

1995

Hawaii

Spread Option

GENERAL INFORMATION

Section 1

COACHING THOUGHTS

1-1

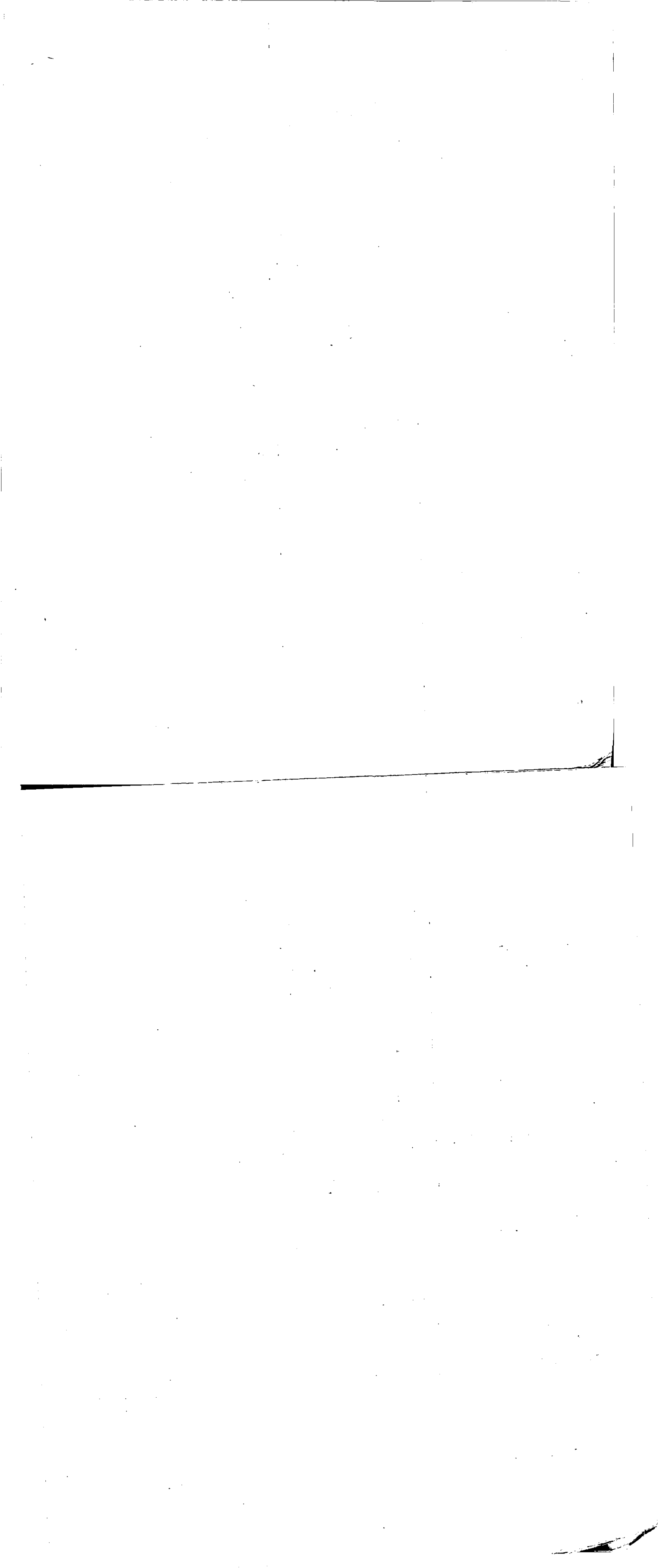
The so-called game day player is a myth. The idea that an individual can suddenly rise to previously unattained heights because of pressures of the actual game is wishful thinking. Unless the player has practiced enough times to be certain of his ability to make the play, he will not be able to meet the demands of highly charged situations.

The most important, single statistic in winning or losing is the number of turnovers made by the offensive team, either by fumbling the ball to the opponents or by throwing the pass interception. It is critical that all turnovers are eliminated.

Only through successful play execution in practice and games will confidence be developed.

Players must be able to function effectively on decisive plays where the stress factors are at their highest. This can only be achieved through effective practice time.

Offensive football teams must be offensive. The object is to move the football up the field.



TERMINOLOGY

Section 2

TERMINOLOGY

Ace	Double team between guard and center.
Across Field Block	Used by a receiver on runs to opposite side.
Base	Inside, on, outside, near linebacker.
Bump Seal	Pass block where playside tackle blocks down, guard helps then seals to inside 360-370.
C	Center.
Called Route	The number or name that designated the route for the outside receiver.
Complimentary Route	The route that goes with the called route. Run by the inside receiver.
Cut Block	Used on inside runs with receiving cutting inside knee.
FS	Free Safety.
Fold	Backside call for center to block back and backside guard step around.
G for	Tackle block down on first down lineman to your inside, guard pull onside LB'er.
George	Double team between guard and tackle.
Green	Playside lineman block down and backside lineman scoop.
Hinge to	Lineman will take one step in direction of play and turn their tail sideline not allowing penetration to the inside gap.
I'm Back	Center call to backside guard to identify assignment.
Jet	Term used for FB to block end man on LOS for option.
Pinch	Double team between tackle and tight end.
Playside	Side of point of attack.
Pull Scoop	Center wide scoops and backside guard pulls for backside LB'er.
	Receiver takes a step to widen, then receiver blocks him out of bounds.

TERMINOLOGY (Cont'd)

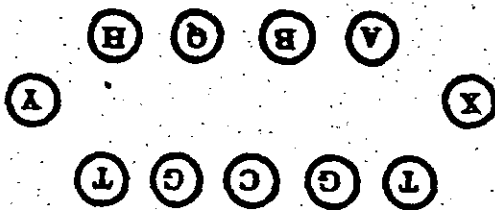
- Route Adjustment** A change in route to counter a change in coverage.
- SS** Strong Safety.
- Scan** Backside guard or center's call to identify assignment.
- Scoop** Center, backside guard and tackle, block playside seam.
- Series** Plays grouped together by a backfield action number.
- Slip** Playside guard on ace block goes to backside LB'er.
- Strong Side** Direction of the formation, right or left.
- Switch** Guard and tackle pass block first man on to your outside.
- Switch Blocking** A back and WR exchanging blocking responsibility on option.
- 2 or 3 Call** Guards call to identify technique.
- Down** Pass protection call on 360-370 with center covered and tackle able to block down so guard can secure A gap.
- Stay** Playside guard and tackle area block first man to your outside release.
- Veer** Playside guard base, playside tackle block first linebacker inside.
- Walk Off** An End or LB'er near to halfway between flanked offensive man and slightly off line.
- Wave** Step to point of attack and ram any defender that crosses your face, work up field.
- Weak Side** Side away from the direction of the formation.
- White** Playside guard and tackle block first man on to your outside.
- White Switch** Playside guard and tackle set pass then block first man on to your outside.
- one** Pass protection for play action pass and 360-370 (pass protection).

Section 3

**OFFENSIVE
PROCEDURE**

OFFENSIVE PROCEDURE

I. HUDDLE PROCEDURE - Round with the QB in center of the side away from the ball



II. SNAP COUNT - The snap count is ready "Set - Hut". The Center will start the ball in motion on the "Set" sound and deliver the ball into the hands of the QB on the "Hut" sound.

- A. **Double** - If "Double" is called in the huddle, then the complete snap count will be called. The ball will be snapped on the sound of the second "Ready" call.
- B. **On Two** - If "Two" is called in the huddle, then the complete snap count will be called. The play then starts on the second snap count.

C. **Color** - If "Color" is called in the huddle, then the ball will be snapped as soon as the sound of color is called.

D. **Ready** - If "Ready" is called in the huddle, then the ball will be snapped on the sound of the first "Ready".

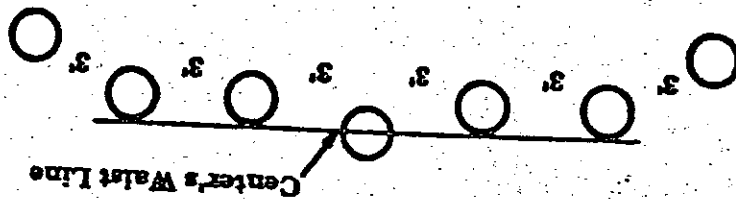
III. AUDIBLE - The QB may change the play called in the huddle at the Line of Scrimmage by adding a "live color" before the play desired. The snap count then goes back to "one".

A. **Over** - If the QB wants to change the direction of the play called in the huddle, he will call "over" proceeded with a "live color".

B. **Check With Me** - This is a huddle call that tells everyone the play will be called at the LOS. Any color may proceed the play called.

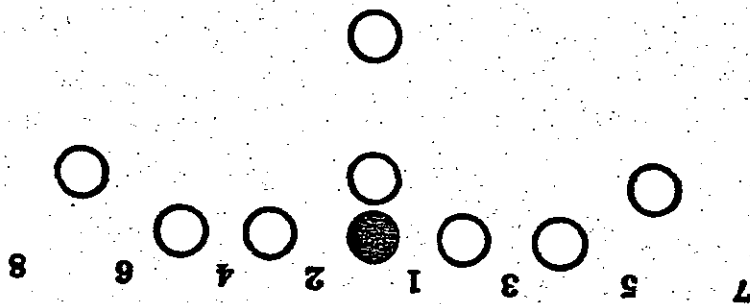
ALIGNMENT - The Offensive Linemen will assume a three point stance with their facemasks aligned on the waist of the center.

A. Splits - Normal splits for Guards and Tackles will be three feet.



"Splits" call - This tells the Offensive Line they need to tighten their splits to approximately 18 inches to 2 feet depending on the play called.

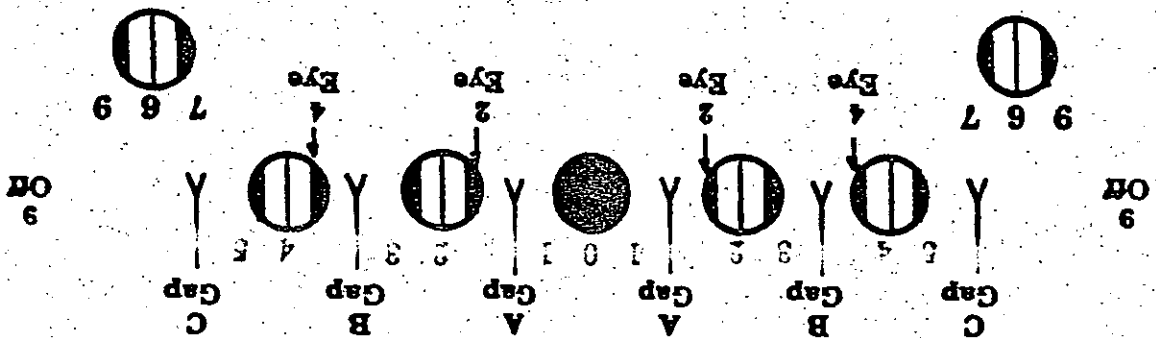
HOLE NUMBER SYSTEM: Even Right - Odd Left



BACKFIELD AND WIDEOUT ALIGNMENT

1. Fullback or "B" Back's feet will be grounded 4 yards from the ball directly behind the QB. He will use a three point stance.
2. A & H Backs in Spread will line up with their inside feet 3 feet from the Tackle and one foot off of the Tackle's butt. They will use a staggered, two point stance with their inside feet back.
3. "H" will always line up to the call side.
a. "A" will always line up away from the call side.
b. "A" will always line up away from the call side.
3. Wideout alignment will always have Z to the call side and X away from the call side. They will line up on the proximity of the numbers, depending on where the ball is.
4. In any type of Trips or Over set, the Back or Receiver that goes over will line up halfway between the wide receiver and the Back on that side.
- a. In "Trips" - "H" is always the playside or tight side Slot Back and the "A" Back is always the Wide Slot, splitting the distance between "H" and "Z". X is away from the call side and Z is to the call side.
- b. In "Overs" - "A" is away from the call side and "H" is to the call side. X is always the inside wide receiver splitting the distance between H and Z. Z is always the outside wide receiver lining up on the proximity of the numbers depending on where the ball is and the play.
5. X and Z will be permitted to leave the huddle after the play has been called the first time.

IDENTIFICATION OF DEFENSIVE TECHNIQUES



0 - 1 Technique = Term used to describe alignment on center either head up or shade.

2, 2 Eye, 3 Technique = Term used to describe the alignment on the offensive guard.

4, 4 Eye, 5 Technique = Term used to describe alignment on offensive tackle.
6, 7, 9 Technique = Term used to describe alignment on A back.

9 Off. Technique = Term used to describe a drop player or player lined up in space.

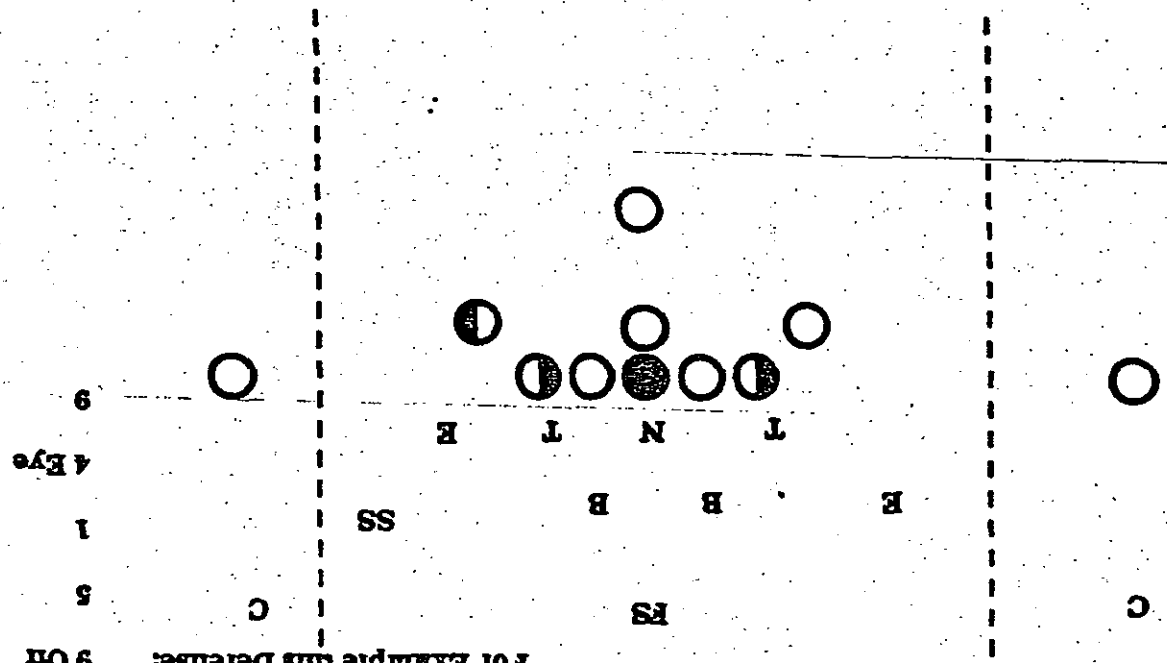
A Gap = Gap between Center and Guard.

B Gap = Gap between Guard and Tackle.

C Gap = Gap between Tackle and Slot.

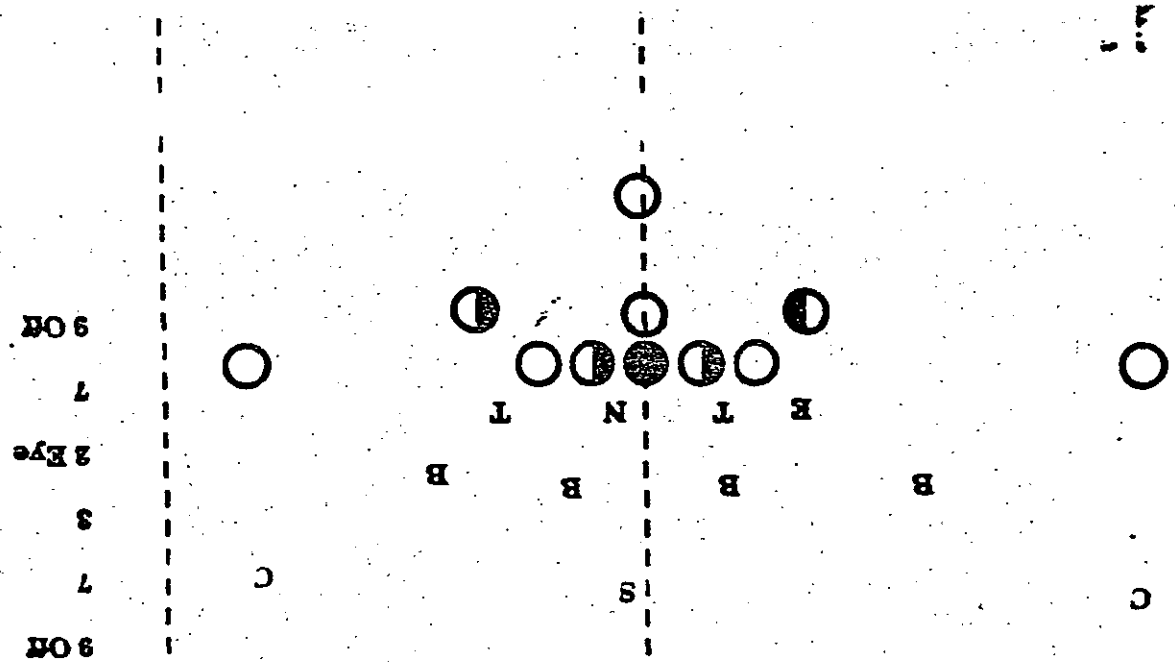
In listing defenses at the University of Hawaii, we will use the techniques and call them from the weak side to the strong side. The weak side will be the short side of the field if we don't have a strength offensively. When the ball is in the middle of the field with a balanced offense we will use the left side as weak and the right side as strong.

For Example this Defense:



In calling this defense we would have to use the short side of field rule and go Left to Right.

This Defense:

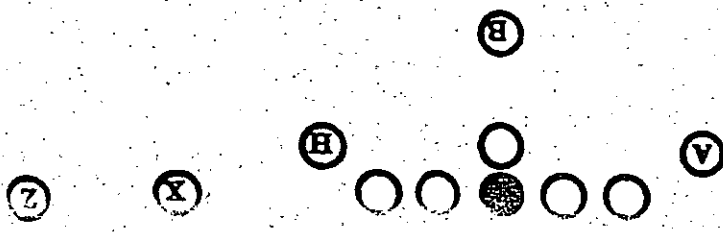


**OFFENSIVE
FORMATIONS**

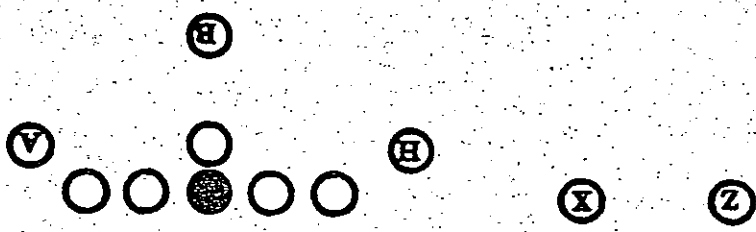
Section 4

BASE FORMATIONS

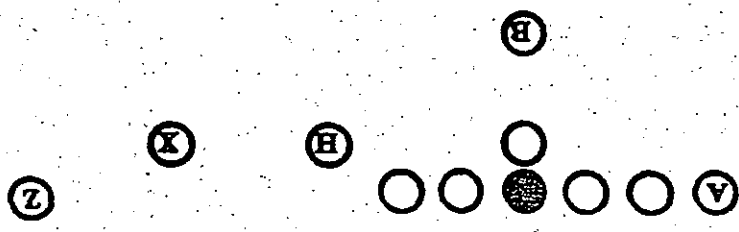
OVER RT



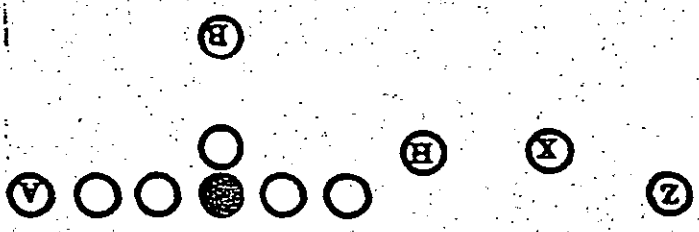
OVER LT



OVER RT BROWN



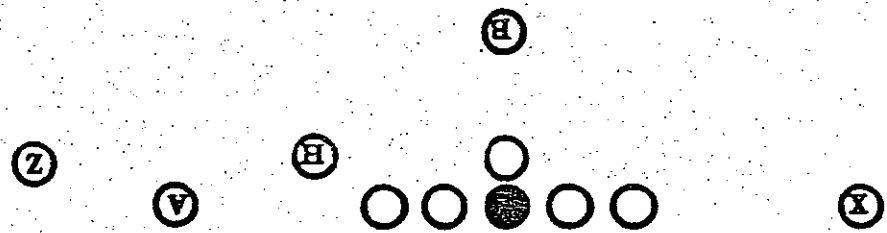
OVER LT BROWN



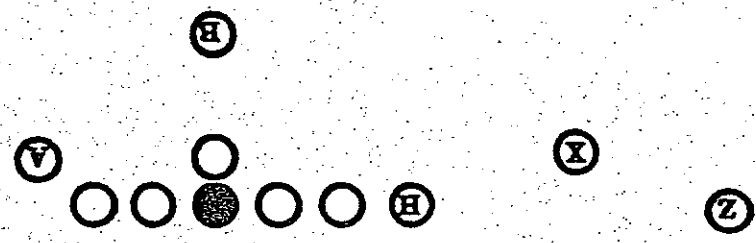
INVERTED TRIPS LT



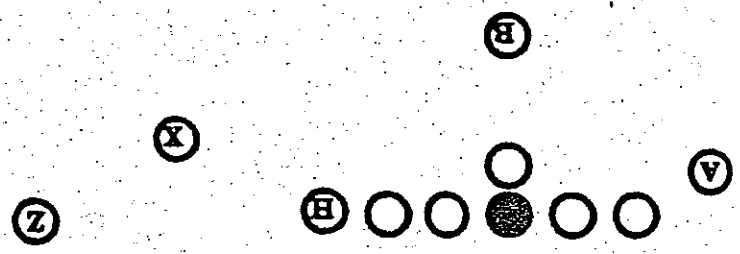
INVERTED TRIPS RT



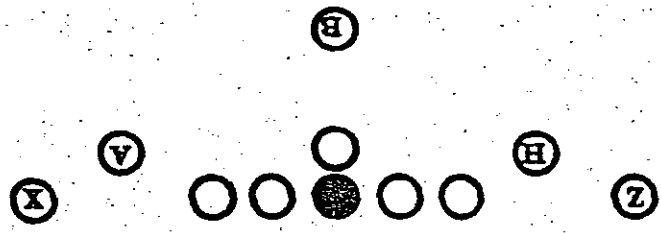
OVER LT GREEN



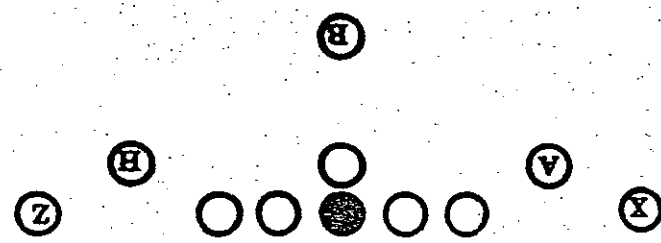
OVER RT GREEN



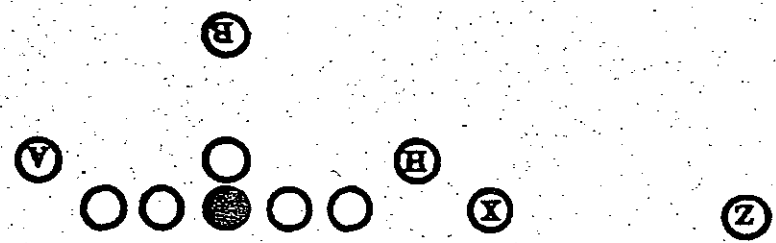
BASE FORMATIONS



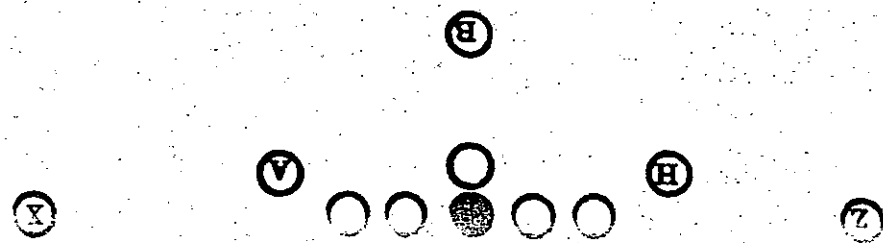
DOUBLE FLEX LT



DOUBLE FLEX RT



VER LT FLEX



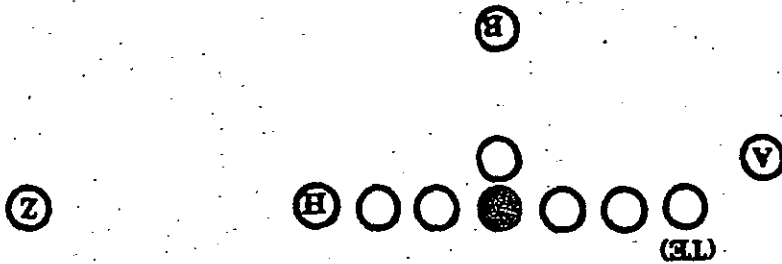
VER RT FLEX

BASE FORMATIONS

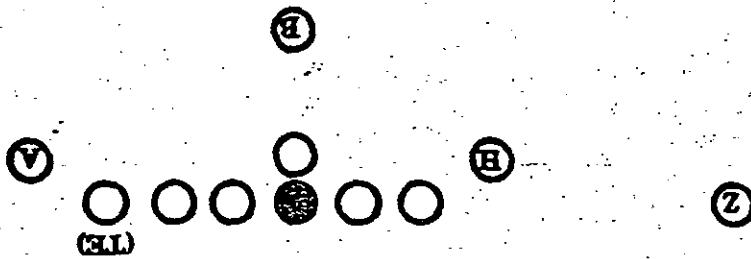
THE FORMATIONS

4-5

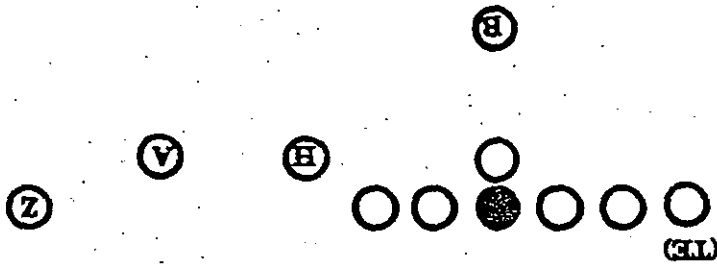
READ RICKY



SPREAD LARRY



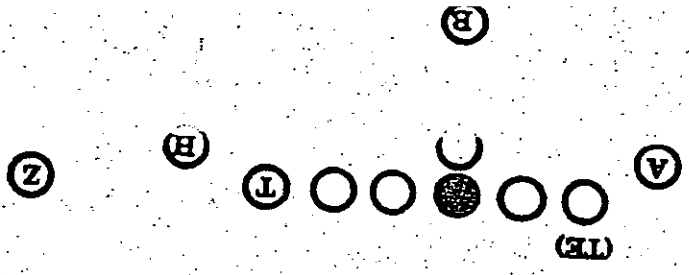
TRIPS RICKY



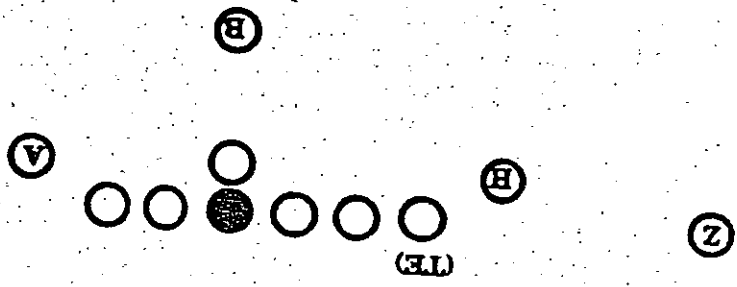
TRIPS LARRY



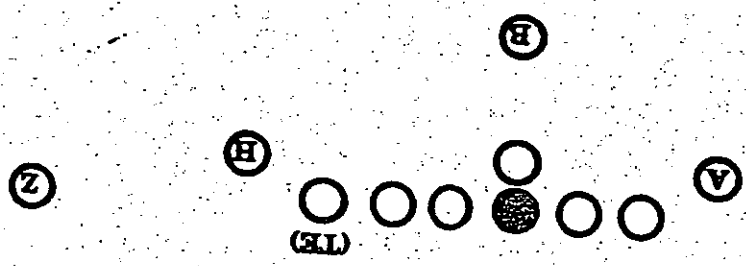
LY RICKY



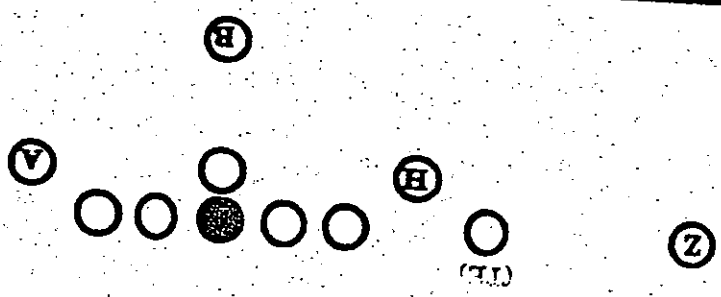
ER LARRY



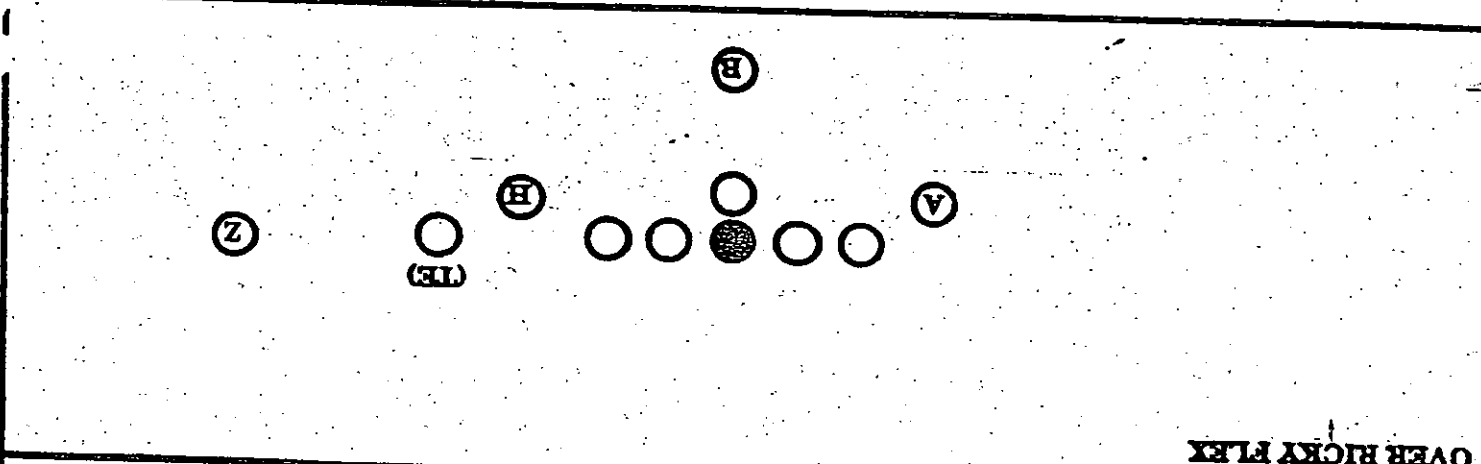
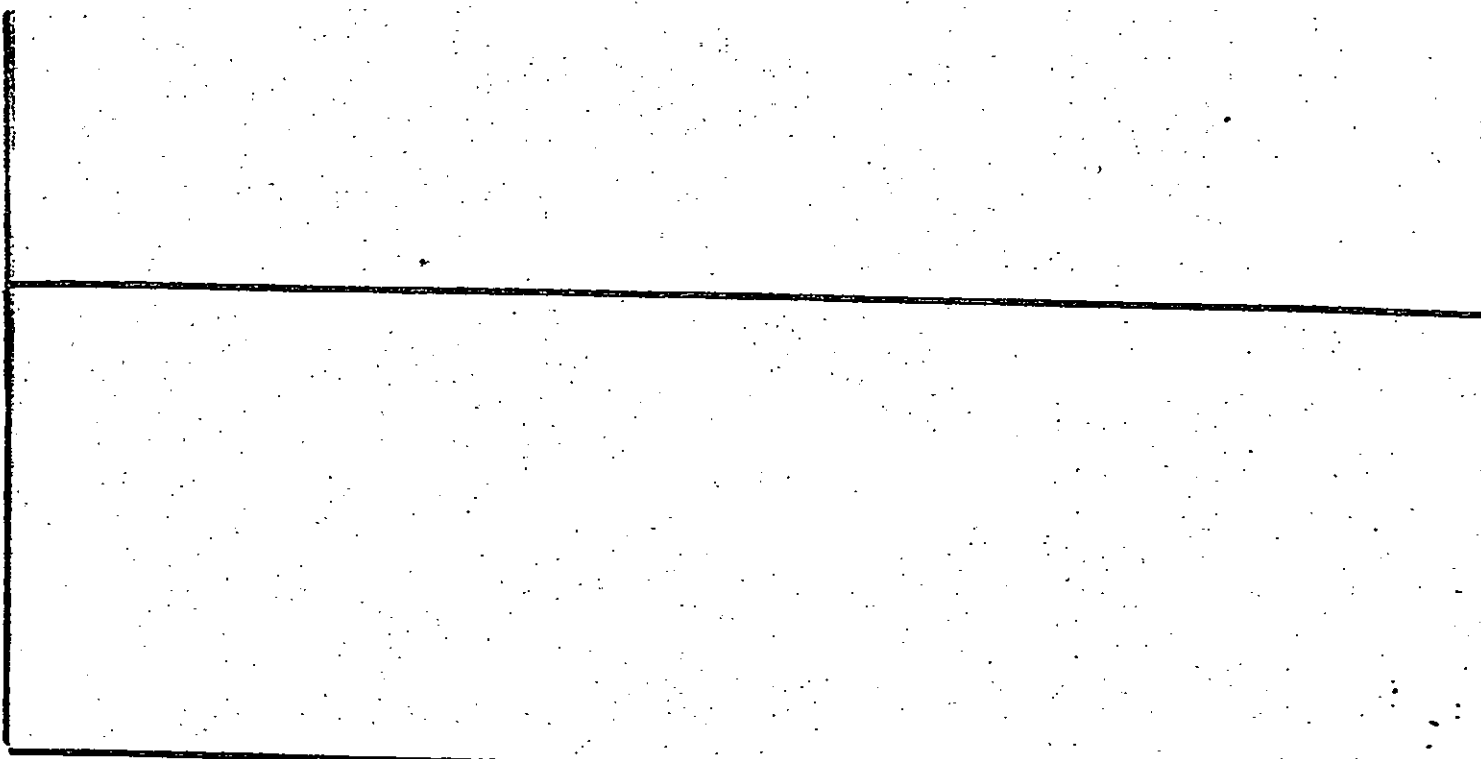
VER RICKY



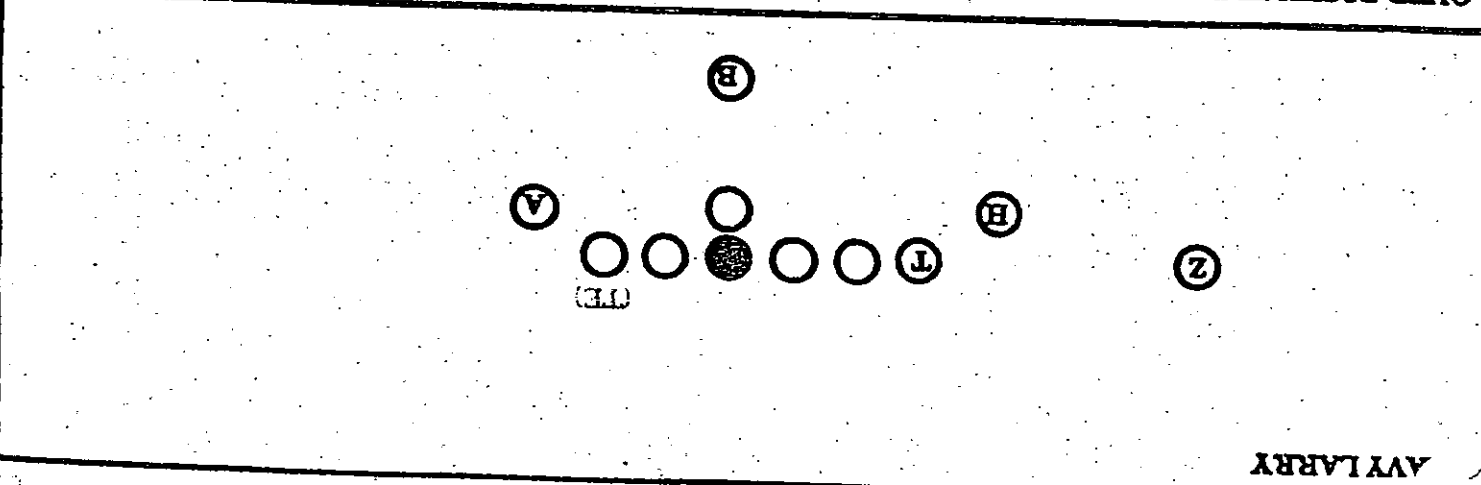
LARRY FLEX



TE FORMATIONS

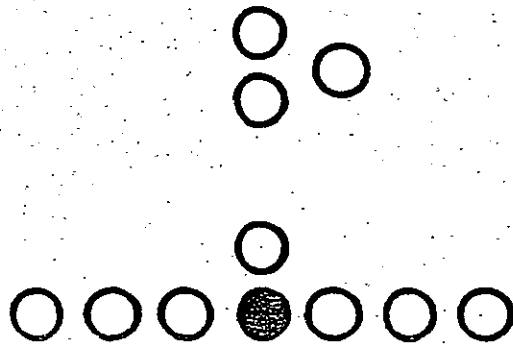


OVER RICKY FLEX

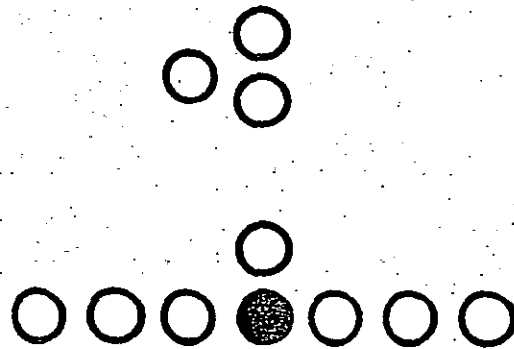


AVY LARRY

TE FORMATIONS



SET LEFT

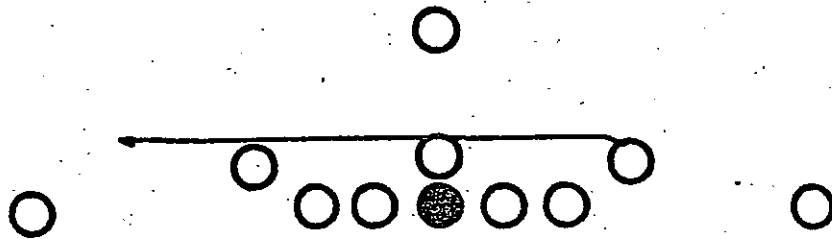


SET RIGHT

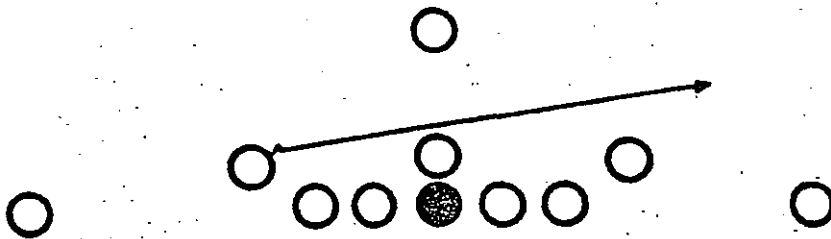
MOTION CALLS

The terms used to get motion in the Rainbow Offense are Rip, Roy and Rose to the right and Liz, Lou and Load to the left. Rip and Liz are used for the A-Backs, Rose and Load are used for the Wide Receivers, and Roy and Lou are used for the B-Back.

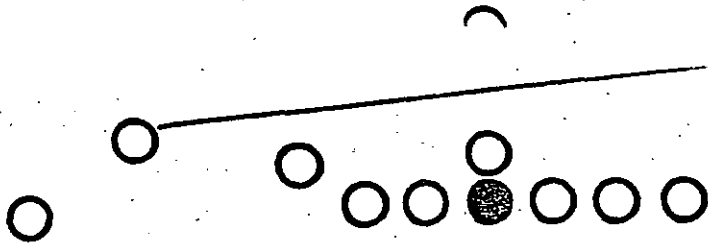
Spread Rip would look like this:



Spread Liz would look like this:



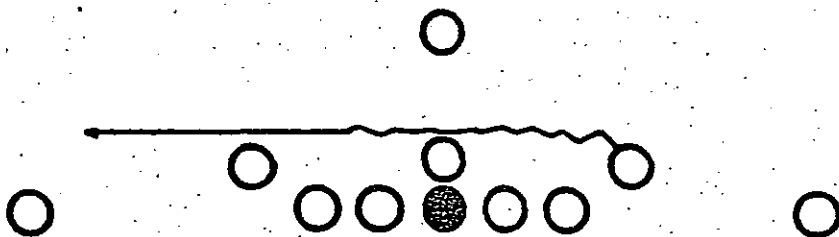
Over Rt Brown Load would look like this:



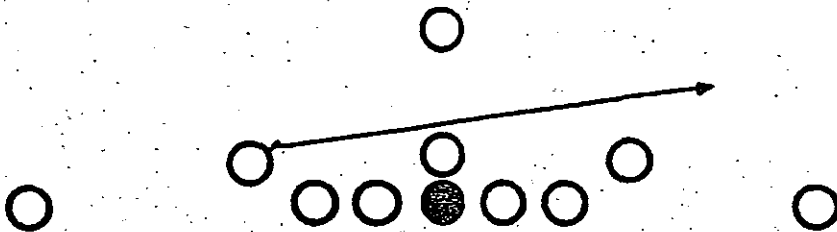
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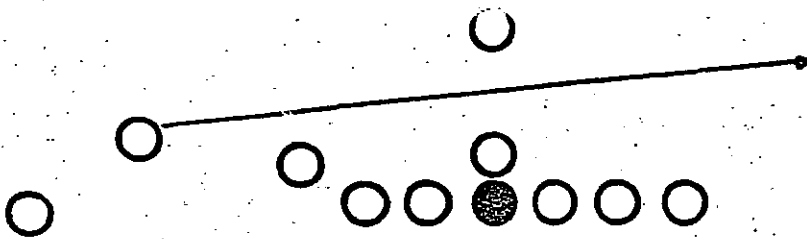
Spread Rip would look like this:



Spread Liz would look like this:

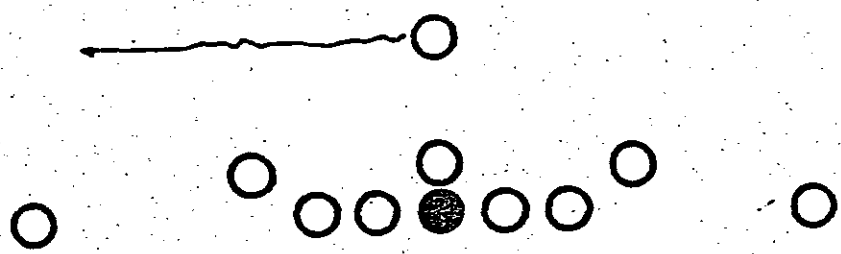


Over Rt Brown Load would look like this:

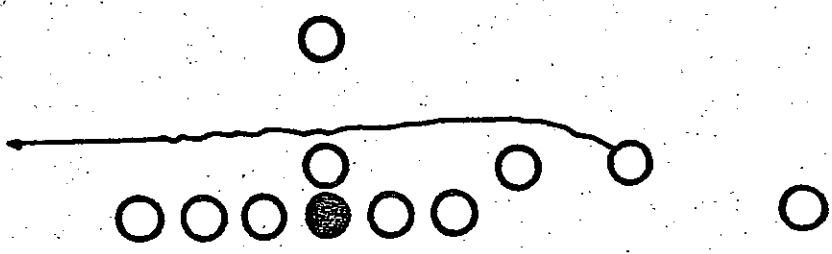




Spread Lou would look like this:



Spread Roy would look like this:



Over Lt Brown Pose would look like this:

MOTION CALLS

**DEFENSIVE
FRONTS &
COVERAGES**

Section 5

DEFENSIVE FRONTS

5-1

PRO 43

B

W E T T E S

Diagram showing a defensive front with 10 pieces: 5 White (W) and 5 Black (B). The pieces are arranged in a line with a gap in the middle. The letters W, E, T, T, E, S are printed below the pieces.

COLLEGE 43

W B S

E T T E

Diagram showing a defensive front with 10 pieces: 5 White (W) and 5 Black (B). The pieces are arranged in a line with a gap in the middle. The letters E, T, T, E are printed below the pieces.

42 STACK (NICKEL)

N B B S

E T T E

Diagram showing a defensive front with 10 pieces: 5 White (W) and 5 Black (B). The pieces are arranged in a line with a gap in the middle. The letters E, T, T, E are printed below the pieces.

SPLIT 6 (NICKEL)

N B B S

E T T E

Diagram showing a defensive front with 10 pieces: 5 White (W) and 5 Black (B). The pieces are arranged in a line with a gap in the middle. The letters E, T, T, E are printed below the pieces.

62

B B

W E T T E S

Diagram showing a defensive front with 10 pieces: 5 White (W) and 5 Black (B). The pieces are arranged in a line with a gap in the middle. The letters W, E, T, T, E, S are printed below the pieces.

SHADE

W B B S

T N T

Diagram showing a defensive front with 10 pieces: 5 White (W) and 5 Black (B). The pieces are arranged in a line with a gap in the middle. The letters T, N, T are printed below the pieces.

SLIDE

B B S

W T N T

Diagram showing a defensive front with 10 pieces: 5 White (W) and 5 Black (B). The pieces are arranged in a line with a gap in the middle. The letters W, T, N, T are printed below the pieces.

5

B B S

W T N T

Diagram showing a defensive front with 10 pieces: 5 White (W) and 5 Black (B). The pieces are arranged in a line with a gap in the middle. The letters W, T, N, T are printed below the pieces.

DOUBLE EAGLE

B B S

W T N T

Diagram showing a defensive front with 10 pieces: 5 White (W) and 5 Black (B). The pieces are arranged in a line with a gap in the middle. The letters W, T, N, T are printed below the pieces.

BEAR

B B S

W T N T S

Diagram showing a defensive front with 10 pieces: 5 White (W) and 5 Black (B). The pieces are arranged in a line with a gap in the middle. The letters W, T, N, T, S are printed below the pieces.

COVERAGES

ZONE

Cover 3
Cover 2
Cover 3 Roll
Cover 6

MAN

Cover 0
Cover 1
Cover 2 Man

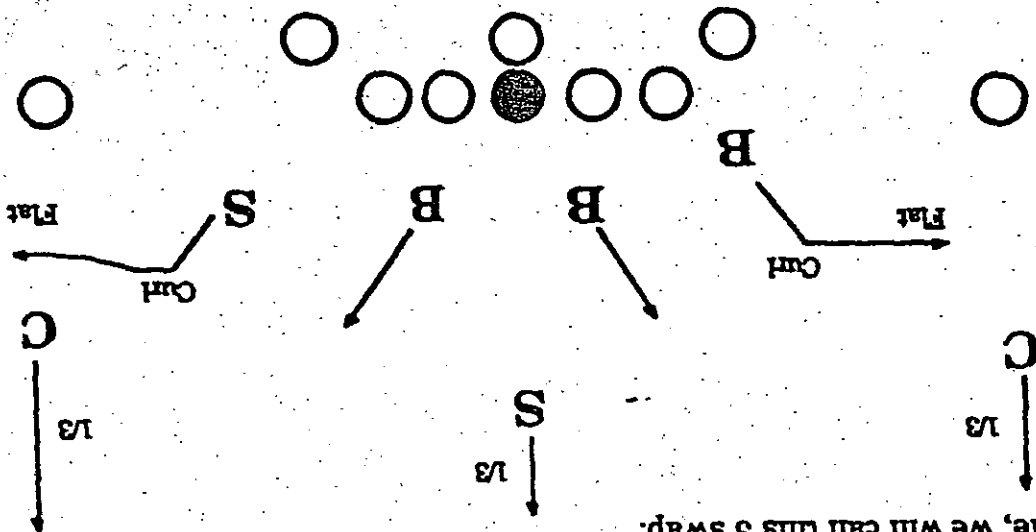
COMBINATION

Cover 44
Cover 4
Cover 9

DESCRIPTION OF SECONDARY COVERAGES

COVER 3

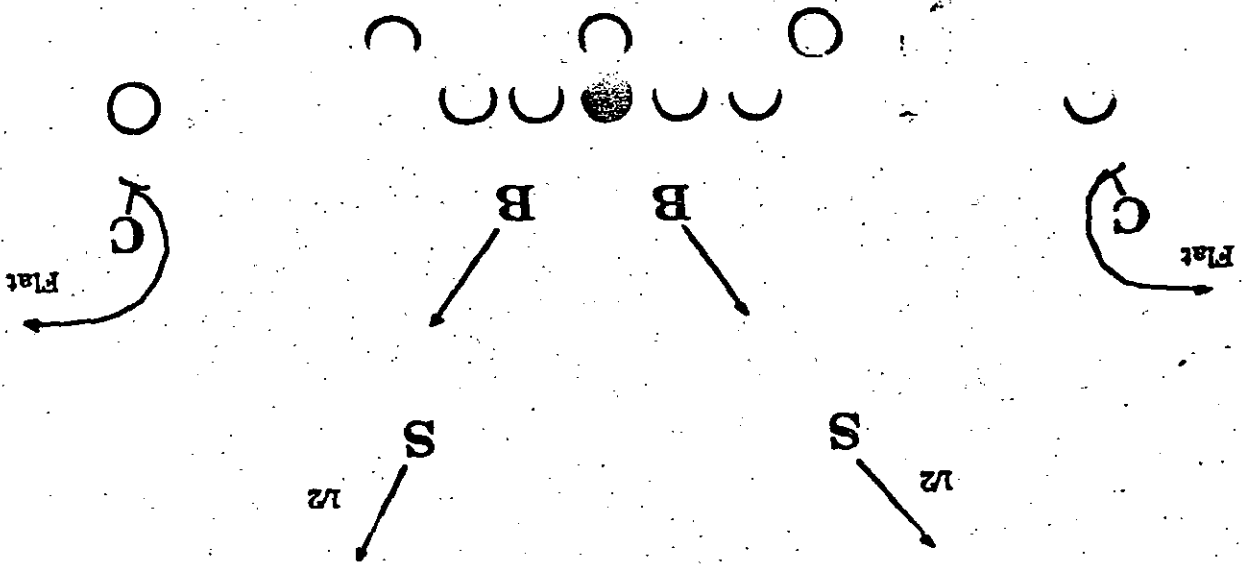
This is a predetermined non-rotating three-deep coverage. The strong safety covers the strongside flat. Both corner backs cover the deep outside 1/3 of the field. The free safety covers the deep middle 1/3 of the field. (If corner and safety change responsibility in strong side, we will call this 3 swap.)



COVER 2

This is a 2 deep non-rotating zone coverage. The two safeties will line up near the hash approximately 12 yards deep and be responsible for the two deep halves of the field. The two corner backs will line up outside the two wide receivers and approximately 5 yards deep. Their responsibilities are to force the receivers to the inside and then cover the flat zones. The cornerbacks are also the primary run support players to their side.

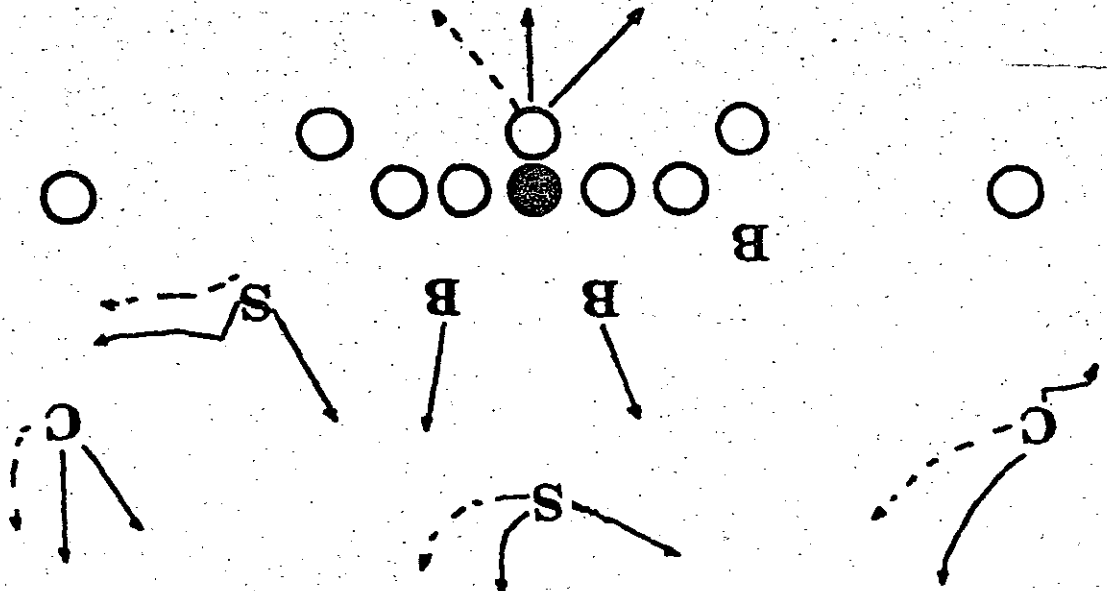
NOTE: With the two corners playing flat zones and three linebackers playing the hook zones, this equips the defense with 5 short zone players. (3 LB's and 2 corners).



ZONE COVERAGES

VER 3 ROLL

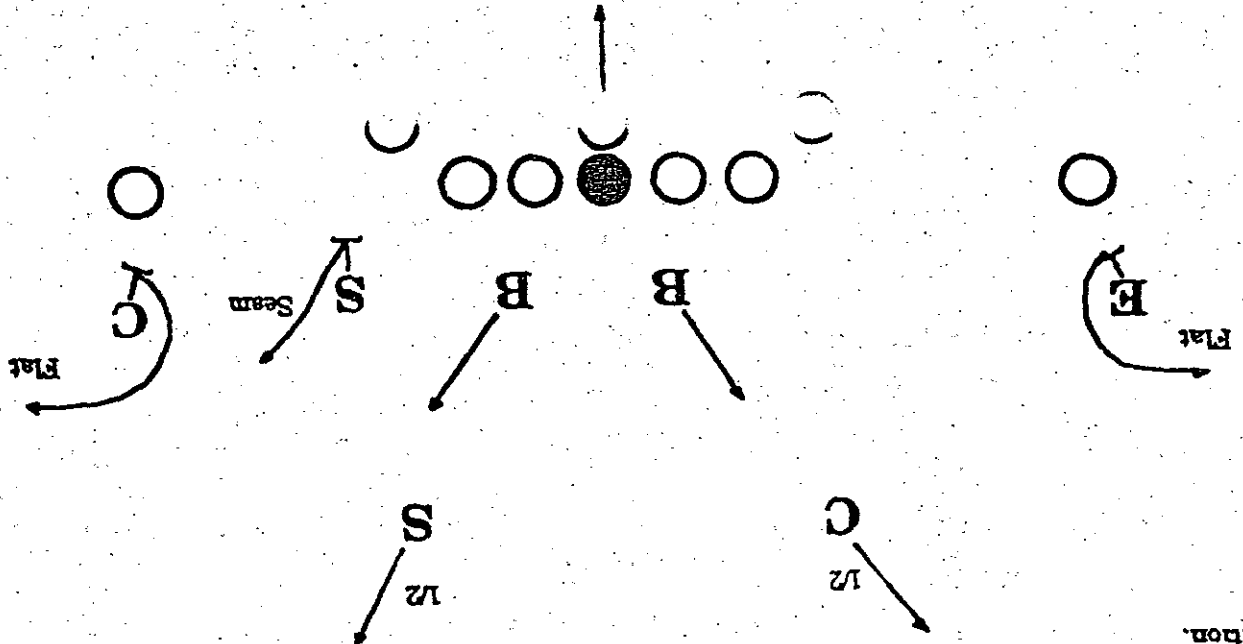
is a 3 deep rotating zone coverage. The flow of the backfield determines the direction of the rotation. The secondary will cover the flat zone in the direction of the offensive flow. The secondary player responsible for the flat zone will also be the primary run support player versus the run to that side. When the safety to that side is the primary run support player, this is known as "SKY" support (Sky means safety). When the corner to that side is the primary run support player, this is known as "CLIMB" support (Climb means corner).



COVER 6

This is a predetermined strongside coverage. The strong safety and strong corner have double support versus the run and two short zones versus the pass. The free safety moves over and covers the deep 1/2 of the field to the strong side. The weakside cornerback covers the deep 1/2 to the weakside. The weakside end covers the weakside flat. The end also contains the run to his side. This allows the weakside corner to force from inside out. The strong safety aligns head up to inside the first inside receiver about 5 yards deep. His responsibility is to not allow the first inside receiver to the deep middle of the field. Then he will cover the strongside hook zone. He will force all runs his side from inside out. The strongside cornerback plays 5 short coverage and contains all runs to his side.

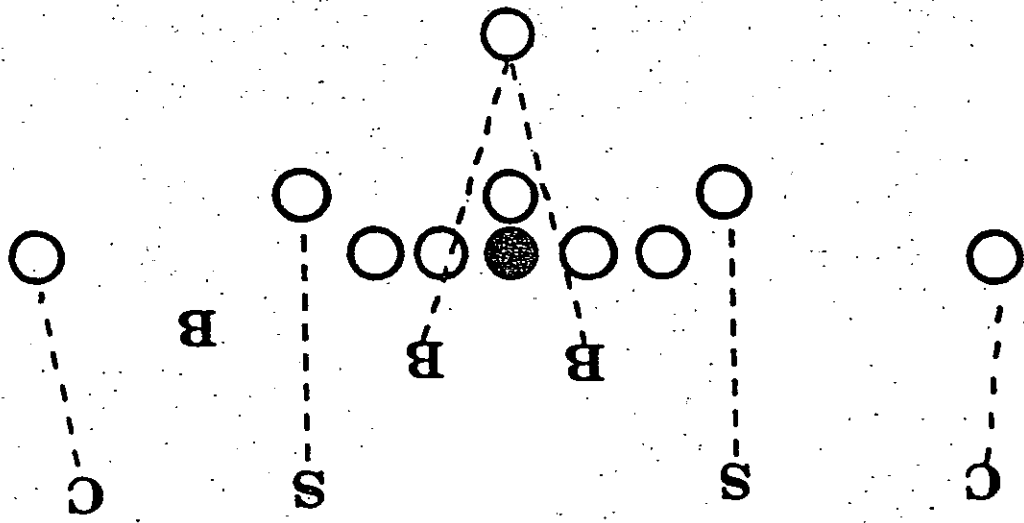
NOTE: Squat coverage is another form of 5 short coverage. It is normally used versus a twin offensive formation.



MAN COVERAGES

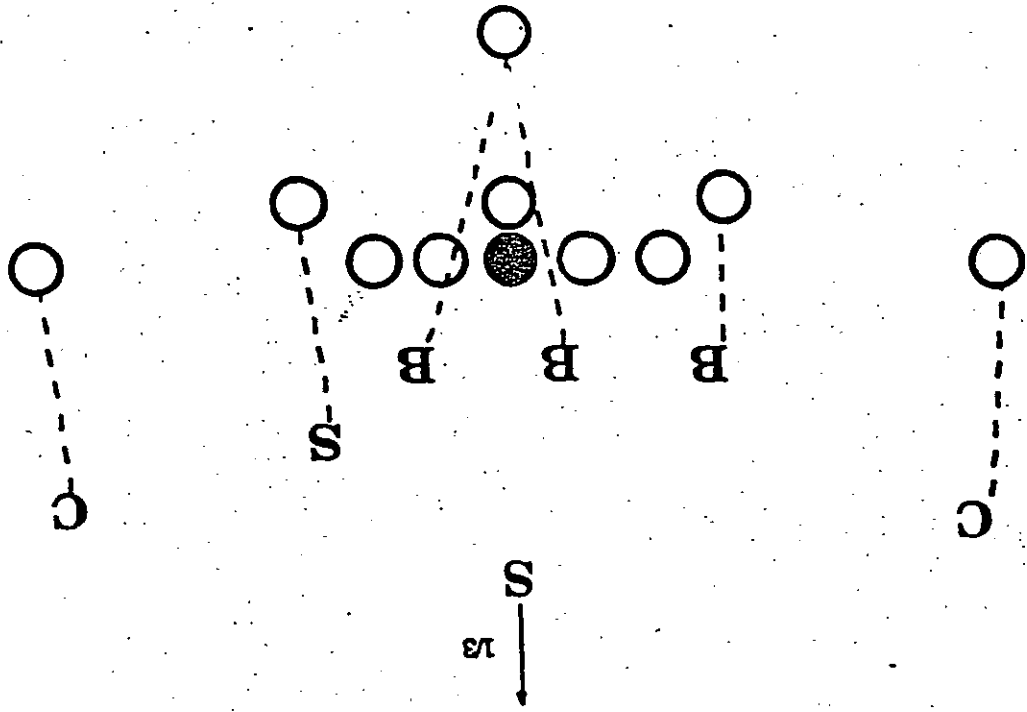
COVER 0

This is a man for man coverage. This is used when the defense is in some kind of 8 man front, leaving them in full man with no FS. Also this coverage will be used with most secondary stunts or blitzes.



COVER 1 (MAN FREE)

This is a man for man coverage. The cornerbacks will cover man for man the two wide receivers. The strong safety will cover man for man the first inside receiver. The free safety is free to support the run to both sides and cover the back out to the flow side. On straight dropback passes, the free safety may help on any deep routes. This coverage is used normally when linebackers are involved in some kind of blitzing situation.

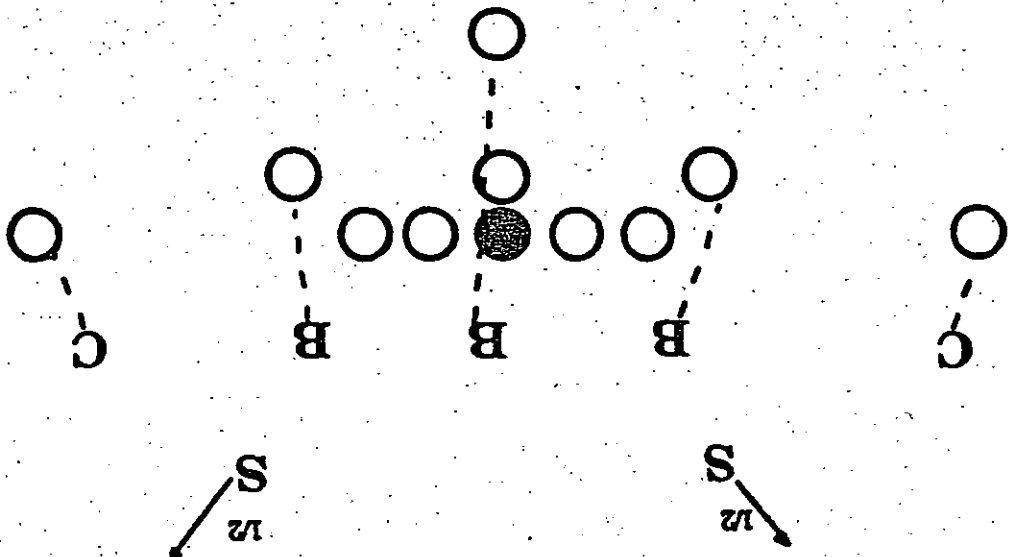


MAN COVERAGES

COVER 2 MAN

is a man for man coverage with two safeties playing the two deep halves of the field. The strongside end and linebackers cover the three inside receivers and the cornerbacks cover the two outside receivers.

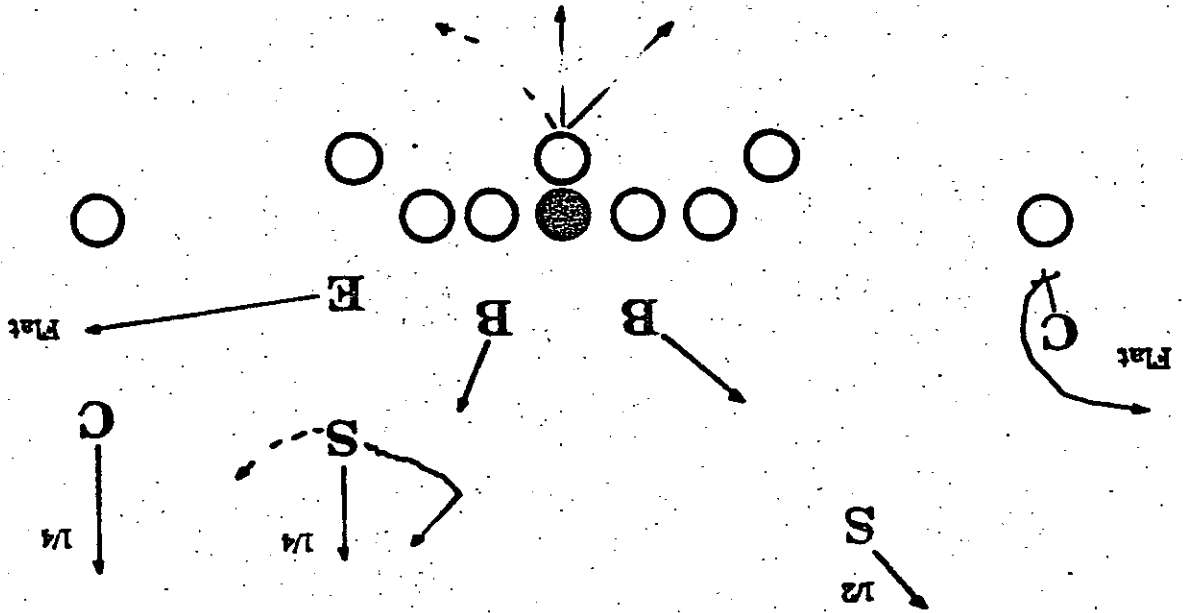
NOTE: This will be a tight man for man coverage.



COMBINATION COVERAGES

COVER 4

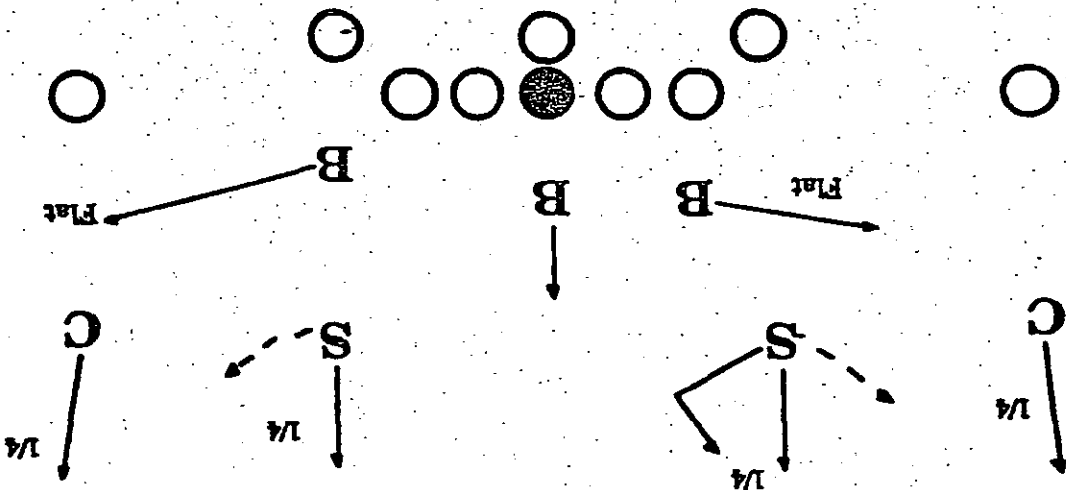
This is a combination zone and man for man coverage. The weakside safety and cornerback plays 5 short coverage (cover 5). The strongside safety plays a form of man for man coverage, with the strong safety reading the first inside receiver. If the first inside receiver releases upfield, then the strong safety covers him man for man. If the first inside receiver releases to the flat or across the field, then the strong safety helps the cornerback cover the first outside receiver. The strongside cornerback covers the deep 1/3 of the field. The strongside defensive end covers the strongside flat zone. The strongside end will be responsible for contain on running play to his side. Therefore, the strong safety will force from the inside out on any running play to his side.



COMBINATION COVERAGES

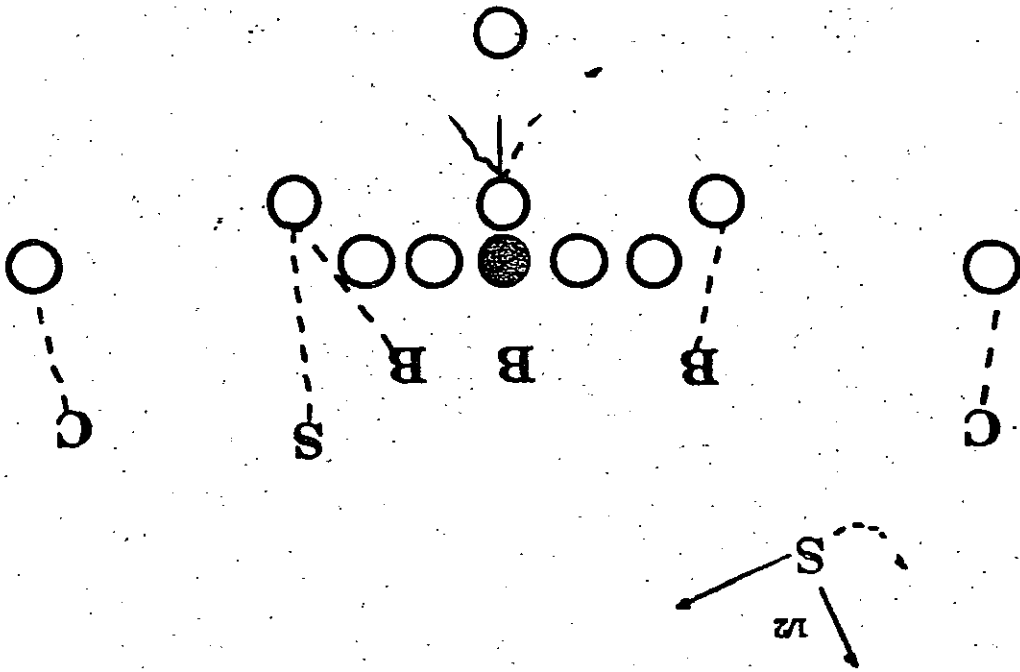
COVER 44

This is a combination zone and man to man coverage. The strong safety and free safety play a form of man to man coverage, with both reading the first inside receiver to their side. If the first inside receiver releases upfield, then they cover him man to man. If the first inside receiver releases cross or to the flat, then they help the corner to their side on the first outside receiver. The corners are playing a deep 1/3 of the field. The strongside end covers the strongside flat zone. The strongside end has contain on any running play to his side. Therefore, the safeties will force from the inside out on any running play to their side.



COVER 9

This is when the strongside corner and strong safety are man to man on the outside receiver and the first inside receiver to the strong side. The weakside corner is man to man on the outside receiver to his side and the free safety is in a 1/2 field look with combination help over the top.

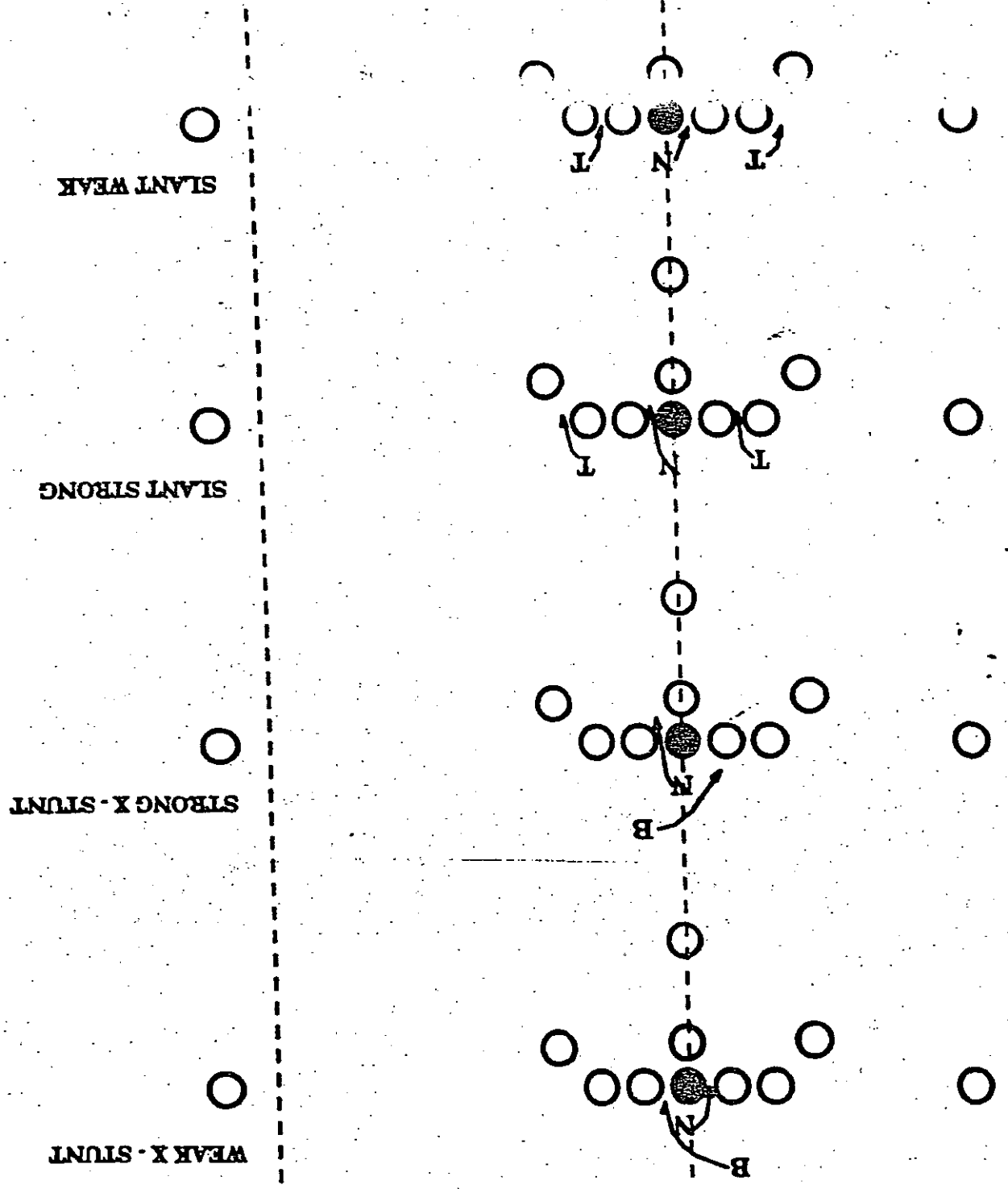


Section 6

STUNT & BLITZ
PACKAGE

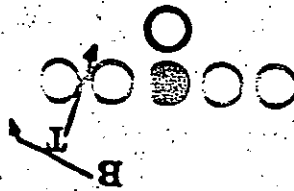
NOTE: The strong side or weak side of the Spread formation is determined by the alignment of the football on the playing field with the weak side being the short side of the field. If ball is in the middle of the field, the left side of the formation will be determined as weak side.

STUNTS OUT OF ODD FRONT

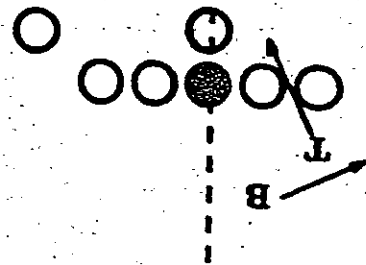


STUNT AND BLITZ PACKAGES

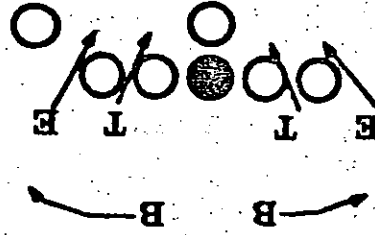
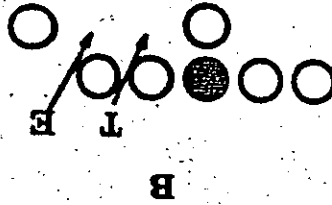
Strong C Stunt with tacite and AB changing O gap responsibility.

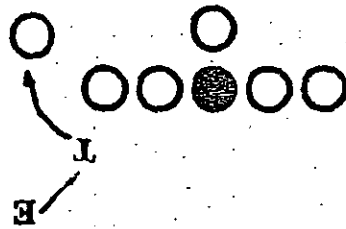


Weak - C Stunt



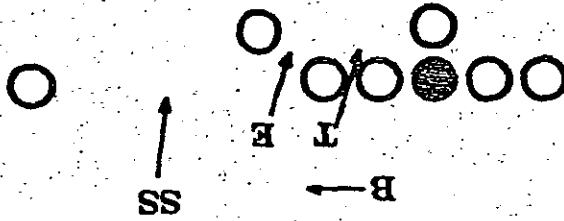
Strong Blood or Weak Blood depending on which side of field Stunt comes.



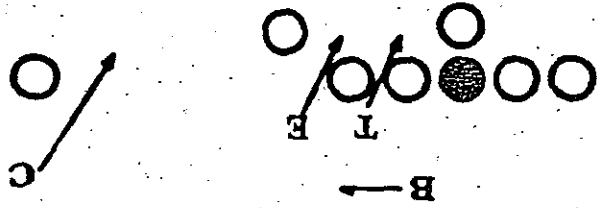


Easy Stunt with Tackle/End exchanging responsibility.

Strong Safety Press



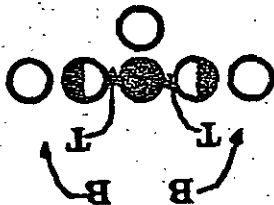
Corner Blitz



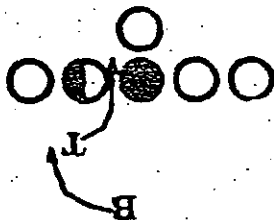
S

NOTE: All Slants, C-Stunts, Blood Stunts, and Easy Stunts are same as Odd Front.

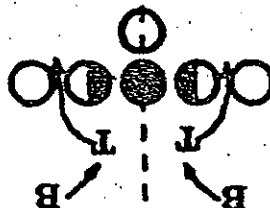
Double B



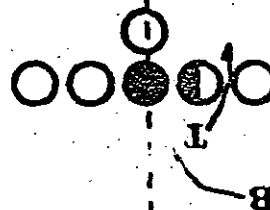
B Stunt



Double M



Weak M Stunt



STUNTS OUT OF EVEN FRONT

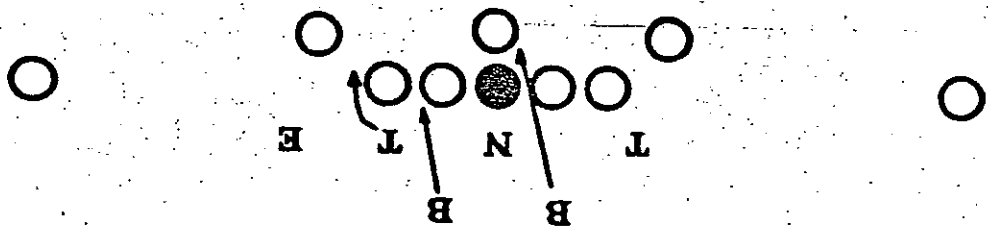
BLITZES OUT OF ALL FRONTS

Since Blitzes are basically schemed each depending on blocking schemes, we will only have 5 basic blitzes.

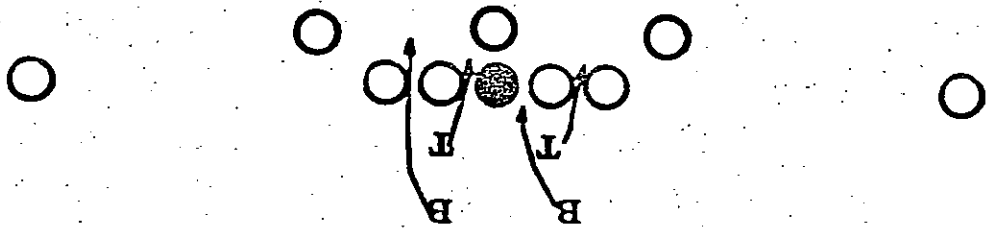
Middle Blitz: When both inside linebackers rush the passer regardless of gaps or stunts, we will call that a Middle Blitz.

Example:

Odd Front

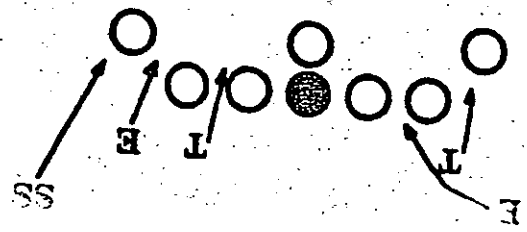


Even Front

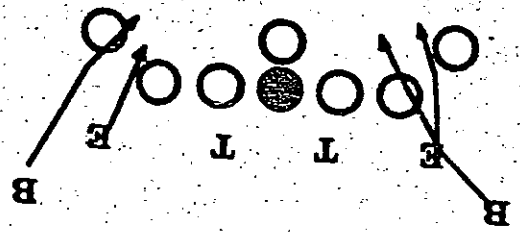


When we get two people rushing from outside the tackl box, we will identify that blitz

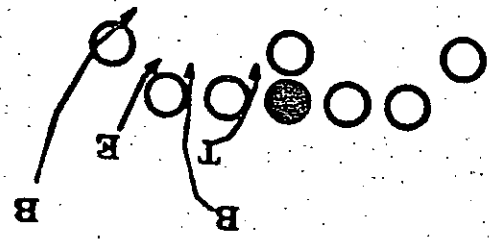
example:



example:



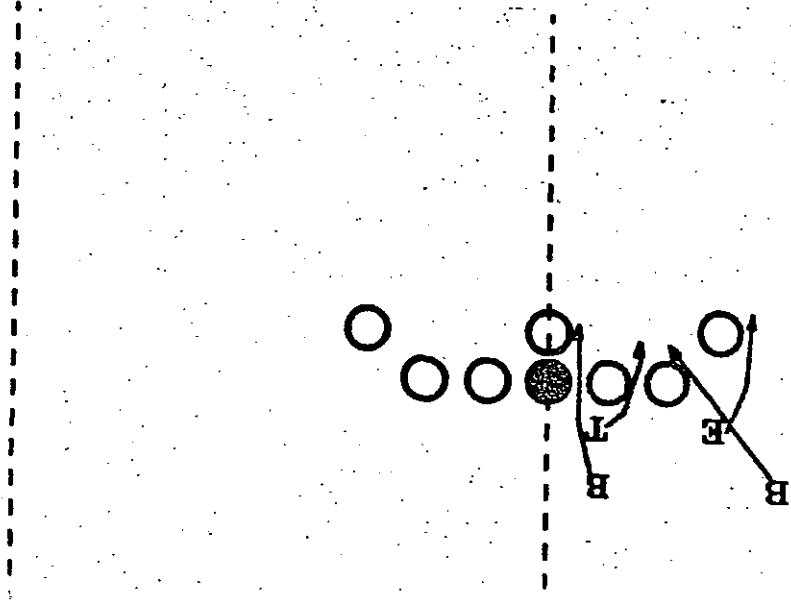
Then four rushers come off the side of the formation that we have determined the strength, we will call that a strong blitz.



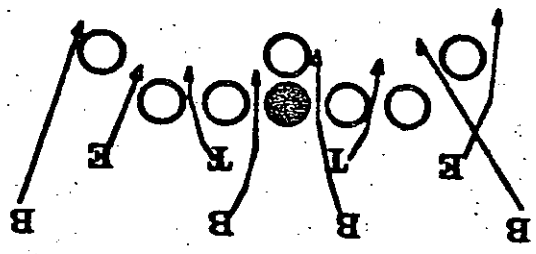
When we get 4 or more people rushing from the side of the formation away from where we have determined strength, we will call that a weak blitz.

6-7

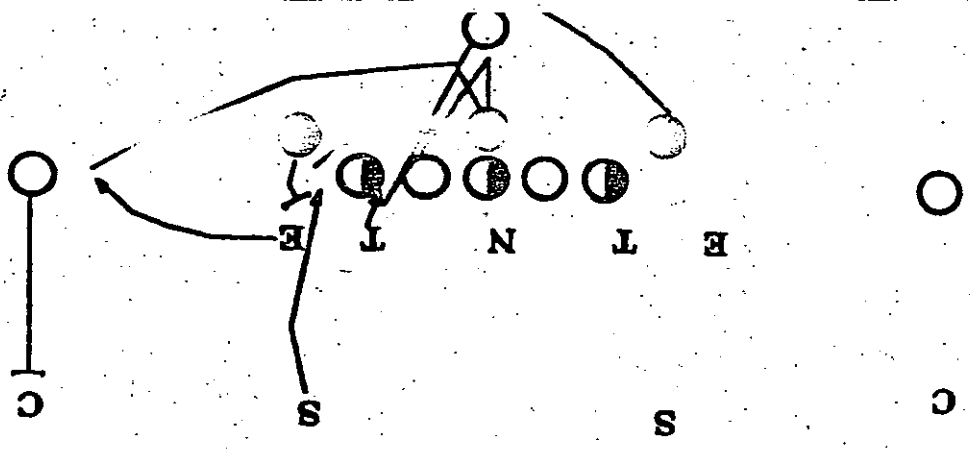
Example:



When we get both inside linebackers and both people rushing from the outside or a rush of 7 or more people, we will call that a max blitz.



Sting - This stunt has #2 (E) and #3 (SS) exchanging responsibilities. All of the offensive responsibilities remain the same.



**SPREAD
OFFENSE**

Section 7

PLAY (8-9)

Assignment

Drop step with backside foot and option end man LOS.

Block first man outside of end man on LOS.

Backside - run tail motion and pitch route.

Playside - load first LB'er inside.

Backside - run tail motion and pitch route.

Playside - stalk

Backside - AFBP.

Playside - stalk

Backside - AFBP.

Base - veer vs end man on LOS.

Base - inside, on, outside, near LB'er.

Base (G - cell possible).

Base - inside, on, outside, near LB'er.

Scoop to Ace.

Ace - double between center and playside guard.

Scoop (anchor possible).

Scoop (anchor certain situations).

Common

QB

B-Back

A-Back

H-Back

X

Z

PT

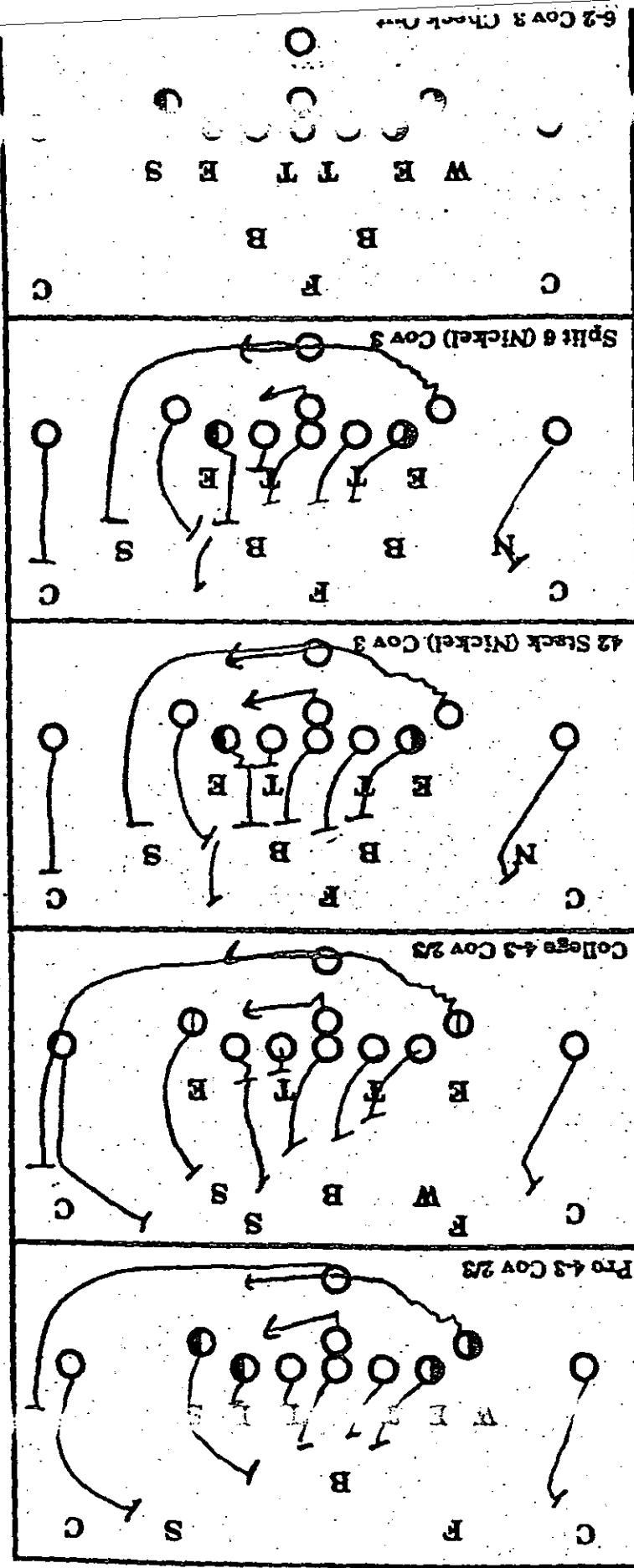
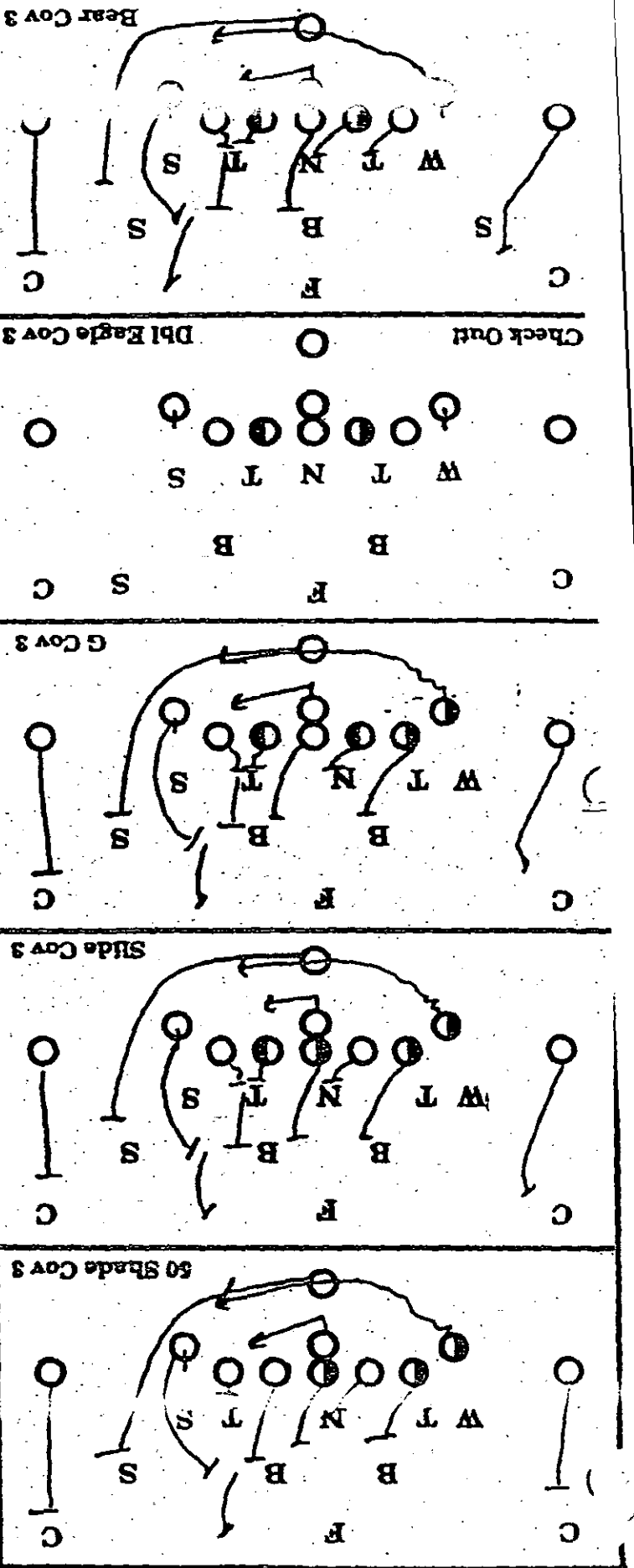
PG

C

BG

BT

PLAY (8-9) JET



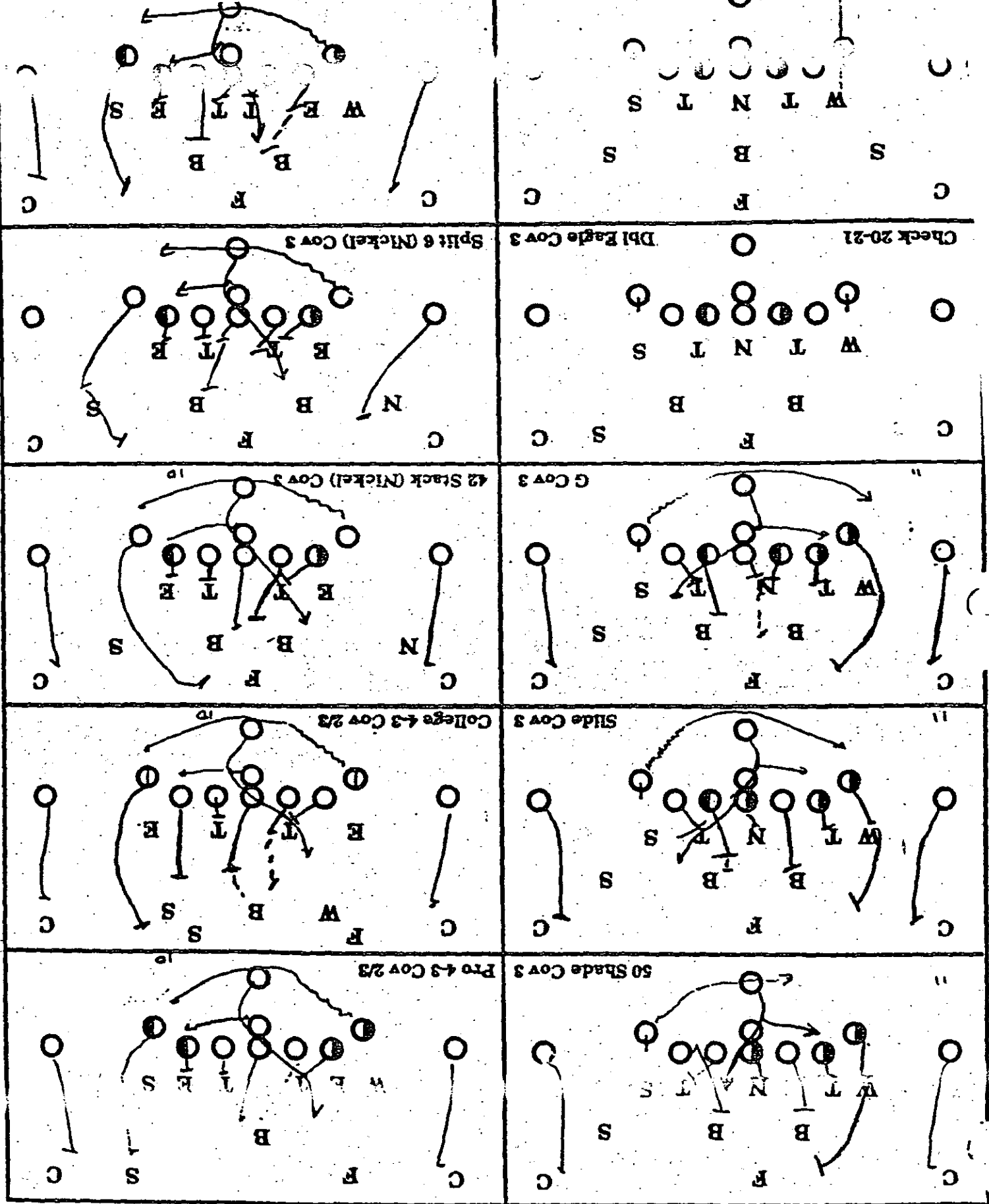
PLAY (10-11)

ASSIGNMENT

Position

QB	Take playside veer steps and give to B-Back and carry out triple option fake.
B-Back	Step with playside foot same as 12-13, then up field with backsides foot one check cut back.
A-Back	Playside - downfield Backside - pitch route with tail motion.
H-Back	Backside - pitch route with tail motion. Playside - downfield
X	Downfield inside out
Z	Downfield inside out
PT	Base. Base - inside, on, outside, near LB'er.
PG	Base. Base - inside, on, outside, near LB'er.
C	Base. Base - inside, on, outside, near LB'er.
BG	Wash unless 4i technique then fold with BT. Wash - knock first man to inside down for cutback.
BT	Tight scoop, wash unless 4i technique then fold with BG for backs. Wash - knock first man to inside down for cutback.

PLAY (10-11)

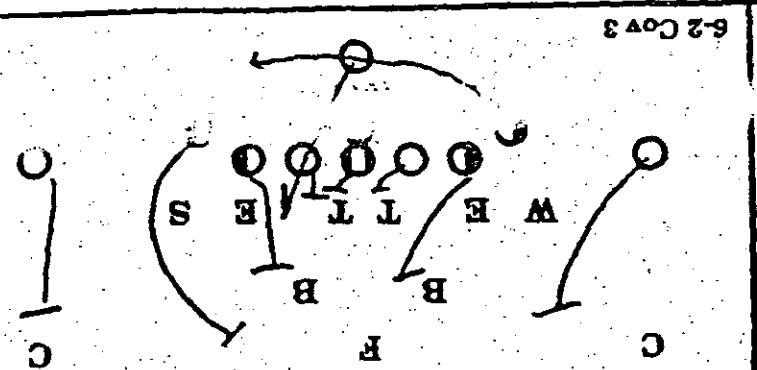
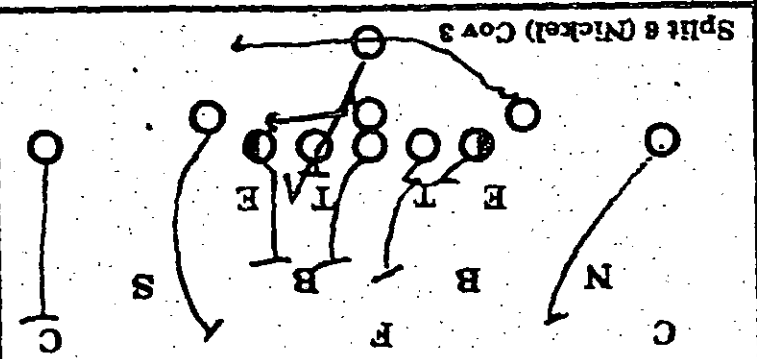
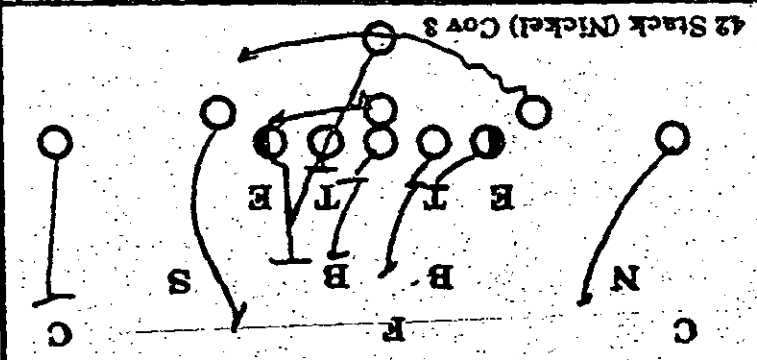
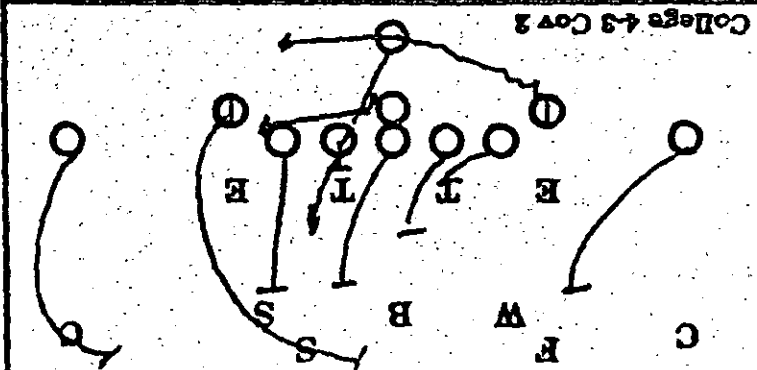
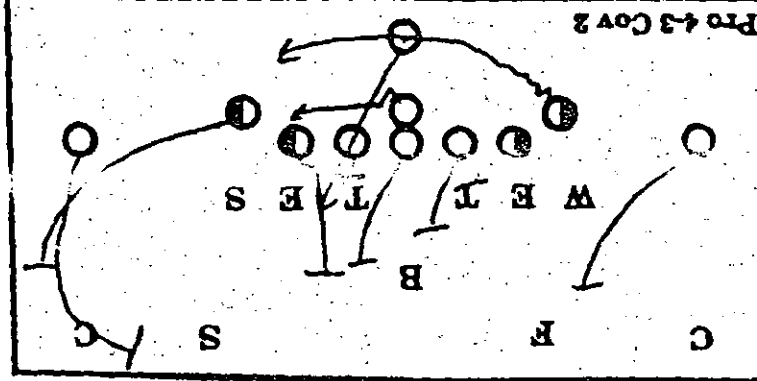
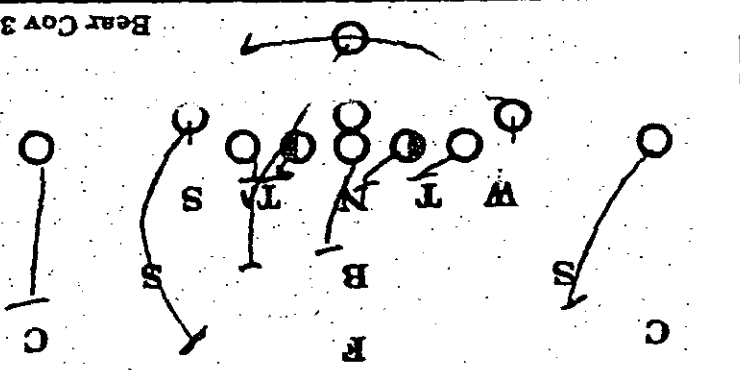
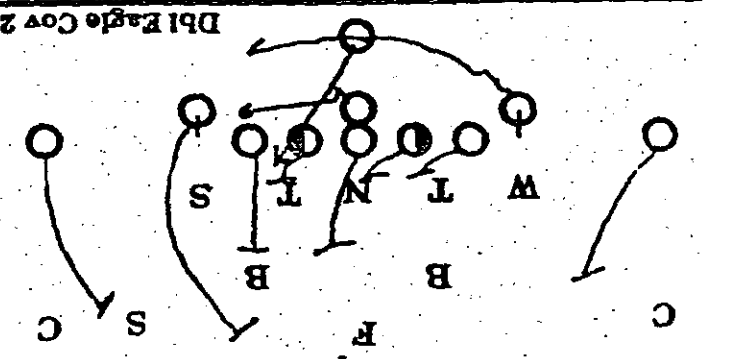
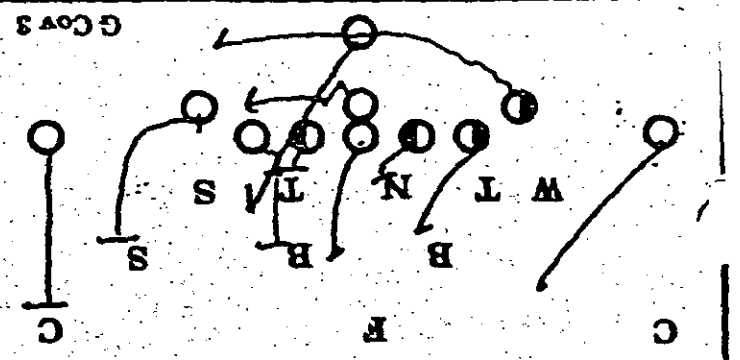
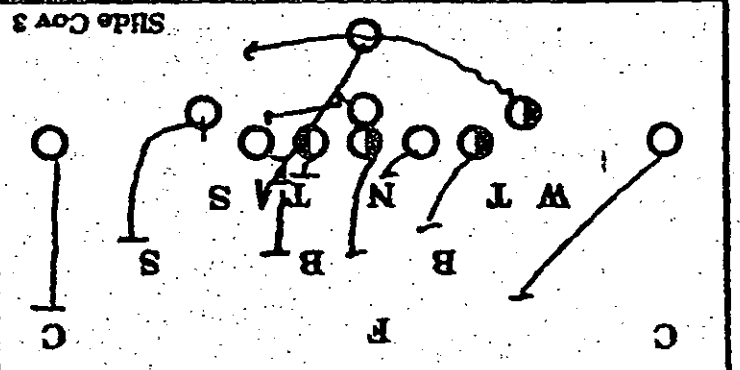
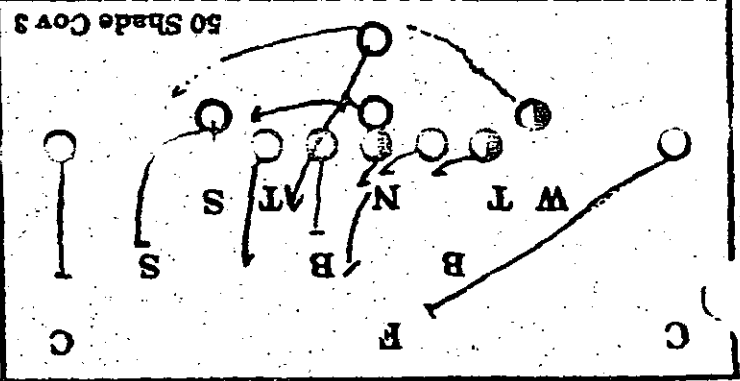


PLAY (12-13)

Assignment

Position	Assignment
QB	Take veer step - read #1 - pitch off of #2.
B-Back	Step with playside foot at crack of PG and run dive track at outside leg of PG.
A-Back	Backside - run pitch route. Playside - block #3.
H-Back	Backside - block #3. Playside - run pitch route.
X	Stalk or crack vs corner 7 yards deep or deeper. Switch vs press or rolled up corner. (AFBP)
Z	Stalk or crack vs corner 7 yards deep or deeper. Switch vs press or rolled up corner. (AFBP)
PT	Veer rule - first LB'er head up to inside. Combo 3 technique when LB'er is stacked or inside 3 technique.
PG	Base rule - inside, on, outside, near LB'er.
C	Scoop (Ace on load if guard is uncovered). Ace - double between center and playside guard.
BG	Scoop.
BT	Scoop.

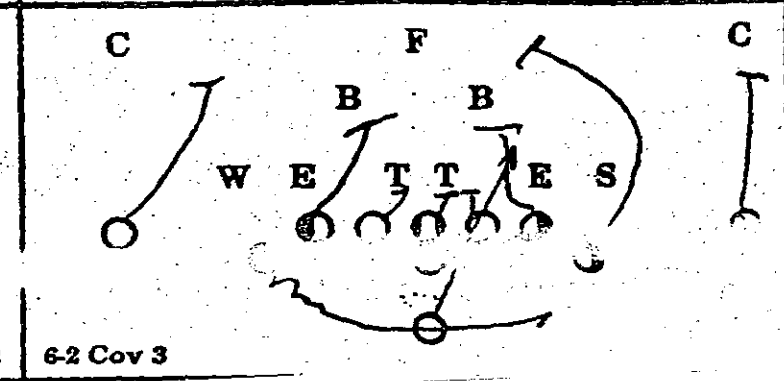
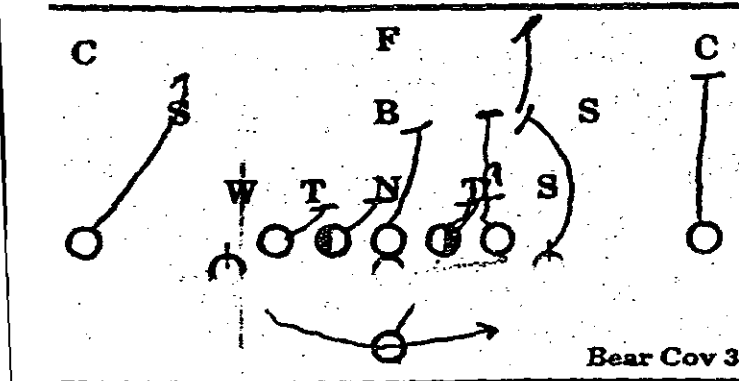
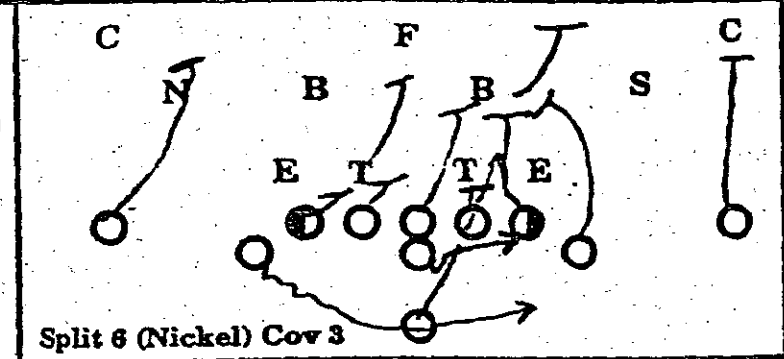
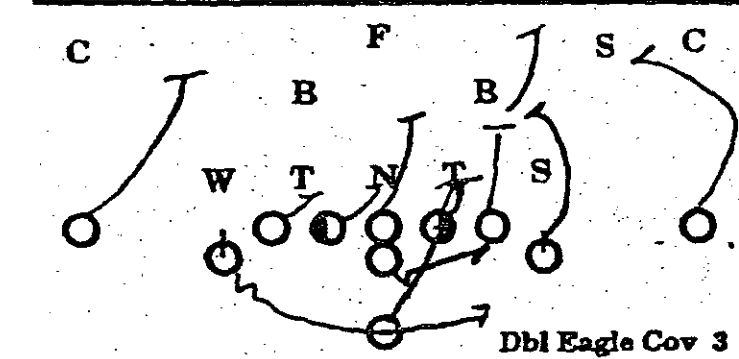
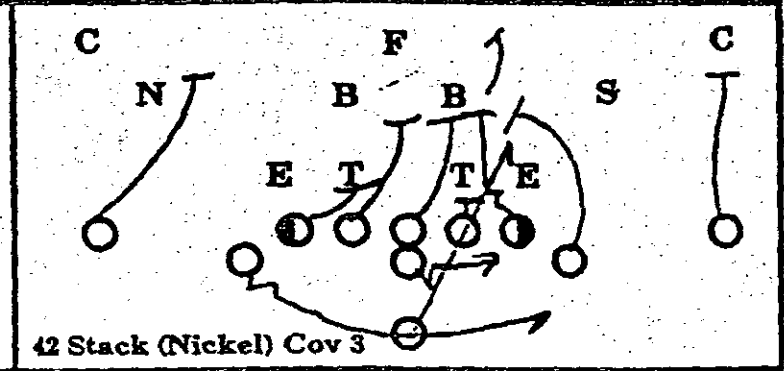
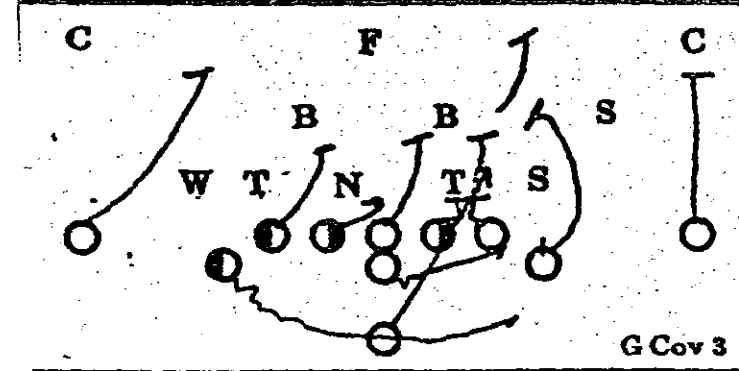
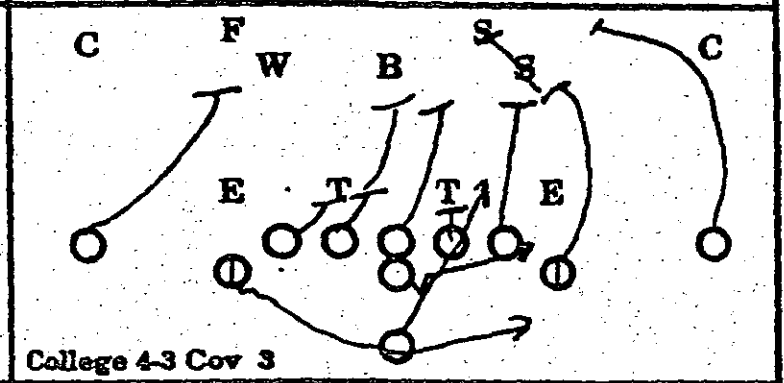
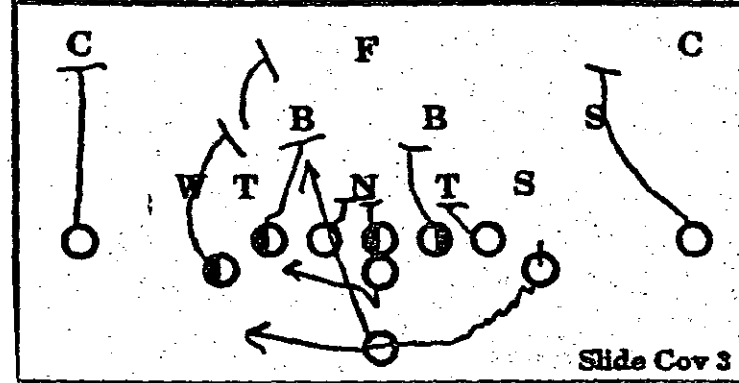
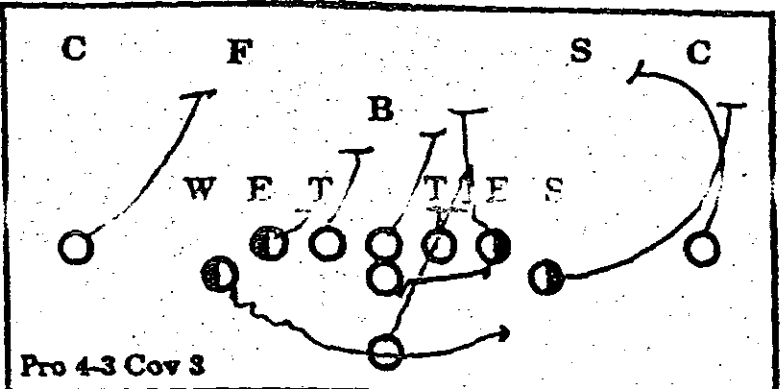
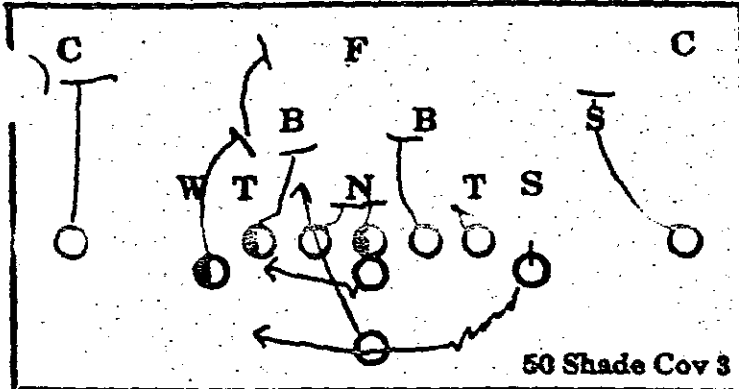
PLAY (12-13) TRIPLE OPTION



PLAY (12-13) LOAD

Position	Assignment
QB	Same as 12-13.
B-Back	Same as 12-13.
A-Back	Backside - same as 12-13. Load playside LB'er. If LB'er is blocked or disappears - go to FS.
H-Back	Backside - same as 12-13. Load playside LB'er. If LB'er is blocked or disappears - go to FS.
X	Same as 12-13.
Z	Same as 12-13.
PT	Same as 12-13 except vs 50 - (5 technique) front, you need to inside veer technique to inside LB'er.
PG	Same as 12-13 except vs 50 - front - Ace with center.
C	Scoop - Ace "O" and playside shade NG vs 50 front.
BG	Scoop.
BT	Scoop.

PLAY (12-13) LOAD



PLAY (16-17)

<u>Position</u>	<u>Assignment</u>
QB	Reverse out, option #2.
B-Back	Counter step and run pitch route.
A-Back	Downfield or motion called.
H-Back	Downfield or motion called.
X	AFBP.
Z	Stalk.
PT	Veer, base vs 4i technique. Eagle Call.
PG	Base, Ace.
C	I'm back to Ace call.
BG	Pull, seal, or load # / or 5 technique area.
BT	Anchor down technique.

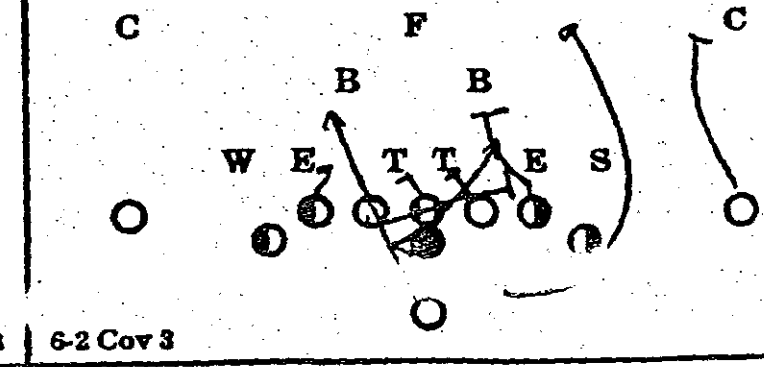
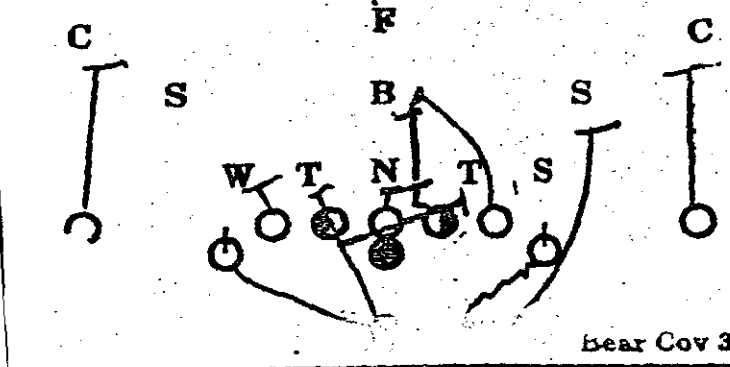
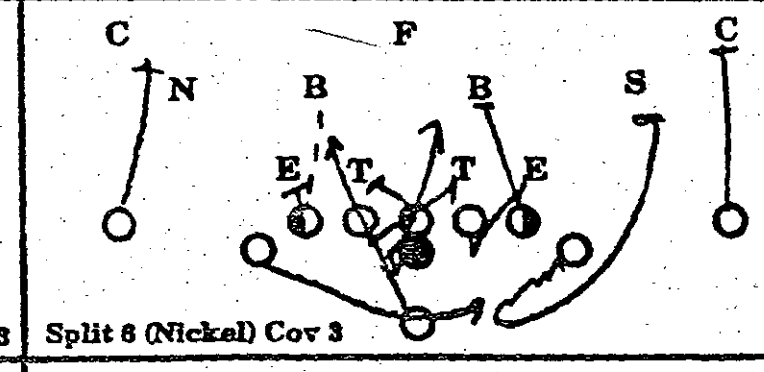
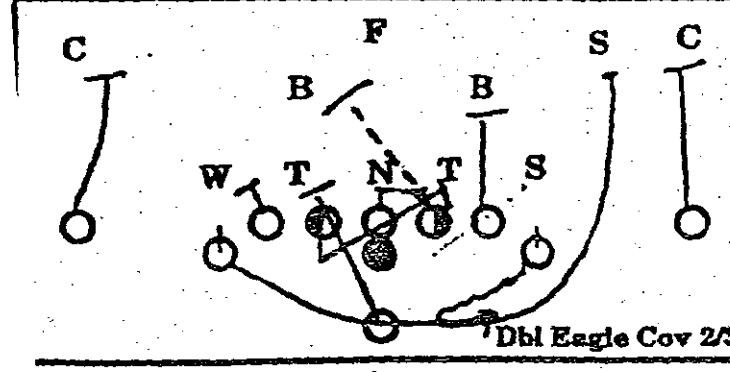
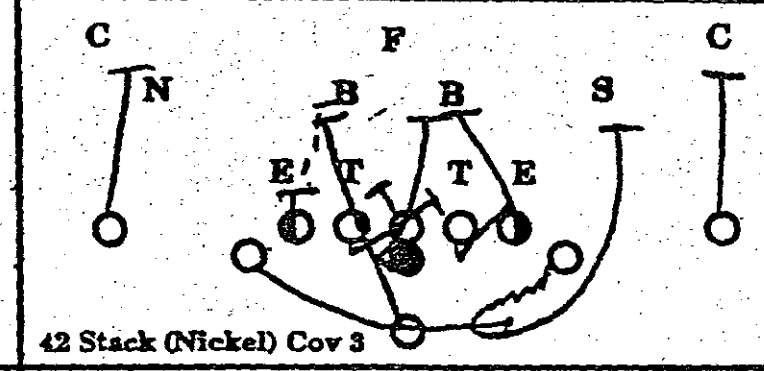
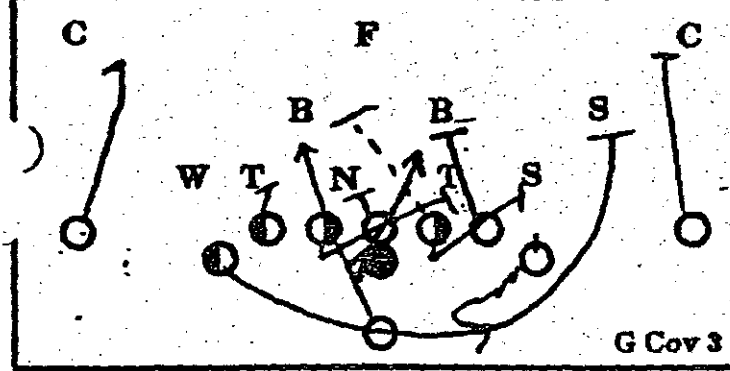
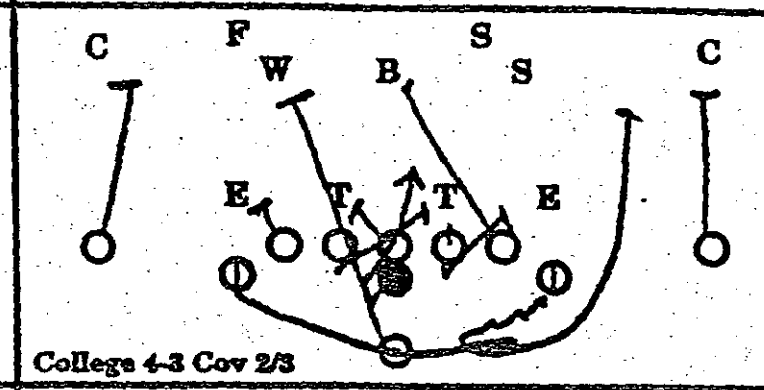
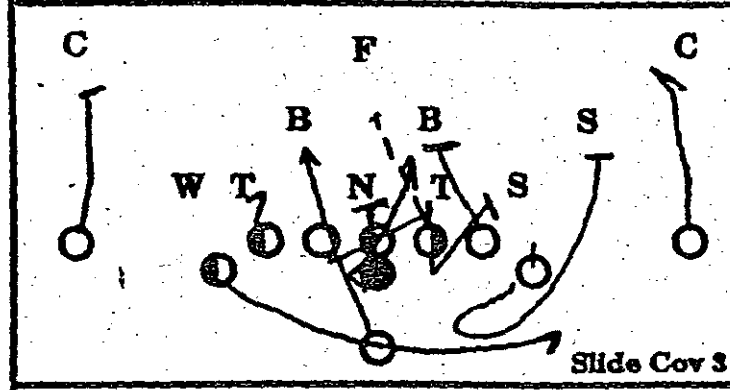
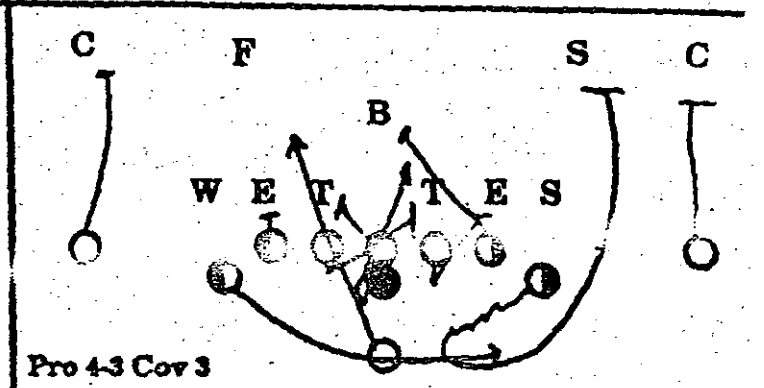
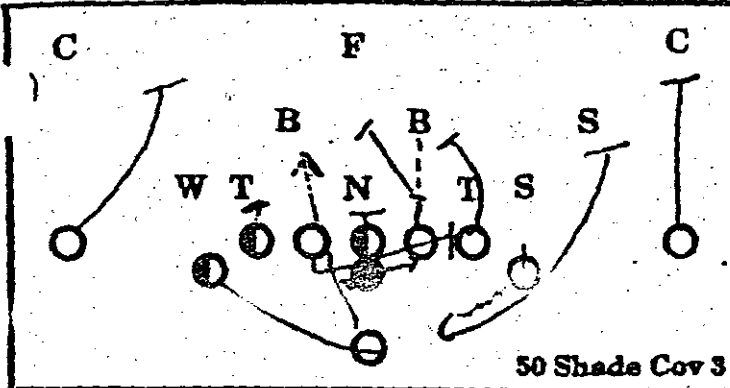
Note: Check special vs Double Eagle.

PLAY (12-13) COUNTER

PositionAssignment

QB	Veer steps in the direction of the call. Pivot around and run off of pulling guard.
B-Back	Run 12-13 option track and block PSLB.
A-Back	Run pitch route.
H-Back	Twirl motion and block run support.
X	Stalk or cut-off (AFBP).
Z	Stalk or cut-off (AFBP).
PT	First LB'er head up to inside.
PG	First LB'er inside or backside LB'er. Influence 2, 2i, or tight 3 tech and block out.
C	Base, I'm back.
BG	Pull and trap first man on the other side of the center on the LOS.
BT	Base.

PLAY (12-13) COUNTER



PLAY (14-15)

PositionAssignment

QB

Same mechanics as 12-13 except there is no read. It is automatic give to the B-Back.

B-Back

Same mechanics as 12-13 and it is automatic give to you. You need to work farther outside once you get the ball.

A-Back

Run pitch route - backside.
Arc release block run support - playside.

H-Back

Arc release block run support - playside.
Run pitch route - backside.

X

Stalk - playside.
AFBP - backside.

Z

Stalk - playside.
AFBP - backside.

PT

Base.

PG

Base.

C

Scoop to Ace.

BG

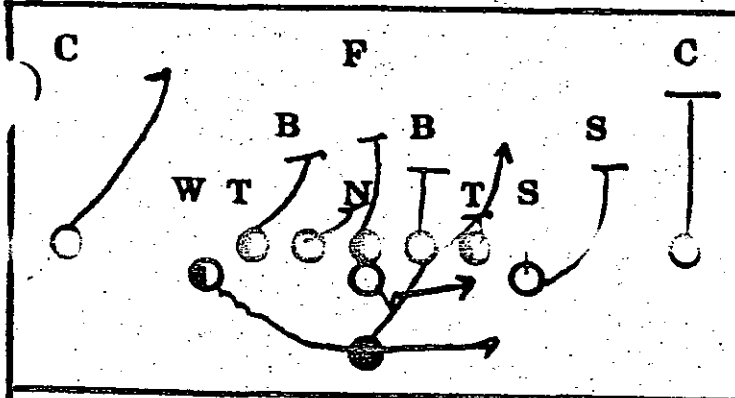
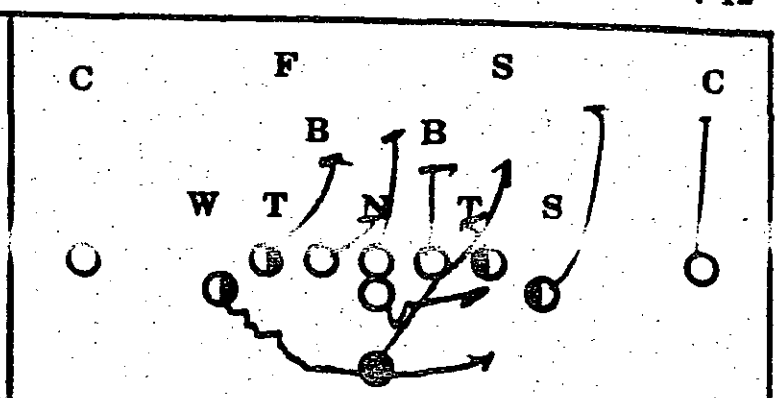
Scoop.

BT

Scoop.

PLAY (14-15)

7-12

7-33 ✓

PLAY (30-31)

Position

Assignment

QB	Take drop step with opposite leg of play called, give to "B" back and run 18-19 fake.
B-Back	Step with opposite foot at opposite cheek of center and read trap block.
A-Back	Playside - block run support. Backside - run pitch route.
H-Back	Playside - block run support. Backside - run pitch route.
X	Playside - stalk. Backside - AFBP.
Y	Playside - stalk. Backside - AFBP.
PT	Playside LB'er - veer - release except vs 50 shade and you have a 4i.
PG	Vs 2 or 2i - set and block out; vs 3 - BSLB. Vs 50 shade - Ace; no Ace, PSLB to BSLB.
C	Base, Ace, I'm back.
BG	Pull - trap first down lineman from ball.
BT	Anchor down/scoop.

Note: If Twirl is added to the huddle call, the playside slot will run twirl motion. On 20-21, the backfield action is the same as 30-31 action.

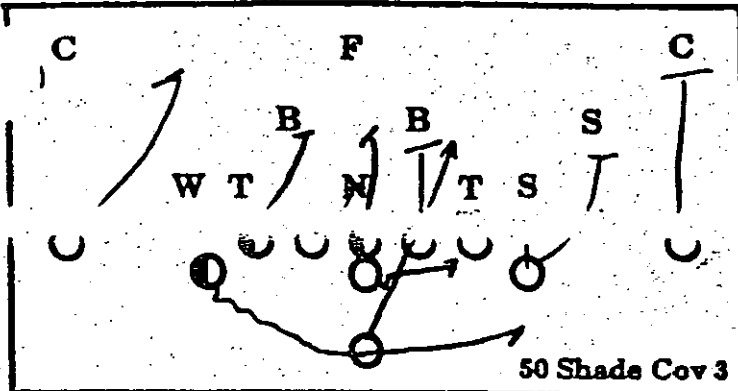
7-25

PLAY (28-29) SOLID

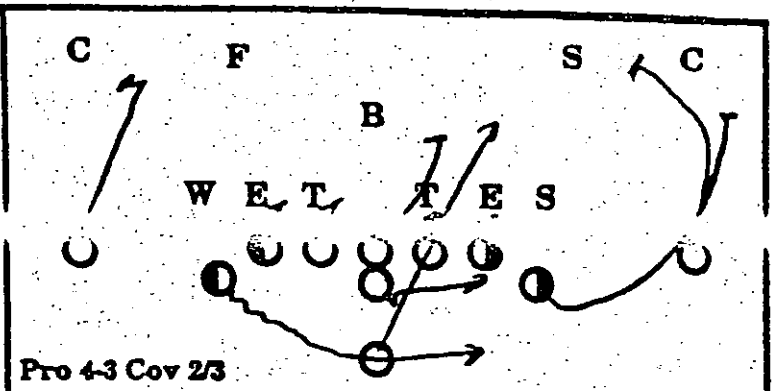
<u>Position</u>	<u>Assignment</u>
QB	Same mechanics as 28-29 except QB pitches off of #2.
B-Back	Block PSLB to FS.
A-Back	Run pitch route.
H-Back	Block #3.
X	Stalk or cut-off (AFBP).
Y	Stalk or cut-off (AFBP).
PT	Base #1 (reach block technique).
PG	Same as 28-29.
C	Same as 28-29.
BG	Same as 28-29.
BT	Same as 28-29.

Note: Base #1 and pitch off of #2.

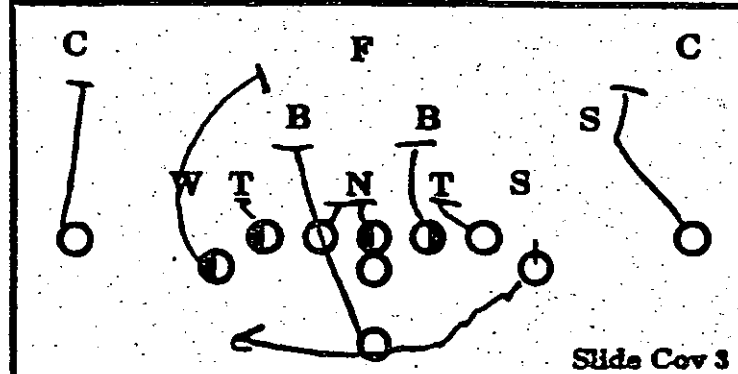
PLAY (28-29) SOLID



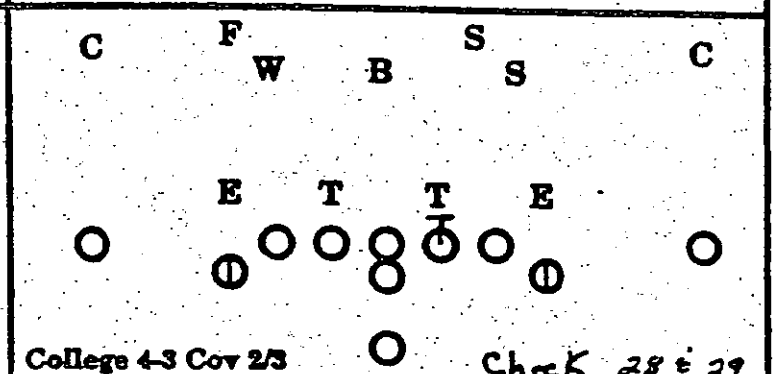
50 Shade Cov 3



Pro 4-3 Cov 2/3

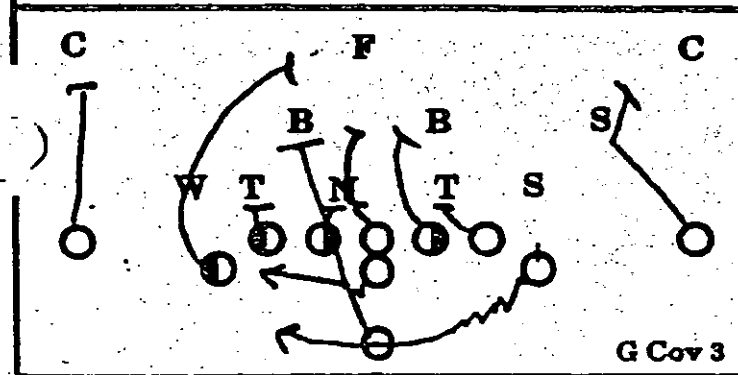


Slide Cov 3

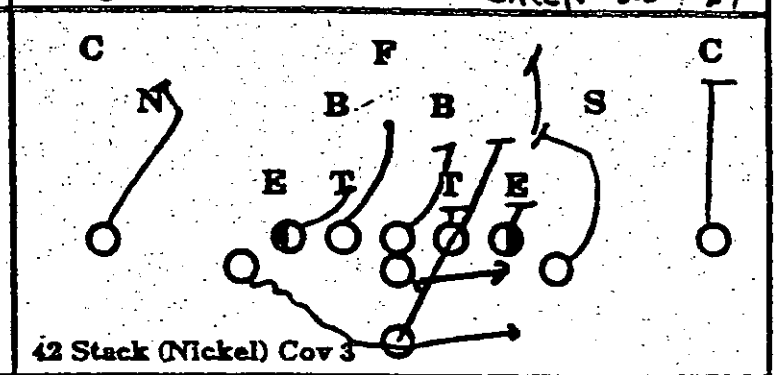


College 4-3 Cov 2/3

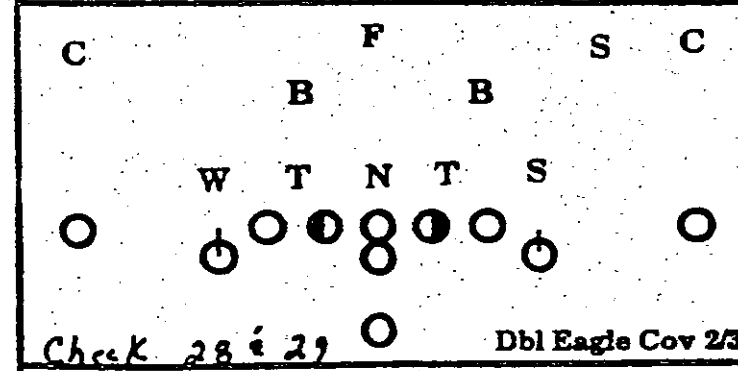
Check 28 & 29



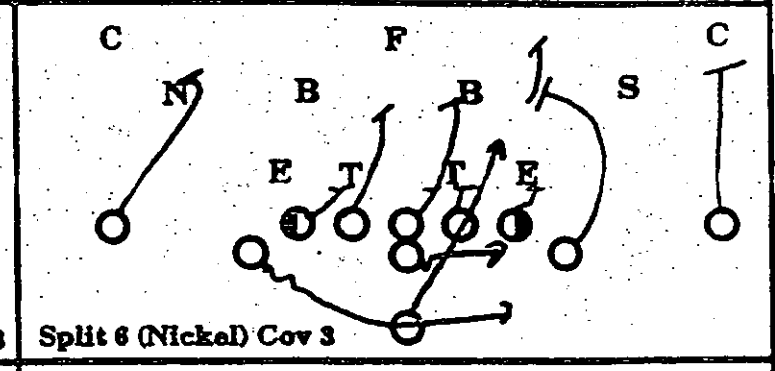
G Cov 3



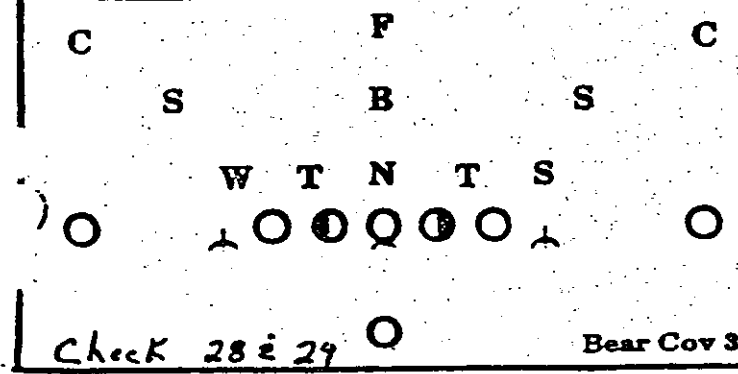
42 Stack (Nickel) Cov 3



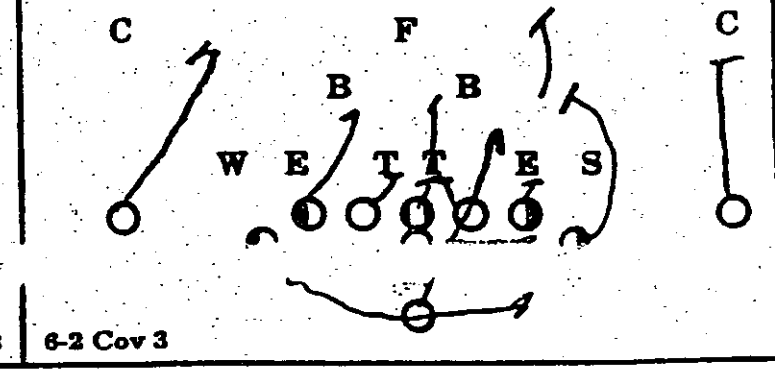
Dbl Eagle Cov 2/3



Split 6 (Nickel) Cov 3



Bear Cov 3



6-2 Cov 3

Check 28 & 29

Check 28 & 29

7-27 ✓

PLAY (28-29) COWBOY

Position

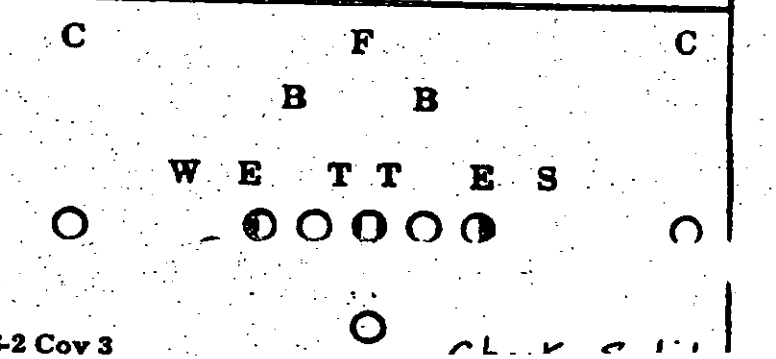
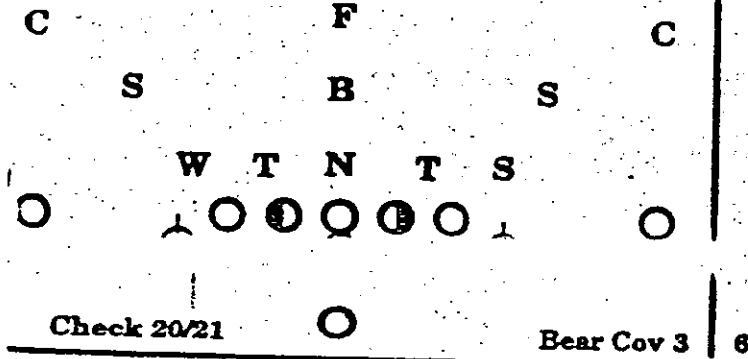
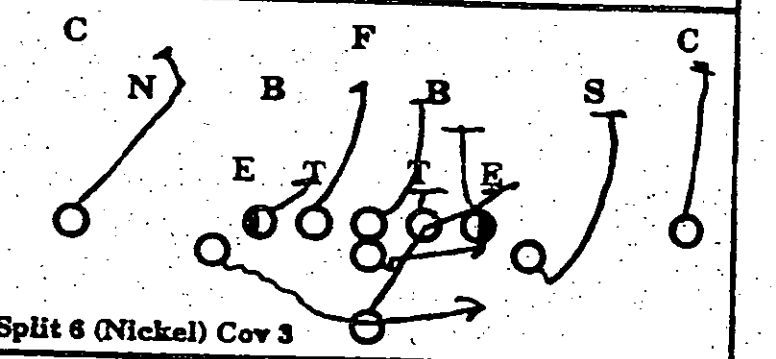
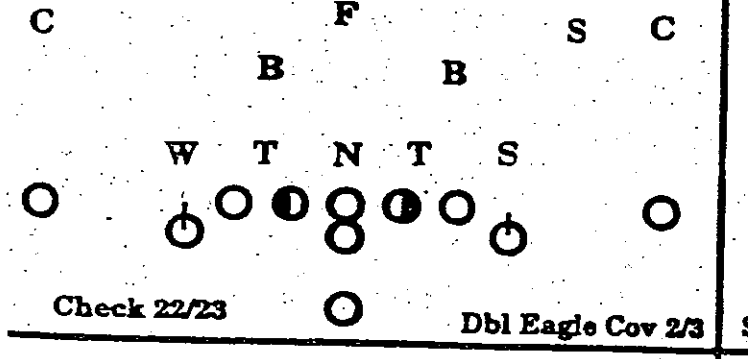
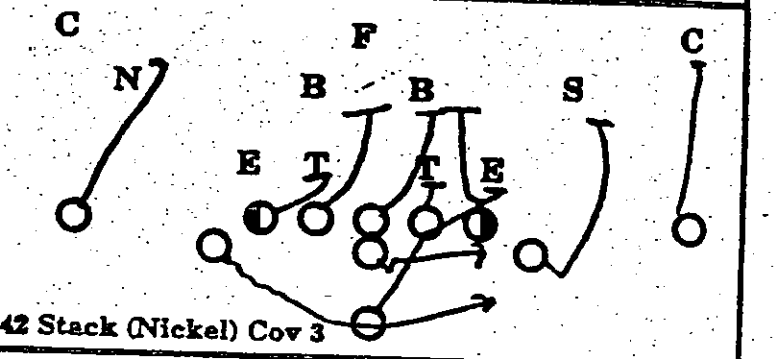
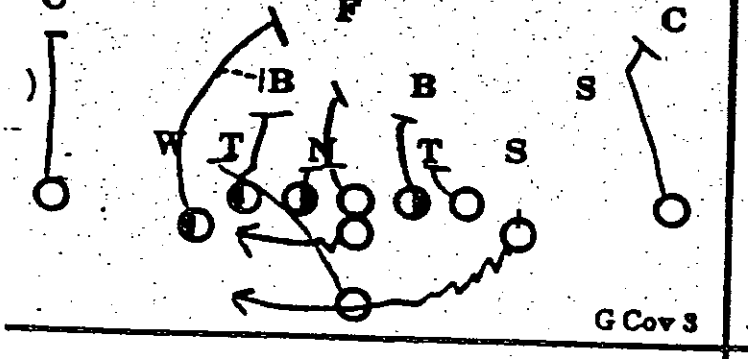
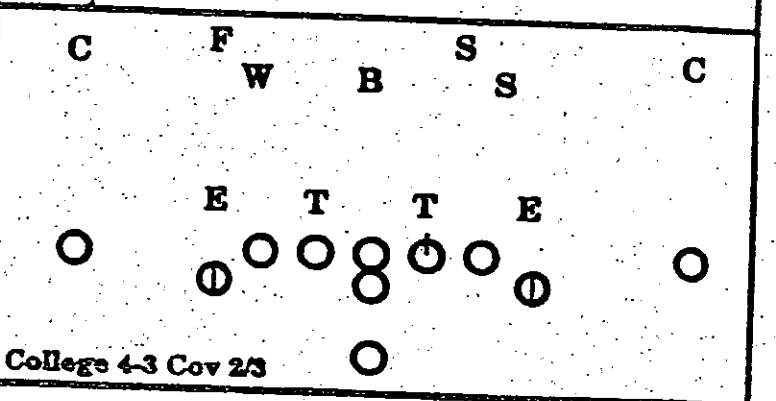
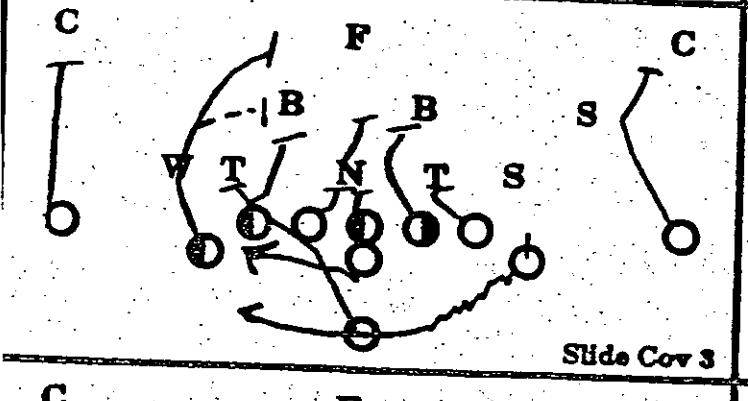
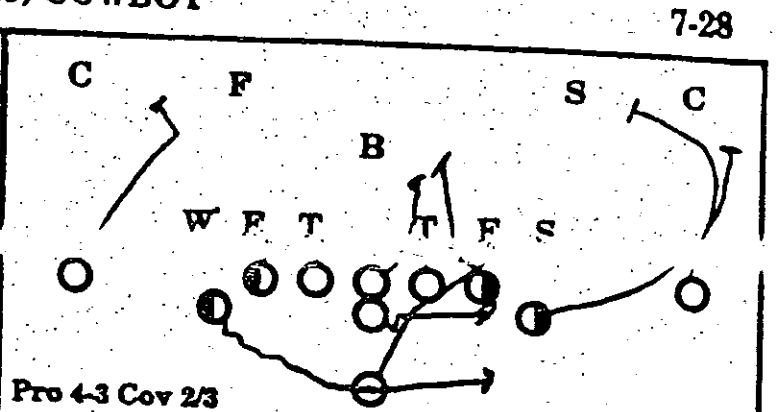
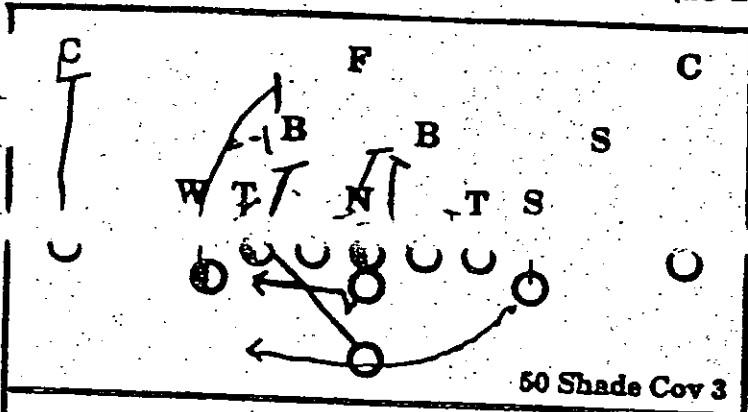
Assignment

QB	Same as 28-29 except you pitch off of #2.
B-Back	Block #1.
A-Back	Run pitch route.
H-Back	Block #3.
X	Stalk or cut-off (AFBP).
Y	Stalk or cut-off (AFBP).
PT	Veer for PSLB.
PG	Base to Ace.
C	Base to Ace.
BG	Scoop.
BT	Scoop.

Note: Run when the 5 technique muddies the head by jump in and out on dive. Basically run vs a 50 or 50 shade defense with a 5 technique playing games.

PLAY (28-29) COWBOY

7-28



7-29 v

PLAY (28-29) AZTEC/ZONE

Note:

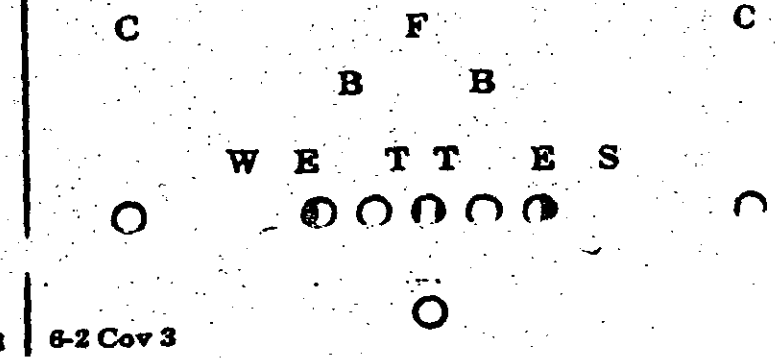
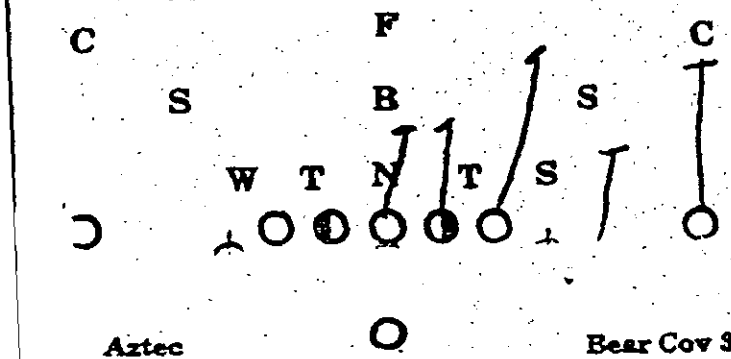
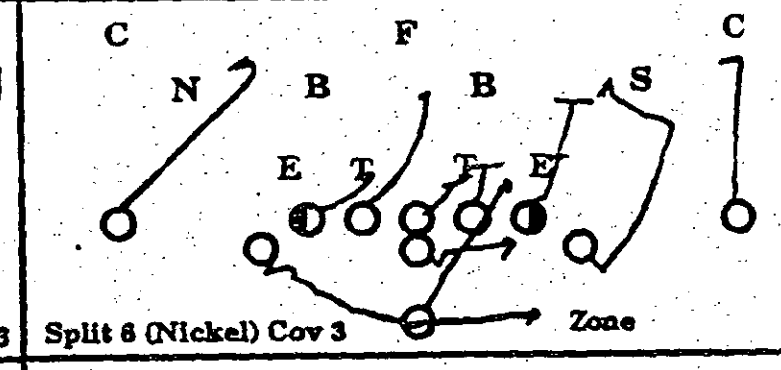
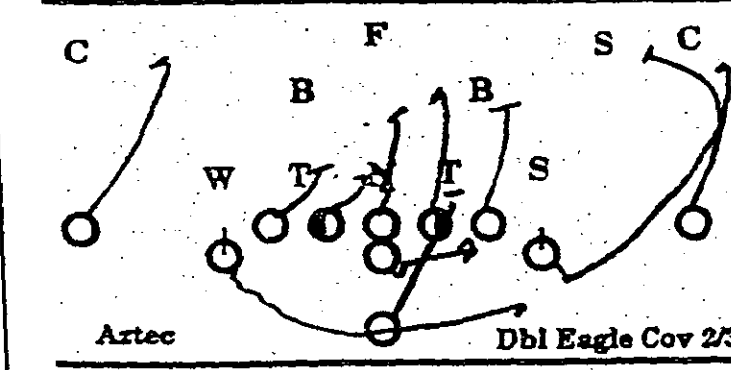
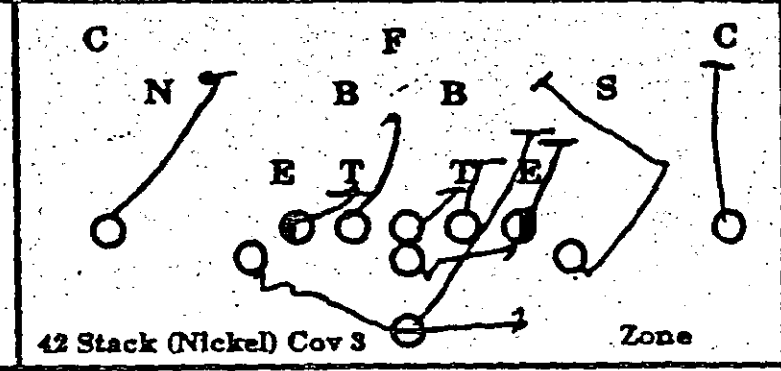
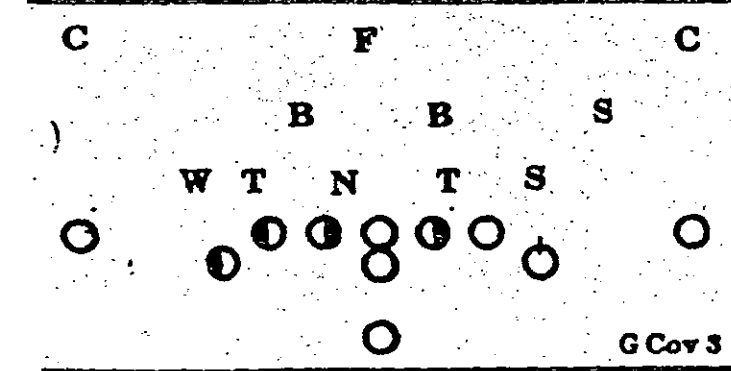
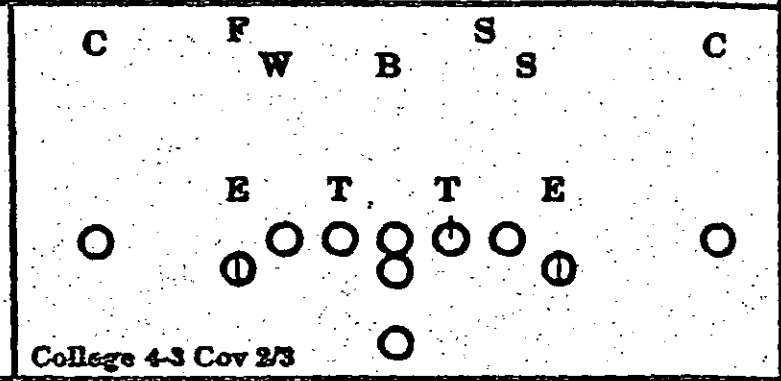
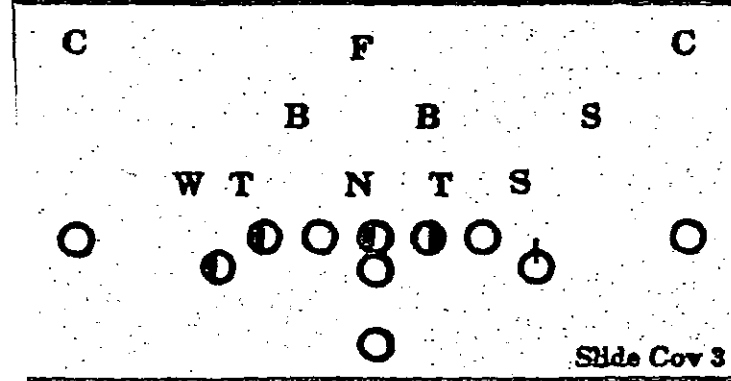
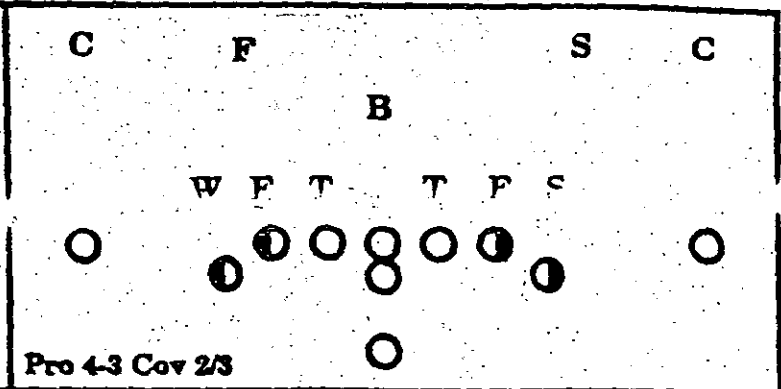
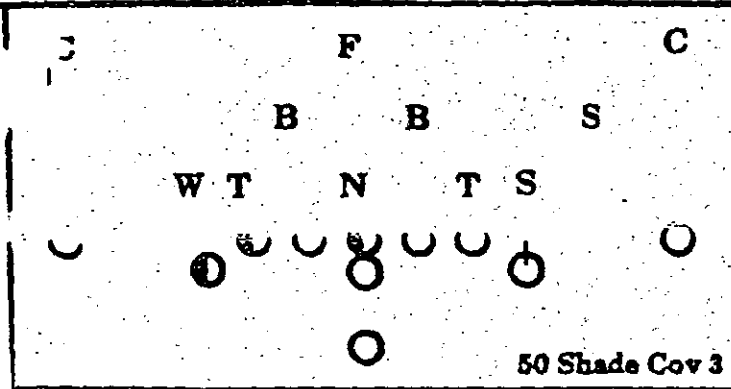
On zone, we will leave the 3 technique for the LB to block. The PG and PT will go up to the LB'er and then to FS if LB'er is blocked. QB will pitch off of #1.

Note:

On zone, the FB and PT will zone PSLB and 5 technique. QB will pitch off of #2. H-Back will block #3. Everything else is the same as 28-29.

PLAY (28-29) AZTEC/ZONE

7-30



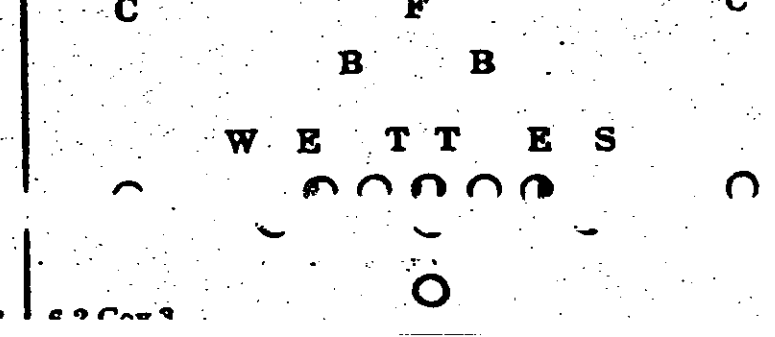
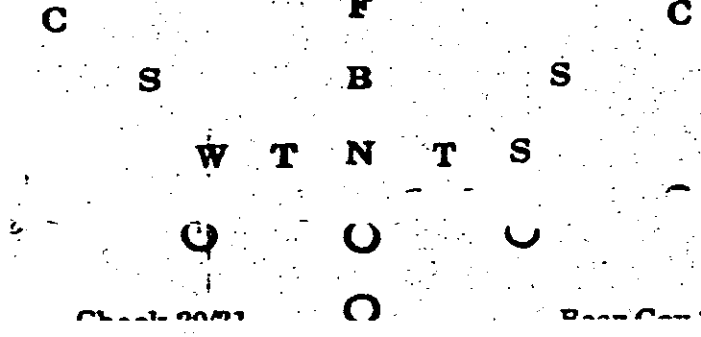
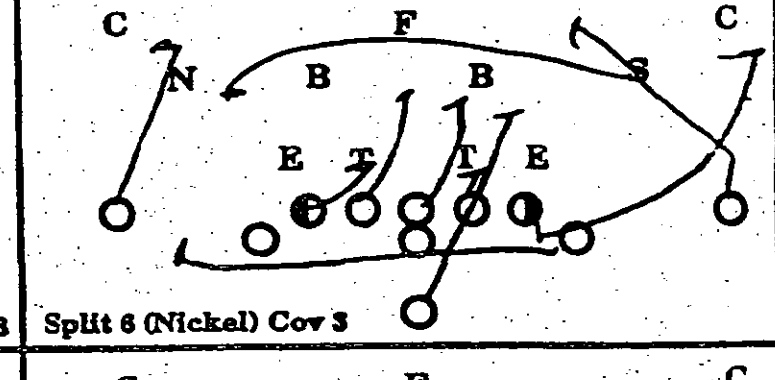
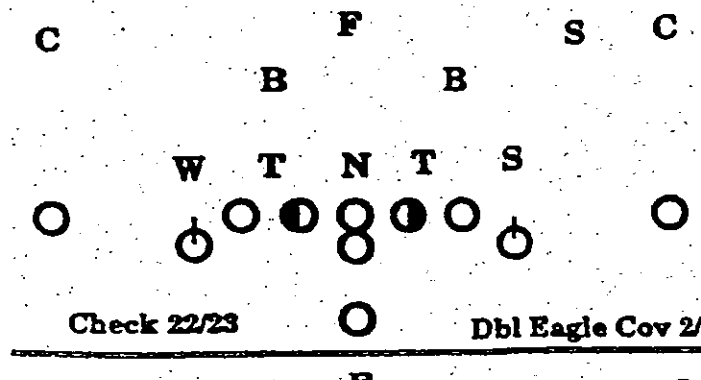
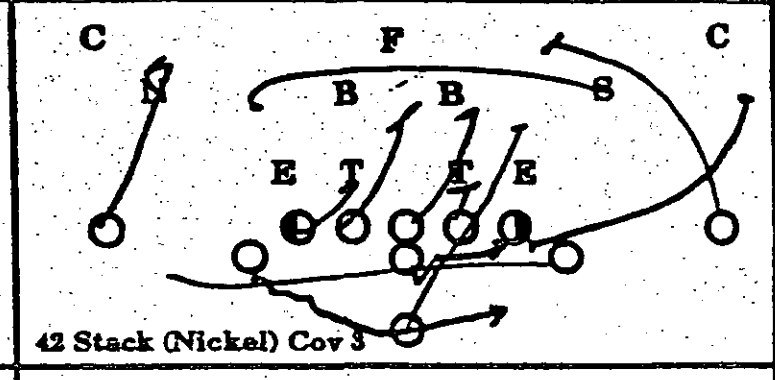
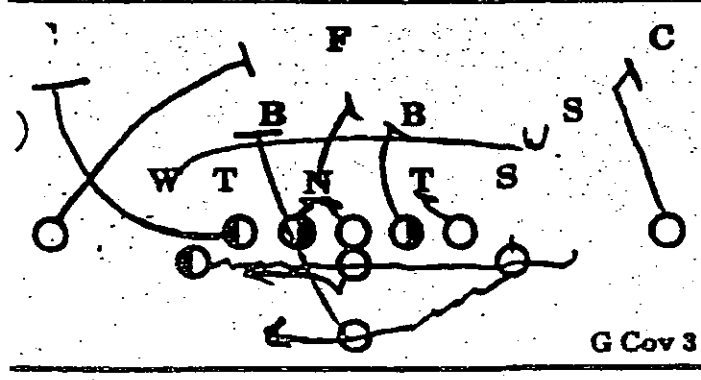
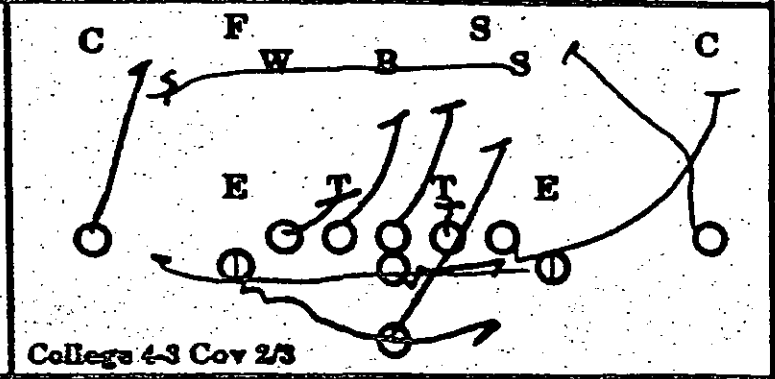
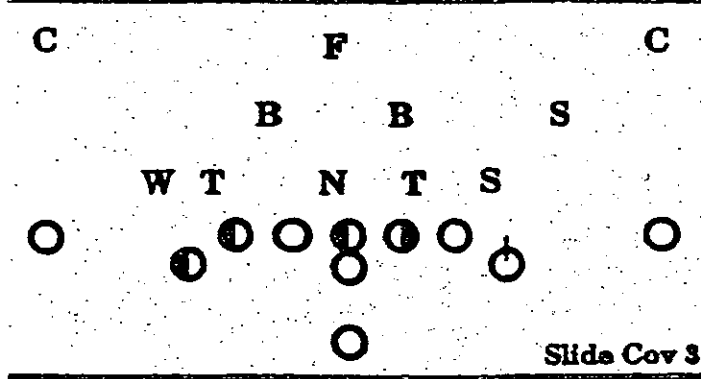
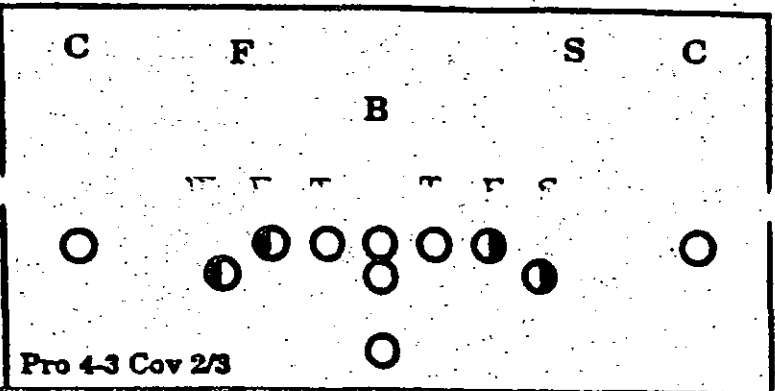
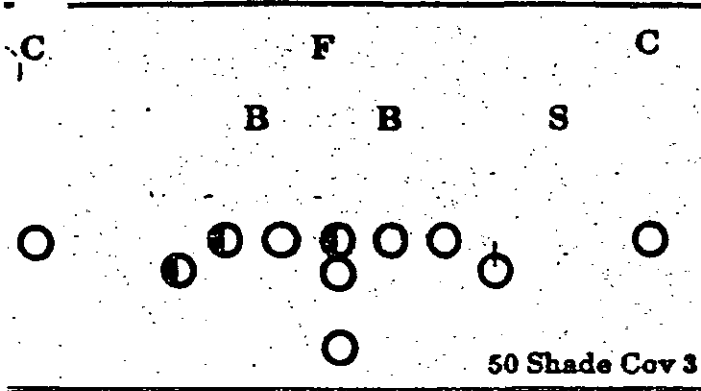
7-31 ✓

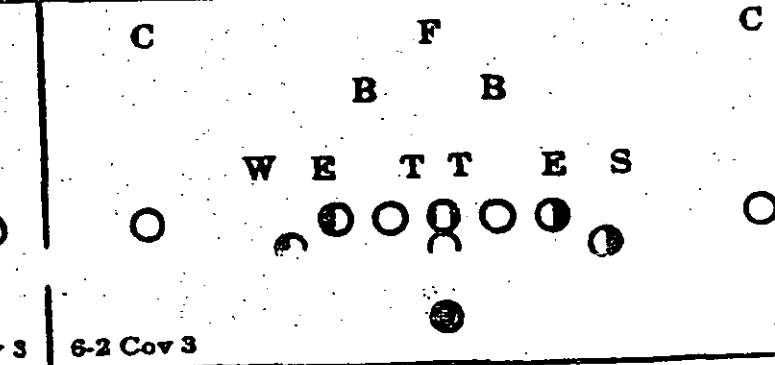
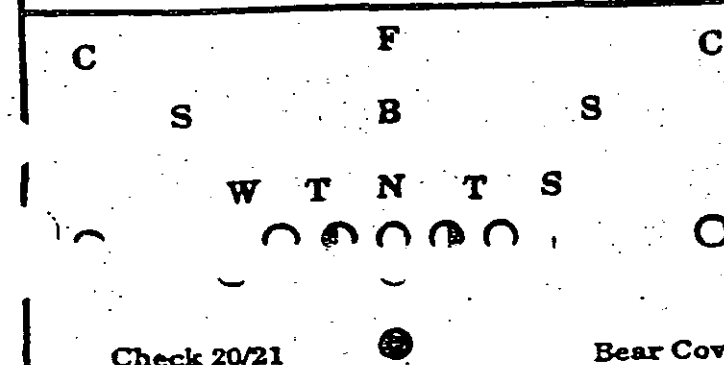
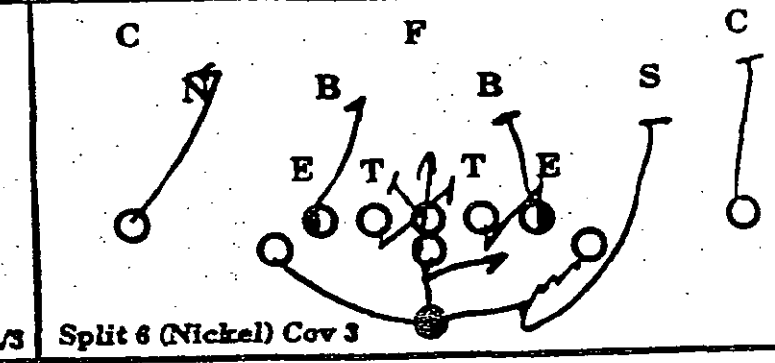
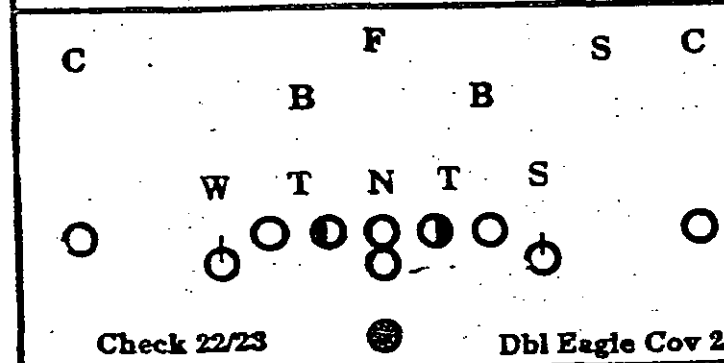
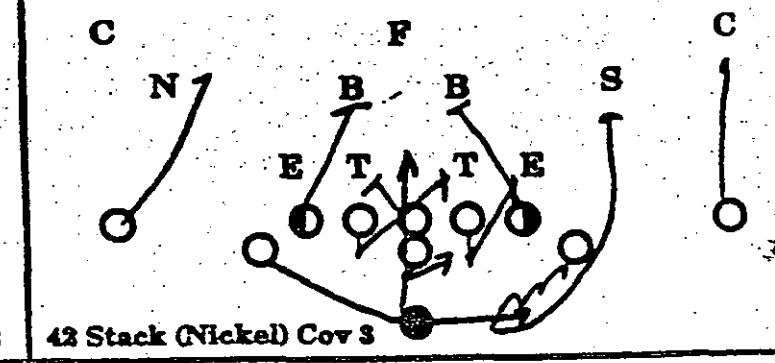
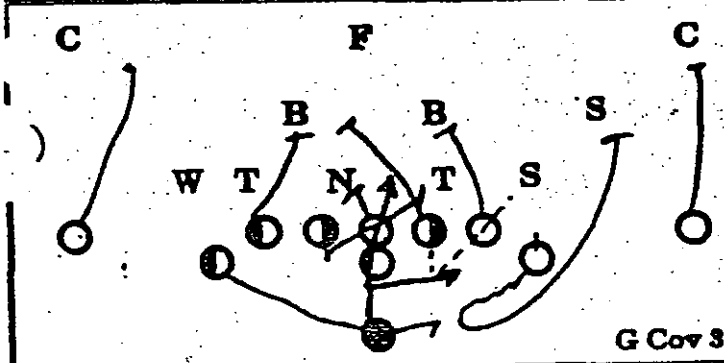
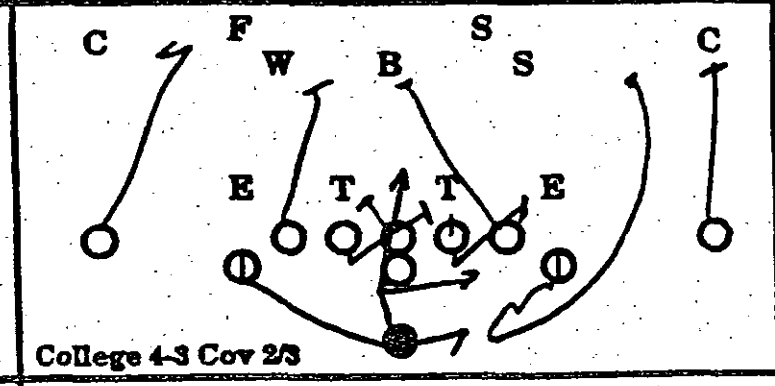
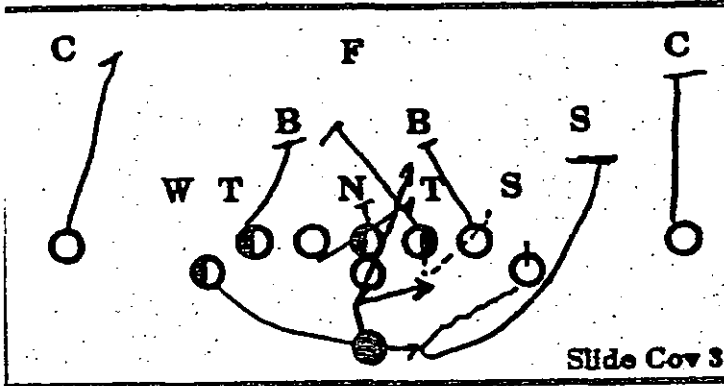
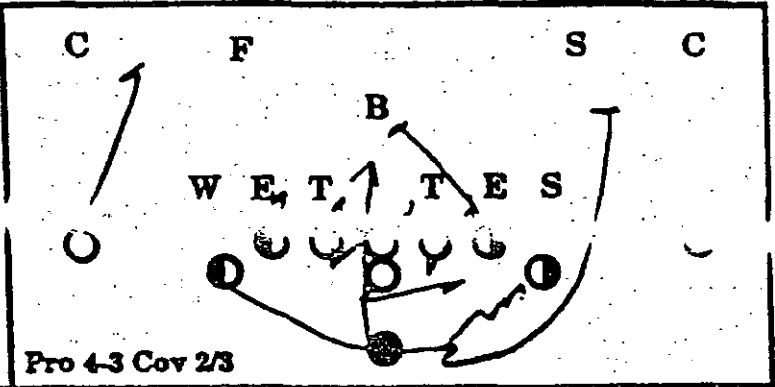
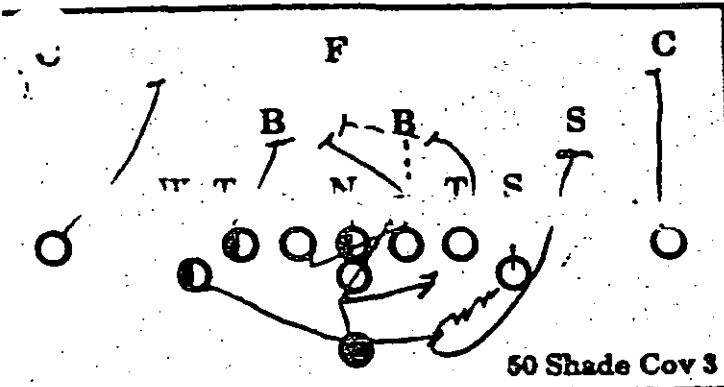
PLAY (28-29) SPECIAL

Position	Assignment
QB	Same as 28-29.
B-Back	Same as 28-29.
A-Back	Run pitch route.
H-Back	Motion to or line-up in Trips. (AFBP).
X	Check FS (switch vs roll out corner).
Y	AFBP.
PT	Arc release for corner.
PG	Base, Ace.
C	Scoop.
BG	Scoop.
BT	Scoop.

Note: We would like to run this away from Trips when there is no flat defender and have a 2 or 2i over the PG. This can help us especially when there is a squat corner on the wide receiver.

PLAY (28-29) SPECIAL





Check 22/23

Dbl Eagle Cov 2/3

Split 6 (Nickel) Cov 3

Check 20/21

Bear Cov 3

6-2 Cov 3

7-35 ✓

PLAY (32-33)

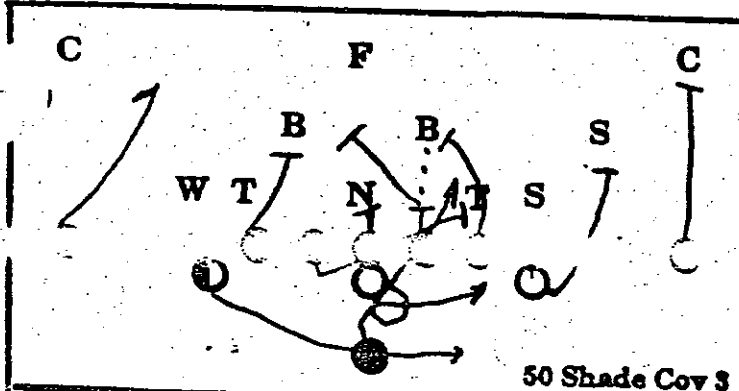
Position

Assignment

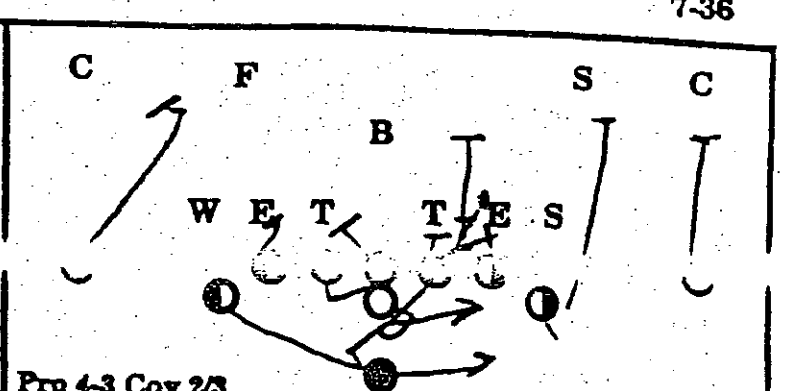
QB	Take veer step then counter around and give to FB - carry out 38-39 fake.
B-Back	Take trip option steps and take hand-off. Run off of trap block.
A-Back	Backside - run pitch route. Playside - block run support.
H-Back	Backside - run pitch route. Playside - block run support.
X	Playside - AFBP. Backside - AFBP.
Y	Playside - AFBP. Backside - AFBP.
PT	Veer - same as 12-13.
PG	Base, Ace, I'm back.
C	Base, Ace, I'm back.
BG	Trap first down lineman touching or outside PT on the LOS.
BT	Veer release to BSLB or anchor down.

Note: If Twirl is added to the huddle call on this play, the playside slot will run twirl motion and block run support.

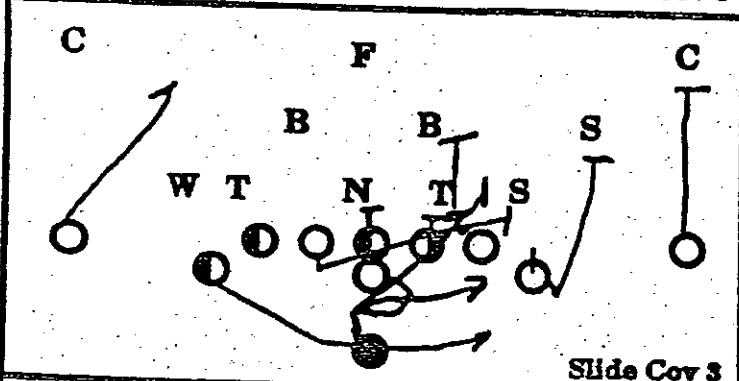
PLAY (32-33)



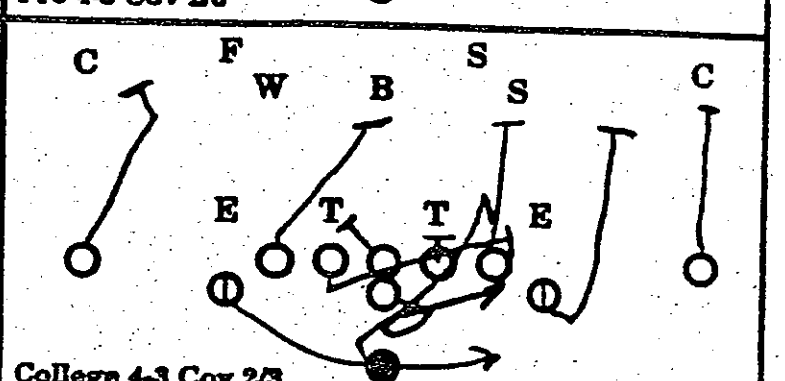
50 Shade Cov 3



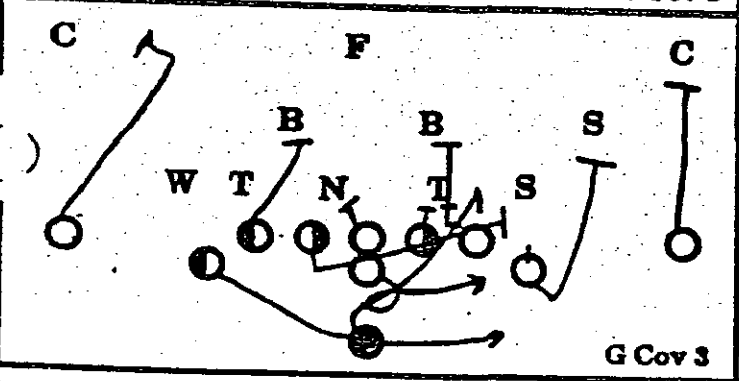
Pro 4-3 Cov 2/3



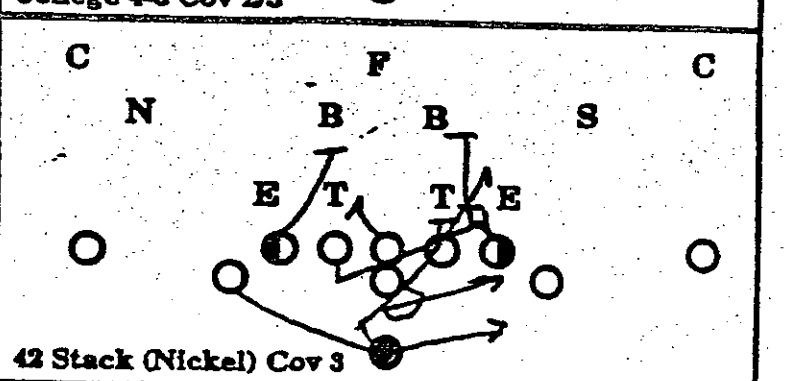
Slide Cov 3



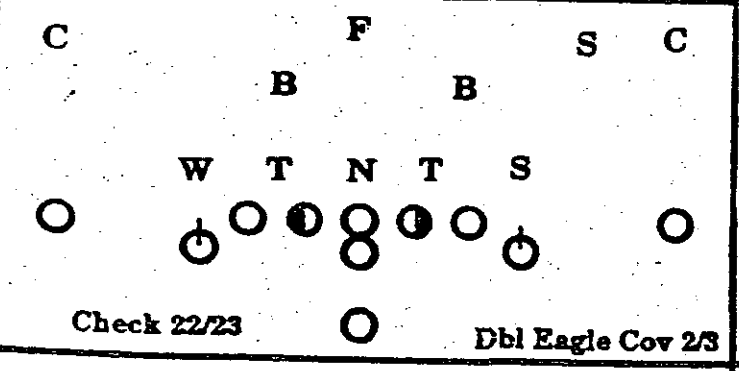
College 4-3 Cov 2/3



G Cov 3

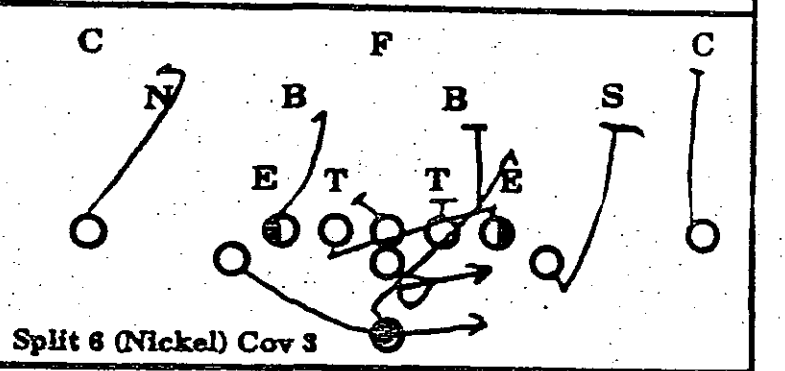


42 Stack (Nickel) Cov 3

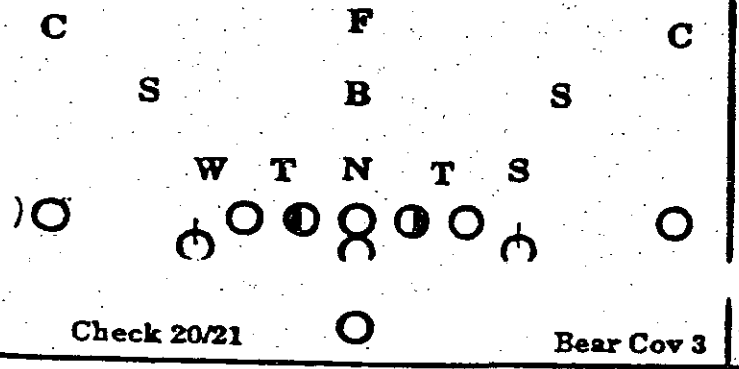


Check 22/23

Dbl Eagle Cov 2/3

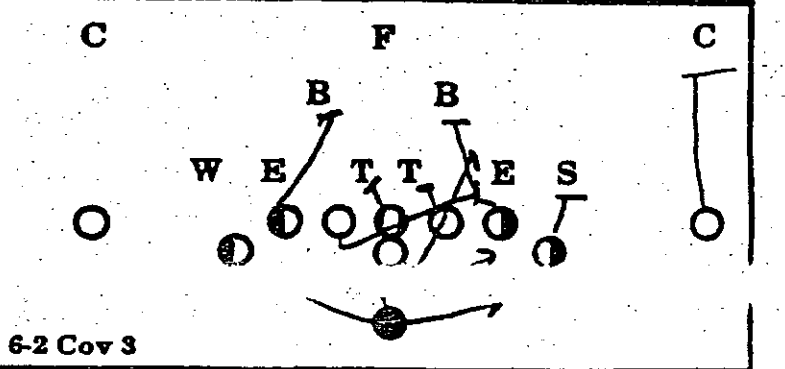


Split 6 (Nickel) Cov 3



Check 20/21

Bear Cov 3



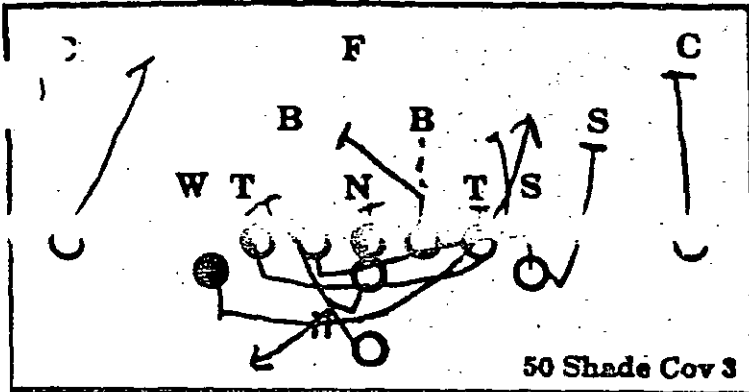
6-2 Cov 3

PLAY (36-37)

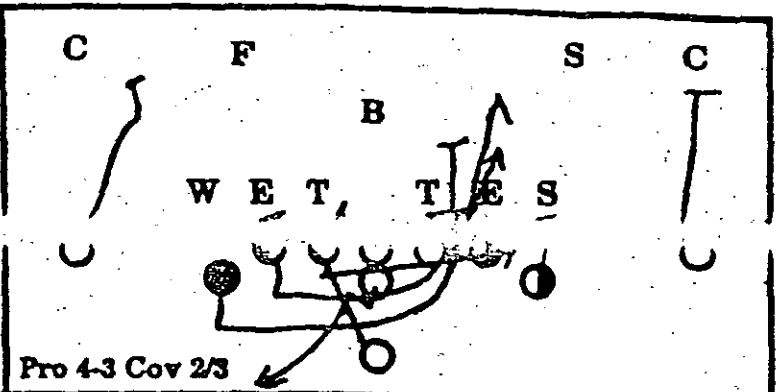
Position

- QB Veer action away from call and hand ball off to A-Back coming outside of QB.
- B-Back Run option track. Fill B gap of pulling tackle.
- A-Back Tail motion (pitch route) except on "Red" call. On "Red", block flat defender.
- H-Back Take jump step back, run counter path, take hand-off and follow OT.
- X Stalk.
- Y Stalk.
- PT Veer to BSLB - combo 3 technique, base 4 or 4i.
- PG Combo, down, Ace. Combo 3 technique to BSLB. Block down 2i or shade N. Ace - ONG.
- C Base, Ace, I'm back.
- BG Pull and use trap rules.
- BT Pull and block PSLB.

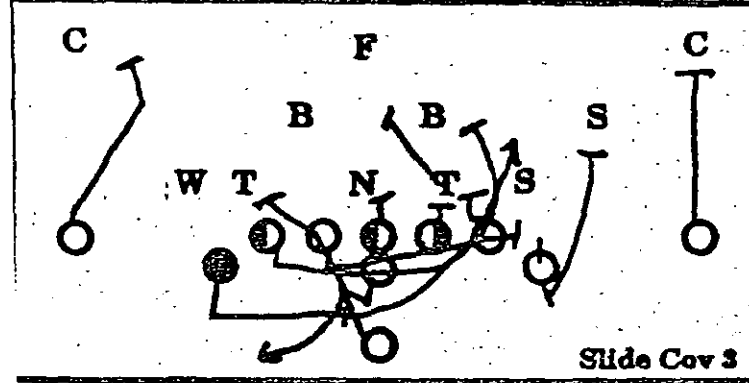
Note: May Run with Twirl motion



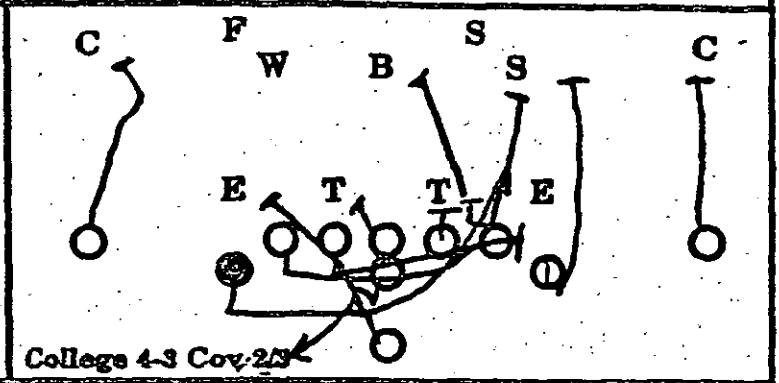
50 Shade Cov 3



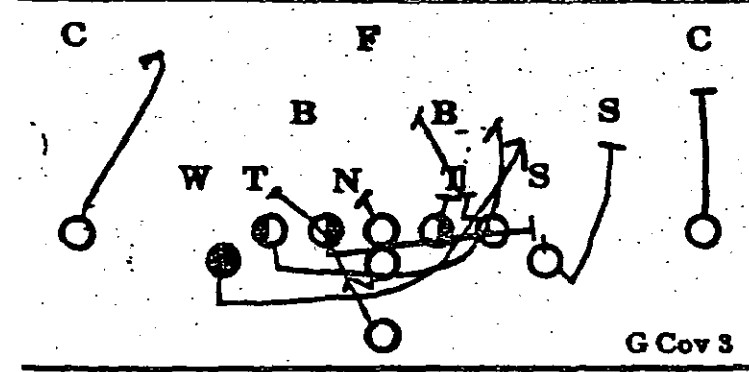
Pro 4-3 Cov 2/3



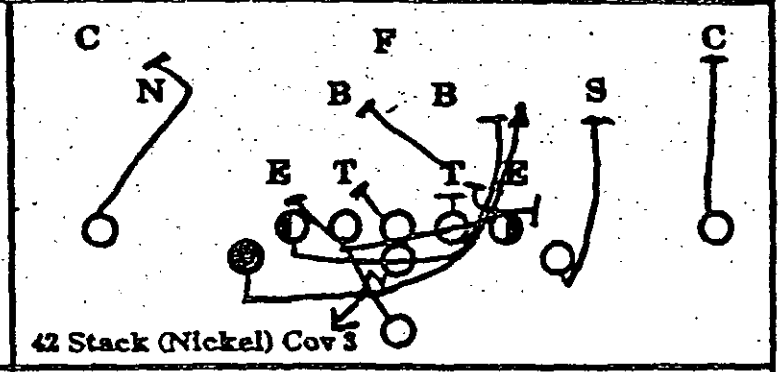
Slide Cov 3



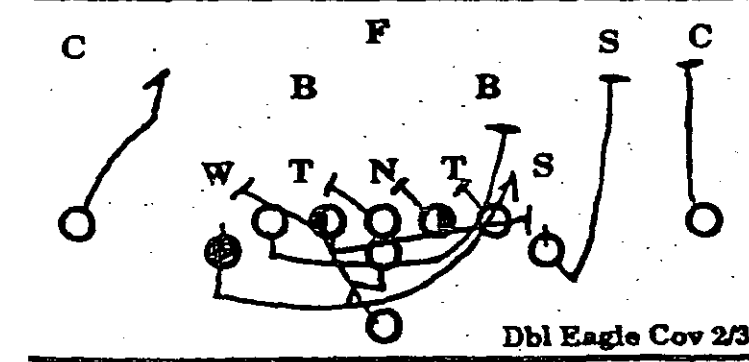
College 4-3 Cov 2/3



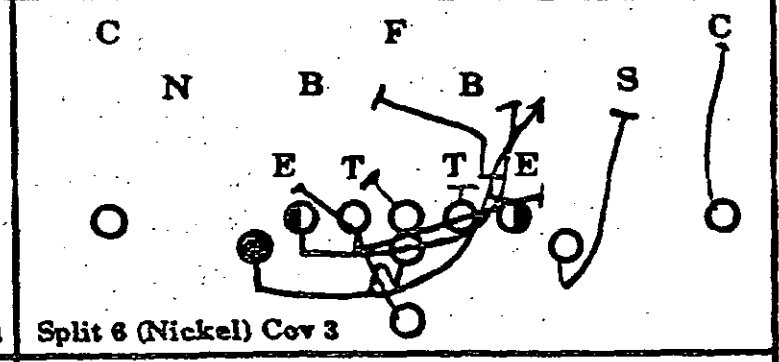
G Cov 3



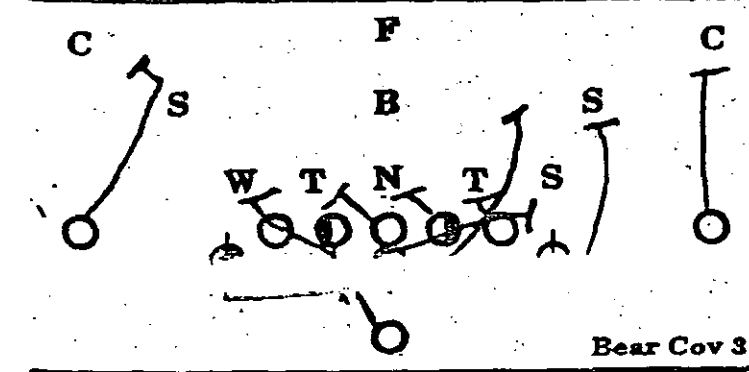
42 Stack (Nickel) Cov 3



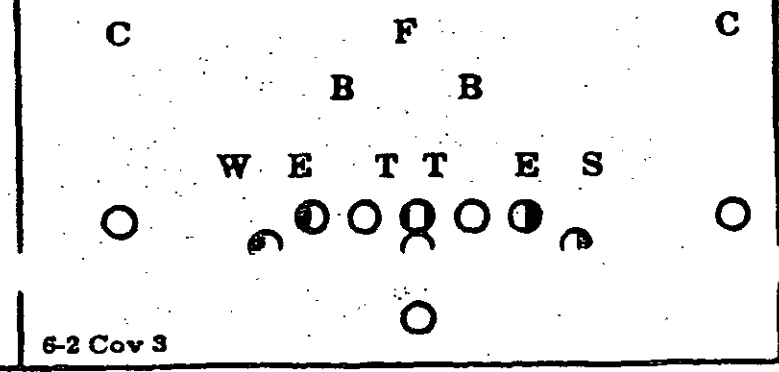
Dbl Eagle Cov 2/3



Split 6 (Nickel) Cov 3



Bear Cov 3



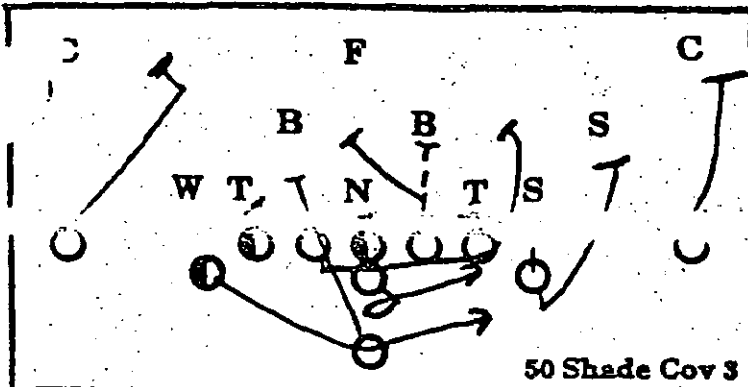
6-2 Cov 3

7-39 ✓

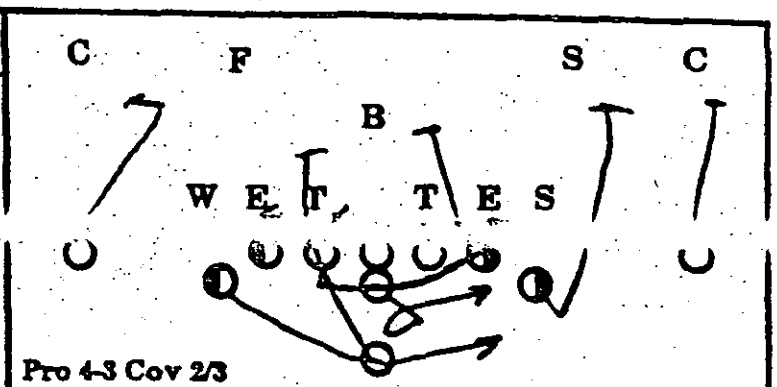
PLAY (38-39)

Position	Assignment
QB	Trap option mechanics then option #2. Need to be same action as 32-33.
B-Back	Trap option steps and block BSLB to FS.
A-Back	Run pitch route.
H-Back	Block run support #3.
X	Playside - stalk. Backside - AFBP.
Y	Playside - stalk. Backside - AFBP.
PT	Veer, base vs 4i (treat 4 tech as 5 tech).
PG	Base, Ace.
C	Base, Ace, I'm back.
BG	Pull and load #5 or 5 tech area.
BT	Anchor down.

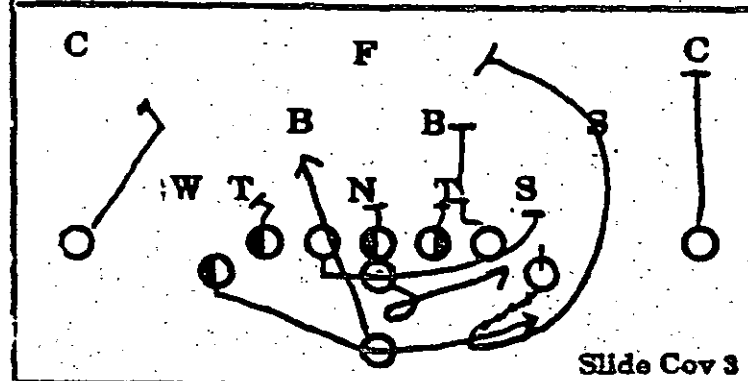
Note: Can also run with twirl motion when #3 is in the middle of the field.



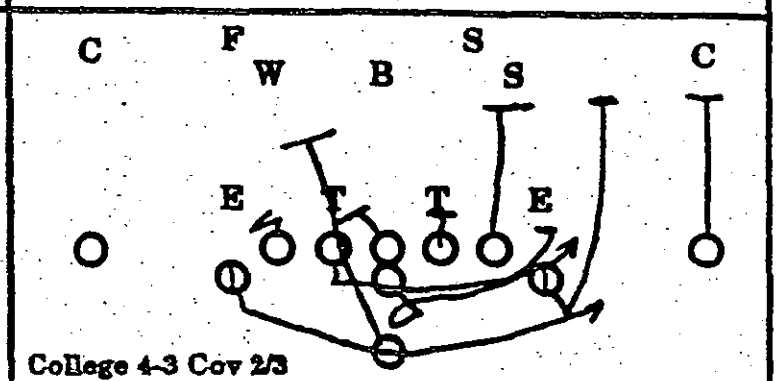
50 Shade Cov 3



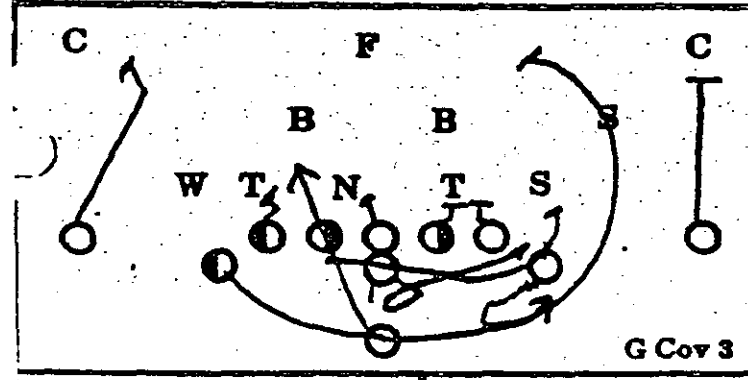
Pro 4-3 Cov 23



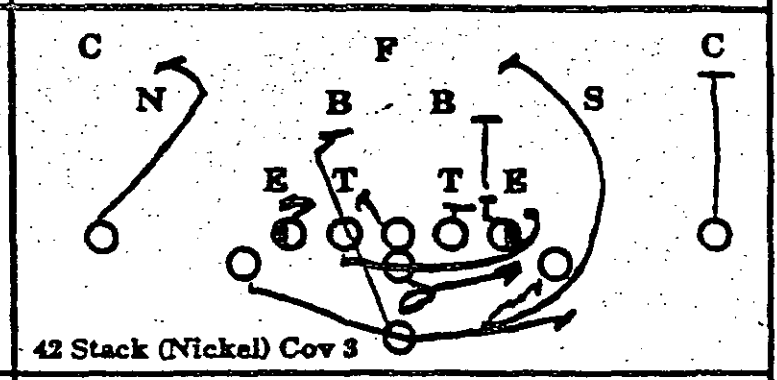
Slide Cov 3



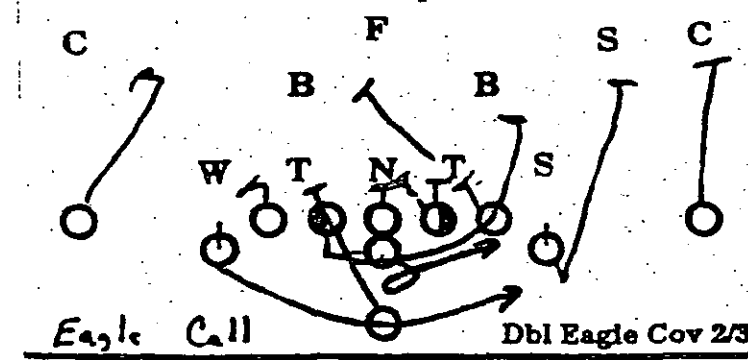
College 4-3 Cov 23



G Cov 3

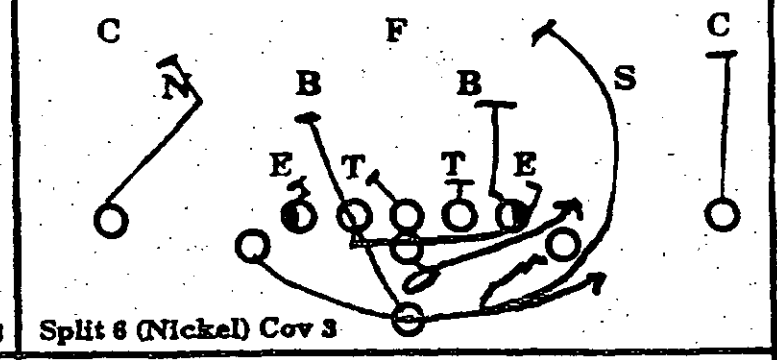


42 Stack (Nickel) Cov 3

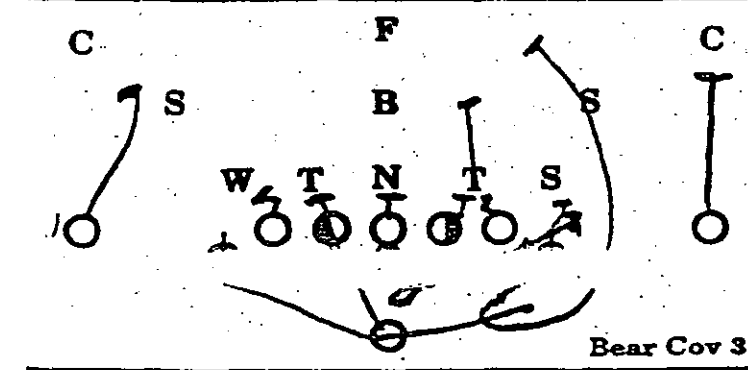


Eagle Call

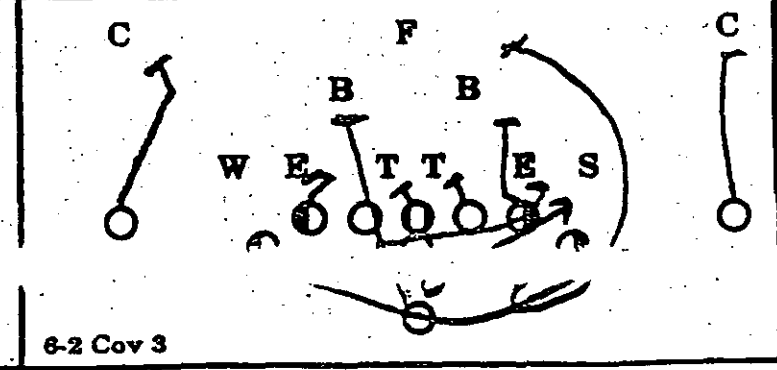
Dbl Eagle Cov 23



Split 6 (Nickel) Cov 3



Bear Cov 3



6-2 Cov 3

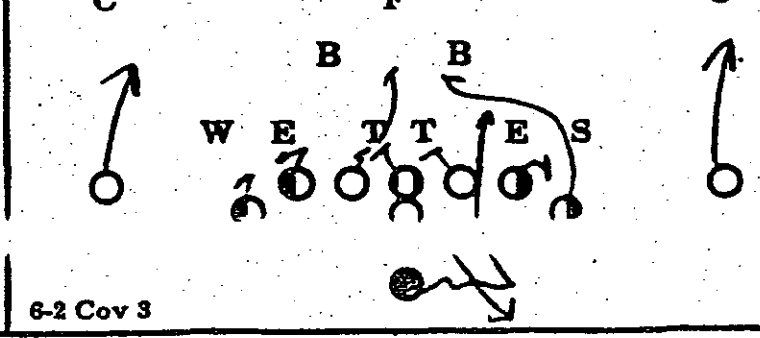
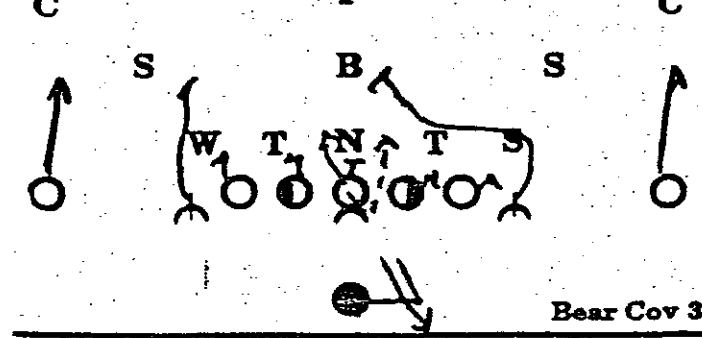
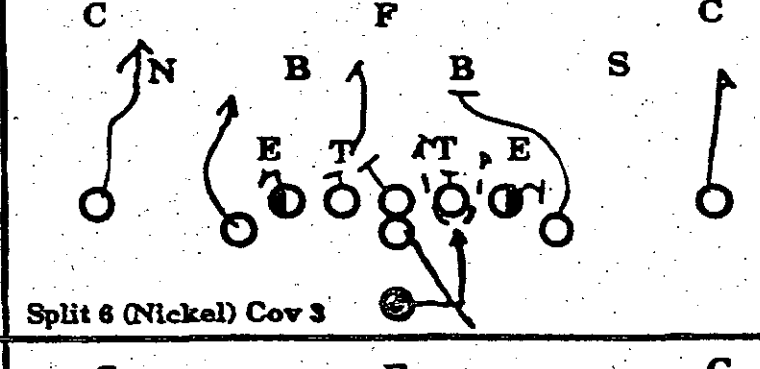
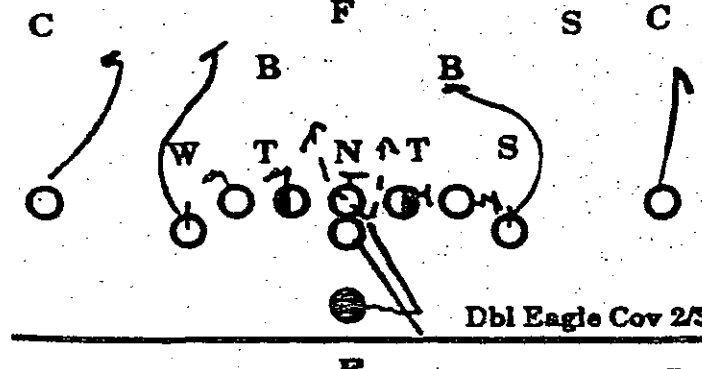
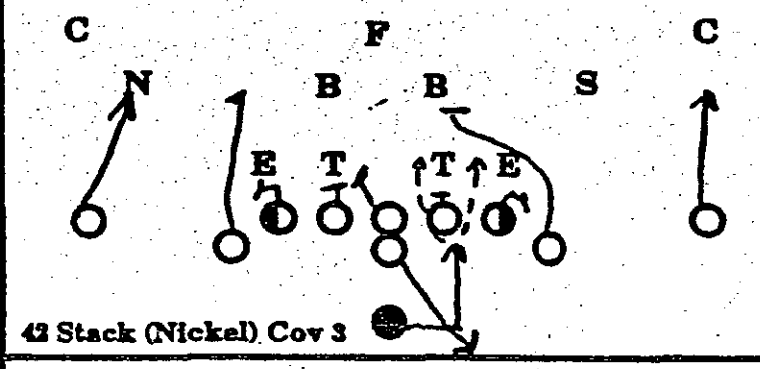
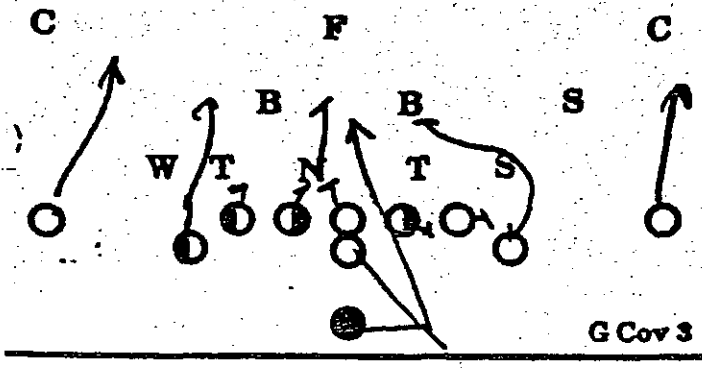
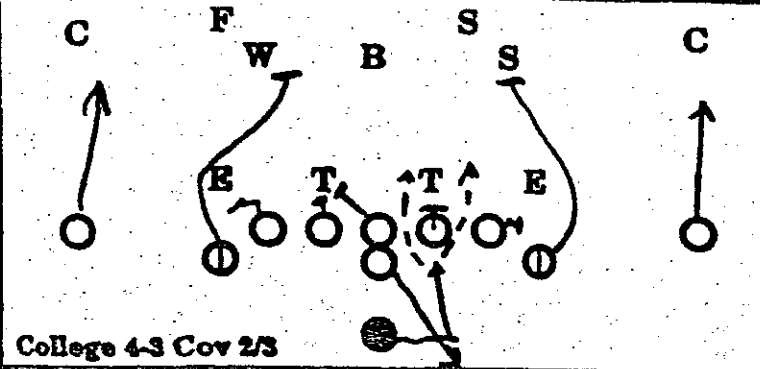
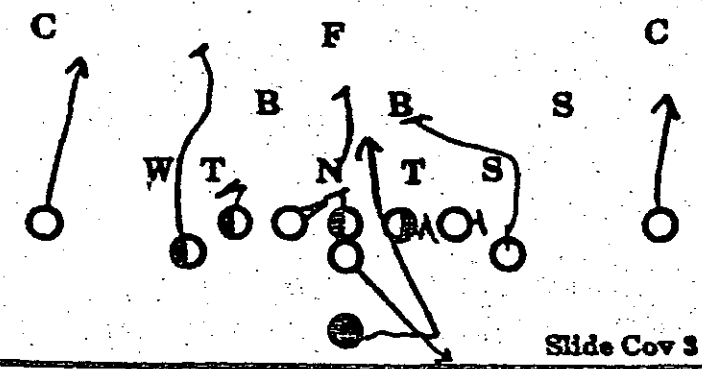
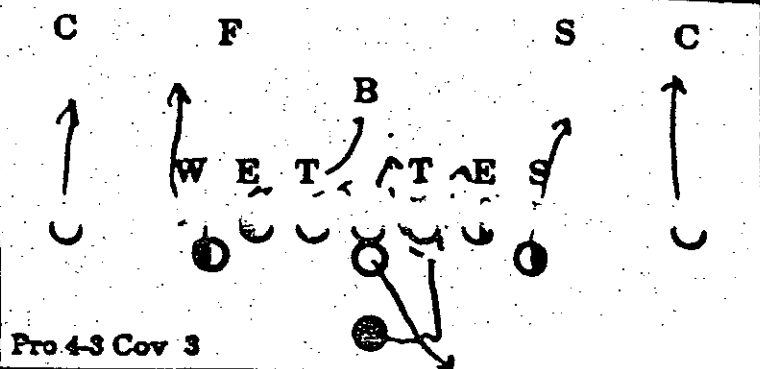
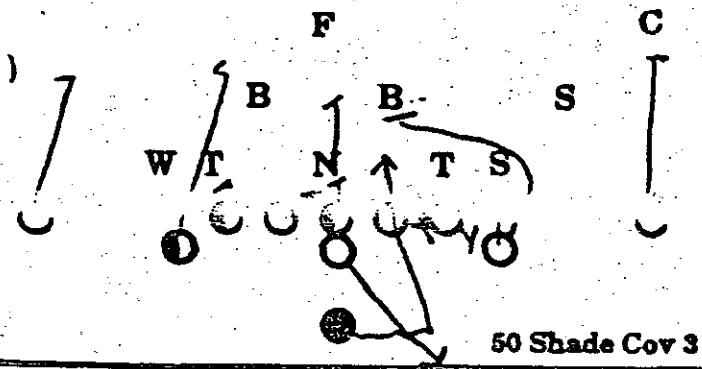
7-41

PLAY (50-51)

Position

QB	Open up like 360-370 then slip ball to B-Back.
B-Back	Take one step, cross-over, plant and run to daylight. Do not leave until ball is in your hands.
A-Back	Downfield.
H-Back	Block PSLB.
X	Push stalk.
Y	Push stalk.
PT	Base to white.
PG	Base to white.
C	Base to fold or pin and eye.
BG	Base to fold or pin and eye.
BT	Base to white.

Note: Motion A back to Trips and line up in Trips. QB must audible away from A gap defender.



PLAY (50-51) EAGLE

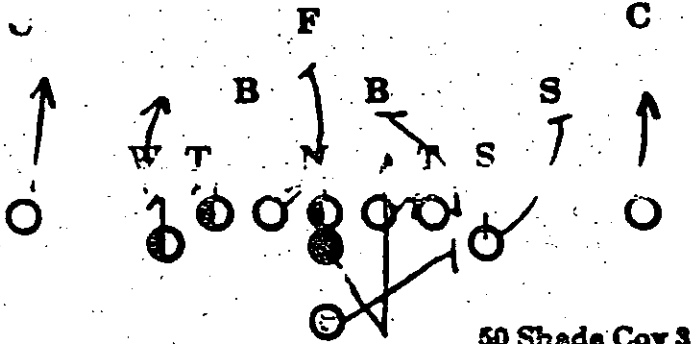
PositionASSIGNMENT

QB	360-370 drop. Take 3 steps and run off first down lineman playside.
B-Back	360-370 protection rules.
A-Back	Flat defender to FS.
H-Back	Flat defender to BSLB to FS.
X	Push stalk.
Y	Push stalk.
PT	Set, show pass, block first LB'er head-up to inside.
PG	White switch.
C	Base to pin and eye.
BG	Base to pin and eye.
BT	Uncovered - check LB'er and block out. Covered - block man over.

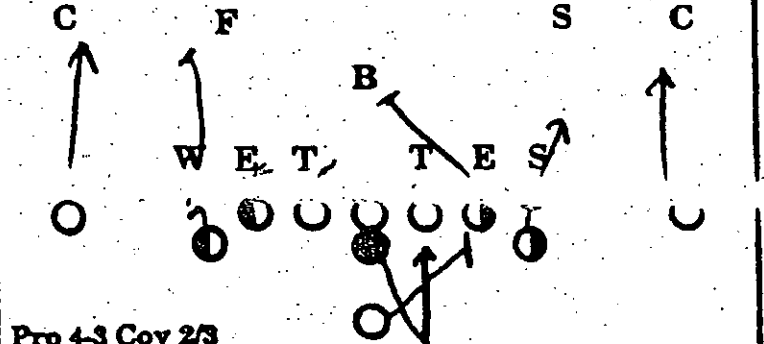
Note: Motion "A" back to Trips or line-up in Trips. QB must check away from "A" gap defender.

PLAY (50-51) EAGLE

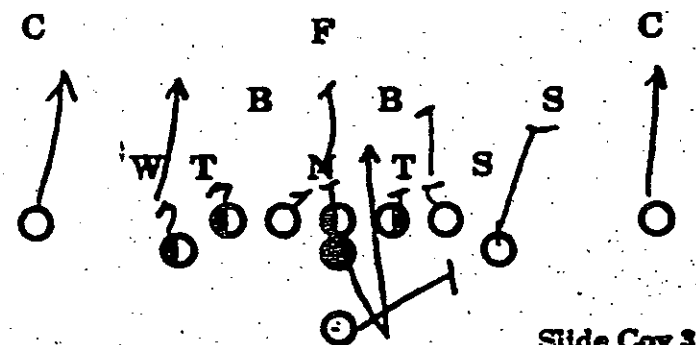
7-44



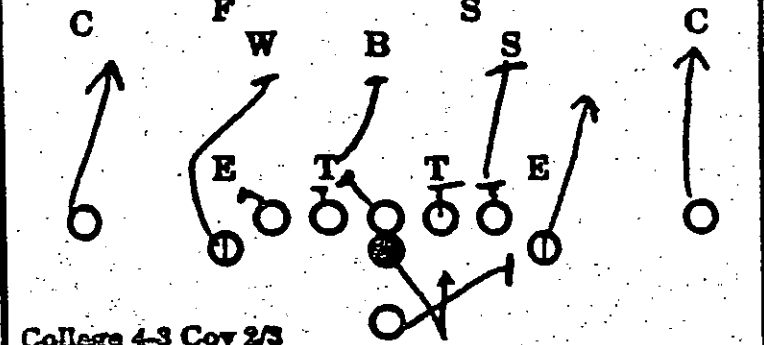
50 Shade Cov 3



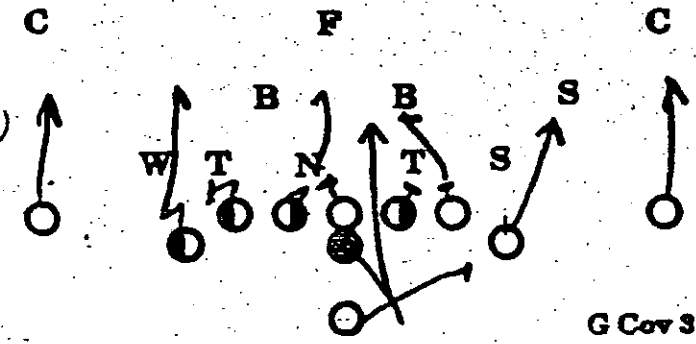
Pro 4-3 Cov 2/3



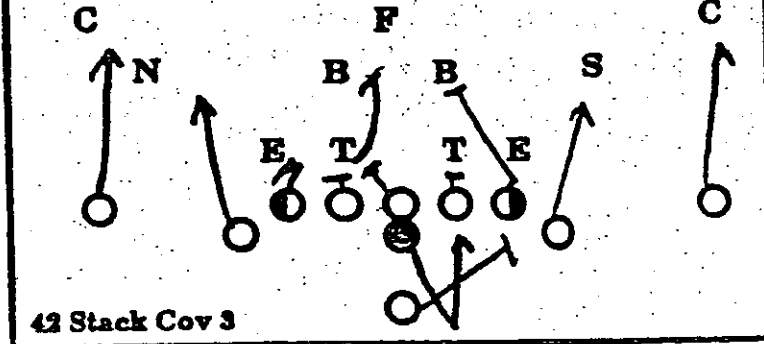
Slide Cov 3



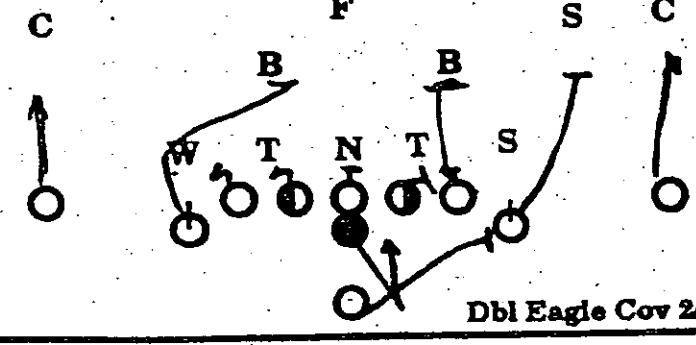
College 4-3 Cov 2/3



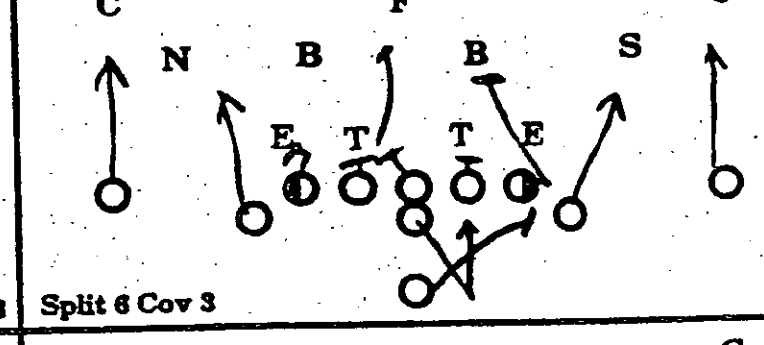
G Cov 3



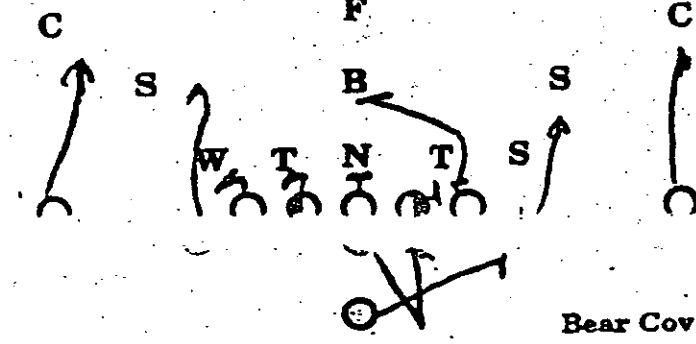
42 Stack Cov 3



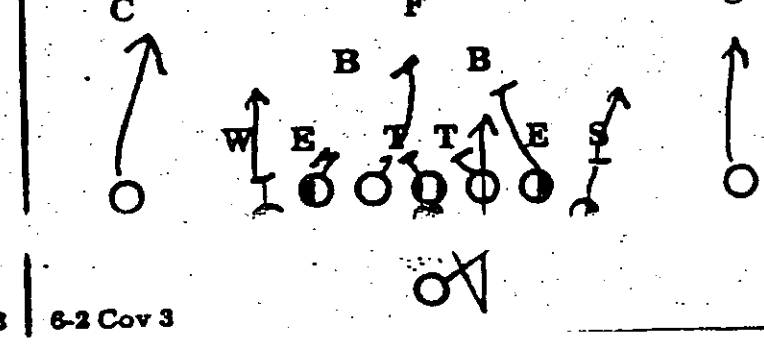
Dbl Eagle Cov 2/3



Split 6 Cov 3



Bear Cov 3



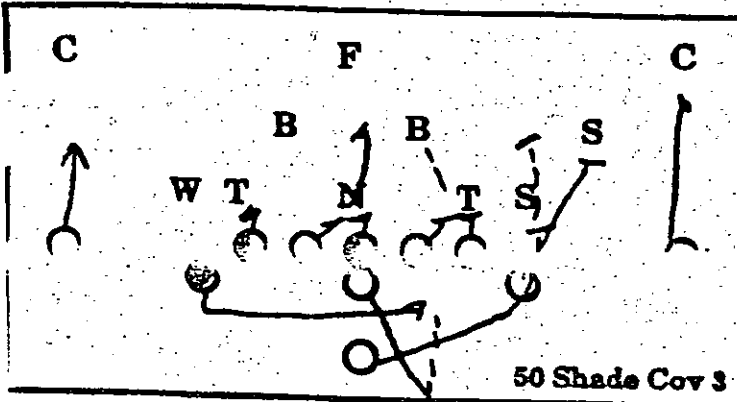
6-2 Cov 3

PLAY (52-53)

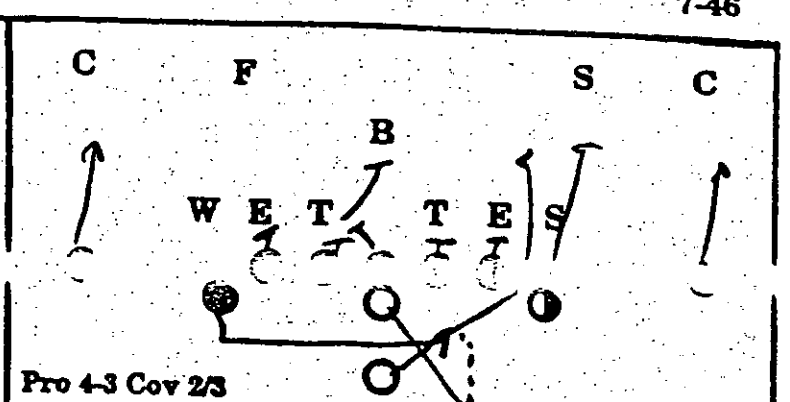
Position	Assignment
QB	Sprint playside then shuffle ball to A-back.
B-Back	Attack playside and block first man outside of OT. If he works wide and up field for contain, go to PSLB.
A-Eack	Two jump step back then work playside looking to catch shuffle.
H-Back	Block flat defender.
X	Push stalk.
Y	Push stalk.
PT	Block 360-370 rules.
PG	Block 360-370 rules.
C	Base to pin and eye.
BG	Base to pin and eye.
BT	White switch.

Note: FB and QB want to influence the contain man up field. FB continues to LB'er and QB shuffles ball off of contain men.

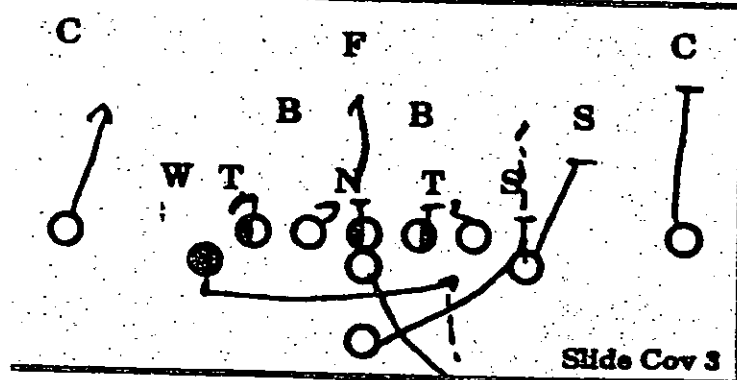
PLAY (52-53)



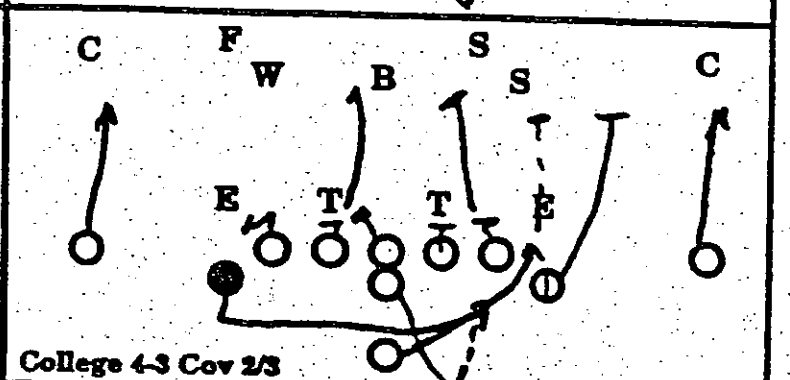
50 Shade Cov 3



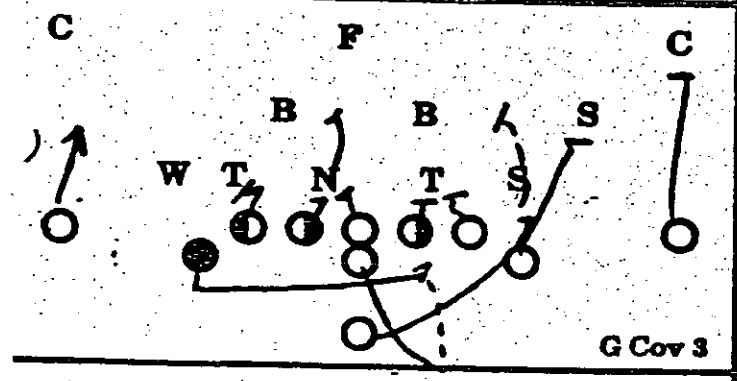
Pro 4-3 Cov 2/3



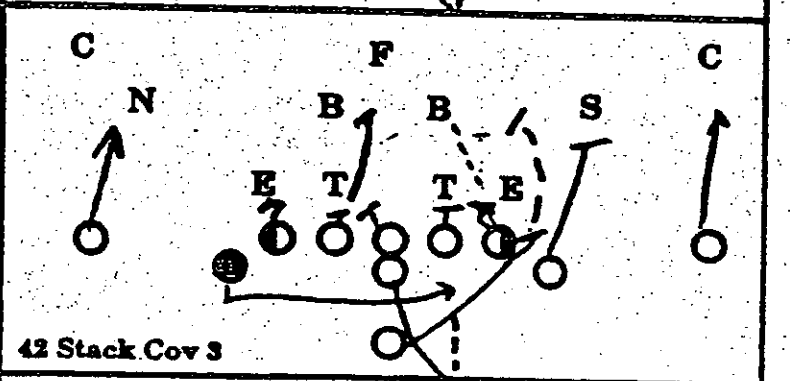
Slide Cov 3



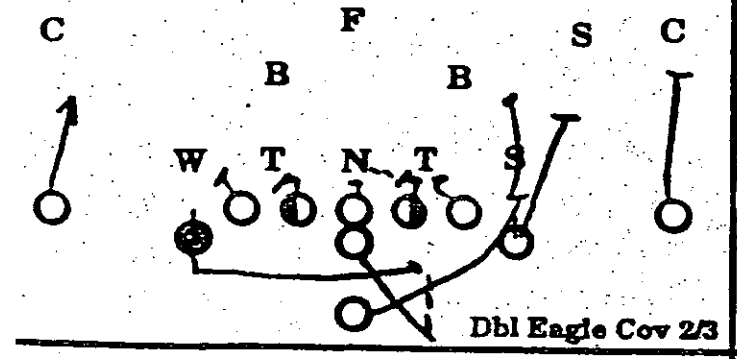
College 4-3 Cov 2/3



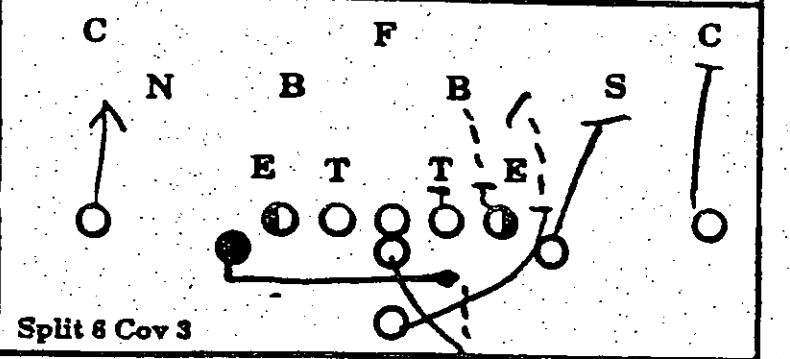
G Cov 3



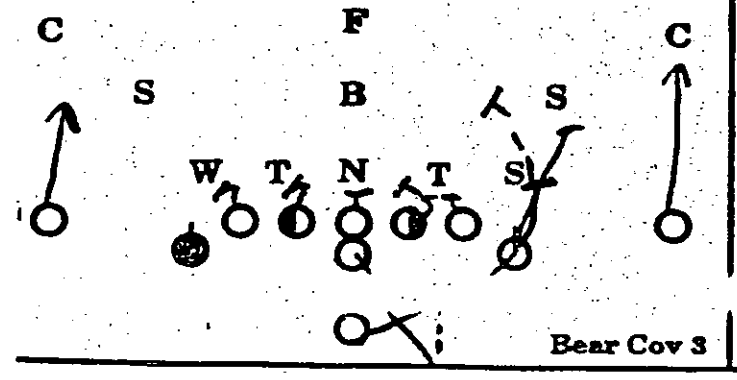
42 Stack Cov 3



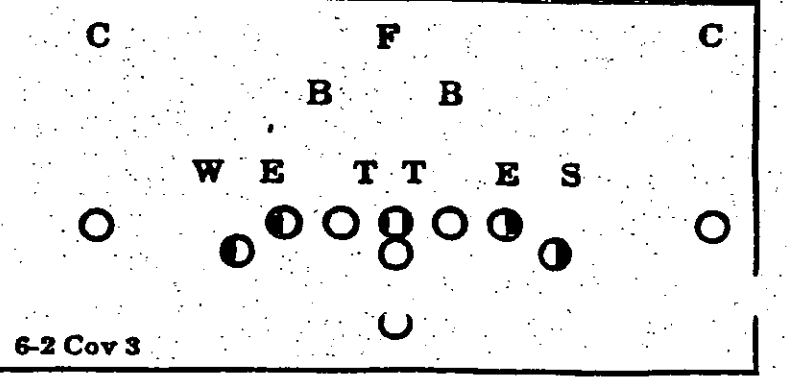
Dbl Eagle Cov 2/3



Split 8 Cov 3



Bear Cov 3



6-2 Cov 3

PLAY (12-13) REVERSE**QB**

Veer technique and pitch ball to X or & coming from opposite direction.

B-Back

Run 12-13 track and block PSLB.

A-Back

Run pitch route.

H-Back

Block run support.

X

Check or run reverse.

Y

Check or run reverse.

PT

Base.

PG

Base.

C

Scoop - peel back.

BG

Scoop - peel back.

BT

Scoop - peel back - block corner.

**PASSING
GAME**

Section 8

1995

UNIVERSITY OF HAWAII

PASSING GAME

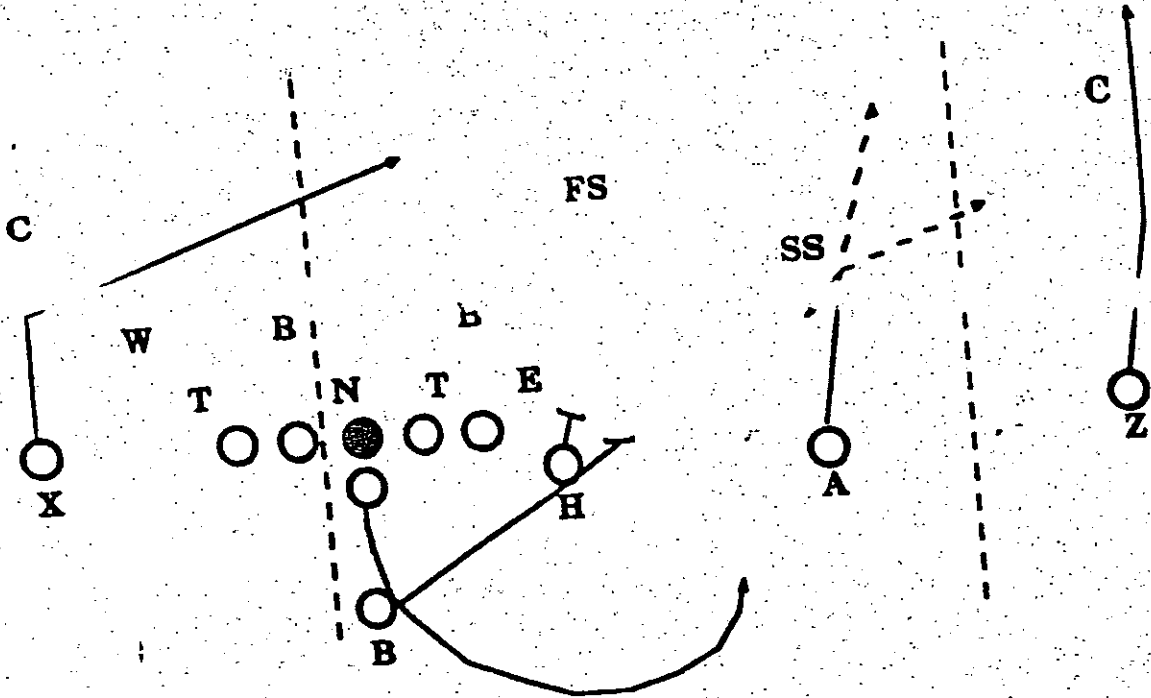
120 - 130 3 Step Passing Game

80 - 90 Sprint Out Passing Game

360 - 370 5 Step Passing Game
460 - 470

312 - 313 Play Action Passing Game

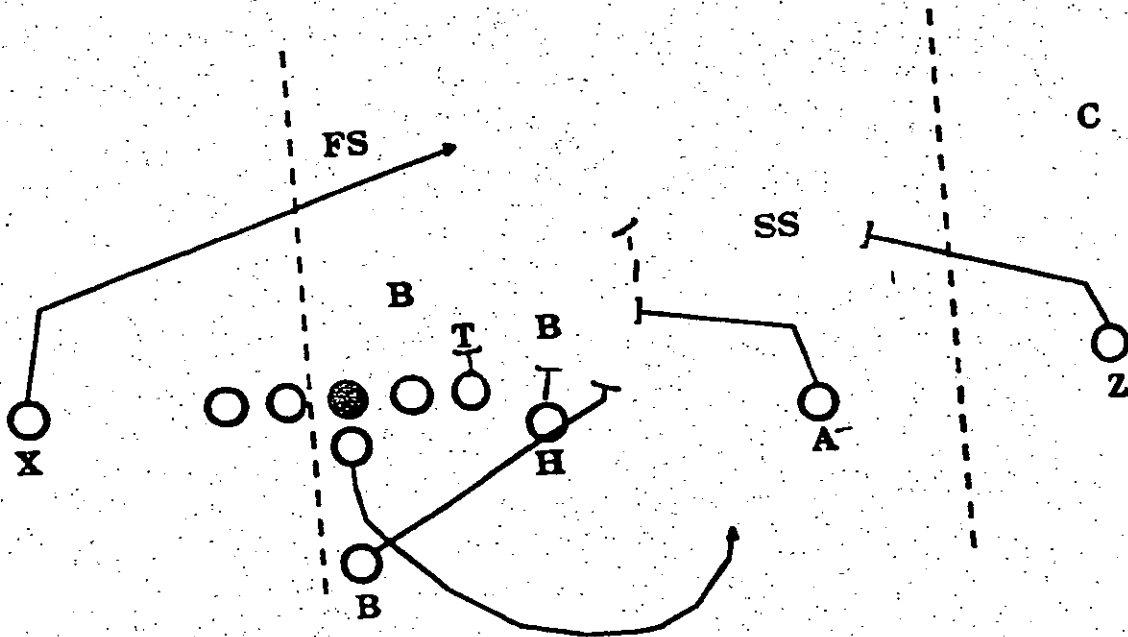
80/90



X - Climb route
 H - Block 80/90 Protection
 A - Run Read route - Reading SS

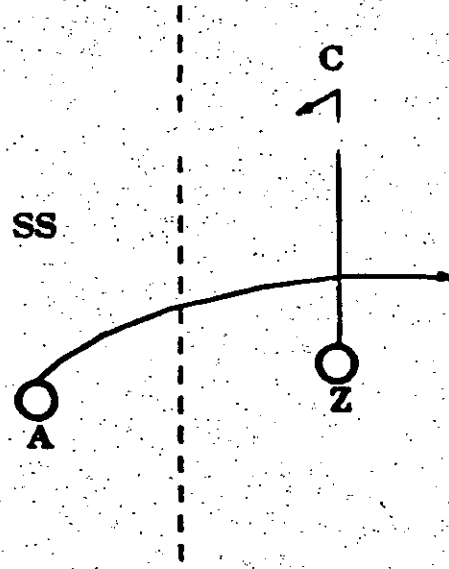
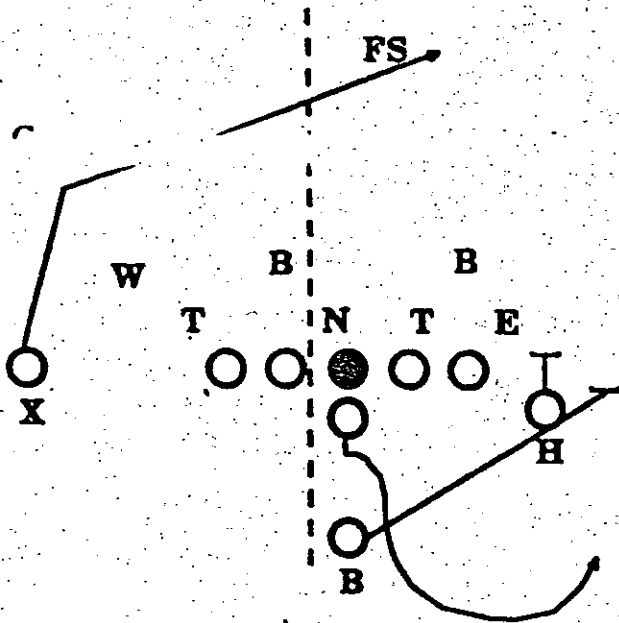
Z - Go route
 B - Block 80/90 Protection
 QB - 80/90 Drop - Read SS

80/90 CRACK



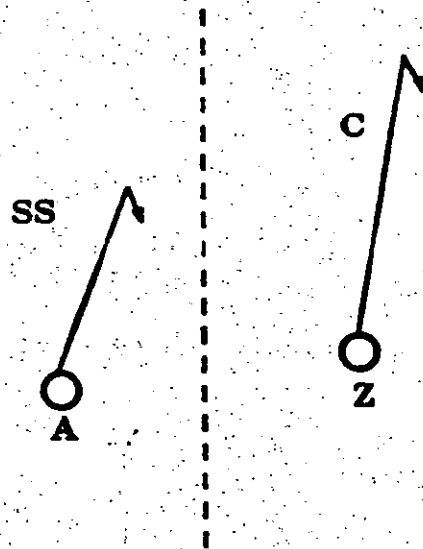
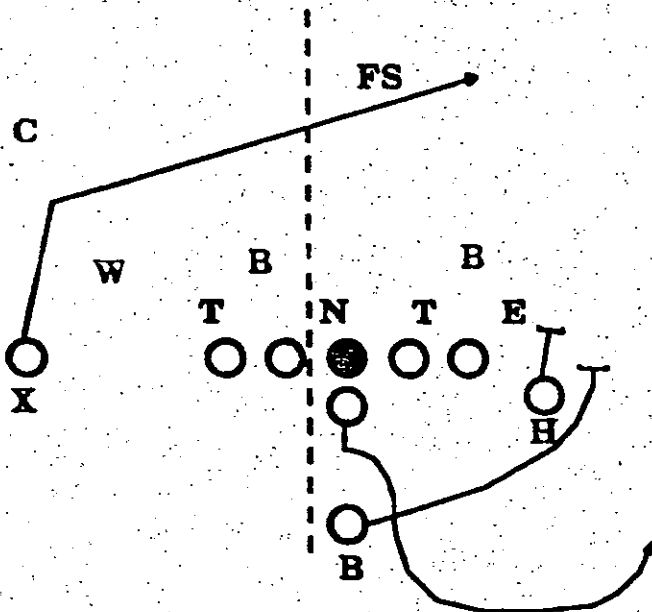
X - Climb route
 H - Block 80/90 Protection
 Crack Recker to FS

Z - Crack SS to FS
 B - Block 80/90 Protection
 QB - Run - Employ 80 Drop



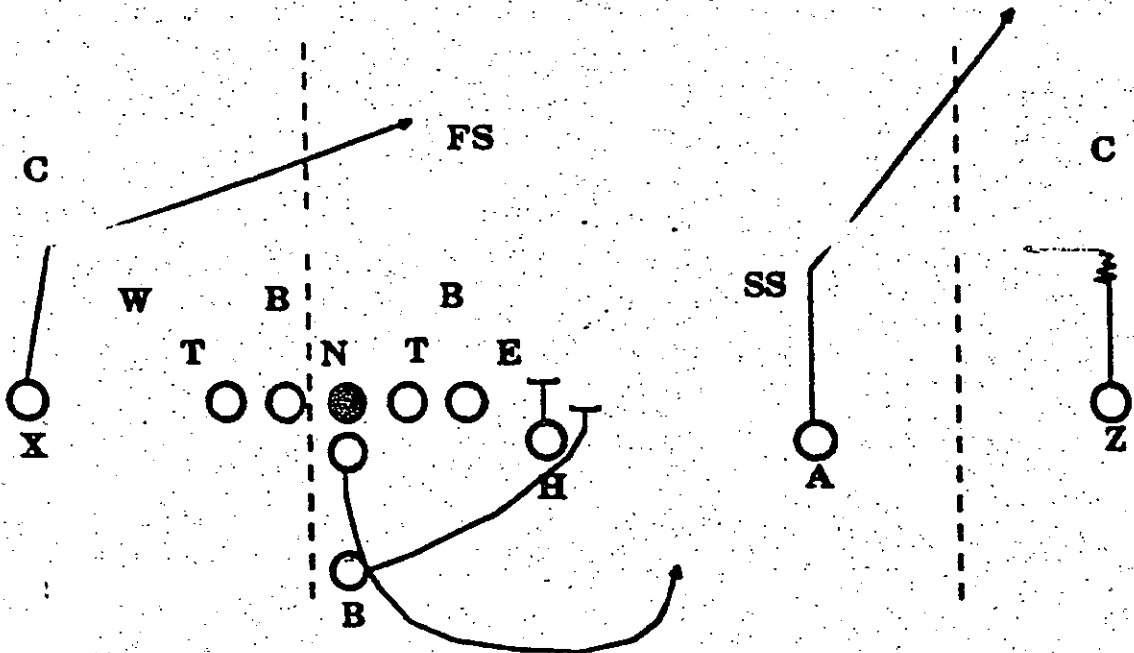
X - Climb route
 H - Block 80/90 Protection
 A - 6 yard Out Route

Z - 16 Yard Curl Route
 B - Block 80/90 Protection
 QB - 80/90 Drop - Read SS



X - Climb route
 H - Block 80/90 Protection
 A - 8 yard Stop route

Z - 16 yard Out route
 B - 80/90 Protection
 QB - 80/90 Drop - Read SS



X - Climb route
H - 80/90 Protection
A - 8-10 yard Corner route

Z - Smash route
B - 80/90 Protection
QB - 80/90 Drop - Read Corner

PLAY 162/172

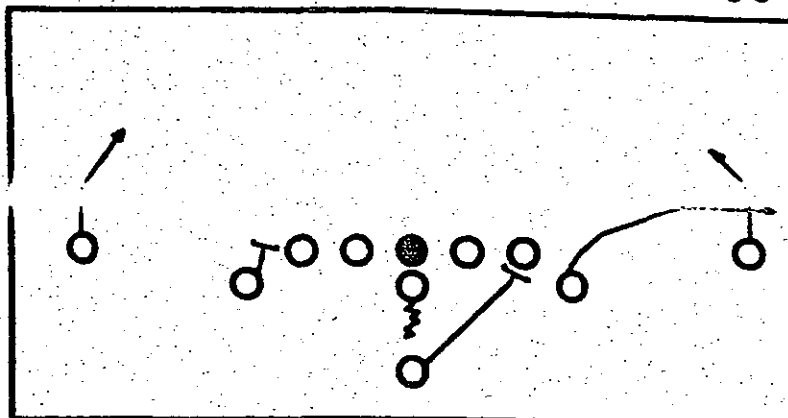
PROTECTION Quick

FORMATION Spread/Trips

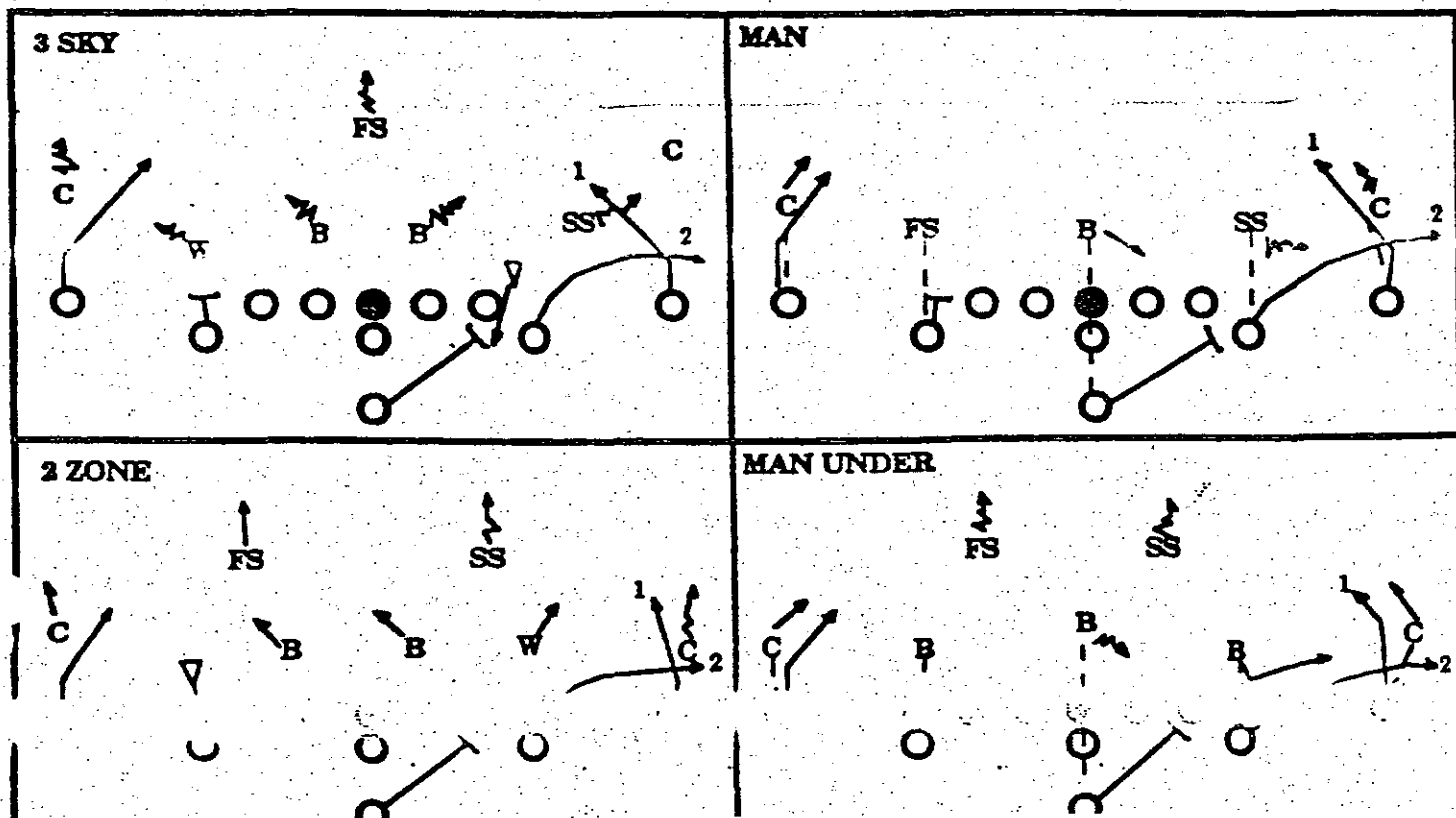
DEEP 3 Step

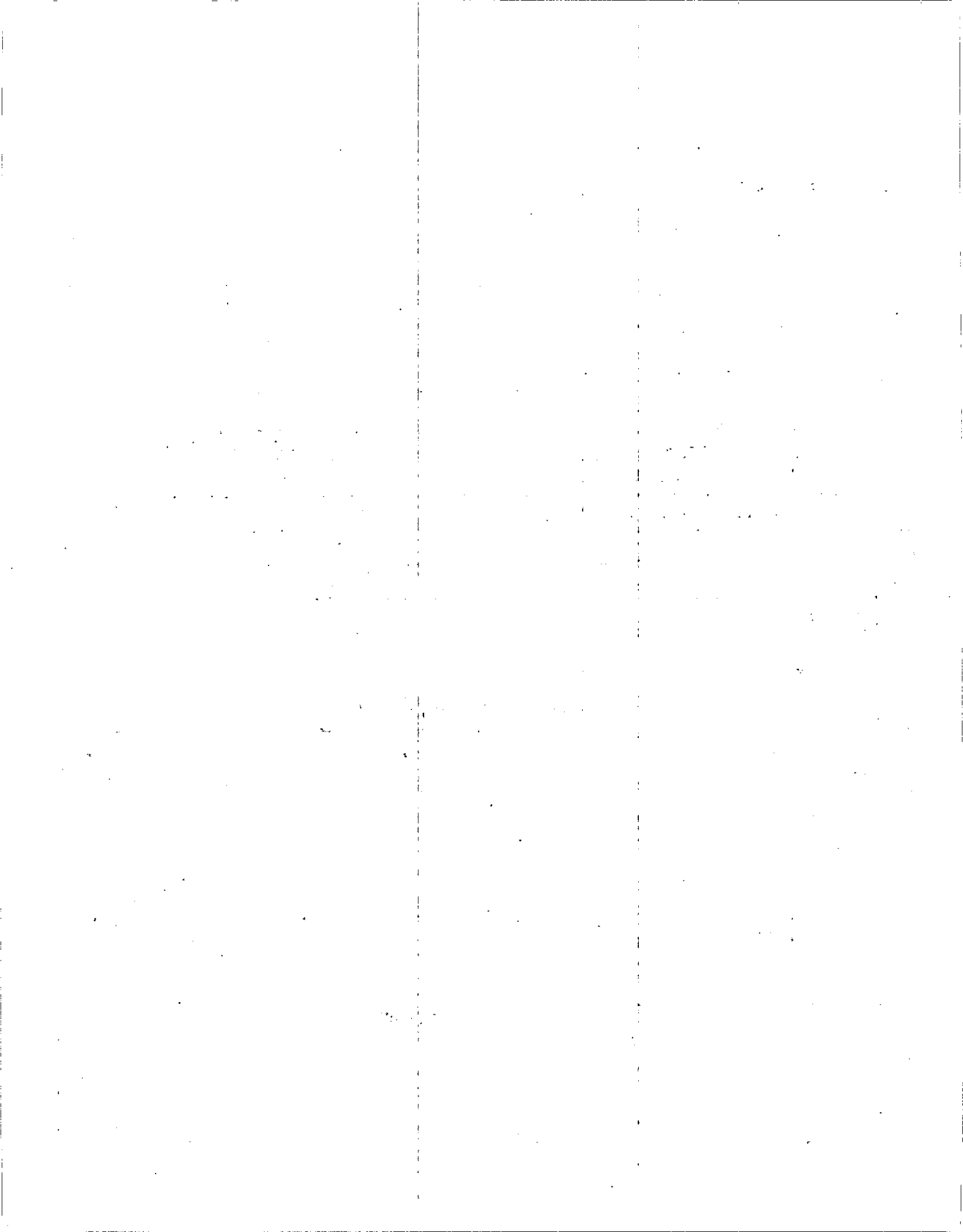
MOTION _____

VARIATIONS _____



	ASSIGNMENT	COACHING POINT
H	Callside flat route 2-3 yards - backside block.	162/172 Vertical - Run vertical.
A	Callside flat route 2-3 yards - backside block.	
Z	Slant - 6 yards.	Fade vs 2 / 2 Man.
X	Slant - 6 yards.	Fade vs 2 / 2 Man.
B	Block end of line - callside.	
QB	<p>READ</p> <p>1. Corner</p> <p>2.</p> <p>3.</p>	<p>1. 3 ZONE <u>X or Z</u></p> <p>2. 2 ZONE <u>X or Z</u></p> <p>3. MAN <u>X or Z</u></p> <p>4. MAN UNDER <u>H/A or X/Z</u></p>





PLAY 163/173

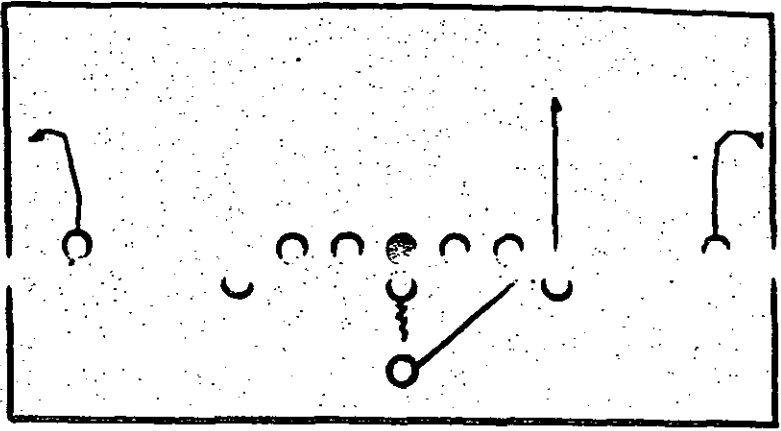
PROTECTION Quick

FORMATION Spread/Trips

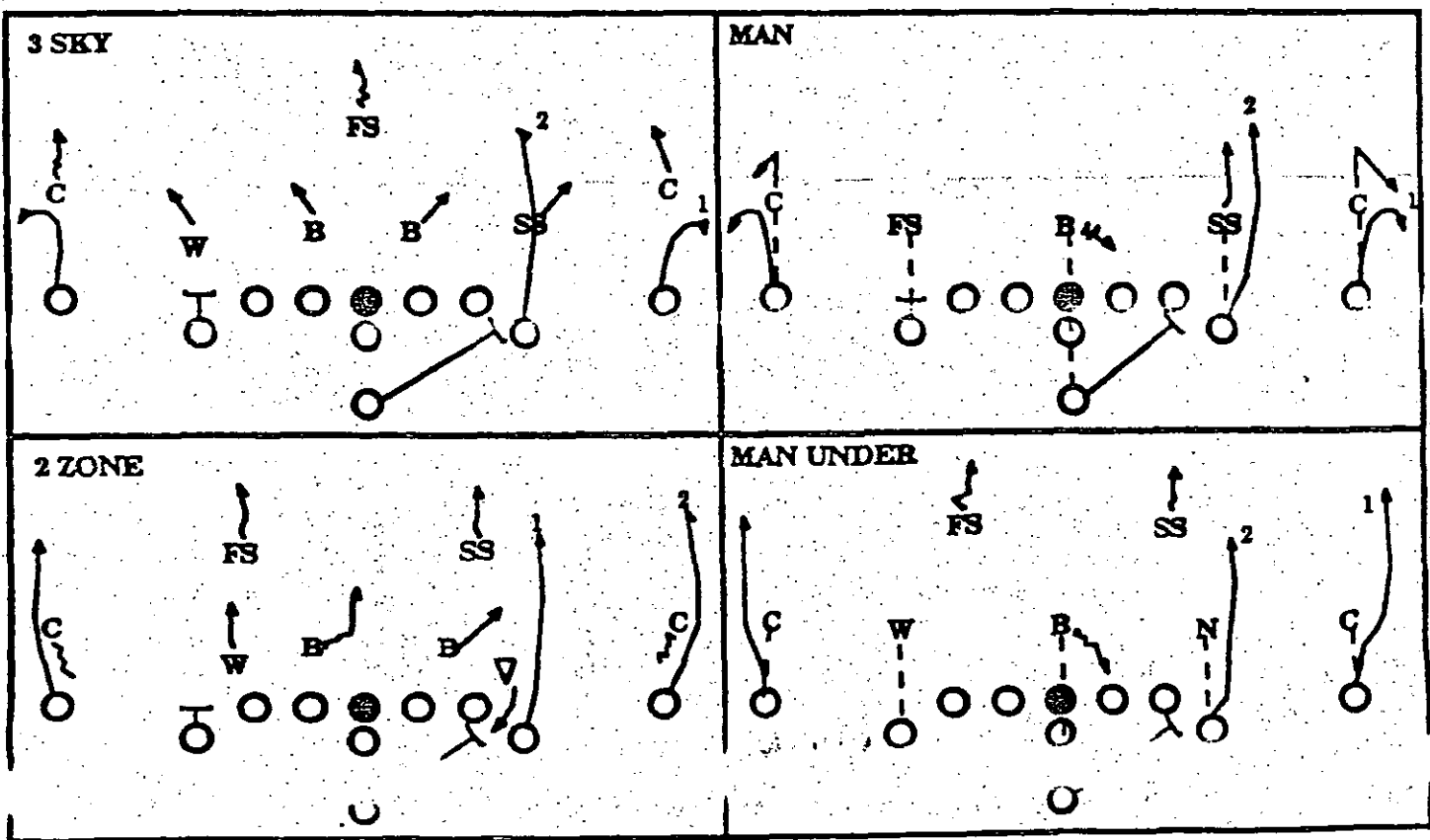
DROP 3 Step

MOTION _____

VARIATIONS _____



	ASSIGNMENT	COACHING POINT
H	Callside Vertical - Backside block.	Vs 2 man, break out 3-4 yards.
A	Callside Vertical - Backside block.	Vs 2 man, break out 3-4 yards.
Z	Out 6 yards.	Fade vs 2/2 Man.
X	Out 6 yards.	Fade vs 2/2 Man.
B	Block end of line - Callside.	
QB	READ 1. Corner 2. 3. 4. MAN UNDER <u>H/A or X/Z</u>	



PLAY 164/174

8-7

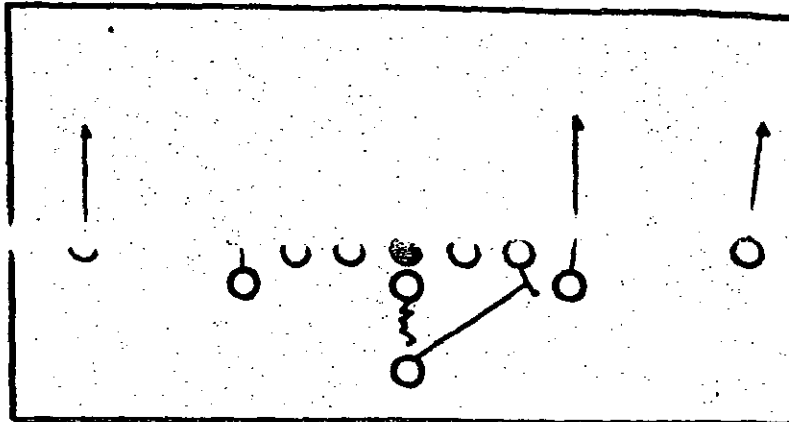
PROTECTION Quick

FORMATION Spread/Trips

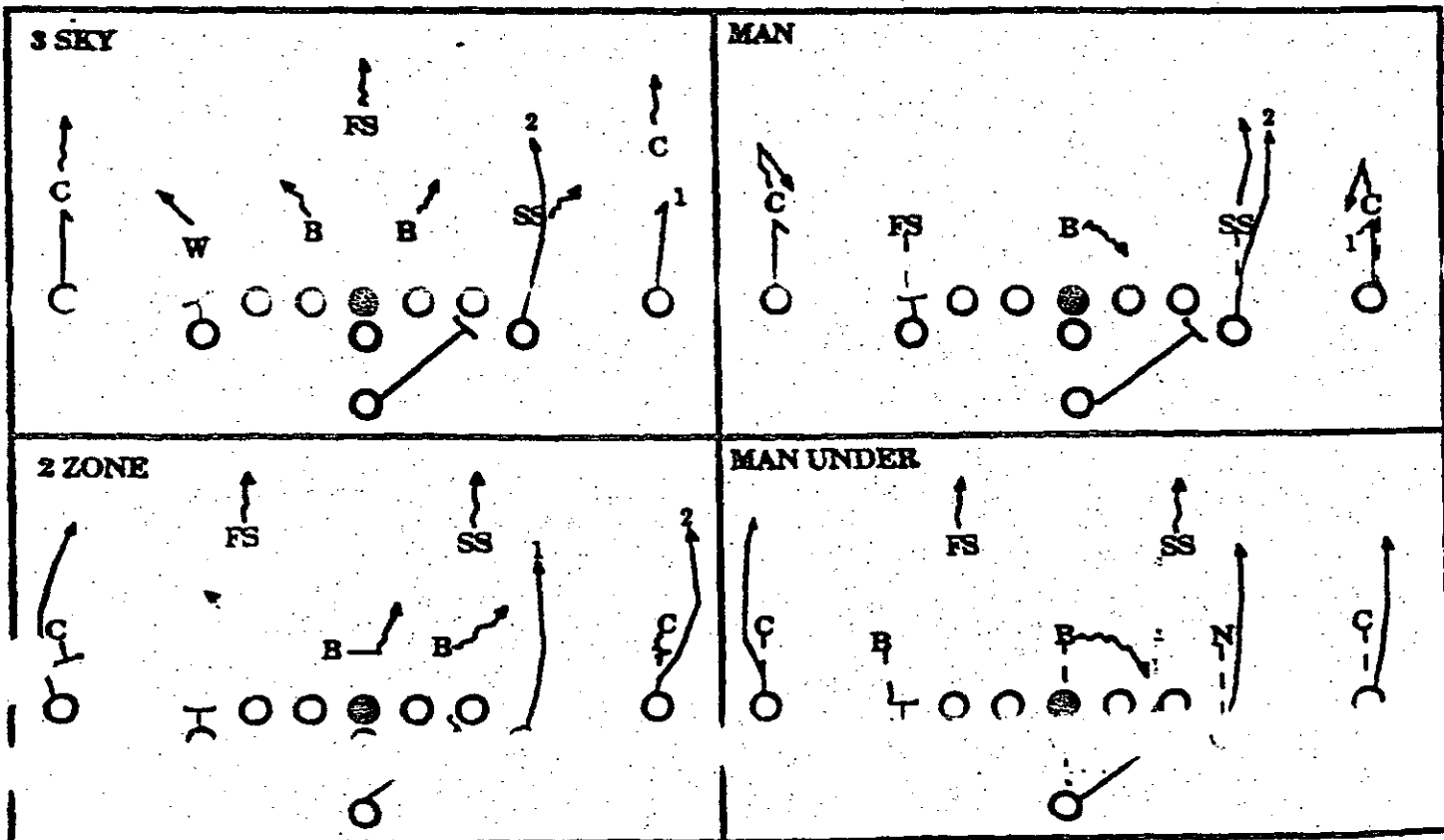
DROP 3 Step

MOTION _____

VARIATIONS _____

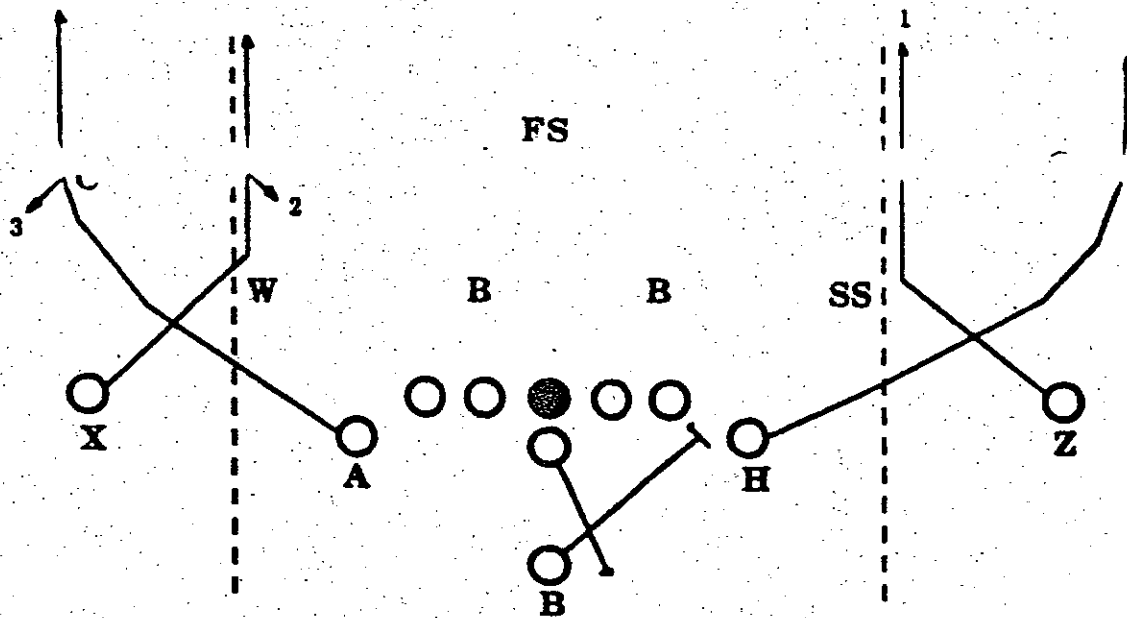


	ASSIGNMENT	COACHING POINT
H	Callside - Vertical - Backside block.	Vs 2 Man break out 3-4 yards.
A	Callside - Vertical - Backside block.	Vs 2 Man break out 3-4 yards.
Z	Hitch 6 yards.	Fade vs 2 / 2 Man.
X	Hitch 6 yards.	Fade vs 2 / 2 Man.
B	Block end of line - callside.	
B	READ 1. Corner 2. 3. 4.	1. 3 ZONE <u>X or Z</u> 2. 2 ZONE <u>X or Z</u> 3. MAN <u>X or Z</u> 4. MAN UNDER <u>H/A or X/Z</u>



360/460 SWITCH

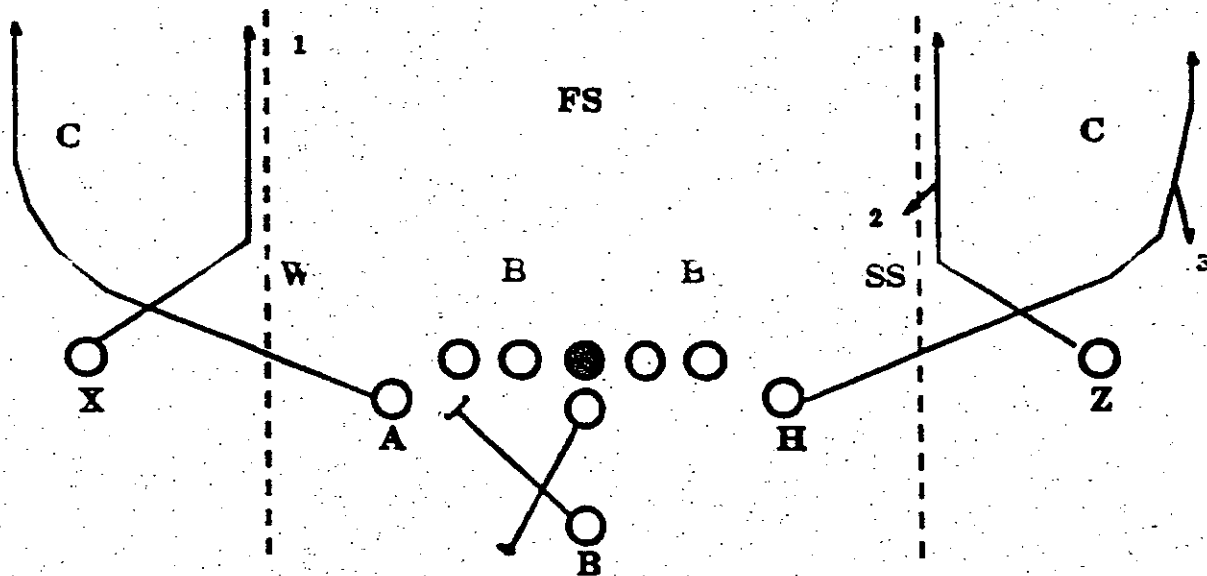
8-9



- X - 3 step run landmark (hash).
Read FS - continue or find hole.
- A - Run wheel, read corner - continue or pull up.
- H - Run wheel - no adjustment.
- Z - Run 3 step to hash, run up hash.

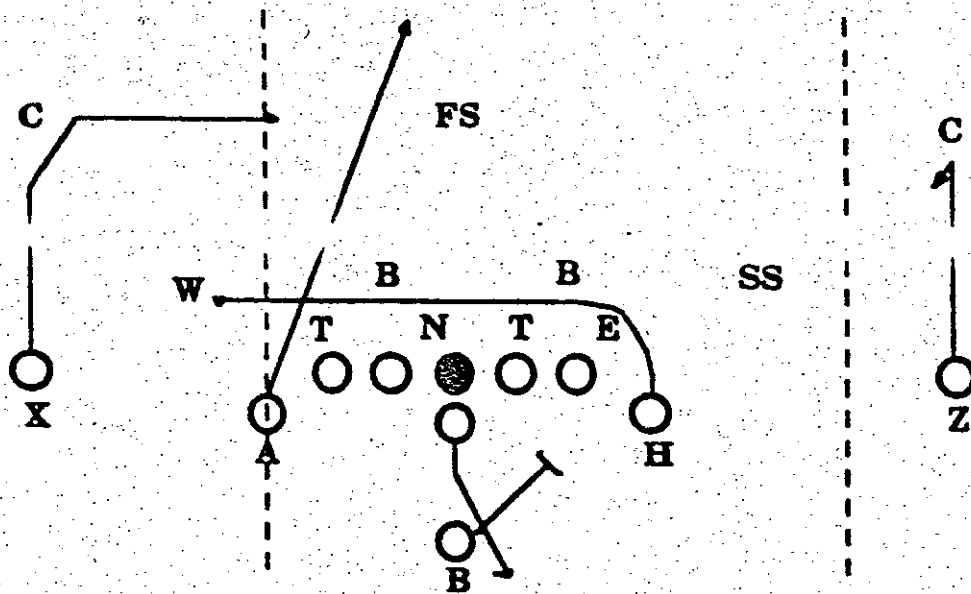
- B - Block protection - possible route.
- QB - 5 step - read FS.

370/470 SWITCH



- X - 3 step run up hash.
- A - Run wheel, read corner, continue or pull up.
- Z - 3 step up hash, read FS, continue or find hole.

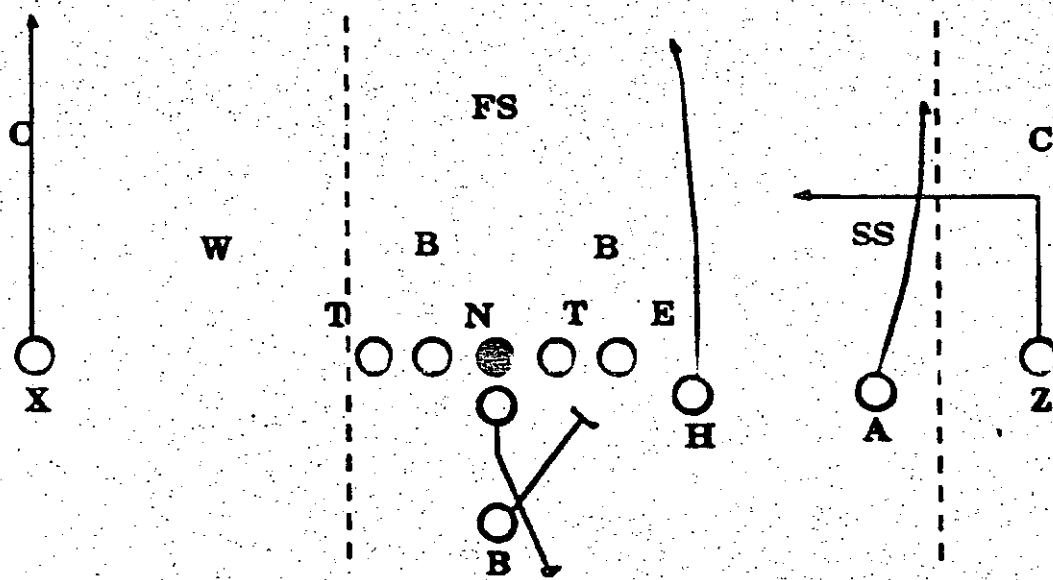
- B - Block protection, possible route.



- X - Run 15 yard dig.
- A - Run clear route through FS.
- H - Run drag route 6-8 yards.
- Z - Run 16 yard curl.

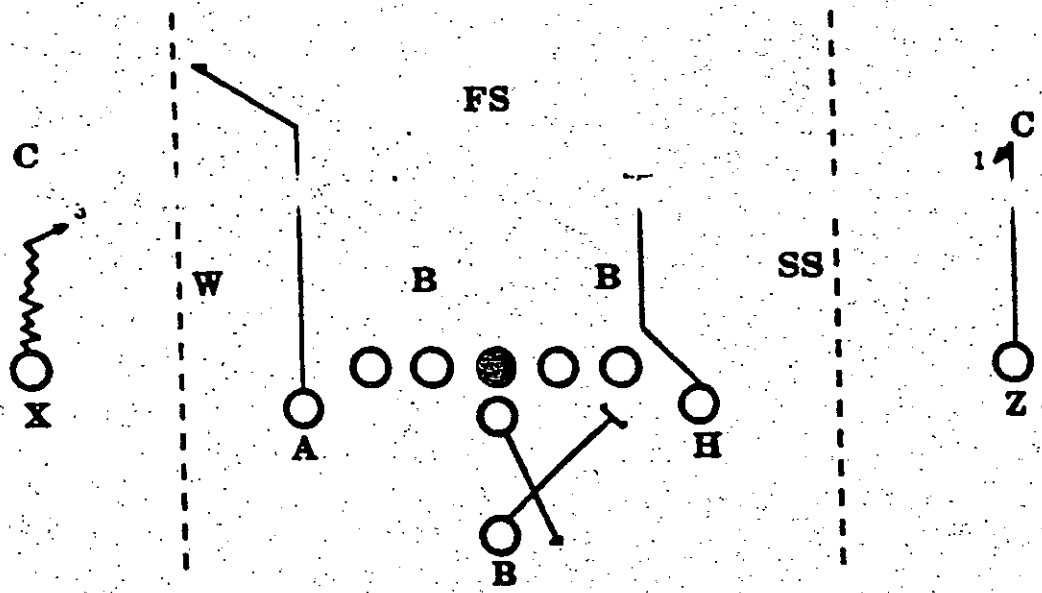
- B - Block 360/370 protection.
- QB - 360/370 drop, read WILB.

360/370 Z UNDER



- X - Go rou;
- H - Clear route through FS.
- A - Clear route through SS - SS vacates.

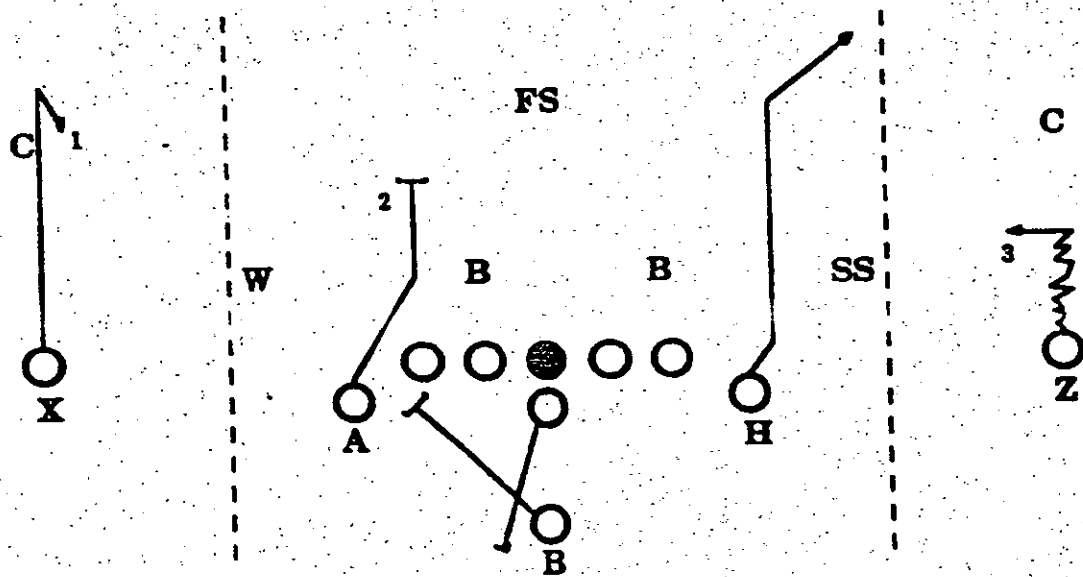
- B - 360/370 protection.
- QB - 360/370 drop. Read SS.



X - Run smash route 6 yards.
 A - Run 10 yard corner route.
 H - Run 8-10 yard option route.
 Z - Run 12 yard stop route.

B - Block protection - possible route.
 QB - 5 step - read SS.

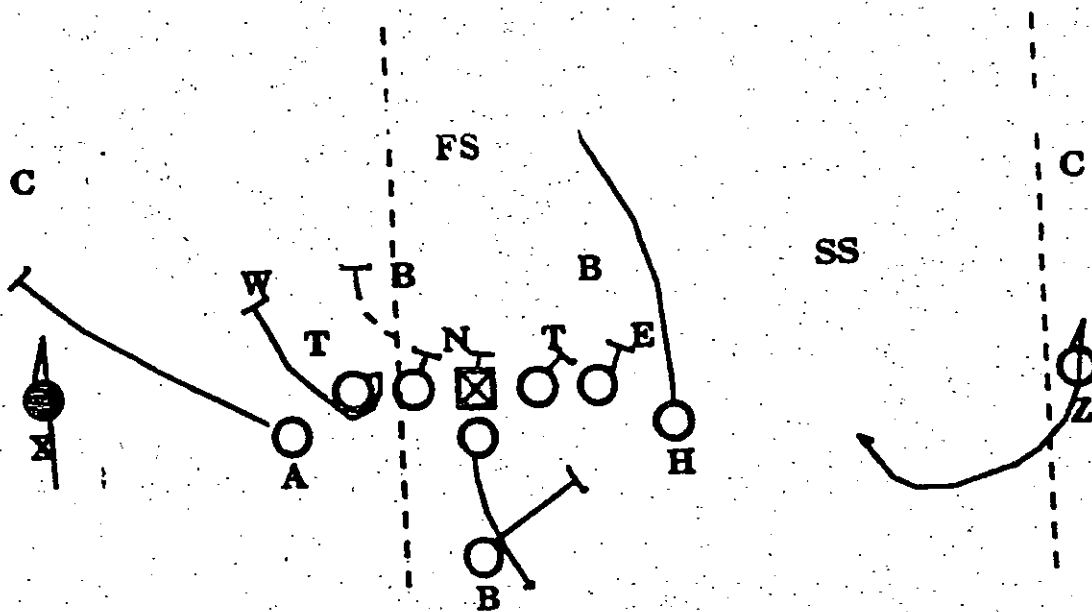
370/470 A/H OPTION



X - Run 12 yard stop route.
 A - Run 8-10 yard option route.
 Z - Run smash route 6 yards.

B - Block protection, possible route.

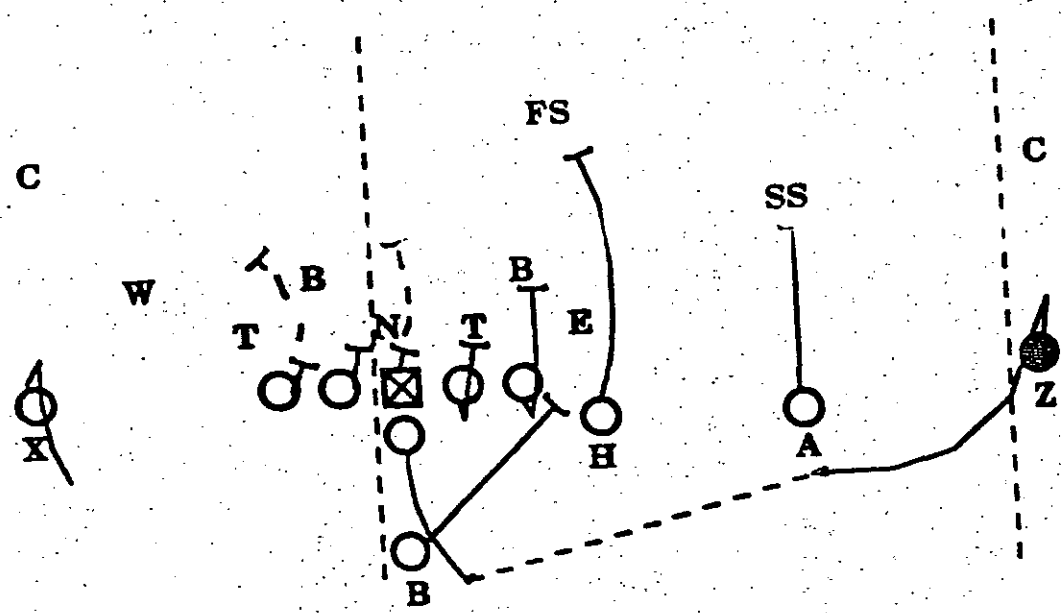
360/370 BOBCAT



X - Run Bobcat.
 H - Release block corner.
 A - Release block FS.

Z - Run Sucker route.
 B - Block 360/370 protection.
 QB - 3 step drop, throw to X.

360/370 SUCKER

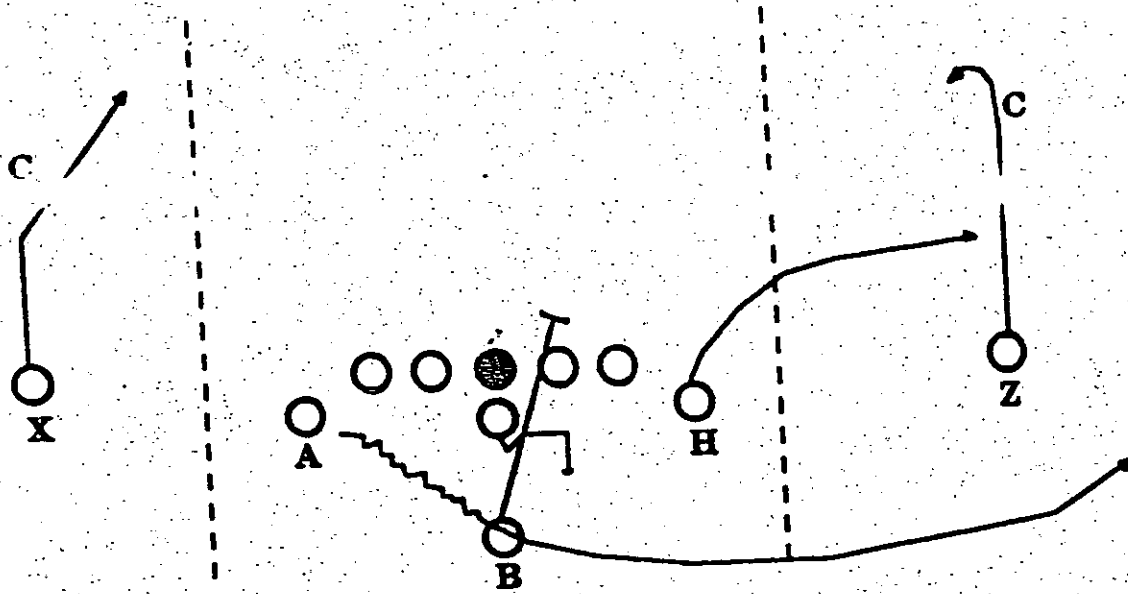


X - run bobcat.
 H - Release block FS or LB in coverage.
 A - Release block SS.

Z - Run Sucker route.
 B - Block 360/370, End drops, go block him.
 QB - 360/370 drop - throw to Z.

312/313 - PLAY ACTION

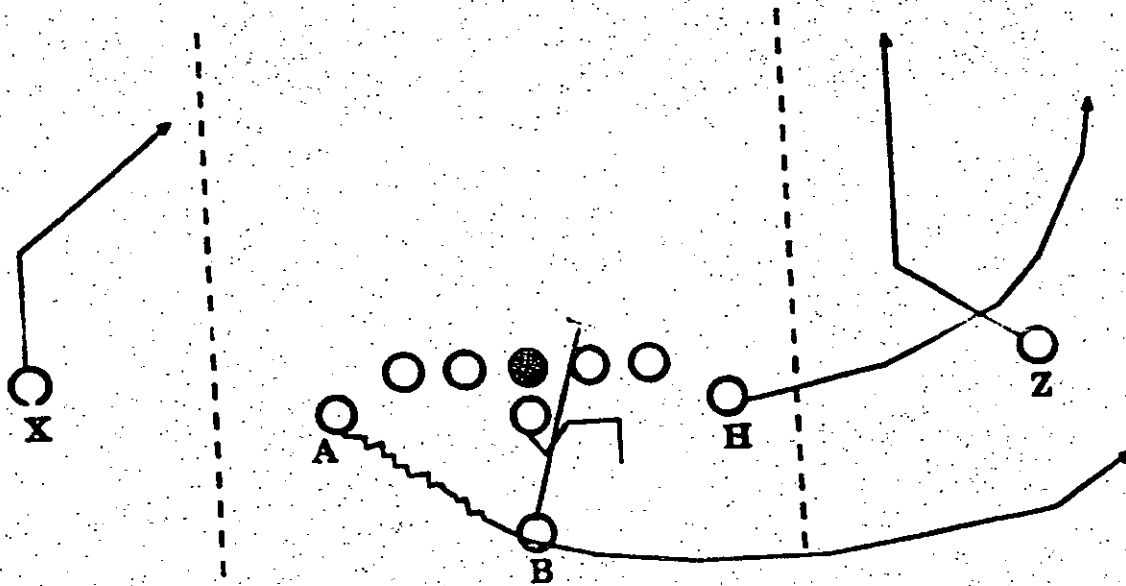
8-16



X - Run Post 10-12 yards.
 A - Tail motion - safety valve.
 H - Run 6 yard out.
 Z - Run 16 yard curl.

B - Run 12 - block OSLB.
 QB - Good 12 fake - Read SS.

312/313 SWITCH

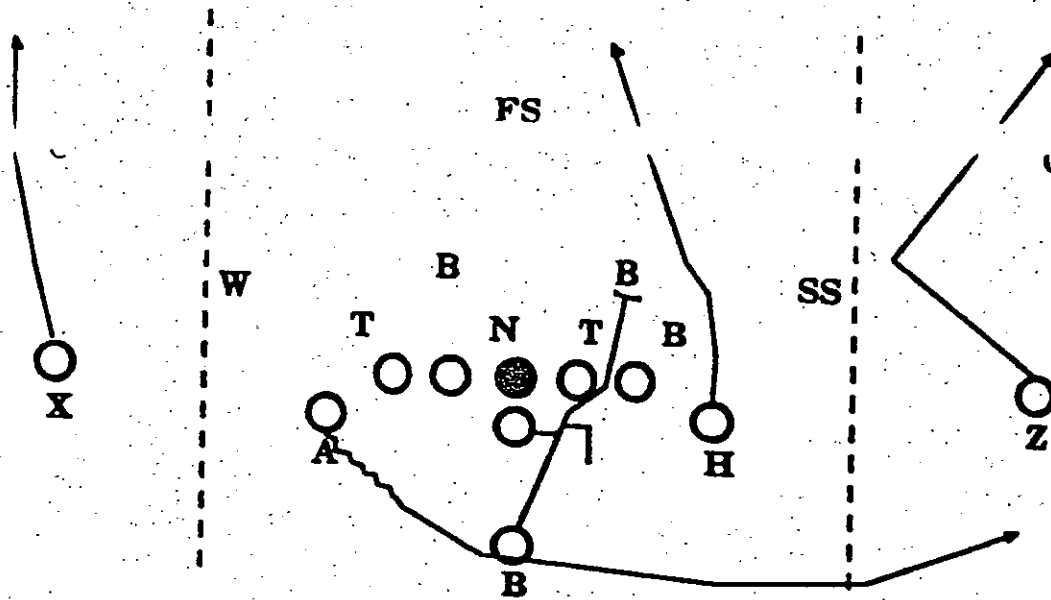


X - Run Post 10-12 yards.
 A - Tail motion - safety valve.
 Z - Run Switch route.

B - Run 12 - block OSLB.
 QB - Good 12 fake, read FS/C.

312/313 CRACK LOAD

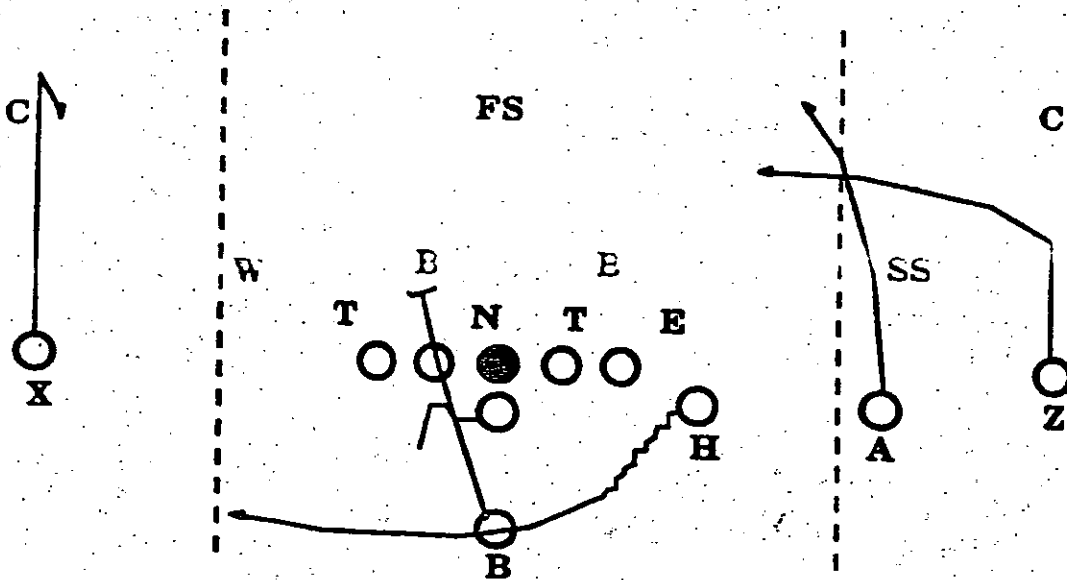
8-17 ✓



X - Go route.
 A - Tail motion - safety valve.
 H - Load course - release run by FS.

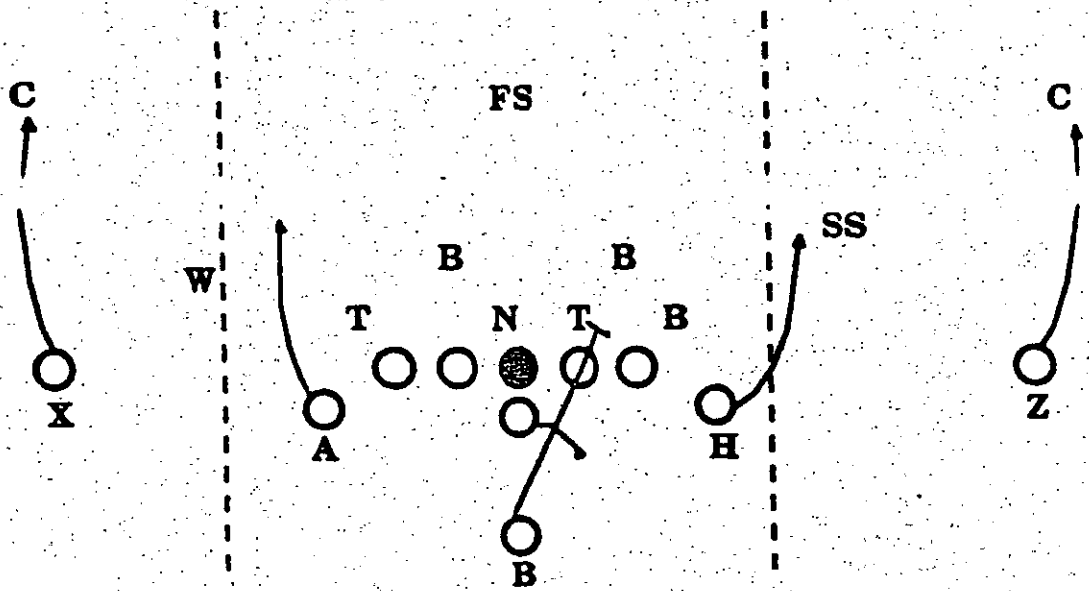
Z - Cut split - crackk, break out to corner route.
 B - Good 12 fake - block OSLB.
 QB - Good 12 fake, read FS to C.

312/313 WEAK SIDE



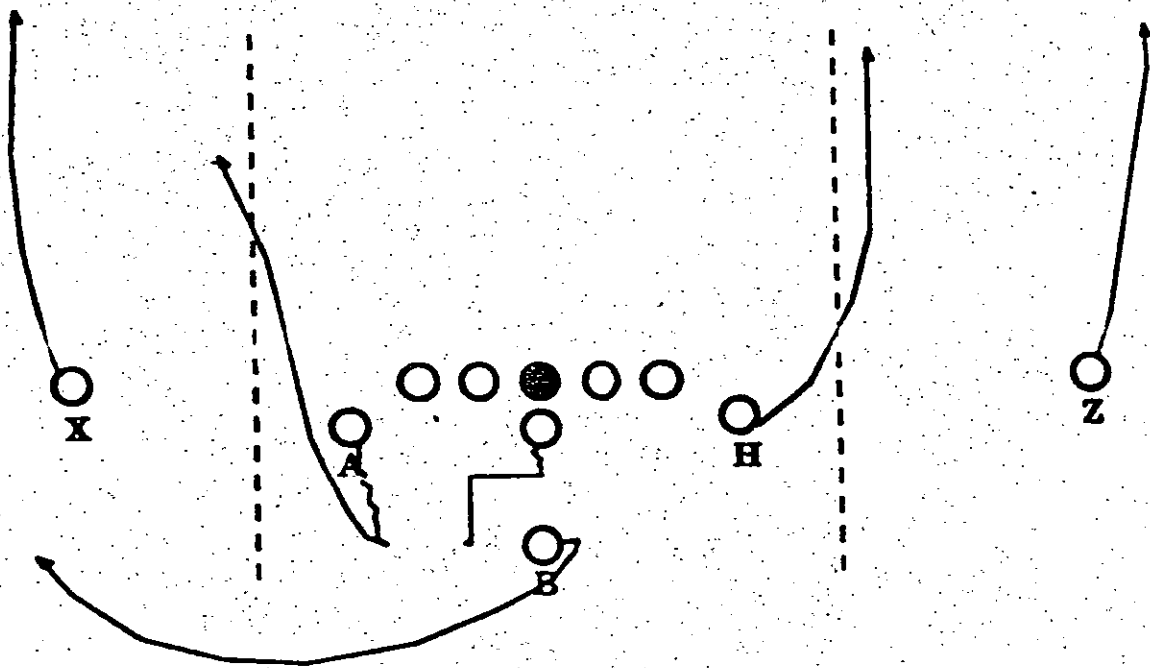
X - Run 16 yard curd
 H - Run Post where FS vacated.
 Read FS.

B - run 13 - block OSLB.
 QB - Good 13 fake - read FS, throw A to Z.



- X - Go route.
- A - Seam - run through inside shoulder of flat defender.
- H - Seam - run through inside shoulder of flat defender.

- Z - Go route.
- B - Good 22 course - block OSLB.
- QB - Quick 22 fake - look BSA to FSH.



- X - Vertical route.
- A - Twirl motion - vertical route.

- Z - Vertical route.
- B - Jab step run 17 - safety valve.

PASS PROTECTION

Section 9

UNIVERSITY OF HAWAII PASSING GAME

The Rainbow Passing Game includes three different types of protection and routes. The first type of protection will be using 00-70 and 00-50 protection, and calling a playside route off the passing tree. When that type of route is called, a complimentary route will be run by the other receiver.

The second type of pass that we will run are some 1-back run and shoot routes using 360-370 protection. These routes are usually sight adjusted depending on the coverage by the defense, and the adjustments that they make to motion. On these routes the QB will throw off a 5 step drop and should try to set up behind the playside tackle.

Our third type of passing game will be to use 460-470 protection and get 5 possible receivers out. These routes are very similar to the run and shoot routes with a safety valve now used. In this protection, the QB will throw off a 5 step drop and should try to set up behind the playside tackle.

Our play action passes have been included in this section of the playbook, as well as the blocking schemes that we use with them.

80-90 PROTECTION

This protection is used for sprint passing game. We will use this protection out of Spread and Toss formations. We want to move the QB and pocket with the ability to get the QB outside contain.

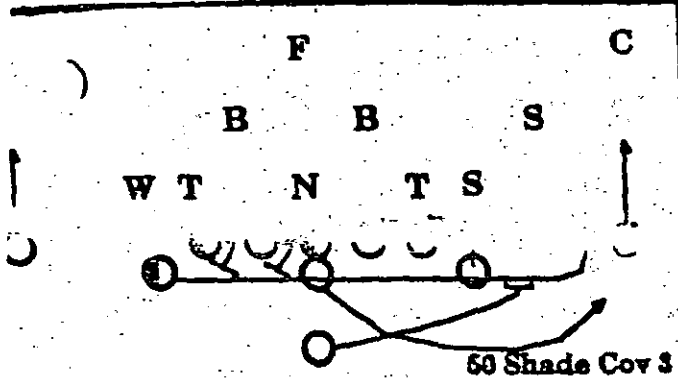
The offensive linemen on both sides will use a reach-hinge technique. We will reach for the playside gap and if nothing shows, we will hinge backside. The backside personnel will get depth while performing this protection. The playside personnel will work at the LOS getting depth only when necessary. This is a zone concept protection with the playside gap being our first responsibility.

H-Back will be responsible for the end man on the line of scrimmage. He will be aggressive at the LOS working for outside leverage understanding the OT will help protect his inside gap.

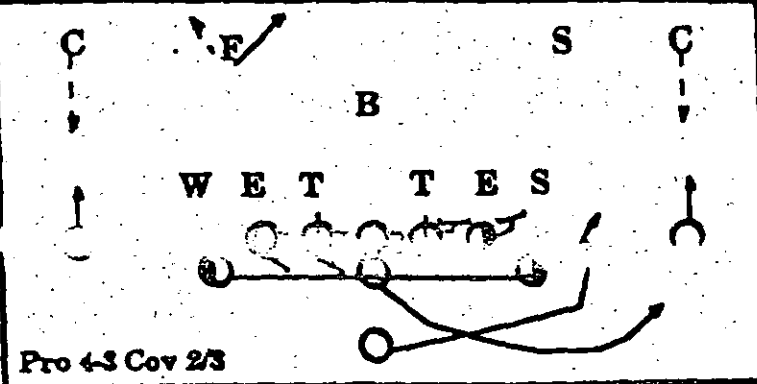
B-Back will work for position to block first threat outside the end man on the LOS. If no immediate threat shows, turn back and double with H-Back.

QB will work a path to break contain. He needs to be ready to throw as he works to break contain. The QB must understand when it is run first and throw second and visa versa to help him execute what the play is designed form.

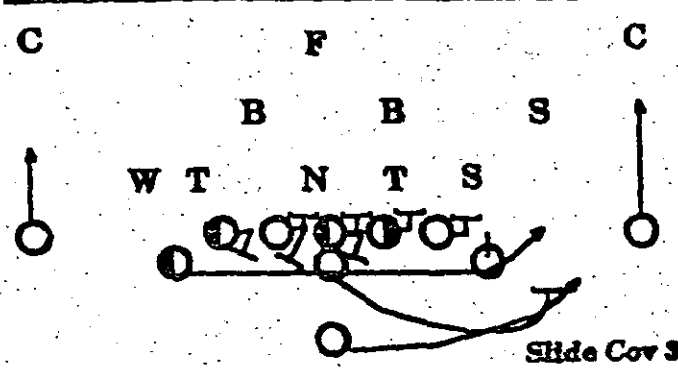
80-90 PROTECTION



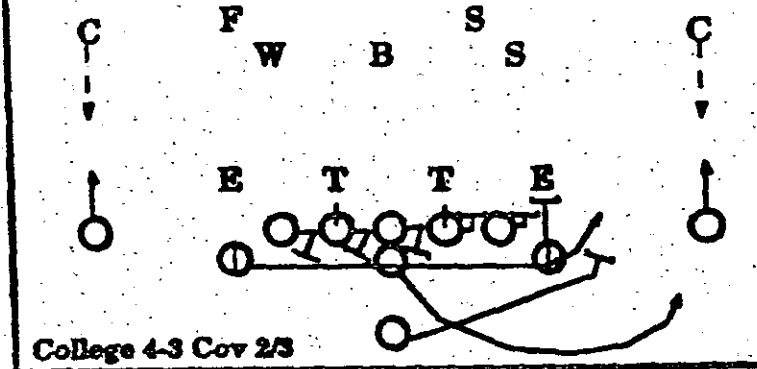
50 Shade Cov 3



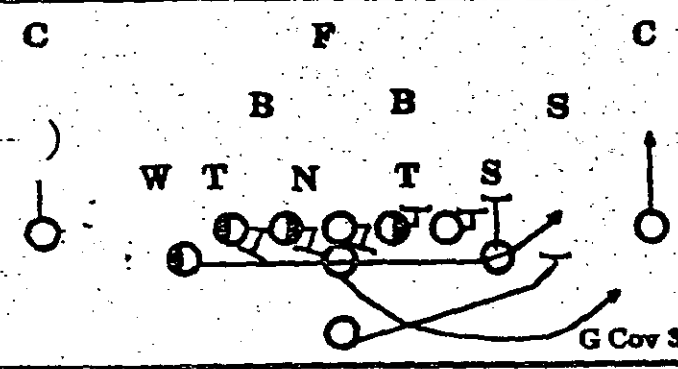
Pro 4-3 Cov 2/3



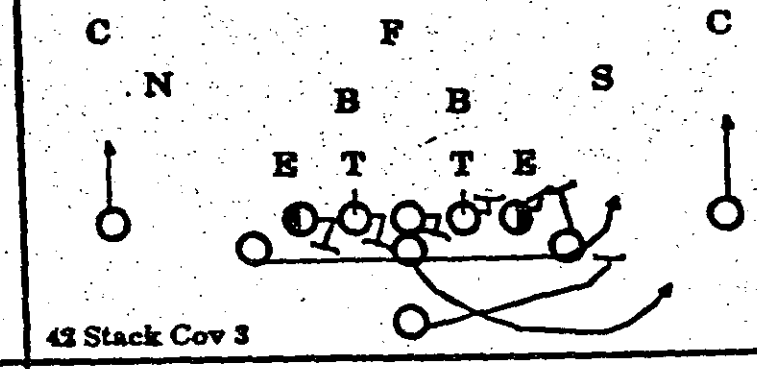
Slide Cov 3



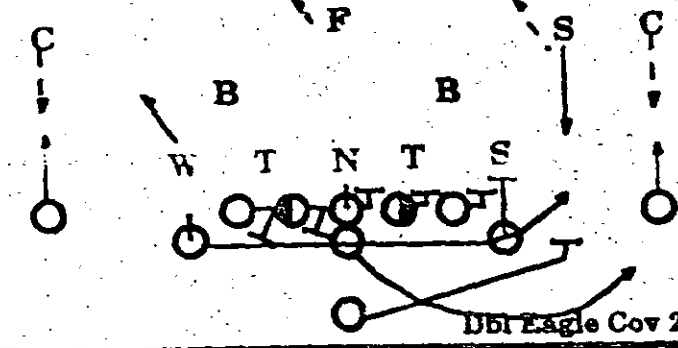
College 4-3 Cov 2/3



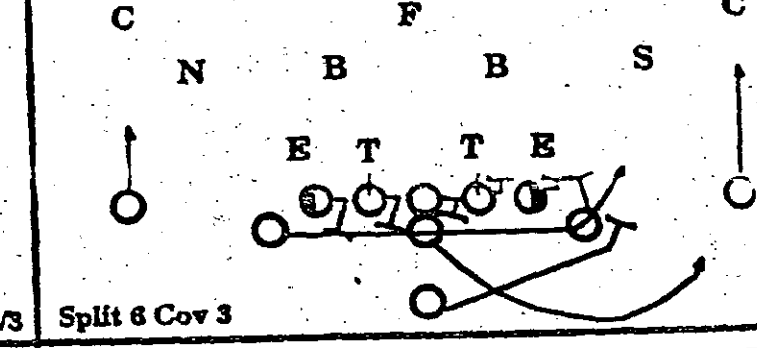
G Cov 3



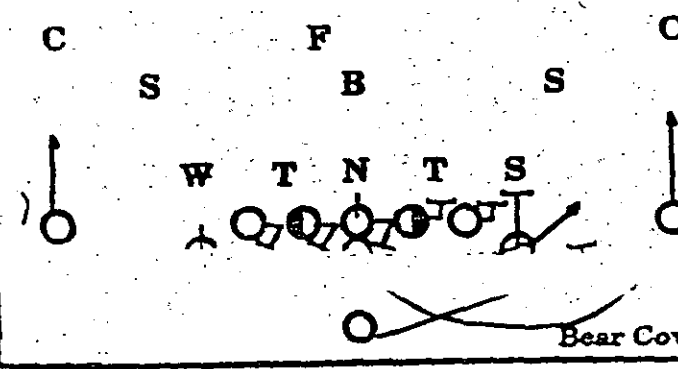
42 Stack Cov 3



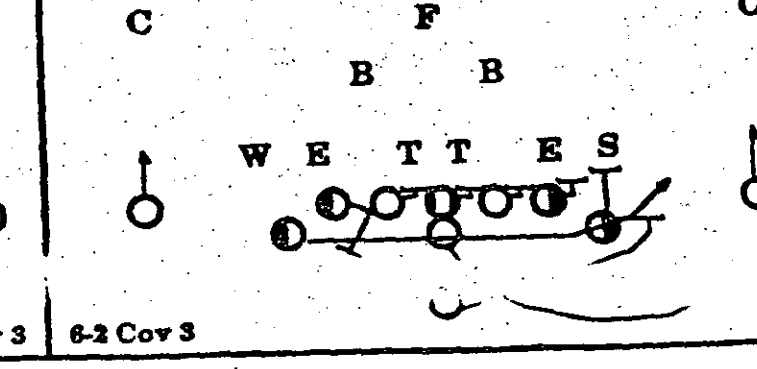
Dbl Eagle Cov 2/3



Split 6 Cov 3



Bear Cov 3



6-2 Cov 3

60-70 PROTECTION

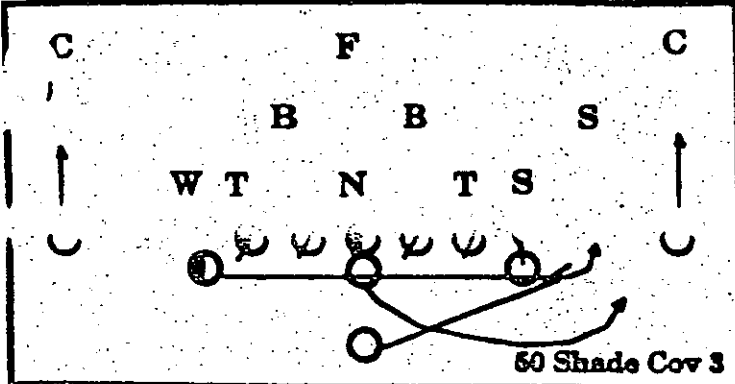
This protection is used for sprint passing game. We will use this protection out of spread and trips formation. We want to move the QB and pocket with the ability to get the QB outside contain.

This is a zone concept protection. The offensive lineman on both sides will use turnback technique. Our area of responsibility will be head-up to first lineman to our inside. We will step with our outside foot and position our bodies in a 45 degree angle to the LOS facing our inside gap. Our outside arm will be in a position to protect against a head up charge and our eyes will be focused on our inside gap. Both will stay on the LOS. If no one shows, we will shuffle backward down the LOS with our head on a swivel looking for anyone entering our gap. The first step must be a six inch and explosive.

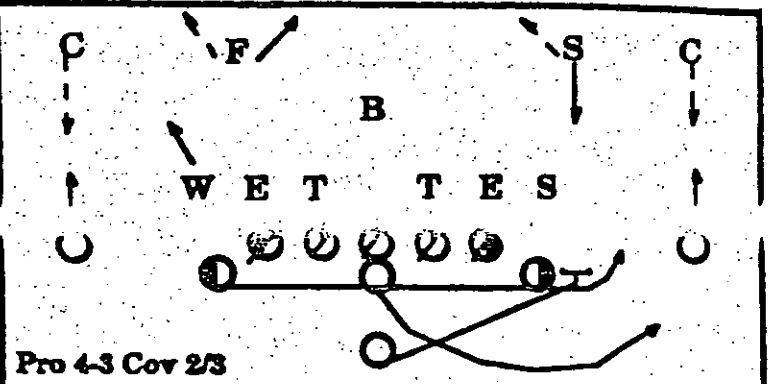
H-Back will attack first man to his inside. He must cut the defender and get him to the ground. If there is a man head-up, he must signal the B-Back on whether he is going to treat him as inside or not.

B-Back will cut first man outside of the H-Back. he must take a path so he can cut the outside leg of that defender. If no one shows, be in position to go downfield if he hears the QB make a "Go" call. B-Back must look to the H-Back for a signal when there is a man head-up with him.

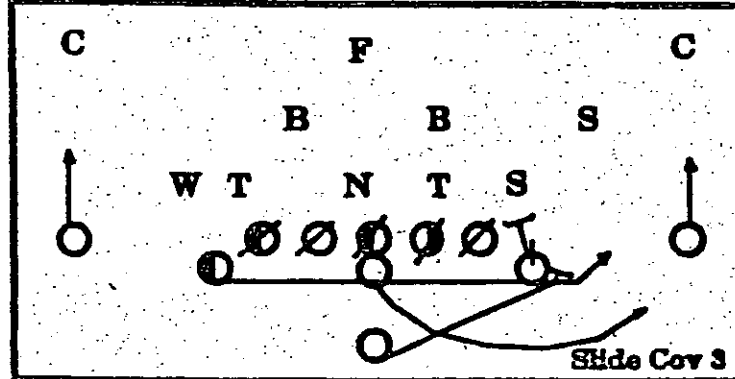
QB thinking is the same as 80-90 protection -- QB works a path to break contain. He needs to be ready to throw as he works to break contain. The QB must understand when it is run first and throw second and visa versa to help him execute what the play is designed form.



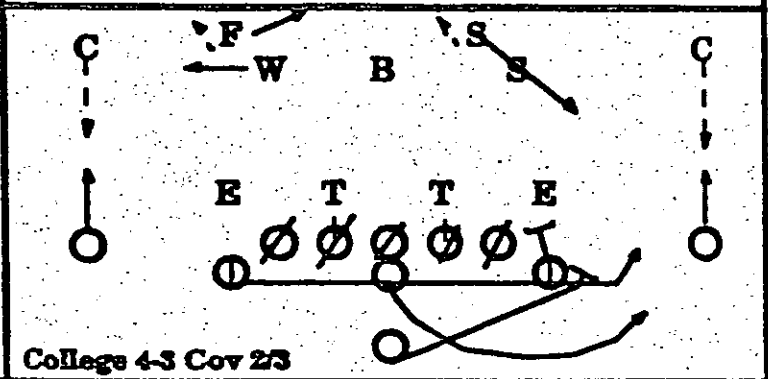
60 Shade Cov 3



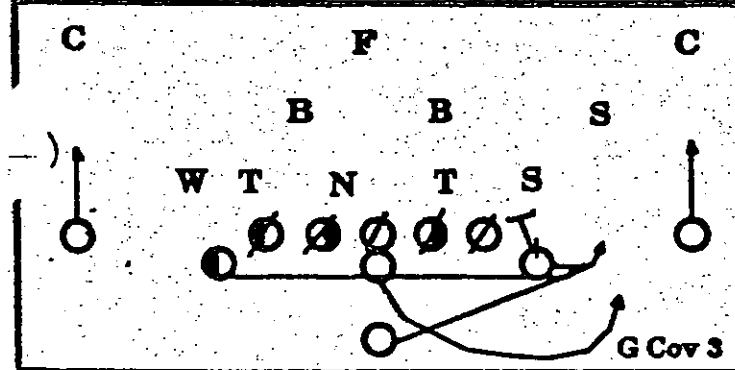
Pro 4-3 Cov 2/3



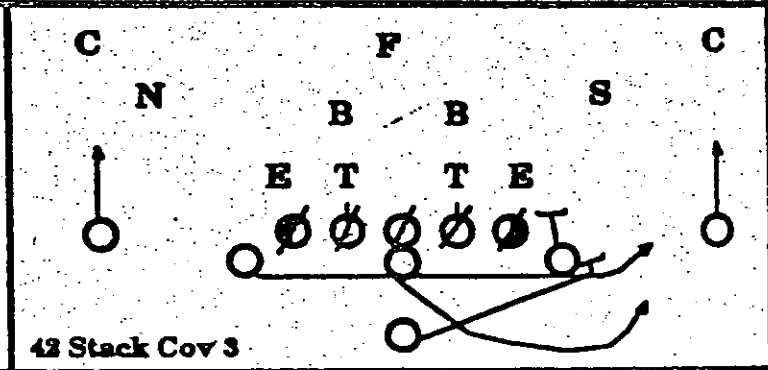
SHde Cov 3



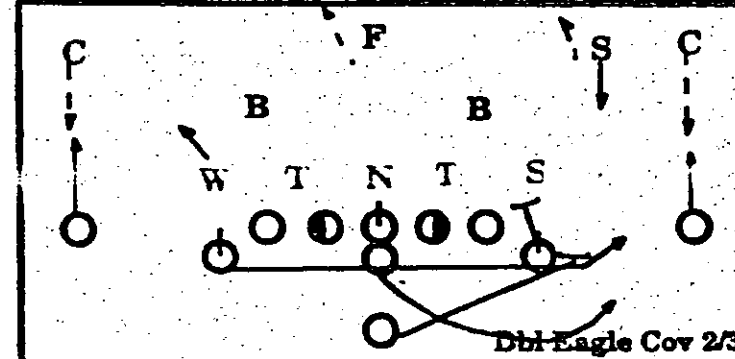
College 4-3 Cov 2/3



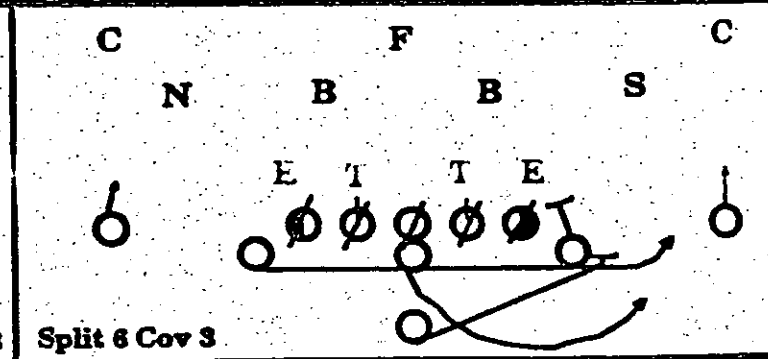
G Cov 3



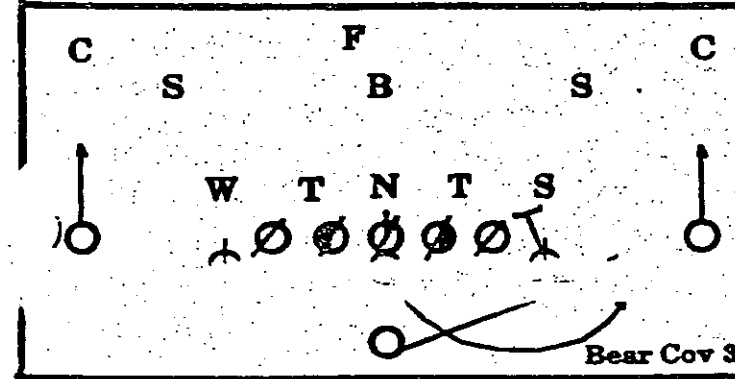
42 Stack Cov 3



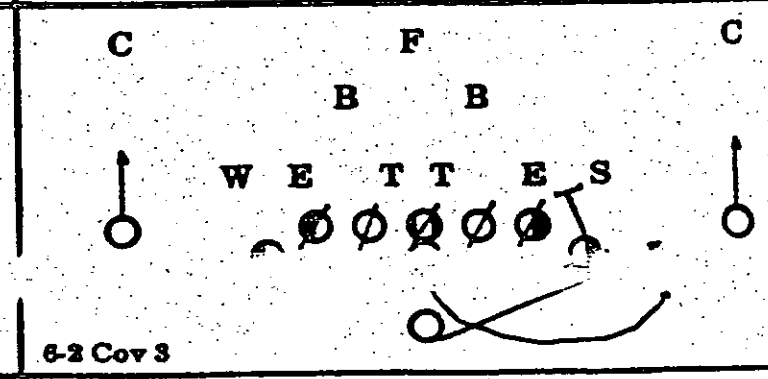
Dbl Eagle Cov 2/3



Split 6 Cov 3



Bear Cov 3



6-2 Cov 3

160-170 PROTECTION

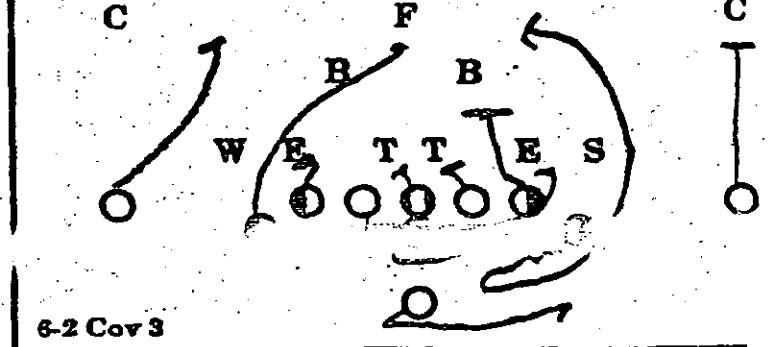
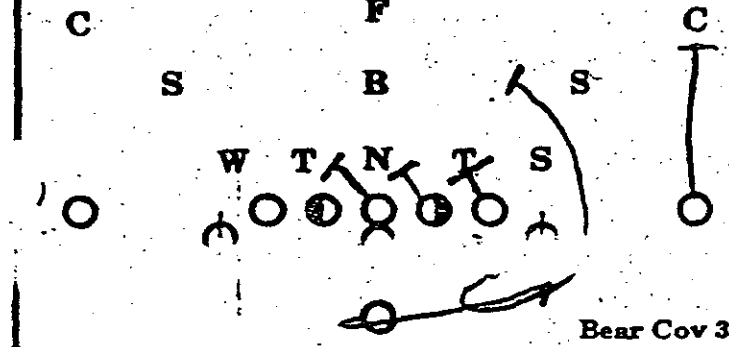
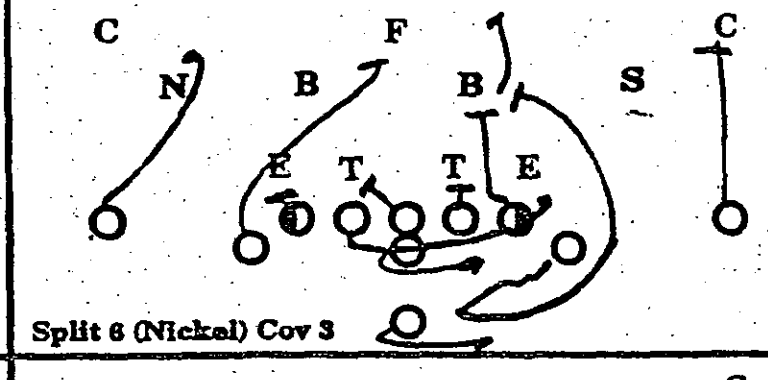
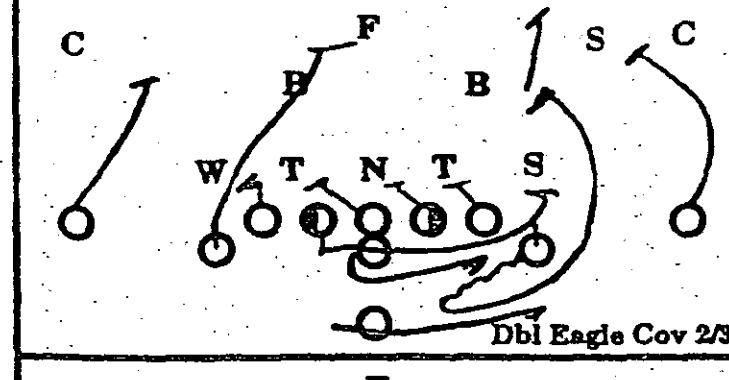
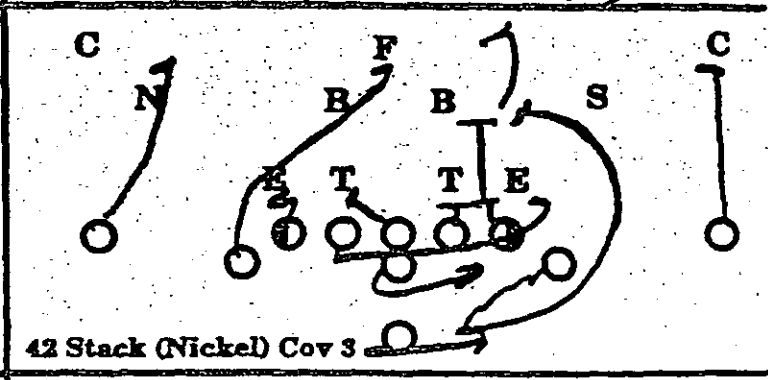
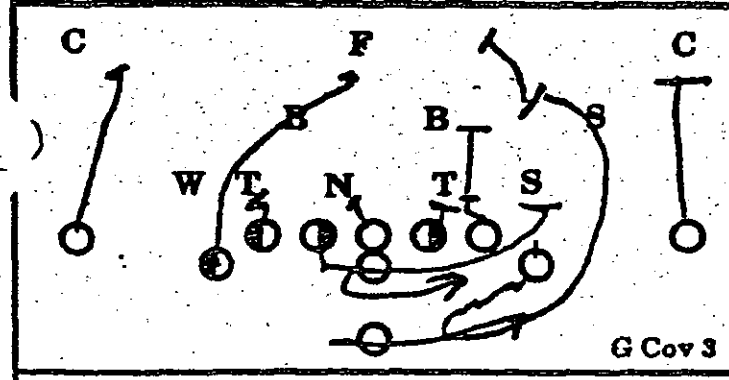
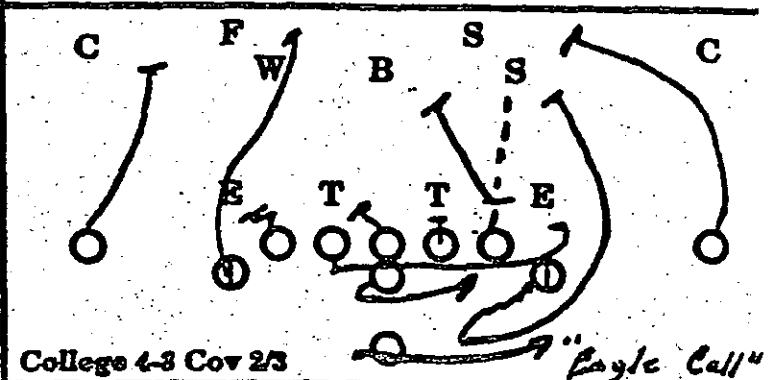
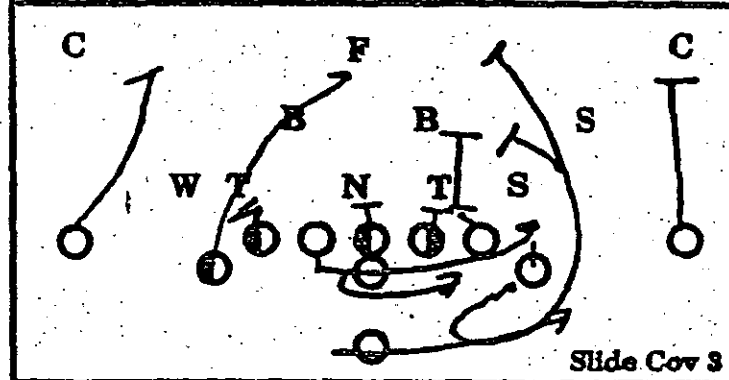
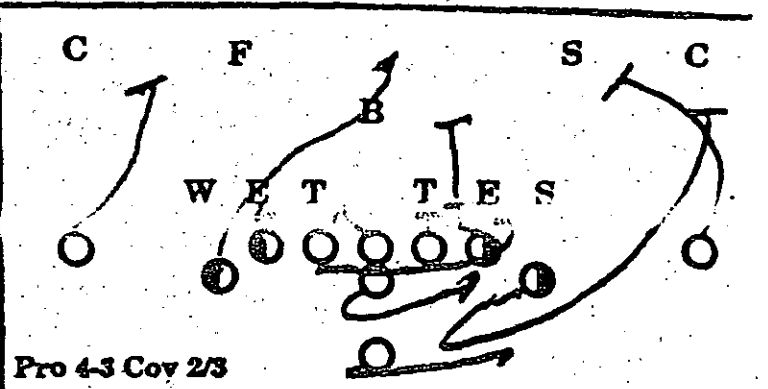
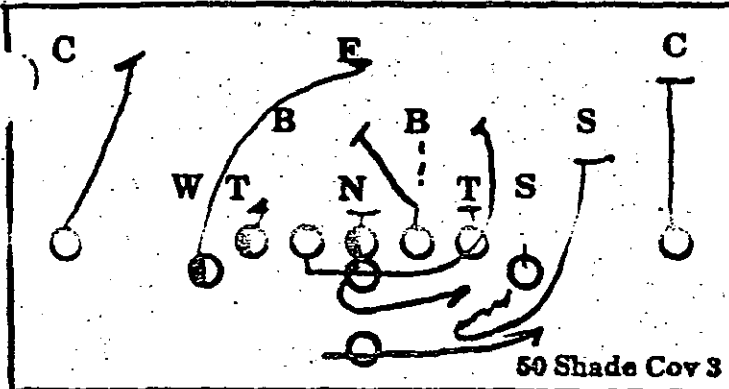
This protection is used for our 3 step (quick) drop passing game. It is a zone concept of protection. It must take away all inside penetration giving the QB a comfort zone so he can step and throw. We want to use this protection out of Spread and Trips formations. The QB will set up behind the center and have the ability to throw to either side.

The offensive lineman will step inside aggressively leaving the outside foot in its place so not to shorten the corner. We need to be stout and hold everything on the LOS. The inside step will be dictated according to the front we face. We need to use an explosive punch to stop the charge of the defensive lineman.

The B-Back will block first man outside of the playside tackle while the backside slot will block the first man outside the backside tackle. The B-Back must attack his man at the legs so to get his hands down.

PLAY (16-17)

7-14



7-15 ✓

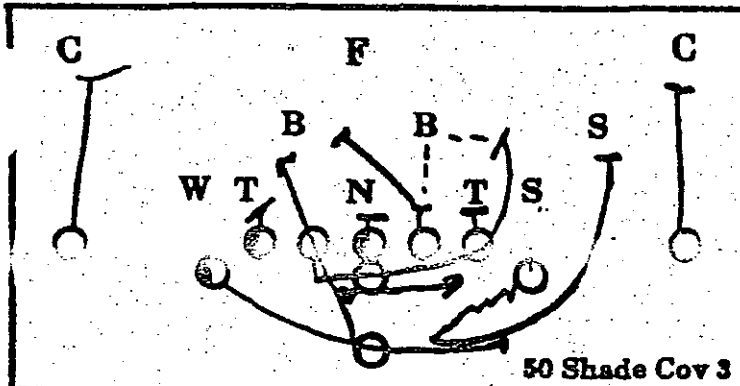
PLAY (18-19)

Position

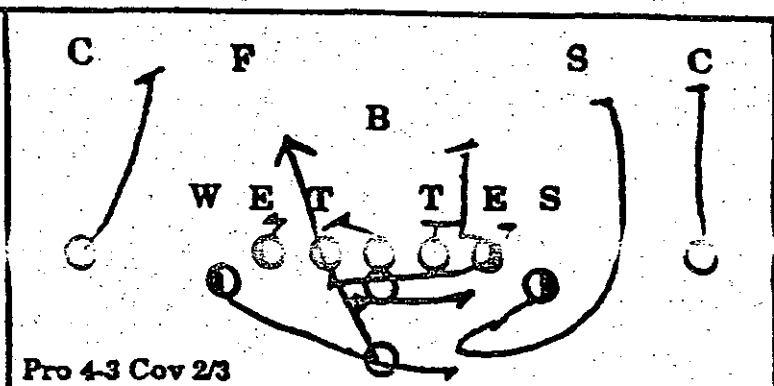
Assignment

QB and option #2.	Open opposite play called, drop step, reverse pivot, square up,
B-Back	Run option track opposite called. Block 3 technique vs NG and BSLB vs uncovered center.
A-Back	Playside - twirl motion and block #3. Backside - run pitch route.
H-Back	Playside - twirl motion and block #3. Backside - run pitch route.
X	Playside - stalk vs cover 3 - switch vs cover 2. Backside - AFBP.
Z	Playside - stalk vs cover 3 - switch vs cover 2. Backside - AFBP.
PT	Veer, base 4i. Eagle call - combo to MLB or BSLB.
PG	Base to Ace.
C	Ace, Base, I'm back.
BG	Pull, seal, or load #1 or 5 technique area. Eagle call - pull to playside LB'er.
BT	Anchor technique.

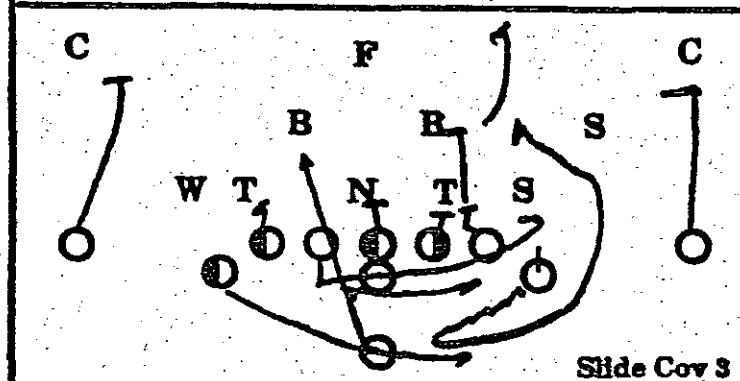
Note: Eagle Call - Playside WR - switch or stalk, depending on coverage.
Playside Slot - switch or #3 depending on coverage.



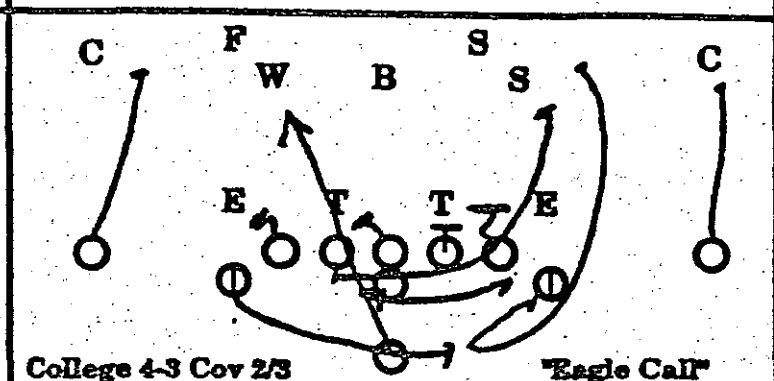
50 Shade Cov 3



Pro 4-3 Cov 2/3

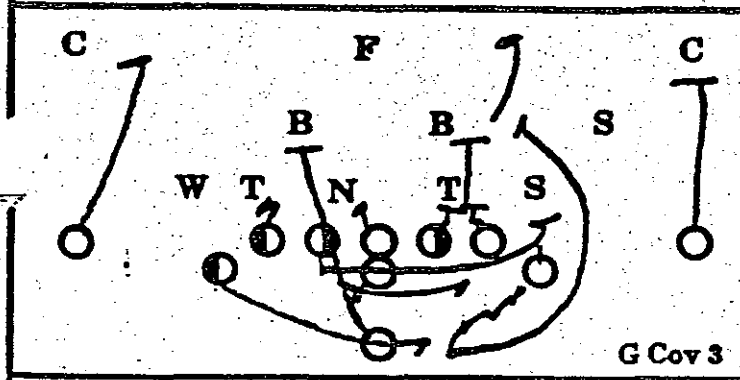


Slide Cov 3

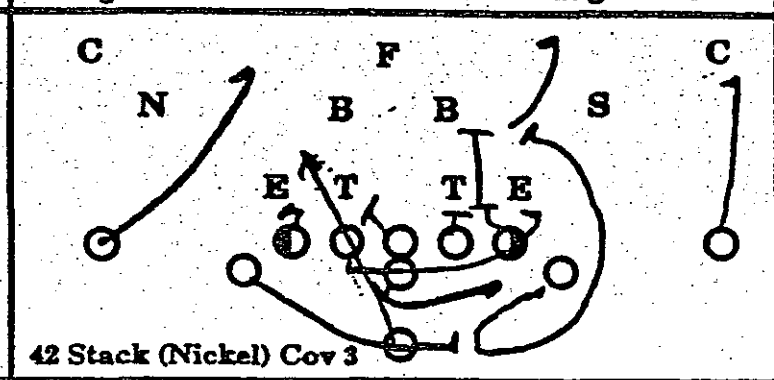


College 4-3 Cov 2/3

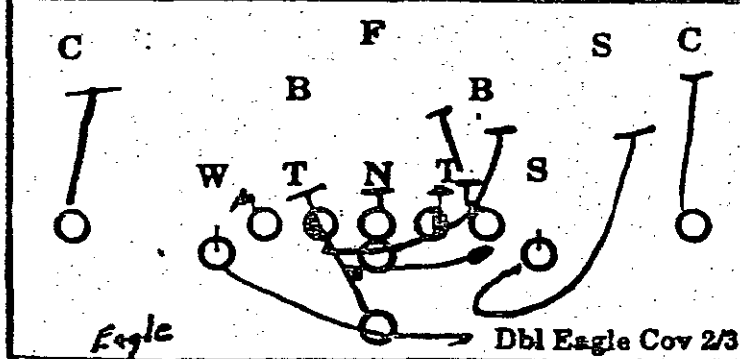
Eagle Call



G Cov 3

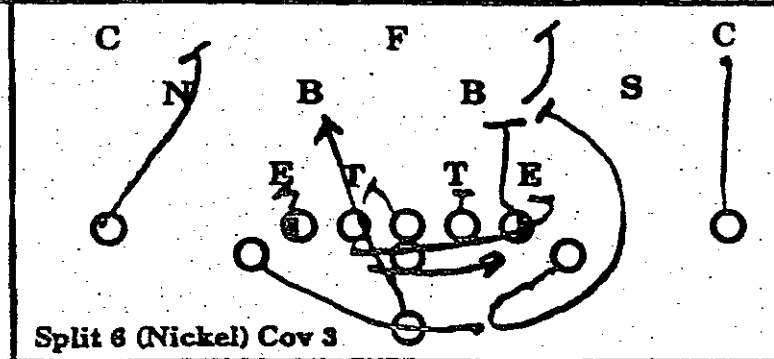


42 Stack (Nickel) Cov 3

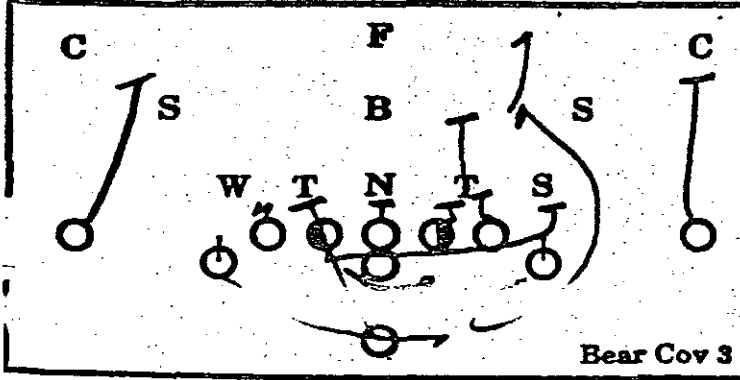


Eagle

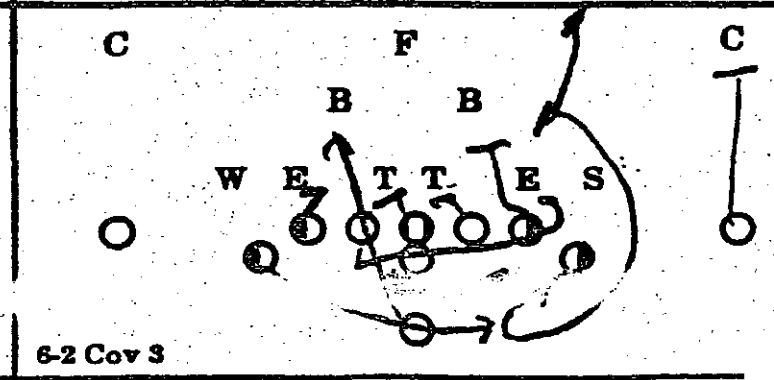
Dbl Eagle Cov 2/3



Split 6 (Nickel) Cov 3



Bear Cov 3



6-2 Cov 3

7-17 ✓

PLAY (22-23) (20-21)

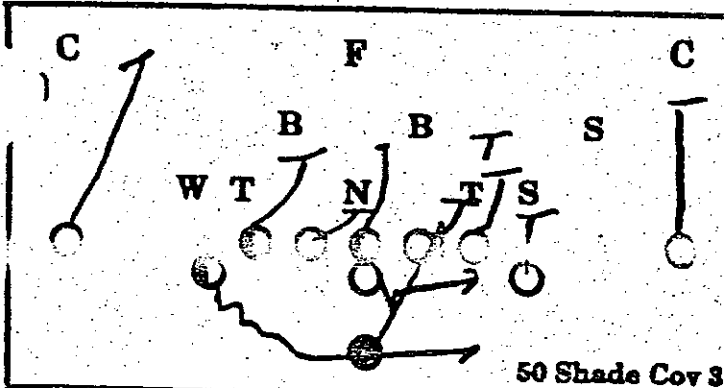
Position

Assignment

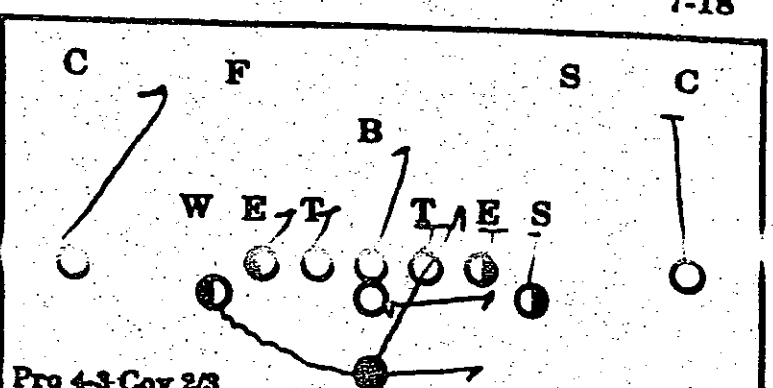
QB	Take deeper veer step and give ball to B-Back.
B-Back	Same route or track as 12-13. Could read first down lineman.
A-Back	Playside - zone step and block area. Backside - pitch route.
H-Back	Backside - pitch route. Playside - zone step and block area.
X	Playside - stalk. Backside - AFBP.
Y	Playside - stalk. Backside - AFBP.
PT	T - stay (4 call) (zone).
PG	T - stay (2 call) (zone).
C	Scoop playside seam.
BG	Scoop.
BT	Scoop.

Note: Check 20-21 vs Bear front, but the backfield action stays the same as 30-31.

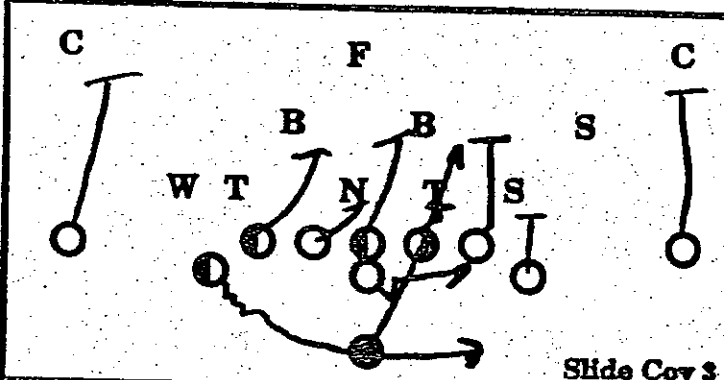
PLAY (22-23) (20-21)



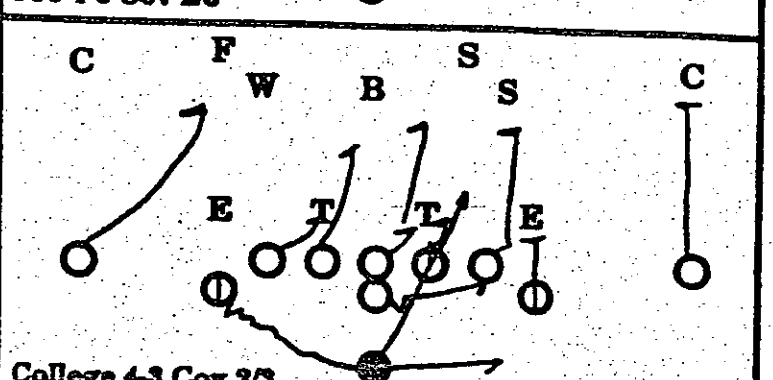
50 Shade Cov 3



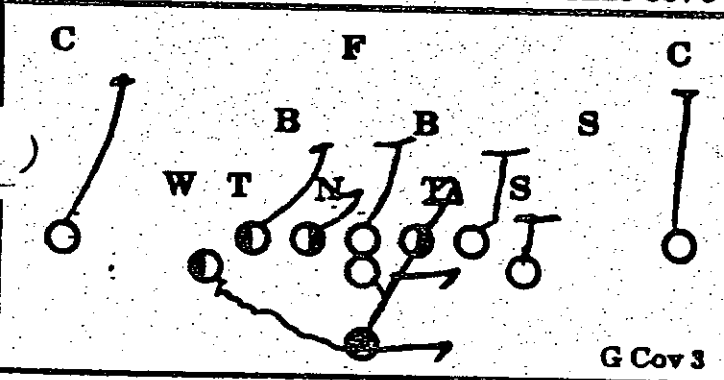
Pro 4-3 Cov 2/3



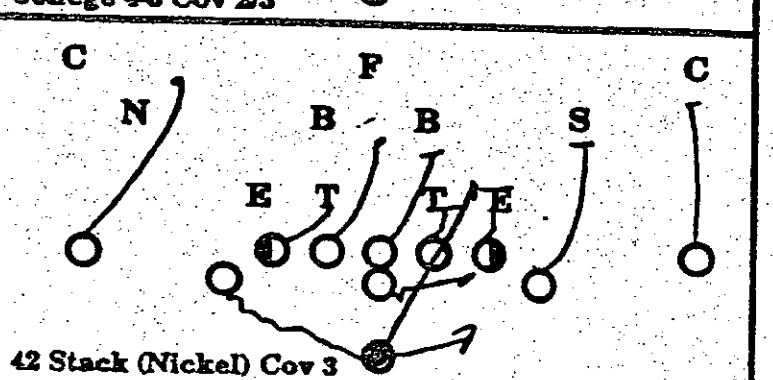
Slide Cov 3



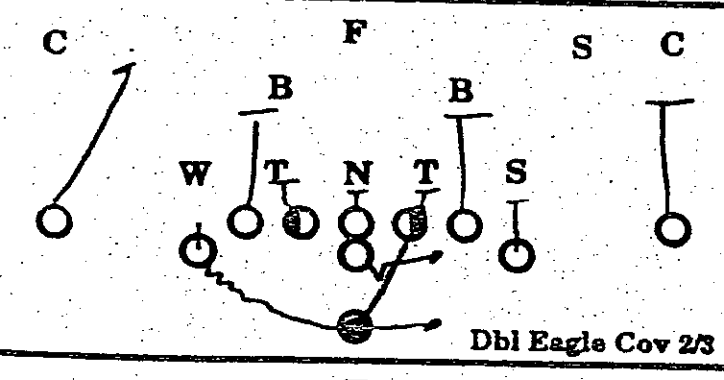
College 4-3 Cov 2/3



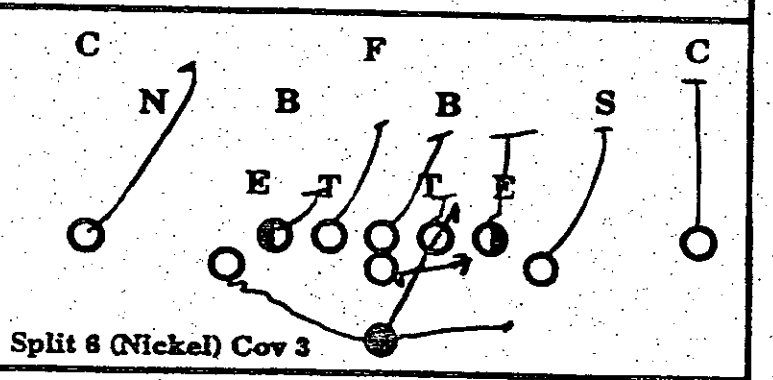
G Cov 3



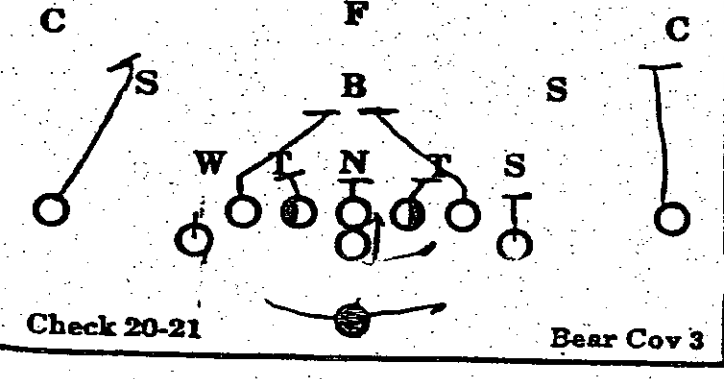
42 Stack (Nickel) Cov 3



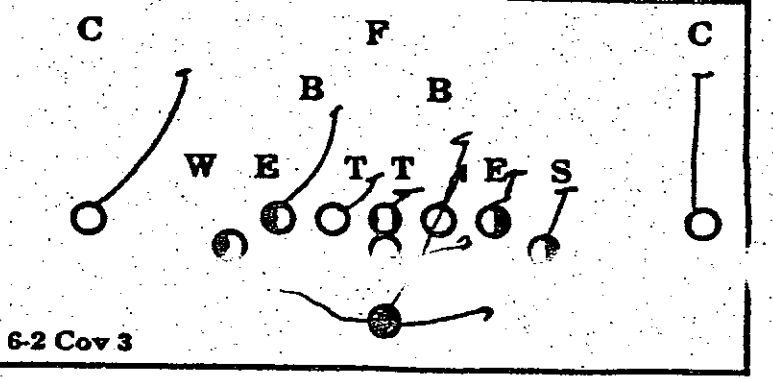
Dbl Eagle Cov 2/3



Split 6 (Nickel) Cov 3



Check 20-21



Bear Cov 3

6-2 Cov 3

7-19 ✓

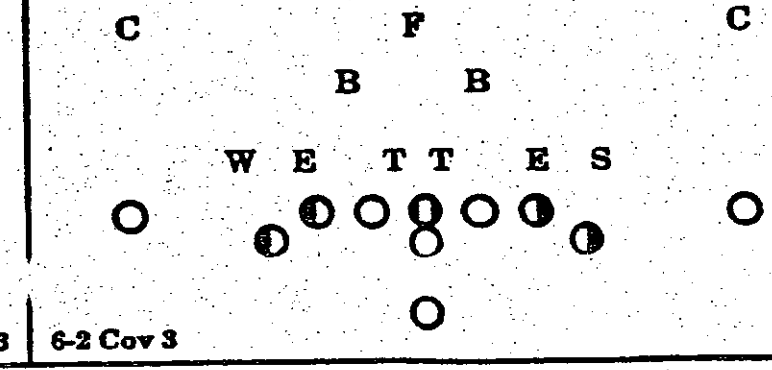
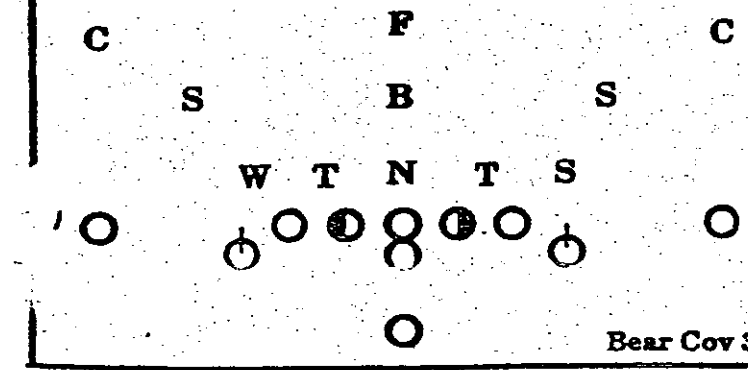
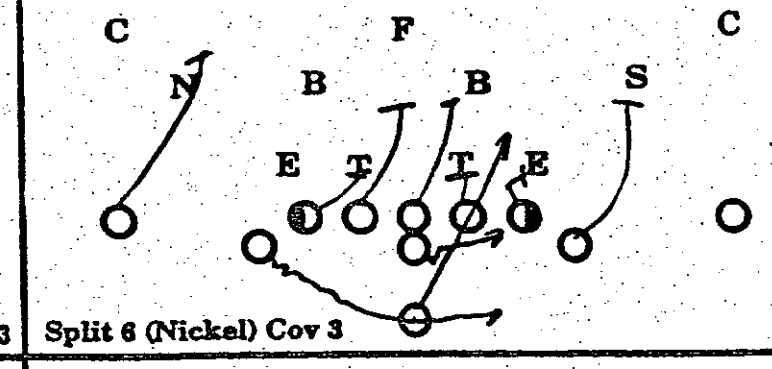
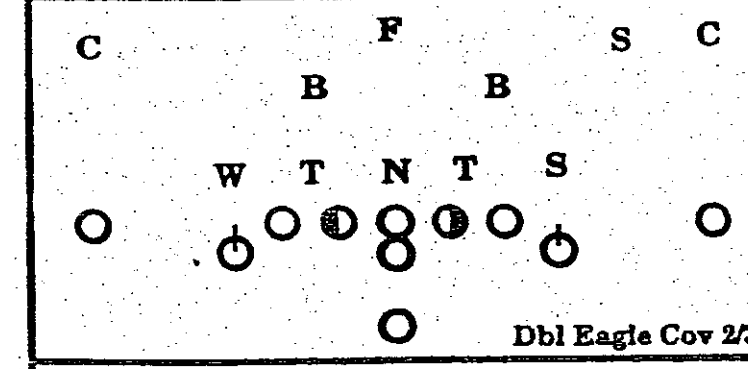
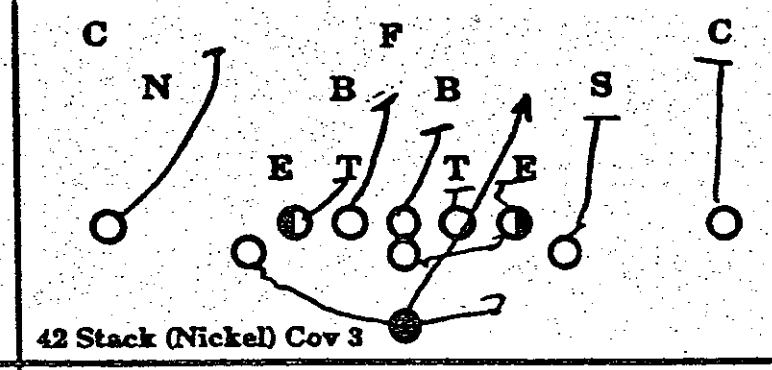
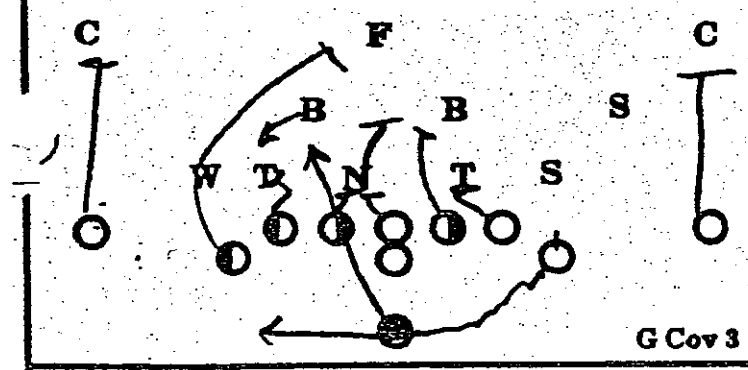
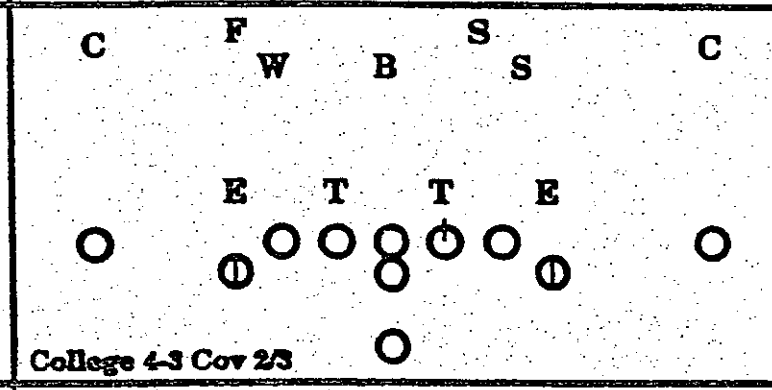
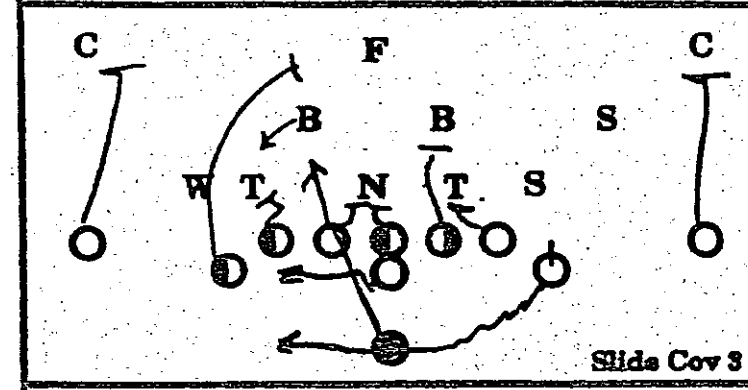
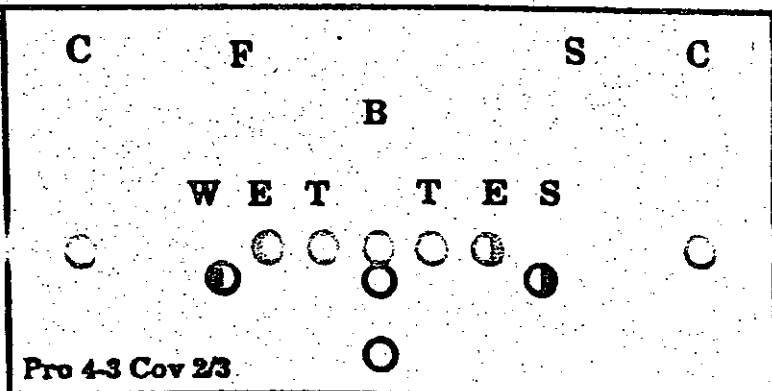
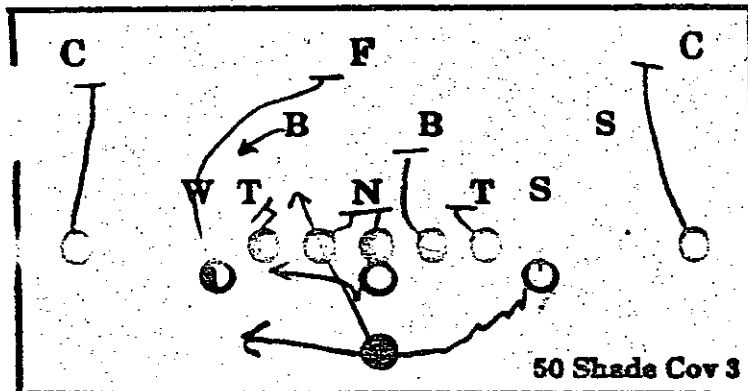
PLAY (24-25)

Position

Assignment

QB	Veer steps and techniques, hand fall off to FB.
B-Back	Receive and secure ball and hit up hard.
A-Back	Tail motion and run pitch route.
H-Back	Block run support.
X	Stalk or cutoff (AFBP).
Y	Stalk or cutoff (AFBP).
PT	Fake veer and block DT out.
PG	Base. ACE.
C	Scoop. ACE.
BG	Scoop.
BT	Scoop.

Note: This is a play we will run vs 50 fronts when the LB'er is reading the release of the OT.



7-21 ✓

PLAY (28-29)

Position

Assignment

QB
give

Same as 12-13 except QB is responsible for #1 and PSLB. No read. (Two way).

B-Back

Run 12-13 track, but adjust path to block PSLB. Carry out fake.

A-Back

Run pitch route.

H-Back

Block #2.

X

Stalk or cut-off (AFBP).

Y

Stalk or cut-off (AFBP).

PT

Outside release and block #3 (FS). Exception vs 3 technique. Block down on 3 technique.

PG

Base, Ace.

C

Scoop - Ace (center makes Ace call).
Ace vs shaded NG playside.

BG

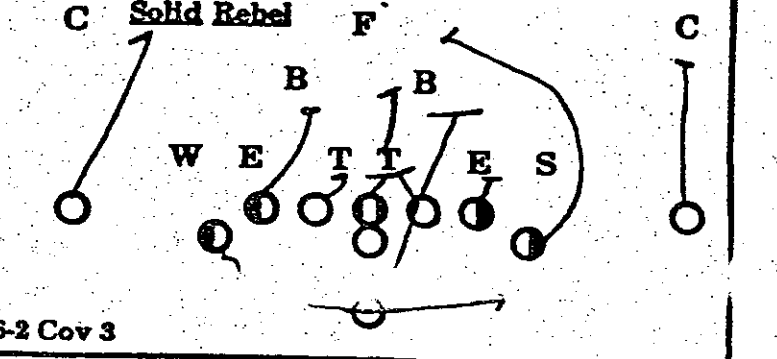
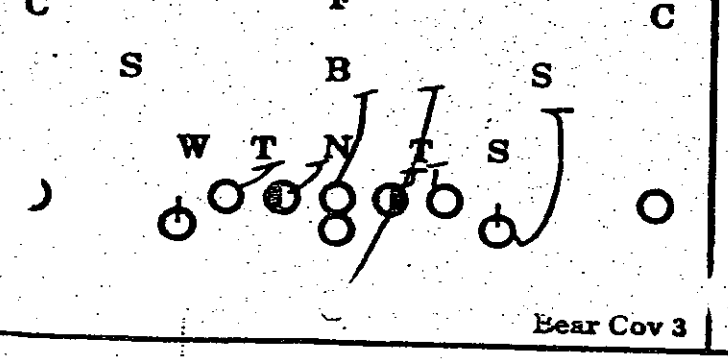
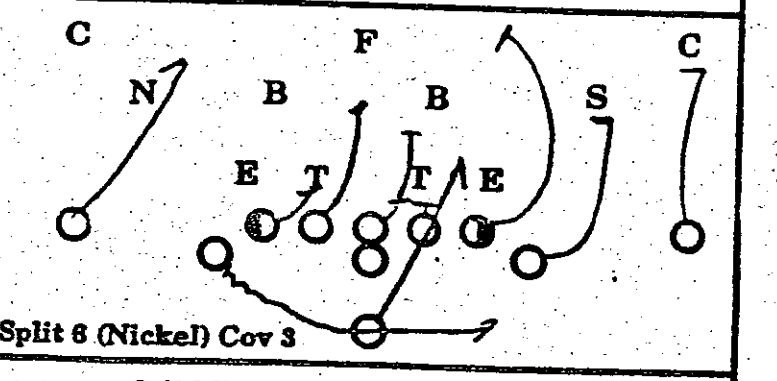
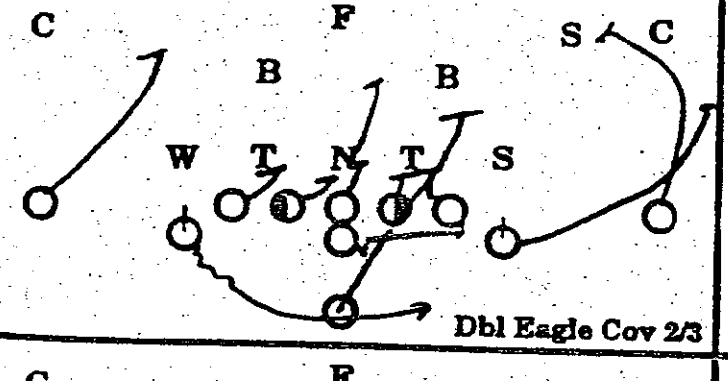
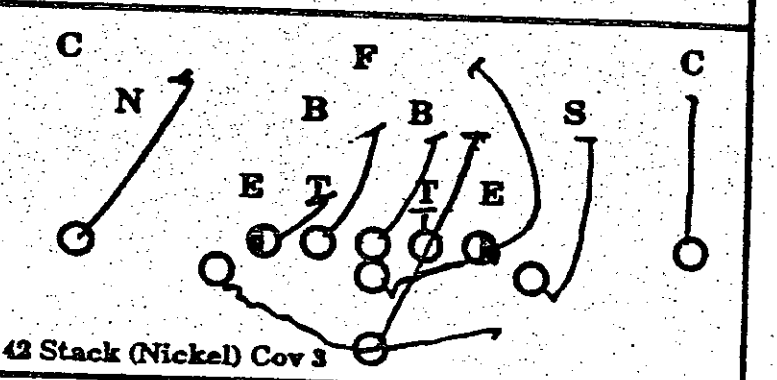
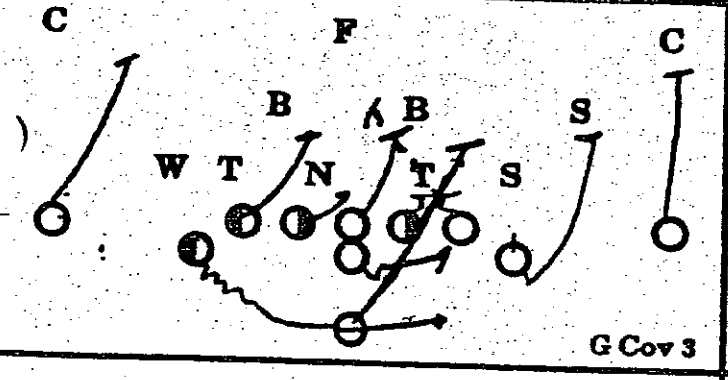
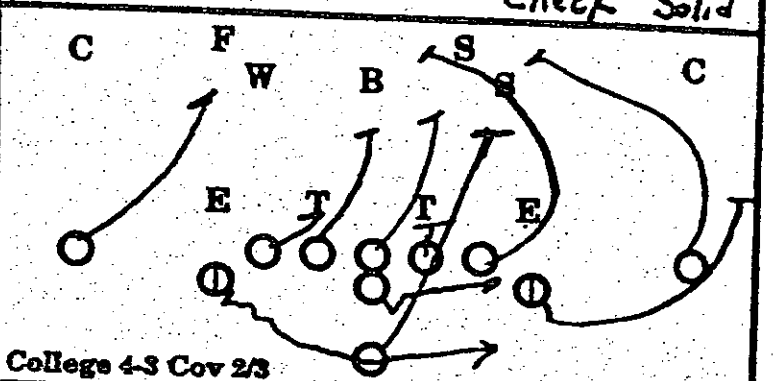
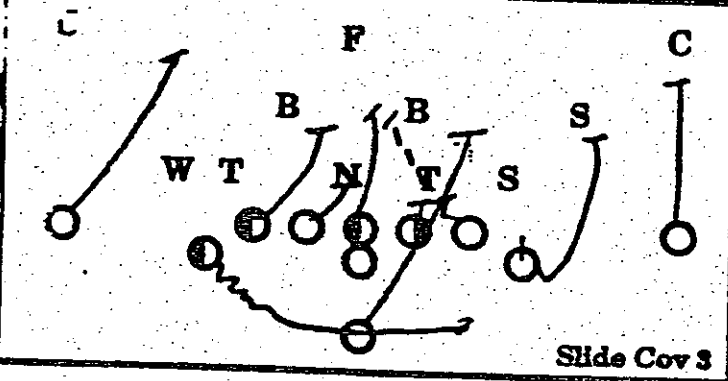
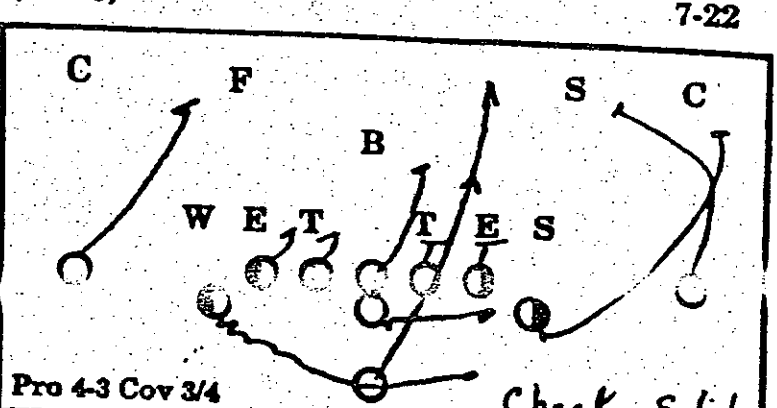
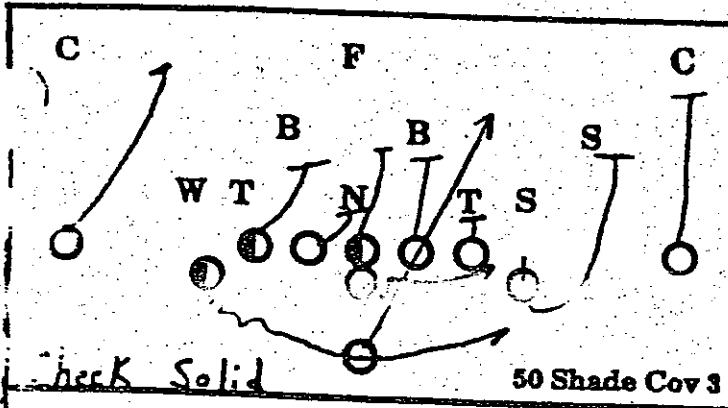
Scoop.

BT

Scoop.

Note: QB pitches off of #1 or PSLB.

PLAY (28-29)



7-23

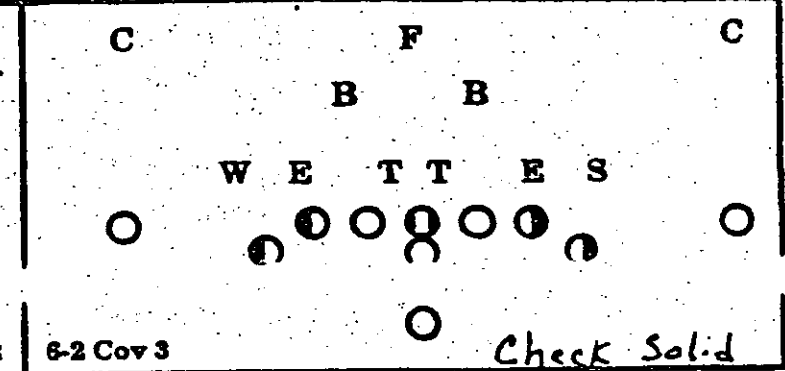
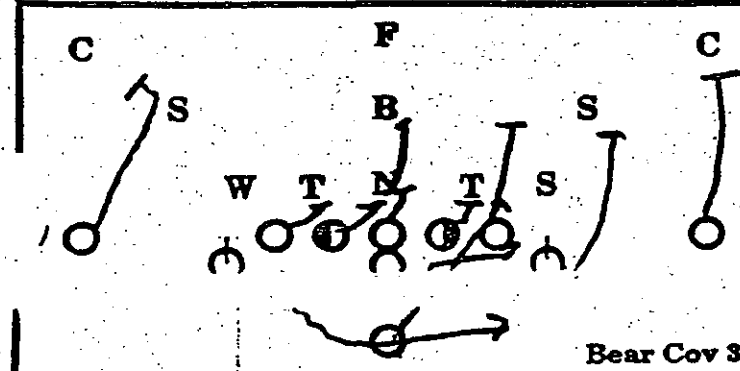
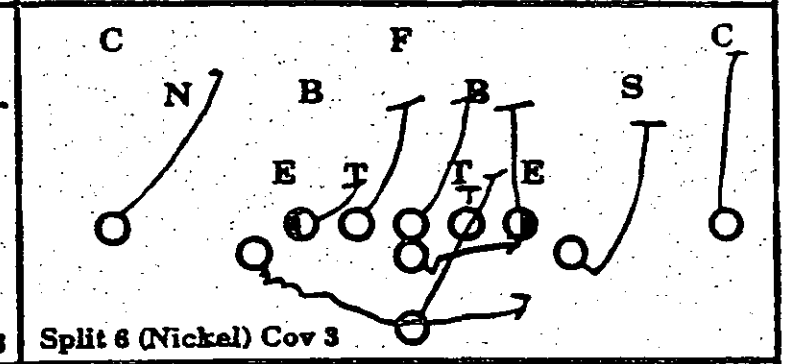
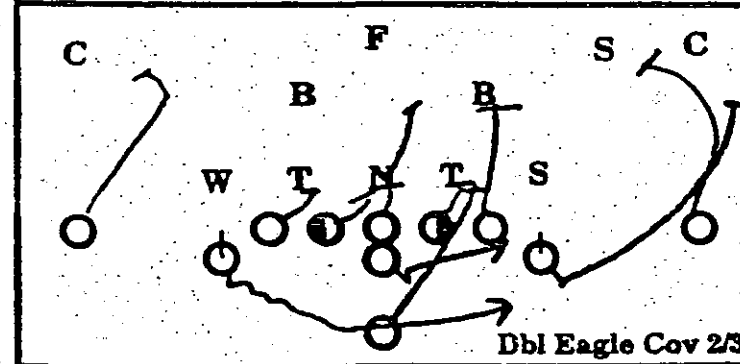
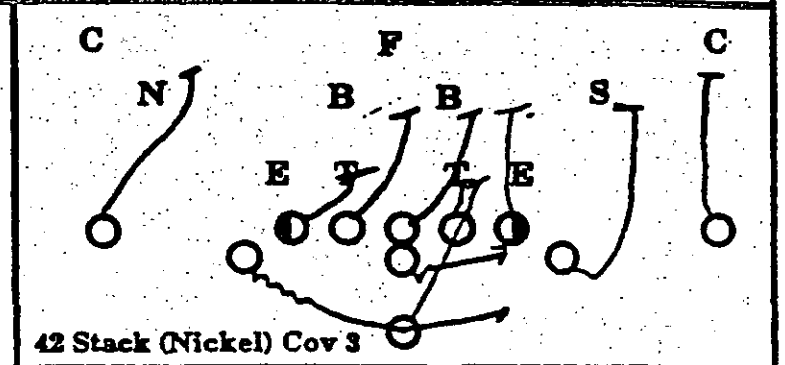
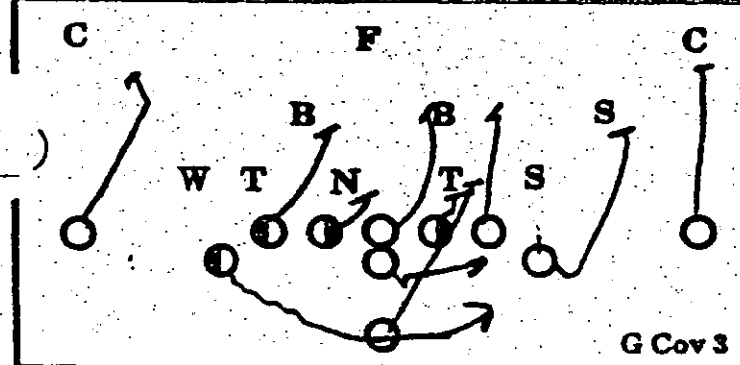
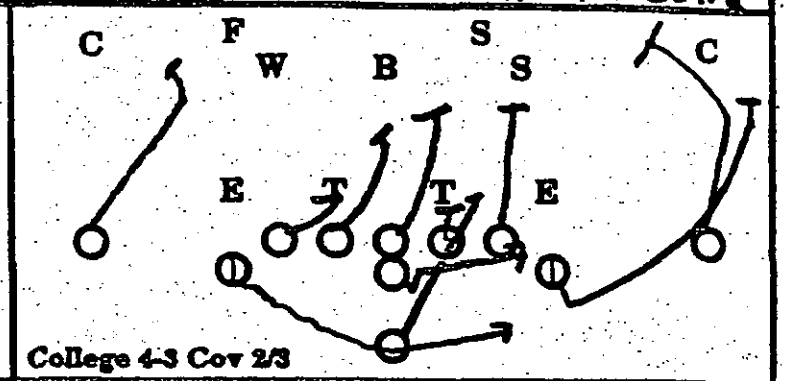
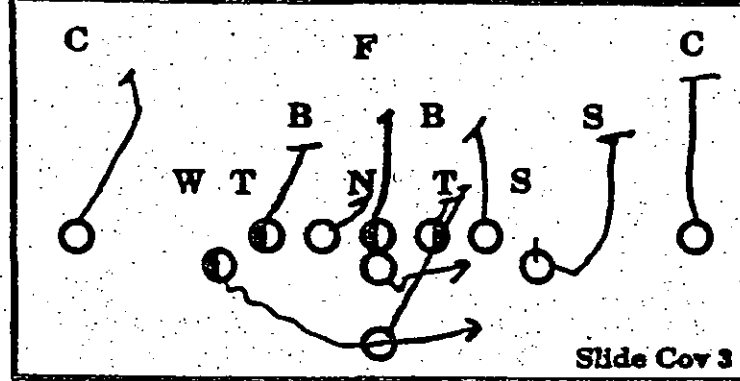
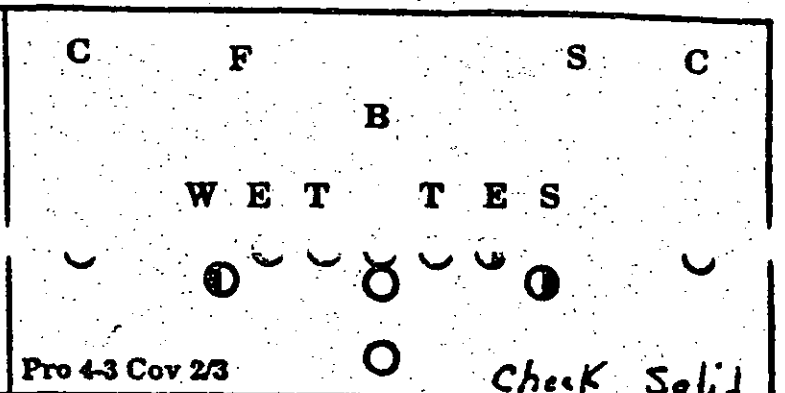
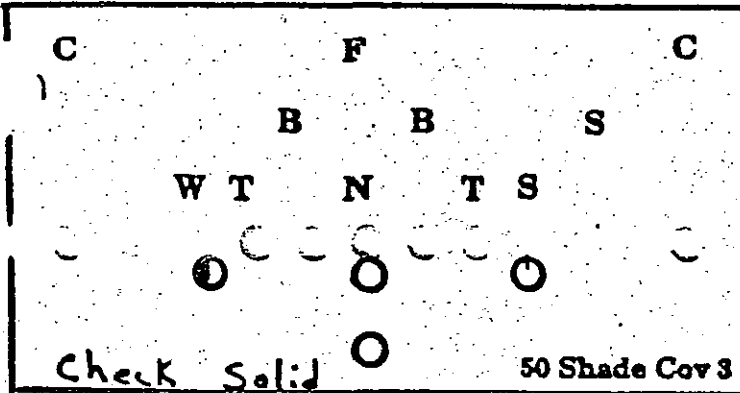
PLAY (28-29) BOW

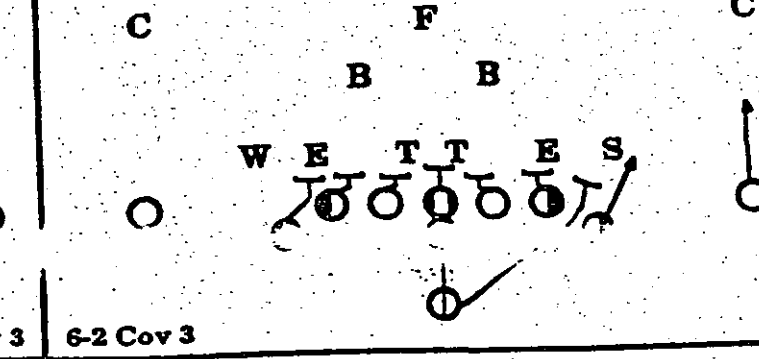
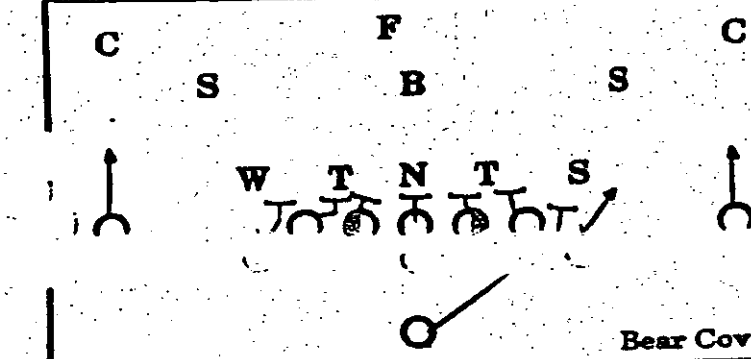
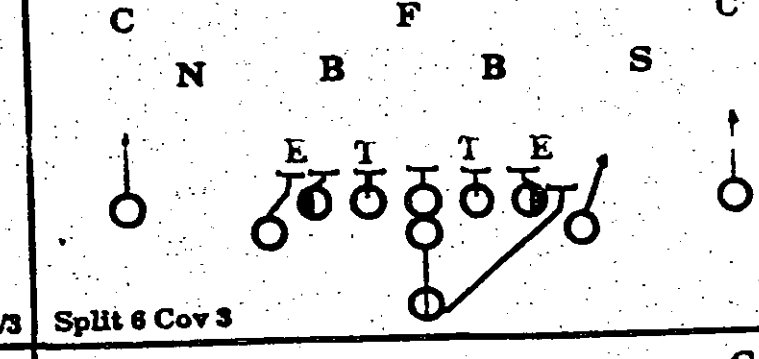
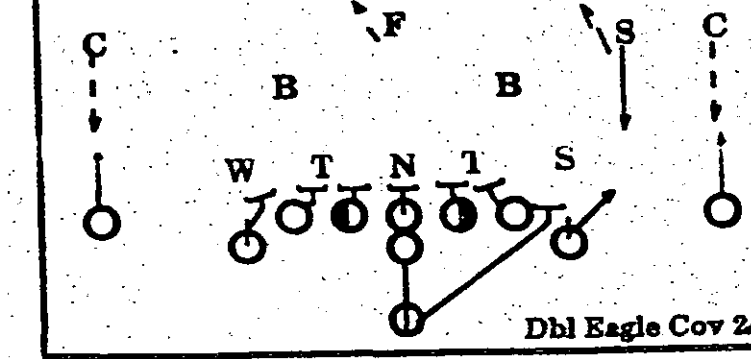
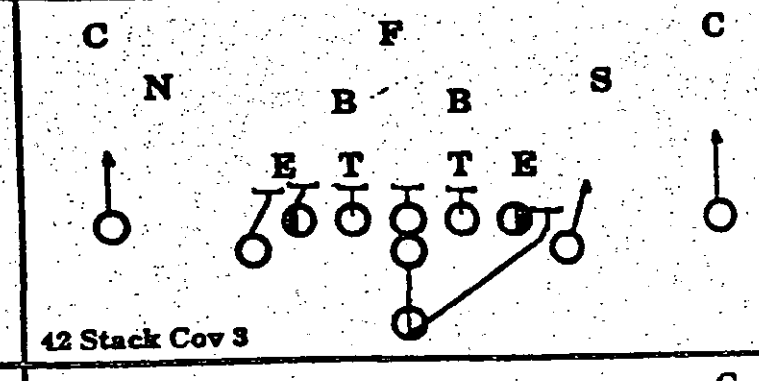
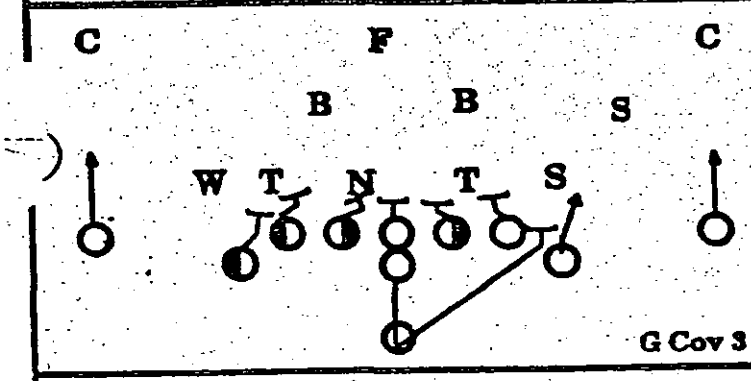
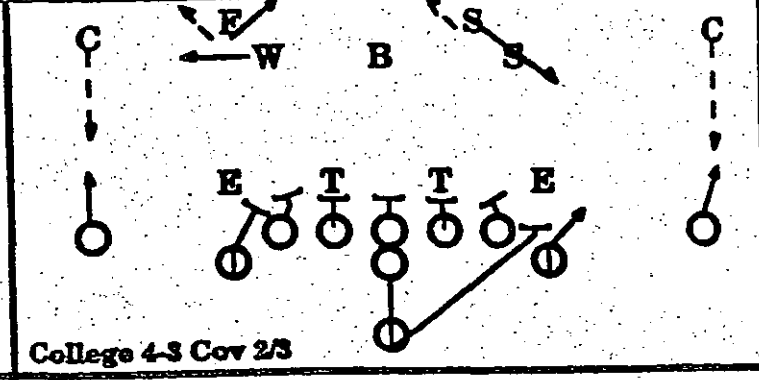
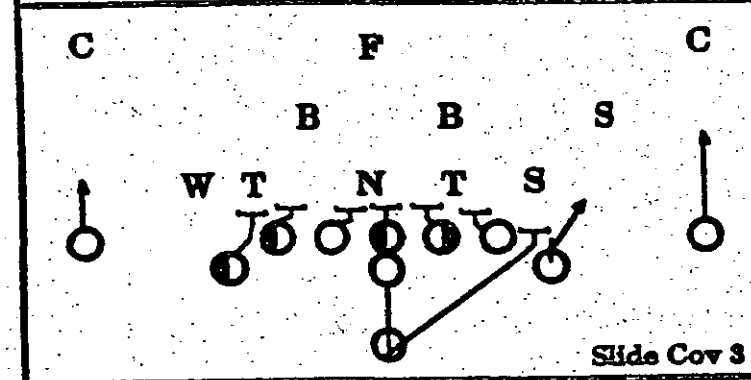
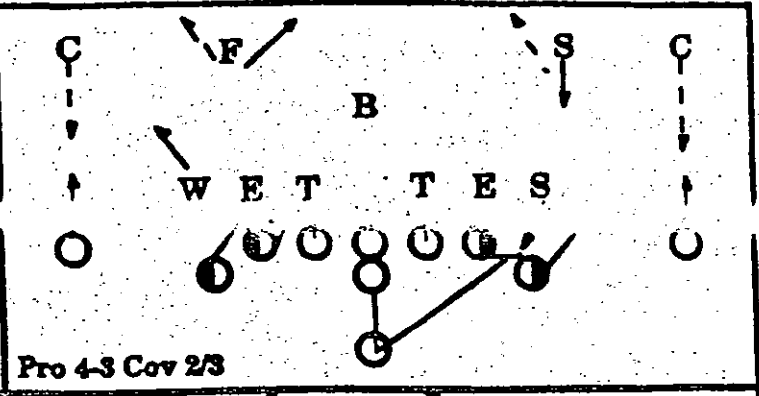
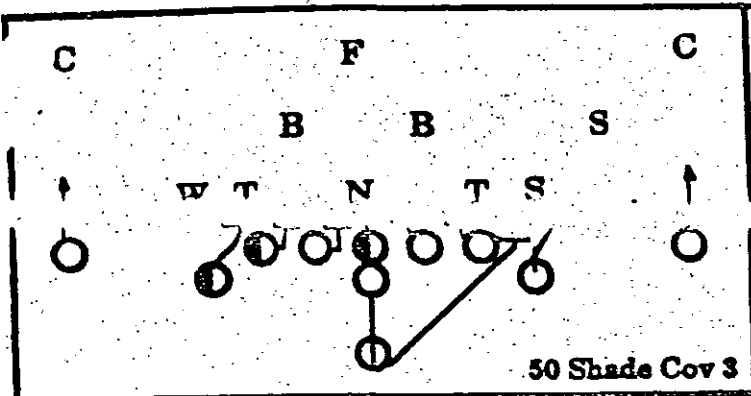
<u>Position</u>	<u>Assignment</u>
QB	Same as 28-29.
B-Back	Double the 3 technique with PG.
A-Back	Run pitch route.
H-Back	Block #2.
X	Stalk or cut-off (AFBP).
Y	Stalk or cut-off (AFBP).
PT	Block PSLB.
PG	Same as 28-29.
C	Same as 28-29.
BG	Same as 28-29.
BT	Same as 28-29.

Note: PT and FB change assignment. Bow is run vs 3 technique playside DT.

PLAY (28-29) BOW

7-24



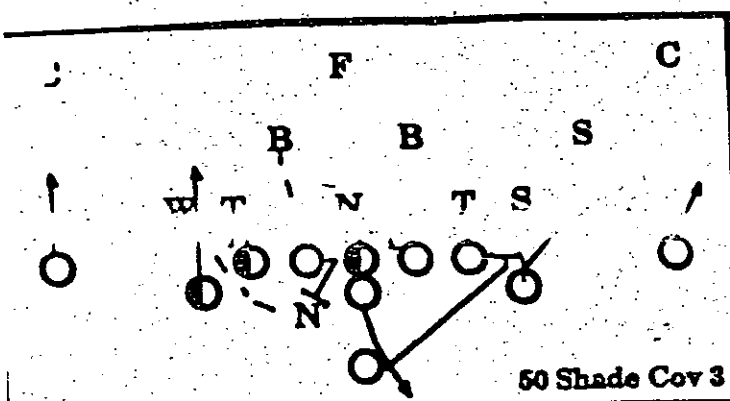


360-370 PROTECTION

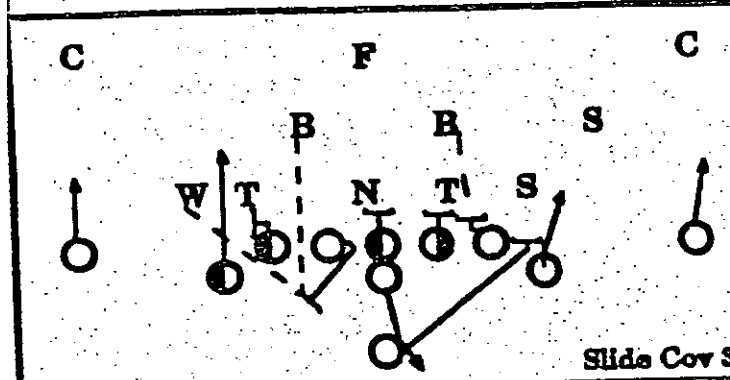
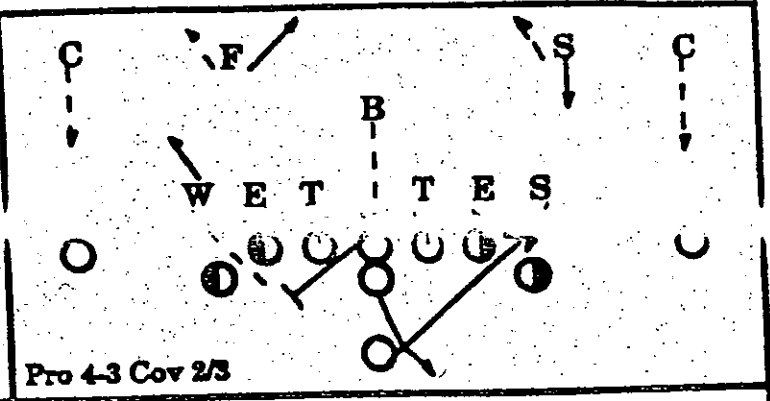
This is our 5 step drop protection. We want to be able to use this protection out of all of our formations. We will have to build in a hot system or have a stay call to account for the extra defender vs the 50 and 43 fronts.

Position Assignment

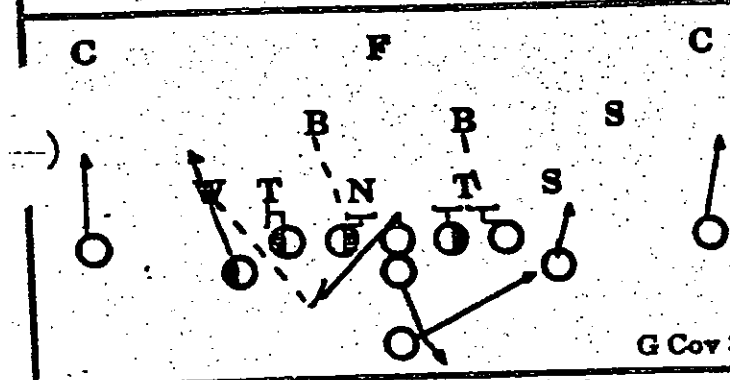
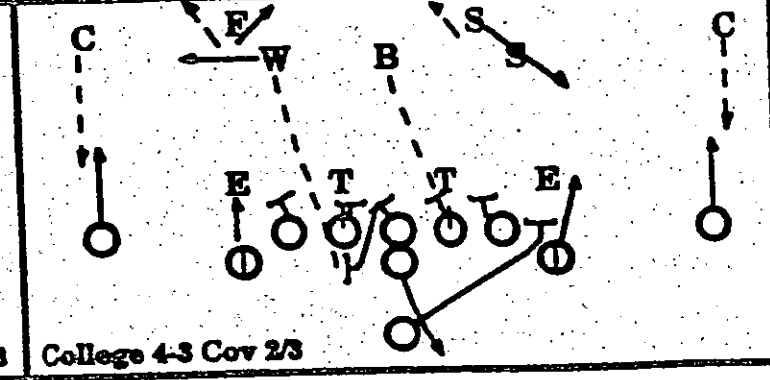
Position	Assignment
QB	5 step drop behind playside A gap.
B-Back	Has first man outside the tackle's block
A-Back	Route.
H-Back	Route.
X	Route.
Y	Route.
PT	Man on, man. No man on, block down and pin and eye for PSLB. Exception when there are 2 men outside of tackle. Block out.
PG	Man on, man. No man on, block down. Pin and eye for PSLB.
C	Man on, man. No man on, scan (You, Me call).
BG	Base to white. Vs 21 or NG, scan (You and Me call with Center).
BT	Base to white.



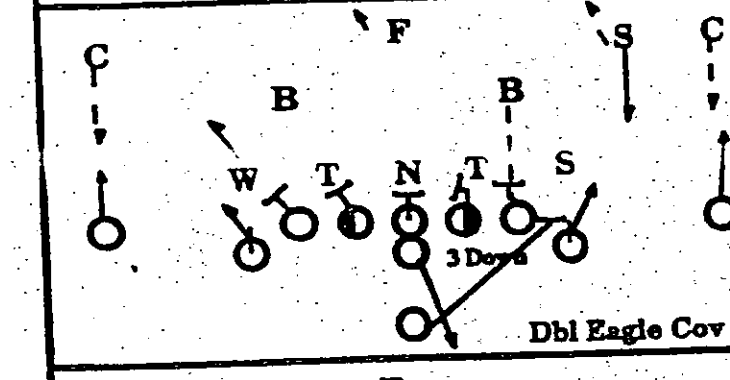
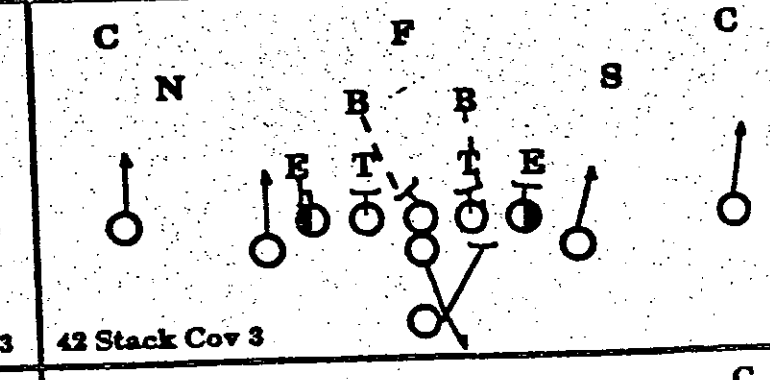
50 Shade Cov 3 Pro 4-3 Cov 2/3



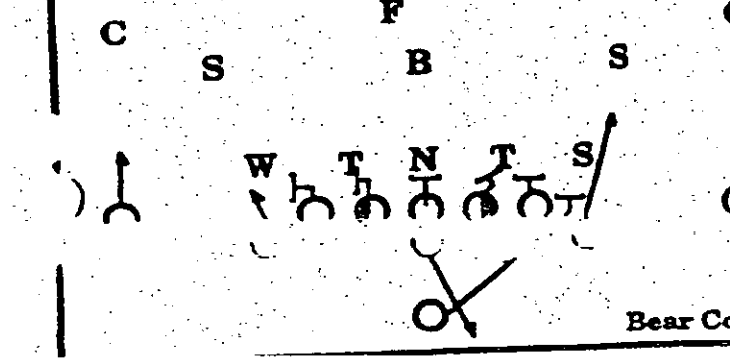
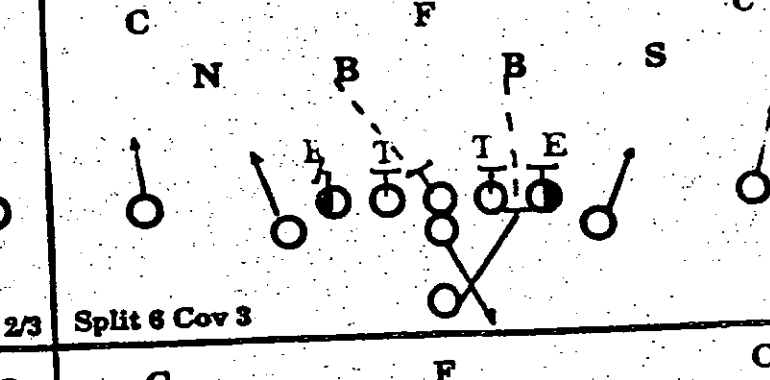
Slide Cov 3 College 4-3 Cov 2/3



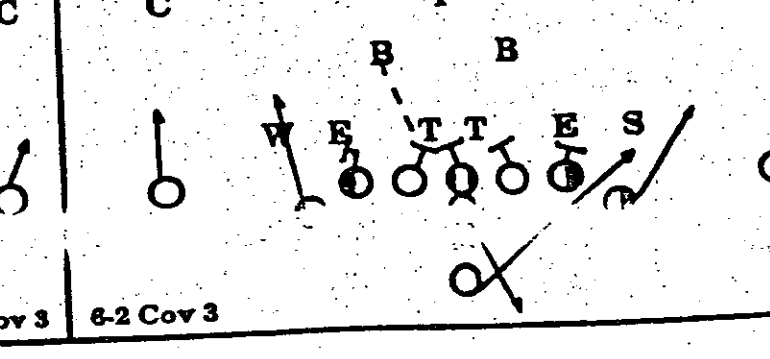
G Cov 3 42 Stack Cov 3



Dbl Eagle Cov 2/3 Split 6 Cov 3



Bear Cov 3 6-2 Cov 3



460-470 PROTECTION

This protection is used the same way as 360-370 Protection. The playside tackle blocks out instead of down when he is uncovered, and B-Back is responsible for the PSLB. This is our protection when we want to get 5 receivers out. When we do this, we either check and release the B-Back or release him early and read the PSLB "hot".

PositionAssignment

QB

5 step drop behind playside "A" gap.

B-Back

Check PSLB and release on run route.

A-Back

Route.

H-Back

Route.

X

Route.

Y

Route.

PT

Base to white.

PG

Base to pull for OLB or Ace to help center.

C

Base to pull for OLB or Ace to help center.

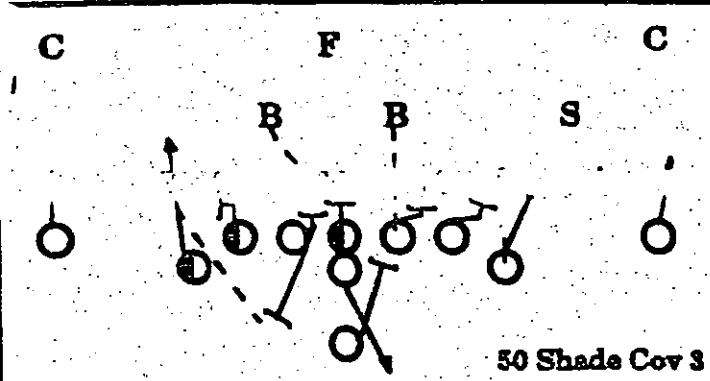
BG

Base to pull for OLB or Ace to help center.

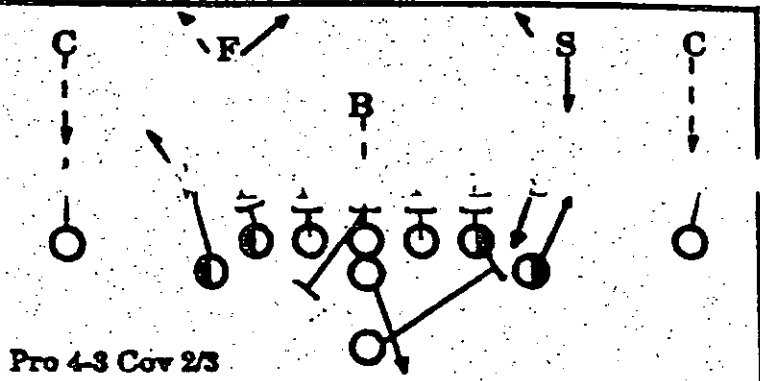
BT

Base to pull for OLB or Ace to help center.

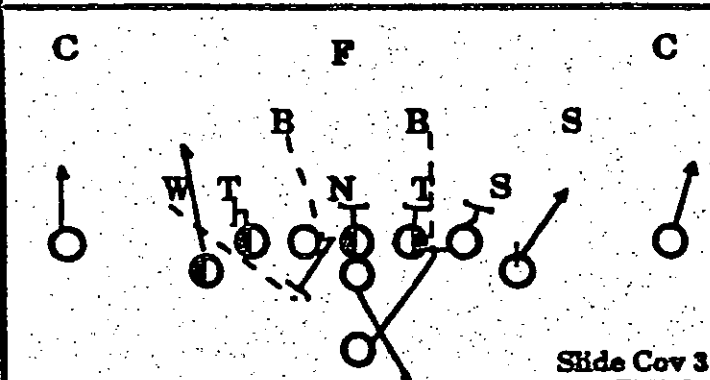
460-470 PROTECTION



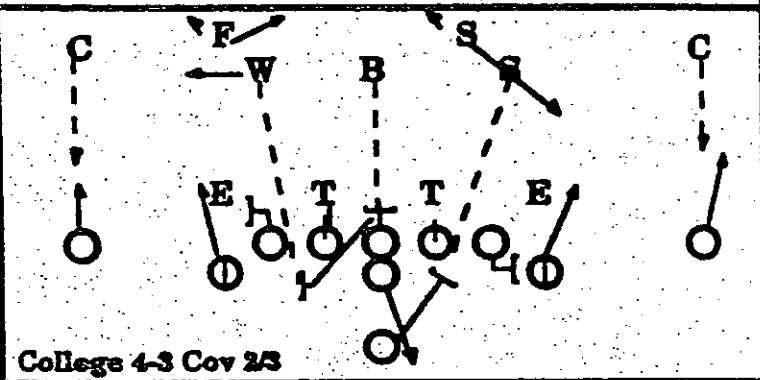
50 Shade Cov 3



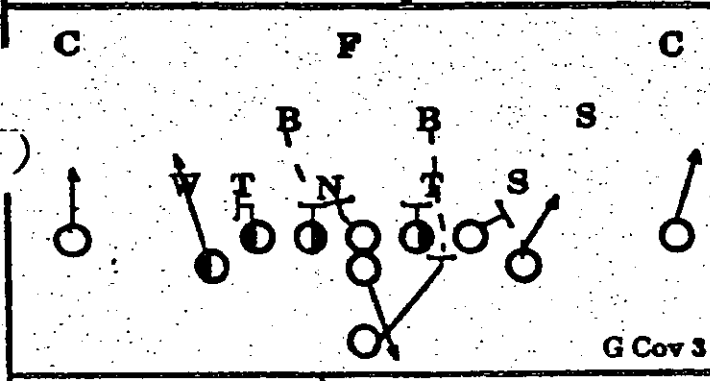
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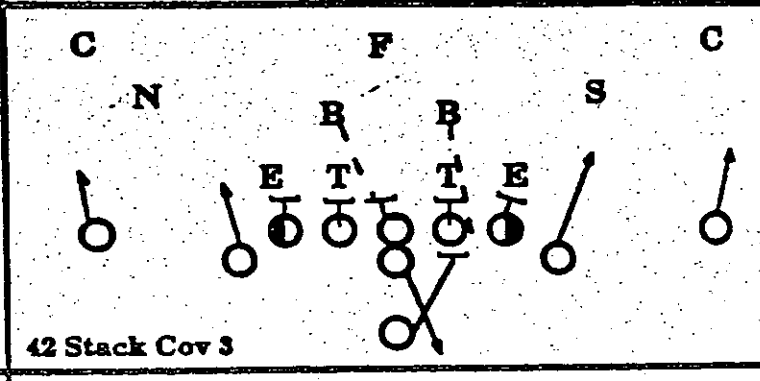
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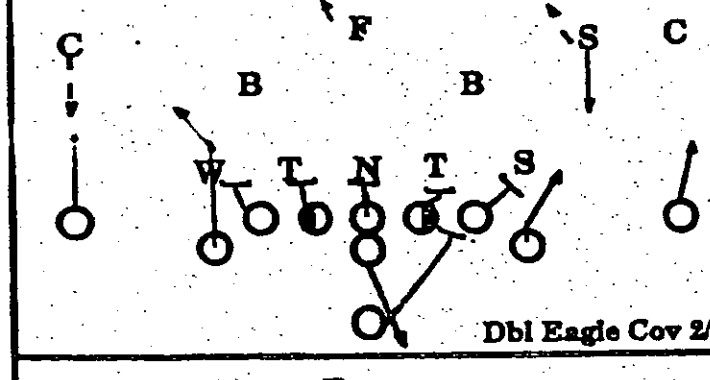
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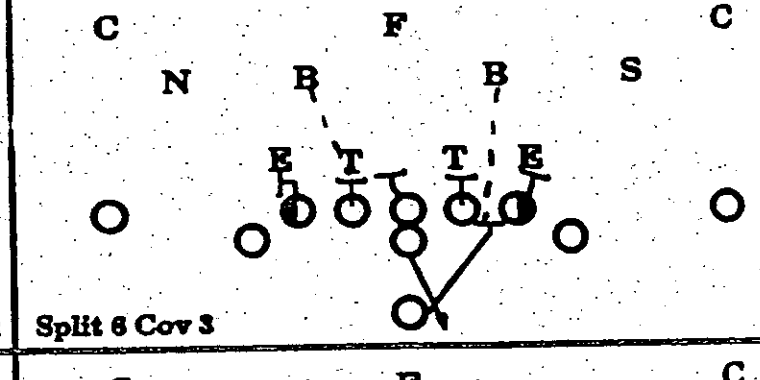
G Cov 3



42 Stack Cov 3



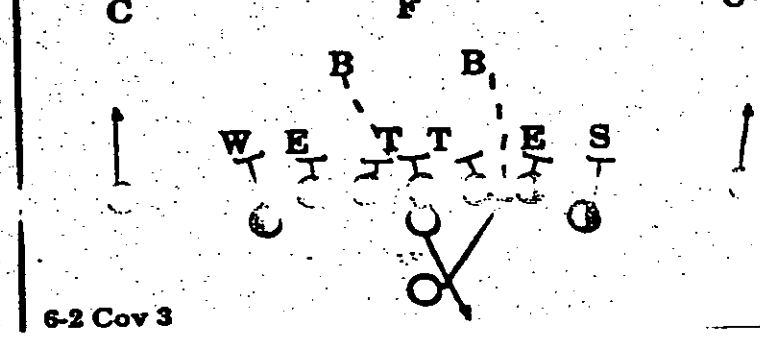
Dbl Eagle Cov 2/3



Split 6 Cov 3



Bear Cov 3



6-2 Cov 3

9-12 ✓

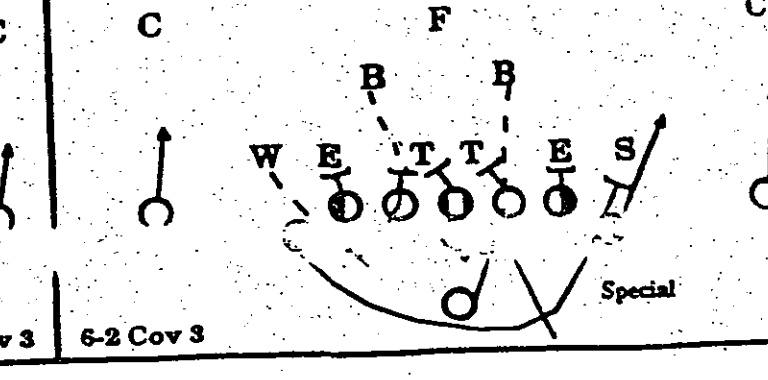
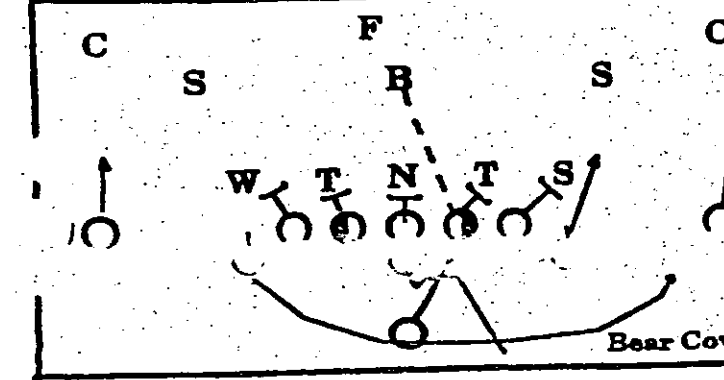
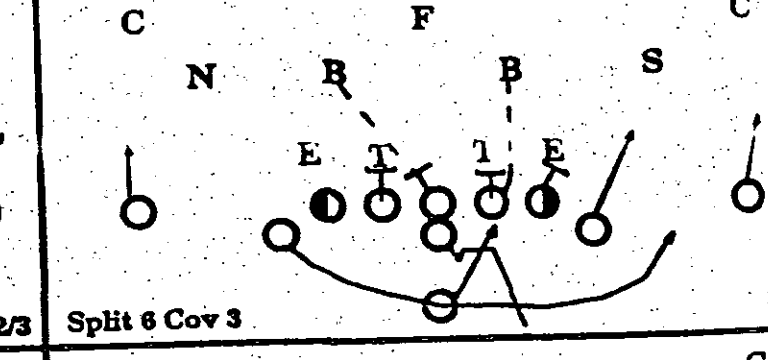
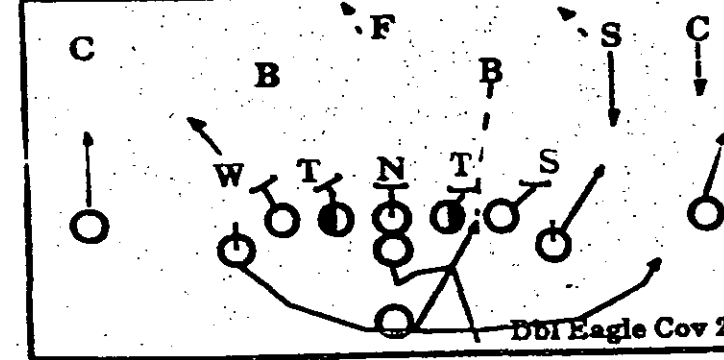
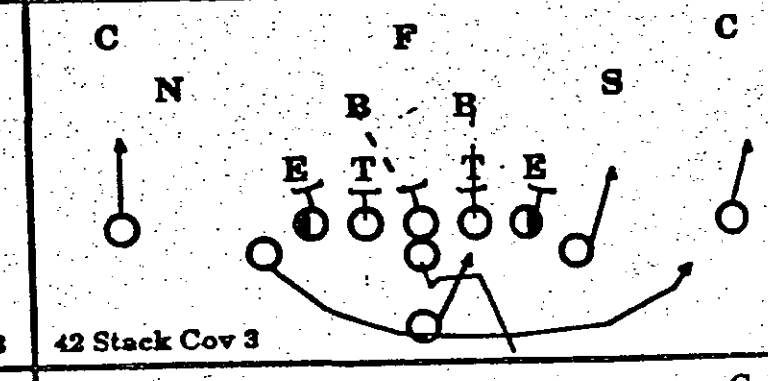
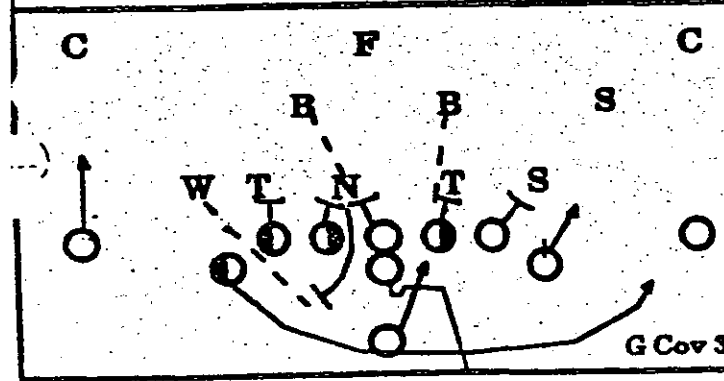
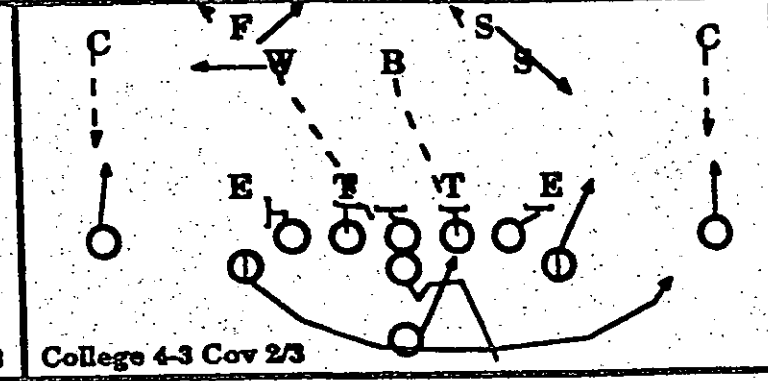
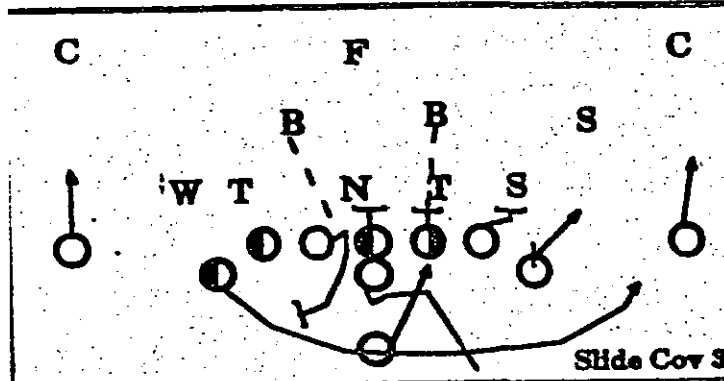
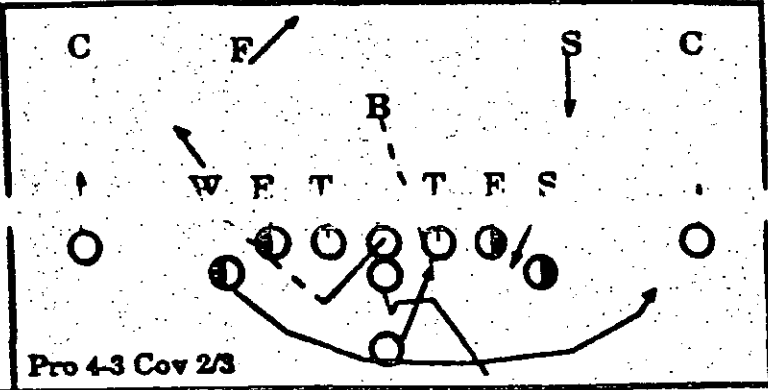
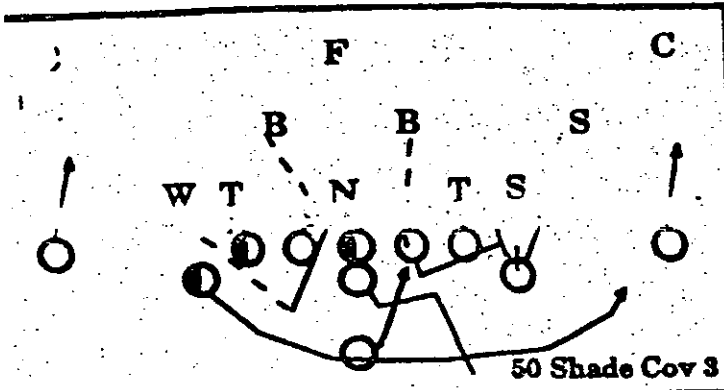
312-313 PROTECTION

... protection. It is used to compliment 12-13, our base running play. We can use this protection out of Spread or Trips formations.

<u>Position</u>	<u>Assignment</u>
QB	Fake B-Back then take 3 steps and drop behind PT.
B-Back	Run 12-13 Track and check to block PSLB. If PSLB does not come, help center.
A-Back	Run pitch route safety valve.
H-Back	Run route.
X	Route called.
Y	Route called.
PT	Base to white - aggressive.
PG	Base - pull for OLB or Ace depending on front.
C	Base, if uncovered, fire out at the nearest down lineman. If there are two 2's or 2i's, step backside. If there are two 3's, step playside.
BC	White.
BT	White.

Note -- There are also 5 other routes run off this play action:

1. Vertical
2. Hitch
3. Middle
4. Backside Post
5. Pop



322-323 PROTECTION

This is a play action pass protection. It is used to compliment 22-23 run. The protection is basically used out of Spread formation. The backfield action and protection is the same as 312 and 313. Refer to 312-313 rules and drawings.

316-317 PROTECTION

This is a play action pass protection. It is used to compliment 16-17 run. We can use protection out of Spread or Trips formations. It is more used out of Trips than Spread. This protection incorporates a pulling guard which helps to sell the run.

Position

Assignment

QB	Fake 16-17 action, drop back behind OT.
B-Back	Run pitch route safety valve.
A-Back	Motion away and run route or just run route.
H-Back	Motion away and run route or just run route.
X	Route called.
Y	Route called.
PT	Base to down.
PG	Base, Ace, I'm back.
C	Base, I'm back, Scan (You, Me call).
BG	Pull - log first man outside of OT.
BT	Anchor.

Note - Motion to Trips.

9-17✓

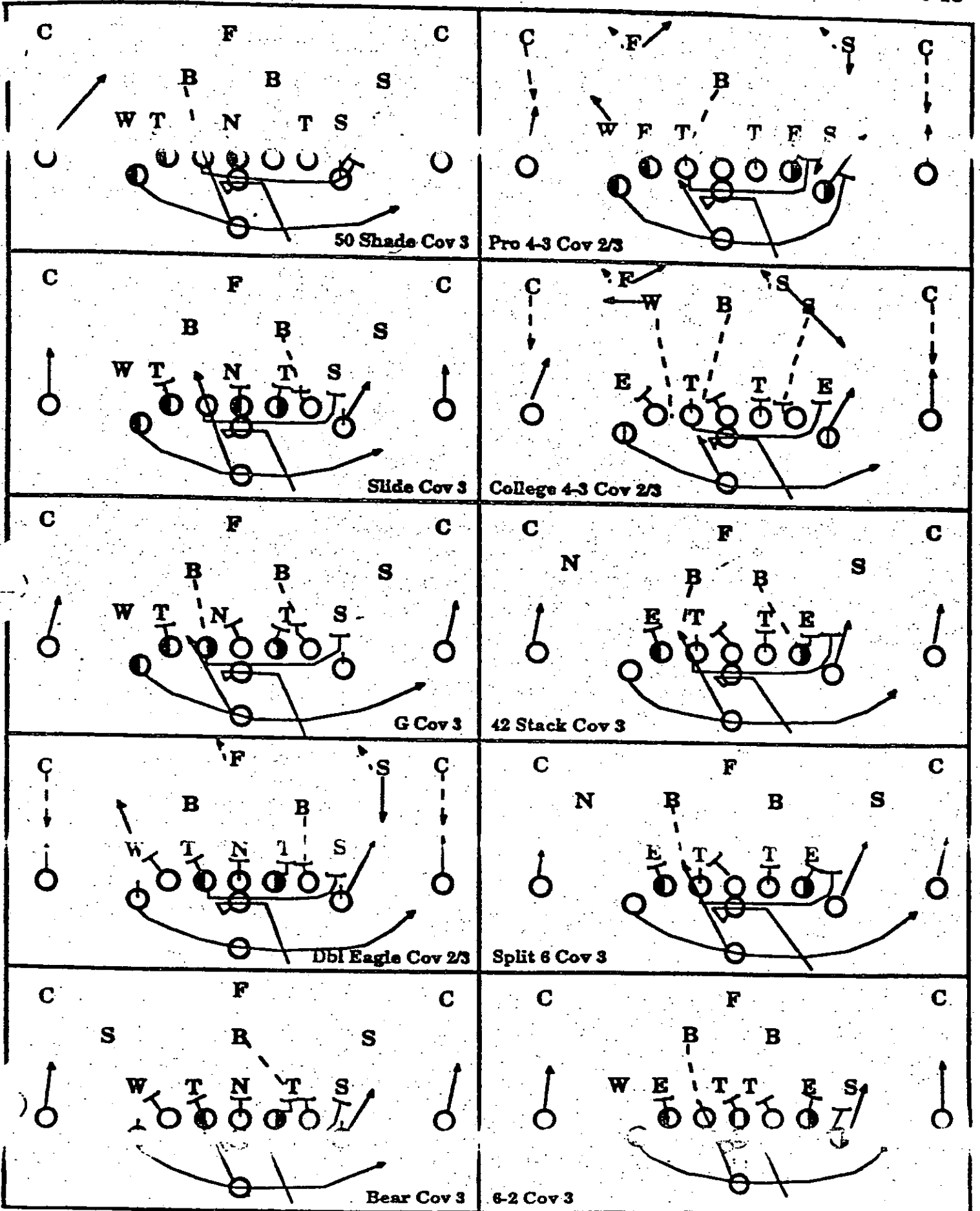
318-319 PROTECTION

This is a play action pass protection it is used to compliment 18-19 run. We can use this protection out of Spread and Trips formations. This protection incorporates a pulling guard which helps to sell the run.

<u>Position</u>	<u>Assignment</u>
QB	Fake 18-19, drop back and throw.
B-Back	Fake 18-19 and block BSLB to BSOLB.
A-Back	Pitch route safety valve.
H-Back	Route called.
X	Route called.
Y	Route called.
PT	Base to down.
PG	Base, Ace, to I'm back.
C	Base, I'm back, Ace.
BG	Pull - log first man outside OT.
BT	Base - anchor down.

Note -- Can run with twirl action. Routes change with twirl action.

318-319 PROTECTION



WIDE RECEIVERS

Section 13

WHAT IT TAKES TO BE NO. 1

by
Vince Lombardi

You've got to pay the price.

"Winning is not a sometime thing; it's an all-the-time thing. You don't win once in a while, you don't do things right once in a while, you do them right all the time. Winning is a habit. Unfortunately, so is losing.

There is no room for second place. There is only one place in my game and that is first place. I have finished second twice in my time at Green Bay, and I don't ever want to finish second again. There is second place bowl game, but it is a game for losers played by losers. It is and always has been an American zeal to be first in anything we do and to win and to win and to win.

Every time a football player goes out to ply his trade he's got to play from the ground up - from the soles of his feet right up to his head. Every inch of him has to play. Some guys play with their heads. That's okay. You've got to be smart to be No. 1 in any business. But more important, you've got to play with your heart—with every fiber of your body. If you're lucky enough to find a guy with a lot of head and a lot of heart, he's never going to come off the field second.

Running a football team is no different from running any other kind of organization—an army, a political party, a business. The principles are the same. The object is to win—to beat the other guy. Maybe that sounds hard or cruel. I don't think it is.

It's a reality of life that men are competitive and the most competitive games draw the most competitive men. That's why they're there—to compete. They know the rules and the objectives when they get in the game. The objective is to win—fairly, squarely, decently, by the rules—but to win.

And in truth, I've never known a man worth his salt who in the long run, deep down in his heart, didn't appreciate the grind, the discipline. There is something in good men that really yearns for, needs, discipline and the harsh reality of head-to-head combat

I don't say these things because I believe in the 'brute' nature of man or that men must be brutalized to be combative. I believe in God, and I believe in human decency. But I firmly believe that any man's finest hour—his greatest fulfillment to all he holds dear—is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle—victorious."

WIDE RECEIVER EXPECTATIONS

1. **WIN!**
2. **Give 100% on every play.**
3. **No mental mistakes.**
4. **Make BIG PLAYS!!!**
5. **NO turnovers.**
6. **Be coachable.**
7. **Expect to catch everything that touches your hands.**
8. **Do not blame others - take responsibility.**
9. **Act like a winner (no celebrating).**
10. **Play with PRIDE - (COMPETE).**
11. **Be a COMPLETE player (blocking and receiving).**
12. **Grade 80% or better in EVERY game.**
13. **LOYALTY - to each other as players and coaches.**
14. **CLASS - Be a good example on and off the field.**
15. **NEVER GIVE UP!!!**

RECEIVER ROUTES

1. **Two Route** Drive hard off LOS to a depth of 6 yards. Plant outside foot and break inside at a 90 degree angle. Get vertical and look for ball. Stay with it vs all coverages.
2. **Three Route** 6 yard speed out. Drive hard off LOS. Do your third step, plant your outside foot at a 45 degree angle and lean into turn. Snap head around with upfield shoulder. Fade vs hard corner.
3. **Four Route** Drive hard off LOS to a depth of 6 yards. Plant and face QB. Fade vs hard corner.
4. **Five Route** 10-12 yard speed out. Drive hard off LOS. At ten yards, step at 45 degree angle with outside foot and lean into turn. Snap head around with upfield shoulder. Fade vs hard corner.
5. **Six Route** 14 yard curl. Drive hard off LOS. Stem CB to 14 yards. Bring shoulders over your toes and snap back to QB. Do not drift inside unless throw takes you there. Come back to ball no matter what. Stay with it vs all coverages.
6. **Seven Route** Drive hard off LOS and stem CB to a depth of 15 yards. Bring shoulder over toes and snap back to sideline in a 45 degree angle. Fade vs hard corner.
7. **Eight Route** Drive hard off LOS and stem CB to a depth of 15 yards. Plant hard on outside foot and break inside and vertical. Do not cross the hash. Stay with it vs all coverages.
8. **Nine Route** Drive hard off LOS. AT 10 yards break three hard steps to post and look for ball. On third step open with upfield foot and drive back to corner. Snap head around and find ball. Stay with it vs all coverages.
9. **Zero Route** Drive hard off LOS. Stem CB to inside. Run up on his toes and step hard to inside, then break on his outside and get on top of him. Stay within 4 yards off sideline. Stay with it vs all coverages.
10. **Smash** Drive hard off LOS and widen to 6 yards. Pivot and face QB. If ball has not been thrown, work to sideline if you feel someone covering you or running to you from the inside. Stay with it vs all coverages.
11. **Climb** Drive hard off LOS 2 steps. On second step, plant and accelerate to far hash gaining ground as you go. Climb behind and break inside at a 90 degree angle. Stay with it vs all coverages.

Routes (Cont'd)

13-4

12. **China**
Drive hard off LOS across the field underneath the LB'ers at a depth of 8-10 yards. Stay with it vs all coverages.
13. **Switch**
Drive hard off LOS for 3 steps. On third step, plant and look for the hole. If zone, work upfield and read middle safety. If LB'ers over the top, settle in the hole. If he's vacated, take it up the chute. Stay with it vs all coverages.
14. **Vertical**
Same as zero route. Stay with it vs all coverages.
15. **Sucker**
This is a screen. Drive hard off LOS for 2 steps. Plant and come back behind LOS to meet ball. Run at a downhill angle to 4 yards behind LOS and turn it up immediately!
16. **Option**
Drive hard off LOS from the inside receiver position. As you release, read the alley defender. If he vacates the alley, settle down and snap around to QB. If he stays, collision and work away from his leverage.
17. **Stop**
Drive hard off LOS to 12 yards. Bring your shoulders over your toes and open inside to QB. If man coverage, make sure you stem the CB. If ball is not thrown, work to sideline and down hill. Fade vs hard corner.
18. **Dig**
Drive hard off LOS to 10 yards. At 10 yards stick hard to outside and drive the post. At 15 yards, flatten off and come straight down the line, reading the LB'ers window. In zone throttle down when you come across. Vs man accelerate across creating separation. Stay with it vs all coverages.
19. **Fade**
This is an adjustment to a hard corner. Release outside and fight to get on top of the hard corner. Do not drift to sideline. Look for ball in the hole.
20. **Read**
Route by inside receiver. Drive hard off LOS reading the middle safety. If he is playing over the top, snap the route off at 15 yards and find the hole behind the LB'ers. If he is in man, snap the route off at 15 yards and come straight across like a dig. If he is in a 1/2's coverage and the middle is open, accelerate up the chute and stay skinny on the inside of the near hash.
21. **Flat**
Route by inside receiver. Drive hard off LOS for 2-3 yards. At that point, step outside at a 45 degree angle with outside foot and drive hard to flat area. Get your head around as soon as you break to flat. If ball is not thrown by the time you get to me numbers, throttle down and find QB.

Routes (Cont'd)

Route by inside receiver. Drive hard off LOS to outside in 45 degree angle from your stance. Gain ground as you drive to flat and you should end up at 3-4 yards. If ball is not thrown by the time you get to me numbers, throttle down and find QB.

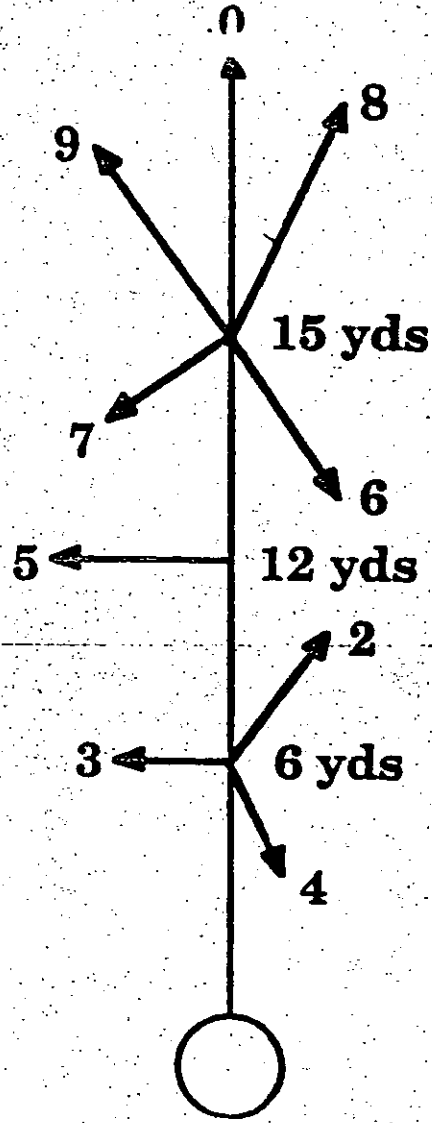
23. Wheel

Route by inside receiver. Vs man drive hard off LOS for 3 steps. Break like flat route and give quick look for ball. When you get close to numbers turn it upfield and accelerate. Snap head around and look for ball. 4 yards from sideline. Vs zone step at 60 degree angle from your stance and run for width. At the numbers, turn it upfield and look for ball. 4 yards from sideline.

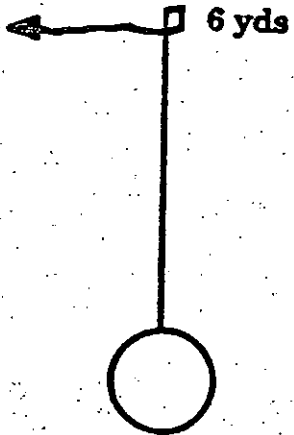
24. Bobcat

This is a quick screen. Drive hard off LOS for 1 step then plant and drive 2 steps back behind LOS. Look for ball and read blocks.

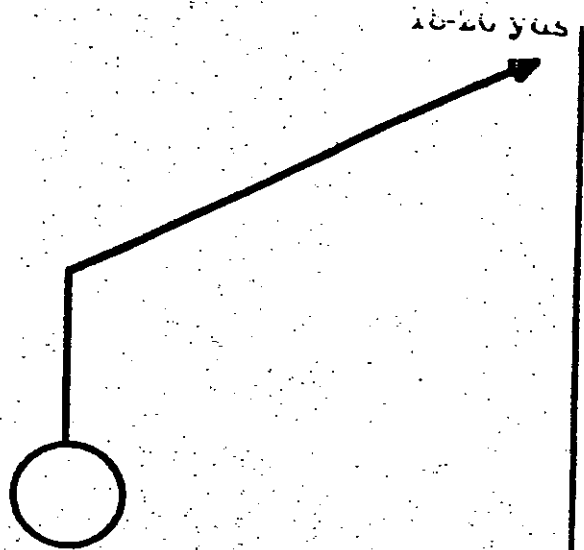
NUMERICAL TREE



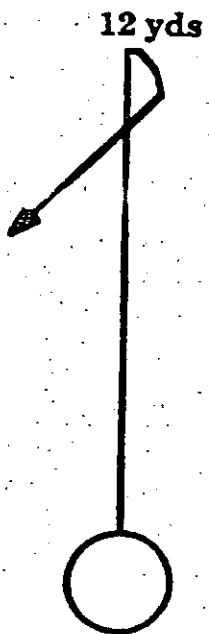
SMASH



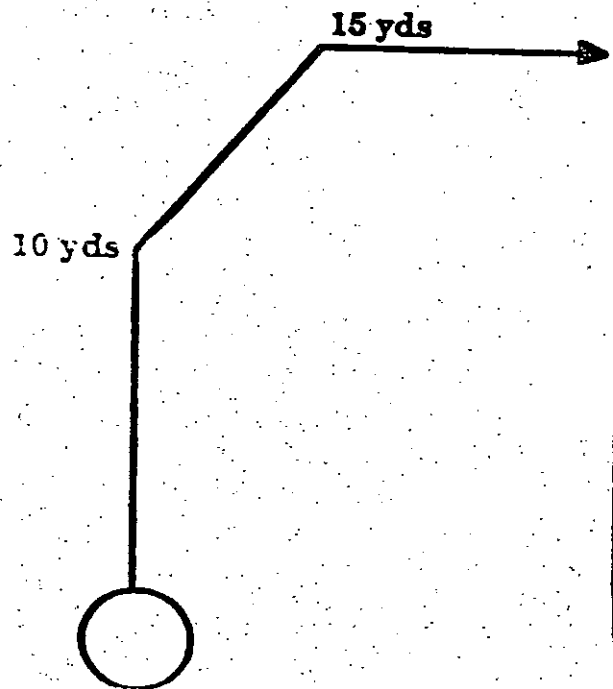
CLIMB



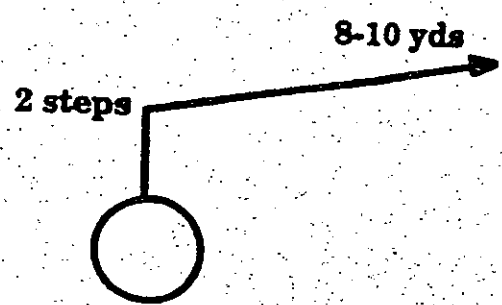
STOP



DIG



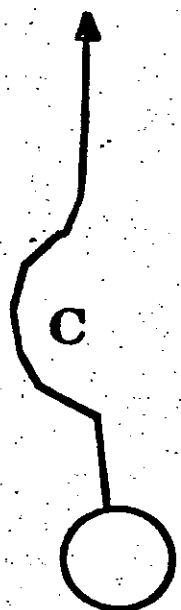
CHINA



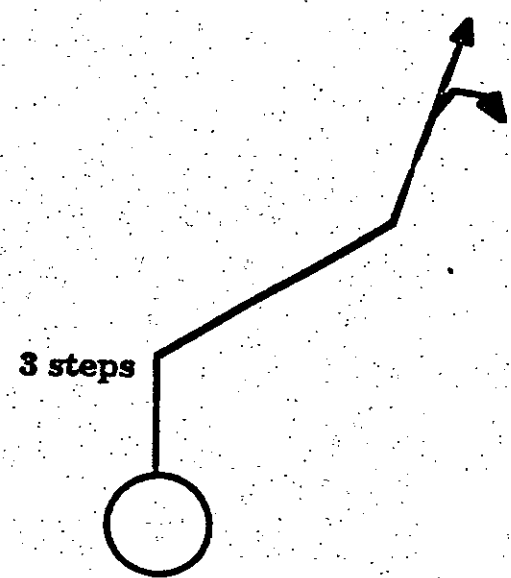
VERTICAL



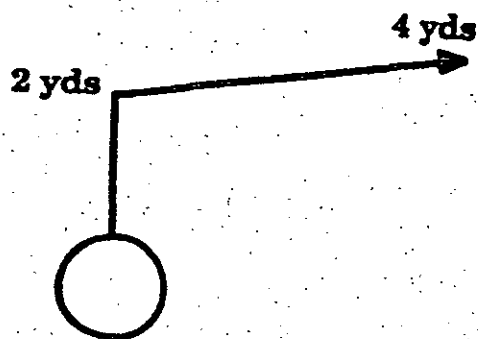
FADE



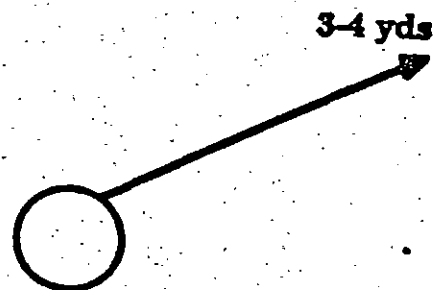
SWITCH



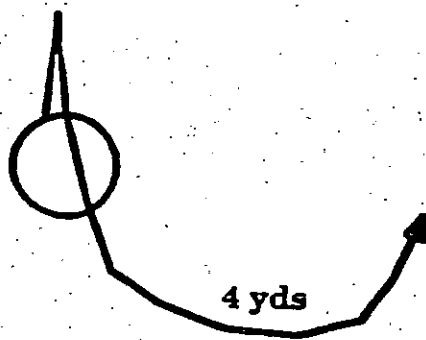
FLAT



ARROW



SUCKER



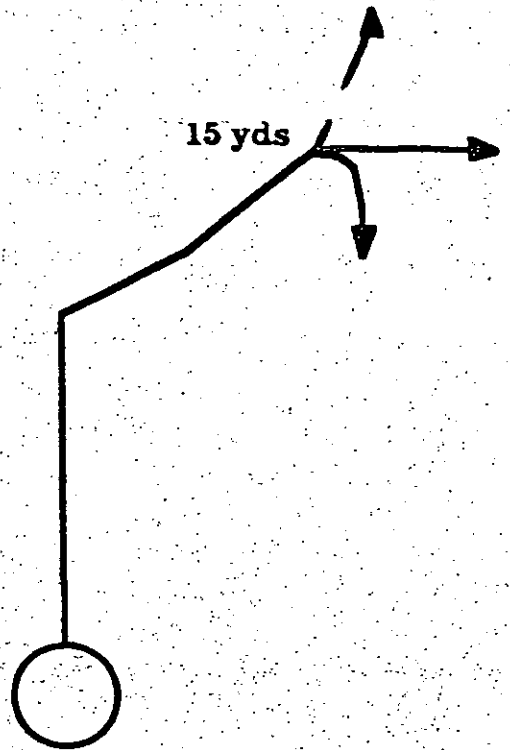
BOBCAT



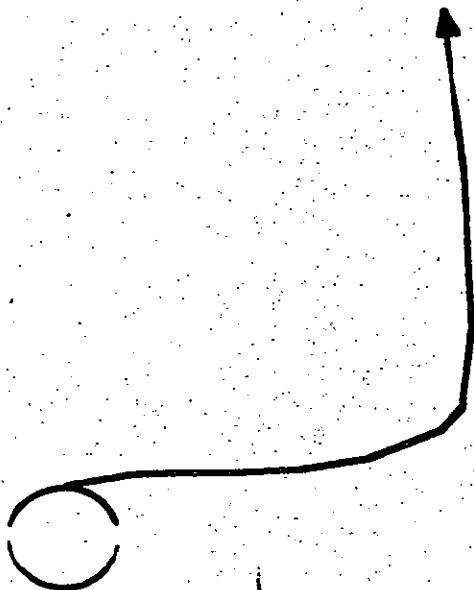
OPTION



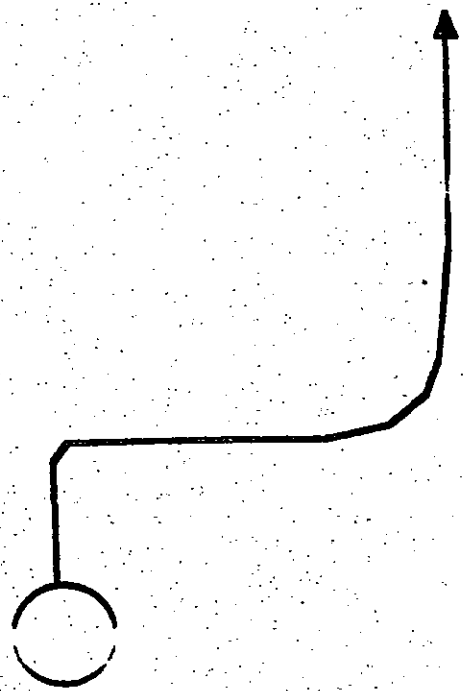
READ



WHEEL VS ZONE



WHEEL VS MAN



RECEIVER DRILLS

- Purpose:**
1. Improve catching ability.
 2. Start practice concentration.
- Description:**
1. Catch ball from QB at approximately 15 yards.
- Variations:** Turn sideways.
- Points**
1. Catch ball with two hands when possible.
 2. Concentrate on seeing ball from release to catch (count laces).
 3. Proper hand position.
 4. Always tuck ball away.

2. PAT & GO DRILL

- Purpose:**
1. Loosen up legs.
 2. Develop long ball catching ability.
 3. Develop concentration.
- Description:** Receivers form two lines at opposite ends approximately 35 yards apart. Simulate 9 route and catch ball over shoulder. Repeat at other end. Form a continuous cycle.
- Variations:**
1. Switch sides, right and left.
 2. Run toward QB at opposite end.
 3. Inside-outside catches.
- Points:**
1. Start slowly, increase speed as legs warm up.
 2. Make move to tell QB when to release.
 3. Watch ball all the way to hands.
 4. Proper hand position.
 5. Widen path with balls flight.
 6. Tuck ball away

3. ROUTES DRILL

- Purpose:** Polish passing game.
- Description:** Receivers run routes with proper techniques and mechanics. Catch the ball.
- Variations:** Run routes on both sides of the field, practice and ball position on field.

ROUTES DRILL (Cont'd)

13-12

- Points:**
1. Proper stance.
 2. Proper start and release.
 3. Proper depth.
 4. Sharp breaks.
 5. Proper depth.
 6. See ball.
 7. Catch ball.
 8. Tuck ball away.
 9. Run with ball.

4. CROSS INTERFERENCE DRILL

Purpose: Develop concentration abilities when catching ball in a crowd.

Description: Receiver catches ball as it passes distracter. Ball is thrown from approximately twenty yards.

- Variations:**
1. Distance from thrower.
 2. Velocity of throw.
 3. Flip-flop sides.
 4. High or low throw.

- Points:**
1. See ball.
 2. Catch ball with proper hand position.

5. WRONG SHOULDER DRILL

Purpose: Develop ability to catch long ball thrown over receiver's outside shoulder or wrong shoulder on crossing routes.

Description: Receiver runs 9 or 4 route with ball thrown over outside or wrong shoulder. Receiver must widen path without losing sight of the ball or turn and catch ball thrown behind on crossing routes. Catch ball over shoulder on 9 routes.

- Variations:**
1. Right and left side.
 2. Distance ball is thrown.

- Points:**
1. Widen path or change speed to adjust to ball. Do not turn around and try to pick ball up again.
 2. Catch ball.
 3. Tuck ball away.
 4. Run with ball.

6. SIDELINE DRILL

Purpose: Develop ability to catch ball near sideline without stepping out of

Description: Receiver runs approximately 7 yards, simulates an out cut, catches ball thrown on sideline. Must stutter step to keep feet in bounds. Thrower approximately 10 yards away.

Variations:

1. Distance from passer.
2. Speed of throw.
3. High or low throw.

Points:

1. Must keep eye on ball and "feel" sideline coming.
2. Catch ball at all costs. Don't sacrifice catch for dragging feet.
3. Proper hand position.
4. Catch ball and tuck it away.
5. Cut down stride as sideline gets closer.
6. Right and left side.

7. LOW BALL DRILL

Purpose: Develop ability to catch and hold on to low throw.

Description: Receiver crouches and shuffles in front of passer. Ball is thrown low to force receiver to leave feet, catch ball, cradle it with both hands, bounce and roll on turf.

Variations:

1. Distance from passer.
2. Speed of throw.
3. Right and left side.

Points:

1. Bend at knees, not at waist.
2. Go down and get ball regardless of impact on turf.
3. Use both hands to cradle ball. Don't use one hand to absorb impact on turf.
4. Roll as cradling the ball to absorb impact.

8. DIVE DRILL

Purpose: Stress importance of "selling out" to make catch.

Description: Receiver runs at angle toward sideline. Passer is approximately 20 yards away and throws ball low and outside. Receiver must "lay-out" to make catch.

Variations:

1. Distance from passer.
2. Speed of throw.
3. Right and left sides.

Points: Do everything possible to make catch.

9. RELEASE DRILL

- Purpose:** 1. Manipulate defender and clear LOS.
- Description:** Receiver head facing one direction and drives opposite foot in other direction, thus manipulating defender and gaining ground on the pattern at same time.
- Variations:**
1. Change position of defender from head up to inside to outside position on receiver.
 2. Run different routes after release.
- Points:**
1. Get back on stem of route after clearing defender on release.
 2. Avoid stepping laterally.

10. ONE ON ONE DRILL

- Purpose:** Polish passing game versus defender.
- Description:** Same as routes drill with addition of coverage by DB's.
- Variations:** Same as QB 1 on 1 variations.
- Points:** Continue to develop techniques stressed in routes drill. Work to develop releases vs tight coverage.

11. DOWNFIELD BLOCKING DRILL

- Purpose:** Develop attitude and stress importance of effort in downfield blocking. Improve technique.
- Description:** Receiver must come off ball hard, take proper angle, and attack defensive man. Try to take him off his feet. Don't throw too soon.
- Variations:**
1. Can use dummy to simulate defender.
 2. Distance from defender at beginning of drill.
- Points:** Be AGGRESSIVE; set good angle; head in front; don't clip.

SEPARATION TECHNIQUES

In order to separate themselves from the defenders, receivers must make it look like they are going somewhere they are not and that they are not going somewhere when they really are. Against zone coverages, they must appear to be going deep and wide before settling in the spaces between defenders. Against man to man coverages, each receiver must threaten to go in two or three directions before breaking on one. The list of separation techniques is a literal bag of tricks that each individual receiver can utilize to suit his individual routes.

A. BASIC DRILLS

1. Wide Step - This gives you the feel of getting your feet outside of your own center of gravity. This will enable you to gain leverage so that you can move laterally. Stride with steps approximately four feet apart and four feet long. The position of your leg will allow you to move your center of gravity to a side and still have good body position.
2. Jab Step - Establish your stride and without hinging or tipping off with your body or speed that you are going to be changing directions, simply widen one of your stride steps with a leverage step and break at a 45 degree angle in the opposite direction.
3. Head Pivot - As you take a jab step, pivot your head over your center of gravity and look at a 30 degree angle toward the direction of the jab step. After your jab step, pivot your head back toward the 45 degree angle of your break. Remember that your helmet weights approximately three pounds, pivot your head rather than throw the weight of your helmet outside your center of gravity.
4. Three Step Weave - Every three steps, execute another jab step and a 45 degree change of direction.
5. Three Step Weave with Head Pivot - Every three steps, execute another jab step and a 45 degree change of direction. Add the head pivot with each jab step.
6. Stop on One Foot - You will use this technique on all major change of direction routes, those being 135 degrees or more. Just run down a line and try to stop yourself by sinking your weight into one foot, using all even cleats. The objective is to stop yourself with the leverage position of the leg, which is bent and using your quadriceps muscle group and the weight you put on your foot. Run slowly at first so that you will not have to change your stride before stopping. Remember, it is most important that you do not alter your stride prior to stopping. Once you have established your technique, increase your speed gradually.

B. VERTICAL TECHNIQUE

1. Alter Release Angle - Sometimes you can get a defender's attention by changing your alignment and the footwork of their routes that defenders can easily know what routes to expect. By altering your release angle, a receiver can disguise his intentions and create separation. Vary your alignment so that you can get to the stem of your route within five yards from the line of scrimmage.
2. Bubble - Defenders will occasionally align themselves with inside leverage and will deny you an inside release. To bubble means to release outside the defender and put that defender on your heels and directly behind you. From this centered position, you are now able to break either inside, outside or continue to go deep. The key to a successful bubble is a quick stutter step to make the defender reahuffle his feet, then sprint to the centered position which is approximately five yards from the line of scrimmage.
3. Single Change of Pace - This technique makes the defender think that you are going to break laterally when really you are not. First you establish your stride then you take a half step. You can do this with either foot. The idea is to take that half step on the same line, without shortening the steps you take either before or after. Do not lose any speed or your body angle, which you'll need for the deep route.
4. Punch Off - When running an In route; it is necessary to watch the underneath coverage and still threaten the deep defenders. The punch off is a technique that will make the deep defenders think that you are going deep when you really are not. The technique is a simple jab step with a head pivot upfield after the in route has been started. If you will throw the inside arm over the jab step, you give the illusion that you are breaking deep.

C. LATERAL TECHNIQUES

1. 135 Degree Change of Direction - To properly execute a 135 degree change of direction, you must first master the "Stop on One Foot" separation technique. First, stop on the foot to the direction you are going to break. If you want to break to the right, for example, stop on your right foot. Next, position your left foot for leverage (jab step) that will allow your right step to be an accelerating step at 135 degrees. Snap your eyes back to the QB on the third step. Remember that this technique requires three steps.
2. Double Fake - The footwork: run down a line, if you want to break to the left, for example, take a leverage step with your left foot and move your center of gravity six inches to the left without changing strides. Next, step back on the line with your right foot. Finally, break 45 degrees to your left with your next left step. Once you have mastered the footwork, add a head pivot and arm fake when you step back on the line with your right foot (second step) to make a defender think you are possibly going to break to the right when you are really breaking to the left. In other words, you suggest where you are going by moving your center of gravity to the left, then you convince the defender you are going to break right; finally, you break left. The key is making the fake to

3. **Shake** - The shake is nothing more than a double fake after you have gotten on top of a defender (bubble) who is playing you with inside leverage and man to man.

BLOCKING TECHNIQUES

13-19

FRONT SIDE

1. Stalk
2. Cut
3. Sting
4. Crack
5. Run Off (Vs Man)

BACK SIDE

1. Backside cutoff
2. Run off (Vs Man)

BLOCKING TERMINOLOGY

- 1. Stalk** Drive hard off LOS. Show pass as long as possible. When DB declares to keep backing out, break down 1 - 1/2 yards from him. Bend knees, sink hips, move feet, keep head and shoulders up and be ready to cut DB off by shuffling in front of him. Once he declares his direction, get into his chest with your arms extended. Do not lunge at him. Run your hips through him and drive him in the direction he runs to. Do not give ground. Maintain outside leverage on him.
- 2. Cut** Drive hard off LOS. Show pass as long as possible. Drive at DB's upfield leg. Keep eye contact with DB until you are in position (1 yard) to lower shoulder and explode into his upfield leg thigh pad. Bring your hips through the man and leave your feet. Rip up with your forearm and roll into him.
- 3. Sting** Drive hard off LOS for 2 steps. Break to inside like on climb route and find safety. Use your stalk technique once you get within 1 1/2 yards from safety. Do not allow him to run under you. Be very aggressive.
- 4. Crack** Right out of your stance step at a 45 degree angle and get eyes on first man on second level. Find his ear hole and run right through it at full speed. Do not drop your head or slow down. This is a quick hitting block. Do not allow him to run under.
- 5. Backside Cutoff** Drive hard off LOS in a 45 degree angle across field to meet DB over you. You should aim for the opposite hash. Do not step up the field. When you are within 1 yard, use your cut technique.
- 6. Run Off** This is used vs man. Drive hard off LOS and run a zero route. If you feel him look back, plant your outside foot and slide back to get in front of him. Use talk technique. If he does not look back, continue to run zero route at full speed. Do not slow up until you hear the whistle.