

McNairy Central Bobcats Offensive Playbook

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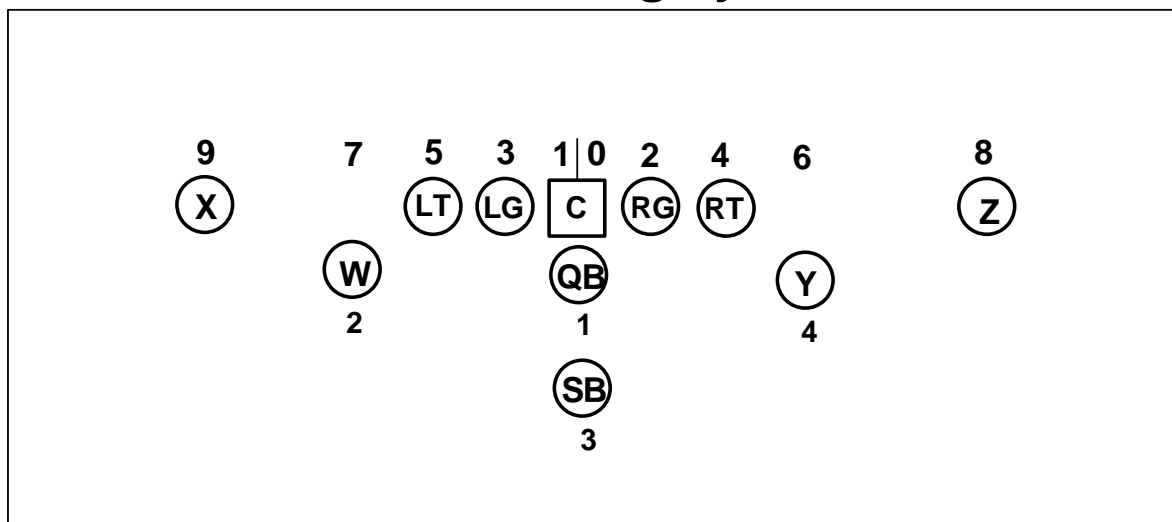
The McNairy Central Run and Shoot Offense

The Base Set and Numbering System

The Run and Shoot starts from a one-back set with two receivers on each side of the formation. The split ends (X and Z), take a 17 yard or more split and the slots (Wing and Y), align 1 yard off the LOS and 1 to 3 yards outside the tackles in our base set. The guards split is 2 to 4 feet from the center and the tackles split is 3 feet from the guards. Both the guards and the tackles will align as far off the LOS as allowable. The S Back will align directly behind the QB with his toes 5 yards from the football.

All backs and receivers are numbered for play calling purposes. The QB is (1), the Wing (2), The S-Back (3), the Y (4) and the X and Z receivers. The points of attack are also numbered over the offensive linemen. Even numbers are on the right and odd numbers are on the left side.

Numbering System

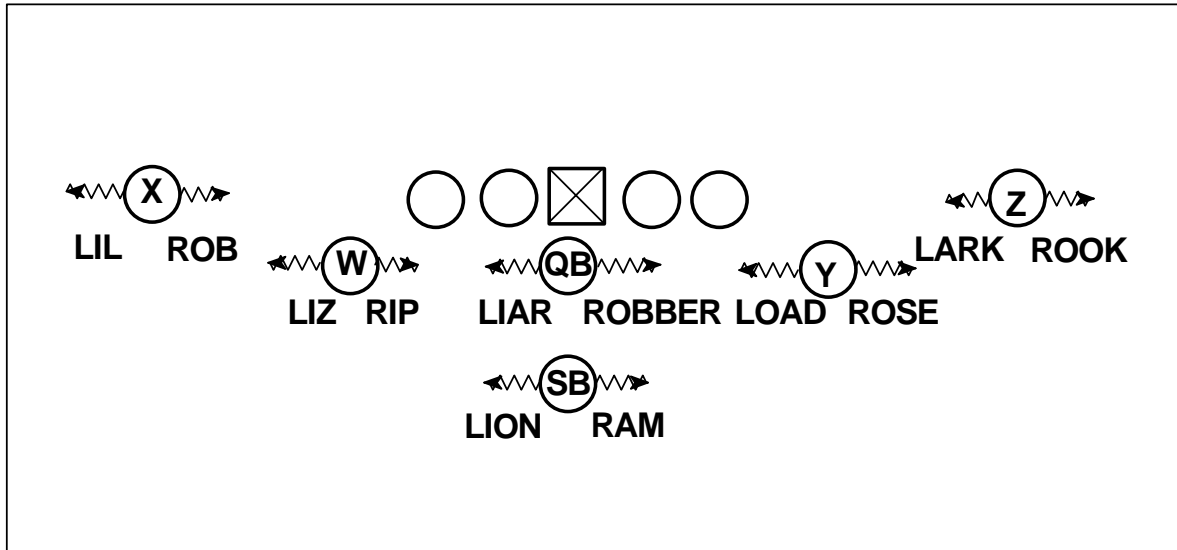


Motions and Formations

Different formations are created through the use of motion. Motion is also important to help determine the coverage of the defense. Each receiver has two motions he must learn, one to the right and one to the left. The Wing motions are *rip and liz* and the Y motions are *load and rose*. The X motions are *rob and lil*, and the Z motions are *rook and lark*. If motion is call to X or Z, they must align off the LOS and Wing or Y must align on the LOS. The S-Back motions are *ram and lion*, and QB motions are *robber and liar*.

All motions are started with the QB's command of GO. If the term *Early* is given before the motion call, the back or receiver will line up where the motion would place him. A *Wide* call tells Wing or Y to motion or align outside of X or Z. An *Up Right* or *Up Left* call tells the S-Back to align 1 yard outside of the tackle and 1 yard off the football.

Back and Receiver Motions

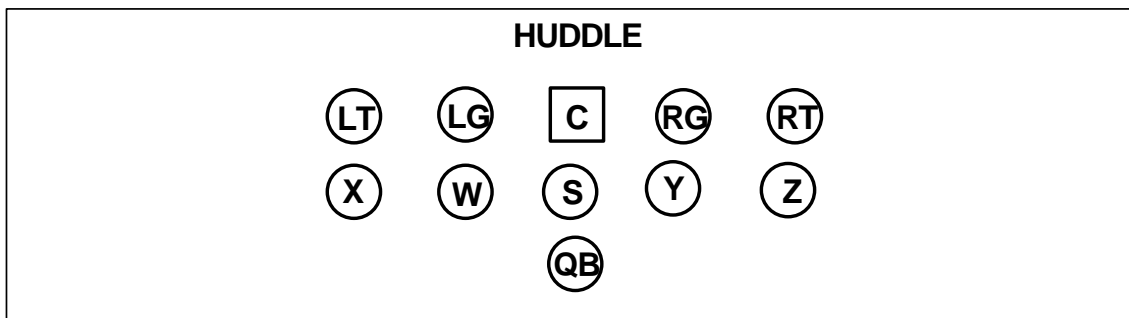


Play Calling System

The passing plays are called by a two digit number which indicates the protection followed by the route name. The running plays are called by a two digit number followed by a word which describes the type play to be run. The first number indicates the ball carrier and the second number the point of attack.

Huddle

We will align our huddle as diagramed below:



The position players X, W, S, Y and Z will assume a position with elbows locked, hands on knees and head up. The front line will stand tall with arms hanging by their side. Once the QB steps into the huddle the center sharply says "Huddle". Upon his command, all talking will stop and everyone will be clued in on the QB's instructions. The QB will call the play and snap count once. Upon this command the X and Z receivers will leave the huddle in going to their alignment. The QB will call the snap count one more time. He will then say,

“ready-break.” Everyone will respond with a clap of the hands and saying, “break”, as the QB does.

Snap Count

The QB’s cadence will always begin with word “GO.” This command puts the receiver in motion. The QB will control the length of motion with his pause and then begin the snap count which is (1) Hut, (2) Hut, (3) Hut.

In calling our snap count, if we ever go on first sound, obviously the command to snap the ball will be a sharp, quick command of “GO”. Should the QB wish to get out of the 1st sound call and audible then we will use the E....A....S....Y call.

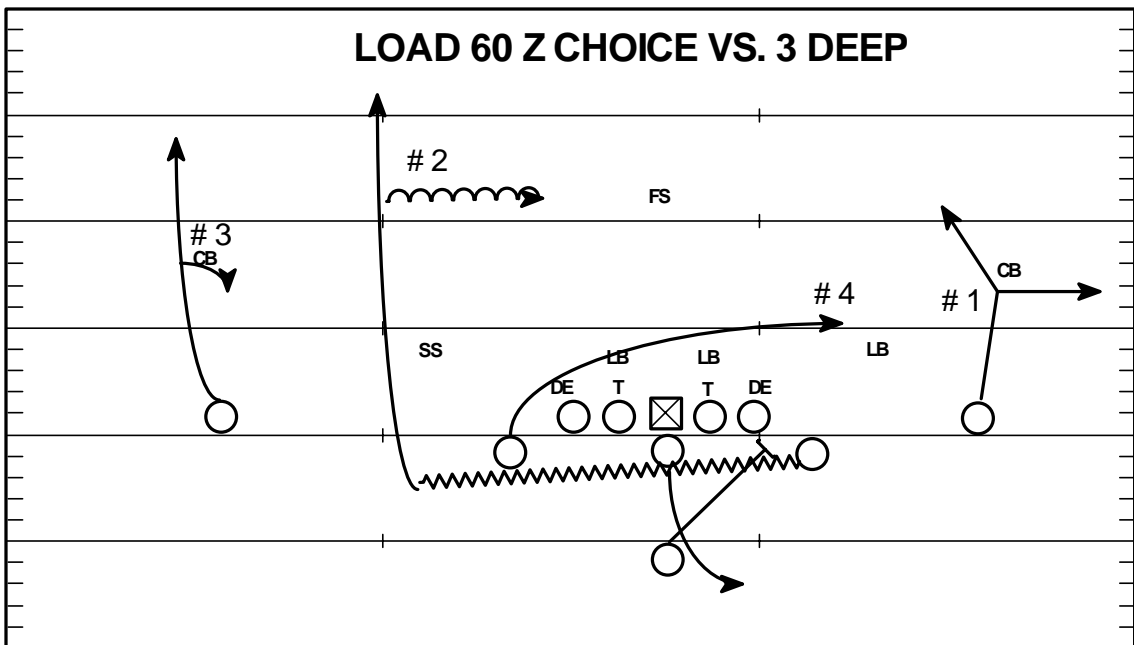
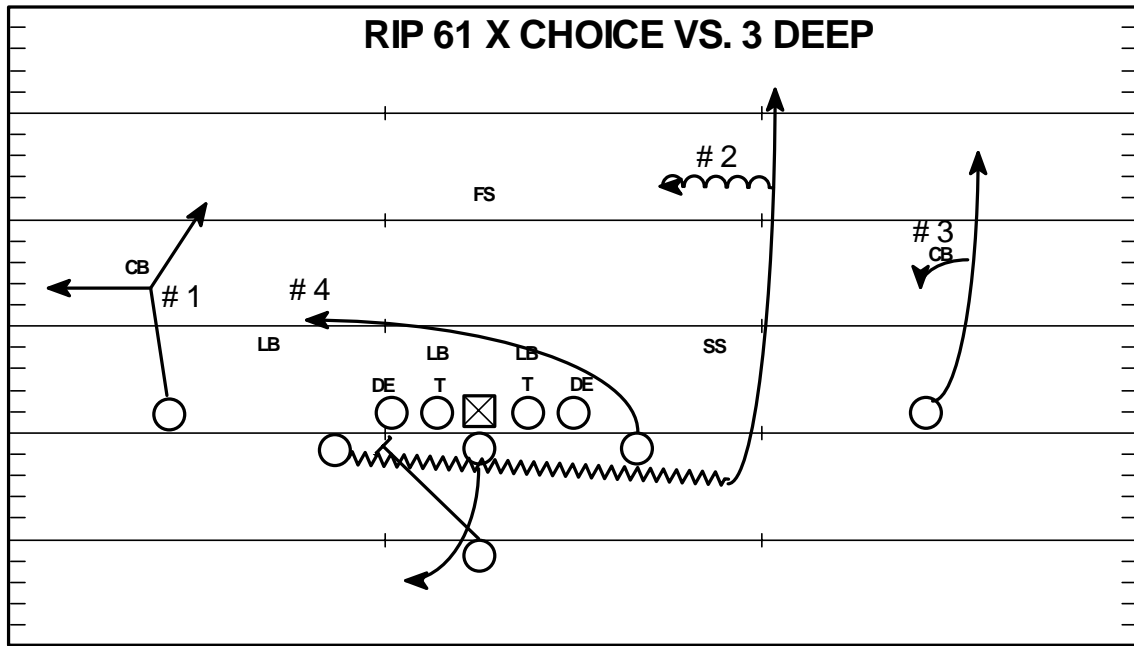
When going on two, the QB will begin the cadence by saying “GO”. If an audible is necessary, he will then use a call using colors, directions, cities, states, etc., along with a number. After doing this, the QB will say “GO” once again. This is followed by a non-rhythmic series of HUTS, and as mentioned, if going on two, it would be drawn out in this matter: Huuuuuu-Hut!

The Passing Game

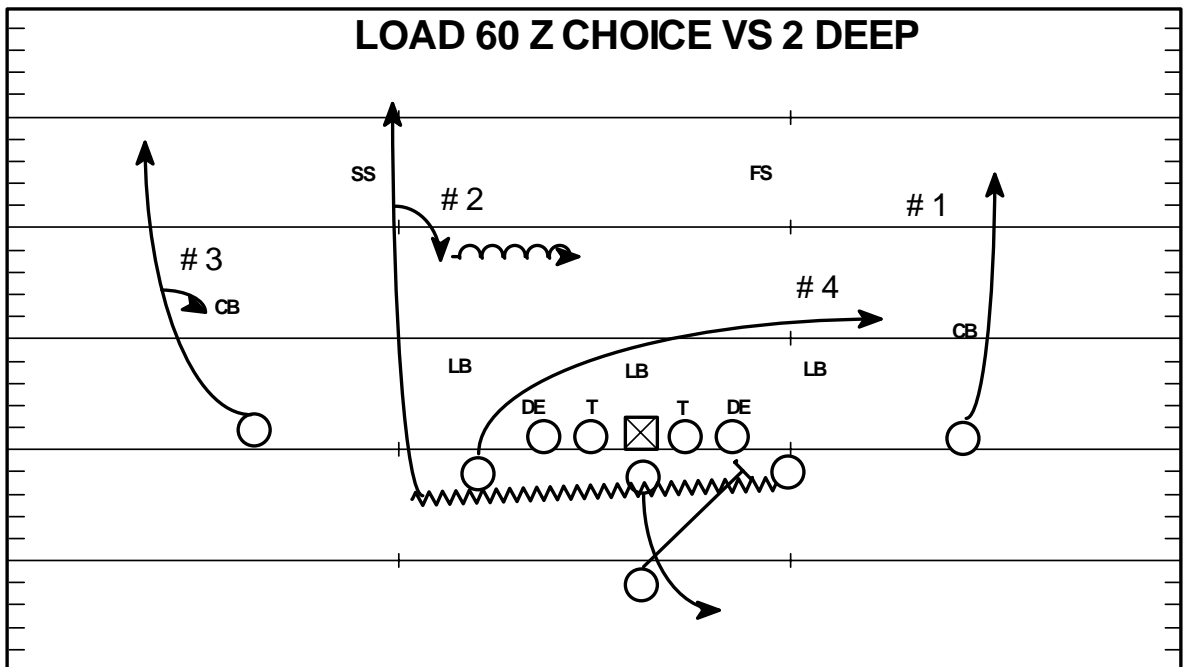
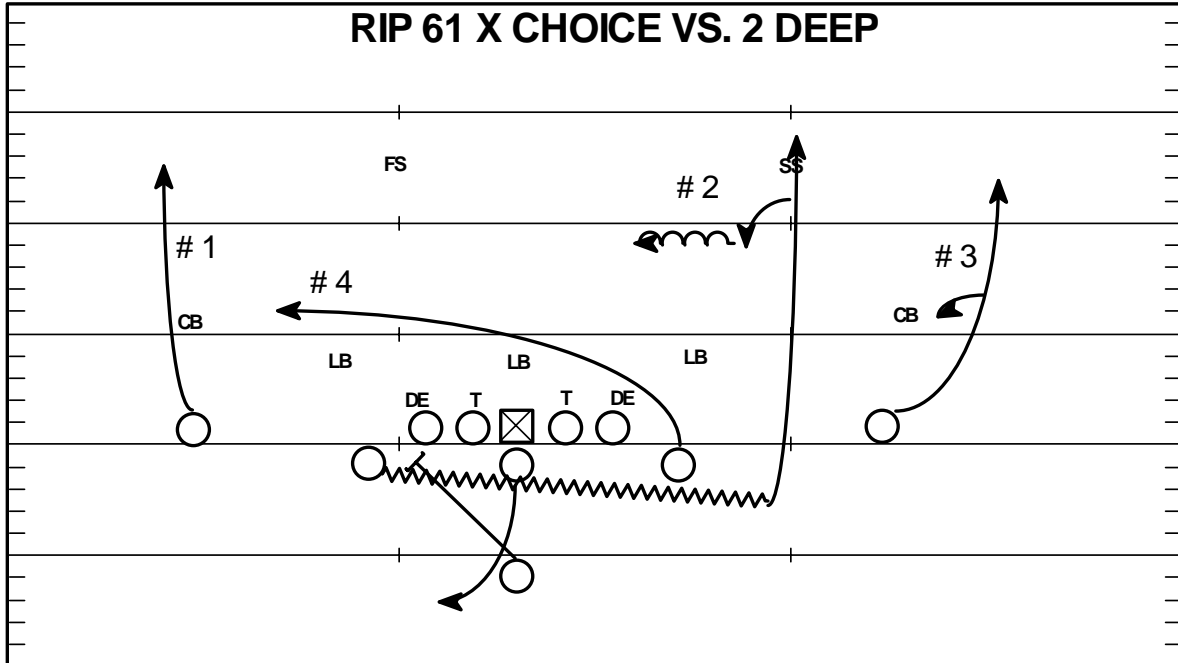
Choice Package

The Choice Route

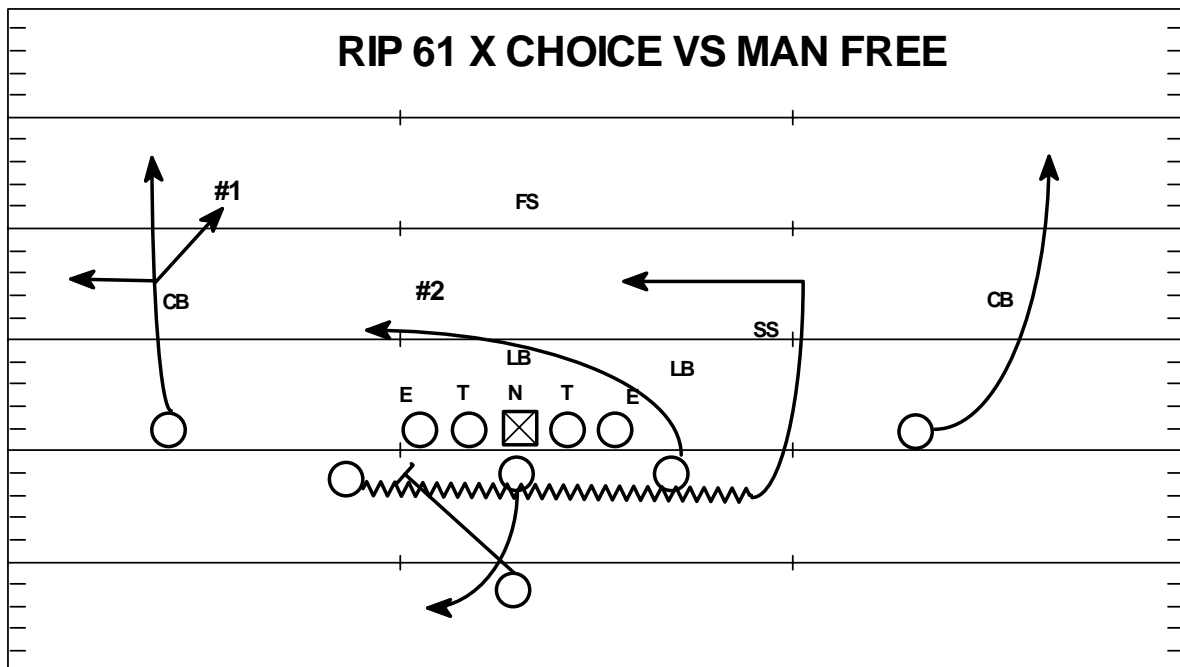
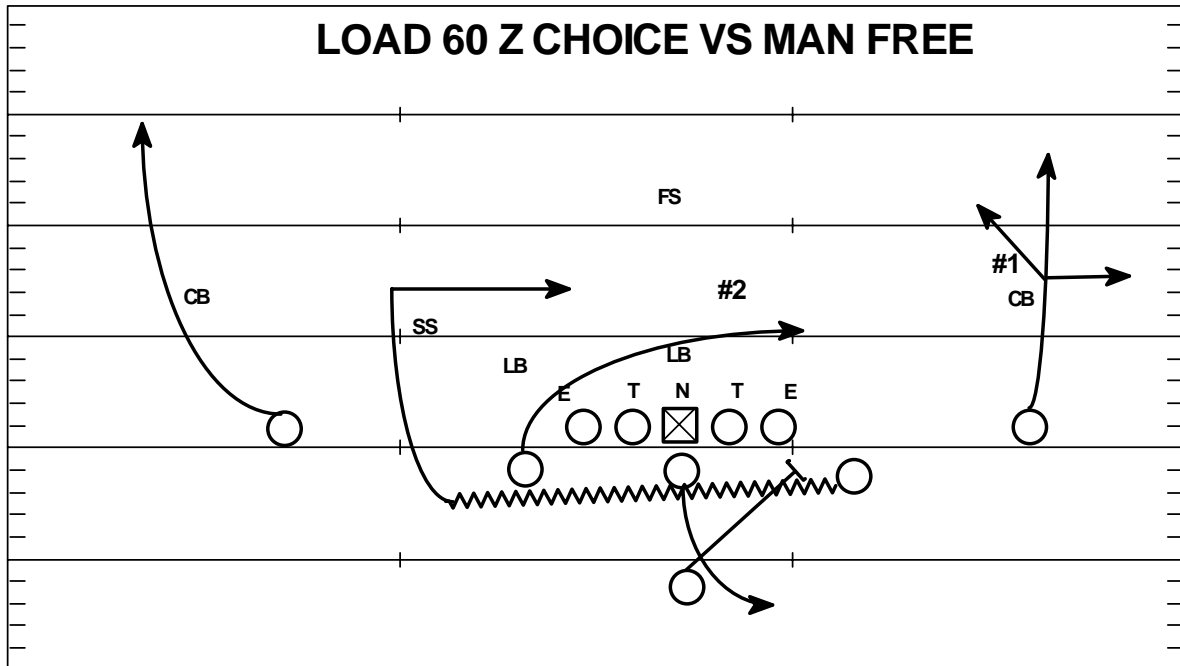
CHOICE VS 3 DEEP ZONE



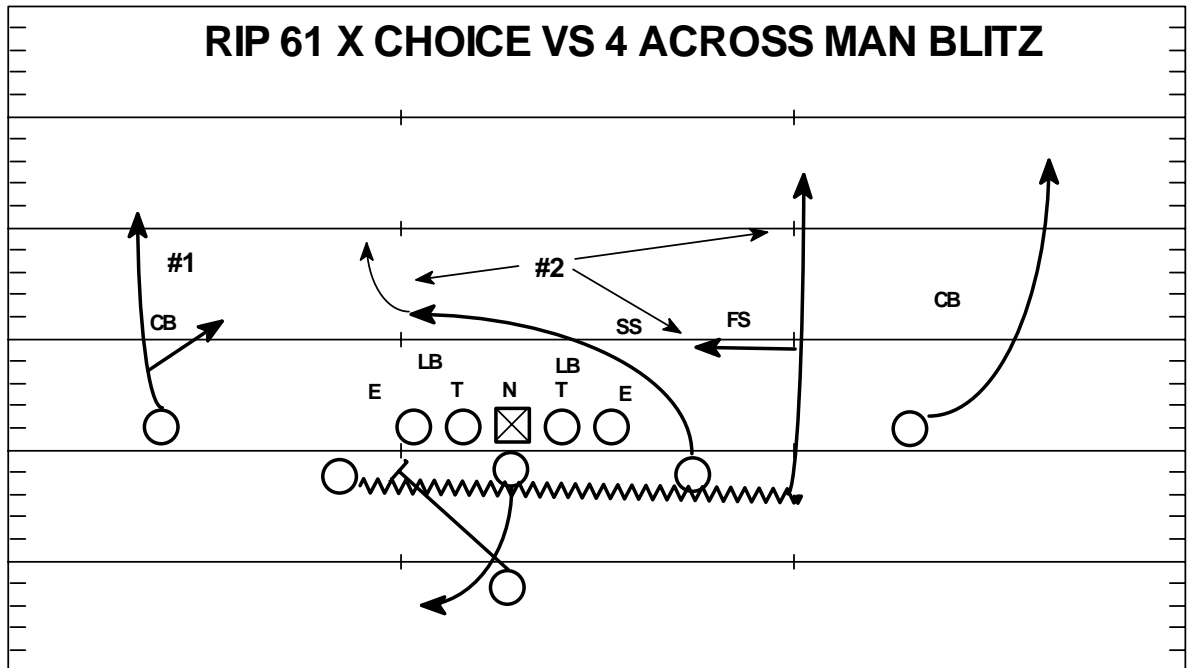
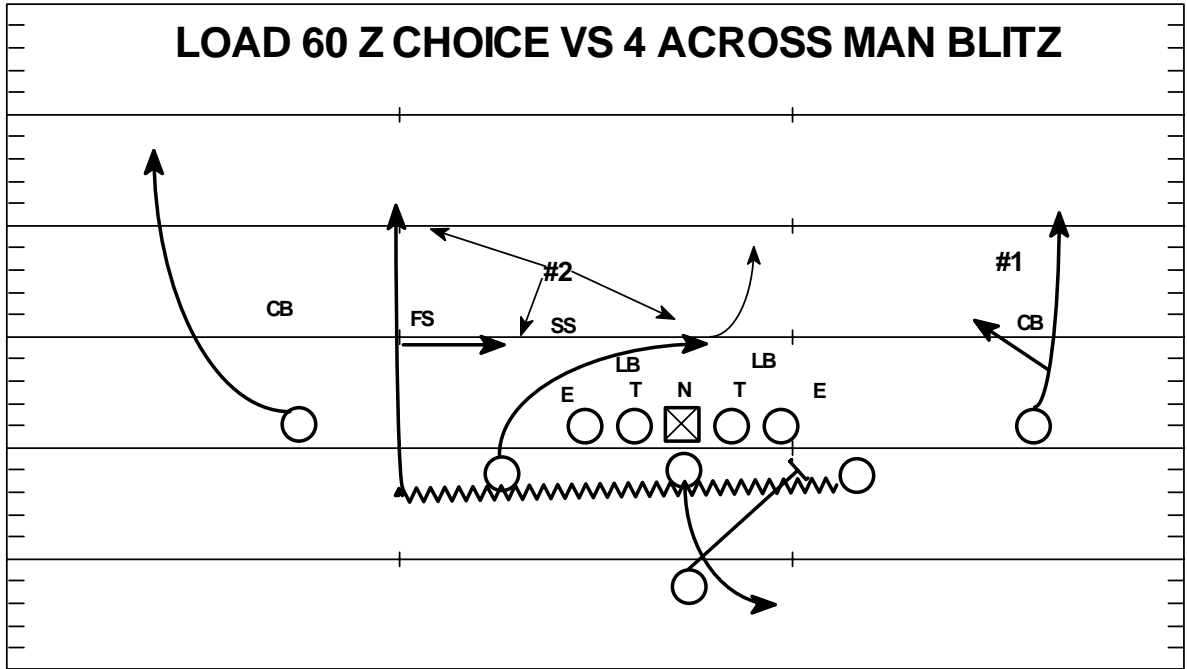
CHOICE VS 2 DEEP ZONE



CHOICE VS MAN FREE



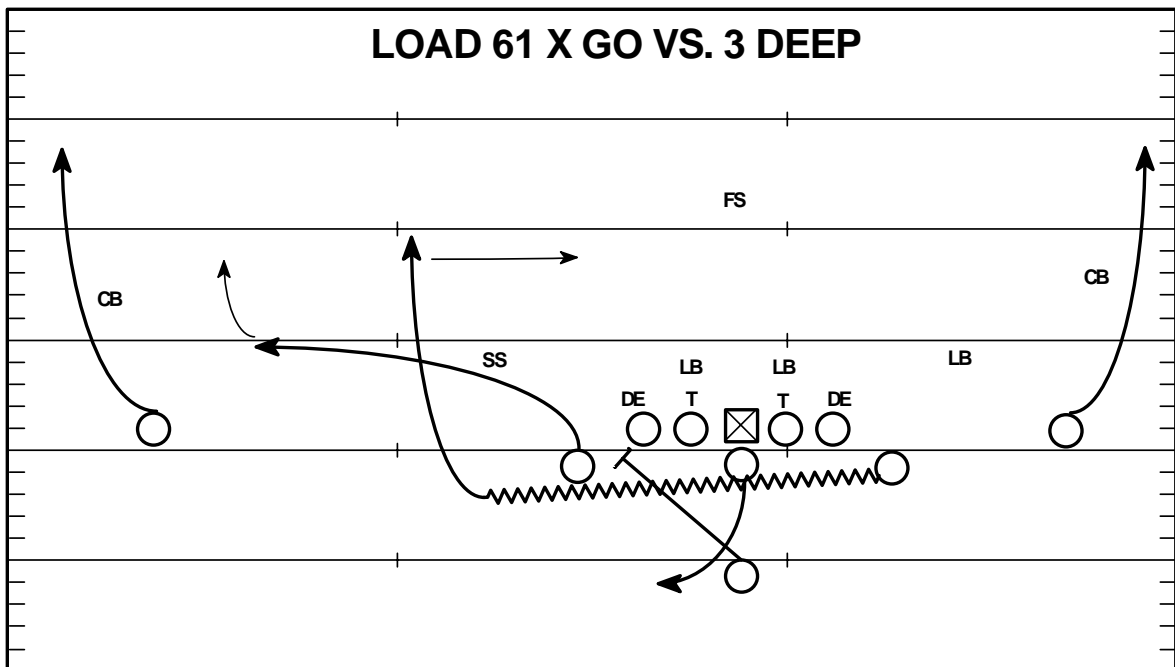
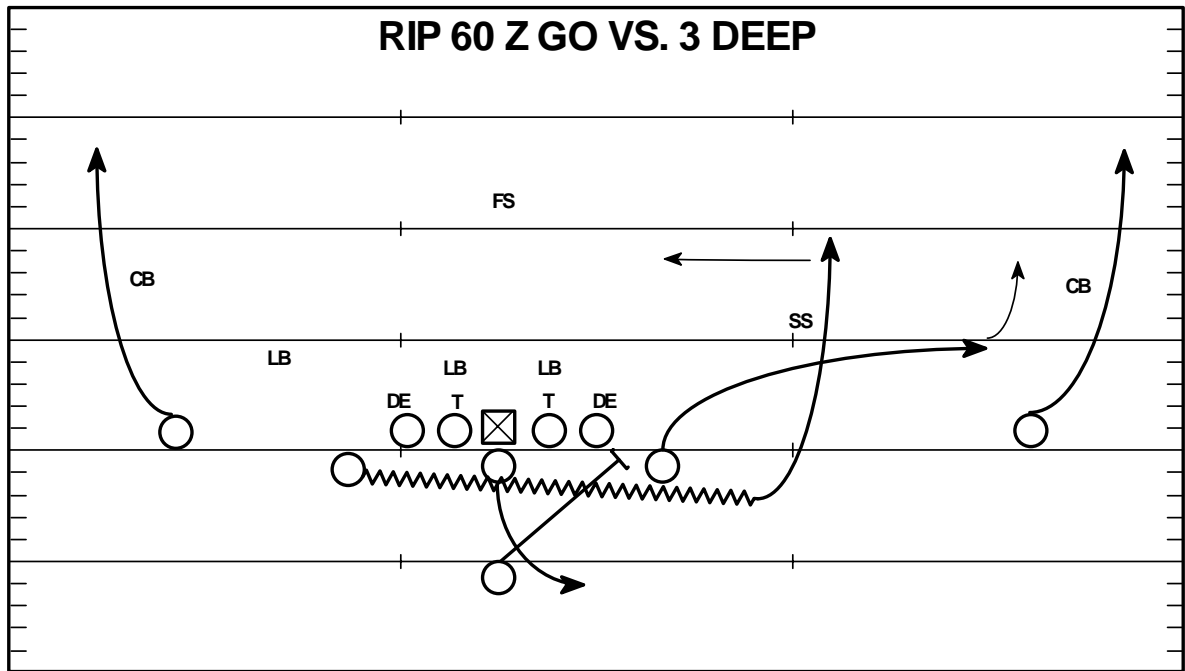
CHOICE VS 4 ACROSS BLITZ



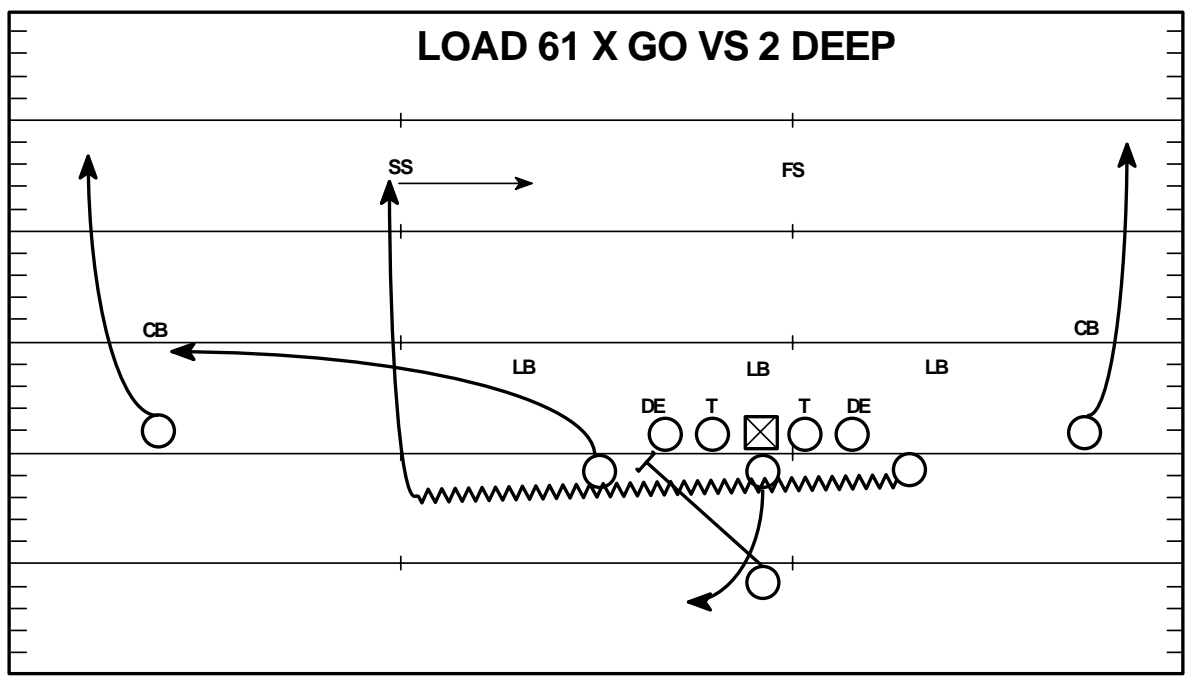
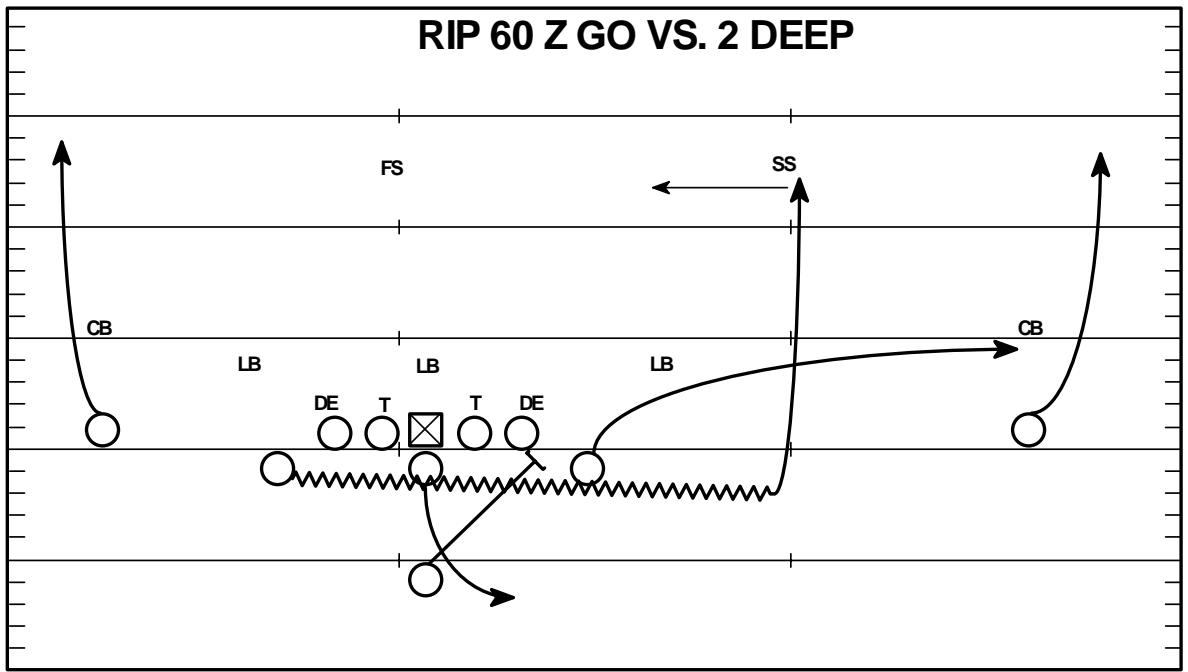
Trips Packages:

The Go Route

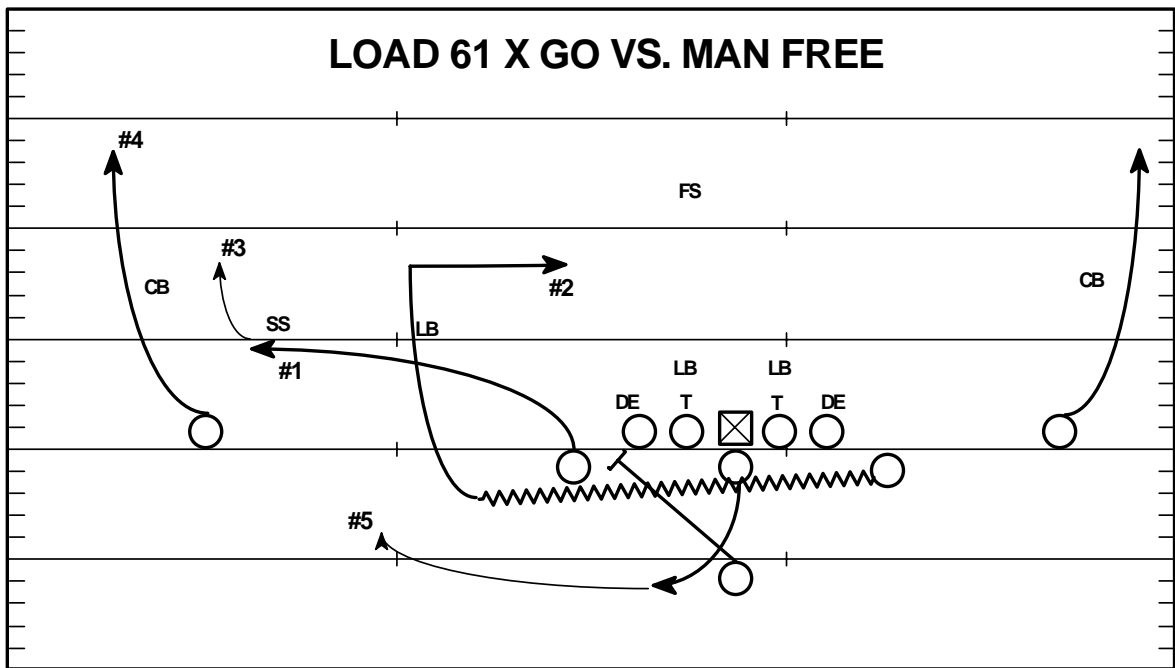
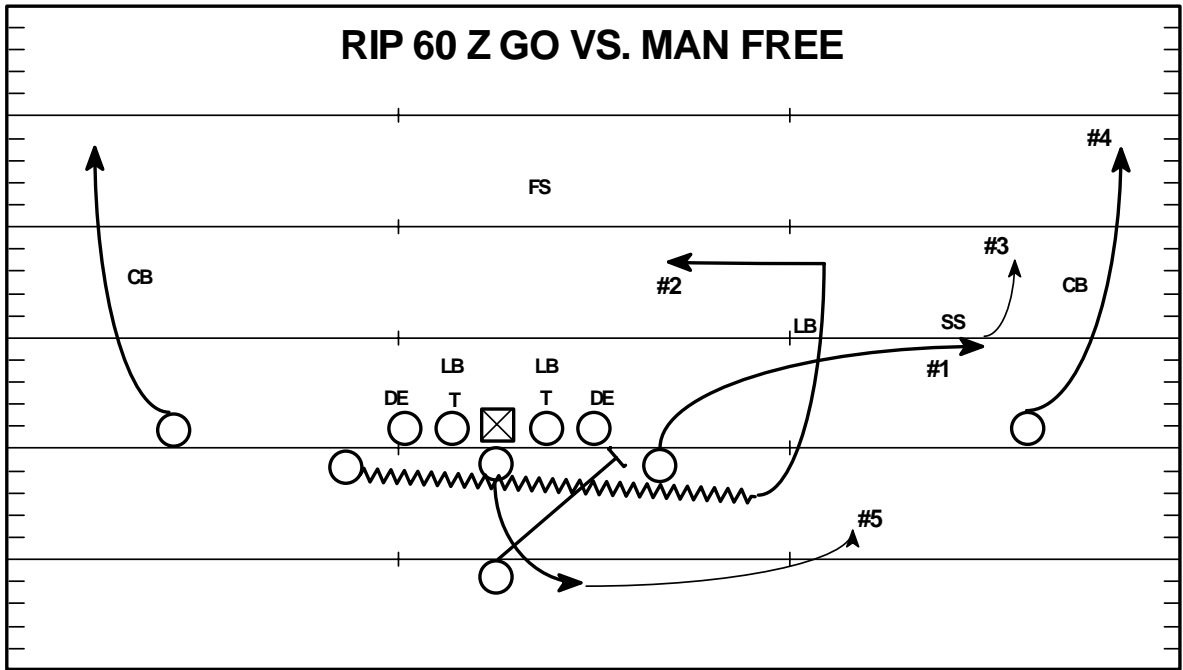
GO VS 3 DEEP ZONE



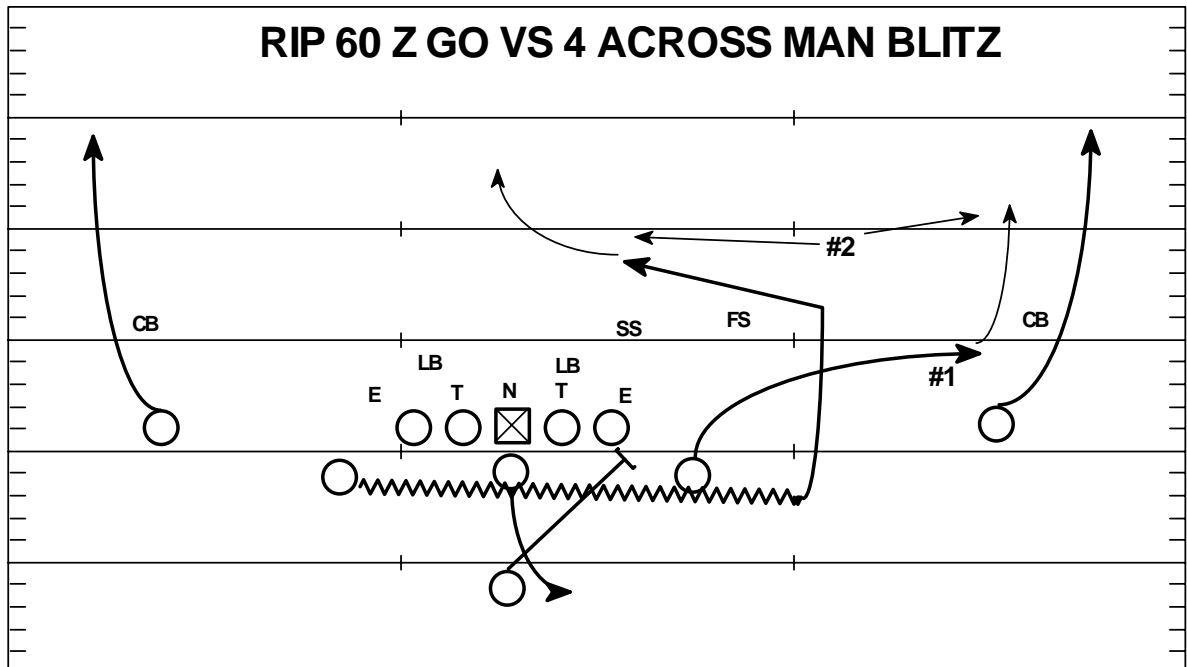
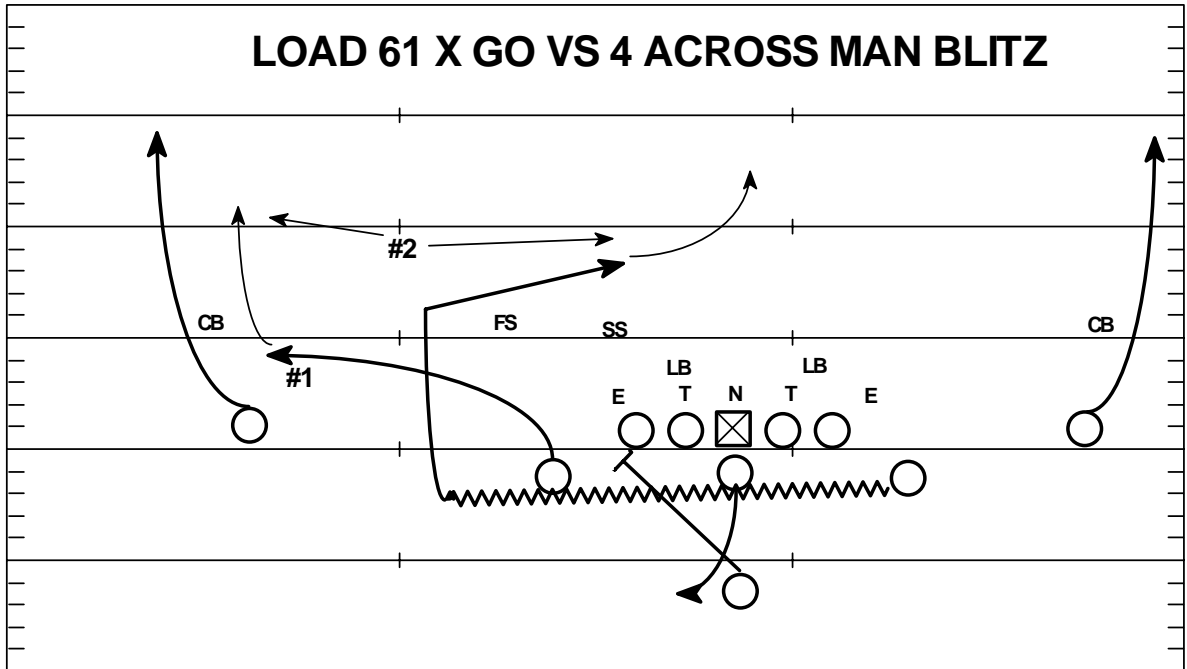
GO VS 2 DEEP ZONE



GO VS MAN FREE

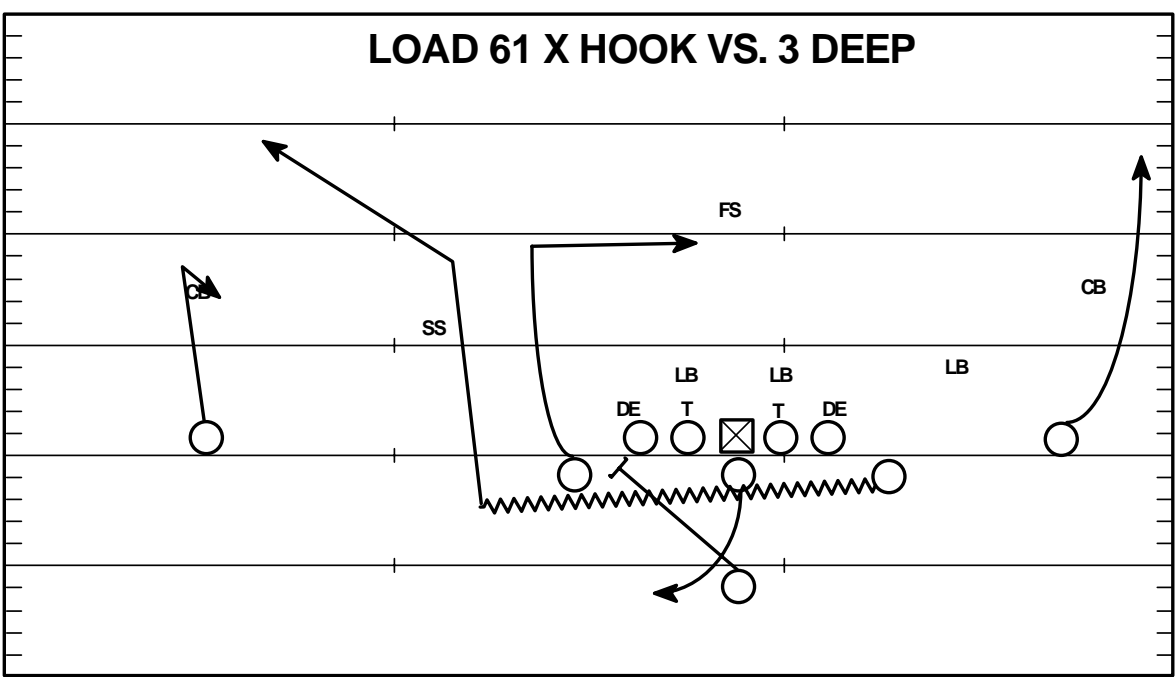
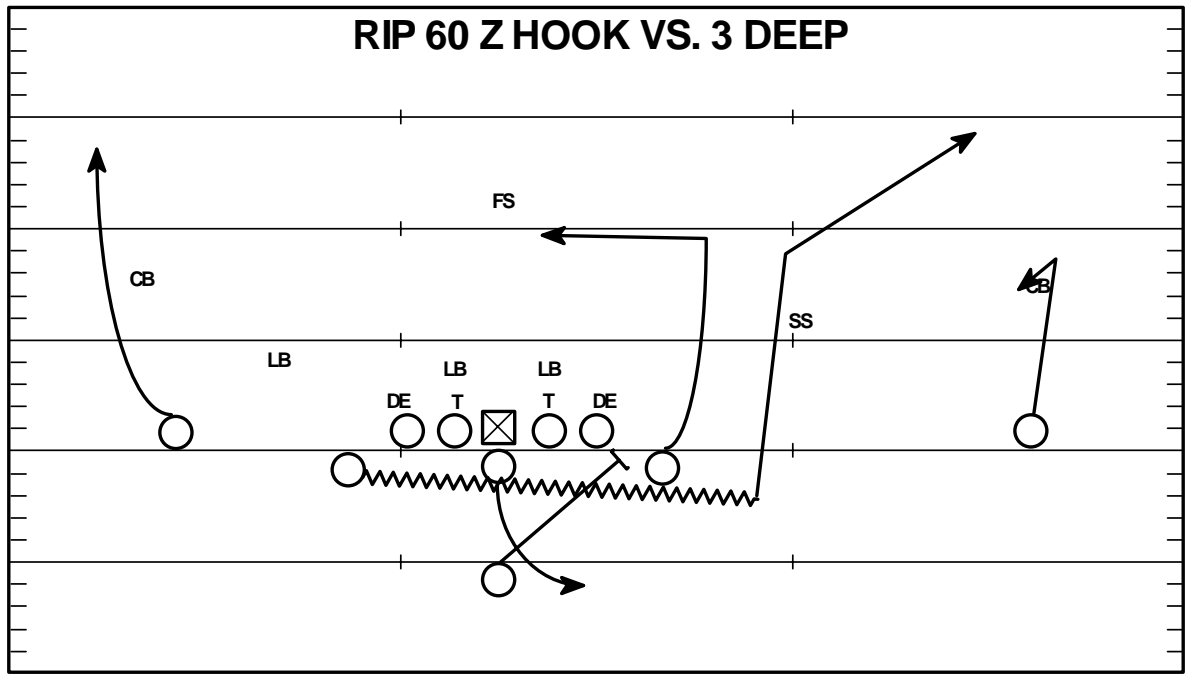


GO VS 4 ACROSS BLITZ

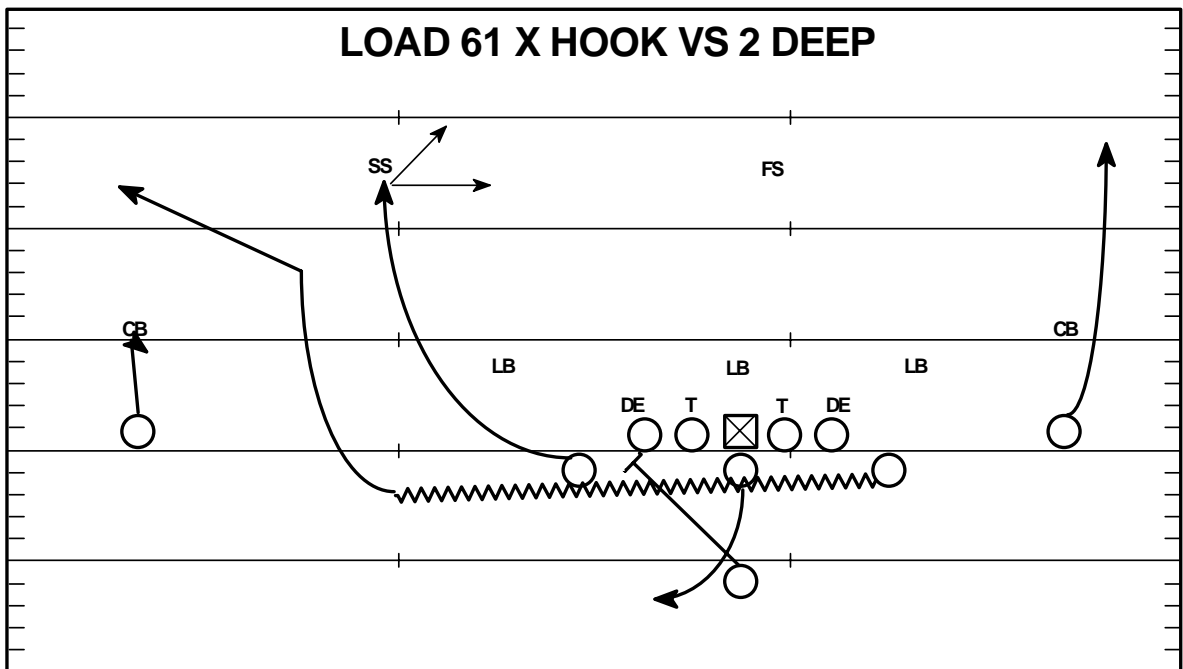
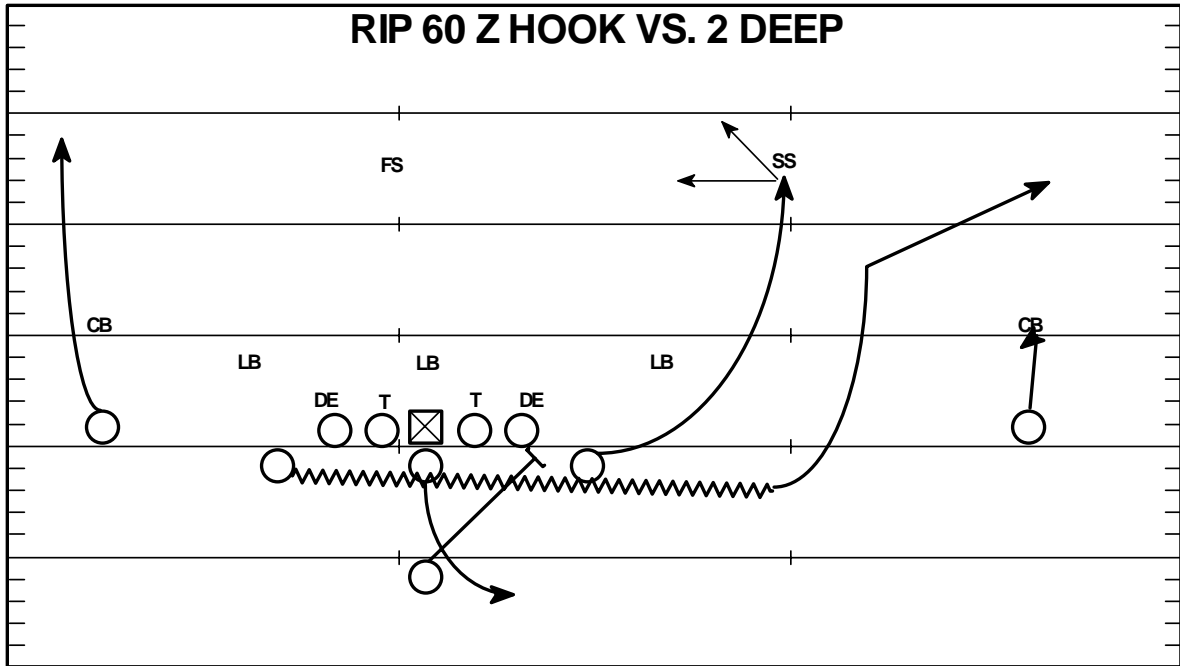


The Hook Route

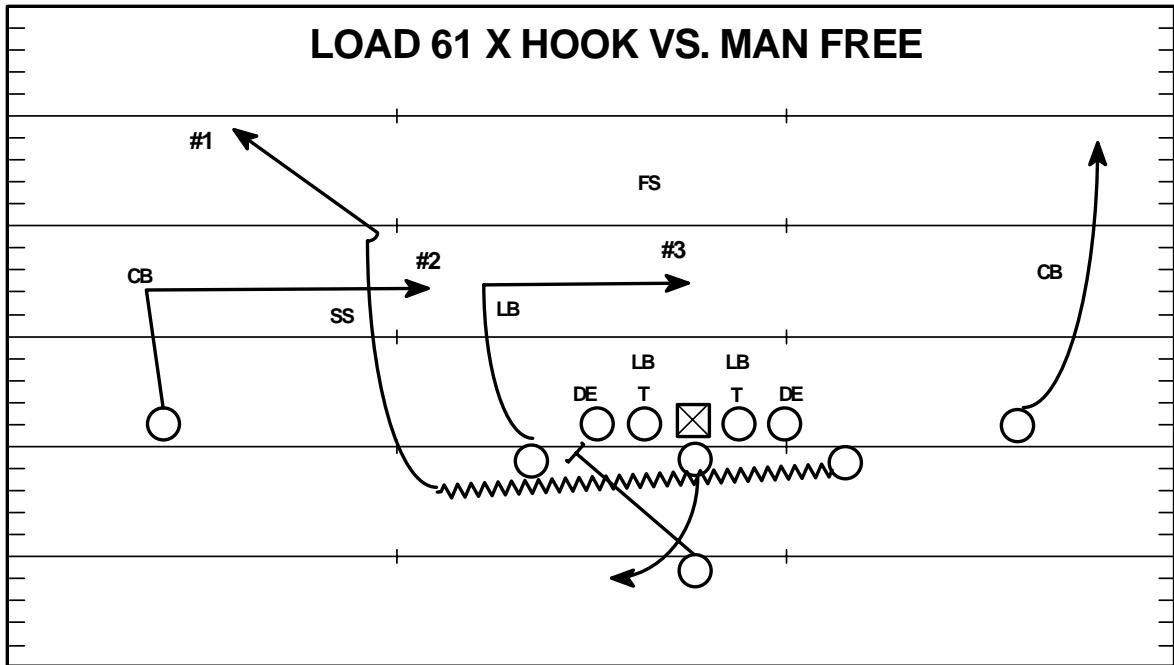
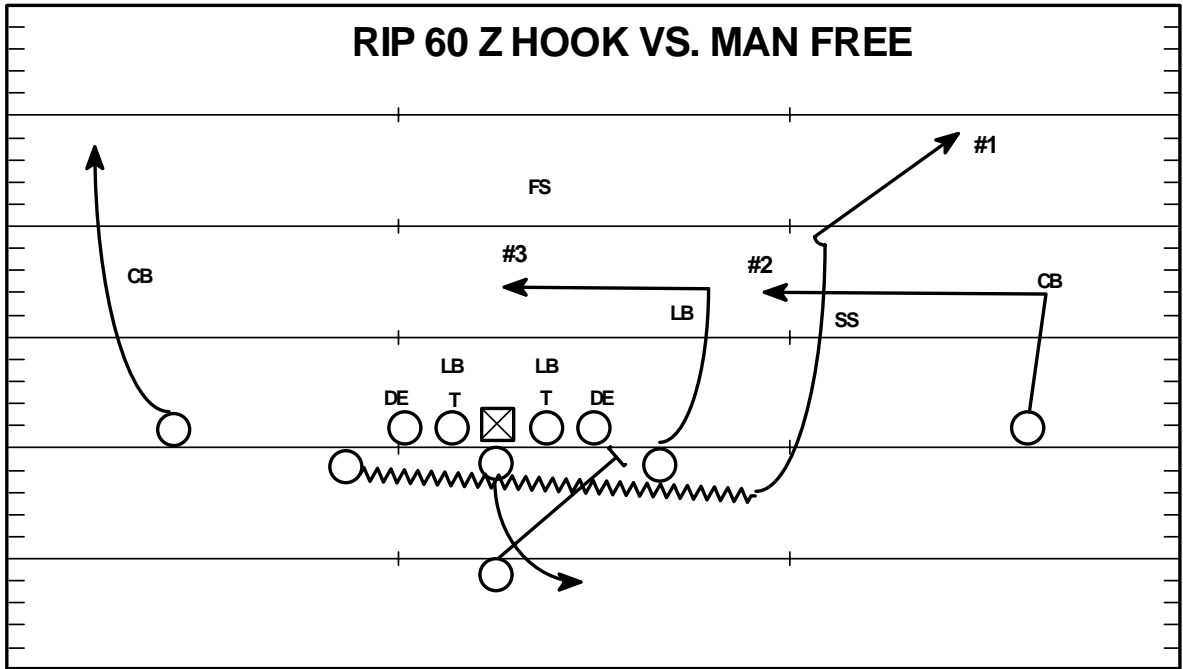
HOOK VS 3 DEEP ZONE



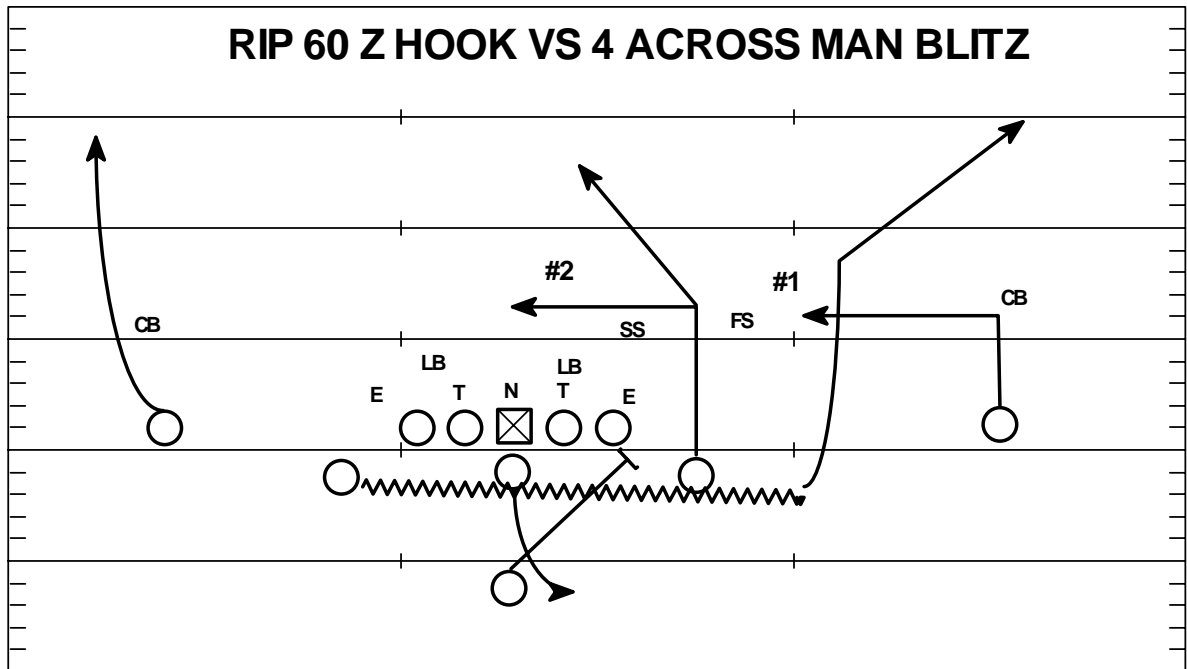
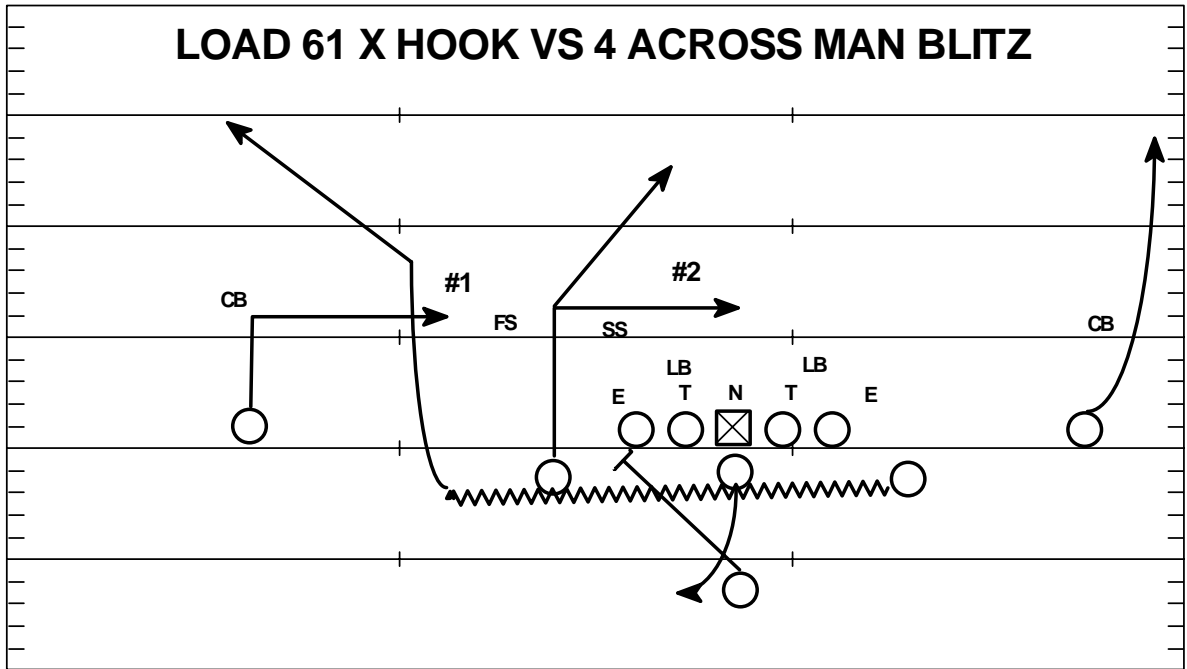
HOOK VS 2 DEEP ZONE



HOOK VS MAN FREE



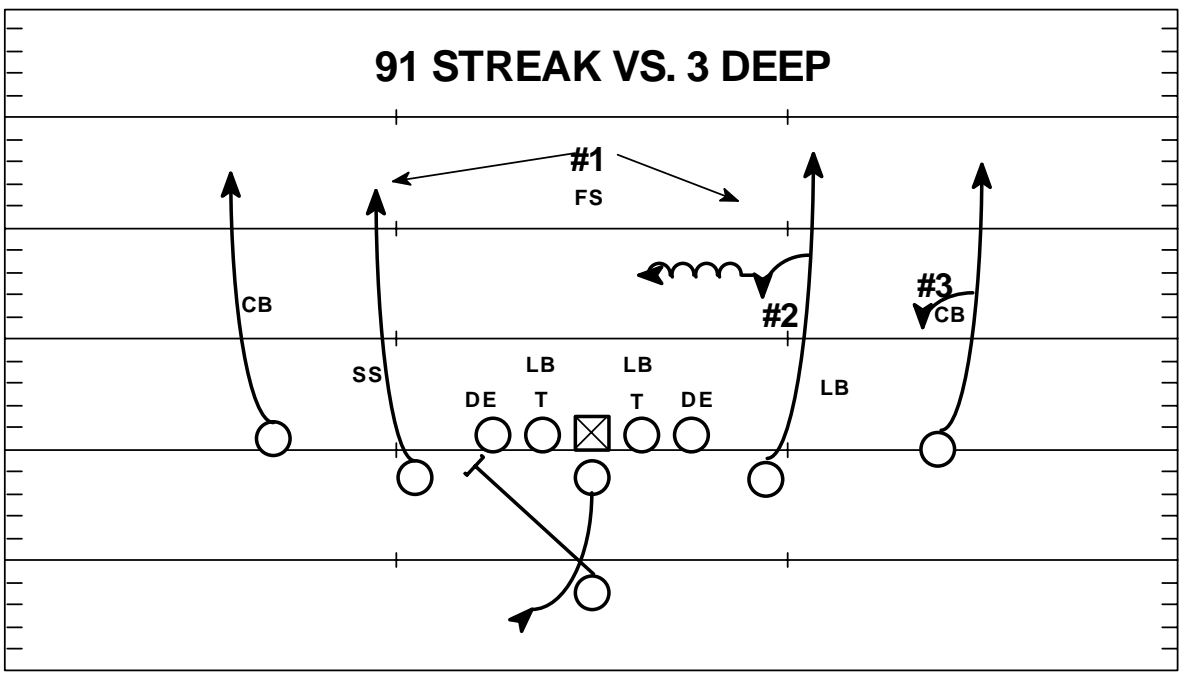
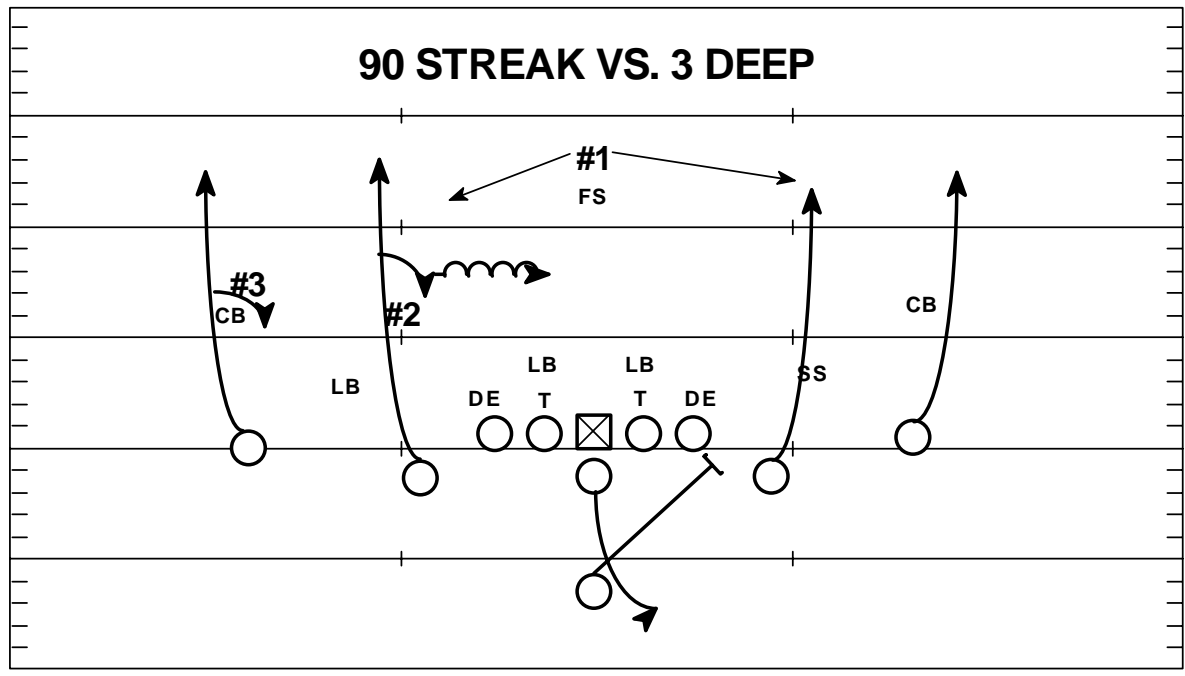
HOOK VS 4 ACROSS BLITZ



Balanced Packages:

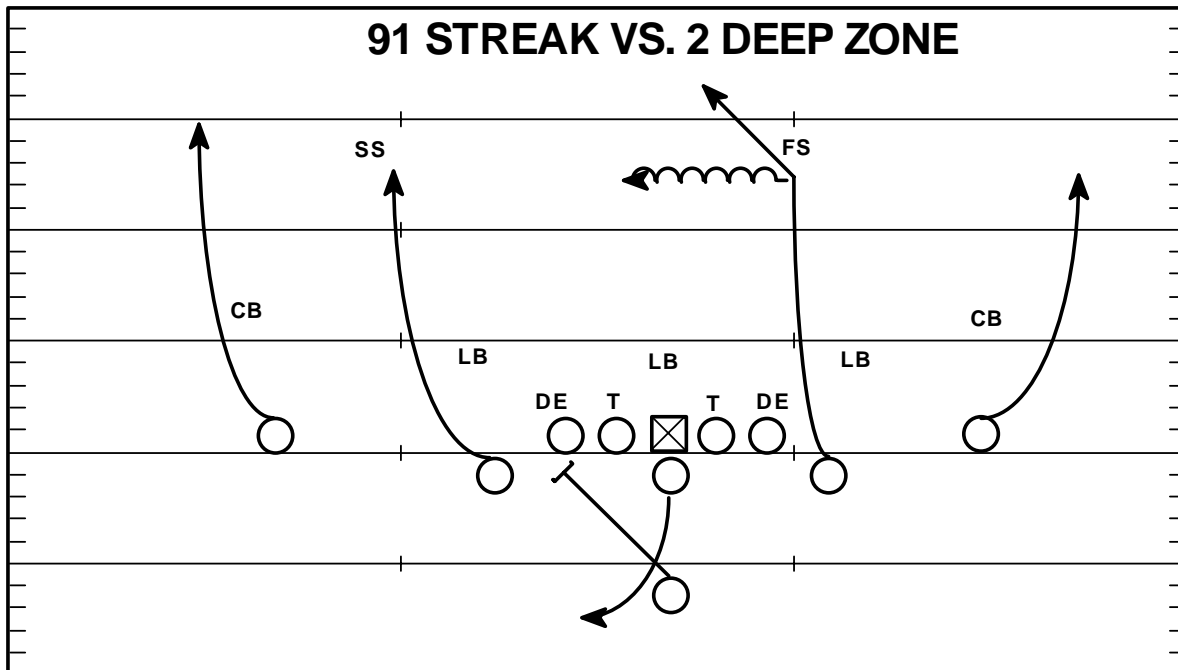
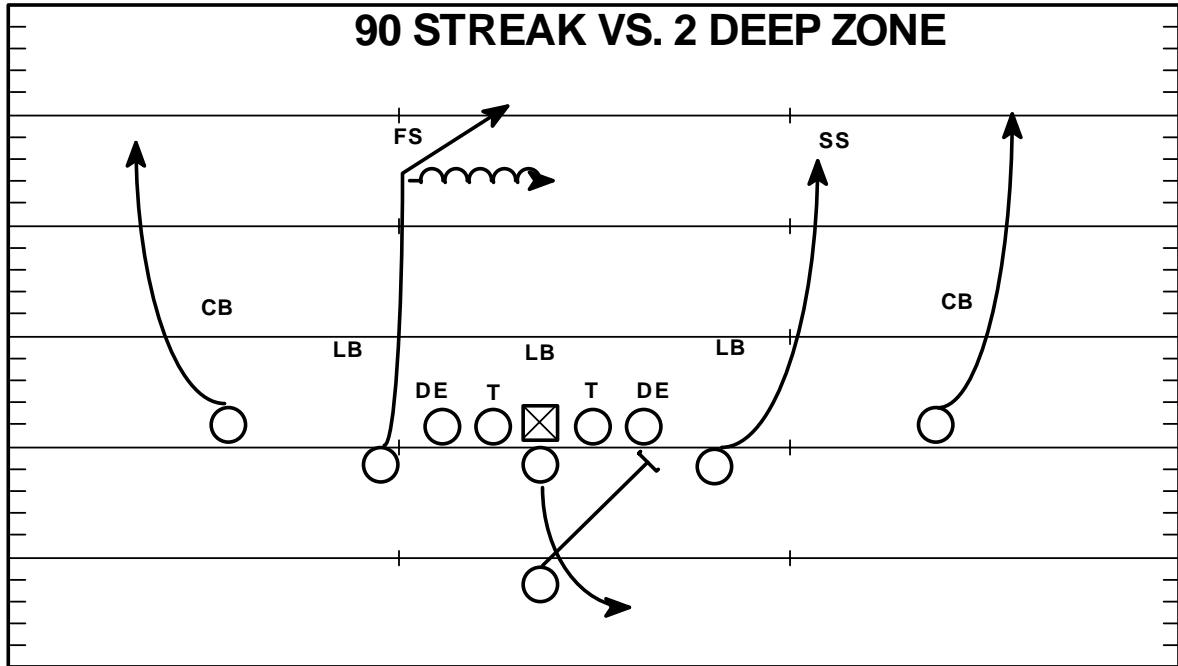
The Streak Route

STREAK VS 3 DEEP ZONE

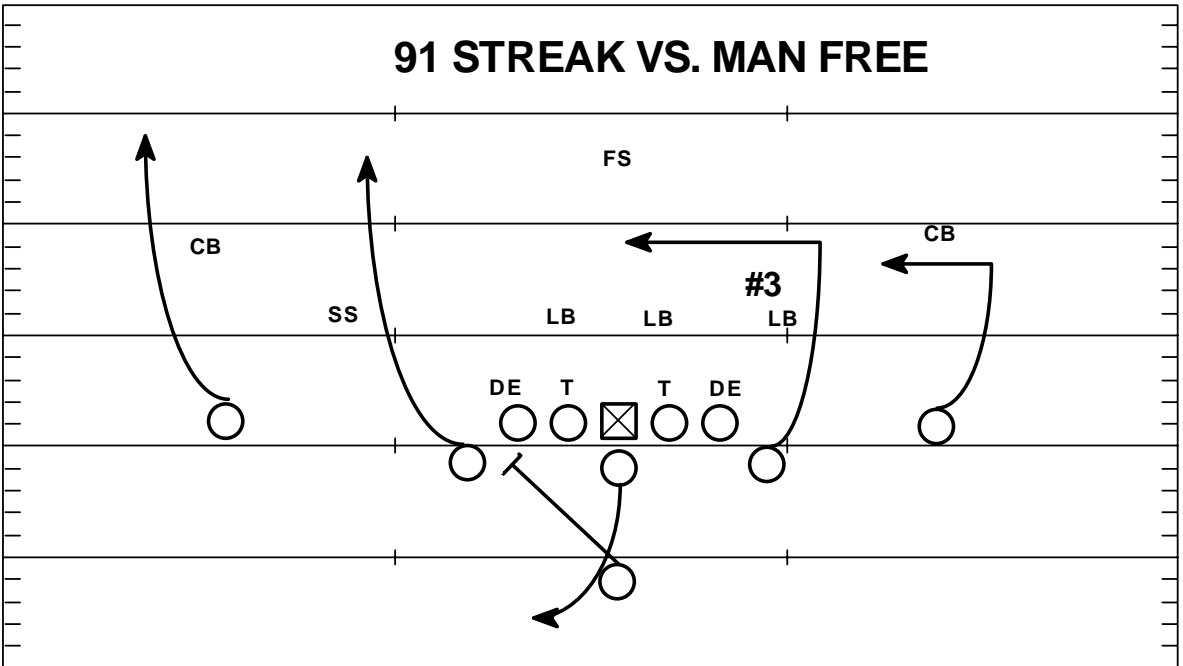
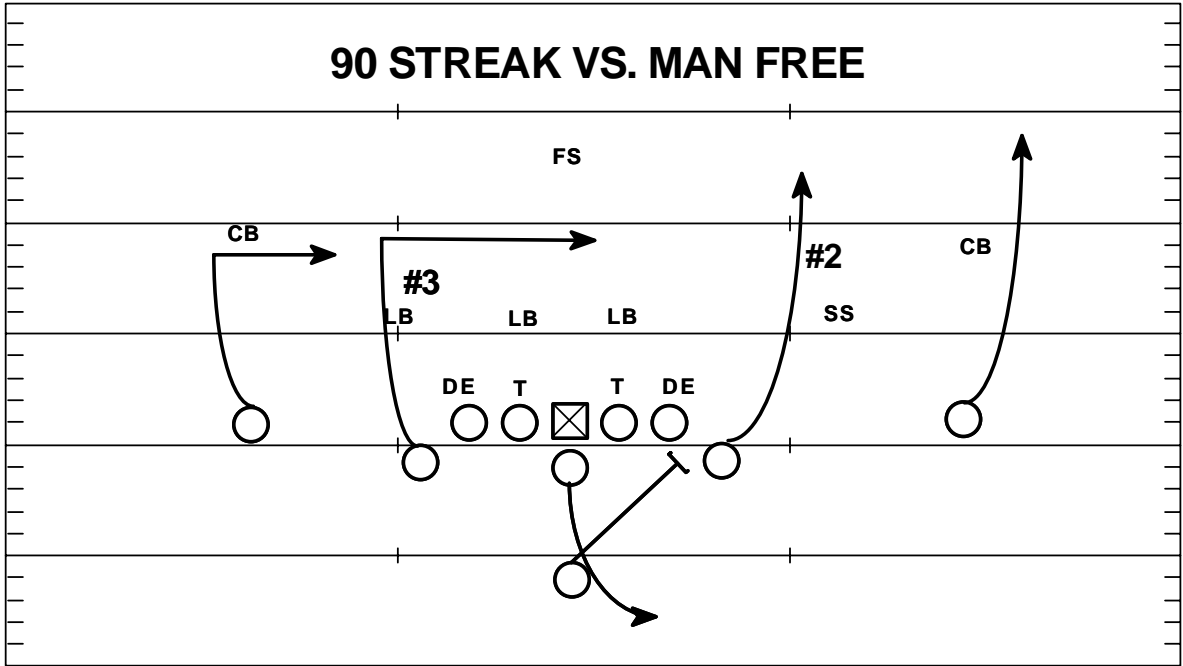


90 and 91 means that the QB is going to roll and set, then the next term refers to the backside routes. This means that the QB will be reading the backside routes.

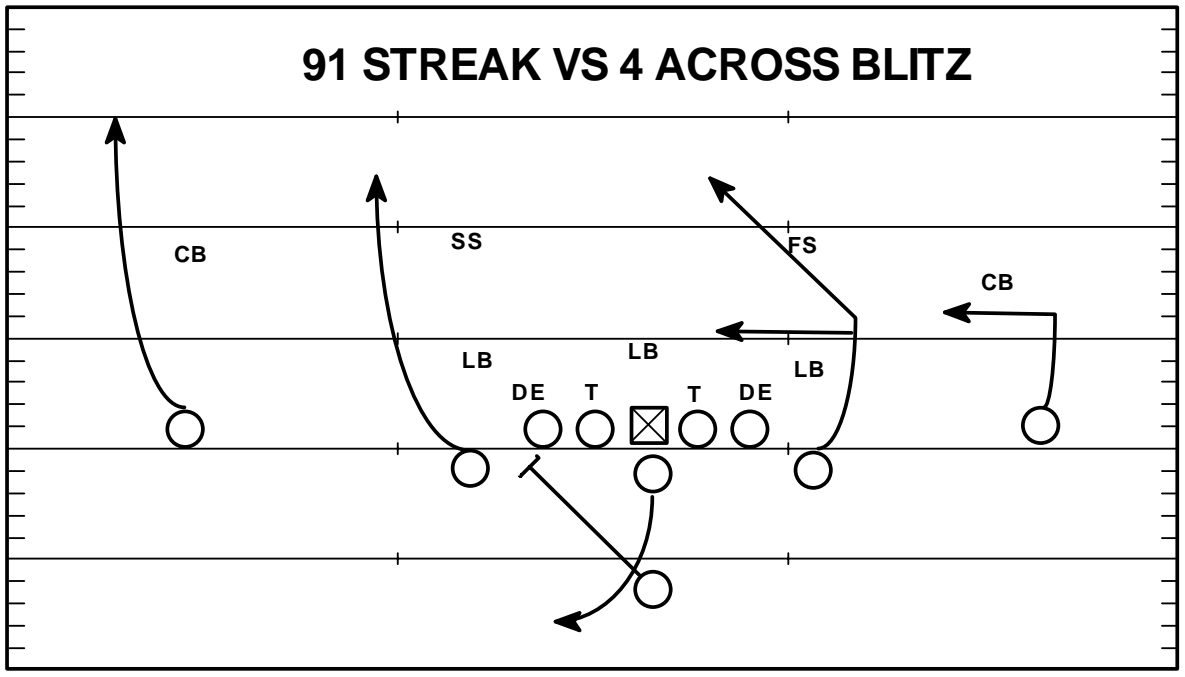
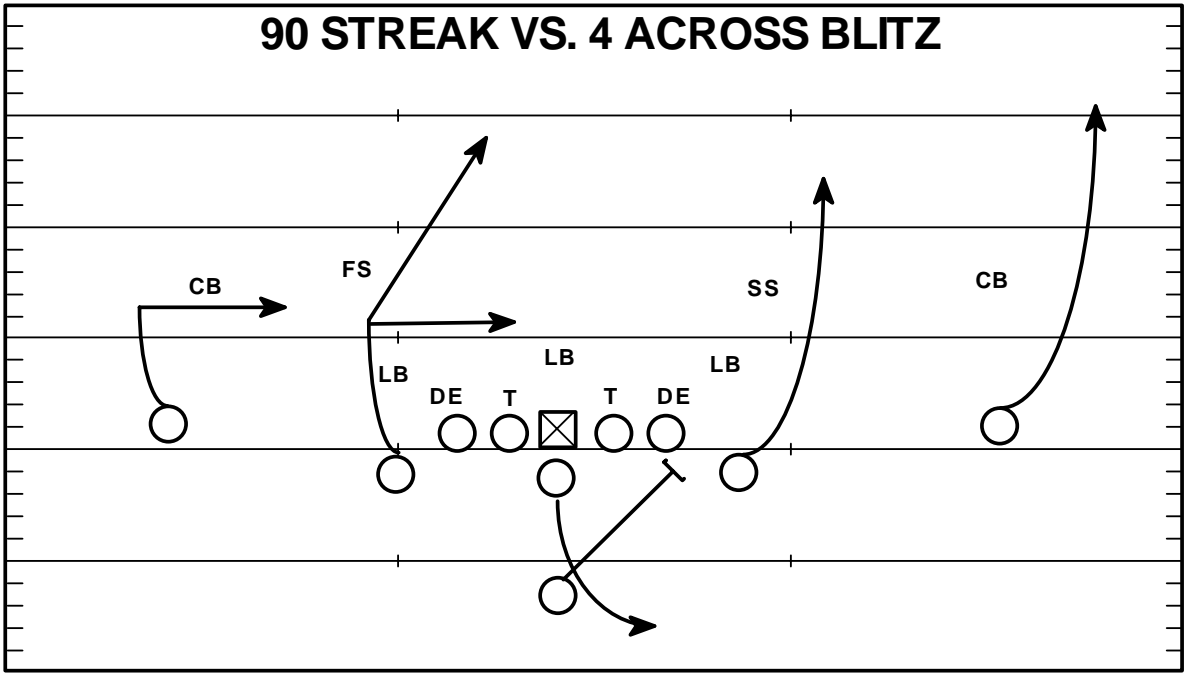
STREAK VS 2 DEEP ZONE



STREAK VS MAN FREE

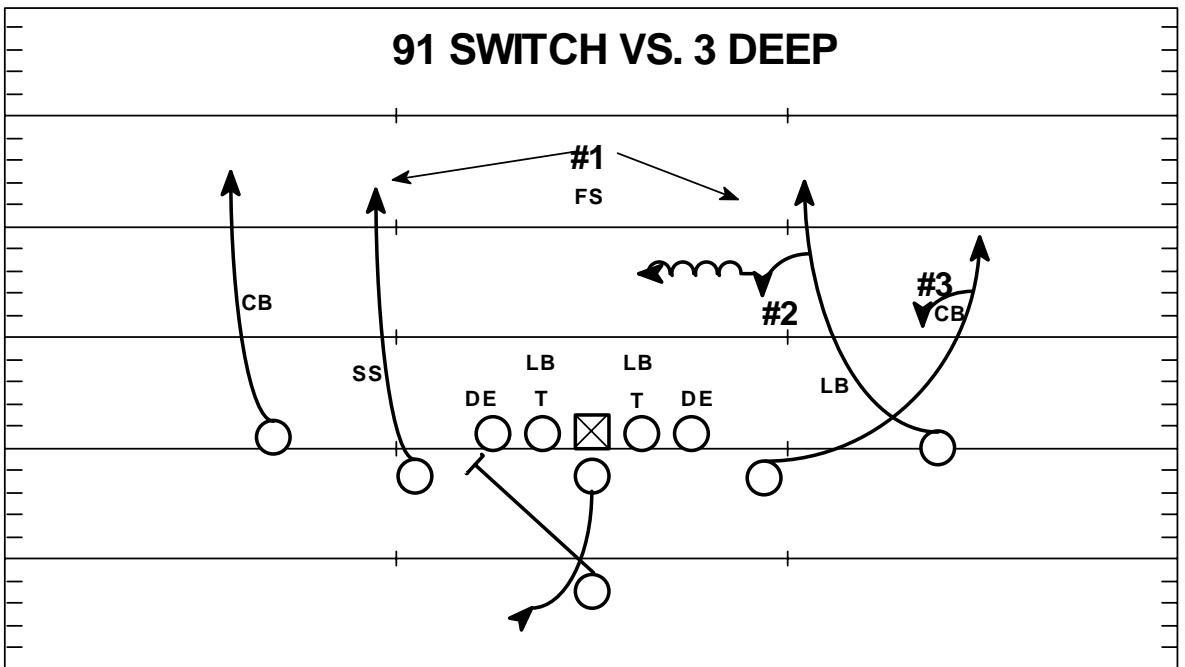
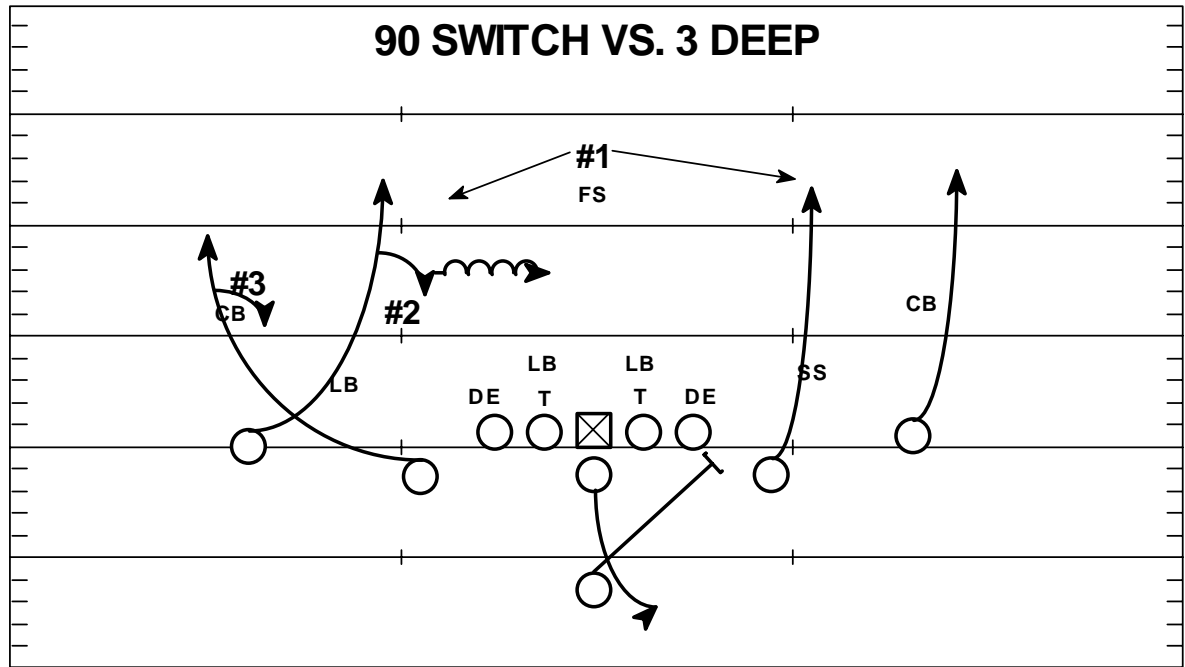


STREAK VS 4 ACROSS BLITZ

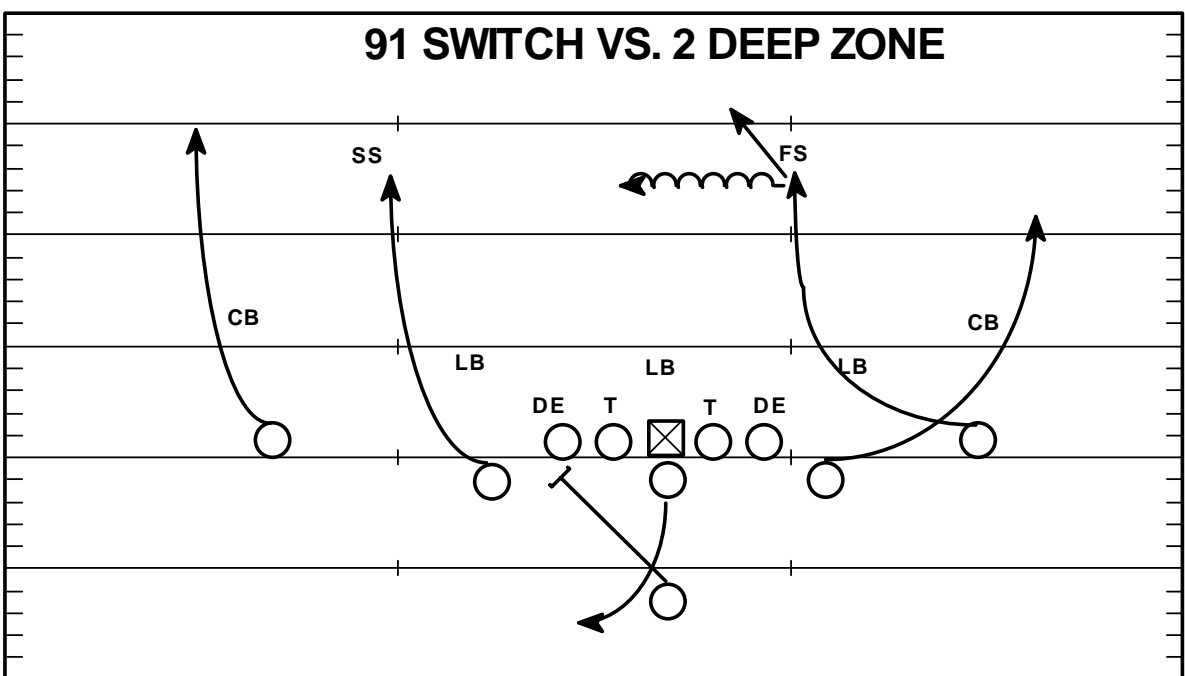
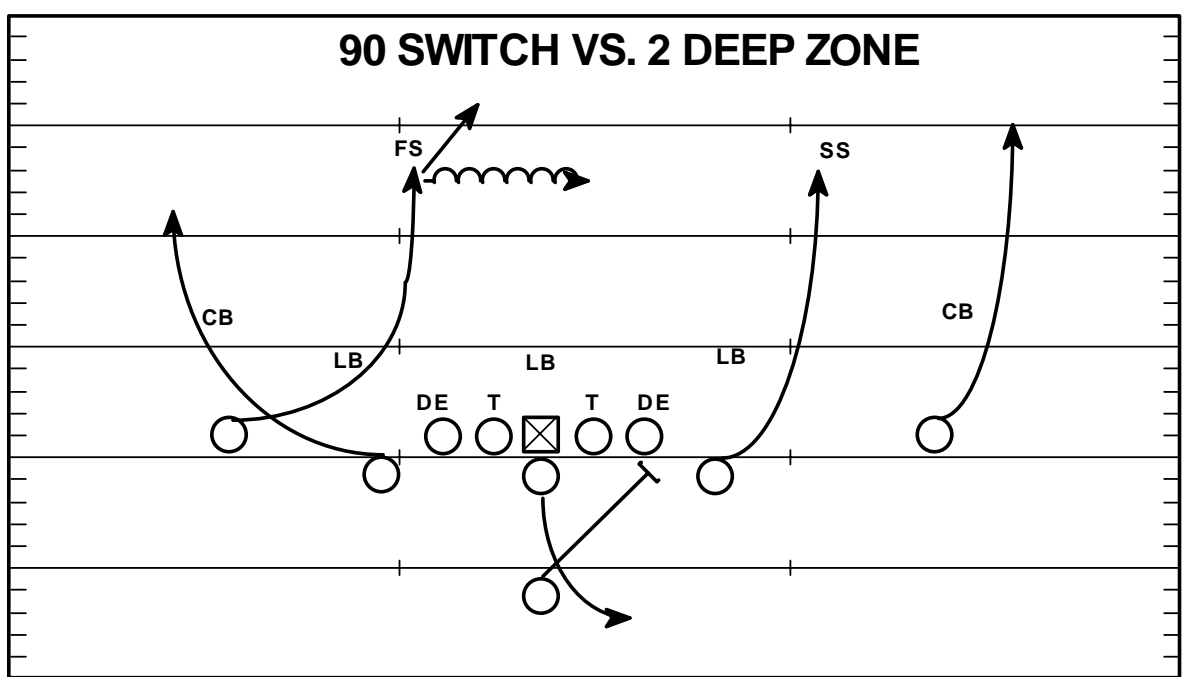


The Switch Route

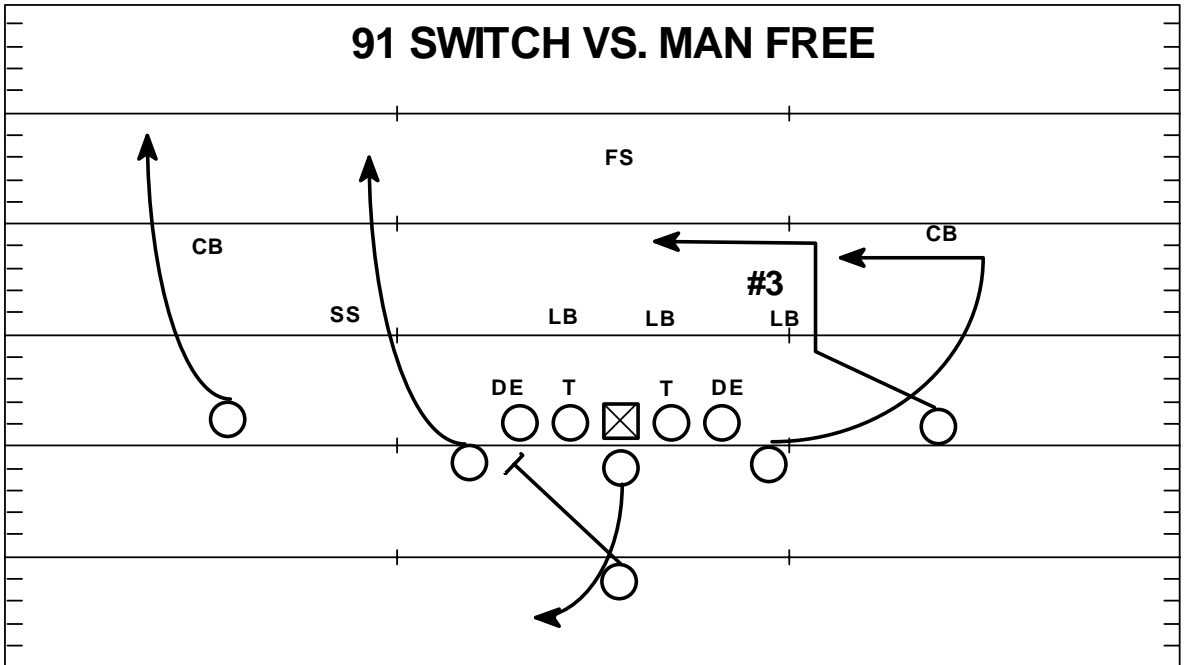
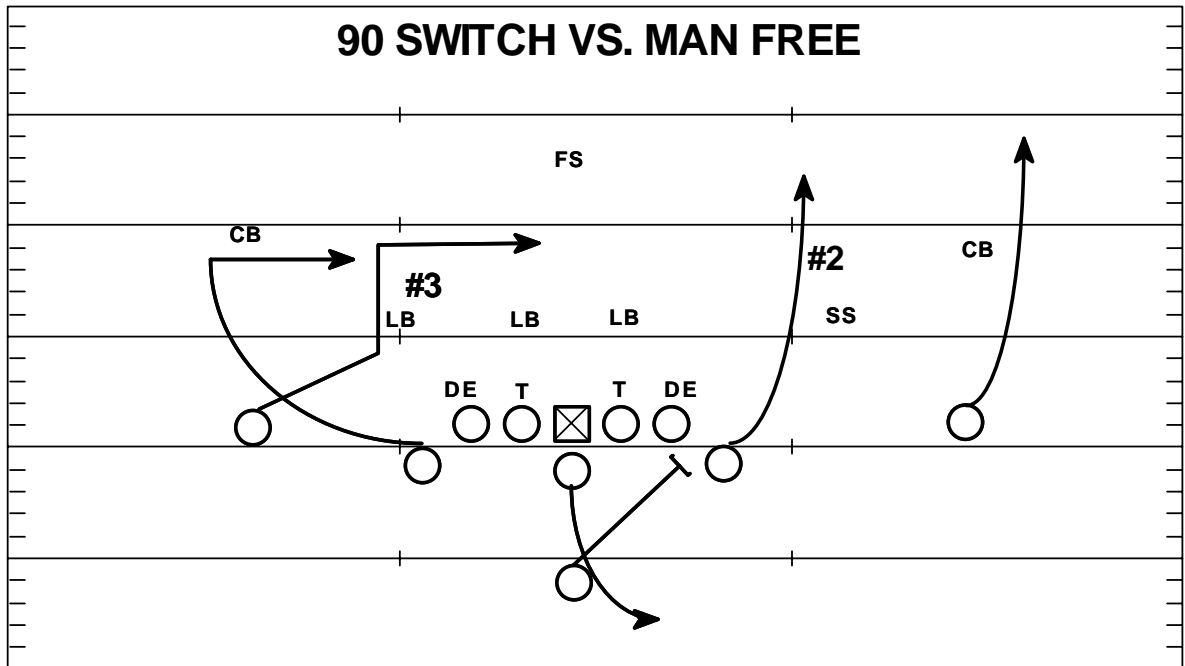
SWITCH VS 3 DEEP



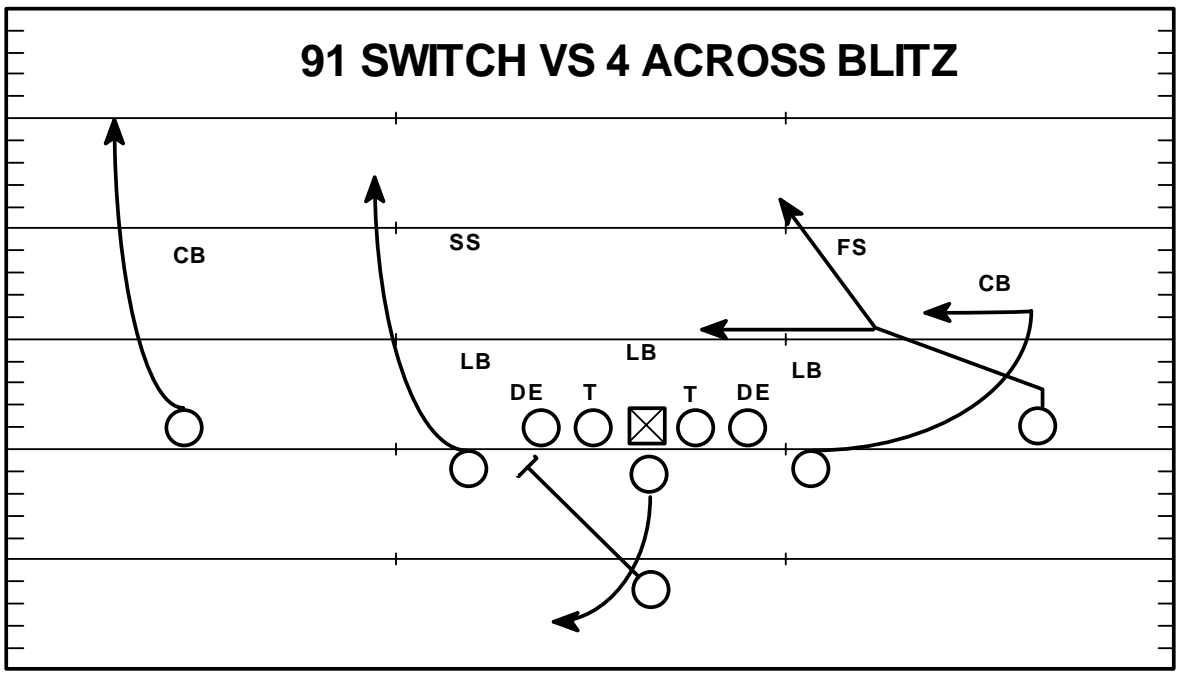
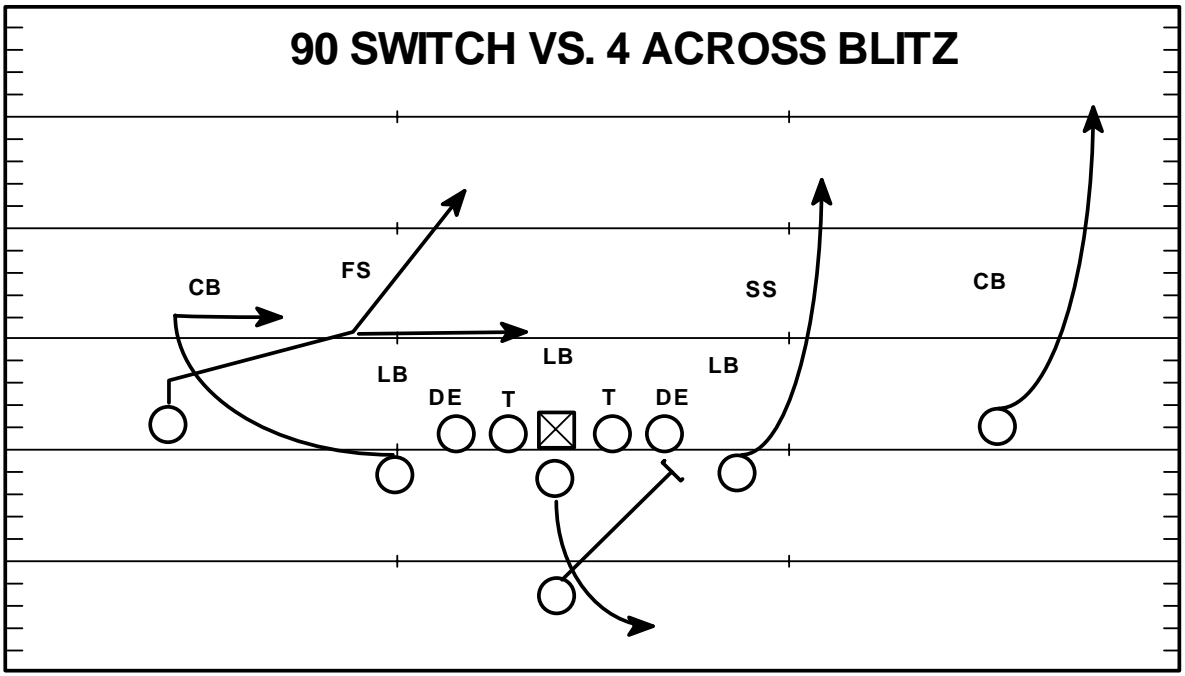
SWITCH VS 2 DEEP ZONE



SWITCH VS MAN FREE

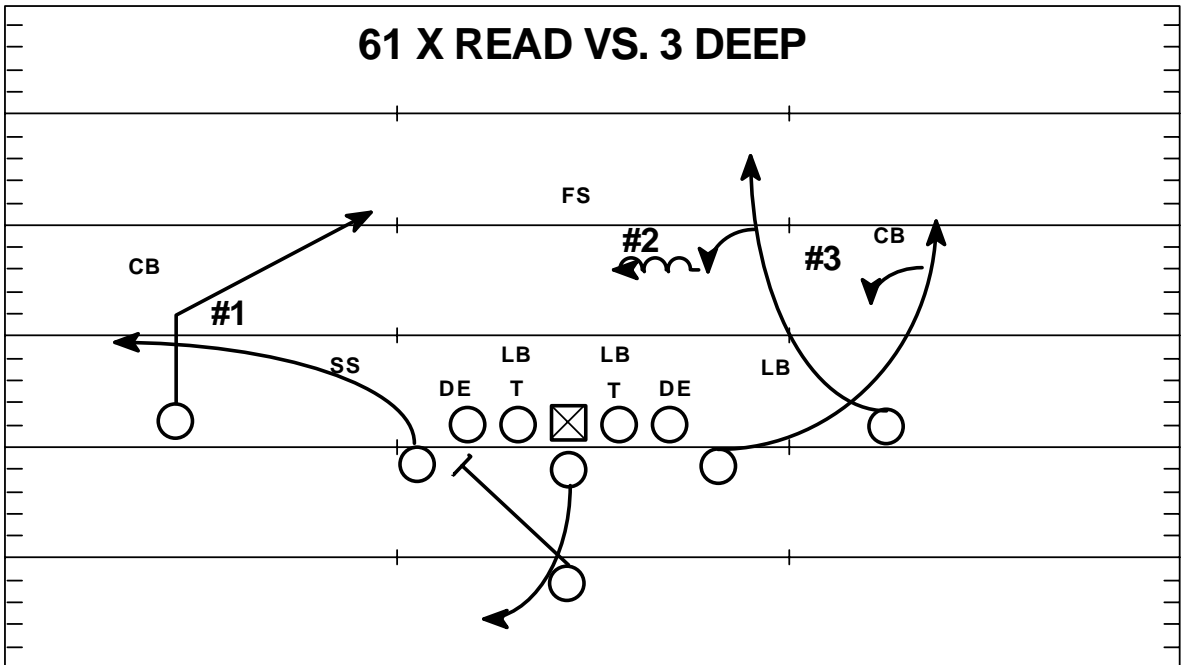
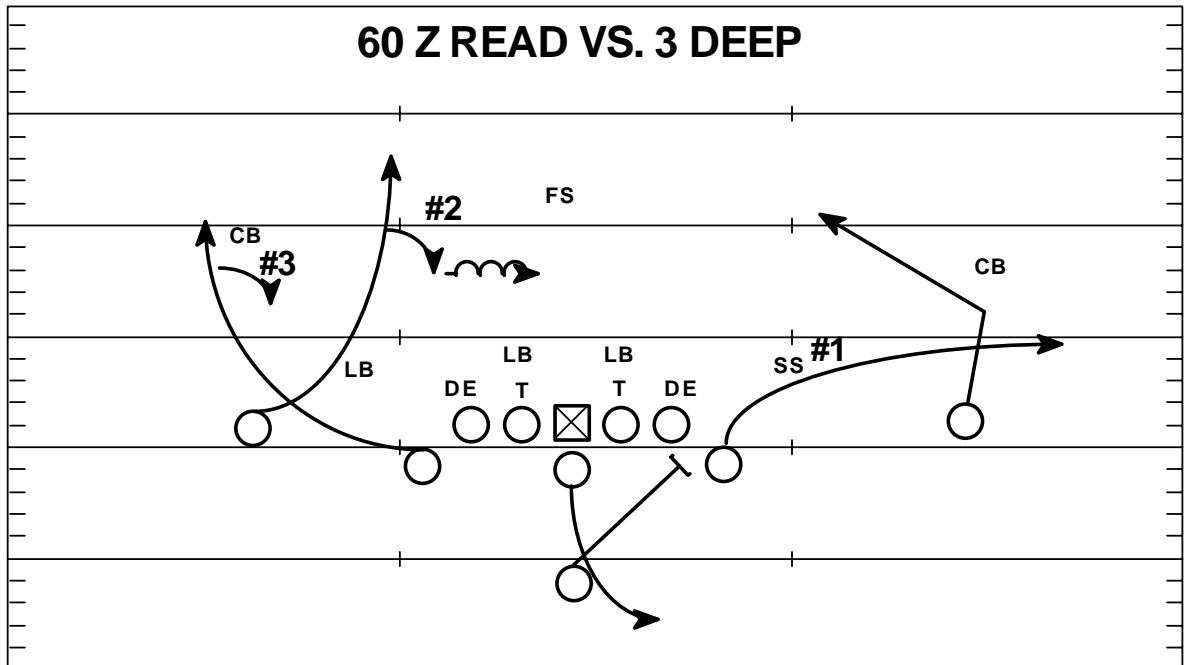


SWITCH VS 4 ACROSS BLITZ

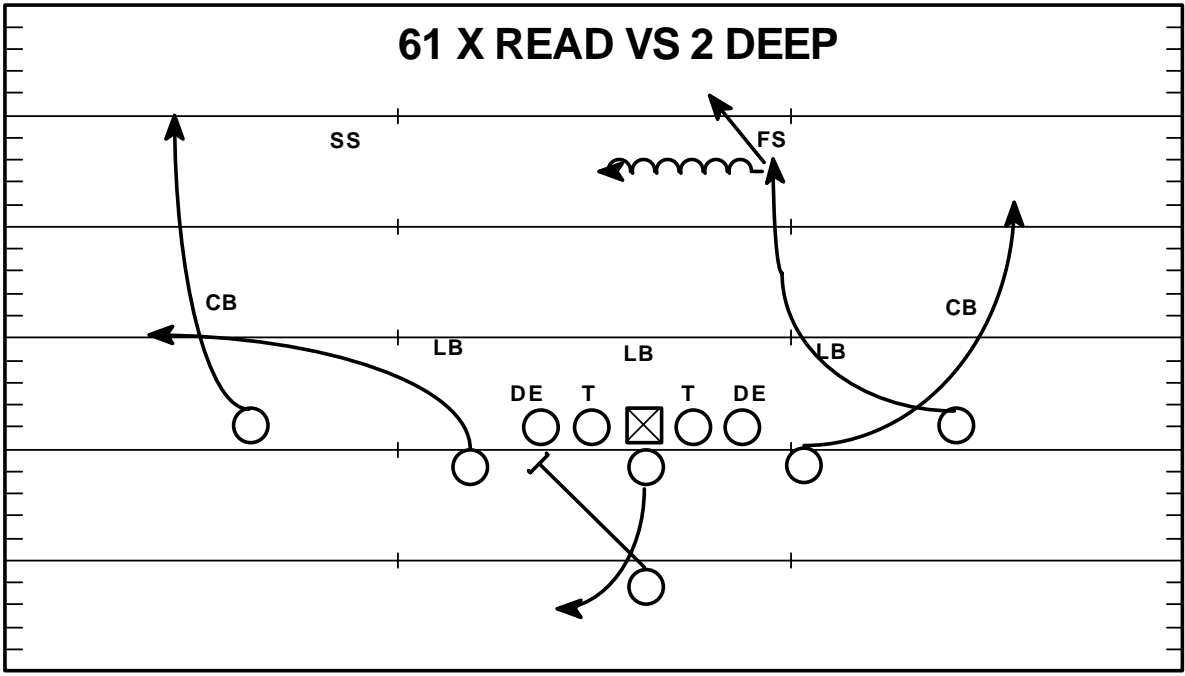
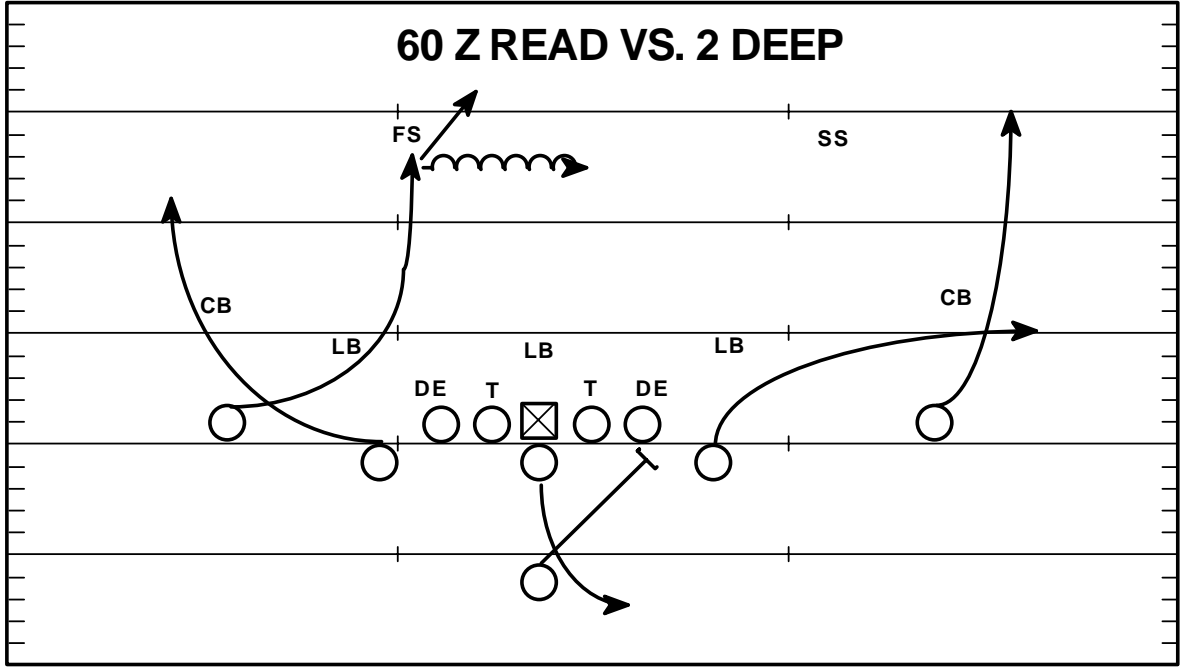


The Read Route

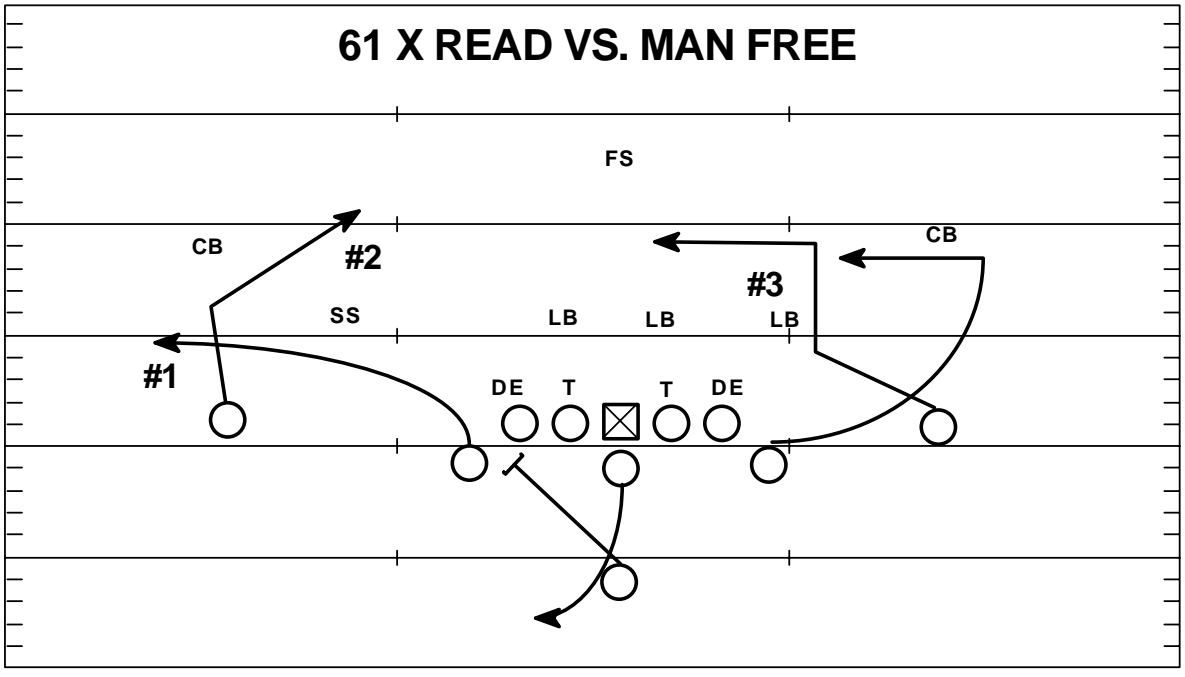
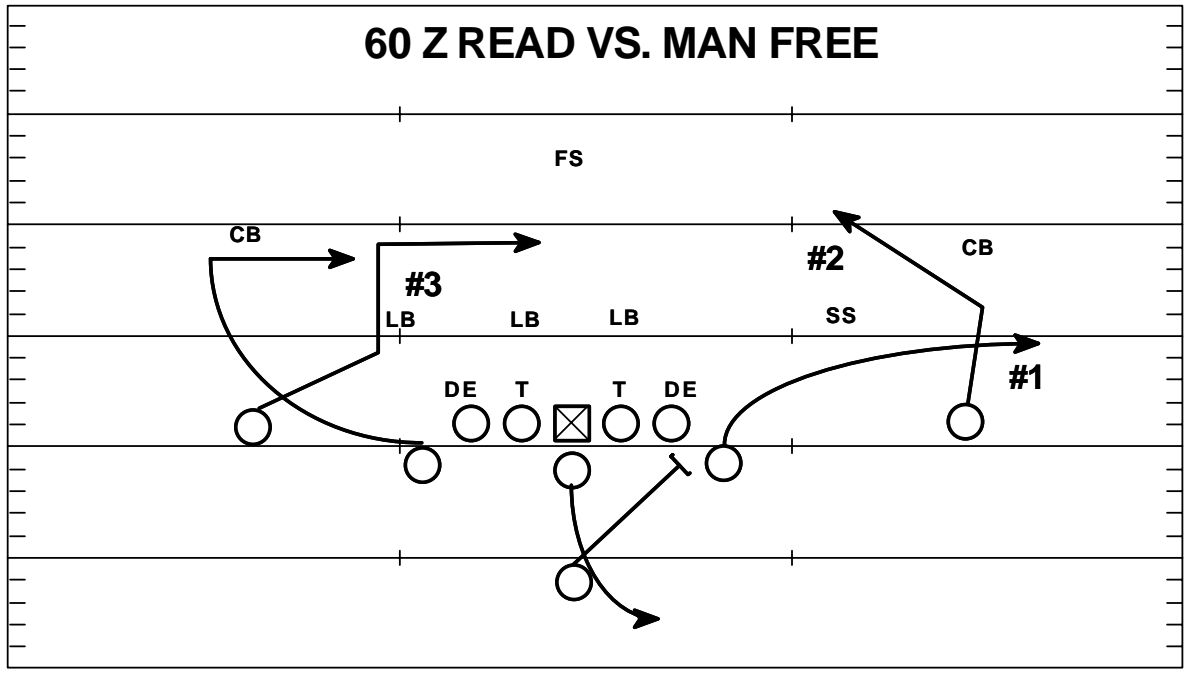
READ VS 3 DEEP ZONE



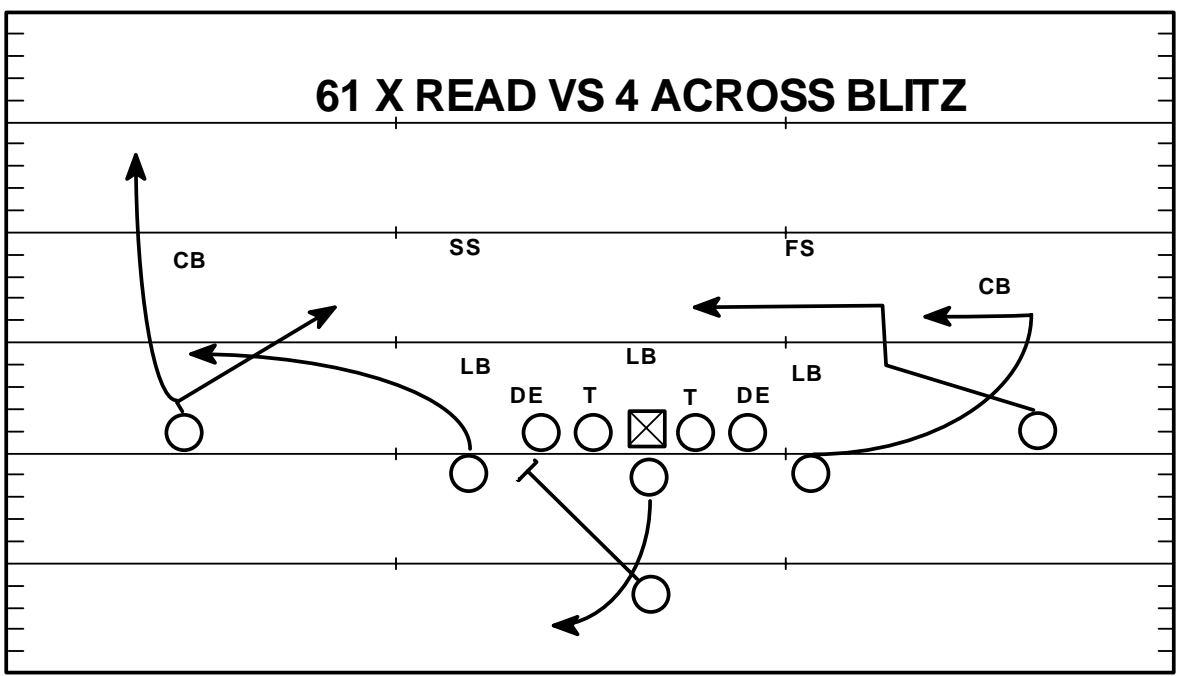
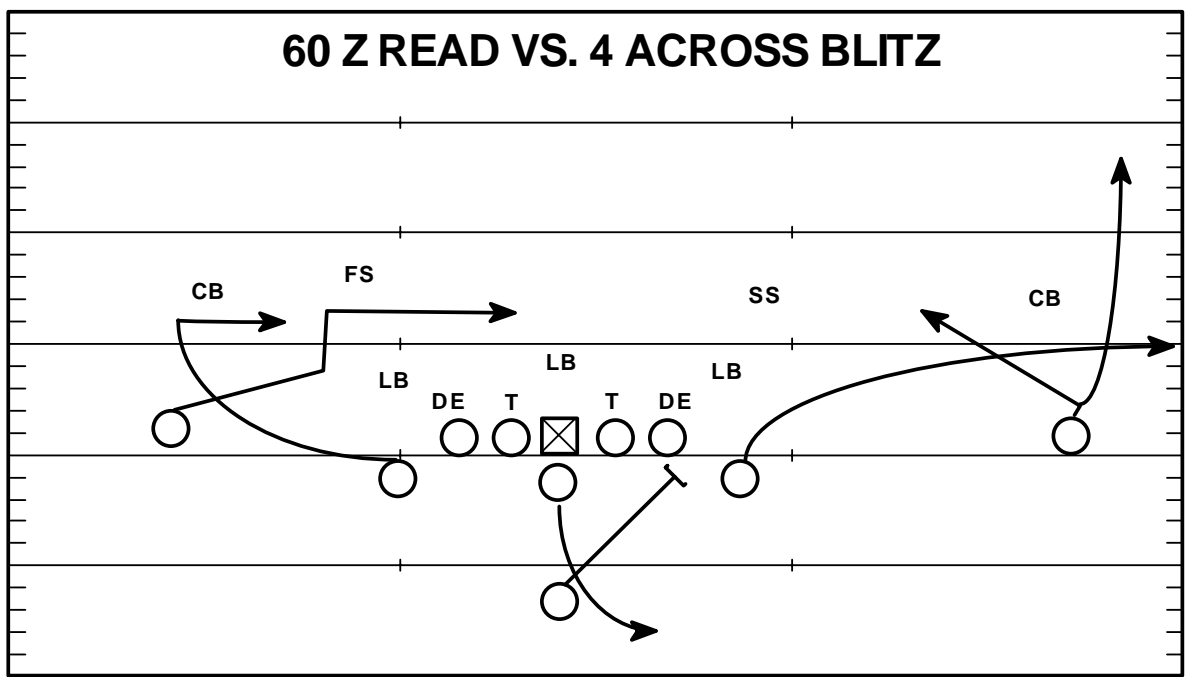
READ VS 2 DEEP ZONE



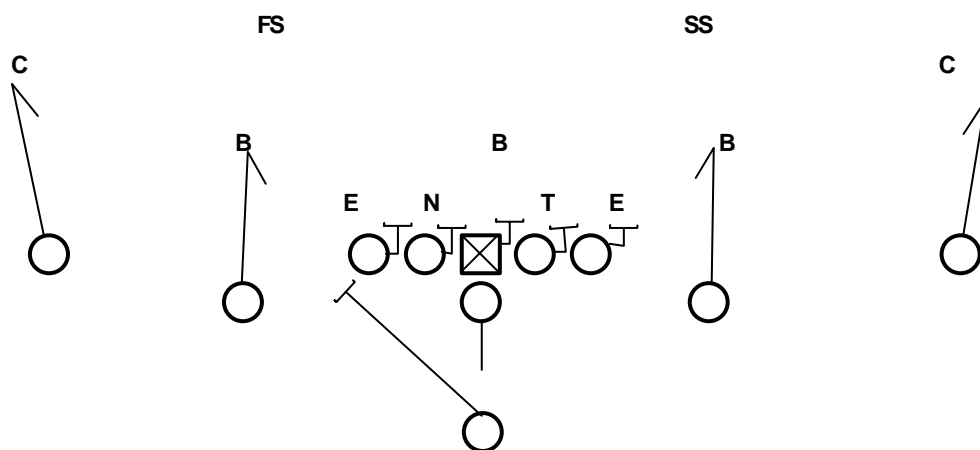
READ VS MAN FREE



READ VS 4 ACROSS BLITZ



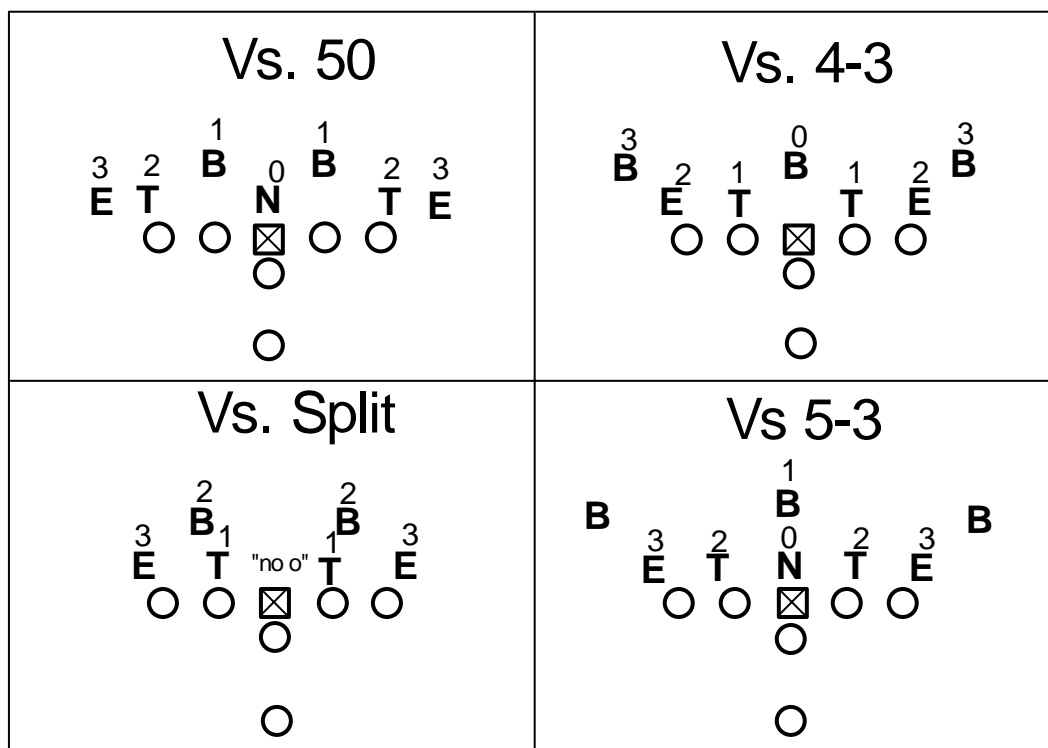
58(59)



- This is a mirrored route where all four receivers run a five step hitch.
- Steps 4 and 5 are short quick steps and the receivers should open and show the quarterback their numbers.
- X and Z should attack the outside number of the corner and Wing and Y should attack the inside number of the flat defender.
- The Quarterback takes a quick 3 step drop and reads the flat defender to the play side. If he sinks, he should get the ball to the SE. If he widens he should get the ball to the Slot.

Pass Protection

Numbering the Defense



When numbering the defense, you always number the first level to the second level if there is a stacked look.

Zero Call - This is the first call the center makes at the line of scrimmage if there is someone over him or there is a middle linebacker.

If the nose guard shifts to a gap technique after you have made a zero call, then the zero call is still on. The center has to pick the defensive man up.

The zero call is always a front side call.

With the zero call, the offensive linemen will block by the numbers.

Zero Base - This variation of the zero call is that now the offensive linemen will reach block to the front side gap.

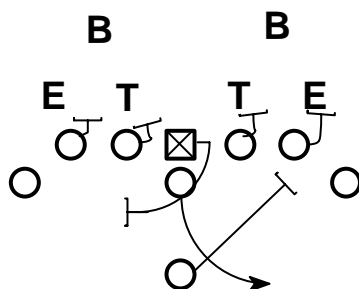
Line Splits - Center – Guard 2' – 4'
Guard – Tackle 3'

The splits of the offensive line are very important, because if the splits are too small, then that gives the defense better pursuit angles to the ball carrier or the

QB. If the splits are too small, it also gives the uncovered personnel a hard time trying to pick up the backside rush.

Nickel Call - The offensive linemen are blocking big on big and the S-Back is responsible for blocking the linebacker.

You have to determine how far your tackle can go out and reach block the defensive end. Do not give him a job he cannot do.

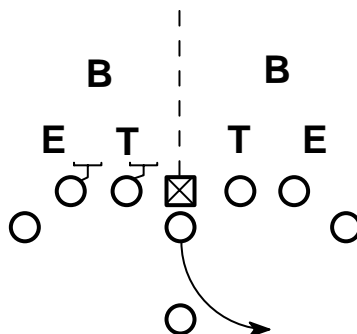


Blocking Techniques

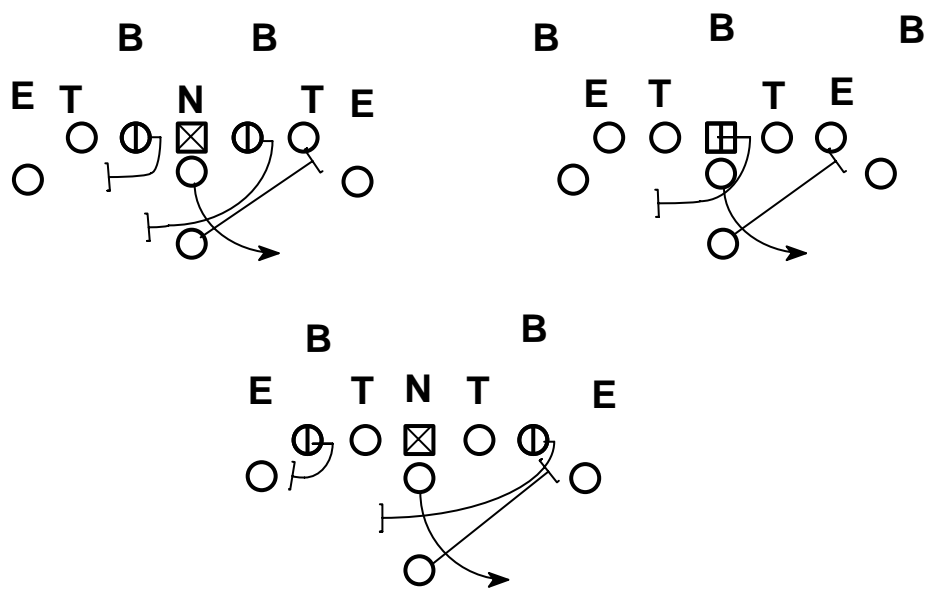
You want your offensive linemen to wall-off the front side of the defensive front. This means that the front side number of the defensive player is the aiming point for the linemen's punch. The offensive linemen on the front side want to insure the front side gap. So the offensive linemen are stepping, punching, and staying at the line of scrimmage creating a stalemate with the defenders. You want to be firm on the front side of the line.

The Backside

The backside linemen want to step and set to the inside to take away the inside number of the defender.



The Uncovered Rule

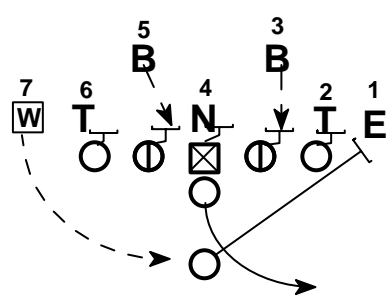


The uncovered linemen have the responsibility of stepping front side for help and checking for blitzing linebackers, then release to the backside to pick up the backside rush.

In the 3-4 alignment, the guard and tackle on the backside must recognize the difference between the Will LB being on the line of scrimmage or playing a walk alignment.

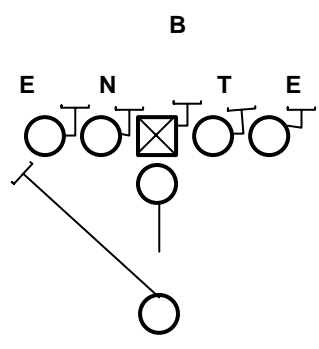


The 7th Man Rule



When there is a potential for pressure, we block to gap of the direction of the play and we let the 7th man go free. Because of the roll of the quarterback, the 7th man should not make the play.

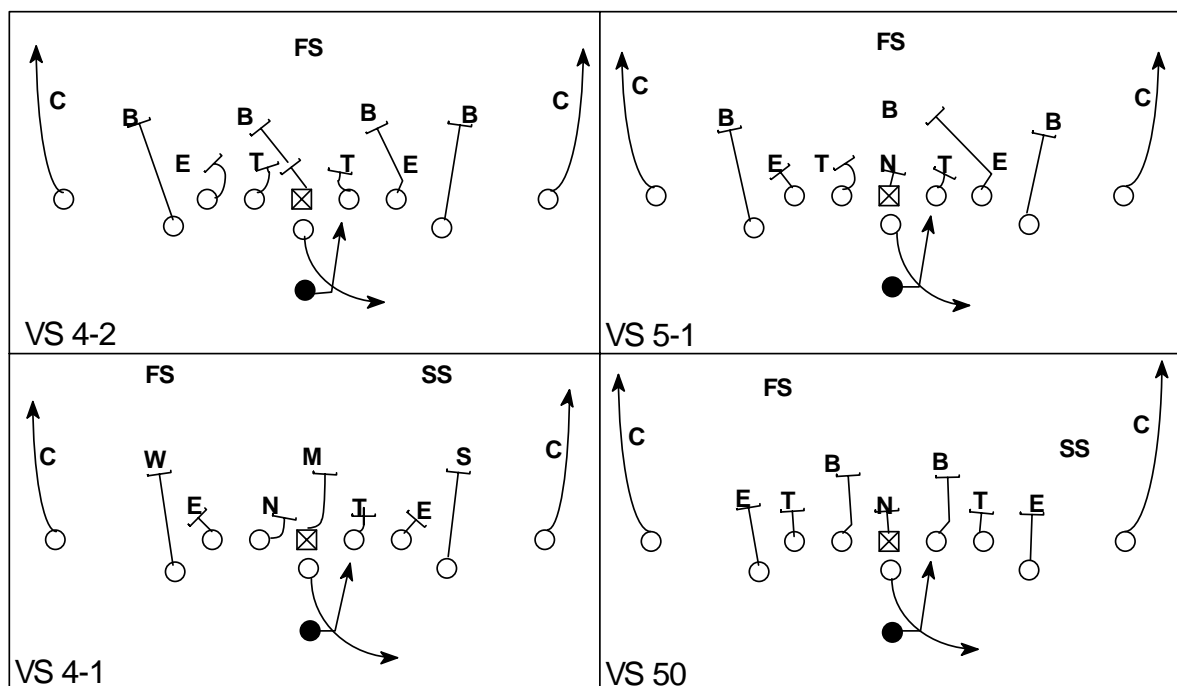
58(59) Protection - This is our quick game protection when we zone protect to the play side with the line and the S-Back is responsible for the backside. In this protection we want our linemen to step, punch, and then cut to their play side gap responsibility.



The Running Game

32(33)

The Mini or Quick Draw



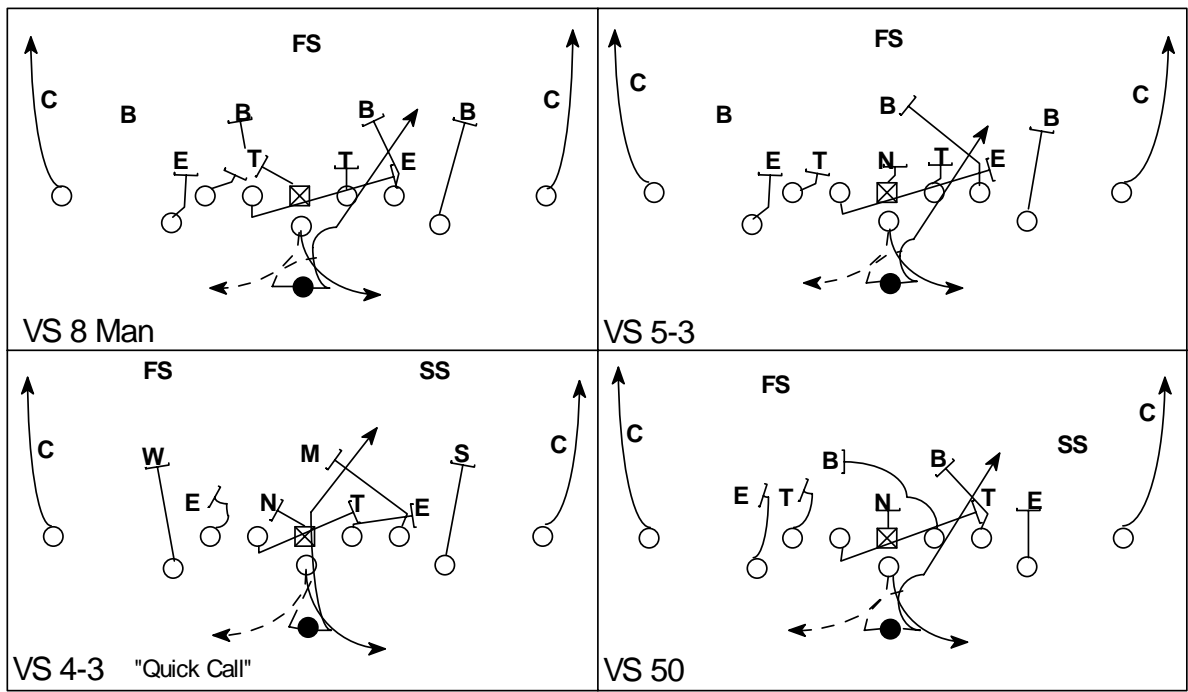
S-Back - You are taking one open step to the playside with your toes pointed up the field. You are then making an option running read off the first lineman on the backside past the playside guard. In and even front it would be the the backside guard and in an odd front it would be the center.

If you see the defender is crashing down, then you bump it out to the next linemen and read his block.

In a 60/32 or a 61/33, which is the full draw, you are taking three steps out.

Quarterback - You are taking your normal drop as if it was a pass play. On your second step, you should be handing the ball to the S-Back. It is very important that you give the illusion of a pass play.

34(35) Trap (S-Opposite)



S-Back - Your first step is an open step to the play side and your second step is at the butt of the center. You are then making your cut off the butt of the pulling guard who is making a trap block.

On a 34 or 35 Trap S-Opposite, you are taking your open step to the backside.

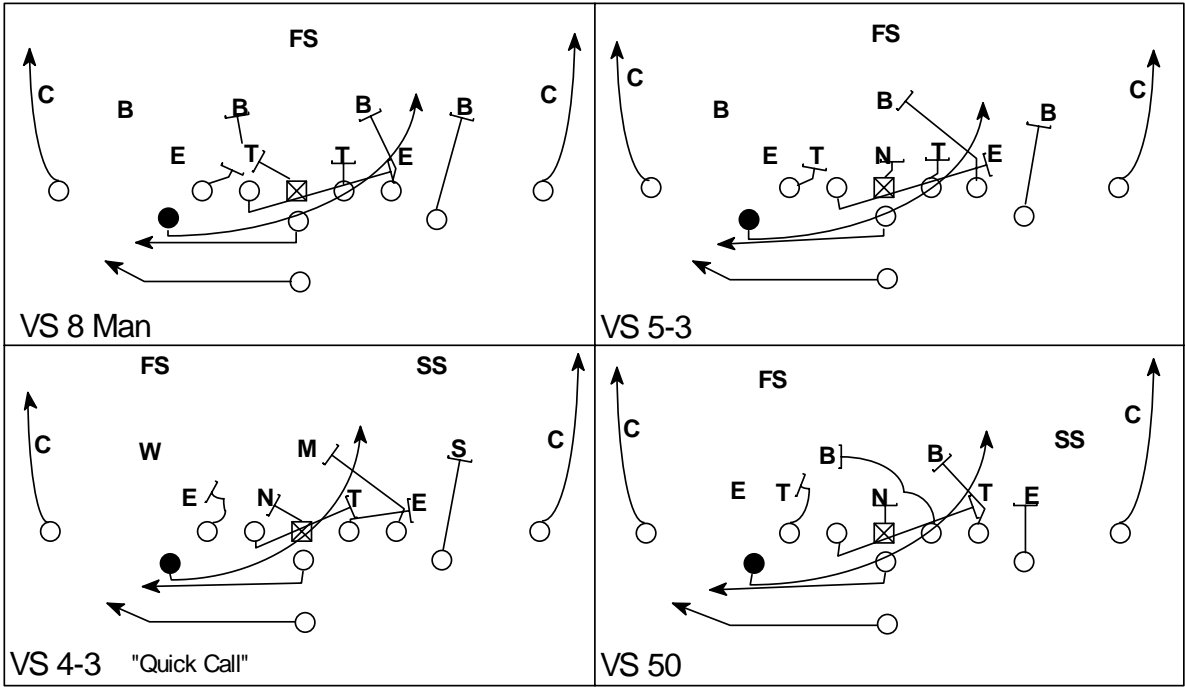
Quarterback - You are taking your normal drop and handing the ball off to the S-Back.

It is important that your drop looks like your pass drop.

On 34 or 35 Trap S-Opposite, you are rolling out to the backside and handing the ball off, then continuing of a bootleg fake.

In the trapping game we are trapping the man head up or outside the tackle.

24(45) Counter Trap



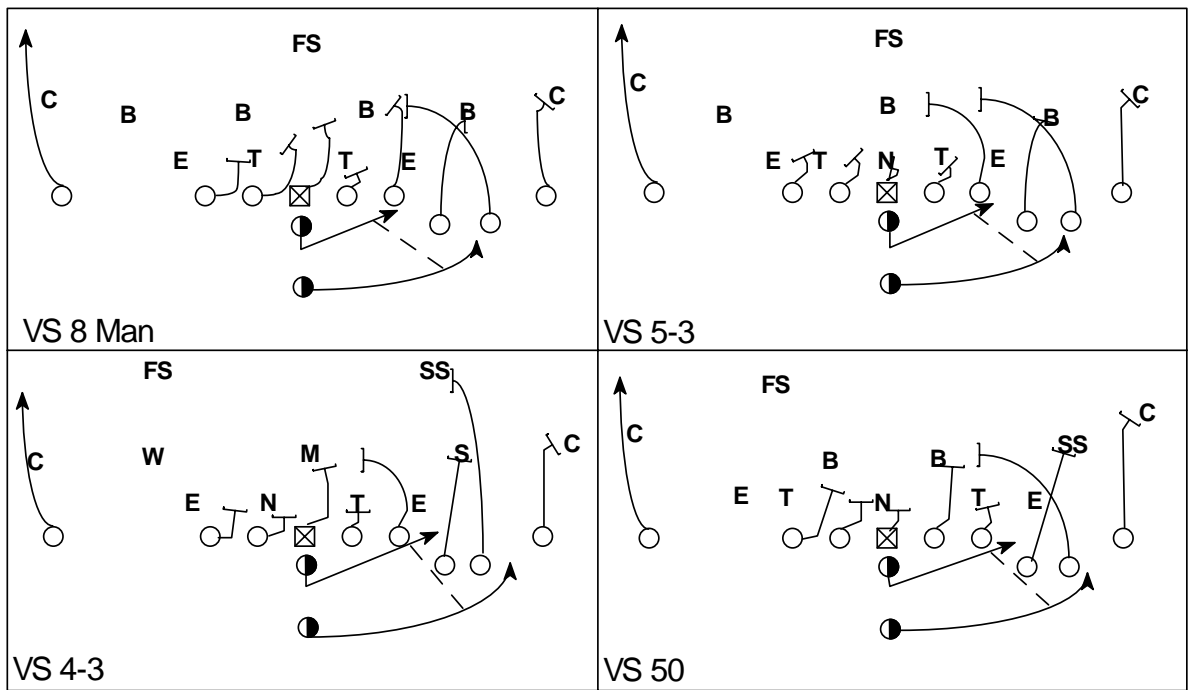
S-Back - You are running an option fake opposite.

Slot - You are following the pulling guard and making your cut to the inside of his block. You are receiving the hand-off on the inside of the quarterback.

Quarterback - You are running an option fake opposite and handing the ball off with your inside hand.

The line blocking scheme is the same as a 34 or 35 Trap.

38(39) Option



S-Back - You are taking an open step to the play side, maintaining good pitch relationship with the quarterback.

Quarterback - You are taking your big punch step and running down hill at the line of scrimmage.

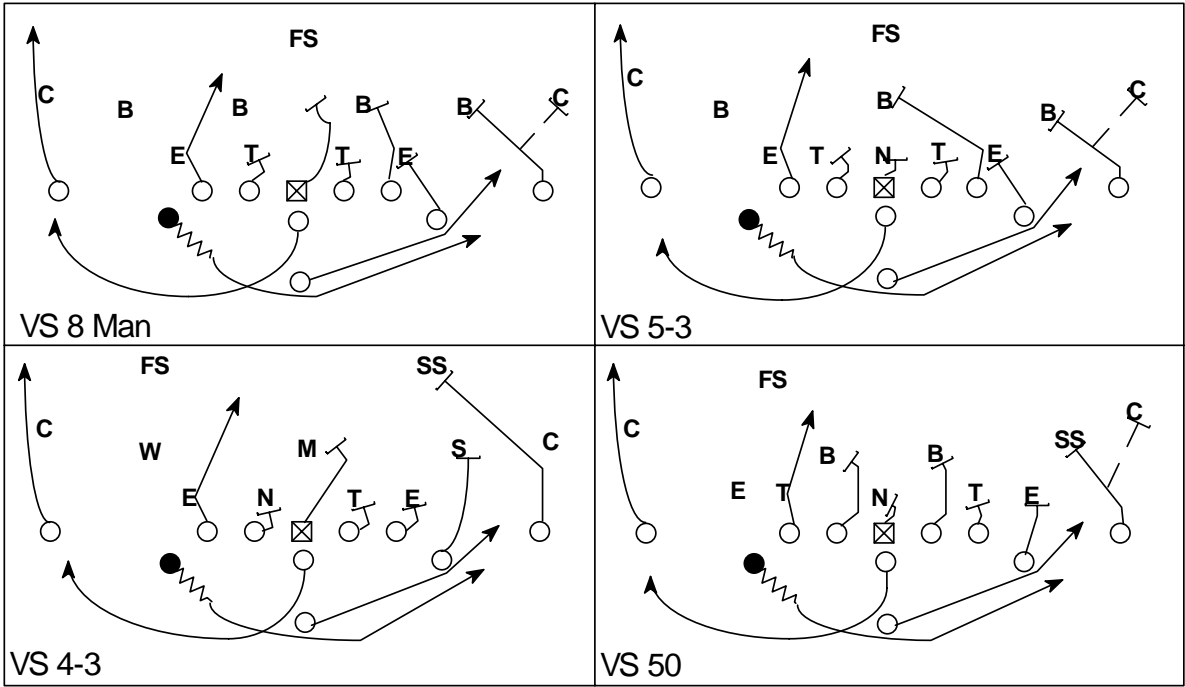
We are going to option the end man on the line of scrimmage.

The Quarterback can make an opposite call on the line of scrimmage and then play will automatically go to the other side.

Ex. A 38 Option would become a 39 Option.

The blocking is a basic big on big by the numbers.

28(49) Sweep



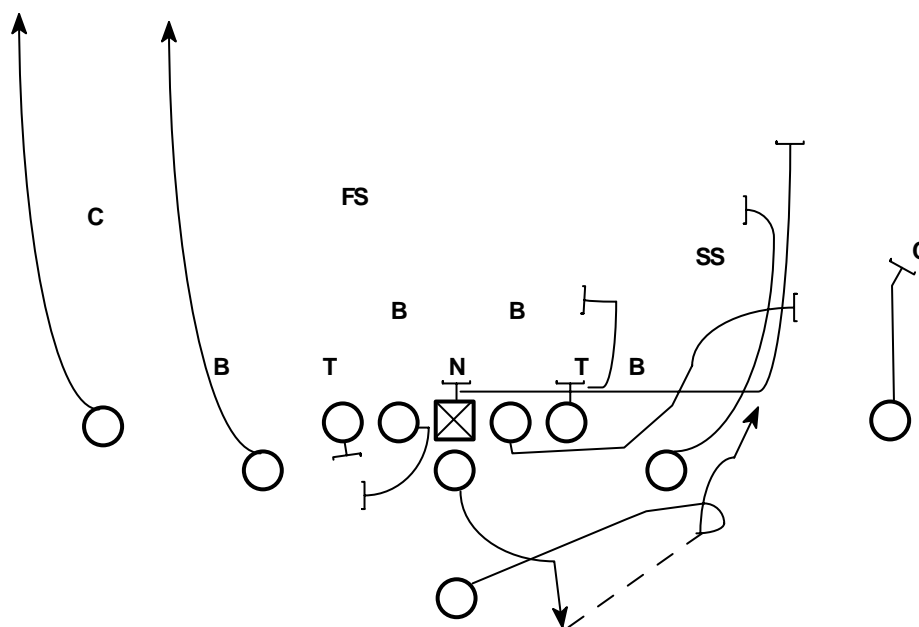
S-Back - You are the lead blocker on the play. You have a read progression on who you are going to block. Your progression is 3 to 4 to 5.

Slot - You are running a deep short motion to be behind the backside tackle at the snap. You are following the lead block of the S-Back.

Quarterback - You are reversing out and handing the ball to the Slot and running a bootleg fake to the backside.

The line blocking is basic big on big by the numbers.

60(61) Slip Screen



- S-Back -** You are going to block like in normal pass protection. When you get to the line of scrimmage, you will pivot on your outside foot with your back to the line of scrimmage making eye contact with the quarterback. You will then catch the football, yell “GO”, and turn up field following your blockers.
- Slot -** You are going downfield and blocking the third level defender.
- Play side SE -** You are blocking the cornerback to the outside.
- Quarterback -** You taking a normal 60 drop, then on your third step, you will take two back pedal steps and throwing a jump pass to the S-Back.
- Play side T -** You are holding for a two count, while making contact with the defender over you. You will force the defender to the outside and up. You will then go up field and make a seal block to the inside on the second to third level defender.
- Play side G -** You are holding for a two count, then you are going laterally across field until you get past the play side tackle, then you will go up field for the kick out block to the outside.
- Center -** You are holding for a two count and then you will follow the play side guard across the field until you hear the word “GO” from the S-Back. You then will go up the field and block the first opposite colored jersey you see.
- Back side G and T -** You are using blocking technique on the backside.