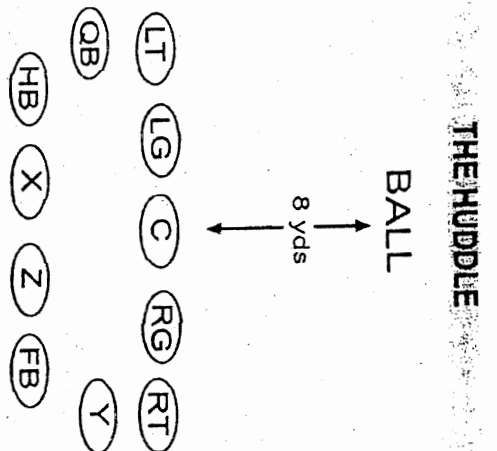


1 (R) 0 UP C FAC	R 33 BASE ALERT	39 (R) 0 FLD FAC	R 135 SLO STOP (GO / Q)	76 (R) 0 FLD FAC	56 D GLANCE	114 (NY) 0 HVY RT FIG	H 42 ACE
2 (R) 0 UP C FAC	J 36 POWER	40 (R) 0 UP C FIG	R 135 SLO Z DEEP CROSS	77		115 (NY) 0 HVY RT OV ZIG	T 38 TED CRACK
3 (R) 0 FLD FIG	R 36 SPOT	41 (3W) 1 FAR WD YIP	R 134 X Y CROSS	82-83 / 84-85		116 (NY) 0 NR T OV ZIG	T 39 TED CRACK
4 (R) 0 UP C FAC	T 38 GATOR	42 (R) PANT LT FAC	R 134 Y CURL DALLAS (STOP)	78 (H) (R) (D) (3W) 6 FLEX		117 (NY) 0 HVY RT FAC	R 35 SLAM
5 (R) 0 FLD FIG	QJ 35 CTR	43 (H) 1 FLD YAC	R 134 X CURL DALLAS (STOP)	82 CHOICE BKS RT X STICK		118 (NY) 0 HVY RT FAC	J 36 CTR
6 (R) 0 FLD FIG	J 36 POWER	44 (R) (H) 1 FLD YAC	R 134 EXXON	82 SIN ORE		119 (NY) 0 HVY RT FAC	R 34 ZONE ALERT
7 (R) 0 FLD	T 38 TED CRACK SPEC	45 (R) (H) 1 FLD YAC	R 134 X F CROSS	82 GO BKS CRS (Q)		120 (NY) 0 NR C ZAC	R 134 Y DRIVE SIN
8 (R) 0 FLD FAC	T 37 BOB	46 (R) YAC 1 FAR	R 134 SLO X (Z) CLOWN	84 Y NOO DELAY		121 (NY) 0 NR C ZAC	82 O R C
9 (R) 0 FLD FAC	QJ 34 CTR Y EZ	47 (H) 1 FLD YAC	R 134 X NOO RATTLER			122 (NY) 0 HVY RT FAC	82 TOP ORE
10 (D) 0 ON	R 34 ZONE ALERT	48		72173		123 (NY) 0 NR C ZAC	J 144 CTR Q
11 (R) 0 NR YIG	T 36 BOB Y EZ			82 (ALL) 6 FLEX FAT	72 DBL NOO D SLANT	124 (NY) 0 NR T OV ZIG	R 134 Y DRIVE SIN
12 (R) 0 FLD FAC	R 35 BASE ALERT			83 (R) (H) 0 NR SLOT HAT	72 GHOST LOOKIE	125 (NY) 0 HVY RT OV ZIG	R 335 RATTLER F Q
13 (ALL) FIP 0 BUNCH	T 38 GATOR			84 (H) (R) 0 TRUMP FIG	72 Z DRIVE F CURL	126 (NY) 0 HVY RT OV ZIG	H 147 MAX BASE (Q)
14 (3W) 6 FLEX	R 36 SPOT			85 (R) 0 PHILLY RT HAT	72 TAMPA		
15 (R) 0 FLD FAC	J 36 CTR			86 (R) (3W) (H) 6 WIDE YIP	72 RED D SLANT		
16 (R) 0 UP C FAC	J 36 DOUBLE			87 (3W) YAC 6 FLEX	72 RED D SLANT		
17				88 (R) (H) 0 PHILLY RT HAT	72 DIP JERK D SLANT		
18 (H) YAC 0 OUT	QJ 34 KICK			89 (R) (H) 0 NR SL HAT	72 GHOST TOSSER		
19 (H) 1 FLD FIG	QJ 34 T						
20 (H) 0 OUT YAC	T 37 BOB						
21 (H) JET RT YIG	R 35 ZORRO						
22							
DRAW							
23 (R) 0 FLD FIG	Q 45 BASE	56 (R) 0 PANTHER RT FIG	R 335 PUMP	90 (ALL) EMPTY RT	74 DBL NOO SMASH (DELAY)	132 (NY) 0 ZAC 0 NR TC	R 32 WHAM
24 (R) 0 ZIG	H 42 ACE	57 (R) (H) 0 FLD FAC	R 335 (TB / RAT / DALLAS)	91 (4W) (3W) (H) YAC EMPTY RT	74 ROCKET STOP	133 (NY) 0 T OV	R 36 BLAST ALERT
25		58 (R) 0 FLD FAC	SPR 339	92 (H) COWBOY LT HAC	74 SLO AG X UNDER	134 (J) 0 NR TC ZAC	J 36 POWER WRAP
C.W.M.							
26 (R) (3W) 6 FLEX		59		93 (ALL) EMPTY LT	75 IN DELAY	135 (NY) 0 NR C ZIP	SLT 22 Z CRUNCH
27 (R) (D) 0 NR Y MOVE		60 (H) 0 HALF YIG	R 335 GLANCE	94 (ALL) EMPTY LT	75 SLO X STICK Z SEARCH	136 (NY) 0 NR C ZIP	R 32 Z LEAD
28 (H) (3W) 6 FLEX				95 (H) JET RT YIG	75 COLT Y NOO	137 (NY) 0 NR TC ZAC	R 136 CROSS
29 (H) 0 FLD FIG				96 (ALL) STEELER LT	74 RENO	138 (NY) ZAC 0 TC	R 332 LUCKY
30				97 (3W) (4W) STEELER RT	74 SLO D S S	139 (NY) 0 NR C ZIP	R 136 SWITCH CROSS
31				98 (R) 0 NR SL HAT	74 SLO IN X IND	140 (J) 0 NR TC ZAC	J 144 CTR WRAP PASS
SCREENS							
32 (3W) QUAD LT FAC	574 SLO PACKER	61 (D) PANT RT ZAC	50 GAP X HIT ORE	99 (H) QUAD RT FIG	74 SLO D S S	141 (NY) 0 TC HAX	R 150 GAP POP PASS
33 (R) (H) JET LT YAC	R 536 PACKER	62 (R) (H) 0 FLD FAC	50 GAP HIT ORE	100 (R) (H) YAC EMPTY RT	74 SLO H S C		
34 (R) (3W) (H) 6 FLEX YIG	582 SCR LT H	63 (R) (H) 0 FLD FAC	50 GAP FALCON	101 (R) (H) YAC EMPTY RT	74 SLO H S C		
35 (H) JET LT YAC	R 534 SCR LT H	64 (R) (H) 0 OUT ZIG	50 GAP FALCON	102 (R) (H) YAC EMPTY RT	74 SLO H S C		
36 (R) 0 PANT RT FIG	551 GAP SLIP RT X	65 (R) (H) 1 FLD YAC	50 GAP QLE X IND	103 (ALL) YAC EMPTY RT	74 SLO SMASH TEXAS		
37		66 (H) 0 FLD FIG	50 GAP X IND ORE	104 (H) COWBOY RT HAC	74 SLO SIN / ORE		
		67 (R) (H) 1 FLD YAC	50 GAP TOP X IND				
		68 (H) COWBOY RT FIP	50 GAP X SLT DALLAS				
		69					
54-55							
		70 (R) (D) (3W) (H) ZAC 0 NR	54 Z DRIVE				
		71 (R) (D) (3W) (H) ZAC 0 NR	54 X IND SPACING				
		72 (R) (D) (H) (3W) FIP 0 BUNCH	54 X IND SPACING				
		73 (R) (D) (H) 0 UP C FIG	54 Z DRIVE DELAY				
		74					
SPECIALS							
				105 (R) 0 FLD FIG	SPR 438 TED PASS		
				106 (R) 1 FAR OV ZIP	22 FB		
				107 (R) 0 NR YIG	SLT 24 ZONE PIT LT		
				108 (R) 0 NR YIG	R 134 F F F		
				109 (R) 0 FLD SL FIP	R 134 F F F		
				110 (R) 0 NR YAC	J 34 KICK X REV LT		
				111 (R) 0 UP C FAC	SLT 124 FLASH PIT LT PASS		
				112			
GOALLINE							
						142 G SPR RT #1	56 H S C
						143 G SPR RT #2	72 GST TOS
						144 G SPR RT #3	66 TIN DELAY
						145 G SPR RT #4	72 RENO
						146 G SPR RT #5	72 ROCKET STOP
						147 G SPR RT (FAKE NO)	40 DRAW
						148 G SPR RT (FAKE NO)	Q 31 TRAP
						149 G SPR RT (574/575)	SLO PACKER
						150 SPR RT	98
						151 JET RT	68
						152 JET RT	75 SLO MAX DELI X Q
						153 I TRIO	51 GAP HAIL MARY
						154 JET RT BUNCH	72 LA EXPRESS

1. THE CENTER WILL BE THE FIRST MAN TO SET UP THE HUDDLE EIGHT YARDS BEHIND THE BALL.
2. REMEMBER WE HAVE ONLY 40/25 SECONDS TO GET A PLAY STARTED. WE MUST SAVE ALL THE TIME POSSIBLE BY BEING EFFICIENT IN OUR HUDDLING. TIME STARTS AS THE REFEREE BRINGS HIS HAND DOWN.
3. KEEP A CONSTANT HUDDLE. THE SHAPE AND APPEARANCE IS THE RESPONSIBILITY OF EACH MAN.
4. THE QB DOES THE TALKING. ALL OTHERS LISTEN! THE QB MUST TALK STRAIGHT OUT - NOT UP IN THE AIR OR DOWN AT THE GROUND. SEE ALL OF YOUR MEN.
5. DO NOT LEAN ON OTHER MEN IN THE HUDDLE. PLACE YOUR HANDS ON YOUR HIPS.
6. AFTER GIVING THE PLAY NUMBER, THE QB WILL SAY "READY". THEN PAUSE. ALL CLAP HANDS WHICH IS THE SIGNAL TO BREAK THE HUDDLE - JOG AWAY FROM THE HUDDLE! NEVER LOAF!
7. THE CENTER AND WIDE RECEIVERS BREAK THE HUDDLE WHEN THE SNAP COUNT IS GIVEN. YOU MUST RUN FAST. SOMETIMES YOU MUST COVER A LOT OF DISTANCE.
8. ALL LINEMEN TURN TO THE INSIDE WHEN RUNNING TO OFFENSIVE POSITION. HALFBACK ALWAYS CROSS BEHIND FULLBACK.
9. WHEN SENT IN WITH INFORMATION, GET IT TO THE QB. DO NOT LEAVE THE SIDELINES UNLESS YOU THOROUGHLY UNDERSTAND THE INFORMATION TO BE TAKEN IN.
10. A CLOCK LOCATED IN THE END ZONE, AND IN FULL VIEW OF THE PLAYERS, WILL BE STARTED ON THE REFEREE'S SIGNAL BEFORE EACH PLAY - WE WILL HAVE 40/25 SECONDS TO GET THE BALL IN PLAY.



2005
Carolina
Panthers

QUARTERBACK CHANGING PLAY AT THE LINE OF SCRIMMAGE

CHECK-OFF SYSTEM

1. PLAY CALLED AT THE LINE OF SCRIMMAGE CHANGING CALL MADE IN HUDDLE. THERE WILL BE SITUATIONS BY GAME PLAN WHERE THE BEST WAY TO TAKE ADVANTAGE OF THE DEFENSIVE ALIGNMENT WILL BE WITH A CHECK-OFF.
2. COLOR DESIGNATED AS LIVE WILL BE USED AS CHECK-OFF SIGNAL.
3. SNAP COUNT FOR ALL CHECK-OFF PLAYS SHALL BE ON ONE.
4. WHEN THE QB CALLS THE LIVE COLOR, THEN THE PLAY CALLED IN THE HUDDLE IS ERASED THE NEXT NUMBER CALLED WILL BE THE PLAY RUN.

NUMBERING OF HOLES

⑨ ⑦ ⑤ ③ ①/0 ② ④ ⑥ ⑧

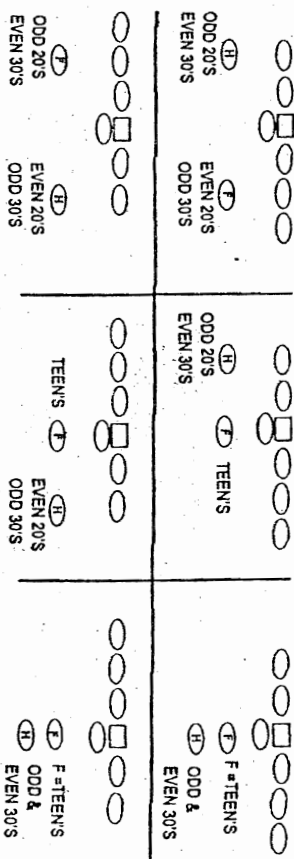
1. HOLES ARE NUMBERED EVEN (0-2-4-6-8) TO THE RIGHT . ODD (1-3-5-7-9) TO THE LEFT AS IN THE DIAGRAM ABOVE.

2. ON ALL BASE BLOCKING, THE HOLE IS DIRECTLY OVER THE NUMBERED MAN.
(EXAMPLE - RIDE 35).

3. ON ALL OTHER BLOCKING, THE HOLE IS OFF THE INSIDE HIP OF THE NUMBERED MAN.
(EXAMPLE: JAB 36 POWER).

NUMBERING OF BALL CARRIER

1. RUNNING PLAYS WILL BE NUMBERED FROM 10 THROUGH 39, AND CALLED IN BACKFIELD SERIES BY WORD DESCRIPTION. (EXAMPLE - RIDE 36 BOSS - SPRINT 43 - JAB 35 COUNTER).



2. ALL 40'S ARE DRAWS (FB) "H" WILL DESIGNATE HB DRAW.
3. 50 THROUGH 90 - DROPBACK PASSES
4. 100 SERIES - ARE PLAY ACTION PASSES WITH THE QB SETTING UP BEHIND THE FAKE WITHIN THE TACKLE BOX.
5. 200 SERIES - ARE MOVE THE POCKET PASSES WITH THE QB SPRINTING TOWARD THE NUMBER CALLED AND SETTING UP DIRECTLY BEHIND THE TACKLE.
6. 300 SERIES - ARE BOOTLEG PASSES WITH THE QB ROLLING AWAY FROM THE FAKING BACK OR BACKS.
7. 400 SERIES - ARE RUNNING PLAY PASSES WITH THE DESIGNATED POSITION AS THE PASSER.
8. 500 SERIES - ARE SCREEN PASSES - REGULAR SCREENS, PLAY ACTION SCREENS, AND QUICK SCREENS.
9. SPECIAL PLAYS - ARE PLAYS THAT DO NOT FIT INTO ANY OF THE ABOVE CATEGORIES. THEY WILL BE GIVEN NAMES OR UNUSED NUMBERS.

CADENCE (Rhythmic)

I. CADENCE IN THE HUDDLE

THE CADENCE WILL BE CALLED BY THE QB IN THE FOLLOWING SEQUENCE:

1. FORMATION: (6, GUN 6, 0 OPEN, ETC.)
2. PLAY: NUMBER OF PLAY (RIDE 34 ZONE, 50 HITCH OREGON, ETC.)
3. GIVE THE SNAP COUNT. (ON 2, ON 2nd SOUND, ETC.)
4. PAUSE MOMENTARILY. CENTER AND WIDE RECEIVERS WILL LEAVE HUDDLE DURING PAUSE.
5. GIVE COMMAND "READY - BREAK"
6. ALL CLAP HANDS THEN JOG TO L.O.S. AS INSTRUCTED.
7. EXAMPLE OF CALL IN HUDDLE: "0-RIDE 36 BOSS - ON 2 - (PAUSE) - READY BREAK"

II. CADENCE AT THE LINE OF SCRIMMAGE

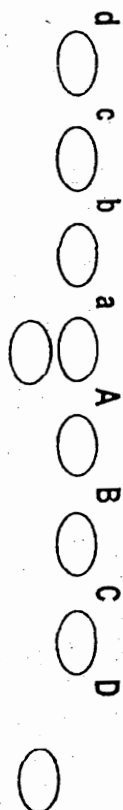
1. EVERYONE WILL ASSUME DESIGNATED STANCE. BASIC IS 3 POINT EXCEPT FOR QB, WR, AND HALFBACK POSITIONS.
2. QB WILL LOOK OVER DEFENSE AND DECIDE IF A CHECK OFF IS NECESSARY.
3. QB CALLS LIVE OR DEAD COLOR (PAUSE BY QB) "WHITE 19 - WHITE 19"
 - A. ANY SHIFTING OF THE BACKS, X, Y, OR Z WILL BE DONE ON THE FIRST COLOR.
WHITE 19 - WHITE 19
 - B. ANY MOVEMENT WILL BE STARTED ON THE QB'S HEEL.
 - C. ANY SHIFTING WITH MOVEMENT - SHIFT ON FIRST COLOR - MOVE ON THE QB'S HEEL
 - D. THE QB CAN CALL THE LIVE COLOR DURING THE CADENCE.

III. THE QB MAY PUT THE TEAM INTO ACTION IN FOUR WAYS

1. ON "2ND SOUND" (USED PRIMARILY IN 2-MINUTE SITUATION) "BLUE GO"
2. ON 1, 2, 3, 4, ETC. AS PREVIOUSLY DESCRIBED. (Rhythmic cadence)
 - ON 1 - "WHITE 85-WHITE 85-SET-HUT"
 - ON 2 - "WHITE 25-WHITE 25-SET-HUT-HUT"
3. SILENT SNAP COUNT.
4. OMAHA. THE QB CALLS "OMAHA" AS THE OFFENSIVE UNIT IS BREAKING THE HUDDLE. THIS MEANS THE 40/25 SECOND CLOCK IS RUNNING OUT AND WE MUST GET TO THE L.O.S. QUICKLY. ANY SHIFTING OR MOVEMENT CALLED IN THE HUDDLE IS OFF AND YOU SHOULD ALIGN IN WHAT WOULD BE THE FINISHED FORMATION. THE BALL WILL BE SNAPPED ON THE 2ND SOUND - "BLUE GO".

GAP & ALIGNMENT IDENTIFICATION

GAP



QUARTERBACK CALLING PLAYS AT LINE OF SCRIMMAGE

"CHECK WITH ME"

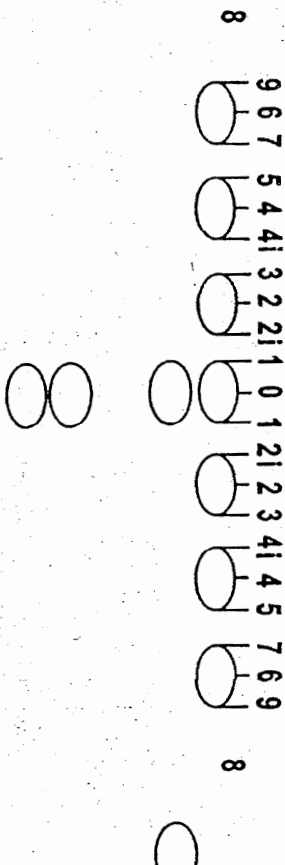
1. THE QB WILL HAVE A MINIMUM NUMBER OF PLAYS FROM WHICH TO SELECT. THEY USUALLY WILL BE CALLED ACCORDING TO DEFENSIVE FRONTS OR COVERAGES. WE WILL USE EITHER GREEN OR BLUE TO INDICATE WHICH PLAY WE WILL RUN. IF THE QB USES THE COLOR GREEN IN HIS CADENCE WE WILL RUN THE FOOTBALL. IF HE USES BLUE WE RUN THE PASS PLAY CALLED IN THE HUDDLE.
2. THE SNAP COUNT FOR ALL "CHECK WITH ME" PLAYS WILL BE ON ONE.
3. EXAMPLE: HUDDLE CALL 6 "CHECK WITH ME" QUICK 45 BASE/58 D SLANT ON ONE.
 "GREEN 88" (QUICK 45 BASE IS THE DESIGNATED PLAY)
 "GREEN 88"
 (PAUSE) "SET"
 "HUT" (BALL SNAPPED)

NO HUDDLE

EXAMPLE OF HUDDLE CALL: "ALERT FOR NO HUDDLE. THIS PLAY IS '6-58 D SLANT ON ONE'. AFTER RUNNING THE FIRST PLAY, THE OFFENSE WILL LINE UP ON THE L.O.S. THE QB WILL CALL "CHECK - CHECK 45 - CHECK - CHECK 45" AND WE WILL RUN QUICK 45 BASE ON ONE. WE WILL CONTINUE TO RUN THE HURRY UP OFFENSE UNTIL THE QB CALLS FOR A HUDDLE. (USE OF HAND SIGNALS WILL DICTATE FORMATION AND PLAY)

- A. TWO MINUTE = "RED BALL". THE QB WILL ALERT THE TEAM FOR "RED BALL" OFFENSE IN THE HUDDLE. EXAMPLE OF QB CALL: ALERT FOR "RED BALL" THE PLAY IS GUN SPREAD RIGHT 66 TIN DELAY H SNEAK ON 1'. AFTER RUNNING THE FIRST PLAY, THE OFFENSE WILL LINE UP ON THE L.O.S. THE QB WILL CALL "CHECK - CHECK - 72 (#2) / CHECK - CHECK 72 (#2)" AND WE WILL RUN THAT PLAY ON THE SECOND SOUND. (BLUE - GO). WE WILL CONTINUE TO RUN THE TWO MINUTE OUT. WE CAN AND WILL USE THE TWO MINUTE OFFENSE EVEN THOUGH THERE MAYBE MORE THAN TWO MINUTES ON THE CLOCK.
- B.

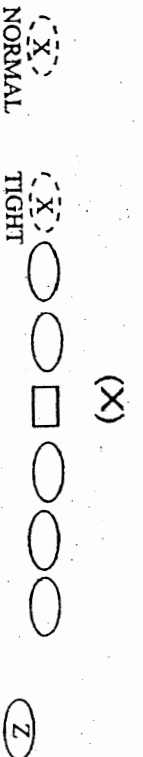
DEFENSIVE ALIGNMENT



PERSONNEL COMBINATIONS

1. REGULAR (21) 2 BACKS, 2 WR'S, 1 TE
2. 3 WIDES (20) 2 BACKS, 3 WR'S
(ONE DESIGNATED AS Y)
3. DETROIT (12) 1 BACK, 2 WR'S, 2 TE'S
(ONE DESIGNATED AS F)
4. HALE (11) 1 BACK, 3 WR'S, 1 TE
(ONE WR DESIGNATED AS F)
5. 3 BACKS (30) 3 BACKS, 2 WR'S
(ONE RB DESIGNATED AS Y)
6. 4 WIDES (10) 1 BACK, 4 WR'S (ONE DESIGNATED AS Y
AND ONE AS F)
7. 5 WIDES (00) 5 WR'S (THREE DESIGNATED AS H-F-Y)
8. NEW YORK (22) 2 BACKS, 1 WR (X/Z), 2 TE'S (ONE
DESIGNATED X OR Z DEPENDING ON
FORMATION)
9. SHORT YARDAGE (22) 2 BACKS, 2 TE'S, A SPECIFIED PLAYER AS
Z.
10. GOALLINE (23) 2 BACKS, 3 TE'S/OL'S (ONE AS X, ONE AS Z)

RECEIVER ALIGNMENT VARIATIONS FOR X AND Z

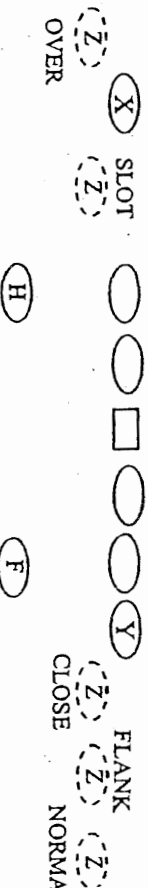


(H) (F)

NORMAL: SPLIT RULE
TIGHT: 1 TO 3 FEET FROM TACKLE

SPLIT: SPLIT RULE

(Z)



NORMAL: SPLIT RULE

CLOSE: 1 TO 3 YARDS FROM Y - 1 YARD DEEP OFF LOS

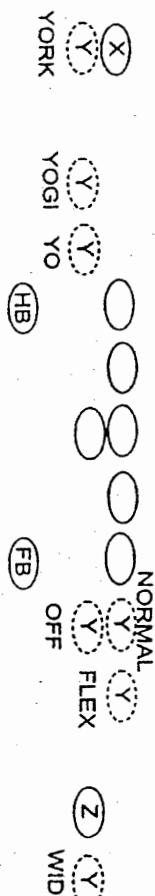
FLANK: 3 TO 6 YARDS FROM Y - 1 YARD DEEP OFF LOS

SLOT: LINE UP HALFWAY BETWEEN X AND WEAK TACKLE

OVER: POSITION AS NORMAL X SPLIT 1 YARD OFF LOS

WIDE: SPLIT RULE

TIGHT END VARIATIONS



NORMAL: 2 FEET FROM TACKLE
FLEX: POSITION YOURSELF 3 TO 5 YARDS FROM TACKLE OFF LOS
WIDE: POSITION YOURSELF LIKE A NORMAL X OR Z
OFF: POSITION YOURSELF 1 YARD OFF LOS IN NORMAL FORMATION CALLED
YO: POSITION YOURSELF 1 YARD OUTSIDE WEAK TACKLE 1 YARD OFF LOS
YOGI: POSITION YOURSELF HALFWAY BETWEEN X AND WEAK TACKLE
YORK: POSITION YOURSELF AS THE WEAKSIDE RECEIVER 1 YARD OFF LOS

BACKS DESCRIPTIONS

NORMAL H/F: LINE UP FOOT TO FOOT WITH TACKLE WITH YOUR TOES 5 YARDS FROM THE BACK TIP OF BALL.

NEAR: LINE UP FOOT TO FOOT WITH STRONG TACKLE WITH YOUR TOES 5 YARDS FROM BACK TIP OF BALL. 2 POINT STANCE.

FAR: LINE UP FOOT TO FOOT WITH WEAK TACKLE WITH YOUR TOES 5 YARDS FROM BACK TIP OF BALL. 2 POINT STANCE

UP: POSITION YOURSELF 1 YARD OUTSIDE WEAK TACKLE AND 1 YARD OFF LOS.

ON: POSITION YOURSELF ON LOS 1 YARD OUTSIDE WEAK TACKLE.

HALF: POSITION YOURSELF BETWEEN WEAK TACKLE AND X, 1 YARD OFF LOS

SPLIT: POSITION YOURSELF AS THE WEAKSIDE RECEIVER, 1 YARD OFF LOS.

FLOOD: POSITION YOURSELF 1 YARD OUTSIDE TE AND 1 YARD OFF LOS.

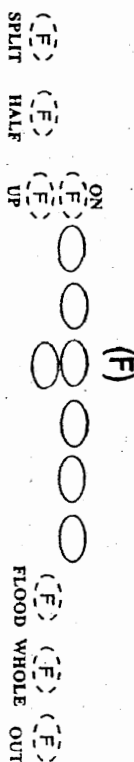
WHOLE: POSITION YOURSELF HALFWAY BETWEEN THE WIDE RECEIVER AND THE TE, 1 YARD OFF THE LOS.

OUT: POSITION YOURSELF AS THE STRONGSIDE RECEIVER 1 YARD OFF THE LOS

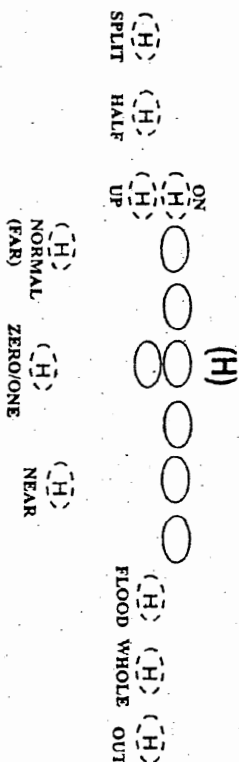
ZERO / ONE: POSITION YOURSELF DIRECTLY BEHIND QB WITH TOES 6 YARDS FROM BACK TIP OF BALL.

CHANGE: H & F EXCHANGE ALIGNMENTS AND RESPONSIBILITY IN FORMATION CALLED.

BACKS ALIGNMENTS VARIATIONS FOR F AND H



NORMAL F: LINE UP DIRECTLY BEHIND QB WITH TOES 5 YARDS FROM BACK TIP OF BALL



FORMATIONS AND VARIATIONS

WE WILL USE A COMBINATION OF NUMBERS AND DESCRIPTIVE TERMS TO GET INTO OUR VARIOUS FORMATIONS. OUR BASIC FORMATIONS WILL BE CALLED BY NUMBERS 0,2,6,8 (EVEN) TO THE RIGHT AND 1,3,7,9 (ODD) TO THE LEFT.

THE X, Y, Z, H, F AND QB WILL HAVE THEIR OWN DESCRIPTIVE TERMS THAT WILL POSITION THEM IN A VARIATION OF ALIGNMENTS.

NOTE: ANYTIME "GUN" PRECEDES THE FORMATION CALL, THE QB WILL NOT BE UNDER CENTER.

THE FOLLOWING PAGES WILL SHOW THE DESCRIPTIVE TERMS USED TO GUIDE ALIGNMENTS. THE TERMS SHOULD BE ASSOCIATED WITH THE STRONG AND WEAK SIDE OF THE FORMATION. THE TIGHT END IS CONSIDERED THE STRONG SIDE.

BASE FORMATIONS

Hitch

1. Slot Right 142 Firm Hitch
2. Dbls Left 131 Green
3. Slot Right 142 Firm Hitch
4. Spread Left 143 Firm Hitch
5. Strong Right 360
6. Gun Card Right Fox Lima All Hitch
7. Gun Card Right Lima All Hitch
8. Dbls Right Flash Green
9. Dbls Right Liz Hitch & Go

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Grey "Quick Game" 3-Step Drop

Dbls Right Lima

Strong Right Lee Lima

Gun Posse Right Lima

Gun Posse Left Lima

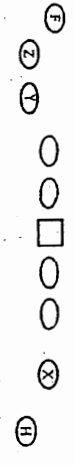
Gun Stretch Right Lion

Gun Posse Left Liz

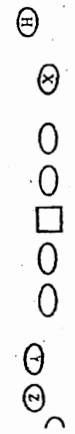
91 Y Dbl Hook

BASEWORD FORMATIONS

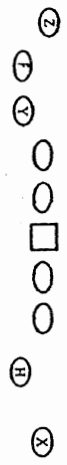
GUN EMPTY LT



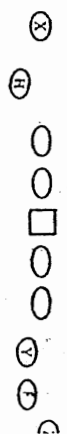
GUN EMPTY RT



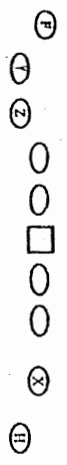
GUN STEELER LT



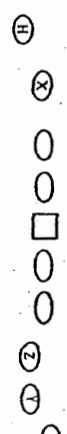
GUN STEELER RT



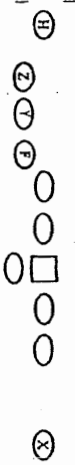
GUN RAVEN LT



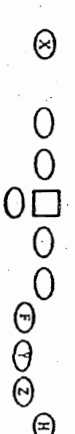
GUN RAVEN RT



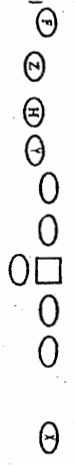
QUAD LT



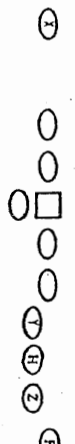
QUAD RT



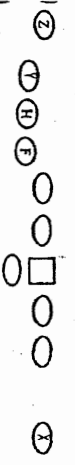
COWBOY LT



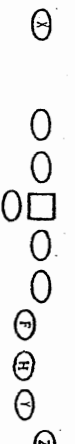
COWBOY RT



RAIDER LT



RAIDER RT



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BASE WORD FORMATIONS

<p>TE</p>	<p>6 TITE CLOSE</p>
<p>AWYLT</p>	<p>HEAVY RT OVER</p>
<p>AWYLT FLIP</p>	<p>HEAVY RT FLIP</p>
<p>TRUMP</p>	<p>0 TRUMP</p>
<p>REY</p>	<p>0 TREY</p>
<p>BUNCH</p>	<p>0 BUNCH</p>

BASE WORD FORMATIONS

<p>1 FAR</p>	<p>0 NEAR</p>
<p>1 FAR OVER</p>	<p>0 NEAR FLEX</p>
<p>1 ON</p>	<p>0 OFF</p>
<p>1 FLOOD</p>	<p>0 FLOOD SLOT</p>
<p>JELLYLT</p>	<p>0 OUT SLOT</p>
<p>1 WHOLE</p>	<p>0 HALF</p>

MOVEMENT VARIATIONS

1 FLOOD FAC 	6 WHOLE FIG
3 OUT ZIG 	2 OUT OVER ZIP
YAC 6 	6 YAC
3 FLEX HAX 	
7 WIDE YIP 	2 WIDE YAC
1 FAR CLOSE FAT 	6 CLOSE ZIG

MOVEMENTS

MOVEMENT:

1. MOVEMENT WILL BE IDENTIFIED BY DETERMINING THE POSITION TO MOVE AND OFFERING THE FIRST LETTER OF THAT POSITION TO THE TYPE OF MOVEMENT.

EXAMPLE: IF Y MOVES ACROSS THE FORMATION, THAT IS YAC MOVEMENT.

2. X MOVEMENTS WILL START WITH THE LETTER W FOR EASIER PRONUNCIATION.
3. H AND F MOVEMENT TO THE TE SIDE WILL BE (AT) AND MOVEMENT TO THE X SIDE WILL BE (AX). THIS WILL APPLY TO BACKFIELD ALIGNMENTS ONLY.

TYPES:

1. AC- MOVEMENT ACROSS THE FORMATION
2. IP- MOVEMENT TOWARD THE BALL FROM CALLED SIDE NOT CROSSING FORMATION
3. IG- MOVEMENT TOWARD THE BALL AND RETURNING TO ORIGINAL POSITION
4. AT- MOVEMENT BY H OR F TO TE SIDE OR STRENGTH FROM BACKFIELD SET
5. AX- MOVEMENT BY H OR F TO THE X SIDE OR OPEN SIDE FROM BACKFIELD SET

NOTE: AC, IP, AND IG ARE FROM ANY SPLIT POSITION. UP, OFF, CLOSE, OR FLOOD, AT AND AX CAN ONLY BE FROM 0 THRU 9, NEAR AND FAR.

EXAMPLES:

	X (M)	Y	Z	H	F
AC	WAC	YAC	ZAC	HAC	FAC
IP	WIP	YIP	ZIP	HIP	FIP
IG	WIG	YIG	ZIG	HIG	FIG
AT	HAT	FAT
AX	HAX	FAX

BASE WORD FORMATIONS

1TRIO 	0TRIO
PANTHER LT 	PANTHER RT
JET LT 	SPREAD RT
1UP 	0 SPLIT WIDE
FLT 	HRT
PHILLY LT 	LOAD RT

MOVEMENT VARIATIONS

1ZAC 	0 NEAR WIDE YIP
7 HALF HIG 	6 HALF ZAC
7 SPLIT FAX 	GUN EMPTY RT HIP
1 OUT FIP 	0 SPLIT WIDE FIP
YAC TO FLT 	FRT YAC
7 ZIP 	FAC 6 FLEX

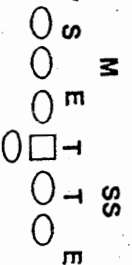
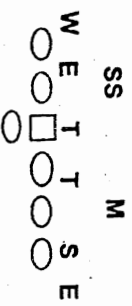
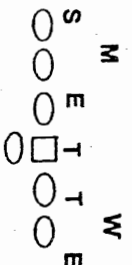
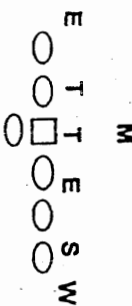
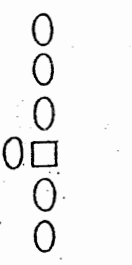
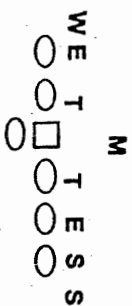
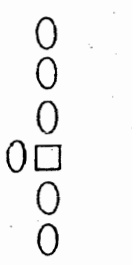
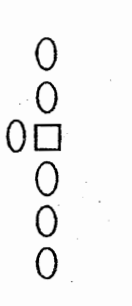
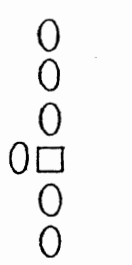
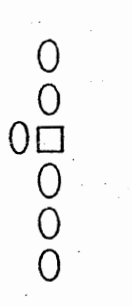
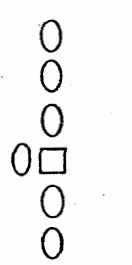
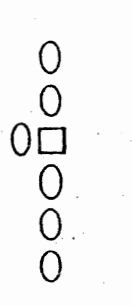
MOVEMENT VARIATIONS

1 FAR FAT 	0 FAR OVER ZIP
1 FLOOD FIG 	0 FLOOD HAX
ZAC1 	JET RT HAX
QUAD LT FAC 	QUAD RT ZAC
1 UP FIG 	0 SPLIT FIG
1 TRUMP FIG 	0 BUNCH FIG

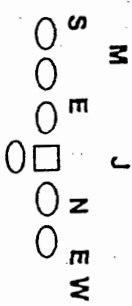
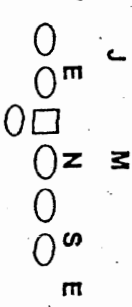
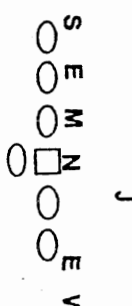
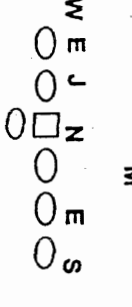
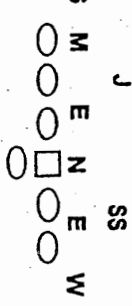
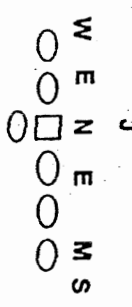
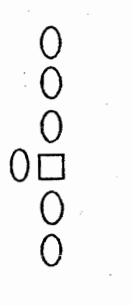
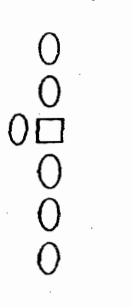
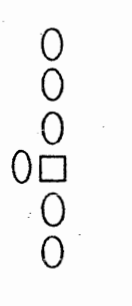
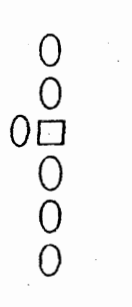
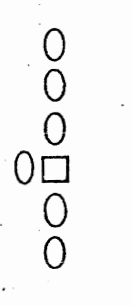
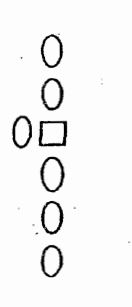
4.3 DEFENSES

Even 	Even
Even Weak Tom 	Even Double Tom
Over 	Over Double Tom
Over Tom 	Under

4-3 DEFENSES

<p>W S M E T T E</p> 	<p>SS M</p> <p>W E T T S E</p> 
<p>Dubs</p> <p>M E T T E</p> 	<p>Big Dubs</p> <p>M</p> <p>E T T E S W</p> 
<p>Weak Diamond</p> 	<p>1 Dubs</p> 
	<p>Even Sup</p> <p>M</p> <p>W E T T E S S</p> 
	
	

3-4 DEFENSES

<p>M J</p> <p>S E N E W</p> 	<p>J M</p> <p>W E N S E</p> 
<p>3-4 Even Tom</p> <p>J</p> <p>S E M N E W</p> 	<p>3-4 Even Stack Jam</p> <p>M</p> <p>W E J N E S</p> 
<p>3-4 Mike Tuff</p> <p>J SS</p> <p>S M E N E W</p> 	<p>3-4 Jack Tuff</p> <p>J</p> <p>W E N E M S</p> 
<p>3-4 Dubs</p> 	<p>3-4 1 Dubs</p> 
	
	

4-2 DEFENSES

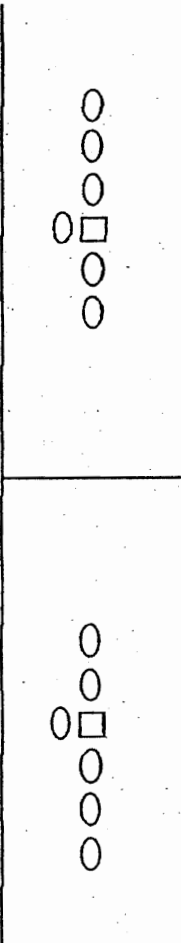
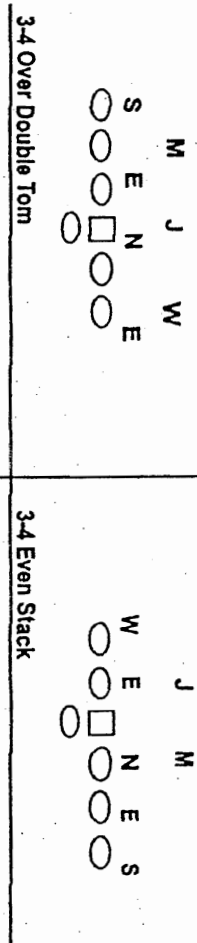
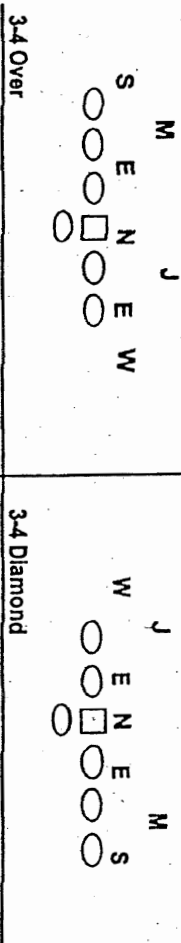
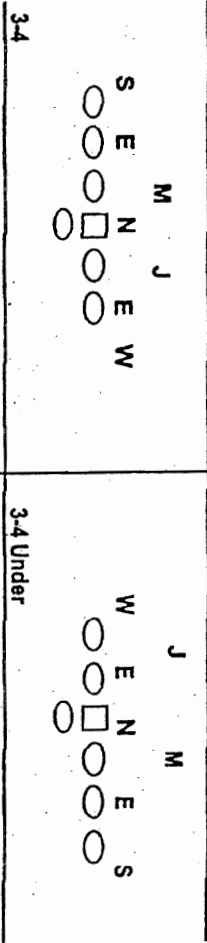
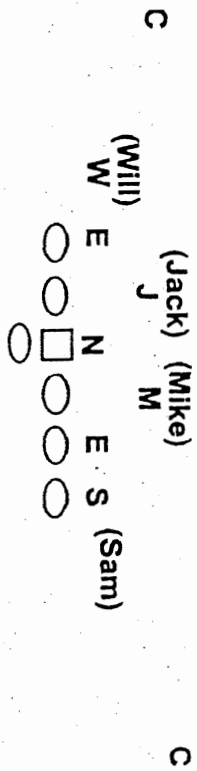
<p>M W</p> <p>S E T T E</p> <p>○ ○ ○ □ ○ ○ ○</p>	<p>W M</p> <p>E T T E S</p> <p>○ ○ ○ □ ○ ○ ○</p>
<p>Under Tom</p> <p>M SS</p> <p>S E T T E W</p> <p>○ ○ ○ □ ○ ○ ○</p>	<p>Even Stack Wide</p> <p>M SS</p> <p>W E T T E S</p> <p>○ ○ ○ □ ○ ○ ○</p>
<p>Even Jester</p> <p>M SS</p> <p>S E T T E W</p> <p>○ ○ ○ □ ○ ○ ○</p>	<p>Even Joker</p> <p>M SS</p> <p>W E T T E S</p> <p>○ ○ ○ □ ○ ○ ○</p>
<p>Over Jester</p> <p>M SS</p> <p>S E T T E W</p> <p>○ ○ ○ □ ○ ○ ○</p>	<p>Over Joker</p> <p>M SS</p> <p>W E T T E S</p> <p>○ ○ ○ □ ○ ○ ○</p>
<p>Over Wide Jester</p> <p>M SS</p> <p>S E T T E W</p> <p>○ ○ ○ □ ○ ○ ○</p>	<p>Over Wide Joker</p> <p>M SS</p> <p>W E T T E S</p> <p>○ ○ ○ □ ○ ○ ○</p>
<p>Over Jam Jester</p> <p>M SS</p> <p>S E T T E W</p> <p>○ ○ ○ □ ○ ○ ○</p>	<p>Over Jam Joker</p> <p>M SS</p> <p>W E T T E S</p> <p>○ ○ ○ □ ○ ○ ○</p>
<p>Under Jester</p> <p>M SS</p> <p>S E T T E W</p> <p>○ ○ ○ □ ○ ○ ○</p>	<p>Under Joker</p> <p>M SS</p> <p>W E T T E S</p> <p>○ ○ ○ □ ○ ○ ○</p>

3-4 DEFENSES

34

FS

SS



4-3 DEFENSIVE LINE TWISTS

<p>M</p> <p>WT</p>	<p>M</p> <p>SIT</p>	<p>M</p> <p>WTE</p>
<p>M</p> <p>SIE</p>	<p>M</p> <p>WEI</p>	<p>M</p> <p>SET</p>
<p>M</p> <p>DIE</p>	<p>M</p> <p>DET</p>	<p>M</p> <p>ST/WE</p>
<p>M</p> <p>SEMT</p>	<p>M</p> <p>WT/SE</p>	<p>M</p> <p>WE/ST</p>
<p>M</p> <p>DETX</p>	<p>M</p> <p>SEWE</p>	<p>M</p> <p>WEAK FILL N</p>

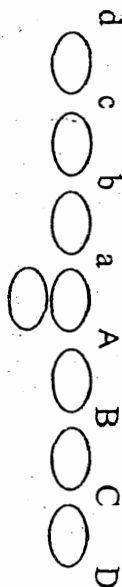
3-4 LINE STUNTS

<p>DOUBLE VEER</p>	<p>ANGLE LOOP</p>	<p>SLANT LOOP</p>
<p>DOUBLE DART</p>	<p>DOUBLE FILL</p>	<p>ANGLE / SLANT</p>
4-3 LINE STUNTS		

BLITZES

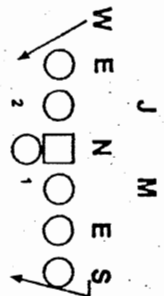
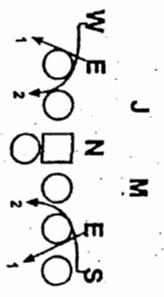
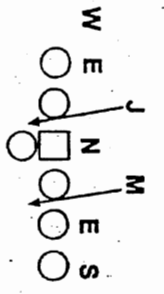
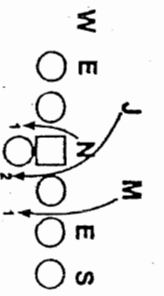
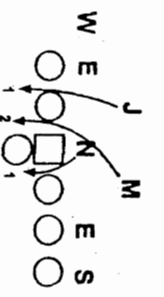
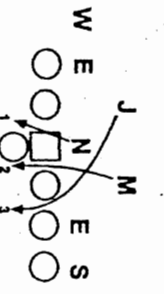
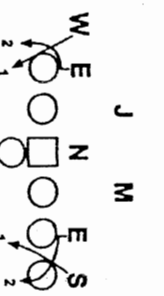
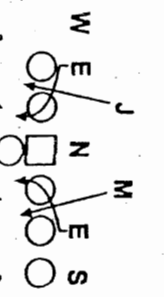
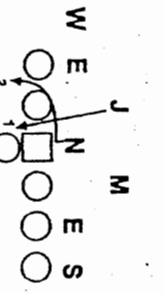
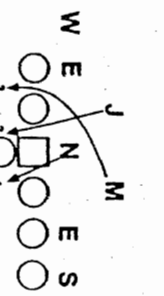
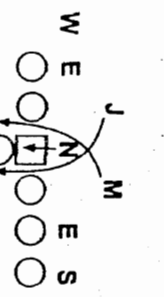
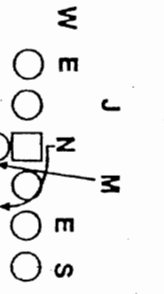
Blitzes involve linebacker(s) or defensive back (s) making a predetermined charge across the line of scrimmage and into the offensive backfield, usually immediately on the snap of the ball.

We designate the blitz by name (SAM, MIKE, JACK, WILL, STRONG CORNER, STRONG SAFETY, WEAK SAFETY, WEAK CORNER). We further designate the path of the blitzing linebacker with letters indicating the gap in which they rush. The + (strong) and - (weak) side will flip with the strength of the formation.



<p>M</p> <p>V E T T E S</p> <p><u>SAM D</u></p>	<p>M</p> <p>W E T T E S</p> <p><u>MIKE A</u></p>	<p>M</p> <p>W E T T E S</p> <p><u>WILL C</u></p>
<p>M</p> <p>N E T T E S</p> <p><u>SAM D/MIKE A/WILL C</u></p>	<p>M</p> <p>W E T T E S</p> <p><u>ST/MIKE B</u></p>	<p>M</p> <p>W E T T E S</p> <p><u>MIKE B</u></p>
<p>M</p> <p>N E T T E S</p> <p><u>EW</u></p>	<p>M</p> <p>W E T T E S</p> <p><u>WE SE</u></p>	<p>M</p> <p>W E T T E S</p> <p><u>ES</u></p>
<p>M</p> <p>W</p> <p>E T T E S</p> <p><u>SCRAPE</u></p>	<p>M</p> <p>W</p> <p>E T T E S</p> <p><u>WRAP</u></p>	<p>M</p> <p>W</p> <p>E T T E S</p> <p><u>GUT</u></p>
<p>M</p> <p>N E T T E S</p> <p><u>GUT X</u></p>	<p>M</p> <p>W</p> <p>E T T E S</p> <p><u>SNAKE</u></p>	<p>M</p> <p>W</p> <p>E T T E S</p> <p><u>SHARK</u></p>

3-4 LINEBACKER BLITZES

 <p>SAM D WILL c</p>	 <p>SAM B WILL b</p>	 <p>MIKE B JACK a</p>
 <p>MIKE B JACK a</p>	 <p>MIKE a JACK b</p>	 <p>MIKE a JACK B</p>
 <p>SAM C WILL c</p>	 <p>MIKE B JACK b</p>	 <p>JACK a / NW</p>
 <p>MIKE b JACK a</p>	 <p>MIKE a JACK A</p>	 <p>MIKE A / NS</p>

COVER 2 -

THE SS AND FS EACH DROP TOWARD NUMBERS, COVERING HALVES OF THE FIELD. THE LB'S AND CORNERS WILL PLAY THE 5 UNDERNEATH AREAS IN ZONE COVERAGE. THIS WILL ALSO APPLY TO SLOT.

VARIATIONS

2 STICK -

PLAYING M/M ON INSIDE RECEIVER (EX. STICK #2).

2 SLICE -

THE FS AND CB SWITCH COVERAGE RESPONSIBILITIES.

2 TO SLOT -

COVER 2 WITH BOTH CORNERS TO THE 2 WR'S SIDE. THE UNDERNEATH COVERAGE PLAYERS CHANGE RESPONSIBILITIES.

2 WALK -

COVER 2 TO SLOT AND THE WILL LB WALKS OUT ON THE #2 RECEIVER.

2 MAN -

THE SS AND FS EACH DROP TOWARD NUMBERS, COVERING HALVES OF THE FIELD. THE LB'S AND CORNERS WILL PLAY THE 5 UNDERNEATH AREAS IN MAN COVERAGE. THIS WILL ALSO APPLY TO SLOT.

COVER 3 -

A STRONGSIDE ROTATION TO 3 DEEP ZONE COVERAGE. THE REMAINING SAFETY AND LB'S WILL COVER THE 4 UNDERNEATH ZONES. IT IS ASSUMED THAT THE SS IS THE DEFENDER RESPONSIBLE FOR THE STRONG FLAT UNLESS A VARIATION IS CALLED. SOMETIMES A STICK TECHNIQUE WILL BE USED.

VARIATIONS

3 CLOUD -

THE STRONG CORNER ROLLS TO THE FLAT AND THE SS TAKES THE DEEP THIRD.

3 BUZZ -

SAM AND SS EXCHANGE COVERAGE RESPONSIBILITIES.

3 SLIDE -

MIKE WORKS STRONG TO OVERLOAD STRONGSIDE COVERAGE LEAVING WILL ON THE WEAKSIDE.

3 FIRE ZONE -

A ZONE COVERAGE BLITZ WITH LB'S AND SAFETIES. DL'S WILL DROP AND REPLACE THEM IN COVERAGE.

3 SEAM -

COVER 3 WITH A 5 MAN RUSH. SEAM INDICATES THE 5th RUSHER IS A LB'er.

COVER 4 -

A FOUR DEEP LOOK WITH THE CORNERS AND SAFETIES EACH PLAYING A QUARTER OF THE FIELD. THE DEFENSIVE BACKS WILL PLAY MAN TO MAN ON VERTICAL ROUTES WHILE LB'S WILL PLAY ZONE UNDERNEATH. IF THERE IS NO VERTICAL THREAT, THEN THE DB'S ARE FREE TO HELP ANOTHER DEFENDER.

VARIATIONS

4 RENO - OUTSIDE LB'S BUZZ TO HELP IN FLATS OR ON THE OUTSIDE RECEIVERS.

4 STICK - DEFENDER WILL LOOK TO CERTAIN RECEIVERS.

COVER 5 -

A WEAKSIDE ROTATION TO 3 DEEP ZONE COVERAGE. IT IS ASSUMED THAT THE FS IS RESPONSIBLE FOR THE WEAK FLAT.

VARIATIONS

5 CLOUD - THE WEAK CORNER ROLLS TO THE FLAT AND THE FS TAKES THE DEEP THIRD.

6 BUZZ - THE FS AND WILL CHANGE RESPONSIBILITIES.

5 FIRE ZONE - A ZONE COVERAGE BLITZ WITH THE LB'S AND SAFETIES. DL'S WILL DROP AND REPLACE THEM IN COVERAGE.

COVER 6 -

A COMBINATION COVERAGE PLAYING COVER 4 TO THE STRONGSIDE AND COVER 2 TO THE WEAKSIDE

VARIATIONS

6 TO SLOT - COVER 6 WITH BOTH CORNERS ON THE SLOT WR'S. THE UNDERNEATH COVERAGE PLAYERS NOW CHANGE RESPONSIBILITIES.

6 WALK - COVER 6 VS A SLOT FORMATION WHERE THE WILL LB'S WALKS OUT ON THE #2 WR.

COVER 8 -

A COMBINATION COVERAGE PLAYING COVER 2 TO THE STRONGSIDE AND COVER 4 TO THE WEAKSIDE.

REGULAR COVERAGE

COVERAGES WILL BE DESCRIBED WITH THE USE OF NUMBERS AND WORDS. THE NUMBERS WILL TELL US THE BASE COVERAGE AND THE WORDS WILL TELL US THE VARIOUS TECHNIQUES USED WITHIN THE BASE COVERAGE.

COVER 0 -

MAN TO MAN COVERAGE ON ALL RECEIVERS WITH NO FREE SAFETY IN THE POST AREA. THIS NORMALLY INVOLVES A 6 MAN BLITZ. SAFETIES CAN BE COMMITTED TO EITHER SIDE.

VARIATIONS

0 FIRE ZONE -

BLITZ WITH DL'S DROPPING OUT INTO MAN COVERAGE. THE SAFETIES ARE INVOLVED IN THE BLITZ OR COVERAGE.

COVER 1 -

MAN TO MAN COVERAGE ON ALL RECEIVERS WITH EITHER SAFETY FREE IN THE POST AREA. NORMALLY INVOLVES OUTSIDE TECHNIQUE ON INSIDE RECEIVERS.

VARIATIONS

1 DOG -

A FIVE MAN BLITZ WITH A SAFETY REMAINING FREE IN THE MOF.

1 DOUBLE -

EXTRA COVER MAN DOUBLES 1 THRU 5

1 BOX -

A TRIANGLE COVERAGE INVOLVING THE SS. IT IS USED TO HANDLE BUNCH OR STACKED LOOKS.

1 LURK / ROBBER -
(FUNNEL)

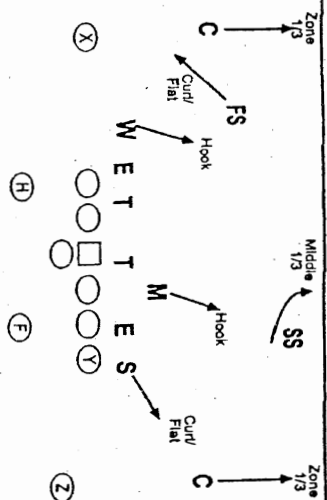
ONE OF THE SAFETIES WILL DROP IN TO THE MIDDLE AND BE FREE UNDERNEATH. THE WORD FUNNEL WILL BE USED WHEN THE FS LINES UP DOWN IN THE BOX PRE-SNAP AND HE DOES NOT COME FROM DEPTH)

1 FIG -

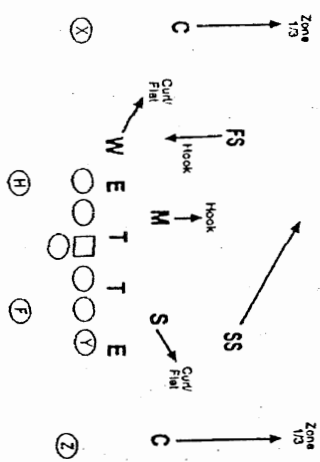
COVER 1 WITH THE FS DOWN TO THE WEAKSIDE IN/OUT ON #2.

COVER 5: 3-Deep, 4-Under Zone

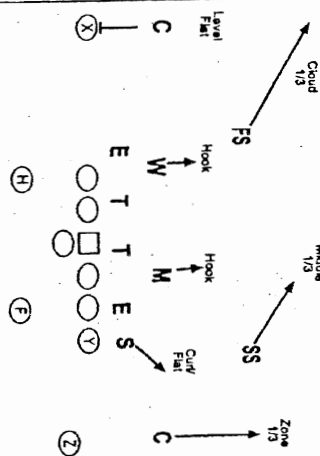
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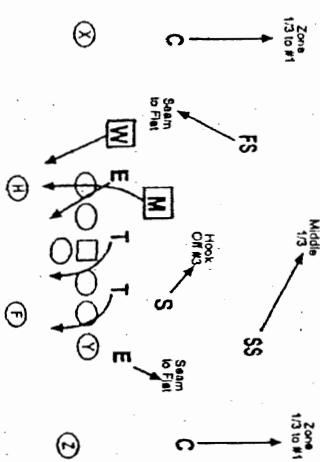
5 Buzz



5 Cloud

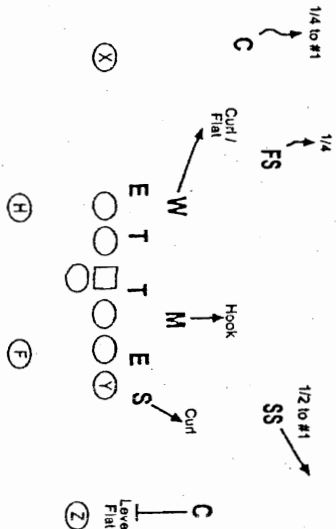


Fire Zone 5



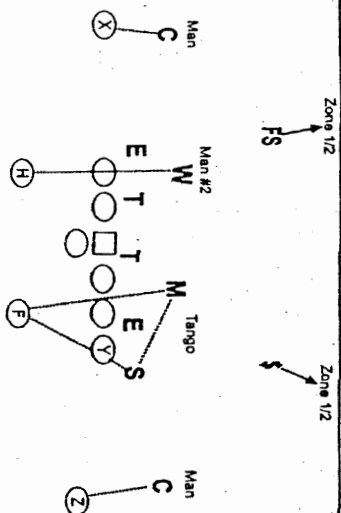
COVER 8: 1/4, 1/4, 1/2 Cloud Strong

8



COVER 2 MAN: 2-Deep, 5-Under Man

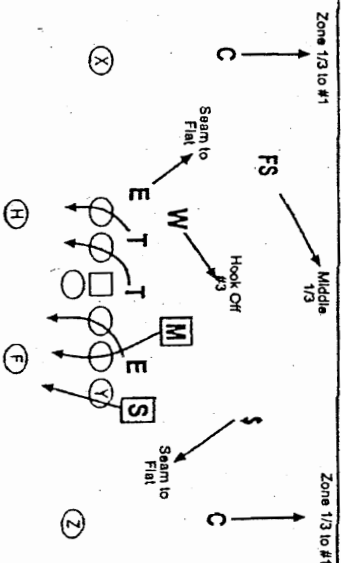
COVER 2 Man



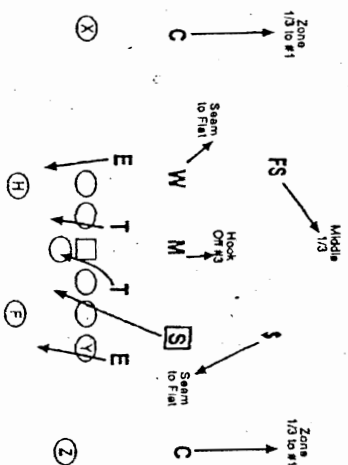
TANGO - 2 on 2 with LB's
BANJO - 2 on 2 with Safety
In & Out - Any 2 on 1

Fire Zone 3 / 3 Seam: Pressure / 3-Deep, 3-Under

FIRE ZONE 3

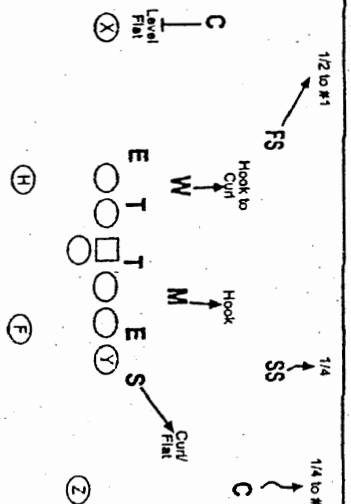


3 SEAM



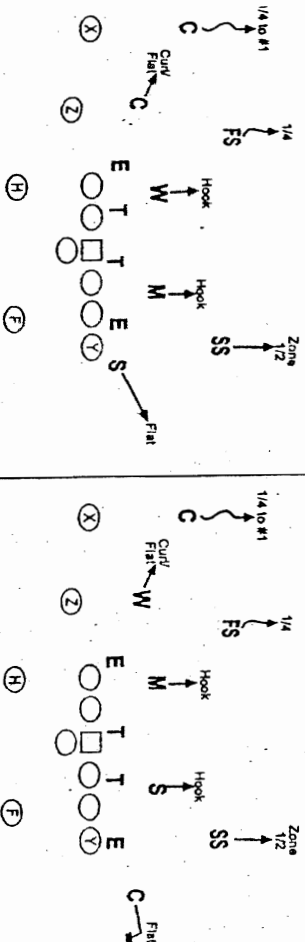
COVER 6: 1/4, 1/4, 1/2 Cloud Weak

6

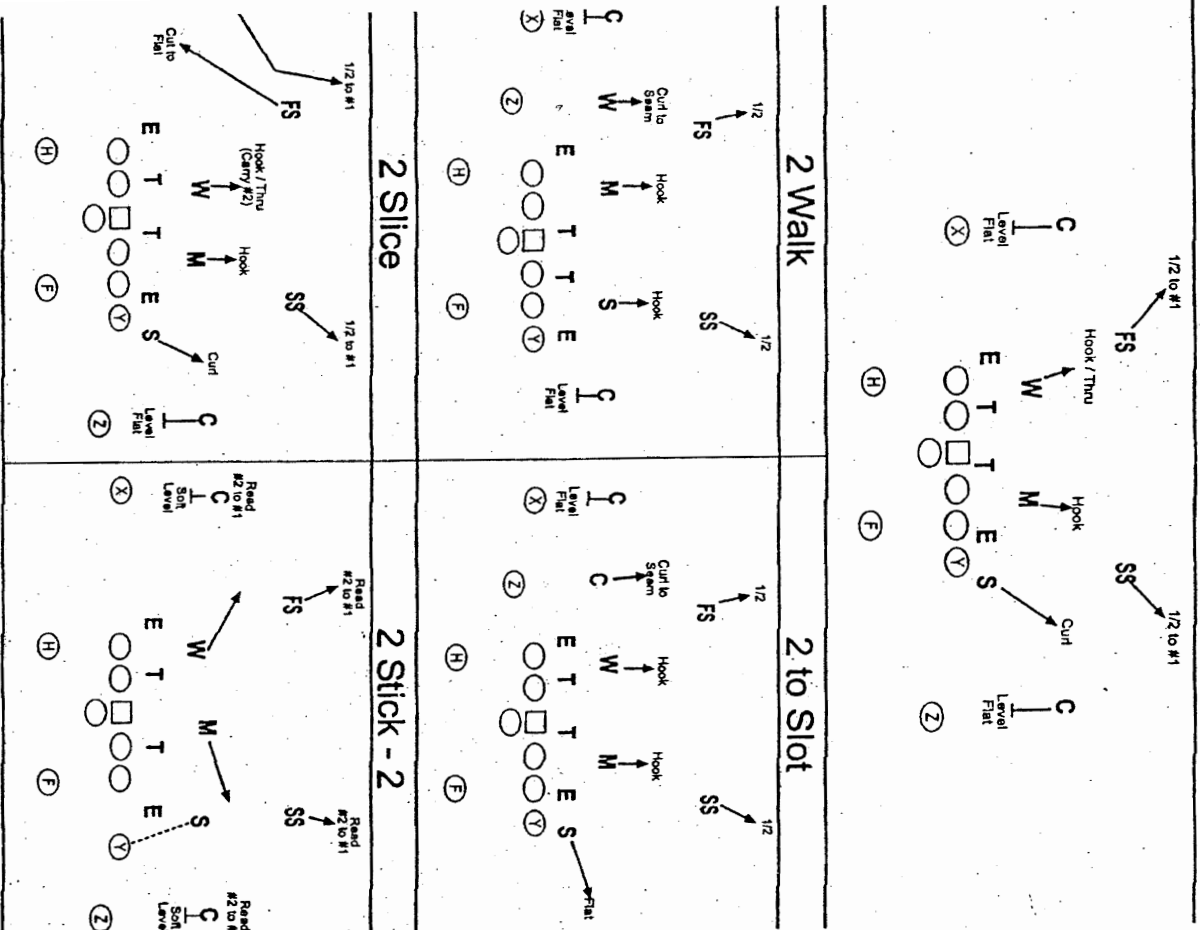


6 to Slot

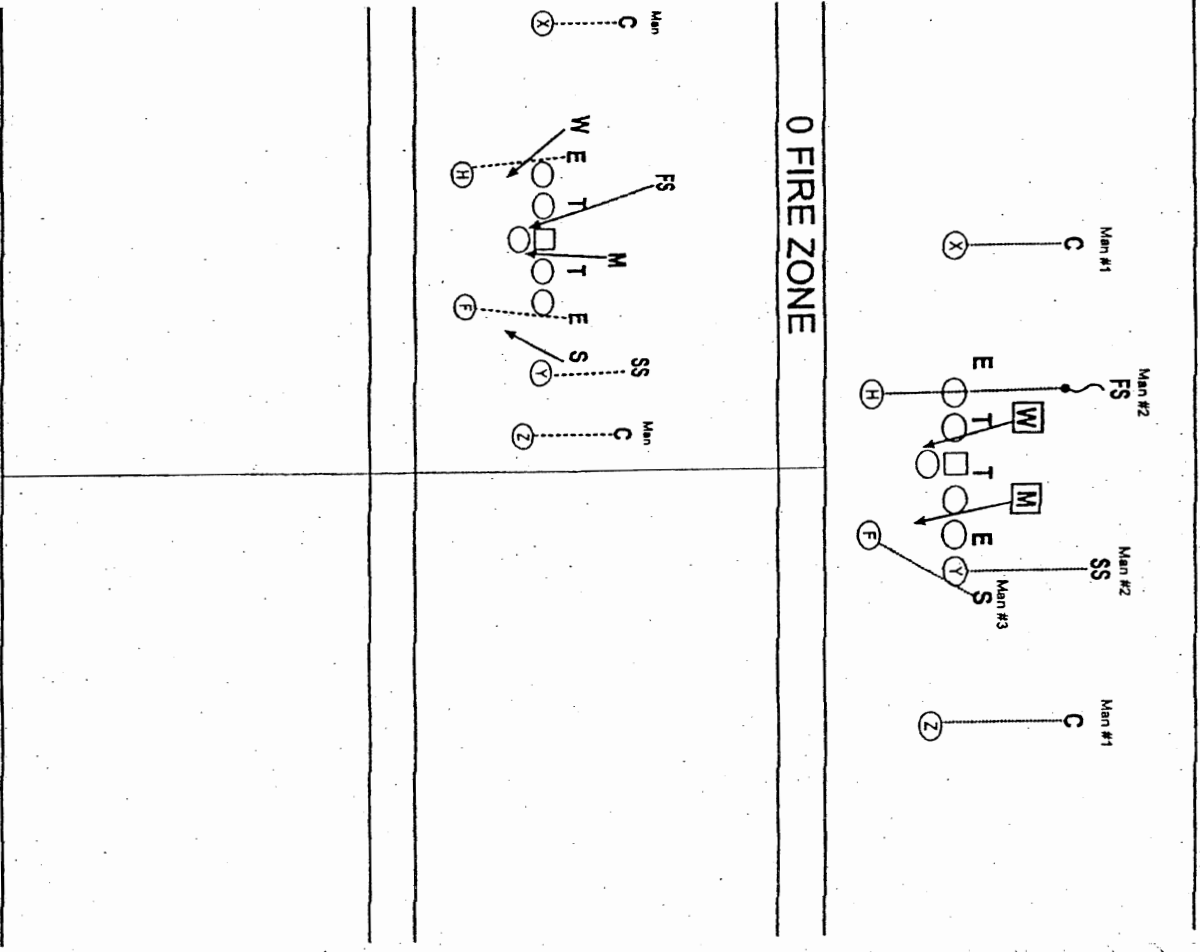
6 Walk



COVER 2: 2-Deep, 5-Under Zone



COVER 0: 6 Man Rush Coverage

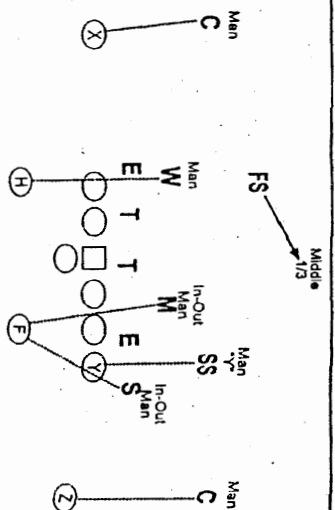


SUB COVERAGE

WE USE SUB COVERAGE RULES ANYTIME THE DEFENSE HAS FIVE OR MORE DEFENSIVE BACKS IN THE FIELD. IT IS CALLED THE SAME AS REGULAR EXCEPT WE USE DOUBLE DIGITS TO TELL US THE BASE COVERAGE. THUS A COVER 3 WOULD BECOME 33 COVERAGE.

<u>EXAMPLES:</u>	
00	PLUS TAGS
11	PLUS TAGS
22	PLUS TAGS
33	PLUS TAGS
44	PLUS TAGS
55	PLUS TAGS
66	PLUS TAGS
88	PLUS TAGS

COVER 1: Man Free

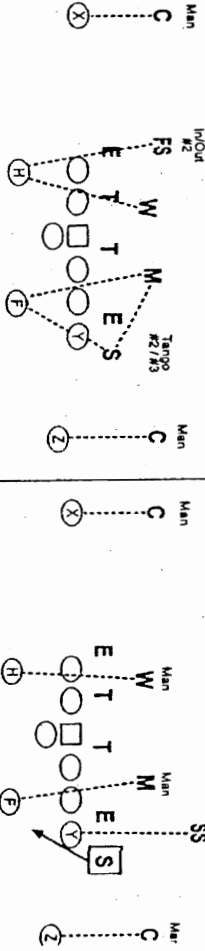


1 Fig

Middle 1/3
SS

1 Dog

FS
Middle 1/3

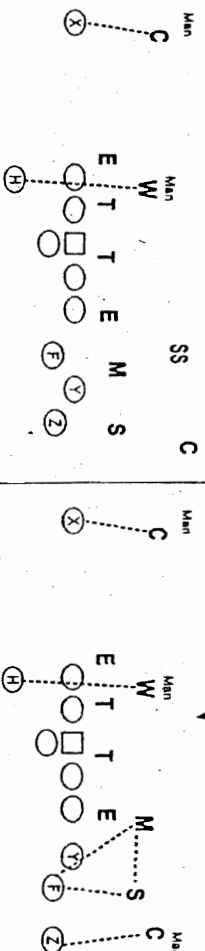


1 Box

Middle 1/3
FS

1 Lurk (Robber)

FS
SS



NICKEL FRONTS

SUBSTITUTE DEFENSES ARE USED BY OPPONENTS IN LONG YARDAGE AND THIRD DOWN SITUATIONS TO MATCH THE OFFENSE'S SUBSTITUTED PERSONNEL (3 WIDES / 4 WIDES / HALF / SUB). THE DEFENSIVE PERSONNEL IN THE LINEBACKER POSITIONS WILL BE IDENTIFIED AS LINEBACKERS EVEN THOUGH THEY MAY BE DEFENSIVE BACKS.

<p>4-2 Even</p>	<p>4-2 Under</p>
<p>4-2 Over</p>	<p>4-2 Diamond</p>
<p>NS</p>	
<p>4-1 Even</p>	<p>3-3</p>

LINE STUNTS

Line stunts involve defensive lineman when they are making directional or cross charges. In some instances, the cross charge may involve a defensive lineman and a linebacker. This will only be noted by the gap the linebacker charges in as it is assumed that the DL in the front has compensated in gap responsibility.

When a cross charge involves the two defensive tackles or a defensive end, we designate the stunt as a twist. We further describe the stunt by designating the player that stunts first (example: the weak DT drives first with the weak DE looping over the top behind him) as a **WTE**. A 34 twist in which the nose stunts first with the weak DE looping behind would be called a **NWE**.

A three man twist will be designated with the drive man called first and the looping DL named second. For instance, if the WT and ST drove into their respective gaps and the SE looped behind the WT, we would call that a **WT/SE**. This would tell us that the SE came all the way over behind the WT on the weak side.

We will only designate a cross charge involving a defensive end or a defensive tackle with a linebacker when it takes the form of a twist. We will designate the stunt by the first charger (example: 43 W/WE, 34 M/N).

A veer involves a directional charge to the inside by a defensive end over an offensive tackle or a dart by a defensive tackle over the offensive guard. A slant / angle involves similar directional charges by two defensive linemen. Slant = Weak, Angle = Strong

TIME MANAGEMENT

THERE ARE THREE SPECIAL SITUATIONS WHEN OUR OFFENSE HAS THE BALL IN REGARD TO TIME. HANDLING THESE SITUATIONS CORRECTLY CAN OFTEN MEAN THE DIFFERENCE IN WINNING AND LOSING.

1. WE HAVE THE BALL LATE IN THE GAME AND WE'RE BEHIND
 2. WE HAVE THE BALL LATE IN THE GAME AND THE SCORE IS TIED OR WE HAVE THE BALL LATE IN THE FIRST HALF REGARDLESS OF THE SCORE.
 3. WE HAVE THE BALL LATE IN THE GAME AND WE'RE AHEAD.
- NOTE: WHENEVER WE ARE MANAGING THE CLOCK, IT IS IMPERATIVE THAT EVERY PLAYER ON OFFENSE UNDERSTANDS THE RULES GOVERNING THE CLOCK DURING THESE SITUATION.**

THE CLOCK STOPS AND DOES NOT START UNTIL THE SNAP

1. INCOMPLETE PASS
2. CHANGE OF POSSESSION
3. TEAM TIME-OUT
4. NOTIFICATION OF TWO MINUTES
5. CATCH AFTER FAIR CATCH SIGNAL
6. TOUCHBACK
7. OUT OF BOUNDS. (BALL CARRIERS AND RECEIVERS ATTEMPT TO GET OUT OF BOUNDS OR STAY IN BOUNDS ACCORDING TO THE SITUATION). CP: ON 3RD AND 4TH DOWNS, BE AWARE OF 1ST DOWN MARKERS. CP: LAST 5 MINUTES OF GAME OR LAST 2 MINUTES IN THE 1ST HALF.
8. IF REFEREE STOPS PLAY BECAUSE OF CROWD NOISE. (THOUGH THE GAME CLOCK DOES NOT START UNTIL THE SNAP).

USE OF TIME OUTS IN THE LAST TWO MINUTES

1. THE LAST TIME OUT WILL BE SAVED FOR A FIELD GOAL OR WHEN WE CANNOT RUN TWO PLAYS WITHOUT THE CLOCK RUNNING OUT.
2. THE SECOND TO LAST TIME OUT WILL BE SAVED TO USE WITHIN 50 SECONDS IN A SITUATION WHEN WE WOULD WASTE TOO MUCH TIME BETWEEN PLAYS.
3. THE FIRST TIME OUT (PROVIDING WE GO INTO THE 2 MINUTES WITH ALL THREE TIME OUTS) MAY BE USED AS THE SECOND TO LAST, BUT WITHIN 2 MINUTES OR ANYTIME PRIOR TO THE LAST 2 MINUTES FOR A CRITICAL 3RD DOWN SITUATION.

RED BALL OFFENSE COACHING POINTS

1. BE AWARE OF COMPLETE SITUATION AND PLAY BEFORE TAKING FIELD.
2. OFFENSIVE TEAM BE AWARE OF CLOCK BEFORE TAKING FIELD.
3. ALL PLAYS ARE ON THE SNAP COUNT OF SECOND SOUND IF CLOCK IS RUNNING.
4. OUR BASIC STOP THE CLOCK PLAY WILL BE "CLOCK-CLOCK." THE OL AND RB WILL BLOCK 3 STEP SOLID PROTECTION FROM TACKLE TO TACKLE AND ALL OTHER PLAYERS MAY ALIGN ANYWHERE AS LONG AS WE HAVE 7 MEN ON THE LOS IN A LEGAL FORMATION. THE QB WILL SPIKE THE BALL DIRECTLY BEHIND THE CENTER. THIS PLAY WILL BE USED ONLY ON 1ST OR 2ND DOWN UNLESS USED FOR A FIELD GOAL TRY WITH LESS THAN 15 SECONDS. CP: WE WILL SNAP THE BALL ON 2ND SOUND.
5. NO HEROICS - DON'T TRY THE IMPOSSIBLE.
6. BALL CARRIERS CONSERVE TIME BY HANDING THE BALL TO THE OFFICIALS.
7. GET CLEARLY OUT OF BOUNDS. IF POSSIBLE, GET YARDAGE UP SIDELINE, THEN STEP OUT.
8. TEAM - BIG GAIN, RUN AND GET OVER BALL QUICKLY.
9. QB CALLING TIME OUT - GO TO REFEREE BEFORE PLAY IS STOPPED AND SIGNAL TIME IF PLAYER IS TACKLED IN BOUNDS.
10. QB - COME TO SIDELINE DURING TIME OUTS AND ALWAYS CHECK SIDELINE WHEN TIME IS NOT OUT.
11. ALL OFFENSIVE PLAYERS LOOK TO SIDELINE FOR INSTRUCTION FROM THE HEAD COACH.

THE FOUR MINUTE OFFENSE

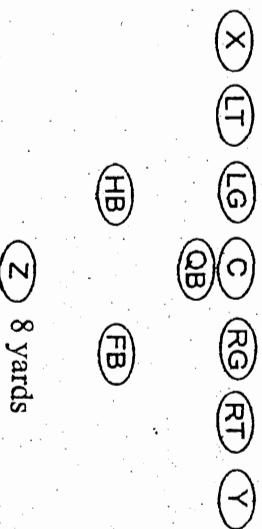
WE HAVE THE BALL LATE IN THE GAME AND WE ARE AHEAD. WE MUST MAKE 1ST DOWNS AND CONTROL THE BALL. BACKS AND RECEIVERS STAY IN BOUNDS AND KEEP THE CLOCK RUNNING. NO PENALTIES THAT WILL STOP BOTH US AND THE CLOCK. OFTEN A GAME GETS EMOTIONAL AT THIS TIME. DO NOT LET AN OPPONENT BAIT YOU INTO A FOUL. THE OFFENSIVE TEAM WILL SNAP IN AND OUT OF THE HUDDLE AND QB WILL CONTROL THE TIME ON THE CLOCK.

THE FOUR MINUTE OFFENSE COACHING POINTS

1. BREAK THE HUDDLE LIKE NORMAL AND USE AS MUCH TIME AS POSSIBLE. AVOID OVERLY CHANGING YOUR ROUTINE.
2. PROTECT BALL.
3. KEEP THE BALL IN BOUNDS.
4. NO PENALTIES.
5. EXPECT BLITZ - BLOCK AGGRESSIVELY

KILL THE CLOCK

6-TIGHT DIAMOND WITH BACKS PROTECTING THE QB.



SITUATIONS

1. **RUN TO VICTORY**
A situation where the amount of time on the game clock combined with their remaining time outs means that we must run 6-7 seconds off the clock by running. Take the shot clock down before we snap the ball after their time outs are expended.
2. **KNEEL TO VICTORY**
Their time outs, or lack of them, combined with time left on the game clock means we can kneel as long as we let the shot clock go down to one (1) before we snap the ball on each play.
Kneel (6 Tight Diamond)
3. **258 EXTRA AIR BALL (NY - Heavy Ft Fig)**
If Coach needs it. Under 6 seconds, 4th down, end of half or end of the game to avoid kicking risks. Up by 2 or less.
4. **NO BRAINER (Freeze)**
Line up as if to run a play continually going thru cadence trying to lure the opponent offside. Center can snap the ball if the opponent moves into Neutral Zone. (QB must be ready all the time) ADD "Freeze" - Takes the snap option away from the Center.
5. **RED BALL (2 Minute Save Time)**
Set Formation (Spread Ft)
Set Cadence (Blue - Go)
Set Plays - 8 Possibilities (7 Passes / 2 Runs)
Check Opposition in Film for Huddle Calls
Calls should reflect their tendencies. Sometimes a QB would be best served to continue RED BALL when clock stopped if he can be certain of same defense.
6. **4 MINUTE (See Run to Victory / Kneel to Victory)**
Situation where we must expend time. Stay in bounds. Take all the shot clock and be prudent about passing the ball for risk of poor play or clock stoppage. QB is "Tail safe" if we attempt pass.
7. **LAST PLAY BACKED UP**
Little time (25 seconds or less)
No time outs - Need a TD
73 LA Express
Hook & Lateral
75 Slow Panther Express

THE CLOCK STOPS BUT STARTS ON REFEREE'S SIGNAL

1. ANY OTHER OFFICIALS TIME OUT
 2. MEASUREMENT FOR A 1ST DOWN
 3. INJURED PLAYER REMOVED FROM GAME. (IF THE INJURED PLAYER IS FOR THE EXTRA 4TH TIME OUT, 10 SECONDS WILL BE RUN OFF THE CLOCK. IF THE INJURED PLAYER IS FOR THE EXTRA 5TH TIME OUT, 10 SECONDS WILL BE RUN OFF THE CLOCK PLUS A 5 YARD PENALTY).
 4. IF YOU BECOME INJURED, GET OFF THE FIELD ON YOUR OWN IF AT ALL PHYSICALLY POSSIBLE.
- WE WILL HAVE TWO (2) KINDS OF MANAGEMENT OFFENSES IN REGARDS TO TIME.
1. THE TWO MINUTE OFFENSE
 2. THE FOUR MINUTE OFFENSE.

THE TWO MINUTE OFFENSE ("RED BALL")

THE QB WILL ALERT THE TEAM FOR "RED BALL" IN THE HUDDLE. EXAMPLE OF QB CALL: "ALERT FOR RED BALL." THE QB WILL THEN MAKE THE INITIAL HUDDLE CALL.

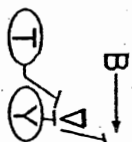
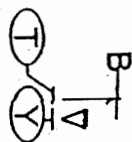
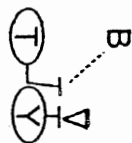
AFTER RUNNING THE FIRST PLAY, THE OFFENSE WILL LINE UP ON THE LOS. EXAMPLE THE QB WILL CALL "CHECK-CHECK 72 (#2) / CHECK-CHECK 72 (#2)" AND WE WILL RUN 72 GHOST TOSSEER ON THE SECOND SOUND (BLUE-GO).

WE WILL CONTINUE TO RUN THE RED BALL OFFENSE UNTIL THE CLOCK IS STOPPED OR QB CALLS FOR HUDDLE TIME OUT. WE CAN AND WILL USE THE RED BALL OFFENSE EVEN THOUGH THERE MAY BE MORE THAN TWO MINUTES ON THE CLOCK.

5. "STEEL" - Inside zone technique for FST / Y vs Red look.

FSY: Settle step take off for midline of down man, possible get off for LB vs scrape.

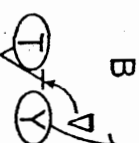
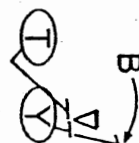
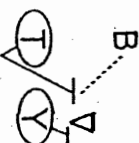
FST: Flat step take off for near hip of down man. 1 hand push vs hang, 2 hand push vs stack, 2 hand push vs scrape. Try to displace TE on down man.



6. "STAG" - Outside zone technique for FST / Y vs Red look.

FSY: Settle step, take off for area outside of midline of down man. Work head beyond his helmet. Keep pushing (Try to get head outside defender's body - don't turn your body to accomplish this.) Look for scrape LB over the top. (Don't get off until he gets to you.)

FST: Drop step with near hand to hip of defender. POA - Near #, to midline of E. Use 1 hand vs hanging LB. If he goes to stack, start pushing with 2 hands but don't bury your head until you know he's past defensive lineman. Now slip head to #1, middle and cover man up, keep pushing. Try to displace FSY vs hard scrape.



QUARTERBACK MANUAL

QB CENTER EXCHANGE:

1. STANCE - A Quarterbacks' stance must be one to transmit confidence and facilitate for movement.

1. Feet
 - a. Feet about the width of the arm pits
 - b. Weight balanced on the balls of the feet.

2. Hips
 - a. Lower the hips so that the knees are slightly bent.
 - b. Lower the hips so that the hands can be placed in the center's crotch-wrist deep and also allow the arms to bend at the elbows.

3. Body
 - a. Stay tall, an erect torso spins faster.

4. Knees
 - a. The knees must be bent as extension of the legs will facilitate you getting under way faster.

5. Weight
 - a. Balanced over the balls of your feet.

6. Arms
 - a. Always keep them slightly bent, relaxed, loose and close to the body. This enables you to:
 1. Follow the center by straightening the arms.
 2. Adjust to the ball in the event that the center does not hit dead center of the to hand. Minimize the margin for error on the exchange.

7. Hands

- a. Right is top hand
- b. In center's crotch, wrist deep.
- c. Push palm down
- d. Extend, spread fingers.
- e. Right hand is in dead center of center's crotch
- f. Apply upward pressure, it is the center's target. Make him feel it.
- g. The thumb of the right hand is under the thumb of the left hand. (optional)

LEFT HAND

- a. Left thumb is over the right thumb. This is the joining point of hands.
- b. Left hand faces center's right foot.
- c. Fingers extended and spread, pointing toward ground

II. CENTER

- A) **STANCE**
Both feet parallel

- B) **SNAP**
1. Snap ball as hard as possible
 2. Exchange must be executed with speed.
 3. As you drive the ball to the top hand, give it a slight wrist - $\frac{1}{4}$ twist so it fits the QB's hands.
 4. The ball must be parallel to the ground at contact with the top hand of QB.

III. CHARACTERISTICS OF AN OUTSTANDING PRO QUARTERBACK

- a. Must exercise leadership
- b. Never suffer from indecision
- c. Never gets carried away with himself
- d. Exemplifies confidence but not arrogance.
- e. Never loses his nerve.
- f. Adversity on the field doesn't bother him.
- g. Ability to react in clutch situations.
- h. Is great under pressure.
- i. He knows what he wants to do and does it.
- j. Has natural passing, faking, ball handling, play calling ability.
- k. He knows and can read defenses.
- l. Can throw long or short. Can drill and can soften and throw with a light touch.
- m. Sets up quickly without wasted motion.
- n. Can pump the ball and look off defenders.
- o. Has a quickness with arms, feet, and hands.
- p. Gets the ball away fast.
- q. Has a great arm and mind - a rare combination.
- r. Must forge a working relationship with the Head Coach.

Take inventory of yourself. See how well you qualify with the above characteristics. In analysis of the former greats, these qualities very definitely prevailed.

IV. QUARTERBACK'S STRATEGY

There isn't any doubt but all the factors that spell success in football, proper selection of plays is by far the most important. Poor play calling will kill a great team. Good play calling will permit an ordinary aggregation to rise to the heights.

There are many factors which govern play calling. All factors are superseded by these two important principles:

1. What plays, passes do we own that due to the design of the play and the personnel we possess must be run regardless of who we are playing.
2. What plays, passes have we included in the game plan to take advantage of the particular team we are playing.

The above two principles are most important and basic in a QB's strategy or plan of action.

V. QUARTERBACK MUST KNOW AND MASTER

- The offense thoroughly
- The theory of defenses and the abilities of their defensive personnel.
- The capabilities of his teammates.
- Certain general rules for play selection.

A) KNOW YOUR OWN OFFENSE

- Know every man's assignment against every defense
- If you are familiar with the blocking combinations, a change in the base call of a play could help win a game.
- Know how blocking combinations change into varied defenses.
- You must know how our plays fit into series, how they are coordinated and made to look alike to the defense, so that the success of one play will help another to be good.
- Go through your offense and analyze each play as to type and chances of success under various circumstances.
- You must remember to use the plays that are working. If particular plays are gaining ground, keep using them until an adjustment is made to stop them, then call the companion play. Take what they give you and wear it out. When it's worn out, go to something else.

B. KNOW OPPONENT'S DEFENSIVE SETS AND COVERAGES AS WELL AS THEIR DEFENSIVE PERSONNEL.

- You must know how to attack the weaknesses of their total pattern of defense as well as the individuals within the defense.
- We will attack system weakness first and personal weakness second.

C. YOU MUST KNOW THE CAPABILITIES OF YOUR PLAYERS

- Some men are better in one phase of the game than others. You must use the plays which best suit the personnel in the game at any given time.
- Know the strengths of each player.
- Know the weaknesses of each player.
- Some will rise to the occasion - great competitors. Others never measure up in a clutch.

D. THERE ARE CERTAIN GENERAL RULES FOR PLAY SELECTION:

- Read carefully the basic rules as outlined in play calling selection.
- Tactical situation is made up of six items:
Time - (2-minute offense - ahead, behind)
Weather and field conditions
Distance
Down
Score
Field position
- Play calling is effected by all of the above six items.

2nd and Three or Less

Run - get the 1st down. It is the best time to get the 1st down. Third and one is the most difficult time. Do not be so foolish and pass in this situation as the defense plays pass. Consequently, it is easier to get the 1st down, also something could happen (pass protection breakdown) to cause a loss. To do something that may result in a possible loss is an unforgivable sin of generalship in this situation.

2-6 or Less

You have succeeded in getting our average. We have 2 downs; to get six, you should run 90% of the time. Follow the ready list for another strong running play.

2nd and More Than 6 (Know defensive tendencies)

We have not reached our average. You can run or pass. If you run, outside might be best unless the game plan indicates otherwise - Screens, Draws, Rolls, Waggle (if no dog) are good.

3rd Down

All downs are of vital importance, however, victory as against loss can frequently be pin-pointed to the success or failures of 3rd down situations. Distance to be gained should influence your call.

3rd and 2 or Less (They will be in Short Yardage Defenses)

We must maintain possession. On occasion, we might throw a quick or slant with as much as 2 yards to gain. With less than 2 yards, use our Goal Line Running Plays.

3rd and 3 or 4, 5 (Will probably use regular defense)

These situations are the most difficult situations in Quarterbacking. Run as against pass will be determined by the nature of the defense we encounter in this situation. Some clubs play pass defense in which case we should run.

3rd and More Than 5 (Prevent Defense Situation)

This is definitely a passing situation. On occasion, an outside play (Sweep) is definitely indicated. You can expect a dogging or prevent defense.

G. PANTHERS PASSING GAME

- Percentage Passing
 - Our passing attack included 3 classifications of passing:
 - Short - Hitches, Slants, etc.
 - Medium - Curls, Ins, Stops, Seams, etc.
 - Deep - Go, Q, etc.
 - Pass coverage will dictate the passing approach to any game. However, the percentage approach is a mixture of the short and medium type passes with the deep pass thrown at no greater percentage than one for 4 or 5. The medium length pass is thrown with greatest degree of consistency.
60 plays - average
36 running plays
24 passes

The average use should be approximately:

8 Short
12 Medium
4 Deep

The type of pass coverage will effect the above figures.

2. The above percentages are round figures. It will serve to give us the variation in depth of throwing we need.
3. To utilize any one phase of our passing game too frequently will hurt us. For example, to throw deep constantly or to throw short too consistently will hurt us.

H. KEY TO SUCCESS IN PASSING

1. You must key and read your keys properly. Our passing game is predicated on throwing to the single coverage man. Throw where the coverage is the weakest. Like the running game, we run where there are fewer people - where we have angles, we must pass where there are fewer people. To be able to accomplish this, you must follow your keys and throw accordingly.
2. Must control the underneath coverage. The success of any pass defense depends upon the help that the deep men get from their linebackers. If they don't get any help, no pass defense will hold up.
3. Timing of the throw. Getting the ball there on time is of vital importance. Hit them on the break or before is necessary for completions. It takes long, hard, diligent work to accomplish this art.
4. Pump and look off. These are the necessities or the finesse that go with accomplished artists. The above also takes work to know who has to be looked off and where to pump so as to help the receiver remain free or to open once he has defeated his opponent.

I. SETTING TO PASS

1. If you expect protection, you must understand the area we are trying to protect and stay there.
 - a. Width of protection area - from outside hip of one offensive tackle to another.
 - b. Depth of protection area - 9 yards
2. Setting to pass as fast as possible without losing body control, will aid your completion record. It gives you time to look to your receiver and deliver the ball properly with the necessary timing.

E. PLAY CALLING

Critical situations separate the men from the boys.

1. Goal line or short yardage attacks.
2. Long yardage situations
3. 3rd down situations
4. Deep in own territory
5. Use of special plays and passes

Football, in any classification, is a percentage game. A Quarterback who goes against percentages too often will fail. He'll have to be extremely lucky. No one figures to be that lucky due to so many extenuating circumstances involved in a 22 man game.

The following rules for play calling have been established for the Panthers to reduce the margin for tactical error. Errors in play calling will kill us quicker than mistakes in any other phase of football.

1. 60% run
2. 40% pass

The above percentage between pass and run is the healthy approach to pro football in any tightly played football game. To run more than 60% of the time will result in low scoring unless we are definitely superior. To pass more than 40% could mean costly losses as the result of failure in pass protection with loss of ball possession and field position due to interceptions. To expect perfect passing and protection with promiscuous throwing is unreasonable, due to difficulties encountered in pass protection.

F. DOWN AND DISTANCE SITUATIONS

1st and Ten

The percentage of run as against pass on first and ten should be 3 runs to 2 passes. Reason: We must avoid the mistake - loss of position, possession or the QB thrown for a loss. We must avoid the 2nd and 15 situation. Avoid the loss on 1st down, select the sure fire running plays listed in the game plan. If you pass, select the sure fire pass listed in the game plan.

The best play to call is a play that we consider our basic - a play that we are capable of running well, regardless of the opponent we are playing. If the defense is set to stop our basic runs, we must consider and increase in passing % on 1st down - passes that take advantage of glaring weaknesses.

2nd Down

What we do on 2nd down is governed by what we have gained on the 1st down. If we gain the charmed figure of 4 yards, we should run; if not, we can pass. An opponent's long yardage defense might, however, effect the above thought. For example, they might go into some type of Prevent or Gone Defense which leads itself to find outside running.

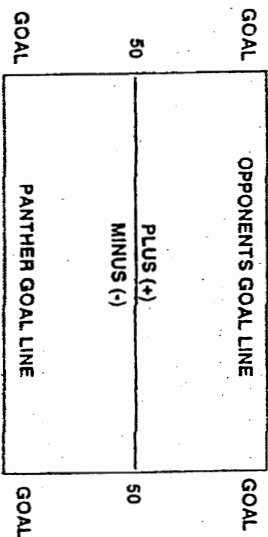
3. The key to setting to pass with necessary speed is pushing, or driving off the right foot.
 - a. Prevents sitting out.
 - b. Throws body away from line fast.
 - c. Enables you to follow the center on snap.
4. Discipline is the key to successful passing. You must accomplish the following to become a top professional passer:
 - a. Read the coverage before the ball is snapped. (pre-snap look).
 - b. After the ball is snapped, push off your key foot - right foot.
 - c. Get away from the line of scrimmage as quickly as you can.
 - d. First stride should be a long one.
 - e. At the snap, you must study your reading area.
 - f. You must use the proper footwork to fit the route run by the receiver in order to obtain good timing of the throw.
 - g. After reaching your setting spot, if the receiver is not open, move up in the pocket for additional protection and time.
 - h. Be certain to read the underneath coverage as the flare action may be your best receiver.
 - i. Throw or "Take Off" at first daylight.
5. Our set up areas vary according to the pass throw. It is measured in length of stride:

Out & Curl 1 and 4 (5)
Go's & Corners 1-6 (7)

Pump and look off is accomplished while setting up.
6. The ball must be held chest high and with two hands. If the pattern requires pumping the ball, pound it into your left hand. Keep it chest high and in BOTH HANDS, ready to unload quickly.
7. Steps in Drop Off must not be longer than can be controlled.
8. Setting up must be done as quickly as possible.
9. Break your sprint back with right foot and get cocked and ready for delivery. Make a move into the pocket. Stay tucked.
10. The key to good passing technique is to drop off to the required distance with intense speed. Set up to pass in a good balanced position. Keep the ball chest high, hold the ball with 2 hands prepared for a quick delivery. Stay in the pocket oblivious to rush and put the ball in the air at the proper time with the proper speed and trajectory. Accomplish this and you have it made.

- d. Flare action is designed to hold backers. If backers are loose, HIT flare men.
 - e. The secret to attacking Cover 1 (man for man) is to attack the single coverage man who is on his own with no help short or to either side (inside, Outside)
 - f. You must know the individual weaknesses of our opponents and attack them.
 - g. There are many methods of dropping off by deep secondary men. Each method provides a weakness - know them.
 7. Cover, Two, Four, Three (Zone)
 - a. To successfully attack zone defense, concentrate on attacking the slots.
 - b. Flare action is a must to hold the backers close to the line to help open up the zones behind them.
 - c. Running is great vs Zone with walked off backer.
 - d. Must know if it is an inside zone or outside zone.
 - e. Must know if it is a field position zone, ball, or field zone.
 - f. Our passing game will be set to attack either inside or outside zones.
 - g. Attack Zones:
 1. Flood
 2. Hit outer edges
 3. Hit seams
 4. Vertical stretch
 8. Exact knowledge of defensive coverage and the patterns to take advantage of these defenses is a must.
- L. FIELD POSITION PASSING**
1. This phase of passing is most important. Both in relationship to Plus (+) and Minus (-) areas and hashmark location.
 2. Some teams play defense by field position. If they do, most of our passes are best thrown from certain positions on the field in relation to hashmarks.
 3. Consideration for each pass according to field position will be taken as the pass play is given to the team. Heed it carefully, it will enhance its success.
 4. Some passes need a great deal of area to be successful, other passes need proper formation set in relation to hashmarks to be successful. You must understand - the exact theory of the effect that field position plays in the success or failure of a pass pattern.

AREA PLAY CALLING



- a. The football field is divided into 2 areas - Plus (+) and Minus (-)
- b. Minus area is the area from our goal line, the goal line we are defending - on out to the 50 yardline (mid field).
- c. Plus area is the area from the 50 to the opponent's goal line. (mid field) to the goal line we are attacking.
- d. In certain areas of the field, our thoughts must be channeled with certain ideas predominating.

M. MINUS GOAL TO MINUS 2 YARDLINE

- 1st and 10
- Sneak or Wedge or Straight Ahead stuff to get operating room. If pass, use only maximum protection. In this area, they send everything but the equipment man after you.

2nd and 3rd Downs

IF RUN:

1. Use 0-2-3-4-5 holes. 4-5 holes are best as blocking adjustment to varying defenses is easier.
2. No difficult ball handling.

IF PASS:

1. The pass is the best way to get out - If you throw with your MIND. Use maximum protection passes.
2. Must throw to outside men unless covered short.
3. Must throw to inside men outside.
4. Q, Out, Stop, Hitch.
5. Never hit Y on the inside.
6. Be prepared to throw it in the stands.
7. Go's - Q, Y to Corner are good.

11. Make your move up and out - never around. This will result in the big loss. You must avoid the big loss. Second and 10 is nothing. Second and 20 kills us. Wandering off and running around rushers hurts us and more especially you.
12. If you don't like what you see and can't go to your outlet, RUN - straight away.

J.

TIMING OF PASS

1. The timing of the delivery is essential. It is the single most important item to successful passing.
2. Each route has its own distinct timing. As routes and patterns are developed on the field, the exact point of delivery will be emphasized. (Final Move).
3. Take mental notes on the field on timing of the throw - set your drop off accordingly. All QB's stride vary.
4. If you cannot coordinate eye and arm to get the ball at its intended spot properly and on time, you are not a passer.
5. Keeping the ball in both hands and chest high is part of the answer.
6. Generally speaking, the proper timing of any pass is putting the ball in the air before, or as a receiver goes into his final move.
7. If you wait until the receiver is well into his final move, you are too late.

K.

ATTACKING DEFENSES

1. You must know the theory of all coverages. Without this knowledge, you are dead.
2. You are either attacking man for man defense or zone defense.
3. Vs man for man defense, you are beating the MAN.
4. Not knowing the difference will result in stupid interceptions.
5. Study your coverage sheets so that by merely glancing at a defense, you know the total coverage design.
6. Cover 1, Cover 0 (Man to Man)
 - a. Hit the single coverage man. This will keep you in business for a long time.
 - b. Stay away from receivers who are doubled short and long.
Example: X End with X Backer.
 - c. We do not throw to post if weak safety is free unless the patterns weak safety control - even then it can be dangerous.

8. This is a dog area - use strong protection.
9. Rolls to the outside are fine.

10. The exact pass plays will be listed in game plan.

N. MINUS 5 TO MINUS 10

1. Sneak is not necessary.
2. The same thought as above prevails.

O. MINUS 10 TO MINUS 40

1. All rules are off, however, use discretion.

P. PLUS 10 YARDLINE AREA STRATEGY - GOAL LINE AREA

RUN:

1. A mistake in play calling in this area will force us to kick a field goal. We don't want 3 points, we want 7 points.
2. 1st and 10, it is RUN vs PASS 3 to 1.
3. The charmed average depends upon the starting point.
4. With 4th down and less than a foot, we may go for it - so divide the total distance to be gained by 3 downs. The answer is the charmed distance.
5. If you make the charmed distance, keep running.
6. Rely on our goal line running list. Don't let your imagination get the best of you unless the defense is completely out of pattern.
7. If you fail to make the charmed distance, then re-evaluate, take what you have decided will give you the best chance for TD.

PASS

1. 99% of coverages used in this area are normally of 2 varieties - Red 2 or Red 4, or blitz. Some blitz zone is incorporated to force early throws into zone.
2. Cover Zero Blitz is another mixture of ManZone.
3. All goal line passes are sharp breaking patterns designed to beat the man into the end zone. Think of throwing into the end zone.
4. Throw for the score.
5. It is the area of INTENSIVE rush

15. You must use variation in types of Pass Action - use Straight Back, Boot, Roll Out, Play Action, Motion, Double Wing. It definitely keeps a defense loose. But know when and where to use them.

16. Proper use of Flare Action is most important to aid pass patterns. Flare Action is outlet passing - hit flare men if coverage is loose on them.

17. Good judgment as to whether to hit main pattern or flare action is necessary to become a Pro Passer.

18. If you decide to hit the flare instead of the main pattern, don't change your mind.

19. Our passing game is set up to beat Man for Man Coverage or Zone Coverage. You must know the tools to use vs either type of defense.

20. Don't get touchdown hungry by throwing too many long passes. Mix the long pass with the short pass. The goal line will hit you faster with this theory and keep you around longer. Long pass percentage is 1 to 4 or 5.

21. Study and learn the passing game for plus and minus areas. Mistakes in either annihilate us.

22. Study, learn, and use proper passing audibles. A good audible can help us win.

23. Passing audibles are called:

- a. To rectify a bad call in huddle.
- b. To take advantage of glaring weakness in a defense.

24. Don't be a "Fraternity Joe" by throwing to your favorite buddy. It is possible to have a favorite receiver only because he is the best, surest, and most consistent clutch receiver.

25. Balanced throwing to all receivers will win for us.

26. We dislike stupid interceptions like:

- a. Throwing into the Post vs 3 Deep zone.
- b. Throwing inside at minus area. Y inside, etc.
- c. Roll Outs - hitting men on inside pattern no farther than in. We will tolerate bad throws with good design in which the unexpected happens.
- d. Throwing for grabs - completion for us or them will not be tolerated.

27. The key to successful passing is Screen, Draw, Short, Medium, and Intermittently deep. Hit flare when design does not look healthy.

R. ELIMINATE INTERCEPTIONS:

Points to help completion average:

1. Know coverage
2. Read properly
3. Good timing of pass.
4. Good judgment as to when you should throw or run. Must have a chance for completion. Don't throw for grabs. 50-50 chance is not a good percentage.
5. See the underneath coverage and learn control.
6. Hit the single coverage man.
7. Know the proper trajectory - Drill, Blooper. Practice throwing each (Definition).
8. Throw away from coverage man (margin of error).
9. Generally speaking, the shorter the pass the harder you throw it.
10. Don't throw off balance. If you are having problems, this single point may be the answer.
11. Point the belt buckle in the direction of the ball flight.
12. Don't allow the ball to be in the air too long!
13. Never throw the short pass long and the long pass short. Never throw behind a receiver.
14. Don't throw out of play action on an obvious passing down.
15. Throw where the receiver will be - not where he is.
16. Use the Screen, Draw, Slip, Boot, Play Pass, Roll. Keep them off balance.

Q. PASSING THOUGHTS IN THE FIELD

6. They rush with at least 6. Cover with 5. Sometimes rush with 7, Cover with 4.
7. Quick play action is good - It holds linebackers, allows backs to slip into flat behind a slant - hit single coverage man.
8. A Quarterback must NEVER, NEVER take a loss in this area.
1. We must hit X, Y, or Z deep early in the ball game. Use play action or Backs Slay. It will help on our over-all passing game. Vs blitz defenses, which eliminates Weak Safety, we must be able to throw over the top.
2. We must hit outside man outside. It will not only help set up inside routes, but it is the safest area to throw in.
3. Try to complete your first pass. It will enhance the morale and confidence in our passing game.
4. If they are crowding our receivers, hit the Deep and Go routes.
5. If they are loose on our receivers, use Curls, Outs, Stops, Ins, Hitchies.
6. Crossing patterns are tough to defense in pro football. Use them.
7. Picks can't be defended with cover one. However, if rotation (zone) coverage hit Y, Z on inside-hit X outside or sharp to inside. (medium)
8. Hit X from 3-1 set. Hit Z from 2-2 set, especially vs teams that defense formations.
9. The best way to obtain weak safety control:
 - a. Circle weak (Streak)
 - b. Fan out or swing weak. (Wheel)
10. If defense is dogging, use passes in which Y blocks. Use occasionally.
11. If nothing seems to materialize - go to 2-2 or 3-1 formations.
12. DO NOT throw from play action on an obvious passing down. Set straight back.
13. It is a good idea to occasionally throw 2 screens in a row. First down, screens are generally the best down - obvious passing down is next best. (zone downs)
14. Screen, Draw, and Slip whether they are successful or not.

VI PASSING THE FOOTBALL IN THE NFL

1. The mechanics of throwing accurately.
2. The athletic ability and practice to get in and maintain balance or body position to repeat good throwing mechanics.
3. The anticipation within the patterns and routes of the receivers to pass the ball to them before they are open not after they are open.
4. The judgment as to whom to pass the ball to, when to pass the ball, when not to pass the ball.
5. When you don't pass the ball and pull it down and begin to run or maneuver - what judgment is used to make the best decisions. Run (where and how) run and pass (do you have parameters?) throw the ball away (when and why) take a sack (ever?)

1. PASSING MECHANICS

- a. Keep the ball at chest height no lower.
- b. Shoulders perpendicular to target
- c. Shoulders parallel to the ground - not tilted.
- d. Feet shoulder width.
- e. Eyes on the target.
- f. The body should be in position by the back foot being planted with the weight on the instep.
- g. Knees bent
- h. Body tucked.
- i. The left foot (right handed passer) moves forward and opens to the target in order to put the belt buckle in direct line with the target (The target is not the receiver but rather where the receiver will be when the ball reaches him. This point is very important in the overall scheme of things.
- j. Opening the left foot allows for the shift of weight from right to left in an even manner. Just as the golfer must get the left hip out of the way in order to smoothly bring the club through, the passer must do the same.
- k. Through the entire motion keep eyes on the target.
- l. The natural movement of the ball being raised and thrown is started by the left side pulling down and to the left (hip and elbow) not out, but down. This pushes the right side up in position, extending the arm as it does so.

15

2. GETTING IN POSITION AND BALANCE

- a. You read proper balance under the center (QB Manual)
- b. When the ball is snapped, pressure should be put naturally on the right foot to push away from the center.
- c. Two methods (backing out) (turning out). In either case, try and keep the upper body straight and slightly tucked and take steps that never allow you to lose your body balance. The steps should be taken in odd increments - three (3), five (5), seven (7).
- d. On any odd step either backing out or turning out, you should be prepared to start your throwing mechanics as were earlier described. Therefore, your right foot should be perpendicular to the line of flight or you should be ready to do so.
- e. Your body should be tucked and ready. Practice throwing with a smoothness and lack of violence in your motion.
- f. The lower body should rotate quickly and efficiently tied to those control steps and the upper body should remain erect and calm. The arms should move in concert with the lower body so it appears the ball is moving across your body from shoulder to shoulder as you retreat.
- g. The transition from retreating to gathering is in the footwork (short controlled strides) and in the body position (erect torso, tucked body). This allows you to make the transition to a position of readiness to pass the football.
- h. Just as anticipating the receiver with the throw is important, anticipating the general direction of the throw (by key) during the dropback allows you to maneuver the final stride for best transition. Never have the weight outside the right foot. That flaw creates multiple problems - all very difficult to overcome. Stick the final foot with weight on the instep.

3. ANTICIPATION

- a. Coverage reads, receiver nuances, basic and specific timing of patterns and routes.
- b. Know coverage. By knowing you can see one or two and know where the rest are. It gives you the confidence to put the ball in the air using "margin of error". Master the technique of moving people with your eyes.

17

4. JUDGMENT

- a. Sometimes may separate the men from the boys in this business. Factors involved are field position, score, weather, time left in the game, off personnel, def personnel.

Conversation on all these subjects and your own ability develop a feeling for when to gamble and when to be conservative. Also what your ability to pull it down and scramble brings to the table. Know the rules of spiking to stop the clock and when you can legitimately throw it away to avoid loss.

DESCRIPTION AND REASONS FOR DRILL

1. All of the passes in illustration 1 are straight throws from point "A" to point "B"
2. By adjusting the footwork before the throw (positioning) we theoretically can and should throw them all alike.
3. Factors that change after the setup:
 - a. Is the receiver moving when he receives the pass?
 - b. From our right to left or from our left to right
 - c. Is the timing such that we can wait slightly and drill or do we need to arch the ball or pass the ball with touch?
 - d. Is there something between the final spot and us or is there something behind the final spot or on either side of the final spot that is dangerous and must be avoided. "Margin of Error" throwing begins with the endzone and sidelines and then away from the defender.
 - e. Receiver will be asked to make sure their final move puts them between the nearest defender and the QB unless deep or outside.
4. If the receiver is going from our left to right we must under frame so that as we release the ball he comes into the target and we throw comfortably. If he is coming right to left, we over frame for the same reason. This principle holds true whether he originates on our right or left.

m.

One should think of two forces to be imparted on the football: Centrifugal and Centripetal. The first is the force to send the projectile forward to the target. This force is generated by the left hip through the right forefinger. When the ball is released, it should feel that a string is attached to the left hip and the right hand and is cut just as the ball is released. The second is imparted on the football by the wrist snap and the fingers pulling. It creates outside-in spin (spiral) which has a very positive effect on accuracy. Just as the left side should go down not out the right side should go up not out to the side. The arm and elbow therefore, should stay as close to the center of the action (use the head as a guide) as possible. If the left side gets swinging horizontally with its pull instead of vertically, it will cause the right side to get outside the line of flight, the result will be that the ball will be influenced only by the 1st force (centrifugal) without the control of the second and creates a slice. You feel this when you don't bend your left knee - lock it out and spin around it to throw the ball. Coaches call it "all arm" or throwing off your back foot.

o.

The passing motion should be a relaxed movement that takes full advantage of the mechanics yet still allows for last second adjustment by the wrist and fingers. These adjustments take place because of eye-hand coordination. Poor body mechanics make it impossible to take advantage of that natural phenomenon.

p.

Passing the football should appear smooth, natural, not violent. Violent appearance is the result of trying to overcome mechanical flaws.

q.

Some of these flaws... Too long a stride with the left foot. Throwers do this to get the left hip out of the way and creates poor balance. Jerking the left side out to the left (throws the right out the other way). This is done because thrower didn't open the left side far enough. Cocking the shoulders (right shoulder toward the ground - left shoulder toward the sky) (thrower doesn't understand or believe in mechanics and thinks he needs to wind up).

r.

A note for side arm. Side arm passers can appear smooth however, the longer the throw, the more difficult to be accurate because of the force imparted. Also in the NFL a side arm thrower has a tough time with the trajectory needed on many throws over defensive line and in front of defensive backs..

s.

The natural follow-through should be as a result of the elbow and wrist locking out together. Because the idea was to keep the ball in the line of flight, just as in golf, the follow through with the club head should be to the target and then naturally down in front - not across your body. Palm facing the ground and thumb pointing at the ground. The torso should remain erect.

GENERAL LINE PRINCIPLES

To be fundamentally sound and tough, each individual must know what is expected of him and how to master these requirements. Blocking can be developed to a greater degree than any other phase of football because it is the most unnatural task. It requires patience and many hours of "hard work" because there are more aspects to learn.

The more techniques you can master, the easier it will be to cope with various situations. Repetition must be accepted as a way of life for a blocker and success can only be brought about by tremendous confidence in one's ability. Concentration, self-discipline, communication, and willingness to pay the price are part of being a respected Offensive Lineman.

Determined, intelligent, and aggressive blocking are indispensable qualities of a great football team; from both a technical and psychological standpoint. It is difficult for a team to have outstanding morale, confidence, and enthusiasm when it lacks the ability to sustain a great ground game or provide adequate protection for the passer.

BLOCKING

Whenever possible, we will strive to make the defensive man take the path of least resistance. Make your man escape around or behind you, so he is forced to take the long path for pursuit. Never allow him the angle on the ball carrier. Each player must have a good understanding of total play action. It is impossible to position yourself properly or to anticipate your man's reaction if you don't have a good understanding of the play.

You must have a good understanding of the basic defensive alignments so that you can recognize alignments immediately. You must also be prepared to anticipate which defenses (alignments, charges, blitzes) are used. You must know the situations in which they most frequently occur. Based on past experiences and from viewing game films, we will decide on the best method of approaching each situation and defensive man.

"BUILD A BOOK"

Once we establish a strong running game, a consistent running attack, controlling the line of scrimmage, and protecting the passer, there will be titles, championships, and a feeling of pride and togetherness that can never be taken away.

LINE TERMINOLOGY

ASIC TERMS

- ON - A man approximately head-up on you and on the LOS.
- OVER - A man approximately head-up on you and off the LOS.
- INSIDE - Any man playing from head-on you, to your inside, up to the head-up of next man inside.
- OUTSIDE - First man to your outside to and including head-up on next man to your outside.
- FRONTSIDE - The side to the play.
- BACKSIDE - The side away from the play.
- POA - Point of Attack
- LOS - Line of Scrimmage
- 1OL - First down lineman on the LOS.
- 2OL - Second down lineman on the LOS.
- 1LB - A linebacker located anywhere from your outside shoulder to head-up the man on your inside.
- 2LB INSIDE - First LB to your inside - all the way to head-up on the Center.
- 3SLB - Frontside Linebacker. When used means first on frontside regardless of his position from over you to your outside.
- 4BSLB - Backside Linebacker.
- 5STRONGSIDE - Side of formation denoting strength (usually to TE).
- 6WEAKSIDE - Side of formation away from strength (TE).
- 7EVEN FRONT - Defensive alignment where no lineman is on the Center.
- 8ODD FRONT - Defensive alignment where there is a lineman on the Center.

BLOCKING

1. We want to develop tough, aggressive, intelligent blocking. We want our enemies "HIT". Do not confuse this with finesse blocking or influence technique where we endeavor to guide a defensive man's actions to help a particular play.
2. We will work fundamentally on blocks which we want you to reduce to habits. Never sacrifice the "BLOW" for the sake of thinking about techniques.
3. We must have individual pride. Strive to be the best blocker in football.
4. You must have pride - "TEAM, UNIT and SELF" - Strive to make a contribution to become the best line in Professional Football.
5. You must know the complete play in order to end up in the proper follow-through position. Finish each job given.
6. Blocking is a matter of pride and desire; refuse to be whipped by the defensive man. The upper hand can be gained by mentally intimidating the defender.

Effective line play begins in the huddle. Upon hearing the play call from the QB, you must visualize your assignment and possible adjustments or calls at the line. Keep the snap count continually in mind. If you are slow coming off the ball or uncertain for any reason, you can expect to get licked. It is impossible to be aggressive when you are uncertain.

The difference between a great blocker and a fair one is the fractional time between contact and follow-through.

BLOCKING FAILURES ARE CAUSED BY:

1. Ignorance of assignment - poor concentration - failing to read defense.
2. Loafing or indifference about assignments or techniques.
3. Tipping - failure to master "stance".
4. Lack of aggressiveness or hustle.
5. No hit - poor contact - hitting early or late - no arms.
6. Slow start (not off on count) - unsure.
7. Failure to operate from a good base.
8. Losing your feet after contact - poor blocking interval.
9. Lack of confidence in your ability or a teammate's ability - hesitation.

There is a correct and incorrect way of executing every block. We will not permit a substitute technique.

LINE TERMINOLOGY

19. TUFF - Term meaning LB has walked up into LOS on someone.
20. BUBBLE - Area in front of uncovered lineman.
21. SPLIT - Spacing between two linemen.
22. VERTICAL SPLIT - Alignment up or back in relation to ball.
23. INTERVAL - Time period from Snap to Whistle.
24. SUSTAIN - Blocking and staying with man through completion of the play.
25. EMOL - End man on LOS.
26. INFLUENCE - Maneuver by offensive man to induce wrong move by defender.
27. BOB - Back on Backer
28. BOSS - Back on Strong Safety (Force / Support).
29. SCHEME - Basic pattern of blocking for designated plays.
30. POWER UPFIELD - When blocking, get movement back first in a vertical fashion rather than horizontal.
31. AIMING POINT - An imaginary point of reference. (POA)
32. BOOTLEG - Pass scheme where backs go opposite QB but a lineman pulls to protect the QB.
33. COUNTER - Play where flow starts one way but ball goes in opposite direction.
34. CUT-OFF BLOCK - Backside technique used to prevent a defensive player from pursuing to POA.
35. DRAW - Delayed handoff to RB from QB off pass protection.
36. DROPPACK - Pass action by QB straight back from Center.

LINE TERMINOLOGY

55. ISOLATION - A play where a defender is isolated by blocking scheme.
56. HELMET ADJUST - Ability to move your helmet to cutoff defender after contact has been initiated.
57. STAY - Pass protection scheme where TE will zone block with OT on EMOL and not vacate the area.
58. SLOW - Pass protection scheme where OT and any eligible receiver will zone block the area and allow the receiver to release.
59. SUGARS - LB walks up into LOS during the cadence and either fakes a blitz or comes on Snap.
60. SOLID - Man on man blocking.
61. HELP - Refers to uncovered OL or Back who checks his own responsibility then helps on a designated rusher.
62. KEY BLITZ / GREEN DOG / HUG - LB / Secondary technique where LB has a coverage read, his read stays to block so he now rushes.

OFFENSIVE LINE CALLS

Run Calls:

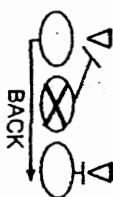
1. "Seal" - Call to alert FS Guard that you must block back and he must cover the man on you or shaded to your side.



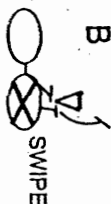
2. "Solid" - Call to change scheme to a Man theory. Rule is on, BS Gap, LB.



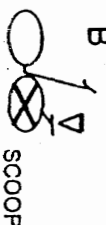
3. "Back" - Call to alert that you're uncovered and covering BS.



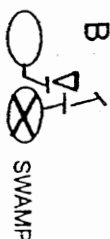
4. "Swipe" - Reach technique used on zone plays where you and BSG will block nose and BSLB. You'll work nose to the frontside for FS# and Guard will flat step swipe on the nose to READ BSLB.



5. "Scoop" - Call to alert BSG that nose is shaded FS and he's your man, BSG - Flat step and get on proper path to BSLB.



6. "Swamp" - Call to alert BSG that nose is shaded and you will work through him for BSLB.



7. "Slip" - Draw play swipe when BSG is uncovered.

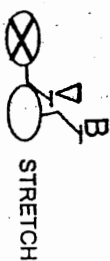


LINE TERMINOLOGY

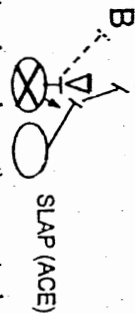
37. EMPTY - No back in offensive backfield.
38. EXECUTION - Efficient and proper way of getting job done.
39. HOOK BLOCK - Single block by offensive player to prohibit outside pursuit.
40. LOG - Hook block by pulling player to pin the defender to inside.
41. NAKED - Play where flow goes one way and QB goes the other but is unprotected.
42. PLAY ACTION PASS - Action simulates running play before pass is thrown.
43. REACH - Type of zone blocking scheme.
44. SCRAMBLE BLOCK - Low cut off technique executed with power upfield.
45. SCREEN PASS - A pass which develops behind LOS to allow defender to penetrate while offensive linemen fake blocks and set a wall for the receiver.
46. SHOT GUN ("GUN") - Offensive formation with QB 5 yards deep to take direct snap.
47. STUNT - Predetermined move by line or backers resulting in a 4-man rush. (Secondary defender could be utilized.)
48. TACKLE BOX - Area between the 2 offensive Tackles.
49. ZONE BLOCKING - Blocking scheme by area.
50. LEAD STEP - A step from your stance up into LOS.
51. FLAT STEP - A step from your stance that is parallel in depth to the LOS.
52. DROP STEP - A step from your stance that is back from the LOS.
53. INSIDE ZONE - A 4/5 hole play with inside aiming points.
54. OUTSIDE ZONE - A 6/7, 8/9 hole play with outside and wide aiming points.

OFFENSIVE LINE CALLS

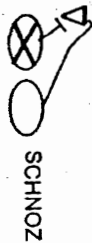
8. "Stretch" - Zone call for Center and FS Guard to block on B Gap LB and 2I technique.



9. "Slap" - Double team call for Center and FS Guard to block nose and BSLB on an isolation scheme. (ACE)



10. "Schnoz" - Call to let a Guard blocking down know that nose is shaded to your backside and that you will handle him initially by yourself.



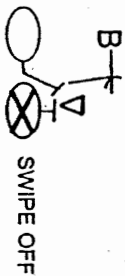
11. "Gary" - Call to tell FSG that nose shade to frontside is a problem, and that you want him to come down to block nose and you will pull around for FSLB.



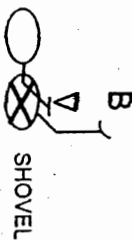
12. "BSLB" - Call to BSG who is covered that you will work his man for the BSLB.



13. "Swipe Off" - Call on cut back plays to facilitate seal of nose and BSLB ("Clamp Off" tells FSG that the 2 of you will cut back block the DT and MLB on frontside flow).

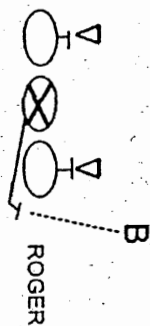


14. "Shovel" - Zone block between G / BSG Vs a 0 stack when C must get to 0 stack LB.

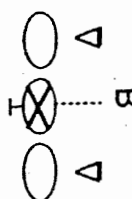


OFFENSIVE LINE CALLS

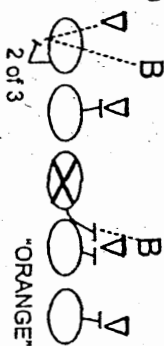
8. "Roger / Louie" - Call to signify your man in protection scheme when you are uncovered. (Could key a "Fan" call out of UNC tackle if TE on slow scheme.)



9. "Solid" - Call to let backs know that MLB is your first check and your responsibility.



10. "Orange / Yellow" - Telling opposite side OT he has squeeze possibilities. (Orange = Right / Yellow = Left)



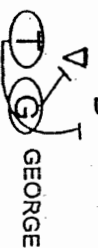
2 of 3

"ORANGE"

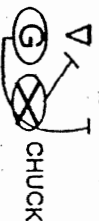
GUARD

Run Calls:

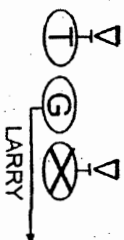
1. "George" - Guard call to bring Tackle up under your block for an inside fold. Used primarily against an inside control front (4-eye technique).



2. "Chuck" - Guard call to bring Center to man covering you to allow you to fold up underneath for LB.

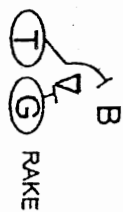


3. "Larry" - Pull call by Guard on sweep trap, boot, or counter plays alerting people around that you are leaving.

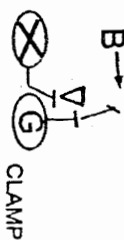


OFFENSIVE LINE CALLS

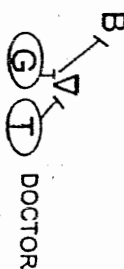
4. "Rake" - FS Guard call vs a line and LB combination to alert FST that he is to block LB after he goes thru the hip of the defensive man over you if he can get to him. (FST call on zone concept when LB is inside of T)



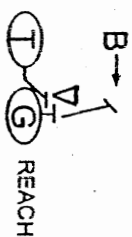
5. "Clamp" - Zone scheme W/C vs a MLB look over ball. (Add you / me depending on alignment of DT)



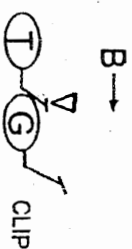
6. "Doctor" - Call to alert an adjacent lineman who is uncovered to help you pick up an inside gap stunt possibility. Used on frontside or backside to cover for games. (You/Me possibilities exist depending on DT's alignment)



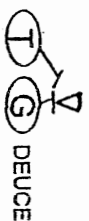
7. "Reach" - BSG call to alert BST he'll have help on cut off. Vertical concept.



8. "Clip" - BSG call to alert BST he'll have no help on BS cut off. Horizontal concept.



9. "Deuce" - Double team call between Guard and Tackle. ("Ace" - between C/G)



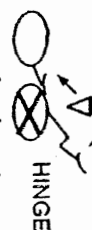
OFFENSIVE LINE CALLS

15. "Triple" - Call to BSG/BST vs Bear look to handle a O stack on zone type plays. This is a 3 man maneuver.

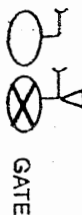


Pass Calls:

1. "Hinge" - 45 degree depth move after aggressive reach step to FS Gap keep butt square to LOS after drop blocking BS for hard rush - contact turn tail to QB.



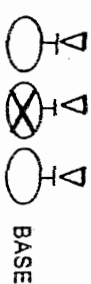
2. "Gate" - P / A pass protection call - step up hard to play side and block BS gap aggressively after run.



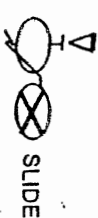
3. "Zone" - Dropback pass protection call Vs a twisting front where we will block zones instead of men.



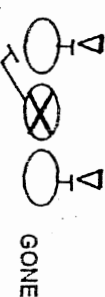
4. "Base" - Block rule on man protection.



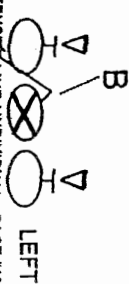
5. "Slide" - Call to tell BSG you're coming BS for BS A Gap.



6. "Gone" - Call to alert Guard that you are vacating your area to check another defender.



7. "Right / Left" - Call to alert backs which way you are protecting when you are uncovered.

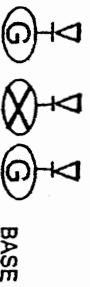


OFFENSIVE LINE CALLS

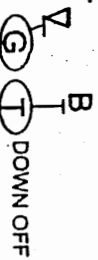
10. "Cop" - Call by FSG vs Dart 3 technique on zone type plays. Includes BSG.



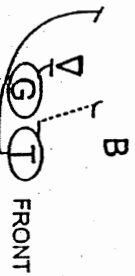
11. "Solid" - Call to change scheme to a man theory.



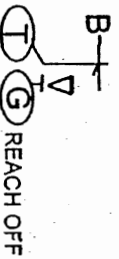
12. "Down Off" - Call to tell FST who's coming down on man covering you that he's inside too far for him and that he must block man over him.



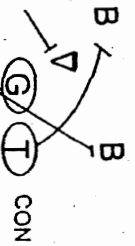
13. "Front" - BSG call to alert BST that man is inside of you and that you will block him by yourself. (Keys BST to pull for BSLB.)



14. "Reach Off" - BSG call to alert BST that you will stay on block as long as possible. BST will not bury his head and the both of you will seal DT and LB for cut back.



15. "Con" - Influence scheme where FSG sets up man over him for trap by BSG. FST goes down inside for Mike and FSG pulls to area over FST.

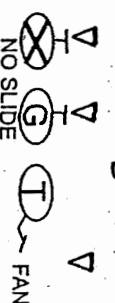


16. "Out" - FSG fold trap scheme vs a MLB, where FSG bases man over him and BSG fold around C for MLB.

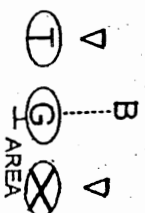


OFFENSIVE LINE CALLS

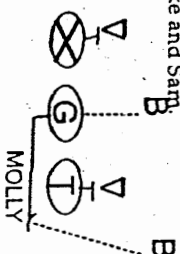
4. "No Slide" - FSG call to alert C he is based on nose in a slide protection concept.



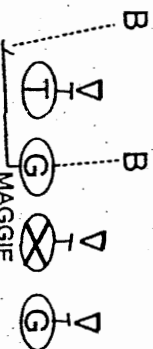
5. "Area" - Guard call to alert those around you that you are in a zone mode.



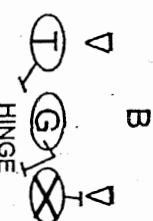
6. "Molly" - Strongside Guard double check vs White on Mike and Sam.



7. "Maggie" - Weakside Guard double check.



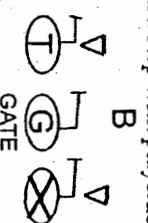
8. "Hinge" - BSG call on Sprint / Roll Protection. Indicates zone principles.



9. "Big Fan" - BSG call when C is uncovered and working backside with 3 rushers on LOS. (Echo from BST.)

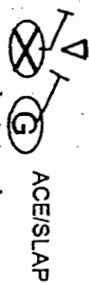


10. "Gate" - BSG in P / A when uncovered. Hard step with playside foot to turn and block BS B Gap aggressively.

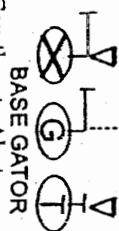


OFFENSIVE LINE CALLS

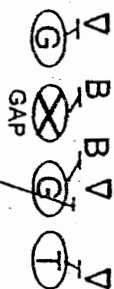
11. "Ace/Slap" - FSG in P / A to TE when uncovered. Telling C that you are coming down to block nose / BSLB tandem in zone with C. B



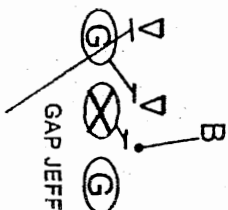
12. "Base Gate" - FSG in P / A to TE when Mike Sugars up on you during cadence. Gate turn to BS and protect FS A Gap to out BS. (Back has B Gap and Center must protect BS A Gap.)



13. "Gap" - FS / BSG on dropback pass vs Tuff A Gap threat. Alerts remaining back to block man on while you're handling the A Gap threat.



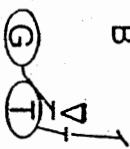
14. "Gap Jeff"



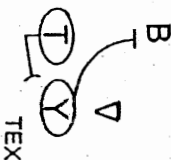
TACKLE

Run Calls:

1. "Tag" - FST / FSG call vs White where FST & FSG will zone block the DE and FSLB. (Used on outside zone plays.) B



2. "Tex" - Call for Tackle - end fold when Tackle blocks out and TE comes around to inside.



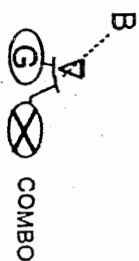
OFFENSIVE LINE CALLS

17. "Gus" - Call by FSG vs wide aligned 3 technique on crack concept plays. FST now blocks 3 and FSG pulls on crack course taking over FST's responsibilities.

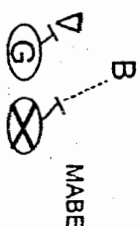


Pass Calls

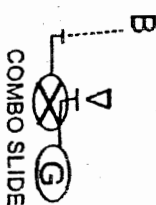
1. "Combo" - vs 1 or 2 eye BS. (Zone technique C / BSG must zone block man on line and LB to BS.) (Keys BSI to man protection on EMOL.)



2. "Mable" - vs 2 or 3 technique backside. (BSG call, guard has man on line while Center has LB man to man.) (Key BSI to man protection on EMOL.)

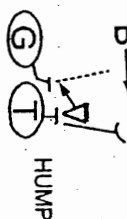


3. "Combo Slide" - FSG call when uncovered and working with Center.

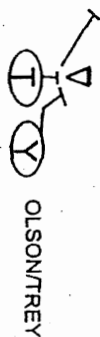


OFFENSIVE LINE CALLS

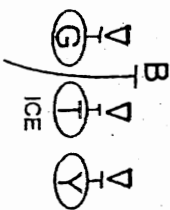
3. "Hump" - Zone technique used on inside zone plays. FST POA is midline or a little wider, FSG aiming point is near hip with near hand.



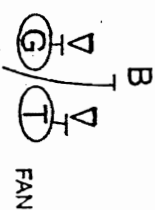
4. "Olson/Trey" - FST call alerting TE that you are powering thru for FS or BS LB. End is TE's man unless he won't let you release inside, then he's yours. ("Olson Me" call alerts TE that DE is in 41 alignment.)



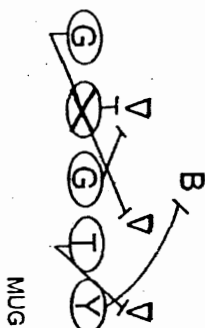
5. "Ice" - FST call. This call alerts FB to block LB instead of DE who will be blocked by TE. Only used to the TE side.



6. "Fan" - Tackle call vs Red where T has #2, Guard has #1. Call alerts back to block LB. Could be a FS or BS call.



7. "Mug" - FST call to alert trapping Guard that he will block the down lineman over the FST. T will set and turn out influencing the man to widen. (Call alerts TE that Mike is his man.)

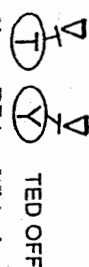


OFFENSIVE LINE CALLS

14. "Ted" - FST call on toss. Used for change up vs White. FSY comes down and seals DE while FST drop steps and blocks Sam on his outside # area hooking him.



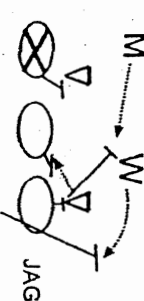
15. "Ted Off" - FST call on toss when "Ed" has been called and DT aligns inside of FST. Call takes off the Ed scheme and reverts it back to breach scheme.



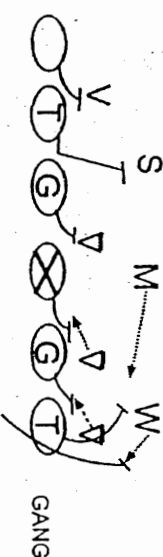
16. "Tiger" - FST call on Bob vs tight aligned or veer threat DE in a White look. Call changes scheme to FS zone for FSG/T on DE to Mike. (Supersedes a Slap call)



17. "Jag" - FST call on Base vs tight aligned or veer threat DE in a White look. Call changes scheme to FS vertical zone for FSG/T on DE to Mike. (Supersedes a Slap call)



18. "Gang" - FST call on Bob vs tight aligned or fill threat DE in a Red look. Call changes scheme to full horizontal zone from FST to BST.

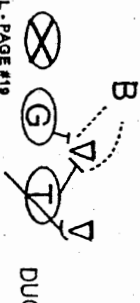


Pass Calls

1. "Packer" - P / A to TE side when you block Gap to your inside and everyone works to BS on Gate principle.



2. "Duo" - FST call used vs Over Defense on stay type protection to TE side.



OFFENSIVE LINE CALLS

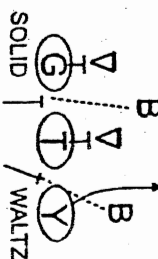
3. "Fan" - BST, FST call if T uncovered and G covered. Call alerts back that he has LB check.



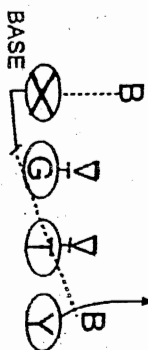
4. "Big Fan" - Usually a BST call when both you and BSG are covered and another rusher is on LOS outside of you in a threat position. Used in a slide protection where C is coming BS to help. Call signifies a full 3 man fan to BS.



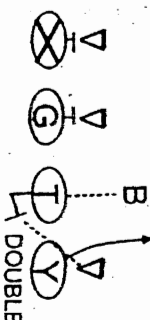
5. "Waltz" - FST vs 5 technique defender (A DE only). Call alerts FSG that he has a man on if covered.



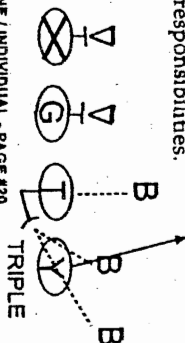
6. "Base" - Man on you is your responsibility in pass. Backs and Guards or Center will block LB's.



7. "Double" - FST on 62/63 vs diamond look. Double check on LB over to outside aligned defender. Drop straight back to intersect outside rusher. Key LB over if he goes inside. He's yours.



8. "Triple" - FST on 62/63 vs dubs look - you are responsible for all three to your side. Same technique as Double with same responsibilities.

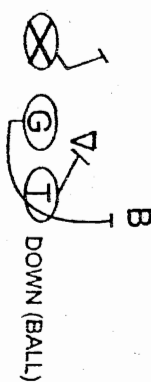


OFFENSIVE LINE CALLS

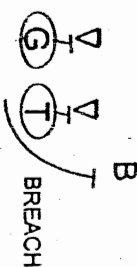
8. "Ed" - FST call on loss when FST uncovered and LB over or to outside. T will pull to block LB.



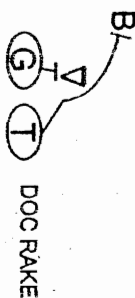
9. "Down" - Call to alert C that you are blocking down on the man covering the Guard. (Ball)



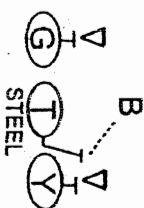
10. "Breach" - FST call. This call alerts FSG that you have man on you all the way. Used on weakside vs reduced look to SE when DE is playing within an arm's reach and LB is outside and someone else's responsibility. (C / FSG must work full reach scheme to front side, usually denotes a clamp call.)



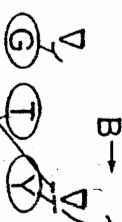
11. "Doc / Rake" - FST call vs MLB look where FST / FSG must block DT and MLB.



12. "Steel" - FST call vs Red look on inside zone plays. Call alerts FSY that you and TE are blocking DE / LB tandem with inside emphasis.

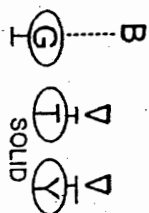


13. "Stag" - FST call vs Red look on outside zone plays. Call alerts FSY that you and TE are blocking DE / LB tandem with outside emphasis.

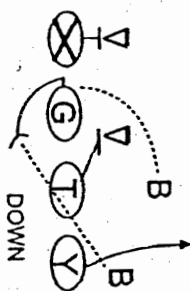


OFFENSIVE LINE CALLS

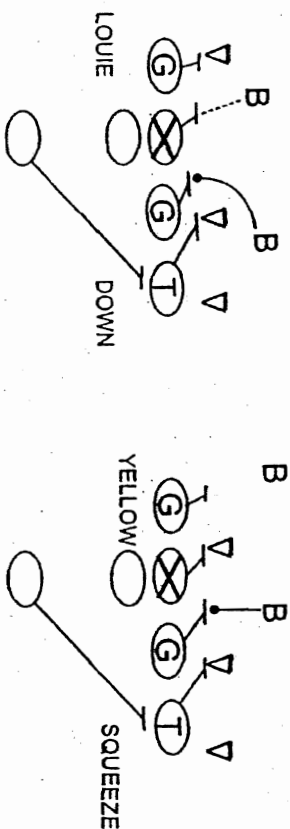
9. "Solid" - FST call to FSX when T and Y are in zone protection to their side.



10. "Down" - FST call on 62 / 63 (64 / 65) with free release FS and FST vs diamond / dubs look when LB Sugarsup into A Gap and FST can't get to him. FST now blocks man over FSG and FSG checks LB in A to our FS.



11. "Squeeze" - FST / BST call vs A Gap threat opposite side of OC's call on 3 step drop (Hand Signal Squeeze). Can also be used on 5 step drop for scat protection to side opposite OC's call.



STANCE AND BASIC BLOCKS

- C. If control is desired, take off should be a little bit higher with emphasis being contact on target that is moving.

CENTER STANCE AND EXCHANGE

1. Stance:

- Feet should be shoulder width or slightly wider.
- Knees turned out directly over feet - should not buckle inward.
- Toes parallel or a little stagger.
- Little heel raise - weight balanced.
- Ball in front and just off right eye - close to center of body line but just slightly off.
- Right hand grips the ball, the "V" or forefinger and thumb is split by seam of ball. Contact the ball with finger tip pressure.
- Left hand placed on left knee.
- Head raised in bull neck position. You must be able to see LB's feet at 3 yards depth.
- Tail almost even with head, save flexibility in the legs.

2. Exchange:

- Lift the ball directly to hand of QB, it should not be a looping motion.
- Natural elbow movement will cause ball to turn slightly. Do not consciously or forcibly turn the ball.
- Keep back flat as ball is snapped, do not dip your head.
- Snap and step are in one motion "Think" your weight to opposite foot which allows the foot to be picked up easier.
- Center is responsible for QB hand pressure. Tell him if you can't feel the location.

STANCE AND BASIC BLOCKS

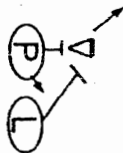
BASIC BLOCKS

1. Base Blocks (Drive):

- You must be in a good stance. Without that, it is impossible to fire out.
- Drive off up foot and step with back. This must be a powerful step. The angle and foot used in step may vary depending on alignment of defender.
- Use a short 6" 1st step and get 2nd step on ground as soon as possible. Don't over stride to cause extension.
- Do not narrow base, as you drive man, keep feet in straight line.
- Point of aim is: Man in stance - chin strap, Man standing - belt buckle - keep head up and eyes open.
- Bring arm up from stance position, make initial contact with outside of forearms, thrust hips up and under and bring feet with you. Follow through and finish man off.
- Sustain the block. Don't stop until you hear the whistle.
- Fight the stalemate by keeping power angle in back after initial hip thrust and feet moving. Widen your base.
- Leverage is important - always try and stay lower than defender.
- Explode through to point beyond. If blocking LB, don't block him until you are on top of man.

2. Power Block (Double Team):

- Post - We want to stop defender's charge and give lead man a clear shot at defender's rear hip.
 - POA - Chin strap of down lineman.
 - Attack man as close to center as possible. Get lift and stop charge.
 - You must try and get under him no matter how low he goes.
 - Once you feel pressure, turn your tail to lead man to seal defender inside - always work to get to this position.



STANCE AND BASIC BLOCKS

BASIC STANCE

1. Balanced Stance:

- Feet under shoulders, pointed straight upfield.
- Feet parallel with stagger no greater than toe instep. (Up foot should be almost flat on the ground.)
- Dominant hand down on the finger tips with distance between elbow and knee around 6-8 inches. Hand should be down from shoulder and directly in front of back foot.
- Weight distribution should be 50% on each foot. Very little weight on hand.
- Back is parallel to ground or at a very slight angle with the butt higher than the shoulders.
- Head is in a natural position. Should be able to see no more than the feet of the man 5 yards away.
- The off arm is comfortably draped on thigh.
- You must be able to "Think" the weight to either foot without physically informing anyone.
- Knees must stay in line with the feet and hips to allow maximum power from legs.
 - We have vertical as well as horizontal splits:
 - Minimum - Tip of helmet on Center's shoulder pads.
 - Maximum - Top of helmet on Center's belt line.
- Take Off:
 - 1st step should be in direction of play call with short 6" step being emphasized. (Lead step.)
 - 2nd step should be in line with blocking angle and emphasis should be to get it on the ground as soon as possible.

STANCE AND BASIC BLOCKS

B. Lead -

1. Step with near foot for a point just behind defender's near hip.
2. Explode into man's hip area and rip up through the armpit to seal and get movement. Maintain good low position throughout this stage.
3. Be under control and don't knock postman off block. He'll swing tail to you for seal and you keep working for movement.

C. Responsibility Exchange -

1. Occurs when man slants toward the lead on snap.
2. Responsibilities are now reversed and proper changes should take place with Minimum delay.
3. Good control at LOS on take off will insure our ability to accomplish this.

3. Hump Technique (Area blocking scheme) (frotside gap):

Guard Reaching on LB

- A. Take a flat lead step, put outside hand on near hip of next down defender to frontside.

- B. Stay in good position and focus on LB for stack or run read.

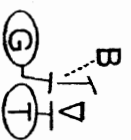
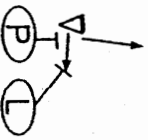
- C. If LB hangs - 1 hand push focus LB and get off when you get there. If LB stacks - 1 hand to 2 hand push and keep head out of block to block drop off LB. If LB runs - 1 hand to 2 hand push and try to displace FST off DT, keep your feet and push.

- D. Tag is same except your POA is near # of defender and take off a little flatter (you'll go to 2 hand push quicker unless LB is really slow). Bury your head as soon as LB passes DT and cover man up! Tackle will get off quicker as he's trying to get outside head gear position.

Tackle on DownMan - Inside foot settle step, POA midline vs 5, or 3" OS midline vs 4, deep shoulder angle and move feet, cover man up, sustain.

Steel - T: Same technique as Guard on Hump.
Y: Same technique as Tackle on Hump.

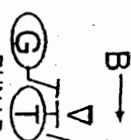
When covered by a Lineman and the Lineman to your inside can pick up inside move: (Hump or Tag).



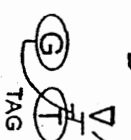
HANG LB



STACK LB



RUN LB



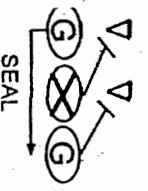
TAG

STANCE AND BASIC BLOCKS

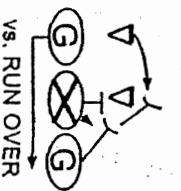
- D. Use good arm whip for explosive hit.

- E. Work up the body.

- F. Quickness of move will insure success.



SEAL



vs. RUN OVER

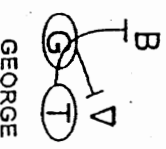
6. Fold Technique - "Chuck, George", "Ted" Calls

- A. Man responsible for down lineman:

1. Base block on man aligned inside or outside of you.

- B. Man responsible for LB:

1. Take lateral step, then cross over
2. Put lead hand on far hip of partner, keep a tight course. (Tex, TE goes 1st.)
3. Keep shoulders square to LOS
4. Base technique on contact, must get movement.



GEORGE

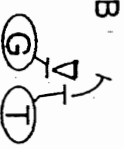
7. Rake Technique - Co-op scheme between 2 linemen when blocking a lineman, LB combination when lineman has leverage on inside offensive player.

- A. Inside Blocker:

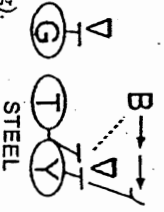
1. Step frontside as on hump technique - good POA is needed.
2. Get head and shoulders beyond by working hard to get there.
3. Don't go to your knees - keep going upfield - maintain outside leverage.

- B. Outside Blocker:

1. Flat step through outside hip of down lineman
2. Make contact with both hands and drive through, don't involve your head in the block.
3. Don't let defender split the zone.
4. Continue to next responsibility which is LB, block with the inside shoulder and keep shoulders square to LOS, cut him off course.



RAKE



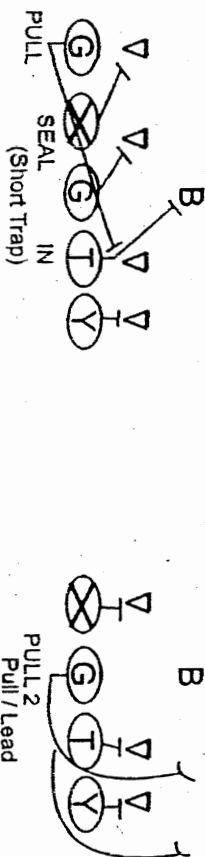
STEEL

STANCE AND BASIC BLOCKS

8. Pulling Technique

A. General Description

1. Weight should be slightly back but don't tip it off.
2. Pulling over up foot, pivot inside heel and open hips, crossover.
3. Pulling over back foot, crossover and get hips open.
4. Turn head quickly.
5. Eyes on the target.
6. Stay low.
7. Never allow an unblocked defender to cross your face.



B. Situations:

Short Trap:

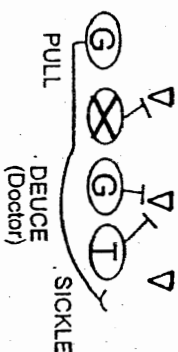
1. Follow basic principles.
2. You will have to go upfield through area of next player.
3. Focus on target as soon as possible.
4. POA - Base of numbers in middle of defender.
5. On contact - explode through, get feet and hips out of hole.
6. Log in only when you can't kick him out.
7. Slip head in the hole, use helmet adjustment.

Pull and Lead:

1. Follow general rules.
2. Stay on LOS, until appropriate seam, running at full speed.
3. Drop inside shoulder when turning upfield.
4. Don't throw, run over.
5. POA is middle of target, to FS# area, go at maximum velocity but under control.

Sickle Pull:

1. Follow general principles.
2. Stay flat for 2 steps then belly back to 45 degree area.
3. Get eyes on defender quickly.
4. Be on balance and be ready to use helmet adjustment.



STANCE AND BASIC BLOCKS

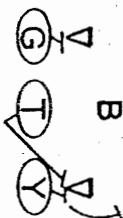
- A. When defender is lined on your outside shoulder. POA should be his midline. Take a short settle step but keep feet going in angle direction. Work to keep proper shoulder angle.

- B. Tag is same except you must get outside leverage. Short lead or flat step on angle working outside as much as possible. Your head must get beyond man's helmet. Read LB for fast flow and get off when he shows.

- C. If he goes inside, stay on angle course to pick up man coming into your area from backside throttle down and keep shoulders on angle to LOS if defender reacts slowly. Cut if he's too fast!

Slag - FST: Same technique as Guard on tag.

FSY: Same technique as Tackle on tag.



STAG

4. "Swipe" - vs a head up technique. Backside Guard and Center must block the middle Guard and Backside LB.

- A. Work together. Read block after the snap.

- B. Backside Guard - Flat step, gather with 2nd step, feel nose with near hand, eyeball LB for hang or scrape. 1 hand push vs hang, 2 hand push vs stack, 2 hand push vs scrape. Try to displace C vs escape. If no pressure from NG, then play off to BSLB - don't overrun BSLB. BSG may displace C off nose if BSLB on dead run.

5. Seal Technique (Used to block an area from which a man is pulling):

- A. Recognize defender's alignment as to depth off the ball.

- B. Step with near foot to near hand of the defensive man. Gain width on 1st step. Stop penetration and keep man out of play. (Head gear in front of defender). (Helmet adjust on move.)

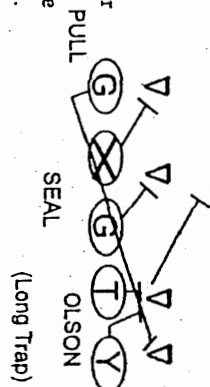
- C. Never use crossover step.



STANCE AND BASIC BLOCKS

Long Trap:

1. Follow general principles.
2. Pull flat along LOS. (Possibly up into LOS if enough movement by FS.)
3. Attack middle of EOL if he's outside contain - Kick him out if he squeezes or attacks.
4. Focus on EOL as soon as possible. Use helmet adjustment as you contact him.



9. Breach Technique - (Man block off a zone scheme):

A. Midline is POA.

B. Don't come forward on 1st step - come out high, under control. Short position step. (Settle.)

C. You must be able to react if man goes inside. Be on balance.

D. Never allow penetration to outside. Anticipate outside charge 1st.

E. Never leave your feet, keep shoulder on angle to LOS, working for movement.

F. Key is to explode through 2nd step after read on defender.

10. Scramble Technique:

A. Flat lateral play side step (angle depends on alignment).

B. POA - 4" above play side knee.

C. Explode with backside shoulder and arm - don't leave feet.

D. On contact, keep head frontside, whip through crotch area while stepping with back foot powerfully - play side and upfield.

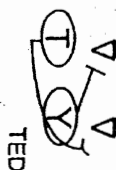
E. If you feel you are losing man to frontside, drop to all 4's and scramble, working upfield toward goal line.

TE / TACKLE TECHNIQUE

1. "TED"

FSY: will block down on DT, step for near hip with head. Try to get head across in front to seal penetration should DT veer to inside. If DT loops or works outside, swing hips upfield in reverse body position and pin him. If DT backs off the ball, plant inside foot, bring your shoulder parallel to the LOS, on your 2nd step drive your head upfield and cut the DT off.

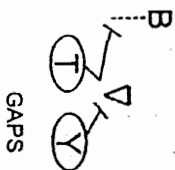
FST: Pull flat or drop with FS foot around down block by FSY - your POA should be FS# or wider. You want to hook Sam to inside - don't let him work parallel to LOS you must get movement back toward original ball placement or backward on stronger line from LOS. (Call Ted off if DT aligned in 4l)



2. "GAPS"

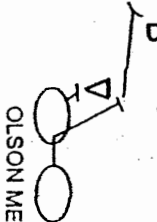
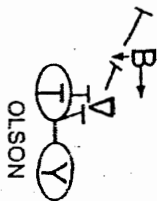
FSY: Step down on DT with near foot for head across position, drive man down LOS flat, allow no penetration. If DT pinches with OT, work upfield on 2nd step to pin LB on the escape technique. If DT works outside or loops, square him up and work back off LOS.

FST: Power thru inside # of DT and get to FSLB with good angle upfield. Don't flatten out on initial step; work north and south to LB. If DT pinches across your face, drive him down LOS with high BS flipper and head across - allow no penetration.



1. "OLSON"

FSY: Cut down split to 2'. 1st step should be semi-flat to inside to get on the outside of # of the DE. 2nd step should be to seal or drive defender straight back if he plays straight or loops. If DT goes to inside, come upfield with 2nd step and look for FSLB to pin if he's inside of you. If he has gone over you, continue to BS for BSLB - don't chase FSLB.

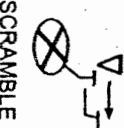
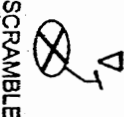
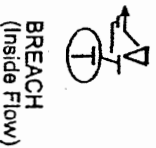
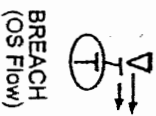
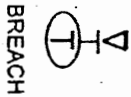
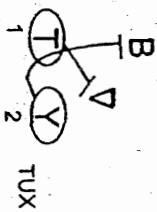
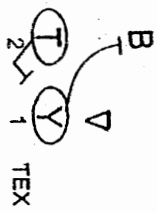


FST: Power thru DT to get upfield to FSLB if he fills B Gap or steps up. If he goes over top, don't chase, work down inside for BSLB. If the DT pinches with you, work head across in front, allow no penetration and work man down LOS. Tackle responsible for inside 1/2, Y responsible for outside 1/2.

4. "TEX"

FSY: You're going 1st. Take best angle to get to LB over FST's head. POA inside # of LB. Block LB high and don't allow him to get to ball. Shield man off.

FST: Pass set and block out on EOL when he rushes. POA is inside #.



OFFENSIVE BACKFIELD FUNDAMENTALS

A. GENERAL - BALL CARRYING

1. WHEN CARRYING THE BALL, RUN WITH FORWARD LEAN. USE ARM WHIP, SHOULDER RAM, LEG KICK, ETC., TO BREAK TACKLES. YOU MUST BE ABLE TO RUN THROUGH ARM TACKLES WITH A SLASHING STYLE OF RUNNING.
2. IGNITE YOUR TEAM BY BREAKING TACKLES AND FIGHTING FOR EXTRA YARDAGE. NEVER GO DOWN FOR LESS THAN THREE (3) TACKLERS.
3. WHEN RUNNING INSIDE, CARRY THE BALL WITH TWO HANDS UNTIL YOU ARE PAST THE LINEBACKERS AND OUT OF THE HEAVY TRAFFIC AREAS. ALSO, COVER THE BALL UP WHEN YOU FEEL MORE THAN ONE TACKLER CONVERGING.
4. SPEED IS IMPORTANT BUT HARD RUNNING WITH AN INTENSE DESIRE TO MAKE YARDAGE IS MORE IMPORTANT. IN PRACTICE, DEVELOP THE HABIT OF SPRINTING FOR 20 YARDS DOWNFIELD AFTER YOU BREAK THE NEUTRAL ZONE. PRACTICE RUNNING HARD UNTIL IT BECOMES A HABIT.
5. ALWAYS RUN TO STAY IN BOUNDS ON THE SIDELINE UNLESS WE'RE TRYING TO STOP THE CLOCK. LOOK FOR OPPORTUNITIES TO TAKE THE BALL BACK INTO THE FIELD.
6. FOLLOW YOUR BLOCKERS. HELP SET UP BLOCKS. KNOW WHAT YOUR BLOCKERS HAVE BEEN TAUGHT. TAKE WHAT THE DEFENSE GIVES YOU.
7. WHEN RUNNING INSIDE THE +20 YARD LINE OR IN SHORT YARDAGE/GOAL LINE, GET LEVELED OFF FOR THE GOAL LINE OR FIRST DOWN AS SOON AS POSSIBLE DON'T CHANGE DIRECTION TOO OFTEN.
8. IF POSSIBLE, WORK THE BALL INTO THE ARM AWAY FROM CONTACT TO KEEP DEFENDERS FROM GETTING A DIRECT HIT ON THE BALL. KEEP YOUR BODY BETWEEN THE BALL AND THE DEFENDER. THIS WILL ALSO ALLOW YOU TO USE YOUR FREE ARM AND SHOULDER TO WARD OFF TACKLERS. NEVER SWITCH THE BALL IN TRAFFIC. KEEP THE BALL TO THE BOUNDARY WHEN RUNNING THE SIDELINE.
9. CAUSE DEFENDERS TO CHANGE THEIR CENTER OF GRAVITY BY MAKING THEM THINK AND MOVE OPPOSITE THE DIRECTION YOU ARE GOING. AS YOU FAKE, DO SO ON THE MOVE AND UPFIELD.

10. IN THE OPEN FIELD IN A ONE ON ONE SITUATION, DON'T START YOUR MOVES TOO FAR AWAY FROM THE DEFENDER. GET RIGHT ON TOP OF HIM BEFORE YOU MAKE YOUR CUT.
11. ALWAYS EXPECT TO BE HIT. SECURE THE BALL TO PREVENT FUMBLING. KEEP THE BALL IN OUR TEAM'S POSSESSION.
12. ALWAYS FALL FORWARD TOWARD THE GOAL LINE IF YOU ARE GOING DOWN. COVER THE BALL WITH BOTH ARMS AND HANDS.
13. THERE ARE THREE BASIC RESPONSIBILITIES WHICH RUNNING BACKS MUST MASTER TO BE SUCCESSFUL AT THIS LEVEL. THEY ARE: (1) RUNNING WITH THE BALL, (2) BLOCKING THE BLITZ, AND (3) CATCHING THE FOOTBALL. YOU MUST BE A COMPLETE PLAYER.
14. SPEED AND QUICKNESS ARE IMPORTANT. HARD RUNNING WITH AN INTENSE DESIRE TO MAKE YARDS IS MORE VALUABLE. DRIVE FOR YARDS. STRUGGLE FOR FEET. FIGHT FOR INCHES. REMEMBER GOOD BACKS ARE MEASURED BY HOW MANY YARDS THEY GAIN AFTER THE FIRST HIT BY A DEFENDER (YARDS AFTER CONTACT). YOU MUST BE ABLE TO BREAK OR AVOID THE FIRST TACKLER.
15. ALWAYS KNOW THE DOWN AND DISTANCE. BE GETTING THE NECESSARY YARDS. WE WILL MAINTAIN THE BALL POSSESSION WE NEED TO KEEP OUR DRIVES ALIVE.
16. RUNNING VISION IS ONE OF THE MOST IMPORTANT ATTRIBUTES OF A GOOD BALL CARRIER. FOLLOW YOUR BLOCKERS AND HELP SET UP THE BLOCKS. "THINK AND RUN WITH YOUR EYES" AS WELL AS YOUR INSTINCTS.
17. GET SQUARED UP AND UPIELD AS SOON AS POSSIBLE. TOO MANY MOVES WILL BE UNPRODUCTIVE.
18. KEEP YOUR FINGERS OVER THE NOSE OF THE BALL AND FLOCK IT SECURELY BETWEEN YOUR FOREARM AND BODY.
19. NEVER SWITCH THE BALL IN TRAFFIC. TRY TO COVER THE BALL WITH BOTH ARMS WHEN IN HEAVY TRAFFIC.
20. DO NOT FUMBLE!

2. TAILBACKS (2 POINT: HB IN I FORMATION OR NICKEL FORMATION)

- A. FEET:
PARALLEL AND SHOULDER WIDTH APART WITH WEIGHT ON INSIDE OF FEET. TOES POINTED STRAIGHT UPIELD WEIGHT MAINLY ON INSIDE BALLS OF FEET. USE AS STARTING BLOCKS.
 - B. KNEES:
COCKED INSIDE IN LINE WITH INSIDE OF FEET AND ANKLES
 - C. HANDS:
JUST ABOVE KNEES. KEEP KNEES COCKED INSIDE.
 - D. HEAD AND SHOULDERS:
SQUARE AND NOT AHEAD OF KNEES.
 - E. BACK:
STRAIGHT AND WITH A "SIT DOWN" EFFECT. BEND AT THE KNEES AND NOT THE WAIST.
 - F. WEIGHT:
EVENLY DISTRIBUTED TO ENABLE YOU TO START IN EITHER DIRECTION WITHOUT FALSE STEPPING.
 - G. OPI: WHEN BACKS ARE SHIFTING INTO DIFFERENT ALIGNMENTS AND FORMATIONS, THEY SHIFT QUICKLY. MAKE SURE YOU DON'T GIVE THE PLAY AWAY BY LEANING OR CHANGING YOUR STANCE.
- START
1. HIT OUT ON THE COUNT AND DON'T FALSE STEP
 2. SPEED IN STARTING CAN BE THE DIFFERENCE BETWEEN GREATNESS AND MEDIOCRITY. IT DETERMINES THE WINNER.
 3. USE A LEAD CROSSOVER STEP WHEN GOING PARALLEL TO THE LOS.
 4. WHEN GOING FORWARD, PUSH OFF YOUR FAVORITE LEG.
 5. THE FIRST FIVE YARDS ARE THE IMPORTANT PART OF YOUR CARRY.
 6. USE YOUR 2ND STEP FOR ACCELERATION. DO NOT FALSE STEP OR OVERSTRIDE.
 7. THROW YOUR HEAD AND BODY IN THE DIRECTION YOU ARE GOING.
 8. LIVE YOUR ARMS. THEY WILL AID YOU IN STARTING AND RUNNING.
 9. SOME DROP STEPS AND SOME COUNTER STEPS WILL BE USED ON DESIGNATED PLAYS.

D. EXCHANGE

1. AS YOU TAKE YOUR FIRST STEP, FOCUS YOUR EYES ON THE BLOCKS AT THE HOLE SO THAT YOU CAN RUN FOR DAYLIGHT.
2. WE WILL LEAVE THE WAY YOU TAKE THE FOOTBALL TO YOUR DISCRETION. WE WOULD PREFER, HOWEVER:
 - A. YOUR ELBOW TO THE SIDE OF THE QB SHOULD BE SHOULDER HIGH, THE FOREARM PARALLEL TO THE GROUND AND YOUR THUMB POINTED DOWN THE MIDDLE OF THE STERNUM TO KEEP THE ELBOW UP.
 - B. THE FAR ARM SHOULD BE PLACED ACROSS THE BELT, WITH PALM UP TO ACT AS A SHELF. THE ELBOW SHOULD BE SLIGHTLY RAISED AWAY FROM HIP TO ACT AS BACKSTOP.
3. LET THE QB PUT THE BALL IN THE POCKET, DON'T SLOW DOWN TO RECEIVER THE BALL.
4. DON'T GRAB, REACH, OR SCOOP FOR THE BALL. TAKE IT BY FEEL. COVER OVER THE BALL AS YOU FEEL IT BY BRINGING THE UPPER HAND DOWN TO COVER THE OUTSIDE PORTION OF THE BALL AND LOWER SHELF HAND OVER THE FRONT POINT OF THE BALL, PUTTING IT IN A CARRYING POSITION.

E. BALL CARRYING

1. THE NOSE OF THE BALL RESTS IN YOUR HAND WITH THE FORWARD POINT OF THE BALL RESTING AGAINST THE "WEB" OF THE FINGERS. ALL OF THE FINGERS ARE GRIPPED TIGHTLY AROUND THE BALL. THE REAR OF THE FOOTBALL RESTS NEAR THE CROOK OF THE ELBOW. PUT GOOD PRESSURE ON THE REAR OF THE BALL WITH THE ELBOW AND ARM. THIS KEEPS THE BALL AGAINST YOUR BODY AND IN A VICE GRIP CAUSED BY THE FIVE PRESSURE POINTS:
 - A. FINGERS WRAPPED AROUND THE NOSE OF THE BALL
 - B. THE PALM OF THE HAND.
 - C. INSIDE PORTION OF THE FOREARM.
 - D. INSIDE PORTION OF THE BICEP.
 - E. THE RIB AREA.
2. AFTER EVERY HANDOFF OR CATCH, IN PRACTICE OR IN THE GAME, THE BALL SHOULD BE LOCKED AWAY IMMEDIATELY TO THIS POSITION. KEEP THE BALL LIKE THIS WHILE RUNNING WITH IT AND YOU WILL NOT FUMBLE. THIS WILL BE REFERRED TO AS SECURING THE BALL.

B. STANCE

1. HALFBACK AND FULLBACK (3 POINTS)

- A. **FEET:**
PARALLEL, TOE AND INSTEP ARE NO MORE THAN TOE AND HEEL STAGGER. WEIGHT EVENLY DISTRIBUTED ON THE INSIDE BALLS TO USE AS A STARTING BLOCK. SHOULDER WIDTH APART. TOES POINTED STRAIGHT UPFIELD AND HEELS COCKED SLIGHTLY TO THE OUTSIDE.
- B. **KNEES:**
COCKED INSIDE - IN LINE WITH FEET/ANKLES. BEND KNEES ENOUGH TO FLATTEN BACK AND MAKE POWER PRODUCING ANGLES.
- C. **SHOULDERS:**
SQUARED AND PARALLEL WITH THE GROUND. SHOULD EXTEND OVER TOES.
- D. **HEAD AND EYES:**
SLIGHTLY RAISED AND LOOKING STRAIGHT AHEAD. ENOUGH TO GET A PRE-SNAP LOOK. LOOK OUT OF THE TOP OF YOUR EYES. DON'T GIVE PLAY AWAY BY STARING AT DIRECTION YOU WILL GO. DO NOT POINT.
- E. **ARMS:**
THE UP ARM IS BEND AT THE ELBOW. THE FOREARM RESTING JUST OUTSIDE THE KNEE. HAND LOOSELY FISTED IN A RELAXED POSITION. THE DOWN HAND (EITHER RIGHT OR LEFT) REACHES OUT FROM THE SHOULDER TO A POINT EVEN WITH THE TIP OF THE HEAD GEAR AND ON A LINE JUST INSIDE THE REAR FOOT. THIS ARM AND HAND ARE FOR BALANCE, NOT WEIGHT SUPPORT. THE LENGTH OF REACH CAN VARY ACCORDING TO THE FORWARD WEIGHT NEEDED TO EXECUTE A PARTICULAR ASSIGNMENT, HOWEVER.
- F. **FINGERS:**
DOWN HAND USES A FIVE FINGER BRIDGE.
- G. **WEIGHT:**
EVENLY DISTRIBUTED ON INSIDE BALLS OF THE FEET TO ENABLE YOU TO START IN ANY DIRECTION WITH EASE. BE CERTAIN THAT YOU DON'T GIVE THE PLAY AWAY BY LEANING, LOOKING OR CHANGING YOUR STANCE.
- H. **GP:** MAKE SURE YOU DON'T GIVE PLAY AWAY BE LEANING OR CHANGING YOUR STANCE. CONCENTRATE AND LINE UP PROPERLY IN YOUR STANCE AT ALL TIMES.

F. POINTS OF AIM AND COURSES

1. IN ORDER TO OBTAIN A GOOD MESH BETWEEN THE QB BLOCKER OR FAKER AND BALL CARRIER, WE ESTABLISH POINTS OF AIM AND COURSES.
2. A POINT OF AIM AND PATH IS THE REFERENCE POINT AT WHICH THE BALL CARRIER AND BLOCKER/FAKER DIRECT THEIR INITIAL COURSE.
3. A POINT OF AIM AND PATH IS ESTABLISHED ACCORDING TO THE DESIGN OF THE BACKFIELD ACTION.
4. A POINT OF AIM AND PATH MAY BE ANY PART OF ANY OFFENSIVE OR DEFENSIVE PLAYER.

G. FAKING - FAKING IS A VITAL PART OF OFFENSIVE BACKFIELD PLAY.

1. A GOOD FAKE HELPS OUR BLOCKERS. IT TAKES THE PLACE OF A DOUBLE TEAM. IF YOU FAKE WELL, WE DON'T NEED TWO BLOCKERS TO ATTACK ONE MAN.
2. AN EXCELLENT FAKE WILL ACCOUNT FOR THREE OR FOUR MEN WHILE A GOOD BLOCK WILL ACCOUNT FOR ONE OR TWO.
3. CARRY OUT YOUR FAKE BEYOND THE LINEBACKERS. FAKE HARD!!
4. AS YOU HIT THE LOS, LOOK FOR PEOPLE TO RUN OVER. MAKE IT LOOK LIKE YOU ARE BEING TACKLED. HUNT UP LINEBACKERS - THEY ARE PEOPLE WE CAN FAKE AND HOLD.
5. DO NOT LOOK AT THE GROUND WHEN FAKING. THE DEFENSE WILL NOT RESPECT THE FAKE.
6. YOUR HEAD, ARM AND HAND WORK SHOULD ALL BE THE SAME AS WHEN YOU RECEIVE THE BALL. DO NOT OVER-FAKE, IT HAS TO BE AS NATURAL AS A NORMAL HANDOFF.
7. FAKING IS ONE OF THE "LITTLE THINGS" THAT MAKE THE DIFFERENCE. HAVE PRIDE AND CARE ABOUT EVERYTHING YOU DO.

H. DAYLIGHT RUNNING

1. THIS IS ONE OF THE GREATEST ATTRIBUTES OF A FINE RUNNING BACK - HAVING VISION TO SEE DAYLIGHT.

BACKFIELD TERMINOLOGY

FULLBACK POSITION:

ALIGN BEHIND QB WITH TOES 5 YARDS FROM THE BACK TIP OF THE BALL.

TAILBACK POSITION:

ALIGN BEHIND QB WITH TOES 6 YARDS FROM THE BACK TIP OF THE BALL.

NEAR HALFBACK POSITION:

ALIGN FOOT TO FOOT OF THE STRONG TACKLE WITH TOES 5 YARDS FROM THE BACK TIP OF THE BALL.

FAR HALFBACK POSITION:

ALIGN FOOT TO FOOT OF THE WEAK TACKLE WITH TOES 5 YARDS FROM THE BACK TIP OF THE BALL.

EMOL:

END MAN ON LINE OF SCRIMMAGE

MDM:

MOST DANGEROUS MAN

COVERED:

OFFENSIVE LINEMAN COVERED BY A DOWN DEFENSIVE LINEMAN.

BUBBLE

OFFENSIVE LINEMAN COVERED BY A LINEBACKER.

HOT:

DESIGNATES A RECEIVER TO KEY A DEFENDER'S BLITZ TO BREAK A CALLED ROUTE AND/OR LOOK IMMEDIATELY FOR THE BALL.

OPEN:

A SHORT LATERAL STEP TOWARD THE DIRECTION OF THE PLAY CALLED.

LEAD STEP:

FULL LATERAL STEP TOWARD THE DIRECTION OF THE PLAY CALLED.

ANGLE STEP:

SHORT STEP TOWARD LOS BEING GREATER THAN 90 DEGREES AND LESS AND 180 DEGREES

COUNTER:

A STEP OR STEPS OPPOSITE THE DIRECTION OF THE PLAY CALLED.

JAB:

A QUICK STEP OPPOSITE THE DIRECTION OF THE PLAY CALLED.

MAX: CHANGES 5 STEP DROP TO 7 STEP DROP BY QB (ADD 2 YARDS TO 5 STEP ROUTE DEPTH)

DUAL READ: BACK IS RESPONSIBLE FOR PASS BLOCKING THE MOST DANGEROUS OF TWO DESIGNATED LBERS OR THE SAFETY TO HIS SIDE.

GAP: CHANGE OF BLOCKING ASSIGNMENT BETWEEN BACK AND GUARD WHEN A GUARD IS COVERED BY A DOWN LINEMAN AND A BLITZER IS IN THE A-GAP.

TRIANGLE READ: BACK SETS BEHIND GUARD AND READS FROM CENTER TO THE TACKLE TO HELP WHERE NEEDED. DO NOT BACK UP OR PLACE HANDS ON AN OFFENSIVE LINEMAN.

STAY PROTECT: BACK HAS NO ROUTE BUT IS ASSIGNED A SPECIFIC GAP OR DEFENDER TO SECURE AGAINST THE BLITZ.

FAN: GUARD AND TACKLE BLOCK FIRST AND SECOND MAN ON THE LOS RESPECTIVELY - BIG ON BIG! BACK IS RESPONSIBLE FOR THE LB TO THE SIDE OF THE FAN.

TAB: A NEAR BACK AND WEAK TACKLE WORKING AN AREA BLOCK TO CUT OFF BACKSIDE PURSUIT.

CHECK RELEASE: A RUNNING BACK HAVING A BLOCKING RESPONSIBILITY BEFORE RELEASING INTO HIS PATTERN.

FREE RELEASE: A BACK HAVING NO BLOCKING RESPONSIBILITY BEFORE RELEASING INTO HIS PATTERN.

CHIP: A TECHNIQUE TO "BUMP" A DEFENSIVE LINEMAN ON THE WAY INTO A ROUTE.

2. YOU MUST KNOW AND STUDY DEFENSES AND BLOCKING SCHEMES SO THAT YOU CAN ANTICIPATE WHERE THE OPENING IS LIKELY TO BE. RUN WITH YOUR "HEAD" AS WELL AS YOUR FEET.

3. ALL BALL CARRIERS SHOULD HIT THE POINT OF ATTACK WITH SHOULDERS SQUARED AND AS PERPENDICULAR TO THE LOS AS POSSIBLE. THIS WILL PERMIT YOU TO BREAK IN ANY DIRECTION.

4. YOU MUST CONCENTRATE ON THE POINT OF ATTACK.

5. GET INTO THE DETERMINED HOLE BEFORE YOU BREAK TO DAYLIGHT.

6. MAKE SHALLOW BREAKS OR CUTS. DON'T SHOW TOO SOON. HELP KEEP PEOPLE BLOCKED AND MOVING BEFORE YOUR BREAK. ONCE YOU SEE THE HOLE, DON'T STUTTER STEP. HIT THE HOLE - NOW!

7. MOST OF OUR PLAYS REQUIRE THE BALL CARRIER TO OBSERVE AND RUN ACCORDING TO THE REACTION OF A SPECIFIC DEFENSIVE MAN. BE SURE YOU READ THIS MAN.

BACKS PASS PROTECTION FUNDAMENTALS

A. BASE PASS BLOCK

THE BLOCK USED BY A BACK TO BLOCK A BLITZING LINEBACKER OR RUSHING DEFENSIVE LINEMAN. IT AMOUNTS TO A FACE UP, BUTT BLOCK. YOU MUST PREVENT THE DEFENSIVE LINEMAN OR LINEBACKER FROM GETTING TO OUR QB.

B. TECHNIQUE

STEP WITH NEAR FOOT TOWARD DEFENDER'S CROTCH COMING UNDER CONTROL TO MAKE YOUR INITIAL BLOW AS CLOSE TO THE LOS AS POSSIBLE. FOCUS ALL YOUR ATTENTION ON YOUR MAN. DO NOT KNOCK AN OFFENSIVE LINEMAN OFF HIS BLOCK! YOUR EYE TARGET AREA IS THE BOTTOM MIDDLE OF YOUR MAN'S NUMBERS. PROTECT INSIDE-OUT.

1. PRESNAP READ AND INITIAL REACTION - LOCATE YOUR LINEBACKER. IF HE RUSHES, MAINTAIN VISION ON HIM. IF HE DROPS TO PASS COVERAGE, RUN ROUTE CALLED OR SWITCH YOUR CONCENTRATION TO HELP IN AN ASSIGNED AREA - TRIANGLE READ - OR HELP ON A DESIGNATED DEFENDER.

2. APPROACH - GET POSITION TO GIVE THE OUTSIDE RUSHER ONE WAY TO GO (TO THE OUTSIDE). ALWAYS KEEP YOUR EYES ON THE TARGET AREA OF THE RUSHER. WHEN YOU UNCOIL, DO SO WITH A SHORT BUT POWERFUL SIX INCH POP SO THAT YOU ARE ABLE TO KEEP YOUR BALANCE AND MAINTAIN A GOOD FUNDAMENTAL HITTING POSITION.

3. CONTACT - STRIKE THE RUSHER THROUGH THE NUMBERS WITH YOUR FACE AND SIMULTANEOUSLY WITH THE HEELS OF YOUR HANDS. (DRIVE YOUR HANDS UP THROUGH THE RUSHER'S LOWER CHEST AREA). UNCOIL ON THE RISE WITH YOUR HELMET UNDER HIS CHIN. RECOIL, GIVE GROUND GRUDGINGLY BUT ALWAYS MAINTAIN POSITION WHERE THE RUSHER HAS TO GO THROUGH YOU TO GET TO THE QB. MAKE SQUARE CONTACT ON DEFENDER.

USE THE DEFENDER'S MOMENTUM TO HELP YOU WHERE YOU HAVE TO. IF HE IS AN OUTSIDE RUSHER, HOLD AN INSIDE POSITION UNTIL HE GETS EVEN WITH YOU, THEN ENGAGE HIM FROM THE INSIDE OUT. LET HIS MOMENTUM CARRY HIM PAST THE QB. IF HE IS AN INSIDE RUSHER, TAKE A STAND UNTIL HE GETS IN FRONT OF YOU, THEN SLAM HIM AND DRIVE HIM INTO THE PILE IN THE MIDDLE.

7.

YOUR ABILITY TO ANALYZE AND CORRECT YOURSELF CANNOT BE OVER-EMPHASIZED. BE FLEXIBLE AS TO YOUR METHOD OF ATTACK. IF YOU ARE GETTING LICKED USING ONE METHOD, YOU MUST MAKE SOME CHANGES. HOWEVER, YOU MUST HAVE CONFIDENCE THAT IF YOU ARE DOING IT THE WAY YOU BELIEVE IN, YOU WILL HANDLE YOUR MAN AN EXCELLENT PERCENTAGE OF THE TIME. ALWAYS HAVE A PRIMARY AND AT LEAST ONE SECONDARY PLAN THAT YOU CAN GO TO. NEVER HAVE TO LIVE AND DIE BY THE SAME OLD TECHNIQUE.

8.

NEVER GUESS. YOU ARE WRONG WHEN YOU GET BEAT BECAUSE YOU "THOUGH HE WAS GOING TO DO SOMETHING ELSE". SET QUICKLY AND REACT TO HIS MOVES.

9.

REMEMBER THAT PASS PROTECTION FUNDAMENTALS ARE THINGS THAT YOU MUST THINK ABOUT AND WORK ON FOR AS LONG AS YOU PLAY IN THE NATIONAL FOOTBALL LEAGUE. THE TOUGHER THE SITUATION AND YOUR OPPONENT, THE LESS YOU EXPERIMENT AND THE MORE YOU EMPHASIZE BASIC FUNDAMENTALS.

10.

ALTHOUGH WE REALIZE YOU CAN ONLY HOLD OFF YOUR RUSHER A LIMITED PERIOD OF TIME, YOU MUST ACCEPT THE RESPONSIBILITY OF PROVIDING WHATEVER TIME IS NECESSARY TO GET THE BALL OFF. NEVER USE THE EXCUSE OR ALIBI THAT YOU HAD YOUR MAN LONG ENOUGH IF THE QB IS SACKED. IF THE QB IS SACKED, WE ALL FAILED. DO NOT ANTICIPATE THE WHISTLE. GIVE EVERYTHING YOU HAVE UNTIL THE WHISTLE BLOWS!

BACKS PASS RECEIVING BASICS

MENTAL APPROACH

1. TAKE PRIDE IN YOUR RECEIVING SKILLS
2. CATCH EVERY PASS THROWN TO YOU IN PRACTICE AND GAMES.
3. WORK HARD TO CONTINUOUSLY IMPROVE YOUR RECEIVING SKILLS.
4. BE CONSISTENT. EVERY CATCH IS THE "BIG CATCH" THAT CAN DETERMINE THE OUTCOME OF THE GAME.

RELEASE

1. KNOW THE PROTECTION RULES OF THE LINE IN THE RELEASING AREA SO A QUICK RELEASE CAN BE TAKEN WITHOUT OBSTRUCTING LINE BLOCKING.
2. STUDY THE RUSH LINES OF THE DEFENSIVE LINE SO THAT A QUICK RELEASE WITH NO HOLD UP IS EXECUTED.
3. NEVER BE KNOCKED DOWN, HELD UP, OR SHOVED OUT OF YOUR BASIC PATTERN. IF YOU ARE DELAYED, DON'T PANIC! MAKE AN ADJUSTMENT AND GET BACK INTO PATTERN.

PATTERN

1. EVERYONE IN THE PATTERN IS ELIGIBLE... NEVER STOP WORKING TO GET FREE. YOU MUST ALWAYS THINK THE BALL IS GOING TO BE THROWN TO YOU.
2. THE BACKS MUST RUN GOOD, FAST ROUTES TO FORCE LBS TO COVER CLOSELY OR YOU WILL GET OPEN AS THE PRIMARY RECEIVER.
3. BE A DISCIPLINED ROUTE RUNNER. RUN PASS ROUTES CORRECTLY AT THE PROPER DEPTH IN A MINIMUM AMOUNT OF TIME. THE MOST COMMON ERROR IS TO NOT BE DEEP ENOUGH.
4. RUN ALL PASS ROUTES FULL SPEED.
5. KNOW EVERYONE'S ROUTE IN THE PATTERN.
6. ANYTIME THE QB SCRAMBLES, WORK BACK TOWARD HIM. FIND AN OPEN AREA.
7. AFTER THE BALL IS CAUGHT BY ANOTHER RECEIVER, GET INTO A POSITION TO BE A BLOCKER. DO NOT MAKE AN ILLEGAL BLOCK

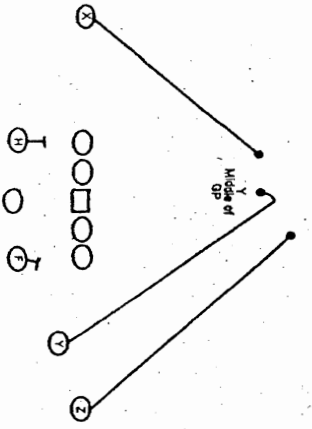
C. COACHING POINTS

1. LOCATE YOUR MAN WITH A PRE-SNAP READ
2. GET YOUR EYES ON THE RUSHER AS SOON AS POSSIBLE.
3. ESTABLISH GOOD POSITION AND ENGAGE HIM AS CLOSE TO THE LOS AS POSSIBLE WITHOUT KNOCKING AN OFFENSIVE LINEMAN OFF HIS BLOCK.
4. DO NOT DUCK OR TURN YOUR HEAD AWAY NOR CLOSE YOUR EYES AND DO NOT CUT. KEEP HEAD UP!!
5. OVER ANXIOUSNESS AND OVER AGGRESSIVENESS GETS YOU OFF BALANCE AND CAUSES BAD FUNDAMENTAL POSITION.
6. DO NOT LEAN OR OVER EXTEND TO CONTACT THE RUSHER. KEEP A LOW CENTER OF GRAVITY WITH YOUR KNEES BENT, HEAD UP, AND YOUR EYES OPEN.
7. ON ENGAGEMENT WITH THE RUSHER (IF NOT GRABBED), RECOIL AND GET READY TO DELIVER ANOTHER "BLOW"
8. MOVE TO POSITION ONLY BY SHUFFLING YOUR FEET. NEVER CROSS OVER.

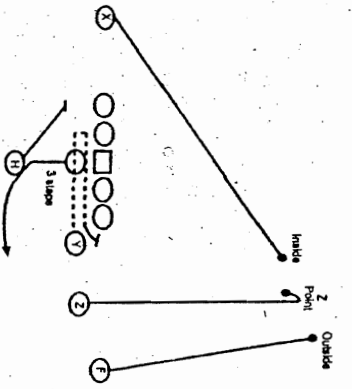
D. GOLDEN RULES

1. IF YOUR MAN SLIPS AND IS AT YOUR FEET, ATTACK HIM AND TAKE YOUR BEST LEGAL SHOT.
2. IF HE JUMPS IN FRONT OF YOU, DRIVE YOUR SHOULDER INTO HIS GROIN AREA. DO NOT LET HIM GET AWAY WITH BATTING DOWN A PASS.
3. IF YOU HAVE ERRED IN PROTECTION AND LOST YOUR MAN, PIVOT AND RACE TO A CUT-OFF SPOT TO INTERCEPT YOUR MAN.
4. NEVER QUIT OR LET UP UNTIL YOU HEAR THE WHISTLE. DO NOT BE LOOKING DOWNFIELD TO SEE WHO IS OPEN. STAY AFTER YOUR MAN UNTIL THE BALL IS THROWN. THEN LOCATE THE BALL AND COVER DOWNFIELD.
5. CARRY OUT YOUR ASSIGNMENT ALONE. NEVER BE DEPENDENT ON A FREE MAN TO DO YOUR JOB. HE MAY NOT BE ABLE TO HELP YOU.
6. NEVER LOSE YOUR POISE IF YOU BREAK DOWN ONCE. IMMEDIATELY BEGIN CONCENTRATING ON THE NEXT PLAY. ON THE SIDELINE, BETWEEN SERIES, ANALYZE YOUR TECHNIQUE AND THAT OF YOUR OPPONENT AND CORRECT YOUR ERROR. (EXAMPLE: DID YOU SHUT YOUR EYES? WAS YOUR HEAD DOWN? WHAT DID HE DO TO CAUSE THE BREAKDOWN? WHAT DID YOU DO TO CAUSE THE BREAKDOWN?).

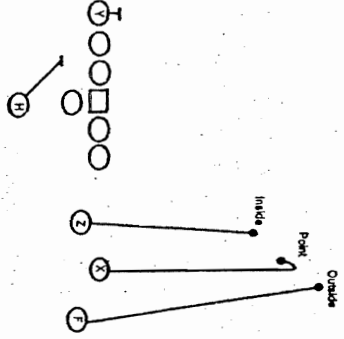
Gun 6 Flex
82 Goalpost



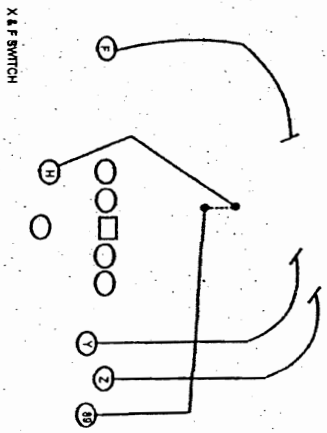
0 Out Yig
258 Jump Ball



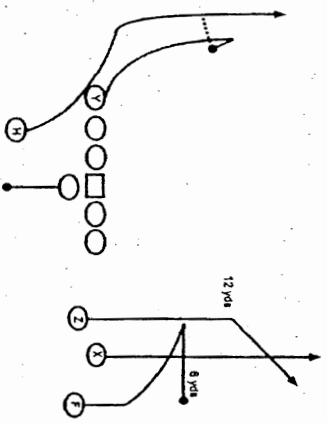
1 Trip
51 Gap Half-Mary



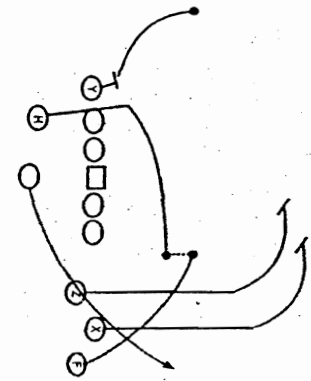
Jet R/Bunch
72 L.A. Express



(H) 9 Trio
73 Hook & Lateral (Stack Pass)

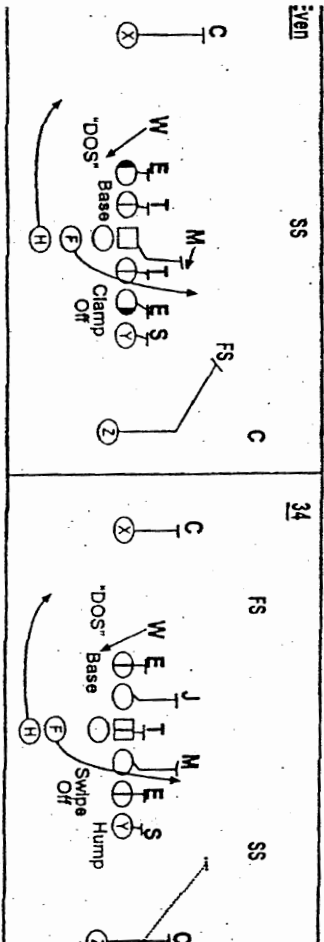


(H) 9 Trio
75 Slow Panther Express



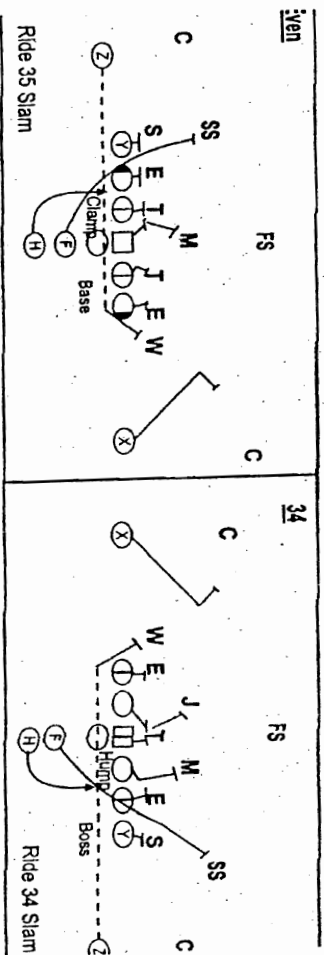
RIDE SERIES

THE RIDE SERIES IS WHERE THE QUARTERBACK FACES OUT TO THE PLAY NUMBER CALLED AND THE HANDOFF POINT IS ON THE SAME SIDE.



Concept: Quick pitch to backside from zone action. **RED = Run BLACK = Pitch**
 Note: Gameplan could include Hand-off or Pitch call.

Y	Block 34-35 Zone.
ROUNTSIDE TACKLE	White- Hump Red- Steel or Rake
ROUNTSIDE GUARD	White- Hump Red- Clamp / Possible Rake
ENTER	Block 34-35 Zone w/ "OFF" possibilities.
CKSIDE GUARD	Red or White- Combo w/ BST or OC to seal flow LB. Possible "OFF"
CKSIDE TACKLE	Red- Rake w/ BSG to seal BSLB. White- Base
FB	Fake 24-25 Dive.
HB	Jab step, take pitch.
X	Block Force.
Z	Block Safety to Corner.
QB	Reverse out, token fake to FB, & pitch to HB.



Concept: TE side vertical push play.

Y	White- Breach man on Red- Fan for outside support defender. (Steel Fan)
ROUNTSIDE TACKLE	White- Hump Red- Fan
ROUNTSIDE GUARD	White- Hump Red- Fan
CENTER	Scoop Swipe Swamp Clamp Possible Cop w/ FSG.
JACKSIDE GUARD	White- Swipe Red- Reach Swamp Possible Cop w/ OC
JACKSIDE TACKLE	White- Tab Red- Reach
FB	vs. Frontside Guard uncovered Block Force. vs. Even Dbl Tom block Sam-Inside of TE vs. vs Dubs block bubble player.
HB	Lead, Crossover, Roll.
X	Safety to Corner.
Z	Cutter Block (EMOL).
QB	Open to Hole, Fake Keep Pass after handoff.

Ride 32 Slam

Ride 34 Slam

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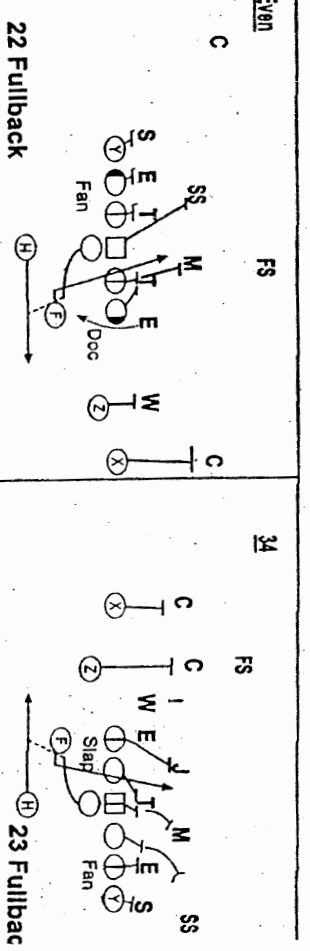
Under Tom	Even Stack
Even Double Tom	Over Stack
Over Tom	Over Double Tom
Over Stack	Over Wide Joker
Big Dubs	Diamond

Slant 25 Zone Pitch R1

Slant 24 Zone Pitch L1

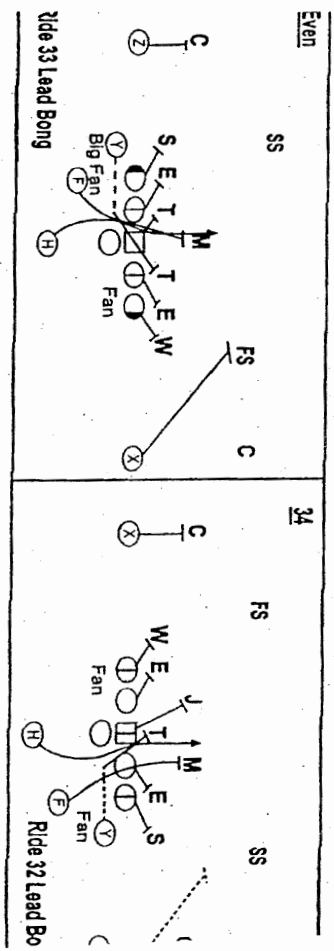
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Under Tom	Even Stack
Even Double Tom	Over Stack
Over Tom	Over Double Tom
Over Stack	Over Wide Joker
Big Dubs	Diamond



Concept: Inside running play with Dive Option possibilities. RED = Run BLACK = Pitch

Y	Man #3	Fan / Reach	
FRONTSIDE TACKLE	Man #2	White- 1/2 Olson	Red- Doc / Reach
FRONTSIDE GUARD	Man #1	White- Slap	Red- Doc / Reach
CENTER	Man #0	Slap / Fan	
BACKSIDE GUARD	Man #1	Inside Lead Step	Fan / Reach / Solid
BACKSIDE TACKLE	Man #2	Inside Lead Step	Fan / Solid / Reach
FB	Aiming Point - Inside leg of OG. Pre-Snap Read Front. Expect ball if will LB outside DE.		
HB	Fake Toss 37-36 Base. Expect toss if Will LB is aligned inside DE. Full Fake!		
X	Block Man On.		
Z	Block #2 from outside.		
QB	Open to Hole. Bring ball back to FB. Fake Pitch to HB after handoff. Fake Keep Pass if single back.		



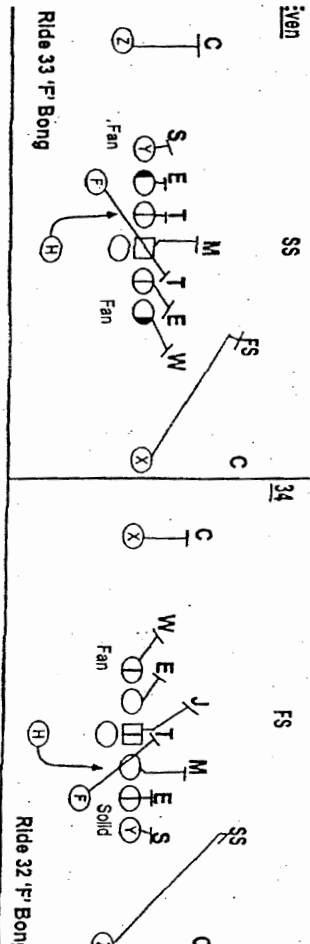
Concept: Lead play featuring Bong and Fan blocking.

Y	Block nose vs Odd Block on course to BST vs Even		
FRONTSIDE TACKLE	Red or White- Fan		
FRONTSIDE GUARD	Red or White- Fan		
CENTER	Block LB opposite the shade. vs Even block LB to frontside. vs Diamond or Dubs block LB opposite call vs 34 block LB opposite call		
BACKSIDE GUARD	White- Fan. Red- Con vs Even w/ Tom, Fan vs Even. Possible reach w/ BST vs Safety down to backside		
BACKSIDE TACKLE	White- Fan. Red- Con vs Even w/ Tom, Fan vs Even. Possible reach w/ BSG vs Safety down to backside		
FB	Mike LB (Possible Spot blocking by gameplan)		
HB	Open, cross over, hug bong block.		
X	Block force.		
Z	Block force.		
QB	Open step. 45 degrees to the side of the hole called.		

Under Tom	Even Stack
Over Tom	Over Double Tom
Over Stack	Over Wide Joker
Big Dubs	Diamond

Under Tom	Even Stack
Over Tom	Over Double Tom
Over Stack	Over Wide Joker
Big Dubs	Diamond

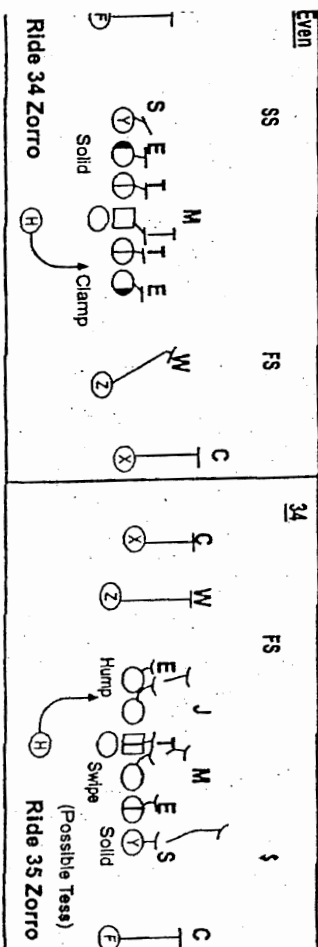
Ride 32-33 'F' Bong



Concept: Bong play from 2 back. Could be 'Y' Bong from 1 Back vs 6 in the box.

Y	Red - Steel or Fan	White - Solid
ROUNTSIDE TACKLE	White - Solid	Red - Steel or Fan
ROUNTSIDE GUARD	White - Solid	Red - Breach
CENTER	Odd - Opposite shade to 1st LB, BSLB vs 'O' Nose, Even - block MLB to 1st LB.	
JACKSIDE GUARD	Con or Fan	
JACKSIDE TACKLE	Con or Fan	
HB	Open Cross Over - Hug Bong Block	
FB	Block man on Center if covered. If uncovered block next down defender. If defender disappears work upfield for backside LB.	
X	Block Force.	
Z	Block Force.	
QB	Open step. 45 degrees to the side of the hole called.	

Ride 35-34 Zorro (CWM)



Concept: Open side Inside Zone play with cutback possibilities.

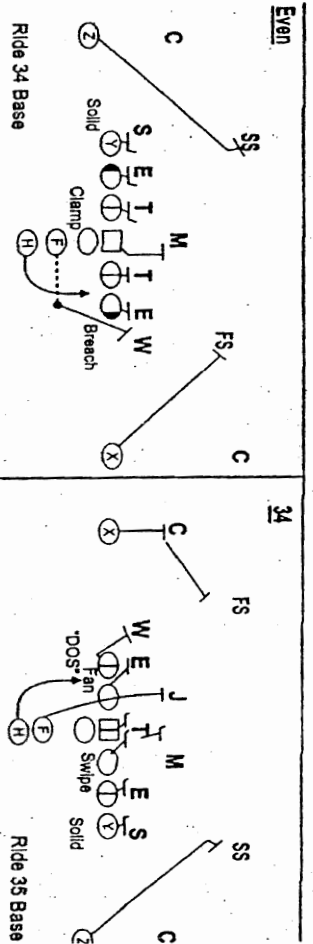
Y	White - Solid (Possible Tye / Tess)	Red - Base cut off.
ROUNTSIDE TACKLE	Man #2 - Red - Breach	White - Hump
ROUNTSIDE GUARD	Man #1 - White-Hump	Red-Stretch Clamp
CENTER	Man #0 - Swipe	Scoop Stretch Clamp Possible Shovel
JACKSIDE GUARD	Man #1 - White-Swipe	Red-Reach Reach Off Solid
JACKSIDE TACKLE	Man #2 - Red - Reach	Reach off White-Solid Possible Tess
FB	Force.	
HB	Open, Crossover, Downhill. Read 1st Covered OL Block. Possible Cutback.	
X	Block Man On.	
Z	Block Most Dangerous Man.	
QB	Open to Hole, Get ball deep to ball carrier. Fake Pass after Handoff. vs 6 in box only.	

<p><u>Under Tom Walk</u> SS FS</p>	<p><u>Even Stack</u> FS</p>
<p><u>Even Double Tom</u> FS SS</p>	<p><u>Even Double Tom Walk</u> FS SS</p>
<p><u>Over Tom</u> FS SS</p>	<p><u>Over Double Tom Walk</u> FS SS</p>
<p><u>Over Stack</u> SS</p>	<p><u>Over Wide Walk</u> FS</p>
<p><u>Big Dubs</u> FS SS</p>	<p><u>Diamond</u> FS SS</p>

<p><u>Under Tom</u> SS FS</p>	<p><u>Even Stack</u> SS</p>
<p><u>Even Double Tom</u> SS FS</p>	<p><u>Over Double Tom</u> FS SS</p>
<p><u>Over Tom</u> FS SS</p>	<p><u>Over Double Tom</u> FS SS</p>
<p><u>Over Stack</u> SS</p>	<p><u>Over Wide Joker</u> FS</p>
<p><u>Big Dubs</u> FS SS</p>	<p><u>Diamond</u> FS SS</p>

Ride 35-34 Base

PG. 1

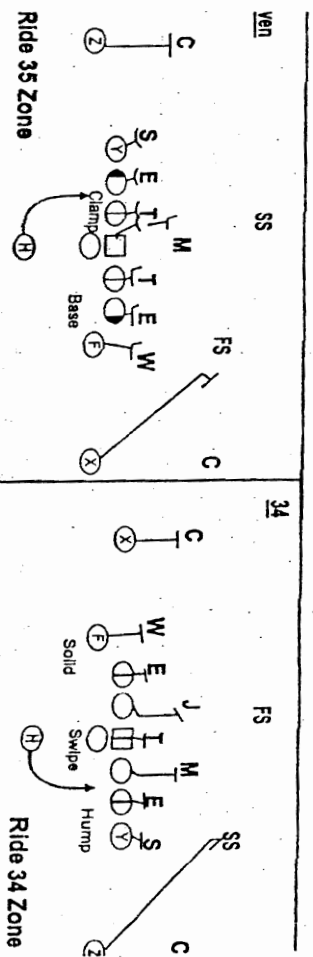


Concept: Open side play with vertical push blocking. Possible cutback.

Y	Man #3 - Possible TYE / TESS / FAN (solid)
ROUNTSIDE TACKLE	Man #2 Red- Breach White- DOS = Fan Possible Jag
ROUNTSIDE GUARD	Man #1 Red- Breach White- DOS = Fan Slap. Possible Jag.
CENTER	Man #0 Swipe, Scoop, Swamp, Clamp, BSLB, Possible Triple.
BACKSIDE GUARD	Man #1 White- Swamp / Swipe Red- Reach Possible Triple.
BACKSIDE TACKLE	Man #2 White- Solid Red- Reach Possible TYE / TESS Possible Triple.
FB	Bob Block Will LB, Cylinder Approach, Best Entry Point, Alert Pinch-Corner Blitz - Block Corner. Alert "DOS"
HB	Open - Crossover - Downhill. Get Square. Read 1st Covered OL. Alert Cutback.
X	Block Force.
Z	Block Safety to Corner.
QB	Open to Hole, Fake Keep Pass after handoff.

RIDE 34-35 Zone

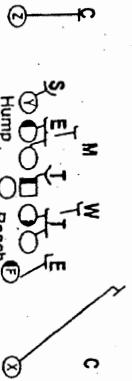
PG. 1



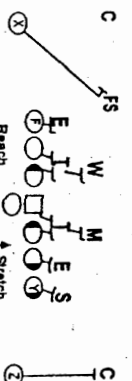
Concept: Inside Zone play with cutback possibilities. Vertical push.

Y	Red = Steel (Rake) (Possible Fan) (Jam: Block man on unless Fan call) White = Hump = Solid
ROUNTSIDE TACKLE	Man #2 White- Hump Red- Steel Possible Rake
ROUNTSIDE GUARD	Man #1 White- Hump Red- Clamp Possible Rake
CENTER	Man #0 Scoop Clamp Swamp Possible Cop / Triple
BACKSIDE GUARD	Man #1 Red- Reach White- Swamp Possible Cop / Triple
BACKSIDE TACKLE	Man #2 Red- Reach White- Tab
F	Man #3 Tab Solid
H	Open Cross-Over Downhill. Get Square. Read 1st Covered Lineman. Alert to Cutback.
X	Split Accordingly Safety to Corner.
Z	Split Accordingly Block Force
QB	Open to Hole, Fake Dropback after handoff.

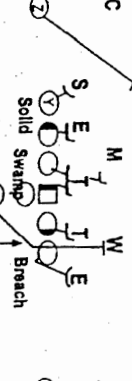
Under Tom



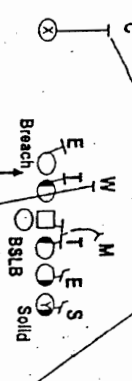
Even Stack



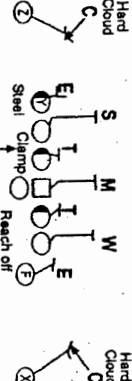
Under Tom



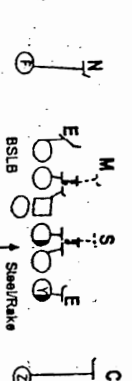
Even Stack



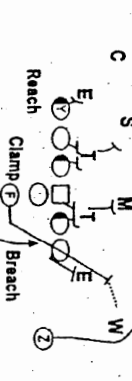
Even Double Tom



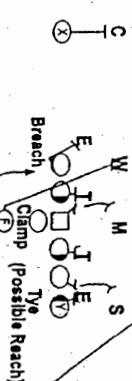
4/2 Even



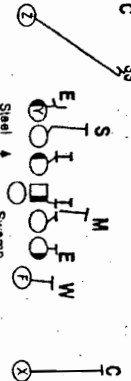
Even Double Tom



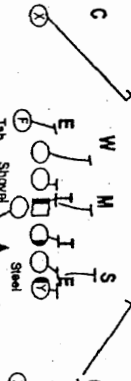
Over Double Tom Hip



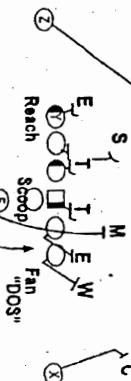
Over Tom



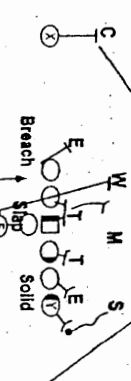
Over Double Tom



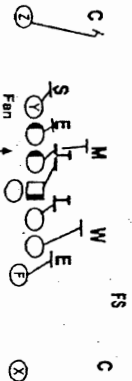
Over Tom



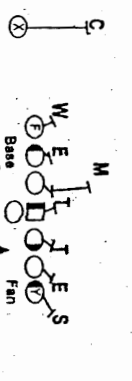
Over Double Tom



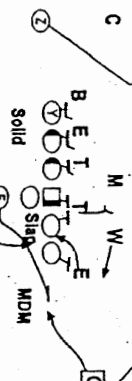
Over Stack



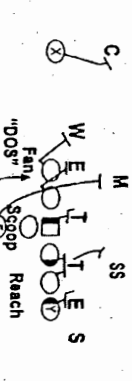
Over Wide



Over Stack



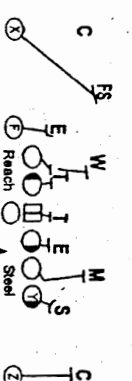
Over Wide JOKER



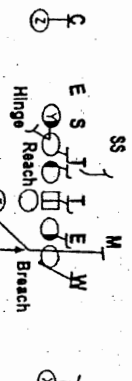
Big Dubs



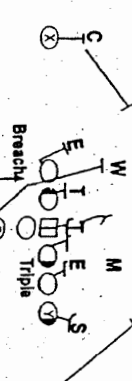
Diamond



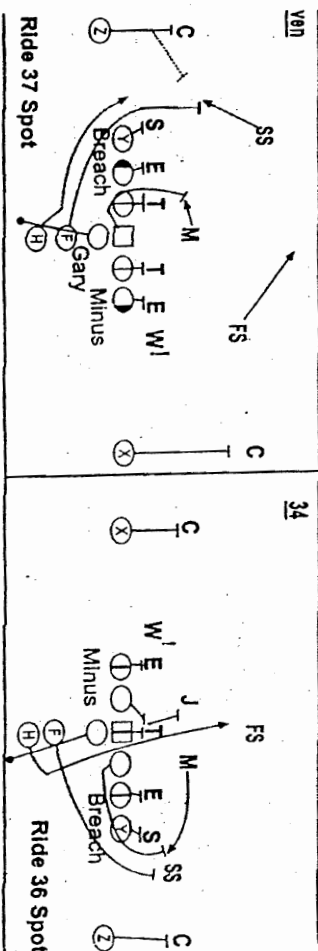
Big Dubs



Diamond

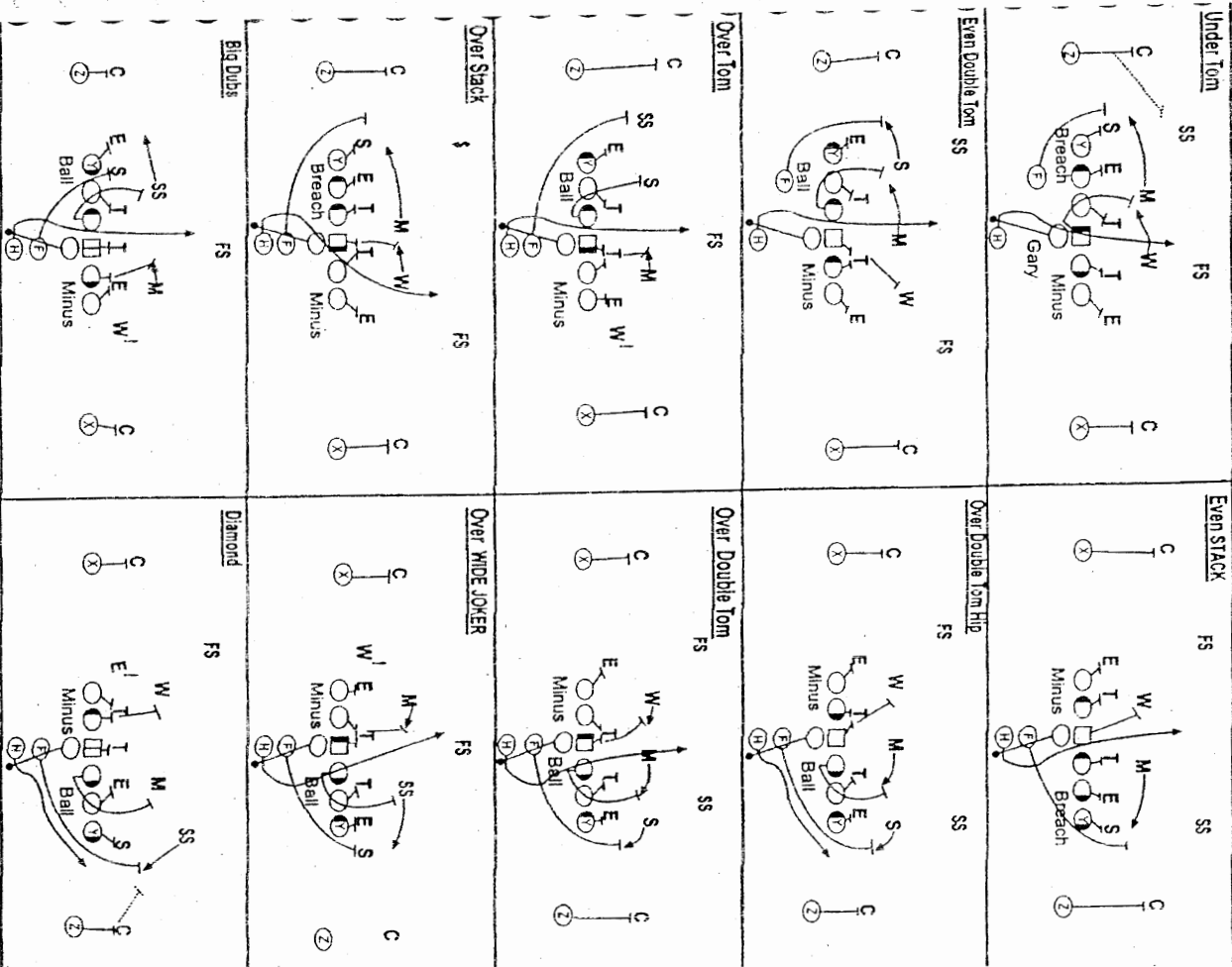


GAMEPLAN



Concept: Downhill RB option play featuring spot blocking.

Y	White-Breach	Red-Ball
ROUNTSIDE TACKLE	White-Breach	Red-Ball.
ROUNTSIDE GUARD	White-Read Pull / Gary	Red-Ball
CENTER	Scoop, Gary, or Minus.	
ACKSIDE GUARD	Minus.	
ACKSIDE TACKLE	Minus.	
FB	Spot block force.	
HB	34-35 Base steps, open-crossover-downhill.	
X	Safety to Corner.	
Z	Force	
QB	Open Out. Bring ball back to HB. Set up after handoff.	

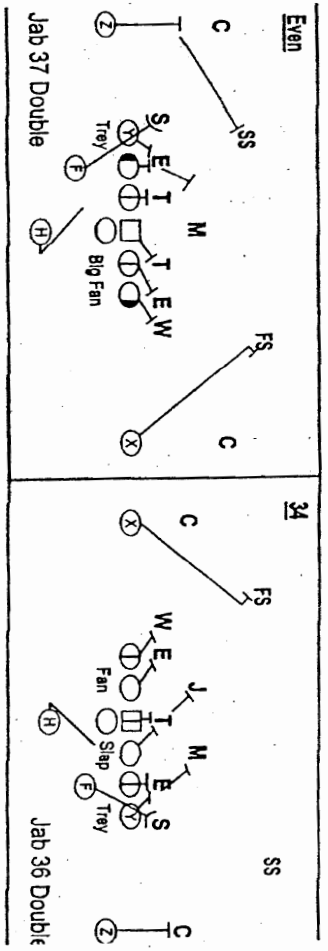


JAB SERIES

THE JAB SERIES IS A MISDIRECTION SERIES WHERE THE QUARTERBACK OPENS AWAY FROM THE PLAY NUMBER AND THE HANDOFF POINT IS AT THE MIDPOINT.

Jab 36-37 Double

PG. 1



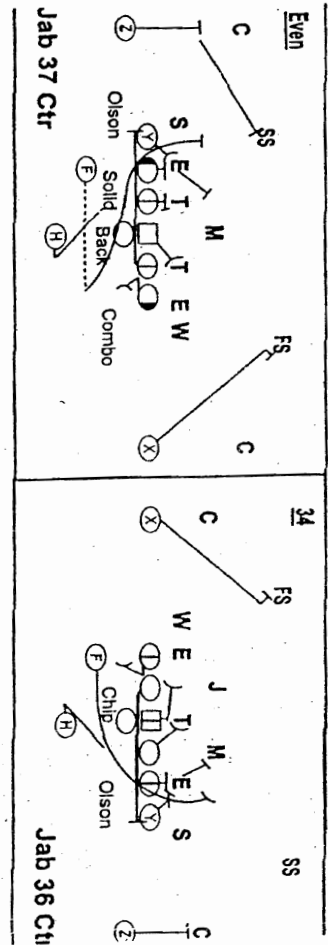
Concept: TE side run featuring double teams to vertical push.

Y	White- Trey w/ FST	Red- Deuce
FRONTSIDE TACKLE	White- Trey w/ FSY	Red- Deuce w/ FSG
FRONTSIDE GUARD	White- Slap or Base	Red- Deuce w/ FST
CENTER	Odd- Slap or Swamp to BSLB	Even- Fan to BSLB
BACKSIDE GUARD	White- Swamp w/ OC to BSLB	Red- Fan #1
BACKSIDE TACKLE	Fan #2	Bear- Reach vs 8, Fan vs 7
FB	Block Jab 36-37 Power Rules. Block Sam: cylinder approach.	
HB	Jab Step Downhill Path Same as Jab 36-37 Power Read Double Team to Outside.	
X	Block Safety to Corner	
Z	Block Force	
QB	Jab Ball Handling.	

Jab 36-37 Counter (Wrap)

RUN

PG. 1



Concept: Counter play to TE side. Possible 3rd puller on "WRAP" call.

Y	White- Olson to 1st LB inside of Double.	Red- Doctor (Vs 9 Block 1st LB inside)
FRONTSIDE TACKLE	White- Olson	Red- Doctor
FRONTSIDE GUARD	White- Slap / Ace chip	Red- Doctor
CENTER	Slap / Ace chip / Schnoz / Back	Oly vs Bear
BACKSIDE GUARD	Pull, Block 1st defender On or Off LOS over the top of the TE block.	
BACKSIDE TACKLE	Combo	
FB	Pull, Block 1st inside LB Spot.	
HB	Short Shuffle Step, Downhill Path Stay on Rear Hip of Blocking Back Read Double Team to Outside. Pre-Snap Read Front.	
X	Block Safety to Corner	
Z	Block Force (WRAP) Block force from wrap position inside out.	
QB	Jab Ball Handling.	

Jab 37 Counter (Wrap)

Jab 36 Counter (Wrap)

11

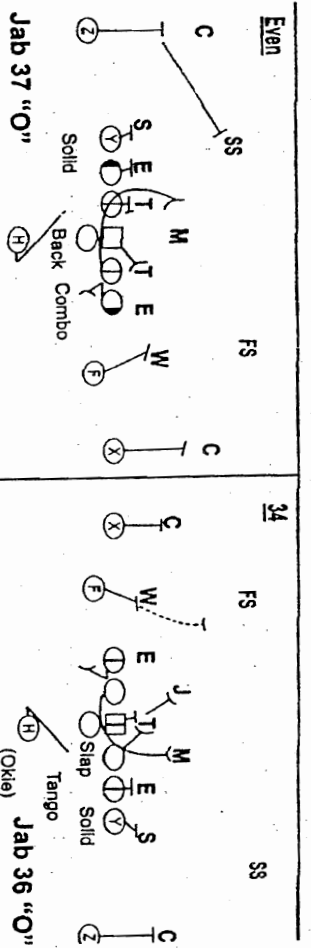
<p>Under Tom</p>	<p>Even Stack</p>
<p>Even Double Tom</p>	<p>Even Double Tom Hip</p>
<p>Over Tom</p>	<p>Over Double Tom</p>
<p>Over Stack</p>	<p>Over Wide JOKER</p>
<p>Big Dubs</p>	<p>Diamond</p>

Jab 37 Double

Jab 36 Double

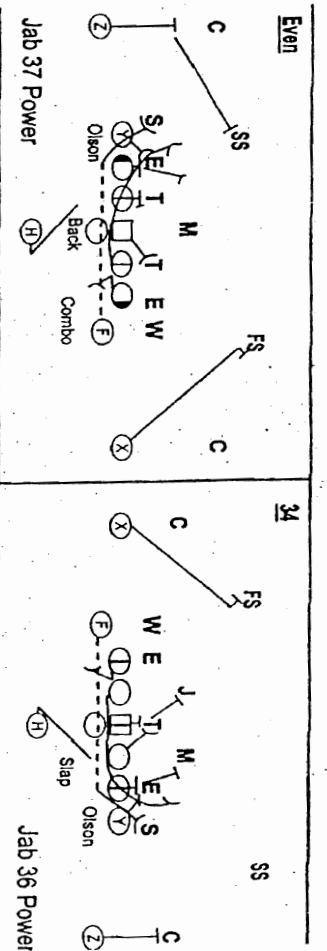
12

<p>Under Tom</p>	<p>Even Stack</p>
<p>Even Double Tom</p>	<p>Even Double Tom Hip</p>
<p>Over Tom</p>	<p>Over Double Tom</p>
<p>Over Stack</p>	<p>Over Wide JOKER</p>
<p>Big Dubs</p>	<p>Diamond</p>



Concept: 1 Back counter play to TE side featuring BSG pull.

Y	White-Solid (Breach)	Red- Doctor
FRONTSIDE TACKLE	White- Breach	Red- Doctor
FRONTSIDE GUARD	White- Slap / Seal	Red- Doctor
CENTER	Block back. Schnoz / Seal / Base. Uncovered - Block back. Replace pulling OG. Okie vs 34 (Slap)	Oly vs Bear
BACKSIDE GUARD	Pull Block 1st LB spot off LOS. Alert Solid, Tango, Bear.	
BACKSIDE TACKLE	Combo	
FB	Block Most Dangerous Man.	
HB	Short Shuffle Step, Downhill Path Stay on Rear Hip of OG. Read Double Team to Outside. Pre-Snap Read Front.	
X	Block Safety to Corner	
Z	Block Force	
QB	Jab Ball Handling.	



Concept: Power play to TE side. Attitude Play. (Bread & Butter)

Y	White- Olson	Red- Doctor	Jam- Block big.
FRONTSIDE TACKLE	White- Olson	Red- Doctor	Oly vs Bear
FRONTSIDE GUARD	White- Slap or Seal	Red- Doctor	Oly vs Bear
CENTER	Ace Seal "Chip" Uncovered- Back block, Replace pulling OG. (Swab out the hole over the top of double)	Oly vs Bear	
BACKSIDE GUARD	Pull 6/7 hole, secure area, blow up color in your path.		
BACKSIDE TACKLE	Combo		
FB	Block Sam LB, cylinder approach.		
HB	Jab Step Downhill Path Stay on rear hip of OG. Read Double Team to Outside.		
X	Block Safety to Corner		
Z	Block Force		
QB	Jab Ball Handling.		

Jab 37 Power

Jab 36 Power

1-2

<p>Under Tom</p> <p>SS</p> <p>FS</p> <p>Olson</p> <p>Seal Combo</p> <p>C</p> <p>X</p> <p>Z</p>	<p>Even Stack</p> <p>FS</p> <p>SS</p> <p>Combo Back</p> <p>Solid Olson</p> <p>C</p> <p>X</p> <p>Z</p>
<p>Even Double Tom</p> <p>SS</p> <p>FS</p> <p>Doctor</p> <p>Back Combo</p> <p>C</p> <p>X</p> <p>Z</p>	<p>Even Double Tom Hip</p> <p>FS</p> <p>SS</p> <p>Combo Back</p> <p>Doctor</p> <p>C</p> <p>X</p> <p>Z</p>
<p>Over Tom</p> <p>SS</p> <p>FS</p> <p>Doctor</p> <p>Schnoz Combo</p> <p>C</p> <p>X</p> <p>Z</p>	<p>Over Double Tom</p> <p>FS</p> <p>SS</p> <p>Combo</p> <p>Schnoz Doctor</p> <p>C</p> <p>X</p> <p>Z</p>
<p>Over Stack</p> <p>SS</p> <p>FS</p> <p>Doctor</p> <p>Schnoz Combo</p> <p>C</p> <p>X</p> <p>Z</p>	<p>Over Wide Joker</p> <p>FS</p> <p>SS</p> <p>Doc</p> <p>Schnoz</p> <p>C</p> <p>X</p> <p>Z</p>
<p>Big Dubs</p> <p>FS</p> <p>SS</p> <p>Olson</p> <p>"Bear"</p> <p>C</p> <p>X</p> <p>Z</p>	<p>Diamond</p> <p>FS</p> <p>SS</p> <p>"Bear"</p> <p>C</p> <p>X</p> <p>Z</p>

Jab 37 "O"

Jab 36 "O"

1-3

<p>Under Will Walk</p> <p>FS</p> <p>SS</p> <p>Solid</p> <p>Seal Combo</p> <p>C</p> <p>X</p> <p>Z</p>	<p>Even Stack</p> <p>FS</p> <p>SS</p> <p>Combo Back</p> <p>Solid</p> <p>C</p> <p>X</p> <p>Z</p>
<p>Even Double Tom</p> <p>SS</p> <p>FS</p> <p>Doctor</p> <p>Back Combo</p> <p>C</p> <p>X</p> <p>Z</p>	<p>4-2 Even</p> <p>FS</p> <p>SS</p> <p>Doctor</p> <p>Combo Back</p> <p>C</p> <p>X</p> <p>Z</p>
<p>Over Tom</p> <p>SS</p> <p>FS</p> <p>Doctor</p> <p>Schnoz</p> <p>C</p> <p>X</p> <p>Z</p>	<p>Over Double Tom Walk</p> <p>FS</p> <p>SS</p> <p>Schnoz Doctor</p> <p>C</p> <p>X</p> <p>Z</p>
<p>Over Stack</p> <p>SS</p> <p>FS</p> <p>Solid</p> <p>Schnoz</p> <p>C</p> <p>X</p> <p>Z</p>	<p>Over Wide</p> <p>FS</p> <p>SS</p> <p>Schnoz</p> <p>Fan</p> <p>C</p> <p>X</p> <p>Z</p>
<p>Big Dubs</p> <p>FS</p> <p>SS</p> <p>Fan</p> <p>Olson</p> <p>"Bear"</p> <p>C</p> <p>X</p> <p>Z</p>	<p>Diamond</p> <p>FS</p> <p>SS</p> <p>"Bear"</p> <p>C</p> <p>X</p> <p>Z</p>

(Quick) Jab (Same) 35-34 Counter (Easy)

PG. 1

Even	34

Same 35 Ct

Concept: Open end counter play featuring TANGO scheme vs a OG bubble.

Y / F	Frontside - Easy Release block force. Backside - Red / White- Hinge Pull wrap technique 1st (Doctor) / 2nd LBer (Tango)
FRONTSIDE TACKLE	White- TANGO / DOS Red- Doctor Oly vs Bear
FRONTSIDE GUARD	Red- Doctor White- Seal / Slap with DOS. Oly vs Bear
CENTER	Seal / Slap / Back if uncovered Oly vs Bear
BACKSIDE GUARD	Pull block EMOL. Alert "TANGO" = Wrapper for FSLB. "DOS / MUG" = Trap on DE.
BACKSIDE TACKLE	Combo
FB	Block #3 cutoff. If puller "Wrapper" technique
HB	Ride action. Counter back accept ball read double team
X	Block force. EZ = Man On.
Z	Block Safety to Corner.
QB	Jab Ball Handling.

(Quick) Jab 35-34 Kick (Y/F Easy)

PG. 1

Even	34 Walk

Jab 35 Kick

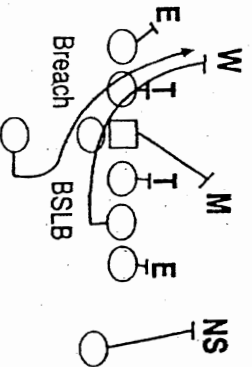
Concept: 1 or 2 back play to open end featuring a RB 1st, BSG 2nd blocking.
(Possible EZ release to frontside to create an open end.)

Y / F	Kick out 1st defender inside / Outside FST's block. Take inside out approach. Alert "DOS" (Mug) Backside - Hinge.
FRONTSIDE TACKLE	White - Bim step inside. Block 1st LBer inside (Power thru) Red - Doctor to 1st LBer inside. Oly vs Bear CP - Leave 2 for the KICK / WRAPPER - Pullers. Alert "DOS" (Mug)
FRONTSIDE GUARD	Red - Doctor to 1st LBer inside. (Base w/ DOS & Mug) White - Slap - Seal Oly vs Bear
CENTER	Covered - Slap - Seal - Schnoz - Base Oly vs Bear. Uncovered - Back block replace pulling OG.
BACKSIDE GUARD	Pull block 1st LB OFF LOS. (Read Kick block for possible pull over the top) Alert "DOS" call. (Mug)
BACKSIDE TACKLE	Combo
FB	Kick block. If WR In slot block MDM.
HB	Ride action counter. Midline ball handling read double team.
X	Block Force. EZ = Man On.
Z	Block Safety to Corner.
QB	Jab Ball Handling.

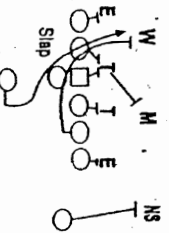
<p>Under Hill Walk</p> <p>FS</p> <p>SS</p> <p>Schnoz</p> <p>Doctor</p> <p>W</p> <p>C</p> <p>X</p>	<p>Even Stack</p> <p>FS</p> <p>SS</p> <p>Doctor</p> <p>W</p> <p>C</p> <p>X</p>
<p>Even Double Tom</p> <p>SS</p> <p>FS</p> <p>S</p> <p>M</p> <p>W</p> <p>E</p> <p>Doctor</p> <p>Hinge</p> <p>Back</p> <p>Combo</p> <p>C</p> <p>X</p>	<p>Over Double Tom Hip</p> <p>FS</p> <p>SS</p> <p>Doctor</p> <p>W</p> <p>C</p> <p>X</p>
<p>Over Tom</p> <p>SS</p> <p>FS</p> <p>S</p> <p>M</p> <p>W</p> <p>E</p> <p>Doctor</p> <p>Hinge</p> <p>Back</p> <p>Combo</p> <p>C</p> <p>X</p>	<p>Over Double Tom</p> <p>FS</p> <p>SS</p> <p>Doctor</p> <p>W</p> <p>C</p> <p>X</p>
<p>Over Stack</p> <p>SS</p> <p>FS</p> <p>S</p> <p>M</p> <p>W</p> <p>E</p> <p>Doctor</p> <p>Hinge</p> <p>Back</p> <p>Combo</p> <p>C</p> <p>X</p>	<p>Over Wide Joker</p> <p>FS</p> <p>SS</p> <p>Doctor</p> <p>W</p> <p>C</p> <p>X</p>
<p>Big Dubs</p> <p>FS</p> <p>SS</p> <p>S</p> <p>M</p> <p>W</p> <p>E</p> <p>Doctor</p> <p>Hinge</p> <p>Back</p> <p>Combo</p> <p>C</p> <p>X</p>	<p>Diamond</p> <p>SS</p> <p>FS</p> <p>S</p> <p>M</p> <p>W</p> <p>E</p> <p>Doctor</p> <p>Hinge</p> <p>Back</p> <p>Combo</p> <p>C</p> <p>X</p>

<p>Under Tom</p> <p>FS</p> <p>SS</p> <p>Schnoz</p> <p>Doctor</p> <p>W</p> <p>C</p> <p>X</p>	<p>Even Stack</p> <p>FS</p> <p>SS</p> <p>Doctor</p> <p>W</p> <p>C</p> <p>X</p>
<p>Even Double Tom</p> <p>SS</p> <p>FS</p> <p>S</p> <p>M</p> <p>W</p> <p>E</p> <p>Doctor</p> <p>Hinge</p> <p>Back</p> <p>Combo</p> <p>C</p> <p>X</p>	<p>Over Double Tom</p> <p>FS</p> <p>SS</p> <p>Doctor</p> <p>W</p> <p>C</p> <p>X</p>
<p>Over Tom</p> <p>SS</p> <p>FS</p> <p>S</p> <p>M</p> <p>W</p> <p>E</p> <p>Doctor</p> <p>Hinge</p> <p>Back</p> <p>Combo</p> <p>C</p> <p>X</p>	<p>Over Double Tom</p> <p>FS</p> <p>SS</p> <p>Doctor</p> <p>W</p> <p>C</p> <p>X</p>
<p>Over Stack</p> <p>SS</p> <p>FS</p> <p>S</p> <p>M</p> <p>W</p> <p>E</p> <p>Doctor</p> <p>Hinge</p> <p>Back</p> <p>Combo</p> <p>C</p> <p>X</p>	<p>Over Wide</p> <p>FS</p> <p>SS</p> <p>Doctor</p> <p>W</p> <p>C</p> <p>X</p>
<p>Big Dubs</p> <p>FS</p> <p>SS</p> <p>S</p> <p>M</p> <p>W</p> <p>E</p> <p>Doctor</p> <p>Hinge</p> <p>Back</p> <p>Combo</p> <p>C</p> <p>X</p>	<p>Diamond</p> <p>SS</p> <p>FS</p> <p>S</p> <p>M</p> <p>W</p> <p>E</p> <p>Doctor</p> <p>Hinge</p> <p>Back</p> <p>Combo</p> <p>C</p> <p>X</p>

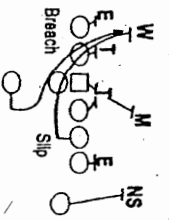
Concept:
3 x 1 formation (6 in box play)



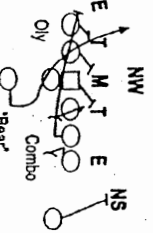
4-2 Over



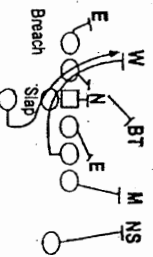
4-2 Under



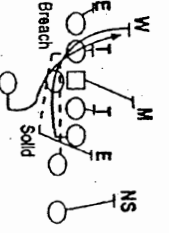
4-1 Mike Tuff



4-2 Bat Over

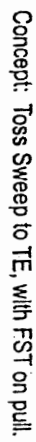


4-2 Even

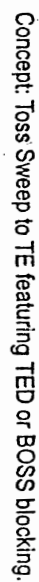


TOSS SERIES

THE TOSS SERIES IS WHERE THE QUARTERBACK REVERSE PIVOTS TO THE PLAY NUMBER CALLED AND UNDERHAND TOSSES THE BALL TO THE SAME SIDE.



**2005 PLAYBOOK
TOSS SERIES**



2005 PLAYBOOK
TOSS SERIES

Toss 39 Ted Boss

pg. 4

Under Tom	Even Stack
Even Double Tom	Over Tom
Over Double Tom	Over Stack
Over Wide Joker	Big Dubs
Diamond	Triple

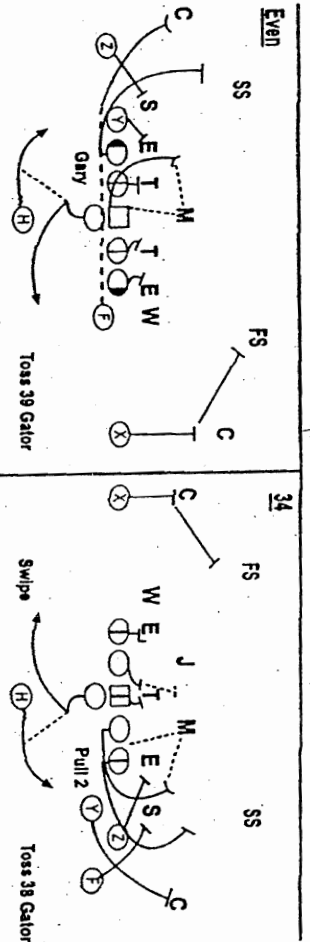
Toss 39 Ted Crack

pg. 5

Under Tom	Even Stack
Even Double Tom	Over Tom
Over Double Tom	Over Stack
Over Wide	Big Dubs
Diamond	Triple

TOSS 38-39 GATOR (Tiger)(Fish)

Page 1

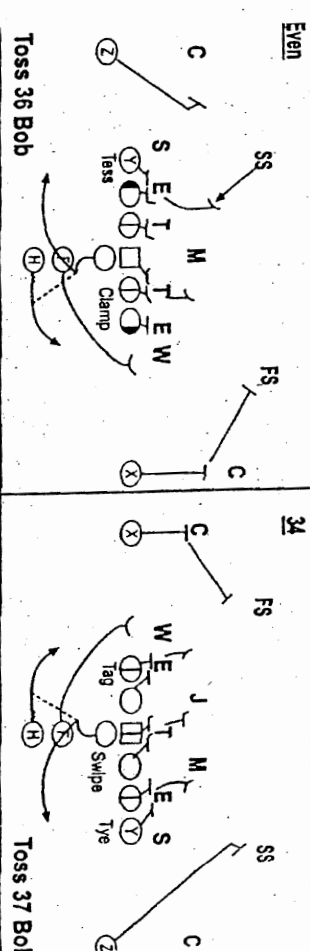


Concept: Toss Sweep to TE featuring different OL on pull.

Y (#3) Y-F-Z	Block Force. Unless Fish/Tiger - Block 1st defender inside on/off Team vs OT bubble.
ROUNTSIDE TACKLE	Pull (Gator block Alley). Tiger/Fish block MLB (Rake) Possible "Gus" vs wide 3.
ROUNTSIDE GUARD	Red-Breach #1 on. Possible "Gus" vs wide 3. White - Pull for MLB (Gator) - Possible Gary. FISH pull for Alley if White, possible Gary. TIGER - pull for widest defender if White, possible Gary.
ENTER	Block #0 on. Uncovered - Pull for MLB (Gator). Fish pull for Alley. Tiger pull for widest defender. "Gary" "Gary" "Gary"
CKSIDE GUARD	White- Swamp / Swipe Red- Clip & Cut
CKSIDE TACKLE	White- Inside of 2 Red- Clip & Cut
B (#1) F-F-Z	Block 1st defender inside on/off, unless Tiger/Fish. Block 1st defender on/off. Quad vs OT bubble.
HB	Toss path read. 6/8 path - Outside to downhill.
X	Block Safety to Corner.
(#2) F-Z	Block DE, unless FISH - ZAC, block force.
QB	Reverse Out, dead ball toss, don't lead HB with toss. Fake Bootleg after toss.

TOSS 37-36 BOB

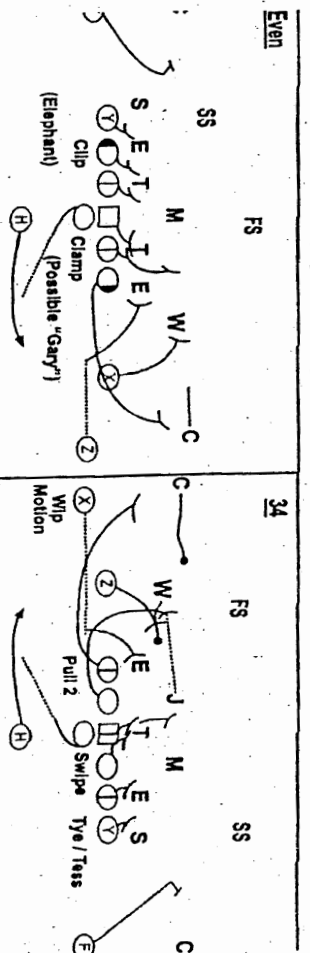
Page 2



Concept: Toss play to open side featuring Slash scheme.

Y	Zone #3 - Tye / Tess w/ BST.
ROUNTSIDE TACKLE	Red-Breach / Possible Gang White- Tag / Possible Tiger.
ROUNTSIDE GUARD	Red-Breach / Possible Gang White- Tag, Gary, Possible Slap, Tiger.
CENTER	Scoop, Swipe, Swamp, Possible Slap, Tiger, Gary, or Gang.
JACKSIDE GUARD	White- Swipe, Swamp (cut) Red- Clip.
JACKSIDE TACKLE	White- Tye / Tess w/ BSY. Red- Clip (Cut)
FB	Bob Block Will LB. B-Gap to-Outside Approach. Alert Pinch-Corner Blitz - Block Corner
HB	Shuffle, look ball in. Toss Path. Read OT Block, Downhill Course.
X	Block Force.
Z	Block Safety to Corner.
QB	Reverse Out, dead ball toss, don't lead HB with toss. Fake Boot Pass after toss.

Toss 39-38 FLIP CRACK

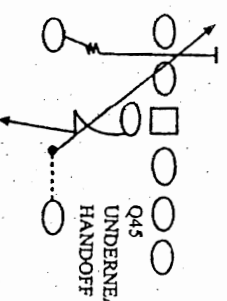
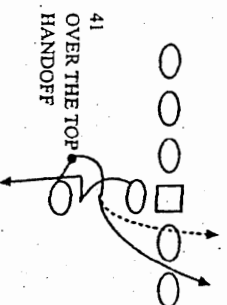
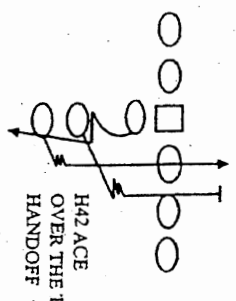
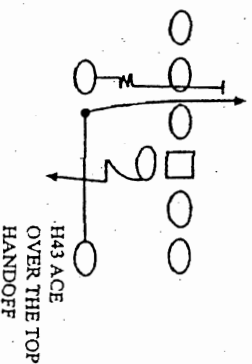
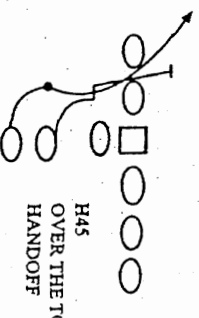
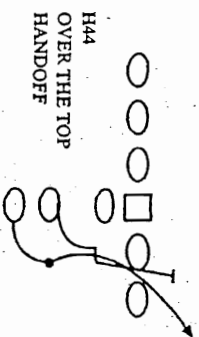


Concept: Toss play to open end side featuring FST pull.

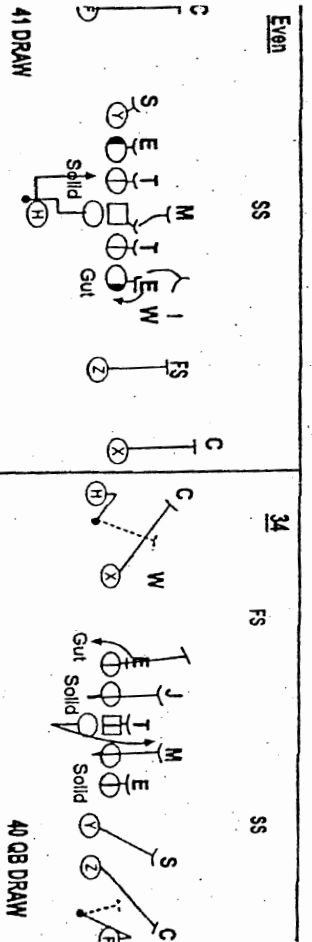
Y	Zone 2 / 3	Alert Safety / Tess
ROUNTSIDE TACKLE	Red or White- Pull, Block widest defender.	
ROUNTSIDE GUARD	Red- Man #1 / Possible Gus	White- Pull "Gary"
CENTER	Man #0	Swamp / Scoop "Gary"
ACKSIDE GUARD	Red- Clip & Cut	White- Swamp / Swipe
ACKSIDE TACKLE	Red- Zone 2 / 3	White- Tess
FB	Block Cut-off.	
HB	Toss 9-7 Downhill.	
X	Block 1st defender inside at L Ber level.	
Z	Crack EMOL. Zip Motion	
QB	Reverse Pivot Toss to HB. Fake Bootleg after toss.	

DRAW SERIES

THE DRAW SERIES IS WHERE THE QUARTERBACK TAKES DROPBACK ACTION FOR ONE TO TWO STEPS AND HANDS THE BALL OFF AT VARIOUS POINTS DEPENDING ON TYPE OF DRAW AND FORMATION CALLED.

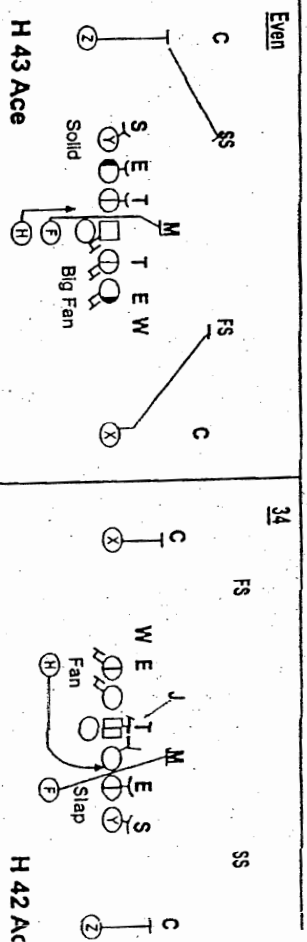


Toss 38 Flip Crack	Toss 39 Flip Crack	C-4
<p><u>Under Tom</u> FS</p>	<p><u>Even Stack</u> FS</p>	
<p><u>Even Double Tom</u> SS</p>	<p><u>Over Double Tom</u> FS</p>	
<p><u>Over Tom</u> SS</p>	<p><u>Over Double Tom</u> FS</p>	
<p><u>Over Slack</u> SS</p>	<p><u>Over Wide</u> FS</p>	
<p><u>Big Dubs</u> FS</p>	<p><u>Diamond</u> FS</p>	



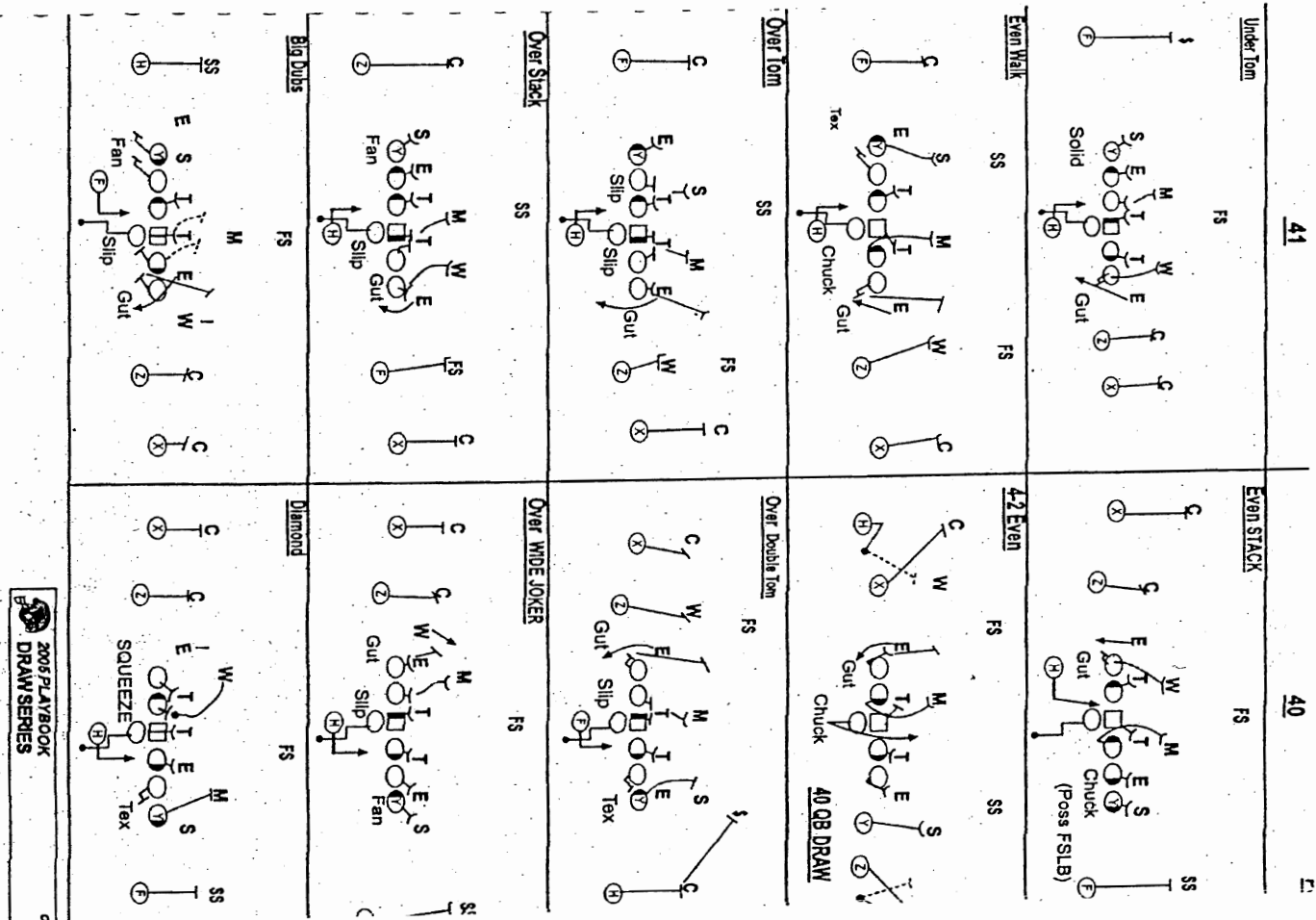
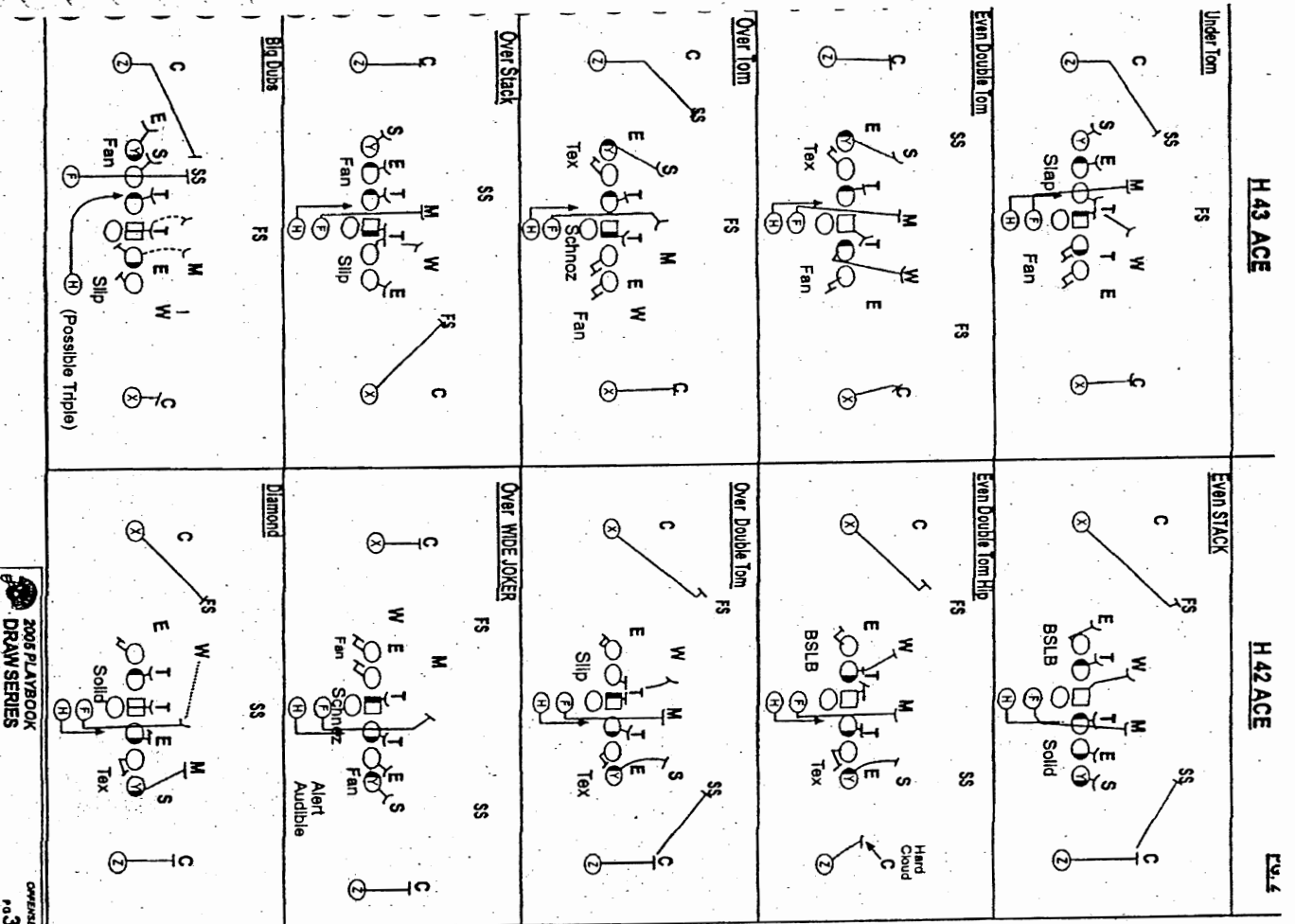
Concept: Single Back draw to TE featuring Gut block by BST.

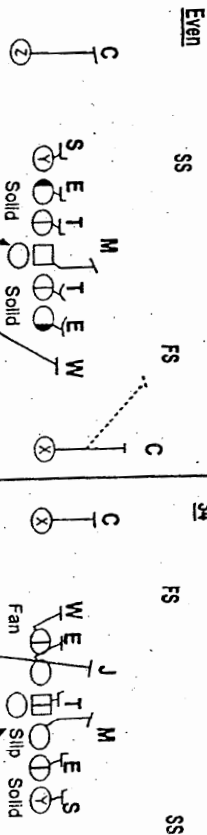
Y	Man #3	Alert "Tex"	Possible Fan / Solid
OUTSIDE TACKLE	Man #2	White-Base	Red- Fan or Tex / Possible Slip w/ FSG.
OUTSIDE GUARD	Man #1	White-Slip	Red- Base / Possible Slip
ENTER	Man #0	Alert Solid / Slip / Chuck / FSLB	
BACKSIDE GUARD	Man #1	White-Slip	Red- Solid
BACKSIDE TACKLE	Man #2	Red or White- Gut / Squeeze	
FB		Slide Step, Keep Shoulders Square. Run Draw, Read 1st Covered OL Block.	
HB		Block Force	
X		Block Man On.	
Z		Block Most Dangerous, Alert for Walked LB.	
B		Open, Pivot, Undemeath handoff to ball carrier. Fake dropback after handoff. Midline ball handling.	



Concept: Isolation lead draw to TE.

Y	Red- Tex (slip)	White-Solid			
FRONTSIDE TACKLE	Man #2	White-Base	Red- Tex or Slip		
FRONTSIDE GUARD	Man #1	White-Slap	Red- Base or Slip		
CENTER	Man #0	Slap	Fan	Schnoz	BSLB
BACKSIDE GUARD	Man #1/ #2	Red-Fan	White-Slip		
BACKSIDE TACKLE	Man #3	Fan			
FB	Short Draw Set, Block Mike LB, Read 1st covered lineman for best course to MLB.				
HB	Short Draw Set, Downhill, Read 1st Covered OL, Press A-Gap. Alert to WLB, Backdoor Cut.				
X	Block Force				
Z	Block Force				
QB	Open to Hole, Draw Action, Set up to pass after handoff. Over the top action when the ball crosses the formation.				





Quick 44 Base

Concept: Lead draw to open end.

QUICK = Undemeath ball handling.

Y	Red- Tex (Reach)	White- Solid
FRONTSIDE TACKLE	Man #2	White- Fan
FRONTSIDE TACKLE	Man #2	Red- Solid
FRONTSIDE GUARD	Man #1	White- Fan
FRONTSIDE GUARD	Man #1	Red- Solid
CENTER	Man #0	Slip
CENTER	Man #0	Scoop
CENTER	Man #0	Slap
CENTER	Man #0	Solid
CENTER	Man #0	BSLB
JACKSIDE GUARD	Man #1	White- Slip
JACKSIDE GUARD	Man #1	Red- Solid
JACKSIDE GUARD	Man #1	Slip vs Bear
JACKSIDE TACKLE	Man #2	White- Solid
JACKSIDE TACKLE	Man #2	Red- Slip or Tex
JACKSIDE TACKLE	Man #2	Slip vs Bear
HB	Open - Crossover - Downhill. Get Square. Read 1st Covered OL. Alert Cutback. Quick = Undemeath ball handling.	
FB	Bob Block Will LB, Cylinder Approach. Best Entry Point.	
X	Block Force.	
Z	Block Safety to Corner.	
QB	Open to Hole, crossover dropback, pass action to handoff spot. Show dropback after handoff. Quick = Undemeath ball handling.	

2005 PLAYBOOK
DRAW SERIES
OFFENSE
pg 7

PASS GLOSSARY

PASS GLOSSARY

74 ROUTES
(EMPTY RT)820RC
(HVR RT FAC)82 TOP ORI
(HVY RT FAC)

R 130 F WHEEL
(ZAC 0 NR TITE)

R 130 D CURL
(HVR RT)

R 136 X RETURN
(1 FAR CLOSE ZAC)

R 136 X BOW
(1 TITE)

R 136 CHOICE
(HWY RT FIG)

J 144 CTR
(0 NR C ZAC)

J 335 BOOTLEG
(ZAC0NR TTE) (OT CZIG)

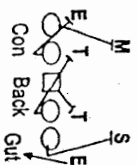
Concept:

SE side trap vs 5 in the box defense.

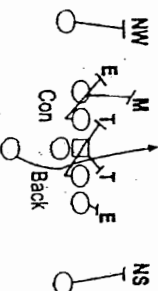
C.P. Okie scheme vs 3-2 front.

C.P. Trap 1st man past the ball.

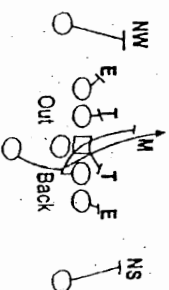
C.P. vs 6 in box BST could Gut to BSLB



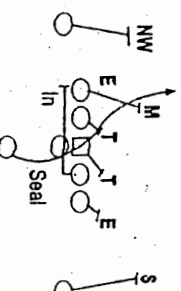
1-1



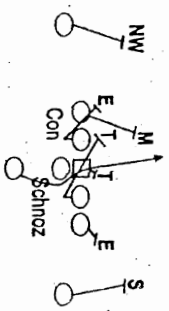
1-1



2-Over

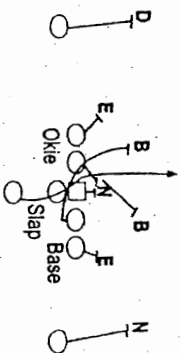
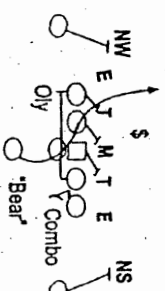


4-2 Under

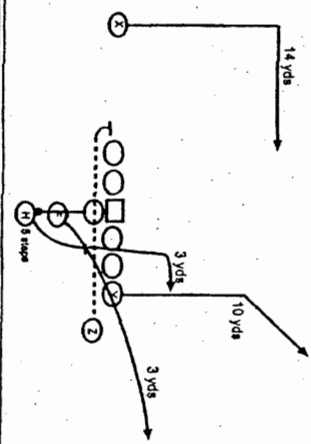


4-1 Mike Tuff

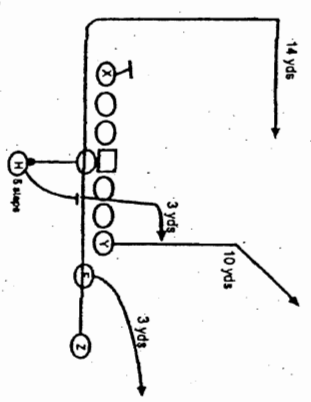
3-2



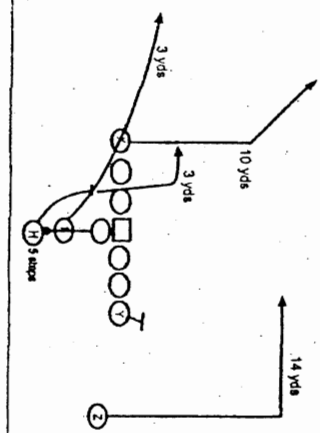
0 Close Zac
Ride 136 Y Bow



Heavy Ruzac
Ride 136 Y Bow



0 The
Ride 137 X Bow



GOALLINE GLOSSARY

RUN GLOSSARY

- SLT 22 Z CRUNCH (0 NR C ZIP)
- R 32 (33) WHAM (0 T C) (0 T C ZIG)
- SLT 32 Z CRUNCH (0 FART C ZIP)
- JAB 32 (33) O (0 T C)
- R 32 (33) Z LEAD (0 NR C ZIP)
- R 37 (36) BLAST (0 T C ZIG) (0 T C)
- R 37 (36) GUS (0 T C)
- J 36 (37) POWER WRAP (0 NR C ZAC)
- J 38 (39) POWER QUAD (0 T C)
- R 38 (39) G (0 T C)
- 98 (99) (0 T C)

PASS GLOSSARY

- R 130 Z POP (0 T C)
- R 130 DOUBLE POP (0 T C FAT)
- R 136 CROSS (0 NR T C ZAC) (0 T C)
- R 136 SWITCH CROSS (0 NR C ZIP)
- R 136 Y BOW (0 T C ZIP) (0 T C)
- R 136 Y BOW SHAKE (0 T C ZAC)
- R 136 X BOW (1 FART C)
- R 232 RINGO (0 T C ZAC)
- R 332 LUCKY (ZAC 0 T C)

Ride 32-33 '71 lead

6-2	53 Triple
Ride 32 '2' Lead	Ride 32 '2' Lead
FST: Block #2. vs. 5-3 Reach to FSLB. Alert Fan vs. Switch.	
FSG: Block #1. vs. 5-3 Reach to FSLB.	
C: Uncovered - Porch or Backer (Possible Chuck w/ BSG vs 6-2)	
BSG: Drive cut-off. Reach vs 5-3 (Possible Chuck w/ OC vs 6-2)	
BST: Block #2. Reach vs 5-3.	
Y: Block #3.	
X: Block Force.	
Z: Lead on 1st LBer. vs 5-3 block MLB.	
FB: Block frontside edge.	
HB: Open to hole. Read OG's Block to next man outside.	
QB: Open to hole. Hand-off ball deep.	

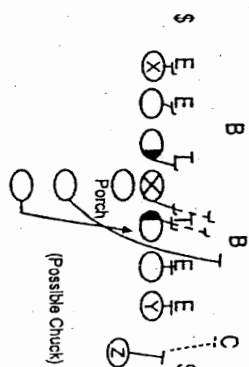
Ride 130 Z Pop (Out)

6-2	53 Triple
Ride 130 'Z' Pop	Ride 130 'Z' Pop Or
FST: Block #2. (Solid)	vs. 5-3 Duo.
FSG: Block #1. (Solid)	vs. 5-3 Duo.
C: Combo w/ BSG.	vs. 5-3 Duo.
BSG: Combo w/ OC.	vs. 5-3 Duo / Gate.
BST: Block #2.	vs. 5-3 Duo / Gate.
Y: Block #3	
X: Block #4.	vs 5-3 Duo / Gate.
Z: Slam #4 Run Route.	
FB: Lead block 1st LB. Sell run.	
HB: Fake Ride Frontside. Sell run.	
QB: Fake Ride. Good Fake.	

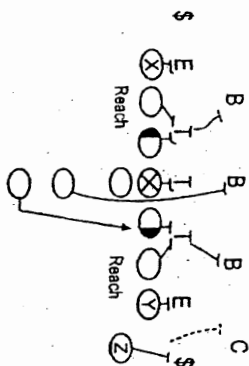
Ride 32-33 Wham

1-2

53 Triple



Ride 32 Wham



Ride 32 Wham

Block #2. vs. 5-3 Reach to FSLB. Alert Fan vs. Switch.

Block #1. vs. 5-3 Reach to FSLB.

Uncovered - Porch or Backer (Possible Chuck w/ BSG vs 6-2)

Drive cut-off. Reach vs 5-3 (Possible Chuck w/ OC vs 6-2)

Block #2. Reach vs 5-3.

Block #3.

Block #3.

Block #4 MDM.

Lead on 1st LBer. vs. 5-3 block MLB.

Open to hole. Read OG's Block to next man outside.

Open to hole. Hand-off ball deep.

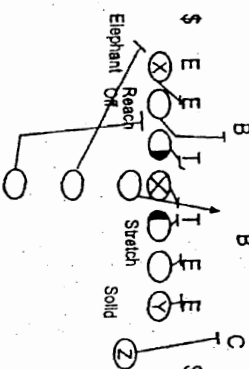


98 (QB Sneak)

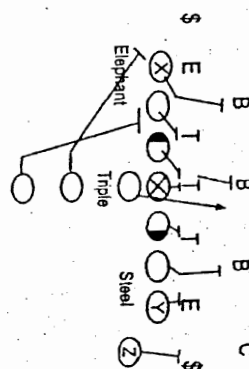
98 (QB Sneak)

3-2

53 Triple



98



98

Block 34 Zone.

Block 34 Zone.

Block 34 Zone.

Block 34 Zone.

Block 34 Zone.

Block 34 Zone.

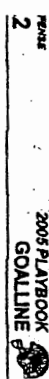
Block 34 Zone.

Block 34 Zone.

Block 1st defender outside of BS TE.

Fake away from QB sneak

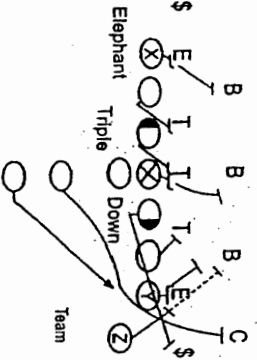
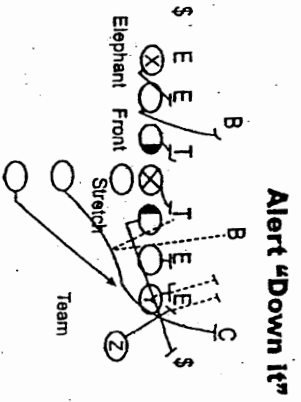
Run to Zone side.



Ride 38-39 - G

1:2

53 Triple



Ride 38 G

Ride 38 G

T: Block #3. vs. 5-3 "Down."

G: Pull Kick Out / Log. 1st Defender outside Team Block.

Fill for OG. vs. 5-3 Triple.

3: Front or Triple.

1: Front or Triple w/ Elephant.

Team to 1st ILBer.

Elephant.

Team to 1st ILBer.

Alert LBer run thru. Block 2nd Force.

Open to hole, Read Quad Block to OG's Kick out.

Open to hole. Hand-off deep. Set up to pass.

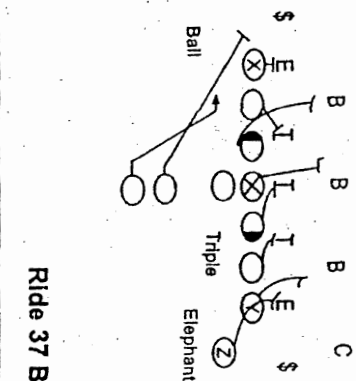
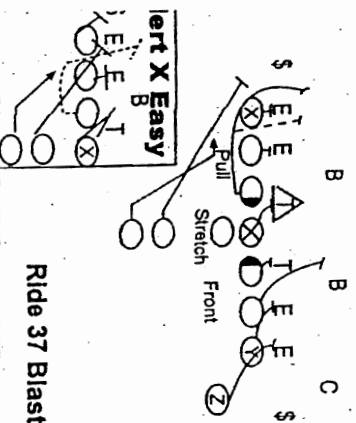


GOAL LINE

Ride 37-36 Blast

1:2

53 Triple



Ride 37 Blast

Ride 37 Blast

ST: Block #2. Alert "Ball."

3G: Pull Block 1st FS LBer. Alert "Ball." (Skip pull technique)

Fill for pulling OG. Alert Triple.

SG: Block #1. Alert Triple.

ST: Block #2. Alert Triple.

Block #3. Alert Elephant.

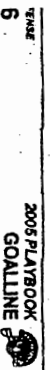
Block #3.

Block #4. Alert Elephant.

B: Block Force.

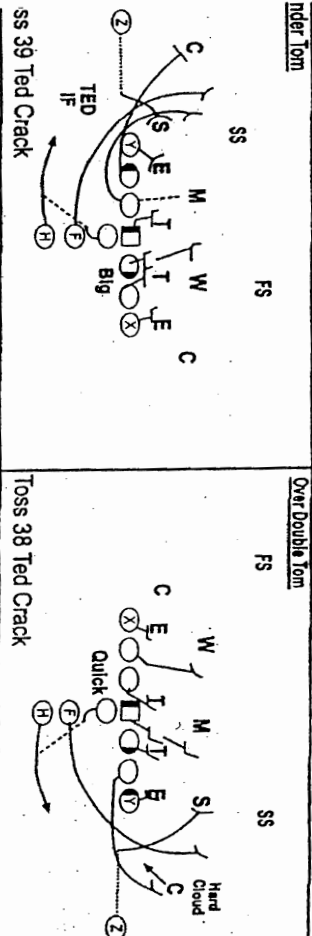
B: Open to call run 7 / 6 path. Read X's Block.

B: Open to call side hand-off deep. Fake dropback.



Toss 38-39 Ted Crack

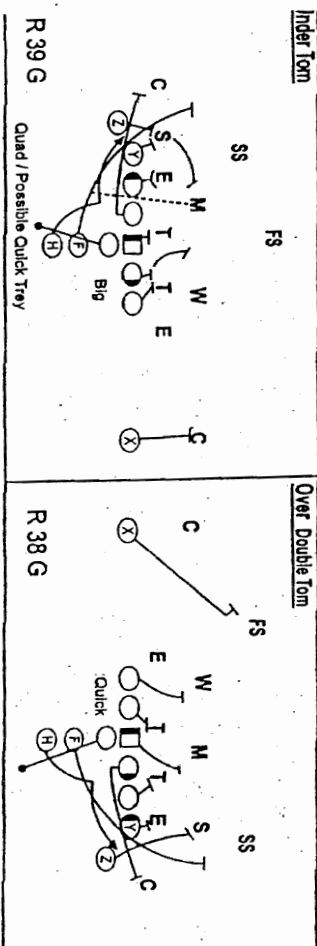
PG. 1



Y	Block #2. TED block. Backside Block #3.	CP. 9 Technique = Tex release
IONTSIDE TACKLE	Pull for Force.	Alert Quick Force
IONTSIDE GUARD	Man #1	"If" for Bubble LB Alert Big Slip Alert "C-Switch"
ENTER	Man #0	Big Slip / Scoop Alert Slush Alert "C-Switch"
CKSIDE GUARD	Man #1	Big Scoop
CKSIDE TACKLE	Man #2	Big Scoop
FB	Block Strong Safety.	
HB	Run Toss Course. Read 8-6 Downhill.	
X	Block Safety to Corner	
Z	Zip Block EMOL. Possible Quad vs OT bubble. Backside-cutoff.	
QB	Reverse Out. Toss to HB. Fake Bootleg after Toss.	

Ride 38-39 G

PG. 1

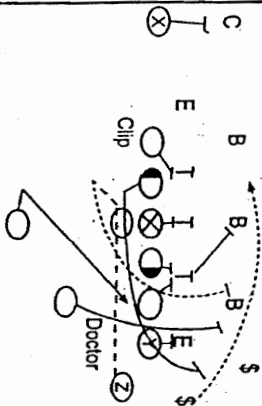
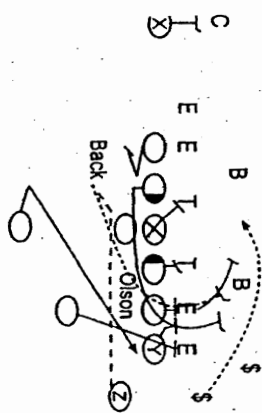


Y	Quad to 1st LBer. Alert Quick Trey.	
RONTSIDE TACKLE	Block #2. Vs Tackle bubble TAG. Alert Quick Trey.	
RONTSIDE GUARD	Pull Kick or log 1st defender outside quad block.	
CENTER	Block #0	vs Even fill for 'G' guard.
JACKSIDE GUARD	Big scoop.	
JACKSIDE TACKLE	Big scoop.	
FB	Block 2nd force. Alert for MLB or Nose Tackle run thru.	
HB	Run R 36-37 path.	
X	Block Force	
Z	Quad to 1st LBer.	
QB	Open to Hole.	

<p>Even</p> <p>Down It Possible C-Switch</p>	<p>Even Stack</p> <p>Quick Toss</p>
<p>Even Double Tom</p> <p>Quad / Tex vs 9°</p>	<p>Even Double Tom Hid</p> <p>Tag</p>
<p>Over Tom</p> <p>Quad / Tex vs 9°</p>	<p>Over Wide Jockey</p> <p>Quad</p>
<p>Over Stack</p> <p>Down It Possible C-Switch</p>	<p>Diamond</p> <p>Big</p>
<p>Big Dubs</p> <p>Slush</p>	<p>Diamond</p> <p>Big</p>

<p>Even</p> <p>TED</p>	<p>Even Stack</p> <p>Quick</p>
<p>Even Double Tom</p> <p>Quad</p>	<p>4-2 Even</p> <p>Big</p>
<p>Over Tom</p> <p>Quad</p>	<p>Over Wide</p> <p>Big</p>
<p>Over Stack</p> <p>Alert Tag</p>	<p>Over Wide</p> <p>Big</p>
<p>Big Dubs</p> <p>Slush</p>	<p>Diamond</p> <p>Big</p>

53 Triple

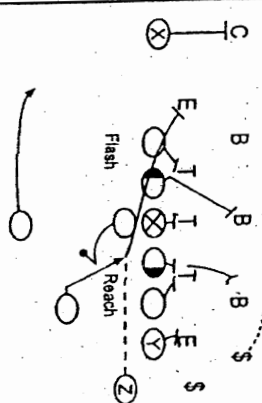
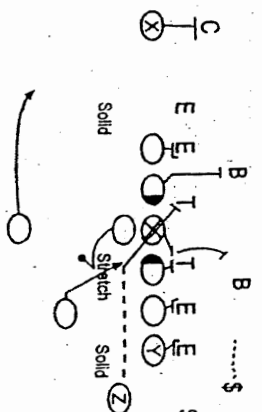


53 Triple

Jab 36 Power Wrap

3-2

53 Triple



Slant 22 Z Crunch

Slant 22 Z Crunch

Block #2 vs. 5-3 Doctor.

Block #2 vs. 5-3 Block 1st LBer over to inside. "Flash"

Block #1. vs 5-3 Doctor to MLB.

Influence #1. vs 5-3 Release up to 1st ILBer. "Flash"

Back block for OG. vs 5-3 block #0.

Stretch to BSLB. Covered Block #0.

Pull for 1st defender off LOS.

Stretch to BS LBer. Reach vs 5-3.

Block #2. Fill for OG. Alert Combo. vs 5-3 Clip the 3.

Drive cut-off #2. vs. 5-3 Reach.

Olson to 1st Lber inside Double : Doctor.

Drive cut-off #3.

Block Force.

Block Force.

Wrap.

Pull Trap 1st DL past OC.

Block 1st force outside Team block.

Fake Toss.

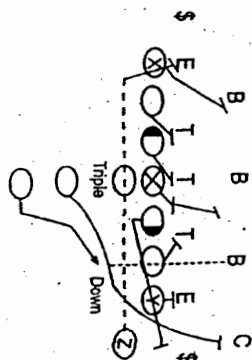
Jab footwork. Read Double Team block. Stay on rear hip of pulling guard.

Run Trap course. Read Trap of Z

Jab footwork. Fake bootleg after hand-off.

Reverse hand-off deep to RB.

53 Triple



Ride 36 Gus

FSG: Pull Kick or Log. 1st Force

Reach Fill for OG. Alert Triple - Big Combo w/ FST.

BSG:
Front or Triple.

BST:
Front or Triple.

Block #3.

Elephant

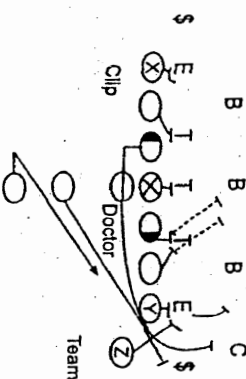
Block 1st Defender on or outside X.

Run 6 / 7 course. Alert FS LBer run thru. Key TE's block.

HB: Run 6 / 7 course. Read TE/FSG Block.

QB: Open to call. Hand-off deep, to ball carrier. Set to throw after hand-off.

53 Triple



Jab 38 Power Qu:

FST: Block #2. vs. 5-3 Doctor.

FSG:
Block #1. vs. 5-3 Doctor to MLB.

Back Block for OG. vs. 5-3 Block #0.

BSG: Pull for 1st Defender off LOS outside Team block

Block #2. Fill for OG. Alert Combo. vs 5-3 Clip the 3.

Team to 1st ILBer.

Block #3. Alert Combo.

Team to 1st ILBer.

Block 1st Force outside Team block

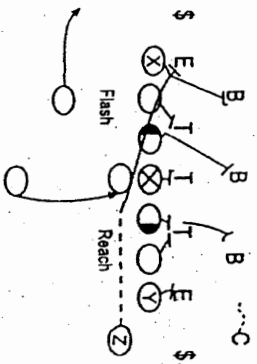
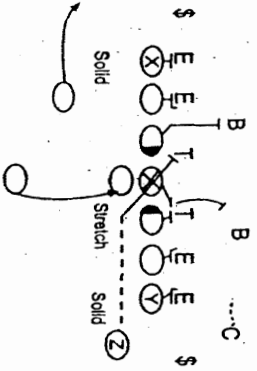
Jab footwork. Read Team block to Fullbacks Kick-out.

Q8: Jab footwork. Hand-off deep. Fake Bootleg after hand-off.

32-33 Z-CRUNCH

6-2

53 Triple



32 Z Crunch

32 Z Crunch

FST: Block #2 vs. 5-3 Block 1st LBer over to inside. "Flash"

FSG: Influence #1. vs 5-3 Release up to 1st LBer. "Flash"

C: Stretch to BSLB. Covered Block #0.

BSG: Stretch to BS LBer. Reach vs 5-3.

BST: Drive cut-off #2. vs. 5-3 Reach.

Y: Drive cut-off #3.

X: Block #3.

Z: Pull Trap 1st DL past OC.

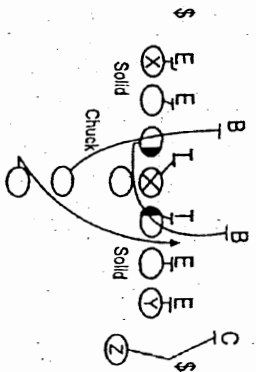
FB: Fake Toss.

HB: Run Trap course. Read Trap of Z

QB: Reverse hand-off deep to RB.

Jab 32-33 "O"

6-2



Jab 32 "O"

FST: Solid #2.

FSG: Solid #1.

C: Chuck w/ BSG.

BSG: Chuck w/ OC for BSLB.

BST: Solid #2.

Y: Solid #3.

X: Solid #3.

Z: MDM.

FB: Lead on BSLB.

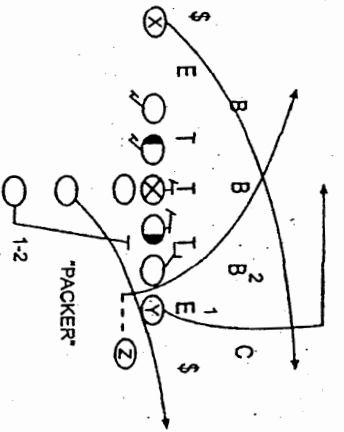
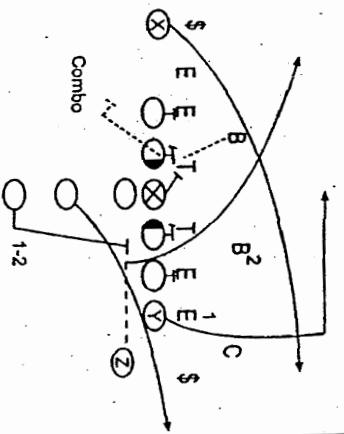
HB: Jab to opposite of call side. Take ball to call side. Read FSG's block to ne) down guy frontside.

QB: Open opposite side and hand ball to RB.

Ride 136 Switch Cross

-2

53 Triple



Ride 136

Ride 136

f: Block #2. Alert "PACKER".
(Solid)

3: Block #1. Alert "PACKER".
(Solid)

Combo w/ BSG. vs 5-3 Packer.

3: Combo w/ OC. vs 5-3 Packer.

1: Solid #2. vs 5-3 Packer.

Run Route.

Run Route.

Run Route.

Scat - Flat.

Fake 36. Big Dual.

Fake 36 Action.

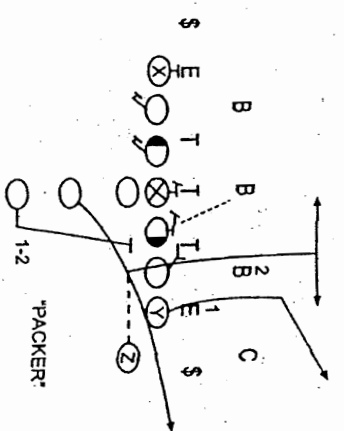
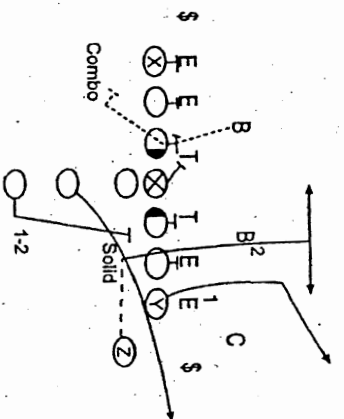


IOAL LINE

Ride 136 Y Bow

2

53 Triple



Ride 136

Ride 136

st: Block #2. Alert "PACKER".
(Solid)

sg: Block #1. Alert "PACKER".
(Solid)

1: Combo w/ BSG. vs 5-3 Packer.

sg: Combo w/ OC. vs 5-3 Packer.

st: Solid #2. vs 5-3 Packer.

Run Route.

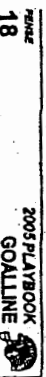
Block #4.

Run Route.

Scat - Flat.

B: Fake 36. Big Dual.

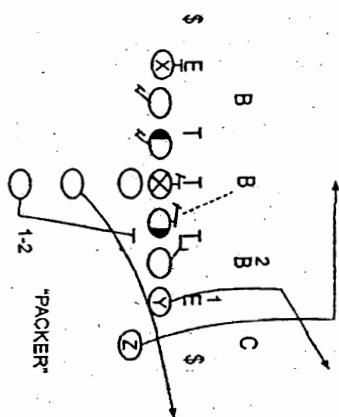
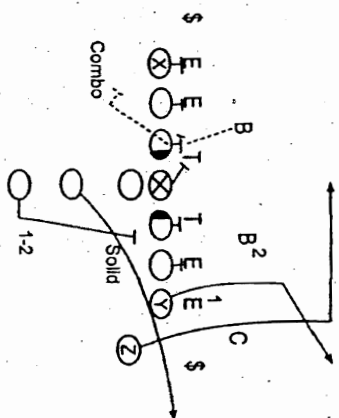
B: Fake 36. Action.



Ride 136 Y Bow

6-2

53 Triple



Ride 136

Ride 136

FST: Block #2. Alert "PACKER".
(Solid)

FSG: Block #1. Alert "PACKER".
(Solid)

C: Combo w/ BSG. vs 5-3 Packer.

BSG: Combo w/ OC. vs 5-3 Packer.

BSI: Solid #2. vs 5-3 Packer.

Y: Run Route.

X: Block #4.

Z: Run Route.

FB: Run Route.

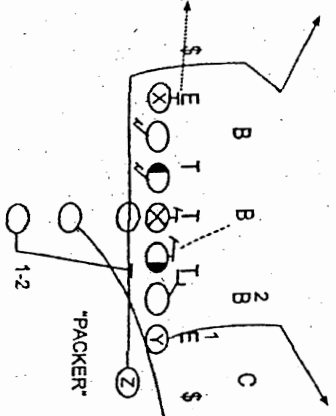
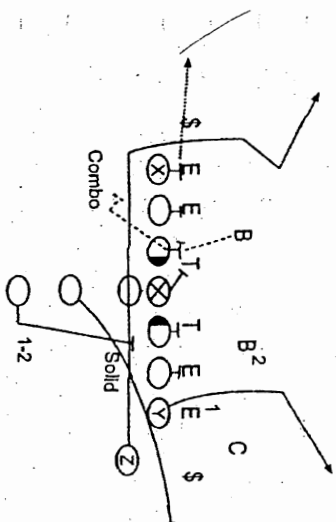
HB: Fake 36. Big Dual

QB: Fake 36. Action.

Ride 136 Y Bow Shake

6-2

53 Triple



Ride 136

Ride 136

FST: Block #2. Alert "PACKER".
(Solid)

FSG: Block #1. Alert "PACKER".
(Solid)

C: Combo w/ BSG. vs 5-3 Packer.

BSG: Combo w/ OC. vs 5-3 Packer.

BSI: Solid #2. vs 5-3 Packer.

Y: Run Route.

X: Block #4.

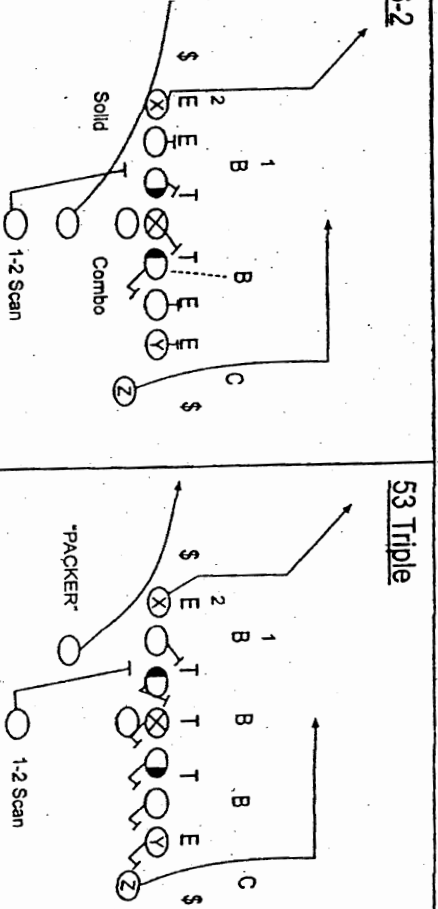
Z: Run Route.

FB: Run Route.

HB: Fake 36. Big Dual

QB: Fake 36. Action.

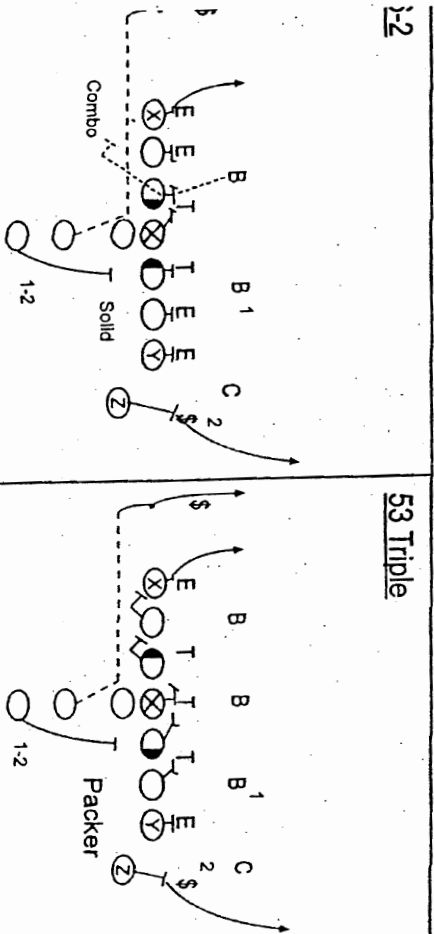
Ride 137 X Bow



Ride 137

T: Block #2. Alert "PACKER". (Solid)	
G: Block #1. Alert "PACKER". (Solid)	
Combo w/ BSG.	vs 5-3 Packer.
Combo w/ OC.	vs 5-3 Packer.
T: Solid #2.	vs 5-3 Packer.
Block #4.	vs 5-3 Packer.
Run Route.	
Run Route.	
Run Route.	
Fake 36. Big Dual	
Fake 36. Action.	

Ride 130 Double Pop

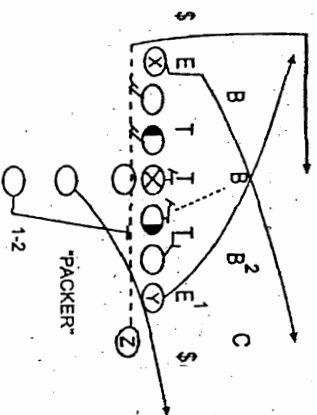
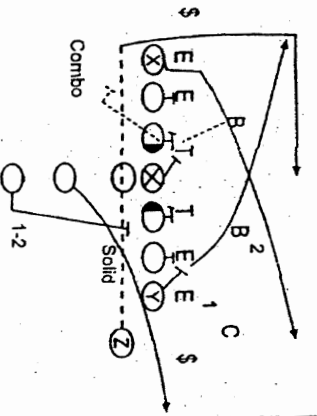


Ride 130

ST: Block #2. (Solid)	vs. 5-3 Duo.
SG: Block #1. (Solid)	vs. 5-3 Duo.
Combo w/ BSG.	vs. 5-3 Duo.
SG: Combo w/ OC.	vs. 5-3 Duo / Gate.
ST: Block #2.	vs. 5-3 Duo / Gate.
Block 130 Pass Protection: Solid / Packer (Duo)	
Slam #4: Run Route.	
Slam EMOL: Run Route.	
B: Motion, run route.	
B: Fake Ride Frontside. Sell run.	
B: Fake Ride. Good Fake.	

6-2

53 Triple



Ride 136

Ride 136

FST: Block #2. Alert "PACKER".
(Solid)FSG: Block #1. Alert "PACKER".
(Solid)

C: Combo w/ BSG. vs 5-3 Packer.

BSG: Combo w/ OC. vs 5-3 Packer.

BST: Solid #2. vs 5-3 Packer.

Y: Run Route.

X: Run Route.

Z: Run Route.

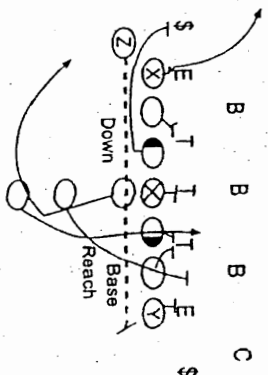
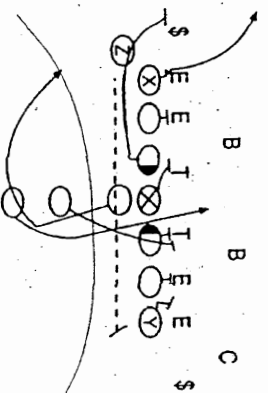
FB: Run Route.

HB: Fake 36. Big Dual

QB: Fake 36. Action.

6-2

53 Triple



Ride 332

Ride 332

FST: Base #2. Reach w/ FSG vs 5-3.

FSG: Base #1. Reach w/ BSG vs 5-3.

C: Stretch #1, Base vs 5-3.

BSG: Short playside sickle pull - personal protector.

BST: Base #2. Down vs 5-3

Y: Block Called Protection; Block #4.

X: Slam End; Run Route.

Z: Block EMOL.

FB: Good Fake A Gap.

HB: Good Fake

QB: Fake Ride, roll Left.

GENERAL PHILOSOPHY

There is no easy way to block! Blocking is an attitude that expresses itself thru effort, technique, and toughness. Blocking is a mind set. It is an unselfish task that requires practice and repetition. One does not need to be the most gifted athlete if he is technically sound and his mind is right. You must have the confidence and pride in yourself to accept the challenge to defeat the man assigned to you.

REQUIREMENTS FOR A GOOD BLOCKER

1. Strength
 - A. Running game: Strong enough to stalemate or move a defender of greater size by brute force.
 - B. Passing game: Strong enough to stop the defender's charge at the LOS and maintain the inside position on a pass rusher giving ground grudgingly until the ball is thrown.
2. Mobility
 - A. Running game: Quick enough to meet defender on his side of LOS and mobile enough to stay on the block when the defender is trying to escape.
 - B. Passing game: Enough mobility to slide, mirror and maintain the inside position on a pass rusher giving ground grudgingly until the ball is thrown.

Four Advantages a Blocker has:

- Snap Count
- Direction of the Ball
- Proper Use of Leverage
- Proper Alignment

Definition

When the blocker strikes his initial blow at a point:

1. Low enough to create a lifting force on the defender
2. Close enough to neutralize his charge (segment his upper body strength from the power of his hips and legs)
3. The force must be continued to get the defender on his heels so he is unable to make a counter move.

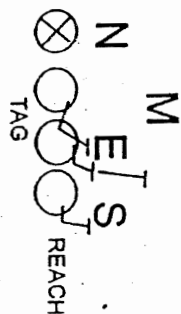
"HIT UP AND THROUGH THE DEFENDER"

TIGHT END TERMINOLOGY

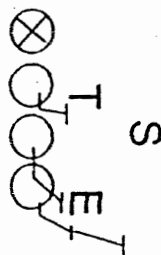
<u>Base</u>	
<u>Cut-Off</u>	A technique used backside of a running play that has the possibility of cutting back
<u>Running Cut-Off</u>	A technique used backside of a running play that has no possibility of cutting back (work levels)
<u>Fan</u>	Frontside or backside call that puts the G on 1st DL, the T on the 2nd man on the LOS, and the TE on #3 or #4
<u>Vertical</u>	Term used to indicate the possibility of the ball carrier cutting back. The emphasis is to get vertical push on the DL
<u>Horizontal</u>	Term used to indicate the possibility of the ball carrier stretching the defense. The emphasis is to stretch the defense and get to the 2nd level defenders.
<u>Red</u>	Term used in any defense where the 1st DL on your side of the ball is a B gap defender (T Bubble)
<u>White</u>	Term used in any defense where the 1st DL on your side of the ball is an A gap defender (G Bubble)
<u>Leverage</u>	Maintain pressure on a specific aiming point
<u>Zipper</u>	Term and technique used by a motion man to secure EMOL. Think Trap.
<u>Joker</u>	Term used to indicate that a Safety has dropped down into the box. A joker may or may not change the blocking scheme.
<u>Check Down</u>	Pass route or area to get to after carry out pass blocking responsibility.

TACKLE CALLS (AFFECT THE TE's)

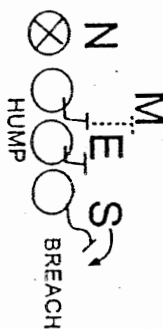
1. TAG Combination zone block by FSG / FST to a DE and FSLB. This (White) combination alerts the TE to Reach the next defender (Sam). (Outside zone blocking)



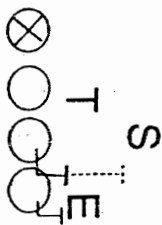
2. STAG Combination zone block by FST / FSTE to a DE and FSLB (Horizontal) (Red) (Outside zone block)



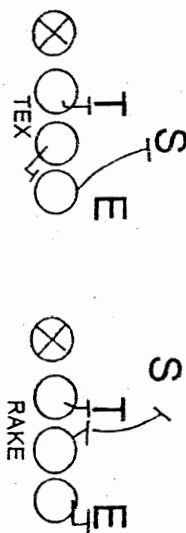
3. HUMP Combination zone block by FSG / FST to a DE and FSLB. This combination (White) assigns the TE to Breach the next defender (Sam). (Inside zone blocking)



4. STEEL Combination zone block by FST / FSTE to a DE and FSLB (Vertical) (Red) (Inside zone blocking)



5. TEX Call by the Tackle to alert the TE to fold (best release) to the FSLB (Red) (Note: Slip or Rake Tex is off / Draw block the DE) (Draw blocking)

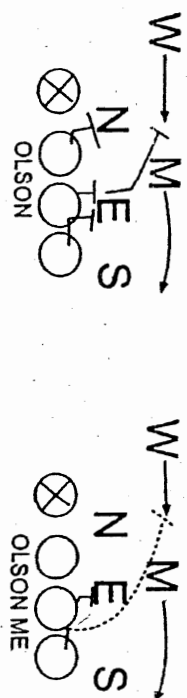


TIGHT END TERMINOLOGY

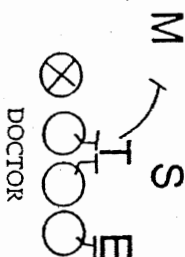
<u>Frontside</u>	The side of the play
<u>Backside</u>	The side away from the play
<u>POA</u>	Point of Attack
<u>LOS</u>	Line of Scrimmage
<u>Strongside</u>	Side of formation denoting strength (usually to TE)
<u>Weakside</u>	Side of formation away from the strength (usually away from TE)
<u>EMOL</u>	End man on LOS
<u>Bob</u>	Back on Backer (Horizontal blocking concept)
<u>Boss</u>	Back on Strong Safety (Force / Support) (Horizontal blocking concept)
<u>Base</u>	Back on Will in hard ball calls; soft ball plays : bubble LB to Will
<u>Scheme</u>	Basic pattern of blocking for designated plays
<u>Aiming Point</u>	An imaginary point of reference
<u>Lead Step</u>	A step from your stance up into LOS
<u>Flat Step</u>	A step from your stance parallel in depth to LOS
<u>Buckle Step</u>	A step from your stance that backs away from the LOS
<u>Slow</u>	Pass protection scheme where OT and any eligible receiver will zone block the area and allow the receiver to release.
<u>Sugar</u>	LB walks up into LOS during the cadence and either fakes a blitz or comes on the snap.
<u>Solid</u>	Man on blocking
<u>Breach</u>	A base blocking technique used to give a defender the illusion he is being reach

TACKLE CALLS (AFFECT THE TE's)

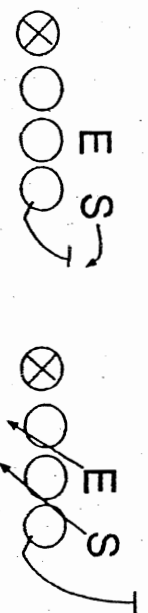
6. OLSON/TREY Combination Gap block between FST and TE.
(White)
(Gap blocking)
FST is responsible for B Gap with TE responsible for the C Gap.
(Olson Me alerts TE the DE in aligned as a 4I)



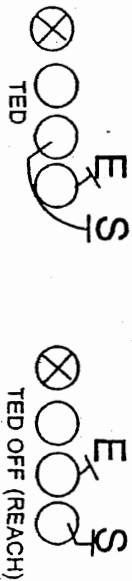
7. DOCTOR
(Red)
(Gap Blocking)
Combination Gap block by FSG / FST on DL to BSLB. This call alerts the TE to base the DE



8. EASY
Technique used to block support with an arc release. If the defender follows your release, lock on a fight for your leverage. Of the defender makes a radical move and disappears to your inside, stay on track and work levels.

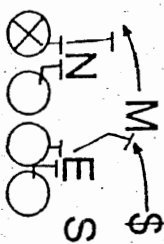


9. TED
(White)
Tackle call that has the FSTE block the defender on to outside the FST and allows the FST to pull for his assignment.
(Man Block)(Note: TED OFF call vs 4I Block Solid.)

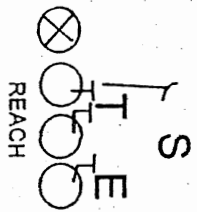


TACKLE CALLS (AFFECT THE TE's)

14. TESS
Backside zone combination block between the BST / BSTIE to handle a low Safety (Joker)



15. REACH
Backside zone combination between a BSG / BST. This call will alert TE to use the appropriate cut off technique on the BSDE.



TE BALANCED STANCE

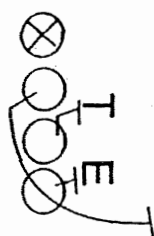
1. Feet are spread the width of the armpits.
2. You must have a toe-instep relationship between your up foot and your back foot. (As a LT side TE in a right-handed stance, feet need to be parallel.)
3. Feet should always be pointed straight down the field.
4. From this position, you drop into a squatting position, dropping the arm on the side of the back foot, down from the shoulder and slightly in front of the toes. The fingers are placed on the ground by forming a tripod. Arm is out in front of body so that the weight is forward.
5. The forward foot is now placed in a position where you have power producing angles at the ankles and knee joints. To get this position, you roll weight forward on the ball of the up foot thru your instep. This will raise the weight off the heel to a point where you can see daylight under the heel of the up foot.
6. The heel of the back foot, after you are in this position, will be just touching the top of the grass with the weight distributed evenly thru the balls of your feet and hand.
7. The off hand on the side of the up foot is resting lightly on the knee.
8. The shoulders are parallel to the ground. The head is in a natural position with little or no strain on the neck muscles. The head is cocked back slightly. The tail should be slightly higher than the head.
9. Starting from this stance, you drive off the far foot driving your knee into the ground. Lead with the near foot. (This will vary with type of block used.) The knee of your near foot should drive thru your chest.
10. TE's will align slightly off the ball. (Everyone will align on the rear tip of ball on short yardage and / or goal line.)

11. Important Points to Remember

- A. Feet armpit width and pointed straight down the field.
- B. Toe-instep relationship and arm out in front. (TE on Lt side will have a parallel stance.)
- C. Power producing angles. (Drive the knee into the ground.)
- D. Head in natural extensive and cocked slightly.
- E. Lead with near foot first, with body weight on the insteps. Do NOT get up on the balls of your feet. Be more flat-footed with your weight more on your insteps.
- F. Shift weight.
- G. Elbows must break the plane of hips.

TACKLE CALLS (AFFECT THE TE'S)

10. BALL Tackle call that has the FST block down on the 1st man on the LOS and has the (Red) TE block the 2nd man on the LOS (Man Blocking)



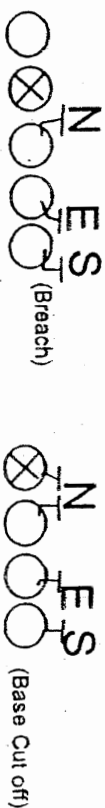
11. FAN Frontside or Backside (Run or Pass) call that alerts the G to block 1st DL / T to block the 2nd MOLOS and the TE will block the next outside defender (#3 or #4)

M S



12. SOLID Man blocking call frontside or backside (Use the appropriate leverage)

M M

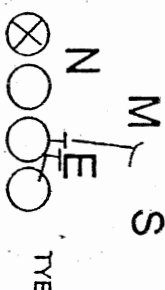


(Ex.: Frontside) Solid 36 "O"

(Ex.: Backside) Solid 35 Base

13. TYE

Backside zone combination block between the BST / BSTE handle a BSDE and a fold OSLB



BASE BLOCK

Purpose:

We believe the concept of the Base Block is the most important concept of becoming an effective blocker. The base block techniques will be used as an individual block at the point of attack and will be incorporated into every technique we use.

Base Block is used when blocking at the point of attack. The objective is to get movement, often blocking defender the way he wishes to go. You must maintain contact, allow runner to option run defender.

Coaching Point:

1. Initial movement is forward, not up.
2. Six-to-eight inch step with near foot for a toe-to-toe relationship. When blocking LB's, we will take a longer 1st step and try to step on their toes. (Footwork and aiming point will vary according to the play and the alignment of the defender.)
3. Drive the far knee into the ground and near knee thru your chest.
4. Break the plane of the hips with your elbows.
5. Keep head up.
6. Feet are slightly wider than shoulder-width apart with weight on your insteps.
7. Take short steps always gaining ground.
8. Make contact with heels of hands for first. Punch the bottom of opponent's numbers. (Thumbs and fingers thru.) On contact, the upper body starts a lifting motion, which causes the hips to sink further, seeking the power generated in the legs.
9. Once contact is made, keep feet moving (short steps gaining ground) with a good base. Keep knees bent. (Block thru the defender.)
10. Take the defender in the direction he wants to go.
11. Do not be concerned with turning your man.
12. Always battle the defender, driving him off the LOS.
13. Keep head up and keep a wide base with your feet under you. Do NOT get up on the balls of your feet. Be more flatfooted with your weight more on your insteps.
14. Second effort is what counts. Sustain the block inside the whistle.
15. FINISH!

BLOCK TECHNIQUES

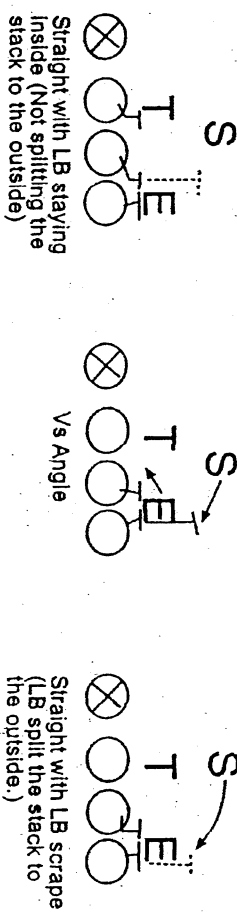
STEEL BLOCKING TECHNIQUE

Purpose:

Frontside zone combination between a FST and FSTE to create vertical push on a DL and secure a FSLB late.

Coaching Point:

1. Use Base Block technique with a zone concept.
2. Settle step with near foot.
3. Understand you have help to your inside from the Tackle. Stay square.
4. If the defender angles to your inside, stay on your track to block the FSLB. (Do NOT chase the angle.)
5. If the defender plays straight and the LB scrapes over the top (past a stack alignment) and color shows, come off on your LB.



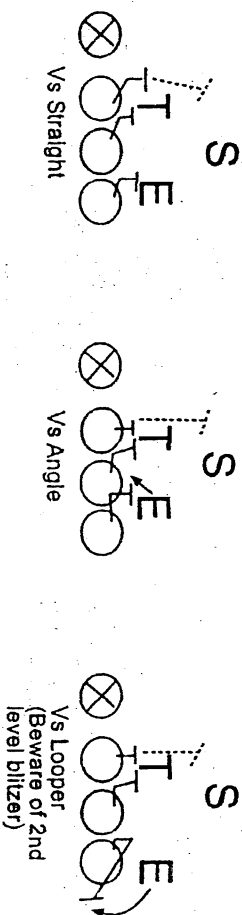
BASE CUT OFF TECHNIQUE

Purpose:

Technique used on the backside of a vertical push play to secure backside defender. (Meaning there is a possibility of a cut back.)

Coaching Point:

1. Footwork will vary according to the alignment of the defender being cut off.
2. Aiming point is your outside earhole on defenders inside hip.
3. Stay on your assigned defender. Stay square.



BLOCK TECHNIQUES

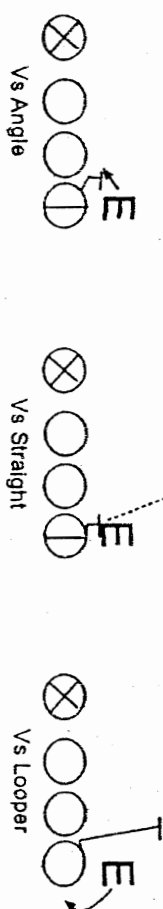
RUNNING CUT OFF TECHNIQUE

Purpose:

Technique used on the backside to secure the C Gap of a horizontal play.

Coaching Point:

1. Footwork will vary according to the alignment of the defender being cut off.
2. Aiming point is your BS earhole on the defender's far hip.
3. Fight to rip your backside arm thru the defender. (Make defender come off behind you.)
4. Track blocking. Stay on your track and block what shows.
5. Work levels.



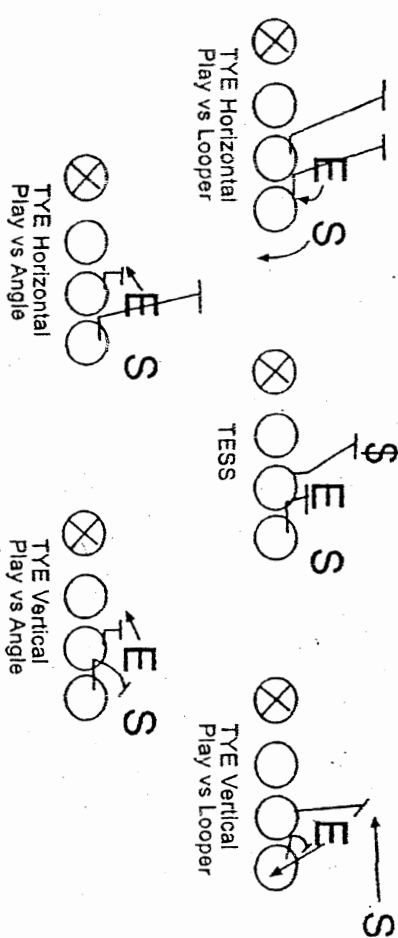
TYE/TESS BLOCK TECHNIQUE

Purpose:

Backside zone blocking combination between a BST and BSTE. Technique is used on vertical and horizontal plays to control DL and fold OSLB (TYE) or Safety dropping down into the box (TESS).

Coaching Point:

1. Footwork will vary according to the alignment of the defender.
2. Aiming point will be BS earhole to defender's playside hip.
3. Base cut-off and running cut-off concepts will be incorporated into this technique according to the play.



BLOCK TECHNIQUES

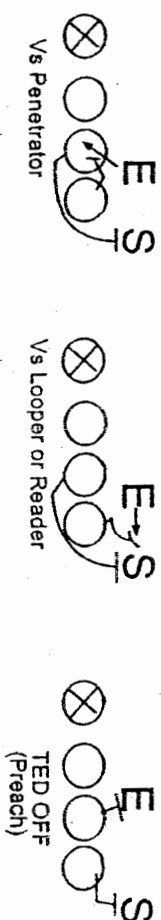
TED BLOCK TECHNIQUE

Purpose:

Frontside block used in man blocking schemes to stop penetration and pin a defender. We will cut the defense at the point of attack to give the RB the option of running the ball outside or opposite of your block.

Coaching Point:

1. Flat step slightly up pointing your toe at the hands of the defender. (Keep your pads down.) Slightly open your hip.
2. Read defender's reaction.
3. Vs a penetrator, pivot off your near foot, cross over, get your hat across the defender and punch with your outside hand. Sell out to stop penetration.
4. Vs reader or looper, your 2nd step will be up field at the arm pit of the defender. (Keep your pads down and head up.) Hold your ground and keep the defender pinned inside.
5. Vs 4I T will make a TED OFF call, which means the TED is off. Use a Breach technique.



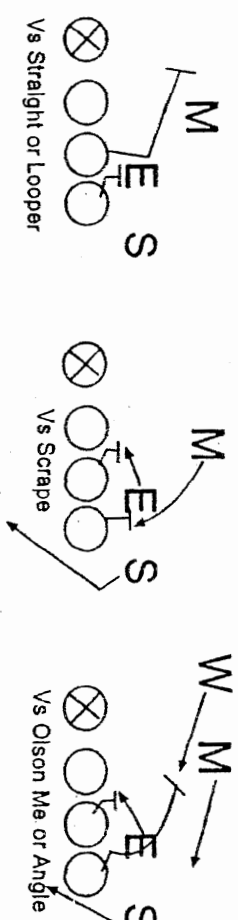
OLSON BLOCK TECHNIQUE

Purpose:

Frontside combination block between the FST and FSTE in a gap blocking scheme to create a vertical push on the DL to secure the BSLB.

Coaching Point:

1. Flat step with your inside foot. Work to stay square.
2. 2nd step needs to work up field.
3. Aiming point is the outside number of the defender. (Try to get hip to hip with Tackle to create vertical push.)
4. If the defender disappears across the face of the T, stay on your track to the 2nd level. If you can pin the FSLB do so, but never chase. Stay on track to the BS LB.
5. Olson Me call alerts the TE the DL is aligned as a 4I. Treat as a Slant DL.
6. Possible Joker call will alert Olson to get vertical push and secure the FSLB.



GENERAL - PASS PROTECTION

Objective:

The pass protector's objective is to keep his body between the rusher and the passing point for a maximum period of time while giving up a minimum amount of yardage. The QB must have a minimum of three (3) seconds to get the ball off.

A. Three Measures of Success:

1. Allowing no OB sacks behind the line of scrimmage when attempting to pass. Some are caused by great pass coverage, but most are the result of poor pass protection.
2. Keep the QB from being flushed. The ball is supposed to be thrown from a specific point at a specific time and any deviation from this caused by poor protection, usually results in a bad play.
3. Keep the ball from being tipped or batted by defenders. Most interceptions are caused by batted balls or hurried throws which are the result of poor protection.

B. Common Causes of Pass Protection Breakdowns:

When evaluating yourself to determine why you broke down on pass protection, you will probably find that you make one or more of the following common mistakes. These are listed to help you overcome your problems and improve your pass blocking.

1. Failure to get set quickly.
2. Poor footwork which results in poor blocking position.
3. Over-aggressiveness. (Do not reach)
4. Dropping your head and losing your balance.
5. Straightening the legs and losing mobility.
6. Turning your shoulders parallel to the sideline giving the rusher an open inside lane.
7. Honoring outside fakes.
8. Giving ground too rapidly.
9. Being surprised by a change in the rusher's technique.
10. Lack of concentration and poor hand placement.
11. Allowing rusher to keep his hands on you.
12. Allowing the inside rusher to gain too much depth by turning your shoulders and not pounding post foot.

C. Cover:

A pass protector's job is not done when the pass is thrown. Good coverage that prevents the long return of an interception, or turns a completion into a long gain, can turn a good pass into a great pass offense.

After each pass is thrown, all pass protectors must start quickly to their assigned coverage area and locate the ball. If the pass is completed, sprint down field and block for the receiver. If the pass is intercepted, sprint to the ball and surround the interceptor.

BASIC PRINCIPLES FOR TE's AS A PASS RECEIVER

Learn the tendencies of the Defensive LB's and Safeties through film study and then observe them during the game - if they gamble, guess with you, play tight or loose, inside or out, their speed.

The sidelines and end zone lines are our enemies. Always know your relative position to them. Respect them, but do not let them bother you in catching the ball - the catch comes first.

Always run your patterns as if you are the primary Receiver. You never know when the QB will throw to you.

Concentrate at all times on what you are going to do - why and how you are going to do it. Keep in mind the object of the overall pattern and what your part of it is.

Keep your eyes on the ball. Your first responsibility is to catch the ball. After you make the catch, think about one thing - additional yardage and scoring.

When we are on offense and the ball is thrown, it is not a "free" ball - it is ours. Go get it! Never allow an interception.

In practice, after you catch the ball, tuck it away quickly and securely and sprint upfield. Put in a fake, spin, etc., simulate what you would do in a game.

Form the habit of going all out after the ball every time - regardless of how or where it is thrown.

When you see that the ball is thrown to another Receiver - you instantly become a blocker - get over and pick somebody out - help each other out. Don't chase defenders, turn back and block.

Vary your type of release off the line - people will be positioned to delay and hold you up - know how you are going to release and don't let them keep you in.

Remember - one of the greatest assets a Receiver can have is working back toward the QB for the football.

Take a pre-snap off of the Safeties and CB. Always be aware of the alignments of the nearest ILB.

Once off the line, your first concern is to determine if the coverage is man or zone.

BASIC PRINCIPLES FOR TE'S AS A PASS RECEIVER

Scare the defender with the feeling you are attacking the area he was told to cover.

Whenever possible, put a "Deep Feeling" into your route. Make the defender think you are going deep on your breaking patterns to create a cushion.

Have a mental picture of what you are to do and what your options are. Be prepared so you react instinctively, not through a thought process.

Master and use the tools of your trade to get open.

Be where you are supposed to be when you are supposed to be there.

Make the catch!

Self - Pass

GENERAL - PASS PROTECTION

Pass Protection Technique:

1. Stance:

A balanced stance was discussed previously but it must be emphasized that a blocker must always use the same stance. Any adjustment in stance that gives away our intention to pass gives the advantage to the defense. However, the blocker should mentally shift his weight to his push foot so he is prepared to make his initial step when getting set.

2. Getting Set:

A pass blocker's success depends upon his ability to move from his stance to his set position. Move into position as quickly as possible. The concept of "sets" is designed to tell the blocker the initial movement he should take on the snap to put himself in the best position to block his man. Your set position prior to contact must be in direct line between the defender and the QB.

3. Footwork:

Our footwork (set) is based on rusher's alignment.

A. Versus head-up alignment - Slide step 4 inches with inside foot to put outside foot in the defender's crotch. Pull back in the hips, with the butt - all slightly up, and squat thrusting your head and shoulders back. Stay square.

B. Versus Wide Outside Alignment - Kick step with outside foot to where the rusher is now aligned in defender's crotch. Keep shoulders square, stay inside foot to keep balance, always keeping inside foot up. Depth is more important than width. Keep your shoulders square as long as possible.

C. Versus Inside Alignment - Slide inside foot to gain head-up position. Outside foot is again in the crotch of the defender. Keep inside foot up, stay square.

4. Body Position:

A. Head - The head is thrown back, with chin up and eyes are focused on the location of the members of the defender.

B. Back - Is straight, never rounded.

C. Feet - Are slightly wider than shoulder's width apart. Inside foot up (post foot), outside foot is back (back foot). Toes can be slightly turned out.

D. Knees - Bent in power producing angles, never straightened.

E. Butt - Is down and tucked to keep center of gravity low.

F. Hands and Elbows - Hands up, thumbs up, with elbows near body. Hands should be locked.

G. Shoulders - Always square to LOS. (Your punch comes from your shoulders.)

BASIC PRINCIPLES FOR TE's AS A PASS RECEIVER

CATCHING THE BALL

Catching the football is only a part of what the TE must be able to do, but is one of the most important parts, and it will be treated as such. We believe that catching a football is an acquired skill, which can be developed and improved. To help develop one's catching skills, there are some basic principles a Receiver should be aware of:

Concentration - is your first priority. You must have the ability to locate the ball, and be able to focus upon the flight of the front tip (area) of the ball, and then look it into your hands. Follow the ball with your head not just your eyes.

Don't fight the ball. On as many receptions as possible, the arms (elbows), shoulders, and hands should be under control and in a comfortable state (relaxed) to cushion the reception.

If at all possible, try to catch the ball with your hands / fingers. Avoid being known as a "body catcher".

Extend your hands and arms away from your body, just prior to catching the ball. This will help permit the best possible hand / eye coordination.

On high throws, get the fingers over the top of the point so if it is not caught cleanly, it will fall downward to give you a second chance. This same technique will also prevent the interception of a poorly thrown ball.

On over-the-shoulder catches, keep the elbows in to form a cradle. Immediately protect the ball once it is caught. This habit will not only insure the reception, but also give you an opportunity to protect yourself. Catch the ball naturally.

In the next section, we will list some of the base or accepted techniques a Receiver should constantly practice. However, as long as you are successful in catching the ball, and it is natural for you, there will be very little encouragement for change.

The above basic principles present a big order for any athlete, yet there is nothing required of you that cannot be developed with hard work.

BASIC PRINCIPLES FOR TE's AS A PASS RECEIVER

Remember the fundamentals of holding and carrying the ball too. Proper ball position between the hand and cradle position of the arm and body is important. Keep the ball protected when in traffic.

Running with the ball is a great thrill. Every Receiver, sooner or later, will get the chance. You can develop your running ability now, so get prepared. The areas you must be aware of are:

1. Balance
2. Improved awareness of tacklers while running full speed and cutting
3. Ability to take and use evasive maneuvers
4. Ability to quickly regain top speed after stopping or dodging
5. Ability to keep the ball in the proper position when running full speed
6. The instinct of exploding with the catch
7. Splitting defenders

Release - is the first component of a route since it is executed from the LOS. The direction taken from the LOS can be either inside, outside, or straight ahead. In most cases, you will be required to release in a specified direction based upon the route called and by the nature of your position.

Basics - Explode off the LOS. No wasted steps or movements. Gain the advantage by getting into the secondary as quickly as possible. Get your eyes up the field for defensive recognition.

Types of Releases -

A. Crossover - Executed by driving the far arm and leg across your body into the desired direction. Ideally, you want to bring the arm and leg through to a position equal to that of the far hip of the defender. As you begin the crossover move, pivot your opposite foot slightly to insure maximum push upfield. Once you reach the desired hip position on the defender, the far shoulder must be lower than that of the defender's so you are able to pinch the shoulder and arm through the defender. This will enable you to place your hip even or slightly past that of the defender. The next step with your pivot foot must be directly upfield to clear the defender.

B. 1 Step Grab / Rip - Initiated by taking a controlled step with the foot nearest the desired direction upfield to a point outside the defender's near shoulder. At approximately the same time, you will reach with the near hand and grab the defender's elbow. As you start your 2nd step across your body, take your other hand getting as low as possible. Rip your arm and bring your leg through. The next step with your pivot foot must be directly upfield to clear the defender.

C. 3 Step Grab / Rip - Executed by taking a controlled step with the foot opposite the desired direction accompanied by a head fake. You will then plant on that foot and execute a grab / rip as quickly as possible in the opposite direction.

KNOW AND RECOGNIZE COVERAGES

1. LEARN DEFENSIVE COVERAGES AS WELL AS YOUR OWN OFFENSIVE PLAYS. YOU MUST BE AWARE OF LINEBACKER AND SECONDARY MOVEMENT.
2. STUDY INDIVIDUAL DEFENSIVE PERSONNEL AND LOOK FOR THEIR WEAKNESSES. THEN TAKE ADVANTAGE OF THEM.
3. VS MAN-TO-MAN COVERAGE, USE GOOD MOVES IN RUNNING ROUTES. THE TIGHTER THE DEFENDER PLAYS THE BETTER THE FAKE OR MOVE MUST BE. THE LOOSER THE DEFENDER PLAYS THE MORE THE RECEIVER MUST THREATEN TO GO DEEP.
4. VS ZONE COVERAGE, SPRINT TO THE PROPER AREA OF THE ZONE WITH NO MOVES TO OCCUPY LBS.

RECEIVING

1. DO NOT RUN WITH YOUR HANDS AND ARMS OUTSTRETCHED. IT SLOWS YOU DOWN AND BREAKS YOUR STRIDE. KEEP PUMPING UNTIL THE LAST SECOND. THIS WILL ENABLE YOU TO MAINTAIN SPEED TO THE BALL.
2. LEARN TO ADJUST TO THE BALL IN THE AIR. DECIDE WHERE IT IS GOING AND GO GET IT.
3. GET YOUR "EYES" AROUND FOR THE BALL IMMEDIATELY OUT OF YOUR BREAK.
4. KEEP YOUR EYES ON THE BALL. ALWAYS "SEE" THE BALL INTO YOUR HANDS.
5. ALWAYS CATCH THE BALL IN YOUR HANDS. DO NOT CRADLE THE BALL.
6. KEEP YOUR HANDS, WRISTS, AND ELBOWS RELAXED. GIVE WITH THE BALL UNTIL IT COMES INTO YOUR HANDS.
7. ALWAYS COME BACK TOWARD THE QB FOR THE BALL AS IT IS IN FLIGHT. DO NOT DRIFT AWAY FROM THE BALL. NEVER WAIT FOR THE BALL TO COME TO YOU.
8. DO NOT JUMP FOR THE BALL UNLESS ABSOLUTELY NECESSARY. RUN UNDER IT WHEN POSSIBLE.
9. SECURE THE BALL AFTER THE CATCH, TURN UPFIELD AND SPRINT FOR THE GOAL LINE. MAKE SURE YOU PUT IT UNDER YOUR ARM WITH FINGERS OVER THE POINT.
10. KEEP BOTH FEET INBOUNDS ON A SIDELINE CATCH. ALWAYS CATCH THE BALL FIRST THEN STAY INBOUNDS. NEVER JUMP FOR A BALL ALONG THE SIDELINES UNLESS ABSOLUTELY NECESSARY. LOOK AT THE BALL. "FEEL" THE SIDELINE.

EXPLODE OUT OF THE BREAK

1. DON'T CROSS OVER.
2. RUN AWAY FROM THE DEFENDER. IF COVERAGE IS TIGHT, COME SLIGHTLY DOWNHILL. MEET THE BALL COMING BACK TOWARDS IT.

CATCH THE BALL

1. DON'T WAIT ON IT. GO GET IT. HIGH, LOW, INSIDE OR OUTSIDE - COME DOWN WITH THE BALL. REACH AT THE LAST POSSIBLE SECOND. HANDS AND ARMS MUST BE STRONG. DEFENDER WILL STRIP YOUR ARMS OR THE BALL.
2. SECURE THE BALL BEFORE RUNNING. A CATCH IS NOT A "CATCH" UNTIL YOU PUT THE BALL AWAY SECURELY.

NEVER ALLOW THE DEFENSE TO COME DOWN WITH THE BALL!!

FUNDAMENTALS OF RUNNING ROUTES - VS - MAN COVERAGE

CLEAN RELEASE

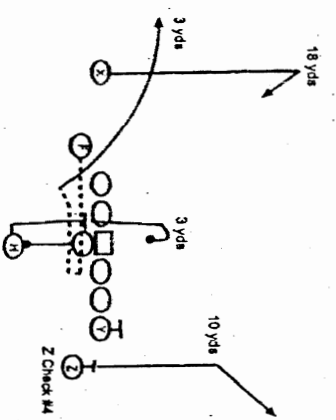
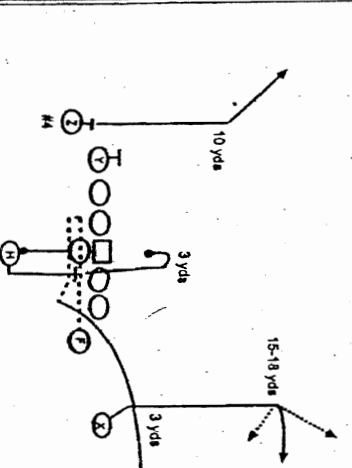
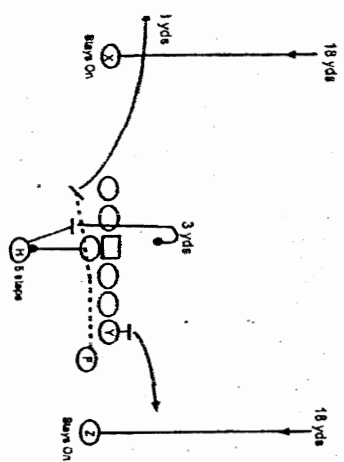
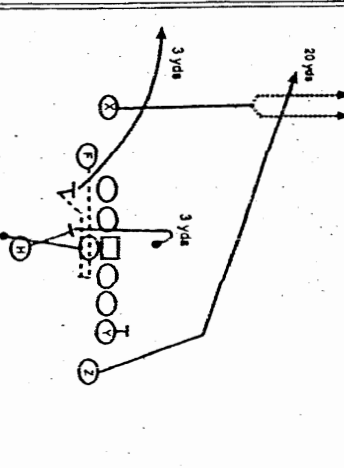
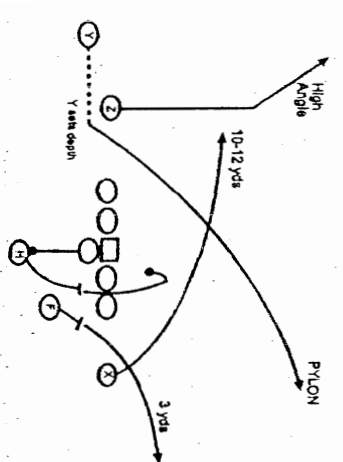
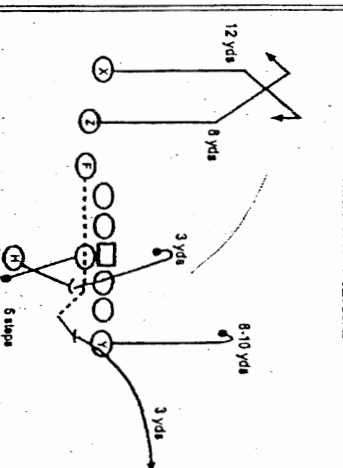
1. ANTICIPATE THE TYPE TECHNIQUE THE DEFENDER WILL USE TO TAKE AWAY LEVERAGE.
2. RELEASE DIRECTLY AT HIM, SLIGHTLY INSIDE OR TO THE OUTSIDE. USE HEAD FAKES TO MOVE THE DEFENDER OPPOSITE THE DESIRED RELEASE PATH.
3. USE SWIM OR RIP TECHNIQUE TO BEAT THE JAM TECHNIQUE BY THE DEFENDER.
4. DO NOT ALLOW THE DEFENDER TO FLATTEN YOUR RELEASE.

SELL THE DEEP INSIDE ROUTE

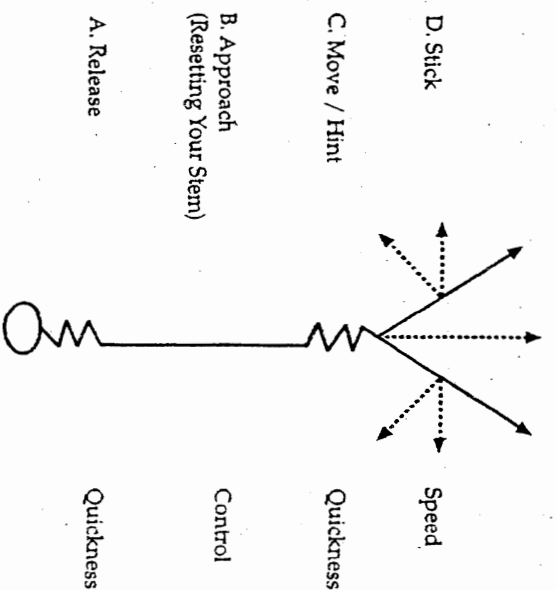
1. RUN WITH COMPACT FORM, HEAD AND EYES DOWNFIELD, GOOD BODY LEAN.
2. MOVE THE DEFENDER. TAKE HIM INSIDE OR OUTSIDE DEPENDING ON HOW HE PLAYS. USE BREAK FAKES, INCLUDE THE HEAD AND SHOULDERS AS WELL AS THE FEET. ALSO USE A CHANGE OF PACE MOVE TO CAUSE DEFENDER TO HESITATE.
3. WEAWE AS YOU RUN AS OPPOSED TO STRAIGHT-LINING-IT. DO THIS WITHOUT LOSING SPEED.

SEPARATE FROM THE DEFENDER

1. DO NOT TELEGRAPH YOUR BREAK.
2. USE THE EYES TO FORCE DEFENDER TO LOOK FOR THE BALL.
3. USE PRESSURE PULL-AWAY MOVE AS A CHANGE UP OR IF YOU CANNOT OUT-QUICK THE DEFENDER.
4. USE RIP TECHNIQUE TO GET ON THE UPFIELD SHOULDER AND TURN IN IF THE DEFENDER IS SQUARE AT THE BREAK POINT OR USES A SLIDE TECHNIQUE TO JAM YOU.

(R) (D) 0 Up Close Fig
H 147 Max Base 'X' Q(R) (D) 1 Up Close Fig
H 146 Max Base 'X' Q(R) (D) 0 Fixed Fig
Ride 133 Blow Stop (Goal)(R) (D) 0 Up Close Fig
Ride 135 Blow 'Z' Deep Cross(R) (D) 1 Fixed Fig
Ride 134 'X' Cross(R) (D) 1 Fixed Fig
Ride 134 'Y' Curl Dallas Stop

COMPONENTS OF A ROUTE

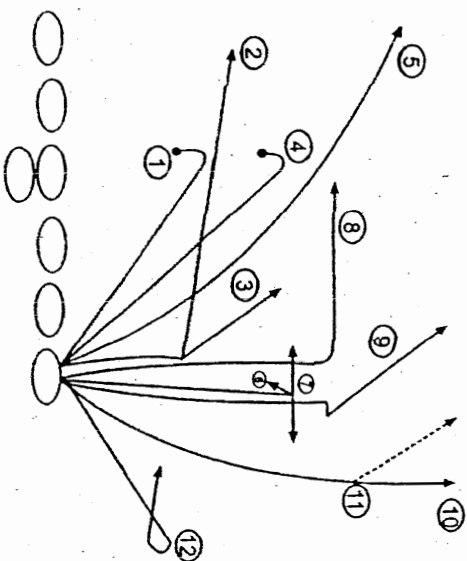
Release: Technique described in Individual Section.

Approach: The approach part of the route is the controlled glide that puts you in position to make a move. In the approach, you should be under control, weight over knees with good lean putting a deep feel into the route. Shoulders should be square up field.

Move: The move / hint comes after the approach with a good wide base and involves upper body and head movement only. This is a slight movement or nod. Hips and shoulders stay square to give a the impression you have a 4-way go. Make the move far enough away from the defender so when he reacts, you can stick his correct shoulder. Good forward body lean, wider than normal base and short strides will give the impression of being full speed even though you are 3/4 and gives added maneuverability.

The Stick: The stick is the final move in a route. When running an inside route you must get to at least a head up or on the defender's inside shoulder. This gives the defender a deep feel. (Vise-versa on outside routes.) Once you stick the defender, the ball should now be in the air. As in all parts of our routes, we want to use angles and not rounded turns or arcs. This gives the QB a quick definitive line to make accurate throws.

TE PASSING TREE (Inside Routes)



1. **HOOKE** - INSIDE RELEASE FOR A DEPTH OF 4-6 YARDS. WORK FROM GUARD TO GUARD. SHOW #S TO QB AND STAYS ZONE. MOVE TO UNCOVER VS. HUG LB ON QB'S EYE CONTACT.
2. **UNDER** - INSIDE RELEASE RUNNING A 4-6 YARD CROSS UNDER THE LB. ZONE = POSSIBLE SETTLE IN OFF TE AREA. MAN TO MAN = STAY ON MOVE USING STAIR STEP TECHNIQUE.
3. **SLANT** - PREFERRED INSIDE RELEASE AND BREAK AT 45 DEGREE ANGLE 3-6 YARDS DEEP.
4. **CURL** - INSIDE RELEASE FOR 10 YARDS OVER THE BALL. SHOW #S TO QB. UNCOVER ON QB'S EYE CONTACT.
5. **OVER** - INSIDE RELEASE RUNNING A 12-15 YD CROSS OVER THE TOP OF THE LB. POSSIBLE SETTLE IN BETWEEN THE HASH AND THE NUMBERS. MAN-TO-MAN = STAY ON MOVE USING STAIR STEP TECHNIQUE.
6. **HOOK** - BEST RELEASE FOR 10 YARD HOOK. PRESSURE - PULL BACK VS INSIDE DEFENDER.
7. **OPTION** - BEST RELEASE FOR 10-12 YARD OPTION ROUTE. ZONE - HOOK IN PLACE. MAN = BREAK ON OUT OR IN.
8. **IN** - PREFERRED INSIDE RELEASE FOR 10 YARD IN ROUTE (STAY FRIENDLY).
9. **POST** - BEST RELEASE - EXPLODE UPFIELD TO A DEPTH OF 10 YARDS. USE HINT TO WIN TO THE POST.
10. **SEAM OR STREAK** - PREFERRED OUTSIDE RELEASE - LOOK OVER INSIDE SHOULDER AS YOU WORK TO THE EDGE OF #S.
11. **SEAM READ OR STREAK (BENDER)** - EXECUTE SEAM AND ALERT TO BEND TO HASH VS MOFO.
12. **Y-DELAY** - OUTSIDE RELEASE TO A DEPTH OF 6-7 YARDS (7 STEPS OF WIDTH OR TO INSIDE EDGE OF #S). PLANT AND RETURN TO THE INSIDE.

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BASIC PRINCIPLES FOR TE'S AS A PASS RECEIVER

In order to fully appreciate the before mentioned principles, a Receiver should practice the five basic types of catches -

Thumbs Out - is the recommended position to place your hands when catching a ball that is thrown ahead of the direction you are running and you have to reach for the ball, or when you have to work back facing the throw and the ball is thrown at or below your waist.

Thumbs In - if you are facing the passer and the ball is thrown chest high or higher, the catch should be made with the thumbs together and the little fingers pointed out. The same will hold when the ball is thrown slightly behind you and chest high or higher.

In the Pocket - between the arms or arm, and the body.

Scoop Catch - if you are facing the passer and the ball is thrown low and short, you should lunge and scoop the ball off of the turf.

Bad Pass Reception - should be practiced when you are in a variety of positions and the ball is thrown high, low, behind, or too far in front.

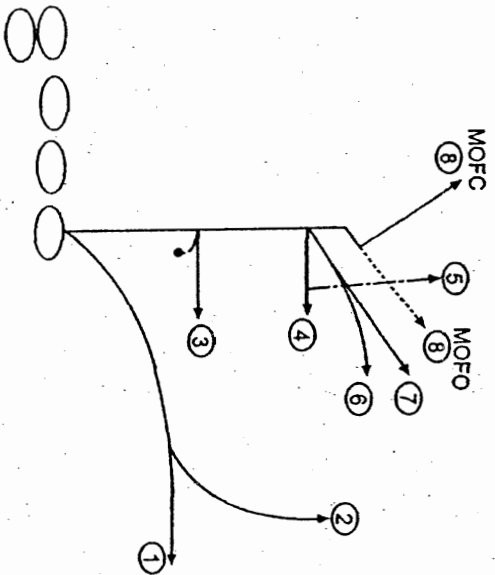
Consequently, the defender is able to close the gap on you once the ball is placed in the air. Explosion is the factor after making a reception. You must be able to get upfield as soon as possible. You must be able to eliminate wasted steps before turning upstream. On certain receptions, you will catch the ball in a stopped position. You must put the ball away, avoid the immediate defender, and get upfield. Making a slight inside fake and pivoting to the outside will sometimes help you elude the defensive man coming up from behind.

A Receiver gets limited opportunities to run with the ball under game conditions. The majority of the time, the defense closes in so quickly after a catch that you are tackled immediately, with very little chance of getting away. When you do get the opportunity to have some running room, you should take advantage of the situation and gain as much yardage as possible. Because of this, it is really important that a TE get in the habit in practice of making moves, stopping and starting, and sprinting with the ball under his arm, making the catch.

Remember, do not start running with the ball before you catch it. Seeing some open room will sometimes cause a Receiver to take his eyes off the ball in his eagerness to start running. Catch the ball first, then explode.

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THE PASSING TREE (Outside Routes)



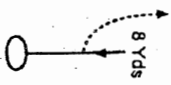
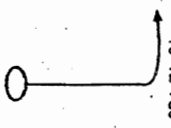
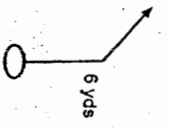
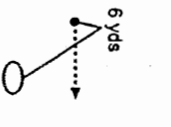
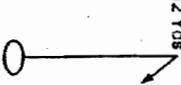
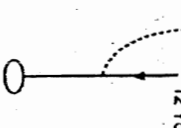
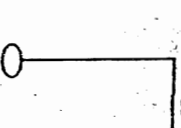
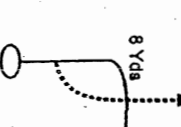
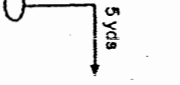
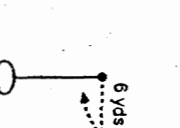
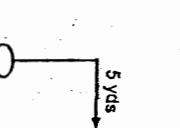
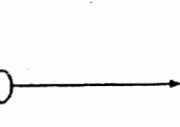
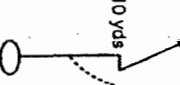
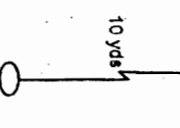
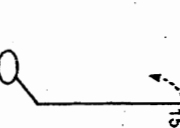
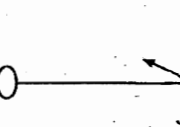
1. DIAGONAL - OUTSIDE RELEASE FOR A DEPTH OF 3 YARDS AND A SPOT 3 YARDS FROM SIDELINE... NOTE: IF REC TO YOUR OUTSIDE IS PRESSED, ADJUST TO 1 YARD DEPTH.
2. WHEEL - OUTSIDE RELEASE ON A DIAGONAL, THEN TURNING UP THE FIELD LOOKING OVER THE INSIDE SHOULDER. LEAVE ROOM (AT LEAST 5 YARDS TO THE OUTSIDE).
3. READ - BEST RELEASE THEN VERTICAL, UPFIELD TO A 6 YARD DEPTH. SWAP IT OUTSIDE VS ZONE OR EXPLODE OUTSIDE VS MAN (GET HEAD AROUND).
4. OUT - BEST RELEASE THEN VERTICAL, UPFIELD TO A DEPTH OF 10 YARDS. DRIVE OFF INSIDE FOOT TO SIDELINE. ZONE = ALERT SETTLE. MAN = KEEP GOING (FRIENDLY).
5. NOD - SAME APPROACH AS OUT. BREAK OUT AT DEPTH THAT IS EVEN WITH INSIDE DEFENDER THEN SHARPLY TURN UP LOOKING OVER INSIDE SHOULDER. MOFO = BEND IN TOWARDS HASH. MOFC = STAY OUT IN SEAM.
6. BOW - BEST RELEASE TO A DEPTH OF 10 YARDS. PLANT INSIDE FOOT AND BOW OUT INTO THE 12-15 YARD AREA. HEAD COVERAGE FOR DIRECTION. MAY STAY THIN OR DEEP ANGLE FLAG.
7. FLAG - BEST RELEASE TO A DEPTH OF 12 YARDS. USE HINT WITH HEAD - INSIDE FOOT AND EXPLODE ON A DEEP ANGLE TO THE CORNER.
8. CHOICE - BEST RELEASE FOR A DEPTH OF 10 YARDS AND MAKE A CHOICE TO RUN A POST IF MOFO OR A DEEP ANGLE FLAG IF MOFC.

2005 TIGHT ENDS / INDIVIDUAL - PAGE #21

2005

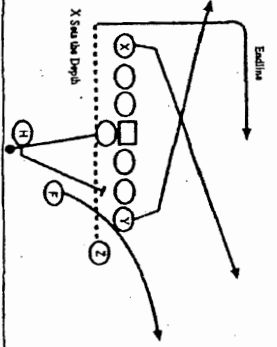
PASSING GAME

ROUTES

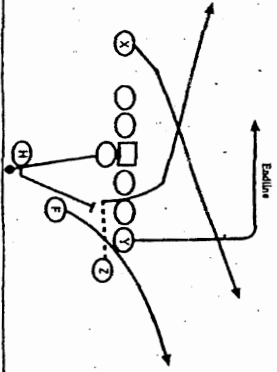
<p><u>HITCH</u></p> 	<p><u>OUT</u></p> 	<p><u>SLANT</u></p> 	<p><u>RETURN</u></p> 
<p><u>CURL</u></p> 	<p><u>STOP</u></p> 	<p><u>IN</u></p> 	<p><u>QUICK OUT</u></p> 
<p><u>UNDER</u></p> 	<p><u>DELAY</u></p> 	<p><u>SMASH</u></p> 	<p><u>GO / FADE</u></p> 
<p><u>TOPPER POST</u></p> 	<p><u>STUTTER GO</u></p> 	<p><u>9</u></p> 	<p><u>COMEBACK</u></p> 

GOALLINE

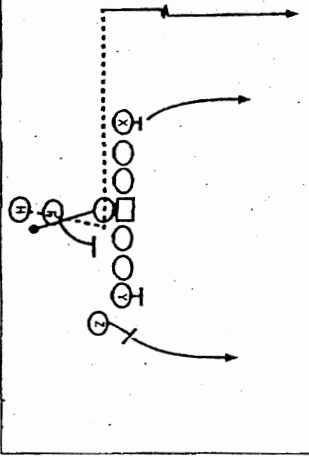
(NY) 0 Near Tile Close Zac
Ride 136 Cross



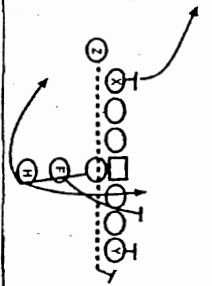
(NY) 0 Near Close Zip
Ride 136 Switch Cross



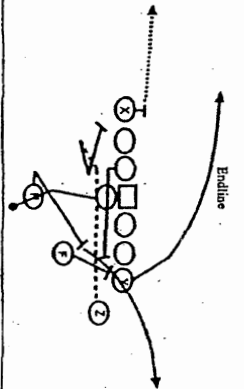
(NY) 0 The Great Hay
Ride 160 Gap Double Pop



(NY) Zac 0 Tile Close
Ride 332 Lucky



(NY) 0 Near Tile Close Zac
Ride 144 Counter Wrap Pass



TWO MAN

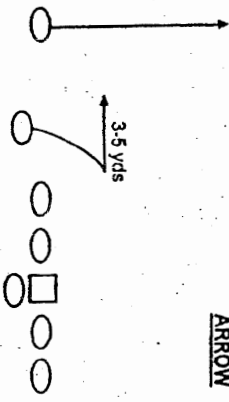
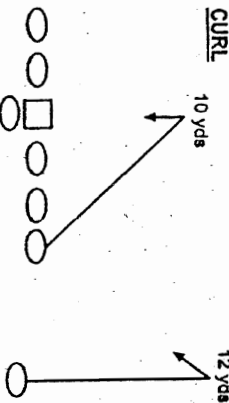
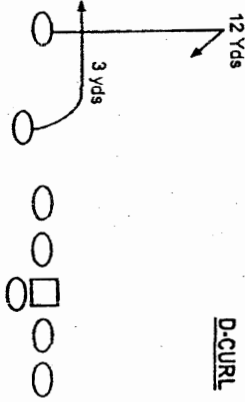
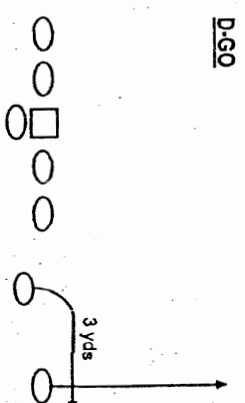
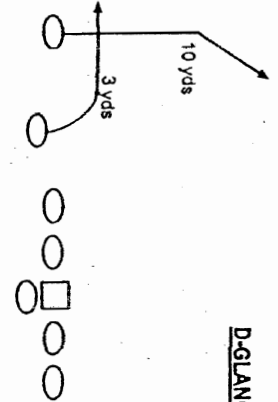
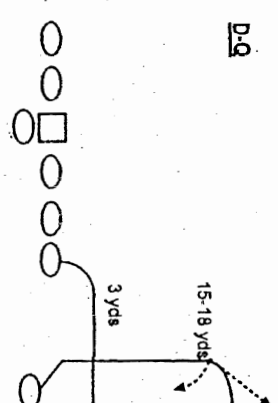
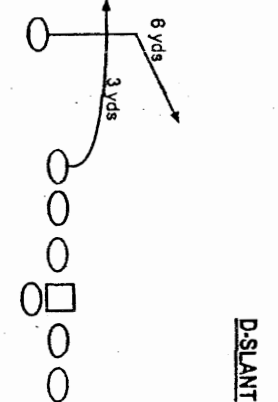
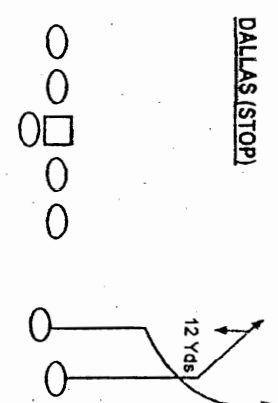
THREE MAN

AND

NAME ROUTES

COMBINATIONS

4 MAN COMBINATIONS

 <p>ARROW</p>	 <p>CURL</p>
 <p>D-CURL</p>	 <p>D-GO</p>
 <p>D-GLANCE</p>	 <p>D-Q</p>
 <p>D-SLANT</p>	 <p>DALLAS (STOP)</p>

TWO MAN COMBINATIONS 2004

ROUTE	#1	#2
ARROW	GO	3-5 YD ARROW
CURL	12 YD CURL	10 YD CURL
D-CURL	12 YD CURL	3 YD DIAGONAL
D-GO	GO	3 YD DIAGONAL
D-GLANCE	10 YD POST	3 YD DIAGONAL
D-Q	Q	3 YD DIAGONAL
D-SLANT	6 YD SLANT	3 YD DIAGONAL
DALLAS	12 YD POST	CORNER WHEEL
DALLAS STOP	12 YD POST STOP	CORNER WHEEL STOP
DELAY	6 YD DELAY	12-15 YD FLAG
GHOST	GO	10 YD OUT
GIN	14 YD IN CUT	GO
HUNT	8 YD HITCH - CP: FADE	6 YD UNDER
ILLINOIS	14 YD IN CUT	5-6 YD UNDER
LOOKIE	GO	3-5 YD LOOKIE
OLE	(ZIP) 8 YD OUT CUT	12-15 YD FLAG
OREGON	Q	6 YD READ
PAR	12 YD POST CP: FADE	6 YD READ
PEARL	12 YD POST CP: FADE	10 YD CURL
PIN	12 YD POST CP: FADE	10 YD IN

ROUTES

SLUGGO 6 Yds	SHALLOW 4-6 Yds	FLAG 12 yds	BOW / SAIL 12 yds
READ 8 Yds	SEAM READ	PUMP 10 yds	TRAIN 6 Yds
DEEP	STICK 8 Yds	CLOWN 15 Yds	

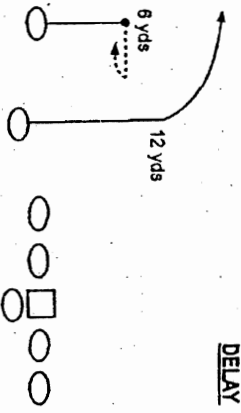
TWO MAN COMBINATIONS 2004 (cont)

ROUTE	#1	#2
RAITLER	12 YD POST	10 YD CORNER
READ	14 YD IN CUT	6 YD READ
SEAM	12 YD STOP - CP: FADE	SEAM READ
SIN	20 YD IN CUT	SEAM READ
SMASH	5 YD UNDER	SEAM READ
STREAK	12 YD STOP - CP: FADE	SEAM READ
SWITCH	14 YD IN	12 YD STOP - CP: FADE
TIN	14 YD IN CUT	10 YD IN CUT
TOGA	GO	GO
TOPPER	12 YD POST	10 YD POST
TOSSER	8 YD SLANT	3 YD SLANT
UTAH	6 YD SMASH - CP: SIT VS ZONE	14 YD IN CUT - CP: SIT VS ZONE
WHEEL	6 YD SLANT	3 YD WHEEL

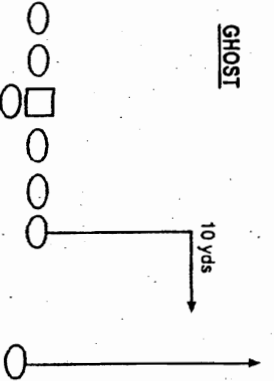
2 MAN COMBINATIONS

2 MAN COMBINATIONS

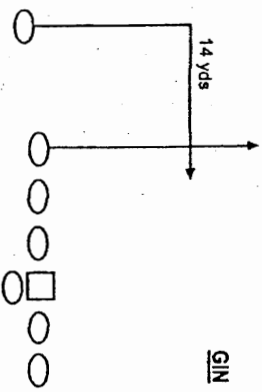
DELAY



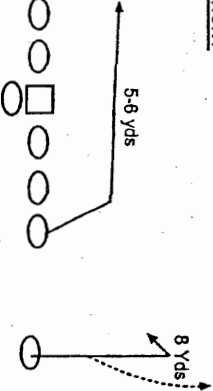
GHOST



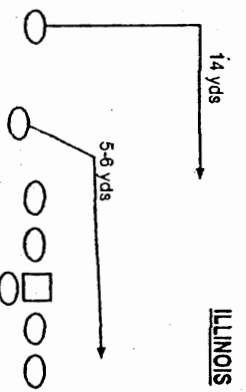
GIN



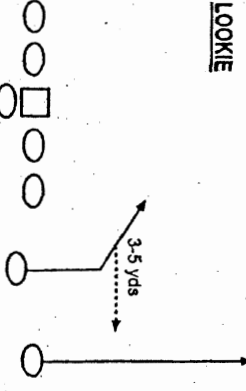
HUNT



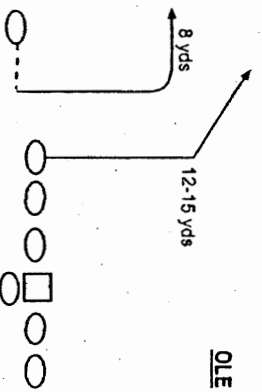
ILLINOIS



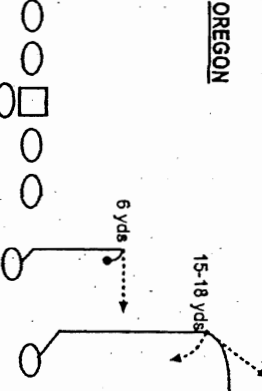
LOOKIE



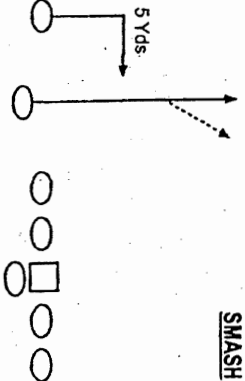
OLE



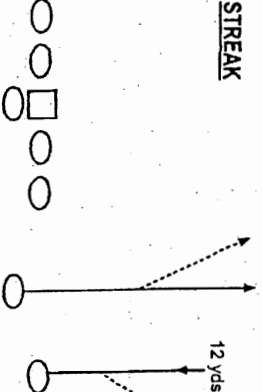
OREGON



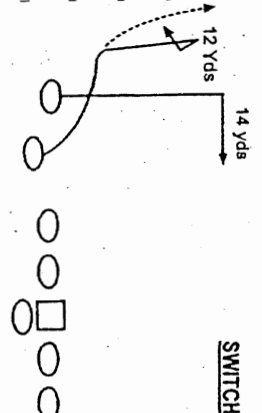
SMASH



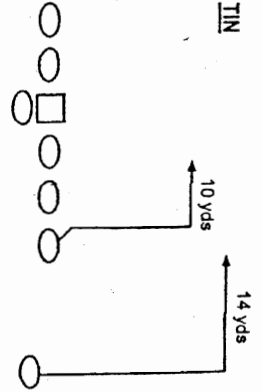
STREAK



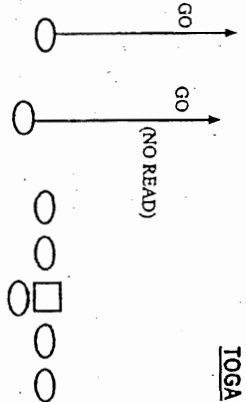
SWITCH



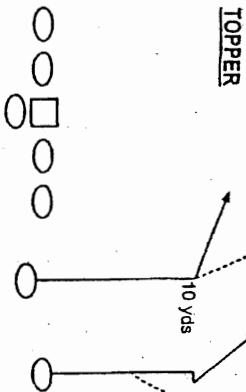
TIN



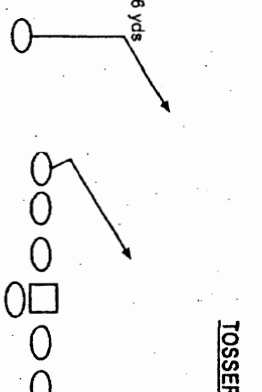
TOGA



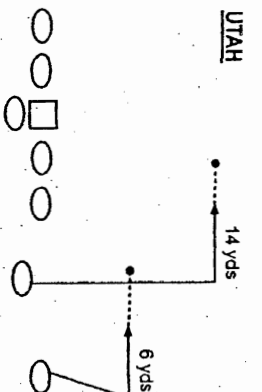
TOPPER



TOSSE

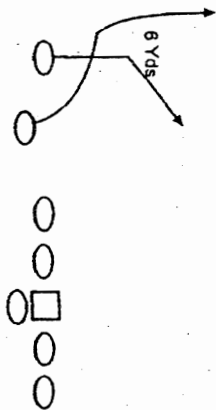


UTAH



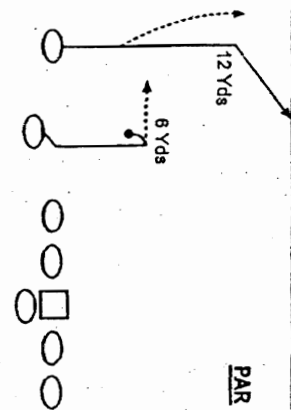
2 MAN COMBINATIONS

WHEEL

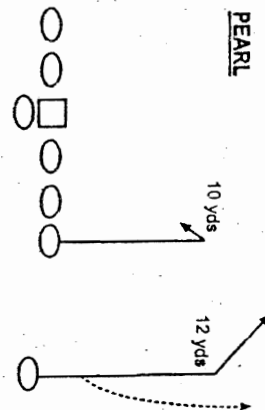


2 MAN COMBINATIONS

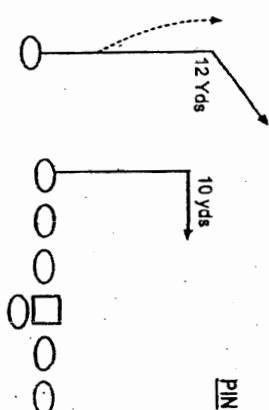
PAR



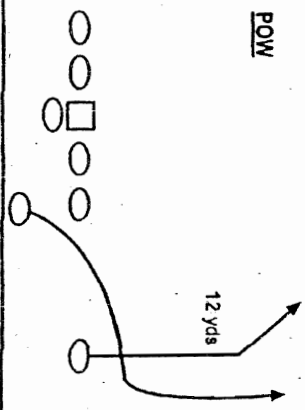
PEARL



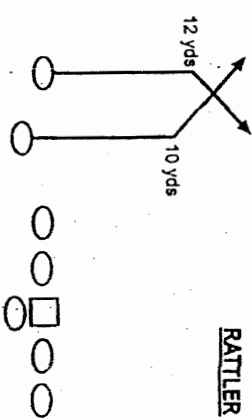
PIN



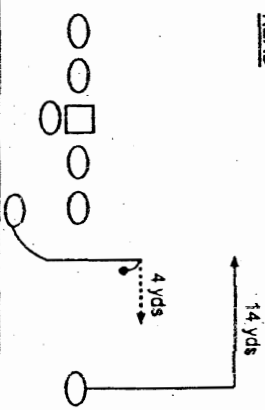
POW



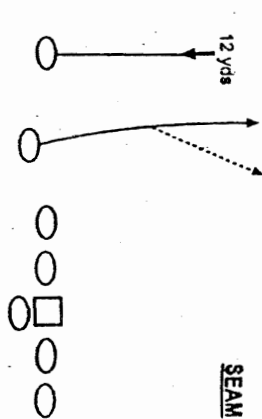
RATTLER



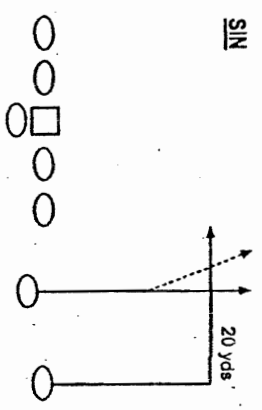
READ



SEAM



SIN



3 MAN COMBINATIONS

<p>ALL GO</p>	<p>RETURN</p>
<p>CAFE</p>	<p>SAIL</p>
<p>IN</p>	<p>SHOUT</p>
<p>SLANT</p>	

NAME ROUTES

<p>BUFFALO</p>	<p>CHOICE</p>
<p>ZORRO</p>	<p>EXXON</p>
<p>COLT 'Y' NOD</p>	<p>GO (Backs Cross)</p>
<p>Q (Backs Cross)</p>	<p>CURL (Backs Flare)</p>

NAME ROUTES

<p>RENO</p>	<p>SPECIAL</p>
<p>64 RED</p>	<p>64 RED F ANGLE</p>
<p>64 Y' DELAY</p>	

3 MAN COMBINATIONS

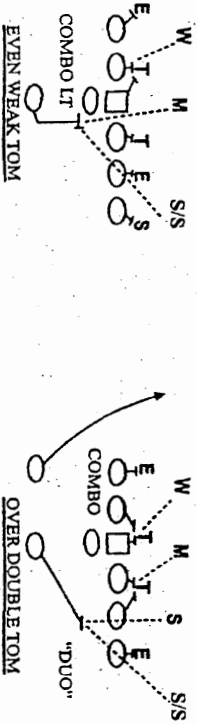
<p>OLE UNDER</p>	<p>UNDER</p>
<p>DELL</p>	

50's PASS PROTECTION

50-51 PASS PROTECTION - 5 STEP DROP

A SEVEN (7) MAN PROTECTION WITH THE REMAINING BACK HAVING PICKUP INSIDE OUTSIDE TO THE SECONDARY. HE WILL RUN A DESIGNATED ROUTE UNLESS CALLED TO STAY. THE TIGHT END (T) SLOW BLOCKS THE MAN OVER AND THE OL WILL SLIDE AWAY FROM THE NUMBER STARTING FROM THE FIRST BUBBLE. CP: IF OVER FRONT OR 4 WEAK, ALERT DUO CALL.

*REMAINING BACK AND THE TIGHT END WILL ALSO RESPOND TO DUO CALL. 1) THE TIGHT END BY BLOCKING ANY DEFENDER ON THE LINE OUTSIDE THE TACKLES BLOCK. 2) REMAINING BACK BLOCKS THE FIRST DEFENDER OUTSIDE OF THE TIE'S INSIDE BLOCK OR THE INSIDE BUBBLE BACKER.

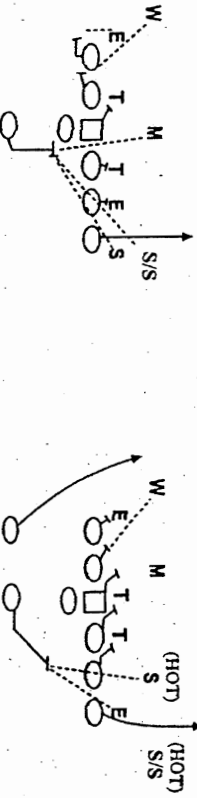


50-51 GAP
GAP IS AN AUTOMATIC "SWOOP" TECHNIQUE. THE BLOCKING BACK WILL BLOCK THE FIRST DEFENDER OUTSIDE THE TIE'S BLOCK.

52-59 PASS PROTECTION - 5 STEP DROP (58-59 - 3 STEP DROP)

A SIX (6) MAN PROTECTION WITH THE REMAINING BACK HAVING DUAL PICKUP INSIDE OUT TO THE NUMBER. IF NO PICKUP FOR THE REMAINING BACK MATERIALIZES, RUN A DESIGNATED ROUTE UNLESS CALLED TO STAY. THE OL WILL SLIDE AWAY FROM THE NUMBER STARTING FROM THE FIRST INSIDE OOL/OC BUBBLE.

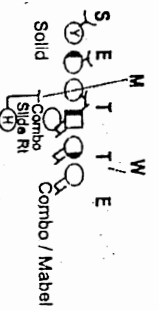
*PACER: REMAINING BACK WILL BLOCK THE FIRST DEFENDER OUTSIDE OF THE TACKLES BLOCK INSIDE.



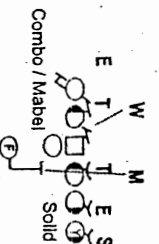
TO OR AWAY FROM THE NUMBER: TO THE NUMBER OR AWAY FROM THE NUMBER REFERS TO THE LAST DIGIT OF A PLAY NUMBER.

NOTE: MAX CAN BE CALLED BY QB TO DESIGNATE A 7 STEP DROP

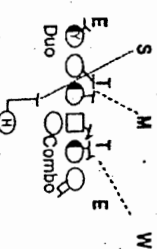
Under Tom



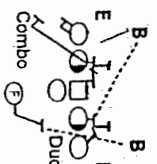
Even Stack



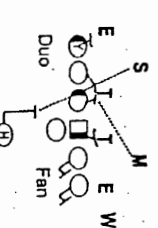
Even Walk



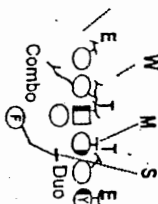
4-2 Even



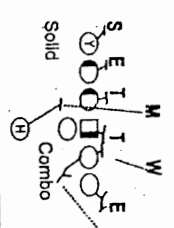
Over Tom



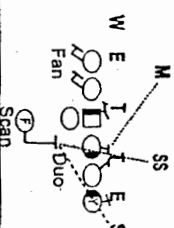
Over Double Tom



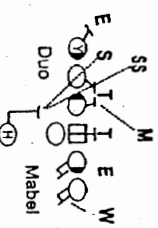
Over Stack



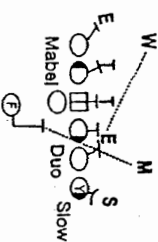
Over Wide Joker



Big Dubs



Diamond



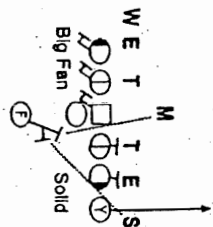
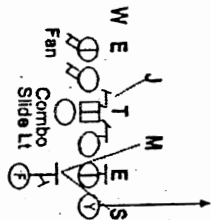
52 - 59 (58 - 59 3 STEP)

PG.1

PROTECTION
EVEN

52

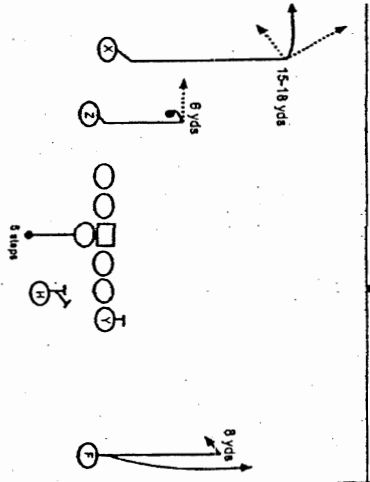
52



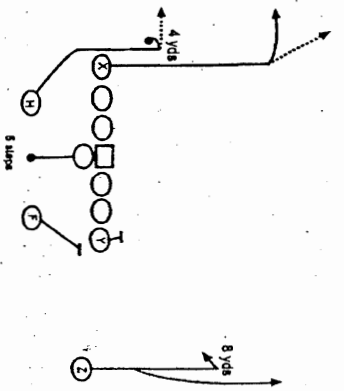
OL - Slide Away from Call (4 Down + Will/Cowboy)
C.P. - PACKER Rules Apply Call Side.
Blocking Back - Dual Scan (Mike-Sam-Scan)
58-59 = SQUEEZE, not Gap (3 Step Drop)

Y	Route.
ONTSIDE TACKLE	White-Block#2 Red-Block #3 (Fan). PACKER vs. DUBS or Over fronts w/ Mike on Weak Side. "PACKER" Away from called Protection.
ONTSIDE GUARD	Red-Block #1. White- Slide Away from called protection. Alert "Gap" vs A-Gap threat.
ENTER	Slide Away from called protection. Combo / Combo Slide. Alert "PACKER". Alert "Fan or Big Fan"
ACKSIDE GUARD	Slide Away from called Protection. Combo w/ OC vs reduction for Will to Cowboy. Alert "Fan or Big Fan"
ACKSIDE TACKLE	Slide Away from called Protection. Combo call = you have EMOL. Alert "Fan or Big Fan"
Blocking Back	Dual Scan. Alert "Gap" vs A-Gap Threat Alert "PACKER" vs. Triple or over fronts. (Solid)
HB	Route.
X	Route.
Z	Route.
QB	

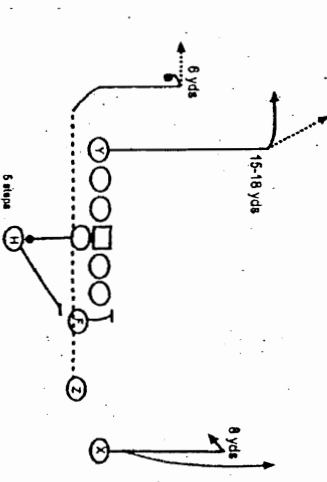
F Rt
50 Hitch Oregon



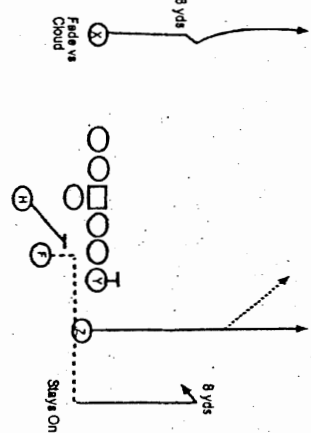
6 Tle
50 Gap Hitch Oregon



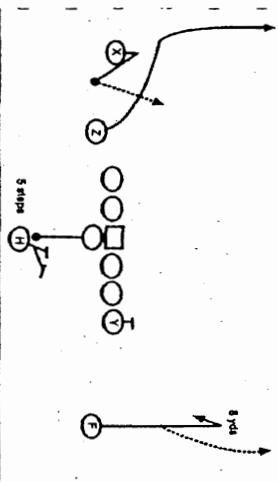
Panther Rt Zac
50 Gap Hitch Oregon



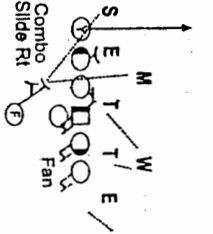
0 Near Flank Fat
50 Falcon



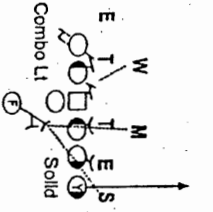
0 Out Sigt
50 Fake Slip



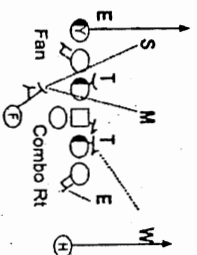
Under Tom



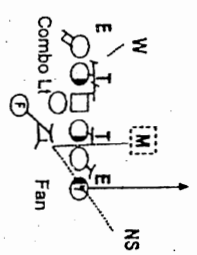
Even Stack



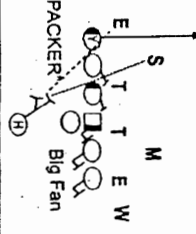
Even Walk



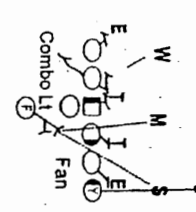
4-2 Even



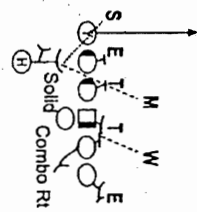
Over Tom



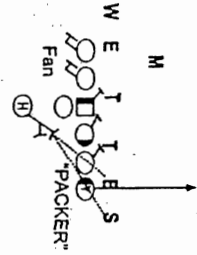
Over Double Tom



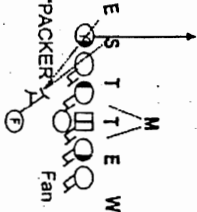
Over Stack



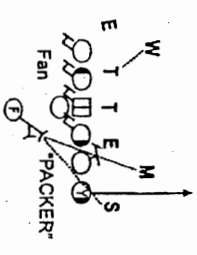
Over Wide



Big Dubs



Diamond



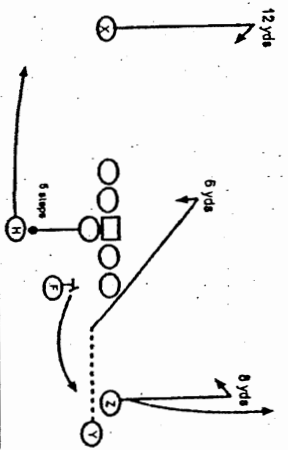
50-51 GAP

<p>(R/D)(H) 0 Flood Fac 50 Gap X Hitch Oregon</p>	<p>(R/D)(H) 0 Flood Fac 50 Gap Hitch Oregon</p>
<p>(R/D)(H) 0 Flood Fac 50 Gap Falcon</p>	<p>(R/D)(H) 0 Out Zig 50 Gap Falcon</p>
<p>(R/D)(H) 0 Flood Fac 50 Gap Ole X In</p>	<p>(R/D)(H) 0 Flood Fac 50 Gap X Stick Oregon</p>

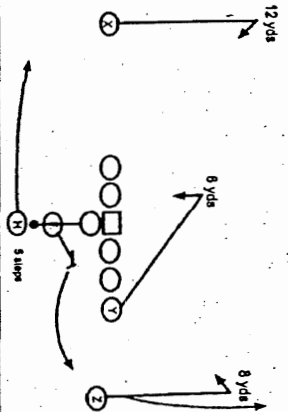
54-55 / 56-57

<p>(R/D)(3W/H) 2ac 0 Near 54 X Z Drive</p>	<p>(R/D)(3W/H) 2ac 0 Near 54 X Silent Spacing</p>
<p>(R/D)(H) 0 Flood Fac 56 Hunt Break Circle</p>	<p>(R/D)(H) 0 Flood Fac 56 D 0 Dance</p>

0 Near Wide Zip
52 Curt 'Z' Hitch

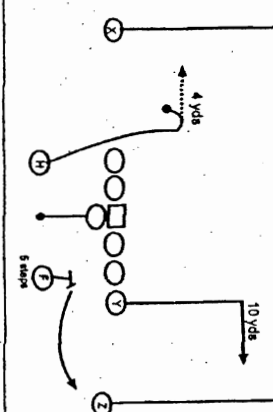
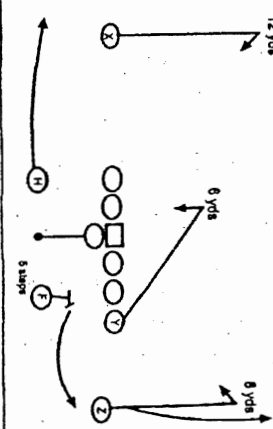


0
52 Curt 'Z' Hitch

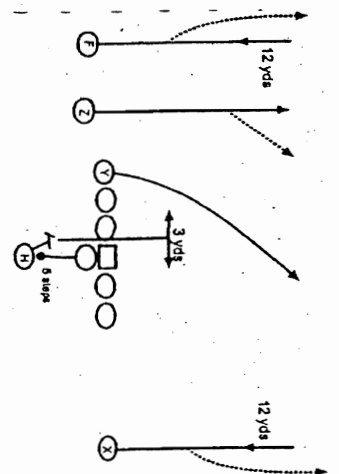


52 Curt 'Z' Hitch

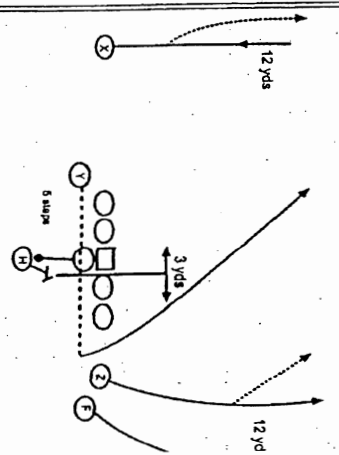
52 Ghost 'Z' Read



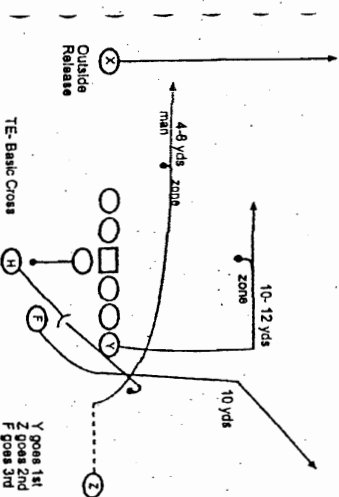
1 Out
55 All Go 'H' Snow



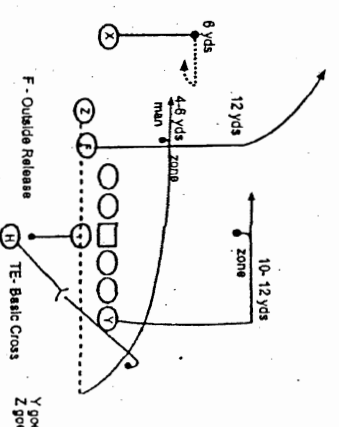
Yac 0 Bunch
54 All Go 'H' Snow



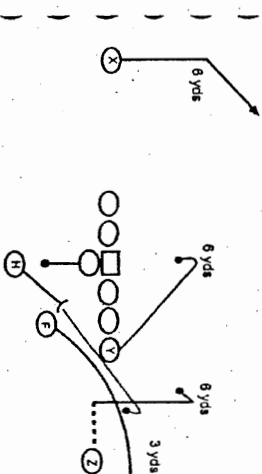
0 Near Zip
54 'Z' Drive



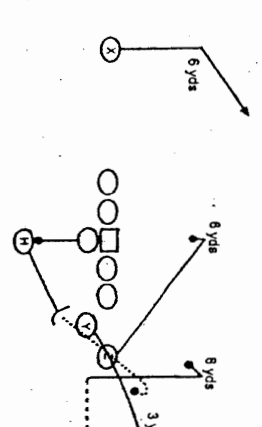
2ac 0 UP
54 'Z' Drive Delay



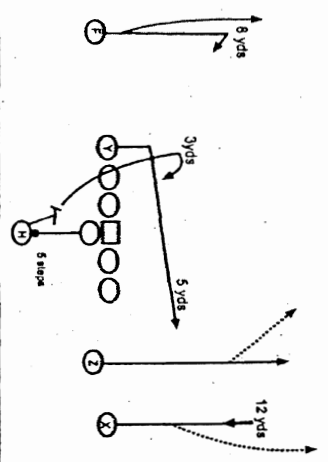
0 Near Zip
54 'X' Slant Spacing



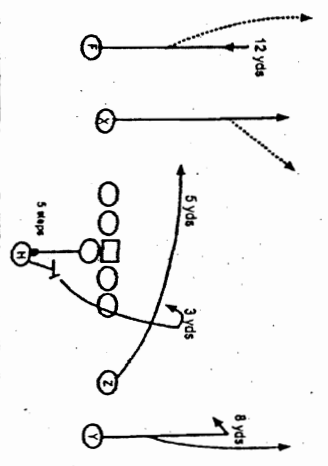
Flip 0 Bunch
54 'X' Slant Spacing



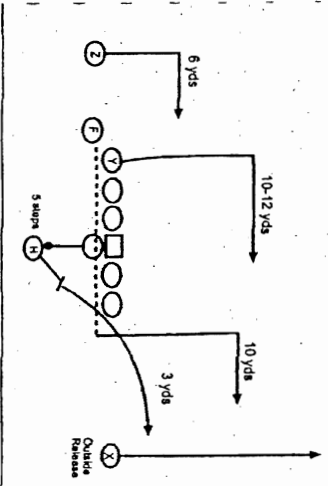
1 Out Slot
57 Hunt / Streak Circle



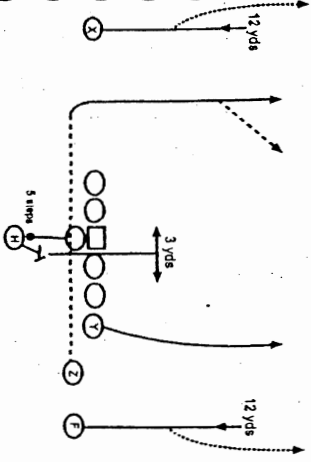
0 Split Wide
56 Hunt / Streak Circle



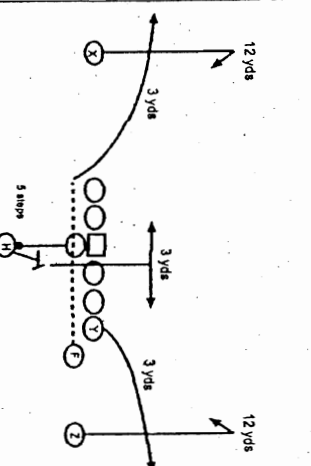
1 Flood Fac
56 Ghost Umm



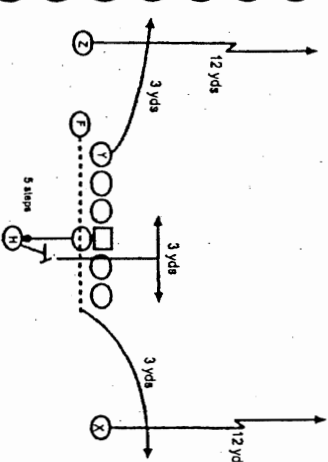
0 Out Zac
56 Double Basin Snow



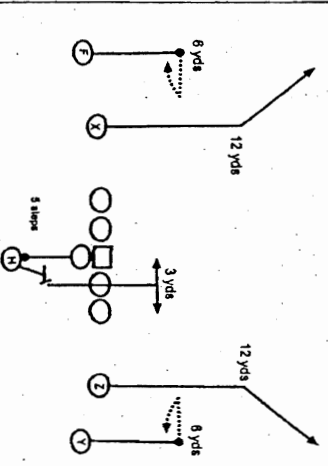
0 Flood Fac
56 ID-Curt



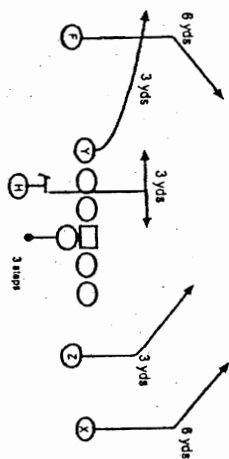
1 Flood Fac
56 D-Stutter Go



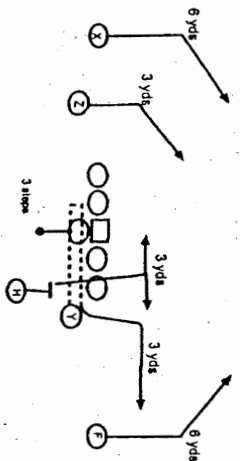
0 Split Wide
56 Delay



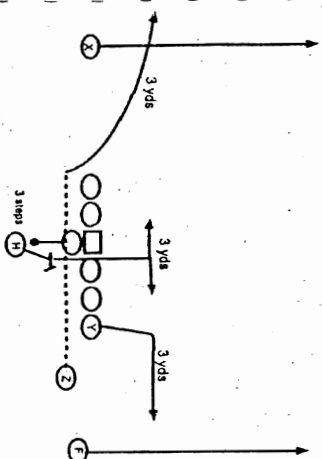
F L1
59 D-Slant Tosses



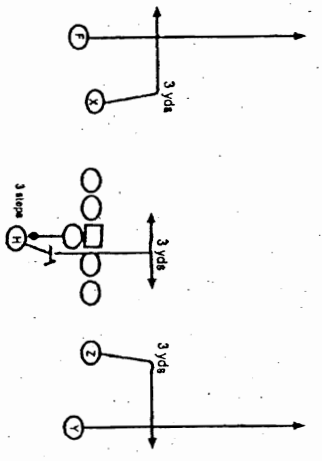
F R1 Yig
58 D-Slant Tosses



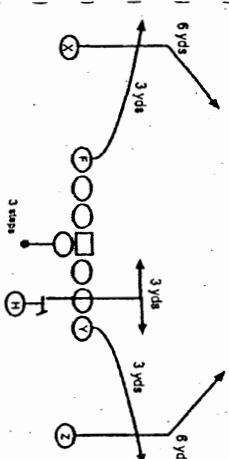
0 Out-Zac
58 D-Go



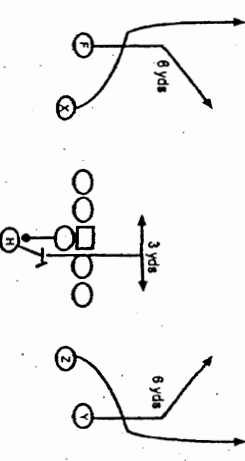
0 Split Wide
58 D-Go



0 On
58 D-Slant



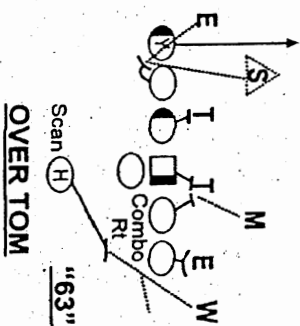
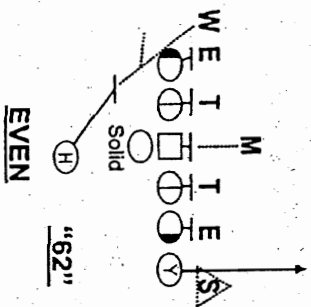
0 Split Wide
58 Wheel Snow



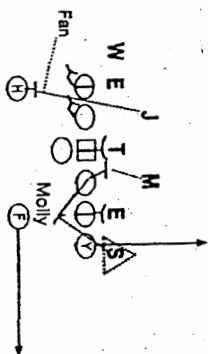
60's PASS PROTECTION

62-69 PASS PROTECTION - 5 STEP DROP (68-69 IS A 3 STEP DROP)

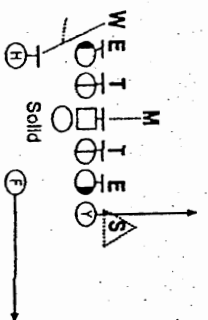
A SIX (6) MAN PROTECTION WITH THE REMAINING BACK HAVING PICKUP QLB / SECONDARY AWAY FROM THE NUMBER. IF NO RUSHER, RUN DESIGNATED ROUTE UNLESS CALLED TO STAY. THE UNCOVERED LINEMAN WILL BE RESPONSIBLE FOR MIKE. THIS IS A HOT PRINCIPLE TO THE NUMBER WHERE Y, H / F, OR Z IS THE DESIGNATED HOT RECEIVER. ALERT - 4 WEAK RUSHERS WOULD ALSO TRIGGER HOT READ BY X RECEIVER.



Even

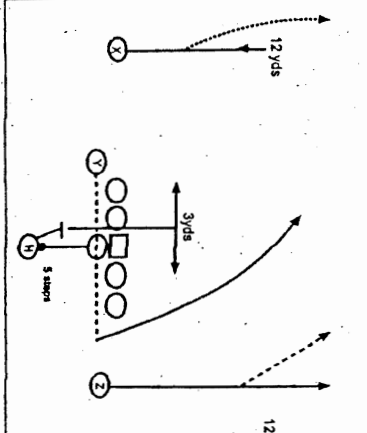
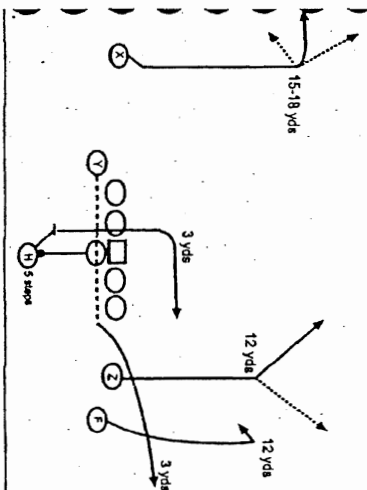
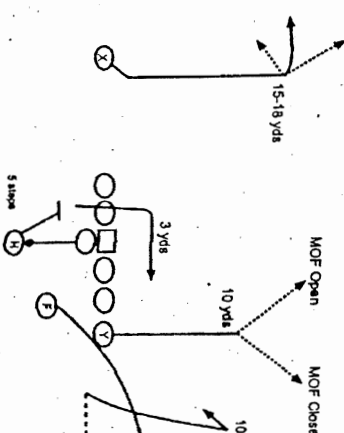
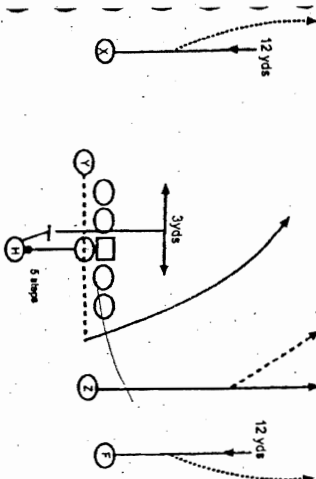
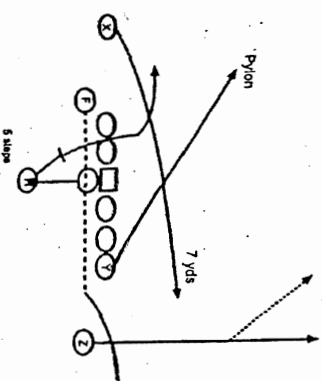
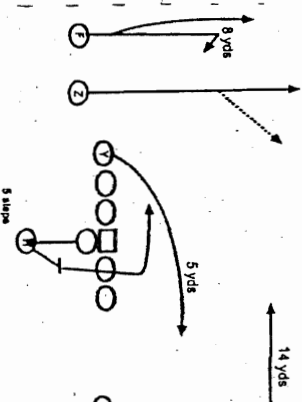
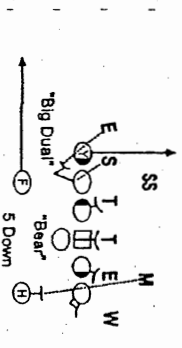
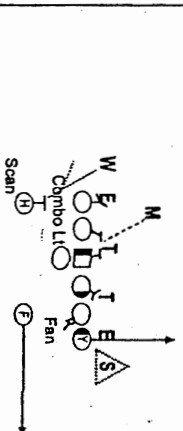
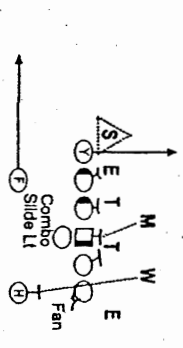
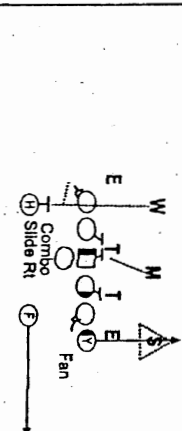
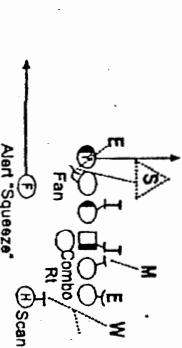
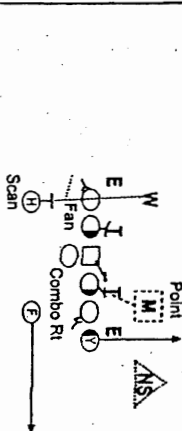
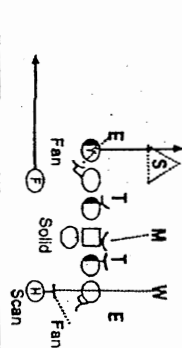
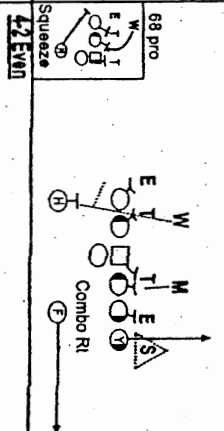
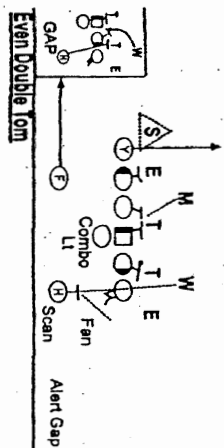


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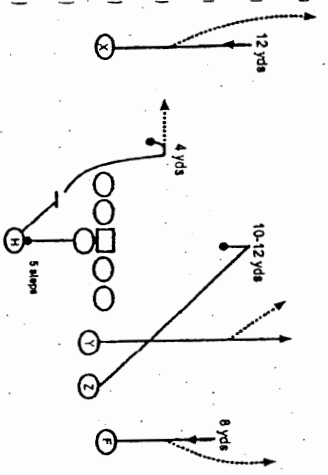


62

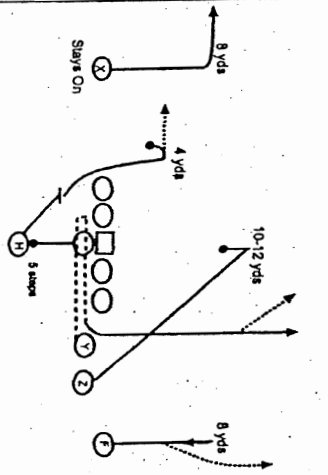
Man Protection	OL-4 Down + Mike FB- Free Release HB- Basic Scan	C.P.- Fan vs 3-4 (FSG - Molly) C.P.- Gap Rules Apply away from call. C.P.- 68-69 = Weakside SQUEEZE, no Gap.
Y	Route. Alert for Hot Throw by Gameplan.	
OUTSIDE TACKLE	White-Block #2. Red-Block 3 (Fan). Big Dual vs "Bear." Alert - "Squeeze" vs A gap threat.	
OUTSIDE GUARD	Red-Block #1. "Combo RvLt" White- Molly vs 34, Combo RvLt w/ OC vs Under.	
ENTER	Block #0. "Solid" "Combo RvLt" Combo Slide RvLt 5 Down call vs Dubs or Diamond Front. ("Bear")	
OUTSIDE GUARD	Red-Block #1. Alert "GAP" vs A-Gap threat. White-Block #1. Combo RvLt, Combo Slide RvLt. vs 3-4 "Fan"	
OUTSIDE TACKLE	White-Block #2. Red-Block #3, Big on Big. vs 3-4 "Fan"	
FB.	Free Release Route. Alert for Hot throw.	
HB	Basic Scan. Alert "GAP" vs A-Gap Threat.	
X	Route.	
Z	Route.	
QB		



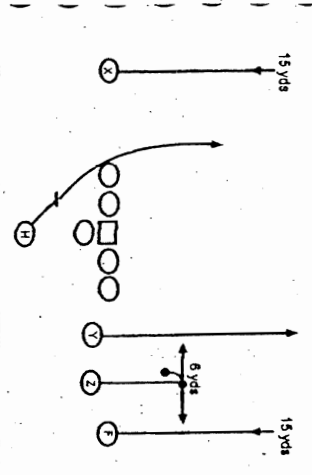
Jet R
62 Z: Search



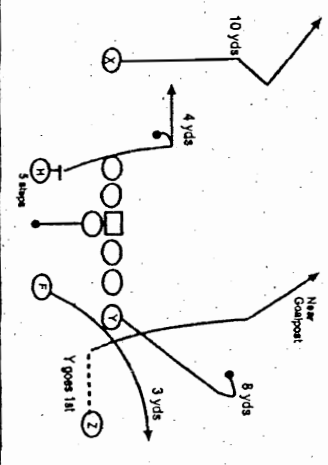
Jet R Yig
62 Y: Stick Z: Search



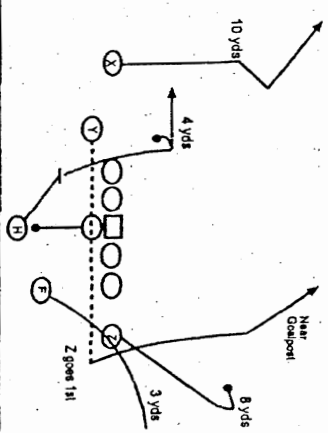
Jet R
62 Z: Dodge



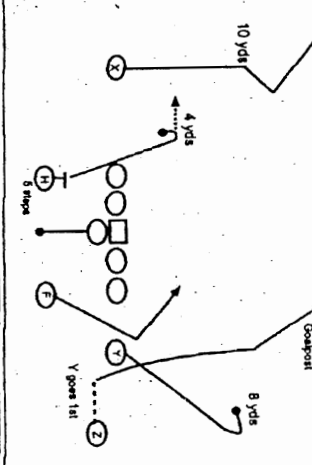
6 Zip
64 Red



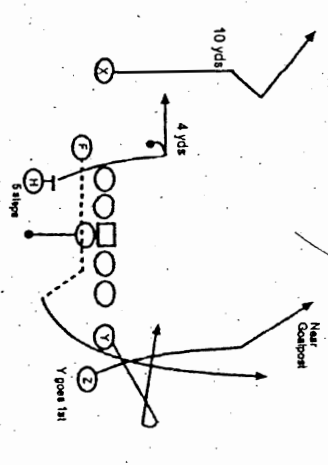
Yac 0 Near Close
64 Red



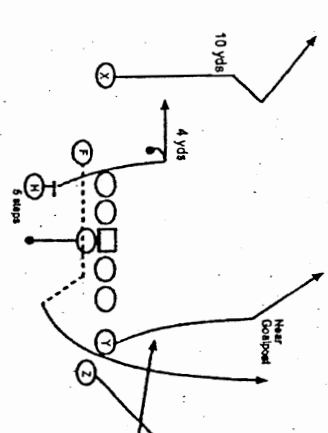
6 Flex Zip
64 Red F: Angle



6 Flex Close
64 Y: Delay/Shake

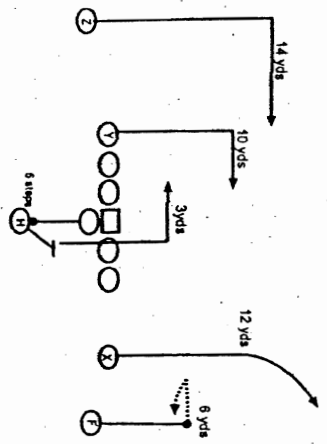


6 Flex Close
64 Z: Delay/Shake

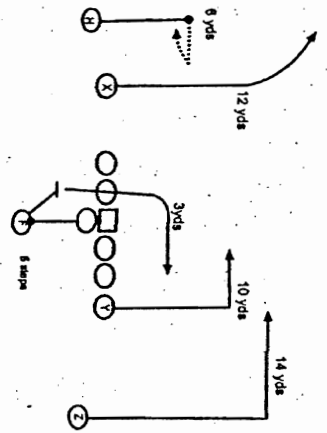


68-67

1 Split
67 Tm / Delay H Sneak

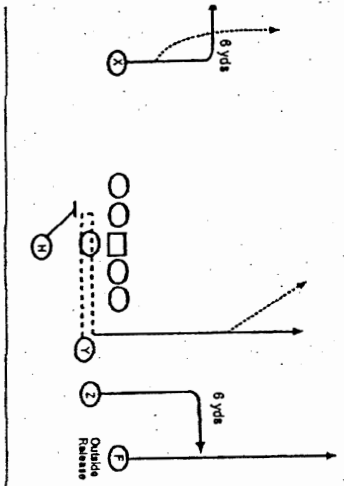


2 Split
66 Tm / Delay F Sneak

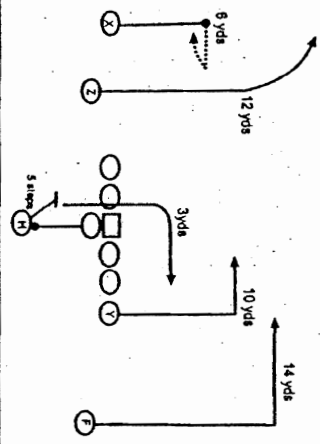


68-69

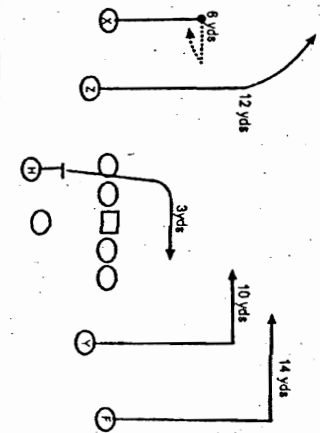
Jet: Rt Ylg
68



0 Out: Rt
66 Tm / Delay H Sneak

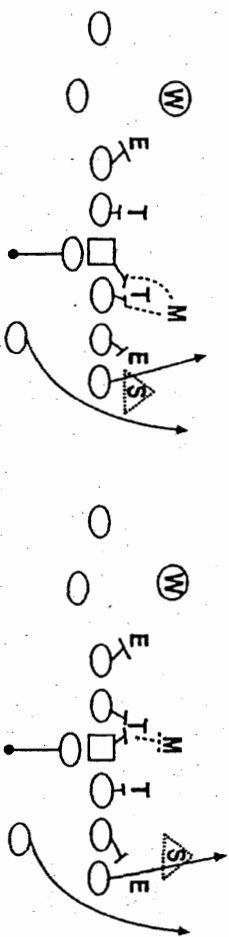
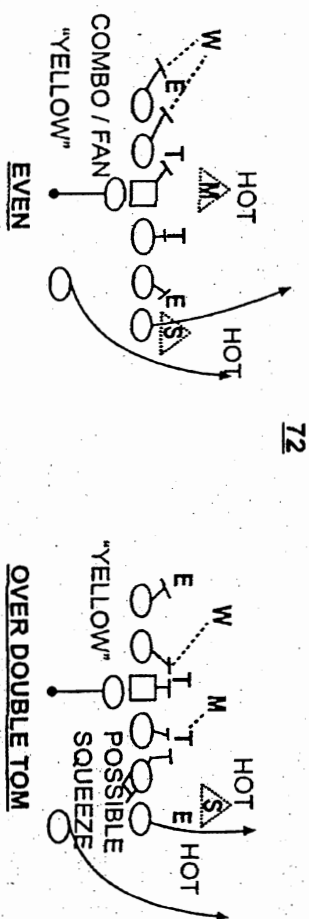


Gun Spread: Rt
66 Tm / Delay H Sneak



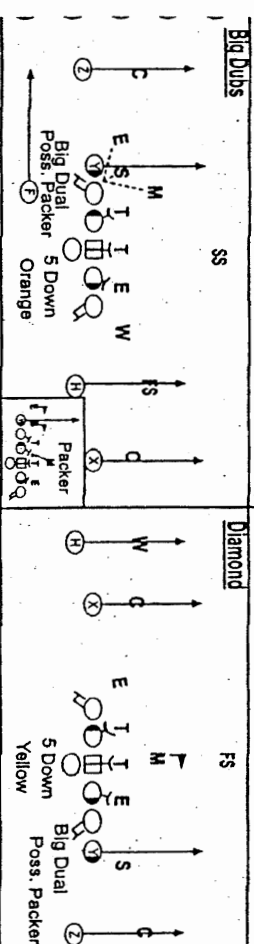
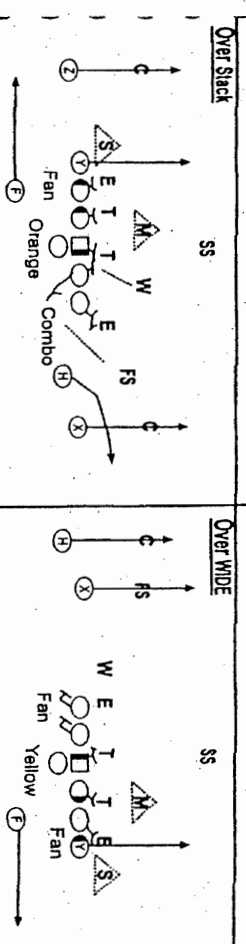
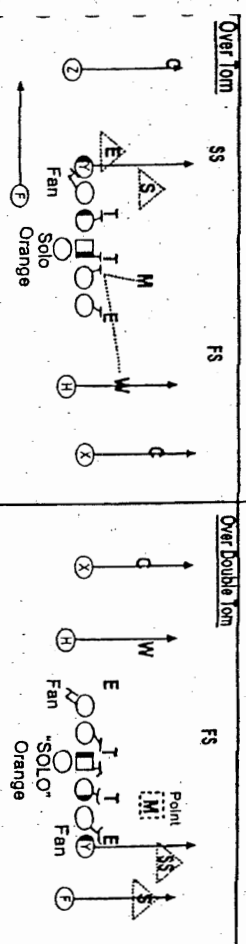
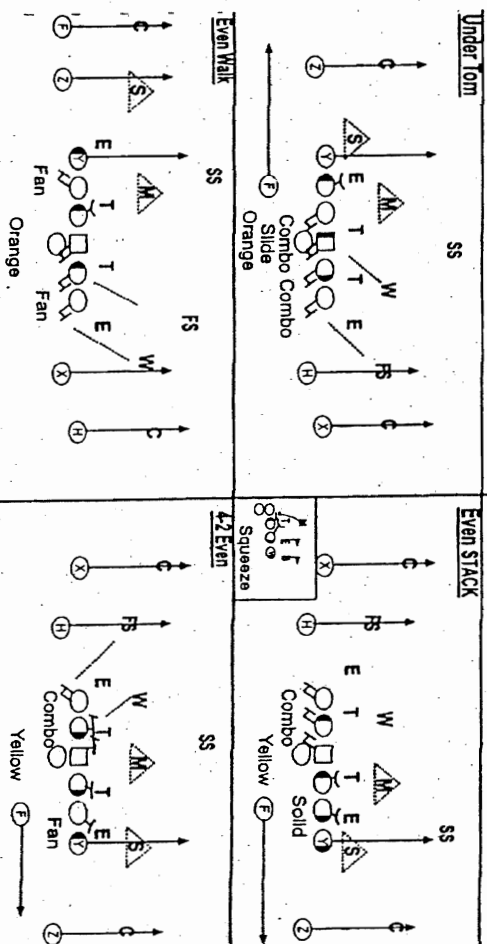
PG.

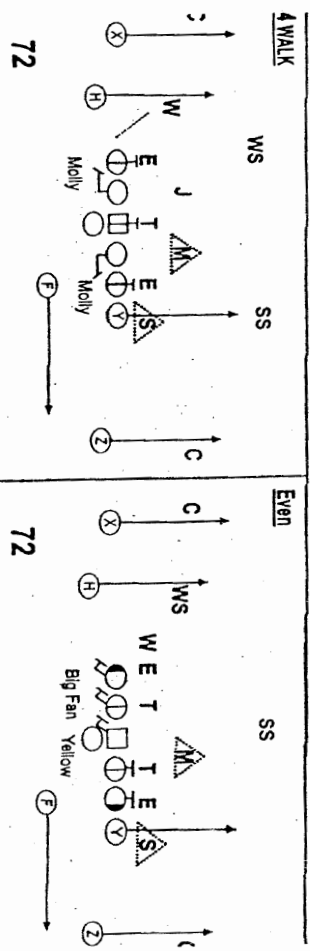
A FIVE (5) MAN PROTECTION SCHEME WITH THE REMAINING BACKS HAVING A FREE RELEASE INTO THE PATTERN WITH THE QB UNDER CENTER EXECUTING A FIVE (5) STEP DROP. THE LINE WILL SLIDE AWAY FROM THE NUMBER. POSSIBLE CALLS ARE YELLOW / ORANGE TO DESIGNATE SIDE OF UNCOVERED SLIDE AND WHERE SQUEEZE IS POSSIBLE. SOLO TO INDICATE MIKE IS NOW OL * RESPONSIBILITY BECAUSE WILL IS NO LONGER A THREAT. PACKER = FULL SLIDE FROM FST w/ MIKE WEAK AND WILL STILL A THREAT. DOUBLE "MOLLY" VS 34.



SOLO "ORANGE" VS WILL WALK

SOLO "ORANGE" VS WILL WALK





72 npty Slide Protection. OL- Slide Opposite the number (4 Down + Will / Cowboy)
Yellow / Orange = Direction of slide. Alert SOLO.
Double "Molly" vs 34. RB's - Free Release

Y	Route.
ROUNDSIDE TACKLE	White- Block #2. Alert "Squeeze." Red- Block #3. Alert "Squeeze." Big Dual vs. Dubs, Diamond. Alert "Packer."
ROUNDSIDE GUARD	Red- Block #1. White- Slide Away from called Protection. Alert "Squeeze" opposite Yellow / Orange.
CENTER	Slide Away from called Protection. Combo / Fan / Solo - Yellow / Orange
JACKSIDE GUARD	Slide Away from called Protection. Combo / Fan Possible Dual. Alert "Solo"
JACKSIDE TACKLE	Slide Away from called Protection. Combo / Fan
FB	Route - Free Release.
HB	Route - Free Release.
X	Route.
Z	Route.
QB	

74-75 PASS PROTECTION

74-75 PASS PROTECTION (EMPTY)

THIS PROTECTION COINCIDES WITH THE 5 DETACHED RECEIVERS - IN PRINCIPLE, THIS IS A FIVE (5) MAN PROTECTION WITH THE LINE SLIDING AWAY FROM THE NUMBER UNLESS THERE IS NO IMMEDIATE THREAT. AT THAT POINT, THE UNCOVERED LINEMAN IS RESPONSIBLE FOR THE MLB (IF IN THE BOX) TO THE SLIDE SIDE WHICH IS ALWAYS AWAY FROM THE NUMBER. "SOLO" IF NO THREAT APPEARS TURN TOWARD QB AND TAKE ANY T OFF OF HIM FROM MDM. DOUBLE "MOLLY" VS 34. (BACKSIDE "MOLLY" ON SLOW)

SLOW -

A CALL THAT REQUIRES (1) TO BLOCK THE FIRST DEFENDER OUTSIDE OF THE OFFENSIVE TACKLES BLOCK. SLOW IS A HUDDLE CALL.

<p>41</p> <p>74 SLOW</p>	<p>41</p>
<p>42 Over</p>	<p>42 Under</p>
<p>41 Mike Tuff</p>	<p>3-2</p>

74-75 PASS PROTECTION

PTM

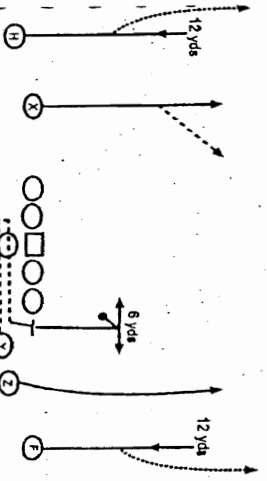
5 WITH THE 5 DETACHED RECEIVERS - IN PRINCIPLE, THIS IS A FIVE (5) MAN SLIDING AWAY FROM THE NUMBER UNLESS THERE IS NO IMMEDIATE THREAT. THE LINEMAN IS RESPONSIBLE FOR THE M.B. (IF IN THE BOX) TO THE SLIDE SIDE OF THE NUMBER. "SOLO" IF NO THREAT APPEARS TURN TOWARD QB AND TAKE ANY HIT BLE "MOLLY" VS 34. (BACKSIDE "MOLLY" ON SLOW)

(REQUIRES (M) TO BLOCK THE FIRST DEFENDER OUTSIDE OF THE OFFENSIVE LOCK. SLOW IS A HUDDLE CALL.

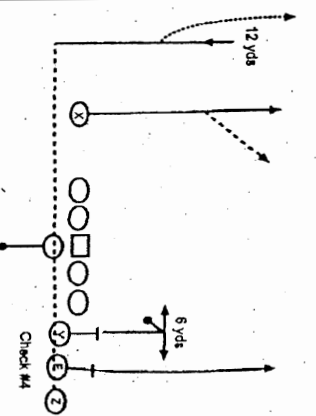
<p>LOW</p>	<p>4-1</p>
	<p>4-2 Under</p>
	<p>3-2</p>

74-75

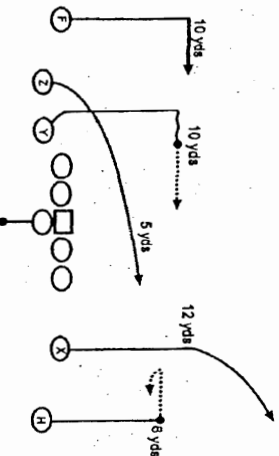
Empty Rt Vig
74 Slow Double Seam Snow



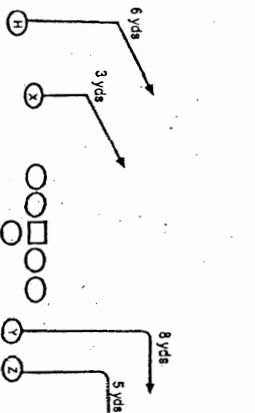
Quad Rt Zac
74 Slow Double Seam Snow



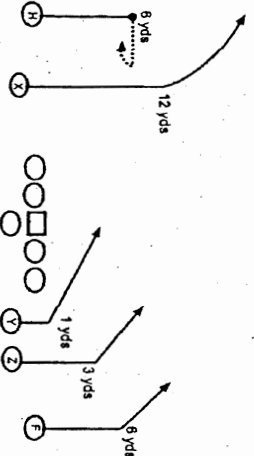
Empty Lt
74 In Delay



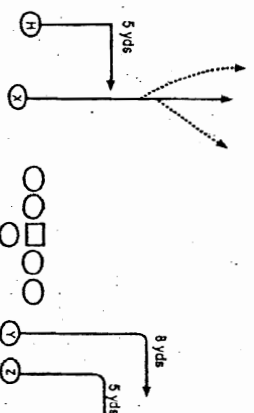
Empty Rt
74 Shout Tosses



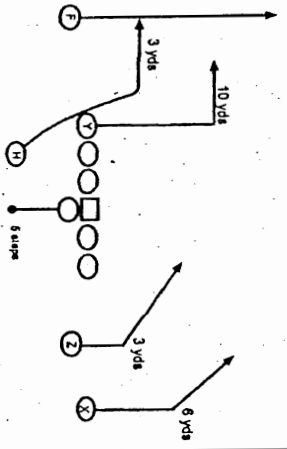
Empty Rt
74 Slant Delay



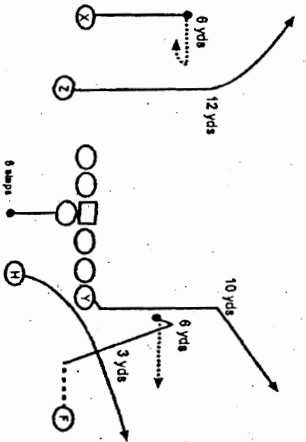
Empty Rt
74 Shout Smash



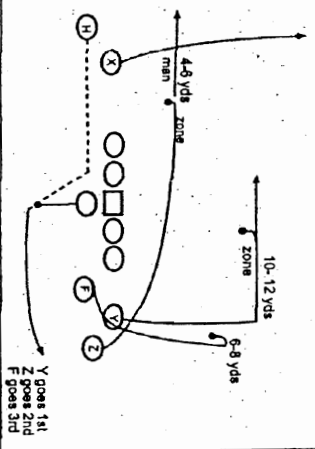
F Left
73 Ghost/Loasser



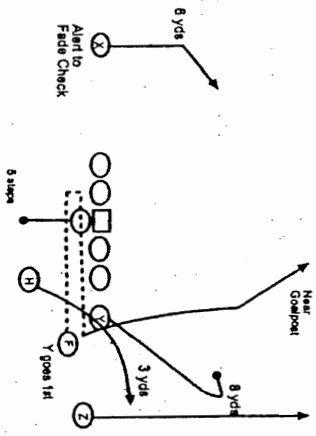
F Right Flip
72 F Return Delay



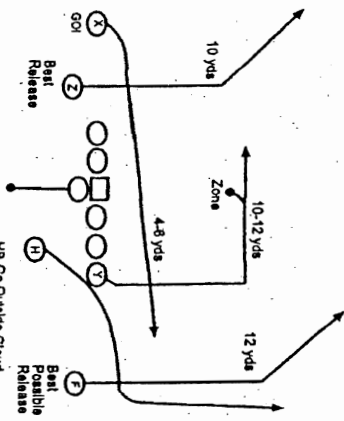
Hip to 0 Trump
72 Z Drive F Cut



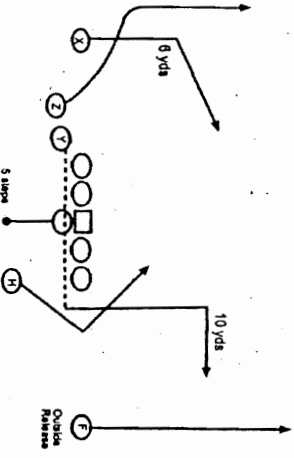
8 Flood Fig
72 X Slant Red



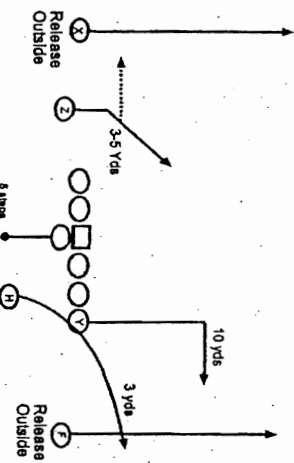
F R
72 Reno



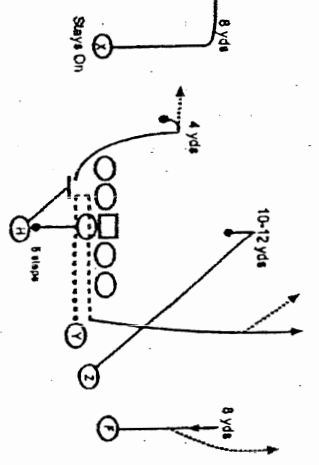
YAC F R
72 Ghost HI Angle/Wheel



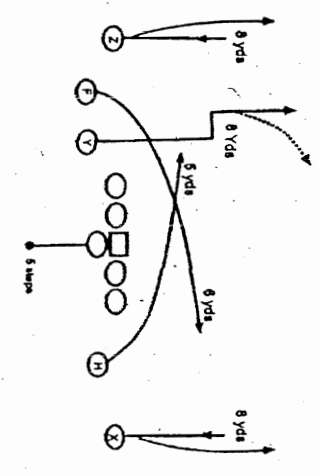
F R
72 Ghost Lookie



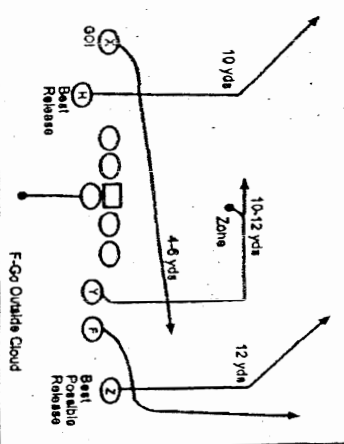
(H) Jet R/Mg
75 Slow X Stick 12 Search



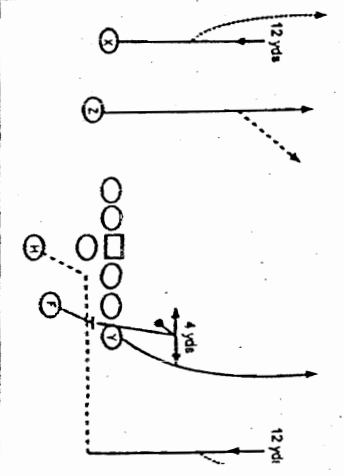
(All) Scatter Lt
75 Colt 7' Nod



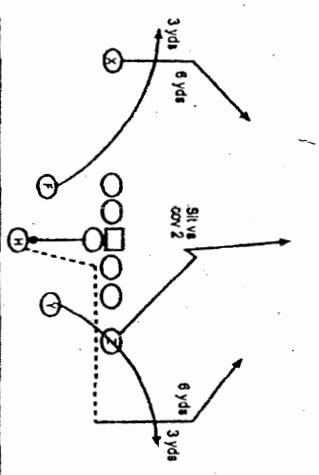
(3M/4M) Scatter Rt
74 Refo



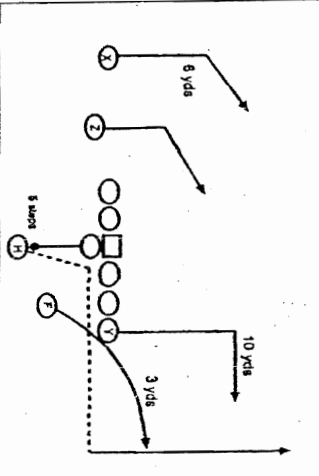
(R/D) O Near Slot Hat
74 Slow Double Beam Snow



(R/D) H Philly R/Hat
72 Dip Jerk O Slant

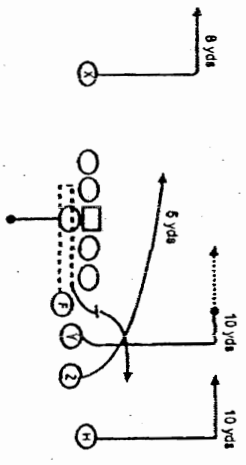


(R/D) H O Near Slot Hat
72 Ghost Tosses

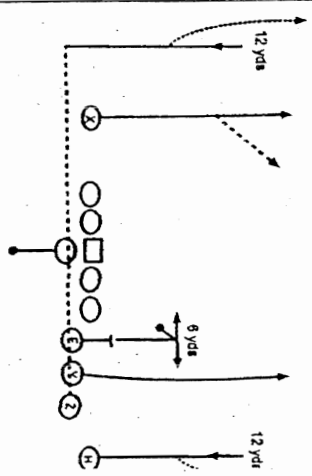


X Individual

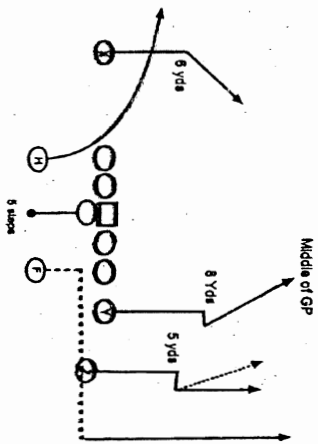
(H) O Near R/Hat
74 Slow In X Stick



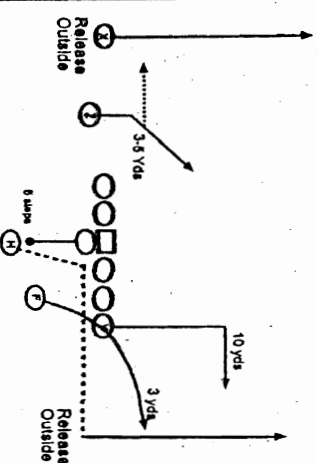
(R/D) O Near R/Hat
74 Slow Double Beam Snow



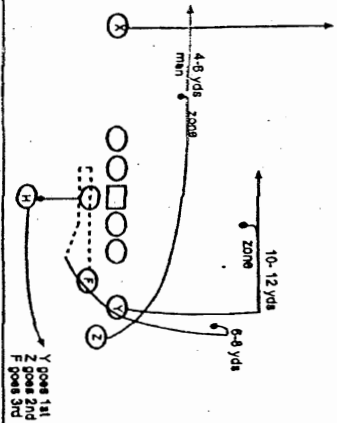
(ALL) 6 Flex-Fat
72 Double Nod D-Slant



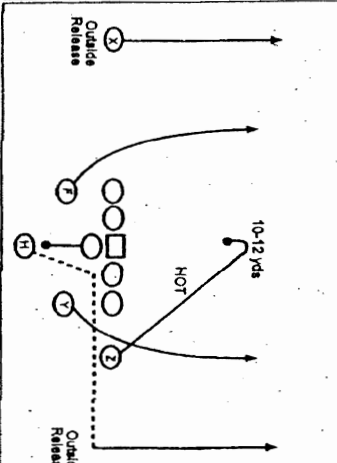
(R/D) (H) 0 Near Shot Hat
72 Ghost Lookie



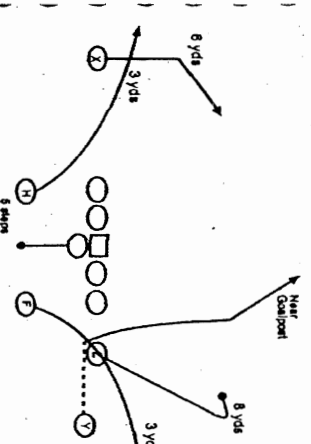
(R/D) (R) 0 Pump Flo
72 1/2 Drive P-Cut



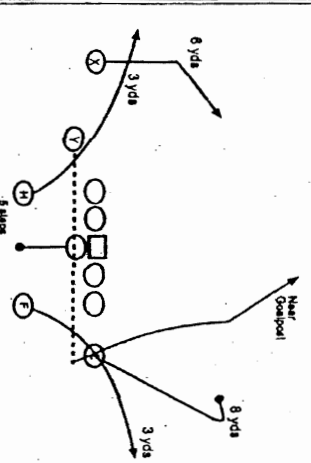
(R/D) (H) 0 Philly R/H Hat
72 Tampe



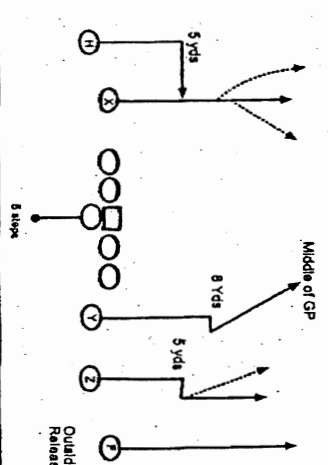
(R/D) (H) 0 Wide Trip
72 Red D-Slant



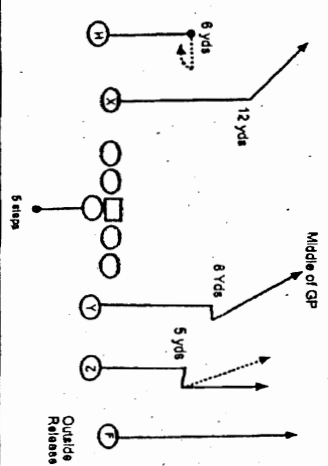
(3W) (H) 0 Flex
72 Red D-Slant



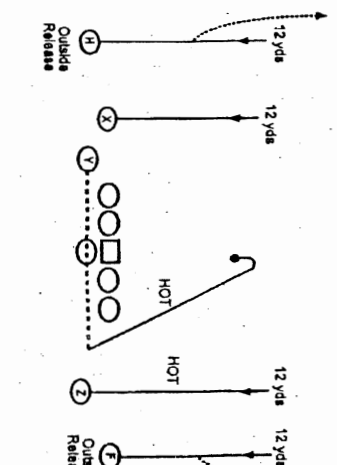
(ALL) Empty Rt
74 Double Nod Slant (Delay)



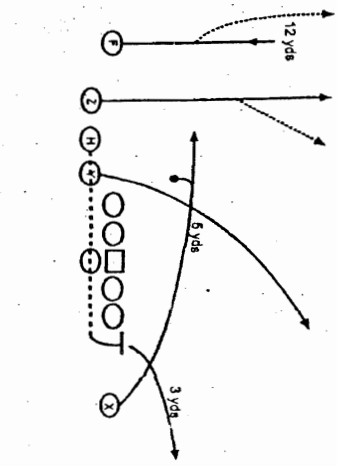
(ALL) Empty Rt
74 Double Nod Delay



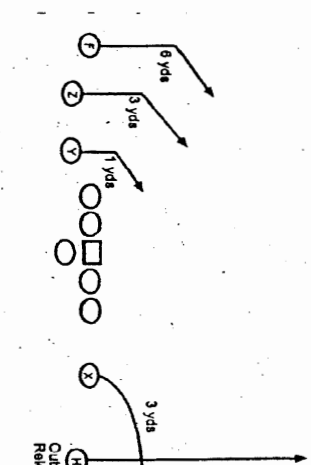
(4W) (3W) (H) 0 Empty Rt
74 Rocket Ship



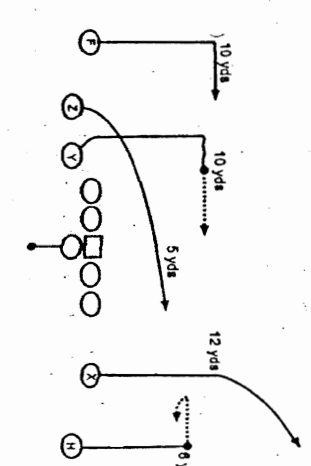
(H) Cowboy Lt Hac
74 Slow All Do X Under



(ALL) Empty Lt
74 Slant D-Go

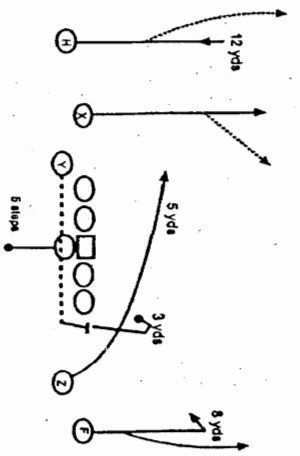


(ALL) Empty Lt
75 In Delay

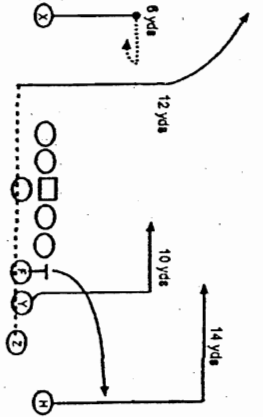


74-75 (SLOW)

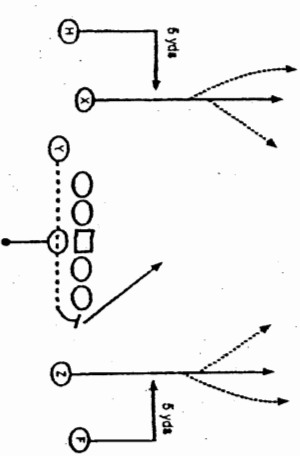
(R)(D)(H) Zac Empty Rt
74 Slow Hunt Social Circle



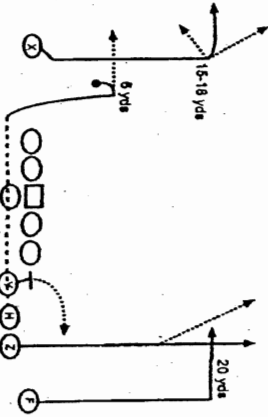
(R)(D)(SW) Quad Rt Zac
74 Slow Tin Dally



(ALL) Yac:10 Empty Rt
74 Slow Bimash Express

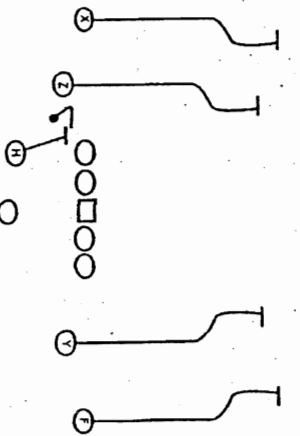


(H) Cowboy Rt Hac
74 Slow Sin Crephon

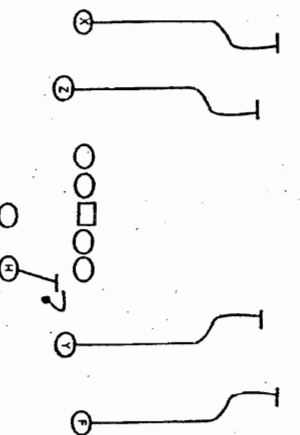


RED BALL

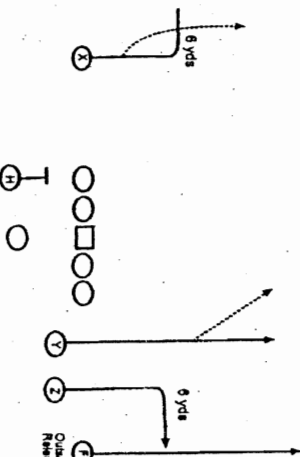
Gun Spread Rt
575 Slow Packer



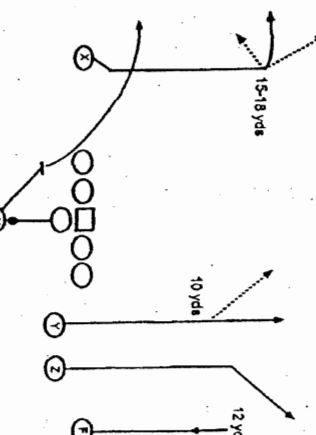
Gun Spread Rt
575 Slow Packer



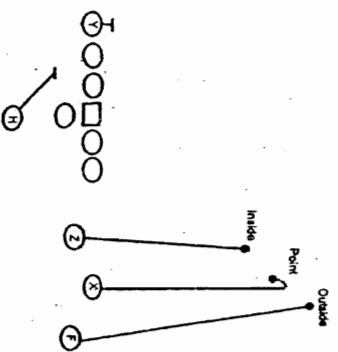
Gun Jet Rt
88



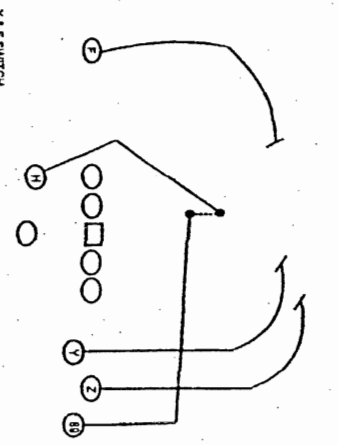
Jet Rt
75 Slow Max Bell X Q



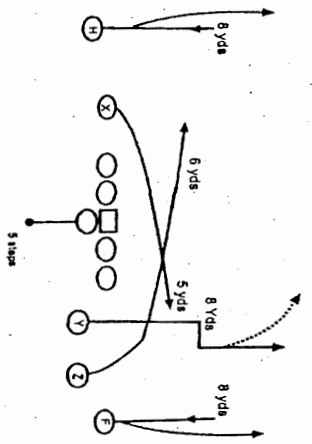
1 Trio
51 Gap Hall Mary



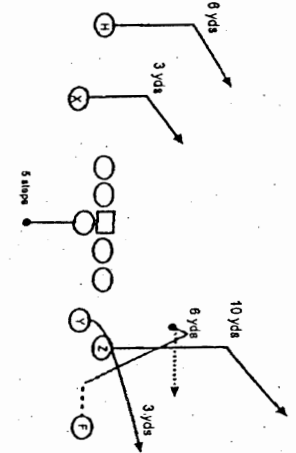
Jet Rt Bunch
72 L.A. Express



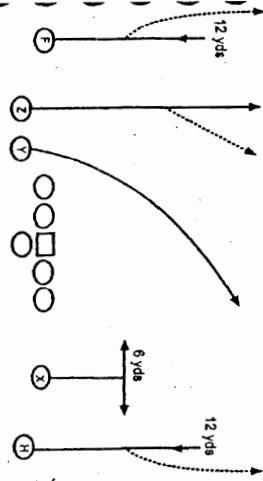
Empty Rt
74 Colt 'Y' Nod



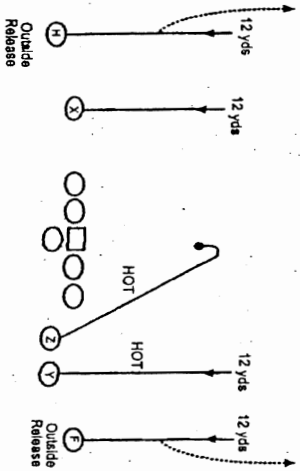
Empty Rt/F
74 'F' Return Tosses



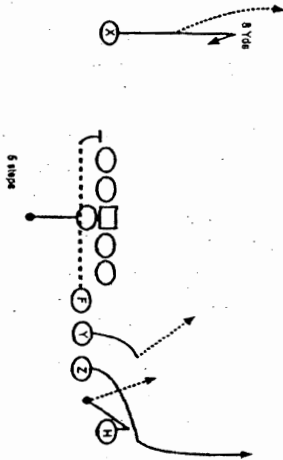
Empty Lt
74 All Go 'X' Snow



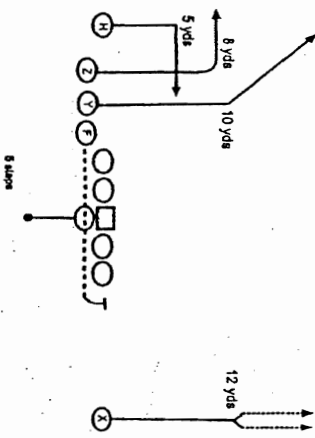
Raven Rt
74 Rocket Stop



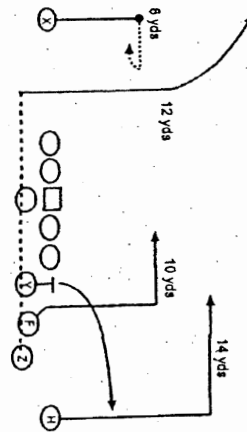
Quad Rt/Fac
74 Slow Fake Slip (Train)



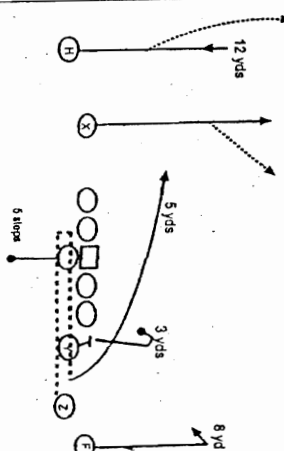
Quad Lt/Fac
74 Slow Ole Under X Deep



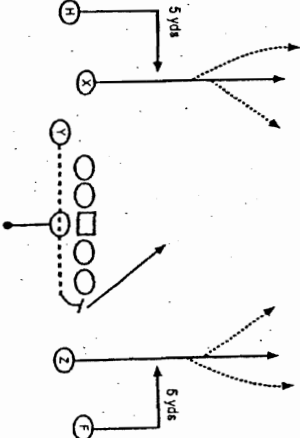
Quad Rt/Zac
74 Slow Tin Delay



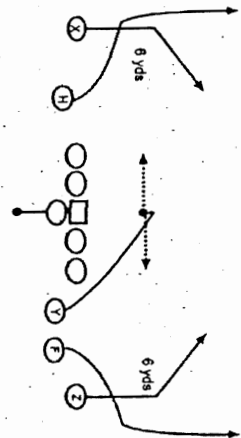
Empty Rt Zig
74 Slow Hunt Streak Circle



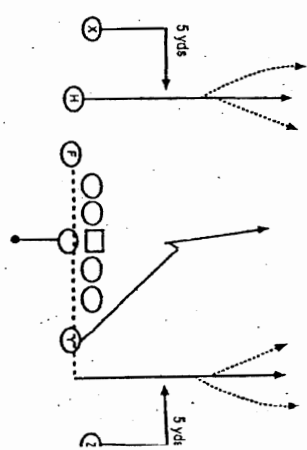
Yac to Empty Rt
74 Slow Smash Texas



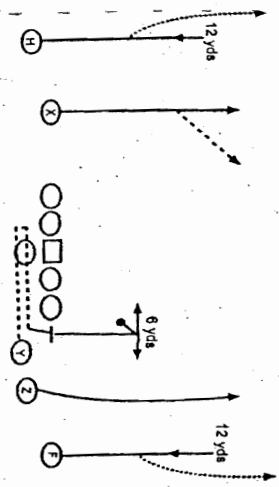
Stealer Rt
74 Wheel 'Y' Jerk



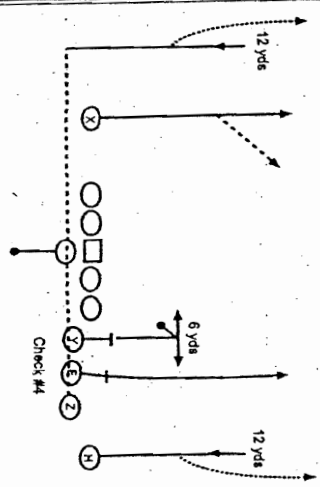
Fac Stealer Rt
74 Smash Dip Jerk



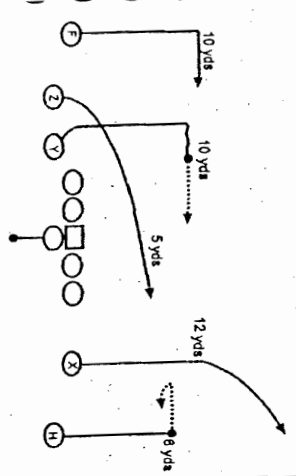
Empty Rt Yg
74 Slow Double Seam Snow



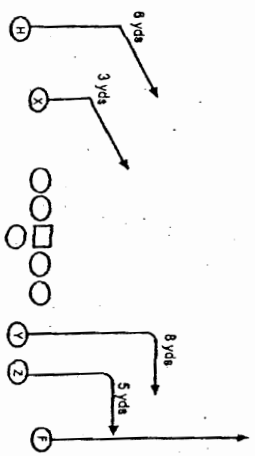
Quad Rt Zac
74 Slow Double Seam Snow



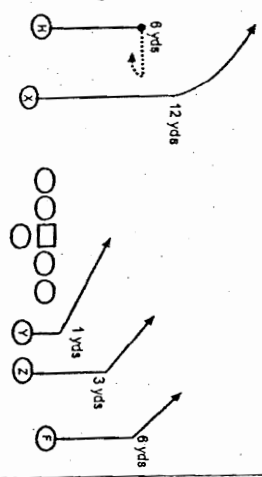
Empty Lt
74 In Delay



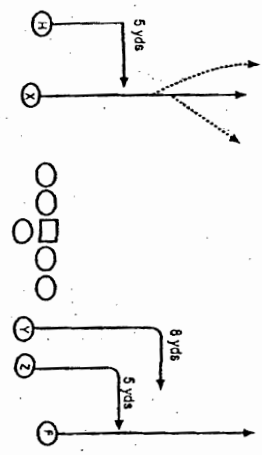
Empty Rt
74 Shout Tosses



Empty Rt
74 Slant Delay

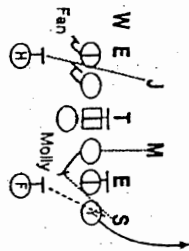


Empty Rt
74 Shout Smash

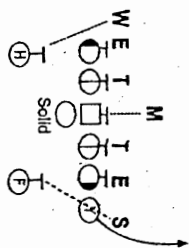


Even

82



82

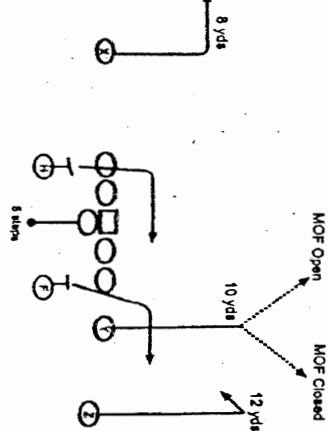


OL - 4 Down & Mike
FB - Basic Scan
HB - Basic Scan

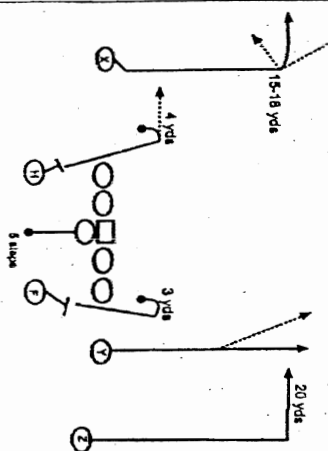
C.P. - Fan BS vs 3-4
C.P. - Gap Rules Apply Opposite Roger-Louie.

Y	Route. (Backside Run Thru #4)
ROUNTSIDE TACKLE	White-Block #2. Red- Big on Big. (Fan)
ROUNTSIDE GUARD	Red-Block #1. White- vs 4-3 Roger - Louie, vs 3-4 Molly Alert Gap vs A-Gap threat.
CENTER	Block #0. Solid Roger - Louie
ACKSIDE GUARD	Red - Block #1. Alert "Gap" vs A-Gap threat. White-Block Mike (Roger - Louie) vs 3-4 Fan
ACKSIDE TACKLE	White-Block #2. Red-Block #3 (Fan) vs 3-4 Fan
FB	Basic Scan. Block S-SS. Alert "Gap" vs A-Gap Threat.
HB	Basic Scan. Alert "Gap" vs A-Gap Threat.
X	Route.
Z	Route.
QB	

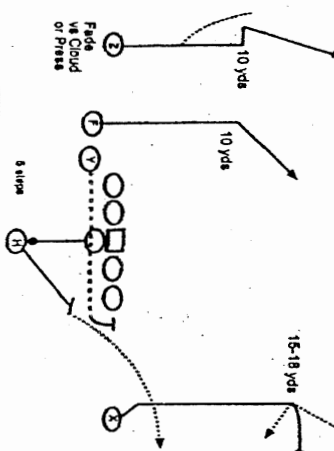
(H)/R/(D) 2MM 6 Flex
82 Choice Backs Rt. X' Stick



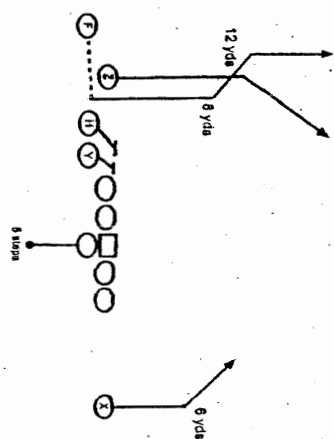
(H)(R)(D)(3M)-8 Flex
82 5in Oregon



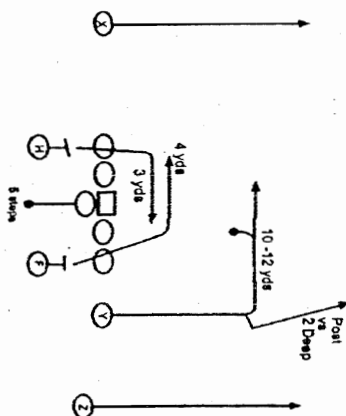
(R)(D)(H) Topper Xac
50 Amp Topper Xac



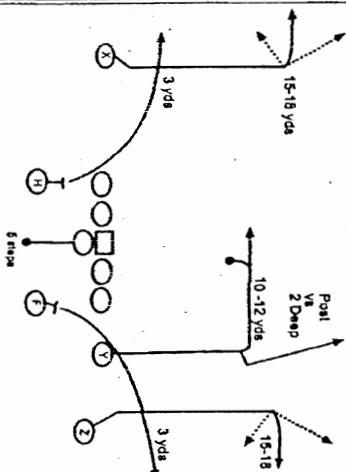
(H) Cowboy & Flip
51 Gap 'X' Slant Dallas



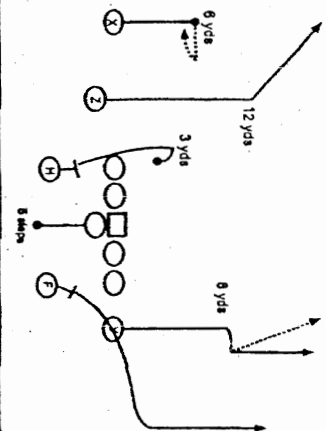
82/86 BLACKS CROSS



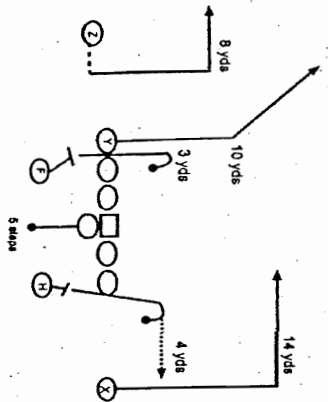
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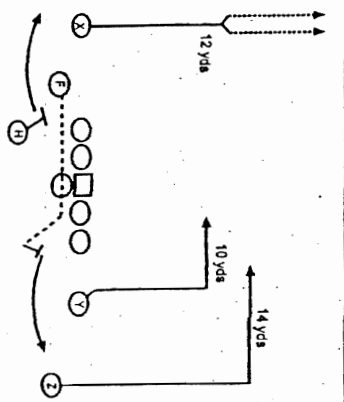
84 (9) Mod/Delay



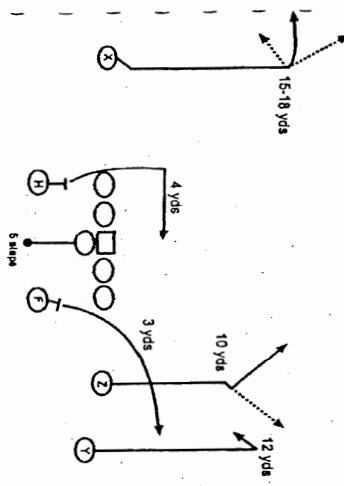
7 Zip
83 Ole / Road Circle



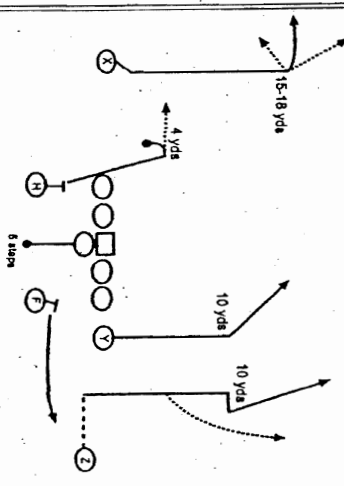
Fac 6 Flex
82 Tin Deep



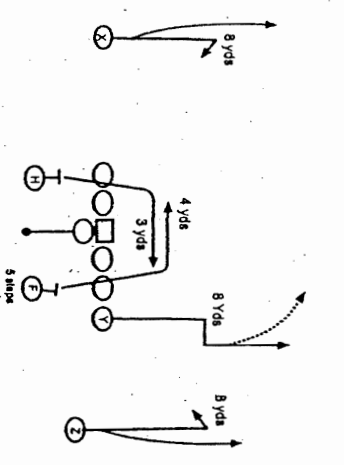
6 Wide
82 Choice Backs Rt



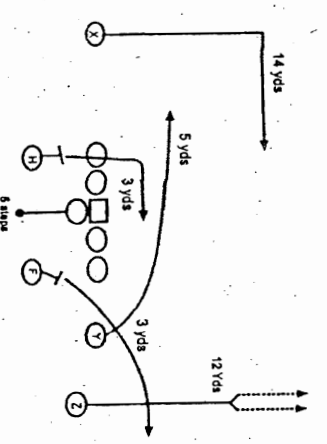
6 Zip
82 Topper / Oregon



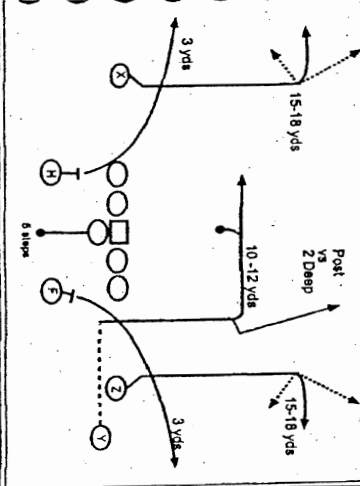
6
82 Colt 'V' Nod



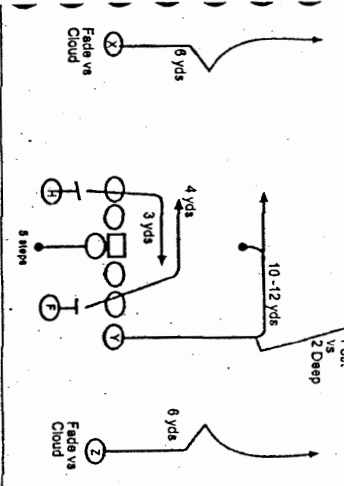
6 Flex
82 Exxon Backs Right



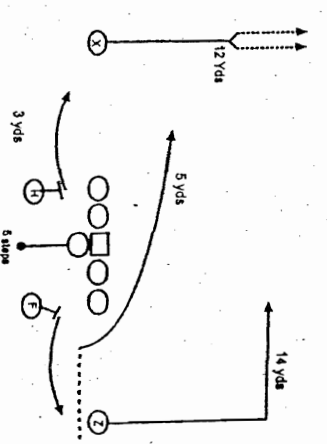
6 Wide Yip
82 Q Backs Flat



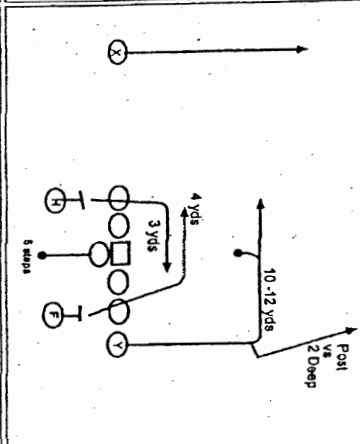
6
82 Sluggo Backs Cross



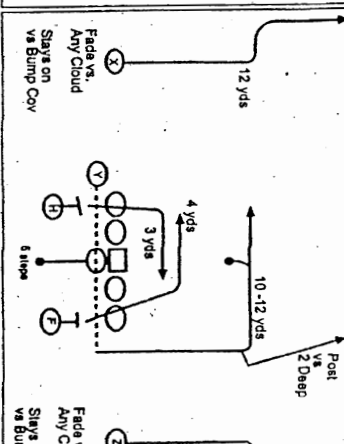
6 Wide Yip
82 Zorro Backs Flare

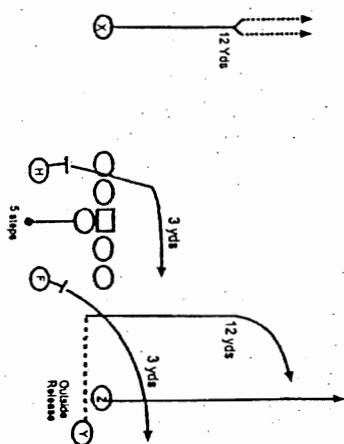
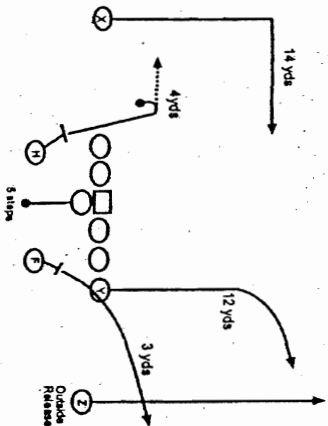
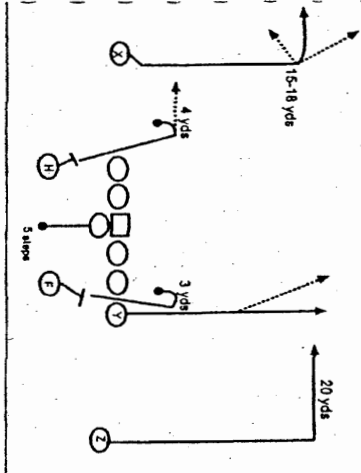


6
82 Go Backs Cross



Yac to 6
82 Pump Backs Cross



6
82 Sail Oregon**PLAY ACTION PASSES (100's)**

OUR PLAY ACTIONS ARE DERIVED FROM RUNNING PLAYS AND RUNNING FORMATIONS. WE WANT THE DEFENSE TO THINK THAT THE PLAY IS A RUN FROM THE TIME WE BREAK THE HUDDLE UNTIL THE FAKIN BACK GOES PAST THE QUARTERBACK AND DOESN'T GET THE BALL. SELL THE RUN! EFFECTIVE PLAY ACTION PASSES REQUIRE AGGRESSIVE TECHNIQUE FROM THE LINEMEN AND QUICK, REALISTIC FAKES BY THE BACKS AND QUARTERBACK, BUT NEVER AT THE EXPENSE OF THE PROTECTION.

WE WILL HAVE FOUR (4) TYPES OF 100 PLAY ACTION PROTECTIONS.

1. **JAB 144 COUNTER PROTECTION:** (EXAMPLE: 0 BUNCH YAC J-144 STR STOP)
0 OUT OFF YAC J-144 CTR Q
THE BASIS OF THIS PROTECTION IS JAB 34 CTR BLOCKING WITH THE FOLLOWING POINTS OF EMPHASIS:

- A) BE AS AGGRESSIVE AS POSSIBLE.
- B) INSIDE GUARD - TACKLE - CENTER, DON'T CHASE DEFENDERS YOU ARE "GAPPERS".
- C) PULLING GUARD WILL BLOCK THE FIRST DEFENDER OUTSIDE OF THE INSIDE TACKLE'S BLOCK
- D) FAKING BACK WILL BLOCK INSIDE / OUTSIDE PULLING GUARD BEFORE RELEASING INTO PATTERN.
- E) OFFSIDE TACKLE AND TE OR F - USE A "COMBO" TECHNIQUE. POINTS OF EMPHASIS FOR THE TACKLE ARE TO NOT CHASE THE DEFENDERS TOO FAR INSIDE AND TO COME OUT TO HELP TE OR F. POINTS OF EMPHASIS FOR THE TE OR F ARE TO BE AS AGGRESSIVE AS POSSIBLE AND TO ALWAYS HONOR YOUR RESPONSIBILITY FOR THE WIDEST RUSHER.

2. **JAB 146 COUNTER PROTECTION:** (EXAMPLE: 0 FAR J-146 CTR Z IN)
THE BASIS OF THIS PROTECTION IS JAB 36 COUNTER BLOCKING. POINTS OF EMPHASIS:

- A) BE AGGRESSIVE AS POSSIBLE.
- B) INSIDE TE - TACKLE - GUARD - CENTER, DON'T CHASE DEFENDERS - YOU ARE "GAPPERS".
- C) PULLING GUARD WILL BLOCK THE FIRST DEFENDER OUTSIDE OF THE TE'S BLOCK.
- D) FAKING BACK WILL CHECK OUTSIDE PULLING GUARD'S BLOCK FOR SAFETY BLITZ BEFORE RELEASING INTO PATTERN.
- E) OFFSIDE TACKLE AND F BLOCK AS JAB 144 CTR.

3. **DRAW PROTECTION:**

THE OFFENSIVE LINE BLOCKS DRAW ASSIGNMENTS AND TECHNIQUE WHILE THE BACKS BLOCK THEIR DRAW ACTION RESPONSIBILITIES BEFORE RELEASING.

- A) **H-147 MAX BASE (146)**
(FAN / SOLID) SPLIT END SIDE PROTECTION FEATURING BS TE SLOW ON #3.

NOTE: MAX IS CALLED TO DESIGNATE SEVEN (7) STEP DROP BY QB.

PLAY ACTION PASSES (100'S)

4. SLIDE PROTECTION:

LINE SLIDES AWAY FROM NUMBER WITH THE BACK OR BACKS FAKING TOWARD THE NUMBER AND ASSUMING PICKUP RESPONSIBILITIES IF ANY.

A) R-130/131

Y SLOW FOR 3 COUNTS AND THE REMAINING BACK PICKING UP FIRST INSIDE LINEBACKER PLAYSIDE. EXCEPTION VS DIAMOND - BACK HAS DUAL PICKUP INSIDE/OUT.

CP: HITCH TAG IS A THREE-STEP TEMPO.

CP: TOSS 130/131

AUTOMATIC "DUO" CALL REGARDLESS OF FRONT. THE FAKING BACK IS RESPONSIBLE FOR THE FIRST DEFENDER OUTSIDE OF TE'S BLOCK.

B) R 136/137

ONE BACK HAVING DUAL PICKUP. CP: IF Y OR X TITE ARE AWAY FROM THE NUMBER, THEY WILL SLOW BLOCK LOOKING FOR CORNERSAFETY BLITZERS.

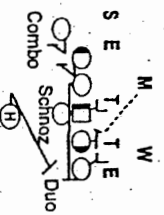
C) R-138/139

FULLBACK PICKS UP FIRST INSIDE LINEBACKER AND THE HALFBACK PICKS UP THE OUTSIDE LINEBACKER TO STRONG SAFETY.

CP: R-134/135 SIMPLY SWITCHES THE BACKS ASSIGNMENTS.

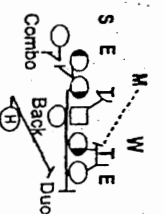
Jab 144 Counter

Under Tom

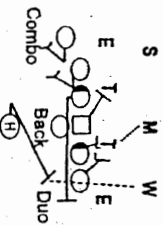


Jab 144 Counter

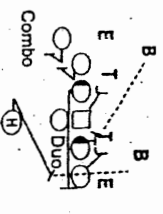
Even Slack



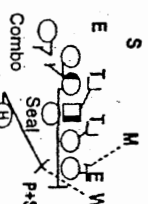
Even Double Tom



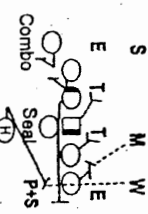
4-2 Even



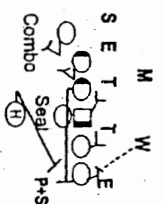
Over Tom



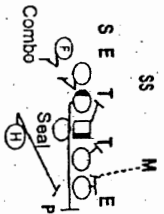
Over Double Tom



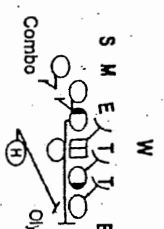
Over Slack



Over Wide Joker

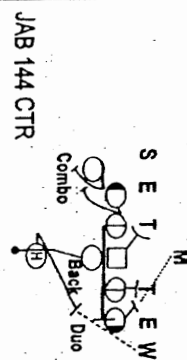
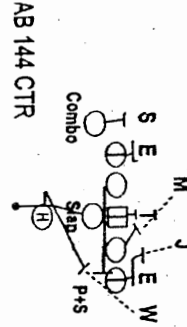


Diamond



Jab 144 Counter

4 Even



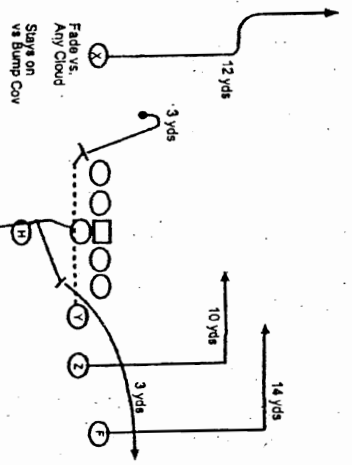
AB 144 CTR JAB 144 CTR

Counter Protection OL-Run Pass Action. Stay Square.
Open side Blocking Back - Block inside out of pulling OG's Block.
Fake Jab 34 Blocking. TE "SLOW" Alert COMBO.

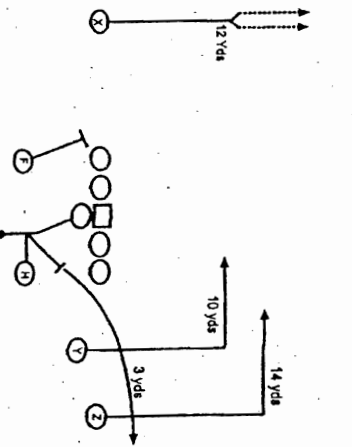
Y	Slow #3 Area. C gap to D gap.
ROUNTSIDE TACKLE	White- P+S Red- Duo
ROUNTSIDE GUARD	White- Slap / Seal Red- Duo.
CENTER	Covered- Slap. Covered and BSG covered - "Seal" Uncovered- Block Back to fill for pulling OG - Back.
JACKSIDE GUARD	Pull block DE on-outside playside OT. (Trap Pull - Full Speed!!)
JACKSIDE TACKLE	White- Combo. Red - Combo w/ OC to BSTE.
Blocking Back	Over ball fake. Run fake. Block OLB to fake side.
HB	Block Inside-out of pulling OG block.
X	Route.
Z	Route.
QB	

JAB 144 COUNTER

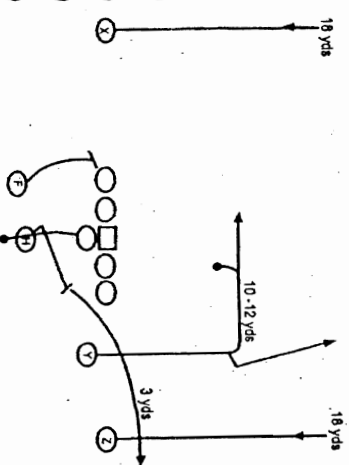
0 Out Yac
Jab 144 Counter/Tin X Pump



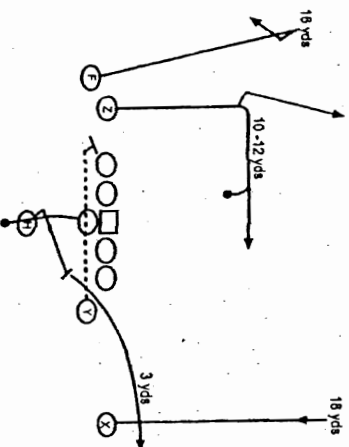
6 Change Flex
Jab 144 Counter/Tin Deep



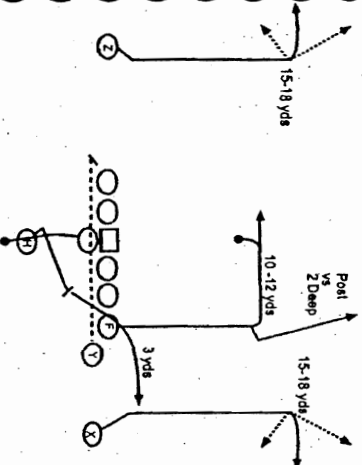
0 Fast Flex
Jab 144 Counter/Stop



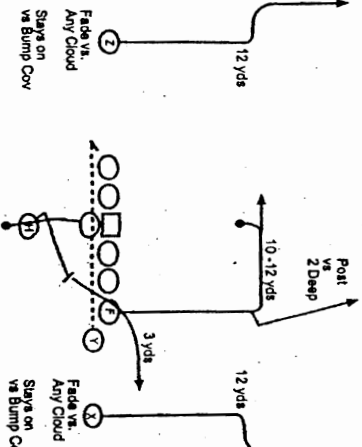
Yac to 1 Bunch
Jab 144 Counter/Stop



Yac to 1 On
Jab 144 Counter/Q



Yac to 1 On
Jab 144 Counter/Pump

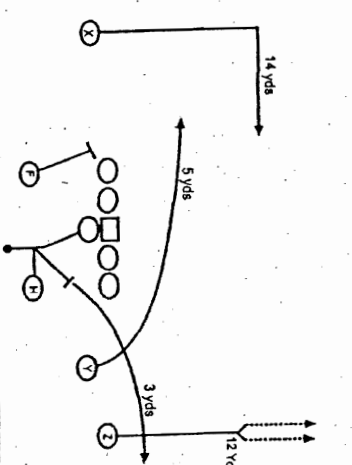


2005 PASSING GAME
PLAYACTION (100's)

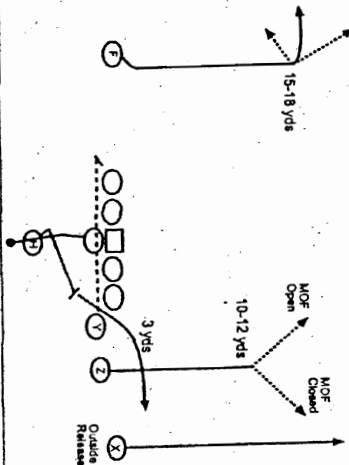
OFFICIAL
No 7

JAB 144 COUNTER

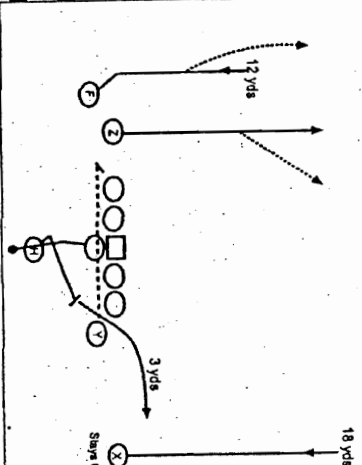
6 Change Flex
Jab 144 Counter/Exxon



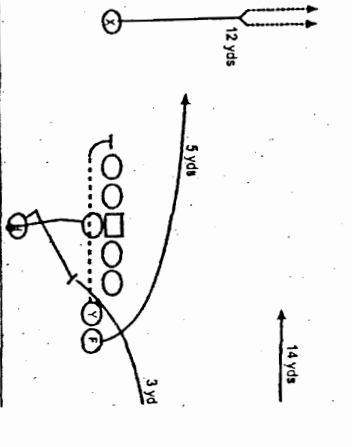
Yac to 1 Out/Stop
Jab 144 Counter/Throwback



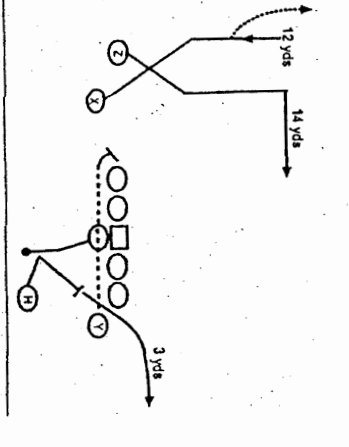
Yac to 1 Bunch
Jab 144 Counter/Stop/Stretch



0 Flood Yac
Jab 144 Counter/Stop/Stretch

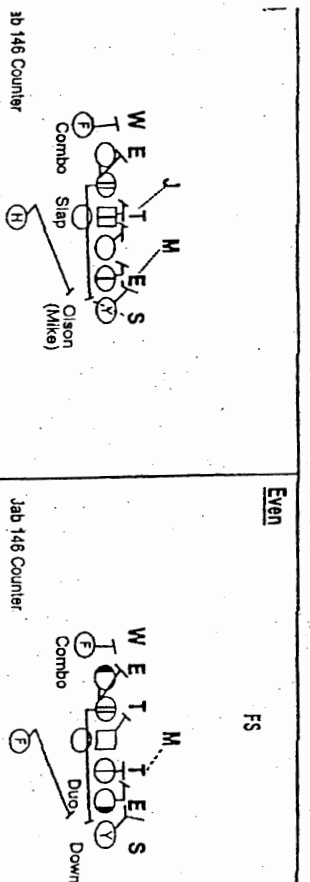


0 Flood Yac
Jab 144 Counter/Stop/Stretch



2005 PASSING GAME
PLAYACTION (100's)

Jab 146 Counter

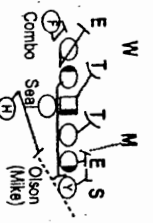


Jab 146 Counter

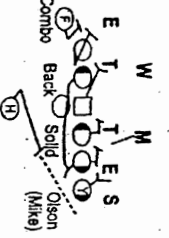
All Play Action OL - Turn Away from Call
Arm Protection Faking back check outside pulling OG.
Way from # TE - Gap Protection.

Y	Olson (Mike) / Down. Leave EMOL.
ROUNTSIDE TACKLE	White-Olson Red-Duo
ROUNTSIDE GUARD	White-Slap / Seal Red-Duo
CENTER	Slap / Seal / Back
ACKSIDE GUARD	Pull, block 1st defender outside TE's block. (Trap Pull - Full Speed!!)
ACKSIDE TACKLE	White = Combo Red = Combo w/ OC to BSTE.
FB	Block backside like Jab 144.
HB	Fake Jab 36 Counter. Block 1st defender outside pulling OG.
X	Route.
Z	Route.
QB	

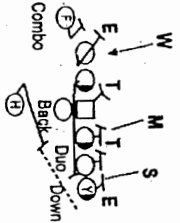
Under Tom



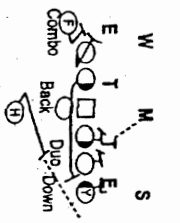
Even Slack



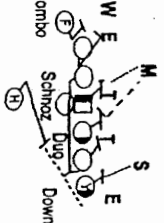
Even Walk



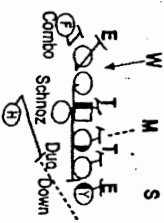
Even Double Tom



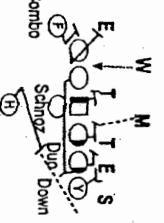
Over Tom



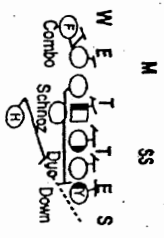
Over Double Tom



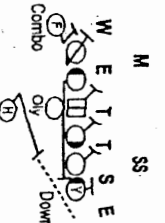
Over Slack



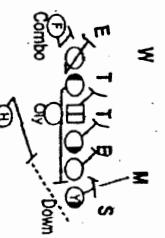
Over Wide Joker



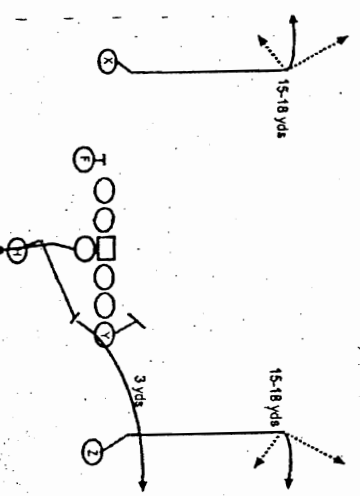
Big Dubs



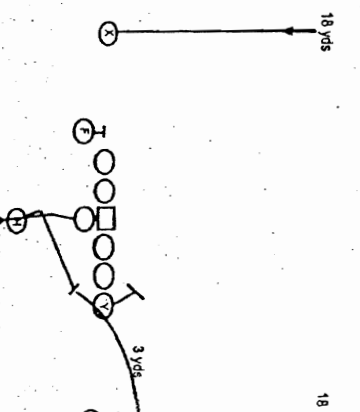
Diamond



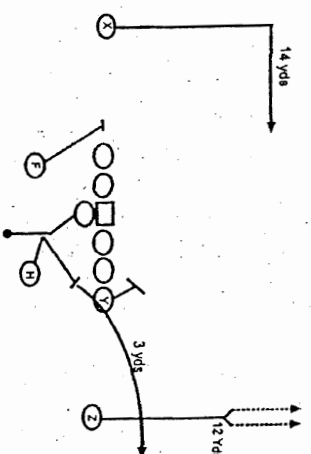
0 Up
Jab 146 Counter Q



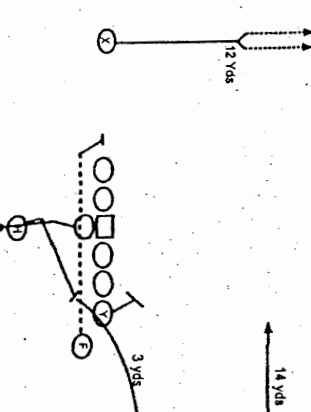
0 Up
Jab 146 Counter Stop



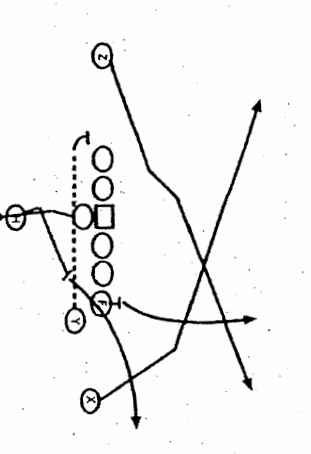
0 Change
Jab 146 Counter X in



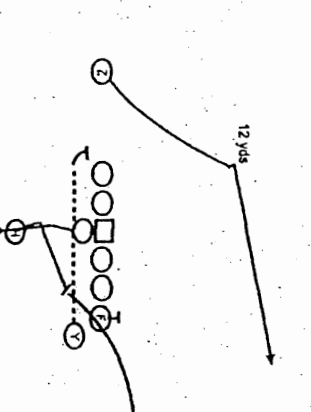
0 Flood
Jab 146 Counter Z in



Yac 1 On
Jab 146 Counter Pylon

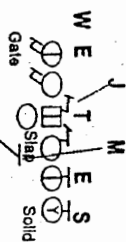


Yac 1 On
Jab 146 Counter Z' Cross

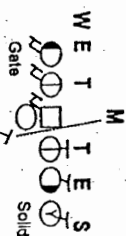


RIDE 130-131 Pro (Toss 130-131 Slant)

EVEN



R 130



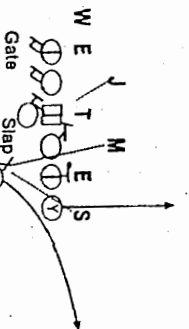
R 130

Slide Pro. OL - Slide Away from Call (4 Down + Will / Cowboy) C.P. - "Gap" vs A-Gap threat.
 BLOCKING BACK - Check Mike-Strong Safety (Mike-Scan)
 TE - Slow #3 C.P. Also Toss 130-131 Slant.

Y	Block 50-51 Protection.
ROUNTSIDE TACKLE	White - Solid. Red - DUO vs Tackle Bubble vs. DUBS - DUO away from called Protection.
ROUNTSIDE GUARD	Red - Block #1. "Duo" White - Slap. Gap vs A-Gap threat.
CENTER	Slide Away from called protection. Slap / Schnoz / Combo / Mabel / Gate.
JACKSIDE GUARD	Slide Away from called Protection. Gate / Combo / Mabel.
JACKSIDE TACKLE	Slide Away from called Protection. Gate / Combo / Mabel.
Blocking Back	Check Mike - Strong Safety. Alert "Gap" vs A-Gap Threat Alert "DUO" vs. FST Red fronts.
HB	Check - Route.
X	Route.
Z	Route
QB	

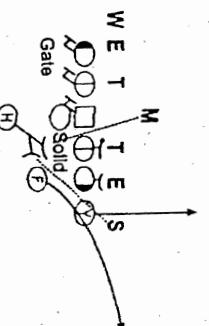
RIDE 136-137

Even



Ride 136

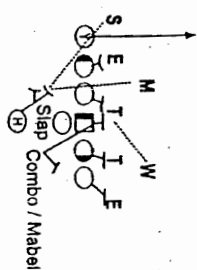
Ride 136



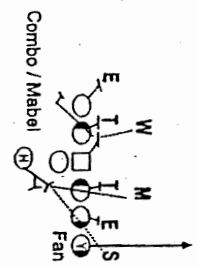
Ride Pro. OL- Slide Away from Call (4 Down + Will / Cowboy) C.P. - May Adjust Slide.
 RB- Dual Scan (Mike-Sam-Scan) C.P. - PACKER Rules Apply Call Side.
 P. X Tile or Y Backside check for corner / safety blitz (#4). C.P. - Firm Protection

Y	Route. Backside - Run thru #4 weak.
ROUTE SIDE TACKLE	White- Block #2. (Waltz) Red- Fan or Packer if Mike backside w/ Over. vs. DUBS or Diamond "PACKER" to called Protection.
ROUTE SIDE GUARD	Red- Block #1. White- Slide Away from called protection. Slap Alert "Packer" vs Mike backside w/ Over.
CENTER	Slide Away from called protection. Slap / Schnoz / Combo / Mabel / Gate.
BACKSIDE GUARD	Slide Away from called Protection. Gate / Combo / Mabel.
BACKSIDE TACKLE	Slide Away from called Protection. Gate / Combo / Mabel.
Blocking Back	Dual Scan. Alert "Gap" vs A-Gap Threat Alert "PACKER" vs Triple-Solid-Over Fronts w/ Mike backside.
HB	Dual Protection Mike to Sam (Scan). Route.
X	Route.
Z	Route.
QB	

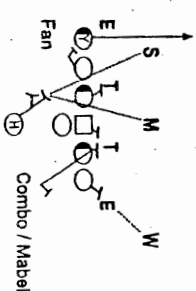
Under 10m



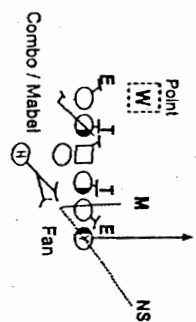
Even Stack



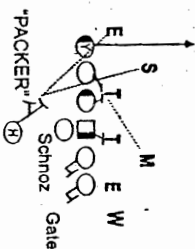
Even Walk



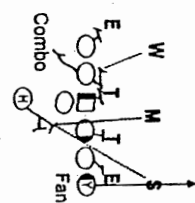
4-2 Even



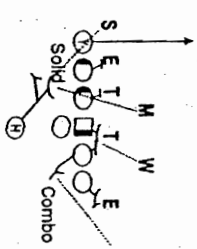
Over Tom



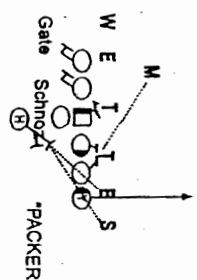
Over Double Tom



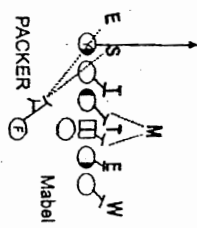
Over Stac



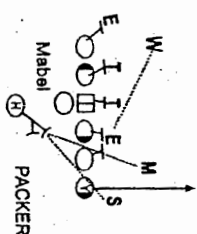
Over Wide



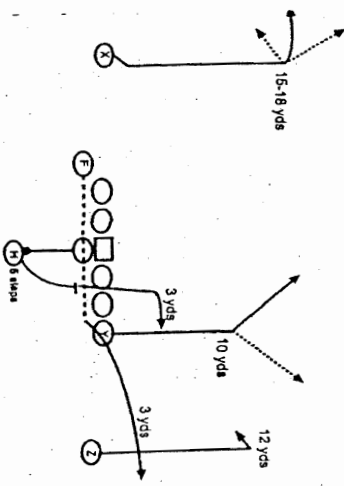
Big Dubs



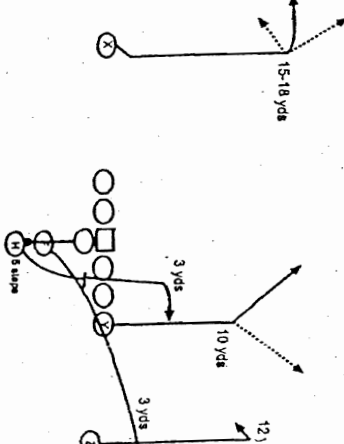
Diamond



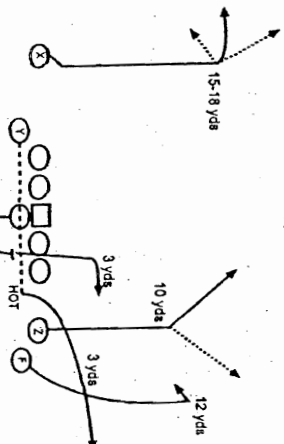
0 Up Fac
Ride 136 Choice



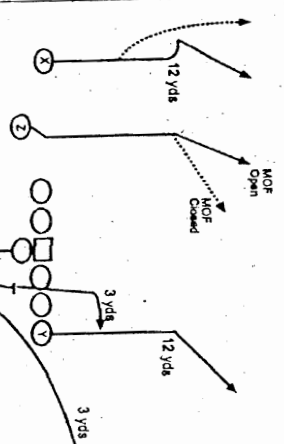
0
Ride 136 Choice



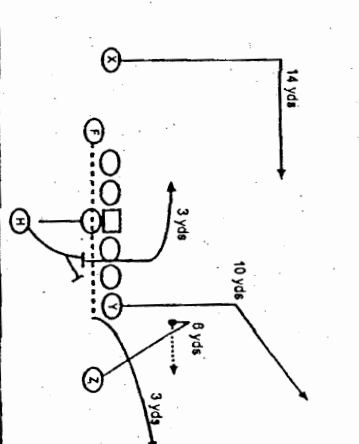
Yac-D Bunch
Ride 136 Choice



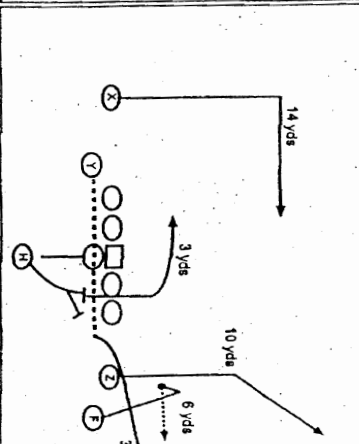
0 Near Slot
Ride 136 'Y' Bow Topper



0 Up Flank Fac
Ride 136 Z Return

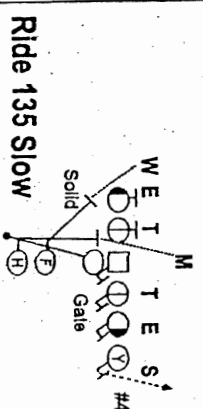
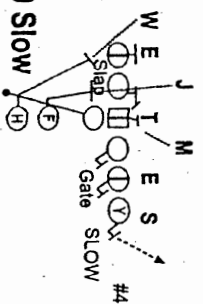


Yac 0 Bunch
Ride 136 F! Return



Ride 135-134 Slow (Ride 139-138 Slow)

Even



Ride 139 Slow

Ride 135 Slow

Slide Pro OL - Slide Away from Call (4 Down + BSLB / Cowboy) C.P. - Packer Rules Apply
 FB - Check OLB.
 HB - Check ILB.

Y	Slow #4. (Be alert to #4 being man over)(Block widest Ruster)
ROUNTSIDE TACKLE	White - Block #2. (Waltz) Red - Block #3 (Fan) Packer vs Dubs or Diamond.
ROUNTSIDE GUARD	Red - Block #1. White - Block #0. Slap w/ OC. vs. Dubs "PACKER" Away from called Protection.
CENTER	Uncovered, Slide Away from called protection. Slap / Schnoz / Combo / Mabel / Gate.
JACKSIDE GUARD	Gate / Combo / Mabel (to BSLB only)
JACKSIDE TACKLE	Gate / Combo / Mabel
FB	R 135-134 FB block OLB (Be alert to PACKER) R 139-138 FB block ILB
HB	R 135-134 HB block ILB (Be alert to PACKER) R 139-138 HB block OLB
X	Route.
Z	Route.
QB	

<p>Under Tom</p> <p>Ride 134 Slow</p>	<p>Even Slack</p>
<p>Even Walk</p> <p>Ride 134 Slow</p>	<p>Over Double Tom</p>
<p>Over Tom</p> <p>Ride 134 Slow</p>	<p>Over Wide Joker</p>
<p>Over Slack</p>	<p>Diamond</p>
<p>Big Dubs</p> <p>Ride 134 Slow</p>	<p>2005 PASSING GAME PLAY ACTION (100's)</p> <p>OFFENSE #23</p>

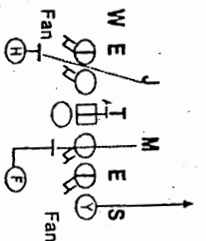
<p>0 Wide YIP</p> <p>Ride 138 Stop</p>	<p>0 Slot Zac</p> <p>Ride 139 Go</p>
<p>1 Far</p> <p>Ride 134 Slow 'Z' Deep Cross</p>	<p>1 Far Close Zac</p> <p>Ride 134 Cross 'Z' No d</p>
<p>Yac 1 Far</p> <p>Ride 134 Slow 'Z' Deep Cross</p>	<p>2005 PASSING GAME PLAY ACTION (100's)</p> <p>OFFENSE #23</p>

Quick 143 Fan

PROTECTION

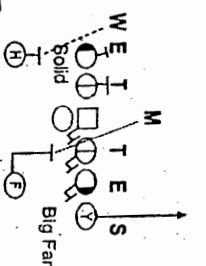
PG. 1

Even



Quick 143 Fan

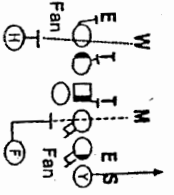
Quick 143 Fan



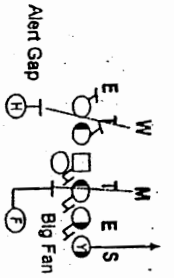
Double Fan OL-4 Down+Sam. vs 34 Double Fan.
Protection RB's - Block Mike / Will after draw fake. Alert help on nose.

Y	Route.
RIGHTSIDE TACKLE	White-Block #2. vs 3-4 "Fan" to Will. Red-Block #3 Big on Big
RIGHTSIDE GUARD	Red-Block #1, vs 34 Fan to Will. White - Combo Slide w/ OC opposite protection call. C.P. Possible Gap if covered.
CENTER	Covered Block #0, Combo Slide w/ FSG opposite called protection. Uncovered - "Fan" away from called protection, Combo R/Lt vs tackle bubble BS.
ACKSIDE GUARD	"Fan" away from called protection. Combo R/Lt
ACKSIDE TACKLE	"Fan" away from called protection for EMOL to backside.
Blocking Back	Draw fake. Block Mike. CP: Help Center
HB	Draw fake. Block Will. Alert "Gap" CP: Help Center
X	Route.
Z	Route
QB	

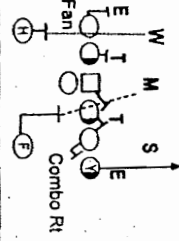
Under 10m



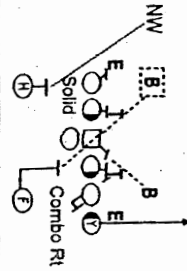
Even Stack



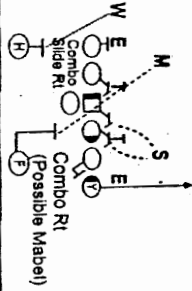
Even Double 10m



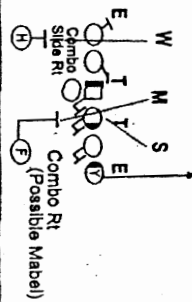
4.2 Even



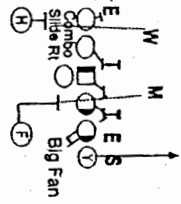
Over 10m



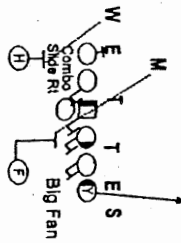
Over Double 10m



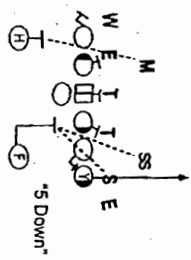
Over Stack



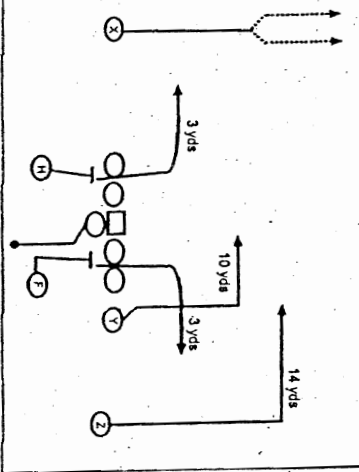
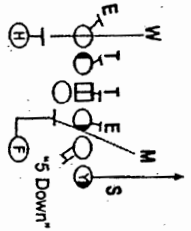
Over Wide



Big Dubs

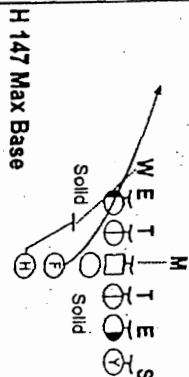
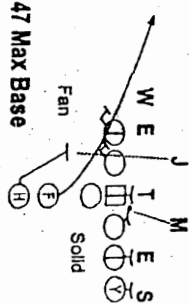


Diamond



H 147-146 Max Base

Even

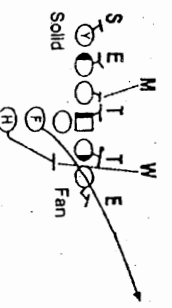


raw Protection to open end.

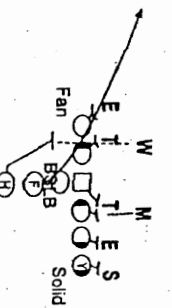
OL / TE- Fan / Solid.
RB- Fake H 45 (44)

Y	Red- Reach (Possible Fan) White- Solid
ROUTESIDE TACKLE	White- Fan Red- Block #3, Big on Big. vs 3-4 "Fan"
ROUTESIDE GUARD	Red- Block #1. White- Fan or Slap. Fan (Possible Stretch w/ OC)
CENTER	Covered Block #0. Solid / Slap. Uncovered block #0. Solid / Stretch / BSLB Alert Gap "Name" Call.
JACKSIDE GUARD	Red- Block #1. Solid / BSLB w/ OC / Reach w/ BST White- Solid. Alert squeeze vs A gap threat.
JACKSIDE TACKLE	White- Solid. Red- Reach w/ BSG / Fan w/ BSY
FB	Route.
HB	Fake H 45 (44) Scan 1st LB off the ball to weakside corner.
X	Route.
Z	#4. Route.
QB	

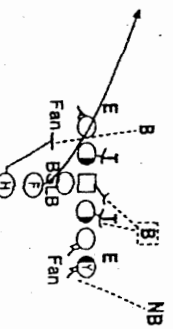
Under 10m



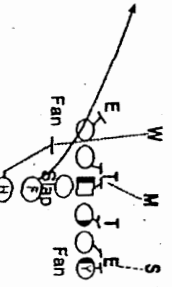
Even Stack



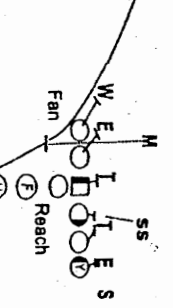
4:2 Even



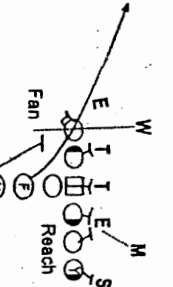
Over Double Tom



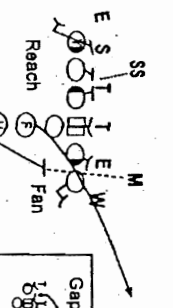
Over Wide Joker



Diamond



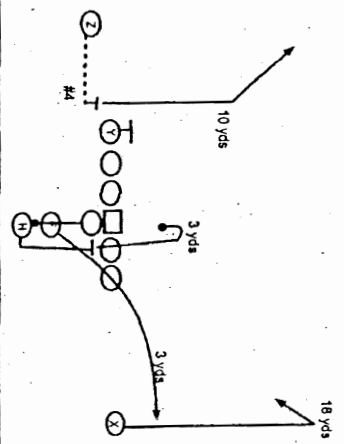
Big Dubs



2005 PASSING GAME
PLAY ACTION (100s)

OPENING
no 27

1 Zip
H 146 Max Base



2005 PASSING GAME
PLAY ACTION (100s)

MOVE THE POCKET PASSES (200 S)

WE WILL USE TWO (2) TYPES OF MOVE THE POCKET PASSES WITH THE QUARTERBACK MOVING TOWARD THE NUMBER CALLED.

1. 219/219

THIS IS AN AGGRESSIVE BLOCK SCHEME THAT ALLOWS THE QB TO SPRINT TOWARD THE NUMBER CALLED SETTING UP BEHIND THE OUTSIDE TACKLE. WE WILL USE A VARIETY OF FORMATIONS AND / OR MOTIONS TO EXECUTE THIS PLAY. REGARDLESS, THE OL WILL BLOCK AGGRESSIVELY TO THEIR FRONTSIDE GAP UTILIZING A REACH TECHNIQUE.

CP: YOU ARE BLOCKING AN AREA, NOT A DEFENDER.

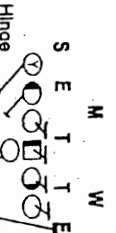
AT TIMES, EITHER THE TE - F - OR H COULD BE CALLED UPON TO BLOCK FRONTSIDE - YOU ARE RESPONSIBLE TO AGGRESSIVELY BLOCK THE WIDEST RUSHER. IF ASSIGNED AN BACKSIDE RESPONSIBILITY, BLOCK THE FIRST DEFENDER OUTSIDE THE BACKSIDE TACKLE'S BLOCK.

2. 259/259

THIS IS A DROP BACK PASS PROTECTION SCHEME THAT ACCOUNTS FOR THE QB MOVING TO THE POCKET TOWARD THE NUMBER CALLED. WE WILL USE A VARIETY OF FORMATIONS AND / OR MOTIONS TO EXECUTE THIS PLAY. REGARDLESS, THE OL WILL TAKE A FRONTSIDE GAP PASS SET AND BLOCK AN AREA, NOT A DEFENDER. AT TIMES, THE TE OR F WILL BE CALLED UPON TO BLOCK FRONTSIDE - YOU ARE RESPONSIBLE TO AGGRESSIVELY BLOCK THE WIDEST RUSHER. WHEN THE FRONTSIDE TACKLE IS UNCOVERED, YOU WILL APPROACH THIS AS A "RUNNING" BLOCK TECHNIQUE. THE REMAINING BACK WILL BLOCK THE FIRST DEFENDER OUTSIDE THE BACKSIDE TACKLE'S BLOCK.

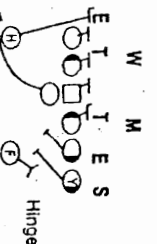
210

Under Tom

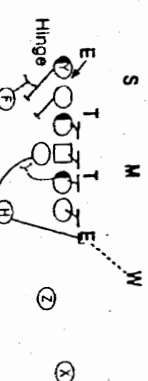


219

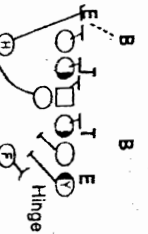
Even Slack



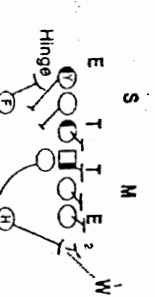
Even Walk



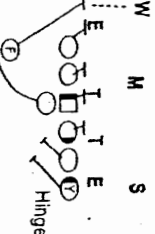
4-2 Even



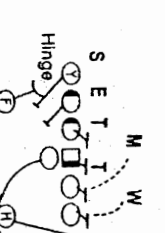
Over Tom



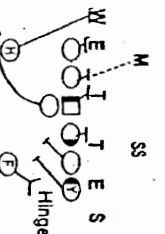
Over Double Tom



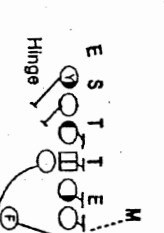
Over Slack



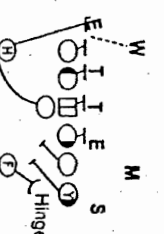
Over Wide Joker



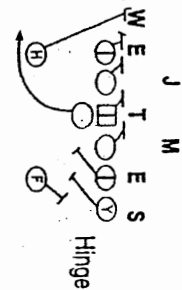
Big Dubs



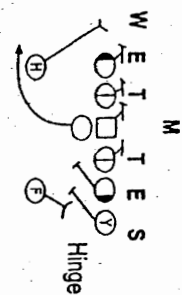
Diamond



Even



219



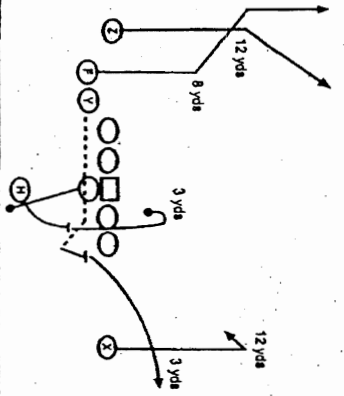
Print Pro. OL - Aggressive frontside gap reach technique. Area blocking.
Move the pocket pass.

Y	Frontside- Reach widest rusher. Backside- Hinge
LEFTSIDE TACKLE	Square Reach C-Gap. Pick Back.
LEFTSIDE GUARD	Square Reach B-Gap. Pick Back.
CENTER	Square Reach A-Gap. Pick Back.
RIGHTSIDE GUARD	Square Reach Backside A-Gap. Hinge.
RIGHTSIDE TACKLE	Square Reach Backside B-Gap. Hinge.
FB	Seal Backside.
HB Blocking Back	Block #3 Alert Hip Tap by FST Seal edge
X	Route.
Z	Route.
QB	

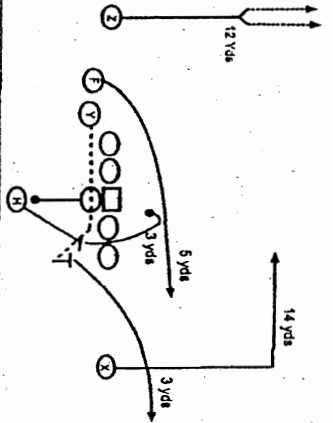
PLAY ACTION STARTERS

(H) 1 Flood Yac
Ride 134 X' Out Dallas

Also: Ride 134 X' Out Dallas Stop

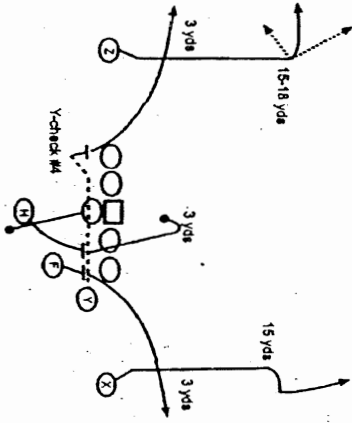
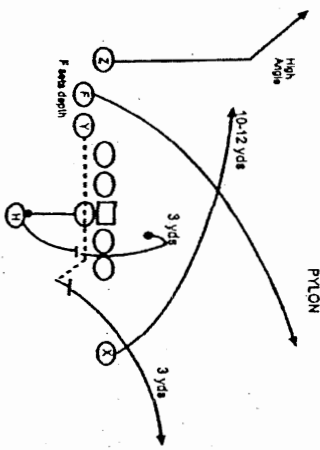


(R/D) H 1 Flood Yac
Ride 134 Exon

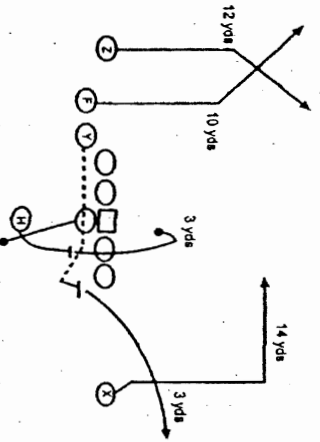


(R/D) H 1 Flood Yac
Ride 134 X' Out Dallas

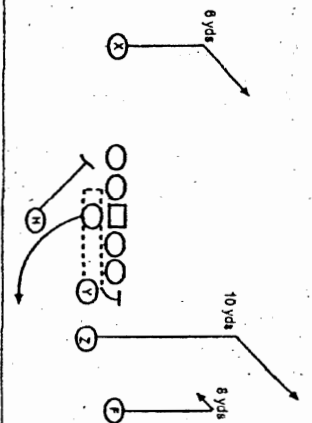
(R/D) Yac 1 Far
Ride 134 Blow X' (Z) Clown



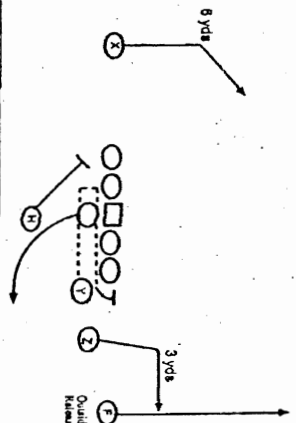
(H) D 1 Flood Yac
Ride 134 X' In Barrier



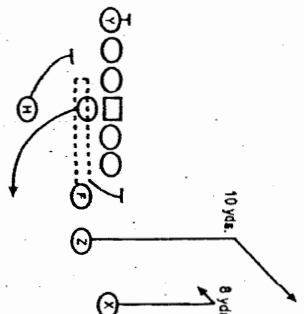
(H) Jet Rt Yig
218



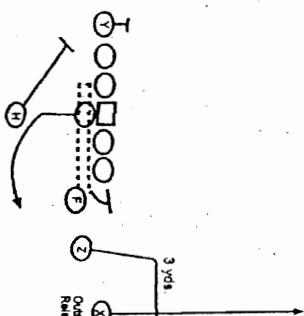
(H) Jet Rt Yig
218 D-Go

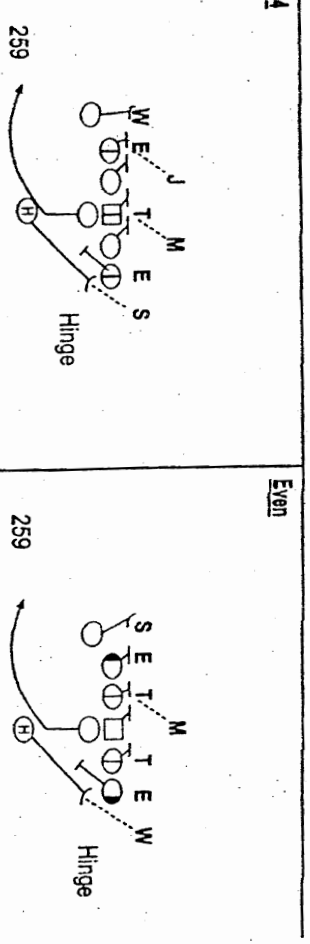


(R/D) Panther Rt Yig
218



(R/D) Panther Rt Yig
218 D-Go

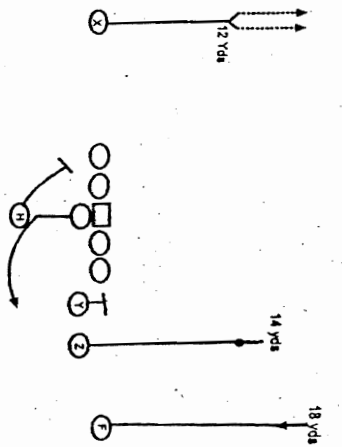




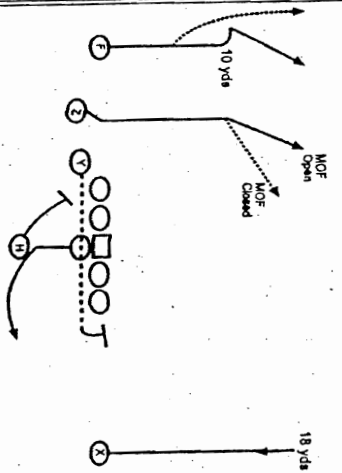
Dash Protection OL - Frontside gap area technique. Aggressive technique. Area blocking TE / RB could be called by formation to block frontside. Drop back moving pocket.

Y	Frontside- Reach widest rusher. Backside- Hinge
ROUTESIDE TACKLE	Square Reach C-Gap. Pick Back.
ROUTESIDE GUARD	Square Reach B-Gap. Pick Back.
CENTER	Square Reach A-Gap. Pick Back.
BACKSIDE GUARD	Square Reach Backside A-Gap. Hinge.
BACKSIDE TACKLE	Square Reach Backside B-Gap. Hinge.
FB	Seal Backside.
HB blocking Back	Block #3 Seal edge
X	Route.
Z	Route.
QB	

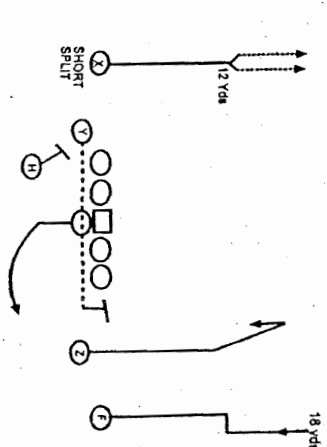
0 Out Off
258



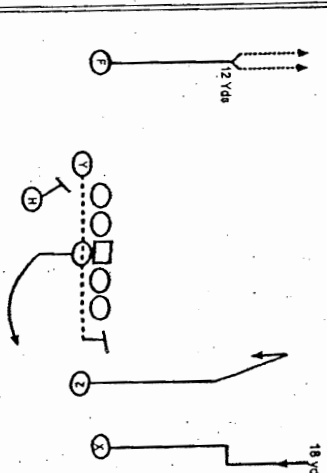
1 Out Yac
258 Stop Topper



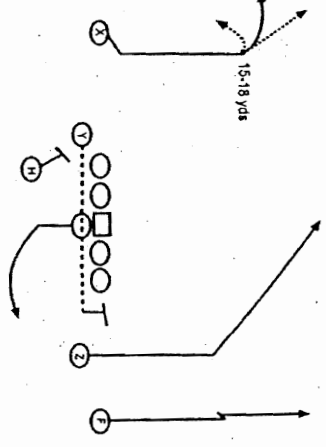
Yac 2 Out
258 Fox



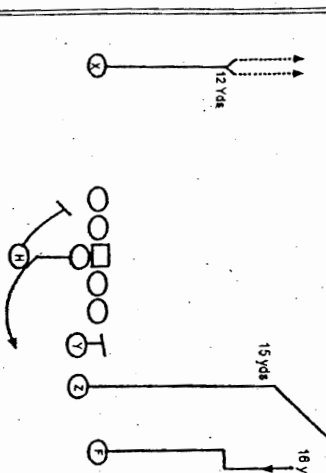
Yac 2 Out
258 Fox



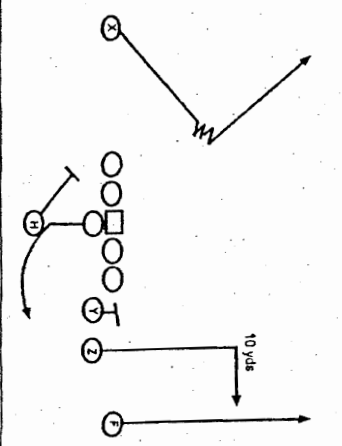
Yac 2 Out
258 Pump



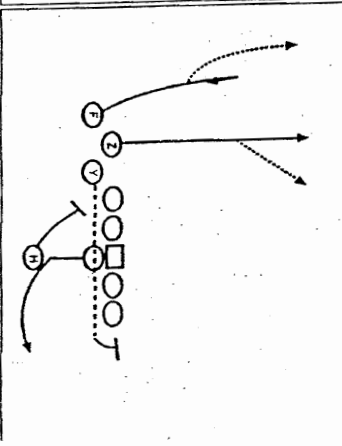
0 Out Off
258 Squirrel



0 Out Off
258 Ghost X Flag



1 Bunch Yac
258 Stop Streak



MISDIRECTION (300's)

300 SERIES ARE MISDIRECTION PASSES WITH THE QB ROLLING AWAY FROM THE FAKING BACK. WE WILL HAVE SEVERAL TYPES OF MISDIRECTION PROTECTIONS.

1. SPRINT 339/339 (TOSS)

THE Y OR BACK AWAY FROM THE NUMBER SLAMS THE MOST DANGEROUS RUSHER (FORCE HIM INSIDE AND RELEASE ON ROUTE). THE OFFENSIVE LINE WILL USE SPRINT ASSIGNMENT AND TECHNIQUE TO THE NUMBER (CP: SELL THE RUN AND PIN DEFENDERS TO FAKE SIDE). THE FAKE SIDE TACKLE SIMULATES TED PULL TECHNIQUE AND BLOCK WIDEST RUSHER IF UNCOVERED. THE FAKING BACK SELL RUN AND WORKS WITH OT USUALLY BLOCKING #4.

2. RIDE 335 THROWBACK

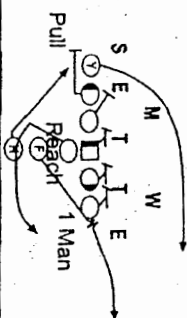
THE Y IS SLOW AND THE QB WILL PULL UP AT OT AWAY FROM PLAY CALLED. THE TEMPO FOR THE OFFENSIVE LINE IS SHORT-SET SOLID PROTECTION. THE FAKING BACK SELLS THE RUN AND BLOCKS WILL. (FAN / SOLID)

3. JAB 335 BOOTLEG

THE Y AND A BACK FREE RELEASES. JAB ACTION IN THE BACKFIELD WITH THE REMAINING BACK FAKING J-35. THE LINE WILL SLIDE PROTECT TOWARD THE NUMBER. #4 SIDE OG SICKLE PULL FOR EMOL TO BACKSIDE.

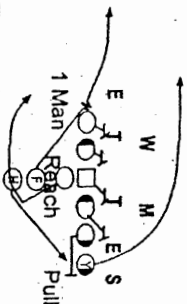
Sprint 339 (TOSS 339)

Under Tom

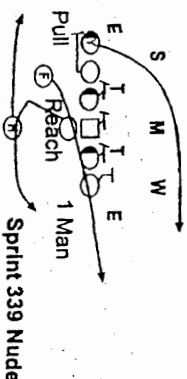


Sprint 338 (Toss)

Even Stack

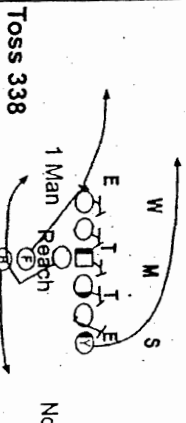
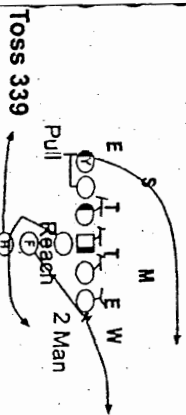


Even Double Tom



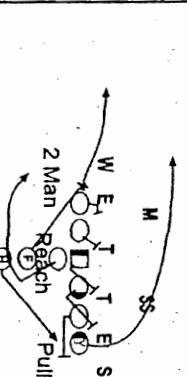
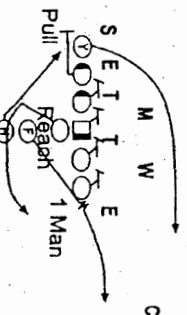
Over Tom

Over Double Tom



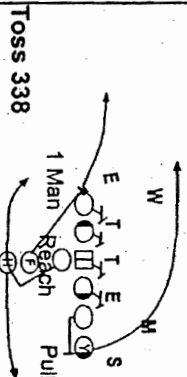
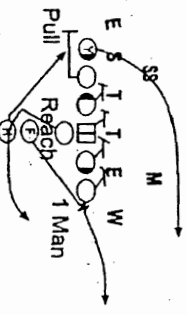
Over Stack

Over Wide Joker



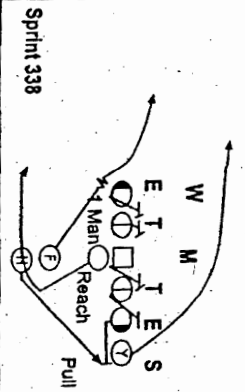
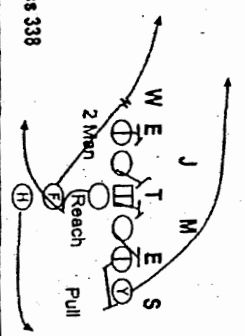
Big Dubs

Diamond



Sprint 338-339 (Toss 338-339)

Even Week Tom

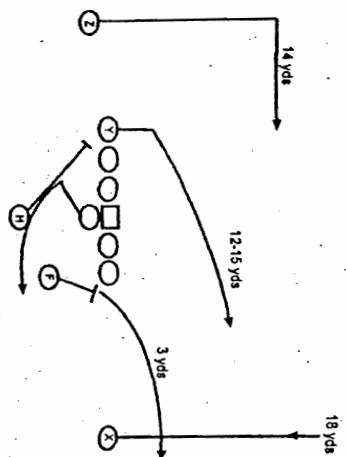


Old Side Keep Pass OL Backs - Sell Run!

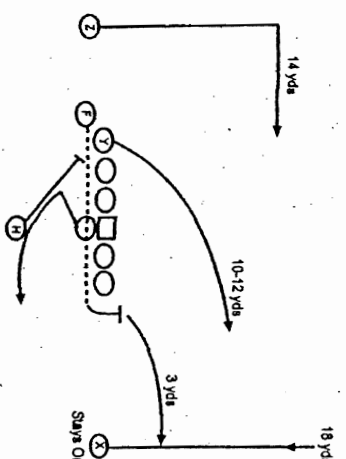
Y	Route.
OUTSIDE ACKLE	Pull / Reach / Fan. Sell Run.
OUTSIDE WARD	Reach # Direction.
INTER	Reach # Direction.
INSIDE JARD	Reach # Direction.
INSIDE CKLE	1 or 2 Man Rule.
FB	Fake run called. Alert #4 Blitz.
4B	Fake run called. Alert #4 Blitz.
X	Route.
Z	Route.
1B	Extend Ball to Sell Run - Get head around quickly after fake.

2006 PASSING OFFENSE
MISDIRECTION (300's) 6

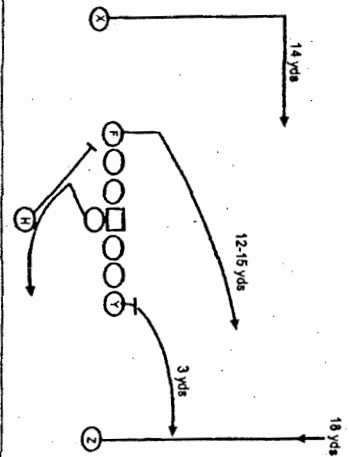
**1 Far
Sprint 339**



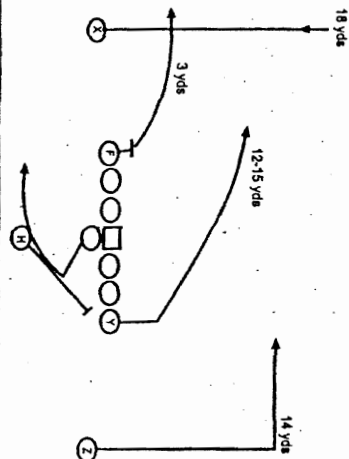
**1 Flood/Fac
Sprint 339**



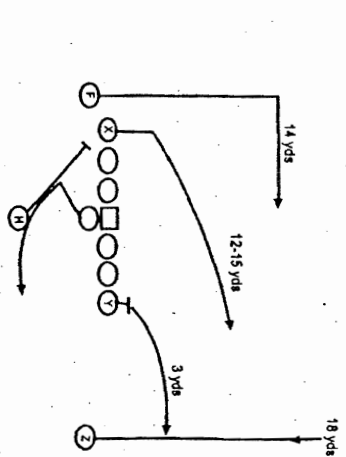
**0 On
Sprint 339**



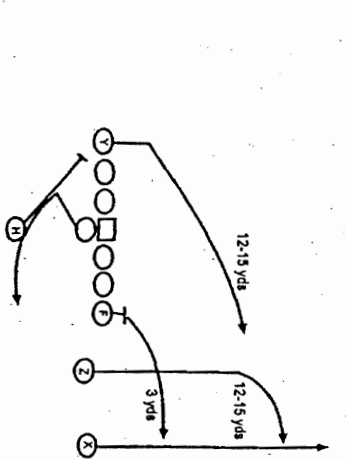
**0 On
Sprint 339**



**Heavy R/Fill
Sprint 339**



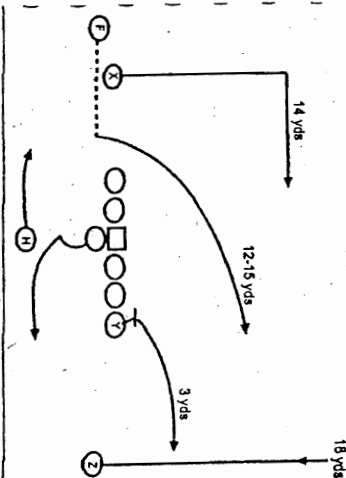
**1 On Slot
Sprint 339**



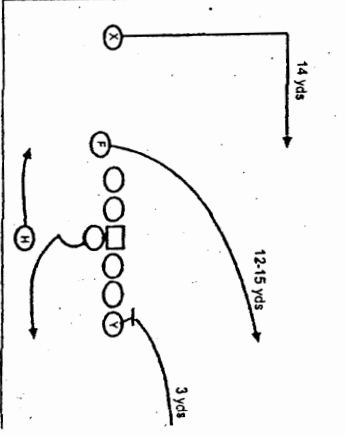
**2005 PASSING OFFENSE
MISDIRECTION (300's)**

**OPTIONAL
pg 5**

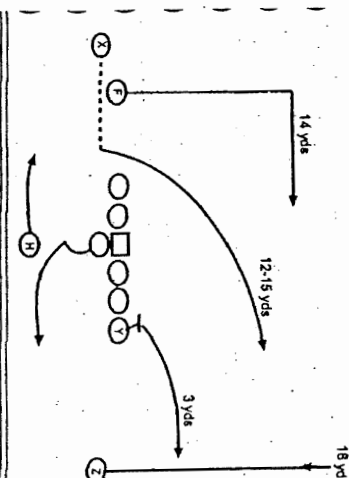
**0 Split/Fly
Toss 339**



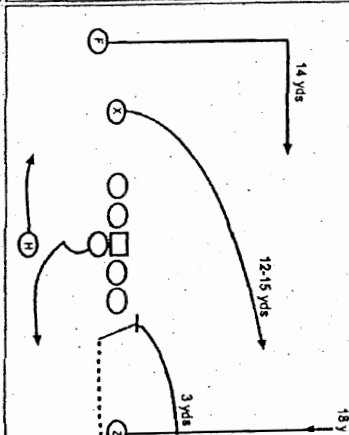
**0 Up
Toss 339**



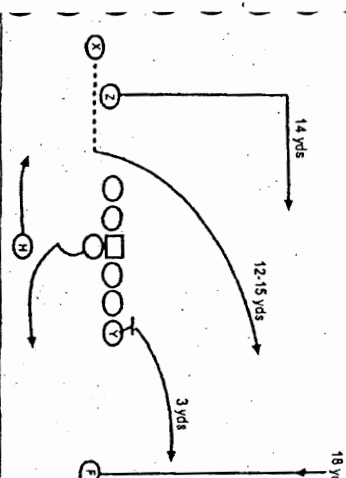
**0 Hard W/P
Toss 339**



**0 Split/Wide W/P
Toss 339**

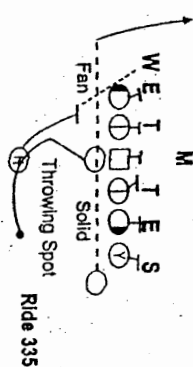
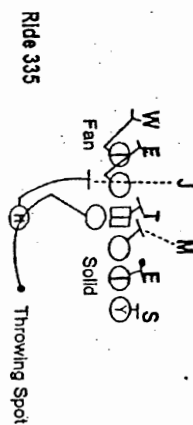


**0 Out Slot W/P
Toss 339**



**2005 PASSING OFFENSE
MISDIRECTION (300's)**

Even



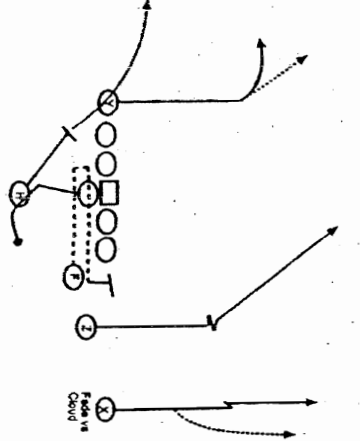
IN / SOLID OL/ Backs - Sell Run! Solid Firm Protection.
QB rolls away from faking back.

Y	Red- Reach (Possible Fan) White- Solid
ROUNTSIDE TACKLE	White- Fan Red- #3 Big on Big.
ROUNTSIDE GUARD	Red- Block #1 White- Fan or Slap.
CENTER	Covered- Block #0 - Solid or Slap. Uncovered- Block #0.
ACKSIDE GUARD	Red- Block #1. Possible Reach with BST. White- Solid
ACKSIDE TACKLE	White- Solid Red- Reach / Fan.
FB	Route.
Faking Back	Fake run. 1st LB frontside off the ball.
X	Route.
Z	Route. Sight.
QB	Sell Run. Boot away from fake. Throwing spot behind backside OT.

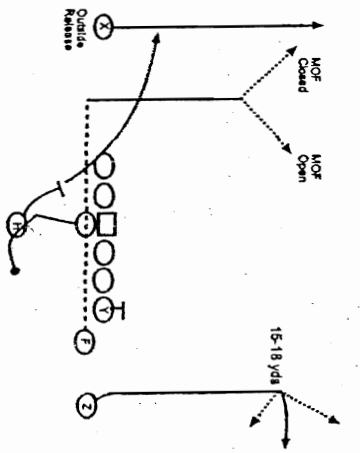
Under Tom	
Even Double Tom	
Over Tom	
Over Slack	
Big Dubs	
Even Slack	
4-2 Even	
Over Double Tom	
Over Wide	
Diamond	

0 Out Slot Ride 335 Throwback	
0 On Ride 335 Throwback	
0 Out Zac Ride 335 Throwback	
0 Flood Slot Ride 335 Throwback	
0 Flood Zac Ride 335 Throwback	
0 On Ride 335 Throwback	
0 Flood Zac Ride 335 Throwback	
0 On Ride 335 Throwback	

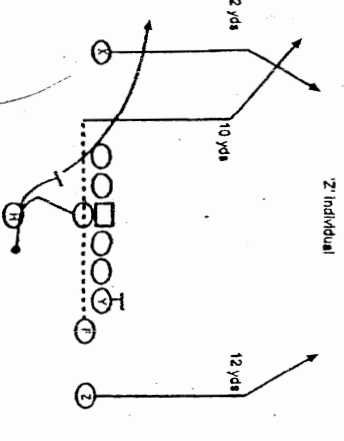
(R/D) Panther Rig
Ride 338 Pump



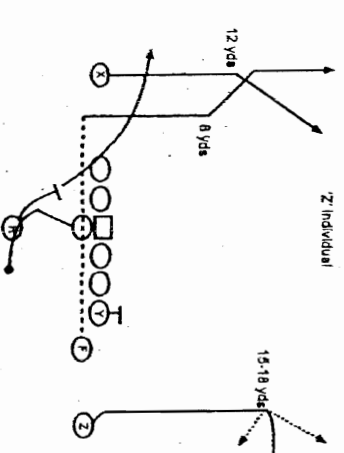
(R/D) H/O Flood Fac
Ride 335 Throwback



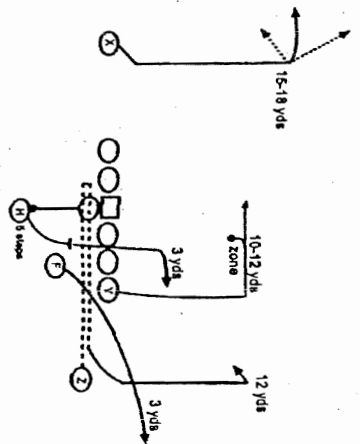
(R/D) H/O Flood Fac
Ride 336 Rattler Z Post



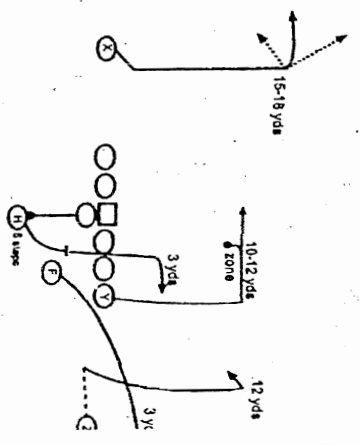
(R/D) H/O Flood Fac
Ride 338 Z O Dallas



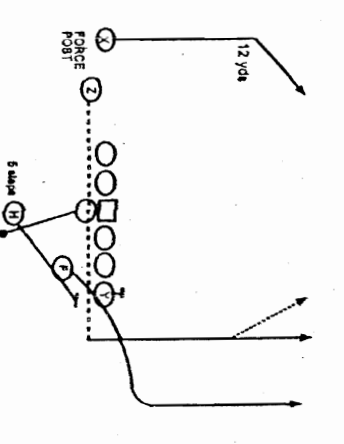
(R/D) O Near Zig
Ride 136 Choice Y Basic



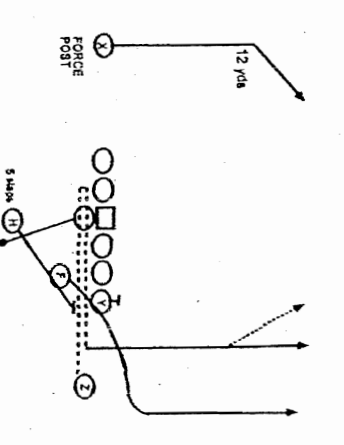
(R/D) O Near Zig
Ride 136 Choice Y Basic



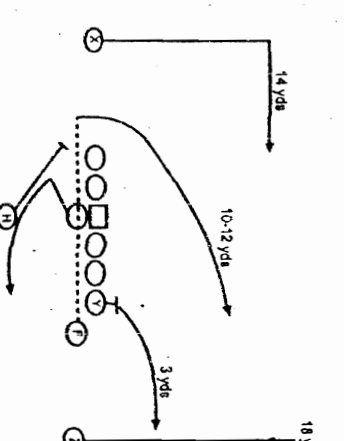
(R/D) O Near Zig
Ride 136 GPP Wheel



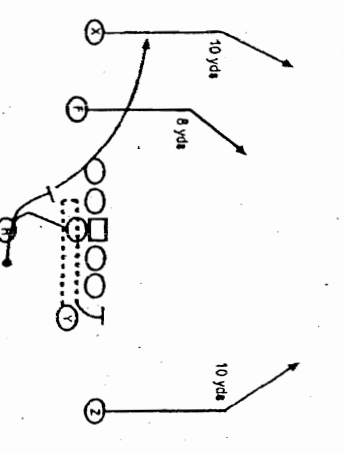
(R/D) O Near Zig
Ride 136 GPP Wheel



(R/D) Flood Fac
Sprint 339



(H/O) Hair Yig
Ride 335 Glance

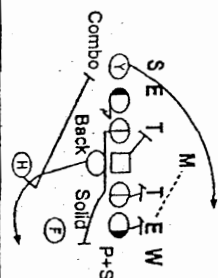
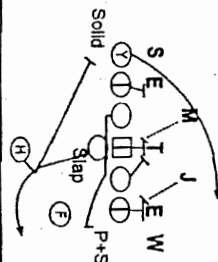


Jab 335 Bootleg

Jab 335 Bootleg

Even

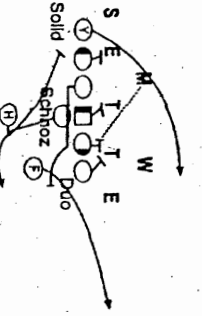
Jab 335 Bootleg



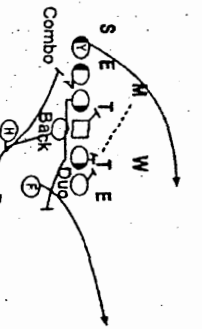
ootleg Pass. OL Backs - Sell Run!

Y	Route.
ROUTESIDE TACKLE	Solid / Combo.
ROUTESIDE GUARD	Pull. Block 1st defender outside BST. (Sickle Pull)
CENTER	Slap / Schnoz / Back / Seal (Cover for pulling guard)
JACKSIDE GUARD	Slap / Duo / Seal / Oly
JACKSIDE TACKLE	P+S / Duo / Oly.
FB	Free release under QB across the ball to the flat.
HB	Run Ride Jab 34-35 path. Block OLB to numbers.
X	Route.
Z	Route.
QB	Sell Run. Boot away from fake.

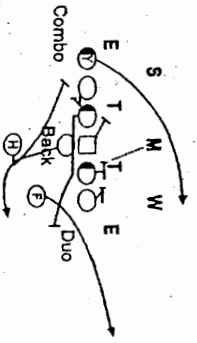
Under Tom



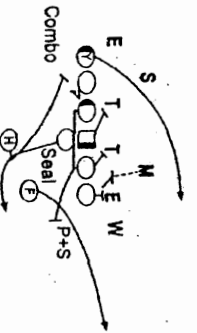
Even Stack



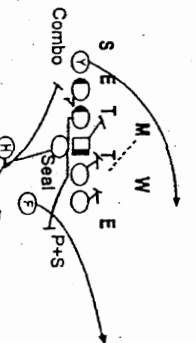
Even Walk



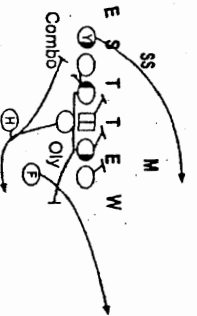
Over 10m



Over Stack

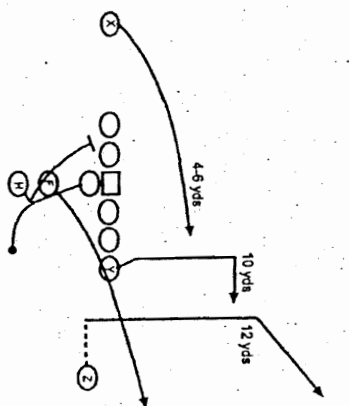


Big Dubs



Zip **0** **Close**

Zip: 0 Close



SCREENS (500'S)

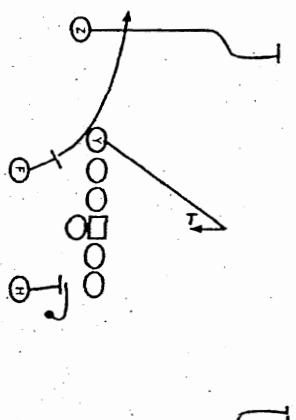
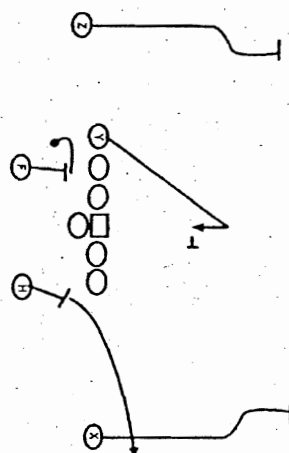
WE WILL USE THE 500 SERIES TO CALL SCREENS. THE TYPES OF SCREEN AND FORMATIONS WILL VARY FOR EACH GAME.

1. REGULAR SCREENS
2. PLAY ACTION SCREENS
3. SLIP SCREENS
4. PACKER SCREENS

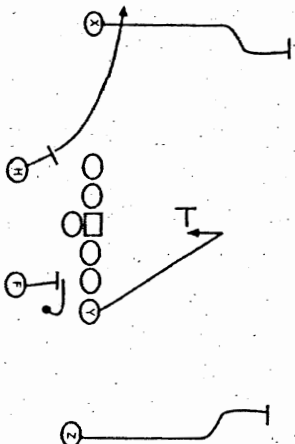
500-500 SCREEN

583 Screen Lt to F

583 Screen Right to H

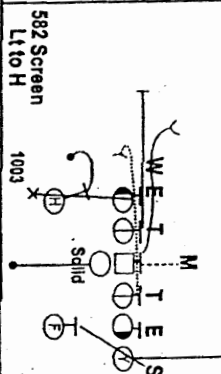
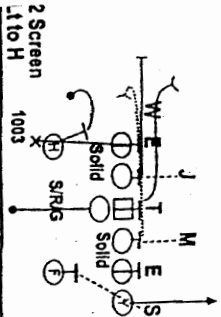


582 Screen Right to F



002-003 Screen Lt/Rt to H

Even



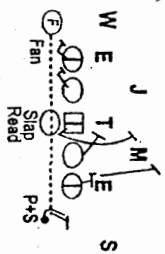
2 Screen Lt to H 1003

502 Screen Lt to H 1003

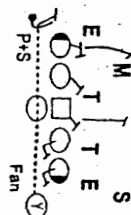
OL-4 Down+ Mike. No Fan vs 3-4
FB-Block Sam.
HB-Block Will. Screen Release.

Y	Route.
GREEN SIDE ACKLE	White- Block #2 Red- Block #3 Set Chop or Ride Rusher (1003/Cut)
GREEN SIDE UARD	Red / White- Block #1 Release to Landmark. Alert Hugged Defender. Read coverage - K.O. (Set - Redirect - Go)
INTER	Block #0 Release to Landmark. Alert Hugged Defender. Louie / Roger - Lead Blocker. (Set - Redirect - Go)
KSIDE YARD	Red / White- Block #1 Lead Upfield. (Set - Redirect - Go)
KSIDE CKLE	White- Block #2 Red- Block #3 Release, Peel for most Dangerous.
B	Block Sam.
IB	Check Will Responsibility. If a Dog / Blitz, Bounce and release for screen. Proper relationship with OL. Give 'GO' call.
C	Route.
Z	Route.
B	

4-2 Over



575 Slow Packer Lt to Y



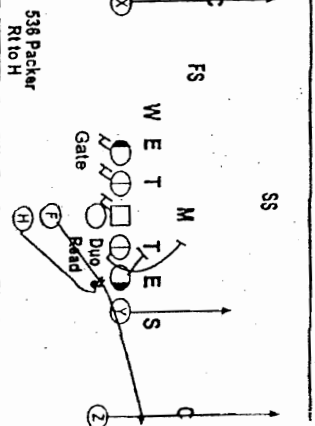
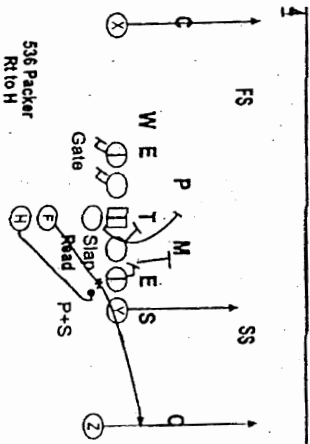
le Pro. OL - Slide Away from Call
RB - Dual Scan (Mike-Sam-Scan)
X Title or Y Backside check for corner / safety blitz.
C.P. - May Adjust Slide.
C.P. - Gap Rules Apply Call Side.
C.P. - Firm Protection

Y	Route. Backside - slow check #4 weak.
NTSIDE CKLE	White- P+S to FSLB. Red- Duo - Read w/ FSG. vs. DUBS or Over Front "Duo - Read" to called Protection.
NTSIDE IARD	Red- Duo - Read w/ FST White- Slap - Read w/ OC Alert "Gap" vs A gap threat.
INTER	Slap - Read w/ FSG. Alert "Duo / Read". Alert "Fan"
SIDE 4RD	Slide Away from called Protection. Fan.
SIDE KLE	Slide Away from called Protection. Fan.
king ck	Dual Scan. Alert "Gap" vs A-Gap Threat Alert "Duo/Read" vs 5 Down / Over
3	Route.
	Route.
	Route.

2006 PASSING GAME
SCREENS (600's)

RIDE 536-537 Packer Rt-Lt to H

Even

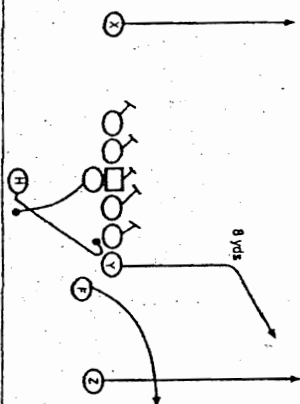


lay Action Screen from auto Packer scheme.

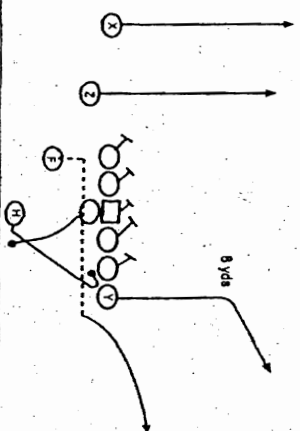
Y	Route.
ROUNTSIDE TACKLE	White- P+S Red- Duo Read
ROUNTSIDE GUARD	Red- Duo Read White- Slap Read
CENTER	Gate / Slap Read / Schnoz
JACKSIDE GUARD	Gate opposite number.
JACKSIDE TACKLE	Gate opposite number.
FB	Good Bluff - Route.
HB	Aim at Outside Hip of OT. Bluff and Slip 1st Man.
X	Route.
Z	Route.
QB	Quick 5 step, set up.

2006 PASSING GAME
SCREENS (600's)

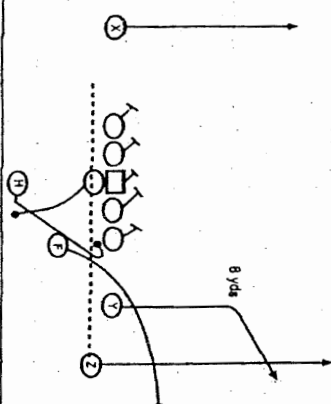
0 Flood
Ride 536 Packer



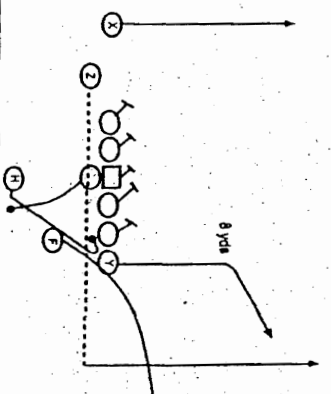
0 Far Slot Far
Ride 636 Packer



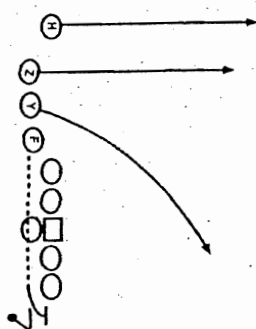
0 Near Flex
536 Packer



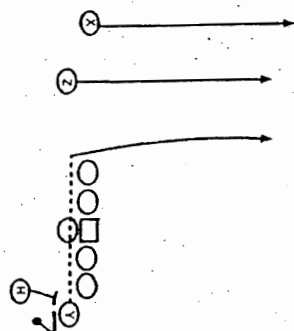
240 0 Near
Ride 636 Packer



Quad Lt Fac
574 Slow Packer



F RI Vac
574 Slow Packer



2005 PASSING GAME
SCREENS (500's)

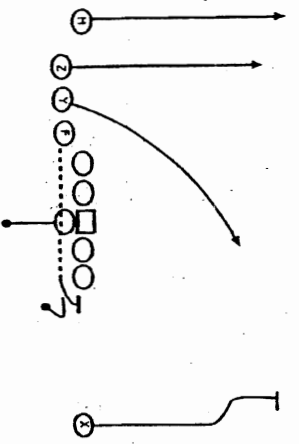
OFFENSE
Pg 13

2005 PASSING GAME
SCREENS (500's)

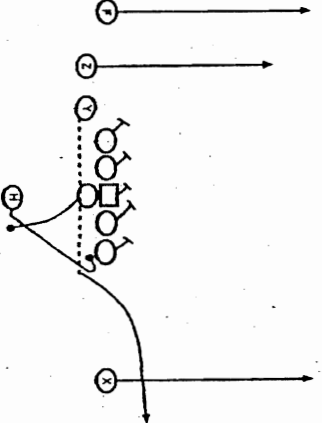
OFFENSE
Pg 13

SCREENS

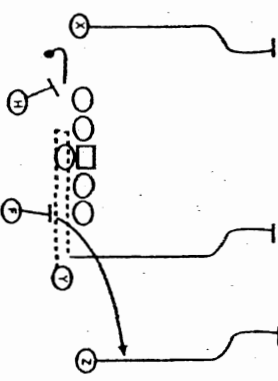
(SW) Quad Lt Fac
574 Slow Packer



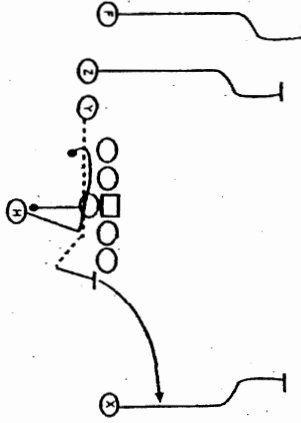
(R)(D)(H) Jet Lt Fac
Ride 536 Packer



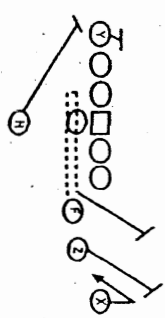
(R)(D) SW/H Jet Lt Fac
882 Screen Lt to H



(H) Jet Lt Fac
Ride 534 Screen Lt to H

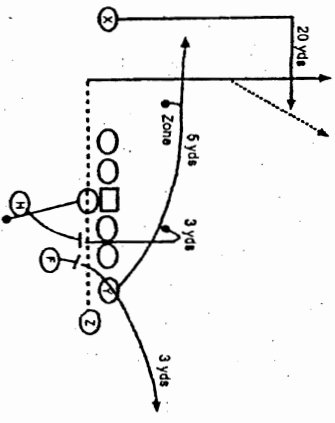


(R)(D) Packer Rt Fac
561 Gap Slip Rt to X

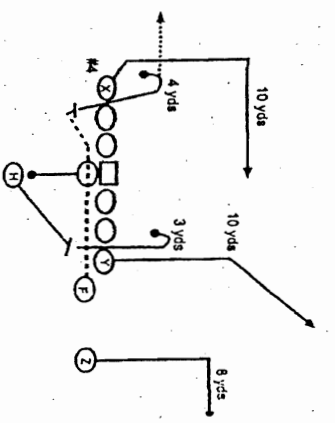


NEW YORK / NEW JERSEY

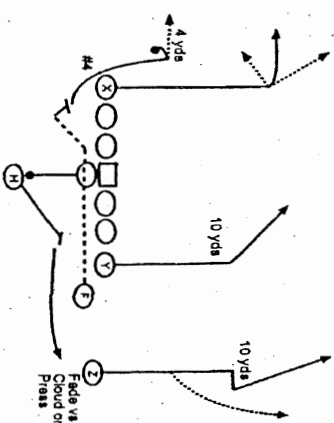
(NY)(NJ) O Near Close Zac
Ride 134 'V' Drive Sin



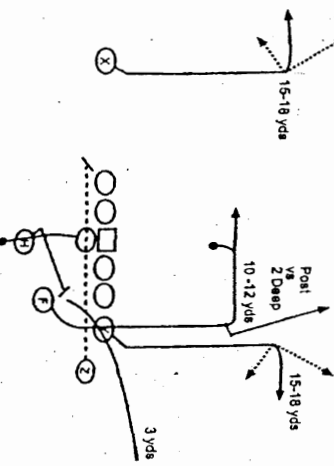
(NY)(NJ) Heavy Rt Fac
82 Ole / Read Circle



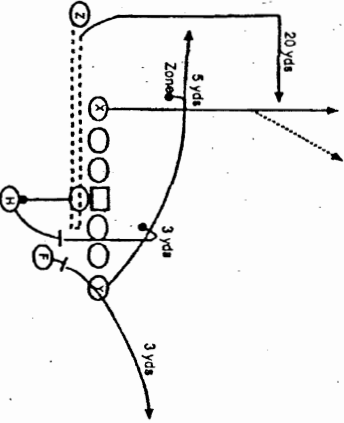
(NY)(NJ) Heavy Rt Fac
82 Topper / Oregon



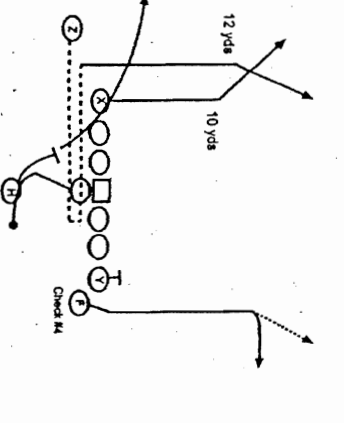
(NY)(NJ) O Near Close Zac
Jab 144 Counter Q



(NY)(NJ) O Near-Tile Over Zig
Ride 134 'V' Drive Sin



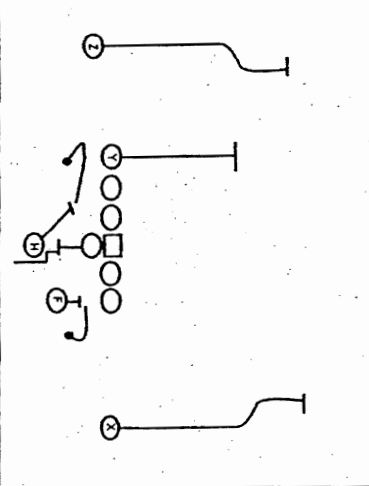
(NY)(NJ) Heavy Rt Over Zig
Ride 335 Rattler 'F' Q



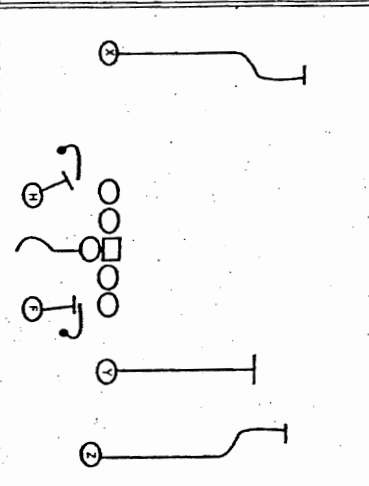
Even	
<p>546 Counter Screen Lt</p> <p>TE - 546-547</p> <p>Open End 544-545</p> <p>Play Action Screen</p>	<p>Jab 546 Counter Screen Lt</p>
<p>Y/F</p> <p>Frontside - Olson / Solid</p> <p>Backside Chuck screen release, alert "GO" Run to landmark.</p>	
<p>NUMBER SIDE ACKLE</p> <p>White-Olson</p> <p>Red-Duo</p>	
<p>NUMBER SIDE GUARD</p> <p>White-Slap, Red-Duo. Release to screen. Run to landmark. Alert Hug - Lead</p> <p>(Read Coverage)</p>	
<p>INTER</p> <p>Slap / Back / Seal. Fill for BSG. Release to screen. Run to landmark. Alert Hug - K.O.</p>	
<p>NUMBER SIDE GUARD</p> <p>Pull. Block 1st defender past FST - TE area. (Full Speed Pull)</p>	
<p>NUMBER SIDE TACKLE</p> <p>Red-COMBO with center. Fill for pulling OG.</p> <p>White-Block solid.</p>	
<p>1/2</p> <p>Block screenside EMOL. Release with OL. Run to landmark.</p> <p>Alert "GO"</p>	
<p>1B</p> <p>Fake Jab 36-37 Counter. Counter rules apply. Block 1st defender outside pulling OG.</p>	
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Even	
<p>2 Dbl Screen Lt to H</p> <p>1003</p> <p>S/Rig</p>	<p>582 Dbl Screen Lt to H</p> <p>1003</p> <p>S/Rig</p>
<p>Screen Blocking</p> <p>OL-4 Down + Mike. No Fan vs 3-4</p> <p>FB-Block Sam. Screen Release</p> <p>HB-Block Will. Screen Release.</p>	
<p>Y</p> <p>Run Route.</p>	
<p>SCREEN SIDE TACKLE</p> <p>White-Block #2, set to cut. (1003/Cut)</p> <p>Red-Block #3, set to cut.</p>	
<p>SCREEN SIDE GUARD</p> <p>Red-Block #1.</p> <p>White-Block #1.</p> <p>C.P. Set / Redirect / Go - Release to K.O. Read Coverage.</p>	
<p>CENTER</p> <p>Block #0. Possible Louie/Roger.</p> <p>Set / Redirect / Go / Release to Lead. (Screenside)</p>	
<p>ACKSIDE GUARD</p> <p>Red-Block #1 Set / Redirect / Go - Release opposite screen direction.</p> <p>White-Set / Redirect / Go - Release opposite screen direction.</p>	
<p>ACKSIDE TACKLE</p> <p>White-Block #2</p> <p>Red-Block #3</p>	
<p>FB</p> <p>Block Sam. Release with backside guard away from screen direction.</p>	
<p>HB</p> <p>Check Will Responsibility. Release with frontside guard away from screen direction.</p> <p>Alert "GO" call. Landmark</p>	
<p>X</p> <p>Route.</p>	
<p>Z</p> <p>Route.</p>	
<p>QB</p>	
<p>4</p>	
<p>2005 PASSING GAME SCREENS (500's)</p>	

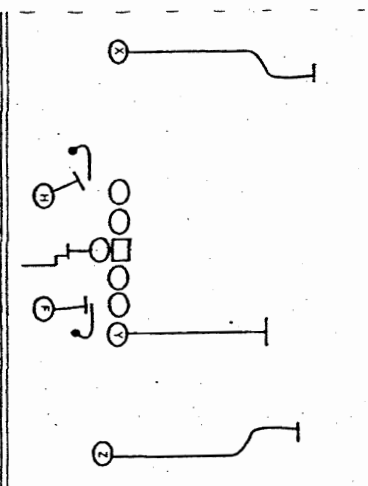
1 Far
583 Double Screen Left to H



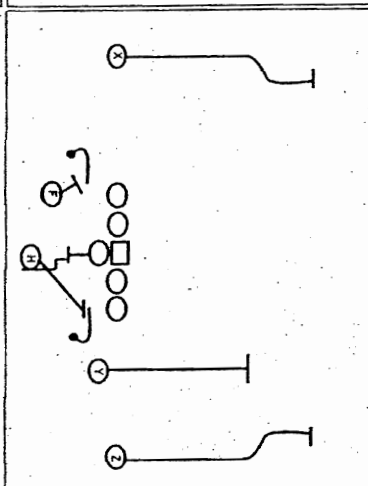
6 Far
582 Double Right to F



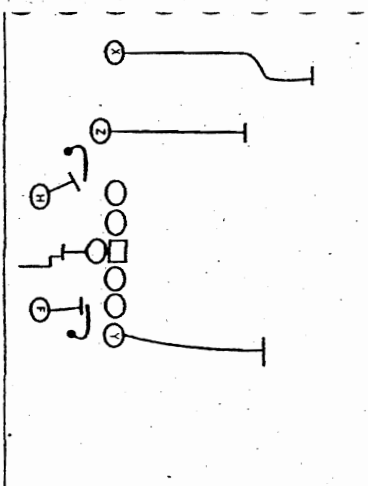
5
582 Double Screen Right to F



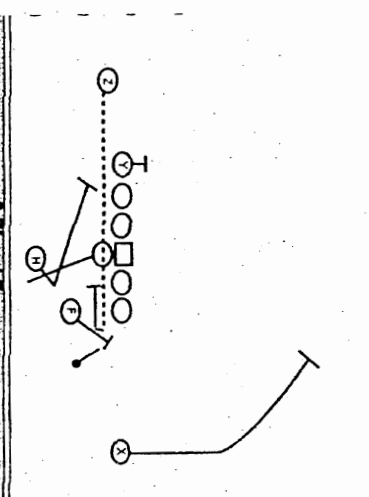
11 Far
582 Double Screen Right to H



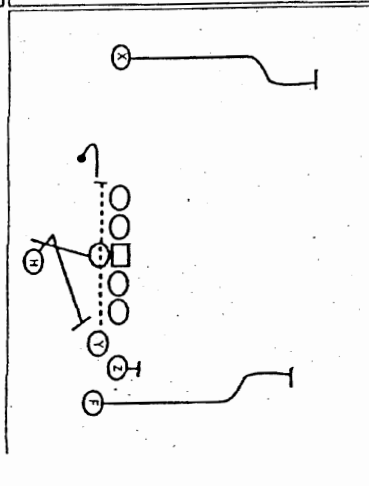
6 Slot
582 Double Screen Right to F



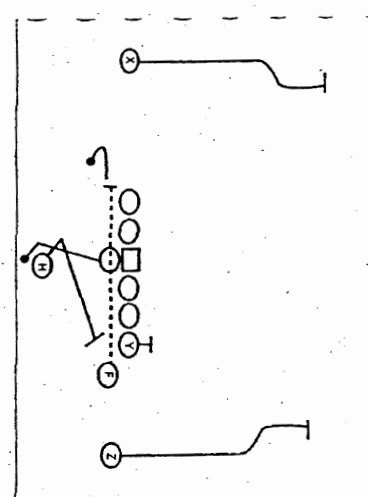
1 Far Close Zac
Jab 547 Counter Screen Rt to F

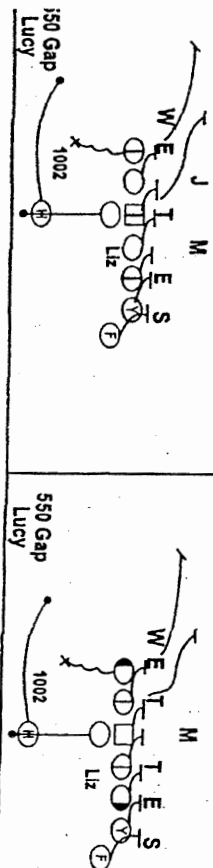


0 Bunch Yac
Jab 546 Counter Screen Left to Y



0 Flood Fac
Jab 546 Counter Screen Left to F



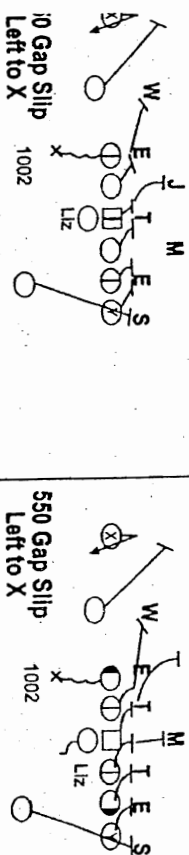


Read Screen off 50-51 Gap Protection.

Y	Liz / Rip opposite protection called.
NUMBER SIDE TACKLE	Liz / Rip opposite protection called.
NUMBER SIDE GUARD	Liz / Rip opposite protection called.
ENTER	Liz / Rip away from protection called. Release to landmark - Lead. Alert hugged defender
GREEN SIDE GUARD	Liz / Rip away from protection called. Release to landmark. - K.O. (Read Coverage)
GREEN SIDE TACKLE	Straight drop. Cut the widest rusher. (1002)
FB	Block area with 1st defender outside TE. Firm are protection.
HB	Run to #'s.
X	
Z	
QB	

2005 PASSING GAME
SCREENS (500's)

PROTECTION
550-551 GAP SLIP LT/Rt to X

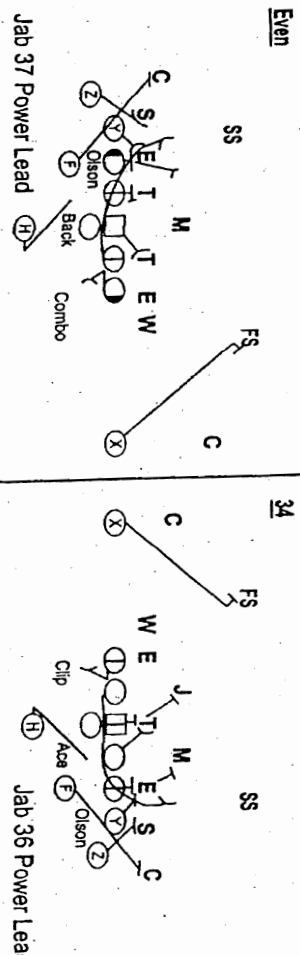


550-551 Gap Slip Screen OL - 50-51 Gap Protection concept.

Y	Liz / Rip to Screen side.
SCREEN SIDE TACKLE	Cut the widest rusher. Drop, 1002, Cut.
SCREEN SIDE GUARD	Liz / Rip to Screen Side. Release flat to K.O. Slot defender. C.P. Always overset 3 technique.
CENTER	Liz / Rip to Screen Side. Release straight up to lead. C.P. Slide flat - Try to get by next DL to Screen Side.
ACKSIDE GUARD	Liz / Rip to Screen Side. No release upfield unless no one is there.
ACKSIDE TACKLE	Liz / Rip to Screen Side. No release. Go to next DL to screen side.
FB	
HB	
X	
Z	
QB	

2005 PASSING GAME
SCREENS (500's)

<p>1 Near Zip 551 Gap X Cut Lucy</p>	<p>0 Bunch Yig 550 Gap X Post Lucy</p>
<p>Yard Bunch 550 Gap X Cut Lucy</p>	<p>Heavy Back 550 Gap X Flat Lucy</p>
<p>10-12 yds</p>	<p>10 yds</p>



Concept: (NY) Power play to TE side. Attitude Play. (Short Yardage Play)

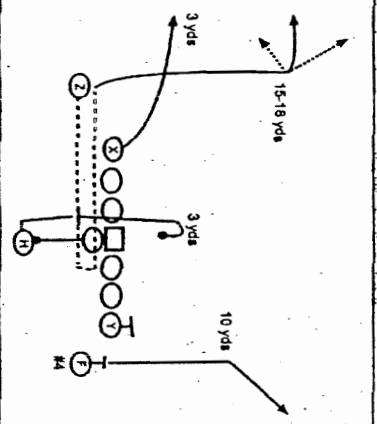
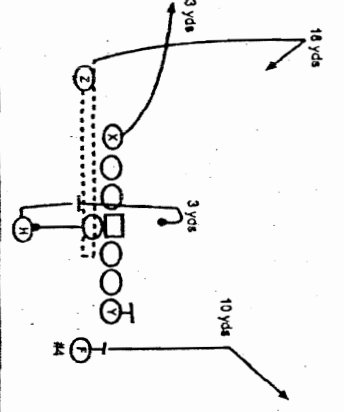
Y	Olson to First LB inside Double.	Alert "Down It"
FRONTSIDE TACKLE	Olson, Doctor to First LB inside Double.	
FRONTSIDE GUARD	Ace Doctor to First LB Seal	
CENTER	Ace Seal "Chip" Uncovered - Back Block, Replace pulling OG. (Possible Combo w/ BST)	
BACKSIDE GUARD	Pull 6/7 hole, Secure area, blow up color in your path. (Swab out the hole over the top of double)	
BACKSIDE TACKLE	Combo, clip vs Under or Diamond look.	
FB	Most dangerous 2nd level defender opposite "Z"	
HB	Jab Step Downhill Path Slay on Rear Hip of OG Read Double Team to Outside. Pre Snap Read Front.	
X	Block Safety to Corner	
Z	Block 1st defender outside TE's block.	
QB	Ride ball handling. Open to back. Give ball deep to RB on drive step. Fake play action after handoff.	

<p>Under Tom</p>	<p>Even Stack</p>
<p>Even Double Tom</p>	<p>Over Double Tom</p>
<p>Over Tom</p>	<p>Over Double Tom</p>
<p>Over Slack</p>	<p>Over Wide Joker</p>
<p>Bin Dubs</p>	<p>Diamond</p>

<p>Heavy R Ride 130 D/Curf</p>	<p>(NY/R) 1 Far Close Zac Ride 136 X Return</p>

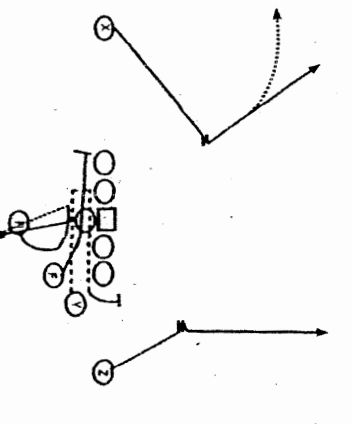
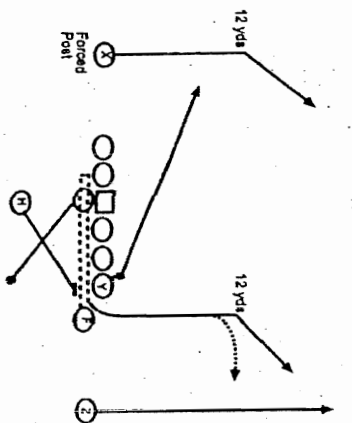
(NY/NJ) Heavy Flyover Zig
H 147 Max Base Q

(NY/NJ) Heavy Flyover Zig
H 147 Max Base Q



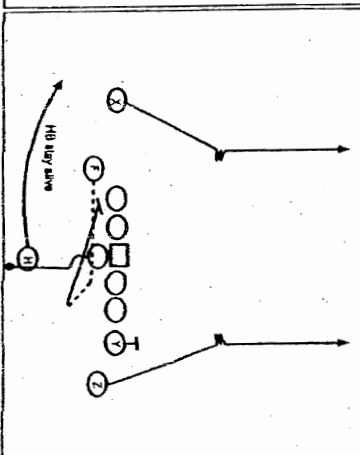
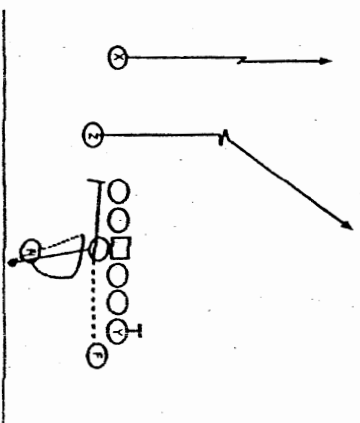
(NYD) 0 Flood Fig
Sprint 438 1st Pass

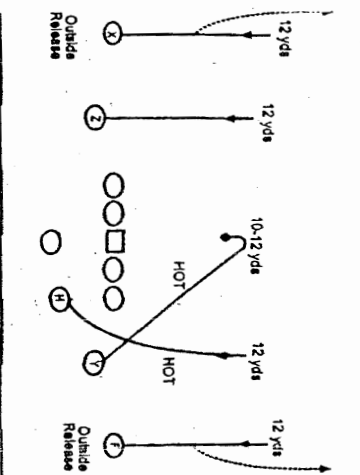
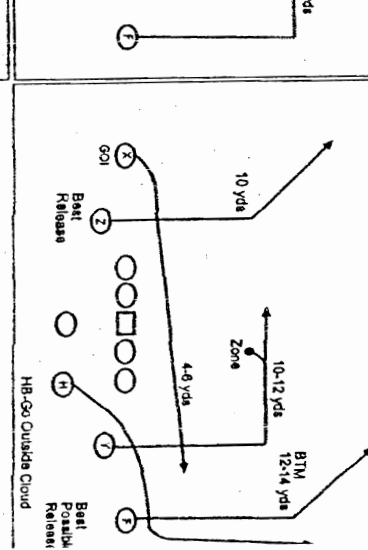
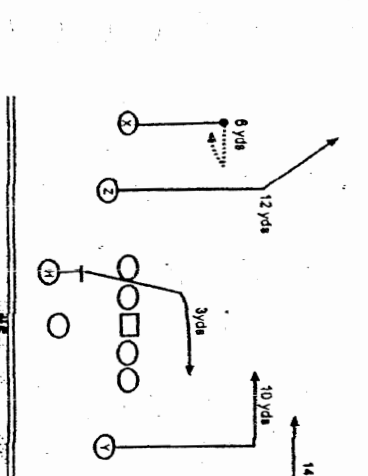
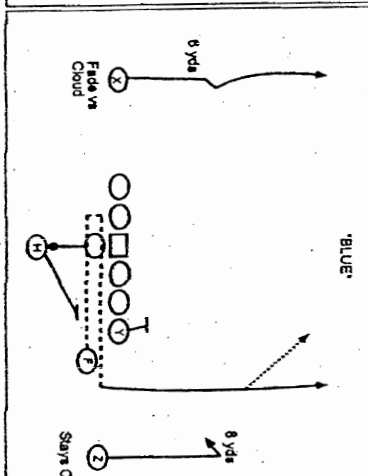
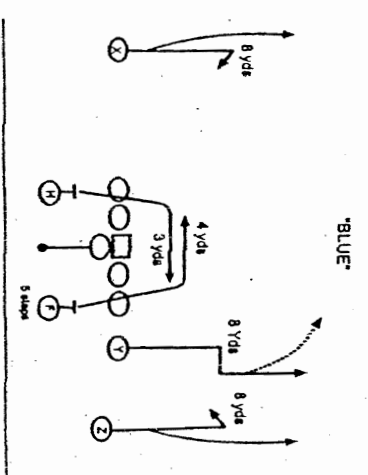
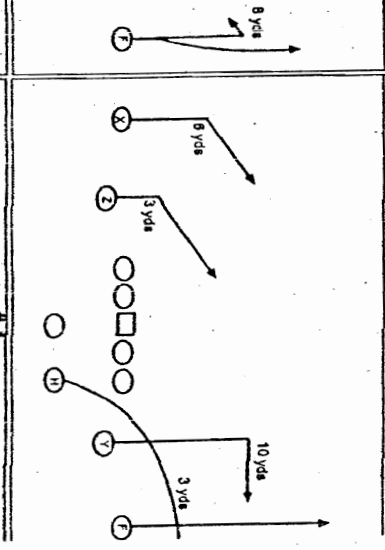
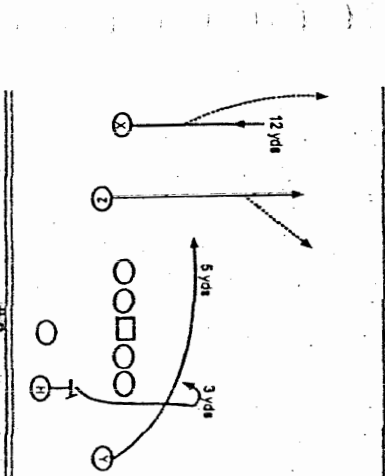
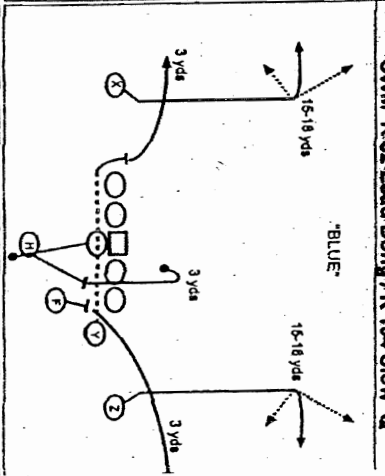
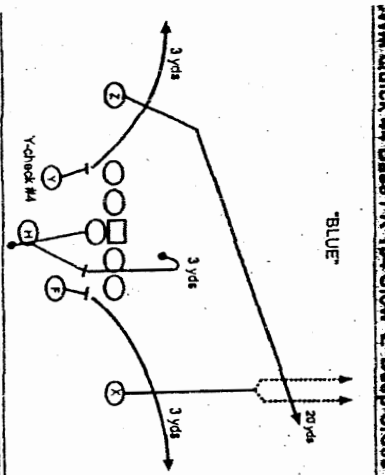
(NYD) 0 Near Fig
Ride 134 Flash Flea Flicker



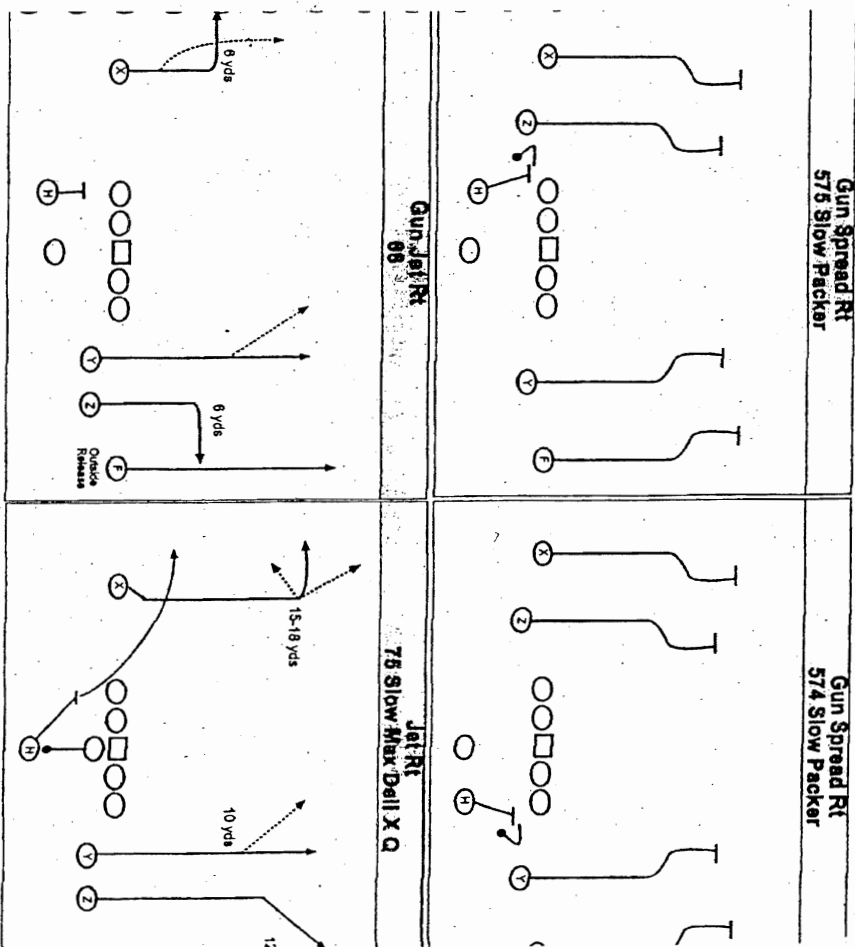
(R) 0 Flood Slip Fig
Ride 134 Flash Flea Flicker

(R) 0 Close Fig
Blunt 124 Flash Pitch Lt Pass





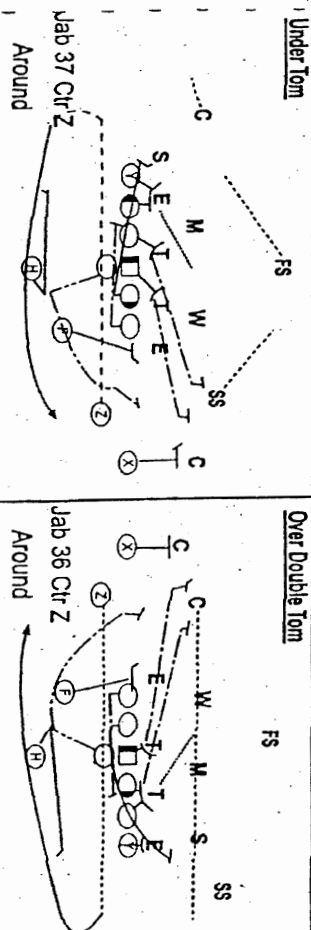
2 MINUTE



SPECIAL PLAYS GLOSSARY

1. 0 NEAR OVER YAC J 34 KICK 'X' REVERSE LT
2. 1 FAR SLOT ZAC JAB 37 COUNTER 'Z' AROUND RT
3. 0 FLOOD FIP RIDE 134 FLASH FLEA FLICKER
4. 1 FAR SLOT TOSS 36 BOB FLEA FLICKER
5. FIP TO HEAVY LT J 146 CTR TOPPER

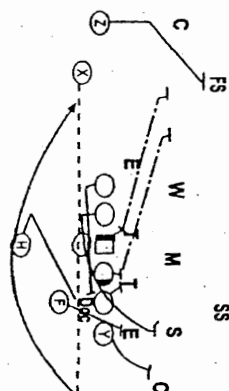
Jab 36-37 Counter Z Around



Under Tom		Over Double Tom	
Y	Olson to Backside LB	Base vs 7	
FRONTSIDE TACKLE	Olson, Doctor to Backside LB		
FRONTSIDE GUARD	Ace, Doctor to Backside LB	Seal	
CENTER	Ace Seal "Chip" Back Uncovered - Back Block, Replace pulling OG.		
BACKSIDE GUARD	Pull, Block 1st LB Spot on or off LOS.		
BACKSIDE TACKLE	Pull and look for leakage.		
FB	Block 1st defender outside Backside tackles block		
HB	Jab Step Hand off to Z on the around		
X	Block Safety to Corner		
Z	Motion around and take over ball handoff from HB		
QB	Ride ball handling. Open to back. Give ball deep to RB on drive step. Peel look for Defensive end. Seal and sift.		

Jab 35-34 Kick X Reverse Rt/Lt

PG. 1

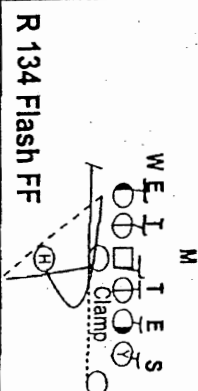
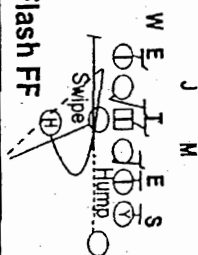


CONCEPT: X reverse from Kick play. Number side equals automatic Y EZ.

Y	EZ release, look for outside defender.
# SIDE TACKLE	Doc / P+S
# SIDE GUARD	Doc / Slap / Seal - Release down LOS to lead area.
CENTER	Slap / Seal / Back - Release down LOS to K.O. area.
BACKSIDE GUARD	Pull and lead to # side over top of # side OT's block.
BACKSIDE TACKLE	Pull and follow - look to clean up any leakage.
FB	Block J 34 Kick rules.
HB	Fake Jab 34 Kick.
X	Ball carrier.
Z	Push Corner to Safety.
QB	Fake kick ball handling, over ball handoff to X.

R 134-Flash FF- Pro

PG.



R 134 Flash FF

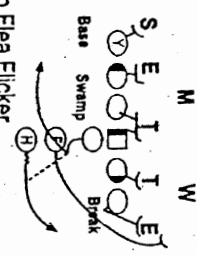
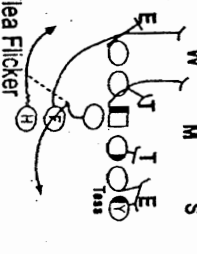
R 134 Flash FF

Solid Pro. OL- Run it Protection.
BACK- Run 34 cutback path, pitch back to QB
TE- #3

Y	Block #3.
FRONTSIDE TACKLE	Block 34 Zone rules.
FRONTSIDE GUARD	Block 34 Zone rules.
CENTER	Block 34 Zone rules.
BACKSIDE GUARD	Block 34 Zone rules.
BACKSIDE TACKLE	Block 34 Zone rules.
Blocking Back	Flash Block EMOL on backside edge.
HB	Run 34 Path Pitch ball back to QB.
X	Route.
Z	Route
QB	Hand ball off Ride 34 Ball handling wait for pitch back

NUM TOSS 37-36 Bob Flea Flicker

PG. 1

Under Tom		Over Double Tom
		
Toss 36 Bob Flea Flicker		Toss 37 Bob Flea Flicker
Y	Base	Possible Tess
FRONTSIDE TACKLE	Break	Tag
FRONTSIDE GUARD	Break, Tag, Possible Gary - Slap to Mike backside.	
CENTER	Scoop, Swipe, Swamp, Possible Gary - Slap to Mike backside.	
BACKSIDE GUARD	Swipe, Swamp, Clip	
BACKSIDE TACKLE	Base, Tess, Clip	
FB	Block Will LB, B-Gap to-Outside Approach. Alert Pinch-Corner Blitz - Block Corner	
HB	Shuffle, Look ball in, Toss Path. Throw to uncovered receiver	
X	Run route.	
Z	Run route.	
QB	Reverse Out, dead ball toss, don't lead HB with toss. Look for backside pressure after toss.	