

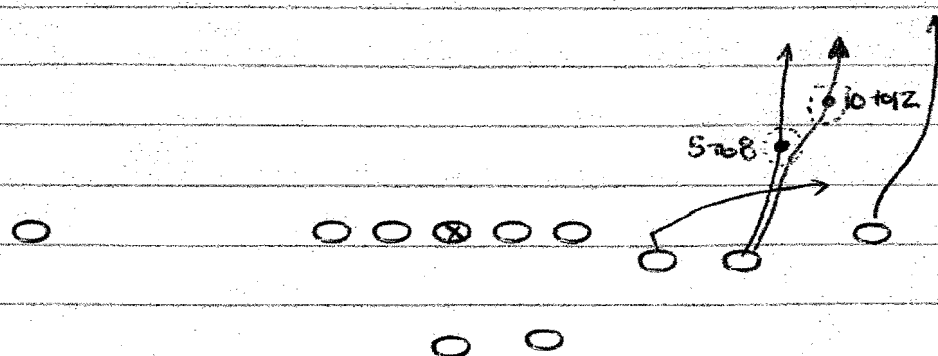
RUN & SHOOT OFFENSE

~~SHOT~~ SHOTGUN ACCURACY

QUARTERBACK'S COACH
DAN MORRISON

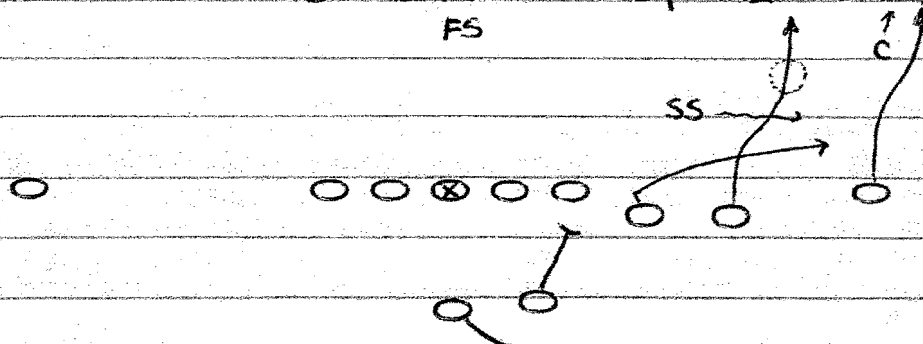
U of HAWAII WARRIORS

THE "GO" ROUTE



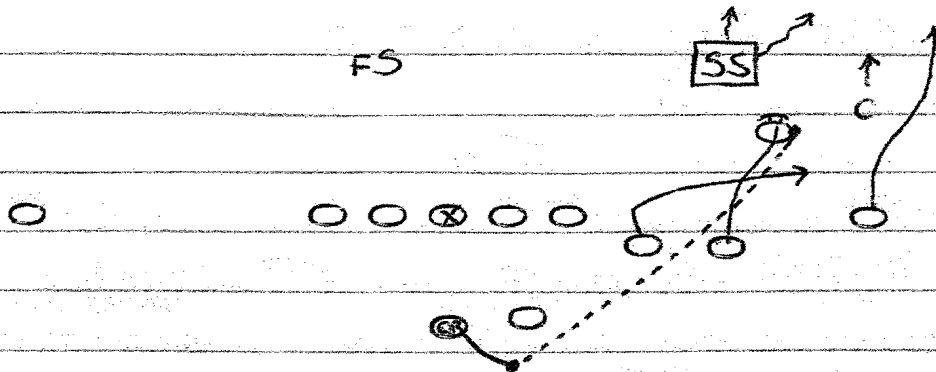
- THE "GO" ROUTE IS ~~THROWN~~ THROWN A LITTLE DIFFERENTLY OUT OF THE SHOTGUN IN COMPARISON TO THE TRADITIONAL HALF-ROLL PASS DROP.
- THE DIFFERENCE IN THROWING THE "GO" ROUTE UNDER CENTER IN COMPARISON TO THE SHOTGUN IS THE SEAM THROW. UNDER CENTER IT IS A QUICKER THROW & YOU ARE HITTING THE RECEIVER AT ABOUT 5 TO 8 YARDS. THE ARROW ROUTE & THE FADE ROUTE ARE THE SAME IS YOU ARE UNDER CENTER OR IN THE SHOTGUN.
- THE SEAM ROUTE WHEN THROWN FROM THE ~~SHOTGUN~~ ^{SHOTGUN} HAS TO BE MORE ~~EXTENDED~~ EXTENDED UP THE FIELD. WHEN THE RECEIVER CLEARS THE UNDERCOVERAGE HE WILL BEGIN TO WIDEN OUT & THE RECEIVER WILL BE IT IN A MORE 10 TO 12 YARD AREA.
- ONE OF THE THINGS THAT WE ARE TELLING THE QUARTERBACKS IS AS YOU ARE MAKING DECISIONS AS TO WHETHER YOU ARE THROWING ~~TO~~ TO THE FLAT OR SEAM, THE ONE THING YOU HAVE TO BE AWARE OF IS WHERE THE 2 SAFETIES ARE.

IF IT IS A SINGLE SAFETY OVER THE TOP THEN THE QUARTERBACK WILL LEAD THE RECEIVER UP THE SEAM

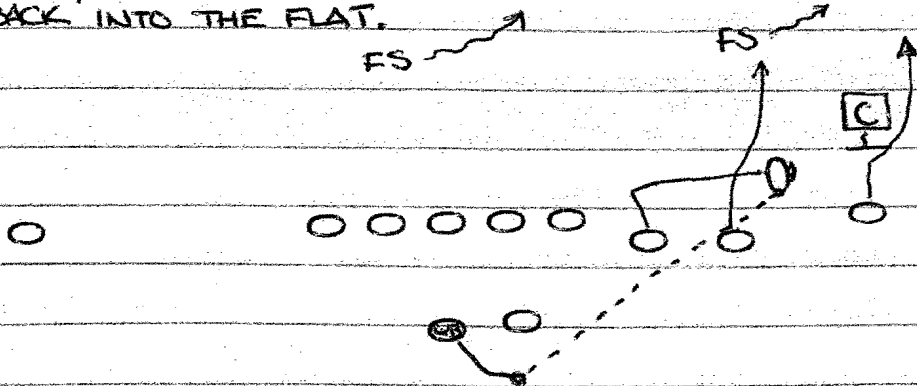


- IF THERE ARE 2 SAFETIES ON TOP WE WANT TO BE A LITTLE MORE CONCISE AS THE RECEIVER PUSHES THROUGH THE UNDER COVERAGE THAT IF A SAFETY IS OVER THE TOP, IT DOES NOT MATTER IF HE IS GOING HALFS OR QUARTERS, THAT THE QUARTERBACK THROW TO THE BACK SHOULDER OF THE RECEIVER SO IT SLOWS HIM DOWN & HE IS NOT INVOLVED IN THE PLAY OF THE SAFETY.

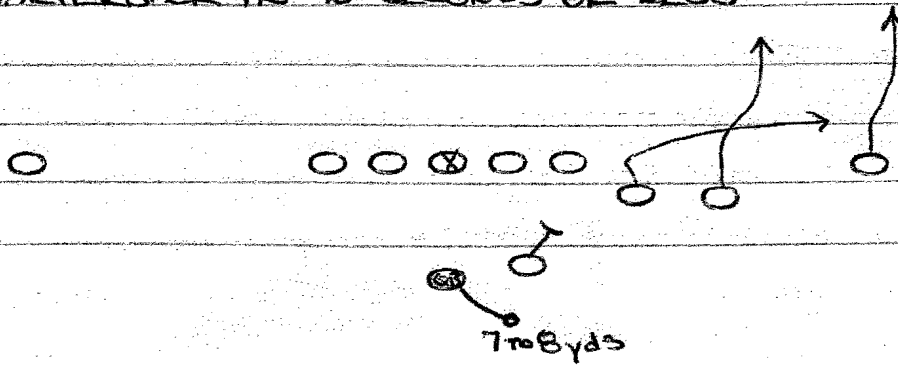
IT IS TO PROTECT THE RECEIVER MORE THAN ANYTHING ELSE.



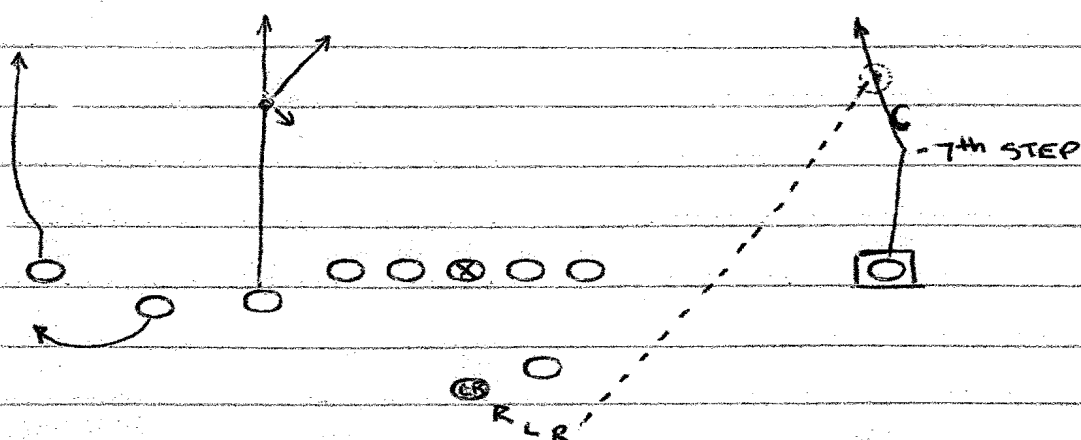
- THE OTHER MINOR DIFFERENCE IN THROWING THE "GO" ROUTE OUT OF THE GUN IS THE FLAT ROUTE, ON OCCASION WE MAKE A DECISION FROM THE OUTSIDE-IN IF WE A CORNERBACK ROLLING UP INTO THE FLAT, WITH A HALF-FIELD SAFETY ROLLING OVER THE TOP, THEN THE FLAT ROUTE HAS TO BE THROWN ~~VERY~~ VERY CAREFULLY OUT OF THE ~~SHOT~~ SHOTGUN. THE QUARTERBACK WILL ALSO THROW TO THE RECEIVER'S BACK SHOULDER TO SLOW HIM DOWN & SO HE WILL NOT BE INVOLVED WITH THE CORNERBACK INTO THE FLAT.



EVERYTHING IS PRETTY MUCH THE SAME AS IT WOULD BE UNDER CENTER. THE PLAY IS A LITTLE LONGER IN THE SEAM ROUTE AND YOU HAVE TO BE A LITTLE CAREFUL WITH IT, BUT THE ADVANTAGE IS THAT THE QUARTERBACK IS ~~THROWING~~ THROWING THE BALL AT A LAUNCH POINT OF 7 TO 8 YARDS & THE BALL IS GETTING OUT OF THE HAND OF THE QUARTERBACK IN 2 SECONDS OR LESS



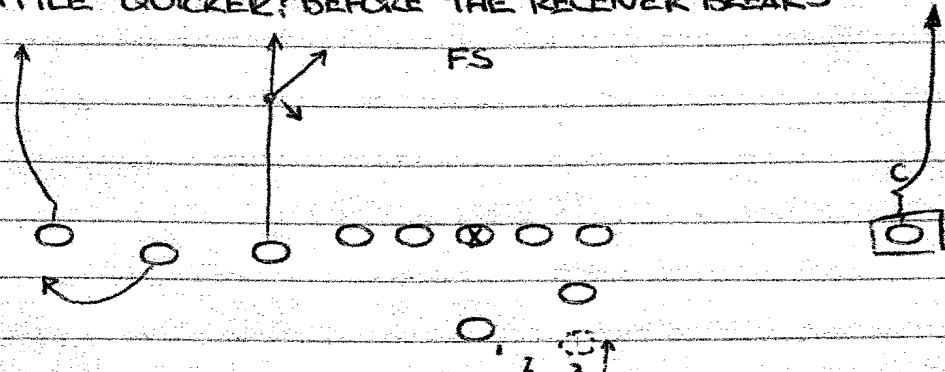
THE CHOICE ROUTE



A LITTLE

- THERE ARE ~~SOME~~ SETTLE DIFFERENCE OF THE TECHNIQUE OF THE QUARTERBACK IN THE SHOTGUN THAN UNDER CENTER.
- THE FIRST LOOK ALWAYS IS TO THE SINGLE RECEIVER AND THE DECISION IS TO WHAT THROW THAT IS GOING TO BE IS ~~DETERMINED~~ DETERMINING WHAT KIND OF DROP THE QUARTERBACK IS GOING TO HAVE. IS THE CB IS OFF AND IT LOOKS LIKE WE ARE GOING TO GET THE POST ROUTE, THEN THE STEPS OF THE QUARTERBACK ARE GOING TO BE R, LT, RT. WITH A LITTLE SHUFFLE AND TRY ~~TO~~ TO THROW THE BALL ON TIME. THE QUARTERBACK WANTS TO MAKE HIS DECISION I HAVE THE BALL RELEASED BY THE TIME THE RECEIVER HITS HIS 7TH STEP.

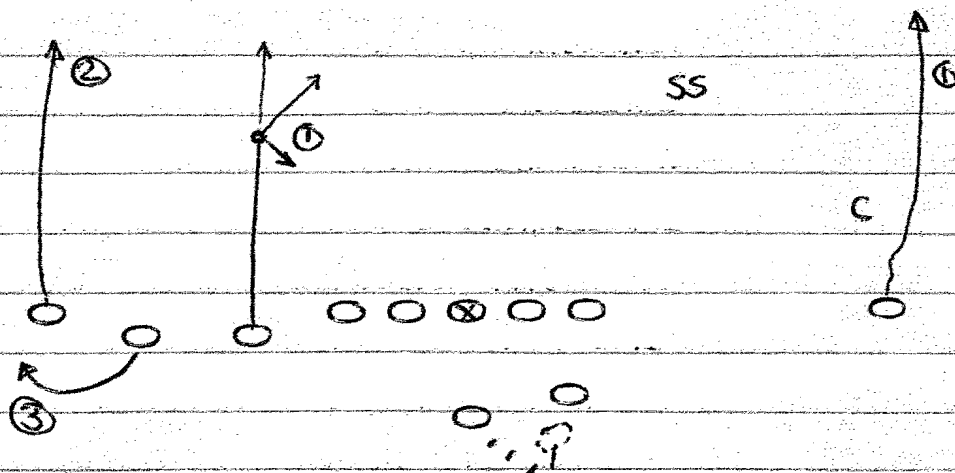
UNDER CENTER, THE QUARTERBACK WILL GET THE BALL OUT A LITTLE QUICKER! BEFORE THE RECEIVER BREAKS



- IF THE THROW IS GOING TO BE THE FADE ROUTE BECAUSE OF A PRESS LOOK or A MAN LOOK, AS THE QUARTERBACK DROPS A LITTLE MORE DELIBERATELY, HE IS GOING TO SHUFFLE STEP ~~AND~~ TO TURN HIS SHOULDERS UP FIELD TO HOLD THE FS, SIDE UP AND MAKE THE THROW ON TIME. ~~THIS ACTION IS MORE DELIBERATE~~
- IT IS A LITTLE MORE DELIBERATE, BECAUSE UNDER THE CENTER THE QUARTERBACK HAS THE BALL IN HIS HANDS MORE QUICKER, IN THE SHOTGUN THE BALL IS GOING TO BE A LITTLE SLOWER TO THE HANDS, SO THE BALL IS GOING TO BE THROWN A LITTLE SLOWER,

VS PRESS COVERAGE: WE ARE TRYING TO GET THE BALL DOWN THE FIELD AT ~~35~~ 37 TO 39 yds

VS. OFF MAN: WE ARE TRYING TO GET THE BALL DOWN THE FIELD AT 44 TO 47 yds



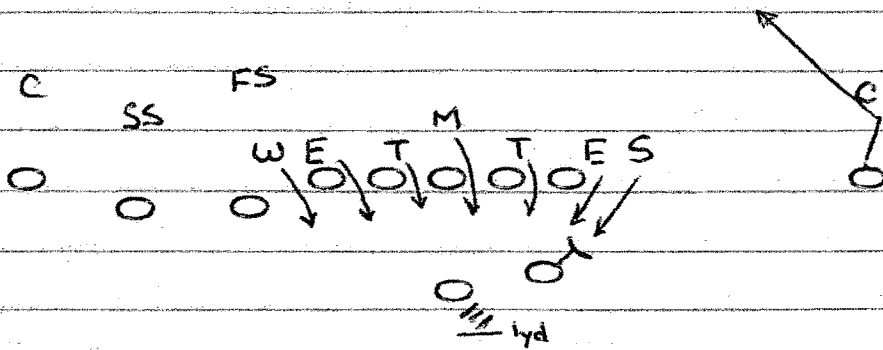
* IF THE QUARTERBACK DOES NOT LIKE THE FRONTSIDE THROW FOR WHATEVER ~~REASON~~ REASON, THEN HE WILL GO TO BACKSIDE

AS THE QUARTERBACK ~~Q~~ DROPS HE IS GOING TO MAKE HIS DECISION ON WHY HE IS NOT GOING TO THROW THE FRONTSIDE ROUTE. AS THE QUARTERBACK HITS HIS 3rd STEP, THE WAY HIS SHOULDERS SHOULD BE IS THAT HE SHOULD BE ABLE TO TURN BACK & GO THROUGH HIS BACKSIDE READ & PROGRESSION.

- SO AS THE QUARTERBACK TURNS HIS SHOULDERS WILL 1st SET TO THE FRONTSIDE, BY THE TIME OF THE QUARTERBACK'S 2nd STEP HE HAS DETERMINED THAT HE IS NOT GOING FRONTSIDE WITH THE BALL, WHEN HE HITS HIS 3rd STEP THE QB IS GOING TO TURN HIS SHOULDERS TO THE BACKSIDE & GO ~~THROUGH~~ THROUGH HIS READ PROGRESSION.

- THE QUARTERBACK'S SHOULDERS ARE GOING TO BE A LITTLE DIFFERENT BECAUSE HE IS A LITTLE MORE SQUARED UP, IT IS A LITTLE EASIER IN THE SHOTGUN THAN UNDER CENTER.

- WITH THE TRADITIONAL HALF-ROLL FROM UNDER CENTER, IT IS A LITTLE HARDER TO GET YOUR SHOULDERS TURENED TO ~~THROW~~ THROW BACKSIDE, IN THE SHOTGUN THE WAY THE QUARTERBACK'S SHOULDERS ARE GOING BOTH RT. or Lt., THE QUARTERBACK IS GOING TO COME OUT WITH HIS SHOULDERS SQUARE. THIS GIVES THE QUARTERBACK A BETTER ABILITY TO GO THROUGH HIS READ PROGRESSION FROM FRONTSIDE TO BACKSIDE.



- IF ON THE CHOICE ROUTE THAT YOU HAVE A COVER ~~0~~ WITH AN ALL-OUT 7 MAN BUT ~~3~~ & YOU HAVE TO GET THE BALL OUT QUICKLY AS A QUARTERBACK. YOUR STEPS IN YOUR DROP ~~IS~~ GREATLY DEDUCED.
ARE

- YOUR STEPS ARE GOING TO BE A QUICK 1, 2, 3 & THEN THE BALL HAS TO BE OUT OF YOUR HAND. THIS IS BECAUSE IF THERE IS A 7 MAN RUSH, IN OUR PASS PROTECTION WE CAN ONLY PICK UP 6, SO WE ARE GOING TO RELEASE THE FARTHEST DEFENDER AWAY. WE TELL THE QUARTERBACK THAT HE HAS TO GET RID OF THE BALL ON HIS 3RD STEP. IT ~~IS~~ HAS TO BE OUT QUICKLY!!!

- SO IF THE QUARTERBACK IS IN A SITUATION WHERE HE HAS TO GET THE BALL OFF QUICKLY, THEN HE HAS TO REDUCE HIS ~~3~~ 3 STEPS DOWN QUICKLY, & HE HAS TO BE ~~PROBABLY~~ PROBABLY BE NO DEEPER THAN 1 YARD FROM WHERE HE TOOK THE SNAP FROM THE SHOTGUN.