2013 Playbook Directory

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3 and 5 step and Sprint Out Passing Game
On the field we will be hard hitting, relentless and tenacious in our pursuit of victory. We will be humble in victory and gracious in defeat. We will display class and sportsmanship. We will strive to be servant leaders on the field, in the classroom and in the community. The importance of the team will not be superseded by the needs of the individual. We are all important and accountable to each other. We will practice and play with the belief that Together Everyone Achieves More.
Three Pillars of Anna Football

1. There is no substitute for hard work.
2. Attitude and effort require no talent.
3. Toughness is a choice.
Football is an exciting game that has a wide variety of skills and lessons to learn and develop. In football there are 77 positions (including offense, defense and special teams) that need to be filled. This creates an opportunity for athletes of different size, speed, and strength levels to play. The people of our community have worked hard and given a tremendous amount of money and support to make football possible for you. To show our appreciation, we must build a program that continues the strong tradition of Anna athletics. Everyone will be watching to see what kind of team we will be. Our conduct on and off the field will be under a microscope. Our mission statement is the code that we will live by.

The following list of characteristics are non-compromising ideals that we should expect from each other as players and coaches.

1. **Punctuality**- Be on time for all practices and meetings. It is better to be 1 hour early than 1 second late. Unavoidable delays should be communicated to the head coach.

2. **Focus**- Pay attention in practices and meetings. Don’t be distracted or be a distraction. Concentrate on the task at hand.

3. **Honesty**- Regardless of the situation, tell the truth. Honesty creates trust, which is the cornerstone to building a team.

4. **Character**- The best kind of pride is that which compels a man to do his very best when no one is watching.

5. **Effort**- Every day you have a choice to get better or worse. This is controlled solely by your effort. Give your best and expect it from your teammates.

6. **Communication**- If you have a problem or a question, then ask. An open channel between coaches and players should always exist.

7. **Intensity**- Have a burning desire to excel. Never take the easy way out. Develop a championship effort in practice and carry that over to the games.

8. **Mental Toughness**- Anything that is easy isn’t worth much. Football is a physically tough game. You must, not only play with bumps and bruises, but do it without letting your opponent know. Never, ever give up!

9. **Dependability**- Your teammates are counting on you and you must count on them. Do your job so that they can do theirs.

10. **Respect**- Respect your parents, teachers, classmates, teammates, coaches, and especially yourself.
Team Guidelines

We recognize that different individuals have different needs. However, football is the ultimate team sport in which self-discipline and unity are key components. When you wear that jersey, you will be held accountable to a higher set of standards than other students. Below is a list of general and specific guidelines and consequences for Anna football players. We are not asking you to memorize these rules, but they must exist to deal with unforeseen circumstances. We would only ask that you remember one thing: Never do anything that would embarrass yourself, your family, your teammates, your school or community.

1. **Citizenship** - You are expected to attend all classes and be punctual. You are a student first and an athlete second. You must meet the minimum academic eligibility requirements as set by the school, but you should strive for more. Failure to adhere to school rules could result in suspension or dismissal from the team. As an athlete, you conduct should be a positive example to the rest of the student body.

2. **Attitude** - Football is a game that should be fun. In order to achieve success, we must all have a positive attitude about our team, teammates, and ourselves. We are in this together. ONE HEARTBEAT.

3. **Communication** - Because of the large number of players on the team, it is easy to get overlooked sometimes. If you feel this is happening, then let the coaches know. We want to be fair to everyone. If you feel that you are being treated unfairly, then it is your responsibility to communicate to us.

4. **Care of equipment** - You will be issued the best equipment that money can buy. Take care of it. Put it away properly every night. Hang up any wet cloth material and wash it on a regular bases.

5. **Cleanliness** - Keep our changing facility clean. Clean your cleats before entering, especially on muddy days.

6. **Field equipment** - Players are responsible taking all equipment to the practice field.

7. **Injuries** - Report all injuries to the coaching staff as soon as possible. If your injury is serious enough to require medical attention, then we can advise you on what to do. If you can’t practice due to an injury, you are expected to attend practice for treatment.

8. **Practice** - You are expected to be at all practices on time. If you are unable to make practice, then call one of the coaches before it begins. Communication is critical. The coaching staff must be made aware of a possible missed practice beforehand so we can plan accordingly.

Practice is vital to the preparation of a player and the team. The practice field is our classroom where skills are taught and refined through repetition. Missing practice not only impedes the individual progress, but also the progress of the team.

**Excused Absence** - An absence will be excused for the following reasons:
A. Illness verified by: 1. Doctor’s note; 2. Parental contact; 3. Coach’s approval
B. Death in the family
C. Parental influence verified by the parent
D. School or community related activity verified by adult contact or coach’s awareness.

**Unexcused Absence** - Any absence not covered by the preceding categories.
# Team Rules

<table>
<thead>
<tr>
<th>Rule</th>
<th>Disciplinary Actions</th>
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<tbody>
<tr>
<td>1. Follow all school rules not addressed here.</td>
<td>1. Refer to student handbook and Athletic Code.</td>
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<tr>
<td>2. Unexcused absence from practice.</td>
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<tr>
<td>a. First offense</td>
<td>2.</td>
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<td>b. Second offense</td>
<td>a. ½ game suspension and extra conditioning</td>
</tr>
<tr>
<td>c. Third offense</td>
<td>b. 1 game suspension and extra conditioning</td>
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<td>3. Excused absence from practice.</td>
<td>c. Dismissal from the team</td>
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<tr>
<td>a. First offense</td>
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<tr>
<td>b. All following offenses</td>
<td>a. Free</td>
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<tr>
<td>4. Late for a practice or a game</td>
<td>b. Player will miss 1 quarter of a game for every practice that he has missed.</td>
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<tr>
<td>a. habitual</td>
<td>4. Extra conditioning</td>
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<td>5. Repeated use of foul language</td>
<td>a. Definite suspension, probable dismissal</td>
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<tr>
<td>a. First offense</td>
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<tr>
<td>b. Habitual</td>
<td>a. Extra conditioning</td>
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<tr>
<td>6. Appearance and dress to satisfy coach</td>
<td>b. Suspension</td>
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<td>7. Show respect for fans, students, opponents, officials, coaches, teammates, and teachers.</td>
<td>6. Treated as insubordination</td>
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<td>8. Curfew as set by coach</td>
<td>7. Treated as insubordination</td>
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<tr>
<td>a. First offense</td>
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<tr>
<td>b. Habitual</td>
<td>a. Extra conditioning</td>
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<td>9. Conduct unbecoming of an Anna Football Player</td>
<td>b. Suspension</td>
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<tr>
<td>10. Insubordination- unwilling to submit to authority</td>
<td>9. Treated as insubordination.</td>
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<tr>
<td>11. Use of drugs, alcohol or tobacco</td>
<td>10. Definite suspension, probable dismissal.</td>
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**Severity clause- any incident judged to be severe may have any of the above disciplinary measures enforced upon the offender.**
Offensive Philosophy

1. Out hit our opponent. Control the line of scrimmage.
2. Establish the running game
3. Have a balanced run/pass attack.
4. Be versatile in our attack. Take advantage of personnel mismatches, formations and defensive alignments.
5. Attack across a broad front. Force our opponents to defend the whole width and length of the field.
6. Be fundamentally superior to our opponents.
Position Terminology

- Wideout
- Left Half or H
- Left Tackle
- Left Guard
- Center
- Right Guard
- Right Tackle
- Tight End
- Quarterback
- Fullback
- Right Half or Z
- Right Tackle
- Left Guard
- Left Tackle
All **linemen** (including tight ends) must be off the ball as much as possible. Your helmet must break the plane established by the centers hip. This creates space between you and the defender. The width of your split can vary from play to play. The width of your split should help give you an advantage. As a general rule, inside running plays require big splits and outside plays should have small splits. If you’re on the back side, vary your split.

The **quarterback’s** heels are at 5 yards directly behind the center when in shotgun.

The **fullback’s** heels should be 4.5 yards from the ball directly behind the center. In shotgun, he is off set to either side of the quarterback.

The **halfback’s** alignment will vary based on formation and play. In a “dive back” position, his heels are at 4.5 yards from the ball and you will split the outside leg of the tackle. In an I back” position, his heels are at 7 yards deep behind the center. In a “wing” position, he is 1 yard outside and 1 yard behind the tight end. In a “slot” position, your width will depend on the play. In a “flanker” position, your width will depend on the play.

The **wideout’s** alignment will vary based on formation and play. He is always on the line of scrimmage.
Huddle and Tempo

Huddle
When we huddle, we will do so in the following manner with the center two yards from the ball (the wide out will get the call and get to his alignment before the huddle breaks):

![Huddle Diagram]

Tempo
We will use Three different tempos to control the pace of the game: **Indy**, **Nascar**, and **Tractor**

**Indy**- This will be our fast paced no-huddle offense in which our goal is to snap the ball 15-20 seconds after it has been set by the officials. In order to accomplish this we must hustle to the ball. There will be 10 designated plays on your armband for this tempo only.

**Nascar**- This will be our normal paced no-huddle offense. The coach will signal in the formation and play to the QB. The QB will shout the formation, give a dummy arm band number, call “green” then give the real armband number.

**Tractor**- This will be our four minute offense when we’re trying to run out the clock. We will huddle in this tempo and the coach will signal in plays. If “sugar” is called in conjunction with this tempo, that means when we break the huddle, we will spring to our positions and try to snap the ball before the defense can get set.
Cadence

Cadence is the signal calling used by the quarterback to set the offense in motion and possibly change plays. Our cadence is rhythmic. This will allow us to “get off the ball” and time up our motion. Our cadence will be: red-set-go
We can vary the count at which the ball can be snapped.
First sound = “go”
On one= “red-set-go”
“Green cadence means the quarterback will run through the cadence several times in an attempt to draw the defense off sides. He will say “green” then we will go on one after that.

Hole Numbering

We use hole numbering to tell us the direction of the plays. For example 67 lead will hit at the 7 hole.
Formations

Full House (RT/LFT)

Power (RT/LFT)

White

Black

South

North

Rip

Liz

Pro Right
Formations (continued)
Formations
(continued)

Army

Navy

Spread (RT/LFT)

Ace (RT/LFT)

Stack (RT/LFT)

Lug

Rug

Pink

East Cat
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The word “over” tells the wide out to line up on the same side as the tight end.
The word “heavy” tells the halfback to line up on the opposite side.
The word “spread” tells the tight end to align as a wide out.
The word “tite” means that the wide out will come out and a second tight end will come in.
The word “gun” tells the quarterback will be in the shotgun.
The word “rot” tells the left tackle to align outside of the right tackle.
The word “lot” tells the right tackle to align outside of the left tackle.
The word “fish” means the fullback and the halfback trade places.
The word “fizz” means the fullback and the Z trade places.
The word “flex” means the tight end widens his alignment and stands up.
Motions and Shifts

1 motion

2 motion

3 motion

4 motion

5 motion

6 motion

0 motion

9 motion

7/8 motion
**Motions and Shifts**

*(continued)*

**Shifts** apply to the halfbacks. When we put the phrase “shift to” before the formation name, both halfbacks will start in a dive back position then shift to the correct alignment.

Shift to trips right

**Trade** applies to the tight end. When we put the word “trade” before the formation name, the tight end will start on the opposite side of the formation then run to the other side.

Trade to blue
**Deal** applies to the halfbacks and tight end. When the phrase “deal to” is used before a formation name, the tight end will align on the opposite side of the formation called. He will step back off of the line (simultaneously the opposite halfback will step up on the line of scrimmage) and pause for 1 second. He will then execute 5 or 6 motion to get to the other side of the formation. This will allow us to snap the ball while he is in motion.

Deal to red
Offensive Terminology

“2 Man”- Call used when there are 2 men on to outside the FST on the LOS. This alerts the FST that he has the man on him with no help.

**Area Block**- Blocking an area after taking one step forward.

**Backer**- A defensive man positioned off the line of scrimmage in a 2 point stance.

**Back side**- Defensive lineman lined up on the adjacent offensive lineman away from the point of attack.

“Betty”- Call used when the FSG blocks down and the FST blocks out.

**Bootleg**- QB keeps the ball in the opposite direction of the offensive call and executes a run/pass option.

“Cat”- Call used to tell the center that he his pulling and the FSG is not.

**Check block**- Fill for pulling man and protect that zone.

“Chrissy”- Call used when FST blocks down and the FSG pulls and kicks out.

**Counter**- The ball carrier runs opposite to the flow of the rest of the backfield.

**Combo block “Pretzle”**- Block in which 2 offensive linemen must block a defensive lineman and linebacker.

**Crack block “Cocaine”**- Block executed by a wide out on a second or third level player to his inside.

**Cut off block**- Block down field at the closest point where you will intercept the defenders path to the ball carrier.

**Dave**- Call used when the front side guard and center are covered and the guard and tackle or guard and tight end pull across the ball. In this case the double team is off and the center, fsg and fst down block away from the point of attack.

**Double team “Stiffy”**- Block executed by 2 offensive players on one defensive player.

**Downblock “Slam”**- Block the first man to the inside. Cut off penetration.
Drive- The outside block of the double team that gets lateral movement.
EMLOS- End man on the line of scrimmage. Last down lineman outside the tackle on the line of scrimmage.
Fold- Step around the butt of the adjacent lineman and wall off the linebacker. “Gut” when guard pulls around tackle. “Tug” when tackle pulls around guard. “Gar” when guard pulls around center. “Taw” when tight end pulls around wing”.
Gap- Block man or area to your inside.
GDFB- Get down field and block. Backside offensive players hustle to get a block down the field that could spring the ball carrier for a touchdown.
Influence “IKE”- Step at one defensive player, then block another.
“Knife” block- When a lineman guts the defensive lineman aligned over the adjacent offensive lineman to the play side.
Log block- Pull towards the point of attack with depth. Get your head on the outside of the defensive man and hook him.
“Omar”- Call used when the FSG and th FST both ‘fan’ block out on the first man to their outside.
Post- The inside block of the double team where the blocker protects the inside seam.
Pull Check- Get inside position, then block gap, on, outside.
Reach block- Aggressively block play side gap.
Stalk block “Corn”- Block by the perimeter players. Drive off the LOS towards the defensive back. As he relinquishes his cushion, break down and maintain your position between him and the ball carrier.
“Solid”- Call used to alert the FSG that he is not pulling.
Wall off block- Block defensive pursuit at a point beyond the line of scrimmage.
*Any alignment on the center, but not head up is called a 0 Shade.

** 9 or 6 techniques that are extremely wide are termed “loose”

*** Linebackers who are widening out their normal alignment are called “plussed out”
Gap Labeling

Defensive Identification Menu
Fronts

- 4-3 with 2 high safeties
- 4-3 (4-4) with 1 high safety
- Split 4-4 or 4-3
- 6-2 or Goal line
- Under Front

- 5-2 or 3-4 with 2 high safeties
- 5-2 or 3-5 with 1 high safety
- Double Eagle

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The depth, attitude, eyes, alignment and reaction to motion will tell you whether it’s cover 2, 4, or 0.

**Cover 2** - Corners are head up to outside leverage on an extension with a depth of 5 yards or less. They will try to re-route receivers and get their eyes inside to the #2 receiver. They will not follow motion. Safeties will be on or close to the hashes and 10-12 yards deep at the snap.

**Cover 4** - Corners are head up on an extension with a depth of 5 yards. They will be less physical with receivers and will not follow motion. The safeties are the key to distinguishing between cover 2 and cover 4. In cover 4 they will be tighter to the formation horizontally at a depth of 7 to 8 yards.

**Cover 0** - Corners will be aligned on the #1 receiver at 5 yards or closer with inside leverage and eyes on their man. Safeties will do the same with the #2 receiver. Everyone will follow all motion.

**Cover 5(2 deep man under)** - Corners and linebackers will be in a cover 0 look and safeties will be in a cover 2 look.
4-3(4-4) with 1 high safety
(1 or 3)

The depth, attitude, eyes, alignment and reaction to motion will tell you whether it’s cover 1 or 3.

**Cover 3** - Corners are 7 to 8 yards deep with inside leverage and eyes in the backfield. The single safety is 10 to 12 yards deep aligning himself horizontally between the uprights or in the middle of the formation.

**Cover 1** - Corners and linebackers will be in a cover 5 look. The safety will be in a cover 3 look. Corners may follow motion or they may pass it to the safety.
Split 4-4 or 4-3

Same coverage principles as 4-3
Goal line or 6-2

Same coverage principles as 4-3. Goal line is cover 0.
Same coverage principles as 4-3
The depth, attitude, eyes, alignment and reaction to motion will tell you whether it’s cover 2, 4, or 0.

**Cover 2**- Corners are head up to outside leverage on an extension with a depth of 5 yards or less. They will try to re-route receivers and get their eyes inside to the #2 receiver. They will not follow motion. Safeties will be on or close to the hashes and 10-12 yards deep at the snap.

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**Cover 5(2 deep man under)**- Corners and linebackers will be in a cover 0 look and safeties will be in a cover 2 look.
The depth, attitude, eyes, alignment and reaction to motion will tell you whether it’s cover 1 or 3.

**Cover 3** - Corners are 7 to 8 yards deep with inside leverage and eyes in the backfield. The single safety is 10 to 12 yards deep aligning himself horizontally between the uprights or in the middle of the formation.

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Buck Series

- 68/69 Sweep
- 68/69 Power
- 48/49 Sweep Read
- 60/61 Trap
- 68/69 Boot
- 60/61 Boot
- 66/67 lead
- 66/67 Pass
- 64/65 Iso
- 66/67 Reverse
68/69 Sweep

- Rules
- Vs 4-3
- Vs 5-2

Buck Series Menu

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68/69 Sweep Rules

**FST** - Gap/down/backer (Combo bock 5 technique with TE)

**FSG** - Pull and trap or log the first man outside the wing’s block.

**C** - Reach front side. If the fullback is having a hard time blocking the back side tackle, then you will block back.

**BSG** - Pull and lead through the 8 or 9 hole. Read the block by the FSG. If the FSG kicks out, then turn up the hole, if he logs then lead around and block the first threat.

**BST** - Inside release and cutoff.

**TE** - Gap, down, backer (Combo 7 technique with wing). (Combo bock 5 technique with FST)

**WO** - GDFB

**HB** - If you’re front side, downblock end man on LOS head up to outside the tight end. If none, then go to first linebacker to the inside. (Combo 7 technique with TE) **Never block the man to your outside unless he crosses your face.** If you’re backside, take a course through the fullback. Receive the ball and stay parallel to the LOS. Slow to the hole, fast through the hole. Once you’re outside TE cut up field and SCORE!

**FB** - Fake 60-61 trap, scrape the flies off the butt of the BSG. Go hard and be prepared for a big collision. If the defensive tackle is coming down the line, then you will switch jobs with the center.

**QB** - Fake the snap and suck it up into your breadbasket. Open to 6 o’clock and proximity fake to the fullback. Hand the ball to the halfback at fullback depth. Carry out your boot fake.
68/69 Sweep vs. 4-3

Blue 169 Sweep
68/69 vs. 5-2

Red 268 Sweep
68/69 Power

Rules

Vs 4-3

Vs 5-2

Buck Series Menu
68/69 Power Rules

**FST** - Gap/down/backer (Combo bock 5 technique with TE)
**FSG** - Pull and trap or log the first man outside the wing’s block.
**C** - Reach man on or linebacker.
**BSG** - Reach man on or linebacker.
**BST** - Inside release and cutoff.
**TE** - Gap, down, backer (Combo 7 technique with wing). (Combo bock 5 technique with FST)
**WO** - GDFB
**HB** - If you’re front side, downblock end man on LOS head up to outside the tight end. If none, then go to first linebacker to the inside. (Combo 7 technique with TE) Never block the man to your outside unless he crosses your face. If you’re ball carrier, take a lateral step and receive the pitch. Stretch the play horizontally then follow the FB and BSG through the hole.
**FB** - Cheat your alignment to the front side. Lead the play outside the wing’s block. You will be the wrap player behind the FSG. You are responsible for the Mike/BSILB run through. Turn inside and find the first wrong colored jersey.
**QB** - Take the snap and suck it up into your breadbasket. Open to 6 o’clock and soft toss to the H. Fake boot away. Look to cut off back side end chasing.
68/69 Power vs. 4-3

Black 69 Power
68/69 vs. 5-2

White 68 Power

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48/49 Sweep Read

Rules

Vs 4-3

Vs 5-2

Click Here to Return To Directory
48/49 Sweep Read Rules

**FST**-Gap/down/backer (Combo bock 5 technique with TE)
**FSG**-Pull and trap or log the first man outside the wing’s block.
**C**-Reach man on or block back.
**BSG**-Pull and lead through the 8 or 9 hole. Read the block by the FSG. If the FSG kicks out, then turn up the hole, if he logs then lead around and block the first threat.
**BST**- Pull and block the #2 defender to your side.
**TE**-Gap, down, backer (Combo 7 technique with wing). (Combo bock 5 technique with FST)
**WO**- Stalk or crack according to game plan
**HB**- If you’re front side, downblock end man on LOS head up to outside the tight end. If none, then go to first linebacker to the inside. (Combo 7 technique with TE) **Never block the man to your outside unless he crosses your face.** If you’re backside, run the bubble.
**FB**- take a course in front of the quarterback. Receive the ball and stay parallel to the LOS. Slow to the hole, fast through the hole. Once you’re outside TE cut up field and SCORE!
**QB**- Take a pre-snap read of the defense. If the #2 defender is in the tackle box, poke fake to the back and throw the bubble. Otherwise give the ball to the back on sweep then fake the bubble. Communicate your choice to the back pre-snap. In army/navy formations, it’s an automatic give.
48/49 Sweep Read vs. 4-3

Purple Gun
69 Sweep Read
48/49 Sweep Read vs. 5-2

Army 68
Sweep Read
60/61 Trap

Rules

Vs 4-3

Vs 5-2

Wedge vs 4-3

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Buck Series Menu
60/61 Trap Rules

**FST**-Inside release with rip move and block linebacker. Versus 6-1, cutoff man over.

**FSG**-Versus even front inside release with a rip move and block the backside linebacker. Versus an odd front, combo with the center on the nose to the back side linebacker. (Be prepared for an influence pull call).

**C**-Even Front, block back towards hole # called. Odd front, combo with the BSG to the back side linebacker.

**BSG**-Trap the 1st man past the center.

**BST**-Inside release and cutoff.

**TE**-GDFB

**WO**-GDFB

**HB**- If front side, arc to the safety. If backside, fake sweep.

**FB**-Sprint through the midline. Keep your eyes up and look for the cut back at the second level behind the FST’s block. SCORE!

**QB**-Take the snap and suck it up into your breadbasket. Open to 6 o’clock and hand off to the fullback. Fake the sweep to the halfback and carry out your bootleg fake.

* Center and guards check Dave versus a Double Eagle front.

**We may convert Trap to Wedge if defensive linemen are squeezing too hard.**
60/61 Trap vs. 4-3

Blue 160 Trap
60/61 Trap vs. 5-2

Red 261 Trap
60/61 Wedge vs. 4-3

Blue 160 Wedge
68/69 Boot

Rules

Split End Side vs 4-3

Tight End Side vs 5-2

Boot variations

Click Here to Return To Directory
68/69 Boot Rules

**FST** - If two men head up to outside on the LOS, then reach front side. Otherwise downblock.

**FSG** - Pull and log first man on the LOS.

**C** - If covered then reach the nose. If uncovered, then block back.

**BSG** - Pull step and let the FB clear. Read the FSG’s block. If he logs, then lead the QB around the outside. If FSG kicks out, then turn inside and seal. Listen for QB’s go call.

**BST** - Base man on or over.

**TE** - Run the drag 10 -12 yards deep if you are away from the boot call. Find the hole between the linebackers versus zone coverage. Versus man coverage run away from your man. To the boot call run a flag.

**WO** - 15 yard comeback to 12 to the boot call. If away from the boot call, then run a drag.

**HB** - Fake jet if you’re on the front side. If you’re on the backside, Run a seam route down the middle of the field.

**FB** - Fake trap, filling for the pulling guard. Secure the A gap for any blitzes. Then release through the B gap run a flat route, no deeper than 2 yards.

**QB** - Take the snap and suck it up into your breadbasket. First step is 3 inches past the midline. The 2nd step is on the midline. There is a proximity fake to the fullback. Reach out and ball fake to the halfback. Crossover on the third step, attack the perimeter. Read the safety. If he vacates the middle, hit the seam. If he stays true, then look drag to comeback. If you get immediate pressure from the edge, look quickly to the fullback.
68/69 Boot (TE) vs. 4-3

Blue 268 Boot Left (TE)
68/69 Boot vs. 5-2

Red 268 Boot Left Solid (SE)
68/69 Boot Variations

Spread 268 Boot Left Go
Wide out runs a comeback and go at 10 yards.
Tight end carries his drag to opposite sideline.

Spread 169 Boot Right Switch
Back side half back and end switch routes.
Red 268 Boot Left Cross

Wide out runs a post.
Tight end carries his drag to opposite sideline.
BSHB runs the drag
60/61 Boot Rules

**FST**- If two men head up to outside on the LOS, then reach front side. Otherwise downblock.

**FSG**- Pull and log first man on the LOS.

**C**- If covered then reach the nose. If uncovered, then block back.

**BSG**- Pull step and let the FB clear. Read the FSG’s block. If he logs, then lead the QB around the outside. If FSG kicks out, then turn inside and seal. Listen for QB’s go call.

**BST**- Base man on or over.

**TE**- Run the drag 10 -12 yards deep if you are away from the boot call. Find the hole between the linebackers versus zone coverage. Versus man coverage run away from your man. To the boot call run a flag. If the # 2 defender blitzes from the front side, run a 5 yard out.

**WO**- 15 yard comeback to 12 to the boot call. If away from the boot call, then run a drag.

**HB**- Fake jet if you’re on the front side. If you’re on the backside, Run a seam route down the middle of the field.

**FB**- Fake trap, filling for the pulling guard. Secure the A gap for any blitzes. You will not realease into the pattern.

**QB**- This play will be run out of a shotgun formation. Step in to meet the ball and flash fake to fullback. You have 2 vertical stretch reads, one on the front side safety and one on the corner. Decide which read you want first pre snap. If the #2 defender to the boot side blitzes, alert the #2 receiver and be ready to throw the 5 yard out hot read.
60/61 Boot (TE) vs. 4-3

Click Here to Return To Directory
60/61 Boot (SE) vs. 5-2

East 61 Boot Left Solid (SE)
60/61 Boot Curl

Rug 60 boot curl
60/61 Boot Tail

Lug 61 Boot Left Tail (SE)
66/67 Lead Rules

**FST**- If covered, then combo block with the tight end up to the linebacker. If uncovered, then combo block with the guard up to the linebacker.

**FSG**- Base man on or over. If FST is uncovered, then combo block with the tackle up to the linebacker.

**C**- If covered then reach the nose. If uncovered, then block back.

**BSG**- Pull to the playside and turn up to the playside linebacker as soon as possible.

**BST**- Inside release and cut back side tackle.

**TE**- If tackle is covered, then drive man on double team. If tackle is uncovered, then block ILB’er.

**WO**- GDFB

**HB**- If you’re front side/TE side, influence end and go block the force player. To the split end side, if the tackle is covered then combo with the tackle up to the inside backer. If the tackle is uncovered, then influence end and go block the force player. If you’re back side, align or get deeper into your motion so you can attack the LOS down hill. Your aiming point is the outside leg of the tackle. Read the fullback’s block. SCORE!

**FB**- Aiming point is the butt of the FST stepping with your opposite foot. Get your head inside the defender and kick him out.

**QB**- Take the snap and suck it up into your breadbasket. Open to 7 o’clock and hand off to the HB. Carry out your bootleg fake.
66/67 Lead (TE) vs. 4-3

Blue 167 Lead (TE)
66/67 Lead (TE) vs. 5-2

Red 266 Lead (TE)
66/67 Lead (SE) vs. 4-3

Blue 167 Lead (SE)
66/67 pass

Rules

Tight End Side vs 4-3

Post (variation) vs 4-3

Split End Side vs 5-2

Buck Series Menu
66/67 Pass Rules

**FST**- Aggressively block the first man on or inside. If uncovered, then double down on the man over the guard and look for the linebacker blitz.

**FSG**- Pull and block the first man outside the BST.

**C**- If covered then aggressively block man on. If uncovered, then block the man over the FSG looking for the linebacker blitz.

**BSG**- Aggressively block man on. If uncovered, help on the nose and look for the linebacker blitz.

**BST**- Aggressively block man on. If uncovered, then double down on the man over the guard.

**TE**- If front side, run a 10 yard out. If back side, run a drag.

**WO**- If front side, run a flag. If back side, run a drag.

**HB**- If front side on the TE side, run a flag. If front side on the WO side, run a 10 yard out. If back side, fake lead and look for OLB blitz. If he doesn’t come then help out working front side to back.

**FB**- Block the front side end.

**QB**- Open to 6 o’clock and fake to the HB. Set up behind the FSG and read the vertical stretch on the deep outside defender. The drag is your check down route.
66/67 Pass (TE) vs. 4-3

Blue 167 Pass
66/67 Pass/Post (TE) vs. 4-3

Black 67 pass/post
66/67 Pass (SE) vs. 5-2

Blue 266 Pass
64/65 Iso

Rules

Vs 4-3 (TE)

VS 5-2 (TE)

Vs 4-3 (SE)
**64/65 Iso Rules**

**FST & FSG**- If guard is uncovered, then it is an “omar” call and FST and FSG will both block out. If the FSG has a 3 technique, then it is a “crissy” call which is a cross block. If the FSG has a 1 technique, then it is a “betty” call which is a base block by both.

**C**- Reach front side on or over.

**BSG**- Reach front side on or over.

**BST**- Reach front side on or over.

**TE**- If front side, arc to #2. If back side, GDFB.

**WO**- If front side, crack the safety. If back side, GDFB.

**HB**- If front side/TE side, arc to #1. If front side SE side, arc to #2. If back side, GDFB. If you’re the ball carrier, take a triangle step to the play side and attack the LOS down hill. Read the block of the FB.

**FB**- Cheat your alignment into the front side A gap. Iso block the front side linebacker. Take him wherever his momentum is going.

**QB**- Reverse out on the midline. The second step is past the midline. Reach back and get the ball to the H as deep as possible. After the hand-off, fake lead pass.
64/65 Iso (SE) vs. 4-3

Liz 65 Iso (SE)
64/65 Iso (SE) vs. 5-2

Pro Left 64 Iso (SE)
64/65 Iso (TE) vs. 4-3

Blue 167 Lead (SE)
66/67 Reverse

- Rules
- Vs 4-3
- Vs 5-2
- Dave vs Double Eagle

Click Here to Return To Directory
66/67 Reverse Rules

**FST**-If the FSG is covered then combo block with the guard up to the linebacker. If FSG is uncovered, then Block first LB’er to the inside.

**FSG**-If covered, then combo block with the tackle up to the linebacker. If uncovered, combo block with the center up to the linebacker.

**C**-If uncovered, then block back. If covered, then post man on the double team.

**BSG**-Pull and trap first man on or outside the tackle.

**BST**-Base man on or over. GDFB.

**TE**-Pull and lead through the hole and block the first threat (probably the OLB’er).

**WO**-Stalk corner. Drop step and time up hand off with the half. Your course will take you inside of the half. Hug the double team and follow the BSG and TE. SCORE!

**HB**-If front side, Go flat and receive ball as if running sweep. Hand off to other HB underneath. Drop step and time up hand off with the other HB. Your course will take you inside of the half. Hug the double team and follow the BSG and TE. SCORE!

**FB**-Take same course as 66-67 lead. Scrape the flies off the TE’s butt.

**QB**-Open to 5 or 7 o’clock and get the ball to the half ASAP. Fake bootleg.

**Dave versus double eagle or eagle weak.**
66/67 Reverse vs. 4-3

Blue 67 Reverse Right
66/67 Reverse vs. 5-2

Red 66 Reverse Left
66/67 Reverse vs. Double Eagle

Red 66 Reverse Left
Jet Series

- 438/339 Jet
- 430/331 Trap
- 438/339 boot
- 438/339 pass
- 434/335 Red Light
- 444/445 Belly

Click Here to Return To Directory
438/339 Jet

Rules

Split End Side vs 4-3

Tight End Side vs 5-2

Click Here to Return To Directory
**438/339 Jet Rules**

**FST-** Reach first man on or outside.
**FSG-** Pull and seal the perimeter from inside out.
**C-** Reach first man on to front side on or off the LOS
**BSG-** Reach first man on to front side on or off the LOS.
**BST-** Reach front side. GDFB.
**TE-** If Front side block the #2 defender. If #2 is too wide, give a “switch” call to the HB and you pull to block #1. If back side, GDFB.
**WO-** If front side stalk corner or crack #2 (HB will make the call). If back side, GDFB.
**HB-** If front side then block #2 if you feel you can reach him. If not make crack call to the wide out and block #1. If you’re #1 to the front side, then you block #1 (unless TE gives you a switch call). If back side, jet motion and take the hand off and bubble slightly. Attack the perimeter from hash to numbers to sideline.
**FB-** Cheat your alignment into the front side A gap. Lead the play to the perimeter and block the first threat from the inside out. Chip any partially blocked player. If stay is called, then fake trap to the opposite side.
**QB-** Reverse out and hand the ball off in with your butt in the A gap. Fake boot away.
438/339(SE) jet vs. 4-3

Blue 438 (SE)
438/339(TE) jet vs. 5-2

Red 438 (TE)
430/331 Trap

Rules

Vs 4-3

Vs 5-2

Click Here to Return To Directory
430/331 Trap Rules

**FST**-Inside release with rip move and block linebacker. Versus 6-1, cutoff man over.

**FSG**-Versus even front inside release with a rip move and block the backside linebacker. Versus an odd front, combo with the center on the nose to the back side linebacker. (Be prepared for an influence pull call).

**C**-Even Front, block back towards hole # called. Odd front, combo with the BSG to the back side linebacker.

**BSG**-Trap the 1st man past the center.

**BST**-Inside release and cutoff.

**TE**-GDFB

**WO**-GDFB

**HB**- If front side, arc to the safety. If backside, fake jet.

**FB**- Sprint through the midline. Keep your eyes up and look for the cut back at the second level behind the FST’s block. SCORE!

**QB**-Take the snap and open up 270 degrees off the midline so that your butt in in the A gap. After the halfback clears (do not ball fake to him, he’ll do the faking) step towards the fullback and hand him the ball. Fake boot away.

* Center and guards check Dave versus a Double Eagle front.

**We may convert Trap to Base if defensive linemen are squeezing too hard.**
430/331 Trap vs. 4-3

Blue 430
430/331 Trap vs. 5-2

Red 438 (TE)
438/339 Jet Boot

Rules

Split End Side vs 4-3

Tight End Side vs 5-2

Boot variations

Click Here to Return To Directory
438/339 Jet Boot Rules

**FST** - If two men head up to outside on the LOS, then reach front side. Otherwise downblock.

**FSG** - Pull and log first man on the LOS.

**C** - If covered then reach the nose. If uncovered, then block back.

**BSG** - Pull step and let the FB clear. Read the FSG’s block. If he logs, then lead the QB around the outside. If FSG kicks out, then turn inside and seal. Listen for QB’s go call.

**BST** - Base man on or over.

**TE** - Run the drag 10 -12 yards deep if you are away from the boot call. Find the hole between the linebackers versus zone coverage. Versus man coverage run away from your man. To the boot call run a flag.

**WO** - 15 yard comeback to 12 to the boot call. If away from the boot call, then run a drag.

**HB** - Fake jet if you’re on the front side. If you’re on the backside, Run a seam route down the middle of the field.

**FB** - Fake trap, filling for the pulling guard. Secure the A gap for any blitzes. Then release through the B gap run a flat route, no deeper than 2 yards.

**QB** - Take the same steps as in jet trap. Us a proximity fake to the half back and fullback. Push vertical away from the Los for 3 steps past the fullback. Peak at the perimeter blocking. If the edge is secured, attack the perimeter. Read the safety. If he vacates the middle, hit the seam. If he stays true, then look drag to comeback. If you get immediate pressure from the edge, look quickly to the fullback.
438/339 Jet Boot (TE) vs. 4-3

Blue 438 Boot Left (TE)
438/339(SE) Jet Boot vs. 5-2

Red 438 Boot Left Solid (SE)
438/339(SE) Jet Boot Variations

Spread 438 Boot Go
Wide out runs a comeback and go at 10 yards. Tight end carries his drag to opposite sideline.

Spread 339 Boot Switch
Back side half back and end switch routes.
438/339 Jet Pass

Rules

Vs 4-3

VS 5-2

Jet Series Menu

Click Here to Return To Directory
438/339 Jet Pass Rules

**FST** - If two men head up to outside on the LOS, then reach front side. Otherwise down block.

**FSG** - Pull and log first man on the LOS.

**C** - Reach first man on to front side on the LOS

**BSG** - Reach front side.

**BST** - Reach front side.

**TE** - Run a conditional post.

**WO** - If front side run a 10 yard comeback to 7. If back side, conditional post.

**HB** - If front side run a flag. If back side, fake jet and help seal the end.

**FB** - Lead the play to the front side and seal the end. Look for the inside linebacker blitz

**QB** - Fake jet and attack the perimeter. Read the seam to the take-off. The drag is the check down route.
438/339 Jet Pass (TE) vs. 4-3

Blue 438 Pass
438/339(SE) Jet Pass vs. 5-2

Spread 339 Pass
434/335 Red Light

Rules

Split End Side vs 4-3

Tight End Side vs 5-2

Jet Series Menu

Click Here to Return To Directory
434/335 Red Light Rules

**FST & FSG**-If guard is uncovered, then it is an “omar” call and FST and FSG will both block out. If the FSG has a 3 technique, then it is a “crissy” call which is a cross block. If the FSG has a 1 technique, then it is a “betty” call which is a base block by both.

**C**-Reach front side on or over.

**BSG**-Reach front side on or over.

**BST**-Reach front side on or over.

**TE**-If front side, arc to #2. If back side, GDFB.

**WO**- If front side, crack the safety. If back side, GDFB.

**HB**- If front side/TE side, arc to #1. If front side SE side, arc to #2. If back side, go in ¾ motion at 75% speed. After the hand off, cut up through the B gap. Read the full back’s block.

**FB**- Cheat your alignment into the front side A gap (like jet). Iso block the front side linebacker. Take him wherever his momentum is going.

**QB**- The ball must be snapped when the motion back is on the outside leg of the back side guard. Open up on the midline and hand the ball to the halfback then boot away.
434/335 Red Light (SE) vs. 4-3

Click Here to Return To Directory
434/335 Red Light (TE) vs. 5-2

Blue 335 Red Light
444/345 Belly Rules

**FST & FSG**- If guard is uncovered, then it is an “omar” call and FST and FSG will both block out. If the FSG has a 3 technique, then it is a “crissy” call which is a cross block. If the FSG has a 1 technique, then it is a “betty” call which is a base block by both.

C- Reach front side on or over.

BSG- Reach front side on or over.

BST- Reach front side on or over.

TE- If front side, fold inside or go over the top of the (POLR) FSG and FST block to iso block the play side linebacker. If back side, GDFB.

WO- If front side, crack the safety. If back side, GDFB.

HB- If front side, fold inside or go over the top of the (POLR) FSG and FST block to iso block the play side linebacker. If you’re front side and TE side, arc to #2. If back side, fake jet and stretch the defense.

FB- Take belly steps. Lead, cross over then start attacking the LOS through the B gap. Read the block of the half back or tight end.

QB- Your footwork is slightly than regular belly. Open up into the front side A gap just like jet. Proximity fake to the half back then reach back and give the ball to the fullback. Ride the hand off on to your front foot and attack the LOS.
Blue 444 Belly
444/345 Belly (TE) vs. 5-2

Blue 345 Belly
Rocket and Belly Series

228/129 Rocket
228/129 Naked
228/129 Pop Pass
223/122 Counter
244/145 Belly
44/45 Pass
58/59 Belly Sweep
646/547 Kickout
646/547 Pass
228/129 Rocket Rules

**FST** - Cut man on or over.
**FSG** - Pull and seal the perimeter from inside out.
**C** - Reach first man on to front side on or off the LOS
**BSG** - Reach first 2nd level defender front side.
**BST** - GDFB.
**TE** - Front side: if you’re #1, then block #1. If you’re #2, then block #2. If crack is called, then block the first man to your inside. If back side then GDFB.
**WO** - If front side, stalk #1 unless crack is called. If back side, GDFB.
**HB** - Front side: if you’re #1, then block #1. If you’re #2, then block #2. If crack is called, then block the first man to your inside. If you’re #3, then block #3. If crack is called, then block corner. If backside, then extend your 1 or 2 motion so that you are behind the fullback at the snap of the ball. Take the pitch and read the perimeter.
**FB** - Cheat your alignment into the front side A gap. Lead the play to the perimeter and block the first threat from the inside out. Chip any partially blocked player. If stay is called, then fake trap to the opposite side.
**QB** - Reverse out and pitch the ball to the halfback. Follow the pitch for 2 steps, then boot away.
228/129 Rocket vs. 4-3

Rock 228 Rocket
228/129 Rocket vs. 5-2

Pro left 29 Rocket

Click Here to Return To Directory
228/129 Boot

Rules

VS 4-3

VS 5-2

Click Here to Return To Directory
**228/129 Boot Rules**

**FST** - If two men head up to outside on the LOS, then reach front side. Otherwise downblock.

**FSG** - Pull and log first man on the LOS.

**C** - If covered then reach the nose. If uncovered, then block back.

**BSG** - Pull step and let the FB clear. Read the FSG’s block. If he logs, then lead the QB around the outside. If FSG kicks out, then turn inside and seal. Listen for QB’s go call.

**BST** - Base man on or over.

**TE** - If you’re eligible, run the seam route down the middle of the field. Otherwise run a bubble.

**WO** - If away from the boot call, then run a drag.

**HB** - Fake rocket if you’re on the front side. If you’re on the backside, Run a seam route down the middle of the field. If you’re ineligible, run a bubble.

**FB** - Fake trap, filling for the pulling guard. Secure the A gap for any blitzes. Then release through the B gap run a flat route, no deeper than 2 yards.

**QB** - Fake rocket toss away, then boot to the call. If you have immediate pressure, look for the fullback. Otherwise read your normal boot progression. Remember, in rock/lee formations, there will be no comeback route.
229/129 Boot vs. 4-3

Rock 226 Boot Left
228/129 Boot vs. 5-2

Lee 127 Boot Right
28/29 Pop Pass

Rules

VS 4-3

VS 5-2

Rocket/Belly Series Menu

Click Here to Return To Directory
28/29 Pop Pass Rules

**FST** - Block the first man on or to the TE side.

**FSG** - Block the first man on or to the TE side.

**C** - Block the first man on or to the TE side.

**BSG** - Block the first man on or to the TE side.

**BST** - Block the first man on or to the TE side.

**TE** - Release and find the seam between linebackers.

**WO** - Run a fade.

**HB** - If back side run a bubble. If front side fake rocket if motion called. If in a flanker position, run a fade.

**FB** - Block the end away from the tight end side.

**QB** - Reverse out and fake pitch to the half back then throw to the TE. If not open throw it at his feet.
28/29 Pop Pass vs. 4-3

Blue 226 Pop Pass Left
28/29 Pop Pass vs. 5-2

East 127 Pop Pass
223/122 Counter

Rules

VS 4-3

VS 5-2

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122/223 Counter Rules

**FST**-Inside release and block the ILB’er.

**FSG**-If covered, then pull and trap the first man outside the FST. If uncovered, then drive man on the nose.

**C**- If covered then post man on the nose. If uncovered, then block Mike or backside ILB’er.

**BSG**-Base man on or over.

**BST**-Pull and trap the first man on the LOS past the center. Get your head on the inside.

**TE**- If front side, block the safety. If back side, GDFB.

**WO**-GDFB.

**HB**-If back side, go in ½ motion and fake rocket. If back side, counter step and get your eyes to the hole. As the fullback clears aim for the butt of the center and take an inside hand off from the QB. Hug the double team and SCORE!

**FB**-Aim for the outside leg of the BSG. Scrape the flies off of the pulling tackle (which is away from the call). Block the first wrong color that shows.

**QB**- Reverse out and gain depth while faking rocket. Hand off ball to HB underneath.
223 Counter vs. 4-3

North 23 Counter
“GAR” block between center and guard.
122/223 Counter vs. 5-2

Lee 122 Counter
244/145 Belly

Rules

Vs 4-3

VS 5-2

Click Here to Return To Directory
244/145 Belly Rules

**FST & FSG**-If guard is uncovered, then it is an “omar” call and FST and FSG will both block out. If the FSG has a 3 technique, then it is a “crissy” call which is a cross block. If the FSG has a 1 technique, then it is a “betty” call which is a base block by both.

C- Reach front side on or over.

**BSG**- Reach front side on or over.

**BST**- Reach front side on or over.

**TE**- If front side, fold inside or go over the top of the (POLR) FSG and FST block to iso block the play side linebacker. If back side, GDFB.

**WO**- If front side, crack the safety. If back side, GDFB.

**HB**- If front side, fold inside or go over the top of the (POLR) FSG and FST block to iso block the play side linebacker. If you’re front side and TE side, arc to #2. If back side, fake rocket or belly sweep. **FB**- Take belly steps. Lead, cross over then start attacking the LOS through the B gap. Read the block of the half back or tight end.

**QB**- Reverse out to 5 or 7 o’clock. Reach for the fullback on your second step. Ride the fullback on to your front foot and carry out belly sweep fake.
244/145 Belly vs. 4-3

Blue 244 Belly

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444/345 Belly (TE) vs. 5-2

Blue 145 Belly
44/45 Pass

Rules

Vs 4-3

VS 5-2

Click Here to Return To Directory
### 44/45 Pass Rules

**FST**- If two men head up to outside on the LOS, then reach front side. Otherwise down block.

**FSG**- Pull and log first man on the LOS.

**C**- Reach front side on or over.

**BSG**- Reach front side on or over.

**BST**- Reach front side on or over.

**TE**- If front side, run a 5 yard out. If back side stay and block the back side edge unless game plan dictates otherwise.

**WO**- If front side, run a 10 yard curl. If back side run a shallow cross.

**HB**- If you’re the #1 receiver, run a 10 yard curl. If you’re #2, run a 5 yard out. If you’re #3 run a post.

**FB**- Fake belly and clock the front side B-gap to backside.

**QB**- Reverse out to 5 or 7 o’clock and get your eyes to the flat defender. Reach for the fullback on your second step. Ride the fullback on to your front foot. Attack the perimeter and throw the open man on the horizontal stretch.
44/45 Pass vs. 4-3

East Gun 44 Pass
44/45 Pass vs. 5-2

Trips right 44 Pass

Click Here to Return To Directory
FST & FSG- If guard is uncovered, then it is a “2 man” call and FST will reach man on and FSG will pull and log end. If the FSG has a 3 technique, then it is a “crissy” call which is a cross block. If the FSG has a 1 technique, then it is a “betty” call which is a base block by both.

C- Reach front side.
BSG- Pull and lead through the 8 or 9 hole and look for alley runner (same as 68/69 sweep).
BST- Reach front side on or over.
TE- If front side, if you’re #1, block #1. If you’re #2, block #2. If back side, GDFB.
WO- If front side, stalk or crack. If back side, GDFB.
HB- If front side, stalk or crack. If back side, sprint to get in pitch phase post snap. Take pitch from QB and score!
FB- Shorten up belly steps and fill for back side pulling guard.
QB- Reverse out to 5 or 7 o’clock. Reach for the fullback on your second step. Ride the fullback on to your front foot then pitch to back side halfback.
58/59 Belly Sweep vs. 4-3

Blue 48 Belly Sweep
58/59 Belly Sweep (TE) vs. 5-2

Blue 49 Belly Sweep
646/547 Kickout

Rules

Vs 4-3

VS 5-2

Click Here to Return To Directory
646/547 Kickout

**FST**-If covered, then post the double team, If uncovered then drive man on the double team over the guard.

**FSG**-Base man on or over. If FST is uncovered, then post man on double team.

**C**-Reach front side on or over.

**BSG**-Reach front side on or over.

**BST**-Reach front side on or over. GDFB

**TE**-If tackle is covered, then drive man on double team. If tackle is uncovered, then block the force defender.

**WO**-GDFB

**HB**- If you’re on the front side, triangle step and block the front side inside linebacker. If you’re on the backside, Go in 5 or 6 motion. You should be in the front side A gap at the snap of the ball. Kick out the first defender past the fst.

**FB**- Take a course for the outside leg of the tackle. Read the kick out block, hug the double team and SCORE!

**QB**-Same as belly. Fullback’s course is a little wider. Attack perimeter after handoff.
646/547 Kickout vs. 4-3

Blue 547 kickout
646/547 Kickout vs. 5-2

North 547 Kickout
646/547 Pass

Rules

Vs 4-3

VS 5-2

Rocket/Belly Series Menu

Click Here to Return To Directory
646/547 Pass

**FST**- If covered, then post the double team, if uncovered then drive man on the double team over the guard.  
**FSG**- Base man on or over. If FST is uncovered, then post man on double team. Do not go down field.  
**C**- Reach front side on or over. Do not go down field.  
**BSG**- Reach front side on or over. Do not go down field.  
**BST**- Reach front side on or over. Do not go down field.  
**TE**- Release and run flag route.  
**WO**- Drag route.  
**HB**- If front side, triangle step and pin the end. If back side, 5 or 6 motion at the snap of the ball run a 2 yard flat route.  
**FB**- Sell kick out fake and fit up inside halfback’s block. Secure the C gap.  
**QB**- Reverse out and ride fullback onto front foot. Disengage and attack the perimeter Look at the tight end as soon as you come out of your reverse pivot. Remember if he’s even, he’s leavin’. Then look flat to drag.
646/547 Pass vs. 4-3

Blue 547 Pass
646/547 Pass vs. 5-2

North 547 Kickout
12/13Q Joker

Rules

Split End Side vs 4-3

Tight End Side vs 5-2

Click Here to Return To Directory
12/13Q Joker Rules

**FST**-If the guard is covered, then drive man on the combo block. If guard is uncovered, then block the front side Ilber.

**FSG**-If covered, then post man on the combo block. If uncovered, then drive man on combo block with the center.

**Center**- If covered, then post man on the combo block. If uncovered, then block back. (Dave call vs an eagle front).

**BSG**-Pull and trap the first man on or past the FST.

**BST**-pull and follow the BSG through the hole and look outside in.

**TE**- If you’re front side, Block the safety. If you’re back side GBFB.

**WO**- Crack or stalk the corner.

**HB**- Stalk your number. If you’re #1, then block # 1. If you’re #2, then block #2.

**FB**- Fake belly away from the play and replace the pulling tackle. Get your hat in the hole.

**QB**- Ride the fullback fake on to your front foot. Disengage read the guard’s block and attack the B-gap.
Q Joker vs. 4-3

Rug 12Q Joker Right
Q Joker vs. 5-2

West 13Q Joker Left
(Dave)
42/43F Joker Rules

**FST**-If the guard is covered, then drive man on the combo block. If guard is uncovered, then block the front side Ilber.

**FSG**-If covered, then post man on the combo block. If uncovered, then drive man on combo block with the center.

**Center**- If covered, then post man on the combo block. If uncovered, then block back. (Dave call vs an eagle front).

**BSG**-Pull and trap the first man on or past the FST.

**BST**-Pull and follow the BSG through the hole and look outside in.

**TE**- If you’re front side, Block the Safety. If you’re back side GBFB.

**WO**- Crack or stalk the corner

**HB**- Stalk your number. If you’re #1, then block # 1. If you’re #2, then block #2.

**FB**- Cross over in front of the QB and read the block of the guard. Attack the B gap.

**QB**- Ride the fullback fake on to your front foot. Disengage and fake run away.
42/43F Joker vs. 4-3

Rug F Joker Right
42/43F Joker vs. 5-2

West F Joker Left

Click Here to Return To Directory
62/63H Joker

Rules

Vs 4-3

Vs 5-2

Q Series Menu

Click Here to Return To Directory
62/63H Joker Rules

**FST**- If the guard is covered, then drive man on the combo block. If guard is uncovered, then block the front side Ilber.

**FSG**- If covered, then post man on the combo block. If uncovered, then drive man on combo block with the center.

**Center**- If covered, then post man on the combo block. If uncovered, then block back. (Dave call vs an eagle front).

**BSG**- Pull and trap the first man on or past the FST.

**BST**- Pull and follow the BSG through the hole and look outside in.

**TE**- If you’re front side, Block the safety. If you’re back side GBFB.

**WO**- Crack or stalk the corner.

**HB**- Stalk your number. If you’re #1, then block # 1. If you’re #2, then block #2. If you’re the ball carrier, then triangle step away from the play then attack the B-gap. You will receive the ball over the top of the QB.

**FB**- Block the first man outside of the BST (same as 90 protection).

**QB**- Reverse out like you’re running 66/67 or 64/65. Show the ball away from the play side, then give ball to H over top of you. Fake boot away.
62/63H Joker vs. 4-3

Black H Joker Right
62/63H Joker vs. 5-2

West Q Joker Left
(Dave)
62/63 Joker Naked Rules

FST- [ ]
FSG- [ ]
Center- [ ] Same as joker, but do not go down field.
BSG- [ ]
BST- [ ]
TE- [ ] Run boot route. Post if it’s to you, drag if it’s away.
WO- [ ] Run boot route. Comeback if it’s to you, drag if it’s away
HB- [ ] Run joker. Sell it!
FB- [ ] Run joker. Come over top of the end and get into the flat asap.
QB- [ ] Fake joker. Look to run unless flat defender forces to throw to fullback.

** For F joker the play side slot runs the flat route.
62 naked left vs. 4-3

White H joker right naked left
43 naked rt vs. 5-2

West 43 F joker right
naked left
16/17 Lead

Rules

Vs 4-3 (TE)

VS 5-2 (TE)
16/17 Lead Rules

**FST**- If covered, then combo block with the tight end up to the linebacker. If uncovered, then combo block with the guard up to the linebacker.

**FSG**-Base man on or over. If FST is uncovered, then combo block with the tackle up to the linebacker.

**C**-If covered then reach the nose. If uncovered, then block back.

**BSG**-Pull to the playside and turn up to the playside linebacker as soon as possible.

**BST**-Inside release and cut back side tackle.

**TE**-If tackle is covered, then drive man on double team. If tackle is uncovered, then block ILB’er.

**WO**-GDFB

**HB**- If you’re front side, crack the safety. If you’re back side, fake jet.

**FB**-Aiming point is the butt of the FST stepping with your opposite foot. Get your head inside the defender and kick him out.

**QB**- Fake Jet to the HB, your aiming point is the outside leg of the tackle. Read the fullback’s block. SCORE!
16/17 Lead vs. 4-3

West Wildcat 317
16/17 Lead vs. 5-2

Red 266 Lead (TE)
18/19 Q Power Rules

**FST**-Gap/down/backer (Combo bock 5 technique with TE)
**FSG**-Pull and trap or log the first man outside the wing’s block.
**C**-Reach man on or block back.
**BSG**-Pull and lead through the 8 or 9 hole. Read the block by the FSG. If the FSG kicks out, then turn up the hole, if he logs then lead around and block the first threat.
**BST**-Inside release and cutoff.
**TE**-Gap, down, backer (Combo 7 technique with wing). (Combo bock 5 technique with FST)
**WO**- GDFB
**HB**- If you’re front side, downblock end man on LOS head up to outside the tight end. If none, then go to first linebacker to the inside. (Combo 7 technique with TE) **Never block the man to your outside unless he crosses your face.** If you’re ball carrier, take a lateral step and receive the pitch. Stretch the play horizontally then follow the FB and BSG through the hole.
**FB**- Cheat your alignment to the front side. Lead the play outside the wing’s block. You will be the wrap player behind the FSG. You are responsible for the Mike/BSILB run through. Turn inside and find the first wrong colored jersey.
**QB**- Stretch the play horizontally then follow the FB and BSG through the hole.
18/19 Q Power vs. 4-3

Navy 19 Q Power
18/19 Q Power vs. 5-2

Army over 18 Q Power
3 step, 5 step and Sprint Out Passing Game

Passing Routes

3 Step Passing (90’s)

5 Step Passing (80’s)

Sprint out Passing (70’s)
Passing Routes

91 - 5 yard Out
92 - Hitch (6 back to 5)
93 - Fade
94 - Skinny slant
96 - Hitch and go
Drag - Banana route across the ball 10-12 yards deep
Flag - Vertical route to 10 yards then break towards cone in the back of the end zone
Pos-t - Vertical route to 10 yards then break towards the goal post
Seam - Vertical route that bends in or out to find soft spots in zone coverages
Comeback - 15 yards then break out coming back to 12 yards
Curl - 12 yards then turn in working back to 12
In - 10 yard square in
Out - 2, 5 or 10 yard out
Bubble - Swing route that works out and backwards initially so that you can be running down hill as you catch the ball

* All 90 routes are timing patterns. Do not change your route post snap.
** All 5 step and play action pass routes may be adjusted based on the coverage. The basic rule of thumb is, “run to get open, don’t run to get covered”. With that said, make sure that your route adjustment does not put you too close to the pattern of another receiver.
### 3 Step passing game (90’s)

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3 Step Pass Protection Rules

**Tackles**-Block man on to first player to your left

**Guards**-Block man on to first player to your left

**Center**-Block man on to first player to your left

**Tight End**- If you’re to a wing side, then on to inside gap. Block from the groin to the knees. Keep the man’s hands down and drive through the block. Otherwise execute pattern called.

**Fullback**-Block the first wrong colored jersey that shows outside the side tackle’s hip to your right. Your first step should be with your opposite foot. Get your head between the man and the ball. Your aiming point should be groin to thigh boards. Keep his hands down.

**Halfbacks**- Execute pattern called.

**Wideout**-Execute the pattern called.

**Quarterback**-Execute 3 step drop and read pattern called.
#1 Receiver- Cut your split and run a 5 yard speed out. Don’t turn your head until after the cut.

#2 and #3 Receiver- Run a seam. Settle vs zone coverage. Keep running versus man coverage.

Quarterback- Choose one side of the formation pre-snap. Read the flat defender. If he goes out, throw the seam. If the squats, throw the out. This route is best versus a soft corner (Cover 3). Convert to 93, 94 vs cover 2. Convert to 97 versus any tight man coverage.
#1 Receiver- Unload your split and run a 5 yard square in. Don’t turn your head until after the cut. Continue to work back to the QB until ball arrives.

#2 and #3 Receiver- Run a “lookie” route. You must get inside the linebacker to your side.

Quarterback- Choose one side of the formation pre-snap. Read the flat defender. If he goes out, throw the seam. If the squats, throw the out. This route is best versus a soft corner (Cover 3).
#1 Receiver- Cut your split and run a fade.
#2 and #3 Receiver- Run a seam. Since this is an automatic throw to #1, get your route on top of the safety so he can help on the fade.
Quarterback- Choose one side of the formation pre-snap. This is an automatic throw to #1. Push the ball to the outside. If you miss, do it short and wide. Never throw inside.
**#1 Receiver-** Unload your split and run a slant. Make it sharp and shallow. Don’t look turn your head until after your cut.

**#2 and #3 Receiver-** Same as #1.

**Quarterback-** Choose one side of the formation pre-snap. In 3x1 sets, if the 1 receiver side has single coverage (i.e. the outside linebacker is in the box) then go there. Otherwise go to the 3 receiver side. Read the flat defender. If he squats, throw the outside slant. If he runs out, throw the inside slant. Game planning will determine whether we read the #3 defender and consequently throw to the #3 receiver when in 3x1 sets.
#1 Receiver- Get a normal split. Run the slant and flash your hands when the QB pump fakes. Depending on the game plan, either break your route off into a seam or back to a flag.

#2 and #3 Receiver- Depending on the game plan, you will run a seam or an bubble.

Quarterback- Choose one side of the formation pre-snap. This is an automatic throw to #1. Take 3 steps, pump the slant, gather your feet, then throw the corner or seam depending on the game plan.
**#1 Receiver** - Get a normal split. Stutter your feet and flash your hands as if you were running the hitch, then break off into a fade.

**#2 and #3 Receiver** - Run a seam. Since this is an automatic throw to #1, get your route on top of the safety so he can help on the fade.

**Quarterback** - Choose one side of the formation pre-snap. This is an automatic throw to #1. Take 3 steps, pump the hitch, gather your feet, then throw the fade.
#1 Receiver- Cut your split and run a fade.
#2 and #3 Receiver- Run a seam. Since this is an automatic throw to #1, get your route on top of the safety so he can help on the fade.
Quarterback- Choose one side of the formation pre-snap. This is an automatic throw to #1. Throw to the back shoulder of the receiver.
90 Screen

**This pass will go to the #2 receiver in 2x2 sets and the #2 receiver in 3x1 sets.**

**Offensive line**: If you’re uncovered, you can go downfield to block a linebacker. Tackles must cut defensive ends to get their hands out of the passing lane.

**#1 Receiver**: Versus man coverage, crack “cocaine” #2. If the corner is 6 yards or more off the ball, then crack #2. If the corner is 5 yards or less in zone coverage, stalk “corn” #1.

**#2 Receiver**: Cut your split and run the bubble. In 3x1 sets, look to the wide for a “corn” or “cocaine” call. If “corn”, stalk #2. If “cocaine”, crack #3.

**#2 Receiver**: Cut your split and run the bubble.

**Fullback**: The QB will give you an indicator as to which way to go (automatically trips side in 3x1 sets). Block the first 2nd or 3rd level defender to that side outside the end.

**Quarterback**: Choose one side of the formation pre-snap in 2x2 sets. Put the ball on the receiver’s up field shoulder and lead him so he can catch the ball without slowing down.
**Offensive line** - Block 90 protection. If the trips side is to the left, then flip the protection.

**Fullback** - Pin the end in to the trips side.

**Wideout, Halfbacks, Tight End** - You must know if you are the #1, #2, or #3 receiver in 3x1 sets or if you are the lone receiver away from trips. #1 to the trips side runs a take-off. #2 runs a 10 yard square out. #3 blocks the EMLOS for 2 counts then releases to a 2 yard flat route. The lone receiver runs a slant that converts into a shallow cross(6 yard drag).

**Quarterback** - During pre-snap read, if you have a personnel mismatch and single coverage away from trips, then throw the appropriate 90 route to that side. Otherwise, execute three step drop and pump fake to the single receiver then sprint out to the trips side. If you have immediate pressure, look for the 2 yard out by #2. If not, read the vertical stretch on the flat defender. Versus man coverage, #2, #3 and the backside shallow cross are all good.
5 Step passing game (80’s)

- Protection Rules
- 80 Go
- 80 Switch
- 80 Smash
- 80 Tail
- 80 Tail Switch
- 80 Clear
- 80 Jailbreak

Passing Game Menu

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5 Step Pass Protection Rules

There will be two calls made by the center: “strong” or “weak”:
The center must block the first A gap player to either side. If the A gap player is to the right, then he will call “strong”. And the right side becomes the front side. Then the FSG and center will work the A gap tackle to the play side linebacker. The FST will take the next down lineman to the front side. The BSG and BST will have the #1 and the #2 defensive lineman respectively on the back side. The fullback will have the #3 rusher on the front side. The BSILB is the hot read for the QB. If he shows blitz, the QB must communicate to the #2 receiver on the left. The receiver must run a route that replaces the blitzing linebacker.

If the A gap player is to the center’s left, then he will make a “weak” call. Then the left side becomes the front side. The center and the FSG and center will work the A gap tackle to the play side linebacker. The FST will take the next down lineman to the front side. The BSG and BST will have the #1 and the #2 defensive lineman respectively on the back side. The fullback will have the #3 rusher to the right side. If he doesn’t blitz, then run an option route (see exceptions). The BSOLB is the hot read for the QB. If he shows blitz, the QB must communicate to the #2 receiver on the left. The receiver must run a route that replaces the blitzing linebacker. If there is no A gap player, then the center will make a strong call.

**In 3x1 sets with trips right, the fullback blocks the #3 rusher to the left and the hot read becomes the outside linebacker to the right. The #3 receiver to the right is now the hot receiver.**
5 Step Pass Protection Rules

(continued)

“Strong Call”

“Weak Call”

Click Here to Return To Directory
#1 Receivers- Run a fade 5 yards from the sideline.
#2 and #3 Receivers- Run a seam up the hash. Settle vs zone coverage. We want this ball caught between 10 and 15 yards down field. Versus man coverage, get inside position and keep running.
Quarterback- This route is good versus 1 high safety coverages. Execute 5 step drop. Read the safety. Whatever side of the field he favors, throw the seam route to the opposite side. Versus 2 high safeties either convert to 80 smash or 80 clear.
#1 Receivers - Run a seam up the hash. Settle vs zone coverage. We want this ball caught between 10 and 15 yards down field. Versus man coverage, get inside position and keep running. Run a fade 5 yards from the sideline.

#2 Receivers - Run a fade 5 yards from the sideline

Quarterback - This route is good versus 1 high safety coverages. Execute 5 step drop. Read the safety. Whatever side of the field he favors, throw the seam route to the opposite side. Versus 2 high safeties either convert to 80 smash or 80 clear.
#1 Receivers- Get a big split. Run a 7 yard hitch. Keep working back to the QB.
#2 Receivers- Run a 10 yard flag.
Quarterback- This route is good versus 2 high safety coverages. Choose a side pre-snap. Execute 5 step drop. Read the corner. If he hugs the hitch, throw the flag. If he bails, then throw the hitch.

**If we tag this route with “divide” then the fullback will run a seam route between the two safeties. He will be our primary target.**
80 Tail

Rug 80 tail

#1 Strong Receiver- Run a post. He safety No Release
#2 Receiver- Run a 12 yard dig.
#3 Receiver- Run a 5 yard pig tail off of the curl defender.
#1 Weak receiver- run a 5 yard out (give me-take it).
Quarterback- Pre-snap look at the give me-take it. If it’s there execute 90 footwork. If you don’t like it, then execute 80 footwork and read the strong side curl defender. If he hugs the pig tail, then read safety. If the safety bails, throw the dig. If the safety jumps the dig, throw the post. If the curl defender bails, then throw the pig tail.
80 Tail Switch

#1 Strong Receiver - Run a post. He safety
#2 Receiver - Run a 5 yard pig tail off of the curl defender.
#3 Receiver - Run a 12 yard dig.
#1 Weak receiver - run a 5 yard out (give me-take it).
Quarterback - Pre-snap look at the give me-take it. If it’s there execute 90 footwork. If you don’t like it, then execute 80 footwork and read the strong side curl defender. If he hugs the pig tail, then read safety. If the safety bails, throw the dig. If the safety jumps the dig, throw the post. If the curl defender bails, then throw the pig tail.
#1 Strong Receiver- Run a 12 yard dig.
#2 Receiver- Run a 5 yard pig tail off the curl defender.
#3 Receiver- Run a take off and stay on the seam.
#1 Weak receiver- run a 5 yard out (give me-take it).
Quarterback- Pre-snap look at the give me-take it. If it’s there execute 90 footwork. If you don’t like it, then execute 80 footwork and read the strong side curl defender. If he hugs the pig tail, then read safety. If the safety bails, throw the dig. If the safety jumps the dig, throw the post. If the curl defender bails, then throw the pig tail.
80/81 Jailbreak

Rules

VS 4-3

5 step passing
Series Menu

Click Here to Return To Directory
80/81 Jailbreak Rules Rules

**FST**- Protect for 2 counts then throw pass rusher by. Turn inside and hunt for any defenders that are sniffing out the play.

**FSG**- If covered, punch, extend and release to block # defender (counting from outside-in) usually Olb. If uncovered then pass set away from nearest defender for 2 counts, then release to block #3 defender with the center.

**C**- If covered, punch, extend and release to block #3 defender (counting from outside-in) usually Ilb. If uncovered then pass set away from nearest defender for 2 counts, then release to block #3 defender with the FSG.

**BSG**- Same technique as fsg, then block back side Ilber.

**BST**- Same technique as fsg, then block back side outside linebacker.

**TE**- Release and block #1 if you’re front side. If you’re back side, stalk the safety.

**Fullback**- Push the outside pass rusher up field and block #2.

**Halfbacks**- If you are the #1 receiver on the front side, then push up field for 2 steps. Retrace your steps and come down the los, the catch point is 4-5 yards outside of the tackle. After the catch, turn up field and get back outside. If you are the #2 receiver and you’re on the front side then push up field for 2 steps and go block #1. If you are on the back side then run off and stalk.

**Wideout**- If you are the #1 receiver on the front side, then push up field for 2 steps. Retrace your steps and come down the los, the catch point is 4-5 yards outside of the tackle. After the catch, turn up field and get back outside. If you are not the intended receiver and you’re on the front side then go block #1. If you are on the back side then run off and stalk.

**Quarterback**- Take the snap and open to the side of the call (80 is right and 81 is left). The launch point is the front side A gap 7 yards deep. Get to the launch point as quickly as possible keeping your eyes down field. Throw a soft toss to the up field shoulder of the receiver.
80/81 Jailbreak vs 4-3

East 80 Jailbreak
Sprint out passing game (70’s)

Protection Rules
78/79 Flood
78/79 Chair
78/79 Smash
78/79 Pick
Sprint out Protection Rules

**Tackles, Guards, and Center**- Turnback protection. We will sprint out to the right on 78 and to the left on 79. All of the linemen will take a 6 inch step in the direction of the call. Then pivot on your outside foot and open at a 45 degree angle with your butt to the play. Block anything that comes to your inside gap. If nothing comes quick check for linebacker blitz then pull back side. **Versus an even front, the FST must get a piece of the first man on the LOS outside of him with his outside hand.**

The only exception occurs when there are two men on the LOS head-up to outside the tackle. If this happens, then the FST will rub his outside leg. This communicates to the wingback that he must log the second defender while the FST blocks the first man.

**Tight end**- If you are involved in the protection scheme, then execute the same technique as the above. Otherwise, run indicated route.

**Fullback**- Aim for a point 2 yards outside of an imaginary tight end. Log the first wrong colored jersey that shows. When **mojo** is called, then you switch assignments with the #3 receiver.

**Halfbacks**- If you are the #3 receiver, run a 2 yard out. If you’re #1 or #2, then run the indicated. When **mojo** is called, then you switch assignments with the full back. Take a reach step with your outside for and invite the end up the field. Pin him inside. If he doesn’t run up the field, then reach block him.
Sprint out Protection Rules

(continued)

“79 ‘mojo call’”

“78 ‘2 man call’”
78/79 Flood Rules

#1 front side receiver- Release and run a take-off route.
#2 front side receiver- Release and run a 10 yard out route.
#3 receiver- Two yard out. If “mojo” is tagged, then block end.
#2 back side receiver- 6 yard shallow cross.

Back side receiver- Conditional post. Run a post and read the front side safety. If he stays true to the hash (vs 2 high safeties) or true to the middle (vs 1 high safety), then break your post off into a dig. If he vacates his deep responsibility, then continue the post.

FB- Execute 70 protection. If “mojo” is tagged, then run 2 yard out.

QB- Pre snap read. Execute sprint out technique. If under center, attack the perimeter with width and depth. If in the gun attack with width. Your read is the vertical stretch on the flat defender and throw to the open receiver. If a defender comes hot off the edge outside the fullback/halfback’s block, he is your responsibility. Throw to the 2 yard out route or shallow cross.
78/79 Flood 2x2 sets

East 78 Flood
78/79 Flood 3x1 sets

Navy 79 Flood
78/79 Chair

Rules

2x2 sets

3x1 sets

Sprint Out Passing Series Menu

Click Here to Return To Directory
#1 front side receiver- Release and run a 12 back to 10 yard curl.
#2 front side receiver- Release and run 5 yard out and up.
#3 receiver- Two yard out. If “mojo” is tagged, then block end.
#2 back side receiver- 6 yard shallow cross.
Back side receiver- Conditional post. Run a post and read the front side safety. If he stays true to the hash (vs 2 high safeties) or true to the middle (vs 1 high safety), then break your post off into a dig. If he vacates his deep responsibility, then continue the post.
FB- Execute 70 protection. If “mojo” is tagged, then run 2 yard out.
QB- Pre snap read. Execute sprint out technique. If under center, attack the perimeter with width and depth. If in the gun attack with width. Your read is the vertical stretch on the corner defender and throw to the open receiver. If a defender comes hot off the edge outside the fullback/halfback’s block, he is your responsibility. Throw to the 2 yard out route or shallow cross.
78/79 Chair 2x2 sets

East 78 Chair
78/79 Chair 3x1 sets

Navy 79 Chair

Click Here to Return To Directory
78/79 Smash

Rules

2x2 sets

3x1 sets

Sprint Out Passing
Series Menu

Click Here to Return To Directory
#1 front side receiver- Release and run a 7 yard hitch.
#2 front side receiver- Release and run a flag.
#3 receiver- Run a 5 yard whip route off of the inside linebacker. If “mojo” is tagged, then block end.
#2 back side receiver- 6 yard shallow cross.
Back side receiver- Conditional post. Run a post and read the front side safety. If he stays true to the hash (vs 2 high safeties) or true to the middle (vs 1 high safety), then break your post off into a dig. If he vacates his deep responsibility, then continue the post.
FB- Execute 70 protection. If “mojo” is tagged, then run 5 yard option route.
QB- Pre snap read. Execute sprint out technique. If under center, attack the perimeter with width and depth. If in the gun attack with width. Your read is the vertical stretch on the flat defender and throw to the open receiver. If a defender comes hot off the edge outside the fullback/halfback’s block, he is your responsibility. Throw to the 2 yard out route or shallow cross.
78/79 Smash 2x2 sets

East 78 Smash
78/79 Smash 3x1 sets

Navy 79 Smash
78/79 Pick

- Rules
- 3x1 sets
- 2x2 sets

Click Here to Return To Directory
78/79 Pick Rules

#1 front side receiver- Release and run a defender altering curl pattern. Your job is to make sure that the defender covering the #2 receiver goes over the top of you.

#2 front side receiver- Run a rub route underneath the pick route one yard deep in the endzone.

#3 receiver- Run an out route across the back of the endzone.

Back side receiver- Hook up under the goal post

FB- Execute 70 protection.

QB- Execute sprintout. #1 option is run. # 2 option is to read the pick route.
78/79 Pick 3x1 sets

Lug 79 Pick
78/79 Pick 2x2 sets

Rug 78 Pick
Trick Plays

438/339 Reverse
68/69 HB Pass
Polecat Run
Polecat Pass
Hide
Hail Mary

228/129 Trojan
68/69 Boot Screen
438/339 Reverse Rules

**FST**- Reach front side.
**FSG**- Pull front side as if blocking jet, but do not go down field.
**C**- Reach front side.
**BSG**- Reach front side.
**BST**- Reach front side.
**TE**- take two steps in as if to crack, then run a course that will take you 5 yards behind the back running jet. Take the pitch and attack the flank. Do not throw to the slot unless called.
**WO**- Run a fade.
**HB**- If back side run jet, then soft toss to the tight end. If front side run a post to the opposite corner.
**FB**- Reach front side.
**QB**- Hand the ball off to the jet back and boot away. Become the lead blocker.
438/339 reverse

Rock 438 Reverse
68/69 HB Pass Rules

**FST**- Same as 68/69
**FSG**- Same as 68/69
**C**- Same as 68/69
**BSG**- Same as 68/69
**BST**- Same as 68/69.
**TE**- Same as 68/69
**WO**- Fake stalk, then run a fade. Sell the stalk for 3 seconds.
**HB**- Run 68/69 power. Sell the run for 4 hard steps, then throw to WO.
When in doubt, run it.
**FB**- Fake trap away.
**QB**- Toss ball to HB just like rocket, then boot away.
68/69 HB Pass

Rock 226 HB Pass
Polecat Run Rules

FST- Same as 69
FSG- Same as 69
C- Same as 69
BSG- Same as 69
BST- Same as 69
TE- Same as 69
WO- Same as 69
HB- The H back takes the snap from the center and runs 69. The Z aligns as a wing and blocks 69.
FB- Block anyone on the back side edge chasing the play
QB- Stalk or crack
Polecat Run

Shift to Polecat from Blue

Click Here to Return To Directory
Polecat Pass Rules

FST- Same as 69 boot
FSG- Same as 69 boot
C- Same as 69 boot
BSG- Same as 69 boot
BST- Same as 69 boot
TE- Same as 69 boot
WO- Same as 69 boot

HB- The H back takes the snap from the center and runs 69 and soft tosses to the QB on the reverse. The Z aligns as a wing and runs a post.

FB- Block the edge for 2 counts then run a 2 yard flat route

QB- Jab step upfield, then run a course that takes you behind the halfback. Take the soft toss from him and run 69 boot.
Polecat Pass

Shift to Polecat from Blue

Click Here to Return To Directory
Hide Rules

**FST**- 78 protection
**FSG**- 78 protection
**C**- 78 protection
**BSG**- 78 protection
**BST**- Align as the #4 receiver to the right and help block the edge.
**TE**- Align as a flanker to the left and run a fade.
**WO**- Run a fade
**HB**- The H back should align as the #2 receiver to the right and run a 10 yard out. The Z back should align next to the left guard in a 3 point stance. We are hiding you and trying to throw you the ball. Find the open hole in the seam.
**FB**- Line up as the #3 receiver on the right and run a bubble.
**QB**- Get a pre-snap read to see if the Z will be open. Take the snap from the gun and run sprint out to the right. The Z is the first read. If he’s not open then look at the front side flood routes.
Hide
Hail Mary Rules

**FST**- 78 protection
**FSG**- 78 protection
**C**- 78 protection
**BSG**- 78 protection
**BST**- 78 protection
**TE**- Run to the right front part of the end zone
**WO**- Run to the right front part of the end zone. As soon as the QB sets up and starts to throw, run to the opposite side of the end zone. Catch the ball and score.
**HB**- Run to the right front part of the end zone
**FB**- 78 protection
**QB**- Execute 78 scheme. Buy time and allow the receivers to get to their spots. Once you’re outside the tackle box. Set up and throw the ball to the left corner of the end zone.
Hail Mary

Rug Hail Mary

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228/129 Trojan

**FST**- Execute circle block
**FSG**- Reach play side
**C**- Reach play side
**BSG**- Pull as if running rocket away
**BST**- Reach back side as if running rocket away.
**TE**- Fake crack. Do not go down field.
**WO**- Come down the line as if to crack. Then come behind the ball carrier and receive toss from HB. If you have green grass, run it. If not, look for slot running the post.
**HB**- Execute 228/129 rocket. Then soft toss to WO coming around. If you’re the slot, run a post.
**FB**- Fake 228/129 rocket away
**QB**- Toss 228/129 rocket then lead the reverse.
228 Trojan

Rug Hail Mary
68/69 Boot HB Screen

**FST-** Invite the end to take an inside path to the ball. Release him after a 2 count and hunt any chasers.

**FSG-** 78 protection

**C-** Block back inviting the tackle or nose to take an inside path to the ball. Release him after a 2 count

**BSG-** 78 protection

**BST-** 78 protection

**TE-** Run to the right front part of the end zone

**WO-** Run to the right front part of the end zone. As soon as the QB sets up and starts to throw, run to the opposite side of the end zone. Catch the ball and score.

**HB-** Run to the right front part of the end zone

**FB-** 78 protection

**QB-** Execute 78 scheme. Buy time and allow the receivers to get to their spots. Once you’re outside the tackle box. Set up and throw the ball to the left corner of the end zone.
68/69 Boot HB Screen

White 68 Boot Left Screen