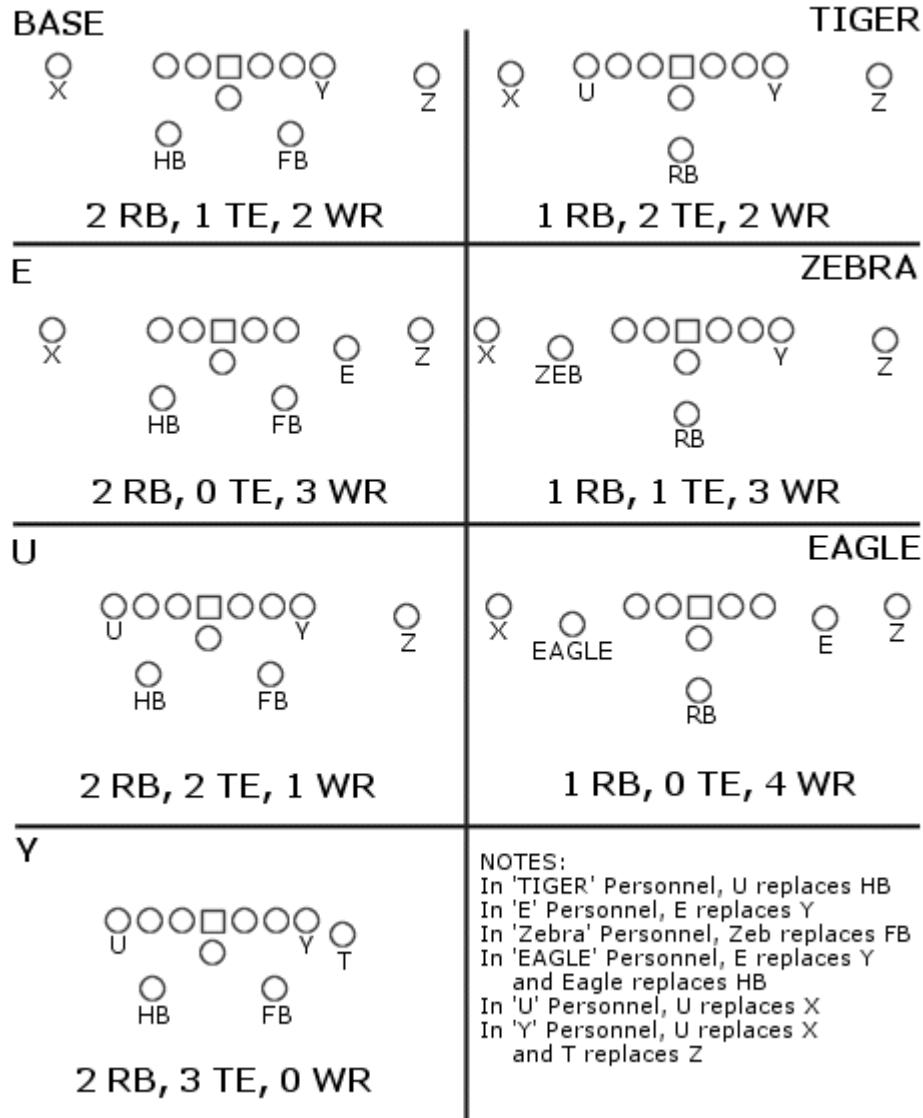
Call: Red Right 22 Texas
Called at LOS: Red Right, Red Right, 22 Texas, 22 Texas, 42, Set, Hut

Call: (E) Red Right 24 Double Square Out
Called at LOS: Red Right, Red Right, 24 Oscar, 24 Oscar, 23, Set, Hut

Things to think about

1. Know the plan. Are we in our two-minute offense, too? If so, do we need a touchdown or a field goal?
2. Hurry but don't RUSH. We need our best protection and pattern running.
3. Flanker and Split-End (X and Z). If you get caught on opposite sides of the formation, you must replace each other in the set.
4. Backs. Don't lose sight of blitz pickup or hot responsibilities. In two back sets, it will always be Red, no change.
5. Quarterback. Personnel will vary, so know what protections and plays should be called as they change. Take what the defense will give you.
6. 82-83 protection is 22-23 Scat.
7. On third and one with time left (in our two-minute offense), the quarterback may call for a quarterback sneak. To do so, he calls the formation and his name:
Red Right, Red Right, Chris, Chris, 43, Set, Hut

Personnel Groupings



Personnel Group Hand Signals

When we want a different personnel group to enter the game, it is vital that everyone know what group should be on the field. **We will not tolerate having the wrong personnel on the field.**

Therefore, when we change personnel, everyone going onto the field should call out the group and use the associated hand signal. If we want our E personnel on the field, the 'E' man should holler out 'E personnel, E personnel,' and signal by holding out three fingers sideways (like an 'E') on each hand.

PERSONNEL

Base
 E
 U
 Y
 Tiger
 Zebra
 Eagle

SIGNAL

Number One with first finger
 Three fingers side ways
 Make a 'U' with hand
 Pat top of helmet with right hand
 Hands make two claws
 Arms across your chest
 Flap arms like wings

Formations

Within each Personnel Group, we have numerous formations. We want to be able to use them all to:

1. Get a certain match-up (ie. Flanker on a linebacker).
2. Get a front.
3. Get a coverage/force pattern.
4. Hide our key receiver.
5. Let our quarterback see and read the defense.
6. Force the defense to adjust and react. We want to attack them.
7. Disguise a basic play. We can run many plays from multiple formations, meaning the defense shouldn't be able to tell what we are doing before we do it.

Listed below are the basic alignments for players in given formation, broken down by position. By learning and understanding the basic concepts discussed below, it will be much easier to learn new plays and formations as they are added to our playbook and game plan. It is essential to our offensive success that we are precise in everything we do, and it starts with our alignments.

Below the player-specific formation information is a complete list of formations, by Personnel Group. There may seem like a lot of formations to learn (and there are a ton of formations!), but there should not be that much to learn if you understand the basic concepts discussed for each position.

Motion

We will incorporate a man in motion as a variation in our offensive formation. Using a man in motion offers several benefits to the offense. They include:

1. It is a fluid way for the offense to change the strength of the formation.
2. It forces the defense to adjust "on-the-fly."
3. It improves the position of the motion man on his release point on pass routes.
4. It stretches the defense by attacking different parts of the field with multiple receivers.
5. It enables the man in motion to avoid being held up by linebackers or defensive backs when releasing into his route.
6. It forces the defense to indicate its coverage (ie. zone, man, blitz, etc)
7. It isolates individual receivers.

The quarterback initiates motion when he nods at the receiver who is supposed to go in motion. Keep in mind that motion cannot be initiated until everyone is set for one full second. Additionally, any player that is supposed to go in motion on a give play needs to be alert for a 'Now' call. If he hears a 'Now' call, the player needs to line up NOW where he would be when the ball is snapped.

Things to think about

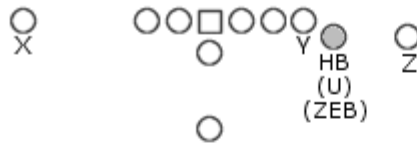
Keep in mind, that even after you have learned the basics, you still have to study your playbook. Some plays will have formation adjustments or instructions that deviate slightly from the general rules. Sometimes these adjustments and instructions are not in the play name, so we really need you to know the concepts and the specifics.

Basic Backfield Sets



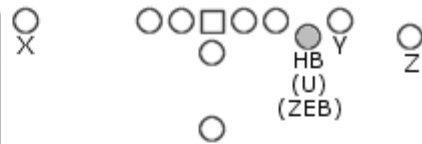
Strong Side Formations

WEST



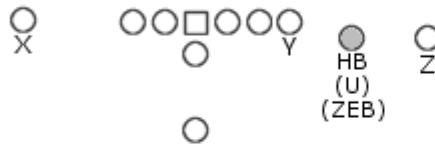
HB, ZEB and U should align one yard off LOS and outside of Y. It is warm in the WEST, so go OUTSIDE.

EAST



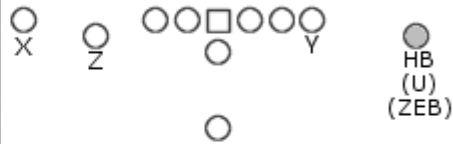
HB, ZEB and U should align one yard off LOS and inside of Y. It is cold in the EAST, so go INSIDE.

TRIPS



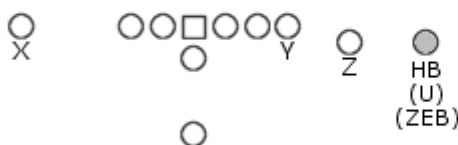
HB, ZEB and U should align at the midpoint between Y and Z (4 -5 yards) off the LOS.

FAR WEST RIGHT SLOT



HB, ZEB and U should align in a WR split (12 yards) to callside.

FAR TRIPS RIGHT



HB, ZEB and U should align in a WR split (12 yards) to callside outside Z.

1. The HB can align in five different strongside locations, with the FB the remaining back.

2. In 'Tiger' Personnel, the 'U' man replaces the FB. The 'U' man can assume the same five strongside alignments with the HB being the remaining back.

3. In 'Zebra' Personnel, the 'Zebra' man replaces the FB. The 'Zebra' man can assume the same five strongside alignments with the HB being the remaining back.

Weak Side Formations

SOUTH



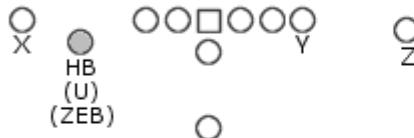
HB, ZEB and U should align one yard off the LOS and outside the weakside tackle. It is warm in the SOUTH, so go OUTSIDE. Weakside version of WEST.

NORTH



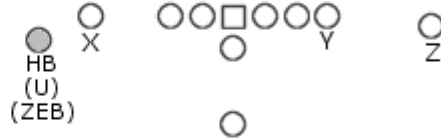
HB, ZEB and U should align one yard off the LOS, outside the weakside tackle and inside X. It is cold in the NORTH, so go INSIDE. Weakside version of EAST.

DOUBLE WING RIGHT



HB, ZEB and U should align at the midpoint between the weakside tackle and X off the LOS.

FAR DBL WING RIGHT



HB, ZEB and U should align in a WR split outside X.

DBL WING RIGHT 'LURK'



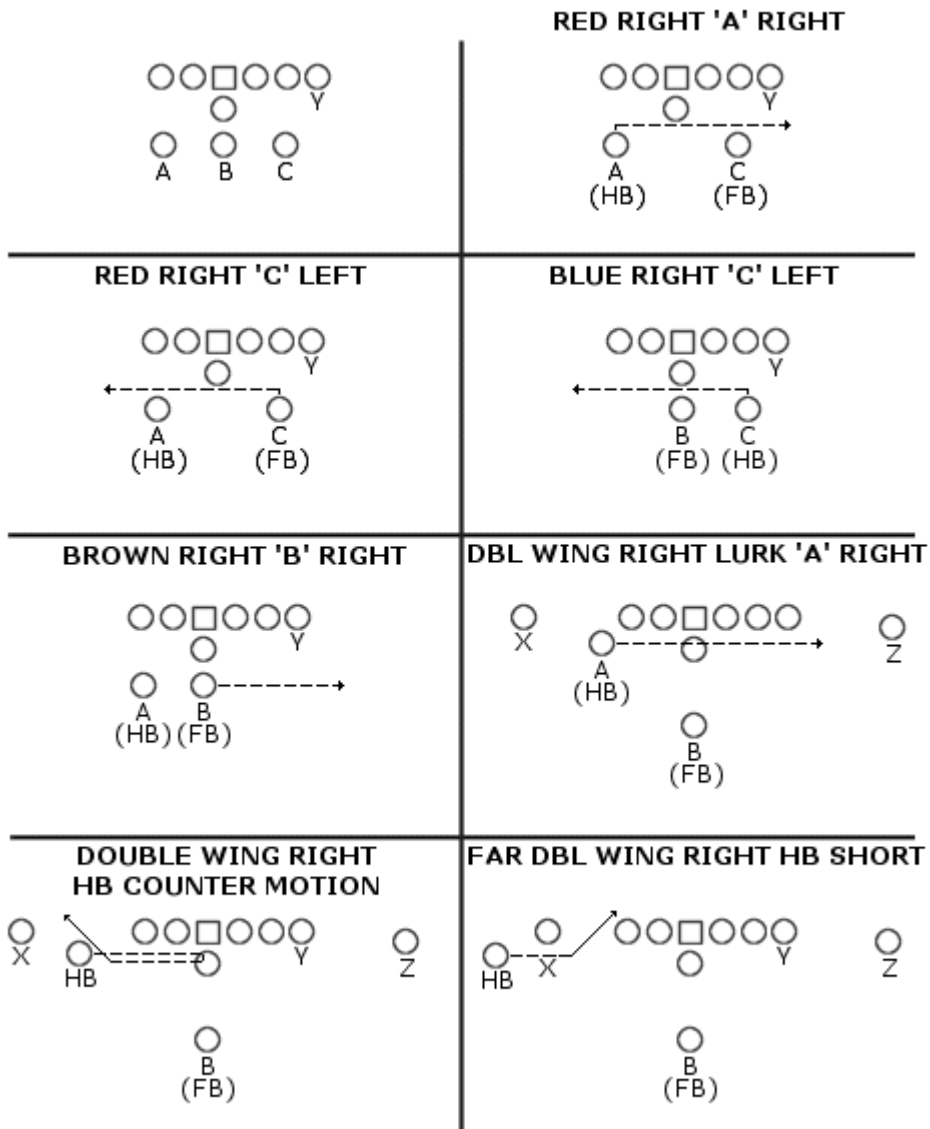
HB, ZEB and U should align one yard off the LOS and outside the weakside tackle. LURK puts him in a position to block/protect or gain a free release.

1. The HB can align in five different strongside locations, with the FB the remaining back.

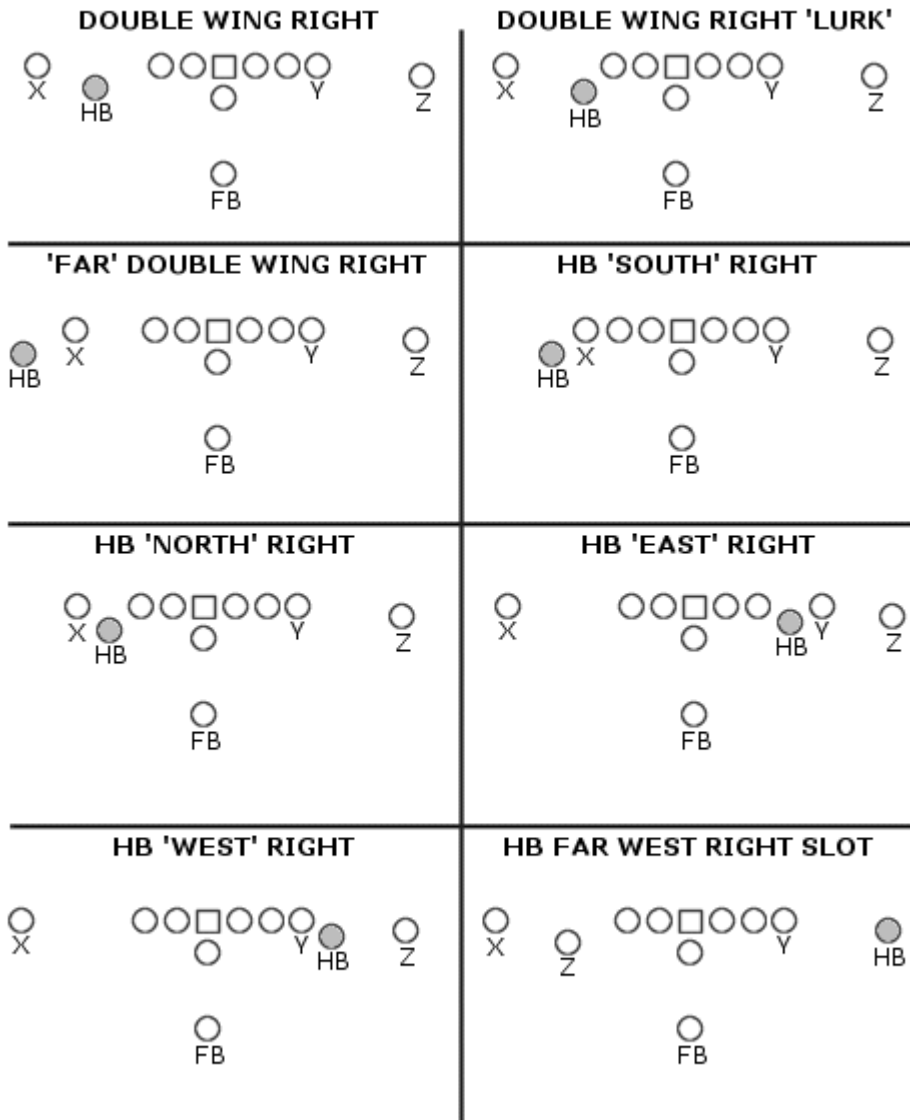
2. In 'Tiger' Personnel, the 'U' man replaces the FB. The 'U' man can assume the same five strongside alignments with the HB being the remaining back.

3. In 'Zebra' Personnel, the 'Zebra' man replaces the FB. The 'Zebra' man can assume the same five strongside alignments with the HB being the remaining back.

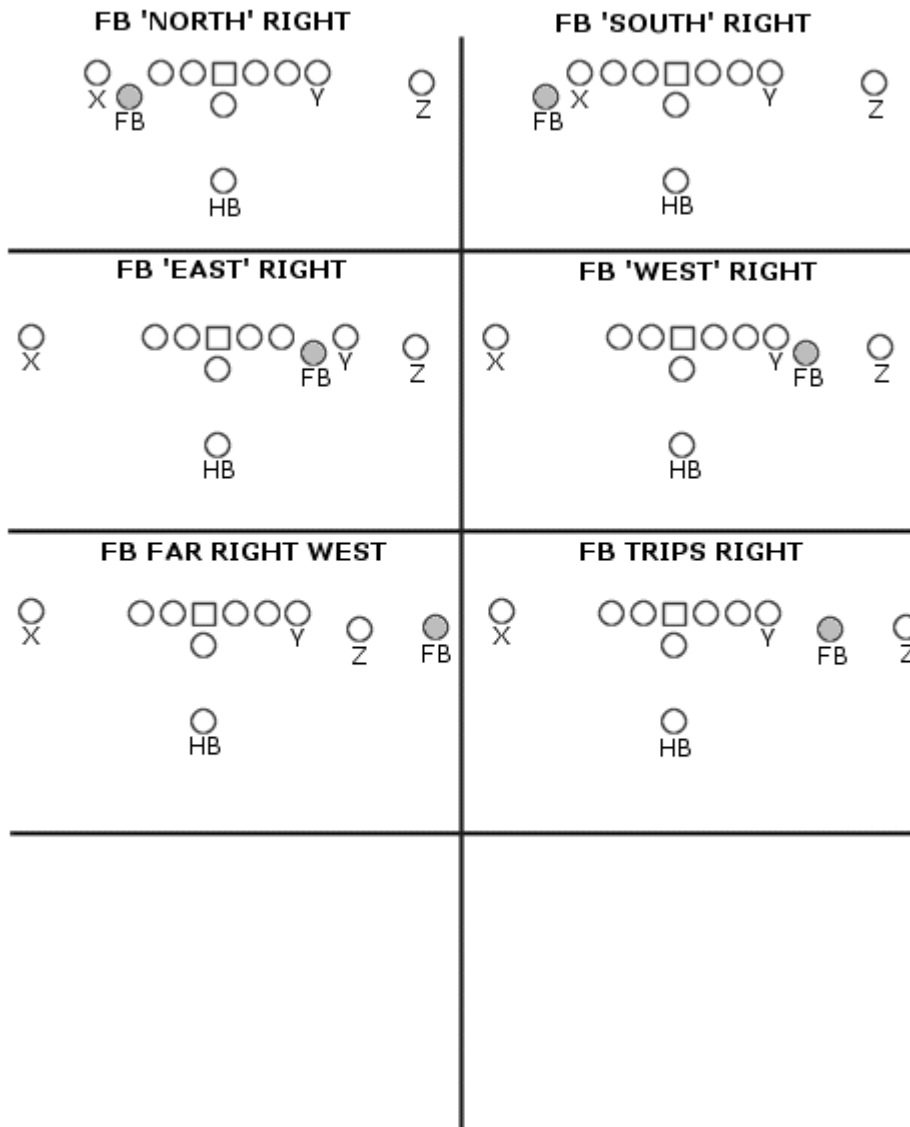
Backfield Motions



Halfback Alignments



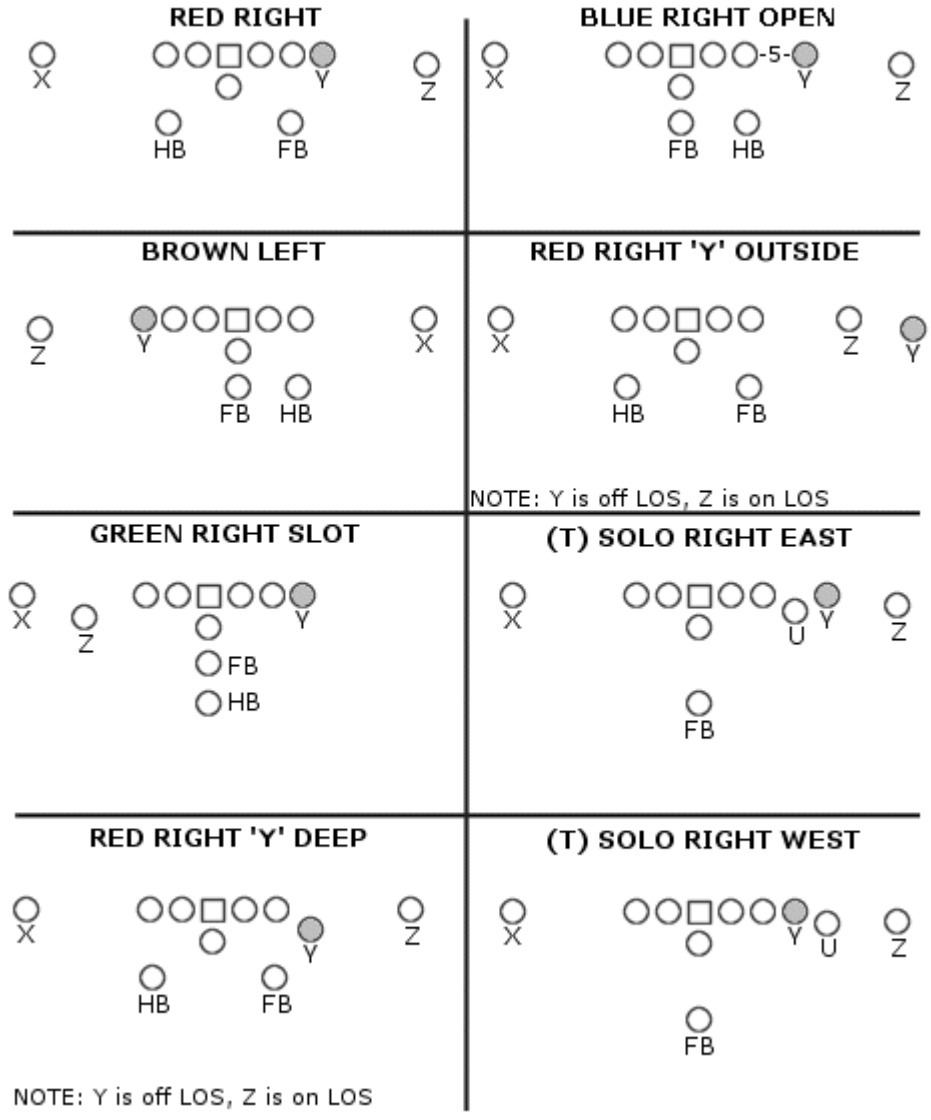
Fullback Alignments



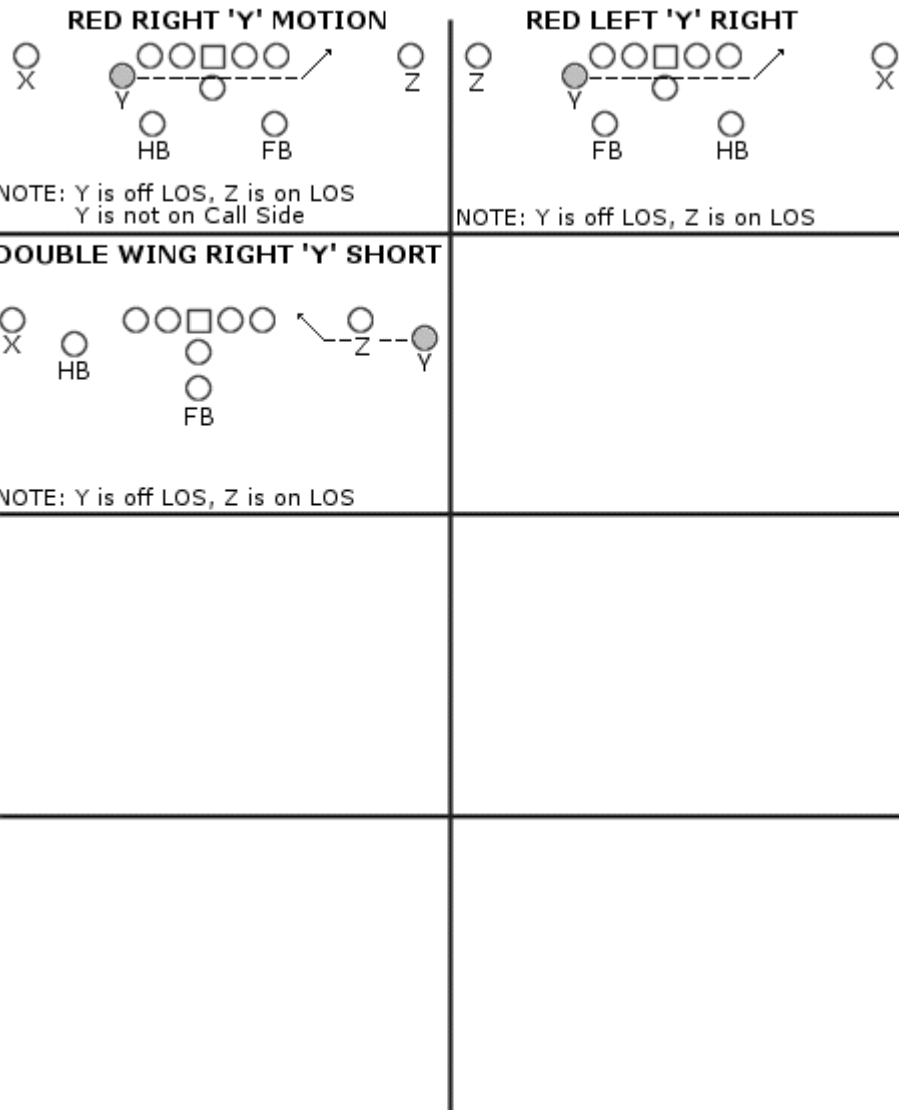
Tight End Alignments (Y)

Alignment Notes:

1. The Tight End (Y) always lines up on the call side unless he hears the term **'Y' Motion**.
2. When 'E' Personnel are on the field, the 'E' man replaces the Tight End. All alignments are the same.



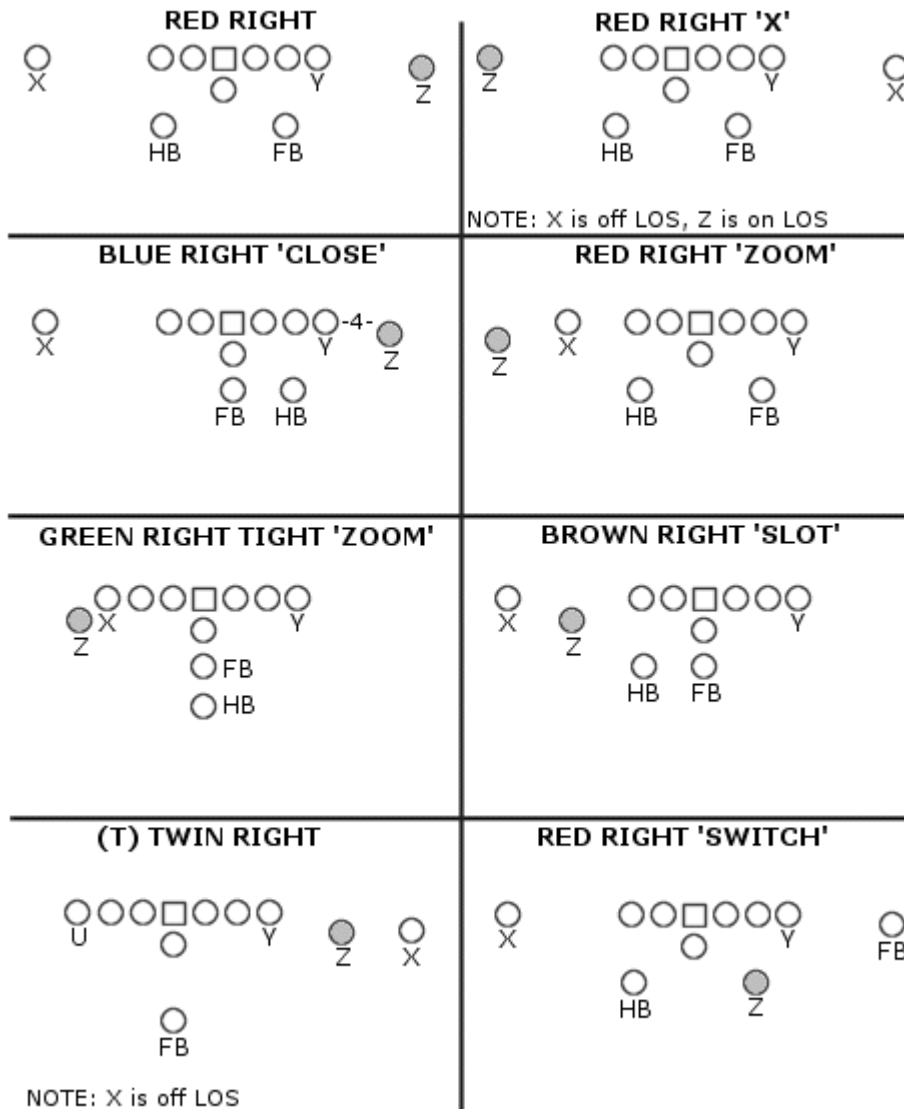
Tight End Motion



Flanker Alignments (Z)

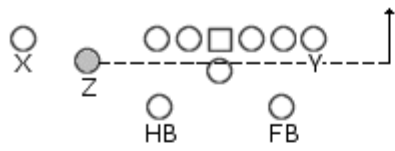
Alignment Notes:

1. The Flanker (Z) always goes to the side of the call, with four exceptions (to be discussed below).
 - a. Red Right (go right)
 - b. Double Wing Left (go left)
2. There are four terms that will align the Flanker away from the call.
 - a. Slot
 - b. 'X'
 - c. Zoom
 - d. East and West in 'U' Personnel only!

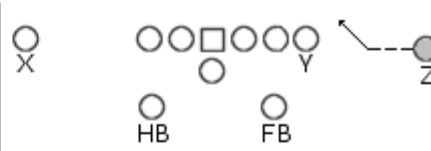


Flanker Motion

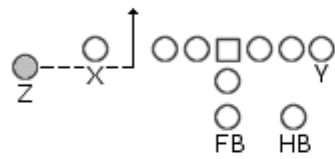
RED RIGHT SLOT 'F' RIGHT



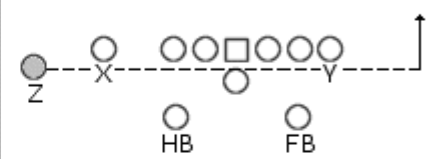
RED RIGHT 'F' SHORT



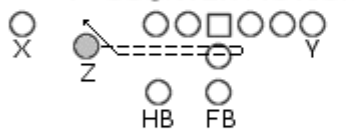
BLUE RIGHT 'ZOOM SHORT'



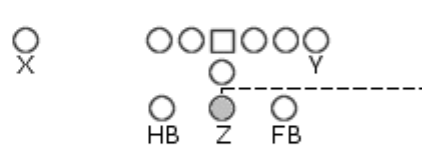
RED RIGHT 'ZOOM MOTION'



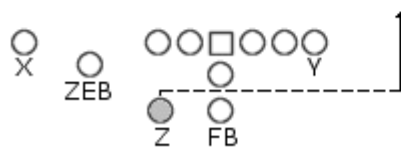
BROWN RIGHT SLOT 'F' COUNTER MOTION



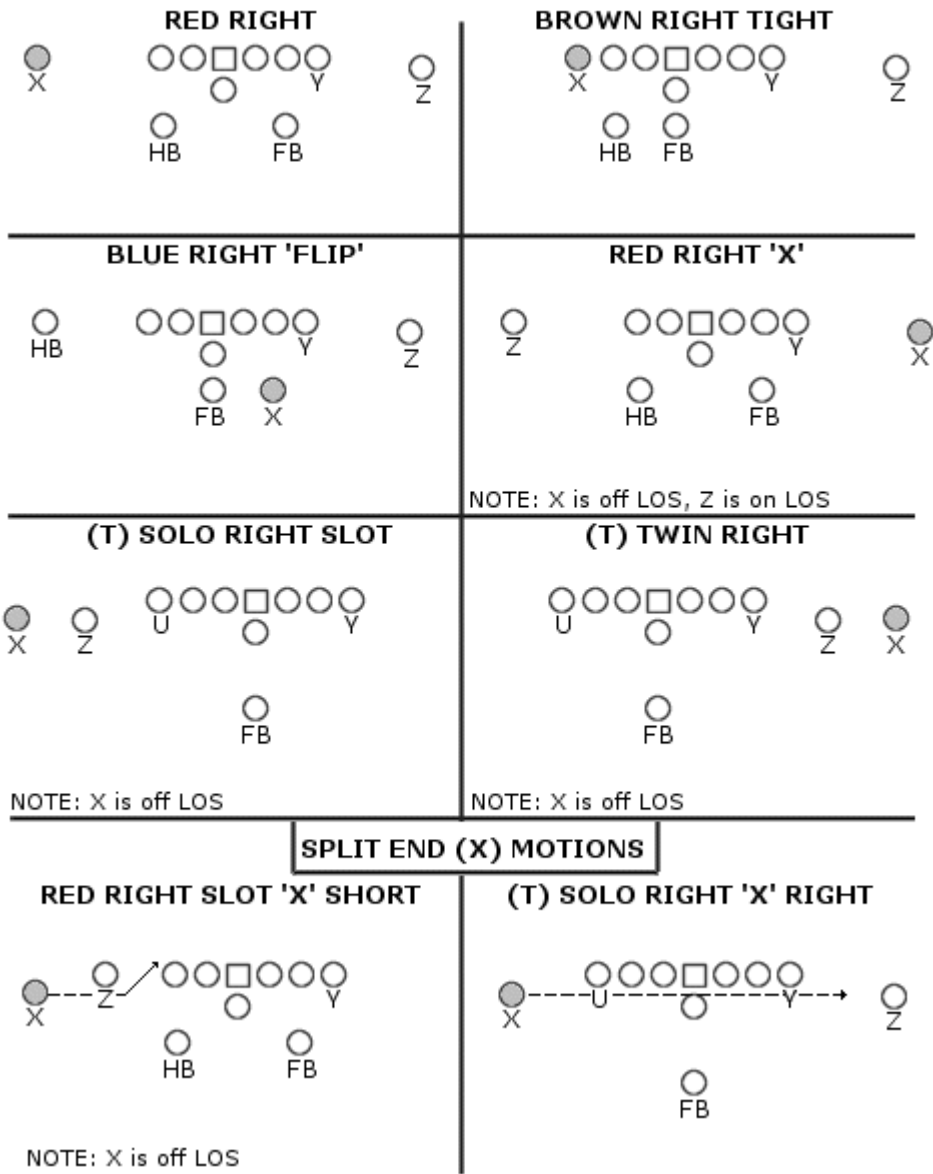
RED RIGHT 'Z' RIGHT



(ZEB) DBL WING RIGHT 'Z' RIGHT



Split End Alignments (X) and Motion



Formations

While the formations listed in the diagrams below all have a call side of 'Right', most formations may also be called with the call side being 'Left'. For example, *Red Right 'A' Right* has a corresponding *Red Left 'C' Left*.

<u>Base</u>	<u>Tiger</u>	<u>E</u>
Red	Solo	Red
Red 'A-C' Strong	Solo 'U' Deep	Red 'E' Motion
Red 'F' Short	Solo 'U' Strong	Red 'F' Weak
Red 'Y' Motion	Solo 'X'	Red Open
Red 'Y' Short	Solo 'X' 'A-C' Strong	Red Open 'F' Weak
Red 'Z' Strong	Solo 'X' 'U' Strong	Red Slot
Red Slot	Solo 'Zoom' 'U' Strong	Red Slot Open
Red Slot 'F' Strong	Solo Slot	
Red 'Zoom'	Solo Slot 'A-C' Strong	Blue
Red 'Zoom' Short	Solo Slot 'U' Strong	Blue 'E' Motion
		Blue 'F' Short
Blue	East	Blue Slot
Blue 'F' Short	East 'F' Short	Blue Slot 'F' Strong
Blue 'Y' Motion	East 'F' Weak	
Blue 'Y' Short	East 'U' Counter Motion	Brown
Blue Close	East Slot	
Blue Slot	East Slot 'U' Counter Motion	Green
Blue Slot 'F' Strong		Green Strong
	West	Green Strong Slot
Brown	West 'F' Weak	Green Strong 'F' Short
Brown 'A-C' Strong	West Slot	
Brown 'B' Strong	West Slot 'U' Weak	Change
Brown 'F' Weak	Open West Slot 'U' Short (GB)	
Brown 'Y' Outside		Double Wing
Brown 'X' 'A-C' Strong	Twin	
Brown Slot		
Brown Slot 'A-C' Strong	Flex	
Brown Slot Open	Flex 'X' Strong	
(Y Open, close slot)		
Green		
Green Near		
Green Strong		
Green Strong 'F' Short		
Green Strong Slot		
Green Slot		
Green Slot Flash		
Change		
Change 'C-A' Weak		
(Change Right 'C' Left)		
Double Wing		
Double Wing 'F' Short		
Double Wing Flex		
Double Wing Switch		
Double Wing Switch 'Y' Short		
HB Far Trips		
HB North		
HB North 'HB' Strong		
HB West		
HB West 'HB' Weak		
FB North		
FB North 'A-C' Strong		
FB West		
FB West 'Zoom' Short		

Zebra

Double Wing

Double Wing 'F' Short
Double Wing 'Zeb' Strong
Double Wing Strong
Double Wing Weak
Double Wing 'X' 'Zeb' Strong
Double Wing 'Lurk'

Far Double Wing

Far Double Wing 'F' Weak

North

South

Trips

Trips 'X'
Trips 'Y' Short
Trips 'Zeb' Weak

Far Trips

East Right

'F' Weak

West Right

Far West Slot

Far West Slot 'A' Strong

U

Red

Red Close Switch 'Z' Weak
Red East

Blue

Blue Close 'F' Weak
Blue East

Brown

Brown Close 'F' Counter Motion
Brown Close 'F' Weak
Brown East
Brown East 'A-C' Strong

Green

Close
Close 'F' Weak
Near Close
Near West Close 'A-C' Strong
Strong Close

Eagle

Spread

Spread 'Eagle' Strong

Switch

Switch 'X' Strong

Tandem

Y

Red

Close

Close 'F' Left

Blue

Close

Close 'F' Left

Brown

Close

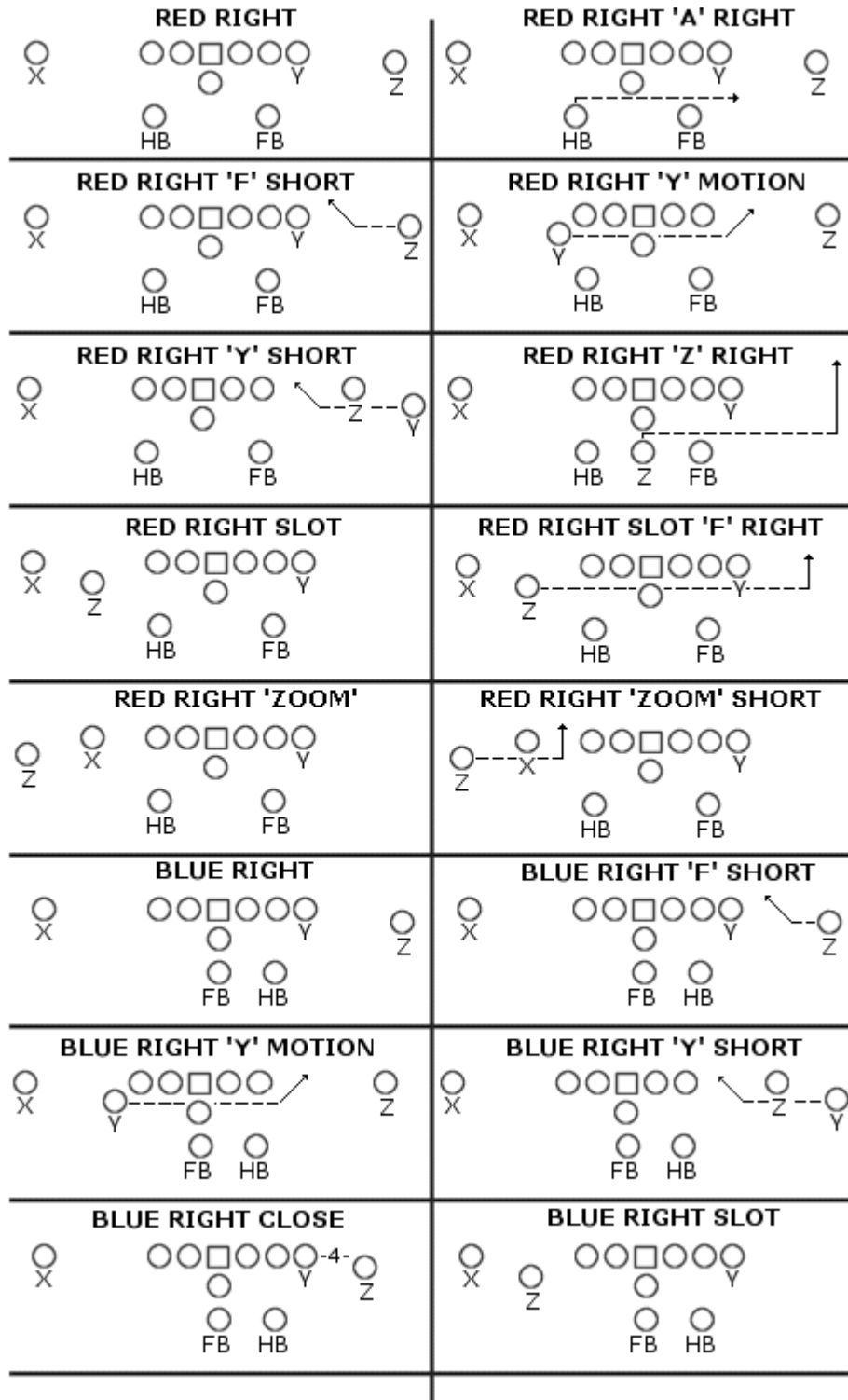
Close 'F' Left

Green

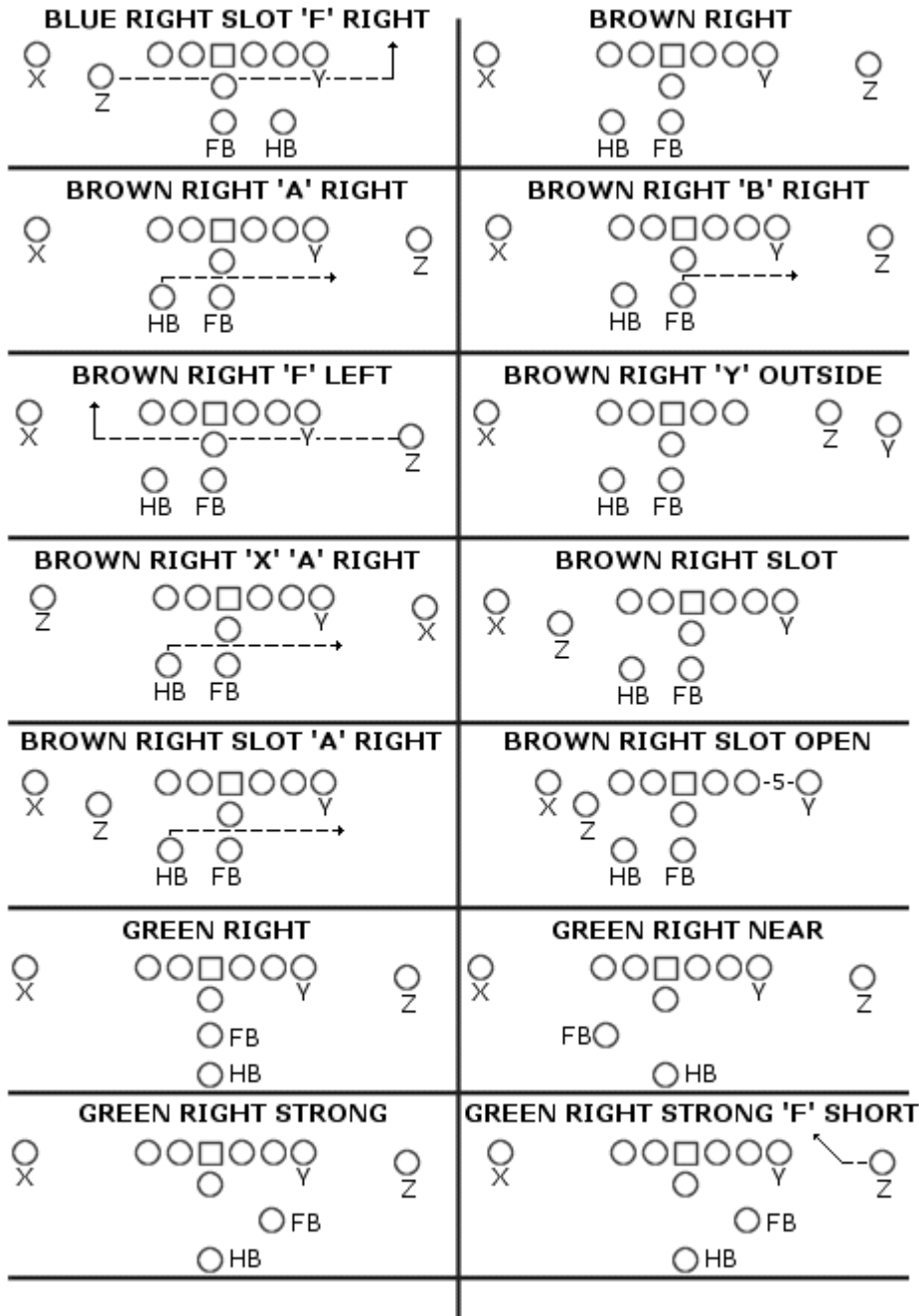
Close

Strong Close

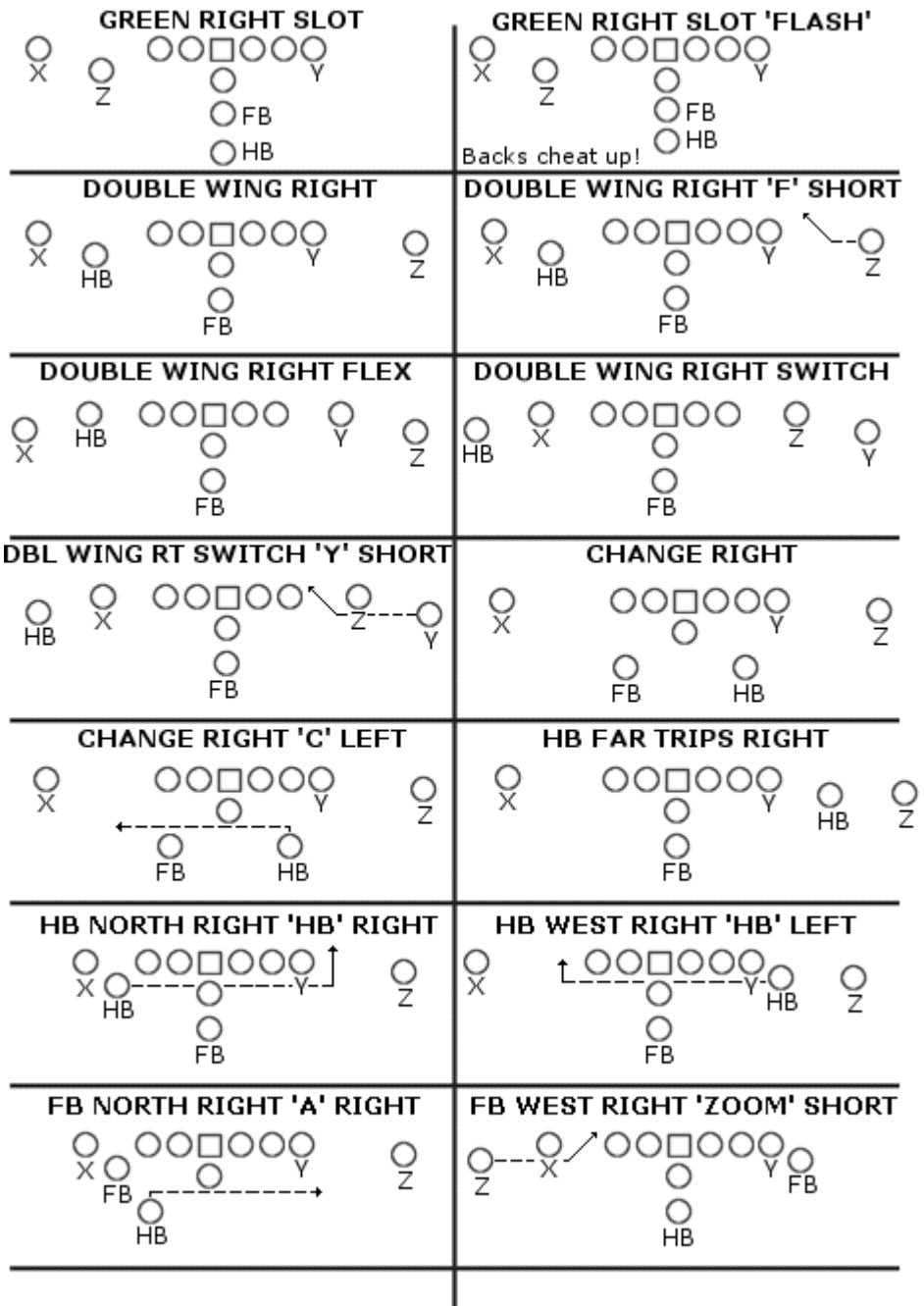
BASE PERSONNEL



BASE PERSONNEL



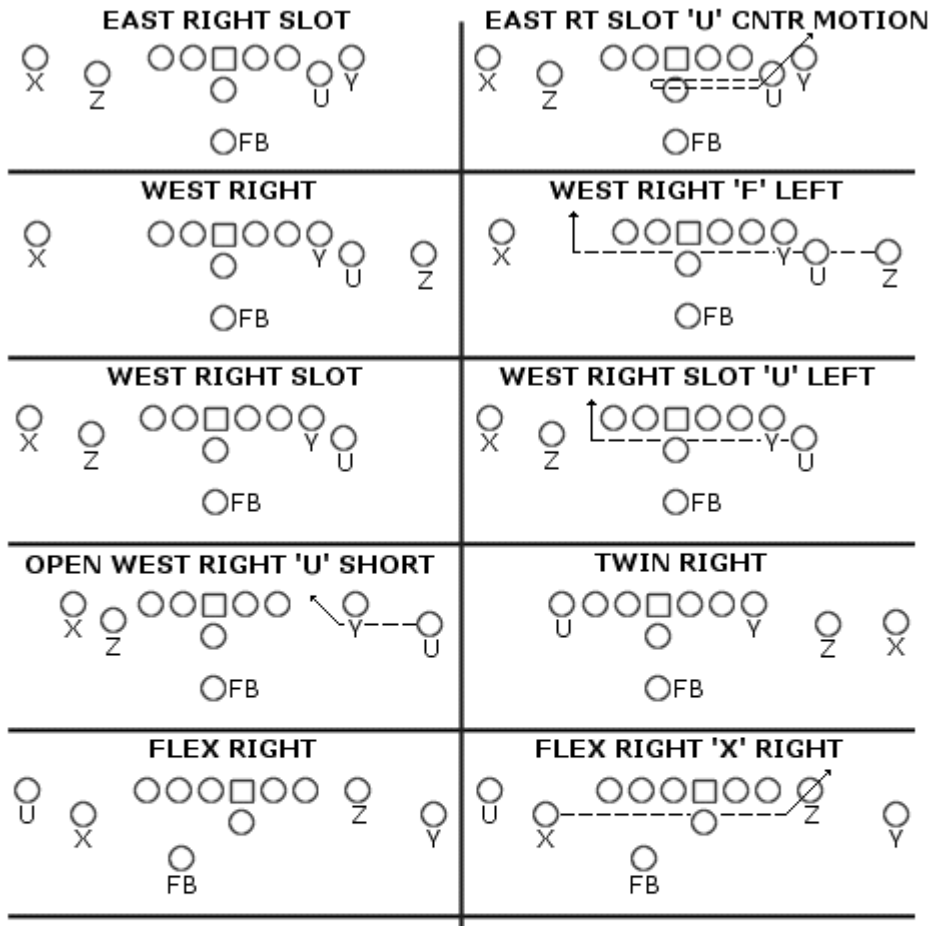
BASE PERSONNEL



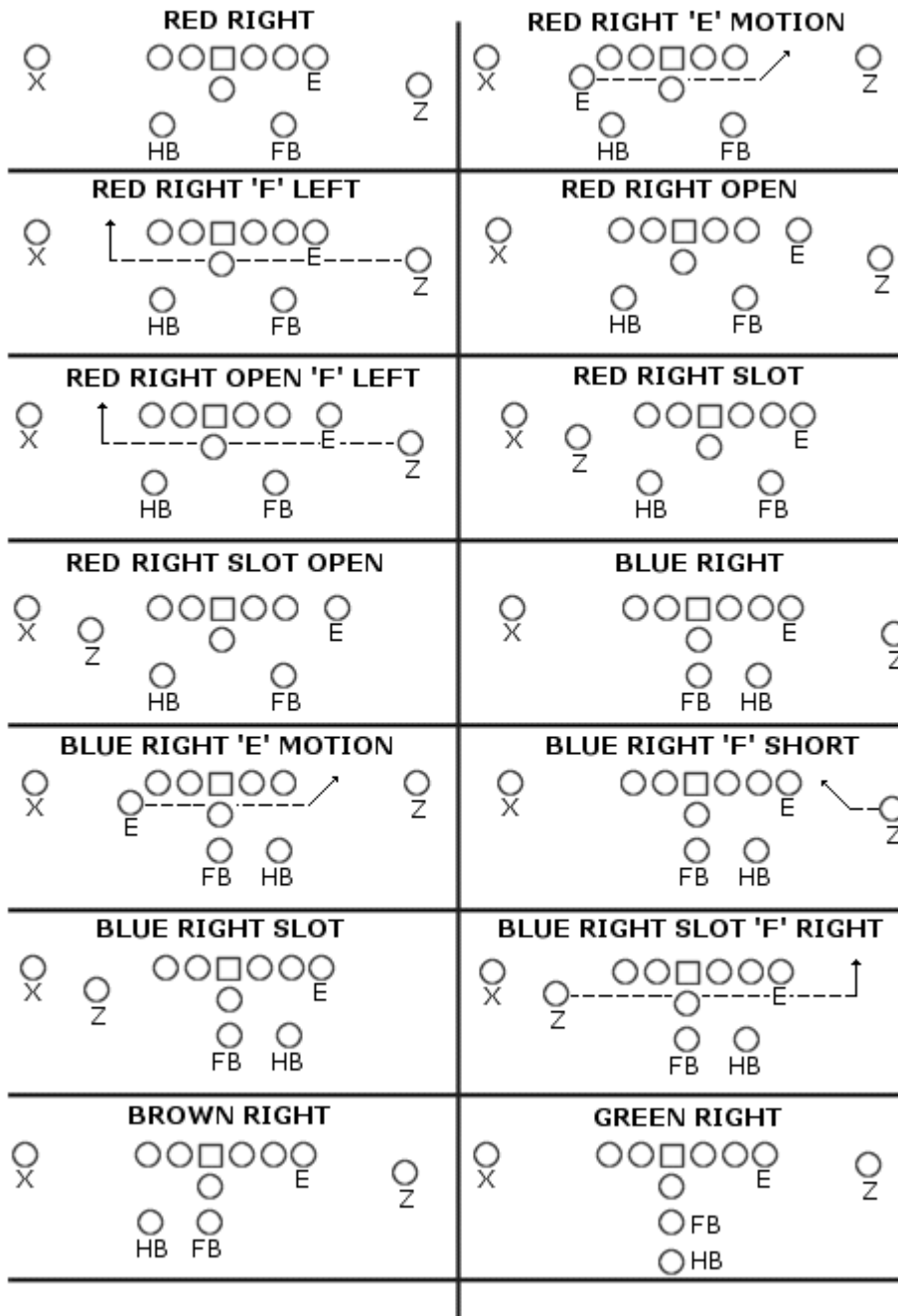
TIGER PERSONNEL

<p>SOLO RIGHT</p>	<p>SOLO RIGHT 'U' DEEP</p>
<p>SOLO RIGHT 'U' RIGHT</p>	<p>SOLO RIGHT 'X'</p>
<p>SOLO RIGHT 'X' 'A' RIGHT</p>	<p>SOLO RIGHT 'X' 'U' RIGHT</p>
<p>SOLO RIGHT 'ZOOM' 'U' RIGHT</p>	<p>SOLO RIGHT SLOT</p>
<p>SOLO RIGHT SLOT 'A' RIGHT</p>	<p>SOLO RIGHT SLOT 'U' RIGHT</p>
<p>EAST RIGHT</p>	<p>EAST RIGHT 'F' SHORT</p>
<p>EAST RIGHT 'F' LEFT</p>	<p>EAST RIGHT 'U' CNTR MOTION</p>

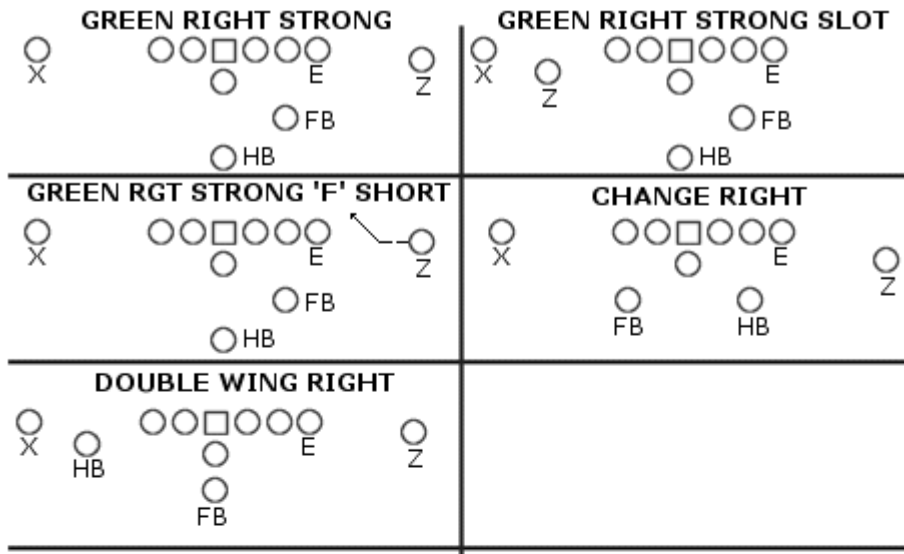
TIGER PERSONNEL



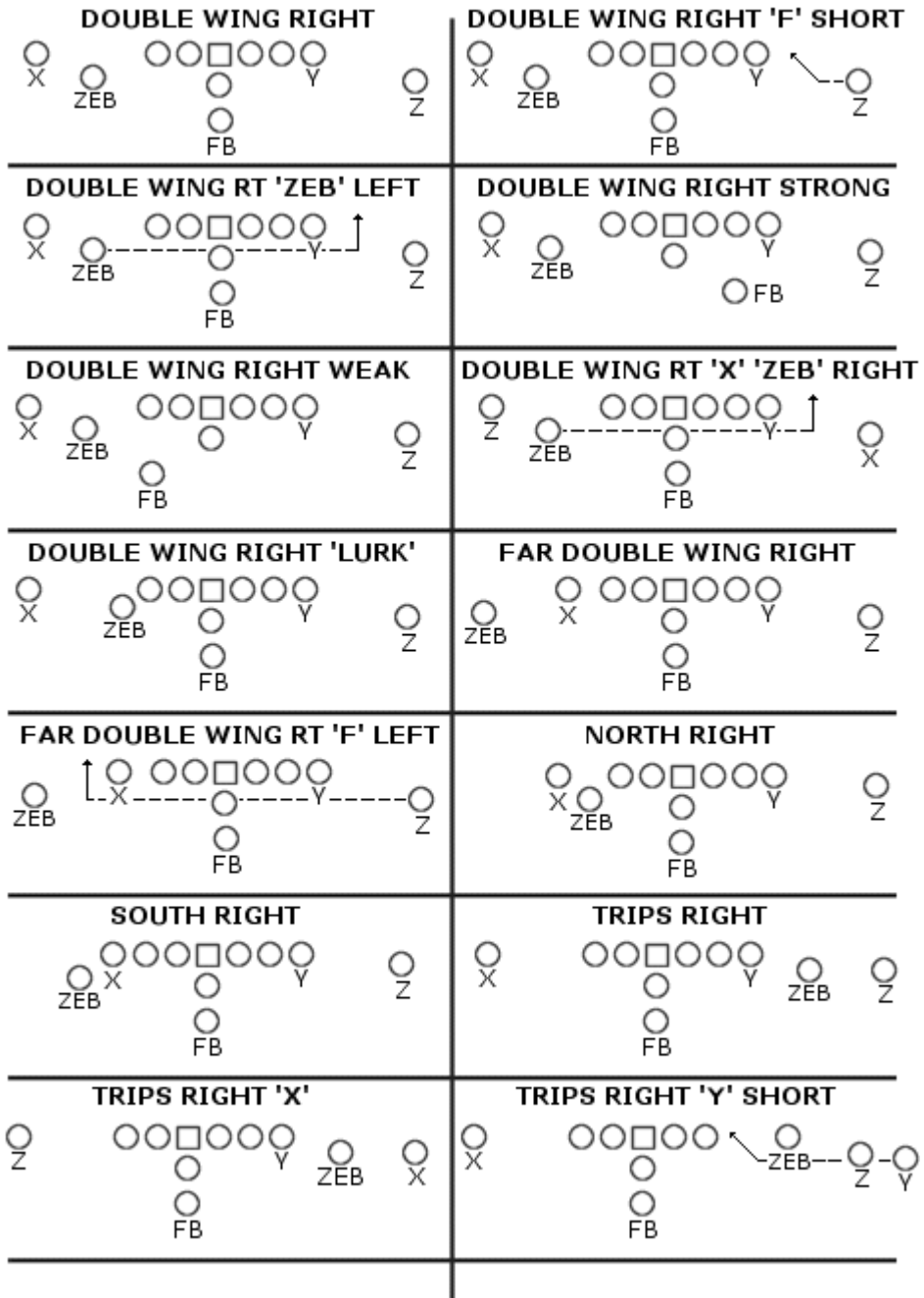
E PERSONNEL



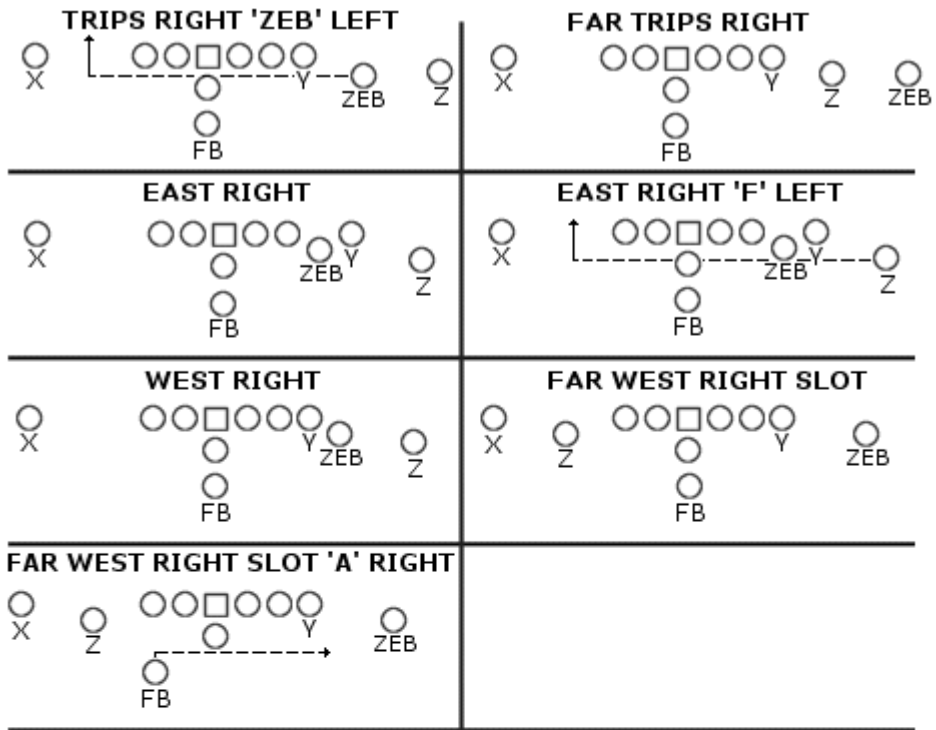
E PERSONNEL



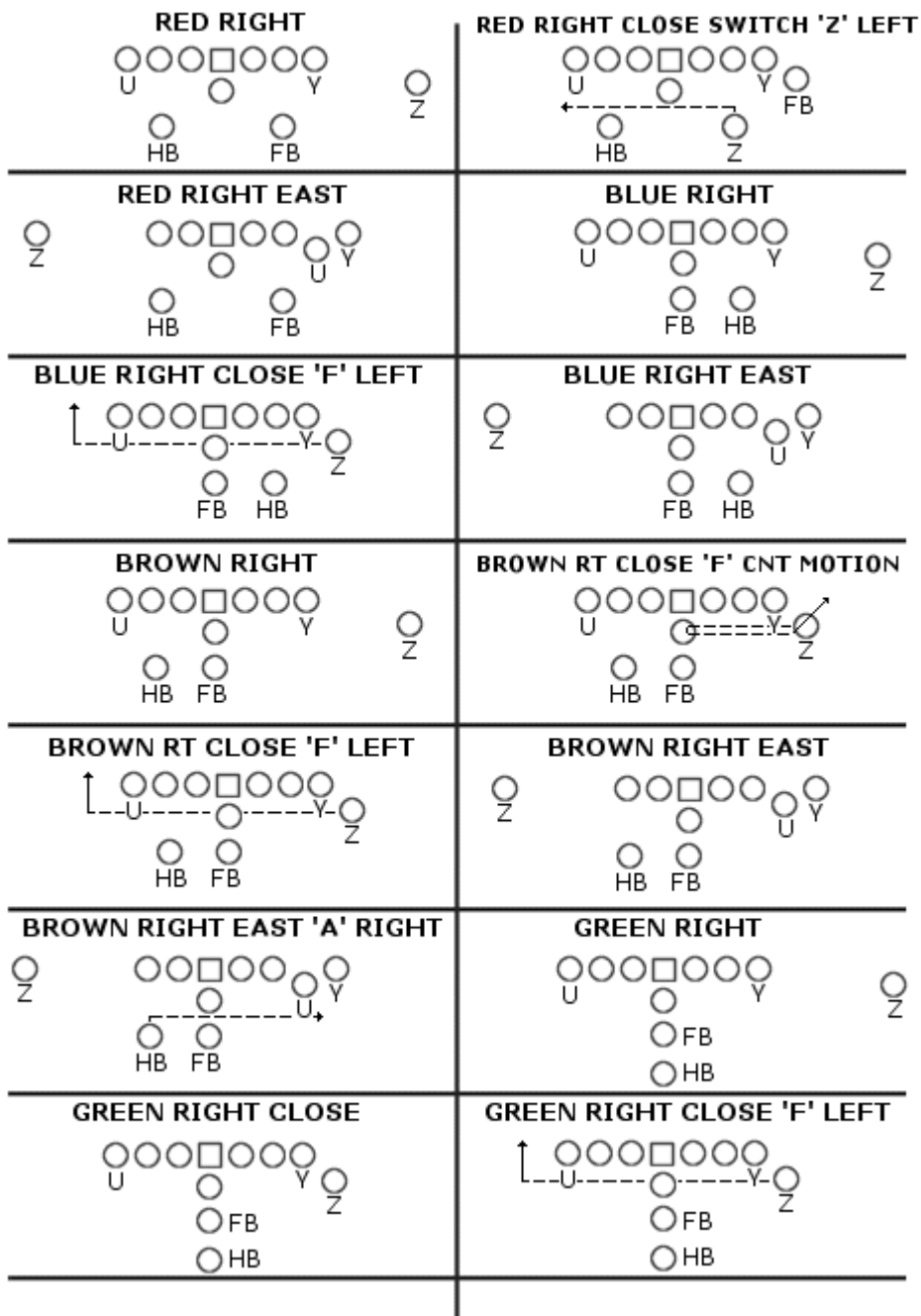
ZEBRA PERSONNEL



ZEBRA PERSONNEL

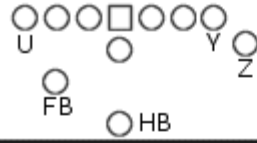


U PERSONNEL

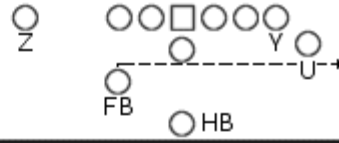


U PERSONNEL

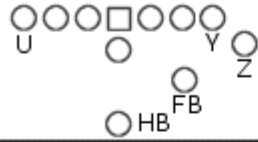
GREEN RIGHT NEAR CLOSE



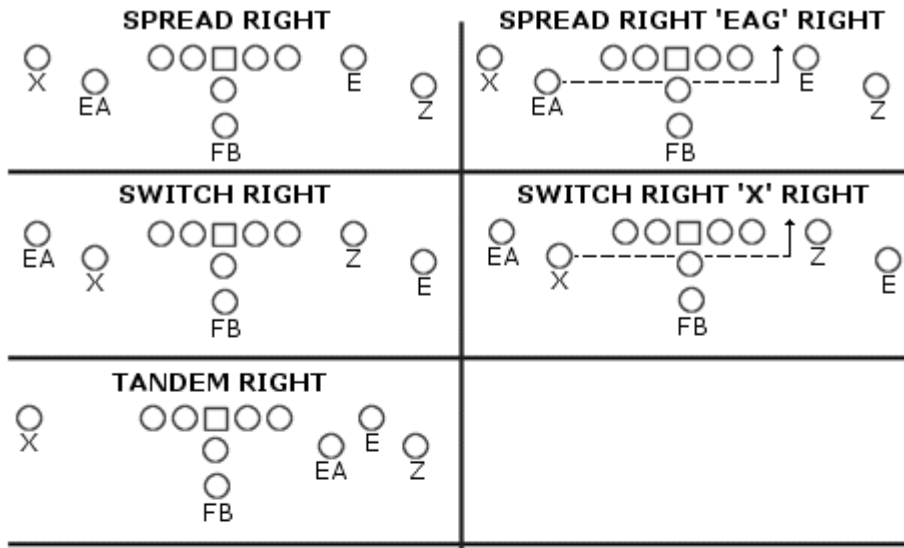
GREEN RT NEAR WEST 'A' RIGHT



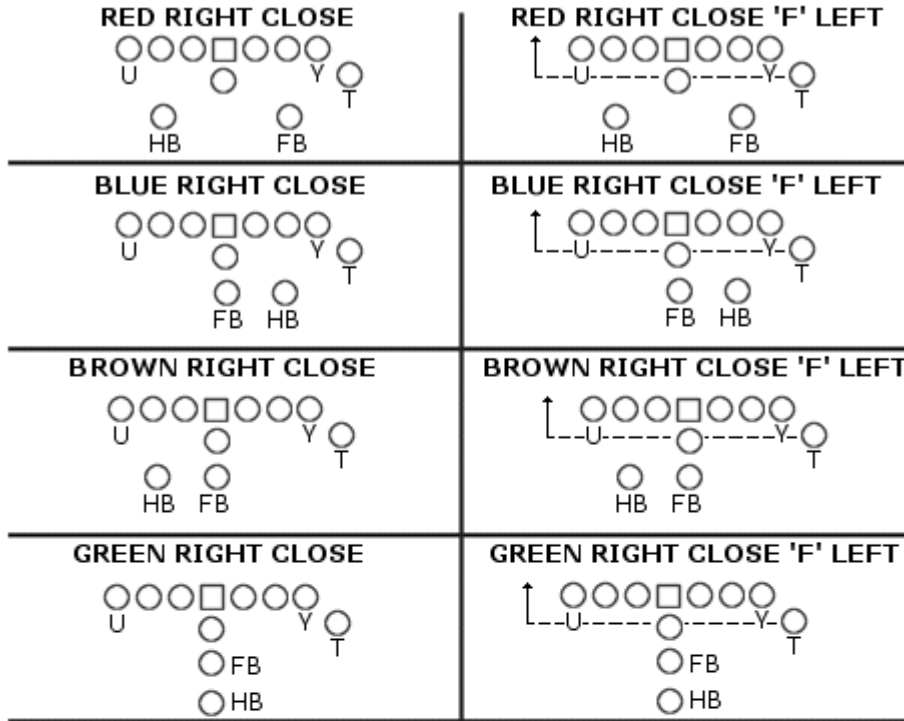
GREEN RIGHT STRONG CLOSE



EAGLE PERSONNEL



Y PERSONNEL



Shifting

Shifting is used to create an advantage for our offense. It must be rehearsed and be clean for it to be effective.

We have a variety of shift packages, most of which involve the tight end or running backs. Like the use of motion, shifting allows us to change the strength of a formation, it forces the defense to react (and many times tip off its coverage) and it helps our quarterback see and read the defense.

Procedure

1. Everyone get set. Make the defense think we might go on First Sound.
2. Begin to shift when you hear the quarterback begin his cadence.
3. When you shift, move crisply.
4. The quarterback should not initiate motion until any shifting players have been set for one full second.

'Y' Shift Options

1. 'Y' Shift to Red Right—TE starts left, shifts right to his normal alignment, and signals Z off LOS
2. 'Y' Shift to Brown Right—TE starts left, shifts right to his normal alignment, and signals Z off LOS
3. 'Y' Shift to Red Right Open—TE starts in his regular position on the right, shifts outside Z to the normal Red Right Open alignment.
4. 'Y' Shift to Red Right Deep—TE starts in his regular position, and moves off the LOS, motioning Z onto the LOS. (NOTE: This shift is most often used in conjunction with 'Y' Right motion. For example, 'Y' Shift to Red Deep 'Y' Right...)
5. 'Move to' West Right—TE, with U, align in West Left formation. TE and U shift together to West Right.
6. 'Stem to' Flex Right—TE starts in Solo Right and shifts outside Z.

'U' Shift Options

1. 'Move to' West Right—U, with TE, align in West Left formation. U and TE shift together to West Right.
2. 'Stem to' Flex Right—U starts in Solo Right and shifts outside X.

Running Back Shift Options

1. 'Move to' Double Wing Right—Running backs start in Red Right and shift to their Double Wing Right alignment.
2. 'Move to' Trips Right—Running backs start in Red Right and shift to their Trips Right alignment.

Basic Running Back Shift Rules

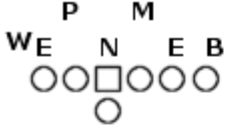
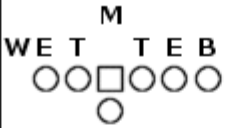

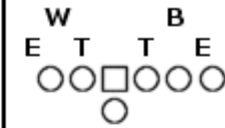

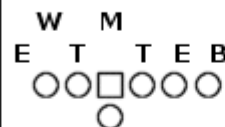

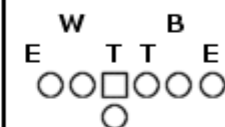
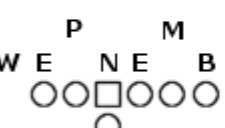
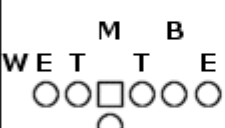






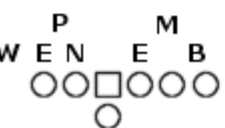

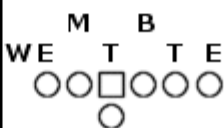

1. We want to shift on every play we are in a two back set. Start in Green unless we are in our no-huddle offense or the snap count is on First Sound.
2. Never shift in a single back set unless we do it by game plan.
3. Don't shift if the play clock is running down. Have a feel for the game!
4. We will not shift out of a single back set with two back on the field (ie. Far Trips Right) unless it is called (ie. 'Move to' Trips Right).
5. Shift together and look sharp!

Things to think about

1. Hustle in and out of the huddle. We need time for the quarterback to see the front and coverage adjustments.
2. For Tight Ends, always signal to the play-side receiver (to the side of the shift) to get off the LOS. We must communicate to keep the formation legal!
3. If we are late getting the play into the huddle and it calls for a shift, the quarterback needs to call the play from the final set.
 - a. 'Y' Shift to Red Right Open 'F' Left 20 'Z' Spot becomes
 - b. Red Right Open 'F' Left 20 'Z' Spot
4. Be alert for a 'Now' call from the quarterback after breaking the huddle. Skip all shifts and motions if you get hear a 'Now' call.

Defensive Recognition

Fronts

 <p>34</p>	 <p>43</p>	 <p>50</p>	 <p>42 NIC</p>
 <p>35</p>	 <p>45</p>	 <p>20</p>	 <p>42 KING</p>
 <p>37</p>	 <p>47</p>	 <p>25</p>	 <p>42 QUEEN</p>
 <p>34+</p>	 <p>49</p>	 <p>23</p>	 <p>NAVAJO</p>
 <p>34-</p>	 <p>44</p>	 <p>53</p>	 <p>39</p>

Defenders

B Buck Linebacker
 E Defensive End
 M Mike Linebacker
 N Nose Tackle
 P Plugger Linebacker
 S Safety
 T Tackle
 W Will Linebacker

Linebacker on the TE (Y) side of the formation.
 The outside men of a down four.
 The middle linebacker.
 The interior lineman of a down three.
 The extra linebacker in a four man front.
 The inside men of the secondary.
 The inside men of a down four.
 Linebacker away from the TE (Y) side of the formation.

Coverages

It is very important to our passing game that we are able to identify what coverage the defense is using. We may need to adjust our routes or run different routes based upon what coverage is being used.

We use a numbering system to identify the coverage the defense is using. A single number usually identifies a base coverage.

Example: Cover 1

If the same coverage scheme is used with nickel or dime personnel, we can show this by adding an additional number.

Example: Cover 11 (Cover 1 in nickel or dime personnel)

NOTE: Different coverages have different nickel and dime naming conventions. As a general rule, simply add the repeat the number of the coverage. (Cover 2 becomes Cover 22)

We can also identify a blitz by adding a 'B' to our coverage number.

Example: Cover 1B (Cover 1 with a blitz)

Finally, any time there is a three man rush, either from a three man front or a four man front (with a lineman dropping into coverage without a blitz), we add a '0' (zero) to the coverage.

Example: Cover 30 (Cover 3 with a three man rush)

Coverage Terminology

Man Coverages

- Cover 1 Free Safety covers weak. No deep middle player.
- Cover 2 Man to Man with the Free Safety in the middle.
- Cover 5 Free Safety covers strong. No deep middle player.
- Cover 7 Man under with two safeties deep ($\frac{1}{2}$ – $\frac{1}{2}$).

Zone Coverages

Strong Rotation

- Cover 3 Three deep zone with a safety playing the flat on the strong side.
- Cover 3C Three deep zone to slot with the corners over.
- Cover 3 Cloud Three deep rotation with the strong side corner in a cloud
- Cover 3 Lightning Three deep zone with a Strong Safety inside the OLB.

Weak Rotation

- Cover 4 Three deep rotation with the weak side corner in a cloud.
- Cover 4 Sky Three deep zone with a safety playing the weak side flat.
- Cover 4 Lightning Three deep zone with a weak safety inside the OLB.

Balanced

- Cover 8 Four across coverage, match-up zone with both safeties at force depth.
- Cover 9 Two deep, five under with both corners in a cloud.

Nickel Coverages

Cover 22

Cover 22 Lurk

Cover 51

Cover 52

Cover 77

Cover 34

Cover 34 Cloud

Cover 34 Loco

Cover 43 Sky

Cover 43 Loco

Cover 88

Cover 99

Cover 2 Nickel

Cover 2 Nickel- Lurk Defender looking for crossers and to support run

Cover 5 Nickel- Strong Safety doubles outside man on Strongside

Cover 5 Nickel- Strong Safety doubles outside man on Strongside
Free Safety doubles outside man on Weakside

Cover 7 Nickel

Cover 3 Nickel- Strongside Cover 3, Weakside Cover 4 Sky

Cover 3 Cloud Nickel

Cover 3 Lightning Nickel

Cover 4 Sky Nickel – Strongside Cover 4 Sky, Weakside Cover 3

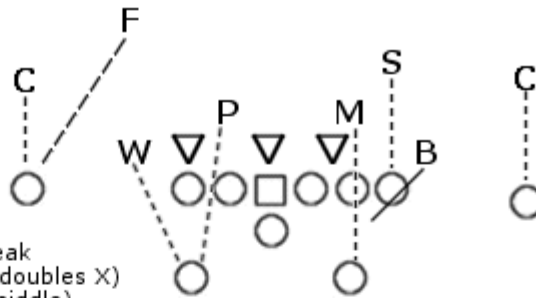
Cover 4 Lightning Nickel

Cover 8 Nickel

Cover 9 Nickel

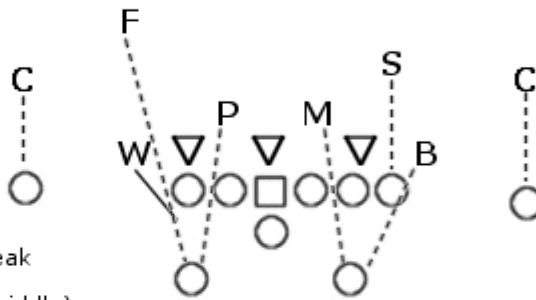
Cover 1

Cover 1 (X)



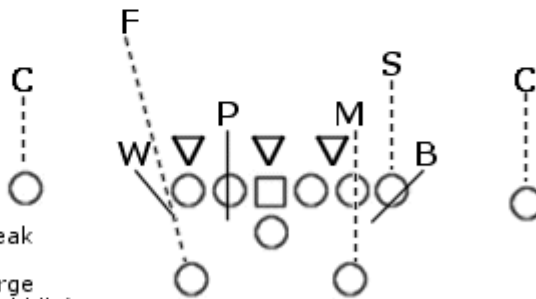
- Man to Man coverage
- Weak Safety covers weak (Cover 1 'X' means he doubles X)
- No Free Safety (deep middle)

Cover 1 (H)



- Man to Man coverage
- Weak Safety covers weak (Doubles HB)
- No Free Safety (deep middle)

Cover 1 B



- Man to Man coverage
- Weak Safety covers weak (HB man to man)
- Plugger and Will in charge
- No Free Safety (deep middle)

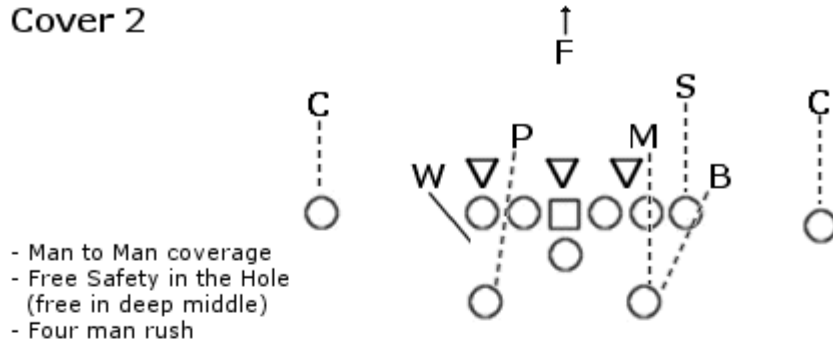
NOTE: Plugger can be replaced by a defensive lineman to create a four man front. The three remaining linebackers will be Will, Mike and Buck.

For example, in Cover 1(X):

Mike slides over to replace Plugger.
 Buck slides over to replace Mike.
 A Defensive End replaces Buck.

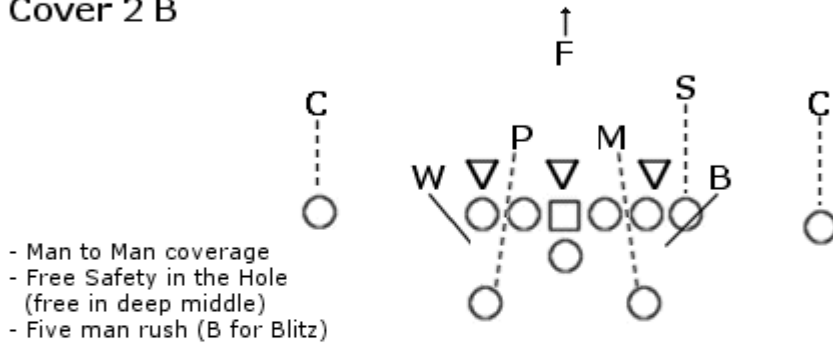
Cover 2

Cover 2



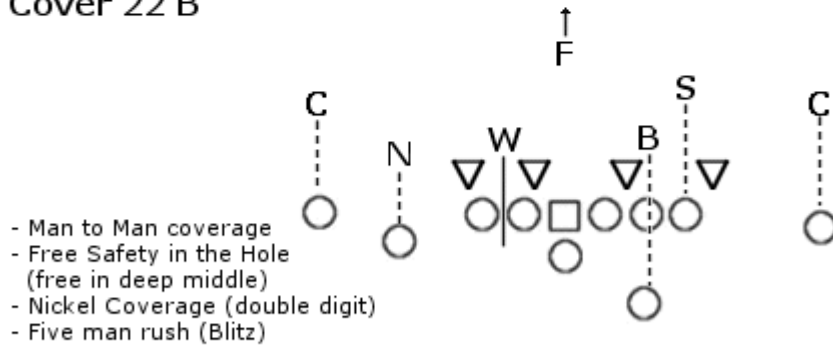
- Man to Man coverage
- Free Safety in the Hole (free in deep middle)
- Four man rush

Cover 2 B



- Man to Man coverage
- Free Safety in the Hole (free in deep middle)
- Five man rush (B for Blitz)

Cover 22 B



- Man to Man coverage
- Free Safety in the Hole (free in deep middle)
- Nickel Coverage (double digit)
- Five man rush (Blitz)

NOTE: Plugger can be replaced by a defensive lineman to create a four man front. The three remaining linebackers will be Will, Mike and Buck.

For example, in Cover 2:

Will slides over to replace Plugger.
A Defensive End replaces Will.

Strengths

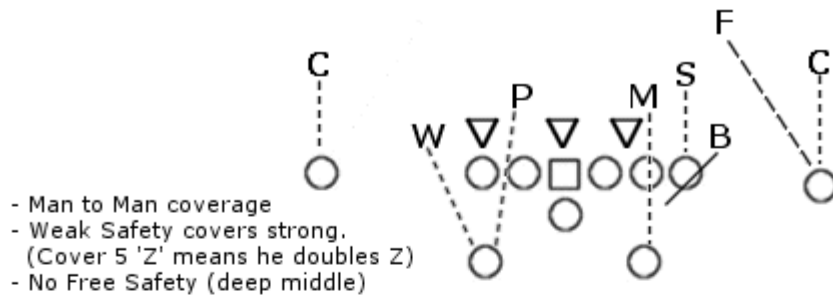
- Help from the FS in deep middle
- Can rush five
- Run support to the strong side
- Tight coverage

Attack

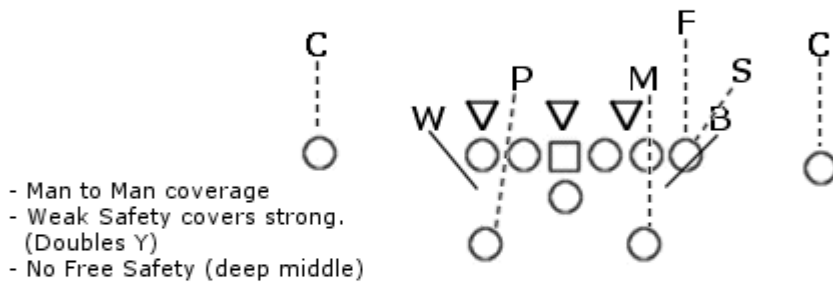
- No underneath help
- Crossing routes
- Use motion to clear underneath coverage
- Pick/rub passes
- Vertical routes
- Post-Corner (Colorado)
- Play action passes

Cover 5

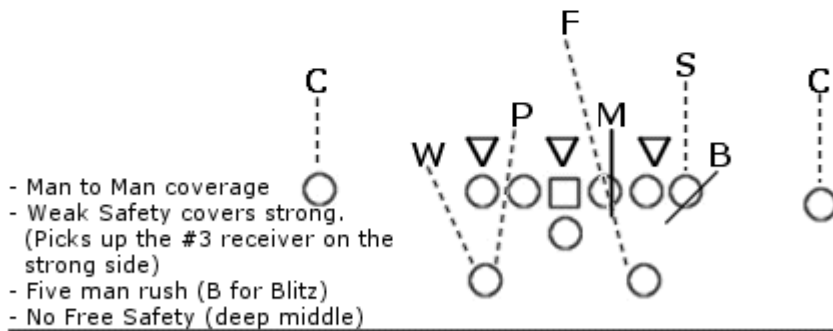
Cover 5 (Z)



Cover 5 (Y)



Cover 5 B



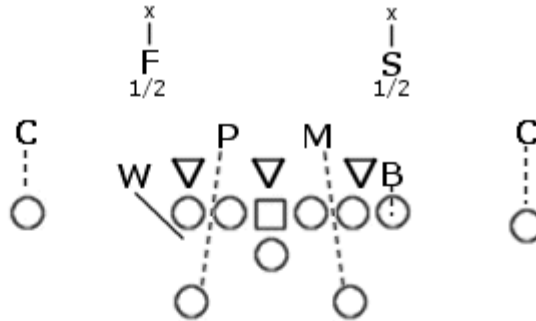
NOTE: Plugger can be replaced by a defensive lineman to create a four man front. The three remaining linebackers will be Will, Mike and Buck.

For example, in Cover 5 (Z):

- Mike slides over to replace Plugger.
- Buck slides over to replace Mike.
- A Defensive End replaces Buck.

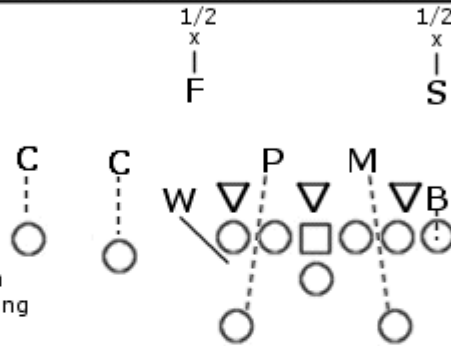
Cover 7

Cover 7



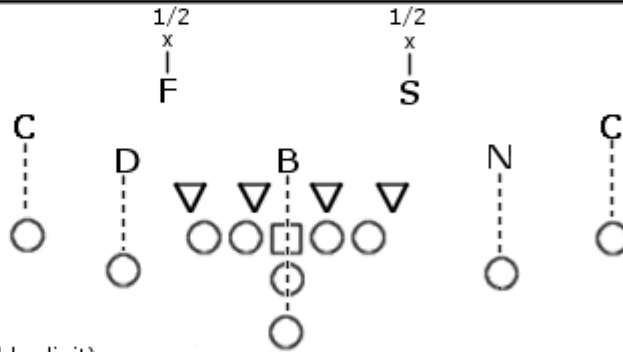
- Two deep zone with five defenders playing man under
- Four man rush

Cover 7 vs slot



- Two deep zone with five defenders playing man under
- Four man rush

Cover 77



- Two deep zone with five defenders playing man under
- Four man rush
- Nickel Coverage (double digit)

NOTE: Pluggler can be replaced by a defensive lineman to create a four man front. The three remaining linebackers will be Will, Mike and Buck.

For example, in Cover 7:

- Will slides over to replace Pluggler.
- A Defensive End replaces Will.

Strengths

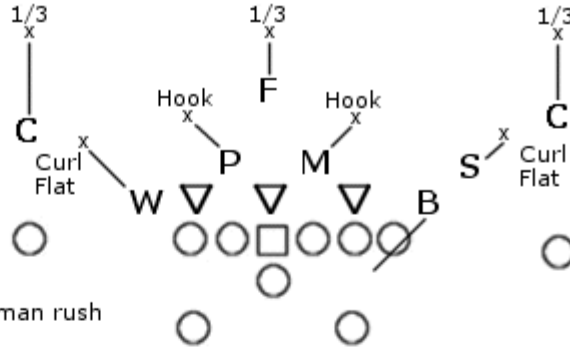
- Two safeties deep, each playing a deep $\frac{1}{2}$
- Four man rush
- Tight coverage man coverage

Attack

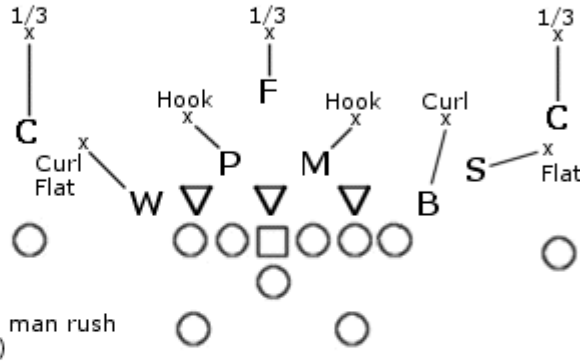
- No underneath help
- Crossing routes
- Use motion to clear underneath coverage
- Pick/rub passes
- Vertical routes
- Post-Corner combination routes with Y and Z
- Running backs on linebackers
- Option Routes

Cover 3

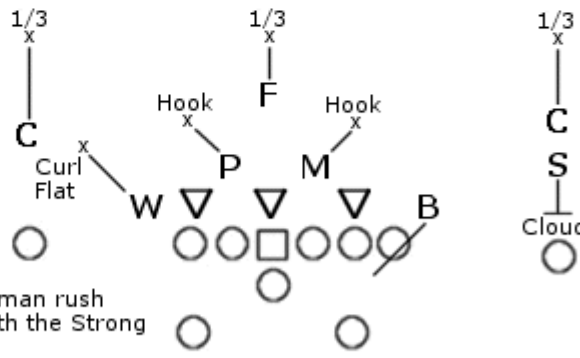
Cover 3



Cover 30



Cover 3 Cloud



NOTE: Plugger can be replaced by a defensive lineman to create a four man front. The three remaining linebackers will be Will, Mike and Buck.

For example, in Cover 3:

Mike slides over to replace Plugger.
Buck slides over to replace Mike.
A Defensive End replaces Buck.

Strengths

- Three deep secondary
- Four-man rush
- Four (or five with three man rush) underneath

Attack

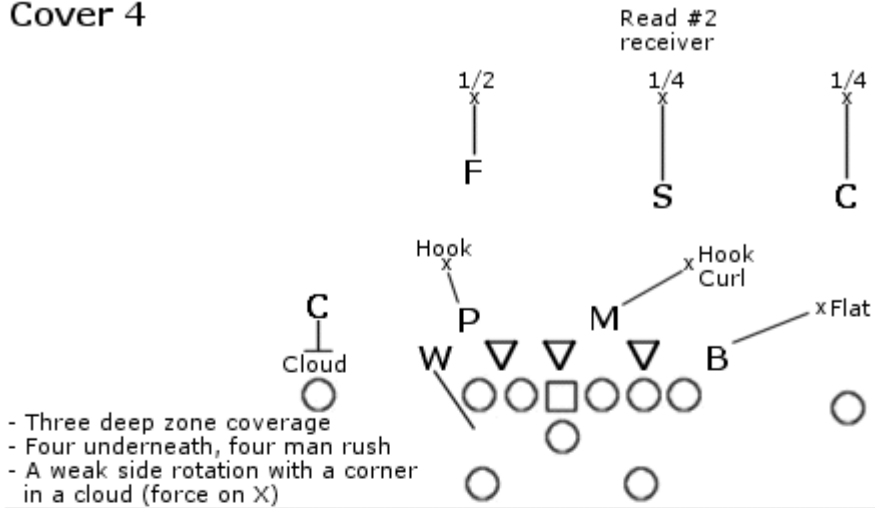
- Weakside curl/flat
- Flood
- In routes
- Four Vertical (All go)
- Out route to soft corner (Especially against Cover 3 Cloud)

Notes:

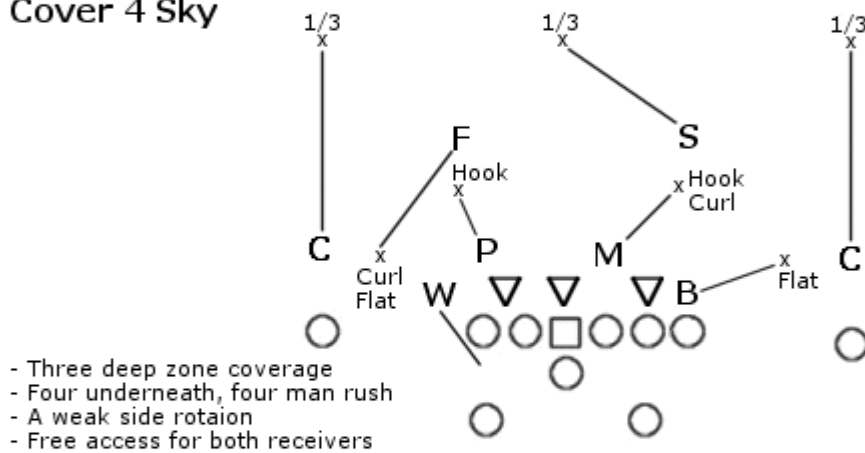
We will use motion to stretch the zone. Also, play action passes from Green

Cover 4

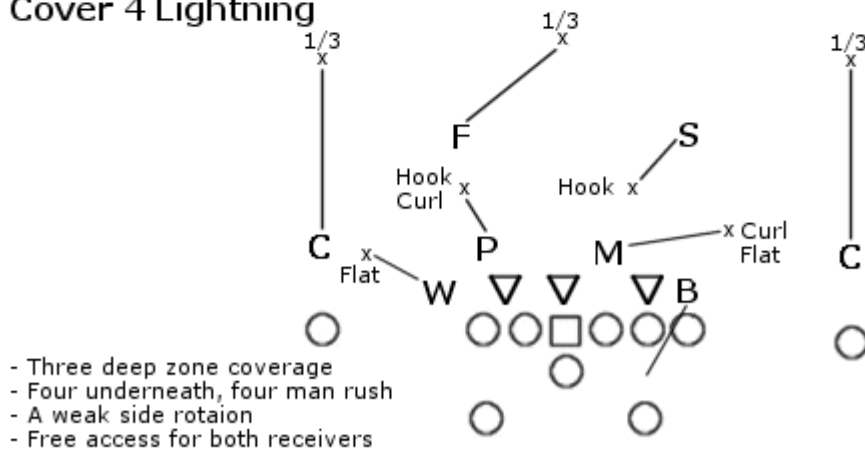
Cover 4



Cover 4 Sky



Cover 4 Lightning



NOTE: Plugging can be replaced by a defensive lineman to create a four man front. The three remaining linebackers will be Will, Mike and Buck.

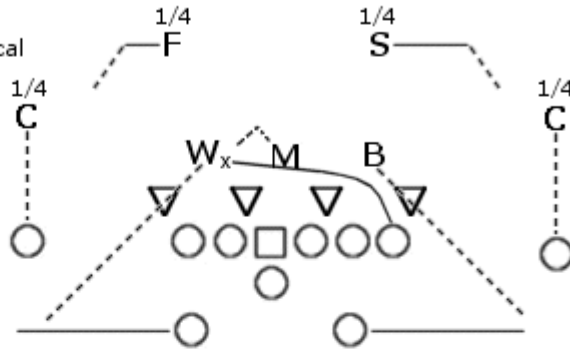
For example, in Cover 4:

Will slides over to replace Plugging.
A Defensive End replaces Will.

Cover 8

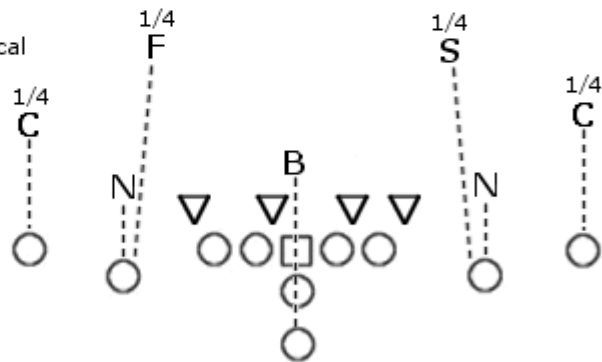
Cover 8

- Four across with safeties at force depth
- A combination man/zone coverage
- Read the release of the second receiver on each side
- If the safeties are not threatened with a vertical route from the second receiver, they can double the outside receiver.
- Mike takes the third receiver out either side.



Cover 88

- Four across with safeties at force depth
- A combination man/zone coverage
- Read the release of the second receiver on each side
- If the safeties are not threatened with a vertical route from the second receiver, they can double the outside receiver.
- Buck takes the third receiver out either side.
- Nickel coverage (double digit)



Strengths

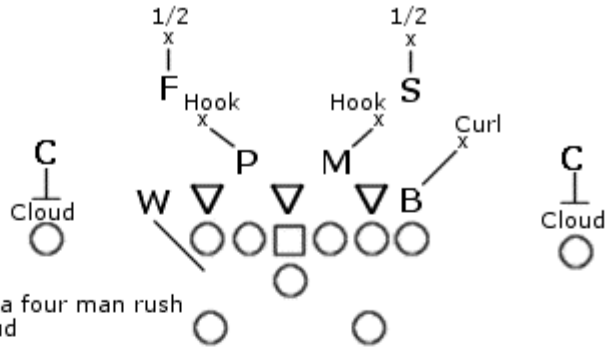
- Four deep vertical coverage
- Run support from both safeties
- Ability to double outside receivers
- Corners can play an aggressive technique because they have help over-the-top from both safeties

Attack

- Flat coverage
- Safeties are susceptible to play action
- Double coverage by the safeties can be nullified by using the second receiver to attack them with vertical routes
- Layered routes from a five or seven step drop that flood one side of the field.
- Option Routes

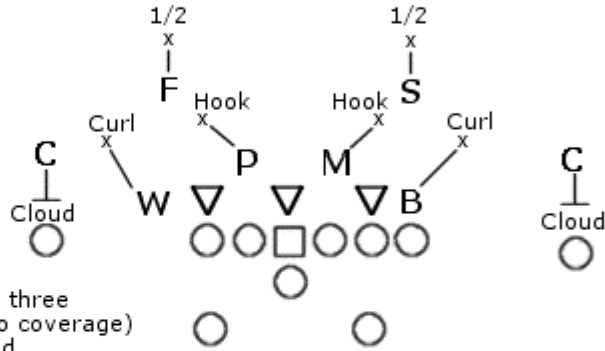
Cover 9

Cover 9



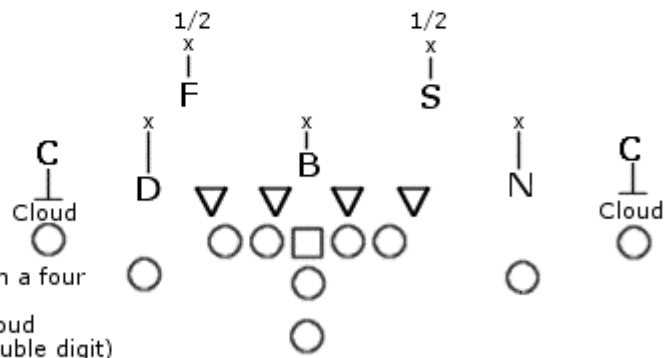
- Two deep zone
- Five underneath with a four man rush
- Both corners in a cloud

Cover 90



- Two deep zone
- Six underneath with a three man rush ('0' added to coverage)
- Both corners in a cloud

Cover 99



- Two deep zone
- Five underneath with a four man rush
- Both corners in a cloud
- Nickel coverage (double digit)

NOTE: Plunger can be replaced by a defensive lineman to create a four man front. The three remaining linebackers will be Will, Mike and Buck.

For example, in Cover 9:

Will slides over to replace Plunger.
A Defensive End replaces Will.

Strengths

- Two safeties deep, each playing a deep $\frac{1}{2}$
- Four man rush
- Five men (or six with a three man rush) underneath

Attack

- Vertical routes
- Fade/Corner routes with the TE down the middle
- Shallow crossing routes
- Horizontal stretch on the deep safeties

Notes:

We will use motion to stretch the zone.

Common Pass Routes

Listed below are some of the common pass routes run in our offense. These routes, and others not listed, may vary slightly with the play. Therefore, you need to pay close attention to any notes listed for individual plays.

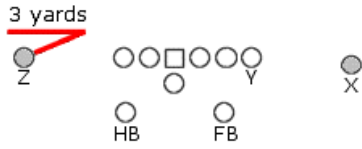
Route

Arrow
Comeback
Dagger
Fan
In
Omaha
Quick Fly (1/3 set drop fade)
Sluggo (Slant/Lion and Go)
Smoke
Square Out
Stick Nod
Thunder (Quick Hitch)

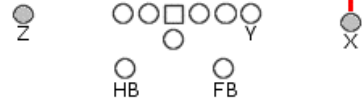
Route

Colorado
Dig
Dino
Drive
Lion (Slant)
Post
Quick Venus (1/3 set drop fade-stop)
Sluggo Stop
Spot
Stick
Texas
Train

ARROW ROUTE

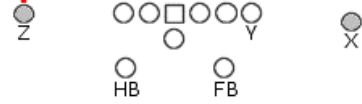


**COLORADO ROUTE
post corner**



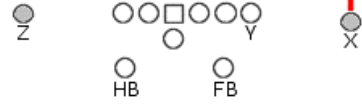
20 yards

COMEBACK ROUTE



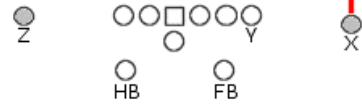
20 yards

DIG ROUTE

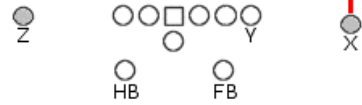


18 yards

DAGGER ROUTE

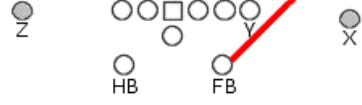


DINO ROUTE



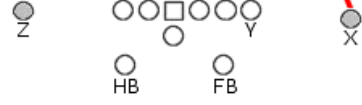
3 yards

FAN ROUTE



Read 4-6 yards

DRIVE ROUTE



BURST!
12 yards

Z

IN ROUTE



HB FB

X

5 yards

Z

LION ROUTE
slant



HB FB

X

5 yards

Z

OMAHA ROUTE



HB FB

X

5 yards

Z

POST ROUTE



HB FB

X

Z

QUICK FLY
quick fade



HB FB

X

Z

QUICK VENUS
quick fade-stop



HB FB

X

Z

SLUGGO ROUTE
slant and go



HB FB

X

Z

5 yards
SLUGGO STOP ROUTE

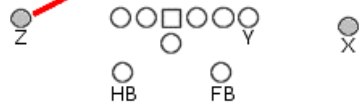


HB FB

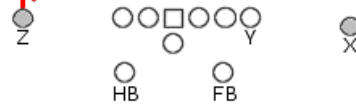
X

SPOT ROUTE

4-6 yard read

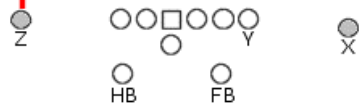


SMOKE ROUTE



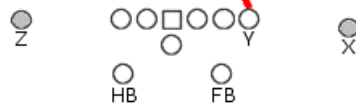
SQUARE OUT

12 yards



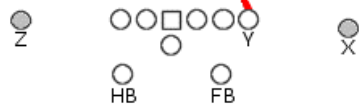
STICK ROUTE

6 yards

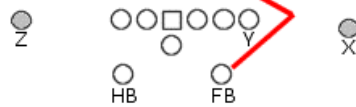


STICK NOD ROUTE

6 yards

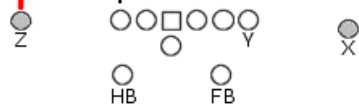


TEXAS ROUTE



THUNDER ROUTE quick hitch

5 yards



TRAIN ROUTE hitch and go

Stay Wide

