



NAVY FOOTBALL

Triple Option Rules

BSWR – Cutoff

BSA – Tail Motion

BST – Scoop

BSG – Scoop

Center – Scoop to “Double” (makes all calls at L.O.S.)

PSG – Base (in-on-out-PSLB) to Down

**PST – Veer (if PSG covered)
Loop (if PSG uncovered)**

PSA – block Run Support

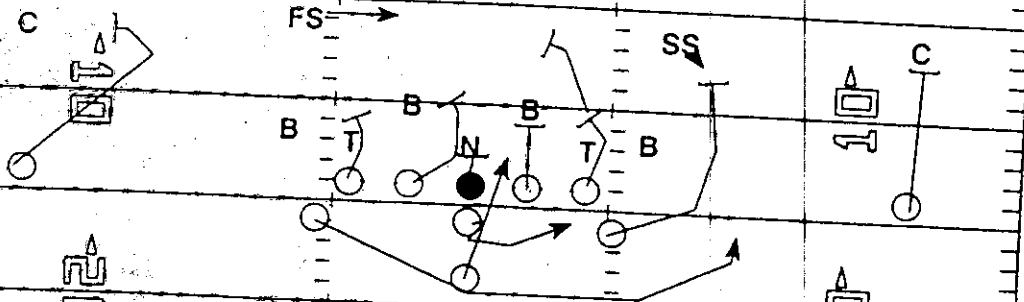
PSWR – Block Near-deep-defender

QB – Veer steps

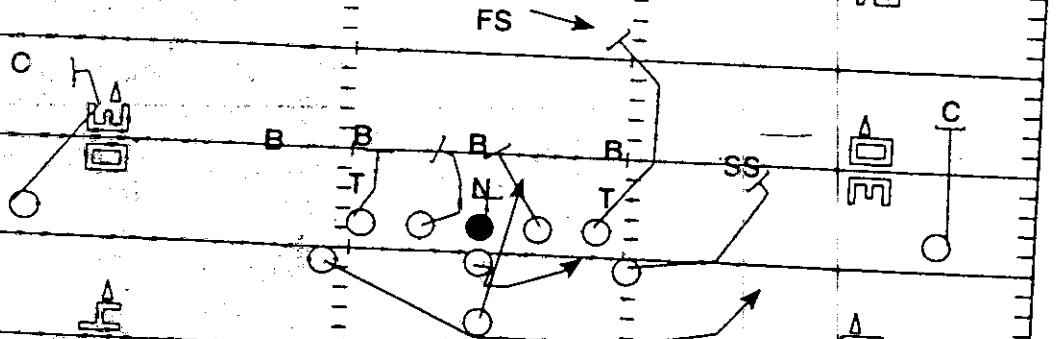
FB – Mesh track

Inside Veer Blocking

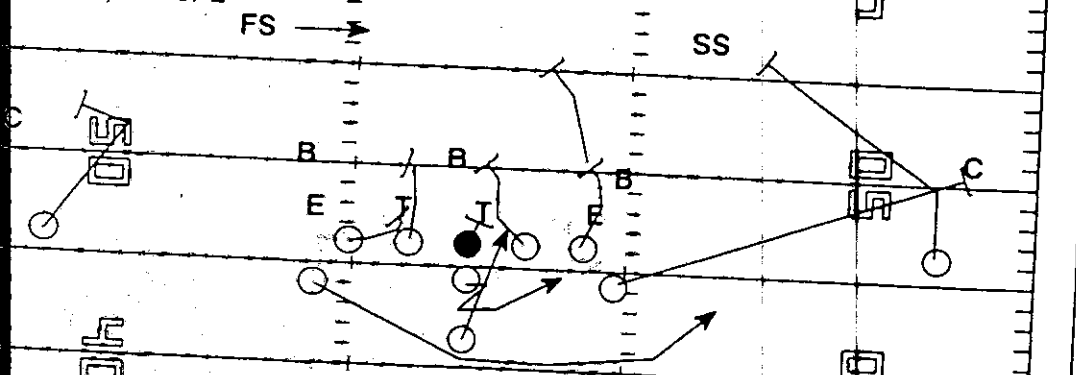
50, Cover 4



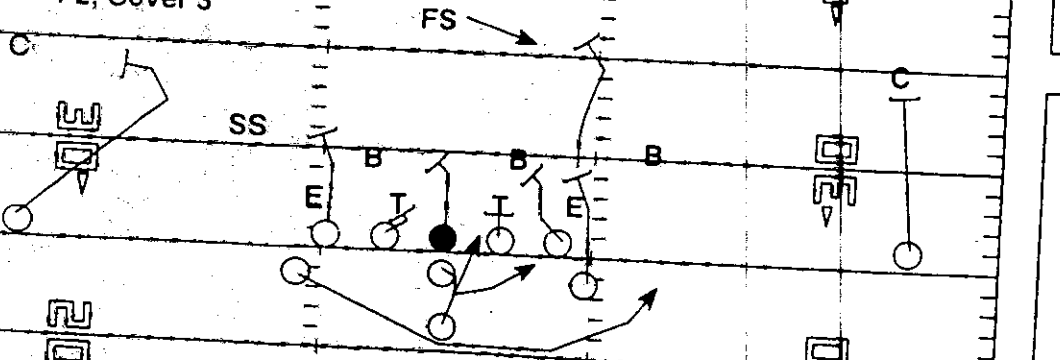
3-3 Stack, Cover 1



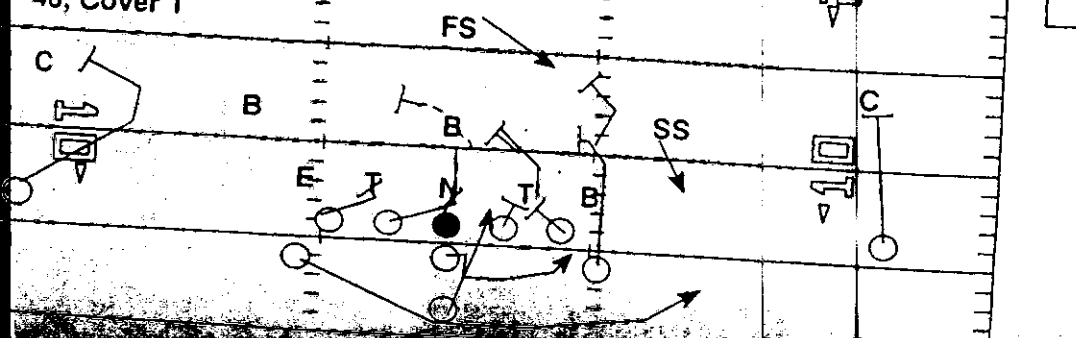
6-1, Cover 2



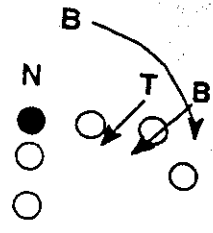
4-2, Cover 3



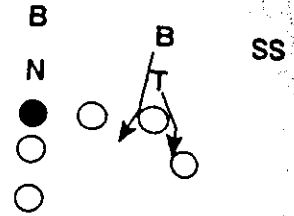
46, Cover 1



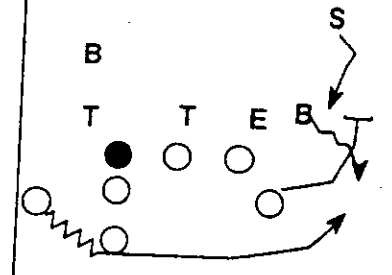
Blood stunt



Easy stunt

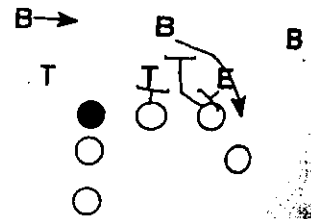


3/2 exchange



OLB jams PSA and takes pitch; S hides behind OLB and darts inside for QB

Squeeze/Scrape





Midline Option Rules

BSWR- Cutoff

BSA- Tail Motion, pitch path, or LEAD

BST- Anchor down

BSG- BSLB

C- Base

PSG- Veer for PSLB (to BSLB)

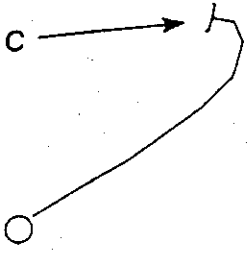
**PST- Veer for PSLB to backside chase
HPC #2 on Twirl, White, and Lead**

**PSA- Arc #3
PSLB on Twirl and White, Base #3 on Lead**

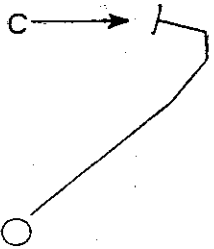
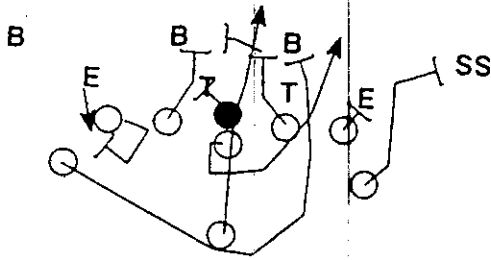
**PSWR- Stalk
Block inside run**

QB- Midline footwork, Read #1

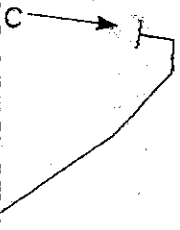
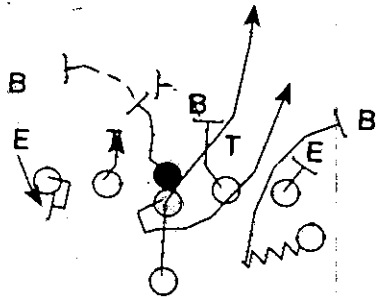
FB- Midline track, Read DL inside #1



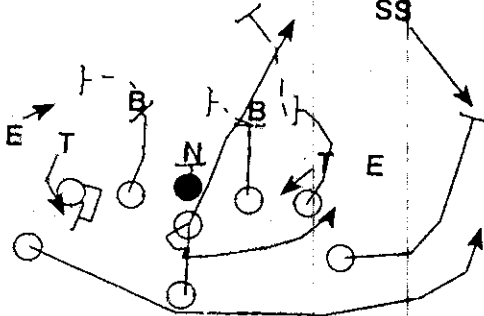
FS

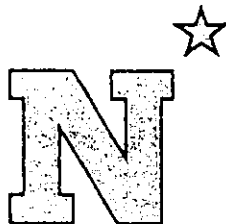


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Play Action Rules – Inside Veer Pass

BSWR- Take-off or Route called

**BSA- Tail Motion; becomes the safety valve
If QB indicates at the L.O.S., block #2 playside**

BST- Anchor down

BSG- Base to out-for-edge rusher

Center- Base to out-for-edge-rusher

PSG- Base (in-on-out-PSLB) to down; out for edge rusher

PST- Base

PSA- Sell the perimeter blocking scheme and run called route

PSWR- Route called

QB- Veer steps, three step drop off mesh (if needed)

FB- Mesh track, block PSLB

ROCKET TOSS

- Pitch Ball outside DE
- Strong Ball when slot is in B Gap Play side
- Line - Block / man out - Rip + Run Thrash - Get to next level
- FB Dive opp through B-Gap -
- Play side slot has run support - you can help on DE IF need ed or you have to

Run this play if there are Good stunts, stunts on the perimeter.

Good on Goal line -

Check with me - Good Away From trips

Practices

Drawback to GB FB leads on this play

Drawback to WR - Force Toss

~~Drawback~~ HB option pass

Waste -