

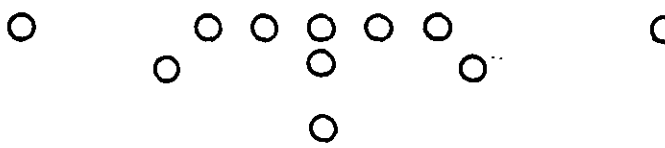
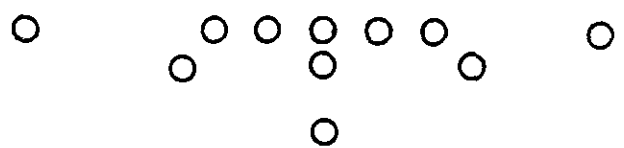
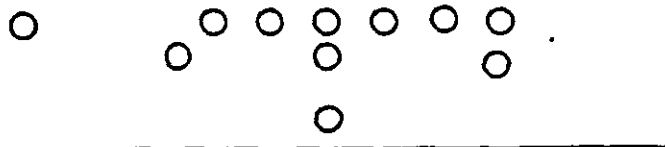
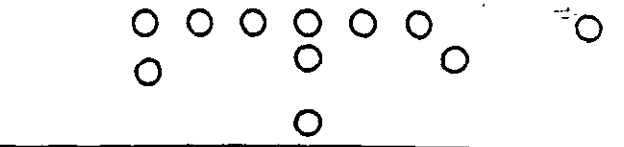
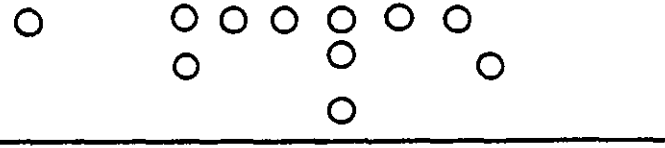
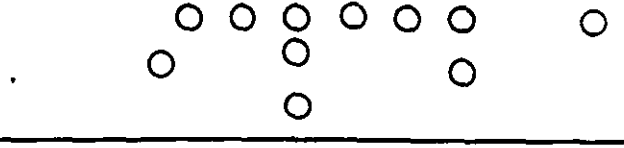

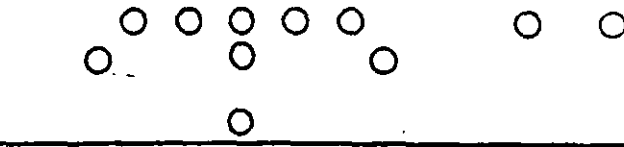
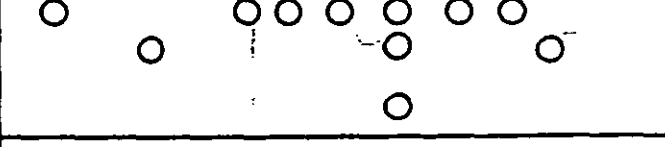
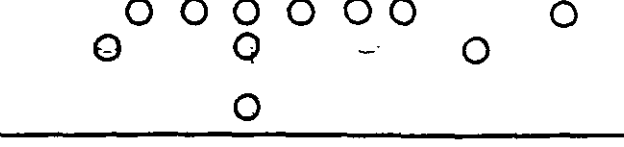
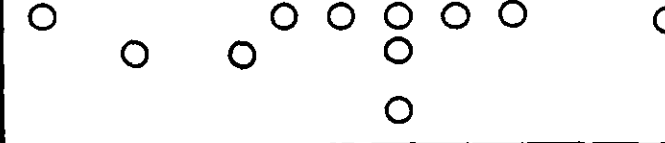
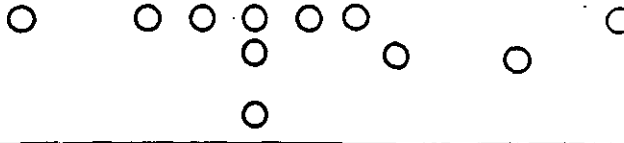
DELTA STATE

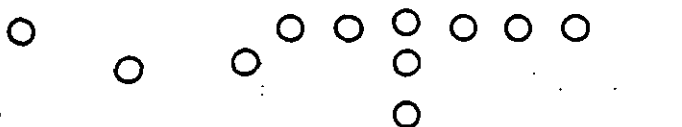
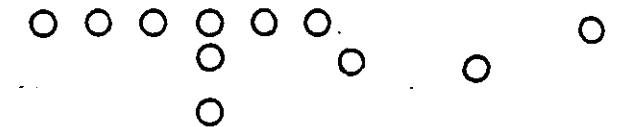
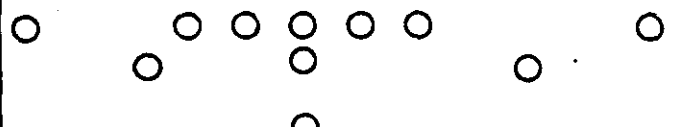

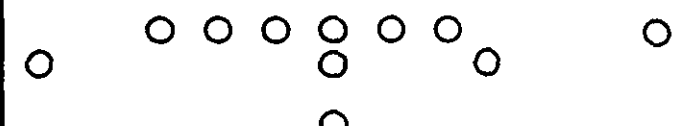
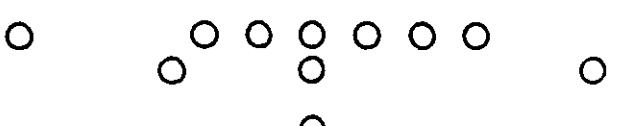
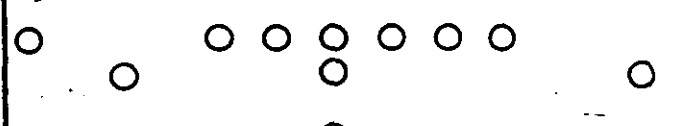
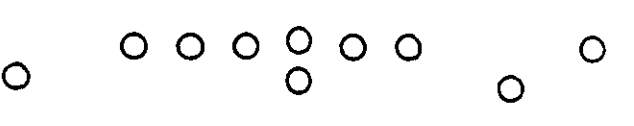
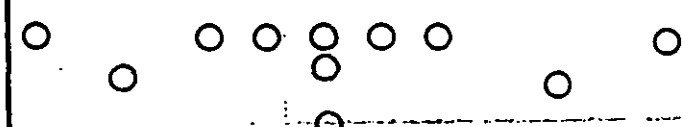
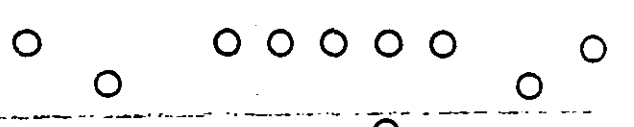
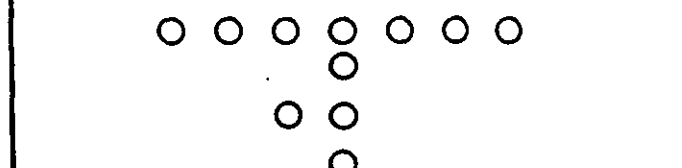
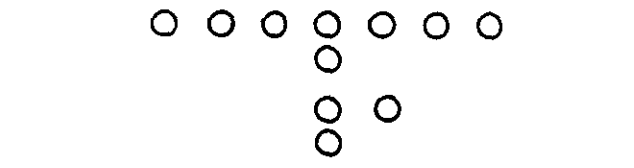
FOOTBALL

1999 OFFENSIVE GOALS

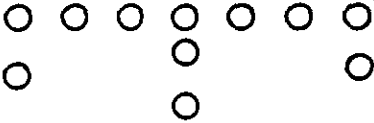
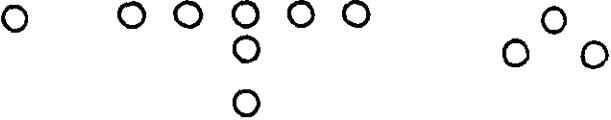
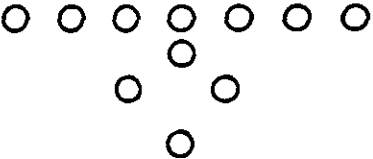
1. Score at least 1 more point than our opponent.
2. Lead the NATION with FEWEST turnovers.
*We will eliminate fumbles by demanding great ball security habits such as "4 points of pressure," catching the "top ½ half" of the football and looking in and locking away pitches and passes. We will also be skilled in the fundamentals of playtiming, not forcing passes and work to eliminate poor decisions.
3. Eliminate Procedure and Personal Foul Penalties
*These are all mental mistakes which can be eliminated by demanding concentration.
4. Eliminate Loss Yardage Plays.
*Sacks, bad pitches and missed assignments all contribute to loss yardage plays.
5. Score every time in the Red Zone. The red zone can change depending on game situations
6. Win with the option and keep teams off balance with formations, base runs and high percentage passes.
7. To PRACTICE, PLAY and WIN the Gulf South Conference as a TEAM!
8. THE 4th QUARTER IS OURS!
Our conditioning, mental toughness, discipline and a Champions WILL TO WIN will enable us to win the close ones.

FORMATIONS: When we call our formations, we utilize a right side 1st, left side 2nd format. The 1st word the QE says is the right side of the formation, while the 2nd word he calls is the left side.

<p>SLOT/SLOT</p> 	
<p>WING/SLOT</p> 	<p>SLOT/WING</p> 
<p>UNB LT</p> 	<p>UNB RT</p> 
<p>HIP/JAG</p> 	<p>JAG/HIP</p> 
<p>HIP/TREY</p> 	<p>TREY/HIP</p> 
<p>SPLIT/TRIPS</p> 	<p>TRIPS/SPLIT</p> 

<p>TITE/TRIPS</p> 	<p>TRIPS/TITE</p> 
<p>TWINS/SLOT</p> 	<p>SLOT/TWINS</p> 
<p>SLOT/PRO</p> 	<p>PRO/SLOT</p> 
<p>PRO/TWINS</p> 	<p>TWINS/PRO</p> 
<p>TWINS/TWINS</p> 	<p>DOUBLES Slots or Casinos will line up in normal 1 by 1 position off of tackle and burst to TWINS on QB's command.</p> 
<p>TITE/TITE POW LT</p> 	<p>TITE/TITE POW RT</p> 

FORMATIONS CONTINUED:

<p>WING/WING</p> 	<p>VICTORY RT</p> 
<p>VICTORY KNEEL</p> 	

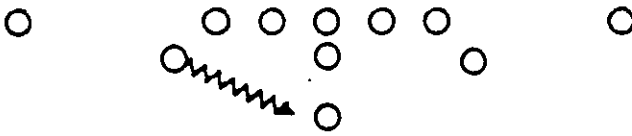
DELTA STATE OFFENSIVE UNITS

UNIT NAME	PERSONELL	HAND SIGN
REGULAR	1 - WR 1 - TE 2 - SLOTS	CLOSED FIST
OPEN	2 - WR 2 - SLOTS	OPEN HAND
PRO	2 - WR 1 - TE 1 - SLOT	THROWING MOTION
LITE	3 - WR 1 - SLOT	"L" SHAPE
HEAVY	2 - TE 2 - SLOTS	FLEX ARM
JUMBO	2 - TE 1 - SLOT 1 - OL	

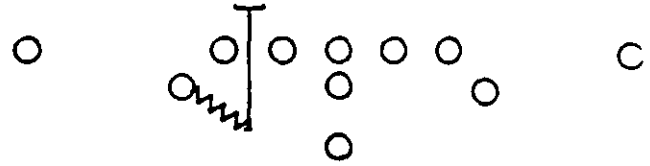
MOTION

UP - ON ALL SHORT AND REV MOTIONS, THE SLOT OR WING SHOULD BE LOW AND DELIBERATE IN HIS MOVEMENT.

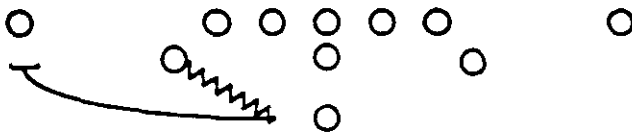
SHORT - USED ON OPTIONS. SLOT OR WING LEAVES ON THE "T" OF SET. ALWAYS STEPS WITH INSIDE FOOT FIRST.
CP - SLOT ALWAYS STEPS WITH INSIDE FOOT FIRST REGARDLESS OF DIRECTION.



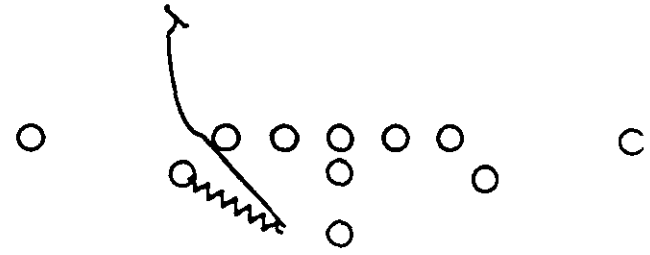
REV - ISO ALWAYS STEPS WITH INSIDE FOOT FIRST IN ORDER TO PLANT ON INSIDE FOOT ON 3RD STEP. WANT IT TO BE SHARP AND QUICK TURN UP INTO LOS.
CP - IF SLOT SEES LB WALKED UP IN THE LOS, HE WILL FLATTEN OUT HIS REV TO PICK UP LB ON LOS.



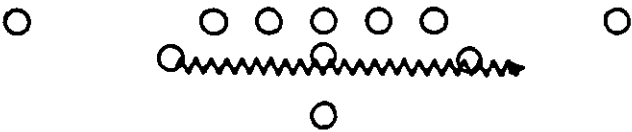
REV - ARC SAME AS REV ISO EXCEPT NOW OPEN WITH YOUR OUTSIDE FOOT AFTER YOU PLANT AND GET FLAT ON YOUR ARC PATH.
CP - IF "S" IS UP ON THE LOS, THE SLOT AUTOMATICALLY KNOWS NOT TO ARC.



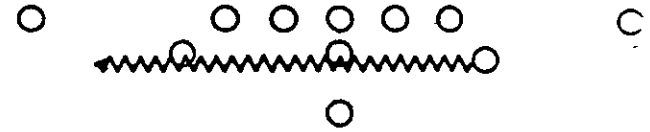
REV - SEAL AFTER YOU PLANT YOU MUST RUN RIGHT OFF OF THE TACKLES HIP IN ORDER TO KEEP THE LB FROM GOING UNDERNEATH YOU.



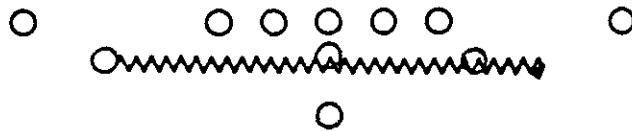
RIP - ALWAYS TALKING TO SLOT OR WING. MOTION ACROSS FORMATION TO RIGHT



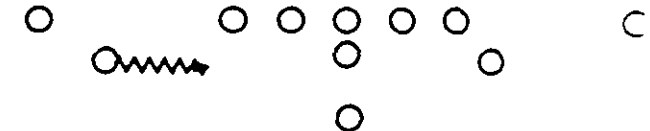
LIZ - ALWAYS TALKING TO SLOT OR WING. MOTION ACROSS FORMATION TO LEFT.



ZOOM - TALKING TO Z ONLY. IT IS FULL MOTION ACROSS THE FORMATION FROM EITHER SIDE.

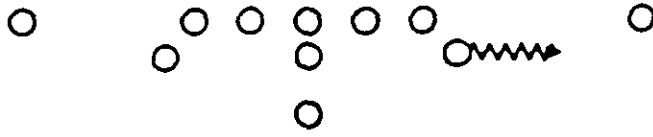


ZIP - IS HALF MOTION THAT DOES NOT CROSS THE FORMATION.

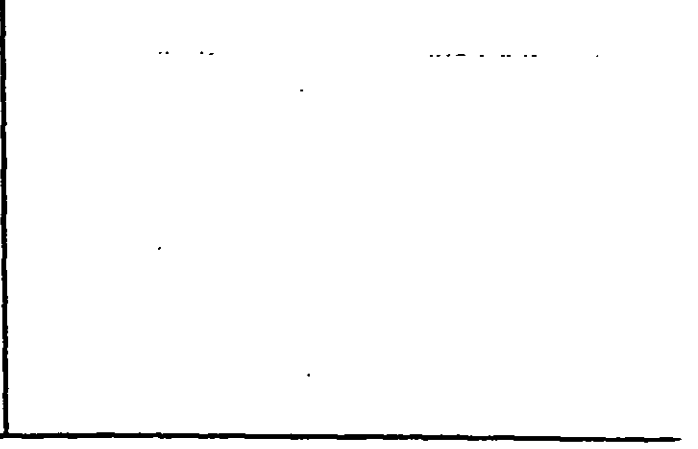
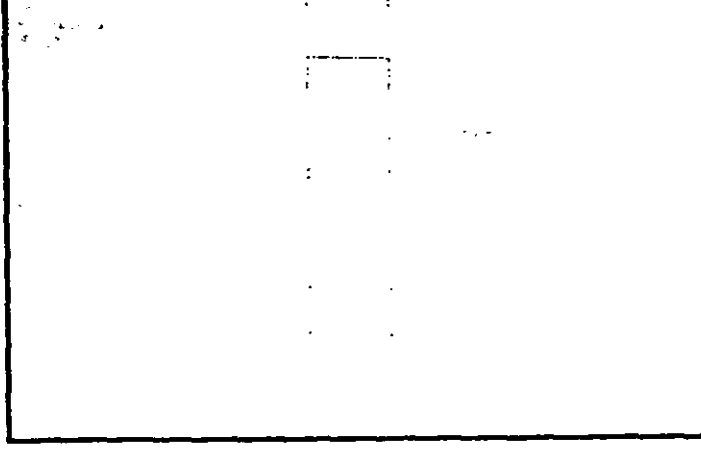
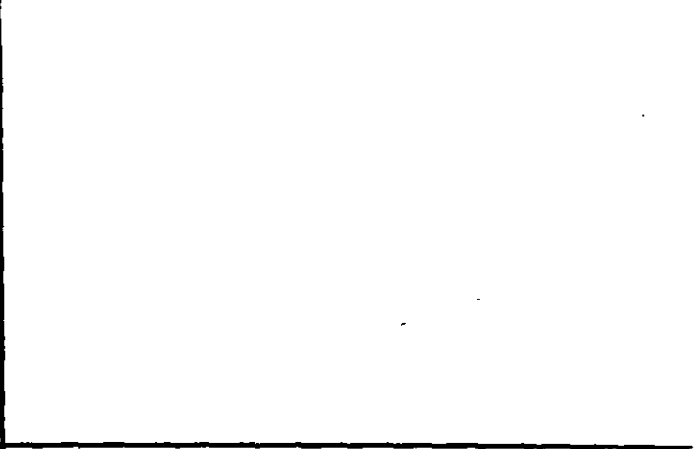
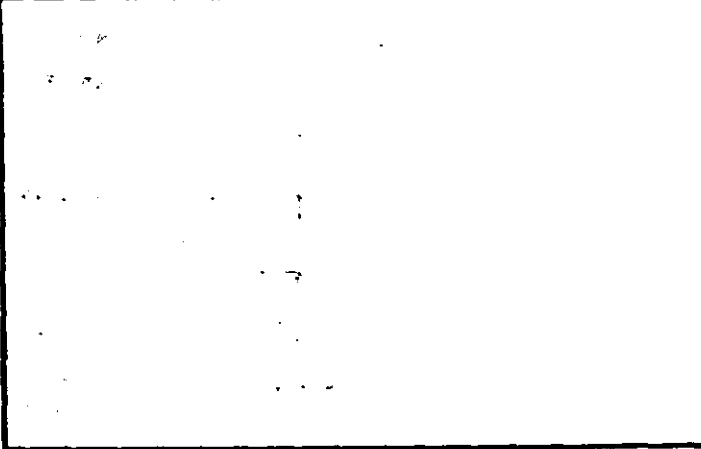
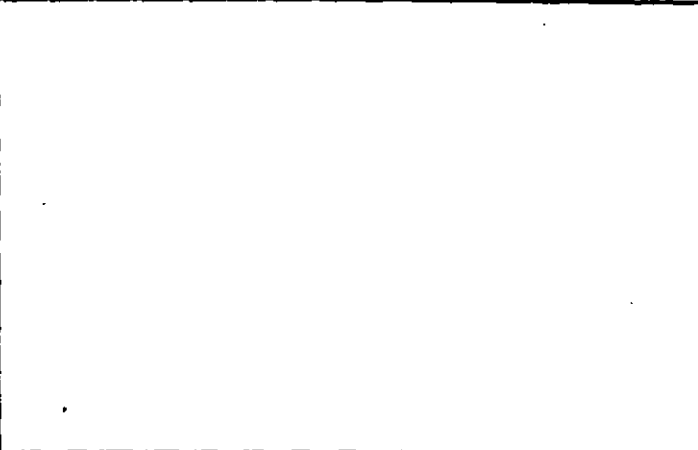
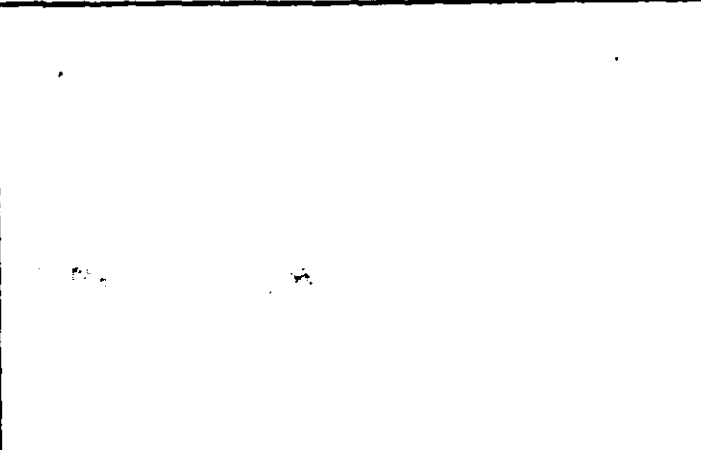
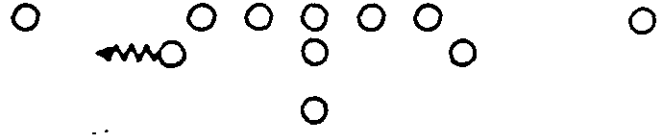


MOTIONS CONTINUED:

REG - TELLS SLOT ON RIGHT SIDE OF FORMATION TO MOTION TO THE SIDELINE.



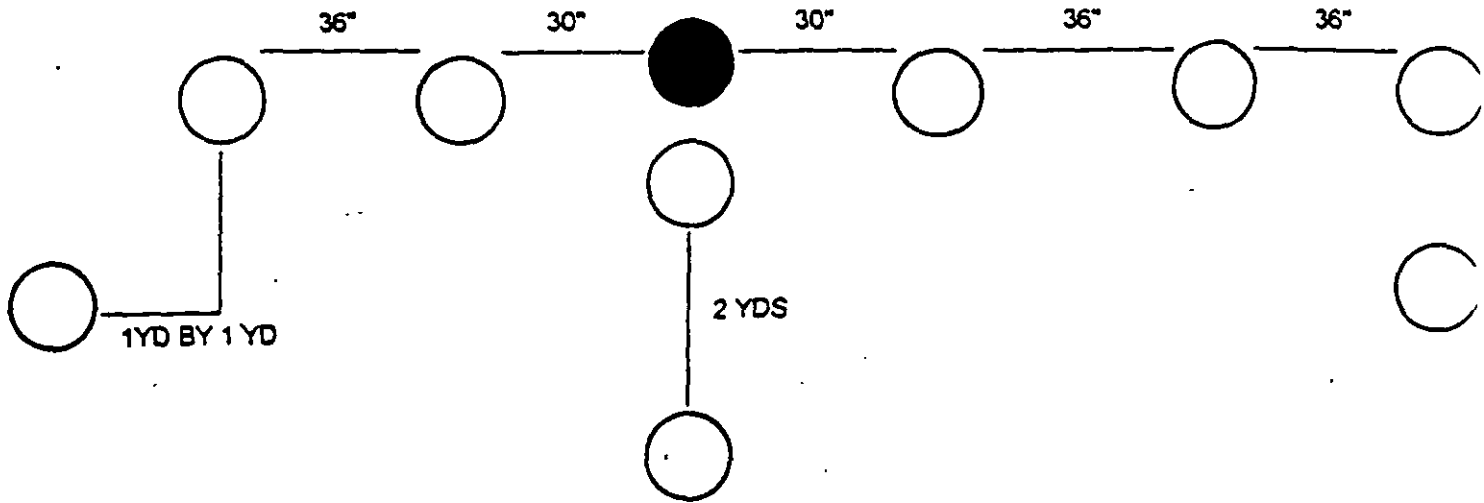
LEO - TELLS SLOT ON LEFT SIDE OF FORMATION TO MOTION TO THE SIDELINE



PLAYER CLASSIFICATION

A	Playside slot.
B	Backside slot
X	Always on the LOS. When in regular unit, the only WR in game.
Z	Always lined up inside of X off of the LOS in Twins, Trey, or Trips. Other wise opposite of X off of the LOS except slot/slot when he is on the LOS.
Y	Always lined up in the box. If he flexes out he changes to "T"
T	Single WR away from trips or twins.

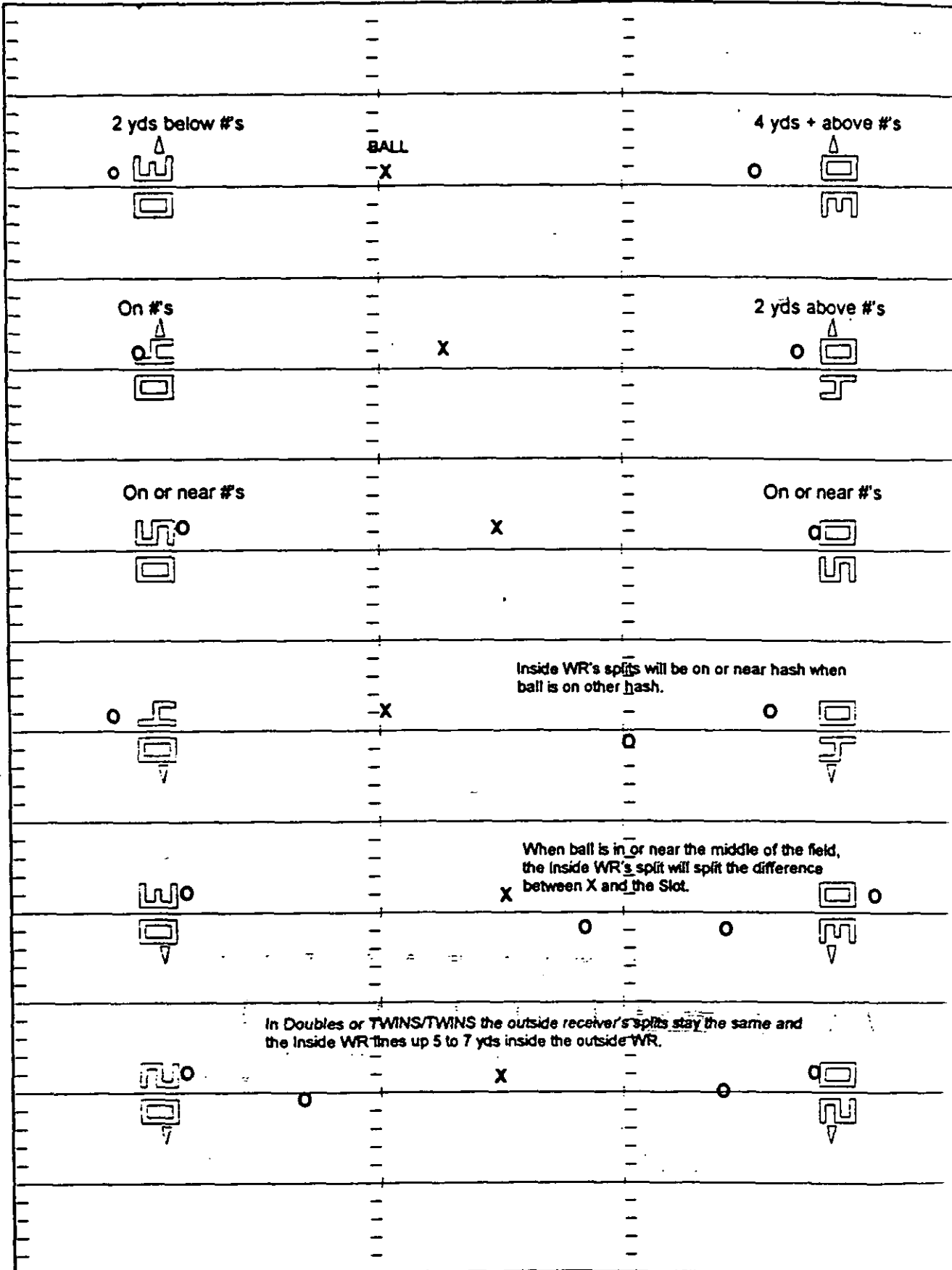
SPLITS AND ALIGNMENTS



OFFENSIVE GUARDS WILL TAKE THEIR ALIGNMENT WHERE THEIR HELMET IS EVEN WITH THE #S OF THE CENTER. THE TACKLES AND TE'S WILL TAKE THEIR ALIGNMENT OFF OF THE GUARD.

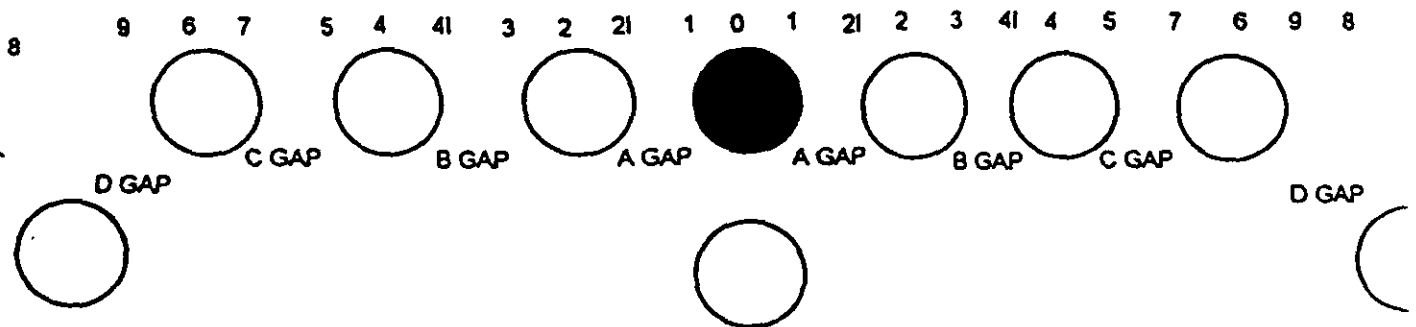
WIDE RECEIVER SPLITS

*Note - Wide Receiver splits can and sometimes vary slightly depending on route.



DEFENSIVE TECHNIQUES & TERMS

- A GAP - THE AREA BETWEEN THE CENTER AND GUARD (BOTH SIDES)
- B GAP - THE AREA BETWEEN THE GUARD AND TACKLE (BOTH SIDES)
- C GAP - THE AREA BETWEEN THE TACKLE AND TIGHT END (BOTH SIDES)
- 0 TECH - A LINEMAN (NOSE GUARD) ON THE CENTER
- 1 TECH - A LINEMAN IN THE CENTER-GUARD GAP
- 2i TECH - A LINEMAN ON THE INSIDE SHADE OF THE GUARD
- 2 TECH - A LINEMAN HEAD UP ON THE GUARD
- 3 TECH - A LINEMAN ON THE GUARD'S OUTSIDE SHOULDER
- 4 TECH - A LINEMAN HEAD UP ON THE TACKLE
- 4i TECH - A LINEMAN ON THE INSIDE SHADE OF THE TACKLE
- 5 TECH - A LINEMAN ON THE THE TAKLE'S OUTSIDE SHOULDER
- 6 TECH - A LINEMAN (LINEBACKER) HEAD UP ON THE TIGHT END
- 7 TECH - A LINEMAN (LINEBACKER) ON THE TIGHT END'S INSIDE SHOULDER
- 8 TECH - A LINEMAN (STRONG SAFETY-CORNER) OUTSIDE THE TIGHT END
- 9 TECH - A LINEMAN (LINEBACKER) ON THE TIGHT END'S OUTSIDE SHOULDER



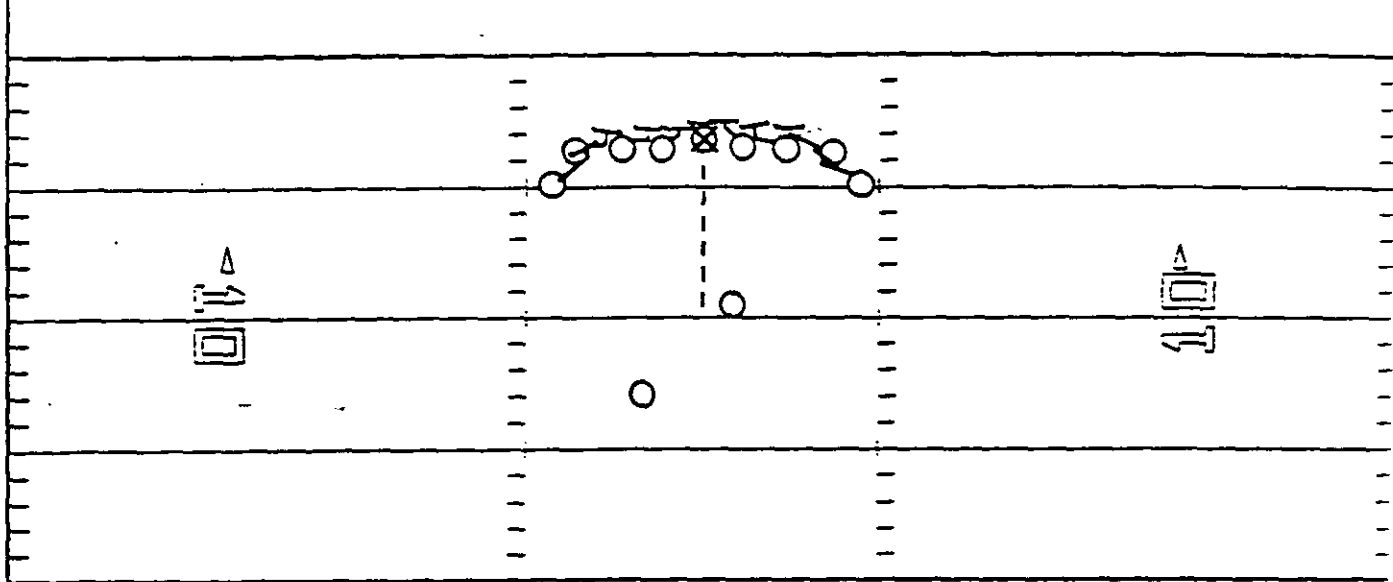
For example, below, after 2nd Running, Run. And 1 (2nd down with the clock running when the opponent has one timeout and the decision is to run) the 1:20 says that, if 1:20 or 1:21 is on the clock when the 25-second timer goes from 25 to 24, we must make a first -down. After Fall and just above the 1:20, the 1:10 says that, if 1:10 or 1:09 is on the clock, we can fall on the ball. A time between 1:10 and 1:20 means that we must hand ball off.

Down and Clock Status	What To Do	Opponent Timeouts			
		3	2	1	0
1 st Stopped	Fall	:20	50	1:15	1:5
	Hand Off	-	-	-	-
	First Down	:20	:55	1:30	2:05
1 st Running	Fall	:50	1:20	1:45	2:20
	Hand Off	-	-	-	-
	Fist Down	:50	1:25	2:00	2:35
2 nd Stopped	Fall	X	:15	:40	1:15
	Hand Off	-	-	-	-
	First Down	X	:15	:50	1:20
	Fall	X	:45	1:10	1:45
2 nd Running	Hand Off	-	-	-	-
	First Down	X	:45	1:20	1:50
3 rd Stopped	Fall	X	X	:05	:40
	Hand Off	-	-	-	-
	First Down	X	X	:10	:45
3 rd Running	Fall	X	X	:35	1:10
	Hand Off	-	-	-	-
	First Down	X	X	:40	1:15
4 th Stopped	Fall	X	X	X	X
	Hand Off	-	-	-	-

PAT GUIDE

<u>GO FOR</u>	<u>BEHIND BY</u>	<u>GO FOR</u>
1	12	1
1	11	1
1	10	2
1	9	1
1	8	1
1	7	1
1	6	1
2	5	2
2	4	1
1	3	1
1	2	2
2	1	1 or 2
1	0	1

DELTA STATE

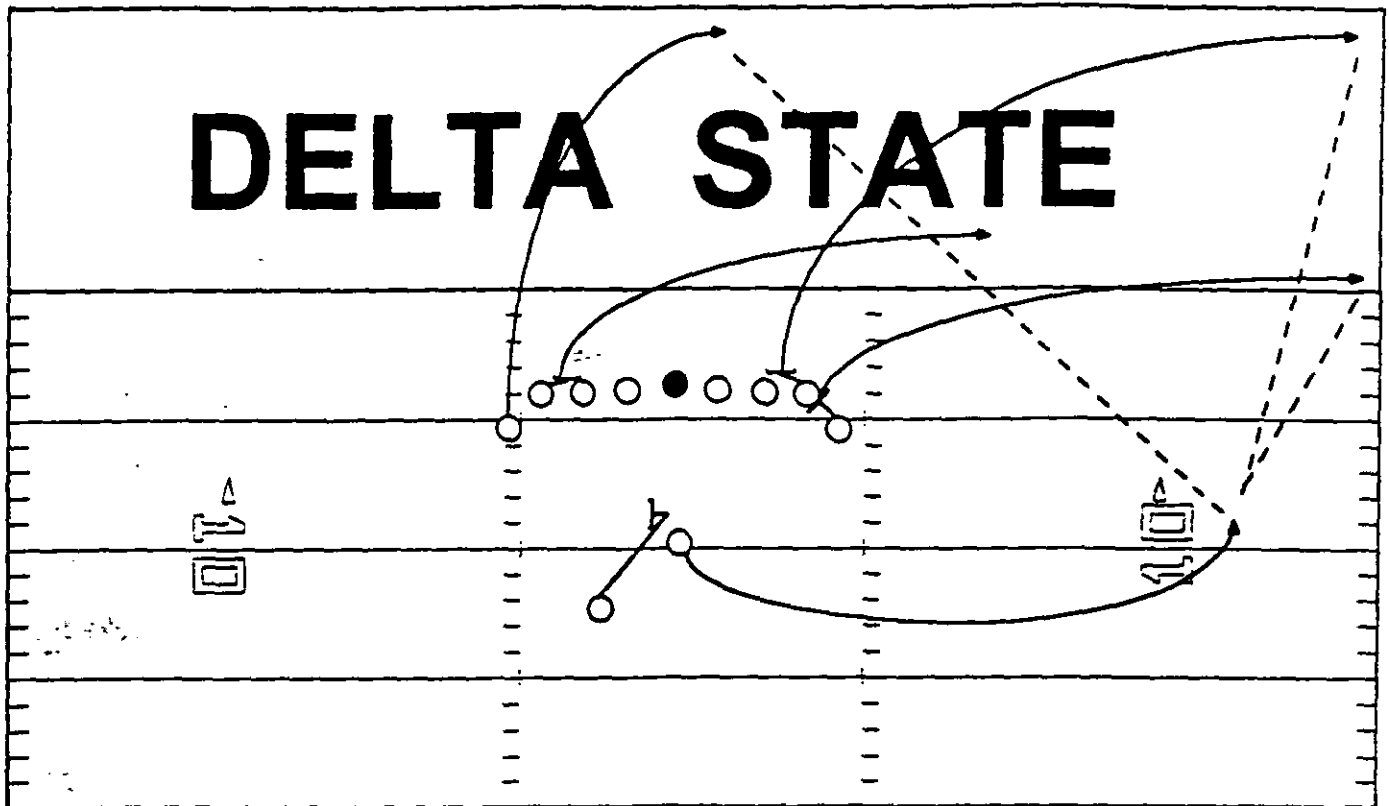


CENTER	Snap ball, throw head and forearms up with shoulders square. After "READY" call by holder change the tempo in which you snap the ball each time.
LINEMEN	Take 6 inch splits across the LOS with inside foot back. Outside foot should be aligned so that it splits the shoe laces of the outside foot of the linemen inside of him. This will enable us to create an arc. On the snap step inside and behind the outside foot of the linemen inside of you. Always keep outside foot in place and shoulders square. We will be in a 3 pt stance.
UP BACKS	Will be in two point stance and 1x 1 yd outside the TE. On snap step inside and keep outside foot in place locking out your outside leg.
HOLDER	Kneeling position 7 yds from the LOS. Check entire PAT team and then check with kicker to make sure everyone is ready. Make "READY" call to center for snap. Give target for center with one hand and target for kicker with other. Be aware of the play clock.

*If ball is on or inside the 10yd line and on the hash, the holder will make a "TACKLE OVER" call and the tackle to the boundry will come over and align between the TE and Tackle to the other side.

*The holder now will align so that the ball will be placed behind the inside foot the guard to the field.

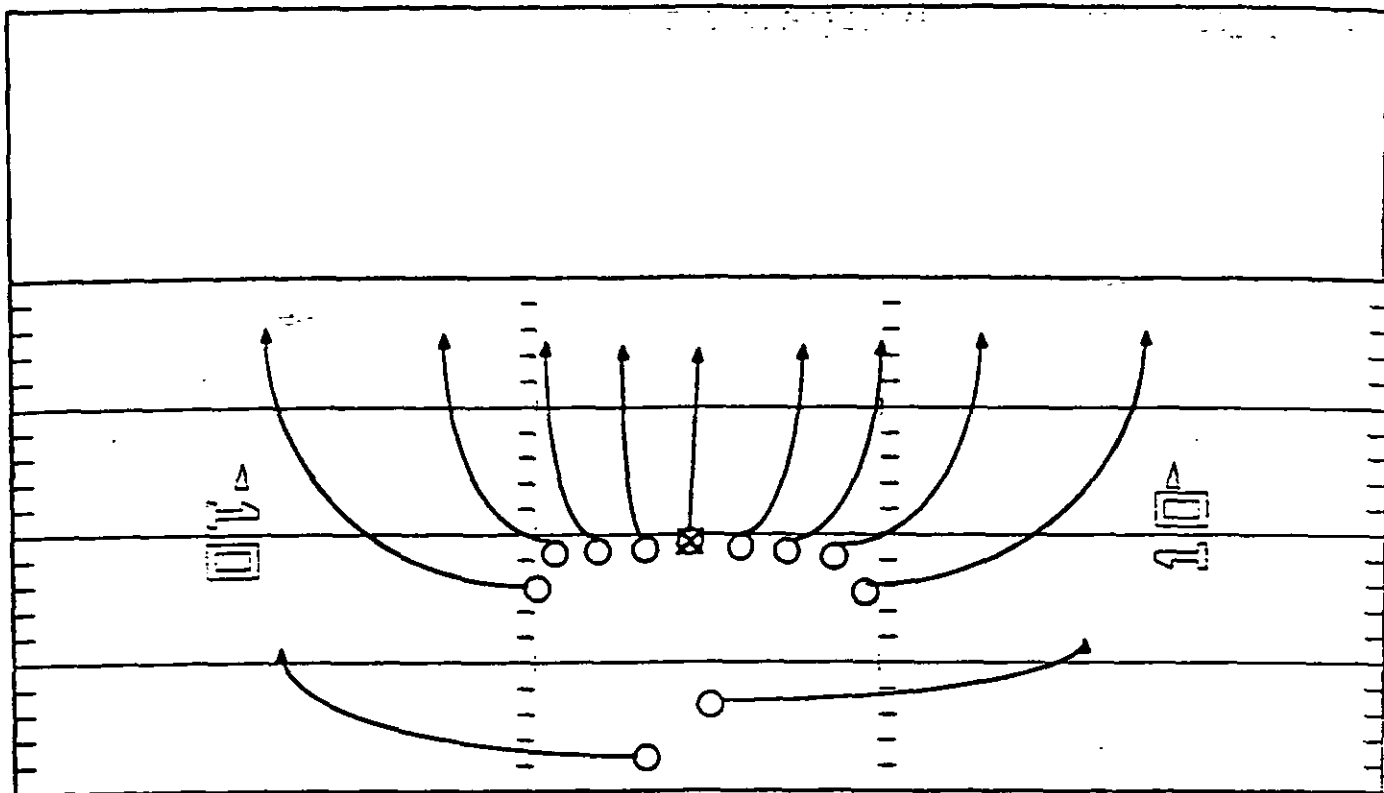
XPT - FIELD GOAL : FIRE CALL



FIRE CALL ASSIGNMENTS:

- RT WING** - RUN AT POINT 2YDS BEHIND FRONT PILON IN THE ENDZONE IF XPT.
RUN AT 1ST DOWN MARKER IF FIELD GOAL
- RT TE** - RUN AT POINT 2YDS INFRONT OF BACK PILON IN THE END ZONE.
RUN AT POINT 10YDS BEHIND 1ST DOWN MARKER ON FIELD GOAL
- LT TE** - DRAG ACROSS FIELD AT THE DEPTH OF THE 1ST DOWN FOR FIELD GOAL OR 5YDS DEEP FOR XPT.
- LT TE** - HOOK UP UNDER RT UPRIGHT AND PUT UP HANDS FOR QB TO SEE YOU ON XPT
RUN DEEP MIDDLE POST ON FIELD GOAL
- HOLDER** - ROLL RIGHT LOOKING OUTSIDE IN. LOOK FOR RIGHT UPRIGHT AS LAST EFFORT.
- KICKER** - LOOK TO BLOCK BACKSIDE RUSHER.

FIELD GOAL COVERAGE



A blocked or short PAT or field goal attempt is a scoring opportunity for the defense. We must spread and cover like a punt situation.

Everyone should protect until the ball is kicked, then release to your coverage lanes.

DELTA STATE FOOTBALL

OFFENSIVE TERMINOLOGY

<u># NUMBER PLAYS: RUNS</u>		<u>PASSES</u>	
1 1/2	TRAP OPTION	2	- 3 STEP
3 1/2	INSIDE VEER	4	- SHOTGUN(DOUBL
7 1/2	LOAD OPTION	12	- PLAYACTION
11 1/2	BELLY OPTION	14	- SPRINTOUT
12 7/8	COUNTER ISO	16	- SEMI-SPRINT
13 1/2	OUTSIDE VEER		
14 7/8	SPRINT DRAW		

LIVE WORD PLAYS:

DAN/DENVER -	FB ZONE DIVE
TOM/TAMPA -	FB TRAP
BOB/BOSTON -	FB BELLY DIVE
CHICAGO/BULL -	ISOLATION
HEAT/MIAMI -	MID - LINE OPTION
RADAR/LAVA -	Z QUICK SCREEN
WINNIPEG/TORONTO -	FREEZE
LONE/RANGER -	WB COUNTER SWEEP
GOOSE -	QB SNEAK

TERMINOLOGY CONT:

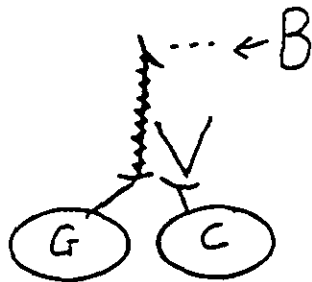
DESCRIPTIVE TERMS:

1. FELIX - FB LOAD "F" OFF OF 3 ½
2. REEBOK - SE REVERSE RAN OFF OF 3 ½
3. NOAH - TELLS PS SLOT TO ARC FOR "S"
4. PITTSBURGH- HB PASS OFF 3 ½
5. VEGAS - ALERTS WR TO ADJUST HIS ROUTE
6. QUINCY - QB DRAW OFF OF 4 PRO
7. SEAM - TELLS PS SLOT TO RUN SEAM OFF OF 12 PRO
8. JAPAN - TELLS BS SLOT TO RUN BACKSIDE SEAM
AFTER REV MOTION.
9. TEXAS - TELLS QB TO THROW TO BACKSIDE WR
10. FULBE - FB SPEED OPTION OFF OF 3 ½

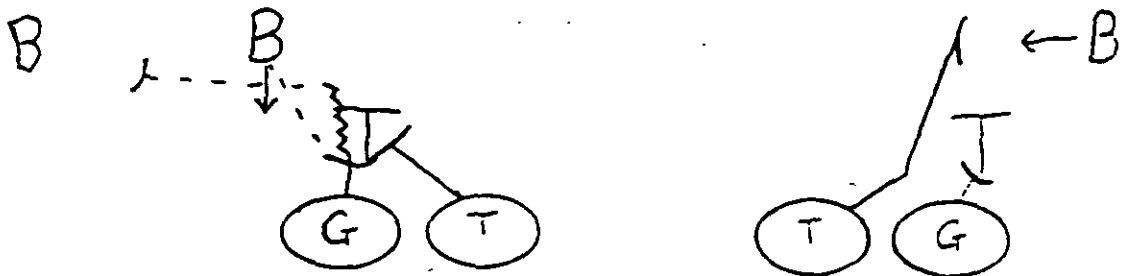
LINE OF SCRIMMAGE TERMS:

- XEROX - CHANGES PLAY TO SAME PLAY BUT TO OTHER SIDE
- NOAH - ALERTS PS SLOT TO ARC "S"
- FUQUA - ALERTS THAT F AND Q ARE THE SAME.

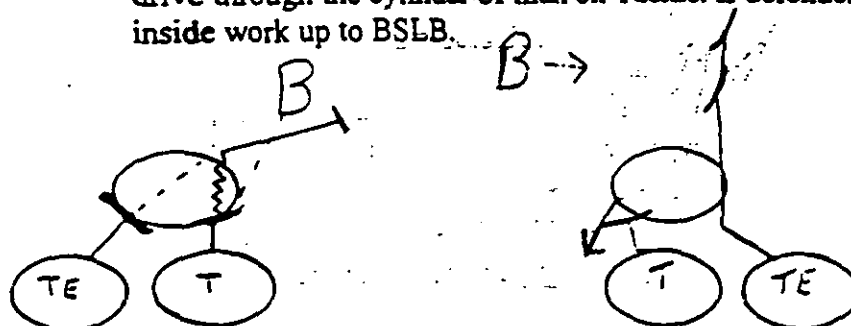
Ace Block- Center should drive through playside thigh of O or O shade. He should Redirect with movement of NG. Guard should step over and up with inside foot, he should stay square doubling NG to the backside LB.



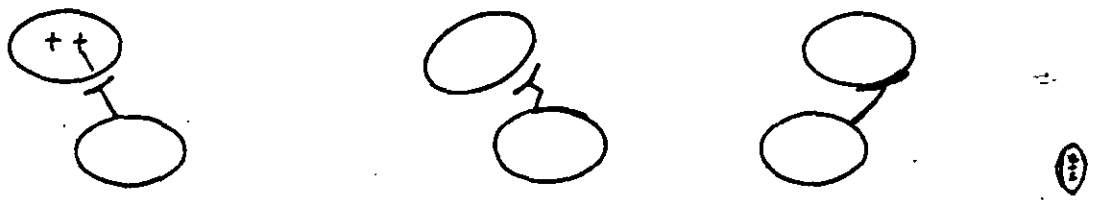
Deuce Block- Guard should drive through defender with his eyes on "A gap" LB looking for the run through. If no run through guard should Work for removal of lineman from LOS to BSLB. Tackle should step with inside foot and drive through the cylinder of man on guard. If defender slants inside work up to BSLB.



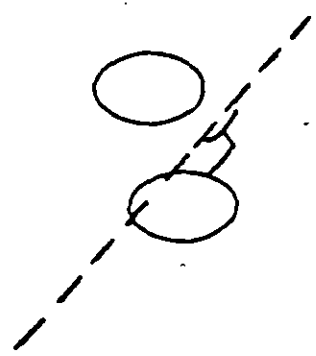
Trey Block- Tackle drives lineman with head to the inside looking for "B gap" LB to run through. If no run through tackle work for removal of lineman from LOS to BSLB. TE should step with inside foot and drive through the cylinder of man on Tackle. If defender slants inside work up to BSLB.



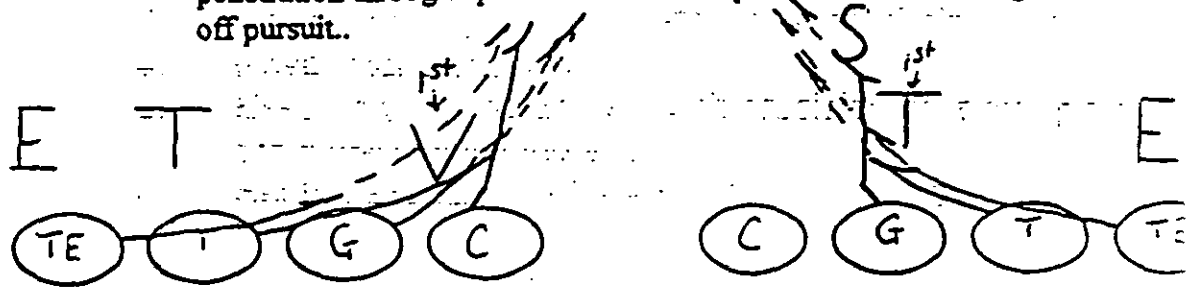
High Wall-In order to high wall a defender you must have inside leverage on defender. If you have inside leverage and defender is a reader drive his inside #. If he is a penetrator work gap hinge technique. If you do not have inside leverage (4i) drive through defenders inside thigh.



Gap Hinge-. Take 6" x 6" step inside and upfield with inside foot and step back with outside foot at 45 degree angle. Work defender for width and depth.



Scoop Block-The apex of the scoop starts with the 1st down lineman backside of center. The nearest lineman to apex should rip through defenders inside thigh on a path for backside LB and continue on that path. All other backside linemen should form a moving wall allowing no penetration through apex and continue on path downfield sealing off pursuit.



DELTA STATE QUARTERBACKS

The quarterback has the biggest job and the most responsibility of any position on the team. There is no offense that demands more talent both physically and mentally than our offense.

You, as the quarterback, will have a large impact on our degree of offensive success. Your responsibilities are many and when you are on the field you must have a total awareness and be in command. Your actions, leadership, and execution will have a large bearing on how effective we are at moving the football and putting it in the end zone. The team will look to you in tough situations for leadership and you must be able to see confidence in you and your ability to pull the team through and make things happen. You must be a LEADER!

Statistics, prestige, etc., mean nothing unless we win. The intangibles of a winning quarterback are to maintain, generate, and encourage 110% effort and concentration from your teammates.

MANY TEAMS WITH TALENT LOSE, FEW TEAMS WITH LEADERSHIP DO!!

QUARTERBACK MUST:

1. Be the hardest worker in the weight room, on the field, and running sprints. (you should finish 1st everytime!)

WAYS TO GAIN CONFIDENCE OF YOUR TEAMMATES:

1. Always be positive and show confidence in your tone of voice and field mannerisms.
2. ENUNCIATE when calling plays from the LOS or huddle.
3. Take charge and command respect and attention on the field.
4. Concentrate, never make stupid mistake.
5. Have confidence in yourself.

WAYS TO GAIN RESPECT:

1. Never criticize a teammate or coach on or off the field.
2. Take the responsibility for a poor play if you were anyway involved.
3. Congratulate your teammates for a good play, especially your linemen!
4. Never make excuses.
5. Execute your assignment with precision on every play. Your teammates are always watching you.
6. Set the example for the execution of the "little things."

DELTA STATE

WINGBACKS

STANCE AND ALIGNMENT:

1. Feet slightly wider than shoulder width and turned at a 45 degree angle.
2. You will be aligned 1yd outside and 1yd deep of the offensive tackle regardless if there is a TE or not.
3. Fist resting on your upper thigh.
4. Good low, balanced stance that will enable you to block or release either way.
5. On options when you go in short motion, you leave on the "T" of the word set in the snap count.
5. Know what options you go in short motion and which ones you don't.
6. On "REV" motion or short motion, you will always step with your inside foot first.
7. Be listening for checks or motion calls.

POST SNAP:

1. Every first step you take will be with your inside foot first. That means if you are going verticle or outside it will be a crossover.
2. Must make big window for QB to give you the ball on base runs.
3. It's your job to get into the proper pitch relationship with the QB(4-1).
4. When you are the pitch back, you must run through the heels of the fullback. This will enable you to get in pitch position.
5. Stay in pitch relationship with the QB when he turns it up.
6. Must carry out all pitch fakes. Run as though you are getting the football. Throw your hands up as if you were catching the pitch.

BIG MUST:

1. Must be a very versatile player. This position calls on you to be a great Runner, receiver and blocker.
2. Must protect the football – most important thing you do! **BALL SECURITY!**
3. Must master the techniques of seal, load and arc blocking.
4. Must know how to identify defensive personnel.

DELTA STATE

FULLBACKS

ALIGNMENT:

1. Hand 2 yds from the QB's heels.
2. Feet square with weight distributed evenly between all three points (tripod).
3. Head up to see landmarks and pre-snap keys.
4. Up arm resting lightly on thigh.

POST SNAP:

1. Short, six inch step directly at your "point of aim".
2. Stay on your track.. Hug all blocks.
3. Make big window for football on your second step.
4. Soft squeeze on the football.
5. Attack all stand up defenders inside or week shoulder.

BIG MUST:

1. Must be a physical player. You must be a very hard runner. Breaking tackles and yards after contact
Are vital for an option QB.
2. Must be a technique player. You and the QB must work as one. Timing, proper steps, and concentration are very important.
3. Ball security is your most important job. Not only learning to work with the QB on the mesh, but when running with the football. **FOUR POINTS OF PRESSURE!**
4. Must work hard at mastering the craft of blocking. You will have to master many different blocks such as an iso, load, seal, and arc.
5. Must know your assignments and be able to identify defensive personnel.
6. Must be mentally and physically tough. Able to carry the ball many times in a row without fatigue or lapse in concentration.

LIVE WORD PLAYS:

Live word plays are a key part of the game. They are used to confuse the defense and to communicate with the quarterback. They are also used to identify defensive personnel and to adjust to the game plan.

The goal of live word plays is to keep the defense off-balance and to create opportunities for the offense. They are a vital part of the game and should be practiced every day.

Every player should be able to identify defensive personnel and to adjust to the game plan.

DELTA STATE OFFENSIVE LANGUAGE

Since we are a no huddle team and everything is called at the LOS, we must have an effective and efficient way to call our plays. Our language consist of a combination of numbers and words. These are used together to call our desired play and to also keep the defense from picking up on our calls.

Our language consist of five (5) types of terms:

1. # Plays
2. Live Word Plays
3. Dummy Word Plays
4. Descriptive Terms
5. Line of Scrimmage Terms

#NUMBER PLAYS

Our # plays will consist of two #'s being called. The 1st # is the PLAY and the 2nd # is the DIRECTION.

ODD 1st #'s - RUN PLAYS
EVEN 1st #'s - PASS PLAYS

ODD 2nd #'s - PLAY DIRECTION IS LEFT
EVEN 2nd #'s - PLAY DIRECTION IS RIGHT

Example: The QB calls "11-2, 11-2", this would indicate that the play is BELLY DIVE and the direction is RIGHT.

LIVE WORD PLAYS

Live Word Plays are complete unto themselves. They need no number to complete their meaning. ONE syllable words are to the LEFT, and TWO syllable words are to the RIGHT.

Example: The QB calls "DENVER" – that would be the zone dive to the RIGHT. The QB calls "DAN" - that would be the zone dive to the LEFT. When used in combination the LIVE word play will override the number play.

Example: "DENVER 11-1, DENVER 11-1". DENVER is a LIVE word play so everyone would disregard the # play.

LTA STATE OFF LANGUAGE CONT.

DUMMY WORD PLAYS

These are words that mean nothing. They are simply camouflage. We will use words that correspond with our LIVE word plays. For example, if our LIVE word plays consist of cities, we will use other city names as our dummy words.

DUMMY word plays are used in combination with NUMBER plays.

Example: "Phoenix 11 - 2, Phoenix 11 - 2". Phoenix is a DUMMY word and means nothing so everyone would run 11 - 2.

DESCRIPTIVE TERMS

These are words that work along with or add something to a particular play. They are used basically to alter our runs and passes without having to call an entirely new play.

Example: The QB calls "OHIO 11-2". OHIO is the DESCRIPTIVE TERM that changes the Belly Dive to the Belly Option. The term OHIO basically only changes 3 of the offensive player's rules. Everyone else does the same as 11-

LOS TERMS

These are terms used at the Line of Scrimmage to adjust schemes and to change plays.

Example: After the QB has called the play and everyone is set, he could say "XEROX, XEROX". That would alert everyone that we are now running the play, but to the other side.

DELTA STATE

PLAY CALLING

CALLING PLAYS FROM THE LOS

After the QB has called the formation twice, he will then look to the sideline for the play. When calling the play, the QB will utilize a "WORD - NUMBER, WORD- NUMBER" sequence.

The snap count will always be on ONE, unless we call a FREEZE play.
The snap count is READY... S-E-T... HIKE!

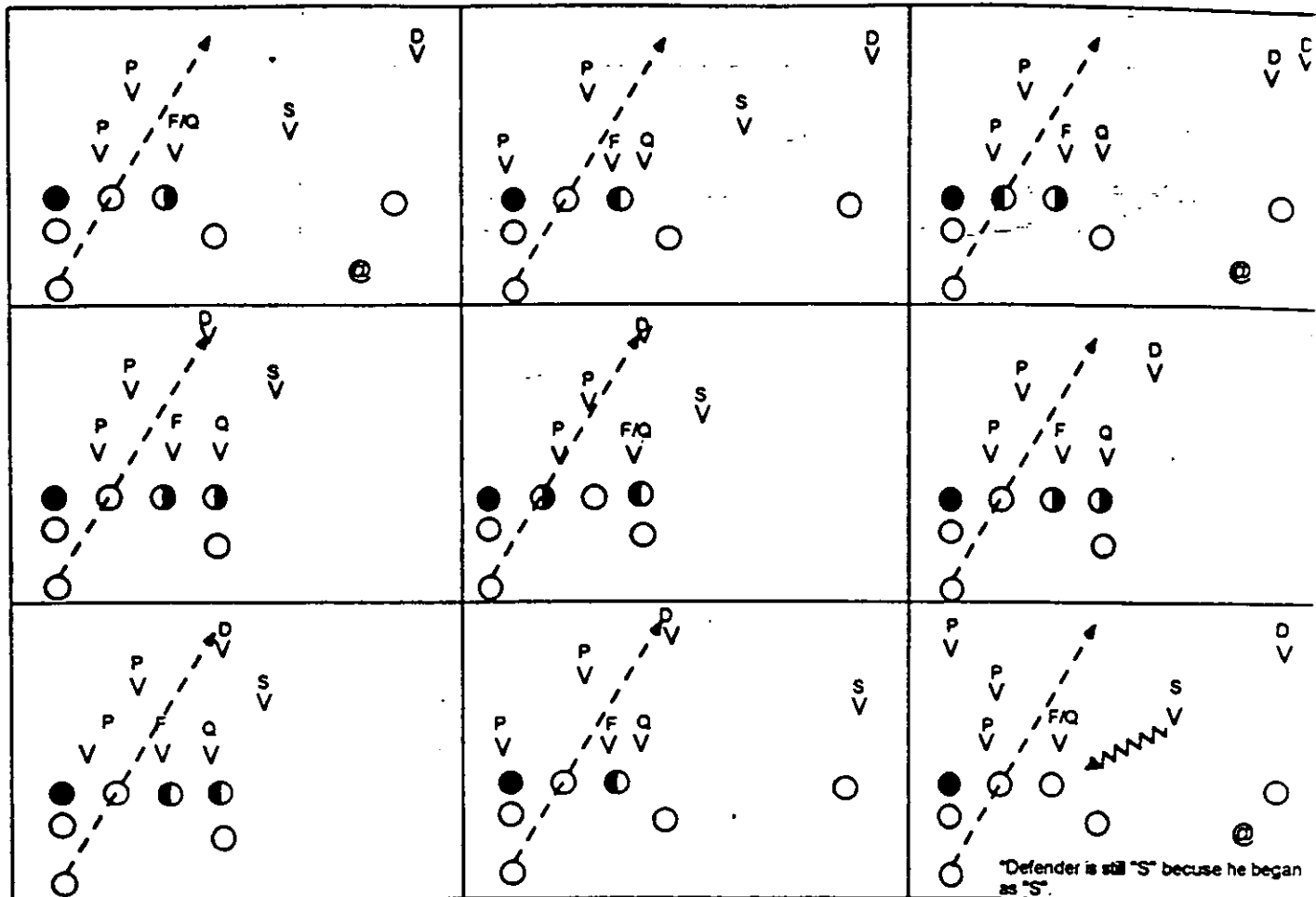
Example: The QB calls "TAMPA 3 - 1, TAMPA 3 - 1, READY... S-ET... HIKE!
This is the FB TRAP to the right

Example: The QB calls "ATLANTA 3- 1, ATLANTA 3- 1, READY...
S-E-T... HIKE!
The play is INSIDE VEER to the left.

Example: The QB calls "MIAMI 7 - 1, MIAMI 7 - 1".... "XEROX, XEROX"
"READY... S-E-T... HIKE!
The original play called was the MIDLINE to the RIGHT, but the QB the QB changed the play to the left.

XEROX - Means same play, but to the other side.

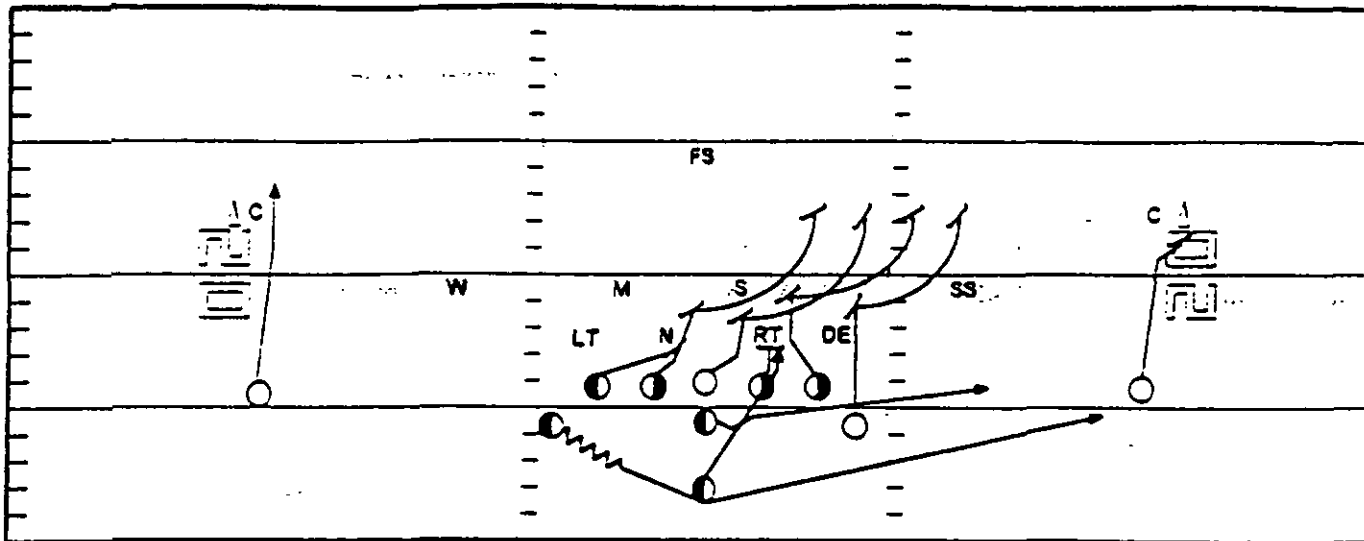
DEFENSIVE PLAYER IDENTIFICATION



For everyone to be able to carry out his assignment each play and communicate with one another, each player must know how to identify defensive defenders in which they are suppose to read, block, load, seal, arc, crack, and pitch off of.

- "F" The first man outside the guard on the LOS.
- "Q" The next man outside "F" within 3 yds on the LOS.
- "S" Player responsible for flat on pass and pitch on option. Normally aligns 6yds from the LOS or closer.
- "D" Player responsible for deep 1/3 or deep 1/2. A FS lined up in the middle of the field is not considered "D".
- TRIO A situation where there are only 3 defenders outside the crease in the perimeter.
- CREASE The track the FB runs on triple options.
- PURSUIT Every defender who is not a part of the perimeter and is inside the crease.
- PERIMETER Isolated defenders who are assigned to FB, QB, Pitch, and SE.
- FUQUA (F/Q) Situation where only one man fits. "F" and "Q" is the same player.

*FUQUA is always a TRIO, but TRIO is not always a FUQUA. See (©) at the top.
There is always a "D".



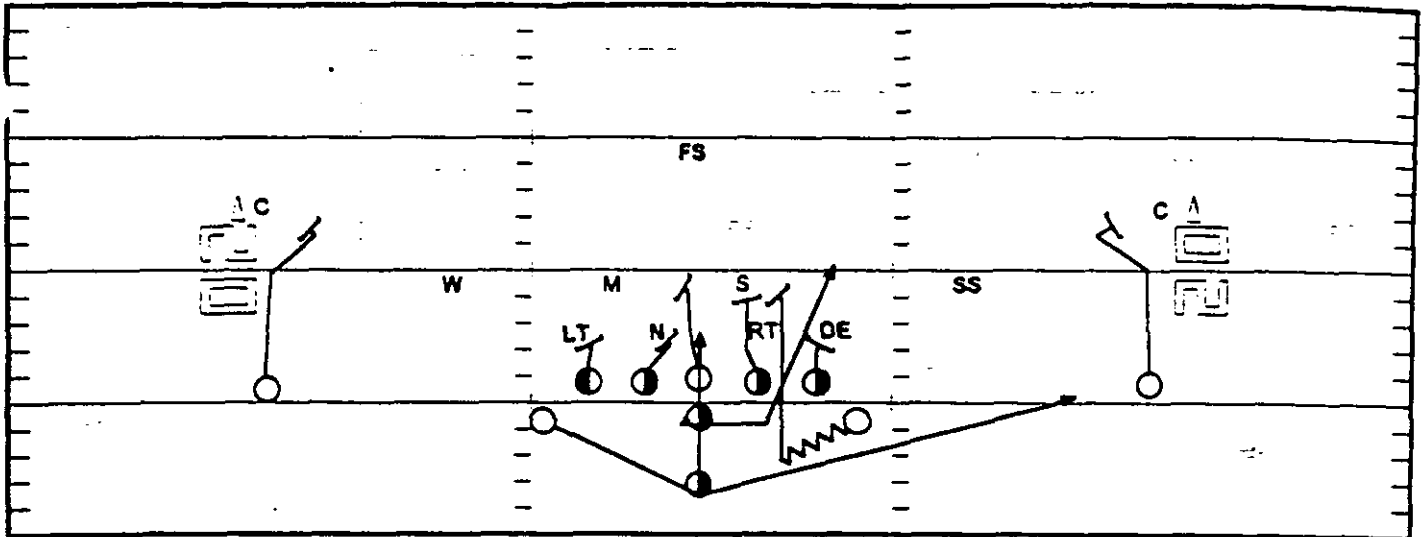
PLAY DESIGN AND PURPOSE

Triple option to force defense to play assignment football.

1. Run to "rio" side. if no "rio" side must utilize arc or load scheme depending on alignment of "Q".
 2. Offensive line splits must be consistent because of FB aiming points.
 3. If "rio" to both sides, determining factors to which side are: a) best crease b) field
 4. Utilize crack with WR to account for fast flow FS.
 5. Will check away from 4L. If 4l on both sides, will zone block the 4l to PSLB with PSG and PST.
- FELIX 3 1/2 - same play for everyone except the FB will now load "F". Automatic Disconnect.
 - tackle out splits to 6 inches. Railroad vs shade and 5 tech.

POS	RESPONSIBILITY	COACHING PTS
QB	Open 4 or 9 o'clock and read 1st defender from 4l out. Attack outside # of "S" and execute good freethrow pitch to slot. automatic disconnect vs 4l.	Don't round LOS on way to "S". Make direct path to "S" and look pitch in to slot. Fall away from LCS after pitch.
FB	Aiming PT's crack of the guard. Make soft fold on second step and square up the LOS, hugging the guards block as tight as possible. VS 4l and playside A gap defender. block like 7 1/2 (load PSLB)	If disconnect, run holding elbows as if you have the ball.
PS SL	Load "Q" if Regular if "rio", seal outside thigh of 1st LBer head up the guard to outside. if tackle gets the LBer, the get flat with your eyes back inside for the safety.	Be alert for "noah" call that tells you to now arc for "S". Must be confident in the recognition of defenders.
BS SL	Utilize short motion on the "T" of set, running through the heels of the FB and getting in 4 & 1 pitch relationship with the QB.	Be prepared for quick pitch if hard "Q" or "S". Look ball all the way in.
PS WR	Utilize outside leverage stalk block on "D". if he will run with you, run him off. Read stalk vs Cov 4 to identify "D".	Must come off of LCS every snap as if throwing deep ball. Be physical.
BS WR	Run backside fade to hold corner.	Push at inside # of CB.
PST	Veer for PSLB vs 2LBers. Veer for middle LBer vs 3LBers. Deuce 3 tech to LBer. if you get double call, crash 3 tech and double with guard. Zone 4l with guard to LBer.	If LB is gone, get flat for safety.
PSG	Cov: Drive Uncov: Ace bounce to BSLB. Zone block 4l with tackle.	If LB is gone get flat for safety.
C	Covered by PS shade(1): Drive Covered by 0 or backside shade: scoop Uncovered: secure frontside A gap to BSLB	If LB is gone get flat for safety.
SSG	Scoop	
BST	Scoop	
TE	Playside - Arc for FS Backside - Scoop	

PLAY - MID-LINE

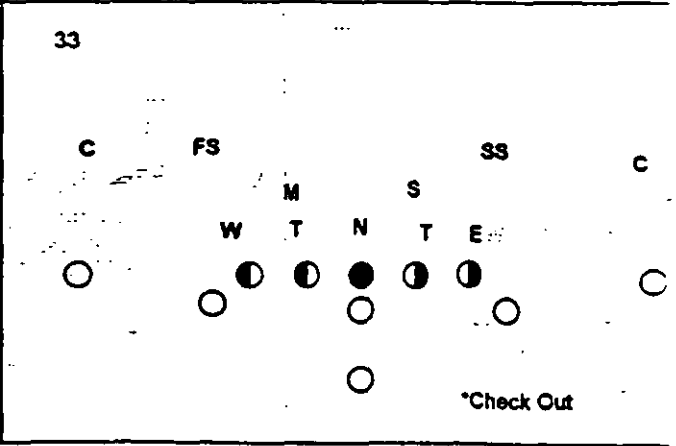
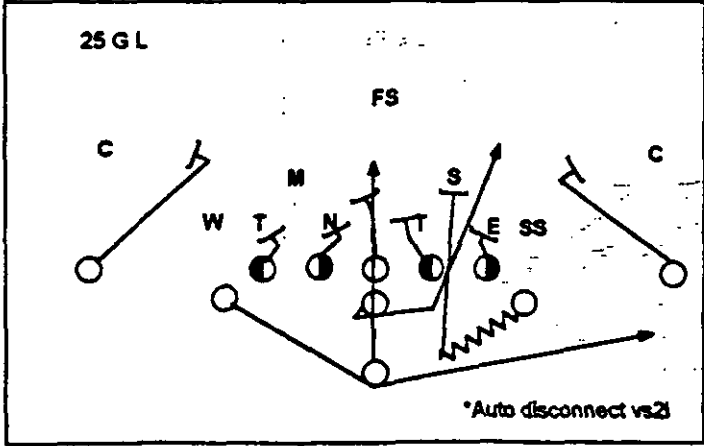
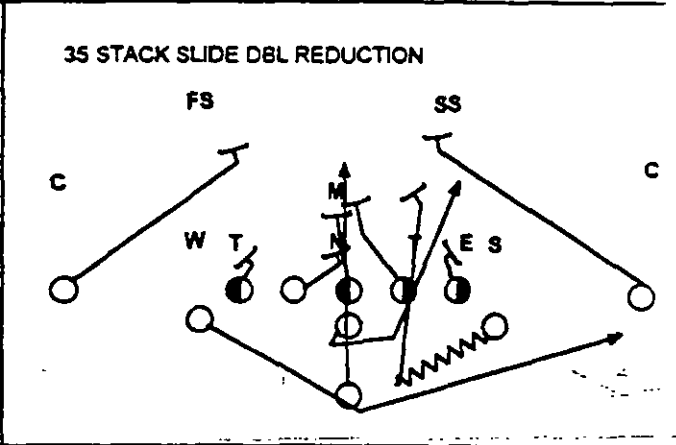
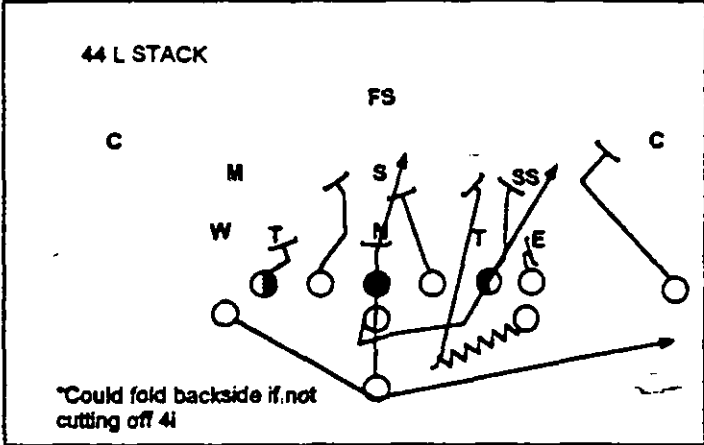
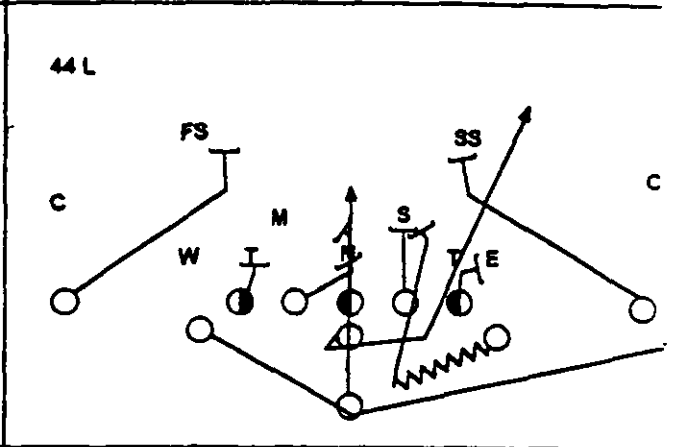
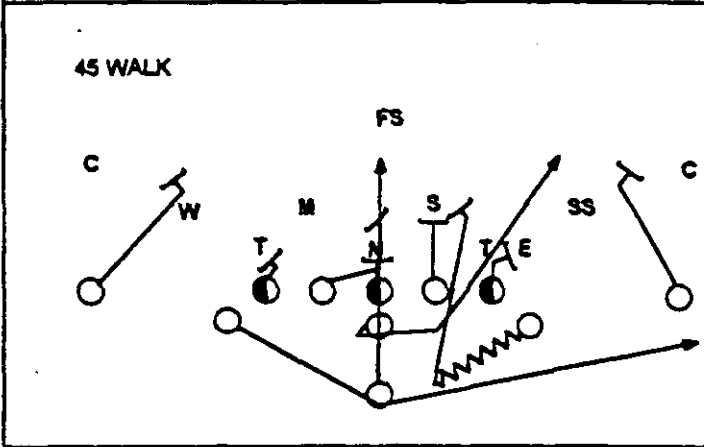
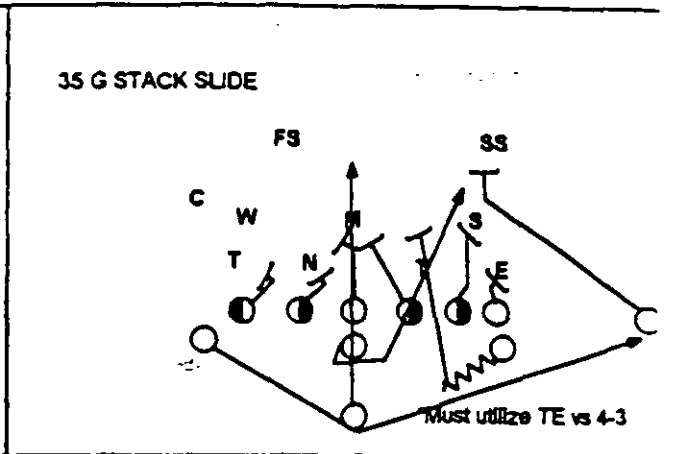
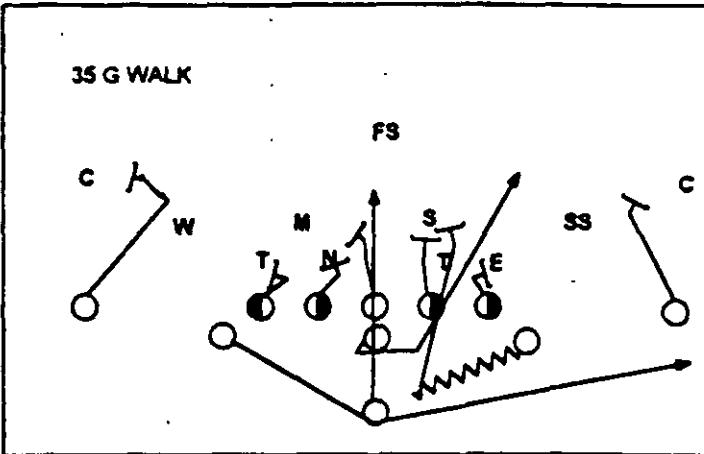


PLAY DESIGN AND PURPOSE

1. To attack hard penetrating defensive fronts.
2. To attack dominate crease defender.
3. To counter against defenses that play 4i's to try to stop the option.
4. Have to utilize TE to run against 4-3.
5. Don't necessarily need lead blocker on LBer vs 4i's if you wanted to utilize Doubles.

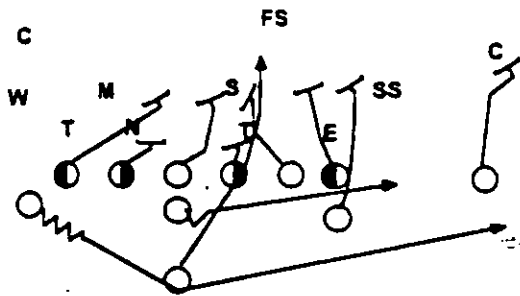
POS	RESPONSIBILITY	COACHING PTS
QB	Step back with backside foot with 8 by 6 inch step and pivot bringing frontside foot hip width from the other. Read "B" gap defender. If disconnect, turn upfield inside PST and follow block of PS slot.	No pitch. BS slot carrying out fake to hold "S". vs 4i think give, unless DT closes to take dive. Check play to "B" gap defender.
FB	Run mid-line track up "crack" of the center. Read block of guard on LBer, normally slide playside. vs 0 nose, read block of center on nose.	if play is called to "A" gap defender vs 4-3, FB must slide around "A" gap defender and block MLBer.
PS SL	Rev motion and "iso" PSLB vs 2 LBers and Middle LBer vs 3. Blow up playside thigh of LBer.	if LBer takes dive vs 2 LBers, look to pick up "S" to FS. vs 3 LBers, look to pick up PSLBer to safety. Don't use Rev motion if LBer is up in "B" gap blitz.
BS SL	No short motion. Carry out pitch fake full speed to hold "S".	if getting hard pressure off backside by walked up LB, block inside # defender on stunt instead of going to pitch relationship.
PS WR	vs 1 safety - inside stalk corners vs 2 safeties - straight to cut safeties	
BS WR	same	
PST	Fan "C" gap defender to "SS"	vs 4-3 - step to hinge DE. If DE does not slant inside, release to playside LB. vs 7 Tech, he's yours and TE goes to PSLBer.
PSG	Inside release to PSLB vs 2 LBer's and Middle LB vs 3 LBers.	
C	Drive a 0 or shade. Slip a backside shade Uncovered - secure BS "A" gap to BSLBer.	
BSG	Covered - Drive inside # Uncovered - "Slip" backside shade	
BST	Covered - drive inside # Uncovered - take best path to BSLB	Be ready to cut off "B" gap defender if BSLB walks up in "B" gap. Let 5 tech go and drive cut-off.
TE	Playside - Fan "D" gap defender to "SS". Backside - Drive inside #	

PLAY - MID - LINE OPTION

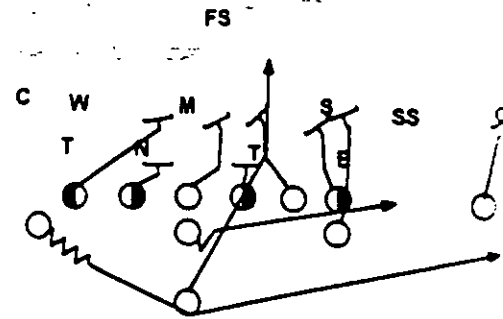


PLAY - OUTSIDE VEER

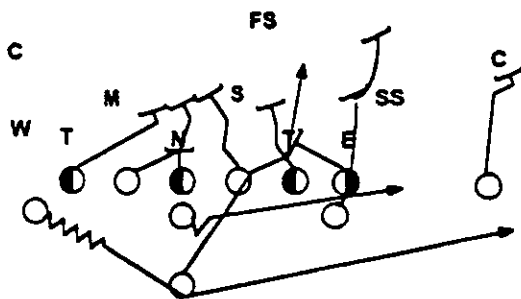
35 G WALK



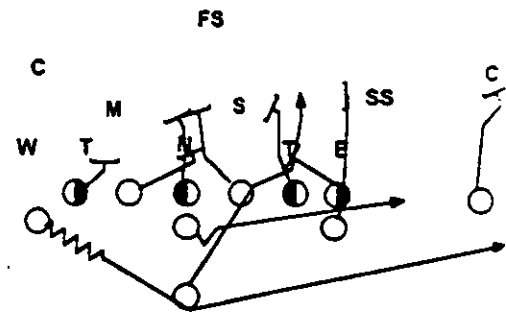
35 G STACK SLIDE



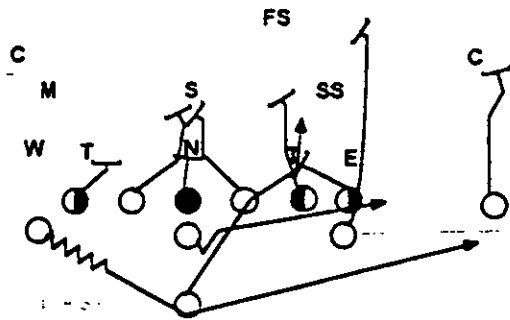
45 WALK



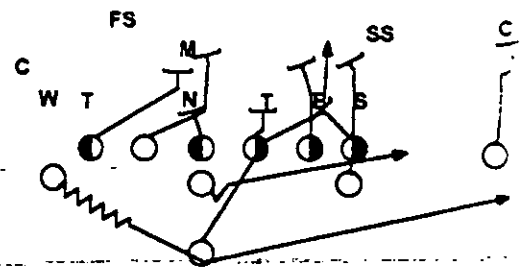
44 L



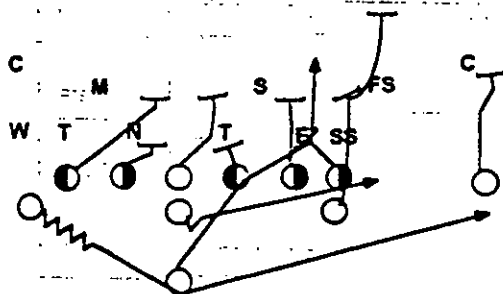
44 L STACK



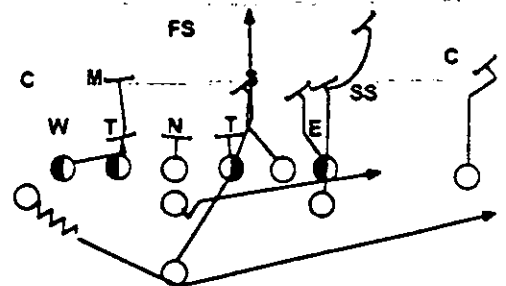
35 STACK SLIDE DBL REDUCTION

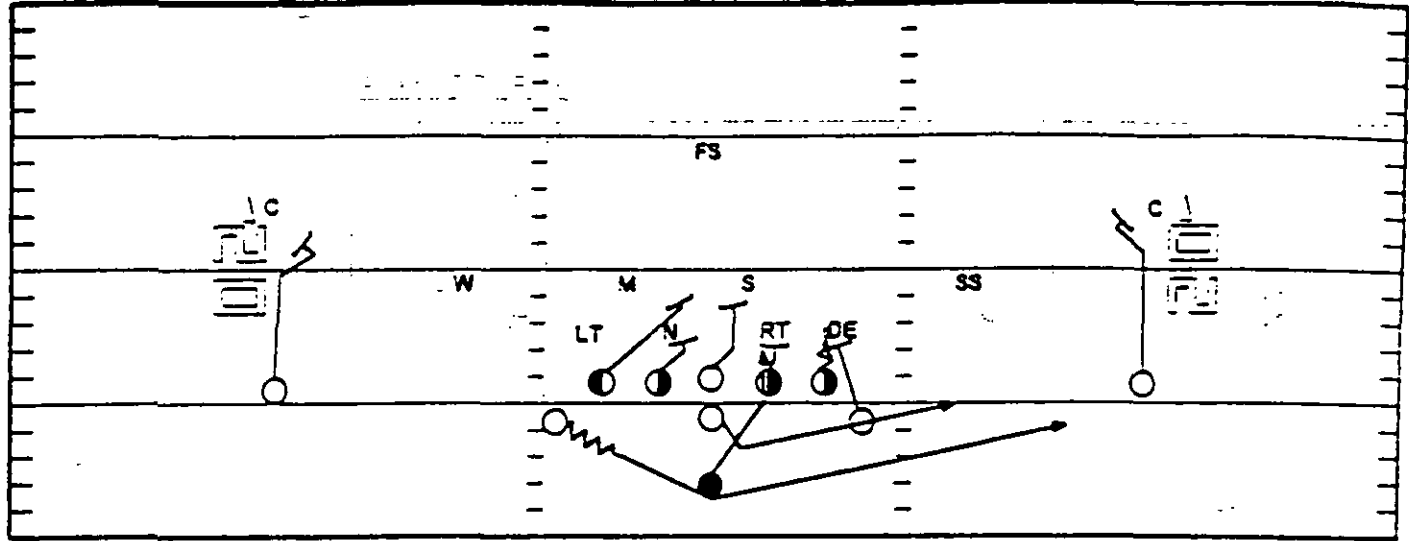


25 GL



33





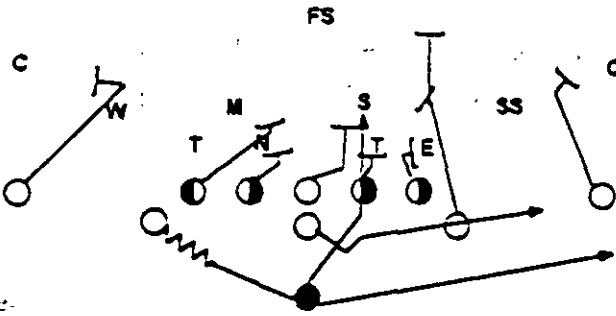
PLAY DESIGN AND PURPOSE

1. To attack fast flowing PSLB or nose who is overplaying the crease on veer.
2. Like to run to 50 when 4 or 4i is taking dive and "Q" going straight to QB. FB will read the block of the PST on the 4 tech.

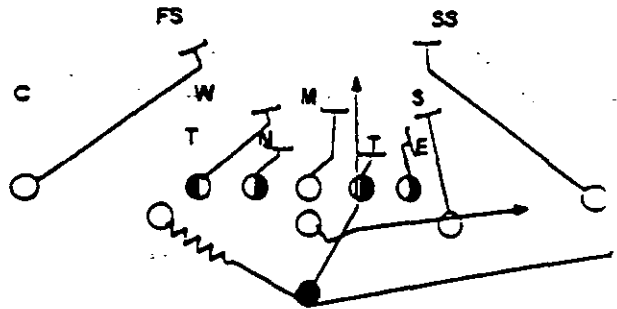
POS	RESPONSIBILITY	COACHING PTS
QB	Open slightly deeper than veer and give ball to FB. Carry out option fake to "S".	Make fake pitch to slot.
FB	Read block of 1st down covered OL from 0 nose - out. VS 50 read block of PST	
PS SL	Load inside leg of "Q". If there is a fuqua seal PSLB to safety.	
BS SL	Short motion and carry out pitch fake with QB.	Throw hands up as if to catch pitch when QB carries out pitch fake.
PS WR	Inside stalk corner vs 1 safety. Go straight to safety vs 2 safeties.	
BS WR	Inside stalk corner vs 1 safety Go straight to safety vs 2 safeties	
PST	Rip drive.	Must make it look like veer to make LB scrape.
PSG	Covered - drive Uncovered - zone step to LBer	Get movement on 4i
C	Covered (1 Tech) - Drive Covered (0 & backside shade) - scoop Uncovered - Zone step to LBer	Get movement on 2i
BSG	Scoop	
BST	Scoop	
TE	Playside - Drive Backside - scoop	

PLAY - ZONE DIVE

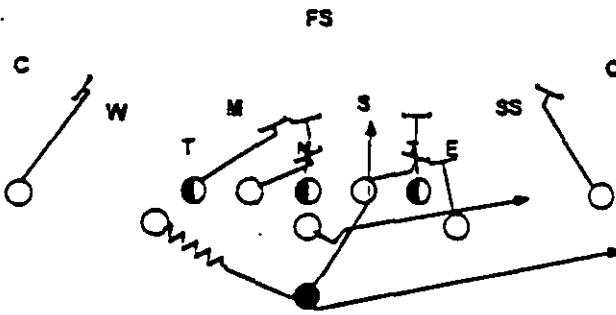
35 G WALK



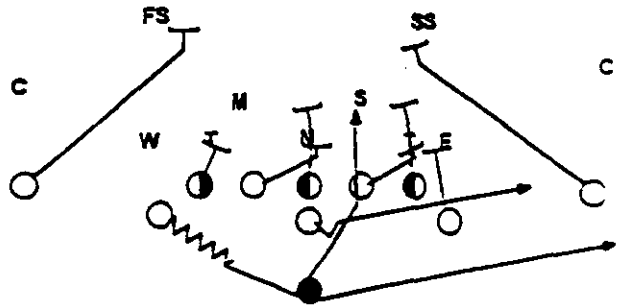
35 G STACK SLIDE



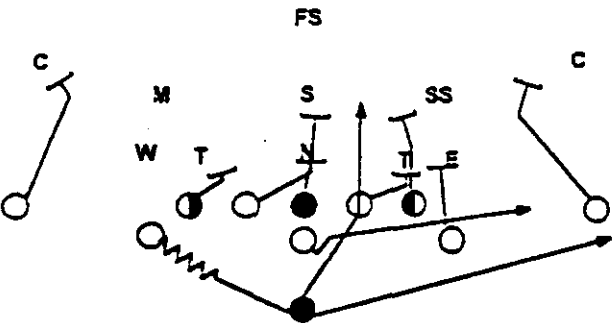
45 WALK



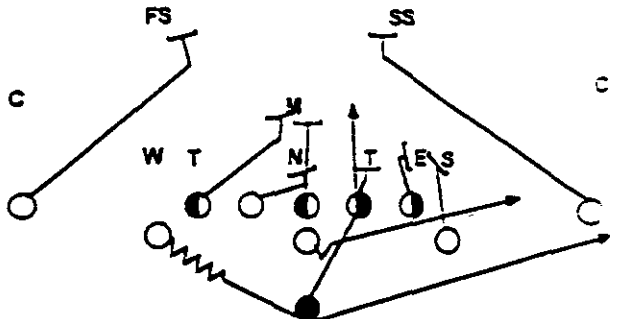
44 L



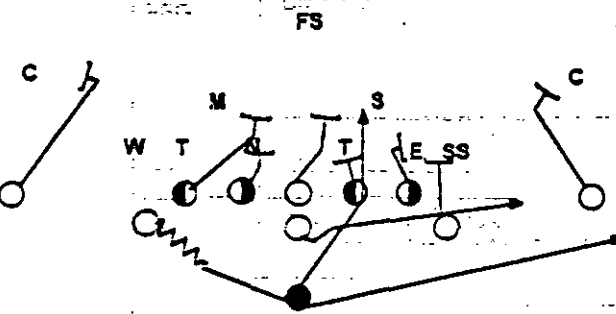
44 L STACK



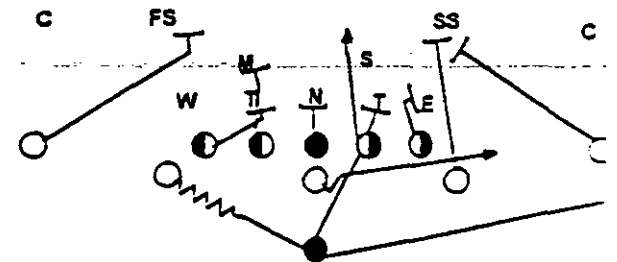
35 STACK SLIDE DBL REDUCTION

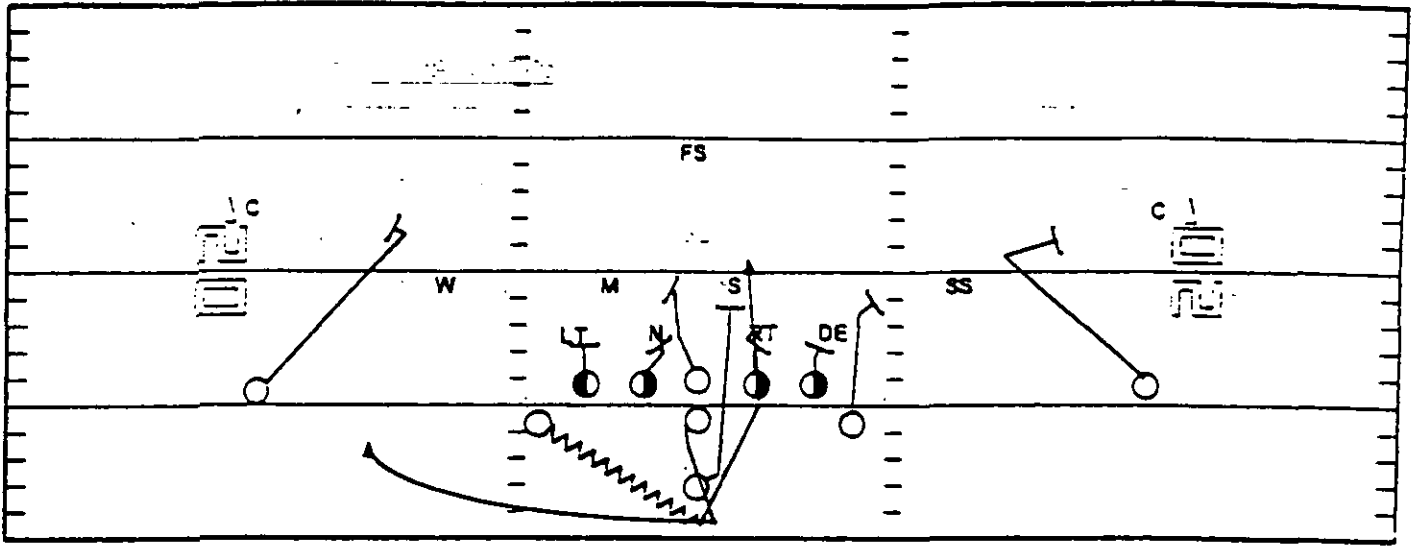


25 GL



33





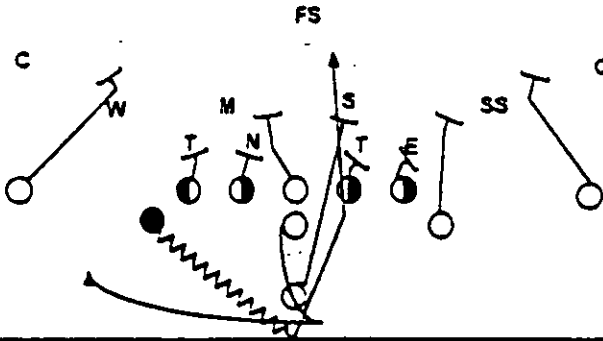
PLAY DESIGN AND PURPOSE

1. Downhill lead blocking play reading the block of the 1st down covered lineman from guard - out.
2. Slot will motion back to the T.

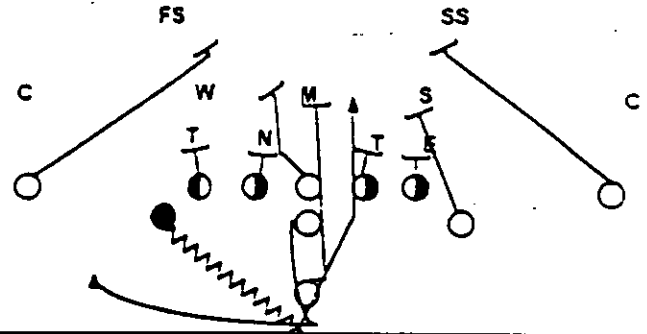
POS	RESPONSIBILITY	COACHING PTS
QB	Reverse out and get football to slot as deep as possible and boot out in opposite direction.	Hold hands as if you were ready to throw as you are running.
FB	Slide step and iso PSLB vs 2 LBers and Middle vs 3 LBers	
PS SL	vs 2 LBers block inside # of "S". vs 3 LBers, block inside # of PSLB.	
BS SL	Short motion back to the T, get shoulders and feet turned downhill before snap. Read block of 1st cov lineman from guard out.	
PS WR	Inside run rules	
BS WR	Inside run rules	
PST	Fan - 2nd down lineman	
PSG	Fan - 1st down lineman. If 1st down lineman is shade - Ace to BSLB Drive # 2L.	
C	Covered by O or shade - Drive. Slip a backside shade. Uncovered - secure backside A gap to BSLB.	
BSG	Covered - Drive inside # Uncovered - slip a shade with center	
3ST	Covered - drive inside # Uncovered - Take best path to BSLB.	
TE	Playside - Fan 3rd down lineman to FS. Backside - Drive inside #.	

PLAY - ISOLATION

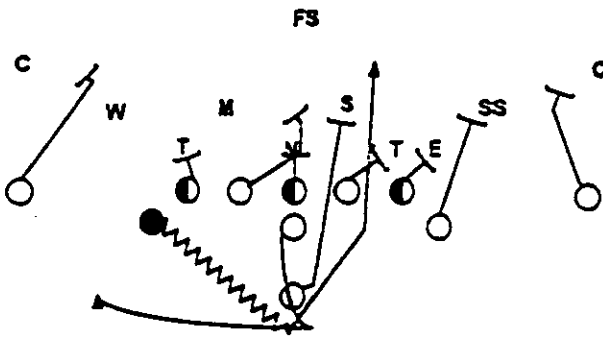
35 G WALK



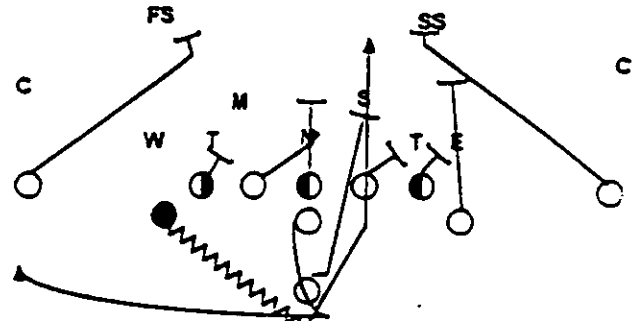
35 G STACK SLIDE



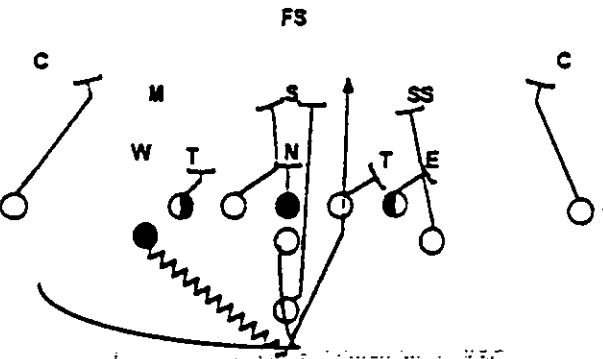
45 WALK



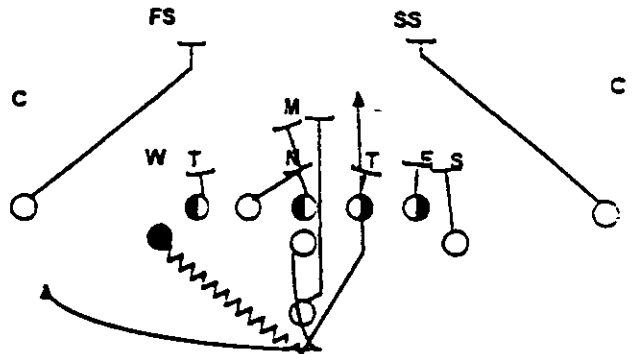
44 L



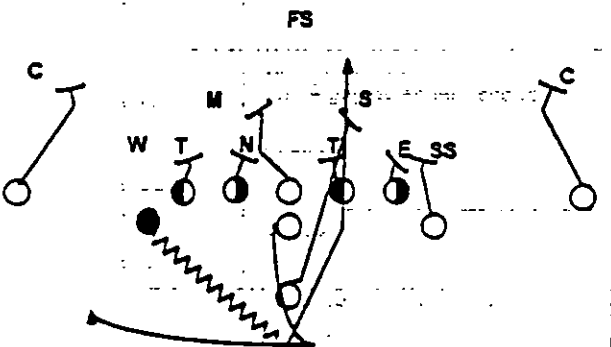
44 L STACK



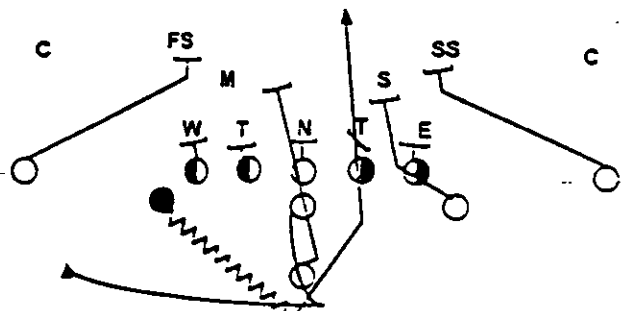
35 STACK SLIDE DBL REDUCTION



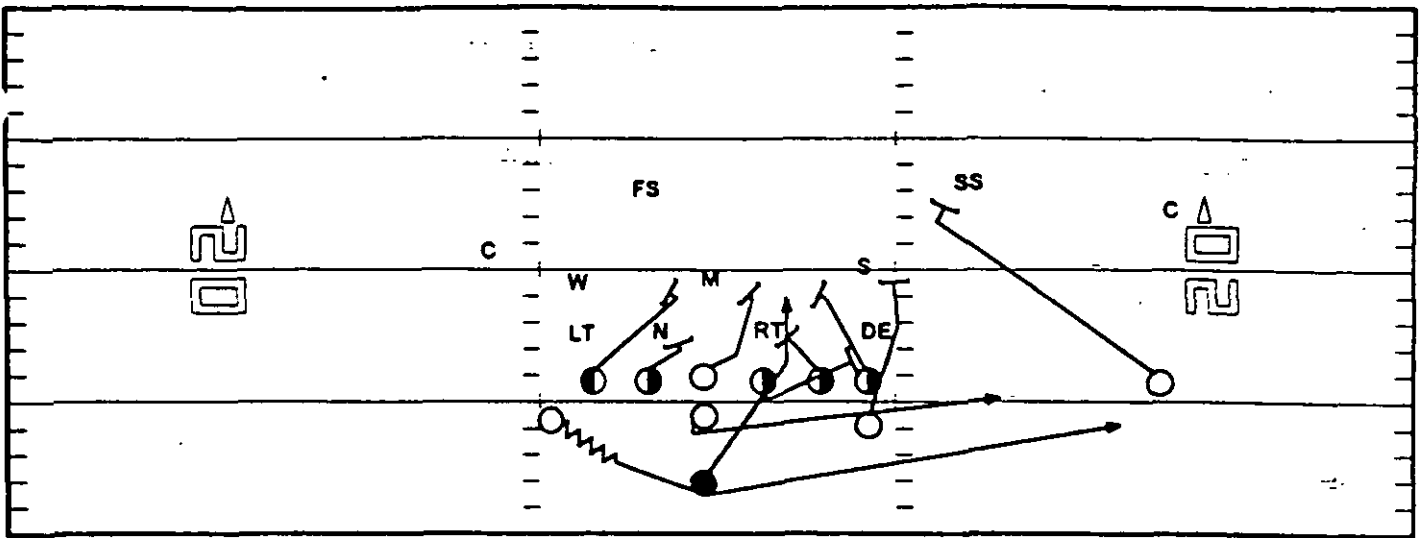
25 GL



33



PLAY - BELLY DIVE



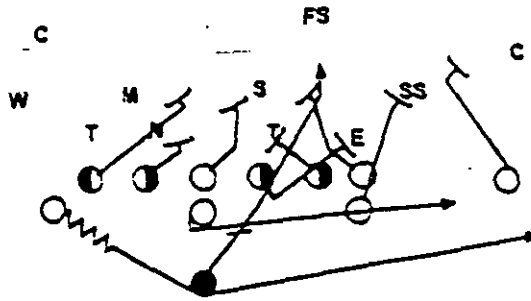
PLAY DESIGN AND PURPOSE

1. Good play vs 4-3 to attack 3 and 8 tech.

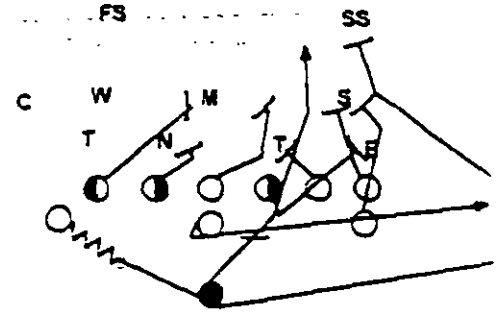
POS	RESPONSIBILITY	COACHING PTS
QB	Reverse out and give ball to FB. Carry fake out with BS Slot.	
FB	Run crease and block PST's down block and square up the LOS.	If you hug it tite enough, the LBer will over scrape.
PS SL	vs 2 LBers - block inside out on "S". vs 3 LBers - load playside LBer	
BS SL	Short motion and carry fake out with QB.	
PS WR	vs 1 safety - inside stalk corners. vs 2 safeties - go straight to safeties. Cut them.	
BS WR	same	
PST	"Choke" defender on PSG. If PSG is uncovered - "Trey" with TE	
PSG	Pull to kick out 1st defender off TE	
C	Secure frontside A gap. If no A gap defender - scoop	
BSG	Scoop	
BST	Scoop	
TE	Playside - Drive C gap area. If no C gap defender, release for PSLB to MLB. Backside - Scoop	

PLAY - BELLY DIVE

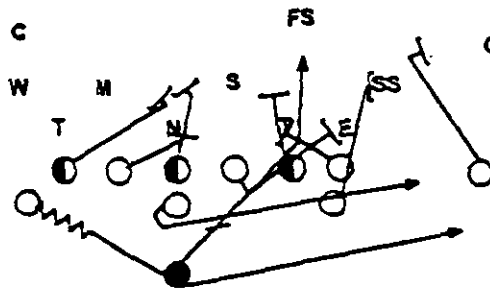
35 G WALK



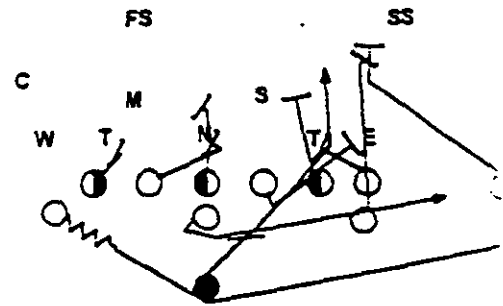
35 G STACK SLIDE



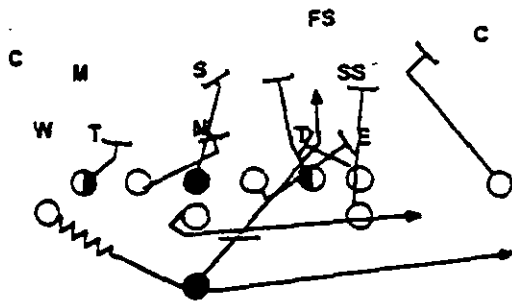
45 WALK



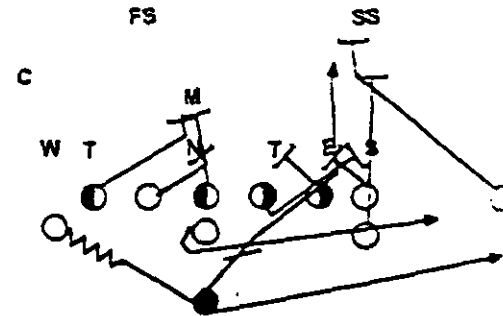
44 L



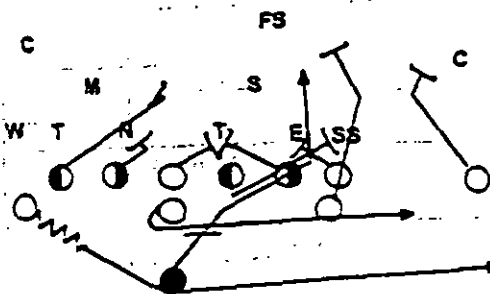
44 L STACK



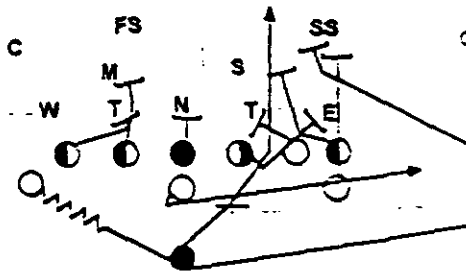
35 STACK SLIDE DBL REDUCTION

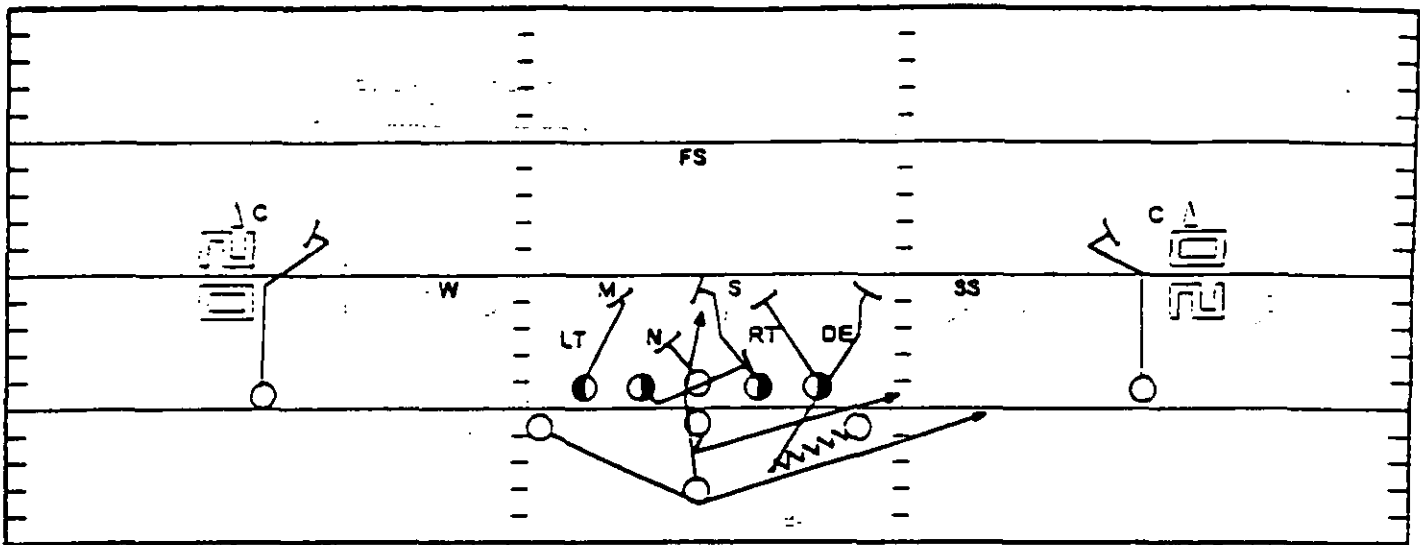


25 GL



33





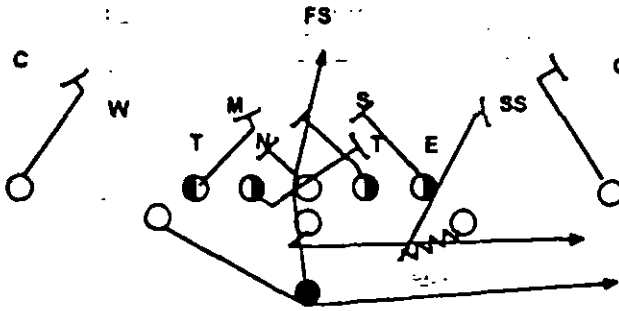
PLAY DESIGN AND PURPOSE

1. To attack hard penetrating defensive fronts.
2. To attack dominate crease defender.

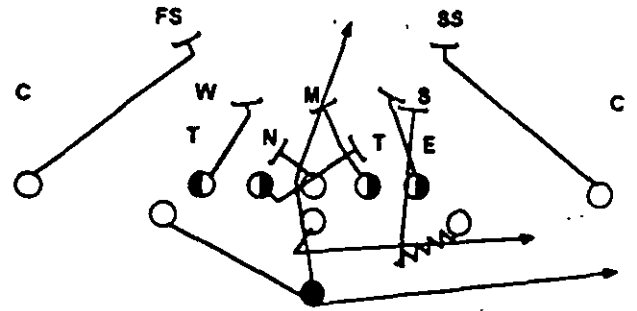
POS	RESPONSIBILITY	COACHING PTS
QB	Open at 6 o'clock away from the play and give ball to FB not restricting running lane. Pivot and carry out option fake playside.	
FB	Take crossover step at the backside foot of the center.	
PS SL	Rev motion and block inside leg of "S" vs 2 LBers and inside leg of PSLBer vs 3 LBers.	
BS SL	No short motion and carry out pitch fake with QB.	
PS WR	vs 1 safety - inside stalk corners. vs 2 safeties - go straight to cut safeties.	
BS WR	same	
PST	Rip to PSLBer	
PSG	Rip to BSLBer vs 2 LBer's and Middle vs 3 LBer's vs "A" gap defender influence and block next down lineman.	
C	Block backside "A" gap defender	
BSG	Pull and kick out 1st man on to outside playside guard.	
BST	Rip to BSLBer.	
TE	Playside - Release outside to FS	If "ICE" call, rip to inside thigh of PSLB

PLAY - FB TRAP

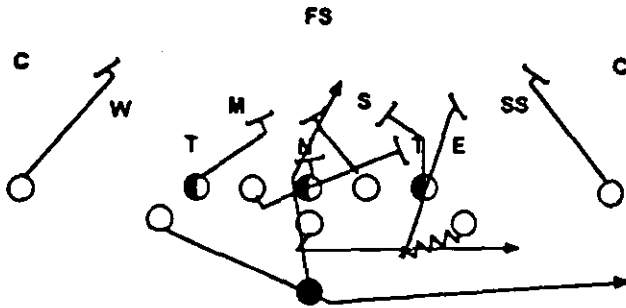
35 G WALK



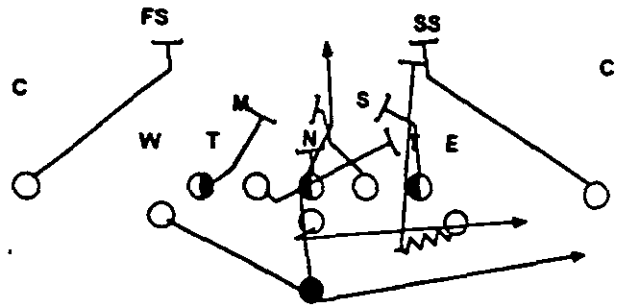
35 G STACK SLIDE



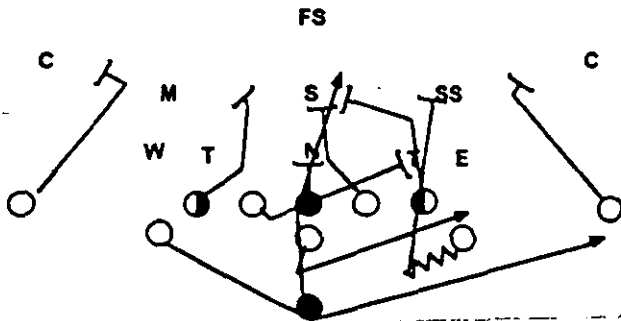
45 WALK



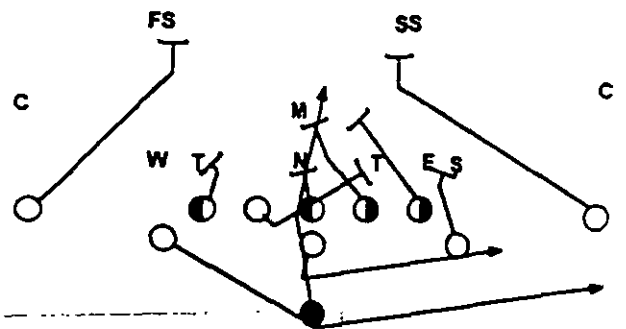
44 L



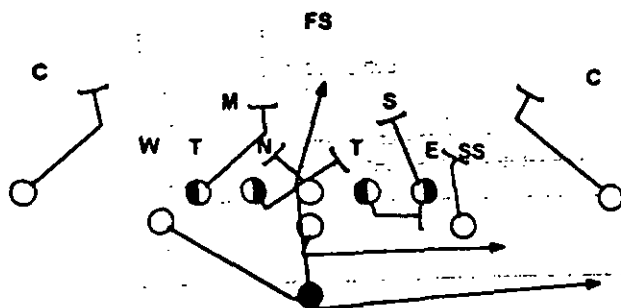
44 L STACK



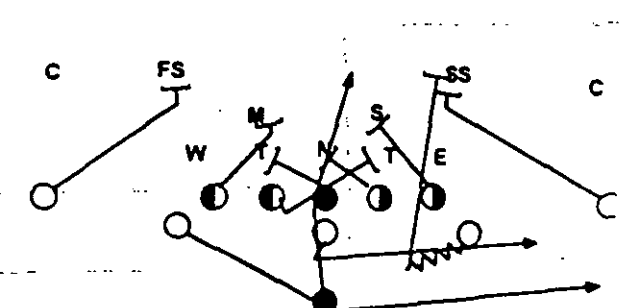
35 STACK SLIDE DBL REDUCTION



25 G L

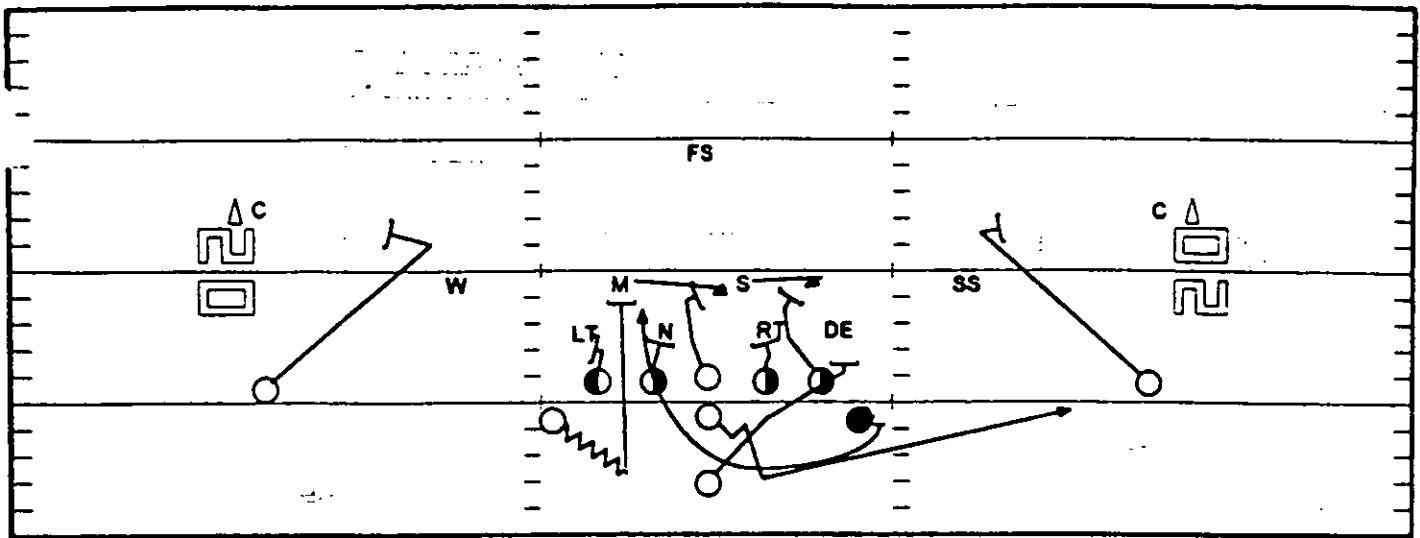


33



*Influence A Gap Def

PLAY - COUNTER ISQ



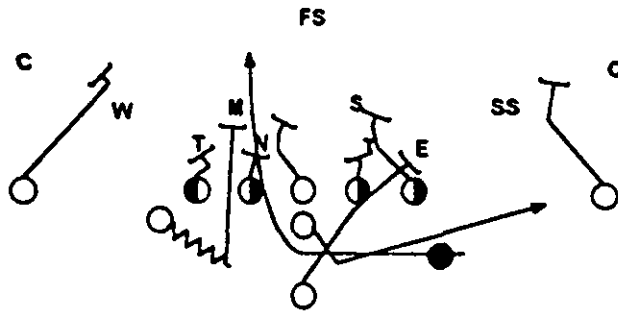
PLAY DESIGN AND PURPOSE

1. Misdirection play to attack fast flow backside LBers.

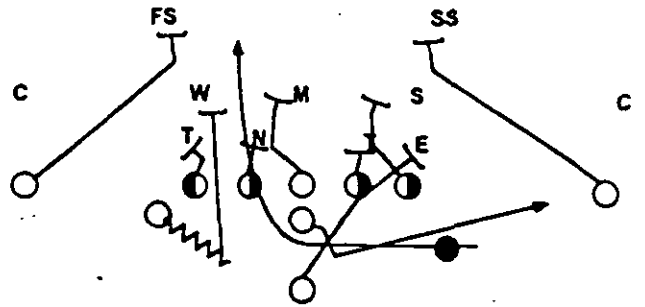
POS	RESPONSIBILITY	COACHING PTS
QB	Open and 1/2 ride FB and give ball to slot running behind you. Carry out option fake.	Click heels together to keep from restricting running lane of slot.
FB	2 steps on crease, make big window, and load 1st man on to outside of PST.	
PS SL	Jab step playside and run behind QB for football squaring up A gap.	
BS SL	Rev motion and plant, cutting sharply to iso 1st LB head up guard to outside.	Don't slow down in the hole. No LB go to safety.
PS WR	Inside run rules	
BS WR	Inside run rules	
PST	No B gap defender - Rip to PSLB, let him cross your face and pin him. B gap defender - Duece with guard to PSLB, let him cross, and pin him.	
PSG	No A gap defender - Ace with center to MLB to BSLB A gap defender - Drive	
C	Cov - Drive Uncov - Zone step to LBer and pin him	
BSG	Drive A Gap Defender Hinge Drive a B gap defender.	
BST	Hinge Drive C gap defender.	
TE	Playside - Base Backside - Hinge drive D gap defender.	

PLAY - COUNTER ISO

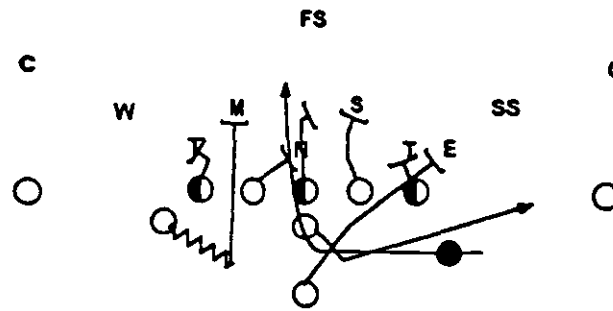
35 G WALK



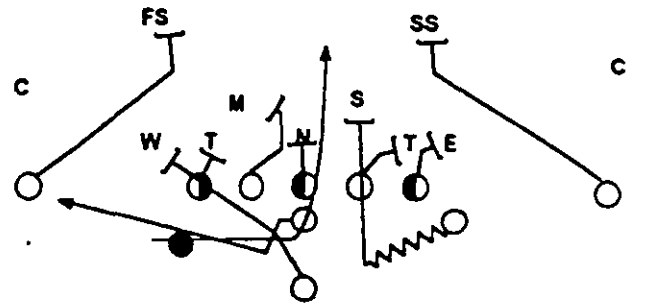
35 G STACK SLIDE



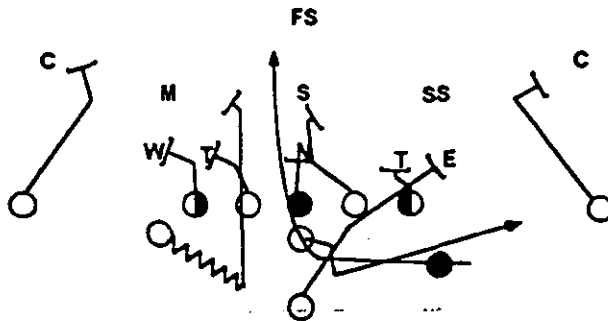
45 WALK



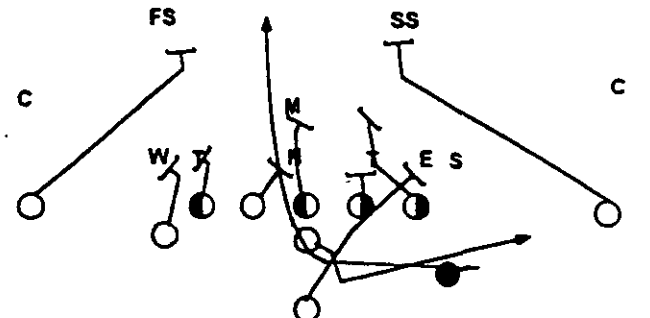
44 L



44 L STACK

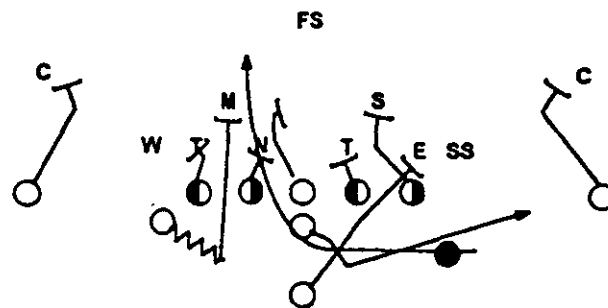


35 STACK SLIDE DBL REDUCTION

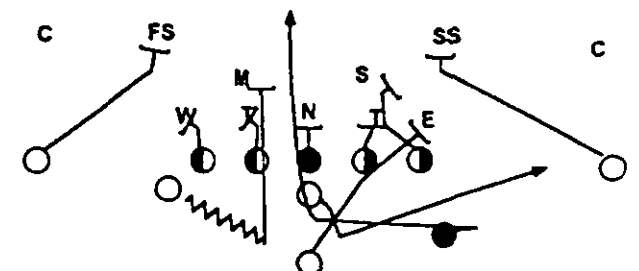


*If Stack backer walks up on LOS, no Rev Motion.

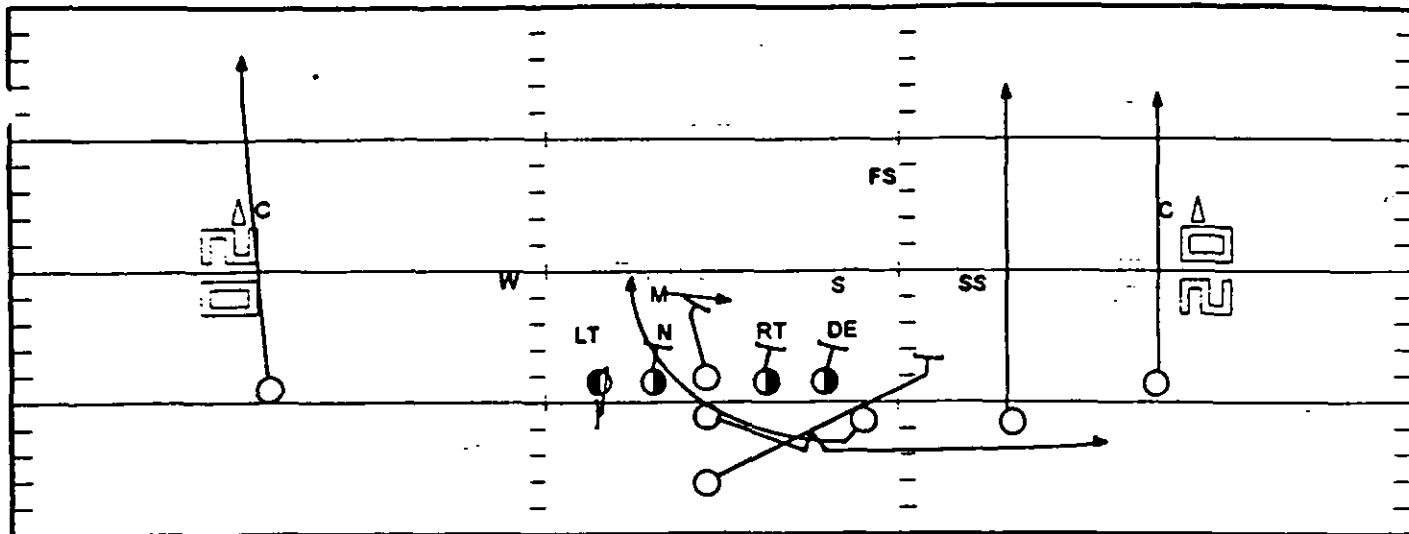
25 G L



33



PLAY - SPRINT DRAW

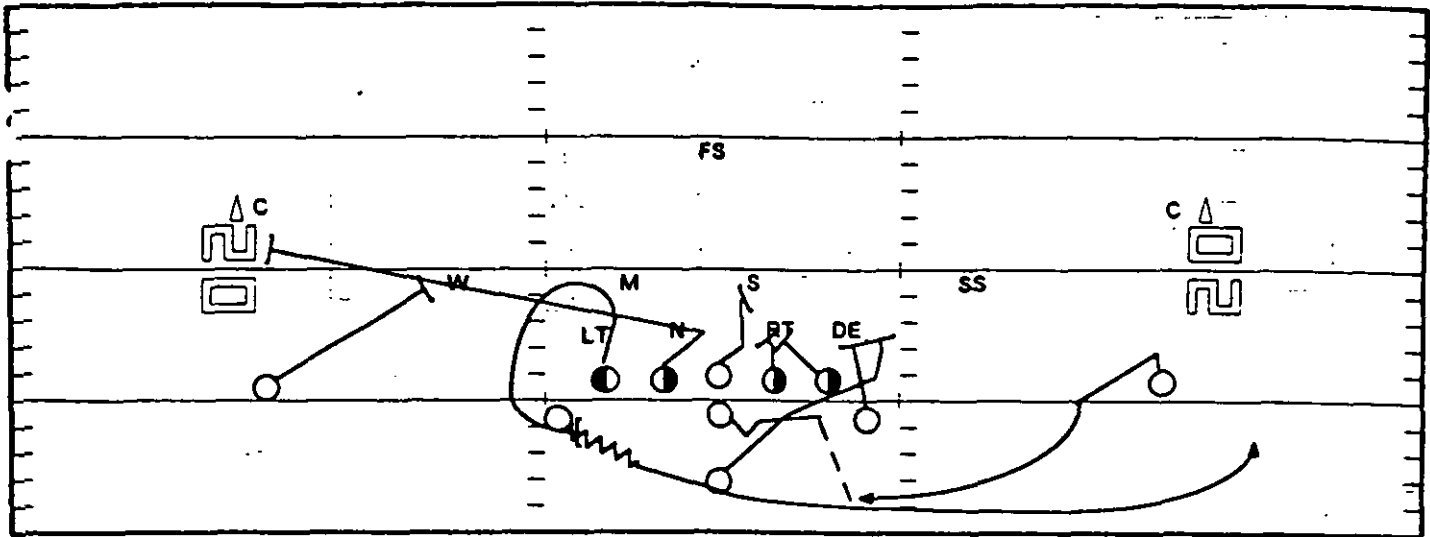


PLAY DESIGN AND PURPOSE

1. Misdirection play to take advantage of over pursuit by defense vs sprint out.

POS	RESPONSIBILITY	COACHING PTS
QB	Sprint out playside giving ball to slot coming in front of you. Continue outside selling sprintout.	
FB	Run off of PS slots hip looking for 1st thing outside PST's hip.	
PS SL	Drop step and come in front of QB for football.	Be low and hit it hard.
BS SL		
PS WR	Run off	
BS WR	Fade.	Push at outside shoulder to run off corner.
PST	Same as Counter Iso	
PSG	Same as Counter Iso	
C	Same as Counter Iso	
BSG	Same as Counter Iso	
BST	Same as Counter Iso	
TE	Same as Counter Iso	

PLAY - SE REVERSE

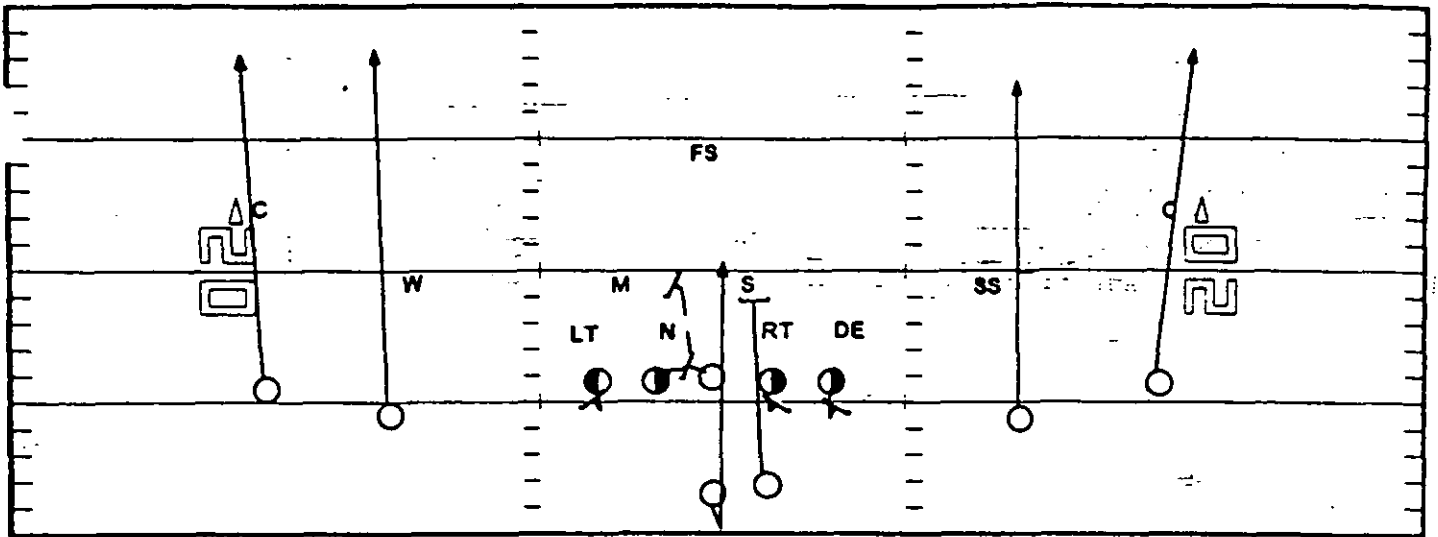


PLAY DESIGN AND PURPOSE

1. To attack hard trailing defensive end.
- 2.. To attack over pursuit of defense.

POS	RESPONSIBILITY	COACHING PTS
QB	Open and 1/2 ride FB and carry ball to inside foot of tackle. Pitch ball to X coming under Slot.	
FB	2 steps on crease and load F. If fuqua, look for PSLB. (12 Pro)	
PS SL	Load Q	
BS SL	Pitch relationship. Run deeper, behind X and throw hands to catch ball when QB pitches to X. Carry fake out down field.	
PS WR	Cut split to 7 yds. Take 1 step down field and come back around to a depth of 7yds behind PST.	
BS WR	Crack H. If H disappears inside, continue on to crack FS.	
PST	12 Pro rules	
PSG	12 Pro rules	
C	12 Pro rules	
BSG	Scoop and pull outside to kick out corner.	
BST	Scoop and peel to crack defensive end.	If end doesn't recognize reverse, don't block behind ball. Get downfield to FS or pursuit.
TE	Playside - Base Backside - Run post at inside shoulder of FS.	

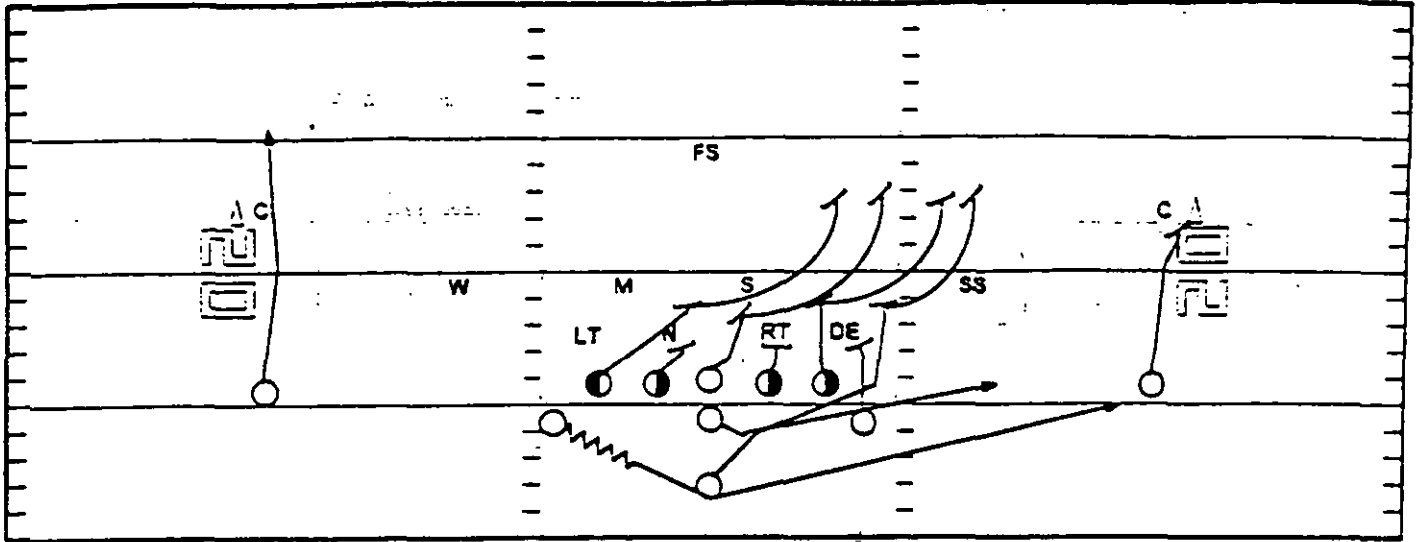
PLAY - QB DRAW



PLAY DESIGN AND PURPOSE

1. Play to take advantage of dropping LBers.
2. Play good against penetrating defenders up front.
3. Sell pass.

POS	RESPONSIBILITY	COACHING PTS
QB	Take 3 short steps after receiving the ball in the shotgun.	
FB	Lead on PSLB vs 2 LBers. Lead on MLB vs 3 LBers.	
PS SL	Run Off. If 3 LBers in box, get under PSLB.	All players running off push at outside # of defenders.
BS SL	Run Off	
PS WR	Run Off	
BS WR	Run Off	
PST	4 Protection	
PSG	4 Protection	
C	4 Protection - combo with backside guard to BSLB vs 2 or 3 LBers.	
BSG	4 Protection - combo with center to BSLB vs 2 or 3 LBers	
BST	3 Protection	
TE		



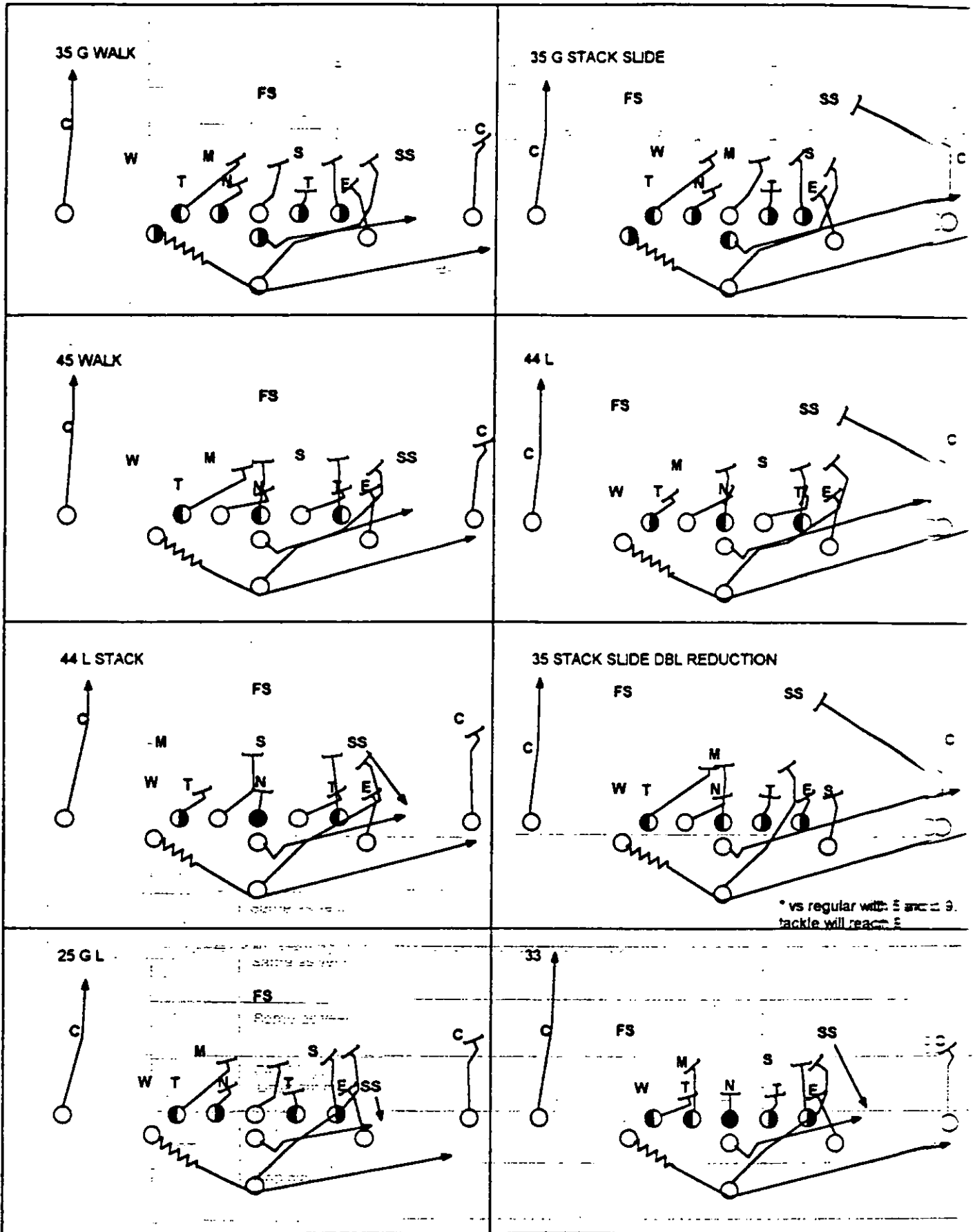
PLAY DESIGN AND PURPOSE

1. To attack hard "Q" who is either on Mesh charge or is QB player.
2. It is way to get the ball to the perimeter faster.
3. Players must be able to recognize defenders.
4. Like best against 8 man front or 4-3 when end is QB player.
5. Hard to load wide "Q".

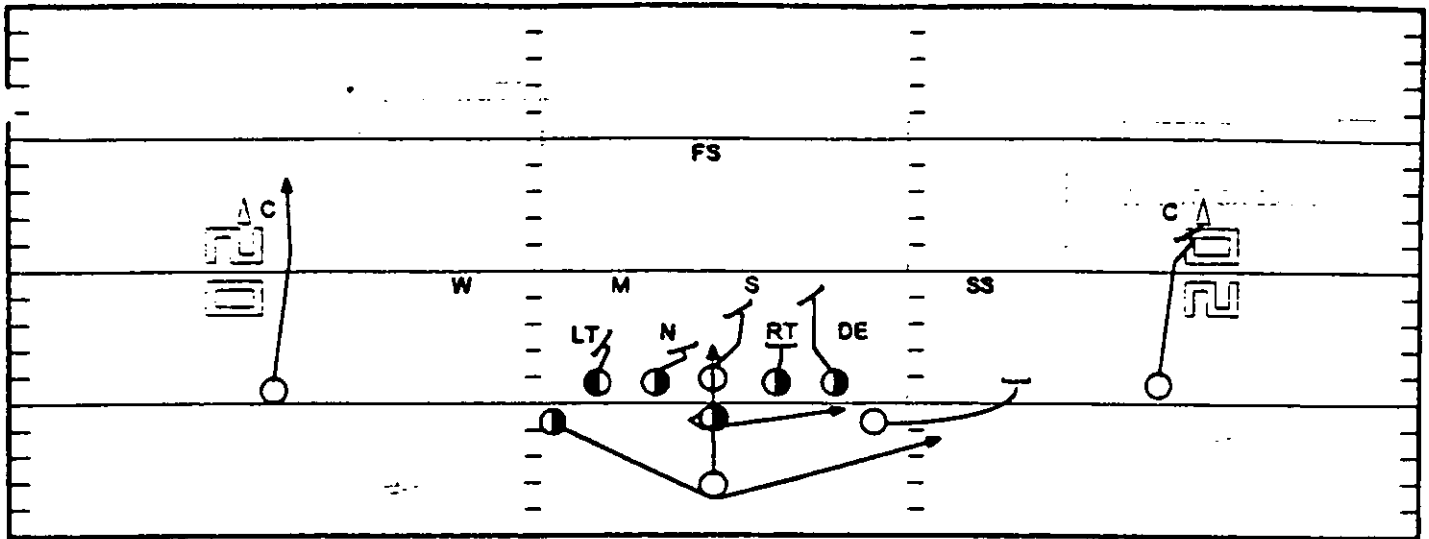
NOAH - alerts WB to arc "S" instead of loading "Q". The QB will now pitch off of "Q". Everyone else's rules are the same.

POS	RESPONSIBILITY	COACHING PTS
QB	Open 4 or 8 o'clock, show ball with 1/2 ride and sprint to option off of "S". Attack outside #.	Always get pre-snap read of "S" to alert yourself of possible quick pitch.
FB	2 steps on the crease and wrap for PSLB (1st LBer head up the guard to outside). LBer is up in the LOS, the tackle will get him, stay on your path and get flat for the safety.	Will wrap outside of WB's load block.
PS SL	Load "Q". Can't allow penetration by "Q".	
BS SL	Short motion and get in 4 & 1 pitch relationship with QB. Must be in relationship quick in case of hard "S".	
PS WR	Run off - Stalk	
BS WR	Fade	
PST	Rip to 1st LBer head up the center - out. Covered by 4i - zone block the 4i with guard to LBer	If guard is covered by 2i, you have 4i by yourself.
PSG	Covered - Drive Uncovered - Ace Bounce to BSLB	No help from tackle on 3 tech.
C	Covered by 1 tech - drive Covered by 0 or backside shade - scoop. Uncovered - Zone step playside to BSLB	
BSG	Scoop	
BST	Scoop	
TE	Backside - Scoop	

PLAY - WB LOAD OPTION



PLAY - MID - LINE ARC DOUBLE OPTION



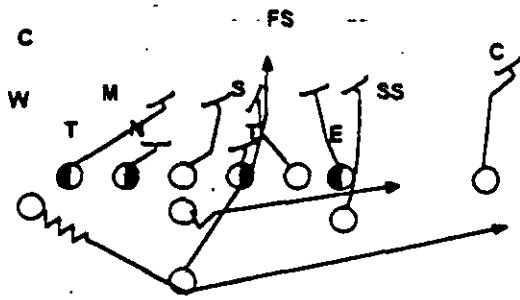
PLAY DESIGN AND PURPOSE

1. To attack LBers who are stepping up making the play on the midline or if they are scrapping so hard that the tackle cannot get them on the veer.
2. OL utilizes same blocking as veer except the backside hinges.
3. Will not run against 4-3 unless it's 4-3 Cov 3 and we run week. Slot will block PSLB.

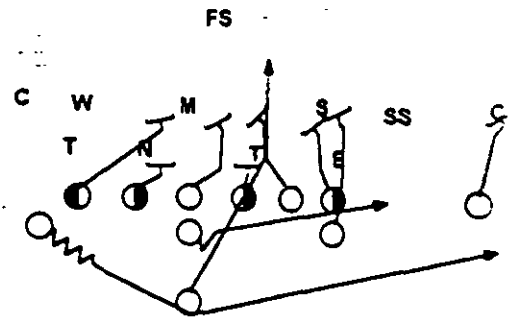
POS	RESPONSIBILITY	COACHING PTS
QB	Step back with 6 by 6 inch step with your backside foot, pivot and bring your playside foot hip width from the other. Automatic disconnect. Sprint down line an dpitch off of "Q".	Make good fake to FB to hold LBers. Be alert for hard "Q".
FB	Run mid - line path and run to be tackled.	Make defense think you have football.
PS SL	Rev motion and arc for "S".	Turn back to the inside on your Rev motion. If "S" is up on the LOS or you think he may be blitzing, no Rev.
BS SL	No short motion. Get in pitch relationship with QB.	Must get in relationship quick in case of hard "Q".
PS WR	Run off - Stalk	
BS WR	Fade	
PST	Same as veer	
PSG	Same as veer	
C	Same as veer	
BSG	Gap hinge Drive cut off 2i	
BST	Gap hinge	
TE	Gap hinge	

PLAY - OUTSIDE VEER

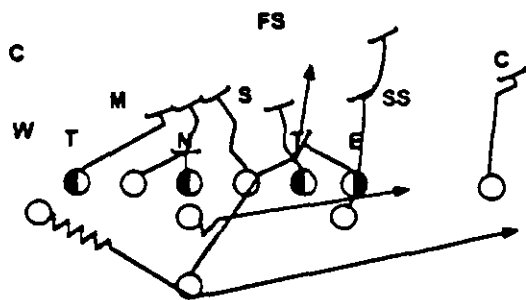
35 G WALK



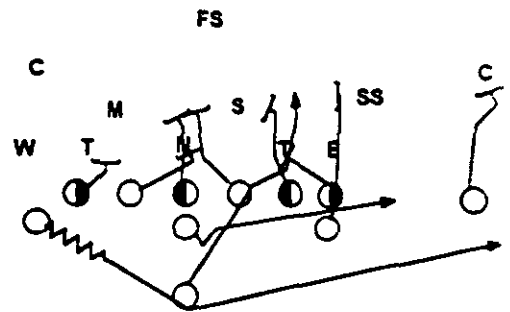
35 G STACK SLIDE



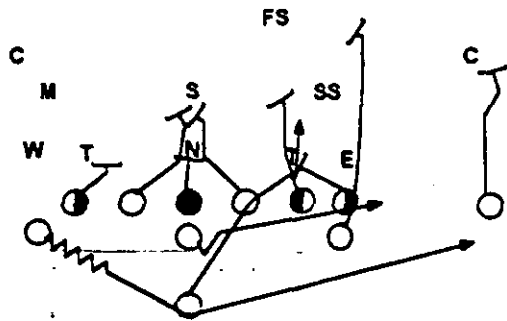
45 WALK



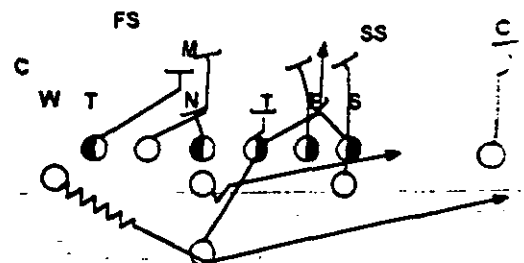
44 L



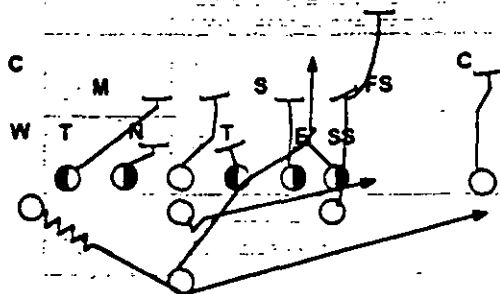
44 L STACK



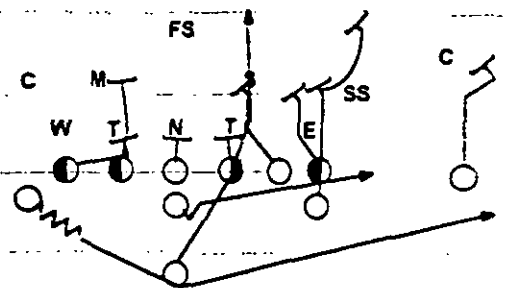
35 STACK SLIDE DBL REDUCTION

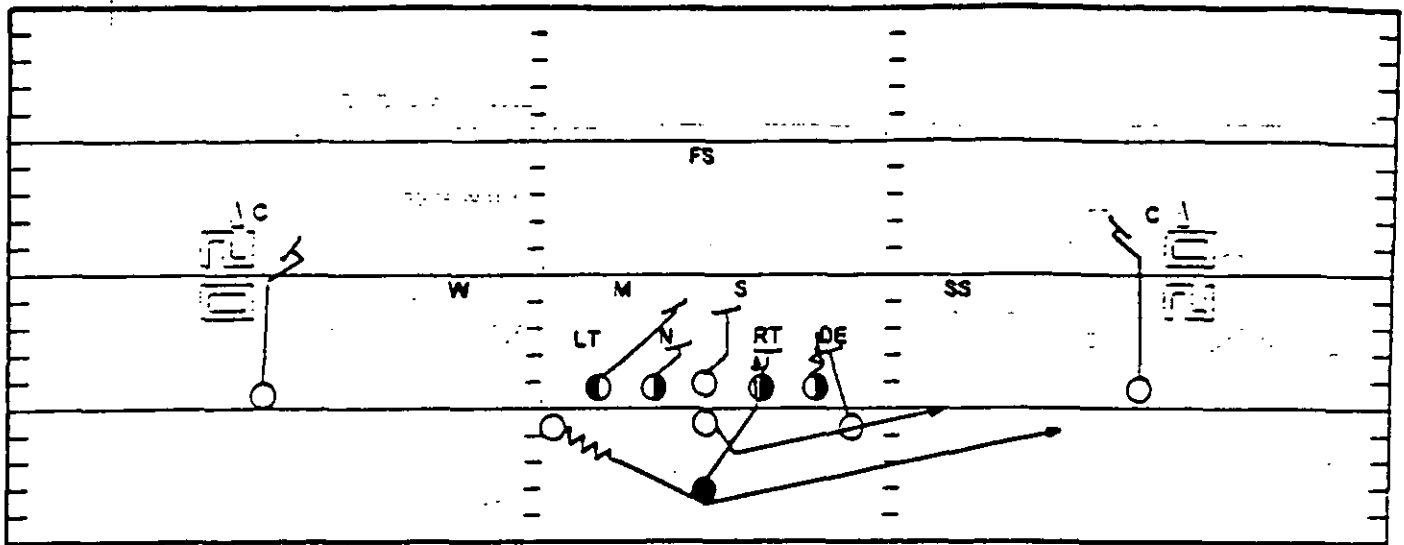


25 G L



33





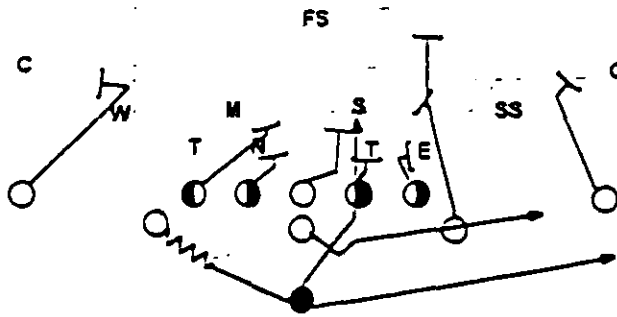
PLAY DESIGN AND PURPOSE

1. To attack fast flowing PSLB or nose who is overplaying the crease on veer.
2. Like to run to 50 when 4 or 4i is taking dive and "Q" going straight to QB. FB will read the block of the PST on the 4 tech.

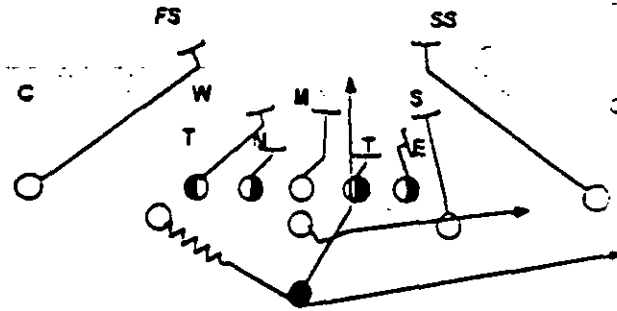
POS	RESPONSIBILITY	COACHING PTS
QB	Open slightly deeper than veer and give ball to FB. Carry out option fake to "S".	Make fake pitch to slot.
FB	Read block of 1st down covered CL from 0 nose - out. VS 50 read block of PST	
PS SL	Load inside leg of "Q". If there is a fuqua seal PSLB to safety.	
BS SL	Short motion and carry out pitch fake with QB.	Throw hands up as if to catch pitch when QB carries out pitch fake.
PS WR	Inside stalk corner vs 1 safety. Go straight to safety vs 2 safeties.	
BS WR	Inside stalk corner vs 1 safety Go straight to safety vs 2 safeties	
PST	Rip drive.	Must make it look like veer to make LB scrape.
PSG	Covered - drive Uncovered - zone step to LBer	Get movement on 4i
C	Covered (1 Tech) - Drive Covered (0 & backside shade) - scoop Uncovered - Zone step to LBer	Get movement on 2i
BSG	Scoop	
BST	Scoop	
TE	Playside - Drive Backside - scoop	

PLAY - ZONE DIVE

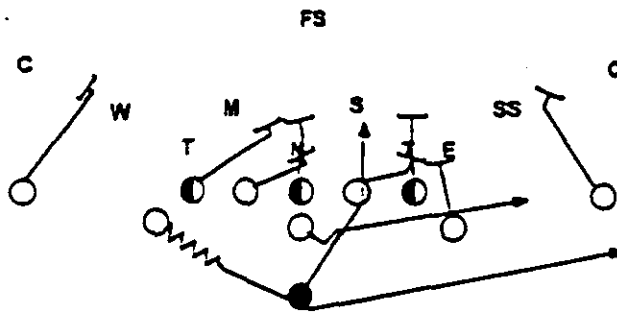
35 G WALK



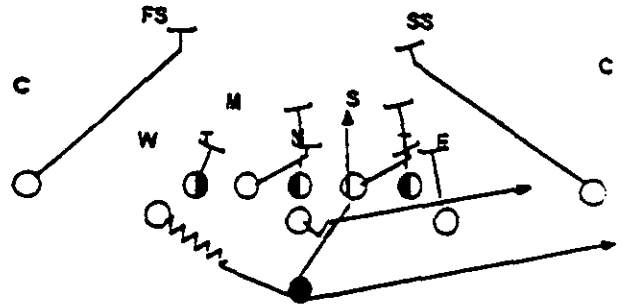
35 G STACK SLIDE



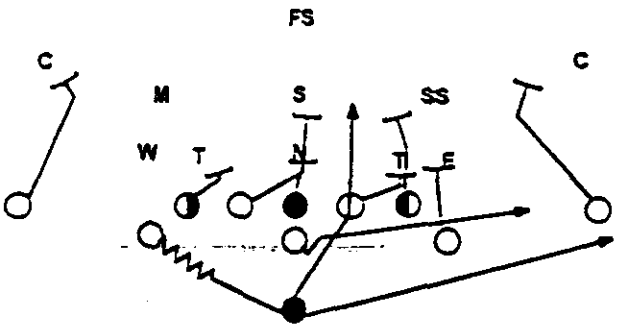
45 WALK



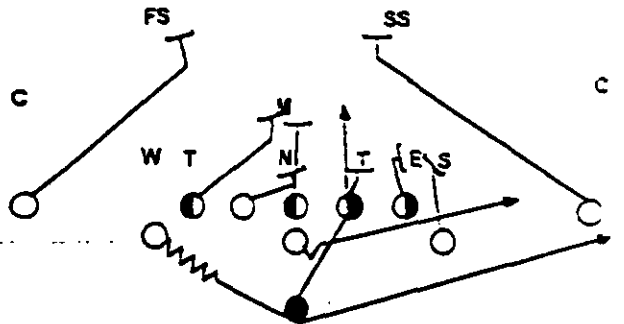
44 L



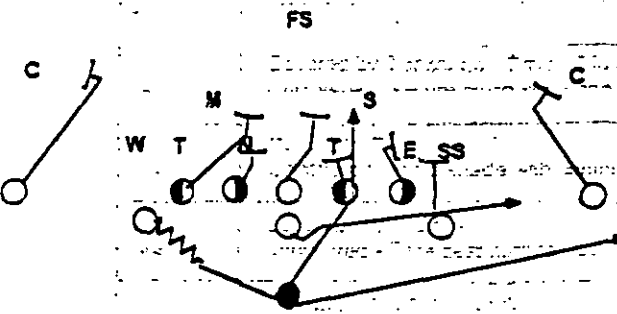
44 L STACK



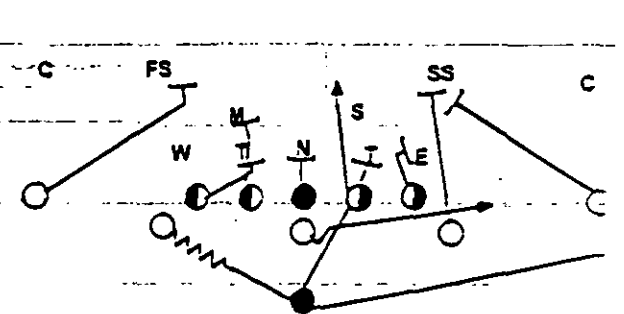
35 STACK SLIDE DBL REDUCTION



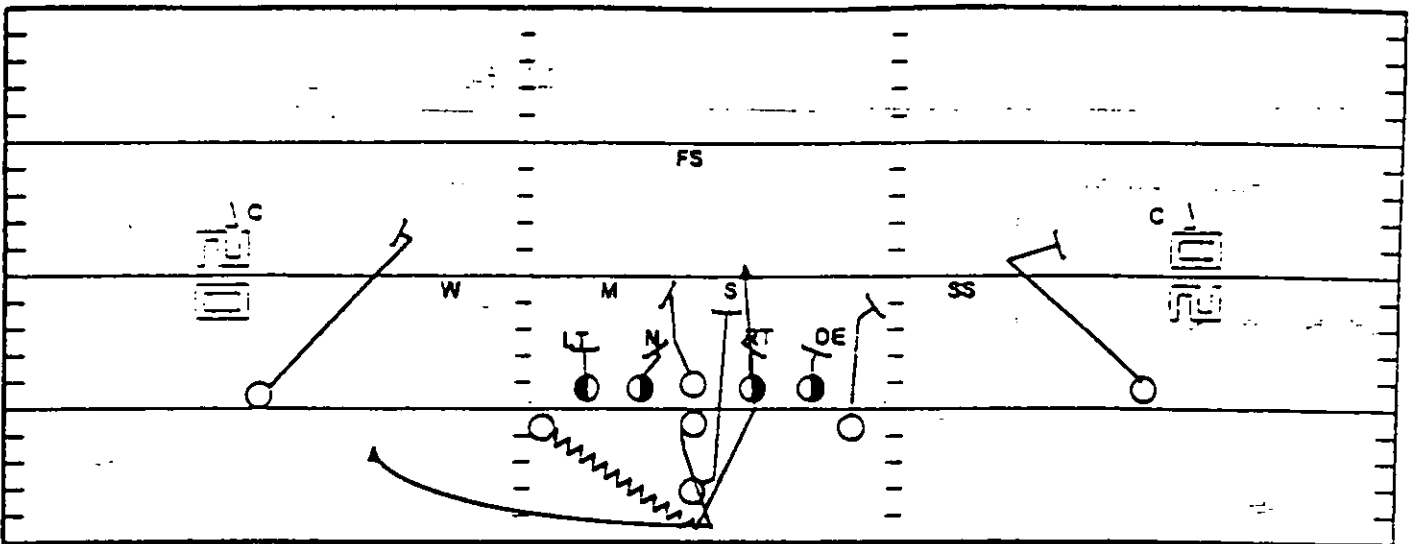
25 G L



33



PLAY - ISOLATION

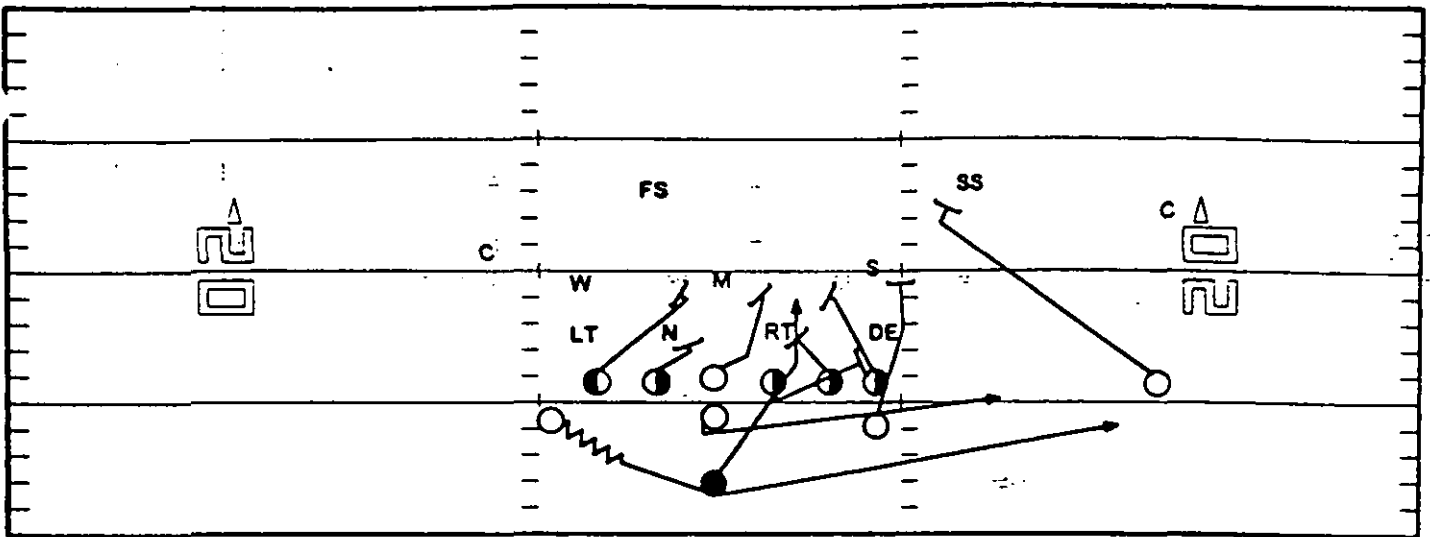


PLAY DESIGN AND PURPOSE

1. Downhill lead blocking play reading the block of the 1st down covered lineman from guard - out
2. Slot will motion back to the T.

POS	RESPONSIBILITY	COACHING PTS
CB	Reverse out and get football to slot as deep as possible and boot out in opposite direction.	Hold hands as if you were ready to throw as you are running.
FB	Slide step and iso PSLB vs 2 LBers and Middle vs 3 LBers	
PS SL	vs 2 LBers block inside # of "S". vs 3 LBers, block inside # of PSLB.	
BS SL	Short motion back to the T, get shoulders and feet turned downhill before snap. Read block of 1st cov lineman from guard out.	
PS WR	Inside run rules	
BS WR	Inside run rules	
PST	Fan - 2nd down lineman	
PSG	Fan - 1st down lineman. If 1st down lineman is shade - Ace to BSLB Drive a 2L.	
C	Covered by 0 or shade - Drive. Slip a backside shade. Uncovered - secure backside A gap to BSLB.	
BSG	Covered - Drive inside # Uncovered - slip a shade with center	
BST	Covered - drive inside # Uncovered - Take best path to BSLB.	
TE	Playside - Fan 3rd down lineman to FS. Backside - Drive inside #.	

PLAY - BELLY DIVE

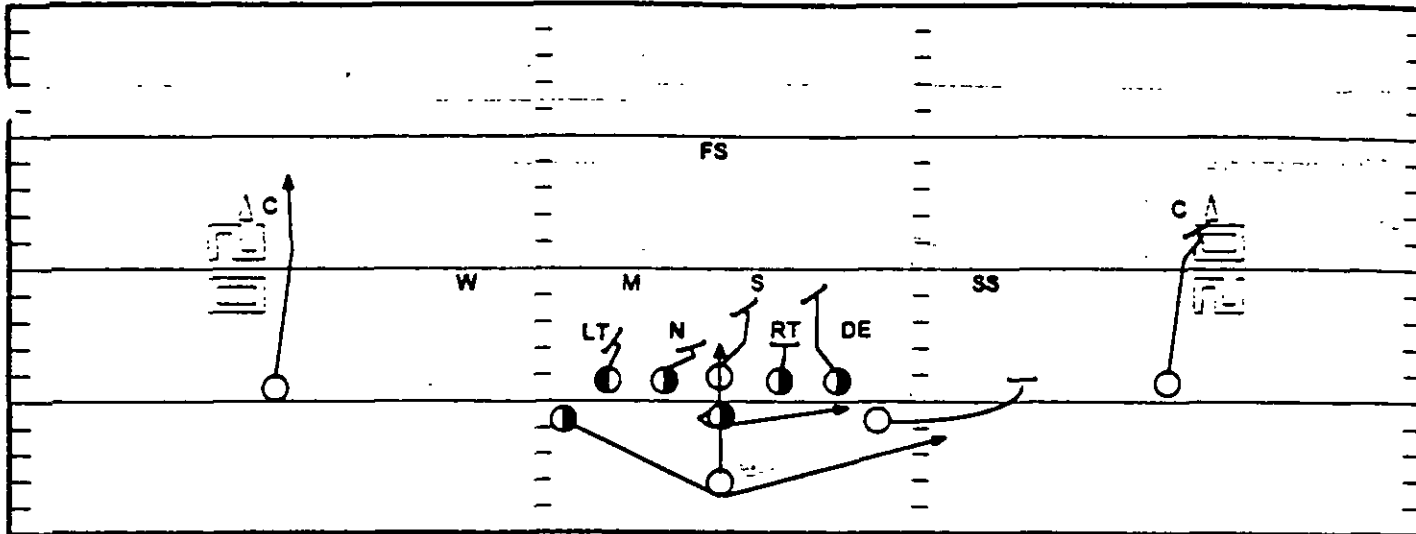


PLAY DESIGN AND PURPOSE

1. Good play vs 4-3 to attack 3 and 9 tech.

POS	RESPONSIBILITY	COACHING PTS
QB	Reverse out and give ball to FB. Carry fake out with BS Slot.	
FB	Run crease and block PST's down block and square up the LOS.	If you hug it tite enough, the LBer will over scrape.
PS SL	vs 2 LBers - block inside out on "S". vs 3 LBers - load playside LBer	
BS SL	Short motion and carry fake out with QB.	
PS WR	vs 1 safety - inside stalk corners. vs 2 safeties - go straight to safeties. Cut them.	
BS WR	same	
PST	"Choke" defender on PSG. If PSG is uncovered - "Trey" with TE	
PSG	Puff to kick out 1st defender off TE	
C	Secure frontside A gap. If no A gap defender - scoop	
BSG	Scoop	
BST	Scoop	
TE	Playside - Drive C gap area. If no C gap defender, release for PSLB to MLB. Backside - Scoop	

PLAY - MID - LINE ARC DOUBLE OPTION



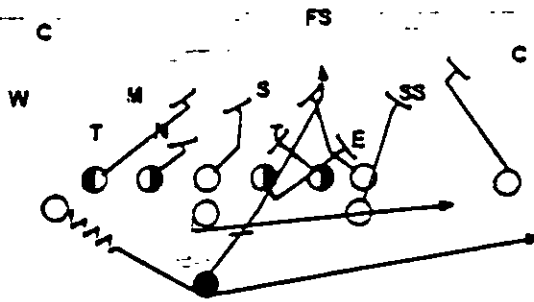
PLAY DESIGN AND PURPOSE

1. To attack LBers who are stepping up making the play on the midline or if they are scrapping so hard that the tackle cannot get them on the veer.
2. OL utilizes same blocking as veer except the backside hinges.
3. Will not run against 4-3 unless it's 4-3 Cov 3 and we run week. Slot will block PSLB.

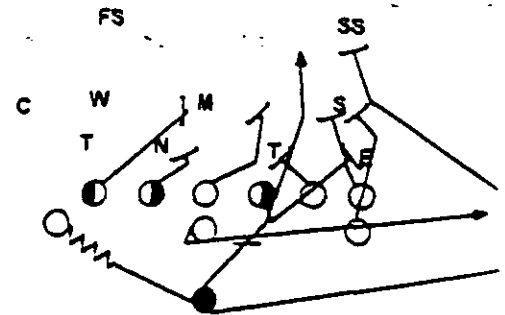
POS	RESPONSIBILITY	COACHING PTS
QB	Step back with 6 by 6 inch step with your backside foot, pivot and bring your playside foot hip width from the other. Automatic disconnect. Sprint down line an dpitch off of "Q".	Make good fake to FB to hold LBers. Be alert for hard "Q".
FB	Run mid - line path and run to be tackled.	Make defense think you have football.
PS SL	Rev motion and arc for "S".	Turn back to the inside on your Rev motion. If "S" is up on the LOS or you think he may be blitzing, no Rev.
BS SL	No short motion. Get in pitch relationship with QB.	Must get in relationship quick in case of hard "Q".
PS WR	Run off - Stalk	
BS WR	Fade	
PST	Same as veer	
PSG	Same as veer	
C	Same as veer	
BSG	Gap hinge Drive cut off 2i	
BST	Gap hinge	
TE	Gap hinge	

RELAY - BELLY DIVE

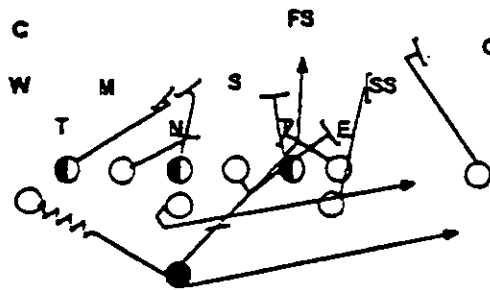
35 G WALK



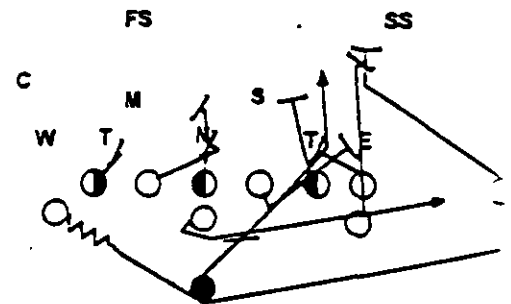
35 G STACK SLIDE



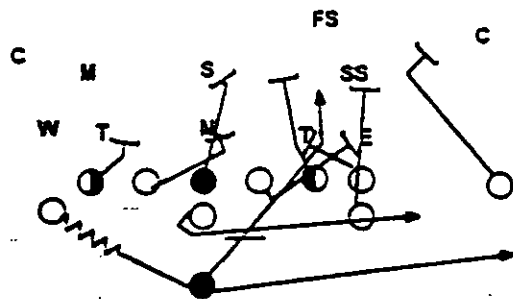
45 WALK



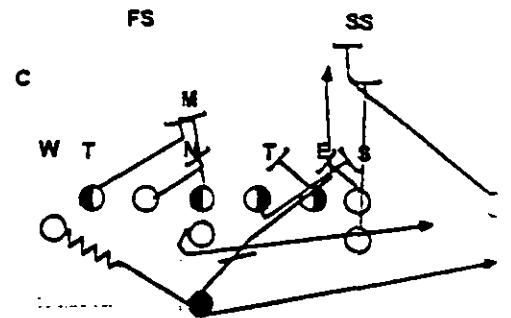
44 L



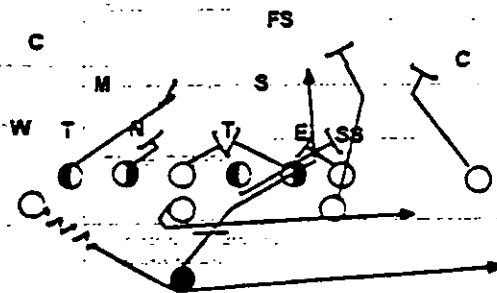
44 L STACK



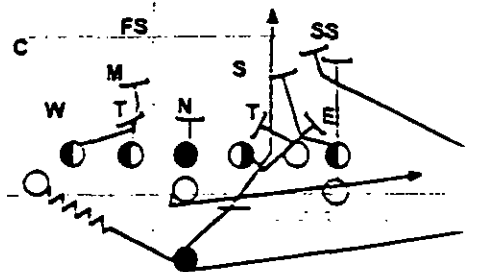
35 STACK SLIDE DBL REDUCTION

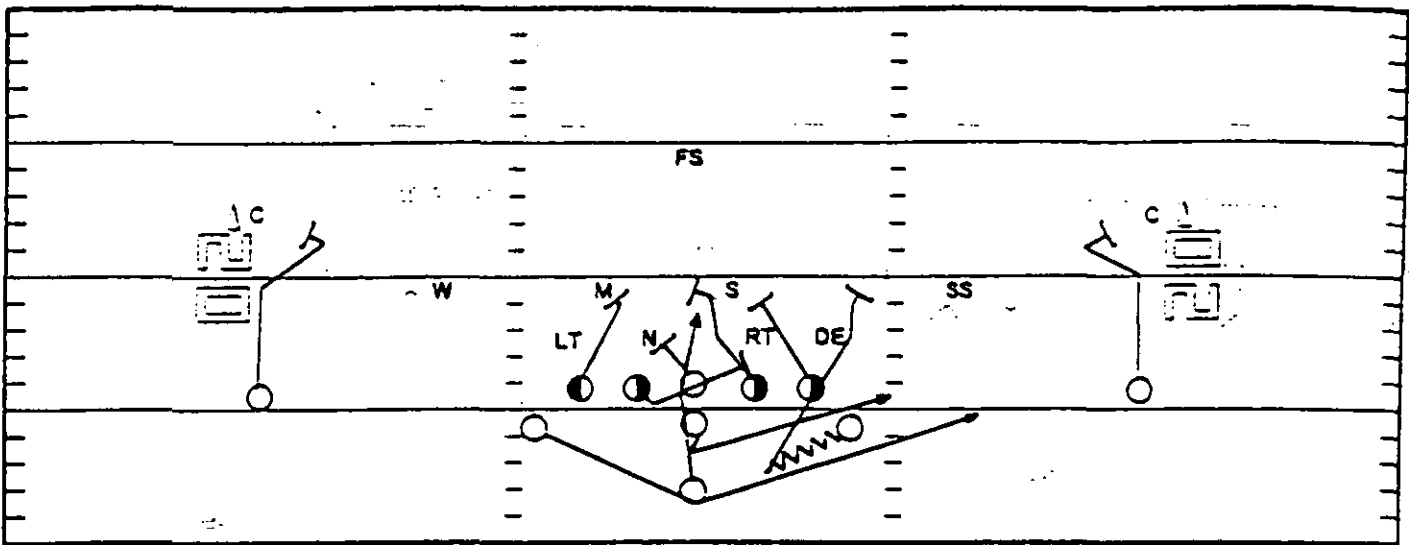


25 GL



33



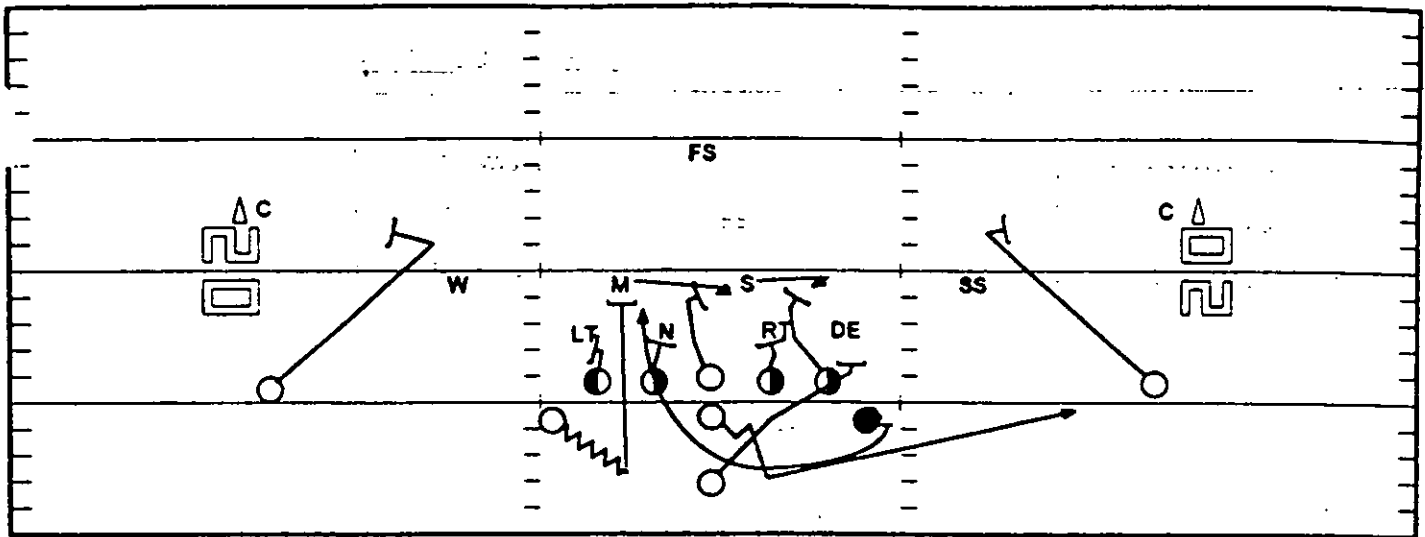


PLAY DESIGN AND PURPOSE

1. To attack hard penetrating defensive fronts.
2. To attack dominate crease defender.

POS	RESPONSIBILITY	COACHING PTS
QB	Open at 6 o'clock away from the play and give ball to FB not restricting running lane. Pivot and carry out option fake playside.	
FB	Take crossover step at the backside foot of the center.	
PS SL	Rev motion and block inside leg of "S" vs 2 LBers and inside leg of PSLBer vs 3 LBers.	
BS SL	No short motion and carry out pitch fake with QB.	
PS WR	vs 1 safety - inside stalk corners. vs 2 safeties - go straight to cut safeties.	
BS WR	same	
PST	Rip to PSLBer	
PSG	Rip to SSLBer vs 2 LBer's and Middle vs 3 LBer's vs "A" gap defender influence and block next down lineman.	
C	Block backside "A" gap defender	
BSG	Pull and kick out 1st man on to outside playside guard.	
BST	Rip to SSLBer.	
TE	Playside - Release outside to FS	If "CE" call, rip to inside thigh of PSLB

PLAY - COUNTER ISO

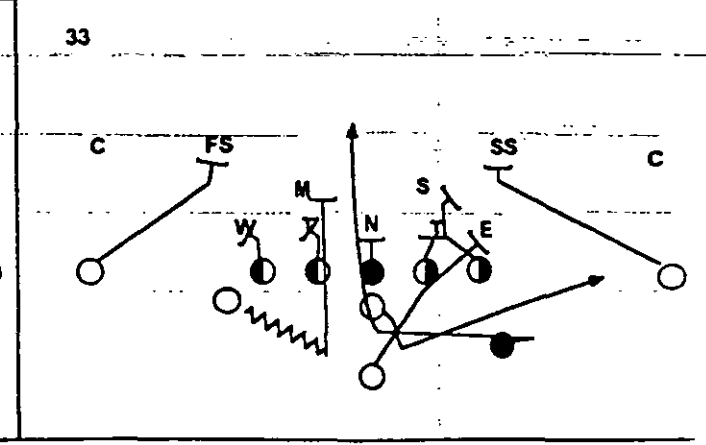
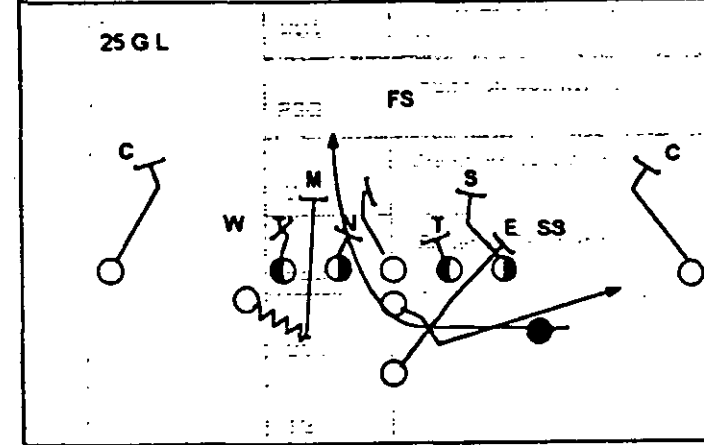
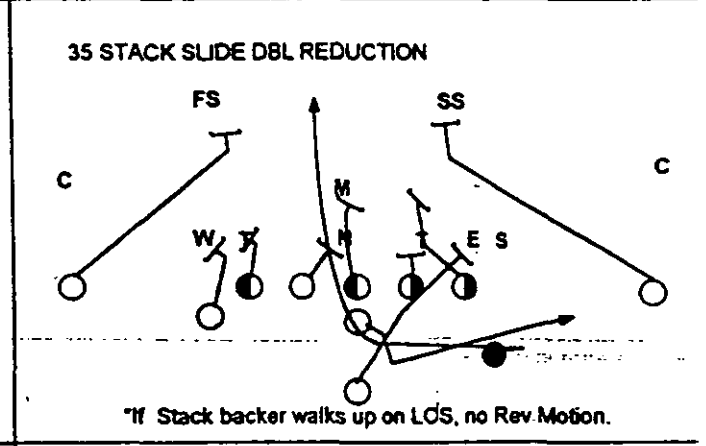
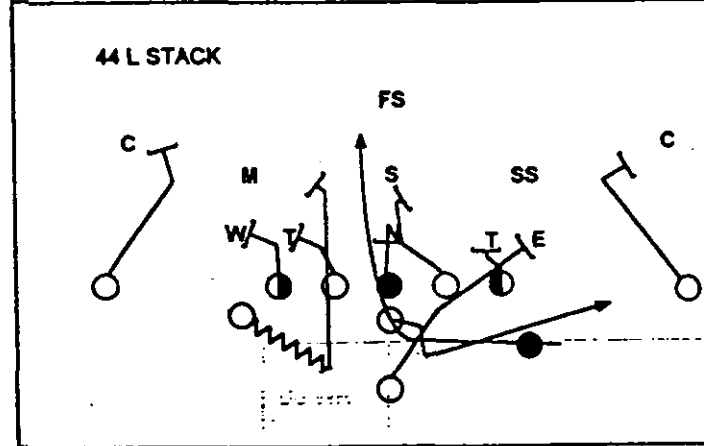
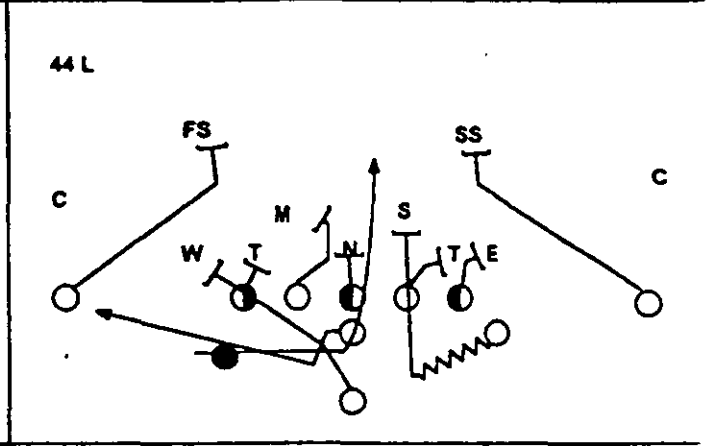
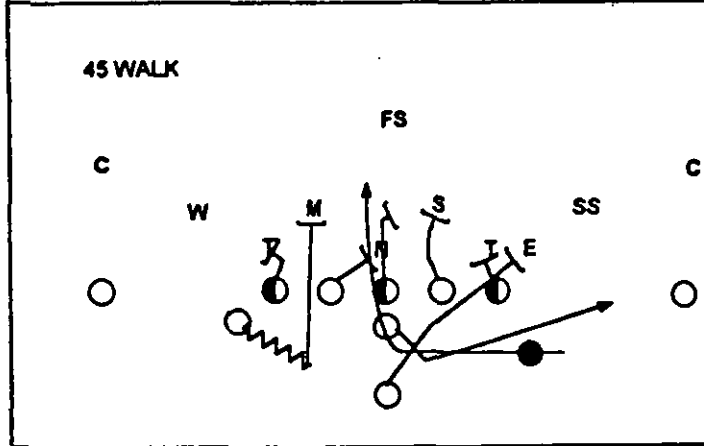
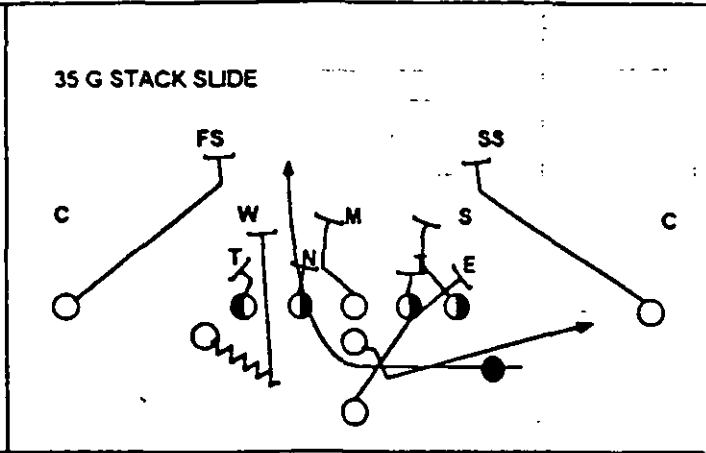
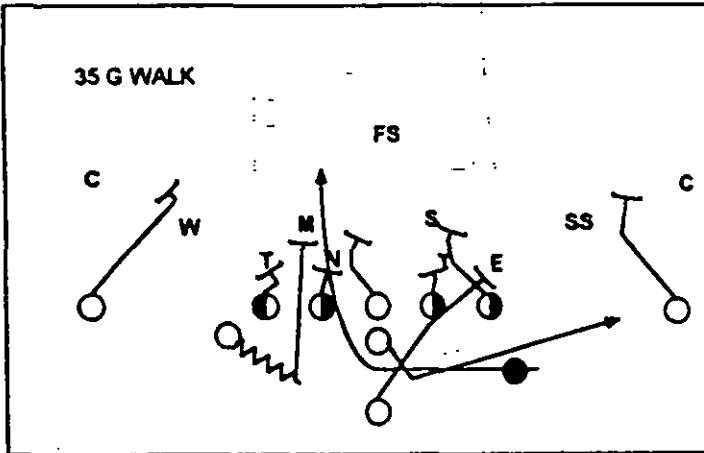


PLAY DESIGN AND PURPOSE

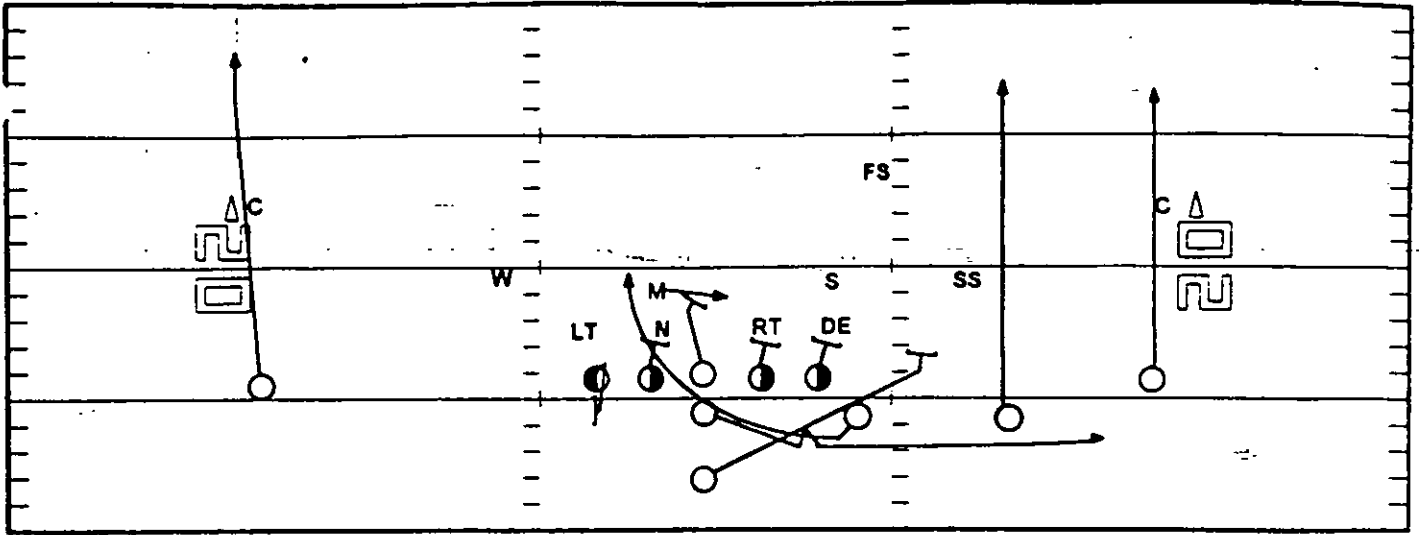
1. Misdirection play to attack fast flow backside LBers.

POS	RESPONSIBILITY	COACHING PTS
QB	Open and 1/2 ride FB and give ball to slot running behind you. Carry out option fake.	Click heels together to keep from restricting running lane of slot.
FB	2 steps on crease, make big window, and load 1st man on to outside of PST.	
PS SL	Jab step playside and run behind QB for football squaring up A gap.	
BS SL	Rev motion and plant, cutting sharply to iso 1st LB head up guard to outside.	Don't slow down in the hole. No LB go to safety.
PS WR	Inside run rules	
BS WR	Inside run rules	
PST	No B gap defender - Rip to PSLB, let him cross your face and pin him. B gap defender - Cuece with guard to PSLB, let him cross, and pin him.	
PSG	No A gap defender - Ace with center to MLB to BSLB A gap defender - Drive	
C	Cov - Drive Uncov - Zone step to LBer and pin him	
BSG	Drive A Gap Defender Hinge Drive a B gap defender.	
BST	Hinge Drive C gap defender.	
TE	Playside - Base Backside - Hinge drive D gap defender.	

PLAY - COUNTER ISO



PLAY - SPRINT DRAW

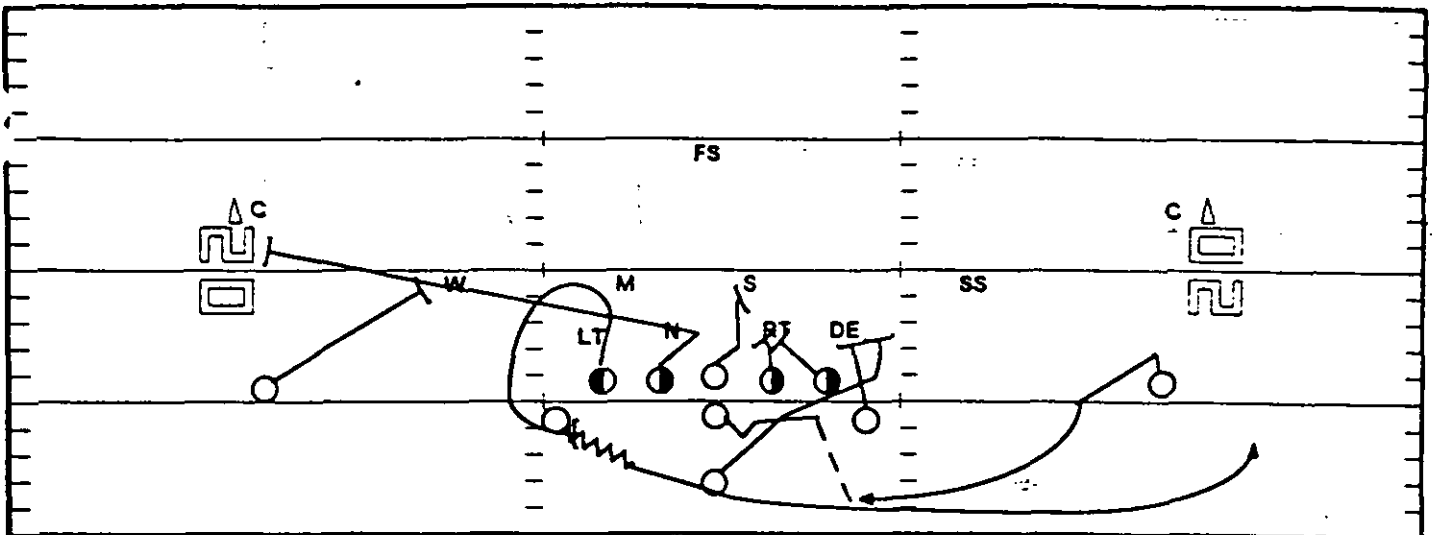


PLAY DESIGN AND PURPOSE

1. Misdirection play to take advantage of over pursuit by defense vs sprint out.

POS	RESPONSIBILITY	COACHING PTS
QB	Sprint out playside giving ball to slot coming in front of you. Continue outside selling sprintout.	
FB	Run off of PS slots hip looking for 1st thing outside PST's hip.	
PS SL	Drop step and come in front of QB for football.	Be low and hit it hard.
BS SL		
PS WR	Run off	
BS WR	Fade.	Push at outside shoulder to run off corner.
PST	Same as Counter Iso	
PSG	Same as Counter Iso	
C	Same as Counter Iso	
BSG	Same as Counter Iso	
BST	Same as Counter Iso	
TE	Same as Counter Iso	

PLAY - SE REVERSE

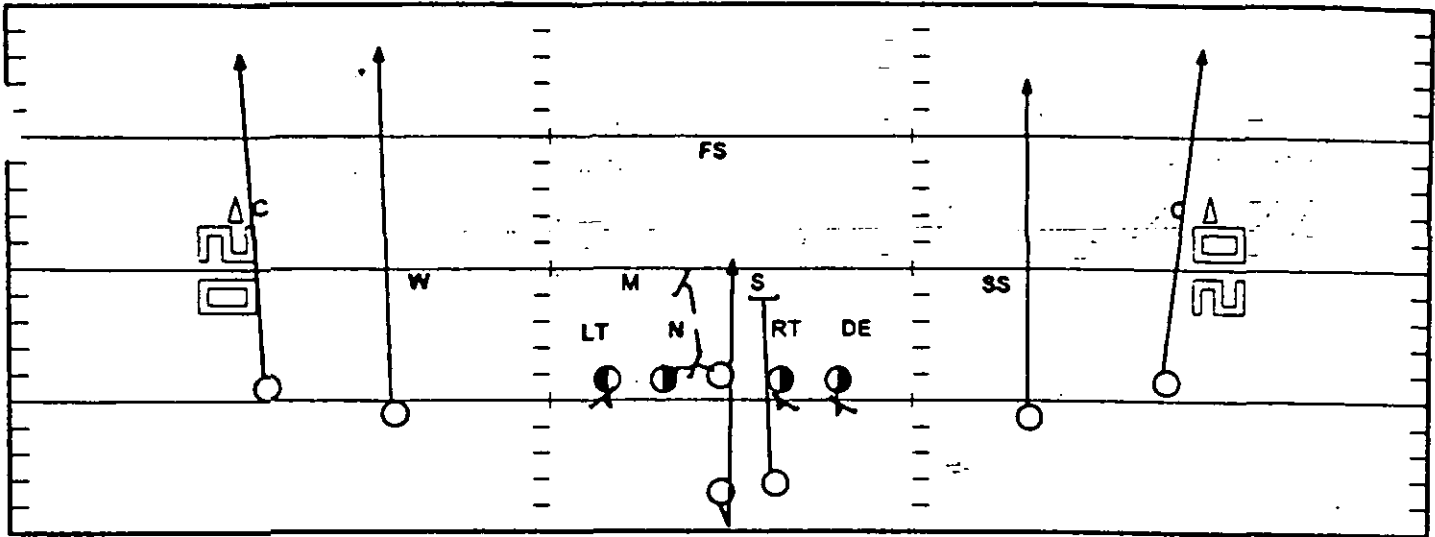


PLAY DESIGN AND PURPOSE

1. To attack hard trailing defensive end.
- 2.. To attack over pursuit of defense.

POS	RESPONSIBILITY	COACHING PTS
QB	Open and 1/2 ride FB and carry ball to inside foot of tackle. Pitch ball to X coming under Slot.	
FB	2 steps on crease and load F. If fuqua, look for PSLB. (12 Pro)	
PS SL	Load Q	
BS SL	Pitch relationship. Run deeper, behind X and throw hands to catch ball when QB pitches to X. Carry fake out down field.	
PS WR	Cut split to 7 yds. Take 1 step down field and come back around to a depth of 7yds behind PST.	
BS WR	Crack H. If H disapears inside, continue on to crack FS.	
PST	12 Pro rules	
PSG	12 Pro rules	
C	12 Pro rules	
BSG	Scoop and pull outside to kick out corner.	
BST	Scoop and peel to crack defensive end.	If end doesn't recognize reverse, don't block behind ball. Get downfield to FS or pursuit.
TE	Playside - Base Backside - Run post at inside shoulder of FS.	

PLAY - QB DRAW

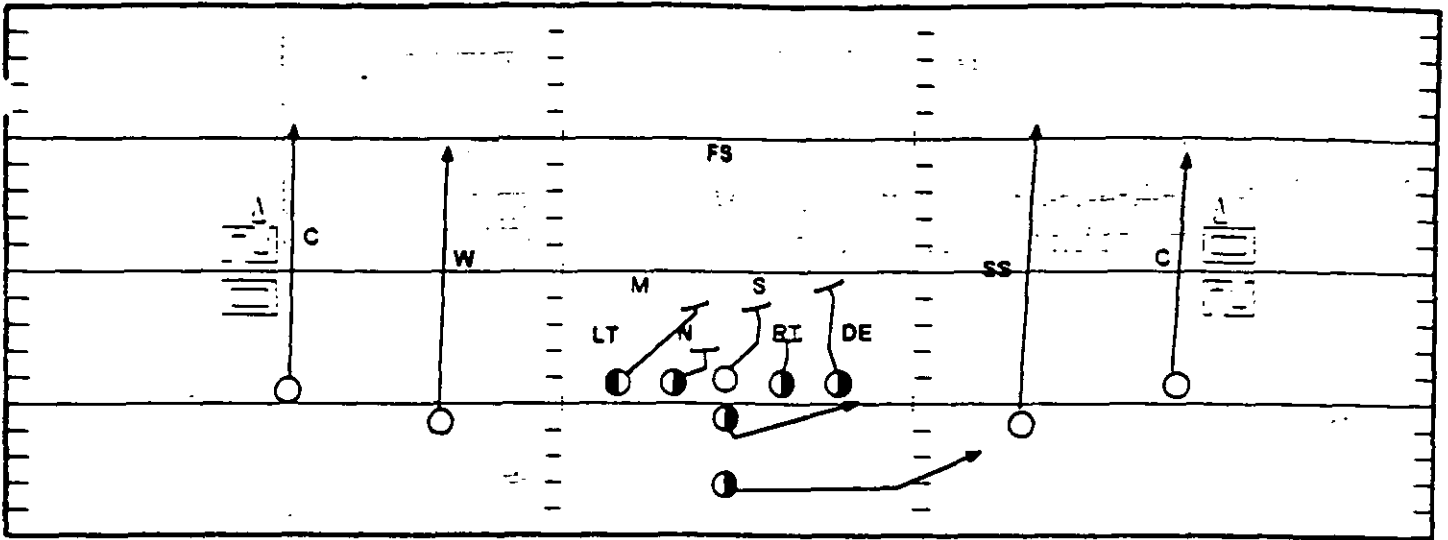


PLAY DESIGN AND PURPOSE

1. Play to take advantage of dropping LBers.
2. Play good against penetrating defenders up front.
3. Self pass.

POS	RESPONSIBILITY	COACHING PTS
QB	Take 3 short steps after receiving the ball in the shotgun.	
FB	Lead on PSLB vs 2 LBers. Lead on MLB vs 3 LBers.	
PS SL	Run Off. If 3 LBers in box, get under PSLB.	All players running off push at outside # of defenders.
BS SL	Run Off	
PS WR	Run Off	
BS WR	Run Off	
PST	4 Protection	
PSG	4 Protection	
C	4 Protection - combo with backside guard to BSLB vs 2 or 3 LBers.	
BSG	4 Protection - combo with center to BSLB vs 2 or 3 LBers	
BST	3 Protection	
TE		

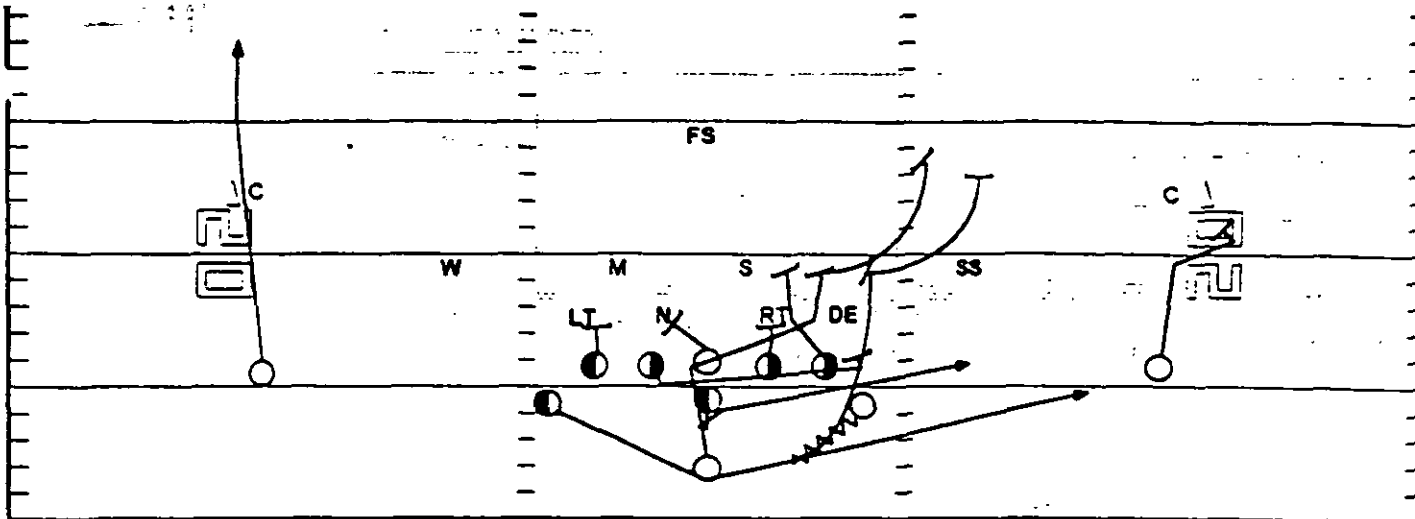
FB SPEED OPTION



PLAY DESIGN AND PURPOSE

1. To attack man coverage secondaries.
2. To attack reduced front defenses that are trying to stop midline, trap, or dives.

PCS	RESPONSIBILITY	COACHING PTS
QB	Step back with opposite foot and sprint down LOS to pitch off of "Q".	
TB	Open playside and sprint to get in pitch relationship with QB.	
PS S	If in Slot, arc for "S" If Twins, run off if man. Stalk S if not man.	If "S" shows blitz, work inside, Zip and pick him up.
BS S	Run off	
PS AFB	Run off Stalk	
BS AFB	Run off	
PS	Rip to PSLB. Zone a 4i with guard.	
PSS	Cov - Drive outside # Uncov - Ace Bounce to BSLB. Zone a 4i with tackle.	
C	PS Shade - Drive O, backside shade or uncov - Scoop	
BSS	Scoop	
BS	Scoop	
BT	Backside - Scoop	

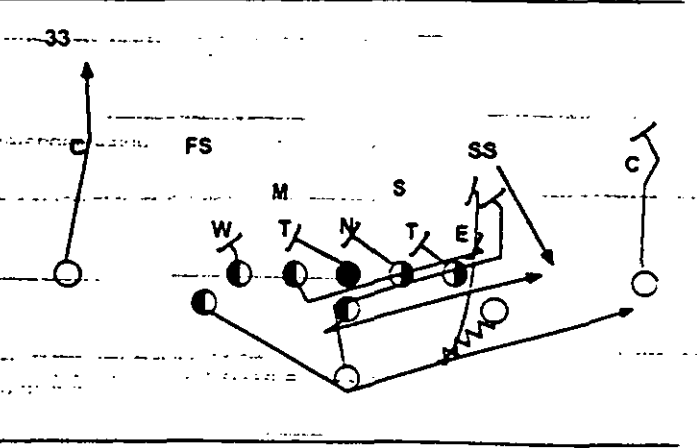
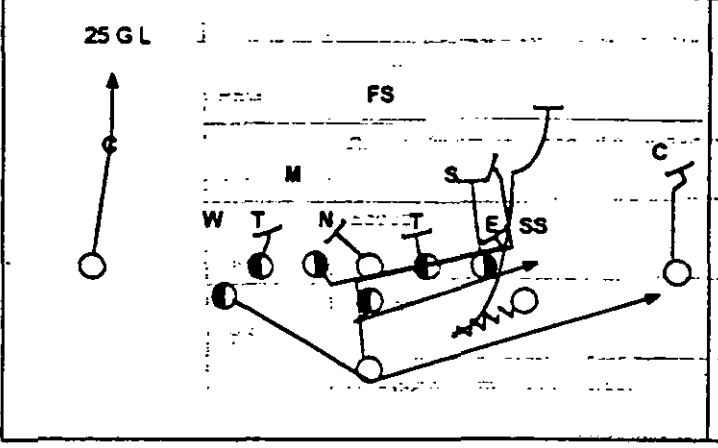
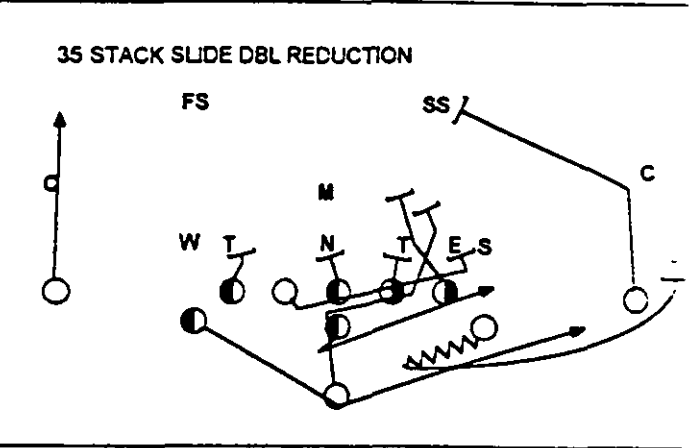
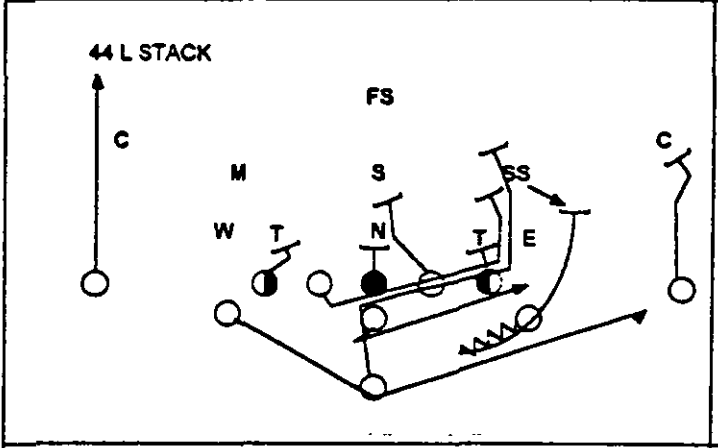
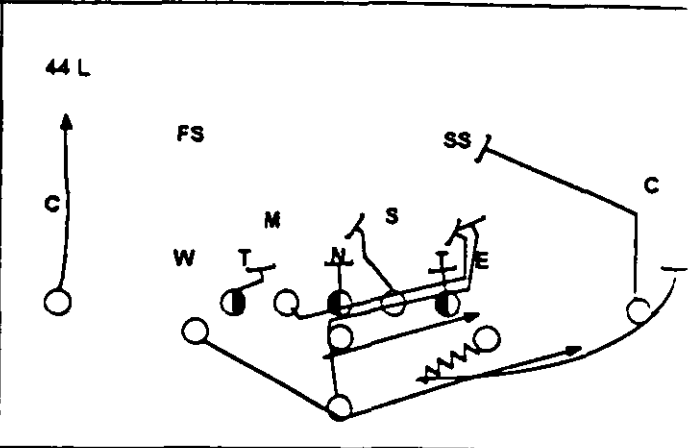
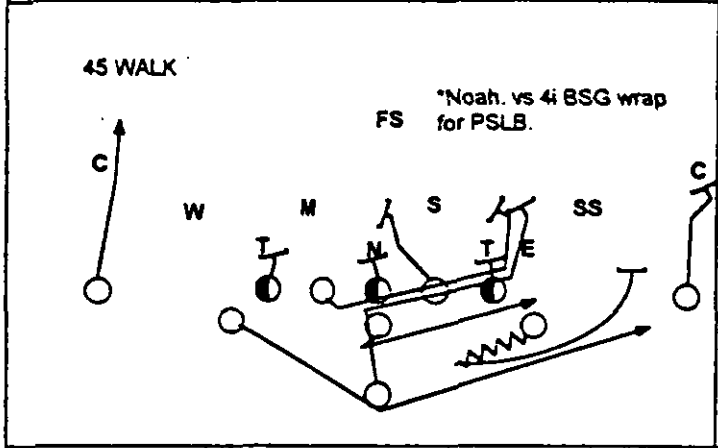
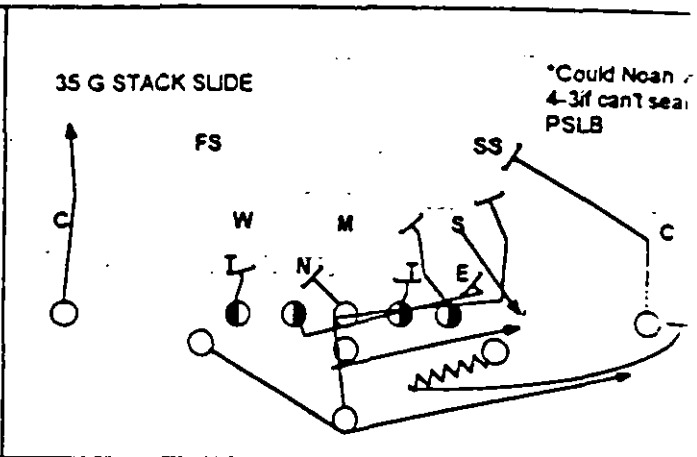
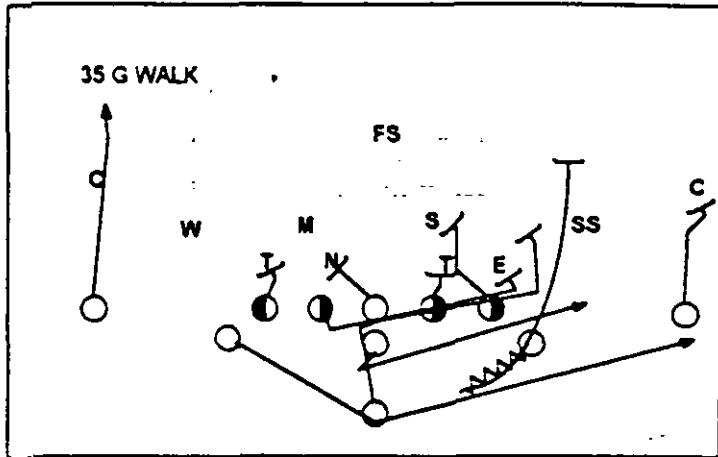


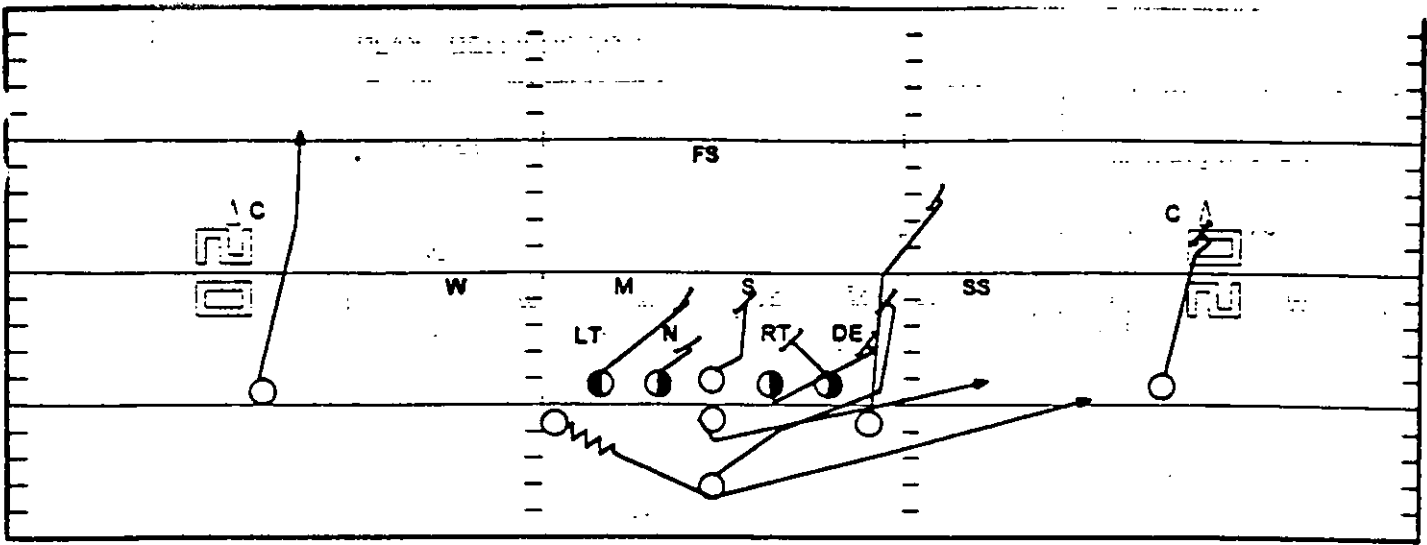
PLAY DESIGN AND PURPOSE

- 1. To attack fast flowing LBers.
- 2. To attack rolling coverages.

POS	RESPONSIBILITY	COACHING PTS
QB	Open opposite at 6 o'clock, show ball, pivot and sprint down LOS playside reading block of pulling guard. Be ready to duck inside guard if kick out.	If S walks up on the LOS, open like up Lead option in order to keep from turning your back to him. This way you are able to see the pressure.
FB	Aiming point is backside foot of the center. Make window and pull for PSLB to FS.	If end is upfield, wrap inside for LBer.
PS SL	Rev motion and seal PSLB unless Noah call Rev and arc H	
BS SL	Pitch	No short motion. Must get into pitch relationship quick incase of hard S.
PS WR	Option rules	
BS WR	Fade	
PST	Covered - Drive (Trey with TE) Uncovered - Drive B gap defender (Duece with PSG)	
PSG	Covered - Drive (Duece with PST) Uncovered - Ace Bounce with center to BSLBer. If "Back" call, choke NG.	
C	Block back to 3 tech. If no backside threat Ace NG with PSG.	
BSG	Pull to Log or Kick out End man on LOS. Block must be distinctive.	
BST	Drive inside # of down linemen.	Must cut off 4i.
TE	Backside - gap hinge	

PLAY - TRAP OPTION





PLAY DESIGN AND PURPOSE

1. To take advantage of hard squeezing DE and to get the ball to the perimeter faster.

POS	RESPONSIBILITY	COACHING PTS
QB	Reverse out and sprint to pitch off of "S"	
FB	Aiming point is inside foot of tackle. Make window and wrap for PSLB vs 2 LBers and MLB vs 3 LBers.	Make sure you get outside leverage on the LB.
PS SL	Seal PSLB to safety	
BS SL	Short motion and get in 4 -1 pitch relationship with QB.	
PS WR	Run off - Outside stailk	
BS WR	Fade	
PST	"Choke" defender on the PSG. If PSG uncovered Trey with TE	
PSG	Pull to log 1st thing off TE	
C	Secure frontside A gap. If no A gap defender scoop.	
BSG	Scoop	
BST	Scoop	
TE	Playside - Drive C gap area. If no C gap defender release for MLB to PSLB. Backside - Scoop	

2 MINUTE OFFENSE

Being a "No Huddle" team is a Great advantage in 2 minute situations. We are already skilled at getting plays from the sideline and communicated to the Team on the field. We must now know and understand how to save time, what starts the clock, what stops the clock and when to utilize time outs.

The Clock Stops and Does Not Start Until The Snap

1. Incomplete Pass
2. Change of Possession
3. Team Time Out
4. After Fair Catch Signal
5. Touchdown
6. Ball Carrier Out of Bounds
7. If Referee Stops Clock Because of Crowd Noise.

The Clock Stops but Restarts on Referee's Signal

1. An Officials Time Out
2. Measurement for 1st Down
3. Moving the Chains After 1st Down
4. Injured Player Removed from the Game
5. After Penalty has Been Assessed

2 Minute Objective

1. Touchdown
2. Field Goal
3. Touchdown, but will take field goal

2 Minute Offense Coaching Points

1. QB demonstrate poise and confidence in running 2 Minute Offense
2. QB aware of complete situation before taking the field.
3. Ball carriers don't struggle for extra yardage.
4. Ball carriers get out of bounds. Use #'s rule. Outside #'s get out of bounds. Inside #'s, get yardage and get down.(Unless you can clearly get out of bounds)
5. QB - Don't force the football(Impossible play)
6. Team, after big run or pass, get over ball quickly.
7. QB look to sideline immediately after you get rid of ball.
8. QB, if calling time out, go directly to referee and call time out before the ball carrier is down.
9. Don't spike ball on 4th down.
10. On Last play of game give receivers chance to catch ball.

2 MINUTE OFFENSE CONTINUED

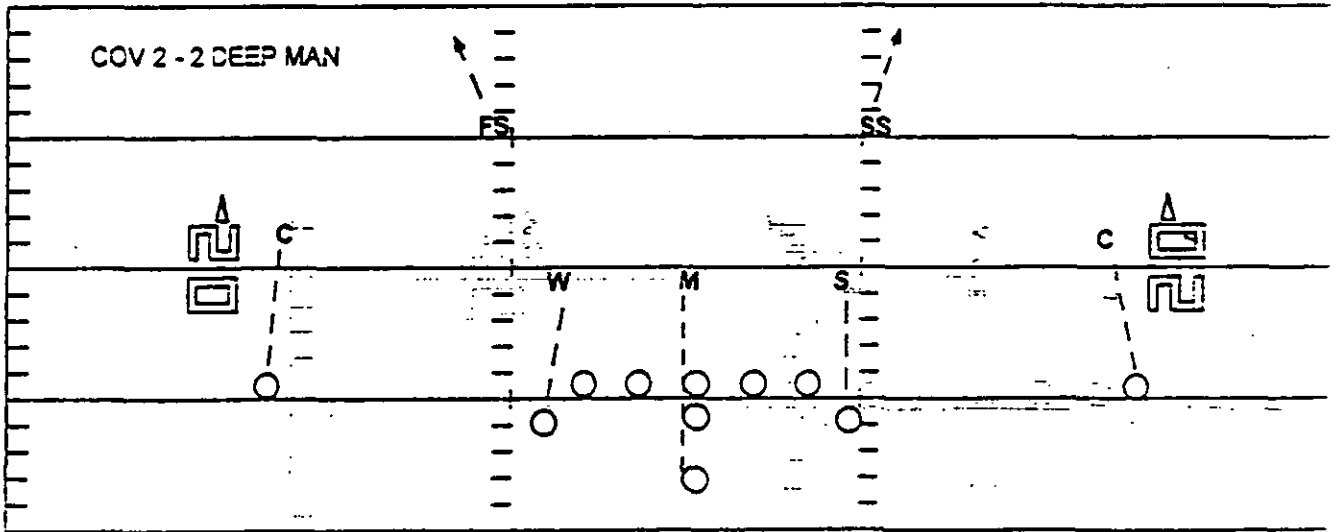
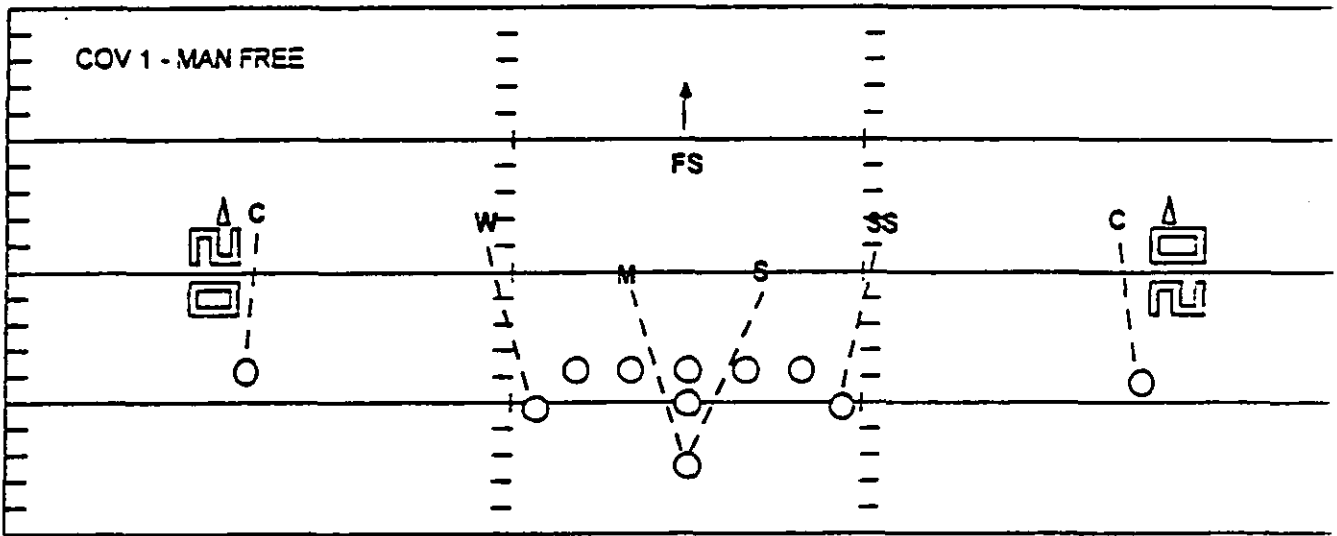
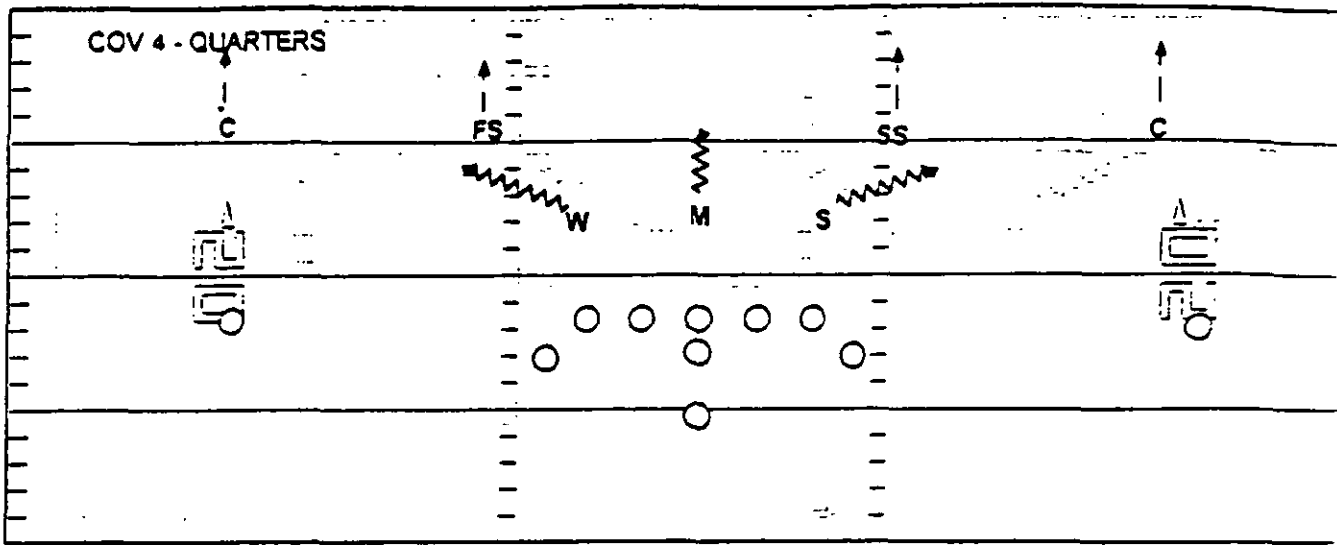
EXECUTION:

QB will alert team by calling "2 Minute" on the field. If the team is on the sideline, the coach will alert the team that they will be in "2 Minute." Players must get lined up on the ball with a sense of poised urgency. Players must get out of bounds when they can. All offensive players must un-pile as fast as possible and get lined back up. If the quarterback is going to "spike" the ball he will call "Kill - Kill" and "spike" the ball to stop the clock.

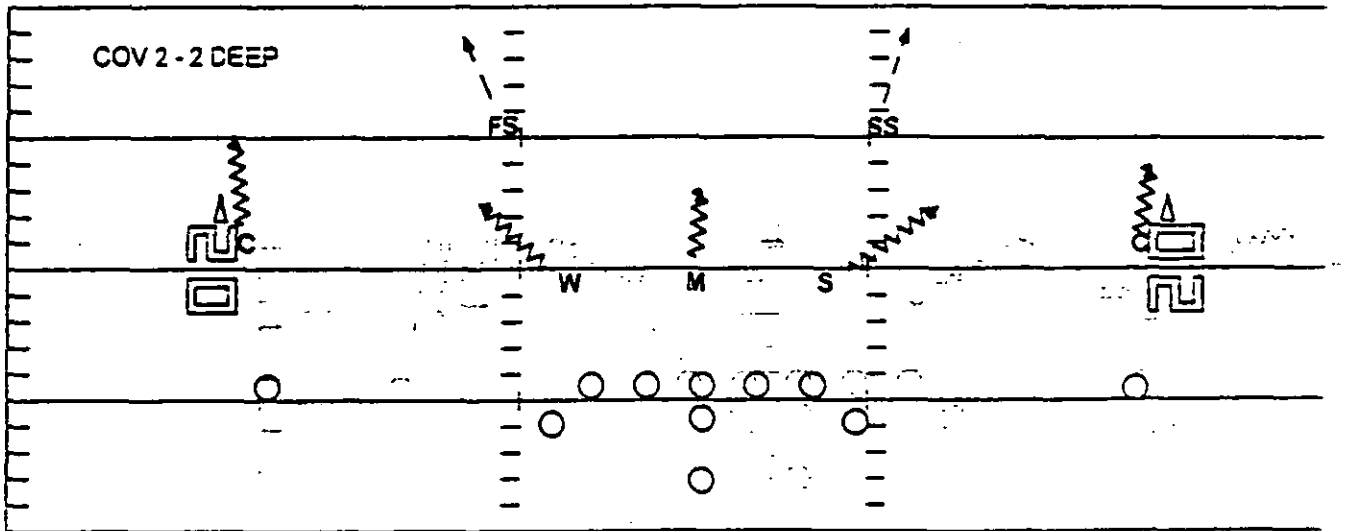
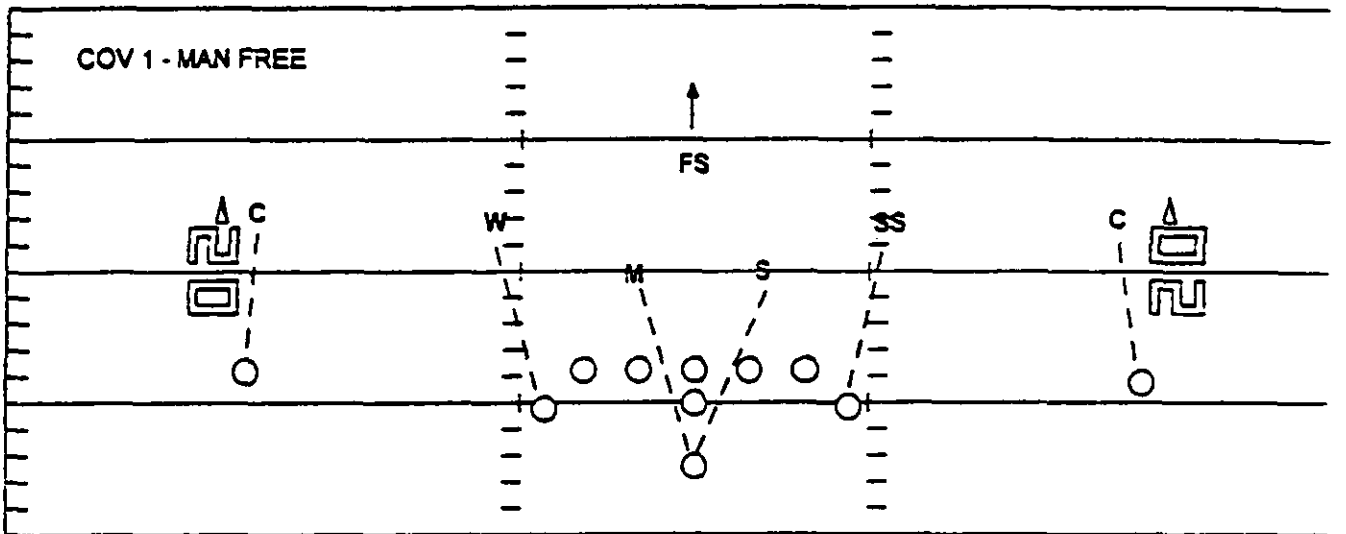
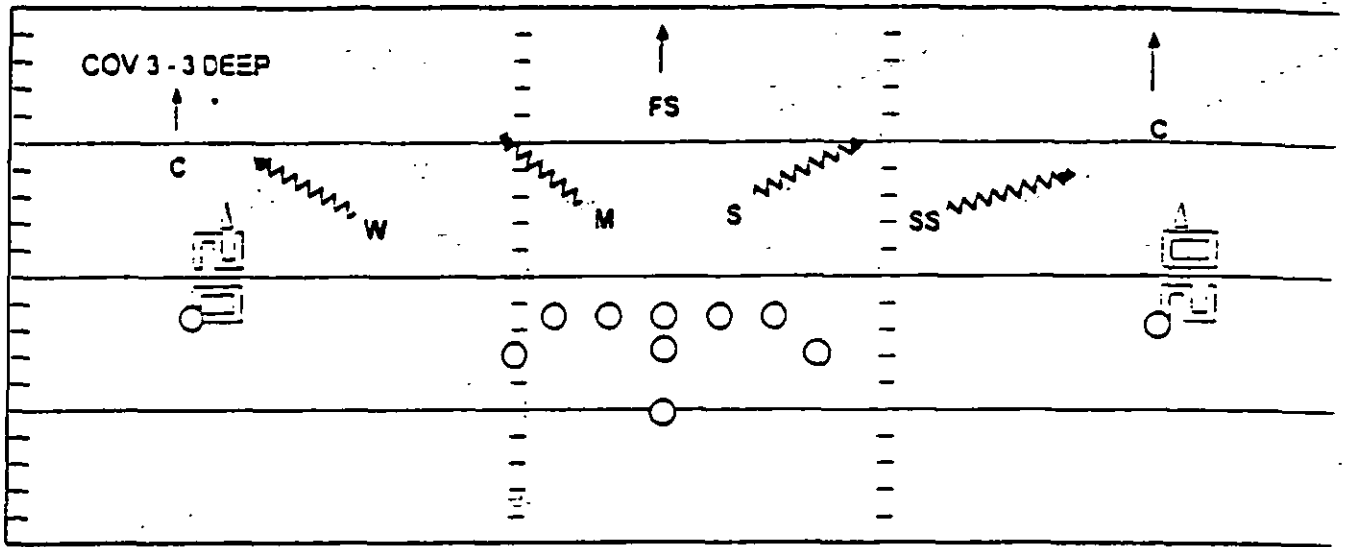
If the coach wants the QB to run a play and then call time out he will give him a "T" signal after the play signal to alert the QB to sprint to the official to call time out as soon as he can.

If the clock is stopped for movement of chains after a 1st down, a measurement of a 1st down, an injured player removed from the game, or an offensive penalty and we are out of time outs or don't want to use one at that time, the QB will call the 1)Formation 2)Play 3)"Ready" while the official is over the ball. He will then only have to call "Set Hike" as soon as the official blows the whistle to begin play.

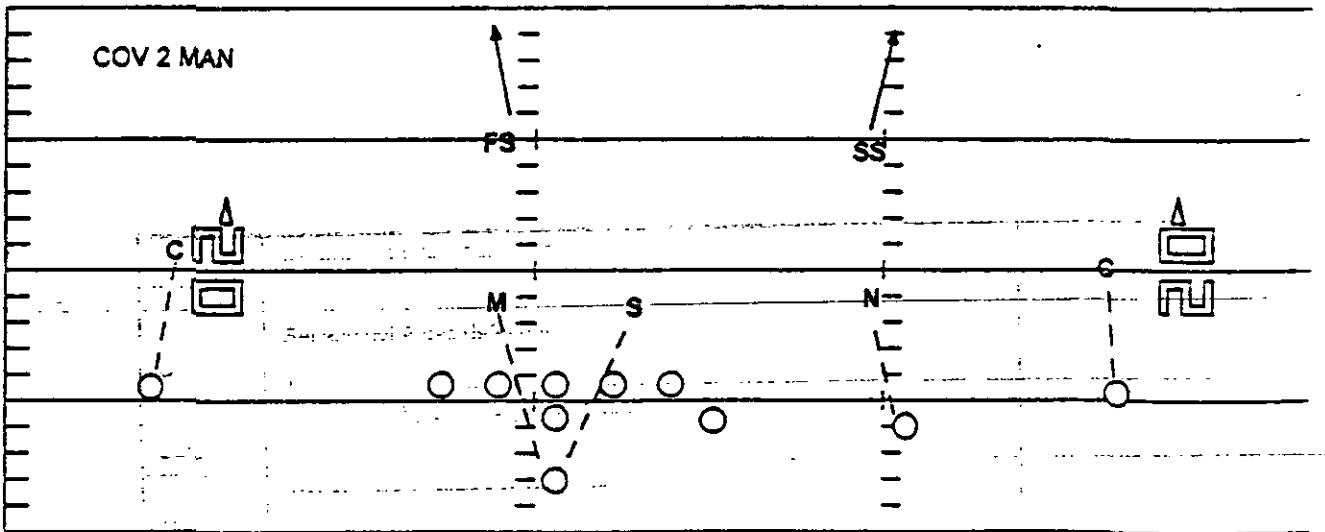
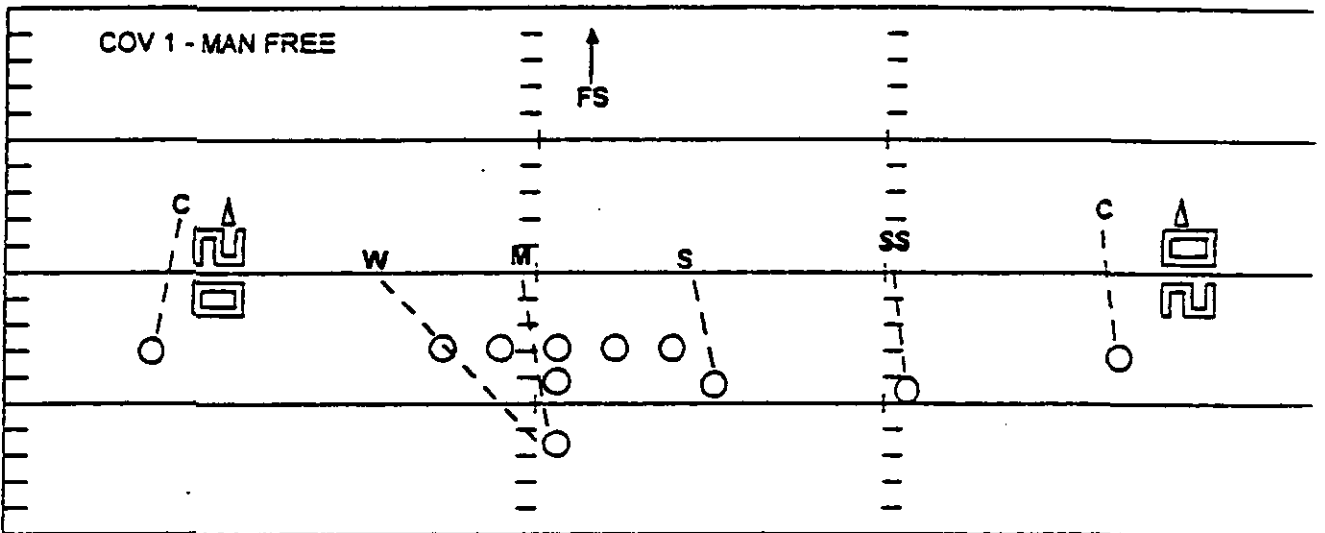
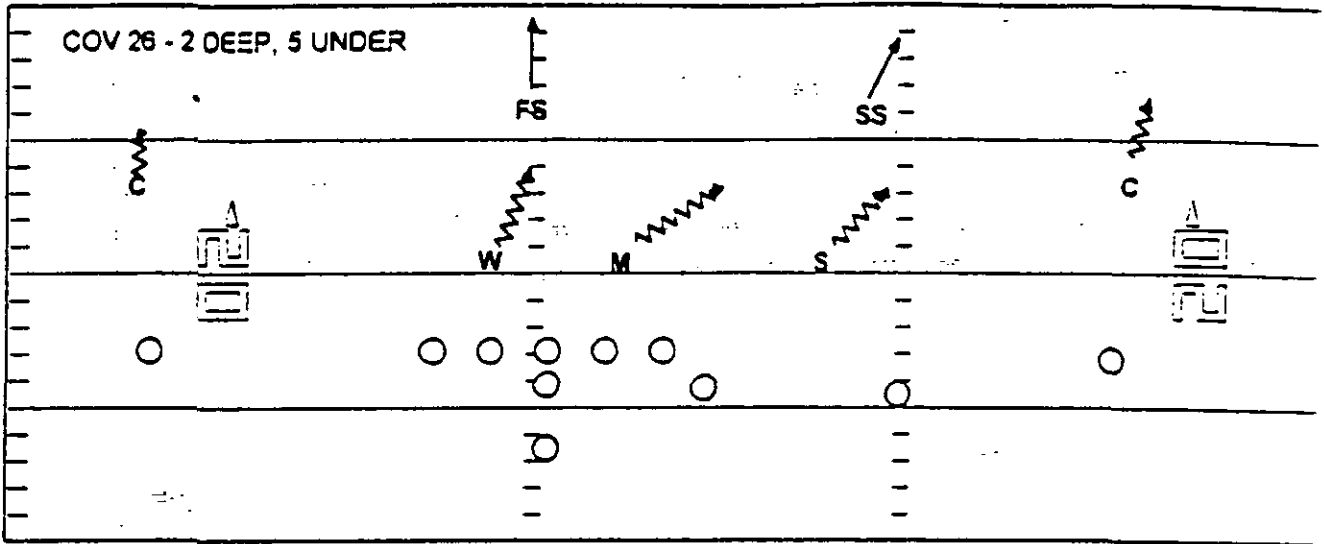
DEFENSIVE COVERAGES

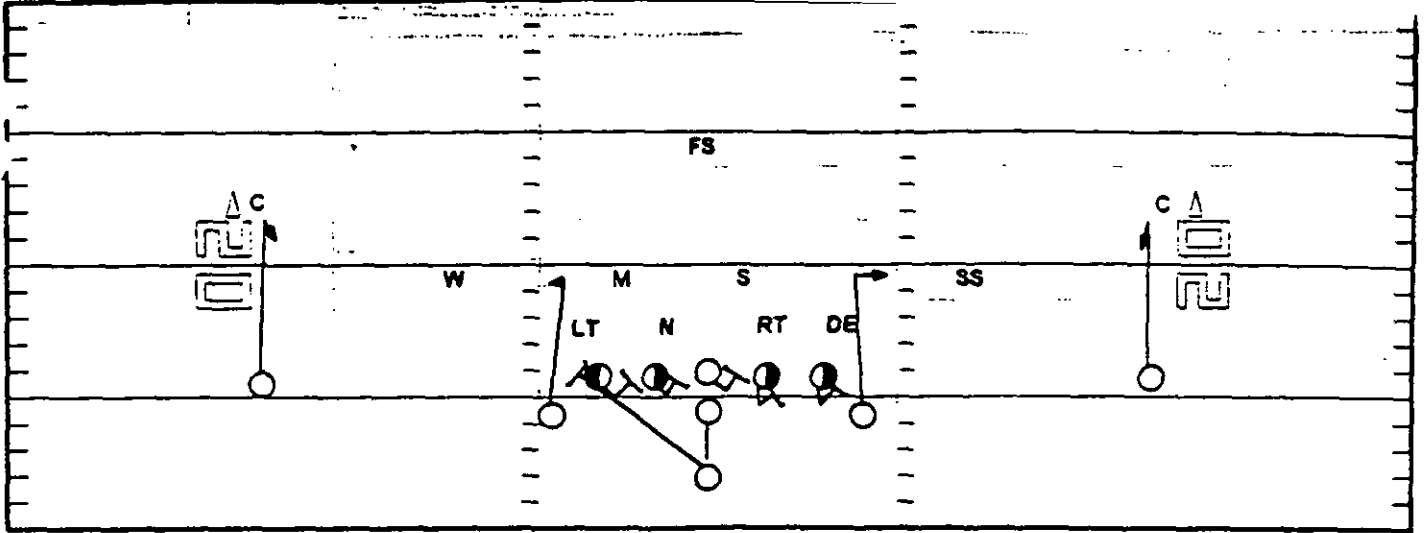


DEFENSIVE COVERAGES



DEFENSIVE COVERAGES



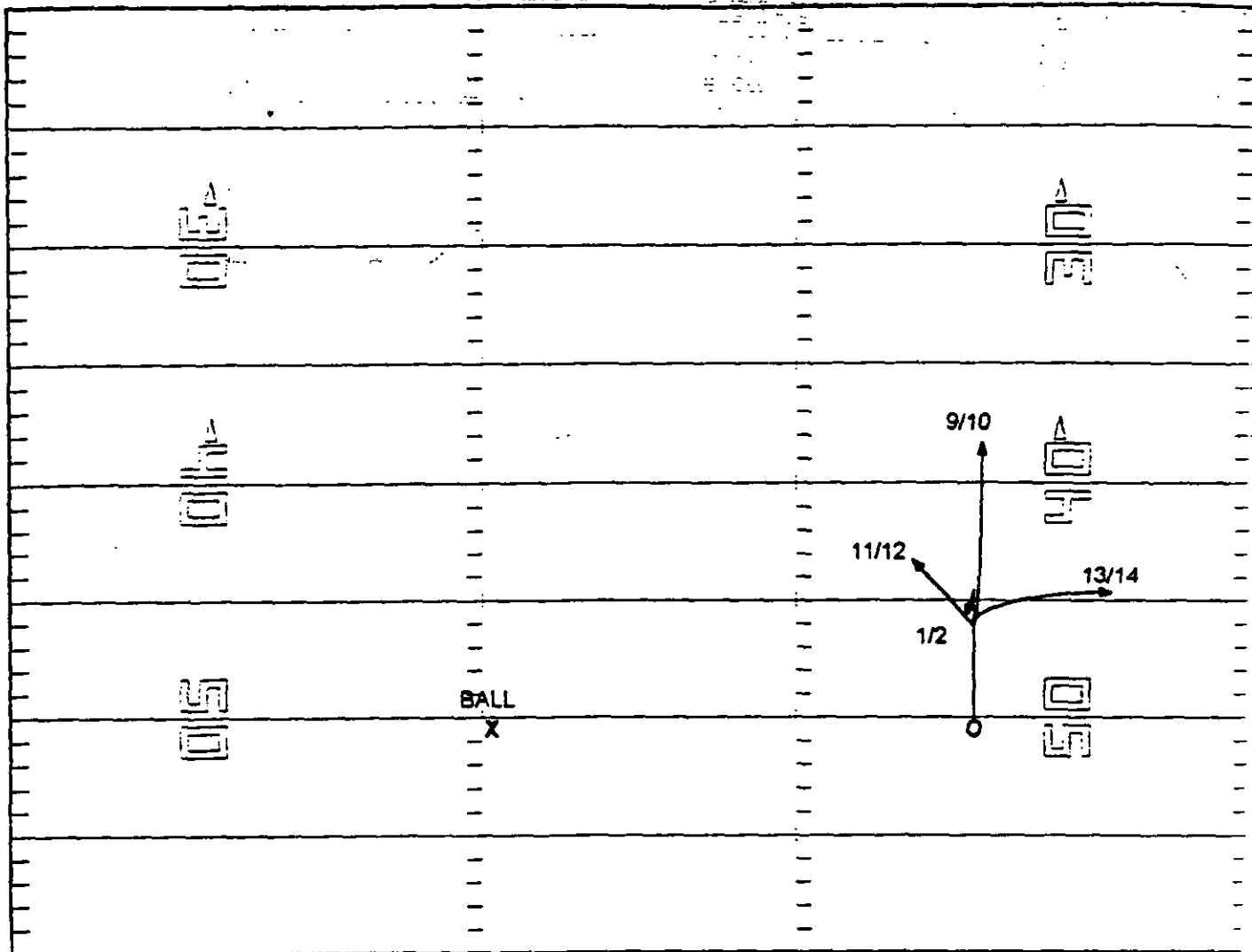


PLAY DESIGN AND PURPOSE

1. To get ball quickly to WR's and let them make plays.
2. High percentage passing game.
3. To discourage stunting and blitzing.

POS	RESPONSIBILITY	COACHING PTS
QB	3 step drop	QB thought process: 1) Softest Cushion 2) Shortest throw Timing is very important.
FB	Cut backside C gap defender.	
PS SL	Route	
BS SL	Route	
PS WR	Route	Routes are mirrored.
BS WR	Route	Routes are mirrored.
PST	Set and cut C gap defender	
PSG	Set and cut B gap defender	
C	Set and cut A gap defender	
BSG	Set and cut backside A gap defender	
BST	Set and cut backside B gap defender	
TE	FS - Set and cut D gap defender BS - Set and cut C gap defender	

3 STEP ROUTES



3 step routes as you will notice are generally the same routes but are shorter because of the drop and the protection. The 11/12 route which is a 7 step Post now becomes a 3 step Slant. All you have to do is listen to the series, whether it is 16, 12, or 2 to tell you the steps. The route is basically the same.

3 step routes are mirrored routes. The QB may actually call the route to the right, but can throw the route to the left.

The QB's key to making his decision on the stop, out, and slant is 1) SOFTEST CUSHION 2) SHORTEST THROW.

As with the other pass series, the # tells the outside WR the route, whereas the descriptive term tells the inside WR the route. For example: TW/SLOT Okie 2 - 12. The outside WR would run a slant and the inside WR a quick Out. *If no descriptive word was added all WR run the same route. For example: TW/TW 2 - 12. Both sides would run double slants.

Timing is of the utmost importance on our 3 step game.

ROUTE # and DESCRIPTIONS

- 2 - 1/2 Stop WR steps are 3-2.
- 2 - 9/10 Fade WR run through inside shoulder of corner and stay vertical. Don't give up sideline vs 3 or man. vs Cov 2, run hole route.
- 2 - 11/12 Slant WR steps are 3 and in. The tighter the cushion the flatter the route.
- 2 - 13/14 Quick Out WR steps are 4 and out. Drop shoulder and rip through corner after catching the football.

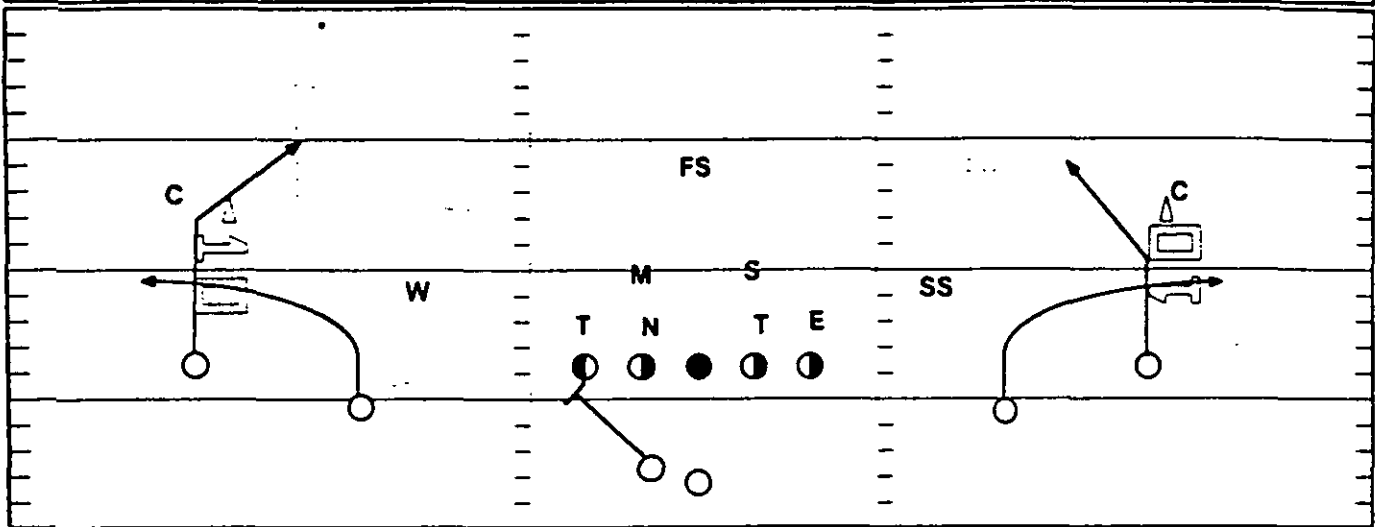
ROUTE: Okie 2 - 11/12 QB KEY: S QB PROG:

X: Slant
A:

Z: Out
B: Out

T: Slant
Y:

FB: Protect Weak



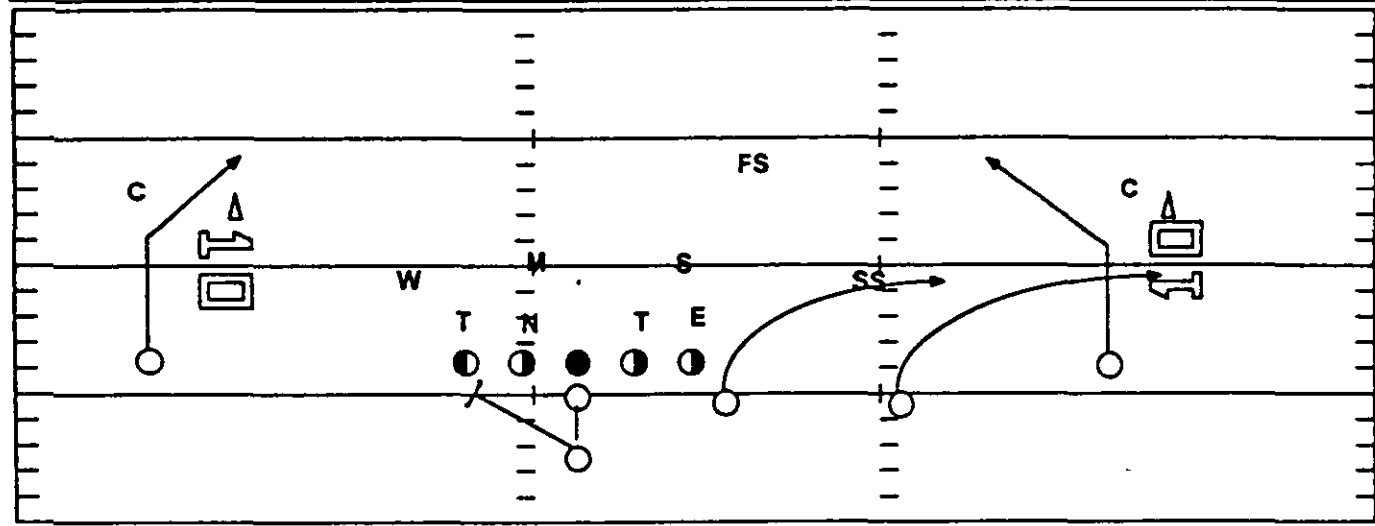
ROUTE: Okie 2 - 11/12 QB KEY: QB PROG:

X: Slant
A: Out

Z: Out
B:

T: Slant
Y:

FB: Protect Weak



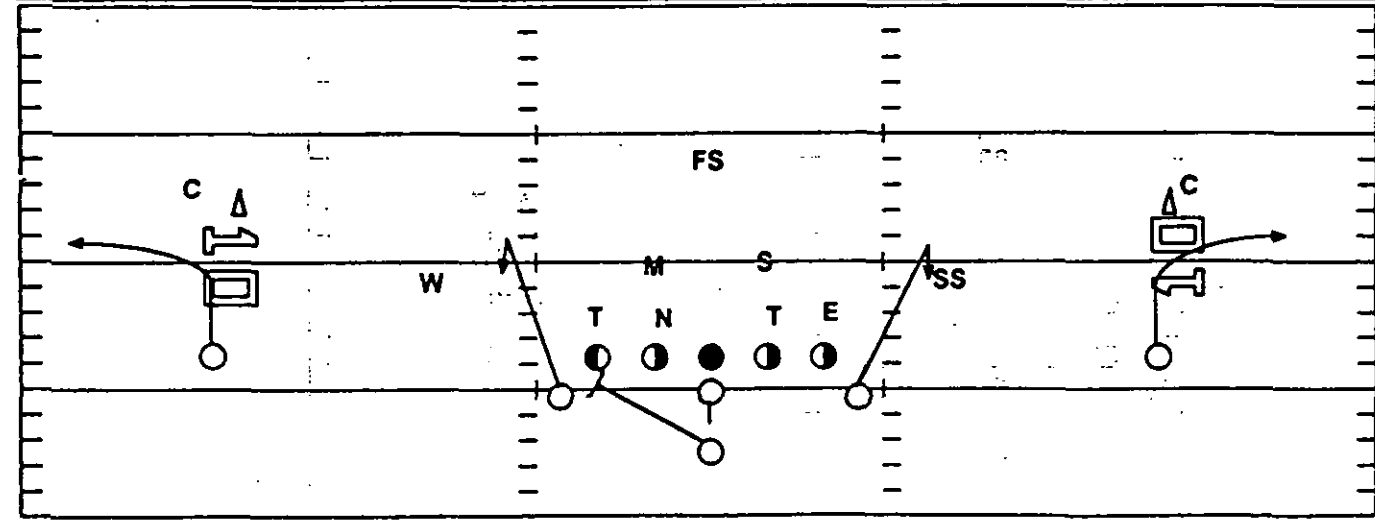
ROUTE: 2 - 13/14 Out QB KEY: S QB PROG:

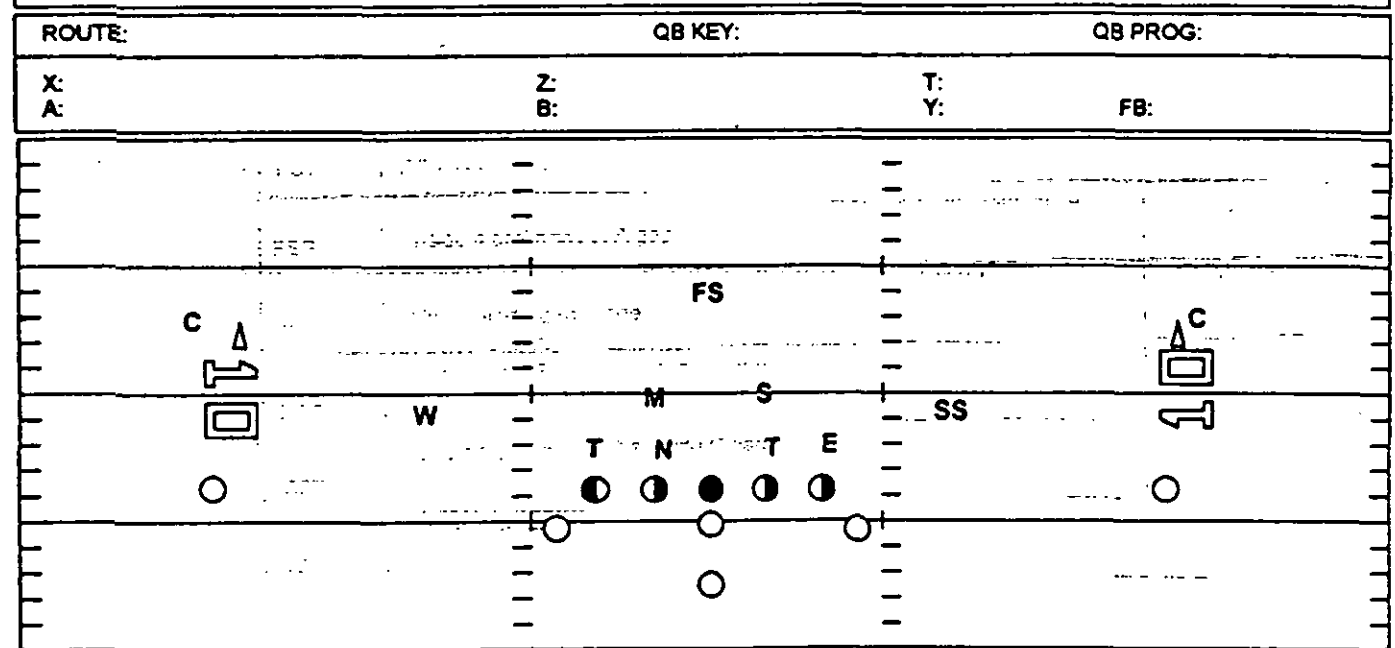
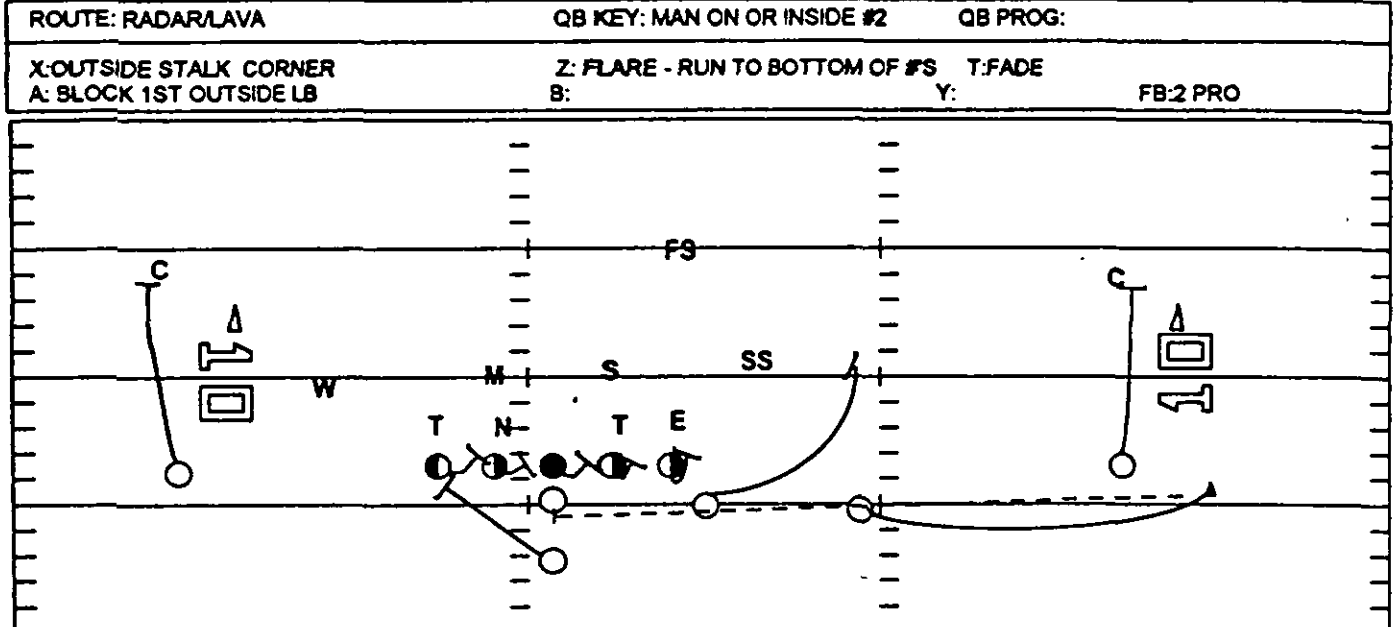
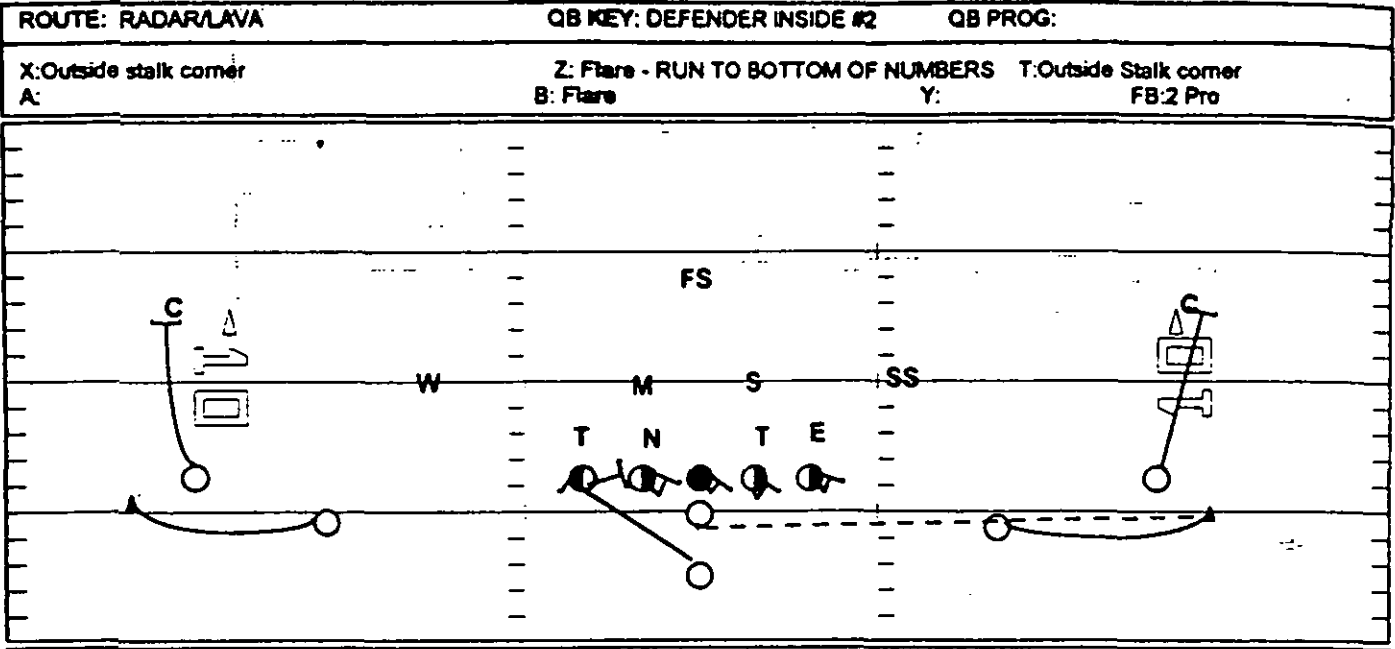
X: Out (4)
A: Stop

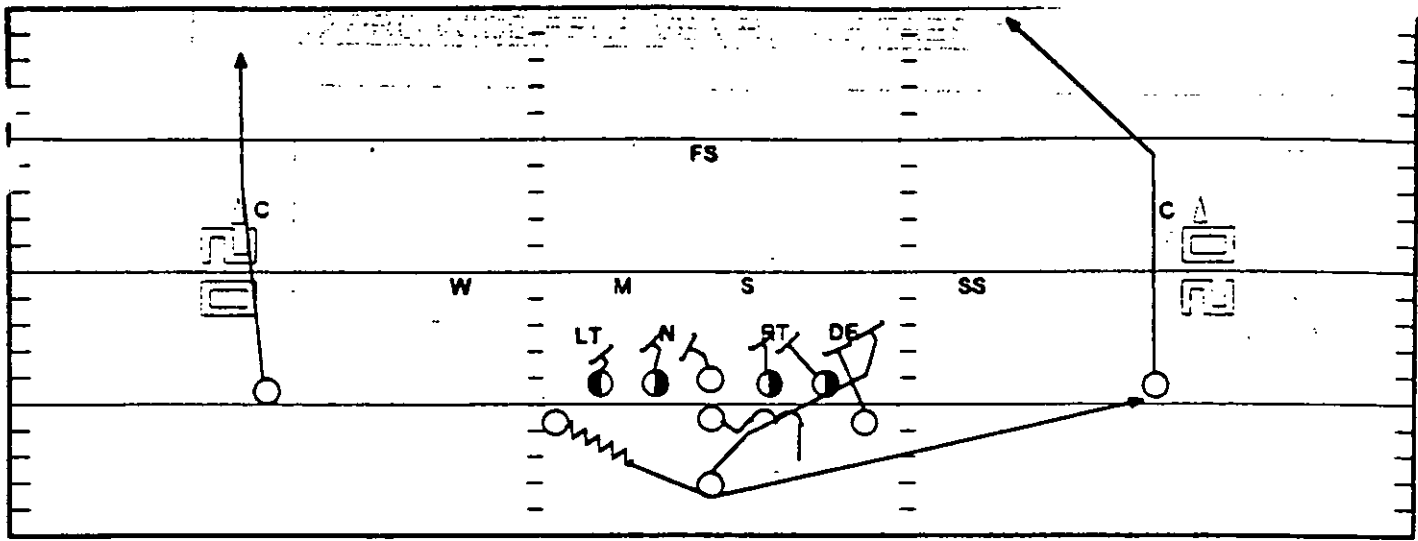
Z: Out (4)
B: Stop

T: Out
Y: Out

FB: Protect Weak







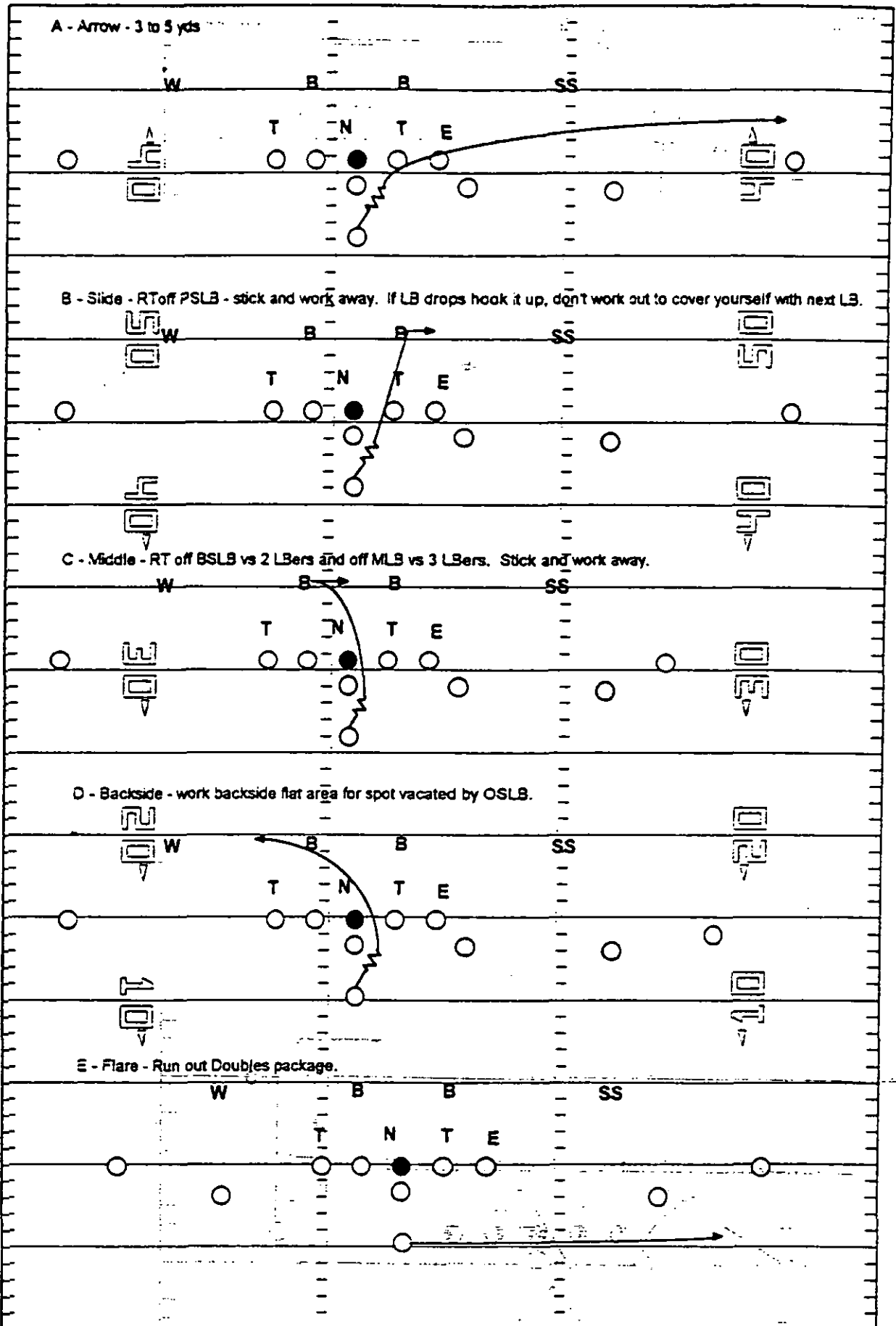
PLAY DESIGN AND PURPOSE

1. To use as a counter to attack defenses that are giving up an area to stop the option.
2. To use as an elimtate of deception to slow down pursuit.

POS	RESPONSIBILITY	COACHING PTS
QB	Playaction steps. 2 & 1 or 2 & 3, depending on the play.	Sell run.
FB	Two steps on the crease and load "F" if "F" and "Q". If "FUQUA", look for playside LBer.	Sell run. Set inside or outside WB load of "Fuqua" depending on the air in between the End and OT.
PS SL	Load inside leg of end man on the LOS.(unless route specifies you to release.	
BS SL	Short motion and flare. Check "H" for Blitz, pick him up if he comes. If play calls for PS Slot to release, short motion and block inside leg of end man on LOS.	
PS WR	Route	
BS WR	Route	
PST	Drive - set B gap defender, if no B gap defender punch inside # of C gap defender and protect B gap	Make look like run as much as possible.
PSG	Drive- - Set A gap defender, if no A gap defender abd covered, drive inside # and protect A gap	
C	Covered - drive hinge for backside A gap. Uncovered - gap hinge	
BSG	Gap hinge - Protect backside B gap	
BST	Gap hinge - protect backside C gap	
TE	Frontside - Route Backside - Gap hinge - protect backside D gap	

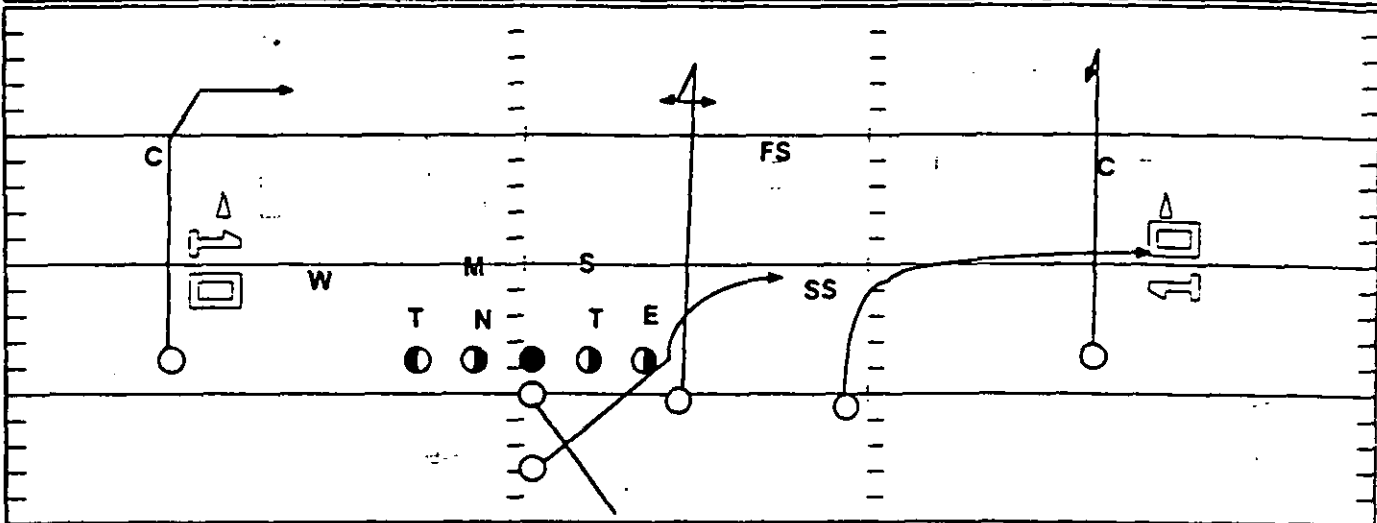
FB ROUTES

These routes will be ran with semi sprint and our Gun package. FB will always begin playside.



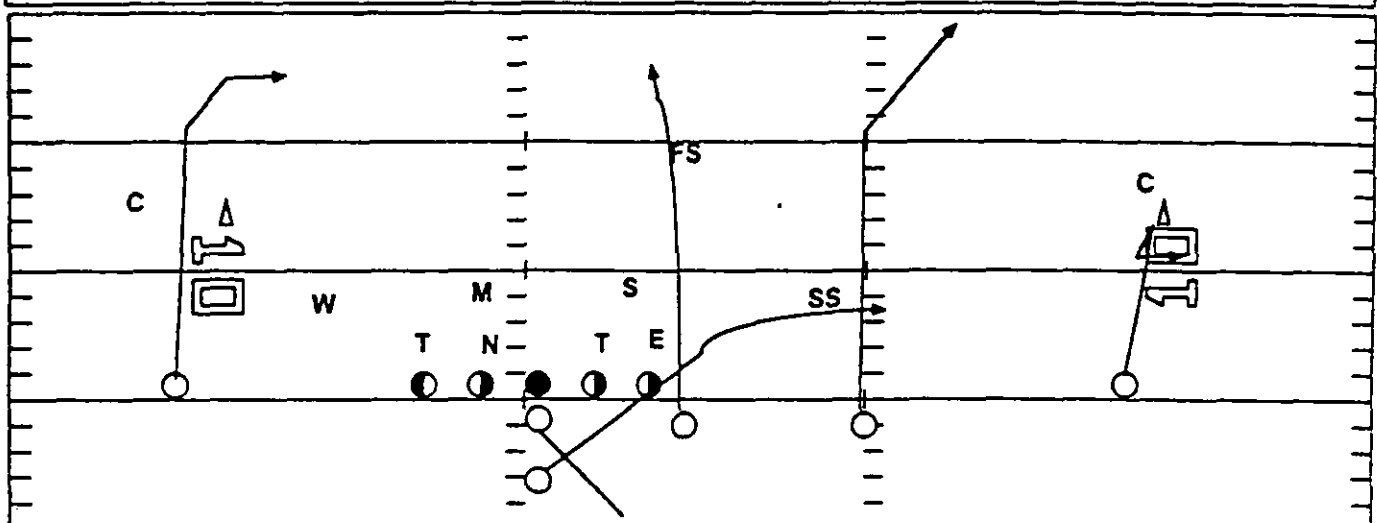
ROUTE: OKIE 16 - 1/2 QB KEY: H QB PROG: X to Z to FB

X: CURL A: CREASE Z: OUT B: T: DIG Y: FB: CHECK - ARROW



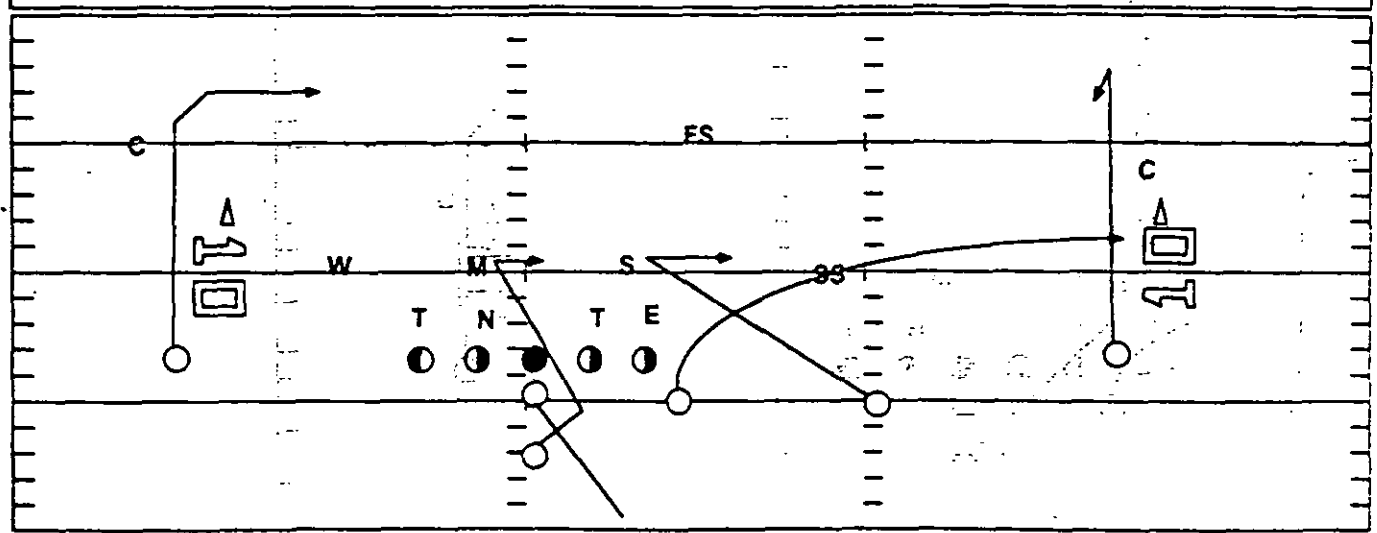
ROUTE: GATOR 16 - 1/2 QB KEY: CORNER QB PROG: Z to X to FB

X: STOP A: POST Z: FLAG B: T: DIG Y: FB: ARROW



ROUTE: JORDAN 16 - 1/2 QB KEY: H QB PROG: X to A to Z

X: CURL A: OUT Z: BOUNCE B: T: DIG Y: FB: MIDDLE HOOK



ROUTE: OKIE 16 - 9/10

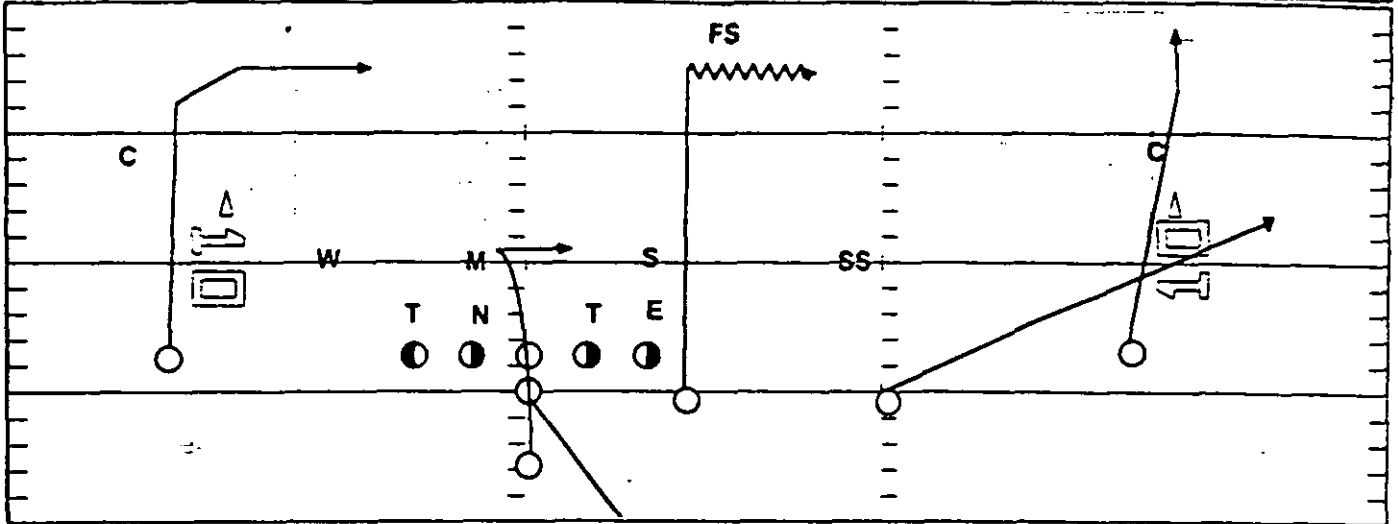
QB KEY: H

QB PROG: Z to A to FB

X: FADE
A: CREASE

Z: OUT(ARROW)*
B:

T: DIG
Y:
FB: MIDDLE HOOK



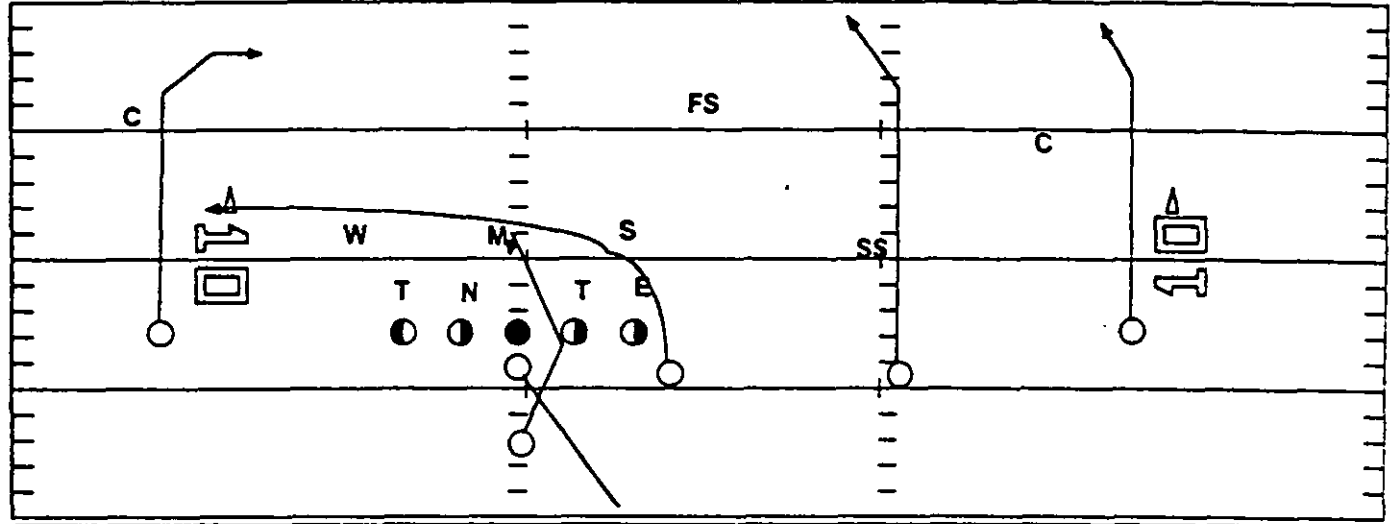
ROUTE: RACE 16 - 12

QB KEY: BACKSIDE FLAT DEFENDER QB PROG: T to A to FB

X: CURL
A: DRAG

Z: POST
B:

T: DIG
Y:
FB: MIDDLE HOOK



ROUTE: CREASE 16 - 19/2

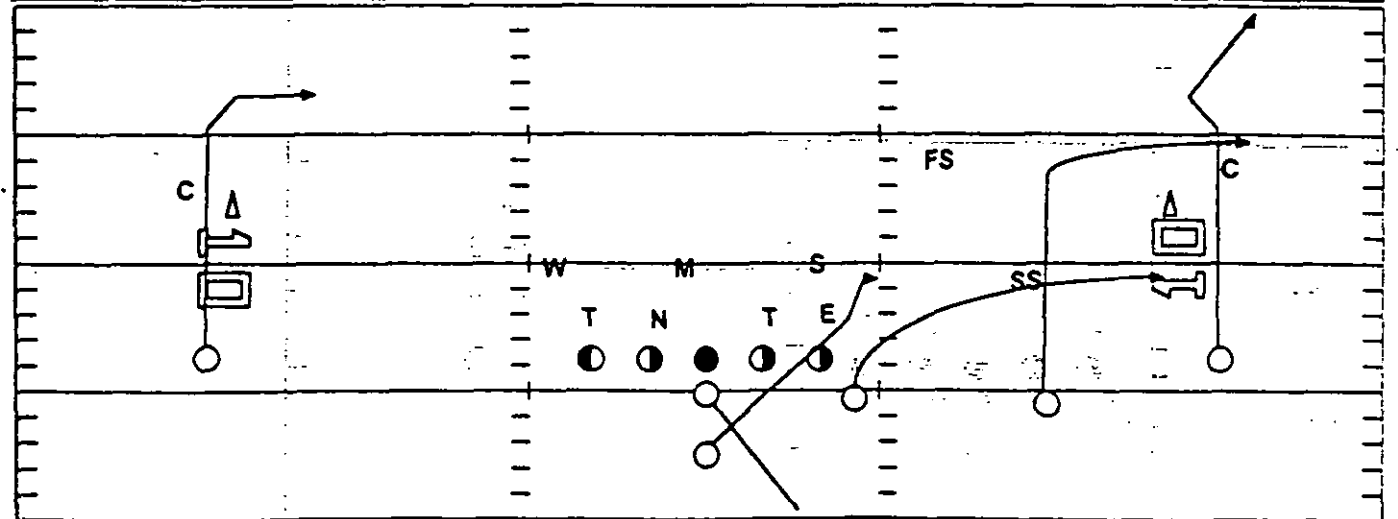
QB KEY: FLAT DEFENDER

QB PROG: GLANCE AT X to Z to A

X: POST CORNER
A: OUT

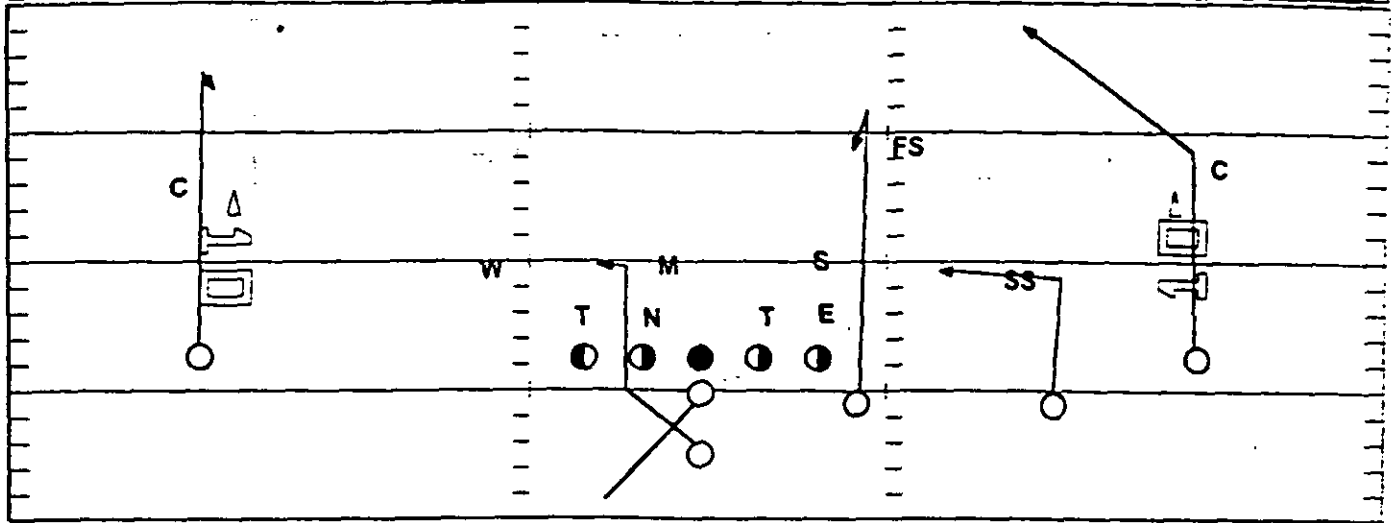
Z: BENCH
B:

T: DIG
Y:
FB: SLIDE



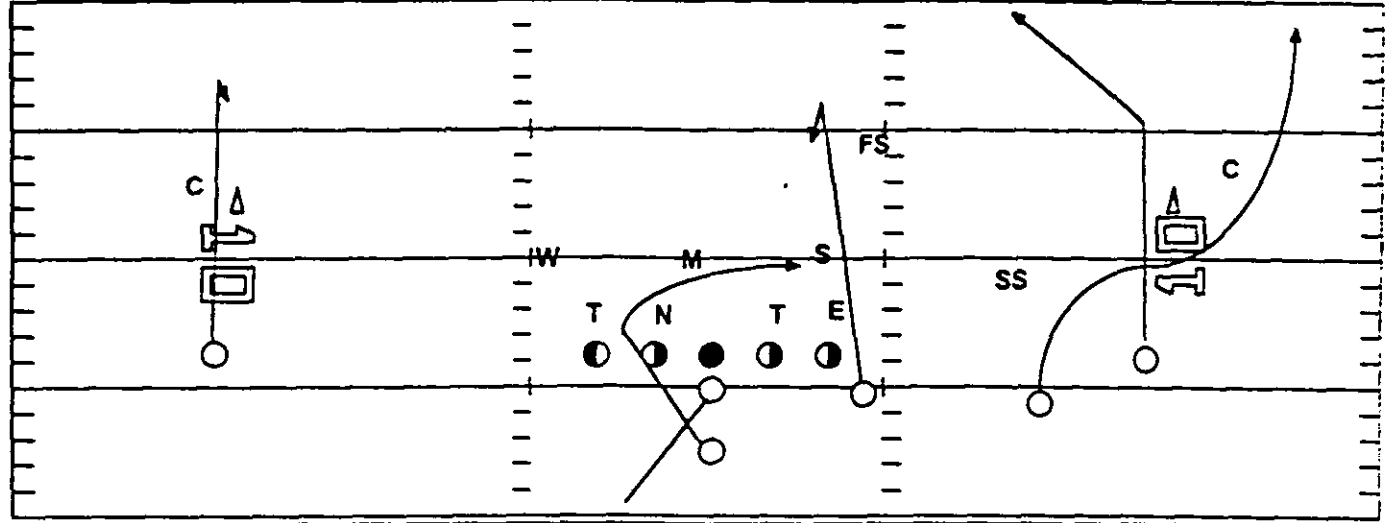
ROUTE: TEE 16-1/2 QB KEY: -WK FLAT DEFENDER QB PROG: T if not T, Z to A

X: POST Z: SMASH T: STOP
 A: CURL B: Y: FB: SLIDE



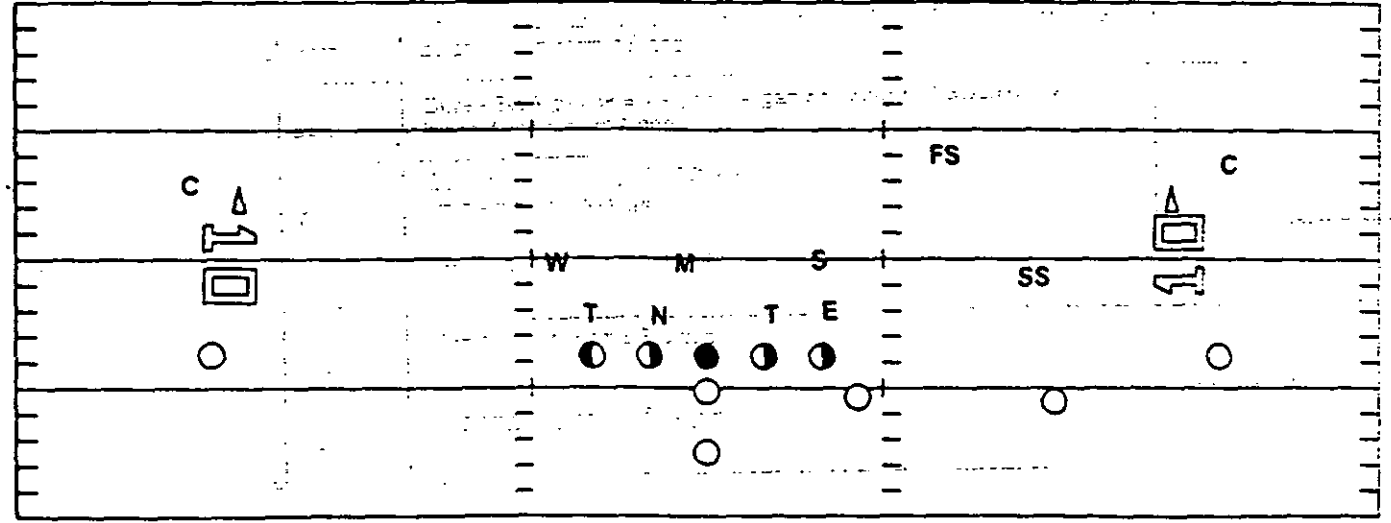
ROUTE: TEXAS 16-1/2 QB KEY: FS QB PROG: X to A to FB

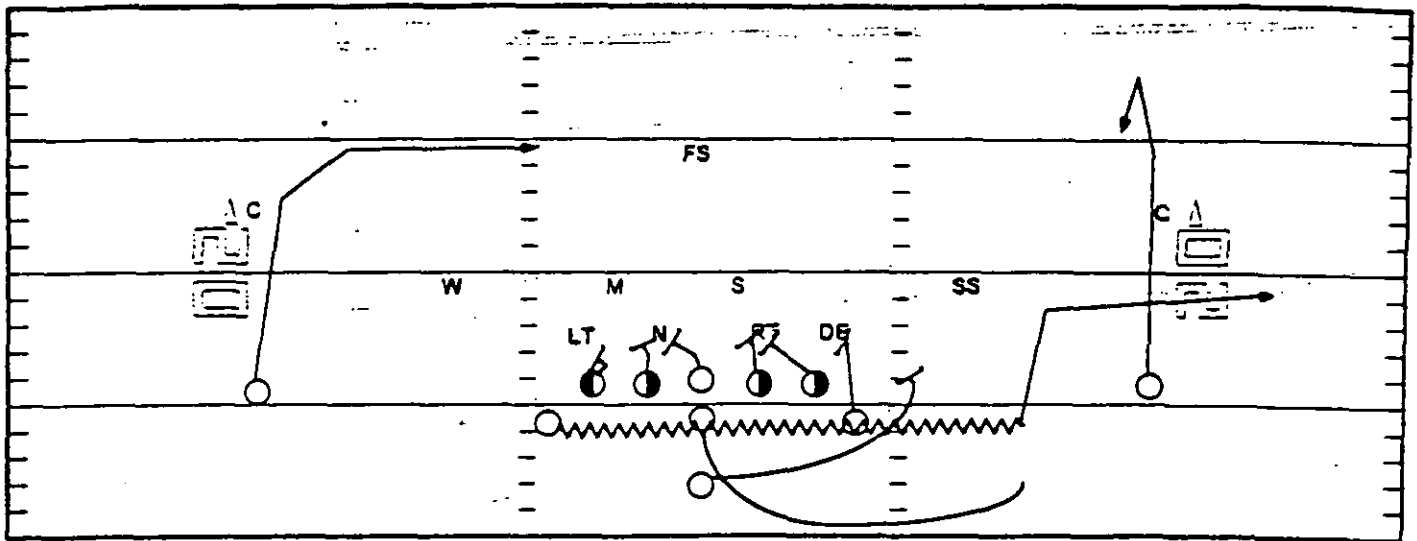
X: POST Z: WHEEL T: CURL
 A: CURL B: Y: FB: D



ROUTE: QB KEY: QB PROG:

X: Z: T:
 A: B: Y: FB:





PLAY DESIGN AND PURPOSE

1. To get the QB out of the pocket in order to threaten the defense with run, pass option.
2. To discourage defenses from stunting or blitzing.

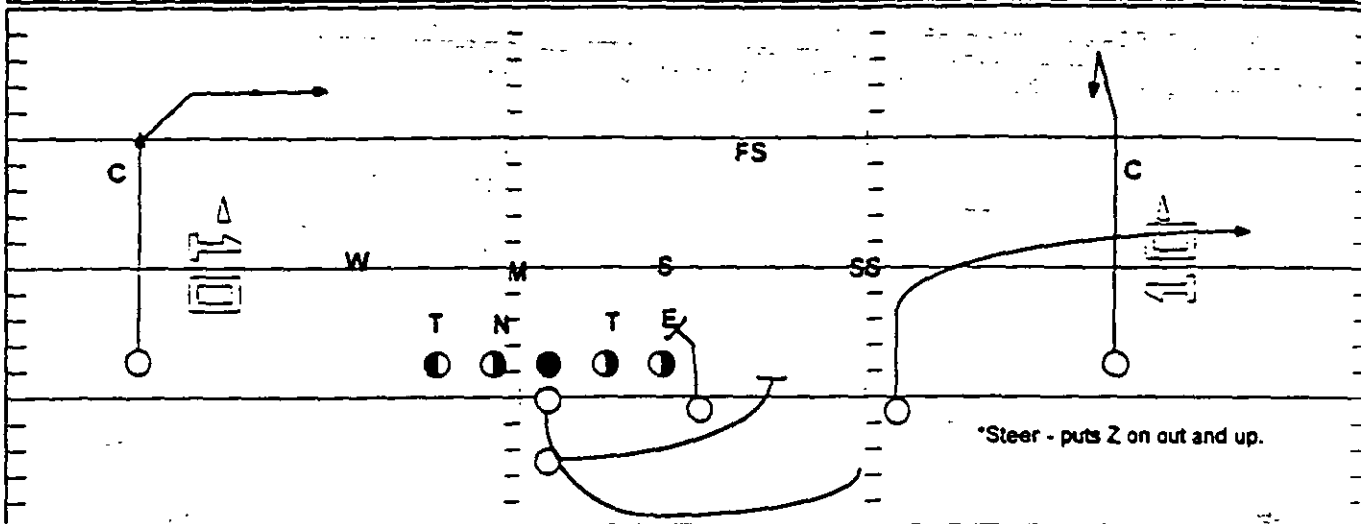
POS	RESPONSIBILITY	COACHING PTS
QB	Open 8 o'clock and to depth of 7yds behind tackles outside foot.	Get shoulders turned downhill at target before throwing. Remember you can run!
FS	Open flat and arc looking for PSLB	
PS SL	Load outside leg of End man on the LOS.	
BS SL	Route	
PS WR	Route	
BS WR	Route	
PST	Drive - Set B gap defender, if no B gap defender punch inside # of C gap defender and protect B gap.	
PSG	Drive - Set A gap defender, if no A gap defender and covered drive inside # and protect A gap.	
C	Covered - Drive hinge for BS a gap. Uncovered - Gap hinge	
BSG	Gap hinge - protect BS B gap	
BST	Gap hinge - protect BS C gap	
TE	Gap hinge - protect BS D gap	

X: CURL (7-4-2)
A: LOAD Q

Z: OUT
B:

Y:

FB: BLOCK PSLB



ROUTE: Gator 14 - 1/2

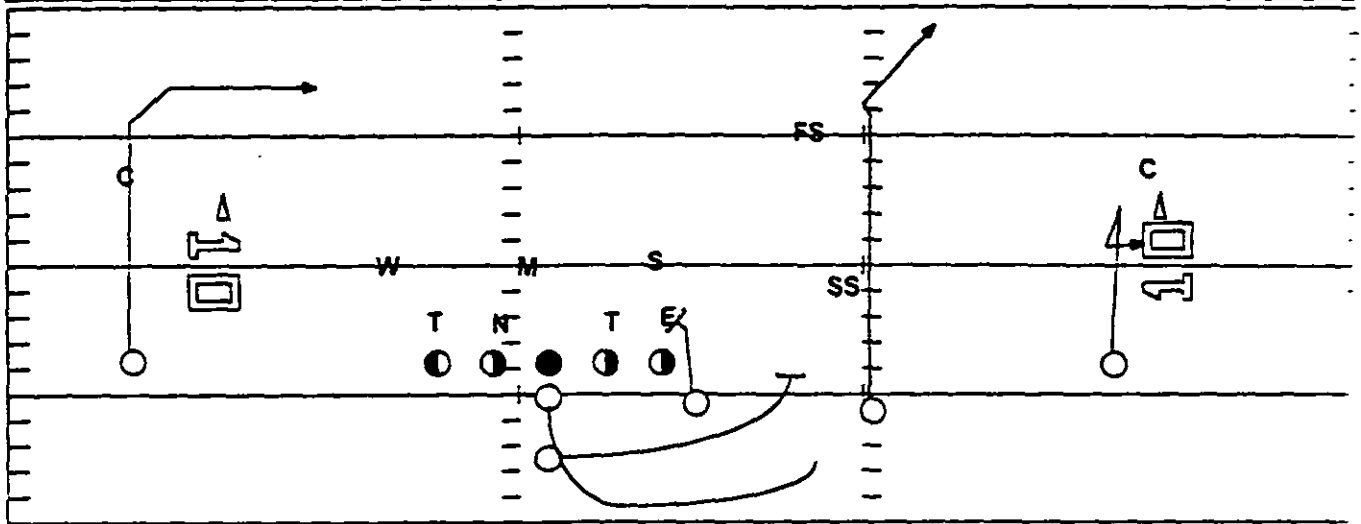
QB KEY: Corner

QB PROG:

X: Stop *Shorten stop to 6yds, work to sideline
A: Load Q

Z: Flag
B:

T: Dig
Y: Block end man om LOS FB: Block PSLB



ROUTE: Colonial 14 - 13/14

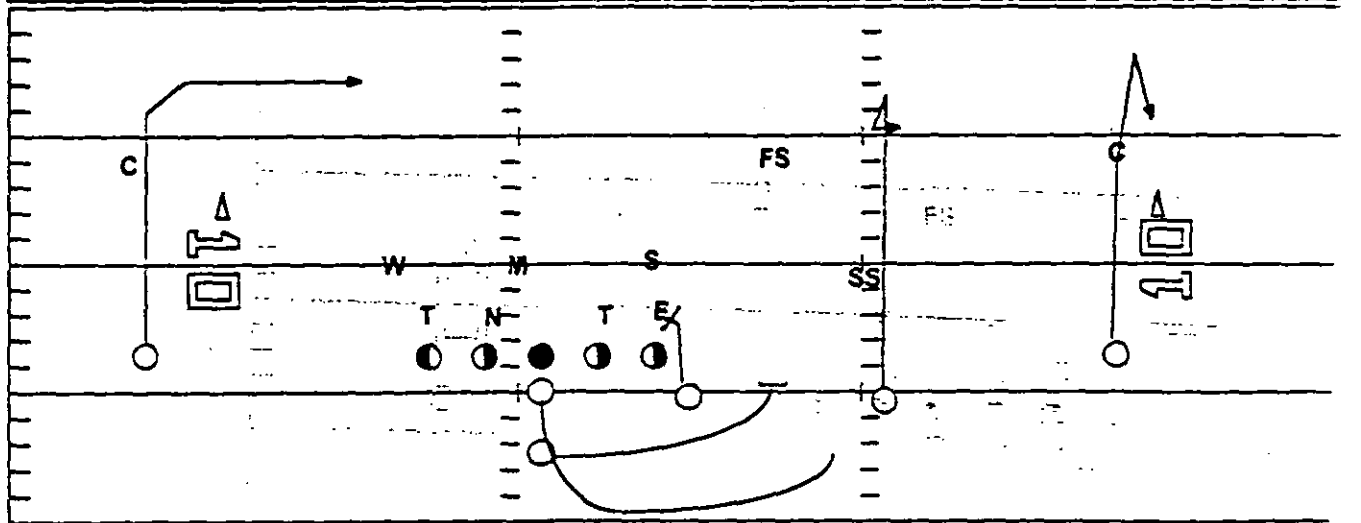
QB KEY:

QB PROG:

X: Comeback
A: Load Q

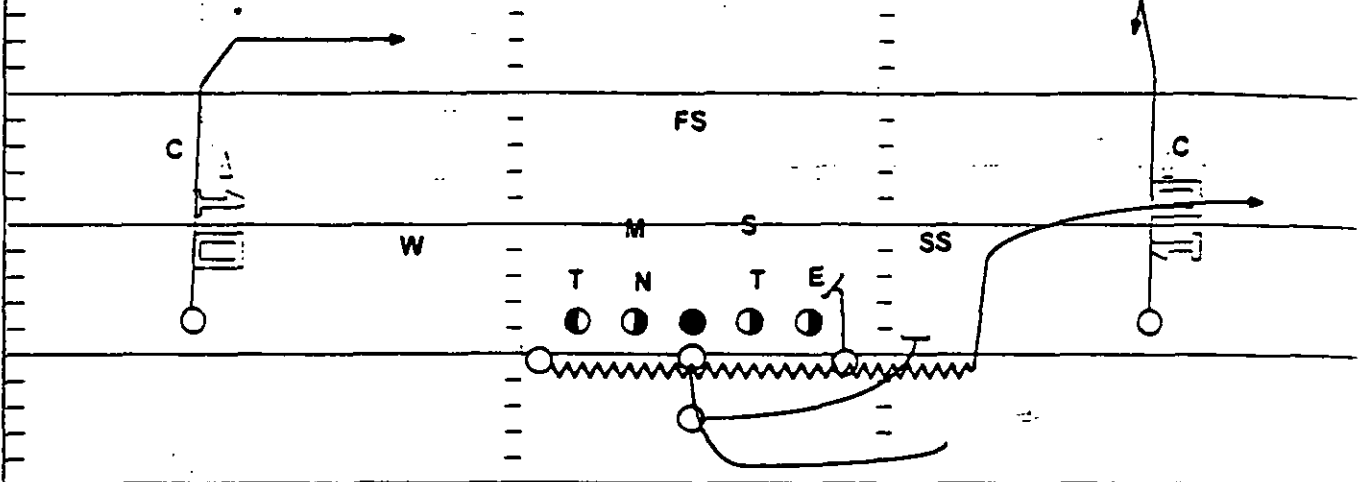
Z: Curl
B:

T: Dig
Y: Block end man on LOS FB: Block PSLB



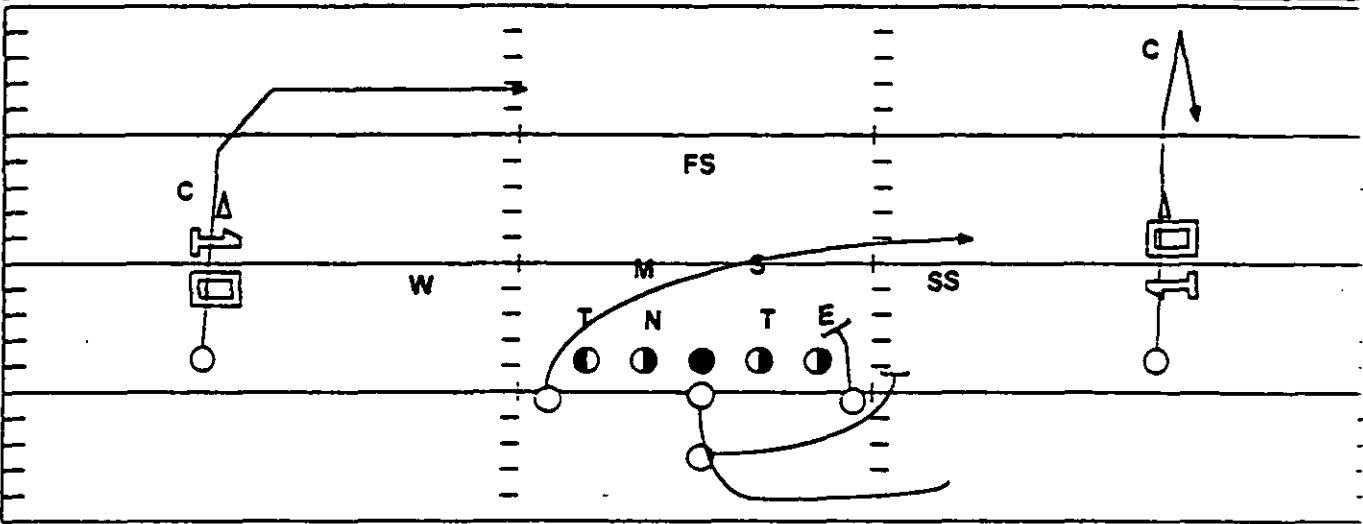
X: CURL Z: DIG T:
 A: LOAD Q B: OUT (AFTER RIPPING ACROSS) Y: FB:BLOCK PSLB

SLOT/SLOT RIP 14-2. SLOT GOES INTO MOTION ON READY. QB SNAPS BALL WHEN SLOT IS IN POSITION.



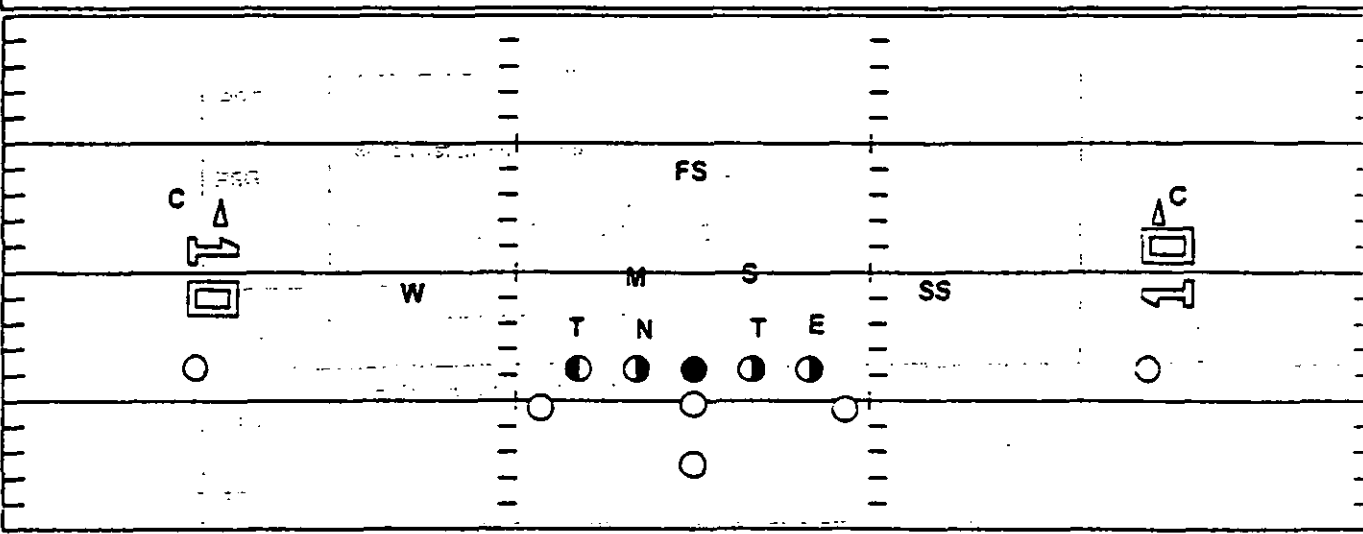
ROUTE: 14 - 13/14 QB KEY: QB PRCG: X to B to RUN

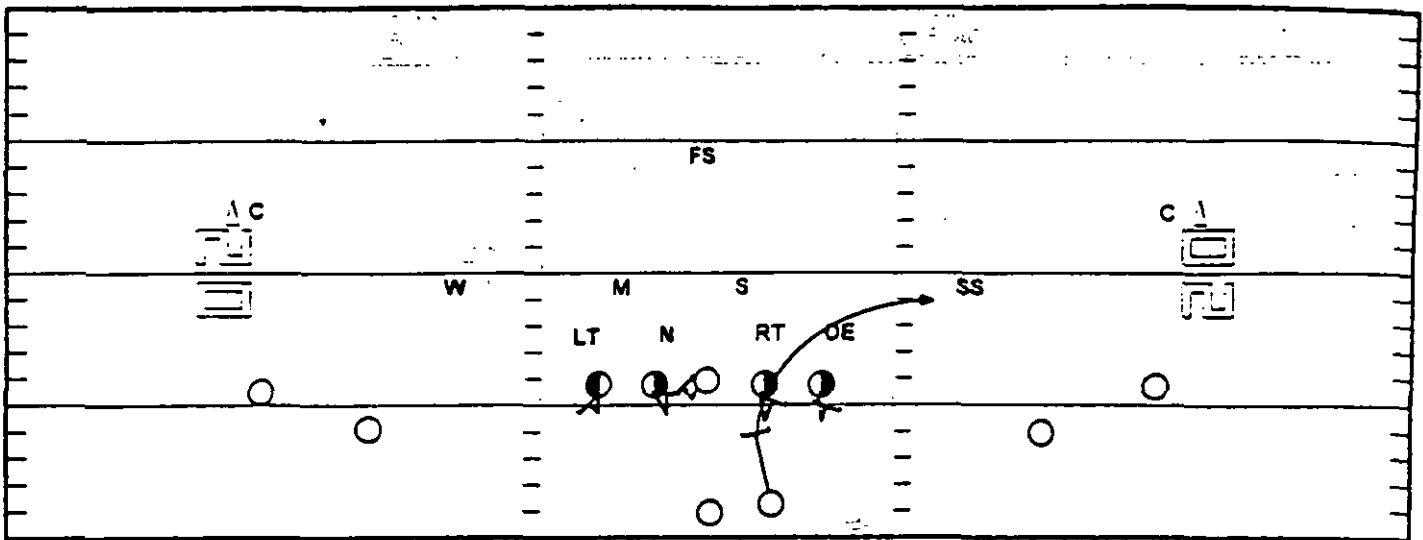
X: COMEBACK Z:DIG T:
 A: LOAD Q B: DRAG Y: FB:BLOCK PSLB



ROUTE: QB KEY: QB PRCG:

X: Z: T:
 A: B: Y: FB:





PLAY DESIGN AND PURPOSE

1. Will utilize with our "shotgun" protection.

POS	RESPONSIBILITY	COACHING PTS
QB	Route Progression	Will throw "HOT" off of #4 WK. Will throw "HOT" off of #4 ST if PSLB comes also.
FB	Check release. Dual PSLB to OLB (unless route specifies you to free release)	
PS SL	Route	
BS SL	Route	
PS WR	Route	
BS WR	Route	
PST	Set on 2nd Down Linemen	
PSG	Set on 1st Down Linemen	
C	Set on covered defender to MLB to BSLB	
BSG	Set on 1st Down Linemen to MLB to BSLB	
BST	Set on 2nd Down Linemen	
TE		

X: CURL

Z: SMASH

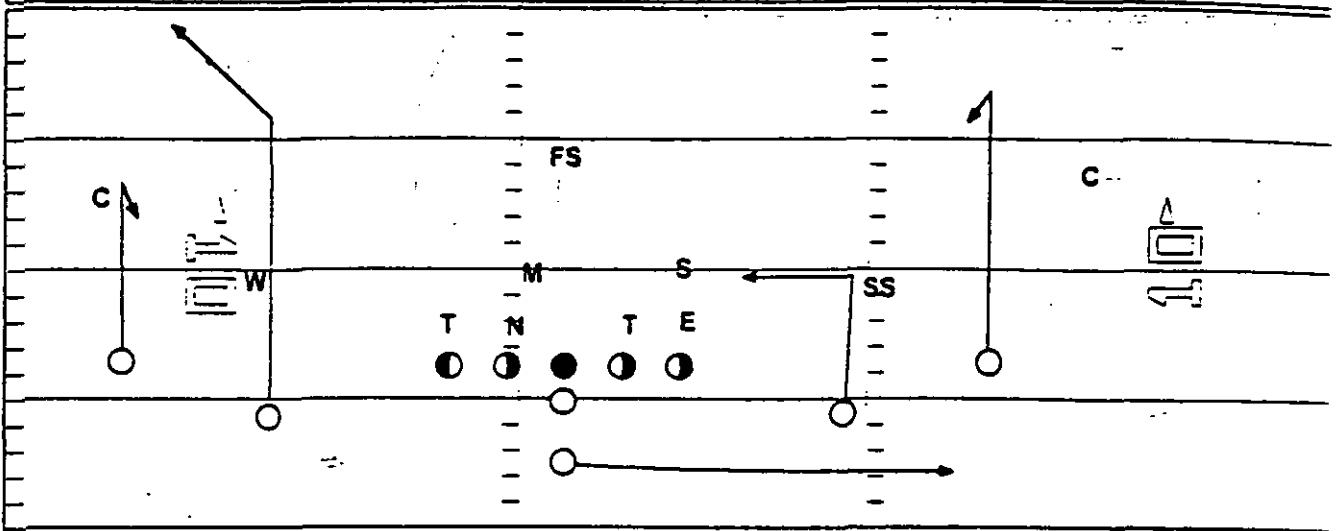
T: STOP (3-2)

A:

B: FLAG

Y:

FB: RUN BTM #3



ROUTE: EXXON 4 - 1/2

QB KEY: LOOK FOR GIFT TO T PRESNAP

QB PROG: X to Z to FB

X: SMASH

Z: CURL

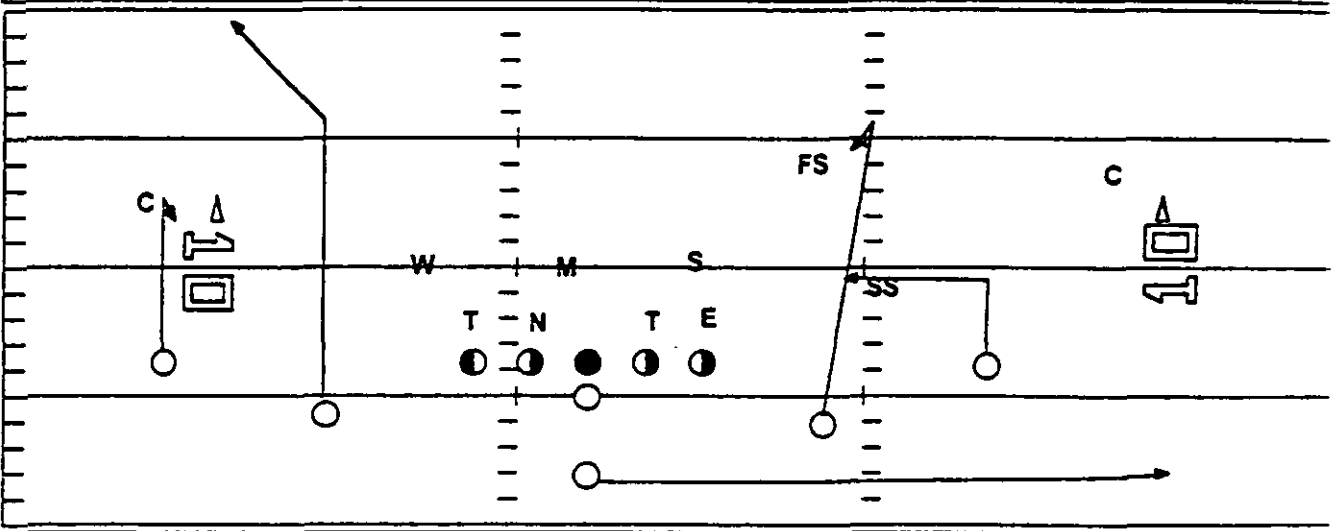
T: STOP (2-3)

A:

B: FLAG

Y:

FB: FLARE



ROUTE: COLONAL 4 - 9/10

QB KEY: LOOK FOR GIFT TO T PRESNAP

QB PROG: Z to FB

X: FADE

Z: CURL

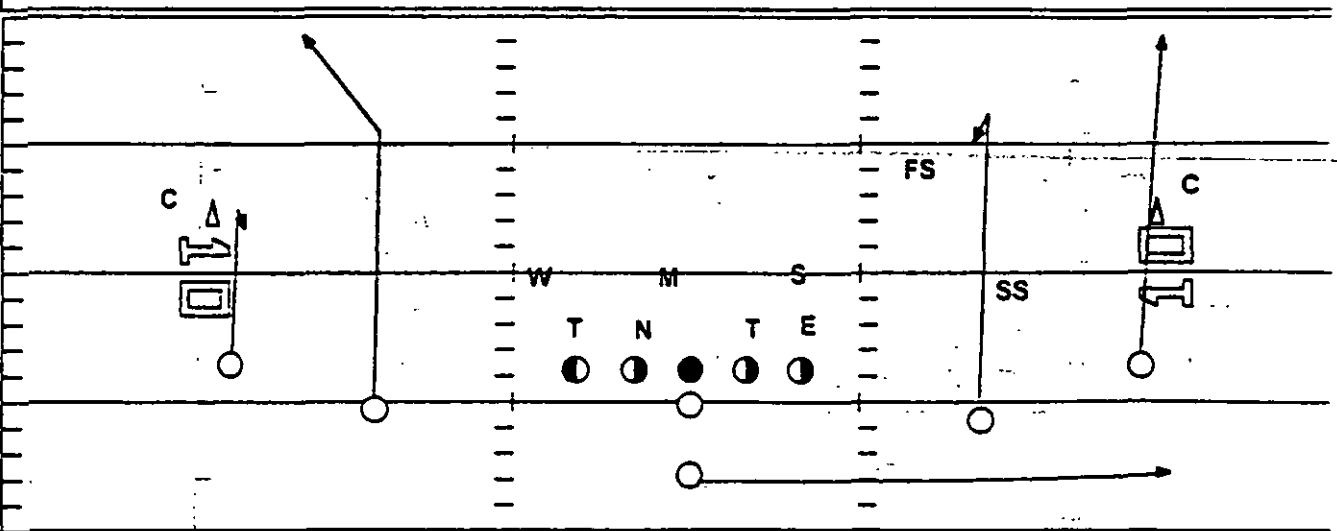
T: STOP (3-2)

A:

B: FLAG

Y:

FB: FLARE

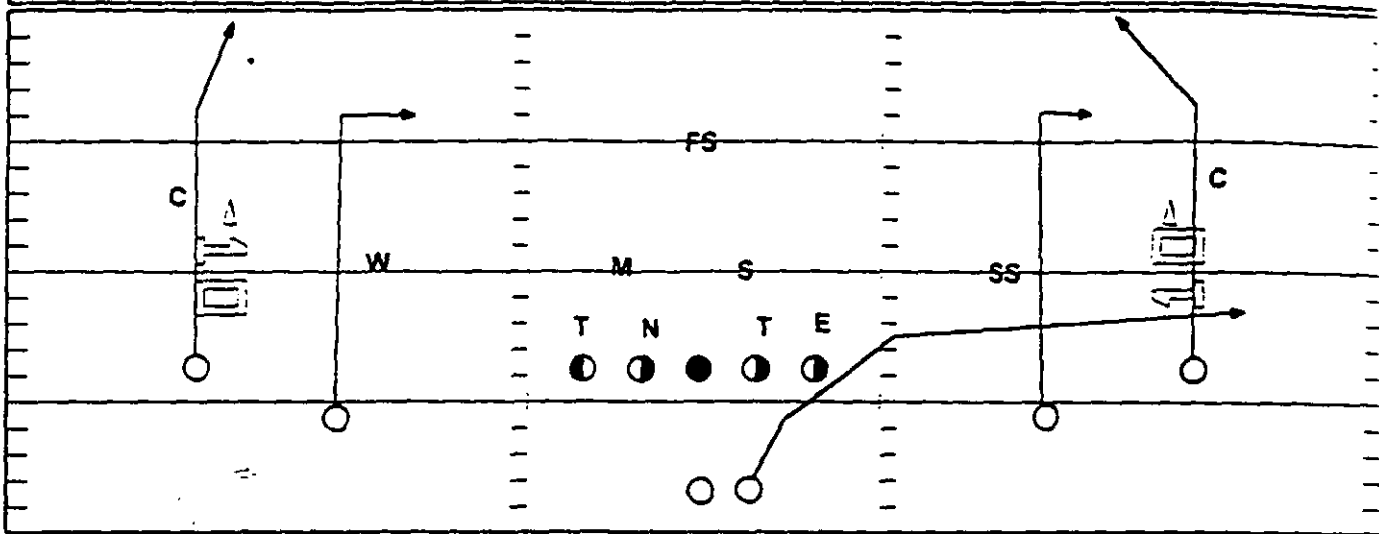


X: POST
A:

Z: CREASE
B: DIG

T: POST
Y:

FB: ARROW



ROUTE: 4 - 9/10

QB KEY: FS vs 3, PS Safety vs 2

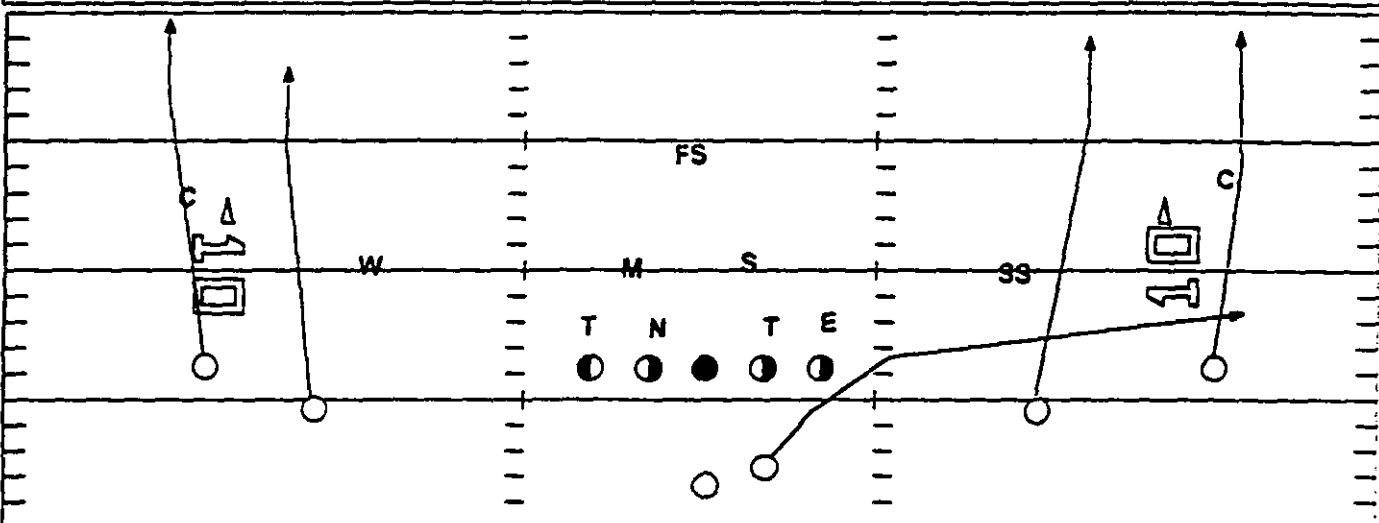
QB PROG:

X: FADE
A:

Z: SEAM vs 3, OUT vs 2
B: SEAM vs 3, POST vs 2

T: FADE
Y:

FB: SLIDE



ROUTE:

QB KEY:

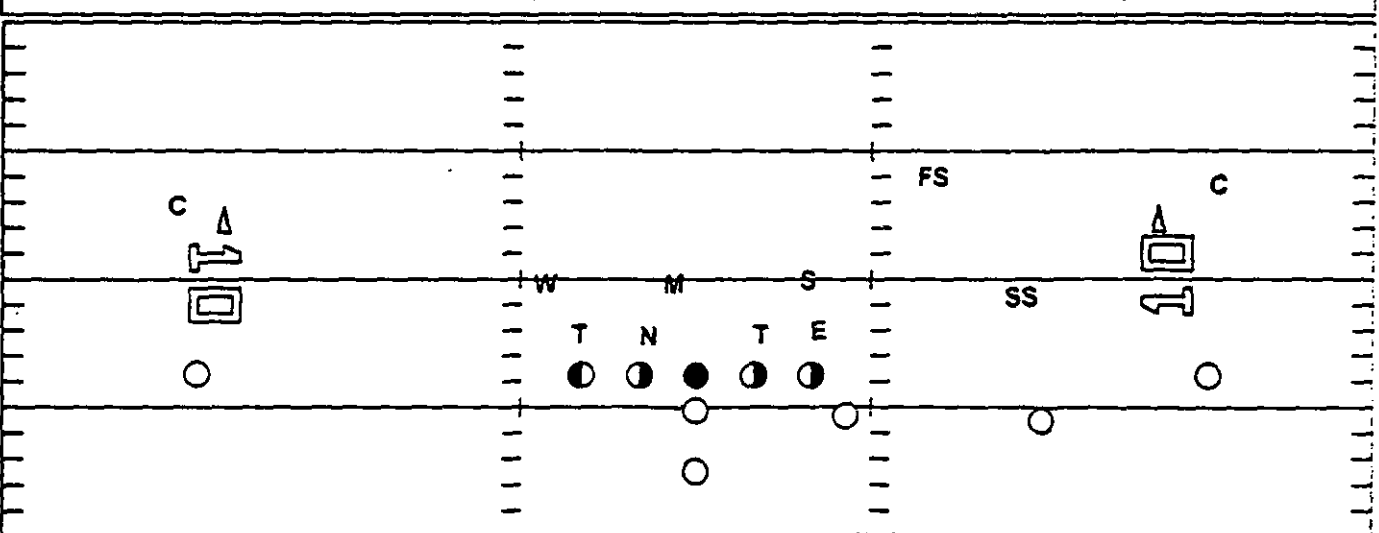
QB PROG:

X:
A:

Z:
B:

T:
Y:

FB:



Technique Numbering for Defensive Alignments

- 8 Technique - On air outside the TE
- 9 Technique - Outside shade of a TE
- 6 Technique - Head up to a TE
- 7 Technique - Inside shade of a TE
- 5 Technique - Outside shade of a Tackle
- 4 Technique - Head up to a Tackle
- 4I Technique - Inside shade of a Tackle
- 3 Technique - Outside shade of a Guard
- 2 Technique - Head up to a Guard
- 1 Technique - Inside shade of a Guard
- 0 Technique - On the Center

