



CRITICAL SITUATIONS – OFFENSE

1. SUDDEN CHANGE – Quick turnover of ball

- Great field position
- Must score for big psychological advantage – go deep - deceptive
- Everyone must arise to occasion

2. HURRY-HURRY – last 2 minutes of half or game

- Poise
- Hustle and be ready quick
- Proper use of time outs
- Who will make the big play
- Get out-of-bounds to stop the clock (also get the 1st down)

3. COMING OUT – ball inside own 10 yard line

- Must get a first down
- Gut situation for everyone
- Failure means poor field position for the defense (4 down area)
- Outstanding players show up in this area
- Except for turnovers – more scores are gotten in this area than any other
- No mistakes in this area

4. GOING IN – ball inside 10 yard line

- Must get a score (TD 1st, FG 2nd)
- No mistakes in this area (error free)
- Gut situation for both teams – who has the stronger intestinal fortitude
- Must control the line and backs must break tackles
- The toughest yard is always at the end but the best always comes through

5. USE OF TIME OUTS – Offense

- Can call time out any time a delay will dramatically effect field position
- Otherwise – always look to the bench



TWO MINUTE COACHING CONSIDERATIONS

Things to practice in Two Minute Offense:

1. Coordinating the offense with the FG team to set up for a kick when there are no more time outs and the clock is running.
2. Aligning the victory offense to kill the clock
3. Understanding that taking a safety is only feasible when there is eminent possibility that a kick will be blocked. Knowing that a safety represents a potential loss of 2-5 points, whereas a blocked kick constitutes a 6-8 point lose.
4. When on the hash, run formation into the boundary. The HB must sprint to the sideline, then up the field to get as much yardage as he can before getting out of bounds.
5. All receivers, when close to the sideline, must concentrate on making the catch while keeping one foot in bounds.



TWO MINUTE OFFENSE (CLOCK OFFENSE)

Theory of Two Minute Offense

The mechanics of Two Minute Offense should be organized with the basic thought being: the play called and the time remaining is more important than a time out. It is also important that the following concepts be strictly adhered to:

1. The offense has four downs to make a first.
2. The QB should never go down with the ball in your hand on 4th down. Never give up your last chance to win.
3. When a call for a time out is eminent, always know where the nearest official is going to be in order to get the time out called as quickly as possible. Any official can call time out.
4. When a measurement is in progress, someone other than the QB should supervise. He should be in the huddle talking to the team.
5. Never use up a time out to correct a confused play from the sideline. The QB must know the offense so well that he can correct it or call a new play.
6. When the clock is stopped and it will remain stopped, huddle up.

The QB must understand and execute the following necessities of a two minute offense:

1. Meet with the head coach to determine whether a TD, FG or try for TD then settle for the FG is the objective.
2. Verification of the correct number of time outs – check with referee
3. Notify the team in the huddle that we are in two minute offensive mode.
4. Notify the team of the scoring objective, number of time outs, and the amount of time remaining.
5. Know how many plays can be run in the time available, usually a rule of thumb is: 15 seconds (or fraction thereof) as a time interval per play. Figure out four plays per minute. Add one extra play per time out excluding the last one. Save the last

one (whenever possible) for the FG team to be in positioned on the field. From this information, determine what you need to average per play to accomplish your objective.

6. In the huddle, remind all ball carriers to get out of bounds, all offensive personnel to hustle to the LOS and listen for special calls and signals.
7. When behind, request a measurement when the ball is close.
8. When play is stopped and you do not intend to huddle or rehuddle, always have your team at the LOS so you are ready to go when the referee starts the clock.
9. Finally, **NEVER** take a sack if a TD is needed; whenever possible; throw the ball in the endzone.

Things the QB must know that will be critical to the administration of the game:

When will the clock stop:

1. When a time out is called.
2. When an incomplete pass is thrown.
3. When the ball goes out of bounds.
4. When crowd noise forces a time out.
5. When the referee takes a discretionary time out.

When will the clock start:

1. Immediately after a penalty has been assessed on a live ball foul.
2. Immediately after the chains have been set on a live ball first down.
3. Immediately after an injury has been sufficiently attended to.
4. Immediately after a measurement
5. Immediately after a referee's discretionary time out is used up.

When to take a time out:

1. To get the FG team on the field.
2. When there is five seconds or less on the clock and you have one left (provided we need a TD to win or a FG and we are in range).
3. If there is a crucial situation that requires a coach's decision.
4. When a TD is the objective and you need to conserve time, not time outs. The following is a pretty good general rule of thumb: the first one at the first opportunity inside 60 seconds, and the third one at the first opportunity inside 30 seconds (provided you have three time outs).
5. After a sack.
6. When you are faced with any fourth down situation, and you have only one time out left.

When to throw the intentional incomplete pass:

1. When it is first, second, or third down and the incomplete pass play allows you to run another play when a completely executed play is probably only going to allow you to run one (i.e., :10 seconds left on the clock).
2. When you are out of time outs and the intentional incomplete pass will allow an additional play if initiated with :15 seconds on a stopped clock or :25 seconds on a running clock.



PLAY MENU

The play menu will be delivered in the same sequence each time. This menu will consist of the following:

- Formation
- Motion if needed
- Protection
- Play
- Cadence

Pass Example

“Yellow Rip 771 on Second Sound, on Second Sound”

Run Example

“Purple 32 Zone, on one, on one”



CADENCE

We have the ability to snap the ball in six different ways

1. On the First Sound

“ HUT....”

2. On Second Sound

“Set....HUT”

3. On One

“Blue 24, Blue 24, Set....HUT”

4. On Two

“Black 5, Black 5, Set....HUT....HUT”

5. Silent Count – Shot Gun

After everyone is set, the quarterback will give the center a signal that he is ready to receive the ball, then the center will bob his head up and then snap the ball. We will primarily snap the ball on one bob or two bobs from the center. We could go on three bobs, but not often.

6. “Freeze”

The quarterback will go through his cadence using voice flexion to try and draw the defense offsides. The center will snap the ball if he sees someone cross into the neutral zone. If they do not jump, the quarterback will give a live color and the new play.

When the defense jumps offsides the center snaps the ball, the quarterback will either take a knee or throw the fade route to one of our outside receivers if we have that play on.

The freeze count will also be used in these situations:

- A. No Play – Time Out
- B. No play – Delay of game

The use of Colors in the Snap Count

There will be certain colors designated as live audibles, any different color will naturally be dummy audibles.

The quarterback also has the ability to break the cadence when a pre-snap read shows a blitz on a pass play or a blitz or dog shows to a side of a run which is called in the huddle. The quarterback will use the word "**CHECK**" as an alert.

EXAMPLE:

3 on 1 was called in the huddle, and the quarterback begins his cadence "Blue 44" and then notices a blitz coming by the strong safety. The quarterback will then say "Check....Black 6....Black 6....Set....Hut." The play was changed from 3 to 6, black being the live color.

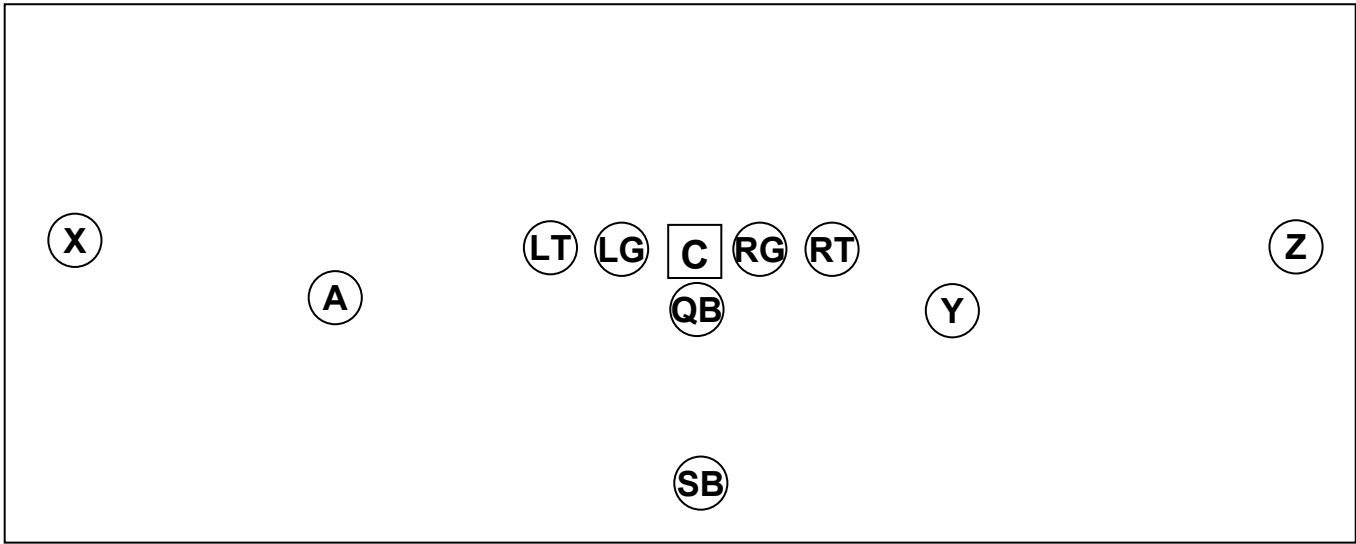
"Blue 44....Check....Black 6....Black 6....Set....Hut."



Clock play

- I. When the QB needs to kill the clock, the call is “Kill”, “Kill”, “Kill”. On the kill call all linemen must hurry to the L.O.S., get set quickly (Tighter Splits), and post inside (wedge) on the snap. When Receivers see the clock signal, they must hurry back to the L.O.S. and get set quickly to the nearest spot on the L.O.S. (All must be on the L.O.S.) Receivers will not move until play has been whistled dead. The Superbacks will get back to the L.O.S. if in a route or set quickly anywhere behind the L.O.S. if in protection and not move until play is whistled dead.
- II. Quarterback mechanics on clock call:
After getting the clock signal from the sideline, the QB will begin communicating “Kill”, “Kill”, and signal with his arm. He will then approach the center making sure everyone is set by looking left then right. QB will then tap center’s hip then call “Hut” for the snap. After the snap the QB will take two quick steps back and throw the ball in front of his front foot and behind the center, away from the linemen’s feet

PERSONNEL



"X" - OUTSIDE RECEIVER

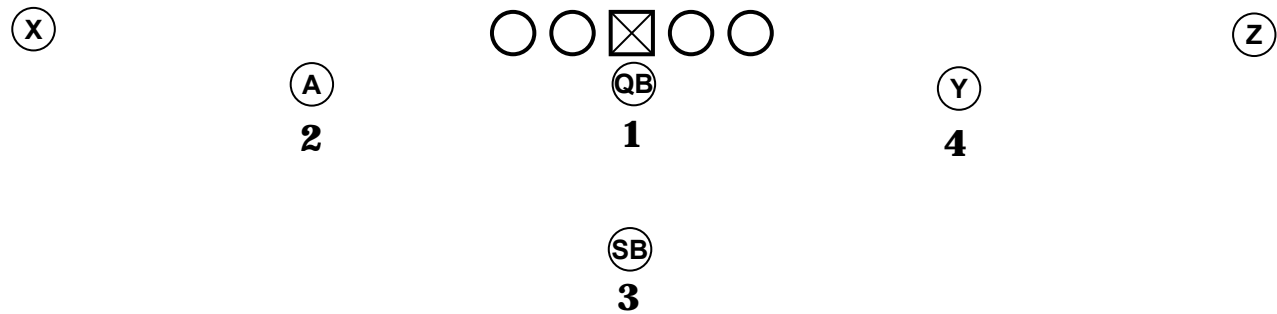
"A" - INSIDE SLOT RECEIVER

"Y" - INSIDE SLOT RECEIVER

"Z" - OUTSIDE RECEIVER

SUPERBACK - RUNNING BACK

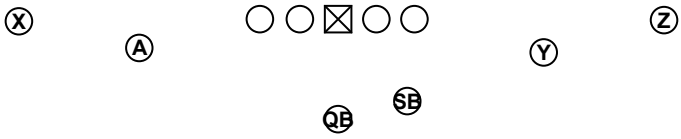
NUMBERING SYSTEM FOR SKILL POSITION PLAYERS IN RUNNING GAME



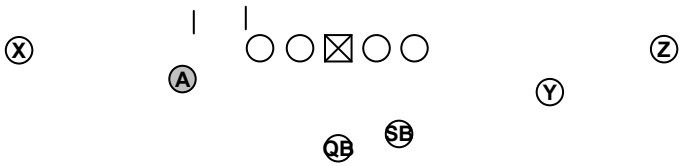
QUARTERBACK - 1
Y SLOT - 4
A SLOT - 2
SUPERBACK - 3

FORMATIONS

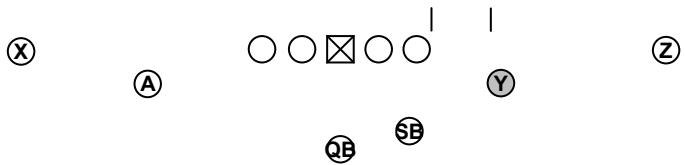
PURPLE



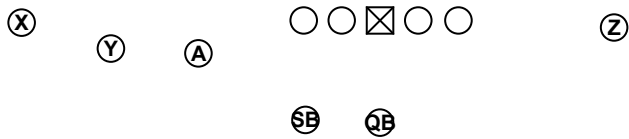
RED - "A" cuts down split



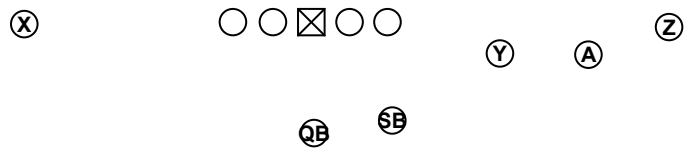
YELLOW - "Y" cuts down split



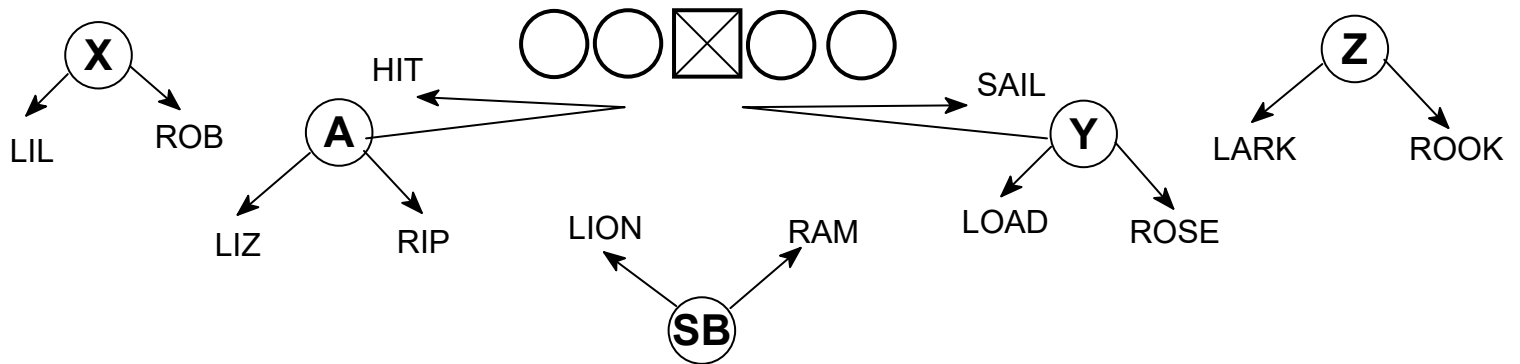
ORANGE



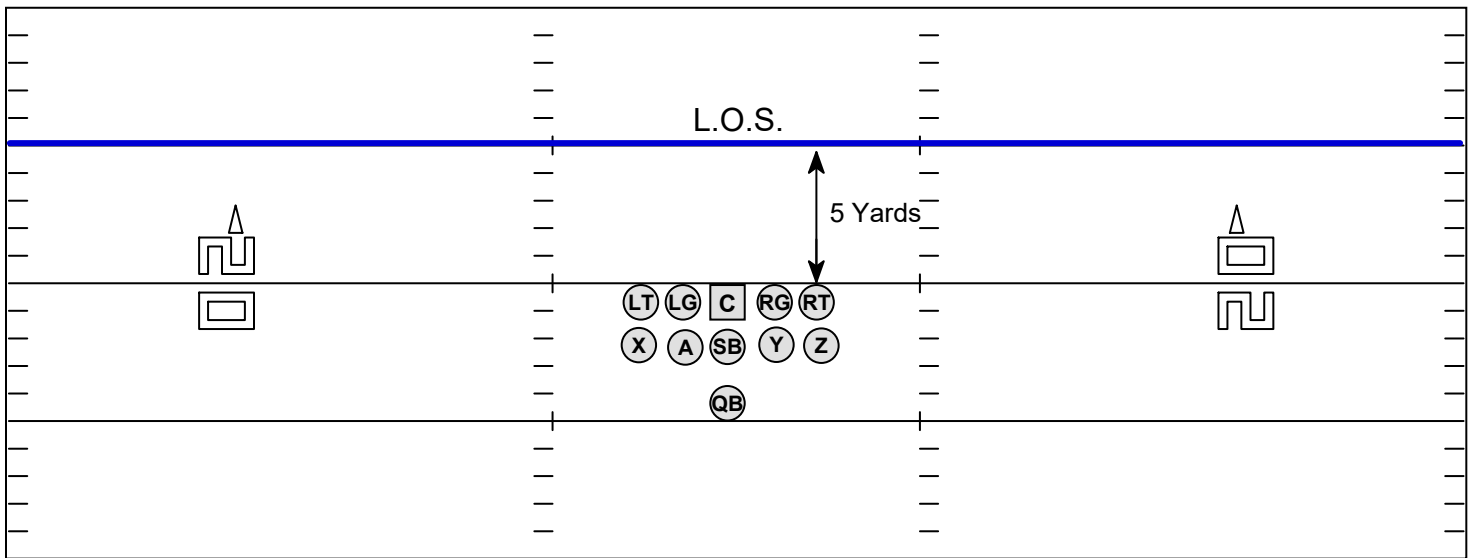
GRAY



MOTION CALLS: The following motion calls may be made to allow greater flexibility and speed in calling plays. The calls apply to the **POSITION** no matter where the man is lined up in the formation. All motions going to the Right begin with R. All motions going to the Left begin with L. Both motion calls with an I in the middle (Hit, Sail) is a motion in to the formation and then back out to your original spot.



THE HUDDLE



FORMING THE HUDDLE:

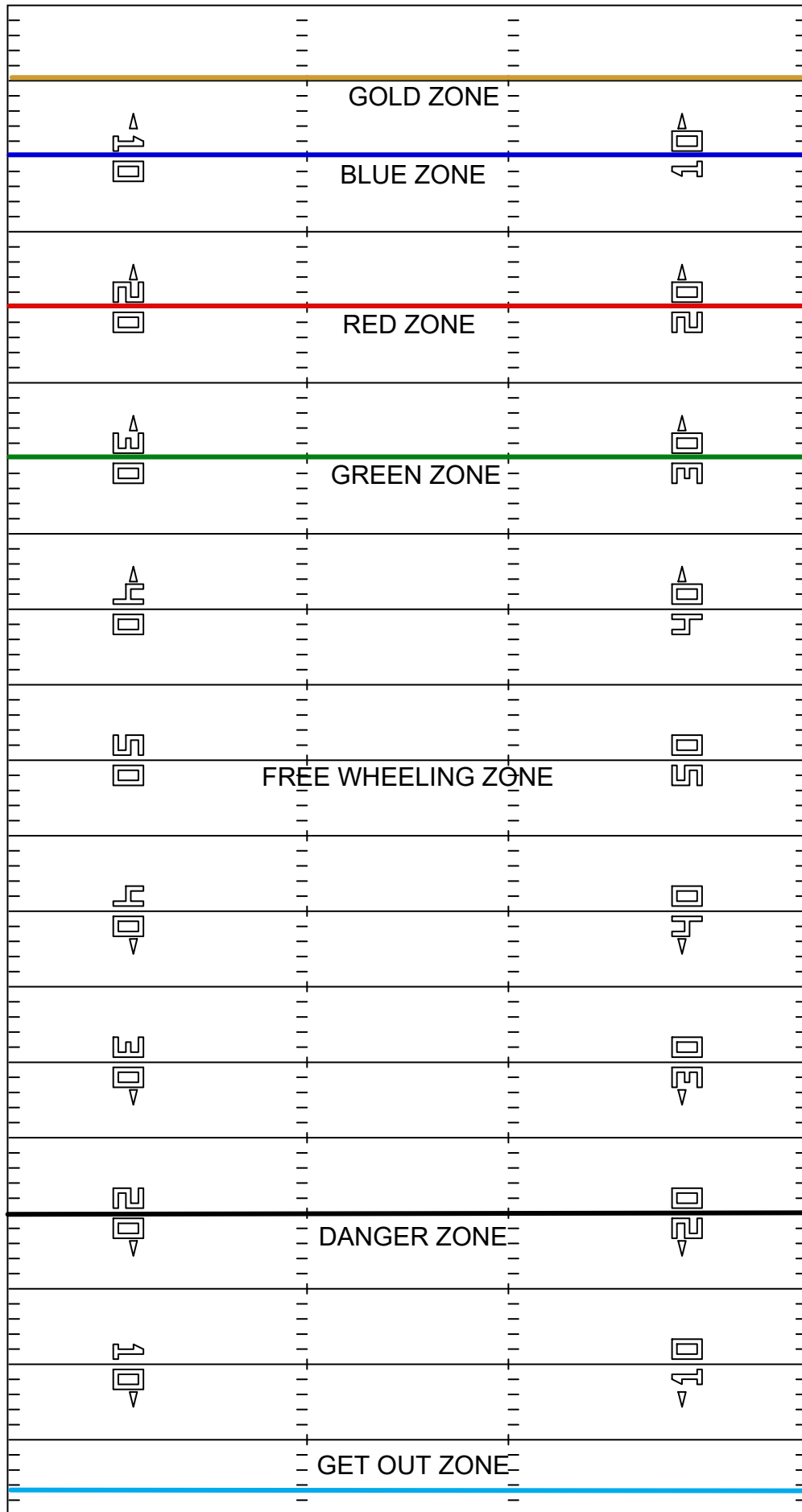
1. The linemen will line up on the center 5 yards from the L.O.S. with their backs facing the L.O.S.
2. The X, A, SB, Y & Z will line up in front of the linemen with hands on knees and heads up.

HUDDLE PROCEDURE BY QUARTERBACK:

The quarterback will step into the huddle and make the call "Eyes" "Eyes". This call is to get the attention of everyone in the huddle. There should be no talking in the huddle other than the quarterback after the "Eyes" call is made. The quarterback will then give the formation, motion if any, play and snap count twice. The quarterback will then say "ready - break" to break the huddle. Everyone will then respond with a clap of the hands and saying "break" as the quarterback does and then sprint to the L.O.S. If anyone makes a "Check" call in the huddle because they did not hear or understand the play, the quarterback will call the play again before breaking the huddle.

* Perfect plays start with a perfect huddle!!!!

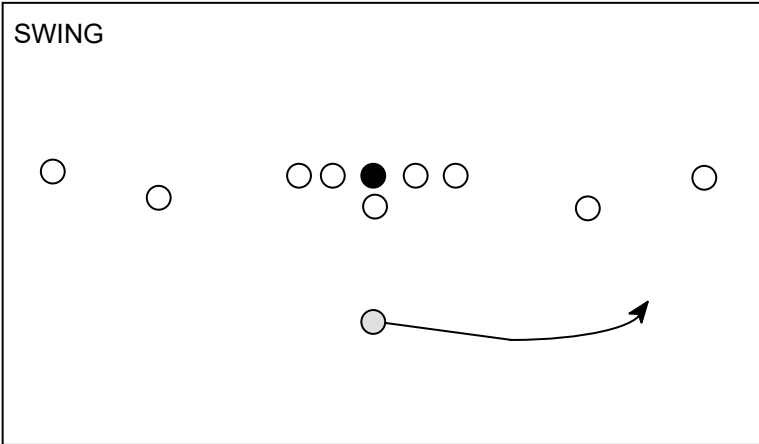
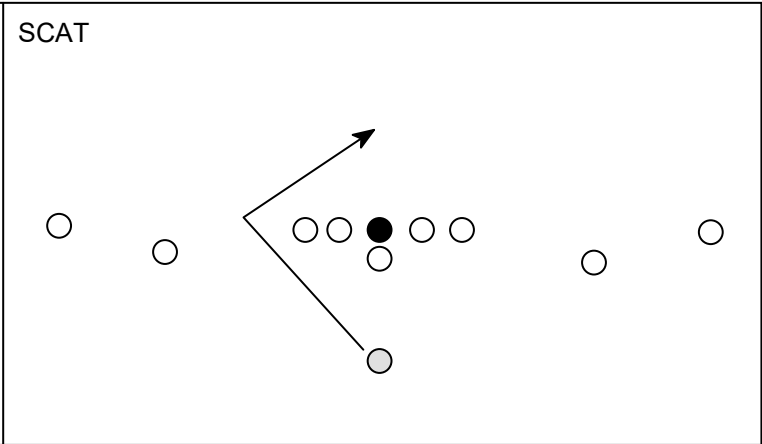
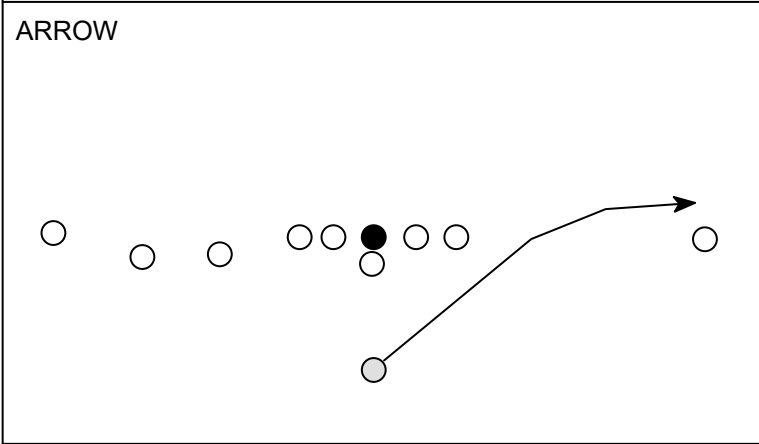
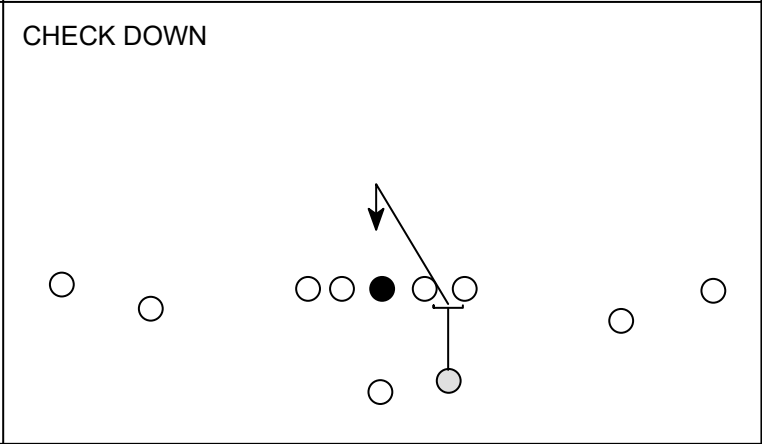
OFFENSIVE ZONES ON THE FIELD



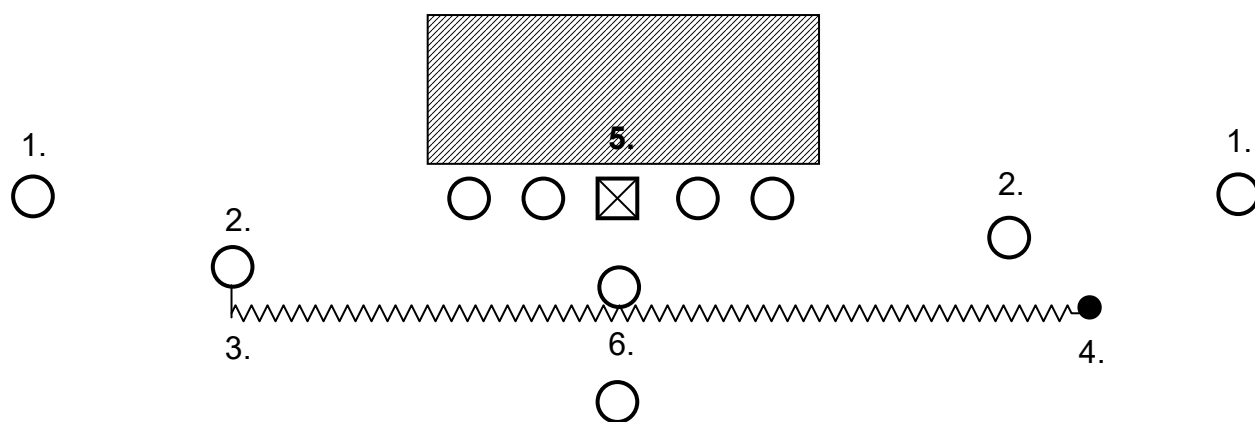
Must score
1st TD
2nd FG

Must make a
1st down.

SUPERBACK OPTION ROUTES

<p>SWING</p> 	<p>SCAT</p> 
<p>ARROW</p> 	<p>CHECK DOWN</p> 

QUARTERBACK'S DEFENSIVE PRE-SNAP READ PROGRESSION



A Quarterback's read progression always starts outside-in. The Quarterback will always scan the field left to right.

1. Check for automatics with the outside receivers
2. Check for automatics with the inside receivers
3. Check for how the defense adjusts to motion
4. Check for automatics to the trips side and the single receiver side
5. Read the defenders in the box for possible run audible
6. Run the play that was called in the huddle

QUARTERBACK'S DROP Shotgun

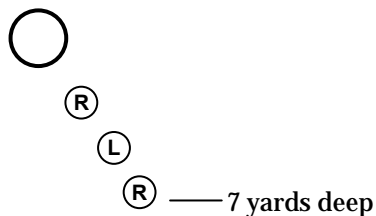
To the Rt.



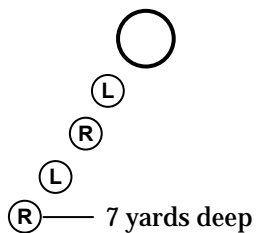
1st Step: Angle step with right foot

2nd Step: Is a crossover step with the left foot

3rd Step: Plant step with the right foot



To the Lt.



1st Step: Angle step with left foot

2nd Step: Is a crossover slide step behind with the right foot

3rd Step: Angle step with the left foot

4th Step: Is a crossover side step behind with the right foot and plant.

This footwork is for a right handed quarterback. For a left handed quarterback, you would just reverse the footwork.

OFFENSIVE SKILL TERMS

COVER 1 - Man Free Coverage

COVER 3 - 3 Deep Zone with A.O. defenders working inside-to-out. SS playing curl-to-flat.

COVER 2 - 2 Deep Zone with 5 underneath drop system

COVER 4 - 4 Deep Zone with 3 underneath drop system

COVER 8 - 2 Deep Zone with 5 Man under system

COMBO - Combination double coverage that is placed on 1 or more receivers. Can be inside-out or over-under. (COVER 5)

ROBBER - Term used to identify a free-zone underneath defender that is generally placed or rotates to the middle or hook area.

CLOUD COVERAGE - (Shows Cover 2) At the snap of the ball the 2 half field safeties rotate to the middle and deep 3rd. The corner roles to the flat and the corner away from the rotation moves to the other deep 3rd.

COVER 2 INVERT - (Shows Cover 2) At the snap of the ball, the SS rotates down to play the curl-to-flat area and the corner goes to the deep 3rd. The FS rotates to the middle 3rd and the other corner drops to the deep 3rd.

M.M. - Man-to-Man coverage, can be loose or a tight bumb-and-run technique.

1/4 - Pertains to one-quarter of the deep zone field area

1/3 - Pertains to one-third of the deep zone field area

1/2 - Pertains to one-half of the deep zone field area

A.O. - Area Outside (Curl-to-Flat area coverage)

A.I. - Area Inside (Hook-to-Curl area coverage)

M.M.I. - Man-to-Man coverage inside (Related to Banjo Coverage)

M.M.O. - Man-to-Man coverage outside (Related to Banjo Coverage)

St. Curl - Strong Curl Area Coverage

St. Hook - Strong Hook Area Coverage

Wk. Curl - Weak Curl Area Coverage

Wk. Hook - Weak Hook Area Coverage

FLAT - Flat area

OFFENSIVE SKILL TERMS

AREA COVERAGE - Is defined in general zone terms but pertains to eventually man technique once the defender's zone is threatened.

BANJO COVERAGE - Man coverage in which defenders divide up on an inside to outside release read on 2 consecutive receivers. (Generally 2 and 3 receivers on the strong side)

CHUCKING - Term used for a jam attempt on a receiver.

ROTATION COVERAGE - Pass defense moving their coverage once the QB's flow is established.
(Example Cloud or Invert Coverage)

FORCE ALIGNMENT - Outside linebacker lining up on the line of scrimmage upon the snap.

WALK AWAY ALIGNMENT - Outside linebacker lining up between the inside receiver and the tackle.

EVEN ALIGNMENT - Outside linebacker lines up off the line of scrimmage and outside the defensive end.

RADAR FRONT - All defensive linemen standing in a 2 point stance mirroring the offense and not rushing up field.

LOOSE MAN - Technique used by a man-to-man defender in which he initially gives at least a 6 -7 yard cushion on the snap.

PRE-ROTATION COVERAGE - Coverage aligned in a manner in which secondary and under system work a pre-determined zone coverage regardless of the flow of the QB's drop.

ROLL CORNER - Cornerback working into a jam position on one or both outside receivers.

PRESS CORNER - Cornerback working to a bumb-and-run technique which is related to man coverage.

DOGS - Any second level defender that rushes while in the box.

BLITZ - Any second or third level defenders that rush outside of the box. (Perimeter)

DANGER - Is a blitz alert call from the outside skill players that there is an outside defender that is creeping up to blitz from the outside.

EMOL - End man on Line-of-Scrimmage

BOX - The area in which 1st & 2nd level defenders line up across the offensive front.

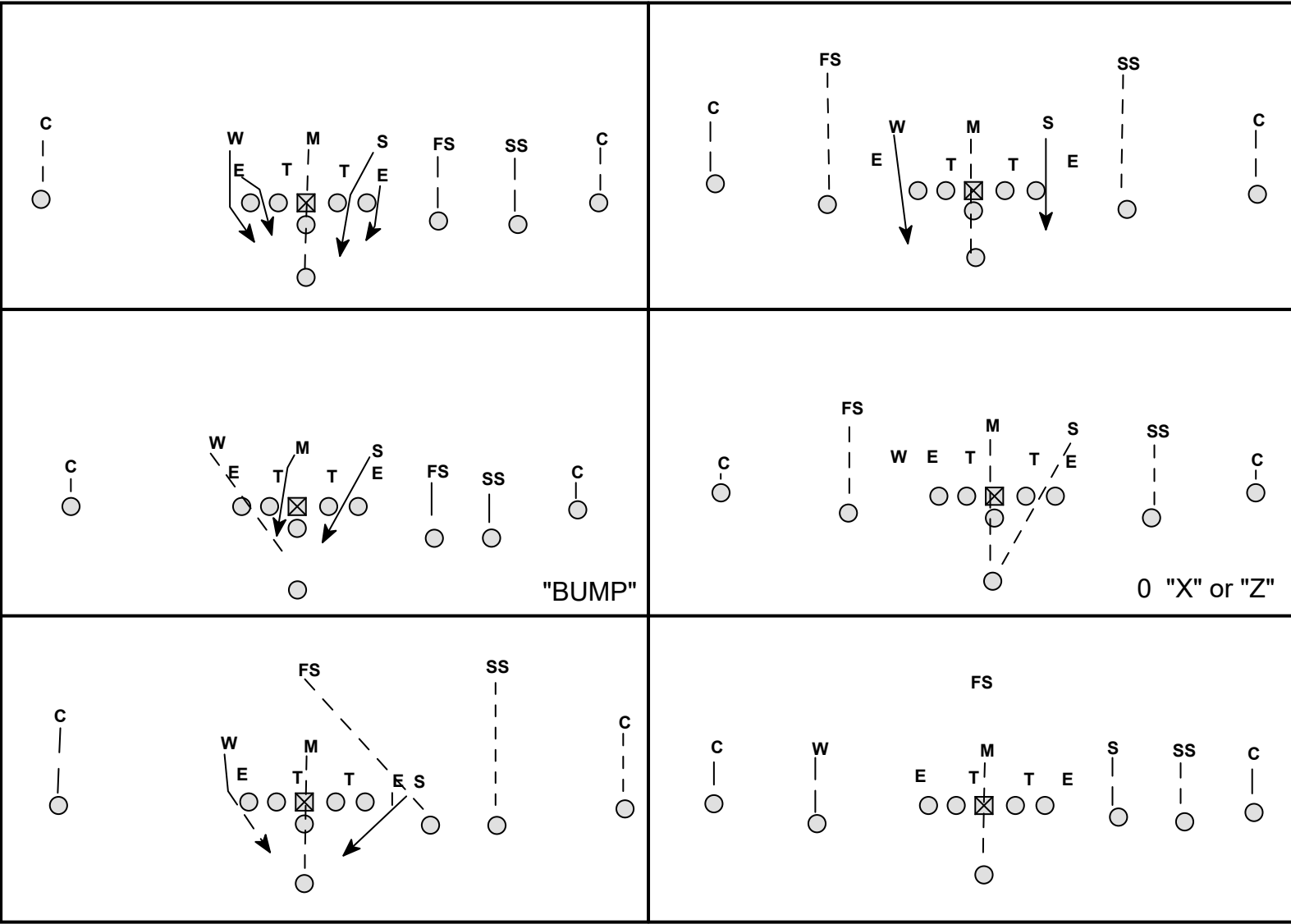
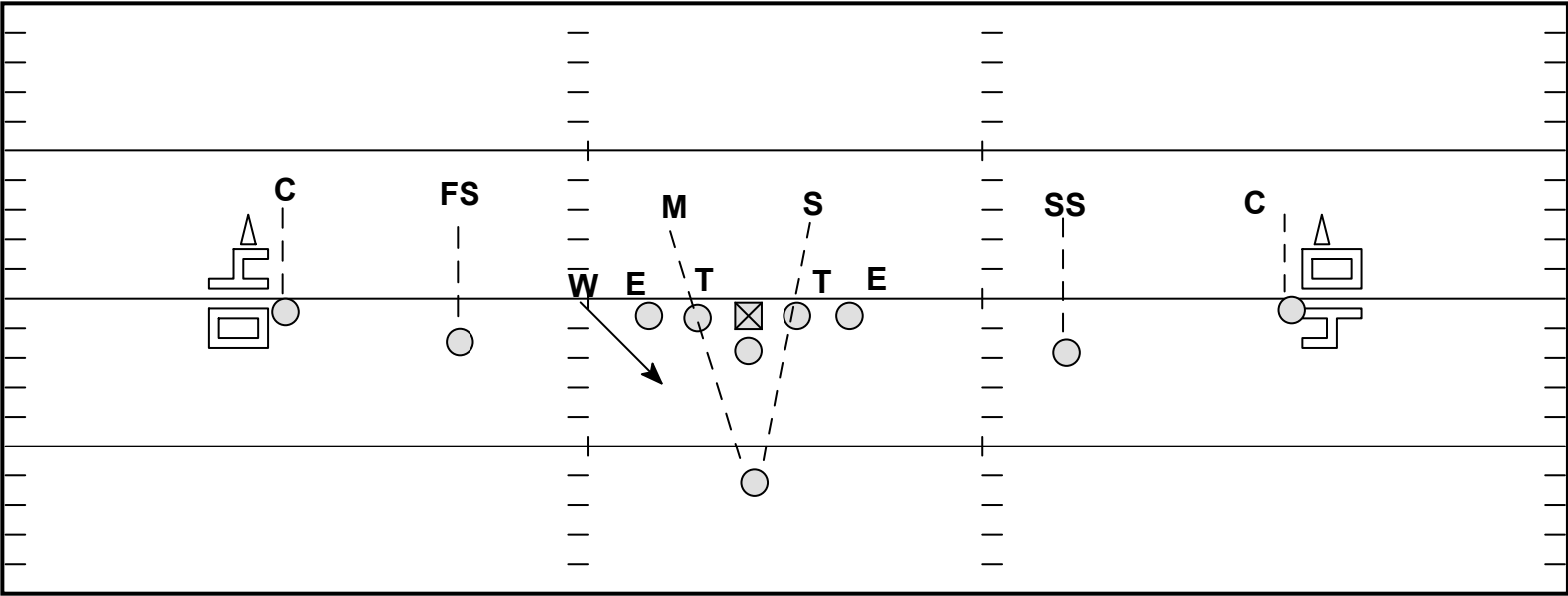
MOVE - This is a call that sets a skill player in motion.

ATTACK - A call that puts the offense in a no-huddle mode.

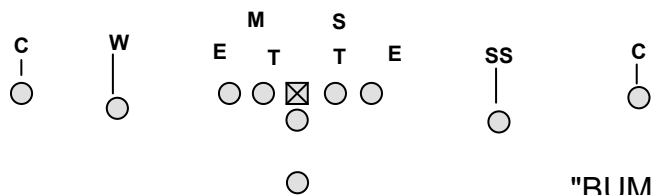
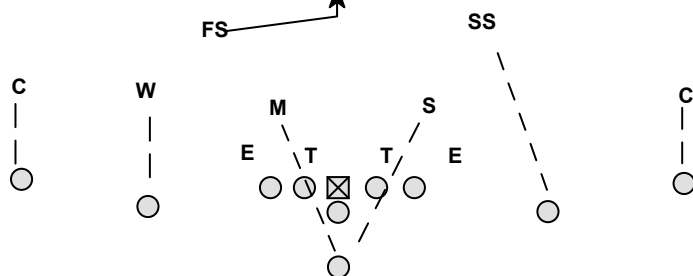
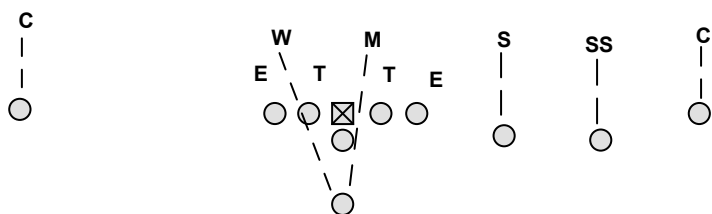
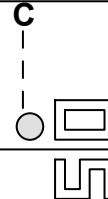
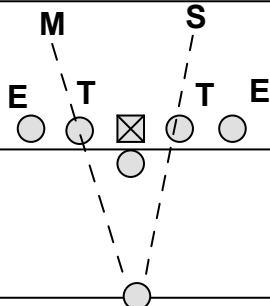
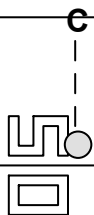
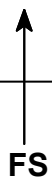
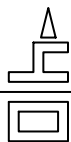
SPECIAL - A call that tells the frontside 2 & frontside 3 receivers to switch route responsibilities in a trips formation.

TRADE - A call that tells the frontside 1 & frontside 2 receivers to switch route responsibilities in a trips formation.

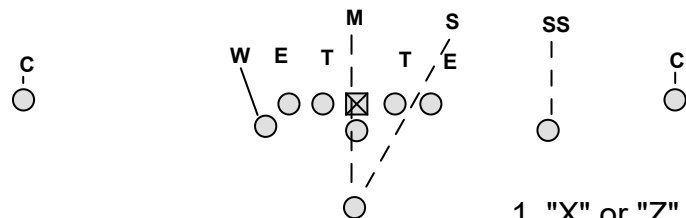
COVER 0



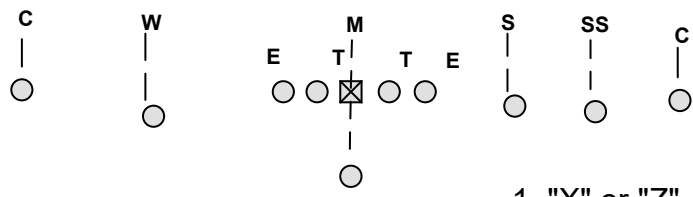
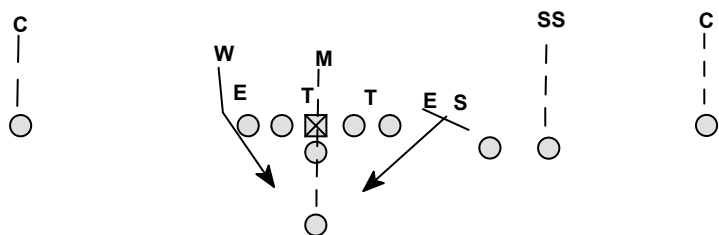
COVER 1



"BUMP"

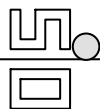


1 "X" or "Z"



1 "X" or "Z"

COVER 2



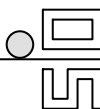
FS

W

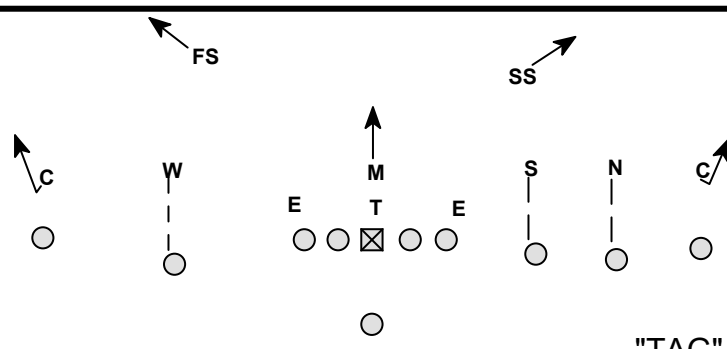
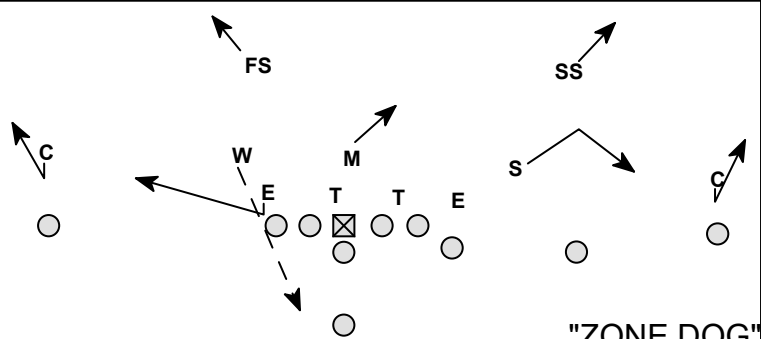
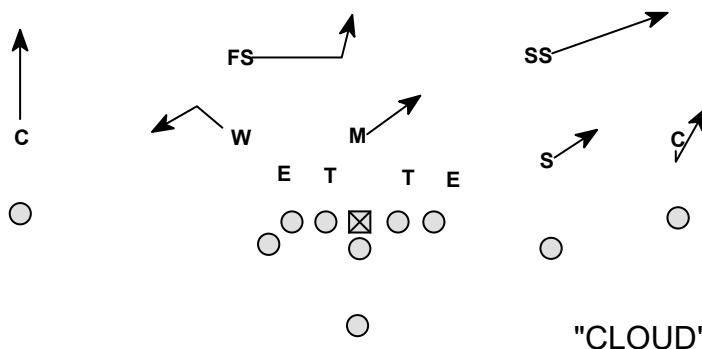
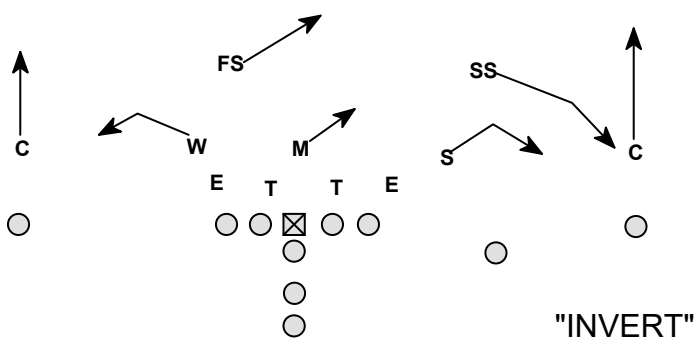
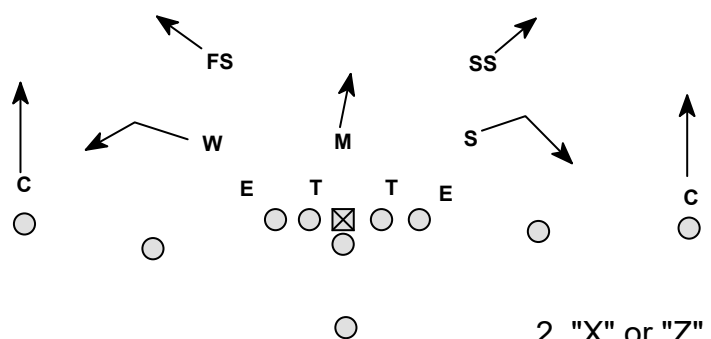
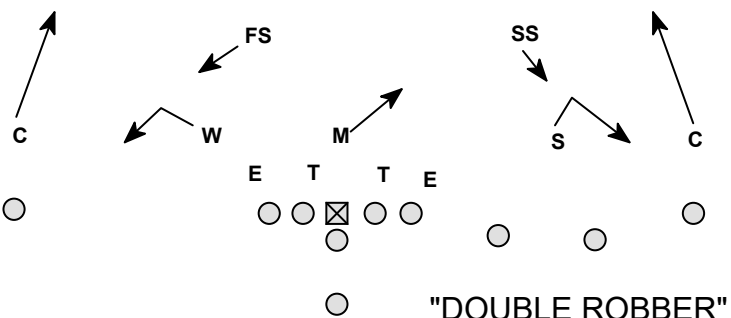
M

SS

S



E T T E



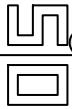
COVER 3

1/3



C

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1/3

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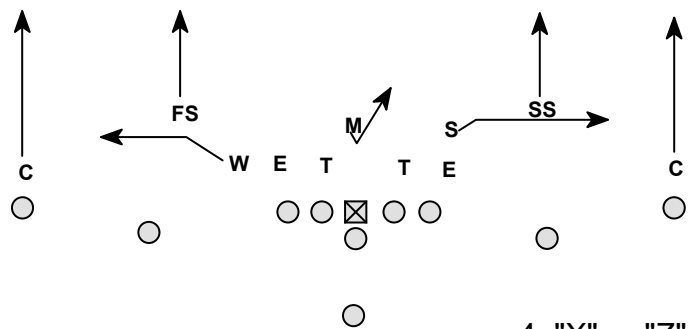
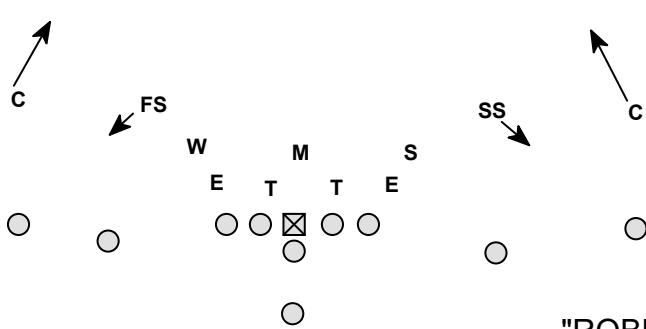
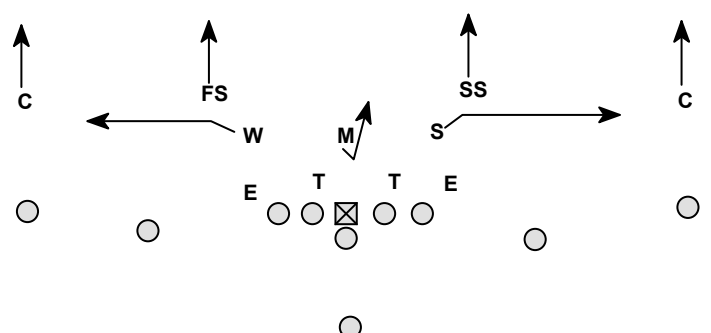
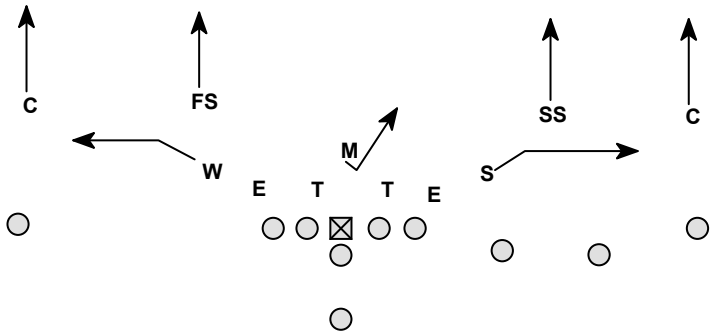
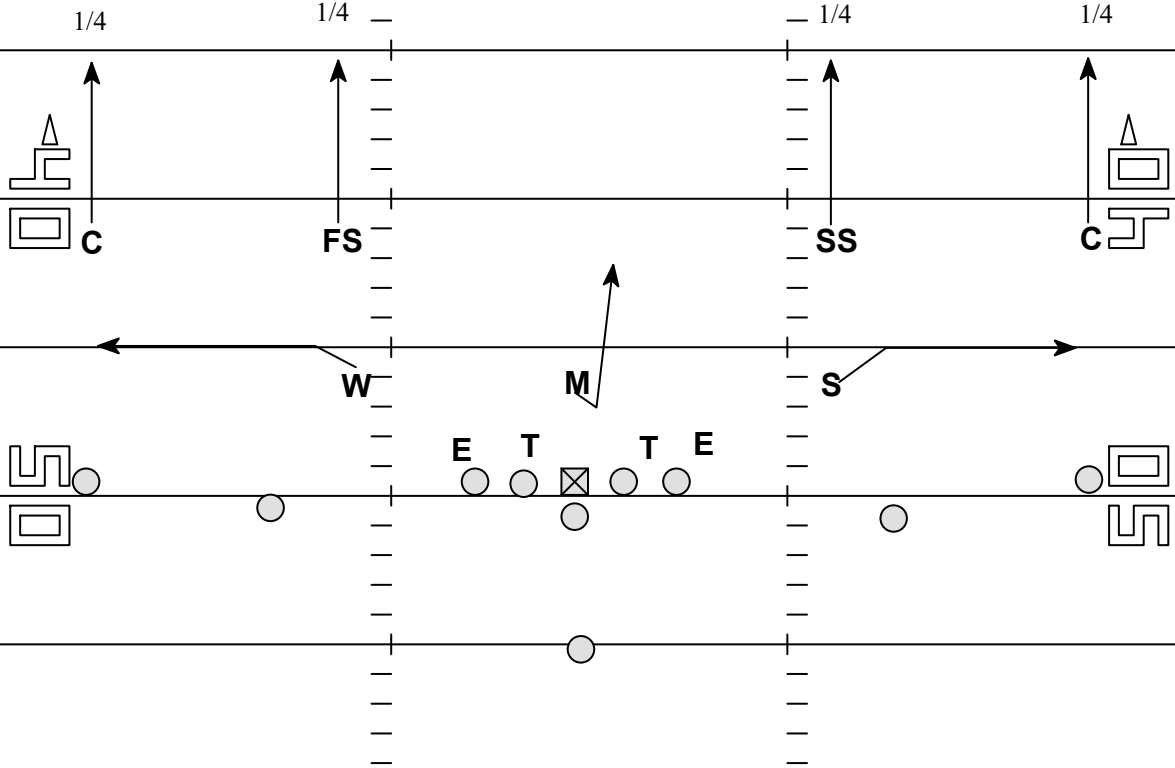
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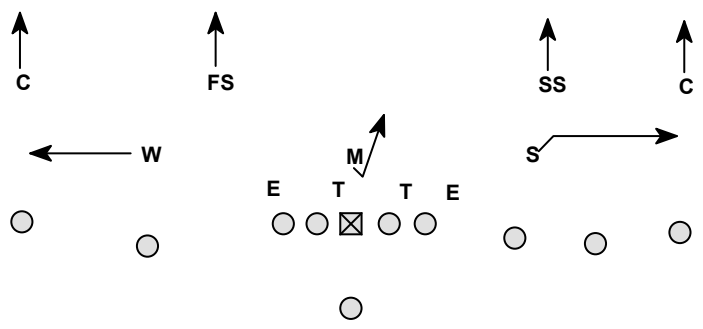
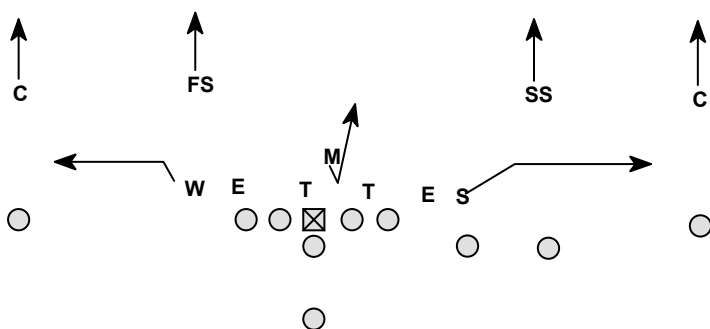
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COVER 4

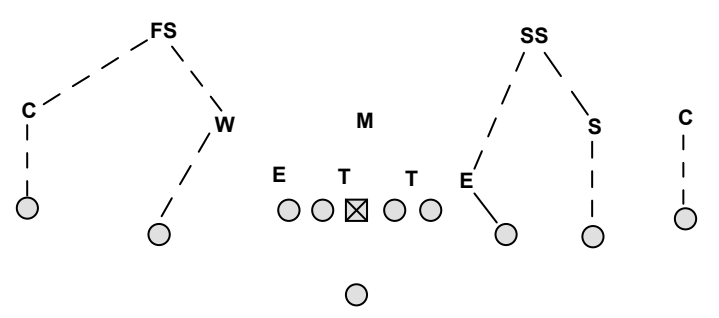
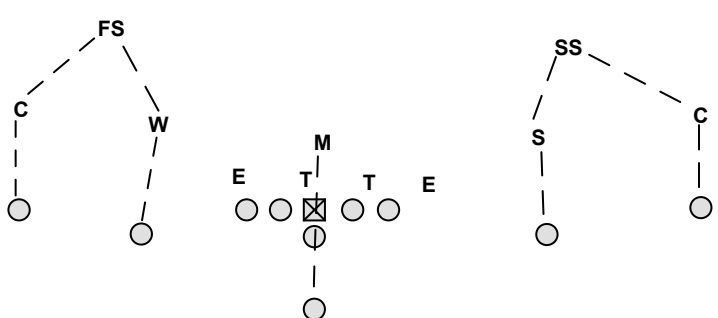
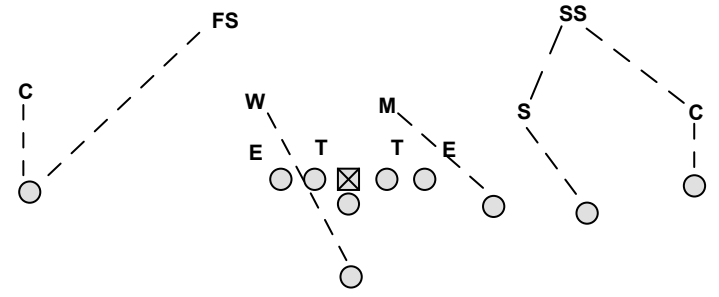
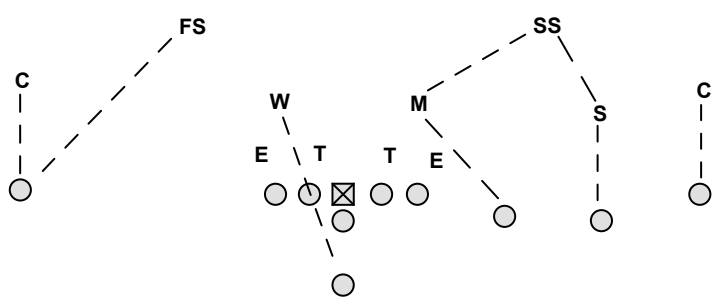
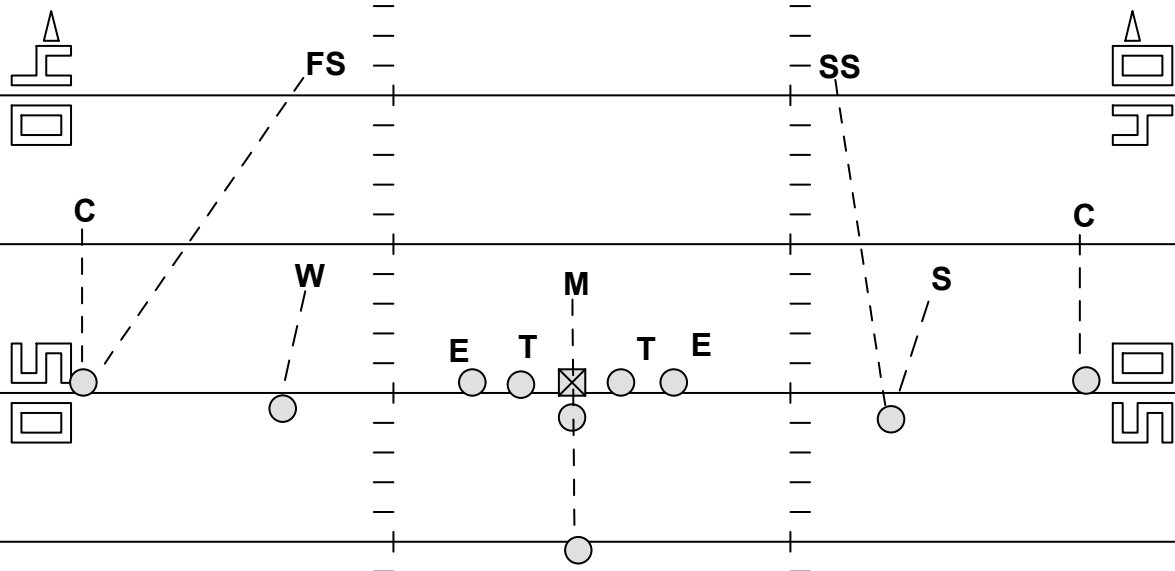


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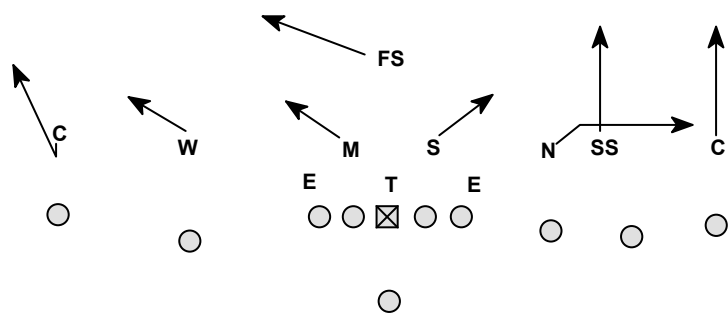
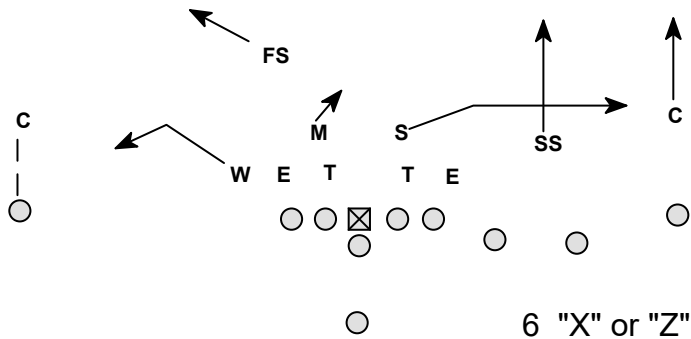
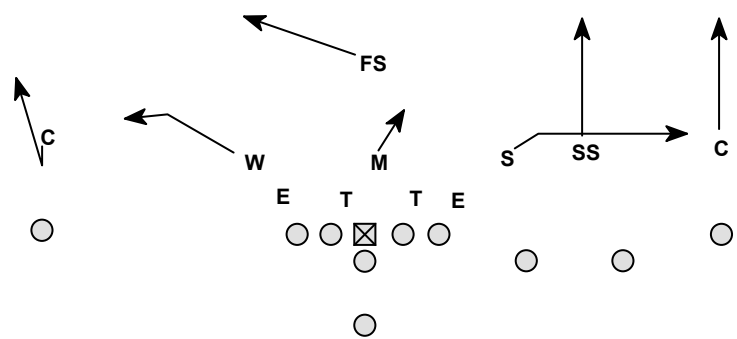
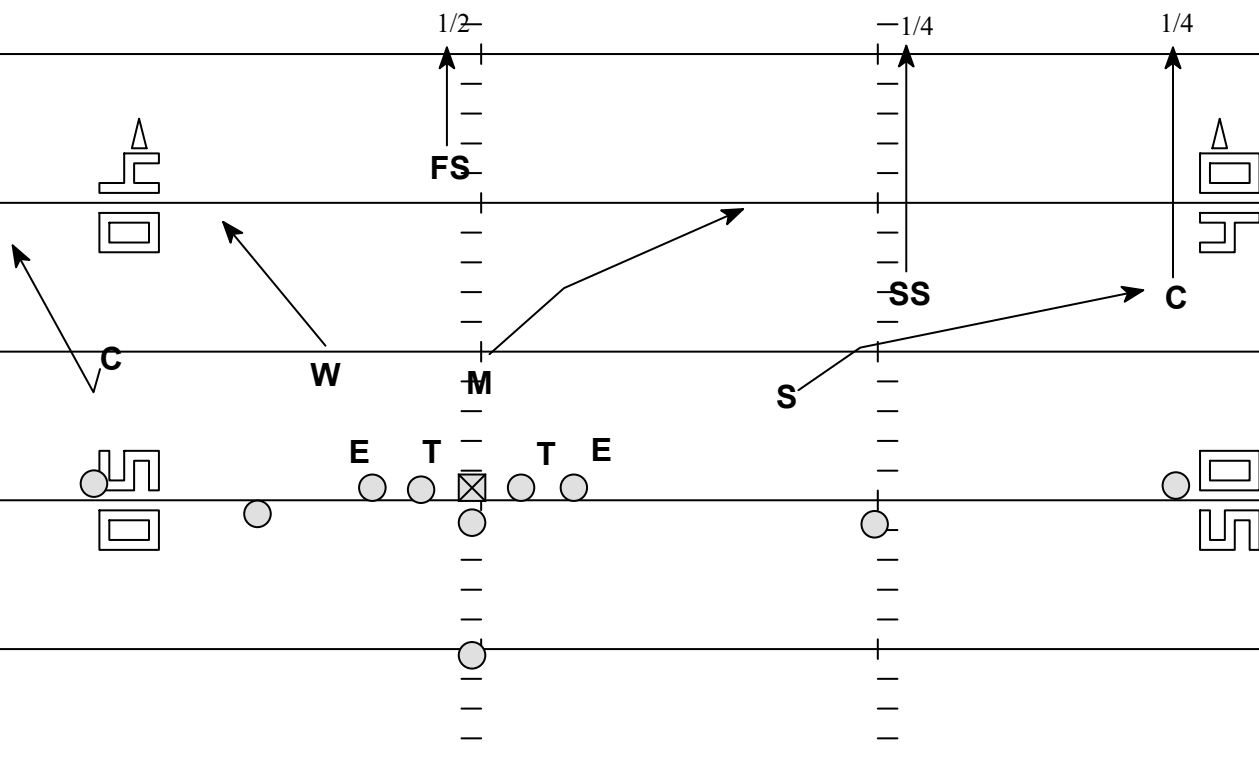
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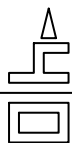
COVER 5



COVER 6

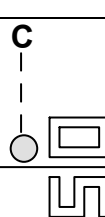
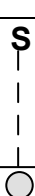
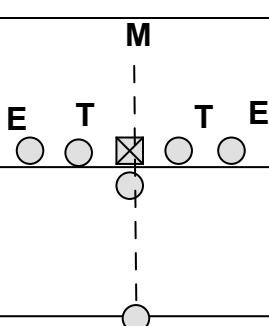
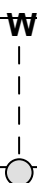
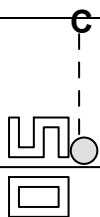


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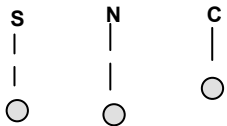
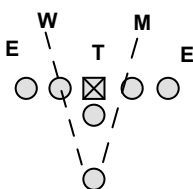
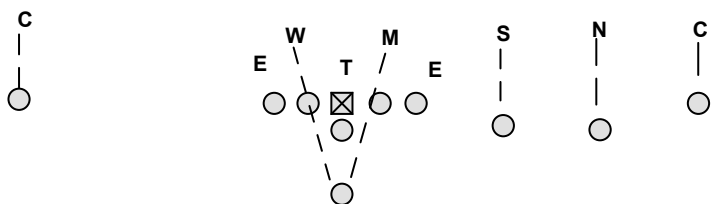
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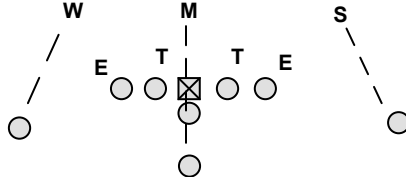
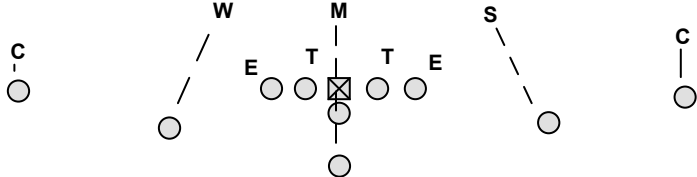
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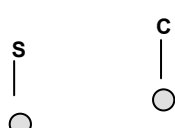
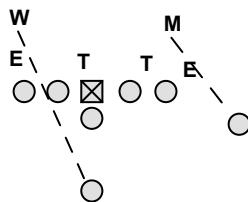
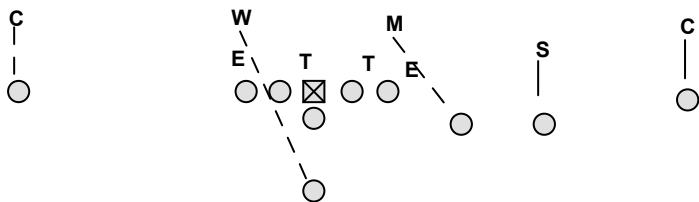
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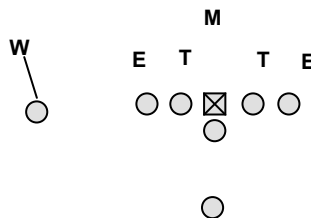
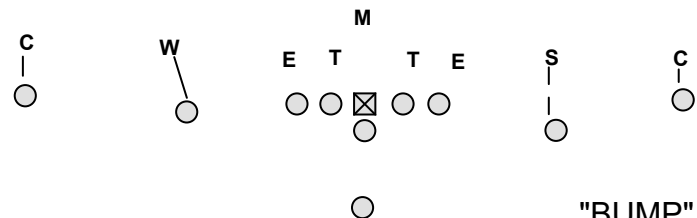
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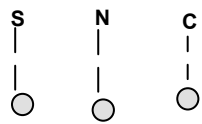
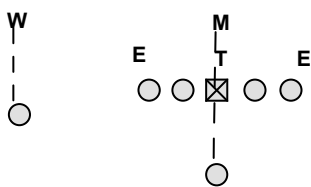
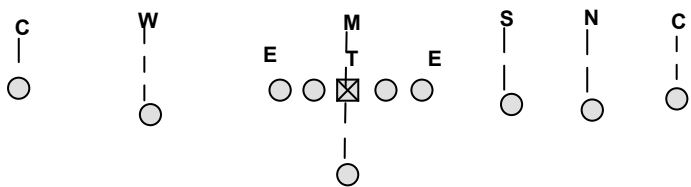
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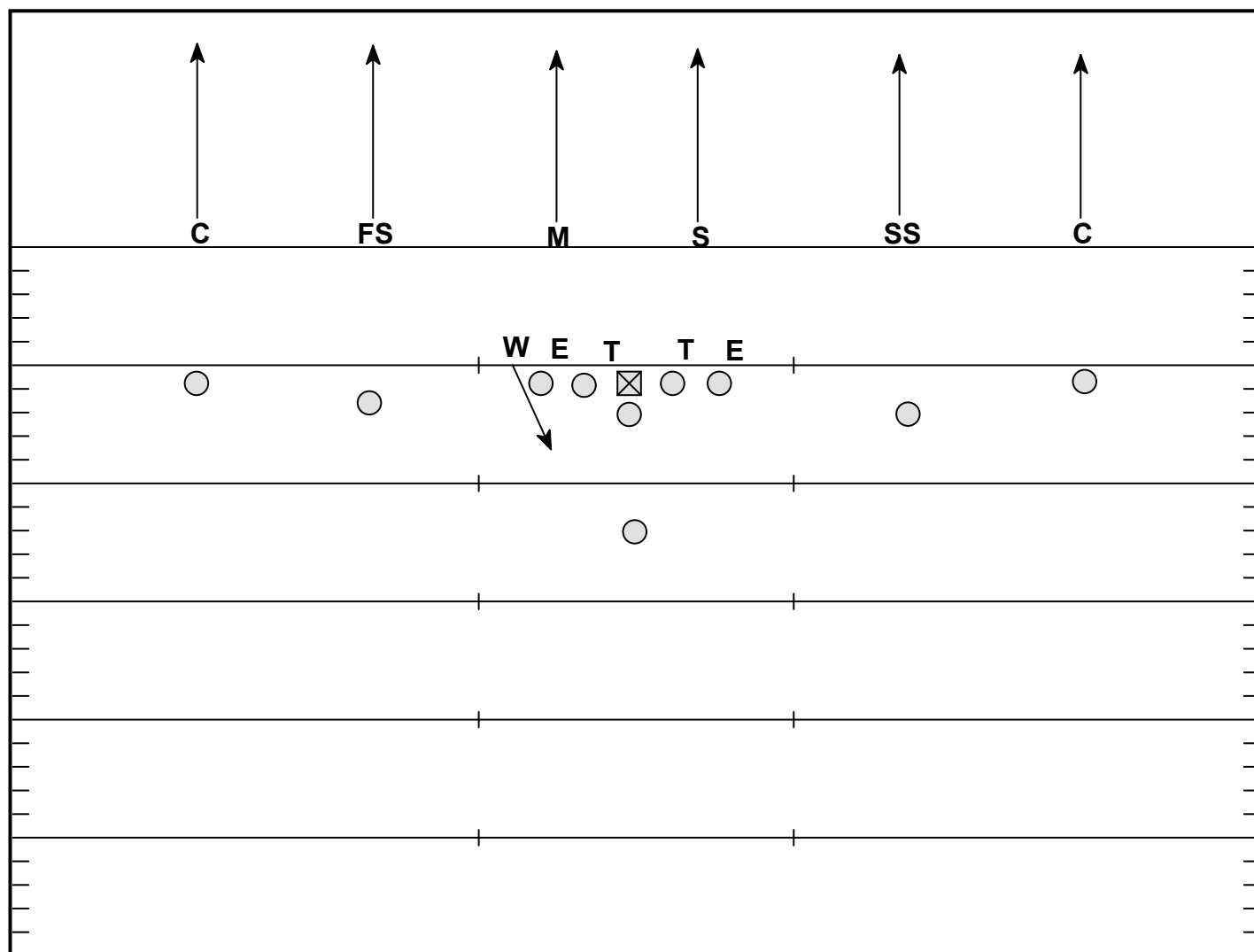
"BUMP"

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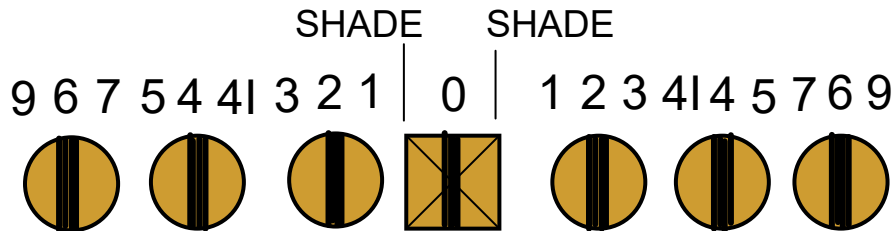


COVER 9



DEFENSIVE TECHNIQUES

"OUR FOREIGN LANGUAGE"



0 - Head-Up on the Center

SHADE - On the outside shoulder of the Center

1 - Inside shoulder of the Guard

2 - Head-Up on the Guard

3 - Outside shoulder of the Guard

4 - Head-Up on the Tackle

4l - Inside shoulder of the Tackle

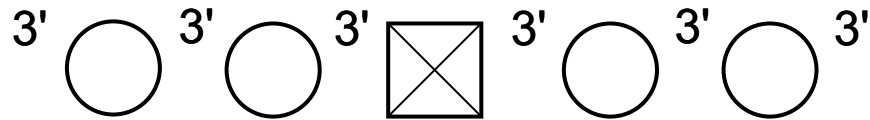
5 - Outside shoulder of the Tackle

6 - Head-Up on the Tight End

7 - Inside shoulder of the Tight End

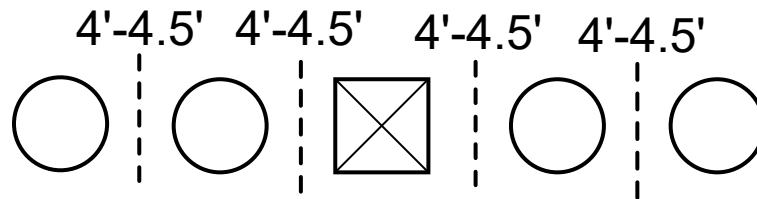
9 - Outside shoulder of the Tight End

LINE SPLITS

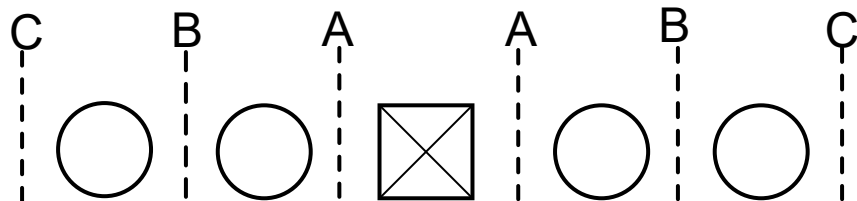


Three feet is our base split. We will make adjustments with the splits of the GUARDS for pulling and trapping. We will also make minor split adjustment (wider or shorter) depending on the play that is called. We will never have less than a one foot split at any time. The only exception may be on a very close short yardage play.

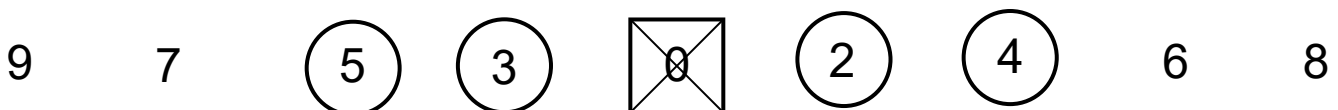
SUPER SPLITS



GAPS



NUMBERING OF HOLES



We number men, not holes

OFFENSIVE LINE TERMS

FRONT - The configuration of defensive linemen & linebackers.

DEFENSIVE END - Outermost defensive linemen, usually aligned over or outside of the offensive tackle.

DEFENSIVE TACKLE - Interior defensive lineman.

LINEBACKER - Dual purpose defensive player, aligned in front, but may be involved in pass coverage.

NOSE/NOSE TACKLE - Defensive linemen aligned on the center

EVEN FRONT - Defensive line alignment with NO man head-up on the center.

ODD FRONT - Defensive line alignment with a man head-up on the center.

GAP - Area between two offensive linemen.

STACK - Defensive lineman on the LOS with a linebacker located behind him.

BUBBLE or VOID - Area directly in front of an uncovered offensive lineman.

HEAD UP - Defender lined up directly in front of an offensive lineman on the LOS.

MAN OVER - Defender lined up directly in front of an offensive lineman, but not on the LOS.

FORCE - Defensive player responsible for contain.

INFLUENCE - Maneuver of offensive lineman to induce a wrong move by a defensive player.

REACH BLOCK - Offensive lineman trying to achieve playside leverage on a man aligned to his playside.

LOG - Pulling offensive lineman crosses defender's face and achieves outside leverage.

TRAP - Pulling offensive lineman crosses behind the center and blocks defender with inside leverage.

B.O.B - Man-On-Man blocking assignments.

WIPE - Offensive lineman pulling for linebacker.

WEDGE - Two or more offensive linemen covering to an apex.

PEEL - Downfield blocking assignment. Look for pursuit from the inside.

STUNT - Defensive linemen crossing, angling, slanting or looping.

ET - Defensive stunt - End first, Tackle looping behind.

TE - Defensive stunt - Tackle first, End looping behind.

TT - Defensive stunt between tackles. Will be designated strong or weak.

ZOMBIE - Audible to zone run blocking technique

OFFENSIVE LINE TERMS

NT - Odd man defensive stunt between the nose tackle and tackle. Will be designated strong or weak.

SCREEN - Pass thrown behind the LOS to allow offensive linemen to block downfield.

MDM - Most Dangerous Man

LOS - Line of Scrimmage

ZERO - Meaningless call - used to confuse defenders

EMOL - End man on Line-of-Scrimmage

MIKE - Middle Linebacker

SAM - Strong side Linebacker

WILL - Weak side Linebacker

BIG - Pass Protection call - Big-on-Big responsibility

DOGS - Any second level defender that rushes while in the box.

ALERT - Is a call that alerts everyone that there are more people in the box than we can pass protect.

BLITZ - Any defender that rushes outside the box. (Perimeter)

DANGER - Is a blitz alert call from the outside skill players that there is an outside defender that is creeping up to blitz from the outside.

CUT - Driving shoulder-body block through the thigh of the opponent to cut his feet from underneath him.

CUT-OFF - The position and sealing off a defensive player between you and the ball.

BOX - The area in which 1st & 2nd level defenders line up across the offensive front.

CROSSER - Is any defender that crosses the face of any offensive linemen on a stunt.

TAIL/LEAD - Blocking technique is between a guard and tackle on zone running plays.

YOU - Is a call telling one offensive lineman to replace another to pull on a specific play depending on the defensive front.

ME - Is a call telling one offensive lineman that he is going to pull on a specific play.

SEATTLE - Single LB lined up over the center - (Center Line Call)

DETROIT - Two LB's lined up over the guards - (Center Line Call)

AX - Call for the Offensive Line to cut in pass protection (500, 700 & 800)

SOLID - BST blocks EMOL in Zone Run Game.

OFFENSIVE LINE BLOCKING SCHEME, ADJUSTMENTS & TECHNIQUES

INDIVIDUAL BLOCKS

1. Seal Hinge
2. Hook

COMBINATION BLOCKS - PLAYSIDE

1. Chip (C/G)
2. Uno (C/G)
3. Dos (G/T)
4. Stack (T/G)

COMBINATION BLOCKS - BACKSIDE

1. Scoop (C/G)
2. Slip (G/T)
3. Help (C/G)

FOLD BLOCKS

1. Charlie (C/G)
2. Gary (G/C)

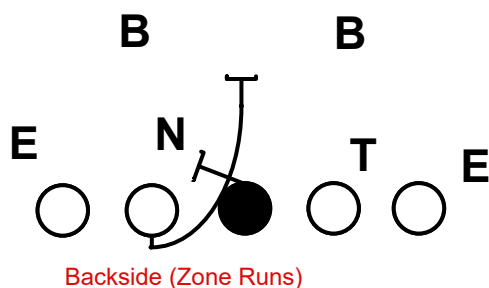
PULLING

1. "G"
2. "T"
3. Wipe

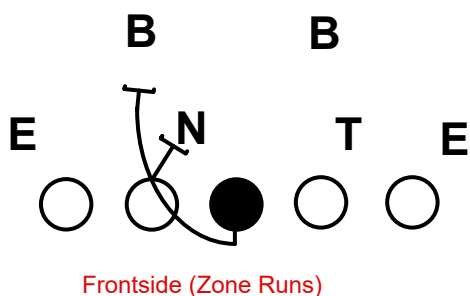
TRAPING

1. Influence

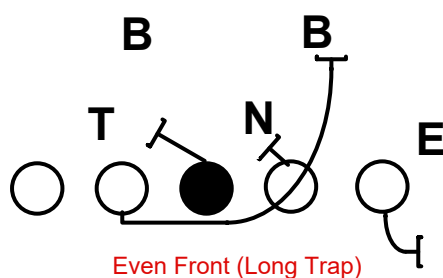
CHARLIE - Is a call where the **Center** blocks down on the "A" Gap defender and the **Guard** pulls around.



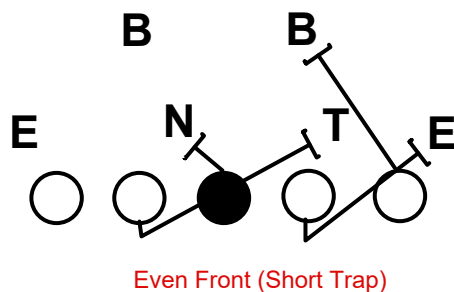
GARY - Is a call where the **Guard** blocks down on the "A" Gap defender and the **Center** pulls around.



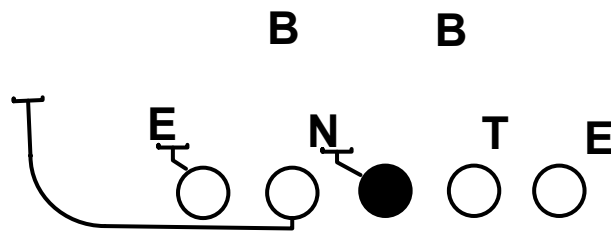
WIPE - Is a call where the **Backside Guard** pulls up to block second level defender on playside.



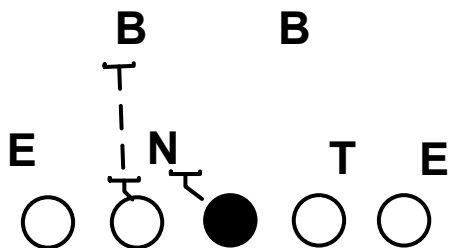
INFLUENCE - Is a technique by the **Playside Guard** to freeze the "B" Gap defender setting him up to be trapped.



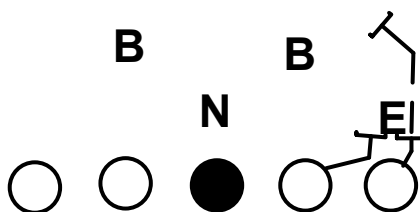
"G" - Is a call where the **Playside Guard** pulls to block perimeter force



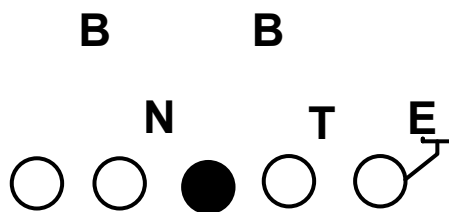
UNO - A call between **Center & Guard** on a combination block to Mike linebacker. On guard is the lead and should step playside foot and press through defender with inside leg through the defender. Aiming point is playside number. Don not turn shoulders and press L.O.S.. Center you become the trail so take a trail step to protect for slant. Square up and work to get inside leg to crotch of down lineman press L.O.S..



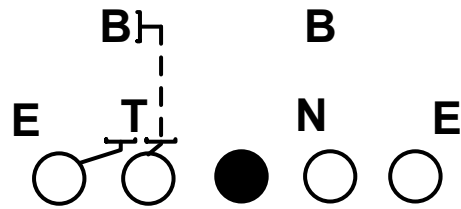
DOS - Same as **UNO** but combination is between **Playside Guard & Tackle**. Uncoverd lineman is the trail and coverd lineman is the lead.



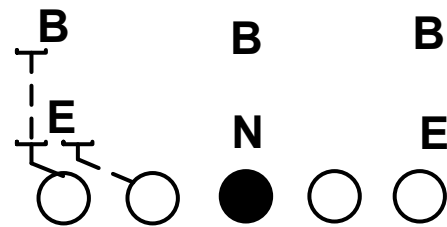
HOOK - A term used to reach a defender on a wider aiming point. Step for outside foot leverage on defender and aim for armpit. Work shoulders square and get inside knee to crotch area. Use steer technique to control defender.



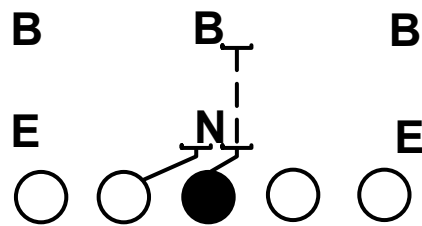
SLIP - Is a combination used on a play that can hit between the tackles. Guard takes a playside zone step but works inside leg through defender pressing level one to linebacker. Tackle becomes the working for outside leg to crotch of defender.



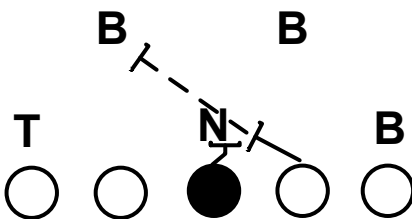
STACK - Is a combination used on a play that can hit between the tackles. Tackle takes a playside zone step but works inside leg through defender pressing level one to linebacker. Guard becomes the trail man working for outside leg to crotch of defender.



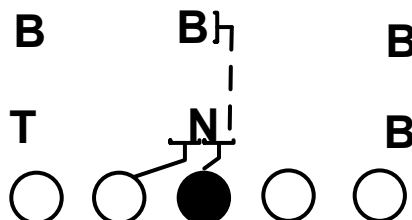
HELP - A call made by **Center** to tell **Backside Guard** he has to get off frontside (Stack Linebacker). Center steps near foot and press off down lineman to level two defender. Backside Guard deep trail and fit inside number with outside to crotch of nose.



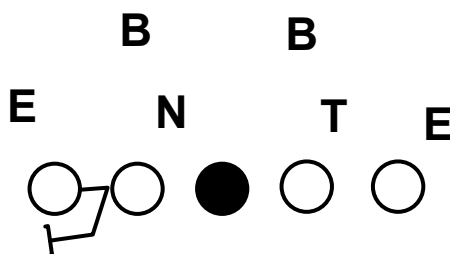
CHIP - Combination scheme between **Playside Guard & Center** to seal backside linebacker. Playside Guard should step with inside foot upfield posting with inside hand on noes, and press through with inside leg through level one area. Center should use base reach.



SCOOP - Is a combination used on a play that can hit between the tackles. Center takes a playside zone step but works inside leg through defender pressing level one to linebacker. Guard becomes the working for outside leg to crotch of defender.



SEAL HINGE - Is a technique used by the **Backside Tackle**. Take step down with inside leg first, then plant and hinge with your backside in the hole. It is important to squeeze down so there is no "A" Gap penetration.



PASS BLOCKING PHILOSOPHY

Block the first six defenders to show leaving the 7th rusher free... We will start with **Man Blocking Principles** (Rule) which protects for the Quarterback moving to his launch point. We will use a numbering system utilizing an inside-out design. We prefer to block our big people on their big people. All uncovered blocker can get off quickly to the backside if the defense brings outside the tackle rushers.

The emphasis is an aggressive on the line "Stiff" or stalemate by the frontside a "Step and Spill" by the backside.

We will always protect to the onside gap in head and shoulder relationship to the defender we are assigned.

The closer we are to the launch point "around the playside B gap area" the more that we step to the position ourselves on the defenders playside middle. The farther we are from the launch point, the more we step to the position ourselves on the defenders playside number. When we obtain this necessary positioning, we will refer to this as gaining leverage.

We would like our backside tackle to establish an inside-out, foot to crotch relationship to the defender....

If your defender is aligned slightly to your backside, you can set directly to his playside number. Obviously the closer you are to the launch point, the more playside leverage point is desired.

For the frontside tackle with a wide aligned rusher we prefer a head-up relationship.

We want to establish playside leverage on each rusher. If 2 adjacent blockers are stepping towards a rusher, the blocker who has leverage will take over and the other blocker is free to be the **Free Man Out** and protect immediately to the backside. We do not want a two on one blocking combination until our free man out checked the backside #7.

You will only pass off your man only when you feel the bump of your adjacent blocker and the second rusher crosses your face. We have established a cross your face rule: If an angling or slanting defender passes your face you must lock on, for he is your block when you have established leverage.

DEFENSIVE NUMBERING SYSTEM

General Rules:

1. Number begins and proceeds out.
2. All defenders aligned over the Center is #0
3. In all stack alignments we will count the down defender 1st and the stacked Linebacker as the #2 man.

BLOCKING RULES

We are blocking man on man when ever possible. As mentioned, we count from the inside-out in an attempt to block our big men on their big men. Our Superback always accommodates the call given up front and adjusts accordingly... It is imperative that any uncovered blocker protect to the backside after checking initial responsibility. The Superback will scan frontside to backside when his responsibility does not rush based on his indicator.

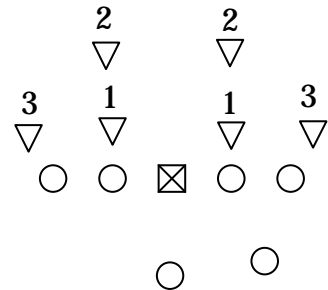
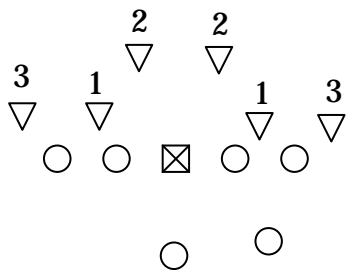
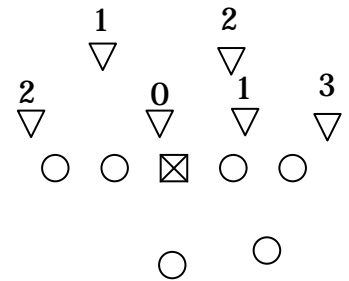
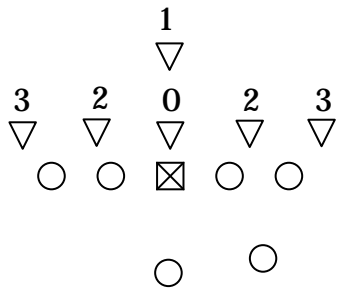
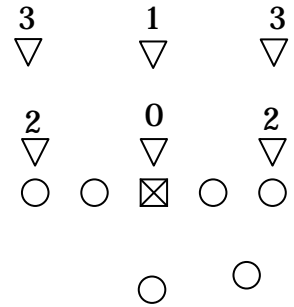
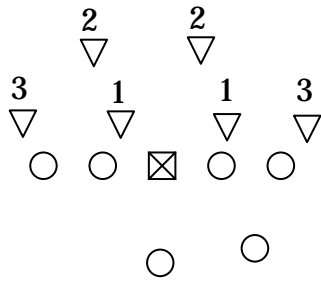
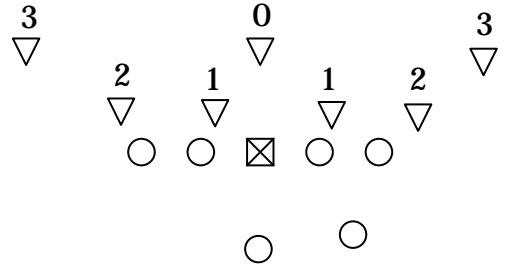
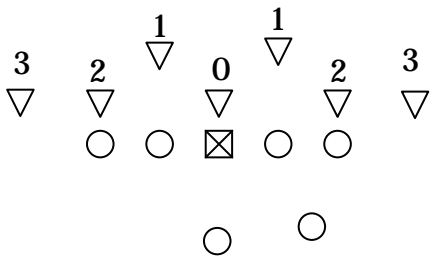
Center Block	#0
Frontside Guard Block	#1
Frontside Tackle Block	#2
Superback Block	#3

Backside Guard Block	#1
Backside Tackle Block	#2

Always block your responsibility unless:

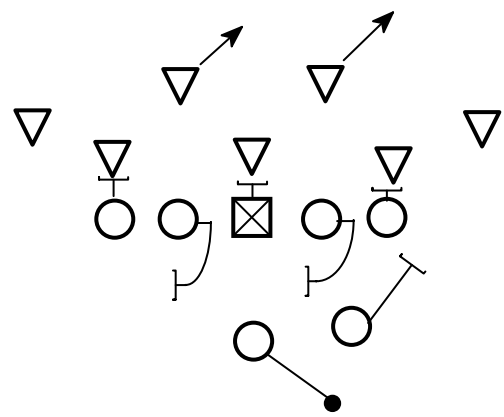
1. You receive another blocking call by the Center
2. **Cross your face rule** (an angling, slanting or dogging adjacent defender crosses your face).

NUMBERING EXAMPLES

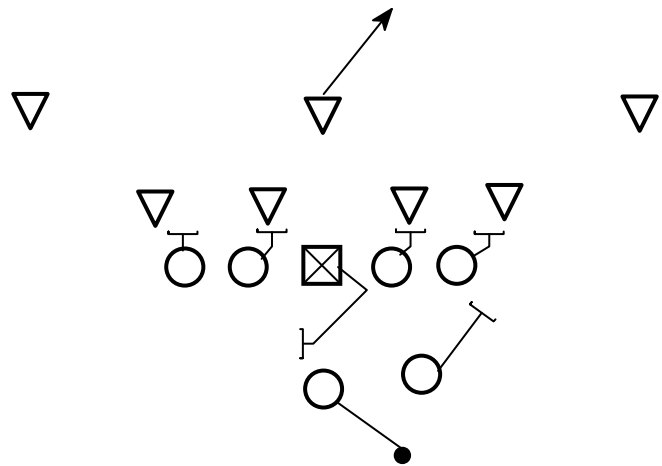


FREE MAN OUT (FMO):

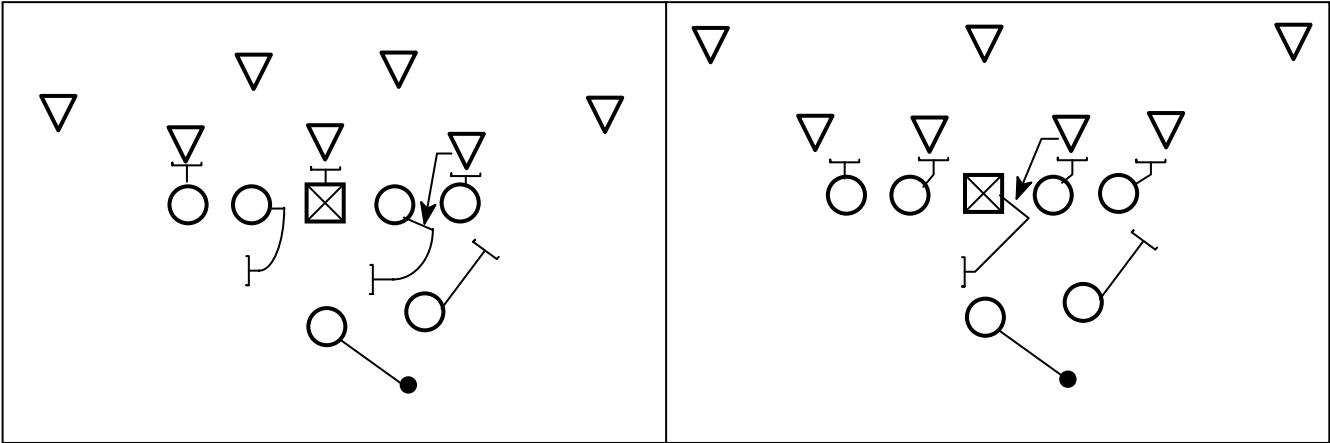
Vs. 3-2/3-4 defense the guards have the greatest potential to be free man out to the backside if their primary responsibility (#1) does not rush and the adjacent defender to the playside does not angle across your face. The FSG sinks to a depth of 12" behind the inside leg of the FST giving the FST **2 Step Assurance**.



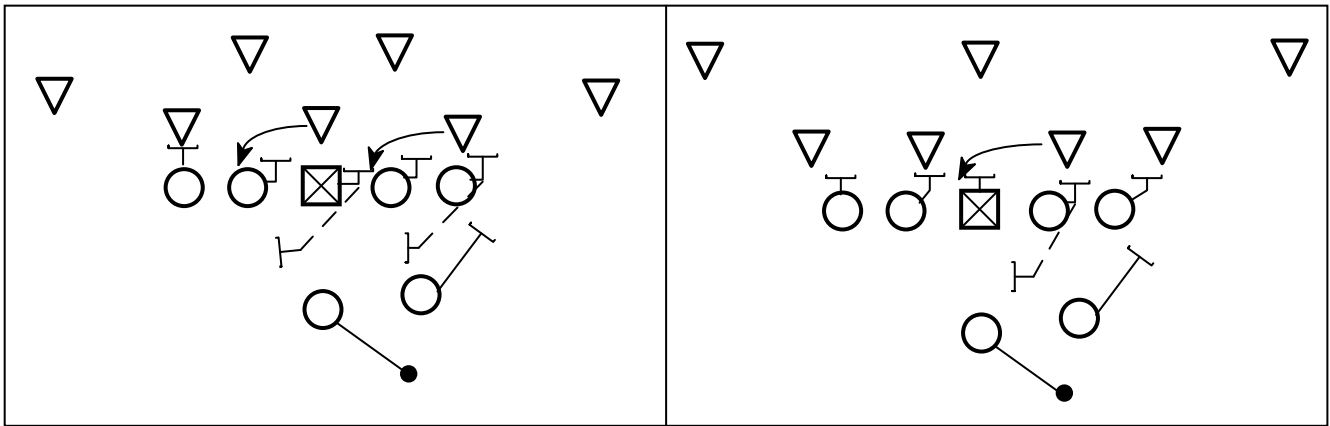
Vs. the 4-1/4-3 defense the center has the greatest potential to be the free man out under the same set of circumstances. The center sinks to a depth of 12" behind the inside leg of the FSG giving the FSG 2 Step Assurance. The uncovered center will make a "Sink" call to alert the guards he has the greatest FMO potential.



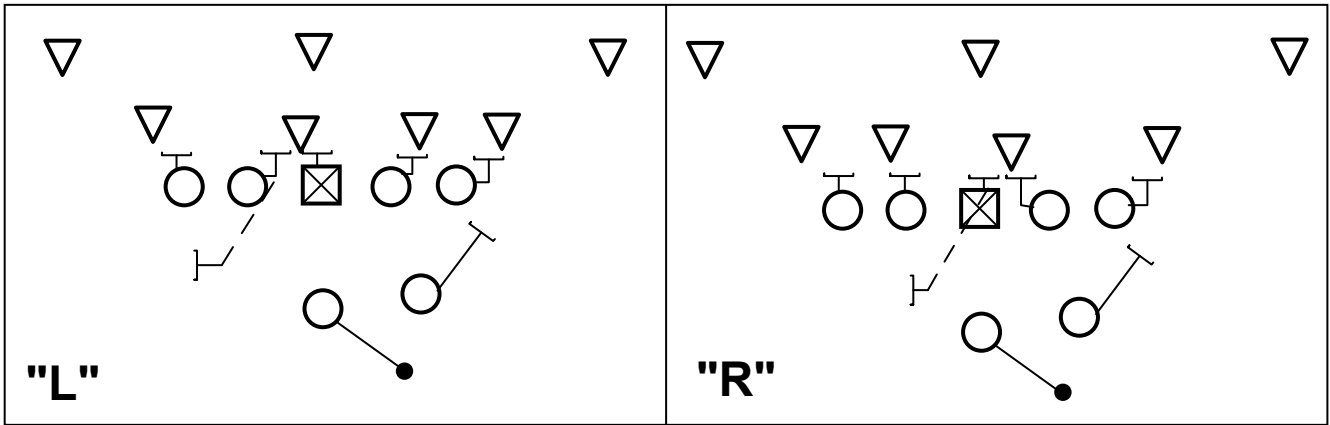
Free man out potential may be limited by a tight angle slant by the adjacent corresponding rusher. Give help to your playside gap always, but remember, **no two on one blocking**. Get off of him and get backside if your adjacent lineman has established leverage on the tight angle slant and your responsibility has not looped across his face.



If the adjacent corresponding rusher does slant across your face and you do establish leverage, then your adjacent blocker becomes the free man out if no other rusher would cross his face.



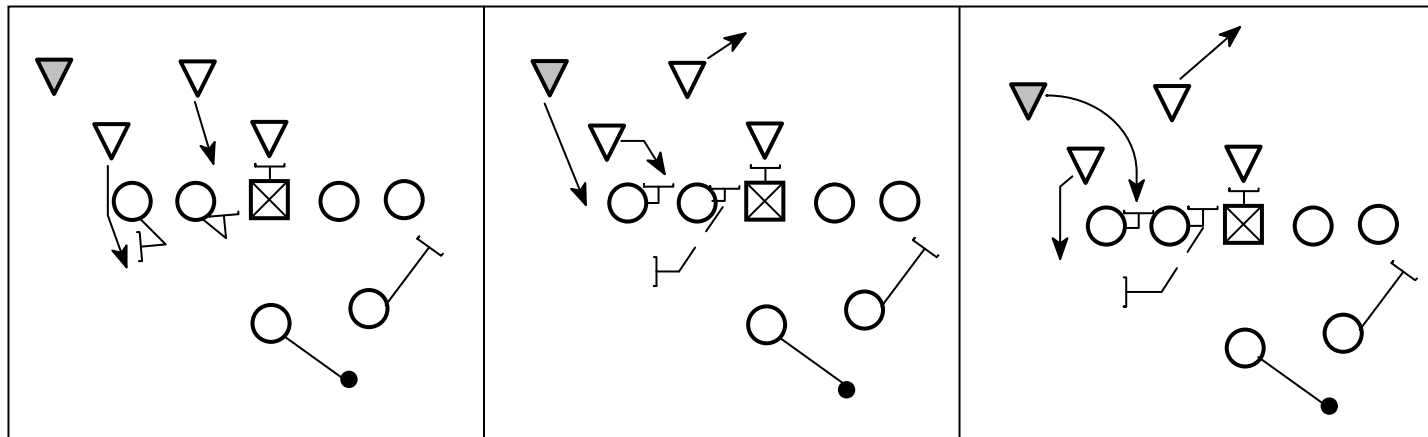
Vs. over/under fronts the center will make an **"L/R" Call** followed by the number of the LB the stack is working to. If the LB does not rush the backside lineman becomes the potential **FMO**. The technique of the backside lineman is to powerstep, punch, and pivot to put his body in the best position to dule read the LB's.



"HIP"/"RAIDER"/"EMPTY"/ Call

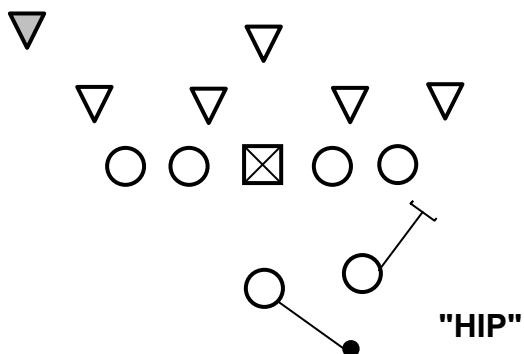
The **Backside Guard** and **Backside Tackle** are assigned to block the 1st two potential rushers that show on the backside. It is always best to sink to your sink point, not toward your responsibility unless he is aligned as an inside technique. We prefer that the **BSG/BST** lose ground and gain direction toward the launch point.

Block the first 2 rushers off the backside. With 3 potential rushers we must block the first 2 rushers who show first and we correspondingly leave the 3rd free if all 3 rush.



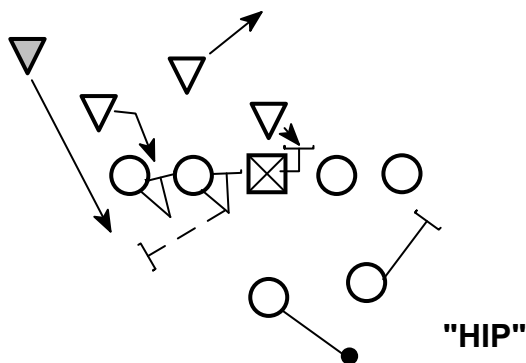
To correctly execute the responsibility, the **Backside Tackle** must make a **"HIP"** or **"RAIDER"** Call based on the alignment of the **LB**.

A **"HIP"** Call is made any time there is only 1 man aligned on the **LOS** head-up to outside alignment of the Backside Tackle.

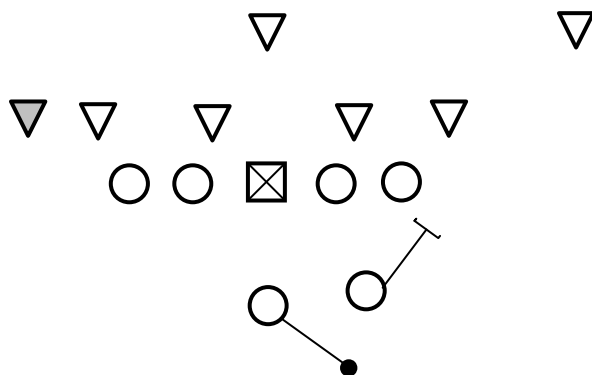


Obviously, the wider a **LB** aligns, the less of a threat he is to dog or blitz from the corner. However, we must always be alert for any unexpected blitz off the backside corner. Essentially **"HIP"** means the threat of the defender coming off the backside is not as great.

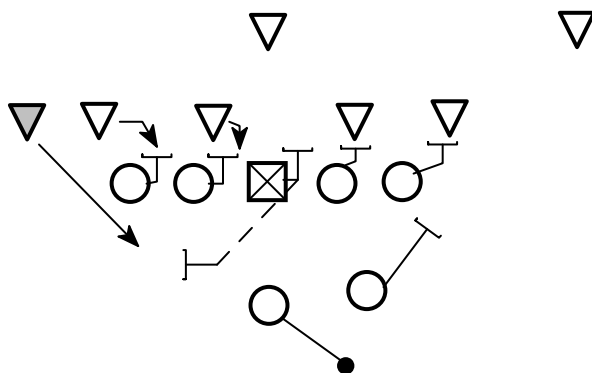
It is important that the Backside Tackle realize the tighter the LB aligns the more of a threat he could be to his playside gap. A deep set is a priority in the case to handle a B Gap potential blitz.... The FMO would obviously pick up the free rusher from the backside.



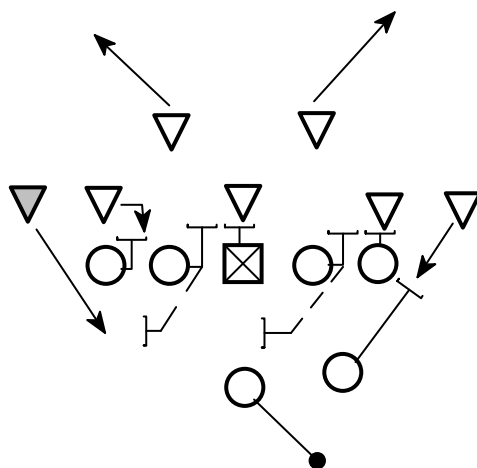
A **"RAIDER" Call** is made when there are 2 men aligned on the **LOS** head up to outside the Backside Tackle.



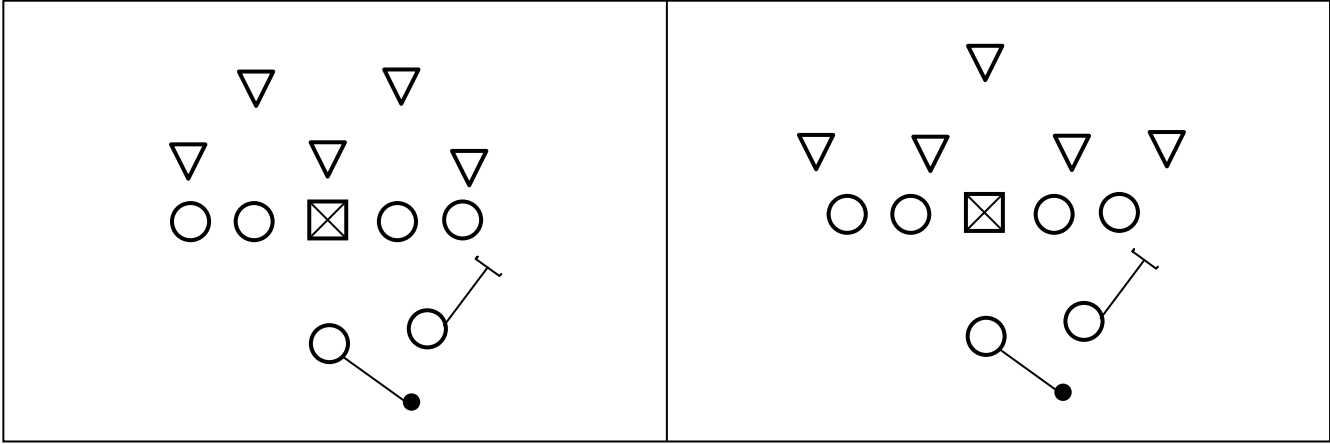
We will assume that the end man on the **LOS** will rush most of the time. Therefore, the **FMO** can pick up the **"RAIDER LB"** off the corner if his primary responsibility does not rush.



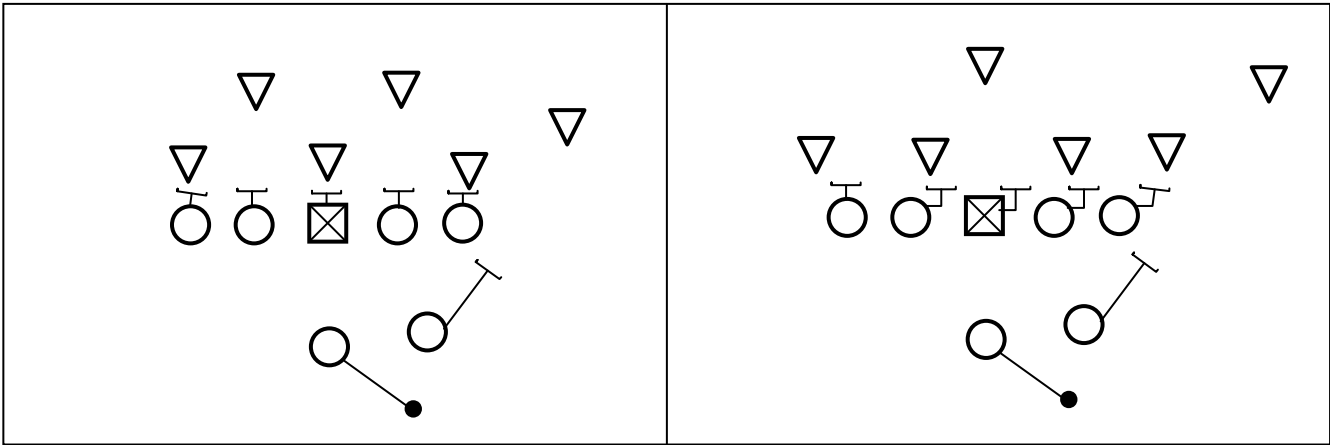
In any event the **"HIP/RAIDER" Call** is an important pre-snap call to alert the playside of the potential rush off the backside. If the defense selects to only bring 5, we can effectively get a free man out to pick up the backside.



An **"EMPTY"** Call is made when there are only 2 potential rushers on the backside.

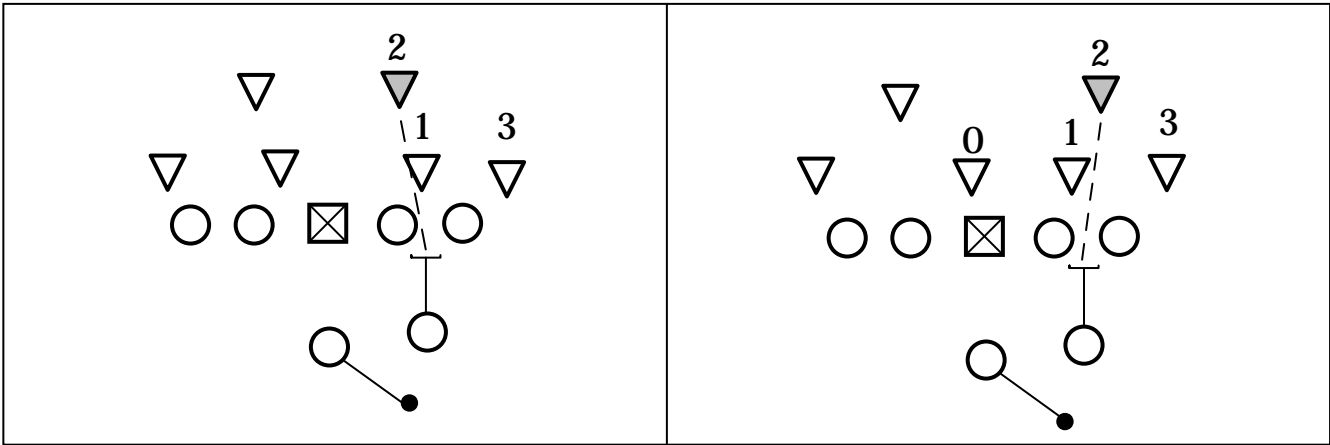


The **BSG** and **BST** are still accountable for the 2 potential rushers if both rush. Since we have 2 blockers to the defenses 2 rushers, the need for a **Free Man Out** is negated. Our Center, FSG, and FST can now stay frontside without the urgency of **Free Man Out** rule in their thinking.



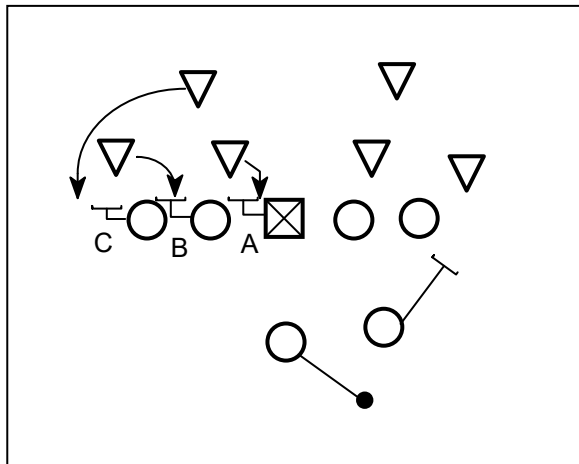
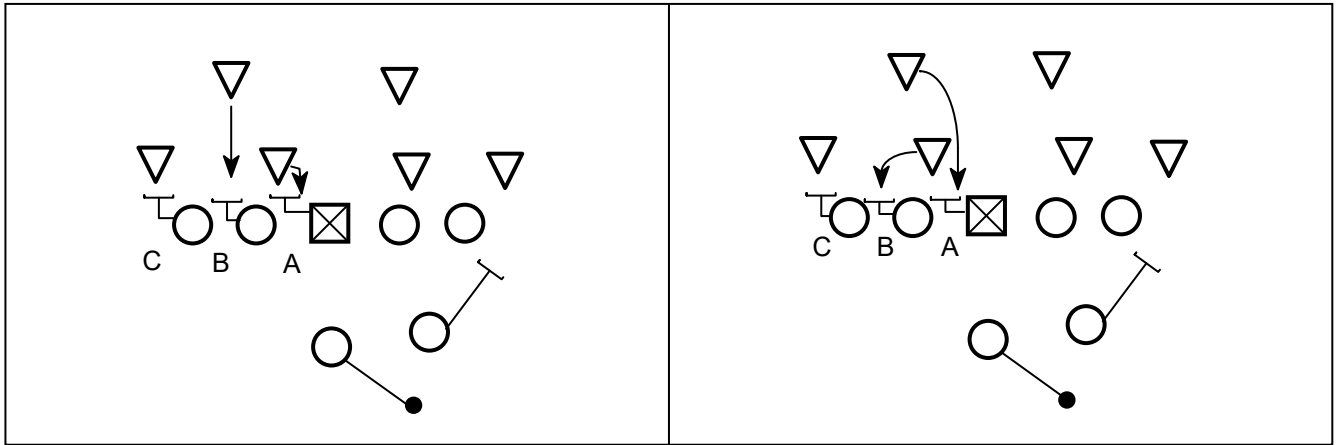
"BASE" CALL

An onside or playside call whenever the **Frontside Guard** covered with only 3 potential rushers strong. The **FSG** still has **#1**, but the **Superback** will now be responsible for **#2**. Obviously the **FST** blocks **#3**. **Center** still has **#0**, if no **#0** "Snake" to the backside or become the **FMO**.

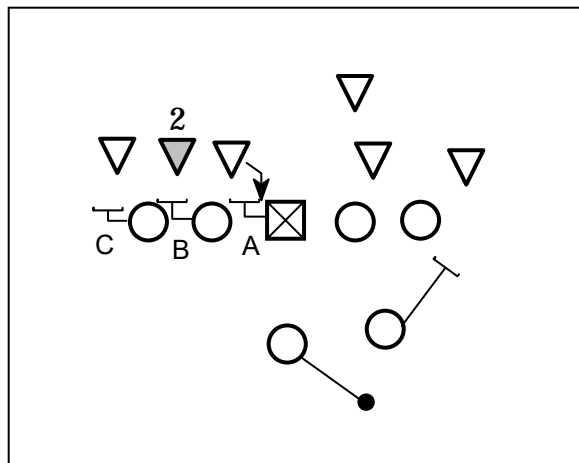


"SNAKE" CALL

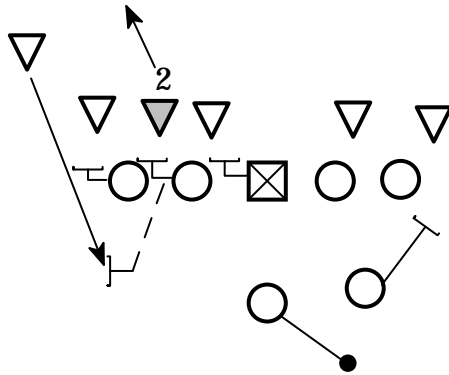
If the defense is an even structure and there is no #0, the Center, BSG, and BST will block a backside gap assignment. This call is made by the Center to the BSG and BST.



If the #2 defender walks up into the **B Gap**, The Center would make the **"SNAKE"** Call. The **Center** and **BSG** must now side to their backside gap and block the stunt as it falls.



The **BSG** becomes the **FMO** if the **#2** does not rush. He can effectively pick up any 4th rusher off the backside. The **"HIP"/"RAIDER" Call** is obviously an important call potential rush off the backside.



The **Center** is accountable for the 1st potential rusher (A Gap) or any defender that crosses his face.

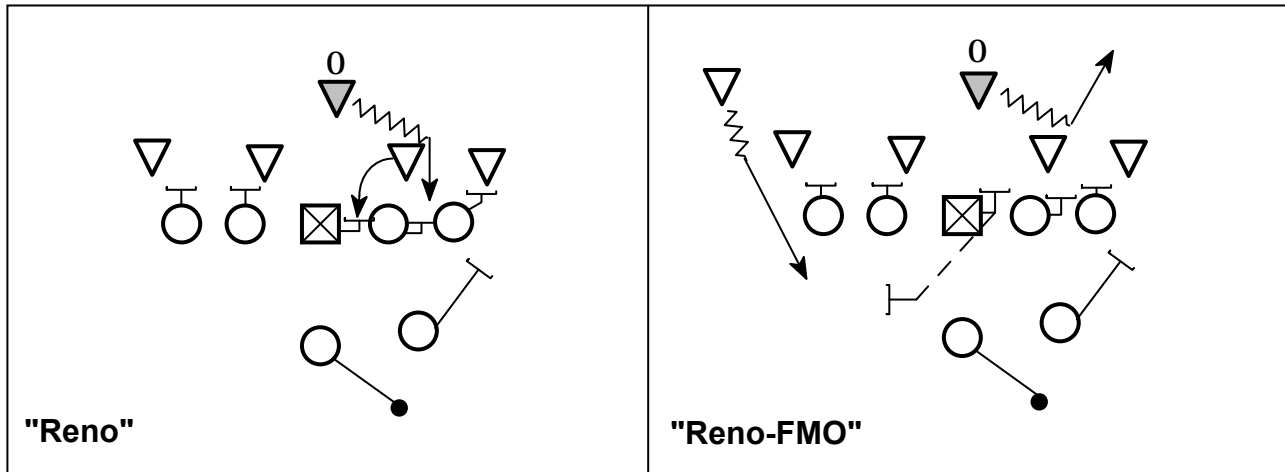
The **BSG** is accountable for the 2nd potential rusher (B Gap) or any rusher that crosses his face.

The **BST** is accountable for the 3rd potential rusher (C Gap) or any rusher that crosses his face.

If the **BSLB #2** rushes, the 3 protectors will block the 3 rushers as they appear.

"RENO"/"LOBO" CALL

When facing a 4 - 1 defense, if the **FSG** is covered and the **#0 LB** is threatening the **FS "B" Gap**, the **Center** will make a **"Reno"/"Lobo" Call**. This is essentially a **2 man slide (Center & Guard)** playside to handle the pressure. If the LB does not rush, the **Center** is always the potential **FMO** depending on the call of the **BST**.

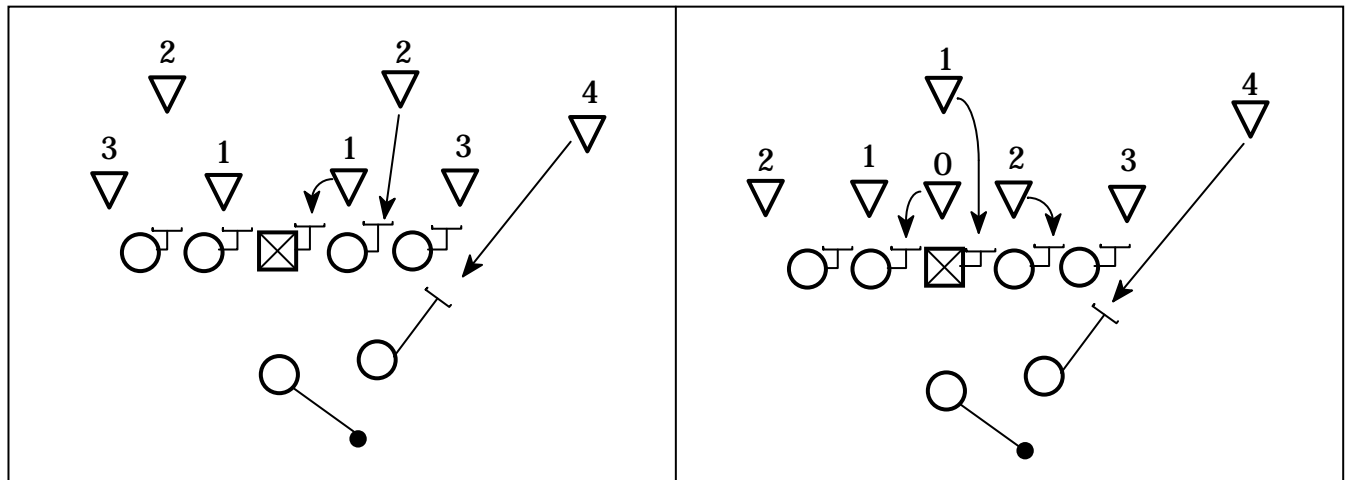


"RAVEN" BLOCKING

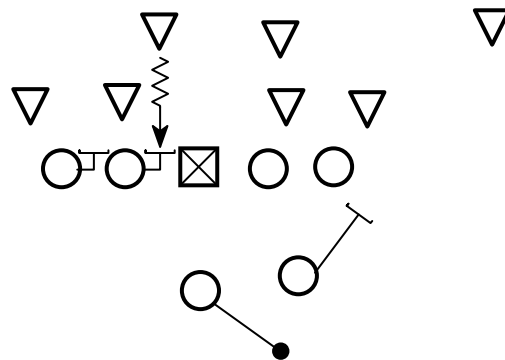
This is a call made to alert all linemen to block to the playside to handle the stunt/blitz of 4 defender overload aligned from head up the center to the playside. A "DOG" look can identify the **"RAVEN"** call possibility.

The playside should **add one** to their rule:

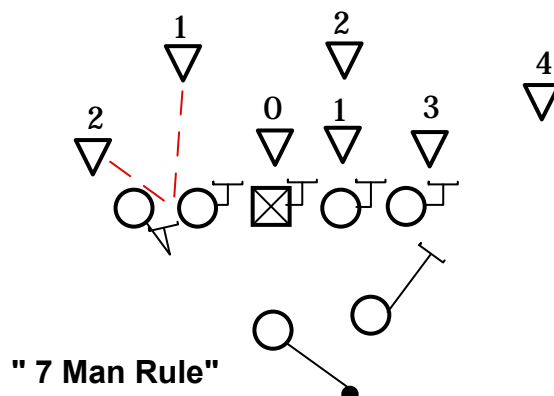
C #1
FSG #2
FST #3
SB #4



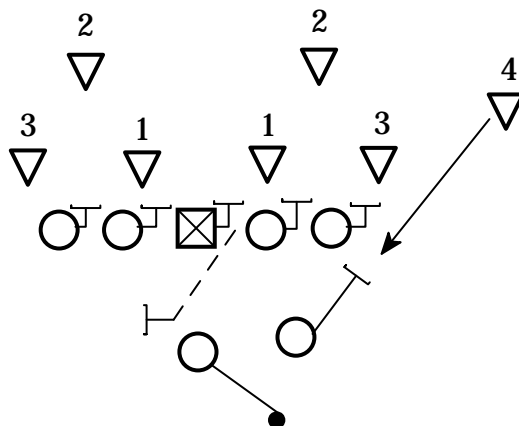
The Backside Tackle should block down on a **"RAVEN"** call if the **BSG** is covered with an **"A" Gap** walk-up.



If the **BST** is left with a **2 on 1 blocking situation**, it is important to sink deep enough to position himself to block the innermost rusher.

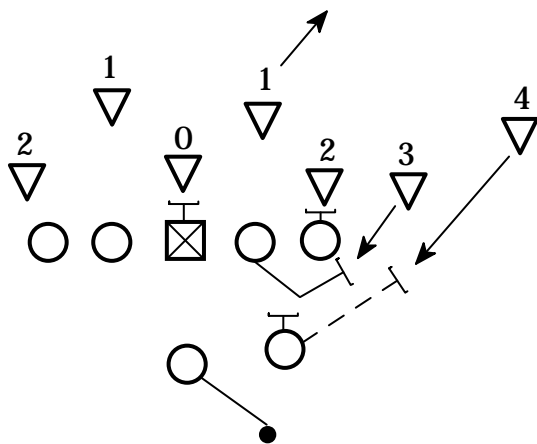


We must still **FMO** should all potential rushers not rush. Whoever does not have playside leverage must be **Free Man Out**.



"FAN" BLOCKING

Our best use of **Fan Blocking** is to the onside vs. the 3-2 odd structure with an OLB walked up along with a #4 blitzing coming off the playside. The **Superback** must make the adjustment by having a double read with checking #1 and block #4 vs. this look if he blitzes. The **FSG** uses the Fan technique to block #3.



PASS PROTECTIONS

ONE-BACK SIX MAN PROTECTION

1. 700
2. 800
3. 700 - Lenny - Gap Protection
4. 800 - Randy - Gap Protection

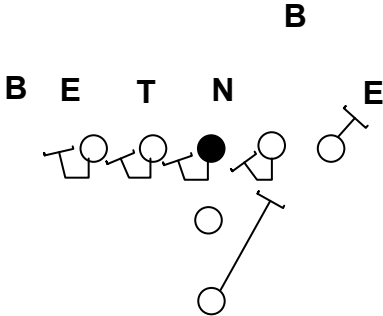
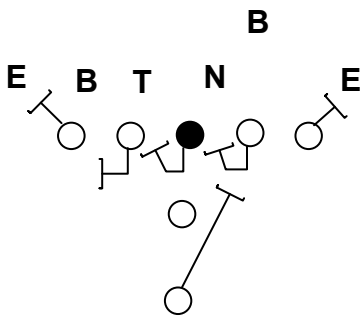
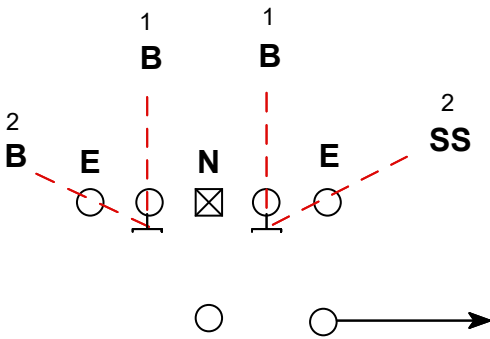
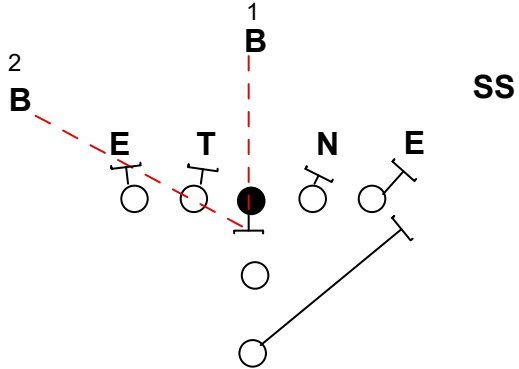
NO-BACK FIVE MAN PROTECTION

1. 500

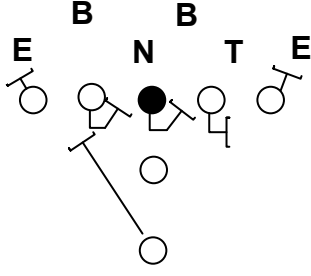
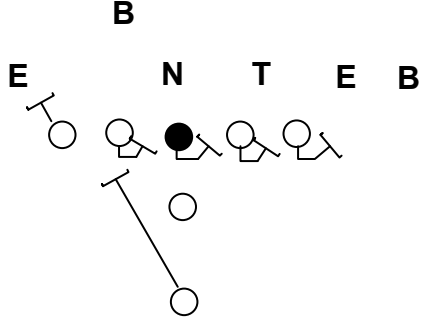
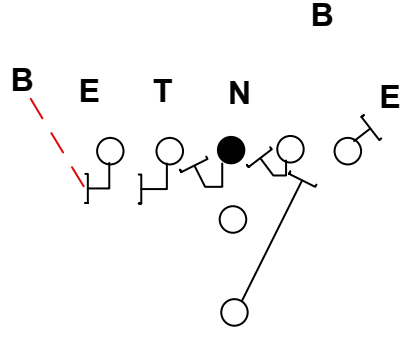
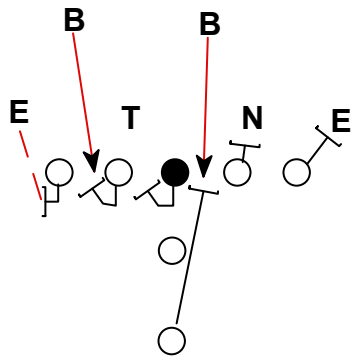
QUICK ONE-BACK SIX MAN PROTECTION

1. 100
2. 200
3. 300 (CUT)

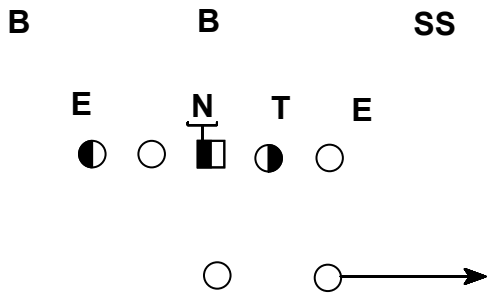
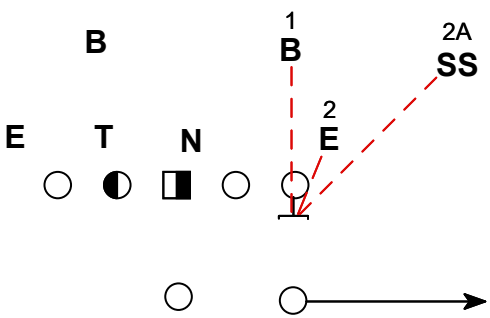
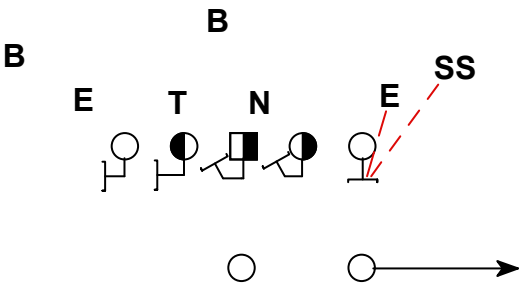
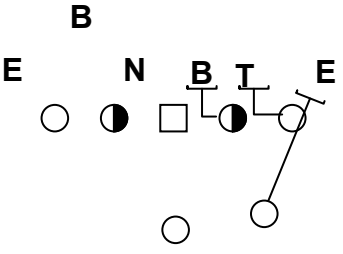
PROTECTION CALLS

	<p>LEO - A call made to slide the line to the defender in the gap to their left.</p> <p>4 Man Slide 800 & 500 Protection</p>
	<p>LEW - A call made to slide the Guards and Center to the defender in the gap to their left.</p> <p>Most commonly used vs.an odd man front with a LB stacked over the Center.</p> <p>3 Man Slide 800 & 500 Protection</p>
	<p>DUEL - A call made to the Guard when covered by a LB to Double Read the inside LB to outside LB.</p> <p>500 Protection</p>
	<p>POP - A call made by the Center when covered by a LB to Double Read the inside LB to the outside LB.</p> <p>700, 800 or 500 Protection</p>

PROTECTION CALLS

	<p>RAY - A call made to slide the Guards and Center to the defender in the gap to their right.</p> <p>Most commonly used vs.an odd man front with a LB stacked over the Center.</p> <p>3 Man Slide 700 & 500 Protection</p>
	<p>ROCCO - A call made to slide the line to the defender in the gap to their right.</p> <p>4 Man Slide 700 & 500 Protection</p>
	<p>OVERHANG - A call made by the Tackle while sliding with a Rocco/Leo call when there are 2 defenders outside his alignment with the adjacent Guard covered by a down lineman.</p> <p>The line is sliding to the WLB.</p> <p>700, 800 or 500 Protection</p>
	<p>DOGS - A call by the Center to the Tackle when a LB dogs with a Rocco-Leo line slide</p> <p>700, 800 or 500 Protection</p>

PROTECTION CALLS

	<p>HOLE - A call made by the Center when he blocks the Nose Tackle by himself.</p> <p>500 Protection</p>
	<p>BIG DUEL - A call made to the inside Tackle when covered by a LB. The Tackle away from Rocco-Leo, Pop, Ray-Lew calls will always Big Duel when covered by a LB. Tackle will set straight back to block LB to outside rusher.</p> <p>500 Protection</p>
	<p>MDM - The Tackle away from Rocco-Leo, Pop Ray-Lew calls will always block inside-out. Tackle will set straight back to block the most dangerous man.</p> <p>500 Protection</p>
	<p>SQUEEZE - When the Playside Linebacker lines up in the playside "A" Gap in a blitzing position, the Playside Tackle can make a "Squeeze Call". This means that the Playside Guard will block the "A" Gap defender, the Playside Tackle will come down and block the "B" Gap defender and the Superback will block the EMOL.</p> <p>700 or 800 Protection</p>

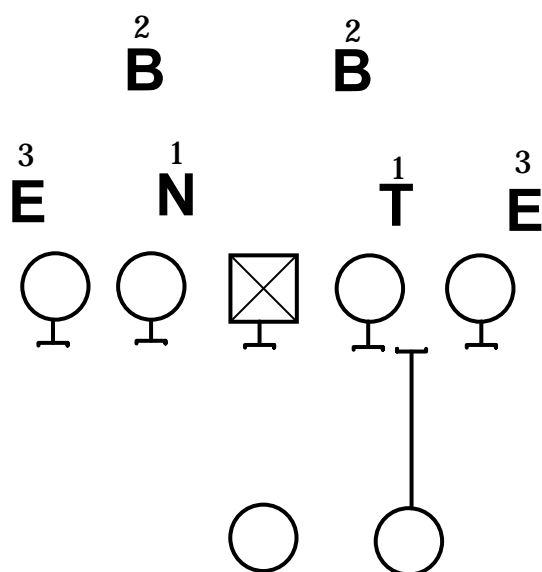
700/ 800

Base 6 Man Pass Protection

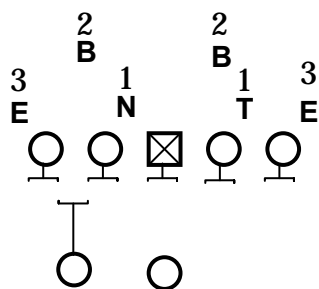
Playside Assignments	Position	Backside Assignments
	Center	Even - Check "o" or "2" LB base on front, Possible EMO. Even - block "A" gap "SNAKE Call" Odd- Man on "0" Odd Stack - Block "0" or Backside "A" Gap in Slide Protection.
Even - man on Odd - Check "LB" Possible EMO Odd Stack - "A" Gap in Slide Protection Quick Set Firm	Guard	Even - Man On Odd - Check "LB" Possible EMO Odd Stack - Block "B" Gap "SNAKE CALL" or Slide Protection
Even - man on, man outside Odd - man on Stack - man on, man outside Set Firm	Tackle	Even - man on, man outside "C" gap Odd - man on Stack - man on, man outside Odd Stack - man on, man outside "C" gap
Block Playside LB based on number	Superback	

POSSIBLE CALLS: Automatic **"BASE" Call** to the frontside unless otherwise changed.
 Lew/Ray
 Leo/Rocco
 Lenny/Randy (Slide Protection)
 AX (Cut)

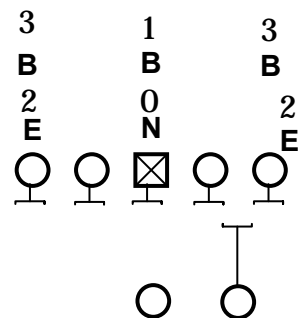
700/800 Pass Protection



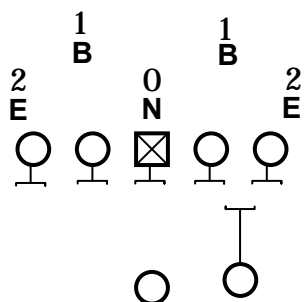
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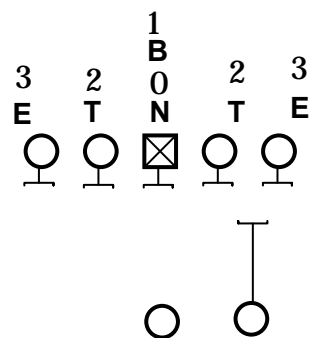
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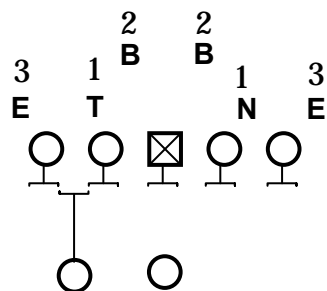
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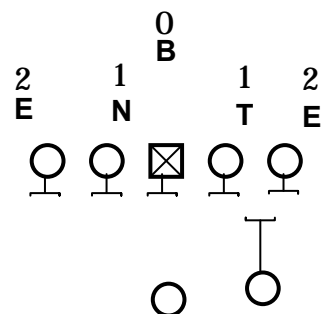
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S42



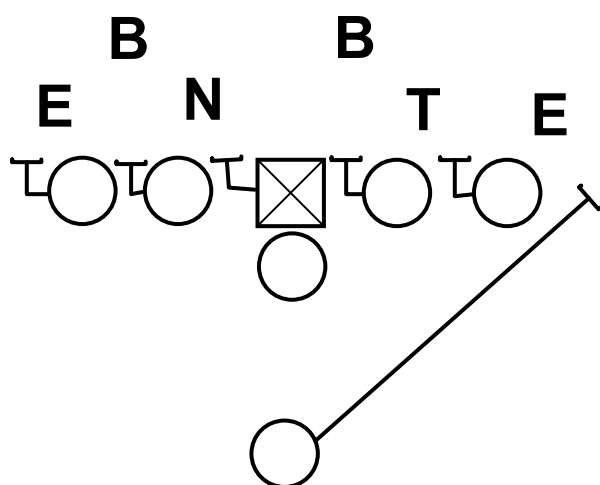
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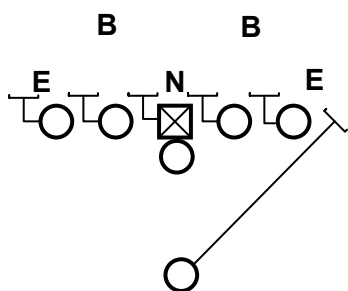
700/800 (Lenny/Randy) 6 Man GapPass Protection		
Playside Assignments	Position	Backside Assignments
	Center	Backside "A" gap Cut block HIGH -Stay up
Playside "A" gap Cut block HIGH -Stay up	Guard	Backside "B" gap Cut block HIGH - Stay up
Playside "B" gap Cut block HIGH - Stay up	Tackle	Backside "C" gap Cut block HIGH - Stay up
Block first man outside tackle's block	Superback	

POSSIBLE CALLS: **Is a 5 Man Slide Protection**

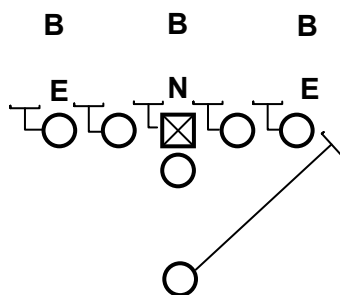
700/800 (Lenny/Randy) Gap Pass Protection



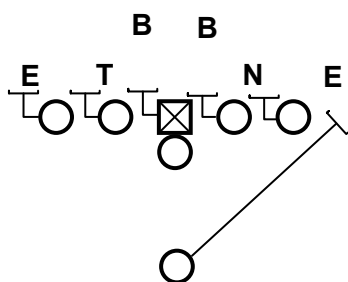
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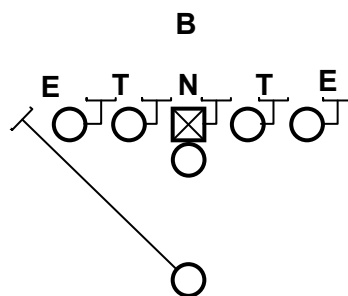
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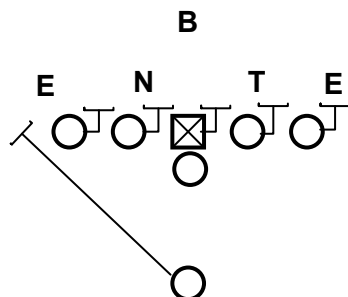
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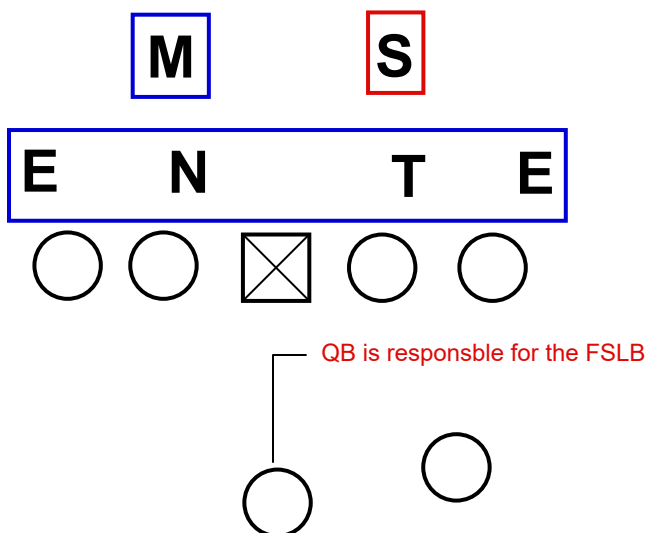
500 Pass Protection - 5 MAN PROTECTION

EVEN FRONT 6 MAN: O-Line is responsible for the 4 down linemen and the MIKE LB.

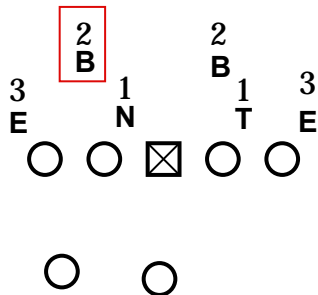
ODD FRONT 6 MAN: O-Line will block the front based on what calls are made.

5 MAN BOX: O-Line is responsible for the men in the box.

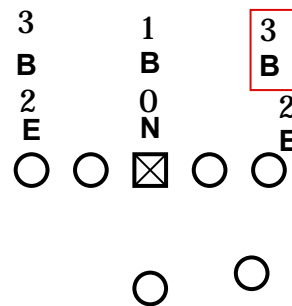
An 'AX' Call is given for the O-Line to cut up front



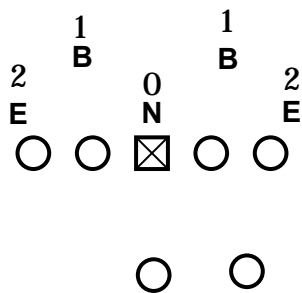
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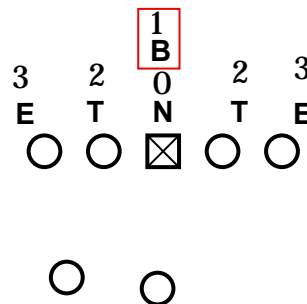
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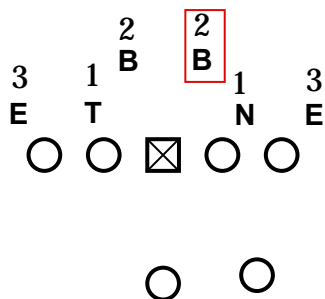
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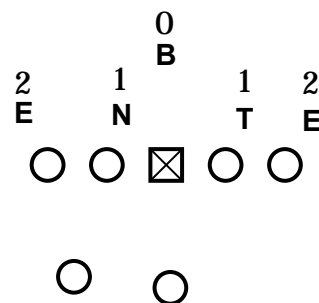
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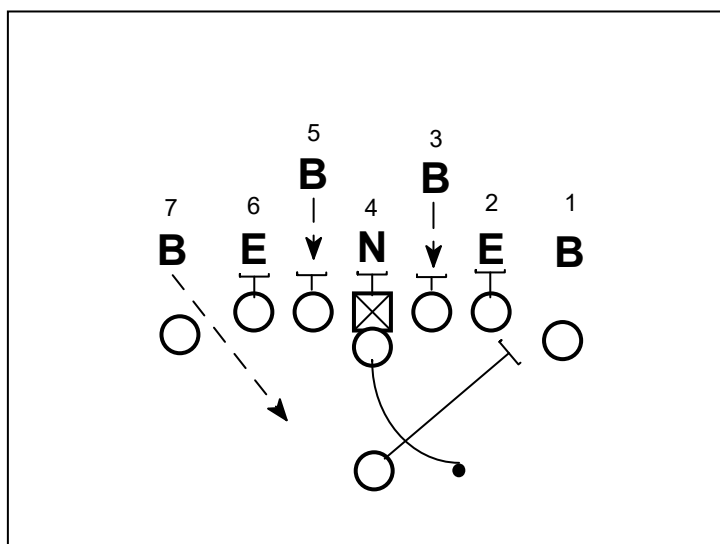
100, 200 and 300 Pass Protection

100, 200 and 300 Pass Protections are aggressive protections used with 50's Quick Passing Game.

100/200 Pass Protection: Offensive Linemen are quick setting at the line of scrimmage that would resemble run blocking technique. Linemen are Big on Big if covered by a defender. Protection base rules are 700/800 Pass Protection

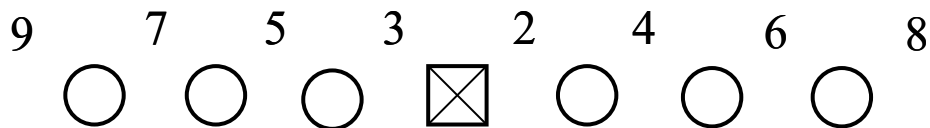
300 Pass Protection: Is an aggressive "CUT" Block Pass Protection to slow down the defensive pass rush as well as doging LB's in the box. Linemen will cut the defender covering them and the Superback will cut his blocking assignment if that LB dogs in the box.

THE 7th MAN RULE



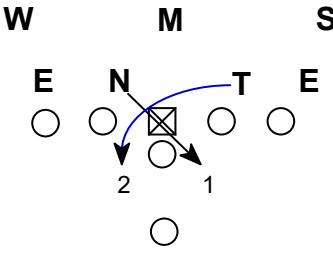
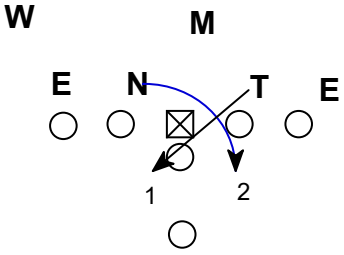
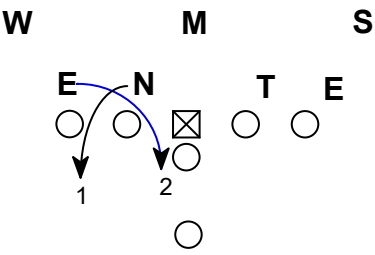
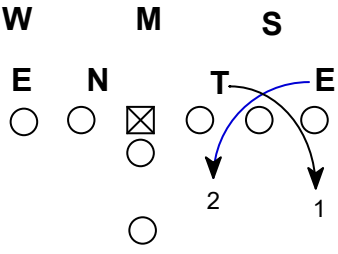
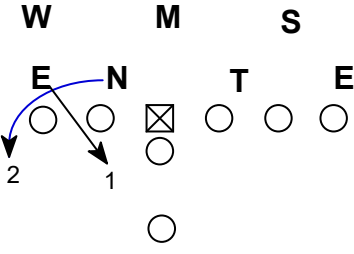
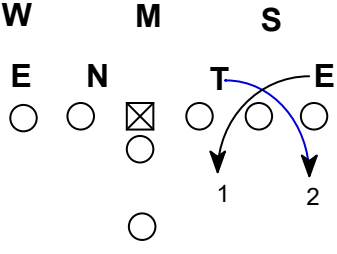
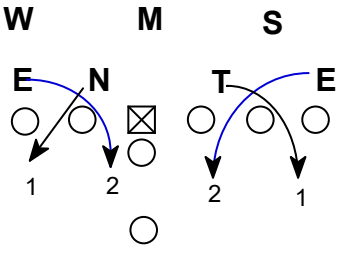
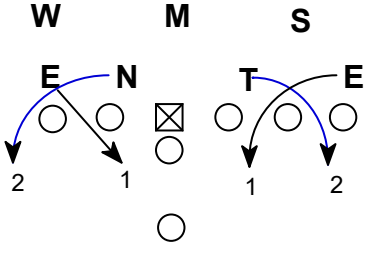
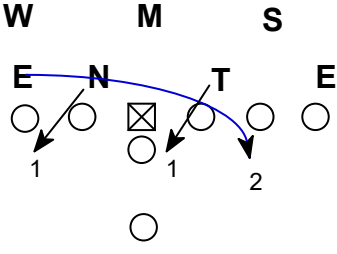
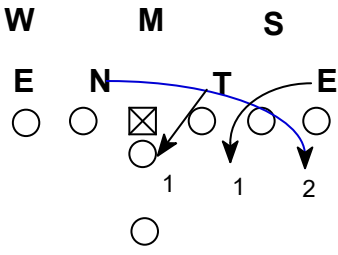
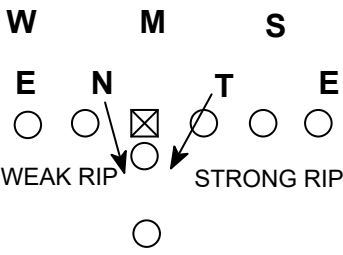
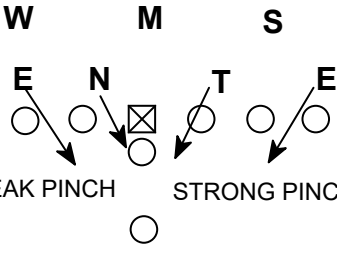
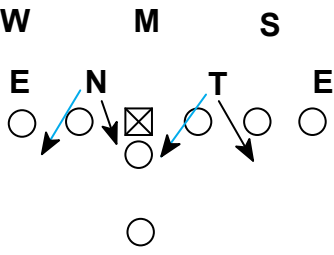
When there is a potential for pressure, we will block to the gap direction of the play and let the 7th man go free. Because of the role of the Quarterback, the 7th man should not make the play.

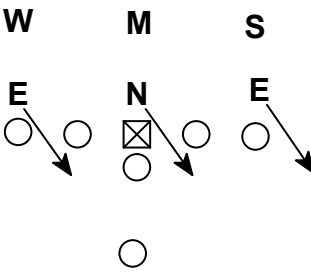
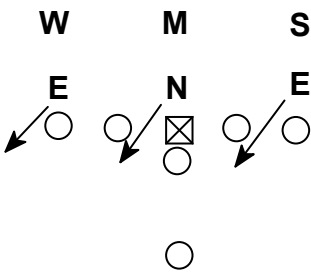
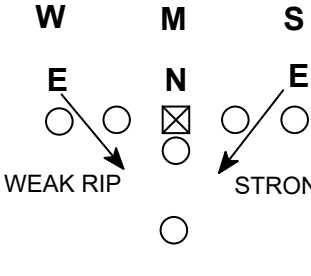
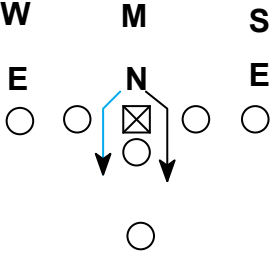
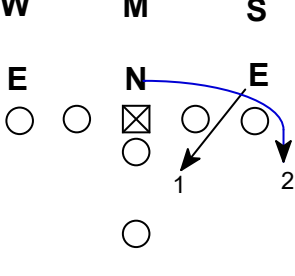
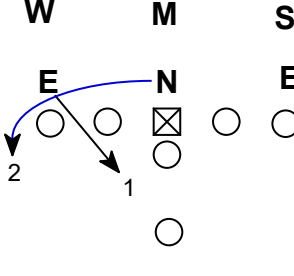
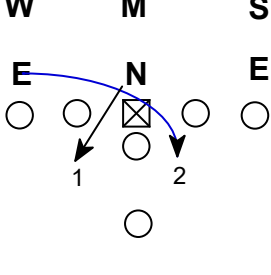
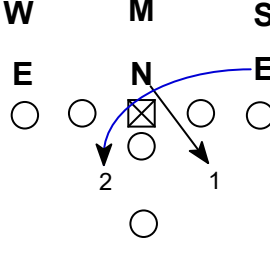
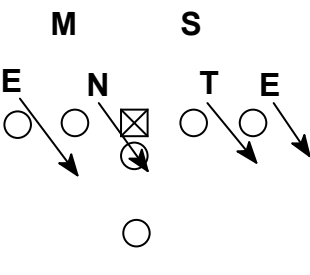
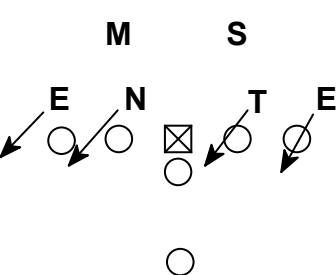
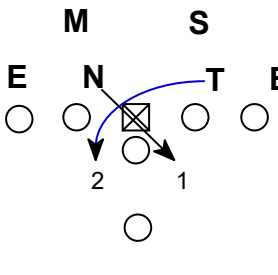
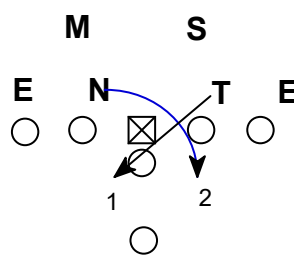
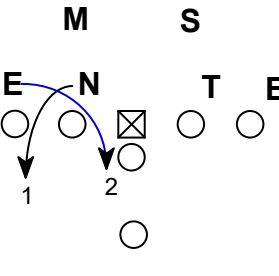
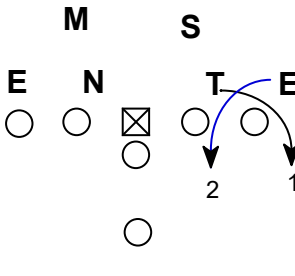
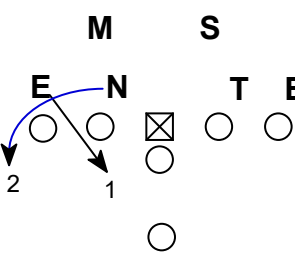
RECOGNITION OF STUNTS, DOGS & BLITZES



In order to make the recognition of stunts, dogs & blitzes easier, we will use our numbering terminology to establish which defender is stunting, doging, or blitzing. Our numbering system will indicate which area the defender will be attacking from.

<p>34 SLANT</p>	<p>34 ANGLE</p>	<p>34 DOUBLE RIP</p>
<p>34 NOSE STRONG or NOSE WEAK</p>	<p>34 STRONG E/N</p>	<p>34 WEAK E/N</p>
<p>34 WEAK N/E</p>	<p>34 STRONG N/E</p>	<p>34 DB EAGLE WEAK N/E/E</p>
<p>34 DB EAGLE STRONG N/E/E</p>	<p>43 SLANT</p>	<p>43 ANGLE</p>

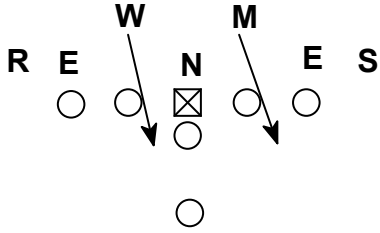
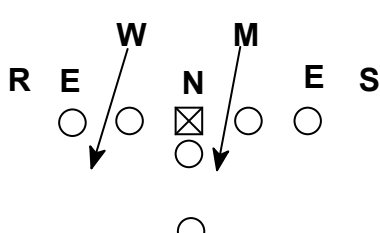
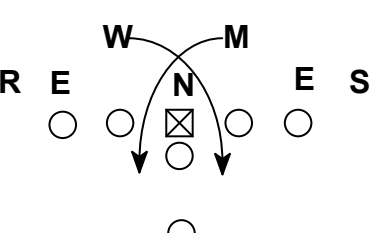
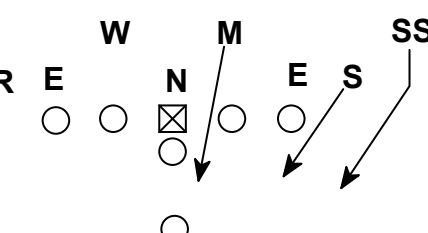
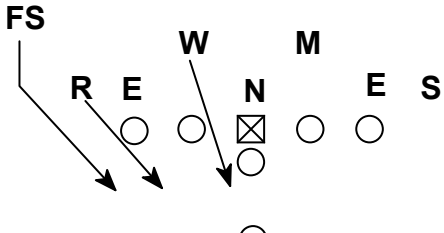
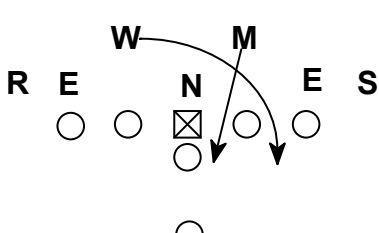
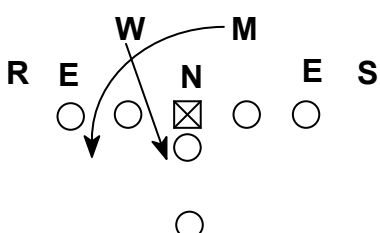
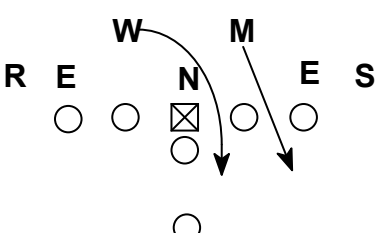
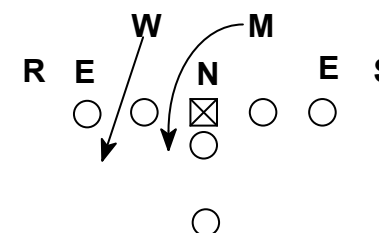
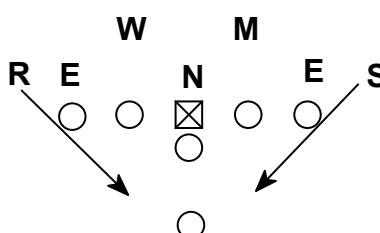
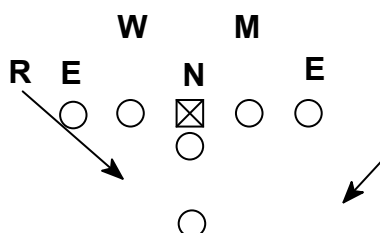
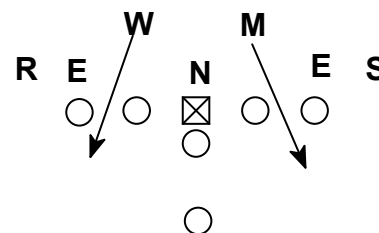
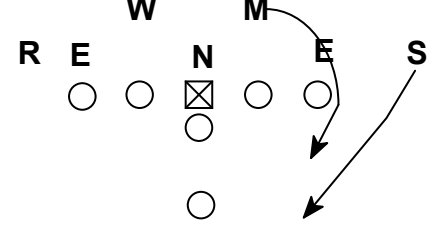
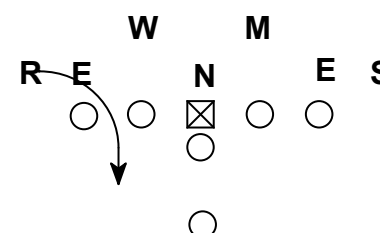
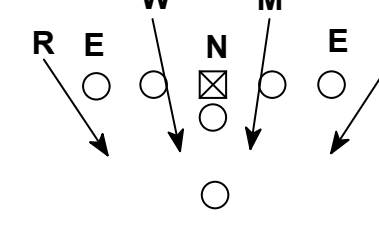
 <p>43 N/T</p>	 <p>43 T/N</p>	 <p>43 N/E</p>
 <p>43 STRONG T/E</p>	 <p>43 WEAK E/N</p>	 <p>43 STRONG E/T</p>
 <p>43 DOUBLE T/E</p>	 <p>43 DOUBLE E/T</p>	 <p>43 STRONG T - WEAK E</p>
 <p>43 STRONG E - WEAK N</p>	 <p>43 DOUBLE RIP</p>	 <p>43 DOUBLE PINCH</p>
	 <p>43 N/T STRONG - T/N WEAK</p>	

 <p>33 SLANT</p>	 <p>33 ANGLE</p>	 <p>33 DOUBLE RIP</p>
 <p>33 NOSE STRONG or NOSE WEAK</p>	 <p>33 STRONG E/N</p>	 <p>33 WEAK E/N</p>
 <p>33 WEAK N/E</p>	 <p>33 STRONG N/E</p>	 <p>42 SLANT</p>
 <p>42 ANGLE</p>	 <p>42 WEAK N/T</p>	 <p>42 STRONG T/N</p>
 <p>42 WEAK N/E</p>	 <p>42 STRONG T/E</p>	 <p>42 WEAK E/N</p>

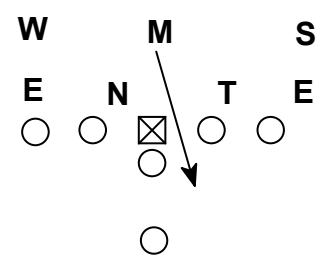
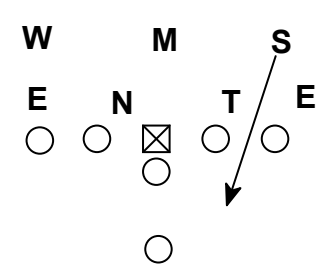
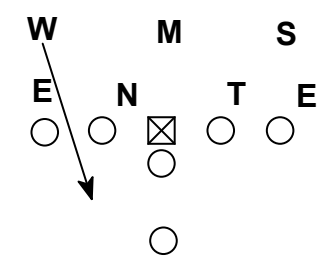
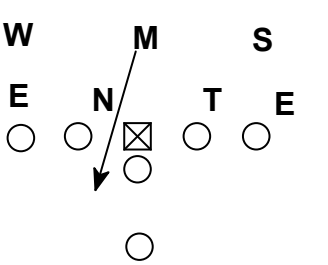
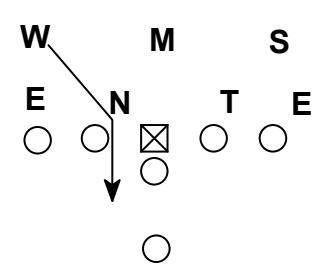
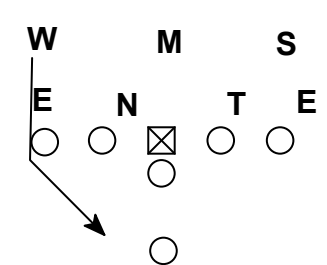
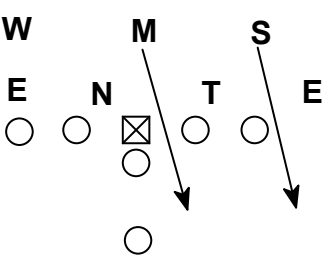
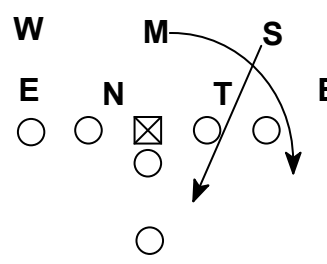
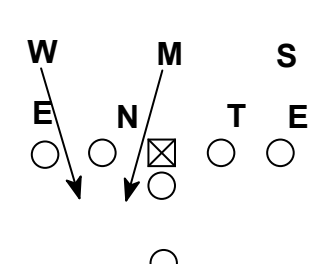
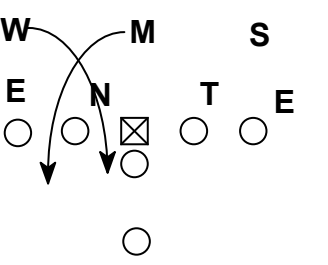
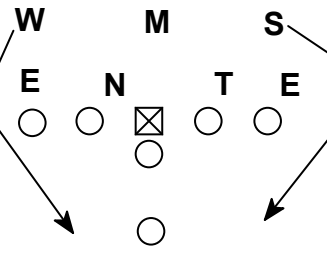
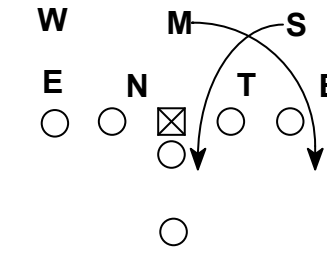
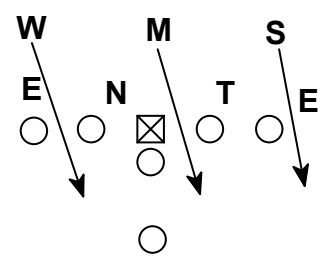
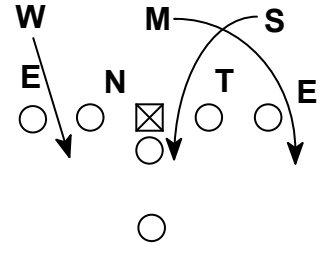
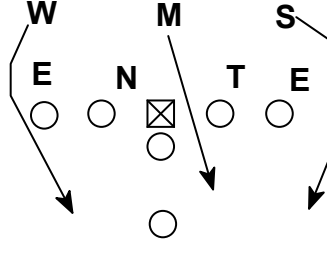
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3-4 Linebacker Blitzs

 <p style="text-align: center;">MIKE 4 / WILL 3</p>	 <p style="text-align: center;">MIKE 2 / WILL 5</p>	 <p style="text-align: center;">BOZO CROS</p>
 <p style="text-align: center;">FALCON - 3 FROM FIELD</p>	 <p style="text-align: center;">BUZZARD - 3 FROM BOUNDARY</p>	 <p style="text-align: center;">MIKE 2 / WILL 4</p>
 <p style="text-align: center;">WILL 3 / MIKE 5</p>	 <p style="text-align: center;">MIKE 4 / WILL 2</p>	 <p style="text-align: center;">WILL 5 / MIKE 3</p>
 <p style="text-align: center;">ROVER 7 / SAM 6</p>	 <p style="text-align: center;">ROVER 7 / SAM 8</p>	 <p style="text-align: center;">MIKE 4 / WILL 5</p>
 <p style="text-align: center;">MIKE 6 / SAM 8</p>	 <p style="text-align: center;">ROVER 5</p>	 <p style="text-align: center;">ALL OUT</p>

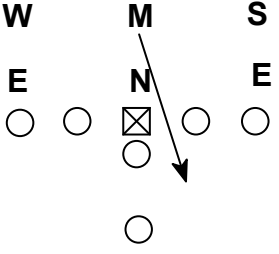
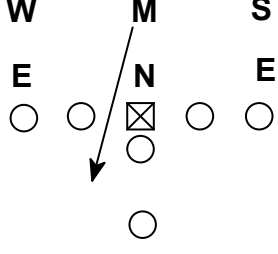
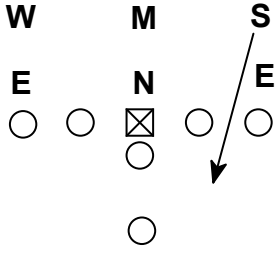
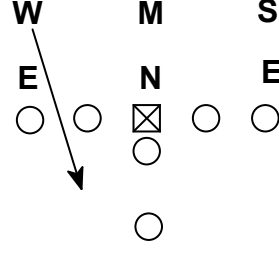
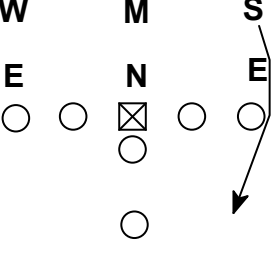
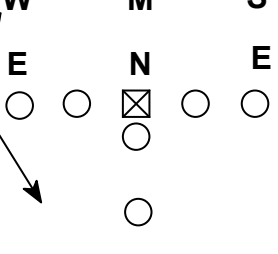
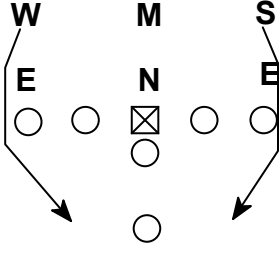
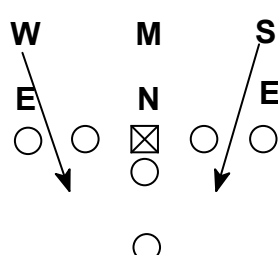
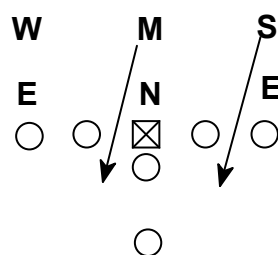
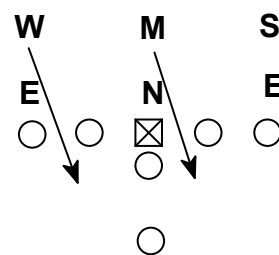
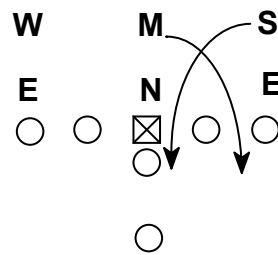
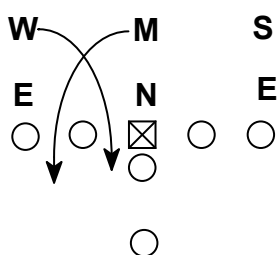
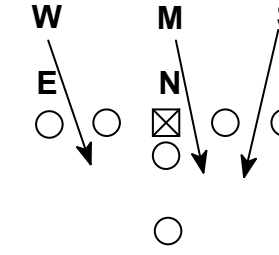
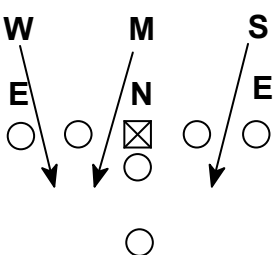
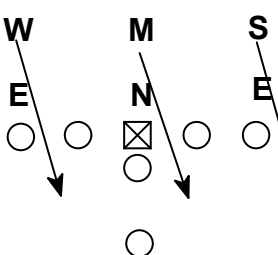
4-3 Linebacker Blitzs

 <p>MIKE 2</p>	 <p>SAM 4</p>	 <p>WILL 5</p>
 <p>MIKE 3</p>	 <p>WILL 3</p>	 <p>WILL 7</p>
 <p>MIKE 2 / SAM 6</p>	 <p>SAM 4 / MIKE 6</p>	 <p>MIKE 3 / WILL 5</p>
 <p>MIKE 5 / WILL 3</p>	 <p>SAM 8 / WILL 7</p>	 <p>SAM 2 / MIKE 6</p>
 <p>WILL 5 / MIKE 2 / SAM 6</p>	 <p>SAM 2 / MIKE 6 / WILL 5</p>	 <p>WILL 7 / MIKE 2 / SAM 8</p>

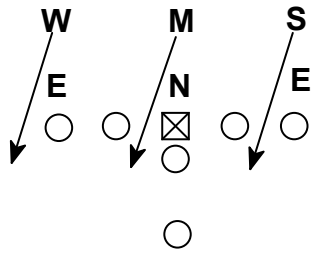
4-3 Linebacker Blitzes

<p>FALCON - 3 FROM FIELD</p>	<p>BUZZARD - 3 FROM BOUNDRY</p>	

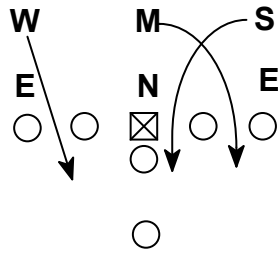
3-3 Linebacker Blitzs

 <p style="text-align: center;">MIKE 2</p>	 <p style="text-align: center;">MIKE 3</p>	 <p style="text-align: center;">SAM 4</p>
 <p style="text-align: center;">WILL 5</p>	 <p style="text-align: center;">SAM 6</p>	 <p style="text-align: center;">WILL 7</p>
 <p style="text-align: center;">WILL 7 / SAM 6</p>	 <p style="text-align: center;">WILL 5 / SAM 4</p>	 <p style="text-align: center;">MIKE 3 / SAM 4</p>
 <p style="text-align: center;">MIKE 2 / WILL 5</p>	 <p style="text-align: center;">MIKE 4 / SAM 2</p>	 <p style="text-align: center;">MIKE 5 / WILL 3</p>
 <p style="text-align: center;">SAM 4 / MIKE 2 / WILL 5</p>	 <p style="text-align: center;">SAM 4 / MIKE 3 / WILL 5</p>	 <p style="text-align: center;">SAM 6 / MIKE 2 / WILL 5</p>

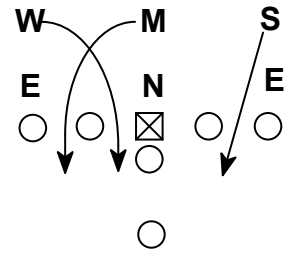
3-3 Linebacker Blitzes



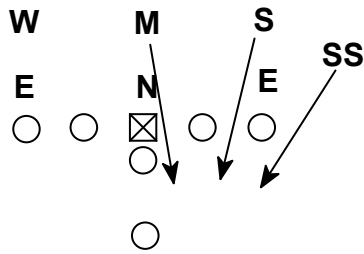
SAM 4 / MIKE 3 / WILL 7



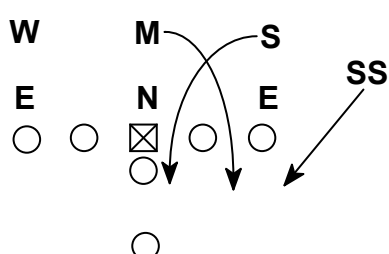
SAM 2 / MIKE 4 / WILL 5



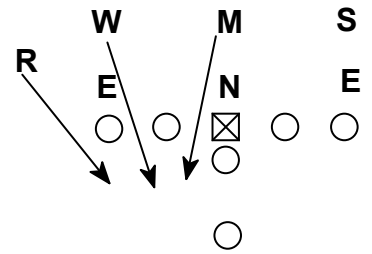
SAM 4 / MIKE 5 / WILL 3



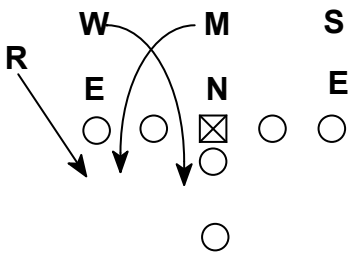
FALCON - 3 FROM FIELD



FALCON - 3 FROM FIELD

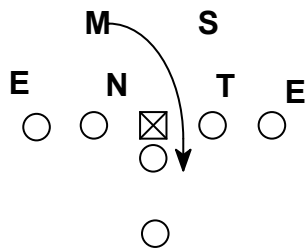


BUZZARD - 3 FROM BOUNDARY

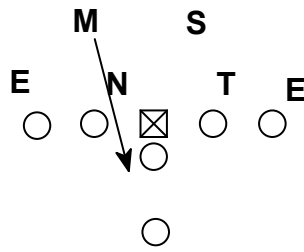


BUZZARD - 3 FROM BOUNDARY

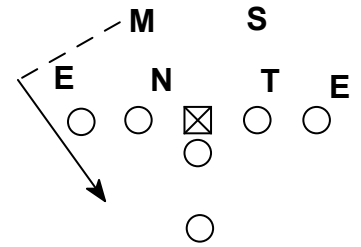
4-2 Linebacker Blitzes



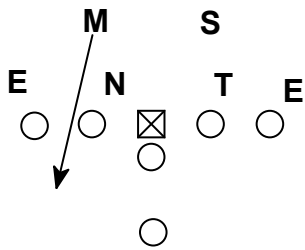
MIKE 2



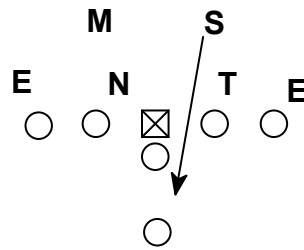
MIKE 3



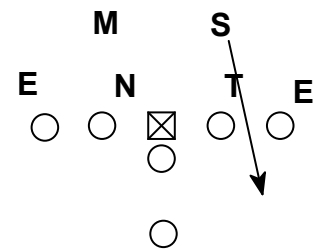
MIKE 7



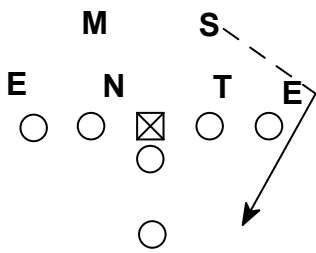
MIKE 5



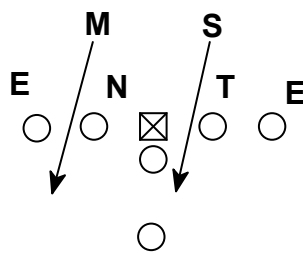
SAM 2



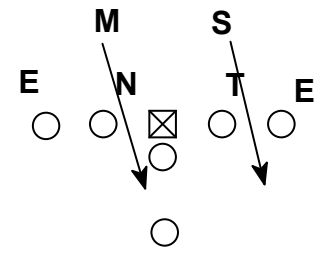
SAM 4



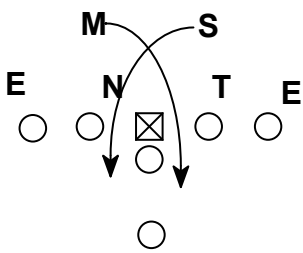
SAM 6



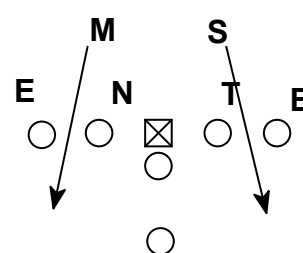
MIKE 5 / SAM 2



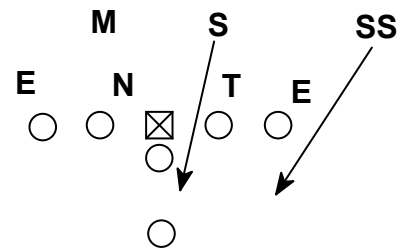
MIKE 3 / SAM 4



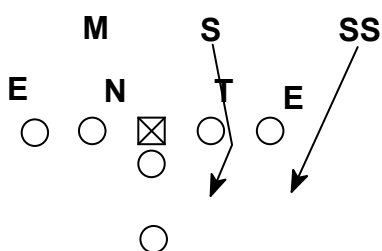
BOZO CROSS



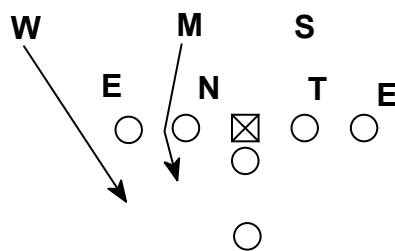
MIKE 5 / SAM 4



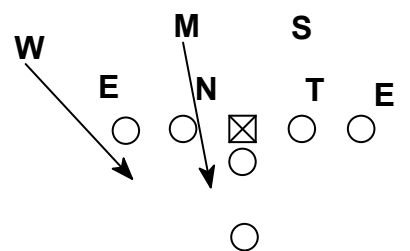
FALCON - FROM FIELD



FALCON - FROM FIELD

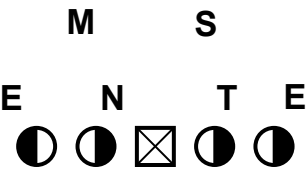


BUZZARD - FROM BOUNDRY

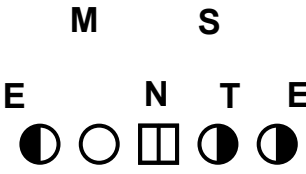


BUZZARD - FROM BOUNDARY

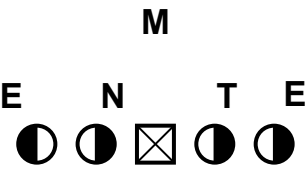
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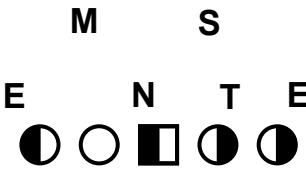
42-ZERO



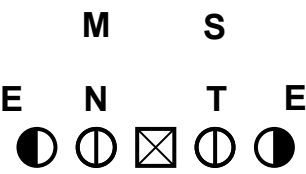
41



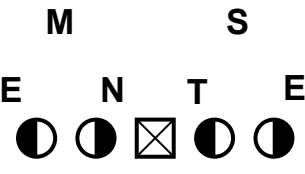
42 SHADE WEAK



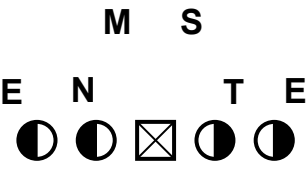
42 STACK



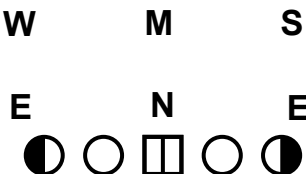
42 PINCH



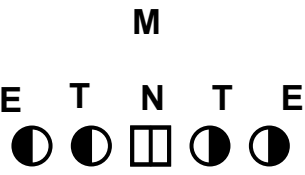
SPLIT 42



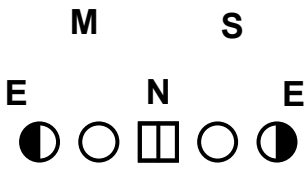
33



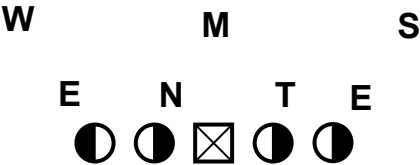
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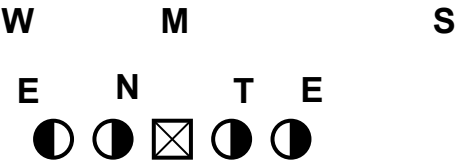
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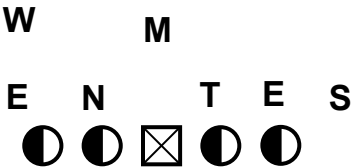
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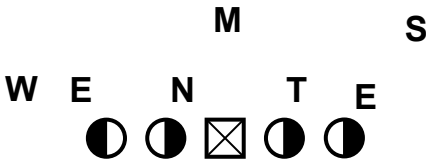
43 SAM OUT



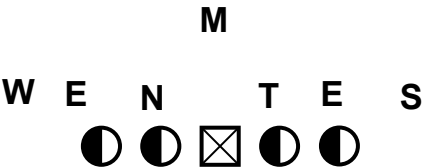
43 SAM UP



43 WILL UP



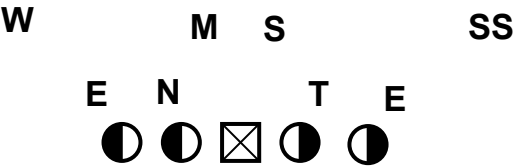
43 SAM & WILL UP



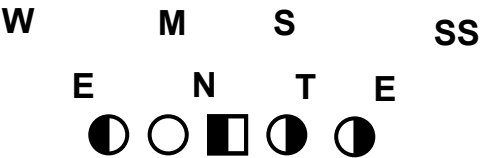
43 WILL OUT



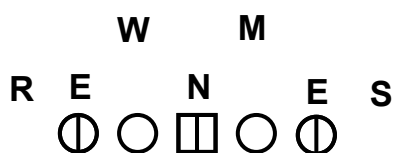
SPLIT 44



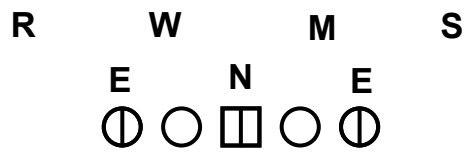
43 EAGLE SHADE



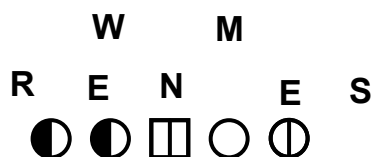
34



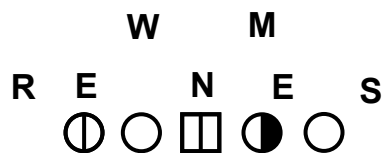
34



34 EAGLE WEAK



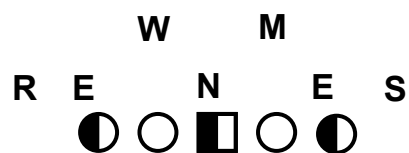
34 EAGLE STRONG



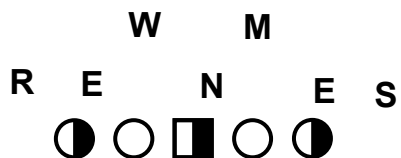
34 EAGLE



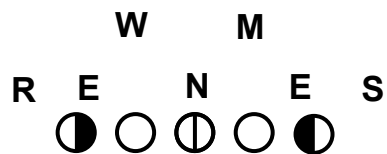
34 UNDER



34 OVER

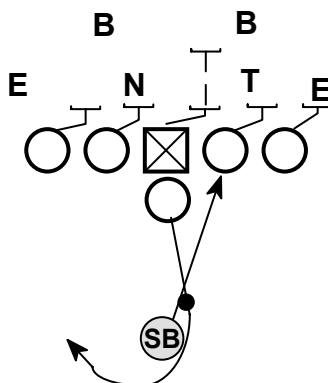


34 IN



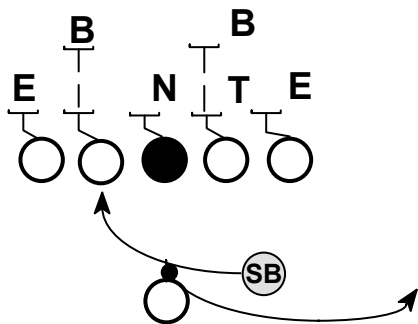
32/33 (ZOMBIE)

FS

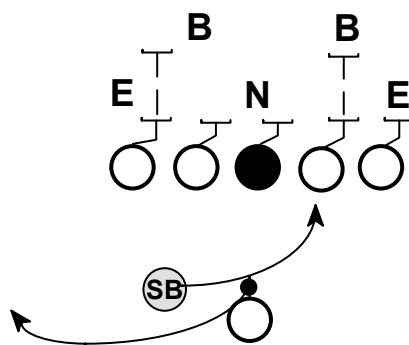


POSITION	ASSIGNMENT	COACHING POINT
X-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
A-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Y-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Z-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
SUPERBACK	Align 6.5 or 7 yards deep Open, crossover - 3rd Step press LOS P.O.A.-Outside Leg of Guard	Guard covered, read block Guard uncovered, attack bubble If color shows P.S. press L.O.S., & look for cut-back
QUARTERBACK	Open to 5 - 7 O'clock - Drive ball deep to the Superback Naked Away	
PLAYSIDE TACKLE	Reach step, try to reach or push to sideline. Do not loose contact and drive him. Responsible for Playside "C" Gap	
PLAYSIDE GUARD	Half Zone Playside Gap: Level 1 to Level 2 Use Trail/Lead Technique	
CENTER	Half Zone Playside Gap: Level 1 to Level 2 Use Trail/Lead Technique	
BACKSIDE GUARD	Half Zone Technique Protecting "A" Gap Use Trail/Lead Technique	
BACKSIDE TACKLE	Half Zone Technique Protecting "B" Gap Work Trail Technique with B.S.G.	

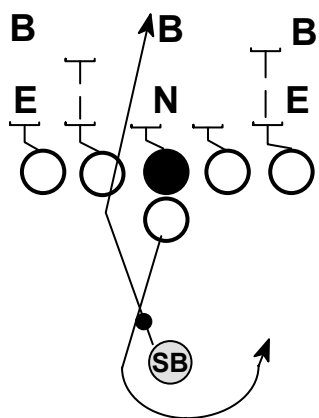
vs 42 Over



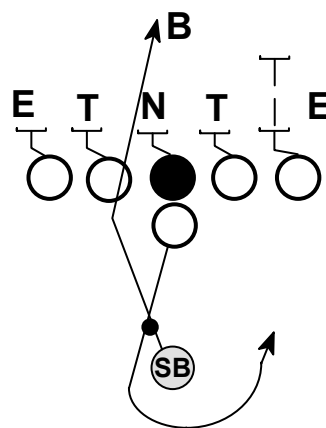
vs 32



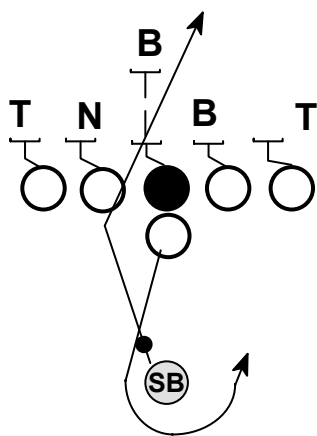
vs 33



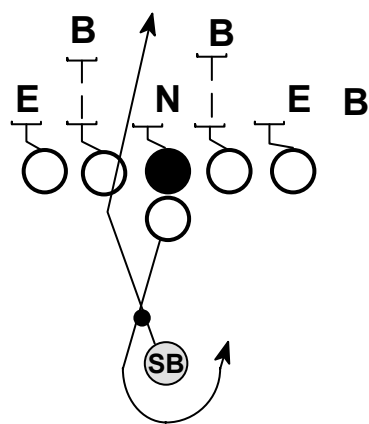
vs 51



vs 41

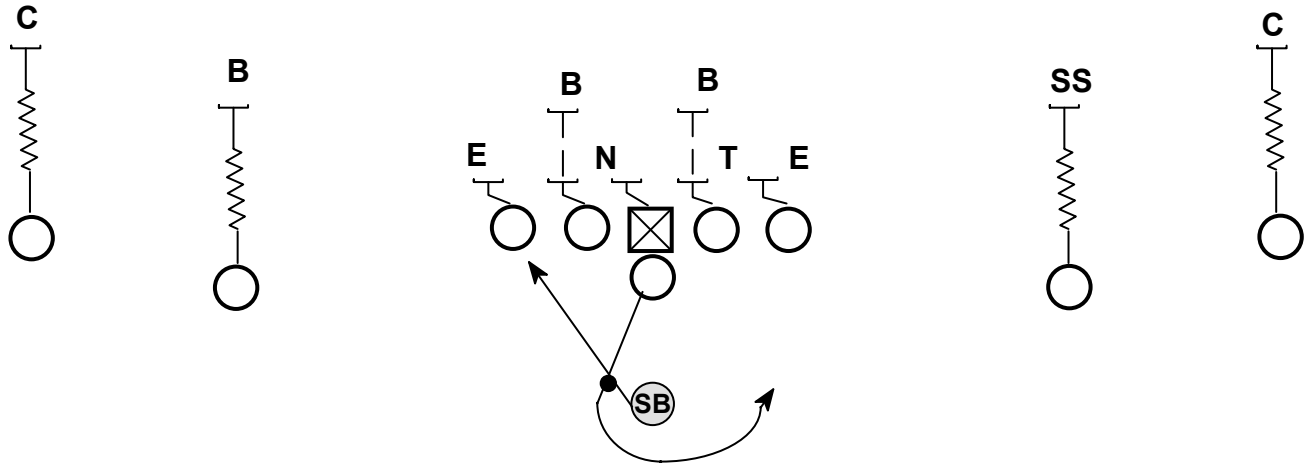


vs 34



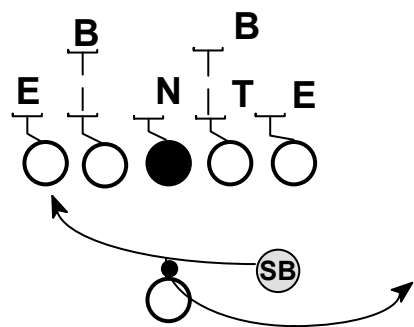
34/35 (ZOMBIE)

FS

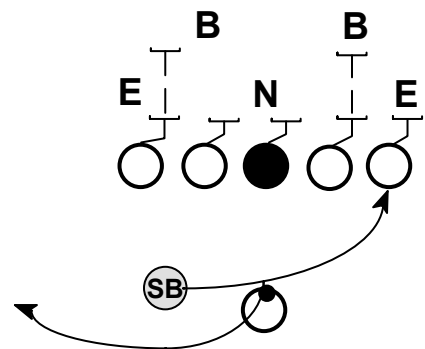


POSITION	ASSIGNMENT	COACHING POINT
X-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
A-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Y-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Z-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
SUPERBACK	Open - cross over, stay on QB level until mesh, roll downhill to the outside leg of the Playside Tackle Align 6.5 or 7 yards deep, Open, crossover - 3rd Step press LOS P.O.A.-Outside Leg of TE	Tackle covered, read block Tackle uncovered, attack bubble If color shows P.S. press L.O.S., & look for cut-back
QUARTERBACK	Secure the snap, eyes up, feet parallel and place the ball in the SB's belly. Bootleg opposite the play call past the L.O.S. holding DE. Vs ODD Front, go under center, open to 5 - 7 O'clock - Drive ball deep to the Superback Bootleg opposite the play call past the L.O.S. holding DE.	
PLAYSIDE TACKLE	Reach step, try to reach or push to sideline. Do not lose contact and drive him. Responsible for Playside "C" Gap	Bucket Step on 1st Step Rip through the outside armpit
PLAYSIDE GUARD	Half Zone Playside Gap: Level 1 to Level 2 Use Trail/Lead Technique	
CENTER	Half Zone Playside Gap: Level 1 to Level 2 Use Trail/Lead Technique	
BACKSIDE GUARD	Half Zone Technique Protecting "A" Gap Use Trail/Lead Technique	
BACKSIDE TACKLE	Half Zone Technique Protecting "B" Gap Work Trail Technique with B.S.G.	

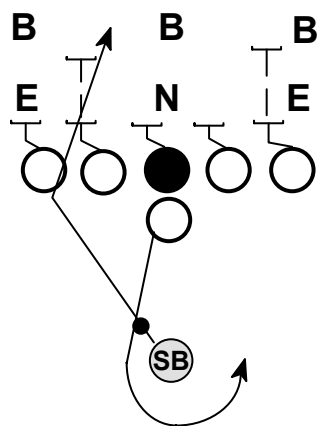
vs 42 Over



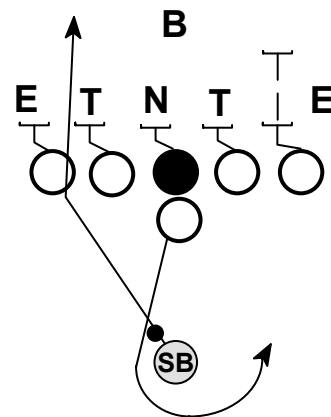
vs 32



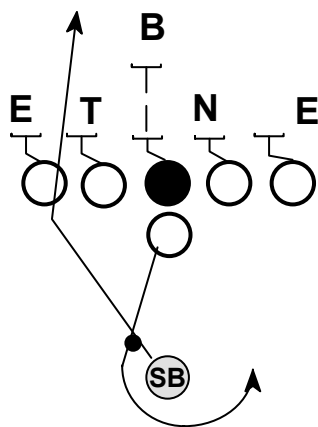
vs 33



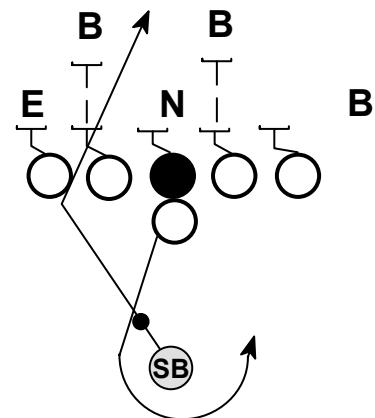
vs 51



vs 41

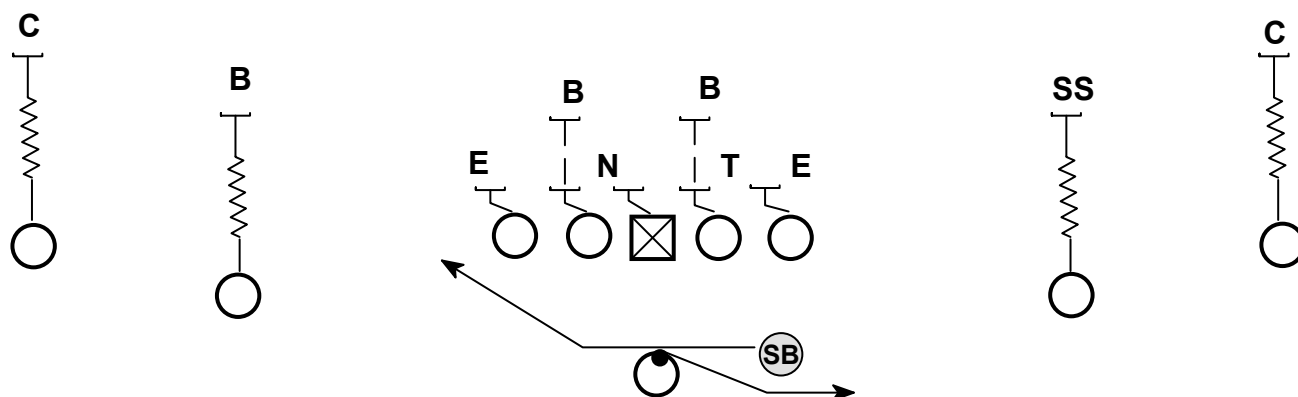


vs 34



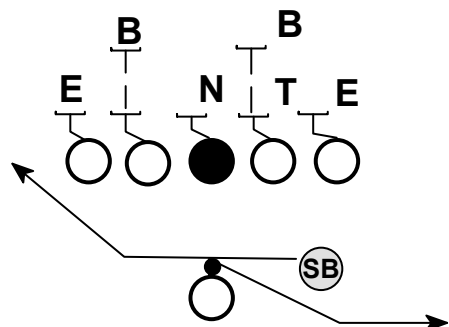
36/37 (ZOMBIE)

FS

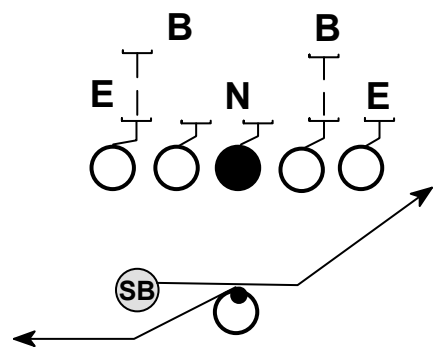


<i>POSITION</i>	<i>ASSIGNMENT</i>	<i>COACHING POINT</i>
X-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
A-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Y-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Z-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
SUPERBACK	Open - cross over, stay on QB level until mesh, roll downhill to the ghost 6 or 7 position	If color shows P.S. press L.O.S., & look for cut-back
QUARTERBACK	Secure the snap, eyes up, feet parallel and place the ball in the SB's belly. Bootleg opposite the play call past the L.O.S. holding DE.	
PLAYSIDE TACKLE	Reach step, try to reach or push to sideline. Do not lose contact and drive him. Responsible for Playside "C" Gap	Bucket Step on 1st Step Rip through the outside armpit
PLAYSIDE GUARD	Half Zone Playside Gap: Level 1 to Level 2 Use Trail/Lead Technique	
CENTER	Half Zone Playside Gap: Level 1 to Level 2 Use Trail/Lead Technique	
BACKSIDE GUARD	Half Zone Technique Protecting "A" Gap Use Trail/Lead Technique	
BACKSIDE TACKLE	Half Zone Technique Protecting "B" Gap Work Trail Technique with B.S.G.	

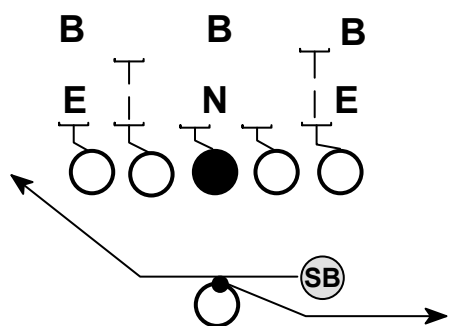
vs 42 Over



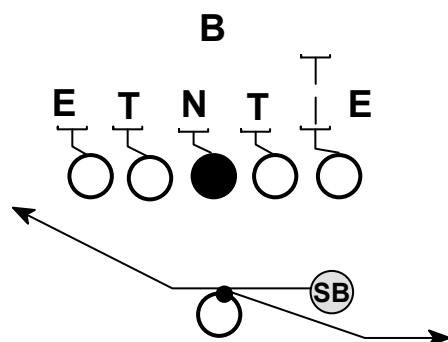
vs 32



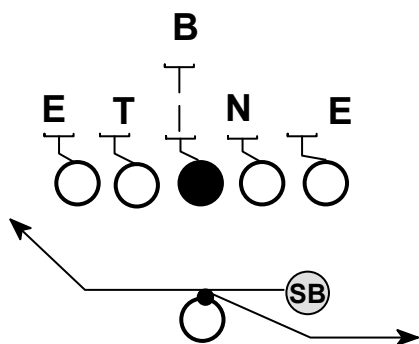
vs 33



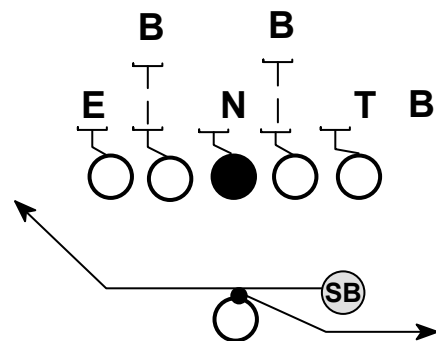
vs 51



vs 41



vs 34



34/35 DART

FS

The diagram illustrates a circuit for a DART (Direct Antenna Relay Test) setup. The central circuit includes a switch labeled 'FS' and a switch labeled 'E' (highlighted with a red box). The circuit is powered by a battery (represented by a series of cells) and a power source (represented by a battery symbol). The circuit includes several components: a variable capacitor (C) connected to a terminal (X), a variable capacitor (W) connected to a terminal (A), a variable capacitor (SS) connected to a terminal (Y), and a variable capacitor (C) connected to a terminal (Z). The central circuit also includes a switch labeled 'M', a switch labeled 'S', a switch labeled 'N', a switch labeled 'T', and a switch labeled 'E'. A switch labeled 'SB' is connected to a switch labeled 'QB'. The diagram is labeled '34/35 DART' and 'FS'.

POSITION	ASSIGNMENT	COACHING POINT
X-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
A-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Y-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Z-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
SUPERBACK	Align away from the call, jab step, sell sprint out, after exchange, find Playside Tackle & press the outside of his block.	
QUARTERBACK	Secure snap eyes on "backside DE", feet parallel, place the ball in the SB's belly. Read the De, if he crashes, pull it & get down field. If he boxes or stays on the L.O.S., give it and bootleg opposite play call across L.O.S.	
PLAYSIDE TACKLE	Snap set on EMOL & invite him upfield, while always protecting your inside gap.	
PLAYSIDE GUARD	Double team with the Center to the backside Linebacker	
CENTER	Double team with Guard to the backside Linebacker	
BACKSIDE GUARD	If covered, block "B" Gap defender If uncovered, replace Tackle on a "You" call	
BACKSIDE TACKLE	If uncovered, pull & block playside Linebacker. If covered, make a "You" call and block the "C" Gap defender	Wipe Block technique

vs 42 Over

The diagram illustrates a genetic pathway. At the bottom, a grey circle labeled **SB** is connected by a horizontal line to a grey circle labeled **QB** which has a black dot. From **QB**, a line goes up and then right to a grey circle with a black dot. This is followed by a series of intermediates: a grey circle with a black dot and a black line, a grey circle with a black dot and a black line, a grey circle with a black dot and a black line, and finally a grey circle labeled **E**. Above these intermediates are labels **M**, **T**, **N**, and **S** respectively, with lines indicating regulatory interactions. A red box highlights the **E** label. A curved arrow points from the final **E** back to the **SB** node. The text "Me" is written below the first intermediate. The text "vs 42 Over" is in the top left corner.

vs 32

The diagram shows a quantum circuit with five qubits. The qubits are represented by circles. The first qubit (leftmost) is labeled 'SB'. The second qubit is labeled 'QB'. The third qubit is labeled 'Me'. The fourth qubit is labeled 'S'. The fifth qubit is labeled 'E'. The circuit includes several gates: a multi-controlled gate labeled 'M' with three controls; a multi-controlled gate labeled 'N' with two controls; a single-qubit gate labeled 'S' on the fourth qubit; a single-qubit gate labeled 'E' on the fifth qubit; and a measurement gate on the third qubit. The output of the measurement gate is labeled 'Me'.

vs 33

The diagram illustrates a quantum circuit. At the bottom, two qubits are shown: QB (Quantum Bit) and SB (Superposition Bit). QB is a circle with a black dot, and SB is a circle with a white dot. A horizontal line connects them. A curved arrow points from the SB qubit up to a node labeled "You". From "You", a line goes up to a node labeled E (in a red box), which is connected to a node labeled W. Another line goes from "You" to a node labeled N, which is connected to a node labeled M. A third line goes from "You" to a node labeled S. A curved arrow points from S up to a node labeled E (in a black box). A curved arrow points from W up to a node labeled E (in a red box). A curved arrow points from M up to a node labeled N.

vs 43

The diagram illustrates a quantum circuit with two qubits, SB and QB. The circuit consists of several gates and measurements:

- A red box highlights the **E** gate.
- Gates are labeled **S**, **M**, **T**, **N**, **W**, and **E**.
- A measurement gate is labeled **"Me"**.
- The qubits are represented by circles with black and white halves, indicating their state.
- A curved arrow indicates a feedback loop from the measurement result back to the input of the **E** gate.

vs 51


The diagram shows a quantum circuit for a 5-qubit system. The qubits are labeled S, E, N, E, W from left to right. The W qubit is highlighted with a red box. The circuit includes a Hadamard gate on S, CNOT gates from S to E and E to N, a Hadamard gate on N, CNOT gates from N to E and E to W, and a Hadamard gate on W. The qubits are initialized to $|0\rangle$.

vs 34

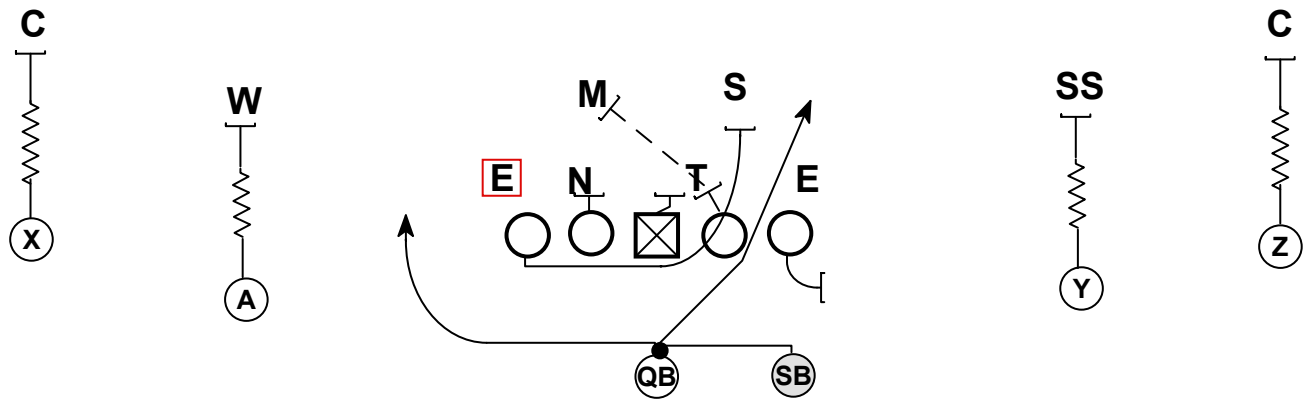
The diagram shows a quantum circuit with five qubits labeled R, S, M, E, and W. Qubit W is highlighted with a red box. The circuit includes several gates: a CNOT from R to S, a CNOT from S to M, a CNOT from M to E, and a CNOT from E to W. There are also single-qubit gates on S, M, and E. The circuit is part of a larger diagram showing a sequence of operations on a quantum state.

vs 41

The diagram shows a quantum circuit with five qubits labeled E, N, T, M, and E. The first E qubit is highlighted with a red box. The circuit includes a 'Me' gate on the first three qubits, a T gate on the fourth qubit, and a CNOT gate from the fourth to the fifth qubit. The circuit is controlled by two ancilla qubits, SB and QB, which are initialized to 0 and 1 respectively. The circuit is part of a larger system, as indicated by the 'vs 41' label.

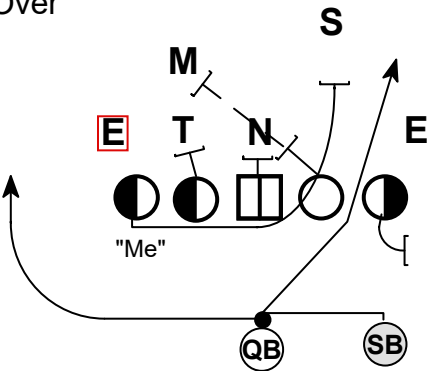


34/35 COUNTER DART

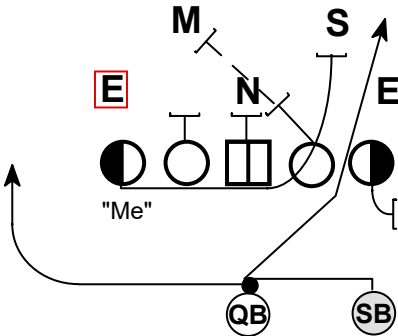


POSITION	ASSIGNMENT	COACHING POINT
X-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
A-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Y-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Z-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
SUPERBACK	Aligned to the call, open - crossover - plant, after exchange, find Playside Tackle & press the outside of his block.	
QUARTERBACK	Take shotgun snap & shuffle 2 steps to call side. Put ball in Superback's belly & boot away	Eye the backside defensive end as you hand the ball off
PLAYSIDE TACKLE	Snap set on EMOL & invite him upfield, while always protecting your inside gap.	
PLAYSIDE GUARD	Double team with the Center to the backside Linebacker	
CENTER	Double team with Guard to the backside Linebacker	
BACKSIDE GUARD	If covered, block "B" Gap defender If uncovered, replace Tackle on a "You" call	
BACKSIDE TACKLE	If uncovered, pull & block playside Linebacker. If covered, make a "You" call and block the "C" Gap defender	Wipe Block technique

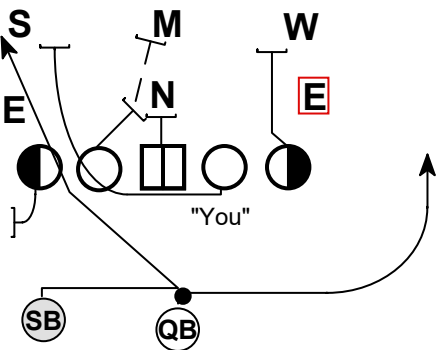
vs 42 Over



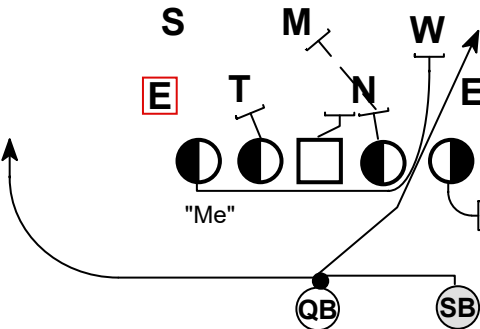
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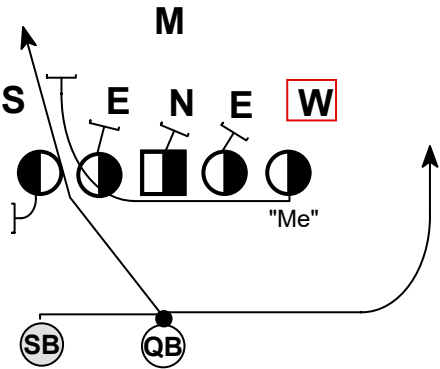
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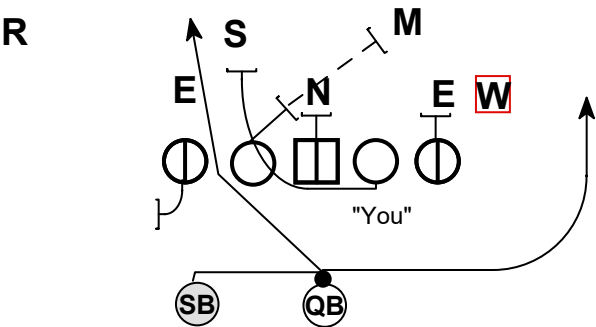
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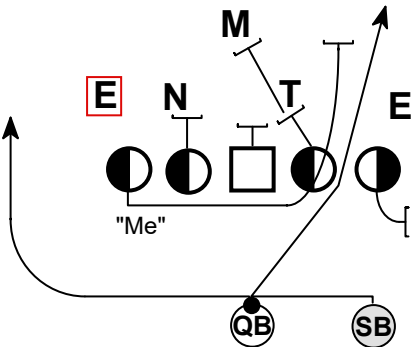
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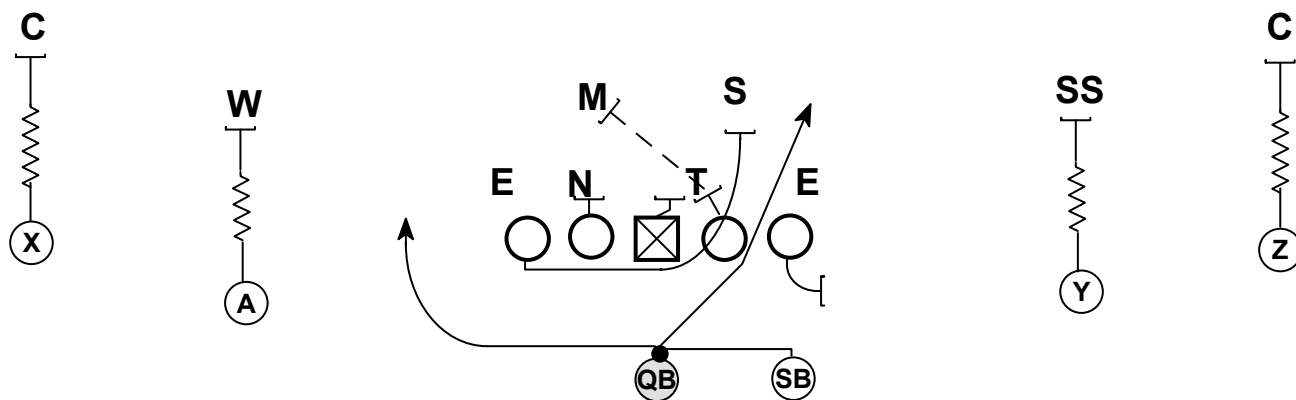
vs 34



vs 41

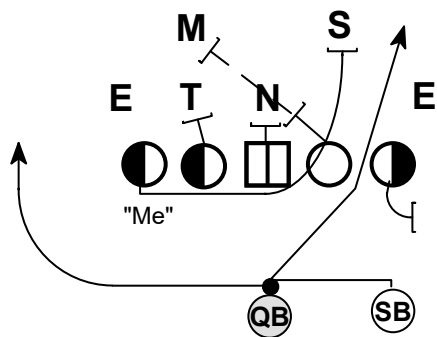


14/15 DART

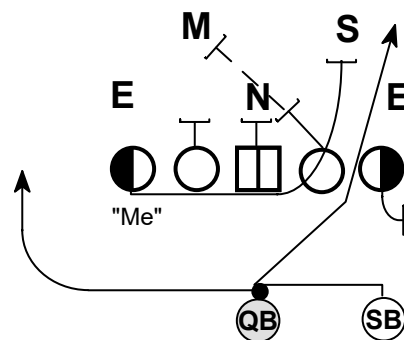
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<i>POSITION</i>	<i>ASSIGNMENT</i>	<i>COACHING POINT</i>
X-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
A-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Y-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Z-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
SUPERBACK	Jab Step, take the fake from the Quarterback & attack the backside Defensive end	Important that you give a good run fake
QUARTERBACK	Slide step, ride the fake to the Superback, find Tackle & press outside of his block	
PLAYSIDE TACKLE	Snap set on EMOL & invite him upfield, while always protecting your inside gap.	
PLAYSIDE GUARD	Double team with the Center to the backside Linebacker	
CENTER	Double team with Guard to the backside Linebacker	
BACKSIDE GUARD	If covered, block "B" Gap defender If uncovered, replace Tackle on a "You" call	
BACKSIDE TACKLE	If uncovered, pull & block playside Linebacker. If covered, make a "You" call and block the "C" Gap defender	Wipe Block technique

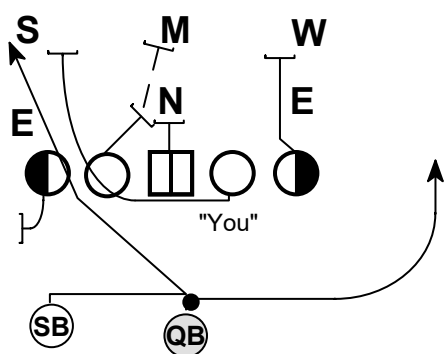
vs 42 Over



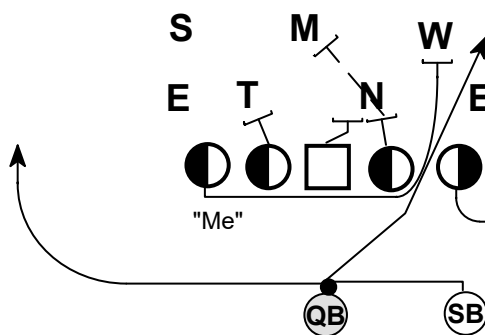
vs 32



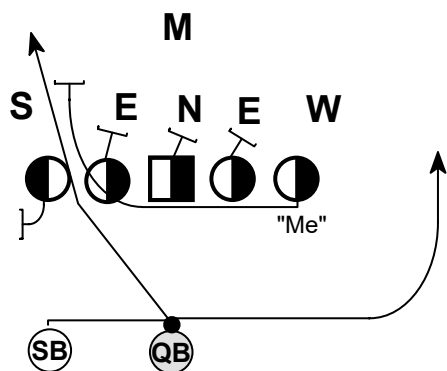
vs 33



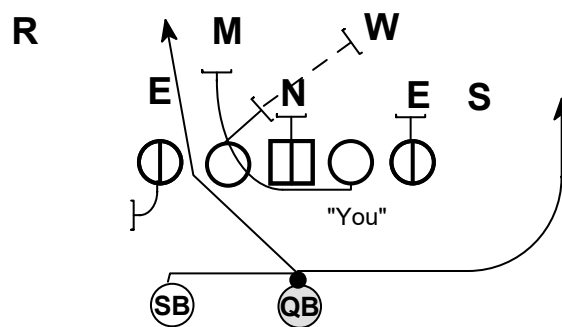
vs 43



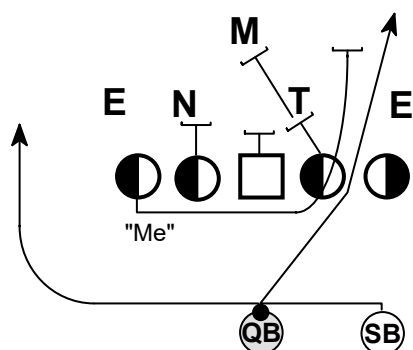
vs 51



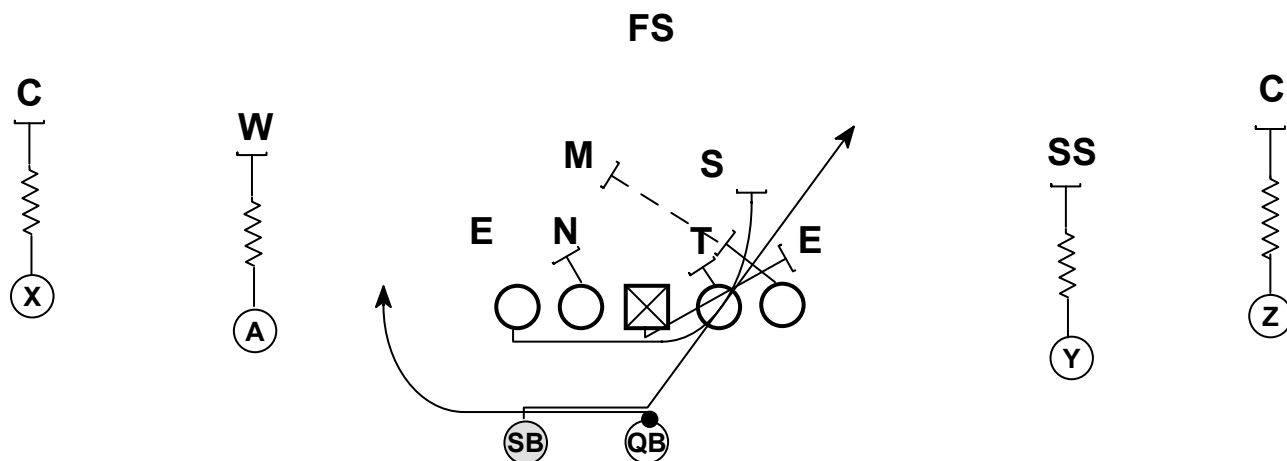
vs 34



vs 41

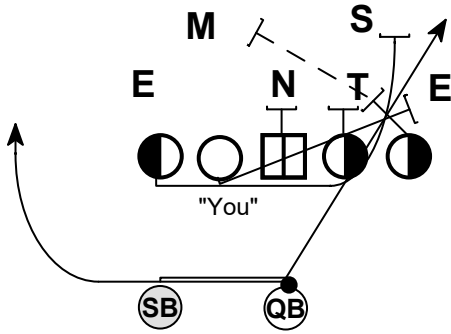


K 34/35

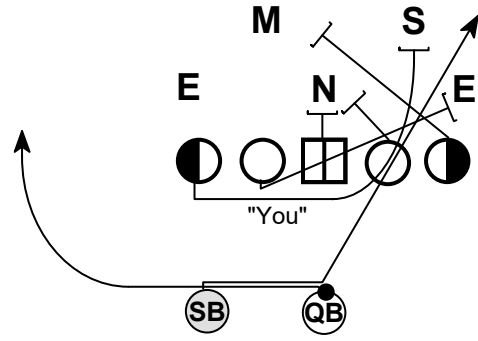


POSITION	ASSIGNMENT	COACHING POINT
X-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
A-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Y-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Z-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
SUPERBACK	Jab Step, attack the playside Guard's butt, Sight playside Tackle's block.	Press the "A" Gap
QUARTERBACK	Take shotgun snap & shuffle 2 steps to call side. Put ball in Superback's (or A-Back's) belly and boot away.	Eye the backside defensive end as you hand the ball off
PLAYSIDE TACKLE	Block playside "B" Gap to the backside Linebacker. Use post drive technique when Guard is covered vs down call block hard "B" Gap.	
PLAYSIDE GUARD	Block playside "A" Gap vs 1 tech. Use post drive technique when covered. If "Me" call is made, down block hard "A" Gap	
CENTER	vs no "A" Gap defender in L.O.S. weak, make "Me" call. Pull & kick out or log 1st thing outside Tackle. vs any backside "A" Gap threat, make a "You" call & block backside "A" Gap. vs head up Nose, post drive (You Call).	
BACKSIDE GUARD	vs any "A" Gap defender in the L.O.S. there should be a "You" call made, pull & kick out or log 1st thing outside Tackle. vs any "B" Gap defender in L.O.S., a "Me" Call should be made & block the "B" Gap defender.	
BACKSIDE TACKLE	Counter pull technique- block playside Linebacker	

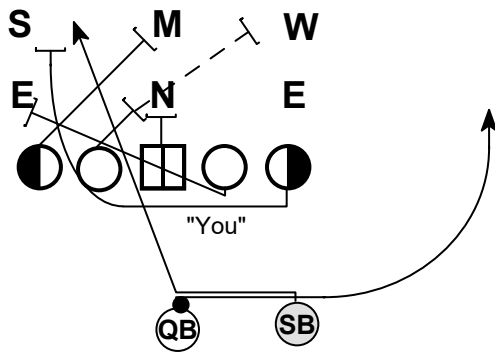
vs 42 Over



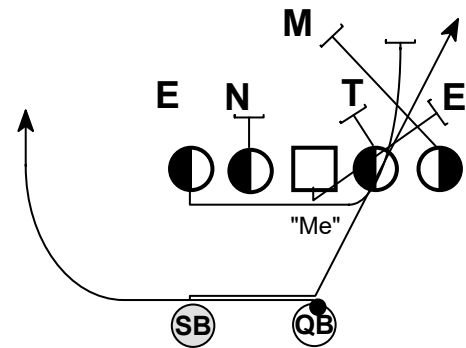
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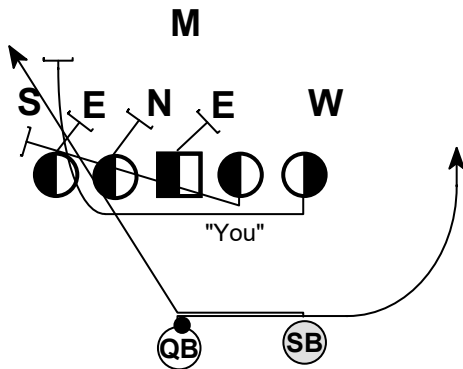
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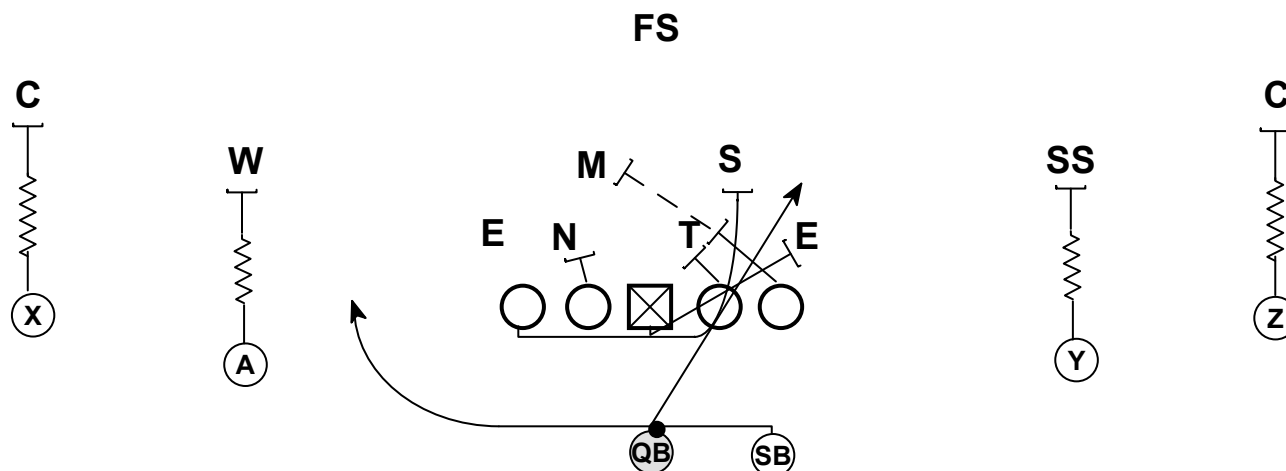
vs 41



vs 51

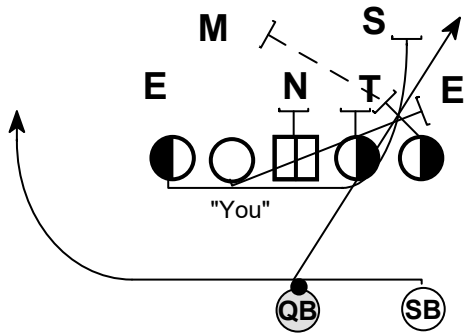


K 14/15

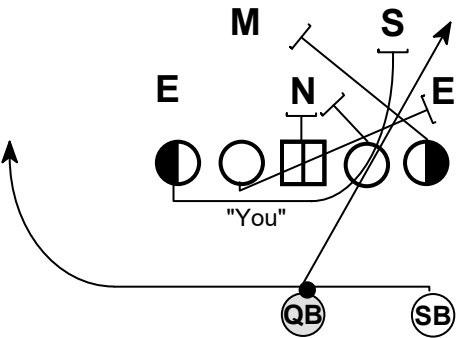


POSITION	ASSIGNMENT	COACHING POINT
X-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
A-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Y-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Z-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
SUPERBACK	Jab Step, take the fake from the Quarterback & attack the backside Defensive end	Important that you give a good run fake
QUARTERBACK	Slide step, ride the fake to the Superback & attack the Playside Guard's butt, Sight Playside Tackle's block	
PLAYSIDE TACKLE	Block playside "B" Gap to the backside Linebacker. Use post drive technique when Guard is covered vs down call block hard "B" Gap.	
PLAYSIDE GUARD	Block playside "A" Gap vs 1 tech. Use post drive technique when covered. If "Me" call is made, down block hard "A" Gap	
CENTER	vs no "A" Gap defender in L.O.S. weak, make "Me" call. Pull & kick out or log 1st thing outside Tackle. vs any backside "A" Gap threat, make a "You" call & block backside "A" Gap. vs head up Nose, post drive (You Call).	
BACKSIDE GUARD	vs any "A" Gap defender in the L.O.S. there should be a "You" call made, pull & kick out or log 1st thing outside Tackle. vs any "B" Gap defender in L.O.S., a "Me" Call should be made & block the "B" Gap defender.	
BACKSIDE TACKLE	Counter pull technique- block playside Linebacker	

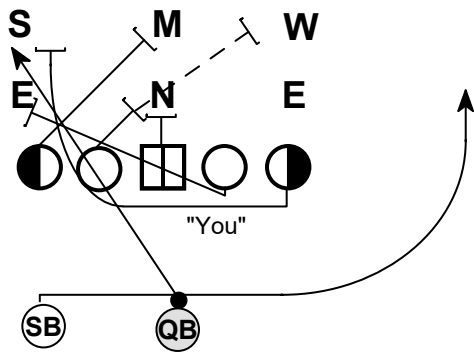
vs 42 Over



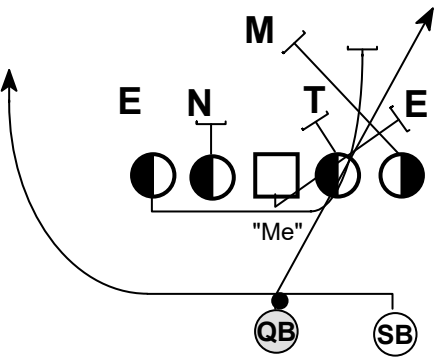
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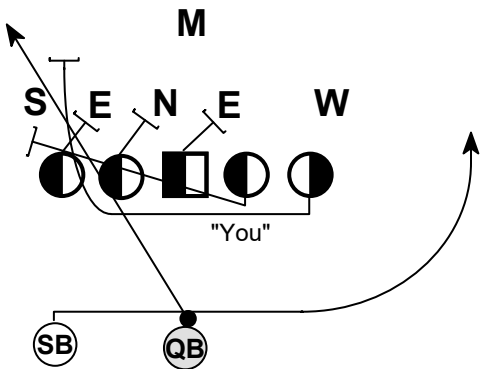
vs 33



vs 41

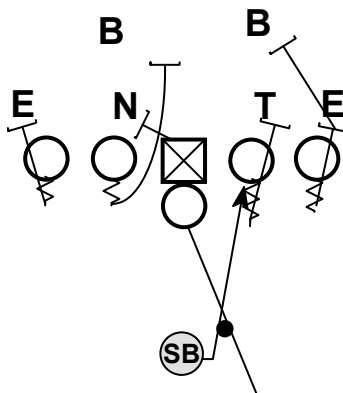


vs 51



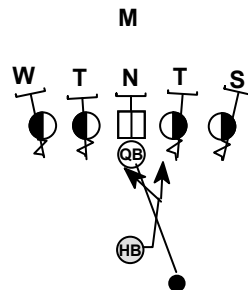
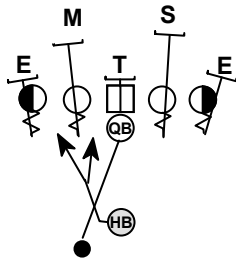
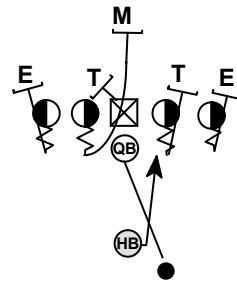
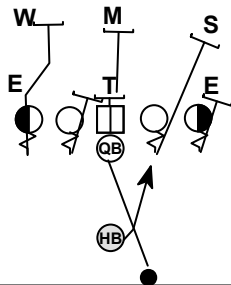
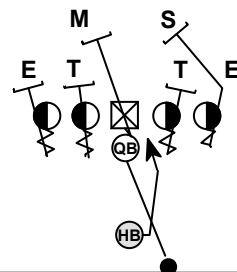
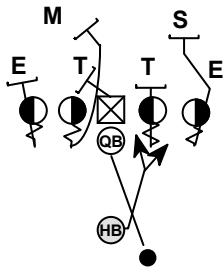
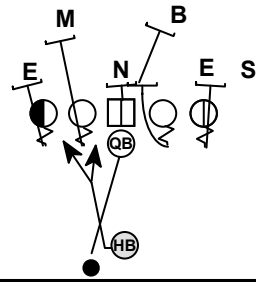
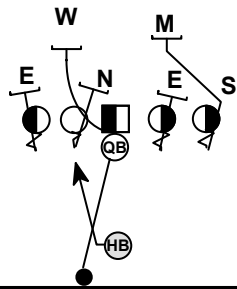
30/31 DRAW (PAINTER)

FS

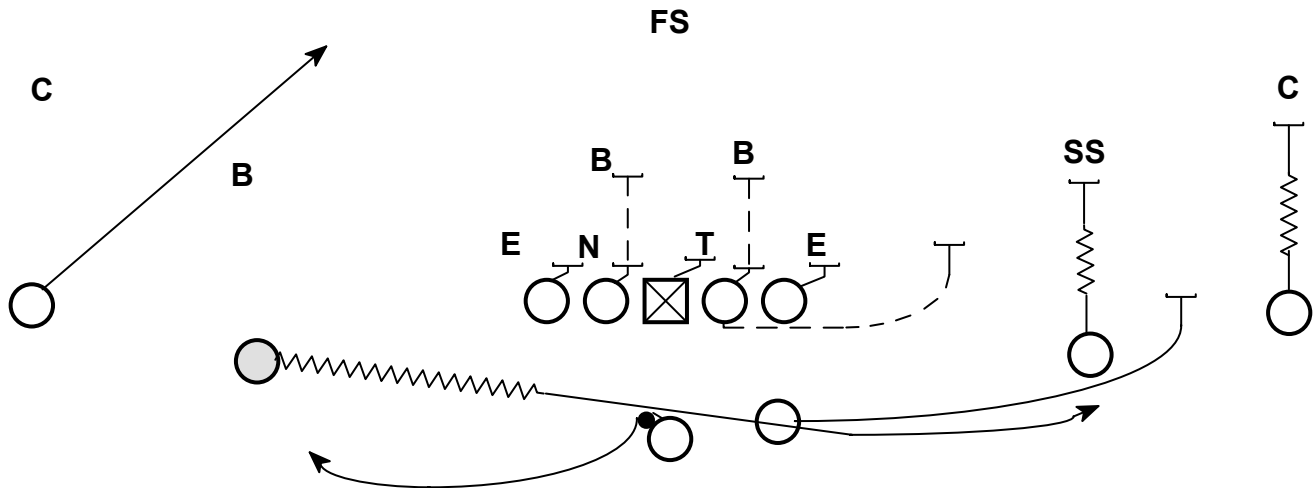


POSITION	ASSIGNMENT	COACHING POINT
X-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
A-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Y-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Z-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
SUPERBACK	After receiving the ball from the Quarterback, you will run off of the 1st down linemen. In an Odd Front (NT), and an Even Front (DT) over the playside Guard.	Make it look like Pass Protection. Keep toes pointed towards the LOS.
QUARTERBACK	Secure the snap. Take your "3" step drop & the hand the ball to the Superback. Then follow up with the rest of your pass drop.	It is very important that everything looks like it is a pass play.
PLAYSIDE TACKLE	Flash Quick Pass Set Punch EMOL and go to Second Level Defender	
PLAYSIDE GUARD	Flash Quick Pass Set vs. an Even Front, Man On vs. an Odd Front, Man On the 2nd Level Defender	
CENTER	Flash Quick Pass Set vs. an Even Front, make a "Charlie" call with the Guard to the 1 Tech side. vs. an Odd Front, go Man On & take the NG where he wants to go.	
BACKSIDE GUARD	Flash Quick Pass Set vs. an Even Front, "Charlie" call with the Center to the 2nd level defender vs. an Odd Front, Man on the 2nd Level Defender	
BACKSIDE TACKLE	Flash Quick Pass Set Man On	

30/31 DRAW

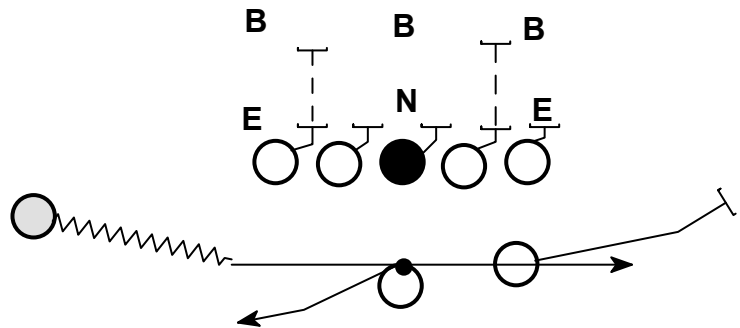


28/49 JET

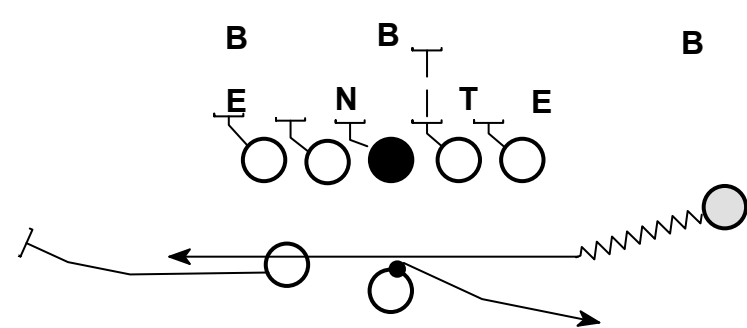


<i>POSITION</i>	<i>ASSIGNMENT</i>	<i>COACHING POINT</i>
X-RECEIVER	Block the Most Dangerous Defender - Playside If set in motion, take the hand-off from the Quarterback Backside: Middle of the field and block MDM	When in motion, be at full speed by the time you receive the hand-off from the Quarterback.
A-BACK	Block the Most Dangerous Defender - Playside If set in motion, take the hand-off from the Quarterback Backside: Middle of the field and block MDM	When in motion, be at full speed by the time you receive the hand-off from the Quarterback.
Y-BACK	Block the Most Dangerous Defender - Playside If set in motion, take the hand-off from the Quarterback Backside: Middle of the field and block MDM	When in motion, be at full speed by the time you receive the hand-off from the Quarterback.
Z-RECEIVER	If set in motion, take the hand-off from the Quarterback Block the Most Dangerous Defender - Playside Backside: Middle of the field and block MDM	When in motion, be at full speed by the time you receive the hand-off from the Quarterback.
SUPERBACK	You are the lead blocker on the perimeter. Block first thing that shows.	
QUARTERBACK	Secure the snap, eyes up, reverse out and place the ball in the Motion Man's belly. Bootleg opposite the play call past the L.O.S. holding DE.	
PLAYSIDE TACKLE	Reach step, try to reach or push to sideline. Do not loose contact and drive him.	24 inch Splits
PLAYSIDE GUARD	Zone thru and seal the playside Linebacker	24 inch Splits Possible "G" Call
CENTER	Zone thru DT, if he slants inside cut him, Seal Linebacker	
BACKSIDE GUARD	Zone thru DT, if he slants inside cut him, Seal Linebacker	24 inch Splits
BACKSIDE TACKLE	Zone thru DT, if he slants inside cut him, Seal Linebacker	24 inch Splits

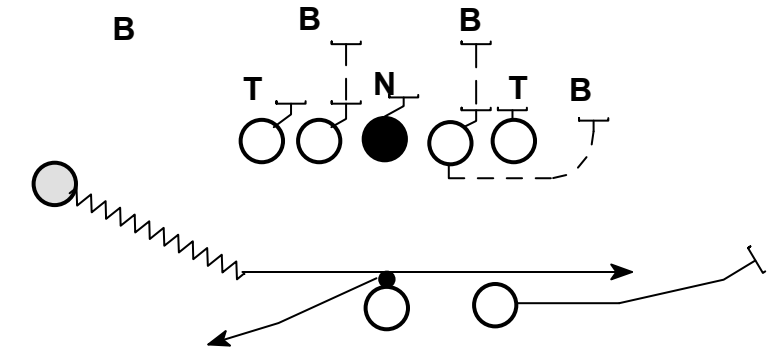
vs 33



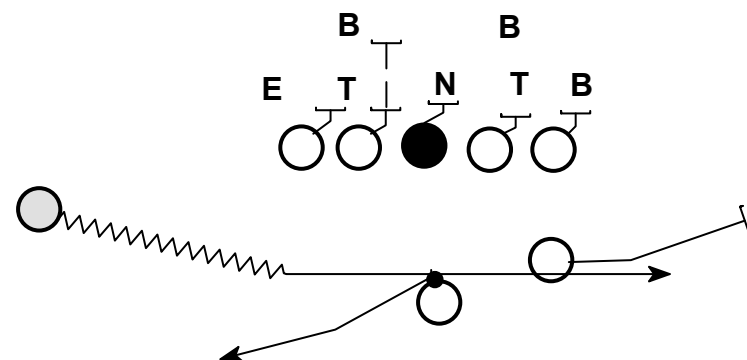
vs 43 "Sam" Out



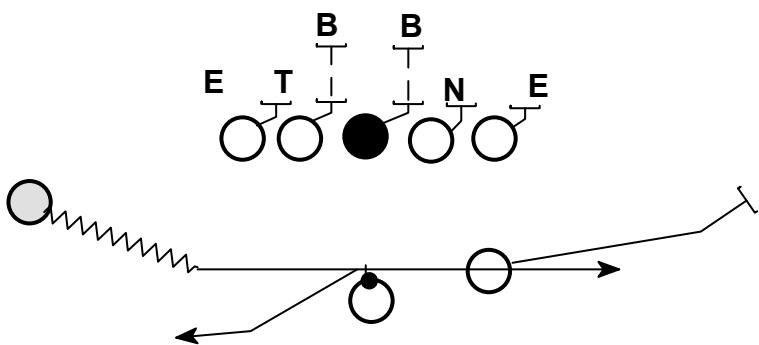
vs 34



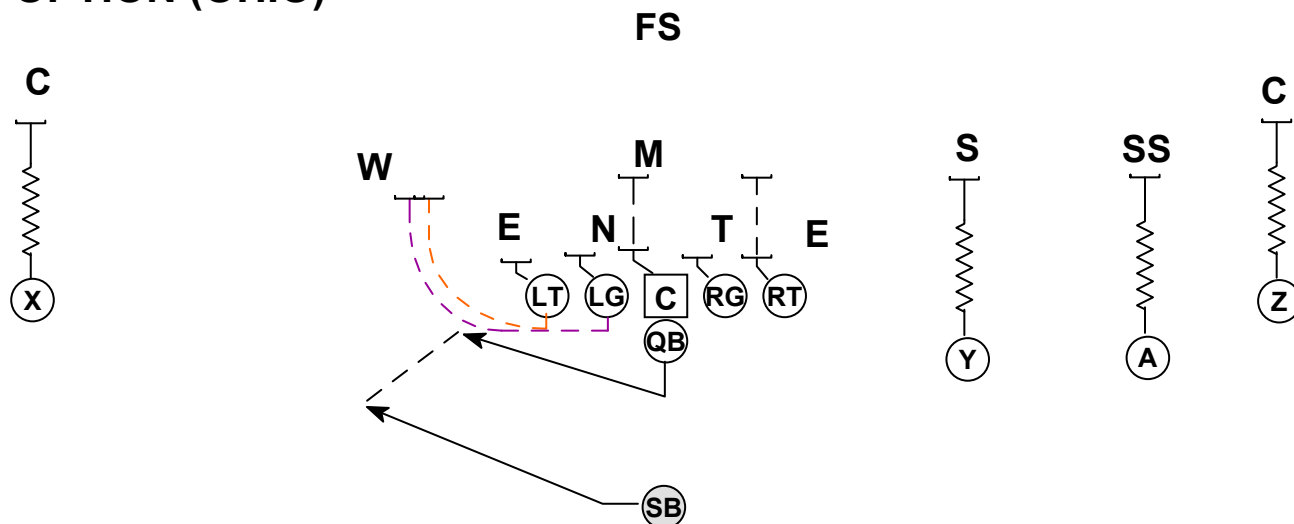
vs UNDER



vs SPLIT 4

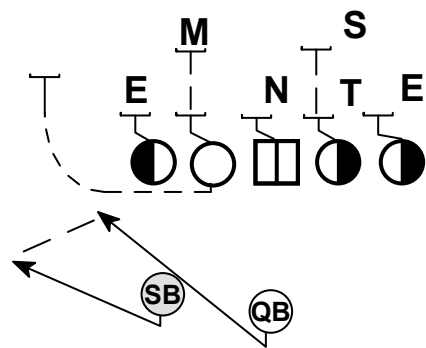


19/18 OPTION (OHIO)

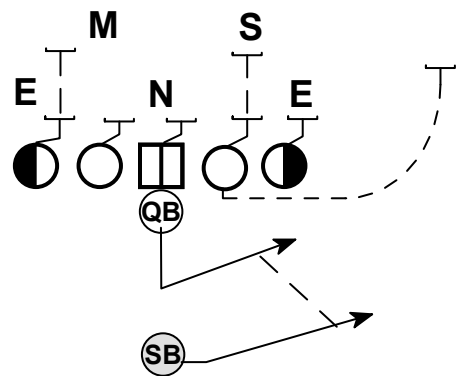


POSITION	ASSIGNMENT	COACHING POINT
X-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
A-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Y-BACK	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
Z-RECEIVER	Release vertical with eyes down field (always sell the vertical). Block cover down defender. Come off the ball vertically for 3 steps & gain leverage on coverdown defender.	Block to the echo of the whistle.
SUPERBACK	Take open step, maintain 4 by 1 pitch relationship with the Quarterback	
QUARTERBACK	Hinge step back, gather and immediately work down L.O.S. attacking the EMOL & force the play	If there is a "Base" call, then you will pitch off from the 2nd level defender coming up on force.
PLAYSIDE TACKLE	Rip release for playside Linebacker "Solid" Call - Block EMOL at the line of scrimmage "G" Call - Block "B" Gap "T" Call - Pull around EMOL & block 2nd level defender on force	Possible "T" Call If "G" Call is made, Block PS "B" Gap
PLAYSIDE GUARD	Full Zone blocking scheme. If covered reach the 3 tech. vs Shade, down block & double with the Center	Possible "G" Call
CENTER	Half Zone Playside Gap: Level 1 to Level 2 Use Trail/Lead Technique	
BACKSIDE GUARD	Half Zone Technique Protecting "A" Gap Use Trail/Lead Technique	
BACKSIDE TACKLE	Half Zone Technique Protecting "B" Gap Work Trail Technique with B.S.G.	

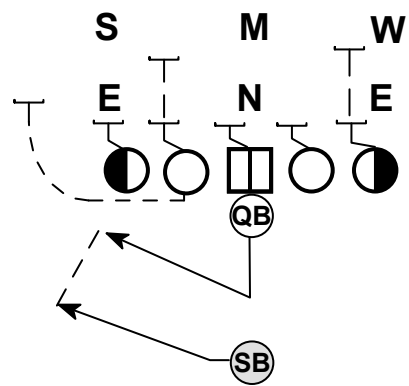
vs 42 Over



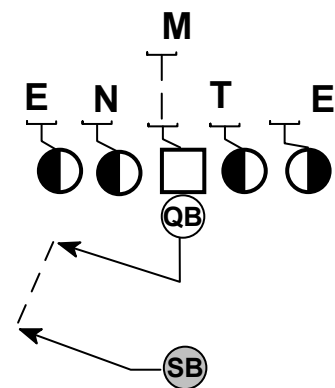
vs 32



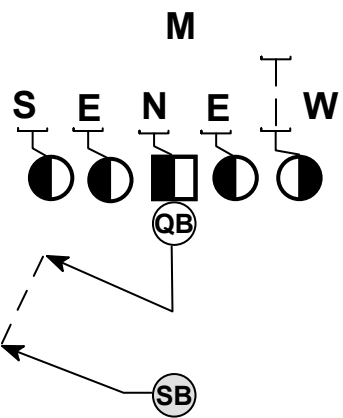
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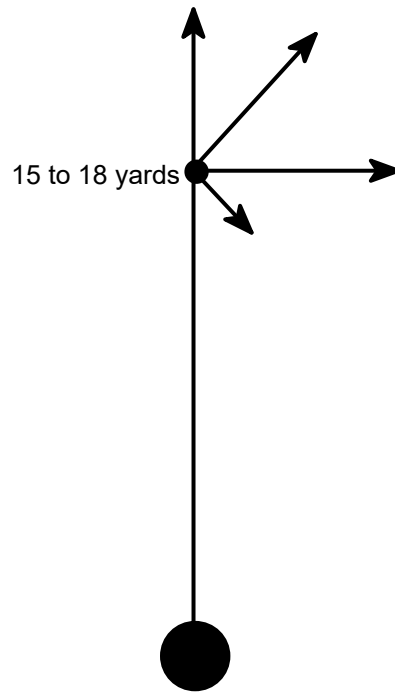
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vs 51



THE SEAM READ



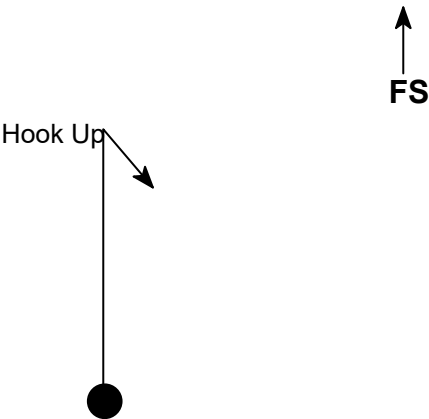
THE SEAM READ:

It is important that all of our receiver's understand the Seam Read concept vs. a Single Safety Look (Man or Zone) coverage or a Two Safety Look (Man or Zone) coverage. In the Run n Shoot Offense, it is a critical part of the success of the offense. On almost every pass play, there is one receiver running a seam read along with other route conversions by other players.

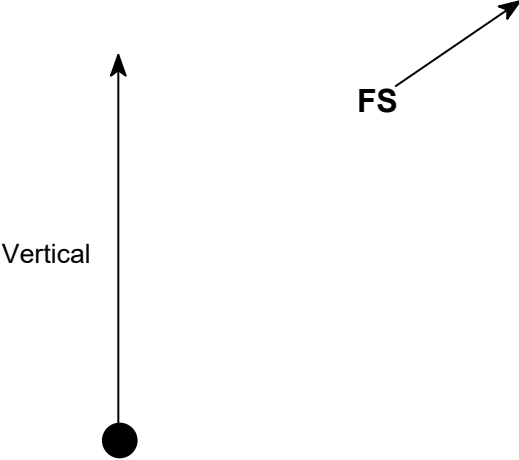
Your conversion point is 15 to 18 yards,

Single Safety Look

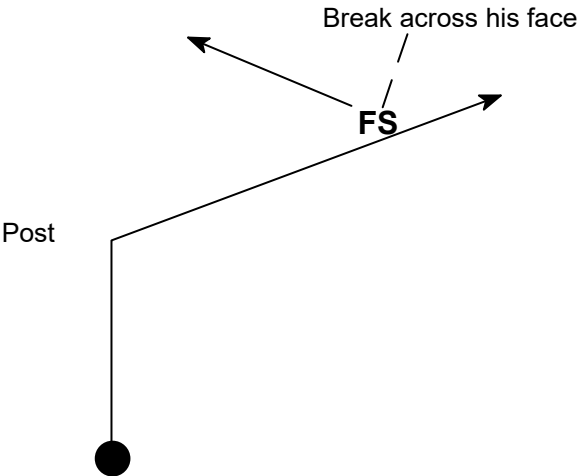
Middle:



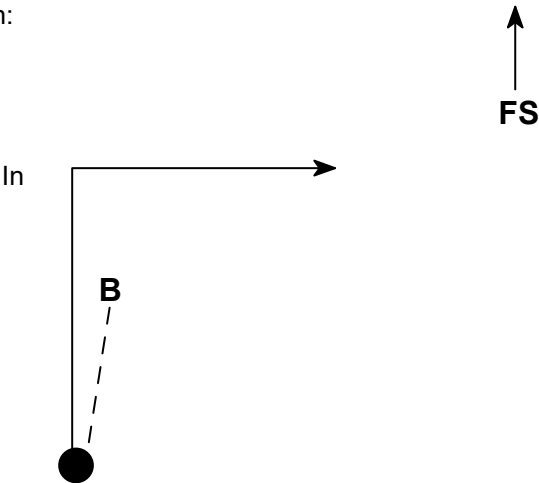
Away:



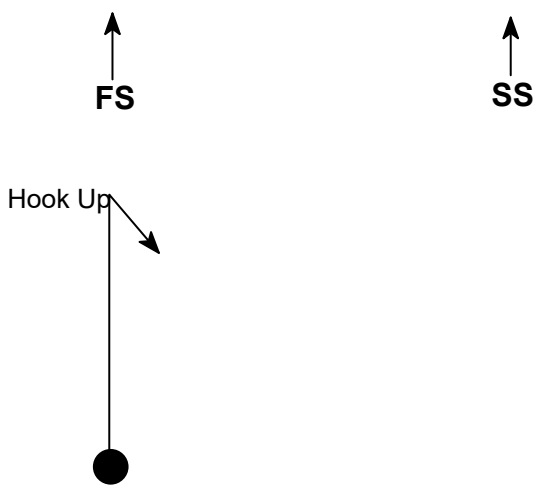
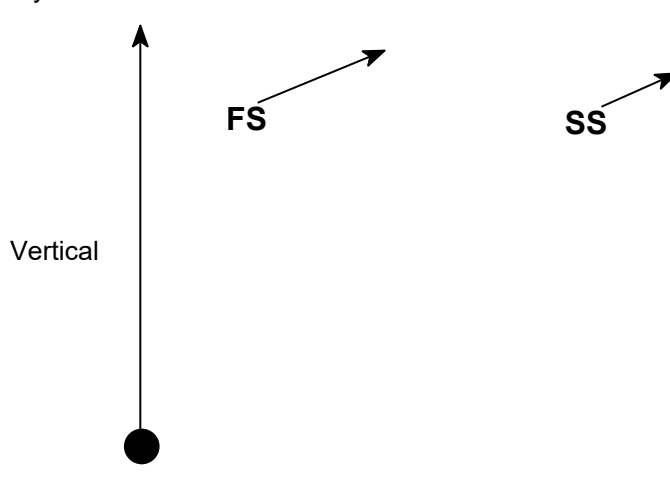
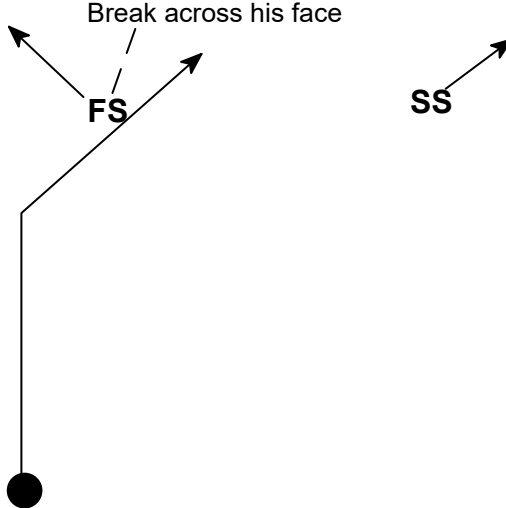
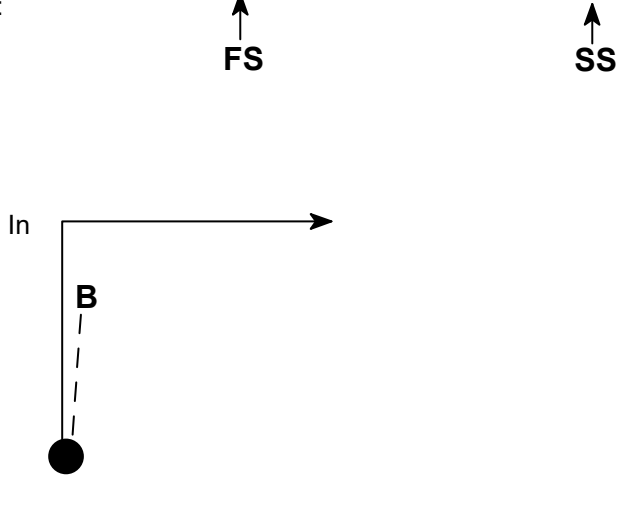
To you:



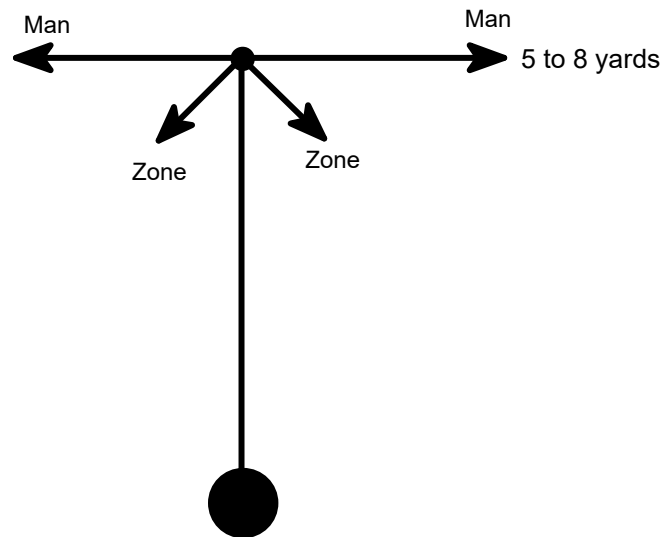
Man:



Two Safety Look

<p>Can not beat him over the top. Big Cushin:</p> 	<p>Away:</p> 
<p>To you:</p> 	<p>Man:</p> 

THE OPTION ROUTE

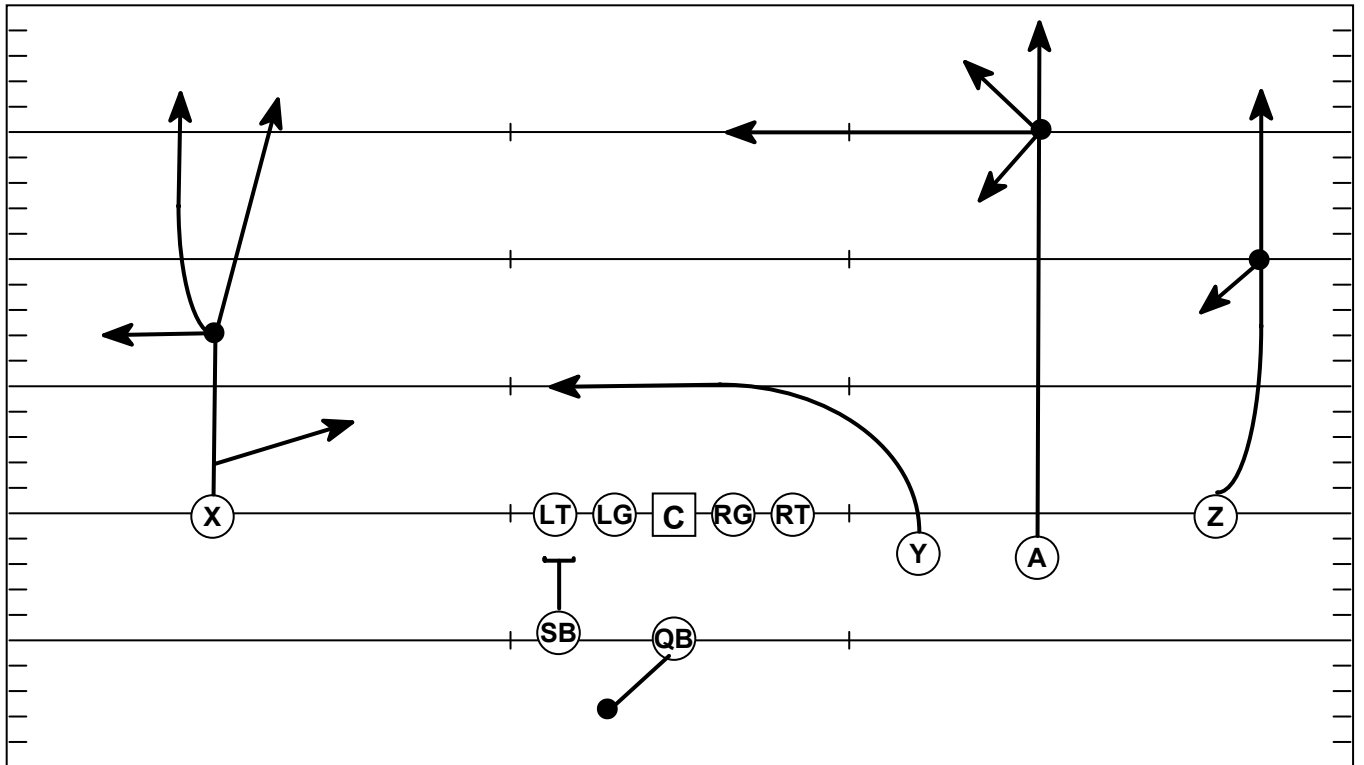


THE OPTION ROUTE:

It is important that all of our receiver's understand the Option Route concept vs. Zone or Man coverage. In zone coverage, you want to read the depth and leverage of the defender. When you get to your land mark you will hook up away from the defender and find the open window back to the Quarterback. In man coverage, when you get to your land mark you will break and run away from the defender.

Your conversion point is 5 to 8 yards.

70/71 CHOICE



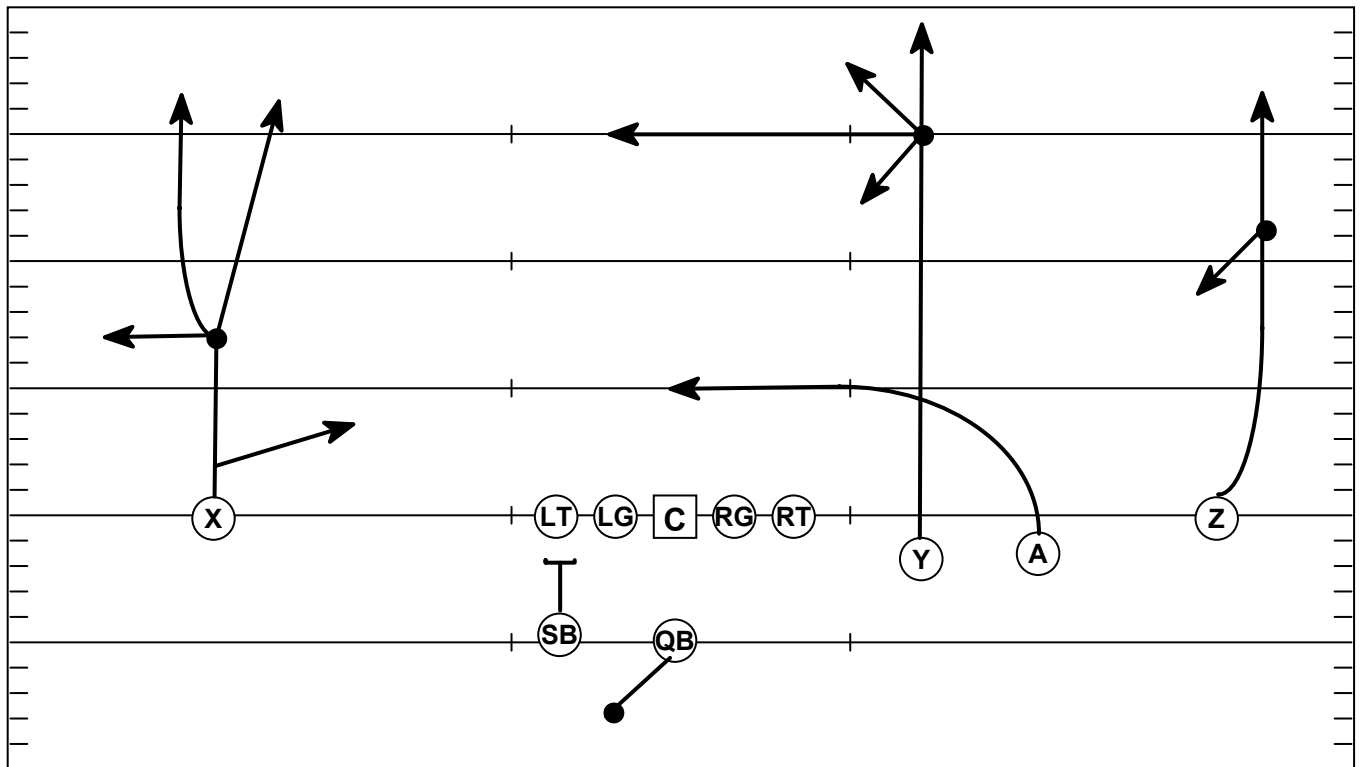
70/71 CHOICE

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	CHOICE	<p>1 SAFETY ZONE: You are working up the field on the outside shoulder of the CB. On your 7th step, if the CB is 5 yds or deeper, then you will run a speed cut to the OUT ROUTE. If the CB is 3 yds or closer, then you will run a SKINNY POST.</p> <p>2 SAFETY ZONE: FADE ROUTE</p> <p>MAN: OUT, SKINNY POST or FADE ROUTE based on DB technique when you get to your 7th step,</p> <p>BLITZ: SLANT ROUTE</p>
BACKSIDE 1	VERTICAL	<p>Your route is between the numbers and the sideline.</p> <p>If you have a DB over top of you and you can not break down his cushion, then when you get to 10 to 12 yards up field, throw up your outside hand and hook up. Then find the open window back to the Quarterback.</p>
BACKSIDE 2	SEAM READ	<ul style="list-style-type: none"> - Release vertically (easiest release) - Work to Landmark (H.S. Hashmark) - Look for the ball no sooner than 10 to 12 yards - Be at your Landmark by 15 to 18 yards and make your route adjustment based on coverage.
BACKSIDE 3	SHALLOW	<p>ZONE: Run your route at a depth of 5yds and find the open window back to the QB.</p> <p>MAN: Run your route across the formation at the depth of 5yds.</p>
SUPERBACK	PASS PRO.	Your primary responsibility is pass protection. You run the ARROW ROUTE only if it is called.

QUARTERBACK

DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	Deep 3rd Middle 3rd Curl	<div>ZONE</div> <div>1. Choice</div> <div>2. Seam Read</div> <div>3. Vertical</div> <div>4. Shallow</div> <div>MAN</div> <div>1. Choice</div> <div>2. Seam Read</div> <div>3. Shallow</div>	If you have any question on your frontside read, automatically go to your next progression on the backside.
ROUTE VARIATION:Special Trade Drag			

70/71 CHOICE "SPECIAL"

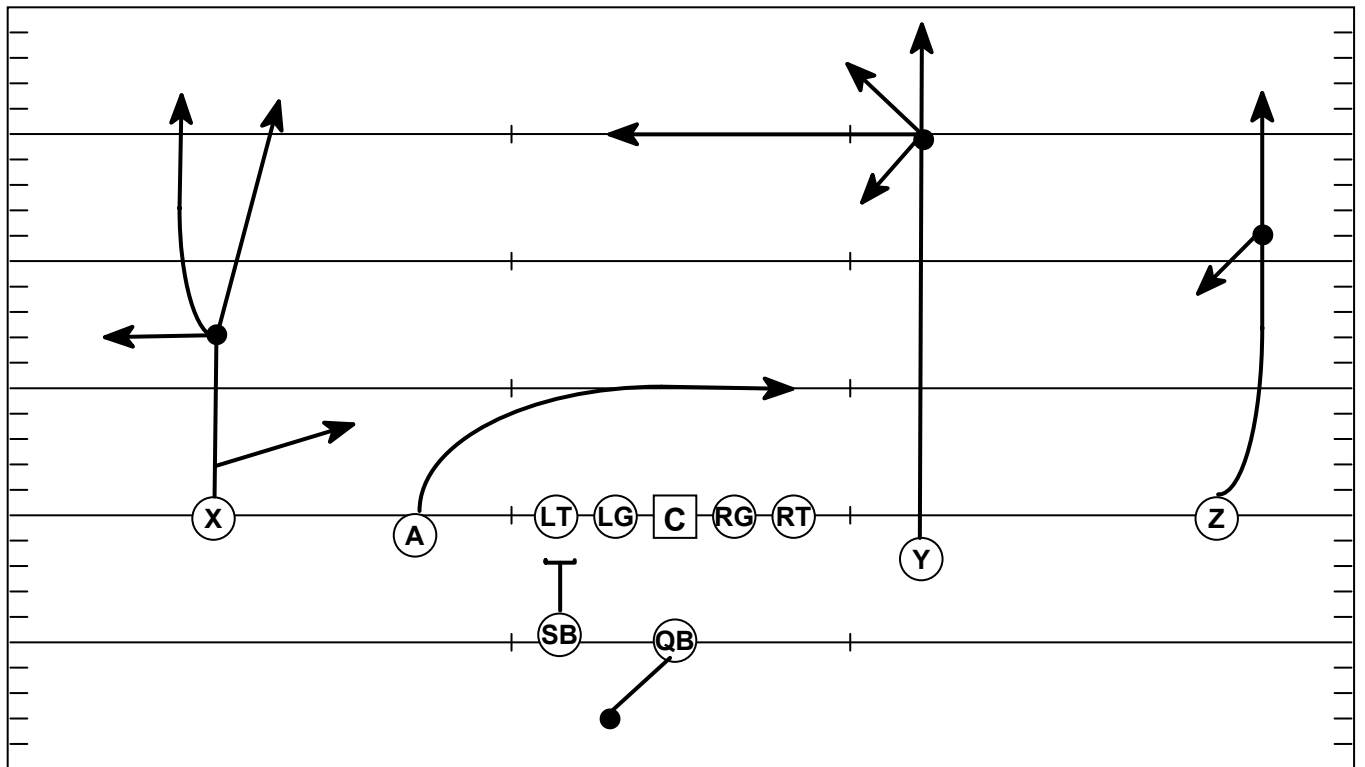


70/71 CHOICE "SPECIAL"

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	CHOICE	<p>1 SAFETY ZONE: You are working up the field on the outside shoulder of the CB. On your 7th step, if the CB is 5 yds or deeper, then you will run a speed cut to the OUT ROUTE. If the CB is 3 yds or closer, then you will run a SKINNY POST.</p> <p>2 SAFETY ZONE: FADE ROUTE</p> <p>MAN: OUT, SKINNY POST or FADE ROUTE based on DB technique when you get to your 7th step,</p> <p>BLITZ: SLANT ROUTE</p>
BACKSIDE 1	VERTICAL	<p>Your route is between the numbers and the sideline.</p> <p>If you have a DB over top of you and you can not break down his cushion, then when you get to 10 to 12 yards up field, throw up your outside hand and hook up. Then find the open window back to the Quarterback.</p>
BACKSIDE 2	SHALLOW	<p>ZONE: Run your route at a depth of 5yds and find the open window back to the QB.</p> <p>MAN: Run your route across the formation at the depth of 5yds.</p>
BACKSIDE 3	SEAM READ	<ul style="list-style-type: none"> - Release vertically (easiest release) - Work to Landmark (H.S. Hashmark) - Look for the ball no sooner than 10 to 12 yards - Be at your Landmark by 15 to 18 yards and make your route adjustment based on coverage.
SUPERBACK	PASS PRO.	<p>Your primary responsibility is pass protection. You run the ARROW ROUTE only if it is called.</p>

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	Deep 3rd Middle 3rd Curl	<p>ZONE</p> <ol style="list-style-type: none"> Choice Seam Read Vertical Shallow <p>MAN</p> <ol style="list-style-type: none"> Choice Seam Read Shallow 	<p>"Special" means that the Backside 2 & the Backside 3 exchange route responsibilities.</p> <p>If you have any question on your frontside read, automatically go to your next progression on the backside.</p>
ROUTE VARIATION:			

70/71 CHOICE "SPECIAL"

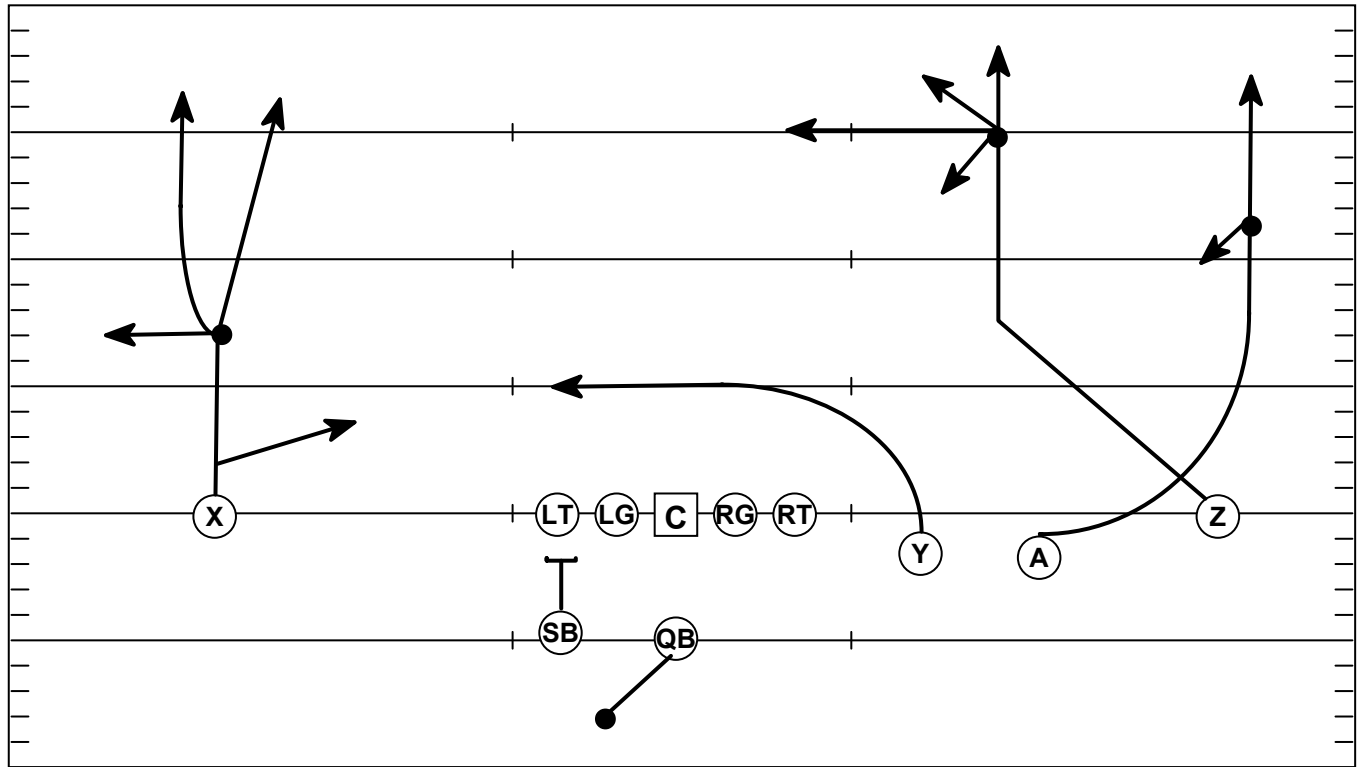


70/71 CHOICE "SPECIAL"

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	CHOICE	<p>1 SAFETY ZONE: You are working up the field on the outside shoulder of the CB. On your 7th step, if the CB is 5 yds or deeper, then you will run a speed cut to the OUT ROUTE. If the CB is 3 yds or closer, then you will run a SKINNY POST.</p> <p>2 SAFETY ZONE: FADE ROUTE</p> <p>MAN: OUT, SKINNY POST or FADE ROUTE based on DB technique when you get to your 7th step,</p> <p>BLITZ: SLANT ROUTE</p>
FRONTSIDE 2	SHALLOW	<p>ZONE: Run your route at a depth of 5yds and find the open window back to the QB.</p> <p>MAN: Run your route across the formation at the depth of 5yds.</p>
BACKSIDE 1	VERTICAL	<p>Your route is between the numbers and the sideline.</p> <p>If you have a DB over top of you and you can not break down his cushion, then when you get to 10 to 12 yards up field, throw up your outside hand and hook up. Then find the open window back to the Quarterback.</p>
BACKSIDE 2	SEAM READ	<ul style="list-style-type: none"> - Release vertically (easiest release) - Work to Landmark (H.S. Hashmark) - Look for the ball no sooner than 10 to 12 yards - Be at your Landmark by 15 to 18 yards and make your route adjustment based on coverage.
SUPERBACK	PASS PRO.	<p>Your primary responsibility is pass protection. You run the ARROW ROUTE only if it is called.</p>

QUARTERBACK				
DROP	AREA KEY	PROGRESSION		COACHING POINTS/READS
3 Step "Gun"	Deep 3rd Middle 3rd Curl	ZONE	MAN	"Special" means that the Backside 2 & the Backside 3 exchange route responsibilities If you have any question on your frontside read, automatically go to your next progression on the backside.
		1. Choice 2. Seam Read 3. Vertical 4. Shallow	1. Choice 2. Seam Read 3. Shallow	
ROUTE VARIATION:				

70/71 CHOICE "TRADE"



70/71 CHOICE "TRADE"

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	CHOICE	<p>1 SAFETY ZONE: You are working up the field on the outside shoulder of the CB. On your 7th step, if the CB is 5 yds or deeper, then you will run a speed cut to the OUT ROUTE. If the CB is 3 yds or closer, then you will run a SKINNY POST.</p> <p>2 SAFETY ZONE: FADE ROUTE</p> <p>MAN: OUT, SKINNY POST or FADE ROUTE based on DB technique when you get to your 7th step,</p> <p>BLITZ: SLANT ROUTE</p>
BACKSIDE 1	SEAM READ	You are taking a track to your 1st landmark on the HS Hash at the depth of 8yds. Then you will get vertical to your 2nd landmark of 15 to 18 yds and then convert your route based on coverage.
BACKSIDE 2	WHEEL	<p>Your route is between the numbers and the sideline.</p> <p>If you have a DB over top of you and you can not break down his cushion, then when you get to 10 to 12 yards up field, throw up your outside hand and hook up. Then find the open window back to the Quarterback.</p>
BACKSIDE 3	SHALLOW	<p>ZONE: Run your route at a depth of 5yds and find the open window back to the QB.</p> <p>MAN: Run your route across the formation at the depth of 5yds.</p>
SUPERBACK	PASS PRO.	Your primary responsibility is pass protection. You run the ARROW ROUTE only if it is called.

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	Deep 3rd Middle 3rd Curl	<p>ZONE</p> <p>1. Choice 2. Seam Read 3. Wheel 4. Shallow</p> <p>MAN</p> <p>1. Choice 2. Seam Read 3. Shallow</p>	<p>"Trade" means that the Backside 1 & the Backside 2 exchange route responsibilities</p> <p>If you have any question on your frontside read, automatically go to your next progression on the backside.</p>
ROUTE VARIATION:			

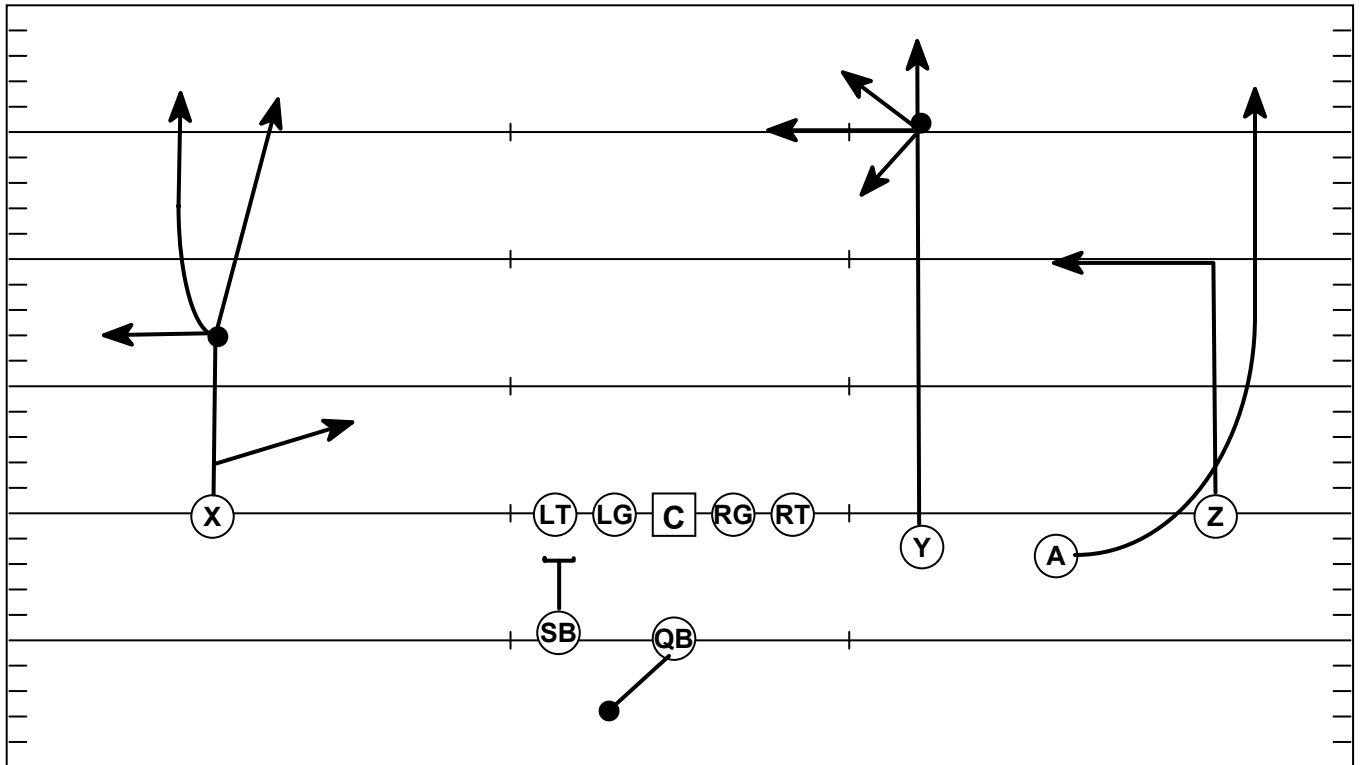
The diagram illustrates a quantum circuit on a grid. The circuit starts at node X, which is part of a loop with node A. The path goes through nodes LT, LG, C, RG, and RT. From RT, it goes to SB and then QB. Another path goes from the top of the loop through node Y to node Z. Various arrows indicate the direction of the paths and the flow of the circuit.

70/71 CHOICE "SWITCH"

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	CHOICE	<p>1 SAFETY ZONE: You are working up the field on the outside shoulder of the CB. On your 7th step, if the CB is 5 yds or deeper, then you will run a speed cut to the OUT ROUTE. If the CB is 3 yds or closer, then you will run a VERTICAL ROUTE.</p> <p>2 SAFETY ZONE: FADE ROUTE</p> <p>MAN: OUT or FADE ROUTE based on DB technique when you get to your 7th step,</p>
FRONTSIDE 2	VERTICAL	<ul style="list-style-type: none"> - Release vertically (easiest release) - Work to Landmark (2 yards outside hashmark) - Look for the ball no sooner than 10 to 12 yards - Be at your Landmark by 13 yards
BACKSIDE 1	SEAM READ	You are taking a track to your 1st landmark on the HS Hash at the depth of 8yds. Then you will get vertical to your 2nd landmark of 15 to 18 yds and then convert your route based on coverage.
BACKSIDE 2	WHEEL	<p>Your route is between the numbers and the sideline.</p> <p>If you have a DB over top of you and you can not break down his cushion, then when you get to 10 to 12 yards up field, throw up your outside hand and hook up. Then find the open window back to the Quarterback.</p> <p>5yds split from BS1</p>
SUPERBACK	PASS PRO.	Your primary responsibility is pass protection. You run the ARROW ROUTE only if it is called.

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	Deep Thirds & Deep Half	<ol style="list-style-type: none"> 1. Choice 2. Seam Read 3. Wheel 	<p>One Safety Look: You are reading the middle Safety and throwing the ball to a receiver according to his rotation. With using a half roll drop, the middle safety should rotate to the drop.</p>
<p>ROUTE VARIATION: Superback - Scat Route or Arrow Route</p>			<p>Two Safety Look: You are reading the playside half field safety. Your progression would then be inside receiver to outside receiver.</p> <p>* We do not want the ball in the air for a long period of time.</p>

70/71 CHOICE "DRAG"

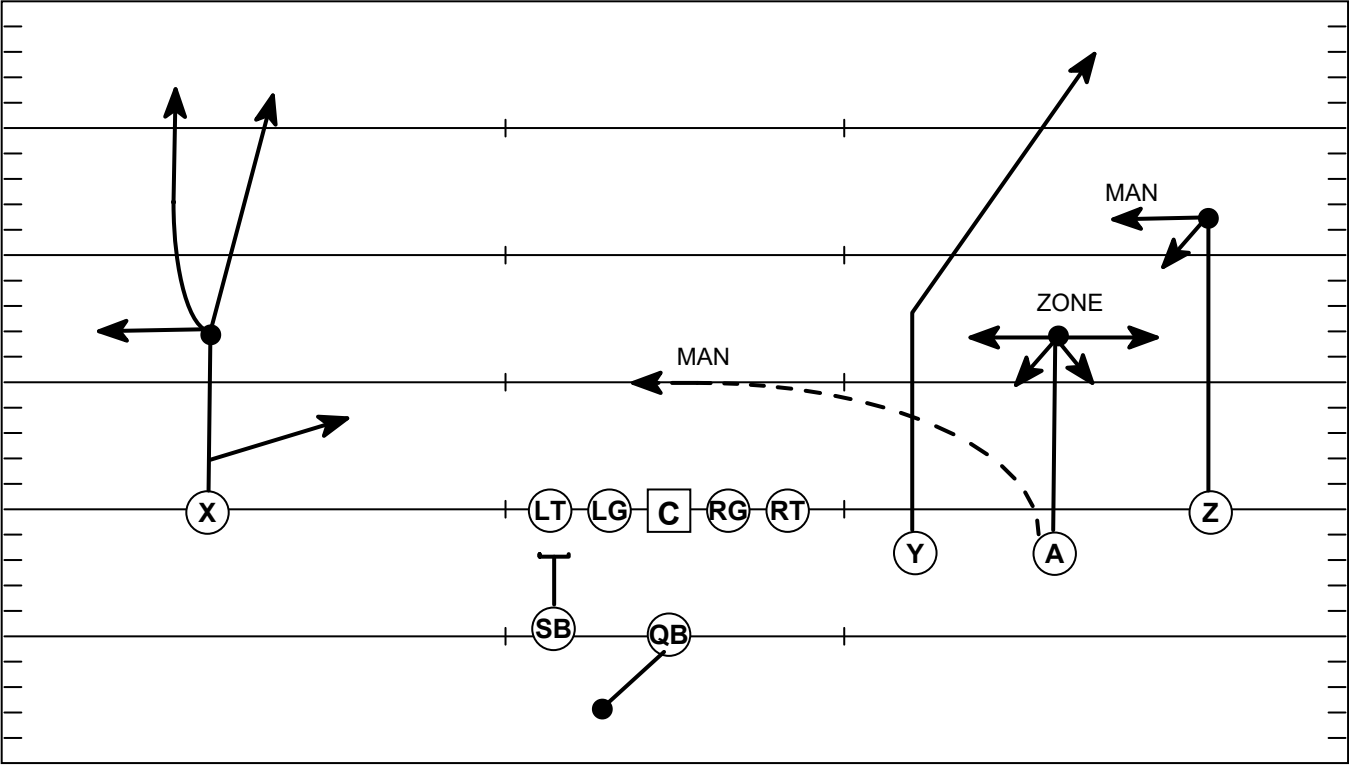


70/71 CHOICE "DRAG"

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	CHOICE	<p>1 SAFETY ZONE: You are working up the field on the outside shoulder of the CB. On your 7th step, if the CB is 5 yds or deeper, then you will run a speed cut to the OUT ROUTE. If the CB is 3 yds or closer, then you will run a SKINNY POST.</p> <p>2 SAFETY ZONE: FADE ROUTE</p> <p>MAN: OUT, SKINNY POST or FADE ROUTE based on DB technique when you get to your 7th step,</p> <p>BLITZ: SLANT ROUTE</p>
BACKSIDE 1	DRAG	In Route is run at a depth of 10yards
BACKSIDE 2	WHEEL	<p>Your route is between the numbers and the sideline.</p> <p>If you have a DB over top of you and you can not break down his cushion, then when you get to 10 to 12 yards up field, throw up your outside hand and hook up. Then find the open window back to the Quarterback.</p>
BACKSIDE 3	SEAM READ	<ul style="list-style-type: none"> - Release vertically (easiest release) - Work to Landmark (H.S. Hashmark) - Look for the ball no sooner than 10 to 12 yards - Be at your Landmark by 15 to 18 yards and make your route adjustment based on coverage.
SUPERBACK	PASS PRO.	Your primary responsibility is pass protection. You run the ARROW ROUTE only if it is called.

QUARTERBACK				
DROP	AREA KEY	PROGRESSION		COACHING POINTS/READS
5 Step 3 Step "Gun"	Deep 3rd Middle 3rd Curl	ZONE 1. Choice 2. Seam Read 3. Wheel 4. In	MAN 1. Choice 2. Seam Read 3. In	If you have any question on your frontside read, automatically go to your next progression on the backside.
ROUTE VARIATION:				

70/71 CHOICE "SMASH" A/Y OPTION

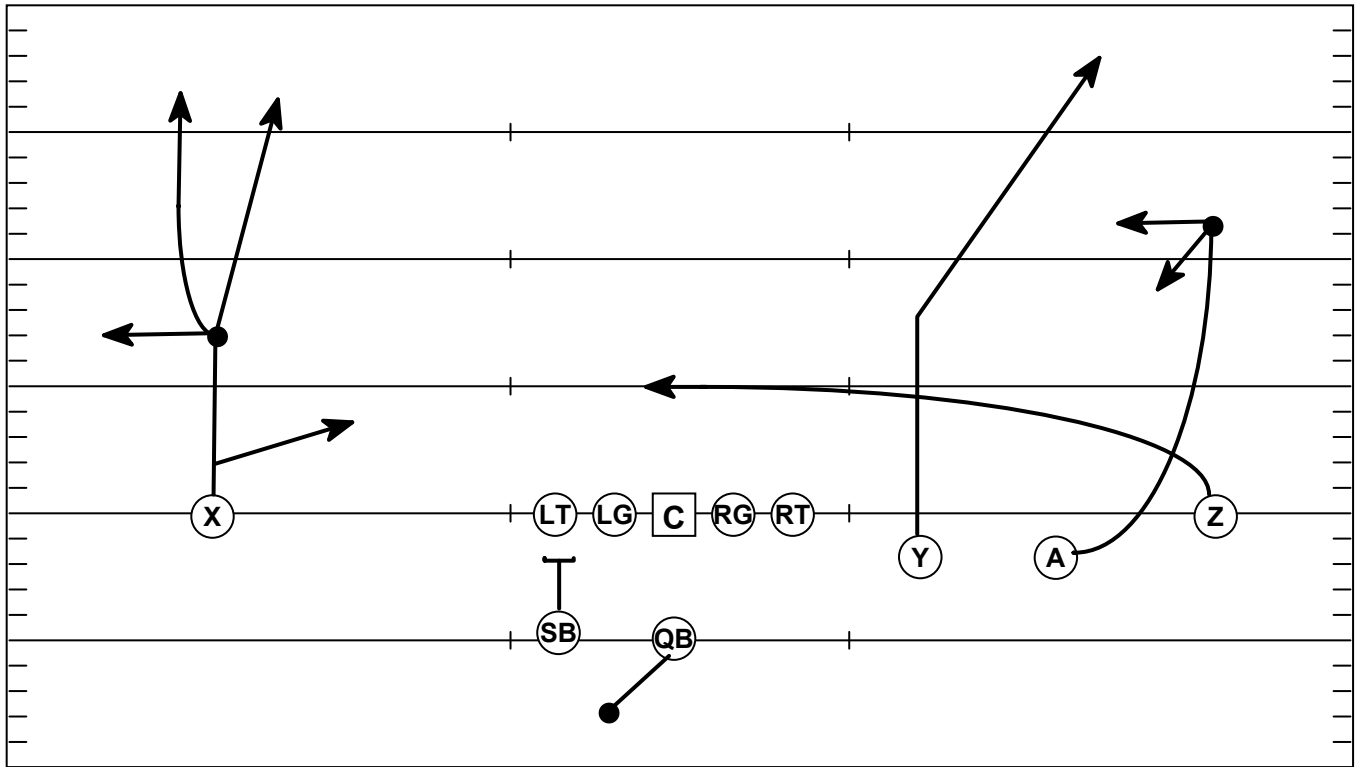


70/71 CHOICE "SMASH" A/Y OPTION

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	CHOICE	<p>1 SAFETY ZONE: You are working up the field on the outside shoulder of the CB. On your 7th step, if the CB is 5 yds or deeper, then you will run a speed cut to the OUT ROUTE. If the CB is 3 yds or closer, then you will run a SKINNY POST.</p> <p>2 SAFETY ZONE: FADE ROUTE</p> <p>MAN: OUT, SKINNY POST or FADE ROUTE based on DB technique when you get to your 7th step,</p> <p>BLITZ: SLANT ROUTE</p>
BACKSIDE 1	HOOK	<p>ZONE COVERAGE: HOOK ROUTE at 10 yards and find the open window back to the Quarterback</p> <p>MAN COVERAGE: Convert Hook Route into an In Route at 10 yards</p>
BACKSIDE 2	OPTION	<p>- ZONE COVERAGE: Option Route at 5 to 8yds. Find the open window back to the QB.</p> <p>- MAN COVERAGE: Run a Shallow Cross at 3 to 5 yards</p>
BACKSIDE 3	CORNER	Sell the POST ROUTE at 10 to 12 yards and break to CORNER ROUTE at 22 yards. It is important that you make your break and run to the open area of the coverage.
SUPERBACK	PASS PRO.	Your primary responsibility is pass protection. You run the ARROW ROUTE only if it is called.

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	Deep 3rd Middle 3rd Curl	ZONE or MAN 1. Choice 2. Corner 3. Hook 4. Option	If you have any question on your frontside read, automaticly go to your next progression on the backside.
ROUTE VARIATION:			

70/71 CHOICE "SMASH" "TRADE"

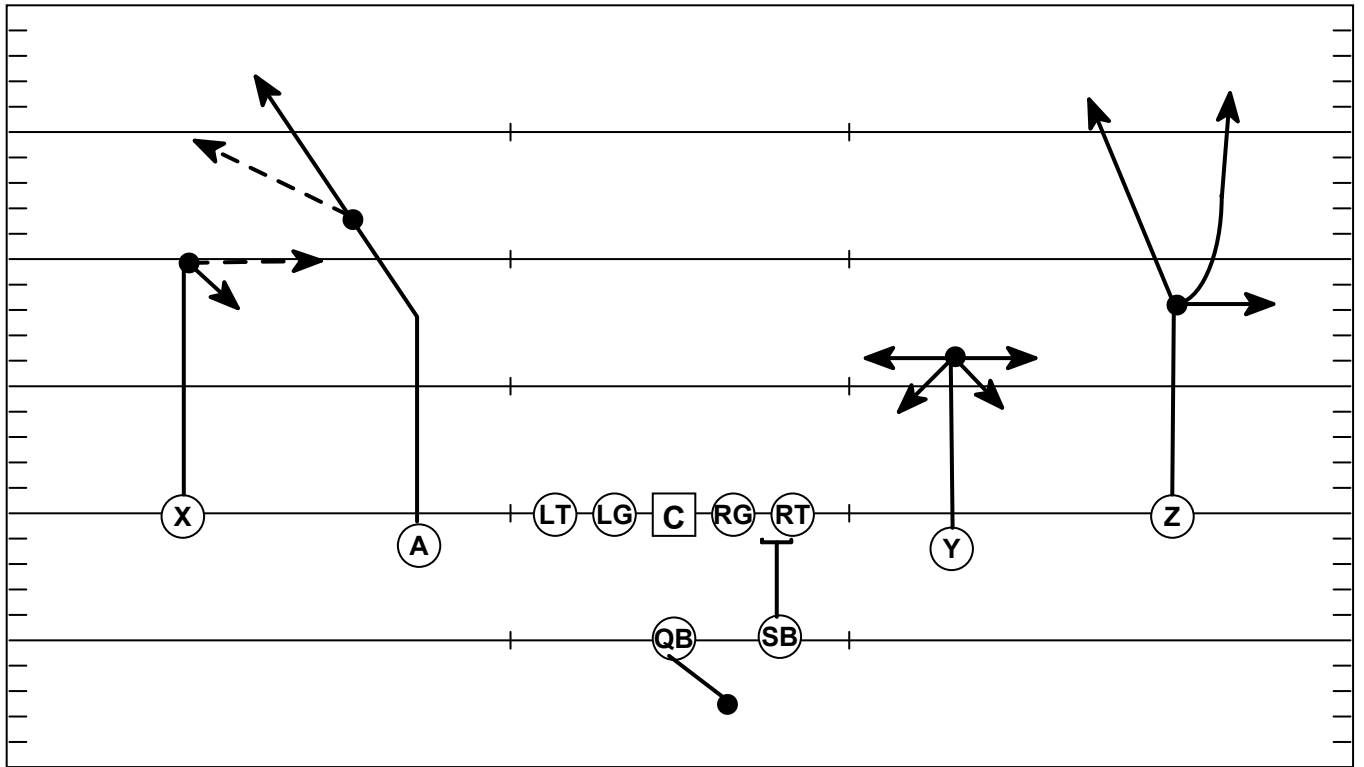


70/71 CHOICE "SMASH" TRADE

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	CHOICE	1 SAFETY ZONE: You are working up the field on the outside shoulder of the CB. On your 7th step, if the CB is 5 yds or deeper, then you will run a speed cut to the OUT ROUTE. If the CB is 3 yds or closer, then you will run a SKINNY POST. 2 SAFETY ZONE: FADE ROUTE MAN: OUT, SKINNY POST or FADE ROUTE based on DB technique when you get to your 7th step, BLITZ: SLANT ROUTE
BACKSIDE 1	SHALLOW	ZONE: Run your route at a depth of 5yds and find the open window back to the QB. MAN: Run your route across the formation at the depth of 5yds.
BACKSIDE 2	HOOK	Your route is between the numbers and the sideline. Make it a Wheel Route and real sell the verticall and then at you landmark , brake down and hook up. ZONE COVERAGE: HOOK ROUTE at 10 yards and find the open window back to the Quarterback MAN COVERAGE: Convert Hook Route into an In Route at 10 yards 5yds split from FS1
BACKSIDE 3	CORNER	Sell the POST ROUTE at 10 to 12 yards and break to CORNER ROUTE at 22 yards. * It is important that you make your break and run to the open area of the coverage.
SUPERBACK	PASS PRO.	Your primary responsibility is pass protection. You run the ARROW ROUTE only if it is called.

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
5 Step 3 Step "Gun"	Deep 3rd Middle 3rd Curl	ZONE or MAN 1. Choice 2. Corner 3. Hook 4.Shallow	If you have any question on your frontside read, automatically go to your next progression on the backside.
ROUTE VARIATION:			

70/71 CHOICE "SMASH" A/Y OPTION

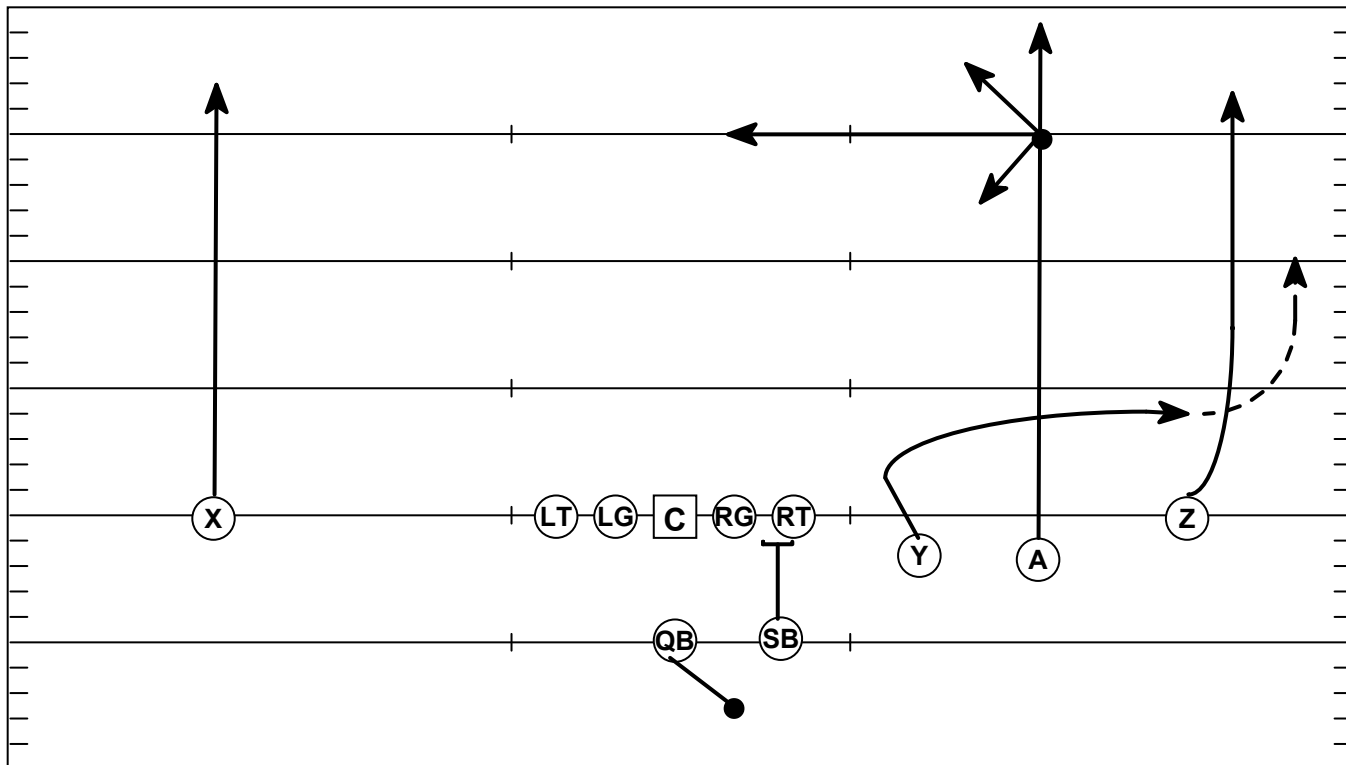


70/71 CHOICE "SMASH" A/Y OPTION

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	CHOICE	<p>1 SAFETY ZONE: You are working up the field on the outside shoulder of the CB. On your 7th step, if the CB is 5 yds or deeper, then you will run a speed cut to the OUT ROUTE. If the CB is 3 yds or closer, then you will run a SKINNY POST.</p> <p>2 SAFETY ZONE: FADE ROUTE</p> <p>MAN: OUT, SKINNY POST or FADE ROUTE based on DB technique when you get to your 7th step,</p> <p>BLITZ: SLANT ROUTE</p>
FRONTSIDE 2	OPTION	Option Route at 5 to 8yds. Find the open window back to the QB.
BACKSIDE 2	CORNER	<p>Sell the POST ROUTE at 10 to 12 yards and break to CORNER ROUTE at 22 yards.</p> <p>* It is important that you make your break and run to the open area of the coverage.</p>
BACKSIDE 1	HOOK	<p>ZONE COVERAGE: HOOK ROUTE at 10 yards and find the open window back to the Quarterback</p> <p>MAN COVERAGE: Convert Hook Route into an In Route at 10 yards</p>
SUPERBACK	PASS PRO.	

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	FLAT/DEEP 3rd	ZONE or MAN 1. Choice 2. Corner 3. Hook 4.Option	You want to read the flat defender in zone coverage. Pick the side with the best match-up.
ROUTE VARIATION:			

72/73 GO

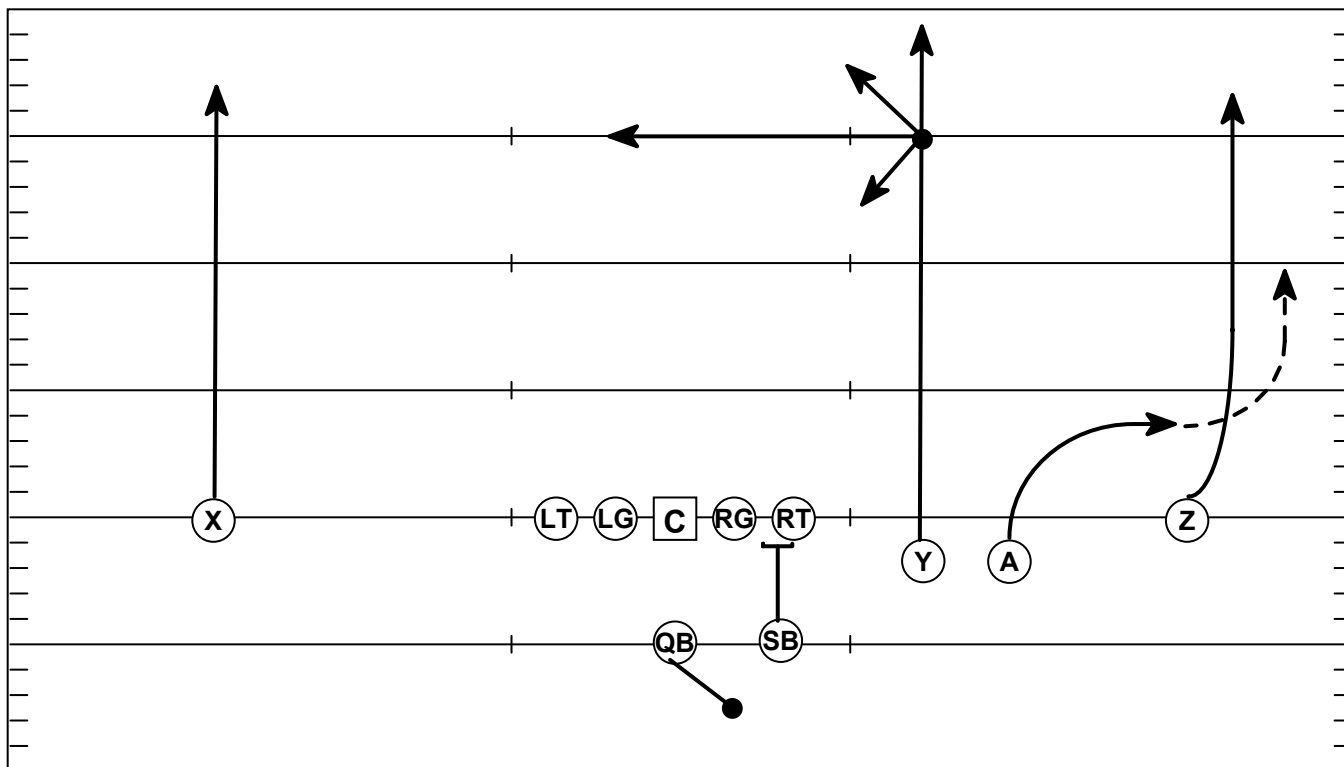


GO

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	VERTICAL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - ALWAYS Release outside & run by the DB - Always leave yourself 3 to 4 yards from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball <u>no sooner</u> than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
FRONTSIDE 2	SEAM READ	<ul style="list-style-type: none"> - Release vertically (easiest release) - Work to Landmark (H.S. Hashmark) - Look for the ball no sooner than 10 to 12 yards - <u>Be</u> at your Landmark by 15 to 18 yards and make your route adjustment based on coverage. <p>Between 3 to 5yds split from FS3</p>
FRONTSIDE 3	ARROW	<p>Route is run at a depth of 3 to 5 yards. If you run out of field or get a pump fake from the Quarterback, then run your secondary conversion up the field.</p> <p>Between 3 to 5yds split from FS2</p>
BACKSIDE 1	VERTICAL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - ALWAYS Release outside & run by the DB - Always leave yourself 3 to 4 yards from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball <u>no sooner</u> than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
SUPERBACK	PASS PRO.	

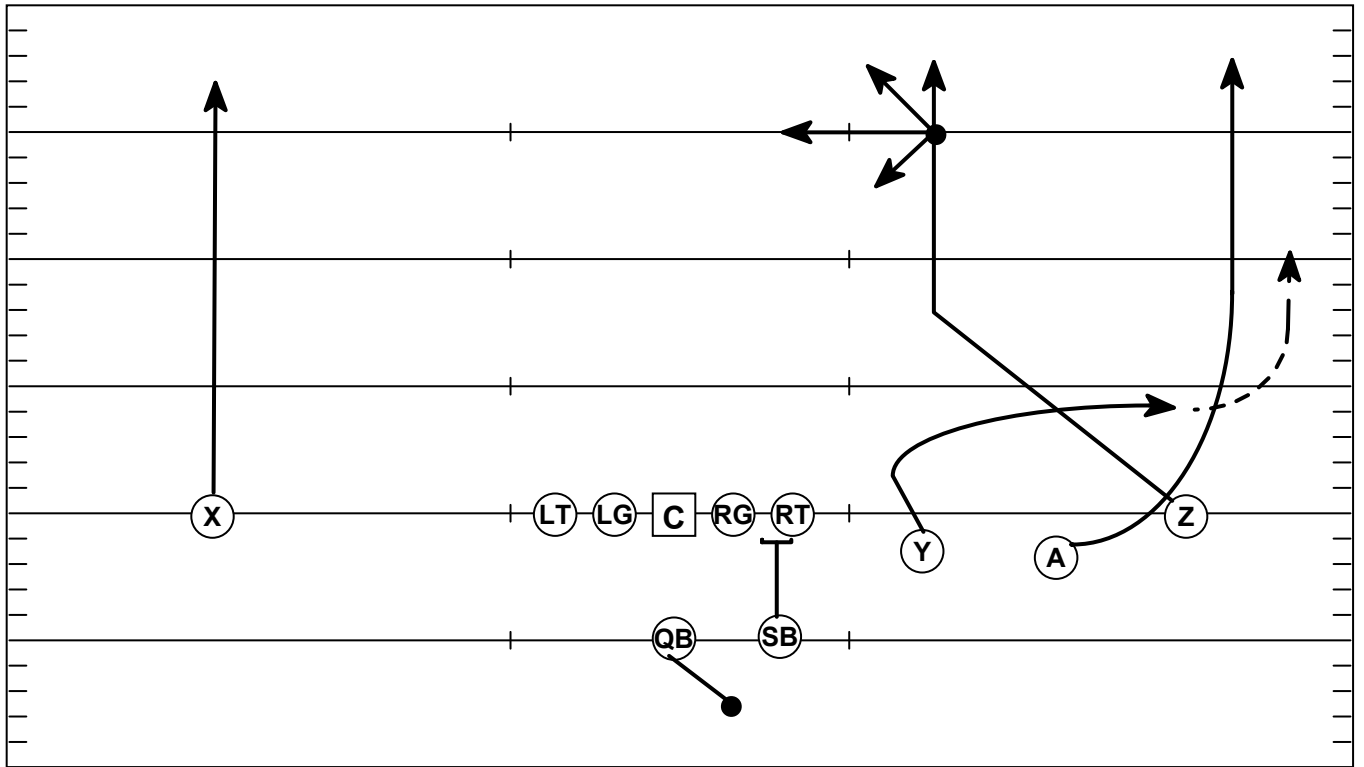
QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	CURL/FLAT	1. Seam to Arrow 2. Seam to Arrow 3. Vertical	You are reading the defender over the Frontside 2 . If there is a coverage with two Half Field Safeties, then read the defender over Frontside 2 to the playside Half Field Safety.
ROUTE VARIATION: (ICE) Frontside 2 picks for theFrontside 3 "SPECIAL" Call between the Frontside 2 & the Frontside 3 This means that the 2 receivers will trade route responsibilities. "TRADE" Call between the Frontside 1 & the Frontside 2 This means that the 2 receivers will trade route responsibilities.			

72/73 GO "SPECIAL"



*Refer to the "GO" route responsibilities for rules

72/73 GO "TRADE"

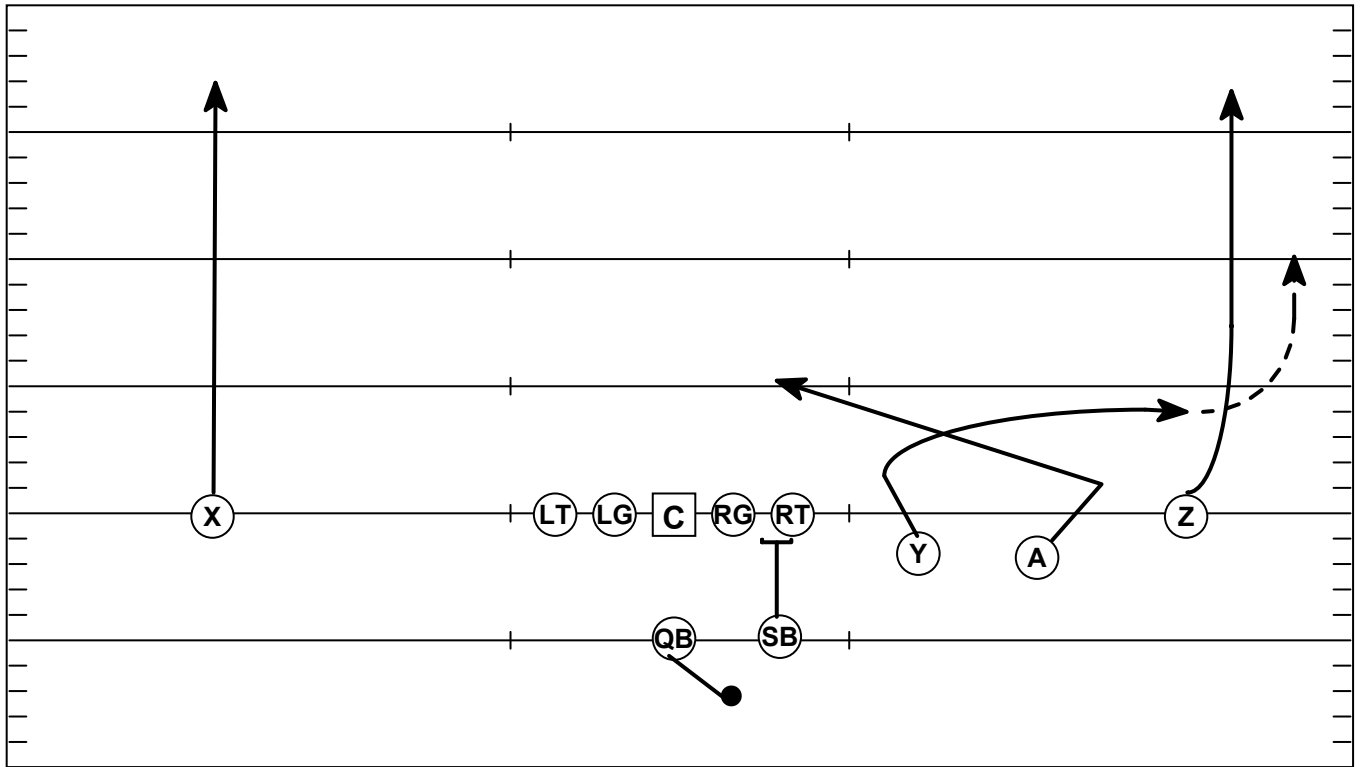


GO "TRADE"

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	SEAM READ	You are taking a track to your 1st landmark on the HS Hash at the depth of 8yds. Then you will get vertical to your 2nd landmark of 15 to 18 yds and then convert your route based on coverage.
FRONTSIDE 2	WHEEL	<p>Your route is between the numbers and the sideline.</p> <p>If you have a DB over top of you and you can not break down his cushion, then when you get to 10 to 12 yards up field, throw up your outside hand and hook up. Then find the open window back to the Quarterback.</p> <p>5yds split from FS1</p>
FRONTSIDE 3	ARROW	Route is run at a depth of 3 to 5 yards. If you run out of field or get a pump fake from the Quarterback, then run your secondary conversion up the field.
BACKSIDE 1	VERTICAL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - ALWAYS Release outside & run by the DB - Always leave yourself <u>3 to 4 yards</u> from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball <u>no sooner</u> than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
SUPERBACK	PASS PRO.	Your primary responsibility is pass protection.

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	Deep 3rd Middle 3rd Curl	<div>ZONE</div> <div>1. Choice</div> <div>2. Seam Read</div> <div>3. Wheel</div> <div>4. Shallow</div>	<div>MAN</div> <div>1. Choice</div> <div>2. Seam Read</div> <div>3. Shallow</div>
ROUTE VARIATION:			<p>"Trade" means that the Backside 1 & the Backside 2 exchange route responsibilities</p> <p>If you have any question on your frontside read, automatically go to your next progression on the backside.</p>

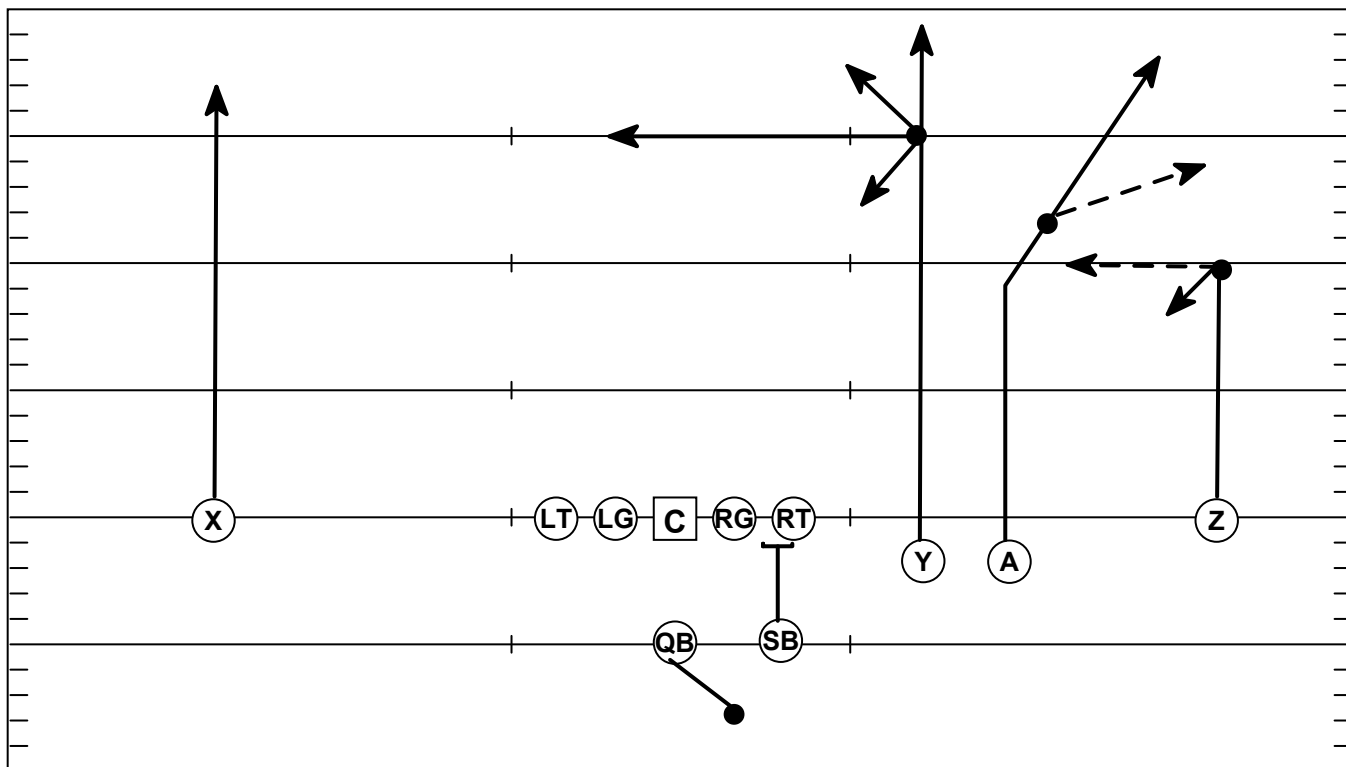
72/73 GO "ICE"



* All route responsibilities are the same as "GO" except the Frontside 2 will take 3 steps at a 45 degree angle and on his 3rd step he will then break to a slant route. Frontside 3 will run his route underneath him to create a natural rub against man coverage.

* Good Gold Zone route.

74/75 SMASH

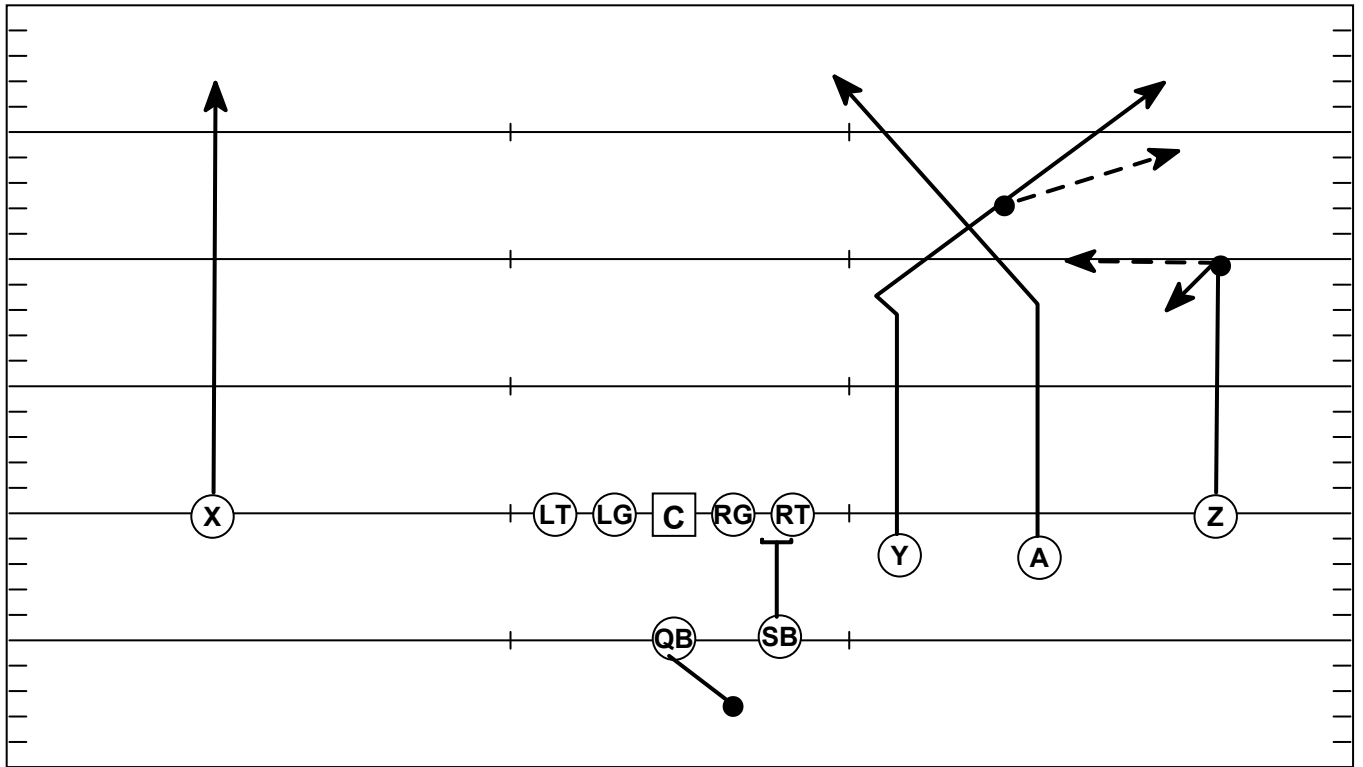


SMASH

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	HOOK	ZONE COVERAGE: HOOK ROUTE at 10 yards and find the open window back to the Quarterback MAN COVERAGE: Convert Hook Route into an In Route at 10 yards
FRONTSIDE 2	CORNER	Sell the POST ROUTE at 10 to 12 yards and break to CORNER ROUTE at 22 yards. * It is important that you make your break and run to the open area of the coverage.
FRONTSIDE 3	SEAM READ	- Release vertically (easiest release) - Work to Landmark (H.S. Hashmark) - Look for the ball no sooner than 10 to 12 yards - Be at your Landmark by 15 to 18 yards and make your route adjustment based on coverage.
BACKSIDE 1	VERTICAL	- Attack outside shoulder of DB - ALWAYS Release outside & run by the DB - Always leave yourself 3 to 4 yards from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball no sooner than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
SUPERBACK	PASS PRO.	

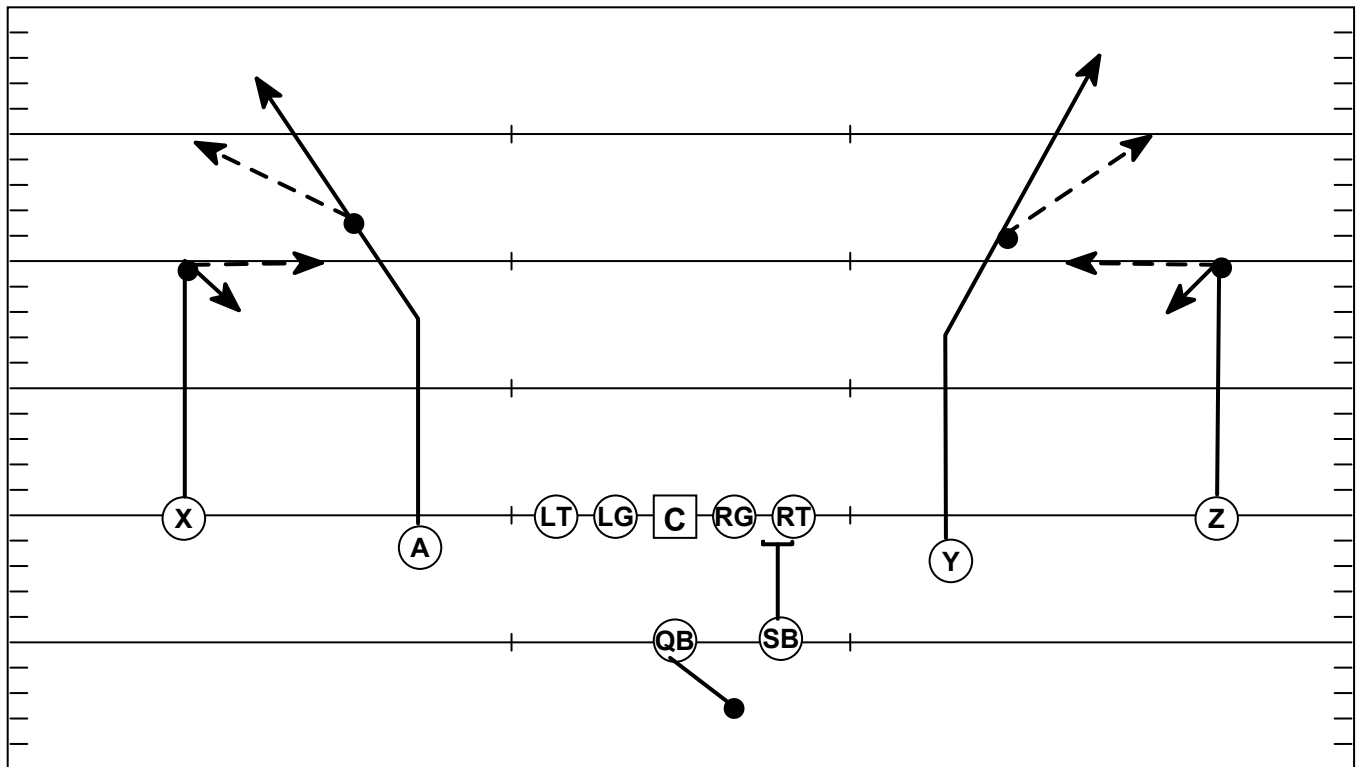
QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	FLAT/DEEP 3rd	1. Hook 2. Corner 3. Seam Read	You want to read the flat defender in zone coverage. You can also take a look at the Frontside 3 & hit him in the 8 to 10 yard window.
ROUTE VARIATION: "SPECIAL" Call. This means that the Frontside 2 & Frontside 3 will trade route responsibilities.			

74/75 SMASH "SPECIAL"



* All route responsibilities are the same as "SMASH" except the Frontside 2 will run a Post Route and Frontside 3 will run his Corner Route underneath him to create a natural rub against man coverage.

74/75 SMASH

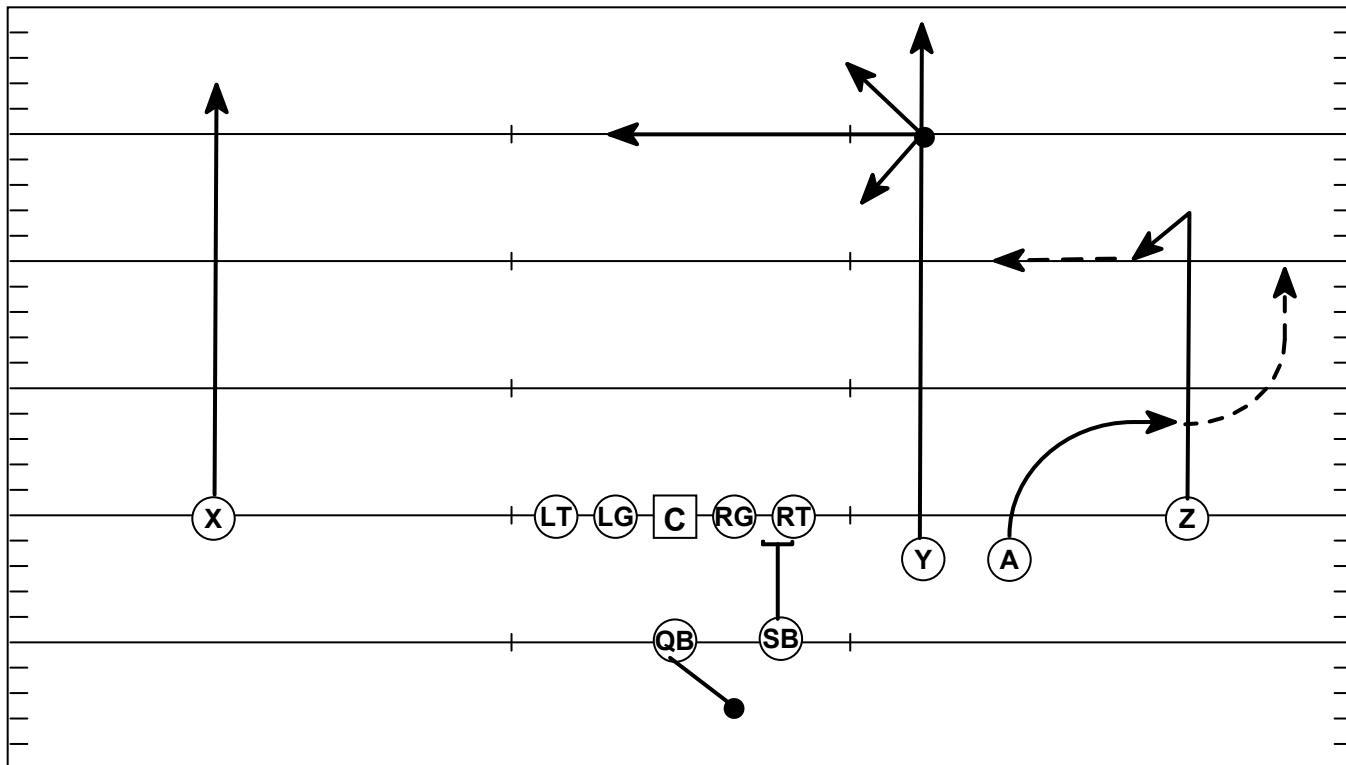


SMASH

POSITION	ROUTE	COACHING POINTS
X-RECEIVER	HOOK	ZONE COVERAGE: HOOK ROUTE at 10 yards and find the open window back to the Quarterback MAN COVERAGE: Convert Hook Route into an In Route at 10 yards
A-BACK	CORNER	Sell the POST ROUTE at 10 to 12 yards and break to CORNER ROUTE at 22 yards. * It is important that you make your break and run to the open area of the coverage.
Y-BACK	CORNER	Sell the POST ROUTE at 10 to 12 yards and break to CORNER ROUTE at 22 yards. * It is important that you make your break and run to the open area of the coverage.
Z-RECEIVER	HOOK	ZONE COVERAGE: HOOK ROUTE at 10 yards and find the open window back to the Quarterback MAN COVERAGE: Convert Hook Route into an In Route at 10 yards
SUPERBACK	PASS PRO.	

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	FLAT/DEEP 3rd	1. Hook 2. Corner	You want to read the flat defender in zone coverage. Pick the side with the best match-up.
ROUTE VARIATION:			

78/79 CURL

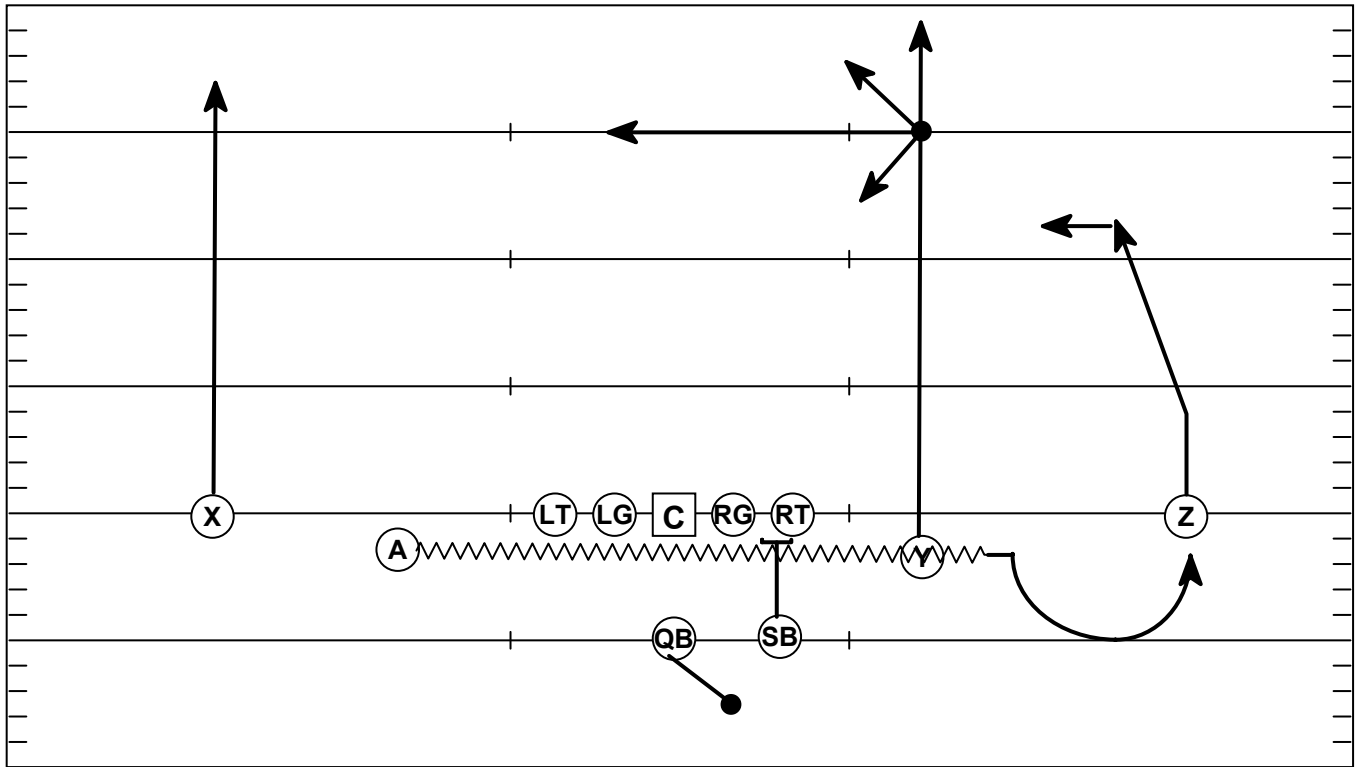


CURL

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	CURL	<ul style="list-style-type: none"> - Attack outside shoulder of the DB - Release outside...ALWAYS!!! - Work vertically to a depth of <u>12 yards</u> - Snap head & inside <u>elbow</u> around, turn to QB - Work back towards QB... - If the flat defender is in the "window" then shuffle to the open area vs. Zone Coverage - <u>SELL THE VERTICAL!!!</u>
FRONTSIDE 2	ARROW	<p>You will run your route at a depth of 3 yards. If you get a pump fake from the Quarterback or run out of field, then break up field on your secondary conversion.</p> <p>3 to 5yds split from FS3</p>
FRONTSIDE 3	SEAM READ	<ul style="list-style-type: none"> - Release vertically (easiest release) - Work to Landmark (H.S. Hashmark) - Look for the ball no sooner than 10 to 12 yards - Be at your Landmark by 15 to 18 yards and make your route adjustment based on coverage.
BACKSIDE 1	VERTICAL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - <u>ALWAYS Release outside</u> & run by the DB - Always leave yourself 3 to 4 yards from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball <u>no sooner</u> than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
SUPERBACK	PASS PRO.	

QUARTERBACK

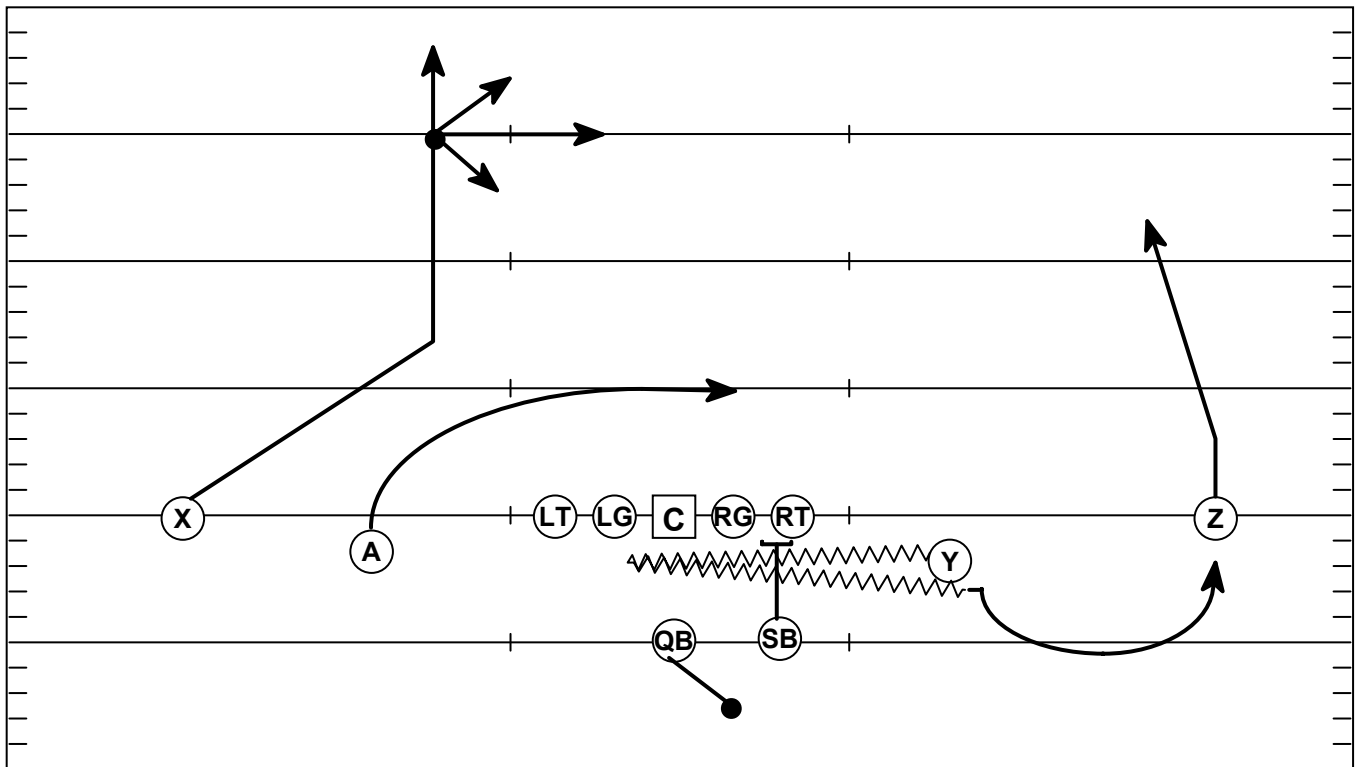
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	FLAT/DEEP 3rd	<ol style="list-style-type: none"> 1. Arrow 2. Curl 3. Seam Read 	<p>You want to key the flat defender and throw the ball opposite to where he goes.</p> <p>Not a great route against 2 Safety High Zone Coverage.</p>
ROUTE VARIATION:			



SLIDE

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	SLIDE	<p>You are taking three steps up field (11 or 1 O' Clock) and then running your Slide Route to the depth of 10 yards. If you do not receive the ball before you reach your point at 10 yards, then you will run your secondary conversion vertically up the field.</p> <p>*Read the defender inside you.</p>
FRONTSIDE 2	BUBBLE	<p>At the snap of the ball, you are running a Bubble Route that will turn upfield over the spot where the outside receiver aligned.</p> <p>* Make sure you get about 5 yards in depth into the backfield before you swing up the field.</p> <p>* If you run the Bubble Route too shallow, you will have trouble getting your shoulders around to catch the pass.</p> <p>Have your shoulders square to the outside receiver coming down hill.</p>
FRONTSIDE 3	SEAM READ	<ul style="list-style-type: none"> - Release vertically (easiest release) - Work to Landmark (H.S. Hashmark) - Look for the ball no sooner than 10 to 12 yards - Be at your Landmark by 15 to 18 yards and make your route adjustment based on coverage. <p>- If an "ICE" call is made, then you will run a 5yd Out Route.</p>
BACKSIDE 1	VERTICAL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - ALWAYS Release outside & run by the DB - Always leave yourself 3 to 4 yards from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball <u>no sooner</u> than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
SUPERBACK	PASS PRO.	<p>You will get to your 15 to 18 yd landmark and make your route adjustment based on the coverage.</p> <p>* Remember that you want to be on the HS. Hash Mark as a point of reference.</p>

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	CURL/FLAT	1. Bubble/Wheel 2. Slide 3. Seam Read	You are reading the #2 Defender in all coverages. You may at times want to take a quick look at the Playside 3 running the Vertical Route and hit him in the 8 to 10 yard window.
ROUTE VARIATION: "ICE"			

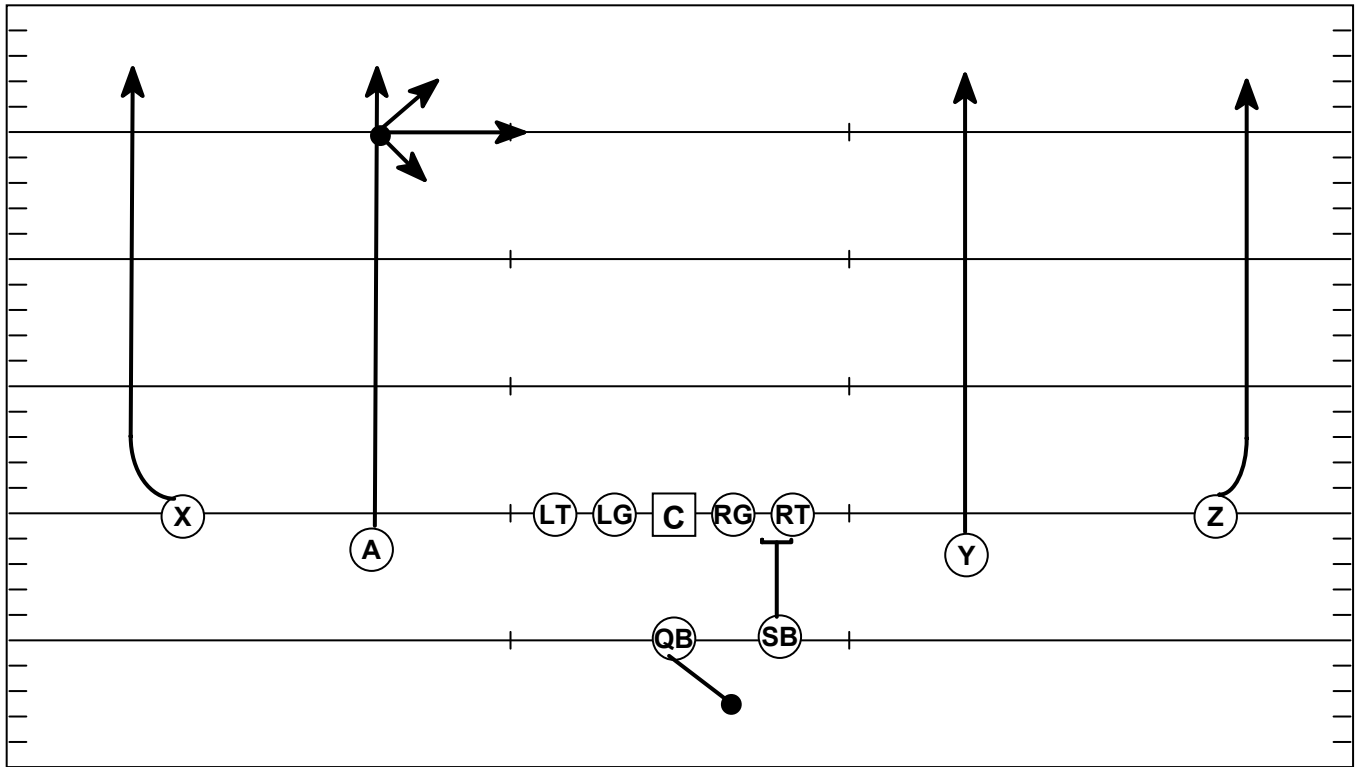


SLIDE

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	SLIDE	You are taking three steps up field (11 or 1 O' Clock) and then running your Slide Route to the depth of 10 yards. If you do not receive the ball before you reach your point at 10 yards, then you will run your secondary conversion vertically up the field. *Read the defender inside you.
FRONTSIDE 2	BUBBLE	At the snap of the ball, you are running a Bubble Route that will turn upfield over the spot where the outside receiver aligned. * Make sure you get about 5 yards in depth into the backfield before you swing up the field. * If you run the Bubble Route too shallow, you will have trouble getting your shoulders around to catch the pass. Have your shoulders square to the outside receiver coming down hill.
BACKSIDE 2	SHALLOW	ZONE: Run your route at a depth of 5yds and find the open window back to the QB. MAN: Run your route across the formation at the depth of 5yds.
BACKSIDE 1	SEAM READ	You are taking a track to your 1st landmark on the HS Hash at the depth of 8yds. Then you will get vertical to your 2nd landmark of 15 to 18 yds and then convert your route based on coverage.
SUPERBACK	PASS PRO.	

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	CURL/FLAT	1. Bubble/Wheel 2. Slide 3. Seam Read	You are reading the #2 Defender in all coverages.
ROUTE VARIATION:			

80/81 STEAMERS

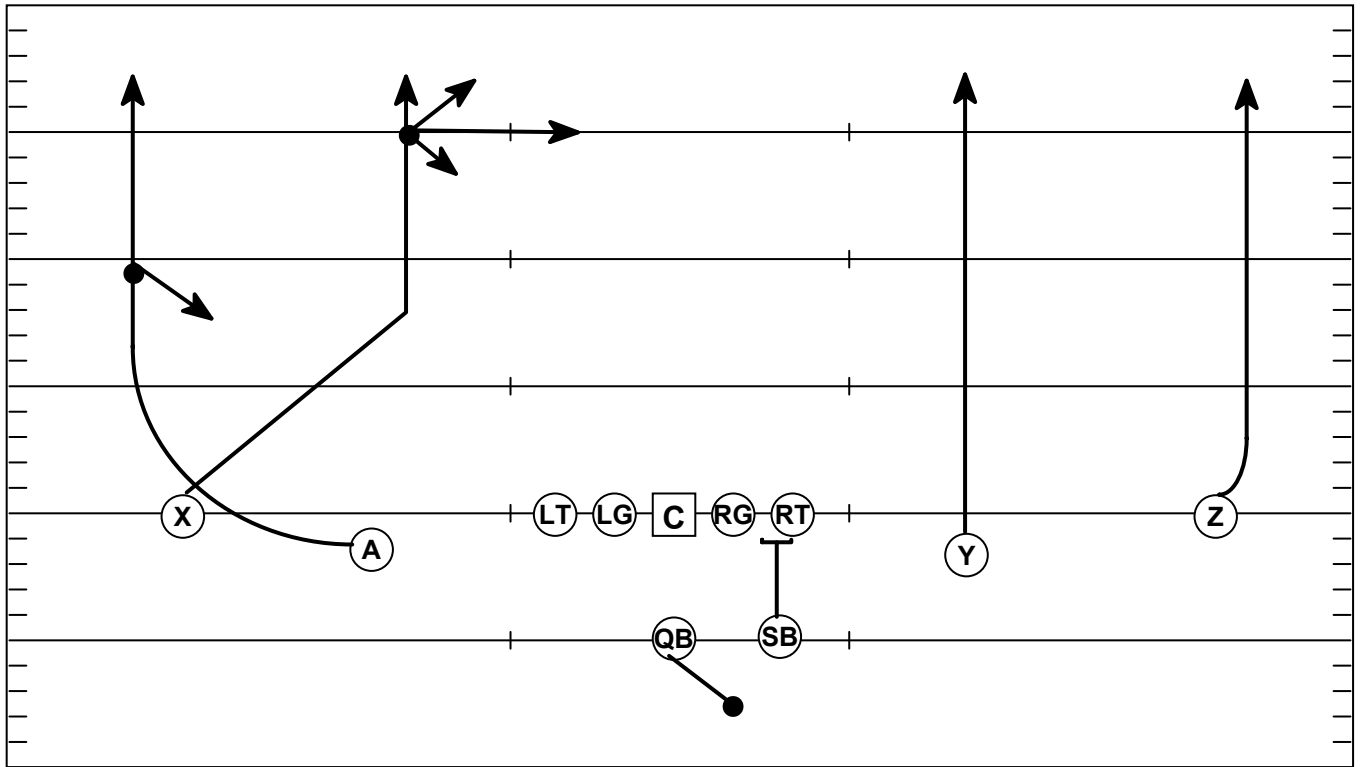


STEAMERS

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	VERTICAL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - ALWAYS Release outside & run by the DB - Always leave yourself <u>3 to 4 yards</u> from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball <u>no sooner</u> than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
FRONTSIDE 2	VERTICAL	<ul style="list-style-type: none"> - Release vertically (easiest release) - Work to Landmark (2 yards outside hashmark) - Look for the ball no sooner than 10 to 12 yards - Be at your Landmark by 13 yards
BACKSIDE 2	SEAM READ	<ul style="list-style-type: none"> - Release vertically (easiest release) - Work to Landmark (H.S. Hashmark) - Look for the ball no sooner than 10 to 12 yards - Be at your Landmark by 15 to 18 yards and make your route adjustment based on coverage.
BACKSIDE 1	VERTICAL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - ALWAYS Release outside & run by the DB - Always leave yourself <u>3 to 4 yards</u> from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball <u>no sooner</u> than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
SUPERBACK	PASS PRO.	

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	Deep Thirds & Deep Half	<ol style="list-style-type: none"> 1. Frontside 2 2. Backside 2 3. Backside 1 	<p>One Safety Look: You are reading the middle Safety and throwing the ball to a receiver according to his rotation. With using a half roll drop, the middle safety should rotate to the drop.</p>
ROUTE VARIATION: Superback - Scat Route or Arrow Route			<p>Two Safety Look: You are reading the playside half field safety. Your progression would then be inside receiver to outside receiver.</p> <p>* We do not want the ball in the air for a long period of time.</p>

82/83 SWITCH



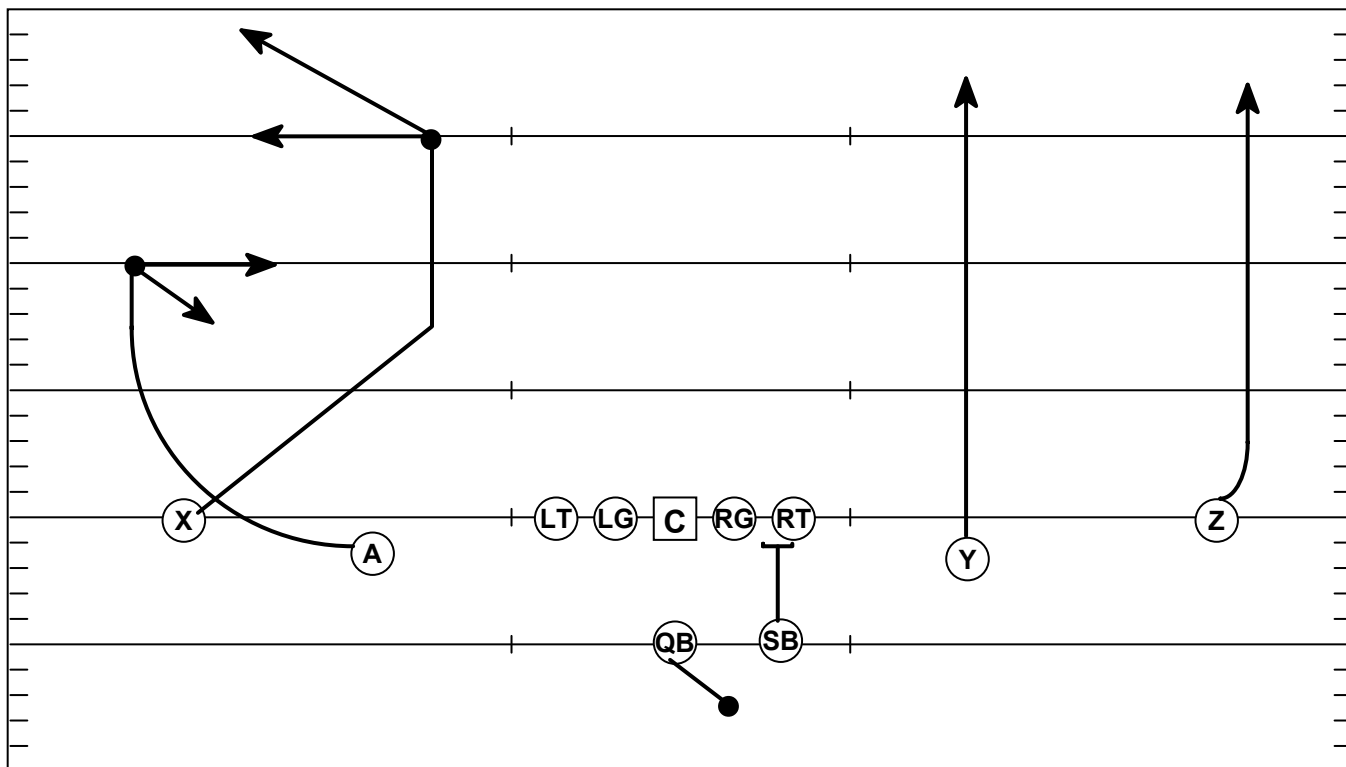
SWITCH

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	VERTICAL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - ALWAYS Release outside & run by the DB - Always leave yourself <u>3 to 4 yards</u> from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball <u>no sooner</u> than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
FRONTSIDE 2	VERTICAL	<ul style="list-style-type: none"> - Release vertically (easiest release) - Work to Landmark (2 yards outside hashmark) - Look for the ball no sooner than 10 to 12 yards - Be at your Landmark by 13 yards
BACKSIDE 1	SEAM READ	You are taking a track to your 1st landmark on the HS Hash at the depth of 8yds. Then you will get vertical to your 2nd landmark of 15 to 18 yds and then convert your route based on coverage.
BACKSIDE 2	WHEEL	<p>Your route is between the numbers and the sideline.</p> <p>If you have a DB over top of you and you can not break down his cushion, then when you get to 10 to 12 yards up field, throw up your outside hand and hook up. Then find the open window back to the Quarterback.</p> <p>5yds split from BS1</p>
SUPERBACK	PASS PRO.	Your primary responsibility is pass protection. You run the ARROW ROUTE only if it is called.

QUARTERBACK

DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	Deep Thirds & Deep Half	<ol style="list-style-type: none"> 1. Vertical 2. Seam Read 3. Wheel 	<p>One Safety Look: You are reading the middle Safety and throwing the ball to a receiver according to his rotation. With using a half roll drop, the middle safety should rotate to the drop.</p>
ROUTE VARIATION: Superback - Scat Route or Arrow Route			<p>Two Safety Look: You are reading the playside half field safety. Your progression would then be inside receiver to outside receiver.</p> <p>* We do not want the ball in the air for a long period of time.</p>

82/83 SWITCH "CORNER"

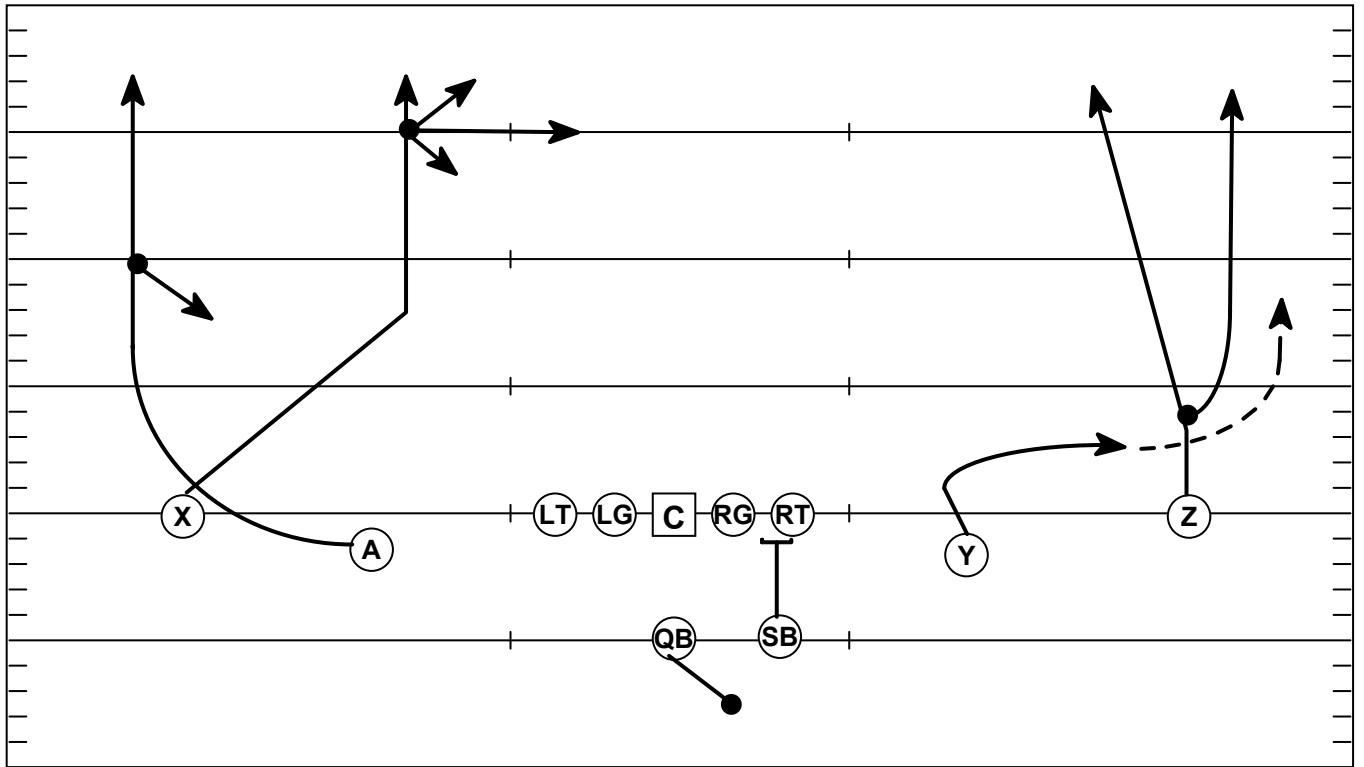


SWITCH "CORNER"

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	VERTICAL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - <u>ALWAYS Release outside</u> & run by the DB - Always leave yourself <u>3 to 4 yards</u> from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball <u>no sooner</u> than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
FRONTSIDE 2	VERTICAL	<ul style="list-style-type: none"> - Release vertically (easiest release) - Work to Landmark (2 yards outside hashmark) - Look for the ball no sooner than 10 to 12 yards - Be at your Landmark by 13 yards
BACKSIDE 1	CORNER	You are taking a track to your 1st landmark on the HS Hash at the depth of 8yds. Then you will get vertical to your 2nd landmark of 15 to 18 yds and then convert to your Corner Route into the open area of the coverage.
BACKSIDE 2	HOOK	<p>You are wheeling up the sideline and running a Hook Route at the depth of 12 yds. If you get man coverage, the you will convert to an In Route.</p> <p>5yds split from BS1</p>
SUPERBACK	PASS PRO.	Your primary responsibility is pass protection. You run the ARROW ROUTE only if it is called.

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	Deep Thirds & Deep Half	<ol style="list-style-type: none"> 1. Vertical 2. Corner 3. Hook 	<p>One Safety Look: You are reading the middle Safety and throwing the ball to a receiver according to his rotation. With using a half roll drop, the middle safety should rotate to the drop.</p>
ROUTE VARIATION: Superback - Scat Route or Arrow Route			<p>Two Safety Look: You are reading the playside half field safety. Your progression would then be inside receiver to outside receiver.</p> <p>* We do not want the ball in the air for a long period of time.</p>

84/85 READ

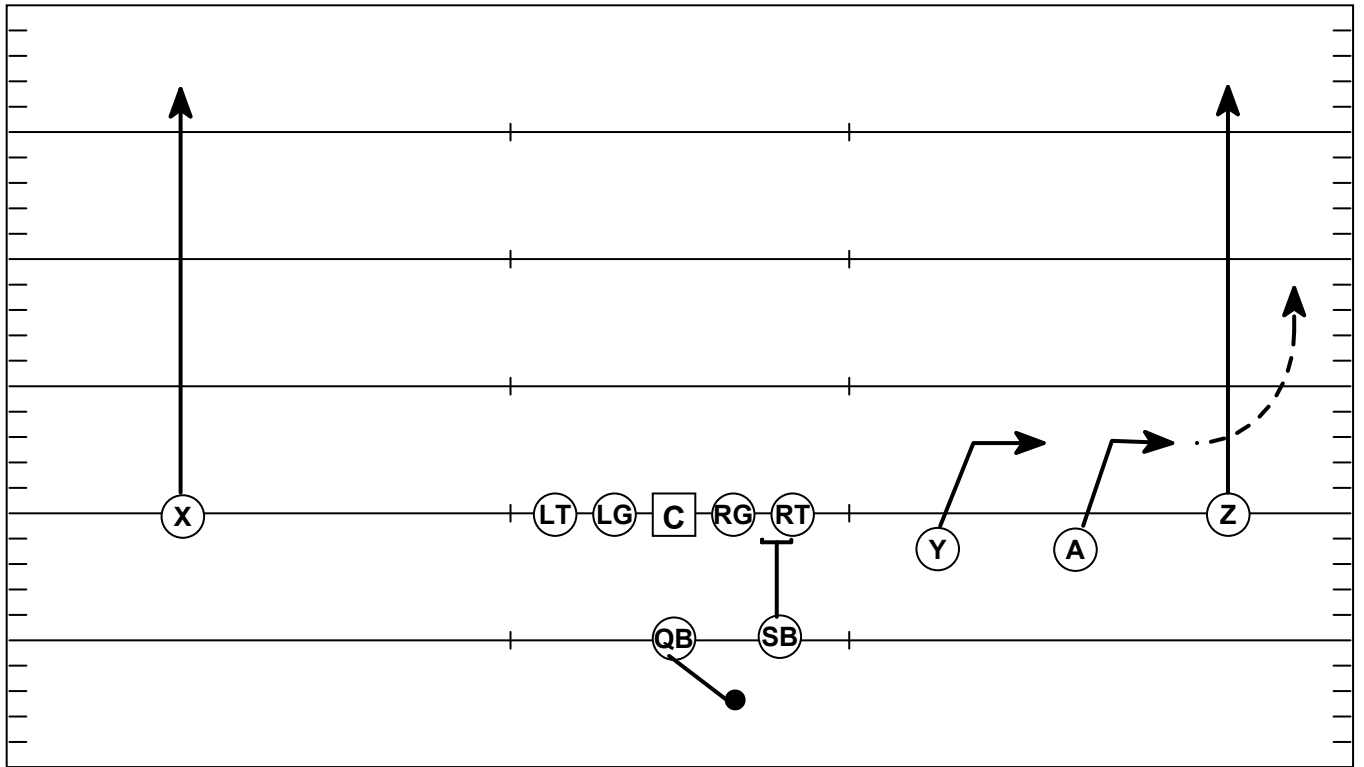


READ

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	POST	<p>SINGLE SAFETY ZONE or MAN: 3 Step Skinny Post</p> <ul style="list-style-type: none"> - Attack outside shoulder of DB - Stick & Break inside on your 3rd step - NEVER GO BEHIND DB!!! - Don not cross the hash mark before the catch <p>2 SAFETY ZONE or MAN: FADE ROUTE</p> <ul style="list-style-type: none"> - Attack outside shoulder of DB - ALWAYS Release outside & run by the DB - Always leave yourself 3 to 4 yards from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball after 5th step
FRONTSIDE 2	ARROW	Route is run at a depth of 3 to 5yards. If you run out of field or get a pump fake from the Quarterback, then run your secondary conversion up the field.
BACKSIDE 1	SEAM READ	You are taking a track to your 1st landmark on the HS Hash at the depth of 8yds. Then you will get vertical to your 2nd landmark of 15 to 18 yds and then convert your route based on coverage.
BACKSIDE 2	WHEEL	<p>Your route is between the numbers and the sideline.</p> <p>If you have a DB over top of you and you can not break down his cushion, then when you get to 10 to 12 yards up field, throw up your outside hand and hook up. Then find the open window back to the Quarterback.</p> <p>5yds split from BS1</p>
SUPERBACK	PASS PRO.	Your primary responsibility is pass protection. You run the ARROW ROUTE only if it is called.

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	Deep Thirds & Deep Half	1. Post/Arrow 2. Seam Read 3. Wheel	Read high to low on your frontside read If you have any question on your frontside read, automatically go to your next progression on the backside.
ROUTE VARIATION:			

96/97 TRAIL



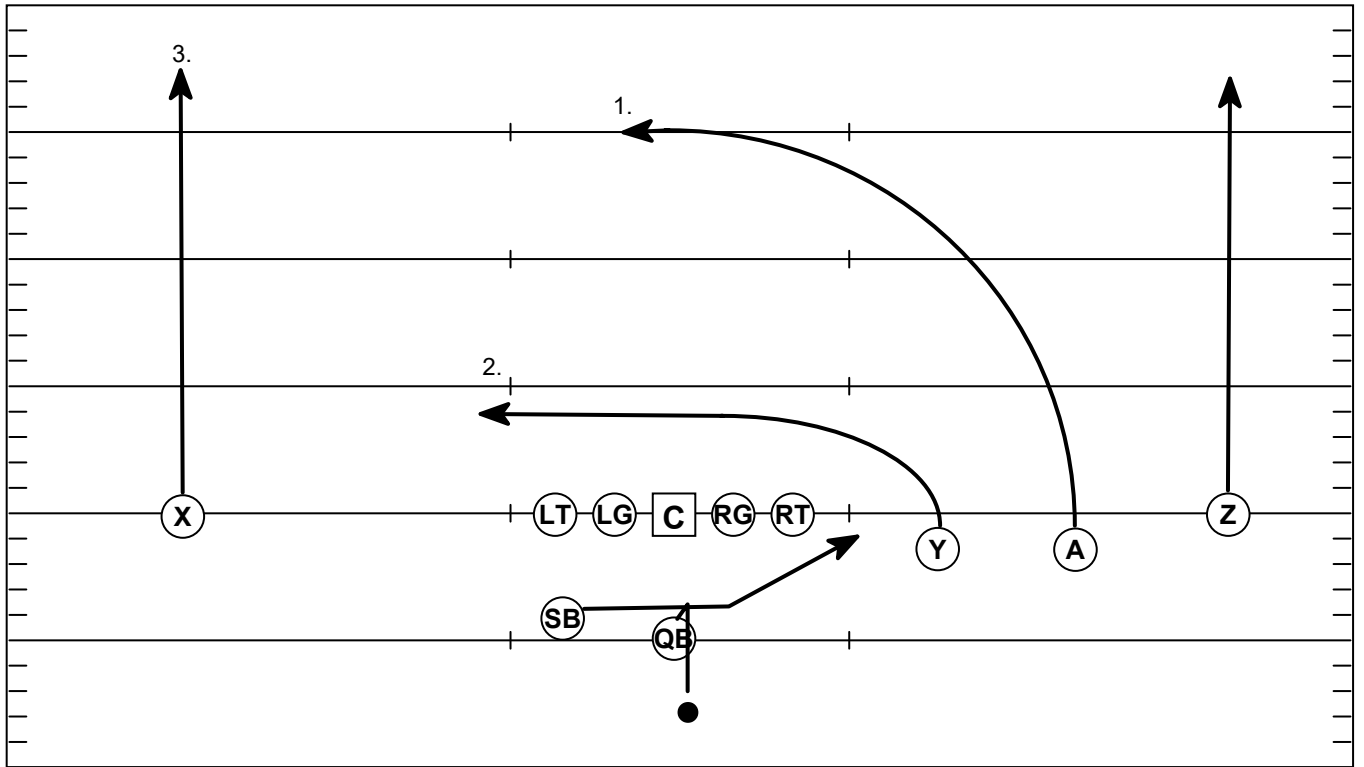
TRAIL

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	VERTICAL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - ALWAYS Release outside & run by the DB - Always leave yourself <u>3 to 4 yards</u> from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball <u>no sooner</u> than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
FRONTSIDE 2	TRAIL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - Take 3 steps at a 30 degree angle - Stick & break on 3rd step & flatten route towards sideline - Snap head around & look for the ball immediaetly after 3rd step - If you run out of field or get a pump fake from the QB, then run your secondary conversion up the field
FRONTSIDE 3	TRAIL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - Take 3 steps at a 30 degree angle - Stick & break on 3rd step & flatten route towards sideline - Snap head around & look for the ball immediaetly after 3rd step
BACKSIDE 1	VERTICAL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - ALWAYS Release outside & run by the DB - Always leave yourself <u>3 to 4 yards</u> from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball <u>no sooner</u> than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
SUPERBACK	PASS PRO.	

QUARTERBACK

DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step Half Roll	HOOK/CURL DEEP 3rd	1. A - Trail 2. Y - Trail 3. Vertical	Read the defender over #2
ROUTE VARIATION:			

94/95 THROWBACK



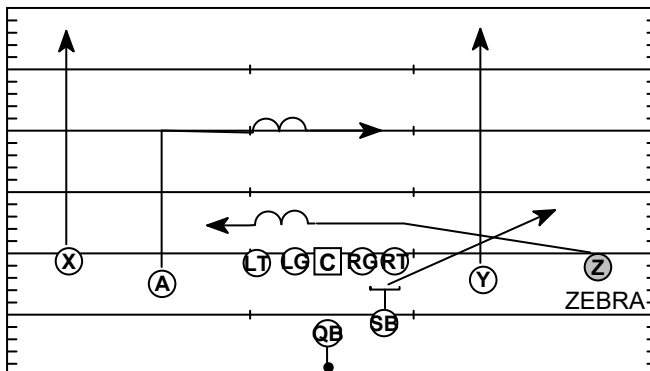
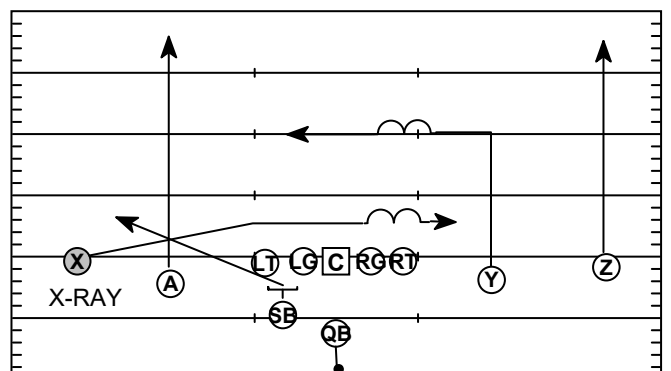
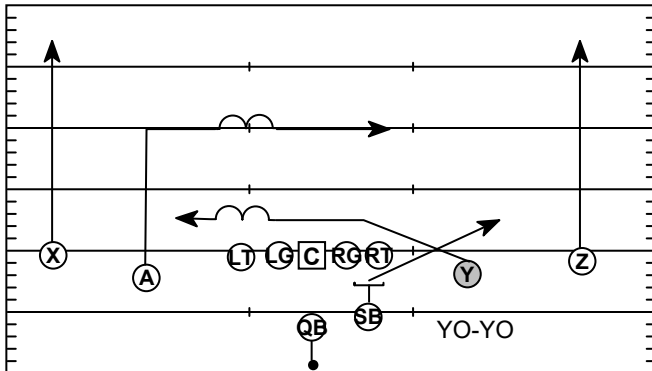
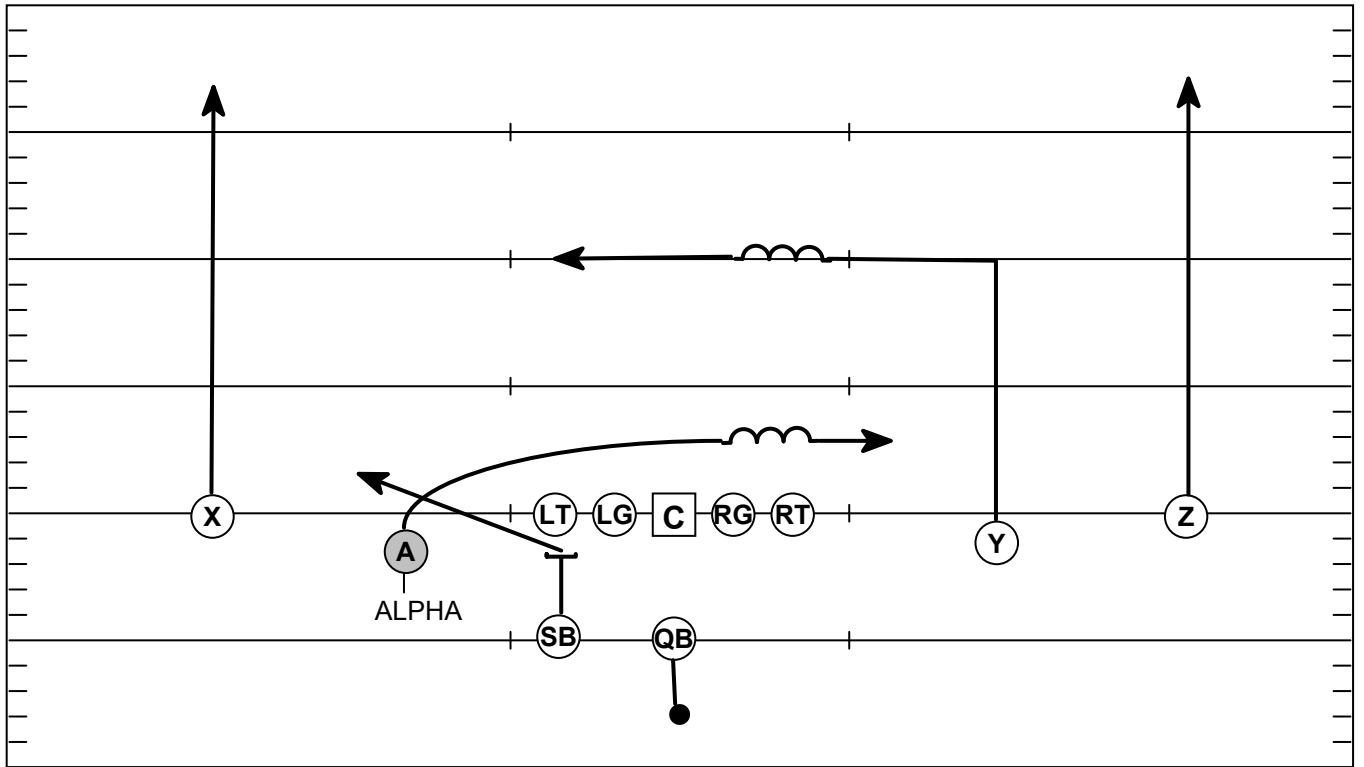
THROWBACK

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	VERTICAL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - <u>ALWAYS Release outside</u> & run by the DB - Always leave yourself <u>3 to 4 yards</u> from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball <u>no sooner</u> than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
FRONTSIDE 2	OVER	<p>Your route is run in an elliptical angle</p> <p>Do not look back until you are at least 12 yards down field</p> <p>You need to be over the Center at the depth of 15 to 18 yards</p>
FRONTSIDE 3	SHALLOW	<ul style="list-style-type: none"> - 1st step is at the heels of the EMOL - Run your route no deeper than 3 yards - Get across the field under the LB's as fast as possible
BACKSIDE 1	VERTICAL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - <u>ALWAYS Release outside</u> & run by the DB - Always leave yourself <u>3 to 4 yards</u> from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball <u>no sooner</u> than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
SUPERBACK	PASS PRO.	

QUARTERBACK

DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
Playaction	CURL/DEEP 3rd & MID 3rd	1. Over 2. Shallow Cross 3. Vertical	You want to read high to low to deep
ROUTE VARIATION:			

SHALLOW CROSS - (ALPHA, YO-YO, X-RAY, ZEBRA, UNCLE)

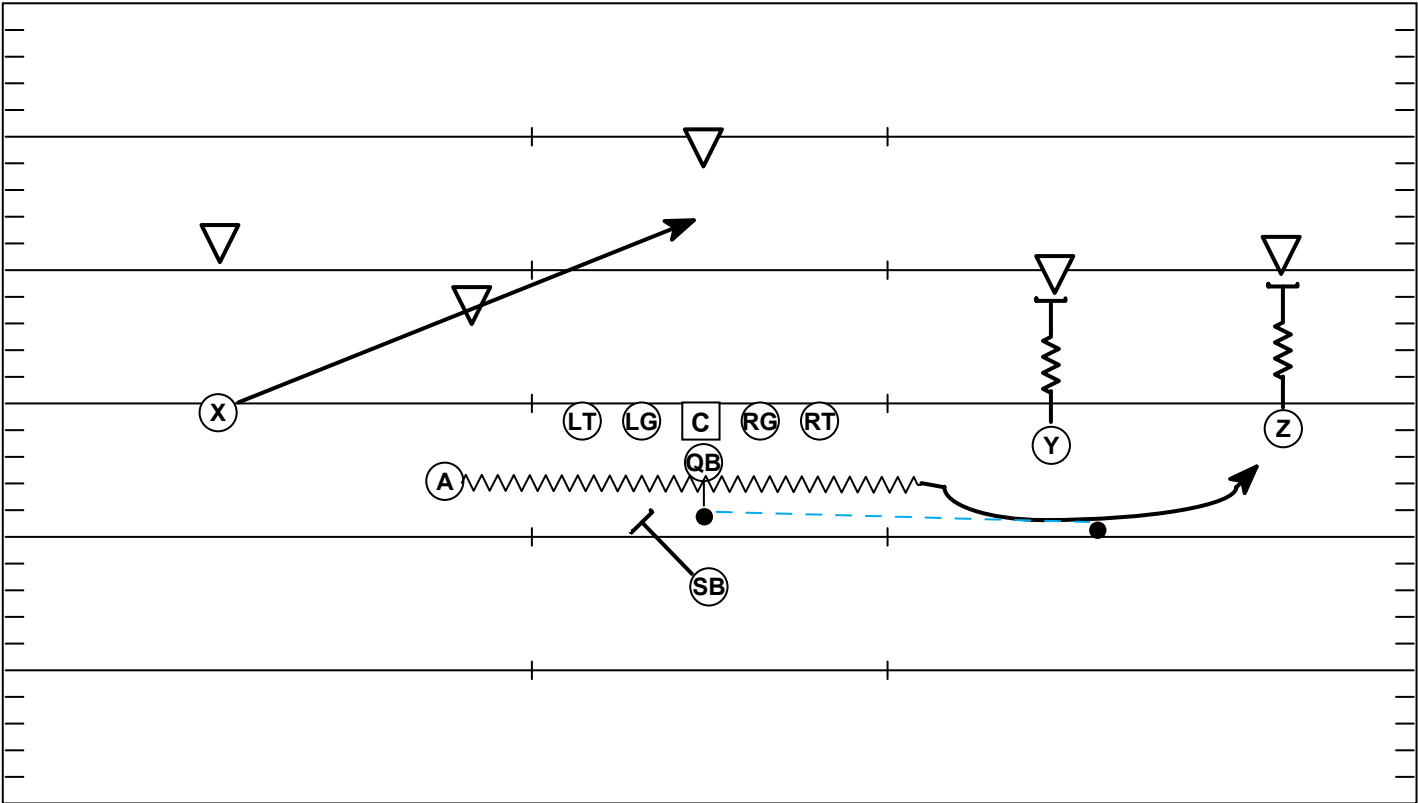


SHALLOW CROSS - (ALPHA, YO-YO, X-RAY, ZEBRA, UNCLE)

POSITION	COACHING POINTS
X	If the call is X-RAY, run a 1 step shallow route. You want to replace the heels of the defensive linemen. On all other calls, run a Vertical Route to draw the coverage.
A	If the call is YO-YO or ZEBRA, then run a 10 yard In Route. Settle in the first hole vs. Zone Coverage, keep running if it is Man Coverage. If ALPHA is called, run a 1 step Shallow Route. You want to replace the heels of the defensive linemen. If X-RAY is called, then run a Vertical Route to draw the coverage.
Y	If the call is ALPHA or X-RAY, then run a 10 yard In Route. Settle in the first hole vs. Zone Coverage, keep running if it is Man Coverage. If YO-YO is called, run a 1 step Shallow Route. You want to replace the heels of the defensive linemen. If ZEBRA is called, then run a Vertical Route to draw the coverage.
Z	If the call is ZEBRA, run a 1 step shallow route. You want to replace the heels of the defensive linemen. On all other calls, run a Vertical Route and try to draw the coverage.
SUPERBACK	Check Pass Protection. Leak out to the flat just outside the OT, to the side the Shallow Route came from.

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
5 Step 3 Step "Gun"	HOOK/CURL	1. In 2. Shallow 3. Leak (Arrow)	Key the MLB and throw opposite of where he goes. Key the MLB and throw opposite of where he goes.
ROUTE VARIATION: Can "Tag" Receiver Routes			

90/91 ARC

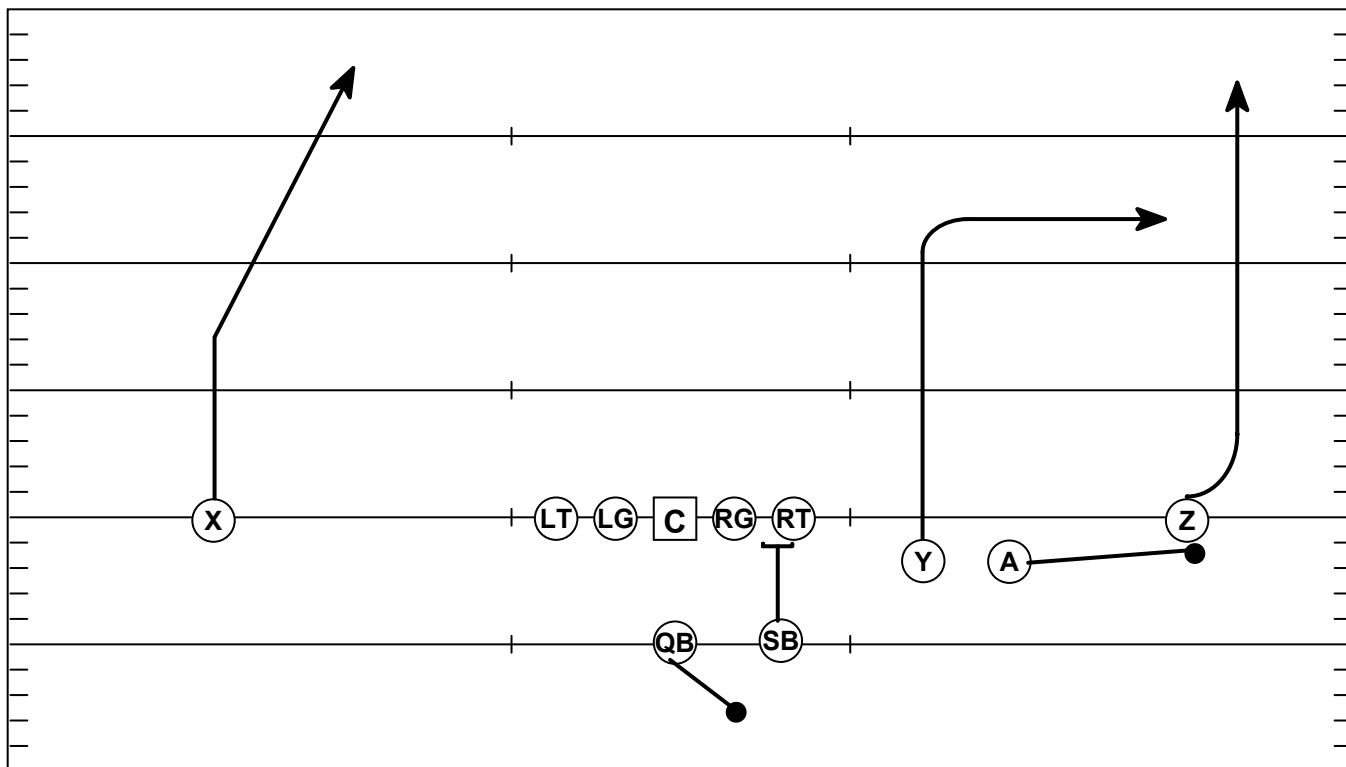


ARC

<i>POSITION</i>	<i>ROUTE</i>	<i>COACHING POINTS</i>
FRONTSIDE 1	BLOCK MOST DANGEROUS	Block the man over top of you and maintain outside leverage.
FRONTSIDE 2	BLOCK MOST DANGEROUS	Block the defender that is head up or inside of you. Make sure you maintain outside leverage.
BACKSIDE 2	ARC	At the snap of the ball, you will get about 1 yard in depth and run your route with your shoulders parallel to the line of scrimmage. The Quarterback's throw will lead you up field. After catching the ball get vertically up field as fast as possible and read the blocks of the Frontside 1 & Frontside 2 Receivers.
BACKSIDE 1		Get to the third level defender as fast as possible to get a block down field.
SUPERBACK	PASS PRO.	Go opposite to pull the Linebackers away from the Arc Route.

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
Hinge Step	FLAT	1. Arc	Catch & throw the Arc Route to the receiver in motion; get rid of the ball as quick as possible, but be accurate.
ROUTE VARIATION:			

76/77 FLOOD



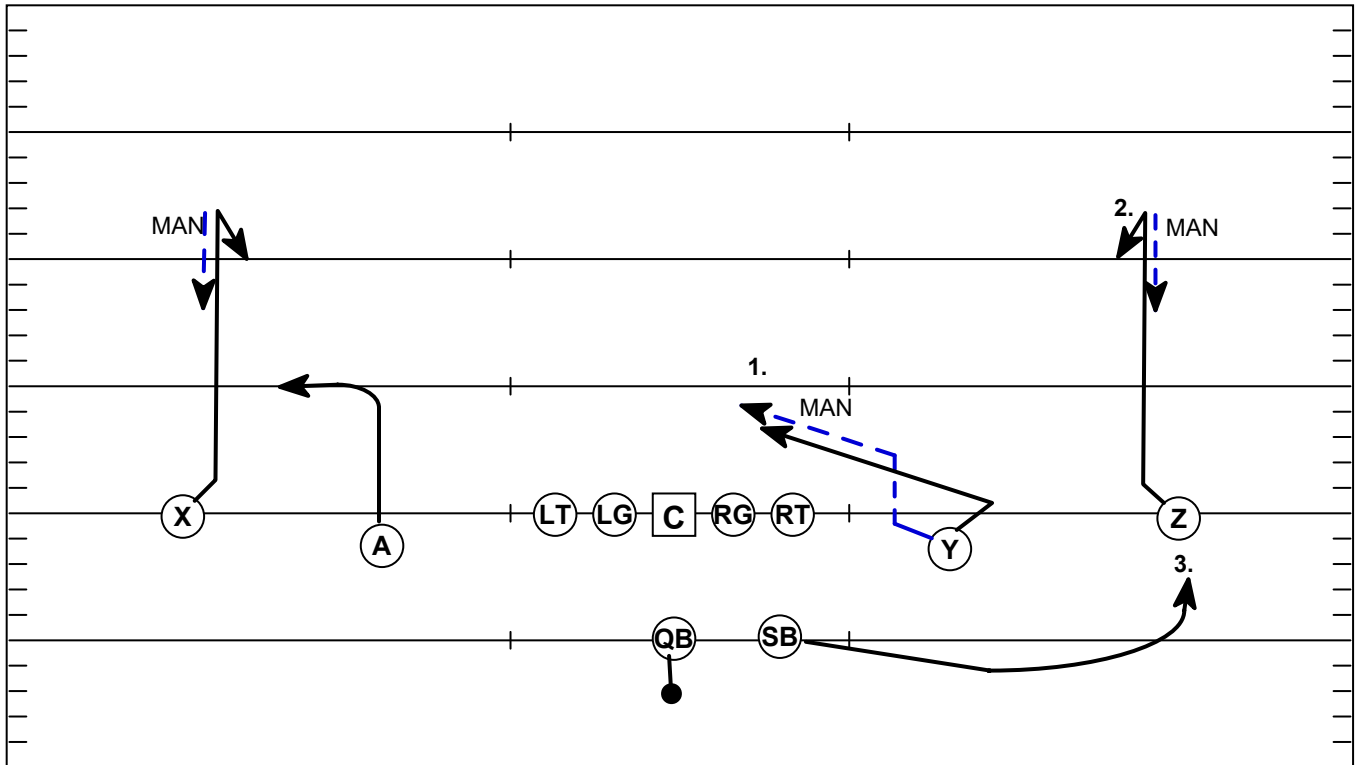
FLOOD

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	POST	<ul style="list-style-type: none"> - Attack outside shoulder of DB - Stick & Break inside on 7th step - SELL THE VERTICAL!!! - Be inside the <u>hash marks</u> when the ball is thrown - Always try to release inside of the DB...The only time that you can go "over the top" of a DB is if he is inside & trailing you
FRONTSIDE 2	REPLACEMENT	<ul style="list-style-type: none"> - SPRINT to alignment of the Z-Receiver as fast as posible - Turn to QB (Snap inside elbow & head around) - Stand Stationary.... - Hands Up....Ready to catch the ball
FRONTSIDE 3	CREASE	<ul style="list-style-type: none"> - Attack the outside shoulder od DB/LB - Run vertically for 8 steps SELL THE VERTICAL!!!! - On 8th stepSpeed Cut out & Flatten route towards sideline (12 to 15 yards deep) - If flat defender is in your path or outside leverage man defender overplays outside.... - STOP & SETTLE in the open window back to the QB
BACKSIDE 1	VERTICAL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - ALWAYS Release outside & run by the DB - Always leave yourself 3 to 4 yards from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball <u>no sooner</u> than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
SUPERBACK	PASS PRO.	

QUARTERBACK

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
SPRINT	CURL & DEEP 3rd	1. Replacement 2. Out 3. Vertical	You want to read the flat defender in zone coverage.
ROUTE VARIATION: Tag: "Z" Post			

61/62 FLASH

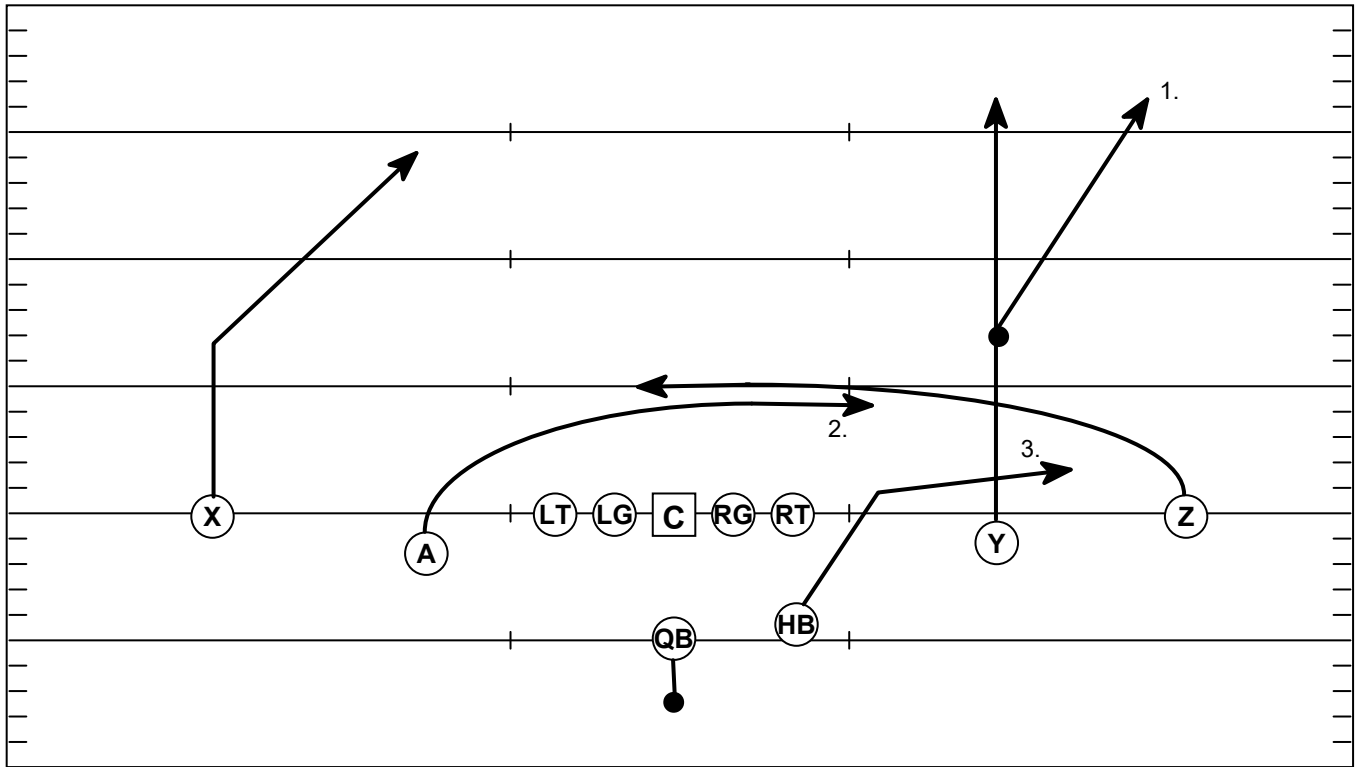


FLASH

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	CURL	<p>You are taking the beginning of your route at 10/2 O'clock for the 1st 1.5 yards, then get vertical. If it is MAN COVERAGE, then run back down the stem.</p> <p>ADJUST SPLIT DEPENDING ON MIDDLE OF THE FIELD OR HASH</p> <p>* On the HASH, 2 yds outside of it</p> <p>* MIDDLE of the field, 2yds on top of the numbers</p> <p>You read the "ALLEY" player</p>
FRONTSIDE 2	FLASH	<p>Take a big high step with your outside leg at the snap of the ball if it is ZONE COVERAGE.</p> <p>This is for proper timing.</p> <p>Bring your split down to 7 yards</p>
BACKSIDE 1	OUT	<p>You are using a Speed Cut on your 4th step</p>
BACKSIDE 2	CURL	<p>You are taking the beginning of your route at 10/2 O'clock for the 1st 1.5 yards, then get vertical.</p> <p>If it is MAN COVERAGE, then run back down the stem.</p>
SUPERBACK FRONTSIDE 3	SWING	<p>At the snap of the ball, you will get about 1 yard in depth and run your route with your shoulders parallel to the line of scrimmage. The Quarterback's throw will lead you up field. After catching the ball get vertically up field as fast as possible .</p> <p>6 STEPS, LOOK FOR THE BALL</p>

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	HOOK/DEEP1/3rd FLAT	1. Slant 2. Curl 3. Swing	You 1st want to read the Playside Linebacker. If you do not see his front numbers, then go to the next step of your progression. In all other situations he is wrong.

63/64 MESH



MESH

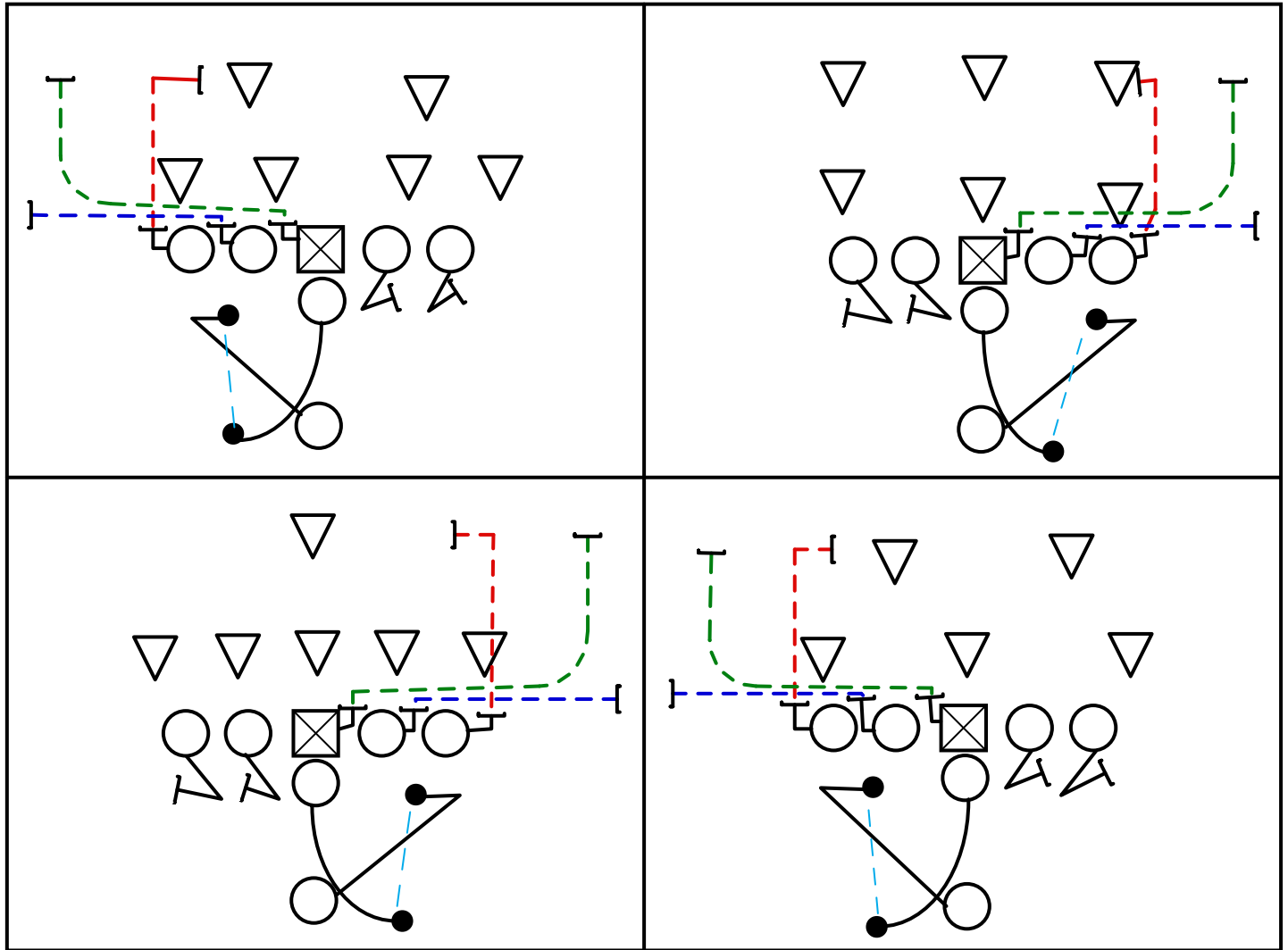
POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	MESH	- Route is run at a depth of 5 yards .
FRONTSIDE 2	CORNER/ VERTICAL	- Attack outside shoulder of DB/LB - Stick & Break inside on 7th step - SELL THE VERTICAL!!! - Be inside the <u>hash marks</u> when the ball is thrown - Always try to release inside of the DB...The only time that you can go "over the top" of a DB is if he is inside & trailing you SINGLE SAFTEY HIGH: Run the Vertical Route
FRONTSIDE 3	ARROW	- Route is run at a depth of 3 yards . If you run out of field or get a pump fake from the Quarterback, then run your secondary conversion up the field.
BACKSIDE 2	MESH	- Route is run at a depth of 5 yards . - You want to come underneath the FRONTSIDE 1 tightly to get a good rub.
BACKSIDE 1	POST	

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step "Gun"	Deep Third & Flat	1. Corner/Vertical 2. Mesh 3. Arrow	Read the triangle high to low.
ROUTE VARIATION:			

50's QUICK GAME

<div>50 - ALL HITCH (6yds)</div>	<div>54 - SLANT/CORNER</div>
<div>+5 YARD LINE</div>	
<div>51 - OUTS/HITCH</div>	<div>55 - 3 STEP POST-FADE/ARROW</div>
<div>52 - SLANT/ARROW</div>	<div>56 - SLANT/VERTICAL</div>
<div>53 - 3 STEP STOP/VERTICAL</div>	<div>57 - FADE OUT</div>

34/35 SCREEN

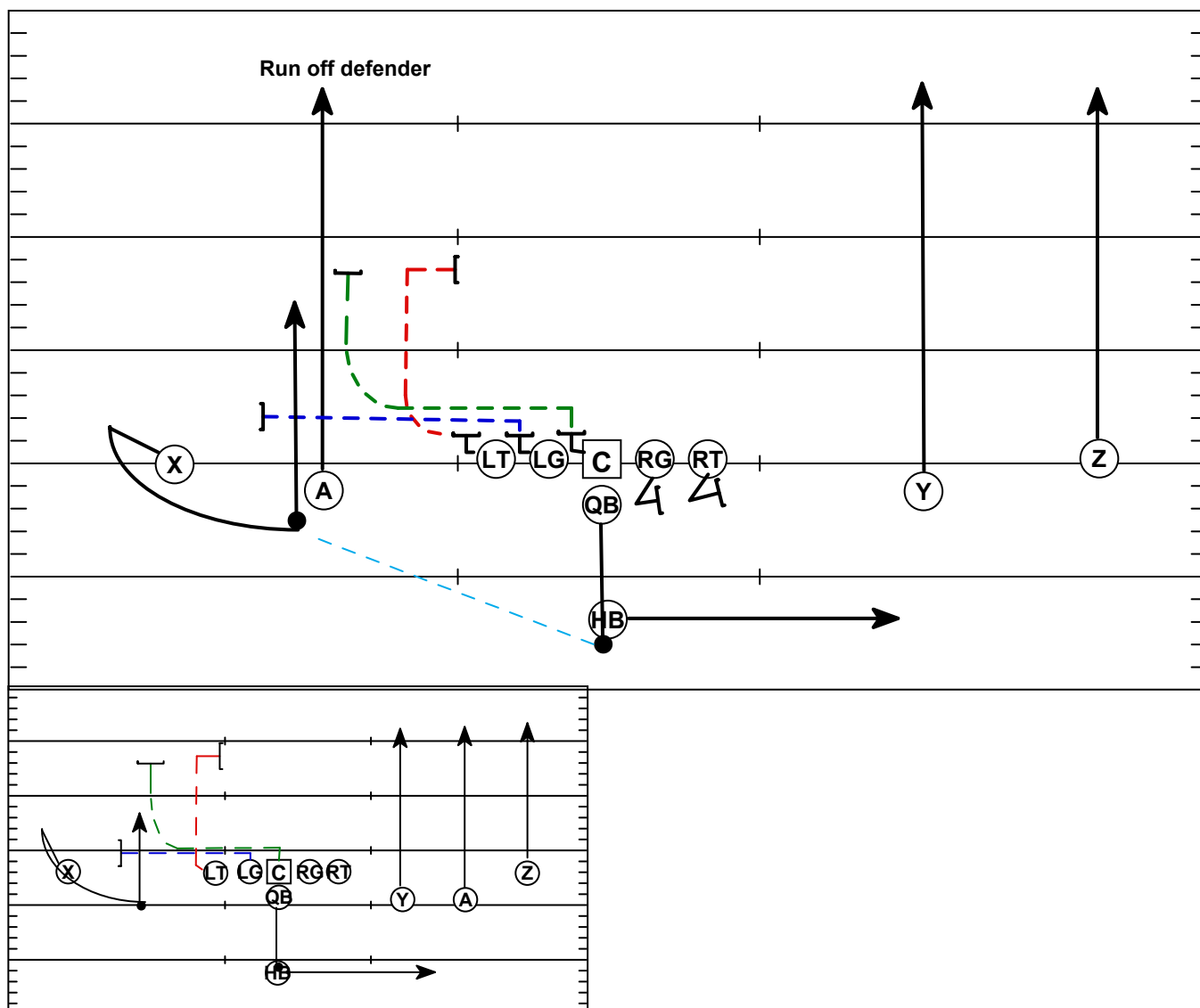


ASSIGNMENT

COACHING POINT

SB	Sell protection bounce widest rusher roll inside and sit. No edge rusher widen 2 yds outside Tackle	
PST	Bounce Edge 1st Backer IS	Covered: Set with width punch and release up field with eyes inside.
PSG	Set PS B Gap	Covered: Overset 3T & loose him up. Kick out 1st Force Outside Uncovered: Set B Gap, Kick out 1st Force Outside.
C	Set PS A Gap	Covered: Set A Gap Loose, Pull and clean up trash in the alley. Uncovered: Set A Gap, Pull and clean up trash in the alley.
BSG	Set BS A Gap	Covered: Set A Gap work your eyes to B Gap
BST	Set BS B Gap	Covered: Set B Gap work your eyes to C Gap

"X" SCREEN Lt./Rt.

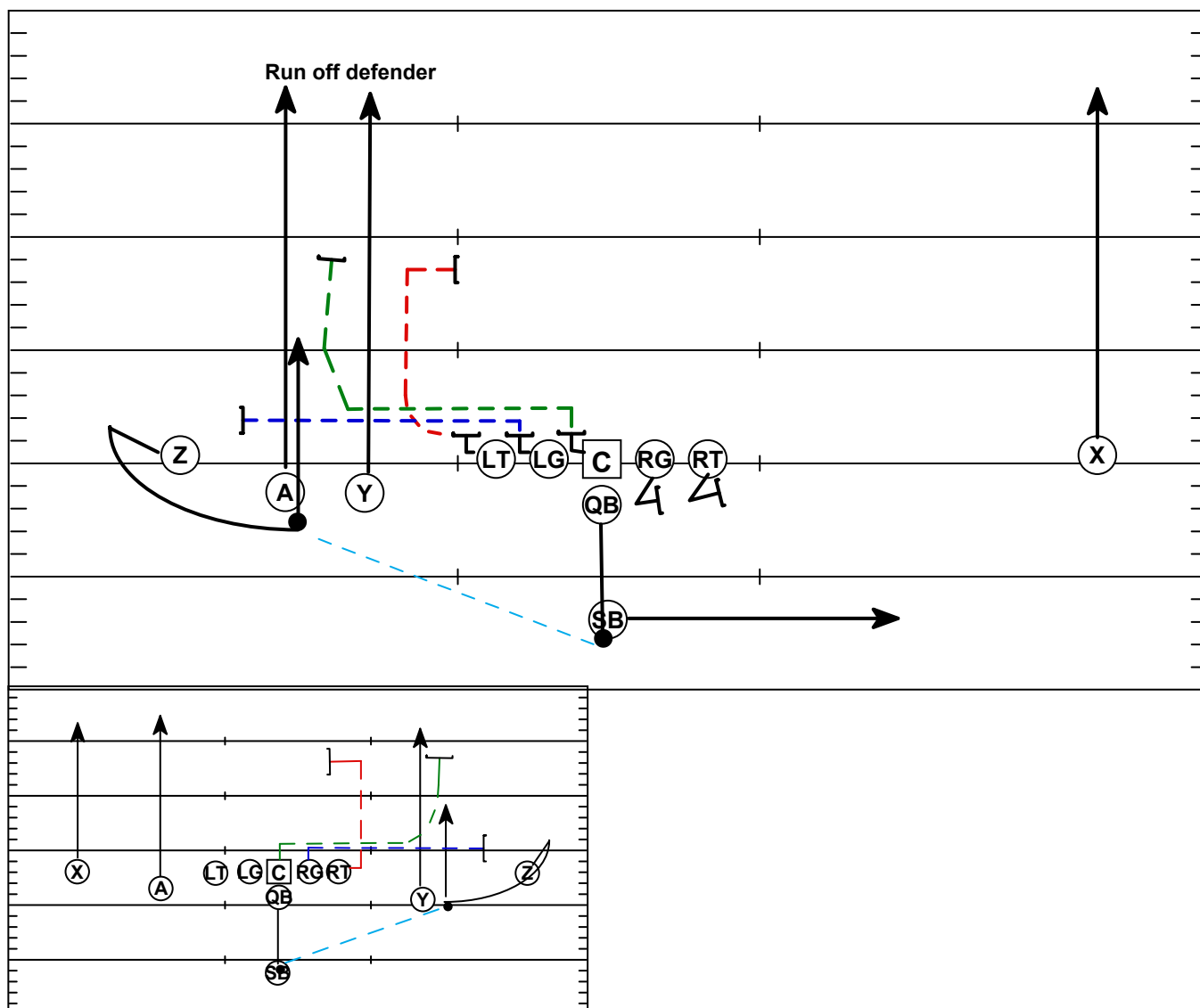


ASSIGNMENT

COACHING POINT

X	Take 3 steps, follow your track and get to the launch point. Get inside the Guard and go.	
PST	Bounce Edge 1st Backer IS	Covered: Set with width punch and release up field with eyes inside.
PSG	Set PS B Gap	Covered: Overset 3T & loose him up. Kick out 1st Force Outside Uncovered: Set B Gap, Kick out 1st Force Outside.
C	Set PS A Gap	Covered: Set A Gap Loose, Pull and clean up trash in the alley. Uncovered: Set A Gap, Pull and clean up trash in the alley.
BSG	Set BS A Gap	Covered: Set A Gap work your eyes to B Gap
BST	Set BS B Gap	Covered: Set B Gap work your eyes to C Gap

"Z" SCREEN Lt./Rt.

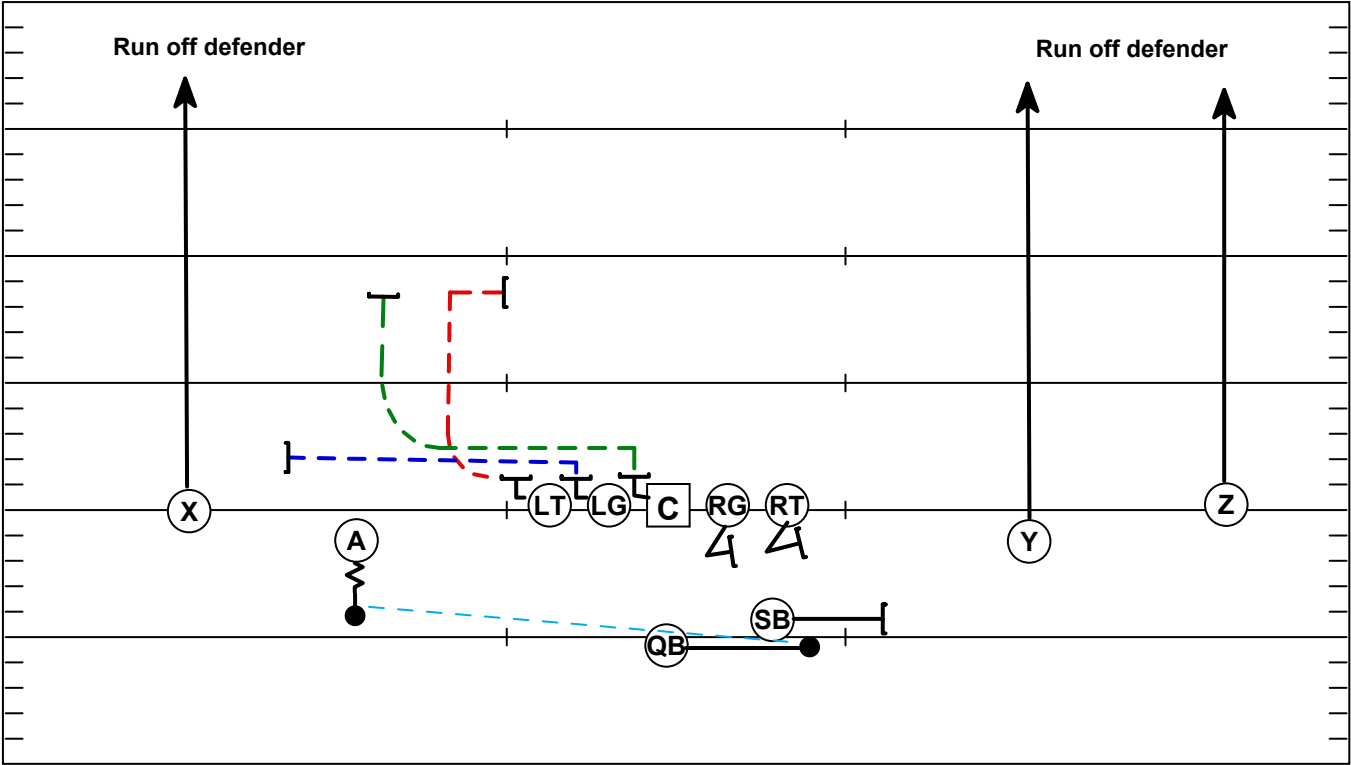


ASSIGNMENT

COACHING POINT

Z	Take 3 steps, follow your track and get to the launch point. Get inside the Guard and go.	
PST	Bonunce Edge 1st Backer IS	Covered: Set with width punch and release up field with eyes inside.
PSG	Set PS B Gap	Covered: Overset 3T & loose him up. Kick out 1st Force Outside Uncovered: Set B Gap, Kick out 1st Force Outside.
C	Set PS A Gap	Covered: Set A Gap Loose, Pull and clean up trash in the alley. Uncovered: Set A Gap, Pull and clean up trash in the alley.
BSG	Set BS A Gap	Covered: Set A Gap work your eyes to B Gap
BST	Set BS B Gap	Covered: Set B Gap work your eyes to C Gap

A/Y ROCK Lt./Rt.



ASSIGNMENT

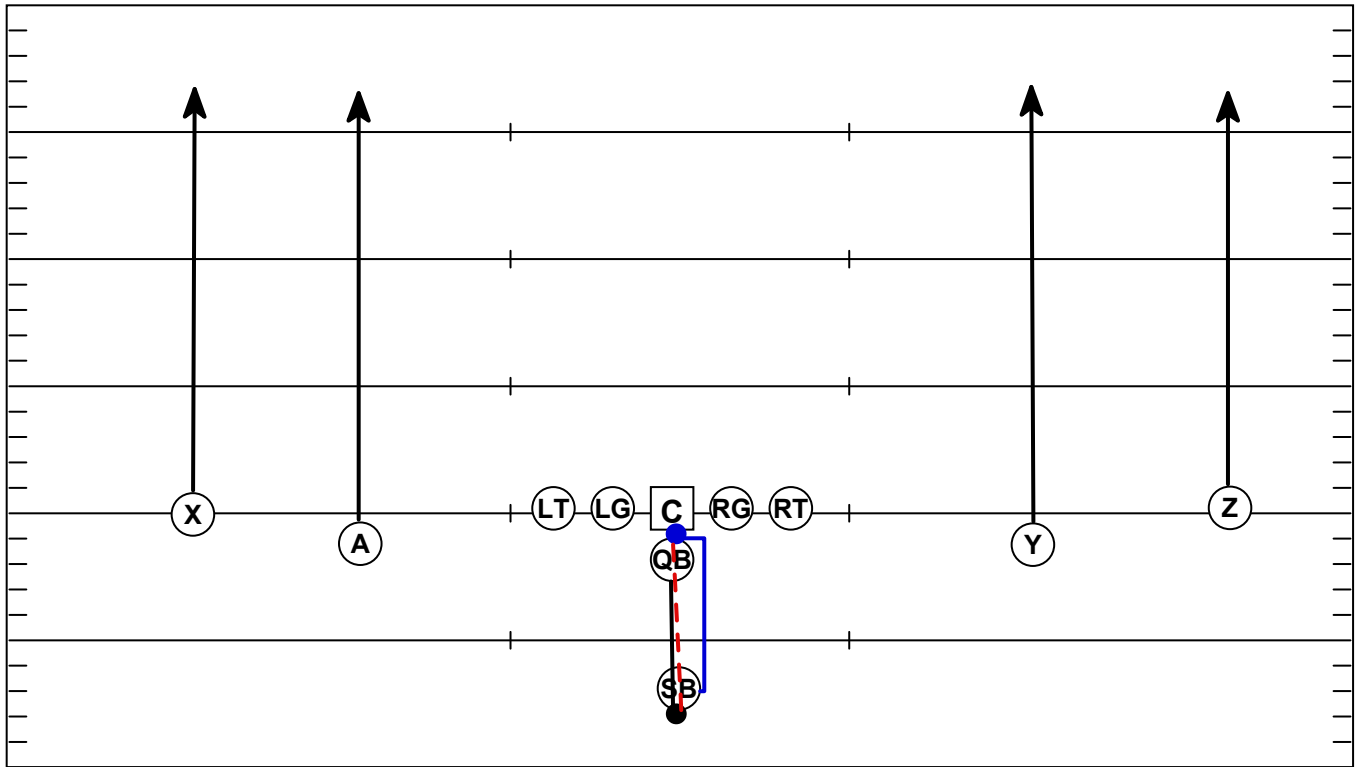
COACHING POINT

A/Y	Drift back for a 2 count and get to the launch point. Get inside the Guard and go. - Make eye contact with the QB & show him your palms for a target to throw at.	
PST	Bonunce Edge 1st Backer IS	Covered: Set with width punch and release up field with eyes inside.
PSG	Set PS B Gap	Covered: Overset 3T & loose him up. Kick out 1st Force Outside Uncovered: Set B Gap, Kick out 1st Force Outside.
C	Set PS A Gap	Covered: Set A Gap Loose, Pull and clean up trash in the alley. Uncovered: Set A Gap, Pull and clean up trash in the alley.
BSG	Set BS A Gap	Covered: Set A Gap work your eyes to B Gap
BST	Set BS B Gap	Covered: Set B Gap work your eyes to C Gap

A/Y ROCK Lt./Rt.

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
Sprint	HOOK	1. Screen "Backside 2"	- <u>Sprint</u> to the frontside for 2 seconds , then stop, plant your foot & throw to the Backside Slot (2) running the screen on the backside.
ROUTE VARIATION:			

"0" SCREEN

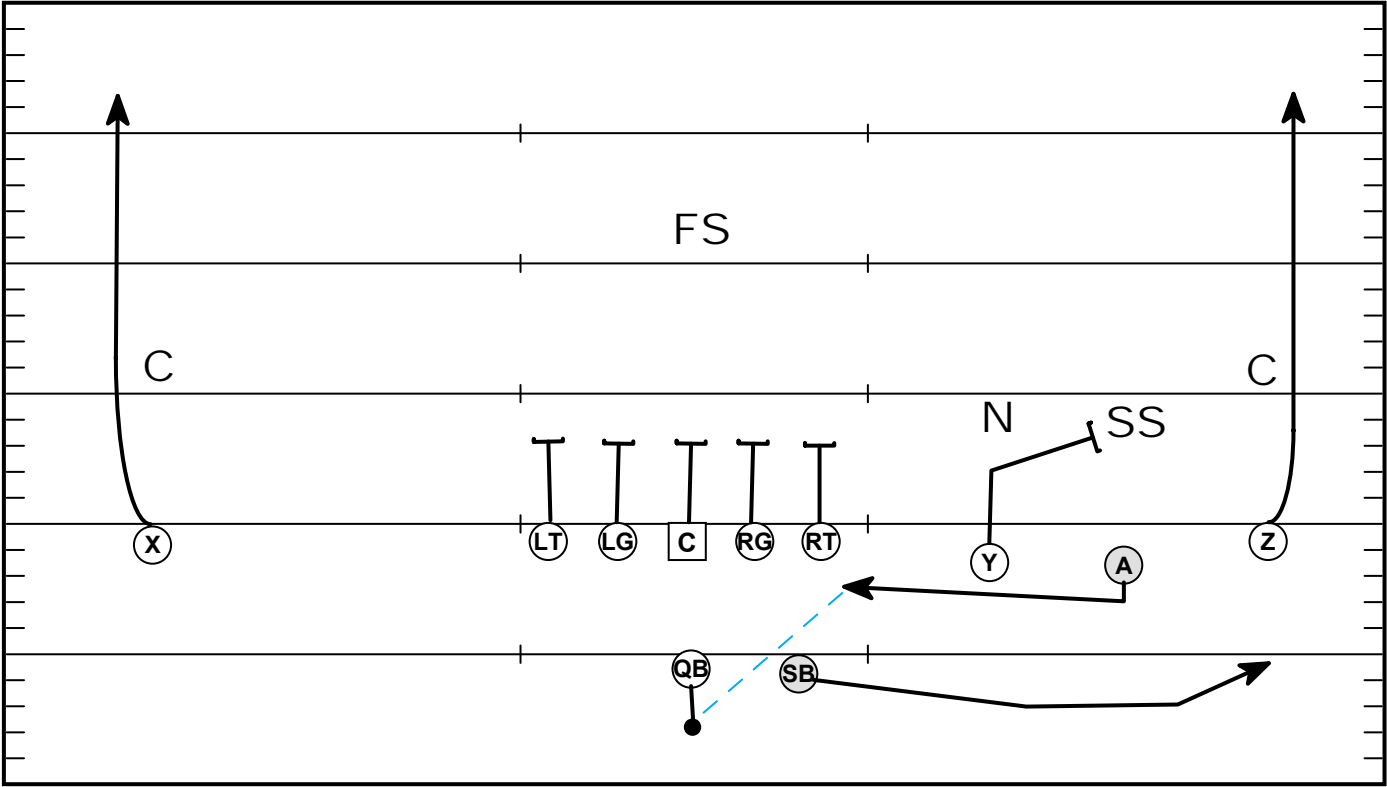


0 SCREEN

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	VERTICAL	Run the defender off up field.
FRONTSIDE 2	VERTICAL	Run the defender off up field.
BACKSIDE 2	VERTICAL	Run the defender off up field.
BACKSIDE 1	VERTICAL	Run the defender off up field.
SUPERBACK	SCREEN	<ul style="list-style-type: none"> - Drift with flow for a 2 count - Make eye contact with the QB & show him your palms for a target to throw at. - Catch the ball & get up the field

QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
	Zero	1. Screen "Superback"	You want to entice the defensive rush with your pass drop. If the receiver is covered, throw the ball at his feet.
ROUTE VARIATION:			

26/47 SLIP SCREEN

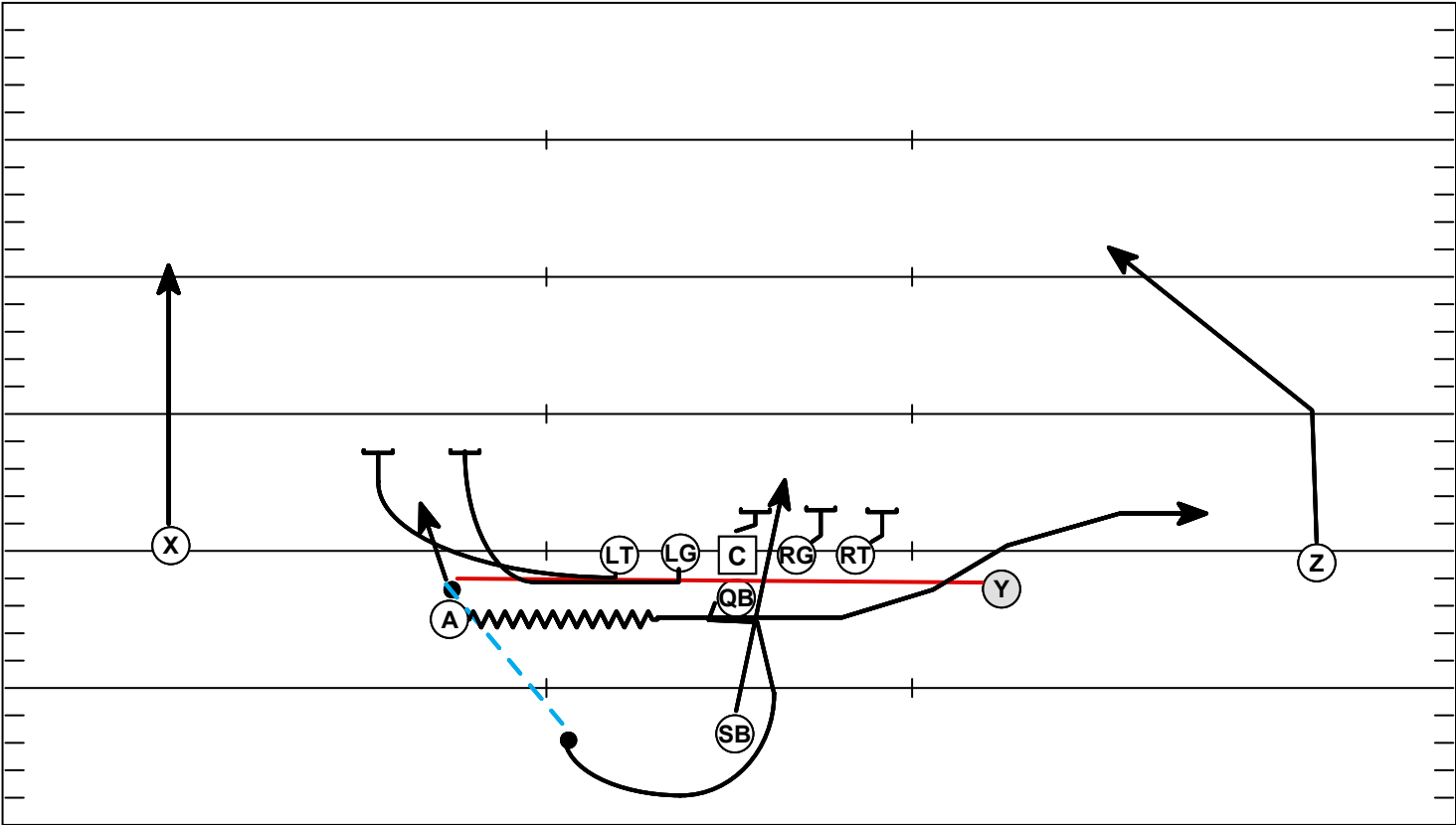


26/47 SLIP SCREEN

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	VERTICAL	Run the defender off up field.
FRONTSIDE 2	SCREEN	<ul style="list-style-type: none"> - You are running to the 7/6 position would be - MAKE SURE you stay behind the L.O.S. - Be in control, do not try to run to fast to get to your launching point.
FRONTSIDE 3		- Block defender over the #2
BACKSIDE 1	VERTICAL	Run the defender off up field.
SUPERBACK	SWING	<ul style="list-style-type: none"> - At the snap of the ball, you will get about 1 yard in depth and run your route with your shoulders parallel to the line of scrimmage. The Quarterback's throw will lead you up field. After catching the ball get vertically up field as fast as possible . - 6 STEPS, LOOK FOR THE BALL

QUARTERBACK

DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
	7/6	1. Screen to Receiver 2. Swing to Suberback	You want to entice the defensive rush with your pass drop. If the receiver is covered, throw the ball at his feet.
ROUTE VARIATION: Throw the Swing Route to the Superback			



"H" 24/45 SCREEN

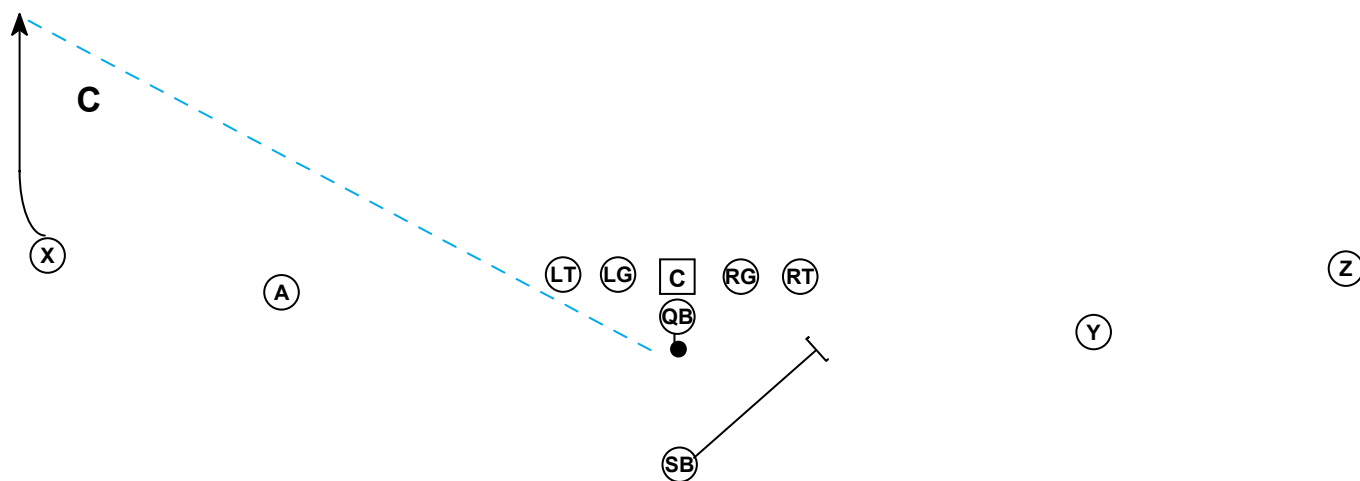
HORNET SERIES

POSITION	ROUTE	COACHING POINTS
FRONTSIDE 1	VERTICAL	Block the Most Dangerous Defender -Playside
FRONTSIDE 2	ARROW	Route is run at a depth of 3 yards
BACKSIDE 2		You will come across the formation and look for the pass from the Quarterback. * It is important that you stay parallel to the line of scrimmage and not go up field to early.
BACKSIDE 1	POST	Backside: Middle of the field and block MDM
SUPERBACK	PASS PRO.	You are responsible for the playside "A" gap

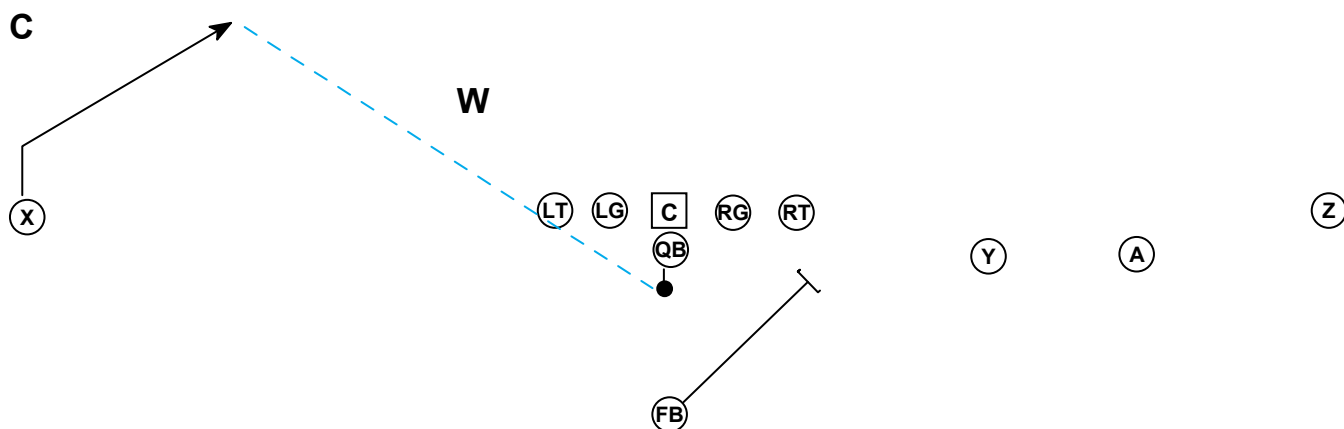
QUARTERBACK			
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
Bootleg	Curl	1. Screen to Y or A	After going through your normal footwork running the Hornet Dive/Sweep, you will bootleg out and throw the Screen Pass to the Y or A coming across the formation.
ROUTE VARIATION:			

FADE: Touching the facemask

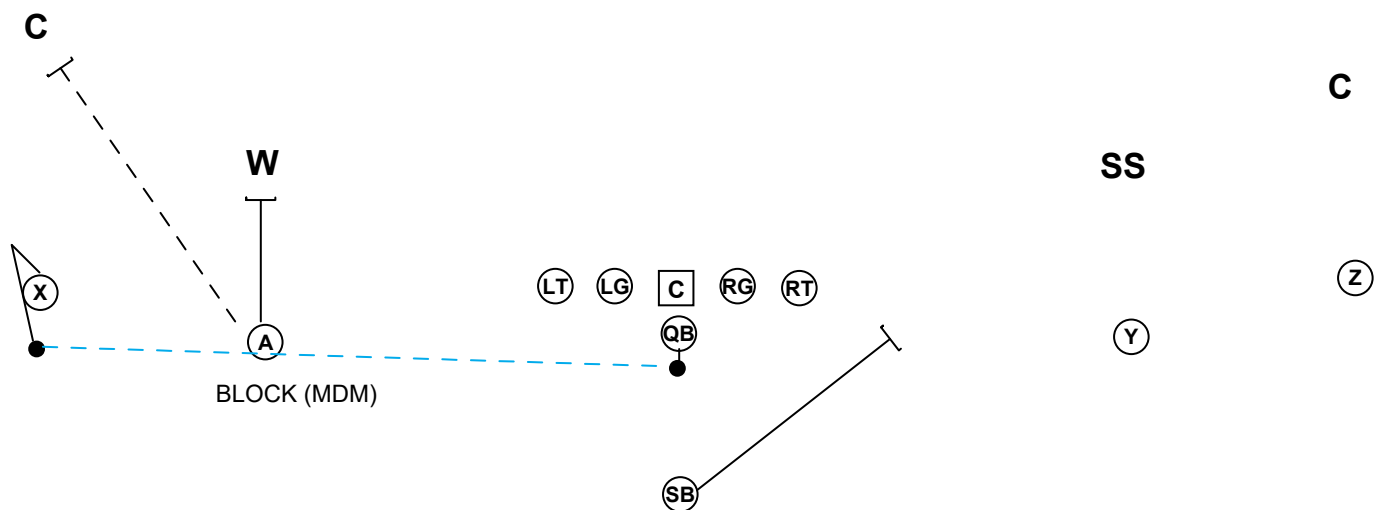
AUTOMATICS



SLANT: Touching the Leg

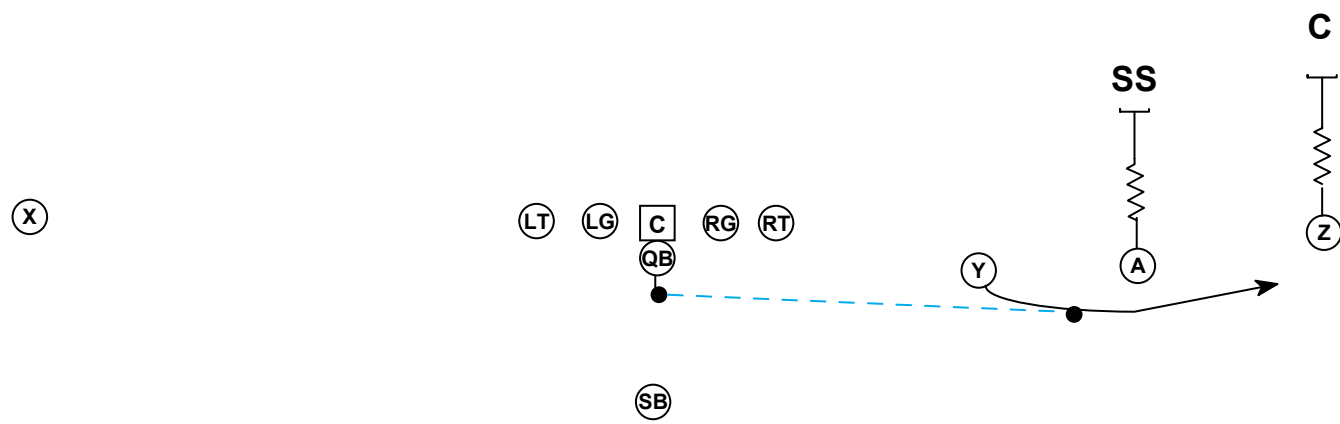


HITCH: Hand on back of jersey

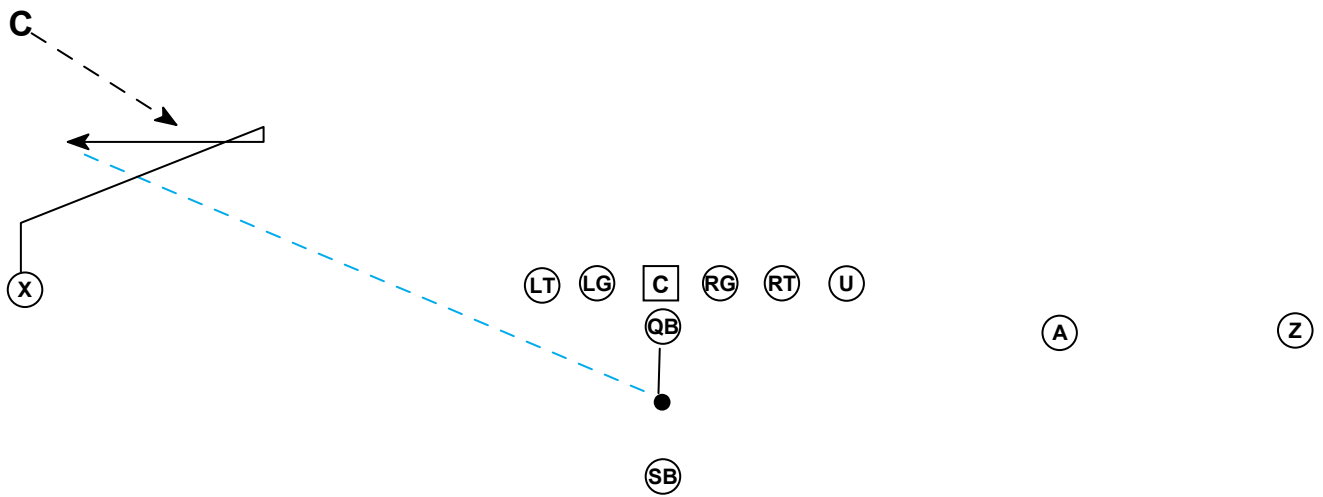


AUTOMATICS

UNCOVERED - ARC



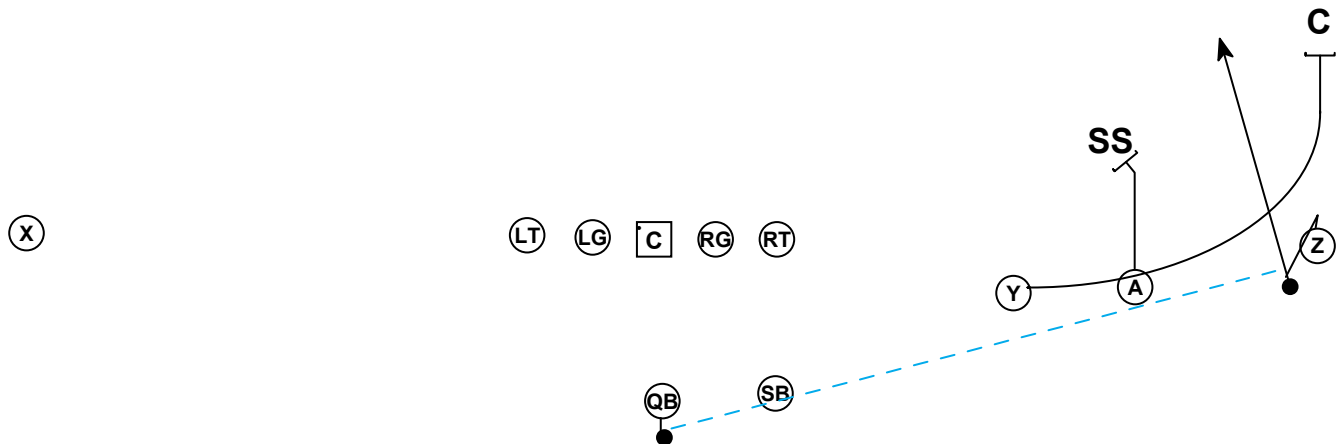
AUDIBLE CALL: ROCKET, MISSLE, TWA, DELTA



RED: X-RECEIVER

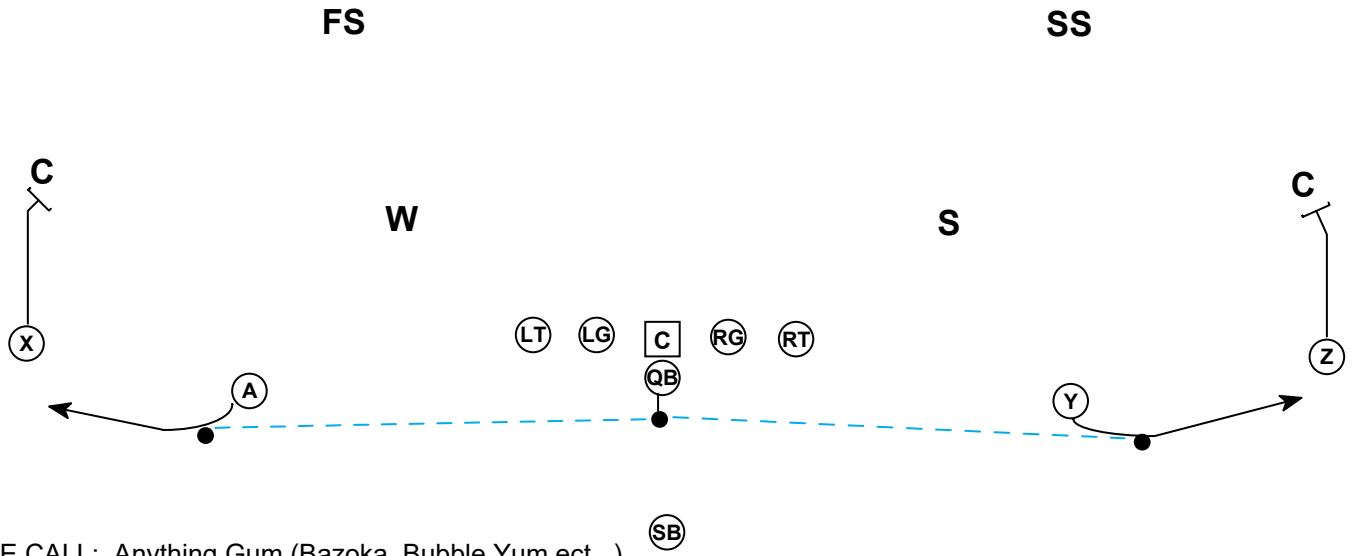
AUDIBLE CALL: NOLES, DEACONS, TAR HEELS

UNCOVERED - KEY SCREEN

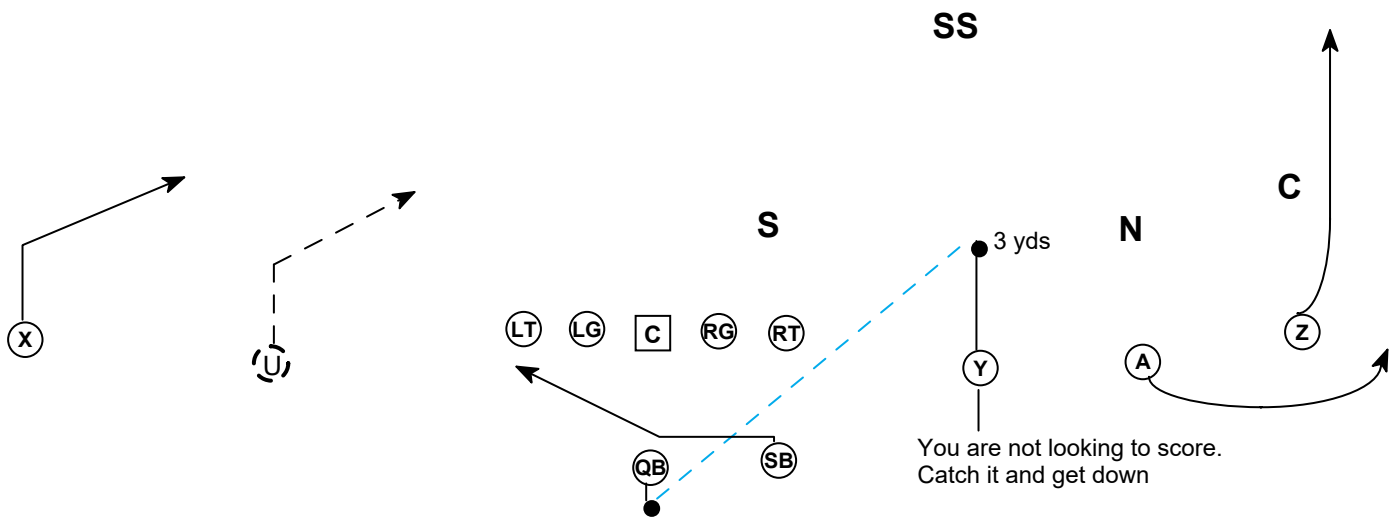


AUDIBLE CALL: Anything to do with a Key (Lock, Skeleton, Auto ect...)

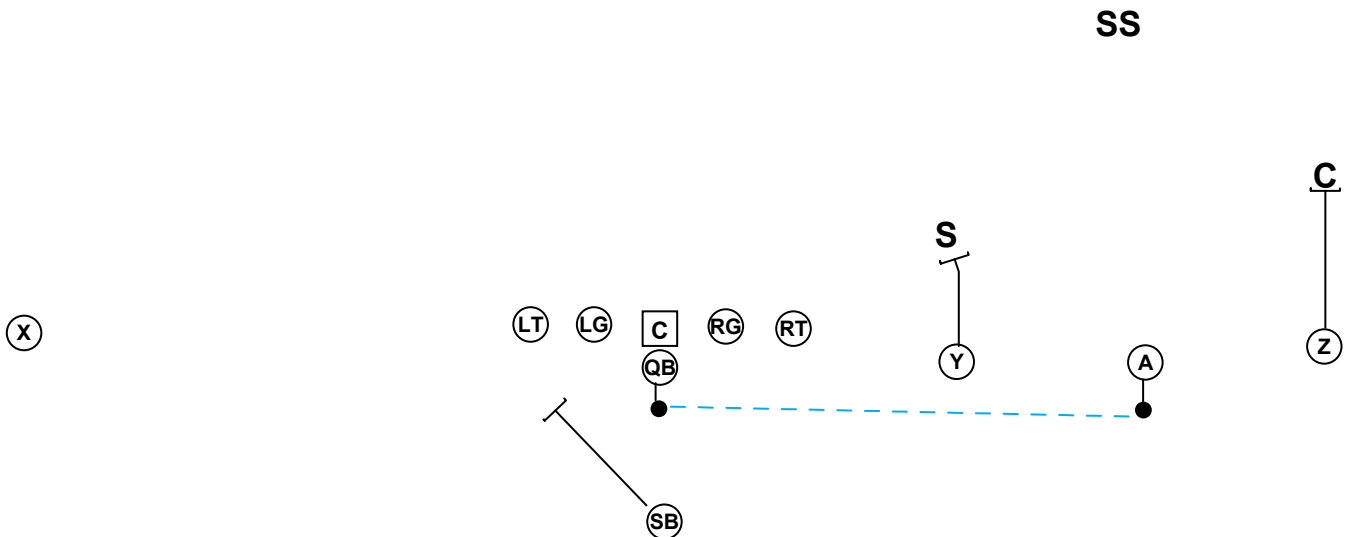
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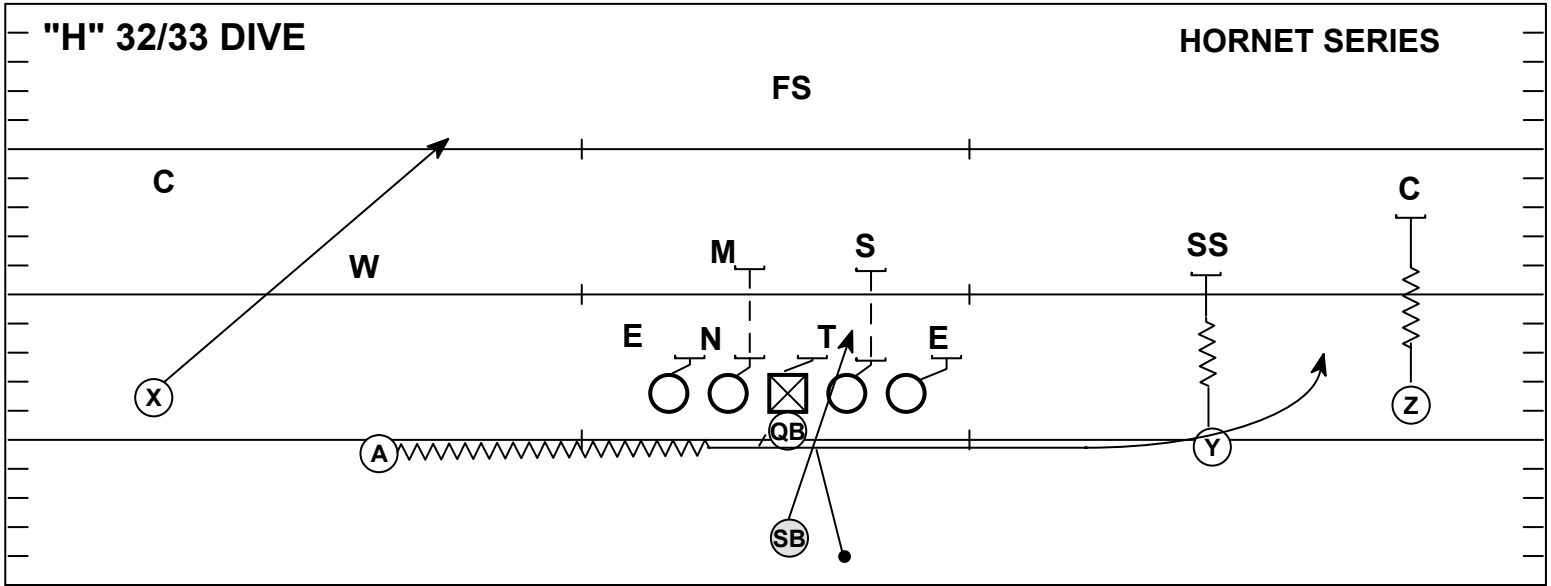
UNCOVERED - STICK



UNCOVERED - #2 Slot



AUDIBLE CALL: Touch Jersey

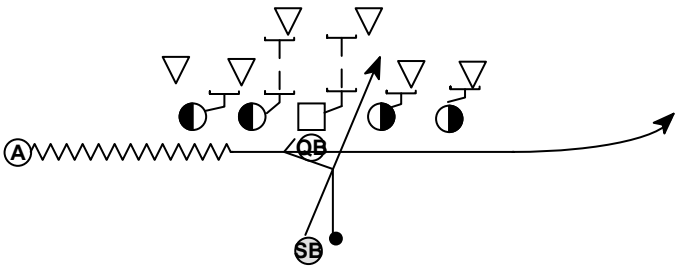


POSITION	ASSIGNMENT	COACHING POINT
X-RECEIVER	Block the Most Dangerous Defender - Playside If set in motion, take the hand-off from the Quarterback Backside: Middle of the field and block MDM	When in motion, be at full speed by the time you receive the hand-off from the Quarterback.
A-BACK	Block the Most Dangerous Defender - Playside If set in motion, take the hand-off from the Quarterback Backside: Middle of the field and block MDM	When in motion, be at full speed by the time you receive the hand-off from the Quarterback.
Y-BACK	Block the Most Dangerous Defender - Playside If set in motion, take the hand-off from the Quarterback Backside: Middle of the field and block MDM	When in motion, be at full speed by the time you receive the hand-off from the Quarterback.
Z-RECEIVER	If set in motion, take the hand-off from the Quarterback Block the Most Dangerous Defender - Playside Backside: Middle of the field and block MDM	When in motion, be at full speed by the time you receive the hand-off from the Quarterback.
SUPERBACK	Track is the inside leg of the Guard vs 1 Tech. Track is the outside leg of the Center vs 3 Tech. You are 4yds deep	Key the snap of the ball through the legs of the Center
QUARTERBACK	Reverse out and ride the player in motion on your 1st step. On your 2nd step, hand the ball off to the SB and then finish playaction pass drop.	1st Step 6:00 2nd Step 6:00 Playaction Drop 3 Steps
PLAYSIDE TACKLE	Reach step, try to reach or push to sideline. Do not loose contact and drive him.	24 inch Splits
PLAYSIDE GUARD	Zone thru and seal the playside Linebacker	24 inch Splits
CENTER	Zone thru DT, if he slants inside cut him, Seal Linebacker	
BACKSIDE GUARD	Zone thru DT, if he slants inside cut him, Seal Linebacker	24 inch Splits
BACKSIDE TACKLE	Zone thru DT, if he slants inside cut him, Seal Linebacker	24 inch Splits

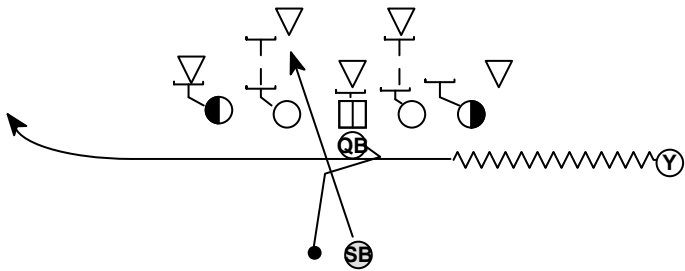
"H" 32/33 DIVE

HORNET SERIES

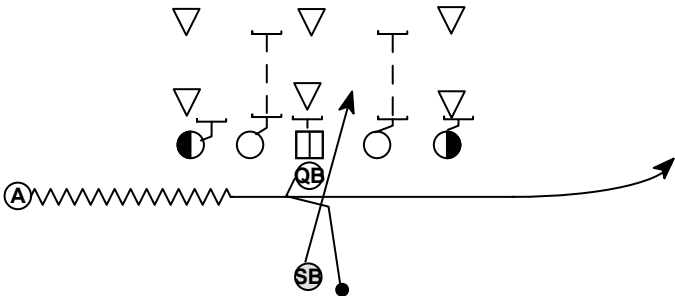
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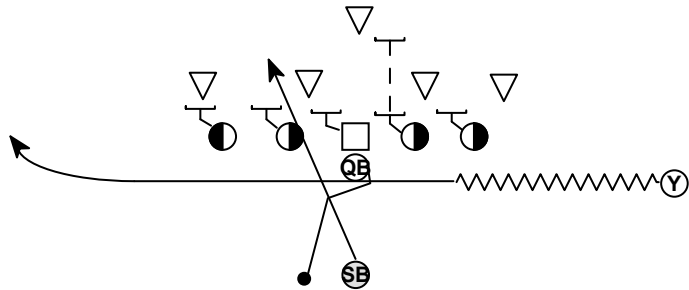
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vs 33

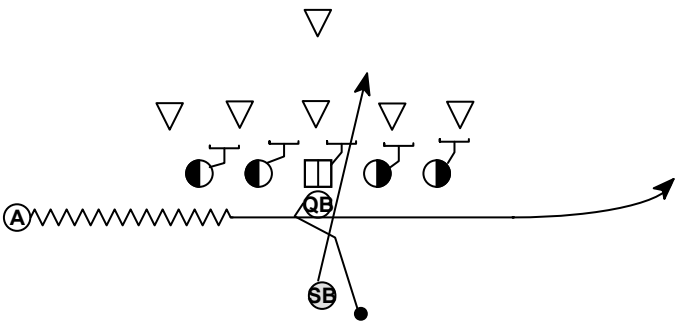


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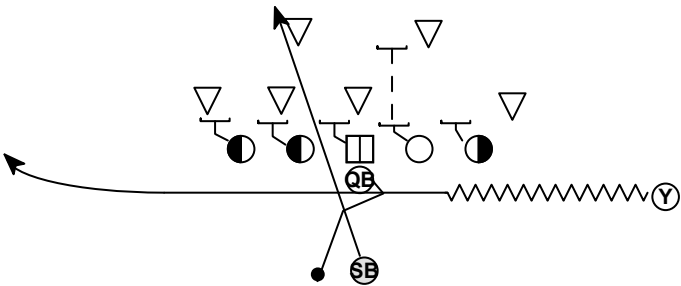


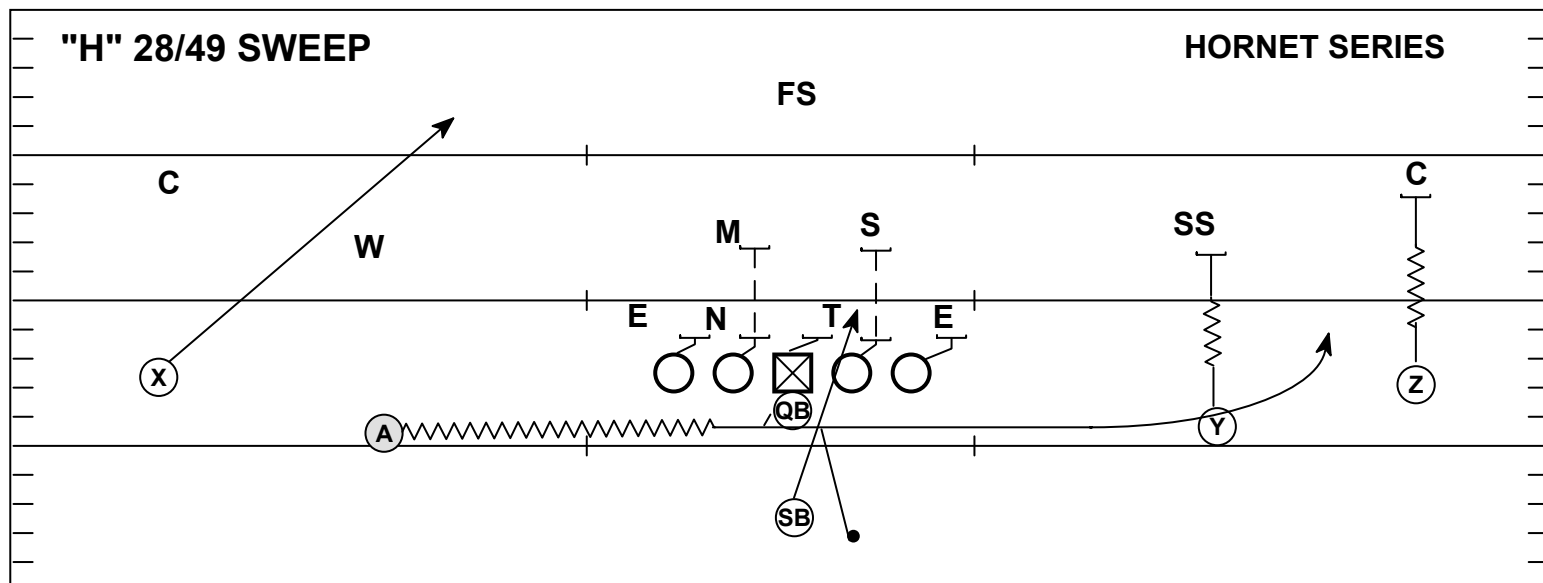
vs 51

vs 51



vs 42 Over



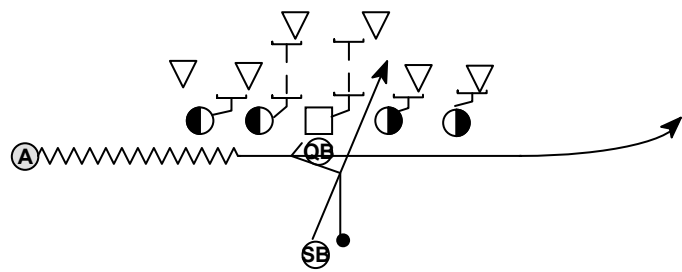


POSITION	ASSIGNMENT	COACHING POINT
X-RECEIVER	Block the Most Dangerous Defender - Playside If set in motion, take the hand-off from the Quarterback Backside: Middle of the field and block MDM	When in motion, be at full speed by the time you receive the hand-off from the Quarterback.
A-BACK	Block the Most Dangerous Defender - Playside If set in motion, take the hand-off from the Quarterback Backside: Middle of the field and block MDM	When in motion, be at full speed by the time you receive the hand-off from the Quarterback.
Y-BACK	Block the Most Dangerous Defender - Playside If set in motion, take the hand-off from the Quarterback Backside: Middle of the field and block MDM	When in motion, be at full speed by the time you receive the hand-off from the Quarterback.
Z-RECEIVER	If set in motion, take the hand-off from the Quarterback Block the Most Dangerous Defender - Playside Backside: Middle of the field and block MDM	When in motion, be at full speed by the time you receive the hand-off from the Quarterback.
SUPERBACK	Track is the inside leg of the Guard You are 4yds deep	Key the snap of the ball through the legs of the Center Put your arm across your body when faking the sweep
QUARTERBACK	Reverse out and hand the ball of to the player in motion on your 1st step. On your 2nd step, fake the hand-off to the SB and then finish playaction pass drop.	1st Step 6:00 2nd Step 6:00 Playaction Drop 3 to 5 Steps
PLAYSIDE TACKLE	Reach step, try to reach or push to sideline. Do not loose contact and drive him.	24 inch Splits
PLAYSIDE GUARD	Zone thru and seal the playside Linebacker	24 inch Splits
CENTER	Zone thru DT, if he slants inside cut him, Seal Linebacker	
BACKSIDE GUARD	Zone thru DT, if he slants inside cut him, Seal Linebacker	24 inch Splits
BACKSIDE TACKLE	Zone thru DT, if he slants inside cut him, Seal Linebacker	24 inch Splits

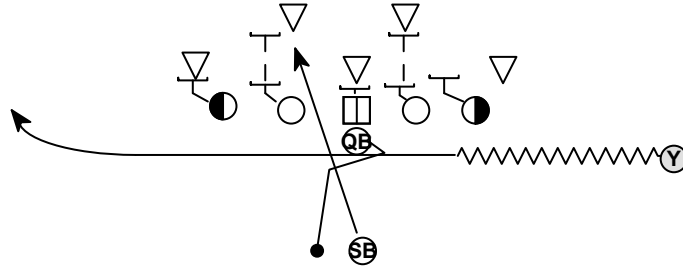
"H" 28/49 SWEEP

HORNET SERIES

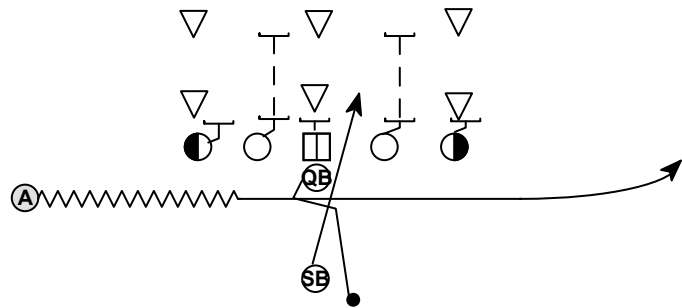
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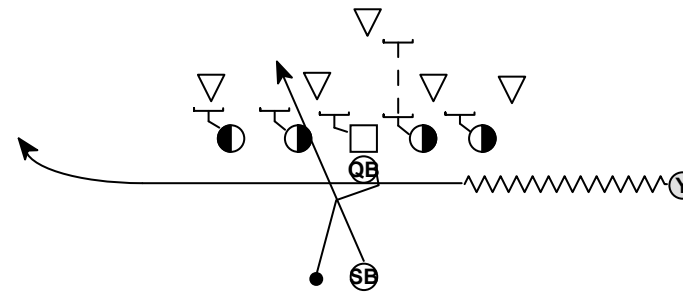
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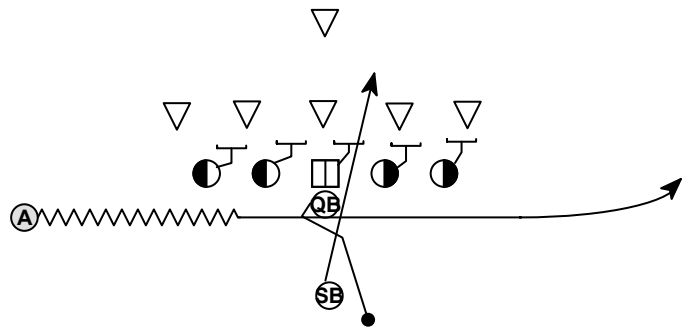
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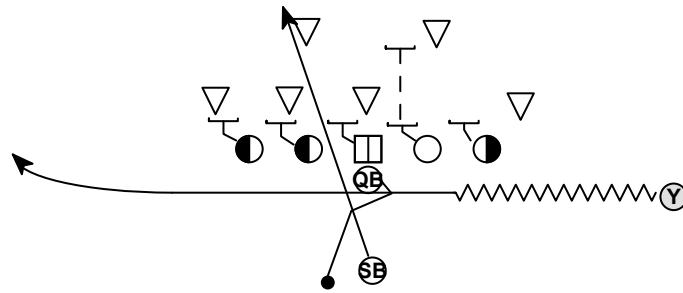
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vs 51



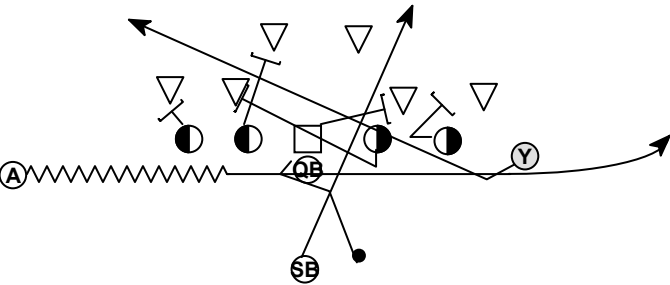
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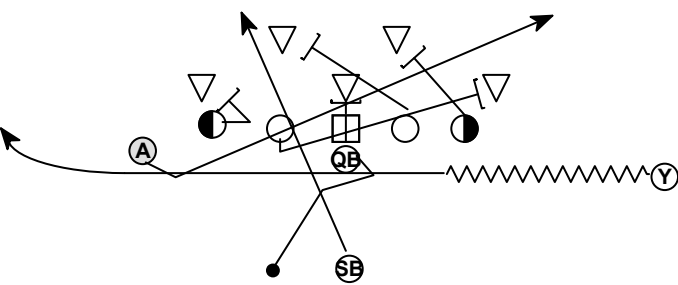
"H" COUNTER 22/43 TRAP

HORNET SERIES

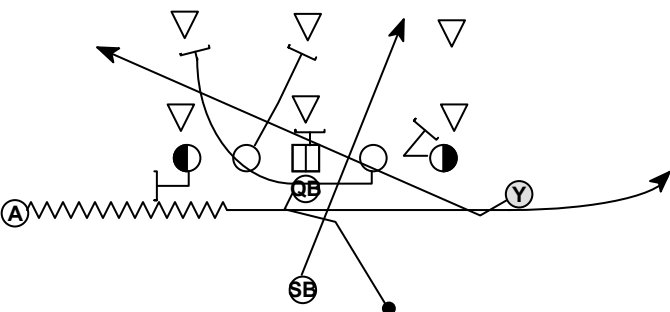
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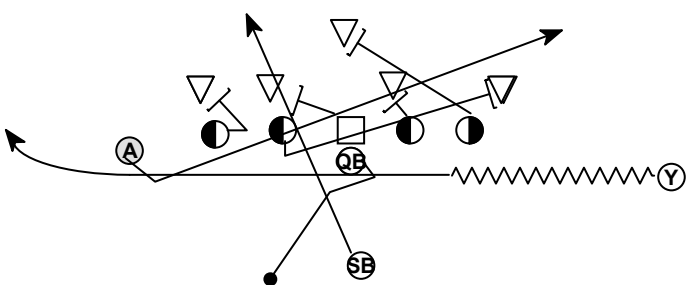
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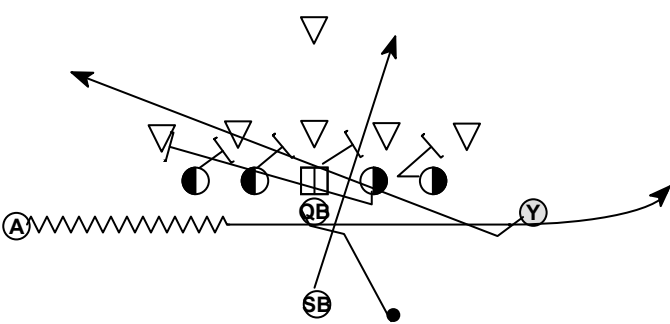
vs 33



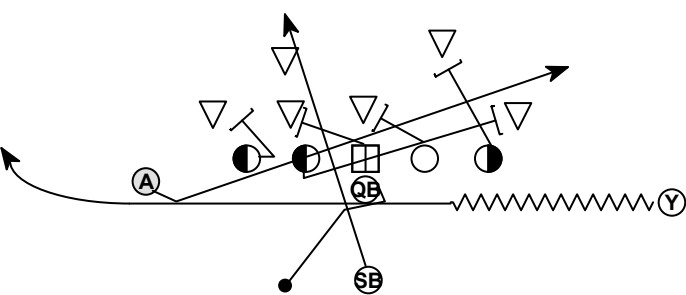
vs 41



vs 51



vs 42 Over



The Hornet Series will also be our Play-Action Passing Game with 500 Pass Protection

Pass Plays that can be run with the Hornet Action

Hornet Pass Lt./Rt

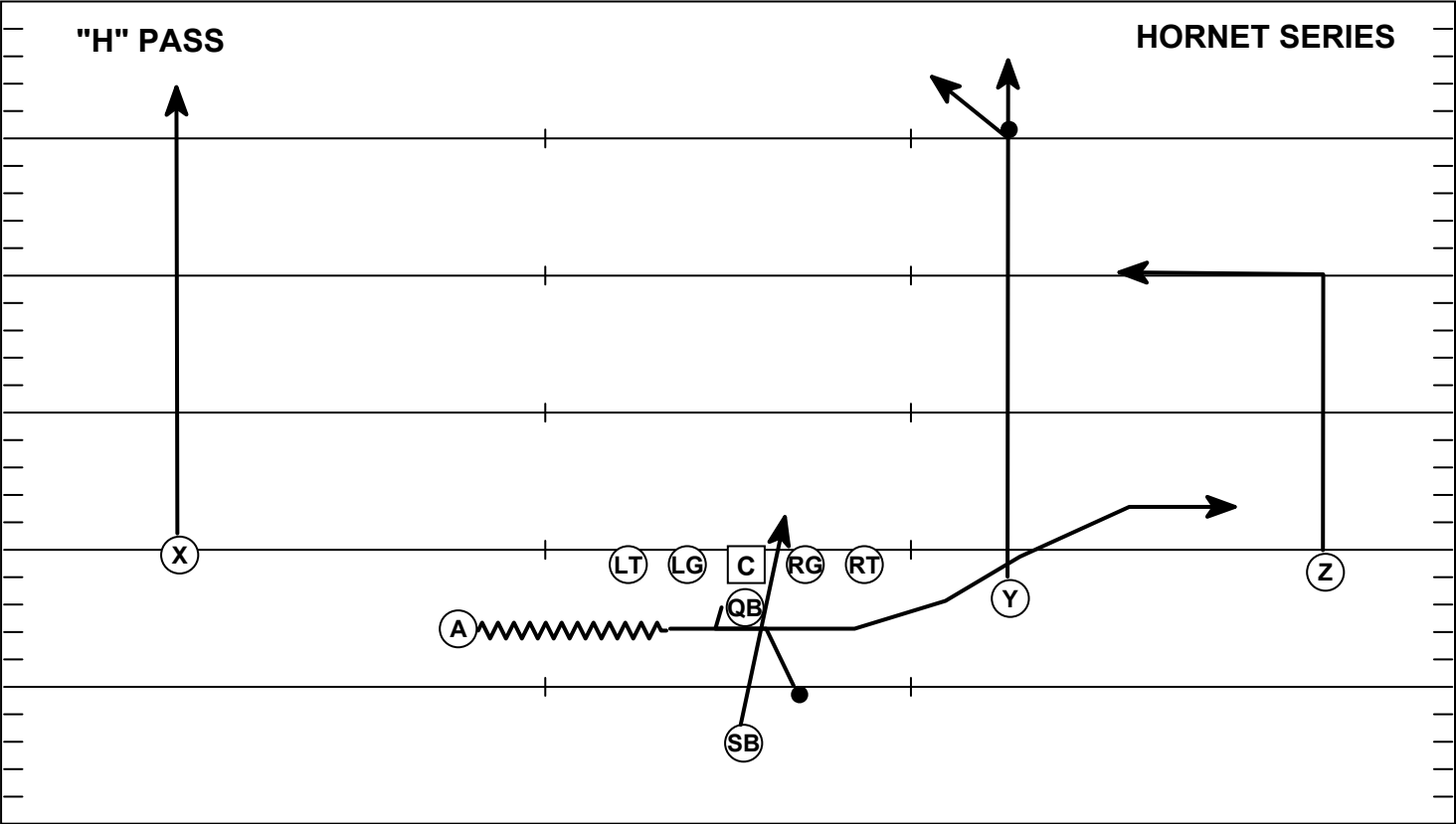
78/79 - Curl

84/85 - Read

80/81 - Steamers

72/73 - Go "Special"

92/93 - Slide

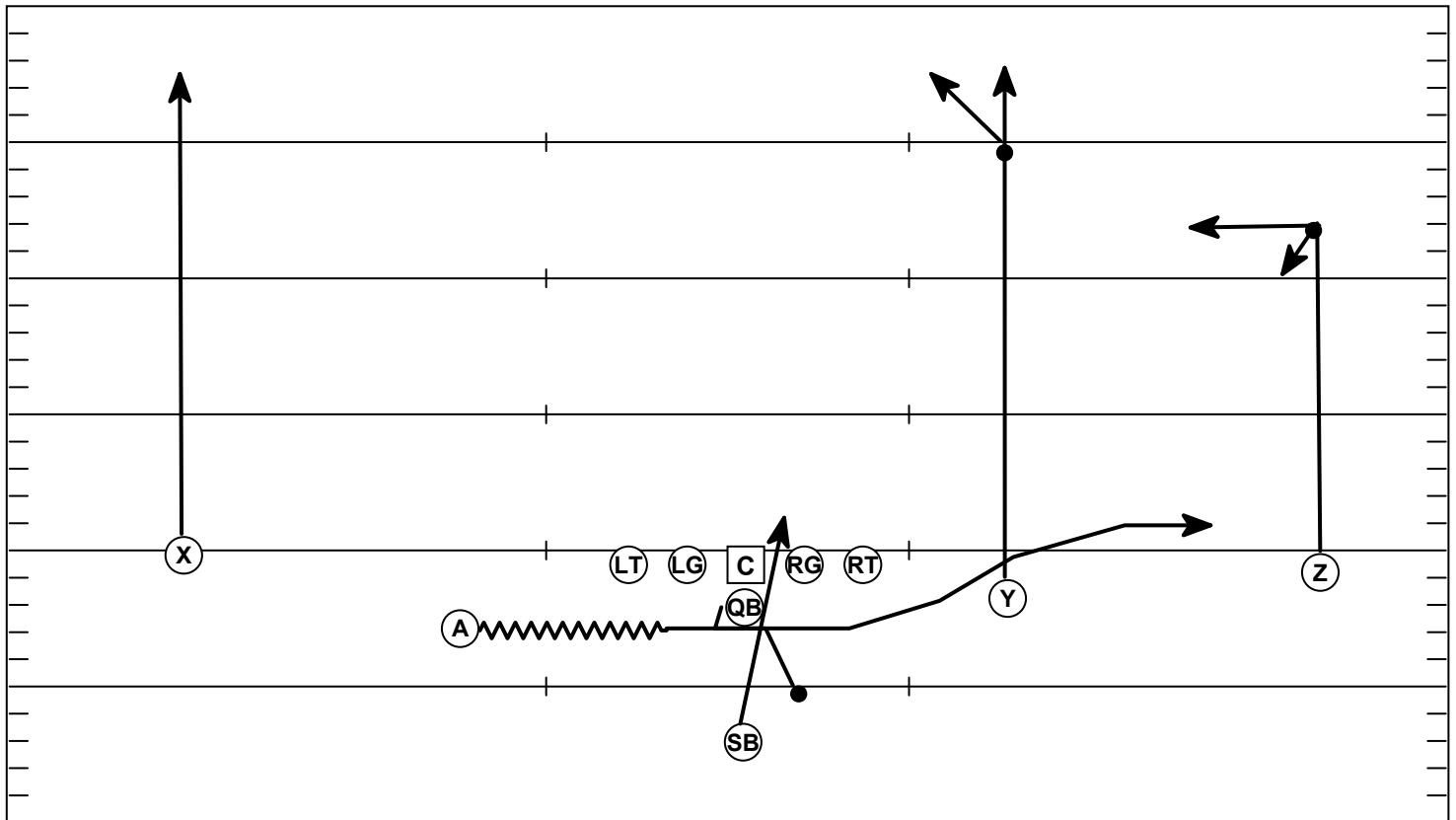


"H" PASS**HORNET SERIES**

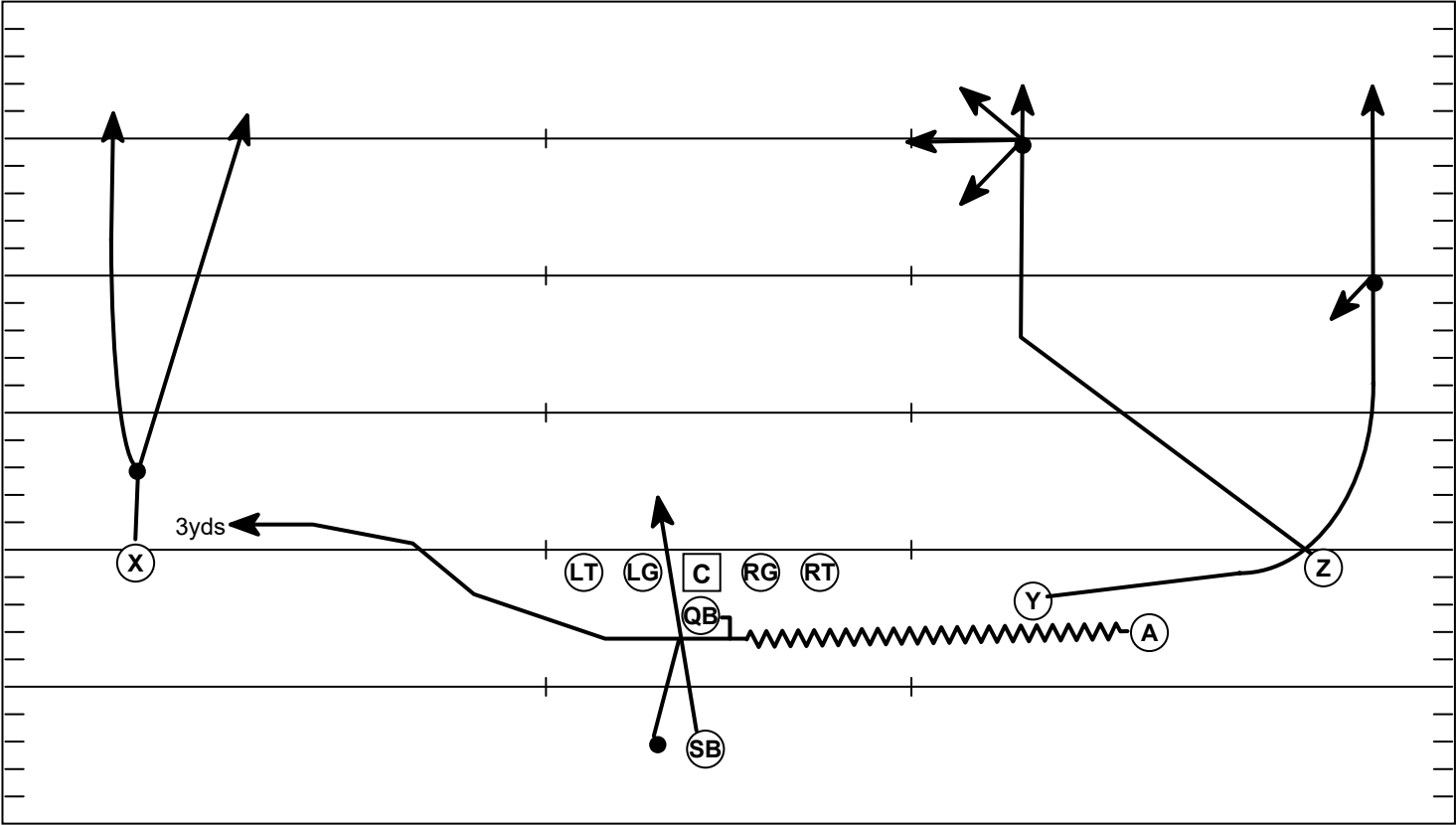
<i>POSITION</i>	<i>ROUTE</i>	<i>COACHING POINTS</i>
FRONTSIDE 1	IN	Route is run at a depth of 10 - 12 yards
FRONTSIDE 2	ARROW	Route is run at a depth of 3 yards * If you run out of field or get a pump fake from the Quarterback, run your route conversion up field
FRONTSIDE 3	SEAM READ	<ul style="list-style-type: none"> - Release vertically (easiest release) - Work to Landmark (H.S. Hashmark) - Look for the ball no sooner than 10 to 12 yards - Be at your Landmark by 15 to 18 yards and make your route adjustment based on coverage.
BACKSIDE 1	VERTICAL	<ul style="list-style-type: none"> - Attack outside shoulder of DB - ALWAYS Release outside & run by the DB - Always leave yourself 3 to 4 yards from the sideline - Do not run out of bounds...Press the DB inside to keep 3 to 4 yard cushion from sideline - Look for the ball <u>no sooner</u> than 15 yards unless the DB falls or squats, then look for the ball at 12 yards
SUPERBACK	PASS PRO.	You are responsible for the playside "A" gap

QUARTERBACK

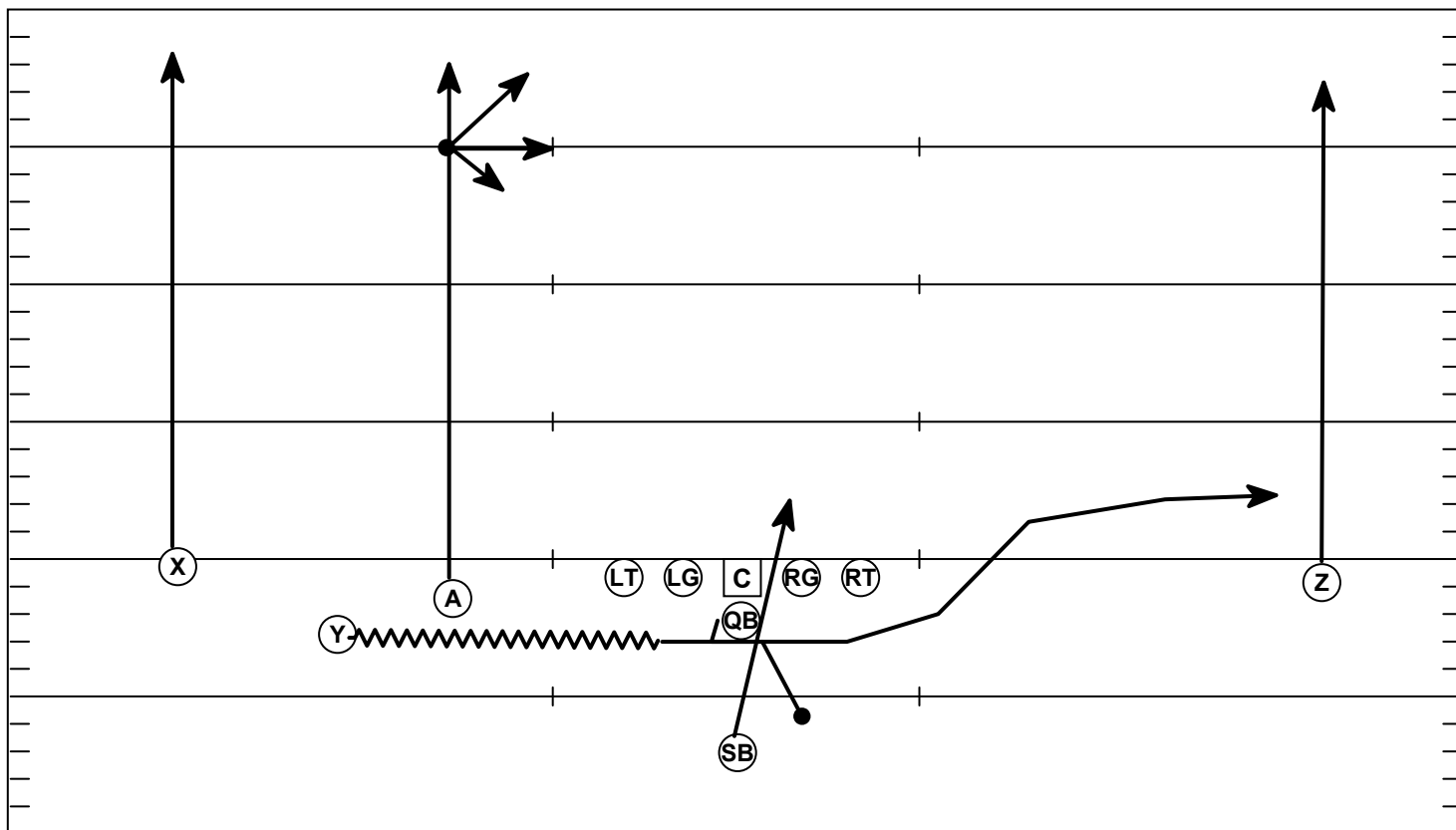
DROP	AREA KEY	PROGRESSION	COACHING POINTS/READS
3 Step	Flat	1. Arrow 2. In *3. Corner "if called"	You are reading the defender over the Frontside 3 in all coverages. If there is a coverage with two Half Field Safeties, then read the defender over the Slot to the playside Half Field Safety. * If the Frontside 3 is uncovered and the playside linebacker dogs, you have the option to throw him the ball in the 8 - 10 yard window
ROUTE VARIATION: TAG: CORNER ROUTE			



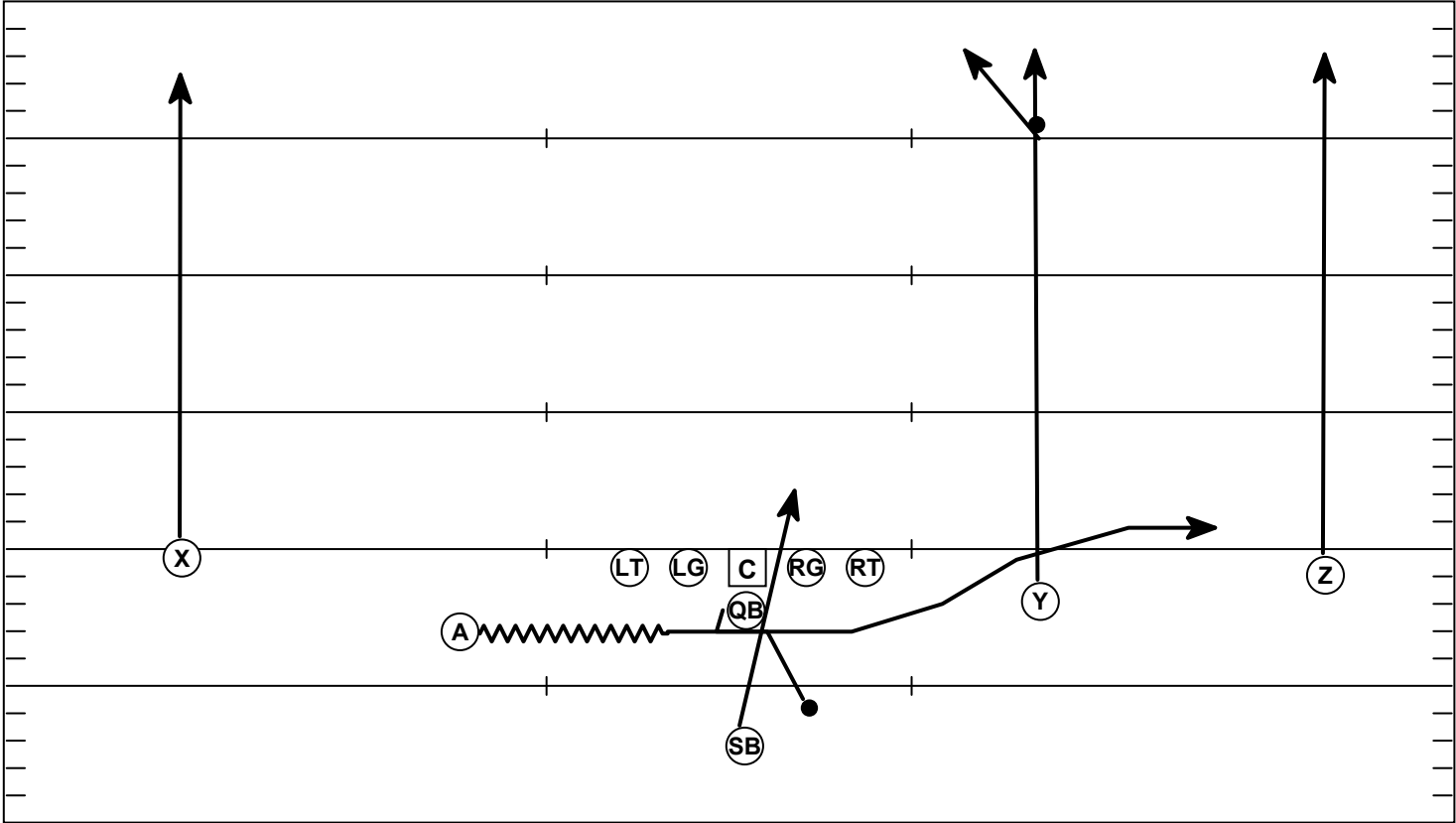
* All route rules are the same as regular 878 or 779 CURL



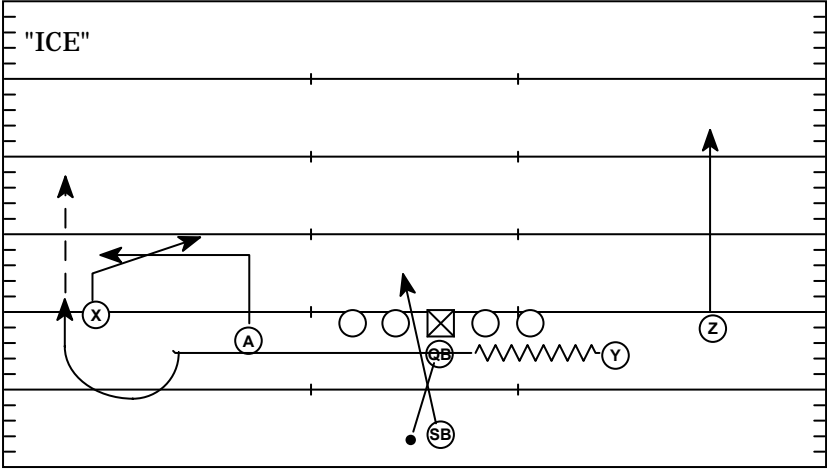
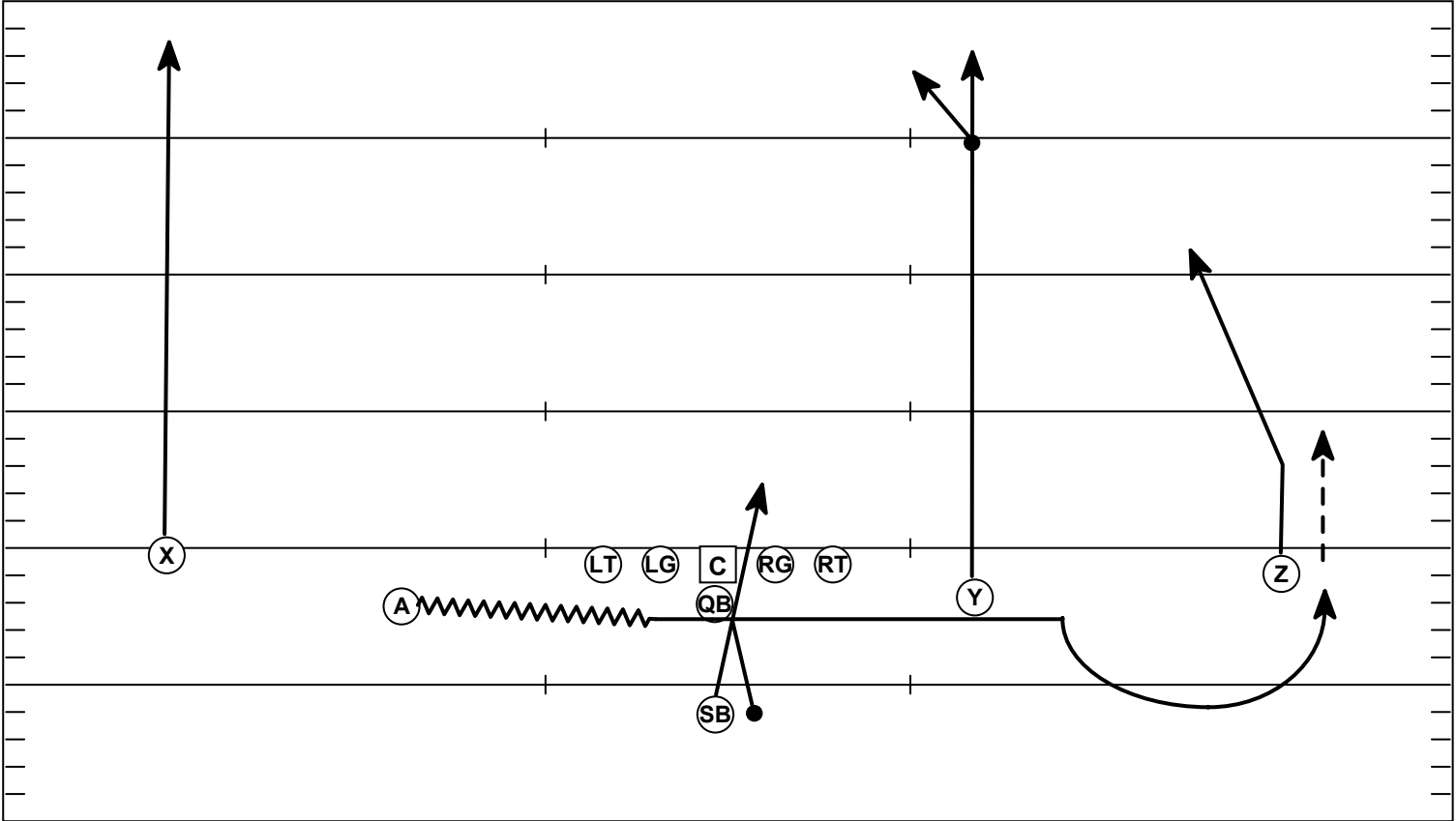
* All route rules are the same as regular 884 or 785 READ



* All route rules are the same as regular 781 or 880 STEAMERS except that Playside 2 will be running an Arrow Route instead of a Vertical Route



* All route rules are the same as regular 872 or 773 GO "SPECIAL"



* All route rules are the same as regular 892 or 793 SLIDE or SLIDE "ICE"

SCRAMBLE RULES

1. Receiver on sideline towards scrambling quarterback - work deep or find dead spot on sideline.
2. Intermediate routes - run parallel with quarterback
3. Backside deep receiver - work to get in quarterback's vision

