

OFFENSIVE LINE

Rules, Techniques, and Coaching Points

- C Over, onside A-gap. If covered by down lineman use good scramble technique. Get eyes by and upfield. Aiming point is outside hip - lead step - explosion step. If covered by linebacker protect A-gap area to linebacker. May use speed zone with On G versus 1 or 2 technique. When blocking linebacker you can chop him by driving eyes upfield and exploding off shoulder and forearm through his thigh board area.
- ON G Block #1. If #1 is a down lineman drive eyes through outside armpit on his area. Read alignment and step with near foot. We are speed zoning LOS. If covered by a linebacker drive eyes for point inside the hip of next down lineman and use good speed zone technique with On T. If down lineman widens then continue on path to chop linebacker through his thigh board.
- ON T Block #2 unless he is end man on LOS. If covered by a down lineman use good speed zone technique driving eyes through outside armpit. If #2 is end man on LOS take best release to block 1st linebacker from inside. Versus any no-show linebacker flatten to get free safety. If covered by linebacker take leverage release to chop outside thigh board. You must always be alert for option rule vs end man on LOS.
- OFF G Block #1. Use good speed zone technique. Block through backside A-gap to near linebacker. Always chop linebackers unless you get a natural seal. Never allow anyone to cross your face. Protect center's backside A-gap.
- OFF T Block #2. Use good cut-off and scramble technique. Block through backside B-gap to near linebacker. Always chop linebackers unless you get a natural seal. Never allow anyone to cross your face.

QUARTERBACK AND BACKS  
RULES, TECHNIQUES AND COACHING POINTS

- QB      PUSH DEEP AWAY FROM LOS WITH BACKSIDE FOOT - SQUARING SHOULDERS TO EOL. EYES SHOULD BE ON PITCH KEY AS YOU END UP WITH TOE TO INSTEP STAGGER. (BACKSIDE FOOT BACK). ATTACK EOL AND PITCH UNLESS TAKEN AWAY. IF TWO BACK SET BE ALERT FOR FB TO BE IN YOUR VISION AS YOU LOCK TO PITCH.
- FB      ADJUST YOUR START TO GET AND STAY IN PITCH RELATIONSHIP. YOU WILL USUALLY HAVE TO HUSTLE TO GET IN PITCH RELATIONSHIP. THE PITCH USUALLY COMES QUICKLY.

Play No.

8-9

WIDE RECEIVERS AND TIGHT ENDS

Rules, Techniques, and Coaching Points

- Z           Block man over. Vs man coverage run off.
- Y           Arc release and block first support, always fight to  
            maintain outside leverage. Aiming point outside  
            leverage. Keep shoulders square.
- X           Block man over. Vs man coverage run off.

Play No.  
10-11

OFFENSIVE LINE

Rules, Techniques, and Coaching Points

- C Over, Backside Linebacker. If covered by Down Lineman take short lateral step with near foot (Balance Step), drive eyes under chin and take him direction he wishes to go. (High Pressure Control Technique). If covered by Linebacker set and drive up quickly. Drive eyes in numbers and maintain block. Center must be alert for Eagle Stack ON Backside. Must make "HELP" Call to On-G then release through Off-A Gap to block backside Linebacker.
- ON-G Block 1st man on LOS. Show pass on LOS. Time your block. If covered by Down Lineman set square protect inside with balance step eyes under chin and take defender the way he wishes to go. Be alert for "Help" call from center. If covered by Linebacker show pass time block and block 1st man to rush B-Gap area to outside Linebacker.
- ON-T Block 2nd man on LOS. Show pass on LOS. Time your block. You must set for position if 2nd man on LOS aligns on you. (Never get beat to inside). Versus 70 look you will be blocking C-Gap Defender.
- OFF-G Block #1. If covered by Down Lineman show pass step for position protecting inside and time your block. If covered by Linebacker set and drive up to put eyes on playside number. We will use Soft-Charlie Technique vs. Hard Gapping Nose Guard. Soft-Charlie set in A-Gap with step of depth. Read charge of Nose guard and react accordingly. We will use a Charlie Call vs. Down Lineman threatening off A-Gap area.
- OFF-T Block #2. If covered by Down Lineman read alignment and do not allow inside rush lane. (Take it away with good position step.) If covered by Linebacker set and drive up to block him through playside number. Maintain the block.

PLAY NO

10-11

OFFENSIVE BACKS  
RULES, TECHNIQUES AND COACHING POINTS

- QB EXECUTE 3 STEP DROP WITH EYES TO TWINS OR TRIPS SIDE. ON THIRD STEP LOCK BALL AWAY, LOWER HIPS, AND REDIRECT ACCELERATING STRAIGHT AHEAD. RUN THROUGH FIRST LANE READING FIRST COVERED LINEMAN TO CALLSIDE.
- FB ALIGN WITH HEELS NO DEEPER THAN FIVE YARDS, TWO POINT STANCE. YOU ARE RESPONSIBLE FOR BLOCKING FRONTSIDE ILBER. ON THE SNAP OF THE BALL, STEP PLAYSIDE AND READ THE BLOCK OF THE 1ST COVERED LINEMAN FROM CENTER OUTSIDE TO DETERMINE BEST COURSE TO ATTACK LBER. THIS IS BEST EXECUTED WITH A CUT BLOCK.
- TB BLOCK MAN OVER. PUSH OFF THE BALL UNTIL DEFENDER RECOGNIZES RUN. GET INSIDE POSITION. RUN OFF VERSUS MAN COVERAGE.

PLAY NO  
10-11

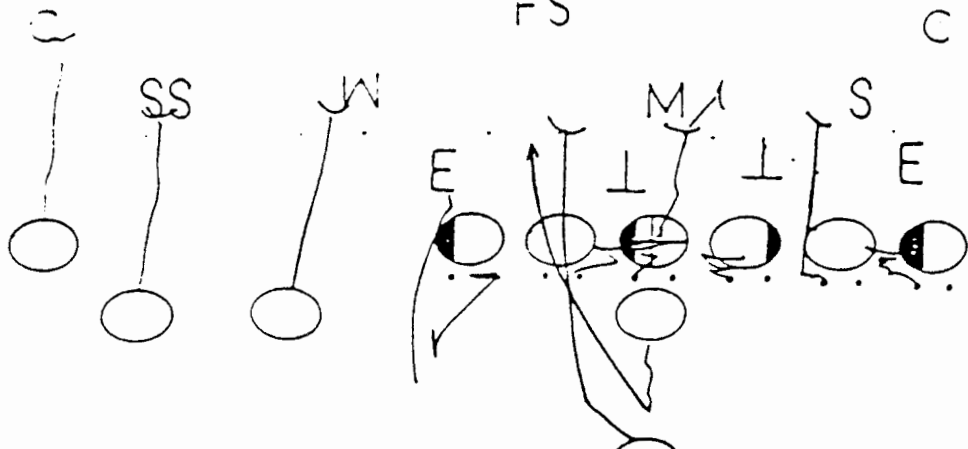
WIDE RECEIVERS AND TIGHT END  
RULES, TECHNIQUES AND COACHING POINTS

- Z PUSH HARD OFF THE BALL UNTIL YOU GET DEFENSIVE RECOGNITION THEN STALK BLOCK.  
VERSUS MAN COVERAGE RUN OFF.
  
- Y USE 170 PROTECTION RULES. THE PLAY WILL BE RUN AWAY FROM TE. CHANCE OF F.A.R.  
CALL. IF UNCOVERED, SET AND RELEASE TO NEXT LEVEL (THIS WILL HAPPEN IF MEN  
OVER DROPS).
  
- X RUSH HARD OFF THE BALL UNTIL YOU GET DEFENSIVE RECOGNITION THEN STALK BLOCK.  
VERSUS MAN COVERAGE RUN OFF.

FS

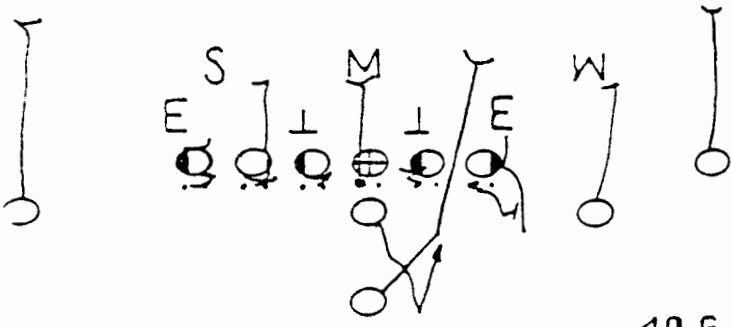
C

PLAY: 10-11



DEFENSIVE FRONTS

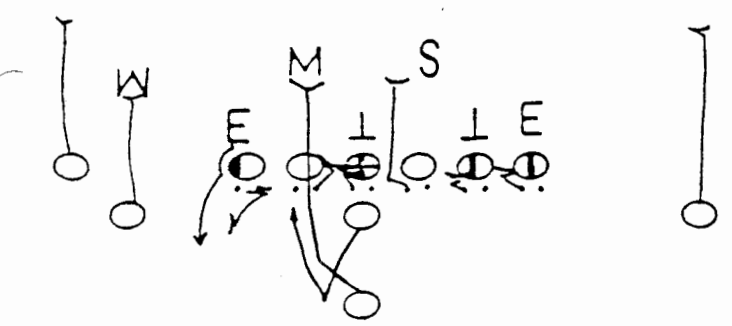
4-5



40 G

DESCRIPTION :

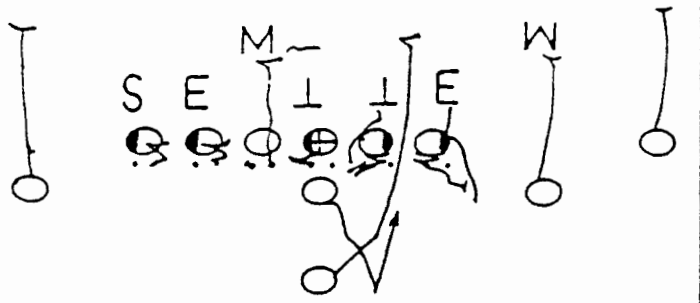
1. QB Draw.
2. Spread defense with formations.
3. Take advantage of pass rush.
4. Same design as lead draw.



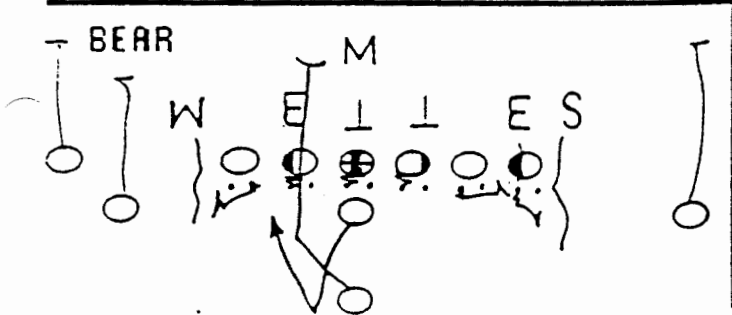
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PROBLEMS

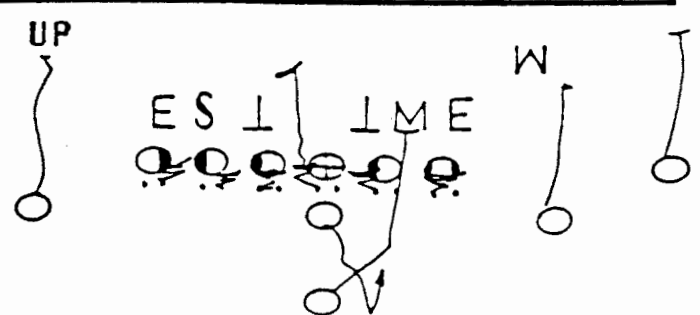
1. Lack of rush by on line defenders.
2. QB rushing play too quickly.



50



BEAR



UP

PLAY NO  
12-13

TEEN SERIES  
OFFENSIVE LINE  
RULES, TECHNIQUES AND COACHING POINTS

C OVER. POWER ZONE. IF COVERED BY DOWN LINEMAN DRIVE EYES THROUGH PLAYSIDE NUMBER - "STRETCH BASE". IF DEFENDER GOES AWAY CONTINUE UP TO ENGAGE LINEBACKER. STAY SQUARE IF COVERED BY LINEBACKER POWER ZONE THROUGH PLAYSIDE A-GAP USING HAND DRIVE ON DOWN LINEMAN KEEPING EYES ON LINEBACKER - "STRETCH DOUBLE" IF DEFENDER ENTERS A-GAP ENGAGE STAYING SQUARE AND GET MOVEMENT.

ON G BLOCK #1 POWER ZONE. IF COVERED BY DOWN LINEMAN DRIVE EYES THROUGH PLAYSIDE NUMBER STEP WITH NEAR FOOT USING SHORT STRETCH STEP. "STRETCH BASE" IF DEFENDER GOES AWAY CONTINUE UP TO ENGAGE LINEBACKER. IF COVERED BY A LINEBACKER POWER ZONE THROUGH B-GAP USING HAND DRIVE ON DOWN LINEMAN KEEPING EYES ON LINEBACKER. STRETCH DOUBLE IF DEFENDER ENTERS B-GAP ENGAGE AND DRIVE HIM GETTING MOVEMENT.

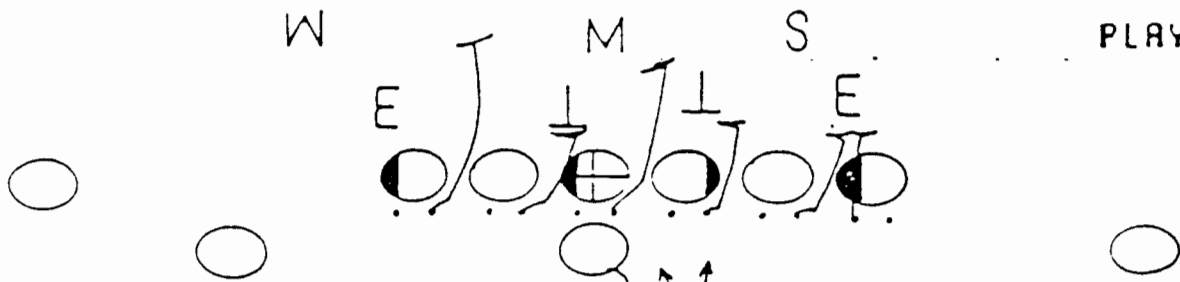
ON T BLOCK #2 POWER ZONE. IF COVERED BY A DOWN LINEMAN DRIVE EYES THROUGH PLAYSIDE NUMBER STEPPING WITH NEAR FOOT. "STRETCH BASE". IF DEFENDER GOES AWAY CONTINUE UP TO ENGAGE LINEBACKER. IF COVERED BY A LINEBACKER POWER ZONE C-GAP AREA TO LINEBACKER WORK C-GAP WITH YOUR HANDS KEEP EYE ON LINEBACKER - "STRETCH DOUBLE". IF DEFENDER ENTERS B-GAP ENGAGE HIM AND GET MOVEMENT.

OFF G BLOCK #1 PLAYSIDE GAP. POWER ZONE. YOU HAVE AN IMPORTANT BLOCK AS THIS PLAY CAN BREAK BACKSIDE. YOU MUST STAY UP ON BLOCK AND GET MOVEMENT. YOU ARE RESPONSIBLE FOR OFF A-GAP TO LINEBACKER COVERED BY DOWN LINEMAN - "STRETCH BASE" COVERED BY LBER - "STRETCH DOUBLE".

OFF T BLOCK MOST DANGEROUS. PLAYSIDE GAP. YOU MUST SEAL B-GAP TO LINEBACKER - BLOCK 1ST PRESSURE.

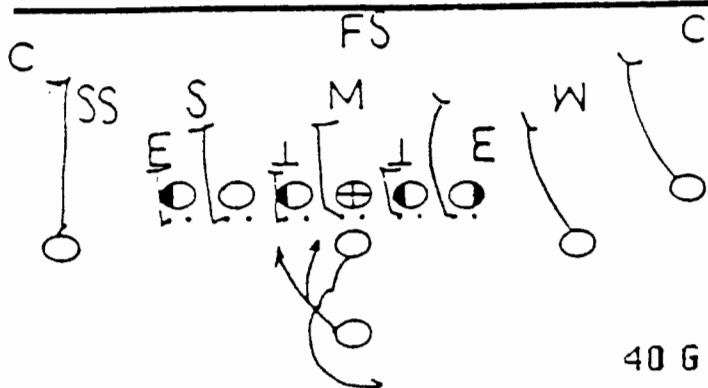
NOTE: FOR ALL LINEMAN - IF YOU ARE COVERED BY A DOWN LINEMAN YOUR TECHNIQUE IS A STRETCH BASE. IF YOU ARE COVERED BY A LINEBACKER YOUR TECHNIQUE IS A STRETCH DOUBLE





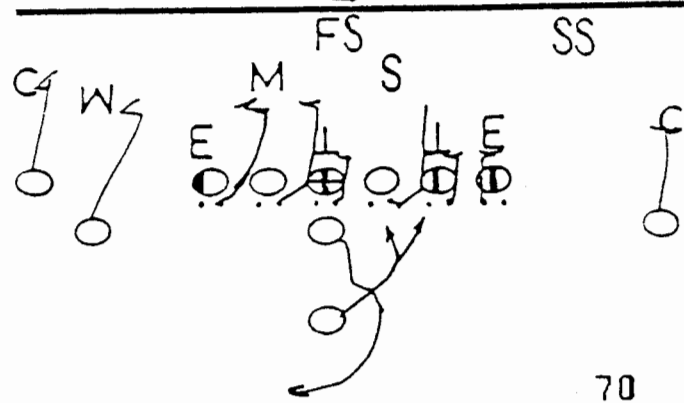
DEFENSIVE FRONTS

4-3



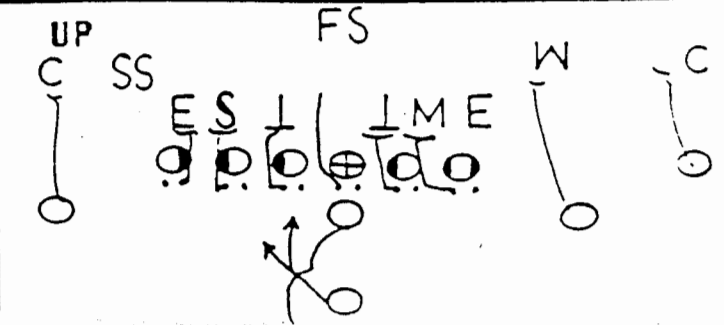
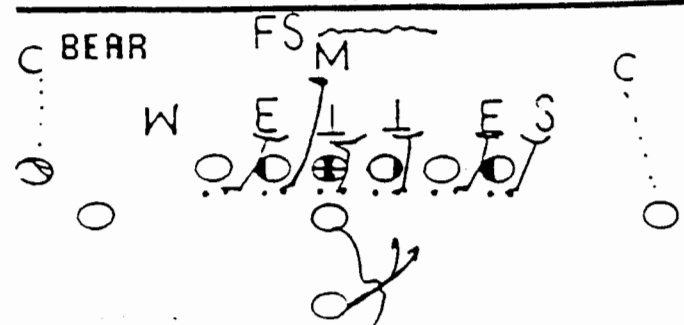
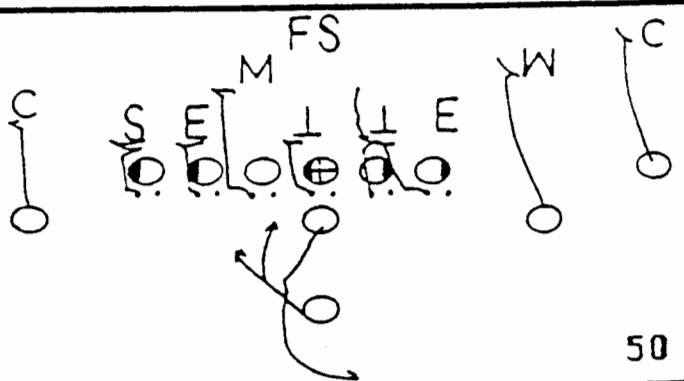
DESCRIPTION :

1. Inside stretch zone
2. Running back will read B-gap area to backside B-gap.
3. Good versus 3-technique players
4. Flow cut play
5. Create one on one type blocking by spreading formations



PROBLEMS

1. 4-Technique
2. Pressure off backside eagle



PLAY NO

16-17

TEEN SERIES  
OFFENSIVE LINE  
RULES, TECHNIQUES AND COACHING POINTS

OVER. SPEED ZONE. IF COVERED BY DOWN LINEMAN DRIVE EYES THROUGH PLAYSIDE ARMPIT. GET EYES WORKING UPFIELD. MUST NOT ALLOW DEFENDER TO CROSS YOUR FACE. IF COVERED BY LINEBACKER DRIVE EYES (STEPPING WITH PLAYSIDE FOOT) THROUGH ONSIDE A-GAP (SPEED ZONE) AND BLOCK 1ST THREAT. YOU MAY USE CHOP TECHNIQUE VS BACKSIDE LINEBACKER.

3 BLOCK #1. SPEED ZONE. IF COVERED BY DOWN LINEMAN DRIVE EYES THROUGH PLAYSIDE ARMPIT USING SHORT BUCKET STEP (PULL REACH VS 3 TECHNIQUE). IF COVERED BY LINEBACKER HALF ZONE WITH ON T. USE GOOD BUCKET STEP READING DEFENDER OVER ON T. NO THREAT - HAND DRIVE DEFEENDER OVER ON T OUTSIDE, KEEPING EYES ON LINEBACKER.

T BLOCK #2. HALF ZONE. IF COVERED BY DOWN LINEMAN DRIVE EYES THROUGH OUTSIDE NUMBER STAYING SQUARE. IF COVERED BY LINEBACKER HALF ZONE C-GAP AREA TO LINEBACKER USE HAND DRIVE TO FORCE GAP WIDER. IF DEFENDER STAYS IN C-GAP - DRIVE HIM FIGHTING TO GET SQUARE. USE BUCKET STEP WHEN COVERED BY LINEBACKER. WHEN BOTH YOU AND ON G ARE COVERED BUCKET STEP AND BLOCK MAN.

===== G BLOCK #1. PLAYSIDE GAP - SPEED ZONE. YOU MUST PROTECT OFF A GAP THREAT. YOU MAY USE SCRAMBLE OR SHOE SHINE CUT-OFF AS PLAY WILL BREAK FROM FRONTSIDE D-GAP TO FRONTSIDE B-GAP.

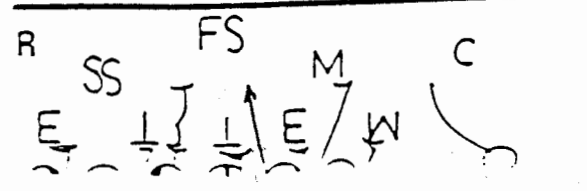
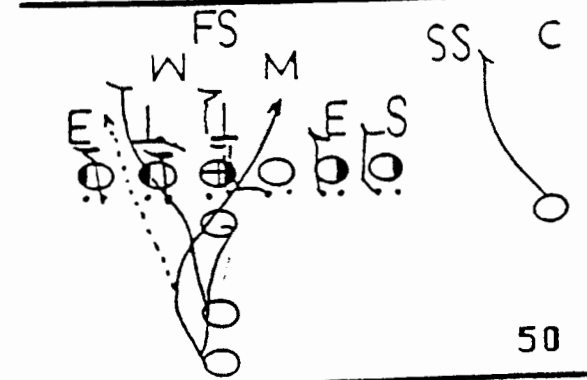
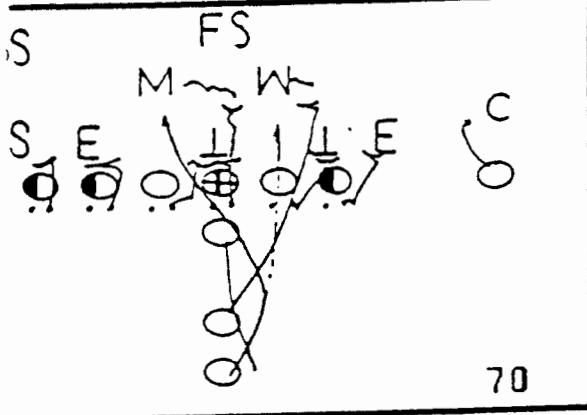
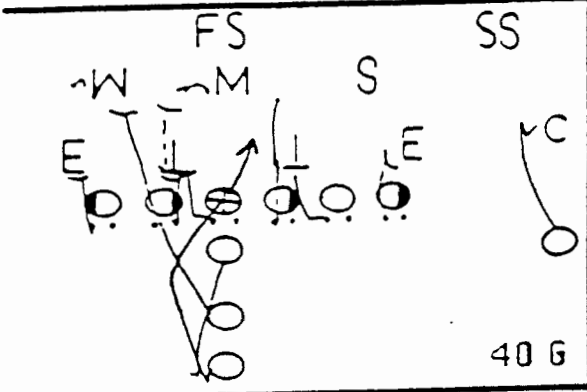
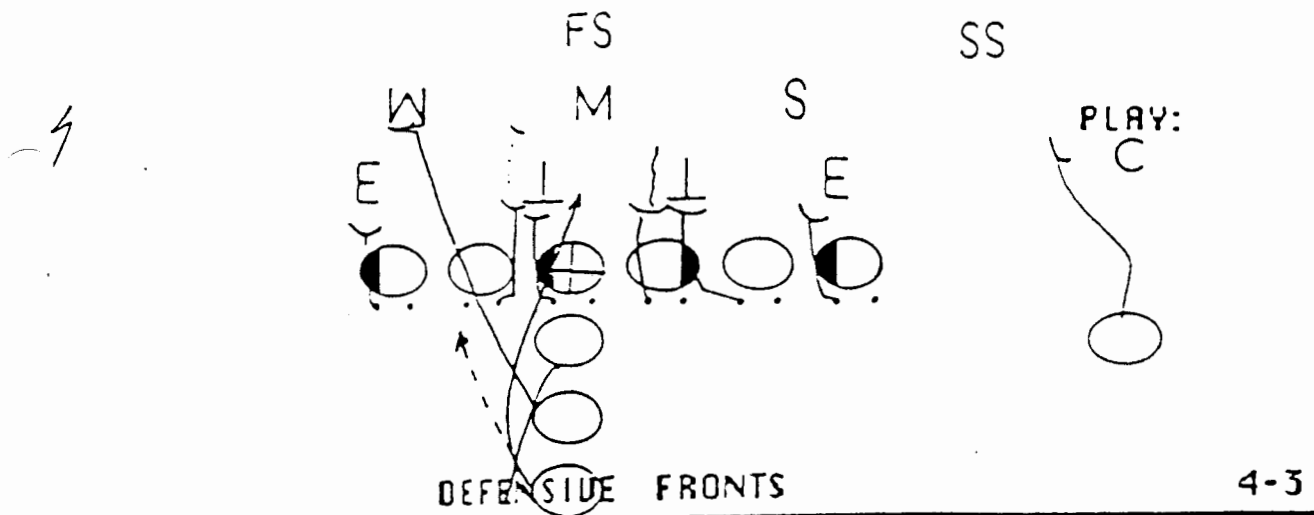
----- T BLOCK #2. PLAYSIDE GAP. SPEED ZONE. YOU MUST PROTECT OFF B-GAP THREAT. YOU MAY USE SCRAMBLE OR SHOE SHINE CUT-OFF AS PLAY WILL BREAK FROM FRONTSIDE D-GAP TO FRONTSIDE B-GAP

PLAY NO

16-17

TEEN SERIES  
TIGHT ENDS AND WIDE RECEIVERS  
RULES, TECHNIQUES AND COACHING POINTS

- X            PUSH OFF LOS TO STALK MAN OVER, USE CHOP BLOCK AS A CHANGE UP. RUN ALLEY BACKSIDE TO CUT OFF.
- Y            WE WILL USE A HALF ZONE TECHNIQUE. WE WILL TAKE CARE OF LOS FIRST, THEN WORK TO NEXT LEVEL. THIS BALL IS DESIGNED TO HIT C-GAP BACK TO A-GAP. VERSUS ANY HEAD UP TO OUTSIDE SHADE STEP OUTSIDE FOOT AND ZONE THROUGH WITH TACKLE. VERSUS ANY INSIDE SHADE STEP INSIDE FOOT AND ZONE TO NEXT LEVEL.
- Z            PUSH OFF LOS TO STALK MAN OVER, USE CHOP BLOCK AS A CHANGE UP. RUN ALLEY BACKSIDE TO CUT OFF.

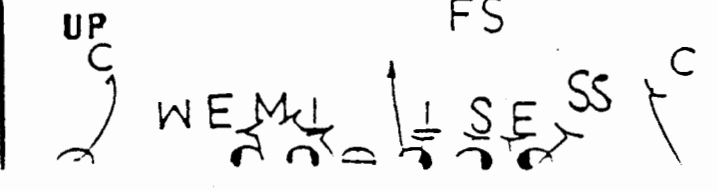


**DESCRIPTION: 22-23**

1. Isolation play: Tight or split side
2. Attack LOS with aggressive blocks
3. Must have good splits
4. Fullback will center-up playside linebacker off LOS.
5. Read first covered lineman from guard to backside
6. Use this play to establish dominance at LOS.
7. We will not run versus hard end on split side

**PROBLEMS**

1. Two A-gap players: use "exchange" blocking scheme
2. Poor splits - must keep splits open



Play No.  
24-25

OFFENSIVE LINE

Rules, Techniques and Coaching Points

- C Offside A-Gap. You must protect A-Gap area. If you are covered by NG step through offside A-Gap Block 1st Defender to Threaten. You are using a Gap Away Blocking Scheme. If covered by LB work offside A-Gap to offside LBer.
- ON-G Frontside A-Gap unless you and ON-T are covered then block man. When blocking man always take balance step making sure you protect your inside. Keep good bend in the knee. Stay SQUARE. Take Defender the way he wishes to go. If you are covered by LINEBACKER, you must seal Frontside A-Gap to Backside Linebacker.
- ON-T Block #2 unless he is a Linebacker. If #2 is a DOWN LINEMAN then take balance step. Keep shoulders square and protecting inside, take Defender the way he wishes to go. If #2 is a LINEBACKER seal B-Gap area to Backside LBer.
- OFF-G Block offside B-Gap. Set with step of Depth and TIME YOUR BLOCK.
- OFF-T Block offside C-Gap. Set with step of Depth and TIME YOUR BLOCK.

Note: Versus some fronts we will exchange assignments

Examples:

(70 Fronts)

1. Center and Off G will exchange assignments on a "Car" call by the center.

(Linebacker over playing Tight End on Draw Pass)

2. Tight End and Fullback will exchange assignments on a "Y" call

(Versus "A" Gap Players)

PLAY NO.  
24-25

QUARTERBACKS AND BACKS

Rules, Techniques and Coaching Points

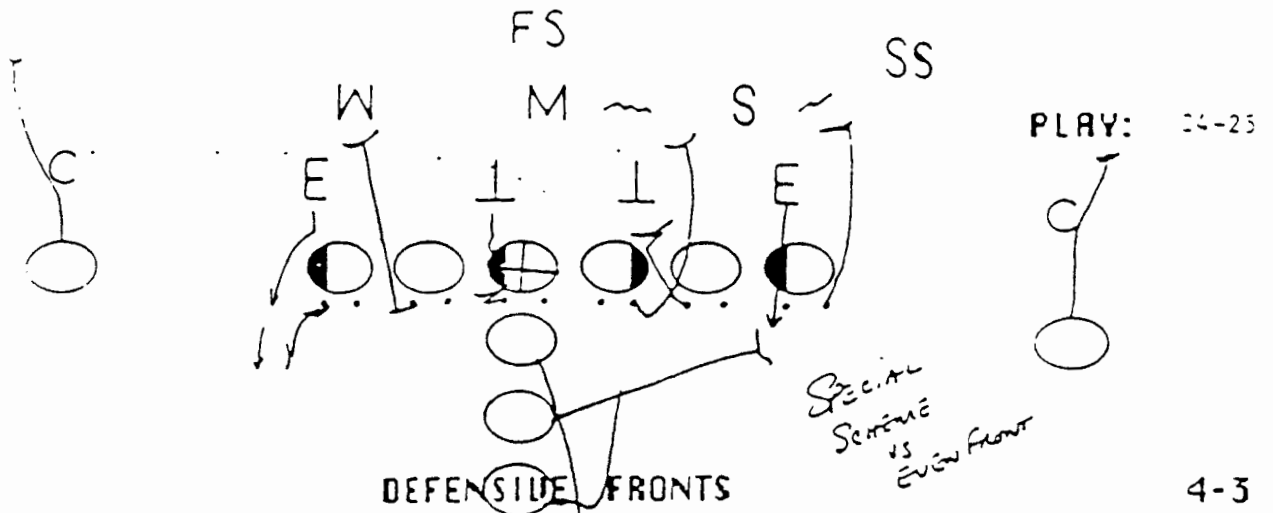
- QB            Open deep to 5 o'clock with eyes downfield.  
              Look the ball into TB's pocket. Set and show  
              pass.
- Eyes must be downfield on first 3 steps to get  
              LBers into pass drops.
- FB            Take a wide slide step and shuffle, keeping your  
              shoulders square. Read the block of the first  
              covered lineman from the tackle inside to determine  
              best course to block LB. We will cut 100% of the  
              time on this play.
- \*            We may call 24-25 "Y". "Y" refers to a switching  
              of responsibilities between the TE and FB. FB will  
              now block OLB. Kick him out.
- TB            Wide slide step with shoulders square. The QB will  
              bring the ball back to you. Initially read the block  
              of the first covered lineman from the tackle inside.  
              Find the seam and accelerate through it.

PLAY NO.  
24/25

## WIDE RECEIYERS AND TIGHT ENDS

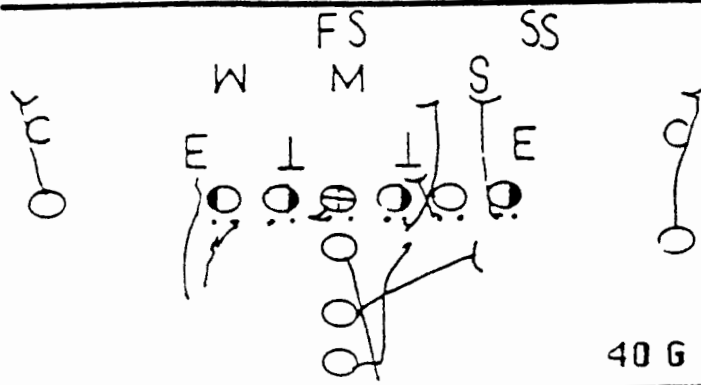
### Rules, Techniques, and Coaching Points

- Z Man over. Sprint off LOS as if running deep route when defender reacts to run, block him!
  
- Y Block man on. Step down and protect the inside gap "Don't swing your butt into the hole."
  - \* We may call 24-25 "Y". "Y" refers to switching responsibilities between the FB and TE. TE will now inside release and block frontside ILB. Possibility of reach and turn block.
  
- X Man over. Sprint off LOS as if running deep route when defender reacts to run, block him!



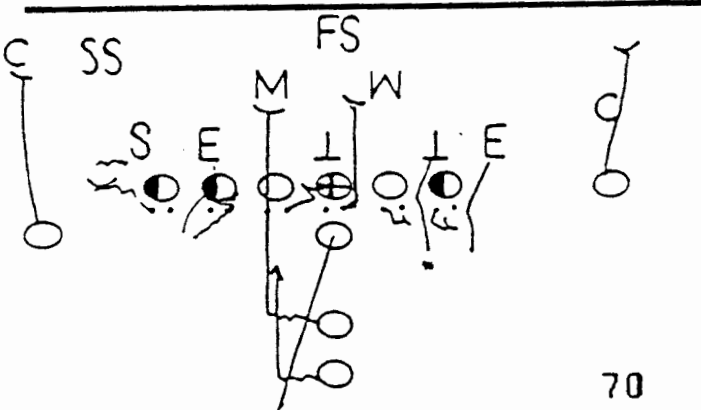
DEFENSIVE FRONTS

4-3



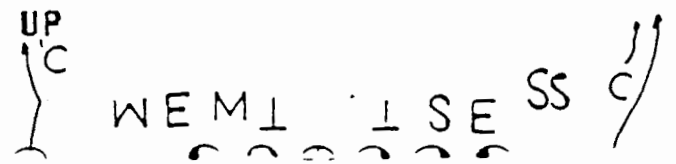
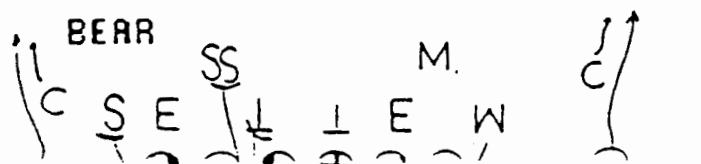
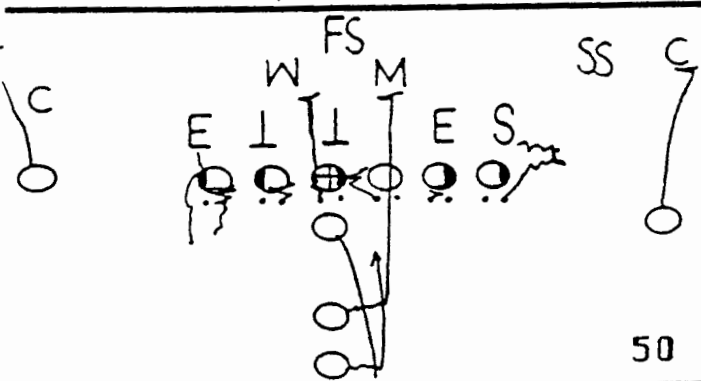
DESCRIPTION :

1. Sprint Draw tight-end side.
2. Show pass and time the blocks.
3. Play used to take advantage of pass rush.
4. Better vs odd front defenses than even front defenses.
5. Play can break from tight-end box frontside to backside B-Gap.
6. Compliments Sprint Draw pass.



PROBLEMS

1. Guards covered, therefore, must not allow penetration or use "step-it" block on frontside.
2. Lack of rush defenders on LOS.



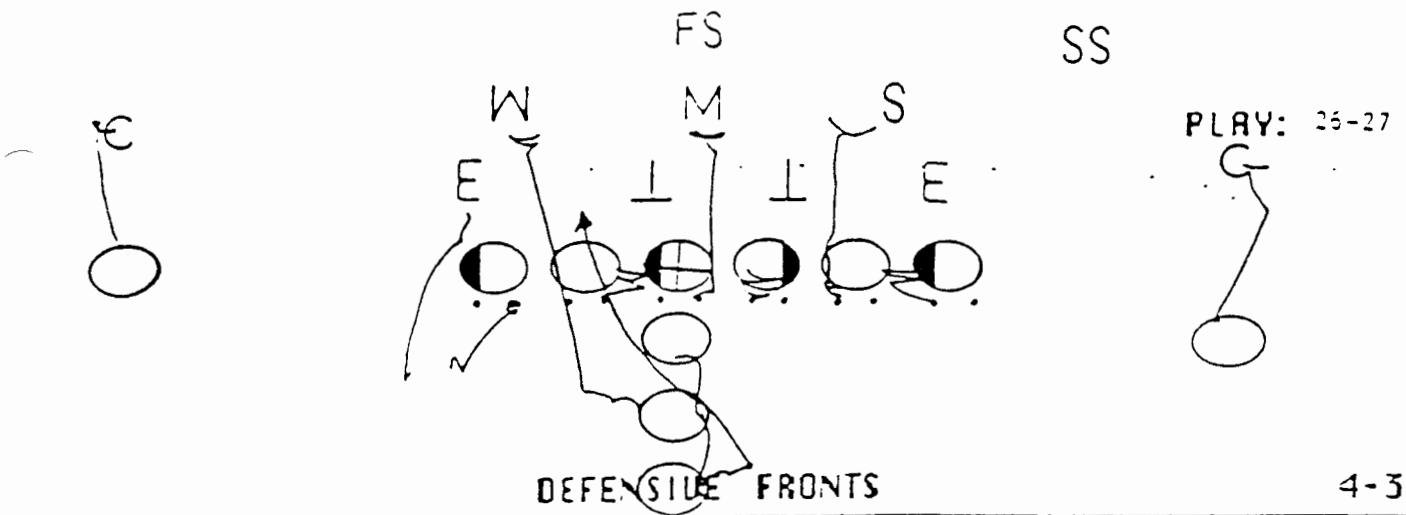


Play No.  
26-27

## OFFENSIVE LINE

### Rules, Techniques, and Coaching Points

- C Over, Backside Linebacker. If covered by Down Lineman take short lateral step with near foot (Balance Step), drive eyes under chin and take him direction he wishes to go. (High Pressure Control Technique). If covered by Linebacker set and drive up quickly. Drive eyes in numbers and maintain block. Center must be alert for Eagle Stack on Backside. Must make "HELP" Call to On-G then release through Off-A Gap to block backside Linebacker.
- ON-G Block 1st man on LOS. Show pass on LOS. Time your block. If covered by Down Lineman set square protect inside with balance step eyes under chin and take defender the way he wishes to go. Be alert for "Help" call from center. If covered by Linebacker show pass time block and block 1st man to rush B-Gap area to outside Linebacker.
- ON-T Block 2nd man on LOS. Show pass on LOS. Time your block. You must set for position if 2nd man on LOS aligns on you. (Never get beat to inside). Versus 70 look you will be blocking C-Gap Defender.
- OFF-G Block #1. If covered by Down Lineman show pass step for position protecting inside and time your block. If covered by Linebacker set and drive up to put eyes on playside number. We will use Soft-Charlie Technique vs. Hard Gapping Nose Guard. Soft-Charlie set in A-Gap with step of depth. Read charge of Nose guard and react accordingly. We will use a Charlie Call vs. Down Lineman threatening off A-Gap area.
- OFF-T Block #2. If covered by Down Lineman read alignment and do not allow inside rush lane. (Take it away with good position step.) If covered by Linebacker set and drive up to block him through playside number. Maintain the block.



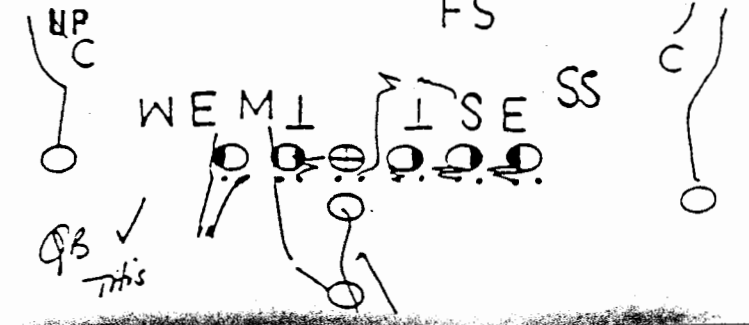
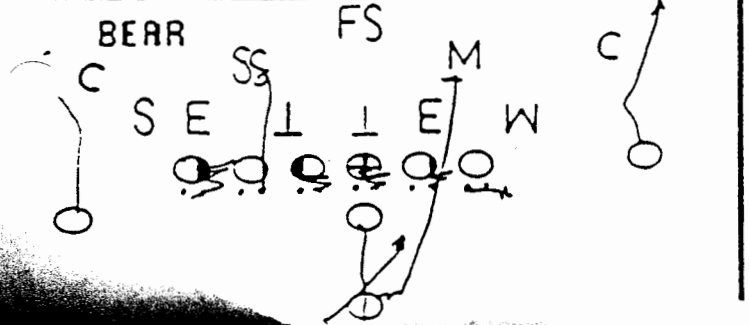
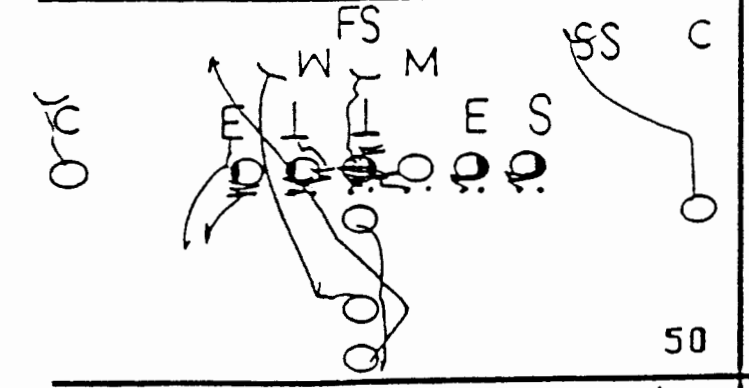
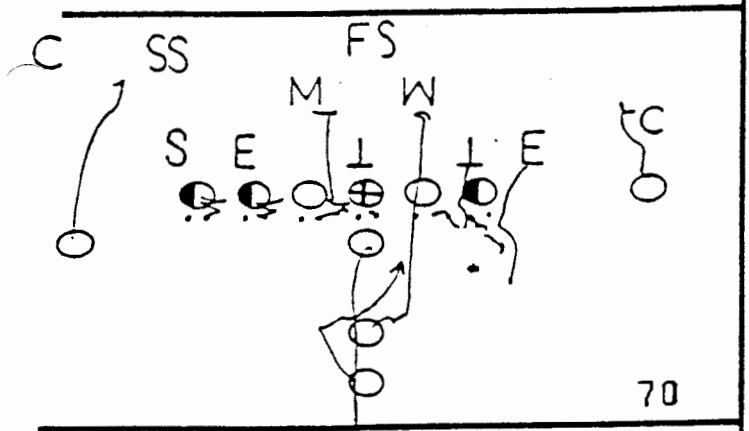
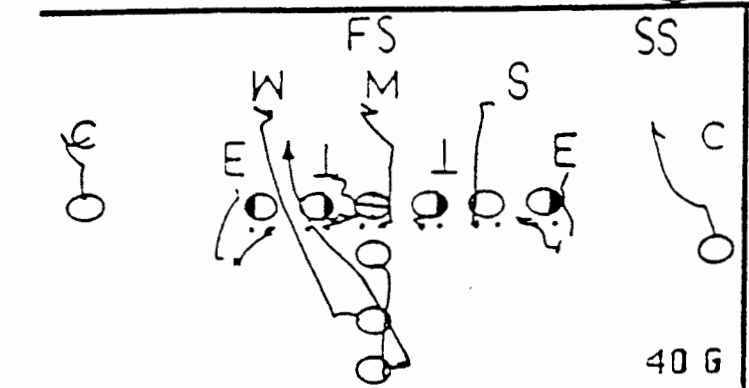
4-3

DESCRIPTION:

1. Lead draw.
2. Take advantage of quick pass rush.
3. This play will compliment our 60's, 170's, 180's.
4. Lineman - set, show pass time the blocks.
5. Use defenders movement to create running lanes.
6. Good versus most fronts.

PROBLEMS

1. Lack of rush.
2. Penetration over On G.



PLAY NO.  
26-27

QUARTERBACK AND BACKS  
RULES, TECHNIQUES AND COACHING POINTS

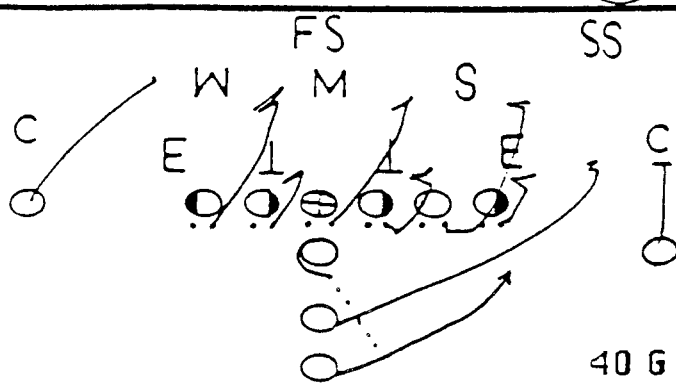
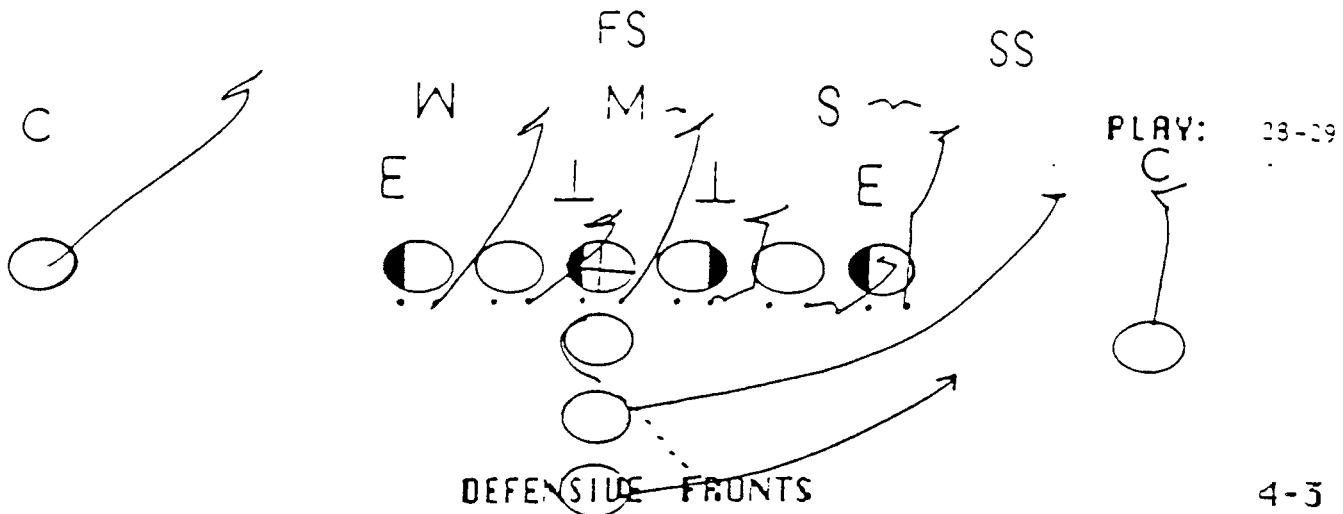
- QB      PUSH AWAY FROM CENTER USING 70 DROP WITH EYES DOWNFIELD. PIVOT BACKSIDE OF PLAY CALL TO TB AND LOOK THE BALL INTO HIS POCKET. SET AND SHOW PASS. IT IS VERY IMPORTANT YOU DO A GREAT JOB SELLING THE PASS.
- FB      STEP PLAYSIDE AND STAY LOW. HESITATE, THEN SQUARE SHOULDERS AND ACCELERATE THROUGH TO INSIDE LBER. READ THE BLOCK OF THE FIRST COVERED LINEMAN FROM THE GUARD OUTSIDE TO DETERMINE BEST COURSE TO GET LBER. CUT THE LBER.
- TB      STEP OPPOSITE PLAYSIDE, THEN SQUARE YOUR SHOULDERS AND WAIT FOR THE QB TO BRING THE BALL BACK TO YOU. RECEIVE HAND-OFF AND ACCELERATE PLAYSIDE READING THE BLOCK OF THE FIRST COVERED LINEMAN FROM THE PLAYSIDE GUARD INSIDE.

PLAY NO.  
26-27

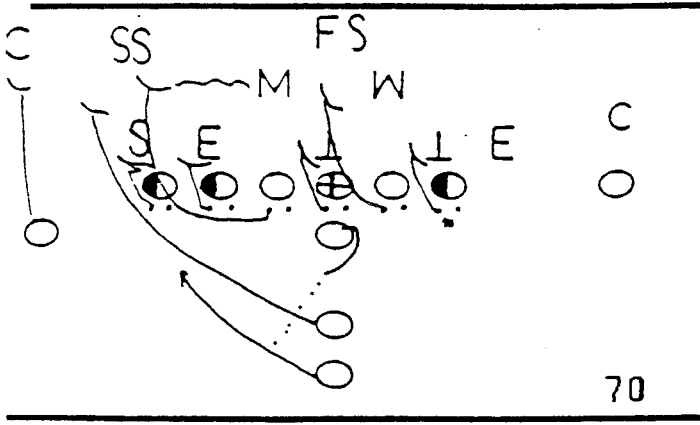
WIDE RECEIVERS AND TIGHT ENDS

Rules, Techniques, and Coaching Points

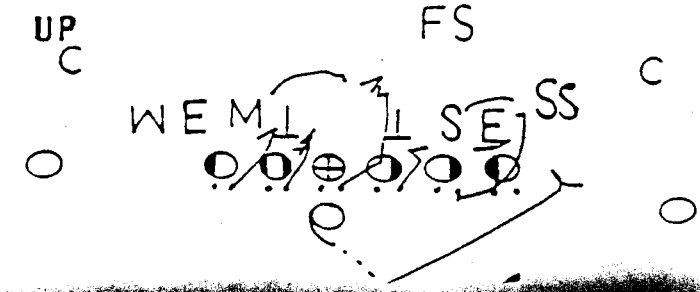
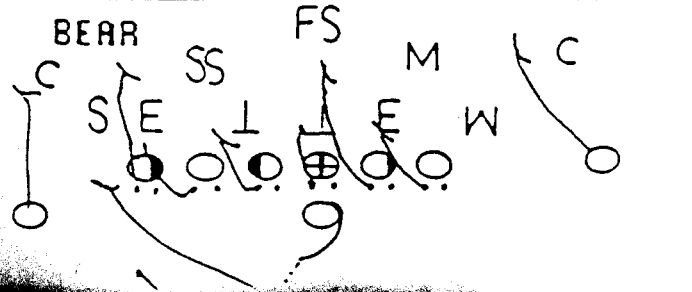
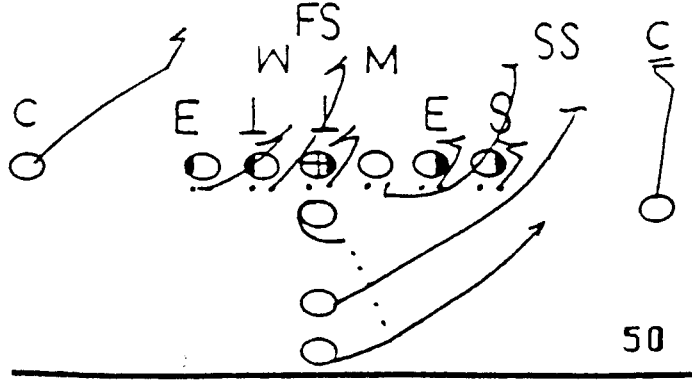
- Z Man Over. Sprint off L.O.S. as if running deep route when defender reacts to run, block him.
- Y Start inside release and get butt in hole (seal defender). If play to you, same as 24-25.
- X Man over sprint off L.O.S. as if running deep route when defender reacts to run, block him.



- DESCRIPTION:**
1. Toss sweep; tight end side.
  2. Quick stretch on defense.
  3. Get down hill off tight-end's block.
  4. Allows us to create uneven gaps in defense.
  5. "Over" call vs 6 and a 4 technique or a 7 technique.
  6. Fight to keep shoulder square.
  7. Must average 4 yards.



- PROBLEMS**
1. Quick force on LOS leveraging tight-end QB
  2. Two A-gap players can't block backside linebacker.



PLAY NO.  
28-29

OFFENSIVE LINE

Rules, Techniques and Coaching Points

- C Over, Frontside A-Gap. You must use Good Scramble Technique protecting A-Gap area to backside Linebacker get eyes by and upfield. If you are covered by Linebacker explode through A-Gap area up to chop Linebacker. If Linebacker leverages flatten for Free Safety.
- ON-G Pull for Linebacker support. Use good pull step. You are responsible for any penetration in B-Gap area from a Slant Tackle. (Always keep leverage.) Once you clear B-Gap area get eyes on Linebacker and feel the blocks of our Tackle and Tight End turn up as soon as possible blocking Linebacker through outside number. Keep shoulders parallel to L.O.S.
- ON-T Block #2, unless he is a Linebacker, if covered by Down Lineman use Strong Reach Technique. If Down Lineman slants to inside continue up for Linebacker under control with leverage. If Down Lineman hangs or widens fight to keep shoulders square. If # 2 is a Linebacker you must seal B-Gap area for Pulling Guard. Step with near foot for near number and seal defender from playside. Be alert for "You" call By on G - tells you to pull for linebacker support.
- OFF-G Block # 1. You must seal A-Gap area to linebacker. You and Off T are responsible for getting backside linebacker. We must get backside linebacker by using a speed scoop or by pulling through center box. You cannot pull versus Tight 2 or 1 Technique.
- OFF T Block # 2 You must seal "B" area to linebacker. You and Off G are responsible for Backside Linebacker. You will seal B Gap area unless Off G calls "You" then you must pull with speed and turn up on backside linebacker.
- NOTE: "Over" by On T or TE will turn 28-29 into a zone blocked sweep.

PLAY NO  
28-29

QUARTERBACKS AND BACKS

Rules, Techniques and Coaching Points

- QB Drop step with playside foot, reverse out and toss soft end-over-end pitch to TB. Boot away.
- FB Lead step on a course 1 yard behind the TE's original alignment. You are responsible for blocking the support player. You must get your eyes up on your first step. Initially, we will read the block of the TE, if he gets skated wide, turn up inside of his block, the TB should follow. In Cover 3 we are responsible for SS, in Cover 2 we will help WR on rolled corner or continue up to most dangerous player.
- TB Start on a downhill course aiming for a point 3 yards behind the TE's original alignment, ready to receive pitch. Initially read the block of the TE. If he goes wide we should cut up inside, otherwise take the ball outside and run off the FB's block. It is important to turn this play upfield the first chance you get.

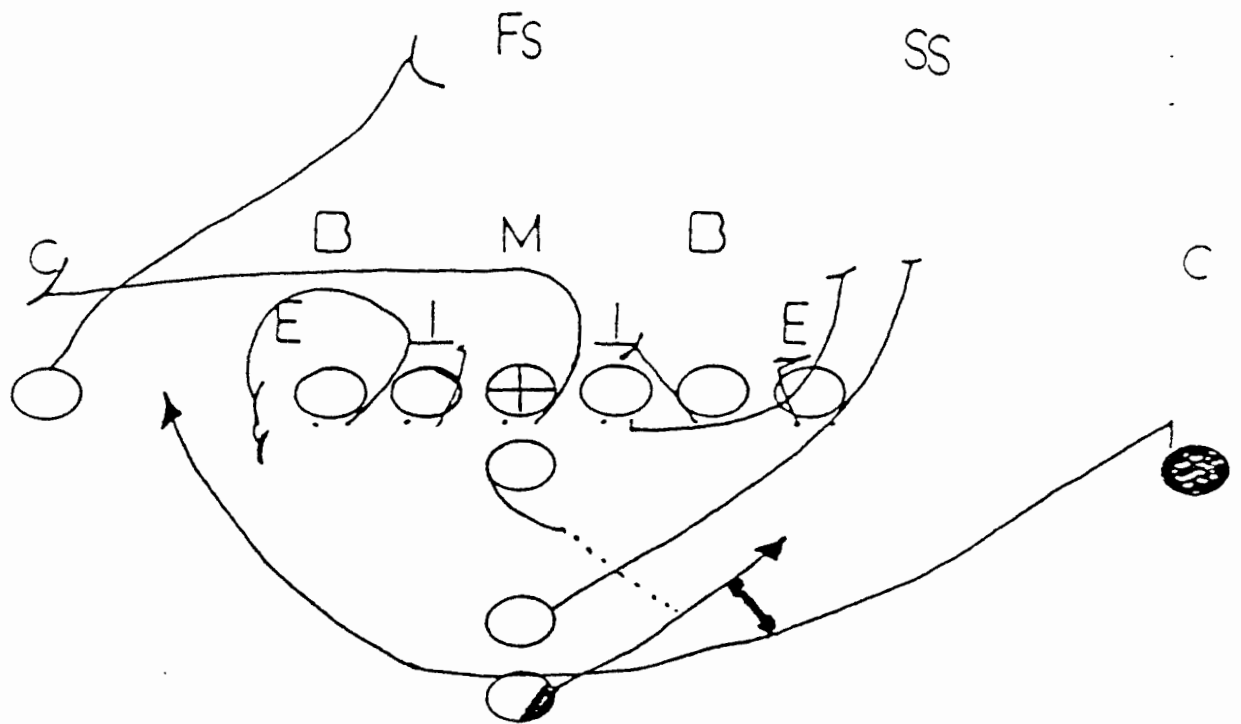
PLAY NO.  
28-29

WIDE RECEIVERS AND TIGHT-ENDS  
RULES, TECHNIQUES AND COACHING POINTS

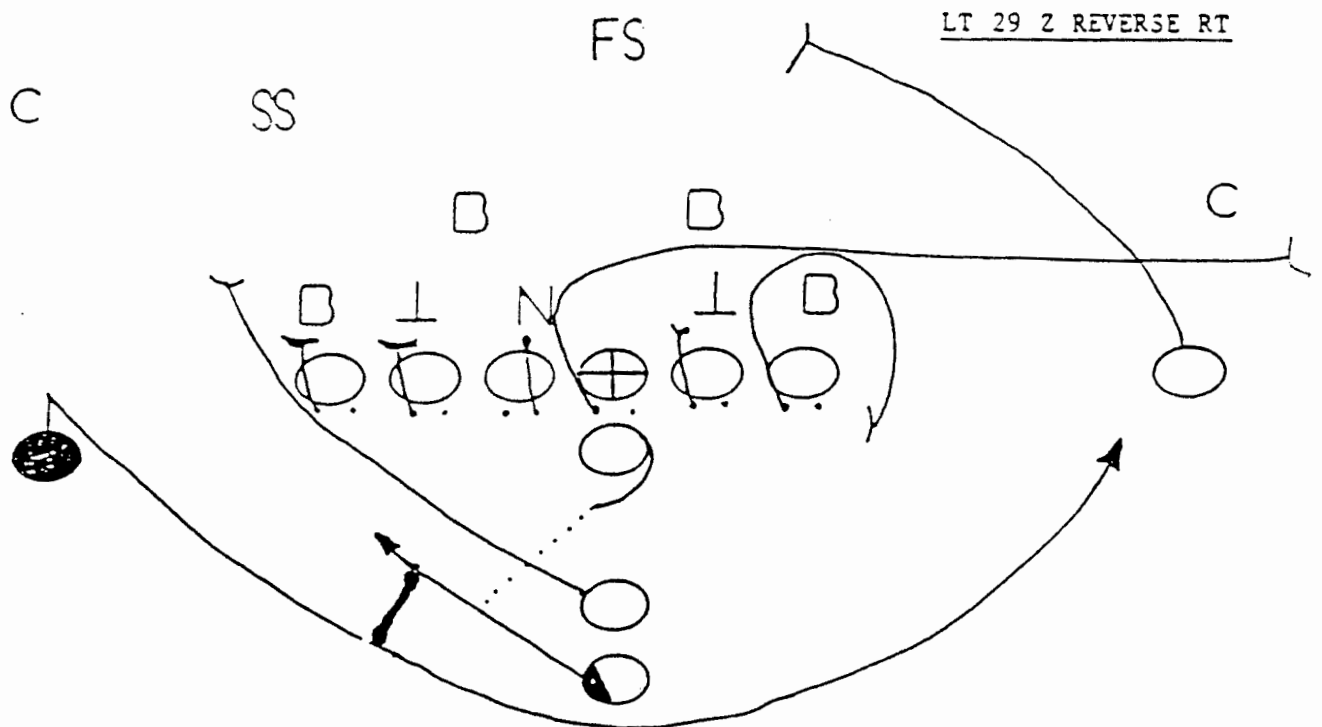
- Z MAN OVER. VERSUS MAN COVERAGE RUN DEFENDER OFF. PLAY AWAY RUN ALLEY FOR DEEP 1/3 OR 1/2 DEFENDER.
- Y HE CAN ZONE BLOCK OR MAN UP DEPENDING IF TACKLE IS COVERED. WORK TO OUTSIDE NUMBER TAKING A 6 INCH FLAT STEP KEEPING YOUR SHOULDERS SQUARE. AGAINST A C-GAP MOVE, SQUEEZE DOWN KEEPING YOUR SHOULDERS SQUARE. PLAY AWAY INSIDE RELEASE FOR DEEP 1/3 OR 1/2 DEFENDER.
- X MAN OVER. USE GOOD STACK BLOCK TECHNIQUE. PLAY AWAY RUN ALLEY FOR DEEP 1/3 OR 1/2 DEFENDER.



RT 28 Z REVERSE LT



LT 29 Z REVERSE RT

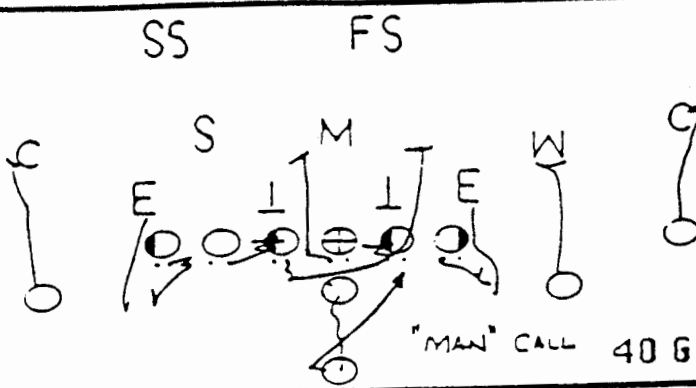
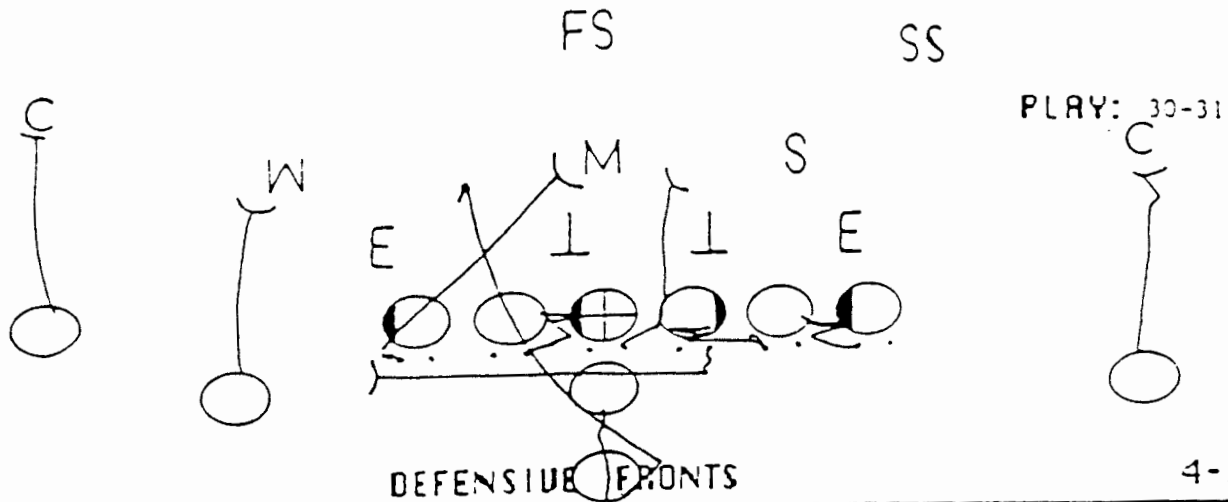


**Z REVERSE PRINCIPLES**

ON T: Will take good release and circle for peel position 1 yd deep. Check peel then work upfield to seal pursuit.

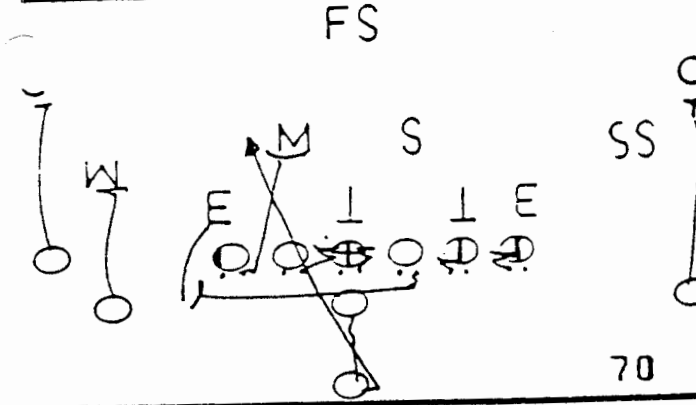
ON G ] Will area (zone block) center box uncovered man releases to depth of 3-4  
 CENTER ] yards flat down LOS for kick-out on 1st support.

EVERYBODY ELSE - zone area to seal.



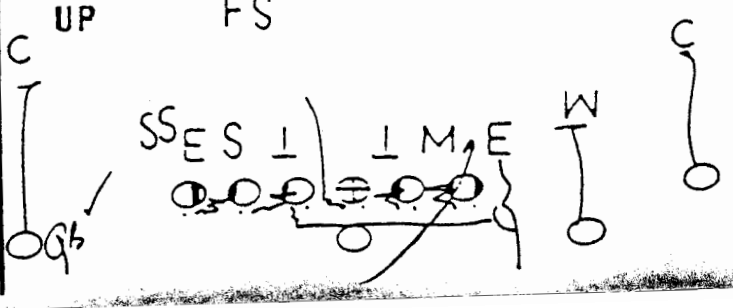
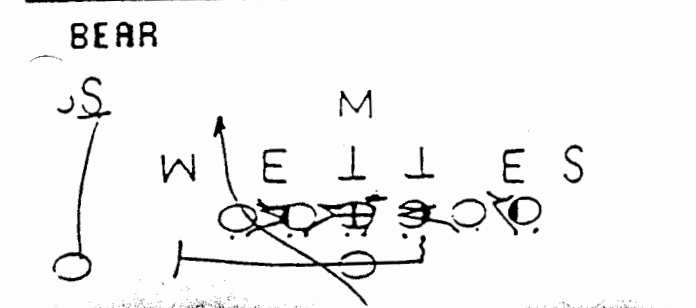
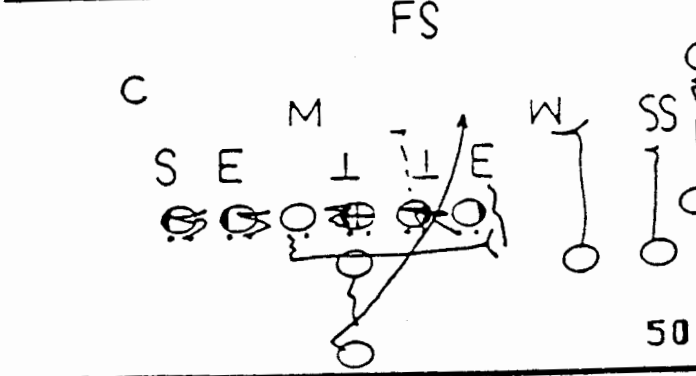
**DESCRIPTION :**

1. Draw - Trap
2. Take advantage of defenders' pass rush.
3. Spread defense and create one-on-one.
4. Can be run versus most fronts.
5. Very good versus some man to man defenses.
6. OnT can make "man" call to get off G to turn up through B-Gap to block LB.



**PROBLEMS**

1. Lack of contain rush.
2. Penetration in onside B-Gap area.



PLAY NO  
30-31

30 SERIES  
OFFENSIVE LINE  
RULES, TECHNIQUES AND COACHING POINTS

- C OVER, OFFSIDE A GAP (TO LINEBACKER). IF COVERED BY A DOWN LINEMAN USE GOOD HIGH PRESSURE CONTROL TECHNIQUE. PUT EYES ON PLAYSIDE NUMBER AND FIGHT TO STAY SQUARE. IF COVERED BY A LINEBACKER LISTEN FOR "CLEAR" CALL BY OFF-T. "CLEAR" CALL MEANS OFF-T WILL SLIDE AND HELP COVER PULLING GUARD AREA. "NO CALL" CENTER MUST BLOCK OFF A-GAP FOR PULLING GUARD.
- ON G ONSIDE A-GAP AREA. IF COVERED BY DOWN LINEMAN STEP INSIDE WITH BALANCE STEP AND COVER A-GAP RUSH. IF DEFENDER RUSHED TO B-GAP WORK UP FOR BACKSIDE LINEBACKER AFTER HELPING TO STOP HIS CHARGE. IF COVERED BY A LINEBACKER SEAL A-GAP TO BACKSIDE LINEBACKER.
- ON T ONSIDE B-GAP AREA. IF COVERED BY DOWN LINEMAN STEP INSIDE WITH BALANCE STEP AND BLOCK B-GAP RUSHER. DO NOT BLOCK END MAN ON LOS UNLESS HE CROSSES YOUR FACE. PUT EYES ON NEAR NUMBER AND SEAL INSIDE. IF NO THREAT TO B-GAP THEN CONTINUE UP TO BLOCK NEAR LINEBACKER. IF COVERED BY LINEBACKER STEP INSIDE WITH BALANCE STEP AND BLOCK B-GAP RUSHER TO BACKSIDE LINEBACKER.
- OFF G PULL AND TRAP CONTAIN RUSHER IF COVERED BY DOWN LINEMAN OR LINEBACKER. DROP OFF LOS WITH QUICK STEP AND DEPTH PULL DOWN LOS LOOKING TO KICKOUT CONTAIN RUSH - NO SHOW TURN UP INTO B-GAP AREA AND BLOCK FIRST TO SHOW.
- OFF T BLOCK B-GAP AREA TO COVER FOR PULLING GUARD. IF YOU ARE COVERED BY LINEBACKER MAKE A "CLEAR" CALL TO ALERT CENTER THAT YOU WILL COVER FOR PULLING GUARD. IF YOU ARE COVERED BY A DOWN LINEMAN "NO CALL" AND USE QUICK SLIDE STEP TO PROTECT B-GAP. DO NOT ALLOW PENETRATION.

PLAY NO.  
30-31

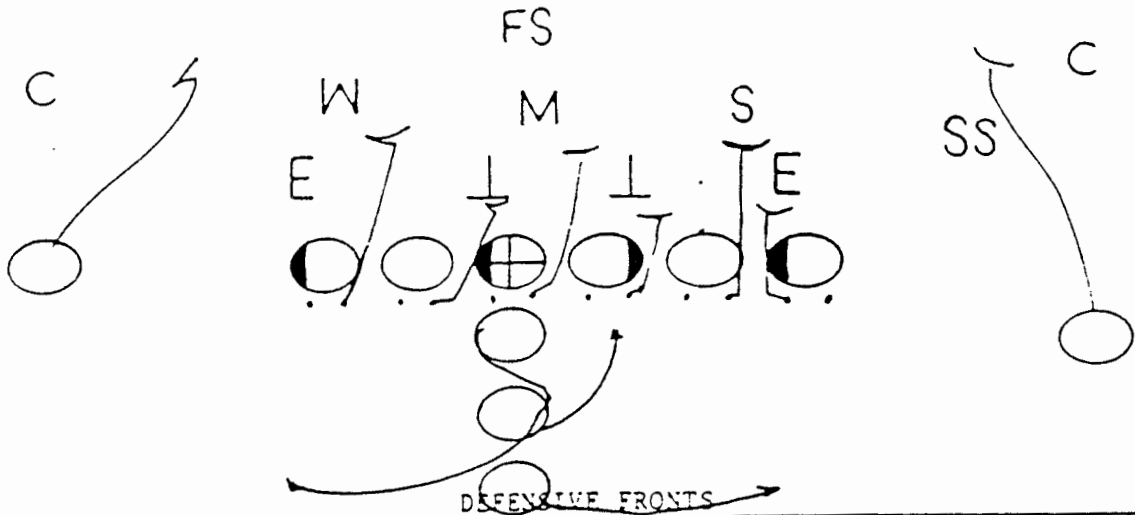
30 SERIES  
QUARTERBACKS AND BACKS  
RULES, TECHNIQUES AND COACHING POINTS

- QB EXECUTE 3 STEP DROP WITH EYES TO TWINS OR TRIPS SIDE (SPLIT SIDE). AFTER 2ND STEP TURN TO BACKSIDE OF PLAY CALL, LOOK BALL INTO RB POCKET. SET AND SHOW PASS.
- FB ALIGN NO DEEPER THAN 6 YARDS. STEP OPPOSITE CALL SIDE READY TO RECEIVE HAND-OFF. THE PLAY WILL HIT INSIDE THE GUARD'S KICK OUT BLOCK.
- TB BLOCK MAN ON. PROTECT INSIDE ALLEY BY ATTACKING DEFENDER'S INSIDE EYE. STALK OR CUT AS A CHANGE UP.

PLAY NO  
30-31

30 SERIES  
WIDE RECEIVERS AND TIGHT ENDS  
RULES, TECHNIQUES AND COACHING POINTS

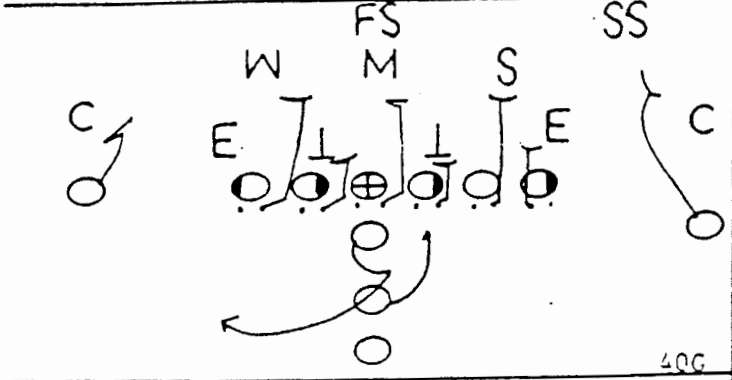
- Z BLOCK MAN OVER - OR 1ST Lber TO INSIDE PUSH OFF L.O.S. WITH SPEED - USE GOOD STALK BLOCK TECHNIQUE.
- Y BASE BLOCK MAN ON, FIGHT TO KEEP SHOULDERS SQUARE ALWAYS PROTECT AGAINST INSIDE PENETRATION. TECHNIQUES CAN VARY (CUT, BASE, OR PASS SET)
- X BLOCK MAN OVER. PUSH OFF L.O.S. WITH SPEED. USE GOOD STALK BLOCK TECHNIQUE.



PLAY: 32-33

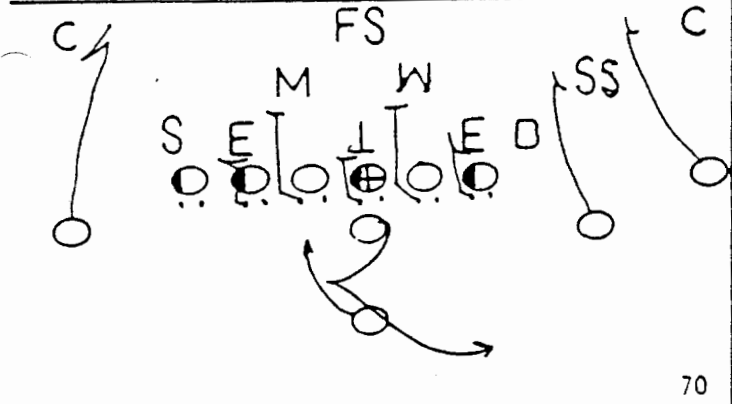
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4-3



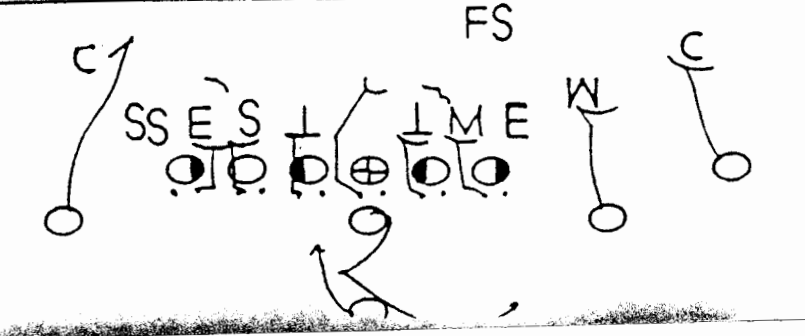
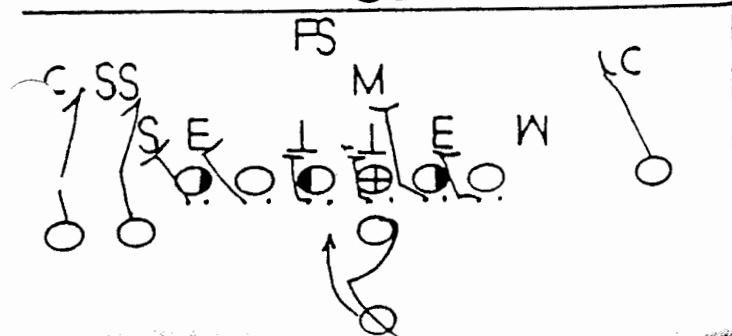
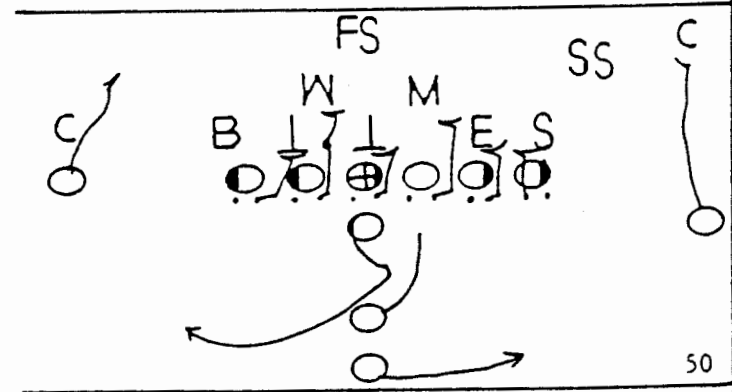
DESCRIPTION:

1. This is our fullback quick hitter.
2. Take advantage of perimeter defense.
3. Fullback will run frontside A-gap to cutback.
4. Good North-South play.
5. Good versus certain types of blitzes.
6. Movement is essential in Guard-Box.



PROBLEMS:

1. Two "A" Gap defenders.



TEEN SERIES  
OFFENSIVE LINE  
RULES, TECHNIQUES AND COACHING POINTS

- C OVER. POWER ZONE. IF COVERED BY DOWN LINEMAN DRIVE EYES THROUGH PLAYSIDE NUMBER - "STRETCH BASE". IF DEFENDER GOES AWAY CONTINUE UP TO ENGAGE LINEBACKER. STAY SQUARE. IF COVERED BY LINEBACKER POWER ZONE THROUGH PLAYSIDE A-GAP USING HAND DRIVE ON DOWN LINEMAN KEEPING EYES ON LINEBACKER - "STRETCH DOUBLE" IF DEFENDER ENTERS A-GAP ENGAGE STAYING SQUARE AND GET MOVEMENT.
- ON G BLOCK #1 POWER ZONE. IF COVERED BY DOWN LINEMAN DRIVE EYES THROUGH PLAYSIDE NUMBER STEP WITH NEAR FOOT USING SHORT STRETCH STEP. "STRETCH BASE" IF DEFENDER GOES AWAY CONTINUE UP TO ENGAGE LINEBACKER. IF COVERED BY A LINEBACKER POWER ZONE THROUGH B-GAP USING HAND DRIVE ON DOWN LINEMAN KEEPING EYES ON LINEBACKER. STRETCH DOUBLE IF DEFENDER ENTERS B-GAP ENGAGE AND DRIVE HIM GETTING MOVEMENT.
- ON T BLOCK #2 POWER ZONE. IF COVERED BY A DOWN LINEMAN DRIVE EYES THROUGH PLAYSIDE NUMBER STEPPING WITH NEAR FOOT. "STRETCH BASE". IF DEFENDER GOES AWAY CONTINUE UP TO ENGAGE LINEBACKER. IF COVERED BY A LINEBACKER POWER ZONE C-GAP AREA TO LINEBACKER WORK C-GAP WITH YOUR HANDS KEEP EYE ON LINEBACKER - "STRETCH DOUBLE". IF DEFENDER ENTERS B-GAP ENGAGE HIM AND GET MOVEMENT.
- OFF G BLOCK #1 PLAYSIDE GAP. POWER ZONE. YOU HAVE AN IMPORTANT BLOCK AS THIS PLAY CAN BREAK BACKSIDE. YOU MUST STAY UP ON BLOCK AND GET MOVEMENT. YOU ARE RESPONSIBLE FOR OFF A-GAP TO LINEBACKER COVERED BY DOWN LINEMAN - "STRETCH BASE" COVERED BY LBER - "STRETCH DOUBLE".
- OFF T BLOCK MOST DANGEROUS. PLAYSIDE GAP. YOU MUST SEAL B-GAP TO LINEBACKER - BLOCK 1ST PRESSURE.
- NOTE: FOR ALL LINEMAN - IF YOU ARE COVERED BY A DOWN LINEMAN YOUR TECHNIQUE IS A STRETCH BASE. IF YOU ARE COVERED BY A LINEBACKER YOUR TECHNIQUE IS A STRETCH DOUBLE.

PLAY NO.

32-33

QUARTERBACKS AND BACKS  
RULES, TECHNIQUES AND COACHING POINTS

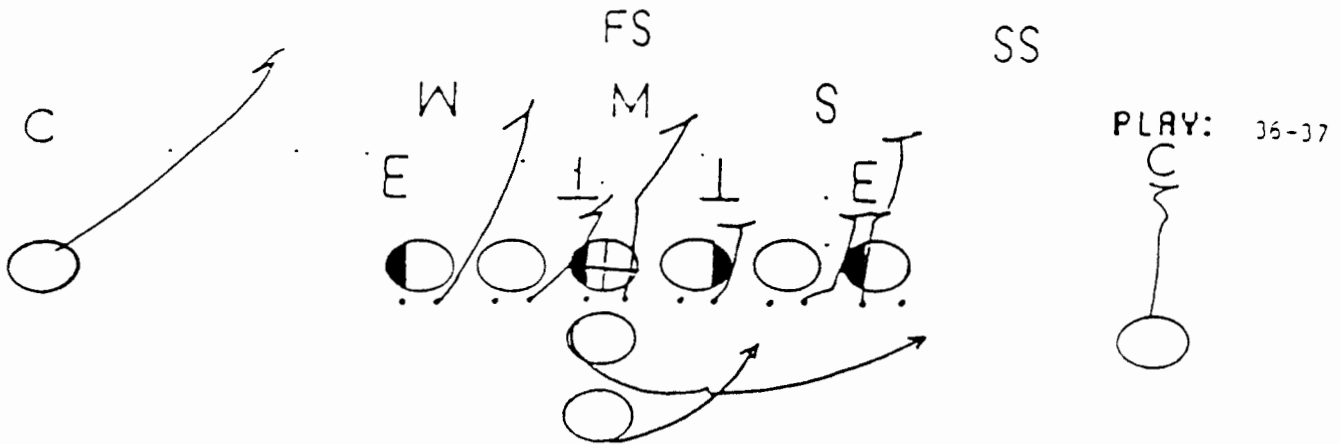
- QB DROP STEP WITH PLAYSIDE FOOT. REVERSE OUT WITH DEPTH TO 5 OR 7 O'CLOCK. LOOK BALL INTO FB'S POCKET MAKING SECURE HAND-OFF. BOOT AWAY CARRYING OUT FAKE FULL SPEED. THIS IS A QUICK HITTING PLAY. FOOTWORK MUST BE EXACT WITH SPEED.
- FB ALIGN WITH YOUR HEELS 5 TO 5 1/2 YARDS. OPEN STEP FOR THE INSIDE LEG OF THE TACKLE AND ROLL TO THE FRONTSIDE GUARD AREA. READ THE BLOCK OF THE FIRST COVERED LINEMAN FROM THE GUARD INSIDE. THIS IS A QUICK HITTING 12-13.
- TB FAKE TOSS SWEEP, FULL SPEED



PLAY NO  
32-33

WIDE RECEIVERS AND TIGHT ENDS  
RULES, TECHNIQUES AND COACHING POINTS

- Z            MAN OVER. USE GOOD STALK TECHNIQUE. MAY USE A CHOP AS A CHANGE UP
  
- Y            ALWAYS STEP INSIDE FOOT AND PROTECT AGAINST C-GAP PENETRATION. IF NO C-GAP PLAYER  
WORK TO NEXT LEVEL.
  
- X            MAN OVER. USE GOOD STALK TECHNIQUE. MAY USE A CHOP AS A CHANGE UP.



**DEFENSIVE FRONTS**

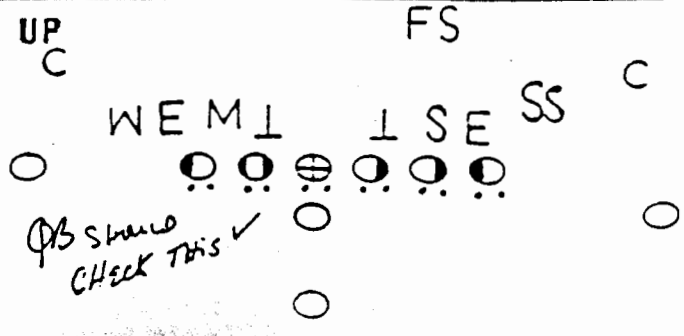
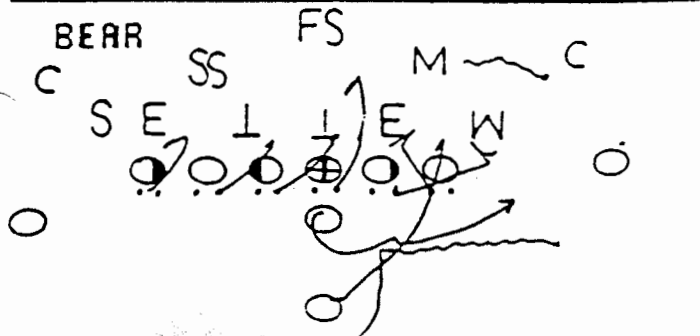
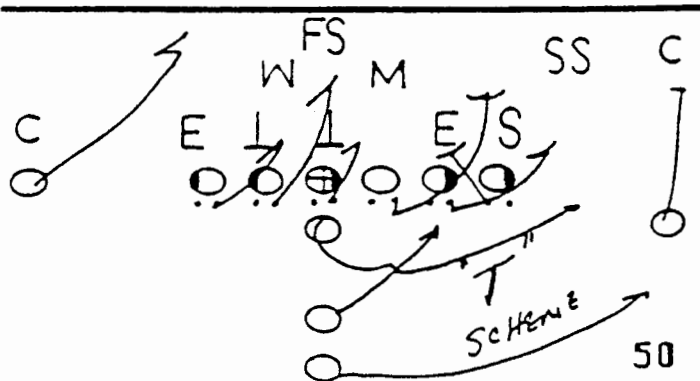
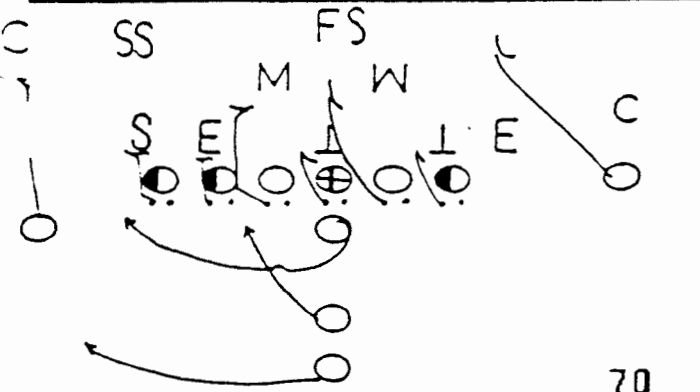
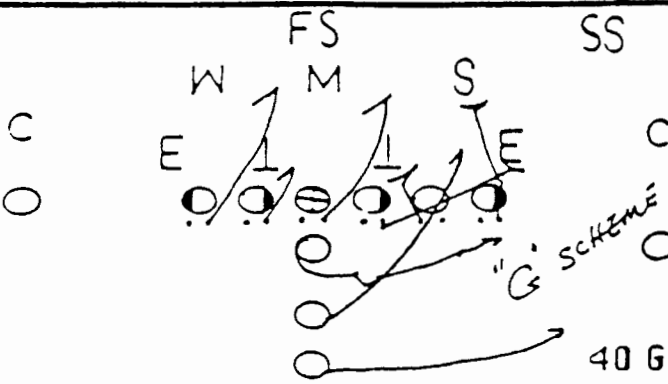
4-5

**DESCRIPTION :**

1. Stretch dive with our fullback.
2. We can run this play from I-back set with the fullback.
3. Fullback will read C-gap area to daylight.
4. We can use a variety of blocking schemes at the point of attack.
5. This play will compliment 38-39

**PROBLEM**

1. Penetration C-gap area  
7-technique - not a good play



PLAY NO.  
36-37

30 SERIES

OFFENSIVE LINE

Rules, Techniques, and Coaching Points

- C Over, Speed Zone. If covered by down lineman drive eyes through playside armpit or hip area. Get eyes by and upfield. Must not allow defender to cross your face. If covered by linebacker drive eyes through A-gap area (Speed Zone vs. 1 Technique) and block 1st threat to linebacker. You may use chop technique by exploding eyes through playside thigh board.
- ONG Block #1 Speed Zone/Power Zone. If covered by down lineman drive eyes through playside armpit and use Speed Zone technique with Center. Get eyes by and upfield. If covered by linebacker Power Zone with ONT. Use good power step and get movement on 1st threat to B-gap area. If no threat work up and block linebacker through playside number. If you and ONT are covered "Man" call block base.
- ONT Block #2 Power Zone. If covered by down lineman drive through outside number. Get movement. Fight to stay square. If covered by linebacker stretch dou C-gap area to linebacker. Versus wide 5 technique you must reach and get him - low through his hip area. You and ONG are covered "Man" call. The design of this play is primarily to the split or open end side. You and halfback are area blocking. You have C-gap threat and halfback has D-gap threat to linebacker.
- OFFG Block #1. Use good Speed Zone technique. If covered by down lineman (read alignment) do not allow him to cross your face. If covered by linebacker Speed Zone (Scoop) A-gap to linebacker. Call "Sally" vs. stack with 3 technique.
- OFFT Block #2. Use good Speed Zone technique. If covered by down lineman (read alignment) do not allow him to cross your face. If covered by linebacker drive through B-gap area to linebacker. You must take a good angle.

PLAY NO  
36-37

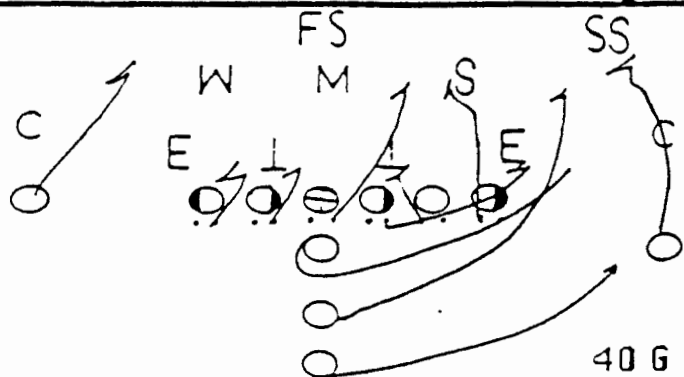
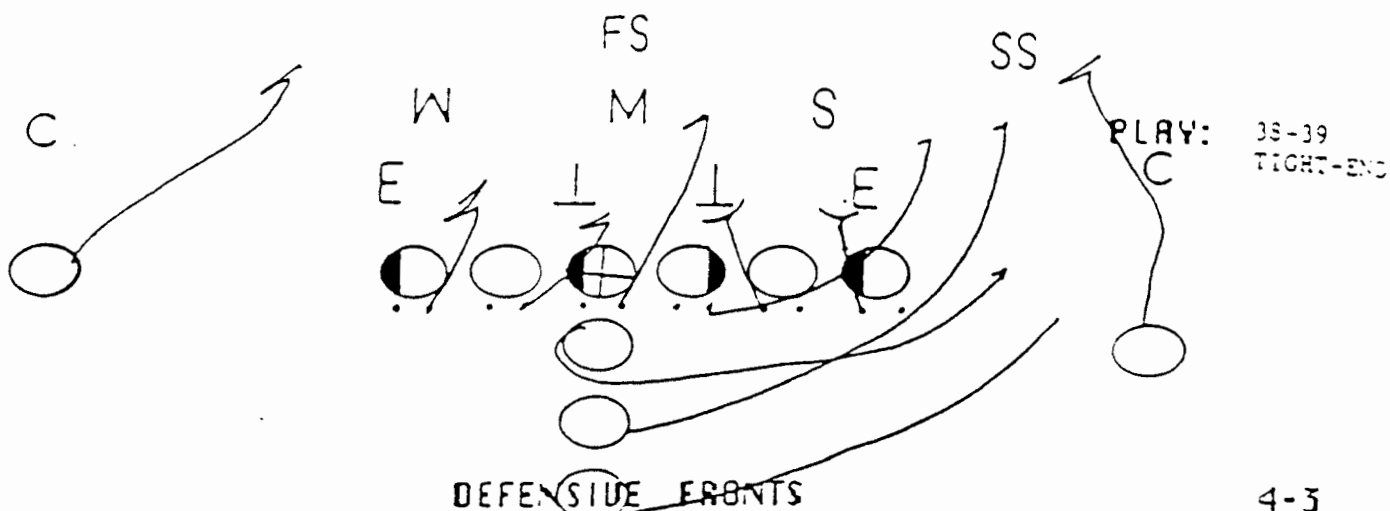
30 SERIES  
QUARTERBACKS AND BACKS  
RULES, TECHNIQUES AND COACHING POINTS

- QB            DROP STEP WITH PLAYSIDE FOOT. REVERSE OUT WITH DEPTH. LOOK THE BALL INTO THE FB'S POCKET MAKING SECURE HAND-OFF. CARRYING OUT 38-39 FAKE FULL SPEED.
- FB            OPEN STEP WITH WIDTH. AIMING POINT: OUTSIDE LEG OF THE TACKLE. READ THE BLOCK OF THE FIRST COVERED LINEMAN FROM THE TACKLE INSIDE. THERE IS A GOOD CHANCE WE WILL USE DIFFERENT BLOCKING SCHEMES ON THIS PLAY. EXAMPLE: 36-37T OR 36-37G.
- TB            CARRY OUT 38-39 FAKE FULL SPEED.

PLAY NO  
36-37

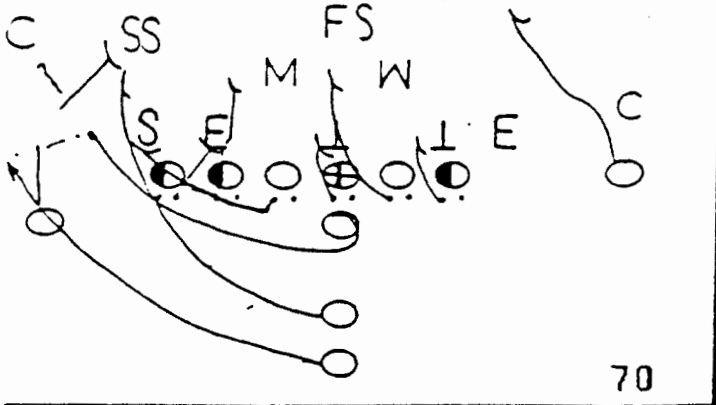
30 SERIES  
WIDE RECEIVERS AND TIGHT ENDS  
RULES, TECHNIQUES AND COACHING POINTS

- X MAN OVER. USE GOOD STALK BLOCK. MAY USE CHOP AS A CHANGE UP. BACKSIDE; RUN ALLEY FOR DEEP 1/2 OR 1/3 PLAYER.
- Y WE WILL HALF ZONE THIS PLAY. TAKE CARE OF LOS AND WORK TO NEXT LEVEL. STAY SQUARE ON DEFENDER. BE ALERT FOR BLOCKING SCHEME CALLED IN HUDDLE. PLAY AWAY INSIDE RELEASE TO SAFETY. GOALLINE OR SHORT YARDAGE BLOCK C-GAP FULL SCOOP.
- Z MAN OVER. USE GOOD STALK BLOCK. MAY USE CHOP BLOCK AS A CHANGE UP. BACKSIDE; RUN ALLEY FOR DEEP 1/2 OR 1/3 PLAYER.



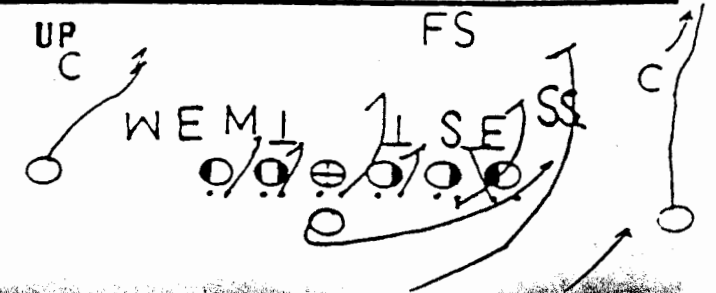
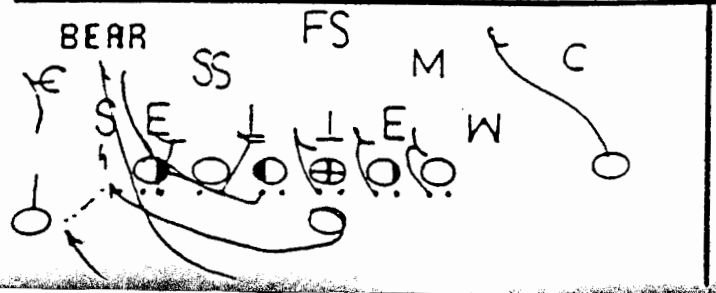
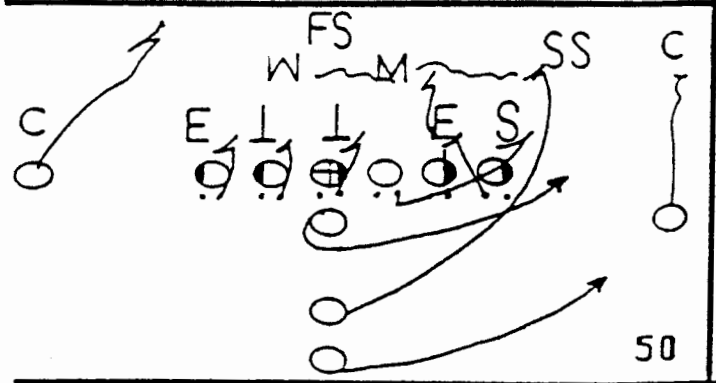
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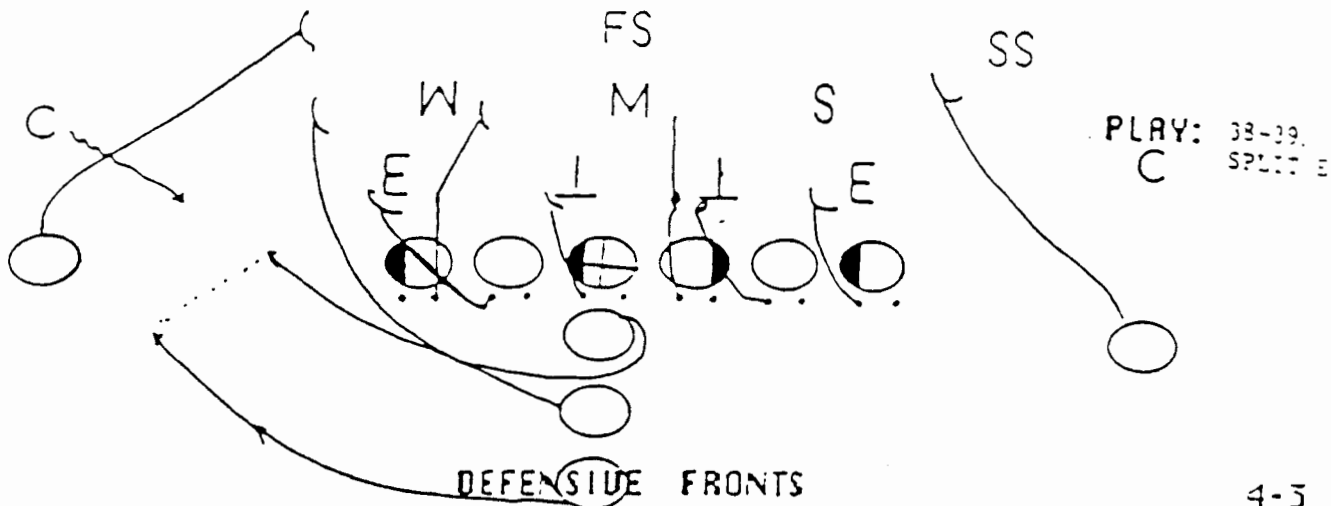
1. Load option right-end side.
2. Take option into secondary.
3. Put ball on perimeter.
4. Force defense to play option responsibilities.
- 5.\* Load key must be aligned on end man.
6. Can run to TE side on split side.



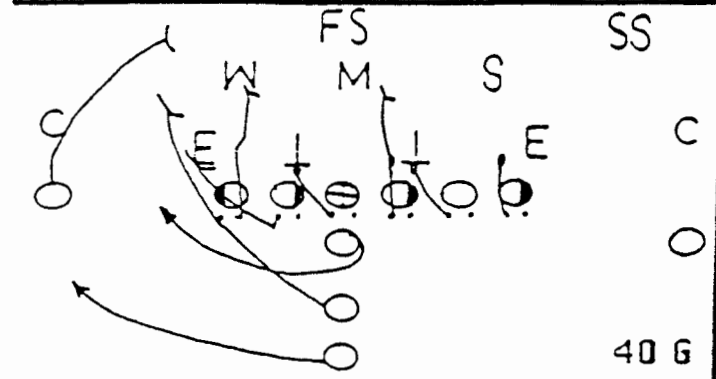
**PROBLEMS**

1. Load key outside end man. (Has width)
2. Load key charging hard upfield.



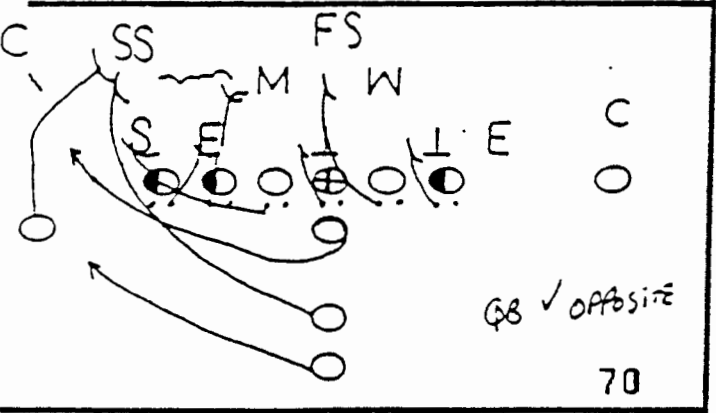


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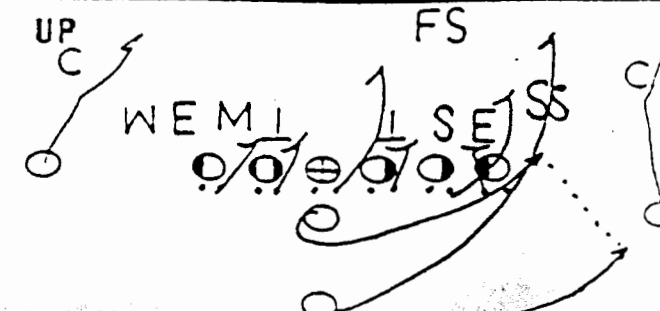
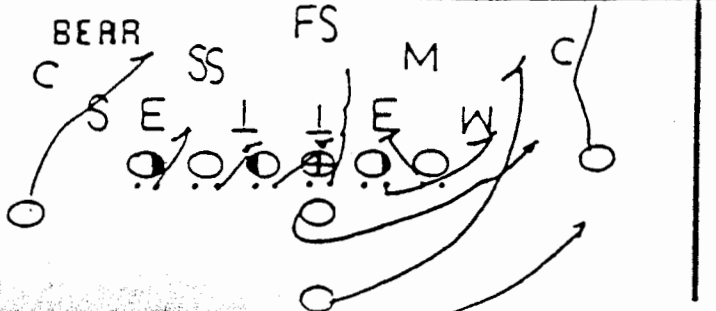
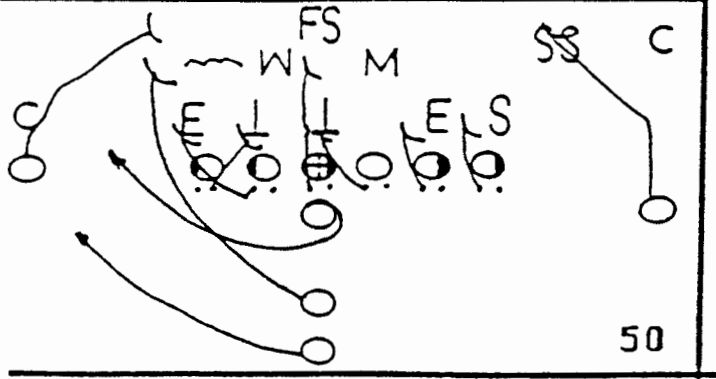
**DESCRIPTION :**

1. Load option split side.
2. Take option into secondary.
3. Put ball on perimeter.
- 4.\* Load key must be aligned on end man.
5. Versus reduction type defensive fronts.



**PROBLEMS**

1. Load key outside end man.
2. Load key charging hard upfield.



PLAY NO.  
38-39

30 SERIES  
OFFENSIVE LINE  
Rules, Techniques, and Coaching Points

- C Over A-Gap. If covered by a Down Lineman you must use good scramble technique. You must get eyes by and upfield. Onside A-Gap is your responsibility. If covered by a Linebacker drive through onside A-Gap area and block 1st threat to backside linebacker. You may chop linebacker through his thigh board area.
- ONG Pull and block option key to inside support. If covered by Down Lineman pull to load option key. Your pull step will be a 45° drop step aiming at outside hip and thigh board or option key. (D-Gap player) If covered by Linebacker execute pull and block option key.  
NOTE:
- ONT Block B-Gap threat. If covered by Down Lineman explode off LOS driving eyes through inside number. You must get movement in the tackle box area. If defender tries to cross your face drive him down. If defender plays C-Gap continue for linebacker on blitz to backside linebacker. If covered by Linebacker step flat and drive eyes through near number of down lineman over ONG. You must protect B-Gap area. Read alignment and know whether or not you have a read technique or penetrator.
- OFFG Block #1. Use good cut-off and seal technique. You must never allow anyone to cross your face. Versus a Linebacker you will use a good scoop technique.
- OFFT Block #2. Use good cut-off and seal technique. You must never allow anyone to cross your face. Versus a Linebacker you must take good angle to chop.



PLAY NO.  
38-39

QUARTERBACK AND BACKS

Rules, Techniques, and Coaching Points

- QB Reverse out to 5 or 7 o'clock extending ball to FB. Make quick fake to FB staying on the move. Maintain some depth to get outside of block on pitch key. Sprint the alley and option off of first man outside load key. (Support player)
- FB Initially use footwork identical to 34-35. Open pocket to give appearance of the fullback belly. You must then flatten out on your course and slide into the first crease outside the tackle box. This should enable you to block your responsibility, the widest inside linebacker.  
\* Remember: Your course must be adjusted based on your ability to effectively block the widest inside LB. The mesh with the QB is not critical to the success of this play.
- TB Sprint to get and stay in pitch relationship. We are pitching off the support player, therefore the pitch will probably come later than on our other options.

30 SERIES  
WIDE RECEIVERS AND TIGHT ENDS  
RULES, TECHNIQUES AND COACHING POINTS

Z       FRONTSIDE BLOCK DEEP 1/2 OR 1/3 DEFENDER. BACKSIDE RUN ALLEY FOR DEEP 1/2 OR 1/3 DEFENDER.

Y       BLOCK C-GAP AREA. IF NO ONE IN C-GAP WORK TO LBER. PIN EVERYTHING INSIDE.

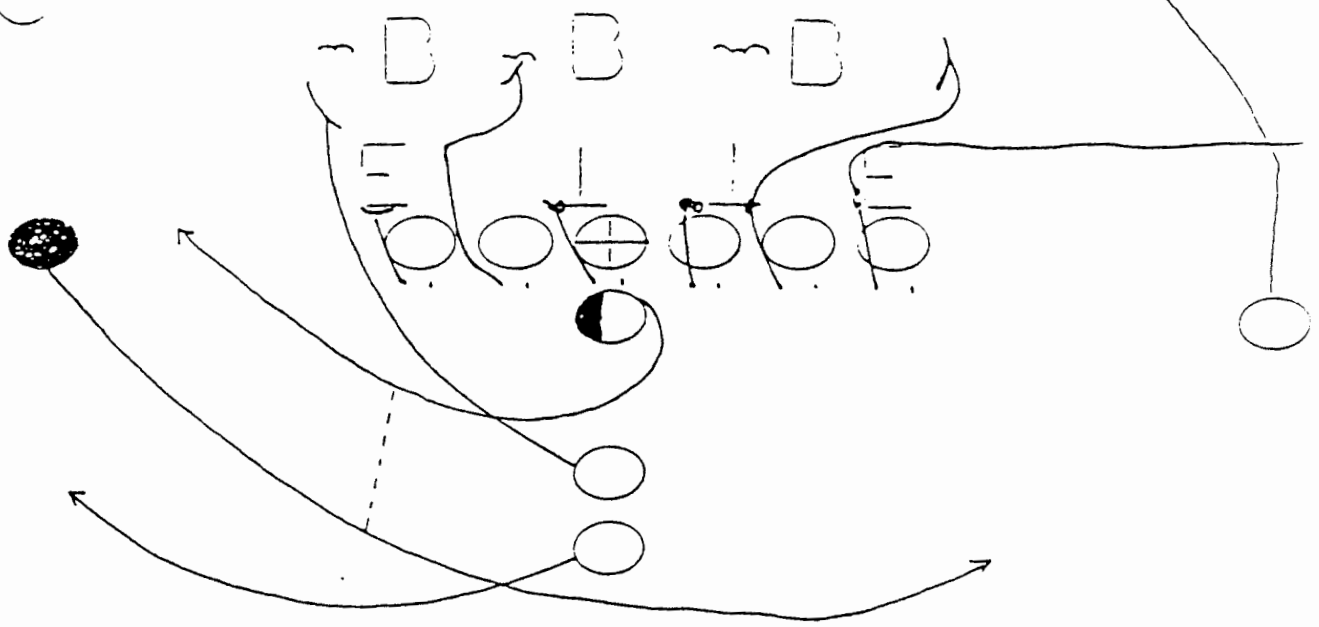
X       FRONTSIDE BLOCK DEEP 1/2 OR 1/3 DEFENDER. BACKSIDE RUN ALLEY FOR DEEP 1/2 OR 1/3 DEFENDER.

\*NOTE: X BE ALERT FOR "CRACK" CALL. YOU AND FULLBACK WILL SWITCH ASSIGNMENTS. YOU MUST ADJUST TO SAFETY IF LINEBACKER CHARGES FORWARD INTO LOS.

FS

SS

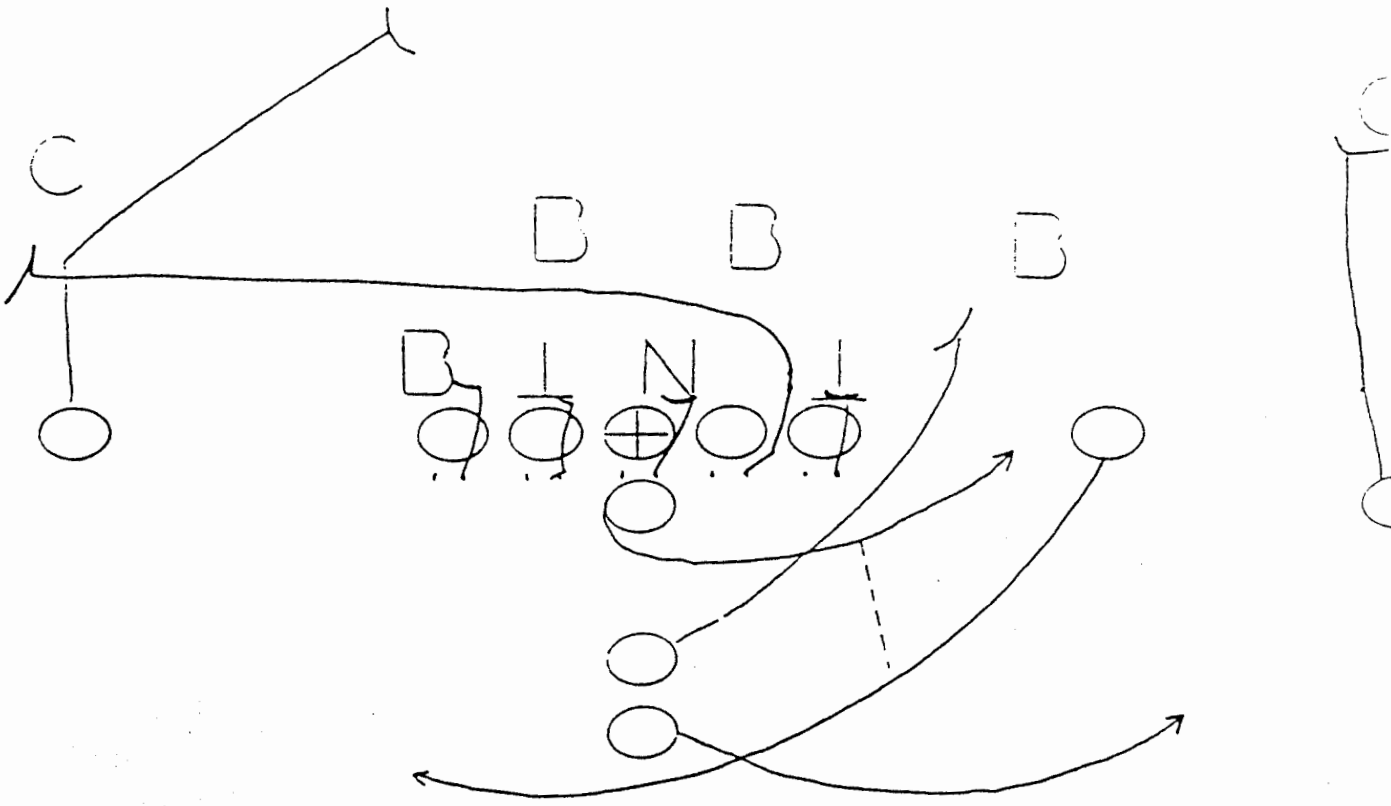
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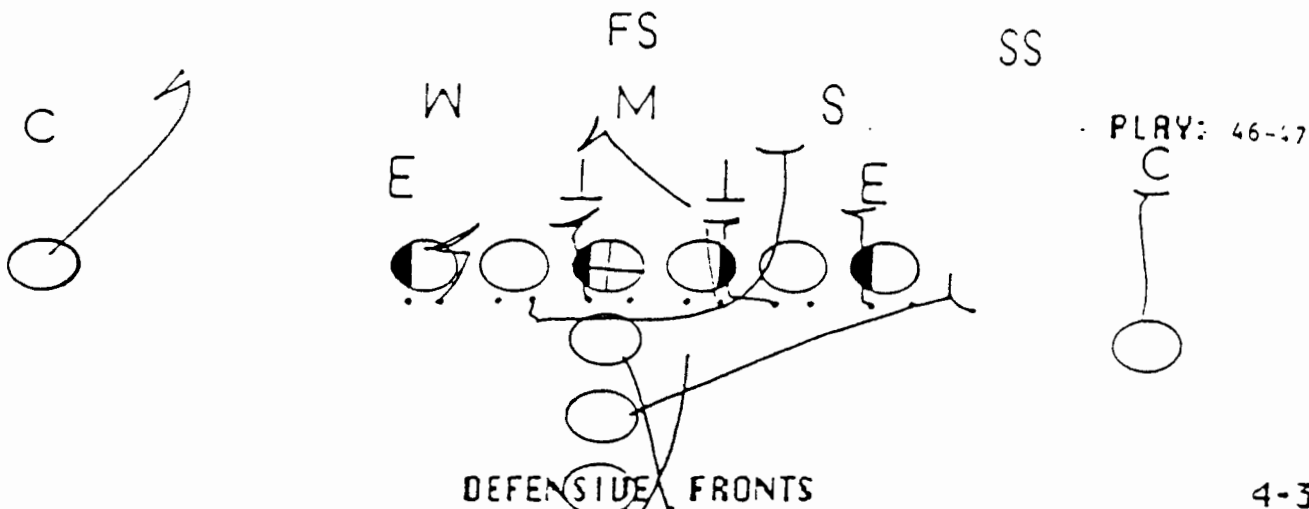
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**46-47**

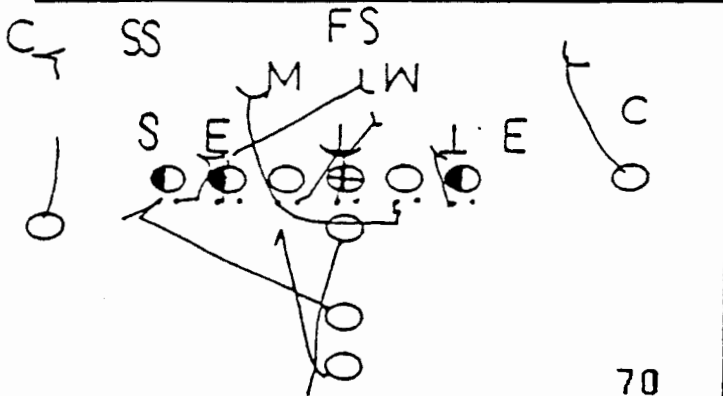
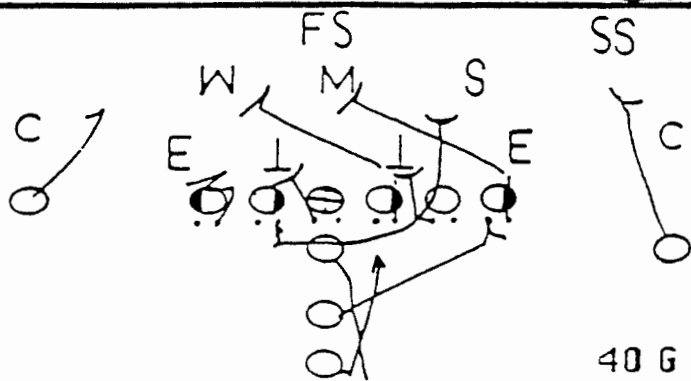


DEFENSIVE FRONTS

4-3

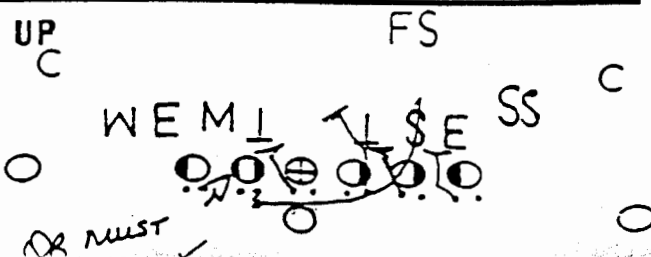
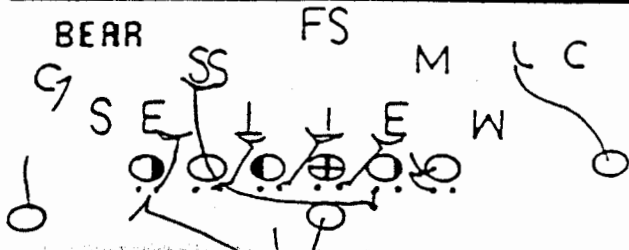
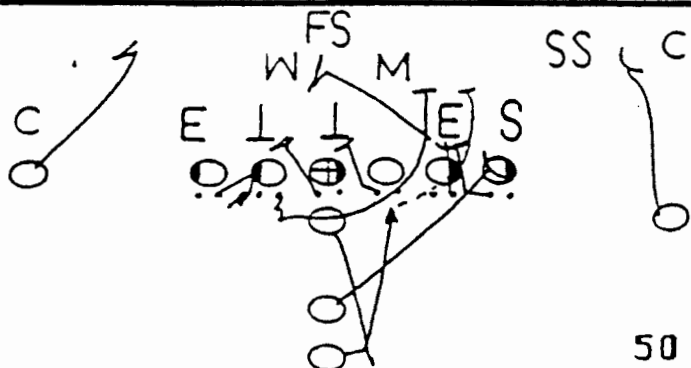
DESCRIPTION :

1. Power Play
2. Gap blocking with frontal drive blocks at point of attack.
3. Good versus perimeter oriented defense or wide OLB or DE play.
4. Tailback will run to daylight from frontside C-gap to backside A-gap.



PROBLEMS

1. 7-Technique or pinch from outside linebacker or defensive end.
2. Frontal block must stay square.



PLAY NO.  
46-47

40 SERIES  
QUARTERBACKS  
RULES, TECHNIQUES, AND COACHING POINTS

- QB REVERSE OUT TO 6 O'CLOCK WITH BALL SEATED. SPRINT BACK TO TB AND LOOK BALL INTO TB'S POCKET. BOOT AWAY AFTER SECURE HAND-OFF. THIS PLAY IS TO BE RUN VS A WIDE END.
- FB STEP WITH YOUR PLAYSIDE FOOT. AIMING POINT: OUTSIDE LEG OF THE TACKLE. WE ARE RESPONSIBLE FOR THE WIDEST DEFENDER ON THE LOS. ACCELERATE THROUGH THE DEFENDER'S INSIDE HIP. THIS WILL USUALLY TURN INTO A CUT BLOCK.
- TB TAKE WIDE SLIDE STEP WITH YOUR SHOULDERS SQUARE. READ THE BLOCK ON THE FIRST COVERED LINEMAN FROM THE TACKLE INSIDE. IT IS USUALLY BEST TO GET ON THE GUARD'S HIP AND FOLLOW HIM THROUGH THE HOLE. HOWEVER, IF YOU SEE A CREASE, TAKE IT. GET POSITIVE YARDAGE.

PLAY NO  
46-47

40 SERIES  
OFFENSIVE LINE  
RULES, TECHNIQUES, AND COACHING POINTS

- C OFFSIDE A-GAP. IF COVERED BY DOWN LINEMAN DRIVE EYES AND OFFSIDE FOOT THROUGH OFFSIDE NUMBER AND PROTECT VS "A" GAP THREAT. IF YOU AND OFF G ARE COVERED, YOU MUST MAKE A "HELP" CALL TO ALERT ON G TO STEP FLAT. IF COVERED BY A LINEBACKER READ ALIGNMENT OF OFF G AND STEP TO NEAR NUMBER AND BUILD A WALL.
- ON G ONSIDE A-GAP. BACKSIDE LINEBACKER. IF COVERED BY DOWN LINEMAN DRIVE EYES THROUGH INSIDE NUMBER STEPPING WITH NEAR FOOT. (OUTSIDE FOOT VS ANY OUTSIDE SHADE). IF DEFENDER CROSSES FACE CONTINUE GETTING MOVEMENT. IF DEFENDER HANGS OUTSIDE RELEASE QUICKLY TO BACKSIDE LINEBACKER. IF COVERED BY LINEBACKER PROTECT A GAP BY USING FRONTAL BLOCK.
- ON T ONSIDE B-GAP - BACKSIDE LINEBACKER. IF COVERED BY DOWN LINEMAN STEP WITH NEAR FOOT THROUGH INSIDE NUMBER. VERSUS DEFENDER CROSSING YOUR FACE CONTINUE GETTING MOVEMENT. IF DEFENDER HANGS OUTSIDE RELEASE QUICKLY TO BACKSIDE LINEBACKER. IF COVERED BY LINEBACKER PROTECT B GAP BY USING FRONTAL BLOCK. STAY SQUARE GETTING MOVEMENT. NO THREAT CONTINUE TO BACKSIDE LINEBACKER.
- OFF G PULL WITH DROP STEP. STAY SQUARE TO LOS AND TURN UP IN FIRST AVAILABLE HOLE TO BLOCK 1ST TO SHOW - NORMALLY FRONTSIDE LINEBACKER.
- OFF T OFFSIDE B-GAP AREA TO BACKSIDE. SEAL B-GAP AREA NO THREAT WORK BACKSIDE PURSUIT TO UPFIELD.

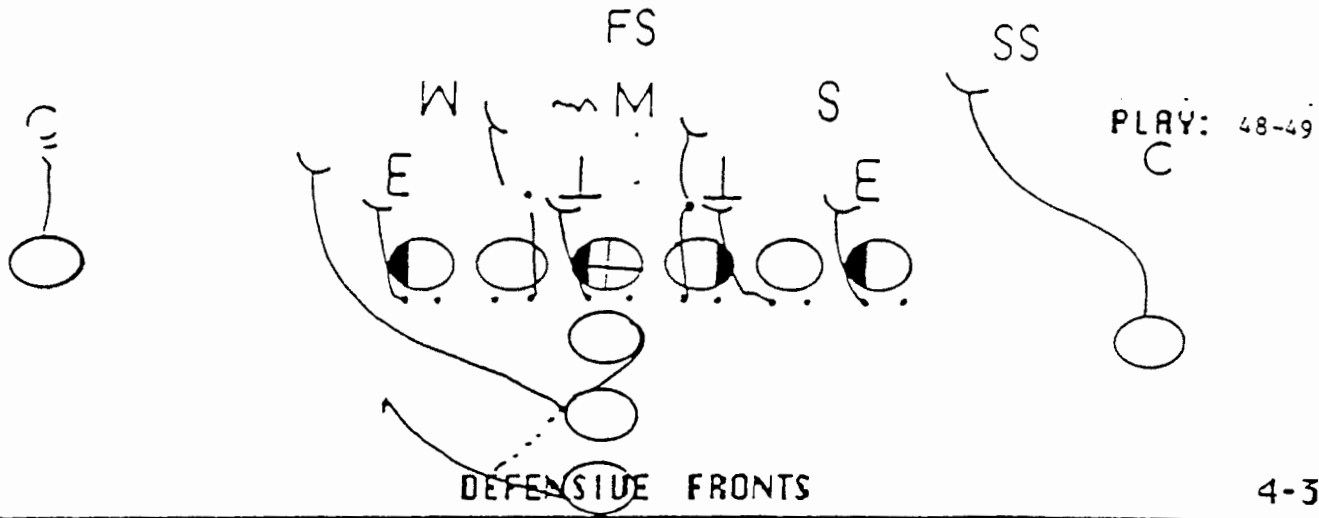
PLAY NO  
46-47

40 SERIES  
TIGHT-END AND WIDE RECEIVERS  
RULES, TECHNIQUES, AND COACHING POINTS

- X PUSH OFF LOS TO STALK MAN OVER, USE CHOP BLOCK AS A CHANGE UP. RUN ALLEY BACKSIDE TO CUT OFF.
  
- Y WE WILL USE A VARIETY OF TECHNIQUES DEPENDING ON THE POSITION OF THE DEFENDER OVER US. IF WE HAVE A C-GAP PLAYER WE WILL USE A FRONTAL BLOCK BY STEPPING FLAT AND FIGHTING TO STAY SQUARE. VERSUS ANY OUTSIDE TECHNIQUE WE WILL STEP UPFIELD WITH OUTSIDE FOOT AND WORK TO EAR HOLE LBER.
  
- Z PUSH OFF LOS TO STALK MAN OVER, USE CHOP BLOCK AS A CHANGE UP. RUN ALLEY BACKSIDE TO CUT OFF.



**48-49**

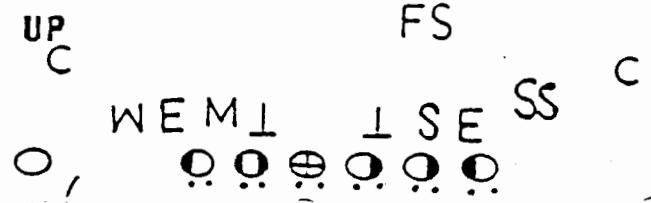
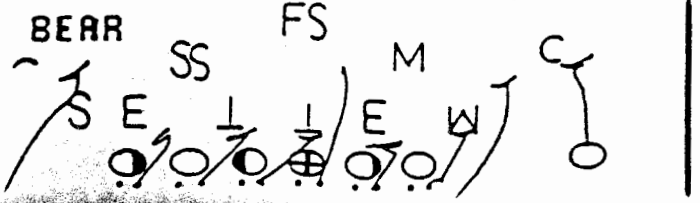
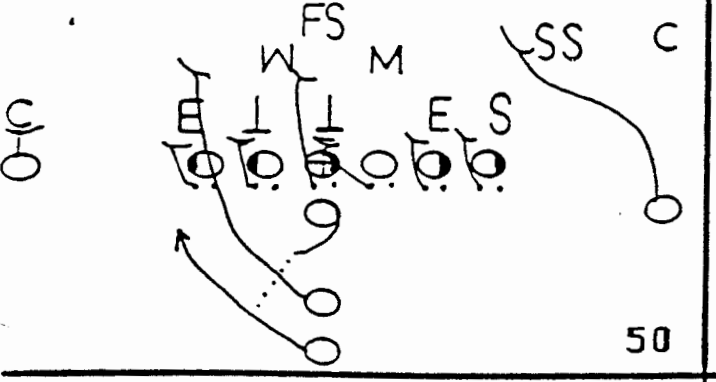
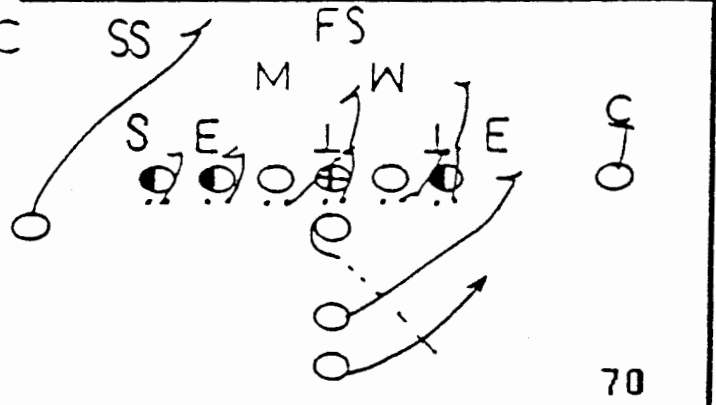
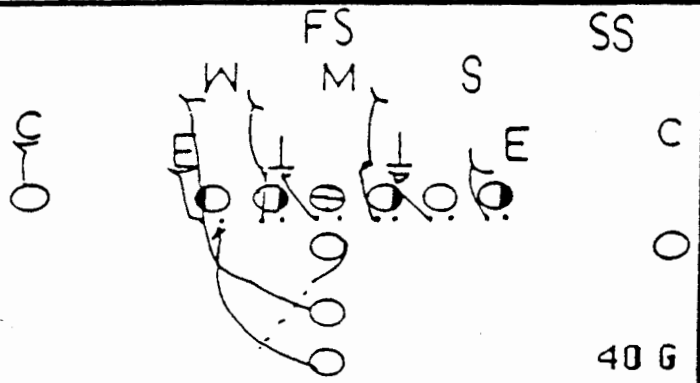


**DESCRIPTION :**

1. Toss sweep - split side.
2. Stretch defense and run to daylight.
3. Good versus reduction front.
4. Blocks on backside must be maintained.
5. Zone blocked (speed)

**PROBLEMS**

1. Not as good versus hard end.
2. Tailback must follow fullback as long as possible.



PLAY NO.  
48-49

### OFFENSIVE LINE

#### Rules, Techniques and Coaching Points

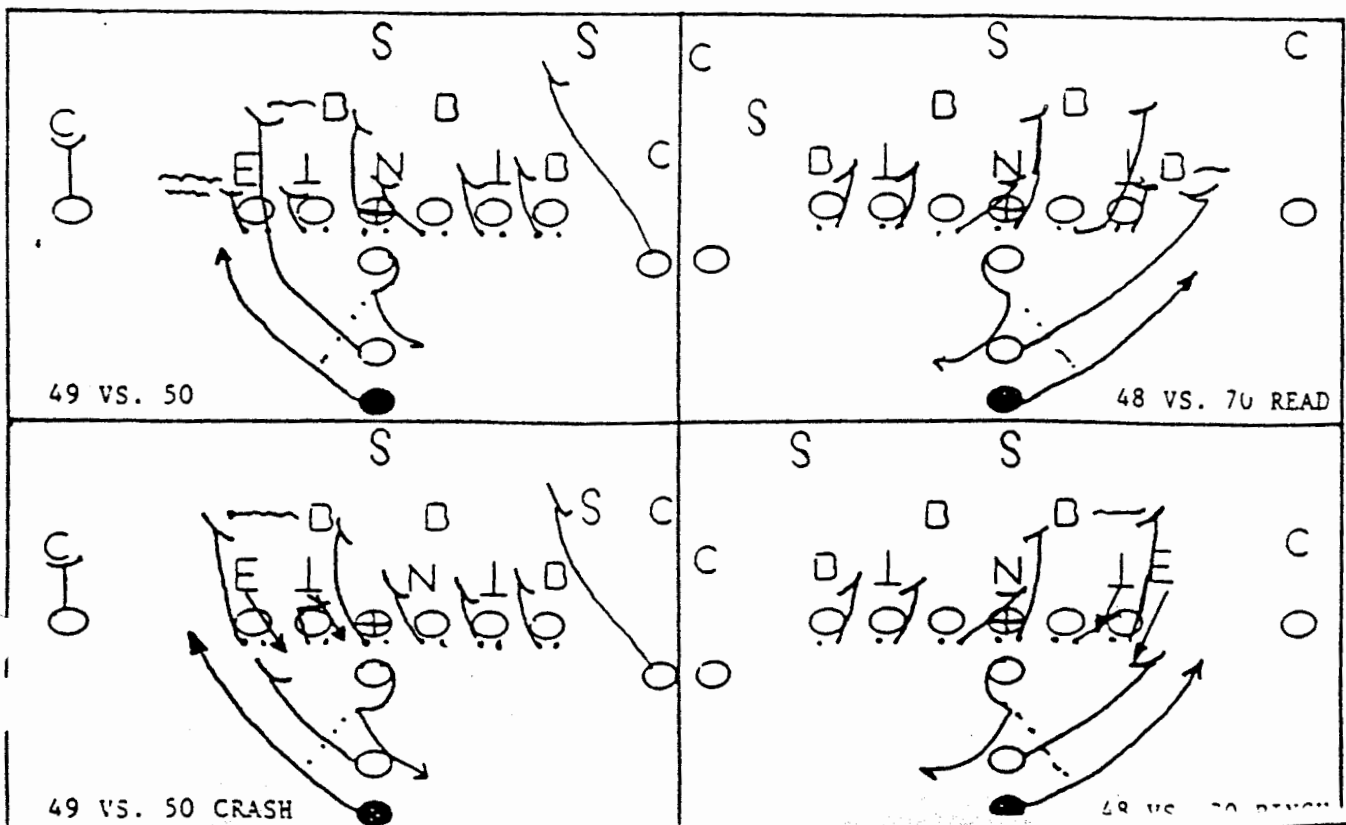
- C Over, Speed Zone. If covered by a down lineman you must get eyes by and upfield. If defender works away continue up to seal backside linebacker. If you are covered by a linebacker, you must speed zone frontside "A" gap to linebacker. Your ONG will give you an alignment call.
- ON G Block #1 Speed Zone. If covered by a down lineman you must drive eyes for outside armpit. We will take a flat lateral step to defenders outside then lock up with leverage. If covered by linebacker you must speed zone with ONT on down lineman to your outside. Drive eyes for point inside hip of next down lineman, get eyes by and upfield. You must be alert for stack defense as this will put you on inside linebacker. Versus stack you may bump seal NG area and fade quickly for leverage to block stack linebacker. Stay up on your feet as this play develops slower.
- ON T Block #2 Speed Zone. If covered by a down lineman you must drive eyes for outside armpit. You will take a flat lateral (width) step to obtain leverage and keep balance for stunts. If ONG can protect your inside you can be more aggressive and fade for leverage on linebacker. If covered by a linebacker you must drive eyes for outside number taking proper angle off ball you must engage with leverage.  
Note: If a down lineman or outside linebacker threatens release to linebacker then pull with width and engage him as square as possible. Our fullback will adjust to pick up linebacker.
- OFF G Block #1 Speed Zone. You must maintain blocks on 48-49 as it develops slower and can cut back. Cut off and seal technique using speed zone aiming points.
- OFF T Block #2 Speed Zone. You must maintain blocks on 48-49 as it develops slower and can cut back. Cut off and seal techniques using speed zone aiming points.

PLAY NO.  
48-49

QUARTERBACKS AND BACKS

Rules, Techniques and Coaching Points

- QB Drop step with playside foot, reverse out and toss soft end-over-end pitch to TB. Boot away.
- FB Aiming point is the outside hip of the tackle. You are responsible for blocking the OLB on air or the ILB if the defense is reduced (see diagram below). Read tackles block to determine best course if blocking the ILB. On your course be prepared to pick-up a slant DT; our tackle will then block the ILB.
- TB Use hesitation step and be ready to receive pitch. Against an OLB on air FB will probably have to kick him out, hesitate long enough to cut inside his block. Versus a reduced look read tackle's block to determine running lane (see diagrams).

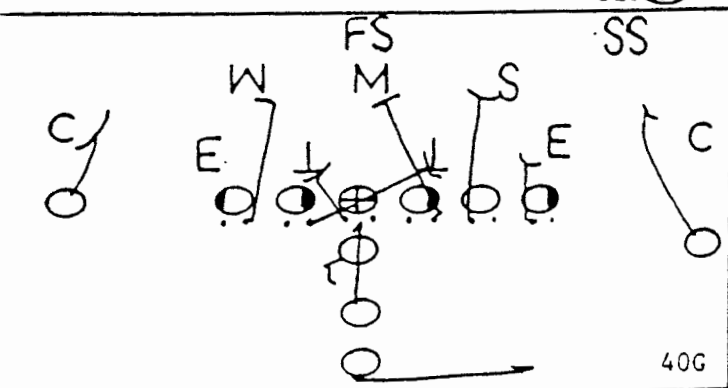
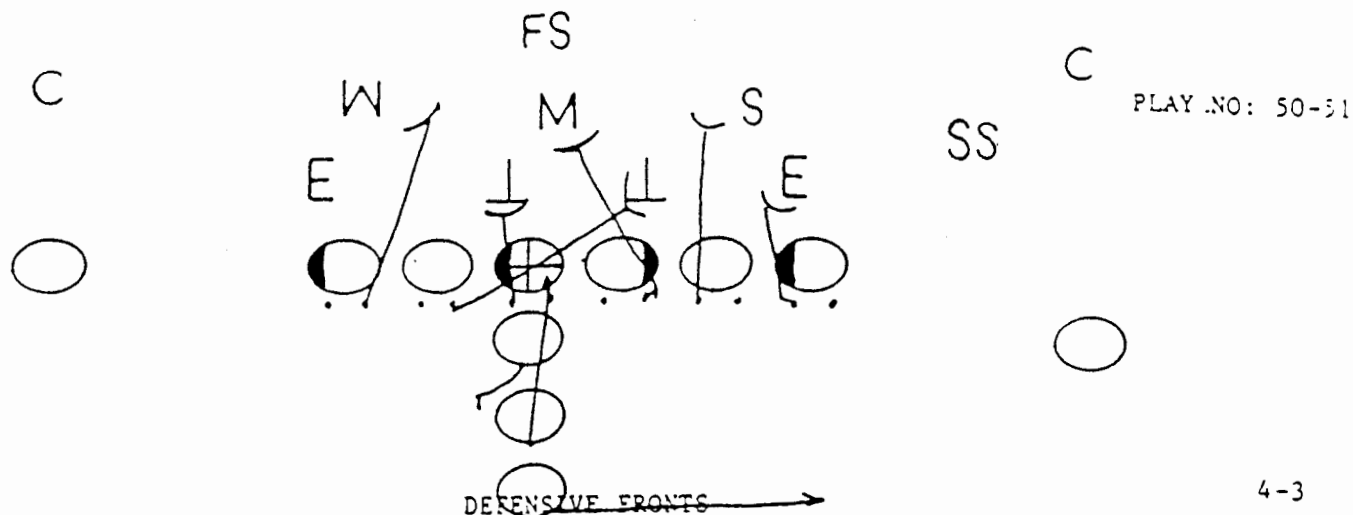


PLAY NO.  
48-49

WIDE RECEIVERS AND TIGHT ENDS  
Rules, Techniques and Coaching Points

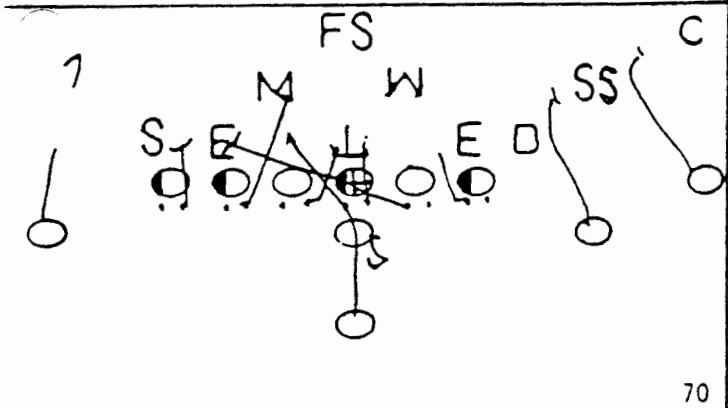
- Z Man over. Use good stack technique. Run defender off vs man coverage. Play away run alley for deep 1/3 or 1/2 defender.
- Y Inside release stay cut-off.
- X Man over. Use good stack technique. Run defender off vs man coverage. Play away run alley for deep 1/3 or 1/2 defender.

**50-51**



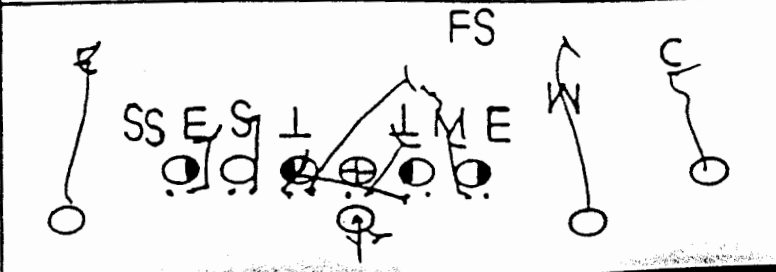
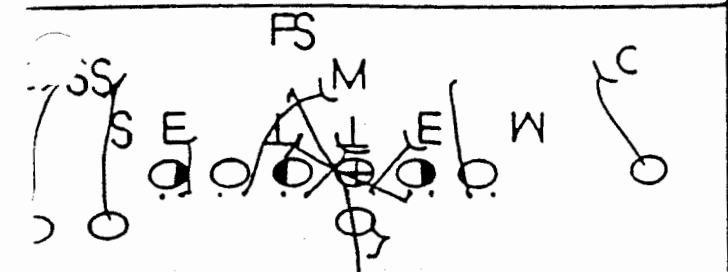
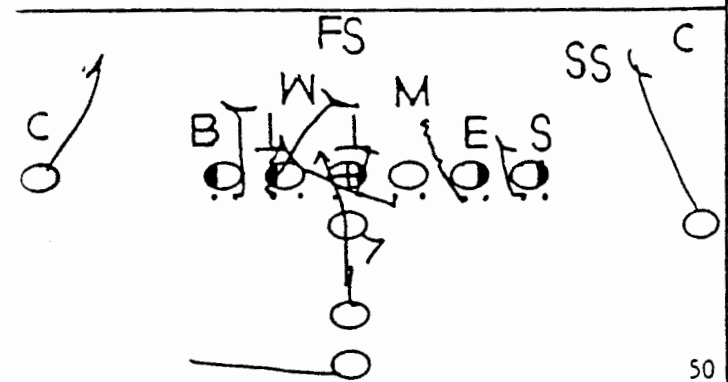
DESCRIPTION:

1. This is our Quick-Trap
2. We like to run-it versus 3 technique. (Hard penetration by defensive tackles!)
3. We will trap 1st covered lineman past the center.
4. Can be good versus some blitz looks.
5. Can also use QB as ball carrier.



PROBLEMS:

1. Two A-gap defenders
2. Soft (readers) type defense.



PLAY NO.  
50-51

50 SERIES  
OFFENSIVE LINE  
RULES, TECHNIQUES, AND COACHING POINTS

- C OFF A-GAP, OVER-BACKSIDE. IF COVERED BY DOWN LINEMAN YOU MUST DRIVE EYES THROUGH OFF NUMBER WORKING UPFIELD. IF YOU ARE COVERED BY A LINEBACKER YOU MUST BLOCK BACKSIDE A-GAP (TO COVER FOR TRAPPING GUARD). USE SHORT STEP, READ DEFENDERS INTENTIONS AND SEAL CENTER-BOX AREA. IF YOU AND OFF-G ARE COVERED BY DOWN LINEMAN, MAKE A "HELP" CALL TO ON-G. MAINTAIN YOUR BASE.
- ON G ONSIDE A-GAP, NEAR LINEBACKER. IF COVERED BY DOWN LINEMAN, YOU MUST SHOW PASS WITH QUICK SET THEN RELEASE FOR LINEBACKER THROUGH A-GAP AREA. YOU MUST CENTER-UP LINEBACKER WITH YOUR EYES AND GET MOVEMENT. IF COVERED BY LINEBACKER BLOCK ONSIDE A-GAP TO BACKSIDE LINEBACKER. YOU MUST SEAL A-GAP AREA. BE ALERT FOR HELP CALL BY CENTER.
- ON T BLOCK 1ST LBER OVER TO INSIDE. IF COVERED BY DOWN LINEMAN BLOCK 1ST LINEBACKER OVER TO INSIDE; SHOW PASS AND USE BEST RELEASE. IF COVERED BY LINEBACKER SHOW QUICK SET AND BLOCK LINEBACKERS INSIDE THIGH BOARD.
- OFF G DROP STEP SHOW PASS - TRAP 1ST DOWN LINEMAN PAST CENTER. IF NO DEFENDER SHOWS, TURN UP IN B-GAP AND BLOCK 1ST LINEBACKER TO SHOW.
- OFF T BLOCK 1ST LINEBACKER OVER TO INSIDE. YOU MUST SHOW QUICK-SET. THEN RELEASE FOR LINEBACKERS INSIDE THIGH BOARD. YOU MAY USE A CHIP TECHNIQUE.



PLAY NO.  
50-51

QUARTERBACKS AND RUNNING BACKS  
RULES, TECHNIQUES, AND COACHING POINTS

- QB THIS PLAY MUST BE RUN TO A 3 TECHNIQUE TACKLE. OPEN DEEP AND AWAY FROM CALL SIDE BEYOND 6 O'CLOCK (FB COURSE IS BUTT OF CENTER). LOOK BALL INTO FB POCKET. SHOW PASS ON RELEASE FROM CENTER.
- FB ALIGN WITH YOUR HEELS AT 5 TO 5 1/2 YARDS. TAKE SHORT LATERAL STEP CALL SIDE FOOT. THIS IS A QUICK TRAP PLAY THAT SHOULD HIT RIGHT BEHIND THE PULL GUARD
- TB FAKE FLARE ROUTE PLAYSIDE

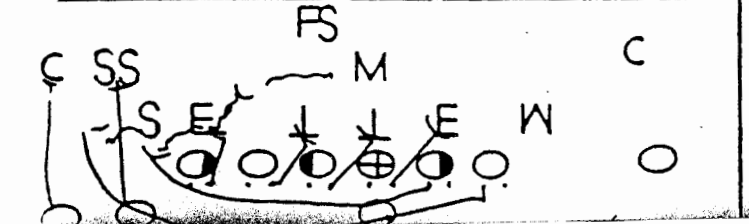
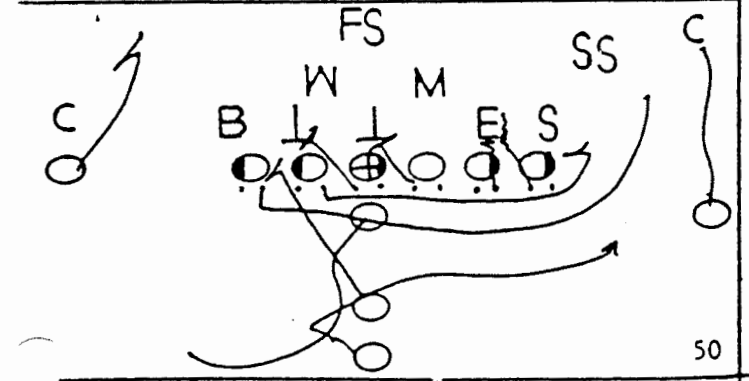
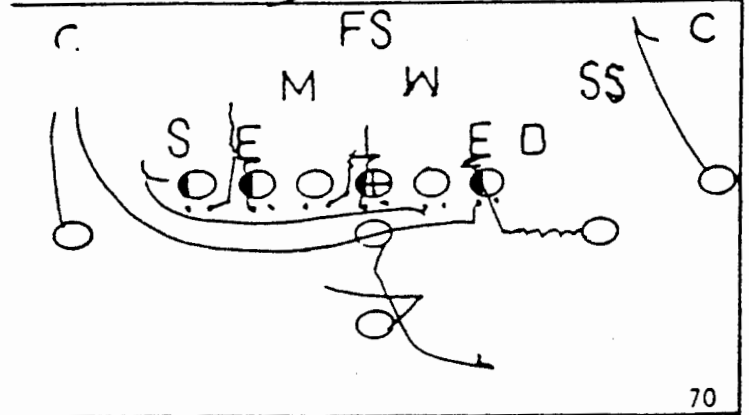
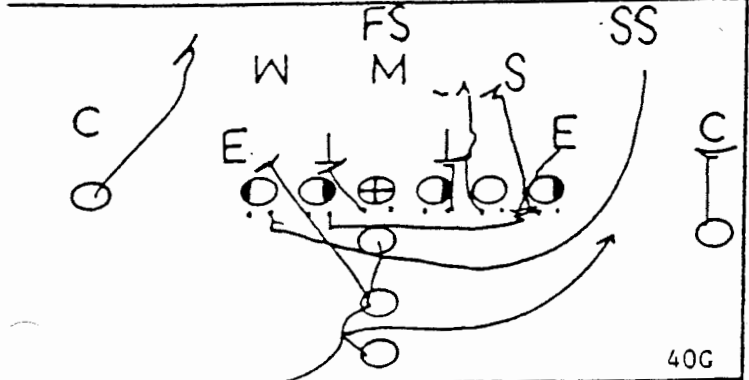
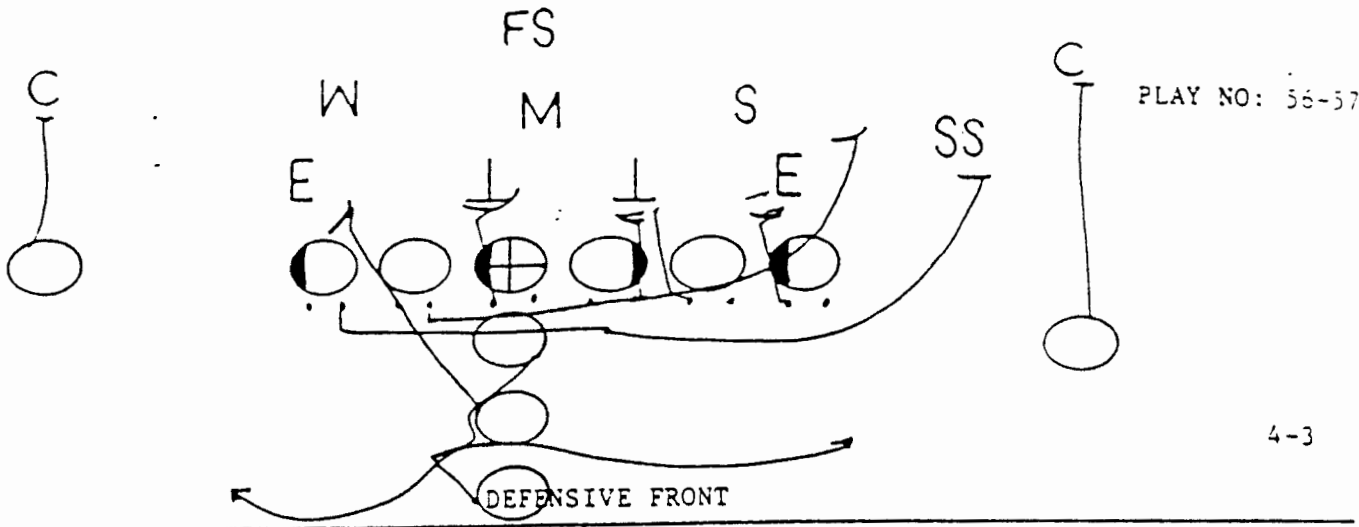
PLAY NO.

50-51

WIDE RECEIVERS AND TIGHT-ENDS  
RULES, TECHNIQUES, AND COACHING POINTS

- Z PUSH OFF TO CHOP INSIDE LEG OF THE DEFENSIVE BACK.
  
- Y TIGHT-END(S) MUST PROTECT C-GAP TO MAN OVER, Y AND TACKLE WILL WORK END AND LBER. BASE WITH INSIDE FOOT IF COVERED.
  
- X PUSH OFF TO CHOP INSIDE LEG OF THE DEFENSIVE BACK.

**56-57**



**DESCRIPTION:**

1. Counter Sweep
2. Designed to hurt fast flow or penetrating type fronts.
3. We must secure L.O.S. and get back outside and down hill quickly.
4. Good play action passes can compliment this play.

**PROBLEMS:**

1. Penetration anywhere along L.O.S.
2. Poor initial reactions by linebackers.

PLAY NO.

56-57

50 SERIES  
OFFENSIVE LINE  
RULES, TECHNIQUES, AND COACHING POINTS

- C OFF A GAP. IF COVERED BY A DOWN LINEMAN DRIVE EYES AND OFFSIDE FOOT THROUGH OFFSIDE NUMBER AND PROTECT VERSUS A-GAP THREAT. IF YOU AND OFF G ARE COVERED BY DOWN LINEMAN MAKE A "HELP" CALL TO ALERT ON G TO STEP FLAT. IF COVERED BY A LINEBACKER READ ALIGNMENT OF DEFENDER OVER OFF G AND STEP FOR NEAR NUMBER AND BUILD A WALL. YOU ARE RESPONSIBLE FOR SEALING BACKSIDE A-GAP THREATS TO BACKSIDE CHASER.
- ON G ONSIDE A GAP - BACKSIDE LINEBACKER. IF COVERED BY A DOWN LINEMAN DRIVE EYES THROUGH INSIDE NUMBER AND CONTINUE ON BOTH. UNLESS YOU HAVE A 3 TECHNIQUE THEN WORK A BASE BLOCK. IF DEFENDER WORKS INSIDE THEN DRIVE HIM DOWN. IF COVERED BY A LINEBACKER. YOU MUST SEAL "A" GAP AREA AND ADJUST UPFIELD TO BACKSIDE LINEBACKER IF NOSE TACKLE GOES AWAY. BE ALERT FOR "HELP" CALL FROM CENTER.
- ON T ONSIDE B-GAP - BACKSIDE LINEBACKER. IF COVERED BY A DOWN LINEMAN DRIVE EYES THROUGH INSIDE NUMBER AND CONTINUE ON PATH. UNLESS YOU HAVE 5 TECHNIQUE THEN WORK A BASE BLOCK WITH TE. IF DEFENDER WORKS INSIDE DRIVE HIM DOWN. IF COVERED BY LINEBACKER YOU MUST SEAL B-GAP AREA AND ADJUST UPFIELD TO BACKSIDE LINEBACKER.
- OFF G PULL GETTING 1 YARD OF DEPTH. YOU MUST SPRINT DOWN L.O.S. TO CHOP OUTSIDE LEG OF AN ON L.O.S. IF DEFENDER GETS UPFIELD KICK HIM OUT. YOU MUST DIP, GET FLATBACK AND EXPLODE.
- OFF T PULL GETTING 3 YEARS OF DEPTH. YOU MUST KEY END MAN ON L.O.S. AS YOU GO ANTICIPATE GOING OUTSIDE BLOCK OF OFF G AND BLOCKING 1ST SUPPORT FROM INSIDE OUT. YOU MUST RUN FULL SPEED.

NOTE: A "CRACK" CALL ON 56-57 MEANS SOMEBODY WILL CRACK (SEAL) INSIDE FOLLOW AND YOU MUST NOW BLOCK 1ST OUTSIDE SUPPORT.

PLAY NO.  
56-57

QUARTERBACKS AND RUNNING BACKS  
RULES, TECHNIQUES AND COACHING POINTS

- QB OPEN AWAY FROM CALL SIDE TO 6 O'CLOCK TAKING BALL BACK TO TB. LOOK BALL INTO HIS POCKET AND BOOT AWAY.
- FB STEP OPPOSITE THE CALL AIMING FOR THE INSIDE LEG OF THE TACKLE. YOU ARE RESPONSIBLE FOR BLOCKING THE FIRST DEFENDER OFF THE TACKLE'S BUTT. \* WE MAY HAVE TO CHEAT OUR ALIGNMENT TO GET THIS DONE.
- TB TAKE A WIDE SLIDE STEP OPPOSITE THE CALL. KEEP YOUR SHOULDERS SQUARE. THEN, TURN BACK PLAYSIDE READY TO RECEIVE HAND-OFF AND GET ON PULL TACKLE'S HIP. THINK OUTSIDE, BUT CUT UP IF NECESSARY.

PLAY NO.

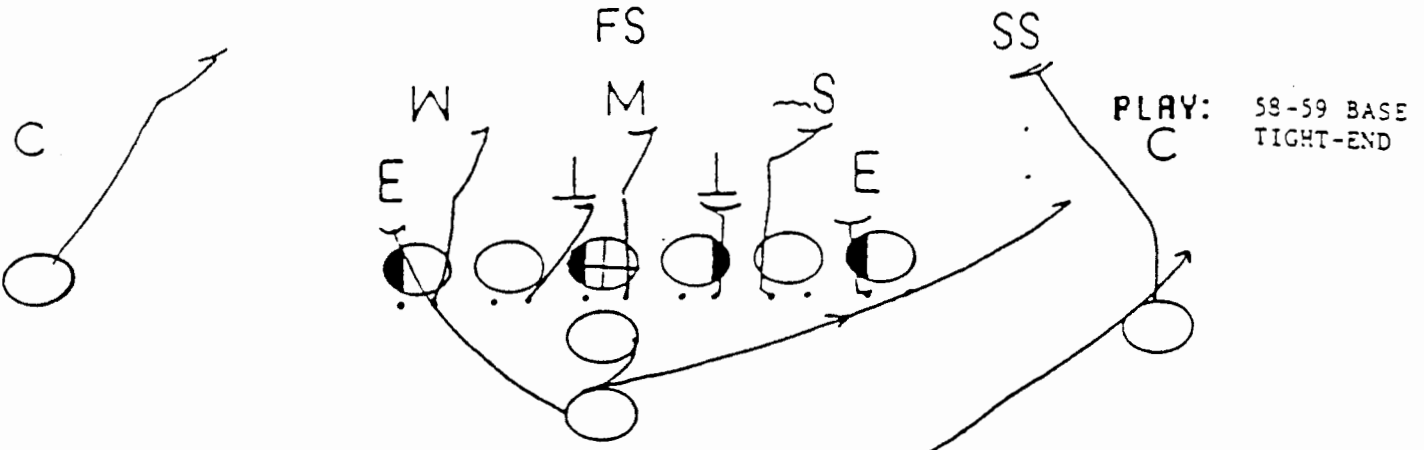
56-57

WIDE RECEIVERS AND TIGHT-ENDS  
RULES, TECHNIQUES AND COACHING POINTS

- Z PLAYSIDE PUSH OFF UNDER CONTROL LOOKING TO BLOCK (MDM) MOST DANGEROUS MAN.  
BACKSIDE RUN TO CHOP MAN OVER.
- Y WE HAVE C-GAP RESPONSIBILITY TO LINEBACKER. IF A C-GAP PLAYER TACKLE WILL POST  
TO LBER. IF NO C-GAP INSIDE RELEASE UP TO FRONTSIDE LINEBACKER.
- BACKSIDE - C-GAP FLAT TO SAFETY
- X PLAYSIDE PUSH OFF UNDER CONTROL LOOKING TO BLOCK (MDM) MOST DANGEROUS MAN.  
BACKSIDE RUN TO CHOP MAN OVER.

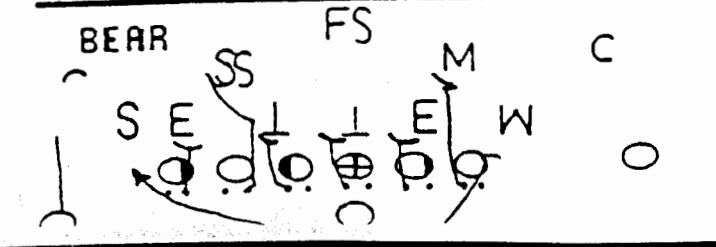
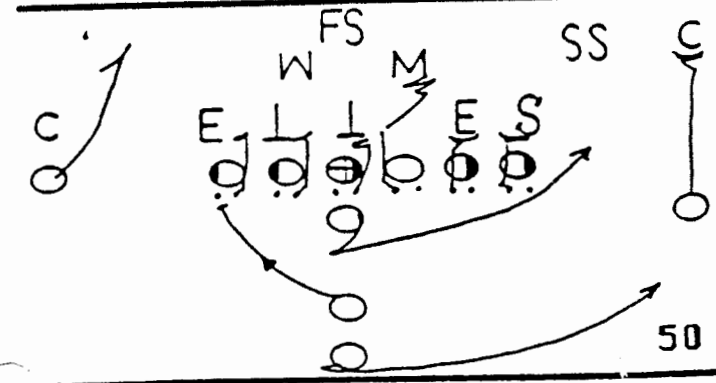
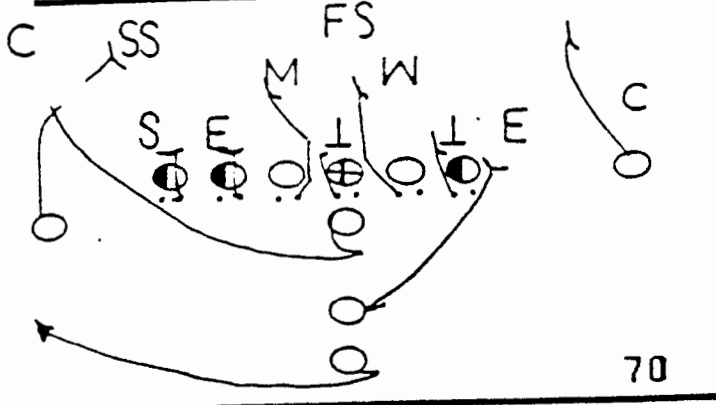
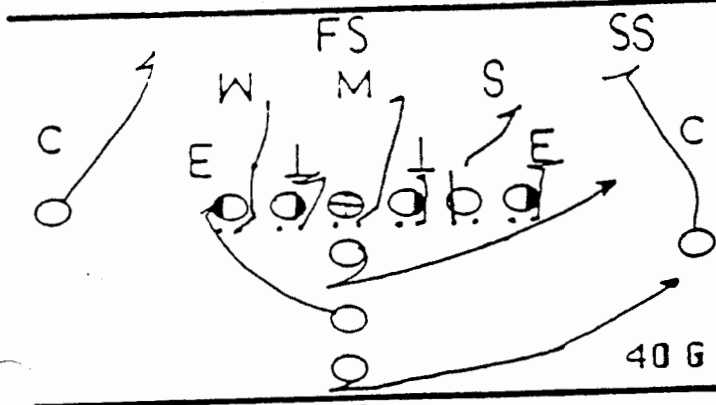
**58-59**





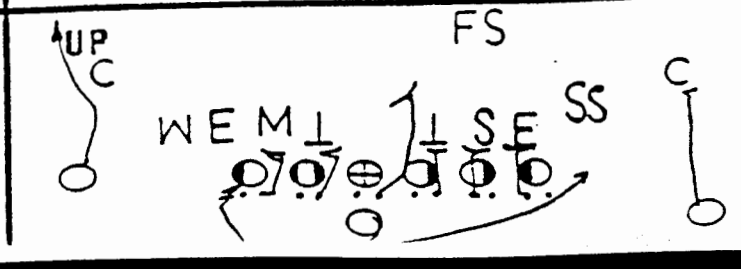
DEFENSIVE FRONTS

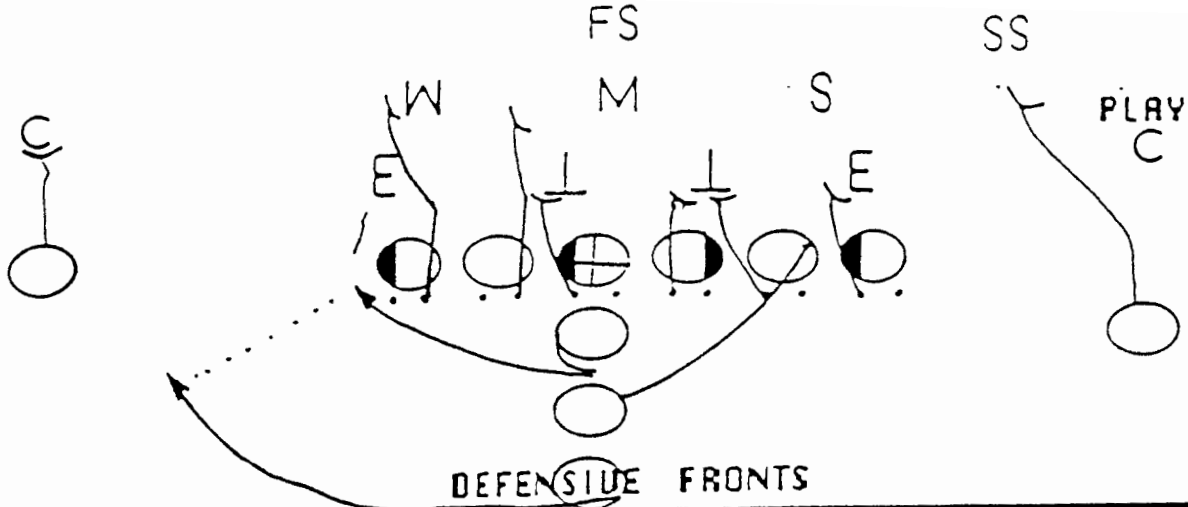
4-3



- DESCRIPTION :
1. Counteroption complimenting our sweep.
  2. The action of the backfield will help set blocks and seal LBer flow.
  3. Can run to either split end or tight-end side.
  4. Tight side it becomes a load option.
  5. Split side it becomes a quick option.

- PROBLEMS
1. Tight end side same as 38-39 leverage by load key.
  2. Split end side leverage by linebacker on alignment.

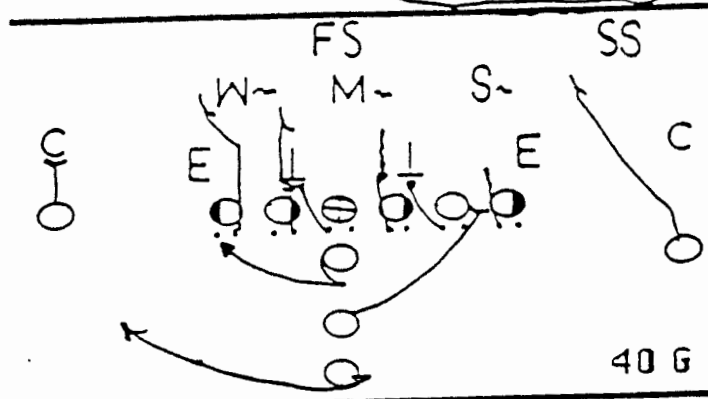




PLAY: 58-59  
SPLIT SIDE

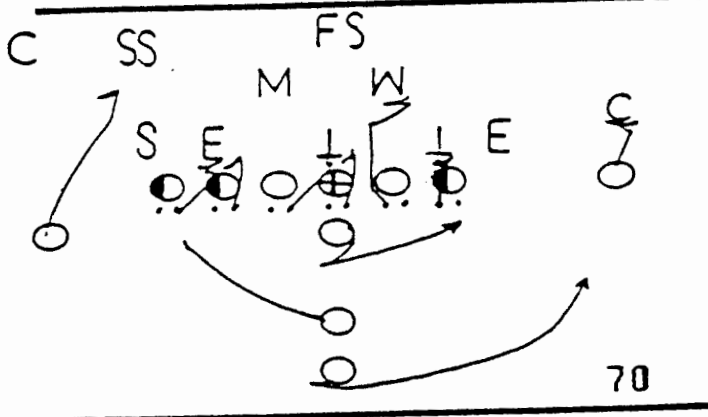
DEFENSIVE FRONTS

4-3



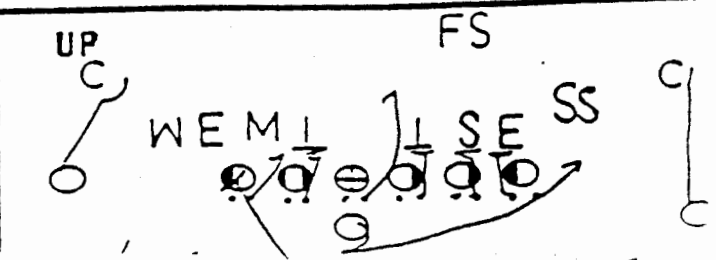
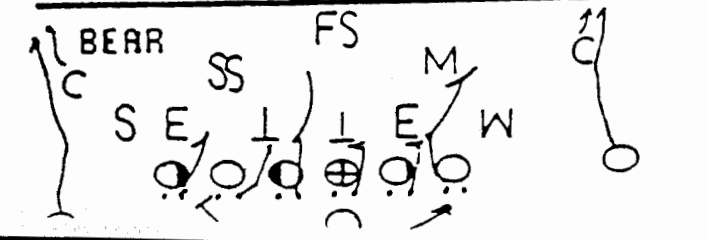
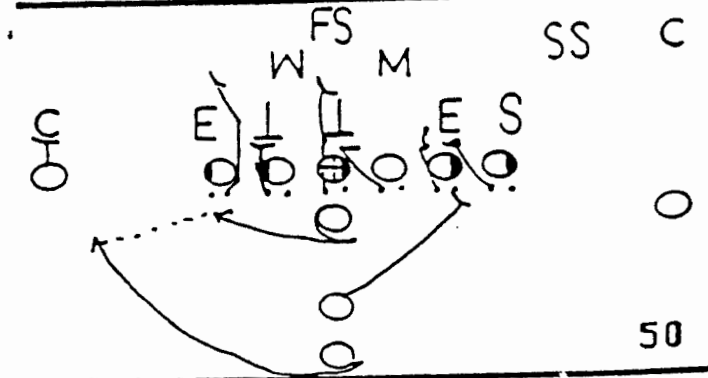
DESCRIPTION :

1. Counter option complimenting our sweep.
2. The action of the backfield will help set blocks and seal LBer flow.
3. Can run to either split end or tight-end side.
4. Tight side it becomes a load option.
5. Split side it becomes a quick option.



PROBLEMS

1. Tight end side same as 38-39 leverage by load key.
2. Split end side leverage by linebacker on alignment.



PLAY NO  
58-59

QUARTERBACK AND BACKS  
RULES, TECHNIQUES AND COACHING POINTS

- QB REVERSE OUT SHOWING TOSS SWEEP AWAY FROM CALL SIDE WITH DEPTH AND KEEPING EYES ON PITCH KEY. REDIRECT AND ATTACK PITCH KEY. WHEN GOING SPLIT SIDE - PITCH KEY IS EOL. WHEN GOING TIGHT SIDE (BASE) PITCH KEY IS SECONDARY SUPPORT.
- FB STEP OPPOSITE PLAYSIDE. AIMING POINT: OUTSIDE LEG OF THE TACKLE. ATTACK THE FIRST DEFENDER OUTSIDE THE TACKLE'S BLOCK. INSURE THAT HE DOESNT CROSS YOUR FACE. STAY HIGH OR CUT.
- TB JAB OPPOSITE, THEN SPRINT TO GET AND STAY IN PITCH RELATIONSHIP. PITCH USUALLY WILL ONLY COME QUICKLY IF WE RUN TO THE SE SIDE. HOWEVER, ALWAYS BE READY.

PLAY NO

58-59

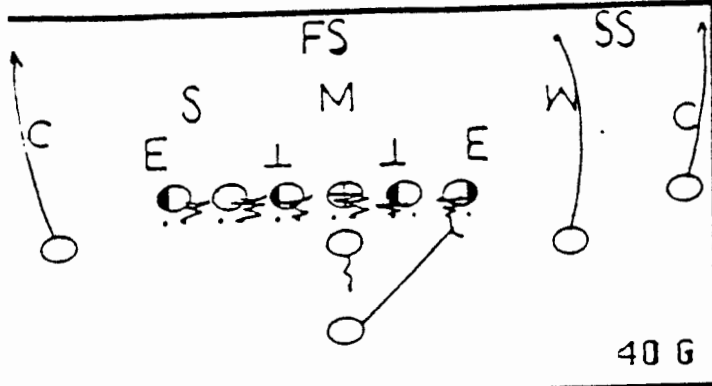
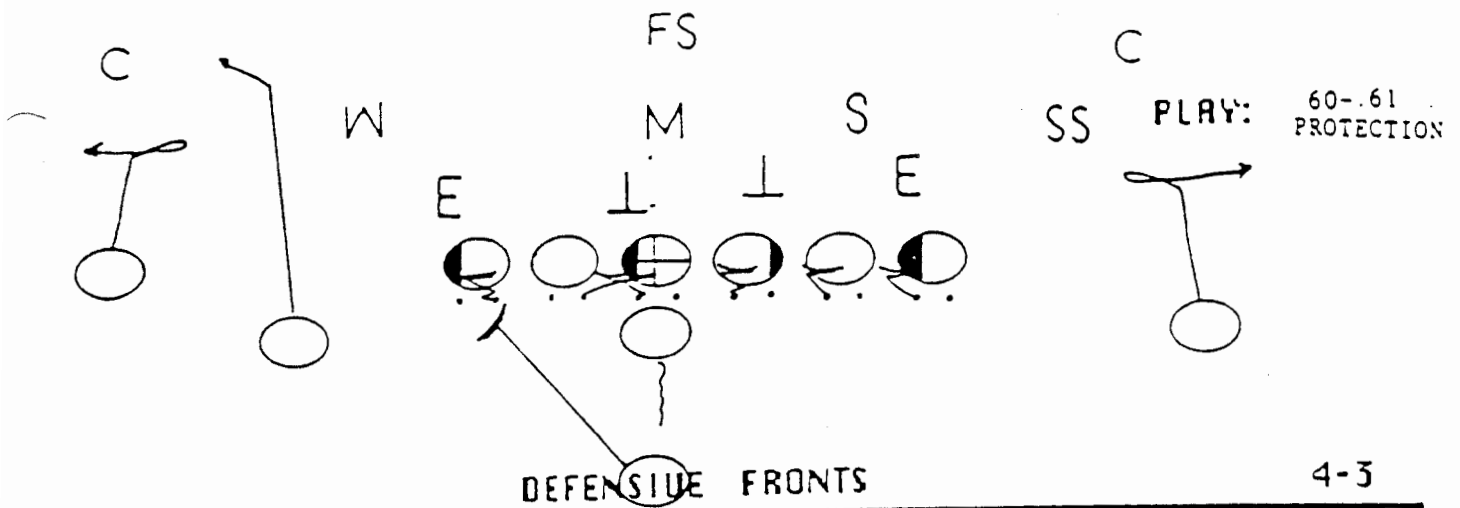
50 SERIES  
TIGHT-END AND WIDE RECEIVERS  
RULES, TECHNIQUES, AND COACHING POINTS

- X        SPRINT OFF BALL TO STALK MOST DANGEROUS MAN; USE CHOP BLOCK AS A CHANGE UP. RUN ALLEY TO CUT OFF BACKSIDE.
  
- Y        WHEN PLAYSIDE BASE MAN OVER ALWAYS SKIPPING WITH INSIDE FOOT NOT ALLOWING PENETRATION IN C-GAP. TRY TO PIN INSIDE. VERSUS A 7 TECHNIQUE USE A LOW CROTCH BLOCK. WHEN BACKSIDE GO TO SAFETY.
  
- Z        SPRINT OFF BALL TO SECOND LEVEL STALK BLOCK; USE CHOP BLOCK AS A CHANGE UP. RUN ALLEY TO CUT OFF BACKSIDE.

50 SERIES  
OFFENSIVE LINE  
RULES, TECHNIQUES AND COACHING POINTS

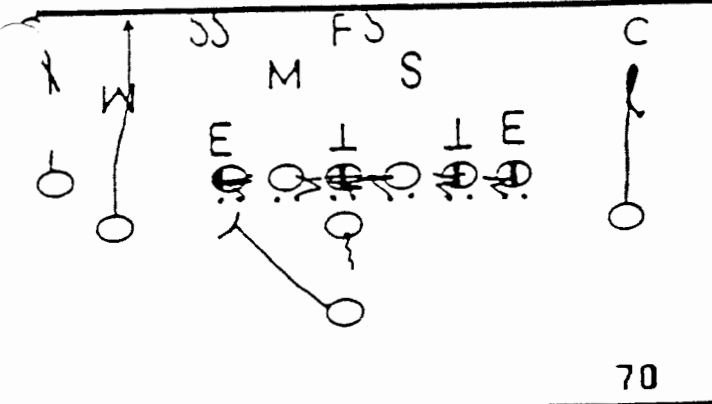
- C OVER, PLAYSIDE A GAP. POWER ZONE. IF COVERED BY A DOWN LINEMAN YOU MUST DRIVE EYES THROUGH PLAYSIDE NUMBER. (ON G WILL HELP SEAL A-GAP IF UNCOVERED). IF DEFENDER WORKS AWAY CONTINUE THROUGH TO ENGAGE LINEBACKER SEAL HIM OR USE CHOP TECHNIQUE. IF COVERED BY LINEBACKER TAKE SHORT STEP PLAYSIDE AND RELEASE UP TO BLOCK LINEBACKER.
- ON G BLOCK #1. COUNTER STEP. IF COVERED BY A DOWN LINEMAN, YOU MUST DRIVE EYES THROUGH OUTSIDE NUMBER - DO NOT OVER LEAD. WE WANT A BASE BLOCK. IF DOWN LINEMAN ALIGNS IN A 1 TECHNIQUE OR A-GAP HELP SEAL TO LINEBACKER. IF COVERED BY A LINEBACKER TAKE QUICK COUNTER STEP AND DRIVE UPFIELD SLIDE TO POSITION FOR SEAL ON LINEBACKER. YOU MAY USE CHOP TECHNIQUE VERSUS QUICK FLOW.
- ON T BLOCK #2. COUNTER STEP. IF COVERED BY A DOWN LINEMAN YOU MUST DRIVE EYES THROUGH PLAYSIDE NUMBER. IF DEFENDER WORKS INSIDE STAY ON HIM. SHORT STEP - SETTLE STEP READ DEFENDERS 1ST MOVEMENT LOCK UP THE DEFENDER. IF COVERED BY LINEBACKER COVER B-GAP WITH QUICK COUNTER STEP THEN DRIVE UPFIELD AND SEAL LINEBACKER.
- NOTE: IF YOU ARE ON SPLIT END SIDE YOU HAVE OPTION RULE. NEVER BLOCK END MAN ON LOS. BEST RELEASE TO LINEBACKER.
- OFF G BLOCK #1. PLAYSIDE GAP. YOU MUST SEAL OFF A-GAP TO LINEBACKER - DO NOT ALLOW ANYONE TO CROSS YOUR FACE. YOU MAY USE SEAL OR CHOP TECHNIQUE VERSUS LINEBACKER.
- OFF T BLOCK #2. PLAYSIDE GAP. YOU MUST SEAL OFF B-GAP TO LINEBACKER. DO NOT ALLOW ANYONE TO CROSS YOUR FACE. YOU MAY USE SEAL OR CHOP TECHNIQUE VERSUS LINEBACKER.

**60 SERIES**



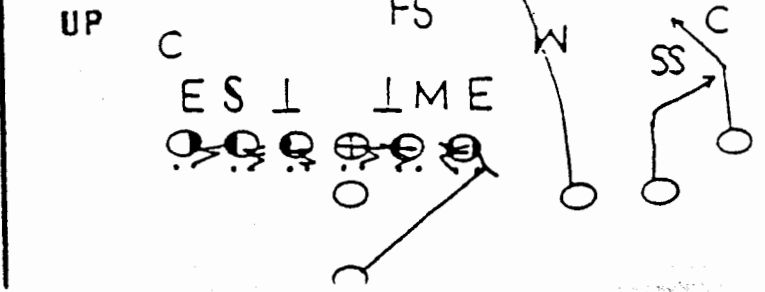
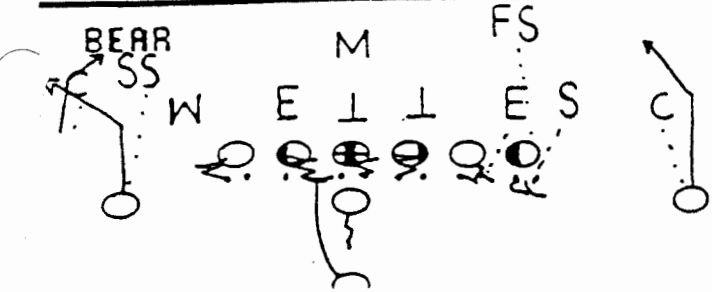
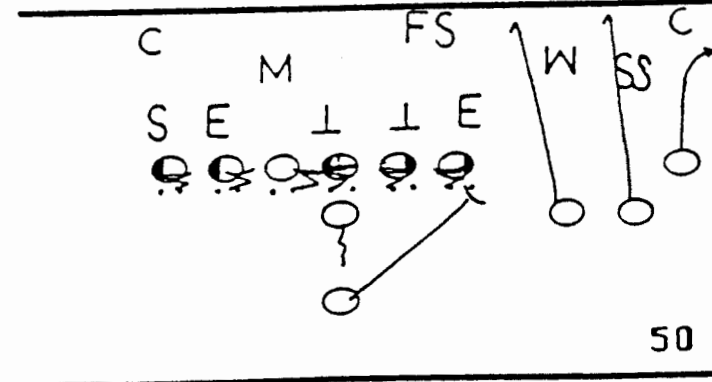
**DESCRIPTION :**

1. This is our 3-step quick game from the 1-back set.
2. We will use a man-area type of protection.
3. Our running back is responsible for blocking first linebacker outside-in on open side.
4. Lineman must keep defenders on LOS.



**PROBLEMS**

1. Penetration in guard box.
2. Late throw by quarterback.
3. Receivers not getting good releases.



## 60 SERIES

### I THROW TO BEST SIDE

- A. PRE-READ FOR EASIEST THROW
- B. LOOK BACKSIDE ON FIRST TWO STEPS WHEN THROW IS PREDETERMINED.
- C. THESE ARE TIMING ROUTES. DONT WAIT ON RECEIVER. THROW ON TIME

### II ROUTES

- A. 60-61 - FADE ROUTE FOR TIGHT BUMP AND RUN COVERAGE OR GOALLINE PASS. NO CONVERSIONS.
- B. 62-63 - STEM ROUTES USED ONLY WITH COMBINATION FLAG ROUTE BY INSIDE RECEIVER. NO CONVERSIONS.
- C. 64-65 - OUT ROUTES. CONVERT TO SLANT VS JAM.
- D. 66-67 - STEM ROUTES. CONVERT TO SLANT VS JAM.
- E. 68-69 - SLANT ROUTES. NO CONVERSIONS.

### III GENERAL RULES

- A. WHEN WR HAS A SLOT RECEIVER TO THE INSIDE, HE CAN NEVER CONVERT TO A SLANT. ALWAYS CONVERT TO A FADE, EXCEPT 62-63 WHICH NEVER CONVERTS.
- B. WHEN WR HAS NO SLOT RECEIVER TO HIS INSIDE, CONVERT TO SLANT VS ROLLED CORNER, OR FADE VS INSIDE PRESS CORNER.



OFFENSIVE LINE  
RULES, TECHNIQUES, AND COACHING POINTS

C OVER, A-GAP THREAT. IF COVERED BY A DOWN LINEMAN YOU MUST READ ALIGNMENT STEP WITH NEAR FOOT. SET SQUARE AND KEEP DEFENDER IN FRONT OF YOU AND ON LOS. BE ALERT FOR "BACKER" CALL BY GUARDS. SLIDE SQUARE UNTIL YOU GET BUMPED OFF. IF COVERED BY LINEBACKER PROTECT FIRST A-GAP THREAT. YOU MUST MIRROR LINEBACKERS MOVEMENT AND YELL "BACKER" IF HE THREATENS LOS ON A DEAL. VERSUS ANY SPLIT FRONT ALWAYS WORK TO A-GAP THREAT ON TIGHT-END SIDE. YOU MUST MAKE "RAY" OR "LUKE" CALL WHEN UNCOVERED TO ALERT YOUR GUARD TO YOUR HELP.

ON G OVER. IF COVERED BY A DOWN LINEMAN READ ALIGNMENT, STEP WITH NEAR FOOT, SET SQUARE AND KEEP DEFENDER IN FRONT OF YOU AND ON LOS. IF COVERED BY A LINEBACKER PROTECT FIRST A-GAP THREAT STAYING SQUARE. MIRROR THE LINEBACKER AND YELL BACKER VERSUS ANY DEAL (ZONE SWITCH). VERSUS SPLIT FRONT OR NOSE SHADE BE ALERT FOR RAY OR LUKE CALL BY CENTER. CENTER WILL WORK WITH "RAY" GUARD OR "LUKE" GUARD TAKING A-GAP THREAT. THE CENTER'S CALL DEFINES GAP RESPONSIBILITY.

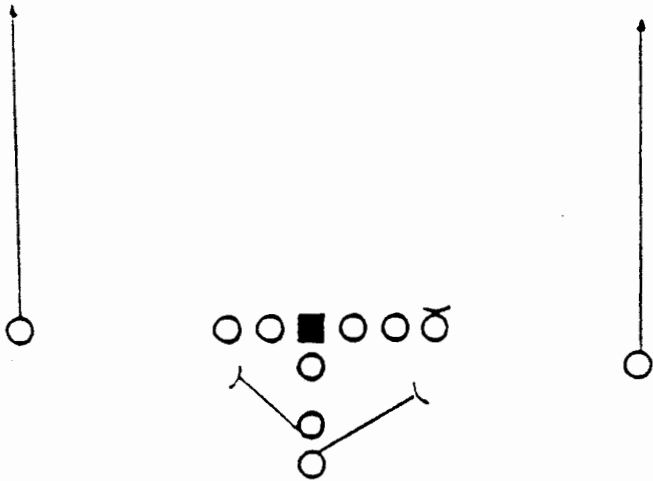
ON T OVER. TACKLES WILL BLOCK MAN OVER UNLESS COVERED BY A LINEBACKER ON SPLIT SIDE THEN THEY WILL BLOCK FIRST RUSHER TO OUTSIDE. IF YOU ARE COVERED BY A DOWN LINEMAN YOU MUST INITIALLY (ALWAYS) PROTECT THE INSIDE. YOU MUST STAY SQUARE AND KEEP DEFENDER IN FRONT OF YOU AND ON LOS. IF COVERED BY LINEBACKER YOU MUST CLOSE INSIDE GAP AND MIRROR LINEBACKER. IF LINEBACKER MOVES ON A DEAL YELL BACKER AND ZONE SWITCH. EXCEPTION IS SPLIT SIDE, YOU HAVE FIRST IMMEDIATE RUSHER TO OUTSIDE IF COVERED BY LINEBACKER.

OFF G OVER. SAME RULES AS ON G.  
ALWAYS STAY ALERT FOR RAY-LUKE CALL BY CENTER.

OFF T OVER. SAME RULES AS ON T.  
ALWAYS BE ALERT FOR "FAN" CALL WITH TIGHT END.

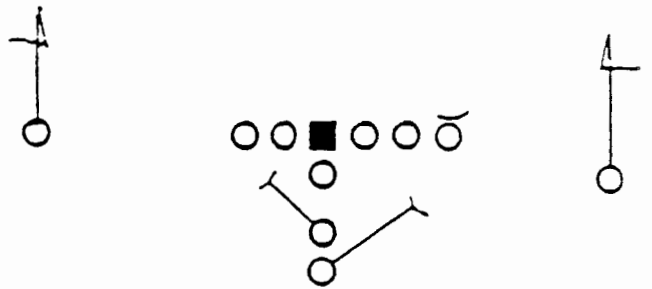
\*NOTE: THIS IS A MAN AREA PROTECTION.

60-61



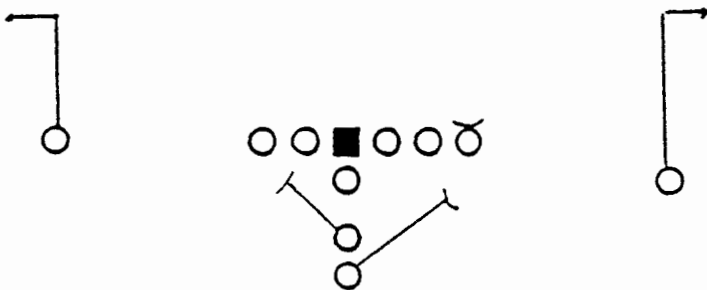
1. Beat your man with moves at the line, then sprint away from him.

62-63



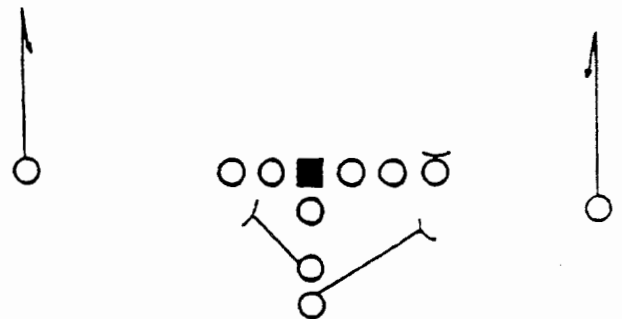
1. Come off the line full speed and get depth. If ball is not in the air, skate outside. Never convert this route.

64-65

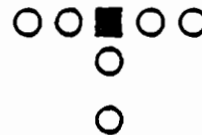
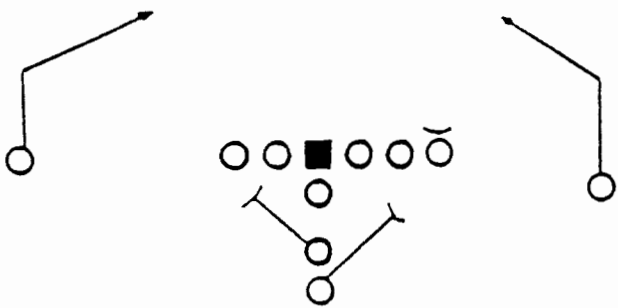


1. This is not a speed out! Push hard off the ball and get depth.
2. Force your eyes around out of break expecting ball to

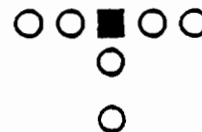
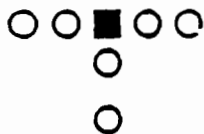
66-67



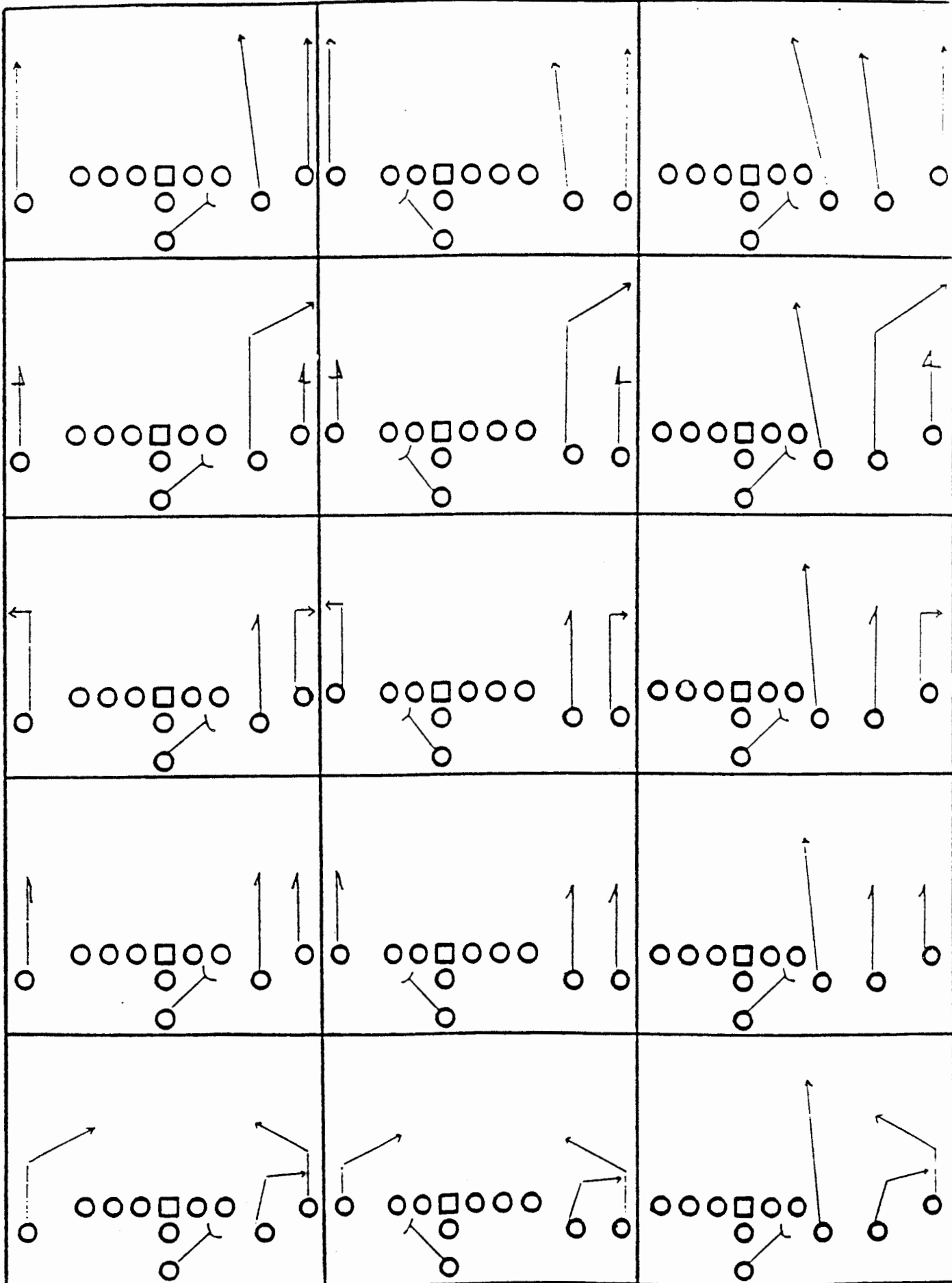
1. Come off line full speed and you must get to proper depth.
2. Come straight back to LOS.



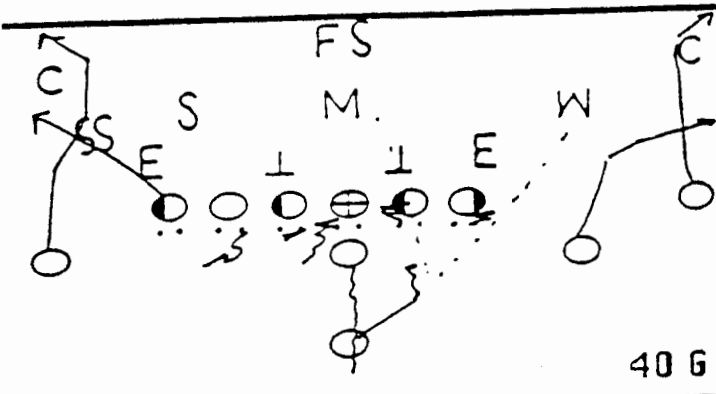
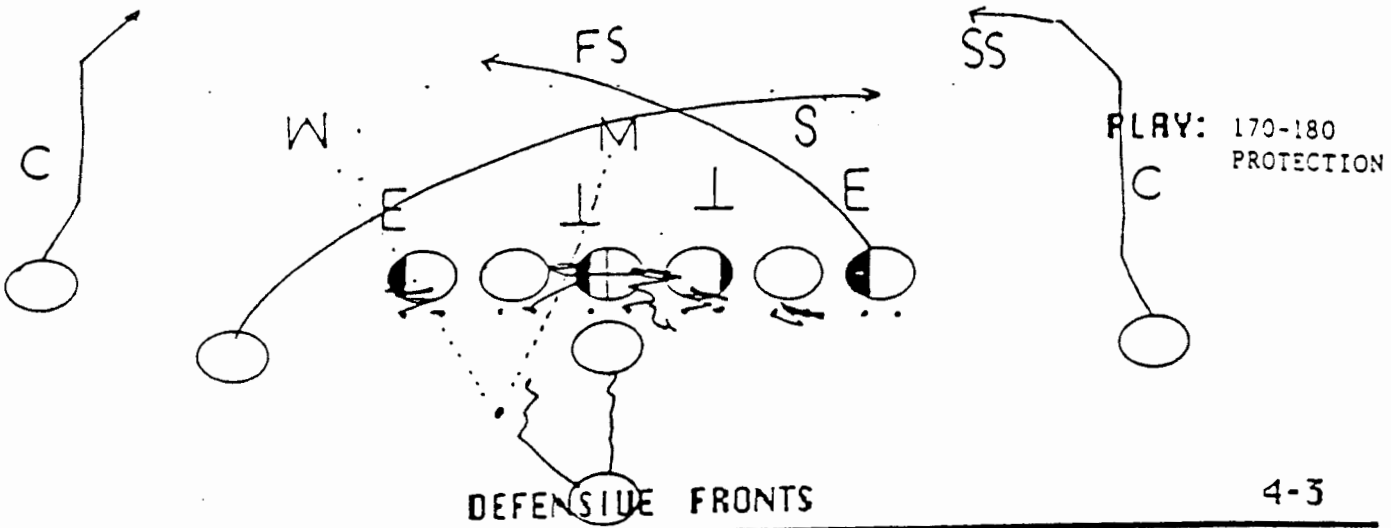
1. Take maximum split and stick DB before running flat slant route.



60 PASS

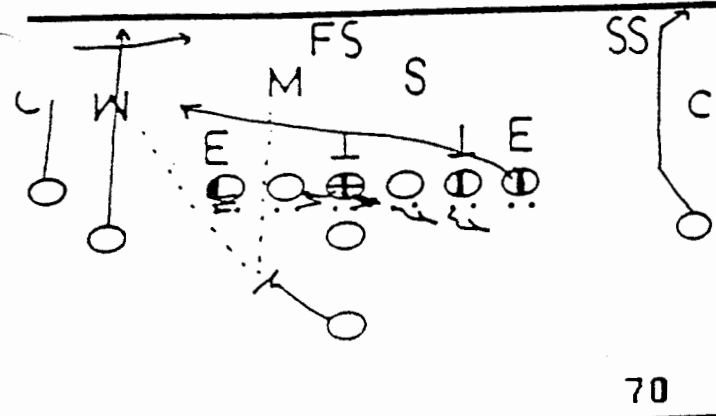


**170+180 SERIES**



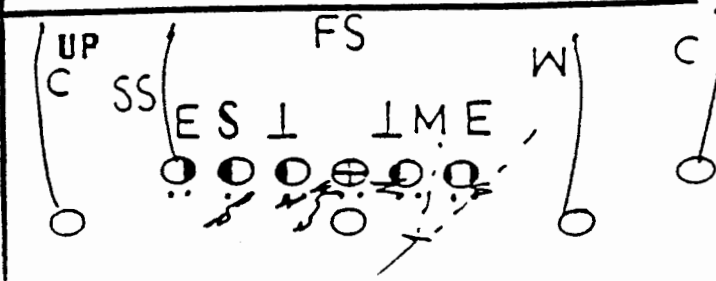
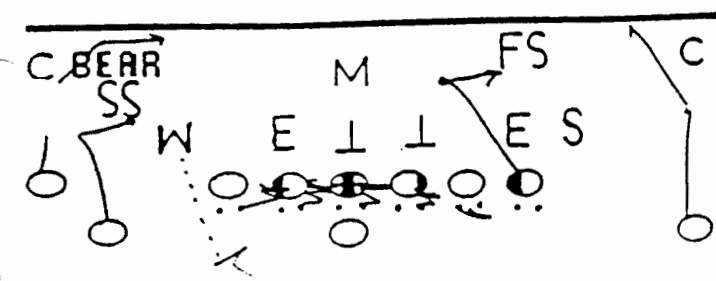
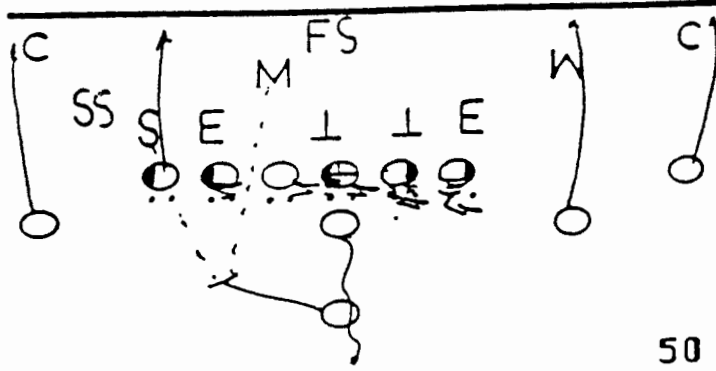
DESCRIPTION :

1. This is our slide protection
2. 5-step drop
3. 1-back set multiple formations
4. QB dropping straight back
5. QB can direct protection



PROBLEMS

1. Penetration in guard box area
2. Quick loss of contain rushers
3. Improper directional call by QB (if needed)



PLAY NO  
170-180

100 SERIES  
OFFENSIVE LINE  
RULES, TECHNIQUES AND COACHING POINTS

- C OFFSIDE A-GAP OVER ("GAP" CALL). IF CENTERED BY DOWN LINEMAN STEP WITH NEAR FOOT FAVORING OFF A-GAP. THIS IS GAP AWAY OR SLIDE PROTECTION. YOU MUST KEEP SHOULDERS SQUARE TO LOS AS QB IS DROPPING STRAIGHT BACK. IF COVERED BY A LINEBACKER SEAL OFFSIDE A-GAP TO BACKSIDE LINEBACKER (OUT BACK DOOR). ANYTIME YOU HAVE NO IMMEDIATE A-GAP THREAT YOU MUST CHECK BACKSIDE LINEBACKER. YOU MUST FIGHT TO KEEP INSIDE OUT POSITION WHEN WORKING OUT BACK DOOR. CENTER VERSUS BEAR WE WILL MAKE "GAP" CALL.
- ON G ONSIDE A-GAP. OVER. IF YOU ARE CENTERED BY A DOWN LINEMAN THEN YOU MUST READ ALIGNMENT AND POST UP WITH NEAR FOOT STAYING SQUARE. KEEP DEFENDER ON LOS. IF COVERED BY LINEBACKER SEAL ONSIDE A GAP STAYING SQUARE. NO THREAT CHECK BACKSIDE LINEBACKER TO BACK DOOR.
- \*NOTE: WHEN YOU AND ON T ARE BLOCKING 1ST AND 2ND DOWN LINEMAN YOU MUST BE ALERT FOR TWIST GAMES. BE ALERT FOR "GAP" CALL FROM CENTER.
- ON T OVER. OUTSIDE RUSHER. IF YOU ARE COVERED BY A DOWN LINEMAN THEN YOU MUST READ ALIGNMENT AND POST UP WITH NEAR FOOT STAYING SQUARE. KEEP DEFENDER ON LOS. IF YOU ARE COVERED BY A LINEBACKER BLOCK 1ST OUTSIDE RUSHER. YOU MUST KNOW WIDTH AND TAKE AWAY RUSH ANGLE. ALWAYS REMEMBER INSIDE OUT. BE ALERT FOR "GAP" CALL FROM ON GUARD OR CENTER VERSUS BEAR DEFENSE.
- OFF G OFF B-GAP. IF COVERED BY DOWN LINEMAN READ ALIGNMENT AND PROTECH B-GAP RUSHER. STAY SQUARE KEEPING BUTT AND SHOULDERS TO QUARTERBACK. IF COVERED BY A LINEBACKER SET YOURSELF PROPERLY IN B-GAP. YOU MUST PROTECT B-GAP RUSHER TO BACK DOOR.
- OFF T OFF C-GAP. IF COVERED BY DOWN LINEMAN READ ALIGNMENT AND PROTECT C-GAP RUSHER. STAY SQUARE KEEPING BUTT AND SHOULDERS TO QUARTERBACK. IF COVERED BY LINEBACKER SET YOURSELF PROPERLY WITH DEPTH ACCORDING TO WIDTH OF OUTSIDE RUSHER. YOU MUST TAKE AWAY DEFENDERS RUSH ANGLE.
- \*NOTE: THE PRINCIPLES OF THIS PROTECTION ARE THE SAME AS 80 EXCEPT THE QB WILL DROP STRAIGHT BACK AND MUST BE PROTECTED ACCORDINGLY.

## I 180 PASS

- A. TREY FORMATION ONLY.
- B. QB DROP IS A QUICK 7-STEP WITH SPEED SETTING UP DIRECTLY BEHIND CENTER
- C. FB HAS A DOUBLE READ BEFORE RELEASE

## II 170 PASS

- A. SPREAD AND TRIPS FORMATION
- B. QB DROP IS A QUICK 7-STEP WITH SPEED SETTING UP DIRECTLY BEHIND CENTER
- C. FB HAS A DOUBLE READ BEFORE RELEASE

## III GENERAL RULES

- A. ROUTES AND QB READS ARE NOT AFFECTED BY PROTECTION SIDE
  - B. BACKS MUST THINK PROTECTION FIRST
  - C. WR'S SHOULD TAKE PROPER SPLITS AND RUN ROUTES HARD ALWAYS EXPECTING BALL
  - D. ALL POSSIBLE RECEIVERS SHOULD INITIALLY ASSUME MSN COVERAGE
1. VS PRESS COVERAGE, WR'S CAN CONVERT TO GO ROUTE WHEN RUNNING CURL, IN, POST (ALL IN-BREAKING ROUTES). ALL OUT-BREAKING ROUTES (OUT, COMEBACK, FLAG) REMAIN ON.
  2. TE SHOULD BE READY TO RUN AWAY FROM DEFENSIVE PLAYER ONLY AFTER MAKING MOVE ON HIM TO CREATE SEPARATION.
  3. FB DELAY ROUTE SHOULD BREAK OFF VS TIGHT MAN COVERAGE ONLY AFTER MAKING A MOVE ON HIM TO CREATE SEPARATION.

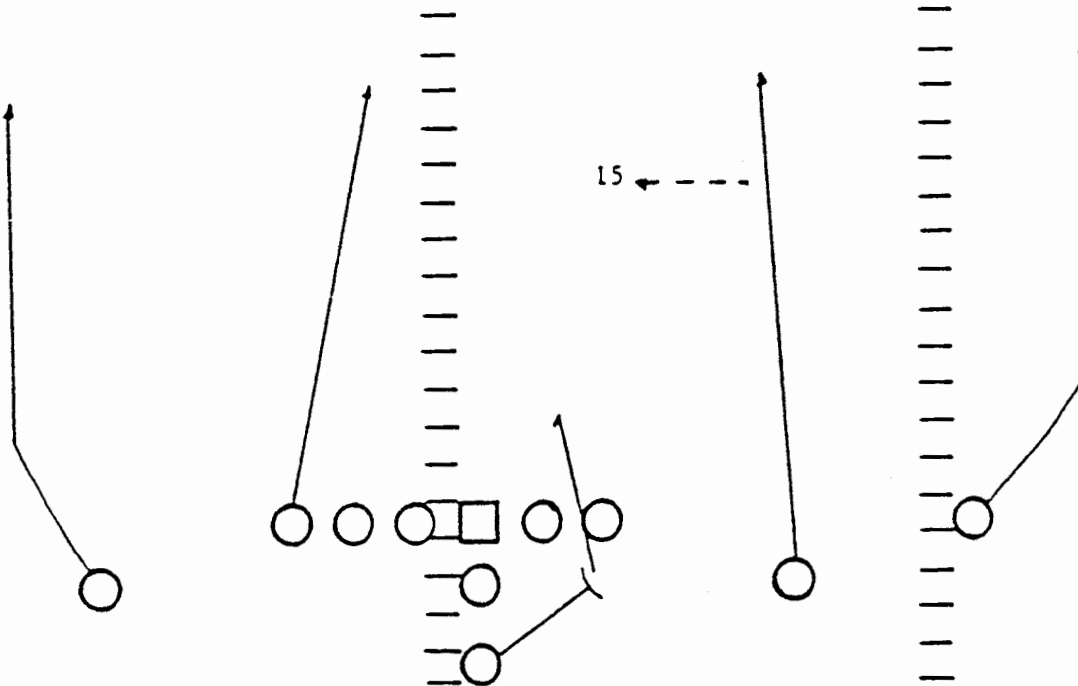


170-171

1. WR's work to bottom of numbers with speed.
2. W breaks off route at 15 yards if you can't beat safety.

2. Y works go route over original alignment.
3. QB reads safeties for best receivers. Look off safety if 3 deep.

4. Switch tells X & W to switch routes.
5. Z comeback is run off of this route.

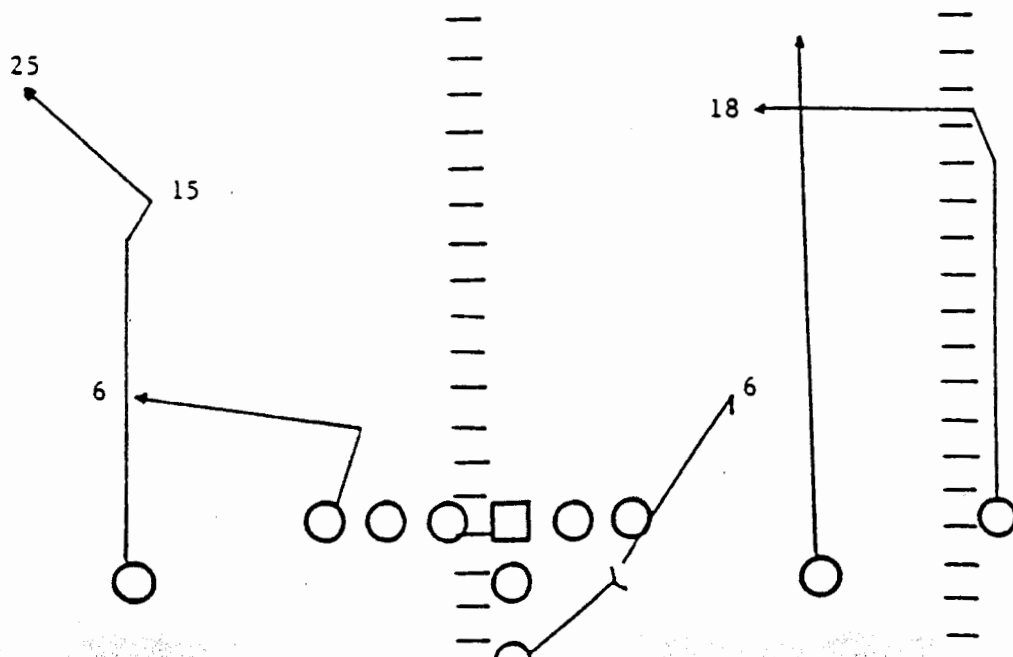


172-173

1. X can take maximum split.
2. W must take easiest release and clear out deep middle.

3. QB reads flat coverage to formation side, then to twins side.

4. Can also run from Husker and Falcon formations.

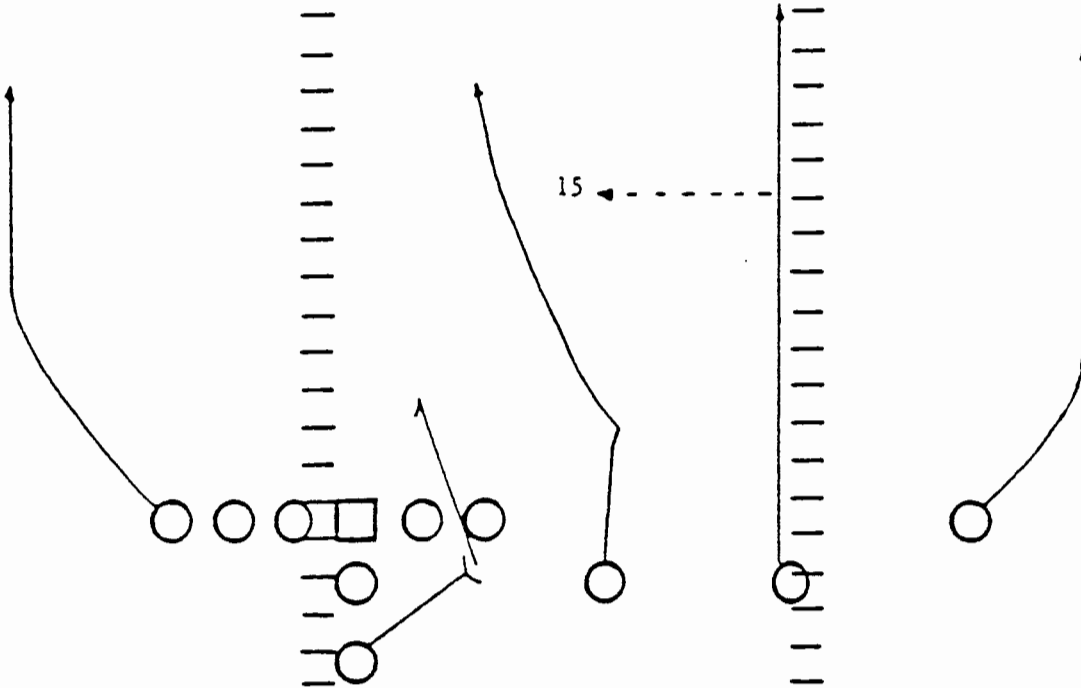


170-171

1. Y works to bottom of numbers with speed.
2. Z takes easiest release and bends slightly inside.

3. W breaks off at 15 yards if you can't beat safety.
4. QB reads safeties for best receiver.

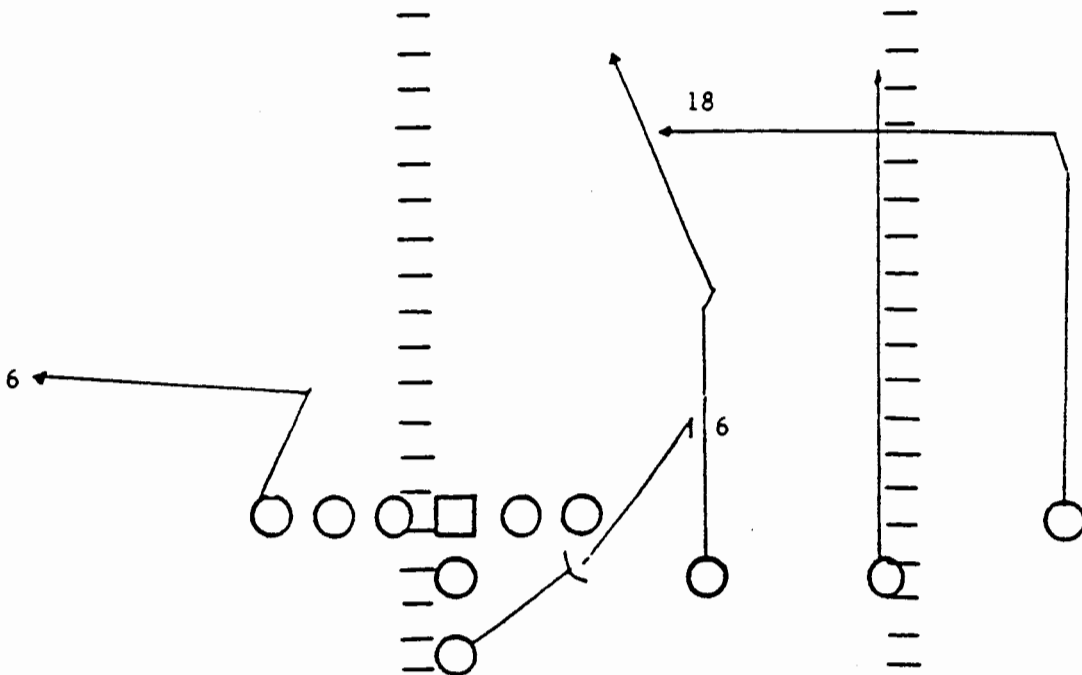
5. Also be aware of corner depth for deep shot.



172-173

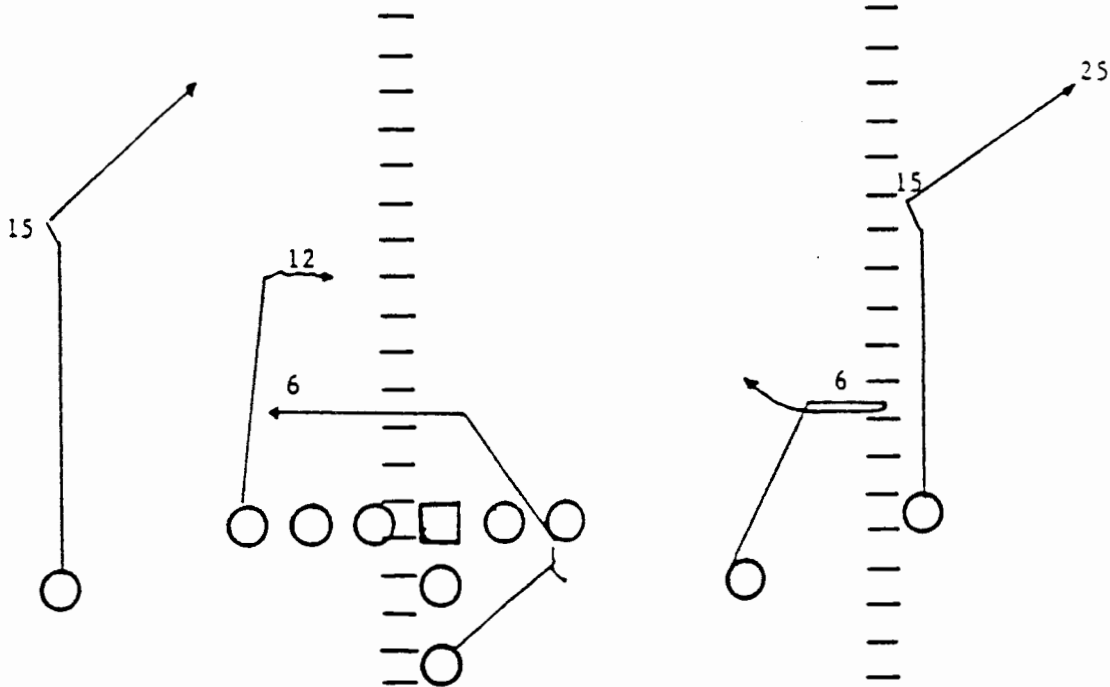
1. X takes maximum split.
2. Z and W take easiest release and clear out.

3. QB reads to trips side unless pre-read dictates TE read.



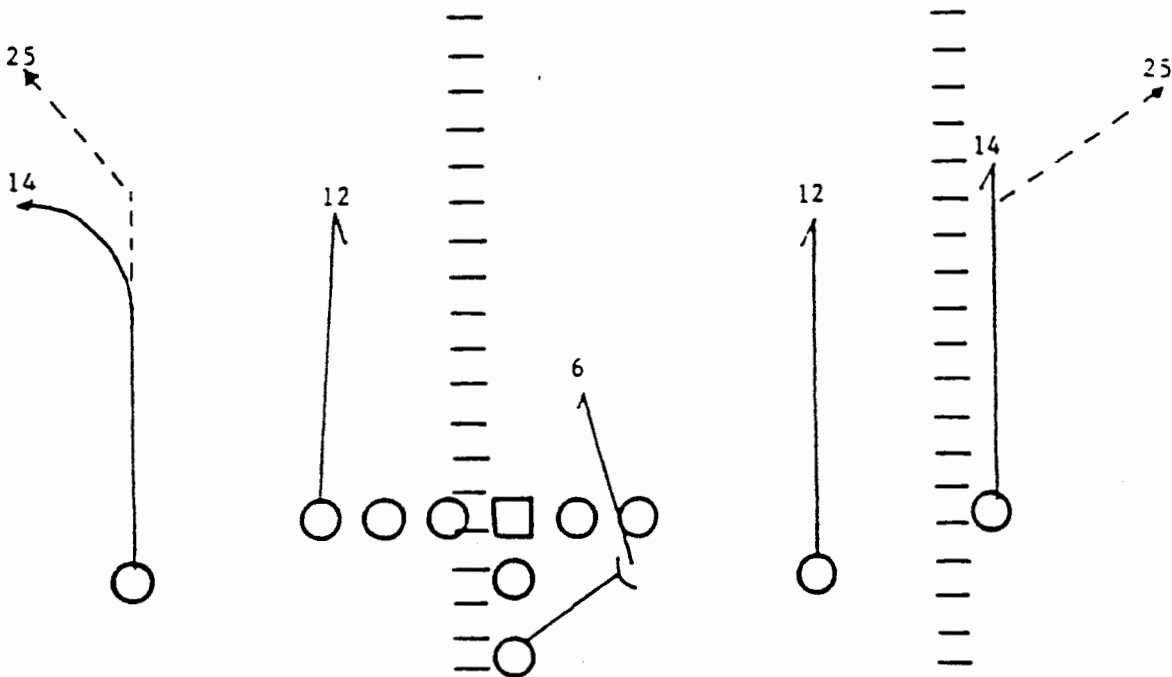
174-175

1. X takes medium split.
2. W must initiate flat route before running under route.
3. QB reads quickly for post then to flag/under combination.
4. TE runs option route after initiating go route.
5. This is also a good route from Husker formation.



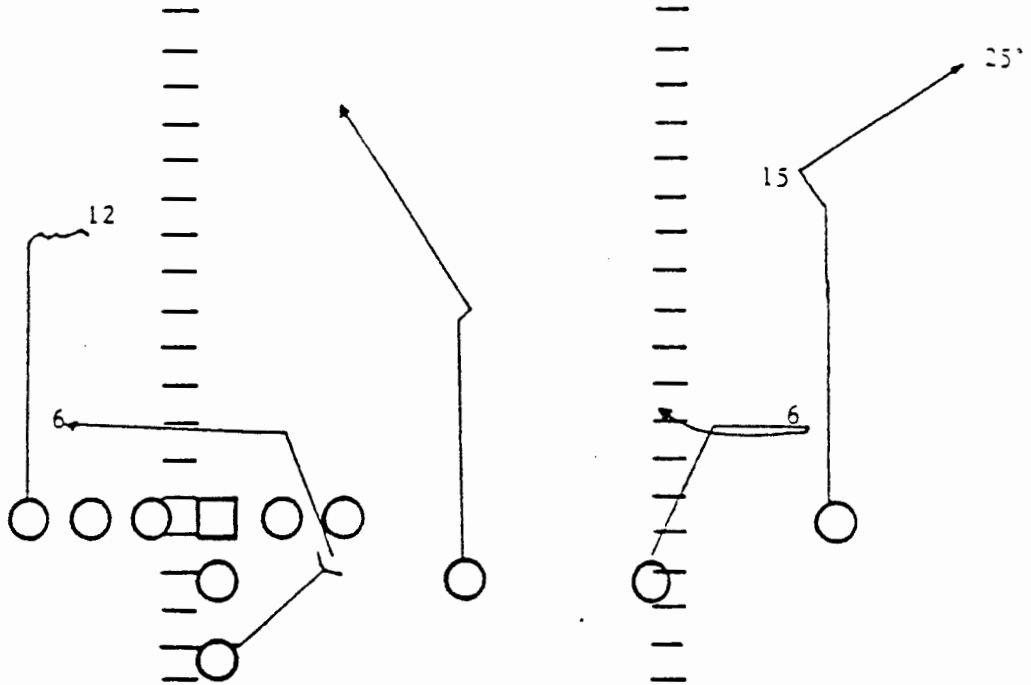
176-177 W CURL

1. X takes maximum split, Z minimum split.
2. X runs curl looking for a throwing lane.
3. Z runs speed out to depth of 14 yards.
4. QB can always take speed out depending on pre-read.



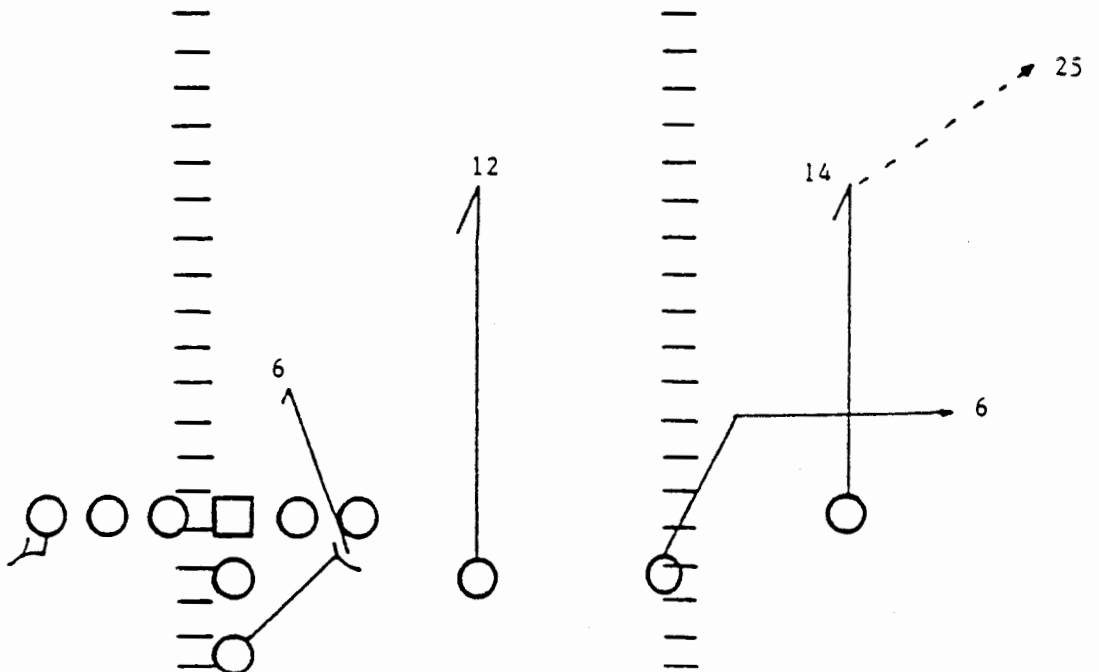
174-175

- 1. X takes medium split.
- 2. W must initiate flat route before running under.
- 3. Z has inside release to clear out deep middle.
- 4. QB reads to trip side.



176-177

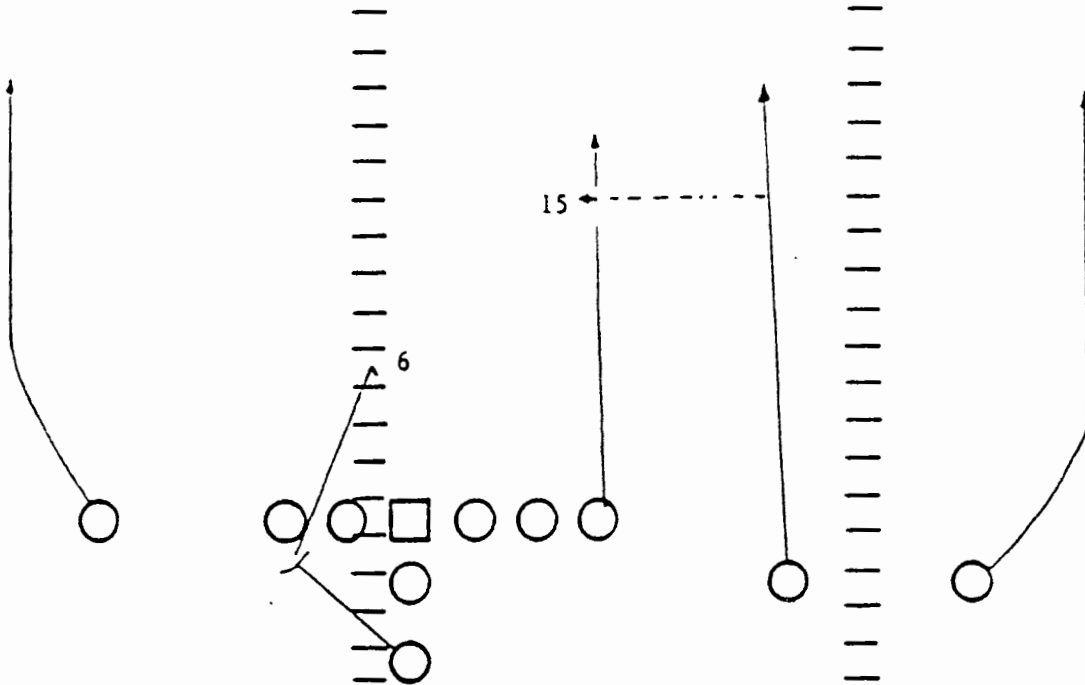
- 1. X takes maximum split.
- 2. X runs curl looking for throwing lane.
- 3. QB reads flat player looking outside-in.





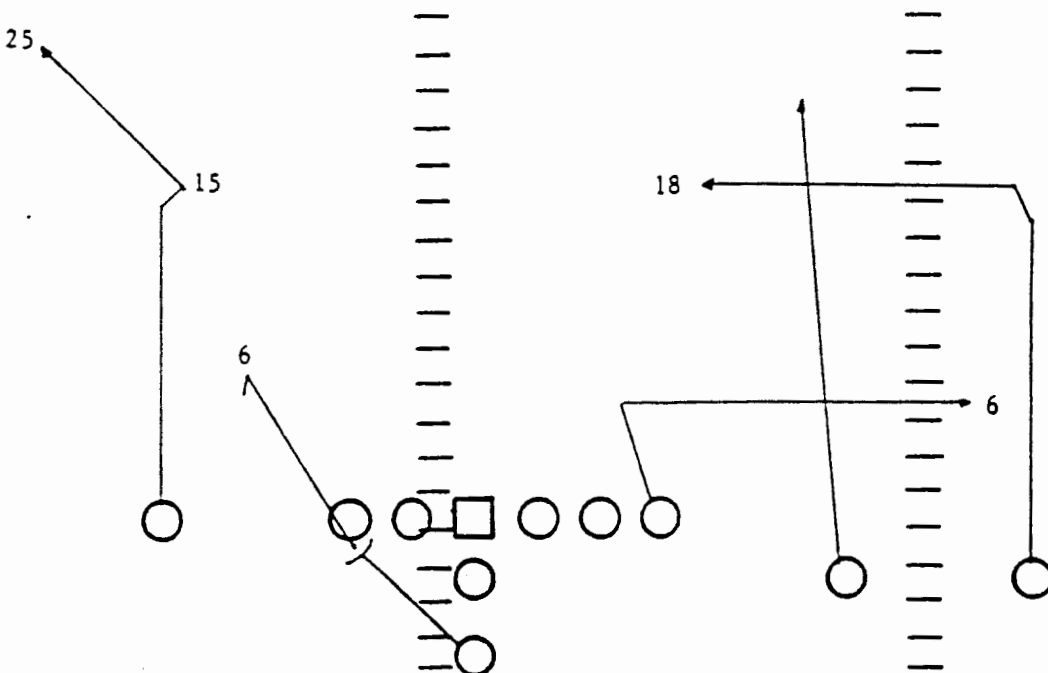
180-181

1. WR's must get clean release and work to bottom of numbers.
2. TE go route must be over original alignment.
3. W breaks off route at 15. If you can't beat safety.
4. QB reads safeties for best receivers.
5. Also be aware of corners depth for deep shot.



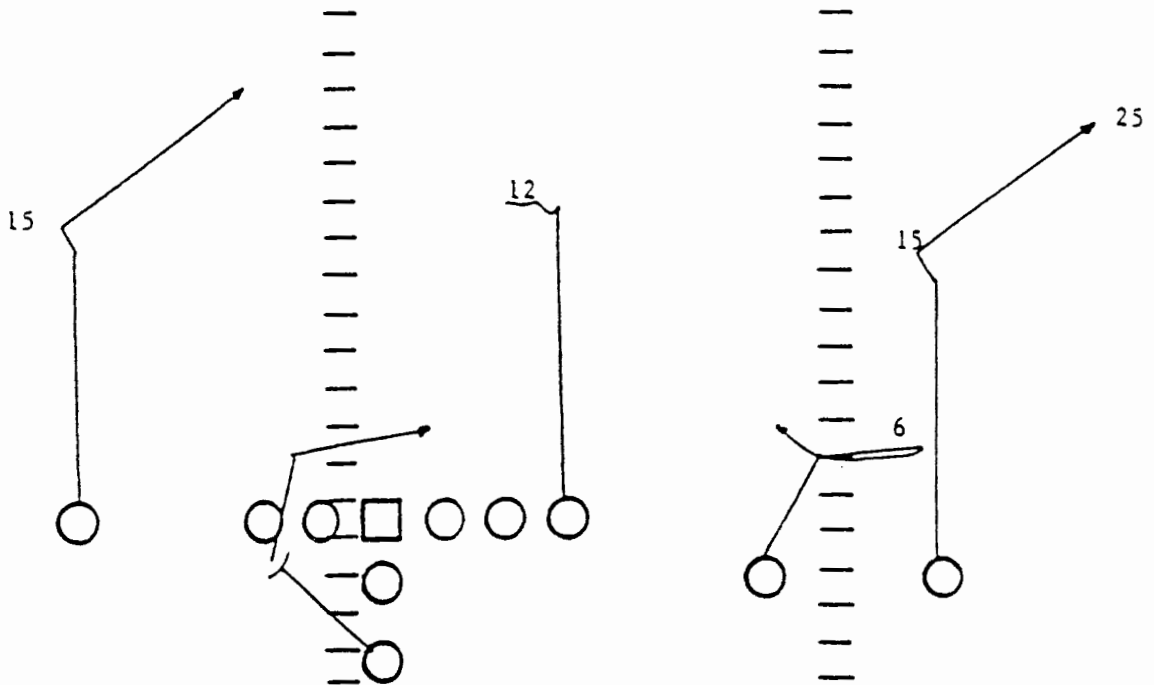
182-183

1. X takes minimum split.
2. Z takes maximum split.
3. W takes easiest release and clears out deep middle.
4. QB reads to boundary first, then to field.
5. This can also be run from Tiger formation



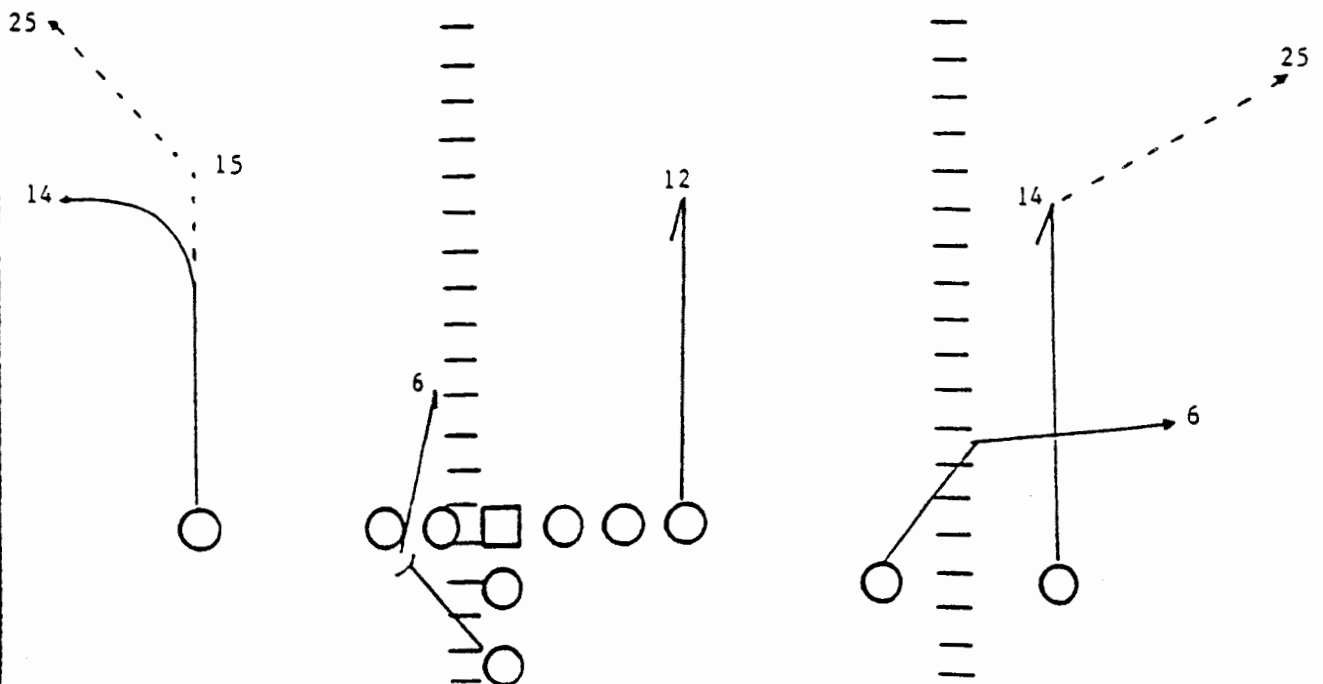
184-185

1. Z takes minimum split.
2. W must initiate flat before running under route.
3. QB can take quick look to post before reading to the field.



186-187

1. X takes minimum split and runs speed out to 14.
2. Z takes maximum split and runs curl looking for throwing lane.
3. QB can take speed out or read outside-in to the field.
4. 186-187 Y-Arrow/Y-Under can be run from Tiger formation.



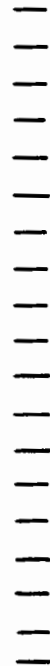
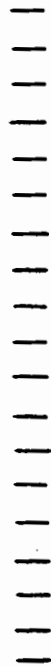
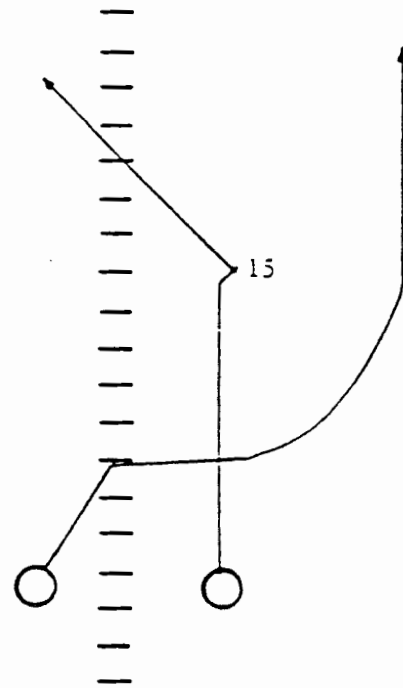
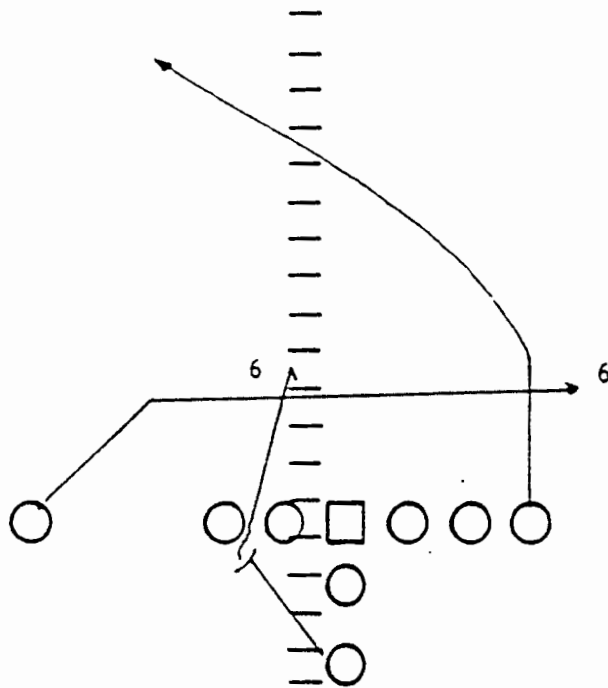
188-189 Y-DREAM

1. X takes minimum split.

3. TE runs dream route.

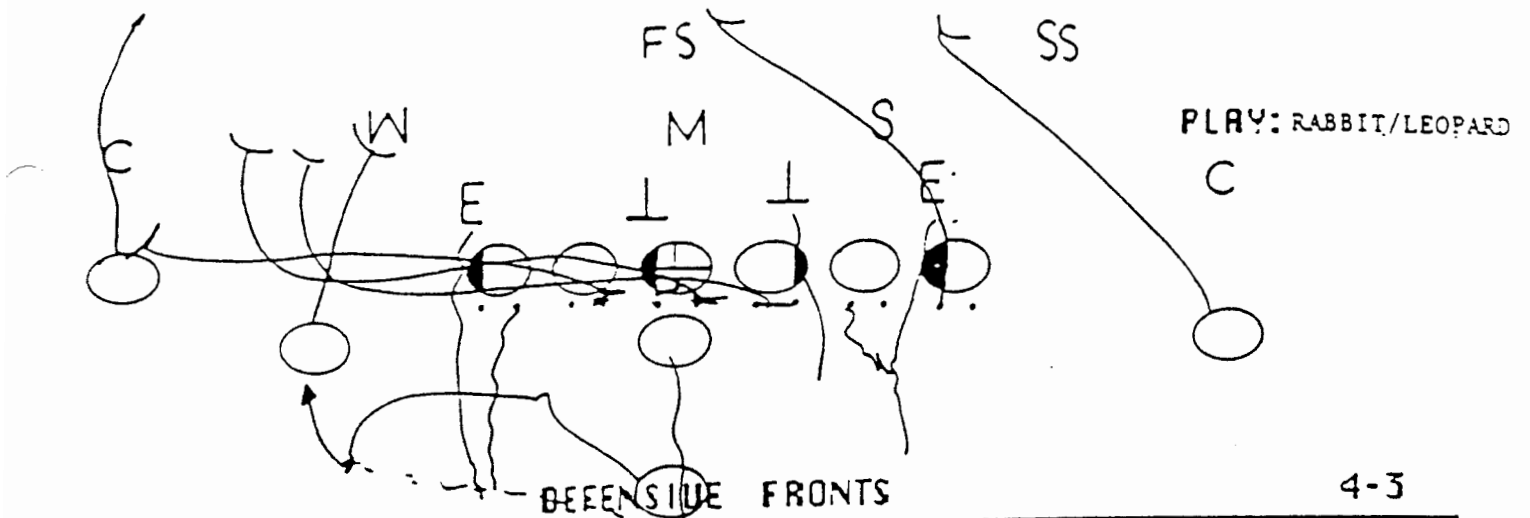
Z takes medium split.

4. This route is used primarily with our bunch passing.





**SLOW SCRNS**



4-3

**DESCRIPTION :**

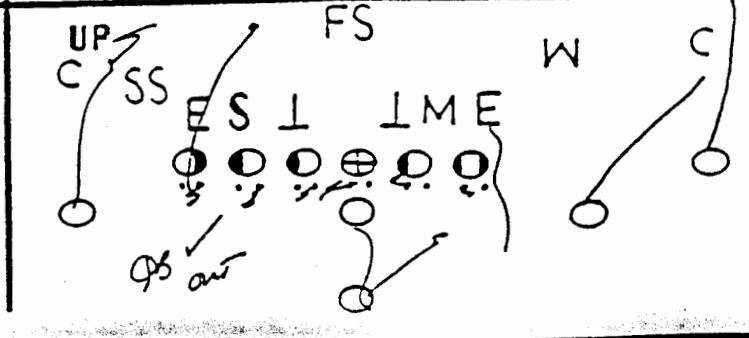
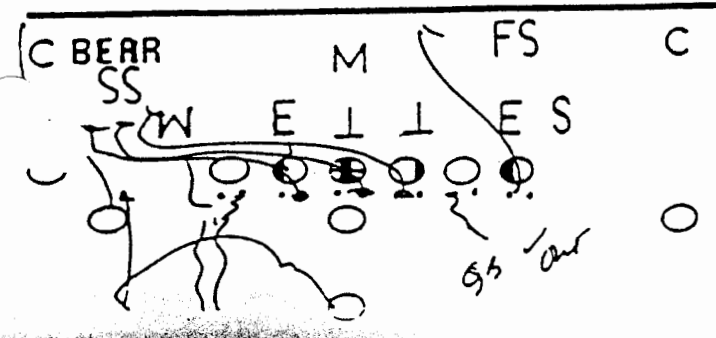
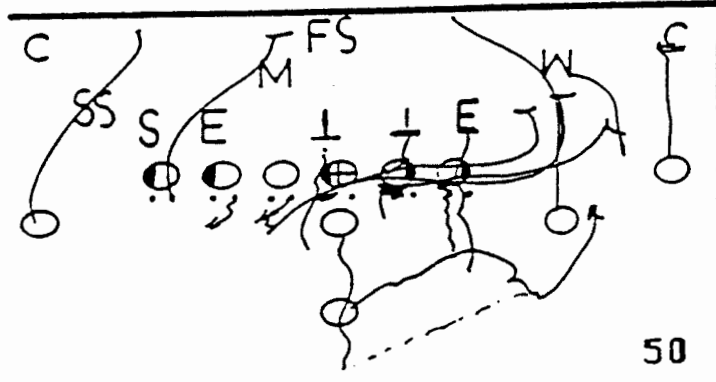
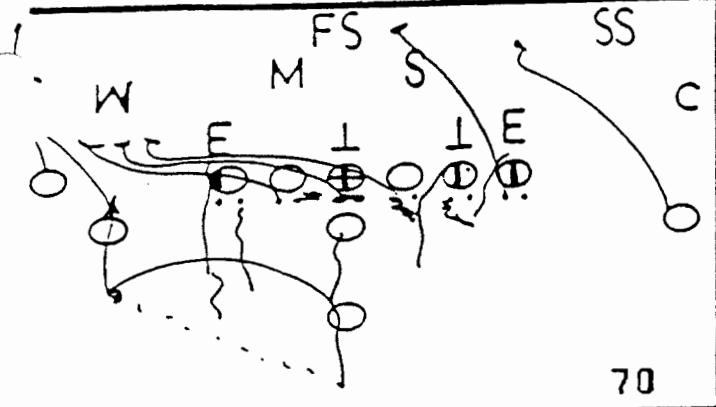
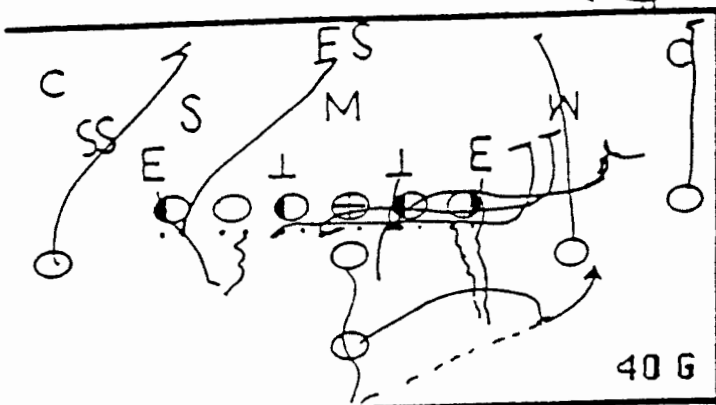
1. Slow screen (3 counts)
2. Designed to get separation from rush and drop linebackers.
3. Lt Guard-Center-Rt Guard will set the screen. Tackles are locked up.
4. Take advantage of good pass rush.

40 G

**PROBLEMS**

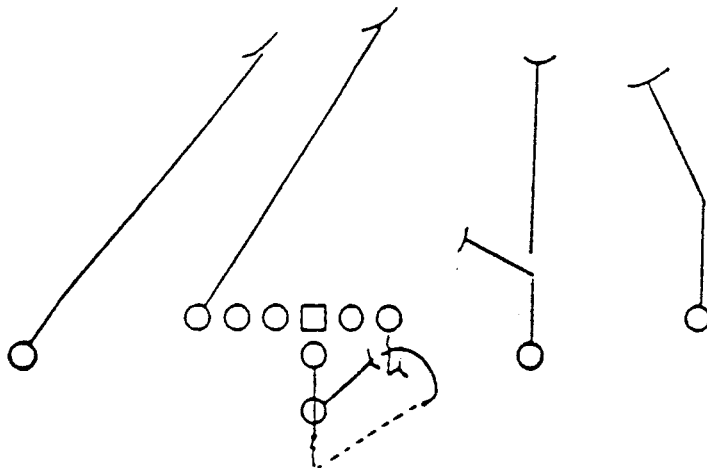
1. Lack of rush
2. Offensive lineman releasing too quickly
3. Man coverage

50



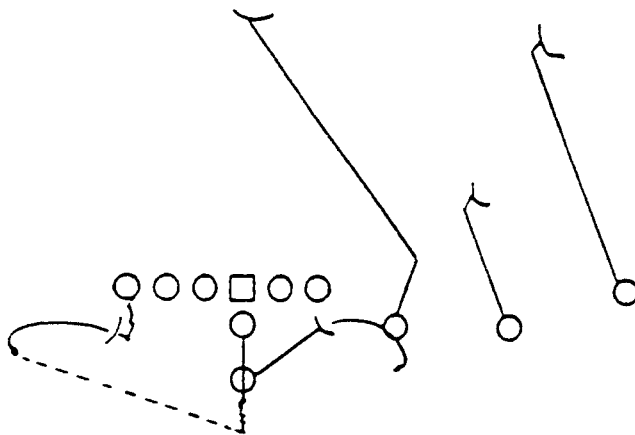
# SCREENS

## 170 RABBIT



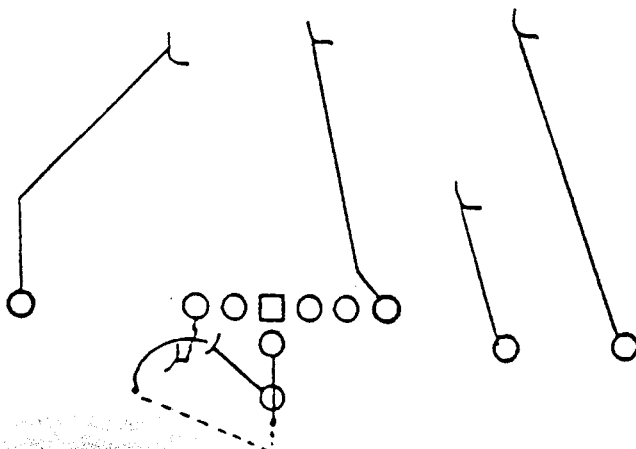
- X Push off to crack deep safety. Force outside release vs Cov 2.
- Z Run hard alley to cut-off.
- Y Release second level to near safety.
- TB Crack on WLBer, if WLBer is aligned head up release for deep 1/3 to deep 1/2.
- FB Check 1001, 1002, then release in position to execute screen.

## 170 YELLOW LEOPARD



- X Push off to block second level.
- Z Push off to block deep safety.
- Y Set for pass for 1003 count. Release point should be 5 yards deep on top of numbers. Catch screen and set up guard's block.
- TB Block man over, if no one is aligned release for deep 1/3 for deep 1/2 player.
- FB Check flare.

## 171 LEOPARD



- X Push off to crack deep safety. Release outside vs Cov 2.
- Z Run hard alley to cut-off.
- Y Release to second level and block near safety.
- TB Block man over.
- FB Check 1001, 1002, then release in position to execute screen.

PLAY NO  
170-180  
RABBIT/LEOPARD

100 SERIES  
OFFENSIVE LINE  
RULES, TECHNIQUES AND COACHING POINTS

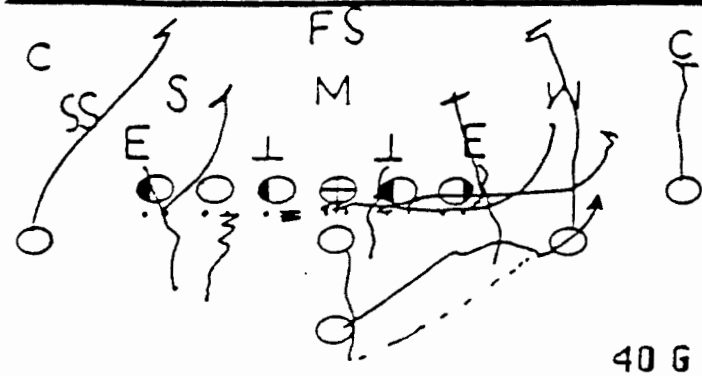
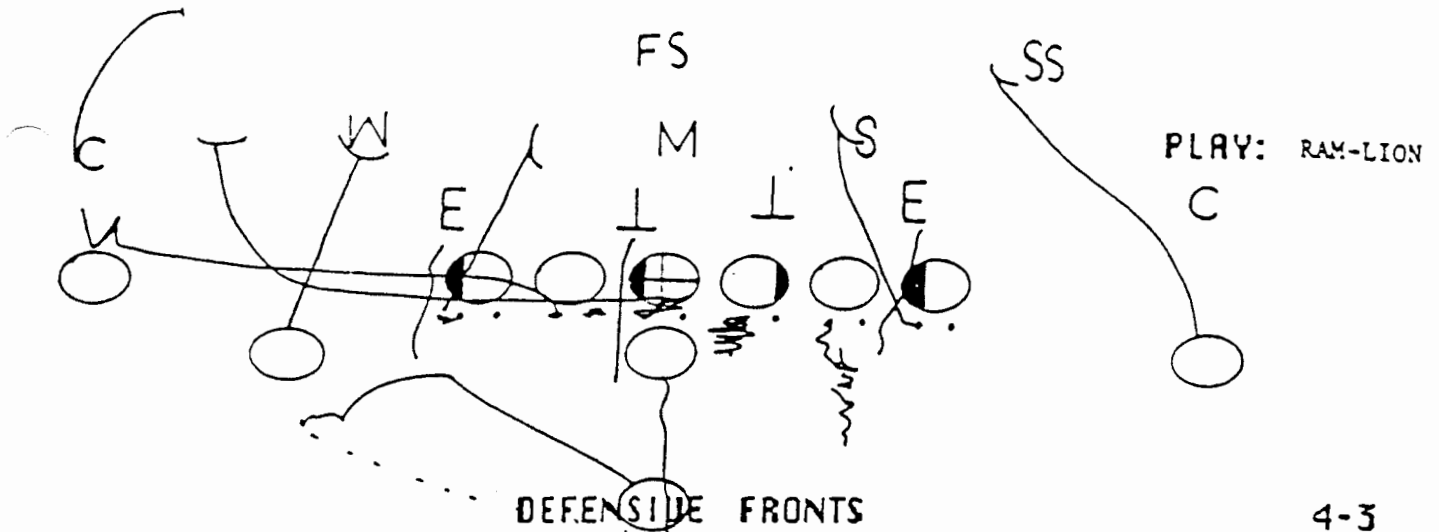
- C BLOCK PROTECTION CALLED "3" COUNT SCREEN. SET PROTECTION - SLIP THE BLOCK AFTER "1001-1002 RELEASE" COUNT. YOU ARE THE LEAD MAN IN THE SCREEN. UNLESS YOU BECOME 1ST OUT THEN YOU ARE KICK-OUT.
- ON G BLOCK PROTECTION CALLED "3" COUNT SCREEN. SET PROTECTION - SLIP THE BLOCK AFTER "1001-1002 RELEASE" COUNT. YOU ARE THE KICK-OUT MAN FOR THE SCREEN. YOU MUST RELEASE DOWN LOS FLAT - DO NOT GAIN GROUND UNTIL YOU HAVE REACHED THE INTERSECT POINT. IF THE CENTER GETS OUT 1ST THEN YOU WILL BECOME THE LEAD MAN.
- ON T BLOCK PROTECTION CALLED. YOU MUST STAY WITH DEFENDER VERSUS OUTSIDE RUSH AND DRIVE HIM. IF DEFENDER TRIES TO BEAT YOU INSIDE YOU MUST GIVE GROUND AND CHOP HIM OFF LOS SO LINEMAN CAN CLEAR. YOU ARE RESPONSIBLE FOR MAN OVER UNLESS COVERED BY LINEBACKER THEN YOU MUST TAKE OUTSIDE RUSHER.
- OFF G BLOCK PROTECTION CALLED. YOU MUST NOT DROP OFF LOS MORE THAN 1 YARD. SLIP BLOCK AND RELEASE FLAT DOWN LOS. YOU ARE TO GET ON BACKSIDE LINEBACKER. DO NOT TURN UPFIELD UNTIL YOU CLEAR OUTSIDE THE FRONTSIDE TACKLE BOX.
- OFF T BLOCK PROTECTION CALLED. YOU MUST BLOCK C-GAP RUSHER ALL ONE WAY. STAY ON THE BLOCK. DO NOT ALLOW DEFENDER TO ESCAPE TO QUARTERBACK.

NOTE: RABBIT AND LEOPARD ARE SLOW SCREEN PRINCIPLES. WHICH MEANS THEY ARE "3" COUNT SCREENS "1001-1002 RELEASE"

SLOW SCREEN PRINCIPLES

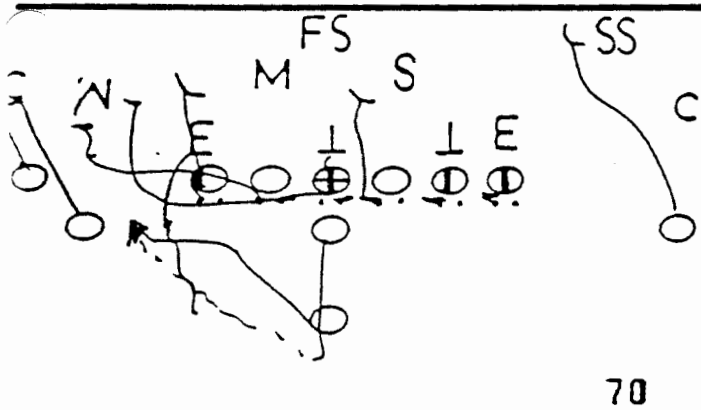
1. 3 COUNT
2. SLIP BLOCKS - NEVER CROSS IN FRONT OF DEFENDER
3. CHOP A BLITZER
4. RELEASE FLAT DOWN LOS
5. 1ST OUT IS THE KICK-OUT MAN (SUPPORT)  
2ND OUT IS THE LEAD MAN (FRONTSIDE LBER)  
3RD OUT IS CLEAN UP TO LEAD (BACKSIDE LBER)

**QUICK SCRNS**



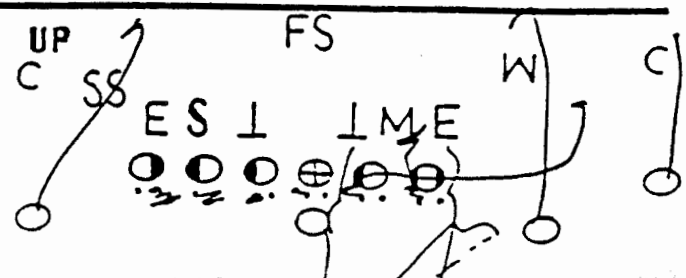
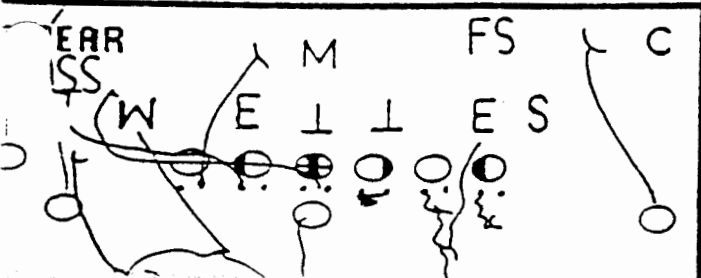
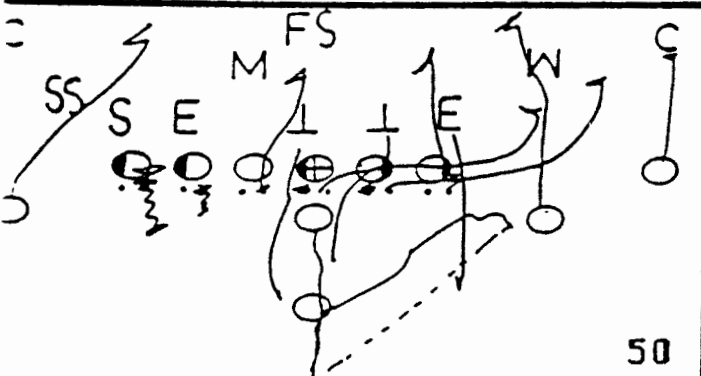
**DESCRIPTION :**

1. Quick screen
2. Designed to seal inside pursuit
3. Good vs some blitz defenses
4. Takes advantage of quick edge rusher

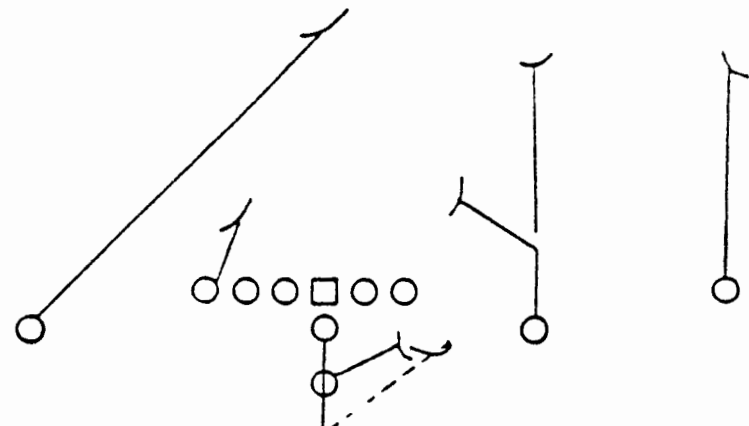
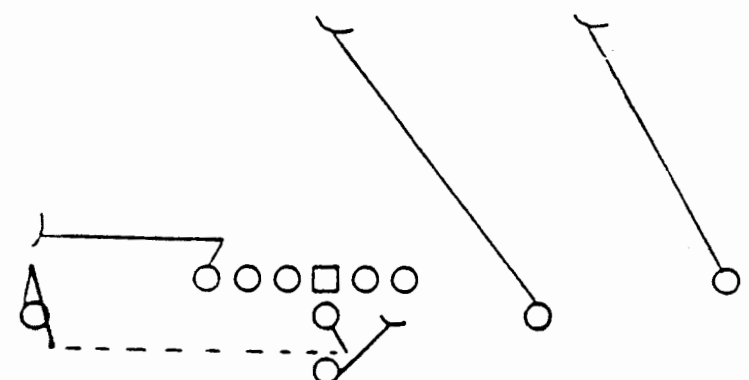
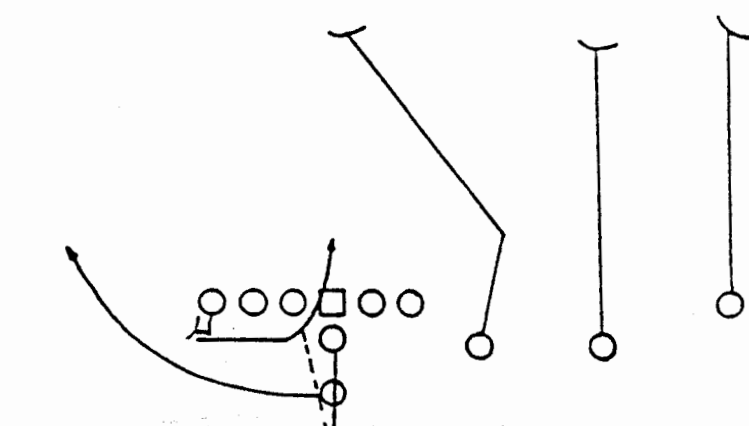


**PROBLEMS**

1. Lack of rush off the edge
2. Not getting inside sealed



## SCREENS

 <p>The diagram for the RAM play shows a line of seven players (circles) with a square in the center. A player on the left is shown with an arrow pointing towards the line. A player on the right is shown with an arrow pointing towards the line. A player in the center is shown with an arrow pointing towards the line. A dashed line indicates a path from the center player towards the right side of the line.</p>	<p style="text-align: center;"><u>RAM</u></p> <p>X Push off to block second level.</p> <p>Z Run hard alley cut off.</p> <p>Y We have drop LBer. If off the line release and set inside and cut. If on line set for pass and attack.</p> <p>TB Crack on WLBer if he is aligned inside. Otherwise, release to Deep 1/3 to Deep 1/2 player.</p> <p>FB Attack playside, hesitate briefly then get head around to catch screen.</p>
 <p>The diagram for the 12 FAST LT play shows a line of seven players (circles) with a square in the center. A player on the left is labeled 'A' and has an arrow pointing towards the line. A player on the right is shown with an arrow pointing towards the line. A player in the center is shown with an arrow pointing towards the line. A dashed line indicates a path from the center player towards the right side of the line.</p>	<p style="text-align: center;"><u>12 FAST LT</u></p> <p>X Run hard alley cut off.</p> <p>Z Push off one step and angle back to ball. Catch ball and make safety miss.</p> <p>Y Inside release get flat (2 yards deep) and kick out widest defender (corner).</p> <p>TB Inside release to block Deep 1/3 to Deep 1/2 player</p> <p>FB Dive playside quickly. Roll over fake.</p>
 <p>The diagram for the MOUSE play shows a line of seven players (circles) with a square in the center. A player on the left is labeled 'A' and has an arrow pointing towards the line. A player on the right is shown with an arrow pointing towards the line. A player in the center is shown with an arrow pointing towards the line. A dashed line indicates a path from the center player towards the right side of the line.</p>	<p style="text-align: center;"><u>MOUSE</u></p> <p>X Outside release for deep 1/2 or deep 1/3.</p> <p>Z Width release and bend back inside after clearing LBer for deep 1/3 or deep 1/2.</p> <p>TB Width release for deep 1/2 or deep 1/3.</p> <p>FB Release immediately on wide flare route.</p> <p>Y Set for pass then slip behind OL to center box looking for ball.</p>

PLAY NO.  
RAM-LION

SCREENS  
OFFENSIVE LINE  
RULES, TECHNIQUES AND COACHING POINTS

C OVER. OFF A-GAP RELEASE. IF COVERED BY DOWN LINEMAN READ ALIGNMENT AND POST UP WITH NEAR FOOT TAKING HALF A MAN SLIP THE BLOCK AND RELEASE DOWN LOS. YOU ARE THE LEAD MAN ON THE QUICK SCREEN. THIS IS A "1001" COUNT RELEASE. IF COVERED BY A LINEBACKER YOU MUST PROTECT OFF A-GAP TO RELEASE.

NOTE: YOU MUST CLEAR TACKLE BOX BY ABOUT 4-6 YARDS FOR TURN UP AND LEAD.

ON G OVER, RELEASE, 1ST SUPPORT. IF COVERED BY DOWN LINEMAN READ ALIGNMENT AND POST UP WITH NEAR FOOT TAKING HALF A MAN. THEN SLIP THE BLOCK AND RELEASE DOWN LOS. YOU ARE THE KICK-OUT MAN. STAY DOWN LOS. IF COVERED BY LINEBACKER HELP COVER A-GAP INITIALLY BUMP RELEASE DOWN LOS (FLAT).

ON T OVER LBER - INSIDE LBER. IF COVERED BY DOWN LINEMAN YOU MUST SLIP BLOCK AND RELEASE FOR 1ST LBER OVER TO INSIDE. YOU MUST TAKE PROPER ANGLED RELEASE. SEAL OR CHOP INSIDE PURSUIT LINEBACKER. IF COVERED BY LINEBACKER BUMP RELEASE OUTSIDE RUSHER THEN TAKE ANGLED RELEASE TO SEAL OR CHOP 1ST LBER FROM HEAD UP TO INSIDE.

OFF G OFF A GAP OVER. YOU ARE TO BLOCK JUST LIKE 160 PROTECTION ONLY ALLOW DEFENDER TO PUSH YOU OFF LOS. FORCE DEFENDER TO TAKE OUTSIDE RUSH IF POSSIBLE.

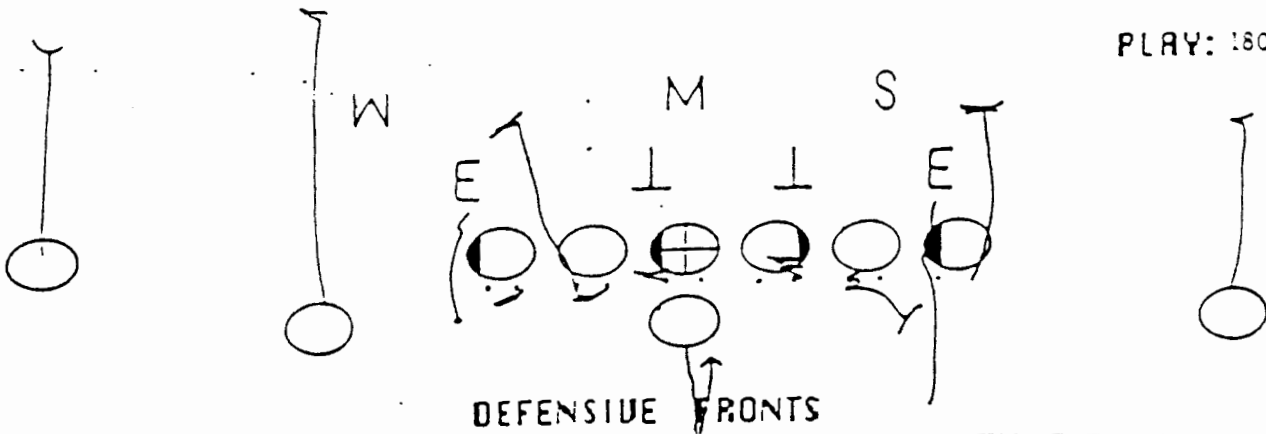
OFF T OVER - OUTSIDE RUSHER. YOU WILL BLOCK DOWN LINEMAN IF YOU ARE COVERED BY DOWN LINEMAN. IF YOU ARE COVERED BY A LINEBACKER BLOCK 1ST OUTSIDE RUSHER ALL THE WAY. KEEP INSIDE OUT POSITION.

NOTE: RAM AND LION ARE QUICK SCREEN PRINCIPLES WHICH MEANS THEY ARE A "1" COUNT SCREENS. "1001" GO

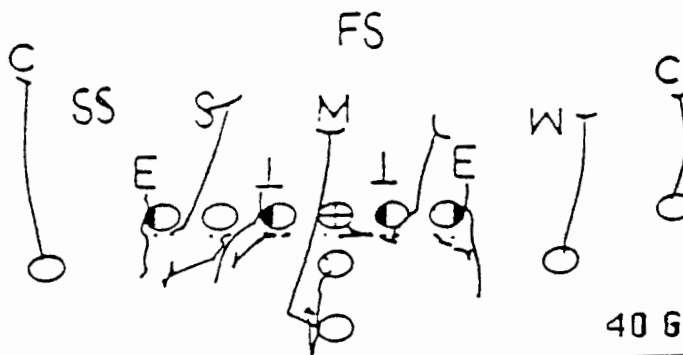
1. 1 COUNT
2. HALF MAN POSITION - SLIP BLOCK - NEVER IN FRONT OF DEFENDER
3. CHOP A BLITZER
4. RELEASE FLAT DOWN LOS
5. RAM-LION OUR ON T - WILL SEAL INSIDE PURSUIT
6. ON G - CENTER WILL BE KICK-OUT AND LEAD



**180-181 DRAW**

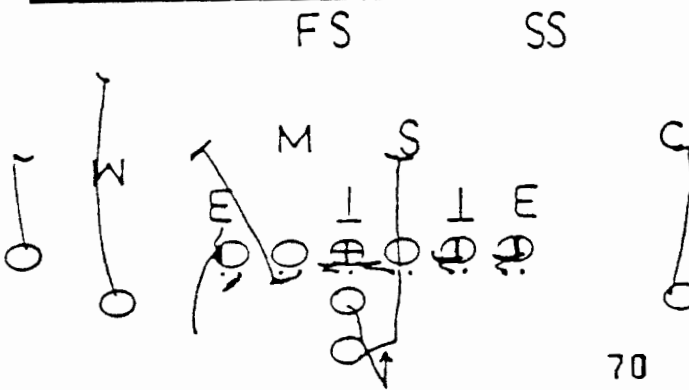


4-3



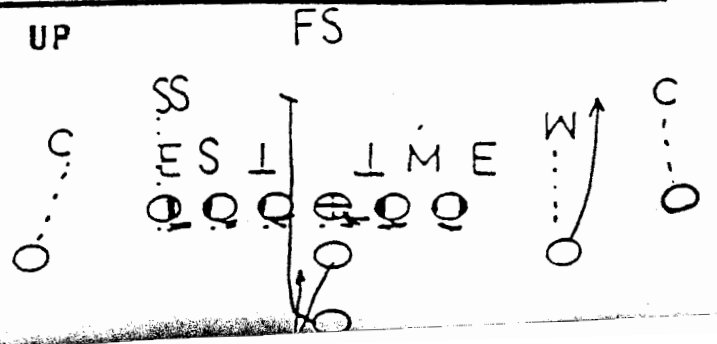
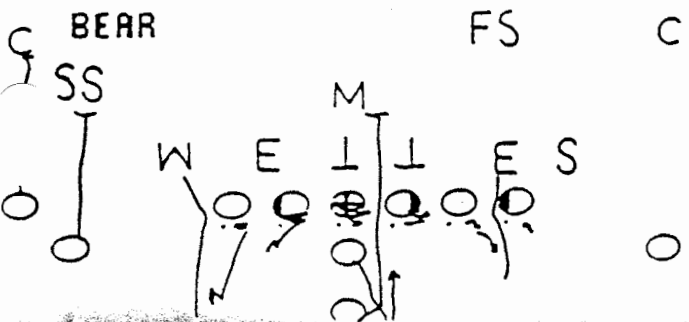
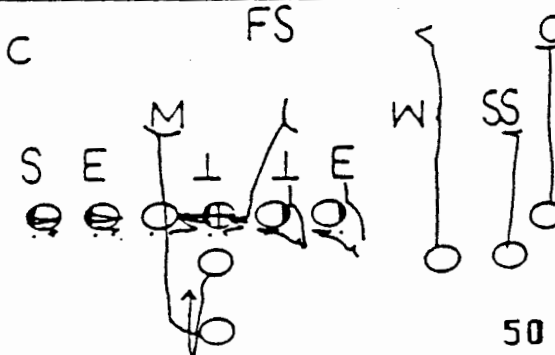
DESCRIPTION :

1. QB Draw.
2. Compliments our dropback passing game.
3. Offensive line must time the blocks.
4. Quarterback will drop 5 steps and read 1st covered lineman from guard to center.
5. Blocking scheme is same as protection.



PROBLEMS

1. Lack of pass rush.
2. Twist stunts.



PLAY NO  
180-181 DRAW

100 SERIES  
OFFENSIVE LINE  
RULES, TECHNIQUES AND COACHING POINTS

- C OFFSIDE A-GAP. YOU MUST PROTECT A-GAP AREA. IF YOU ARE COVERED BY DOWN LINEMAN STEP THROUGH OFFSIDE NUMBER WITH FLAT LATERAL STEP - STAY IN FRONTAL POSITION. IF DEFENDER WORKS WITH YOU TAKE HIM THE WAY HE WISHES TO GO. TIME THE BLOCK. IF DEFENDER WORKS FRONTSIDE A-GAP - RELEASE TO BACKSIDE LINEBACKER. DO NOT BE IN A HURRY, THIS IS A SLOW DRAW. IF COVERED BY A LINEBACKER TAKE LATERAL STEP GAINING DEPTH TO OFFSIDE A-GAP AND BLOCK 1ST THREAT DEFENDER TO BACKSIDE LINEBACKER.
- ON G OVER, FRONTSIDE A-GAP. IF YOU ARE COVERED BY DOWN LINEMAN READ ALIGNMENT AND STEP FOR POSITION. YOU MUST EXPAND DEFENDER VERSUS OUTSIDE RUSH. VERSUS INSIDE RUSH CLOSE A-GAP ON INITIAL MOVE THEN TAKE DEFENDER THE WAY HE WISHES TO GO. IF COVERED BY A LINEBACKER YOU MUST FLAT LATERAL STEP COVERING FRONTSIDE A-GAP. BLOCK 1ST THREAT FRONTAL POSITION TO BACKSIDE LINEBACKER. DO NOT BE IN A HURRY, THIS IS A SLOW DRAW.
- ON T OVER, OUTSIDE RUSHER. IF COVERED BY A DOWN LINEMAN READ ALIGNMENT AND STEP FOR POSITION. YOU MUST EXPAND AN OUTSIDE RUSHER. VERSUS INSIDE RUSHER. PROTECT B-GAP FOR PENETRATION AND TAKE DEFENDER THE WAY HE WISHES TO GO. IF COVERED BY A LINEBACKER, BLOCK 1ST OUTSIDE RUSHER. YOU MUST TIME THE BLOCK. THIS IS A SLOW DRAW. SO DON'T FORCE THE BLOCK TOO EARLY.
- OFF G OFFSIDE B-GAP, OUTSIDE LINEBACK. YOU MUST SET LIKE PASS AND TIME THE BLOCK. REMEMBER, THIS IS A SLOW DRAW.

PLAY NO  
180-181 DRAW

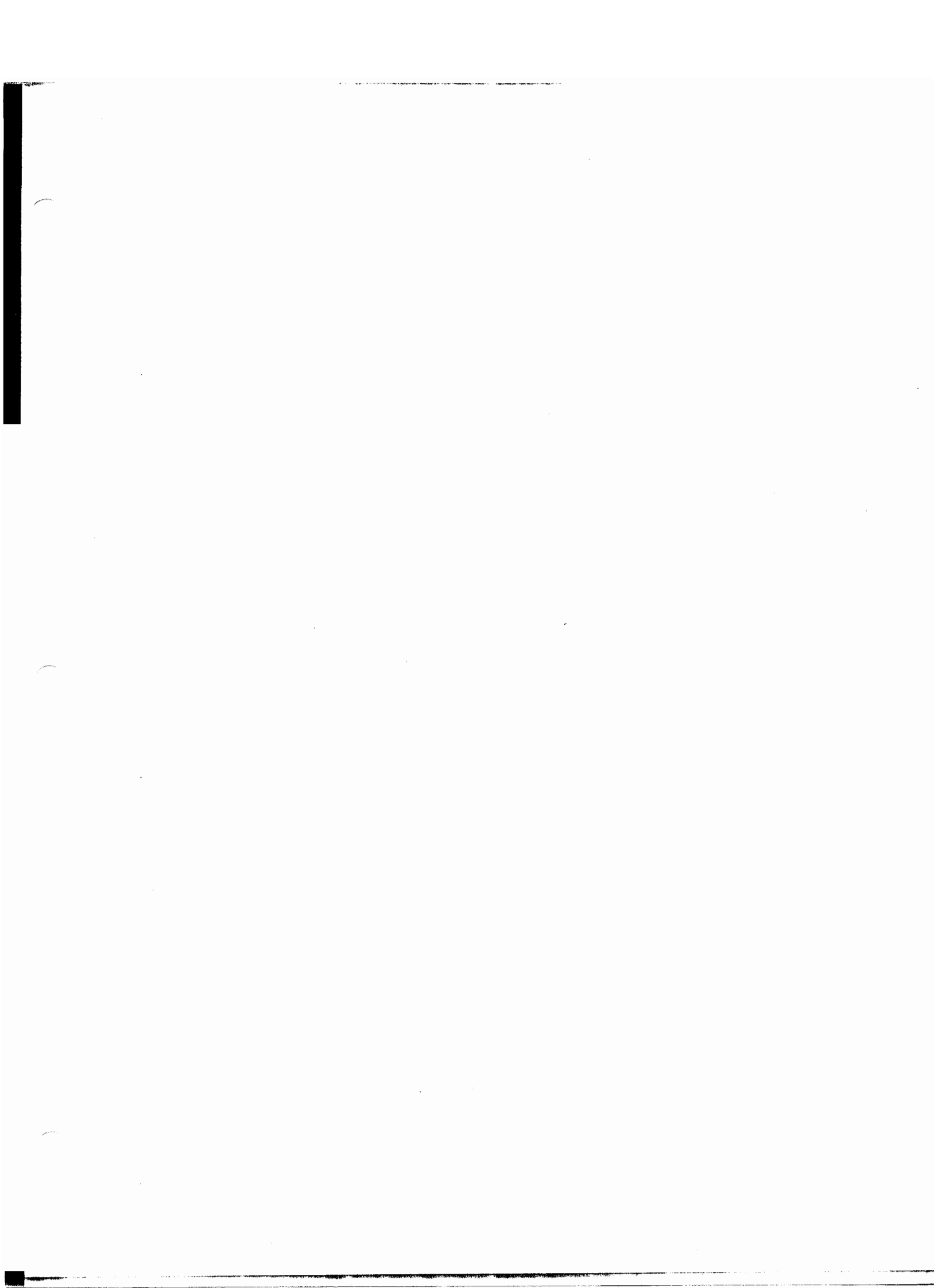
100 SERIES  
TIGHT-ENDS AND WIDE RECEIVERS  
RULES, TECHNIQUES AND COACHING POINTS

- X      SPRINT OFF LOS TO SECOND LEVEL STALK BLOCK; USE CHOP BLOCK AS A CHANGE UP. RELEASE OUTSIDE TO DEEP HALF VS ROLL CORNER.
  
- Y      WE HAVE THE DEFENDER "DROPPING" ON OUR SIDE. IF TACKLE IS COVERED WE WILL TAKE MAN OVER. IF TACKLE IS UNCOVERED WE WILL TAKE FIRST SECOND LEVEL PLAYER OUTSIDE THE TACKLE BOX.
  
- Z      SPRINT OFF LOS TO SECOND LEVEL STALK BLOCK; USE CHOP BLOCK AS A CHANGE UP. RELEASE OUTSIDE TO DEEP HALF VS ROLL CORNER.

PLAY NO.  
180-181 DRAW

100 SERIES  
QUARTERBACK AND BACKS  
RULES, TECHNIQUES AND COACHING POINTS

- QB TAKE 5-STEP DROP WITH EYES DOWNFIELD SHOWING PASS. ON 5TH STEP, LOWER HIPS AND REDIRECT READING FIRST COVERED LINEMAN FROM GUARD TO CENTER.
- FB SLIDE AND SHUFFLE LIKE 180 PROTECTION. THEN, SQUARE YOUR SHOULDERS AND ACCELERATE TO BLOCK FIRST LBER FROM THE FRONTSIDE B-GAP BACKSIDE. WE SHOULD LOOK TO CUT LBER EVERYTIME.
- TB BLOCK MAN ON. DRIVE OFF THE BALL UNTIL DEFENDER BREAKS DOWN. THEN, STALK WITH A SLIGHT INSIDE POSITION. CUT LATE AS A CHANGE UP. VERSUS MAN COVERAGE, RUN OFF DEFENDER.



**400, 500,**

**BOOKS AVAILABLE**

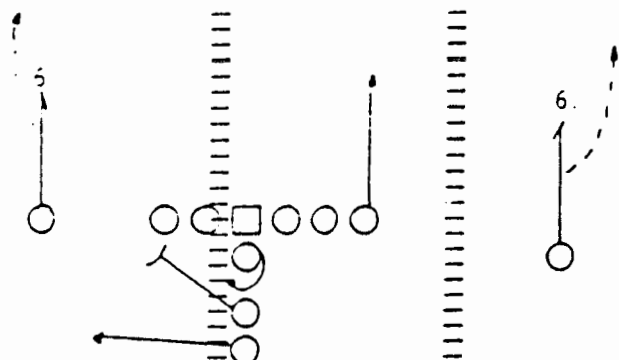
400 SERIES  
OFFENSIVE LINE  
RULES, TECHNIQUES AND COACHING POINTS

- C OVER OFFSIDE A-GAP. IF COVERED BY A DOWN LINEMAN READ ALIGNMENT AND POST UP WITH NEAR FOOT USING AN AGGRESSIVE HIGH PRESSURE CONTROL. YOU MUST SELL RUN ACTION. IF COVERED BY A LINEBACKER PROTECT OFFSIDE A-GAP TO BACK DOOR STEP RUN ACTION.
- ONG OVER ONSIDE A-GAP. IF CENTERED BY A DOWN LINEMAN READ ALIGNMENT AND POST UP WITH NEAR FOOT USING AN AGGRESSIVE HIGH PRESSURE CONTROL. YOU MUST SELL RUN ACTION. IF COVERED BY LINEBACKER PROTECT ONSIDE A-GAP TO LINEBACKER.
- ONT OVER ONSIDE B-GAP. IF COVERED BY A DOWN LINEMAN READ ALIGNMENT AND POST UP WITH NEAR FOOT USING AN AGGRESSIVE HIGH PRESSURE CONTROL. YOU MUST SELL RUN ACTION. IF COVERED BY LINEBACKER PROTECT B-GAP TO LINEBACKER. EXCEPTION WHEN TIGHT-END (Y) IS IN ROUTE, THEN YOU MUST COVER FOR HIM.
- OFFG OVER A-GAP - BACKDOOR. IF COVERED BY DOWN LINEMAN READ ALIGNMENT AND POST UP WITH NEAR FOOT USING AGGRESSIVE HIGH PRESSURE CONTROL. SELL RUN. IF COVERED BY LINEBACKER HELP SEAL OFF A-GAP TO BACKDOOR PRESSURE. YOU MAY HAVE TO GET OUT QUICKLY.
- OFFT OVER B-GAP - BACKDOOR. IF COVERED BY DOWN LINEMAN READ ALIGNMENT AND POST UP WITH NEAR FOOT USING AN AGGRESSIVE HIGH PRESSURE CONTROL. SELL RUN. IF COVERED BY LINEBACKER HELP B-GAP TO BACKDOOR.

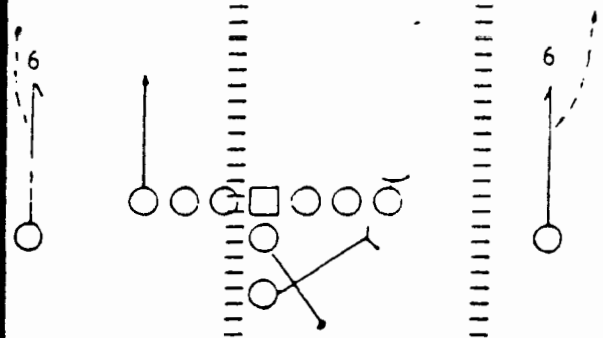
NOTE: 400 SERIES IS OUR PLAYACTION PASS SERIES THAT WILL TRY TO BLOCK THE PASS PROTECTION TO MATCH THE RUN FOR A BETTER SELL ON THE DEFENSE. WHEN THE TE (Y) IS RELEASING IN ROUTE WE WILL CALL IT TO ALERT ON-T TO BLOCK TIGHT-END RESPONSIBILITY IF NECESSARY.



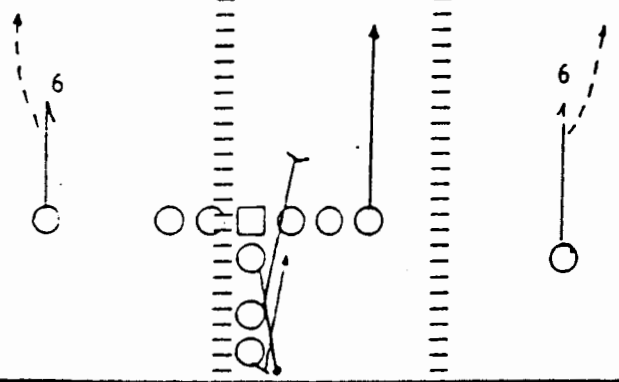
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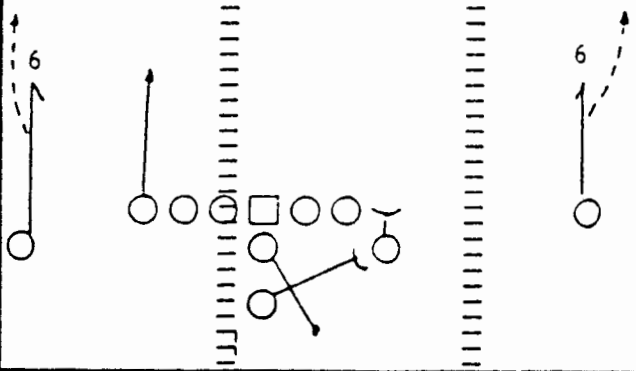
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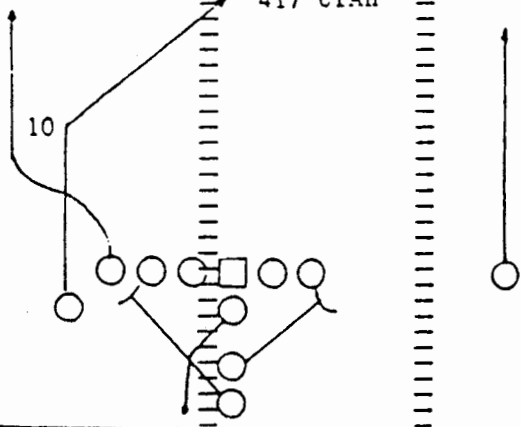
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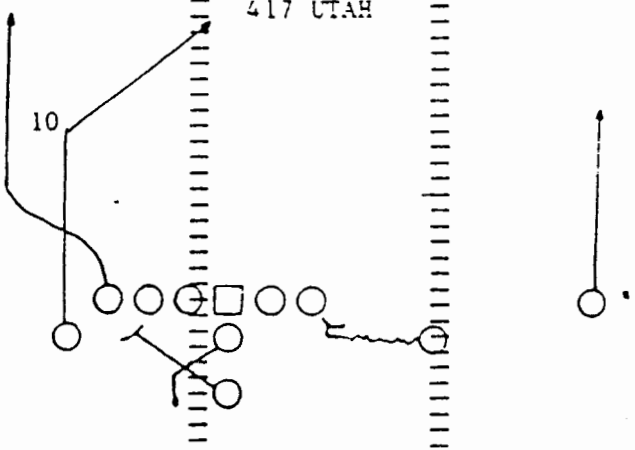
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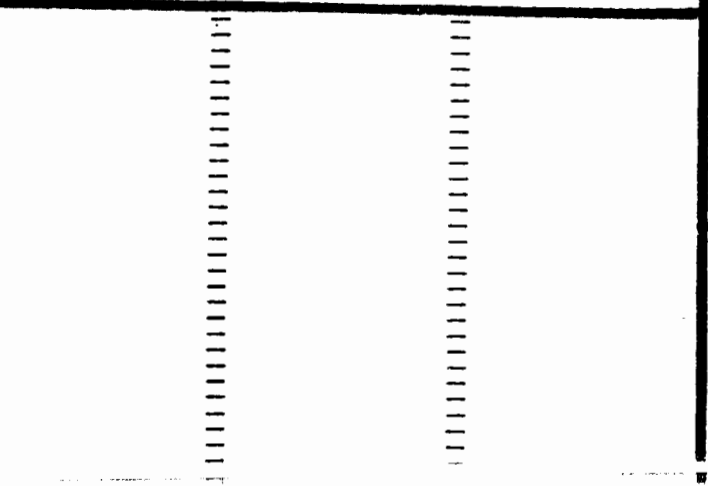
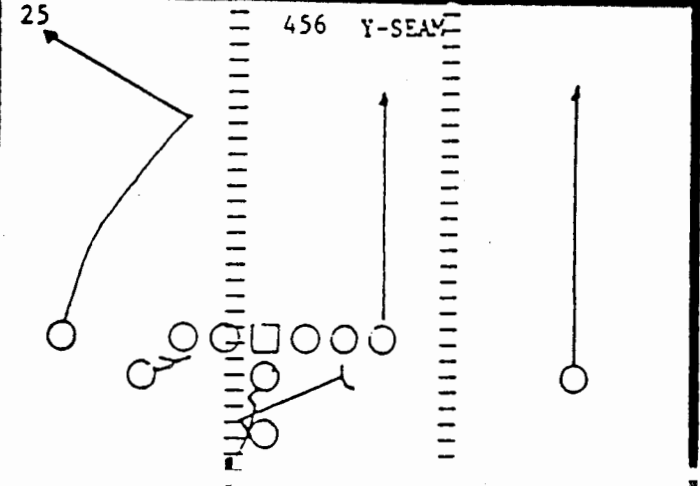
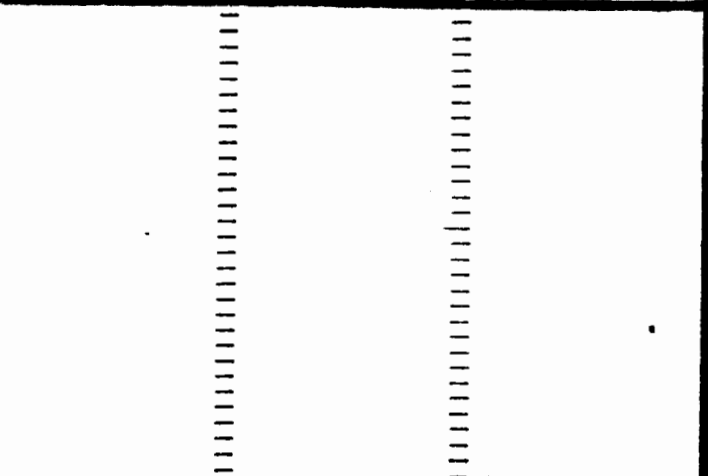
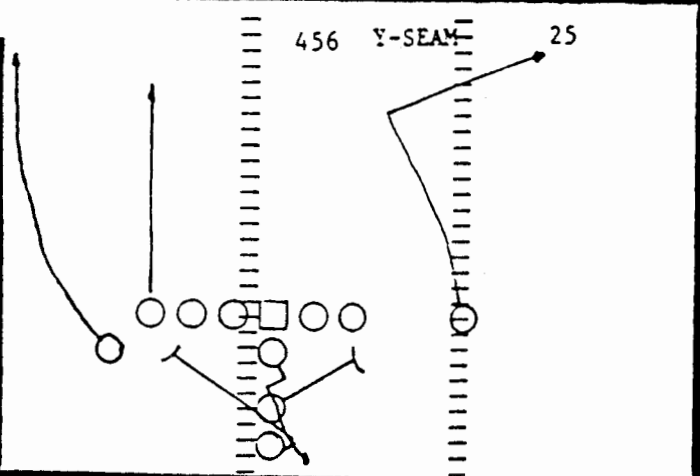
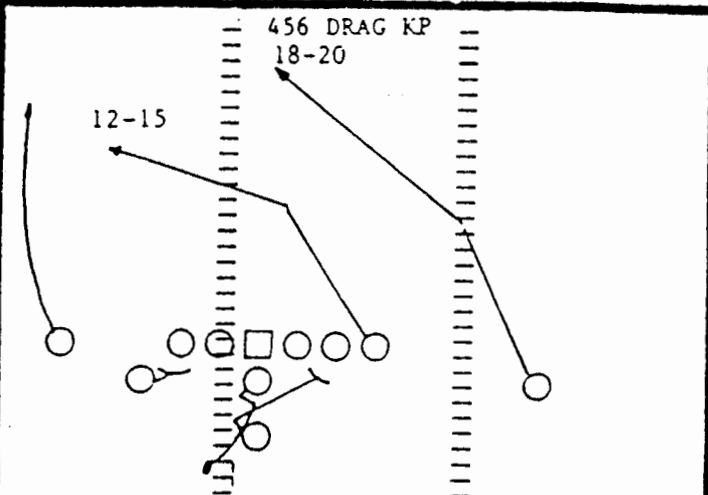
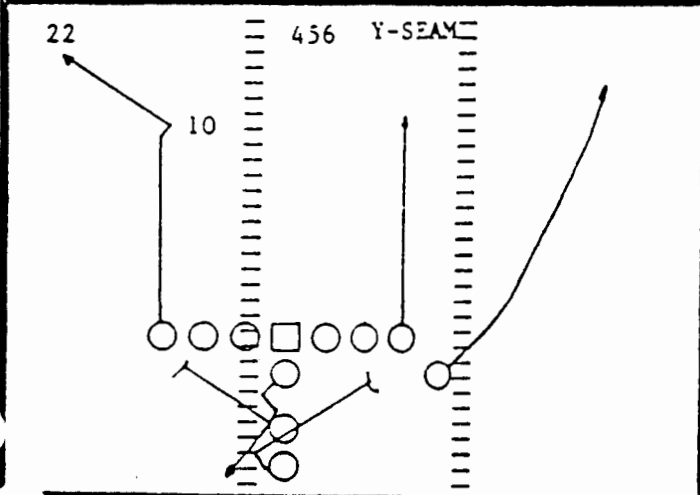
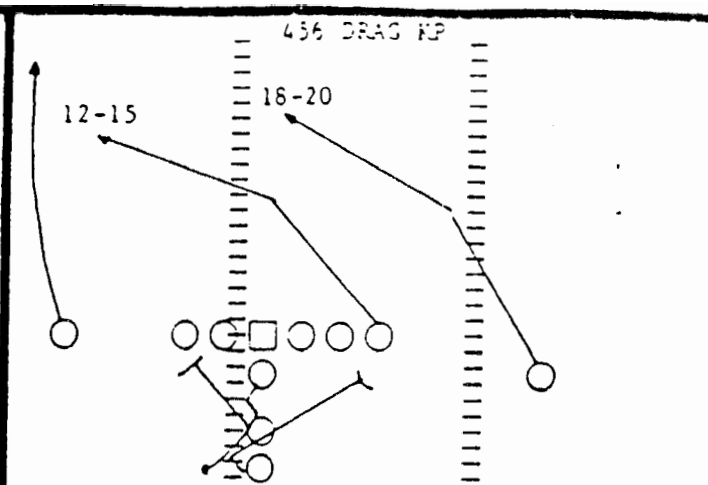
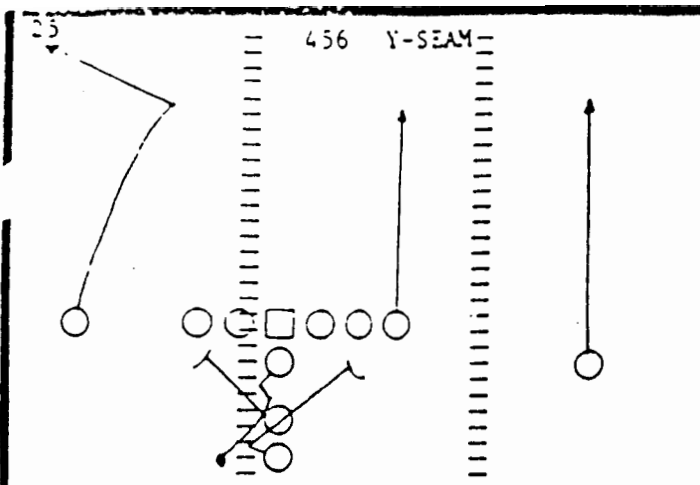


417 UTAH



417 UTAH





PLAY NO.  
500 SERIES  
PLAYACTION .

500 SERIES  
OFFENSIVE LINE  
RULES, TECHNIQUES, AND COACHING POINTS

- C OFFSIDE A-GAP/AGGRESSIVE: IF COVERED BY A DOWN LINEMAN READ ALIGNMENT AND DRIVE OFF LOS WITH OFFSIDE FOOT AND EYES THROUGH BACKSIDE NUMBER. AGGRESSIVELY TWO STEPS THEN UNDER CONTROL IN HIGH PRESSURE POSITION. YOU MUST SELL THE RUN. IF COVERED BY A LINEBACKER YOU MUST AGGRESSIVELY SEAL OFFSIDE A-GAP AREA. STEP WITH OFFSIDE FOOTBALL AND EYES AND BLOCK AGGRESSIVELY TWO STEPS THEN UNDER CONTROL IN HIGH PRESSURE POSITION.
- ON G ONSIDE A GAP/AGGRESSIVE. IF COVERED BY DOWN LINEMAN READ ALIGNMENT AND DRIVE OFF LOS THROUGH DEFENDERS INSIDE NUMBER WITH INSIDE FOOT AND EYES. AGGRESSIVELY TWO STEPS THEN UNDER CONTROL IN HIGH PRESSURE POSITION. YOU MUST PUT EMPHASIS ON DEFENSIVE LINEMAN AND YOU MUST SELL THE RUN. IF COVERED BY LINEBACKER DRIVE OFF LOS AND STEAL A-GAP DEFENDER TO BACKSIDE STEP-OFF WITH INSIDE FOOT AND EYES. SELL THE RUN! TWO AGGRESSIVE STEPS THEN UNDER CONTROL USING HIGH PRESSURE POSITION.
- ON T ONSIDE B GAP / AGGRESSIVE. IF COVERED BY DOWN LINEMAN READ ALIGNMENT AND DRIVE OFF LOS THROUGH DEFENDERS INSIDE NUMBER WITH INSIDE FOOT AND EYES. AGGRESSIVELY TWO STEPS AND THEN UNDER CONTROL IN HIGH PRESSURE POSITION YOU MUST SELL THE RUN. EMPHASIS ON DOWN LINEMAN. IF COVERED BY A LINEBACKER DRIVE OFF LOS AND SEAL B-GAP DEFENDER TO BACKSIDE. STEP-OFF WITH INSIDE FOOT AND EYES. SELL THE RUN! TWO AGGRESSIVE STEPS THEN UNDER CONTROL USING HIGH PRESSURE POSITION.
- OFF G OFFSIDE B-GAP / AGGRESSIVE
- OFF T OFFSIDE C-GAP / AGGRESSIVE

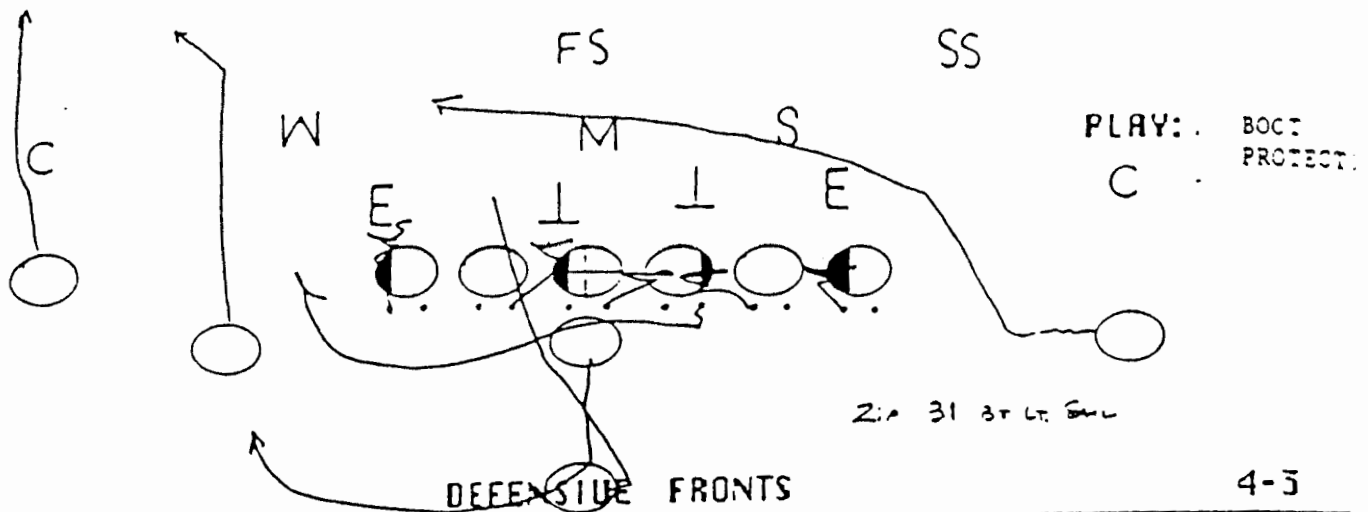
NOTE: THIS IS A "GAP AWAY" PROTECTION. WE MUST USE AN AGGRESSIVE STYLE AND SELL THE RUN TO PROPERLY AFFECT THE DEFENSE. THE OFFENSIVE LINE IS A CRITICAL PART OF THIS PLAY. PROTECTION AND DECEIVING THE DEFENSE.

PLAY NO.  
BOOT RT/LI

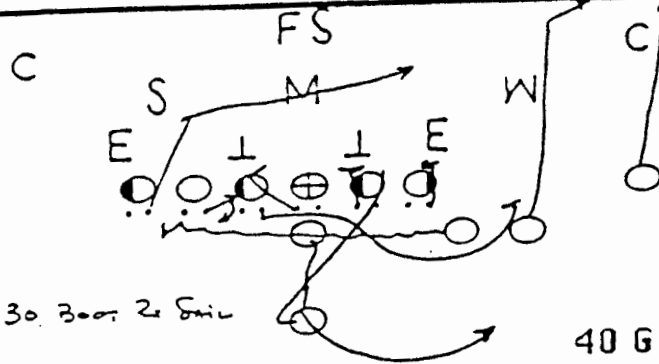
OFFENSIVE LINE

Rules, Techniques, and Coaching Points

- C Offside A-gap. Over. If covered by down lineman protect offside A-gap to onside (read alignment and step accordingly). Use good high pressure control technique. If you and OFFG are covered you must make "Help" call to ONG and block defender over OFFG so he may pull. If you are covered by a linebacker step backside with near foot and protect A-gap area for pulling guard.
- ONG Block #1 (unless he is a linebacker). If covered by down lineman read alignment and step accordingly. Keep leverage to playside. If #1 is linebacker (be alert for "Help" call from Center) you must seal A-gap threat. Do not lose defender playside. High pressure control technique. Block aggressively on initial step, then tuck butt and throw arms up and elbows inside -- get chin back. Fight to stay in front of defender and keep leverage.
- ONT Block #2 (unless he is a linebacker). If covered by a down lineman (read alignment and step accordingly). If #2 is end man on LOS jolt him and seal inside pursuit. If covered by a linebacker check blitz and seal inside pursuit. You must stay on LOS and keep leverage to playside.
- OFFG Pull. Block 1st to show outside ONT. You must pull with flat step then get 45° angle to intercept quick pressure. If you do not get pressure start turn up for leverage on outside defender at 4 yds. Do not get any deeper than 4 yds. and listen for "Go" call by quarterback. If you get "Go" call attack LOS. Block 1st to show as QB is running the football.
- OFFT Help seal B-gap pressure to backside rush. You must step into B-gap with flat step. If you engage defender do not let him penetrate B-gap area. No B-gap threat step and check backside rush.

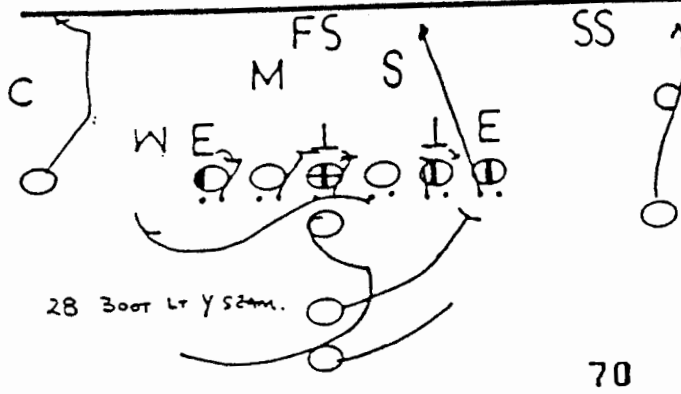


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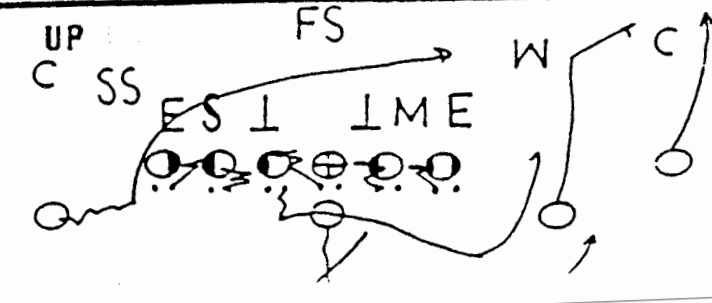
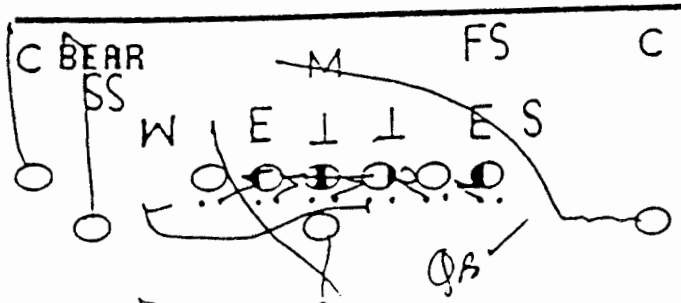
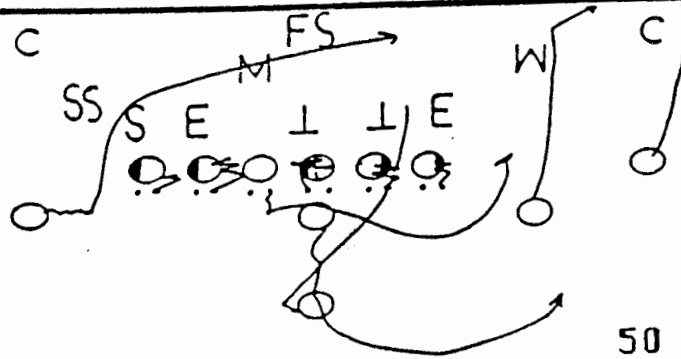
DESCRIPTION:

1. Bootleg - play action
2. Pulling our off G to provide protection for QB.
3. Allows us to get fullback or slot in quick flat.
4. Gives our QB another way to break contain with threat of run or pass.
5. We can run the Boots from many sets and formations



PROBLEMS

1. Quick force to boot side. QB must pull up
2. Bear defense check "base" call by center no guard pull
3. Fullback getting collisioned - must avoid



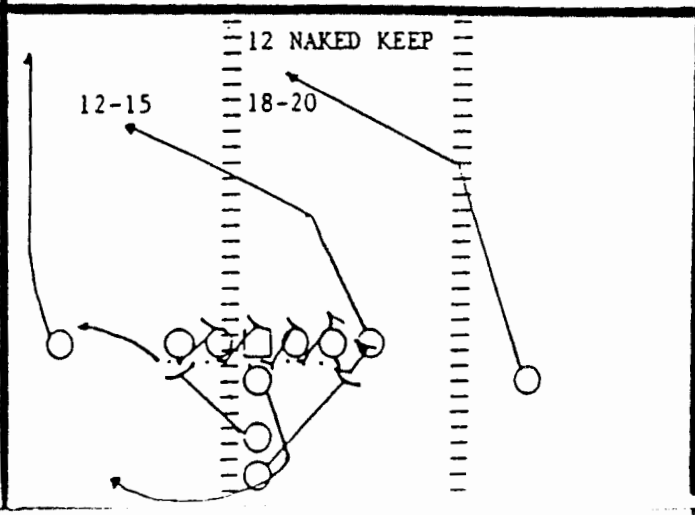
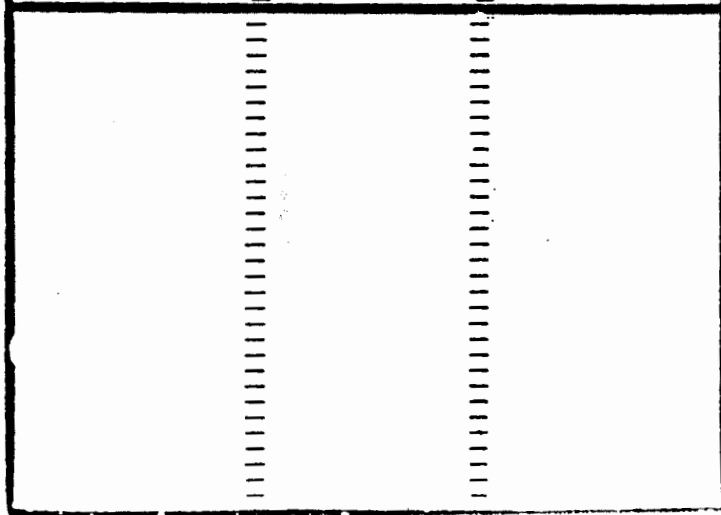
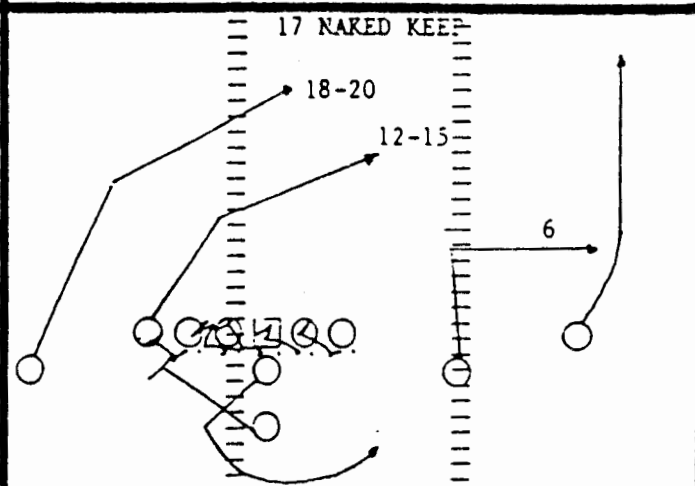
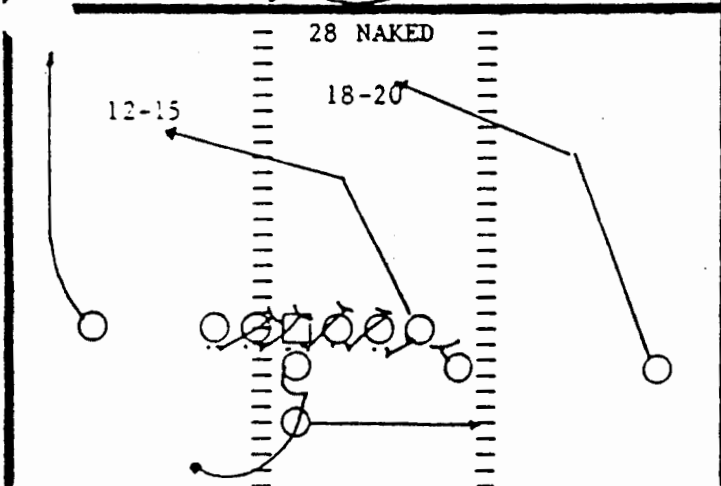
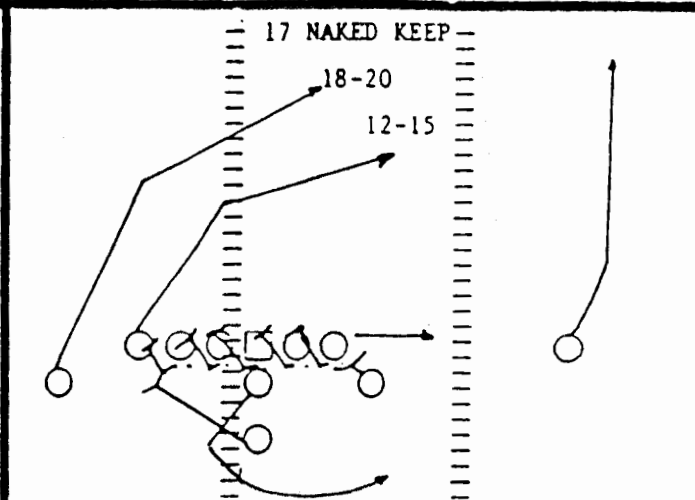
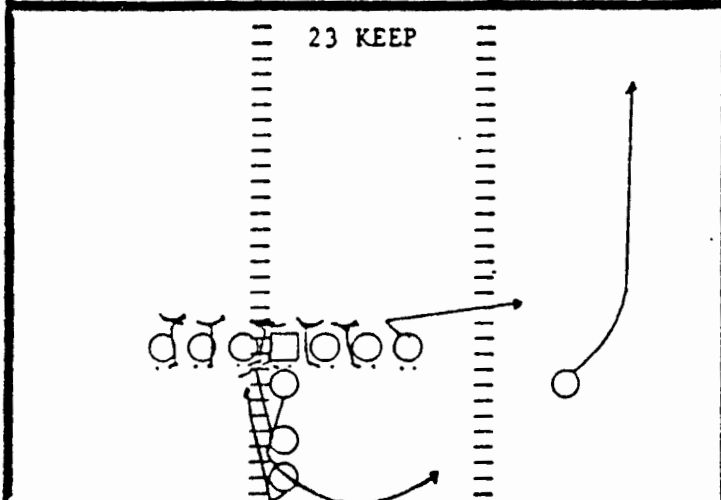
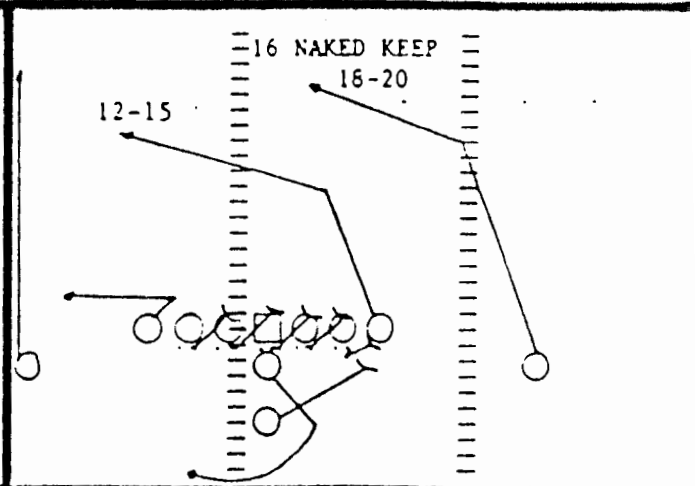
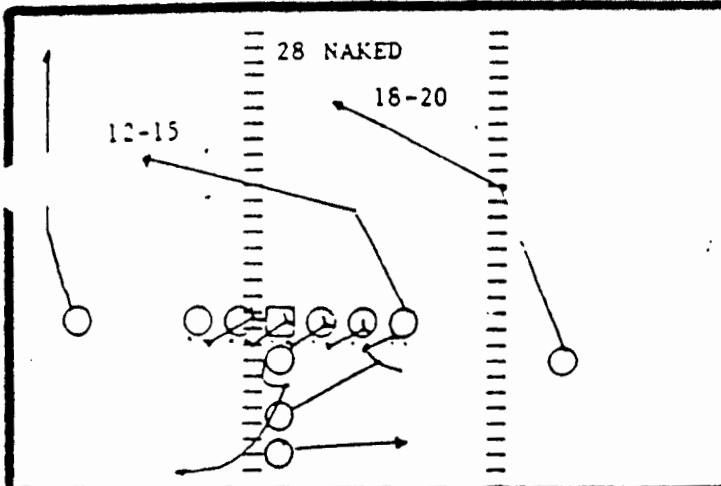
## NAKED PROTECTION

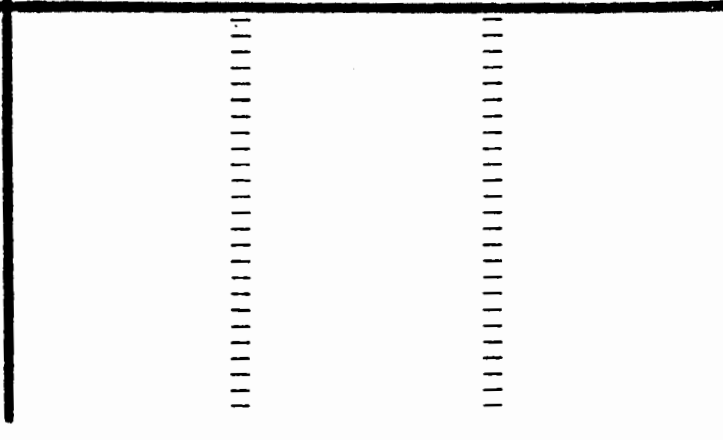
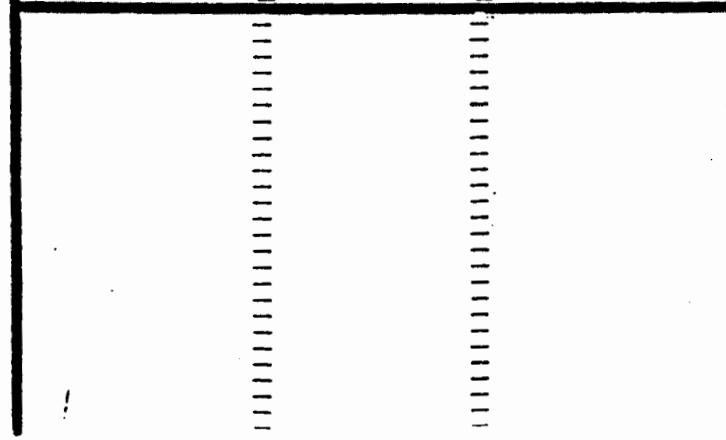
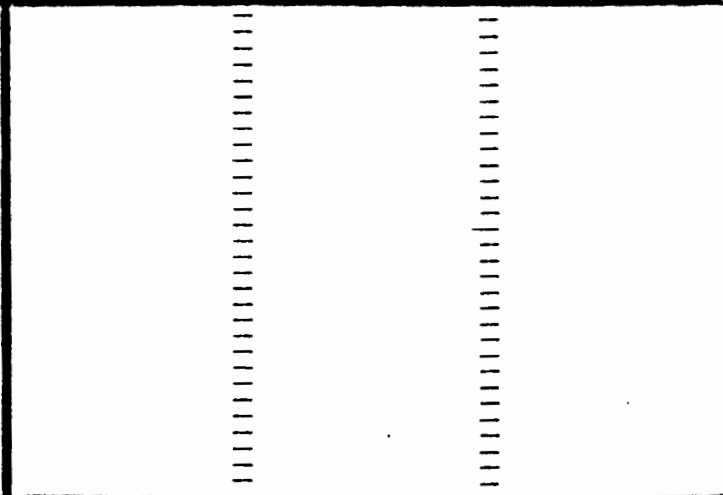
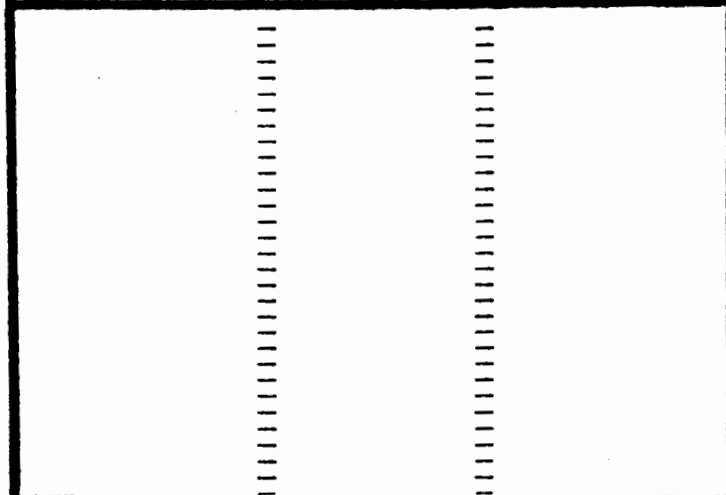
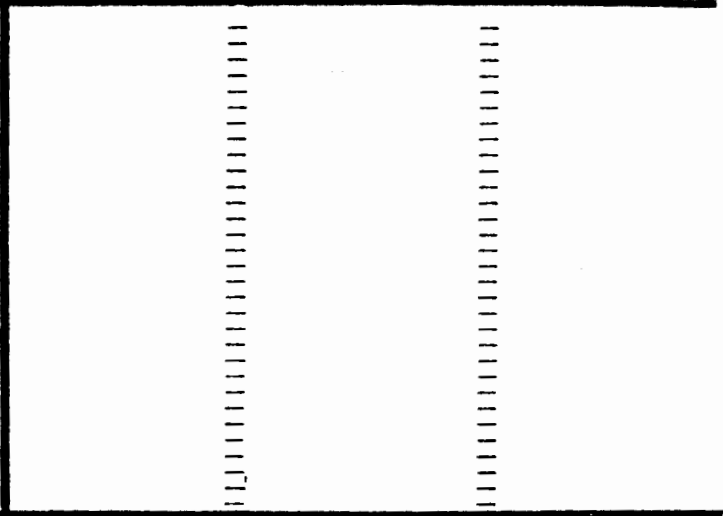
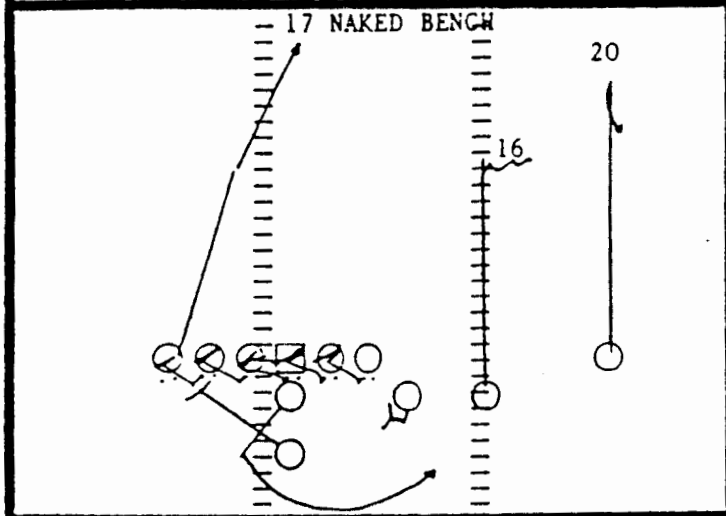
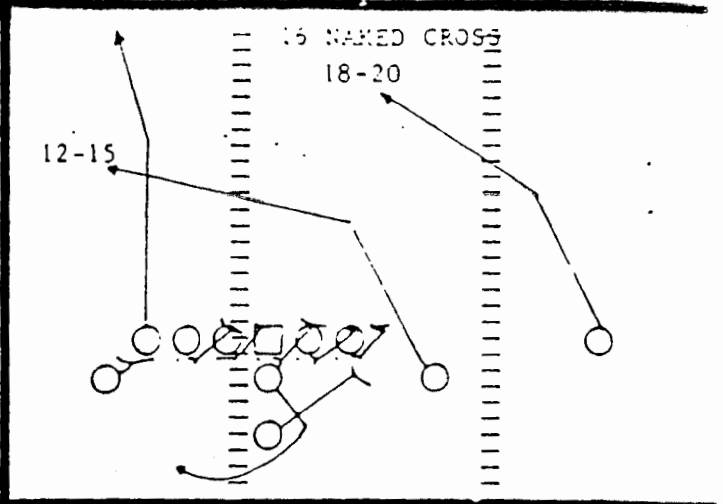
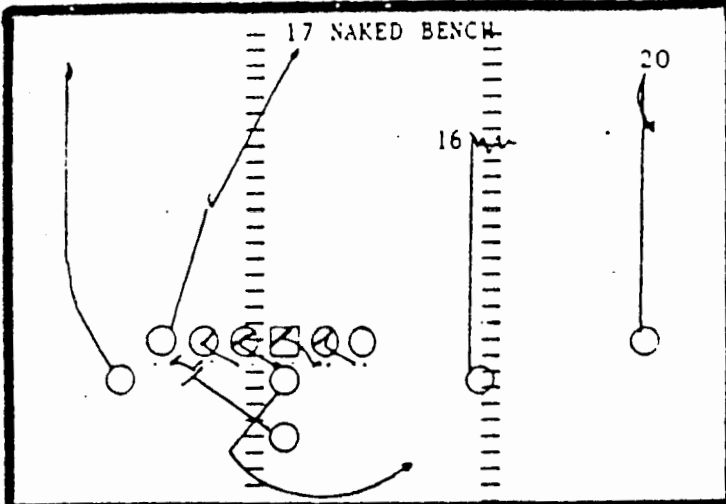
ALL OFFENSIVE LINEMEN WILL BLOCK CALL SIDE GAP HARD - RIP AND RUN! BLOCK 1ST TO SHOW. NO SHOW LOOK FOR FREE MAN HIT (HELLO) ON NEAREST DEFENDER. ONSIDE TACKLE MUST ALWAYS DROP STEP THEN BLOCK C-GAP AS TO ALLOW TIGHT-END TO RUN NAKED ROUTE. SELL THE RUN. STAY LOW.

- ANYTIME NAKEDS ARE CALLED NO ONE IS ALLOWED DOWNFIELD NAKED TAKE PRIORITY OVER KEEPS. EXAMPLE: "16 NAKED-KEEP" OFFENSIVE LINE WILL BLOCK NAKED PROTECTION.

## KEEP PROTECTION

ALL OFFENSIVE LINEMAN WILL BLOCK ACTION CALLED - BLOCK THE RUN AGGRESSIVELY.  
DON'T GO  
DOWNFIELD. STAY LOW. EXAMPLE: 22 KEEP. OFFENSIVE LINE WILL BLOCK 22







**TWO MINUTE  
OFFENSE**

## KANSAS Two Minute Offense

A MOST IMPORTANT PART OF ANY FOOTBALL GAME IS THE LAST TWO MINUTES REMAINING AT THE END OF EITHER HALF. THE TWO-MINUTE OFFENSE IS OUR METHOD OF TAKING ADVANTAGE OF THE CLOCK.

OFFENSE IN THE FINAL TWO MINUTES MAY BE SEPARATED IN TWO SPECIFIC AREAS.

1. SAVING TIME ON THE CLOCK IF TIED OR BEHIND.
2. WASTING TIME ON THE CLOCK IF AHEAD DURING THE FINAL MINUTES OF THE GAME.

MANY GAMES ARE WON AND LOST DURING THIS PERIOD OF THE GAME. WE MUST HANDLE OURSELVES WITH COMPLETE CONFIDENCE KNOWING EXACTLY WHAT TO DO. OUR ABILITY TO FUNCTION SMOOTHLY AND EFFICIENTLY IN THESE TIME PERIODS IS A SIGNIFICANT CHARACTERISTIC OF A CHAMPIONSHIP TEAM.

YOUR KNOWLEDGE OF THE RULES AND OUR SYSTEM AS THEY APPLY TO THE GAME CLOCK IS THE MOST IMPORTANT PART OF THE TWO MINUTE OFFENSE.

### I TIME-OUTS

- A. EACH TEAM IS PERMITTED 3 TIME-OUTS A HALF.
- B. DO NOT CALL TIME-OUT - TIME-OUTS WILL BE CALLED ONLY BY THE QB OR ONE OTHER DESIGNATED PLAYER.
- C. DO NOT USE ANY OF OUR TIME-OUTS UNNECESSARILY DURING THE NORMAL COURSE OF THE GAME. WE WOULD LIKE TO HAVE ALL THREE OF OUR TIME-OUTS AVAILABLE FOR USE IN OUR TWO MINUTE OFFENSE.

### II THE CLOCK STOPS

- A. FOR ALL TIME-OUTS.
- B. AN INCOMPLETE FORWARD PASS.
- C. A LIVE BALL GOING OUT OF BOUNDS.
- D. DURING ADMINISTRATION OF A PENALTY.
- E. DURING THE MEASUREMENT FOR A FIRST DOWN.

### III THE CLOCK STARTS

- A. WHEN THE BALL IS LEGALLY TOUCHED ON A KICKOFF
- B. WITH THE SNAP OF THE BALL.
  1. AFTER A CHARGED TIME-OUT IS CALLED.
  2. A TOUCHBACK.
  3. AN INCOMPLETE FORWARD PASS.
  4. ON EXCHANGE OF POSSESSION.
  5. AFTER A DEFENSIVE PENALTY.
- C. WITH THE REFEREE'S READY SIGNAL.
  1. AFTER A MEASUREMENT FOR 1ST DOWN.
  2. AFTER ADMINISTRATION OF AN OFFENSIVE PENALTY.
  3. AFTER OFFICIAL'S TIME-OUT

V TWO-MINUTE OFFENSE PROCEDURE

A SAVING TIME

1. IT IS THE QB'S RESPONSIBILITY TO ALERT THE TEAM WHEN WE ARE IN THE TWO MINUTE OFFENSE
2. WHEN THE CLOCK IS STOPPED AND A PLAY IS CALLED IN THE HUDDLE, WE WILL USE OUR REGULAR OFFENSE
3. \*CLOCK PLAY\*
  - a. IS USED WHEN A PLAY IS RUN AND THE CLOCK IS NOT STOPPED AND WE WANT TO STOP THE CLOCK. THE QB WILL CALL \*CLOCK-CLOCK.\* \*CLOCK-CLOCK\* WILL PUT EVERYONE BACK TO THE LOS IN A SPREAD FORMATION TO THE WIDE SIDE.
  - b. THE QB WILL THROW BALL DIRECTLY INTO THE GROUND. **NEVER CALL CLOCK PLAY ON 4TH DOWN.**
  - c. THE SNAP WILL ALWAYS BE ON \*FAST\*.
4. AT THE LINE
  - a. IS USED WHEN A PLAY IS RUN AND THE CLOCK IS NOT STOPPED. THE QB WILL CALL THE FORMATION AND THE PLAY TO BE RUN.
  - b. WE WILL ALWAYS USE THE SNAP COUNT OF \*FAST\* DURING THE 2-MINUTE SITUATION.
  - c. WE STAY WITH THE AT-THE-LINE OFFENSE UNLESS THE CLOCK IS STOPPED.
5. IF THE CLOCK IS STOPPED, WE WILL AGAIN USE THE HUDDLE, AND THE REGULAR OFFENSE.
6. WHEN THE CLOCK IS STOPPED FOR A MEASUREMENT, OFFICIAL'S TIME-OUT OR AN OFFENSIVE PENALTY, IT IS STILL AN AT-THE-LINE SITUATION. BE ON THE BALL AND READY TO PLAY WHEN THE REFEREE SIGNALS THE BALL IN PLAY.
7. BALL CARRIERS AND RECEIVERS GET AS MUCH YARDAGE AS POSSIBLE AND THEN GET OUT OF BOUNDS.
8. QB MUST LOOK TO SIDELINES IMMEDIATELY AFTER EACH PLAY FOR POSSIBLE TIME-OUT.

B. WASTING TIME WHEN AHEAD

1. USE THE FULL 25 SECONDS ON EACH PLAY WHENEVER POSSIBLE. DON'T BREAK THE HUDDLE UNTIL 12 SECONDS ON PLAY CLOCK WHEN GAME CLOCK IS RUNNING.
2. KEEP THE BALL AWAY FROM SIDELINES.
3. BALL CARRIERS STAY IN BOUNDS.
4. BALL CARRIERS HOLD ON TO BALL AND GET UP SLOWLY.
5. IF WE PUNT, PUNT THE BALL IN BOUNDS.
6. ELIMINATE PENALTIES.
7. NEVER CALL TIME-OUT.
8. IF LESS THAN 25 SECONDS LEFT, LET THE CLOCK RUN WITHOUT CENTERING THE BALL

V. THE SPECIFIC 2-MINUTE OFFENSE WILL BE PRESENTED WITH THE GAME PLAN EACH WEEK TO TAKE ADVANTAGE OF WHAT WE KNOW ABOUT THE PREVENT DEFENSES WE ANTICIPATE FACING IN THAT PARTICULAR GAME.

VI QB GUIDE FOR TWO MINUTE OFFENSE

- A. YOU MUST KNOW EXACTLY THE NUMBER OF TIME-OUTS YOU HAVE LEFT.
- B. WE WILL NOT USE ANY OF OUR TIME-OUTS UNTIL THE FINAL MINUTE.
- C. MAKE SURE EVERYONE KNOWS WE ARE IN THE 2-MINUTE OFFENSE. YELL "CLOCK-CLOCK" OR THE DESIRED PLAY. BE A **LOUD MOUTH !!**
- D. YOU MUST KNOW EVERY RULE FOR STOPPING AND STARTING THE CLOCK.
- E. THE BALL CARRIERS MUST BE AWARE OF WHETHER YOU ARE THINKING TOUCHDOWN OR FIELD GOAL.
- F. RECOGNIZE THE SITUATION IN WHICH YOU MUST USE THE CLOCK OFFENSE OR THE AT-THE-LINE OFFENSE.
- G. FOLLOW THE GAME PLAN FOR THE WEEK IN YOUR PLAY SELECTION.
- H. FOLLOW THE PLAY CLOSELY, BE READY TO CALL YOUR PLAYS QUICKLY. (KEEP ONE EYE ON THE BENCH FOR A VISUAL SIGNAL FROM THE COACH).
- I. REQUEST MEASUREMENT ANY TIME THE BALL IS CLOSE.
- J. YOU WILL CALL ALL TIME-OUTS UNLESS ANOTHER PLAYER IS DESIGNATED TO DO SO.
- K. STAY "COOL" AND REMEMBER YOU ARE IN CHARGE. YOU MUST BE THE MASTER OF THE SITUATION.