

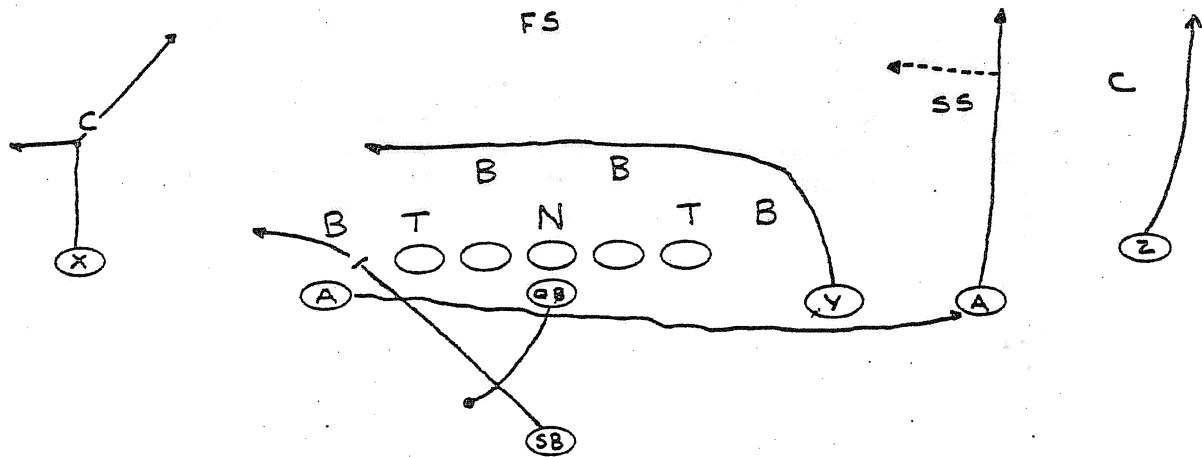
DARREL DAVIS

RUN & SHOOT OFFENSE

1. CHOICE vs 3 DEEP COVERAGE

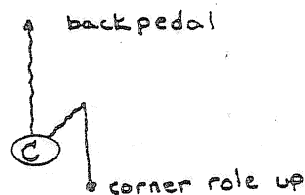
- * When you start going over any pass package, always start it against 3 deep coverage. That means on the blackboard, on the field or in discussion with your coaches.

RIP 61 X CHOICE

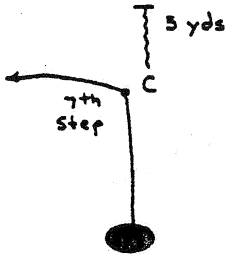


X-BACK - The first thing you have to determine is the play of the cornerback by the X-BACK.
The outside foot is always back
You run a 7 step at the outside shoulder of the cornerback

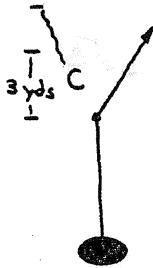
ZONE TECH of a cornerback



OPTIONS



1. If the receiver gets to the outside shoulder of the cornerback, on his seventh step, he makes a speed cut, to the out route.
 2. If there is still a 5 yard or deeper on your 7th step you make the break to the out route.
 3. If the cornerback stays to the outside and the receiver breaks down the cushion to 3 yards or less, then the receiver on his seventh step breaks to the skinny post route.
- * It is important to make your post pattern skinny, so that you do not run your route into the free safety.



Y-BACK - Breaks across the middle at linebacker depth and avoid (1 slot) contact with the crossing linebackers in their drops. You want to be at the depth of 5 to 7 yards

A-BACK - In motion, you should end up 3 to 5 yards outside the (2 slot) 1 slot. At the snap, you are running up the field and avoiding contact from the second level defenders (LB & SS). After clearing the second level defenders, you are now reading the positioning of the free safety.

1. If the free safety rotates to the playside (were the X-BACK is running his route), you keep going straight up the seam to the endzone.
2. If the free safety stays in the middle of the field, you then throw your outside hand up and hook up in the 15 to 20 yard area and find the open window back to, the quarterback.

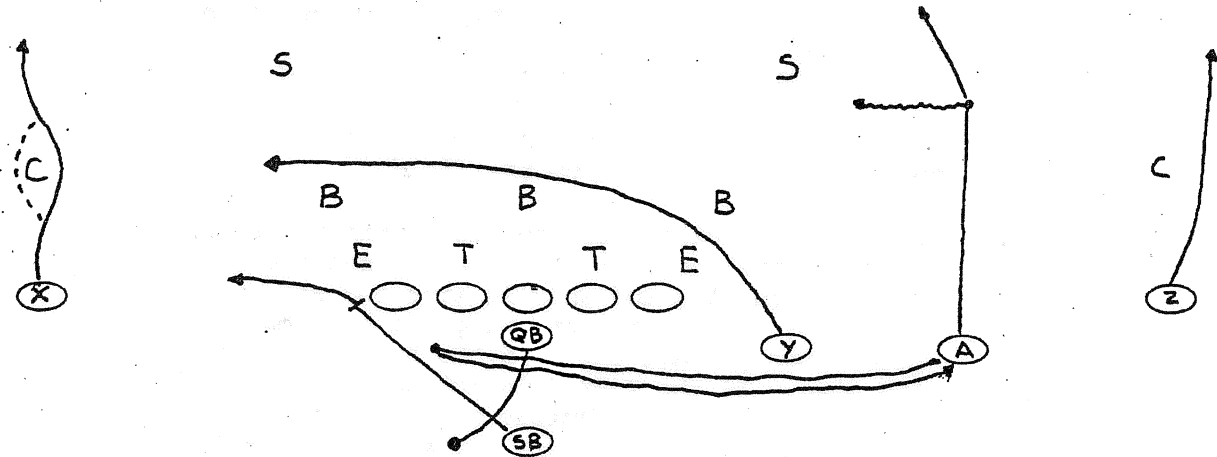
Z-BACK - You are reading the drop of the cornerback, you are (3 slot) driving up the field on the outside shoulder of the cornerback.

1. If the cornerback turns his hips and goes to the inside, at the depth of 8 to 10 yards you automatically throw up your outside hand and hook up
2. If the cornerback turns his hips to the outside, then you just take him up the field.

QUARTERBACK - You will be rolling to the left, reading the drop of the cornerback. If the you are setting up to throw, then step and shuffle step and set on your 5th step. If you are throwing the ball on the role, then you are throwing the ball off from your 6th step. If the X-BACK is not open by your 5th step, then you will shuffle step, set and look backside to your secondary routes. The 2 SLOT is your 2nd look, the 3 SLOT is your 3rd look and the 1 SLOT is your 4th look.

2. CHOICE vs 2 DEEP COVERAGE

* EARLY RIP LOAD ROSE 61 X CHOICE



X-BACK - Against the 2 DEEP press coverage, you want to attack the

weak part of the zone, which is behind the cornerback. When coming off the line, we always want an outside release, but sometimes you get a cornerback that is trying to funnel everything to the inside. If this is the case, then you will have to use some type of tech. to get around the cornerback (EX. swim, rip) and get back to the outside.

Y-BACK - You are running the same route as if it was against a 3 (1 slot) DEEP ZONE COVERAGE.

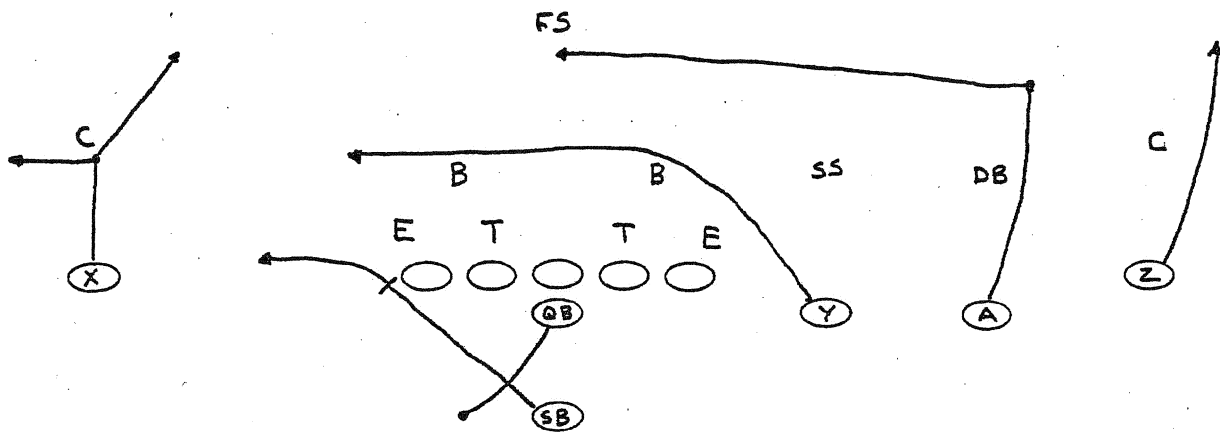
A-BACK - You are reading the drop of the half field safety. When (2 slot) running your route up the seam, you want to get into the face of the half field safety.

1. If you break down the cushion of the half field safety (that is 3 yards or less), then you break off to the skinny post.
2. If the safety is playing to the outside and has a 5 yard cushion or more, then you will throw up your outside hand up, hook up and find the open window back to the quarterback.

Z-BACK - You are running the same route as the playside X-BACK.

QUARTERBACK - Same tech. and reads as against 3 DEEP ZONE
COVERAGE

CHOICE vs MAN FREE COVERAGE



There will be two types of man coverage you will see

1. Inside Tech.
2. Outside Tech.

X-BACK - 1. If the cornerback is playing an outside tech. (This means that the front of his body is facing the inside) and stays this way in his backpeddle. Then you work up field on his face to the his outside shoulder and on your 7th step, you break to the out route off his but.

2. If the cornerback is playing an inside tech (This means that the front of his body is to the outside) and stays this way in his backpeddle. Then you have to work up field on the cornerback nose to nose and when you get to your 7th step, you will break to the skinny post off his but.

3. If you get to the body of the cornerback, then you break your route straight up the field on the fly.

Y-BACK - You are running the same route as you have done against (1 slot) the other 2 coverages, but with it being a man coverage, you are checking to replace blitzing inside linebackers in your route. If you find that a linebacker is blitzing, you call out "HOT", which

is a call to tell the quarterback that he is the hot receiver and is replacing a linebacker in his area.

- * You have to remember that you have a defensive player chasing you in coverage. You still come out of your route 5 to 7 yards deep.

A-BACK - You are reading the drop of the defensive player on (2 slot) you. as you are going up field, you are checking for man tech.

1. If you read man tech, then you work up field on his outside shoulder. When you get to about a 10 to 12 yard area, throw up your outside hand and break off the butt of the defender to the inside.

- * You have to remember that you have to run your route flat enough that the free safety does not become a factor in the play.

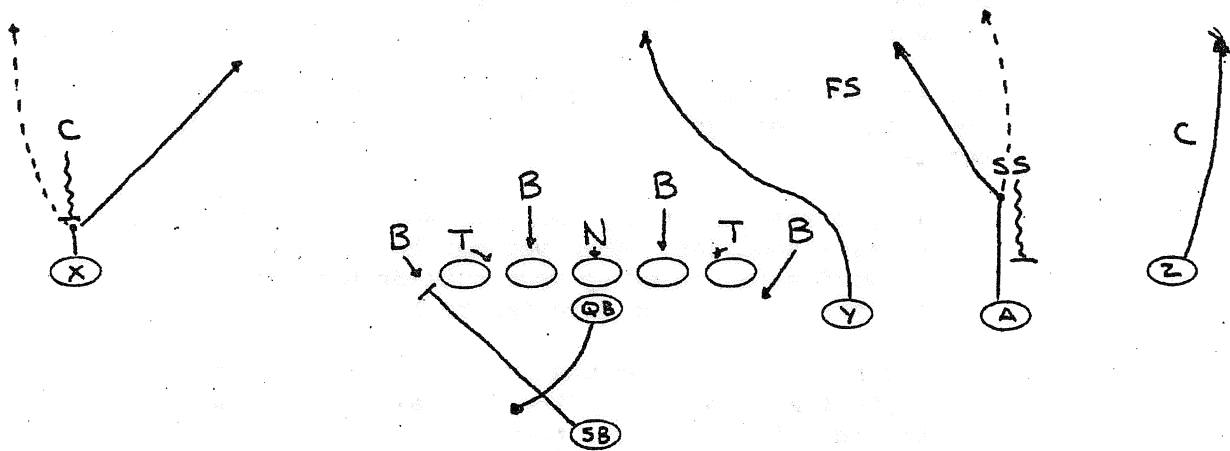
2. If you get a zone look from the defender, that means that his shoulders are square in his backpeddle. You just break it up field vertically.

Z-BACK - You are getting an outside release and going vertically up field.

- * against man coverage, you will not be much of a factor.

QUARTERBACK - Your read changes on any man coverage. You will be reading playside to backside crossing routes. The backside 3 slot is not a factor in your read progression, he is just taking his defender up field.

CHOICE vs BLITZ COVERAGE



X-BACK - In this coverage if the cornerback is playing back, then either on your 1st or 3rd step, you are breaking to the slant route. If the cornerback is playing up in a press position, then you get a quick release and run the fade route.

Y-BACK - You are running the same route as man free coverage (1 slot) checking for blitzing linebackers. If you find a linebacker blitzing, call out "HOT" and replace him in the open area. This will give the quarterback the option of throwing the football to you and also knows that the blitz is coming.

* If you see that the X-BACK is getting the ball, then you break it up the field to take the player defending you away from the X-BACK.

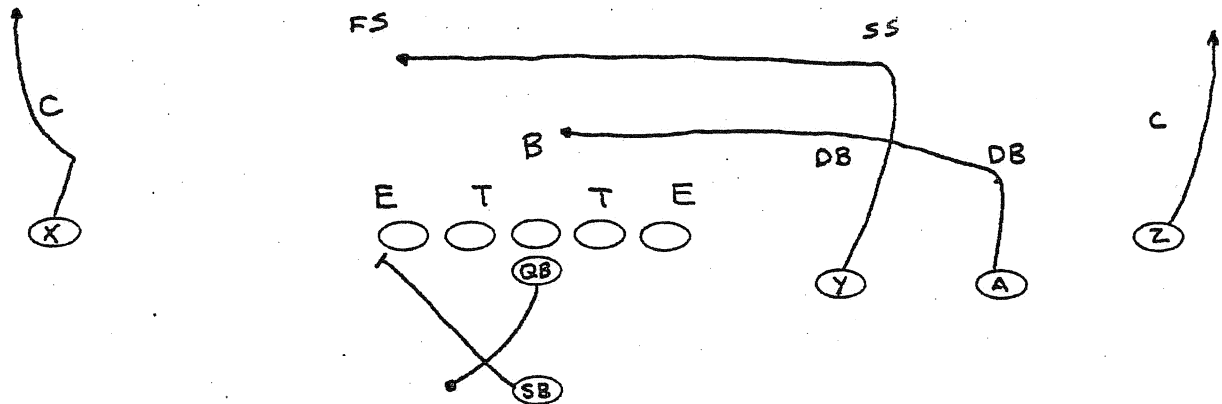
A-BACK - If the defender is playing off from you, then you are (2 slot) working up on the outside shoulder of the defender and then break to the post route. If the defender is playing a press coverage, then you release up field and then make a slight bend to the inside.

Z-BACK - You are not a factor in the play. You are just taking (3 slot) your defender up the field.

QUARTERBACK - You are to get the ball off as fast as possible. If you can not throw it to the playside receiver, then shuffle and set your feet and look to your two backside routes. It does not matter which one you pick up first in your read progression.

CHOICE vs MAN UNDER, 2 ON TOP

* You will not see this much at the high school level.



X-BACK - You are running the same fade route just like a normal two deep coverage.

Y-BACK - You are going over top of the defender and then breaking (1 slot) your route to the inside under the two safeties.

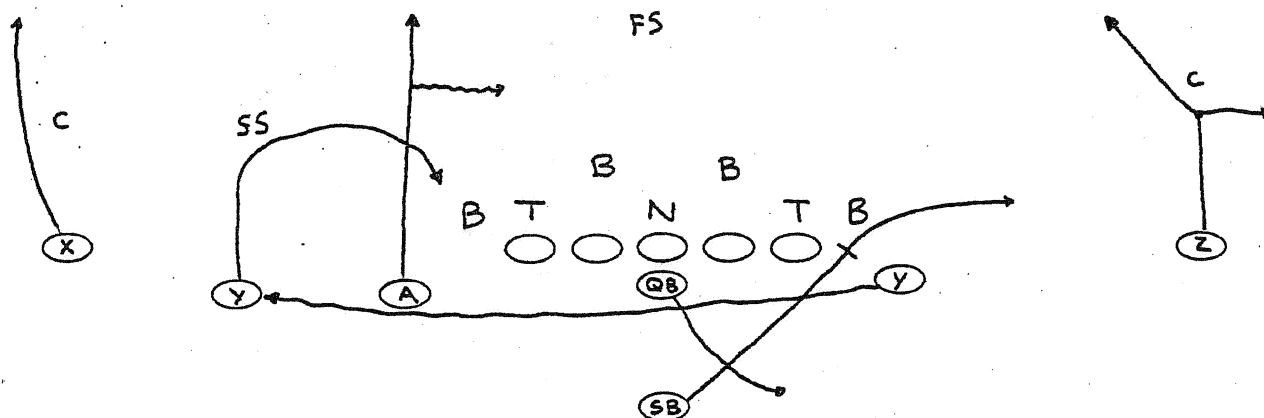
A-BACK - Because you are running motion, sometimes after you (2 slot) clear your defender and break to the inside, you will go underneath the 1 slots route and clear first.

Z-BACK - You are not a factor in this play. You are running (3 slot) the fade route to try to get the attention of the half field safety.

QUARTERBACK - If you see clearance between the playside receiver and the defensive back, get the ball to him as quick as possible. If he is not open, then look backside to your two crossing routes.

Some variations of the CHOICE ROUTE

LOAD 60 Z CHOICE "SPECIAL" vs 3 DEEP COVERAGE



* The special means that the two inside receivers will change routes. All other routes are the same.

Z-BACK - You are running the same routes as the X-BACK if the play was called to the other side.

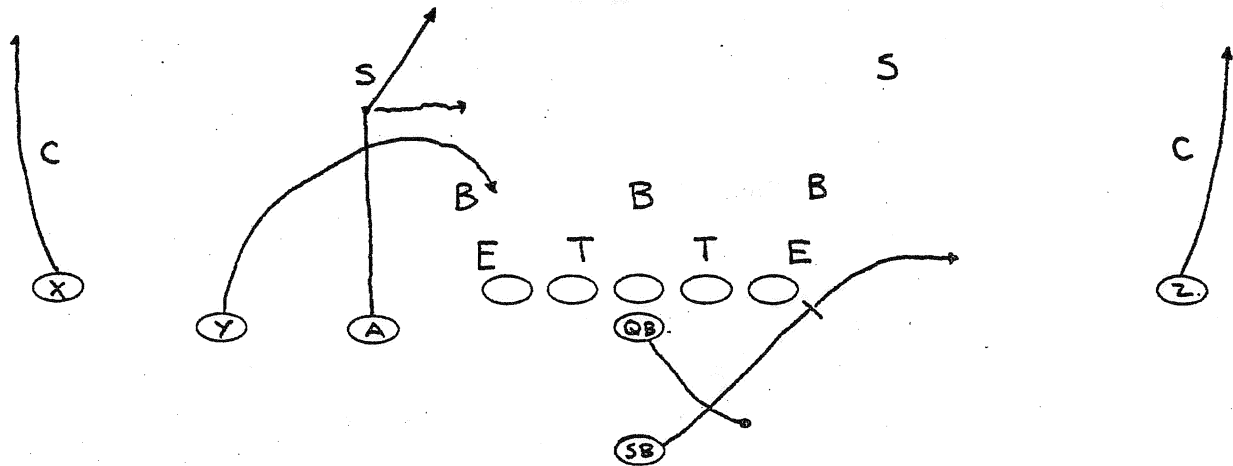
A-BACK - You are running the seam route up the field.
(1 slot) You are running the same route as the 2 slot if it was called X CHOICE.

Y-BACK - You are running a 5 to 7 yard curl route.
(2 slot)

X-BACK - You are running the same route as the Z-BACK
(3 slot) if it was called to the other side.

QUARTERBACK - The reads are the same as against any other zone coverage.

Z CHOICE "SPECIAL" vs 2 DEEP COVERAGE



Z-BACK - Running the same route as a X choice attacking the weak area of the 2 deep zone coverage.

A-BACK - Running the same route as the 2 slot vs 2 deep if it (1 slot) was called X choice.

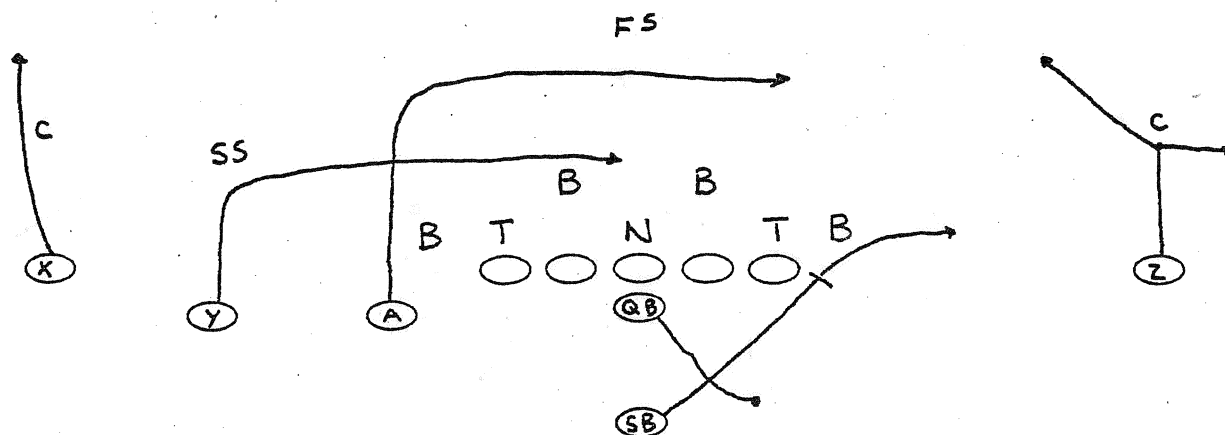
1. Skinny post
2. Hook up and find the open window back to the quarterback

Y-BACK - Runs the 5 to 7 yard curl route, if the linebacker (2 slot) jumps in your face, then you will have to work inside to the open window back to the quarterback.

X-BACK - Running the fade route to stretch the half field safety (3 slot)

QUARTERBACK - The reads are the same against 2 DEEP ZONE COVERAGE

Z CHOICE "SPECIAL" vs MAN FREE COVERAGE



Z-BACK - Runs the same route as the X-BACK if it was called to the other side

1. out
2. skinny post

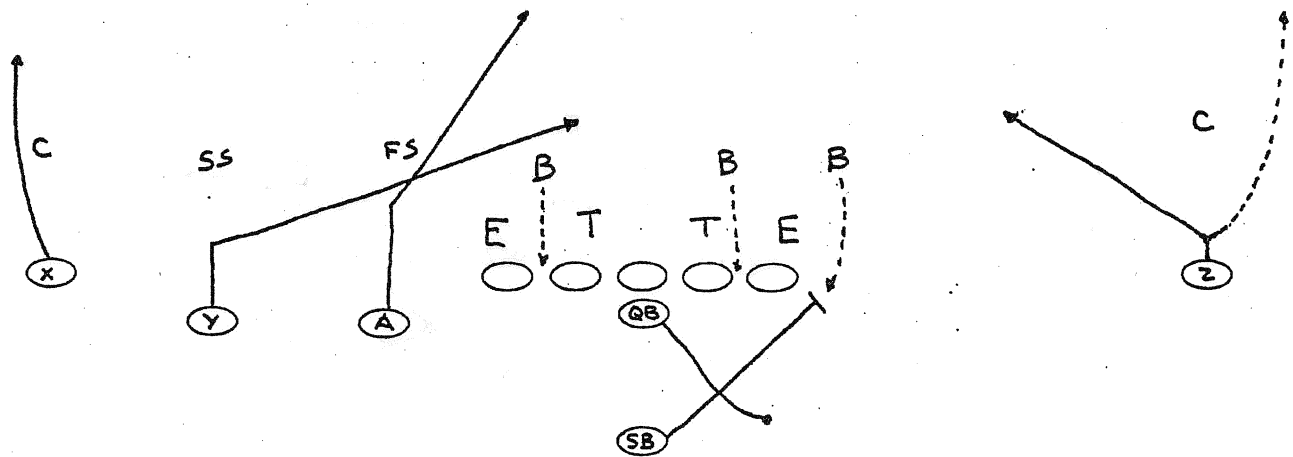
A-BACK - Runs the same route as the 2 slot if it was called X (1 slot) CHOICE

Y-BACK - Runs the same route as the 1 slot if it was called X (2 slot) CHOICE

X-BACK - You are taking your man up field out of the play (3 slot)

QUARTERBACK - The reads are the same as any man coverage

Z CHOICE "SPECIAL" vs BLITZ COVERAGE



Z-BACK - You are running the same route as the X-BACK if it was called X CHOICE

1. slant
2. fade

A-BACK - You are running the same route as the 2 slot if it was (1 slot) called X CHOICE

Y-BACK - You are running the same route as the 1 slot if it was (2 slot) called X CHOICE

X-BACK - You are taking your man up the field out of the play (3 slot)

QUARTERBACK - The reads are the same against any blitz coverage

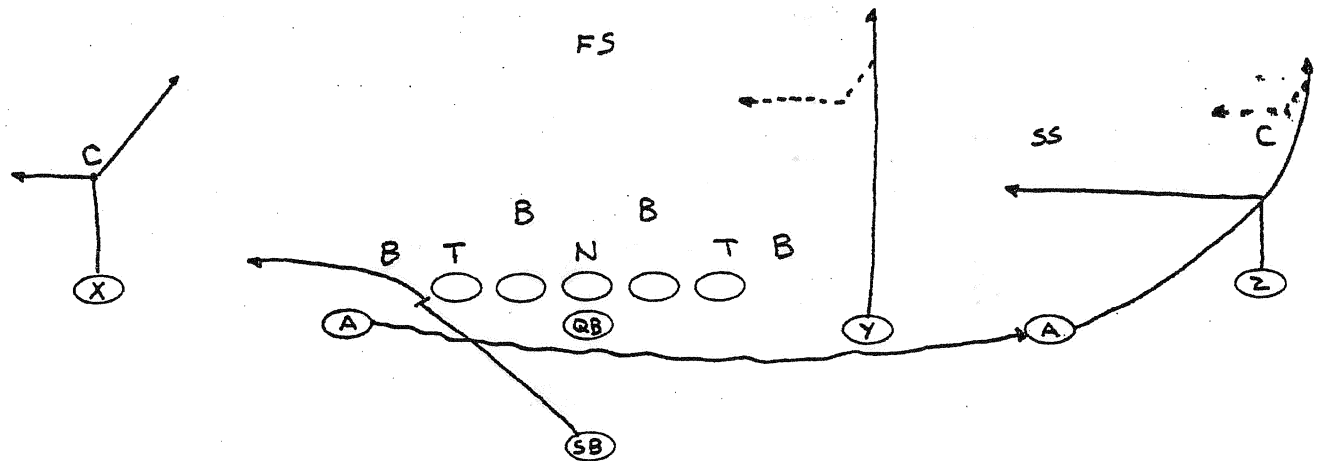
A-BACK - Stick, over the top and then break it to the inside.
(1 slot) Sometimes the half field safety will jump you, if this happens, you then break it to the skinny post route.

Y-BACK - You are going up the field working on the outside
(2 slot) shoulder of the defender. Get the defender to turn,
then cut off his butt to the inside.

X-BACK - You are running the fade route, taking your man out of
(3 slot) the play.

QUARTERBACK - Read is the same as X CHOICE

RIP 60 X CHOICE DRAG vs 3 DEEP COVERAGE



X-BACK - You are running the same route vs 3 DEEP COVERAGE

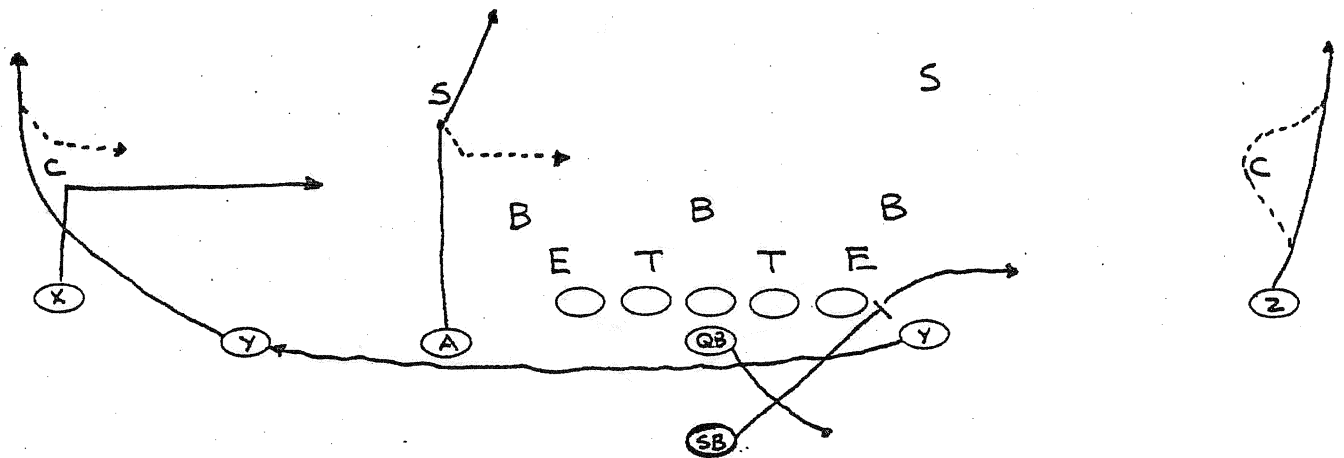
Y-BACK - You have the seam read. You are reading the free safety. If the free safety over rotates to the playside, then you keep going straight up field. If the free safety stays in the middle of the field, then throw up your outside hand, break down and find the open window back to the quarterback.

A-BACK - You are running the wheel route. If the cornerback goes to the inside, then you will throw up your outside hand, break down and find the open window back to the quarterback.

Z-BACK - You are driving up field to the 5 to 7 yard area and break to the square in route. Then when you get to the area of the 1 slot, you then break down and find the open window back to the quarterback

QUARTERBACK - The X-BACK is your 1st look. The Y-BACK is your 2nd look. The A-BACK is your 3rd look and the Z-BACK is your 4th look.

LOAD 60 Z CHOICE DRAG vs 2 DEEP COVERAGE



Z-BACK - You are running the same route vs 2 DEEP COVERAGE

A-BACK - You are driving off the face of the half field safety.
 (1 slot) If the safety is playing real deep, then you will throw up your outside hand, break down and find the open window back to the quarterback. If you break down the cushion of the half field safety, then you break to the skinny post.

Y-BACK - You are running the wheel route. If the cornerback
 (2 slot) stays high on you, then you will throw up your outside hand, break down and find the open window back to the quarterback.

X-BACK - You are running up to the 5 to 7 yard range and then
 (3 slot) breaking to the square in route. When you get to the area of the 1 slot, then you will break down and find the open window back to the quarterback.

QUARTERBACK - Your read progression is the same as against any zone coverage.

[illegible]

1. If you have the cornerback playing to the inside, then you will break to the skinny post.
2. If you have the cornerback playing to the outside, then you are going to break off his butt to the out route.

A-BACK- (2 slot) You want to line up at the same distance between the two receivers as how deep the cornerback is playing off the 3 slot or Z-BACK. You want to first break to the inside before breaking to you outside route. When you are in the inside part of the route, you want to run it at the rate of speed so that the Z-BACK can break off your butt. This will create a pick like action with the defensive players that are covering you. Then you just break it outside and up the field.

Z-BACK - You are running up to the 5 to 7 yard area and then (3 slot) breaking to the square in route looking for the open window back to the quarterback.

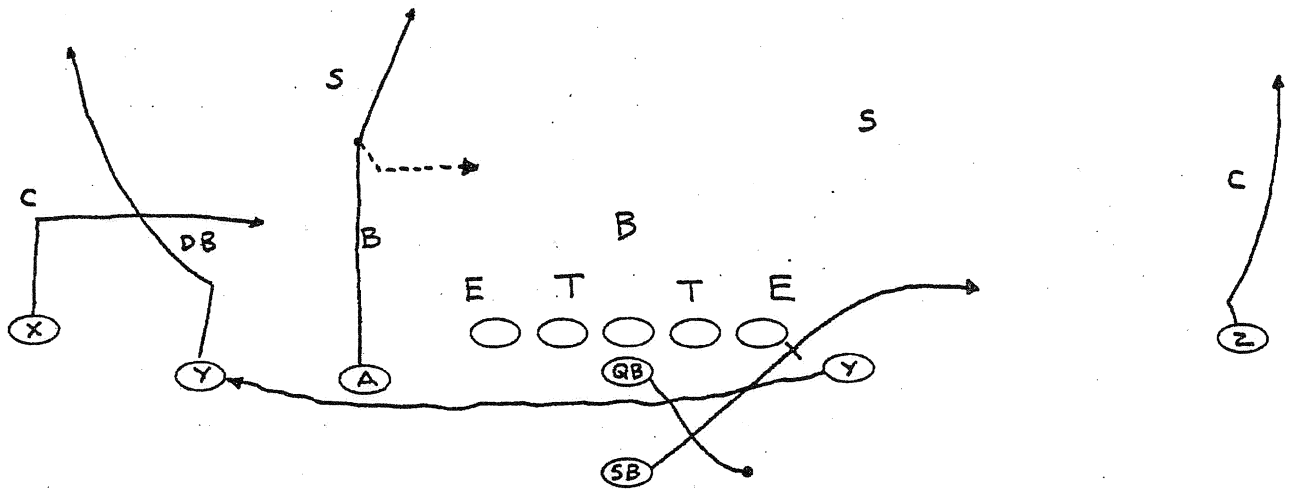
QUARTERBACK - Your 1st look is to the X-BACK. Your 2nd look is to the Y-BACK and your 3rd look is to the Z-BACK.

A-BACK - You are working up field on the outside shoulder of the (1 slot) defender to get him to turn his hips out, then you are going to break off his butt to the post route.

X-BACK - You are running the same route that you have against all
(3 slot) the other coverages.

20

LOAD 60 Z CHOICE DRAG vs 2 DEEP MAN UNDER COVERAGE



Z-BACK - You jap step to the inside to turn the cornerback to the inside, then you will break across his face and go up field on an outside release.

A-BACK - You are running the same routes as against a 2 DEEP (1 slot) COVERAGE. Either you are breaking across the middle or to the skinny post route.

Y-BACK - You are running the same route as against MAN COVERAGE. (2 slot) You will start to the inside and then break to the outside and up the field.

X-BACK - You are running the same route as against MAN COVERAGE. (3 slot) You are breaking off the butt of the 2 slot or Y-BACK.

QUARTERBACK - Your reads are the same as against any MAN COVERAGE.

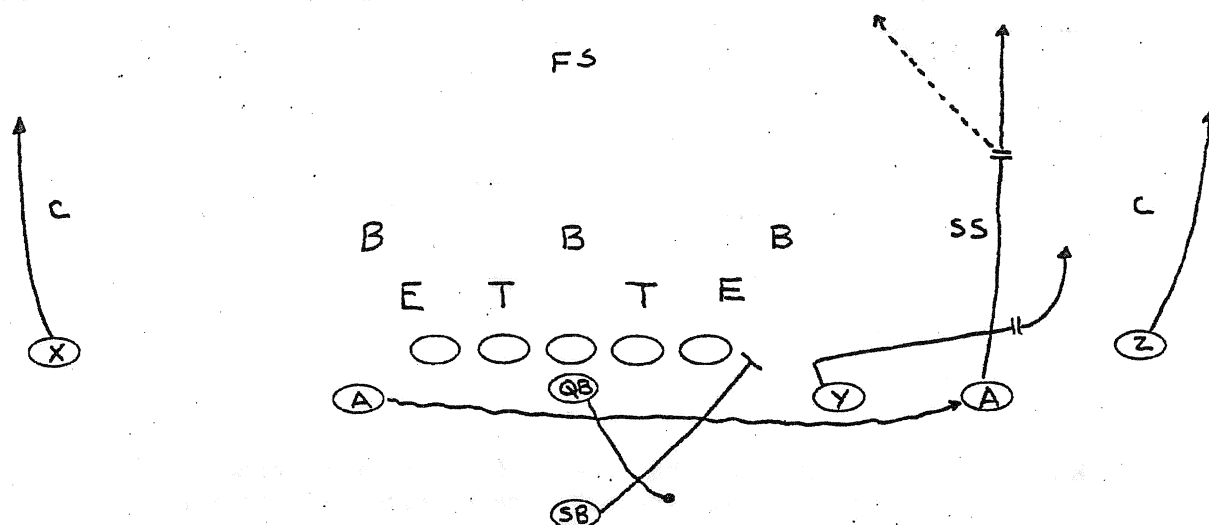
DARREL DAVIS

RUN & SHOOT OFFENSE

TRIPS PACKAGES:

GO
HOOK

RIP 60 Z GO vs 3 DEEP COVERAGE



This pass package is a coverage route.

* This pass play has to be thrown with the Quarterback on the run.

Y-BACK - You are using a jab step to the inside and then you will run the sweep route at the dept of 3 to 5 yards. If you start running out of field or you see a pump fake by the Quarterback, then you will break to your secondary route up the field.

A-BACK - You are going to get 3 to 5 yards outside the 1 slot getting ready to plant your right foot and drive up field. You want to drive up field on the outside shoulder of the Strong Safety. If the Strong Safety sits down to make contact with you, avoid the contact and keep going up the field on your route. If the Strong Safety starts sliding to the flat, then you keep on his outside shoulder until he slides to the flat and keep on your route up field.

If the Quarterback has not gotten the ball off and the Free Safety is coming over to pick you up, then you run your secondary route across the face of the Free Safety.

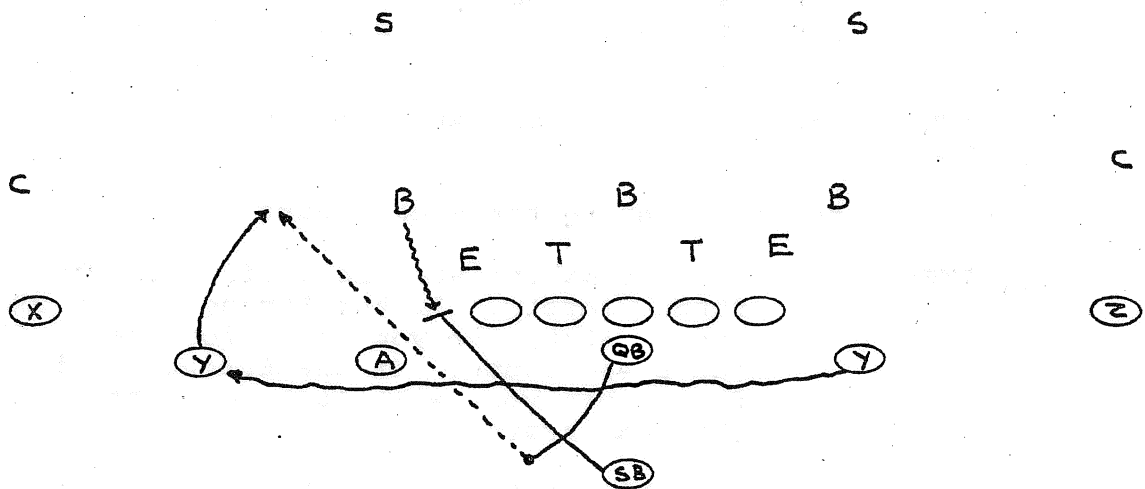
Z-BACK - You are running the wheel route.
(3 SLOT)

X-BACK - You are running the wheel route.

QUARTERBACK - You are making you read off from the play of the Strong Safety. If the Strong Safety stays back on the 2 Slot, the you look for the 1 Slot running the sweep route. If the Strong Safety runs to the flat, then you will look for the 2 Slot running the seam route.

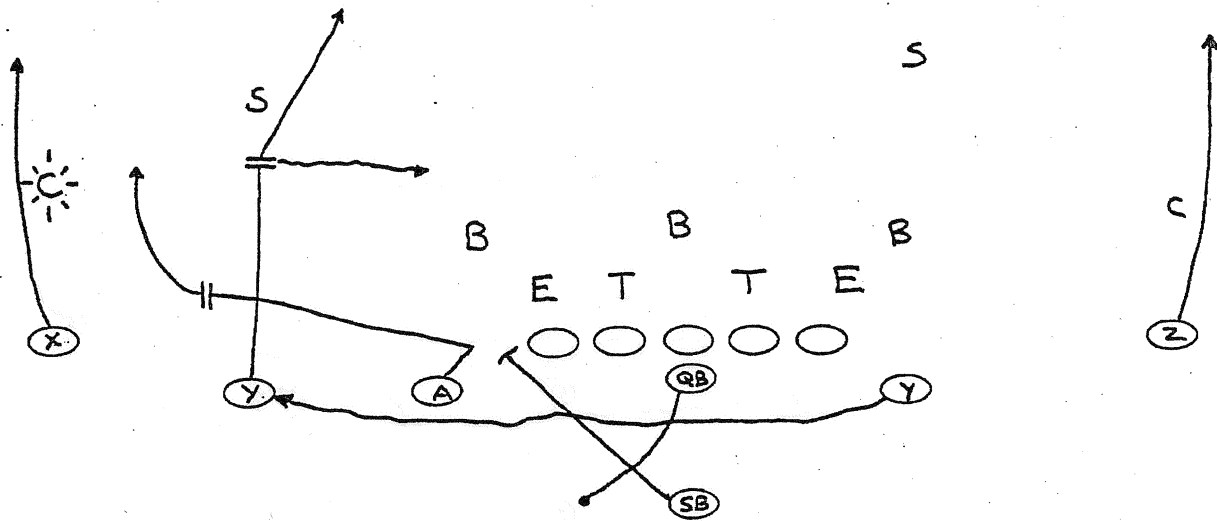
* You will be throwing the ball on your 3rd to 5th step.

THE UNCOVERED RULE



- * If the Quarterback sees the Will-Linebacker coming up to the line of scrimmage before the snap, then there is nobody covering that zone. The Quarterback will go to the uncovered rule. You let the motion man get half way between the 1 Slot and the 3 Slot. The 2 Slot will run to the open spot in the zone and the Quarterback will deliver the ball quickly before the defense can react.

LOAD 61 X GO vs 2 DEEP COVERAGE



A-BACK - You are using a jab step to the inside and then running the sweep route. If you start running out of field or the Quarterback gives a pump fake, then you run your secondary route up the field.
(1 Slot)

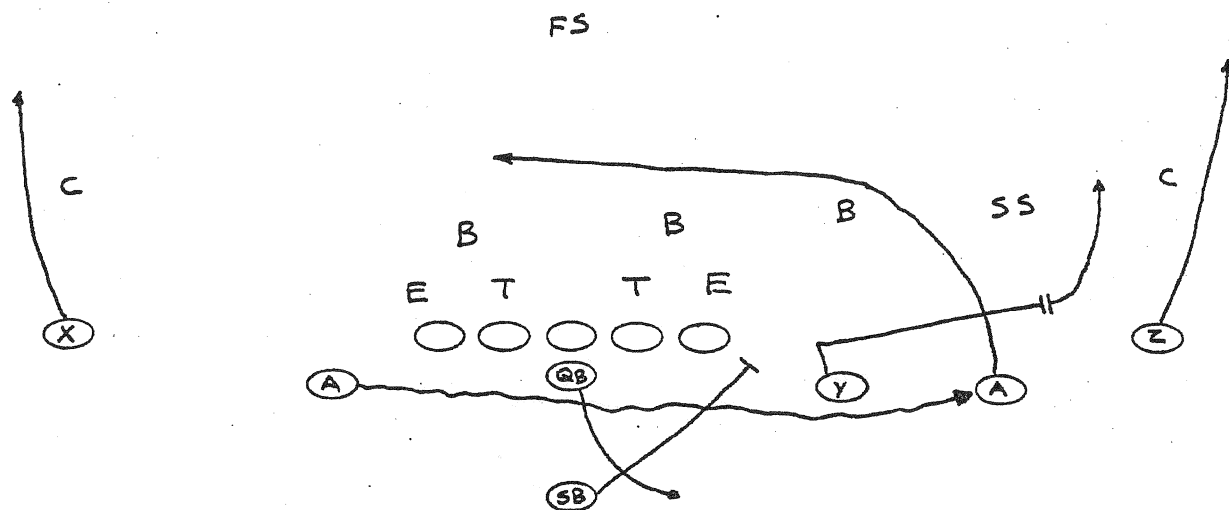
Y-BACK - You are running up the seam looking for the half field Safety. You are making the same reads as if you were running Choice Special route and breaking down and finding the open window back to the Quarterback or the skinny post route.
(2 Slot)

X-BACK - You are running the wheel route.
(3 Slot)

Z-BACK - You are running the wheel route.

QUARTERBACK - You are making your read of from the play of the Cornerback. If the Cornerback sits in the flat, then you will look to hit the X-Back up the field. If the Cornerback takes off up field the X-Back, then you will look to hit the A-Back running the sweep route.

RIP 60 Z GO vs MAN FREE COVERAGE



Y-BACK - You are taking a jab step to the inside, then breaking (1 Slot) to the sweep route. If you are running out of field or there is a pump fake by the Quarterback, then you break to your secondary route up the field.

A-BACK - You want to be about one yard away from the 1 Slot. As (2 Slot) you are coming off the line, you want to turn the man covering you out and get in his face. As you break him down, you want to cut across his face to the inside at Linebacker depth. If the defender is playing off you, then you still break across his face to the inside.

Z-BACK - You are running the wheel route. (3 Slot)

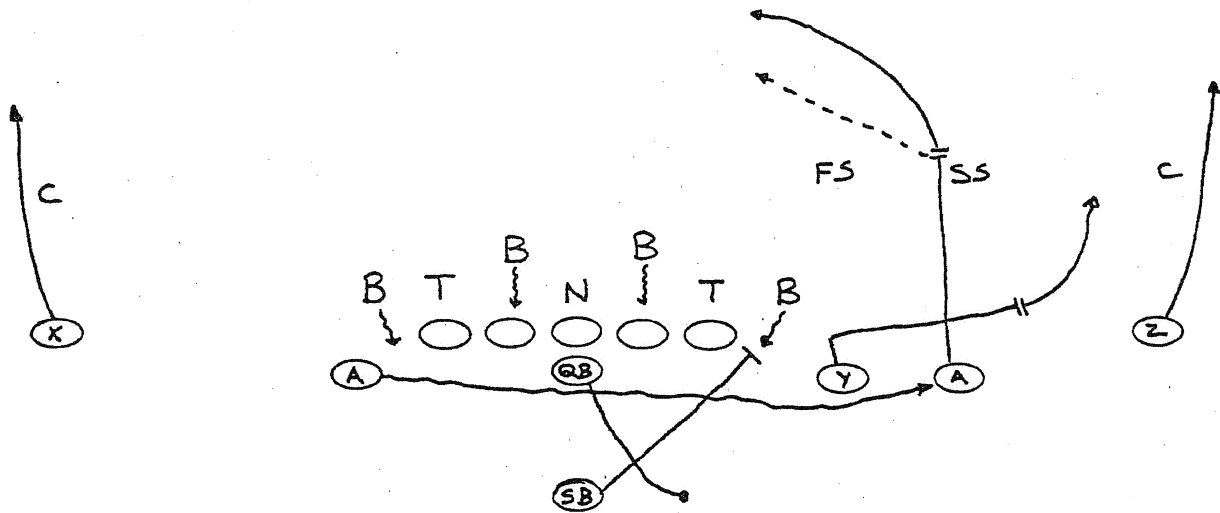
X-BACK - You are running the wheel route.

* Keep your man out of the play.

QUARTERBACK - Your first look is to the Y-Back on the sweep route. Your second look is to the A-Back running the crossing route.

* If you get press coverage from the Cornerback on the Z-Back, then your read progression will change to looking to the Z-Back first, the Y-Back second and the A-Back third.

RIP 60 Z GO vs BLITZ COVERAGE



Y-BACK - You are taking a step to the inside, then breaking to the sweep route. If you start running out of field, there is a pump fake by the Quarterback, or the defender on you is trying to play tight coverage on you, then you will break to your secondary route.

A-BACK - You are one yard off the butt of the 1 Slot and then you are breaking up the field on the seam route. If the defender on you is playing tight coverage on you, then you will break over the top him and go to the middle of the field. If the defender is playing high on you, then you will get the defender to turn his hips to the outside and then break across his face to the middle of the field.

* There should not be a defender in the area.

Z-BACK - You are running the wheel route.

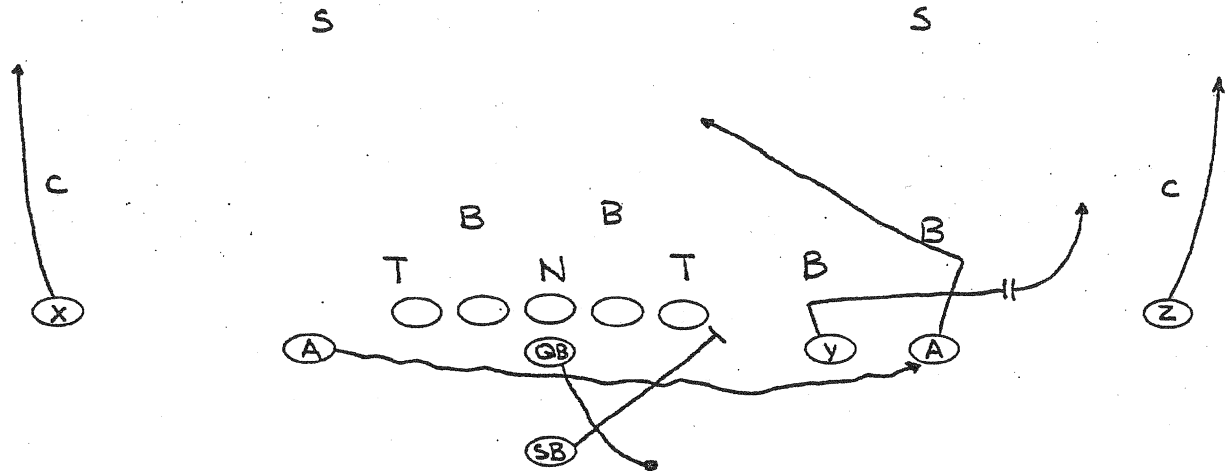
X-BACK - You are running the wheel route.

* Keep your man out of the play.

QUARTERBACK - Your reads are the same as against man free coverage. The Y-Back is your 1st look, and the A-Back is your 2nd look. If you get press coverage by the Cornerback on the Z-Back, then your read progression will change to looking to

the Z-Back 1st, the Y-Back 2nd and the A-Back 3rd.

RIP 60 Z GO vs 2 DEEP MAN UNDER COVERAGE



Y-BACK - You are taking your jab step to the inside, then breaking to the sweep route. If you start running out of field, there is a pump fake by the Quarterback, or the defender is playing you tight, then you break to your secondary route up field.

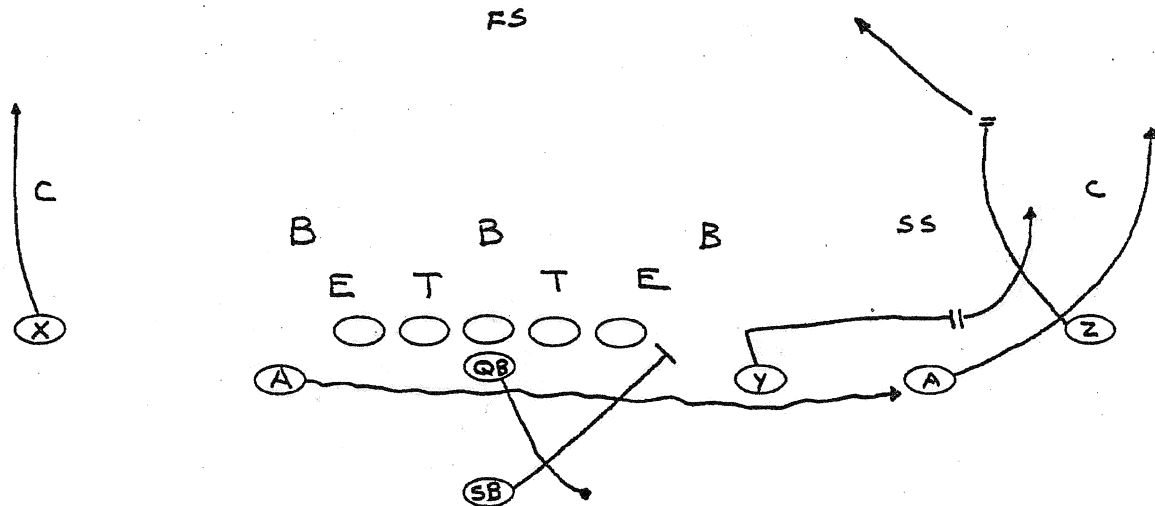
A-BACK - You are one yard off the butt of the Y-Back. You are then working up field on the outside shoulder of the defender on you to get him to turn his hips to the outside. You then will break across the defenders face to the middle of the field under the two half field safeties.

Z-BACK - You are running the wheel route, taking your man up the field out of the play.

X-BACK - You are running the wheel route, taking your man up the field out of the play.

QUARTERBACK - Your reads are the same as man free coverage. You are looking to the Y-Back 1st and the A-Back 2nd. When looking for the A-Back, you have to make sure you check for the backside Linebacker getting into the passing lane. You also have a great opportunity to run the football for a good gain due to a lack of pass rush by the defense.

* The 2 Slot and the 3 Slot switch routes

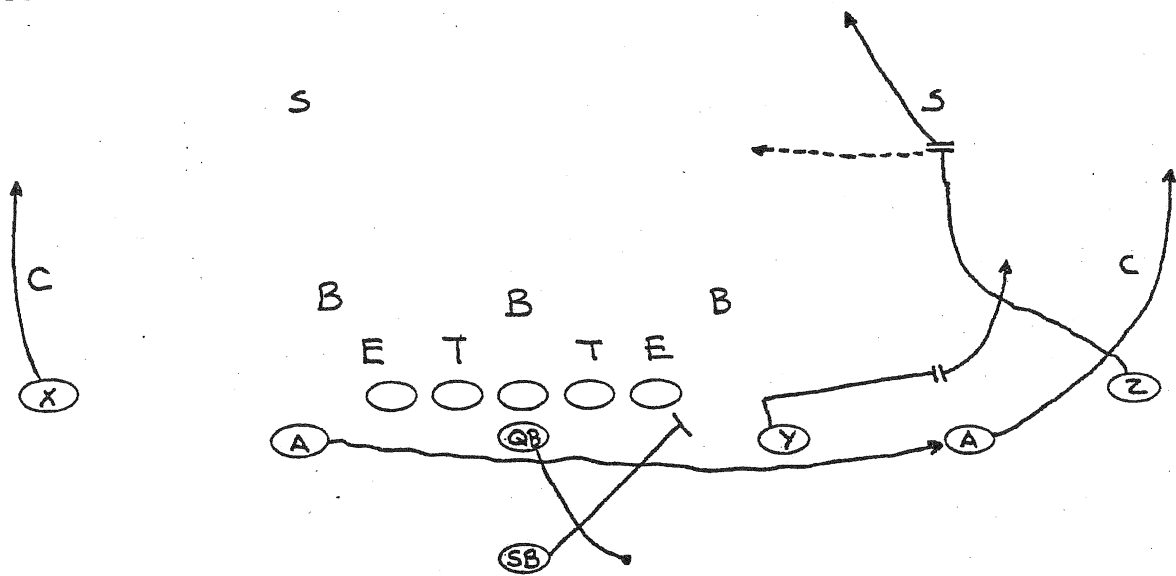


A-BACK - You are running the wheel route between the numbers and
(2 Slot) the sideline.

X-BACK - You are running the wheel route.

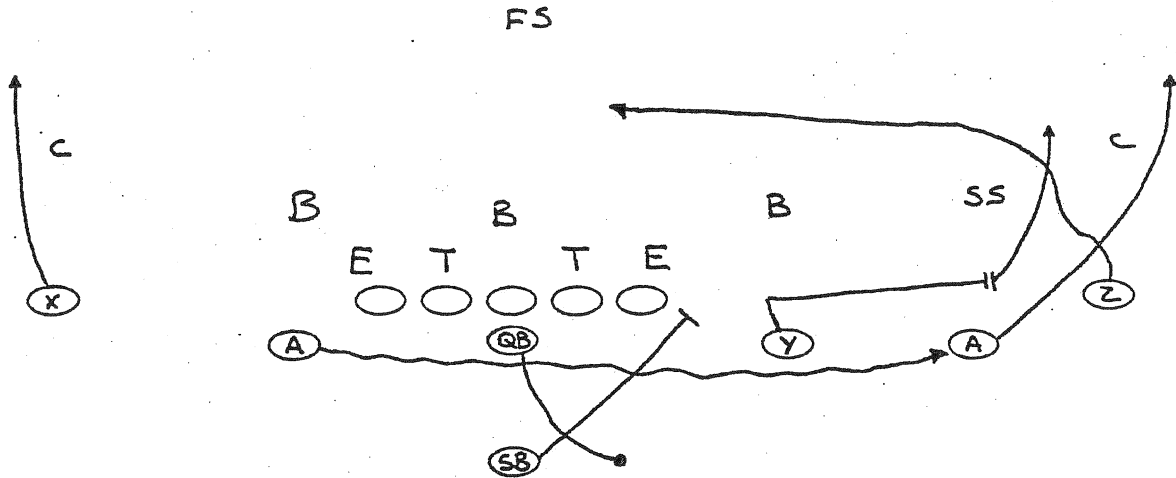
QUARTERBACK - You are making you reads off from the play of the Strong Safety. If the Strong Safety is going to cover the flat, then you will look to hit the Z-Back running up the seam. If the Strong Safety drops back to cover the seam area, then you will look to hit the Y-Back running the sweep route.

GO SWAP vs 2 DEEP COVERAGE



- * All the routes are the same as the normal GO route except the 2 Slot and the 3 Slot switch routes.
- * All of the Quarterback's read progressions are the same as the normal GO route.

GO SWAP vs MAN FREE COVERAGE



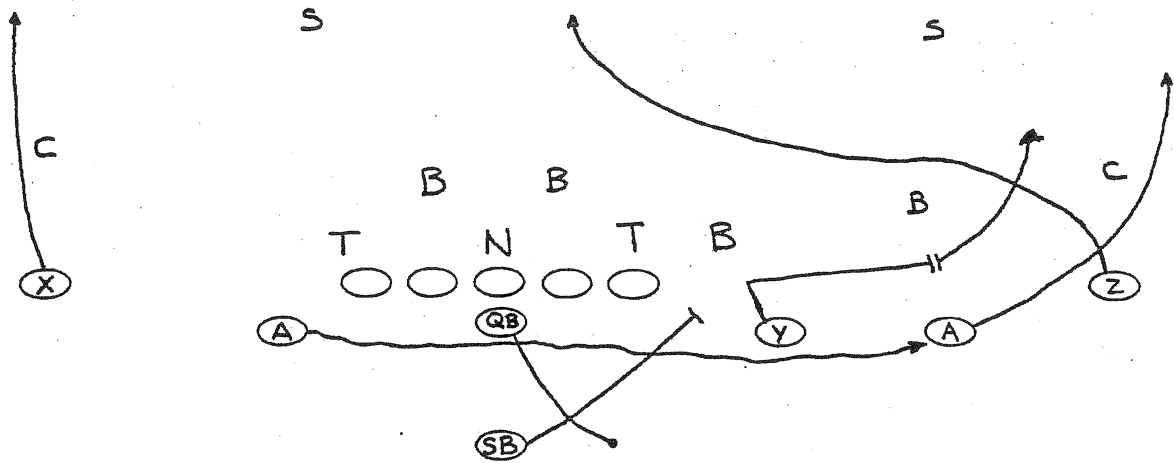
- * All the routes are the same as the normal GO route except the 2 Slot and the 3 Slot switch routes.
- * All of the Quarterback's read progressions are the same as the normal GO route.

(



- 3

GO SWAP vs 2 DEEP MAN UNDER COVERAGE



- * All of the routes are the same as the normal GO route except the 2 Slot and the 3 Slot switch routes.
- * All of the Quarterback's read progressions are the same as the normal GO route.

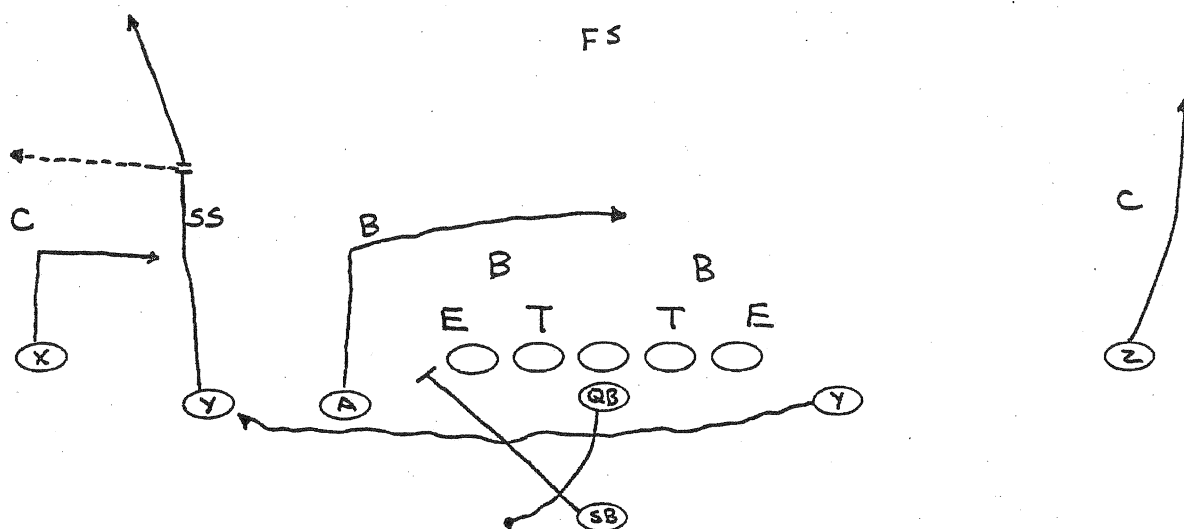
(



1

is a role and set technique like the Choice route.

HOOK vs MAN FREE COVERAGE



A-BACK - You are going up field and defeating the defender (1 Slot) who is covering you, then you are going to make a speed cut to the inside of the Free Safety.

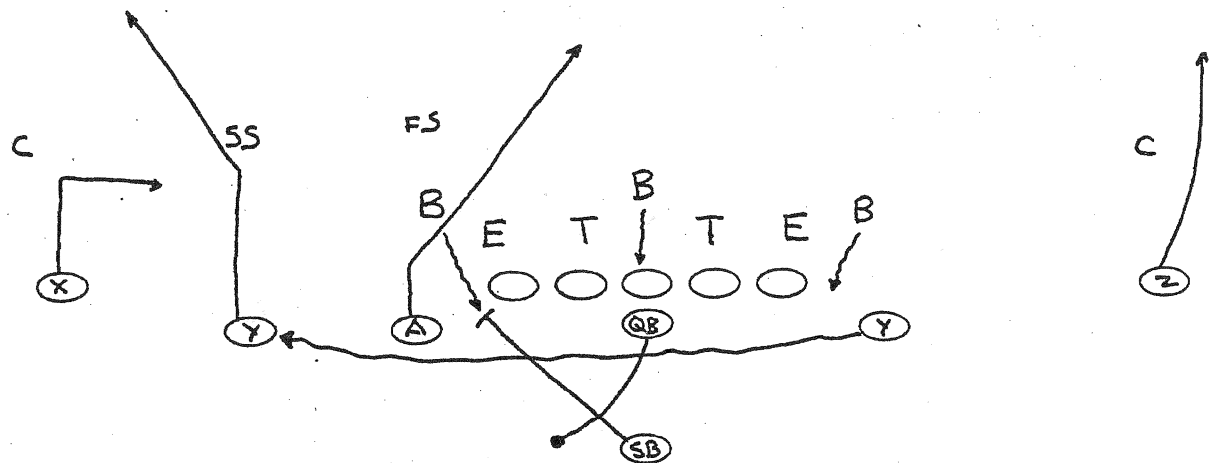
Y-BACK - You are going up field to the depth of 10 to 12 yards, (2 Slot) then you are going to break to the flag route. If the defender is playing high on you, then you will break to the Out route at the depth of 10 to 12 yards. If the defender is playing you very tight, then you will use a stick & go move to freeze the defender and then break to the flag.

X-BACK - You are going up field to the depth of 6 to 8 yards and (3 Slot) then breaking to the In route.

Z-BACK - You are running the Wheel route.

QUARTERBACK - Your 1st look is to the Y-Back, your 2nd is to the A-Back and your 3rd is to the X-Back. If you get a blitzing Linebackers, then your read progression will change to the Y-Back as your 1st look and the X-Back is your 2nd look.

HOOK vs BLITZ COVERAGE



A-BACK - You are running a quick Post pattern at the depth of (1 Slot) the player defending you.

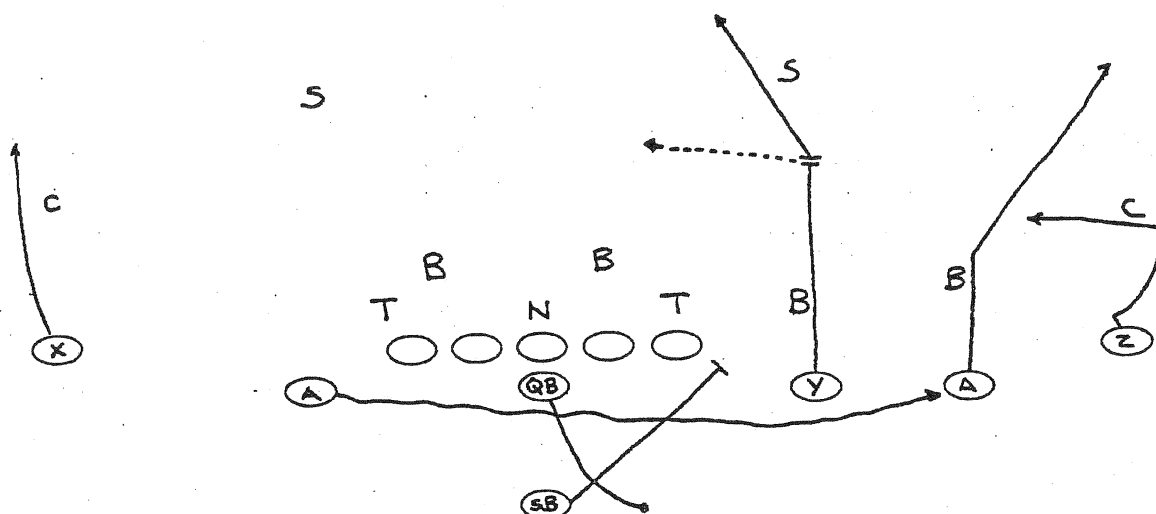
Y-BACK - You are running a quick Flag pattern at the depth of (2 Slot) the player defending you.

X-BACK - You are running a quick In pattern at the depth of the (3 Slot) player defending you.

Z-BACK - You are running the wheel route.

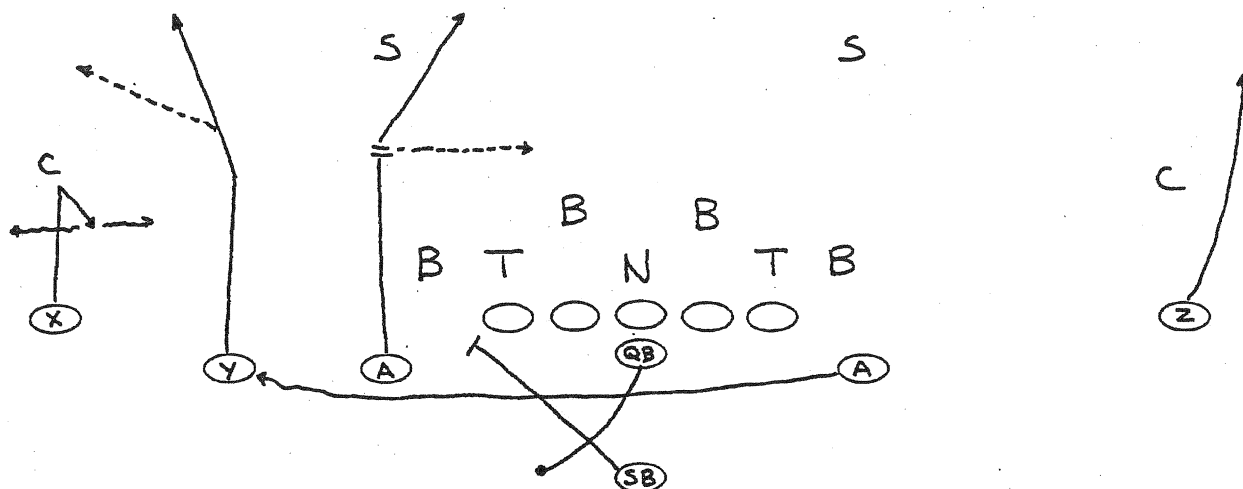
QUARTERBACK - Your 1st look is to the A-Back on the Post and your 2nd look is to the X-Back on the quick In.

HOOK vs 2 DEEP MAN UNDER COVERAGE



- Y-BACK - You are first defeating the man covering you and then (1 Slot) you are using the seam read as in Choice Special.
- A-BACK - You are first defeating the man covering you and then (2 Slot) you are breaking to the Flag route to the open area of the coverage.
- Z-BACK - You are using a jab step to the inside, then to an (3 Slot) outside release up field to the depth of 6 to 8 yards and then you will break to the In route.
- X-BACK - You are running the wheel route to stretch the half field Safety.
- QUARTERBACK - Your read progression is the same as against man free coverage.

HOOK vs 2 DEEP COVERAGE



A-BACK - You are running up field reading the half field Safety.
 (1 Slot) You will be making the same seam read as in the Choice route, either the skinny post or the crossing pattern.

Y-BACK - You are making your read off from the play of the Cornerback. You will then break to the skinny flag at the depth of the Cornerback. If the half field Safety tries to come over to help the Cornerback, then you must flatten out your route a little bit. You also have to contend with the Linebacker as you are in the beginning of your route.

X-BACK - You are running the Hook route at the depth of 8 to 10 yards. If the Cornerback comes up to play press coverage on you, then make contact with him. This will make it easier for the Y-Back to get to the weak area of the zone.

Z-BACK - You are running the wheel route to stretch the half field Safety.

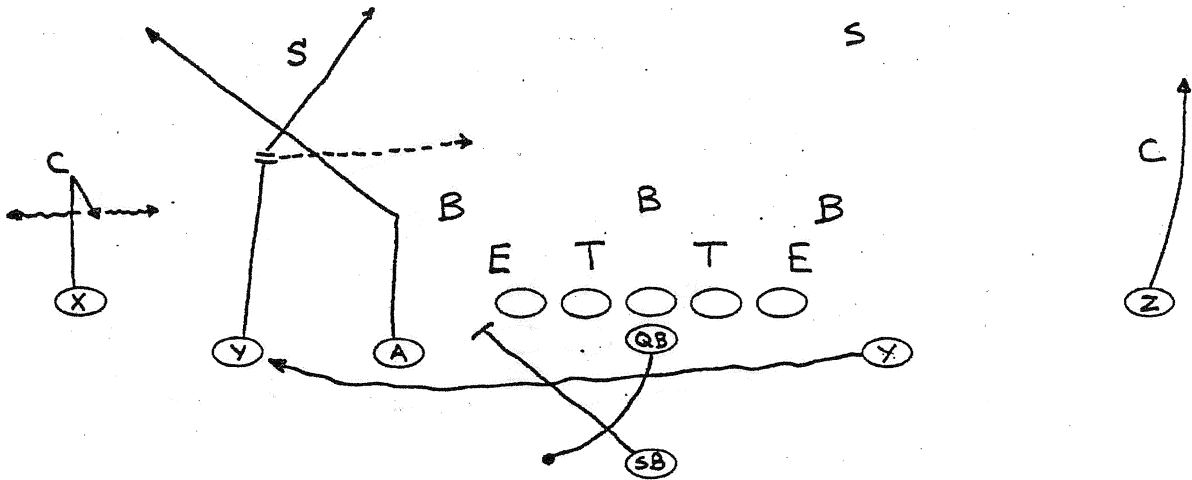
QUARTERBACK - Your read progression is the same as against 3 deep coverage.

1.



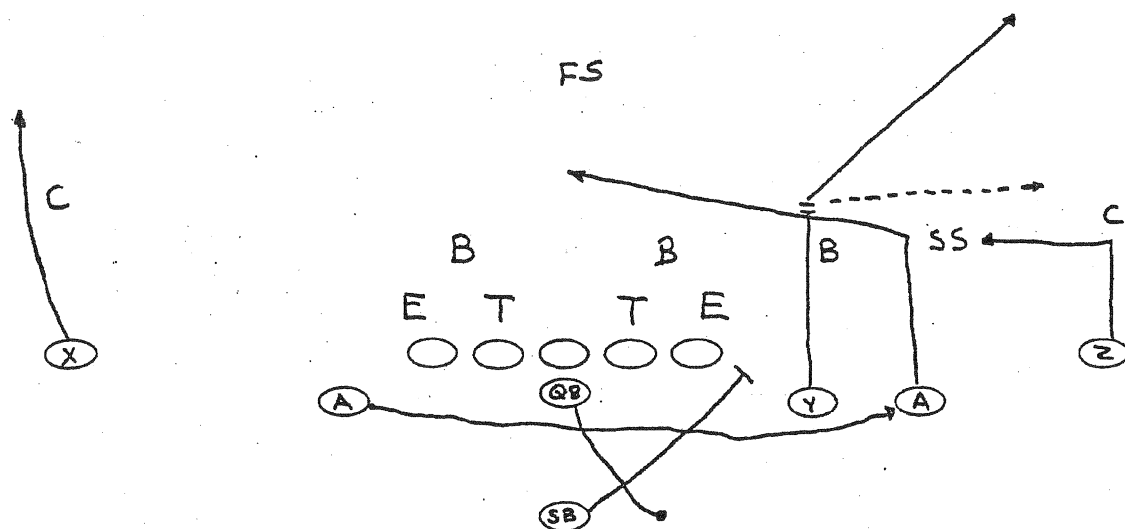
1

HOOK SPECIAL vs 2 DEEP COVERAGE



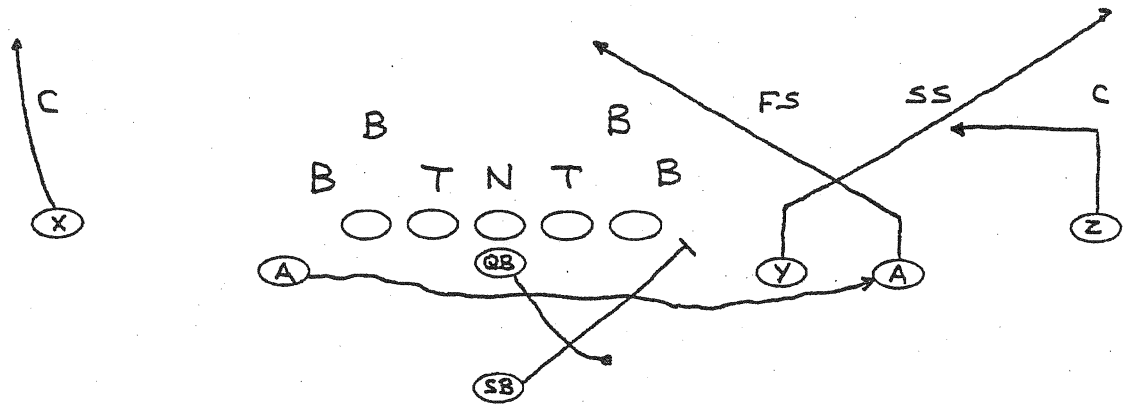
- * All routes are the as a normal Hook, except that the 1 Slot and the 2 Slot switch routes.
- * All Quarterback reads are the same as the normal Hook routes.

HOOK SPECIAL vs MAN FREE COVERAGE



- * All routes are the same as a normal Hook, except that the 1 Slot and the 2 Slot switch routes.
- * All Quarterback reads are the same as the normal Hook route.

HOOK SPECIAL vs BLITZ COVERAGE



- * All routes are the same as the normal Hook, except that the 1 Slot and the 2 Slot switch routes.
- * All Quarterback reads are the same as the normal Hook route.

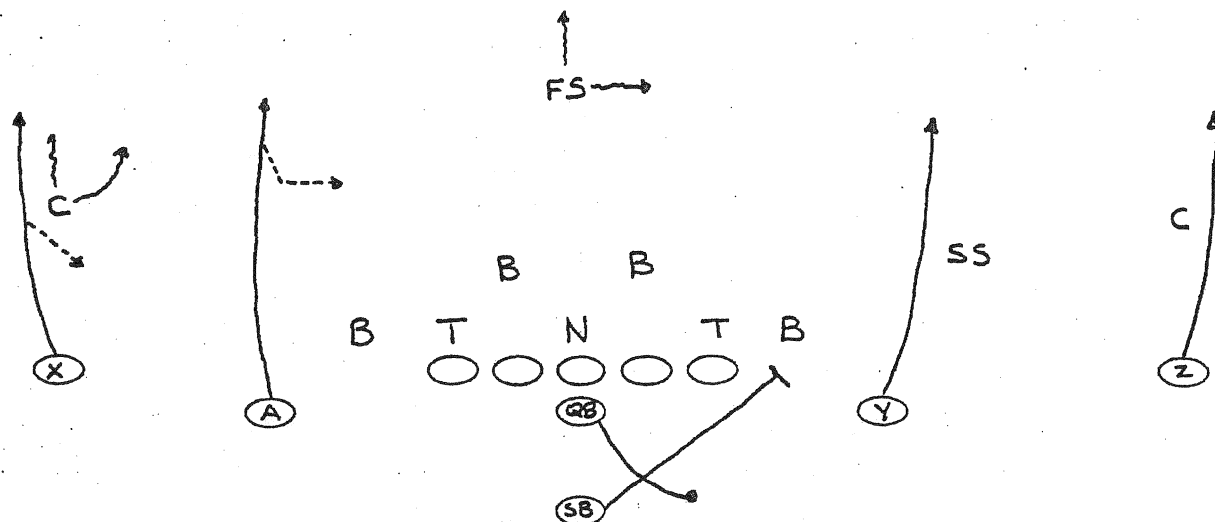
DARREL DAVIS

RUN AND SHOOT OFFENSE

BALANCED PACKAGES:

STREAK
SWITCH
READ

90 STREAK vs 3 DEEP COVERAGE



90 and 91 Means that the quarterback is going to role and set, then the next term refers to the backside routes. This means that the quarterback will be reading the backside routes.

90 STREAK is a field route, this means that you are running the routes according to the position on the field.

Z-BACK - Runs a streak route up the field

Y-BACK - Runs a streak route up the hash mark

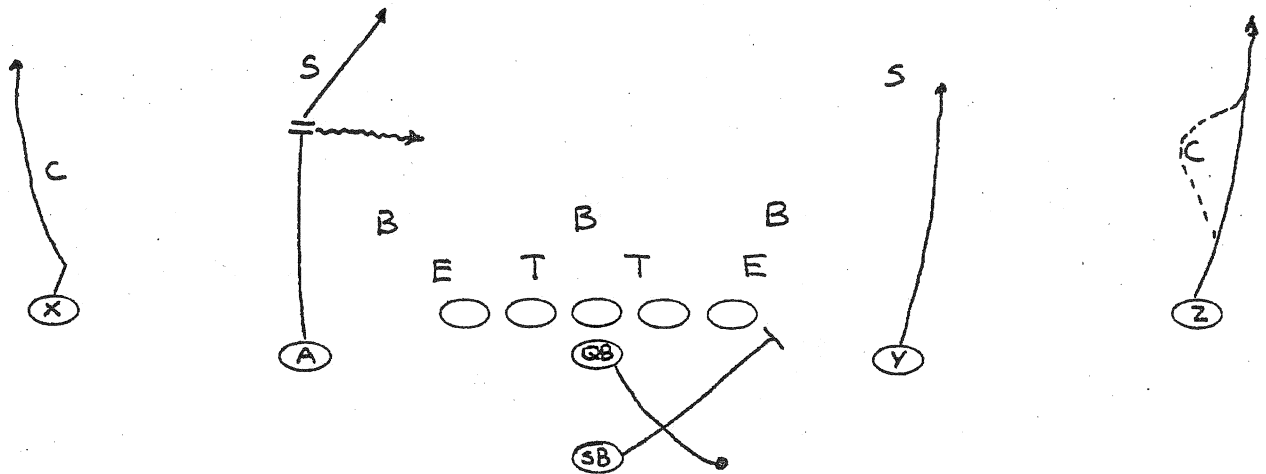
A-BACK - You are running up field making a streak read on the free safety. If the free safety over rotates to the frontside streak route, then you keep running straight up the field. If the free safety stays in the middle of the field, then you will throw up your outside hand, break down and work your way to the open window back to

the quarterback.

X-BACK - You running up field making your read off from the cornerback. If the cornerback stays with you up the field, then keep going up the field. If the cornerback goes over to help the free safety, then you throw up your outside hand, break down and work your way back to the quarterback.

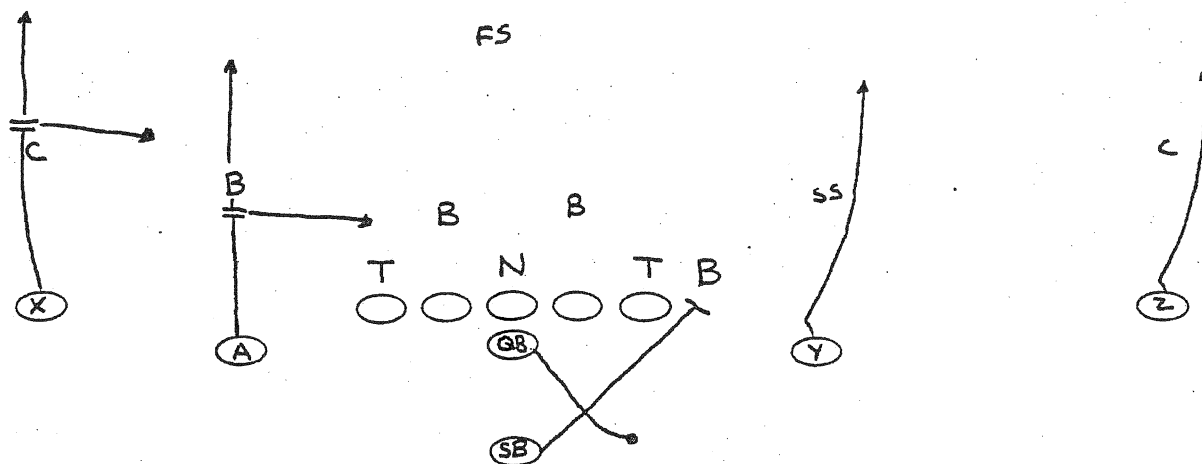
QUARTERBACK - You are making your read off from the free safety. If the free safety rotates to the frontside, then you will look to throw backside to the A-BACK running the streak route. If the free safety plays the backside, then you will look to throw frontside to the Y-BACK running the streak route. If you can not get the ball to either player, then the X-BACK is your 3rd look.

90 STREAK vs 2 DEEP COVERAGE



- Z-BACK - You are running a streak route to the dead area of the zone.
- Y-BACK - You are running up the hash mark at the half field safety, you want to try to occupy him.
- A-BACK - You are going up the field making a seam read off the half field safety. If the safety is playing tight on you, then you will break to the skinny post. If the safety plays you high, then you will throw up your outside and break across the middle of the field.
- X-BACK - You will be running a streak route to the dead area of the zone.
- QUARTERBACK - Your 1st read is the frontside half field safety. If the safety stays with the Y-BACK, then your 1st look is to the Z-BACK. Your 2nd look is backside to the A-BACK and your 3rd look is to X-BACK.

90 STREAK vs MAN FREE COVERAGE



- * You will want to use some type of motion to get a better pre-snap read on the defense.

The Y-BACK and Z-BACKS routes are basically the same routes as against the zone coverages.

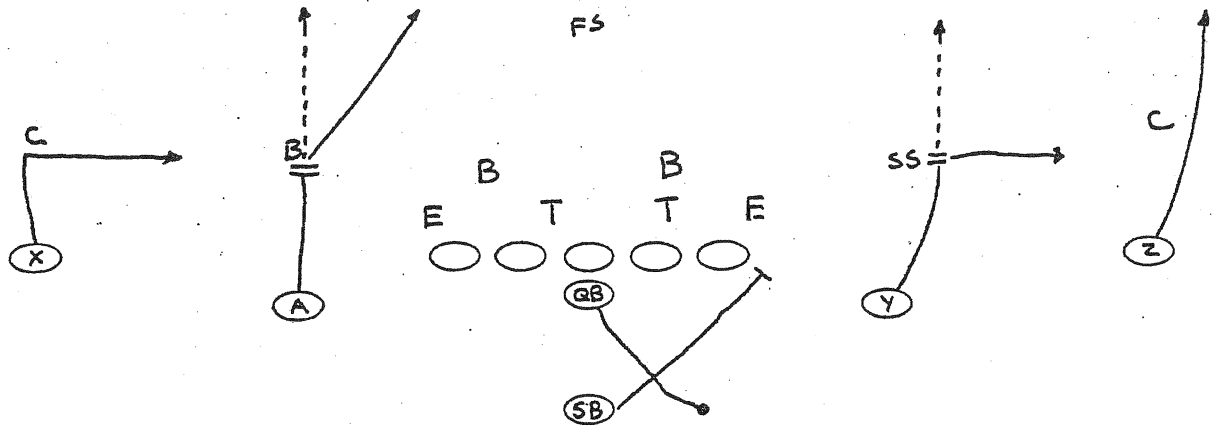
A-BACK - Your first job is to defeat the defender covering you. You will start up field with an outside release to try to get the defender to turn his hips out, then you will break across his face to the middle of the field.

- * There could be a chance that the free safety rotates over, if that happens then you will keep going straight up the field. If the free safety stays in the middle of the field, then you will still break across the middle of the field.

X-BACK - Your route is the same as the Z-BACK

QUARTERBACK - You are going to read the free safety first, then you will give a look to the frontside. If you see that the cornerback is playing a press coverage, then you may want to give the Z-BACK a look. If that is not open, then you will look backside to the A-BACK 1st and to the X-BACK 2nd.

90 STREAK vs BLITZ COVERAGE



Z-BACK - You are running a streak route

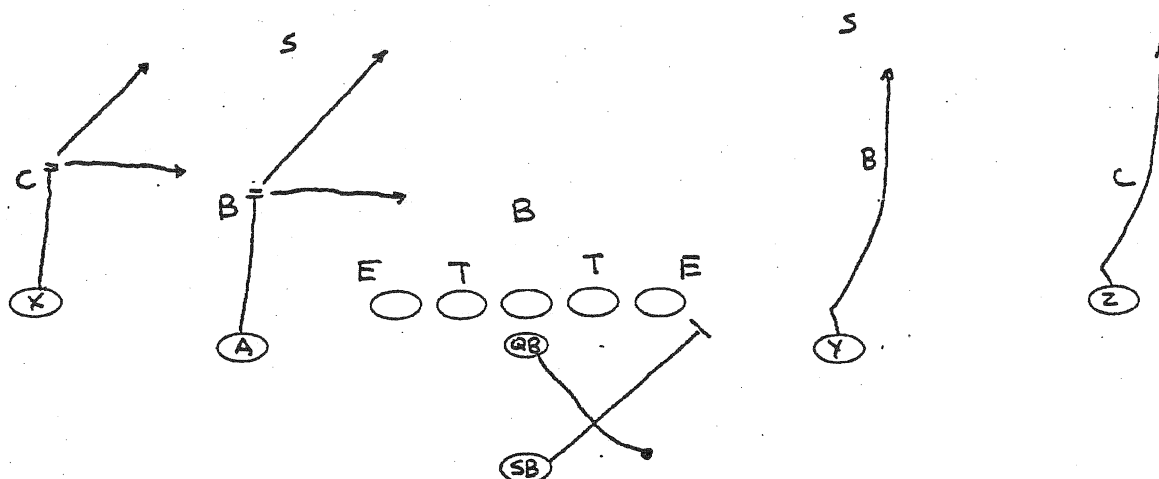
Y-BACK - You are running up field to a depth of 6 yards and then breaking to the out route. If you get press coverage, then you could keep on going straight up field.

A-BACK - You are taking an outside release up field to get the defender to turn his hips to the outside, then you are going to break across the defenders face to the skinny post. If you get press coverage, then you could keep on going straight up field.

X-BACK - You are running up field to a depth of 6 yards and then breaking to an in route.

QUARTERBACK - Your 1st look is to the Y-BACK, then you will look backside to the A-BACK and then the X-BACK.

90 STREAK vs 2 DEEP MAN UNDER



Z-BACK - You are running a streak route up the field.

Y-BACK - You are running up the hash mark at the half field safety. The only time you will get the ball is if the half field safety moves out of position to help the cornerback.

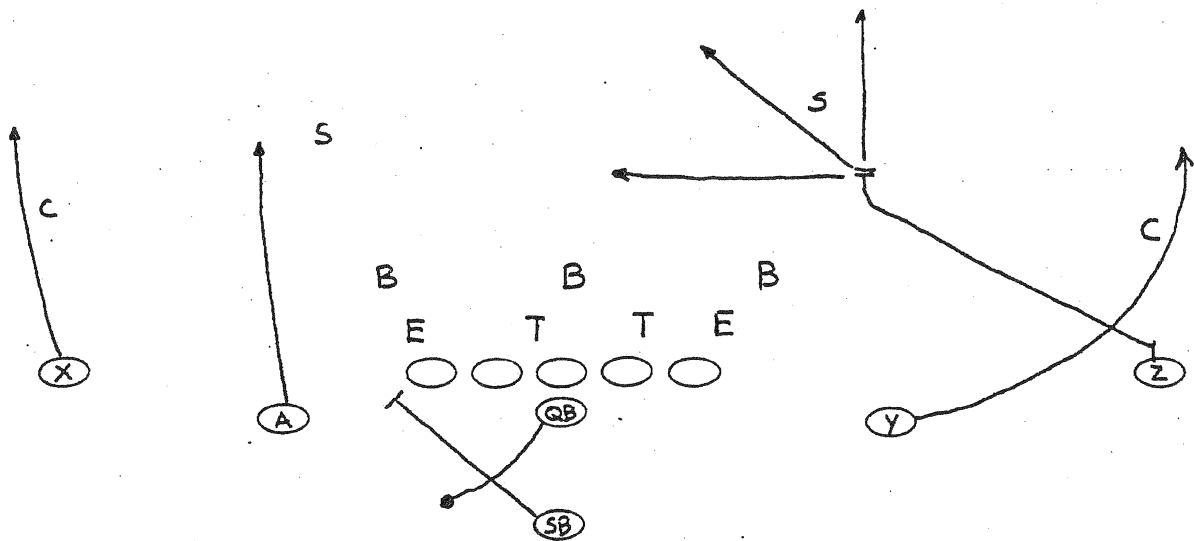
A-BACK - You are using an outside release up field to get the defender to turn his hips out, then you are either breaking across the middle of the field or going over the top of the defender.

X-BACK - Your route is the same as the A-BACK.

QUARTERBACK - You are looking to the Z-BACK 1st, then you will look backside to the A-BACK 1st and then the X-BACK.

- 7

91 SWITCH vs 2 DEEP COVERAGE



X-BACK - You are running the streak route up the field.

A-BACK - You are running the streak route up the hash mark at the have half field safety.

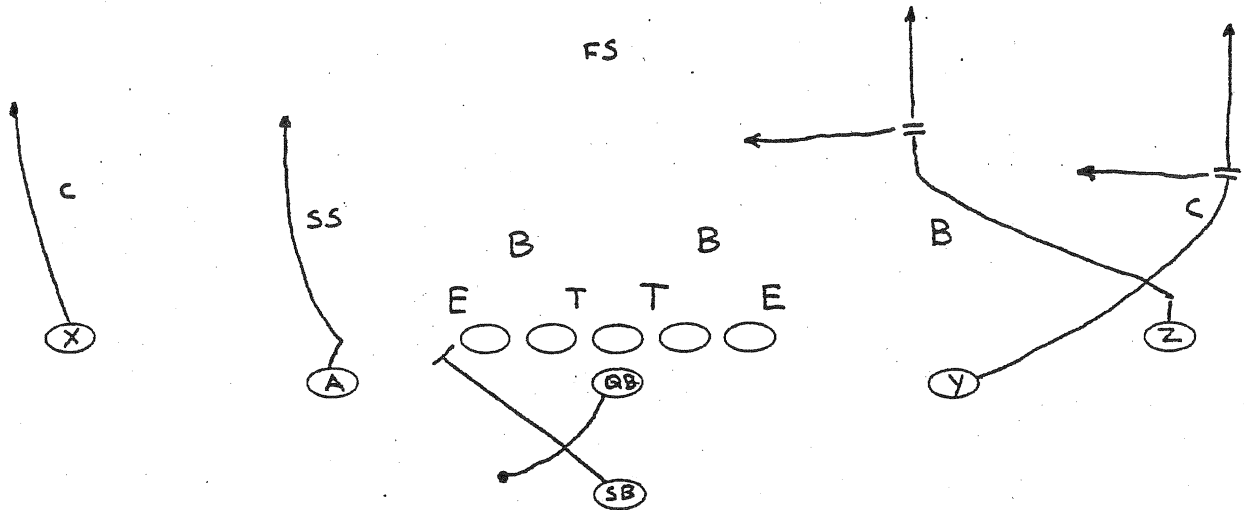
Y-BACK - You are running the wheel route up field between the numbers and the sideline.

Z-BACK - You are running the same route as if it was against a 3 deep coverage. When you are running up the hash mark, you are making a seam read on the half field safety.

1. If you break down the cushion of the safety 5 yards or less, then you will break to the skinny post.
2. If the safety rotates to help the cornerback, then you keep running up the hash mark.
3. If the safety stays high on the hash, then you will throw up your outside hand, breakdown and find the open window back to the quarterback.

QUARTERBACK - Your 1st look is to the Z-BACK and your 2nd look is to the Y-BACK.

91 SWITCH vs MAN FREE COVERAGE



X-BACK - You are running the streak route up the field.

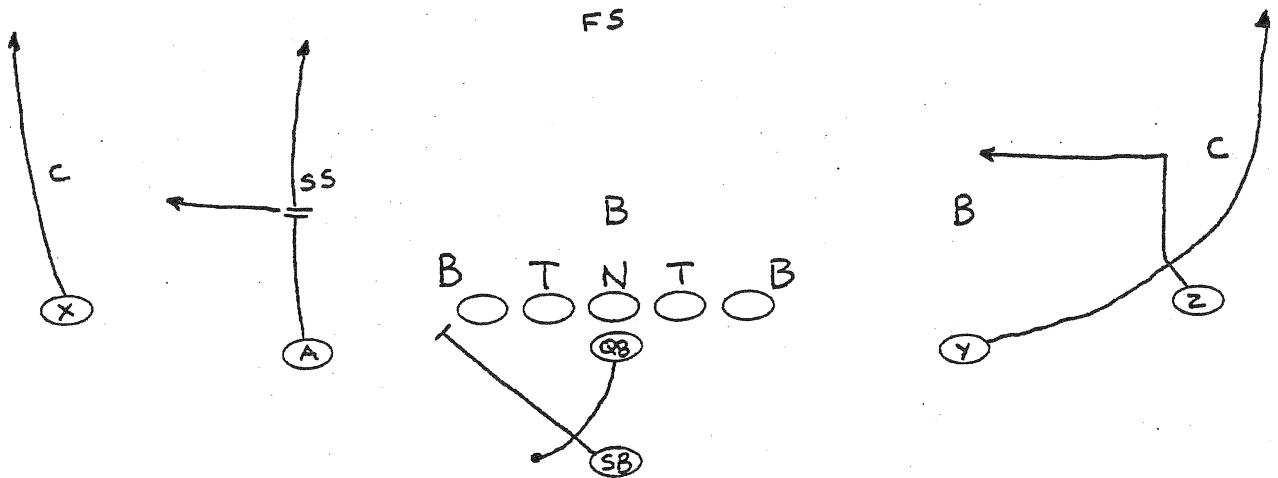
A-BACK - You are running the streak route up the hash mark.

Y-BACK - You are running the wheel route between the numbers and the sideline reading the play of the cornerback. The cornerback should be trailing the Z-BACK and another defender should be trailing you. If you can beat your defender up the field, then keep on going up field. If your defender stays with you, then you will throw up your outside hand and break to the in route.

Z-BACK - You are taking three steps up field and then breaking on a slant to the hash mark. You want to get the cornerback in an up-right chase position. As you are running up the hash, you are making you read off from the free safety. If the free safety rotates to the frontside, then you keep running up the hash mark. If the free safety stays in the middle of the field, then you will throw up your outside hand and break to the middle of the field under the free safety.

QUARTERBACK - Your 1st look is to the A-BACK on the frontside. Then your 2nd look is to the Z-BACK and your 3rd look is to the Y-BACK.

91 SWITCH vs BLITZ COVERAGE



X-BACK - You are running the streak route up the field.

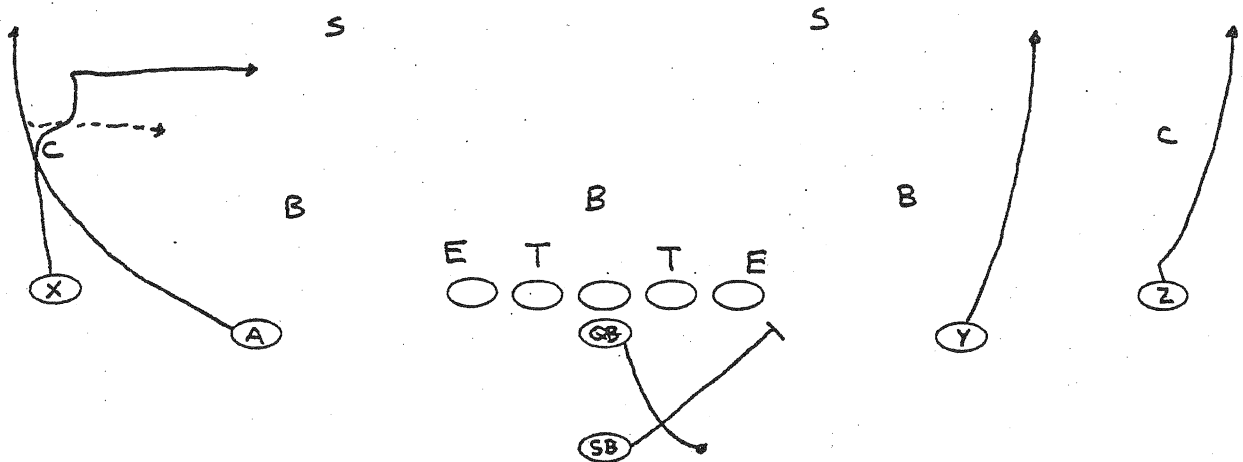
A-BACK - You are running a 6 yard out route. If the defender plays up on you, then you have the option to go up field on the streak route.

Y-BACK - You are running the wheel route up the field between the numbers and the sideline.

Z-BACK - You are running a quick angle in, then straight up the field. This will get the cornerback up the field on you. As soon as this happens, then you break to the in route.

QUARTERBACK - Your 1st look is to the A-BACK on the frontside and your 2nd look is to the Z-BACK.

90 SWITCH vs 2 DEEP MAN UNDER COVERAGE



Z-BACK - You are running the streak route up the field.

Y-BACK - You are running the streak route up the hash mark.

A-BACK - You are running the wheel route up field between the numbers and the sideline. If the defender is able to stay with you, then you will throw up your outside hand and break to the in route.

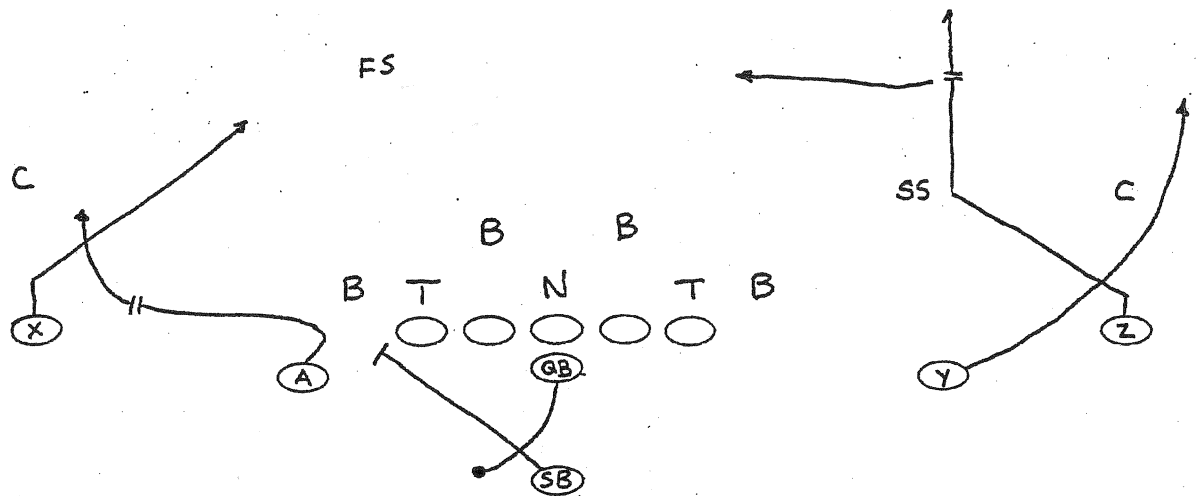
X-BACK - You are trying to get around the cornerback and vertical as soon as possible. As you get vertically up the field, then you will throw up your outside hand and break to the in route under the half field safety.

QUARTERBACK - Your 1st look is to the Z-BACK on the frontside. Then you are looking 2 to 3 with the A-BACK and the X-BACK depending on the coverage of the routes.

READ vs 3 DEEP COVERAGE

When it comes to balanced routes, you must find out the position of the free safety in relation to the strong safety.

At the high school level you will more than likely throw the ball to the short side of the field, because it will be away from the strength of the defense.



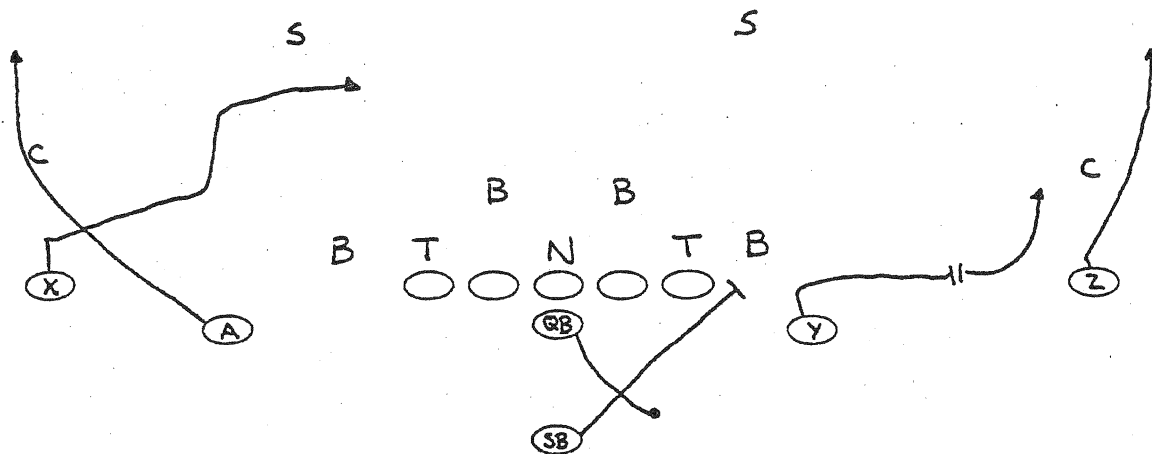
X-BACK - You are taking three steps up field and then breaking to the post route.

A-BACK - You are running the sweep route, it is basically the same route as if you were the 1 slot running the GO route. If you get a pump fake from the quarterback or run out field to work with, then you break to your secondary route up field.

Y-BACK & Z-BACK - Are running the switch routes on the backside.

QUARTERBACK - You are looking 1 to 2 on the frontside. If the linebacker goes hard to the flat, then you hit the X-BACK. If the linebacker drops to help the cornerback, then you hit the A-BACK. If you can not get the ball off to the frontside, do not try to force the ball in. You could always use the S-BACK as a safety valve.

READ vs 2 DEEP COVERAGE



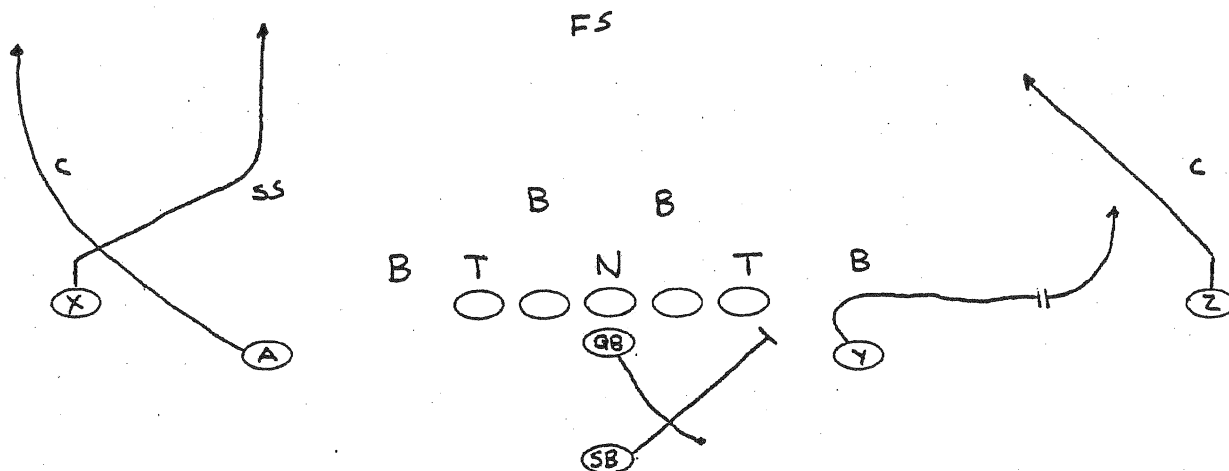
Z-BACK - You are taking an outside release and running the fade route up the field.

Y-BACK - You are running the sweep route. If you get a pump fake from the quarterback or start running out of field to work with, then you will go to your secondary route up the field.

X-BACK & A-BACK - Are running the switch routes on the backside.

QUARTERBACK - You are reading the drop of the cornerback. If the cornerback sits in the flat area, then you want to hit the Z-BACK on the fade. If the cornerback runs with the Z-BACK, then you want to hit the Y-BACK on the sweep route.

READ vs MAN FREE COVERAGE



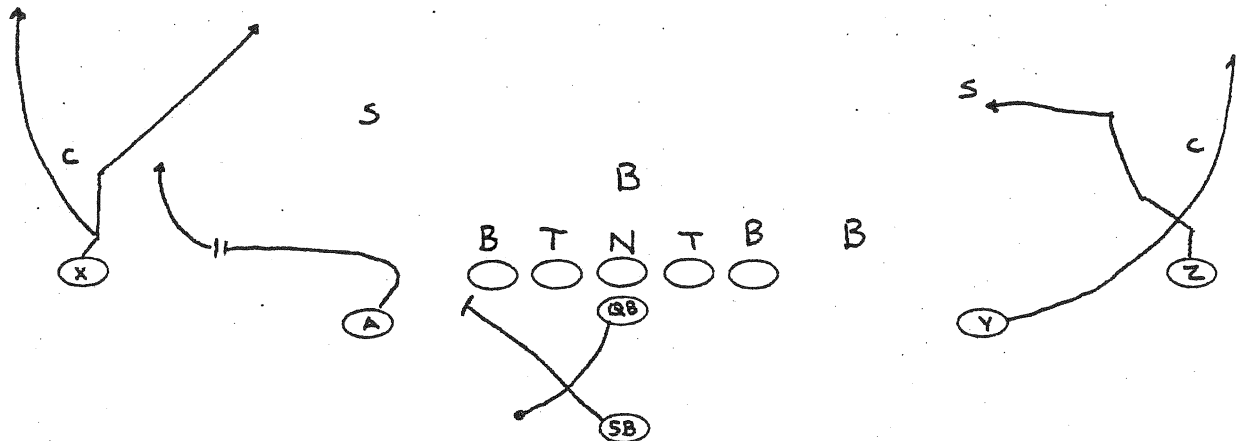
Z-BACK - You are taking three steps up field and then breaking to the post route.

Y-BACK - You are running the sweep route. If you get a pump fake from the quarterback or start running out of field to work with, then you will go to your secondary route up the field.

X-BACK & A-BACK - Are running the switch routes on the backside.

QUARTERBACK - Your reads are the same as if was against a zone coverage.

READ VS BLITZ COVERAGE



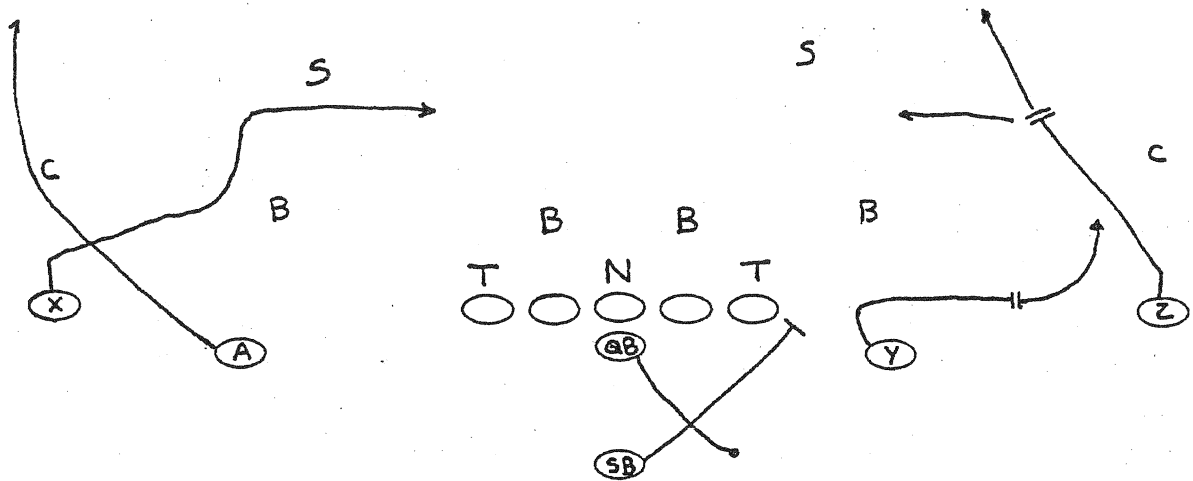
X-BACK - If the cornerback is playing press coverage, then you stick and go over the top. If the cornerback is playing back, then you will take your three steps up field and then breaking to the post route. You may have to run more of a skinny post route if the safety comes over to help the cornerback.

A-BACK - You are running the sweep route. If you get a pump fake from the quarterback or start running out of field to work with, then you will break to your secondary route up the field.

Y-BACK & Z-BACK - You are running the switch routes on the backside.

QUARTERBACK - Your reads are the same as any other coverage.

READ vs 2 DEEP MAN UNDER COVERAGE



Z-BACK - You are taking three steps up field and then breaking to the post route. Then you will make the seem read on the half field safety.

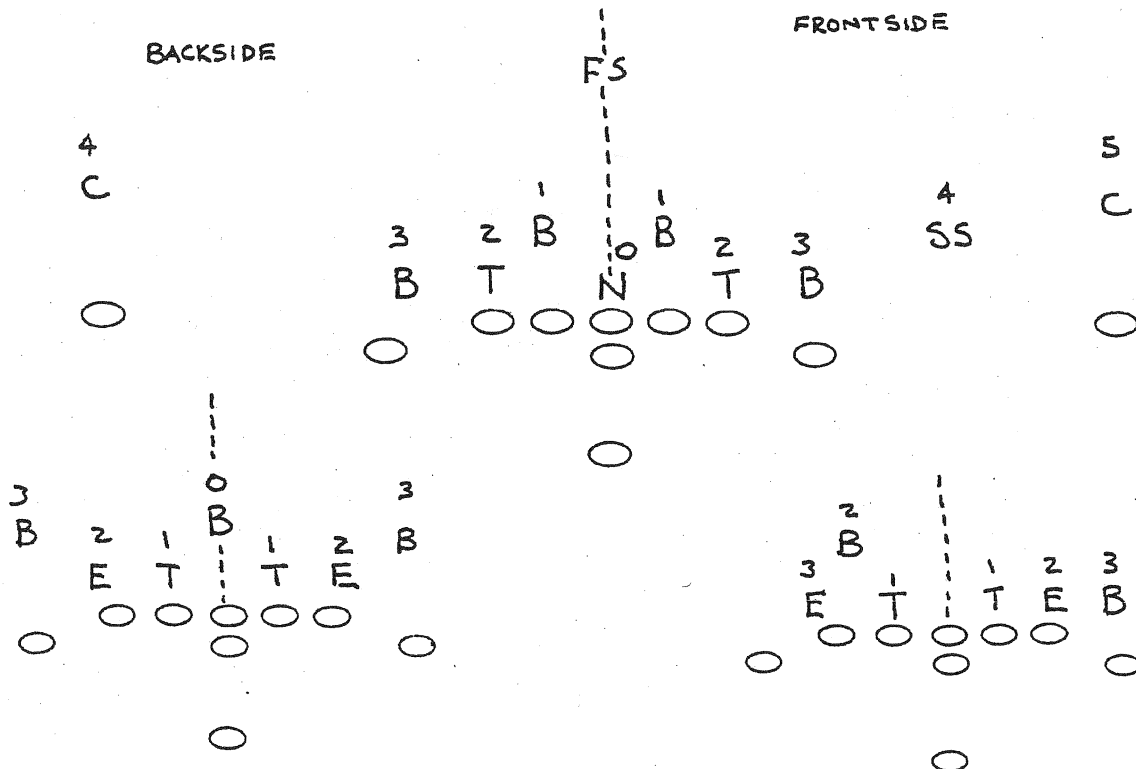
Y-BACK - You are running the sweep route to your secondary up field.

X-BACK & A-BACK - Are running the switch routes on the backside.

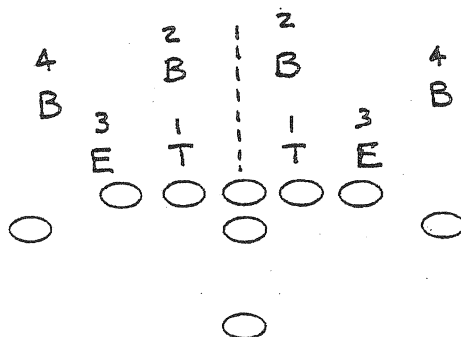
QUARTERBACK - Your reads are the same as against any other coverage.

PASS PROTECTION

NUMBERING THE DEFENSE



* When numbering the defense, you always number the first level to the second level if there is a stacked look.



ZERO CALL - This is the first call the center makes at the line of scrimmage if there is someone over him or there is a middle linebacker.

If the nose guard shifts to a gap technique after you have made a zero call, then the zero call is still on. The center has to pick the defensive player up.

The zero call is always a frontside call.

With the zero call, the offensive linemen will block by the numbers.

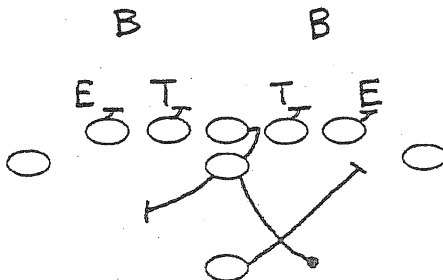
ZERO BASE - This variation of the zero call is that now the offensive linemen will reach block to the frontside gap.

LINE SPLITS - CENTER - GUARD 2'- 4'
GUARD - TACKLE 3'

The splits of the offensive line are very important, because if the splits are too small, then that gives the defense better pursuit angles to the ballcarrier or the quarterback. If the splits are too small, it also gives the uncovered personnel a hard time trying to pick up the backside rush.

NICKEL CALL - The offensive linemen are blocking big on big and the S-BACK is responsible for blocking the linebacker

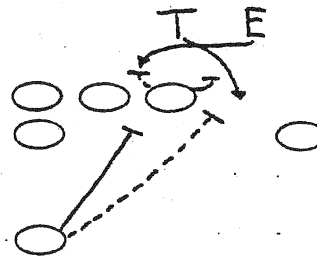
* You have to determine how far your tackle can go out and reach block the defensive end. Do not give him a job he can not do.



BLOCKING TECHNIQUES

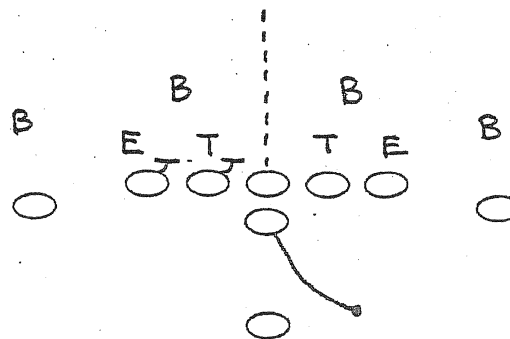
You want your offensive linemen to wall-off the frontside of the defensive front. This means that the frontside number of the defensive player is the aiming point for the linemen's punch. The offensive linemen on the frontside want to insure the frontside gap. So the offensive linemen are stepping, punching and staying at the line of scrimmage creating a stalemate with the defenders. You want to be firm on the frontside of the line.

When you have a twisting stunt on the outside, the tackle can not make a wrong decision. It is up to the S-BACK to read and pick up the other part of the stunt.

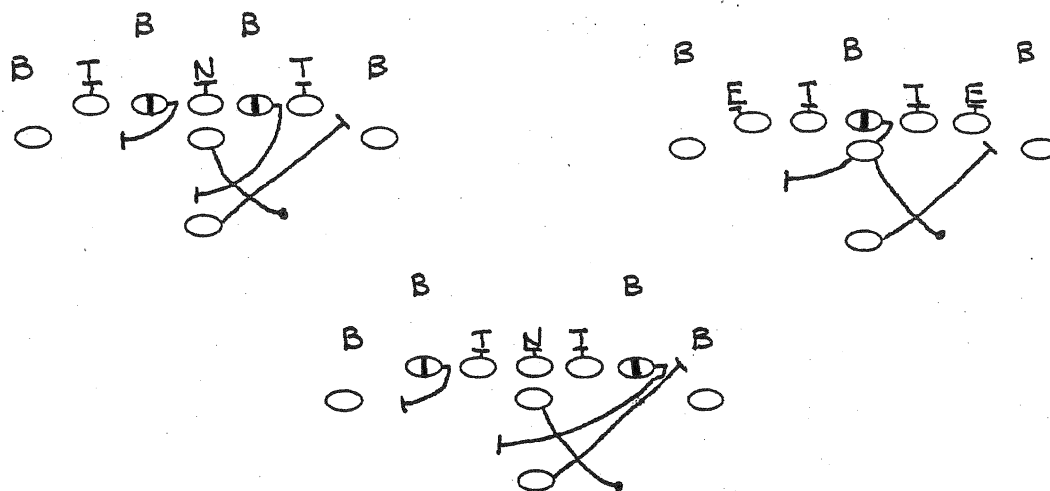


THE BACKSIDE

The backside linemen want to step and set to the inside to tack away the inside number of the defender.



THE UNCOVERED RULE



The uncovered linemen have the responsibility of stepping frontside for help and checking for blitzing linebackers, then releases to the backside to pick up the backside rush.

In the 3-4 alignment, the guard and tackle on the backside must recognize the difference between the will-linebacker being on the line of scrimmage or playing a drop-off end position.



There is a difference in pass protection depending on where the backside rush is coming from.

In pass protection, we block the T-E stunt with man technique and the E-T stunt with zone technique.

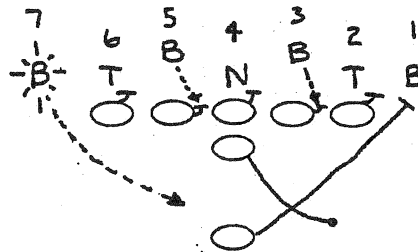
T-E



E-T



THE 7th MAN RULE



When there is a potential for pressure, we block to gap of the direction of the play and we let the 7th man go free. Because of the role of the quarterback, the 7th man should not the play.

32 DRAW

* It is very important that you give the illusion of a pass play.

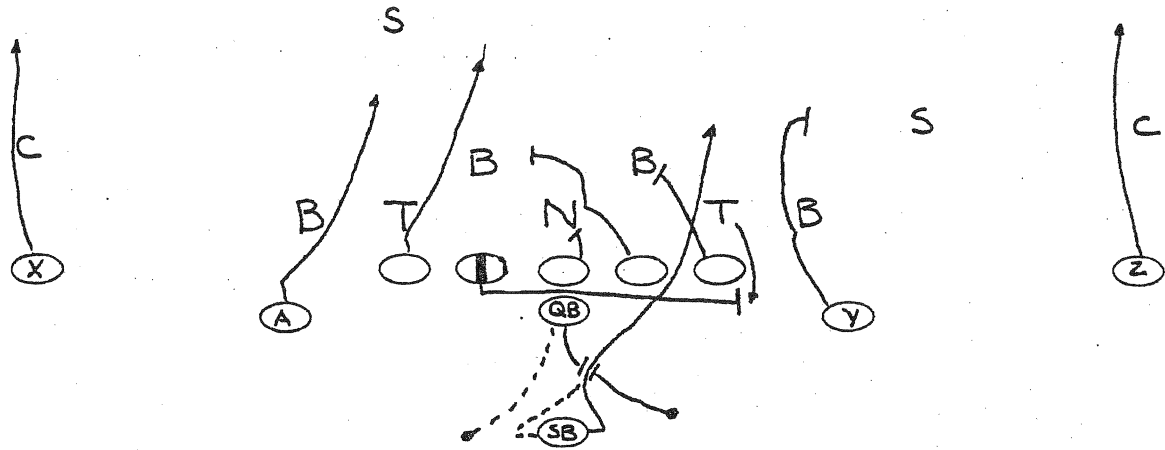
RT. GUARD & TACKLE - You are setting to give the look of 60 pass protection, then you will wall off the defenders to the outside with a run block.

CENTER - You are stepping to the right to give the look of 60 pass protection, then you are going out after the playside linebacker and wall him off with a run block.

LT. GUARD & TACKLE - You are using the same blocking technique as the Rt. Guard & Tackle

* 60/32 is the same techniques, but it is a regular draw play.

34 TRAP (S-OPPOSITE)



S-BACK - Your first step is an open step to the right and your second step is at the butt of the center. You are then making your cut off from the butt of the pulling Guard who is making the trap block.

* On a 34 TRAP S-OPPOSITE, you are taking your open step to the left.

QUARTERBACK - You are taking your normal drop and handing the ball off to S-Back.

* It is important that your drop looks just like your pass drop.

* On 34 TRAP S-OPPOSITE, you are rolling out to the left and handing the ball off, then continuing bootleg fake.

* In the trapping game we are trapping the man head up or outside the tackle.

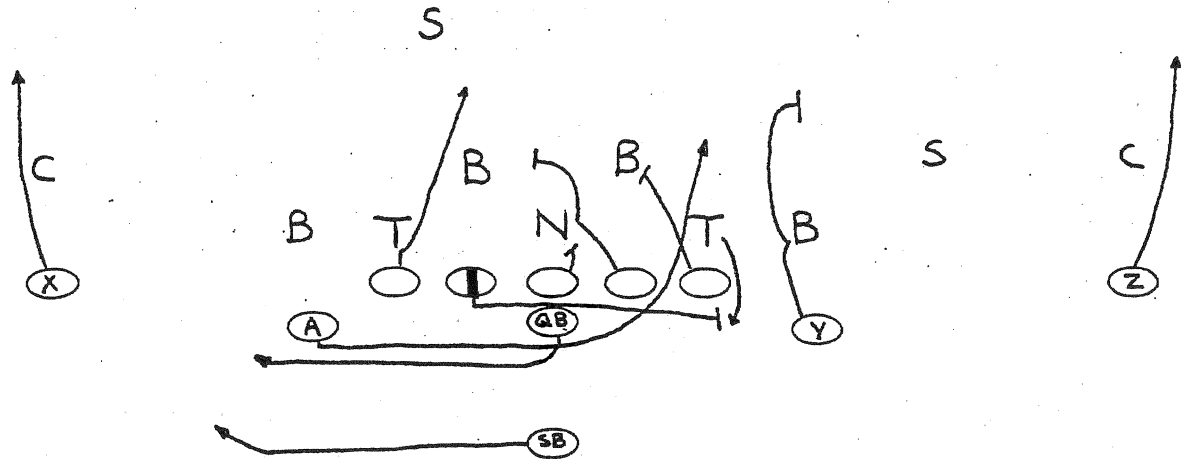
RT. TACKLE - You are releasing down field to block the playside linebacker.

RT. GUARD - You are combo blocking on the NG with the center, then releasing to block the backside linebacker.

CENTER - You are blocking the NG.

- LT. GUARD - You are pulling to the Right for the trap block on the man over the Rt Tackle.
- LT. TACKLE - You are bumping and releasing down field to block on any opposite color jersey.

24 COUNTER TRAP



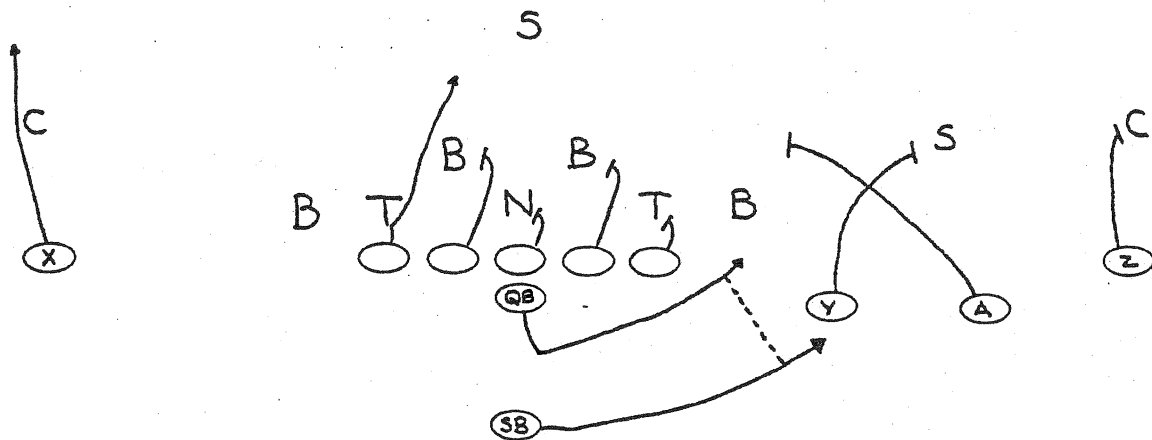
S-BACK - You are running a 37 option fake.

A-BACK - You are following the pulling Lt. Guard and making your cut to the inside of his block. You are receiving the hand-off on the inside of the Quarterback.

QUARTERBACK - You are running the 37 option and handing the ball off with your right hand.

The line blocking scheme is the same as a 34 trap.

28 OPTION



S-BACK - You are taking an open step to the right, then running to the right maintaining good pitch relationship with the Quarterback.

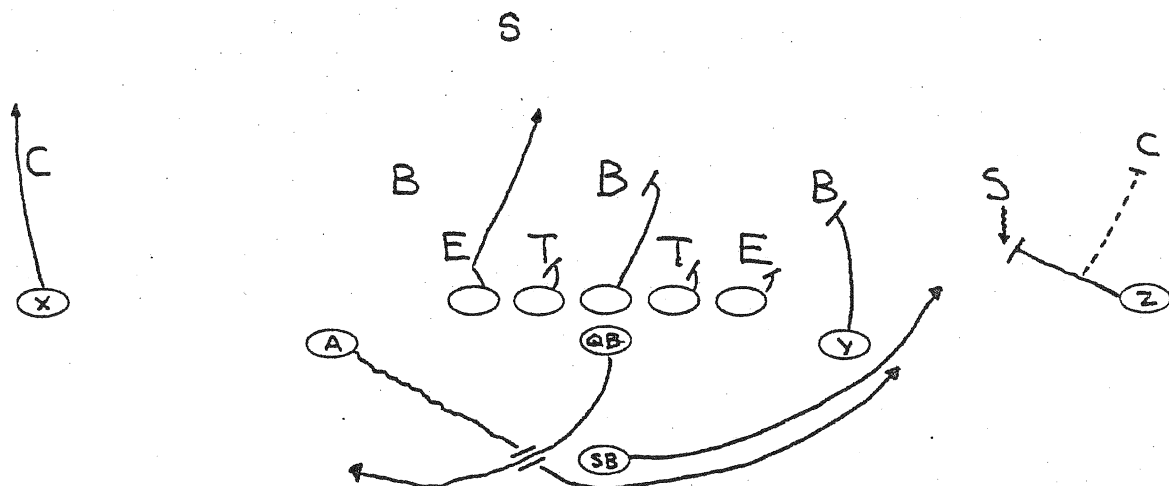
QUARTERBACK - You are taking your big punch step and running down hill at the line of scrimmage maintaining good pitch relationship with the S-Back.

- * We are going to option the end man on the line of scrimmage.
- * The Quarterback can make an opposite call on the line of scrimmage and the play will automatically go to the other side.

Ex. A 28 option would become a 27 option

The blocking is a basic big on big by the numbers.

28 SWEEP



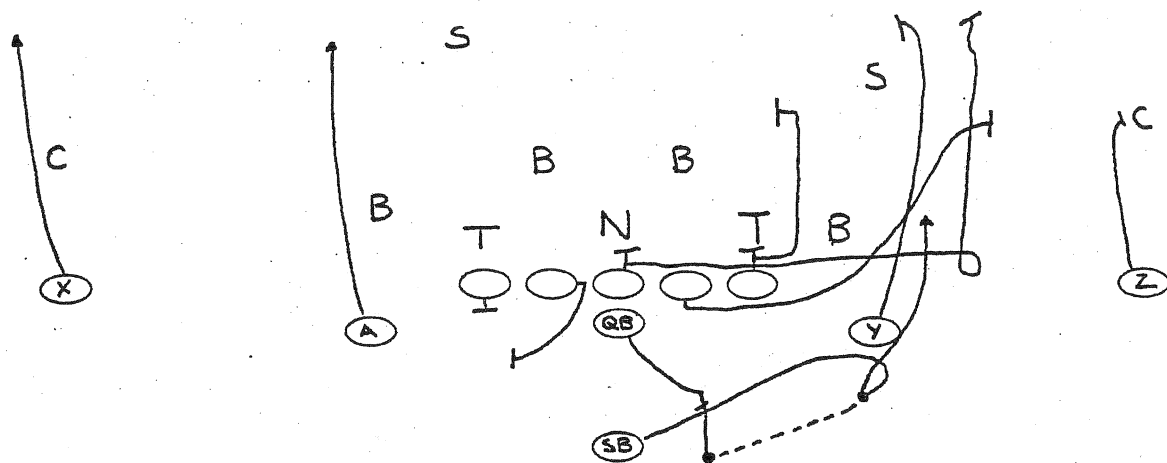
S-BACK - You are the lead blocker on the play. You have a read progression on you are going to block. Your progression is 3 to 4 to 5.

A-BACK - You are running a deep-short motion to be behind the Lt. Tackle and at the snap, you are following the lead block of the S-Back.

QUARTERBACK - You are reversing out, having your right foot step at 7 o'clock. Then you are handing the ball off to the A-Back and running the bootleg fake to the left.

The line blocking is basic big on big by the numbers.

26 SLIP SCREEN



S-BACK - You are going up to block on the corner like in normal pass protection. When you get to the line of scrimmage, you will pivot on your right foot with your back to the line of scrimmage making eye contact the Quarterback. You will then catch the football, yell "GO", and turn up field following your blockers.

Y-BACK - You are going down field and blocking the third level defender.

Z-BACK - You are blocking the cornerback to the outside.

QUARTERBACK - You are taking your normal 60 drop, then on your third step, you will take two backpedal steps and throwing a jump pass to the S-Back.

RT. TACKLE - You are holding for a two count, while making contact with the defender over you. You will force the defender to the outside and up. You will then go up field and make a seal block to the inside on the second to third level defender.

RT. GUARD - You are holding for a two count, then you are going laterally across field until you get past the Rt. Tackle, then you will go up field for the kick out block to the outside.

CENTER - You are holding for a two count and then you will follow the Rt. Guard across the field until you hear the word "GO" from the S-Back. You then will go up the field and block the first opposite colored jersey you see.

LT. GUARD & TACKLE - You are using pass blocking technique on the backside.

