

The Complete 5 Step Pass Game In The Pistol



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Base Protection Concepts

- Big On Big
- Slide Protection
- Turnback Protection
- Zone Schemes
- Man/Zone Schemes
- 5 Man Protection
- 6 Man Protection

Basic Route Concepts

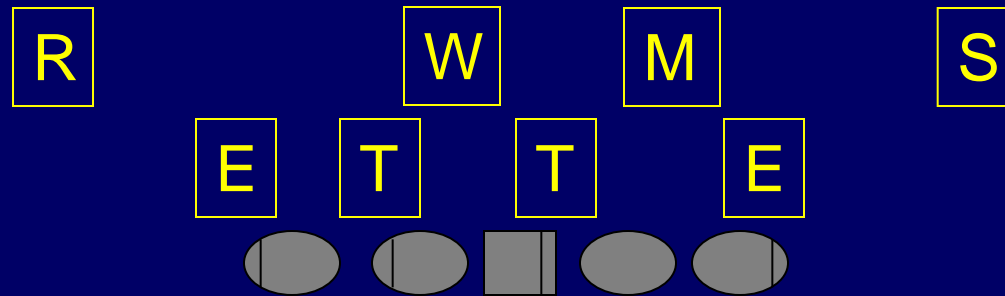
- Curl Flat Combo
- Backside Combo
- High Low on Mike
- High Low on Free Safety
- Crossing Series (Mesh)

5 Man Big on Big Protection

- We work to the half-man advantage.
- We work a half-man to our outside.
- Our uncovered lineman will be our double read player.
- Our offensive line must communicate.
- We want to protect against the most immediate threat first.

Big On Big Concepts vs. a 4-4 front

5 Man Concept



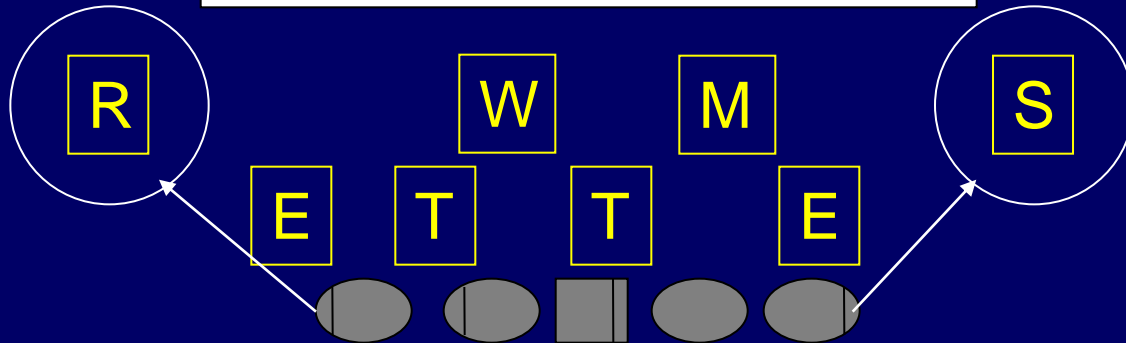
- Our center will work to his most inside threat in Big on Big Protection- He will make a Right Call in the case above
- The RG is uncovered and will be our double read player.
- The LG, LT, and RT will work to the half-man, which is the shade player.

Concepts of Big on Big Protection

- The Center will make a Right or Left call. Right puts the center to the right, Left puts him to the left.
- Our tackles must make a tough or a soft call.
- We must work to the half-man to our outside.
- We must understand that you can't block everyone, but you can account for them.
- Know who is Hot!

Understanding Tough and Soft

5 Man Concept



Tackles will call tough or soft based on the alignment of the inverts.

The inverts are the overhang players (Usually strong safeties or outside backers).

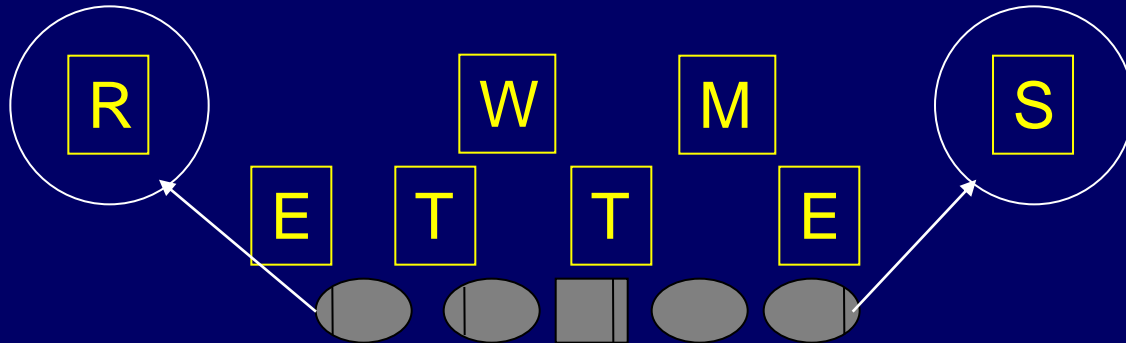
Tough tells the guard the overhang player is on the line and is a blitz threat.

Soft tells the guard the overhang is off the line.

In the illustration above, soft would be called on both sides.

Purpose of the tough/soft call

5 Man Concept



Tough tells our double read lineman they have an outside blitz threat.

In our Big on Big protection, the guard will protect the edge blitz.

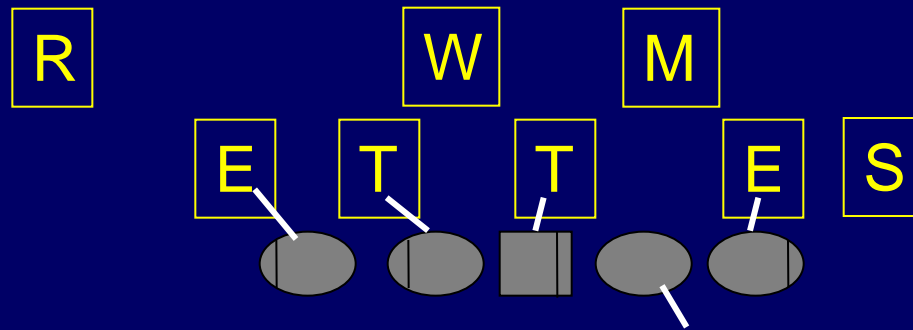
The QB will throw hot off the inside backer.

A soft call tells the uncovered lineman to work inside on his double read

Purpose of the tough/soft call

Center makes a right call.

RT Makes a tough call



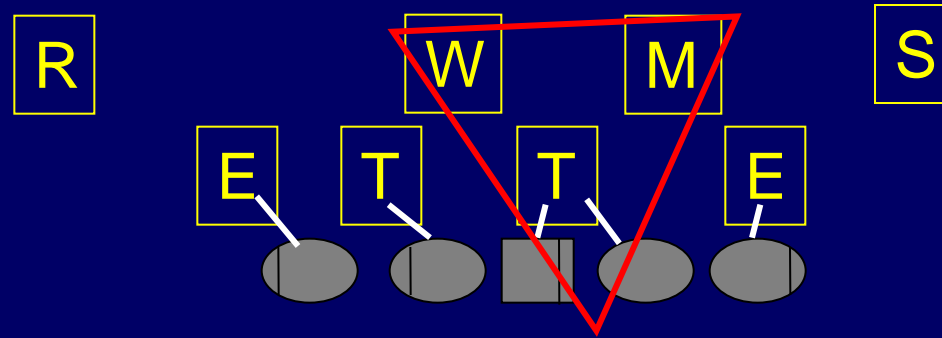
Center makes a right call

The RT makes a tough call

The RG will work to the edge blitz

Understanding the Triangle

5 Man Concept

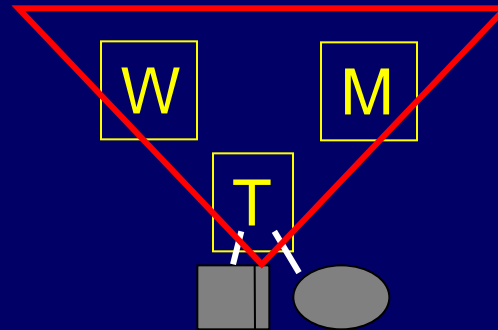


In Five Man Protection with no hot, we can use our combo on the 1 tech to protect the 1 and both ISLB's.

The center and RG will track the 1 tech to M or W.

Our tackles and covered guard will be 1 on 1.

2 on 3 Matchups



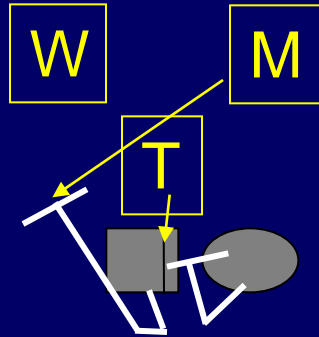
Vs. most even fronts, we will be faced with a 2 on 3 and 3 on 3 game in our 5 man protection.

If both backers blitz, we will have a built in hot read.

The C and RG in this case will stalemate the DT with their eyes to backer.

Thorough game planning will allow us to work this into a 2 on 2 matchup.

2 on 3 Matchups



As our Center and Guard Pass Set, The Punch The near number of the DT.

They get four eyes to backer and track the most dangerous threat.

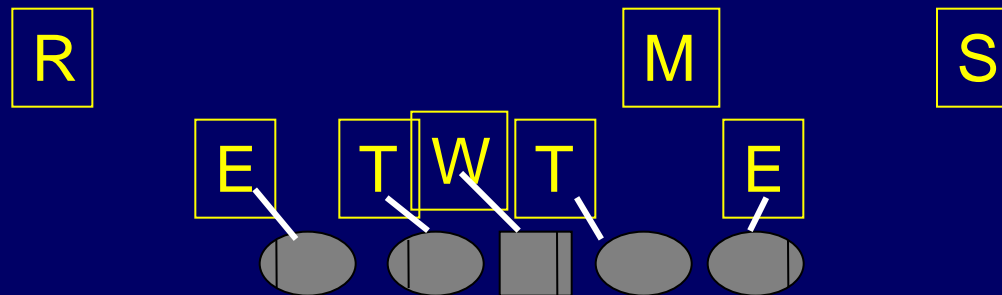
As The Mike comes over the top, the Center comes off.

We are essentially using our zone combination principles.

YOU MUST WORK 2 on 3, 3 on 4, and 4 on 5 EVERYDAY!

Pressure away from the shade

5 Man Concept



If we get an A gap threat away from the shade the center will make a River or Lake Call.

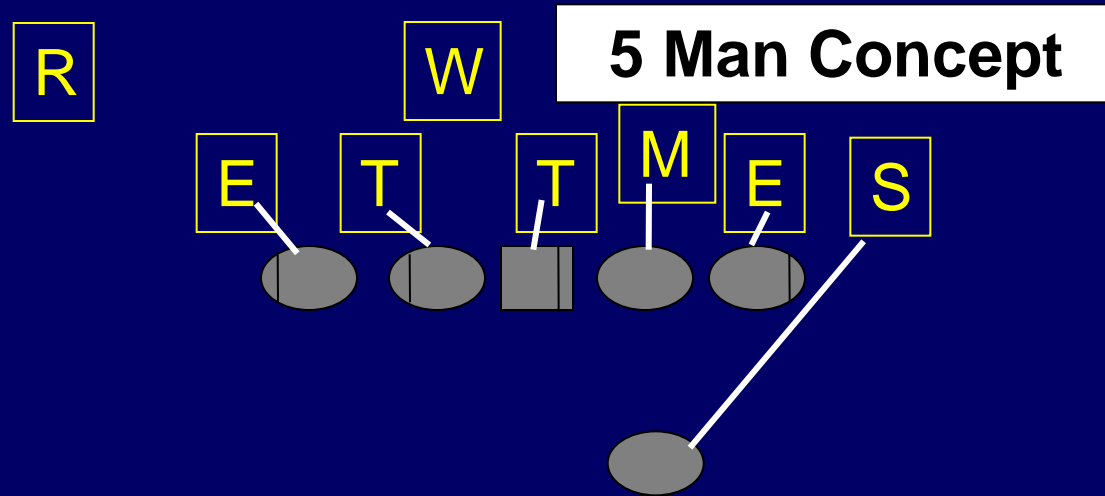
We now use our slide rules with the backside tackle staying home

We now have left the Mike without a lineman tracking him.

We must have a built in hot for the Mike backer.

We would have a lake call in the case above.

The Nasty Call Illustrated



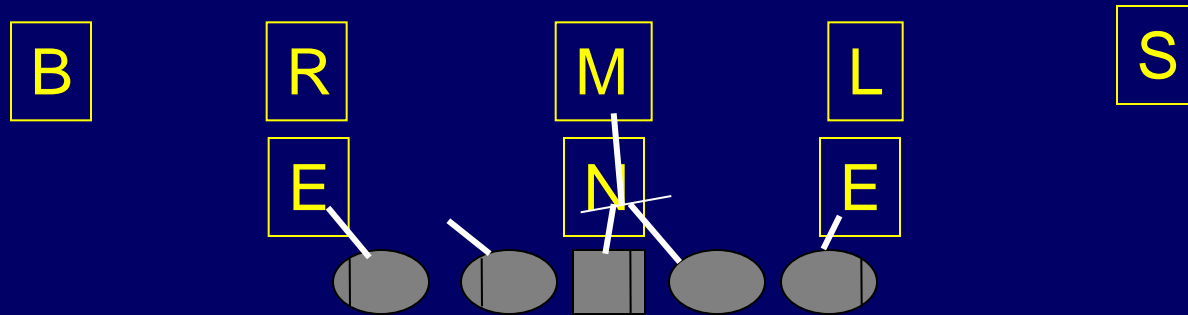
We must have a hot built in to protect against multiple blitz opportunities.

You must practice making your nasty call.

You can work the A into a route as well.

The nasty call puts you into a 6 Man Protection

5 Man Big on Big vs. an Odd Stack



Vs. a 30 Stack we have 5 to protect 6.

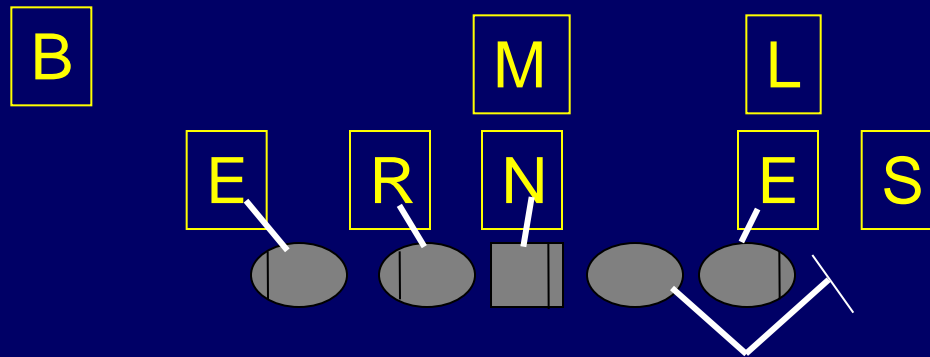
We can make a right or a left call with the center.

With a soft call to both sides, we will work our protection to favor the quarterbacks off arm.

In the case above, we would game plan a hot off the L Backer.

We can check to a 6 Man Protection or designate a hot backer.

Looking at a tough call



The RT makes a tough call.

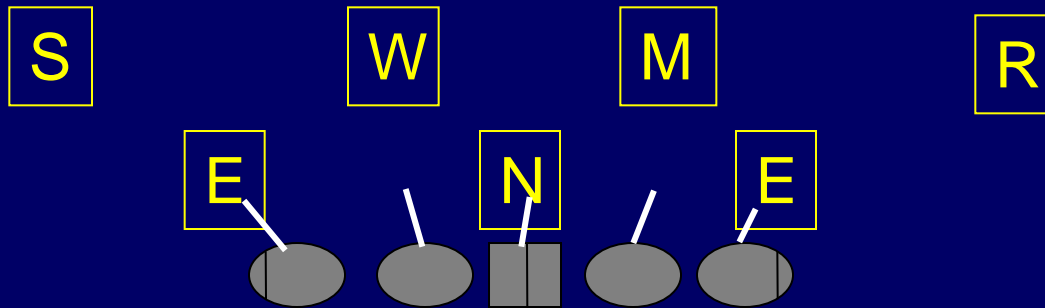
The RG is the double read player and will work to the edge blitz.

The center, LG, and LT will block with Big on Big principles.

We have 5 to protect against the 5 immediate threat players.

We must have a built in hot.

5 Man Protection vs. a 3-4



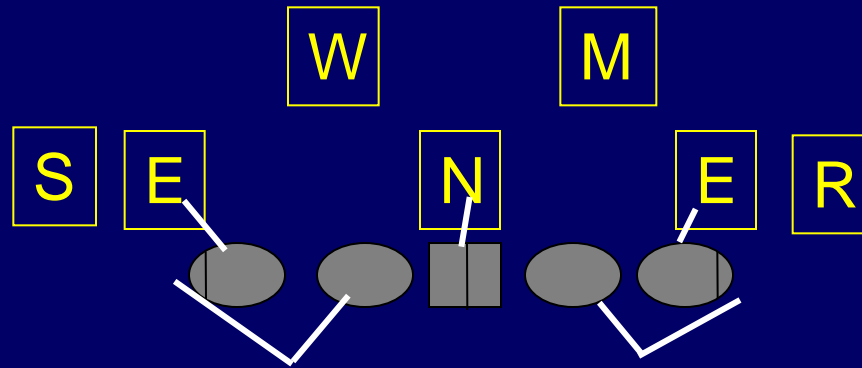
Vs. a 3-4 with a Nose and two 5 techs, both guards are uncovered.

The Guards will listen for the tough or soft call.

We want to protect against the most immediate threat first.

We have 5 to protect against the 5 immediate threat players.

5 Man vs. a 3-4 Double Tough

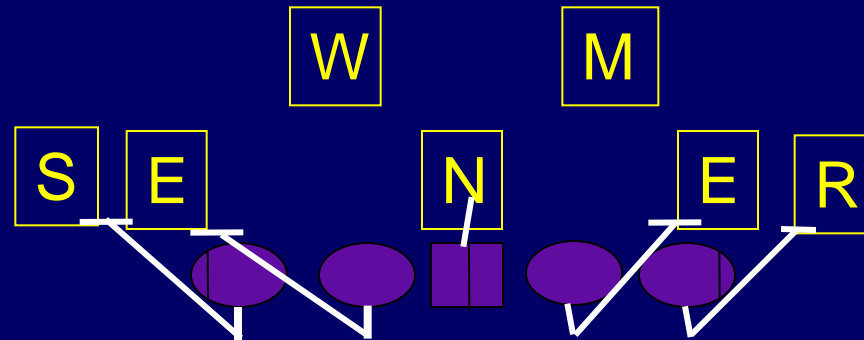


With a tough call, the guards would work to the outside with no immediate inside threat.

We are facing some sort of man with both edge players coming.

We must account for the inside blitzers with a hot read.

Out Call Vs. a 3-4 Double Tough



The out call alerts our offensive line working to the next man out.

We are anticipating the inside backers dropping.

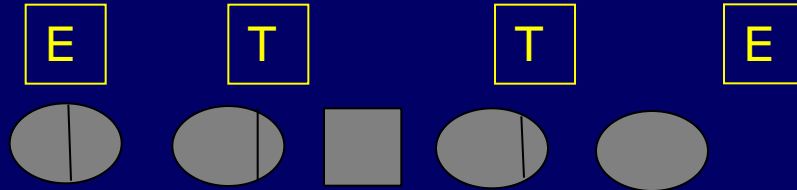
The inside backers can also be accounted for with hot routes.

If the tough overhang player doesn't rush, the tackles snap back to help the guards.

Big On Big Footwork

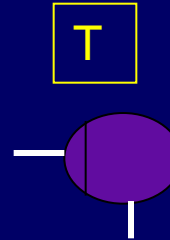
- **We must determine where our immediate threat is from the half-man.**
- **We identify three techniques by the defensive lineman:**
 - **Head Up Inside**
 - **Outside**
 - **Wide**

Identifying Threats



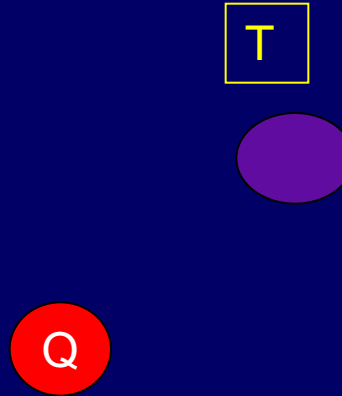
- The LT has a head up threat.
- The LG has an inside threat.
- The RG has an outside threat.
- The RT has a wide threat

Head Up Inside Threat



- We take a power step to the inside.
- A power step is a 4 to 6 inch step inside to stalemate the inside threat.
- Once we stalemate offensive lineman we kick with our outside foot and set the anchor.
- The offensive lineman must stalemate the inside rush threat and force the rush back outside.
- We want to keep our shoulders as square as possible as we protect.

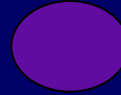
Head Up Inside Threat



- The offensive lineman steps inside to protect against the inside threat.
- Then, works to gain depth.
- He must keep his shoulders square to the LOS.

Washing The Inside Move

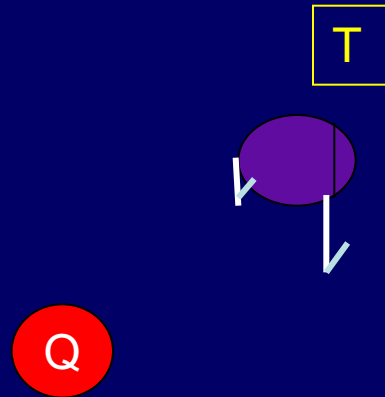
T



- The tackle will step inside and slam the inside move by the defensive lineman.
- We wash the lineman down hard.

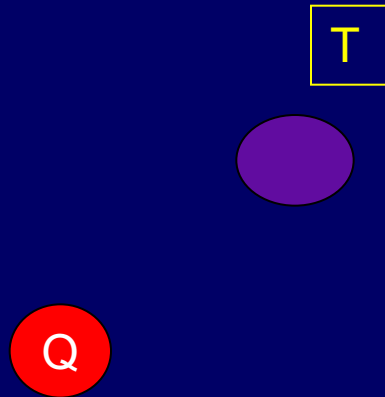
Coaching Point: Try to keep shoulders as square to the LOS as possible.

Outside Threat



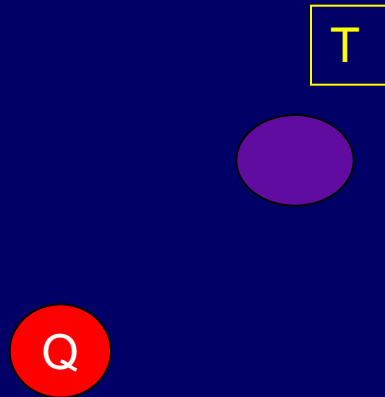
- On the snap, we take a kick step with our outside foot and slide with our inside foot.
- We want to punch the inside jersey number.
- We work our kick slide without giving much ground.
- If the rusher works back inside we will power step to the inside.
- If the rusher works back outside, we are back into our kick slide.

Outside Threat Illustrated



- We work to maintain the half-man advantage.
- We punch the inside half of the defender.
- We stay as square as we can on the defender.

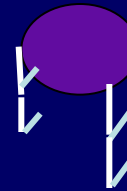
Outside Threat with Inside Move



- We kick to gain depth and maintain our half man.
- If the defender works inside we power step to the inside to maintain our half man advantage.
- When the defender works back outside we work back to our kick slide mode.

Wide Rush

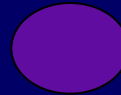
A wide rush means the defender is removed from a shade does not cover any part of our lineman.



- We will take two kick slides and set the angle.
- We have to work to get more depth.
- We will work the inside jersey number for our punch.
- We want to stay square to the LOS.
- If we get an inside move we are back into our power step mode.

Wide Rush

A wide rush means the defender is removed from a shade does not cover any part of our lineman.

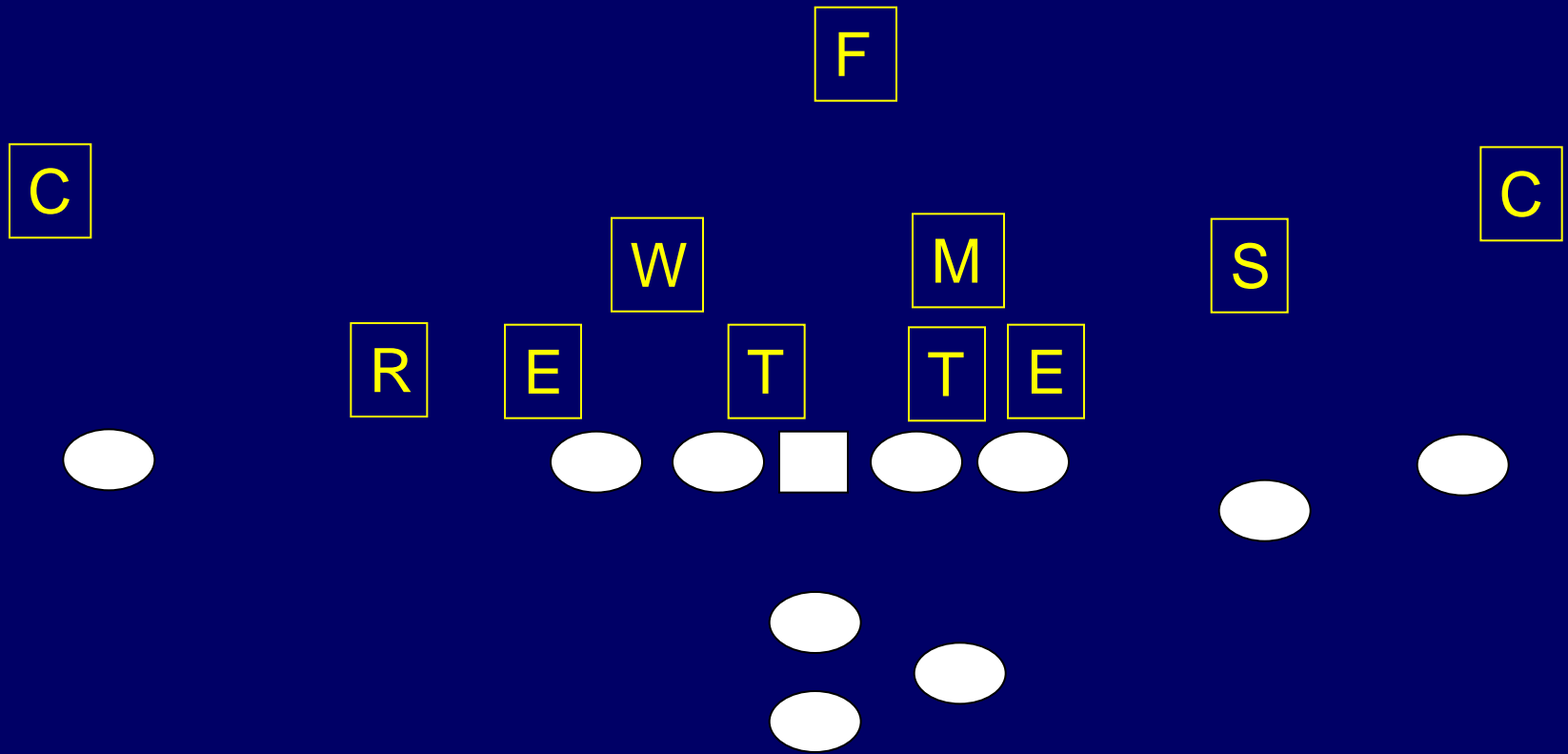


- With a wide defender we are thinking kick-kick.
- We want to keep the pass rusher from getting through our outside shoulder.
- We work with quick feet, staying square.

Understanding The Wide Rush

- The wide rush can be an end or OLB aligned wide on our tackle.
- The wide rush can be a 9 tech to the tight end side that our tackle will be responsible for.
- Our guards use this technique on a tough call putting them on the edge rusher.

5 Man Protection in Action



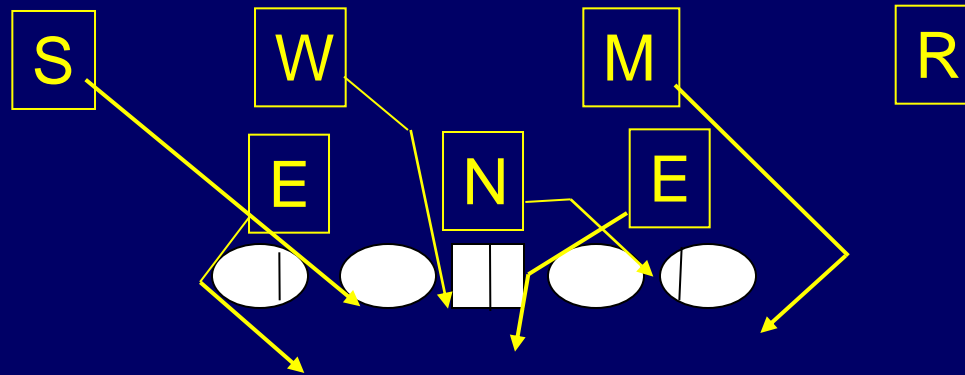
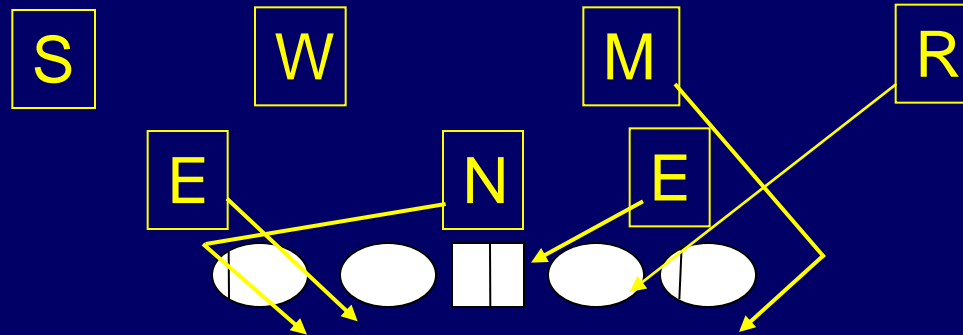
Big on Big Absolutes

- We kick with our outside foot and set the anchor.
- We slide with our inside foot.
- We power step with our inside foot.
- We must be quick with our feet.
- We punch the inside jersey number.
- Once we punch, we stay punched within the framework.
- Our coaching point to sit back in the chair is to “show our numbers to the defender”
- We don't want to give too much ground.
- We must be relentless.

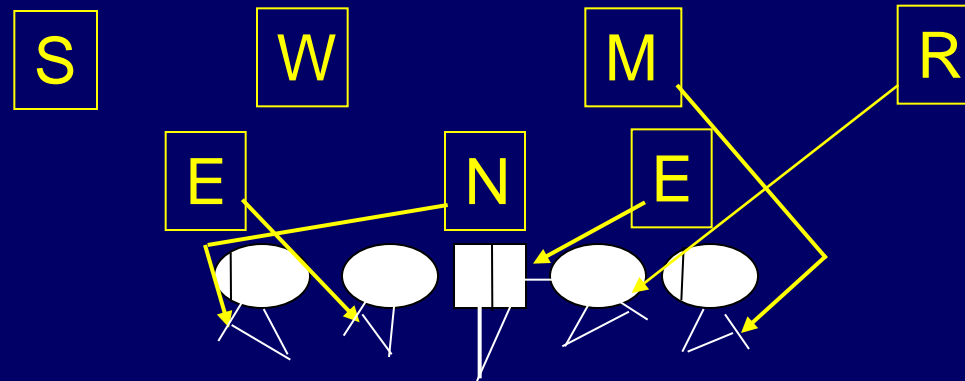
Protecting Against Fire Stunts

- Defenses are rotating their safeties and bringing 5, 6, and 7 man pressures.
- Backers and defensive linemen are switching gap assignments.
- Edge players will fold back inside and blitz A or B gap.
- Your offensive line must understand what to do when color goes away.
- You must drill your offensive line vs. multiple stunts and blitzes.
- There is no exact science to protecting against fire stunts!

Examples of 5 and 6 Man Fire Stunt

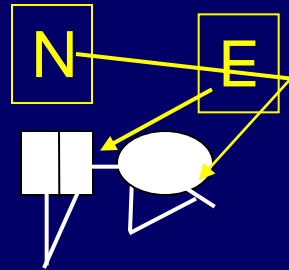


Protecting Against Fire Stunts



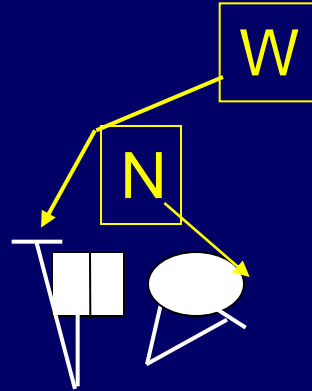
- Offensive Lineman must keep their head on a swivel.
- They must set a good anchor and keep their feet moving.
- We don't worry about punching until the defender has declared.
- Our offensive line must get a body on a body.
- We must understand the following: When a defender goes away, someone will be replacing.
- We are working a man/zone scheme versus fire stunts.

2 on 2 Drill 2 OL vs. 2 DL



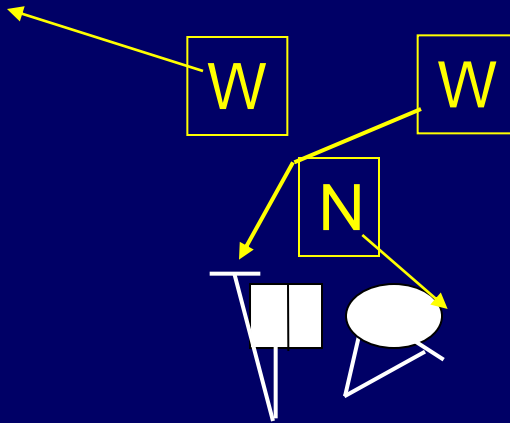
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2 on 2 Drill 2 OL vs. 1 DL/1 LB



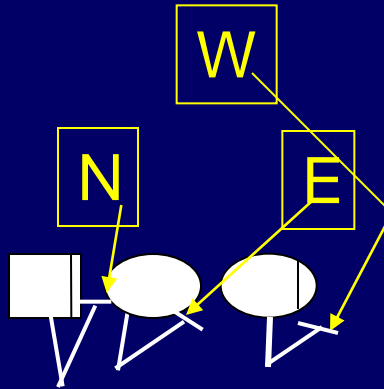
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2 on 3 Drill



- Offensive Lineman must keep their head on a swivel.
- They must set a good anchor and keep their feet moving.
- Work to gain depth, four eyes to backer
- Our offensive line must get a body on a body.
- We must understand the following: When a defender goes away, someone will be replacing.

3 on 3 Drill



- Work each scenario you can see.
- During the season, work specific stunts you will see that week.
- Keep your head on a swivel and be patient!
- Always work to maintain your half-man advantage.
- Vary the techniques you will see.
- Work 4 on 4 and 5 on 5 as well.

Pressure Absolutes

- Teams Are Going To Bring Pressure!
- We can not protect with more than we have to protect.
- When they bring pressure, they are going to be weaker in coverage.
- The defense is going to attack us off the edge.

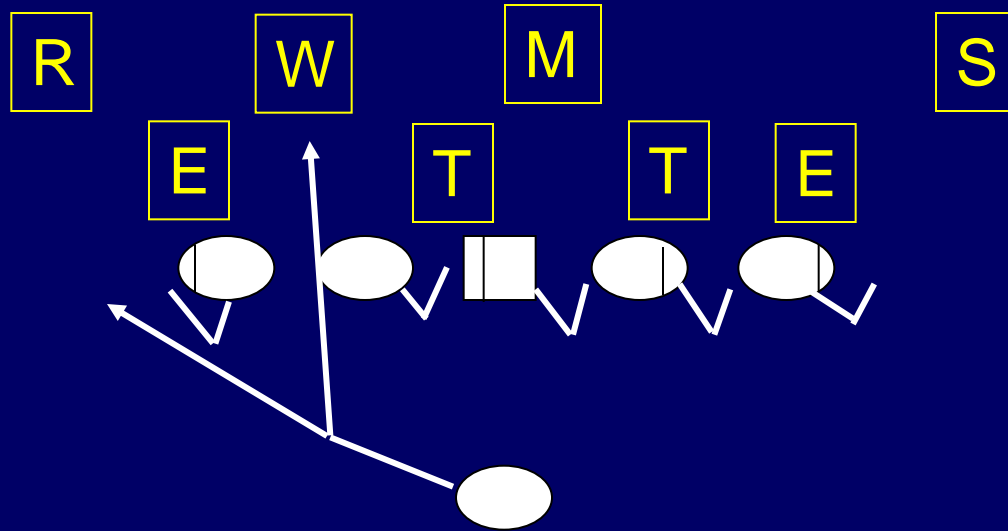
Absolutes For Handling Pressure

- Our offensive line must communicate.
- We must keep our head on a swivel and sit in a good base.
- Our offensive line must not chase rushers who are not attacking downhill.
- Our quarterback must understand strengths and weaknesses in our protection.
- Our quarterback must identify his best escape routes.
- We will not be able to protect every blitz. We must work our scramble rules, throw hot, and know when to eat a down.
- We must practice using 2 on 2, 3 on 3, 4 on 4, and 5 on 5.
- We also work 3 on 4, 4 on 5, and 5 on 6.

Slide and Turnback Protection

- Slide and Turnback Protection Schemes are gap protections.
- We identify a slide as a full zone protection.
- Turnback is a backside protection.
- We will have sixth player in protection
- We are protecting a gap, not a man.
- We want to slide the center away from the shade versus Even fronts.
- We want to turnback to the shade vs. Even fronts.
- Our turnback protection should “Build a Wall”

Slide Protection (To The Right)



- We use our inside zone principals in our slide protection.
- We are blocking the gap threat with no assumptions.
- Our offensive line will drop step to the slide and will gain one yard of depth.
- They will lock on to the first gap threat.
- We are not looking to lock the box.
- The back has a dual read on the backside.

Pass Protection

- We must have more than one protection scheme in our pass game.
- We change QB drop points.
- We work each protection in practice.
- Offensive line must communicate.
- The more they bring, the less they have to cover.
- We must be relentless in our protection of our quarterback.

QB Mechanics in the Pass Game

- QB Calls The Play Twice In The Huddle
- Formation, Motion, Protection, Play
- QB Makes A Half Field Read Based On His Pre-Snap Checks
- QB Begins Cadence
- Hot Color Means Changing The Protection Or Routes
- Cold Color, Play and Protection Are Being Run As Called

QB Pre Snap Reads

- QB Looks Right and Looks Left
- He Reads Depth of Corners and Number of Safeties
- Receivers Will Signal Technique
- QB Checks Inverts and Blitz Combos
- QB Checks Off If Needed
- QB will signal any route adjustments

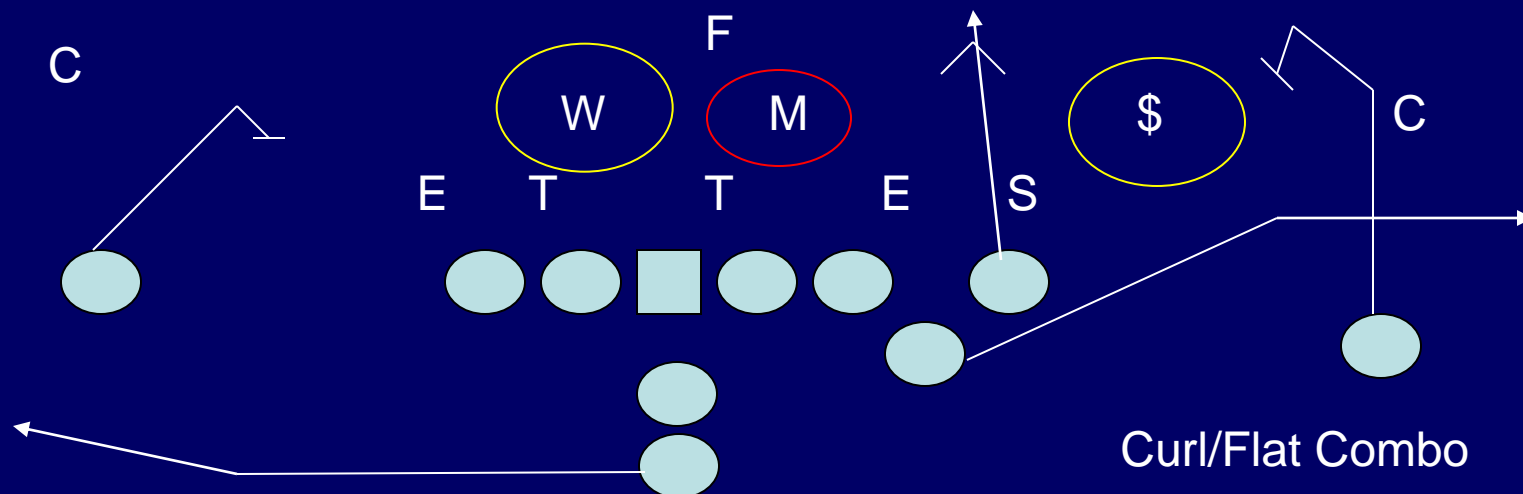
Identifying Coverages

- Cover 0: True Man
- Cover 1: Man with FS Free
- Cover 2: Two Deep Safeties
- Cover 3: Three Deep Zones
- Cover 4: Quarters, Four Deep Zones
- Cover 5: Quarter/Quarter/Half
- Spy: Defender will Spy QB (Usually with running QB)
- Robber: Defender assigned to Rob or Take and area of the Pass Game Away

Installing The Curl/Flat Combo

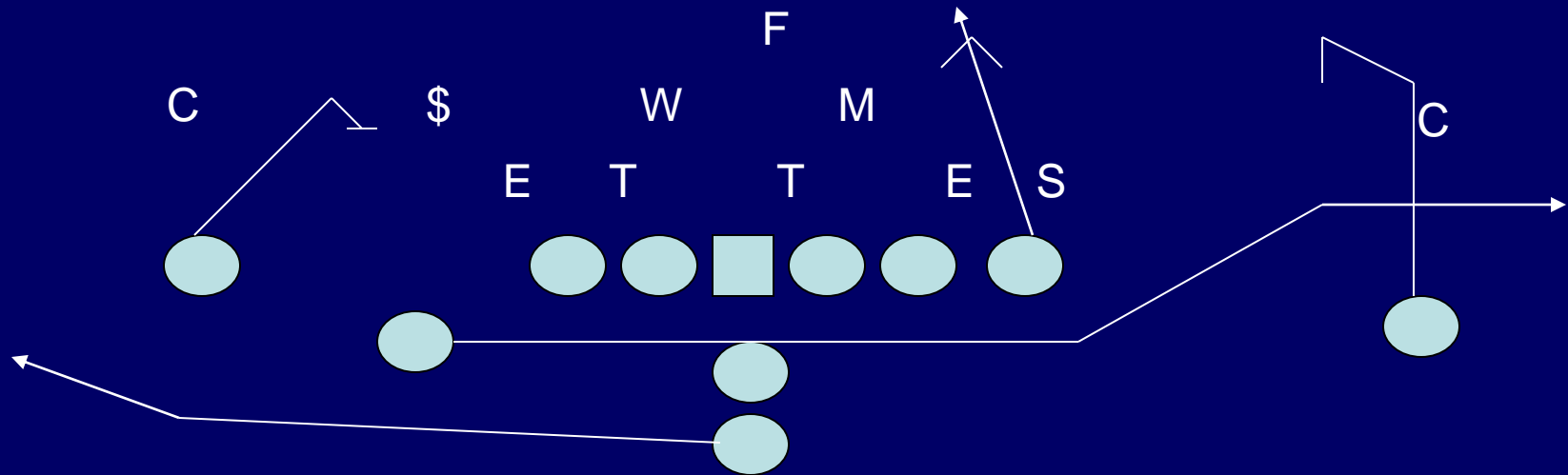
- #1 receiver runs a curl
- #2 receiver runs a slice or seam
- #3 runs a flat route
- The QB reads the #2 defender
- If the #2 defender sinks, throw the flat
- If the #2 defender widens, throw the curl
- The slice route is hot for an ISLB blitz
- Backside works a swing/scat combo

Route Combinations and Coverage Adjustments



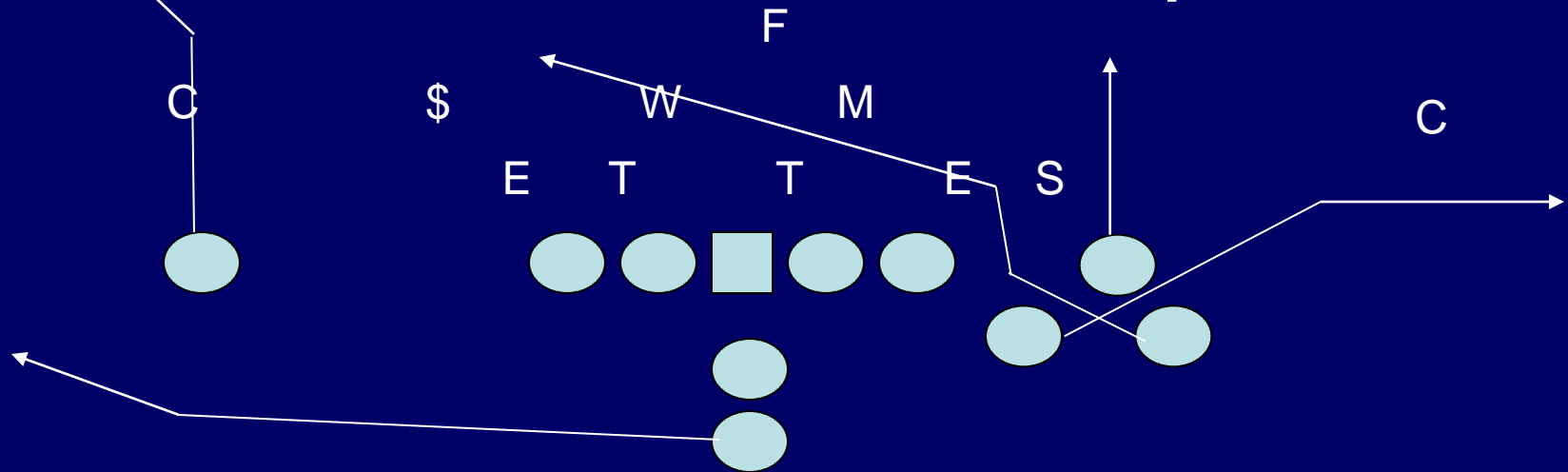
- Cali Combo Is A Five Step Curl Flat
- Front Side #1 Runs Curl, Number 2 Runs Flat, Number 3 Runs Slice
- Backside is a Scat Combo
- QB Reads #2 Defender to frontside
- 5 Step Combo
- QB Makes A Pre Snap Read To Go Front Side Or Backside
- TE is built in hot on a Mike Blitz
- In a 5 man protection, the RG is the Double Read Lineman
- Will is our backside scat read. X receiver will read off the will for his route.

Curl/Flat Combo with motion



- The Left ISWR will work the flat route after motioning
- Back Away from TE runs Swing
- Backside is a Scat Combo
- QB Reads #2 or flat Defender
- 5 Step Combo
- QB Makes A Pre Snap Read To Go Front Side Or Backside
- If the \$ runs with the motion or inverts with the F, throw backside
- Be prepared for the defense to roll with motion. Look for our coverage indicator.

The Under Concept

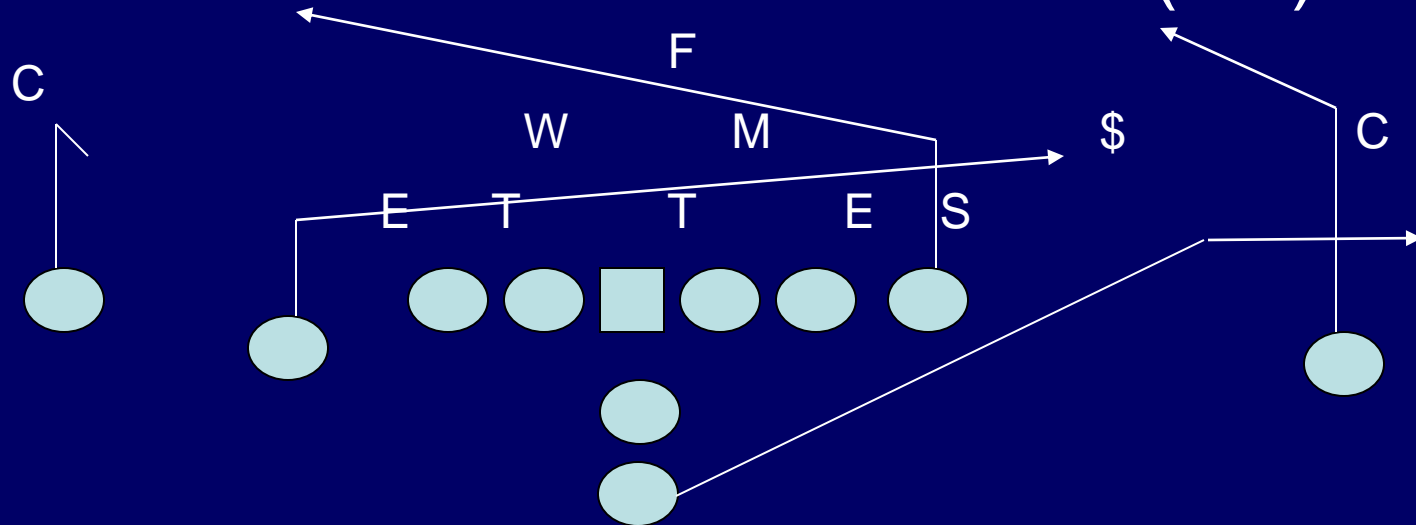


- We run our under concept from compressed formations
- Our #1 will run an under route working to get to 12 yards at the opposite hash
- #2 runs a slice, and is the hot read for a Mike blitz
- #3 runs a flat route, looking to get width
- The backside WR will run an outside fade or a corner route determined by coverage

The Hi/Low Concept

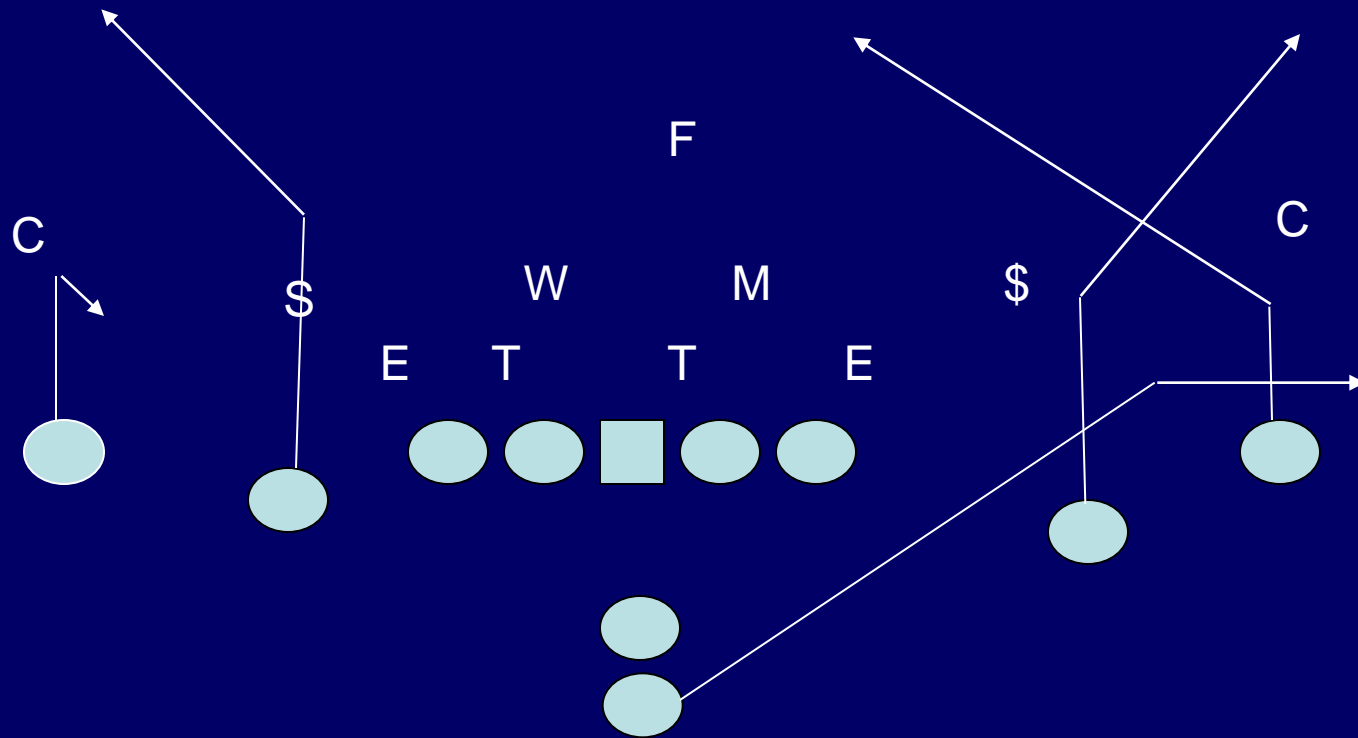
- X's is a high low on the Mike LB or low hole player
- We have two crossing routes working at different levels
- Our under route works from 3 to 5 yards
- The over route works from 5 to 12 yards
- The back runs a flat route to the over receiver
- Hawaii is a hi-low on the Free Safety

Middle Cross Hi Low On Mike (X's)



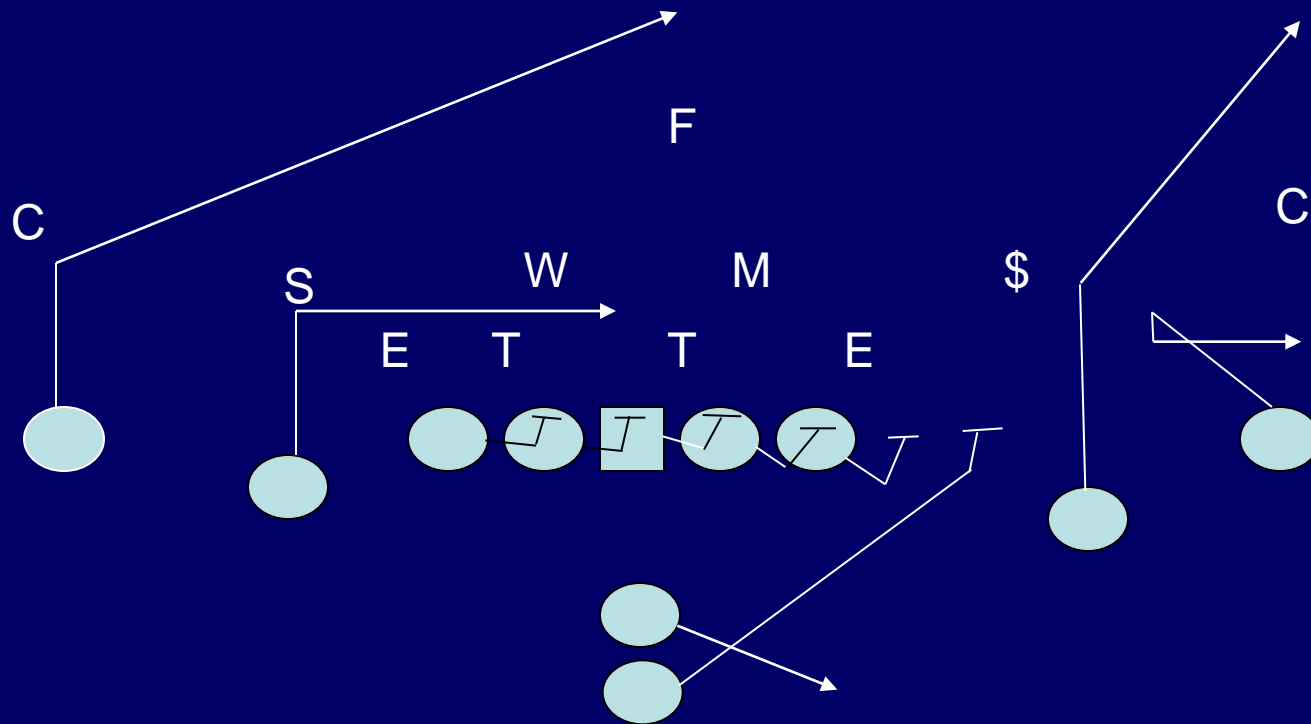
- Hi Low Combo On The Mike Linebacker
- #2 Frontside Runs 5 Yards Vertical and Deepens to 12 as he crosses to the opposite hash
- #2 Backside Runs 3 Yards Vertical and Deepens to 7 as he crosses to the opposite hash
- 5 Step Combo
- Versus Off Coverage, Throw Stops
- The back will run a flat route to the frontside

Smash Scissors Concept



- We will run a smash concept to one side and a scissors concept to the other
- Corner routes are 12 yards vertical, then break to pile-on
- Hitch side runs 8 yard hitch
- Scissors route is an 8 yard route breaking to the post cut
- The back runs a flat route to the scissors side
- The QB has a very simple read to the smash side

Sprint Out Smash Concept



- We use full zone reach protection
- The back leads and helps set the edge
- #2 on the frontside runs a smash route at 10 yards
- #1 on the frontside runs a slant angle out
- The backside #2 runs a cross
- The backside WR runs a deep post

The Installation Of The Shallow Cross Series

Installing The Shallow Cross/Dig Concept

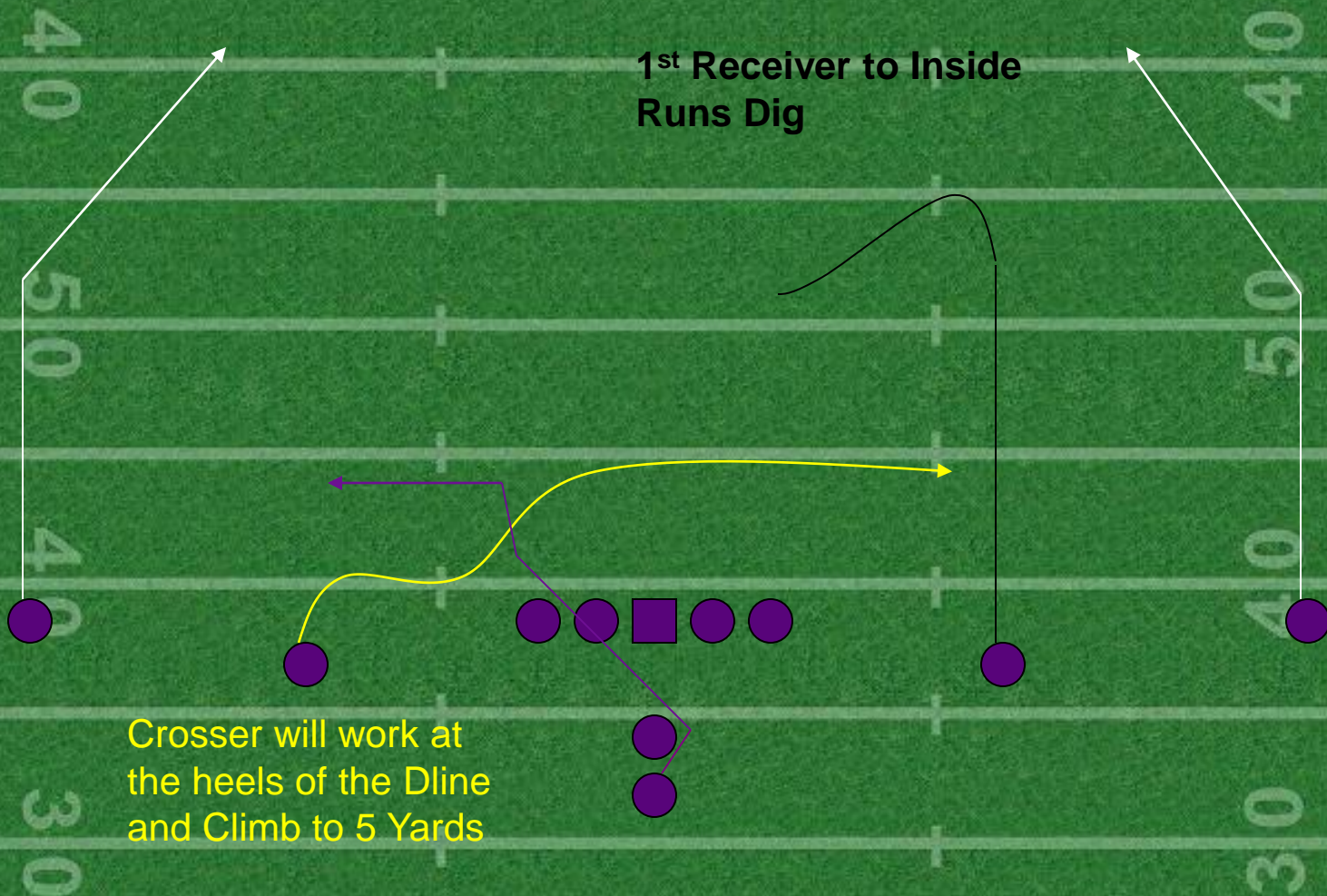
The Crossing Series Illustrated

H Cross

OS Receivers run post routes

1st Receiver to Inside
Runs Dig

Crosser will work at
the heels of the Dline
and Climb to 5 Yards



The Crossing Series Illustrated

H Cross

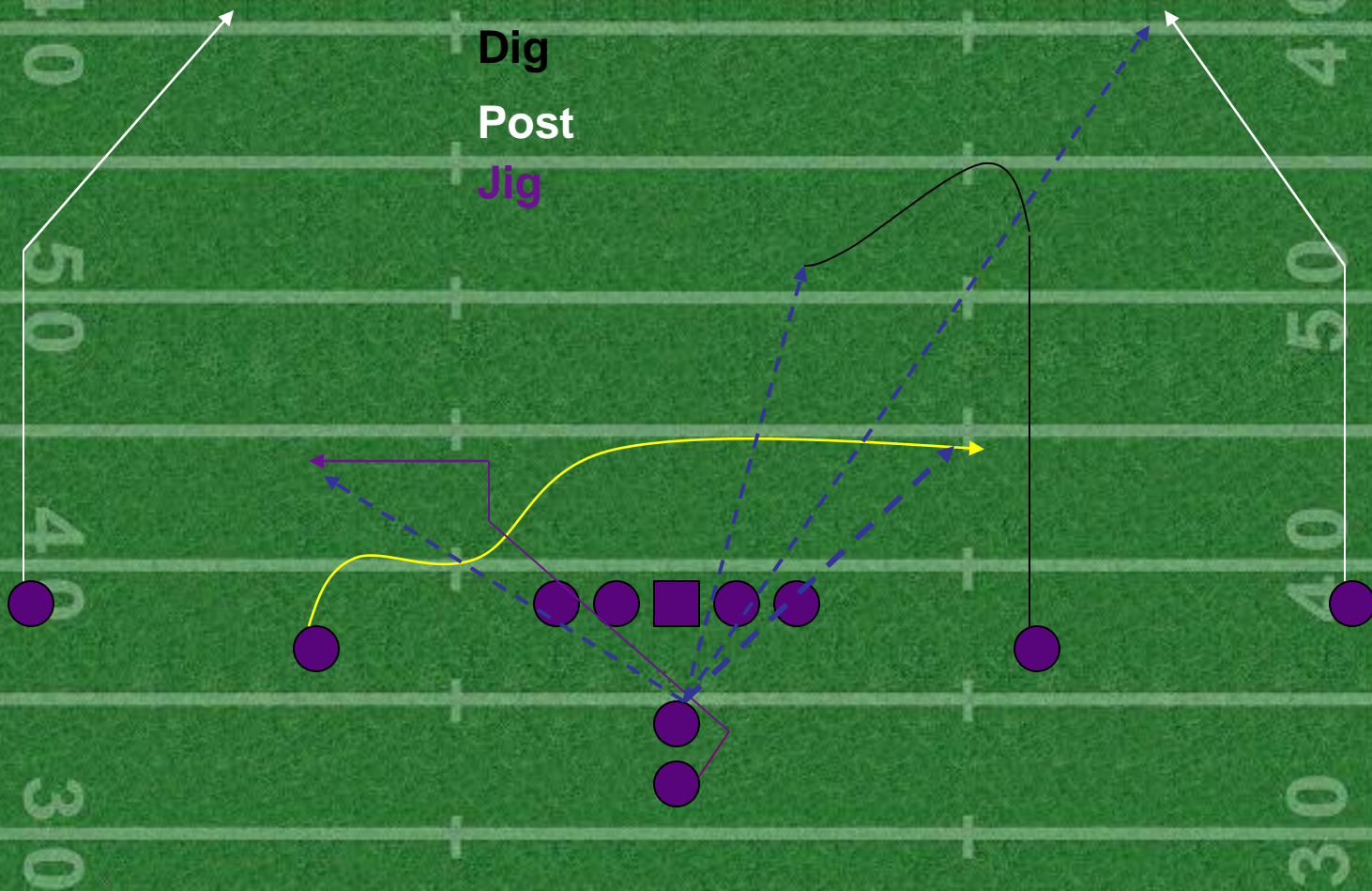
QB Progression:

Cross

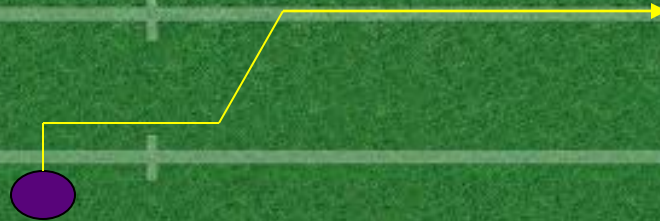
Dig

Post

Jig



Running The Cross



Release hard for one yard.

Break inside on the heels of the defensive line.

Climb to 5 Yards, reading the backer.

Burst across the field looking for the football.

Running The Dig



Release Vertical for 12 Yards.

Snap your head inside as you work on an angle.

Find the line of sight to the quarterback and settle.

Look for the football.

Running The Jig

30

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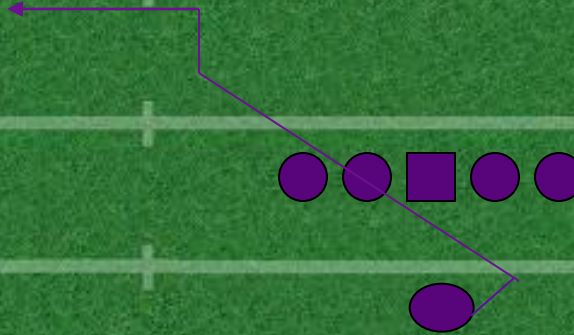
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30



Step away from direction of jig

Release through the opposite A or B gap opening.

Work to 4 or 5 yards.

Burst to the sideline.

Variations of the Cross

- The cross can be run from multiple formations.
- Any of the inside receivers can be tagged to run the cross.
- You can tag routes to adjust the combos.
- The crossing combo works versus multiple coverages.

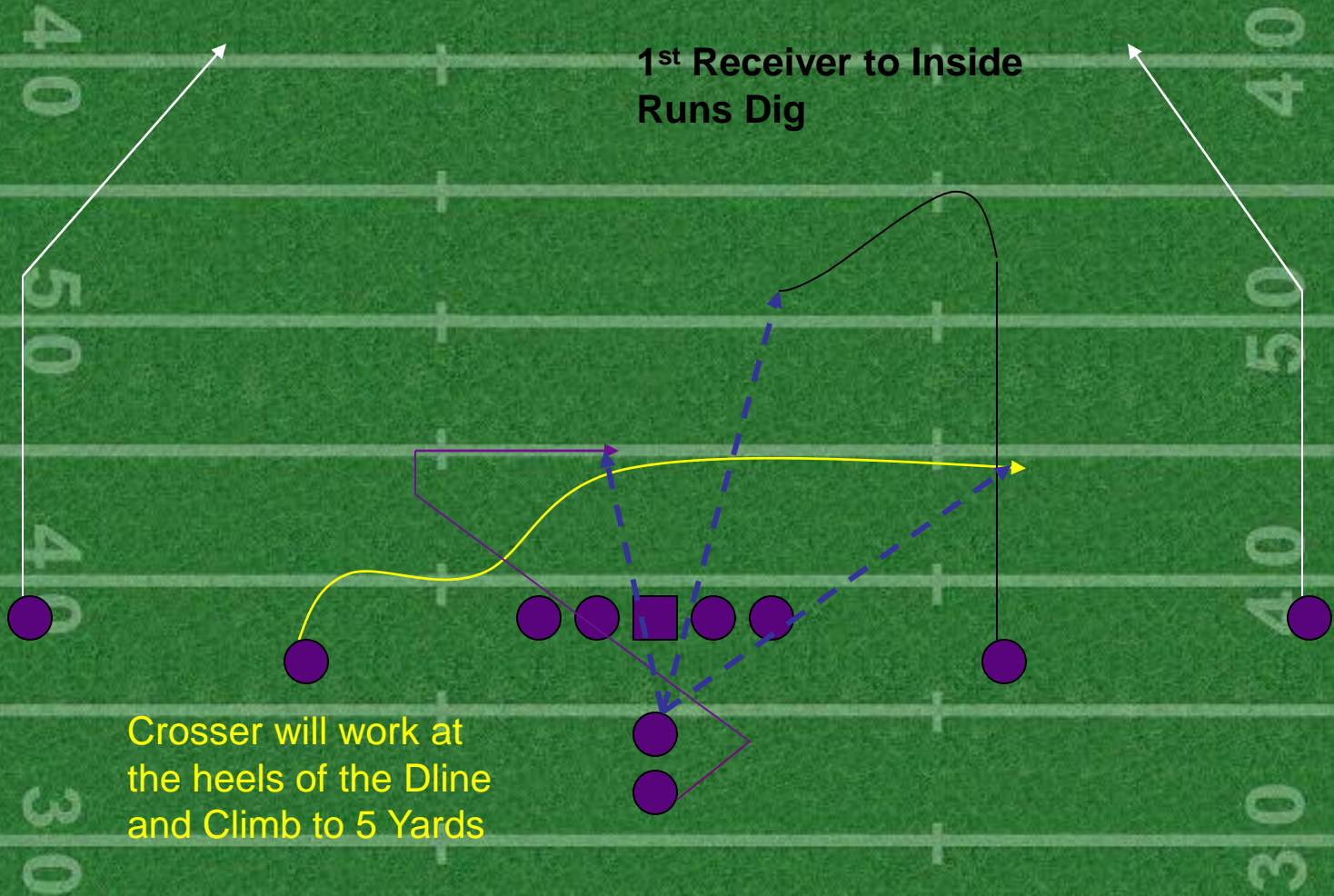
Tagging The Jig To Trail

H Cross A Jig Trail

OS Receivers run post routes

1st Receiver to Inside
Runs Dig

Crosser will work at
the heels of the Dline
and Climb to 5 Yards



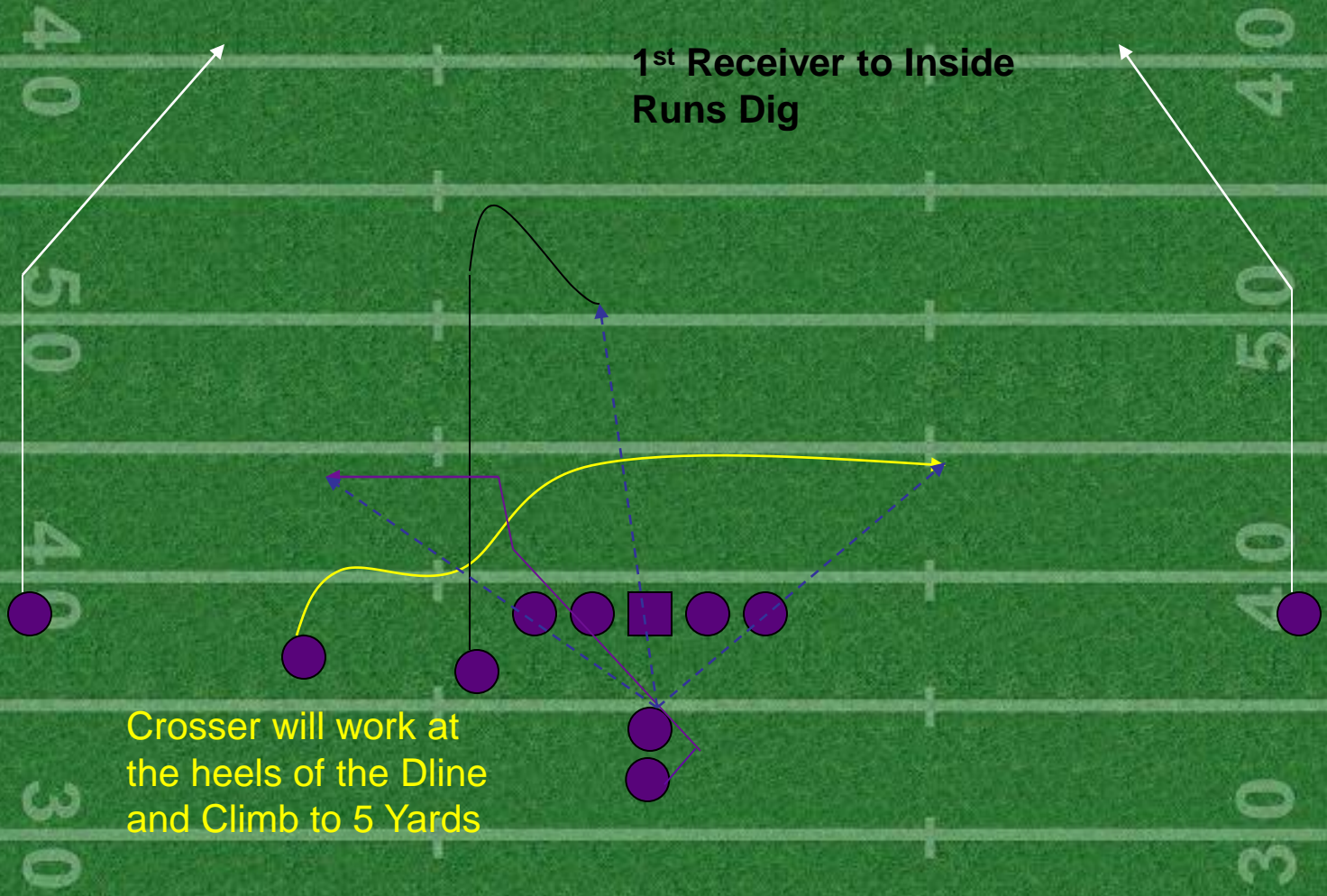
H Cross From Trips Left

H Cross

OS Receivers run post routes

1st Receiver to Inside
Runs Dig

Crosser will work at
the heels of the Dline
and Climb to 5 Yards

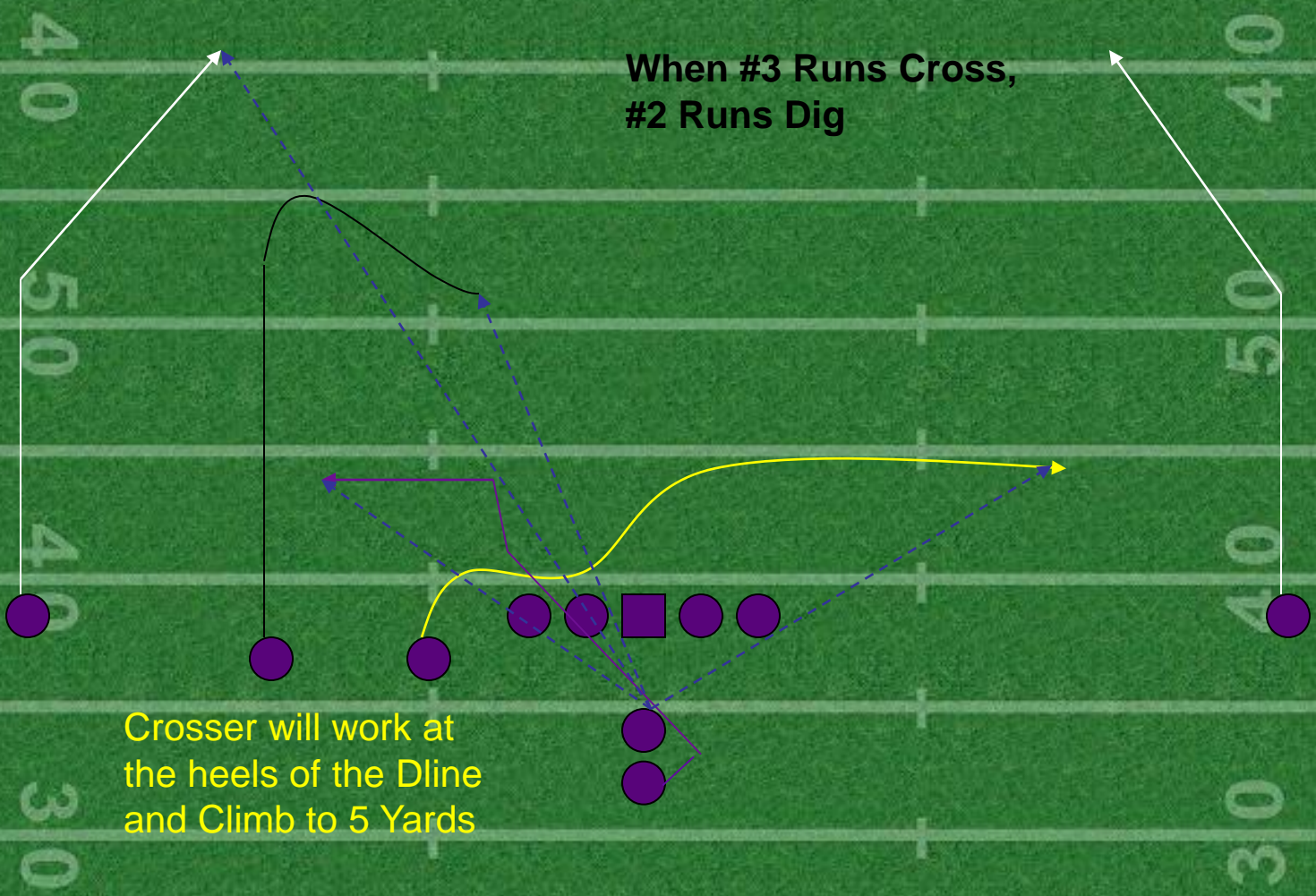


Y Cross From Trips Left

Y Cross

OS Receivers run post routes

When #3 Runs Cross,
#2 Runs Dig



Crosser will work at
the heels of the Dline
and Climb to 5 Yards

Running The Crossing Series From Empty

- The Y and H are always the Tagged Crossers.
- The A will run the bench by default. He will most likely be tagged.
- We can run to or away from our 3 receiver side.
- We can install a mesh series off our cross series.

H Cross From Gator

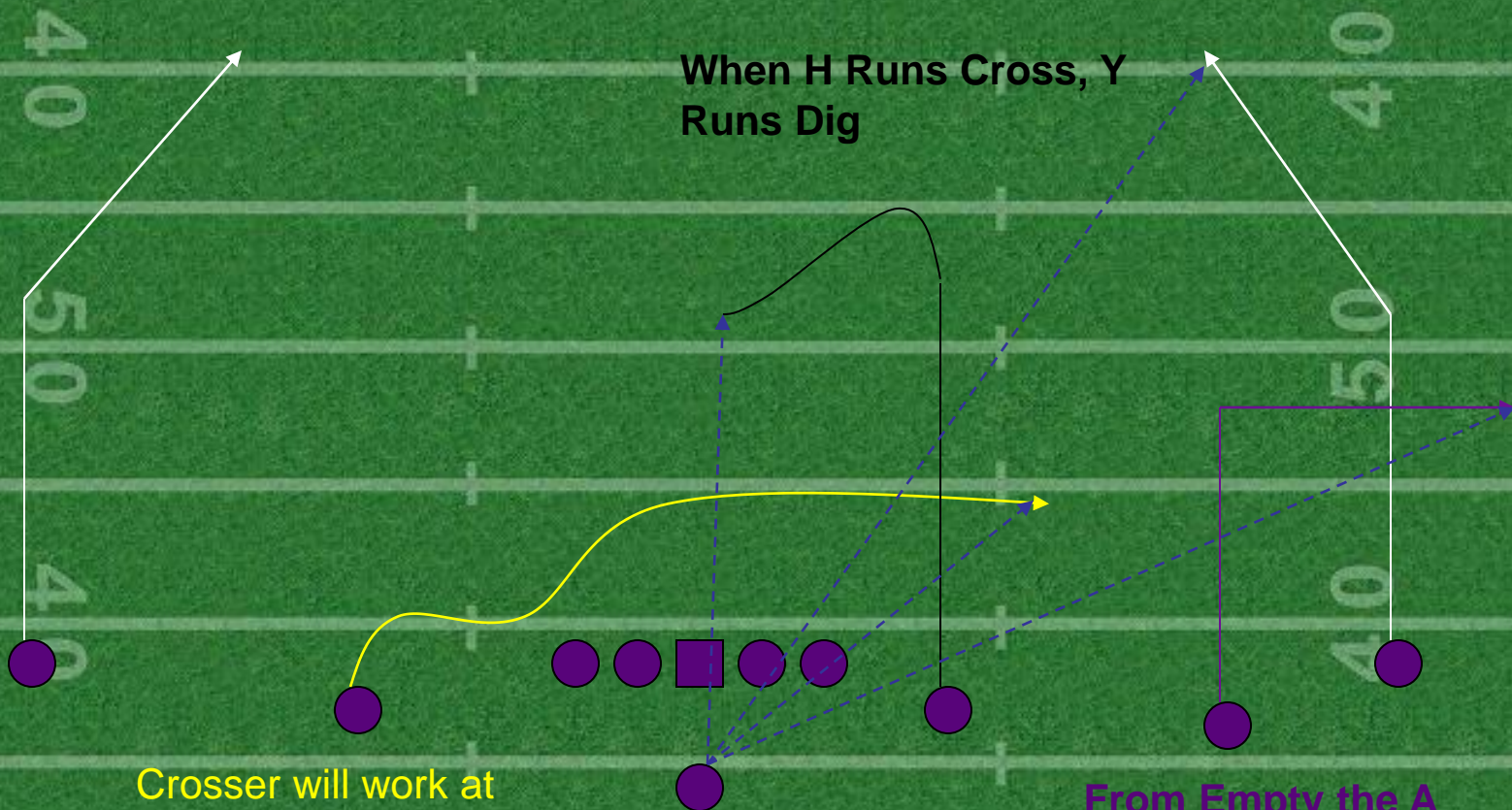
H Cross

OS Receivers run post routes

When H Runs Cross, Y
Runs Dig

Crosser will work at
the heels of the Dline
and Climb to 5 Yards

From Empty the A
runs a bench



Pairing the Cross With The Bubble

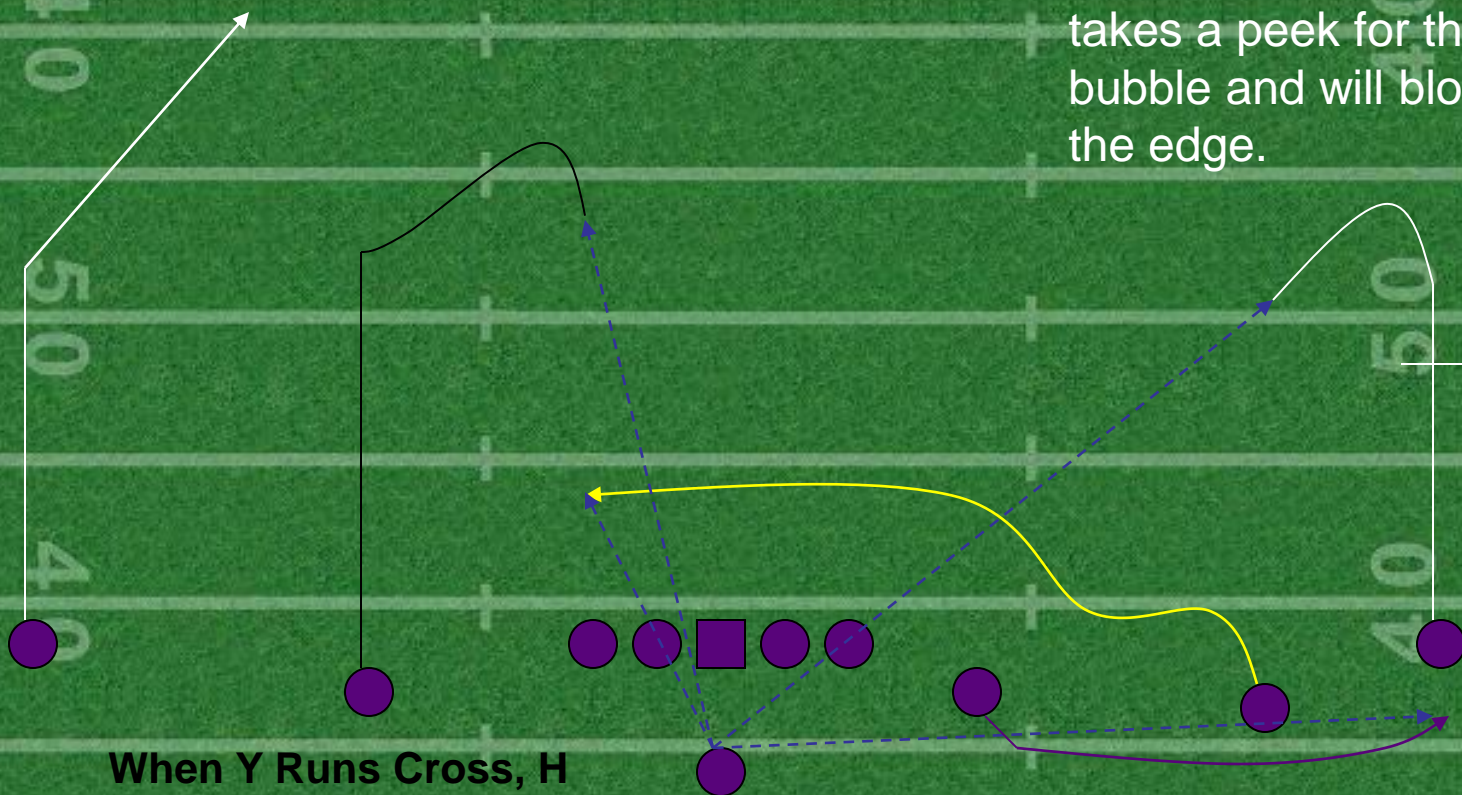
- From Empty, we can run the cross with bubble action.
- If the defense is one short, we can run the Bubble either as a read, or as a check.
- The QB will look for the bubble first, then the cross, then the dig.
- The progression can only be as complicated as your quarterback can make it.

Gator A Cross Bubble

A Cross

OS Receivers run post routes

Bubble Side Receiver takes a peek for the bubble and will block the edge.



When Y Runs Cross, H
Runs Dig

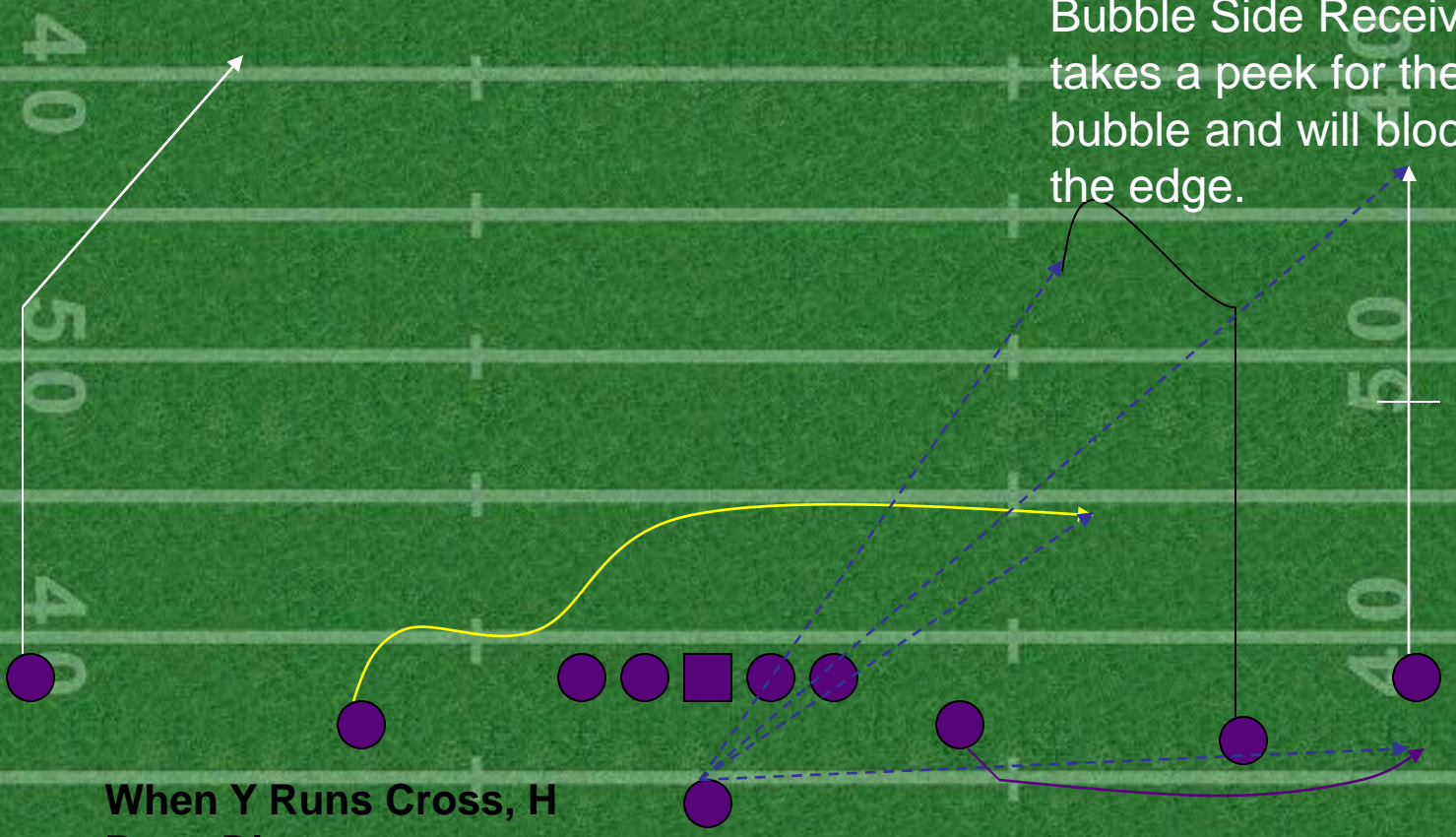
A can be tagged to
run the cross.

Gator H Cross Bubble

H Cross

OS Receivers run post routes

Bubble Side Receiver takes a peek for the bubble and will block the edge.



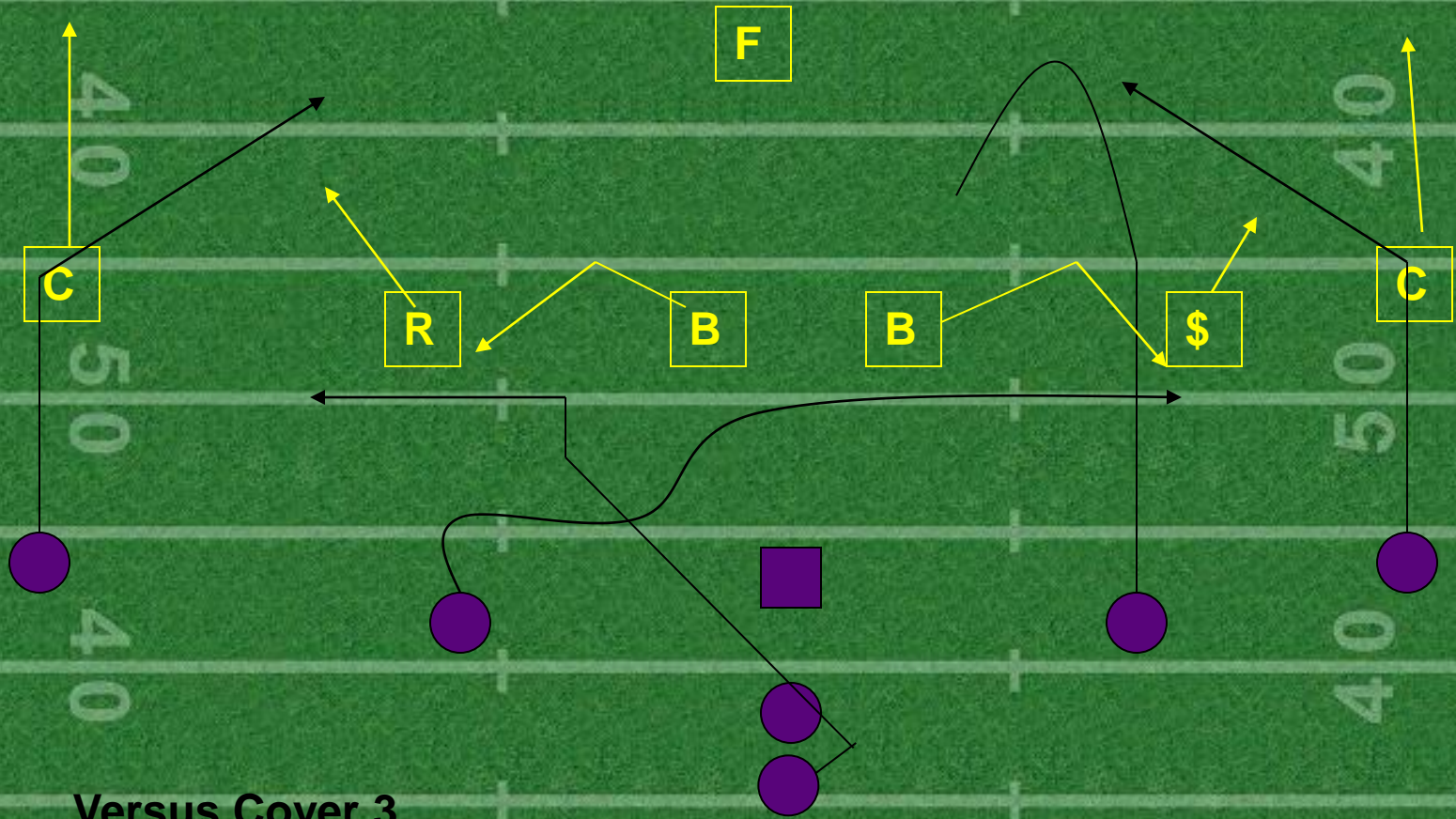
When Y Runs Cross, H Runs Dig

A replaces the Y running the dig

Understanding Sandbox Reads

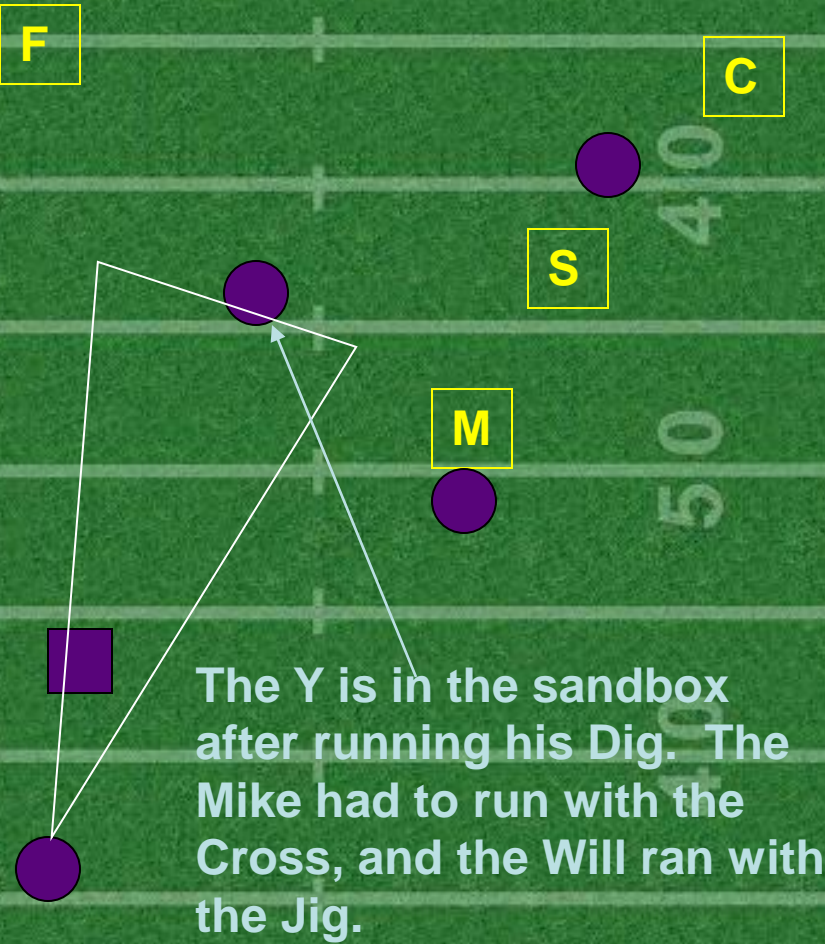
- The Sandbox is defined as the open area or void in the defense where the receiver has an unimpeded line of sight to the quarterback.
- In our crossing series, the quarterback is reading the #2 and #3 defenders.
- He is looking for the void, or sandbox.

Understanding The Sandbox



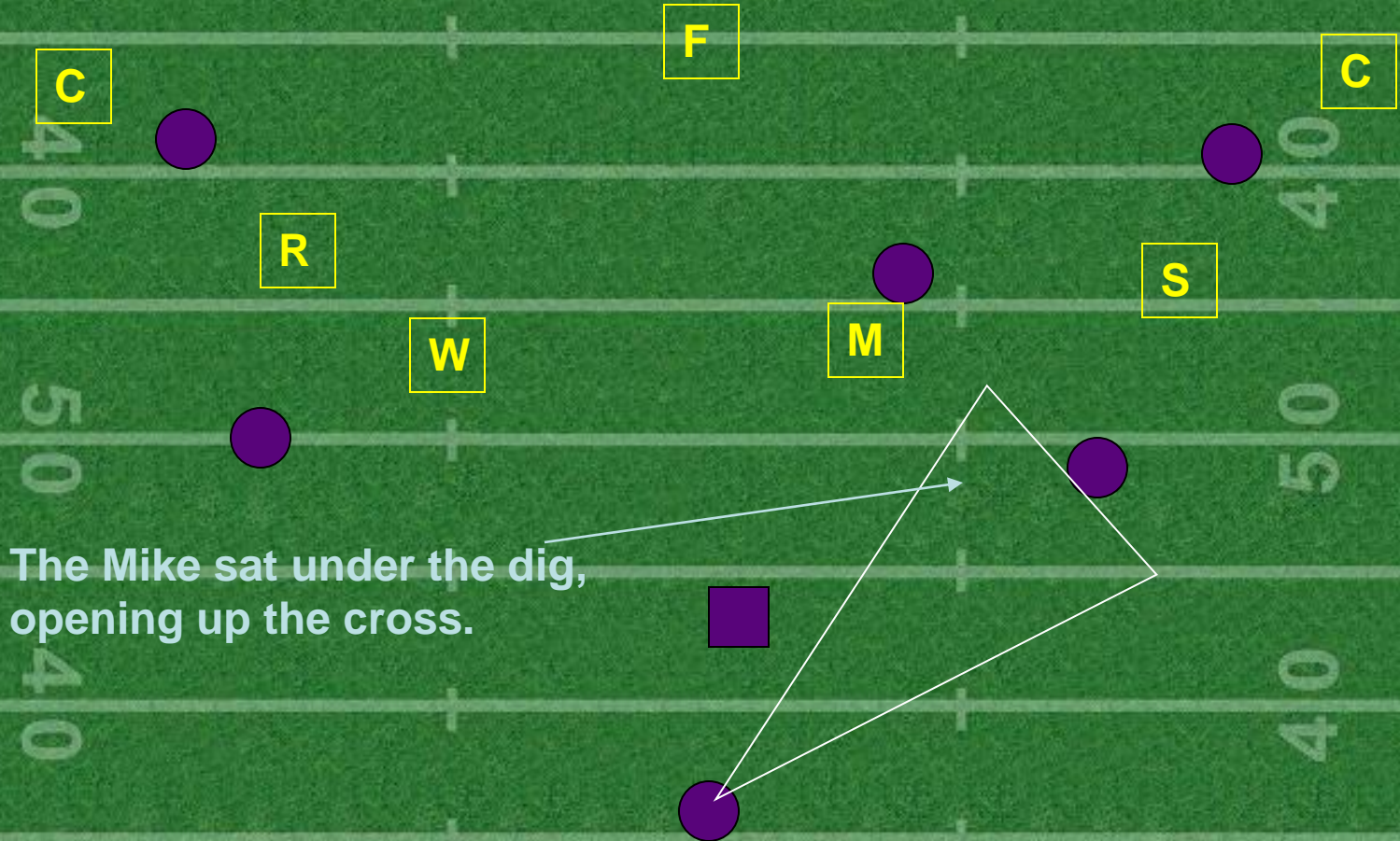
Understanding The Sandbox

Versus Cover 3



The Y is in the sandbox after running his Dig. The Mike had to run with the Cross, and the Will ran with the Jig.

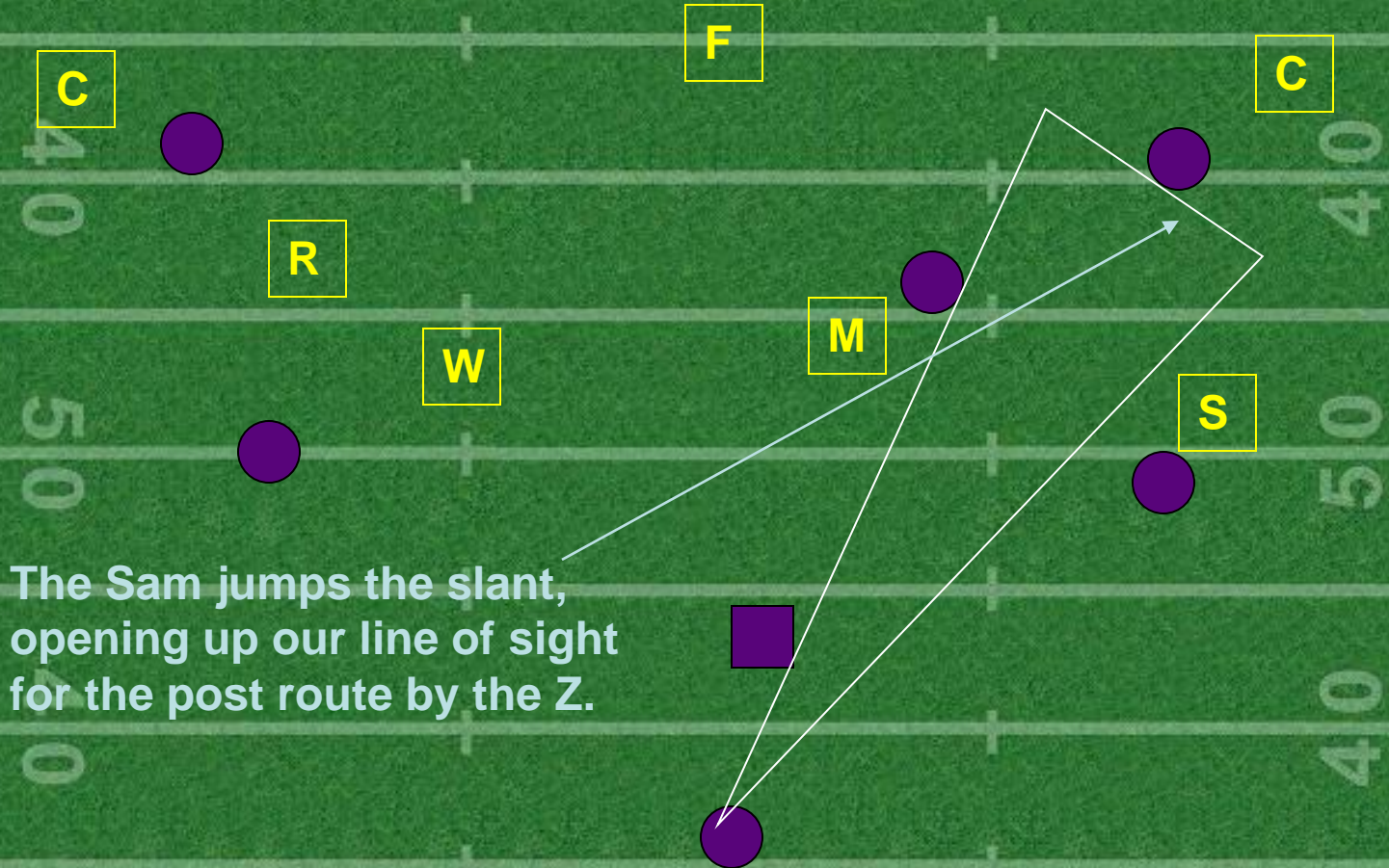
Understanding The Sandbox



The Mike sat under the dig, opening up the cross.

Versus Cover 3

Understanding The Sandbox



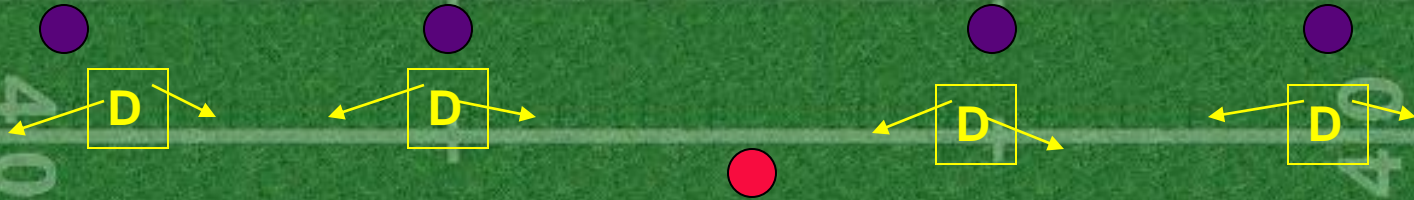
The Sam jumps the slant, opening up our line of sight for the post route by the Z.

Versus Cover 3

Drilling The Sandbox

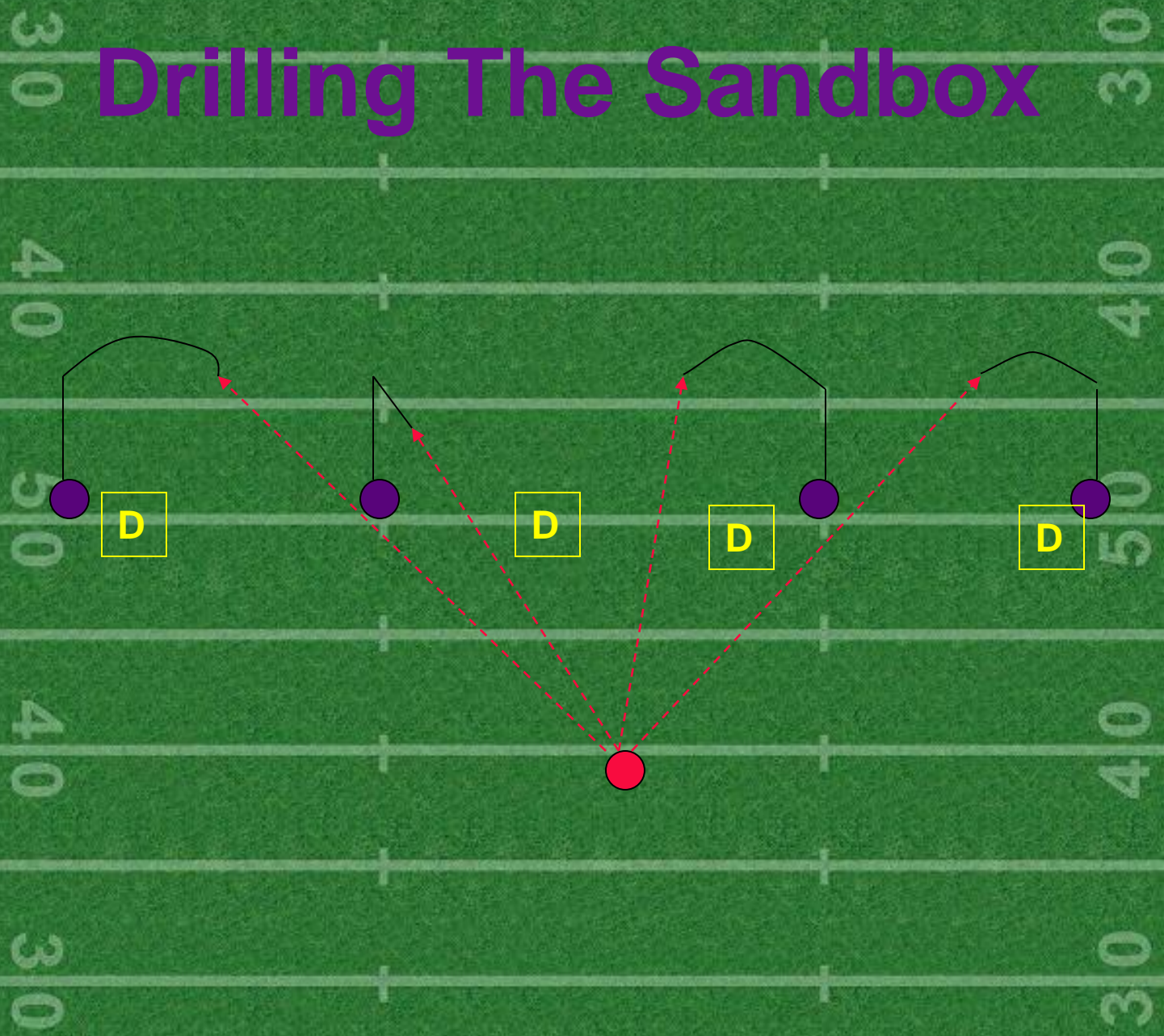
- **We work this for 5 minutes each practice.**
- **We have QB's with the receivers for this drill.**
- **This is a great pre-practice get loose drill.**
- **We coach the heck out of the receivers snapping their eyes inside on their break.**

Drilling The Sandbox



- We have four lines- Top of the numbers, and on each hash.
- Each player is ten 10 Yards from the QB, facing upfield.
- The Defender is 7 yards from the QB, facing him.
- One line will go at a time.
- The QB says go, and the receiver stems 5 yards, then breaks to the inside, reading the defender. The defender can slide right or left.
- The WR must find LOS to the QB. The ball is thrown on time, not late.
- The receiver must come back through the FB.
- We work this drill working inside routes, and outside routes.

Drilling The Sandbox



Installation of the Crossing Series

- Keep your route adjustments simple-
Simple rules = Correct Routes
- Drill players on correct route running techniques.
- Players must understand the Sandbox Concept.
- The QB must be quick, sure, and decisive with his post-snap read.

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