

# The Spread Offense

## A Coaching Manual



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## **Dedication**

This book is dedicated to my wife, Kim Jackson, who supports all my football adventures and me. She is a wonderful person who keeps me on the right road.

This book would not be possible without the gifts of my Lord and Savior Jesus Christ. To Him be the glory for all my successes and failures. Through him I can do all things through Christ who strengthens me.

## **Introduction**

I have become a student of the spread offense. I have a passion for the game of football and love to talk football. I believe that the spread is the best offense for our modern game. That players love to play the spread and that the offense brings excitement to the game. It is more fun not only to play, but is a blast to coach. It forces defenses to adjust to you and not the other way around. If the offense is executed properly, it is almost impossible to stop. Most importantly, the offense creates points and the opportunity for big plays. I don't know about how High School football in your area, but it has been my experience that in a majority of games the team that creates the most big plays wins the ball game.

We will start our discussion of the offense by talking about the philosophy of the offense then continue on to outline the details of the offense. I will present a play calling and naming system in which I am comfortable with and is based on the use of wrist bands, this is not to say that whatever system you would like to use can not be done. Let me stress that I think the spread, and for that matter any offense, is better suited for the no huddle offense. It is also important to point out, that I do not believe that the spread is something you do in addition to your regular offense. If you are a wishbone team, then run the wishbone, if you start playing around with the spread to help your wishbone it will not be efficient and you will not get good enough at it to force teams to honor it. I guess what I am saying is sell out and run the spread, not as part of your offense, but as your offense.

I am a football coach, not a novelist or award winning author, I intend this e-book to be a body of knowledge. I hope that you find it easy to read and easy to understand. Thanks for your time and enjoy my e-book.



### My Football Coaching Prayer

Father God,

I come before you in the name of Jesus and in the power of the Holy Spirit. Father lead and guide me as I coach. I can do all things through Christ who strengthens me. And if I put God first, the desires of my heart will be given to me. I speak blessings and favor for this football team because I am a child of God by the blood of the lamb. Father, use me to impact lives in a positive Godly manner as I coach today. Let my actions speak for me Father, and let my tongue be used in a manner that will glorify you. I pray for the coaching staff and players. Let us remain injury free and let everything that is done be pleasing to you. You are my source and my strength and let me not forget who I am in you. Let me walk in a way that is worthy of my calling. I will walk victoriously both on and off the field because you are my strength. We pray these things in the mighty name of Jesus.

Amen



# Discipline

Do what needs to be  
done,

When it needs to be  
done,

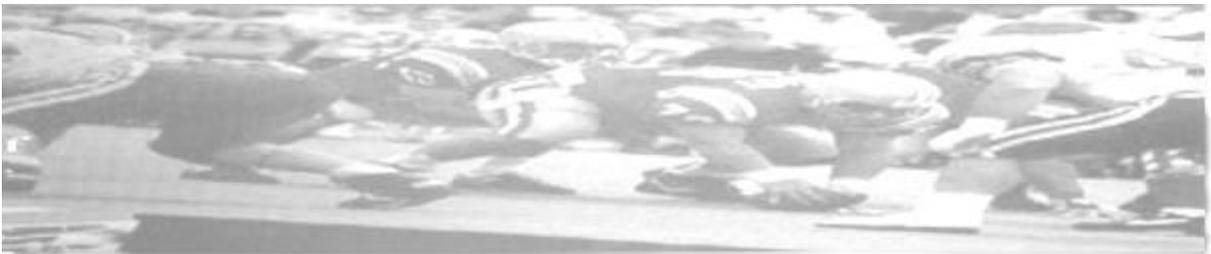
As well as it can be  
done,

And do it that way all  
the time.



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# ***Spread Offense Philosophy***

## ***Principles of the Offense:***

### ***Two Goals of the Offense***

- **Win**
- **Score**

### ***The Offensive Philosophy***

1. *We will live by the pass. (Not die)*
2. *We will use the pass to set up the run.*
3. *We will be highly explosive offense by forcing the defense into 1 on 1 situation.*
4. *We will attack the defense both horizontally and vertically*
5. *We will throw high percentage passes.*
6. *We will confuse the defense by formations and motions*
7. *We will force the defense to cover the whole field and run to the football.*
8. *We will have an explosive, exciting running attack.*
9. *We will always win the fourth quarter.*

### ***The Offense is based on:***

1. *The use of multiple spread formations to force the defense to spread the field; therefore limiting the number of defenders that is in the box*
2. *Use of base, simple pass protection so that the lineman become very good at them.*
3. *Lineman in 2 point stances to help give them an advantage in pass blocking and to hide the fakes on the Jet Sweep series.*
4. *Use of a few base plays, particularly pass plays, that can be run from a variety of sets and motions*
5. *Taking what the defense gives you.*
6. *Throws that a high school QB with an average arm can make.*
7. *The use of screens, draws, quick game, and hot routes to stop people from blitzing.*
8. *Stretching the defense vertically to open up the short passing game and the run game.*

## The No Huddle

Of course you could huddle if you choose. I will give you the advantages of the no huddle and why it is used in the offense and let you choose for your self.

### No Huddle Emphasis

1. Conditioning
2. Discipline
3. Confusing the defense
4. Setting the offensive tempo
5. Allows the offense staff to look at the defense before you call the play.

### 3 Tempos

1. Fast
2. Normal
3. Slow Down

### Notes for running No Huddle:

1. Players will run the ball to the referee after each play & hand them the ball to help them to spot it sooner and get behind the ball and look to the Sideline
2. WR's have to come inside the hashes in high school football
3. Lineman stay about a foot or 2 back from the ball till play called
4. Play will be signaled in from the sideline using numbers and colors and then the players will check the wristband and get set.

### Snap Count:

“Ready” pause to scan the defense “Go”

- § You can run checks at the line; it is advisable to check before you say ready to avoid having your team jumps offsides.
- § The best way to go on two, is to have at least 1 run, 1 pass, and 1 screen on your wrist band designated as “on 2”
- § You should also have a “freeze call” on your wrist band where you get set and try to hard count the defense, if no one jumps you would call time out.

### Lightening Package:

1. This will be used as the fast mode and the 2-minute offense.
2. When lightning is called on the sideline, then everyone knows that the offense will be run fast.
3. Use only 1 formation
4. Spike means to spike the ball to stop the clock
5. The goal is make first downs
6. QB should distribute the ball quickly and not hold the ball
7. Receiver should be aware of the down and distance and work to get out of bounds if possible

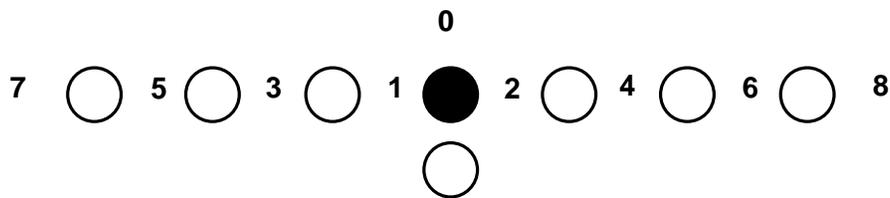
Thunder Package:

1. This series is a group of plays that are designated and practiced during the week to be run in order to speed the game up and force the defense to run. Very effective early in a ball game.
2. 3 to 5 plays in order. Must be practiced and run in order.

## The Play Package

Now that you understand the philosophy and the no huddle procedures of the offense, lets examine what plays are in the offense.

Hole Numbering:



10 Series: The 10 series are QB runs

- 11-12 QB Sneak
- 13-14 Power
- 13-14 Counter
- 17-18 Speed Option

20 Series: The 20 series are H back runs

- 20 is the Wedge
- 21-22 Draw
- 21-22 Trap
- 23-24 Zone
- 23-24 Power
- 27-28 Toss

30 Series: The Jet Sweep

- 37-38 Jet

60 Series: Is the Screen Series

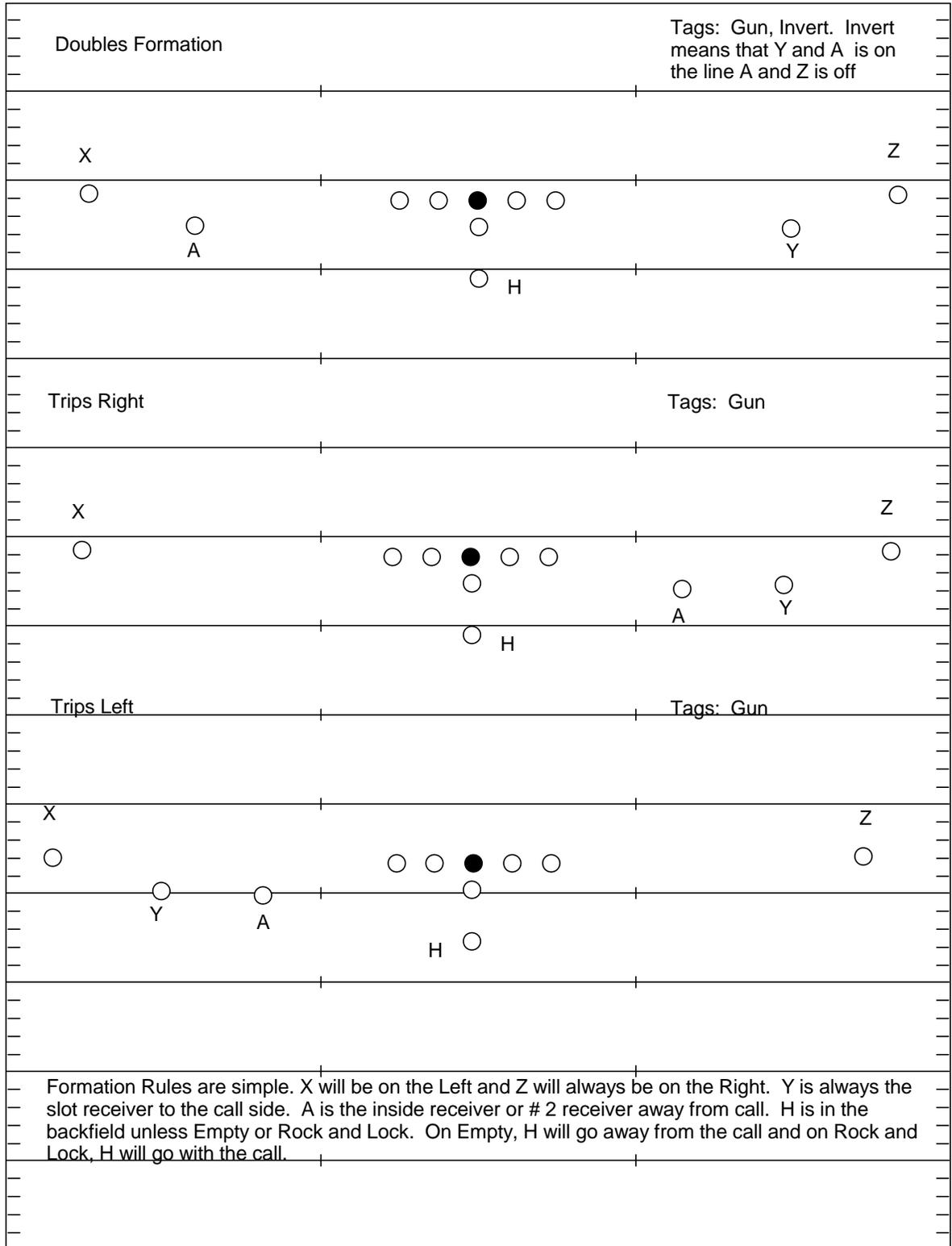
- 61 Bubble Screen
- 62 WR Screen
- 63 H Middle Screen

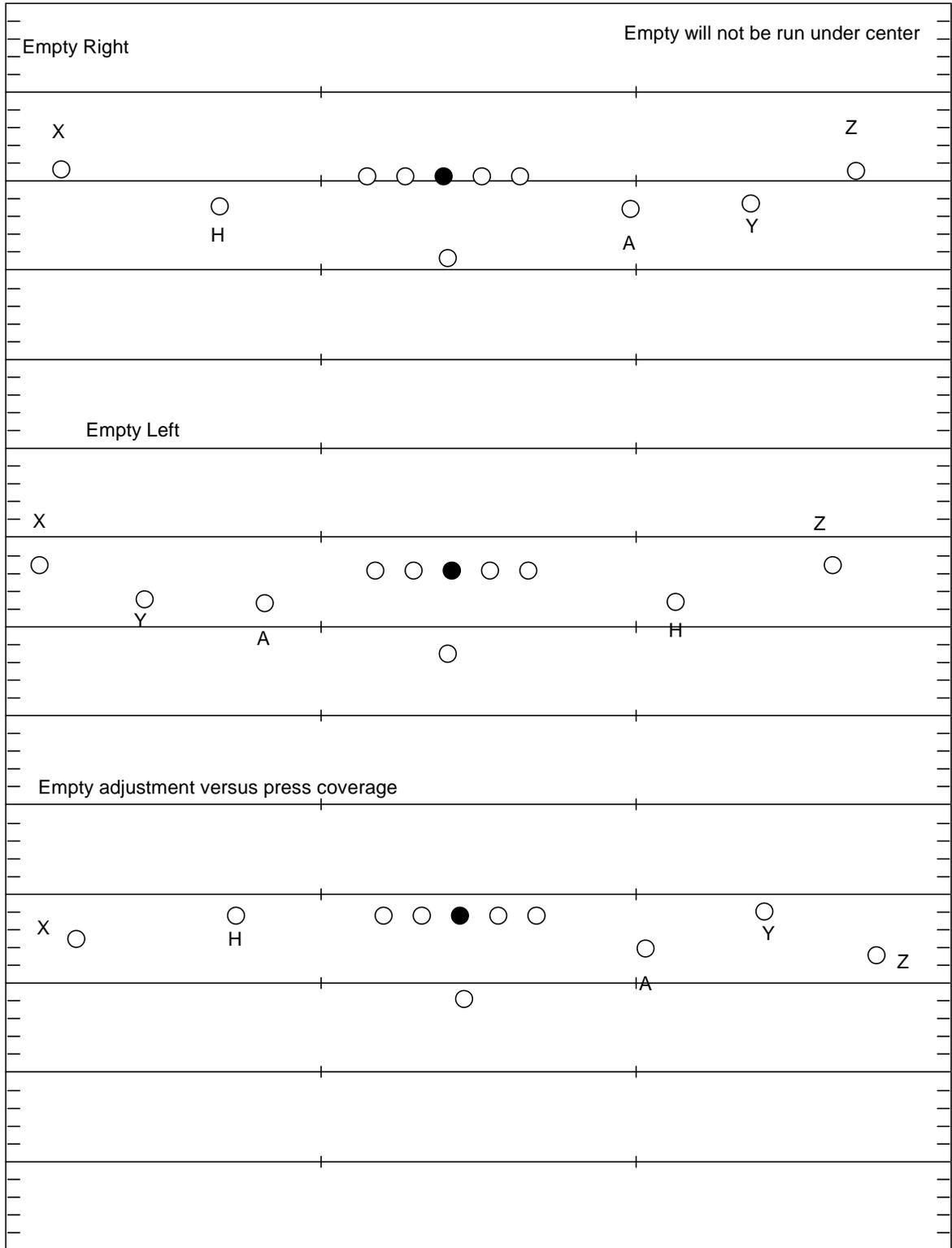
70 Series: 5 Step Drop/Gun Series

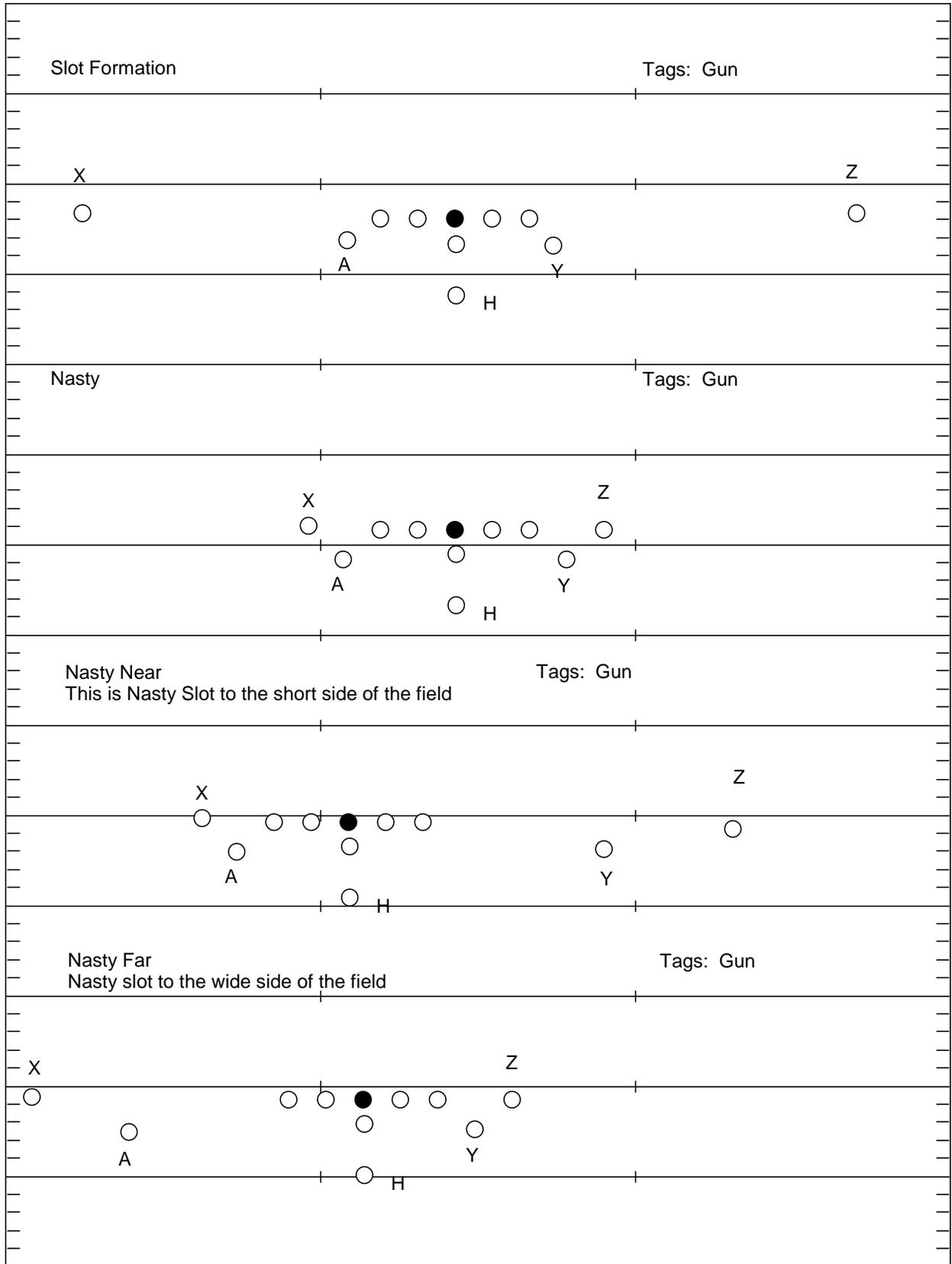
- 71 Choice
- 72 Dig
- 73 Smash
- 74 Four Verticals
- 75 Mesh

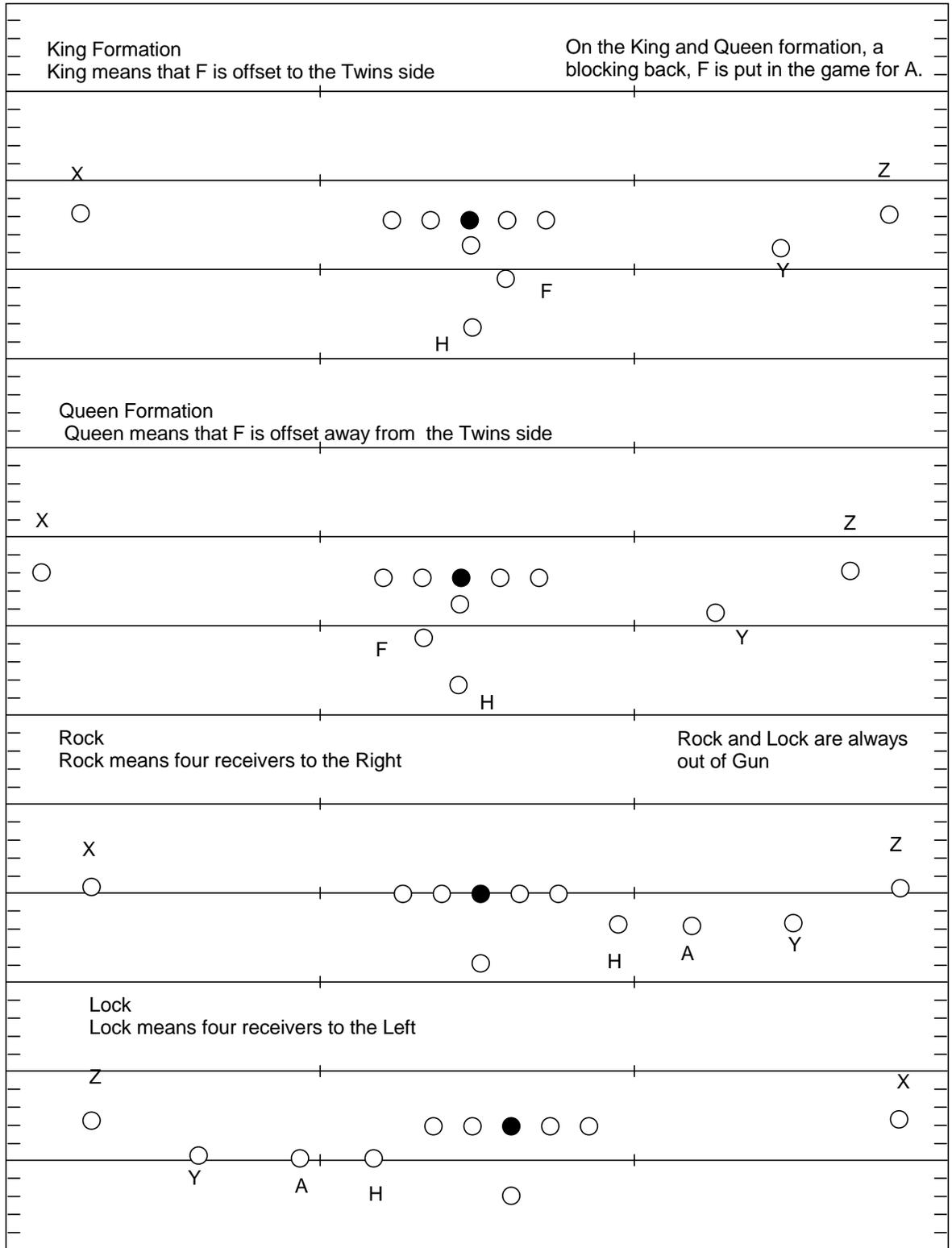
80 Series: Movement  
    81 Boot—Post Corner  
90 Series: Quick Game  
    91 Hitch  
    92 Slant

# Formations:









### Play calling system:

The play calling system presented in this E book is very simple. The plays would be signaled in from the sideline and appear on the wristbands. The play calling goes as follows:

1. Formation, ex. Trips
2. Motion if any, ex Trips, A Jet
3. Side that the back is on if in Gun, 1 the back is on the left, 2 the back is on the right, ex. Trips, A Jet, 291
4. Play call done by series, for example 90 is 3 step drop and the first 90 route is a Hitch, ex Trips, A Jet, 291 is a Trips formation, with A in motion across the formation, the back is on the right, 90 tells the lineman that it is slide right protection, and the 1 tells the us it is a Hitch route.

### Names of Motions

**Jet** – Full speed motion all the way across to the nearest slot

**Near** – Motion to the Tackle

**Return** – Motion across to the QB and then return

**Haul/Hurry** – H Motion out of the backfield

Haul is to left

Hurry is to Right

### Misc. Calls

**Spike** -- Means to hurry up and get to the ball, get set, and spike ball to stop clock

**Victory** – Means to get to the line and take a snap and take a knee to run out the clock

### Basics for reading defenses:

#### Three basic families of coverage

1. One Safety Deep
  - a. Cover 3
  - b. Man Free
2. Two Safeties Deep
  - a. Cover 2
  - b. Cover 2 with Man underneath
  - c. Quarters
3. Zero Safeties Deep
  - a. Man with blitz

#### After you read the safeties check

1. Depth of Corners and leverage
  - a. Inside leverage with eyes on receiver means man
  - b. Outside leverage with eyes on the QB means zone

- c. In Cover 2 look, Corners are usually outside leverage and angled in squat position
- 2. Depth and leverage of # 2 defender
  - a. Cover down of the receiver usually means man
  - b. Splitting the difference and angle in to take away slant means zone
  - c. In Cover 2 look, # 2 is usually deep half defender and will generally be deeper than 8 yards

Things to Identify vs. Zone:

- 1. Who is the perimeter and curl flat zone defender
- 2. Are they rotating to 3 from Cover 2 shell

Things to Identify vs. Man

- 1. Do they run with the Motion or bump over

## Pass Protections

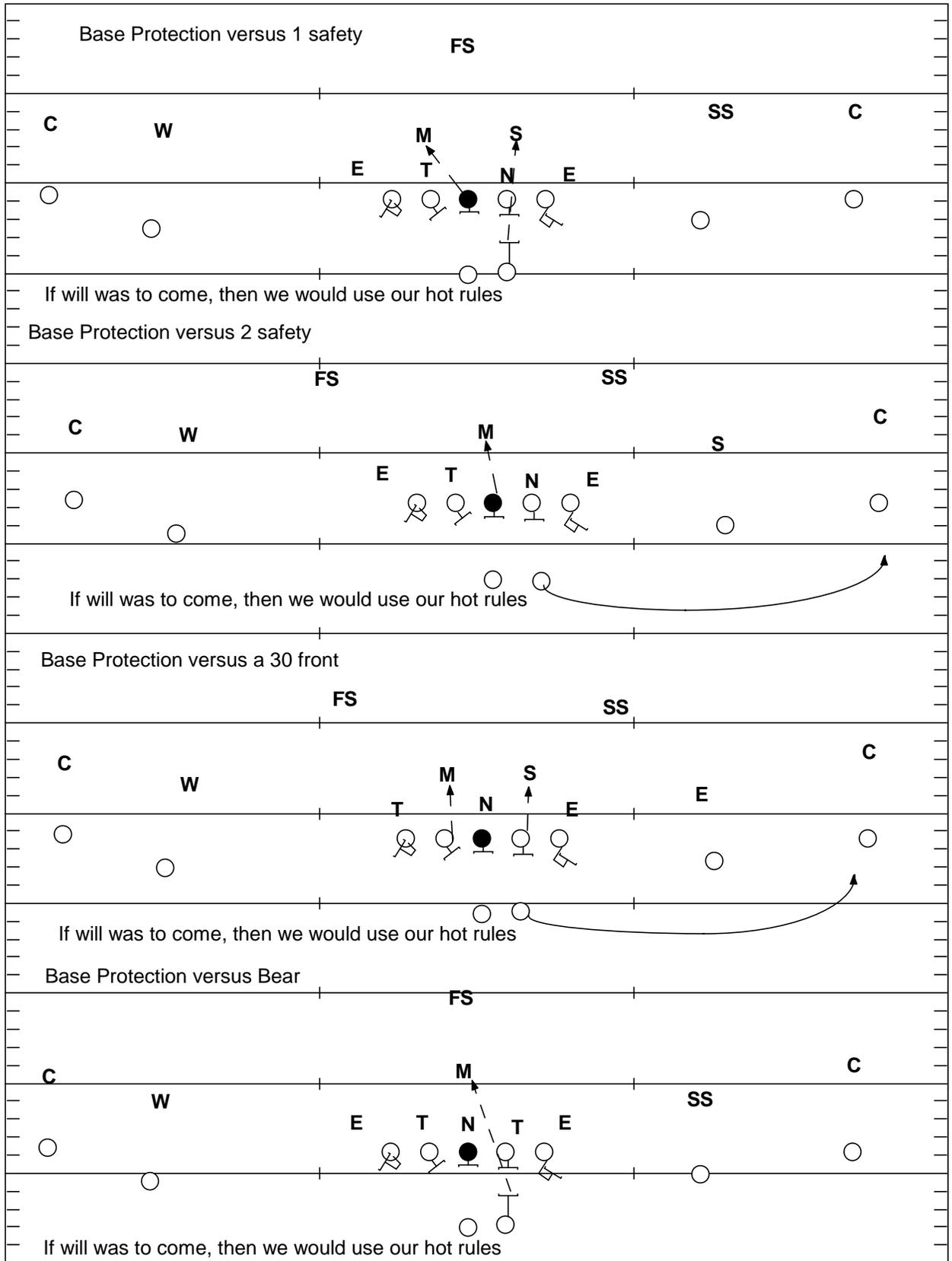
Any discussion of offense has to start with how you are going to block your opponent. This is especially true of the spread. For the spread blocking primarily means, what pass protections are we going to use. First, in all the formations, there is no TE. All the pass protections that I am going to talk about are for the five interior linemen only but could easily be adapted to a TE if you so choose to use one. Just remember, when you add a TE you will also add another defender to the box and one of the premises of the offense is controlling the number of people that the defense can put in the box. This applies not only to the pass game but the run game as well. Second, the protections that I am going to talk about are rule oriented. The lineman need to learn their rules and not what man they are blocking, this becomes very important when defenses begin to stem and stunt. Third, I will use as few as protections as possible to make the lineman's learning curve very easy. Linemen that do not have to think are more aggressive.

On all pass plays the line will take normal splits, smaller on 3-step, and the guards and tackles are to be in two-point stance as far off the ball as possible, but cannot bow the line. (Tackles must be even with guards.) The base protection is a big on big protection. This protection will be used in what I call the 70 series or the 5 steps under center and 3 step out of gun package. It is a man scheme but whom you block depends on the rule. Here are the rules of the protection:

- § Tackles: Man on or man over. Note a wide 9 tech rushing End would be considered man on.
- § Guards: Man on or vs. 50 front read linebackers looking for blitz.
- § Center: Man on or man over. If there is no man on or over, he is to look for stunt by weak side linebacker. Note if someone walks up to blitz in either A gap, then the C would consider that blitzer to be Man on.

The lineman must remember that even though it is a Man scheme that on all stunts that they are to block their zone area first because if someone leaves that means that someone is coming. The back will check strong or Sam linebacker, if no one shows he may check release. If there are two safeties, then he can free release without checking by running either the swing route or delay middle. In all the routes that I talk about, we will designate a blitz control receiver. When the defense goes Cover 0 or no safety in the middle of the field, then you need to check to hitch route against loose corners and 4 verticals against press corners. I will discuss this later on when I cover both of those routes. The screen is also a great weapon against the blitz. If you are going to run the spread then you have to develop the mentality of **“Recognize, React, and Destroy”** when it comes to the blitz. You must force teams into stop blitzing or make them pay dearly on the scoreboard if they continue.

On the following page, I will diagram this base protection against different looks.

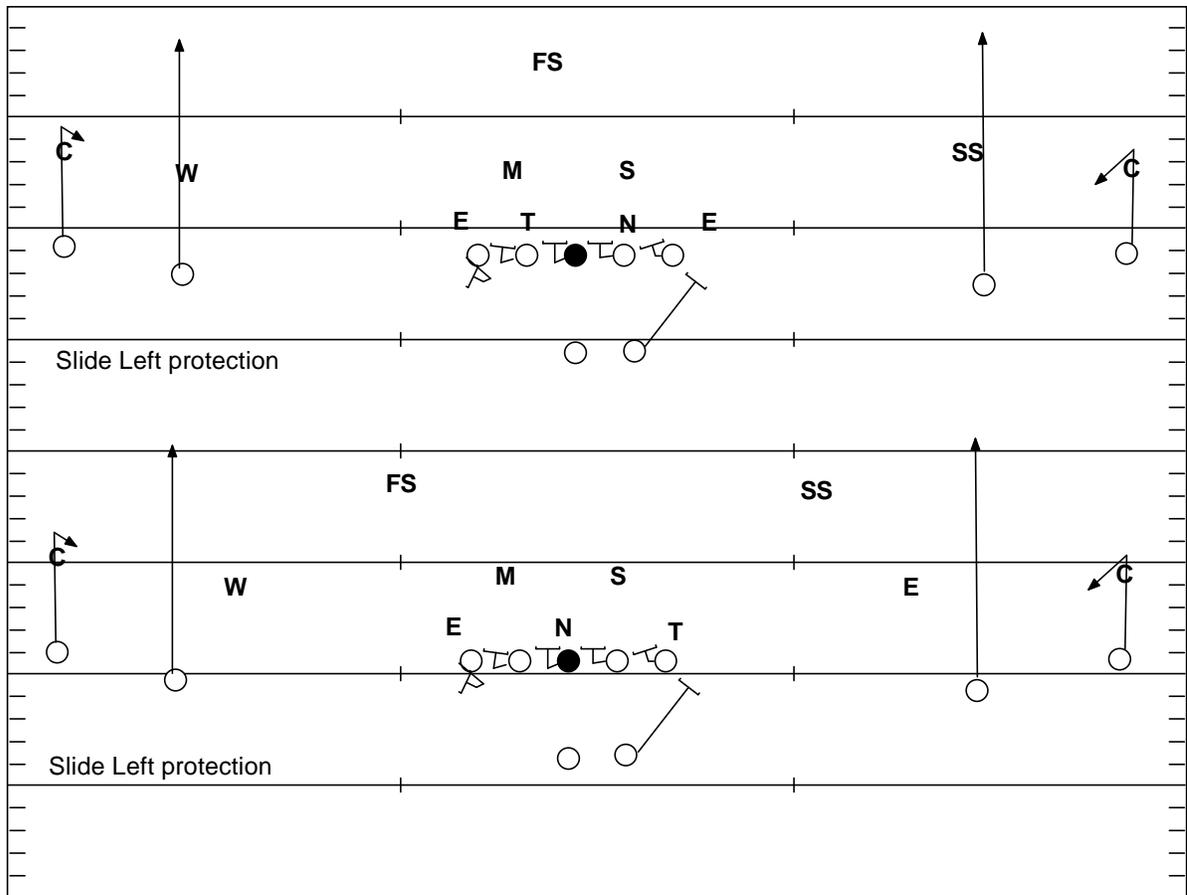


The next protection that we will discuss is quick game or 90 protection series. The 90 protection series is to be used with the quick throw portion of the offense. The slide protection is also used for play action passes. The 90 protection series is slide left if the back is on the right and slide right if the back is on the left. In our slide protection, the line will protect the gap to the called slide side and the running back will block the DE left by slide protection. The rules are simple:

§ Lineman will zone block the gap to the call. If slide left, the lineman will protect the gap to their immediate left.

§ The running back will block the C gap or last player on the end of the line. The “edge player”. If two players come off the edge, the back will work inside out.

Use this protection with our quick game in order to open up throwing lanes for the QB and invite that rush end up field and keep him from swatting the ball down. It is also a very safe protection that allows you to handle multiple fronts and games by the defense.



The final protection I will discuss is our half-roll or sprint-out protection. The ability to move the pocket or adjust launch points for the QB gives you another weapon to attack the defense as well as slow down the rush. Here are the rules for the protection:

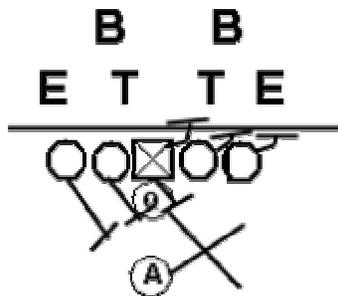
- Backside Tackle: Turn and Hinge
- Backside Guard: Turn and Hinge
- Center: If covered or shade to call side, reach. If uncovered with no shade to call side, turn and hinge.

(Note, on turn and hinges, unless you make immediate contact begin to get depth to stay between the QB and your man. You do not want to be still on the LOS as the DE comes up field)

- Play side Guard: Reach, plug hole/backside
- Play side Tackle: Reach (Note: On any reach block, if you are unable to reach, ride your man out to the sideline. Don't get beat outside trying to hopeless reach. A man pushed out of bounds and kept on the LOS is just as effective.)
- RB: Take two steps to call side, looking at outside rusher. Look for OLB or outside rusher to come shooting, block first color that shows. If none show, check middle and then backside. You are QBs bodyguard. Step to rush; do not wait for him to get to the QB.
- Pre-snap look is key. QB will go at a 45-degree angle to a depth of 5-6 yards and then will level off. He will need to get his eyes up, and look downfield. He can continue moving parallel to the LOS, but he must know when he must stop and step up in the pocket and deliver the ball. If he breaks contain he can continue out, he does not have a set place he has to be, but he must be smart.

This is a protection reliant on the QB. He must help his blockers by not getting into trouble, thinking he can outrun everyone, and he must have a good sense of timing and be well practiced.

### Half-Roll:



## General Passing Notes

QB progressions are achieved through reading passing lanes. The QB will simple look to his first progression, and if the lane to deliver the ball is clear, he will throw the football. If not, he will move on to the next read. If the progressions do not produce an open receiver, then the QB will have the choice of tucking it and running or throwing the ball away. It is very important in the spread that the QB does not take sacks number one and throw interceptions number two. Throwing the ball away and living to play another down is an acceptable option. **The receivers will operate under the rule sprint vs. man and sit vs. zone.** It is the receivers' responsibility to get open. When sitting in the hole, the receiver should make eye contact with the QB. The receivers must be coached to number one recognize various defenses and number two to escape man-to-man coverage.

NOTE: All pass plays are taught from Doubles formation first and are rule oriented. When a receiver asks me what they run, I am going to ask them what the rule is. Once you begin to use other formations such as trips, simple tag the receiver that you want to change rules for. For example "Trips Right 272 A Post", everyone on this play runs the same route as normal except A. When you tag a route, that route becomes the QB's first read.

### Coverage's:

- 3: 3 Deep Zone, One safety in the middle of the field with corners in soft coverage.
- 1: 1 Middle Safety, tighter coverage on the outside, probably man to man defense and likely to be a blitz
- 2 Zone: 2 Deep, Zone coverage underneath
- 2 Man: 2 Deep, Man coverage underneath, most likely tight coverage
- 0: 0 Deep coverage, no one deeper than 9 yards, most likely blitz is coming
- 3 Tag: Cover 3 with man to man on one player
- 4 Deep: looks like two deep coverage, Safeties may be tighter, and Corners are usually bailing out on the snap

### The Primary Routes

All receivers will line up with the inside foot up. Hands should be up in a sprinters stance; weight should be over the toes. Knees should be slightly bent. Eyes should be looking in at the ball to know when it is snapped.

#### The Slant:

3 hard steps up field, on the 3<sup>rd</sup> step plant with the outside foot and take a 45-degree angle. Expect the ball immediately.

#### The Arrow:

On the first step take a 45 degree angle step to the outside, crossover, look over the outside shoulder and expect the football. Gain 2-3 yards of depth. When you catch the ball tuck it and get up field.

#### The Hitch:

5 hard steps up field, on the 3<sup>rd</sup> and 4<sup>th</sup> steps drop your hips and shorten your stride. On the fifth step plant hard and come back to the ball.

#### The Go:

Get up field now!! Try to sprint past the defender. The fade is the same as the Go route except that the release is on the outside and that you fade slowly to the sideline as you work up field.

#### The Smash:

Take 7 steps up field, on the seventh step plant hard (stick) on the outside foot take a hard step to the inside as if running a post, then plant and sprint to the corner pylon at a 45 degree angle. Look for the ball over your outside shoulder.

#### The Hunt:

Rule: Versus Man sprint and versus Zone sit.

Your first step is a 45-degree angle step to the inside. You will sprint across as running the slant until you get the read coverage and then you will use the above rule. Sit means to stop in the open area and show the QB your numbers. Your job on the route is to get open.

#### The Choice:

Take two steps inside and work to get up field trying to get deep, if safety is to your outside turn it into a Post route, if you can not beat the Safety deep, sit in the middle of the field.

#### The Post:

Take an inside release step and then get up field, on the 7<sup>th</sup> step plant on the outside foot and cut at a 45 degree angle to the goal post.

#### The Speed In:

Take an inside release step and then get up field. On the 7<sup>th</sup> step cut a 90-degree angle and get to the outside.

#### The Dig:

Take an inside release and get up field on the 7<sup>th</sup> step, cut on a post route, two steps into the post plant hard and sprint across the field.

#### Under:

Release to the inside and sprint across the field under the LB's. Look for the ball at any time. Do not gain more than 2-4 yards of depth.

### Over:

The over is the same as the under except you go over the LB's and gain depth as you cross the field. On the over you should gain about 8-10 yards of depth.

## The Quick Game or 90

The Quick Game is 3 steps under center or catch and throw out of the gun.

Play call is as follows:

**Hitch is 291---** the 2 puts the back on the right so it is slide left protection up front, the 90 stands for 3 step drop and helps clue the lineman as to the protection, the 1 is the route combination. The 1 route in this case is the Hitch/Go combo discussed below.

**Slant is 292---** back on the right, 90 protect or slide left, 3 step drop or catch and throw out of gun, and 2 is the slant arrow combination.

### 3 Step Notes:

1. Lineman protection is slide. I suggest that you throw all of your quick game with the running back on the right if you have a right-handed QB so that your protection will be Slide Left.
2. The QB will take the 1<sup>st</sup> step with head straight down field. The first step is a very important depth step and should get QB away from the Center. The second step is a crossover over step. The third step is the key step. On the third step, plant your foot away from where you are going to throw the ball; this will automatically set your hips to throw the football. For example, if you are going to throw to the left, your first step is depth step, second step is the crossover and the third step is off set to the right with your back foot while stepping toward your throw with the front foot, which should naturally open your hips to throw to the Left. To throw to the right would be the exact opposite. To the right first step is straight back, second step is crossover, and on the 3<sup>rd</sup> step the back foot is off set to the left, while stepping to the right with the front foot. Out of the Gun it is catch and throw. Make sure to get your feet set and your hips going in the direction of the throw.

## The Hitch

### The Hitch

#### Rules:

1. Outside receivers run a hitch? They will take 3 hard steps, then 2 choppy steps and turn back towards the QB at 5-6 yards.
2. Inside receivers run go routes trying to stretch the flat defender
3. If press coverage, corners are tighter than 5 yards, the hitches will be converted to fades.

**QB Read:**

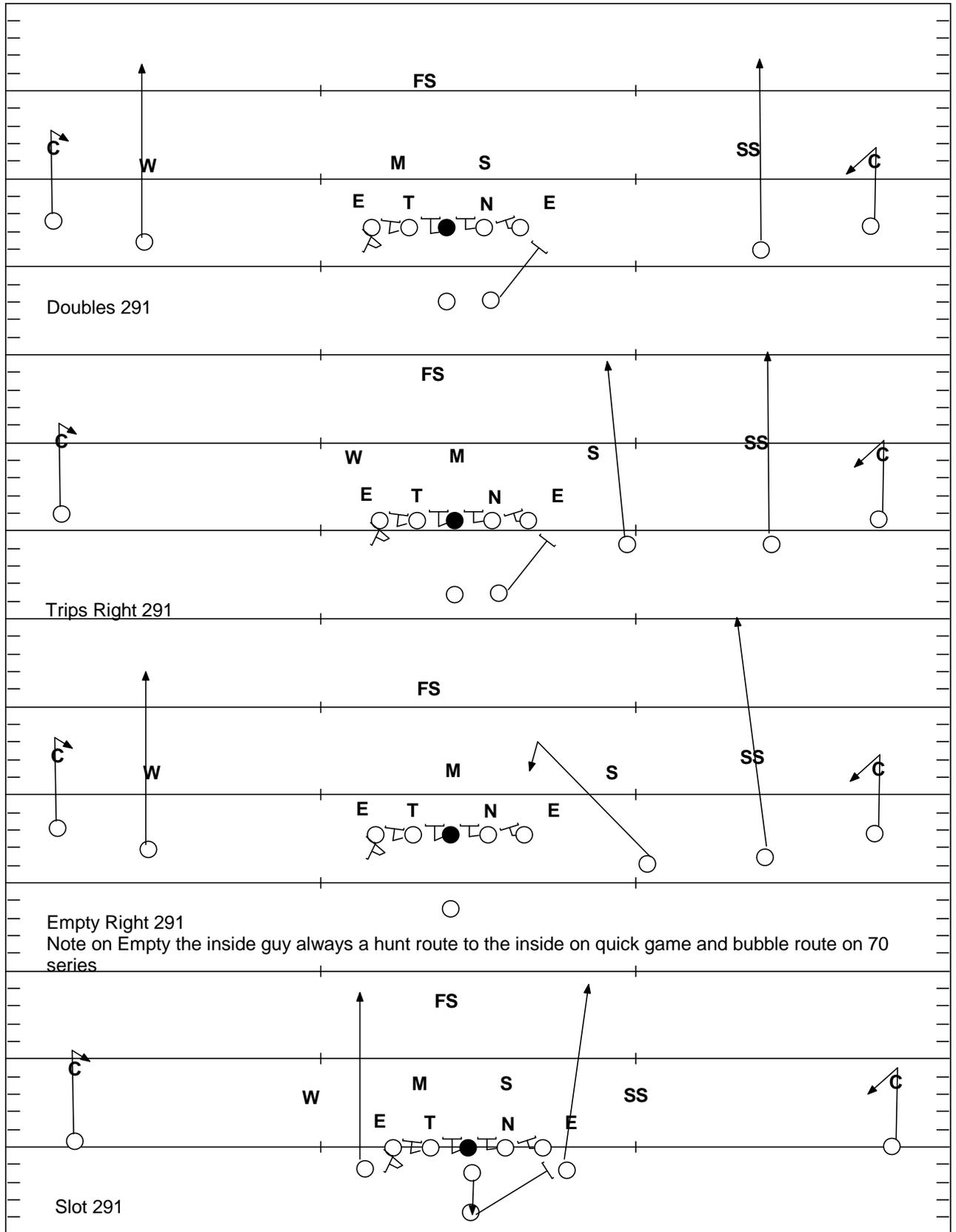
Aiming point is the armpit of the receiver above outside number

The QB will pick a side based a presnap read on number of defenders and softness of the corners.

The QB will read the throwing lane. If he makes a correct presnap read the lane will be open based on the go route stretching the flat defender. If for any reason the lane is not open throw the ball away high and wide

Thrown needs to be made in 1.9 seconds

A good variation of the play is the Hitch and Go. On the hitch and go the outside receiver throttles down like he is running hitch, as soon as the Cornerback bites on the play he would run a go look for the ball over the top. The play call would simply be “291 and Go”



# The Slant

## The Slant

Rules:

1. Outside receiver runs 5 steps and slant at hard 45 angle
2. Inside receiver runs arrow gaining only 2- 3 yards of depth

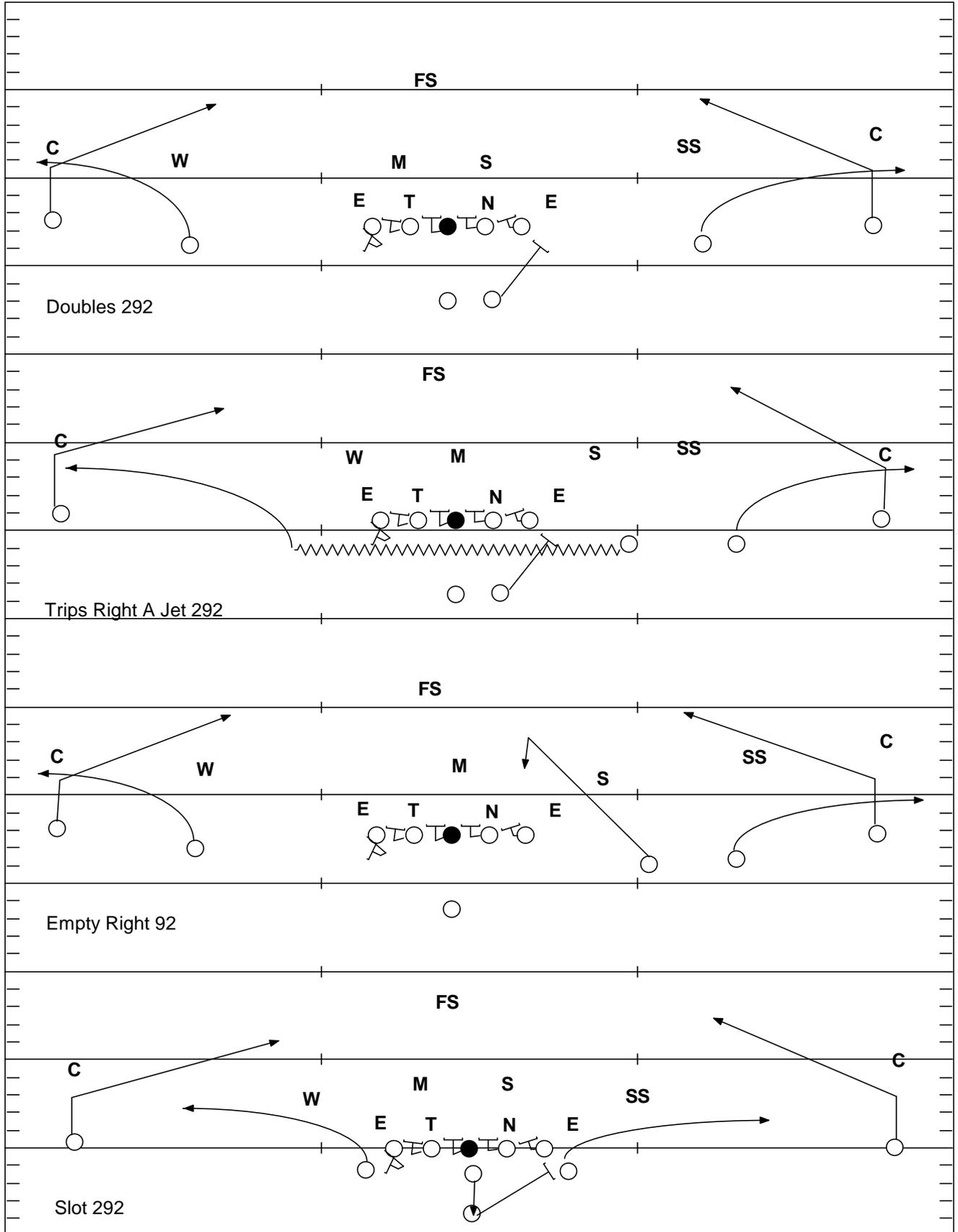
QB Read: Aiming point is chest high, 1 yard in front of receiver

1. QB will pick a side based on presnap read based on number of defenders and position of # 2 defender and corner. Think throw slant.
2. The QB throwing lane will open based on # 2 defender. If the # 2 sprints to sideline to cover arrow throw slant behind him. If he sits or backs off, throw arrow.

Variation will be slant pump, where QB will pump arrow and take two steps and throw the arrow and up down the sideline. The Play call will be "292 and up or 192 and up.

A great way to run the slant is out of Trips using motion with the inside trips player to see if the defense is in Man or Zone. If the defenses chases motion then it is man to man, if the defense does not chase the motion then you would check the depth of the corner to see if it is cover 2, 3, or 4. If it were Cover 2 with the corner tight and angled in, then you would automatically check from slant/arrow to fade/arrow looking to throw the fade in the open area of the zone to the outside.

Another way to help make the slant go is to run Slant/Slant instead of Slant/Arrow.



## **The Five Step or 70 Series**

The five steps passing game will be used for our longer developing pass plays. The protection will be our base big on big protection that we discussed earlier. The QB rules will be 5 steps under center and 3 step out of gun. The type of drop we use will vary depending on the route. For example on our Dig route if the post does not come open right away, we will slide gather to throw the Dig or Under route. The receiver rule of sprint vs. man and sit vs. zone still applies. This will be a bulk of the passing game and will provide the opportunity to spread the defense both vertically and horizontally. Each route will have a built in hot route to protect the QB.

71 Choice Route

72 Dig Route

73 Smash Route

74 Four Verticals

75 Mesh Route

Each of these routes will be discussed further and diagramed.

QB steps on the drop first step is a depth step just like the 3 step and the head is looking downfield, the second step is a crossover, third step is a controlled depth step. On the third step the eyes need to work to the read. The Fourth step is a controlled crossover step and the fifth step is identical to the 3<sup>rd</sup> step of the 3-step drop. On the 5<sup>th</sup> step the QB back foot should step away from where he wants to throw while stepping to the throw with the front foot.

## 71 Choice Route

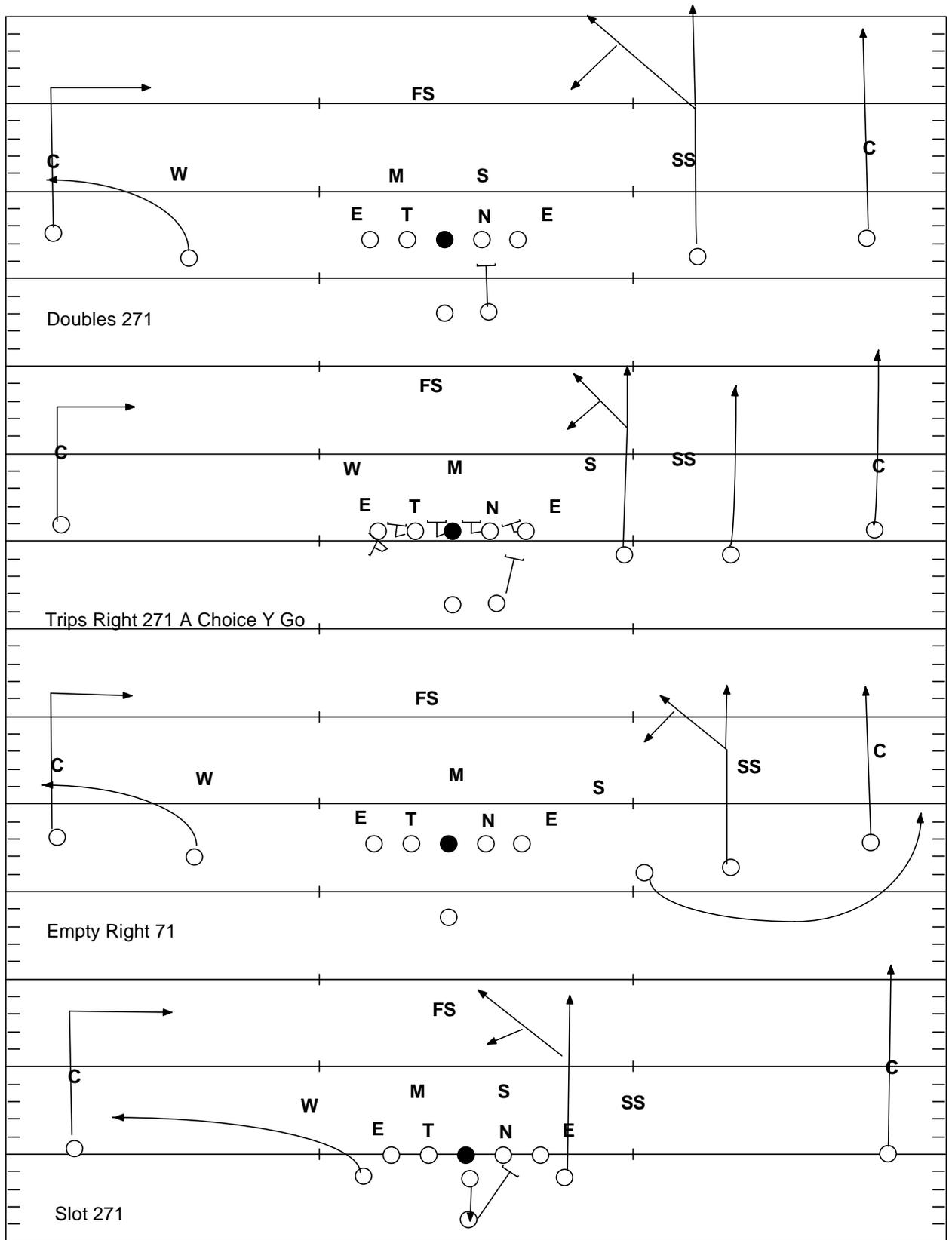
This route is a perfect route to take what the defense is giving you. The route does put pressure on the defense vertically, which is vitally important in the spread.

Rules: The rules for this play are taught from Left to Right. Once the players get comfortable with the offense, you can flip the play, without causing too much confusion, but during learn phases keep it simple.

1. The first receiver on the left will run a 12 step square in
2. The second receiver on the left will run an arrow and will be the hot route on the play.
3. The next receiver over from the left will run the choice or a Seam Read. Basically he runs up the seam trying to beat the deep coverage. If the deep defender widens, he breaks off the post between them. If the deep defenders keep gaining depth, he sits under them.
4. The outside receiver runs a Go Read. He works to beat the deep coverage while working toward the sideline. If he cannot get deep, he breaks off his route and works back to the QB.

Reads: The QB read starts with the number of safeties over the top. If there is one safety, then the QB will automatically go left and read the square in/arrow combination. A throwing lane should develop between the flat defender as he widens with the arrow and the dropping linebacker. The QB should work to put a little bit on the throw and lead the square in. If there is two safeties then he will read deep halve defender and let him choose between the Seam Read and the Go Read. Read from outside in or Go to Seam. The arrow is your hot route.

Protection is 70 or big on big



## 72 Dig Route

The Dig route is a great route to use to attack the middle of the field. The one area that is open the most in High School football is the middle of the field. This may be the best route in football. Here is how I teach and run the Dig.

Our Rules from Left to Right are

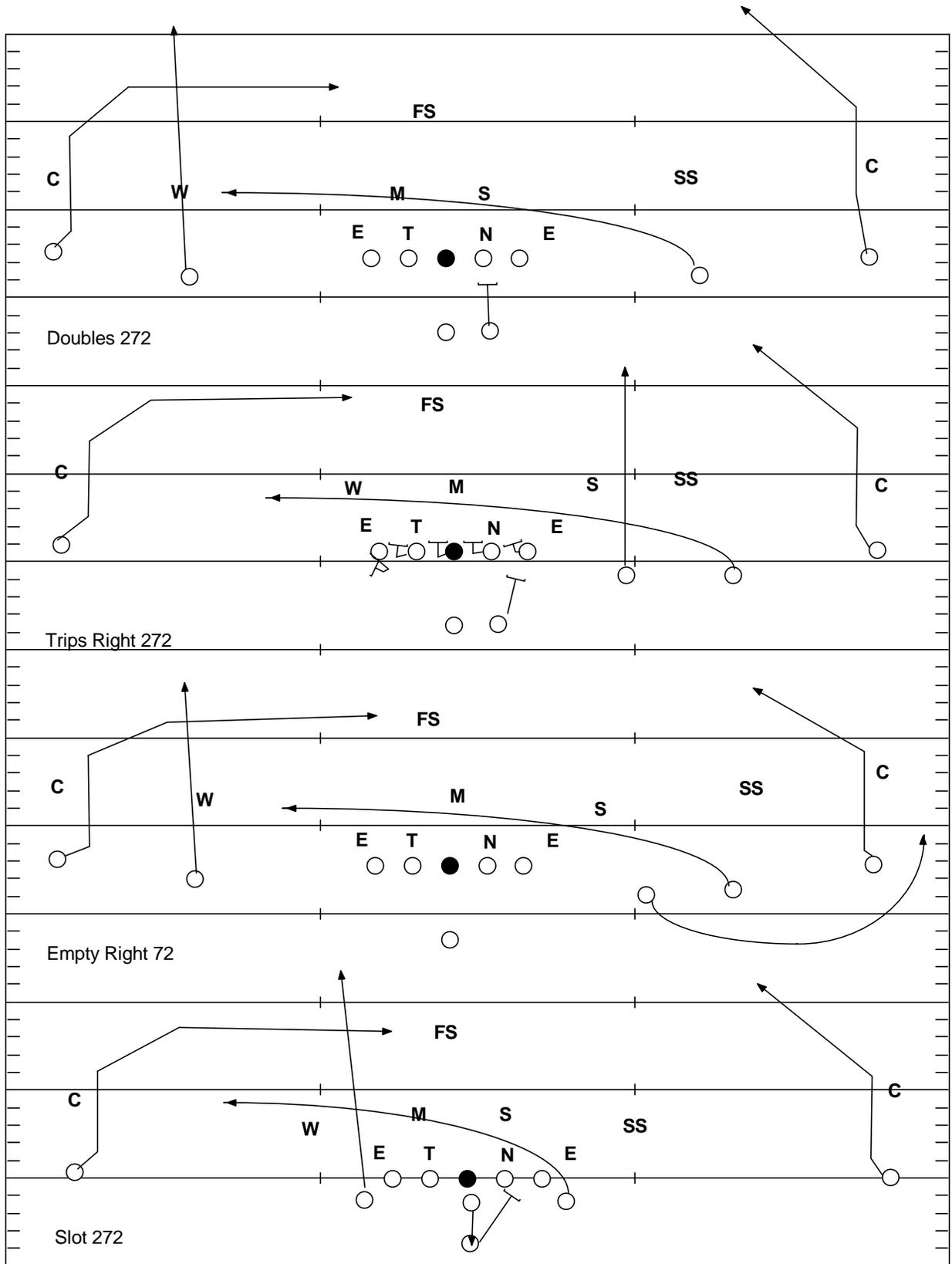
1. Outside Receiver runs Dig
2. If Inside Receiver on Left, He runs Go
3. Inside Receiver on Right runs Shallow Cross
4. Outside Receiver runs Post

Or if we are teaching the route, we would say, Dig, Go, Under, Post

Our protection up front is Big on Big

The running back runs a swing and is the hot receiver. The QB needs to be aware that there is no help for a strong side blitz and that he has to get rid of the ball.

We would read Post to Dig to Shallow Cross. The Go route on the left is just to clear the zone.



## 73 Smash Route

Everyone runs some version of this route. It is a great route for all levels of play. This version of the play runs the Smash underneath the corner just a little different. Instead of just running a hitch or a speed out, the outside receiver runs 45 degree angled hunt route. It is called a hunt route because the receiver works simple to get open. If it is zone coverage, then the receiver finds an open area, sits, and makes eye contact with the QB. If it is man coverage, then he sprints trying gain separation. If it is man to man on both sides, the left receiver would go over and the right receiver would go under.

### Smash

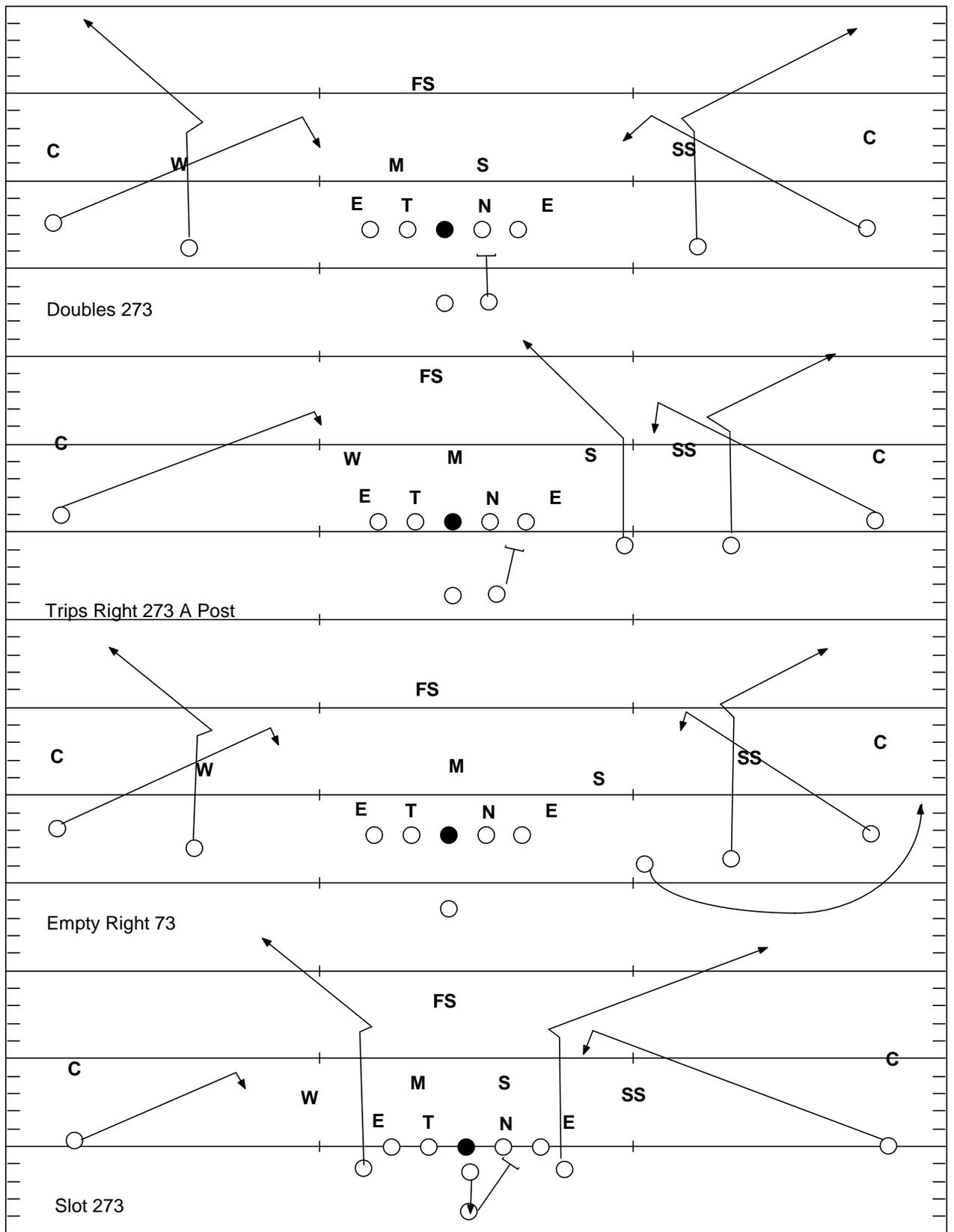
Play can be run against all coverage's. The corner route is a low risk throw. This play will attack the underneath coverage and deep outside of the coverage.

Rules:

- 1, Outside receivers will run a slant-crossing (Hunt) route. Against zone coverage they will sit in the open hole and square up and face the QB. If man they will keep running and turning the slant into a crossing route. To avoid having the two outside slants run into each other, the right receiver would run an under crossing route, and the left receiver would gain more depth and run an over crossing route.
2. Inside receivers will run a corner route. They will sell the go for 7 steps and then give a stick move to the inside, plant off the inside foot and sprint for the corner, looking over their inside shoulder.

QB reads: Aiming point is over outside shoulder of receiver, where only he can catch the ball

1. The QB will make a pre-snap read and pick a side. Once the ball is snapped OB reads throwing lane.
2. The QB will read from high to low. If the throwing lane is open on the corner, throw the corner. If the throwing lane is closed, then check down and throw the underneath route. When in doubt, throw it away.



## 74 Four Verticals

### 70 Verticals

This pass play is a way to extend the defense vertically and attack downfield. It will try to attack the coverage given, as well as, look for miss matches. Play can be run against all coverage's.

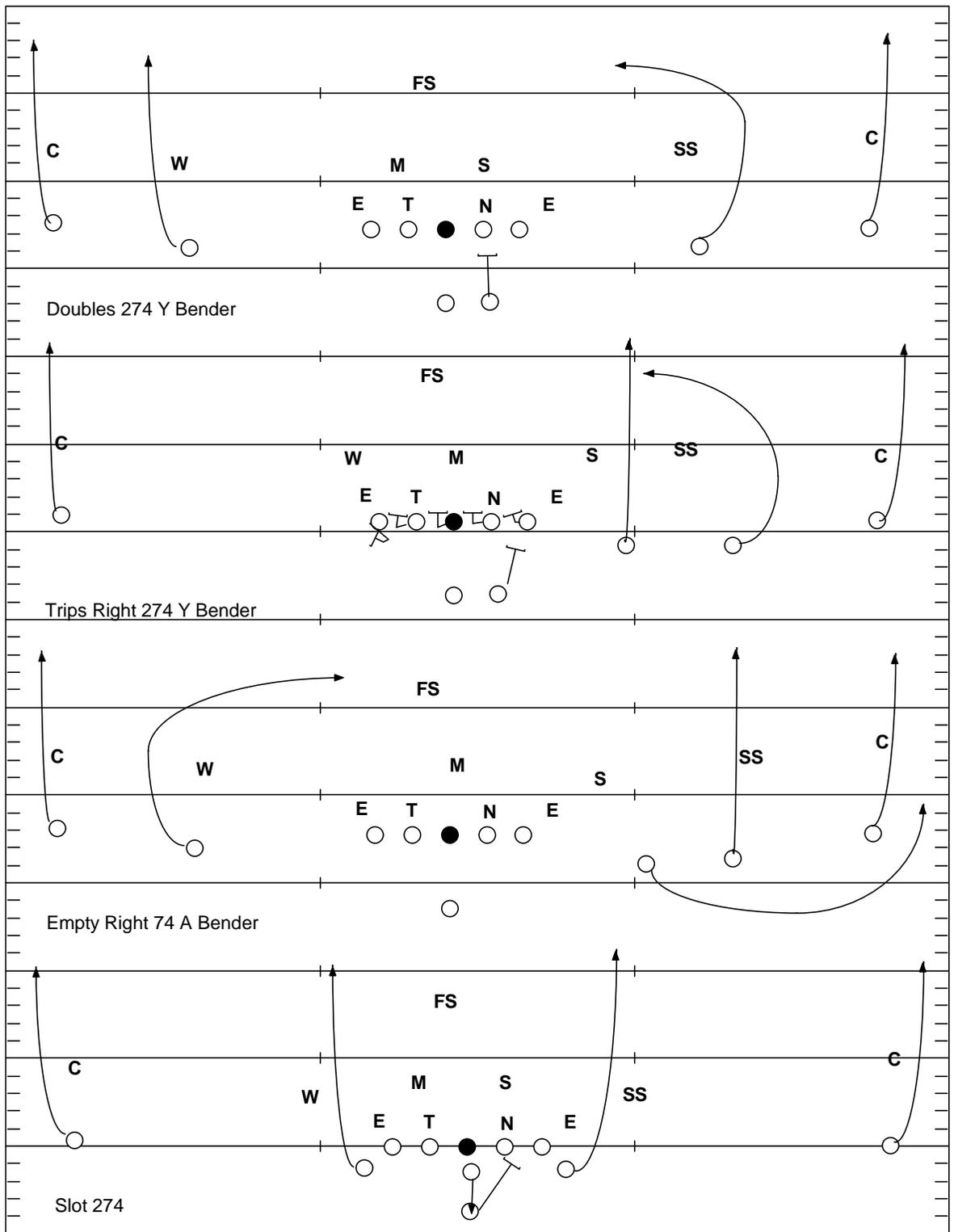
Rules:

1. All receivers will run vertical routes. They will attempt to outside release and then work downfield getting vertical as quick as possible.
2. There will be a designated bender on the play. The bender will outside release, gain width and then bend back inside under the deep safety. Depending on the speed of the player, every player will bend at a different time. But generally, the player will begin to bend 10 yards downfield and the play will be a 15-20 yard gain.
3. The back will swing out of the backfield.

QB reads:

1. The QB will read vertical to swing.
2. The QB will need to throw the ball early, as the receiver starts the bend so that the throw will hit the receiver in stride in the window.
3. Vs Press man the QB will drop and then look to run.

Protection is Big or 70



## 75 Mesh Play

This play like all the plays discussed here has a deep threat built in but it is primarily a crossing route. This is a great play vs. man coverage, but can be run against all coverage's. The play also lends itself to YAC or yards after the catch.

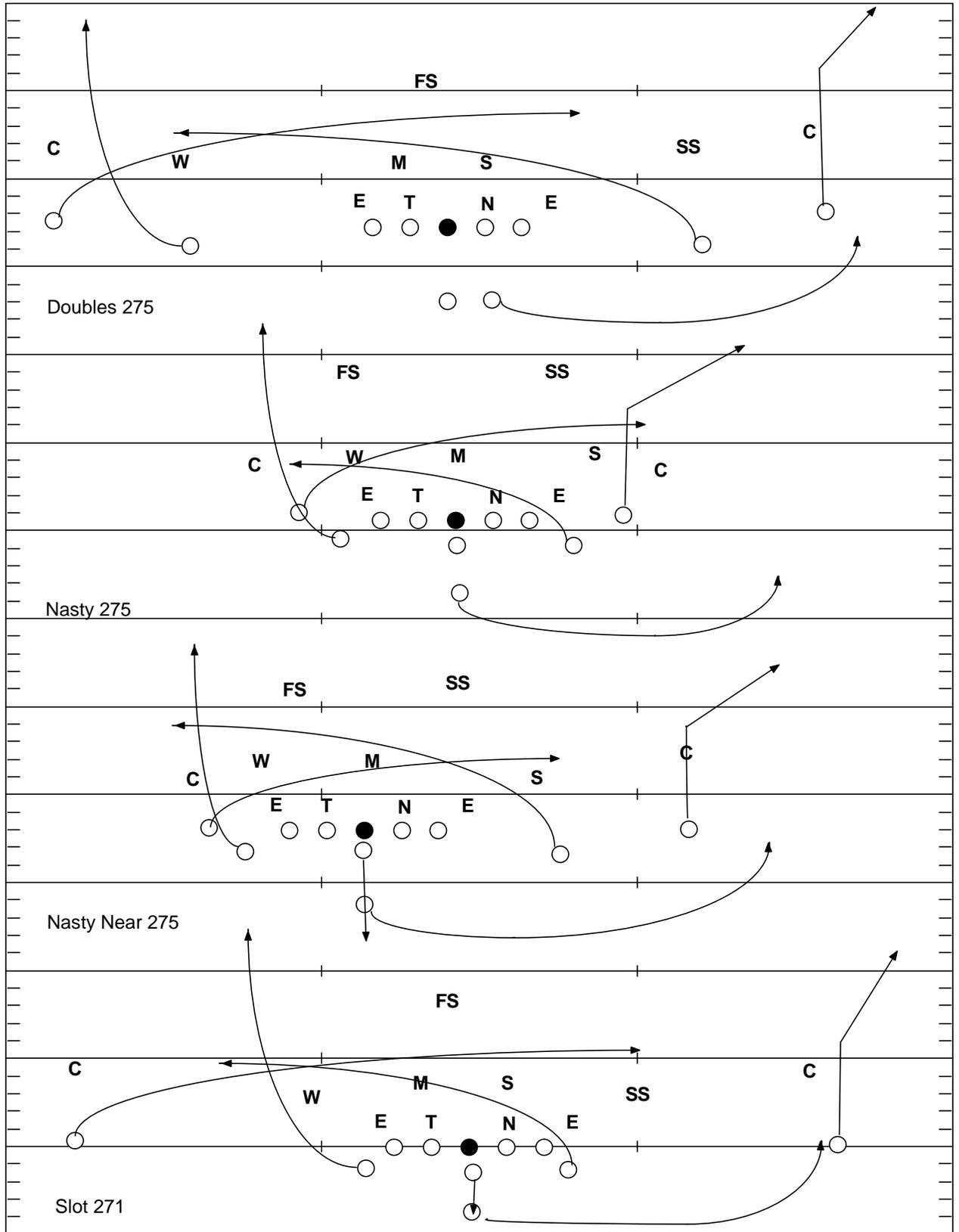
Rules: The rules for the mesh route are taught from left to right just like the choice route. Once again if you want to be able to run the play both ways, you would have to adjust this. I personally like to teach from left to right and not flip the play, because it makes teaching and learning the play so much easier.

From Left to Right

1. Outside receiver on the left Runs an over route not gaining more than 5-7 yards depth.
2. Inside receiver on the left runs a wheel route down the sideline to widen the zone so that the over comes open.
3. The inside receiver on the right runs an under route not gaining more than 3-5 yards of depth. If the two players pick each other's defender, oops!
4. Outside receiver runs a corner route.

Reads:

1. We will throw to Z if: 1. He is 1 on 1, 2. The Cornerback is to the inside, 3. If the corner sits outside as in Cover 2
2. If X is not open the read is a Hi to Low. If Z is not open read the Sam linebacker or SS if the flat defender takes the swing then throw to A on the over. If the flat defender takes the over then look to the Swing.
3. If play side reads are covered or the over route gets jammed coming across, look quickly to throw the under route backside.



## Screens

Screens will be a big part of the offense. Use them to get easy completions, get the ball in the hands of your best skill players, and to slow down blitzes and pass rushes. They are extremely effective if you will throw them on first down.

### 61 Bubble Screen

This is the base screen. It can be checked too at the line if the defender is uncovered or the player over him is angled in to take away the slant and is playing to the inside of receiver. It can also, and should be called from the sideline. There are several ways to block the bubble. The important thing is to number the defenders from the sideline. With the closest defender to the sideline being #1 and the next #2 and so forth. Then make a call depending on how you want to block the Bubble. Assign the first number of the call to the outside receiver and the second number of the call to the inside receiver. For example in a 12 call, the outside receiver would block the #1 defender from the sideline and the inside receiver would block the #2 defender from the sideline. The pulling guard would be the third blocker and he would pick up whoever was left, for example in a 12 call, he would block #3. On a 23 the outside receiver would crack #2, and the inside receiver would crack #3 and the Guard would pull out and get #1.

Lineman:

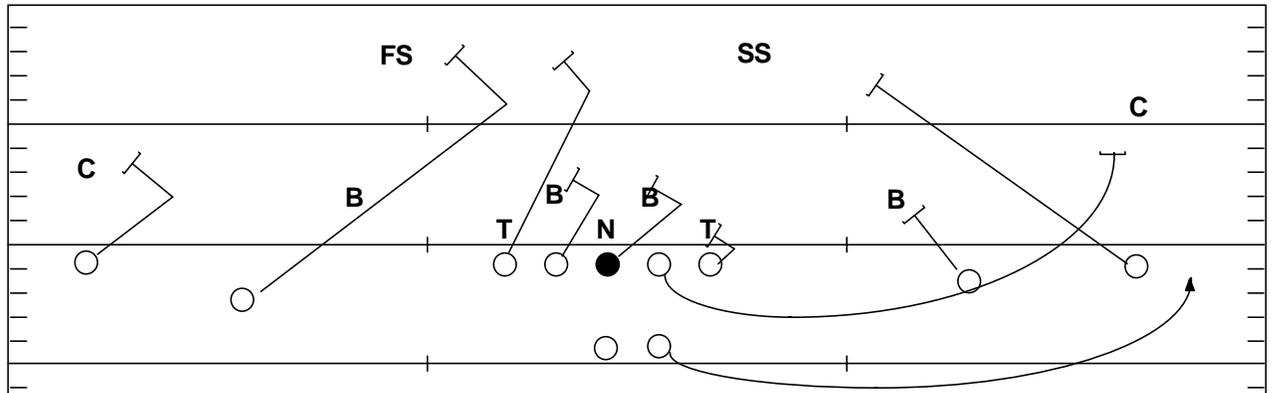
1. Play side Lineman would aggressive punch the Ends to get their hands down
2. Play side Guard would pull and block according to the call
3. Center, back side Guard, and back side Tackle will work downfield at a 45 degree angle looking to cut off any pursuit. They should punch man over them with one hand while sprint to second level

The play will be run to the back or to the inside receiver in trips or Empty. It can also be run out of motion. Once the QB catches the ball he gets rid of it, he doesn't even find the laces he just catches and throws.

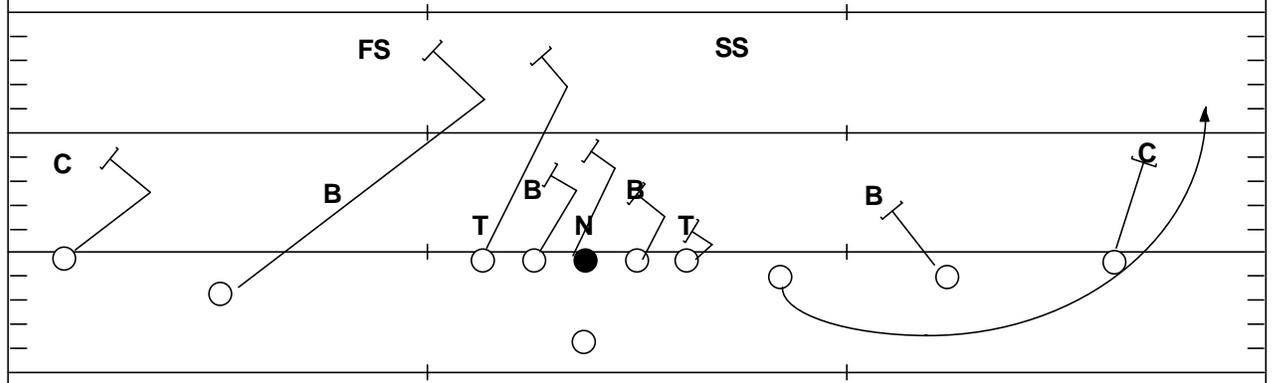
Checking to the Bubble Principle:

Rule:

1. If the flat defender is splitting the difference,
2. Or if we numerical mismatch we will check bubble.
3. The call will be BINGO; BINGO just to make sure everyone is on the same page.

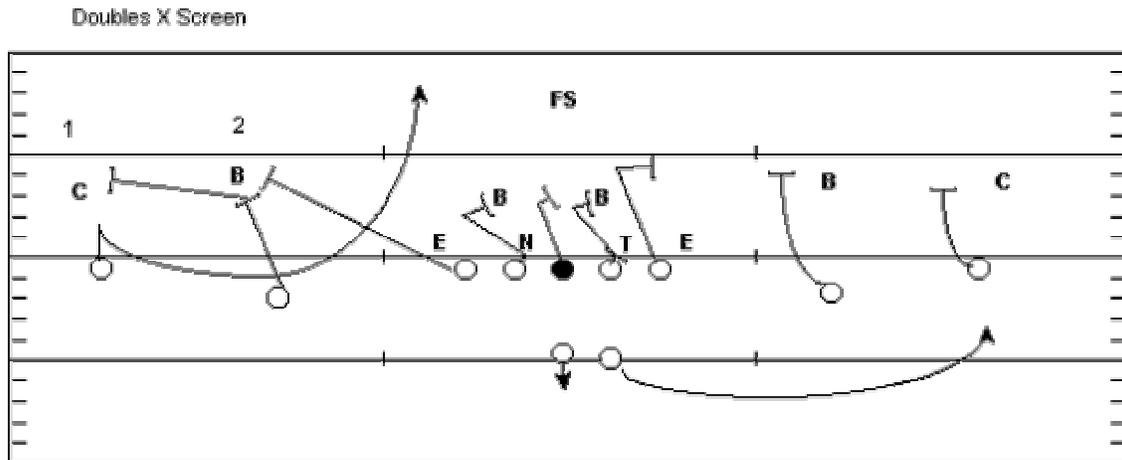


Doubles 261



Empty Right 61

## 62 WR Screen or Jail Break Screen



### Rules for WR Screen:

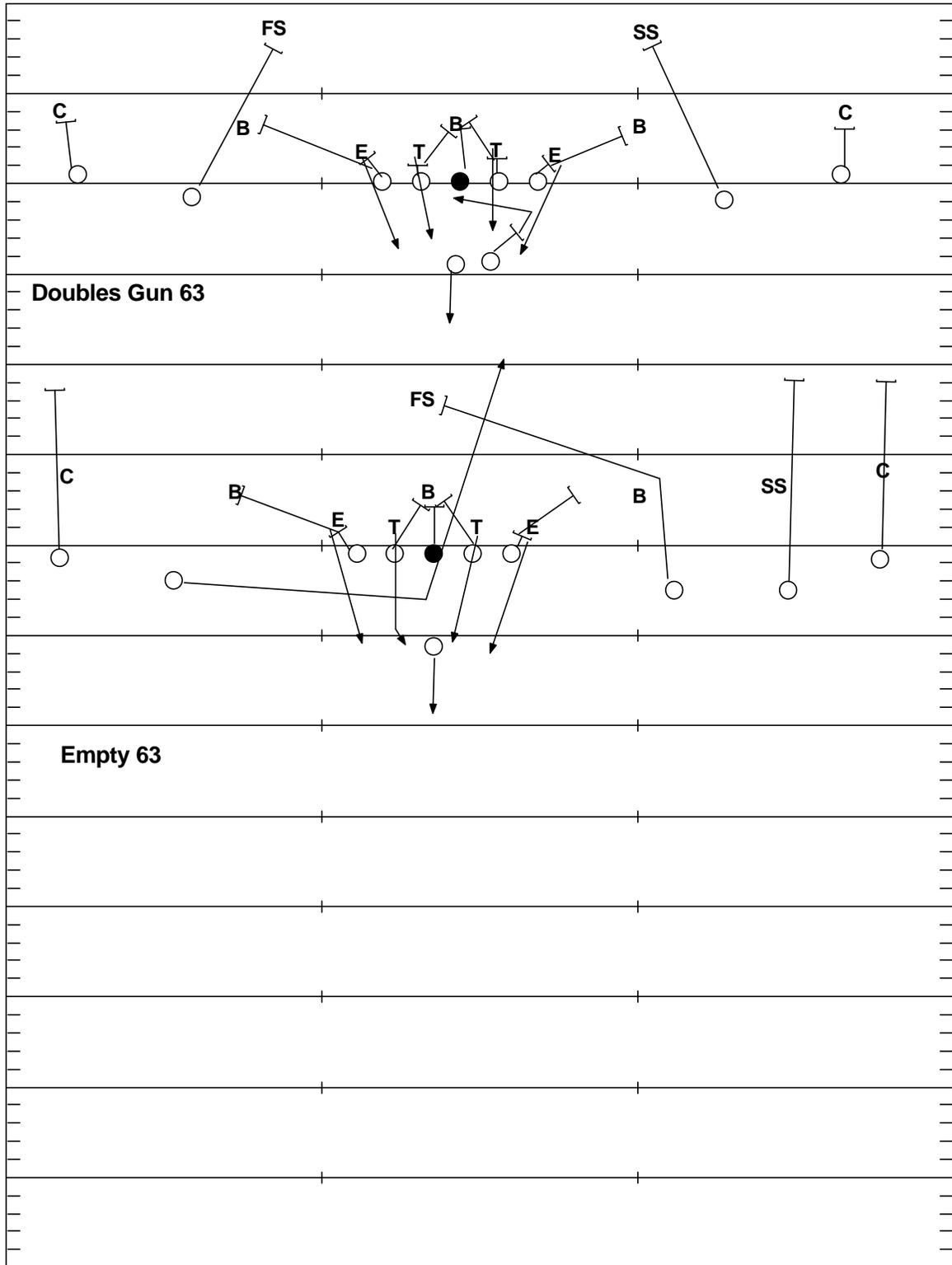
1. X or Z will take two steps forward and then plant and work hard to the QB. They have to be behind the line when they catch the ball.
2. # 2 receiver will take care of the # 2 defender first and then chip off to the # 1 defender.
3. The PST will release inside and sprint to the block the # 2 defender.
4. The rest of the linemen will get a piece of the man over them and then sprint to take care of the nearest linebacker. Their only job is to keep the linebackers from making the play.
5. The QB will take the snap, 2 step drop and look bubble and then throw back to the WR. Throw should be chest high and a bad throw is unacceptable.
6. H will run a swing away from the screen to make the play look like bubble.
7. The backside receivers will work second level trying to block the safety.

## 63 H Middle Screen

This screen is used to get the running back involved in the screen game. It will take advantage of the overaggressive Defensive line.

### Rules:

1. The QB will take the snap and take a 5-step drop.
2. The H will step up to block and then slip middle behind the Center. If split out such as in Empty, then he will sprint to behind the Center on the snap.
3. All receivers will sprint downfield like running a go route, and then they will break down and stalk after the ball has been caught.
4. The Lineman upfront will aggressively punch the D-lineman one time and then let them go and work up field to the nearest linebacker. Double team linebackers whenever possible.

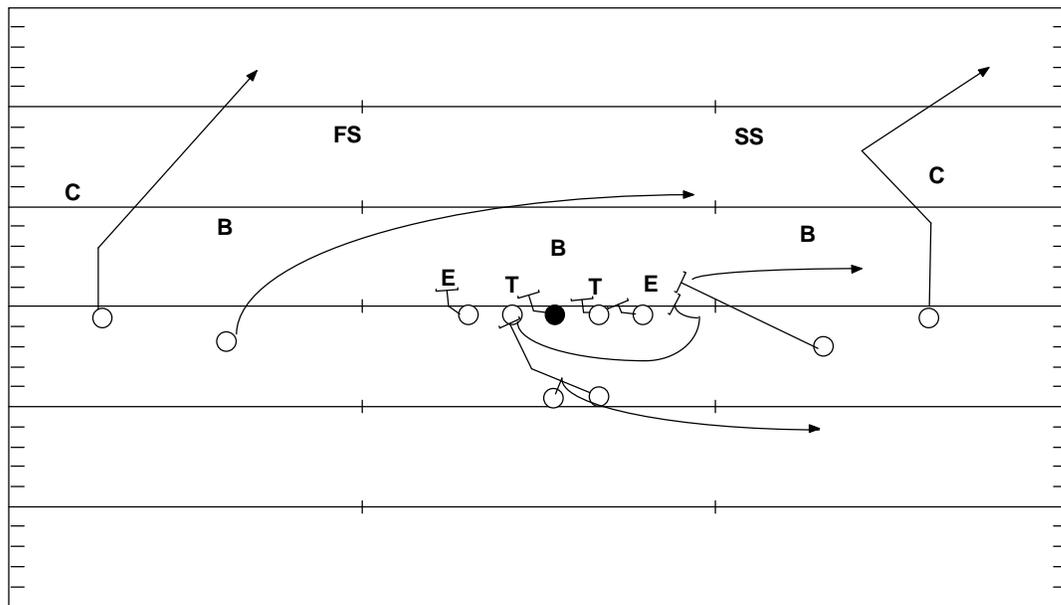


## 80 Series, Movement Passes

Another way to slow down pass rushes and give your QB a chance to throw the football is to change the launch points for your QB. This is also true in the spread, and many athletic spread QB's will really like the opportunity to get out of the pocket.

### 81 Boot—Post Corner

- § This play will serve as our play action off of the Inside Zone out of the Gun
- § QB fakes inside zone. The QB must do a good job of carrying out his fakes.
- § Lineman will block inside zone except for the backside Guard who pulls to block the DE. The Guard wants to work hard to get his hips around the DE.
- § The play side slot will cut down his split and will crack the DE helping the Guard be able to reach him. Once the Guard has control, the slot will release and run an arrow.
- § The QB always has a run option on this play.
- § If the defense over pursues, look for the backside drag.
- § Do not use play out of trips.

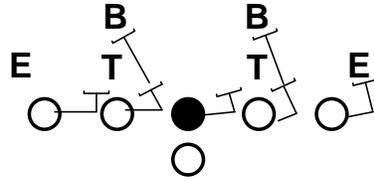


## Run Game

I presented the pass game first because this offense is designed to set up the run by using the pass. I firmly believe that if you are going to throw the football right, you commit to throw the football. That commitment includes the commitment of practice time, philosophy, and to a number of throws to be included in the game plan to be thrown regardless of success. With that said, the offense is designed to have a successful run game. This is especially true if you have a gifted athlete in the backfield. By spreading the field and limiting the number of people in the box, you provide an opportunity for your athlete to make plays. The offense also naturally lends itself to having a quarterback who can run the football. We will discuss ways to get both the running back and quarterback involved.

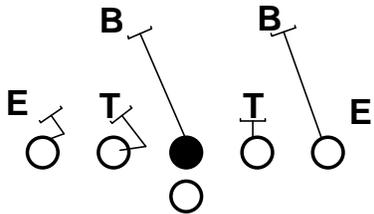
In terms of a run to pass ratio, I believe that is something that must be adjusted based on talent available. For example, if your quarterback is a good runner, then you are likely to run the ball more because your quarterback will get more carries. If you have a good running back, then you need to get him touches to get him involved. When your quarterback has a strong arm, then you are likely to throw the ball more and run the ball less. Adjust your run to pass ratio based on your talent.

**The Line Blocking Schemes:  
Zone Scheme**



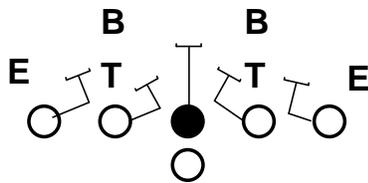
**Will Read the backside Defensive End**

**Option Scheme**



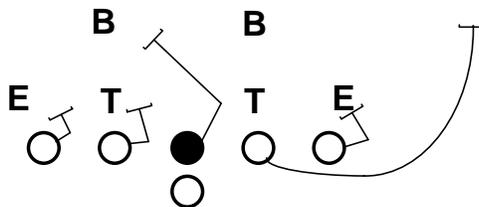
**Play side DE is Pitch Key**

**Wedge Scheme**



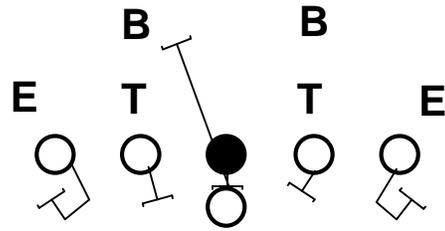
**Do Not Block DE's**

**Toss Scheme**





## Draw Scheme



All schemes have been drawn up against a forty front, but can be easily adapted to other fronts, rules and coaching points will be discussed as we discuss each play separately.

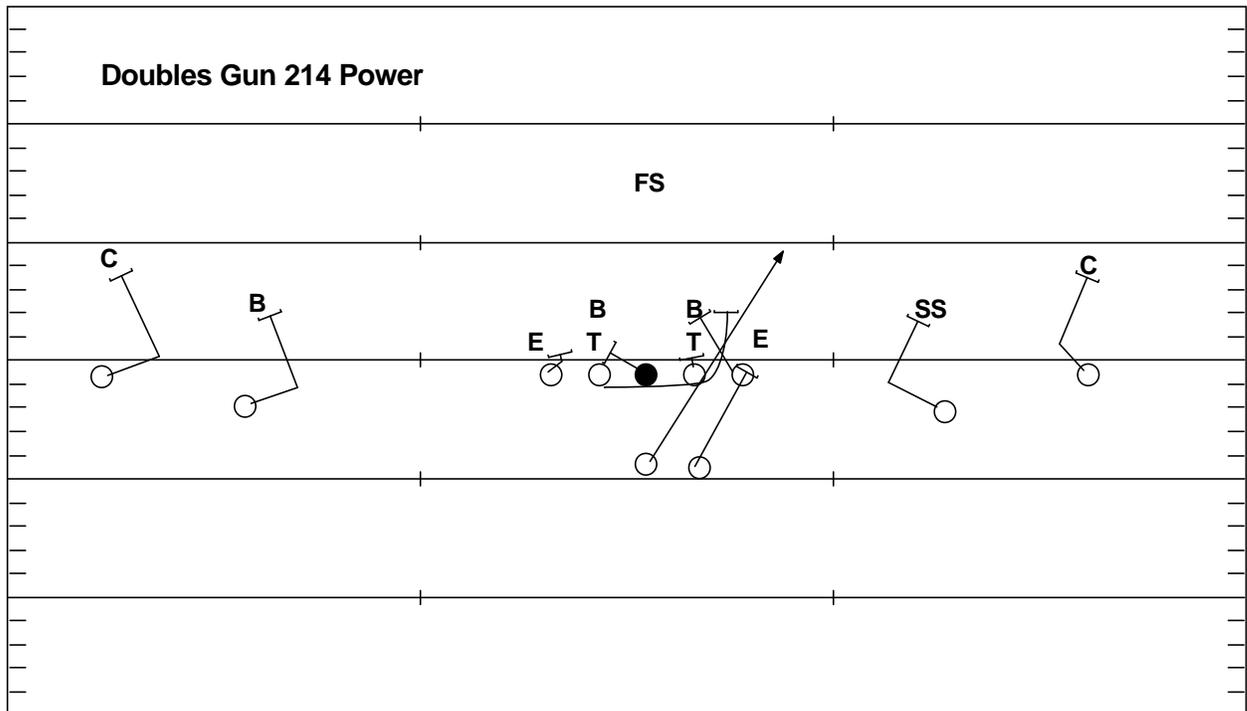
# QB Runs

## 11/12 QB Sneak

- § I will not draw the sneak up. It is a very simple play, but can be a very effective play in the spread.
- § The play can be run to the right or the left. I would suggest that you run behind your best guard.
- § The Lineman block man on or man over.
- § The play is a great play on the goal line. I would also suggest that it could be effective first play of the game and on first and ten.

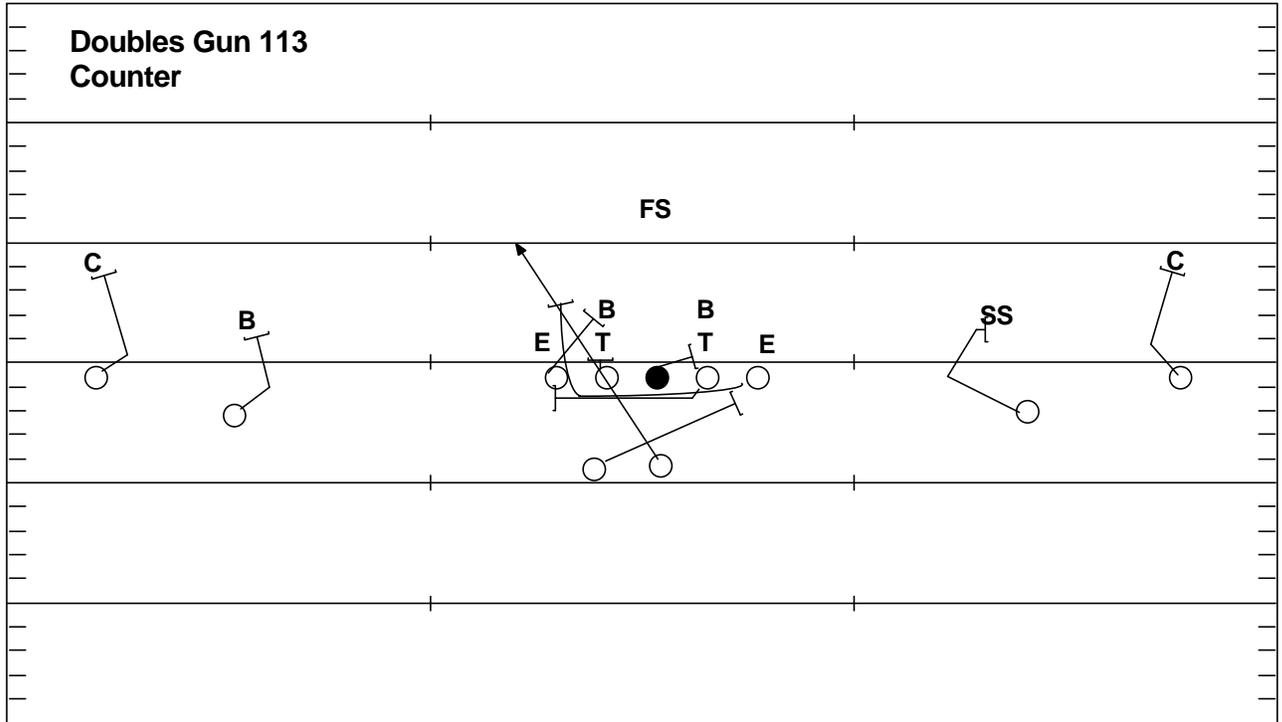
## 13/14 Power

- § The Power-blocking scheme is a two back blocking scheme leaving the play side unblocked to be kicked out by a full back or wing back. The object is to get a double team on the play side tackle and have the back side guard pull around and up on the linebacker. If you have a good running back and want to feature him more, I would suggest that you add an offset I look with a fullback to kick the End and get good at running the power. It is also good if you like to add a tight end in the red zone.
- § Here the QB becomes your second back in the backfield and runs the football while the H kicks the End. The H needs to "J" block the End, simple pushing him up field.



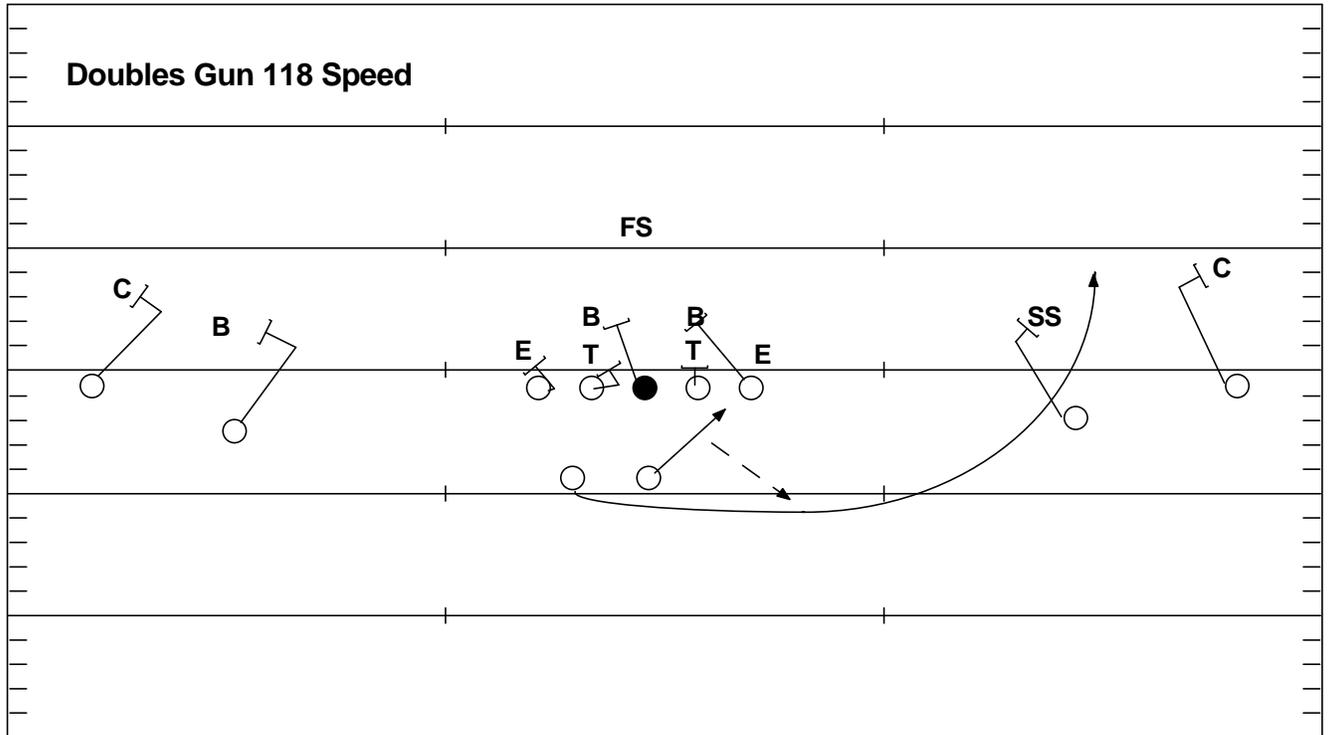
*13/14 Counter*

- § If you have a good running QB, this is the play that can be your big play—play.
- § This is the old counter trey blocking scheme of blocking down on the play side, leaving the play side End unblocked. The Center will block back and the back side Guard and Tackle will pull. The Guard will kick out the End and the Tackle will turn up and lead through the hole. The QB will fake zone action in the backfield, and then follow the Tackle up through the hole. The H back will block the backside DE.



*17/18 Speed Option*

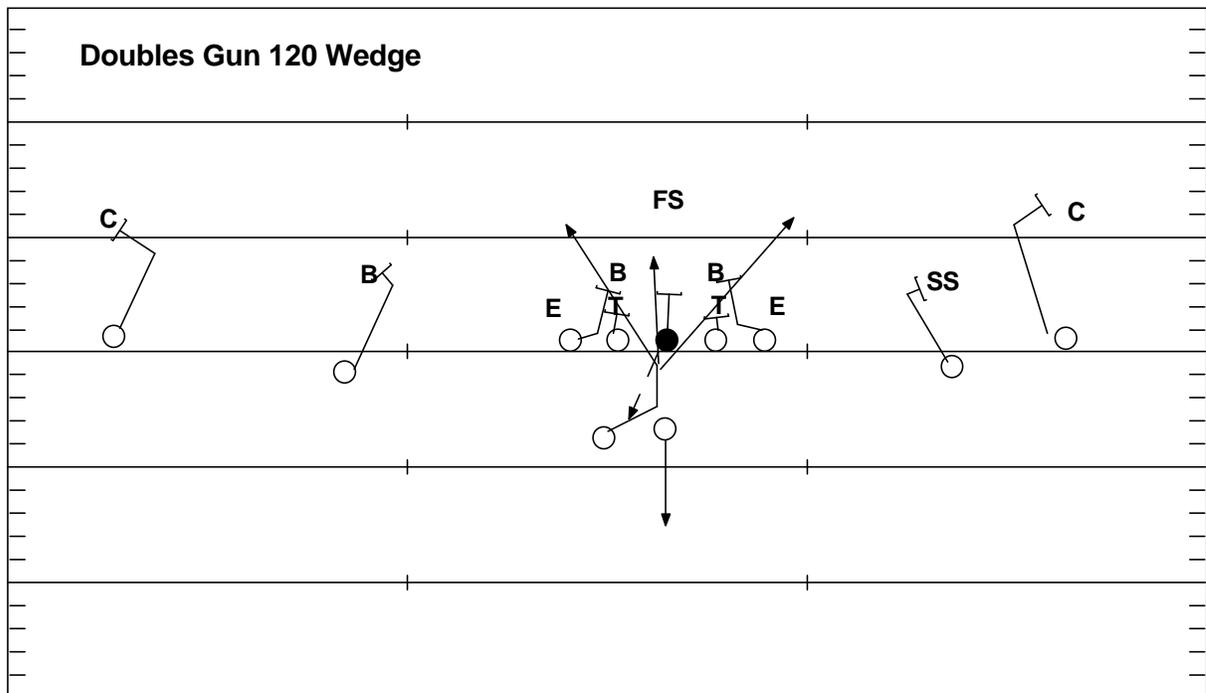
- § Option the Play side DE. The QB will attack the outside shoulder of the DE, if he thinks that the DE will tackle him he will pitch, if the DE goes to the back then the QB will keep. It is very important that the QB attack the DE and does not belly back into the backfield.
- § The play side Tackle will block first man to the inside, the play side Guard will block man on to first man inside. The Center will block man on to backside LB. The backside of the line will take a zone block to the play side, working to protect inside gap to second level.
- § H will step laterally and maintain pitch relation.



## H Back Runs

### 20 Wedge

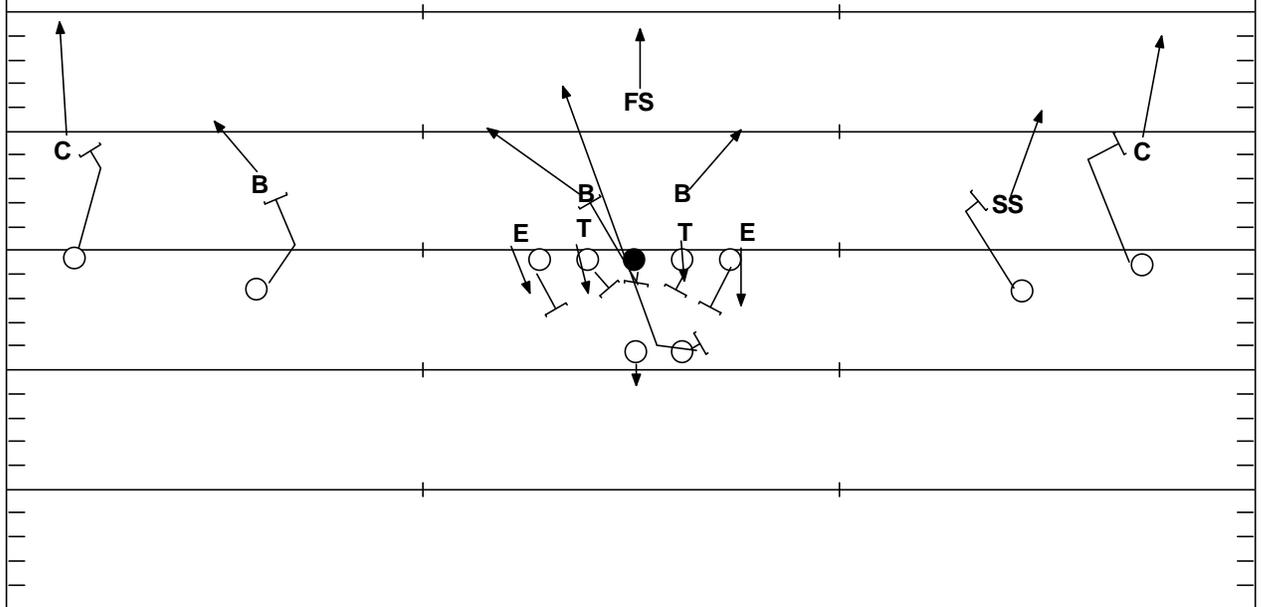
- § This play is a direct snap play right up the middle. This is very effective considering that most teams will play the spread in 40 fronts. Versus a 30 front you simply run the play behind the Guard instead of behind the Center. Use this play to get short yardage. It is more effective on first and second down.
- § The Center will fire out and block the first opposite color jersey that shows. The rest of the linemen will step down hard toward the Center preventing any penetration. The key to the play is that the linemen never stops moving their feet. Teach them to run through the opponent. Do not block any play outside shoulder of the Tackle out.
- § The running back should get behind his blockers and key his feet driving. If he can bounce the play to the outside, that is great, but make sure you get at least 3 yards.



### 21/22 Draw

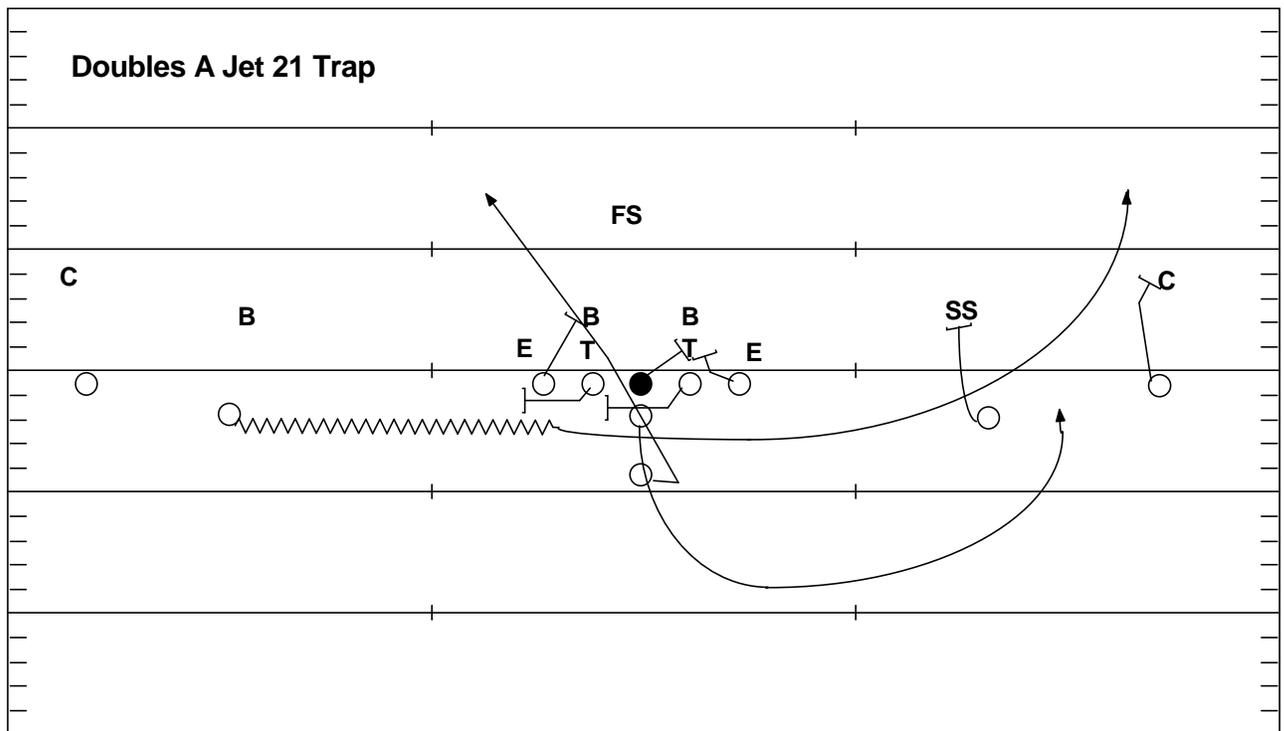
- § The Tackles will pass set and try to push the End's up field. Interior Lineman will do a short pass set and then block man on or downfield.
- § The QB will show pass first, and then give the ball to the H.
- § H will step toward the sidelines, and then step back towards the QB take the handoff and find a hole in the pass rush and get up field.

Doubles Gun 221 Draw



21/22 Trap

- § This play can hit big, especially when used in conjunction with the Jet Sweep.
- § The PST will block down, the PSG will trap the play side DE this action will set up the Tackle to be trapped, The Center will block back, the BSG will trap the first man head up to outside the Guard (Note, if you have a 1 and a 3, you would want to run the play to the 3 technique), the BST will step hard to the inside to help fill for the pulling Guard. IF it is a 30 front, the PSG would kick the E and the BSG would pull up through the hole.
- § The QB would fake the Jet sweep and then hand off underneath to the H. After the handoff, He would boot toward the motion showing pass.
- § The H would take the same zone step that he would take if running the zone from under center. He would then plant hard and cut underneath the QB, reading the trap block of the BSG.



## 23/24 Zone

### Inside Zone Rules

#### The purpose of Play:

This is the bread and butter run play. This is the play that we will use to set up the rest of our offense. We will practice this play till we get good at it. This is the play that we will use to move the chains.

#### Keys to Zone

1. Get movement on Level One
2. Do not worry about LB, till Level One is taken care of.
3. Lineman are responsible for play side Gap
4. Run play out of all formations
5. Control Backside End
6. Run North and South

#### QB Coaching Points:

1. Take football to the back if under center, if in the gun, hand the ball to the back as he crosses your face while your eyes lock on the DE. We will not read the DE, but rather call from the sideline give or keep.
2. Give football to back with two hands.
3. Boot away from play if under center and sprint to the outside if out of Gun but in both cases getting enough depth to clear defensive end.
4. ALWAYS carry out your fakes!!!!!!!!!!!!!!!

#### Running Backs to Coaching Points

1. Open up, Cross Over, Square Up, and Plant if under center take a jab step away from play side if in Gun.
2. Aiming point inside hip of the Tackle
3. Read the first covered lineman.
4. Attack the LOS before cutting
5. Aim is to hit hole full speed
6. Run north and south.

#### Lineman Rules

1. Covered Lineman
  - a. Execute Stretch Base Technique to call side (NOT to hole)
  - b. Attempt to control the play side shoulder of the D-lineman
2. Uncovered Lineman
  - a. Execute Stretch Double Technique
  - b. Take stretch step to play side
  - c. Attack the backside shoulder of the same D-lineman
3. The Lineman work together toward play side not to hole.
4. If lineman side by side is covered then the lineman has their man one on one.
5. When executing the double team:
  - a. Use four-hands, four eyes technique
    - i. Four hands on the defensive lineman, and four eyes on the linebacker.
    - ii. If anyone enters your zone, stunting lineman, blitzing linebacker, he becomes your responsibility

iii. When the Linebacker commits to the LOS one of the Lineman chips off and blocks the Linebacker. The other lineman is to be ready to take over the block himself. D-Lineman must be taken care of first then go second level.

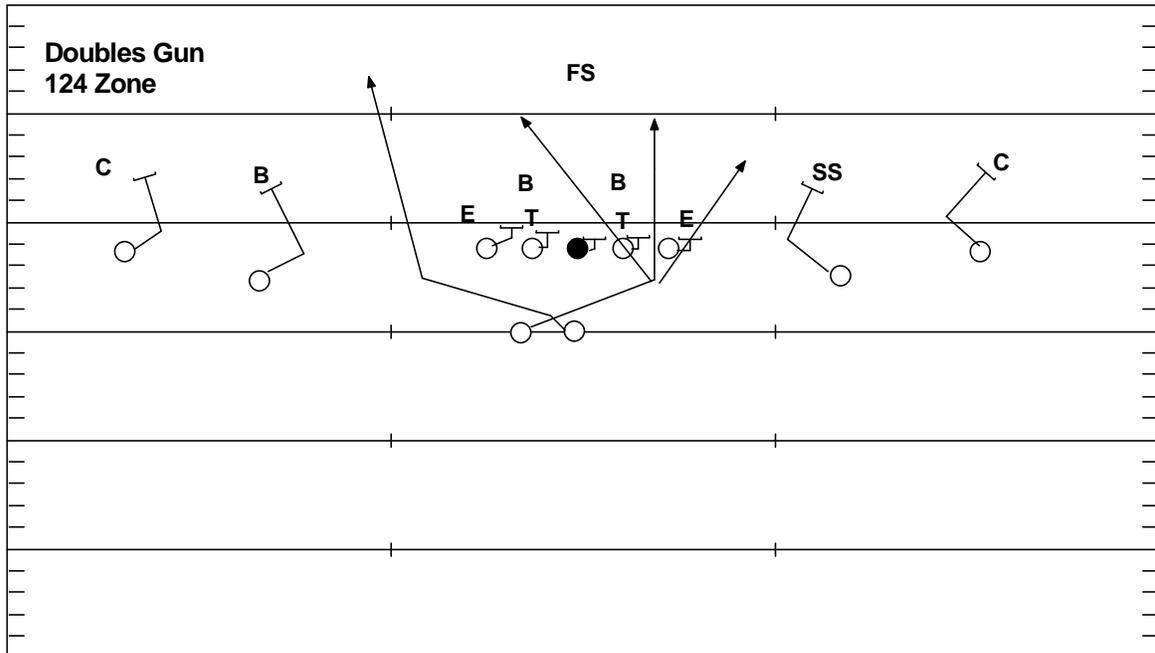
iv. The Linebacker is technically the responsibility of the uncovered lineman, but either linebacker can come off the block and block the linebacker

v. The stretch steps and the movement of the play should cause the flow to create a cut back lane. Block the man the way he wants to go and Running backs job is to read the block.

6. The action of the QB will be used to control the backside End

7. Notes on running the Zone out of Gun.

- a. The back has 3 choices, he can bend the zone or cutback, he can bang the zone or find a hole and get what you can, or he can bounce the zone and try to take it outside.
- b. The Read is the play side Tackle. If the tackle is in a 1 technique then the read becomes bang to bounce based on the action of the DE. If he is in a 3 technique then the read becomes bend to bang based on the action of the DT.
- c. The key is to find an open window and get north and south right now.



23/24 Power

- § The Power O will be our base power play; it will primarily be run out of the King and Queen formation.
- § The play is simple in concept but a great football play.

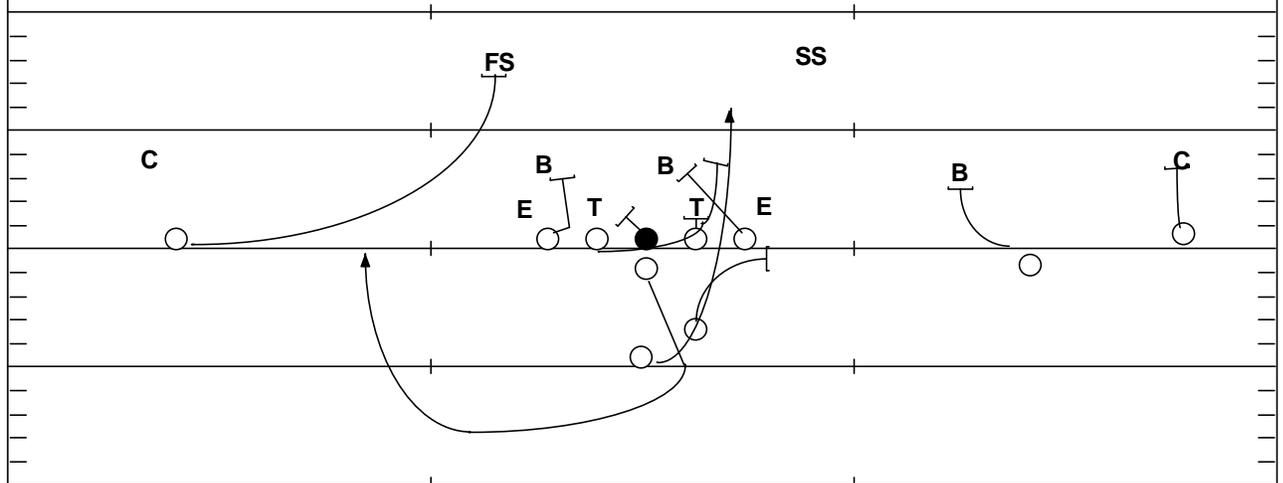
Rules for the Power O:

| Position         | Assignment  |
|------------------|---|
| Play Side Tackle | In and up away from Call #, If Combo Created take care of level one first   |
| Play Side Guard  | In and up away from Call #, If Combo Created take care of level one first   |
| Center           | In and up away from Call #, If Combo Created take care of level one first   |
| Off Side Guard   | Pull around Center, aiming point is the inside hip of Play side Tackle. He is to cut up field looking to block play side linebacker   |
| Offside Tackle   | Uses a cutoff/hinge technique looking to take care of inside threat first then check the edge   |
| Full Back        | Kicks out the End   |
| QB               | Opens up just like Inside Zone, After give sell play action pass  |
| X and Z          | Stalk block Corner  |
| H                | Aiming point is inside hip of the Tackle, Read is different from the Inside Zone, you will read the block of the Full Back and action of the DE run inside the block of the full back, unless the DE crashes inside, then you can bounce to the outside |

The Stutter O is the same play to the weak side; the H takes Counter step action.

The Play action to the Power will be a boot concept

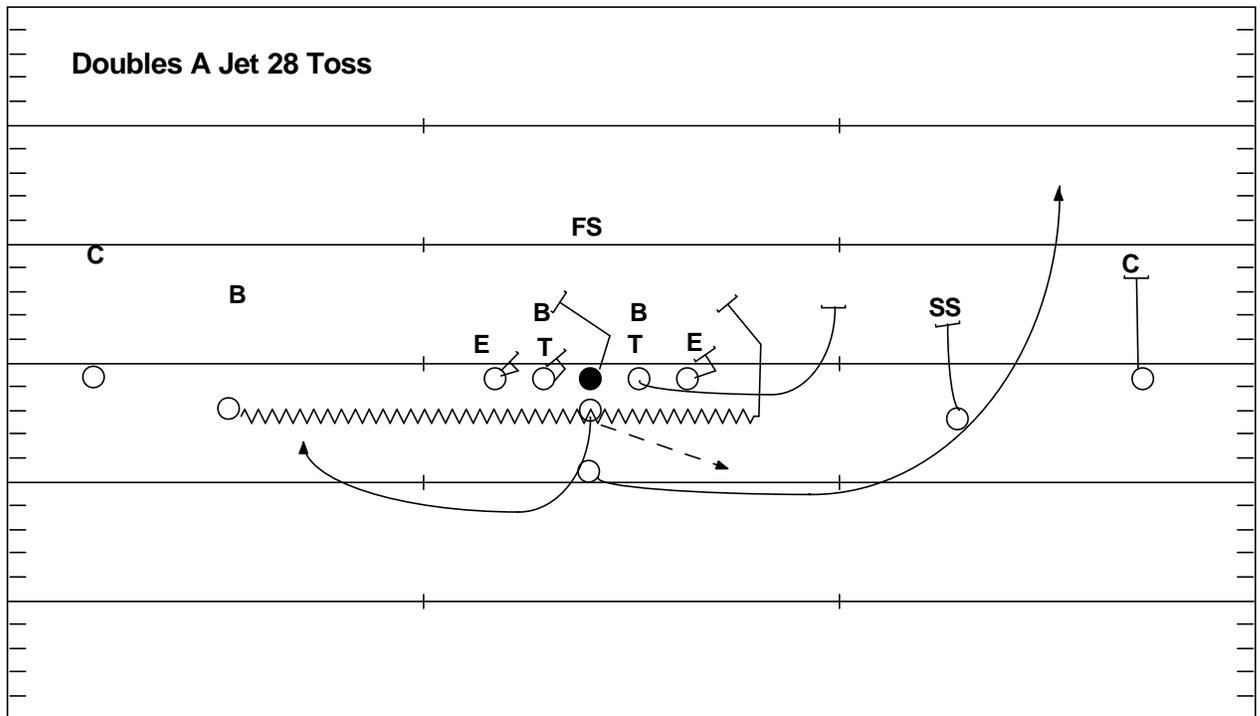
# King 24 Power



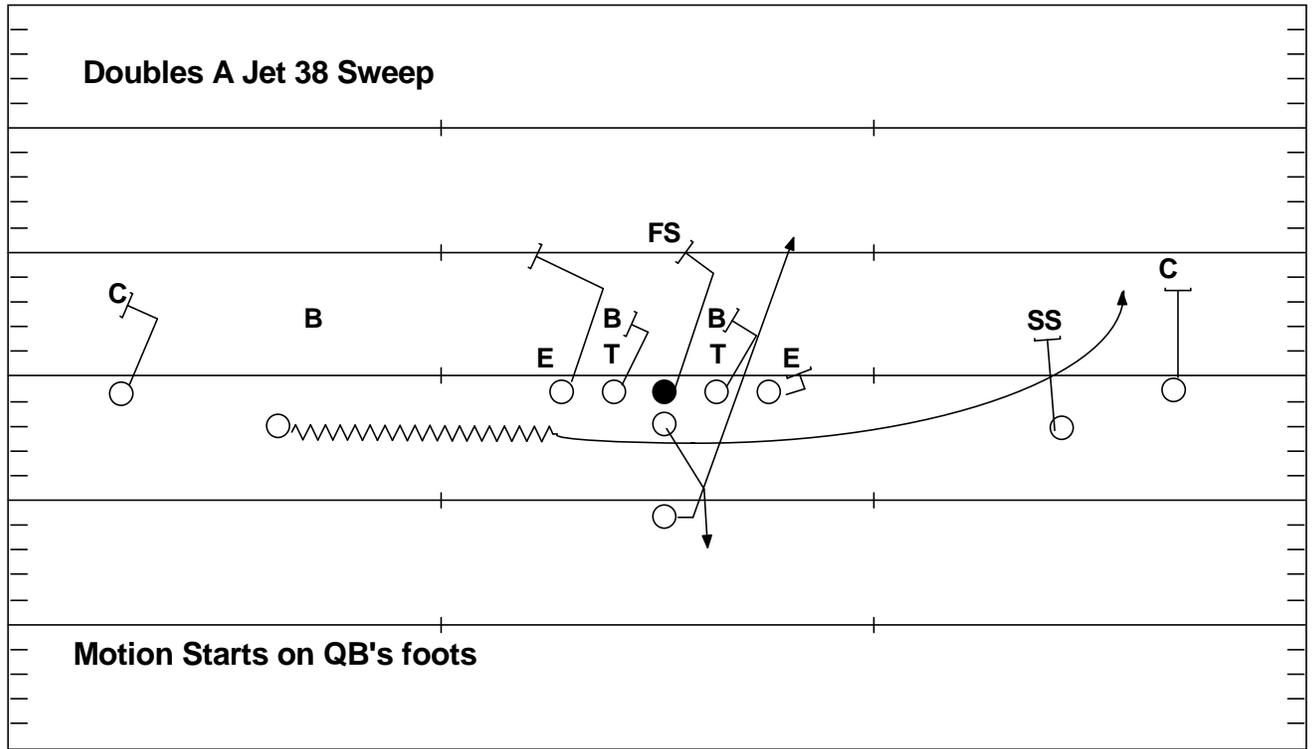
Note in the King formation, the Fullback is offset to the 2 receiver side, in the Queen formation, the Fullback is offset to the 1 receiver.

27/28 Toss

- § The PST will try to reach the End just like he would on the Jet Sweep, The PSG will pull around the End and block the first man to show of an opposite color jersey, the Center will use the same rules as the Jet, and the BSG will use the same rules as the Jet Sweep.
- § All perimeter players will stalk block man over them.
- § The play can be run with or without motion, but is much more effective if run with motion because it gives you extra blocker at the point of attack.
- § The QB will open away from the pitch, pivot on his inside foot and toss the ball to the running back making sure to lead him so that the running back does not have to break stride on the play.
- § The Running back will sprint to the perimeter looking for a running lane North and South.

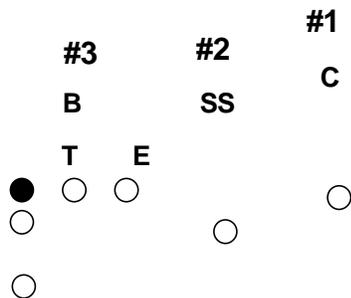


# Jet Sweep

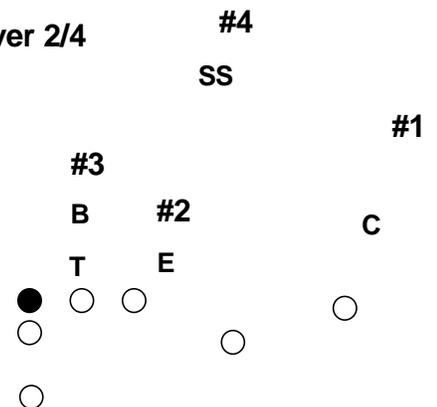


1. The motion needs to be full speed
2. The ball is snapped at inside leg of the Tackle
3. Aiming point for the motion man is 1 foot behind the QB
4. QB pivots on the foot away from the motion
5. Lineman should protect inside gap first and then work at 45 degree angle upfield. Put on hand on D-Lineman and then get to second level defender. DE reaches first defender to the outside of B gap.
6. The perimeter will be blocked counting defenders from sideline in. The first defender from the sideline is 1 and the second defender from sidelin is defender number two, etc.. A two digit number will be given to tell the recievers who to block. The #1 receiver will block the first number and the #2 receiver will block the second number. Example: on a 12 call the #1 receiver will block the first defender and the #2 receiver will block the second defender.

## 44 Cover 3

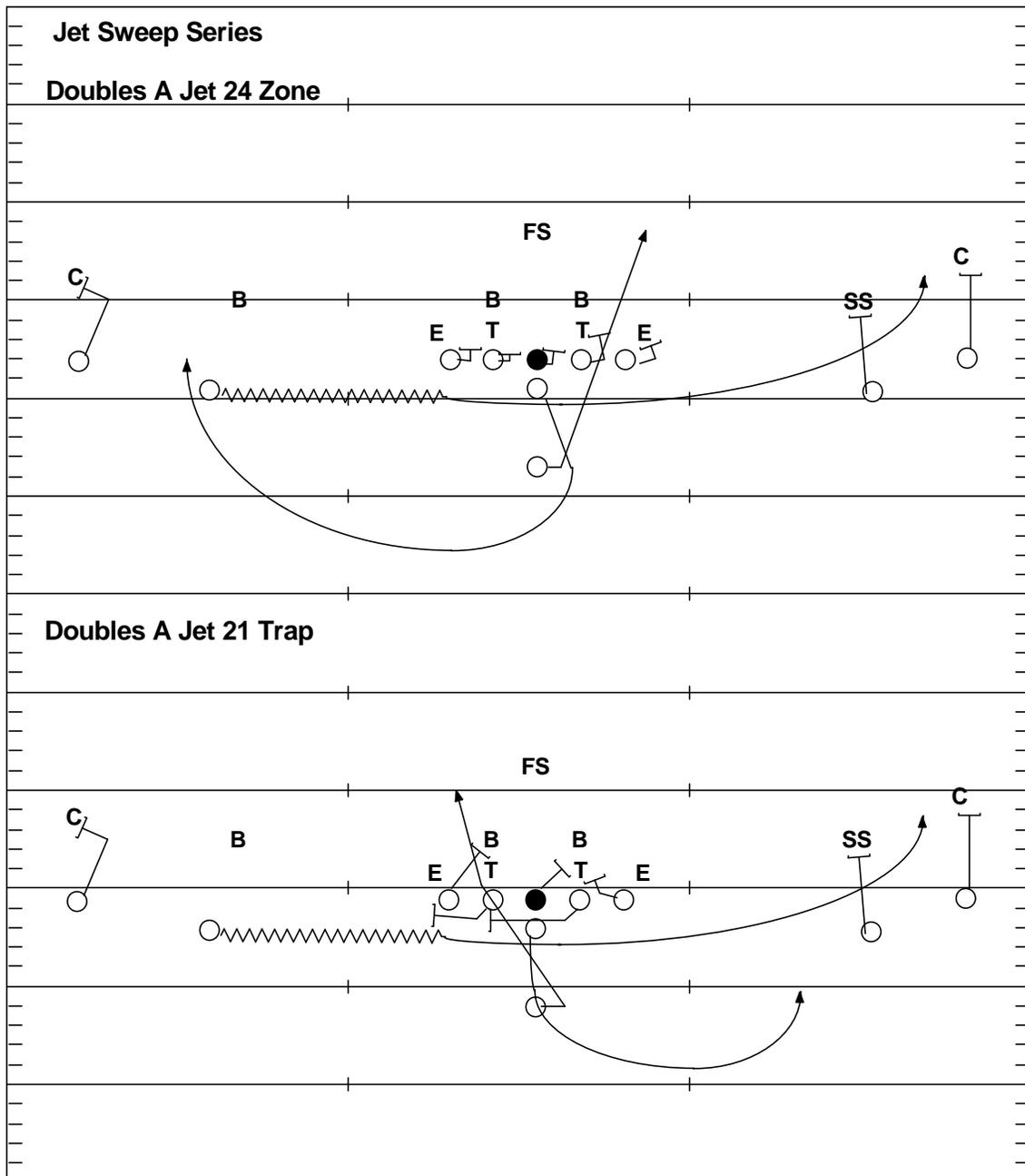
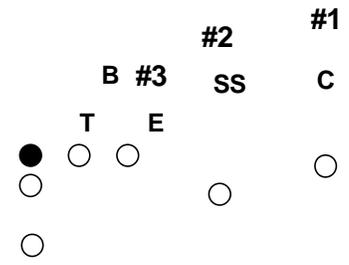
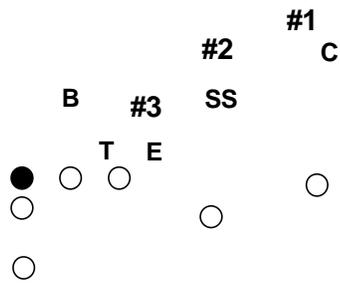


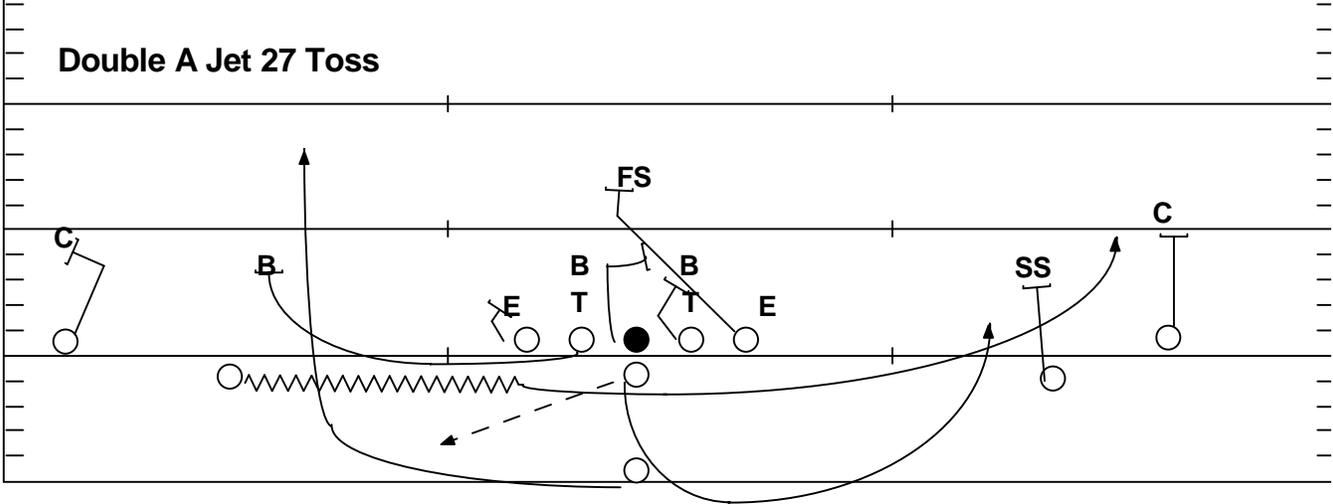
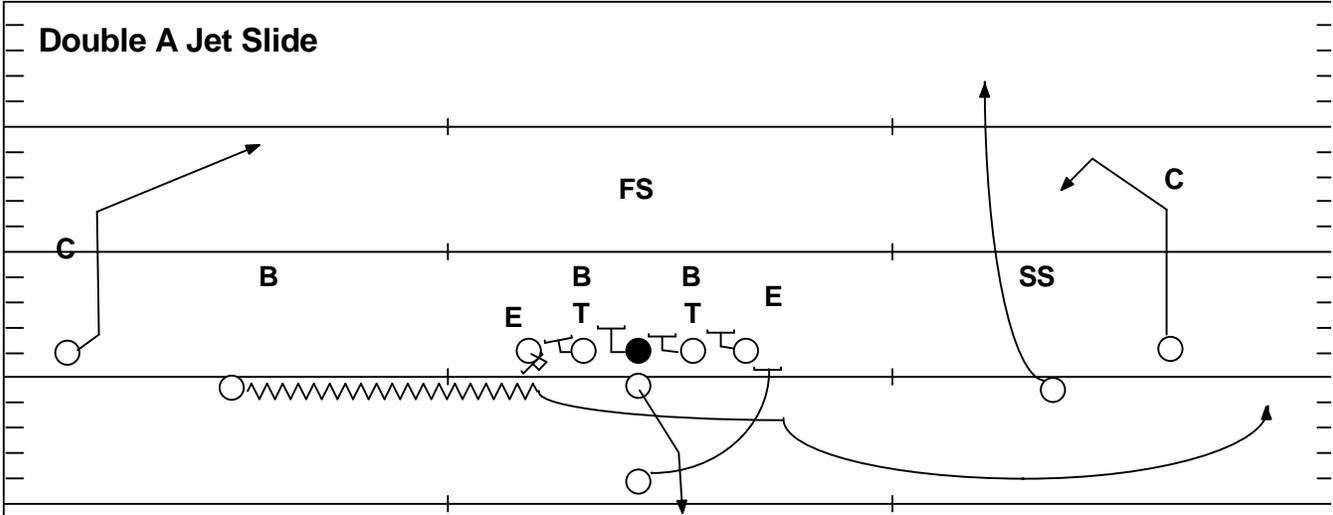
## 43 Cover 2/4



52 Cover 3

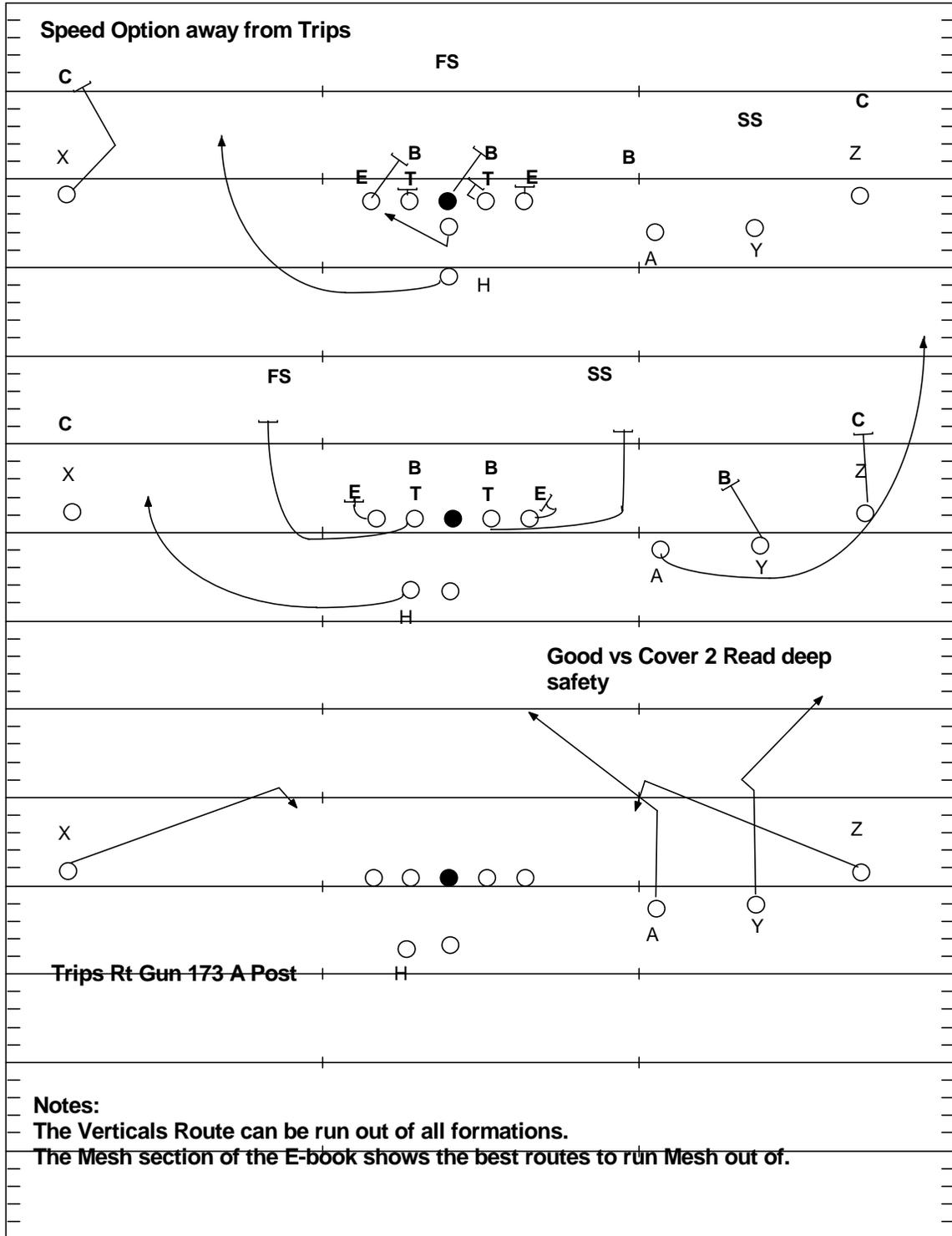
46 Cover 1



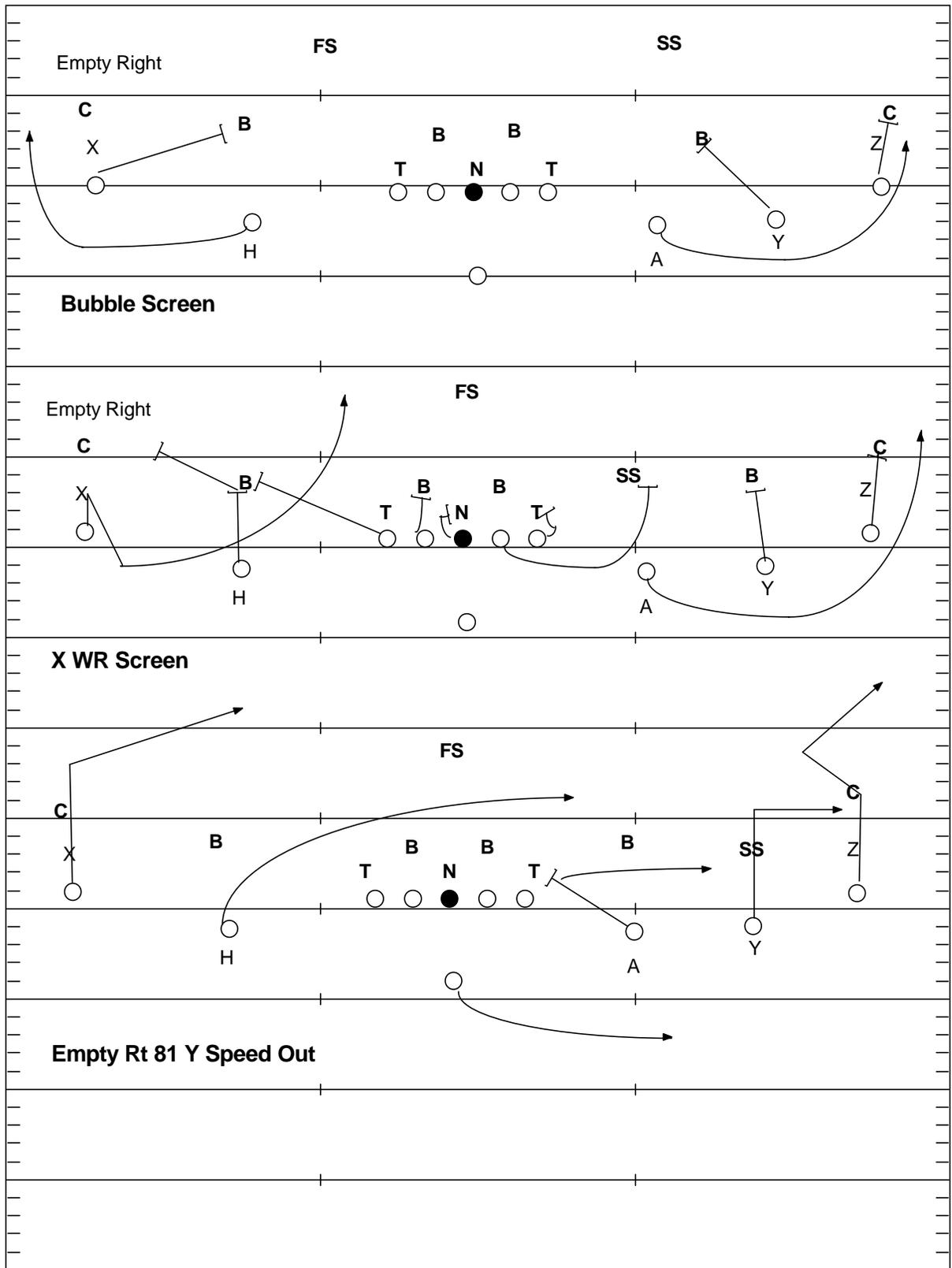


# Other Plays and Formations

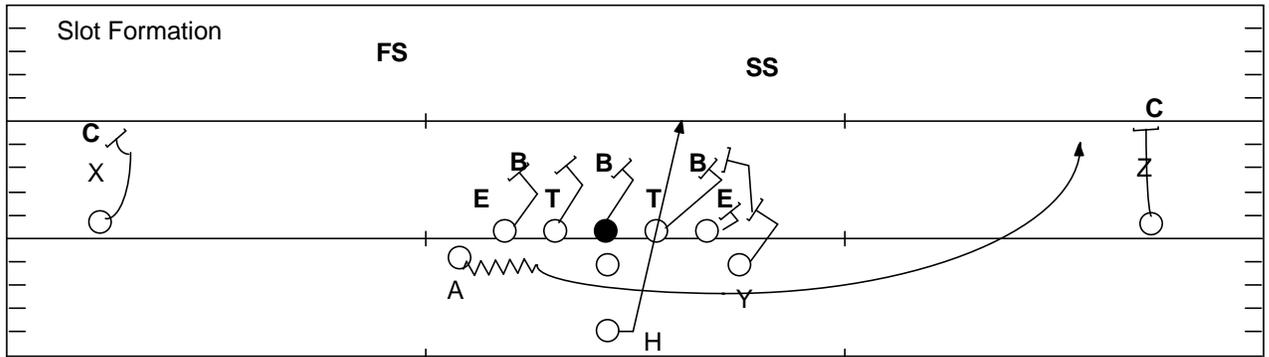
Trips Formation Plays: All the Run Game can be run out of trips



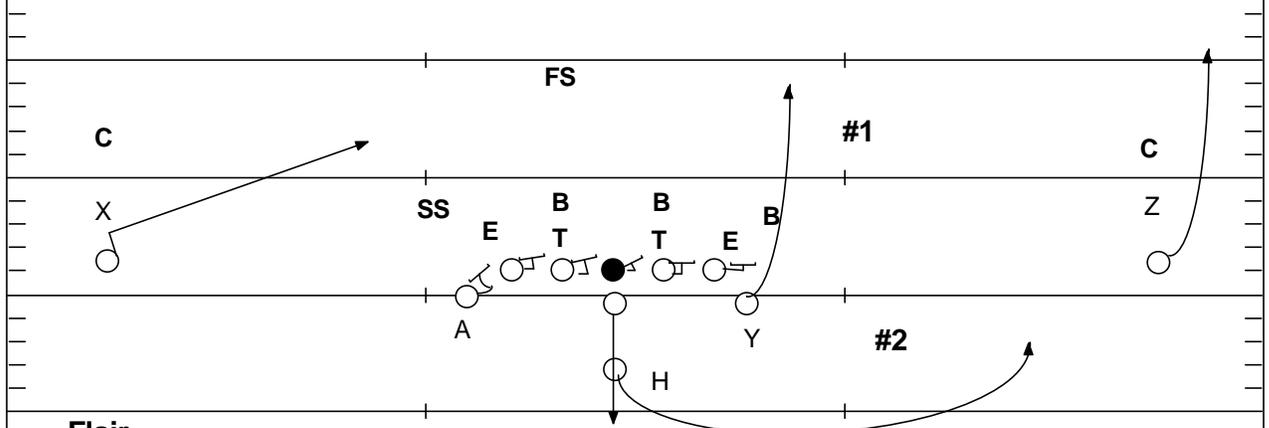
**Empty Formation: The QB Sneak/Draw and Jet Series are the only run plays for Empty**



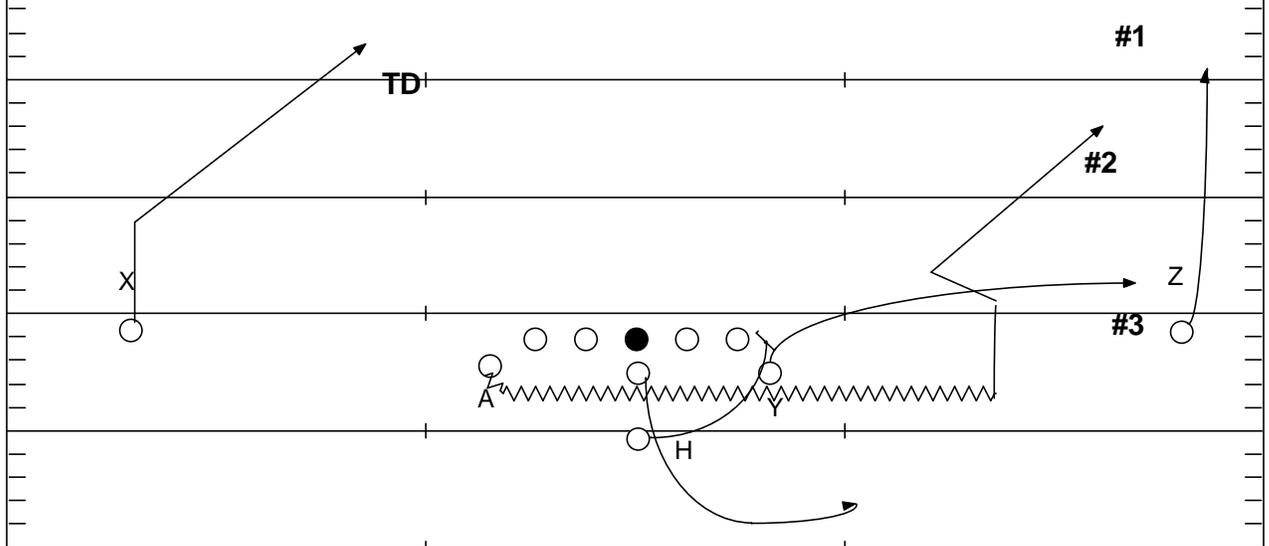
**Slot Formation: All of the Run Game can be run from Slot**



**The Jet Sweep and all the Jet Sweep Series are very good out of Slot**

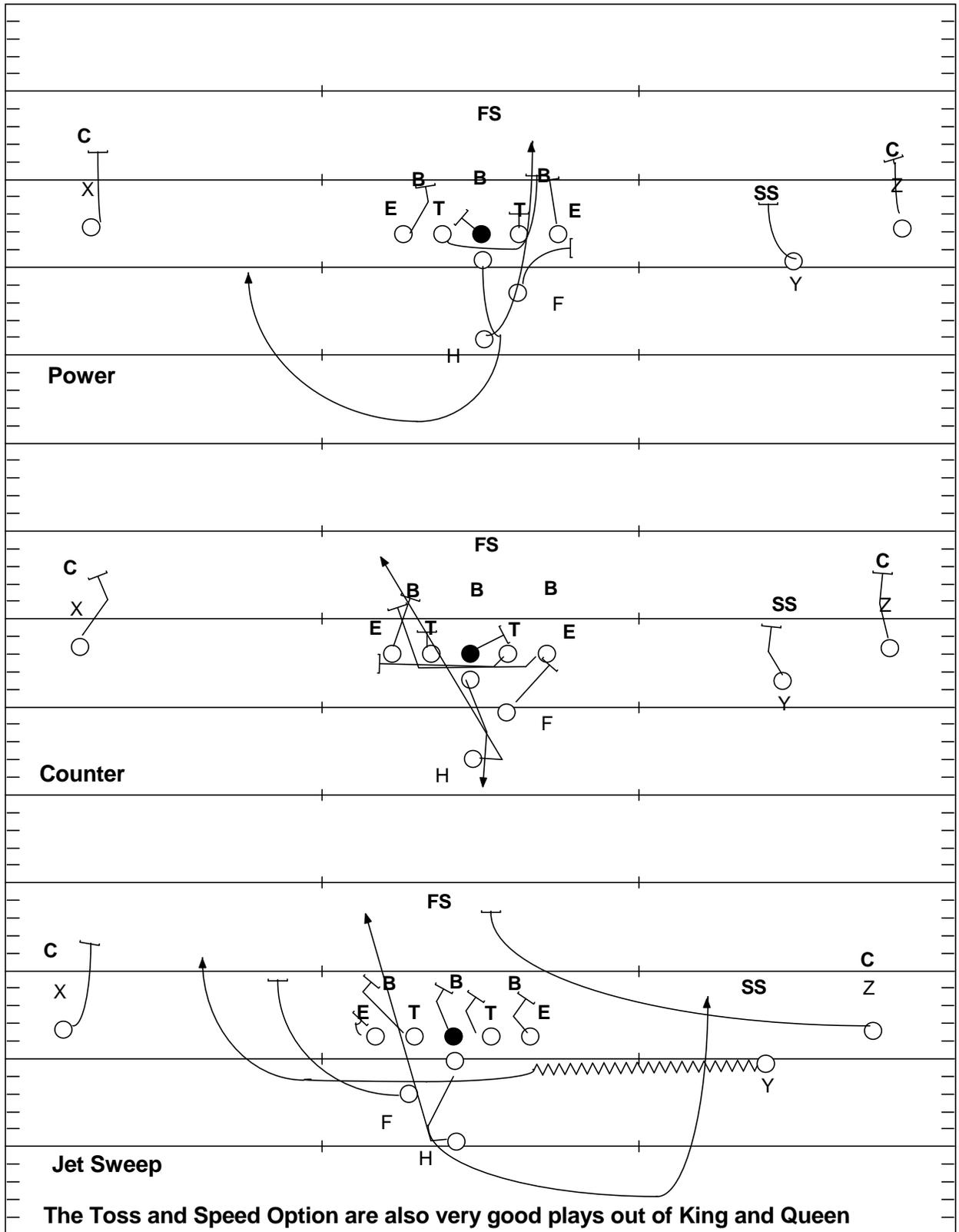


**Flair**

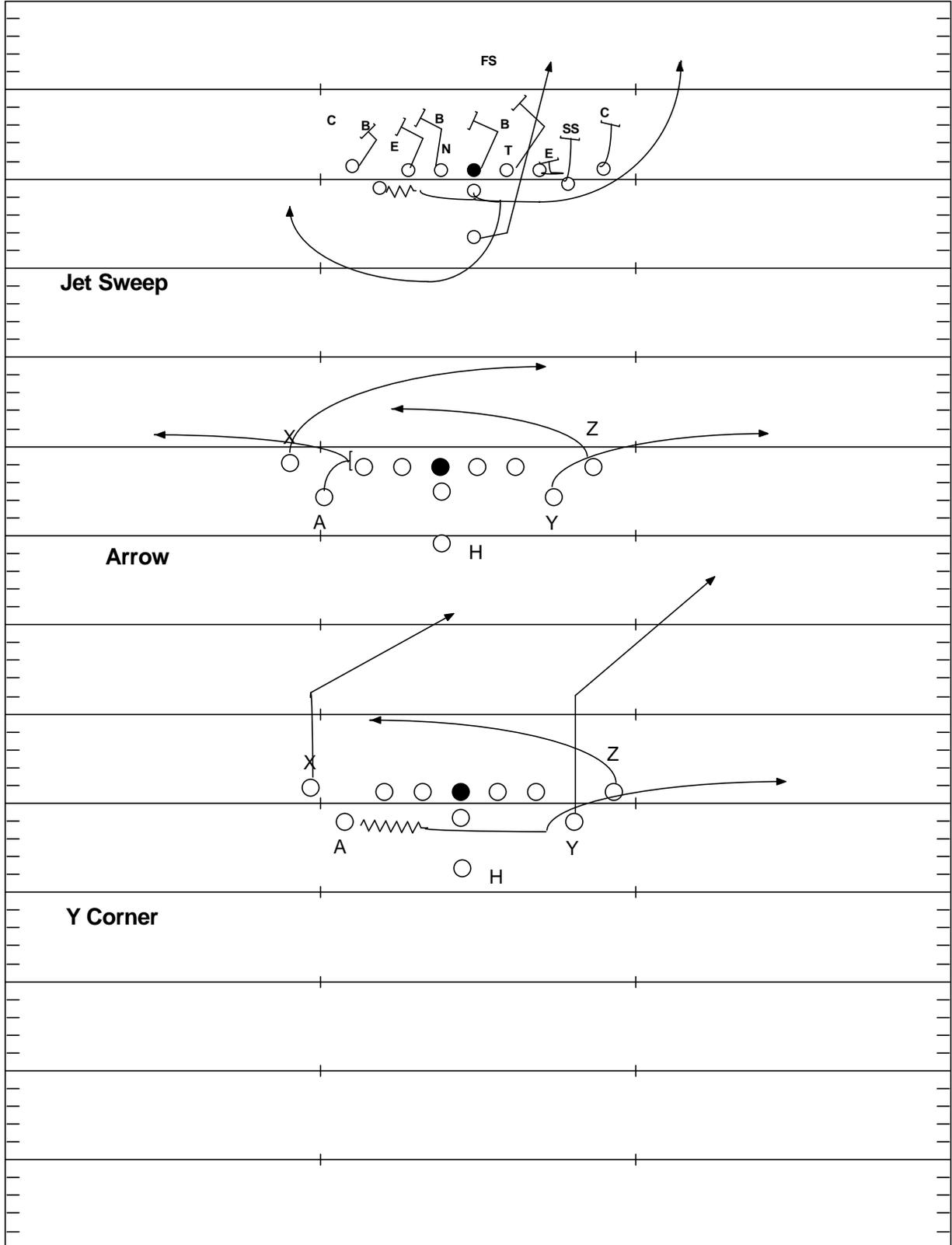


**80 Flood**

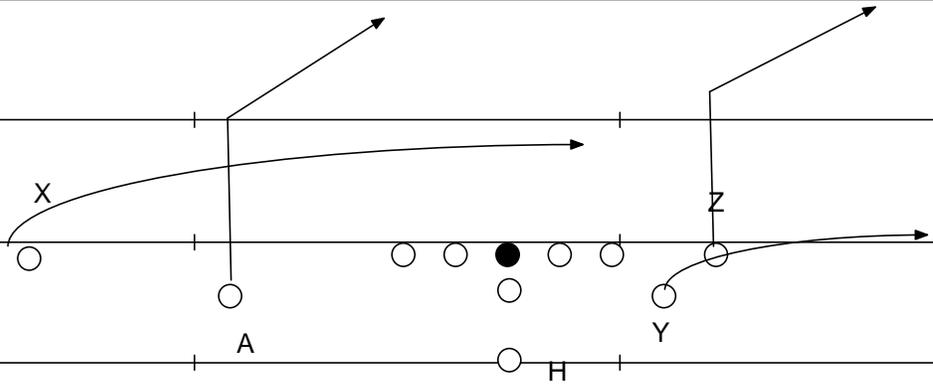
**King and Queen Formation: This formation can be used to feature a good running back**



**Nasty and Nasty Near/Far: All of the Run Game can be run out of these formations**

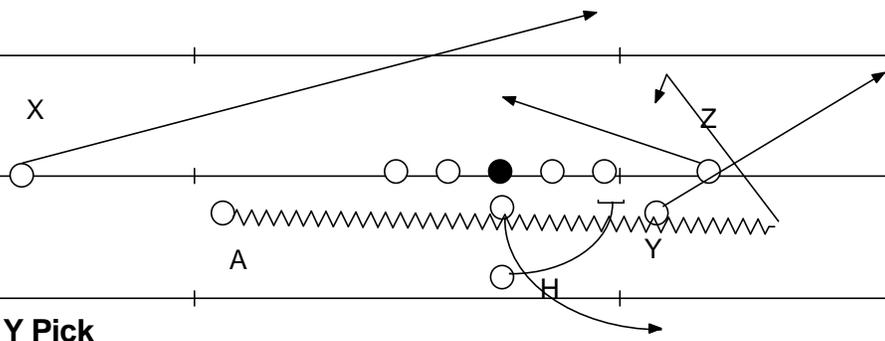


**Nasty Far**



**Z Corner**

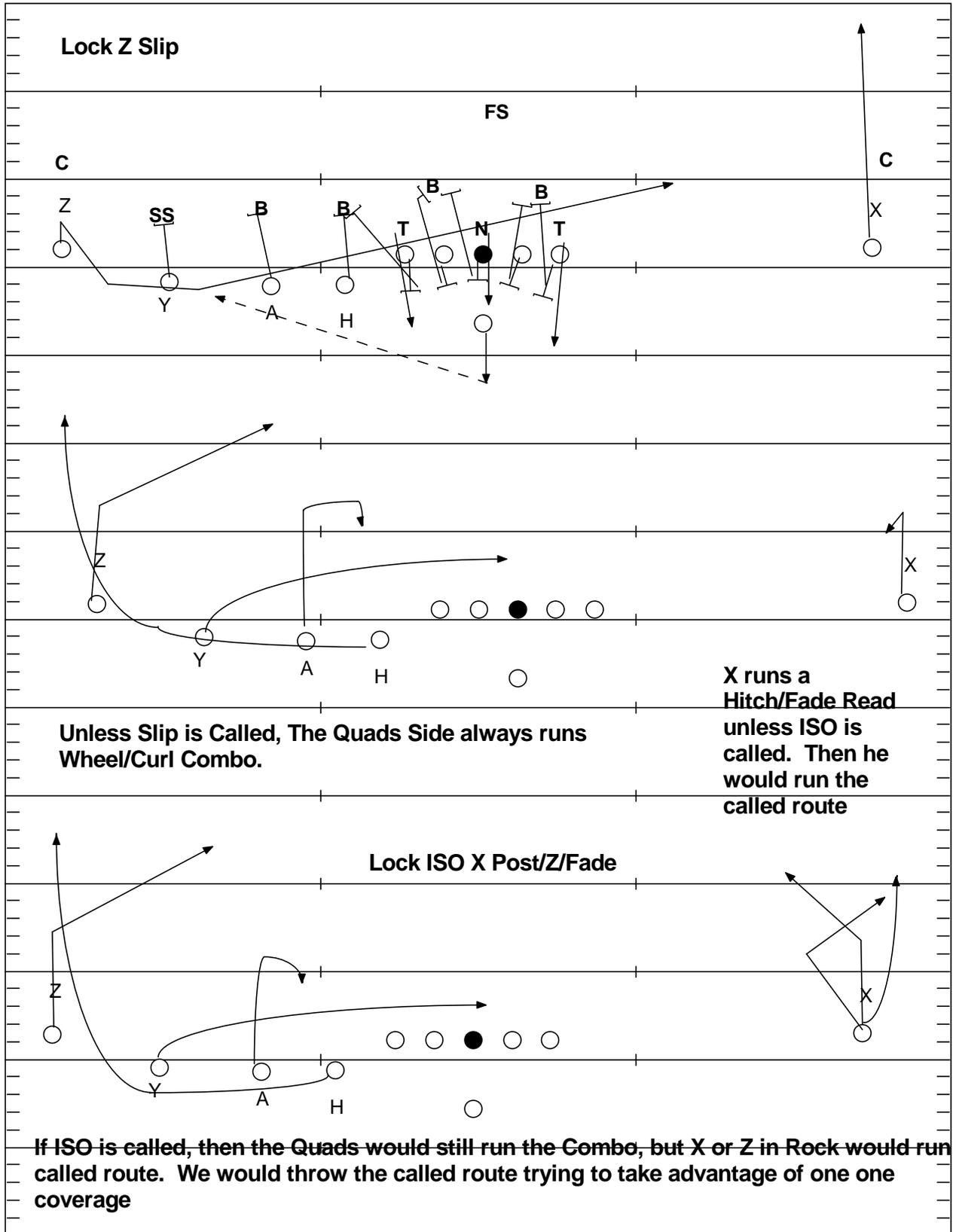
**Nasty Far**



**80 A Jet Y Pick**

**Good Red Zone Play**

**Rock and Lock:** This formation is a series and has a killer screen with it.



# Practicing and Game Planning

## Football Practice Schedule Offensive Day

Practice:      Time:      Date:      Field:      Attire:  
 2:45—Pre practice meeting      3:00—On field

| Time:                       | Meet | Time:                                | Time:                | Time:      | Time:             | Time:     | Meet |   |
|-----------------------------|------|--------------------------------------|----------------------|------------|-------------------|-----------|------|---|
|                             | Per  | <b>O-Line</b>                        | <b>C</b>             | <b>TE</b>  | <b>QB</b>         | <b>RB</b> | Per  |   |
| <b>Kick/Spt</b>             | 1    | Warm Up                              | Snaps                | Ind Route  | Snaps             | Cones     | 1    |   |
|                             | 2    | Sled                                 | Gun Snap             | Sled       | Gun Snaps         | Guantlett | 2    |   |
| <b>Agilities</b>            | 3    | Agilities                            |                      |            |                   |           |      | 3 |
| <b>Punt</b>                 | 4    | Punt vs Scout Punt Return            |                      |            |                   |           |      | 4 |
|                             | 5    |                                      |                      |            |                   |           |      | 5 |
| <b>Special Off.</b>         | 6    | 5 Wide                               |                      |            |                   |           |      | 6 |
|                             | 7    |                                      |                      |            |                   |           |      | 7 |
| <b>Individual</b>           | 8    | Step Drill                           | Step Drill           | Step Drill | Belt with Running |           | 8    |   |
|                             | 9    | Kehoe's Cones                        |                      | Ind Work   | Backs             |           | 9    |   |
|                             | 10   |                                      |                      |            |                   |           | 10   |   |
|                             | 11   | Pass Blocking                        |                      |            | Sled Blocking     |           | 11   |   |
|                             | 12   | Middle Drill                         |                      |            |                   |           | 12   |   |
|                             | 13   |                                      |                      |            |                   |           | 13   |   |
|                             | 14   | Blitz                                | Routes on Air        |            |                   |           | 14   |   |
|                             | 15   | Period                               |                      |            |                   |           | 15   |   |
| <b>Team Off.</b>            | 16   | TEAM OFFENSE                         |                      |            |                   |           | 16   |   |
|                             | 17   |                                      |                      |            |                   |           | 17   |   |
|                             | 18   |                                      |                      |            |                   |           | 18   |   |
|                             | 19   |                                      |                      |            |                   |           | 19   |   |
|                             | 20   | Break                                |                      |            |                   |           | 20   |   |
| <b>Offense</b>              | 21   | Red Zone Plays                       |                      |            |                   |           | 21   |   |
| <b>Special Sit.</b>         | 22   |                                      |                      |            |                   |           | 22   |   |
| <b>Kick Off</b>             | 23   | Kickoff vs Scout Team Kickoff Return |                      |            |                   |           | 23   |   |
|                             | 24   |                                      |                      |            |                   |           | 24   |   |
| <b>Team D</b>               | 25   | Team Defense                         |                      |            |                   |           | 25   |   |
|                             | 26   |                                      |                      |            |                   |           | 26   |   |
|                             | 27   |                                      |                      |            |                   |           | 27   |   |
|                             | 28   |                                      |                      |            |                   |           | 28   |   |
| <b>Conditioning</b>         | 29   | TEAM Conditioning                    |                      |            |                   |           | 29   |   |
|                             | 30   |                                      |                      |            |                   |           | 30   |   |
| <b>Notes and Reminders:</b> |      |                                      | <b>Installation:</b> |            |                   |           |      |   |
|                             |      |                                      |                      |            |                   |           |      |   |

## Practice Design

### Monday

- Offensive Game Plan Chalk Talk
- New Plays vs Bags
- Base Plays vs Bags

### Tuesday

- Special Offense
  - Early in the year, this would be situational or time to work on just one play
  - During season this is where we will work on additions for the week
- Ind. Time
  - Lineman does shoulder skill, sled, etc.
  - Backs do ball skills, footwork, endurance, etc
  - Receivers do footwork and ball drill
- Group Time
  - Lineman do play installation and rep vs. different fronts
  - Backs do the clock
  - Receivers do stalk blocking, route running, def recognition etc.
- Inside Drill
  - Lineman and back rep inside run plays
  - Receivers and QB's do 1 on 1 and timing
- Run Game 11 on 11
  - Script would include First 8 plays
  - First Down and Second down runs
- 7 on 7
  - Lineman work on pass blocking
  - Need to work against multiple coverage's
- Pass Game 11 on 11
  - Script would include all the base pass plays

### Wednesday Defensive Day of Practice

- Would be the same schedule as Tuesday minus the special offense, individual, and group
- Script would include
  - Third Down
  - Two Minute
  - Two Point Play
  - Red Zone

### Thursday

- Scripted Game vs. Air
  - Include Special Teams transitions
  - Call plays off of Game Plan sheet

### Game Plan Schedule

- Saturday Morning

- Watch your film, chart for tendency
- Watch your opponents film from night before, chart for tendency
- Sunday Afternoon
  - Formulate Game Plan and Practice Scripts
- Sunday Evening
  - Coaches Meeting
    - Watch opponent tape again
    - Go over practice scripts and game plan with rest of staff take suggestions
  - Finalize Game Plan based on meeting, suggestions, etc
  - Make Scouting Reports
- Monday
  - Cover Scouting Report
  - Run through Game Plan on field vs. bags
  - Decide if any adjustments need to be made based on practice
  - Do Wrist bands
- Tuesday
  - Regular practice with Wrist Bands
  - Break down next opponent, chart for tendency
- Wednesday
  - Practice with bands
- Thursday
  - Practice with bands call plays from sideline
  - Mentally review Game Plan call sheet to know it inside and out
  - Run through anticipated adjustments by opponents and possible halftime adjustments
- Friday
  - Pre Game Meeting

#### **General play calling and game planning tips:**

- § Don't repeat routes attacking the same area
- § Throw to people in practice who are going to catch it in the game.
- § Teach your QB to read areas vs. Man and windows vs. Zone
- § Get your running back involved
- § Throw Vertical to keep defense honest
- § In no huddle get in the practice of running a play every 15 seconds.
- § Place your bigger, slower lineman at Guards and your smaller quicker lineman at Tackles.

## Some the Common Passing Drills used to teach the system

### Hook Up Drill



Line your four receivers across the field from Left to Right. Have your QB in the middle with four footballs. From that point it becomes a rapid fire drill with the QB throwing to each of the four receivers one at a time. As soon as he completes one throw, he goes to the next throw, working from left to right. Once the receiver catches the ball, he runs it back in without getting in the way of the next route. Run through all of your routes in this manner. The drill is great for teaching footwork and timing.

### No Huddle Drill

Put down six footballs, Have team run play and then sprint to next football and run play. Move up and down the field in that manner; call the plays from the sideline by signaling in the plays.

### Inside Run Drill

The Inside run drill is a period to work just your inside run game. On offense you will use your 5 linemen, the H back, the QB, and the F is you are work King and Queen. The defense can have 5, 6, or 7 players depending on the front you will see that week. The four outside receivers will be working on ball catching and one on one drill while this is being done. The plays you will work are Zones, Powers, Wedge, and Counters.

## “Perfect Routes”

### Step Drill & One on One

**GEAR NEEDED:**  
Football, QBs, WRs & DBs

### Stemming Step Drill

**Purpose:** To teach exact route depths and cuts.

**Procedure:**

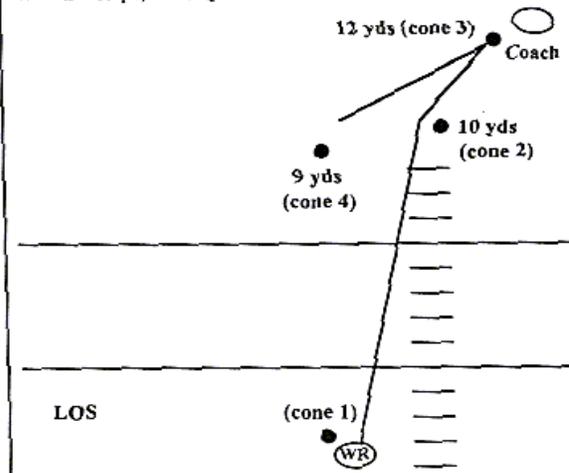
1. Set up one cone for a receiver starting point on the line of scrimmage. Receivers will form a line to the right of this marker.
2. Position a second cone three yards outside of receiver's alignment and 10 yards down field. Position a third cone 12 yards downfield and two yards outside of the 10-yard cone. Position a fourth cone nine yards down field and one yard inside receiver's original position. The cones are aiming markers for their 6-3 steps and curl route.
3. On snap count, players should count 6 strides to the first cone and be on their inside leg when breaking to the corner for three steps. Plant on the outside leg at third cone and come straight back to the QB (where the 9-yard cone is positioned) to finish the curl.

**Coaching Pointers**

1. Make sure receivers emphasize their arm movement and that weight stays over their toes as they come into the break.
2. Instruct receivers to keep eyes focused downfield so defenders can't read the break. (Coach stands behind third cone to watch).
3. Start with outside leg back and arms relaxed. A good stance and start is essential to every good route.

**Safety factors:** Proper warm-up should precede drill, and drill area should be clear of foreign objects. Receivers should aim just inside cones, not over them.

**Variations:** Cones can be changed to imitate the 4-5 and 5-4 stems and used to show the other four routes (dig, post, streak and corner). Once receivers are comfortable enough with the steps, have QBs throw them the football.



### One-on-One WR vs. DB Drill

**Purpose:** To practice full-speed, best-on-best receiver routes vs. man coverages. Bonus: QBs learn WRs' timing.

**Procedure:**

1. DBs play off man, press or press bail man coverage.
2. WRs tell QB one of five deep routes: curl, dig, post, streak or corner. Run the route on cadence using a 4-5 stem. Beat the DB with hands and stem.
3. Catch the football with hands, using good techniques.
4. Tuck the ball away and score.
5. Drill continues both left and right until all receivers and DBs have had sufficient reps.

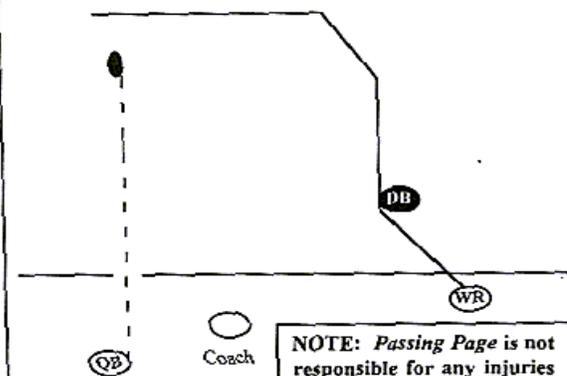
**Coaching Pointers**

1. Instruct DBs to try to strip the ball.
2. Coach stands behind the play to evaluate both offensive and defensive techniques. (Coaches should film this drill).

**Safety factors:** Proper warm-up should precede drill, and drill area should be clear of foreign objects.

**Variations:** Allow the defense two DBs (one cornerback and one safety) and let them play zone. Work on zone stems and two-man patterns.

Throw in a run play to keep the defense honest and give your receivers a chance to block in the open field or just practice one-on-one, open-field stalk blocking. With this variation, designate a ball carrier running a sweep.



**NOTE:** Passing Page is not responsible for any injuries sustained performing any Passing Page drills or plays.

## Routes on Air

This drill is used to teach the passing game. There are no linemen involved in the drill. To run the drill, the offense will set up in a base formation. All 5 receivers/backs will be involved with 3 to 5 QB's involved in the drill. The QB's will line up side by side in their pre-snap position. The five receivers are lined up in their relative positions within the formation.

Across from the offense, we align large stand up dummies to represent defenders. The dummies are positioned to the area where the defensive backs and linebackers would be after they have taken their zone drops. The dummies are set up to represent two-deep zone coverage.

We adjust the dummies to represent whichever coverage we are going to face that week: three-deep zone, four-deep zone, etc. We will use coaches/managers, whoever to make sure that on every route, all 4-5 receivers will catch a pass. The extra receivers lined up in the formation wait behind their respective formations.

The coach calls a play, for example, 173 (Smash Route). The QB will take turns echoing the coaches' call and calling the cadence. All the QB's will drop back to pass at the same time. The first QB will throw the primary read, the second QB will throw the secondary read, and so forth. The receivers catch the ball that is thrown to them, tuck the ball, and turn and go straight up field. All the receivers should score every time they catch the ball.

After the first group goes, the second group of receivers line up to run the same play. The QB's rotate positions so that they are not throwing the same route. Run each play at least 5 times, so that each QB throws at least once to each route in the designated plays.

Coach the QB's to never throw over a dummy since dummies represent defenders. This reinforces the principle of throwing to open windows. QB's are taught to throw to open windows and the receivers learn how to settle in open spots between two defenders. The receivers will be taught to never settle behind dummies.

If the drill is run right, all the QB's and WR's get a high number of reps, and you can go through all of your pass game in about 15 minutes. Plus, the receivers receive a ball thrown to them every play. I would suggest doing this drill every time that you practice.

| SCRIPT:                  |          | 3 TO 5 YARDS   |            |        |
|--------------------------|----------|----------------|------------|--------|
| 1                        | 21       | RUN            | PASS       |        |
| 2                        | 22       | 1              | 1          |        |
| 3                        | 23       | 2              | 2          |        |
| 4                        | 24       | 3              | 3          |        |
| 5                        | 25       | 4              | 4          |        |
| 6                        | 26       | 5              | 5          |        |
| 7                        | 27       | 5 TO 10 YARDS  |            |        |
| 8                        | 28       | RUN            | PASS       |        |
| 9                        | 29       | 1              | 1          |        |
| 10                       | 30       | 2              | 2          |        |
| 11                       | 31       | 3              | 3          |        |
| 12                       | 32       | 4              | 4          |        |
| 13                       | 33       | 5              | 5          |        |
| 14                       | 34       | 10 TO 15 YARDS |            |        |
| 15                       | 35       | RUN            | PASS       |        |
| 16                       | 36       | 1              | 1          |        |
| 17                       | 37       | 2              | 2          |        |
| 18                       | 38       | 3              | 3          |        |
| 19                       | 39       | 4              | 4          |        |
| 20                       | 40       | 5              | 5          |        |
| SHORT YARDAGE / GOALLINE |          | 15 PLUS YARDS  |            |        |
| RUN                      | PASS     | RUN            | PASS       |        |
| 1                        | 1        | 1              | 1          |        |
| 2                        | 2        | 2              | 2          |        |
| 3                        | 3        | 3              | 3          |        |
| 4                        | 4        | 4              | 4          |        |
| 5                        | 5        | 5              | 5          |        |
| TRICKS                   | SCREENS  | PLAY ACTION    | BACKED UP  |        |
| 1                        | 1        | 1              | 1          |        |
| 2                        | 2        | 2              | 2          |        |
| 3                        | 3        | 3              | 3          |        |
| 4                        | 4        | 4              | 4          |        |
| RZ +20                   | RZ +15   | RZ +10         | RZ +5      |        |
| 1                        | 1        | 1              | 1          |        |
| 2                        | 2        | 2              | 2          |        |
| 3                        | 3        | 3              | 3          |        |
| 4                        | 4        | 4              | 4          |        |
| 5                        | 5        | 5              | 5          |        |
| 2 MINUTE                 | 4 MINUTE | LAST PLAY      | 2 PT CHART |        |
| 1                        | 1        | OUTSIDE 35     | AHEAD      | BEHIND |
| 2                        | 2        | 1              | 1          | -2     |
| 3                        | 3        | 2              | 4          | -5     |
| 1                        | 1        | 3              | 5          | -6     |
| 2                        | 2        | INSIDE 35      | 12         | -9     |
| 3                        | 3        | 1              | 19         | -10    |
| 1                        | 1        | 2              |            | -16    |
| 2                        | 2        | 3              |            | -17    |
| 3                        | 3        | 4              |            | -18    |

## **Credits and Resources**

Shawn Jackson, Offensive Coordinator, Caruthersville High School, Caruthersville, MO

Chris Brown's No Huddle Spread Attack Web Site, <http://nohuddle.freesevers.com/>

Bruce Eien's BC Warrior Web Site. <http://bcwarrior.coachingstaff.com/>

Bruce Eien's Chuck n' Duck Web Site, <http://www.chucknduck.com/>

Scott Smith, Head Coach of Ezzell Harden High School, Tennessee, Lecture Notes from the Saint Louis Nike Clinic, 2003.

The Choice Route In The Passing Game, article by Bob Beatty, Trinity High School Kentucky, <http://members.aol.com/zacoach102/megalinks/index.htm>

David Yost, QB Coach Missouri, Lecture Notes from Chicago Nike Clinic, 2002.

Paul Pasqualoni, Head Coach Syracuse, Lecture Notes from Chicago Nike Clinic, 2002

Joe Tiller, Head Coach Purdue, Lecture Notes from Saint Louis Nike Clinic, 2003

Mike Leach, Head Coach Texas Tech, Lecture Notes from AFQ clinic Dallas Texas, 1997

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