

The Complete Installation
Of The
Option Game

By Jerry L. Campbell

The Complete Installation Of The Option Game

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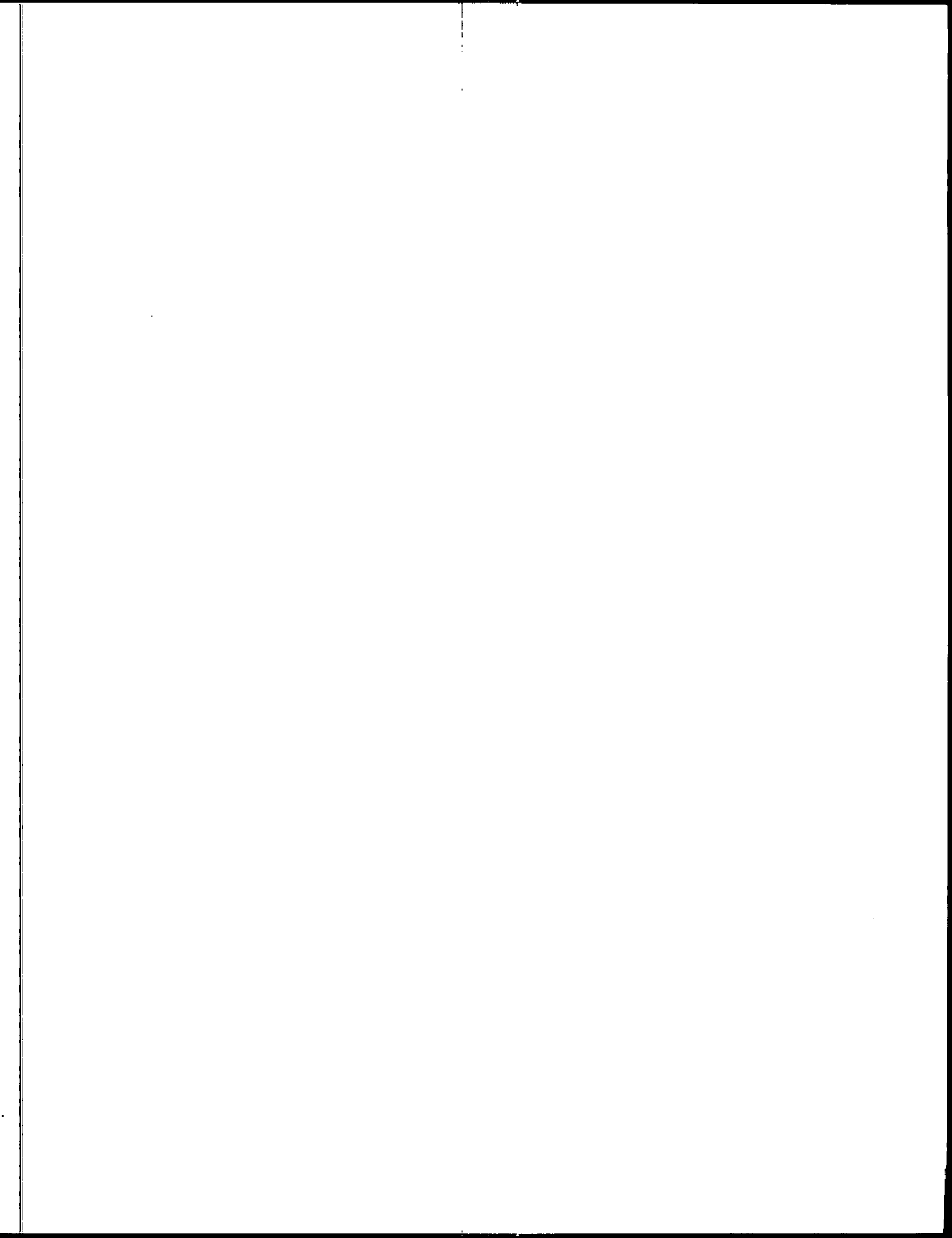
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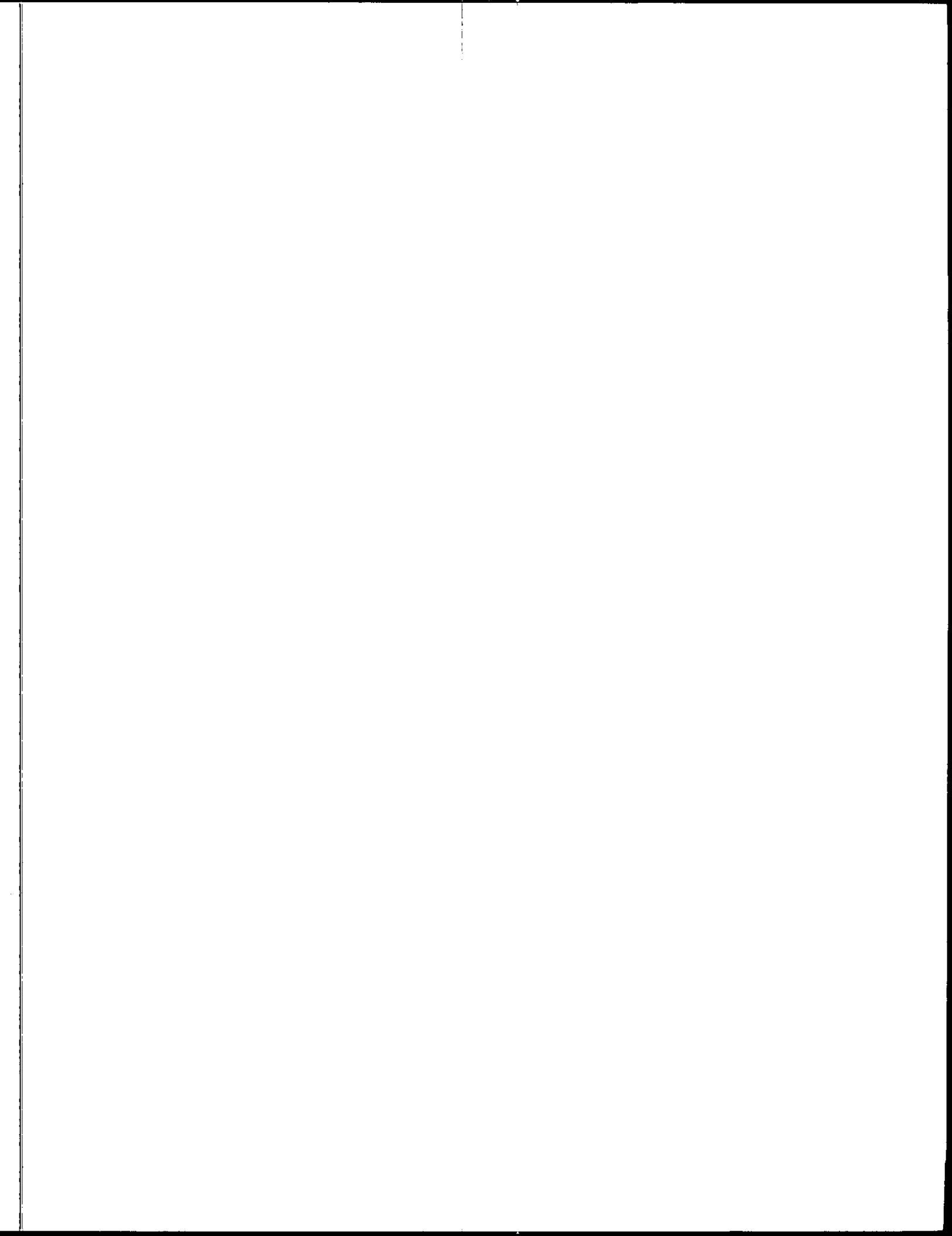
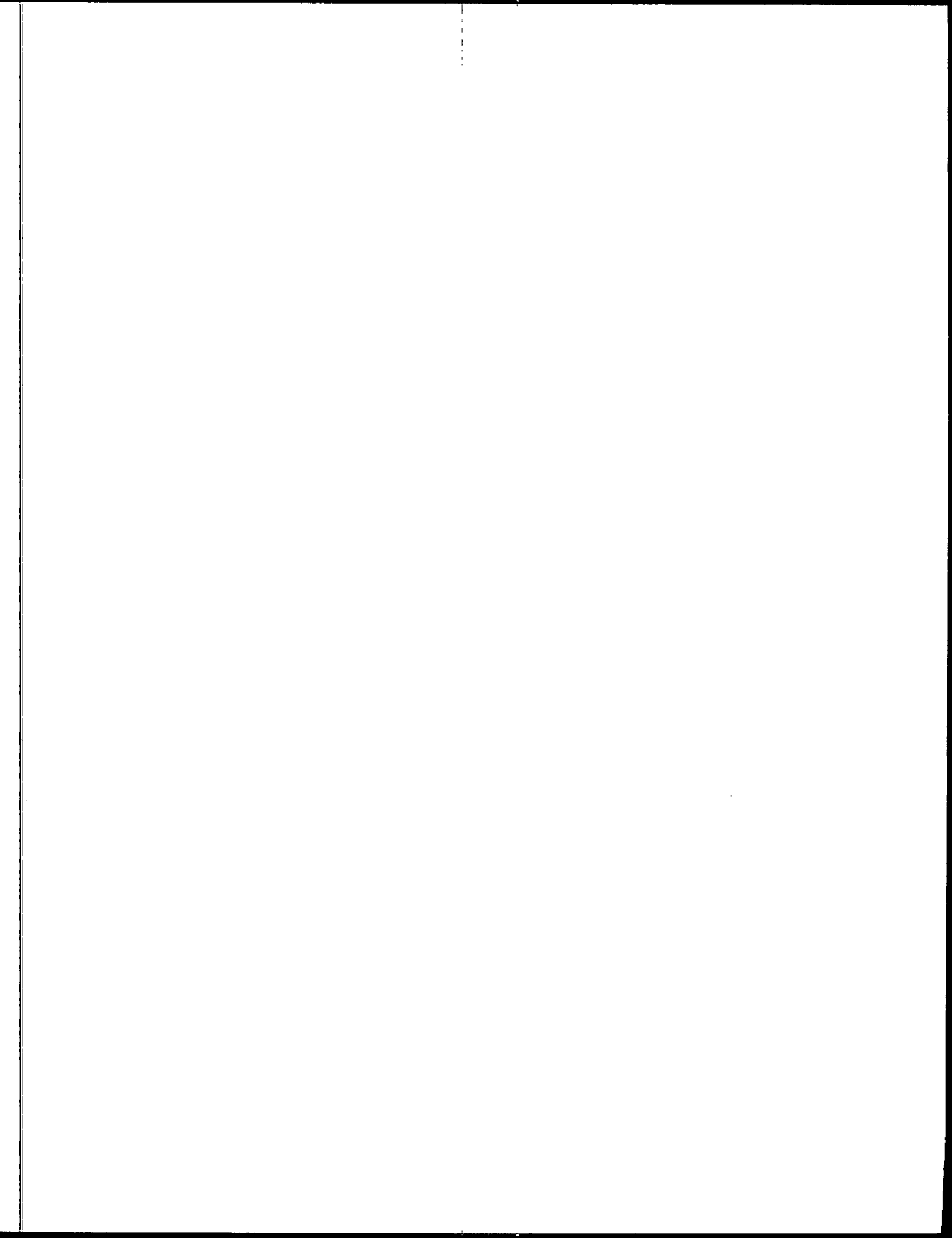


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Option Offense Introduction

The following information is designed to give you the necessary mechanics for installing the option game. There are many plays and formations for running option football but for length and space I have narrowed it down to the following plays. Included in this manual is a traditional offense scheme that the option game helps set up so, use the option game to set the other plays up that will be included in this manual.

I have continued to use the same terminology that I use in my other manuals for those coaches who read and use them can continue to carry over the same terms and descriptions.

The key to installing the option game in my opinion is to attack defenses with multiple formations using motion and formation shifts. Motion and formation shifts are used to gain a numbers advantage, always keep one more offensive threat than defenders have stop any given option. As you read this manual you will find that I put our quarterback in a position for reading inverts and defensive front alignments to call best option, its like having a 12th man on the field.

As you view your offense and consider formations that fit your offensive philosophy, remember, an offense is most flexible and at its toughest position with two running backs, two wide receivers, and tight end in the game.

Any offense should be evaluated by its output and its ability to move the football and put points on the board so, an important fact to consider when establishing a game plan with your offensive plays, will they work against your opponents top three defenses.

When installing the option game you should try and establish a game plan that allows you to run all your options out of all your different formations and not just limit yourself to a few options on any given formation, this creates tendencies. Also, remember the option game forces defenses to play assignment football, a defense might carry out that assignment correctly one, two, three, four, or even five times in a row, its that sixth time one defender makes a mistake and its six points. You must establish patience

early in a game with any option attack, your players must get comfortable with their reads and mesh points. Not all plays that you call will be long gainers or touchdowns so, keep in mind when running an option offense, your always only one play away from making the 85 yard touchdown run.

This option manual is built around three primary options and concepts. First, the midline option which takes advantage of a three technique, secondly, the inside veer which options a five technique and third, the load option which options a nine technique. All other options in this manual will be considered secondary option schemes and used as a change up to the three primary options.

It has always been my contention, that if you as a coach have a systematic way to install your offense then your players have a systematic way of learning it. I build alot of my offense around our quarterback keeping us in the best possible play for the blocking schemes that I install and this is done by reading outside inverts for best play and then changing that play on the line of scrimmage. As the option game is installed I try and pair plays, meaning that if we call a play in the huddle and the quarterback comes to the line of scrimmage and sees that the defense is giving us a defensive front alignment that doesn't fit the play then he can audible us into a play that does fit the defensive scheme. We want to keep our offensive line in the best possible position for success and keep the mechanics of the play smooth.

Again, in some small way I hope that this manual will help and if I can ever be of assistance please feel free to e-mail me at midlineopt@aol.com

Offensive Procedures

Huddle

Offensive Line Personnel Placement

Alignments and Splits

Offensive Formations and Backfield Sets

Putting Motion and Formation Shifts into The Offense

Installing The Snap Count

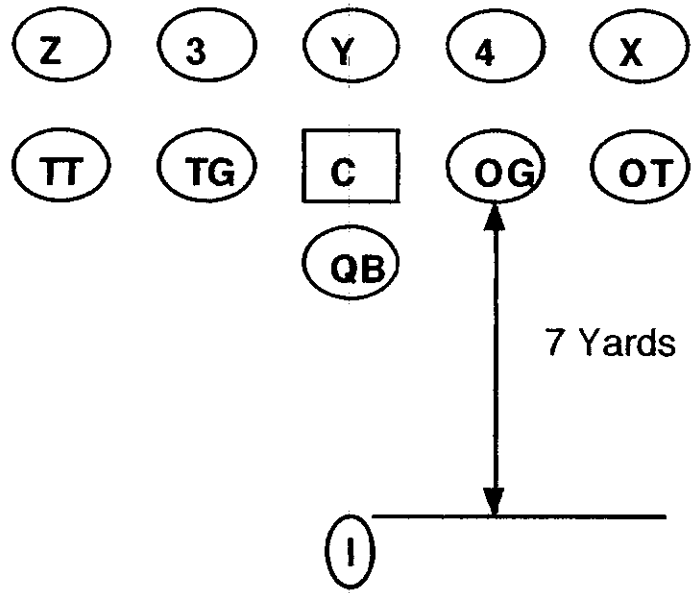
Alignment Terminology

Definitions and Terms

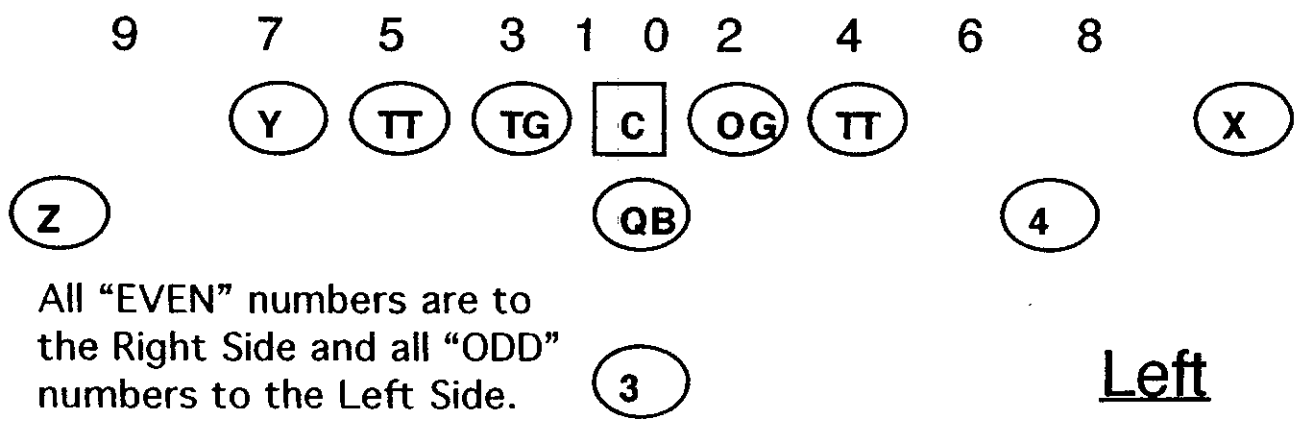
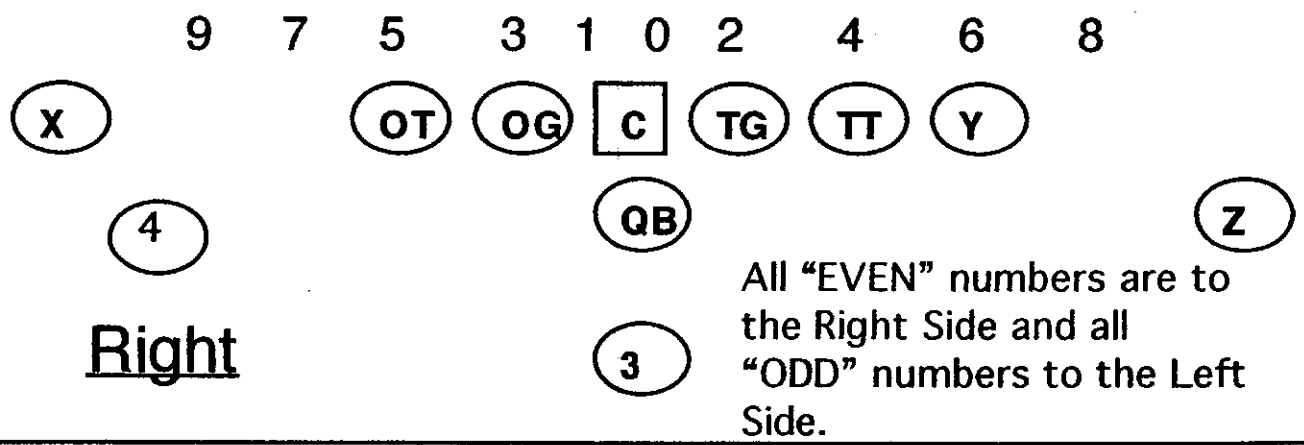
Offensive Play Installation

Option Offensive Huddle Procedures

Huddle: Center sets the huddle facing the L.O.S. seven yards from the ball.



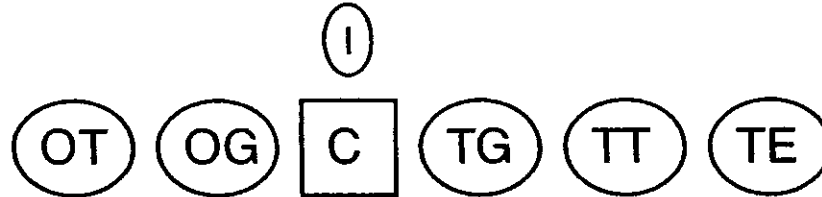
Hole Numbering System:



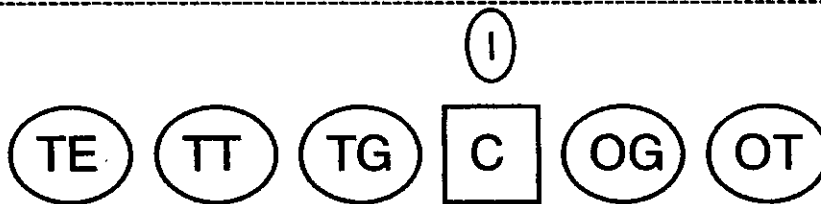
Huddle Procedure Continued

- To simplify the learning process for the offensive line, they have been broken down into a Tightside and Openside. The Tightside will always follow the formation strength called in the huddle right and left.

Example: Right Formation

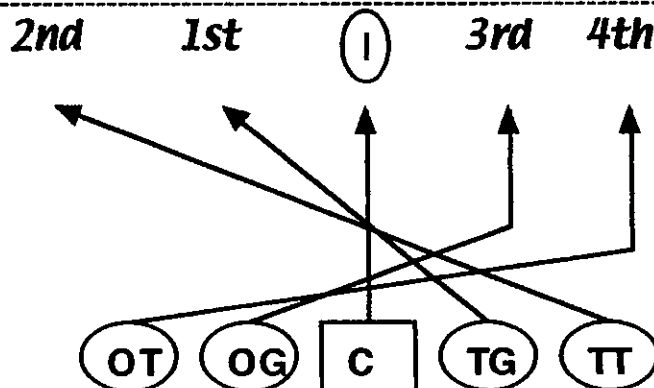


Example: Left Formation



- Remember, the center will always leave the huddle first. Once the rest of the huddle has broken, the tightside guard will go first, following the right or left call in the huddle. The tightside guard will be followed by the tightside tackle, openside guard, and then the openside tackle.
- The following illustration is an example of the huddle break as the tightside follows the Rt. and Lt. Call:

Center releases first after the quarterback gives the first command, upon the second command the Tightside Guard goes first followed by the Tightside Tackle, etc.



The reason for flip flopping the offensive line by Tightside and Openside is to cut down on the learning process.

Offensive Line Personnel Placement and Why

As the manual explains I will flip, flop my offensive linemen. When breaking the huddle the tightside will always release first with the tightside guard going first, then followed the tightside tackle. The openside follows behind the release of the tightside when approaching the line of scrimmage.

Offensive line play and the way you decide on which athlete plays where can vary depending upon preference and talents. As I decide which athlete plays where in the offensive line, I choose players by their special talents that they will bring to that position.

As stated I flip, flop my offensive line by openside and tightside. The tightside will always follow the right and left call when breaking the huddle. The openside will always align opposite the right and left call. The purpose for flip, flopping the offensive line is to help them receive more repetitions at recognizing defensive sets. Usually a defense will set their strength call to the two receiver side or tight end. By flip, flopping the tight and openside of the offensive line, not just the tight end this will enable them to see the same basic alignments, as a defense aligns their fronts to the tight and openside of the offensive formations.

Another reason for flip, flopping your offensive line is to keep defenses from personeling any particular lineman. If you flip, flop this might force them to also flip their linemen so, thus, take more practice time during the week attempting to get lined up correctly.

Something I will focus on early in the installation process is huddle demeanor. I will practice my offensive unit on how to take the field and consistently demand proper huddle alignment. The way you take the field and the huddle itself is the first thing a defense sees, can't show any weakness here, make a statement. Don't show a defense that you are tired, keep your eyes up and keep your huddle organized and looking good. If you look tired or unorganized it might bring more life into the defense if they think they have you scrambling to catch your breath or get plays called in the huddle. Show life in the way you take the field and the way you huddle up after each play, make a statement to the defense that they are in for a long game.

The following criteria I use for choosing offensive linemen for their given position.

Center: The quarterback of the offensive line, should be intelligent and or have the ability to work with both the openside and tightside guards, must understand Ace combinations. Also, must be able to make calls in our pass protection schemes.

Tightside Guard: Should be your strongest offensive lineman. Your tightside guard will be put in more positions to have to single block defensive tackles than any other lineman that you have with the option game offense. Defenses will set their defensive fronts to the tight end, thus, putting him in more of a position to have to single block 3 and 2 techniques. Your tightside guard should have decent feet.

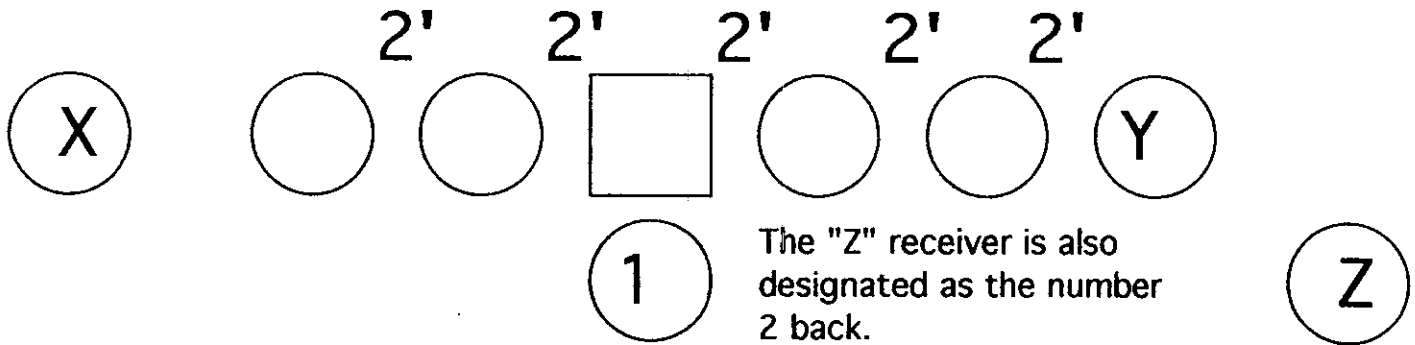
Tightside Tackle: One of your bigger linemen but, not one of your strongest. With the design of the blocking schemes and the option game itself you will find the tightside tackle usually getting help from either his tight end or tightside guard. Because of the combos Duece and Trey you can put one of your slower footed lineman at this position.

Openside Guard: One of your smaller lineman can play this position. Your openside guard is usually getting help from his center and openside tackle. Must learn the Ace and Duece combination blocks, seldom is he put in a position to have to single block any down defender.

Openside Tackle: Best footed lineman should play this position because of the option game and the inside veer release that he will be asked to due. Needs to have good enough feet for wide rushers coming off the edge in the passing game. Needs to know Trey and Duece combination schemes.

Alignments and Splits

BASIC INFORMATION



The "Z" receiver is also designated as the number 2 back.

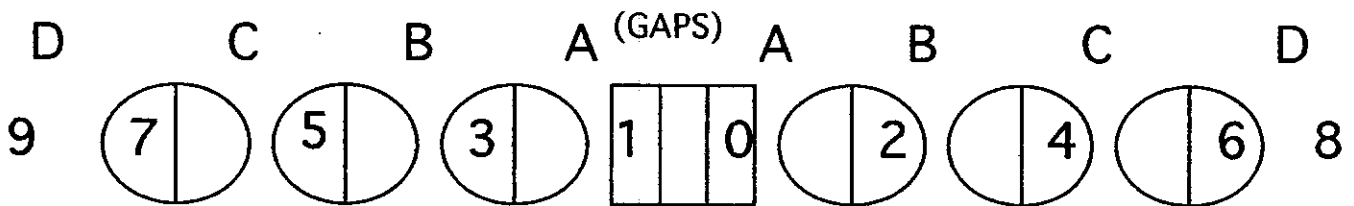
Splits by the offensive line can be determined by the type of play called. Inside plays wider splits, outside running plays tighter splits, etc.

(3)

Note: Alignment by the backs can change according to the play called. Fullback aligns his heels at 4 1/2 yards, Tailback aligns his heels at 7 yards deep.

(4)

HOLE NUMBERING SYSTEM



All even play numbers will be to the right - all odd play numbers will be to the left.

(1)

Note:

Strength of formation, placement of the T.E., Backs, and WR's, has no effect on the hole numbering system. they will always remain constant (even holes to the right, odd holes to the left).

Note: plays called outside of the tight end will be numbered "9" left - "8" right

(3)

The Option Game Offensive Formations and Backfield Sets

This section presents many different offensive formations and the way you might want to call and name each one. Many coaches have their own names for formations that they use but, I have tried to standardize each formation to the types of names that I have used and that most coaches I know use.

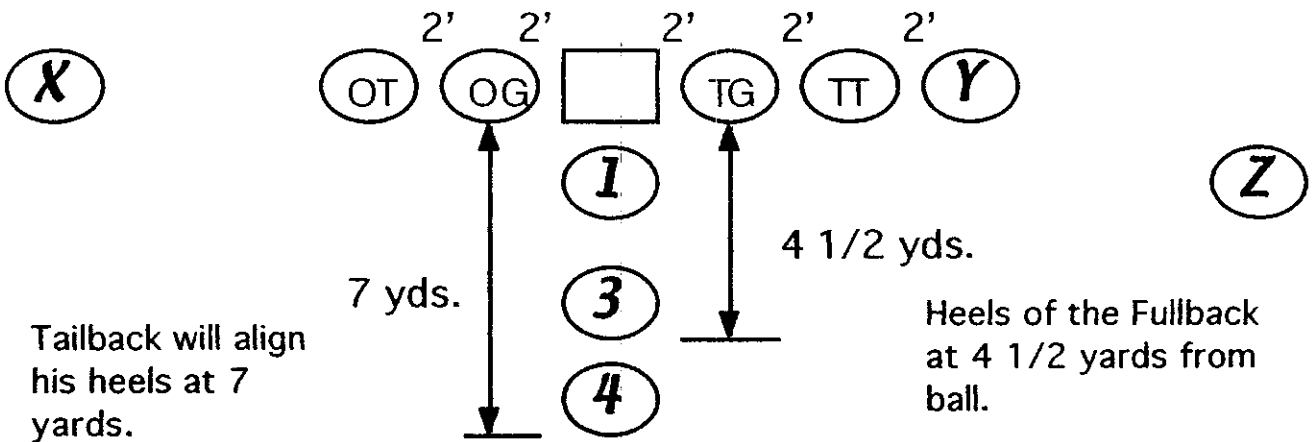
Each formation mentioned in the Option Game Offense is tied into each play mentioned in this manual. Because, there are so many variations in types of plays that can be called, use your imagination and try to apply each play that you read to the different formations and backfield sets in this manual. See if the play fits your formation and backfield set philosophy.

All formations in the Option Offense will set to a Right and Left call made in the huddle. The right and left call tells the tightside of the offense which side that they will align to, since we flip the offensive line.

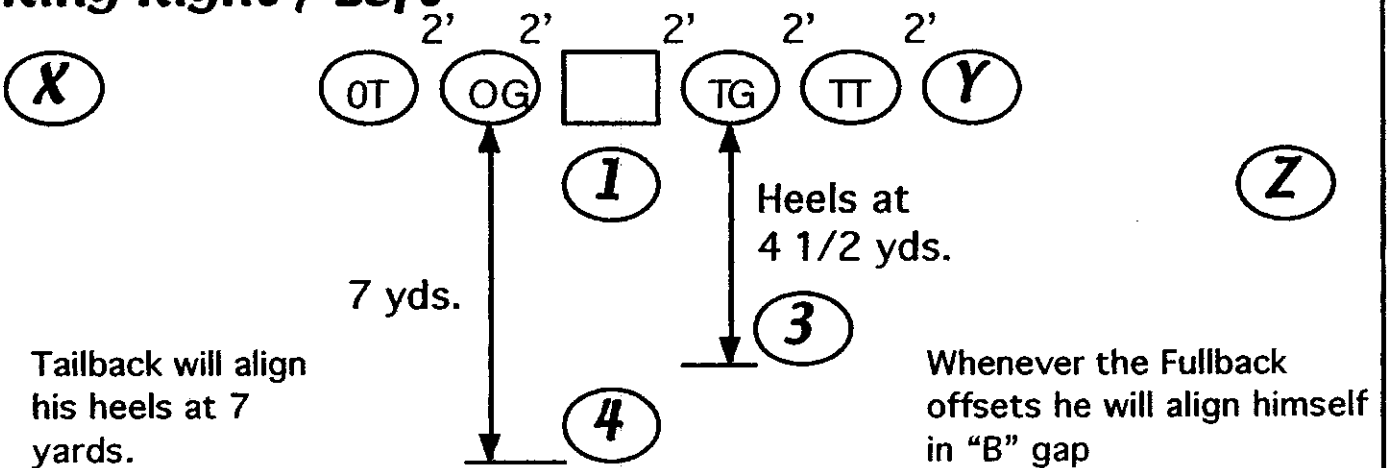
OFFENSIVE FORMATIONS AND BACKFIELD SETS

"I" Right / Left

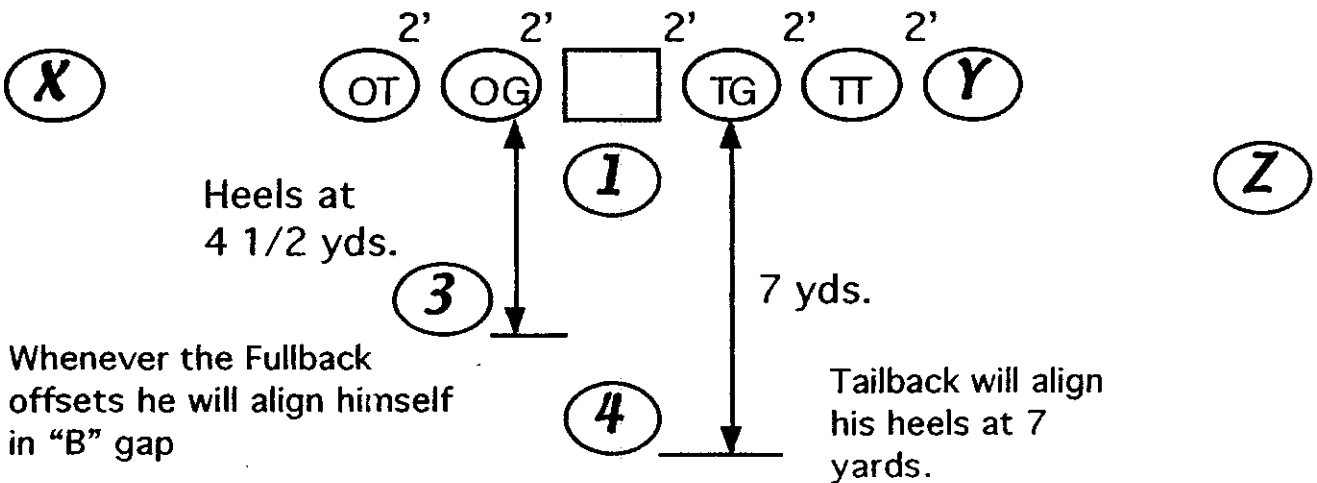
Line splits should stay constant at 2 ft.



King Right / Left



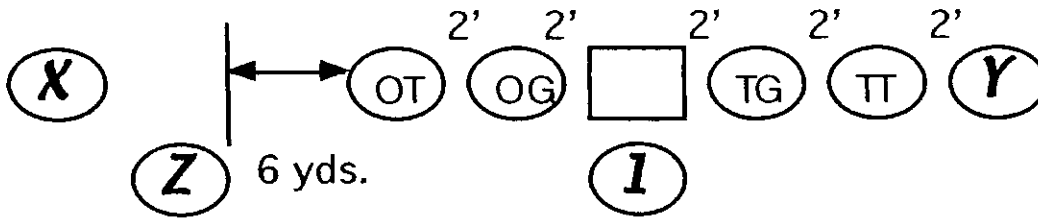
Queen Right / Left



OFFENSIVE FORMATIONS AND BACKFIELD SETS

Twins Right / Left

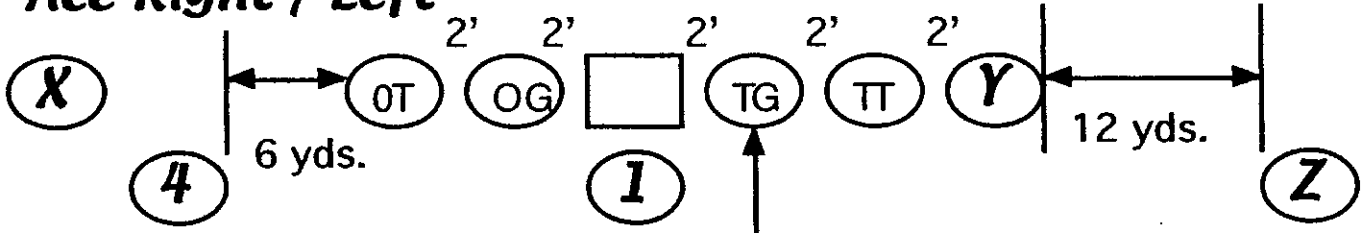
Line splits should stay constant at 2 ft.



The Split End (X) receiver aligns 12 yards outside the openside tackle.

It should be noted that the Twins formation becomes an ideal set for running Veer Option

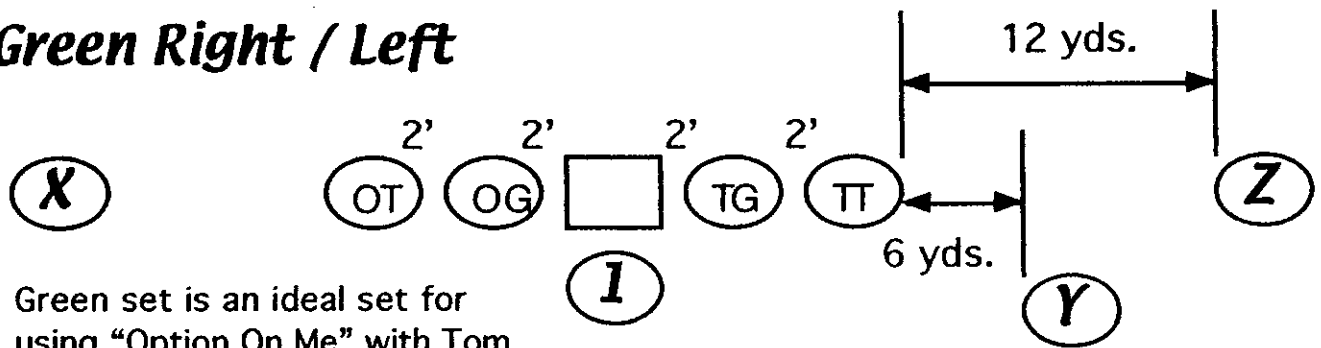
Ace Right / Left



The Tailback (4) aligns 6 yards outside the openside tackle and the Split End (X) 12 yards.

Heels at 4 1/2 yds.

Green Right / Left

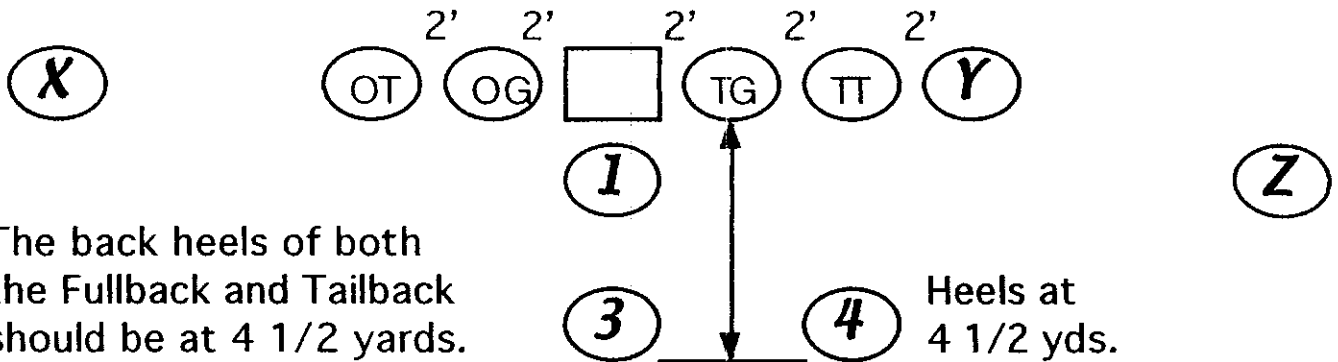


Green set is an ideal set for using "Option On Me" with Tom motion by the Tight End. There will be situations that you will want certain blocking combinations to compliment certain option plays.

OFFENSIVE LINE SPLITS AND BACKFIELD SETS

Con Right / Left

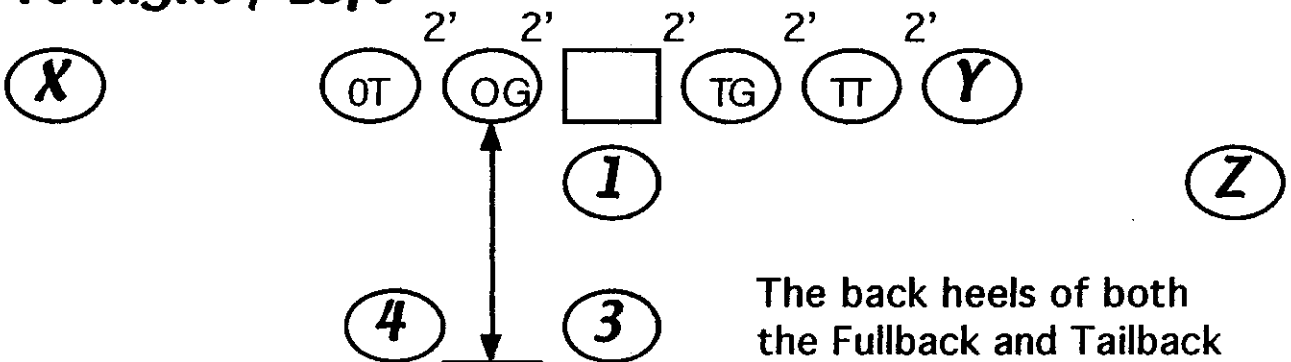
Line splits should stay consistent at 2 ft.



The back heels of both the Fullback and Tailback should be at 4 1/2 yards.

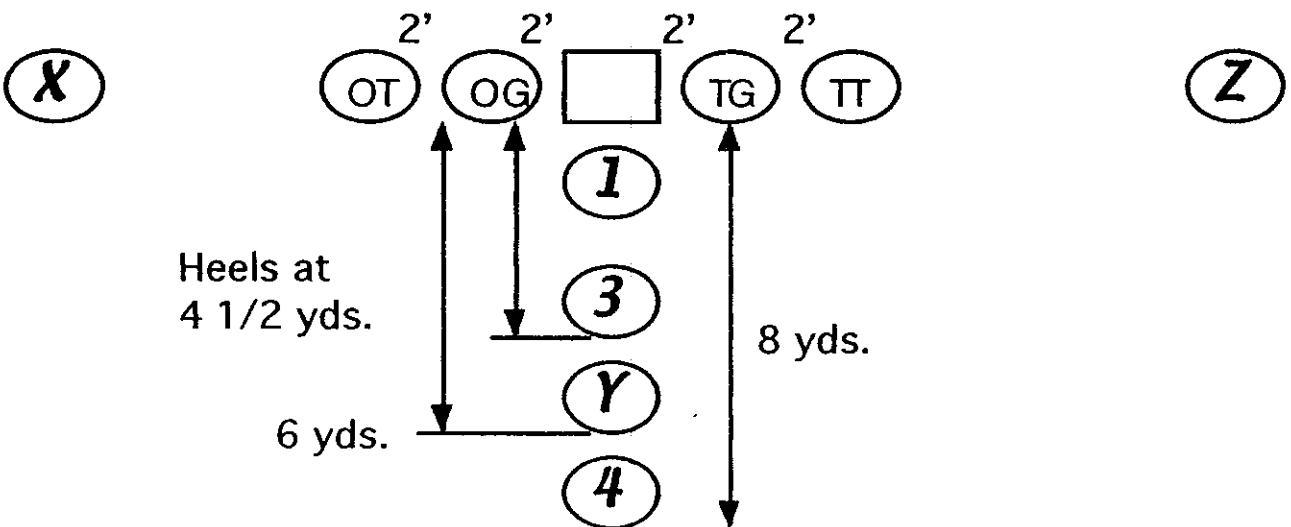
Heels at 4 1/2 yds.

Pro Right / Left



The back heels of both the Fullback and Tailback should be at 4 1/2 yards.

Y Stack Right / Left



Heels at 4 1/2 yds.

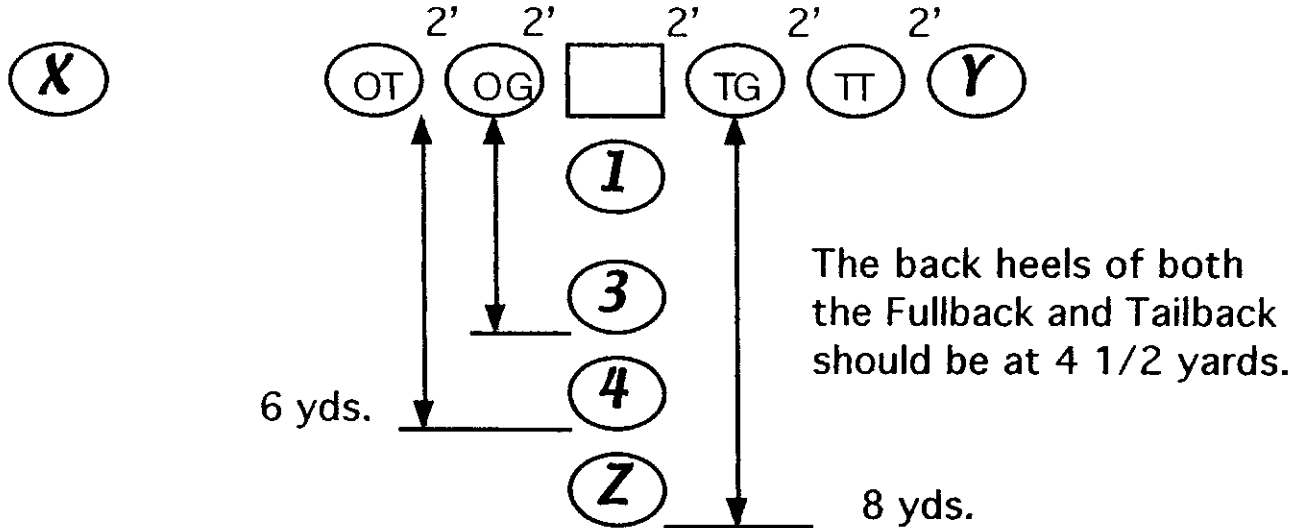
6 yds.

8 yds.

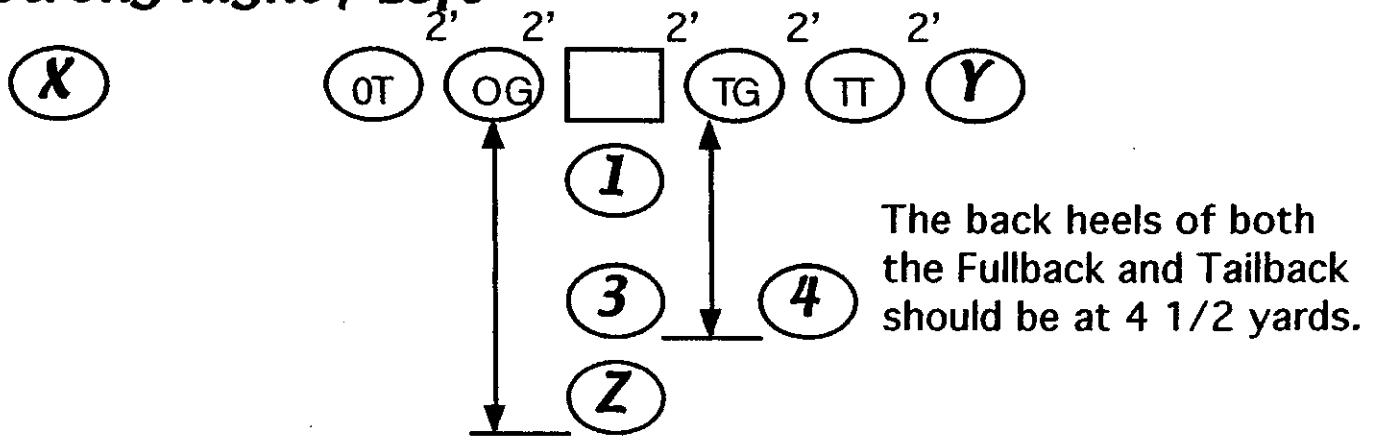
OFFENSIVE LINE SPLITS AND BACKFIELD SETS

"Z" Stack Right / Left

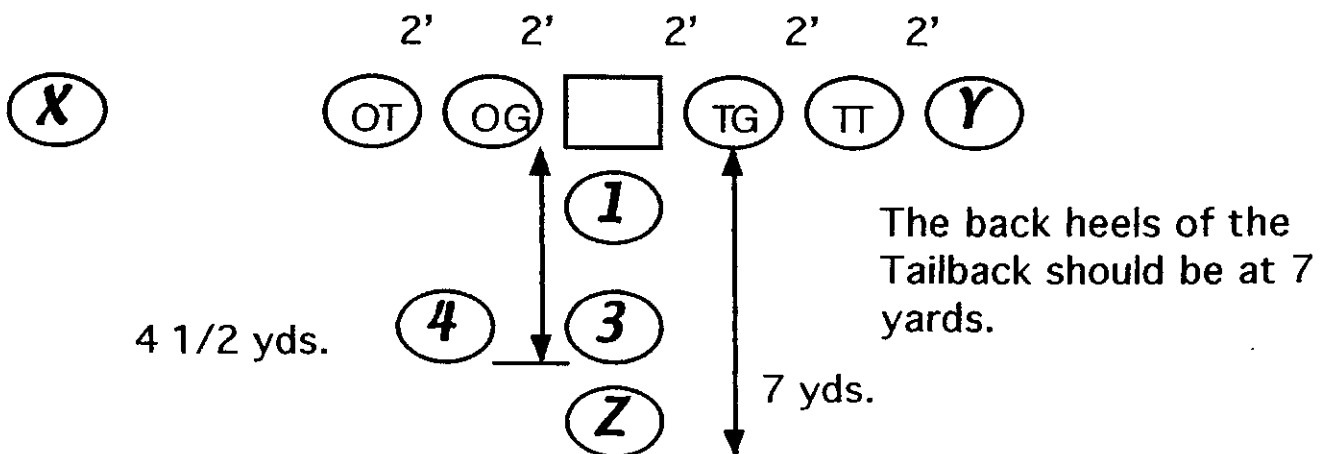
Line splits should stay consistent at 2 ft.



Strong Right / Left



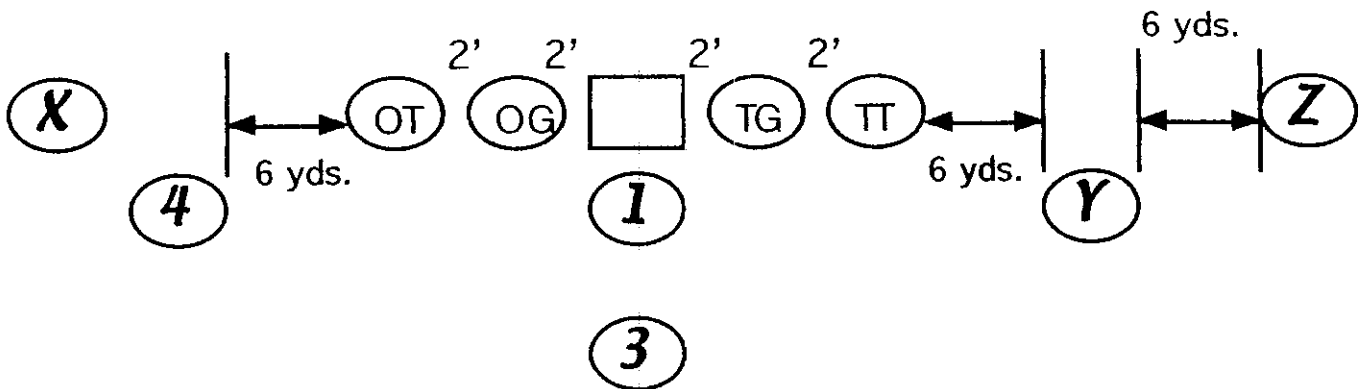
Weak Right / Left



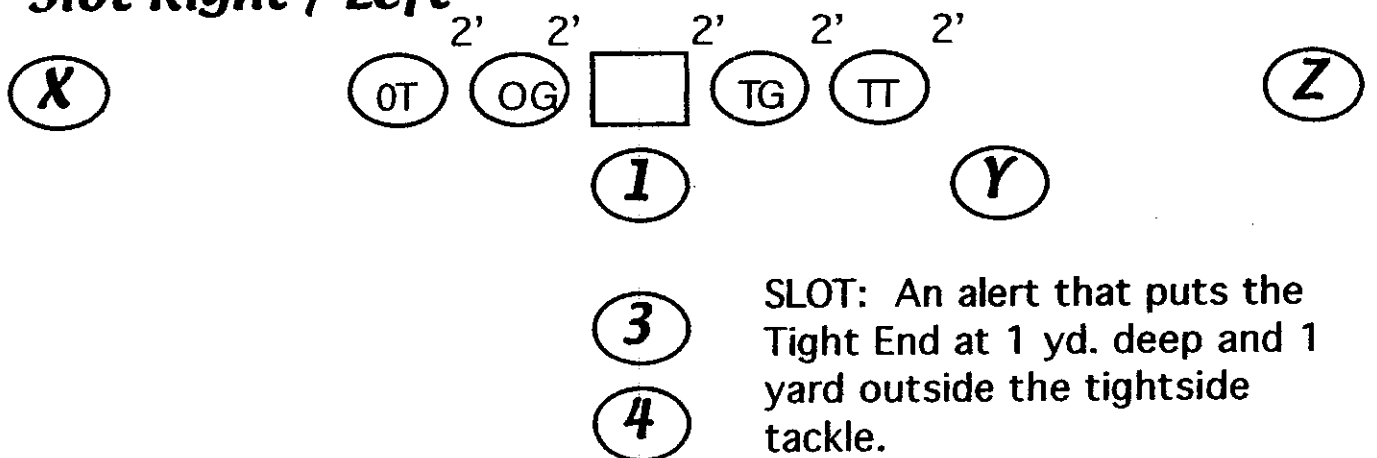
OFFENSIVE FORMATIONS AND BACKFIELD SETS

Doubles Right / Left

Line splits should stay consistent at 2 ft.

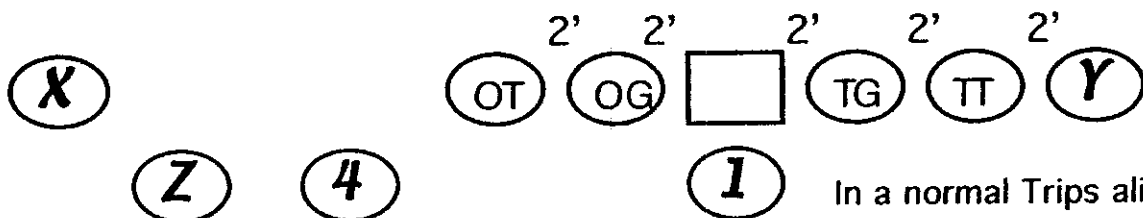


Slot Right / Left



SLOT: An alert that puts the Tight End at 1 yd. deep and 1 yard outside the tightside tackle.

Trips Right / Left



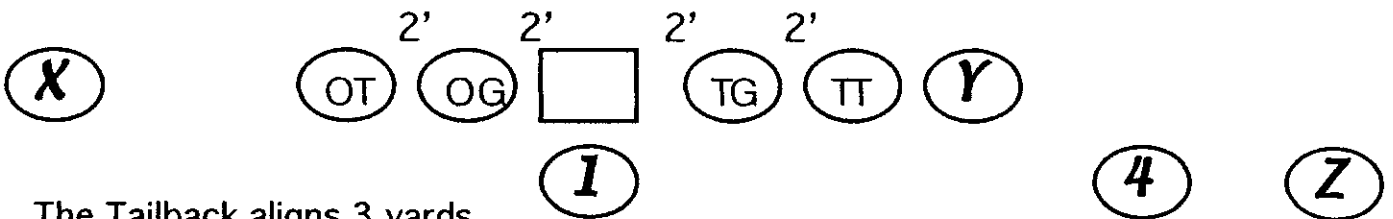
BUMP: An alert that puts the Tailback at 1 yd. deep and 1 yard outside the openside tackle.

In a normal Trips alignment the Tailback aligns 6 yards outside the openside Tackle. The Flanker 3 yards outside the Tailback and the "X" receiver 12 yards outside the openside tackle.

OFFENSIVE FORMATIONS AND BACKFIELD SETS

Trey Right / Left

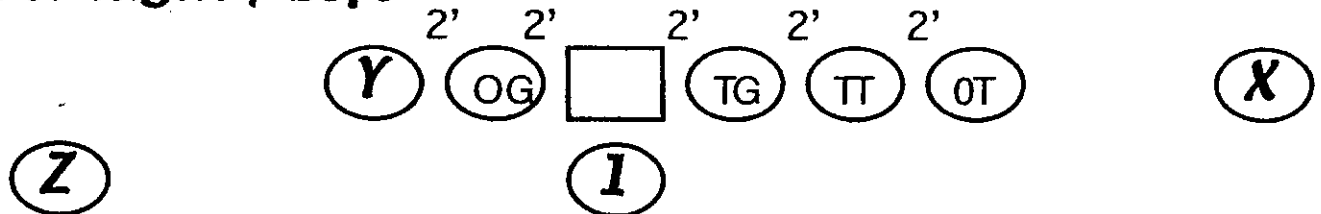
Line splits should stay consistent at 2 ft.



The Tailback aligns 3 yards outside the Tight End, Tailback 6 yards outside the openside Tackle and the Flanker 12 yards outside.

Trey formation puts 3 receivers towards the Tight End.

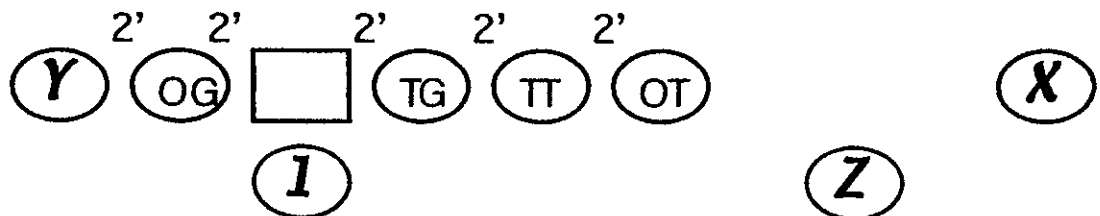
Over Right / Left



The Tight End and Flanker (Z) will align opposite the right and left call.

The Over formation is a Tackle over set. Over will alert the openside tackle to follow the right and left call made in the huddle.

Trade Right / Left



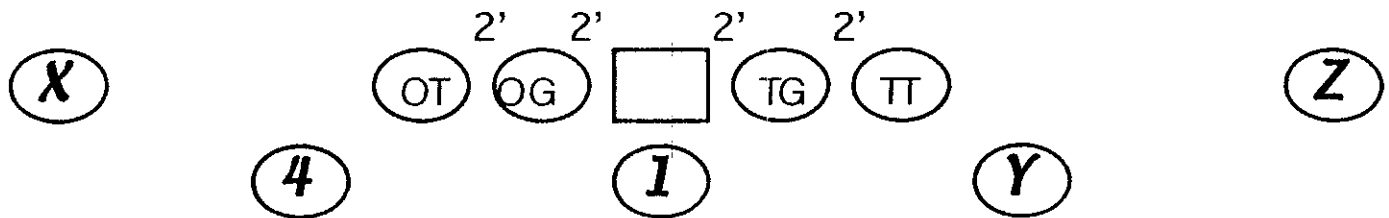
The Trade formation brings the Tight End opposite the right and left call in the huddle.

Trade is an unbalanced formation bringing the openside tackle over towards the right and left call as well as the Flanker (Z) and Split End (X)

Offensive Formations and Backfield Sets

Spread Right / Left

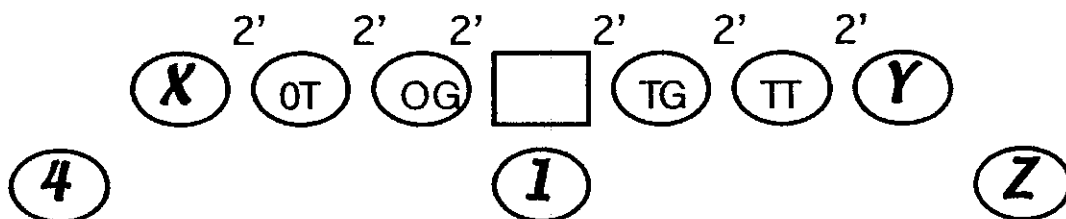
Line splits should stay constant at 2 ft.



The single back will align his heels at 4 1/2 yards.

Both Slots in the Spread formation will align 1 yard deep and 1 yard outside the tackles. The Tailback aligns away from the right and left call.

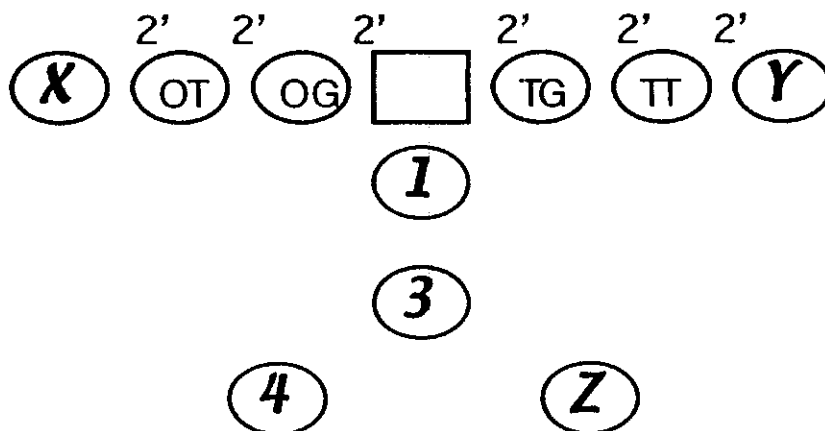
Wing Right / Left



The Double Wing set is automatic wings to both sides, with each wing aligning 1 yard deep and 1 yard outside the tight end and "X" receivers.

The "Z" receiver follows the right and left call with the Tailback going opposite.

Wishbone Right / Left



Putting Motion and Shifts Into The Offense

Motion Identification:

<u>Position Identification</u>	<u>Term</u>
Flanker "Z" Or 2 Motion	- Jet
Flanker "Z" Stack	- Roger (Rt.)
Flanker "Z" Stack	- Louie (Lt.)
Fullback Or 3 Motion	- Hump / Jump
Tailback Or 4 Motion	- Rip / Liz
Taxi Alert	- Formation Shift
Tight End Or Y Motion	- Tom
Tight End Or Y Stack	- Tim (Towards Call)
Tight End Or Y Stack	- Tom (Away From Call)
Quarterback	- Ron (Rt.) / Lon (Lt.)

Putting Motion Into The Option Offense

As you incorporate motion into your offense, there will be times that you will want to use motion to get an advantage over the defense. By using motion with the your formations you will find that you can move into many different types of plays. The motion that will be discribed in this section fits all the different formations listed in this manual, thus, it all stays uniform with one another. Your motion that will be used throughout this playbook is as follows:

Position Identification:

Motion Terms:

Flanker or Z

Jet, Re-Jet, Slow Jet
Roger, Louie

Fullback or 3 Back

Hump, Jump

Tailback or 4 Back

Rip, Liz

Tight End or Y (2)

Tom, Re-Tom, Slow Tom

Quarterback or 1

Ron, Lon

Full Shift Of Backfield and Receivers

Taxi

While installing the Option offense you will find that motion is added by just using one of the above mentioned terms, each given term is assigned a player.



Note: Roger and Louie motion for the Flanker is only used from the "Z" Stack formation.



Tom
Re-Tom
Slow Tom



Hump
Jump



Jet
Re-Jet
Slow Jet

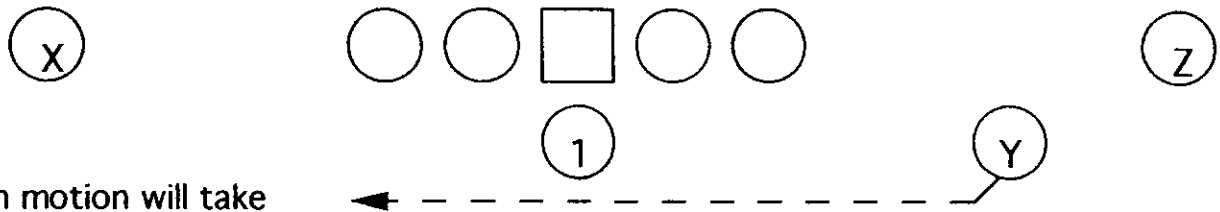


Rip - Right
Liz - Left

Roger - Right
Louie - Left

Tight End or "Y" Motion

Tight End Motion: Tom

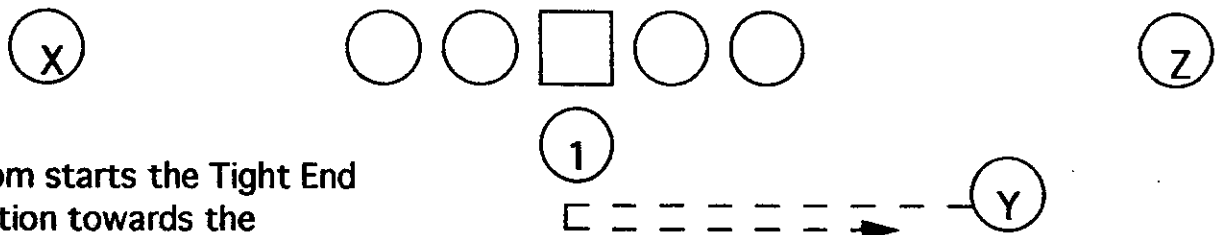


Tom motion will take the Tight End across the formation or to any point past the center.

For the purpose of the option game you can use tight end motion to gain certain blocking combinations.

- 1
- 3
- 4

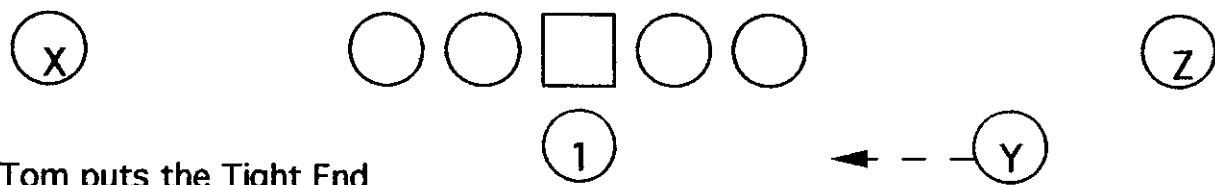
Tight End Motion: Re-Tom



Re-Tom starts the Tight End in Motion towards the opposite side of the formation then, depending upon the play called the Tight End then stops and returns his motion.

- 1
- 3
- 4

Tight End Motion: Slow Tom

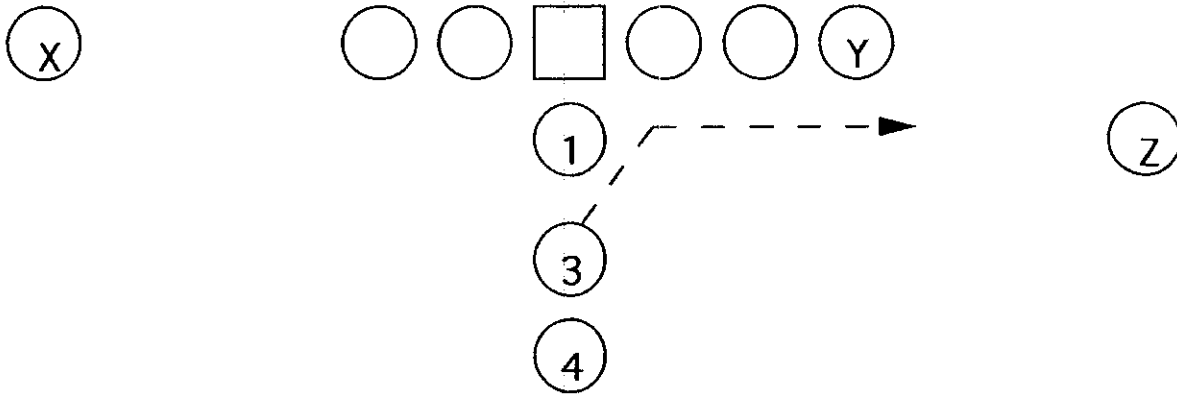


Slow Tom puts the Tight End in motion but never crosses the center. Slow Tom or short motion by the Tight End used for crack blocks and or quick releases off the L.O.S.

- 1
- 3
- 4

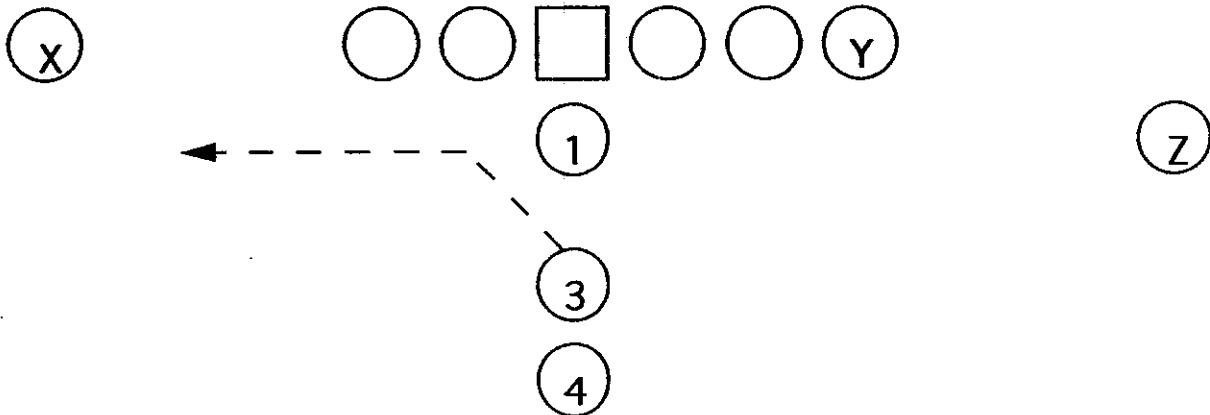
Fullback or 3 Back Motion

Fullback Motion: Hump



Hump motion puts the Fullback in motion towards the Tight End side. Hump motion puts the Fullback's shoulders square to the L.O.S. as quickly as possible and he should be no more than one yard off the L.O.S.. If the play called is a pass play then the Fullback should find himself on the outside hip of the Tightside Tackle when the ball is snapped.

Fullback Motion: Jump



Whenever Jump motion is alerted in the huddle it means that the Fullback will take his motion towards the openside. The Fullback should be off the L.O.S. at least one yard, and should get his shoulders parallel to the L.O.S. as quickly as possible. It is the Fullback's responsibility to be in his designated area to block or release into a pass route, depending upon the play called. Whether it be Jump or Hump motion by the Fullback, this puts him in a good position for isolating on linebackers. This type of motion is also good when you need to get him on the edge faster or just to put him in a better position on power plays to kick-out on defensive ends.

Flanker or Jet Motion

Flanker Motion: Jet or Roger - Louie

(X)



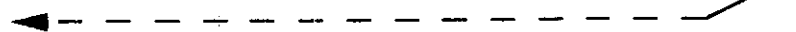
"Z" Stack



Jet motion will take the Flanker across the formation or to any point past the center, depending upon the play called. Once the Flanker crosses the center, he then quickly squares his shoulders to the L.O.S.

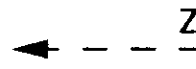
(1)

(Z)



(3)

(4)



Whenever in "Z" Stack can use Roger and Louie motion to direct the Flankers direct motion.

Flanker Motion: Re-Jet

(X)



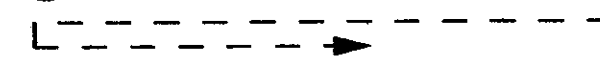
Re- Jet starts the Flanker in Motion towards the opposite side of the formation, depending upon the play called, the Flanker then stops and returns the motion.

(1)

(Z)

(3)

(4)



Flanker Motion: Slow- Jet

(X)



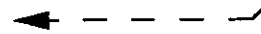
Slow Jet puts the Flanker in motion, but never crosses the center. Slow Jet or short motion by the Flanker used for crack blocks and or quick releases off the L.O.S.

(1)

(Z)

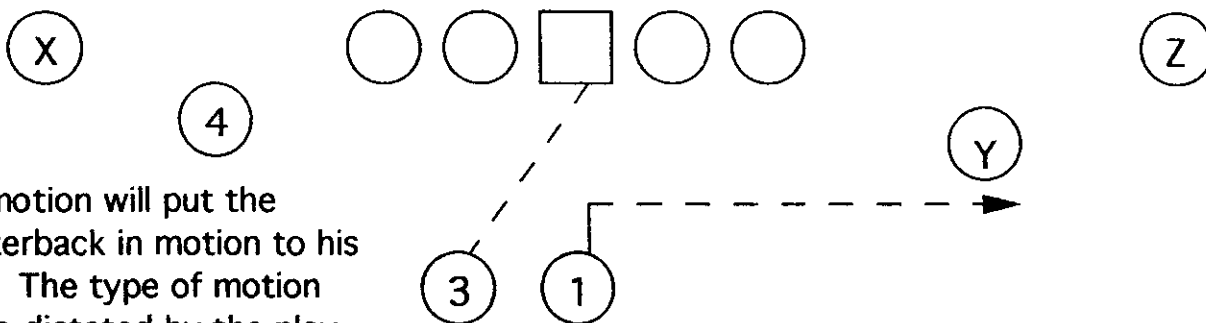
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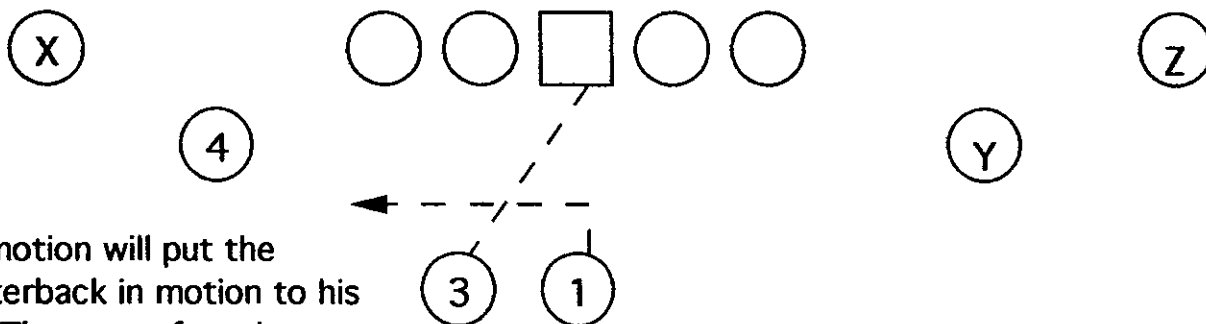
Quarterback or 1 Motion

Quarterback Motion: Ron



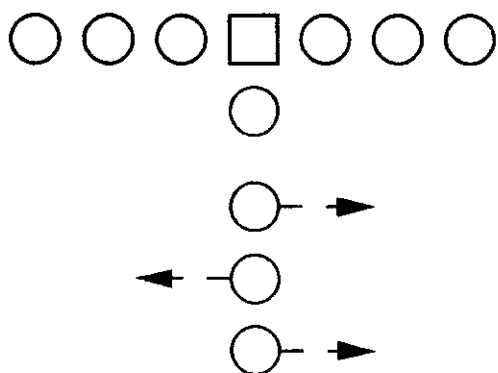
Ron motion will put the Quarterback in motion to his right. The type of motion will be dictated by the play called.

Quarterback Motion: Lon



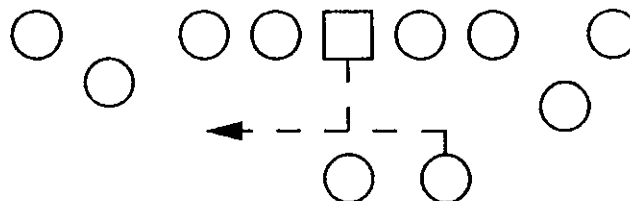
Lon motion will put the Quarterback in motion to his left. The type of motion will be dictated by the play called.

TAXI PRE - SHIFT



TAXI POST - SHIFT

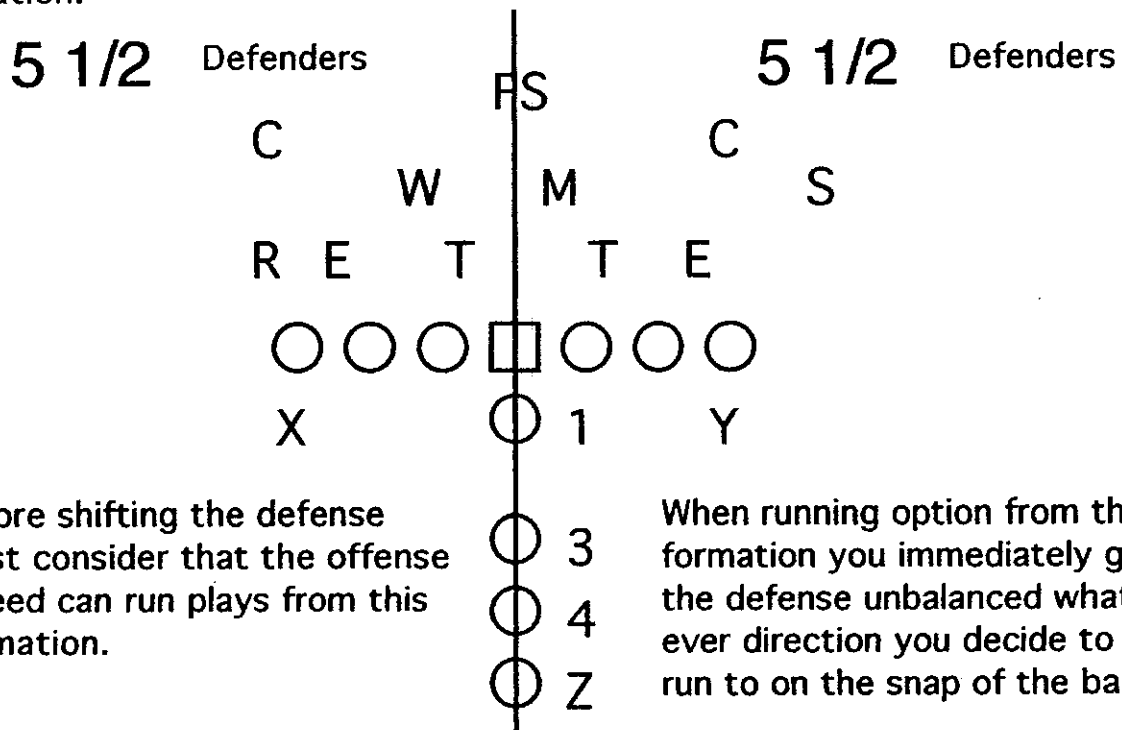
The Taxi shift can be used with any formation, which also allows you to isolate motion on any designated player.



Taxi is an alert word used to move the backfield set from one formation to another.

Using Motion and Formation Shifts To Support Best Option

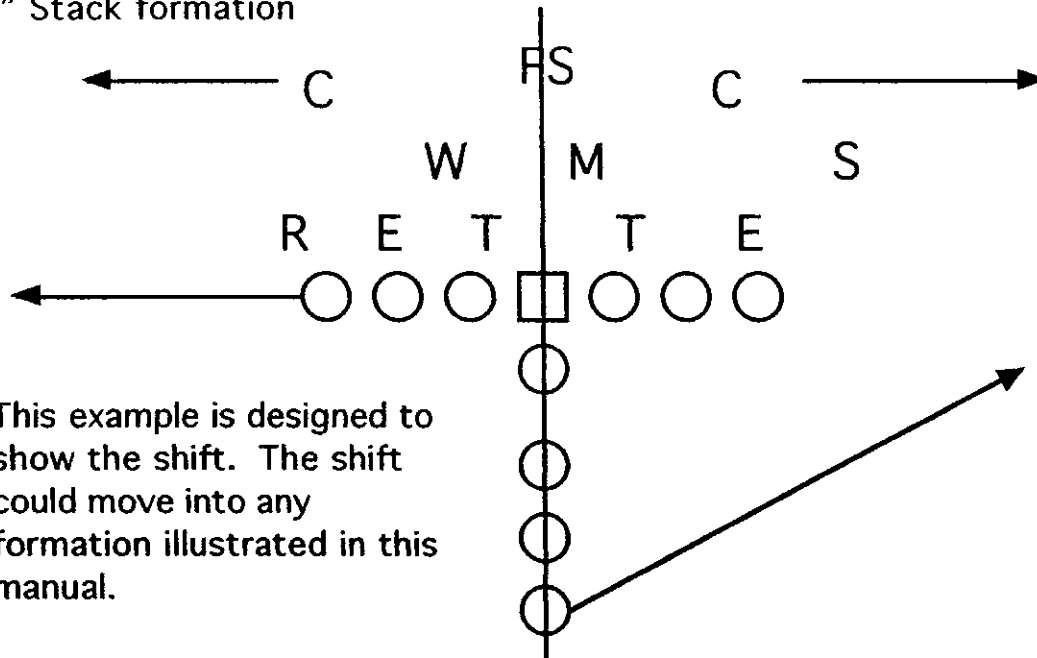
The following information should be used to help support best option possibilities. A good way to limit coverages and keep defenses from disguising coverages is the use of the Taxi shift as shown in the motion section of this manual. After breaking from the huddle, have your offense align in the "Z" Stack tight formation, this is a balanced offense which now must balance the defense. If shifting from the "Z" Stack quarterback can key the movement of free safety and inverts for coverage and best option. The following should be used as an example of shifting from the "Z" Stack formation.



It is to be noted that I don't have any receivers break from the huddle early, the only person leaving the huddle after the quarterback has given his first command is the center. The purpose for breaking the rest of the huddle out together, is that now the defense doesn't get to see our intentions by keying certain receivers nor can they start to set their coverage, keeps the defense from disguising their coverage and the quarterback keys the free safety and outside inverts for play called and or possible play changes.

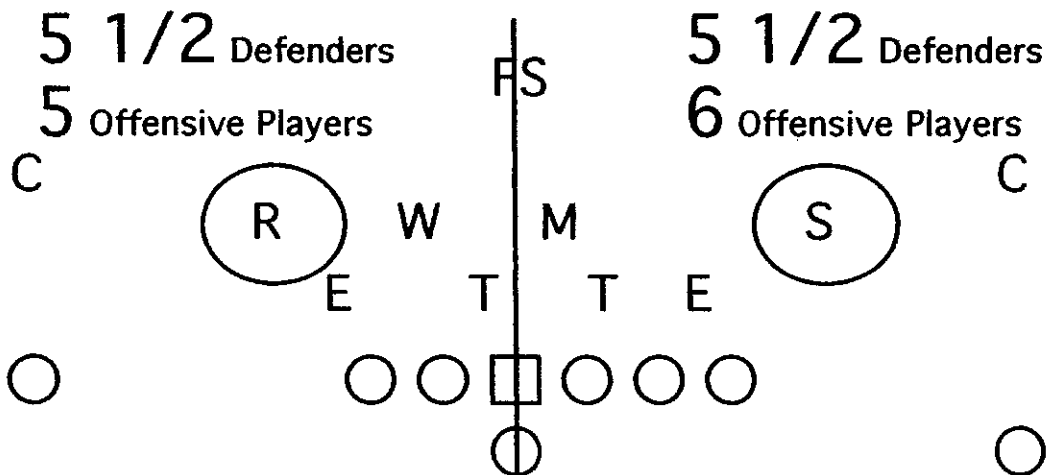
Formation shifts continued:

"Z" Stack formation



This example is designed to show the shift. The shift could move into any formation illustrated in this manual.

The quarterback will key secondary movement. Prior to making the shift you would have 5 1/2 defenders to either side, upon shifting use your invert rules for best option.



Notice how the defense possible adjusts to the shift. Using the invert rule the quarterback would take his play selection towards the tight end due to the fact you can out number the defense.

A simple rule to follow when designing your plays is to draw a line down the middle of the offense and count and see who out numbers who to either side and or does the defense balance.

Installing The Snap Count

The following instructions for installing the snap count will follow the same procedures for all plays and formations with the Option Offense.

- Snap Counts:** If not going on first sound the QB will always use **"DOWN, SET"** to start the cadence. Thus, your offensive linemen must get to the L.O.S. after breaking the huddle and get down into their playing stance. Offensive line sets their stance on the center.
- On "Sound" - Linemen, backs, and receivers all down and ready in their proper stance. Ball will be snapped on first sound from quarterback.
- On "Color" - Any color alert will follow the command "Down, Set". The first color alert coming from the Quarterback will tell the offense that the ball is being snapped. The purpose for adding the color alert to the snap count, is to aid in changing plays at the L.O.S.
- On "One" - Ball will be snapped on the first "Hut" called.
- On "Two" - Ball will be snapped on second "Hut, Hut" - rhythmic count.
- On "Three" - Ball will be snapped on third "Hut, Hut, Hut" non rhythmic count.
- On "Freeze" - The center will not snap the ball, the Quarterback will try to draw the defense offside. The center will snap the ball if the defense jumps and the Quarterback will except the ball and kneel the ball dead.

Play Calling Procedure in The Huddle: EXAMPLE

1. Formation - "I RT."
2. Play - "13 Veer"

3. Snap Count - "On 2" Center, leaves the huddle. Quarterback then repeats the play and snap count, then says "READY".
4. Break - "BREAK" The remaining offense says break and then jogs to the L.O.S. and gets down and set.

Cadence at the Line Of Scrimmage:

Example, of ball being snapped on three:

1. Dummy Audible "Blue 44, Blue 44" quarterback will say once to his right and then to the left.
2. Down, Set, Blue 44, Blue 44, Hut, Hut, Hut
3. Ball is snapped on third Hut.

Audible System:

1. Whenever you audible at the L.O.S. the snap count will always change to Going On One.
2. Procedure when the starting count is on sound.
 - a. Huddle Call: 1 Rt. 18 Load on sound.
 - b. As the quarterback comes to the L.O.S. he sees that 18 Load will not be a good play, and 13 Veer will be.
 - c. L.O.S. Call: The quarterback will quietly say "EASY", "EASY" to alert the offensive line and backs to relax, the quarterback is going to change the play or snap count. After getting their attention with the "Easy Alert", he then uses any Color - Blue 13", "Blue 13", "Down Set", "Hut". The ball will be snapped on one., and the offense executes 13 Veer. Any time the Easy alert is used the snap count will go on one.
3. Procedure when the starting count is on one, two, or three.
 - a. Huddle Call: Trips Rt. 10 Jill on (one, two or three).
 - b. Quarterback comes to the L.O.S. and wants to change the play. (red is the live color).

- c. L.O.S. Call: "Red 18", "Red 18", "Down Set", "Hut".
The ball will be snapped, and the offense executes "18 Load".
- d. Remember: The snap count always changes to ONE on any audible.

Check With Me:

Check with me calls are used when pairing plays with each other. For example certain plays can be paired depending upon tendencies and defensive alignments.

1. Quarterback calls formation in the huddle. "Right 13 or 19 Check With Me On One". This means by rule he will be going to his openside and depending upon certain defensive alignments will either call 13 Veer or 19 Load.
2. Quarterback will make call the paired play at the L.O.S. "Blue 19, Blue 19", "Down Set", "Hut".
3. The ball will be snapped on one, and the offense will execute the play called: 19 Load Option.

Option On Me:

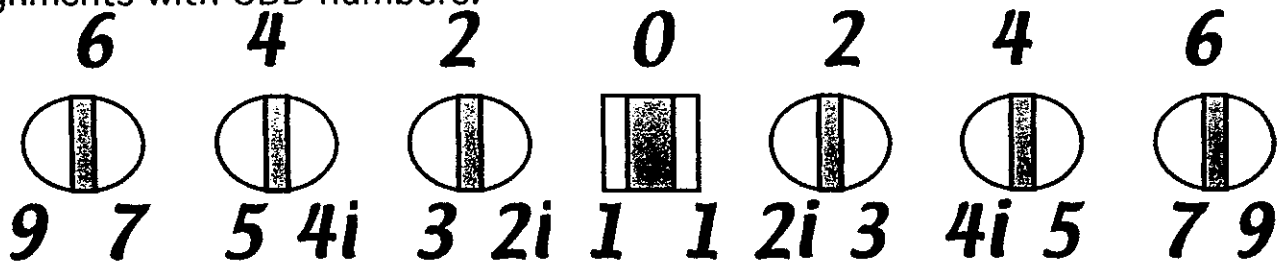
1. Quarterback calls formation in the huddle and then says, "I Rt. Option on Me".
2. Quarterback will read the defense according to the outside inverts (rules mentioned in the option section of this manual).
3. The Quarterback because, of the way the defense is aligned sees that the defense is giving him a 3 technique, thus, he alerts; Blue 10, Blue 10. The Quarterback has alerted 10 Mid-Line and the ball is being snapped on first "Hut".

Option on me gives the quarterback three options in which he has to make:

1. 10 - 11 Midline
2. 12 - 13 Veer
3. 18 - 19 Load

Alignment and Terminology Assignments

The following information will provide you with alignment and responsibilities for defensive alignments and offensive recognition. All alignments are designated by number, any HEAD-UP alignment is assigned an EVEN number and all SHADED alignments with ODD numbers.



“0 Technique” Head-up alignment on the center.

“1 Technique” Shaded defender splitting the crouch of the center with his inside foot. “1” technique could be either aligned to the tightside or openside of the center .

“2 Technique” Head-up alignment on the offensive guard.

“2i Technique” Shaded defender aligned on the inside eye of the offensive guard. The defender will align his outside foot on the inside eye.

“3 Technique” Shaded defender aligned on the outside eye of an offensive guard. 3 technique will align his inside foot on the outside eye of the guard.

“4i Technique” Inside shade alignment on an offensive tackle. Defender aligns his outside foot on the inside eye of the tackle.

“4 Technique” Head-up alignment on the tackle.

“5 Technique” Outside shade alignment on an offensive tackle. Defender will align his inside foot on the outside eye of the tackle.

“6 Technique” Head-up alignment on the tight end.

“7 Technique” Inside shade alignment on the tight end. Defender will align his outside foot on the inside eye of the tight end.

“9 Technique” Outside shade alignment on the tight end. Defender will align his inside foot to the outside eye of the tight end.

Definitions and Terms

The following definitions and terms are used throughout this manual to describe the installation, technique, schemes, blocks, and pass protections for the Option Offense. The following information contained in this section has not solely been made up by me, but has been collected by visiting other coaches, clinics, pro camps, and from personal experience.

- A or Y - Extra Back or Tight End in a Doubles formation.
- F or 3 Back - Fullback / Blocking Back.
- H or 4 Back - Tailback / Half Back
- QB
1 Back - Quarterback
- X - Split End.
- Y - Tight End.
- Z - Flanker
- Ace Block - Combination block between the center and guard.
- Ace Base - Combination block between the center and guard. Ace base is alerted when the blocker on the backside of the combo feels he can block his defender one on one.
- Ace Wedge - Ace wedge is used primarily against an inside shade on the guard or playside shade on the center or gap player. Playside guard and center work together on down lineman to stack linebacker or middle linebacker. If down lineman works outside, guard will take the down lineman across the hole and the center will work up to stack or middle linebacker.
- Ace Fast - Call made to alert the backside guard or center that the playside lineman will be leaving fast in

order to block the playside linebacker. This call is primarily used for outside zone plays that requires the guard and center to chase second level defenders.

- Ace Slow - Call made to alert the combo block will work to the backside linebacker. Will allow the playside lineman to work off slow, gives a better push on the down defender.
- Anchor - Term used to describe the placement of the back foot on pass pro. Always anchor your pass pro, thus, stopping a rushers up field push on you.
- Backside - Side away from the point of attack (POA) or pass protection away from call side.
- Base - One - on - one block by an offensive lineman on either a down defender or linebacker.
- Blocking - Another term used to describe the Fullbacks Back position.
- Block with Frame - Keeping your body between pass rusher and the quarterback.
- Blow Up - Term used to describe movement on a down defender.
- Buck Lateral - Term used to describe the spinning action by the Fullback. A series of running plays that incorporates the spinning action by the Fullback.
- Build the Wall - Term used to describe to the offensive line that they all need to be blocking at the same level.
- Bump - An aggressive shove by an adjacent blocker's body to signify the need for a lateral sliding action of the second blocker to switch blocking assignments on twist type stunts.
- Bunch - Narrow stance used to control a predetermined first step.

- Bury - Blocking action in which you are forced to take a defender who crosses your face down the line of scrimmage by getting your head in front of him to cut off penetration.
- Callside - Also known as playside, side that a play has been called to or frontside of or pass protection.
- Chip - Also known as slam, the ripping, north-south drive block action through the inside gap by the playside blocker to set up a reach block on a "combo" blocking scheme.
- Circle The Wagons - I use this phrase to help explain full zone blocking and sprint out pass protections that require a dropstep crossover and rip through technique. "Circle The Wagons" stands for reach.
- Combo Alert - Used by the center and openside tackle when working in combination with each other. Usually versus a down lineman to a linebacker, this makes the combo.
- Cross Block - This block involves two adjacent blockers that must switch assignments between with each other to get best possible blocking angle.
- Cross Over Step - Step used with a full zone play, used as the second step in conjunction with the drop step, this step is used to cut of a blocker with or to track a defenders movement.
- Cross Your Face - Rule which states that you never turn a defender loose who is trying to work back to the play after being blocked .
- Cut - Driving shoulder body block through the groin or thigh of opponent to cut his lower body from under him. Used on a fast combo block to cut the leg of a defender on the backside of a combo block.

- Cut-Off - Blocking assignment and technique to get the offensive lineman into a position to seal off a defender between you and the ball carrier.
- Deuce - Combination block with the guard and tackle or in single wing the openside and tightside guards.
- Deuce - Guard and tackle combination block on down Base defensive lineman and linebacker. After the deuce call has been made the backside blocker can call the deuce off by alerting base. Base by the backside blocker means he can take his defender without help from the combo block.
- Deuce Wedge - Guard and tackle use the wedge deuce block on a stack alignment of the down lineman and linebacker. Must get push on the down lineman to the stack linebacker.
- Deuce Fast - Used by the guard and tackle in combination of the down lineman to playside linebacker. Used mostly on all outside zone plays.
- Deuce Slow - Used by the guard and tackle in combination on a down lineman to a backside linebacker.
- Dime - Six defensive backs.
- Double Team Combo - Refers to a block with two offensive players trying to block one defensive player. Usually towards the inside gap.
- Down Block - This is an angle block to the inside, can be on a defender on or off L.O.S.
- Downfield - Refers to a block by the offensive lineman, Block getting downfield and creating a cutback alley for the running backs.
- Drop Step - Deep drop step of the playside foot on outside zone plays. This step gives the lineman an inside out blocking advantage on cut-off, also allows any backside combo to position for take over.

- Duck Walk - A technique that refers to a drill used to teach and maintain a good base with offensive linemen with an emphasis on heels in and toes out.
- E.M.L.O.S. - End Man on Line of Scrimmage.
- Flat Back - Drive block term used to denote a positioning of the blocker's back as parallel to the ground as possible to produce the most effective power blocking angles of the body in the effort to knock a defender off the L.O.S.
- Fold Block - Could be any combination of blocks made by any two offensive lineman working together to gain the best possible blocking angles. This type of block usually means the outside blocker goes first and the other block comes around after down blocks clears.
- Frontside - Same as playside, the side in which you are running the football or front side of a quarterbacks pass protection.
- "G" - Blocking scheme used to tell the playside guard to pull to his frontside to block his assignment.
- Half Man - Term used to tell the offensive pass blocker to take an Advantage inside out position on his defender. Take the half man advantage.
- Hammer The Nail With Your Helmet - Used when teaching a proper pass set. When Pass setting, blocker should attempt to hammer the imaginary nail with the back of his helmet, makes for a quicker pass set.
- Head on a Swivel - The action of an uncovered blocker rotating his head from side to side to find some one to block or to see where he can best be of help.
- Hinge - Term used to tell an offensive lineman on the backside of the play to step playside gap and then turn back on any defender rushing from the backside.

- Hippo - Term used to alert a vertical push for the inside zone running plays. "Hippo" alerts linemen working in combination together to get hip to hip on their zone push.
- Hopping - Improper stepping action in which a blocker actually "hops" his feet laterally to the sideline rather than gaining distance towards the L.O.S. Hopping is usually a result of a stance that is too wide or over extended.
- Influence - Action by an offensive player to encourage a defensive man to react to his block or movement.
- Innermost - Term used to signify the most dangerous rusher from an inside out position.
- Jam - A one or two handed pass pro punch used to insure a gap, disrupt a penetrating charge or to react back to an inside pass rush.
- Launch - The approximate position from which the quarterback will throw his Point pass.
- Leaning - Pass blocker over extending his body out over his toes. Blocker has too much weight forward, making him vulnerable to being pulled forward. Leaning is usually combined with too narrow a base.
- Leverage - Maintaining a position which aligns the blocker between the defender being blocked and the ball carrier or quarterback. Also, means hand position on the inside of the framework of the defender.
- Level One - Refers to the defensive line.
- Level Two - Linebacker positioning, the next level of Defenders.

- Log - Adjustment a pulling lineman makes on counters and traps. When any defender plays underneath a pulling lineman's block, you then log him pinning him inside.
- L.O.S. - Line of Scrimmage.
- Off - Term used to cancel any previously adjustment call made while at the L.O.S.
- Offside - Side away from the point of attack or the quarterbacks backside on a pass play.
- Opposite - A term used to alert the fullback that he will block back towards the E.M.L.O.S. past the openside tackle.
- Over Block - Drive block used to seal a defender who is widely aligned from the blocker.
- Moby - Call made by the guard to alert the center of possible slant by the 2 or 3 technique.
- Nasty - An alert call made by an offensive tackle to alert the running back he no longer has a double read but will now block the E.M.L.O.S.
- Nickel - Five defensive backs.
- Picking Grass - Term used when any offensive line releases inside on a linebacker. Mostly used to explain their inside release on option plays. Helps get shoulder reduced faster, forces defender to squeeze harder.
- Pivoting - Incorrect pass protection action in which the blocker get his shoulders turned from parallel to the L.O.S. Instead of sliding his base the lineman get his shoulders turn by the pass rusher.
- Playside - Side in which the ball is being run or the quarterbacks frontside on pass protection.

- Post Block - Blocker of a double team blocking scheme who sets up the double team by attempting to drive the defender on his own.
- Power - Pass protection blocking technique which the blocker attempts to jam Technique his defender down the L.O.S. into a pile by keeping his shoulders square to the L.O.S. The blocker attempts to drive his inside foot through the defender's crotch.
- Punch - Firm pass pro delivery of the heels of the blocker's hands to the chest of the defender in the effort to stop and or disrupt the charge of the rusher.
- Reach - Drive block used to seal a defender to the inside, defender is aligned tightly on the blockers inside or outside shoulder. Aiming point usually depending on the scheme is the outside number of the defender.
- Reverse Shoulder Block - Basically used Vs a gap defender. The basic principle is to place your body between the ball carrier and defender.
- Scoop - Term used to describe a combination block on the backside of a play involving a full zone scheme.
- Seal - Block used to shut off a defender from the point of attack.
- Separation - Arm's length distance a pass protecting lineman attempts to keep between him and the pass rusher he is blocking.
- Set - The momentary pass pro positioning to influence a defender to pass rush up field. The set is used to influence the pass rusher to a specific rush lane.

- Sift Block - A blocking assignment with the openside tackle working through the end side shoulder of the defensive end to the backside invert. Also, can be used with the tightside guard and tightside tackle to shut off the inner most rush or pursuit of a 5 and 9 technique, can be used with a trey block.
- Sink - Pass pro action for distributing your weight back on your heels or inside of the foot with good knee bend. This action disallows your ability to be pulled forward as you control the defender up under his pads.
- Slide Protect - Pass protection term for the lateral repositioning of your body vs a rusher's charge from one side to another in an effort to block the rusher with the frame of the body. This term also is used when describing the half man advantage.
- Slug - Call made by any lineman on the frontside of a combination block that the down defender may be slanting inside.
- Soft - Call made by the offensive tackle to alert that no invert threat on his outside. The double read lineman can now stay inside and help or block inside Lber on blitz.
- Spinner Back - Another term used to describe the Quarterbacks position.
- Square - Pass protection term regarding the blocker's effort to keep his body and shoulders parallel to the line of scrimmage to create as much blocking surface to the defender as possible. Square shoulders is predominately a term used for the play of the guards and center.
- Step on Toes - Concept of coming under control (sink your butt, widen your base) once you closely approach (step on the toes of) a linebacker or defensive back in the open.

- Swipe - The ripping, through the inside gap by the playside blocker to set up a reach block on a "combo" blocking scheme.
- Tight - Called made to alert possible inside slant by the outside defender on any combination block.
- Trap - Pulling action by any lineman that a blocker kick-out a defender, with a running back running underneath the kick-out block (Trap).
- Trey Block - Combination block between a tackle and tight end or if single wing formation is called for, the tightside guard and tightside tackle.
- Trey Base - Tackle and tight end work to block defensive end and playside linebacker. The tight end will block the defensive end unless he rips inside, the tackle will block linebacker unless the defensive end slants inside. Combo is called off if tackle feels he can get his defender without using the combo.
- Trey Wedge - Tackle and tight end blocking a 7 technique getting movement or push to the linebacker. Come off late, don't chase the linebacker, wait for him to come to your level.
- Trey Fast - Used with a full zone block when faced with a 7 technique and the playside linebacker is aligned outside the 7 technique the tight end will have to leave the "combo" faster.
- Trey Slow - Used vs a 7 technique when a linebacker is aligned on backside of the 7 or 5 technique.
- Tuff - Call made by the offensive tackle to alert an invert has walked up outside for possible blitz. Tuff alerts the double read uncovered lineman he must read inside to outside faster.
- Uncovered - Term used to describe an uncovered lineman, in this situation the lineman is uncovered and has no one over him (down defender or linebacker).

- Wedge - Any combination block that requires two blockers to combo a down defender and push him to the linebacker.
- Wheel - Tackle steps inside to make sure he can cut-off possible slant by defender, if defender does not slant he then turns back on him.
- Wing Back - Term used to describe the alignment of the Flanker which has put him in a reduced or tight alignment, for the Single Wing he is known as the 2 Back

Why Option Football

The following section is a description detailing why run option football. As option football is usually not a common offense that most teams face each week it usually takes most defenses out of basic game situations that their athletes face each week, thus, defenders must change gears from being a swarming defense to an assignment responsibility defense. This section contains the following information.

Why Option Football
Common Objections For Not Running Triple Option
Option Philosophy
Things To Think About
Inside Veer
Load Option
Midline

WHY OPTION FOOTBALL

1. Best way to get ball on the perimeter and attack the outside third. When the defense spreads to contain triple option, the fullback game gets explosive.
2. Don't need dominant offensive linemen to have success in a option game.
3. Makes defense play assignment football by defending the option with every play. Forces defense to be disciplined.
4. The option will help your pass offense dramatically because of the defensive secondary starts to limit their coverages that you will face. It predicts secondary coverage.
5. Option controls random blitzing. One wrong stunt and it's six points.
6. Option football neutralizes dominant players by forcing them to play assignment football.

COMMON OBJECTIONS FOR NOT RUNNING TRIPLE OPTION FOOTBALL

1. **It Is A High Risk Offense.** Statistically speaking, there is no evidence to support this statement. Taking care of the football is like anything else, if it is important to you, work at it. Make it a commitment to work ball handling drills on a daily basis.
2. **It Is A Run Offense Only.** When it is working why pass? The passing game is even more effective because of the defensive emphasis on stopping the run. You can get mismatches and coverage's that are easily exploited.
3. **Option Football Requires A QB With Exceptional Speed.** Find the best competitor on your football team, doesn't require speed it requires execution.
4. **Good Weather Offense.** Triple option has been run in snow, rain, and mud.

OPTION PHILOSOPHY

1. Makes the defense concentrate on the fullback, makes the fullback game go.

2. Multiple formations and motion shifts to run the same option.
3. Find the flank; determine which side of the formation are softer.
4. Ultimate formations allows the tailback to catch the pitch (outside runner) and the fullback to be the inside runner.
5. Utilize play action pass off the option game; places the defense in a run play mode.
6. Staff must be united behind option football and commit practice time to it.
7. Run multiple options.
8. Get ball onto the perimeter of the defense. Makes defense defend entire field.
9. Employ the dropback game to prevent the defense from ganging up on the option.
10. Run an offense - not a bunch of unrelated plays.
11. Personnel - what can your people do! QB is the key! He must be our best competitor, regardless of ability.
12. Offensive staff must research their option coaching assignments. Putting in the option takes commitment & work.
13. Use motion to try and cause confusion with the defensive assignments.

SUMMARY

In summary, triple option football allows you to attack the perimeter in many different ways. The option game for the use in this manual is an offense used to set up the box, must take defenders out to defend perimeter. This is when you run your isolation plays, etc., can't gang up on the box. Depending on how the quarterback can handle his ability to read the option, is what makes this a sophisticated offensive running weapon.

Surely the best running play is the option. It's better than others because it makes the game a 2 on 1 or a 3 on 2 proposition, the fewer players involved in a given area the easier it is to move the football. Option football uses the full width of the field and more field used the greater the advantage to the offense.

THINGS TO THINK ABOUT WHEN RUNNING YOUR OPTION GAME

1. Rules For Running 12 - 13 Veer Option: Open and Tight Side
 - A. Only run veer to the openside with no invert weak. If defense gives you a 7 technique towards the Tight End side with an invert aligned outside you then can veer release the Tight End onto the outside invert.
 - B. Veer is a triple option play, make sure not to run this play towards three defenders.

Inside Veer - Triple Option

You teach your quarterback about the two outside inverts as he views the defense. This simple concept of counting defensive personnel and running to the side with the fewest defenders sets your option game up. If the defense shows you with inverts to both sides means a six man box. Run at the box with isolation plays or mid-line option.

2. Rules For Running 18 - 19 Load Option: Tight side and Openside
 - A. Can run load option when your opponent has aligned with a 5 and 9 technique towards the tight end side. The purpose here is to get the Trey block on the 5 technique, combo off to the playside linebacker. The quarterback will read the inside shoulder of the 9 technique. If an invert is aligned outside the 9 technique "check" to veer weak.
 - B. Can run load option towards the openside when the defense has started to take the openside veer away with reducing five technique into a 4 technique or 4i. This play becomes a quick pitch of the outside invert. The key here is the ability when the defense reduces to combo with a Duece using the openside guard and tackle.
 - C. For best results run load option to a seven technique because of the combo Trey block by the tackle and tight end to the playside linebacker. Quarterback will now read the outside invert.

Load Option - Double Option

One way for defenses to take the triple option away is to run linebackers through the offensive line. This forces the offense into handing the ball off to the fullback. By giving the defense a look at the load option will force linebacker's to have to play in a position to chase outside, or there will not be enough defenders to pursue the option wide. The load option or double option eliminates the read key and forces the nine technique to be the option key. Usually the load option is pitched quickly and outside before the defense can react. Load option keeps the linebackers from playing tight into the L.O.S. thus, creating a softer defense in which to run your midline, isolation and zone plays.

3. Rules For Running Mid - Line Or 10 - 11 Option: Tight End Side only.

- A. Only run the mid-line to a two or three technique. The tight dive by the fullback restricts the defense. Also, the tight dive by the fullback prevents fast flow by the linebackers and secondary, especially the free safety.**
- B. Quarterback works 1 1/2 yards off the L.O.S., which negates minimal penetration.**
- C. Quarterback faces out, thus allowing him to make faster reads.**
- D. Mid-line keeps free safety from running the alley as fast.**
- E. Slows down the three technique, easy read for quarterback. Keeps three technique from penetrating up field.**
- F. Creates natural lanes for the quarterback to run.**
- G. Keeps backside five technique from chasing down the Quarterback.**

Mid-Line Option - Triple Option

The mid-line creates a whole set of problems for the defense, it gives you another option when the defense has taken load and veer option away. The mid-line makes the path of the fullback right over the center. This changes the read key one man inside. This takes the read away from the

5 technique and moves it to the defensive tackle or three technique rather than the defensive end. The mid-line changes the game on the defense and forces players on defense to try and figure out which option scheme is coming at them.

4. Use Of Multiple Formations And Option Schemes:

- A. Using multiple formations and backfield sets forces the defense to be assignment sound.
- B. Option limits the defensive package.
- C. Using options rules helps you with the numbers game, gives proper blocking angles.
- D. Helps the passing game due to the fact it forces defense to use fewer coverage's.
- E. If your opponent understands that you run the option it eliminates as many blitzes, helps blitz pick-up in the passing game.
- F. Option forces the defense to take time away from regular game preparations.

Since defenses have grown more complex, the option game has expanded into the offense to create three specific areas that are diametrically opposed to each other. That is, whatever specific defense a team chooses to stop one scheme will create a weakness that is exploited by the other scheme. The three basic option schemes are 1.) Inside veer triple option. 2) mid-line triple option. And 3) block option double option. When you add the play action passing game to this group, you create a balance to your offense. This philosophy dictates to the defense that it must remain sound against all three schemes. With the option game you are trying to create a balanced defense that is forced to play assignment football. If you can force the defense to do that it will open the rest of the Option Offensive package up, thus, giving your players the best possible chance for success.

Option Offense

Offensive Line Procedures Section

1. So Goes The Offense; So Goes The Offensive Line
“The Little Things”
2. The Huddle
3. The Snap Count
4. The Pre-Snap Set
5. Stance - Guards and Tackles
6. Center’s Stance and Exchange
7. Alignment and Splits
8. Offensive Line Concepts
9. Nine Phases Of A Proper Base Block
10. Descriptive Terms To Be Used
11. Base Blocking Technique
12. Full Zone Principle
13. Offensive Combination Blocks and Techniques
14. Fold Blocking Schemes
15. Pulling Techniques
16. Combination Blocks Defined
17. Establishing Rules For Inside Vertical Push
18. Establishing Rules For Slow Rotating Zones
19. Establishing Rules For Fast Rotating Zones
20. Secondary Blocking Schemes

Option Football

Developing The Offensive Line

As we develop our blocking schemes for your offense, the offensive line must understand the area in which we will ask them to work. All the techniques and blocking schemes discussed in this manual keeps the offensive line blocking inside the box, unless a play requires them to pull, zone, or veer block outside. I use the following phrase when coaching our offensive line "Never Block outside The Box, The Box Is Yours, You Own The Box."

It's been my experience, depending upon the formation, the box will either consist of six, seven, eight and sometimes nine defenders. So, as you prepare blocking schemes, you should start with calls that will allow you to block the nine man box, some type of motion may be required depending on the type of play called.

There are several ways to control the box, you can do it by formationing your opponent or you can do it by the type of offense being run. Option offense was developed to spread the defense and take advantage of the box. As the offense spreads, defenders must move out of the box in order to cover potential receivers and or defend run perimeter, if the defense does not align properly you then take advantage of the situation. In order for offense to be more effective, we've added the "Option Game" to the offense to help spread the defense and not allow them to gang up on the box; we will try and force them to take defenders out of the box to defend the perimeter. If our opponent keeps to many defenders inside the box and it appears as if the base offense isn't working, we will then add the option game to our game plan

When developing your line calls they need to be flexible enough and simple enough to enable you to adjust and make calls that will account for nine defenders, the idea here is not to allow a defender loose inside the box that you can't account for. I have designed the following information in this manual to allow the offensive line to make calls and adjustments smoothly without having to reinvent the wheel at half time. Remember, prepare your offensive line blocking calls for the unknown.

There is no position in football that requires more discipline or technique than that of an offensive lineman. The success of any offense, hinges on its ability to control the line of scrimmage (so goes the offensive line, so goes the offense). In order to do this the following is my personal believes and the basic mechanics I use to install and develop the offensive line.

The Basic Fundamentals - "The little Things"

The Huddle - This is where every successful play begins. LISTEN and HEAR - try to visualize your assignments; calls if any, keep the starting count on your mind. Always JOG to the L.O.S., Never Walk - this has a positive psychological advantage over your opponent, especially as the game goes along. Every time at practice, when your offensive line breaks the huddle, remind them to jog to the L.O.S., until it becomes habit. Your opponent does not need to know that your are getting tired. If your opponent senses that you may be getting tired, it then becomes a psychological advantage for them.

The Snap Count - In order to control the L.O.S., it is extremely important that you execute the starting count. The single greatest advantage that the offense has over the defense is that you know when the ball is going to be snapped and where the play is going. Not enough emphasis can be put on the line to

get-off on the snap count together. It's been my experience that sometimes we get so caught up in the football game that we don't hear the snap count or we just forget it prior to the snap of the ball. So, how do we ask for the snap count on the L.O.S.? What I teach is the following.

1. Alert calls to be used by any offensive person when asking for the snap count to be repeated while on the L.O.S.
 - a. Orange - Word used to ask for the snap count. So, if any member of the offense hears the verbal alert word "Orange", "Orange" he can give the person asking for the snap count the command.
 - b. Whats For Dinner - another alert that I use for asking for the snap count. Whats for dinner can be alerted by any member of the offense.
2. The following alerts are used to give the snap count on the L.O.S.. Any member of the offense can use the following alerts words to represent the snap count.
 - a. Freeze - Alert words telling the offense to maintain their stance and don't move, you are trying to draw the defense off sides. If the defense doesn't jump than the quarterback can audibilize to a pre-determined run play.
 - b. Ice - Alert call in the huddle that tells the offense not to move once the Quarterback starts his cadence.
 - b. Kill or Fight - Ball is going to be snapped on first sound.
 - d. Pizza - Ball is going to be snapped on one (Hit).

- e. Pizza, Pizza - Ball is going to be snapped on two. (Second Hit).

- g. Steak - Ball is snapped on three (Third Hit).

Pre-Snap Set - The pre-snap set, your offensive line should be required to get to the L.O.S. as soon as possible and get down into their two, three, or four point stance. The center becomes a very important factor when getting to the L.O.S., it is the center that the rest of the offensive line sets their stance on, so, the center must get to the L.O.S. in a hurry and get set.

The Stance - Guards and Tackles - A good stance no matter what level of football you are coaching is basic to sound execution. The stance you are teaching must directly relate to the plays you are running. Without a good stance, your offensive line will not be able execute their assignments properly on a consistent bases. The type of stance you teach must be directly related to the type of plays you are running. It is extremely important that you put an important emphasis on a consistent stance - be able to make all necessary movements from the same stance. Your run stance must look like your pass stance. Defensive players are always "alert" for anyone "tipping" their intentions by changing their stance. Important note; you can allow the offensive line to alter their stance only in short yardage, and obvious passing situations. The following techniques I teach for a proper stance.

1. Base - Shoulder width apart but never wider. If the base is to wide, it tends to cause you to false step or to over extend the base on the snap of the ball.

2. Feet - "Toes" pointing slightly in, with "Heels" turned slightly out. This position will force your power through

the inside of the knee to the inside of the feet. Never allow the back heel on the staggered foot to come off the ground more than 1/2 inch. This is important for maximum traction on the get-off.

3. Stagger - Stagger the feet, so that you have no more than two to three inch stagger between the toe to inseam relationship between the front and back foot. Never more than a toe to heel relationship. By keeping a tight stagger between the front and back foot, you now can play with either a left or right handed stance.
4. Elbows and Hands - Elbows should rest slightly above the knee opposite the down hand or off to the side in a ready position. The hands should always be relaxed and not forming a fist, this helps in the get-off (don't be tense.)
5. Shoulders, Back, and Tail - Shoulders should always be square to the line of scrimmage, this is accomplished by setting the down hand of the inside of the up knee, with the back flat out parallel to the ground. The tail should be an extension of the back and not in a squatted or drooping position.
6. Head and Neck - You want the head to be an extension to the shoulders, back, and tail. You want the neck to be in a semi-bowed position, but not in a "bulled neck" position that forces the tail to drop.
7. Power Producing Angles - The stagger of the feet places the up foot in a position to create power producing angles in the ankles and knees. To get to this position, slightly roll the knees forward on the up foot, so that it is over the toe.

This will place the weight on the balls of the feet. Make sure the toes are slightly turned in with heels out. The outside heel may come slightly off the ground.

8. Initial Movement - Important tips to remember while exploding out of a stance. Keep back parallel to the ground, make sure your going forward, not upward. You always want your offensive linemen stepping with the playside foot first. It will be necessary at times to shift your weight from one foot to the other , depending on which way the play is going - this can be a mental shift rather than a physical one.

Center's Stance and Exchange - I have found that a good stance for the center is a three point stance with weight distributed evenly over the "full bottom" of both feet, with little weight forward, you want as little weight placed on the football as possible. The following information can be used to help your center with his specific position skills.

1. Base - Feet slightly wider than the shoulders with the feet perpendicular to the L.O.S. - No Stagger.
2. Feet - Must always be pointed straight ahead towards the goal line, keep feet parallel to each other.
3. Shoulders , Back and Tail - Shoulders must be square to the L.O.S. with the back parallel to the ground. You want the center's tail to be at least as high as the shoulders (this keeps his hips up) to facilitate the snap.
4. Initial Movement - Center must always explode of the ball with his back flat, parallel to the ground. The first step should always be with the foot to the side of the play or as

it applies to the blocking scheme called for. Do Not Anticipate The Snap Count. Snapping the ball early penalizes the rest of the offensive linemen by giving the defense an advantage.

5. Position Of The Ball - The ball should be placed slightly to the right eye and forward of the center's head. Extending the ball in front of you gives you better cut-off angles for run plays. Pulling the ball closer to you in passing situations helps your offensive line in pass protection.
6. The Grip - The football should always be placed with the laces facing up. Grip the ball by placing your right thumb between the second and third lace nearest the front end of the ball. The fingers and palm of the hand will grip the ball on the side, so as to have complete control of the ball. The arm should be extended with your wrist straight. Never allow your arm to bend because this tends to drop your hips and back.
7. Effecting The Snap - Snap the ball by rotating the wrist 1/4 turn without bending your elbows. This should be one quick movement and is a lifting action. Slap the ball against the quarterback's hands, the quarterback should have to take the ball from you. Never throw the ball to the quarterback. Snapping and stepping with the proper foot should be one continuous movement. The center must be the quarterback of the offensive line. Usually the center is responsible for making calls that recognize the defensive fronts and to alerting possible changes to the rest of the offensive line. The center of all your linemen should have the best and clear understanding of the concept of plays used in the offense.

Alignment and Splits - The Little Things Make The Difference.

Understanding splits as they apply to the inside and outside run becomes an important factor , also something to consider is potential combination blocks because alignments and splits can be modified to get best possible results. An offensive lineman needs to understand that a wider split helps the inside run and a tighter split, which restricts the defense helps the outside run.

As everyone knows, the One-On-One, Man Blocking or Base Blocking schemes, as they have been called, have been the most used blocking schemes to date. In 1985, when the final rule change was made to allow the use of extended arms and hands in advance of the body, you started to see the evolution of zone blocking schemes which allowed one blocker the ability to pass off another blocker working in combination together. As this offense is installed I will attempt for the most part to make all the blocking schemes man zone schemes whenever possible.

Whenever we pull a lineman we are going to get man blocking schemes at the point of attack, and for the most part, everything else will be zone blocked backside. If we don't pull any linemen then the entire blocking scheme will be zone.

The definition of a zone block is and area of responsibility between two adjacent linemen. A zone combination means that two combination linemen (Ace, Duece, Trey) will be responsible for a down first level defender working to block a second level linebacker.

OFFENSIVE LINE CONCEPTS

To be fundamentally tough and sound, each offensive linemen must understand what is required of him and have a way to master these requirements. Descriptive words can help the process. Blocking can be developed to a greater degree than any other phase of football because it is the most unnatural task. It requires patience and many hours of "Hard Work", there are many things to learn.

The more techniques we can learn and master, the easier it will be to cope with various game situations. Repetition must be accepted as a way of life for an offensive lineman, success can only be brought about with tremendous confidence in one's ability. Concentration, self-discipline, communication, and the willingness to pay the price are part of being a respected offensive lineman.

Determined, intelligent, and aggressive blocking is an indispensable quality of a great football team, from both a technical and psychological standpoint. It is difficult for a team, to have outstanding morale, confidence, and enthusiasm when it lacks the ability to sustain a great ground game or provide adequate protection for the passing game. As an offensive line coach you must reinforce daily to your players the importance of controlling the football. A key goal that any offense should make when starting their first possession in a game is to make a first down, these makes for a psychological advantage for them. You must make a statement to your opponents, that indeed, we can move the football on them.

The difference between a great blocker and a fair one is the fractional time between contact and the follow through. The finishing off of any block must be constantly repeated and reinforced on a daily basis. Effective line play begins in the

huddle. Upon hearing the play called by the quarterback, start to visualize your assignment and possible adjustments or calls at the line of scrimmage. Keep the snap count continually on your mind. If any of our linemen are late getting off on the snap count they can expect to get beat. It is impossible to be aggressive when you are uncertain. The following phrases and words will help in describing techniques and alerts.

Nine Steps for a Proper Base Block: One-on-One

1. Short first step or position step, also called a base step. The first step is the influence step (Ties) that a defender reacts to.
2. Second step, (Wins) must be an explosive upfield base step.
3. Low shoulder level (Pad Control.)
4. Good punch (Snag the Defender.)
5. Good 3/4 arm extension (Elbows Down.)
6. Strike a blow (See the Numbers.)
7. Wide base (Don't Let the Feet to Come Together.)
8. Heels In - Toes Out (Drive Off the Inside of the Feet.)
9. Finish (Put the Defender on His Back.)

A term I like to use and one I picked up from Les Steckels when he was coaching with the Denver Broncos is "The First Step Ties. The Second Step Wins" the second step is the key, it's the

second step that helps to finish off a block, must get the second step in the ground. Always keep your feet alive, they should constantly be moving. Never compromise a lineman's base by allowing the feet to get any closer than shoulder width apart. The only time the feet should come together when blocking, is when you feel a defender going back on his heels, now allow the feet to come together to excelerate the finish.

Descriptive Phrases to be Used

1. Get off - ability to accelerate off the L.O.S. using proper technique. Let your "EYE'S" explode.
2. Short Steps - never allow an offensive lineman to over stride (big, long, or high choppy steps.) Must keep the feet in the ground, this is where a blockers power is generated.
3. Drive - keep the heels in and toes slightly turned out, focus a lineman's energy through the inside of his feet, this give him more drive power.
4. Never get too much weight going forward, don't allow your weight to get out over your toes. Be fast, but be under control.
5. Upon contact let the hips roll through the defender. Hit on the rise, head-up, and bull the neck.
6. Punch up and through the defenders numbers, never punch out. Control the breast plate of the shoulder pads.

7. Become part of the tackle on each play. Stick to the defender, latch onto him. Maintain a good wide base at all times (heels in toes out), this will allow you to maintain contact with the defender as he tries to work off your block.
8. Versus any type of movement from a defender, nothing should change. Short choppy steps allows a blocker to make easier adjustments to a defenders movements because, his feet are in the ground.
9. Two important points to remember when run blocking:
 - a. No false steps, always step with playside foot first.
 - b. Proper point of head placement. Must understand where the play is going.

Once you've mastered the One-on-One block or "BASE BLOCK" its time to move on to the combination schemes or zone blocks.

Descriptive Terms to Tie The Running Game With The Passing Game

"TERMS"	"Definitions"
1. Be Part of The Tackle	Always stick to the defender, using all your basic fundamentals and techniques. Never find yourself on the ground.
2. Point of Aim (P.O.A.)	Must know where the ball is going, use the proper steps and know where the point of attack is. Using the proper

P.O.A. will help eliminate the defender from crossing your face.

3. 1/2 Man Advantage
Term used to explain proper positioning in pass protection. Always work from an inside out position on a defender using the 1/2 man advantage. The 1/2 man advantage is used in drop back protection.
4. Front Door / Back Door
This expression is used to describe shades that defenders play through. If a defender is on the front side of a combination block he is considered a front door player. If a defender is playing on an inside shade of the outer most blocker he is then considered a back door player.
5. Look Up Through The Window
The window is the positioning of the hands in pass pro. Bring the two thumbs together forming an "X" this drops the elbows and forms a window for the blocker to look up through (don't look out through the window, look up through the window) this will help sink the hips.

6. **Punch Up Through The Window** Punch through the window with the point of aim at the top of the Jersey numbers. By punching up through the window this keeps the hips down.

7. **Show Your Numbers** Term used for pass blocking. To to get shoulders back show your numbers to the defender, these also keeps you from following your punch.

8. **Shoulders Opposite The Punch** In pass protection, never allow the shoulders to follow the punch. You don't want the shoulders drifting out over your center of gravity. Whenever you deliver the punch, your shoulders should be going in the opposite direction, this keeps the back flat.

9. **From Low To High** Term used when delivering a blow to a defender. Starts with good low shoulder level, the strike starts low then travels up through the numbers. Use your base for power. Heels in Toes out.

10. Use Your Eyes

The best tools that an offensive lineman has is his eyes. What you see tells your brain what to do. If your head is down, nothing goes into you brain. Eyes up, see what you strike.

11. Shoulders Parallel

In pass protection never allow your shoulder to get out of parallel to the defender. By keeping your shoulders parallel to his help keep your hips square, harder for the defender to make a counter move.

12. Drop step Crossover
Rip Through

This phrase is used to help identify the proper footwork for running plays going outside and or sprintout pass plays. An offensive lineman drop steps with his playside foot according to the alignment. The wider the alignment the deep the drop step. The crossover is the second step.

13. Circle The Wagons

Drop step crossover and rip through is a technique described in example number 12. Circle the wagon is a term used to help reinforce

plays that require an offensive lineman to cut off the outmost shoulder of a defender.

14. Don't Allow The Chin Over Your Toes

Termed used to describe too much weight rolled forward when run blocking. It's harder to react to a defender when you have your weight rotated out over your chin.

15. Kick Step With Kick Slide

Pass block term. Short step used with by the foot closest to the direction you're moving in. The depth of the kick is determined by the width of the defender. When you kick step always replace with a kick slide by the trail foot. When you kick slide always keep your chin centered over the inside knee. If the chin drifts out over the outside knee, this opens up the inside move by the defender. The second step is a slide step, don't pick the second step off the ground. Maintain a good base and never get your feet crossed over.

16. Quick Draw Term used to describe the quick hand placement of the hands to the chest of the defender. Its the player who can get his hands on the other fastest that wins.
17. Punch And Run Explains pad control. Once pad control has been established, keep your feet moving while maintaining a good base. Finish the block, run the defender, get him on his heels.
18. First Level Defender Refers to defenders aligned on the L.O.S. (usually down linemen.) Must get movement on first level defenders.
19. Second Level Defender Refers to second level defenders, those positioned right behind those aligned on the line of scrimmage.
20. Run Through A term used to explain the action of a linebacker running through the L.O.S. unblocked. Must prevent linebackers running through combination blocks. Blockers must keep their heads up and focused on the second level defender.

21. Stretched

Termed used for outside running plays when the contain man tries to keep his outside arm and leg free. On outside zone plays it is vitally important that the blocker doesn't get flattened. If this happens, the defender will get upfield penetration and will force the running back to take his path away from the penetration. The blocker must strive to keep his shoulders square, maintain contact and work the defender off the L.O.S.. By working the defender off the L.O.S. the ball carrier will have room to threaten the outside and read the seams.

Option Offense

Offensive Line Blocking The Introduction Of Zone Blocking

The following pages will describe the terminology that I teach for establishing line calls. The concept behind the installation of our line calls center around area or zone concepts. Zone schemes started to really take hold back in 1985 when the rule for the use of extended arms and hands in advance of the body was permitted.

The full use of hands and arms allows offensive line to pass defenders off to another adjacent lineman working in combination with one another. Zone blocking pertains to first level working to second level defenders. Whenever two linemen go into combo together whether it be an Ace, Duece, or Trey it means, see your linebackers. When two adjacent linemen go combo on a down defender they are tracking his movement to the second level defender.

As you read this manual you will find that for the most part all the blocking schemes zone backside away from the point of attack. Zone footwork that linemen use is directly related to how the running back is receiving the ball. The tighter the hand-off, the more vertical the zone push becomes, the wider the ball is delivered the faster the zone rotates. Linebacker flow is usually dictated by how they read backs so, the tighter the hand-off the more apt linebackers are to step up, the wider the ball is delivered the more chance of them scraping.

There are two trains of thought when establishing blocking rules for linemen 1. Man rule schemes and 2. Zone scheme. The following information is dedicated to the zone schemes and option rules as they apply to each play called.

Combination Blocks Defined

Once the "BASE" or "One - on - One" Block has been introduced, the next step will be the combination blocks. When a combination block has been alerted, it means that two adjacent linemen will be working together vs a down defender to a second level linebacker, that makes the "Combo". The terms that we will use to describe a combination block is as follows:

Combination Alerts Defined:

Ace Lion



Center -
Left Guard

Ace Ram



Center -
Right Guard

Duece



Guard -
Tackle

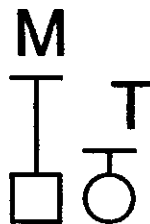
Trey



Tackle -
Tight End

Note: Combination blocks are designed into certain plays by scheme and play called. If a certain scheme requires a "Combo" block, then the two linemen doing the combination by rules will alert each other to the combo verbally.

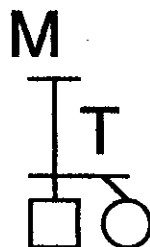
Ace Base



Ace Base

Center and Guard alerting each other that no combo is needed and that they can get their blocks accomplished with a one - on - one block.

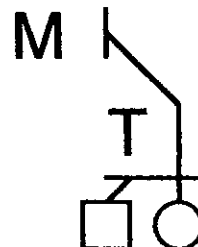
Ace Wedge



Ace Wedge

Center and Guard alerting each other to a vertical push on the down defender to deep playing LBer.

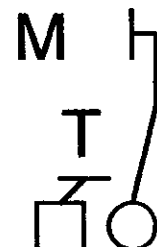
Ace Slow



Ace Slow

Requires a combination that slowly rotates playside. Must track LBer to see if the combo is attempting a Blitz. Let LBer come to you see if he fills or scrapes.

Ace Fast



Ace Fast

Requires the playside lineman to exit fast for fast flowing Lber coming over the top. Back side of the combo must get over fast to cut off any penetration by the down defender.

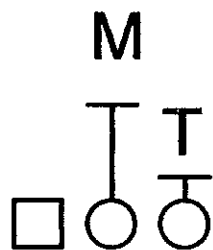
Duece Combination Blocks Defined

The Ace combination block involved the center and guard. The continuation of "Combo" will now involve the Guard and Tackle, the "Duece Block".

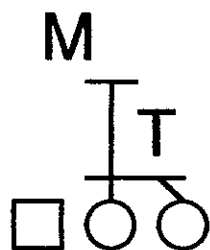
It is imperative that blockers working in combination together have their heads and eyes up. They must see the whole picture. They must be able to locate and track their linebacker, so, they can come off the combo if he appears on their respective side. The real advantage of zone and combo blocking is that the blockers can sell out on the first level defender without worry of the defenders movement. If he slants, he will be slanting into the track of one of the combination blockers.

When two adjacent blockers connect up on a combo with the first level defender, they will have their shoulders and hips along side each other (Hippo) with no air in between them. When in this position the combination closes the door on the down defender, he can't split the combo or what we call open the door. When two defenders come together the track produces maximum push.

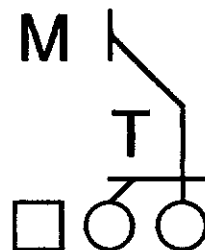
Duece Base



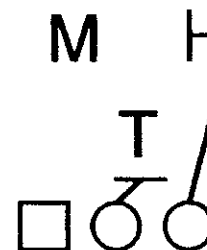
Duece Wedge



Duece Slow



Duece Fast



Duece Base

Guard and Tackle alerting each other that no combo is needed and that they can get their blocks accomplished with a one - on - one block.

Duece Wedge

Guard and Tackle alerting each other to a vertical push on the down defender to deep playing LBer.

Duece Slow

Requires a combination that slowly rotates playside. Must track LBer to see if the combo is attempting a Blitz. Let LBer come to you see if he fills or scrapes.

Duece Fast

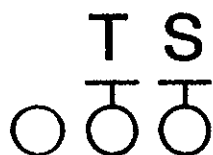
Requires the playside lineman to exit fast for fast flowing Lber coming over the top. Back side of the combo must get over fast to cut off any penetration by the down defender.

Trey Combination Blocks Defined

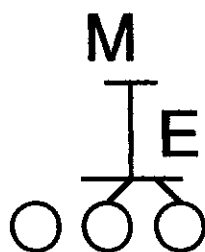
The Duece combination block involved the Guard and Tackle. The continuation of "Combo" will now involve the Tackle and Tight End, the "Trey Block".

Remember, on zone schemes or combination blocks the tracking angle on linebackers will be determined by the point of attack or by the way the running back receives the ball. On Wedge and Slow Zones the helmet track will be to the near ear of the down defender. The near ear of the defender is determined on whether they are the inside or outside blocker of the combo. The proper track for a fast zone is the near playside number using a technique we call "Drop Step and Crossover Rip Through" the combination blockers will take their backside arm and rip it through the playside number, this stretches the Toss play. Another name for the fast zone is a Horizontal Stretch. The fast zone looks similar to the inside zone to the defenders on the outset. The inside zone is designed to run from outside hip of the Tight End all the way back to the inside hip of the Quick Tackle. The fast zone or Toss is designed to break outside the hip of the tackle running at first daylight.

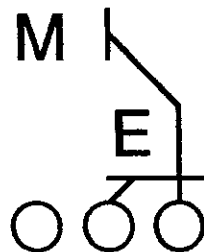
Trey Base



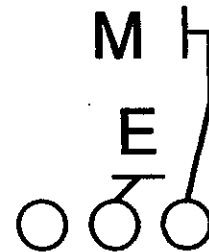
Trey Wedge



Trey Slow



Trey Fast



Trey Base

Tackle and Tight End alerting each other that no combo is needed and that they can get their blocks accomplished with a one - on - one block.

Trey Wedge

Tackle and Tight End alerting each other to a vertical push on the down defender to deep playing LBer.

Trey Slow

Requires a combination that slowly rotates playside. Must track LBer to see if the combo is attempting a Blitz. Let LBer come to you see if he fills or scrapes.

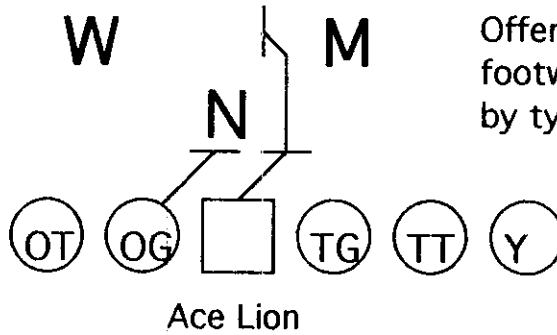
Trey Fast

Requires the playside lineman to exit fast for fast flowing LBer coming over the top. Back side of the combo must get over fast to cut off any penetration by the down defender.

Center and Guard Combination Blocks

1. CENTER and OPENSIDE GUARD - Ace Lion

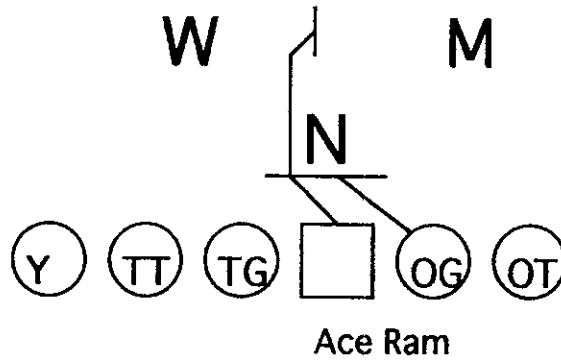
VS ODD DEFENSE



Offensive linemen's footwork determined by type of play called.

2. CENTER and OPENSIDE GUARD - Ace Ram

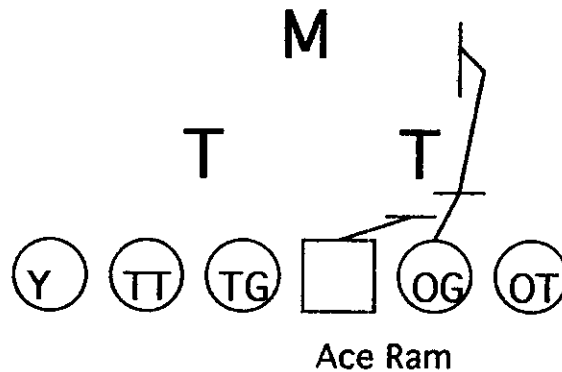
VS ODD DEFENSE



Offensive linemen's footwork determined by type of play called.

3. CENTER and OPENSIDE GUARD - Ace Ram

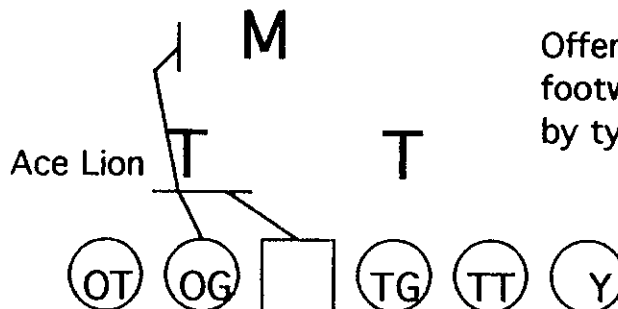
VS 4 - 3



Offensive linemen's footwork determined by type of play called.

4. CENTER and OPENSIDE GUARD - Ace Lion

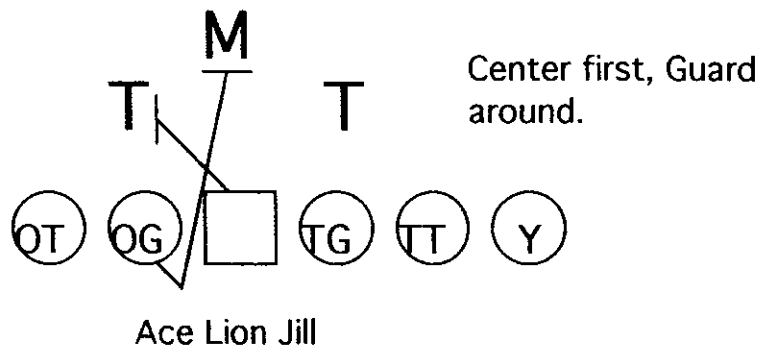
VS 4 - 3



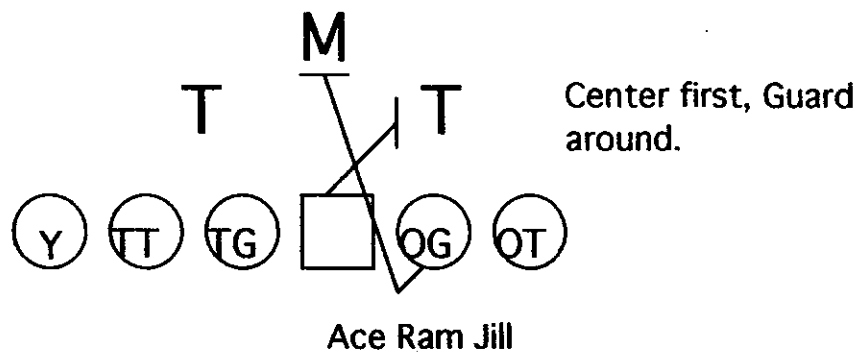
Offensive linemen's footwork determined by type of play called.

Center and Guard Line Calls - Fold Blocks

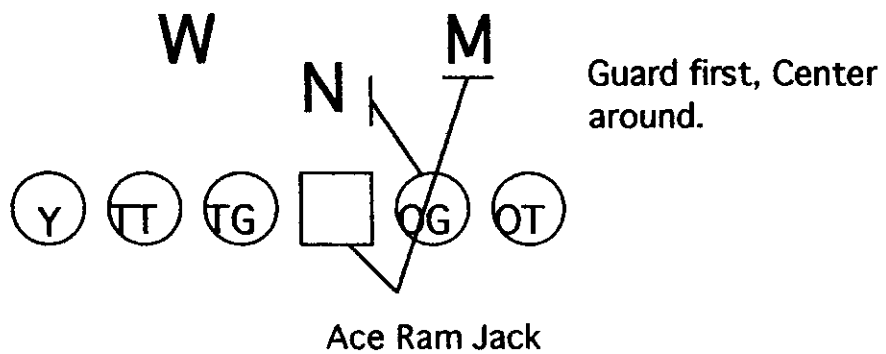
5. CENTER and OPENSIDE GUARD - Ace Lion Jill



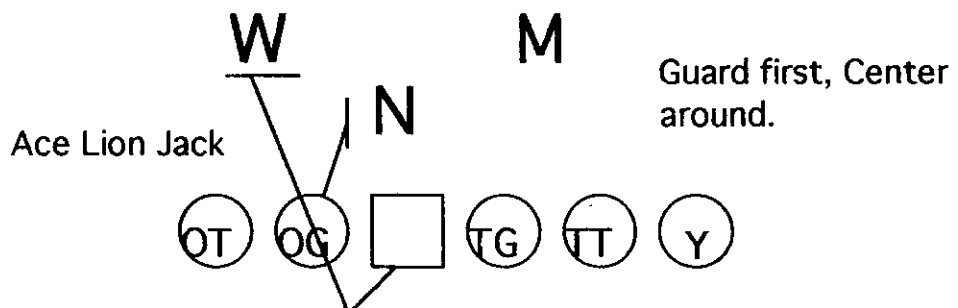
6. CENTER and OPENSIDE GUARD - Ace Ram Jill



7. CENTER and OPENSIDE GUARD - Ace Ram Jack

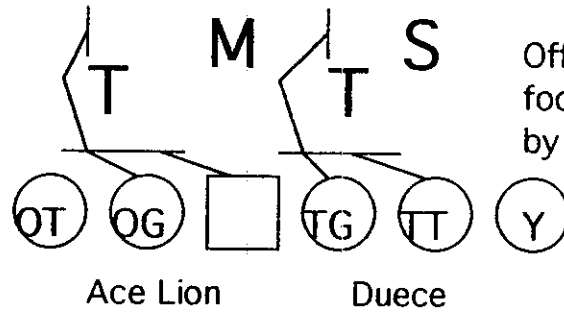


8. CENTER and OPENSIDE GUARD - Ace Lion Jack



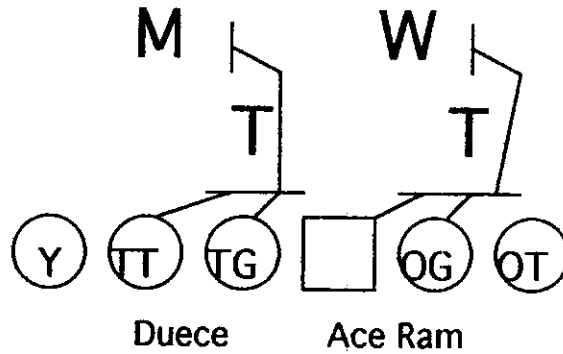
Guard and Tackle Line Calls

9. TIGHTSIDE GUARD and TIGHTSIDE TACKLE - Duece



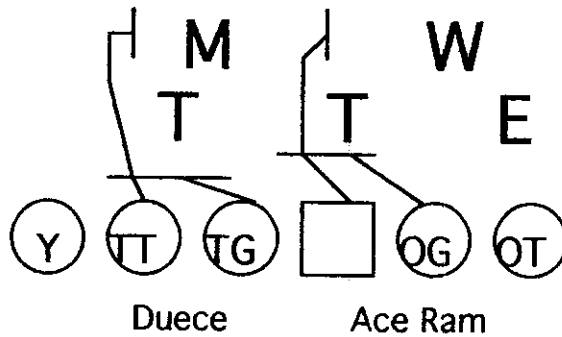
Offensive Linemen's footwork determined by play called.

10. TIGHTSIDE GUARD and TIGHTSIDE TACKLE - Duece



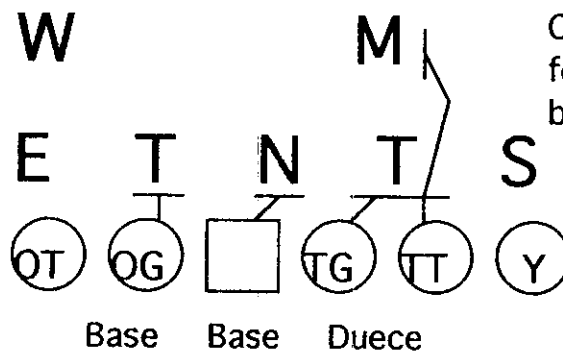
Offensive Linemen's footwork determined by play called.

11. TIGHTSIDE GUARD and TIGHTSIDE TACKLE - Duece



Offensive Linemen's footwork determined by play called.

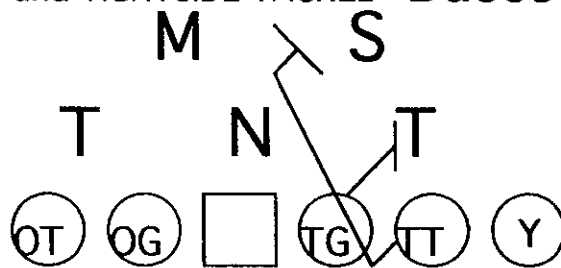
12. TIGHTSIDE GUARD and TIGHTSIDE TACKLE - Duece



Offensive Linemen's footwork determined by play called.

Guard and Tackle Line Calls - Fold Blocks

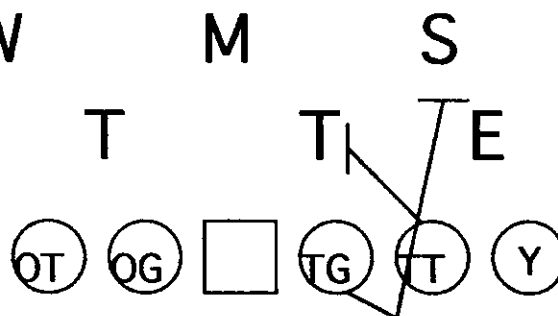
13. TIGHTSIDE GUARD and TIGHTSIDE TACKLE - Duece Jill



Guard first,
Tackle around.

Duece Jill

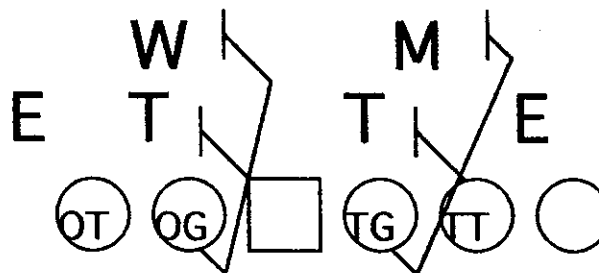
14. TIGHTSIDE GUARD and TIGHTSIDE TACKLE - Duece Jack



Tackle down,
Guard around.

Duece Jack

15. TIGHTSIDE GUARD and TIGHTSIDE TACKLE - Duece Jack

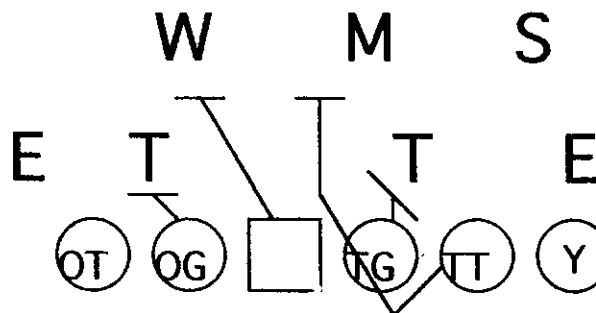


Tackle down,
Guard around.

Ace Lion Jack

Duece Jack

16. TIGHTSIDE GUARD and TIGHTSIDE TACKLE - Duece Jill

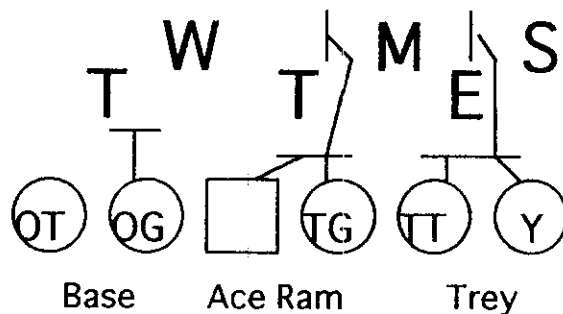


Guard first,
Tackle around.

Base Base Duece Jill

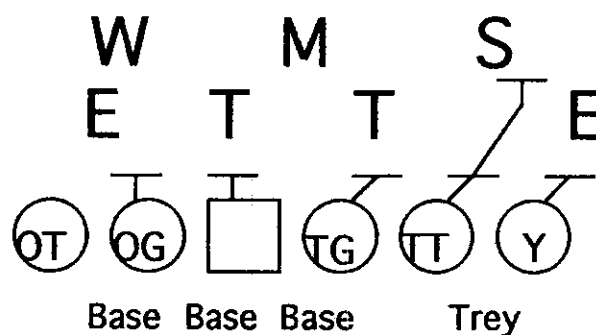
Tackle and Tight End Line Calls

17. TIGHTSIDE GUARD and TIGHTSIDE TACKLE - Trey



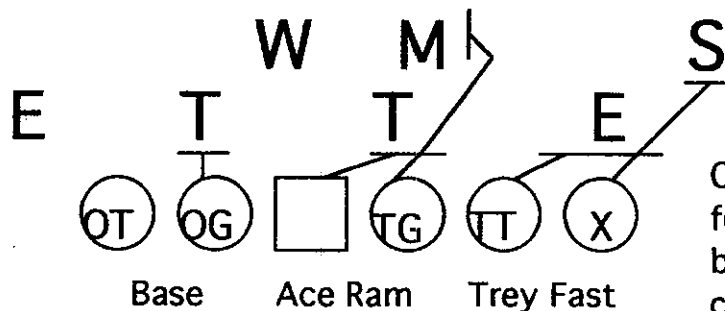
Offensive linemen's footwork determined by type of play called.

18. TIGHTSIDE TACKLE and TIGHT END - Trey



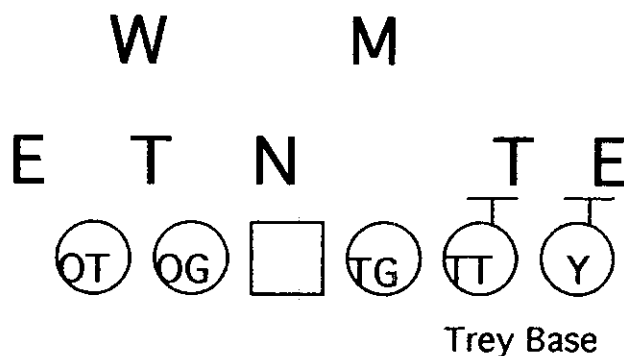
Offensive linemen's footwork determined by type of play called.

19. TIGHTSIDE TACKLE and TIGHT END - Trey



Offensive linemen's footwork determined by type of play called.

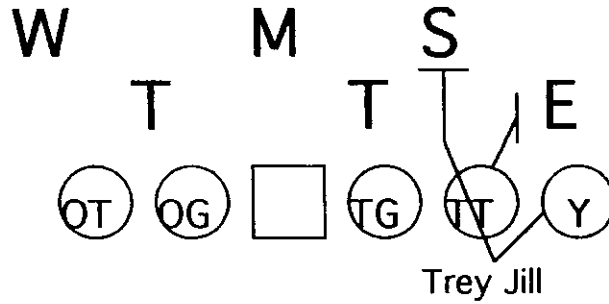
20. TIGHTSIDE TACKLE and TIGHT END - Trey



Offensive linemen's footwork determined by type of play called.

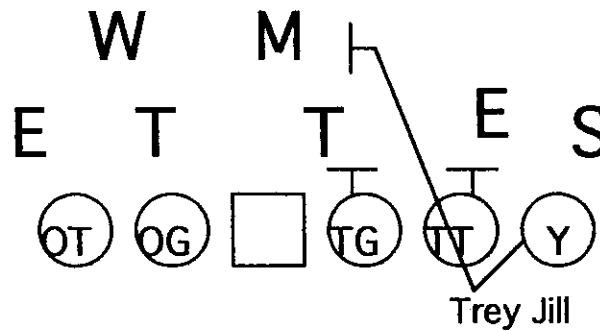
Tackle and Tight End Line Calls - Fold Blocks

21. TIGHTSIDE TACKLE and TIGHT END - **Trey Jill**



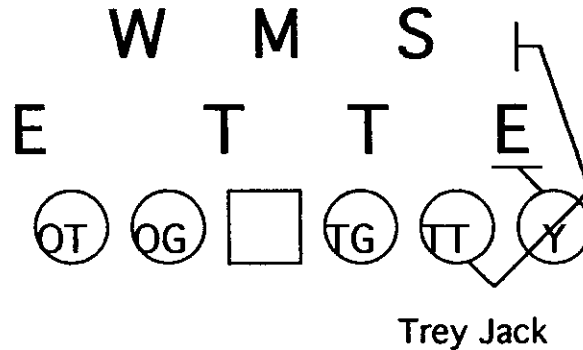
Tackle out and
Tight End
around

22. TIGHTSIDE TACKLE and TIGHT END - **Trey Jill**



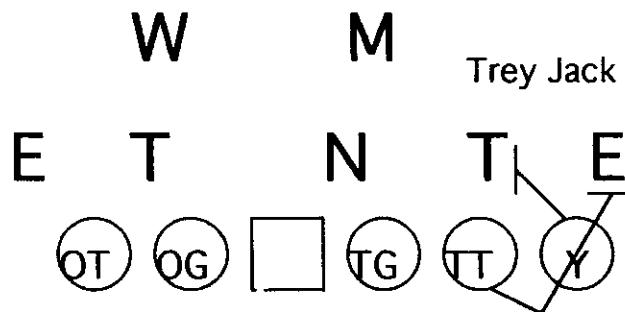
Tackle out and
Tight End
around

23. TIGHTSIDE TACKLE and TIGHT END - **Trey Jack**



Tight End down
and Tackle around.

24. TIGHTSIDE TACKLE and TIGHT END - **Trey Jack**

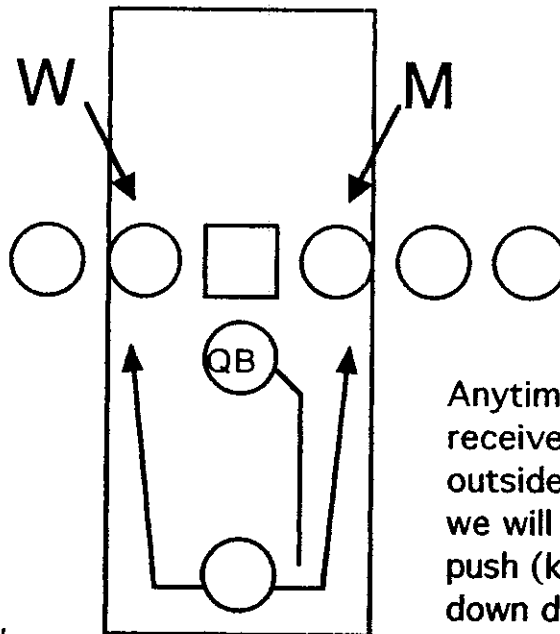


Tight End down
and Tackle around.

Establishing Blocking Rules For The Inside Vertical Push

The footwork for our zone blocking schemes will be determined by where the running back receives the ball. The position where the running back receives the football determines for the most part how linebackers will read and flow to the ball on running plays, thus, our offensive linemen will establish their footwork and combination blocks in the following manner.

Helmet placement on plays being run at the outside hip of the guards and in, require our offensive linemen to take their helmets to the near ear of the closest down defender to them. When working in combination with another lineman never allow you Butts to float away from each other must be able to keep the door closed on all down defenders, never allow them to play through any combination block.



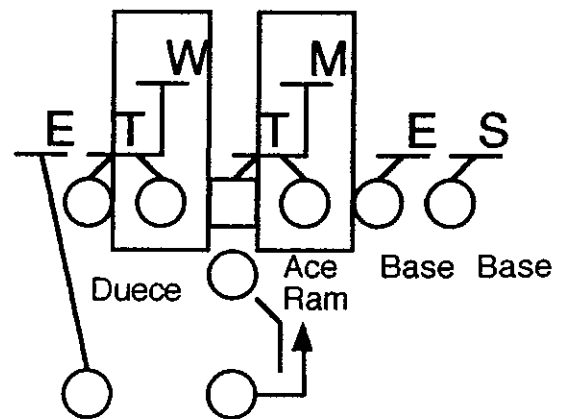
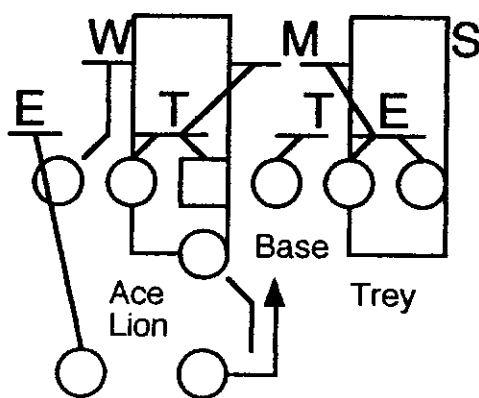
Vertical Push

Plays that require a vertical Push:

1. 42 - 43 Inside
2. 32 - 33 Inside

Anytime the running back receives the ball from the outside hip of the guard and in, we will incorporate a vertical push (known as Hippo) on all down defenders as we work up onto 2nd level linebackers.

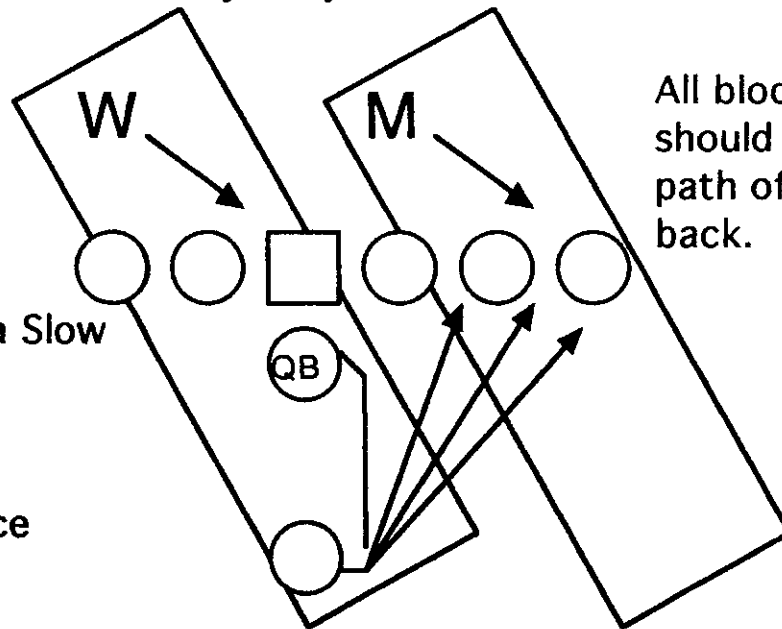
When running 42 - 43 or 32 - 33 Inside we will call this a "Wedge Blocking" scheme. The following illustrations will show how the combinations will be called for Wedge Blocking.



One important fact to remember with wedge combinations is never leave your combination to chase after linebackers, let them come to you. Never come off a combination block until your filling linebacker reaches your level.

Establishing Blocking Rules For Slow Rotating Zones

Helmet placement on plays being run at the outside hip of the guard to the inside hip of the Tight End requires our offensive linemen to take their helmets to the near ear and hand punch to the near number of the closest down defender towards the play. When working in combination with another lineman never allow you Butts to float away from each other, must be able to keep the door closed. Combination slowly rotates playside while tracking your combination linebacker, never allow them to play through any combination block, don't take your eyes off the linebacker.



All blockers butts should follow the path of the running back.

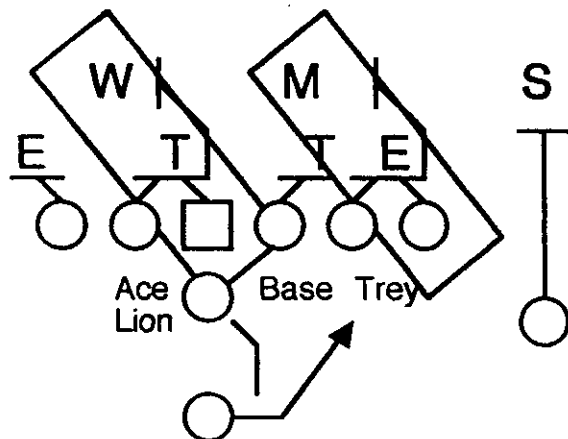
Plays that require a Slow Rotating Push:

1. 18 - 19 Load
2. 46 - 47 Bounce
3. 42 - 43 ISO
4. 44 - 45 ISO

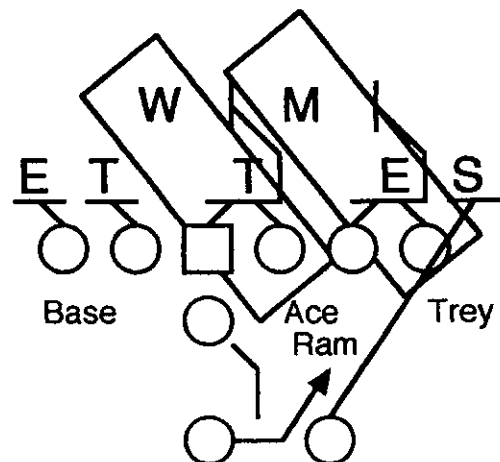
Slow Rotating Zone

When running outside the guard and inside the Tight End we will call this a "Slow Rotating" scheme. The following illustrations will show how the combinations will be called and rotated.

Counter Clockwise Rotation



Counter Clockwise Rotation



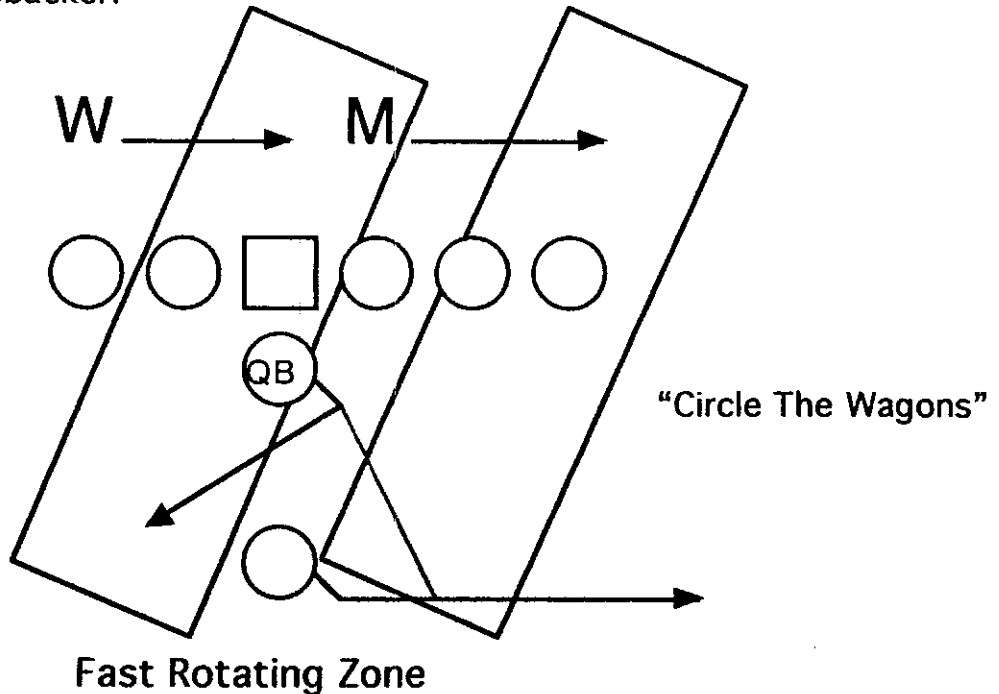
One important fact to remember with slow rotating combinations is never leave your combination to chase after linebackers, let them come to you. Never come off a combination block until your filling linebacker reaches your level.

Establishing Blocking Rules For Fast Rotating Zones

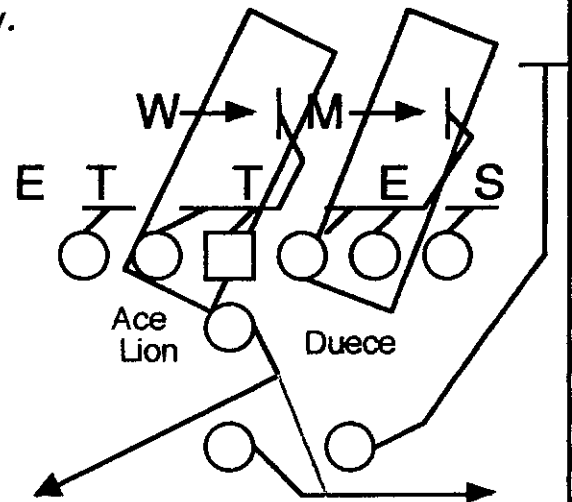
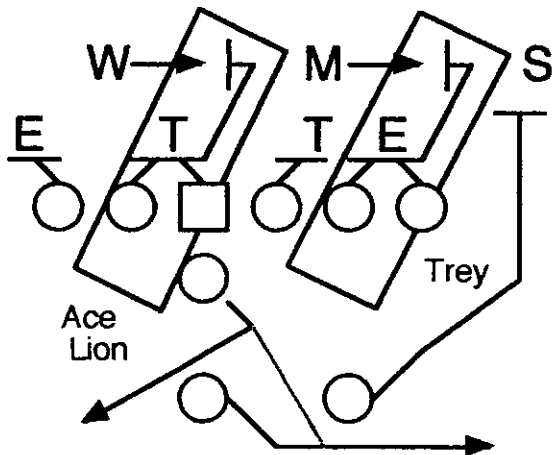
A fast zone is centered around fast flow linebackers reacting to the ball being tossed. The only time we incorporate fast zone blocking is with the toss play. Whenever two offensive linemen go into combination together they must be able to compensate for the linebackers flowing over the top and running to the outside. A combination lineman playside must be able to leave his combination fast in order to get to a proper cut off point with his linebacker.

Plays that require a Fast Rotating Push:

1. 48 - 49 Toss



A coaching point to remember, whenever running Toss against a seven technique the backside of the combination may cut the down defender. Whenever running against a nine technique the backside of the combination must keep their feet in anticipation of cutback by the running back. When running any type of outside zone we will call this a fast zone with "Circle The Wagon" terminology.



Due to the fact that you get fast flow linebackers with this type of action, your offensive line will take their cutoff angle outside instead of backside.

Secondary Run Plays To Compliment The Option Fold, Trap, and Counter Blocking Schemes

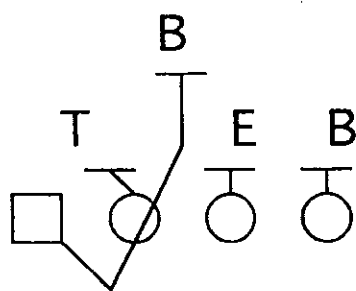
The following blocking techniques are considered secondary schemes and used as a change up to your base rules. Sometimes you may want to give your opponent a look at a different block scheme so that they have to take time to practice that look.

All of the combination blocks that have and will be discussed are installed with the idea of getting the best possible angle on a defender for your offensive linemen. Sometimes, to solve a possible problem you can change your "combo" blocks to a "fold block" combination to get a greater angle on the down defender.

Remember, calls and schemes are determined by the offensive linemen at the point of attack. When a call has been made by the blocker at the point of attack, the rest of the offensive linemen will make their calls accordingly. Also, some plays have non-verbal communication, but calls can still be used to reinforce any offensive lineman's blocking assignment.

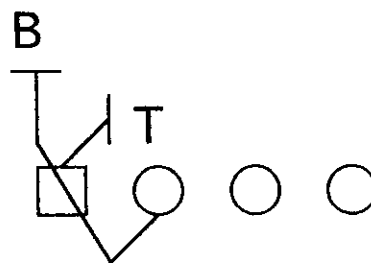
When using a fold block you are putting your combination linemen in a man blocking responsibility. Ace, Duce, and Trey is still used to alert the "combo" block. The fold is determined by using names. I use "guys" names for any outside blocker blocking down and any "girls" name for any block which takes the inside blocker blocking out.

EXAMPLES: FOLD BLOCKING vs TWO LEVEL DEFENDERS



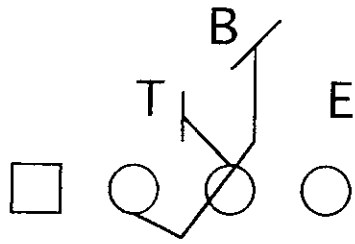
CENTER - GUARD
FOLD COMBINATION

ACE - RAM JACK



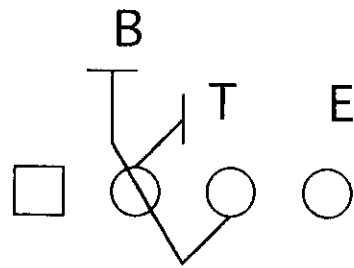
ACE RAM JILL

When incorporating fold blocks into your schemes always remember you now have gone to man rule blocking and will be a little more difficult to block if the defense is running a stunt or blitz. The blocker that goes first will always aim for the near hip of the down defender and the folder will drop step and keep his path as tight to the first blocker as possible.

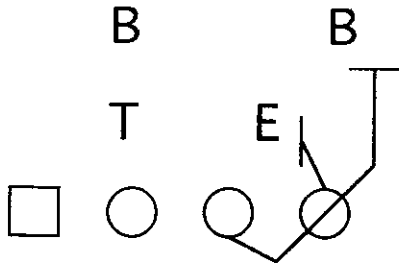


GUARD - TACKLE
FOLD COMBINATION

DUECE JACK

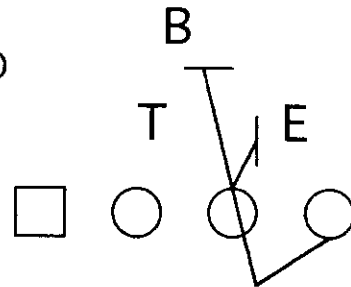


DUECE JILL



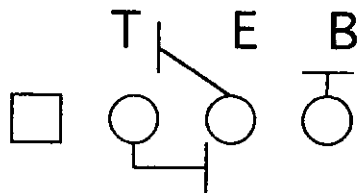
TACKLE - TIGHT END
FOLD COMBINATION

TREY JACK



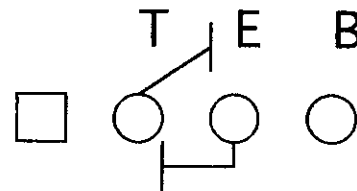
TREY JILL

EXAMPLE: CROSS BLOCKING vs TWO ADJACENT DOWN DEFENDERS

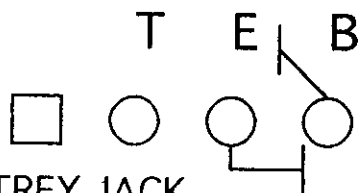


DUECE JACK

GUARD - TACKLE
CROSS BLOCKING

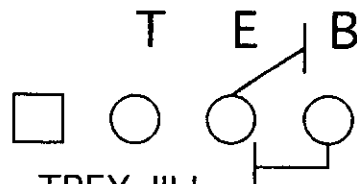


DUECE JILL



TREY JACK

TACKLE - TIGHT END
CROSS BLOCKING



TREY JILL

You can use cross blocking vs two adjacent down defenders.

SECONDARY BLOCKING SCHEMES

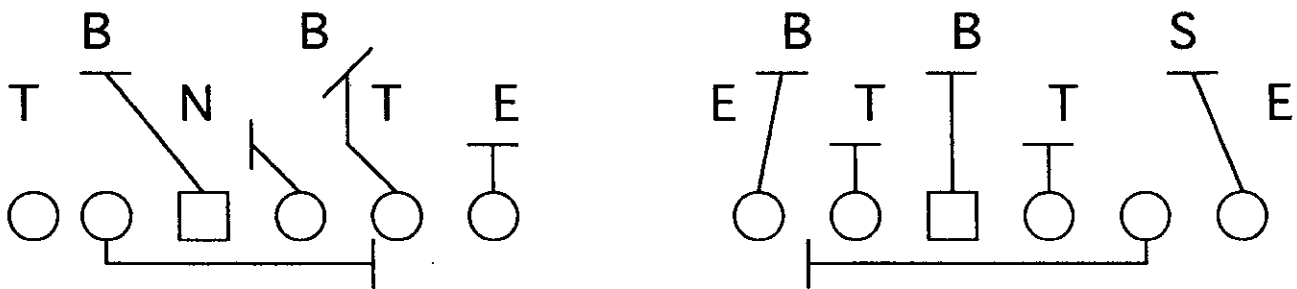
"G" SCHEME - "G" alerts the playside guard that he is pulling and will kick-out or log the last defender on the L.O.S.. This scheme stays consistent with the development of blocking with angles. General rule follows the term down, down, and kick-out.



Note: General Rule

1. Playside guard drop steps and takes a track to the inside hip of the defender.
2. On contact the guard must allow his base to explode.
3. If base explodes defender is less able to play underneath the kick-out block.
4. If defender wrong arms the kick-out block and plays underneath, then log the defender which will allow the ball to bounce outside.

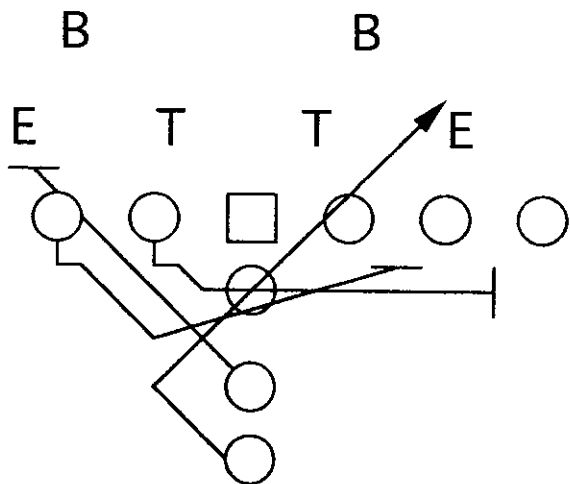
TRAP SCHEME: The word "TRAP" alerts the backside guard or tackle that they will be pulling playside, crossing the centers butt and kicking out a defender. The difference between a "G" scheme and "TRAP" is that on "G" the playside guard pulls and on trap a backside linemen pulls.



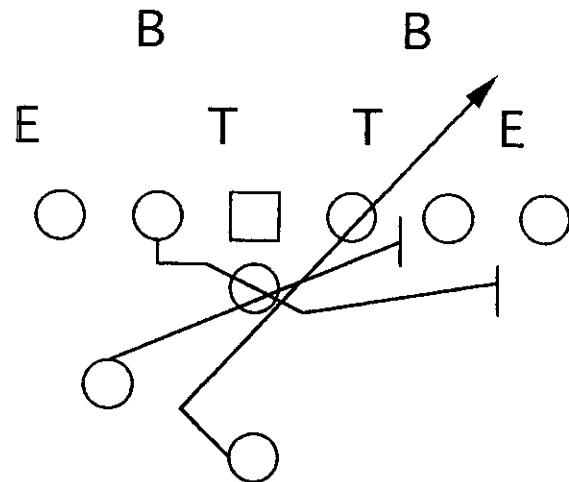
The trap play is designed to take advantage of penetrating defenders. Attack the penetrator. When designing the trap play, look hard at how many defenders your opponent has inside the box. When presented with six man boxes you'll have no problem with pulling a backside linemen. Its when your opponent starts to play a seven and eight man box, you might have to look hard at who you want to pull. Look at the difference in the illustrations shown above. Always ask yourself if your willing to cut loose anyone in the box.

Secondary Blocking Schemes Continued

COUNTER SCHEMES: The counter can be run from several different formations and schemes. The counter takes advantage of linebackers that over run plays. The counter is also used to keep people honest and at home, this helps with your running lanes. The biggest problem you face with the counter is how do you prevent linebacker run throughs. The following illustrations will give you several different schemes.



46 - 47 COUNTER - G.T.



46 - 47 COUNTER

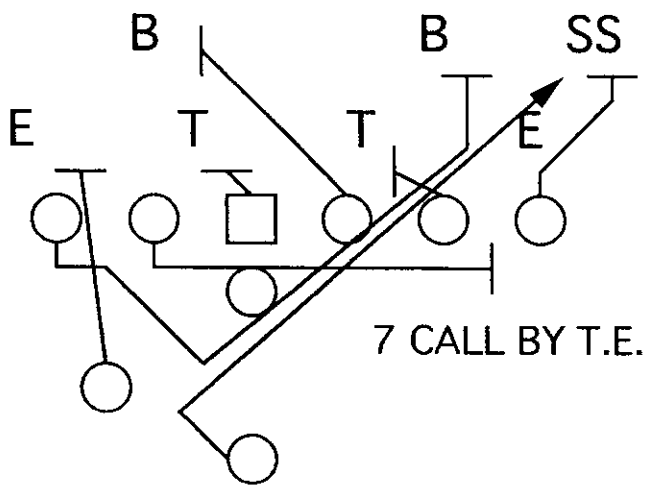
The difference between Counter G.T. and Counter is that Counter G.T. means that both backside guard and tackle pull. When Counter is called by itself it means that only the guard will pull and the fullback will be the second blocker through.

When running either counter, the backside guard is responsible for kicking out the last defender on the L.O.S. If the E.M.L.O.S. plays underneath the kick-out block by the guard it will turn into counter sweep because the guard will then log his defender.

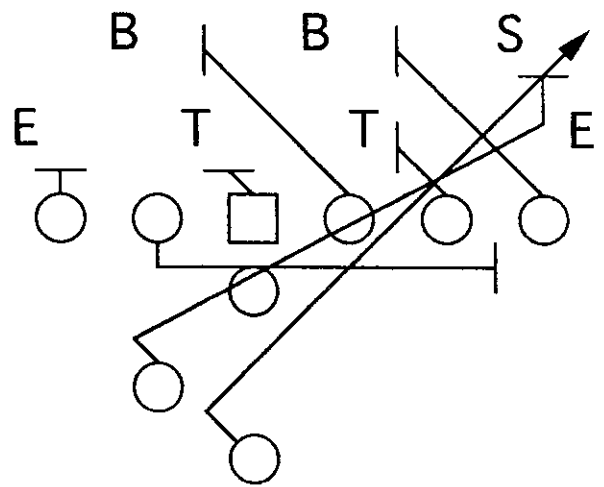
When running either counter the rule for the T.E. is block down when faced with either a 6 or 9 technique, the T.E. will block the first defender inside. Whenever the T.E. is faced with a 7 technique and unable to get inside he will veer release to the outside blocking the force defender. One alert you can make hear for the puller is a 7 call so, he will understand the technique the defender might use.

Secondary Blocking Schemes Continued

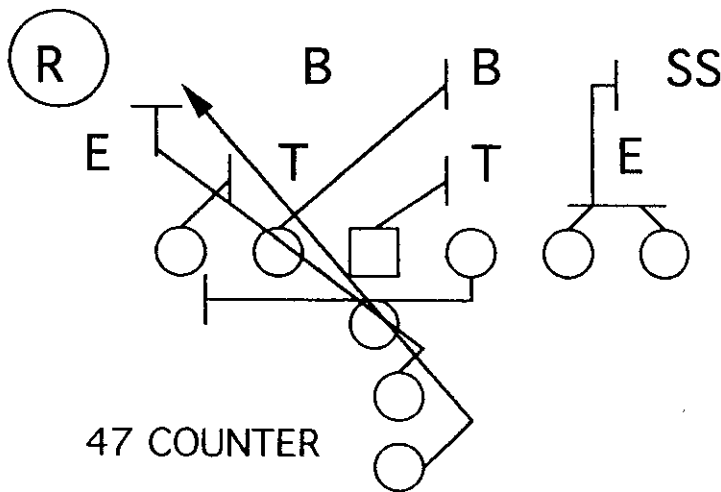
If COUNTER "G.T." is called, the backside guard and tackle both pull. The path used here by both linemen is to drop step with their playside foot, then followed by a flat step with the backside foot. After the puller's take two steps down the L.O.S. they want to start to gain depth in order to locate their blocking assignment. The guard should be listening for a call by the T.E.. If the end defender gets depth upfield the offensive guard will kick him out, if the defender closes down then the guard will log him. If the defender attacks the guard on the L.O.S. the tackle will then take his path around the log block by the guard.



46 COUNTER G.T.



46 COUNTER



47 COUNTER

The counter becomes more of a threat against the defense due to the fact of having to take defenders out of the box in order to defend the perimeter, thus, each compliments the other.

“Option On Me” Section

1. Installing Best Option
2. Reading Outside Inverts For Best Option
3. 12 - 13 Veer
4. 10 - 11 Midline
5. 18 - 19 Load Option
6. Reading The Box For Best Option

Option On Me

Reading Outside Inverts For Best Option

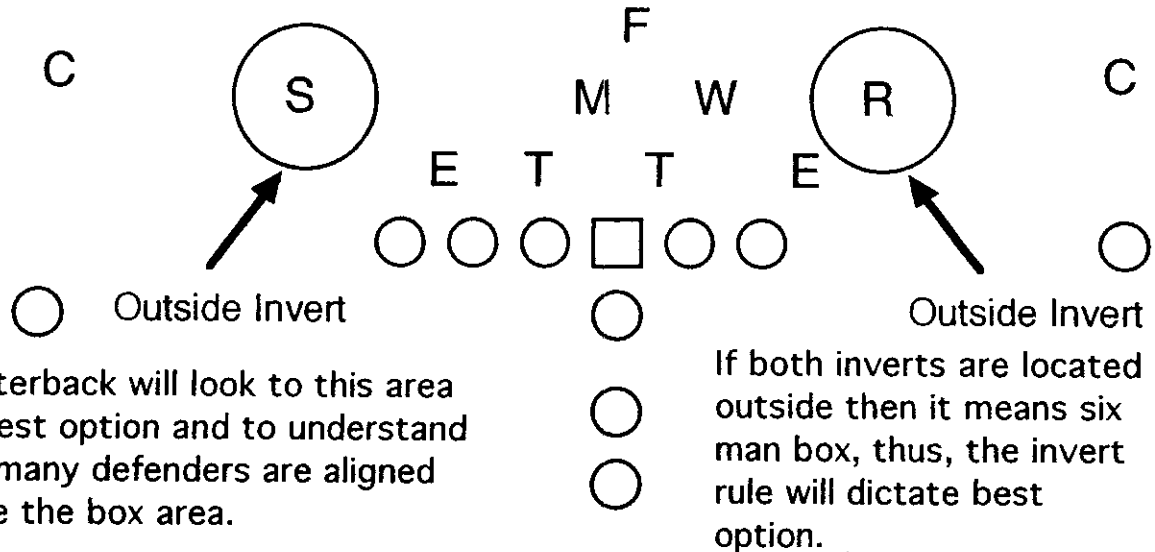
Option on me section is designed to teach you how to put your offense in best play according to the outside inverts, also known as outside linebackers or safeties. The outside invert rule is an easy way of understanding defenses without having to spend much time counting the box for best option, the outside invert rule will provide that information. Some coaches that I visit with don't like to put that much responsibility on their quarterbacks or feel it is just too difficult to teach, but through experience it is an easy process and becomes your 12th player on the field. I keep hearing this explanation for not allowing your quarterback to call best option at the line of scrimmage "I don't want to put that kind of pressure on my quarterback, I just called the wrong play" but, how many times are you as a coach willing to call the wrong play in a game.

Since defenses have become more computer sound when determining tendencies such as down, distance, formation, backfield sets, and field position, option on me puts the pressure back on the defense trying to determine how to take you out of all three options at one time with any given defense. The following information is based around "Option On Me" in the huddle and also can be used as a hurry up offense. Option On Me intels the use of a tight end, this is where you start to gain the advantage without using motion to give your intentions away or to create tendencies. The quarterback at the line of scrimmage has three options that he will use and they are 1. Inside Veer away from the tight end and no invert weak, 2. midline towards the tight end when the defense gives you a 2 or 3 technique, and his last option 3. Load option towards the tight end when the defense gives you a 7 technique and or combination of a reduced front that shows a 5 and 9 alignment on the line of scrimmage.

Inverts will be those players aligned at the same level as the linebackers. The location of the invert rule is the area outside the openside tackle and the area outside the tight end. If your quarterback comes to the line of scrimmage and saw both inverts located in these areas he would know that the defense is playing with a six man box and that he would go towards the tight end with his options.

Installing Option On Me

When allowing your quarterback the opportunity to call best option at the line of scrimmage an important point to remember is to keep the formation basic with the installation of a tight end. The Option On Me scheme is built around the quarterback reading the outside inverts for best option. The following example will give you the definition of an outside invert.



With Option On Me at the line of scrimmage the goal is to keep the reads as simple as possible for your quarterback but at the same time, difficult for the defense to take you out of all your possible option considerations at the line of scrimmage. When your quarterback comes to the line of scrimmage he wants to take his eyes to the area outside the tight end and to the area outside the openside tackle.

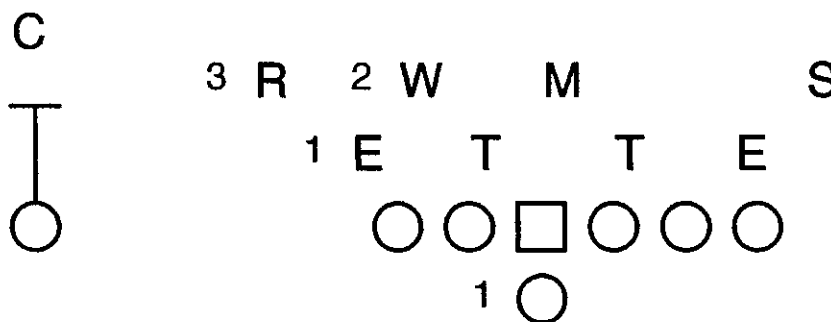
I give our quarterback three option considerations at the line of scrimmage and the following three options are as follows:

1. Inside Veer: Run only towards the openside when no Invert is located outside the openside tackle. The only option our quarterback has towards the openside is Inside Veer, he considers no other option that direction.
2. Midline Option: Towards the tight end side only when the defense is giving you a 2 or 3 technique. The quarterback will know this if he sees both inverts located outside the tight end and openside tackle. The invert rule tells the quarterback how many defenders located in the box. If both outside inverts are located outside this tells him 6 man box so run at it.

3. Load Option: When the quarterback comes to the line of scrimmage and he sees no invert outside the tight end side you want to be able to run Load Option that direction, also, if the quarterback sees that both inverts located outside, this tells him he also can run Load Option that side.

Once again in reviewing the quarterbacks options at the line of scrimmage he only has three options to consider. Inside Veer to the openside, Midline and Load Option towards the tight end side. All three options are determined by following the outside invert rule.

The following information will give you the reasoning behind calling the plays as I do, starting with the Inside Veer.



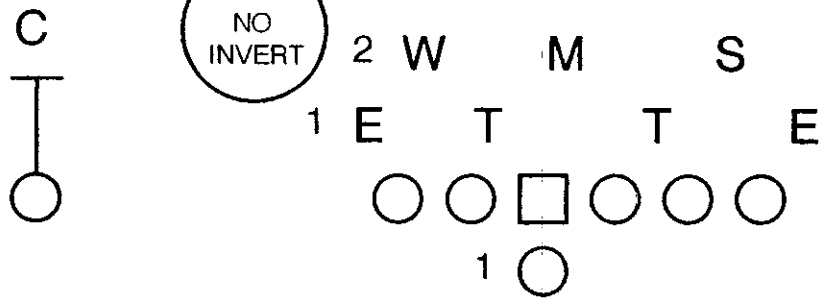
When running inside veer to the openside must be able to break the triangle. The triangle consists of defensive end, inside linebacker, and outside invert.

12 - 13 Veer

The primary reason for not running inside veer weak with an outside invert located outside the openside tackle is, because the defense now has 3 to defend 3. I will always assume that the inside veer release tackle can't get the playside linebacker.

It should be noted that the triangle can be broken by formation and or motion, but for the purpose of calling Option On Me at the line of scrimmage it is suggested to keep the base formation out of a pro set with tight end, flanker and split end. Remember when the quarterback comes to the line of scrimmage he takes his eyes outside to read inverts for best option. An outside invert is consider any defender playing at the same level as the inside linebackers.

Vs 4-3

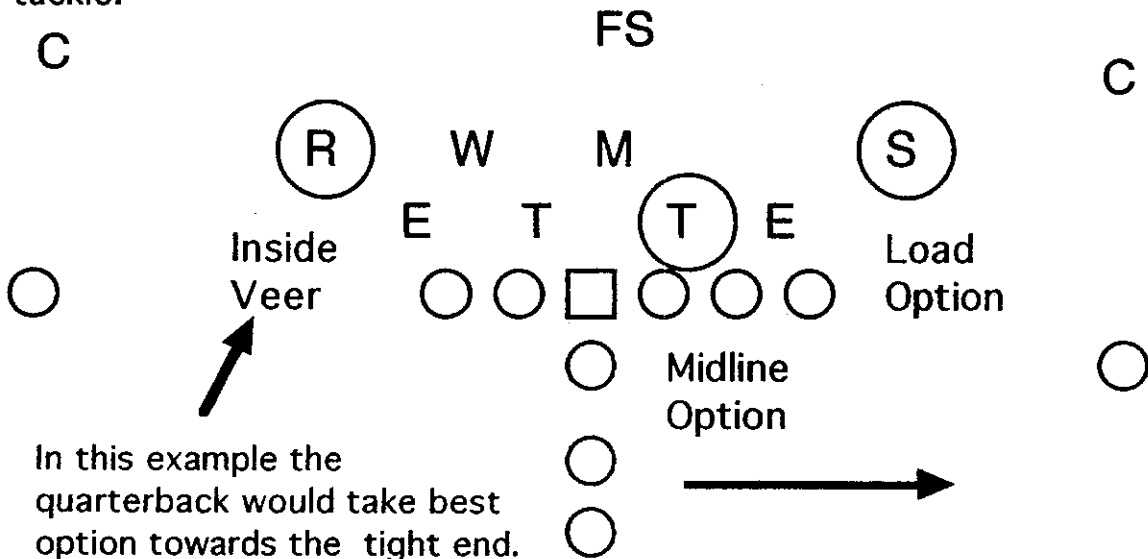


In this example the triangle doesn't exist, the quarterback sees no outside invert weak so he then could run inside veer.

Versus the 4-3 scheme you may now see the invert rotated strong or he could be in some sort of deep coverage, thus, the inside veer weak becomes a good play. The defense only has 2 to defend 3.

On inside veer the quarterback is reading the inside jersey number of the 5 technique. If the inside jersey number shows it becomes a pull read. If the quarterback can't read the inside jersey number it becomes a give read to the dive back. Remember, no matter how they decide to defend inside veer look to see if the triangle exists.

The next "Option On Me" covers the Midline Option towards the tight end and away from the outside invert located on the outside of the openside tackle.

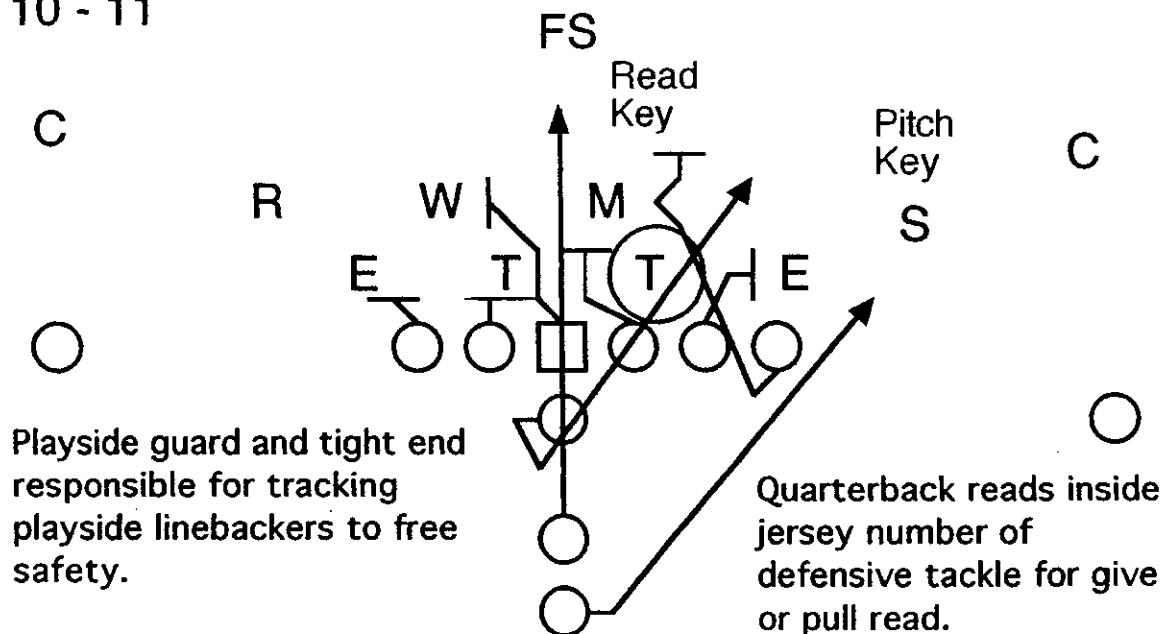


In this example the quarterback would take best option towards the tight end.

Once again when the quarterback approaches the line of scrimmage he looks to his right and to his left to find the location of the inverts. If an invert is located outside the openside tackle he then knows to take the best option towards the tight end.

If both inverters are located outside it means six man box so run at it, thus, the midline becomes a good call. An important point to remember is, no matter what your backfield set is when playing with a tight end for "Option On Me" you must have two blockers tracking playside linebacker to free safety. I will give you a base rule for blocking the perimeter followed by several change ups. An important point though when in stalling the midline into "Option On Me" is that you must have a base rule for blocking this play when the quarterback alerts midline at the line scrimmage. Note: the quarterback will alert midline by either using 10 to the right or 11 to the left for midline option.

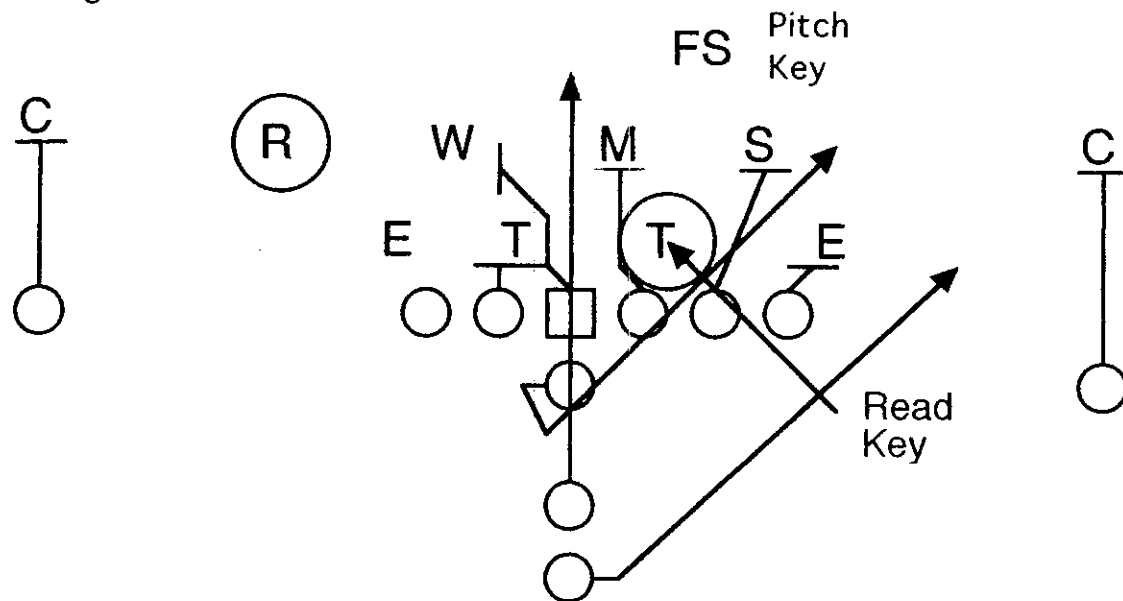
10 - 11



The option game makes a defense have to balance up in order to defend both perimeters. If both inverters are located outside, this means attack the tight end side because the defense towards the tight end side has become unbalanced for defending the midline and load option game. When running the midline towards the tight end the Jill Fold scheme by the tight end and tackle will be the primary blocking scheme (see offensive line play) whenever faced with a 7 technique and or 5 and 9 by the defensive tackle and defensive end. When faced with the 4-3 and a 9 technique on the outside shoulder of the tight end and no down defender aligned on the offensive tackle the "Jill Fold" scheme will change to the base blocking scheme.

Whether its the tight end in the "Jill Fold" or the Tackle in the "Base" scheme the person responsible for playside linebacker will put his aiming point on the playside jersey number of his linebacker for proper blocking path.

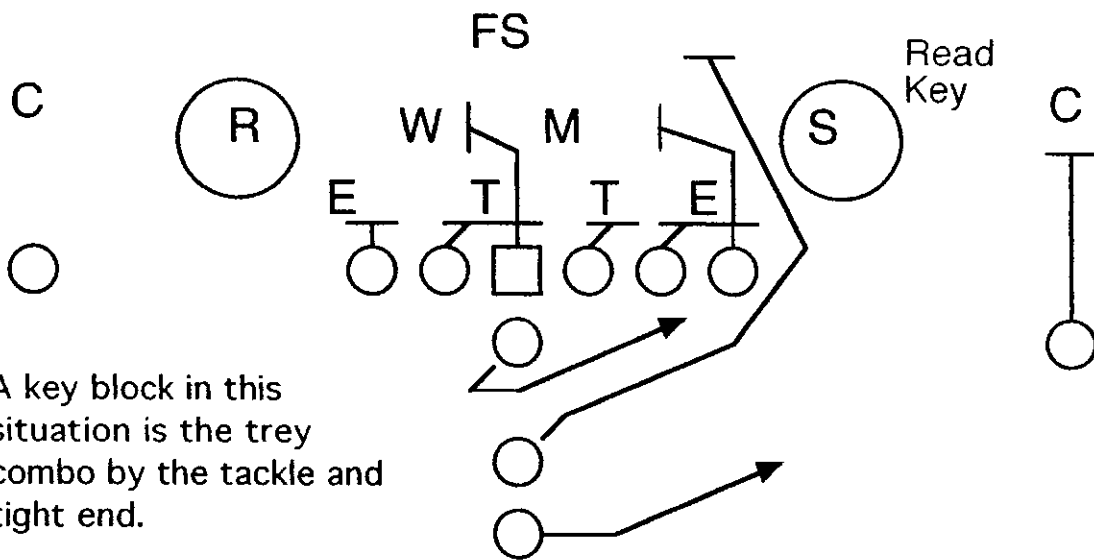
The following diagram illustrates the adjustment made on the line of scrimmage when the defense gives you a 4-3 front with a 9 technique on the tight end.



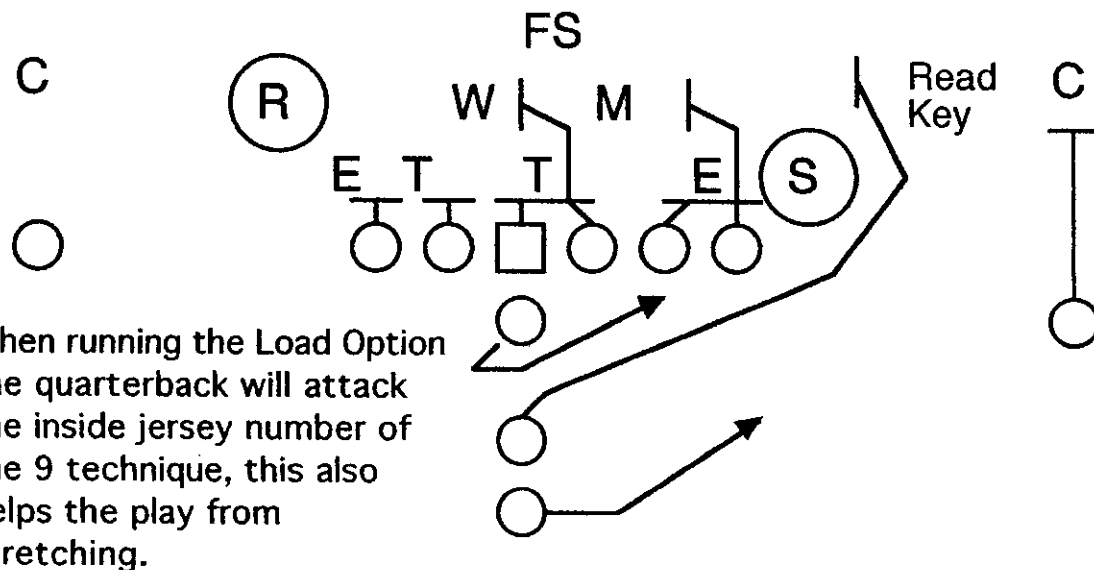
With the 9 technique the tight end will alert verbally the "Base" call. This tells the tackle that he is now tracking the playside linebacker and the tight end will block the 9 technique. Vs the 4-3 scheme the tackle has the Sam linebacker. This adjustment compliments the "Jill Fold" scheme.

The last and final option is 18 - 19 Load Option. The Load Option is a double option and is run towards the tight end side only. The Load Option is designed to option off the 9 technique whether on or off the line of scrimmage. Whenever the quarterback comes to the line of scrimmage he has two options for calling 18-19 Load Option. If the quarterback sees both inverts to each side then he can alert Load and or if he sees no invert outside towards the tight end side.

The Load Option allows you to restrict the flow of the playside defenders and keeps this play from stretching. The reason the Load Option doesn't stretch is because you will always want to get your playside tackle and tight end into a Trey combo with each other. The Trey combo will happen whenever the defense gives you a 7 technique and or 5 and 9 technique together. The Trey combo allows the combo to rotate counter clockwise thus give the Trey combo a better position for tracking the playside linebacker. The near ear rule as explained in the offensive line section will help you to better understand how the combination blocks and rules for blocking this play applies. The following examples will clarify the installation and play calling for Load Option.

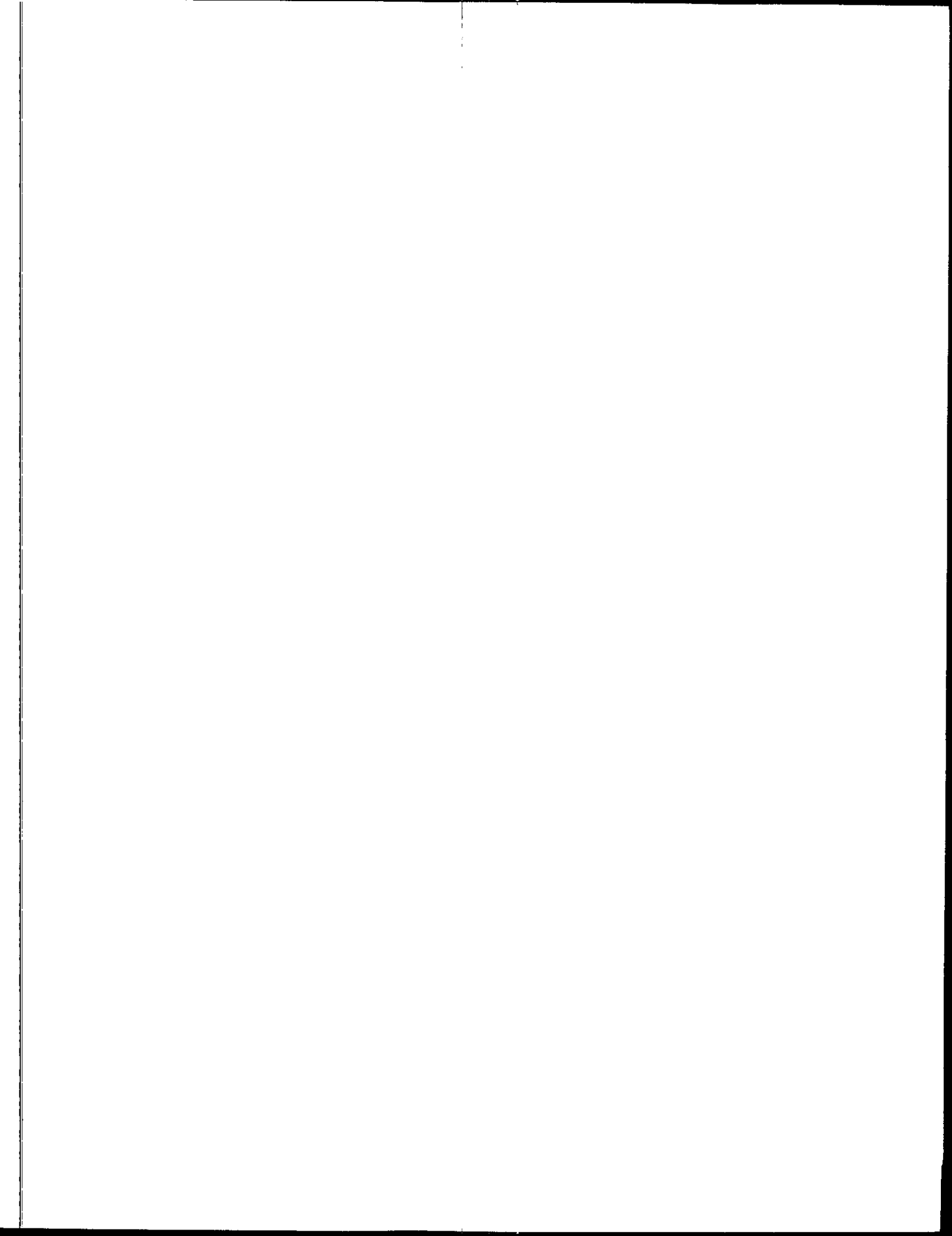


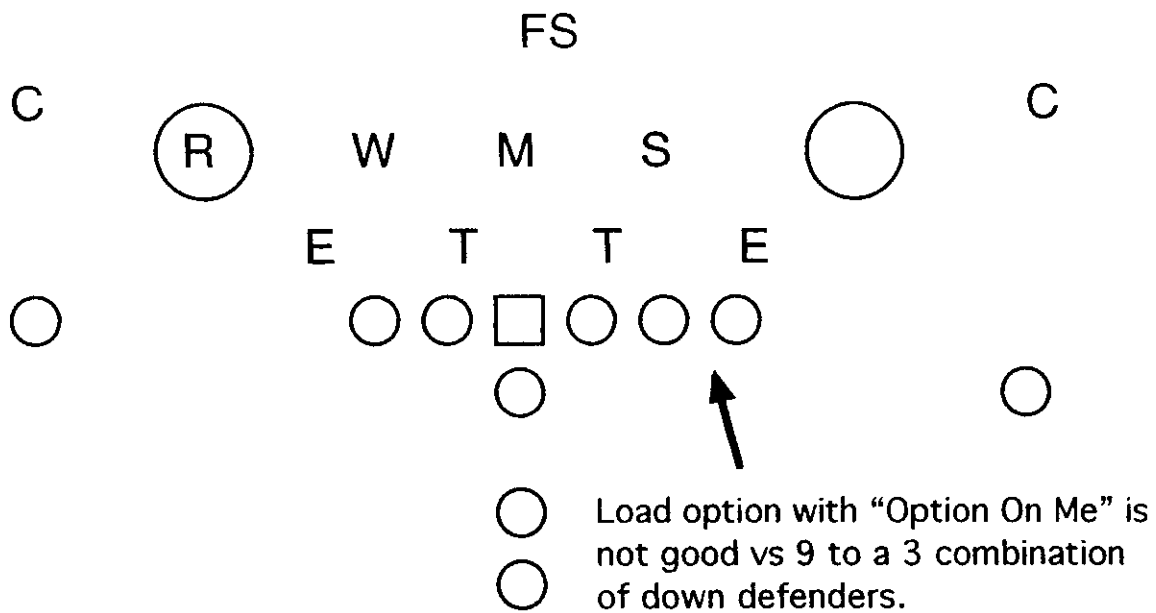
Vs this type of 8 man front with 6 man box you are able to counter rotate the blocking scheme, which means no defender stretches and no offensive linemen has to chase their second level defenders. The next example gives you the under front from a reduced fifty.



Remember, one of the keys for running Load Option is to make sure that your tight end and playside tackle can get into a Trey combo together. You want your tight end blocking down on his combo not reaching out. If the tight end has to reach it then means the Load will stretch, you want to restrict this play; don't stretch it.

The "Option On Me" philosophy is built around reading the outside inverts for best option, but what the invert rule allows is for the offensive line to counter rotate their blocking schemes using the near ear rule away from the point of attack.





Don't run Load Option into the 4 - 3 because the tackle and tight end can't combo back away from the play. If load Option was called then this would force the tight end to reach the 9 technique, thus, stretching the play.

If the quarterback sees this situation he would see that there is an invert outside the openside tackle so he would take his option towards the tight end. He sees that the invert strong is missing, but, the playside tackle and tight end can't trey combo down with each other so the best play would be 10 or 11 midline.

Recapping the rules for running "Option On Me". Remember, what helps the quarterback on his decision making process is the outside inverts, quarterback will follow his invert rule for calling best option at the line scrimmage. The way he does this is a simple one in the huddle, he just alerts option on me in the huddle and now the offense is alerted to the fact that the play called can only be one of three plays; Inside Veer to the openside and or Midline and Load Option towards the tight end. When the quarterback breaks the huddle he starts to scan with his eyes the location of the outside inverts, once this is done he will upon going under center, call best option.

As stated early in this manual all even numbered plays are run to the right and all odd numbered plays to the left, this keeps it simple. Midline is numbered 10 or 11, Inside Veer 12 or 13, and Load Option 18 or 19. Example of play called at the line of scrimmage: Quarterback sees both inverts located to each side and outside. Down, Set, Blue 18, Blue 18, Hit. (all Option On Me goes on One).

BASIC RULES FOR RUNNING "OPTION ON ME":

Coaching Point: Run mid-line to a 3 or 2 technique only.

Quarterback - Read first down lineman past the center or mid-line pathway of fullback. Footwork for the quarterback is to push off the playside foot, stepping parallel to the L.O.S. with the backside foot. After pushing off the playside foot then step at 6 o'clock with the playside foot and give football as deep as possible to the fullback. Read the 2 or 3 technique, if the defender shows his numbers pull the football, if no numbers show and the defender keeps his shoulders square then give the football to the fullback.

Fullback - Run up the quarterback and center's backbone and mesh for give or disconnect. Pre-snap read the defense and then run to daylight.

Tailback - Pivot on playside foot and then crossover with backside foot and be ready for pitch. Tailback needs to keep a downhill pitch relationship with the quarterback by keeping and maintaining a 1 yard out front position on the QB, with a 4 yard deep pitch separation.

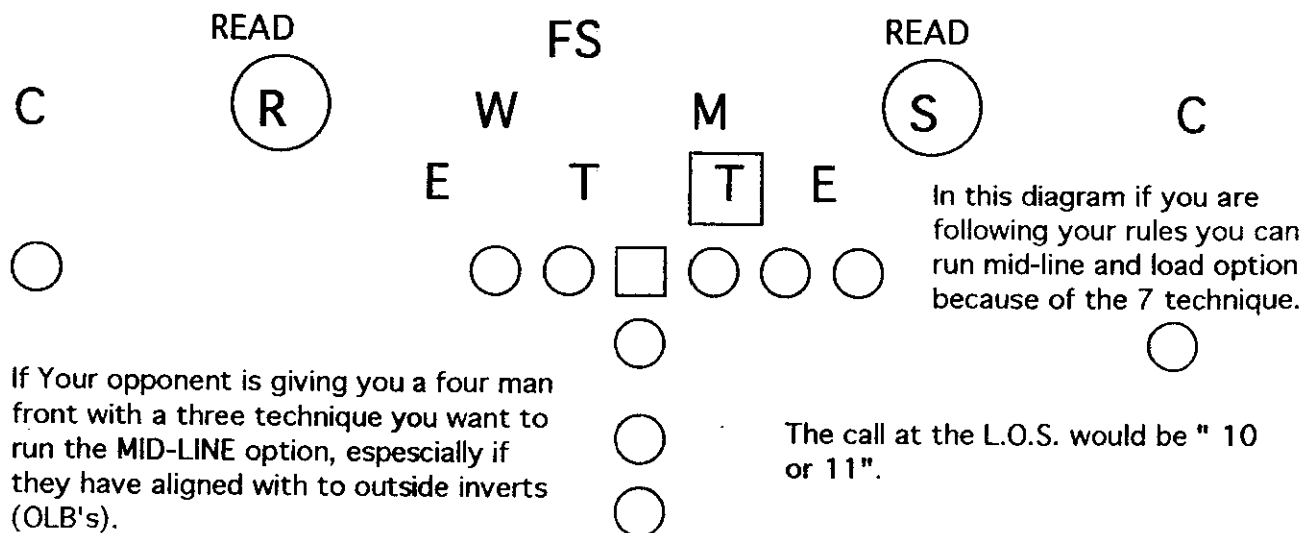
Playside Guard - Take a 3 to 4 foot split from the center. The guard takes a flat step towards the center while reducing the backside shoulder making the 2 or 3 technique squeeze him (avoid trying to make contact with the quarterbacks read). Work towards the near shoulder of the playside Lber, if the near shoulder disappears work up to the free safety.

Playside Tackle - Block first defender past the read, or use the different blocking schemes discussed in the article. If tackle has Lber responsibility key near shoulder of the Lber, if near shoulder disappears work up to the free safety.

Tight End - Block second defender past the read, or use the different blocking schemes mentioned in the article.

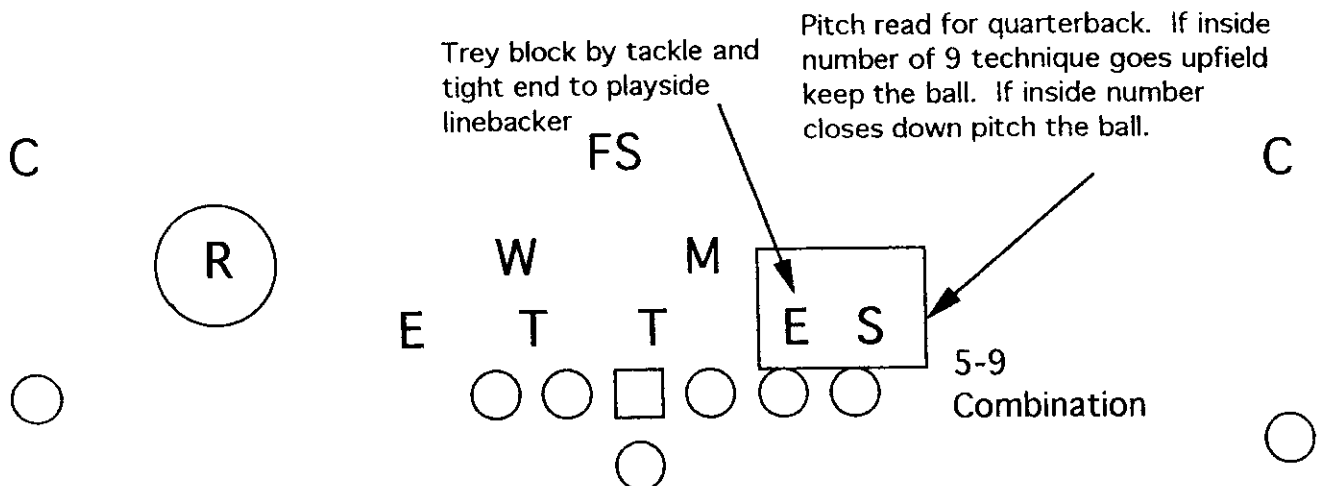
Center and Backside Guard - Center block man on or number 1 backside. Usually good idea to block in combination with the backside guard in the event number 1 backside exchanges with number 2 defender.

Backside Tackle - Always block Number 3 which usually will be the 4 or 5 technique. Never release the number 3 defender because of the quarterbacks footwork.



If Your opponent is giving you a four man front with a three technique you want to run the MID-LINE option, especially if they have aligned with to outside inverts (OLB's).

If your opponent gives you a five man front with a five and nine technique with no 3 technique (weak eagle) run "18 or 19" BLOCK OPTION.



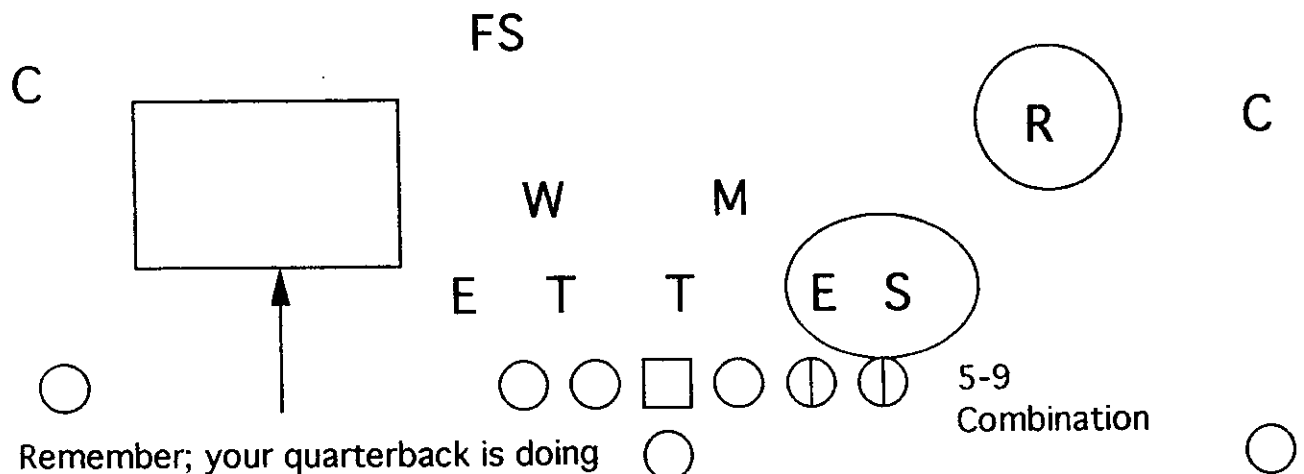
Trey block by tackle and tight end to playside linebacker

Pitch read for quarterback. If inside number of 9 technique goes upfield keep the ball. If inside number closes down pitch the ball.

Don't force the Mid-Line option to this defensive scheme because your opponent hasn't given you a 3 technique to the tight end side.

The quarterback in this diagram would see the five and nine technique and want to call load option because there is no support outside the nine technique. Pitch off the 9 technique and have the fullback lead up onto the free safety.

If our opponent decides to over adjust to your two receiver side you then want to run "12 or 13" veer option to the openside.

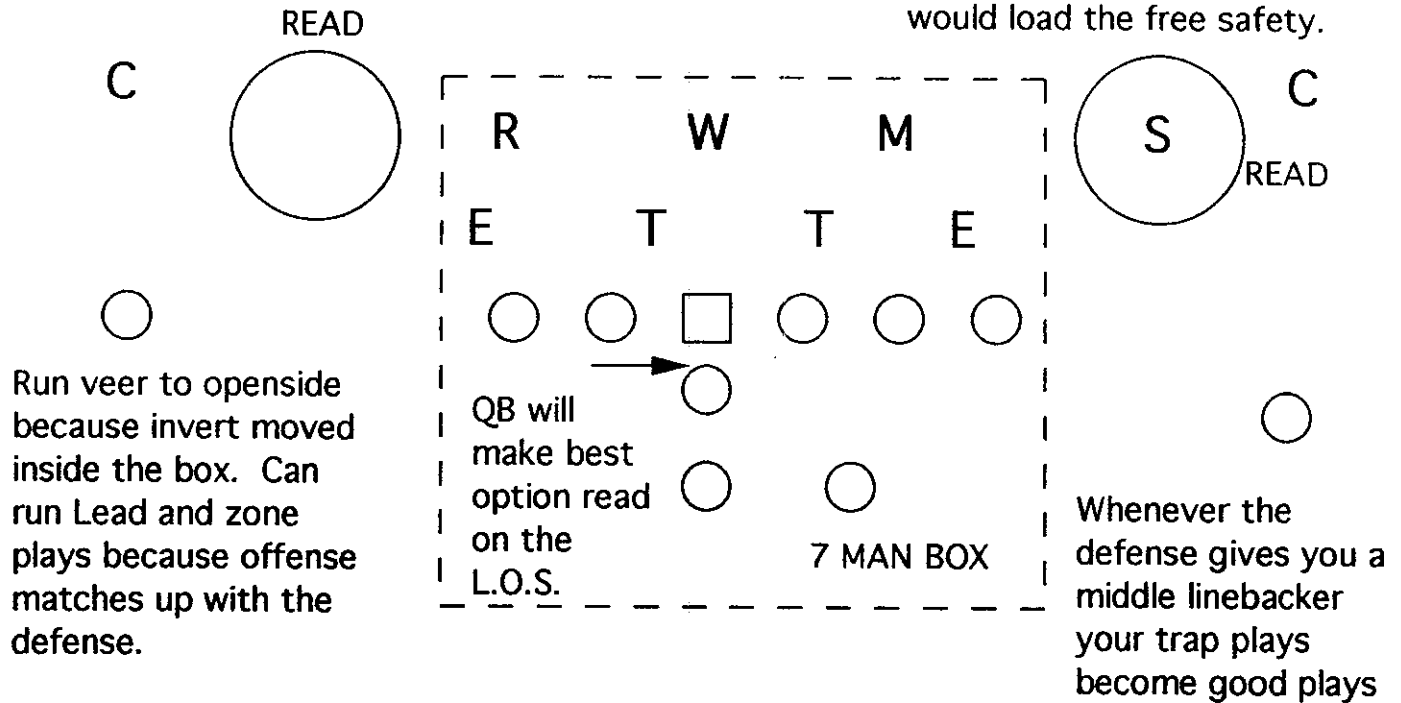


Remember; your quarterback is doing a visual check to see if he has double inverts, in the diagram above he notices that the invert on the openside is missing, thus he calls 13 veer.

Reading The Box For Best Option

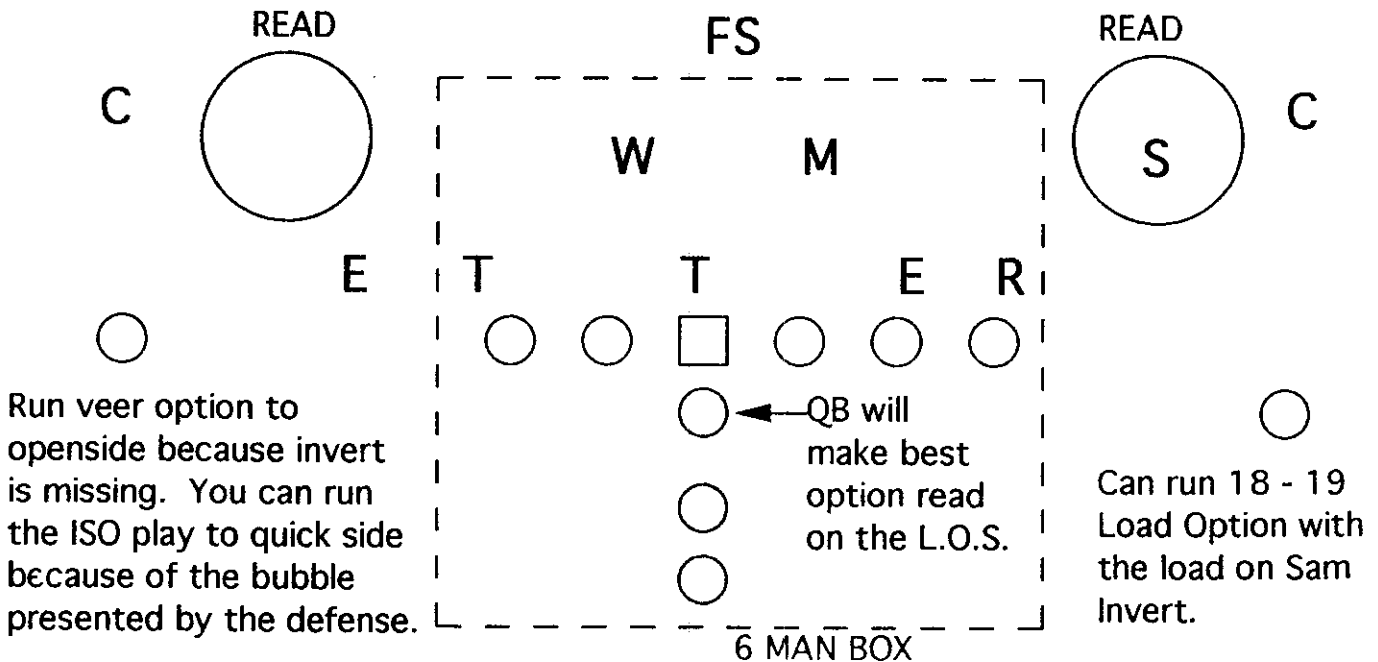
VS 4 - 3 DEFENSE

Can run Load Option because of 7 technique, fullback would load the free safety.



VS 5 - 2 DEFENSE

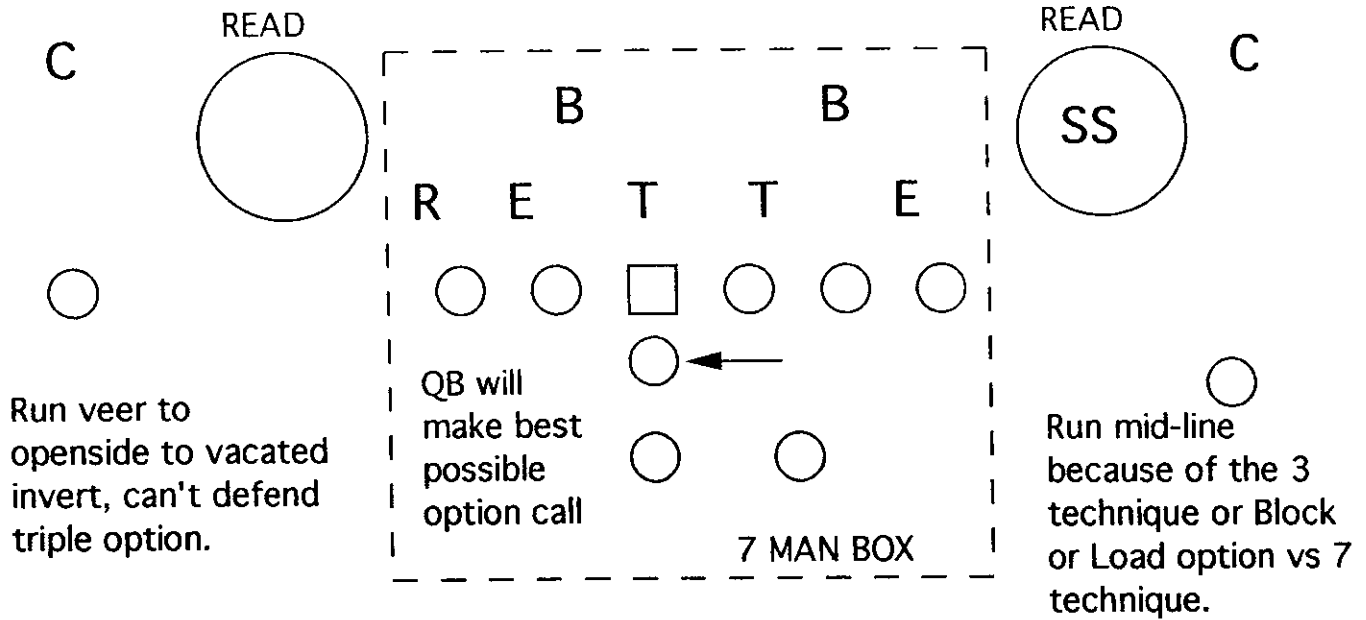
Any 50 look allows you to run trap which is a long call by the guard see O.L. rules.



Setting The Box For Best Option

VS 33 DOUBLE EAGLE

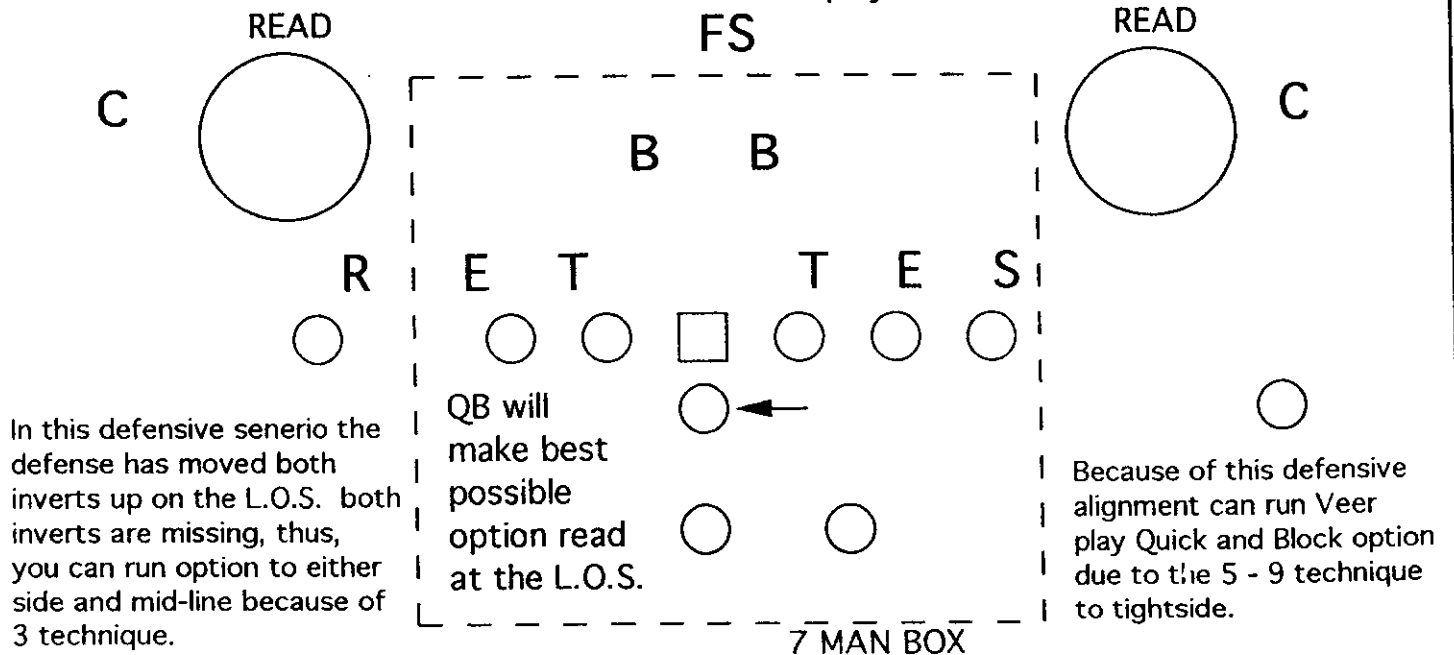
FS



Following your read rules, best case senerio is to run outside option to either side because of the defensive alignment and invert rules.

VS SPLIT 6 OR 33 DEFENSE

Remember if your opponent gives you a 33 look get excited because you can run all option plays.



10 - 11 Midline Option Section

1. Installing The Midline
2. Quarterback Mechanics
3. Rules For Reading Midline
4. 10 - 11 Base Option
5. Supplemental Blocking Schemes
6. 10 - 11 Base
7. 10 - 11 Jill
8. 10 - 11 Army
9. 10 - 11 Navy
10. 10 - 11 Falcon
11. 10 - 11 Freeze Option
12. 40 - 41 Trap Option

Installing The Midline Section

10 - 11 Option

The midline option has become one of the best plays in football for making the defense have to defend the mid point of any offense. For the most part 95% of all running plays are ran from the outside hip of the guard to the outside area of the tight end and openside tackle, thus, the majority of the drill work that takes place during the week defensively is done downhill and to the outside for linebackers and support alley players. The midline makes the playside linebacker and free safety have to freeze for a step or has to make them step up before running downhill and to the outside. By making the playside linebacker freeze for a count helps your offensive line gain a step when tracking their linebackers on any given assignment.

The midline is run at the first down defender past the center, which for best results should be a 2 or 3 technique. By running the midline it helps to slow down a dominate defensive tackle who now has to play assignment football. For the most part whatever the defensive tackle does is wrong. If the 2 or 3 technique comes inside the quarterback pulls the ball, if he works upfield the quarterback gives the football and we all know what happens to a defensive tackle that likes to play up field; you trap him, thus, the 10 - 11 trap compliments the midline.

You want the midline in your offense so defenses have to adjust and defend it. The best way to defend the midline is not to give the offense a 2 or 3 technique to run the play at, so, you start to see reductions by the defense and one reduction is to give the offense a 1 technique and make this play turn into a veer path by the fullback or dive back. But, when defenses reduce they tend to start to give up other areas when defenseing the midline and that area usually becomes the perimeter. Thus, the inside veer weak or the load option strong compliments the midline. The following section will describe the full installation of the midline from multiple formations and backfield sets. Remember, you will always want to keep two blockers tracking playside linebacker to free safety. The two blockers could be two linemen, one lineman and a tight end, one lineman and a slot receiver, and or one lineman and a running back. Use your imagination to make the play fit your formation philosophy.

For best results and mesh point for the quarterback, running midline into a 2 or 3 technique should give you the best results. For those who don't check out of midline when the defense reduces and gives you a 1 technique the running path for the fullback turns into a veer path for the dive back, breaking off and to the outside when his playside guard blocks down on the 1 technique.

On midline option the quarterback is reading the inside jersey number of the first defender past the center. If the inside jersey number comes down the quarterback will pull the ball and if the inside jersey number goes upfield he gives the football.

As you will find there are several ways in which a defense can align to force certain reads by the quarterback. Depending upon who the defense is trying not to get the ball, will depend upon how they defense this play. I have included in this manual several different formations, blocking schemes, backfield sets, and motion as change ups, so that you as an offense can use to get the ball to whoever you decide. Don't let the defense dictate who is going to carry the ball.

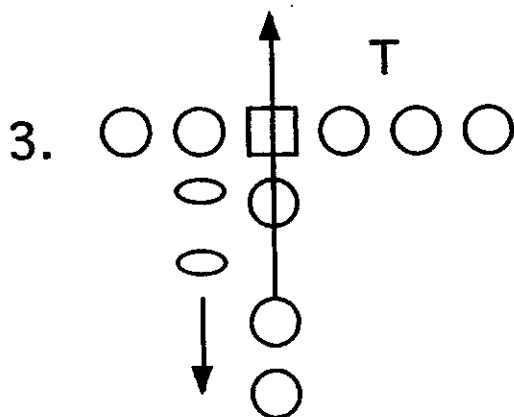
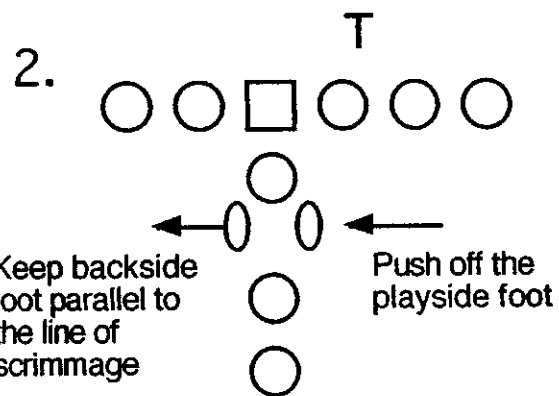
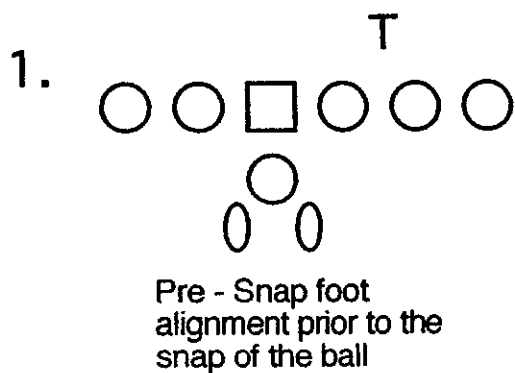
It is very important that as you install this play that your quarterback stay on the line of scrimmage and if he gets the pull read he is replacing the down defender with his running path. As you look at all the different diagrams you will find that the ball is never getting pitched until the quarterback is downfield, this is the way the play sets itself for the most part. You are going to notice the "Mike" scheme, this is where, when incorporating the veer release by the tight end into your offense that you actually can get the ball pitched behind the line of scrimmage to the pitch back.

Once again, you need to keep two blockers, no matter who those two blockers are tracking the playside linebacker to safety.

Quarterback Mechanics and Mesh for Midline Option

The Midline Option read is considered one of the easiest options to install due to the closeness of the read. On the midline option which we will call 10 or 11, you will want to run it to a 3 or 2 technique for best results and for true midline mechanics. On Midline Option you will want to teach your quarterback to read the inside jersey number of the defensive tackle.

There are several different ways to teach the quarterback his footwork, the one I like to teach is called push away step at 6:00 O'clock. What push away means is that when the quarterback receives the football, he will push off his play side foot with the backside foot stepping away and parallel to the line of scrimmage. After pushing off his playside foot he then will step at 6:00 O'clock with that foot, which gets the quarterback out of the path of the fullback who is running at the mid point of the center. The following examples illustrate the initial footwork by the quarterback:



Example number 3 shows the quarterback out of the way of the dive back. The quarterback's heels and toes should be pointing towards the sideline. Quarterback reaches the ball back to the dive back as deep as possible with his eyes on the inside jersey number of the 3 technique. By keeping your quarterback on the line of scrimmage with his initial steps and running downhill after the ball has been pulled will help negate penetration by the defensive players.

Once again the inside jersey number of the 3 or 2 technique dictates the give or pull read. The give read happens when the quarterback sees the inside jersey number come down or he can see the white of the number. By reaching the ball back as deep as possible for a longer ride this invites the down defender to make a decision one way or the other now so he can't play soft in the hole, thus, being able to play both give and or pull. If the ride is shorten then the defender plays softer, if the ride is longer it usually brings him to the dive.

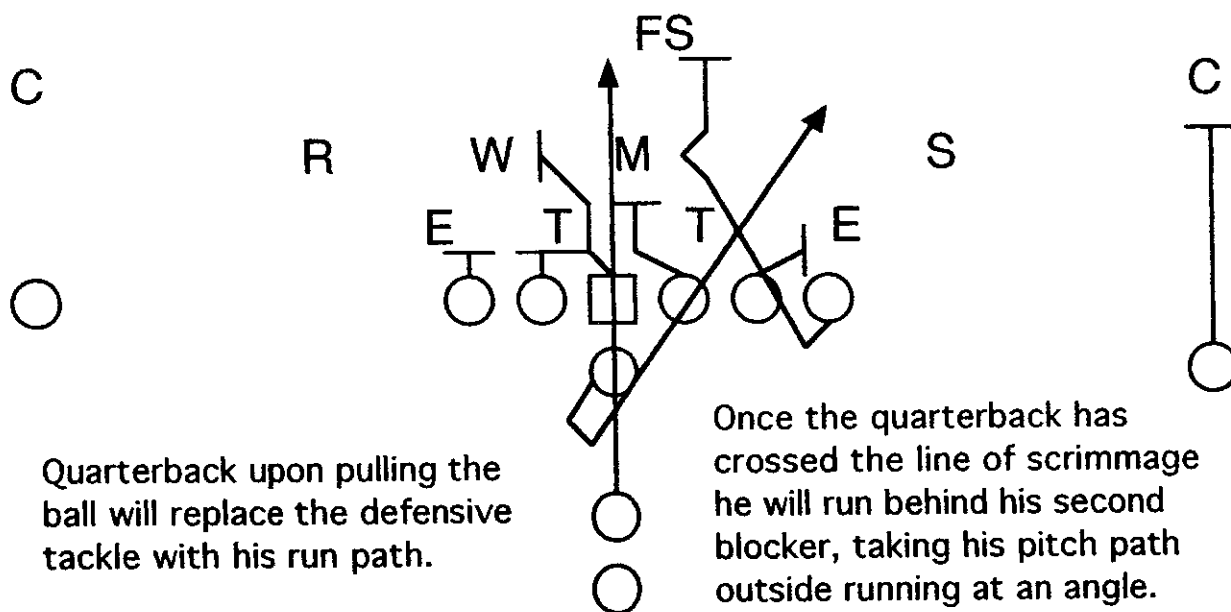
A key coaching point with any dive mesh is to tell the running back to run with his eyes and head up as he goes through the hole. Whenever the back drops his eyes and head it makes him clamp harder to the ball, if he runs with his eyes and head up it makes for a softer pocket, smoother exchange and better mesh between quarterback and dive back. If the quarterback gets the give read from the down defender he should carry his option fake on out, make the defense believe that he still has the ball. Another point to remember here is if you, during a ball game, see that the 3 or 2 technique is taking the quarterback and or playing upfield then compliment the midline with the trap, this will keep the defender from playing upfield and more apt to take the dive.

The pull read by the quarterback is dictated by the down defender showing his jersey number to the quarterback and or just simply coming down and attacking the dive back. As the quarterback keys the inside jersey number the pull will be dictated by the down defender taking the dive. As the quarterback reaches the ball back and rides the dive back through the hole and he pulls the ball he wants to replace the defensive tackle taking the dive. Again, replace the down defender keeping your path into the line of scrimmage because this negates the penetration by the defense.

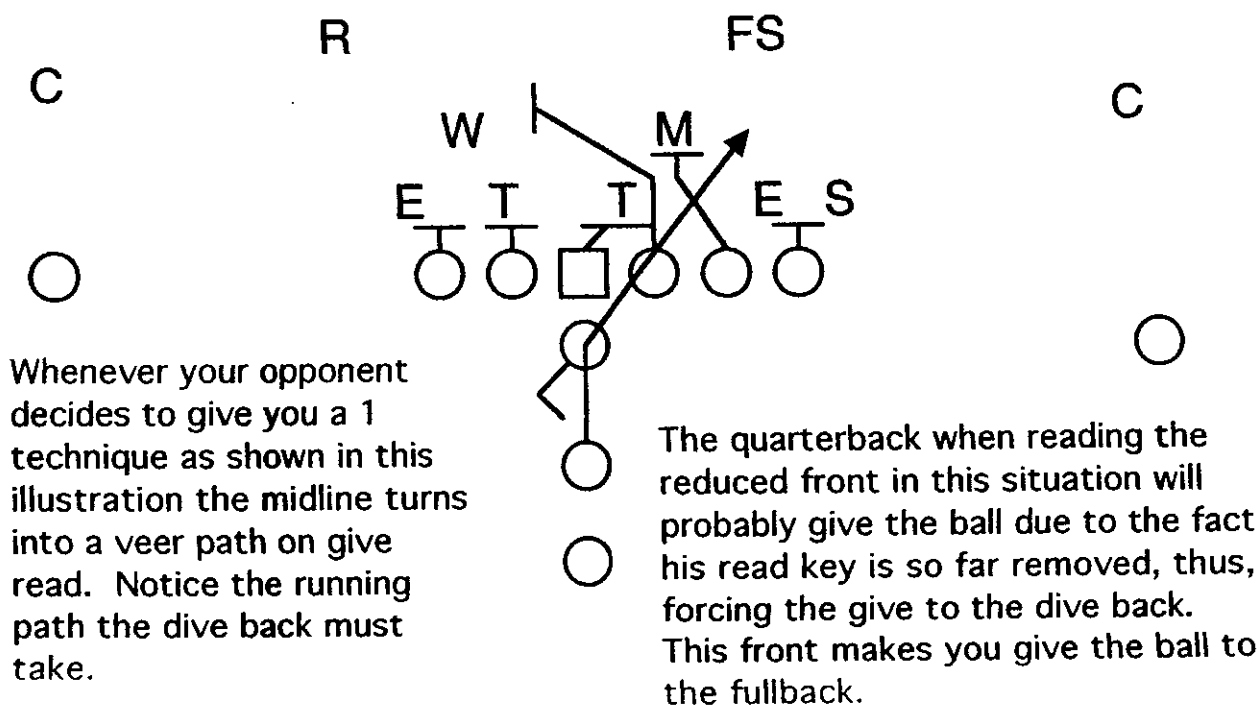
Remember, you will always track the play side linebacker and free safety with two offensive blockers: One being the playside guard and two depending upon you blocking scheme the tackle, tight end, running back, and or wing back. A problem that usually occurs when the quarterback takes it up and into the line of scrimmage is cutting up to sharply and not allowing the second blocker to clear. Your quarterback upon keeping the ball and turning up into the line of scrimmage should run behind the second blocker coming through the line of scrimmage, keeping his path running outside.

10 - 11 Midline Mechanics Continued.

The following examples will illustrate the quarterbacks path when running up and into the line of scrimmage:

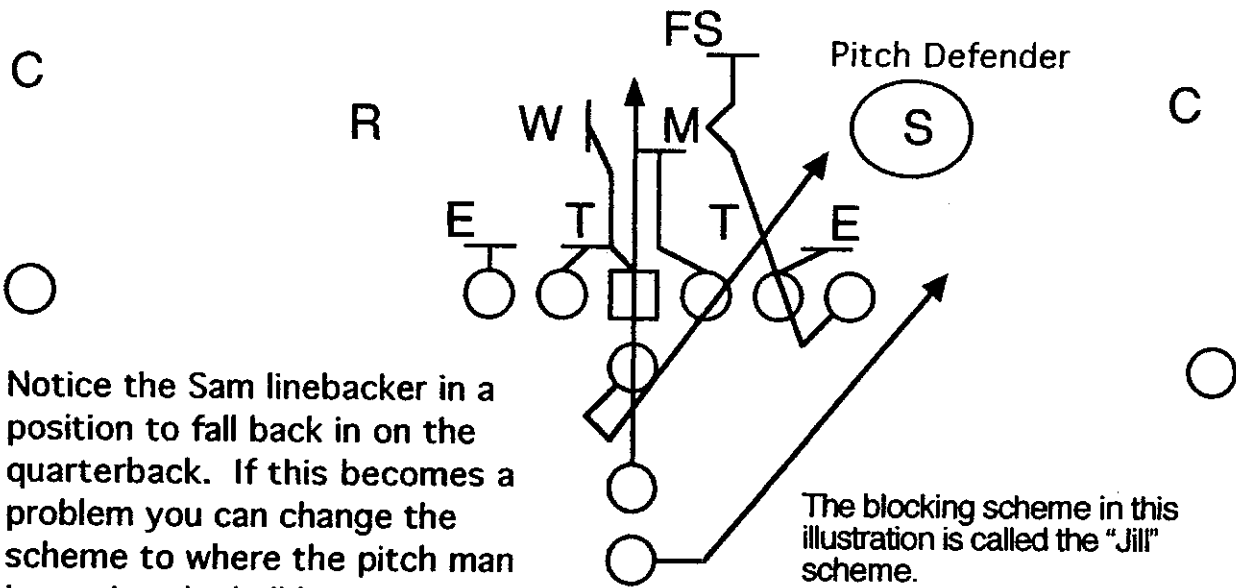


As I present 10 - 11 Midline Option I'm going to illustrate several different ways in which to install the midline. As you all know and for those just starting out, your opponent to has several ways in which to defend the midline and also take the midline away and dictate which person they want to carry the football.

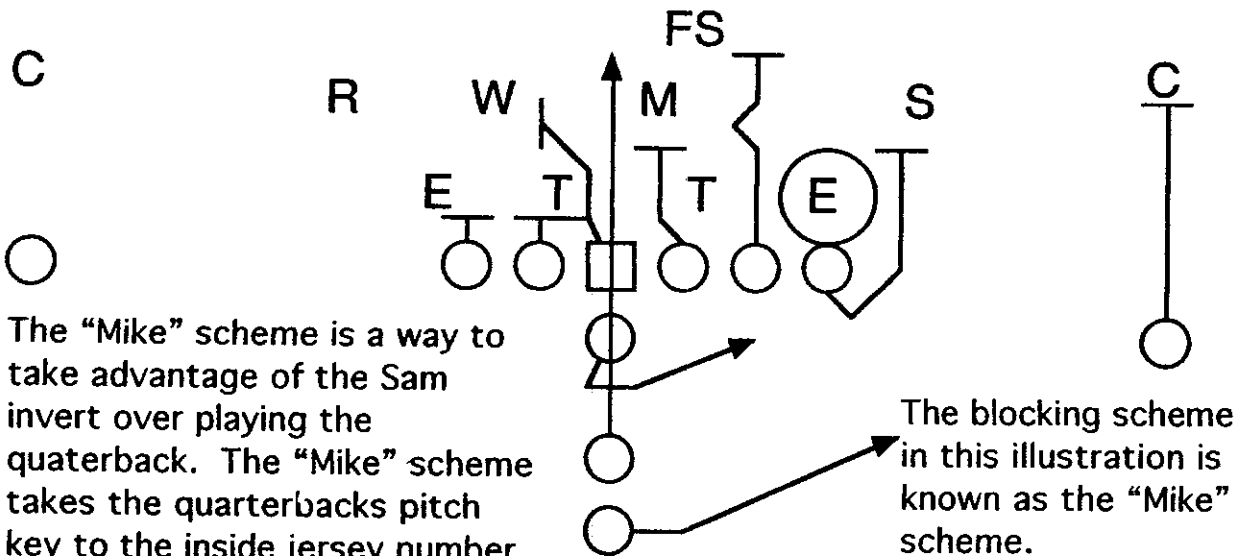


10 - 11 Midline Option Mechanics continued.

Several other situations to consider are as follows. Most defensive coaches know that this play is usually a give or quarterback keep play, so, whenever the quarterback turns upfield running the ball the defense will have their outside invert or strong safety fall back in on the quarterback because by blocking scheme the invert is unaccounted for and you as an offense his opening the invert will cover pitch player. The pitch usually never occurs until the quarterback is downfield, thus, the invert comes off the pitch and takes the quarterback. As the following illustration will show.



Notice the Sam linebacker in a position to fall back in on the quarterback. If this becomes a problem you can change the scheme to where the pitch man is getting the ball by using the "Mike" scheme and now take advantage of the play by the outside invert.



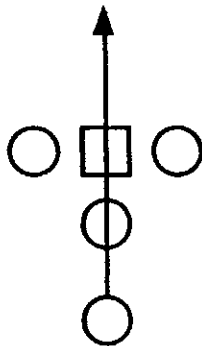
The "Mike" scheme is a way to take advantage of the Sam invert over playing the quarterback. The "Mike" scheme takes the quarterback's pitch key to the inside jersey number of the 7 technique.

10 - 11 Midline Option Mechanics continued.

As you read through this manual and follow the installation of plays for the midline you will gain a better understanding for the quarterbacks mechanics and how this play is designed.

Now we will begin to discuss the key coaching points for the running backs. The first player we want to talk about is the dive back. The dive back in the midline play is the back aligned directly behind the quarterback.

On the Midline play the dive back will take his running and aiming point at the mid point of the center. It is very important that the dive back understands that while running through the mesh with the quarterback that he keeps his eyes and head up. When the dive back approaches the mesh with his head down it makes for a rough mesh. When the dive back has his head down it tends to make him squeeze or clamp down on the ball to hard, thus, making it difficult for the quarterback to pull the ball if he gets a pull read by the down defender taking the dive. The following illustration will show the path by the dive back.



When I install this play I have the dive back align with his heels at 4 1/2 yards behind the line of scrimmage. The reason for aligning the dive back at 4 1/2 yards is because it keeps him consistent with all his other plays that he must align to. By keeping him at 4 1/2 yards the defense can't start to key in on any particular play.

Always demand that the dive back hit this play fast and give no hesitation when receiving the hand off from the quarterback. The give on the dive happens fast and sometimes because it hits so quick the defense doesn't see that the fullback has the ball and the reason for this is, their attention is on the quarterback and the movement of the pitch back. For illustration purposes I call the dive back in my offense the fullback.

Once the dive back or fullback hits the line of scrimmage you need to make sure if the quarterback pulls the ball that he continues to carry out his run fake, must make the defense think he has the ball.

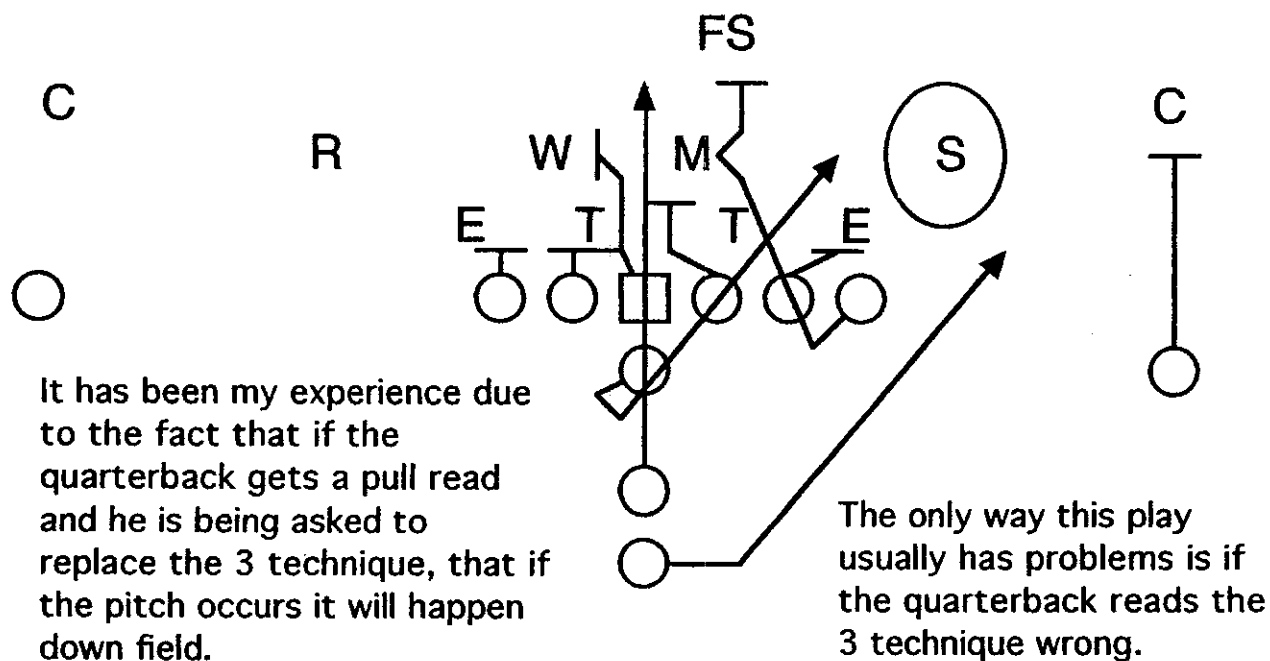
The fullback plays from a balanced three point stance with his weight evenly distributed across both feet.

10 - 11 Midline Option continued.

The next step to installing the Midline Option is the action of the pitch back. Many different backfield sets and formations exist and there are numerous ways in which to run the midline, but for purposes of this manual I will call the pitch back the Tailback.

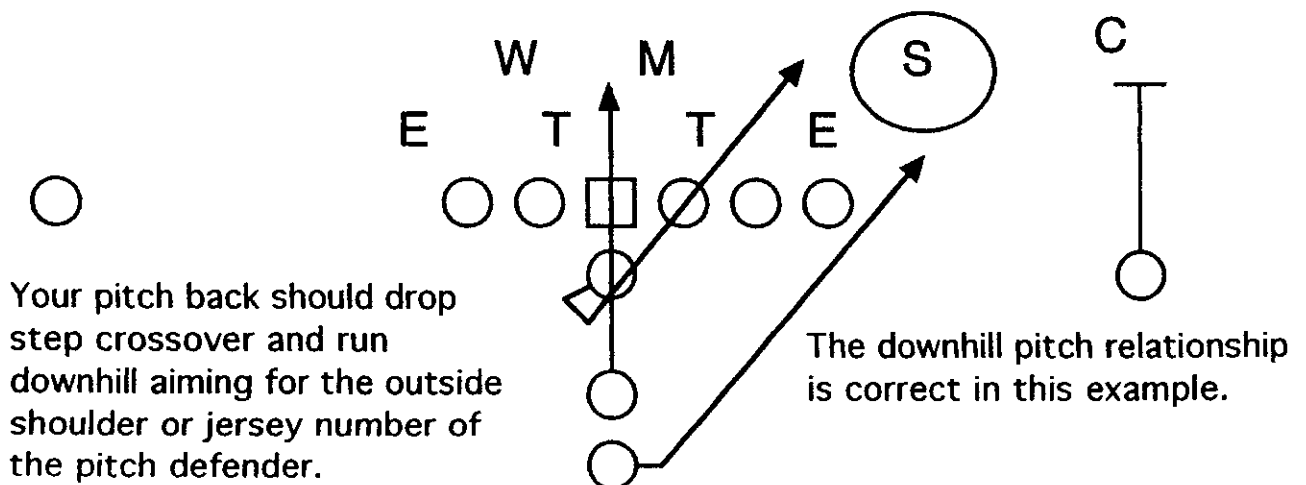
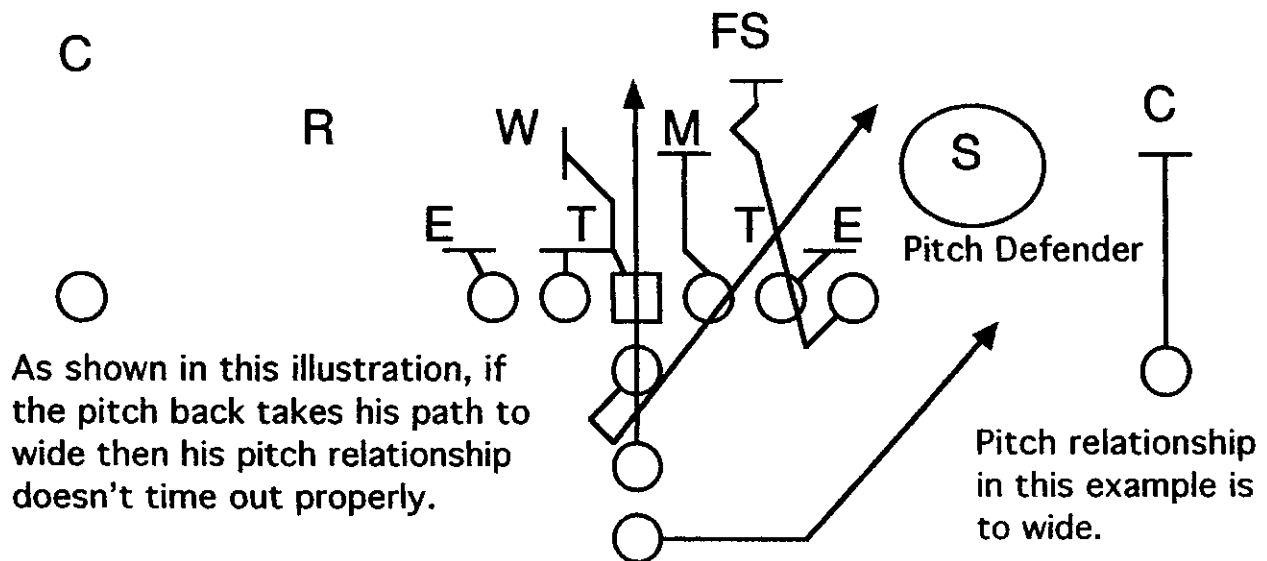
I will illustrate the Tailbacks position from the "I" backfield set and do understand that there are numerous ways to get him in a position to receive the pitch and one of those coming off motion.

For the most part the midline is a triple option play which gets the ball into the Tailbacks hands past the line of scrimmage not behind it unless, the "Mike" scheme is installed. The following illustration will explain some key coaching points to remember when coaching the Tailback.



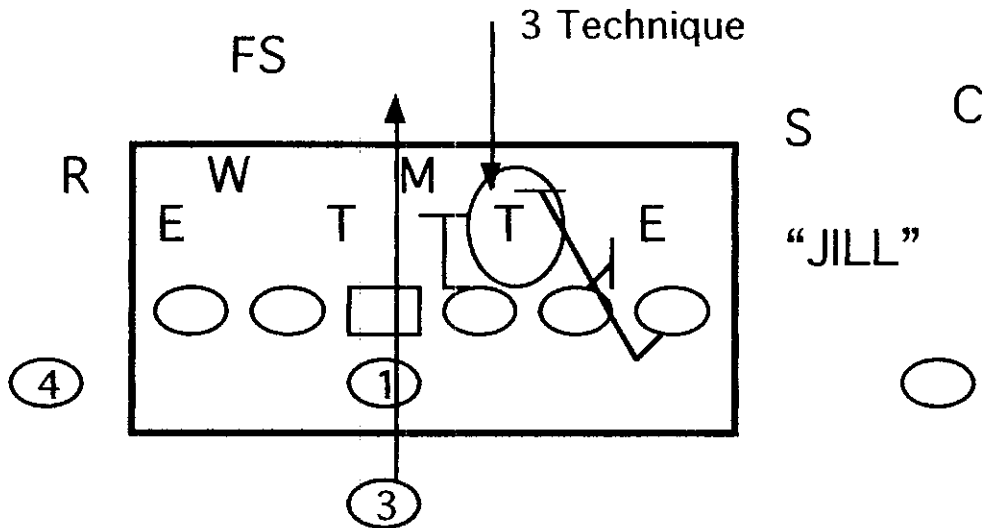
The Tailback plays from a two point stance with vision on the entire field. When the ball is snapped and or starting from the "I" back position the depth of the pitch back is approximately seven yards deep. The initial footwork for the Tailback is called dropstep crossover, get downhill running at the outside jersey number of the pitch defender. For the purpose of this explanation I have used the "Jill" fold scheme. A major coaching point for this type of scheme that doesn't release the E.M.L.O.S. is for the Tailback to run downhill coming off the initial dropstep. If the quarterback pulls the ball and replaces the down defender it puts him into the line of scrimmage now.

Thus, if the Tailback releases flat and parallel to the line of scrimmage then it will be hard to get the Tailback into a proper pitch relationship, which then will allow the outside invert to fall back into helping make the play on the quarterback. If the Tailback attacks the outside shoulder or jersey number of the pitch defender immediately, it then draws the attention of the outside invert away from falling back inside on the quarterback. Something I tell our pitchback or Tailback is that when he crosses the line of scrimmage start to yell ball, ball, ball this will draw the attention of the outside invert and keep him in no mans land. By running the Tailback downhill immediately this will get him in his desired pitch relationship with the quarterback so if the quarterback does have to pitch the ball because, the invert takes quarterback the pitchman will be in his proper pitch relationship and the quarterback can kick the ball out. The following illustrations will show you what I mean by this.



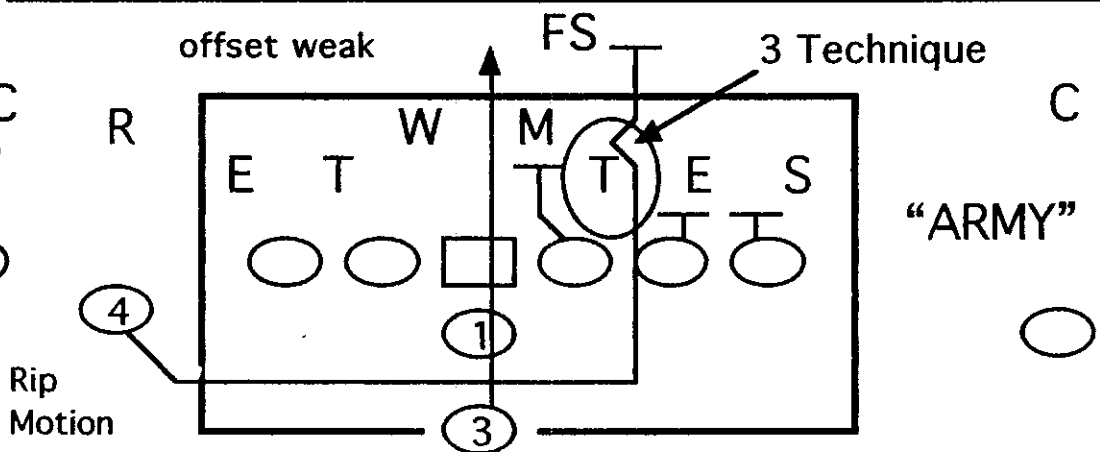
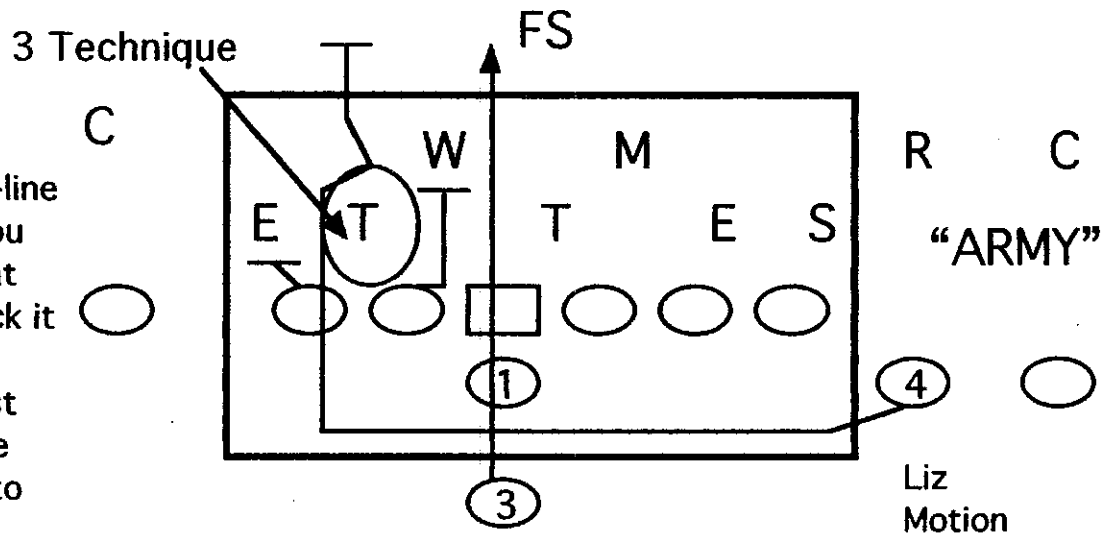
Rules For Reading and Calling The Mid-Line Option

The playside guard is one of the two blockers tracking the playside Lber to free safety.



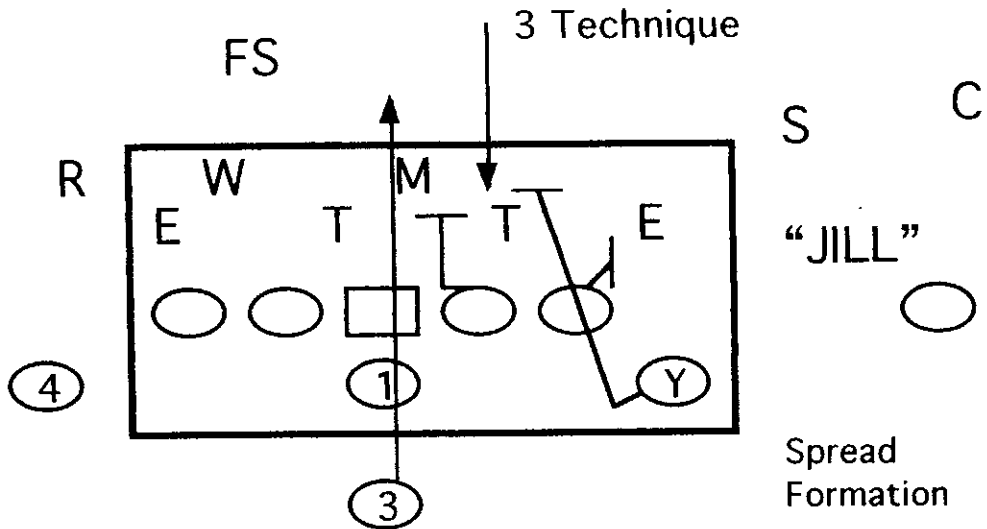
Whenever your opponent gives you a 3 technique you will always be able to run the mid-line option. The key to running the mid-line is always having two blockers tracking the playside linebacker, working up to the free safety. Run mid-line towards the tight end or towards the openside when the tailback is offset weak

As the mid-line develops you will find that we can block it 2 different ways. Must always have the ability to place two blockers, tracking the playside linebacker to free safety.



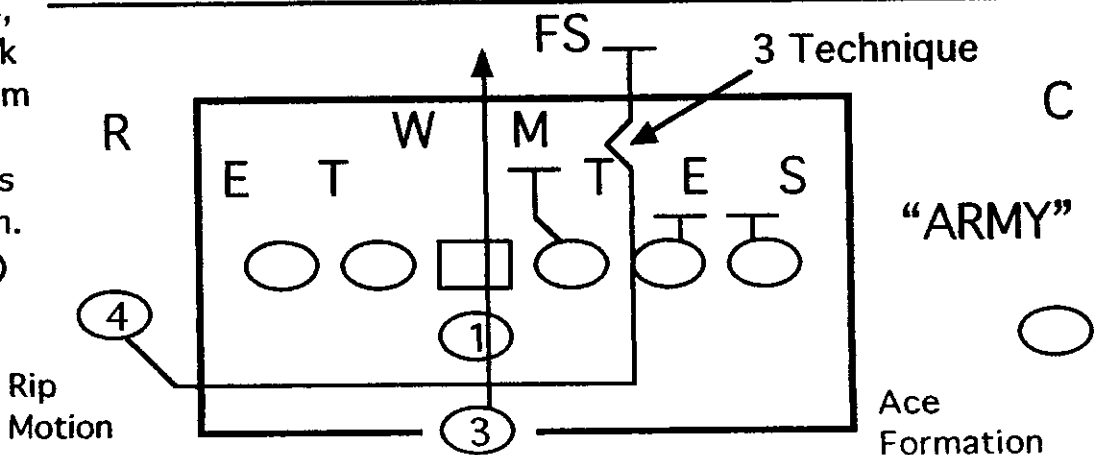
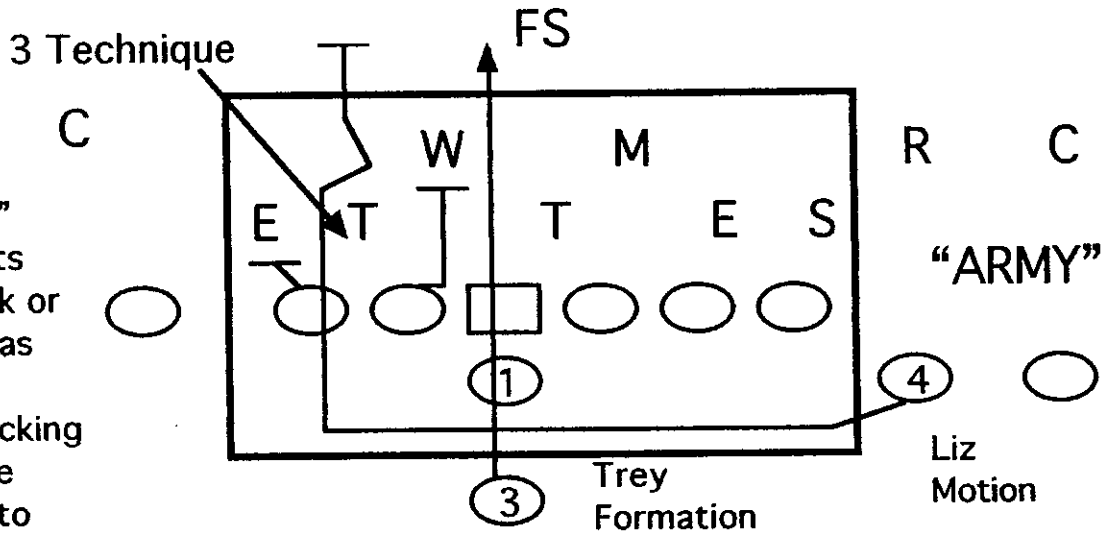
RULES FOR READING AND CALLING THE MID-LINE OPTION

The place side guard is one of the two blockers tracking the playside linebacker to free safety.



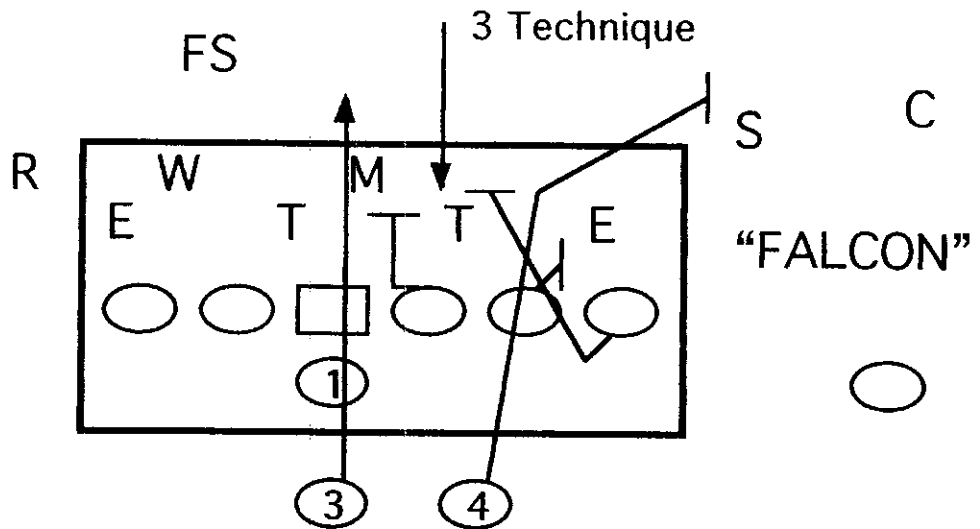
The "Jill" fold scheme is run with the tight end and playside guard tracking the playside linebacker to safety. The "Jill" scheme is a fold combination alerting the tackle to block out. The Jill can come from a variety of positions and one being from the "Y" Stack or tom motion.

The "Army" scheme puts the Tailback or pitch back as the second blocker tracking the playside linebacker to safety. Thus, the pitch back can come from several backfield sets and or motion.



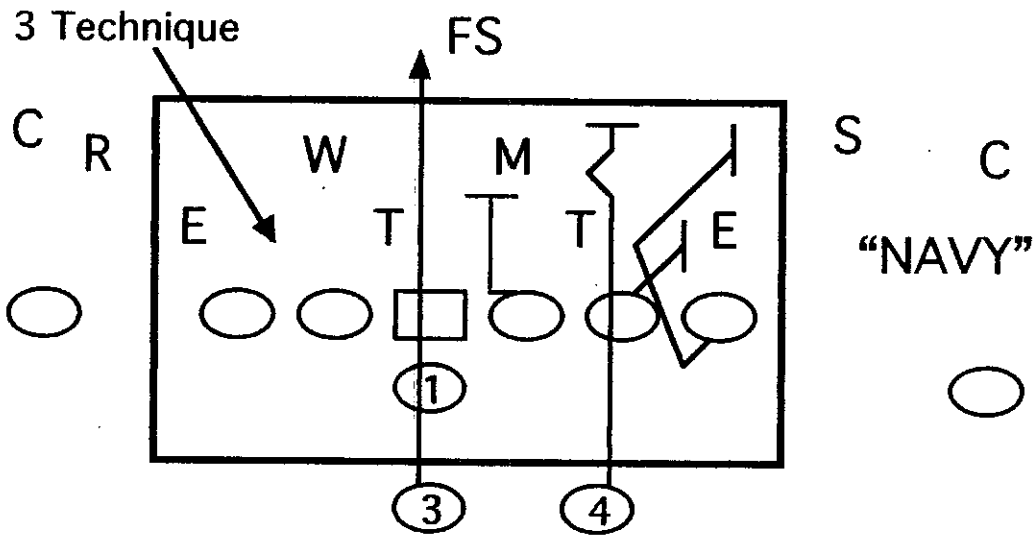
Rules For Reading and Calling The Mid-Line Option

The place side guard and tight end are the two blockers tracking the playside linebacker to free safety.

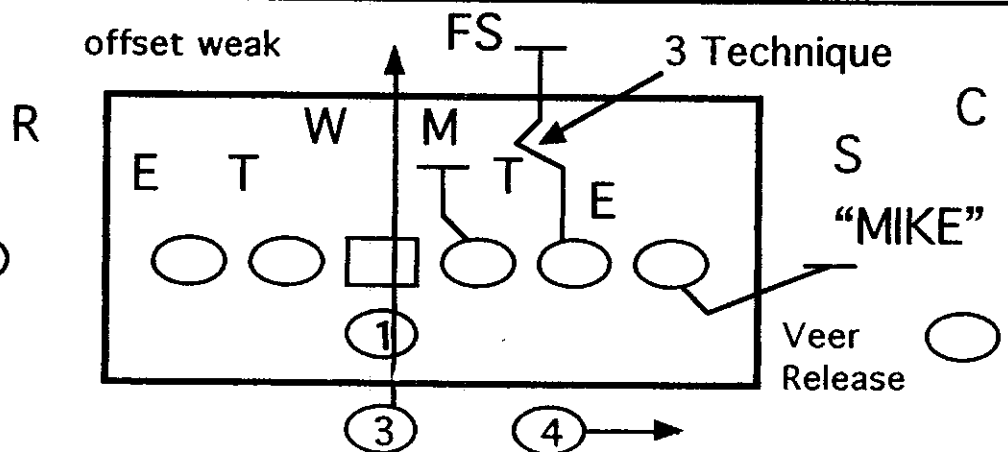


The "Falcon" is the same scheme as the Jill fold for the tight end. The tight end tracks the playside linebacker to safety. The difference here is that the offset back which is the tailback leads through and behind the tight end. The quarterback would follow his tailback.

"Navy" is the same scheme as Army for the Tailback. "Navy" alerts the tight end to Jill block, but now the tight end wraps around on the outside invert.



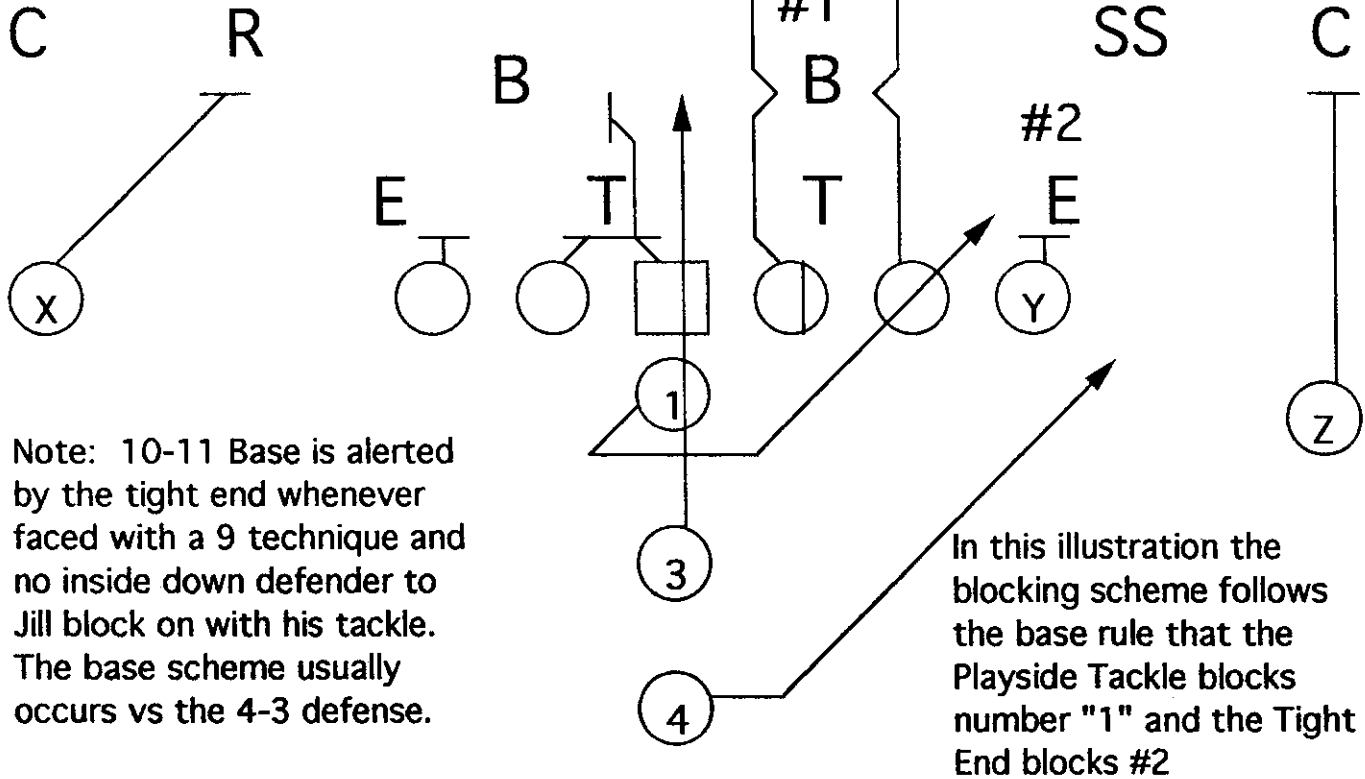
"Mike" is used to get the ball pitched behind the L.O.S. The tight end veer release on the first opposite colored jersey outside.



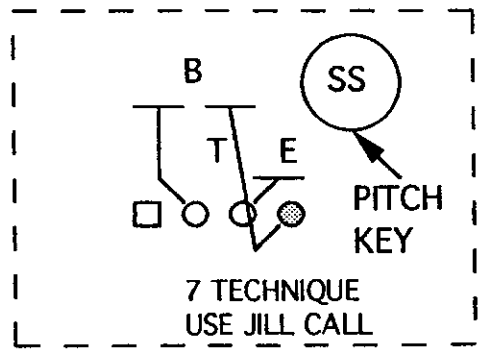
10 -11 BASE OPTION / TIGHTSIDE

Quarterback reads the block of the tackle to determine his pitch path. If defender widens turn it up.

I RT. 10 BASE OPTION
I LT. 11 BASE OPTION



QB - read first down lineman from "A" gap, outside the mid-line pathway of fullback. Run off block of T.E. if three technique shows his numbers pull the football, if you see no numbers give the football. Always work at 1 1/2 yards off the l.o.s. (this negates penetration). Push back with weight on playside foot, open to 6:00 o'clock and show football to fb as deep as possible. If seven technique is alerted pull up and run football inside.



P.S.T. - Block playside lber, key near shoulder - if shoulder comes your way block lber - if it disappears work up to f.s. - if seven technique is alerted by tight end use Jill call to fold block working to near ear of DE.

T.E. - Base block 6 or 9 technique, if faced with 7 technique give Jill call for fold with tackle. playside tackle will exchange blocking responsibilities with T.E. - T.E. now has inside shoulder key of playside lber.

O.L. - Use same rules as mid-line option

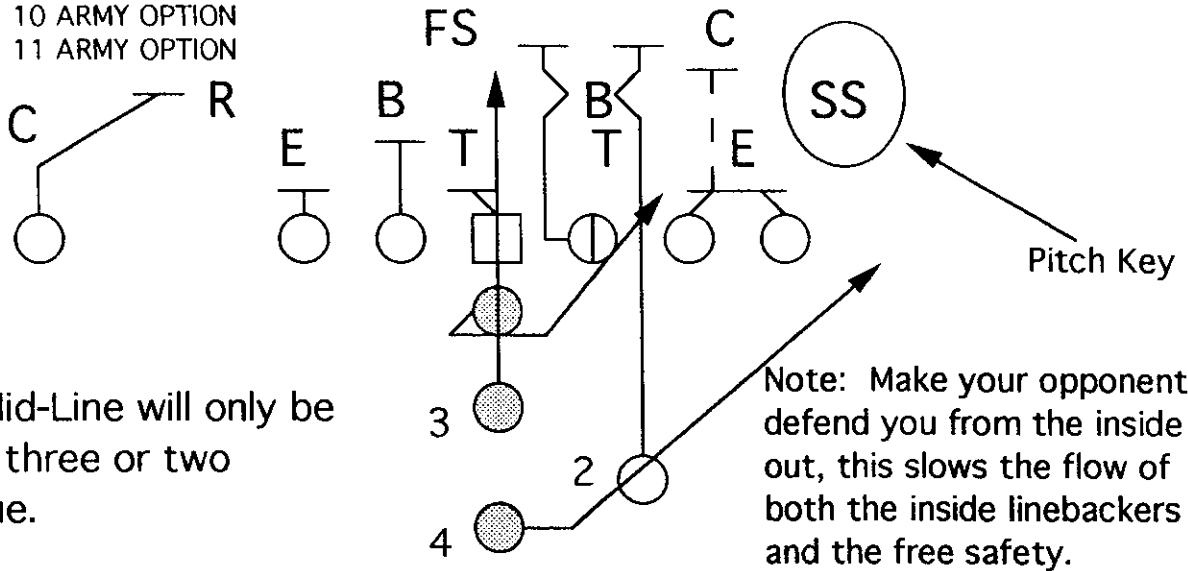
ADDITIONAL BLOCKING SCHEMES FOR MID-LINE OPTION

Use 10 - 11 Option only when your opponent gives you a 2 - 3 or 4i past the center. If your opponent aligns with a 1 technique or 2i check to another option according to the double invert rule.

<p>C I Rt. 10 Mike</p> <p>Don't allow the defense to dictate to you on who they want to carry the football. By incorporating several different blocking schemes, this will help the offense in determining who carries the football.</p> <p style="text-align: right;">Veer release by the T.E. probably will force the quarterback to pitch the football to the Tailback behind the L.O.S. if ball was not given to the fullback</p>	<p>"TREY - JILL" call made by the T.E. or schemed from the sideline.</p>
<p>"TREY - JILL"</p>	<p>"BASE"</p>

SUPPLEMENTAL BLOCKING SCHEME FOR 10 - 11 MID-LINE OPTION

STRONG RT. 10 ARMY OPTION
STRONG LT. 11 ARMY OPTION



Note: Mid-Line will only be run to a three or two technique.

Note: Make your opponent defend you from the inside out, this slows the flow of both the inside linebackers and the free safety.

Coaching Point: Only run Mid-line to three or two technique.

QB - Read first down lineman from "A Gap" outside mid-line pathway of fullback. Run off tackle or tight end's block and option pitch key. If three technique shows his numbers pull the football, if you see no numbers give the football, always work at 1 1/2 yards off the L.O.S. (this negates penetration). Push back with weight on playside foot, open to 6:00 O'clock and give ball to FB as deep as possible.

FB - Run up the QB and center's backbone and mesh for give or disconnect. Pre-snap read the defense and run to daylight.

TB - Pivot and crossover and be ready for pitch. You are responsible for maintaining a 1 yard wide and 4 yard deep pitch relationship; timing should be such that you don't have to slow down while waiting to receive pitch.

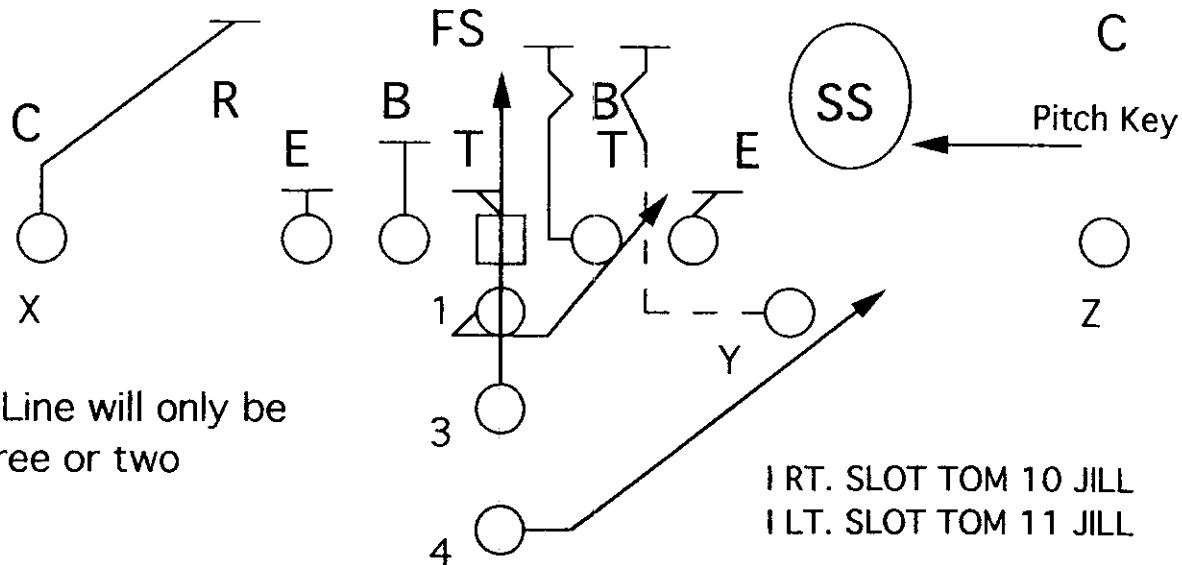
PB - Read three technique, you have responsibility to block near shoulder of the playside LBer. If near shoulder disappears work up to free safety.

PSG - You have "A GAP" to the near shoulder of playside LBer, if near shoulder disappears work up to safety. Make no contact with three technique "pickin grass".

PST - Block first down defender past the read. Tackle and T.E. usually work "TREY" block to number two defender past the read. Work combination block to the second inside defender from the outside.

T.E. - Block second defender past the read. Work in combination with the tackle using "TREY" block to second inside defender, from outside.

Additional Formations And Blocking Schemes For 10 - 11 JILL



Coaching Point: Only run Mid-line to three or two technique.

QB - Read first down lineman from "A Gap" outside mid-line pathway of fullback. Run off tackle or tight end's block and option pitch key. If three technique shows his numbers pull the football, if you see no numbers give the football, always work at 1 1/2 yards off the L.O.S. (this negates penetration). Push back with weight on playside foot, open to 6:00 O'clock and give ball to FB as deep as possible.

FB - Run up the QB and center's backbone and mesh for give or disconnect. Pre-snap read the defense and run to daylight.

TB - Pivot and crossover and be ready for pitch. You are responsible for maintaining a 1 yard wide and 4 yard deep pitch relationship; timing should be such that you don't have to slow down while waiting to receive pitch.

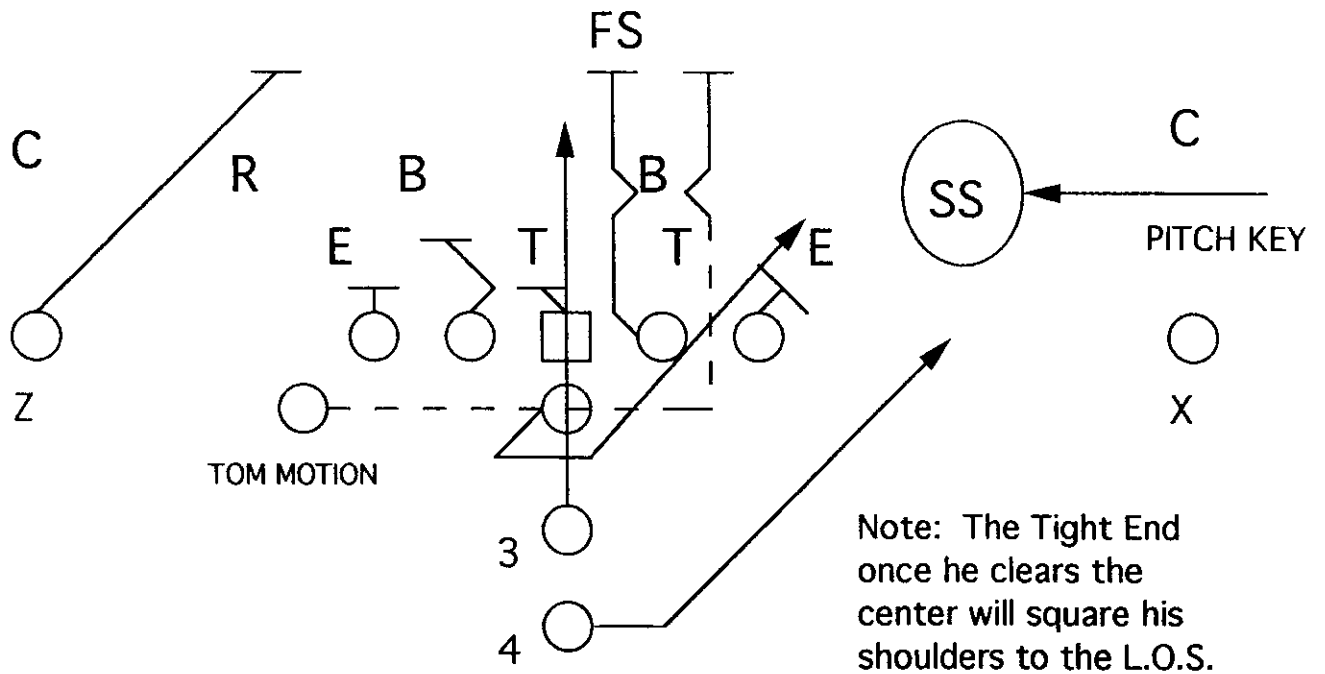
PSG - You have "A GAP" to the near shoulder of playside LBer, if near shoulder disappears work up to free safety. Make no contact with three technique.

PST - Block first down defender past the read. Tackle blocks near ear of the 5 technique, making sure he turns defender outside.

T.E. - The tight end's block follows the same rule's as the JILL block. Tom motion has been added to accomplish the block as a Jill block. In the following diagrams the slot formation and the "Y" Stack and Green set can be used.

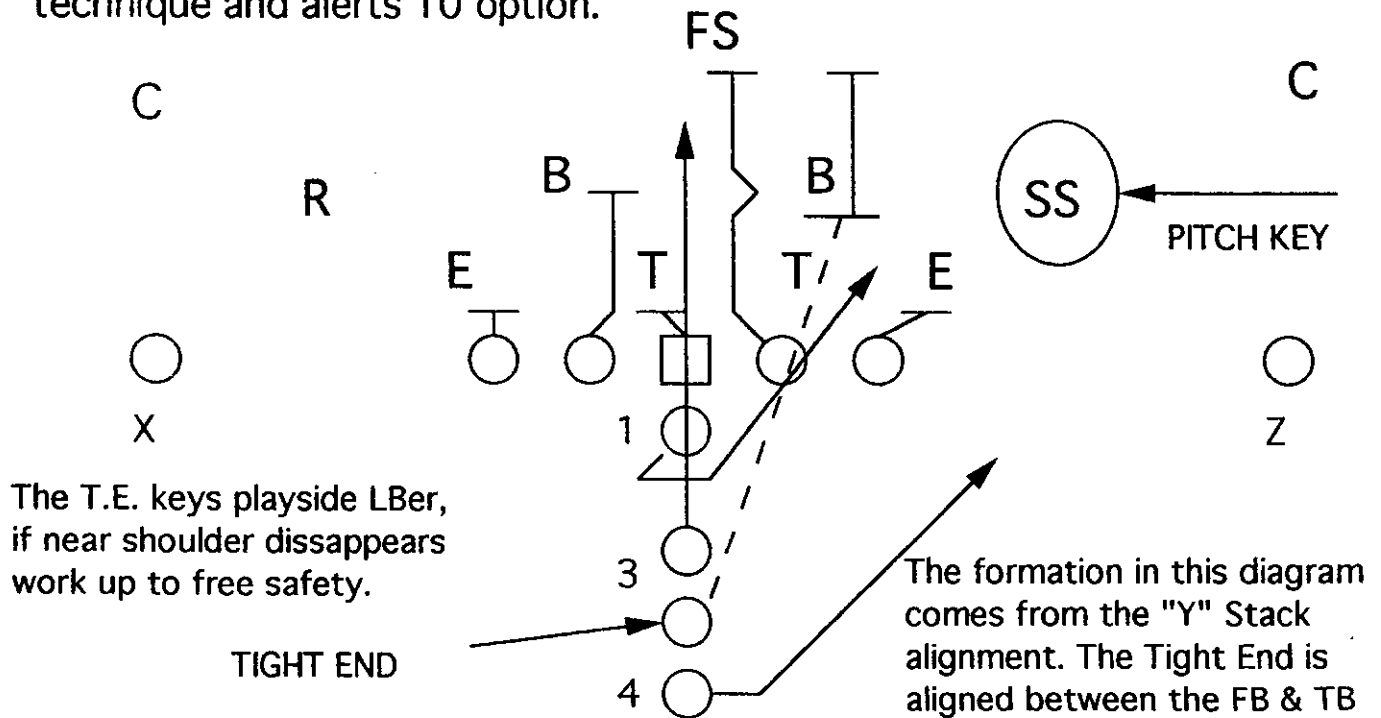
10 - 11 MID - LINE OPTION

SLOT LT. TOM 10 JILL



The Quarterback in this diagram looks for the 3 technique and alerts 10 option.

Y STACK RT. 10 JILL
Y STACK LT. 11 JILL



10 - 11 OPTION - OPENSIDE

C Lt. Jet 10 Option

Footwork for the Quarterback will be push away and step at 6:00 with his playside foot. Quarterback keys near number of the first number past the center.

vs 13 Tight Defense

C Trips Rt. Rip 11 Army

Fullback will take his path to the outside jersey number of the playside LBer. If his number goes away go and block Free Safety.

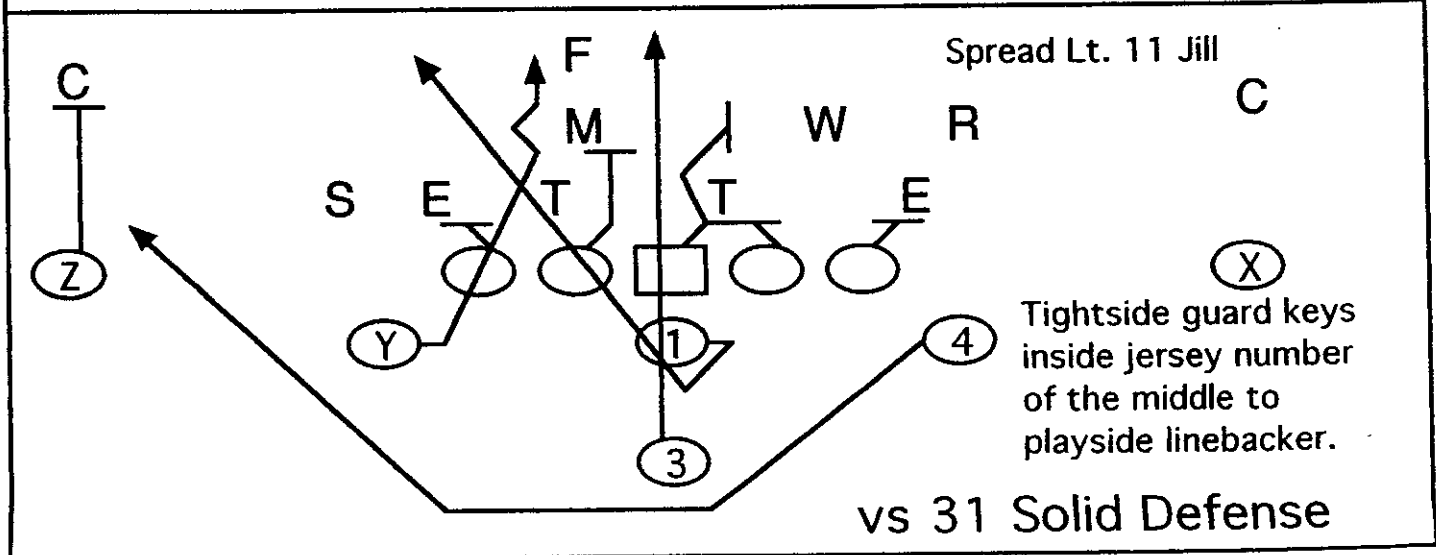
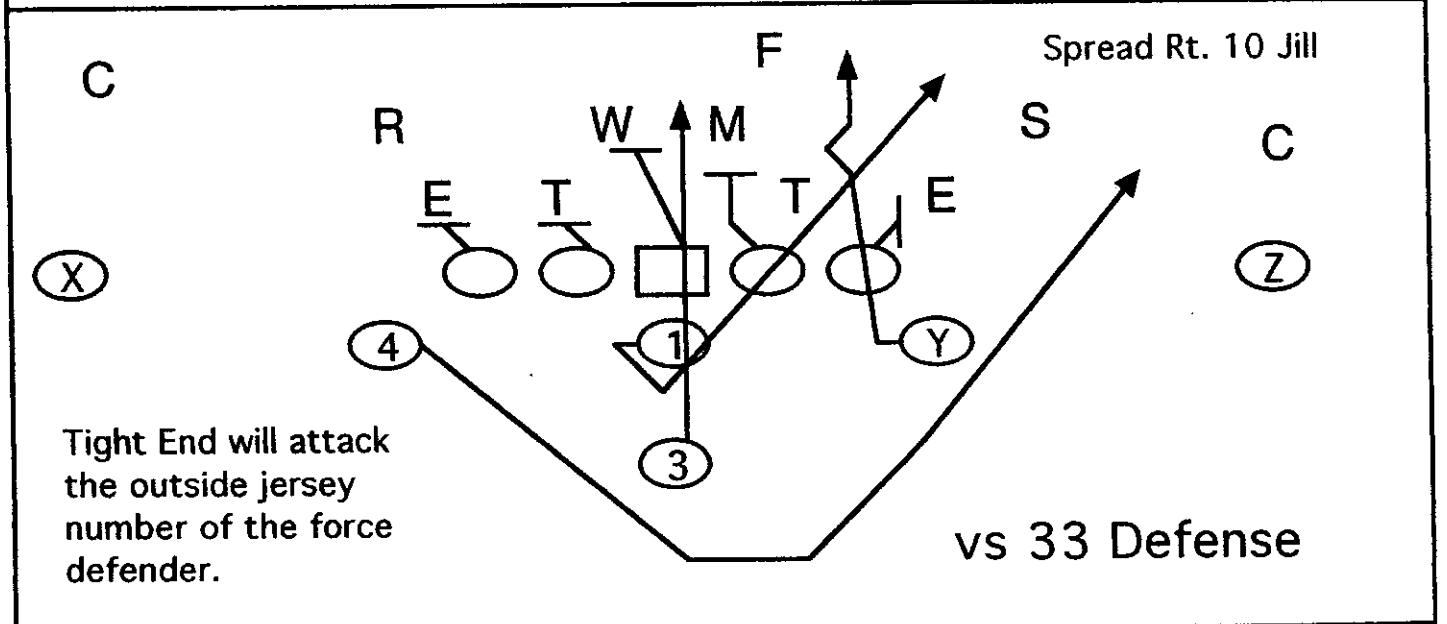
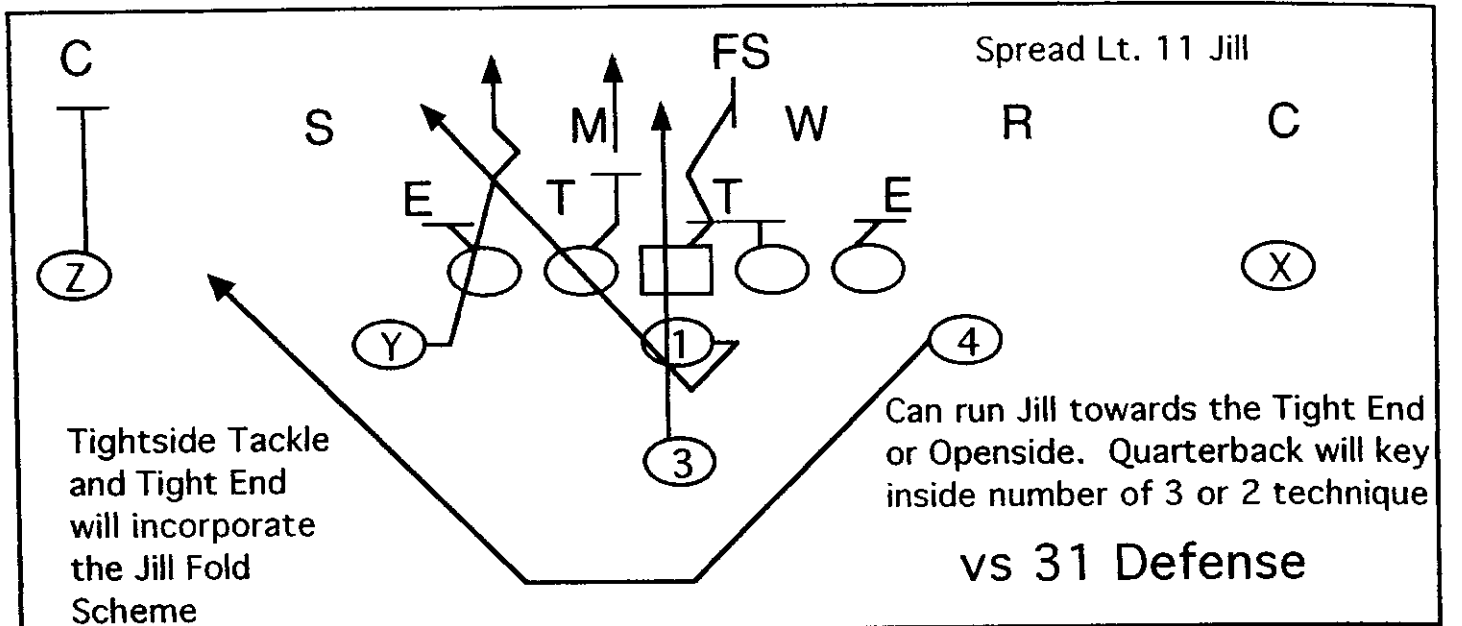
vs 33 Defense

C Trey Lt. Rip 10 Army

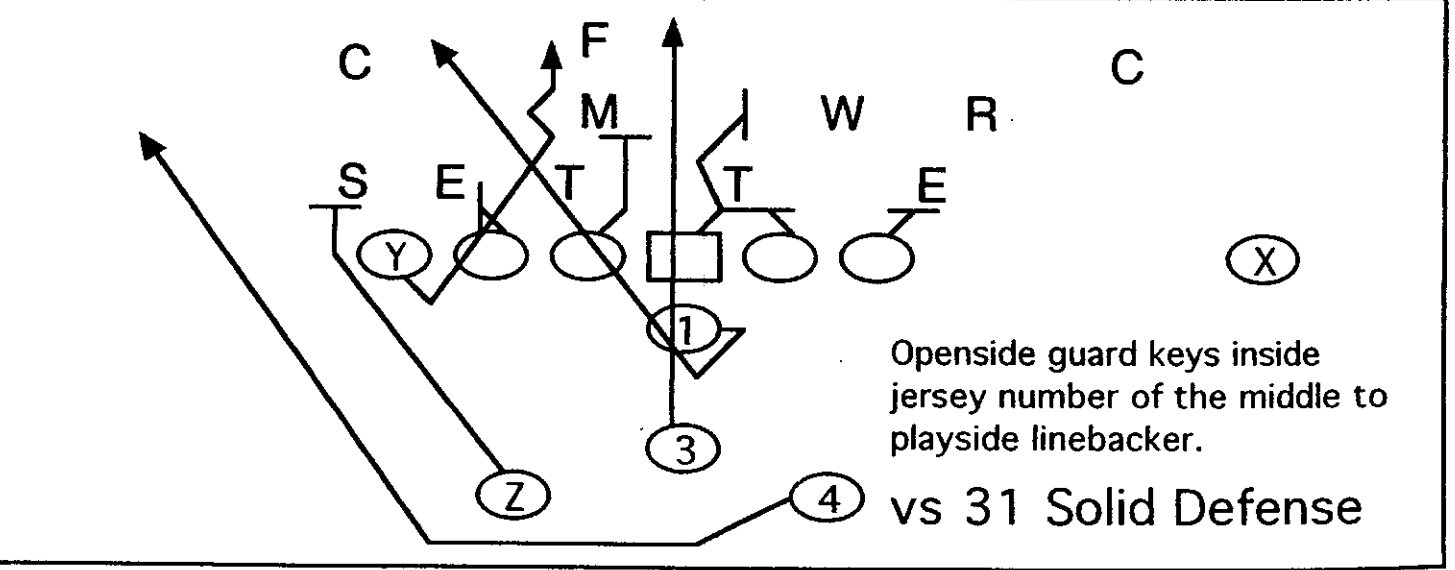
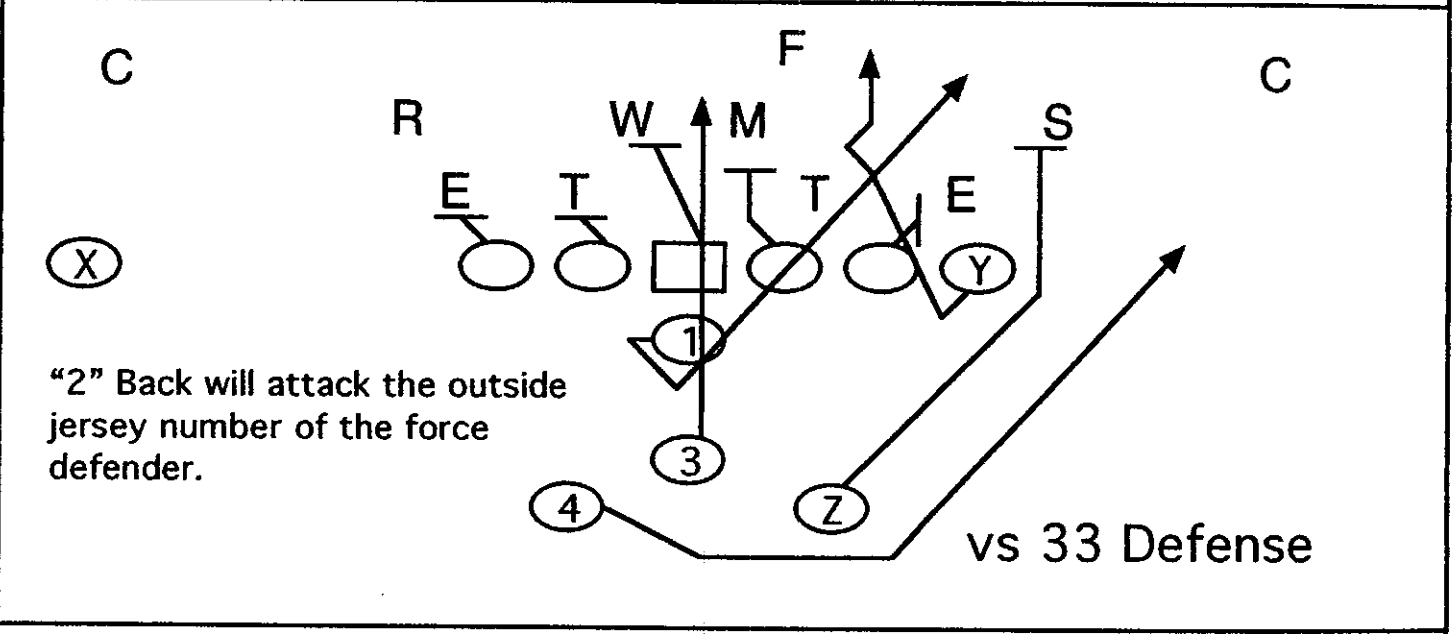
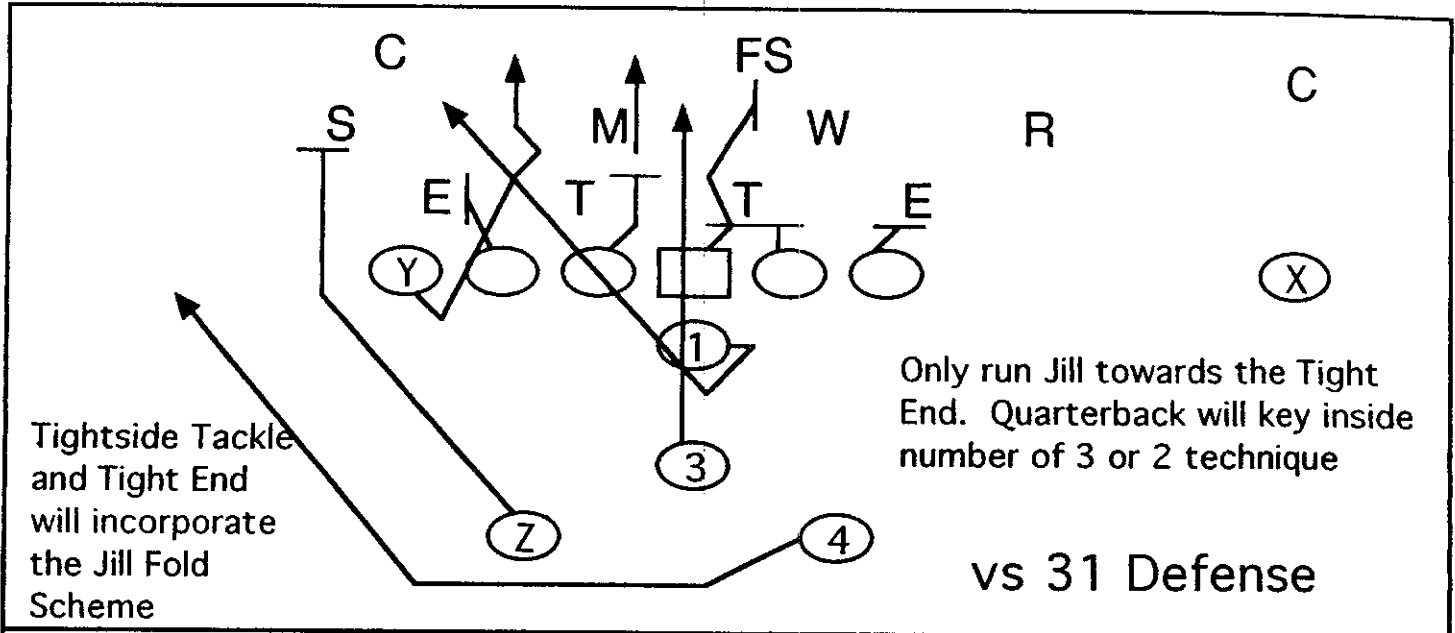
Tailback takes his path at the mid point of the center. Create soft pocket for give read.

vs 4 - 3 Defense

SPREAD 10 - 11 JILL - TIGHTSIDE



WISHBONE 10 - 11 JILL - TIGHTSIDE



"Z" STACK 10 - 11 JILL - TIGHTSIDE

Z STACK LT. 11 JILL

Tightside Tackle and Tight End will incorporate the Jill Fold Scheme

Only run Jill towards the Tight End. Quarterback will key inside number of 3 or 2 technique

vs 31 Defense

Z STACK LT. 10 JILL

"TB" Back will attack the outside jersey number of the force defender. Oncethe "Z" crosses the LOS, start to alert Ball, Ball.

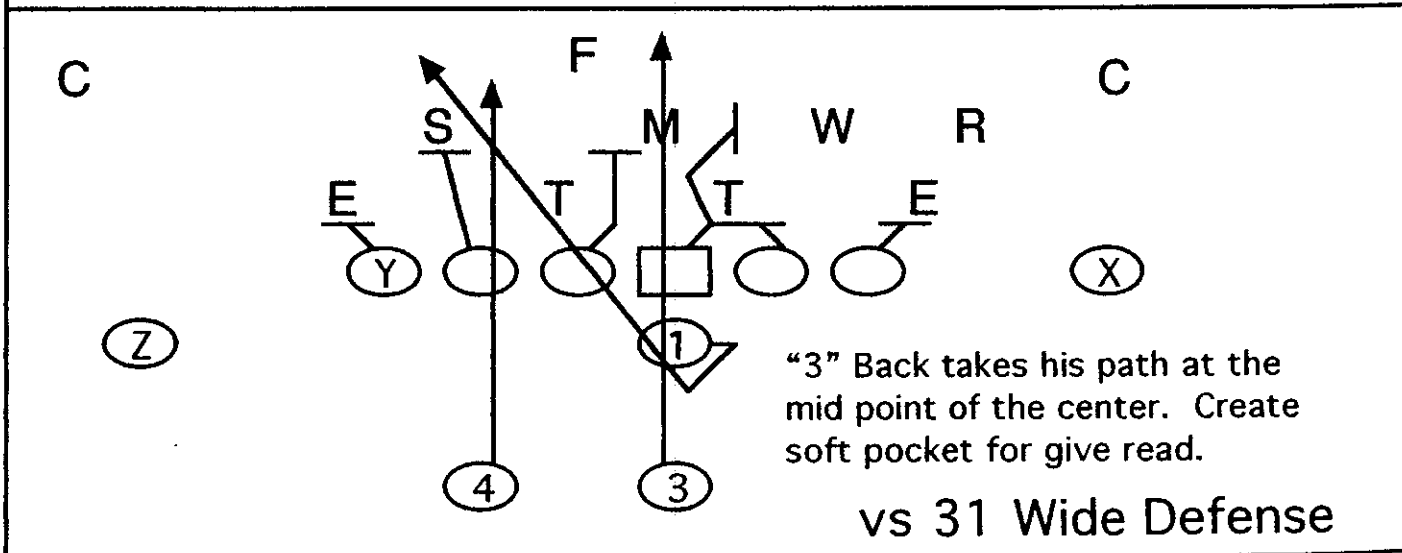
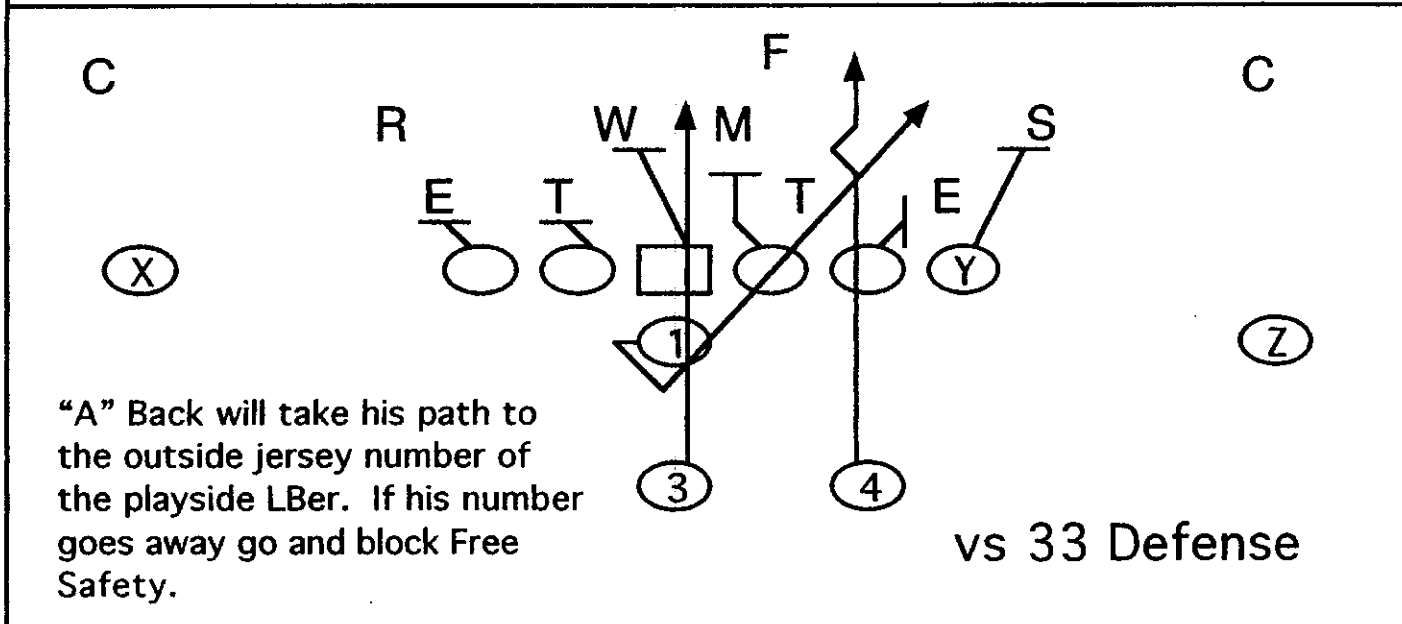
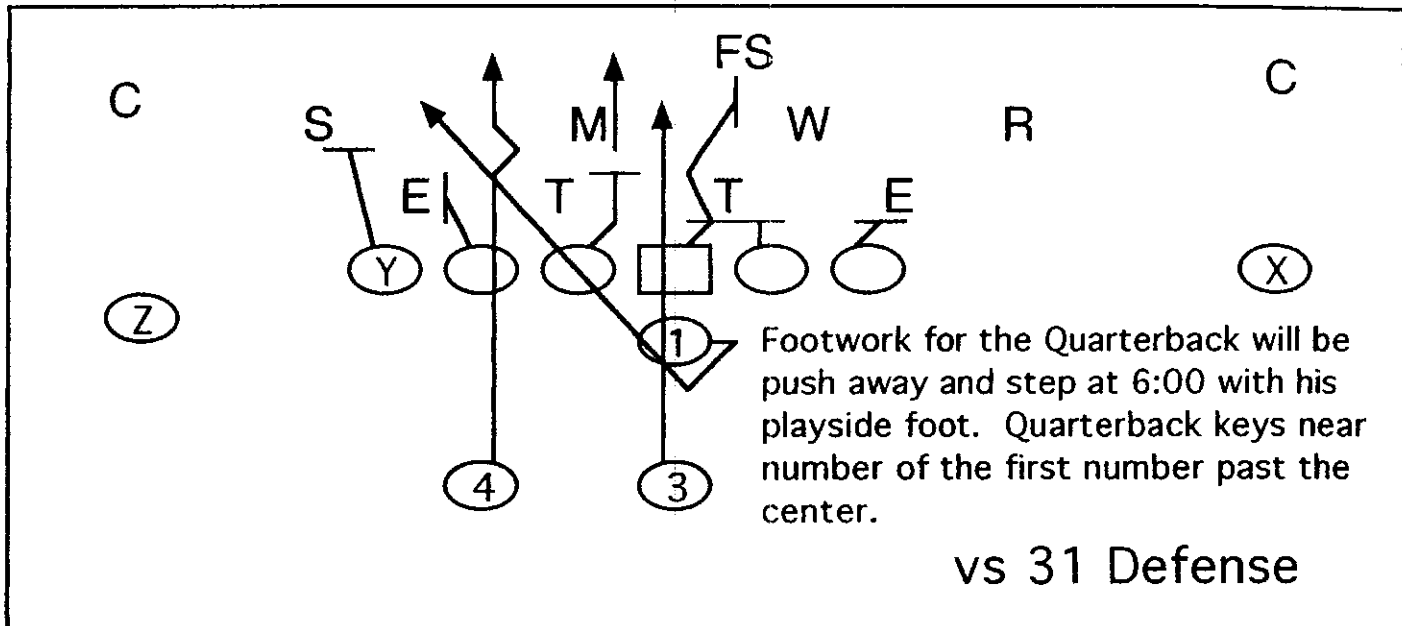
vs 33 Defense

Z STACK LT. 11 JILL

Openside guard keys inside jersey number of the middle to playside linebacker.

vs 31 Solid Defense

10 - 11 ARMY - TIGHTSIDE



10 - 11 OPTION - OPENSIDE

C Pro Lt. 10 Army

(Z)

Footwork for the Quarterback will be push away and step at 6:00 with his playside foot. Quarterback keys near number of the first number past the center.

vs 13 Tight Defense

C Pro Rt. Twins 11 Army

(Z)

Army is an alert for the Tailback to be the second blocker on the midline.

Fullback will take his path to the outside jersey number of the playside LBer. If his number goes away go and block Free Safety.

vs 33 Defense

C Pro Lt. 10 Army

(Z)

Tailback takes his path at the mid point of the center. Create soft pocket for give read.

vs 4 - 3 Defense

10 - 11 ARMY - OPENSIDE

C Pro Lt. Jet 10 Army

Footwork for the Quarterback will be push away and step at 6:00 with his playside foot. Quarterback keys near number of the first number past the center.

vs 13 Tight Defense

C Pro Rt. Twins 11 Army

"4" Back will take his path to the outside jersey number of the playside LBer. If his number goes away go and block Free Safety.

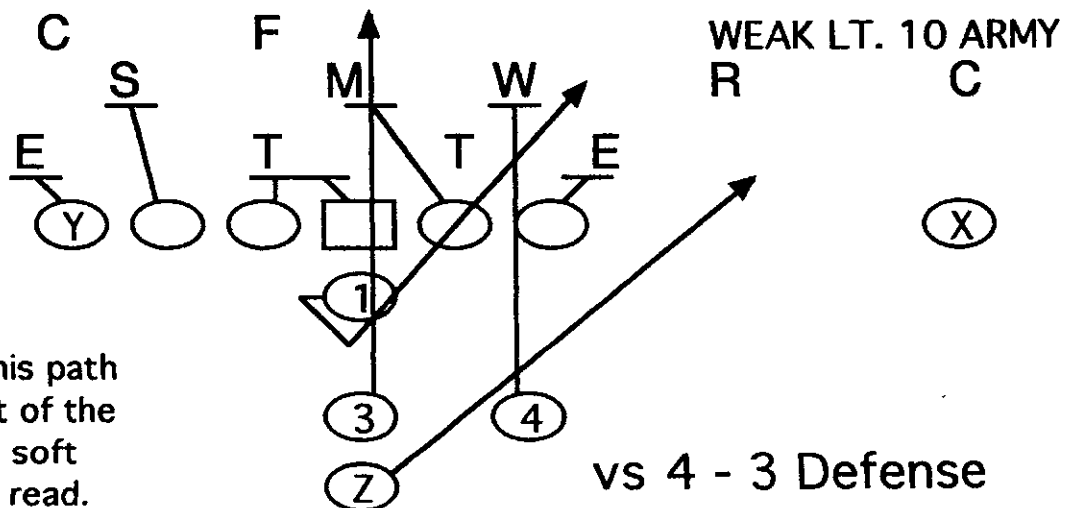
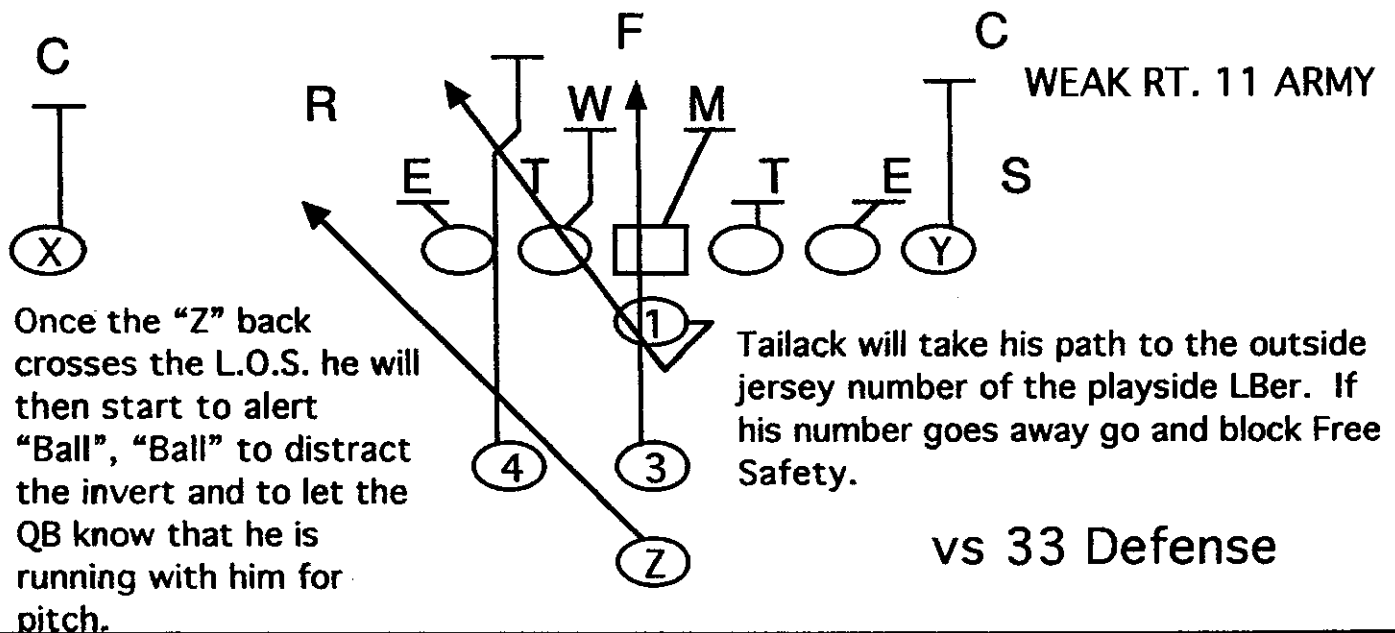
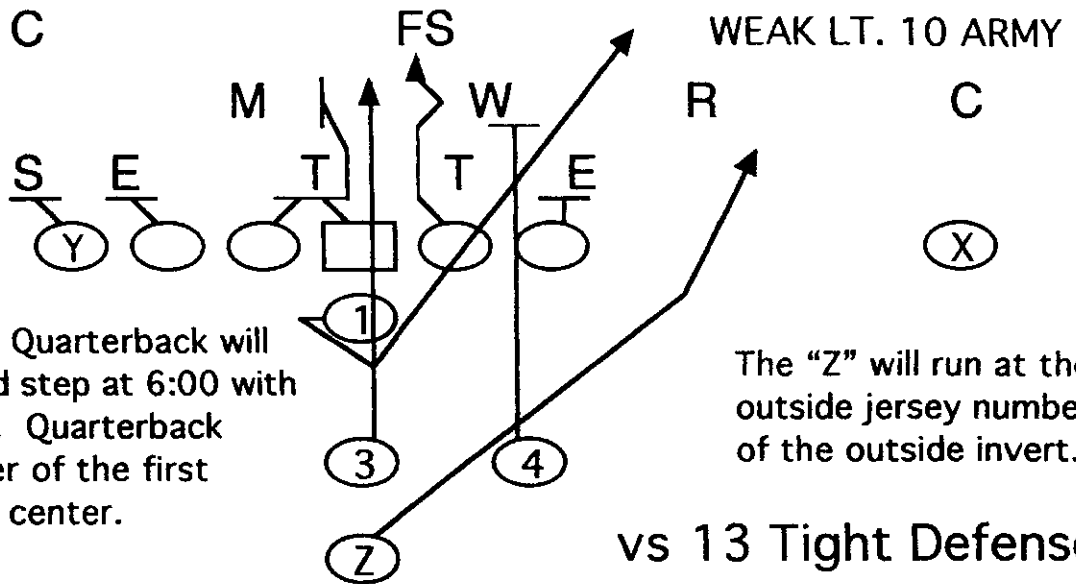
vs 33 Defense

C Pro Lt. Jet 10 Army

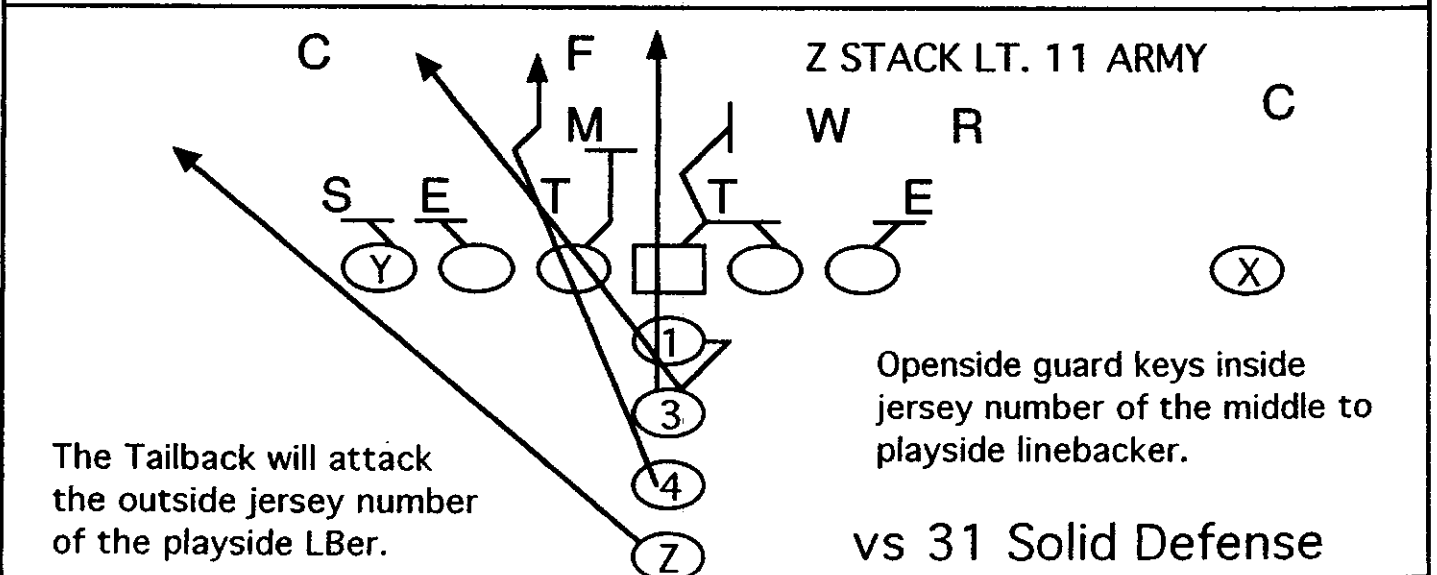
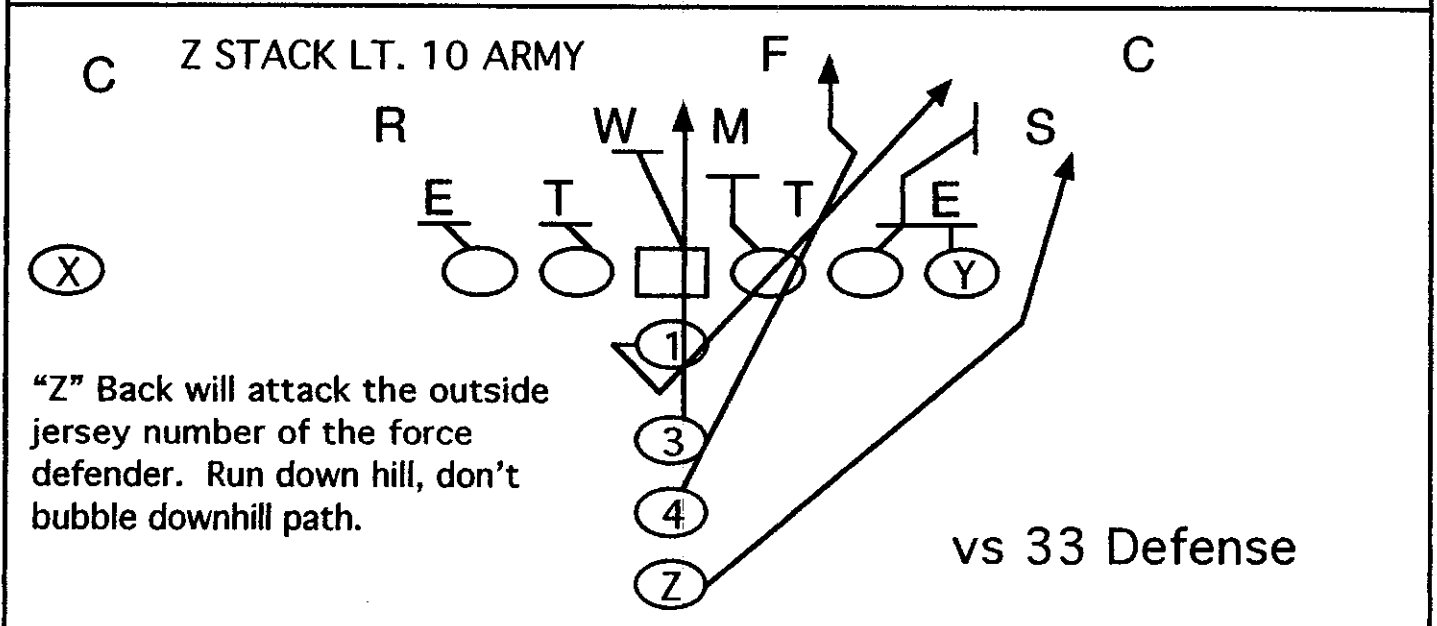
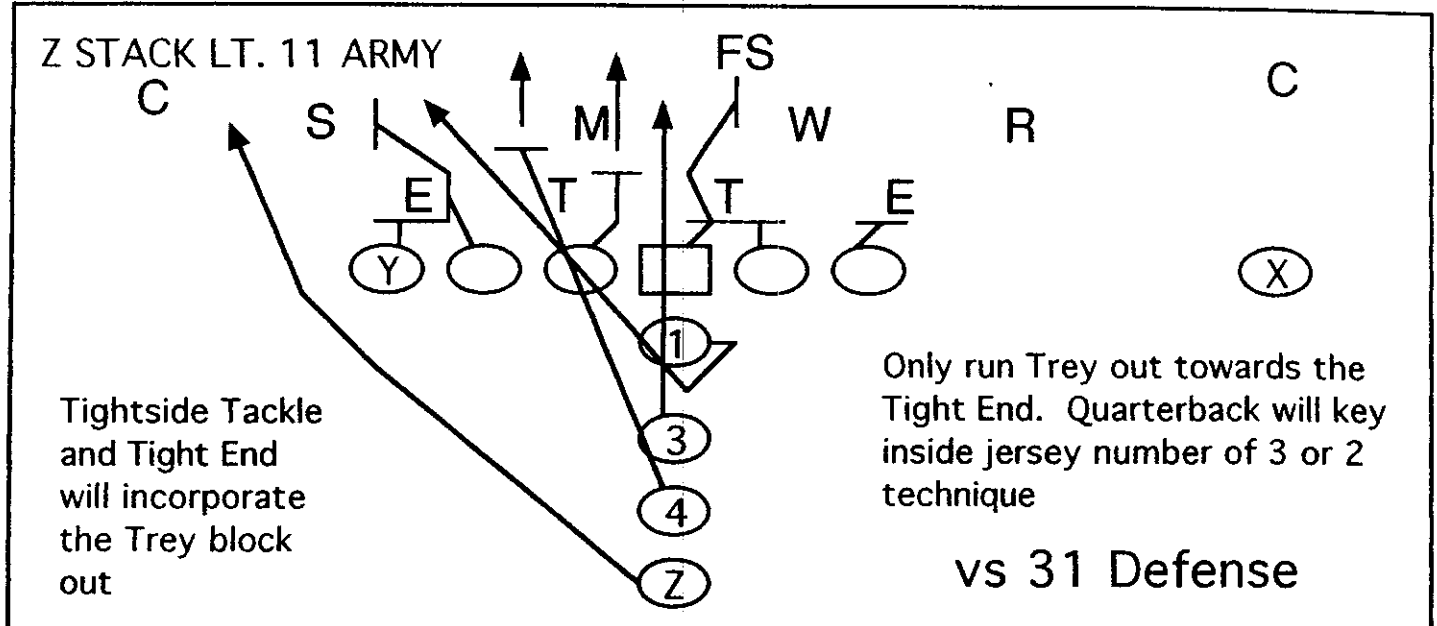
"4" Back takes his path at the mid point of the center. Create soft pocket for give read.

vs 4 - 3 Defense

WEAK 10 - 11 ARMY - OPENSIDE

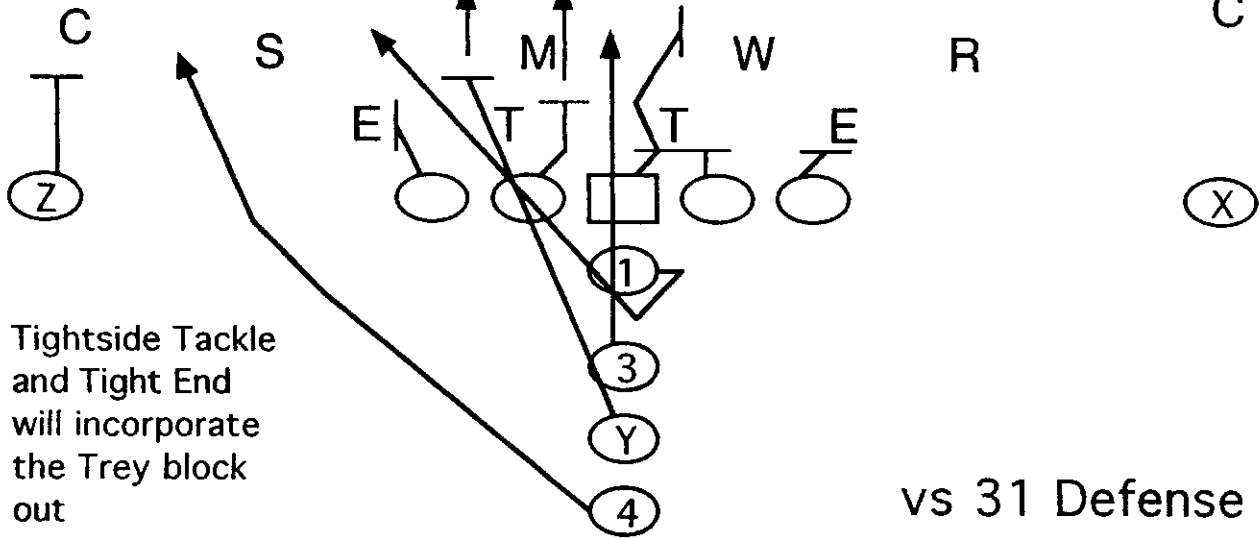


"Z" STACK 10 - 11 ARMY - TIGHTSIDE



"Y" STACK 10 - 11 ARMY

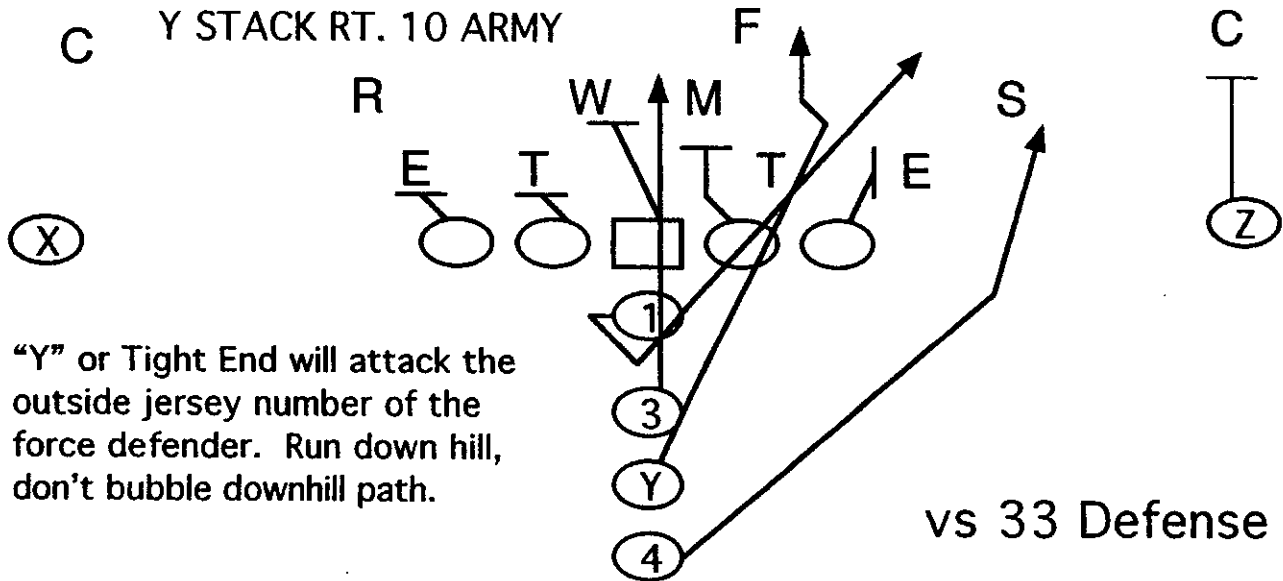
Y STACK LT. 11 ARMY



Tightside Tackle and Tight End will incorporate the Trey block out

vs 31 Defense

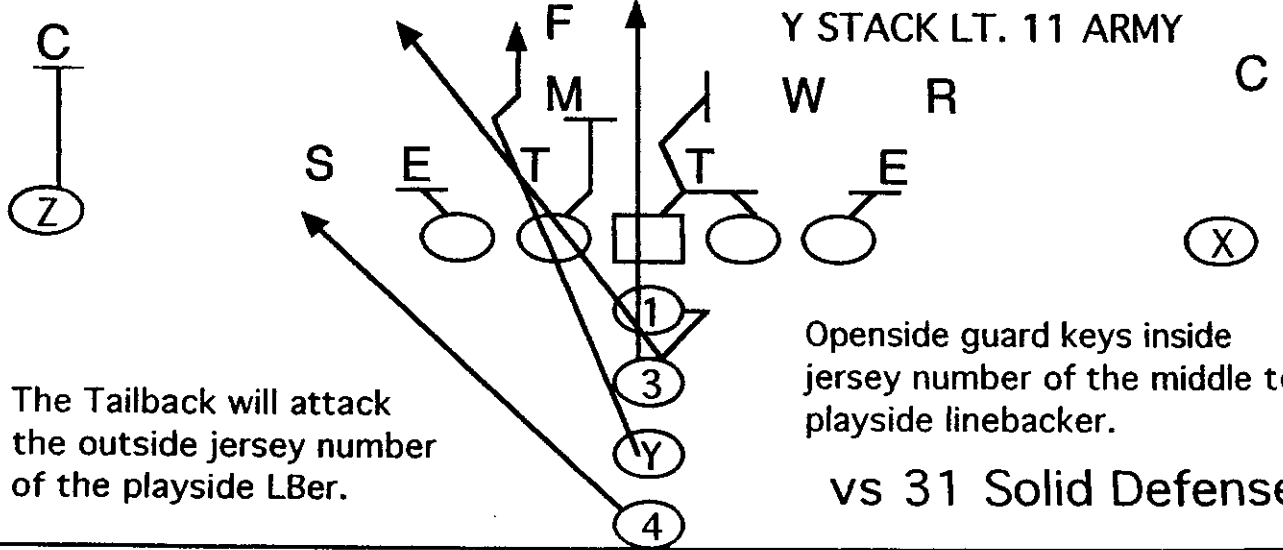
C Y STACK RT. 10 ARMY



"Y" or Tight End will attack the outside jersey number of the force defender. Run down hill, don't bubble downhill path.

vs 33 Defense

Y STACK LT. 11 ARMY



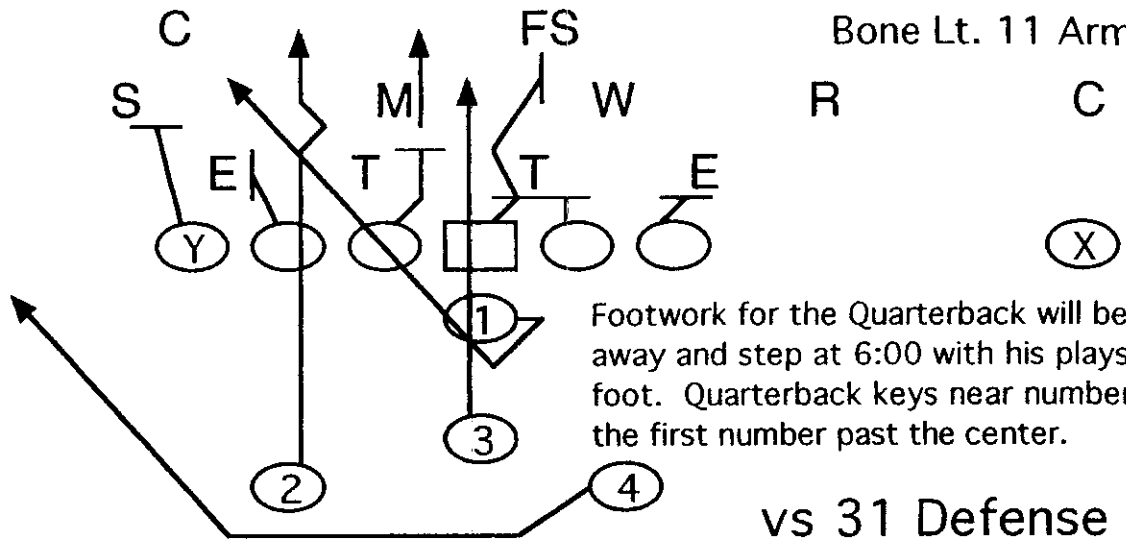
The Tailback will attack the outside jersey number of the playside LBer.

Openside guard keys inside jersey number of the middle to playside linebacker.

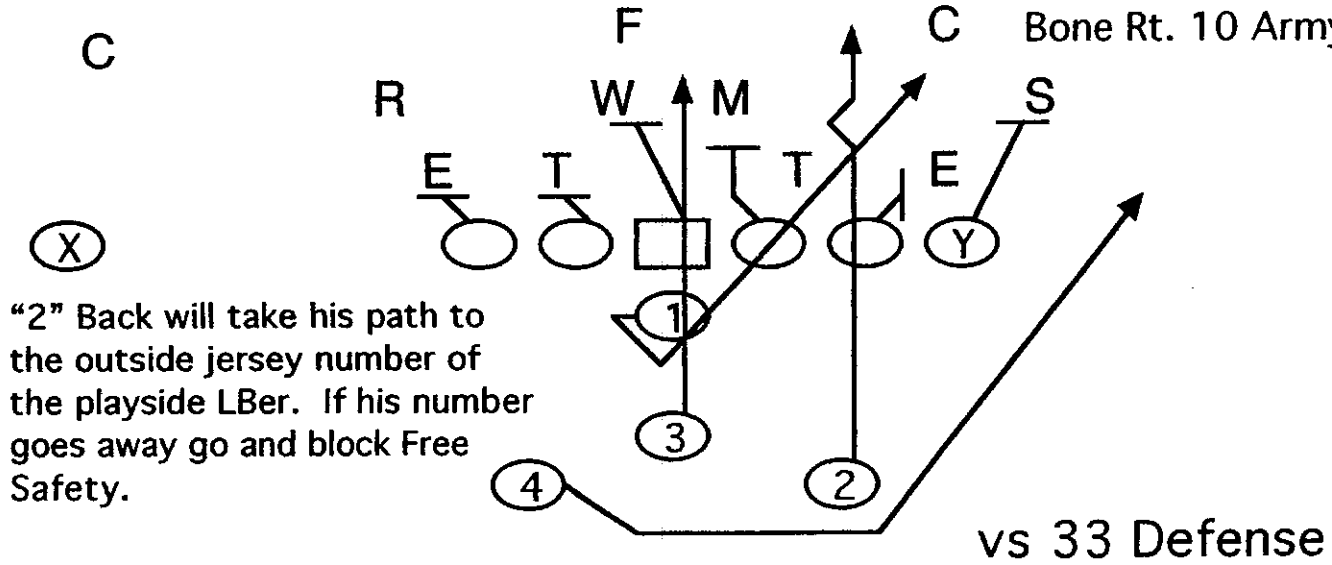
vs 31 Solid Defense

WISHBONE 10 - 11 ARMY - TIGHTSIDE

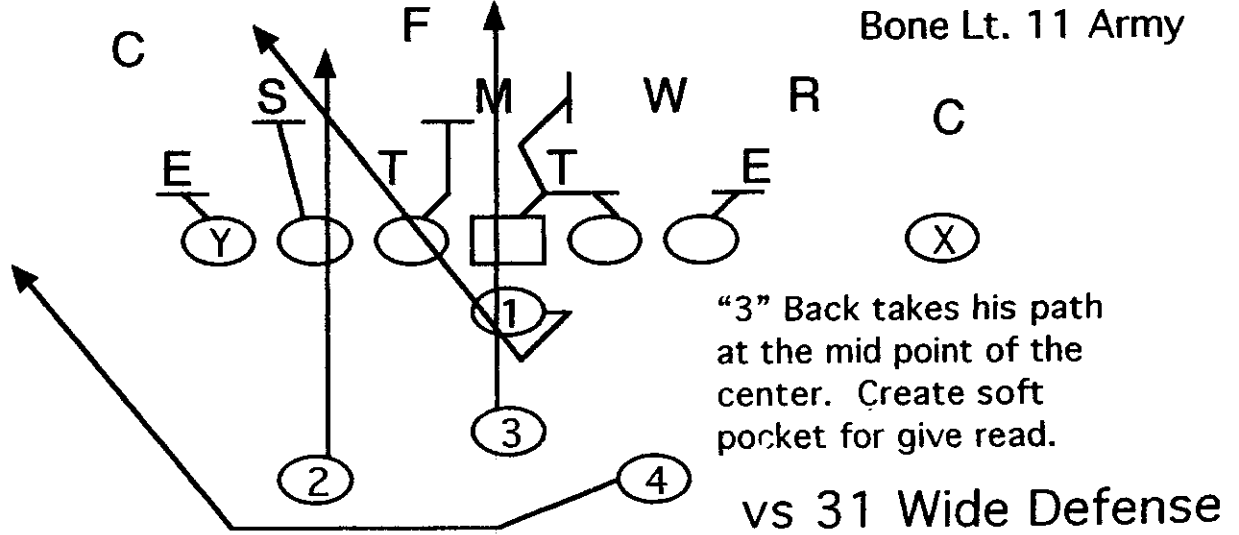
Bone Lt. 11 Army



Bone Rt. 10 Army

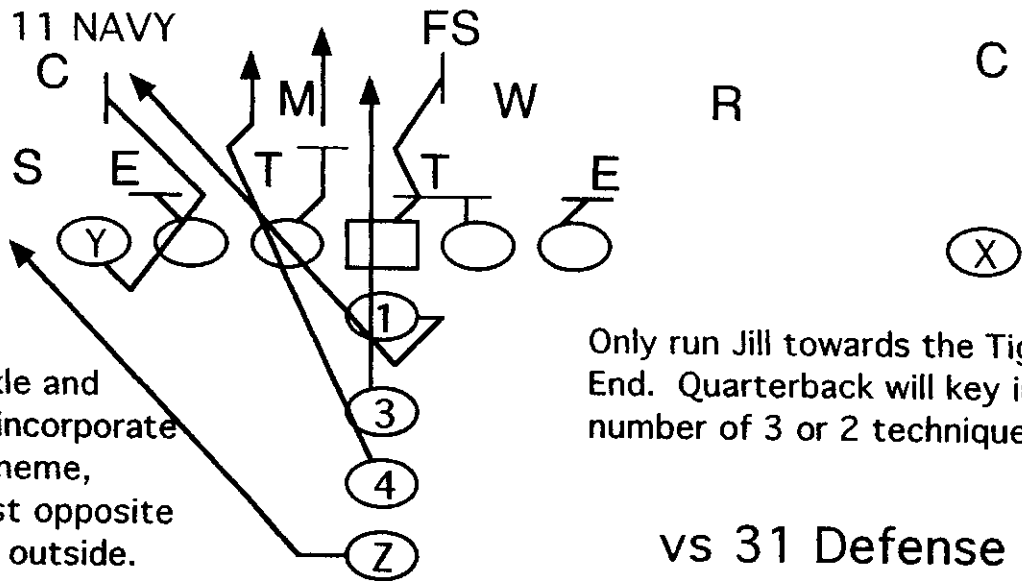


Bone Lt. 11 Army



"Z" STACK 10 - 11 NAVY - TIGHTSIDE

Z STACK LT. 11 NAVY

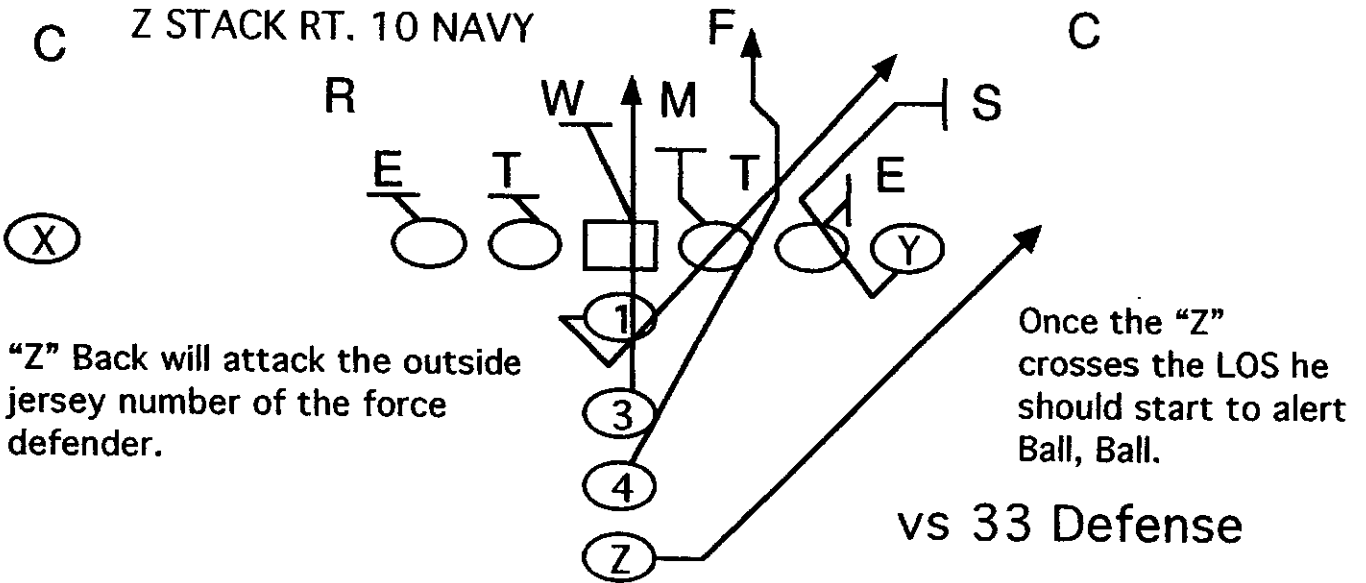


Tightside Tackle and Tight End will incorporate the Jill fold scheme, looking for first opposite colored jersey outside.

Only run Jill towards the Tight End. Quarterback will key inside number of 3 or 2 technique

vs 31 Defense

Z STACK RT. 10 NAVY

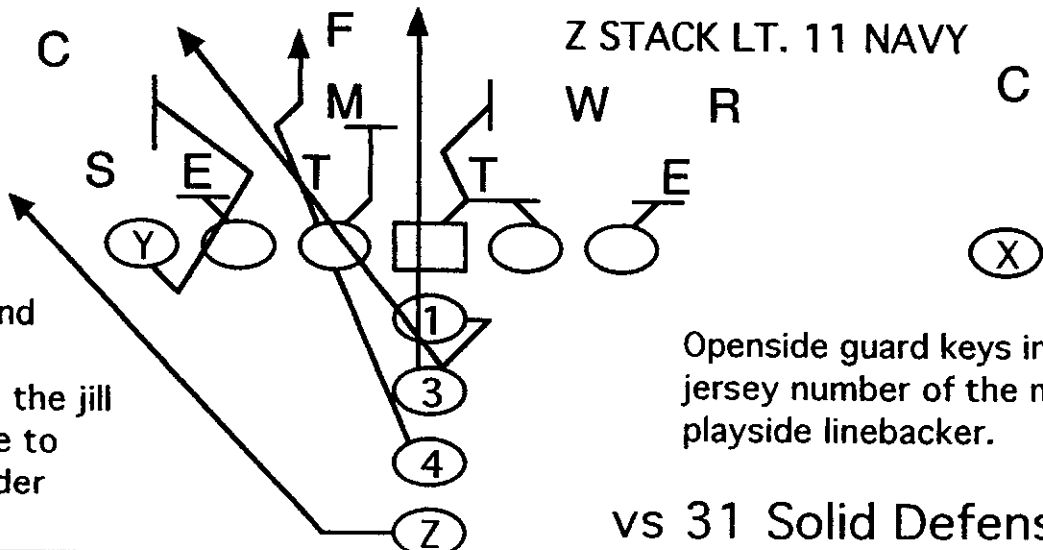


"Z" Back will attack the outside jersey number of the force defender.

Once the "Z" crosses the LOS he should start to alert Ball, Ball.

vs 33 Defense

Z STACK LT. 11 NAVY



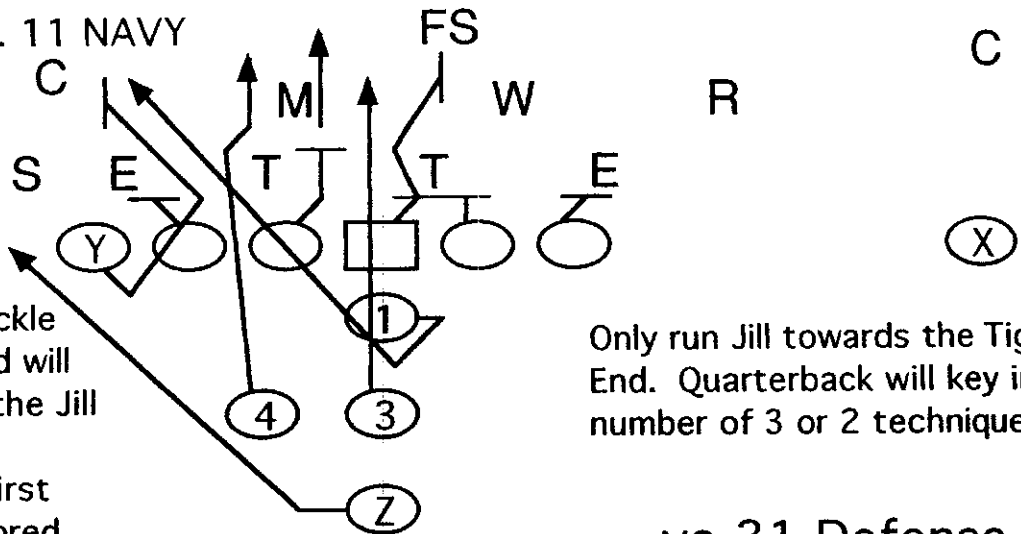
Tight End and Tackle will incorporate the jill fold scheme to first defender outside

Openside guard keys inside jersey number of the middle to playside linebacker.

vs 31 Solid Defense

STRONG 10 - 11 NAVY - TIGHTSIDE

STRONG LT. 11 NAVY

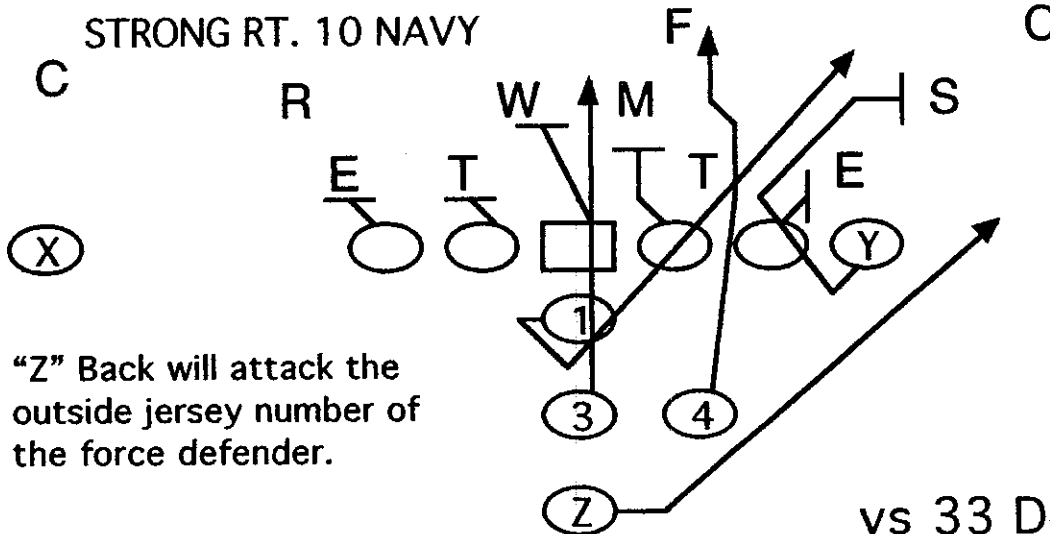


Tightside Tackle and Tight End will incorporate the Jill fold scheme, looking for first opposite colored jersey outside.

Only run Jill towards the Tight End. Quarterback will key inside number of 3 or 2 technique

vs 31 Defense

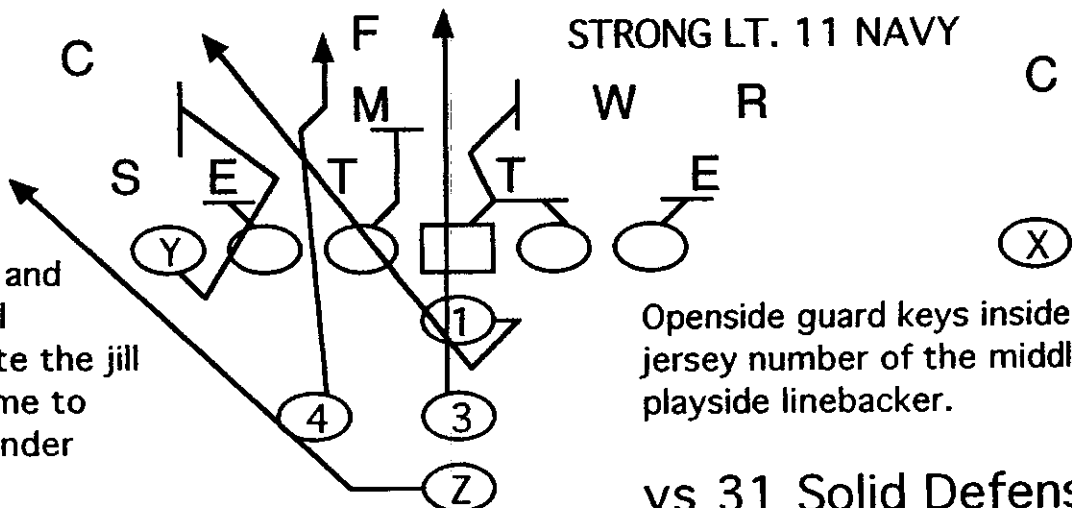
STRONG RT. 10 NAVY



"Z" Back will attack the outside jersey number of the force defender.

vs 33 Defense

STRONG LT. 11 NAVY



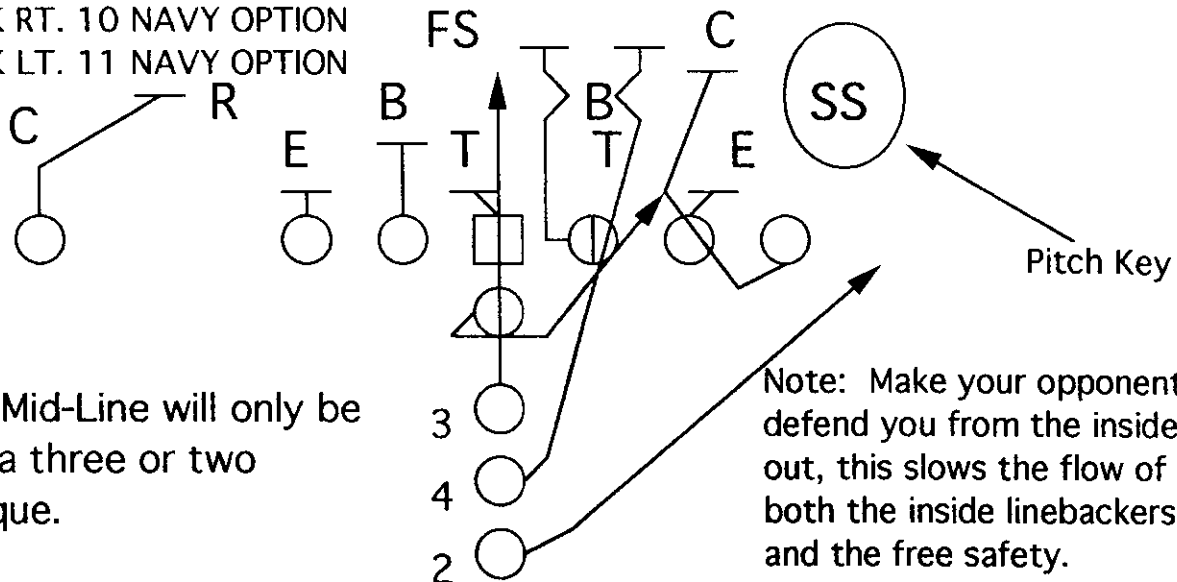
Tight End and Tackle will incorporate the jill fold scheme to first defender outside

Openside guard keys inside jersey number of the middle to playside linebacker.

vs 31 Solid Defense

10 - 11 NAVY OPTION / TIGHTSIDE

Z STACK RT. 10 NAVY OPTION
Z STACK LT. 11 NAVY OPTION



Note: Mid-Line will only be run to a three or two technique.

Note: Make your opponent defend you from the inside out, this slows the flow of both the inside linebackers and the free safety.

Coaching Point: Only run Mid-line to three or two technique.

QB - Read first down lineman from "A Gap" outside mid-line pathway of fullback. Run off tackle or tight end's block and option pitch key. If three technique shows his numbers pull the football, if you see no numbers give the football, always work at 1 1/2 yards off the L.O.S. (this negates penetration). Push back with weight on playside foot, open to 6:00 O'clock and reach ball back to FB as deep as possible.

FB - Run up the QB and center's backbone and mesh for give or disconnect. Pre-snap read the defense and run to daylight.

Z - Pivot and crossover and be ready for pitch. You are responsible for maintaining a 1 yard wide and 4 yard deep pitch relationship; timing should be such that you don't have to slow down while waiting to receive pitch.

TB - Read three technique, you have responsibility to block near shoulder of the playside LBer. If near shoulder of playside LBer disappears work up to free safety.

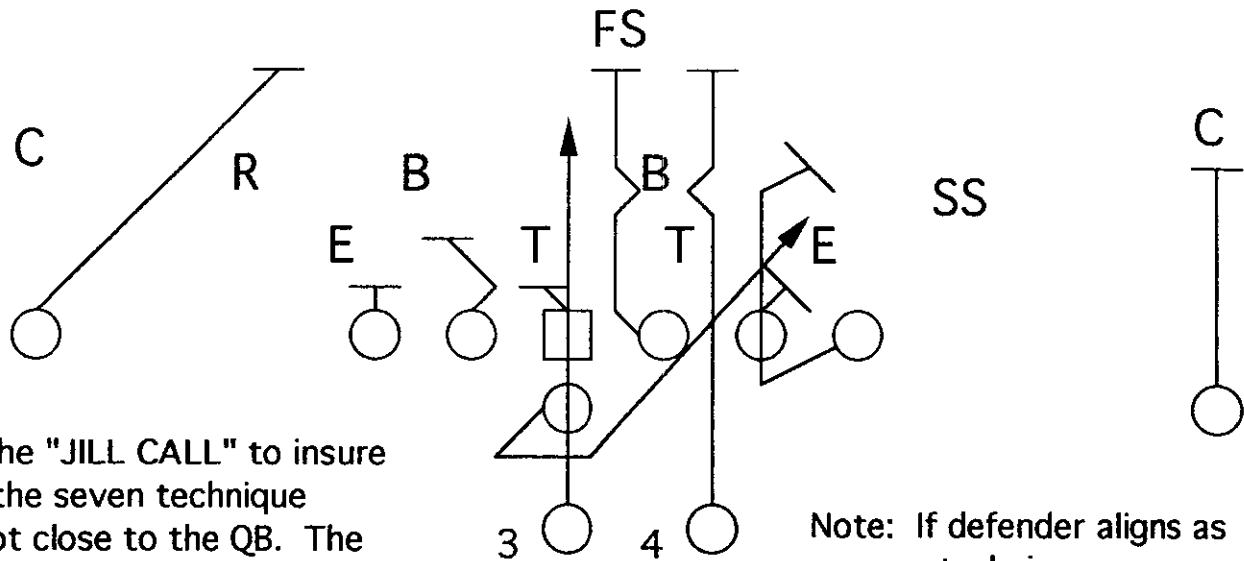
PSG - You have "A GAP" to the near shoulder of playside LBer, if near shoulder disappears work up to safety. Make no contact with three technique, Pickin Grass.

PST - Block first down defender past the read. Tackle and T.E. usually work "TREY" block to number two defender past the read. Work combination block to the second inside defender from the outside.

T.E. - Block second defender past the read. Work Jill combination with the tackle using "TREY" block to second inside defender, from outside.

10 - 11 NAVY / TIGHTSIDE

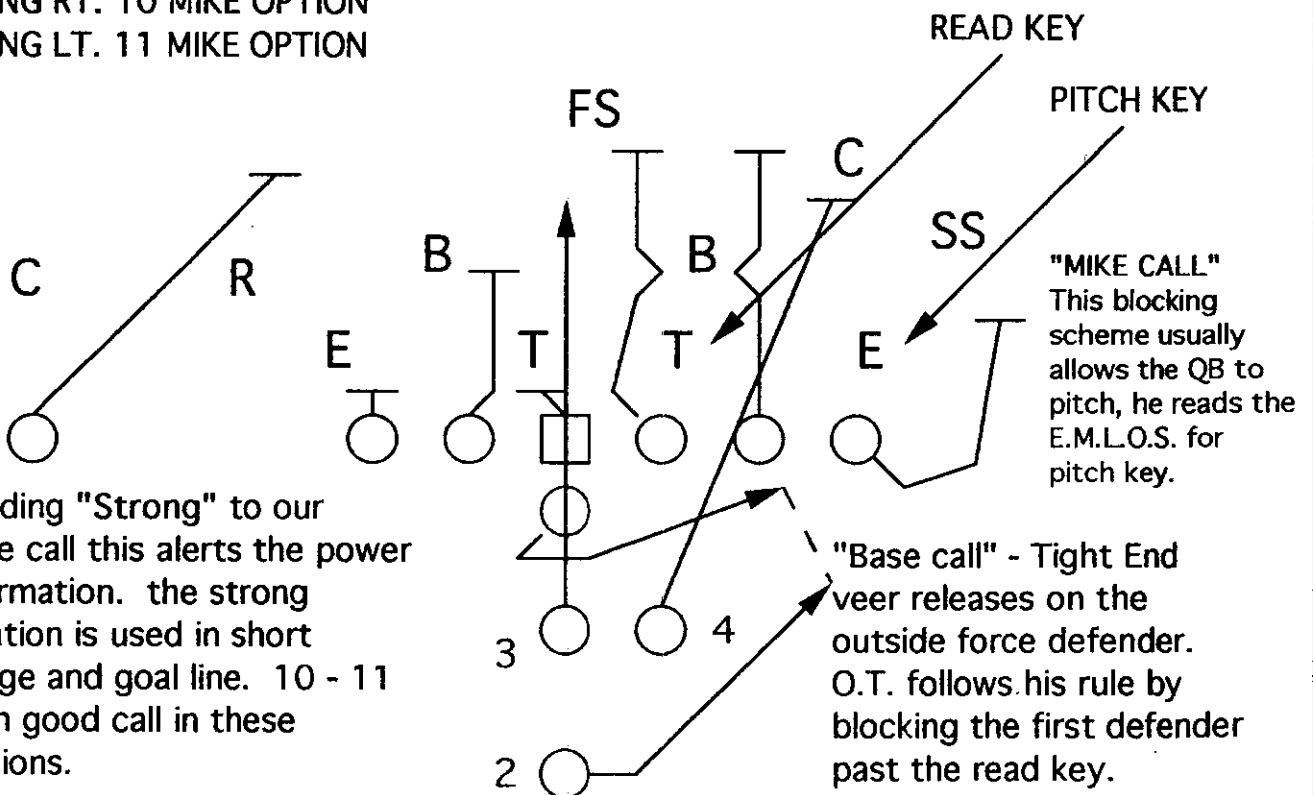
CON RT. 10 ARMY



Use the "JILL CALL" to insure that the seven technique cannot close to the QB. The fold block gives use another look that our opponent must prepare for. This call can be schemed from the side line.

Note: If defender aligns as a seven technique, you can fold the responsibilities by the T.E. and tackle using a "JILL CALL".

STRONG RT. 10 MIKE OPTION
STRONG LT. 11 MIKE OPTION



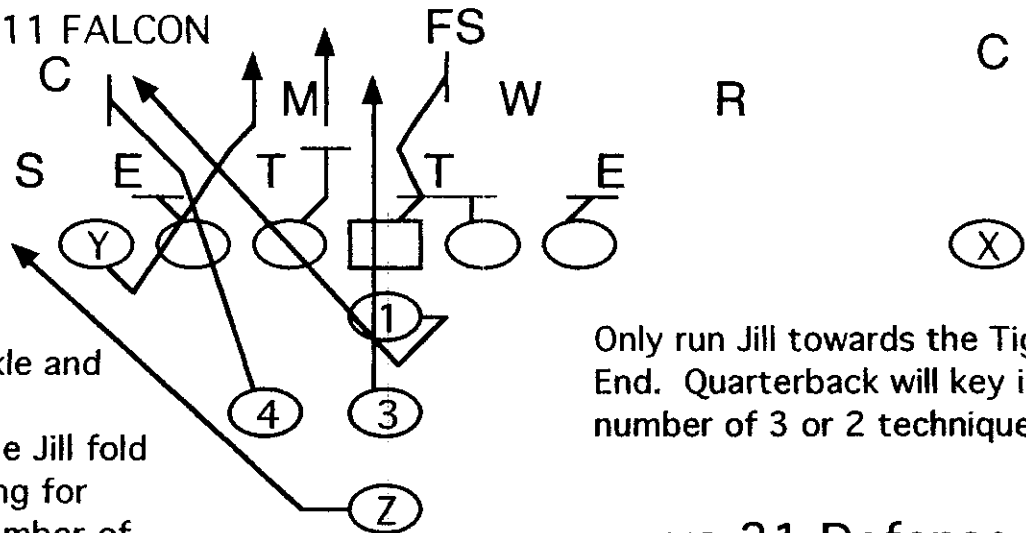
By adding "Strong" to our huddle call this alerts the power "I" formation. the strong formation is used in short yardage and goal line. 10 - 11 option good call in these situations.

"MIKE CALL" This blocking scheme usually allows the QB to pitch, he reads the E.M.L.O.S. for pitch key.

"Base call" - Tight End veer releases on the outside force defender. O.T. follows his rule by blocking the first defender past the read key.

STRONG 10 - 11 FALCON - TIGHTSIDE

STRONG LT. 11 FALCON

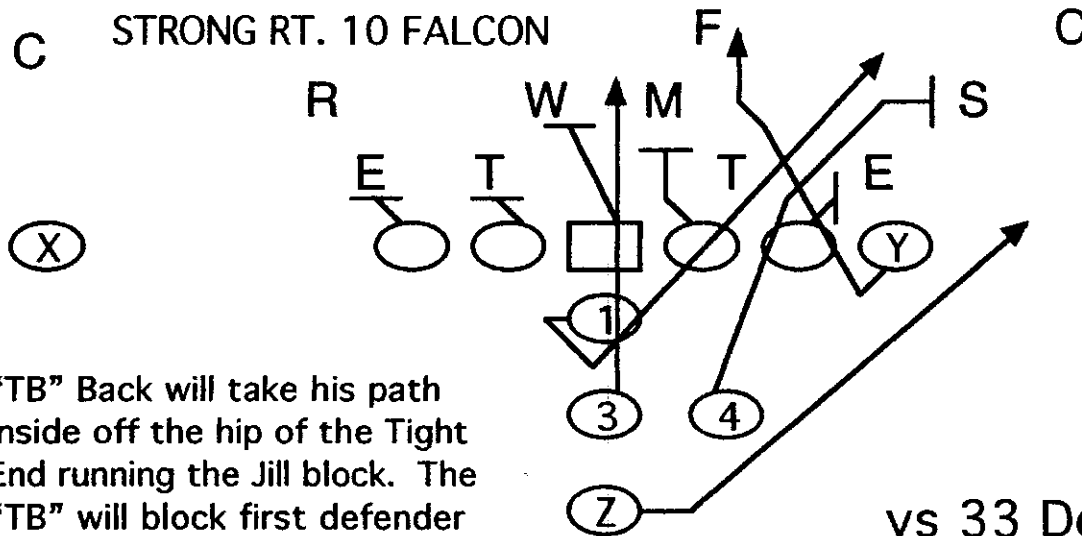


Tightside Tackle and Tight End will incorporate the Jill fold scheme, looking for near jersey number of the playside LBer.

Only run Jill towards the Tight End. Quarterback will key inside number of 3 or 2 technique

vs 31 Defense

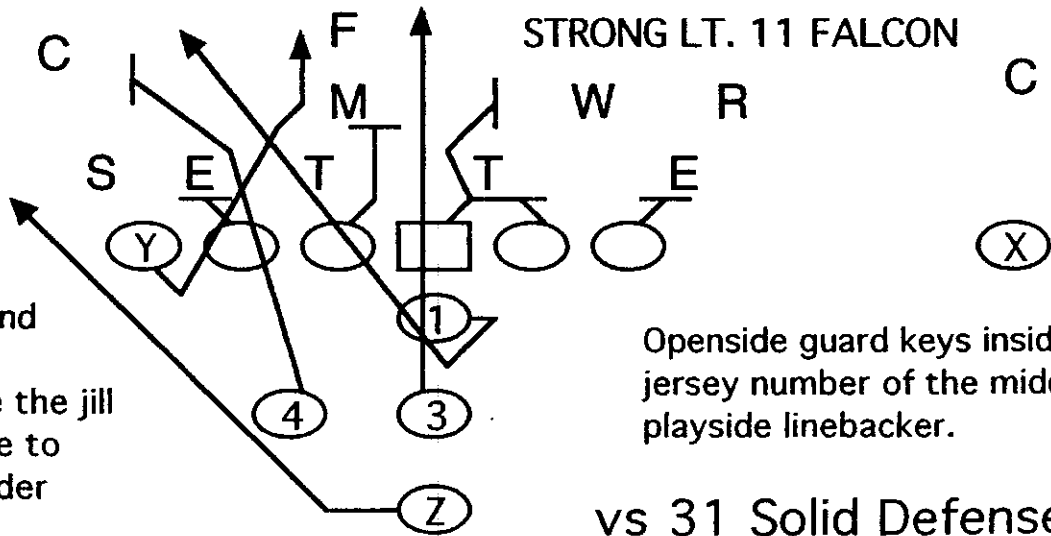
STRONG RT. 10 FALCON



"TB" Back will take his path inside off the hip of the Tight End running the Jill block. The "TB" will block first defender that shows outside.

vs 33 Defense

STRONG LT. 11 FALCON



Tight End and Tackle will incorporate the jill fold scheme to first defender inside

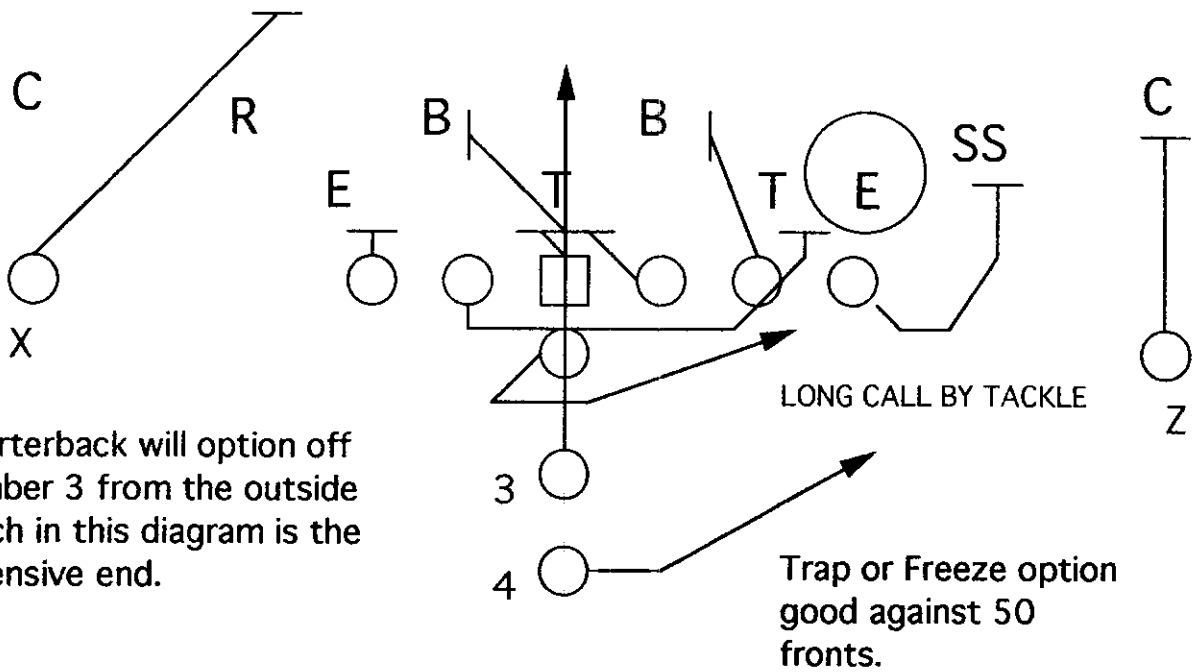
Openside guard keys inside jersey number of the middle to playside linebacker.

vs 31 Solid Defense

10 - 11 TRAP OPTION TIGHTSIDE

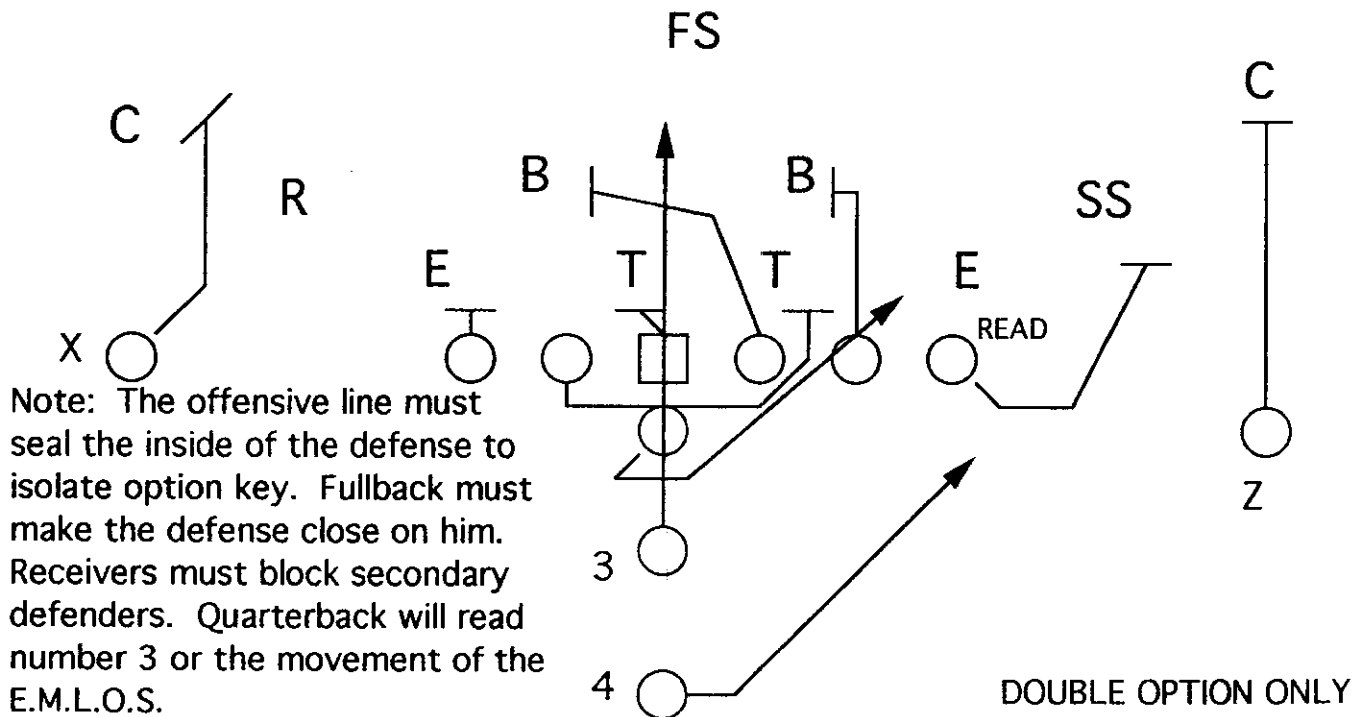
VS 50 DEFENSE

I RT. 10 TRAP OPTION
I LT. 11 TRAP OPTION



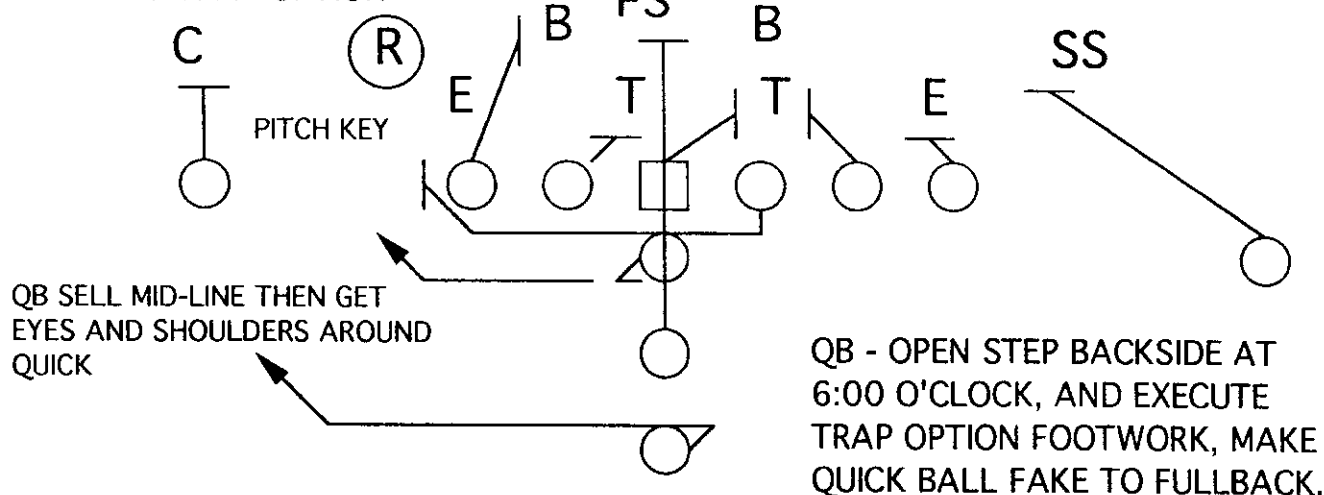
VS 31 DEFENSE

I RT. 10 TRAP OPTION
I LT. 11 TRAP OPTION



40 - 41 TRAP OPTION / OPENSIDE

"I" RT. 41 TRAP OPTION



COACHING POINT:

QUARTERBACK: Pivot and execute option technique on first man outside pulling guards block. Quarterback should get his eyes around quickly - be alert for outside linebacker pressure. If guard kicks out any upfield pressure turn up off guards block.

FULLBACK: Run same path as 10-11 option. Must make a great play fake to hold linebackers inside.

TAILBACK: Lateral counter step, then sprint hard to playside. Run pitch course expecting ball, must maintain good pitch relationship. Keep a 5 yard separation and 1 yard out front of the quarterback.

TIGHT END: Block first defender inside. Possible sift vs nine technique.

PULLING GUARD: Look to log block first defender past the center. If defensive tackle gets upfield use kick-out block.

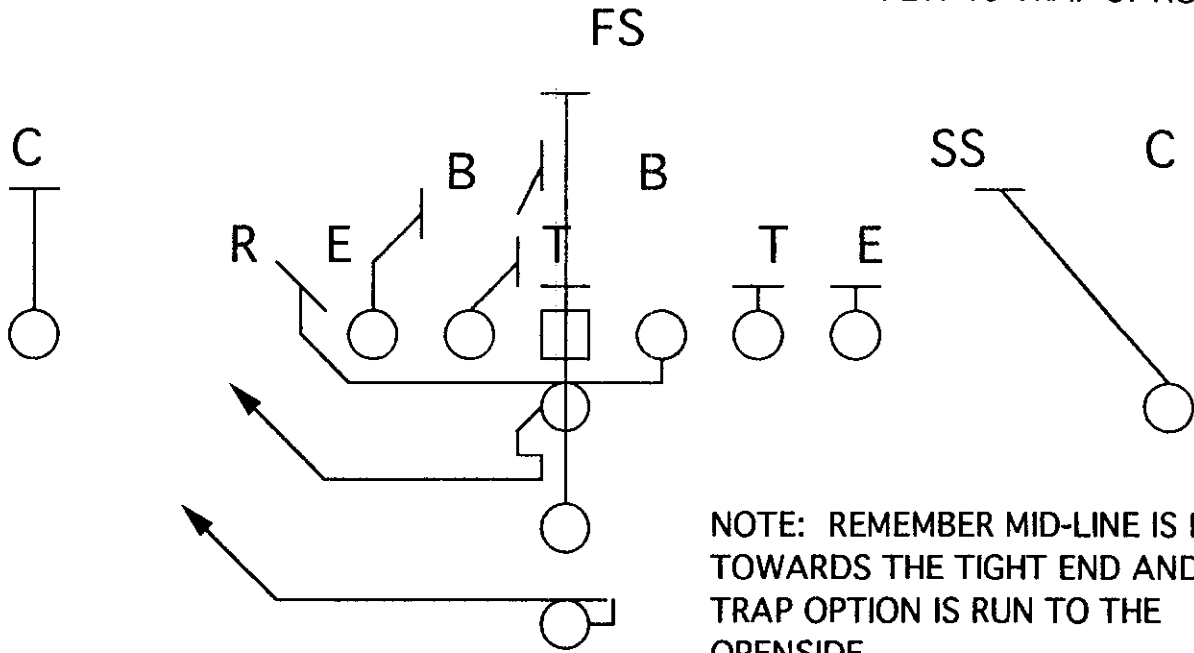
PLAYSIDE TACKLE: Use inside veer release and block first defender inside. If guard has three technique duece block to playside linebacker.

CENTER: Block back replacing pulling guard. If covered possible ace with playside guard.

40 - 41 TRAP OPTION / OPENSIDE

VS 50 DEFENSE

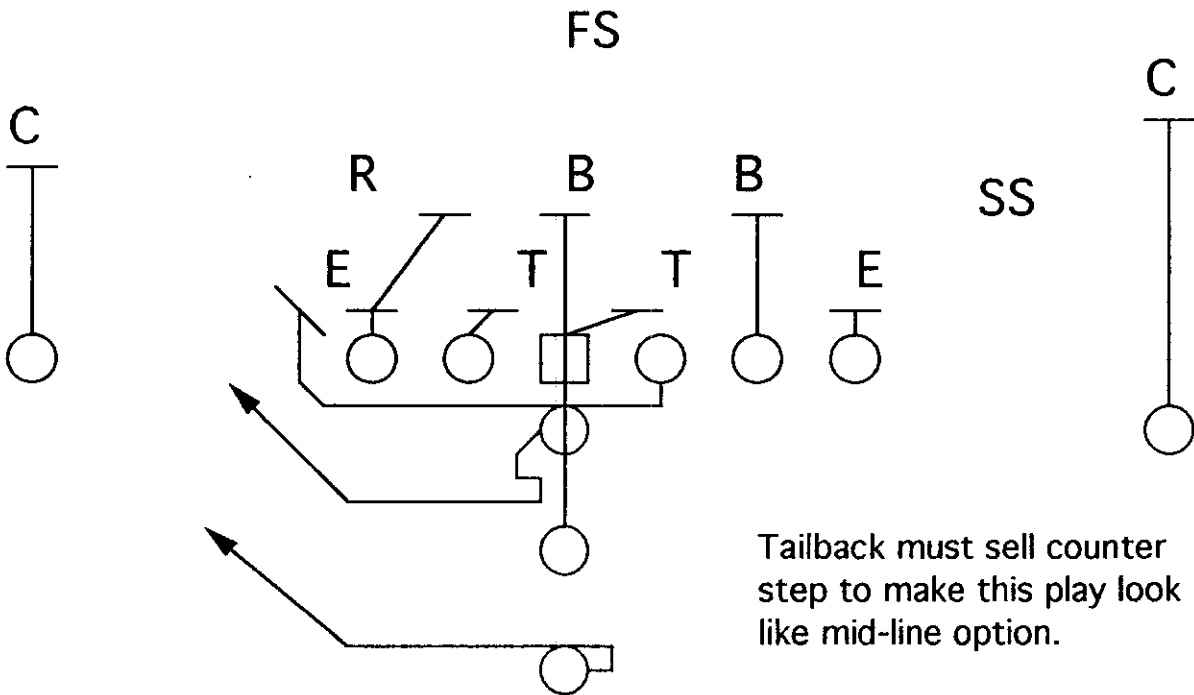
I RT. 41 TRAP OPTION
I LT. 40 TRAP OPTION



NOTE: REMEMBER MID-LINE IS RUN TOWARDS THE TIGHT END AND TRAP OPTION IS RUN TO THE OPENSIDE.

VS 4 - 3 DEFENSE

I RT. 41 TRAP OPTION
I LT. 40 TRAP OPTION



Tailback must sell counter step to make this play look like mid-line option.

Installing Inside and Outside Veer

12 - 13 Inside Veer / 14 - 15 Outside Veer

1. Installing Veer Option
2. Rules and Mechanics For Running 12 - 13 Inside Veer
3. Blocking Scheme For 12 - 13 Veer
4. Supplemental Veer Blocking Calls
5. 12 - 13 Veer Option Openside
6. 12 - 13 Veer Option Tightside
7. 14 - 15 Outside Veer Explanation
8. 14 - 15 Outside Veer Blocking Scheme
9. 14 - 15 Outside Veer Tightside

Installing Veer Option

12 -13 Inside Veer / 14 - 15 Outside Veer

Basically the best case scenario for running inside veer is to the open end side and outside veer towards the tight end. With inside veer you option the 5 technique, with the dive back running at the outside hip of the guard. Outside veer puts you in position to option a 9 technique with the path of the dive back running at the outside hip of the tackle. By running veer option like any option you limit the amount of defensive fronts and coverages your opponent can play against you.

Veer option football is a triple option threat that can get the ball into the hands of three different players 1. The dive back who can get the ball into the line of scrimmage quickly or 2. the quarterback keeping the ball and running off tackle or 3. pitch it out wide to a running back. There are two different opinions when it comes to veer option football, some coaches believe that they must call the desired outcome for their quarterback because he has difficulty reading his keys and the second opinion, read the option all the way.

If you are going to commit to the option game then I would suggest teaching your quarterback to read his options, if not then predetermine the play for your quarterback by calling the specific play in the huddle and putting the ball into the hands of who you want.

For your quarterback some important facts to remember, on inside veer the quarterback is reading the first defender past his tackles down block, this will be the 5 technique and in some situations the 4 technique. Never anticipate the 5 techniques reactions, read his action and react accordingly, attack his inside jersey number or up field shoulder. If the 5 technique closes down then the quarterback pulls the ball from the dive back, don't allow the ride to go past the quarterbacks up field hip. With the pull read the quarterback now attacks the 9 technique or who ever is responsible for quarterback. Whenever coming off the dive backs ride keep your path flat, don't gain depth moving away from the line of scrimmage, this tends to string the play out. Once the pull has taken place the quarterback needs to

establish the inside running lane by getting under control and putting pressure on the inside shoulder of his next defender, when pitching the ball the quarterback should step with his up field foot before leaning into the pitch. Something to remember when working with your quarterbacks, don't pressure them on their reads, just let it happen. If you pressure your quarterbacks on making correct reads all the time then the read they make will be the wrong read, just let it happen the quarterback will figure it out. Quarterbacks gain confidence in their reads by repetition.

The dive back on the inside veer play must hit the outside hip of the guard running and at full speed. Keep the dive back on track coming off the down block of the tackle for at least 5 yards before cutting. If the fullback or dive back doesn't get the ball require him to help on either the backside or playside linebacker. The dive back will be discussed in detail later.

The pitch back needs to see the pitch into his hands. Make the pitch back stay on his path, don't dip in and out until he is past the line of scrimmage. If the pitch back gets forced inside and off his path, work to get back to correct pitch path. The desired pitch path behind the line of scrimmage is 1 yard in front of the quarterback and 4 to 5 yards outside. Once the quarterback gets past the line of scrimmage the pitch back is 1 yard behind and 4 to 5 yards outside. If your quarterback stays downhill the pitch relationship times out.

Installing outside veer requires the quarterback now to open up at 35 degrees and flatter taking an elongated step down the line of scrimmage to mesh with the dive back, with inside veer the quarterback opens at 45 degrees.

The outside veer goes one whole wider than the inside veer. The dive back aims for the outside hip of the tackle taking his running path off the down block of the tight end. On the inside veer the dive back takes and adjusts his path off the down block of the tackle, this is the difference with the outside and inside veer.

Rules and Mechanics For Running 12 or 13 Inside Veer Option

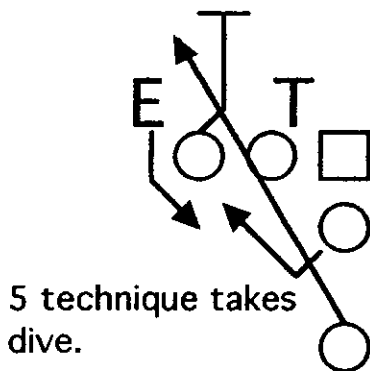
The numbering system for Inside Veer will be called 12 and 13. Inside veer is a a triple option play with options to the 1. Dive Back 2. Quarterback Keep and or 3. Pitch to the trailing back.

Inside Veer will be an option that reads the inside jersey number of the 5 technique and can be run to either the openside or tight side depending upon play called.

Quarterback footwork for Inside Veer. Upon receiving snap from center the quarterback will open playside with a 45 degree angle lead step towards the dive back with second step in the hole, or into the line of scrimmage. The second step into the line of scrimmage helps negate penetration by the defense and helps the quarterback get his running path downhill. Most not allow the quarterback to bubble his path after the pull read, this will allow the defensive end to slow play the quarterback and allow the linebackers more of an opportunity to play over the top.

Upon taking the 45 degree lead step the quarterback will reach the ball back to the dive back as deep as possible, while reading the inside jersey number of the 5 technique. The quarterback should get his eyes to the give read as fast as possible. A key coaching point for the quarterback at this point is never look back at the dive back while reaching the football back to him, by looking back this will tend to make the quarterback deepen his running path.

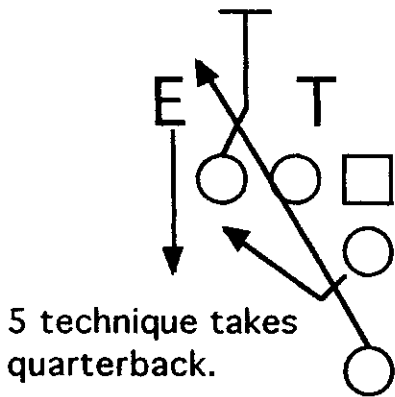
The read terminology that you give your quarterback is as follows:



If the inside jersey number of the 5 technique comes down or shows it means that the 5 technique is taking the dive so "Pull the Ball".

Quarterback should attack the inside jersey number to force the 5 technique to make a decision on whether or not to take dive or quarterback.

Quarterbacks reads continued for 12 and 13 Inside Veer:

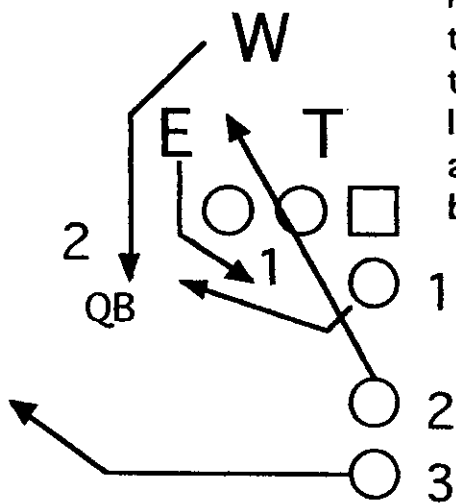


If the inside jersey number heads upfield and quarterback can't see the white of the near number it tells him that the 5 technique is playing quarterback so it becomes a "Give Read" to the dive back.

Again the quarterback opens up at a 45 degree angle reaching the ball back to the dive back as deep as possible, while keeping his eyes on the inside jersey number of the 5 technique.

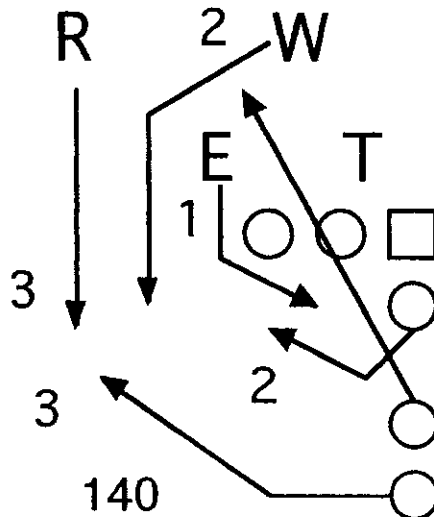
The mesh point on the ride usually comes off the front hip of the quarterback. This means that if the quarterback is still riding the dive back and the ball has not been pulled prior to the ball reaching or passing the upfield hip of the quarterback it then becomes a give read.

If the quarterback receives a pull read and the 5 technique has taken the dive back the quarterback then takes his eyes to the playside linebacker for pitch key. Thus, if 5 technique takes dive then the playside linebacker would be taking the quarterback, so his eyes would then go to the playside linebacker for pitch or keep read.

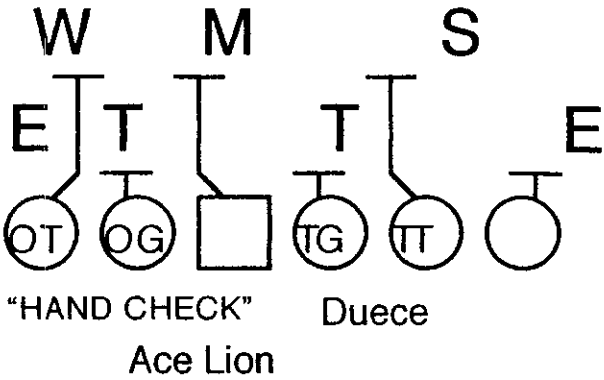
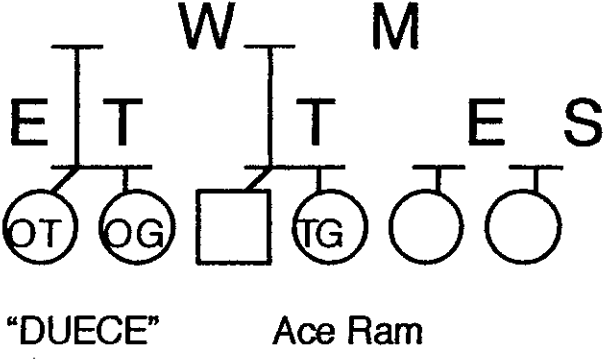
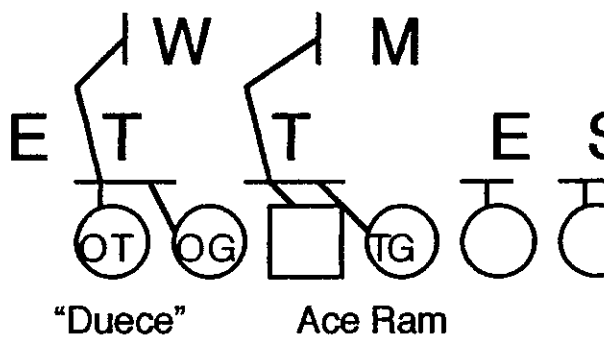
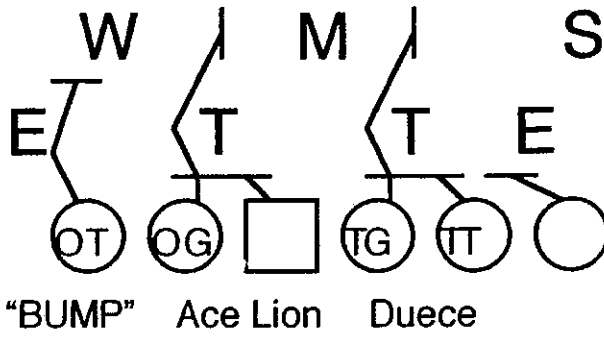


1. End takes Dive
2. LBer takes QB
3. Invert takes pitch

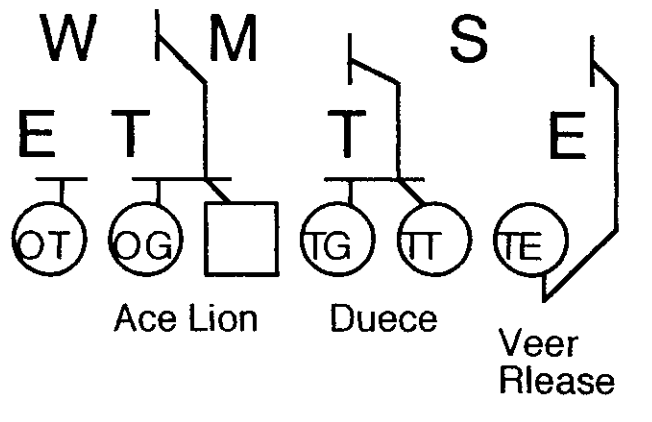
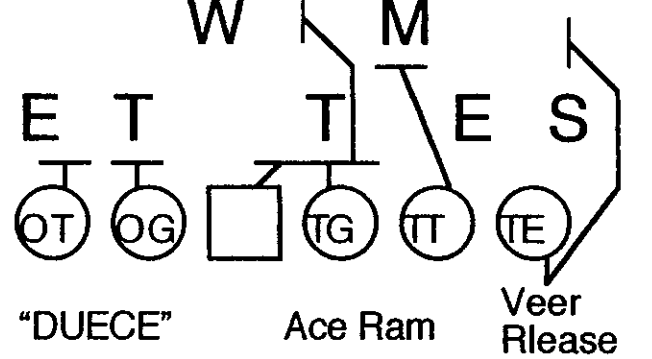
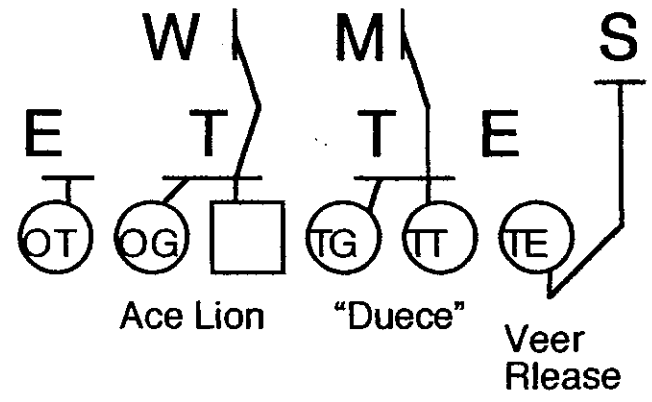
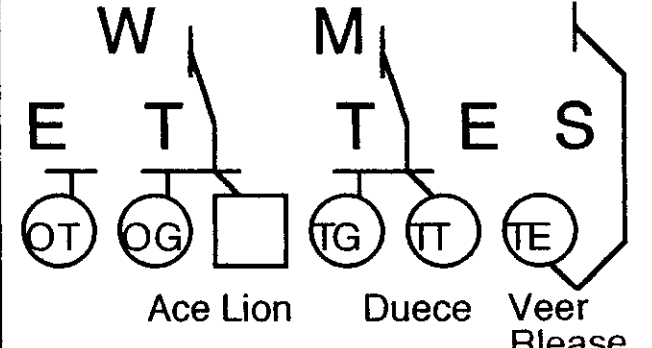
In this scenario the 5 technique takes dive. Whenever the quarterback gets the pull read from the 5 technique he then takes his eyes to the playside linebacker for pitch or keep read. If defense gives you an outside invert must us motion or formation to break the triangle.



Blocking Scheme for Inside Veer Openside

<p>Vs 2 Technique or 2 Call</p> <p>vs any 2 technique the openside tackle will give a hand check to the near shoulder of the defensive tackle and then will work up to the inside LBer. The hand check helps the center take the block over in case the defender is slanting outside. If the LBer scrapes outside don't chase him work on up to the safety.</p>	 <p style="text-align: center;">W M S</p> <p style="text-align: center;">E T T T E</p> <p style="text-align: center;">(OT) (OG) [] (TG) (TT) ()</p> <p style="text-align: center;">"HAND CHECK" Duece</p> <p style="text-align: center;">Ace Lion</p>
<p>Vs 3 Technique or Duece Call</p> <p>vs a 3 technique the openside guard and tackle will incorporate a duece call working up onto the playside LBer. If LBer scrapes outside, don't chase him go ahead and work off to the safety.</p>	 <p style="text-align: center;">W M</p> <p style="text-align: center;">E T T E S</p> <p style="text-align: center;">(OT) (OG) [] (TG) () ()</p> <p style="text-align: center;">"DUECE" Ace Ram</p>
<p>Vs 4 Technique or Duece Call</p> <p>Openside Tackle will alert "Duece" if defender has moved to a head up position and he is unable to get underneath to the LBer. The Duece call pulls the offensive Guard over to a slow zone scheme, this prevents possible slant by the defender.</p>	 <p style="text-align: center;">W M</p> <p style="text-align: center;">E T T E S</p> <p style="text-align: center;">(OT) (OG) [] (TG) () ()</p> <p style="text-align: center;">"Duece" Ace Ram</p>
<p>Vs 5 Technique or 31 Front</p> <p>Whenever faced with the 31 front and no invert outside the openside tackle can use "Bump Wall" as he tracks the playside LBer. This is a step to the inside shoulder of the defensive end. If LBer scrapes over the top stay on your block.</p>	 <p style="text-align: center;">W M S</p> <p style="text-align: center;">E T T T E</p> <p style="text-align: center;">(OT) (OG) [] (TG) (TT) ()</p> <p style="text-align: center;">"BUMP" Ace Lion Duece</p>

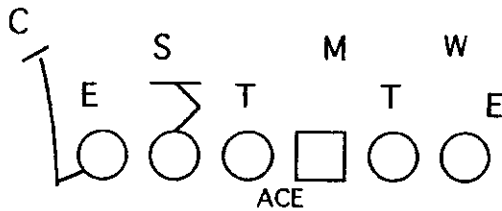
Blocking Scheme for Inside Veer Tightside

<p>Vs 2 Technique or 2 Call</p> <p>vs any 2 technique the tightside tackle will give a hand check to the near shoulder of the defensive tackle and then work up to the middle LBer. The hand check helps the strong side tackle take the block over in case the defender is slanting outside. If the LBer scrapes outside don't chase him work on up to the safety.</p>	 <p>The diagram shows a line of scrimmage with offensive players OT, OG, and TE on the left, and defensive players TG and TT on the right. A square represents the middle LBer. Lines indicate blocking assignments: W (wingback) blocks M (middle LBer); E (end) blocks T (tackle); T (tackle) blocks T (tackle); M (middle LBer) blocks T (tackle); S (safety) blocks E (end). Labels below the diagram are 'Ace Lion', 'Duece', and 'Veer Release'.</p>
<p>Vs 5 Technique or 5 Call</p> <p>vs a 1 technique the tightside tackle will veer release inside working up onto the playside LBer. If LBer scrapes outside, don't chase him go ahead and work off to the safety. Tight end will veer release outside working up to the next opposite colored jersey.</p>	 <p>The diagram is similar to the first one but includes an 'S' (safety) on the right side. The tight end (TE) is shown veering release towards the safety. Labels below the diagram are "'DUECE'", 'Ace Ram', and 'Veer Release'.</p>
<p>Vs 3 Technique or Duece Call</p> <p>Tightside tackle will alert "Duece" if defender has moved to a 3 technique. The Duece call pulls the tightside tackle and guard in a slow zone scheme, this prevents possible slant by the defender.</p>	 <p>The diagram shows the tight end (TE) veering release towards the safety (S). Labels below the diagram are 'Ace Lion', "'Duece'", and 'Veer Release'.</p>
<p>Tight End Veer Release Scheme</p> <p>Tight end blocks the secondary defender responsible for force. On veer release work across the face of the 9 technique working to stretch the defender. Drop step and work lateral to the L.O.S. until defender commits.</p>	 <p>The diagram shows the tight end (TE) veering release towards the safety (S). Labels below the diagram are 'Ace Lion', 'Duece', and 'Veer Release'.</p>

SUPPLEMENTAL VEER BLOCKING CALLS

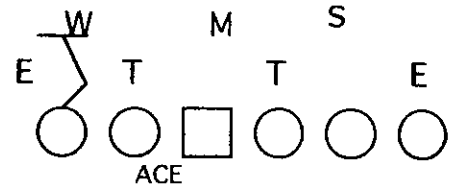
2 CALL / TIGHT SIDE

If your opponent gives you a 2 technique to the playside this will alert the guard that he will only get a hand stab from the tackle while releasing onto the playside LBer



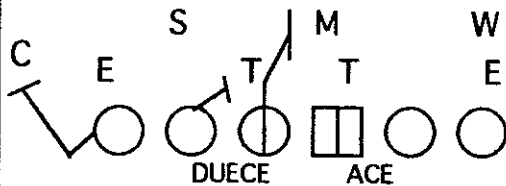
LT. 33 VEER (TIGHT END) VS 4 - 3

2 CALL / OPEN SIDE



RT.33 VEER (OPENSIDE) VS 4 - 3

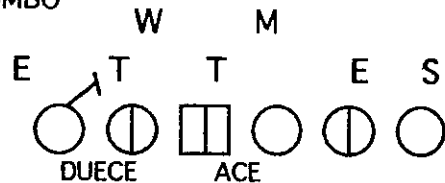
3 CALL / TIGHT SIDE



LT. 33 VEER (TIGHT END) VS 4 - 3 STACK

3 CALL / OPEN SIDE

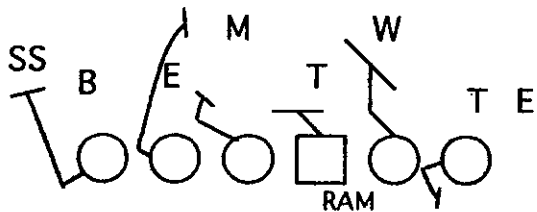
COMBO THE 3 TECH. IF LBER SCRAPES OVER THE TOP DON'T CHASE HIM STAY ON THE COMBO



RT. 33 VEER (OPENSIDE) VS UNDER

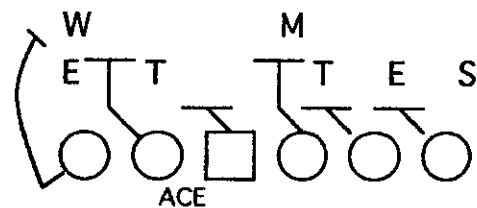
4 CALL / TIGHT SIDE

LOOP CALL BY TACKLE ALERTS GUARD TO ZONE BLOCK NEAR SHOULDER OF D.T. O.T. MUST TAKE OUTSIDE PATH TO PLAYSIDE LBER. WHEN THE DEFENSE GIVES YOU A 4 TECHNIQUE, BETTER TO CHECK TO ANOTHER OPTION. 4 TECHNIQUE PUTS THE OFFENSIVE LINE INTO FULL ZONE



LT. 33 VEER (TIGHT END) VS 3 - 4

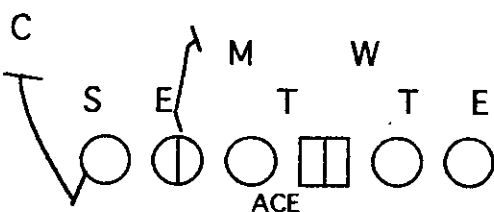
4 CALL OPEN SIDE



RT. 33 VEER (OPENSIDE) VS SOLID

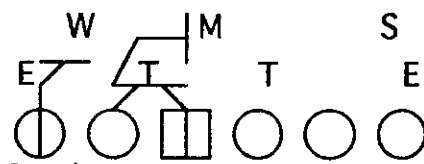
5 CALL / TIGHT SIDE

LT. 33 VEER (TIGHT END) VS OVER/SOLID



5 CALL OPEN SIDE VS 4-3

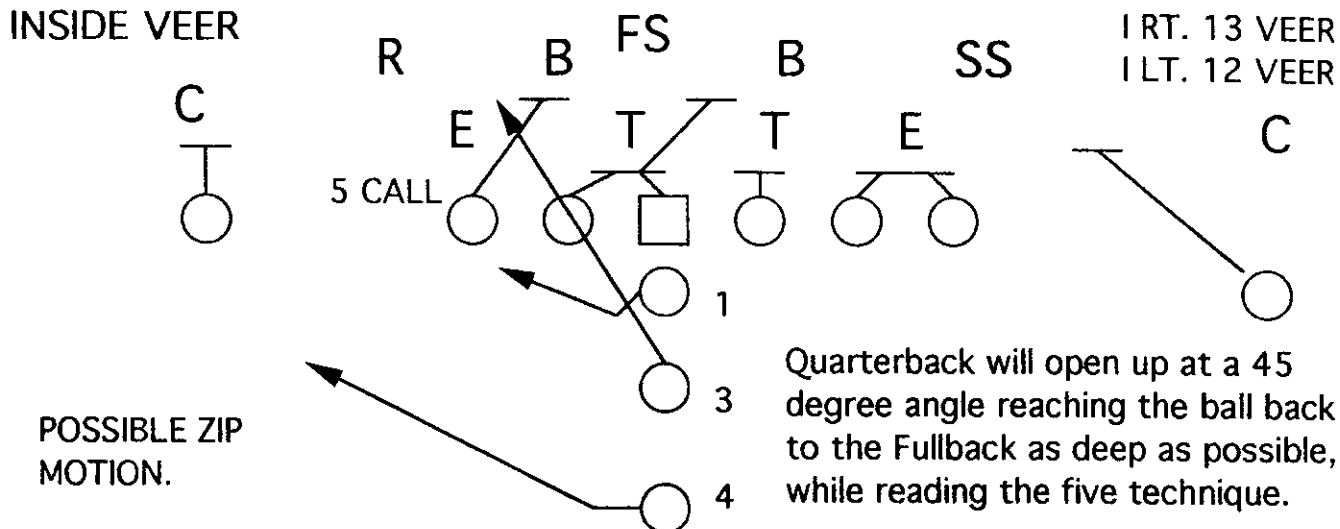
Always use "BUMP WALL" technique. Zone step to the near shoulder of the 5 tech. read near Lber. If Lber flows over the top stay on inside shoulder of 5 technique



RT.33 VEER (OPENSIDE)

12 - 13 VEER OPTION / OPENSIDE

INSIDE VEER



Coaching Point: ONLY RUN 12 - 13 VEER TO THE OPENSIDE WHEN THE DEFENSE HAS NO OUTSIDE INVERT WEAK

QUARTERBACK:

Take the snap, seat the ball, push or drive off the back foot stepping at a 45 degree angle when opening up. The next step should be with the back foot up and in the hole as the QB key's or reads the 5 technique. Mesh and settle with the fullback. If the 5 technique keeps his shoulders square to the line of scrimmage and the QB can't read any numbers he should give the ball. If the 5 technique closes down and the quarterback can read his numbers he should pull the ball and run a normal option on the next defender or whoever is assigned to take the quarterback. The quarterback should establish the inside running lane by getting under control and putting upfield pressure on the inside shoulder of the qb defender. If the defender stays stationary slow plays the QB, he should keep the ball and turn up. If the defender assigned to the quarterback steps down the quarterback should put pressure on the inside shoulder of the defender by stepping upfield with the upfield foot (the foot away from the pitch man) before he leans outside to make the pitch. Like any other play you should run this play over and over so the quarterback can get the confidence he must have to run the play.

FULLBACK:

Line up directly behind the quarterback with heels at 4 1/2 yards. On the snap of the ball accelerate with your aiming point at the outside hip of the guard. Use your arms and hands in a sprinters pumping motion to gain forward thrust. As the fullback feels the ball in his stomach, he must form a pocket and put a soft squeeze on the ball keeping his head up and his eyes open, watching the block of the 5 technique. Must be ready to hit the soft spot if given the football. The decision as to whether or not the fullback will get the ball is made entirely by the quarterback.

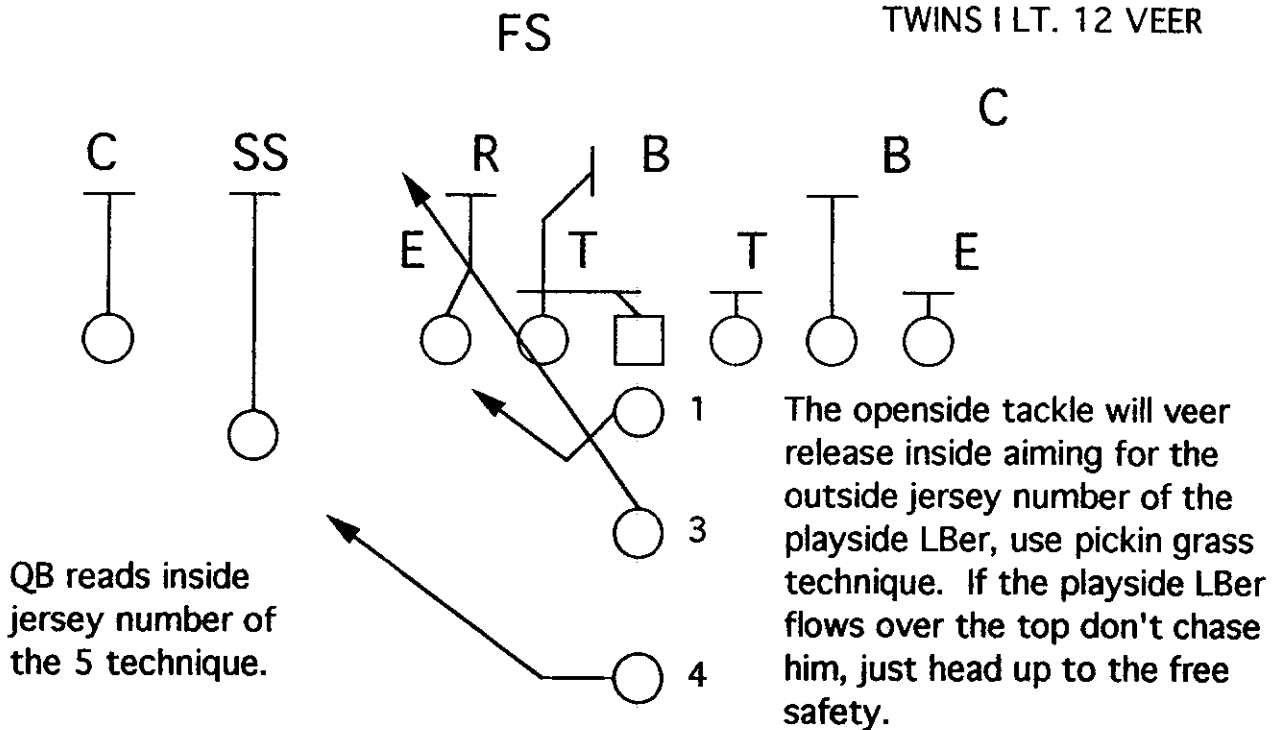
TAILBACK:

Line up directly behind the fullback with heels at 7 yards off the football. Must dropstep with playside foot. Accelerate to a pitch position looking to get out in front of the Quarterback. Once getting to the "B" gap start a downhill pitch relationship with the QB.

12 - 13 VEER OPTION

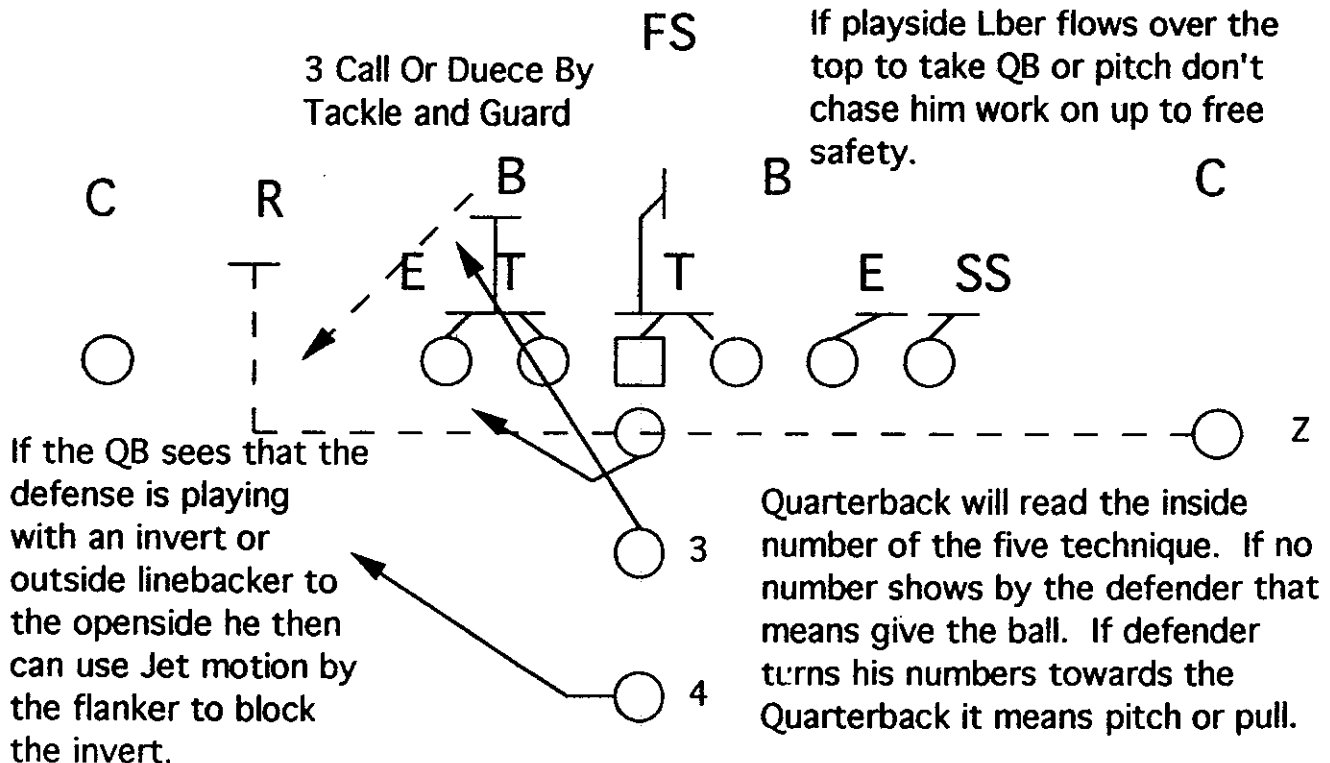
INSIDE VEER - OPENSIDE

TWINS I RT. 13 VEER
TWINS I LT. 12 VEER



INSIDE VEER - OPENSIDE

I RT. JET 13 VEER
I LT. JET 12 VEER



12 - 13 VEER OPTION / OPENSIDE

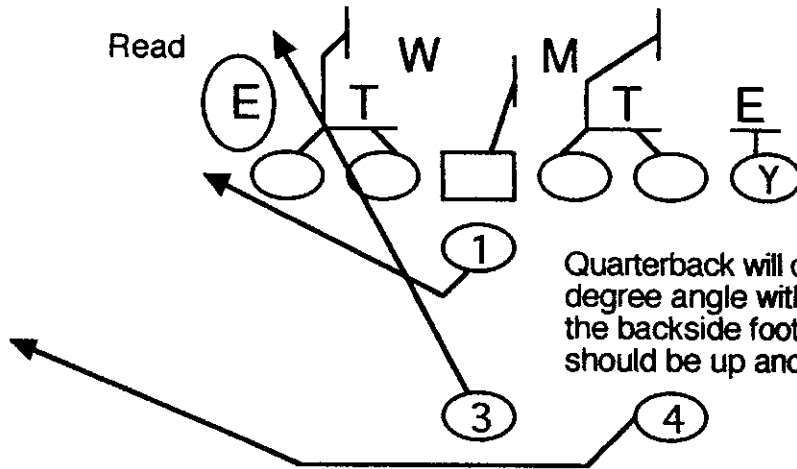
CON RIGHT 13 VEER R

F

C

C

(X)



Quarterback will open out at a 45 degree angle with his playside foot, the backside foot or second step should be up and into the L.O.S.

(Z)

33 Defense

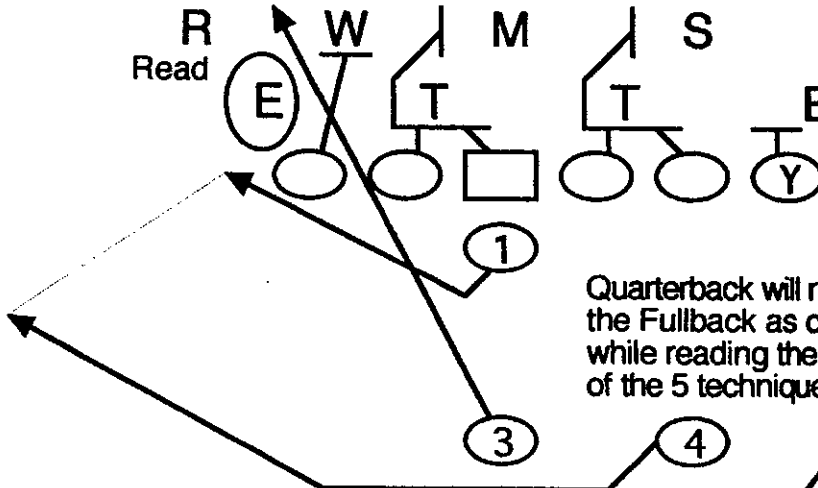
CON RIGHT 13 VEER

F

C

C

(X)



The Open Tackle will veer release inside with possible combo with guard, always working off to the playside Linebacker. Never chase the playside Linebacker outside.

Quarterback will reach the ball back to the Fullback as deep as possible while reading the inside jersey number of the 5 technique.

(Z)

4-3 Defense

CON RIGHT 13 VEER

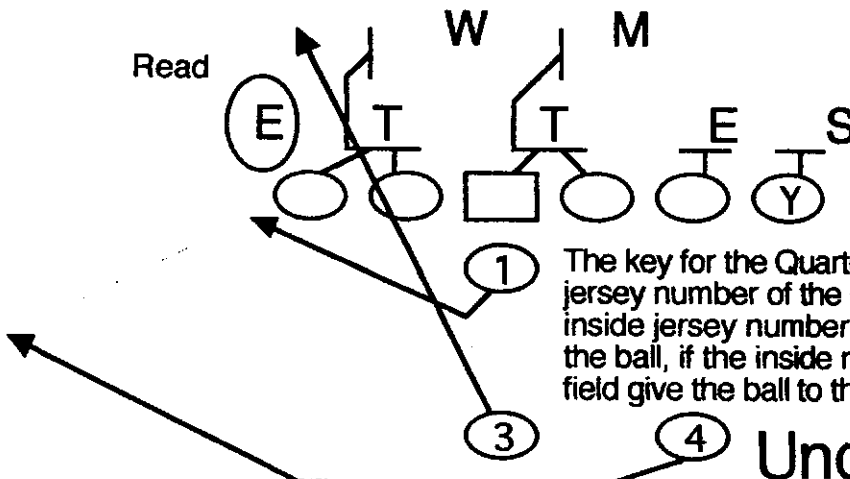
R

F

C

C

(X)



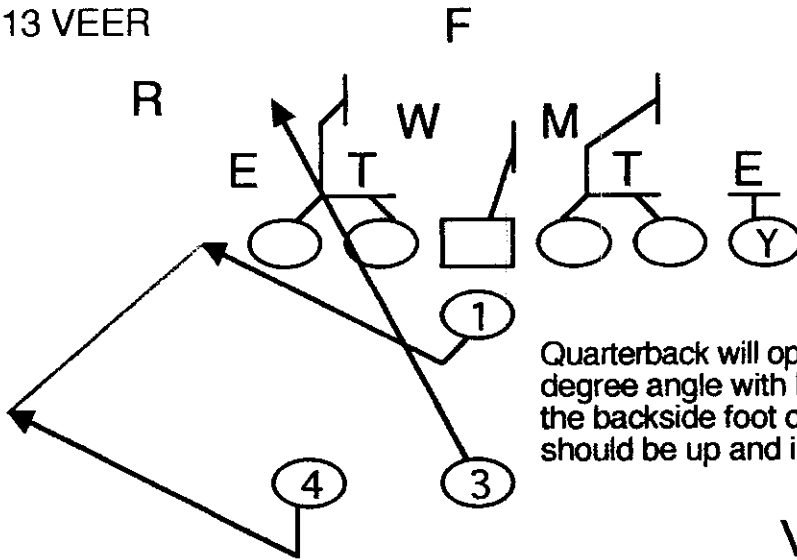
The key for the Quarterback is the inside jersey number of the 5 technique. If the inside jersey number comes down pull the ball, if the inside number heads up field give the ball to the Fullback.

(Z)

Under Defense

12 - 13 VEER OPTION / OPENSIDE

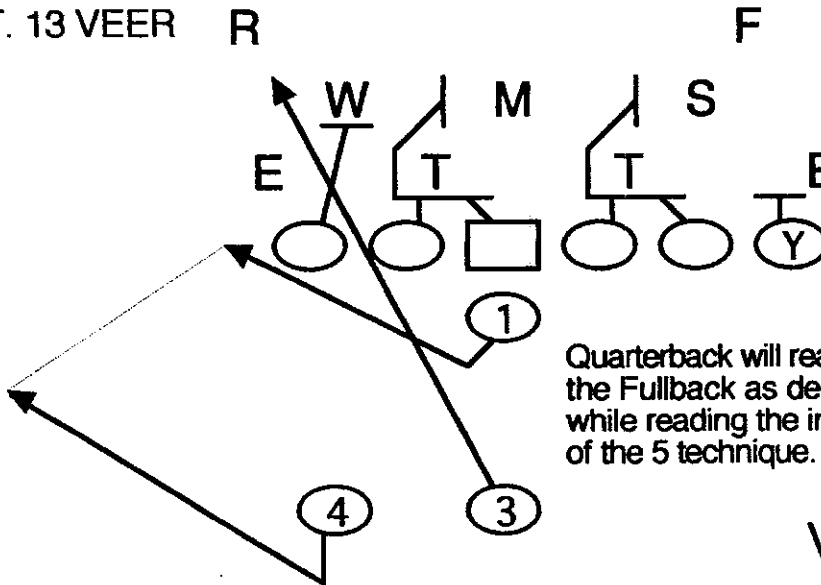
PRO RT. 13 VEER



Quarterback will open out at a 45 degree angle with his playside foot, the backside foot or second step should be up and into the L.O.S.

Vs 33 Defense

PRO RT. 13 VEER

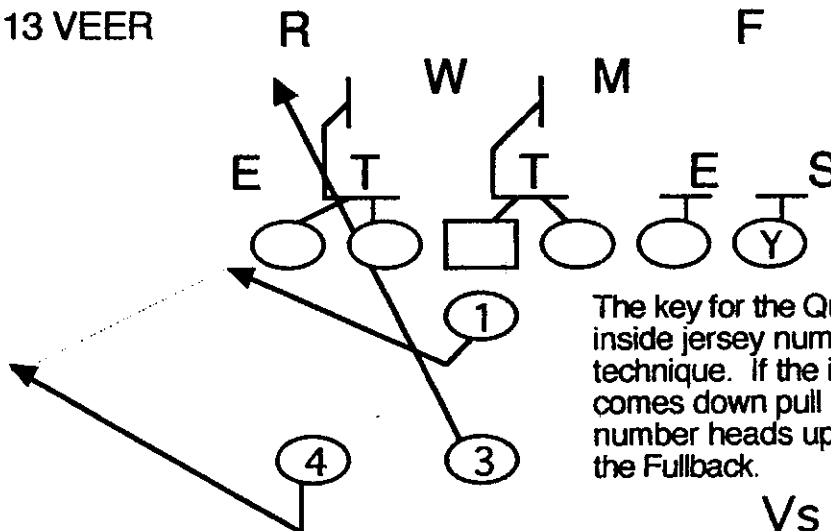
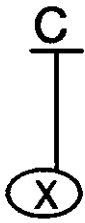


The Open Tackle will veer release inside with possible combo with guard, always working off to the playside Linebacker. Never chase the playside Linebacker outside.

Quarterback will reach the ball back to the Fullback as deep as possible while reading the inside jersey number of the 5 technique.

Vs 4-3 Defense

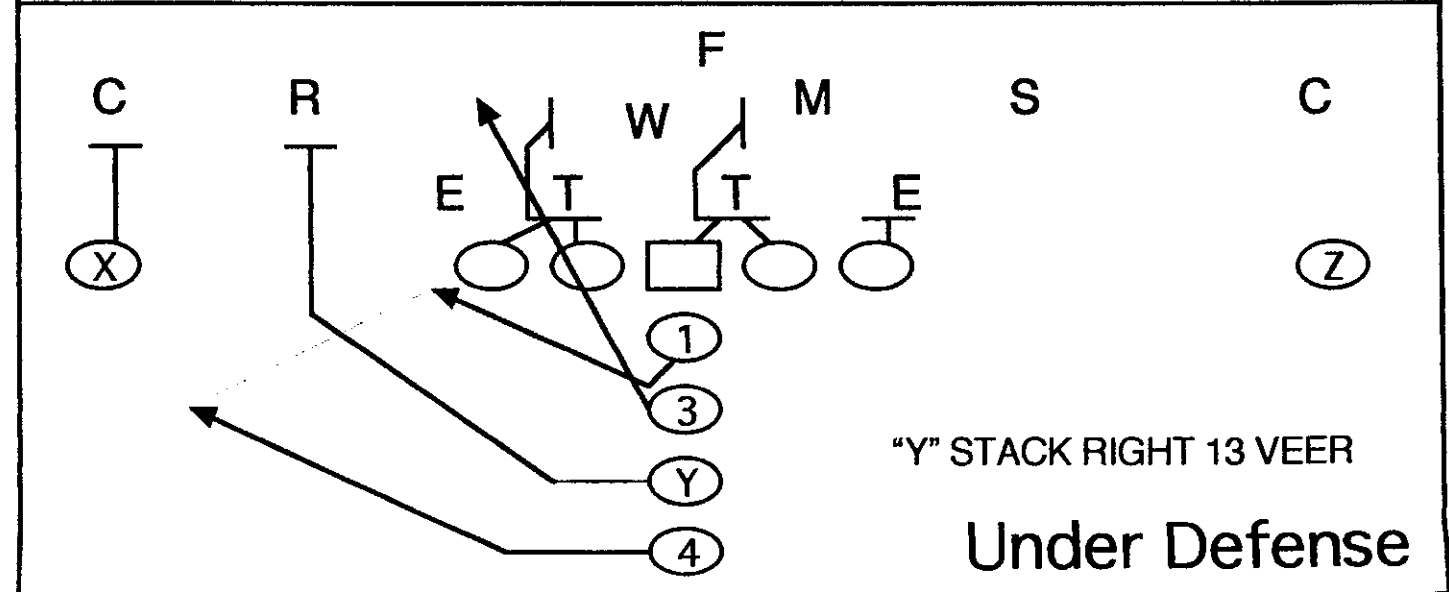
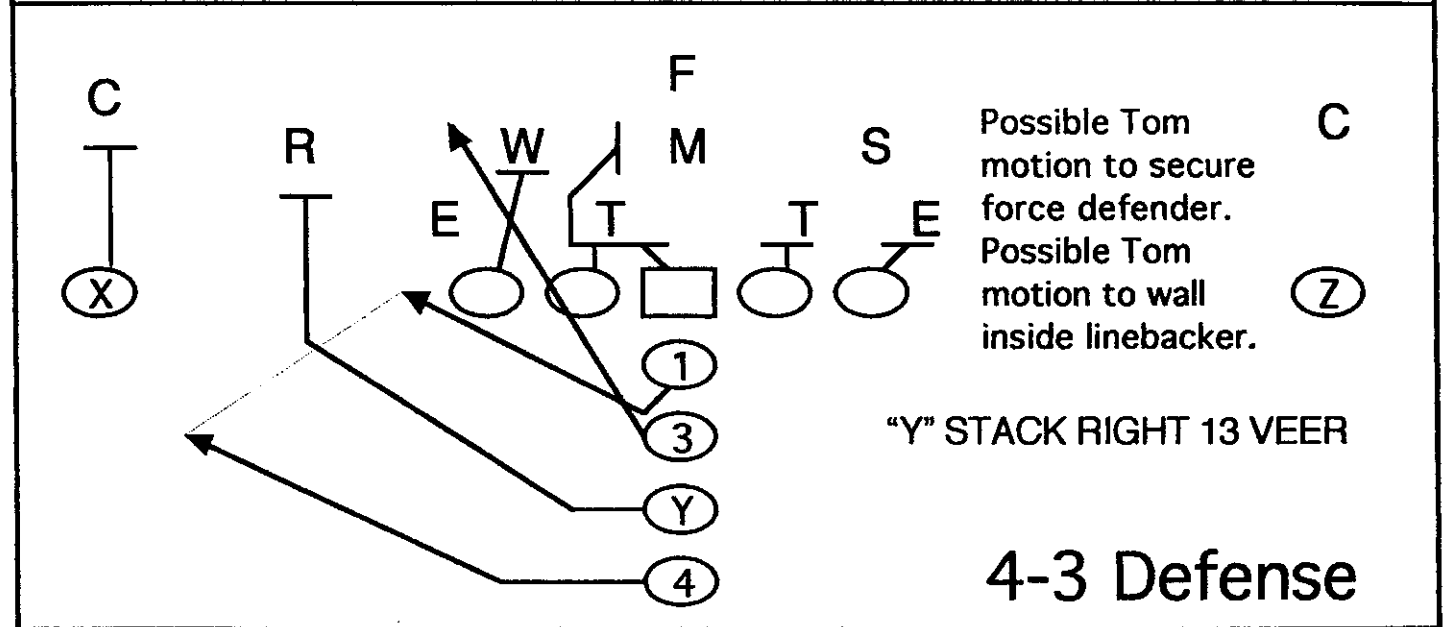
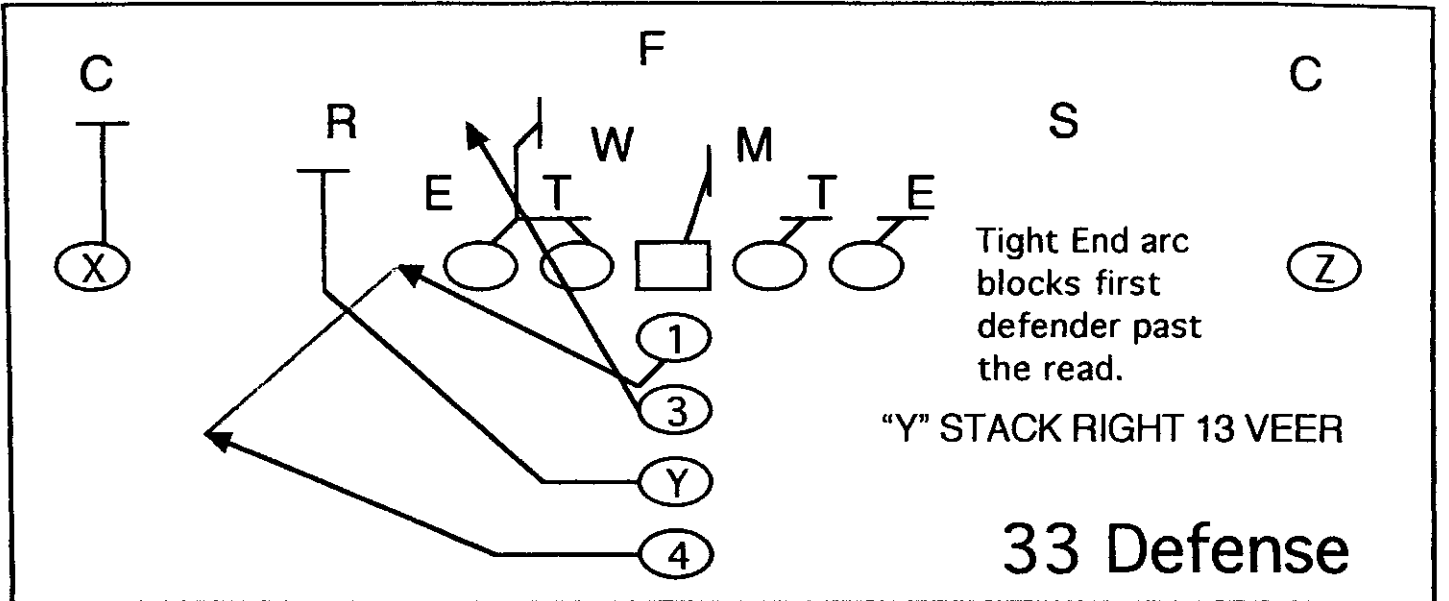
PRO RT. 13 VEER



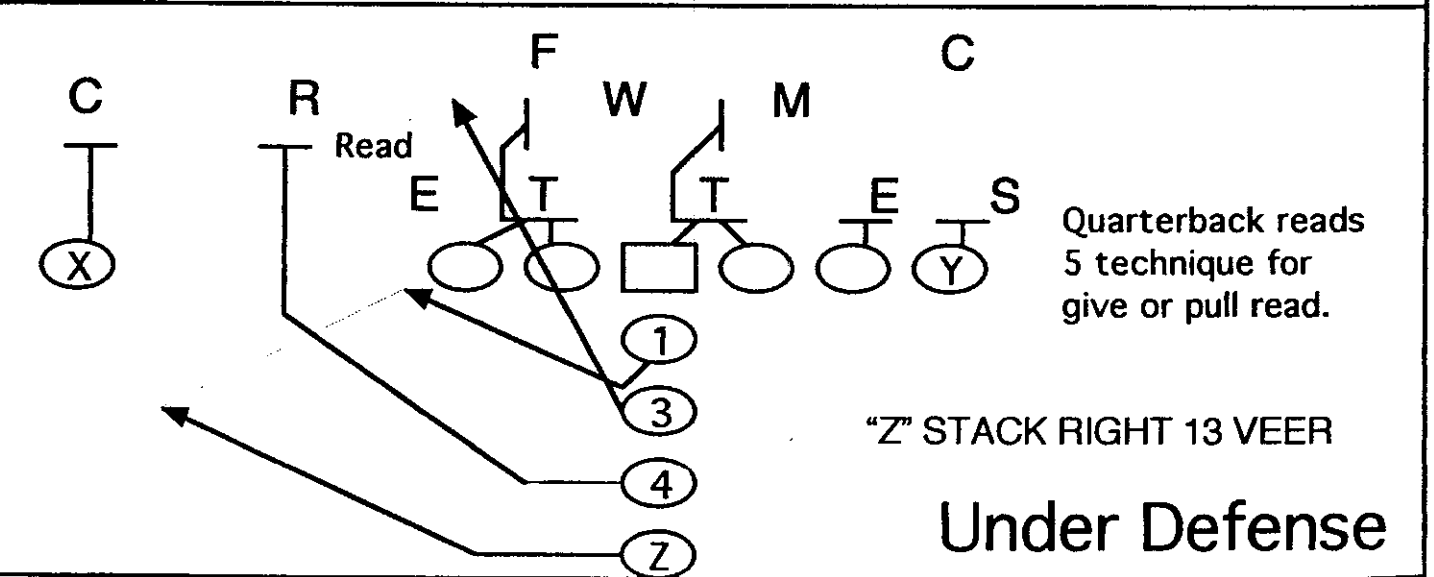
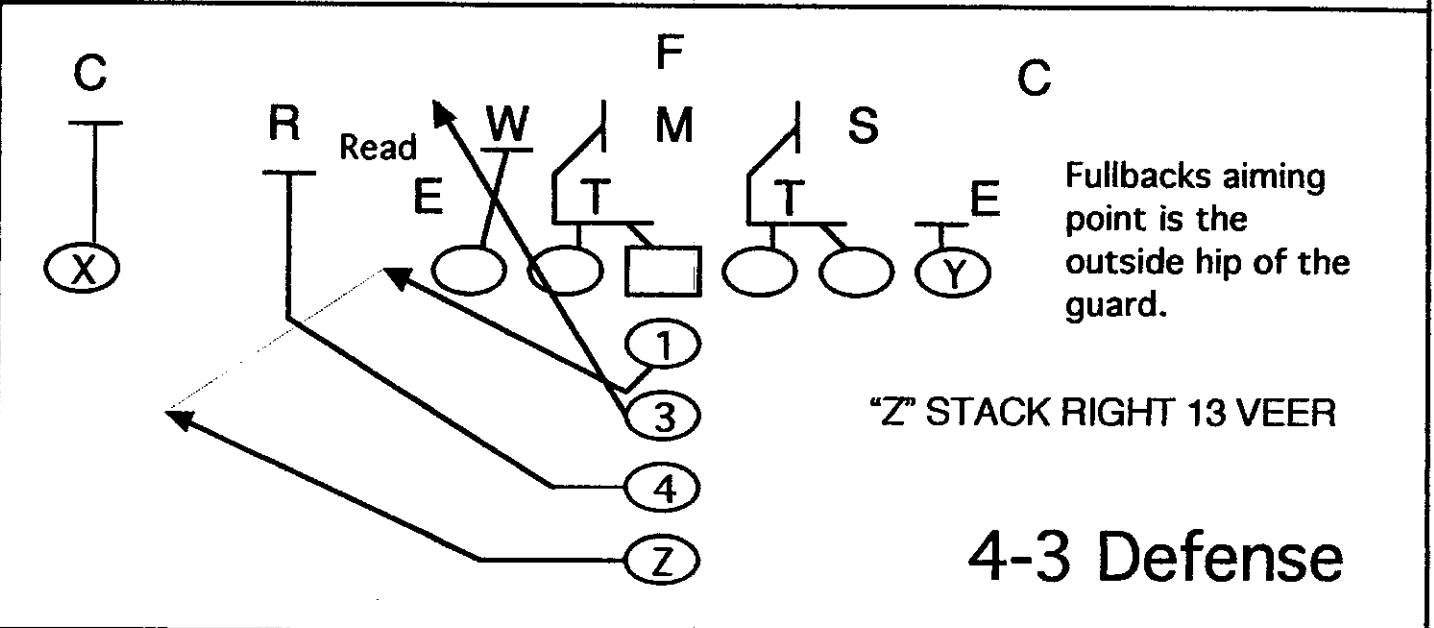
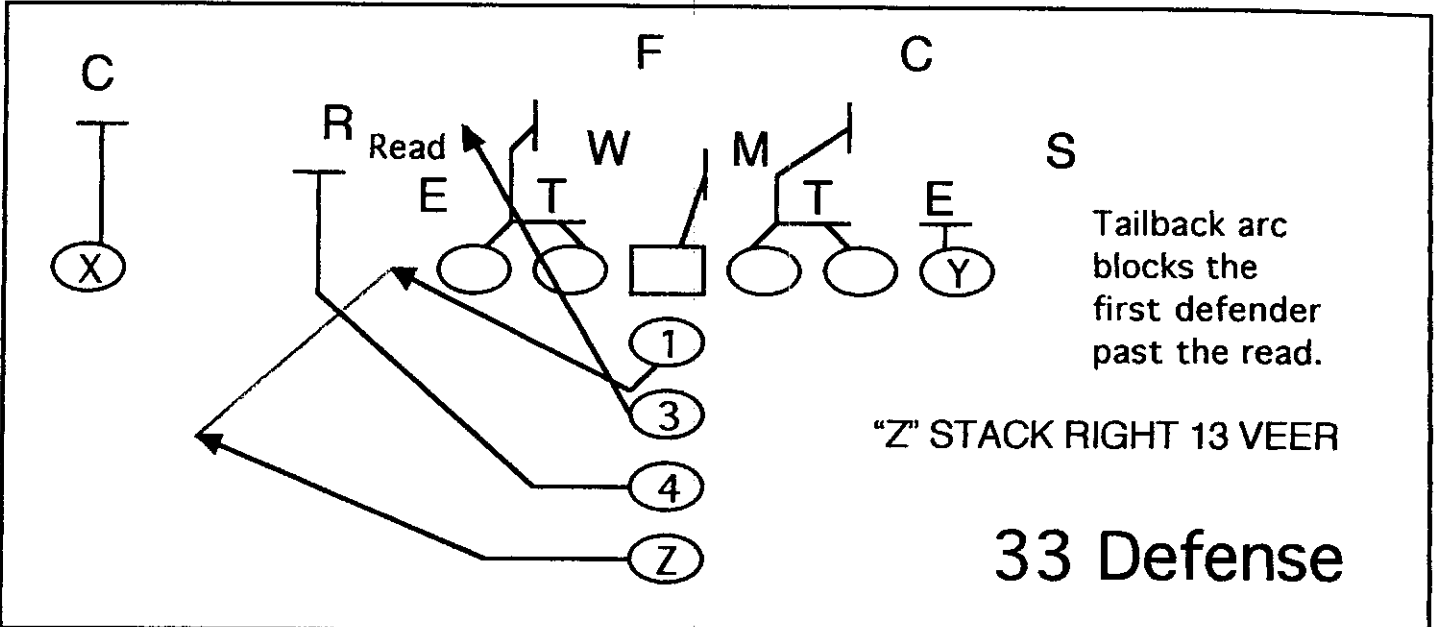
The key for the Quarterback is the inside jersey number of the 5 technique. If the inside jersey number comes down pull the ball, if the inside number heads up field give the ball to the Fullback.

Vs Under Defense

"Y" STACK 12 - 13 VEER / OPENSIDE



"Z" STACK 12 - 13 VEER / OPENSIDE



12 - 13 VEER OPTION / OPENSIDE

WEAK RIGHT 13 VEER

Quarterback will open out at a 45 degree angle with his playside foot, the backside foot or second step should be up and into the L.O.S.

33 Defense

WEAK RIGHT 13 VEER

The Open Tackle will veer release inside with possible combo with guard, always working off to the playside Linebacker. Never chase the playside Linebacker outside.

Quarterback will reach the ball back to the Fullback as deep as possible while reading the inside jersey number of the 5 technique.

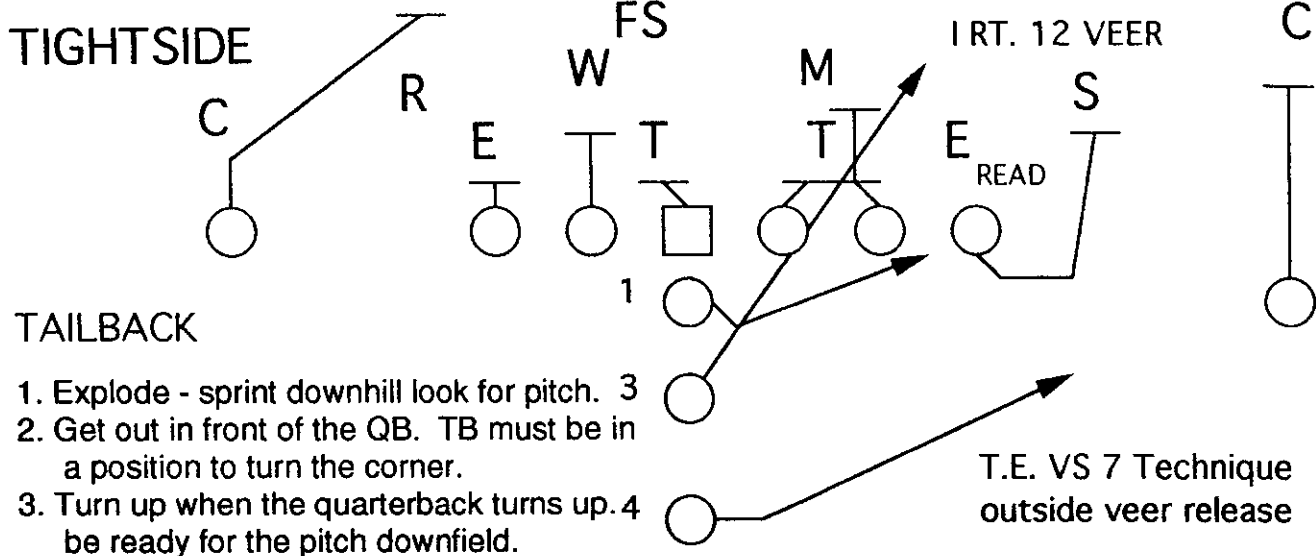
4-3 Defense

WEAK RIGHT 13 VEER

The key for the Quarterback is the inside jersey number of the 5 technique. If the inside jersey number comes down pull the ball, if the inside number heads up field give the ball to the Fullback.

Under Defense

12 - 13 VEER / TIGHTSIDE



QUARTERBACK:

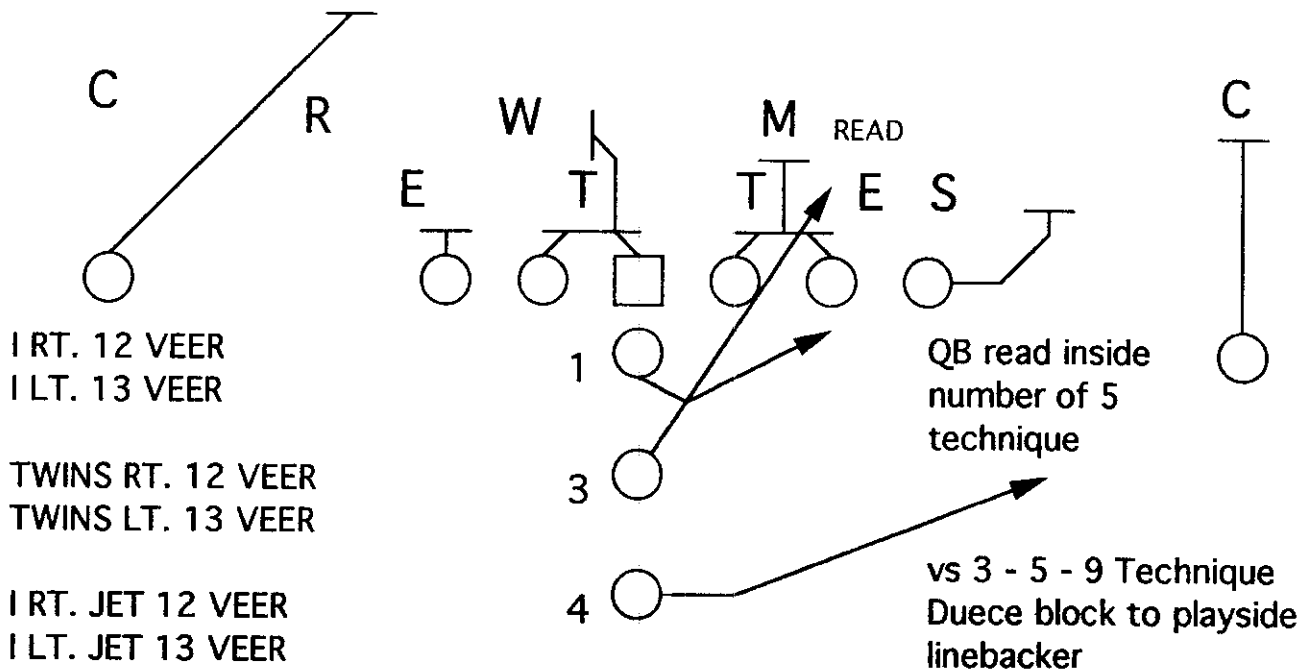
1. Receive ball and drive off backside foot.
2. Footwork needs to be consistent on all veers.
3. Reach back on the ride.
4. Focus on read as soon as you receive the ball.
5. Do not look at the fullback.
6. Get close to Fullback on mesh.
7. Two handed ride.
8. Theoretically, ride should not be past the front knee. In reality when the Quarterback turns shoulders into line on extended ride, it is more effective.
9. Ball must go into stomach on dive.
10. Carry out fake after ride.
11. If decision is to give, shove ball in a little firmer.
12. The longer the ride, the defense is more confused.
13. Give ground with the dive back (fumbles occur against the grain).
14. Keep ball level.
15. Bring ball to stomach immediately after snap.
16. Read keys:
 1. Plan to give - always give unless key closes lane.
 2. Give ball if you have doubts.
 3. Don't ride if you have doubts.
17. Thumb down on pitch.
18. Attack second read.
19. Repeat, repeat, & repeat to repeat consistency.

12 - 13 VEER TIGHTSIDE

INSIDE VEER

I RT. 12 VEER
I LT. 13 VEER

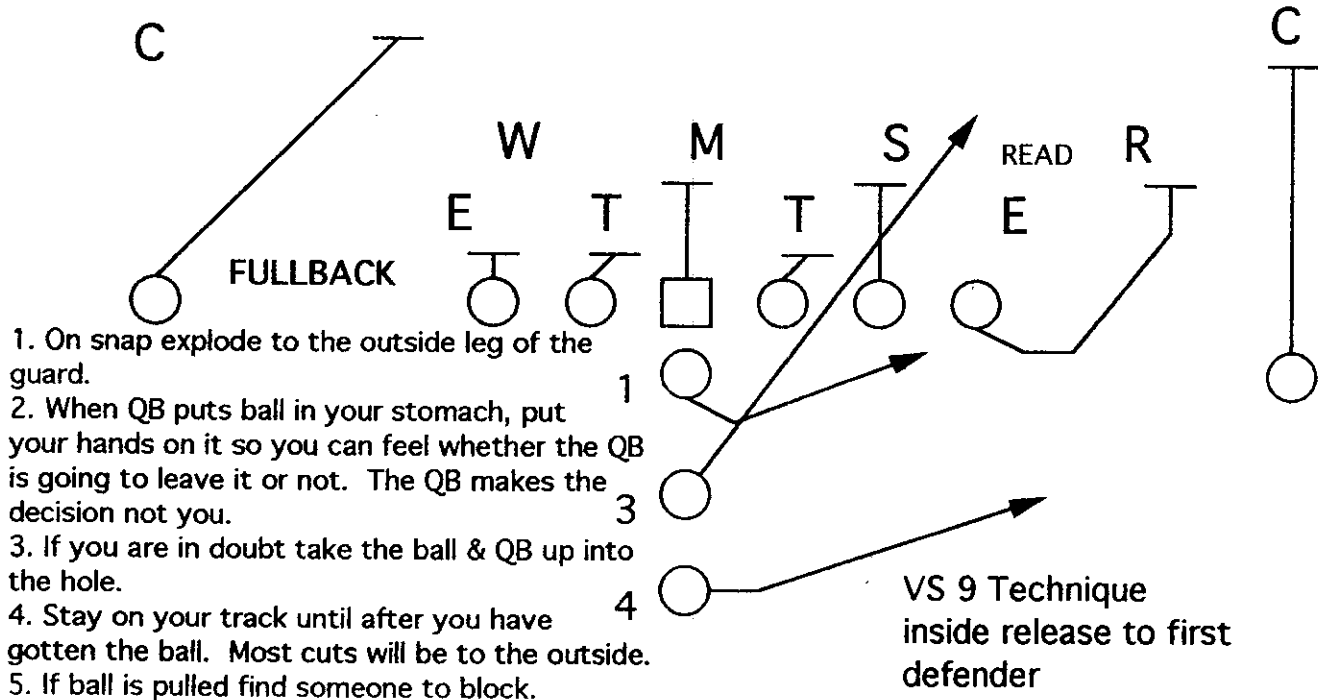
FS



INSIDE VEER

I RT. 12 VEER
I LT. 13 VEER

FS



12 - 13 VEER OPTION / TIGHTSIDE

STRONG LEFT 13 VEER
STRONG RIGHT 12 VEER

Quarterback will open out at a 45 degree angle with his playside foot, the backside foot or second step should be up and into the L.O.S.

33 Defense

"Z" STACK LEFT 13 VEER

The key for the Quarterback is the inside jersey number of the 5 technique. If the inside jersey number comes heads down pull the ball, if the inside number comes heads up field give the ball to the Fullback.

The tight end will veer release outside, working to alley player.

4-3 Defense

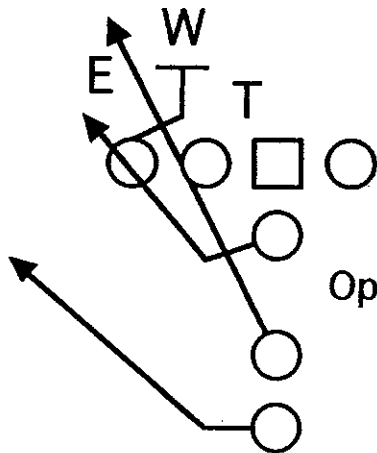
BONE LEFT 13 VEER

Under Defense

14 - 15 Outside Veer

Outside veer is run towards the tight end side. Quarterback will push off the back foot, stepping playside at a 35 degree angle meshing with the dive back. Reach ball back as deep as possible while reading the E.M.L.O.S.. Outside veer is run at the outside hip of the tightside tackle. Dive back will veer his path off the down block of the tight end. Outside veer becomes very effective vs 50 defensive fronts. Quarterback will follow same read keys as inside veer. Normally outside veer becomes more effective from split backs and wishbone sets. Inside veer can be run from all backfield sets and formations. The following examples will illustrate the difference between inside and outside veer, outside veer is one hole further removed than inside veer.

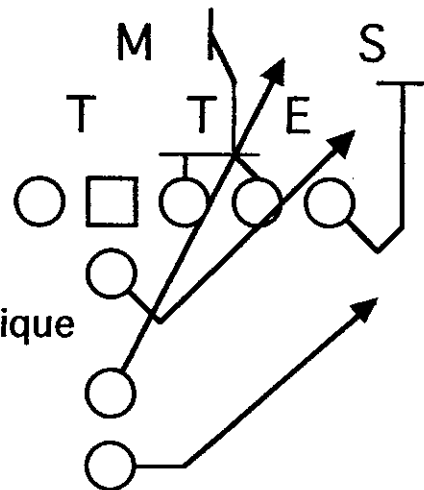
"I" Rt. 13 Veer



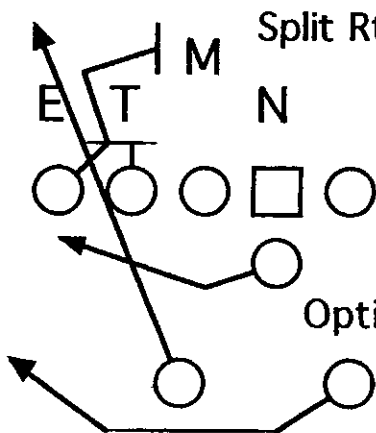
Option The 5 Technique

Inside Veer

"I" Rt. 12 Veer



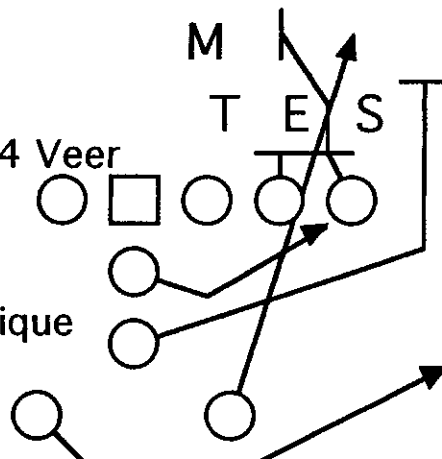
Split Rt. 15 Veer



Option The 9 Technique

Outside Veer

Bone Rt. 14 Veer



Blocking Scheme for Outside Veer

The blocking schemes for outside veer is an easy adjustment. The quarterback is reading and optioning off the E.M.L.O.S. or 9 technique.

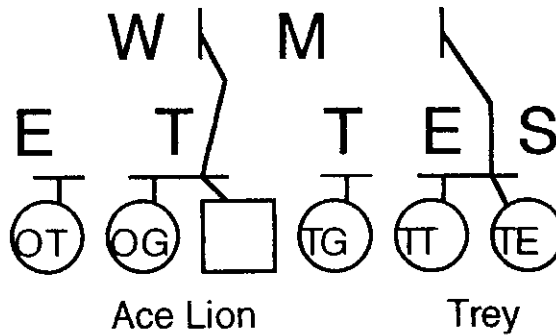
The tight end has first defender inside, must master the base and trey combination blocks with his tackle.

Outside veer is only run towards the tight end side.

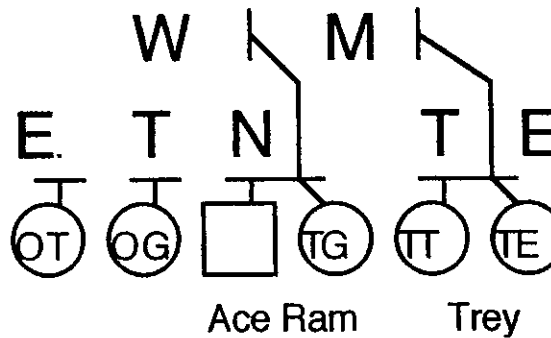
Offensive line should use their near ear rule for determining best blocking scenario. The dive back takes his veer path on the outside hip of the tackle, looking to veer off the down block by the tight end.

Offensive linemen should keep their splits consistent at 2 feet, using fast rotating zone footwork.

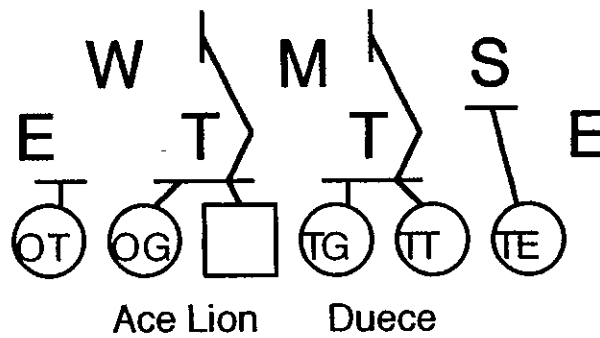
Whenever the tight end releases inside and is not working combination "trey" with his tackle, incorporate "Pick'in Grass" technique. Should get outside shoulder reduced hard as to force the 9 technique to squeeze.



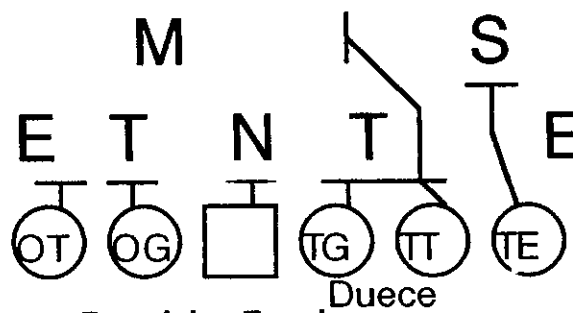
vs Solid



vs 50 Reduced

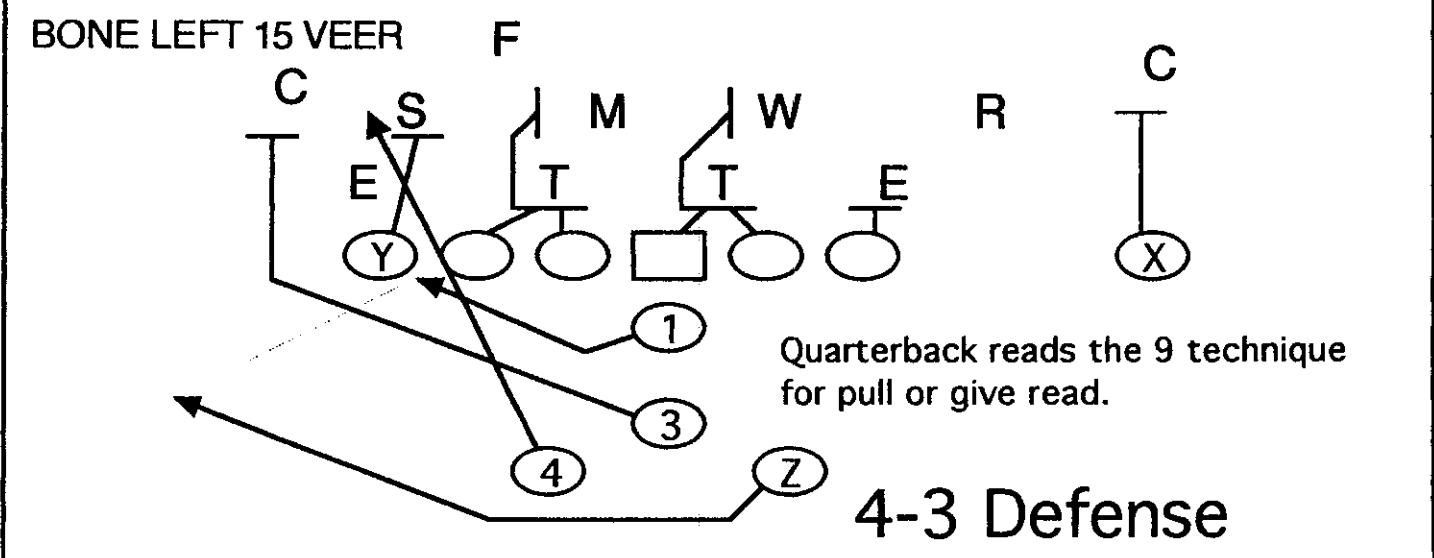
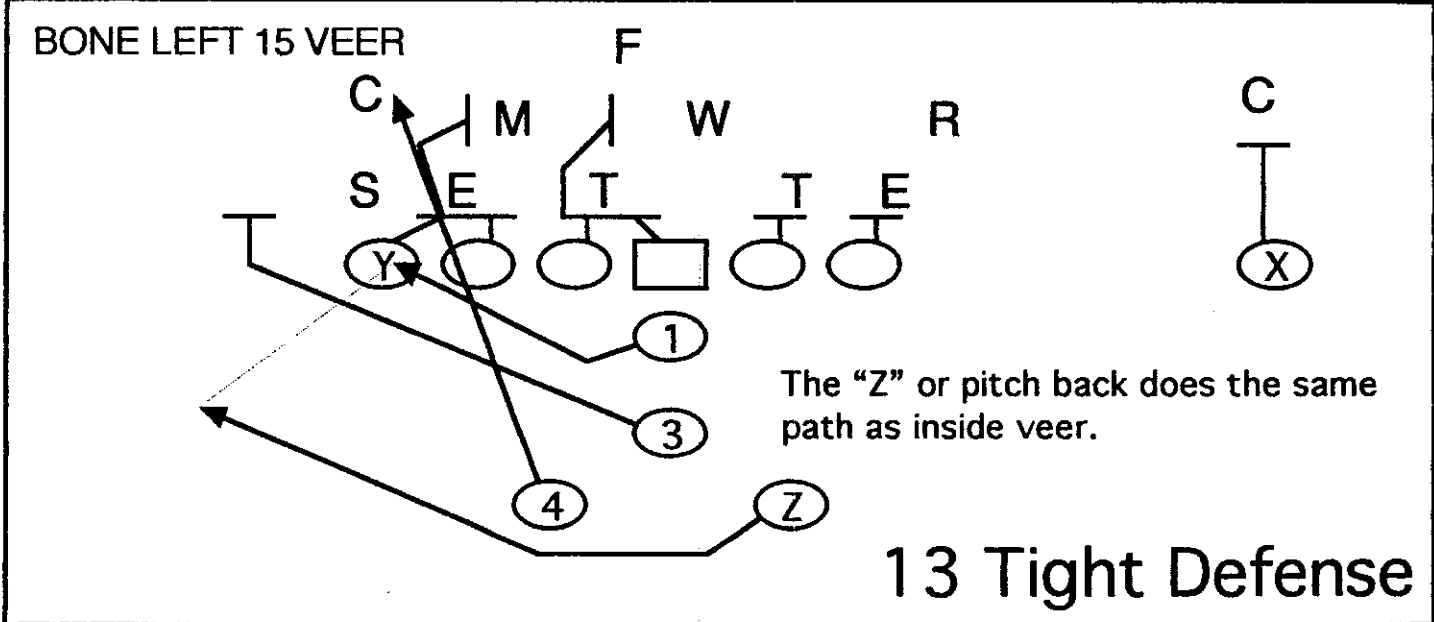
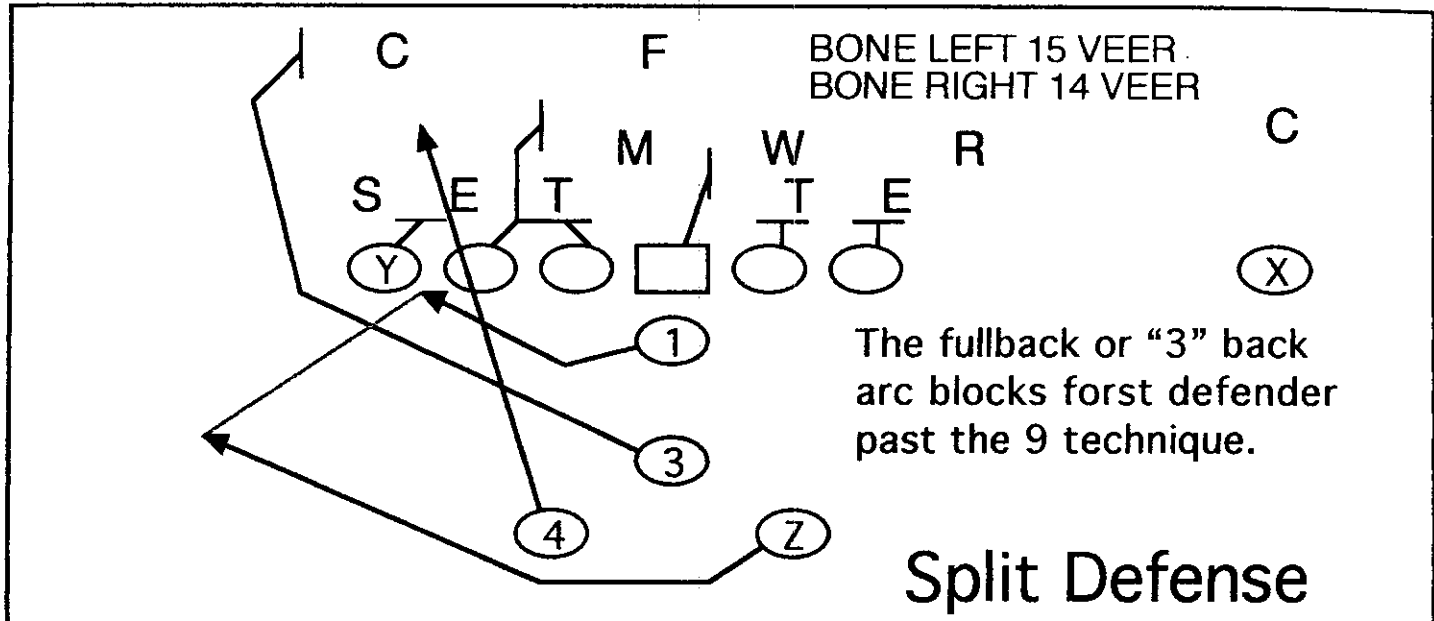


vs 4 - 3



vs Double Eagle

14 - 15 OUTSIDE VEER / TIGHTSIDE



14 - 15 OUTSIDE VEER / TIGHTSIDE

SPLIT LEFT 15 VEER
SPLIT RIGHT 14 VEER

The fullback or "3" back is the dive back running at the outside hip of tackle.

Split Defense

SPLIT LEFT 15 VEER

Quarterback pushes off his back foot and reaches ball back to dive back as deep as possible.

13 Tight Defense

SPLIT LEFT 15 VEER

Quarterback reads the 9 technique for pull or give read.

4-3 Defense

18 - 19 Option Plays - Double Option

18 - 19 Load, Lead, Speed, and Stretch

1. 18 - 19 Double Option Explained
2. 18 - 19 Speed option
3. 18 - 19 Stretch Option
4. Rules For Reading 18 - 19 Load Option
5. 18 - 19 Load Option Tightside
6. 18 - 19 Load Option Openside
7. 18 - 19 Swing Option
8. 18 - 19 Speed Option
9. 18 - 19 Lead Option

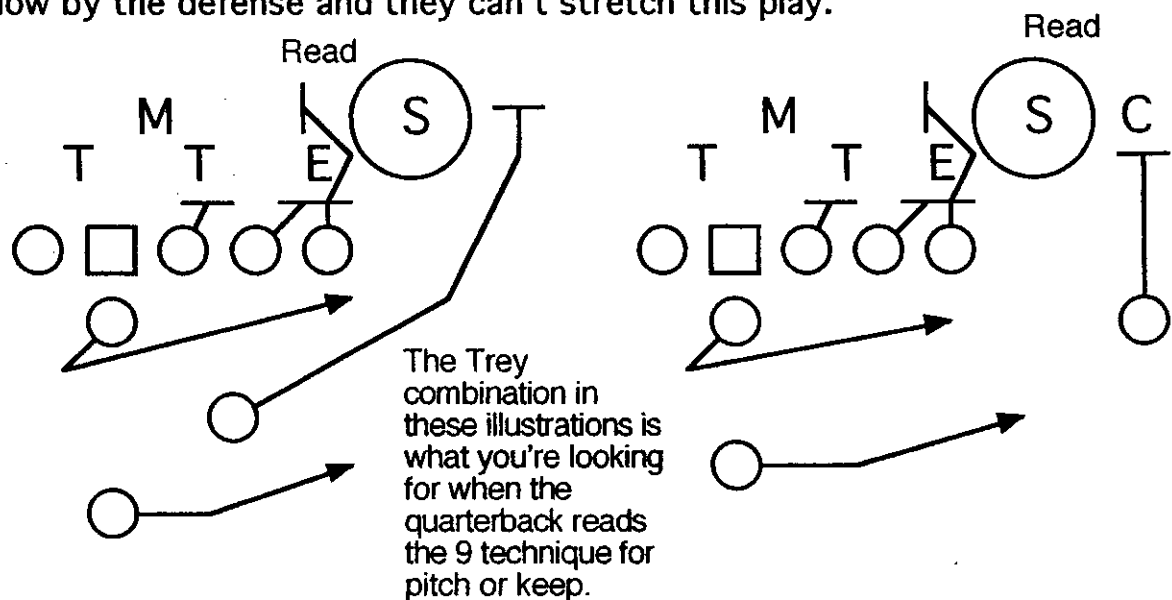
18 - 19 Option Plays - Double Option

18 - 19 Load, Lead, Speed, and Stretch

18 and 19 Options are designed to take advantage of defenses reducing their fronts and or spreading their defenses out due to formation adjustments. The 18 and 19 series options are double options between the quarterback and pitch back. 18 - 19 Options are designed to put immediate pressure on the perimeter of the defense. The double option scheme provides an outstanding running situation for slowing down blitz situations. Outside option makes the defense have to defend quarterback and pitch in option situations, this forces defense's from attacking you with whole sell blitz's. The outside double option compliments the midline and veer schemes when defense's start to reduce their fronts to take those two offensive schemes away run any combinations of 18 and 19. The following illustrations will show the difference between the Load, Lead, Speed, and stretch options.

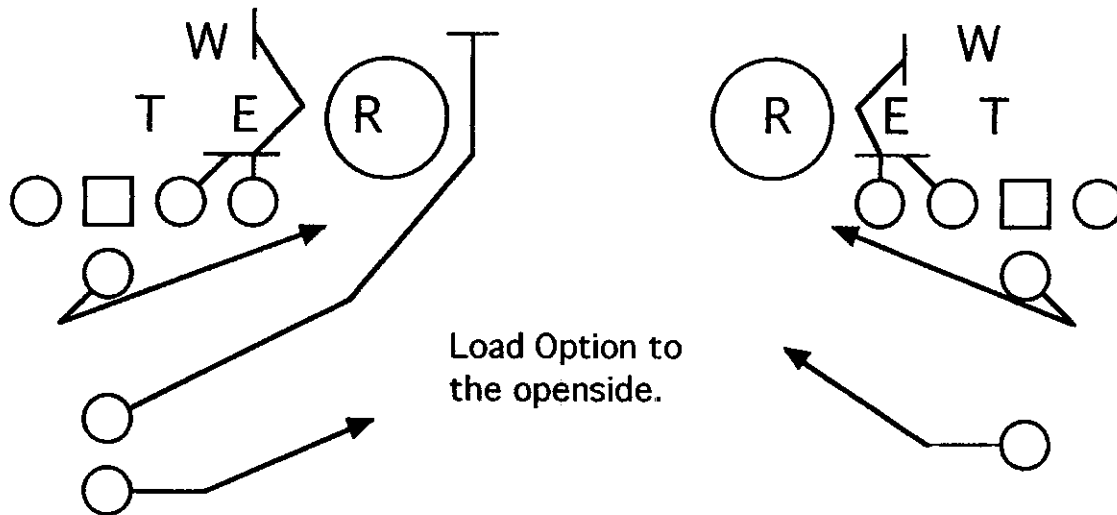
18 - 19 Load Option

Load Option can be run to either the open or tight sides of the offense. The primary key to running Load Option is the blocking combinations between the tight end and tackle towards the tightside and the tackle and guard towards the openside. The load is best run whenever you can get the down Trey block towards the tightside and the duece combo to the openside. By being able to block you scheme down with the tight end and or openside tackle, restricts the flow by the defense and they can't stretch this play.



18 - 19 Load Option

Whenever running with two backs the lead back will bypass the 9 technique and load the next opposite colored jersey, usually the free safety in cover 3 or support safety in cover 2 and 4. The load option is also known as lead option when running with two backs due to the fact that you have a lead back leading the play. For installation purposes the tag Load alerts the perimeter players tight end and openside tackle to combo down if play comes your side.

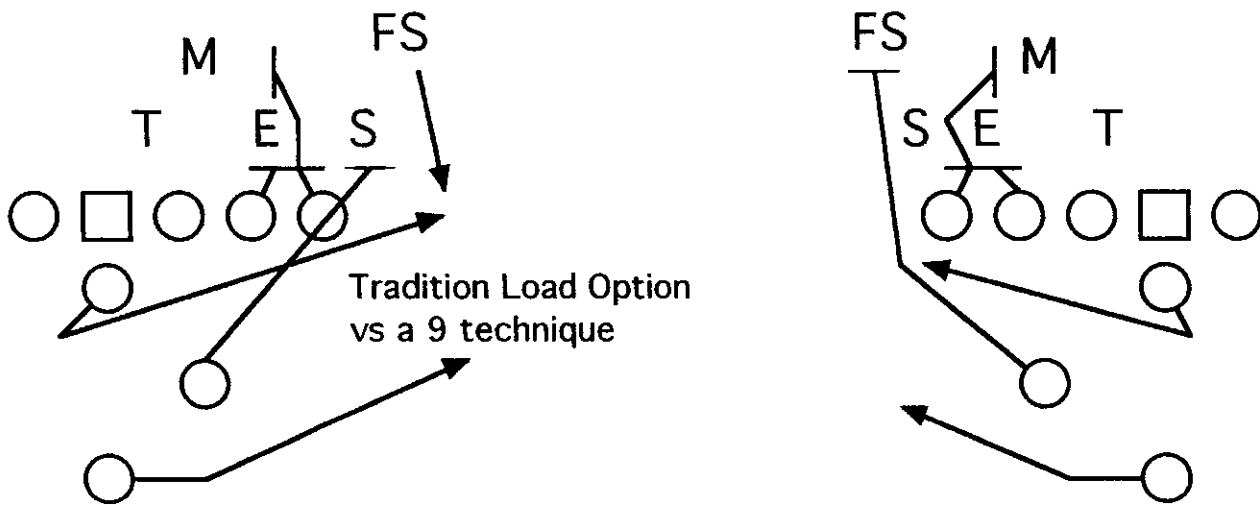


You might consider pairing this play with veer option as an audible for your quarterback. What you will find when running veer option teams will start to reduce their 5 technique so that the veer release tackle can't get inside, this sets the duece combo up to the openside and the load makes for a good play offensively with the quarterback reading the 9 technique. If in two backs and running load to the openside the lead back will read and bypass the 9 technique. When running load with two backs you will always be in a position to load and block the alley player, the alley player or free safety is usually the best athlete on the field.

I call this play load option instead of lead option because, when coaching at Texas A & M University, Kingsville that's what our Head Coach wanted so I just got use to calling it load. When coaching in California we called it lead option.

18 - 19 Load Option

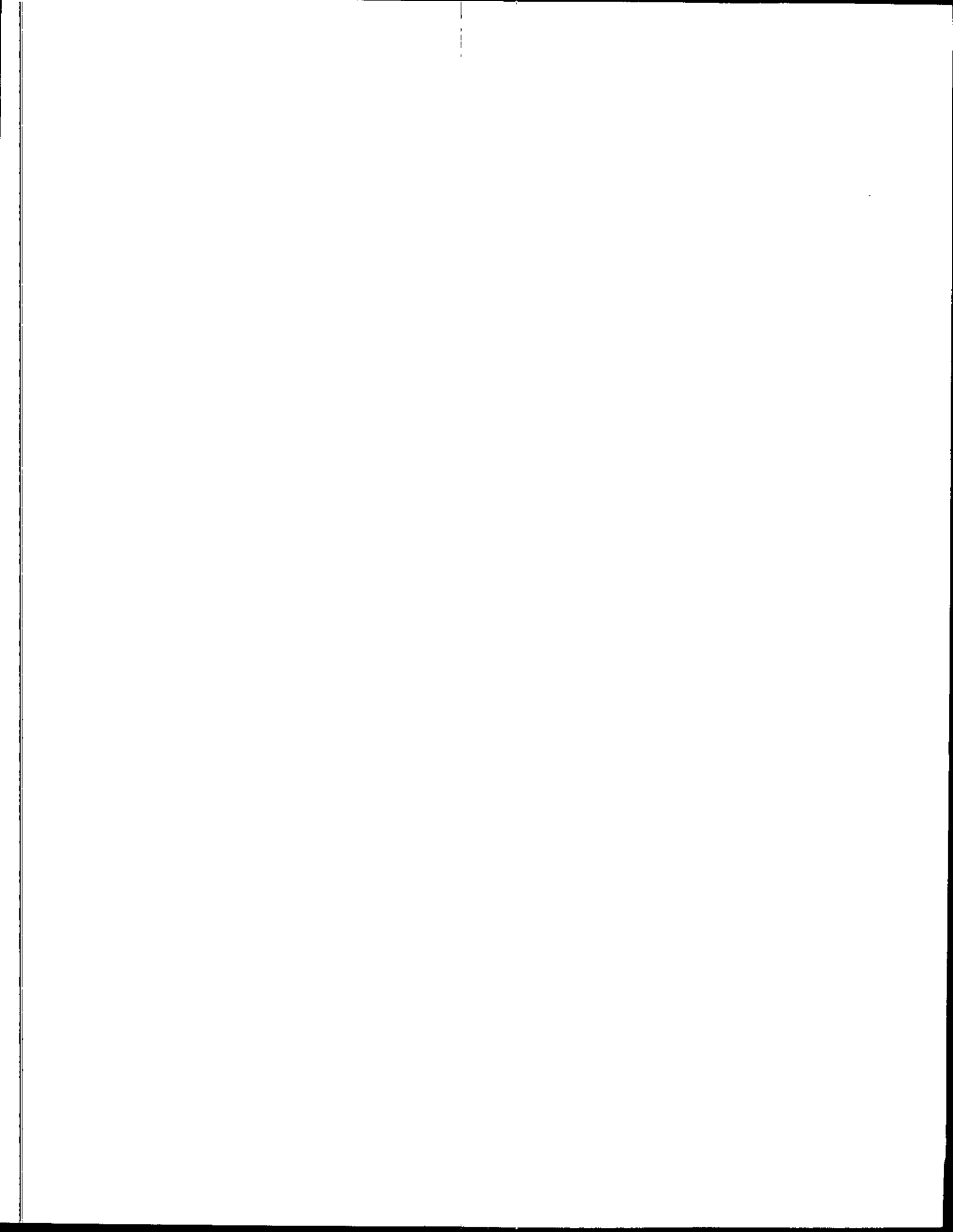
What most coaches understand 18 - 19 load option to be is load on the E.M.L.O.S.. The reason I don't like to load the E.M.L.O.S. is because it becomes very easy to get a real mismatch with a back loading on a defensive end, plus, by loading the 9 technique it becomes too easy for him to cloud the exit on the perimeter for the quarterback and it gives the free safety a real chance to attack this play hard from the inside out, thus forcing the quarterback or pitch man to out run the free safety. Instead we'll load the free safety and pitch off the E.M.L.O.S. or 9 technique. The following will illustrate the difference.



The rule for the fullback is to run at the inside jersey number of the 9 technique. If the inside jersey number comes down it means the 9 technique is taking the quarterback, so bounce your path to the free safety outside. If the inside jersey number goes outside then stay inside on your path because, the 9 technique is taking the quarterback. If running from a one back set then the quarterback reads and or keeps off the 9 technique. If the ball is pitched the pitch back will attempt to out run the safety playing from an inside out position.

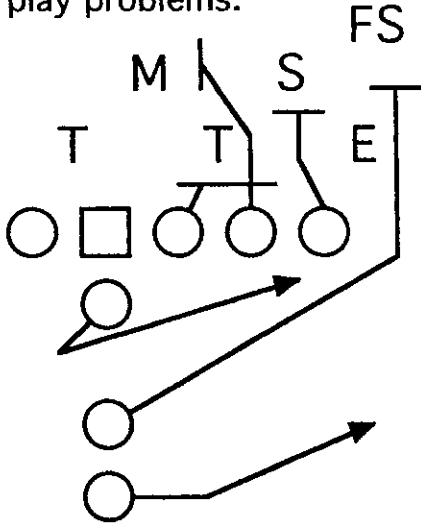


Remember, the key to running Load Option is the Trey and Duece combo blocks. Having the tight end work in combination with his tackle, restricts this play and does not allow the linebackers to scrape.



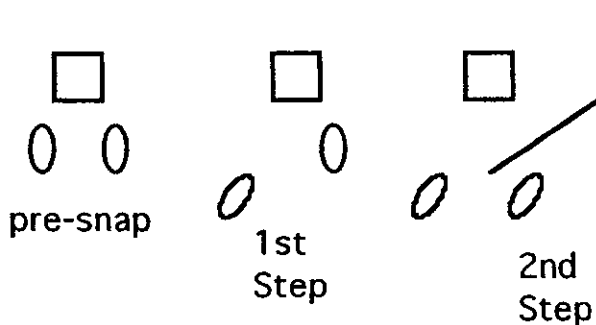
18 - 19 Load Option

The following situations can cause problems for the load option, that is why the invert rule works. If the defense is trying to take the load option away run midline and or veer option weak. The following illustrations will cause this play problems.



Whenever running against the 4-3 defense you can see that the tight end can't work in combo with his tackle, the tight end is inside on the Sam linebacker, with the Sam in a situation to scrape, its my believe and assumption that the tight end can't get the Sam backer in a 4-3 scheme, so run midline and or inside veer the other direction. When the tackle and tight end can trey block together it usually means that the playside linebacker is two gaps removed and now can get the combo. 4-3 with a 9 technique means two defend two with. 9 technique on the quarterback and Sam on the pitch or vise versa.

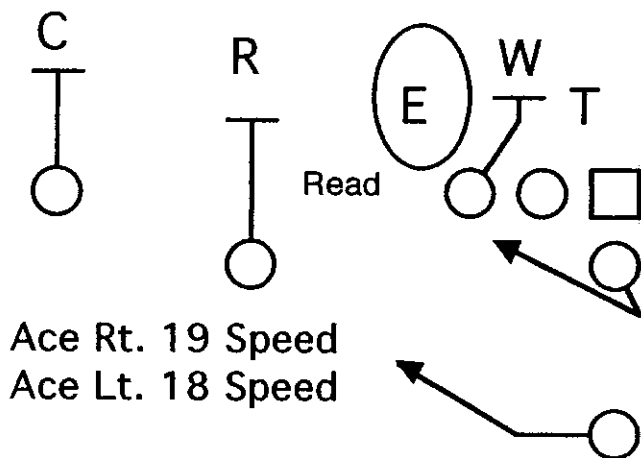
Remember your invert rules, this will help in deciding best option. The next step is the quarterback and pitch relationship. When running any 18 or 19 double option the quarterback will step back and at a 45 degree angle with his back foot, this gives the Tailback the opportunity to get into his proper pitch relationship immediately. The next step by the quarterback is with his playside foot come also at the same angle, then this puts the quarterback in a downhill pitch relationship with his pitch man. The following illustration is an attempt to show the proper footwork by the quarterback.



By having the quarterback step away from the play will put the pitchman out front, by having the quarterback attack the inside shoulder of the 9 technique will put the quarterback in front when he crosses the L.O.S. and the pitchman behind.

18 - 19 Speed Option

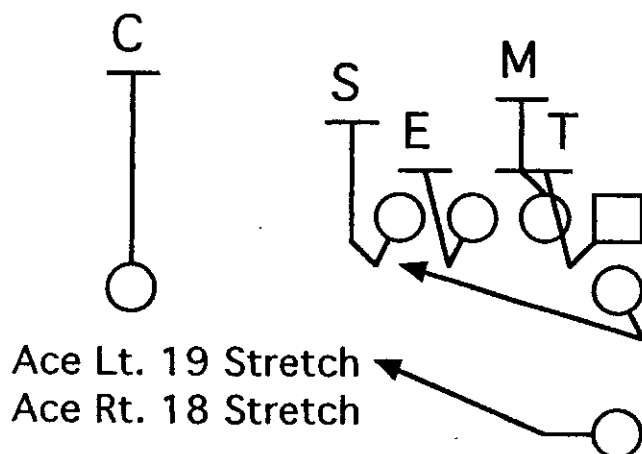
Speed Option is used in the one back schemes and to the openside only. In most one back offenses speed can be run either direction. Well when running towards the tight end I use the alert word "Load" to set the blocking scheme because, the blocking scheme towards the tight end is the same for both load and speed options. When running towards the openside the Tag "Speed" means to inside veer release for the openside tackle. Speed option is a one back play running towards the openside only. Whenever the openside tackle inside veer release is because he has a 5 technique aligned against him, good play from the Ace formation when the outside invert aligns with the slot man. Speed alerts the quarterback that he will have a possible 5 technique in his face fast so, get the pitch off quick.



With speed option towards the openside the quarterback should look for 5 technique in a hurry.

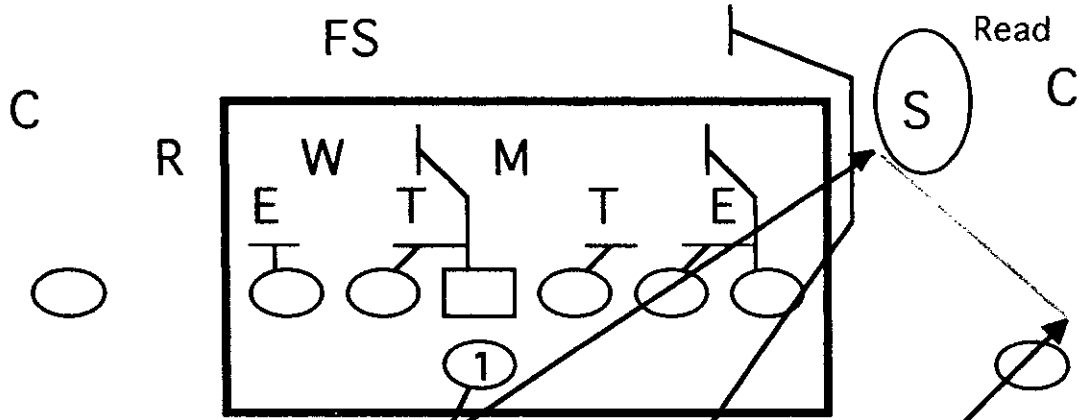
Quarterback should follow same rules as the load when attacking the inside jersey number of the 5 technique.

18 - 19 Stretch Option

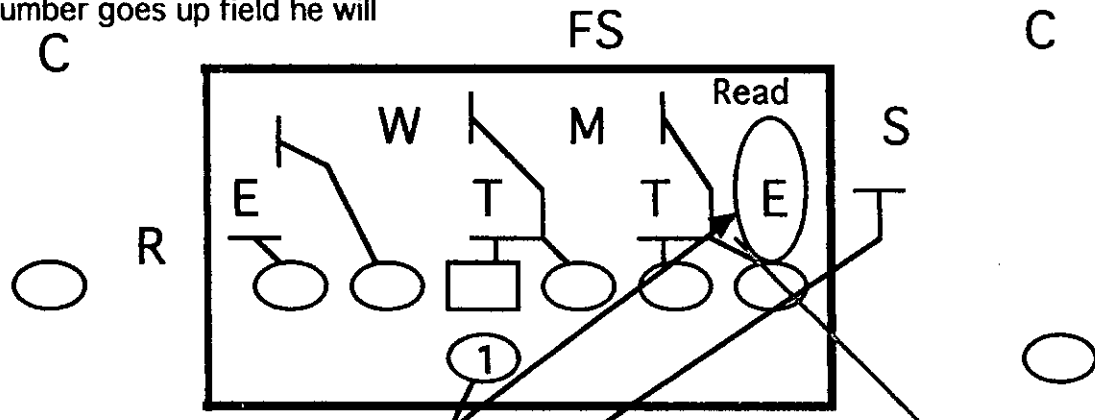


For purposes of this manual 18 - 19 Stretch is a full zone blocking scheme where the offensive line is headed to the next man over. In this illustration the tight end has first defender outside to inside. Quarterback will read the inside jersey number of the E.M.L.O.S. to determine if he cuts the play inside or takes it outside.

RULES FOR READING AND RUNNING 18 - 19 LOAD OPTION

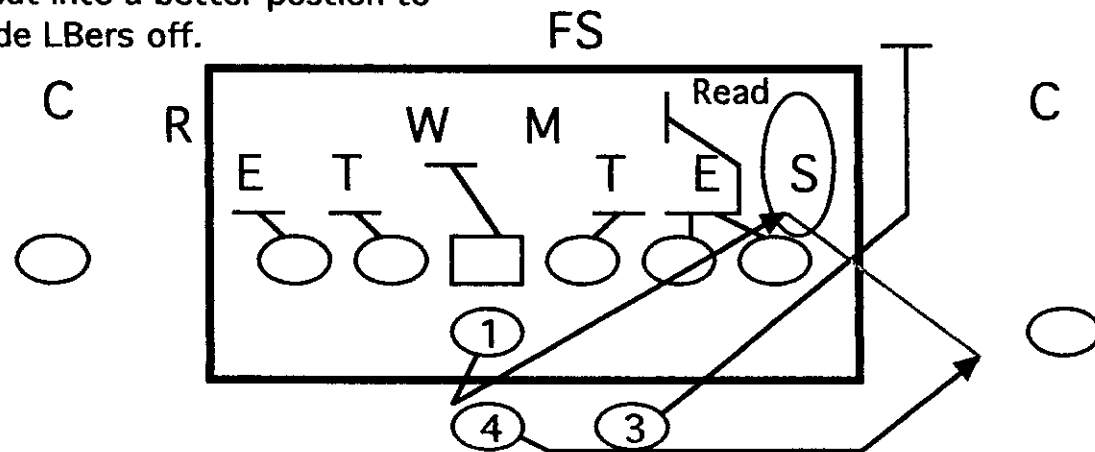


Quarterback will take his path downhill running at the inside jersey number of the pitch key. If the inside jersey number of the pitch key comes down QB will pitch. If the inside jersey number goes up field he will keep and run.



The primary key to running Lead Option is to get the combination "TREY" block on either a 7 technique or 5 technique. By taking the combination down the defense is unable to stretch the option and we are put into a better position to wall the inside LBers off.

The Fullback will block first defender past the pitch key.

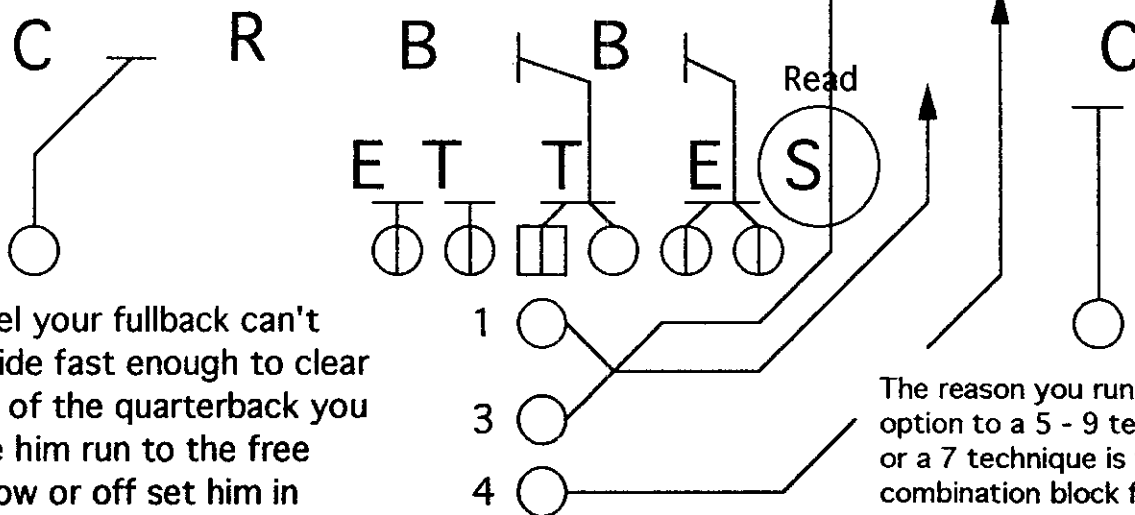


18 - 19 LOAD OPTION / TIGHTSIDE

VS 5 - 9 TECH.

Note: Load Option will only be run to a 5-9 tech or 7 tech. This is a T.E. play only.

Using this example if the rover was inverted to the T.E. side we would check out of this play, and run veer option weak.

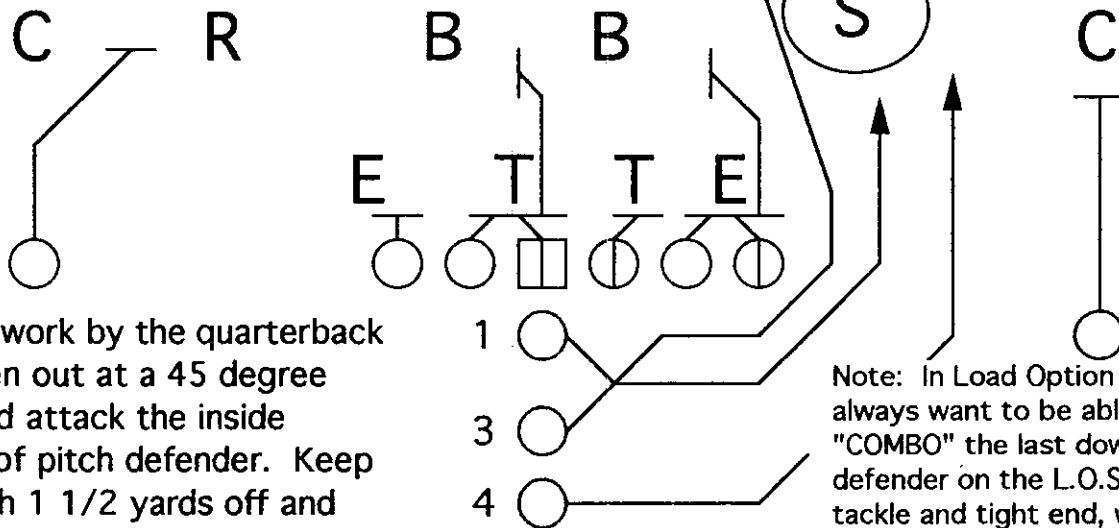


If you feel your fullback can't get outside fast enough to clear the path of the quarterback you can have him run to the free safety now or off set him in what we call a KING set.

The reason you run load option to a 5 - 9 technique or a 7 technique is to get a combination block from the tackle and T.E. to the playside LBer

Make the path of the fullback look like outside veer so it helps keep the D.E. and playside LBer from running outside fast. Always option off the 2nd inside defender. The fullback takes his path all the way to the free safety.

VS 7 TECH.



The footwork by the quarterback is to open out at a 45 degree angle and attack the inside number of pitch defender. Keep your path 1 1/2 yards off and down the L.O.S.

Note: In Load Option you always want to be able to "COMBO" the last down defender on the L.O.S. with the tackle and tight end, working off to the playside Lber.

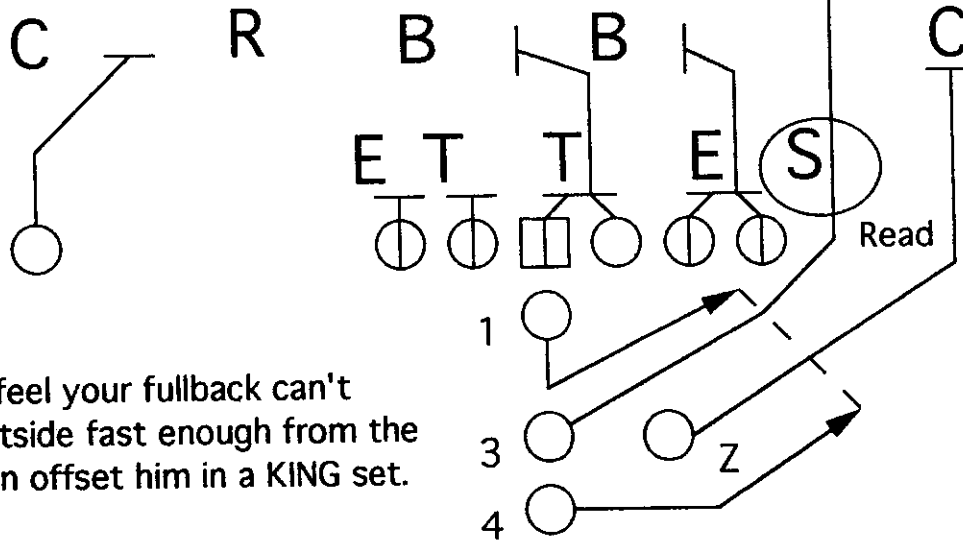
18 - 19 LOAD OPTION / TIGHTSIDE

VS 5 - 9 TECH.

Note: Load Option will only be run to a 5-9 tech or 7 technique looking to get a combination block by the Tight End and Tight Tackle.

Using this example if the rover was inverted to the T.E. side we would check out of this play, and run veer option weak.

STRONG RIGHT 18 LOAD OPTION

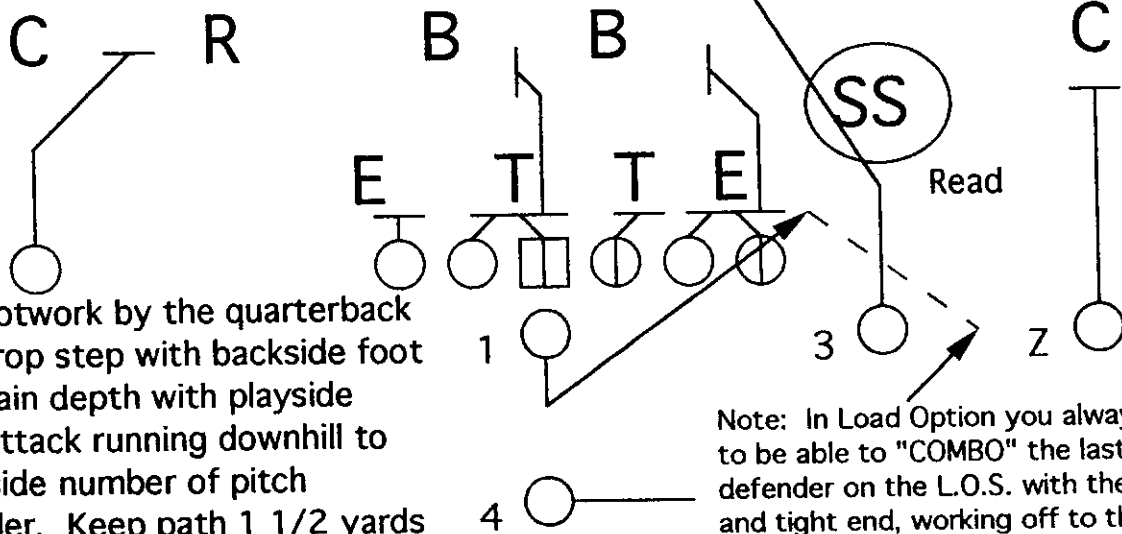


If you feel your fullback can't get outside fast enough from the "I" then offset him in a KING set.

Make the path of the fullback look like outside veer so it helps keep the D.E. and playside LBer from running outside fast. Always option off the first defender past the read. The fullback takes his path according to the inside jersey read of the pitch defender.

VS 7 TECH.

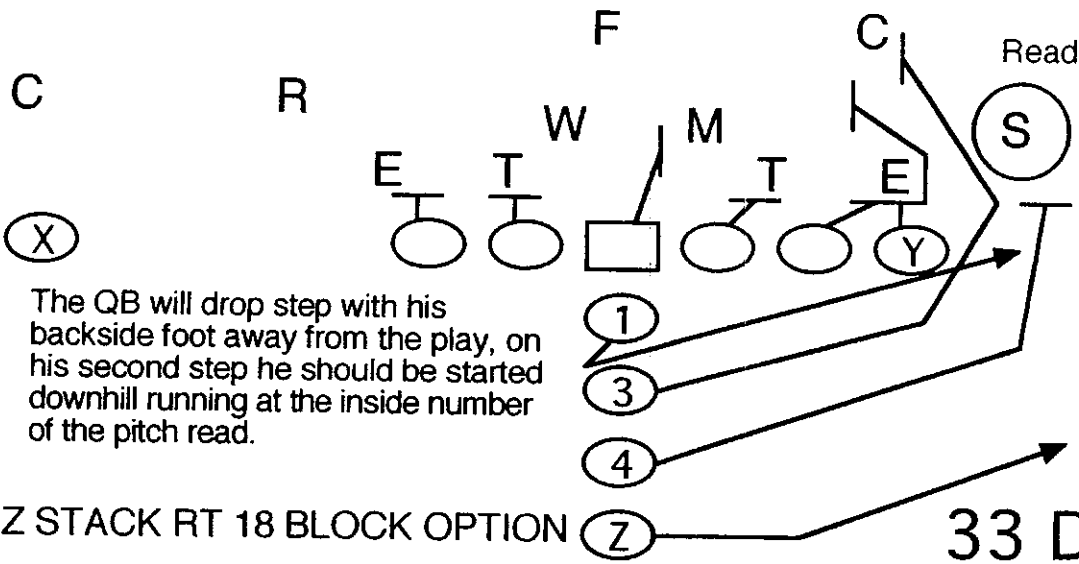
TREY RIGHT 18 LOAD OPTION



The footwork by the quarterback is to drop step with backside foot than gain depth with playside foot, attack running downhill to the inside number of pitch defender. Keep path 1 1/2 yards off and down the L.O.S.

Note: In Load Option you always want to be able to "COMBO" the last down defender on the L.O.S. with the tackle and tight end, working off to the playside Lber.

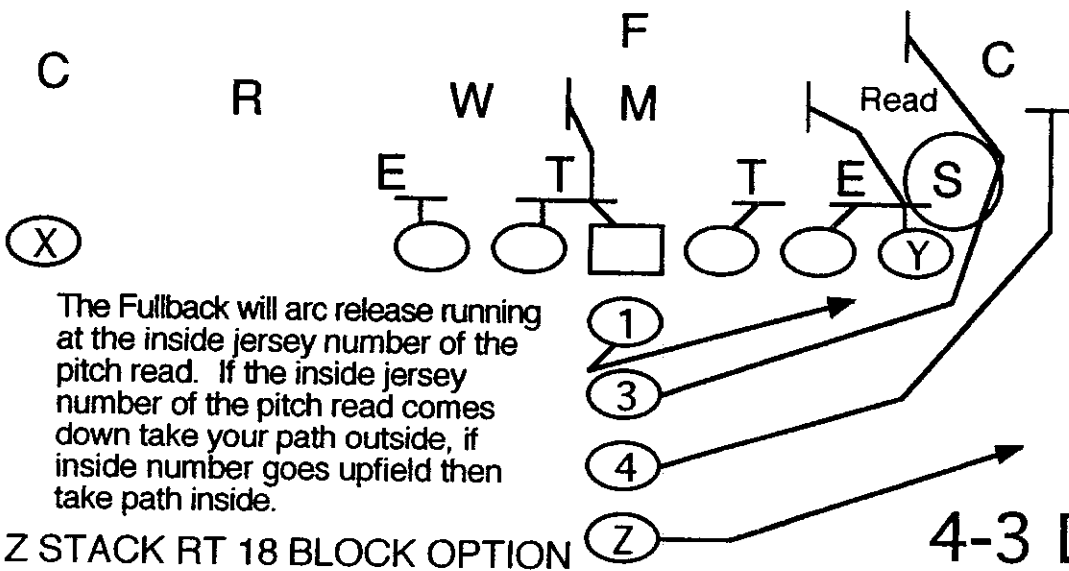
"Z" STACK 18 - 19 LOAD OPTION / TIGHTSIDE



(X)
The QB will drop step with his backside foot away from the play, on his second step he should be started downhill running at the inside number of the pitch read.

Z STACK RT 18 BLOCK OPTION

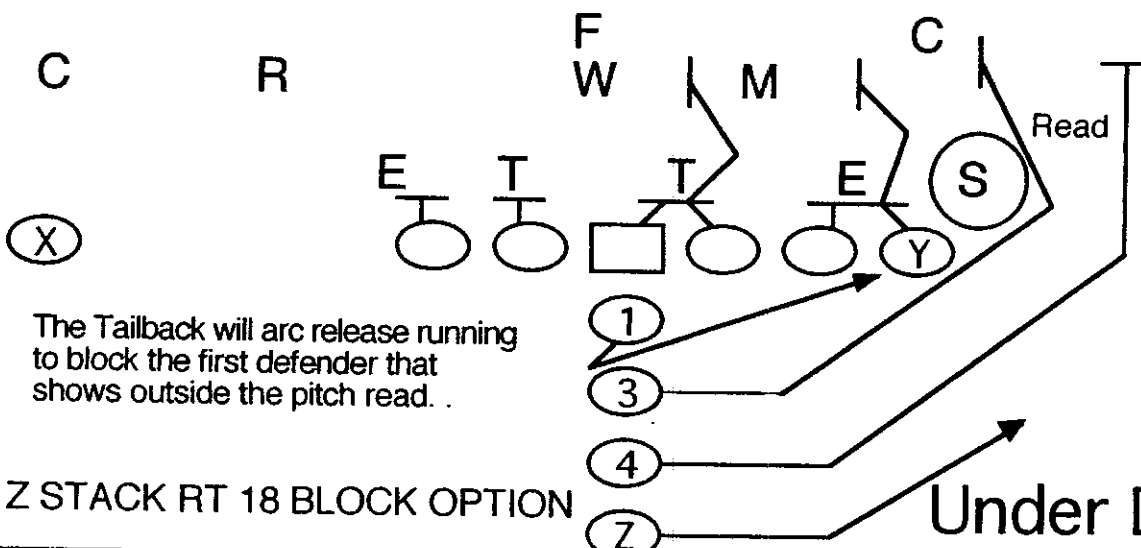
33 Defense



(X)
The Fullback will arc release running at the inside jersey number of the pitch read. If the inside jersey number of the pitch read comes down take your path outside, if inside number goes upfield then take path inside.

Z STACK RT 18 BLOCK OPTION

4-3 Defense



(X)
The Tailback will arc release running to block the first defender that shows outside the pitch read.

Z STACK RT 18 BLOCK OPTION

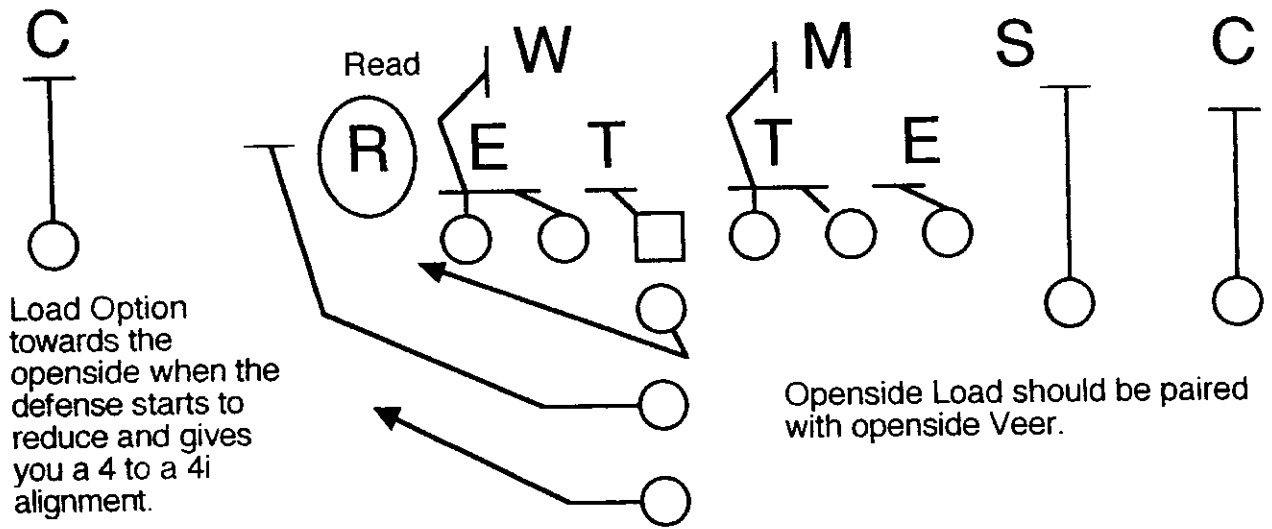
Under Defense

18 - 19 LOAD OPTION - OPENSIDE

VS 31

FS

TREY RT. 19 LOAD



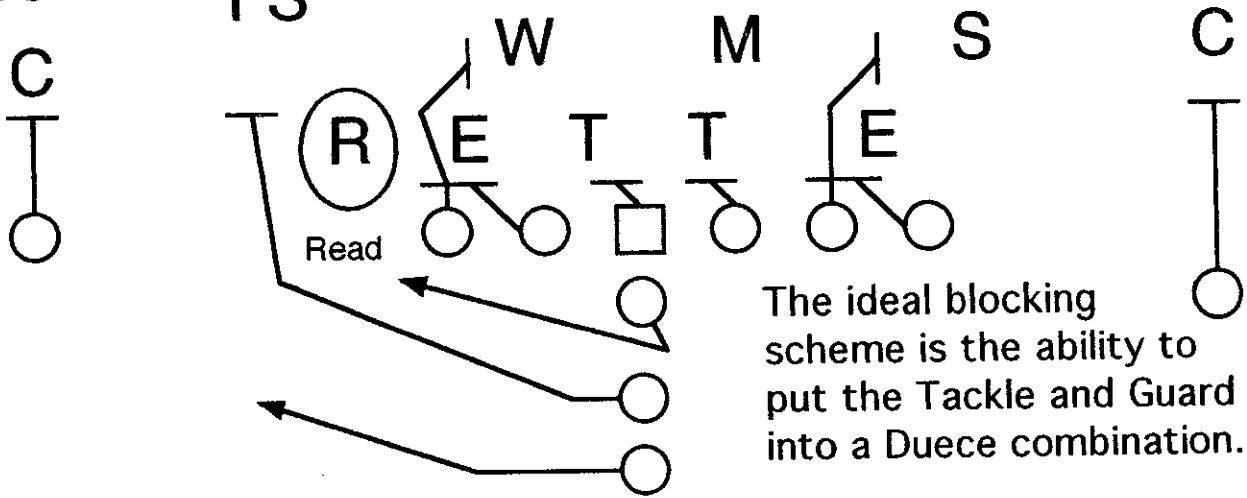
Load Option towards the openside when the defense starts to reduce and gives you a 4 to a 4i alignment.

Openside Load should be paired with openside Veer.

VS 22i

FS

I RT. 19 LOAD

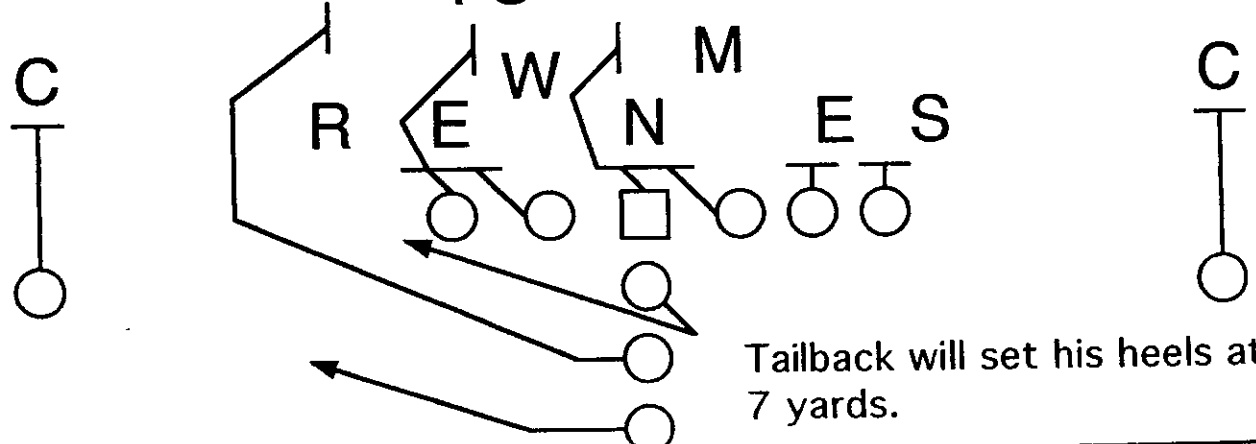


The ideal blocking scheme is the ability to put the Tackle and Guard into a Duece combination.

vs 30 Nose

FS

I RT. 19 LOAD



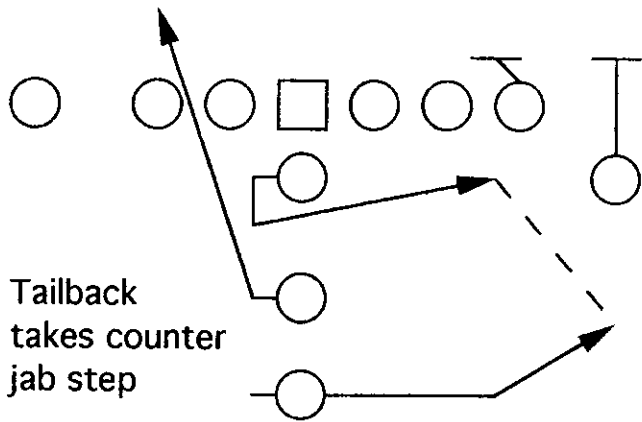
Tailback will set his heels at 7 yards.

SWING OPTION SERIES

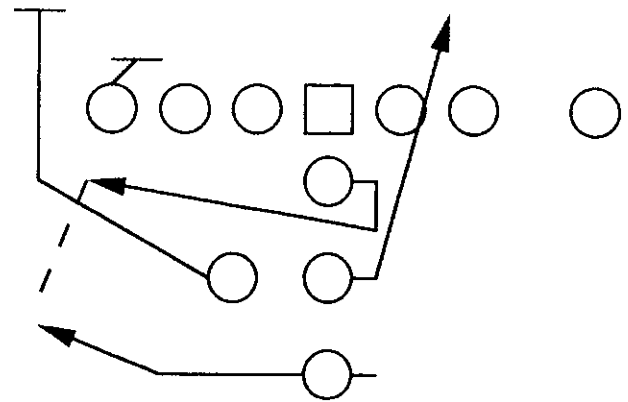
18 / 19 SWING OPTION

The Swing Option series allows you to put immediate pressure on the perimeter of the defense, while taking advantage of over pursuing backside linebackers. When you utilize the Swing Option which could be a fullback give, you are able to have an outstanding running threat in blitz situations. Swing Option forces the defense to respect the option, in terms of Quarterback, dive, and pitch responsibilities, you can reduce the defense's abilities to attack you with whole sale blitzes. Quarterback reverses out on Swing Option.

I RT. 18 SWING OPTION

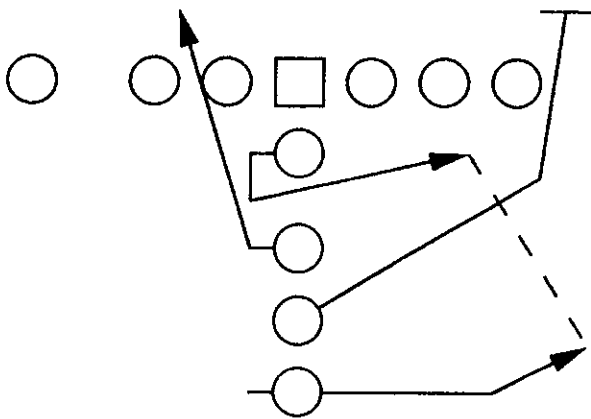


STRONG LT. 19 SWING OPTION



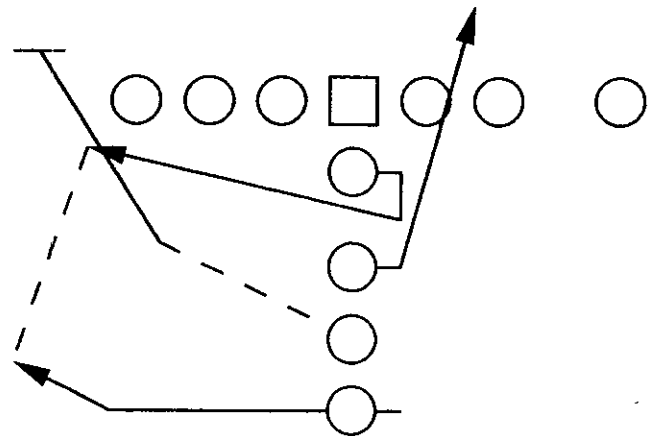
Z STACK RT. 18 SWING OPTION

Quarterback reverses out, must get eyes and shoulders around quickly. Sell load option if ball is given to fullback.



Z STACK LT. HUMP 19 SWING OPTION

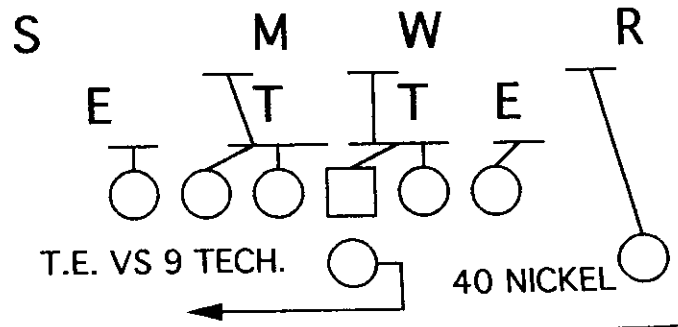
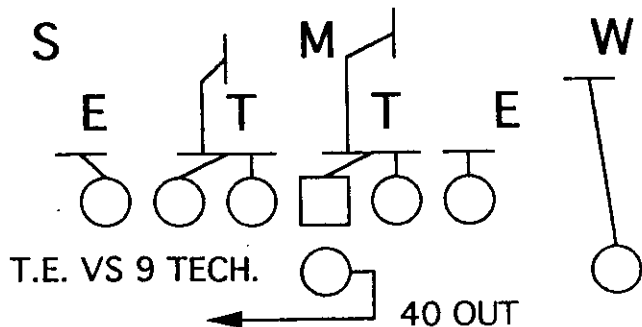
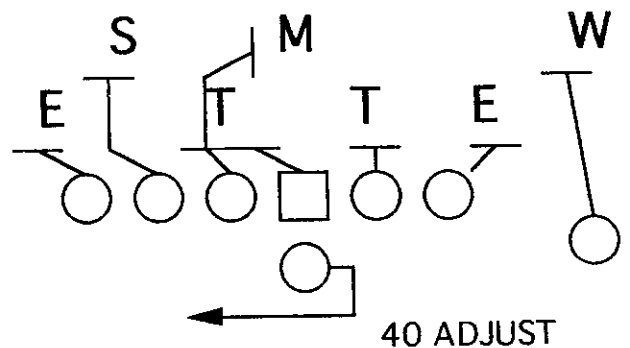
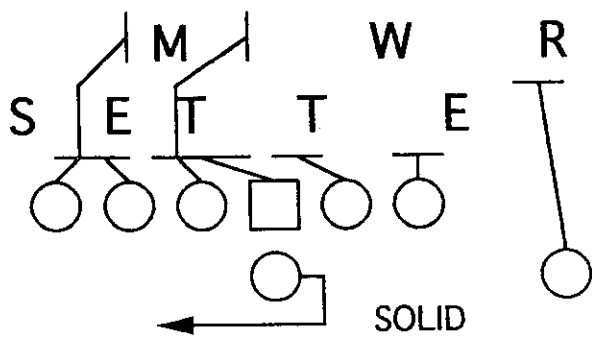
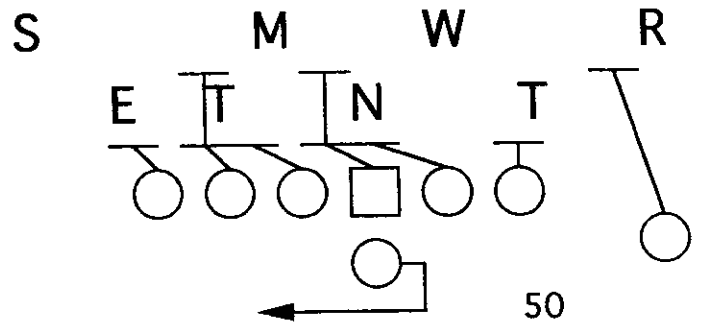
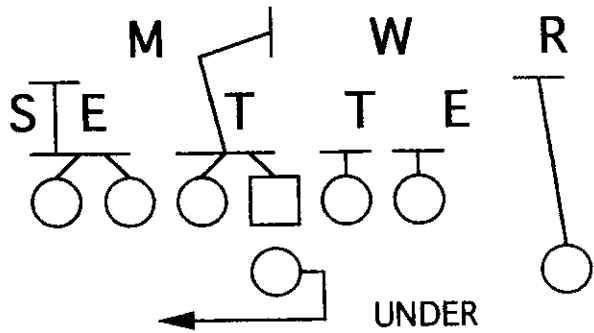
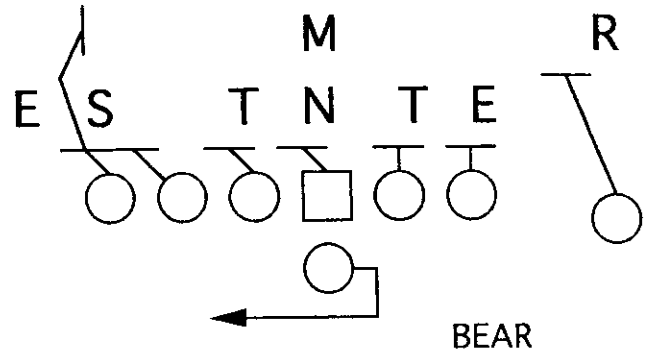
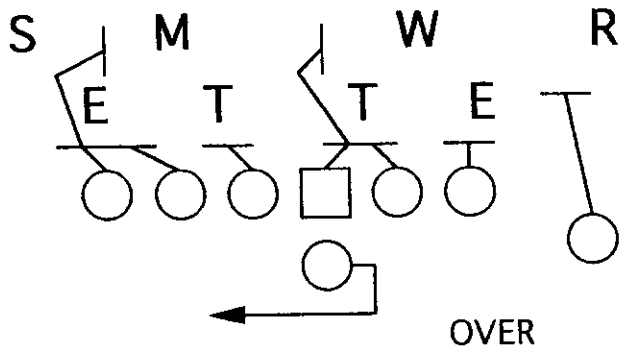
Tailback will counter step jab



QB Actions and Alerts:
 Reverse pivot - either fullback give or sprint to and option off E.M.L.O.S. Use same blocking and read scheme as Load Option.

Designed to take advantage of over pursuing backside linebacker.

BLOCKING ADJUSTMENTS



"Z" STACK 18 - 19 SWING OPTION / TIGHTSIDE

(X) Quarterback will reverse pivot faking the dive to hold the linebackers. The give to the fullback will be discussed later.

Z STACK RT 18 SWING OPTION **(Z)** **33 Defense**

(X) 18 - 19 Swing Option is run like load option. Once quarterback comes out of his pivot must get his eyes to the 9 technique.

See 18 - 19 Load option for details. The difference is the reverse pivot by the quarterback, with the fullback faking dive opposite the play direction.

Z STACK RT 18 SWING OPTION **(Z)** **4-3 Defense**

(X)

Z STACK RT 18 SWING OPTION **(Z)** **Under Defense**

18 - 19 SWING OPTION / TIGHTSIDE

C **R** **F** **Read** **C**

(X) Quarterback will reverse pivot faking the dive to hold the linebackers. The give to the fullback will be discussed later.

IRT 18 SWING OPTION **33 Defense**

C **R** **F** **Read** **C**

(X) 18 - 19 Swing Option is run like load option. Once quarterback comes out of his pivot must get his eyes to the 9 technique.

IRT 18 SWING OPTION **4-3 Defense**

C **R** **F** **Read** **C**

(X) See 18 - 19 Load option for details. The difference is the reverse pivot by the quarterback, with the fullback faking dive opposite the play direction.

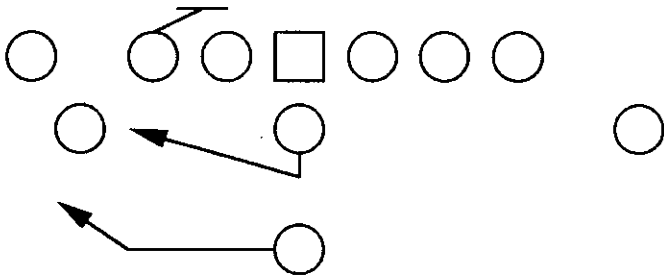
IRT 18 SWING OPTION **Under Defense**

18 - 19 Speed Option Series

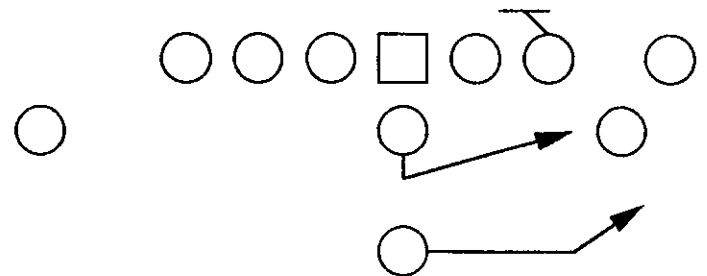
18 / 19 Speed Option

The Speed option series allows you to put immediate pressure on the perimeter of the defense. When you utilize the speed option, you are able to have an outstanding running threat in blitz situations. Speed option forces the defense to respect the option, in terms of quarterback and pitch responsibilities, you can reduce the defense's abilities to attack you with whole sale blitzes. Speed option can be run either to the openside or tight side.

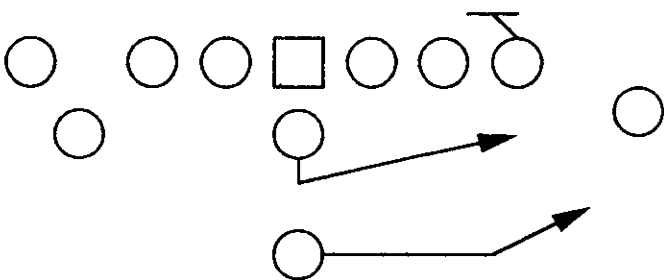
ACE RT.19 SPEED OPTION



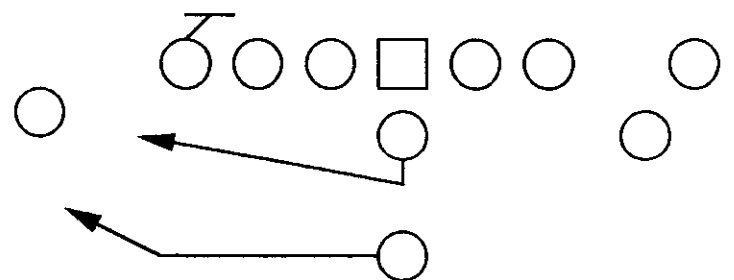
ACE LT.18 SPEED OPTION



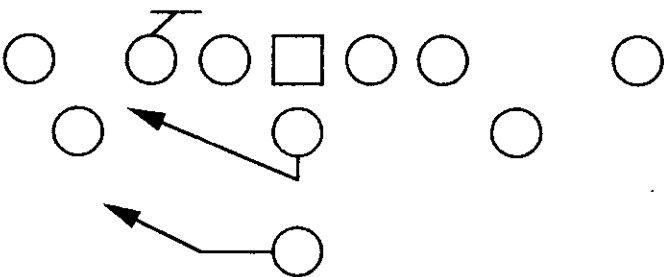
ACE RT.18 SPEED OPTION



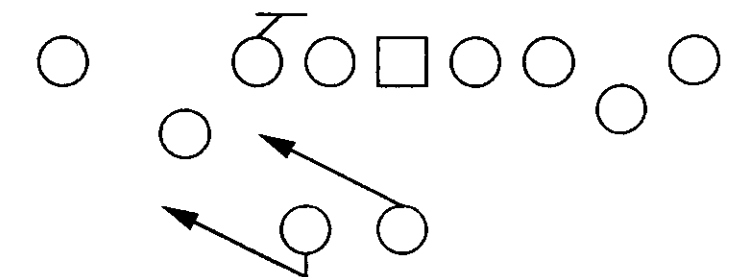
ACE LT.19 SPEED OPTION



DOUBLES RT.19 SPEED OPTION



DOUBLES GUN RT.19 SPEED OPTION



18 - 19 SPEED OPTION - TIGHTSIDE

vs 31



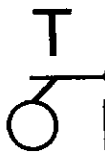
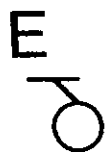
R

W

FS

M

S



1



3



4



The offensive line will use their slow to a fast rotating blocking techniques, depending upon the alignment of the down defender.

vs 22i



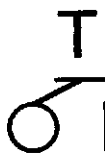
R

W

FS

M

S



1



3



4

Tight end vs a 7 technique can arc release onto free safety

vs 30 Nose



R

W

FS

M

S



1



3



4

The Fullback will align his heels at 7 yards deep. The A-Back will align his heels at 4 1/2 yards.

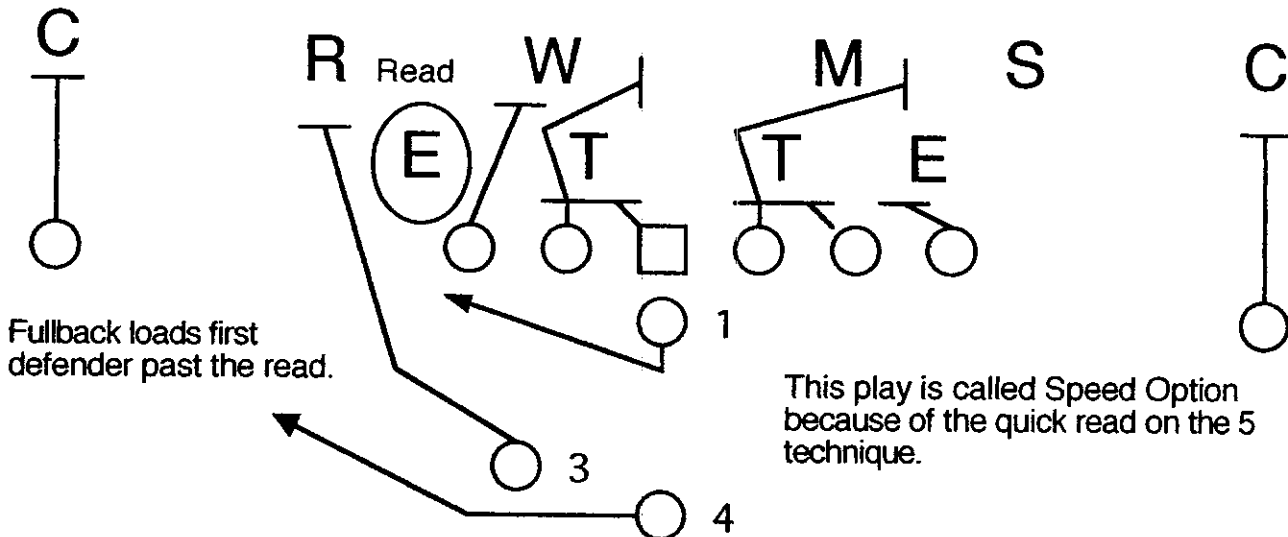
Tight End Trey block down vs any 5 and 9 technique.

18 - 19 SPEED - OPENSIDE

vs 31

FS

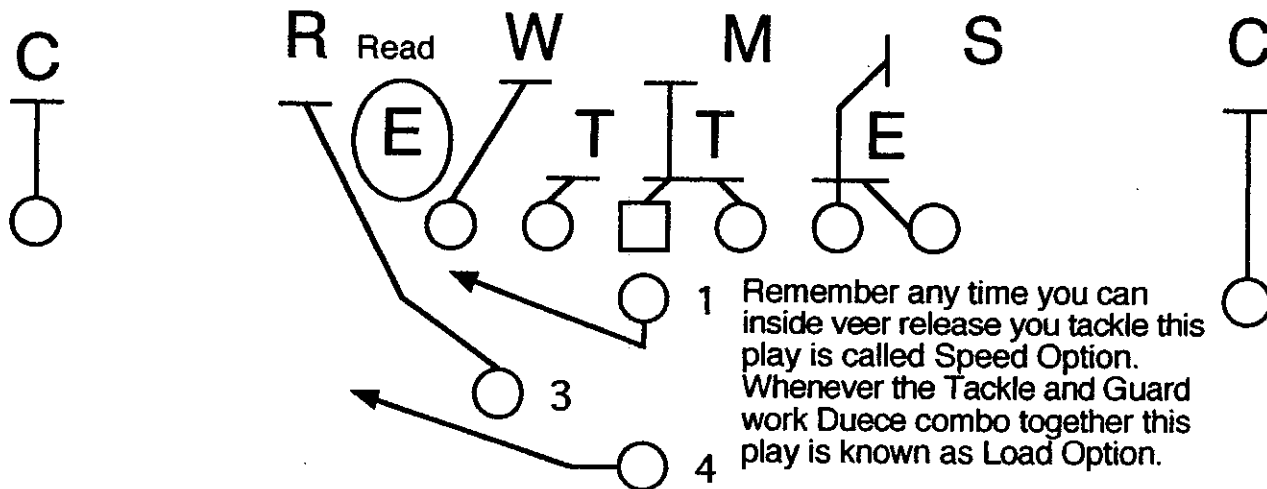
Queen Rt. 19 Speed



vs 22i

FS

Queen Rt. 19 Speed

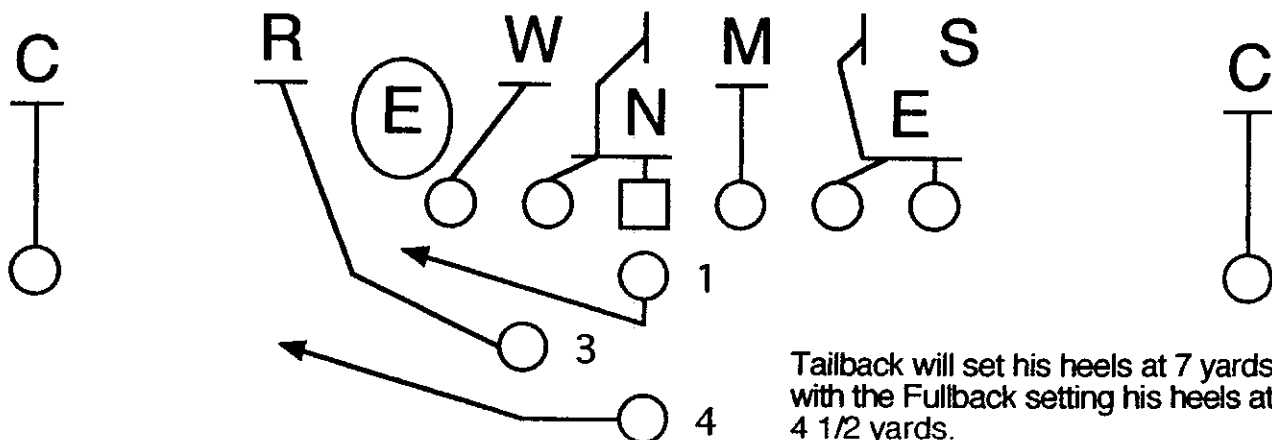


vs 30 Nose

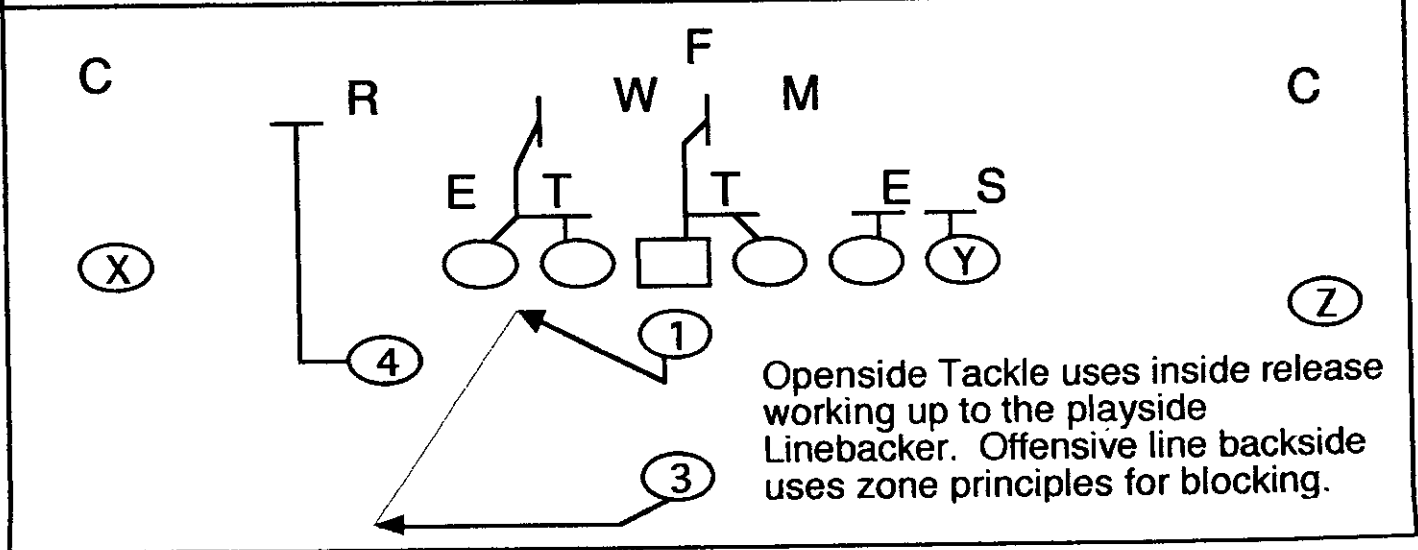
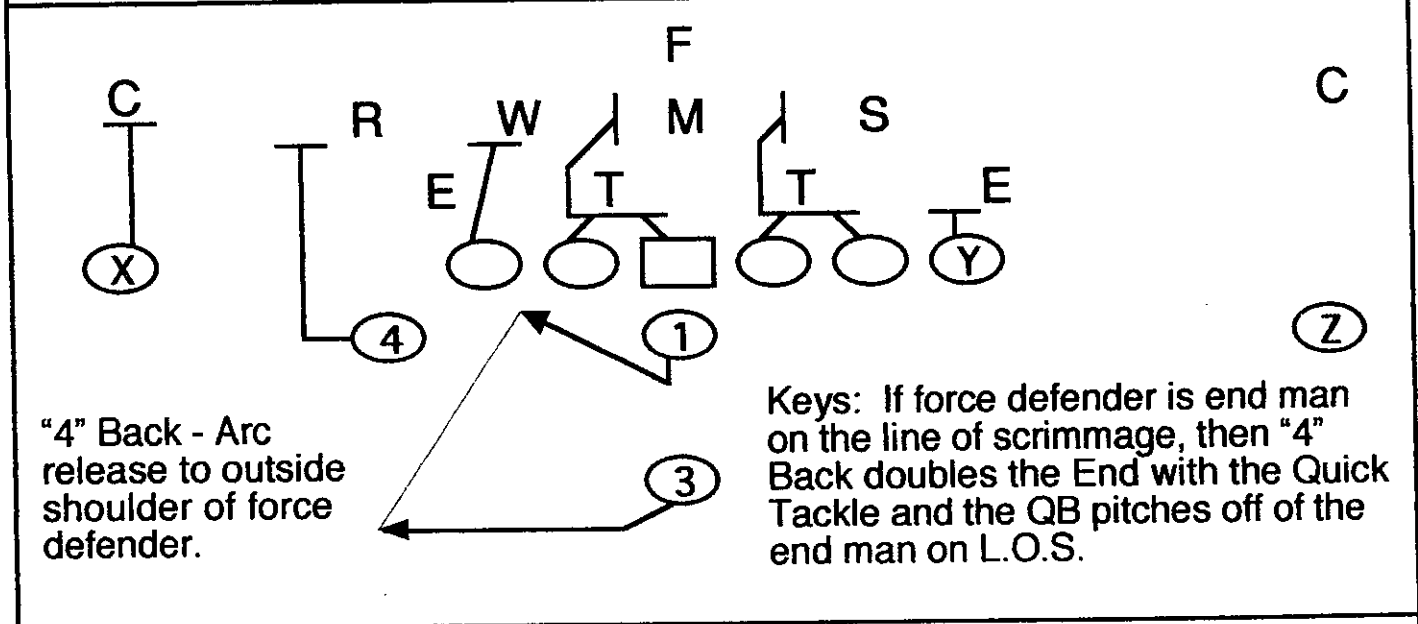
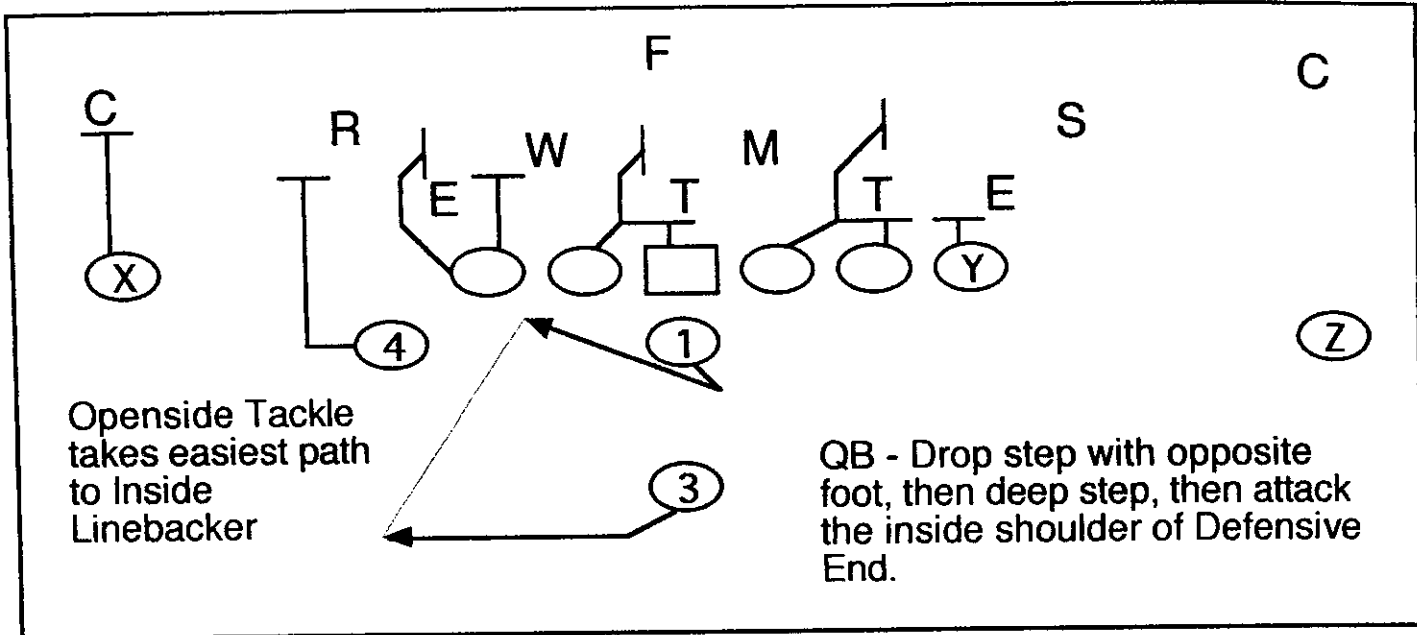
Read FS

SS

Queen Rt. 19 Speed



18 - 19 LEAD OPTION - OPENSIDE



Secondary Option Section

The Following Plays Will Be Considered Secondary Plays To The Primary Options Mentioned Thus Far

The following options should be considered secondary option schemes to those already mentioned. A very popular option included in this section is the "G" Option made popular by Nebraska.

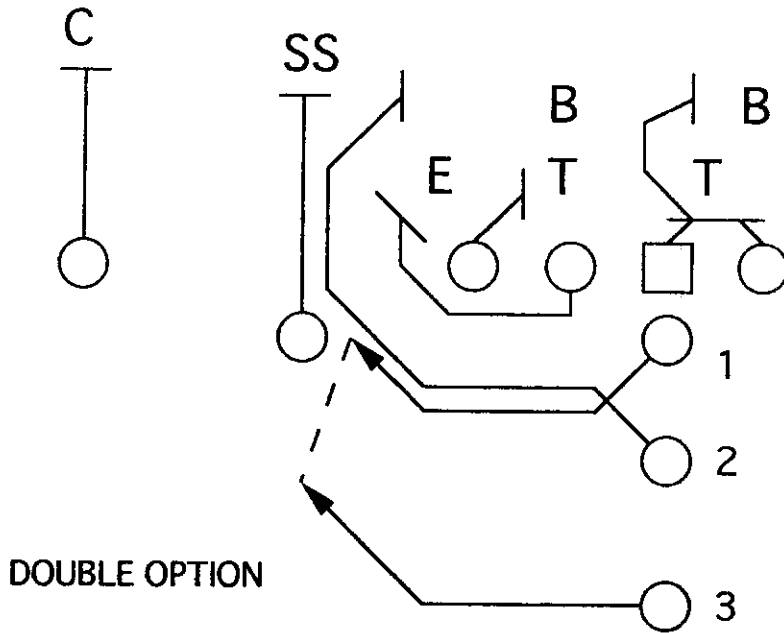
1. 14 - 15 Seal Option - Openside
2. 32 - 33 Trap Option - Tightside
3. 34 - 35 "G" Option - Tightside
4. 18 - 19 Crack Option - Tightside
5. 18 - 19 Wall Option - Openside
6. 18 - 19 Load Wishbone - Tightside
7. 18 - 19 Stretch - tightside
8. Double Slot 12 - 13 Veer
9. Slot Wing 12 - 13 Veer

14 - 15 SEAL OPTION / OPENSIDE

VS 31 OR OVER DEFENSE

I RT. 15 SEAL OPTION
I LT. 14 SEAL OPTION

FS

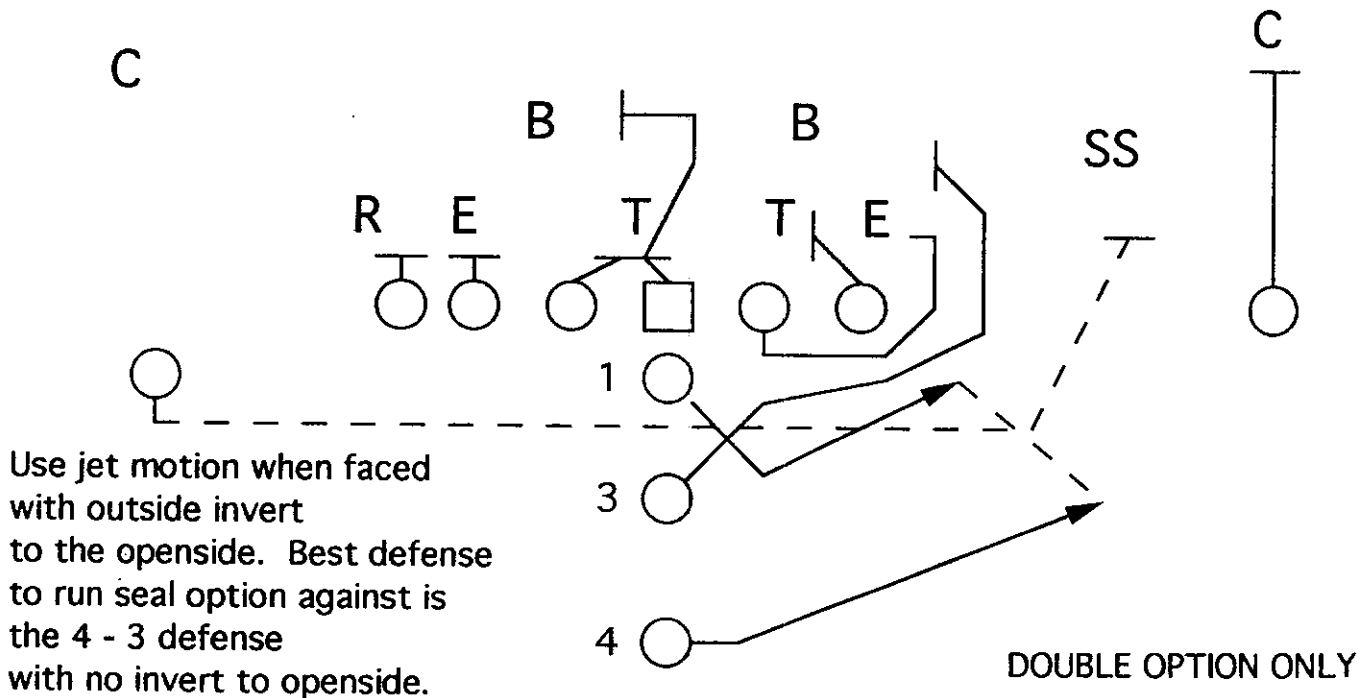


Seal option is the same play as load option but run to the openside only. Quarterback will read the block by the guard as to turn up inside or to take it outside. If five technique stretches turn up inside.

VS 31 DEFENSE

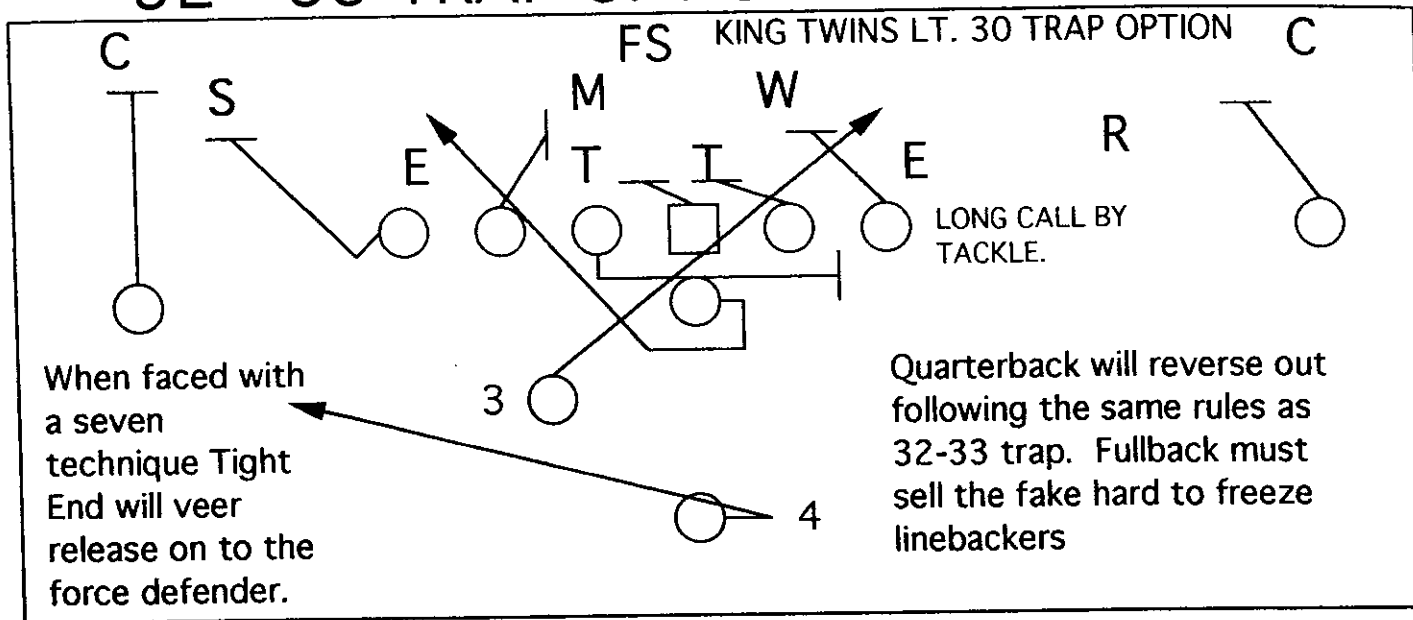
I LT. JET 14 SEAL OPTION
I RT. JET 15 SEAL OPTION

FS



Use jet motion when faced with outside invert to the openside. Best defense to run seal option against is the 4 - 3 defense with no invert to openside.

32 - 33 TRAP OPTION / TIGHTSIDE



Coaching Point: 32 - 33 TRAP OPTION TO FOLLOW SAME RULES AS 32 - 33 TRAP.

QUARTERBACK - Reverse out giving the fullback the entire center area. Fake the trap and attack the inside shoulder of the defensive end. This play is a double option between the quarterback and tailback only. Quarterback will work 1 1/2 yards off the L.O.S. to negate any penetration by the defensive line.

FULLBACK - Run same path as 32 - 33 trap and read the block of the pulling guard. Fullback must carry out a good fake to draw the defense towards him.

TAILBACK - Counter step and explode to pitch path. You are responsible for maintaining a 1 yard wide and 4 yard deep pitch relationship; timing should be such that you don't have to slow down while waiting to receive pitch.

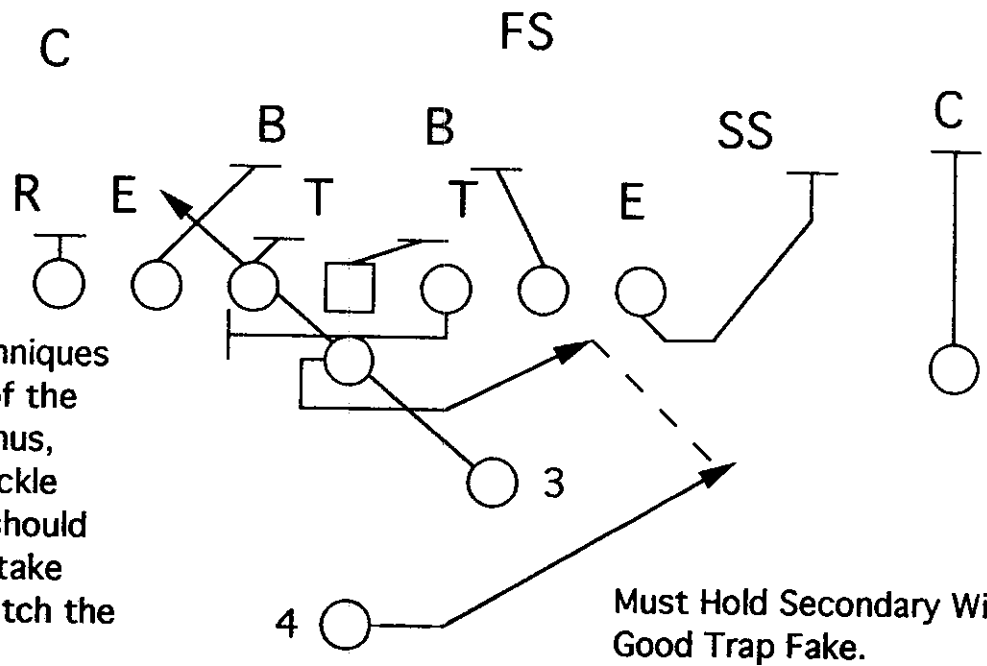
PULLING GUARD - The guard responsible for the pull will listen for the same alert calls from the offensive linemen to the side he will pull towards. Listen for 2, short or long call. Guard must attempt to log or seal his defender. Make this play look just like trap.

TIGHT END - Tight end will veer release on any defender aligned outside. Aiming point is the outside number of the force defender. Trey block with tackle vs any 5-9 alignment.

CENTER - Center will be responsible for blocking back on the first down defender past him.

32 - 33 TRAP OPTION / TIGHTSIDE

KING RT. TIGHT 33 TRAP OPTION
KING LT. TIGHT 32 TRAP OPTION

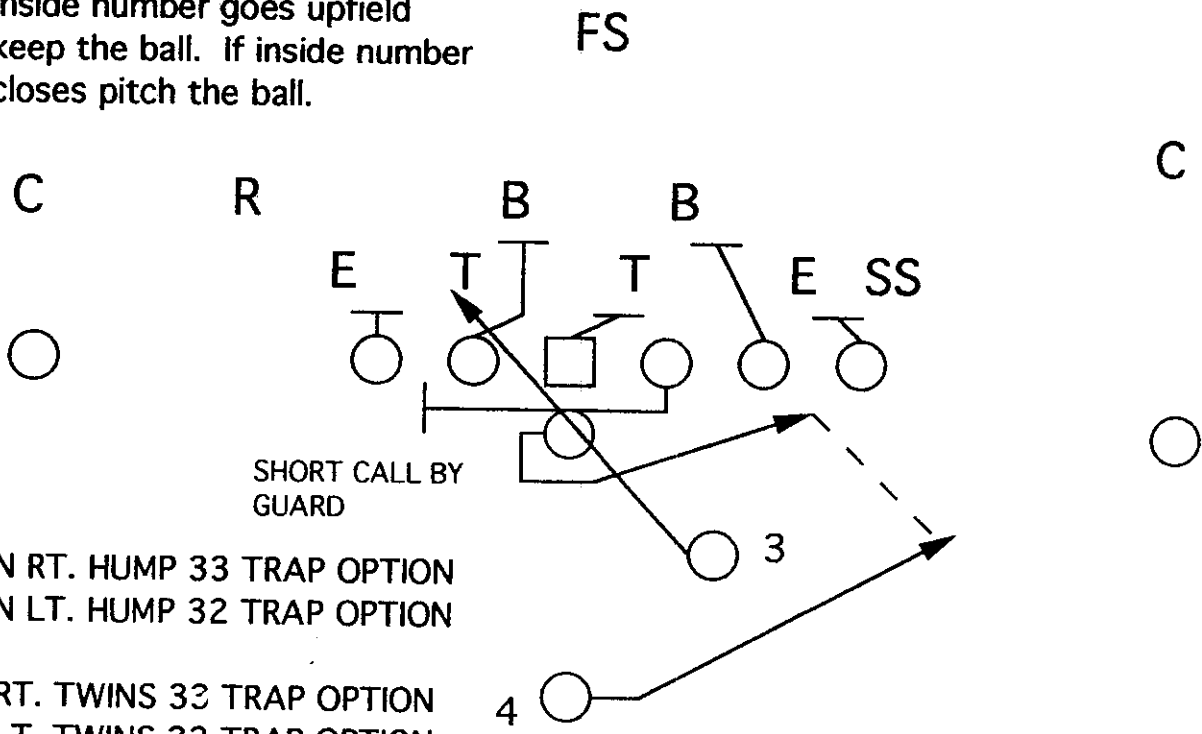


Usually seven techniques key the near hip of the offensive tackle thus, when offensive tackle closes down this should force Def. End to take Quarterback, so pitch the ball.

Must Hold Secondary With Good Trap Fake.

Quarterback will read inside number of the E.M.L.O.S. if inside number goes upfield keep the ball. If inside number closes pitch the ball.

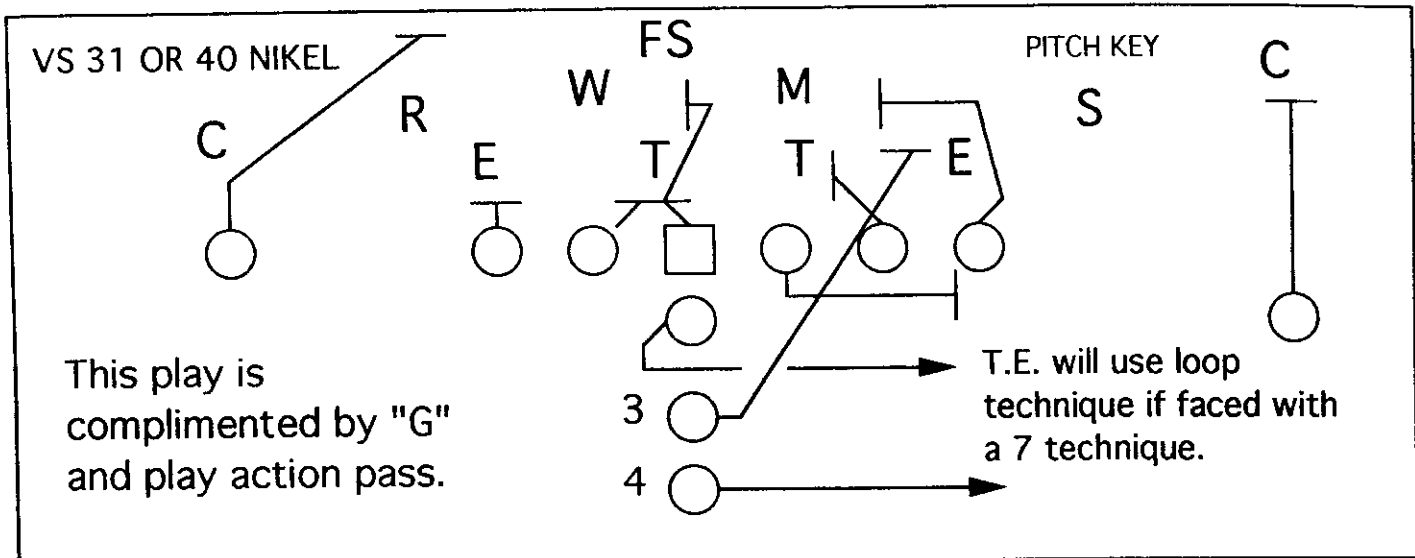
KING RT. 33 TRAP OPTION
KING LT. 32 TRAP OPTION



QUEEN RT. HUMP 33 TRAP OPTION
QUEEN LT. HUMP 32 TRAP OPTION

KING RT. TWINS 33 TRAP OPTION
KING LT. TWINS 32 TRAP OPTION

34 - 35 "G" OPTION / TIGHTSIDE



COACHING POINT: This play is designed to compliment 34 - 35 "G". "G" option is designed to soften the play by the defensive end, thus setting up any inside running plays.

QUARTERBACK: Reverse pivot stepping at 4:00 o'clock continue course to B-gap. make deliberate play fake to fullback. Continue down the L.O.S. at a depth of 1 1/2 yds. Read key will be the first outside defender past the defensive end.

FULLBACK: Open - Crossover and run at the inside hip of playside tackle. Make great play fake, forcing playside linebacker to step up and then block first opposite color.

TAILBACK: Run same path as 12 - 13 veer. Line up directly behind the fullback with heels at seven yards off the football. Accelerate to a pitch position looking to get out in front of the quarterback.

TIGHT END: Block first defender inside. if tackle blocks down replace him. If faced with a 7 technique loop outside looking to block playside linebacker inside.

PLAYSIDE GUARD: Pull callside looking to block E.M.L.O.S., aiming point is the inside armpit of the defender. If defender plays underneath kick-out block log defender.

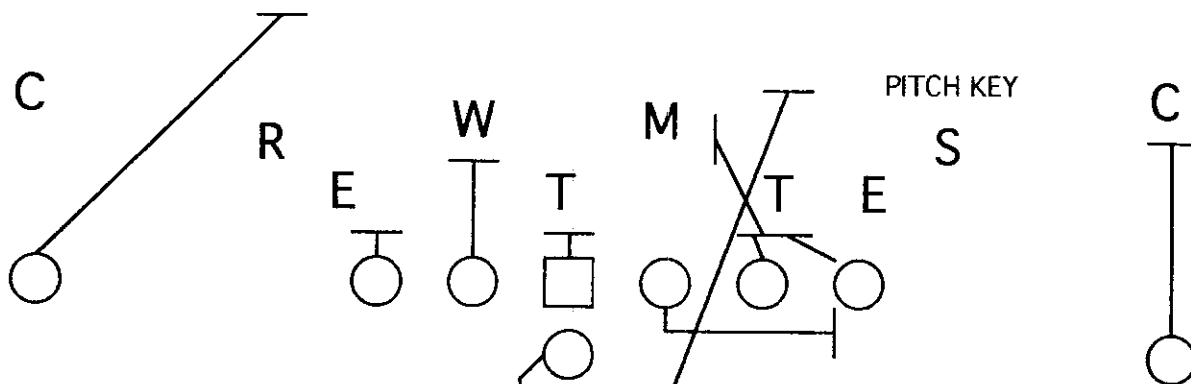
PLAYSIDE TACKLE: Block first defender inside. If guard is covered replace him and block down defender. If guard uncovered block playside linebacker.

CENTER: If uncovered block first linebacker over to backside. If guard is uncovered and you are faced with a 1 technique ace block to backside linebacker.

34 - 35 "G" OPTION / TIGHTSIDE

VS 50 DEFENSE

I RT. 34 "G" OPTION
I LT. 35 "G" OPTION

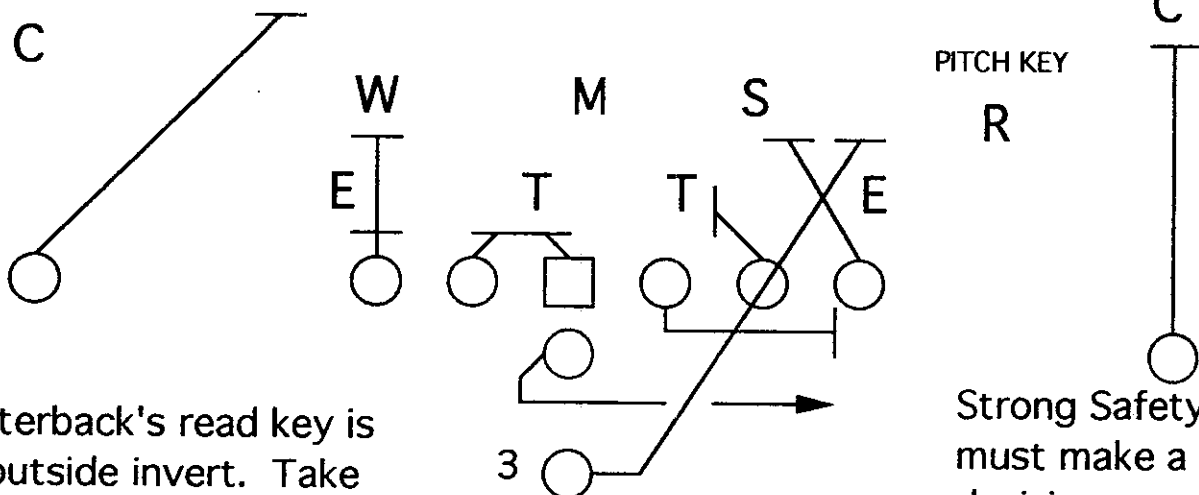


When faced with an odd 50 defense Trey block with tackle and tight end. Seal playside linebacker.

If defensive end plays soft to the outside QB should then turn up inside off the down block by tight end.

VS 4 - 3 DEFENSE

I RT. 34 "G" OPTION
I LT. 35 "G" OPTION



Quarterback's read key is the outside invert. Take the read to the inside number of the force defender.

Strong Safety must make a decision on who to take. If SS takes QB pitch the ball.

34 - 35 "G" OPTION / TIGHTSIDE

I RT. 34 G OPTION

C R W T M T E S C

(X) (Z)

Quarterback reverse pivot stepping at 4:00 o'clock continue course to B-gap. Continue down the L.O.S. at a depth 1 1/2 yard. Carry out great play fake with Fullback.

Tight End blocks first defender head up to inside.

33 Defense

I RT. 34 G OPTION

C F W T M T S E C

(X) (Z)

Tight side Guard will pull kick out on the defensive end and log if defender plays underneath his block or cut if defender plays up field.

Tackle blocks first defender inside inside on or off the L.O.S.

4-3 Defense

I RT. 34 G OPTION

C R W T M T E S C

(X) (Z)

This play is designed to compliment 34 - 35 "G" , trying to make E.M.L.O.S. play soft to honor the option and the inside LBer scraping over the top.

Fullback open, crossover running at the inside hip of the Tight tackle. Accept the football and run for daylight.

50 Defense

34 - 35 "G" / TIGHTSIDE

FAR RIGHT 34 "G"

F

C R W T M S C

(X)

Quarterback reverse pivot stepping at 4:00 o'clock continue course to B-gap. Make deliberate hand-off to fullback. Continue down the L.O.S. at a depth 1 1/2 yards simulating 48 "G" option.

(Z)

Tight End blocks first defender head up to inside.

33 Defense

R FAR RIGHT 34 "G"

F

C W T M T S C

(X)

Strong Side Guard will pull kick out on the defensive end and log if defender plays underneath his block or cut if defender plays up field.

(Z)

Tackle blocks first defender inside inside on or off the L.O.S.

TB carry out great play fake running like 48 "G" option.

4-3 Defense

FAR RIGHT 34 "G"

R

C W M F C

E T T M E S

(X)

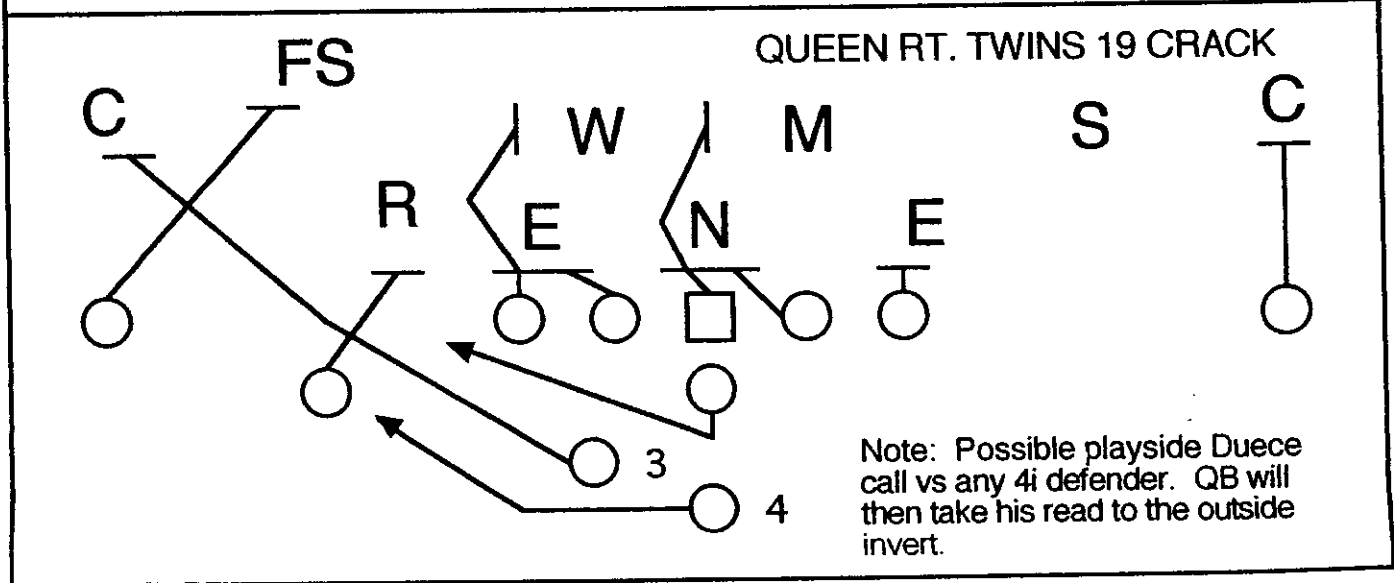
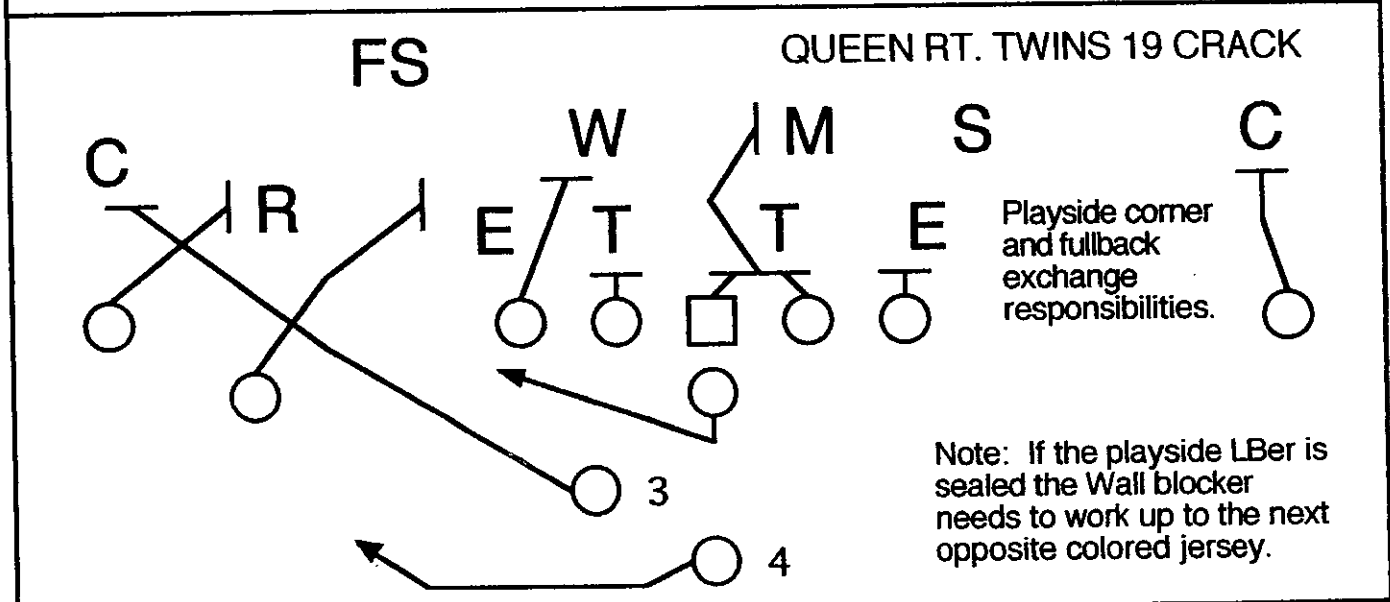
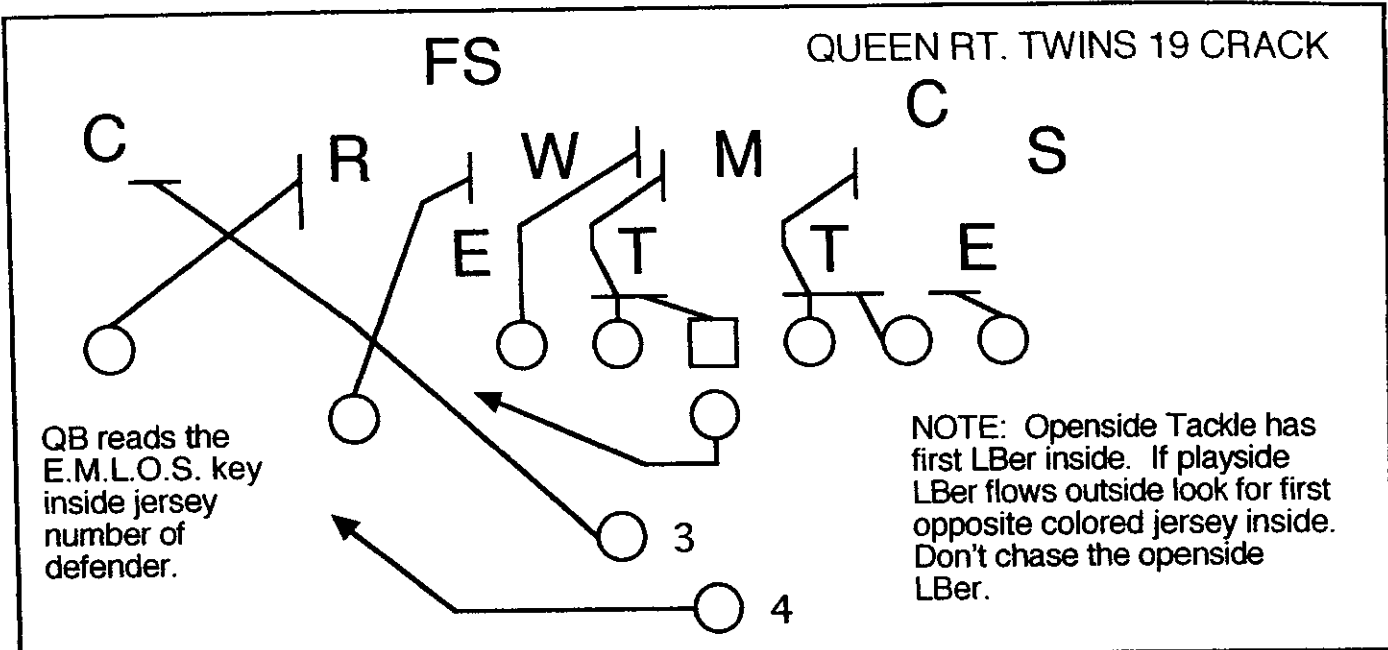
This play is designed to compliment 34 "G" option, trying to make E.M.L.O.S. play soft to honor the option and the inside LBer scraping over the top.

(Z)

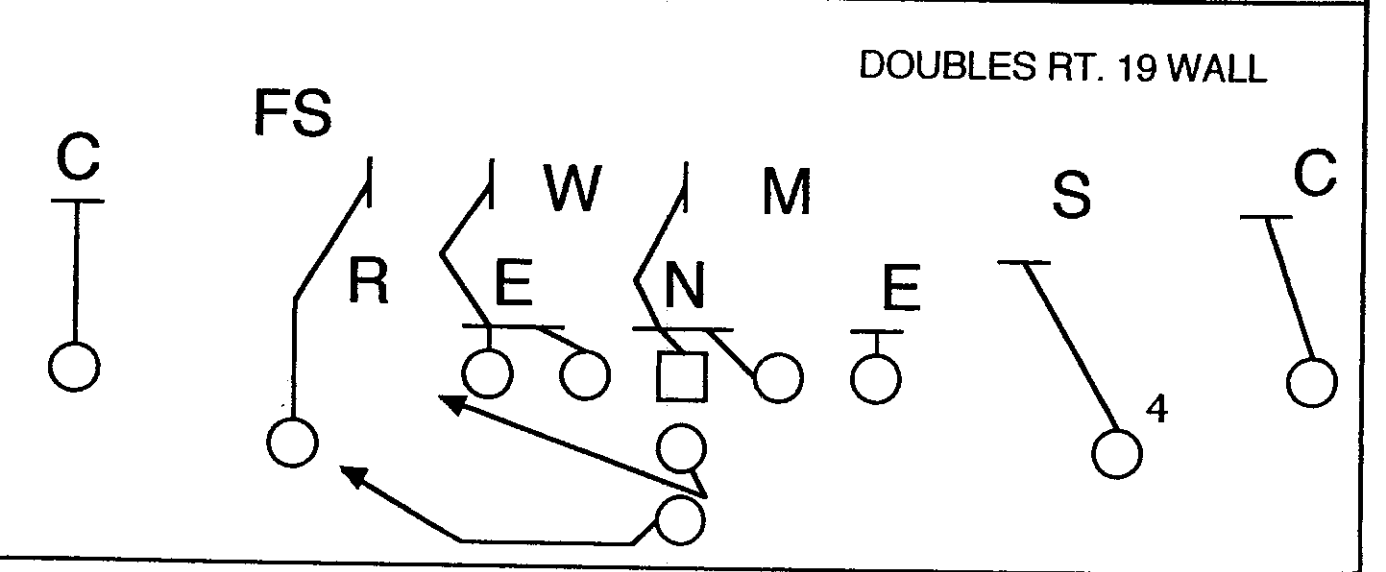
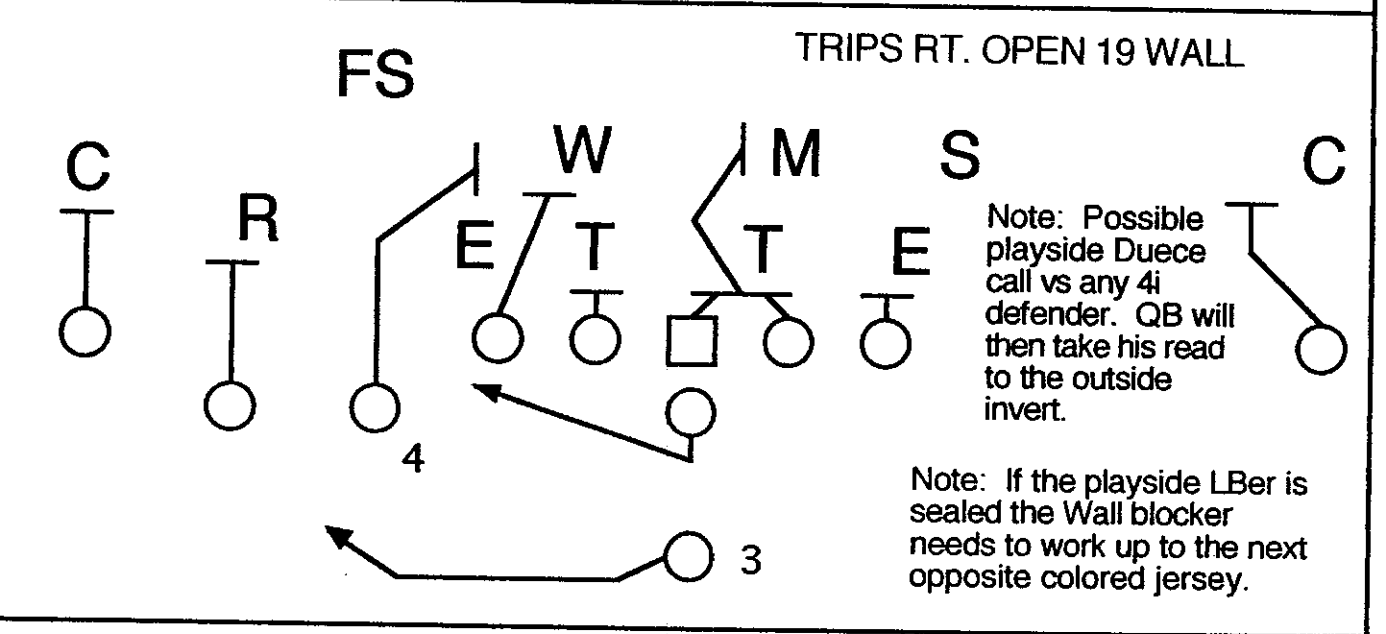
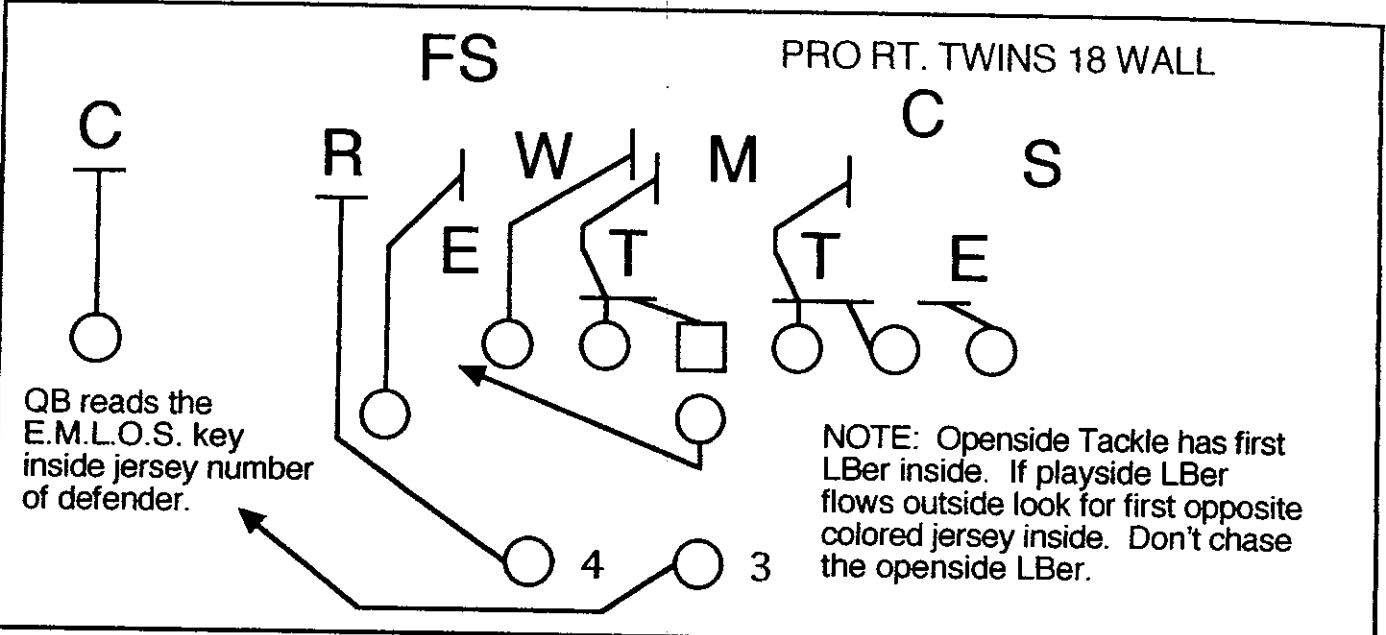
Fullback open, crossover running at the inside hip of the strong tackle. Accept the football and run for daylight.

50 Defense

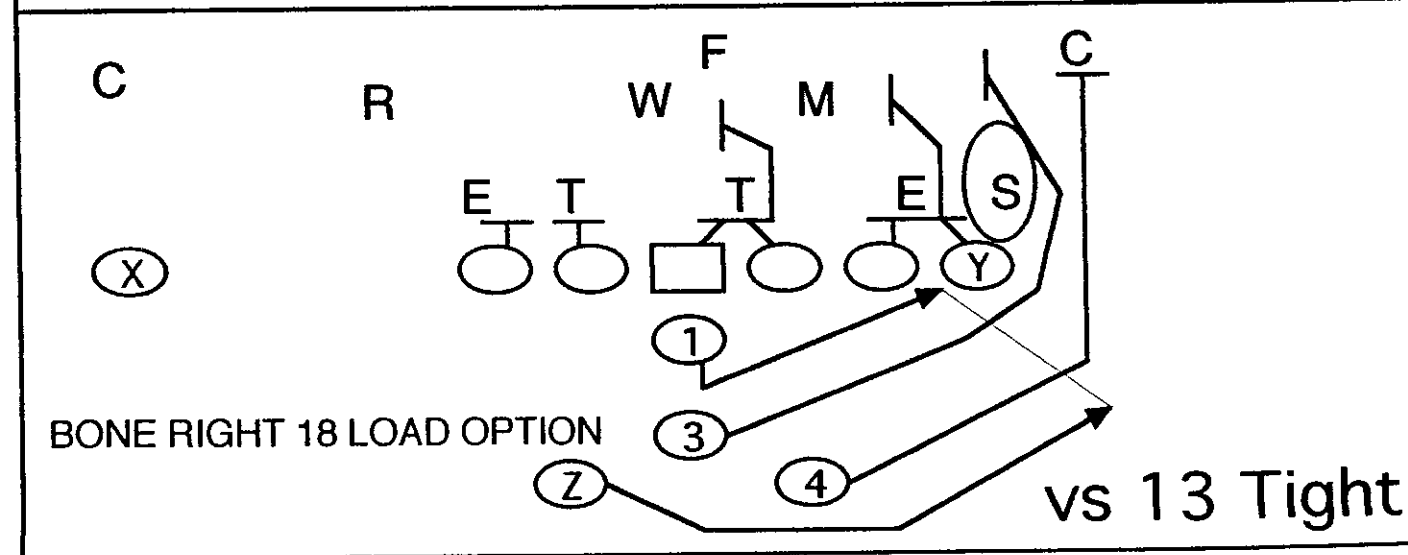
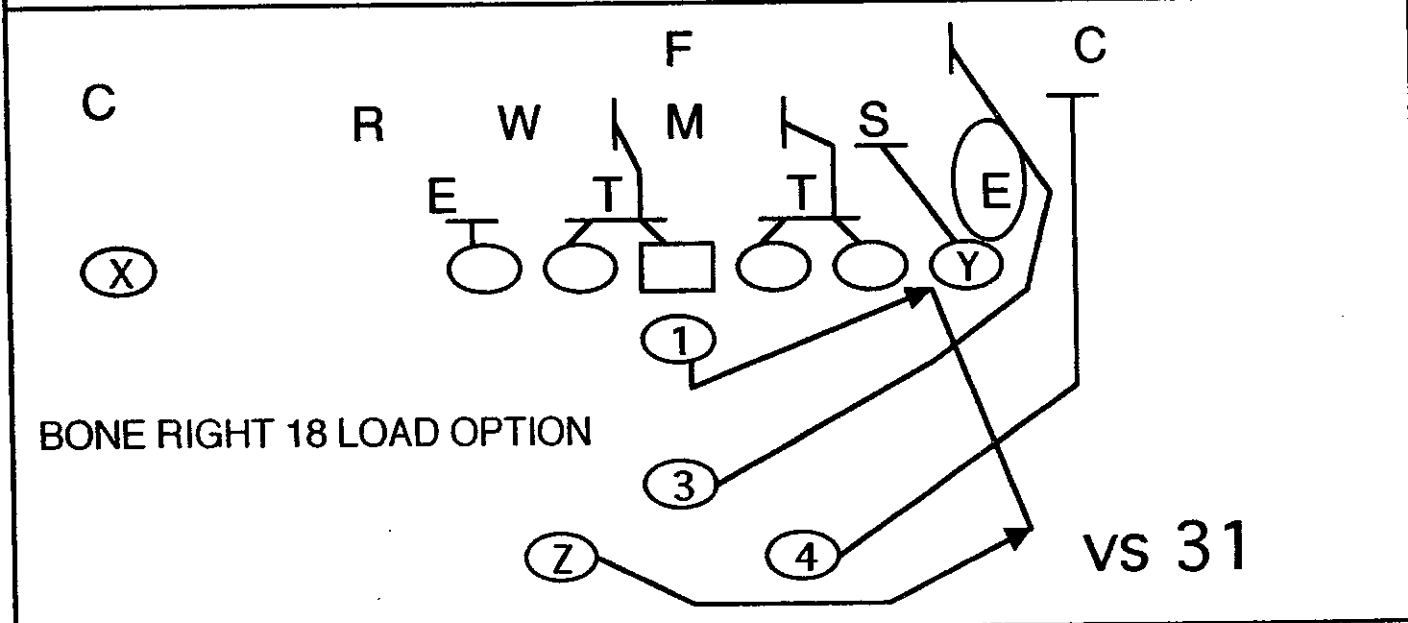
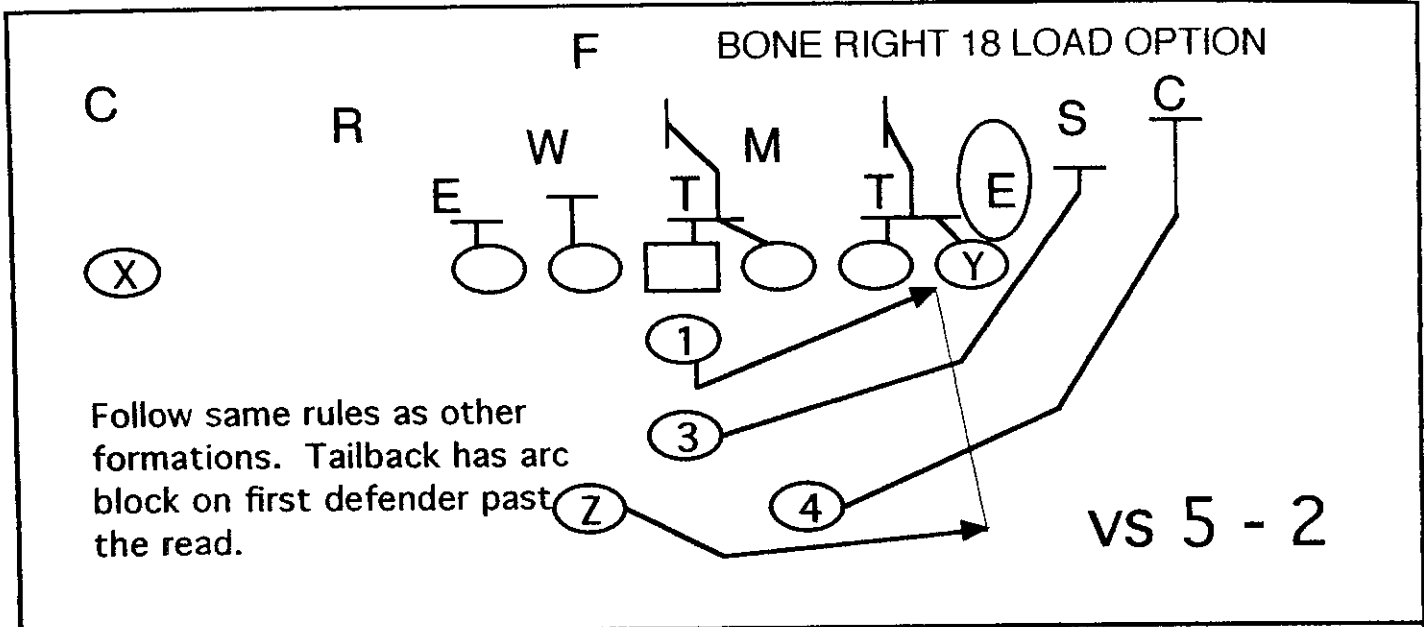
18 - 19 CRACK - OPENSIDE



18 -19 WALL / OPENSIDE



WISHBONE 18 - 19 LOAD OPTION / TIGHTSIDE



18 - 19 STRETCH / TIGHTSIDE

TREY RT. 18 STRETCH

C

(X)

R

E

W

F

T

M

T

E

S

C

(1)

(4)

(Z)

(3)

QB - Drop step with opposite foot, then deep step, then attack the inside shoulder of Defensive End.

C

(X)

R

E

W

T

F

M

T

S

E

C

(1)

(4)

(Z)

(3)

Offensive line goes into full zone.

C

(X)

R

E

T

W

F

T

M

E

S

C

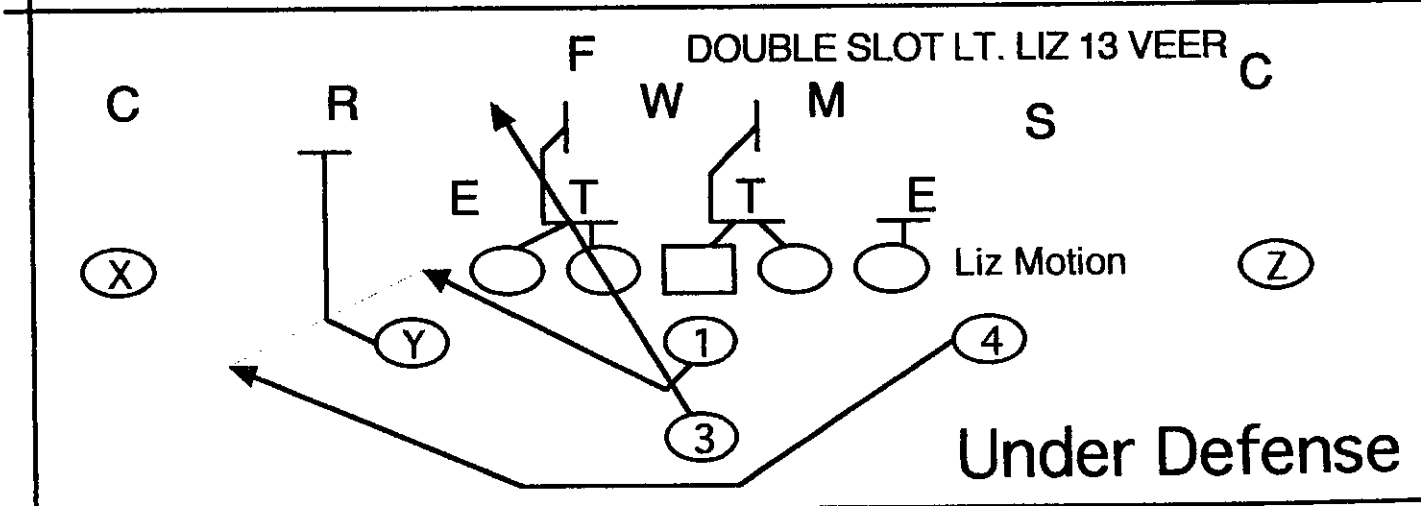
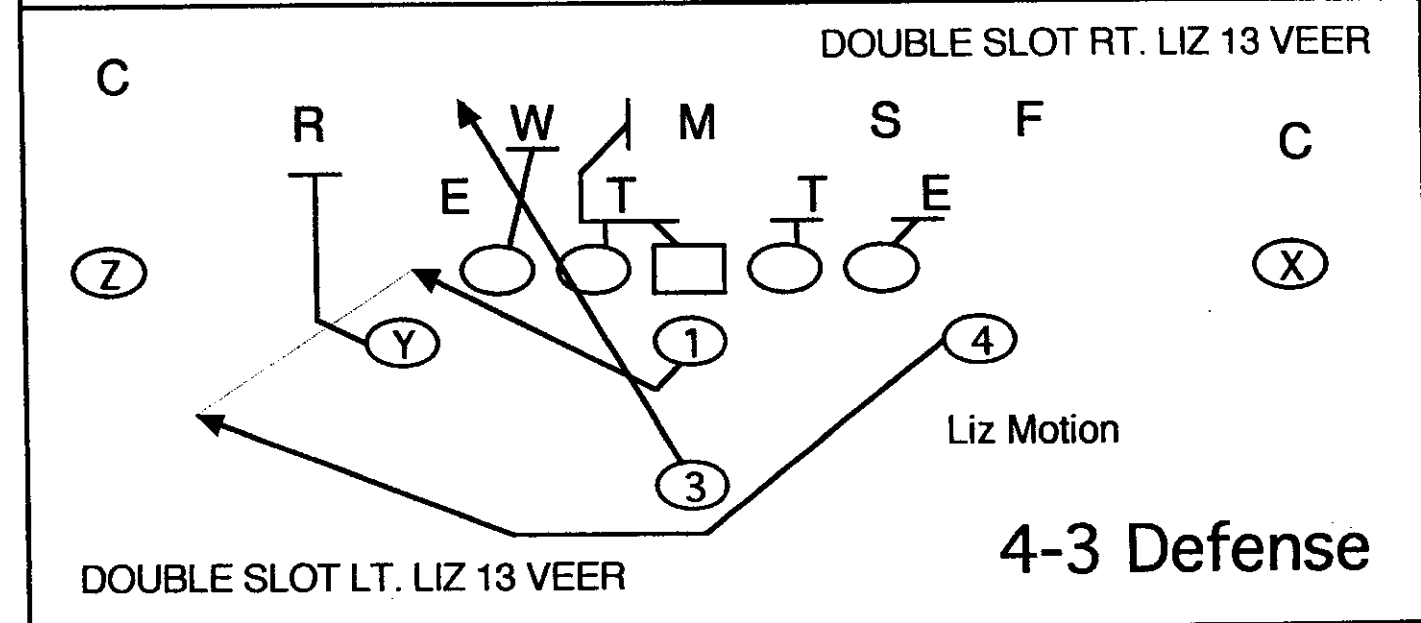
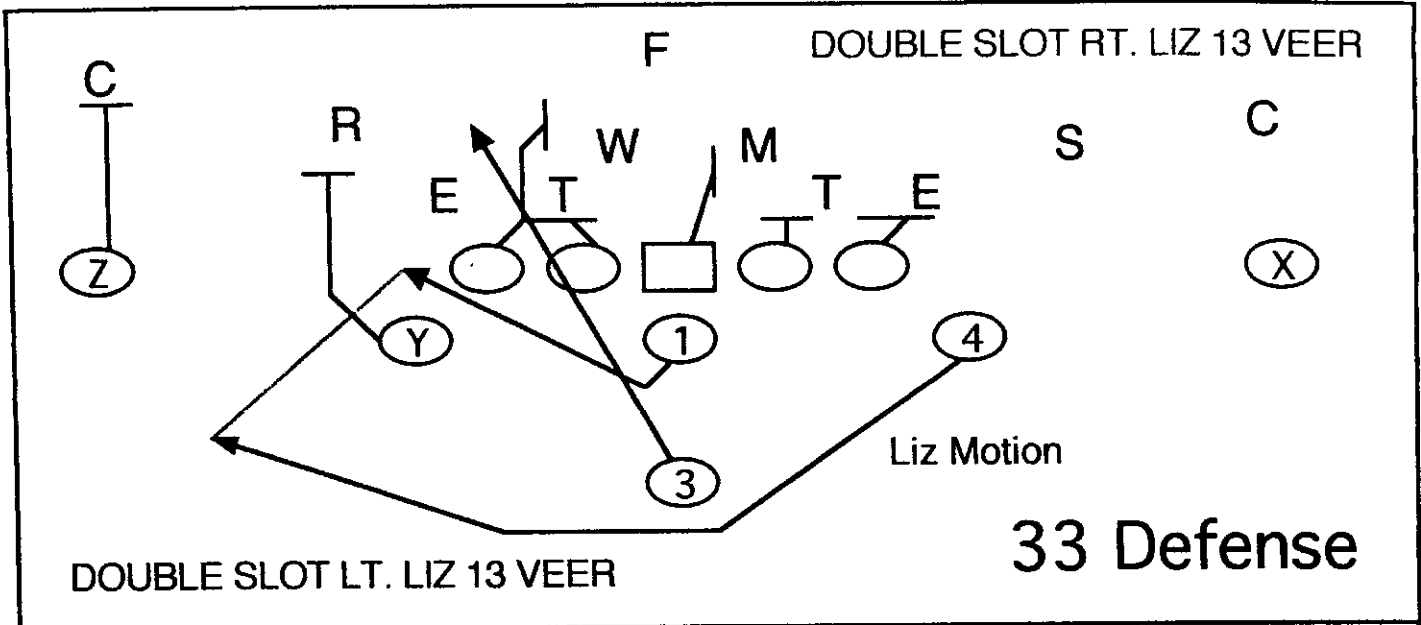
(1)

(4)

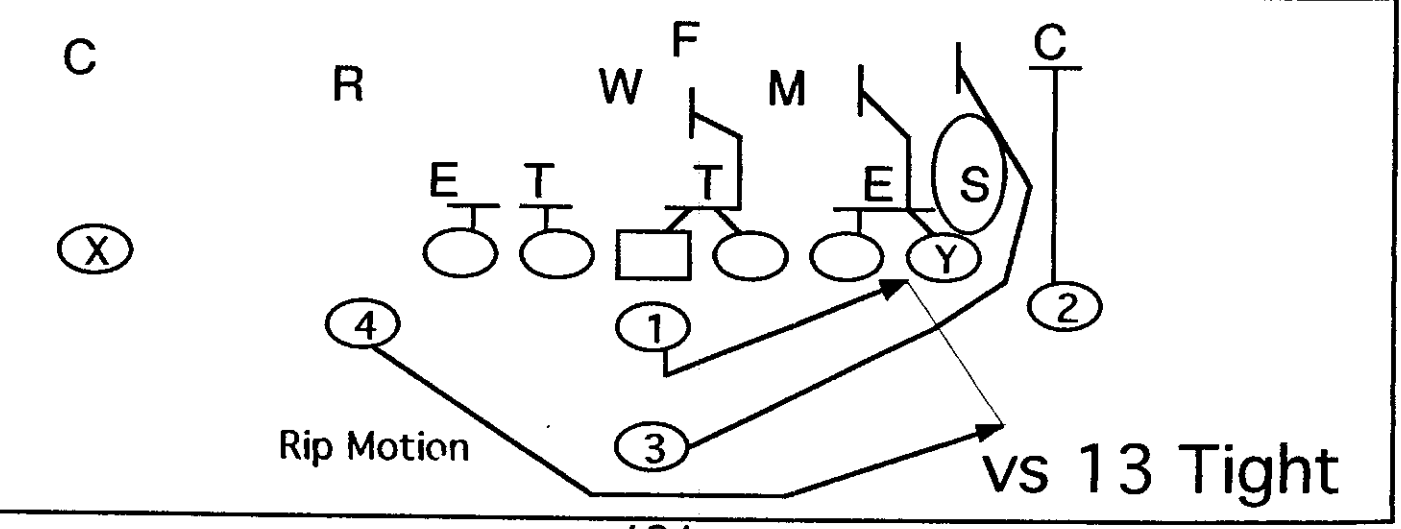
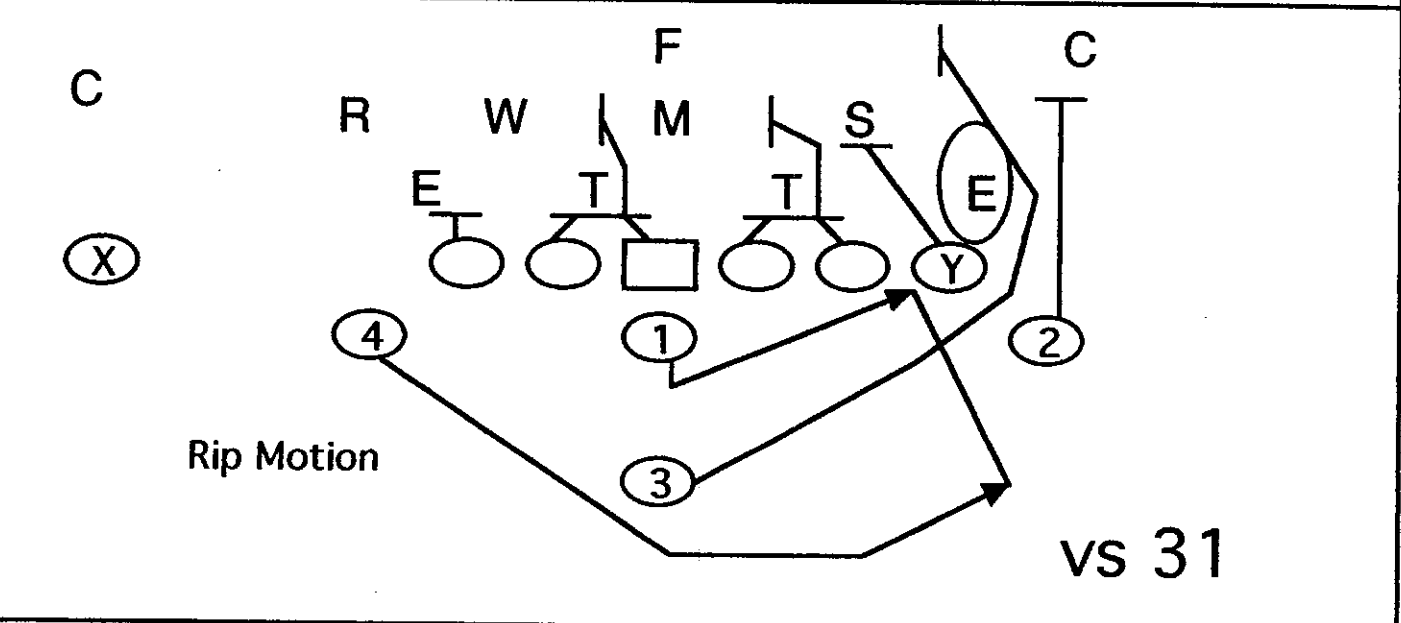
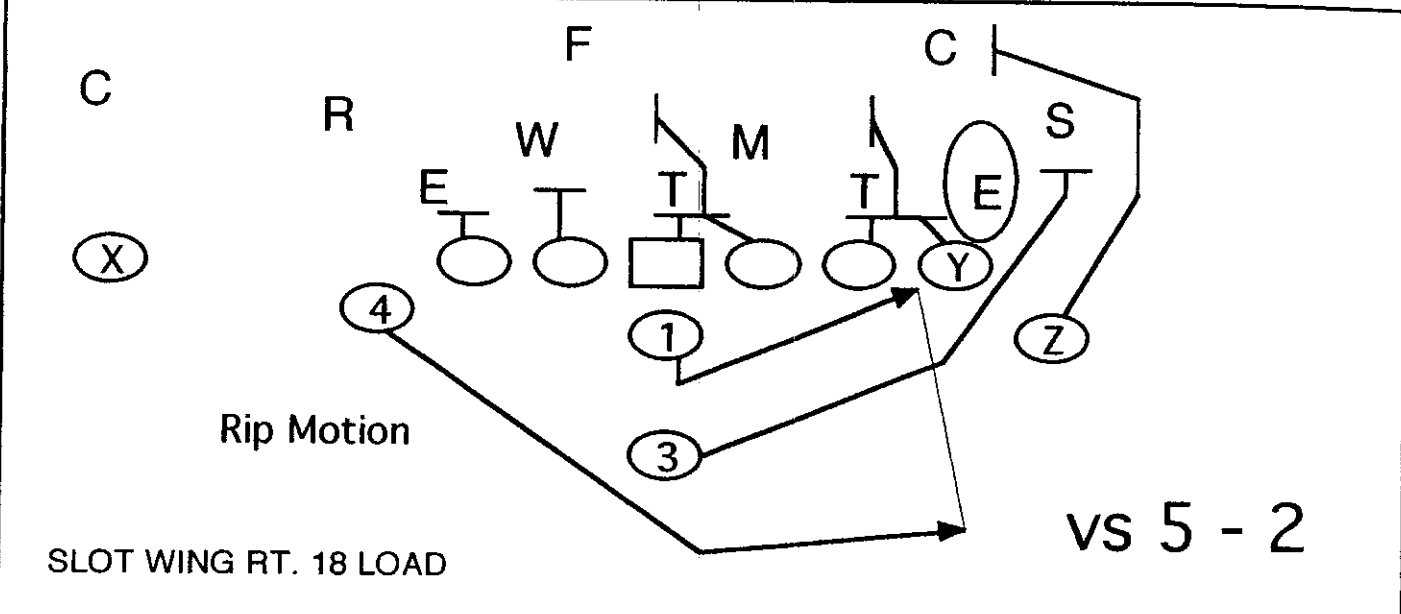
(Z)

(3)

DOUBLE SLOT 12 - 13 VEER



SLOT WING 18 - 19 LOAD OPTION / TIGHTSIDE

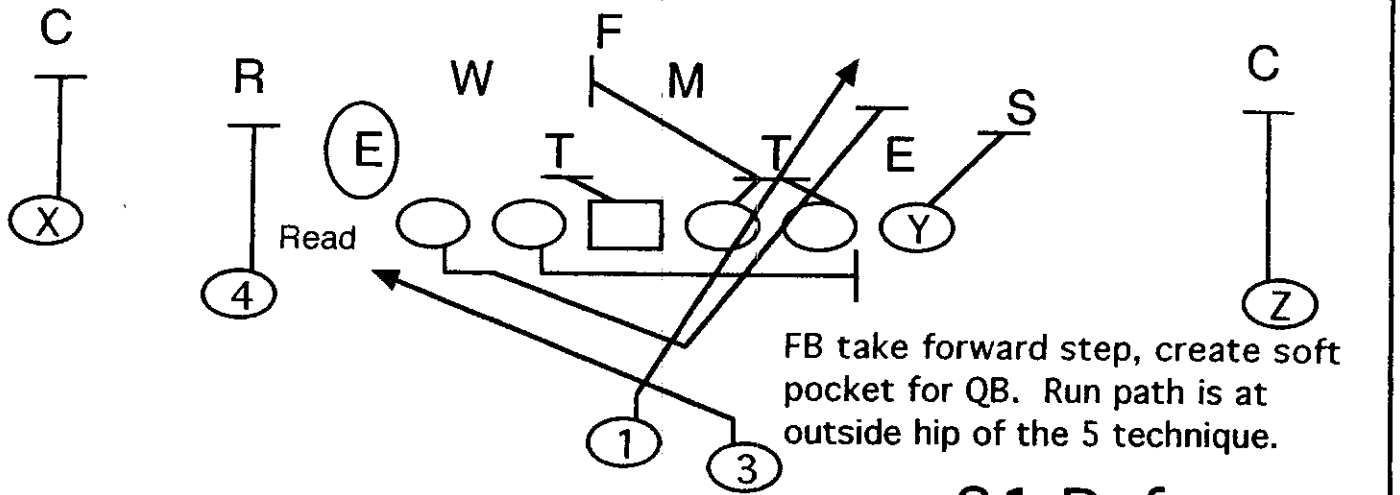


Option Offense Installing The Gun Running Game Section

The following plays with illustrations shows you how to install the quarterback gun offense. The purpose for adding this information is because it compliments the option game. This type of offensive plays and formations is an easy process but complicated for a defense to have to defend and practice both during the week.

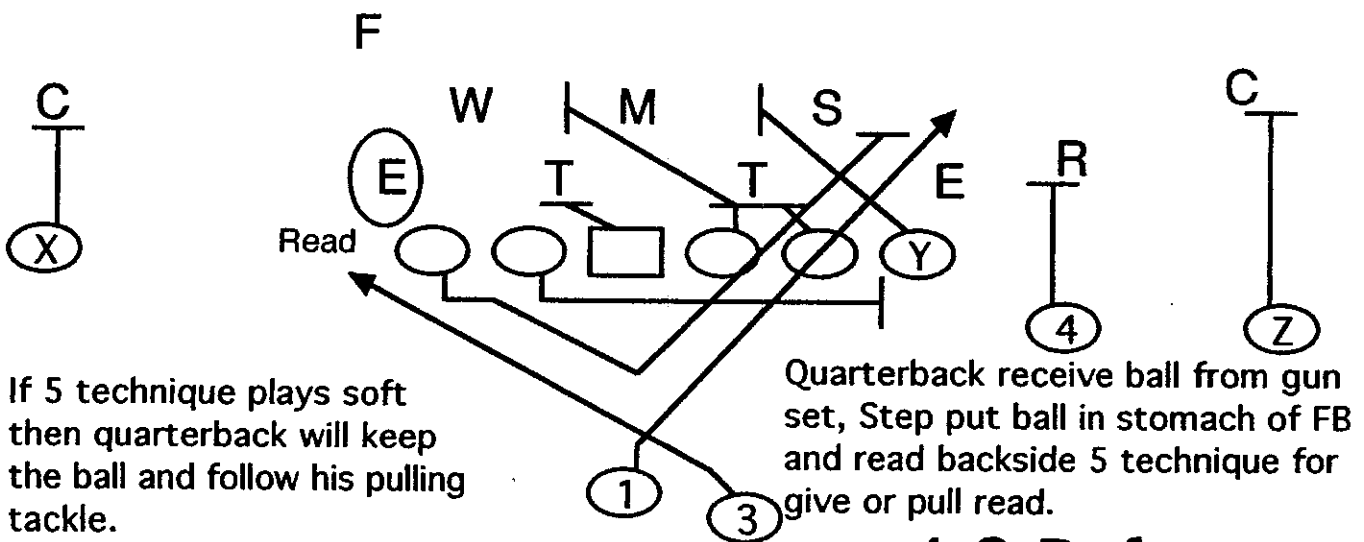
1. Gun 16 - 17 Counter
2. Gun 18 - 19 Load Option Openside
3. Gun 18 - 19 Load Option Tightside
4. Gun 32 - 33 Inside
5. Gun 32 - 33 Trap
6. Gun 32 - 33 Tackle Trap
7. Gun 36 - 37 Counter GT Openside
8. Gun 36 - 37 Counter GT Tightside

16 - 17 COUNTER READ / TIGHTSIDE



ACE Rt. 16 COUNTER READ

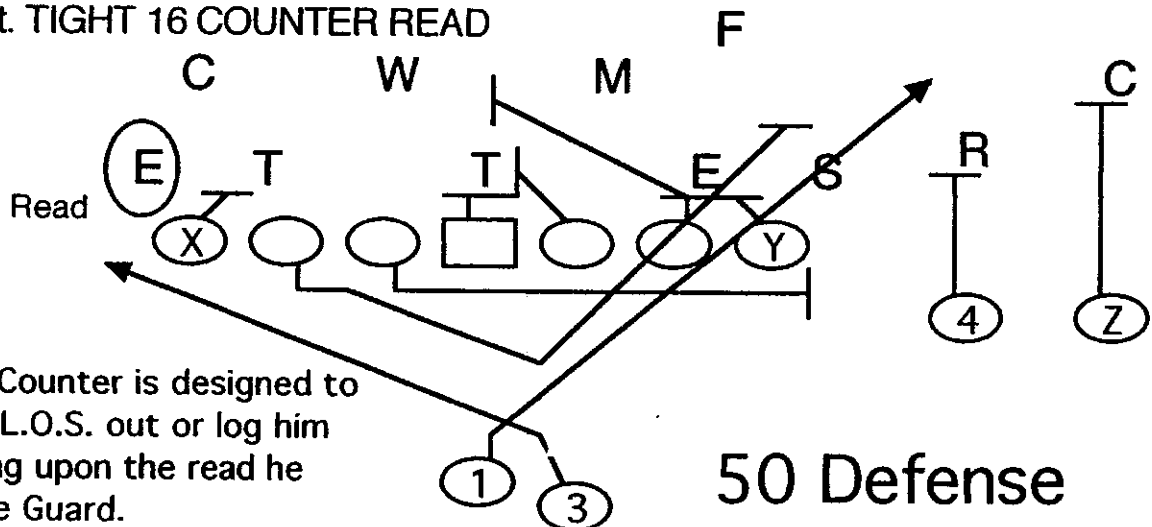
31 Defense



TREY Rt. 16 COUNTER READ

4-3 Defense

TREY Rt. TIGHT 16 COUNTER READ



16 - 17 Counter is designed to kick E.M.L.O.S. out or log him depending upon the read he gives the Guard.

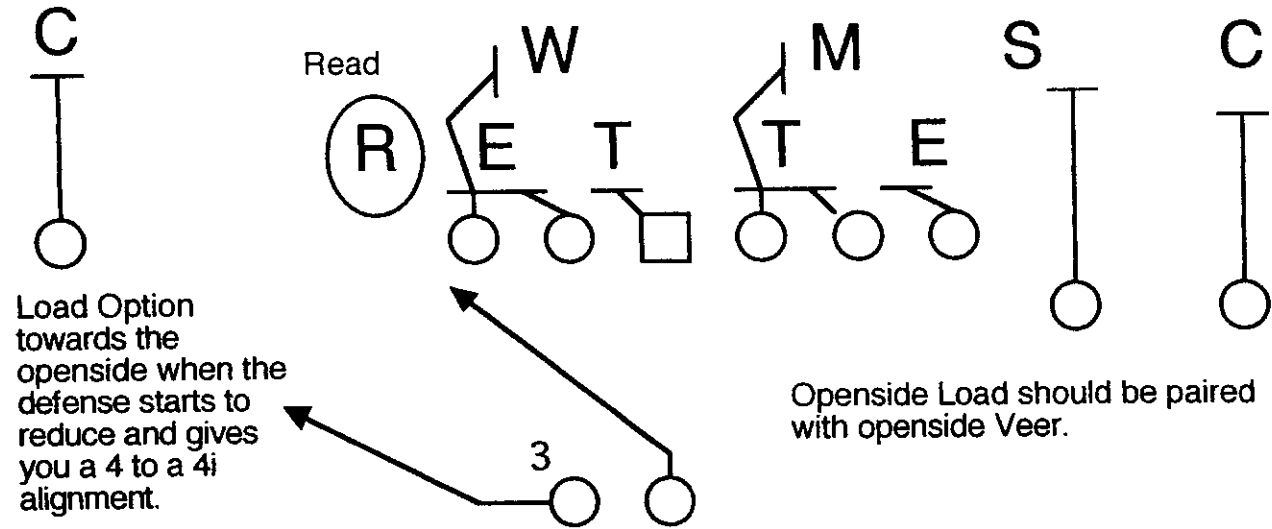
50 Defense

18 - 19 LOAD OPTION - OPENSIDE

vs 31

FS

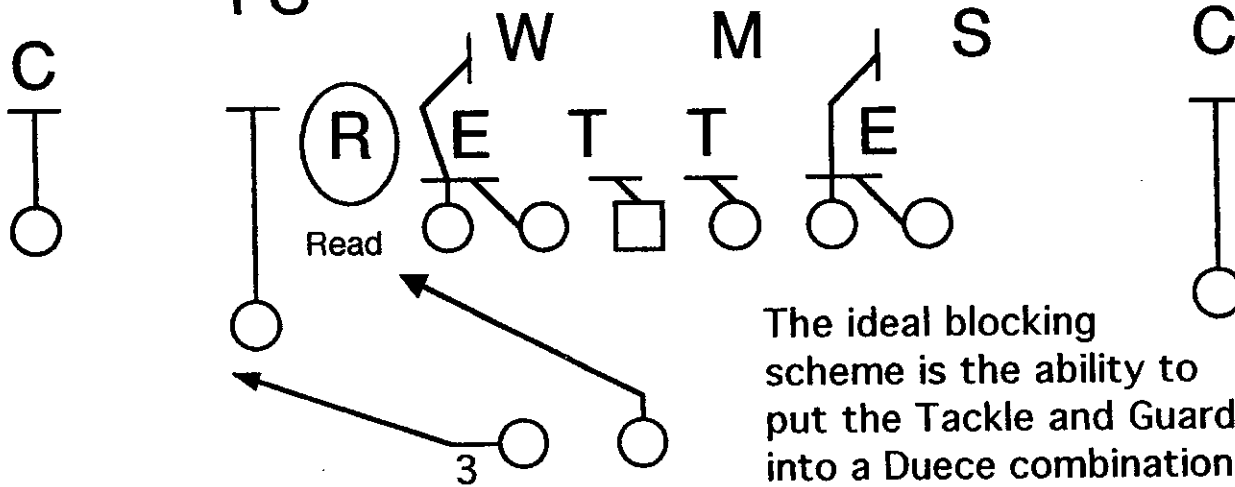
TREY RT. 19 LOAD



vs 22i

FS

ACE RT. 19 LOAD



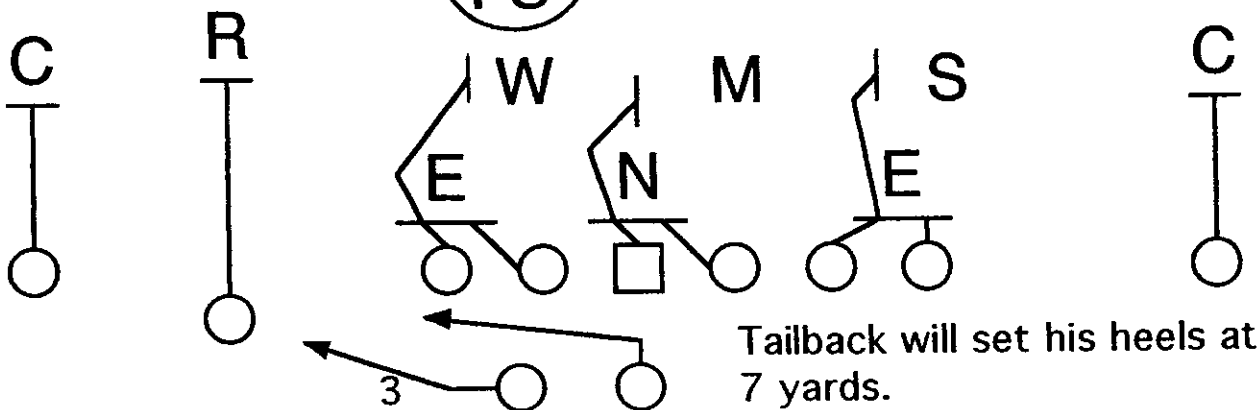
vs 30 Nose

FS

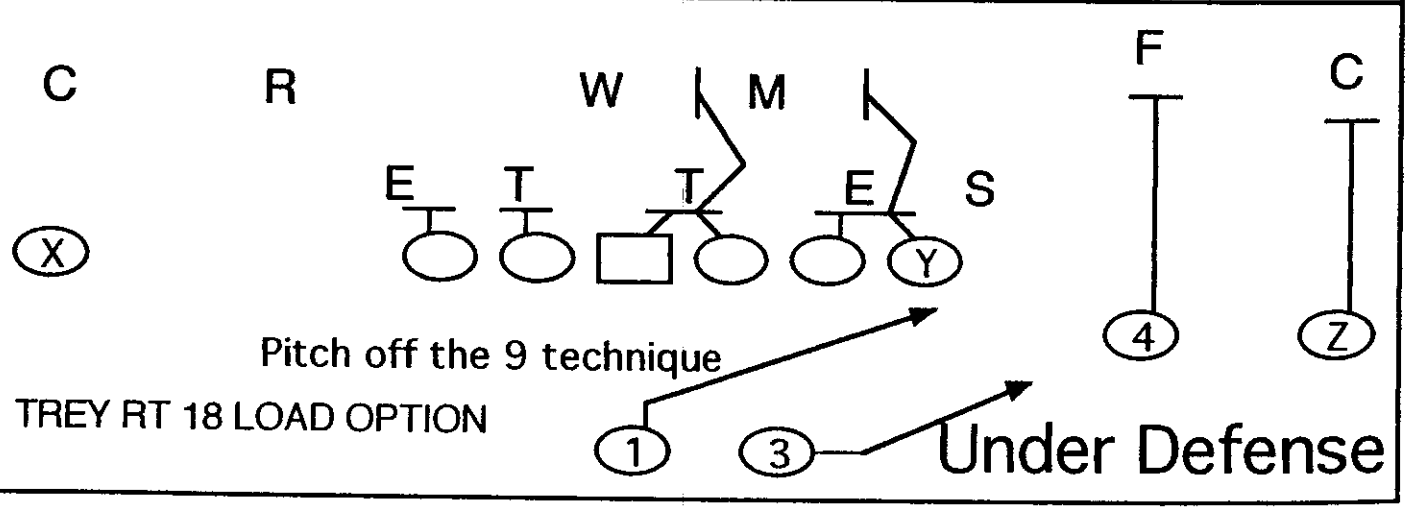
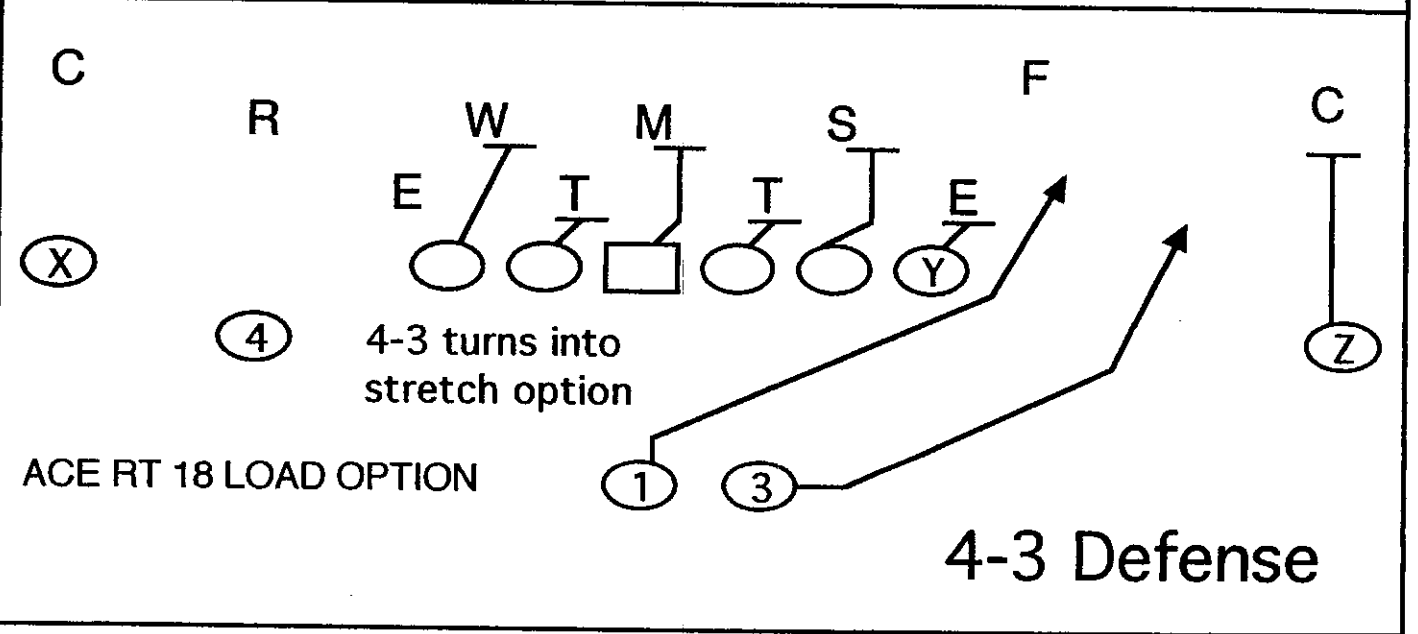
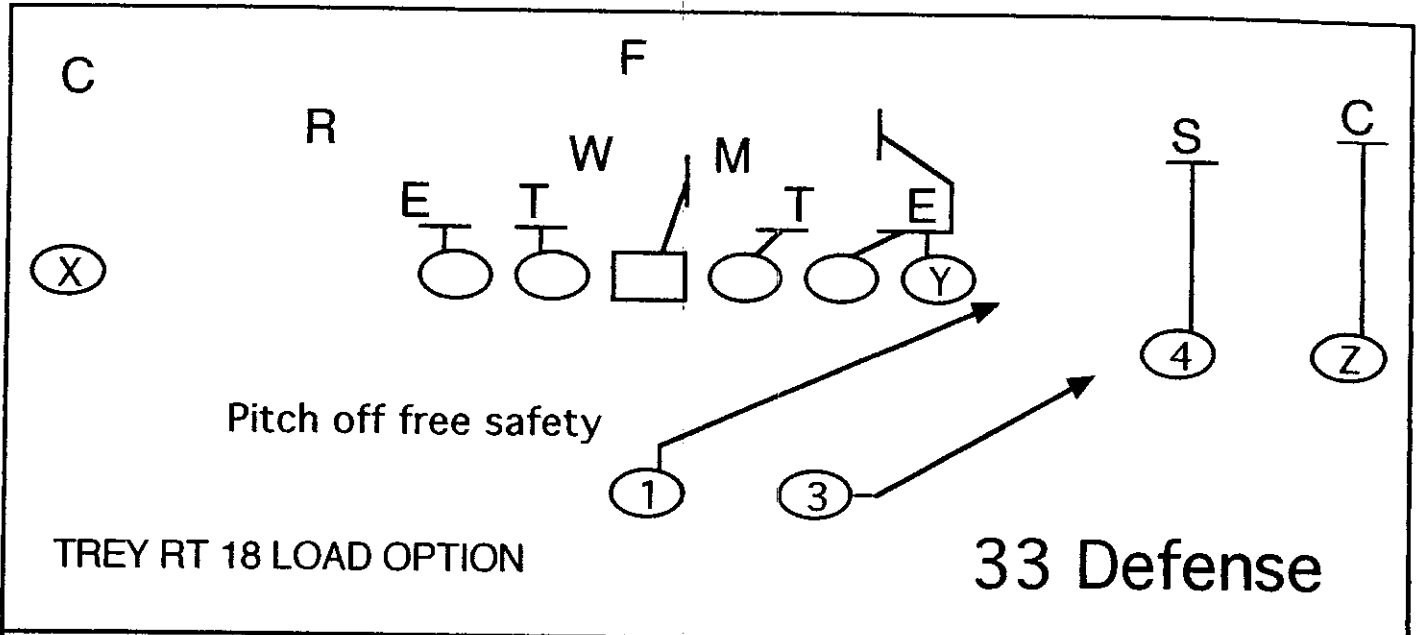
Read

SS

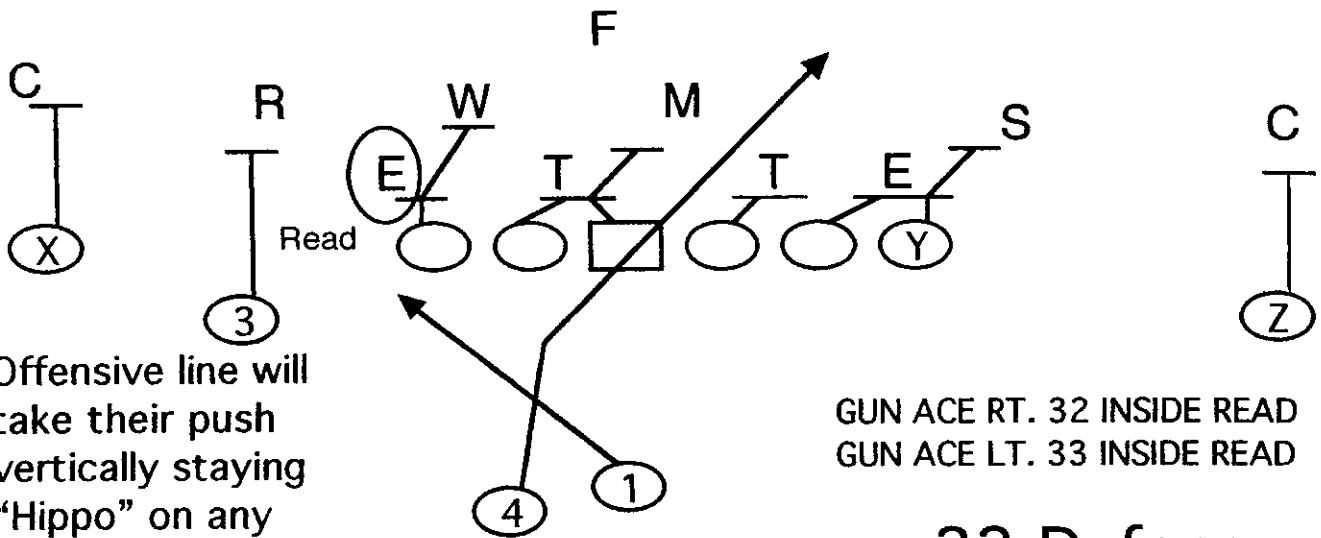
ACE RT. 19 LOAD



18 - 19 LOAD OPTION / TIGHTSIDE



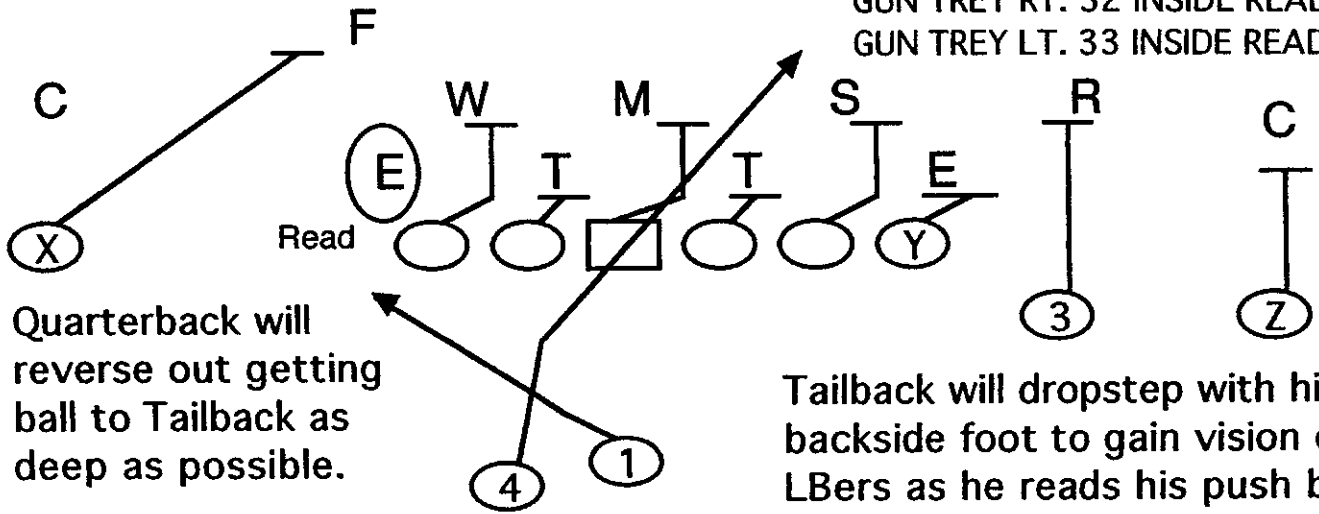
32 - 33 INSIDE READ / TIGHTSIDE



Offensive line will take their push vertically staying "Hippo" on any combination blocks.

GUN ACE RT. 32 INSIDE READ
GUN ACE LT. 33 INSIDE READ

33 Defense

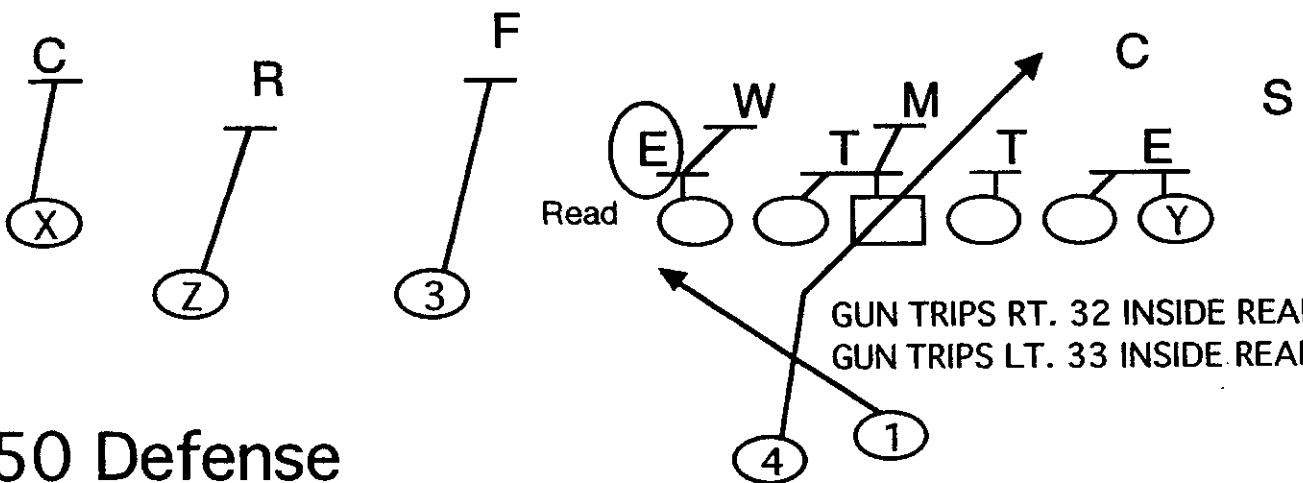


GUN TREY RT. 32 INSIDE READ
GUN TREY LT. 33 INSIDE READ

Quarterback will reverse out getting ball to Tailback as deep as possible.

Tailback will dropstep with his backside foot to gain vision on LBers as he reads his push by the O-Line.

4-3 Defense



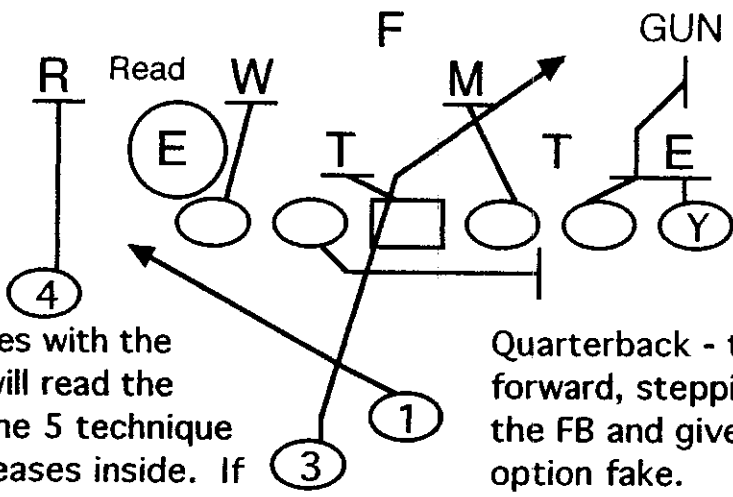
GUN TRIPS RT. 32 INSIDE READ
GUN TRIPS LT. 33 INSIDE READ

50 Defense

32 - 33 TRAP READ / TIGHTSIDE

C

(X)



GUN ACE RT. 32 TRAP READ

S



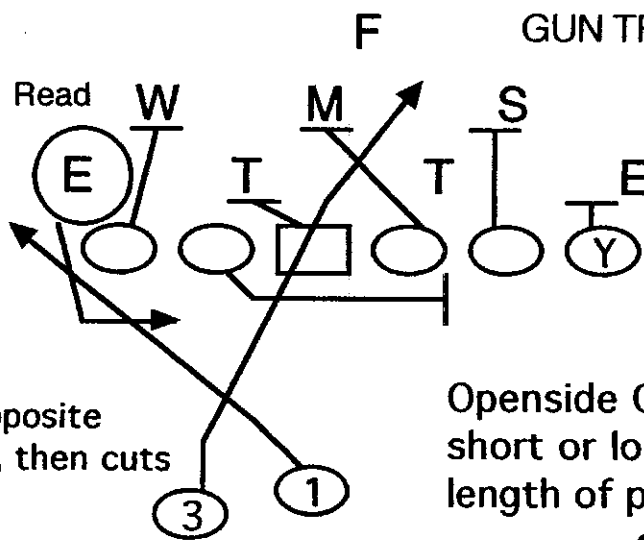
As QB engages with the Fullback he will read the reaction of the 5 technique as tackle releases inside. If 5 technique closes QB will replace him.

Quarterback - take two steps forward, stepping with foot closet to the FB and give ball then carry out option fake.

33 Defense

C

(X)



GUN TREY RT. 32 TRAP READ



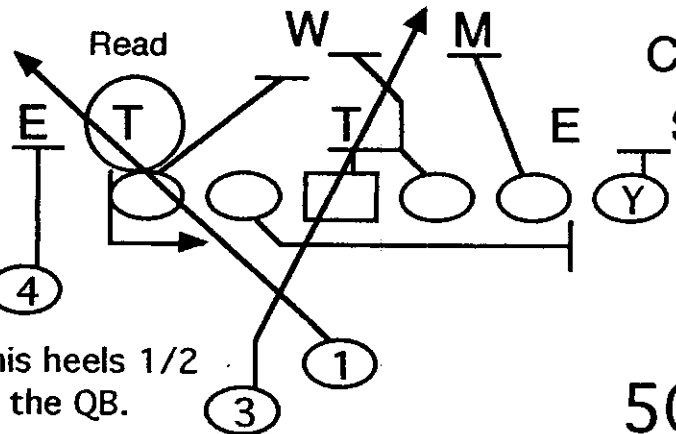
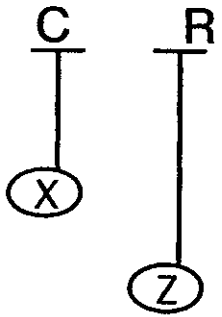
Fullback runs at opposite foot of the center, then cuts to hole.

Openside Guard should listen for short or long call to determine length of pull.

4-3 Defense

F

GUN TRIPS RT. 32 TRAP READ



C

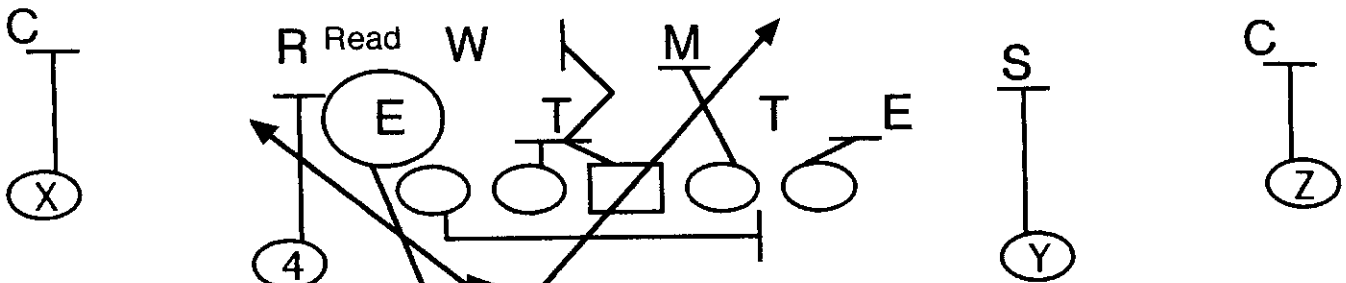
Openside Guard will drop step with playside foot and kick out first defender past the center.

Fullback will set his heels 1/2 yard deeper than the QB.

50 Defense

32 - 33 T T READ / OPENSIDE

DOUBLES RT. 32 TT READ

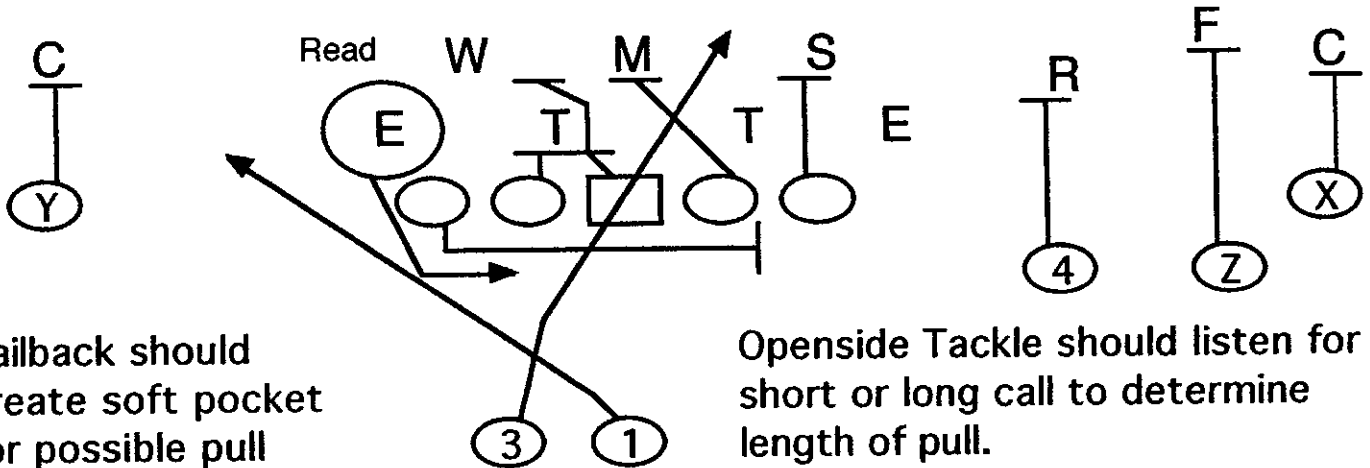


Fullback takes two steps and sells counter step, follow pulling Tackle.

Quarterback reads the reaction of the defensive end, if end gets in the hip pocket of puller the quarterback will pull the ball and replace the DE. QB has option to either give or pull and run.

33 Defense

TRIPS LT. OPEN 33 TT READ

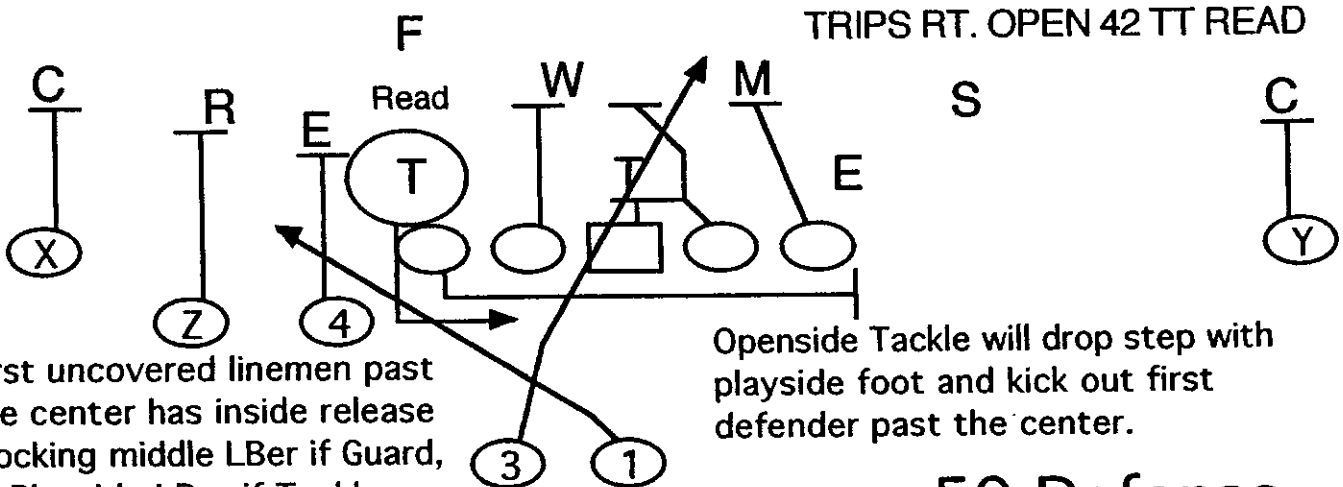


Tailback should create soft pocket for possible pull read by quarterback.

Openside Tackle should listen for short or long call to determine length of pull.

4-3 Defense

TRIPS RT. OPEN 42 TT READ



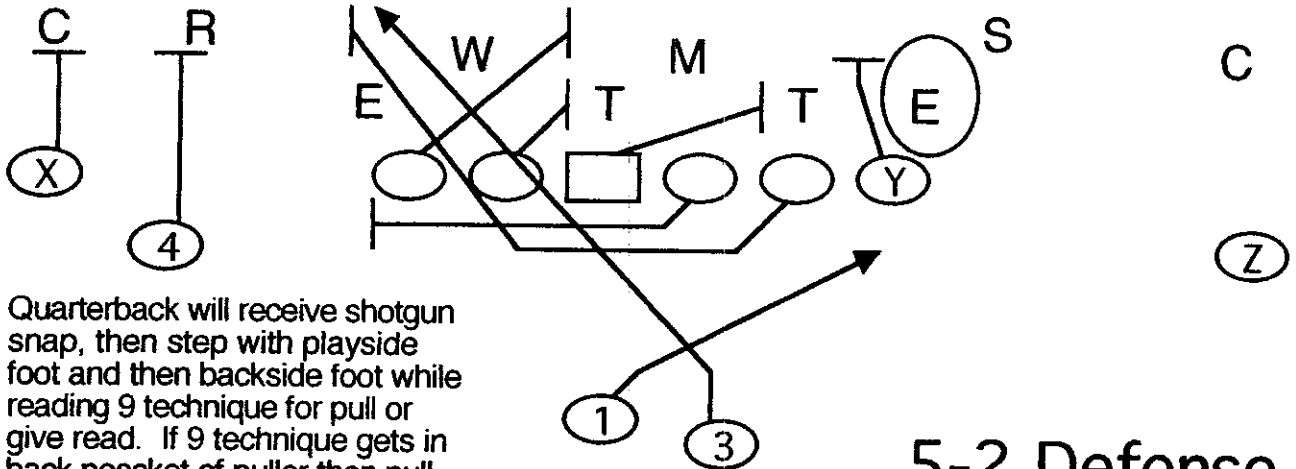
First uncovered linemen past the center has inside release blocking middle LBer if Guard, or Playside LBer if Tackle.

Openside Tackle will drop step with playside foot and kick out first defender past the center.

50 Defense

36 - 37 COUNTER GT READ / OPENSIDE

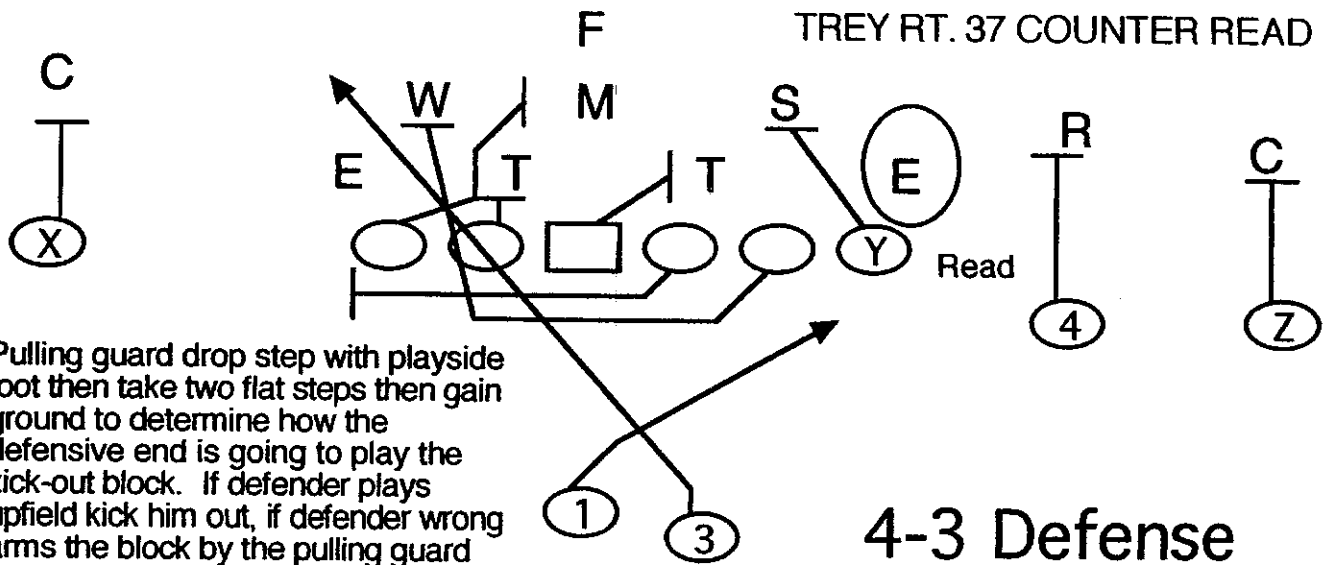
ACE RT. 37 COUNTER READ



Quarterback will receive shotgun snap, then step with playside foot and then backside foot while reading 9 technique for pull or give read. If 9 technique gets in back poscket of puller then pull and replace.

5-2 Defense

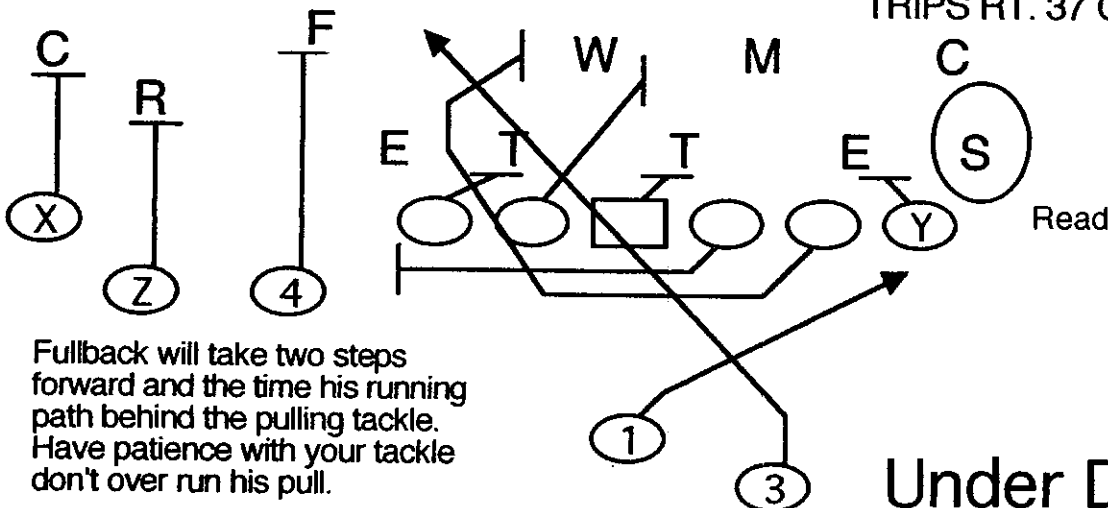
TREY RT. 37 COUNTER READ



Pulling guard drop step with playside foot then take two flat steps then gain ground to determine how the defensive end is going to play the kick-out block. If defender plays upfield kick him out, if defender wrong arms the block by the pulling guard then log him.

4-3 Defense

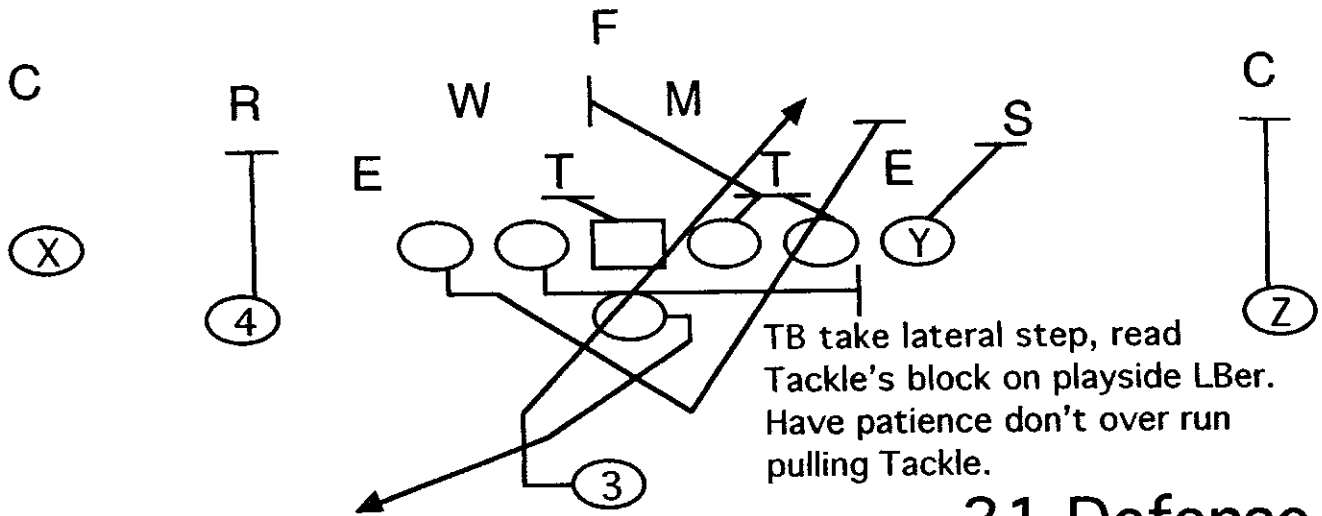
TRIPS RT. 37 COUNTER



Fullback will take two steps forward and the time his running path behind the pulling tackle. Have patience with your tackle don't over run his pull.

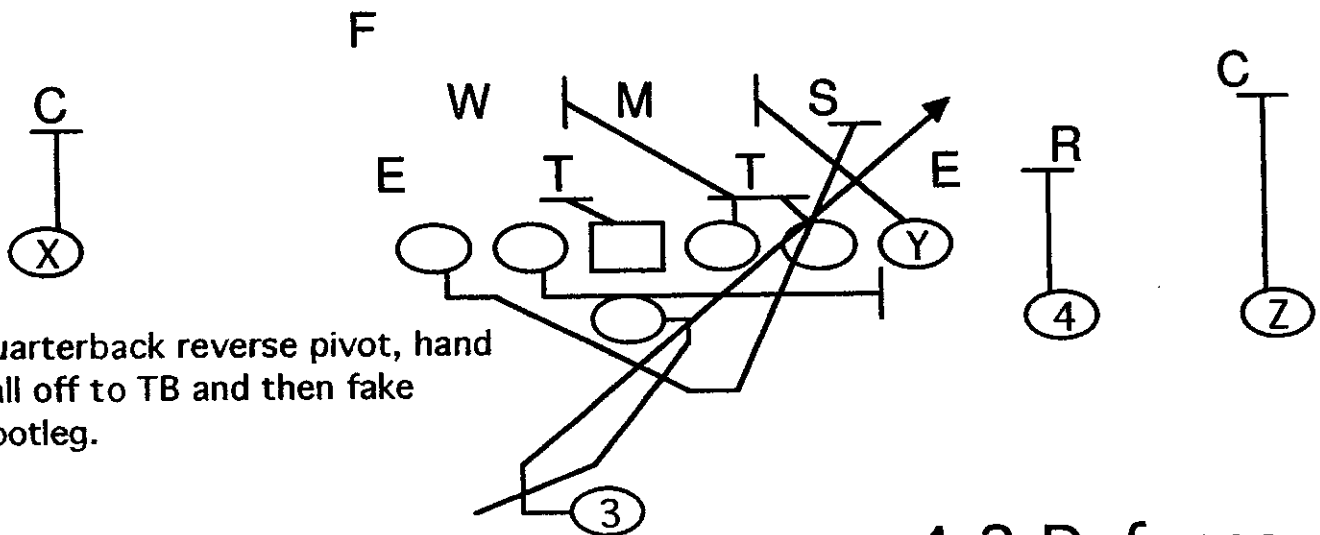
Under Defense

36 - 37 COUNTER GT / TIGHTSIDE



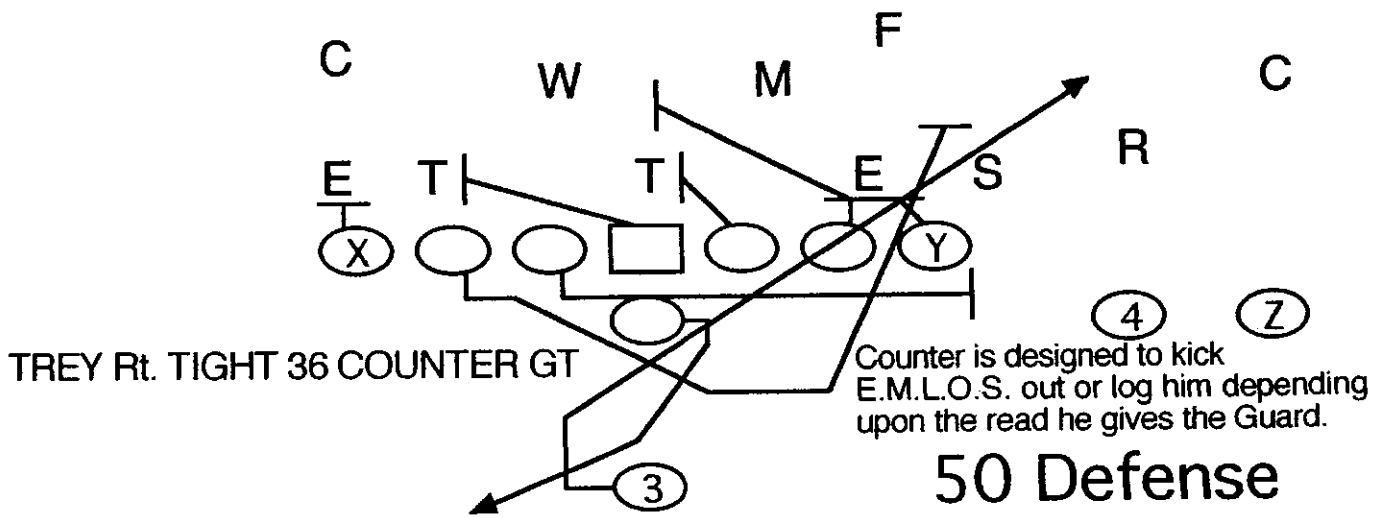
ACE Rt. 36 COUNTER GT

31 Defense



TREY Rt. 36 COUNTER GT

4-3 Defense



TREY Rt. TIGHT 36 COUNTER GT

50 Defense

Traditional Run Section

1. Installing You Complimentary Offense
2. 10 - 11 Give
3. 10 - 11 Follow
4. 10 - 11 Trap
5. 42 - 43 Inside
6. 42 - 43 Tackle Trap
7. 44 - 45 Cutback
8. 44 - 45 ISO
9. 46 - 47 Bounce
10. 46 - 47 Counter
11. 48 - 49 Stretch
12. 48 - 49 Toss

Traditional Offense Section

Installing Your Complimentary Run Offense

The following run plays in this section can be used as a base offense which the option game sets up. The key to running the option game is that it makes defenses have to defend the entire field, thus, stretching the defense. The option game controls use of whole sell blitz's and the number of defenders that your opponent will use inside the box, that area from tackle to tackle. When your opponent starts to move defenders out of the box to defend the perimeter you would want to put a tradition style of an offense at them, because the defense is trying to defend the perimeter, you now can run at the box and should have the defense out numbered at the point of attack.

By having the ability to run at the box you now can take advantage of what your opponent gives you inside, this will force them to have to move defenders back inside, this gives you an additional balance to the offense, the power game. To keep a tradition style offense and have a power attack with some flexibility you must have the ability to play two running backs, two wide receivers and one tight end in the game, your opponent will and should be forced to play with some style of double invert support. If this is the case then you will have them out numbered towards the tight end side, once the defense starts to compensate for this, by adjusting strong you would then want to bring the ball outside to the openside away from the adjustment and towards the tight end.

I have limited the amount of formations in this section due to length and space but, use your imagination as it applies to all the formations and backfield sets mentioned in this manual. Also, as a reminder, motion and formations shifts become very effective when establishing your option attack along with the traditional running game. Motion can put you in best blocking advantages and misadjustment alignments by the defense.

10 - 11 GIVE - TIGHTSIDE

Con Lt. 11 Give
R C
X

Give compliments the midline and takes advantage of Lbers who over shift to the offset back.

This is an automatic give to the fullback with the tightside guard on duece block with tackle and center and openside guard in a Ace combo to backside LBer.

vs 31 Defense

Y Stack Rt. 10 Follow
R S C
X

Quarterback fakes the dive and then follows his fullback backside of hole called.

Tight End will attack the outside jersey number of the force defender. Sell the Jill block.

vs 33 Defense

Bone Lt. 11 Follow
R C
X

Tightside guard bump wall the inside jersey number of 3 technique. Work on up to LBer.

vs 31 Solid Defense

10 - 11 FOLLOW - TIGHTSIDE

vs 31 Defense

“I” Lt. 11 Follow

Follow compliments the midline and over pursuing backside LBers. Fullback bends his path backside leading up on the outside invert.

Tightside Tackle and Tight End will incorporate the Jill Fold Scheme

vs 33 Defense

Y Stack Rt. 10 Follow

Quarterback fakes the dive and then follows his fullback backside of hole called.

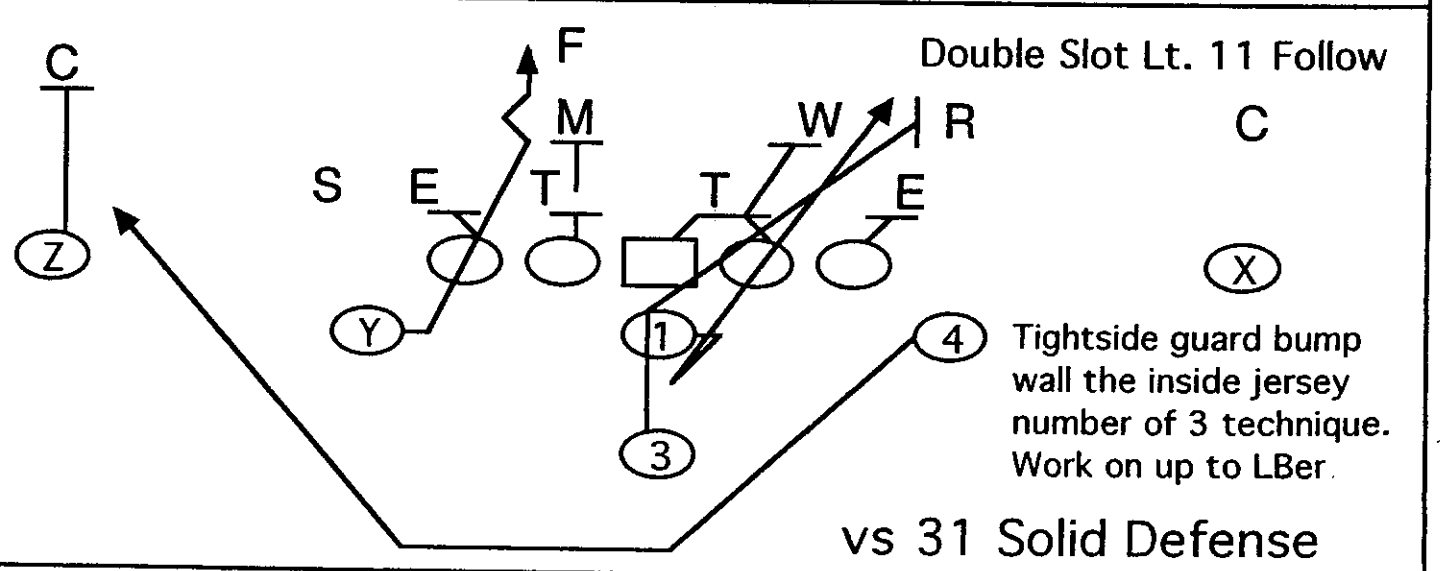
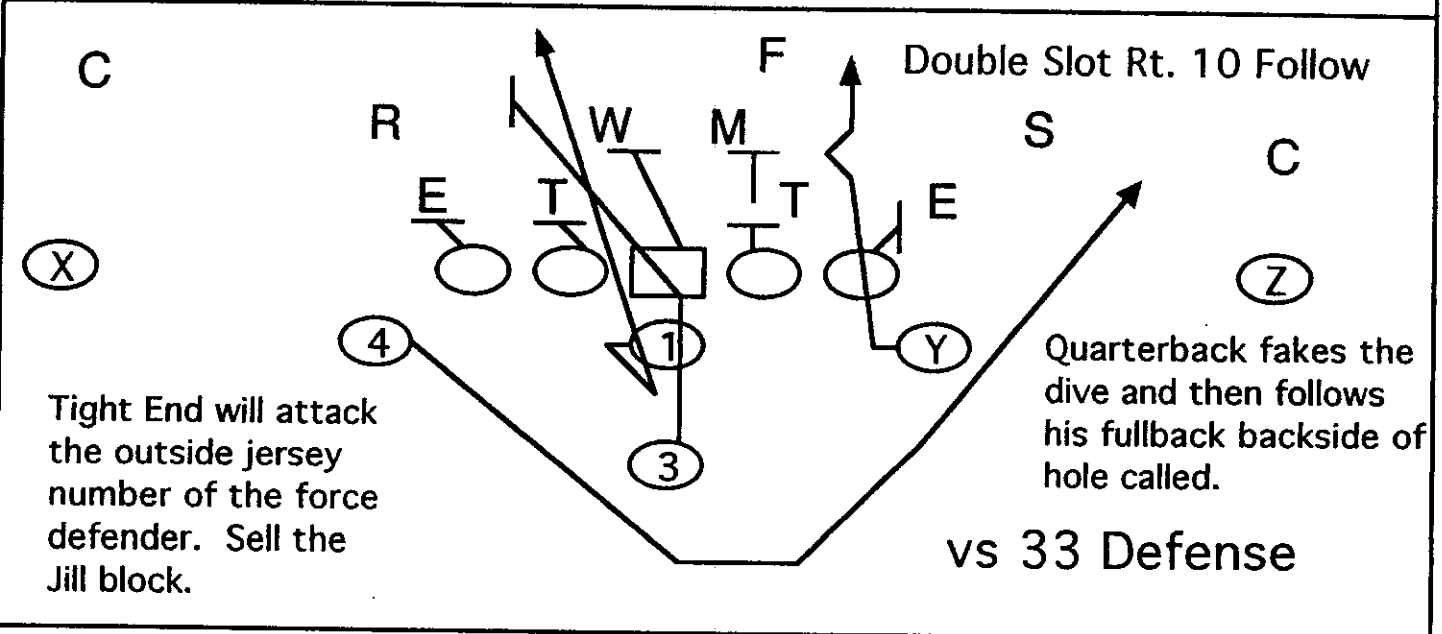
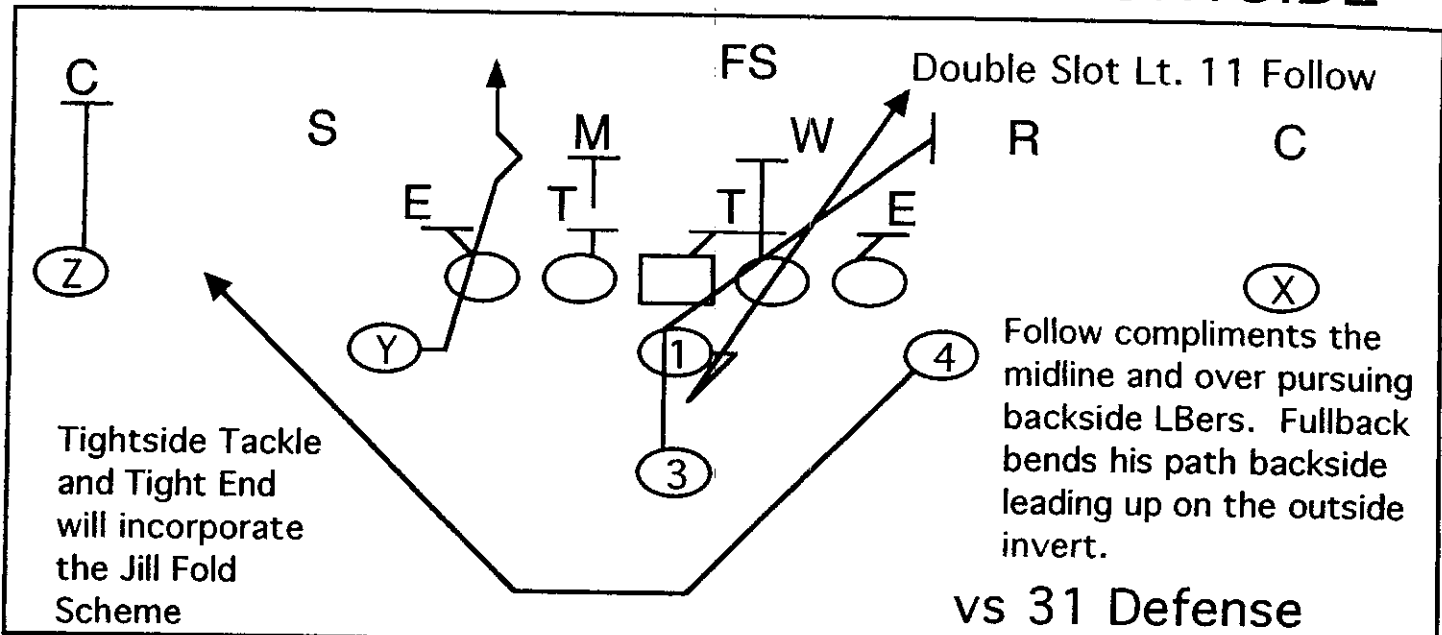
Tight End will attack the outside jersey number of the force defender. Sell the Jill block.

vs 31 Solid Defense

Bone Lt. 11 Follow

Tightside guard bump wall the inside jersey number of 3 technique. Work on up to LBer.

DOUBLE SLOT 10 - 11 FOLLOW - TIGHTSIDE



42 - 43 INSIDE

QUEEN RT. 42 INSIDE

C

F

Tackle key near hip of playside LBer.

C

R

Cutback

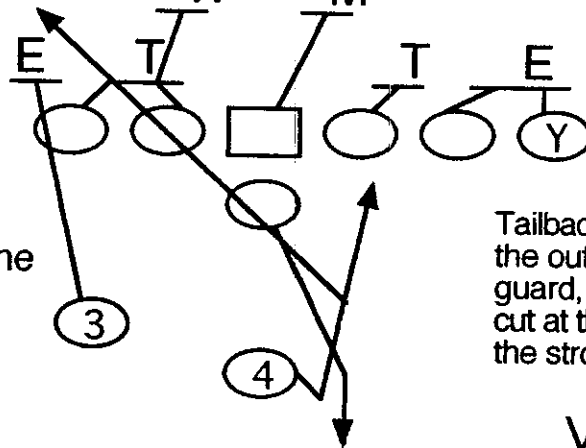
W

M

S

(X)

Quarterback will open playside getting ball to the fullback as deep as possible.



(Z)

Tailback should run at the outside hip of the guard, make possible cut at the heel line of the strong side guard,

Vs 33 Defense

QUEEN RT. 42 INSIDE

C

F

R

Tackle key near hip of playside LBer.

C

Cutback

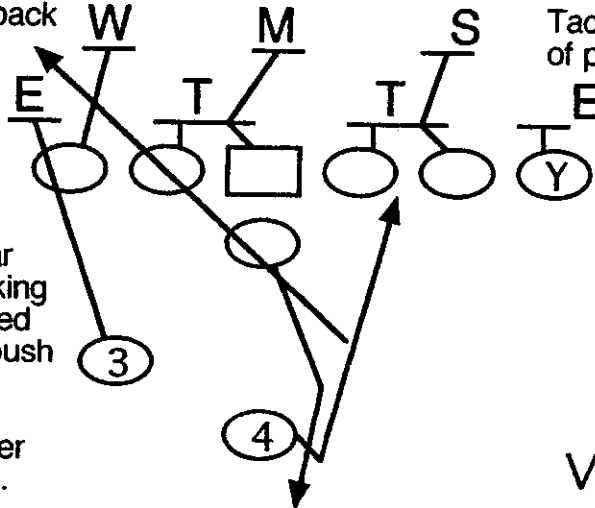
W

M

S

(X)

Offensive line will use a near ear push to determine blocking scheme. Footwork is dictated by the L-step. Take your push vertical



(Z)

Note: Key term to remember blocking scheme is "Hippo".

Vs 4-3 Defense

I RT. 42 INSIDE

C

F

Guard key near hip of playside LBer.

C

R

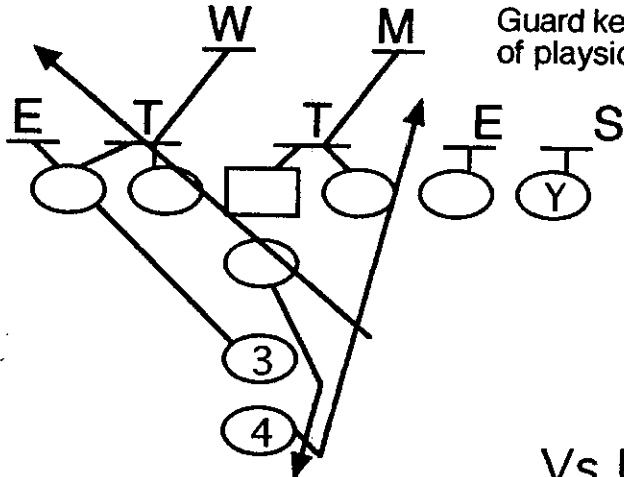
W

M

S

(X)

Quarterback will open playside getting the ball back to the Fullback as deep as possible.

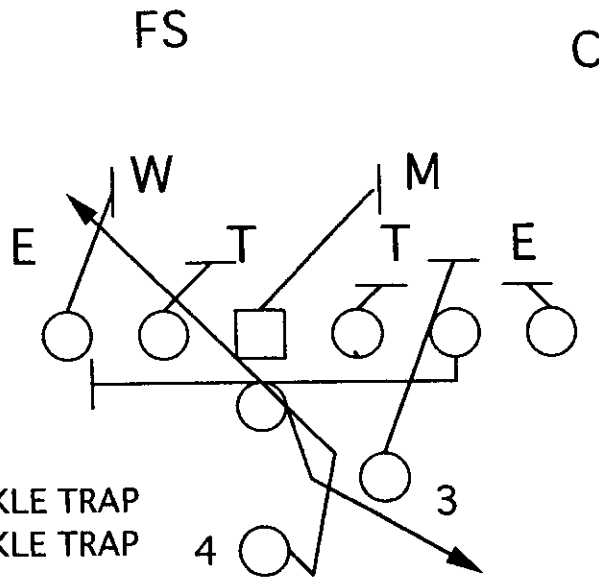


(Z)

Vs Under Defense

42 - 43 TACKLE TRAP (OPENSIDE)

VS 31 OR OVER DEFENSE



SS

TWINS KING RT. 43 TACKLE TRAP
TWINS KING LT. 42 TACKLE TRAP

PULLING TACKLE	Drop step pull tight to L.O.S. and block first defender past the center. tackle should listen for 2, short or long call. If alerted with a 2 call play turns into influence trap.
FB (3)	Take path to outside hip of pulling tackle, block first opposite color that shows.
TB (4)	Lead step to inside hip of guard away from the callside hole, then bend back to playside hole. Follow behind pulling tackle.
QB.	Open playside stepping at 45 degrees towards the hole, retreat getting ball back to tailback as deep as possible. Show Waggle action.

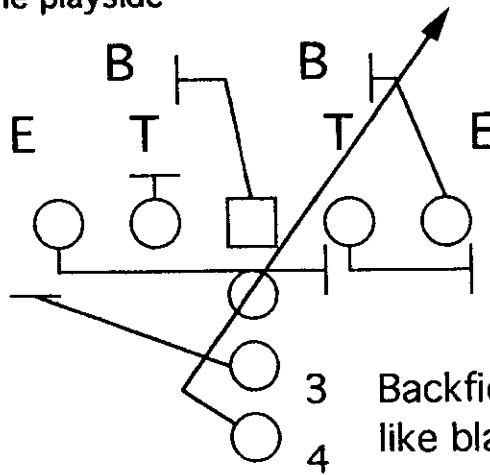
In this diagram a two call was given because of the two technique aligned on the playside guard.



R

FS

GREEN RT. 42 TACKLE TRAP
GREEN LT. 43 TACKLE TRAP



SS



Best way to run tackle trap is out of green formation run towards tight end.

Backfield movement looks like blast and veer option.

44 - 45 CUTBACK / TIGHTSIDE

KING RT 44 CUTBACK

Quarterback will open step playside and get ball back as deep as possible to the Tailback.

Tailback will dropstep with playside foot and expect to receive football from QB as deep as possible.

33 Defense

KING RT 44 CUTBACK

The term used to describe the blocking scheme is "Part The Sea" slow rotate the zone scheme at the point of attack

Tailback cuts on third step. Offensive line will follow the term cutback for desired blocking scheme "Part The Sea".

4-3 Defense

KING RT 44 CUTBACK

Fullback is responsible for the first linebacker callside. Tailback will get behind the Fullback and cut his backside.

This play is designed to take advantage of over pursuing LBers. May consider Jet motion for outside invert weak.

Under Defense

44 - 45 ISO / TIGHTSIDE

I RIGHT 44 ISO

F

C R S C

(X) (Z)

Quarterback will open step playside and get ball back as deep as possible to the Tailback.

Tailback will dropstep with playside foot and then crossover with opposite, following his fullback for proper path. possible cutback if front side of the "V" is taken away.

33 Defense

I RIGHT 44 ISO

F R

C C

(X) (Z)

The term used to describe the blocking scheme is "Part The Sea" slow rotate the zone scheme at the point of attack

Quarterback will set up and show pass after hand-off to the Tailback.

4-3 Defense

I RIGHT 44 ISO

F

C R C

(X) (Z)

Fullback is responsible for the first linebacker playside. Tailback will get behind the Fullback and cut off his block.

Under Defense

46 - 47 BOUNCE / TIGHTSIDE

KING RT. 46 BOUNCE

F

R W T M T E S

E T T E Y

C C

(X)

Tailback drop step with playside foot, accept football deep from QB. Aiming point is the inside leg of the Tight Tackle.

(Z)

33 Defense

KING RT. 46 BOUNCE

F R

C C

W M S T

E T T E Y

(X)

Offensive line will use slow zone blocking with slow rotation looking for LBers plugging the L.O.S.

Quarterback open playside to the Tailback, get depth on first step, hand football off as deep as possible. Show bootleg action.

(Z)

4-3 Defense

KING RT. 46 BOUNCE

R F

C C

W M T

E T E S Y

(X)

Initial footwork for the Fullback is to sell the ISO and then take path outside vs 7 tech. and inside vs 9 tech. Read the stretch by the Tight End.

Tailback should key the FB block on force defender and Tight Ends block on number 3 defender for break. Stretch the hole run to daylight.

(Z)

50 Defense

46 - 47 COUNTER / TIGHTSIDE

QUEEN RT 46 COUNTER

46 - 47 Counter is designed to pull Opposite Guard and the FB as the second blocker.

33 Defense

Quarterback open up opposite the hole, take ball back to TB as deep as possible. Continue straight back towards the Tailback, make deep handoff on 2nd or 3rd step. Continue backside on bootleg action.

QUEEN RT 46 COUNTER

Fullback takes his path in front of QB, sell the ISO. TB should have patience and let the FB guide him into his running lane. If Defender plays underneath kick-out block this play turns into counter sweep.

4-3 Defense

On the outset this play first appears like ISO to the LBers.

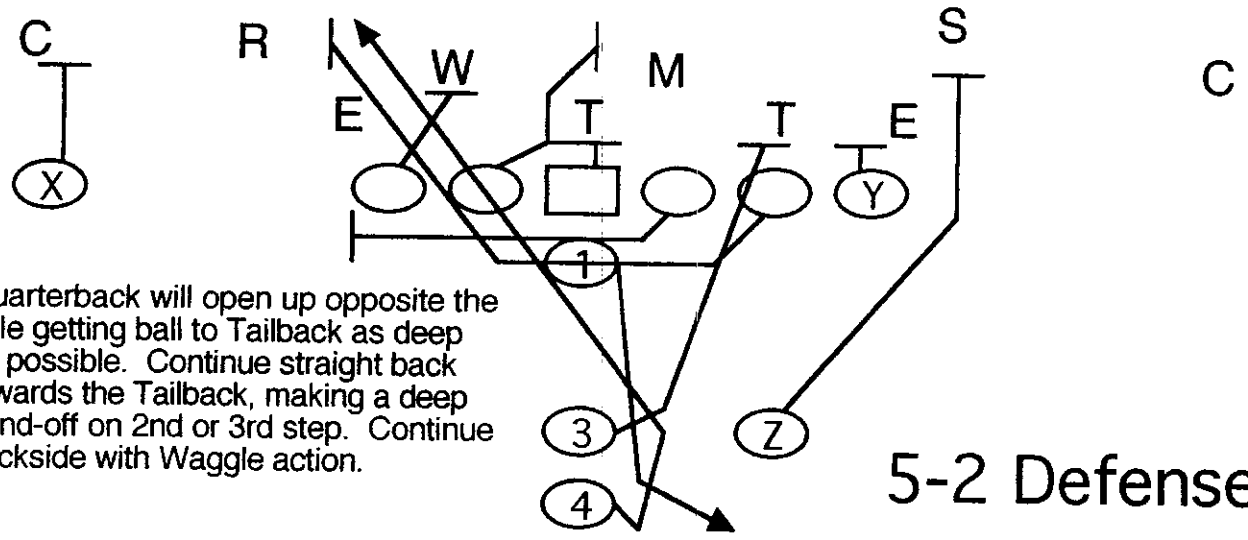
QUEEN RT 46 COUNTER

The objective of this misdirection play utilizes one pulling lineman and the FB as the second blocker taking advantage of over pursuing defenses.

50 Defense

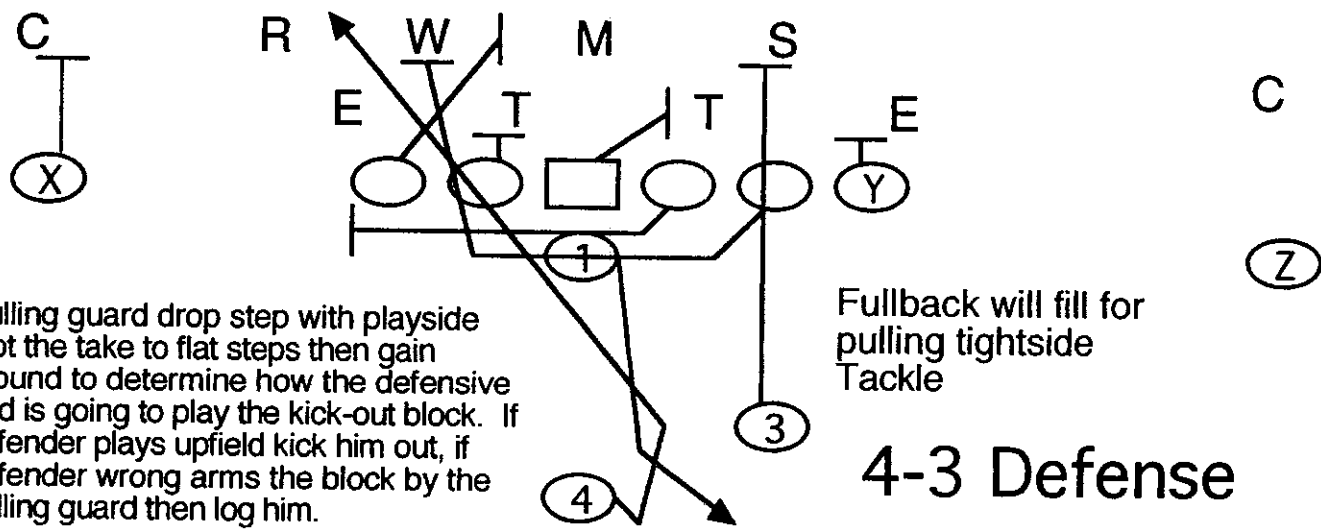
46 - 47 COUNTER GT / OPENSIDE

STRONG RT 47 COUNTER GT



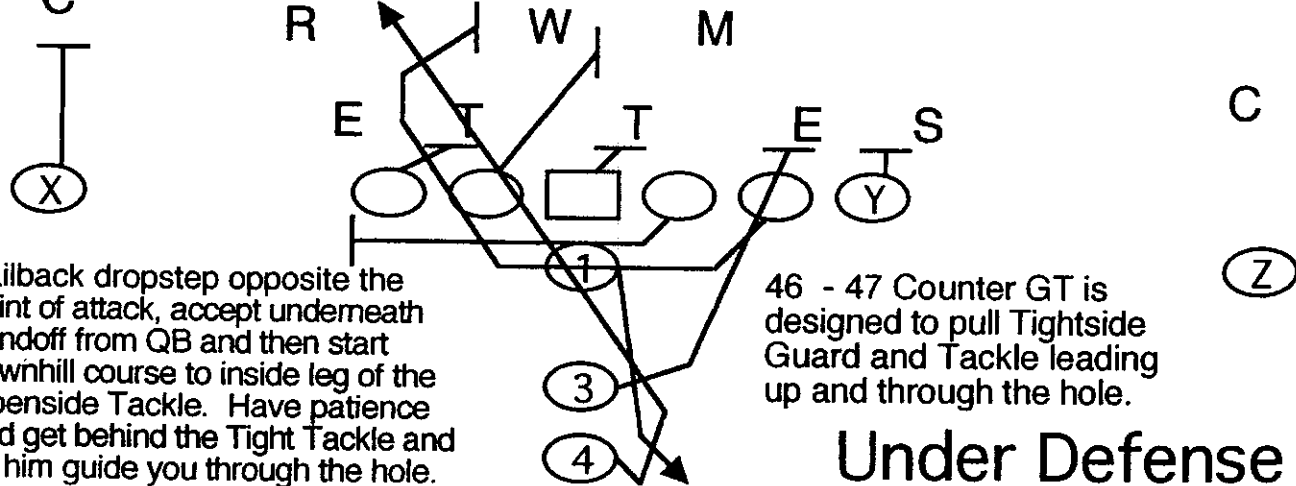
5-2 Defense

KING RT. 47 COUNTER GT



4-3 Defense

I RIGHT 47 COUNTER GT



Under Defense

48 - 49 STRETCH / TIGHTSIDE

KING RT. 48 STRETCH

C R W T M T E S C

(X) (Y) (Z)

Tailback drop step with playside foot, accept football deep from QB. Aiming point is the inside leg of the Strong Tackle.

33 Defense

KING RT. 48 STRETCH

C F W T M T S E C

(X) (Y) (Z)

Offensive line will use slow zone blocking with slow rotation looking for LBers plugging the L.O.S.

Quarterback open playside to the Tailback, get depth on first step, hand football off as deep as possible. Show bootleg action.

4-3 Defense

KING RT. 46 BOUNCE

C R W T M T E S C

(X) (Y) (Z)

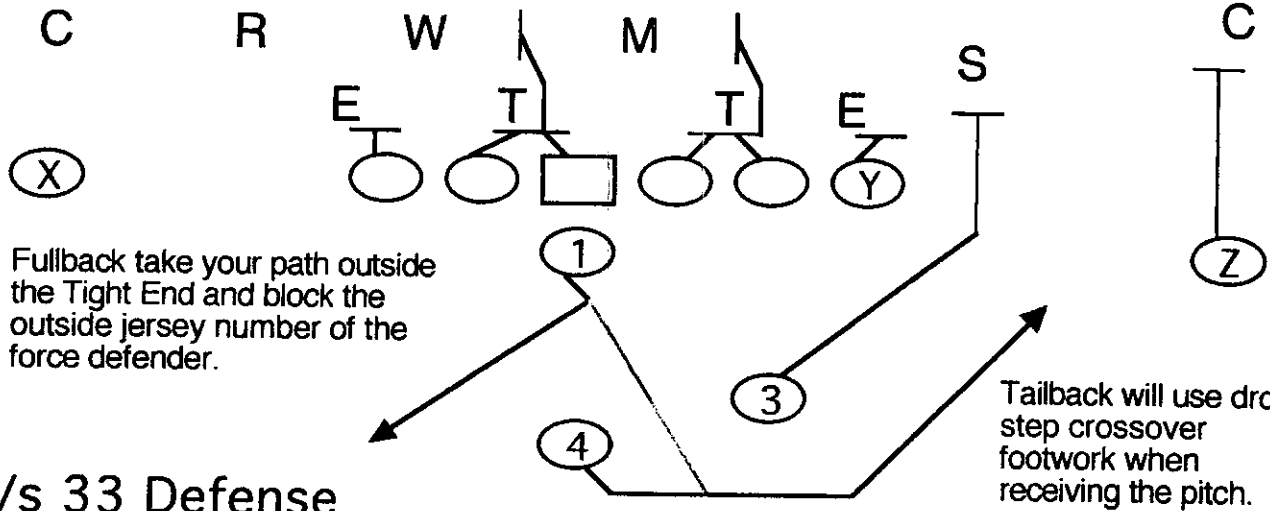
Tailback will dropstep with playside foot, aiming point is the inside hip of the Tight End, expect to get ball deep from QB. don't break before you get to the heels of your linemen.

Tailback should key the FB block on force defender and Tight Ends block on number 3 defender for break. Stretch the hole run to daylight.

50 Defense

48 - 49 TOSS / TIGHTSIDE

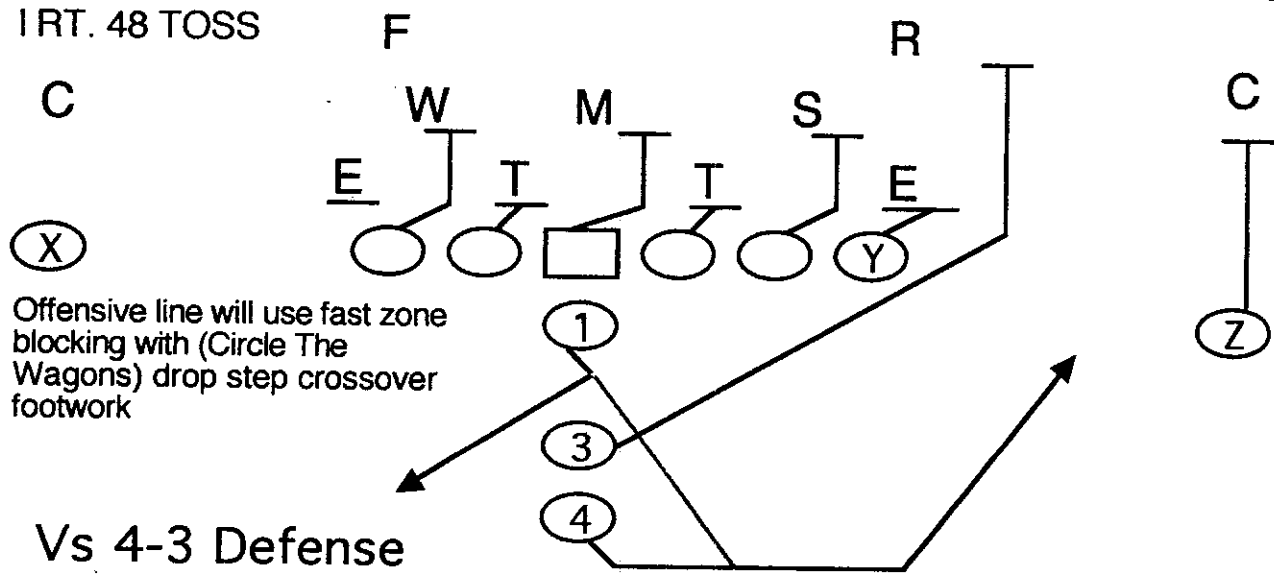
KING RT. 48 TOSS



Fullback take your path outside the Tight End and block the outside jersey number of the force defender.

Vs 33 Defense

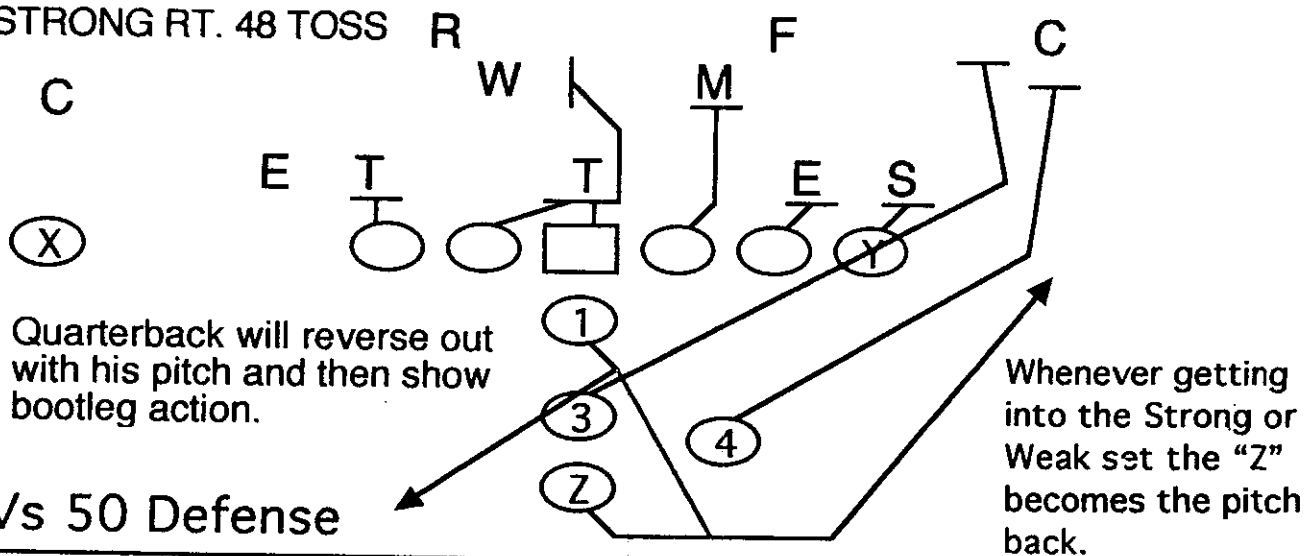
IRT. 48 TOSS



Offensive line will use fast zone blocking with (Circle The Wagons) drop step crossover footwork

Vs 4-3 Defense

STRONG RT. 48 TOSS



Quarterback will reverse out with his pitch and then show bootleg action.

Vs 50 Defense

Option Reverse Section

The following reverse's are built off the load and veer option. I have limited the reverse section to the following reverses because these run plays are so dominate in the option scheme. I will illustrate several different formations and backfield sets.

1. 12 - 13 "Z" Reverse
2. 18 - 19 Reverse
3. 34 - 35 "Z" Reverse
4. 48 - 49 "Z" Reverse

12 - 13 "Z" REVERSE / OPENSIDE

PRO RIGHT TWINS 13 "Z" REVERSE

C

F

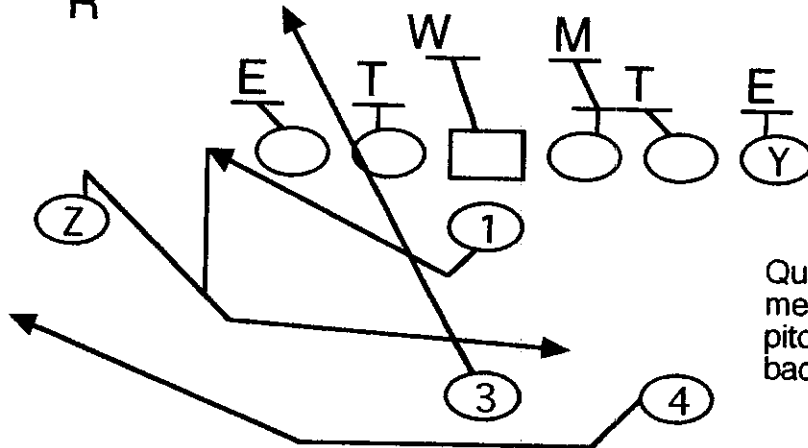
C

R

S

Openside tackle reach block the 5 technique.

(X)



Quarterback uses same mechanics as veer, but pitches to the "Z" coming back around.

33 Defense

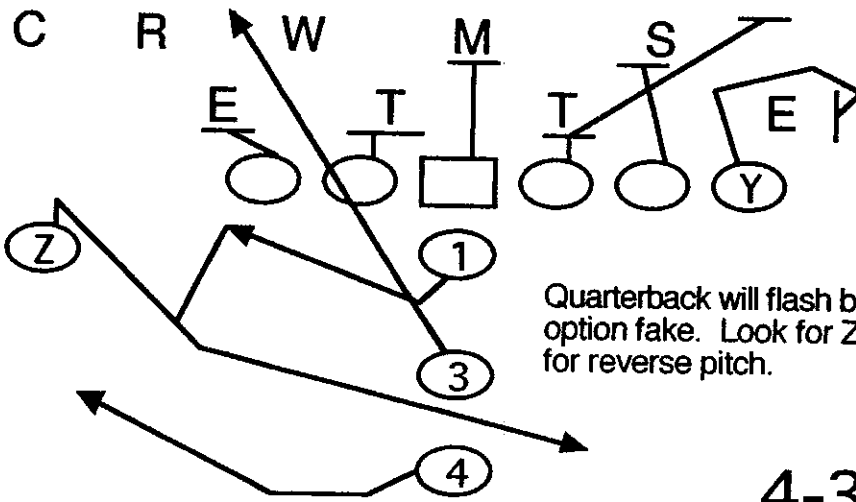
"I" RIGHT TWINS 13 "Z" REVERSE

C

F

Playside guard holds his block for two count, release kickout force defender.

(X)



Quarterback will flash ball and carry out option fake. Look for Z coming around for reverse pitch.

4-3 Defense

GREEN RIGHT "I" 12 "Z" REVERSE

C

F

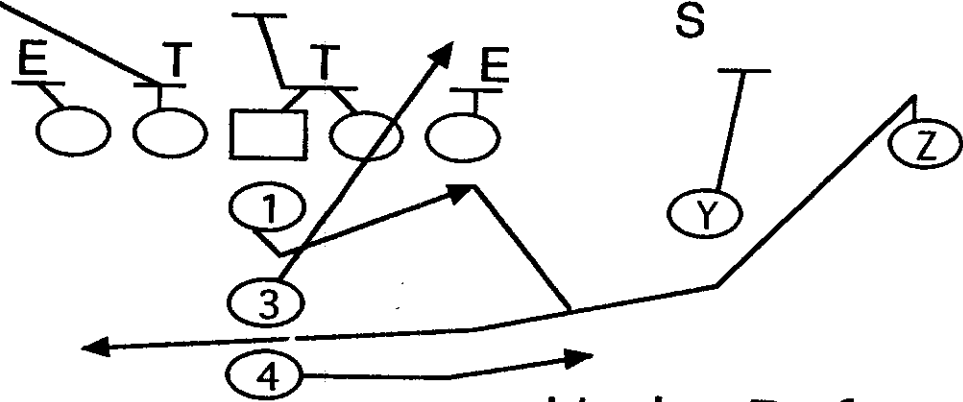
C

R

S

"Z" receiver should take one step towards LOS and then take pitch path between Fullback and Tailback.

(X)



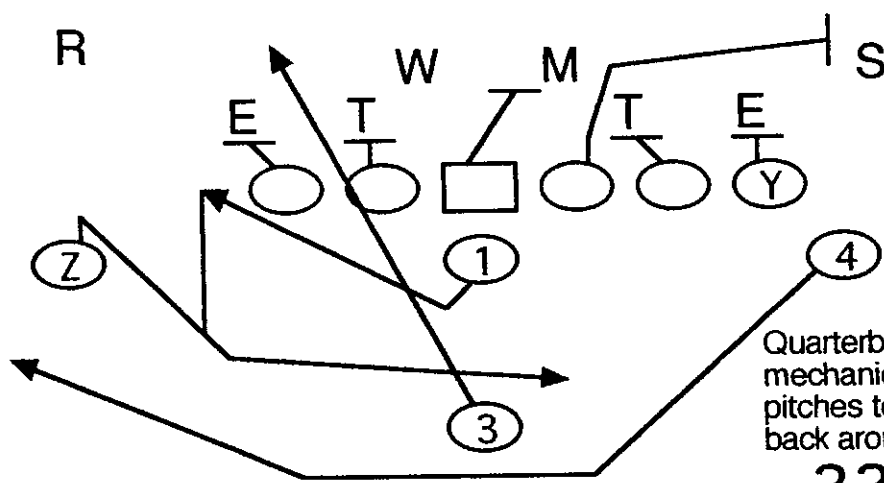
Under Defense

12 - 13 "Z" REVERSE / OPENSIDE

WING RIGHT SLOT 13 "Z" REVERSE F C

C

(X)



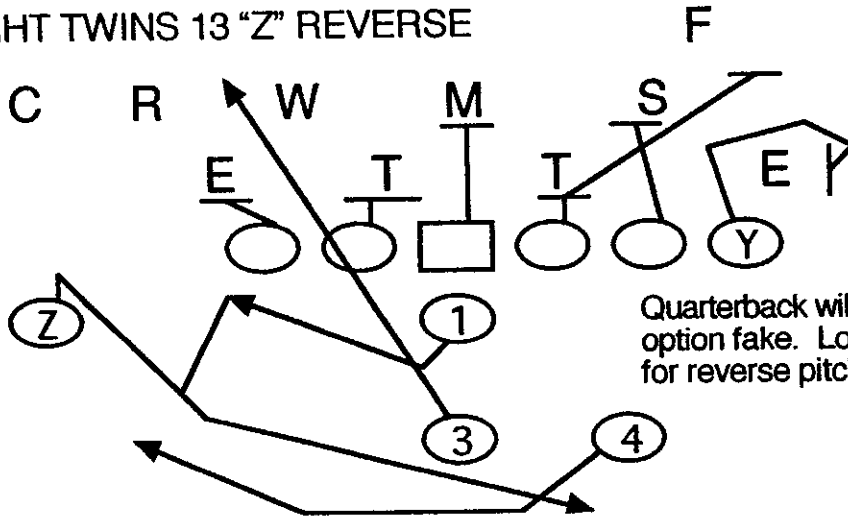
Openside tackle reach block the 5 technique.

Quarterback uses same mechanics as veer, but pitches to the "Z" coming back around.

33 Defense

CON RIGHT TWINS 13 "Z" REVERSE F

C
(X)



Playside guard holds his block for two count, release kickout force defender.

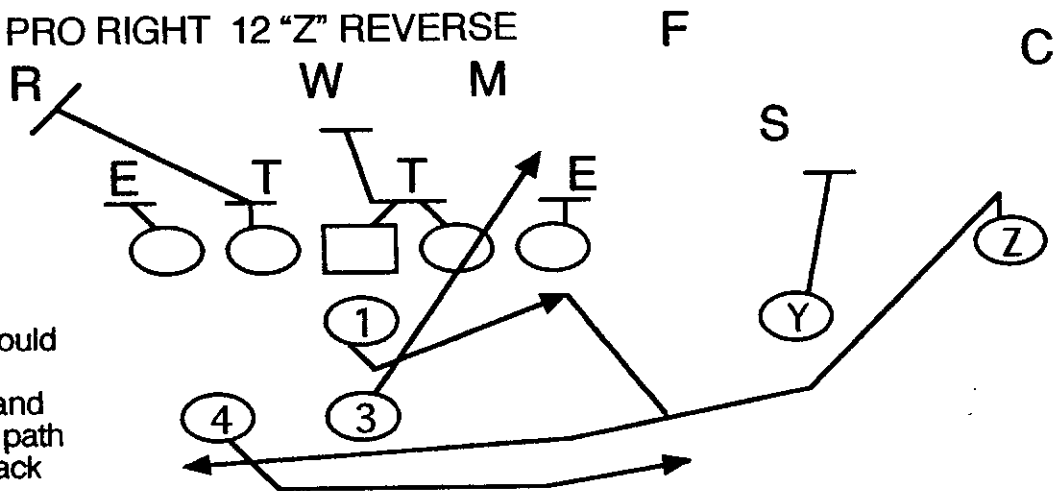
Quarterback will flash ball and carry out option fake. Look for Z coming around for reverse pitch.

4-3 Defense

GREEN PRO RIGHT 12 "Z" REVERSE F C

C
(X)

"Z" receiver should take one step towards LOS and then take pitch path between Fullback and Tailback.

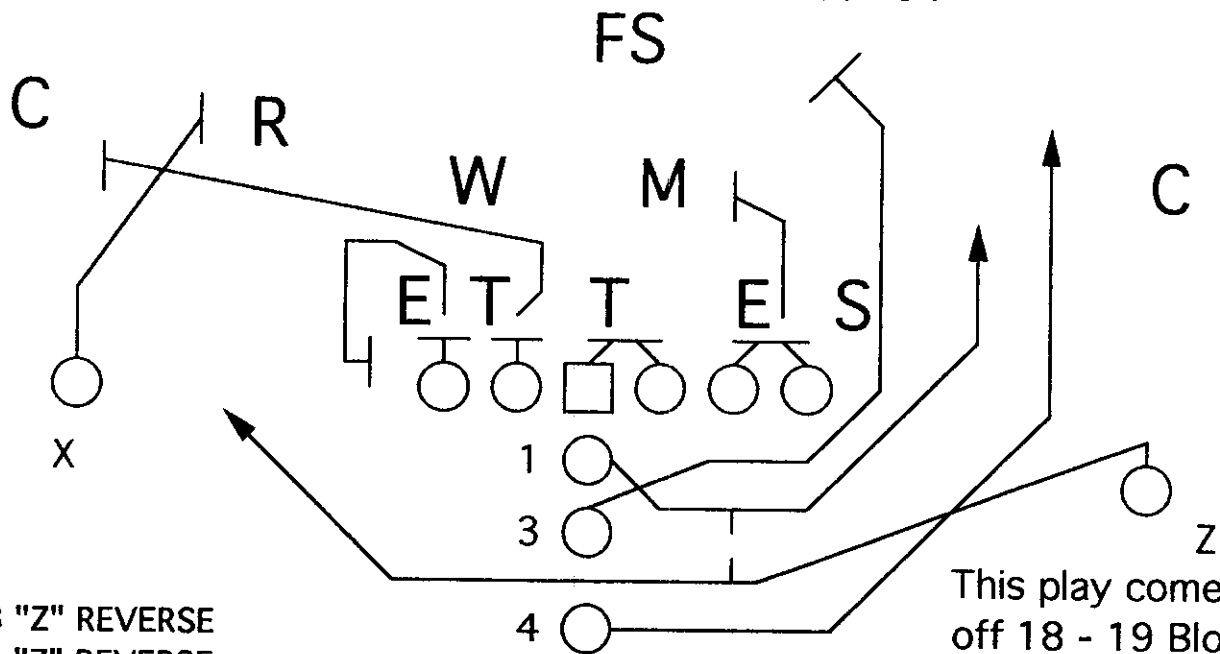


Under Defense

18 - 19 "Z" REVERSE / OPENSIDE

Backside tackle will release inside and then circle the defensive end and pin him inside.

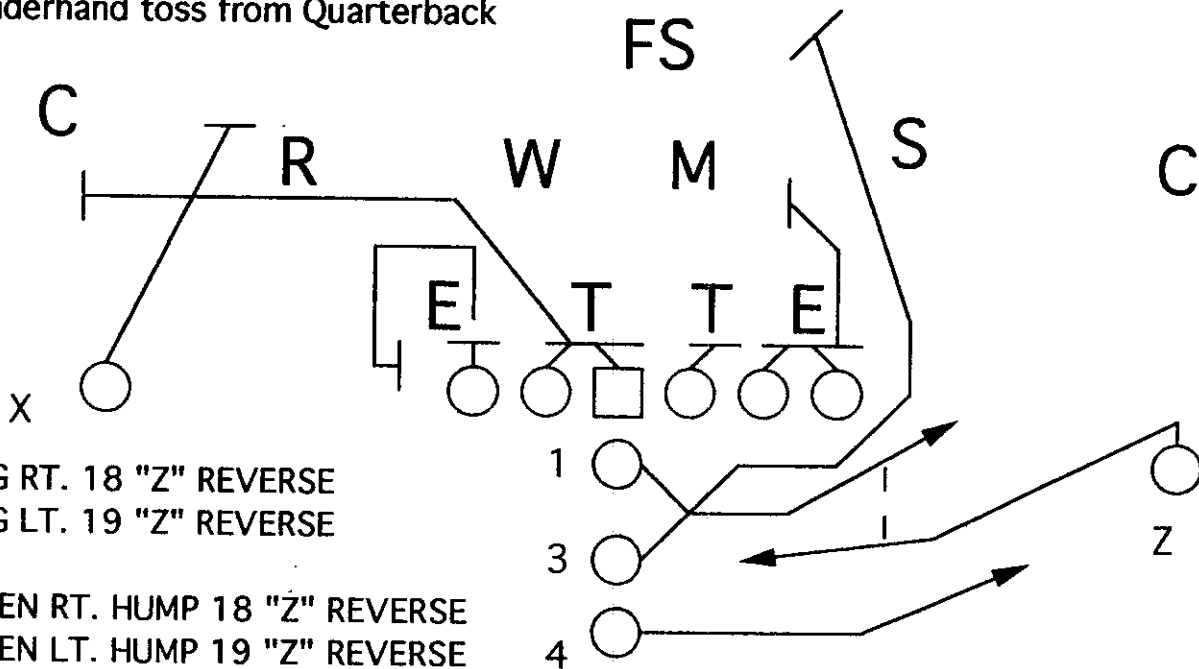
Backside guard will block for a 2 count and then release and kick out the corner.



I RT. 18 "Z" REVERSE
I LT. 19 "Z" REVERSE

This play comes off 18 - 19 Block Option

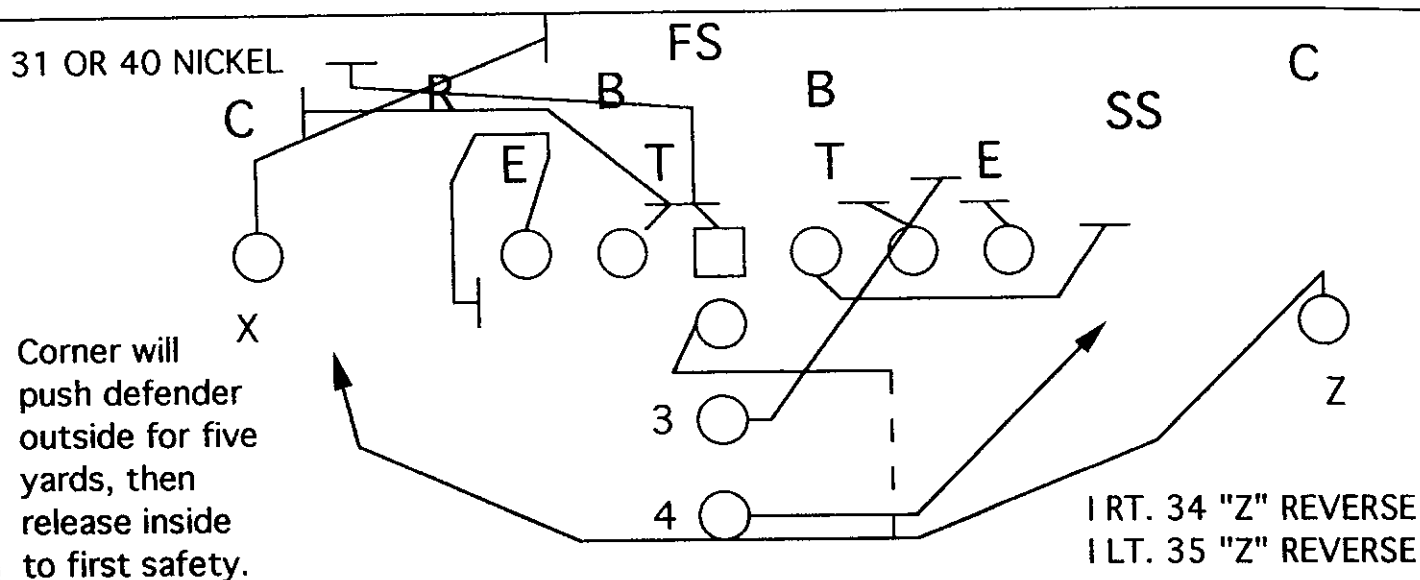
Make the path of the fullback look like outside veer so it helps keep the D.E. and playside LBer from running outside fast. "Z" reciver will take one strong up field step then pivot back inside, run between Quarterback and Tailback on pitch. Look to get soft underhand toss from Quarterback



KING RT. 18 "Z" REVERSE
KING LT. 19 "Z" REVERSE

QUEEN RT. HUMP 18 "Z" REVERSE
QUEEN LT. HUMP 19 "Z" REVERSE

34 - 35 "Z" REVERSE / OPENSIDE



COACHING POINT: If "Z" reciver is being chased by a defender block him with quarterback after pitching the ball.

QUARTERBACK: Reverse pivot stepping at 5:00 o'clock. Make a soft two handed, underhand "dead" pitch to Flanker. After pitch carry out 34 or 35 "G" option fake.

FULLBACK: Run 34-35 give path aiming at the inside leg of offensive tackle. Block first opposite color that shows.

TAILBACK: Open step crossover keeping shoulders square, look for pitch. Run 34-35 "G" option. Run "G" path carry out great fake.

TIGHT END: Reach block first defender on or outside selling 48-49 toss when running away. When reverse comes to you slam release then peel back around looking to block first opposite color behind the L.O.S.

CENTER: Block first defender on or over, possible ace with backside guard. Hold block for a two count lead up and outside looking to lead up field.

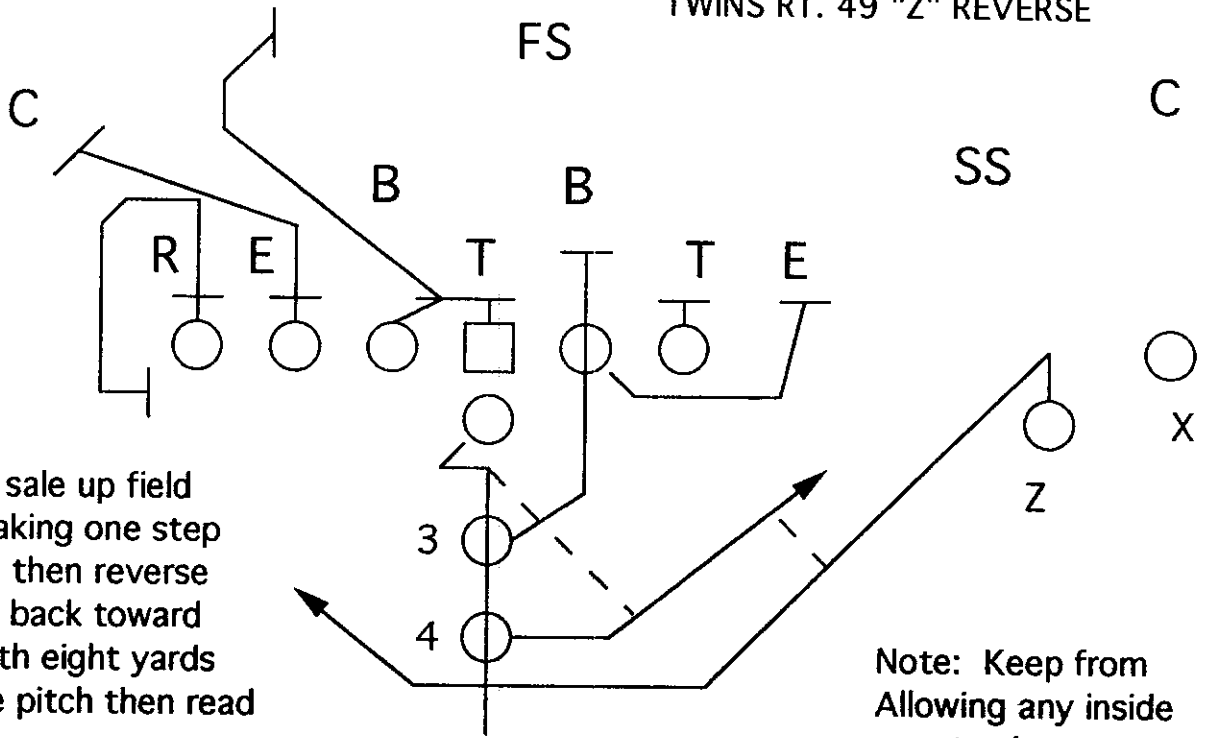
OPENSIDE GUARD: Block first defender over or on center for a two count. Release take a path straight to corner kicking him outside. Path is past the L.O.S.

OPENSIDE TACKLE: Slam release five technique then peel back around looking to block first opposite color behind the L.O.S.

48 - 49 "Z" REVERSE

VS 50 DEFENSE

TWINS LT. 48 "Z" REVERSE
TWINS RT. 49 "Z" REVERSE

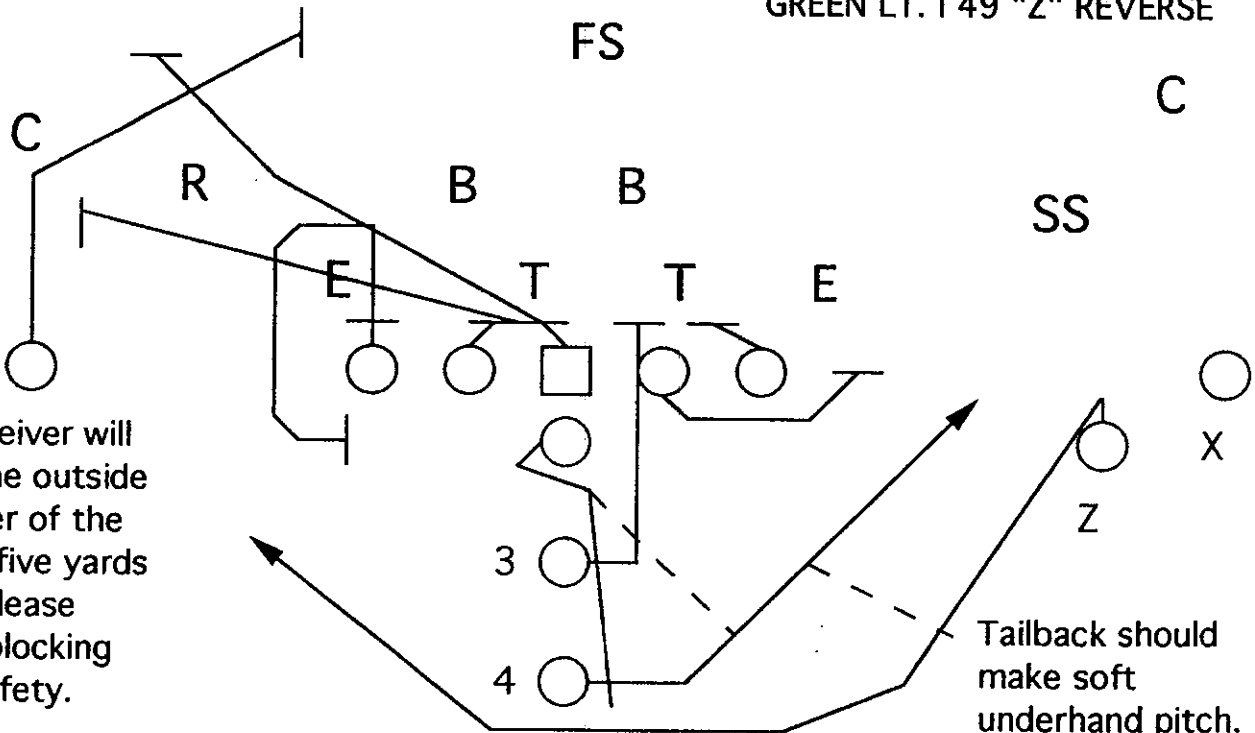


"Z" receiver sale up field release by taking one step hard upfield, then reverse field and arc back toward ball, take path eight yards deep receive pitch then read the field.

Note: Keep from Allowing any inside penetration.

VS 31 OR OVER DEFENSE

GREEN RT. | 48 "Z" REVERSE
GREEN LT. | 49 "Z" REVERSE



"X" receiver will push the outside shoulder of the corner five yards then release inside blocking Free Safety.

Tailback should make soft underhand pitch.

Receiver Alignments and Stalk Block

Ball Positioning

Wide Receiver Blocking Terminology

Stalk Block

Receiver Releases

The following information regarding receivers is the key to helping the option game on the perimeter work. It must be a given that the receivers master the stalk block due to the fact that so much of what the running back and or quarterback does when bringing the ball out on the perimeter. Time and drill work must be given to the stalk block on a daily bases.

Receivers Alignment and Stance

1. Stance: Suggest using a 2 point stance. Inside foot (foot nearest the ball) should be forward. Weight should be distributed on the ball of the foot, don't stand flat footed. Hands should dangle freely and comfortably in front of the receiver. Key the football for initial movement.
2. Split Rule: The basic split rule is something to adhere to at all times. It may vary at certain times according to field positioning and play called.

Ball Positioning and Hash Alignment

1. Middle Field: Both "X" and "Z" should align on the numbers or halfway between the hash and sidelines. The "3" back should align 3 yards outside the tackle or adjust depending on the play called.
2. Left Hash: "X" split the difference between the tackle and sideline. "Z" split the difference between the hash and the numbers. "4" back split the difference between "X" and the tackle or adjust depending on play called.
3. Right Hash: "X" split the difference between the hash and numbers. "Z" split the difference between the tight end and the Sideline. "4" back align 3 yards outside of tackle or adjust depending on play called.

When in the trips formation, both "X" and "4" back will apply their normal split rule. "Z" will split the difference between "X" and "4" back.

You should incorporate the flexibility of your alignments to vary according to different runs or passes. This will also serve as tendency breakers from game to game so that the outside linebacker or inverts cannot key your alignments.

Wide Receiver Run Blocking Terminology

1. **Crossfield:** Type of block used on run plays away. Take an angle at the deep 1/3 of the field and get in a position to block the defender responsible for that area. If you cannot block man responsible for this area, turn back and block first opposite color you see. Avoid clipping from behind. If defender fills quickly, you may use quick technique. If defender breaks down and fills late, use stalk technique.
2. **Quick:** Type of block used when you want to prevent the Defender from getting inside. You will generally Use this block on run plays hitting between the Tackles which means inside. You will drive the Defender off, aiming at his inside shoulder. Because this type of play hits quick, you cannot Maintain a cushion on the defender. You must Attack the defender with the intention of running Through him. You may block the defender 3 to 4 Times as you hit and recoil. Keep your feet as long as possible. It is the last hit that counts.
3. **Stalk:** This type of block is used on plays hitting outside the tackles. Push the defender over you downfield until he reacts to run. Let the defender pick a side, screen him off, hit and recoil. The running back will read the receivers block and cut accordingly. The receiver must keep 3 to 4 yard cushion on the defender. Breakdown when the defender comes out of his back pedal. Harass and stalk him until the whistle. Remember, it is the last hit that counts. Must be able to square shoulders when engaging defender. Don't cut the outside defenders unless last resort.

4. **Slam:** This type of block is used on speed option, sweep, and toss plays vs a hard corner. Outside release around a hard corner which will force him to widen. Try to avoid contact, but if unable, slam the corner and continue for the safety.
5. **Man Coverage:** Receiver's must be able to understand man coverage rules for the option game. If defender aligns in man must sell the pass and run the defender deep, look for defender reacting back to run.

Receiver Releases

Releases by the receivers are very important to the success of the running and passing game. Releases will vary depending on the type of coverage's presented by the secondary.

1. **Release vs Zone:** The receiver's aiming point will be the outside shoulder of the defensive back. This will force the defensive back to widen, creating separation in the seams of the underneath coverage's.
2. **Release vs Man:** The aiming point for the receiver will be the Inside shoulder of the defensive back. This squares the defensive back and gives the receiver more field to work with.
3. **Escaping Hard Corner:** Once the receiver recognizes a hard corner, He should initially adjust his split depending Upon an inside or outside release.
4. **Inside Release:** As the receiver explodes off the L.O.S. Receiver should attack the outside shoulder of the defensive back. Once the receiver is within 1 1/2 yards from the defender, the receiver should dip his outside shoulder, allowing the defensive back to touch only the backside of the receivers shoulders. After contact is made, the receiver should simultaneously rip the inside

arm through, with shoulders and weight pointing up field. The receiver should work to get vertical after releasing from the defender.

5. Outside Release: As the receiver explodes off the L.O.S. He should attack the middle part of the body of the defensive back. Once the receiver gets within 1 1/2 yards from the defender he should, grab his outside hand with his outside hand, forcing his body across the defender with a quick swim technique. Work to get vertical after releasing off the defender.

Receiver Blocking Terminology and Rules

Listed below are some general ideas concerning some expectations you might expect from a receiver. A good knowledge of these rules will give you an idea of the points a coach should emphasize and how to do them.

1. Have a daily goal or objective. Work to improve one area of your game each day.
2. The receiver must have confidence in his ability to catch the ball. Believe you are the best.
3. One thing that must be determined from practice is who will make the third down catch. Which receiver can you call upon on 3rd and long situations.
4. Make a great catch. Do it enough and it will become routine in the game.
5. This is the order in which you can evaluate your receivers:
 - A. Hands (concentration and poise).
 - B. Toughness (the ability to catch the ball in a crowd).
 - C. Quickness.
 - D. Speed.
6. Speed - it is an asset, but not the most important factor. The receiver must explode off the L.O.S. and force the defender to turn his hips under 17 yards.

7. Quickness and exceleation - the receiver must escape the hard corner quickly and exceleate up field to push the safety deep to create separation between him and the corner.
8. Hit someone on every play. Do not avoid contact. You need to build a reputation as wide receivers who are always looking to hit, cut, crack-back, and block anyone. A defensive back should not feel comfortable with the receiver in his zone.
9. A receiver must want to be a great receiver. Like anything else it takes hard work.
10. Four Basic Rules In Catching:
 - A. See.
 - B. Catch.
 - C. Tuck.
 - D. Cover.
11. See the dot on the tip of the ball as it rotates.
12. A receiver must always align onside, see the football know your spot. Watch the ball during the cadence.
13. A receiver must be knowledgeable in coverage's and conversion routes.
14. The backside receiver must always be alert in the passing game. Run a full speed route.
15. On a receiver's release he should, explode off the L.O.S. and threaten the defender deep immediately. Run or pass, the receivers release should always be the same.
16. Breaks and cuts must be under control. Be an athlete.
17. A receiver must be able to snap his head and shoulders around quickly. Be ready for an early throw.
18. Always run the proper depth on routes.
19. Use the sidelines to control the clock. Remember, the objective, is to score.

20. Attack the ball aggressively on under throws and high balls. Prevent the interception. If the receiver can not catch the ball, the defender should not be able to catch it either.
21. Always see the alignment of the defender defending you. Know what angle you will use to attack the defender.

Complete Passing Game Section

1. Installing The Passing Game To Compliment The Running Game
2. 5 Step or 50 Series Pass definitions
3. Dropback Terminology
4. 50's and 90's Protection
5. X and Z Passing Tree
6. Tailback and Tight End Passing Tree
7. 50 Vertical
8. 50 Flag
9. 50 Cross
10. 50 Read
11. 3 Step or 90's Series
12. 90 Series Mechanics
13. 90 Series Passing Tree
14. 90 Stop
15. 90 Out
16. 90 Double Slant
17. 90 Fade
18. 90 Hitch
19. 90 Convoy
20. 300 Smash Screen
21. 300 Slip Screen
22. 70 - 80 Sprint Out Protection
23. 70 Curl - Out
24. 80 Curl - Out
25. 70 Go
26. 110 - 111
27. 112 - 113
28. 114 - 115
29. 118 - 119
30. 142 - 143 Bootleg
31. 144 - 145 ISO Pass
32. 148 - 149

Installing The Passing Game To Compliment The Running Game

The following information contained in this section will be the passing game that comes off the option running game. The passing game need not be that complicated when tied into an option offense. One reason for not needing a real sophisticated passing attack, is because the option game usually will limit the number of coverages and blitz's that a team will use. The option game spreads the defense in order to defend the field, this is one reason for limited coverages and blitz's.

The passing game will be divided into several types and styles. The following descriptions can be used as a guide for different phases of the passing game. Each phase is broken down by series, each number would be the alert to the type of pass being thrown.

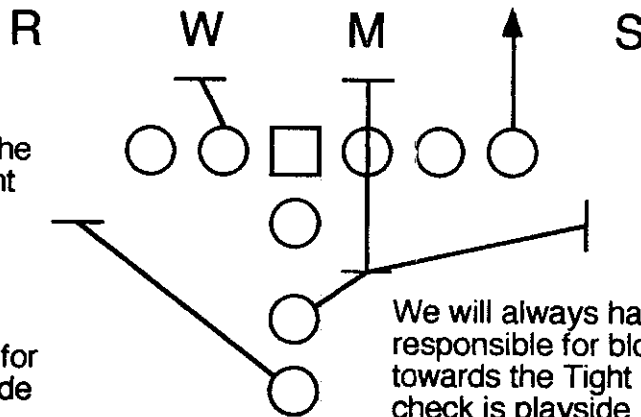
1. 50 Series - 5 step passing game.
2. 70 Series - Sprint out pass to the left.
3. 80 Series - Sprint out pass to the right.
4. 90 Series - 3 Step passing game.
5. 100 Series - Play action pass.
6. 300 Series - Screens

The passing game is numbered for type of protection and routes are tagged with a descriptive word. Any receiver can be single out for a particular route by using the passing tree.

5 Step or 50 Series Passing Definitions

50 Series - 5 Step

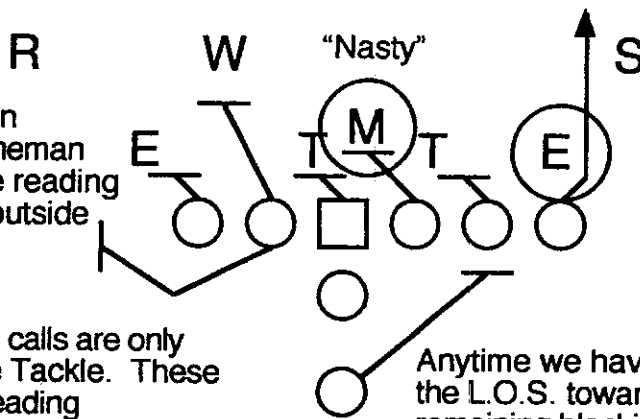
The 50 series is a straight dropback passing series. The "5" indicates a 5 step straight dropback by the Quarterback.



The Tailback is responsible for reading out by checking inside LBer first before releasing.

We will always have one back responsible for block protection towards the Tight End side. His Blitz check is playside LBer to Outside Invert.

In a 5 step straight drop back scheme the guards and center will be responsible for maintaining the depth of the pocket while the tackles work to maintain the width of the pocket. The guards and center will work to set their protection as close to the L.O.S. as possible. All straight drop back schemes will incorporate the half man advantage rule by the offensive line. Their responsibility will be to secure their inside to push all defenders out in order for the Quarterback to step up into the pocket to throw.

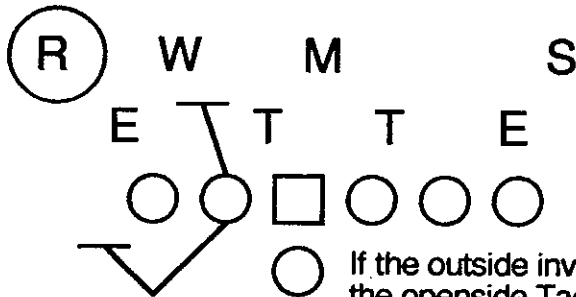


We will always have an uncovered offensive lineman responsible for double reading the backside LBer to outside invert.

Anytime we have a LBer walked up into the L.O.S. towards the direction of the remaining blocking back the offensive line that side can use the alert word "NASTY" to tell the offensive line their side to block down and now the blocking back has end man on the L.O.S.

"TUFF" and "SOFT" calls are only made by the openside Tackle. These calls alert the double reading uncovered lineman to how the outside inverts are playing.

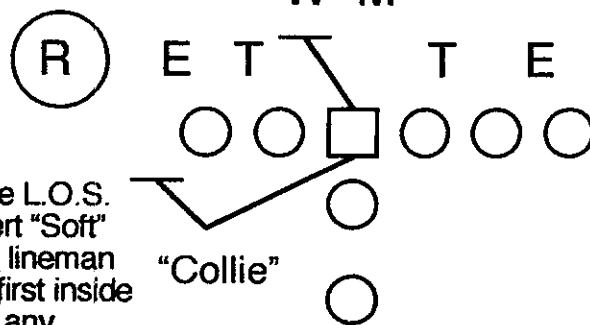
"Soft"



"Mollie"

If the outside invert is off the L.O.S. the openside Tackle will alert "Soft" which allows the uncovered lineman to stay in and help with the first inside down defender as he keys any pressure off the edge.

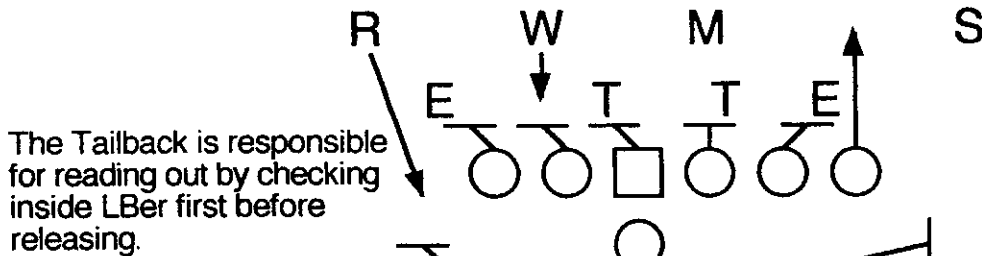
"Tuff"



"Collie"

Dropback Series Passing Definitions

50 Series - 5 Step



The Tailback is responsible for reading out by checking inside LBer first before releasing.

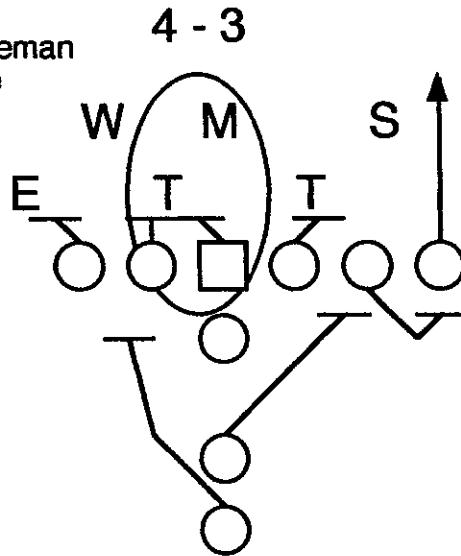
The Tailback will check inside Lber for check release. If the LBer triggers on blitz he then has outside invert for blitz. If Inside LBer drops he then releases. An the uncovered lineman will either "Mollie" or "Collie" for possible outside blitz by invert.

The Fullback will always be responsible for block protection towards the Tight End side. His Blitz check is playside LBer to Outside Invert.

"TUFF" and "SOFT" calls are only made by the Openside Tackle. These calls alert the double reading uncovered lineman to how the outside inverts are playing.

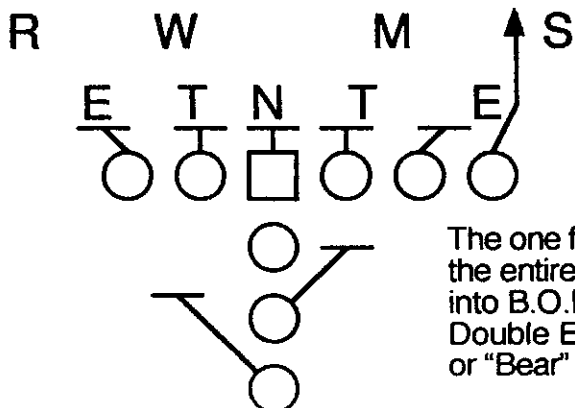
We will always have an uncovered offensive lineman responsible for double reading the backside LBer to outside invert.

When faced with the 4-3 defense the Center and Openside Guard will be responsible for first down defender backside to Middle LBer.

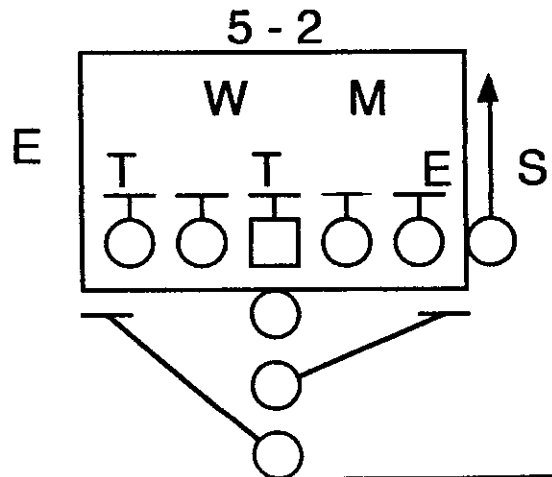


When using B.O.B. protection against an odd front such as the 5-2 the offensive linemen will handle the inside 5 with the running backs both checking outside. if no blitz threat shows backside then the uncovered guard can "Mollie" his protection with the Tailback releasing into his designated route.

Double Eagle



The one front that puts the entire offensive line into B.O.B. is the Double Eagle Defense or "Bear" front.



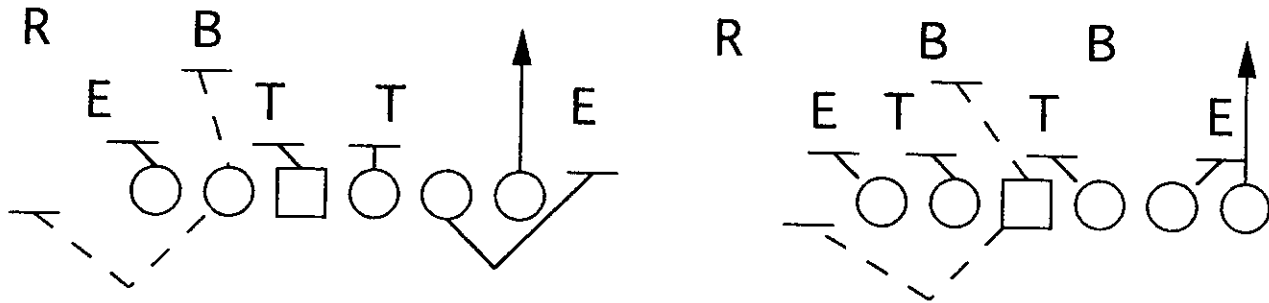
Dropback Protection Terminology

1. **B.O.B.:** Big - On - Big protection will be the basis by which we build 50 and 90 series protection around. B.O.B. protection means that whenever an offensive lineman is covered his protection is the man on. Nothing takes an offensive lineman off his B.O.B. protection unless an alert to do so is given.
2. **Nasty:** Nasty call is used as an alert to the side your running back is blocking towards. Nasty is alerted when a linebacker walks up into the L.O.S. and you have to pull your offensive lineman down inside to deal with this threat. Nasty call takes the running back out of his double read and now forces him to block the end man on the L.O.S.
3. **Tuff:** Call is used to alert any uncovered lineman in a double read on the backside of the protection that a possible blitz threat exists on the Quick Tackles outside (invert walked up on the L.O.S. or appears to be blitzing.) The "TUFF" call is used only on the backside of the protection, and is only made by the Tackle reading a possible outside blitz threat.
4. **Soft:** This call is made by the offensive Tackle away from the front side of the protection. "SOFT" is used in conjunction with the "TUFF" call. The "SOFT" call is used to alert the uncovered lineman that is in a double read situation that no blitz threat appears on his outside, which allows the uncovered lineman to stay inside and help.

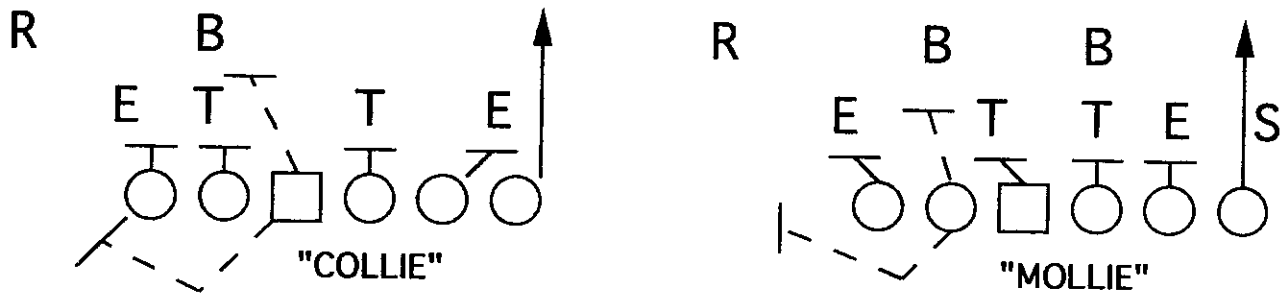
5. Collie: Call made by the "CENTER" to alert that he is uncovered and is the double read lineman backside. This takes place opposite the direction the running back is blocking towards. The center is double reading the inside linebacker backside to the outside invert, the center is listening for a soft or tuff call by the tackle. The "Collie" call is used in 50 and 90 protection only.
6. Mollie: Call made to the uncovered guard that he is covered and the uncovered "GUARD" will double read his inside linebacker to outside invert. The guard is listening for a tuff or soft call by the tackle. The "Mollie" call is used in 50 and 90 protection only.
7. Riggini: Used vs 4-3 schemes or when you go into some type of maximum dropback protection that requires both backs to stay in and block. "RIGGIN" is a call made by the center to alert the "Right Guard" that he will be helping him with his block.
8. Liggini: Used vs 4-3 schemes or when we go into some type of maximum dropback protection that requires both backs to stay in and block. "LIGGIN" is a call made by the center to alert the "Left Guard" that he will be helping him with his block.
- Note: Remember, the alert words "LIGGIN" and "RIGGIN" is only used when you are using seven blockers and teams play with 3 inside linebacker looks. Riggini and Liggini alert backs that the guard and center are tracking the double read on the middle linebacker. Both backs would track Will and Sam linebackers.

50'S AND 90'S PROTECTION

"MOLLIE": This call is used by the center to alert the uncovered guard that he is covered and that the uncovered guard will DOUBLE READ. This means that the guard will first check for a possible inside linebacker blitz away from the tight end side, if no blitz shows, he then will look for outside invert. Guard must listen for "TUFF" and "SOFT" call by the offensive tackle. Mollie is used when center is covered and guard is uncovered.



"COLLIE": This call is used by the center to alert he is uncovered and will be responsible for protecting the quarterback away from the tight end side. The center has a responsibility to DOUBLE READ the inside linebacker to outside invert. Center must listen for "TUFF" and "SOFT" call by the offensive tackle.



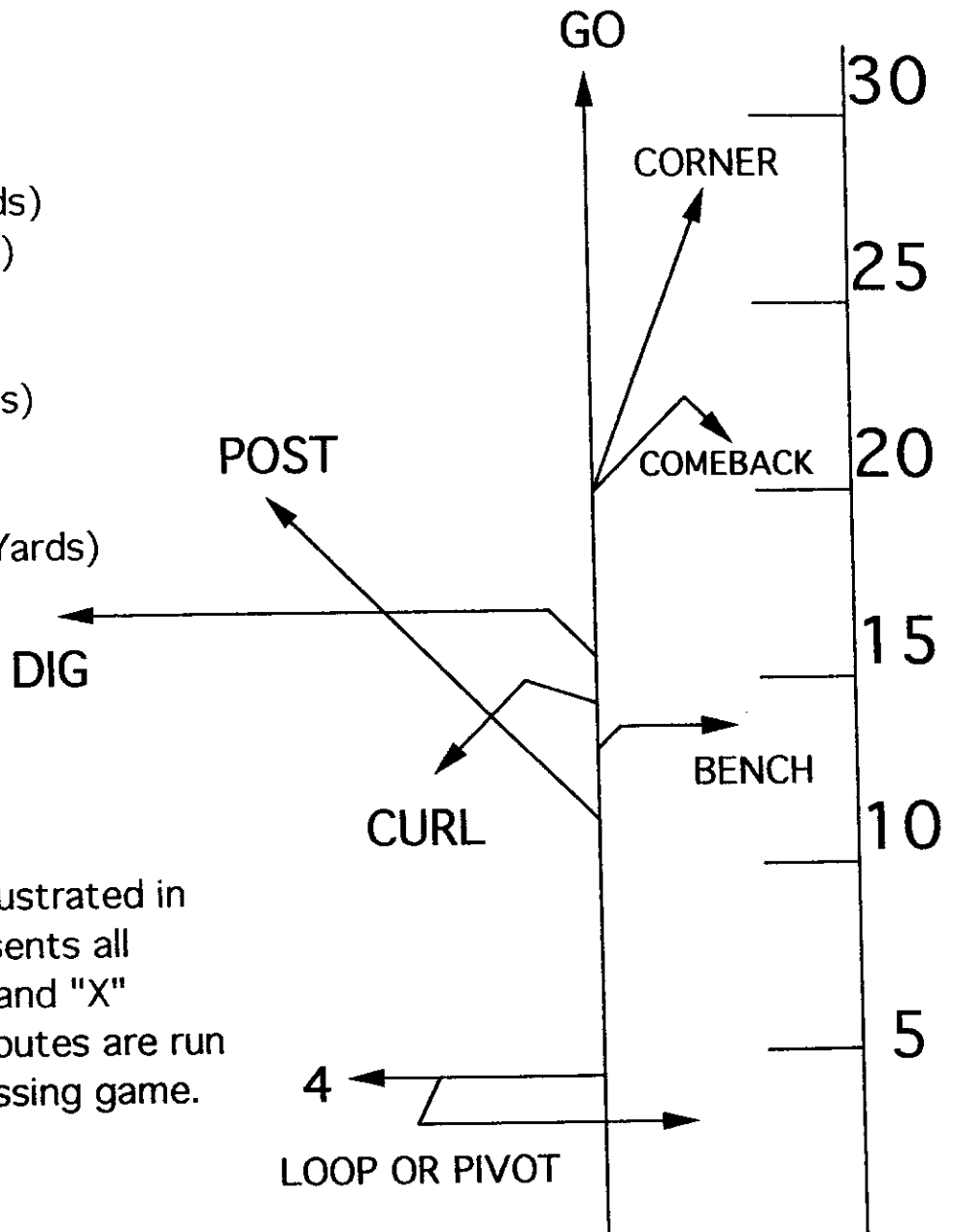
"SOFT": is a call used by the offensive tackle away from the call side to indicate to the uncovered lineman who is reacting to the "MOLLIE" or "COLLIE" call that he sees no potential outside blitz threat. This call will allow the offensive lineman to stay inside and help with protection while reading his blitz keys.

"TUFF": is a call used by the offensive tackle away from the tight end side to indicate to the uncovered lineman who is reacting to the "MOLLIE" or "COLLIE" call that he reads a potential outside invert on the L.O.S. who may blitz. This call puts the uncovered lineman into a faster read, makes him slide outside hard to pick his threat up.

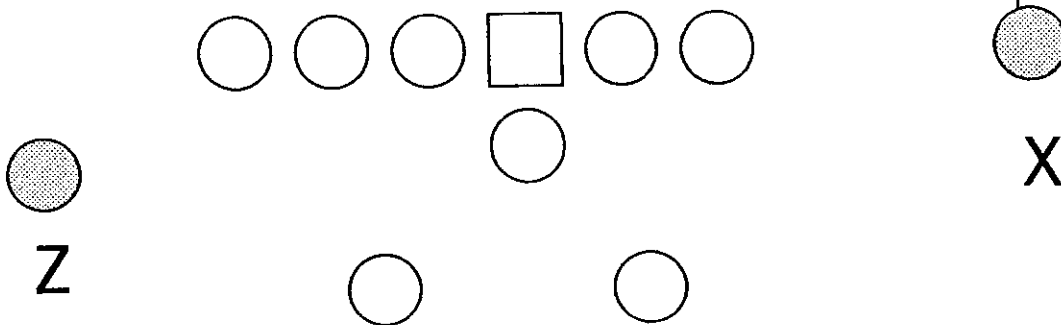
Passing Tree X and Z Receivers 5 Step Dropback Series

Route Numbers:

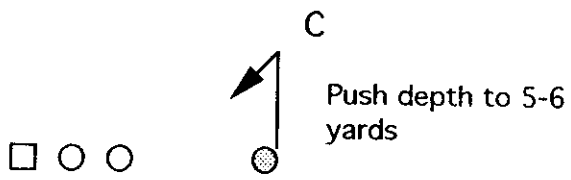
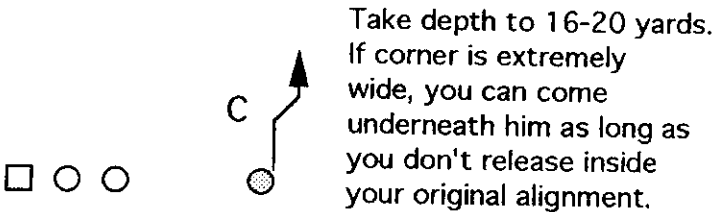
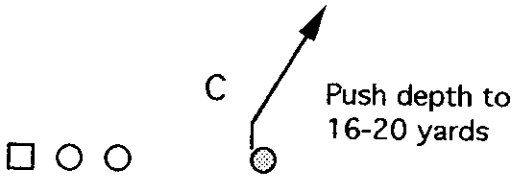
- Curl (14 Yards)
- Bench (12 - 14 Yards)
- Post (10 - 12 Yards)
- Corner (20 Yards)
- Hide (6 Yards)
- Comeback (20 Yards)
- Dig (14 - 16 Yards)
- Go, Fade, Streak
- Loop Or Pivot - (5 Yards)



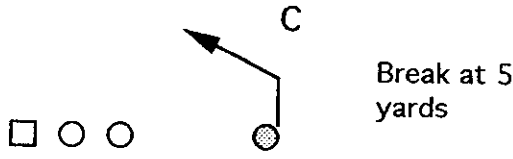
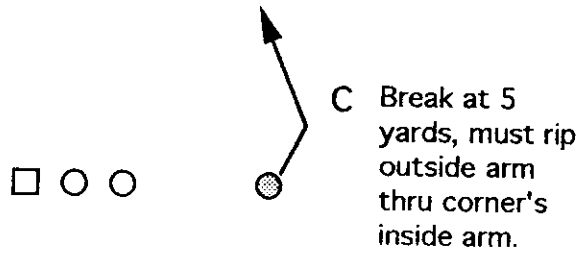
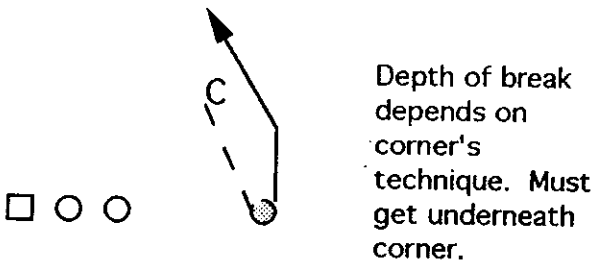
The passing tree illustrated in this diagram represents all routes for the "Z" and "X" receivers. These routes are run with the 5 step passing game.



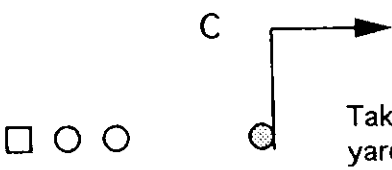
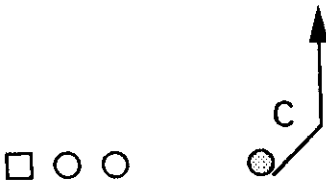
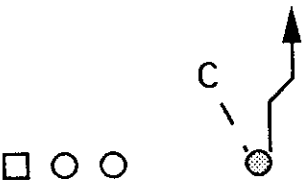
Pattern: Hitch Route

	<p>VS SOFT CORNER</p> <p>COMMENTS: Explode off ball - drive to corners outside shoulder, plant on outside foot and pivot to the face of the QB. Must snap eyes around & get hands up and expect the football.</p>
	<p>VS SQUAT CORNER</p> <p>COMMENTS: Explode off the ball convert to take-off. Work to widen the corner, give him inside move and explode thru corners outside shoulder. Settle into hole or seam</p>
	<p>VS 2 MAN</p> <p>COMMENTS: Explode off the ball to corners inside shoulder and convert to take off. Push upfield then fade to football</p>

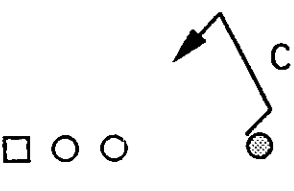
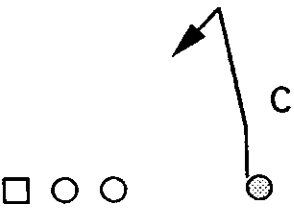
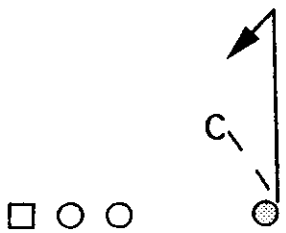
Pattern: Slant Route

	<p>VS SOFT CORNER</p> <p>COMMENTS: Explode off the ball, plant on outside foot and drive hard to post at 45 degree angle.</p>
	<p>VS SQUAT CORNER</p> <p>COMMENTS: Explode off the ball, widen corner with outside release, plant on outside foot or when on top of corner. Drive hard to post.</p>
	<p>VS 2 MAN</p> <p>COMMENTS: Explode to corner's outside shoulder, push upfield and fight to get underneath corner and drive to post.</p>

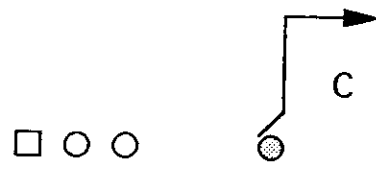
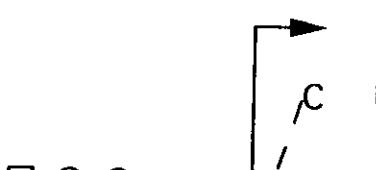

Pattern: Out Route

 <p style="margin-left: 150px;">Take depth to 6-7 yards before cut.</p>	<p>VS SOFT CORNER</p> <p>COMMENTS: Explode off the ball and execute a speed out cut, following over on the inside step. Snap eyes around and get hands up quickly.</p>
 <p style="margin-left: 150px;">Push depth to 16-20 yards. If corner is extremely wide, you can come underneath him as long as you don't release inside your original alignment.</p>	<p>VS SQUAT CORNER</p> <p>COMMENTS: Explode off the ball and convert to take-off. Work to widen the corner, give inside move and explode thru corner's outside shoulder. Settle into hole or seam.</p>
 <p style="margin-left: 150px;">Push depth to 16-20 yards</p>	<p>VS 2 MAN</p> <p>COMMENTS: Explode off the ball, attack corner's inside shoulder and convert to take-off pushing upfield then turn and fade to football.</p>

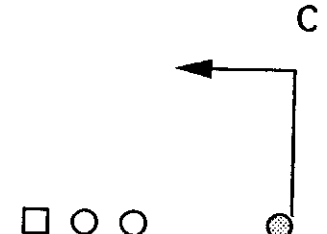
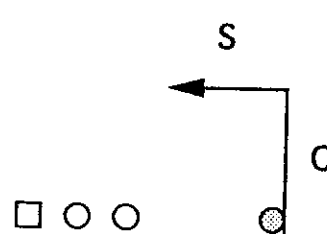
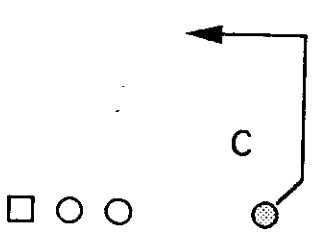
Pattern: Curl Route

 <p style="margin-left: 150px;">Push depth to 14 yards. If no throwing lane is allowed work back inside.</p>	<p>VS SOFT CORNER</p> <p>COMMENTS: Explode off the ball, work to a head up position with corner. Plant on outside foot to inside position of corner. Stay wide on break and work back to the QB.</p>
 <p style="margin-left: 150px;">Push depth to 14 yards. Do not get pushed inside.</p>	<p>VS SQUAT CORNER</p> <p>COMMENTS: Explode off the ball, widen corner with an outside release. Drive thru inside shoulder of corner. Push upfield to a depth of 14 yards or at least as wide as our initial alignment.</p>
 <p style="margin-left: 150px;">Push depth to 12 yards.</p>	<p>VS 2 MAN</p> <p>COMMENTS: Explode off the ball at the inside shoulder of the corner. Take inside release if possible, if not take an outside release. Push upfield to 12 yards, lean out then run away.</p>

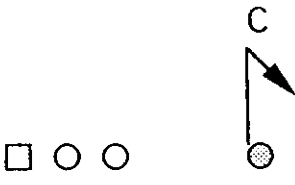
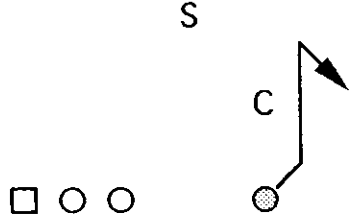
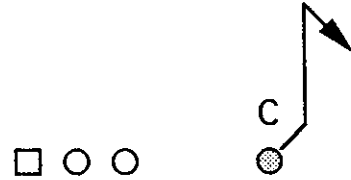
Pattern: Out or Bench Route

 <p>Push depth to 12-14 yards. Against cover 2, throttle the out route down.</p>	<p>VS ZONE OR SOFT CORNER</p> <p>COMMENTS: Push the outside shoulder of the defender. Push 12 to 14 yards then plant with inside foot and break outside.</p>
 <p>Push the depth 12 - 14 yards.</p>	<p>VS MAN COVERAGE</p> <p>COMMENTS: Push the inside shoulder of the defender, press against him with contact and then snap to the outside.</p>
	

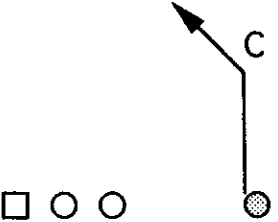
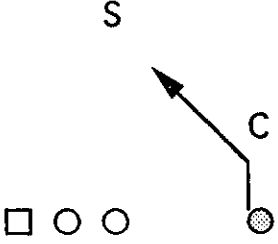
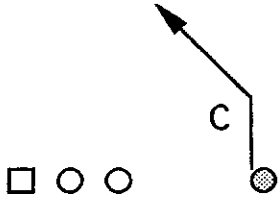
Pattern: Dig Route

 <p>Push depth to 16 yards</p>	<p>VS SOFT CORNER</p> <p>COMMENTS: Explode off the ball, take depth to 16 yards. Give outside head fake, break inside on route.</p>
 <p>Push depth to 16 yards</p>	<p>VS SQUAT CORNER</p> <p>COMMENTS: Explode off the ball, avoid the jam. Burst to 16 yards break inside.</p>
	<p>Vs MAN</p> <p>COMMENTS: Explode off the L.O.S., outside 3 steps, drive underneath the defender and pressure upfield. Fake good sideline move and run in at 16 yards.</p>

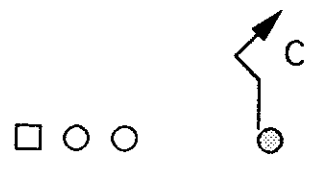
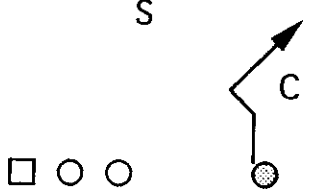
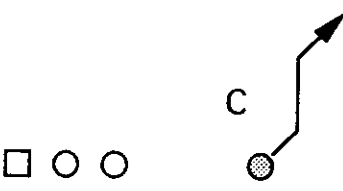
Pattern: Comeback Route

	<p>VS SOFT CORNER COMMENT: Run 16 yard comeback to the outside. Drive defensive back off like you are running a take-off route for 16 yards, and then break back to the outside at 14 yards coming back to the ball.</p>
	<p>VS SQUAT CORNER COMMENT: Explode off the L.O.S.. Avoid the jam outside. Release burst and break at 15 yards, come back to ball at 12 yard depth.</p>
	<p>VS MAN COMMENT: Explode 3 steps get inside of defender then explode upfield 14 -15 yards give head fake inside then break to sideline and drive for the ball.</p>

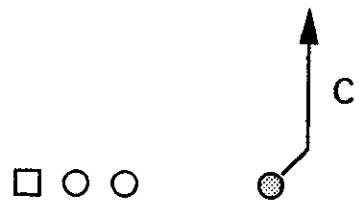
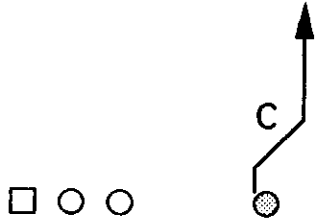
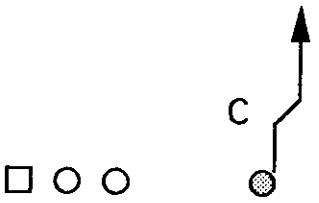
Pattern: Post Route

	<p>VS SOFT CORNER COMMENTS: Drive off L.O.S. with speed running straight at defender at 12 - 14 yards level and rock him or turn him with head fake, break to post, expect ball anywhere outside break.</p>
	<p>VS SQUAT CORNER COMMENT: Break thru jam to inside, pressure safety at 12 - 14 yards deep, head fake him to the outside and break to post.</p>
	<p>VS MAN COMMENT: Release outside 3 steps. Drive under defender and make quick move quick move to corner, break back to post, find open area by controlling angle to post.</p>

Pattern: Post Corner Route

	<p>VS SOFT CORNER COMMENT: Explode to a depth of 12 - 14 yards. Break off outside foot at 45 degree angle to post - run good 3 step move to post - roll off inside foot to corner under the coverage of the defensive back.</p>
	<p>VS SQUAT CORNER COMMENT: Avoid jam to inside, push safety with post move and run to corner of end zone. Flatten away from defender on throw.</p>
	<p>VS MAN COMMENT: Avoid defender outside with 3 steps then drive under defender. Make a good post move (3 steps) and break back to corner.</p>

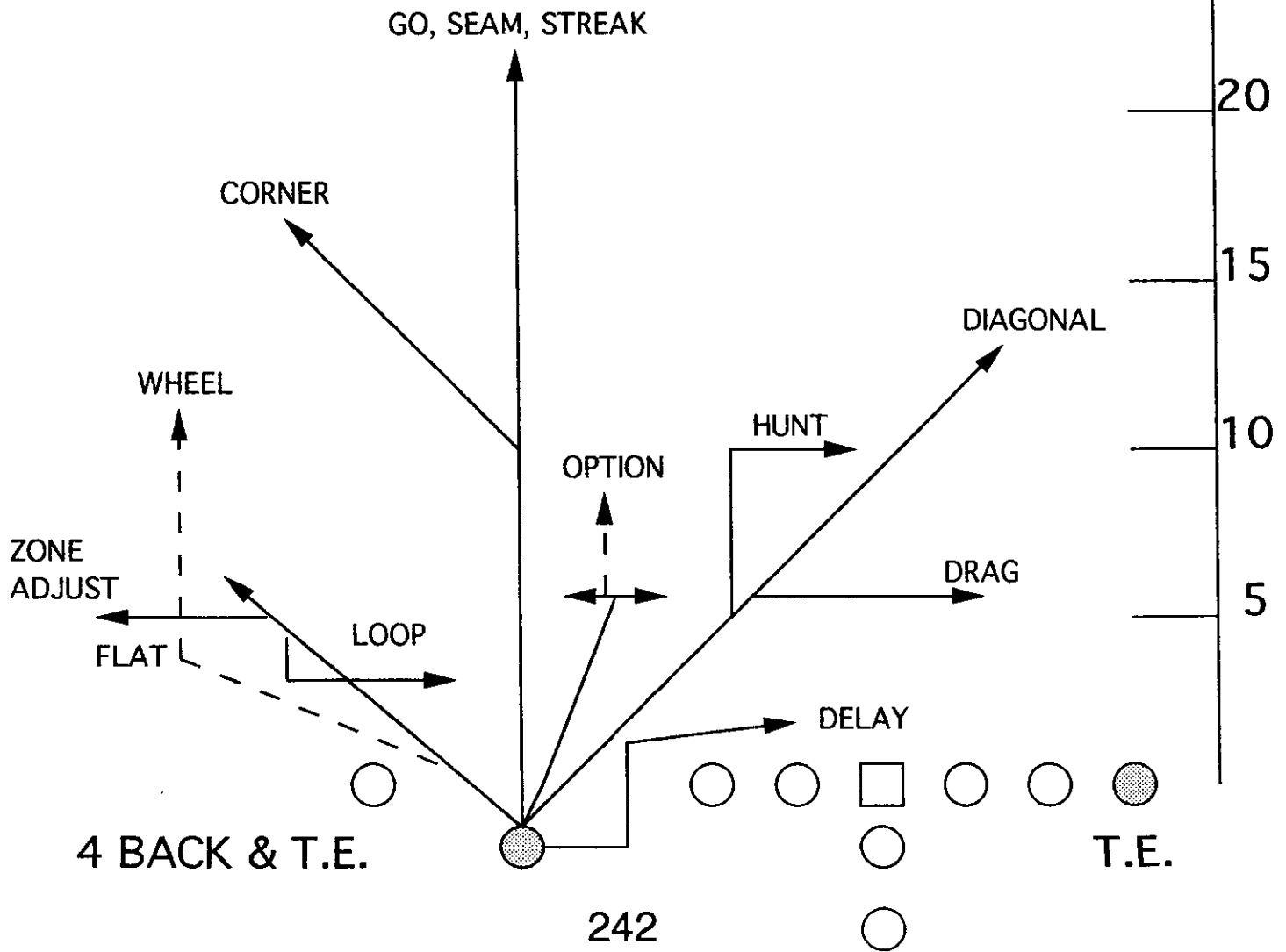
Pattern: Go, Fade, Vertical, Streak Routes

	<p>VS SOFT CORNER COMMENT: Push the defender's outside shoulder. Explode downfield 12 - 14 yards and then attempt to go around him. If you can't go outside, go inside after you have made the move outside. NOTE: Try to run as close to your defender as possible; even to brush him.</p>
	<p>VS SQUAT CORNER COMMENTS: Push defender's outside shoulder. Avoid the jam to the outside, don't make contact with defender in underneath coverage.</p>
	<p>VS MAN COMMENT: Explode off the ball, stutter step the defender, then go deep, then fade slightly.</p>

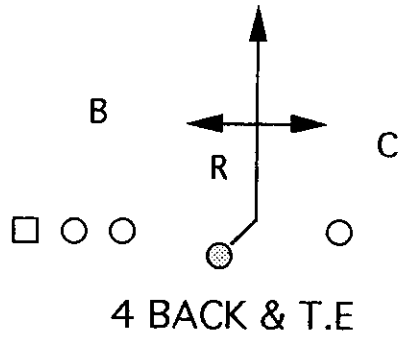
Passing Tree

Tailback and Tight End (Y) Routes

- Zone Adjust - (6 Yards)
- Corner - (10 Yards)
- Delay - (6 Yards)
- Diagonal - (11 -15 Yards)
- Drag - (6 Yards)
- Flat - (16 Yards)
- Hunt - (10 Yards)
- Option - (6 Yds. In 3 Step Or 90's - 10 Yds. In Dropback)
- Go / Streak - (12 - 15 Yards)
- Loop - (5 Yards)
- Wheel - (Gain Ground At 3 Yards)



Pattern: Option Route



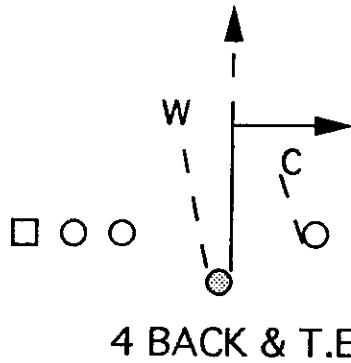
VS ZONE COVERAGE

COMMENTS: Push the outside shoulder of the defender. Go opposite of where the defender drops. Allow him to cover or under play you. The rule is just get open.

Split: normal

Depth: 6 yards

Adjustments: If F.S. disappears go for homerun



VS MAN COVERAGE

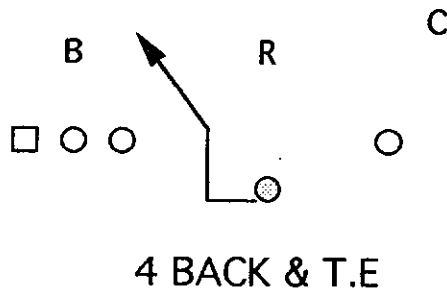
COMMENTS: Push the inside shoulder of the defender. Press your body making contact with the defender and then break outside.

Split: normal

Depth: 6 yards

Adjustments: If F.S. disappears go for homerun.

Pattern: Delay Route



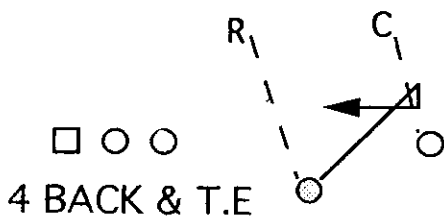
VS ZONE COVERAGE

COMMENTS: Block man over you for two counts. Release underneath him and go to middle of formation.

Split: Tight to the tackle

Depth: 6 Yards.

Adjustments: If no one is over you, count one thousand one, one thousand two, etc.



VS MAN COVERAGE

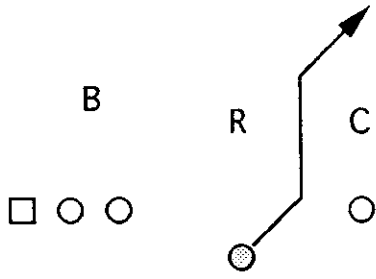
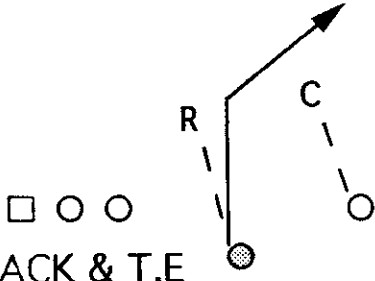
COMMENTS: Once you recognize man coverage, you should convert this to a loop route.

Split: Tight to the tackle

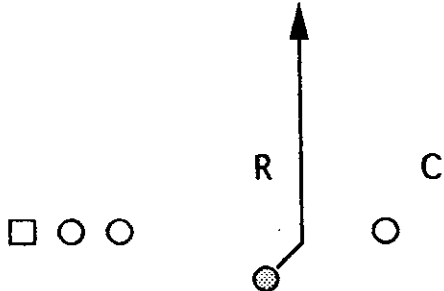
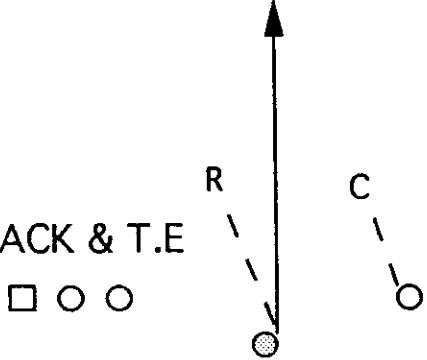
Depth: 5 Yards

ADJUSTMENTS:

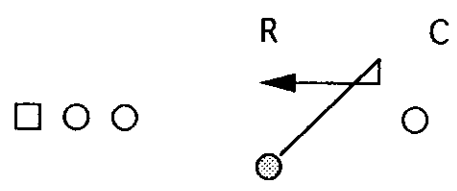
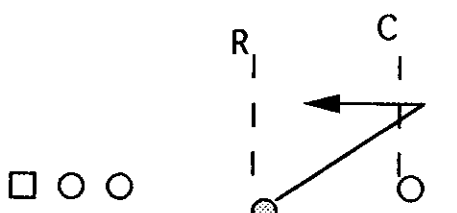
Pattern: Corner Route

 <p style="text-align: center;">B</p> <p style="text-align: center;">R C</p> <p style="text-align: center;">□ ○ ○</p> <p>4 BACK & T.E</p>	<p>VS ZONE COVERAGE</p> <p>COMMENTS: Rush the defender's outside shoulder. get vertical and push upfield 10 to 12 yards. break outside at 45 degree angle.</p> <p>Split: Normal</p> <p>Depth: 15 Yards</p> <p>Adjustments: Receiver may have to adjust his route depending on where ball is thrown.</p>
 <p style="text-align: center;">R C</p> <p style="text-align: center;">□ ○ ○</p> <p>4 BACK & T.E</p>	<p>VS MAN COVERAGE</p> <p>COMMENTS: Push the defender's inside shoulder. Keep him positioned on your inside, then break outside at a 45 degree angle.</p> <p>Split: Normal</p> <p>Depth: 15 Yards</p> <p>Adjustments:</p>

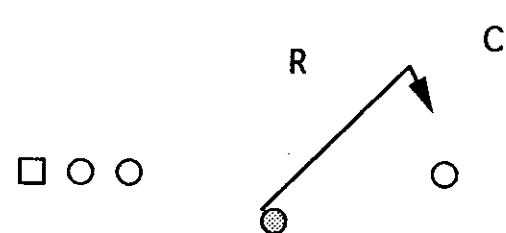
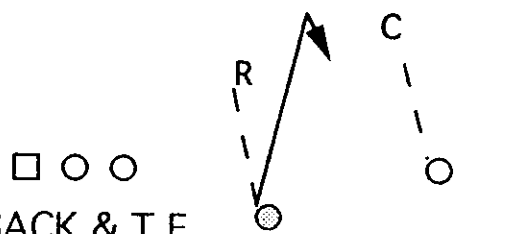
Pattern: Seam / Go / Streak Route

 <p style="text-align: center;">R C</p> <p style="text-align: center;">□ ○ ○</p> <p>4 BACK & T.E</p>	<p>VS ZONE COVERAGE</p> <p>COMMENTS: Push the defenders outside shoulder, use speed to get past defender. After receiver clears the inside lber's, look for football. Stay in your route don't allow the defenders to re-route the receiver.</p> <p>Split: 1 yard wider than normal.</p> <p>Depth: 20 yards</p> <p>Adjustments: vs Cover 2, get to the middle of the formation.</p>
 <p style="text-align: center;">R C</p> <p style="text-align: center;">□ ○ ○</p> <p>4 BACK & T.E</p>	<p>VS MAN COVERAGE</p> <p>COMMENTS: Push the defenders inside shoulder. once you are square on the defender, break to the outside. use the field.</p> <p>Split: 1 yard wider than normal</p> <p>Depth: 20 yards</p> <p>Adjustments:</p>

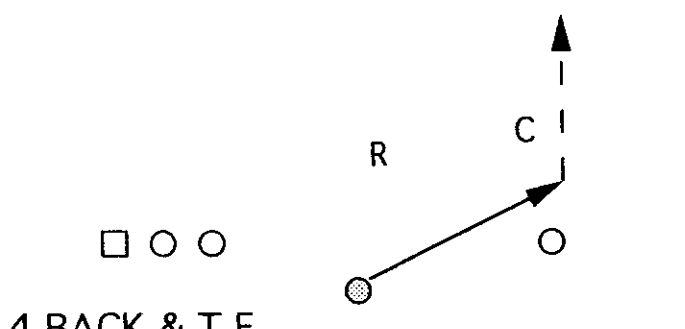
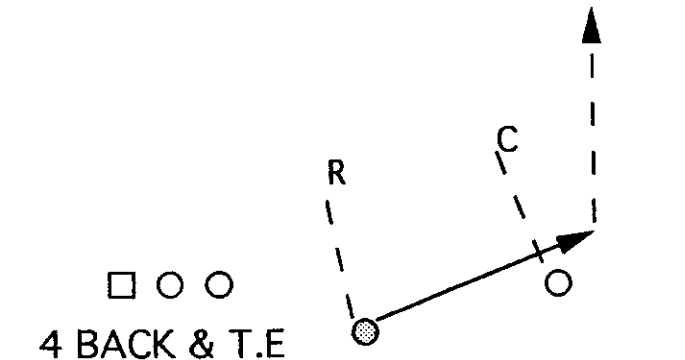
Pattern: Loop Or Pivot Route

 <p>4 BACK & T.E</p>	<p>VS ZONE COVERAGE</p> <p>COMMENTS: Push 45 degrees towards the sideline. plant inside foot and spin back inside. stay flat as you come back inside. Split: Normal Depth: 5 Yards Adjustments: Don't turn back to the quarterback</p>
 <p>4 BACK & T.E</p>	<p>VS MAN COVERAGE</p> <p>COMMENTS: Push 45 degrees towards the sideline. Plant outside foot and beat the defender across his face. Run away from the defender. Split: Normal Depth: 5 Yards Adjustments:</p>

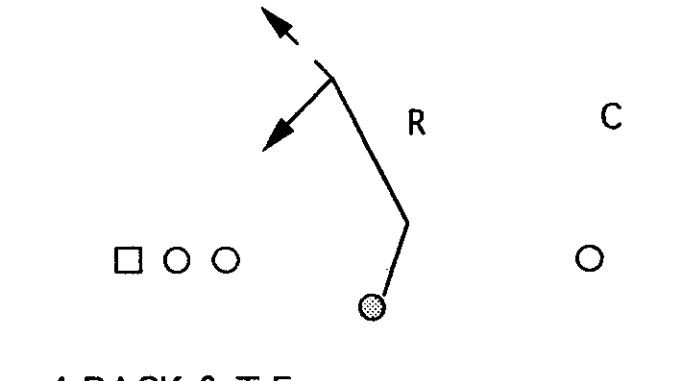
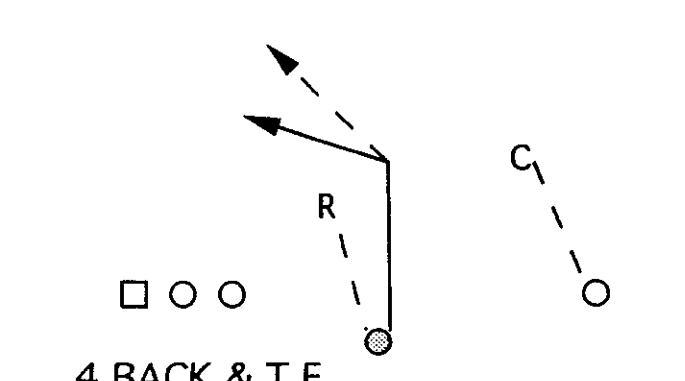
Pattern: Zone Adjust Route

 <p>4 BACK & T.E</p>	<p>VS ZONE COVERAGE</p> <p>COMMENTS: Run directly at the defender responsible for flat coverage. Force the defender to widen, then turn and sit. Split: Normal Depth: 6 Yards Adjustments: vs cover 2, you should run at the roll corner.</p>
 <p>4 BACK & T.E</p>	<p>Vs MAN COVERAGE</p> <p>COMMENTS: Run at the man covering you. Push the defender upfield and then break back down the stem. Split: Normal Depth: 6 Yards Adjustments:</p>

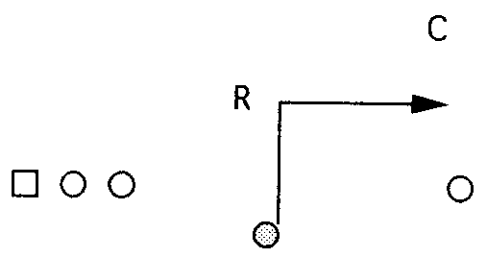
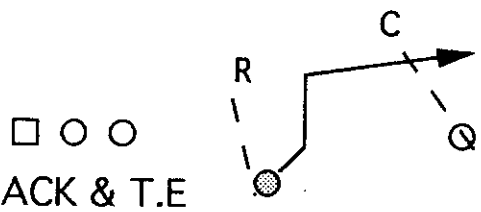
Pattern: Flat Route

 <p style="margin-left: 20px;">□ ○ ○ 4 BACK & T.E</p> <p style="margin-left: 150px;">R</p> <p style="margin-left: 200px;">C</p> <p>The diagram shows a receiver (R) starting from a shaded circle and moving diagonally up and to the right. A vertical dashed line represents the sideline. A circle (C) is positioned on the sideline. An arrow points from R towards C, and another arrow points from C up the sideline. A vertical dashed line with an arrow at the top indicates the direction of the route.</p>	<p>VS ZONE COVERAGE</p> <p>COMMENT: Push 45 degrees towards the sideline. snap head around on third step. If you get within 2 yards of sideline turn the route upfield.</p> <p>Split: Normal Depth: 6 Yards Adjustments: In "90" series expect to get the ball thrown quicker.</p>
 <p style="margin-left: 20px;">□ ○ ○ 4 BACK & T.E</p> <p style="margin-left: 150px;">R</p> <p style="margin-left: 200px;">C</p> <p>The diagram shows a receiver (R) starting from a shaded circle and moving diagonally up and to the right. A vertical dashed line represents the sideline. A circle (C) is positioned on the sideline. A dashed line from R to C indicates the intended path. An arrow points from R towards C, and another arrow points from C up the sideline. A vertical dashed line with an arrow at the top indicates the direction of the route.</p>	<p>VS MAN COVERAGE</p> <p>COMMENT: Push 45 degrees towards the sideline. snap head around on the third step. If you don't receive the football before you get to your landmark turn the route into a go route.</p> <p>Split: Normal Depth: 6 Yards Adjustments: Expect the ball to be thrown quick.</p>

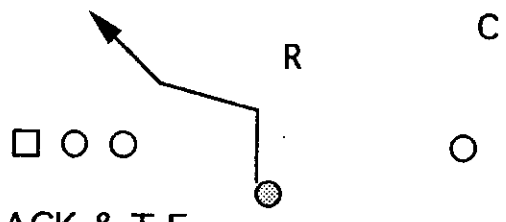
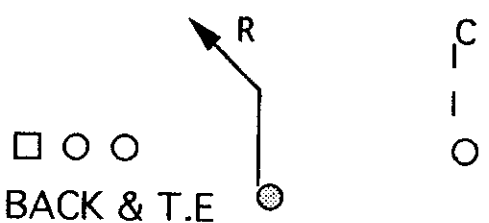
Pattern: Hunt Route

 <p style="margin-left: 20px;">□ ○ ○ 4 BACK & T.E</p> <p style="margin-left: 250px;">R</p> <p style="margin-left: 400px;">C</p> <p>The diagram shows a receiver (R) starting from a shaded circle and moving diagonally up and to the right. A vertical dashed line represents the sideline. A circle (C) is positioned on the sideline. An arrow points from R towards C, and another arrow points from C up the sideline. A vertical dashed line with an arrow at the top indicates the direction of the route.</p>	<p>VS ZONE COVERAGE</p> <p>COMMENTS: Work this route off the near inside lber. work to square him up. if you can't get inside, work over the top of him. don't force this route.</p> <p>Split: Normal Depth: 8 to 10 yards (get to first down depth) Adjustments: If free safety disappears, go for the long throw or homerun.</p>
 <p style="margin-left: 20px;">□ ○ ○ 4 BACK & T.E</p> <p style="margin-left: 250px;">R</p> <p style="margin-left: 350px;">C</p> <p>The diagram shows a receiver (R) starting from a shaded circle and moving diagonally up and to the right. A vertical dashed line represents the sideline. A circle (C) is positioned on the sideline. A dashed line from R to C indicates the intended path. An arrow points from R towards C, and another arrow points from C up the sideline. A vertical dashed line with an arrow at the top indicates the direction of the route.</p>	<p>VS MAN COVERAGE</p> <p>COMMENT: Work this route off the man covering you. push his inside shoulder hard. Foot plant and shoulder turn. Run away from the defender.</p> <p>Split: Normal Depth: 8 To 10 Yards. (Get To First Down Depth). Adjustments: If free safety disappears, go for long throw or homerun.</p>

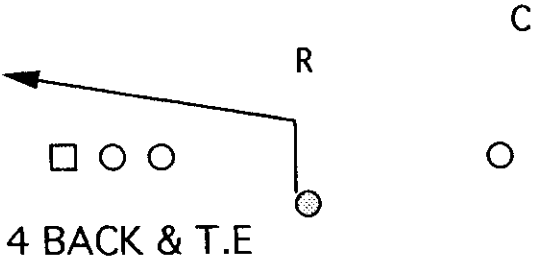
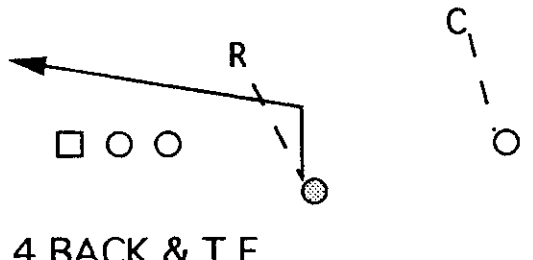
Pattern: Out Route

 <p style="text-align: center;">4 BACK & T.E</p> <p>The diagram shows a line of three circles representing the backfield and a square representing the tight end. A shaded circle representing the ball carrier starts between the backfield and tight end. A solid line with an arrow labeled 'R' shows the carrier moving up, then turning right to move parallel to the line of scrimmage. A solid line with an arrow labeled 'C' shows the carrier breaking to the right. A single circle representing a defender is positioned to the right of the carrier's path.</p>	<p>VS ZONE COVERAGE</p> <p>COMMENT: Push the outside shoulder of the defender. Push defender 6 yards then break to the outside. Split: Normal Depth: 6 Yards Adjustments: Against cover 2, throttle the out route down.</p>
 <p style="text-align: center;">4 BACK & T.E</p> <p>The diagram shows the same backfield and tight end setup. A shaded circle representing the ball carrier starts between the backfield and tight end. A dashed line with an arrow labeled 'R' shows the carrier moving up, then turning right. A solid line with an arrow labeled 'C' shows the carrier breaking to the right. A circle representing a defender is positioned to the right of the carrier's path, with a dashed line indicating the carrier's intended path through the defender.</p>	<p>VS MAN COVERAGE</p> <p>COMMENT: Push the inside shoulder of the defender, press against him with contact and then snap to the outside. Split: Normal Depth: 6 Yards Adjustments:</p>

Pattern: Diagonal Route

 <p style="text-align: center;">4 BACK & T.E</p> <p>The diagram shows a line of three circles representing the backfield and a square representing the tight end. A shaded circle representing the ball carrier starts between the backfield and tight end. A solid line with an arrow labeled 'R' shows the carrier moving up and then diagonally to the right. A solid line with an arrow labeled 'C' shows the carrier continuing diagonally to the right. A single circle representing a defender is positioned to the right of the carrier's path.</p>	<p>VS MAN COVERAGE</p> <p>COMMENT: Push inside underneath the near inside linebacker. climb behind the far side linebacker. SPLIT: 4 yards from tackle. Depth: 14 To 16 Yards. Adjustments:</p>
 <p style="text-align: center;">4 BACK & T.E</p> <p>The diagram shows the same backfield and tight end setup. A shaded circle representing the ball carrier starts between the backfield and tight end. A solid line with an arrow labeled 'R' shows the carrier moving up and then diagonally to the right. A solid line with an arrow labeled 'C' shows the carrier continuing diagonally to the right. A vertical line of three circles representing a defensive line is positioned to the right of the carrier's path.</p>	<p>VS MAN COVERAGE</p> <p>COMMENT: Push the inside shoulder of the man covering you. Beat him across his face or over the top of him. Run away or separate looking for the football. Split: 4 Yards From Tackle. Depth: 14 To 16 Yards. Adjustments:</p>

Pattern: Drag Route

 <p>4 BACK & T.E</p>	<p>ZONE COVERAGE</p> <p>COMMENT: Push the inside underneath the near inside linebacker. Climb behind the farside linebacker and continue across the formation. don't get bumped off. Split: Normal Depth: 6 To 8 Yards Adjustments:</p>
 <p>4 BACK & T.E</p>	<p>VS MAN COVERAGE</p> <p>COMMENTS: Push hard inside towards the man covering you. Beat him across his face and run away from him. Split: Normal Depth: 8 To 10 Yards Adjustments:</p>

How To Install The 4 Back and Tight End Routes

1. The following routes have not been given numbers, because they are singled out by name alone.
2. If you want anything differently than what is already designed into you called routes, just add the number "4" for TB or the letter "Y" for tight end and tell them what route you would like for them to run.

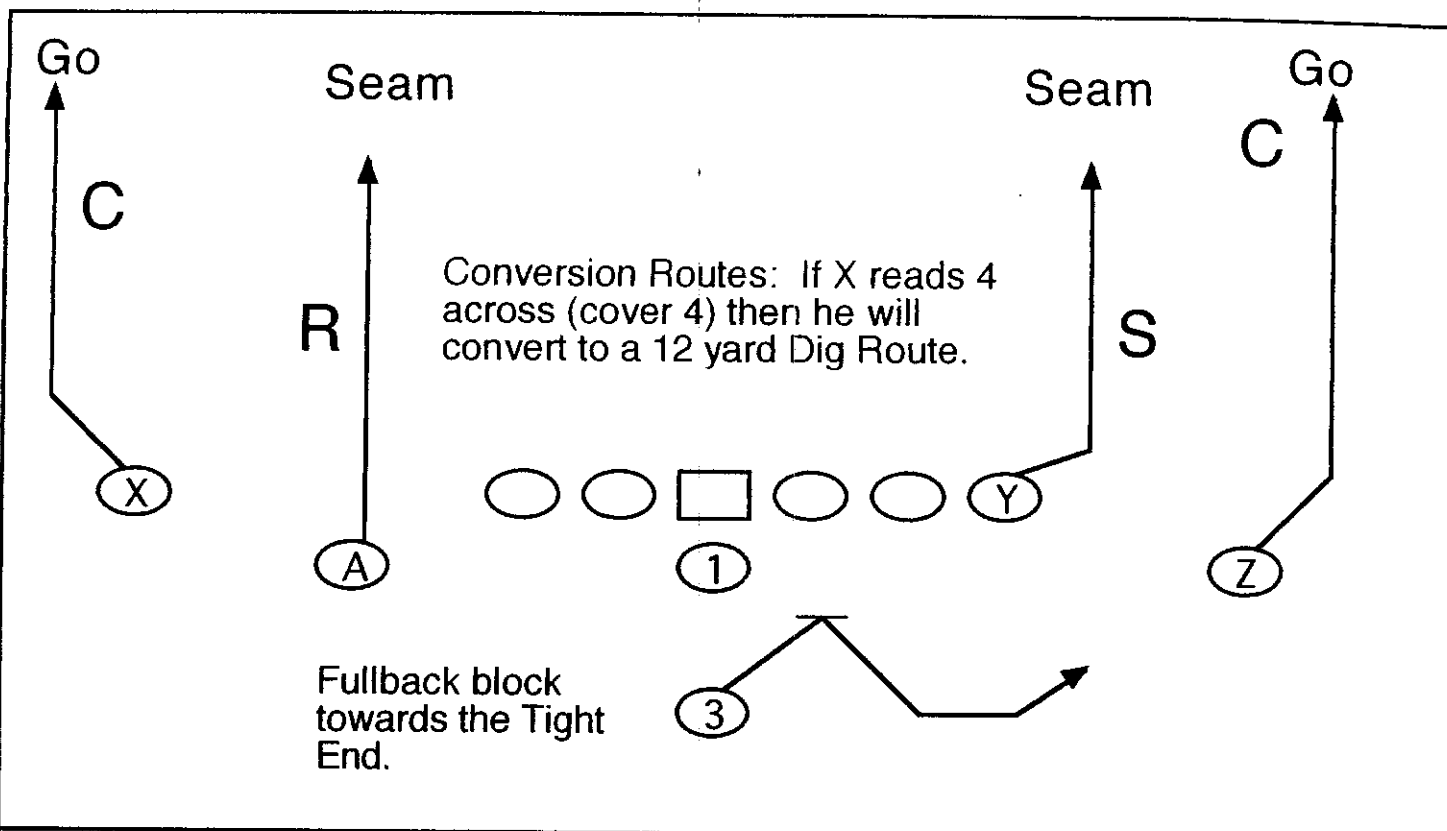
Examples of how to call your route for the 4 back and tight end:

Ace Rt. 50 X - 3 Drag

Trips Rt. 50 X - Y Flat

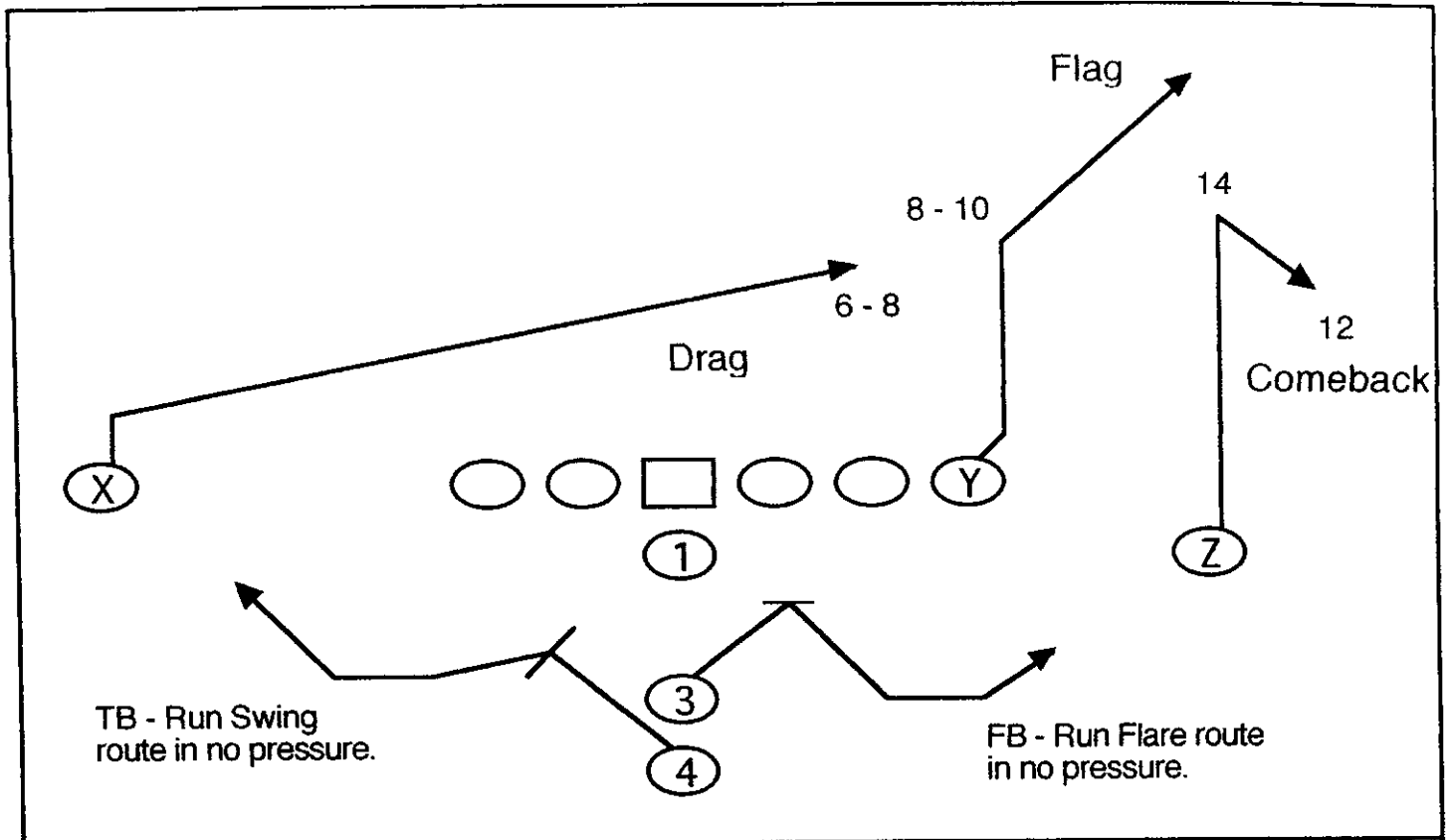
Ace Lt. 90 X - 3 Corner

50 VERTICAL



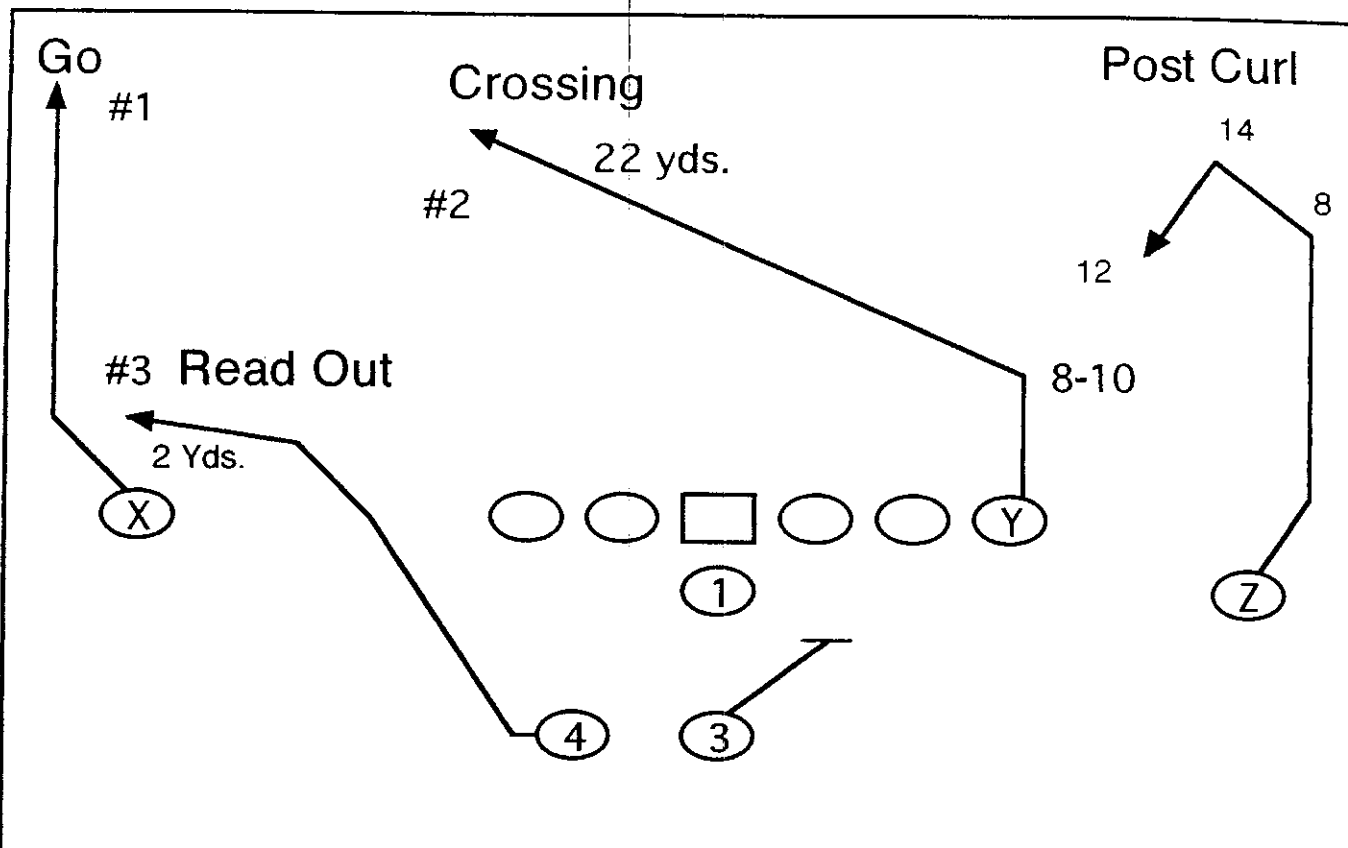
- X - Normal split. Run Go Route staying outside.
- Y - Take outside release run Seam Route. Take route 1 yard outside the hash.
- Z - Normal split. Run Streak Route staying outside.
- TB - Run Seam Route. Take route 1 yard outside hash. If Free Safety (A) is cheated to strongside, do not get held up, avoid contact with Rover and get deep in a hurry. * If Rover blitzes, you are "HOT" look for ball immediately.
- FB - Double read strongside LBer to outside invert towards Tight End. No pressure run Flare route.
- QB - If 3 deep, read Free Safety. If FS lines up strong, go to Tailback. If FS lines up weak, go to Y. If FS lines up in the middle of the field, read him. Go to receiver opposite the way FS opens. If 2 deep coverage, read weakside Safety. If Safety stretches towards X throw to the Tailback. If safety covers A throw to X. If 4 deep coverage, throw to FB on Flare Route. If Rover blitzes (any coverage) look for Tailback "HOT".

50 FLAG



- X - Run Drag route underneath the drop by LBers. Run route at 6 to 8 yards.
- Y - Run Flag route. Take outside release vs 7 tech. or inside release vs 9 tech. Run like Seam route, break at 8 to 10 yards to Flag.
- Z - Run Comeback Route to a depth of 14 yards, then comeback at 12 yards.
- TB (A) - Run Flat Route settle on numbers 3 to 5 yards deep.
- FB - Double read Mike LBer to outside invert towards the Tight End. Run Flare route if no pressure.
- QB - Read corner if he drops with Flag route throw Comeback. If he jumps on comeback throw Flag. Read down to "X".

50 CROSS

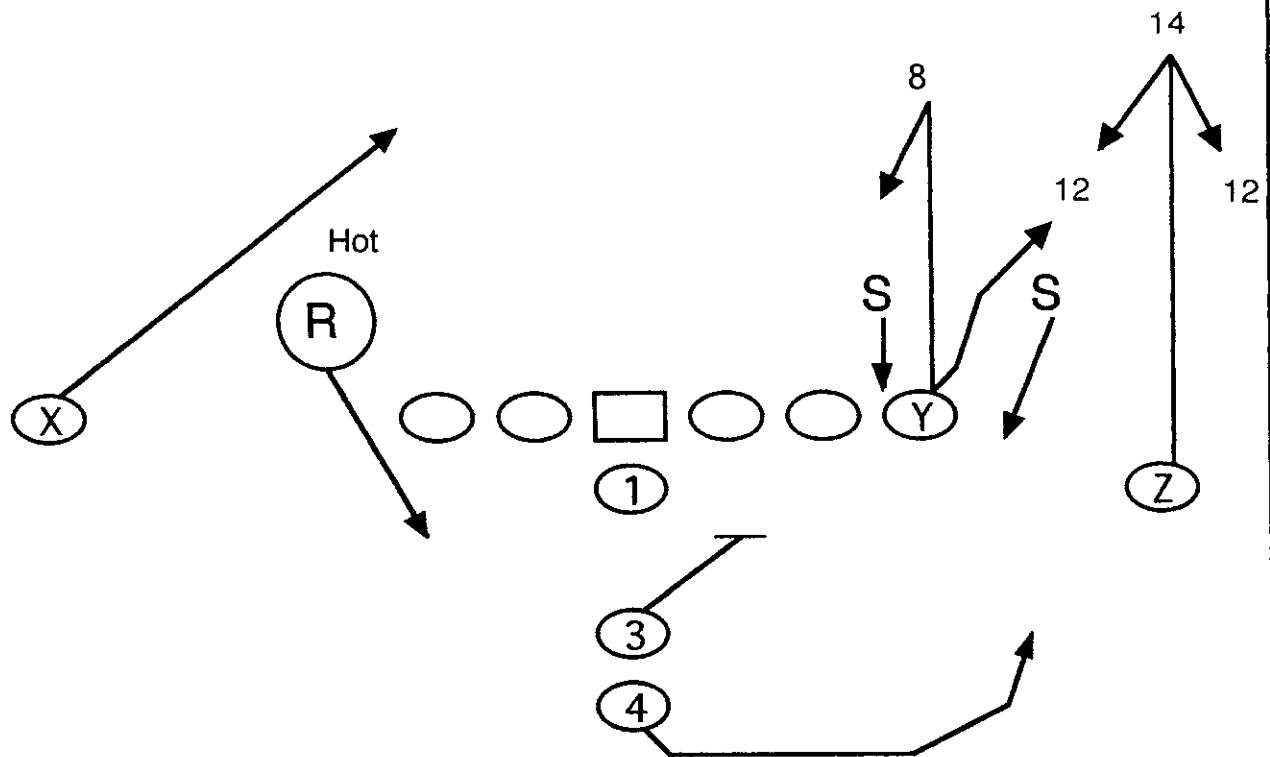


- X - Your job is to score. Run Go Route and push vertical as quickly as possible.
- Y - Release under Sam and over Mike. Break at 8 yards and run Crossing Route. Angle at a spot 22 yards.
- Z - Run Post Curl at 14 yards, settle at 12 yards.
- TB - Read Out Route. Settle in flat, climbing to 2 yards.
- FB - 500 protection on double read towards Tight End side.
- QB - Read X first, to Y and then to Tailback.

Notes: 50 Cross can be "Tagged". If tagged quarterback should read the tagged route first. Some examples:

- 50 Cross Z Post - (good when Free Safety jumps Y in cover 3 or SS jumps Y in cover 4.)
- 50 Cross X Post - (good when weakside safety jumps Y)
- 50 Cross Z Post Curl- Press box call when Z is open.

50 READ



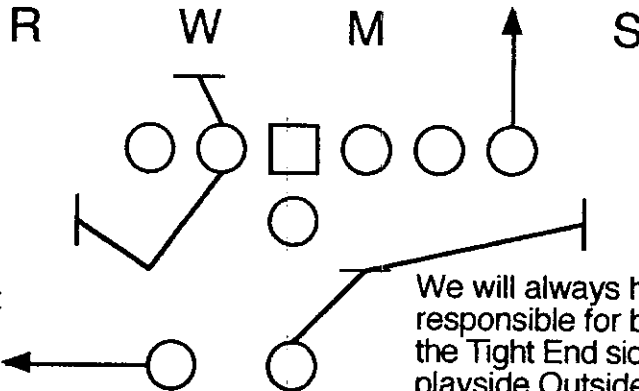
- X - Run "HOT" route if Rover fires. If no hot read run Post route through Free Safety.
- Y - Run "HOT" adjust if Sam fires. If no hot read Hook up at 8 yards.
- Z - Run Hook route at 14 yards back at 12 yards, looking inside. Run Comeback route vs cover 2.
- TB - Run Flare route, be sure your route dissects the Z's (A) route.
- FB - Check inside LBer to outside Invert towards Tight End.
- QB - Check Rover & Sam for pre-snap "HOT" read.

Notes: Uncovered lineman double reads backside. No read out by Tailback with 500 Read.

3 Step or 90 Series Passing Definitions

90 Series - 3 Step

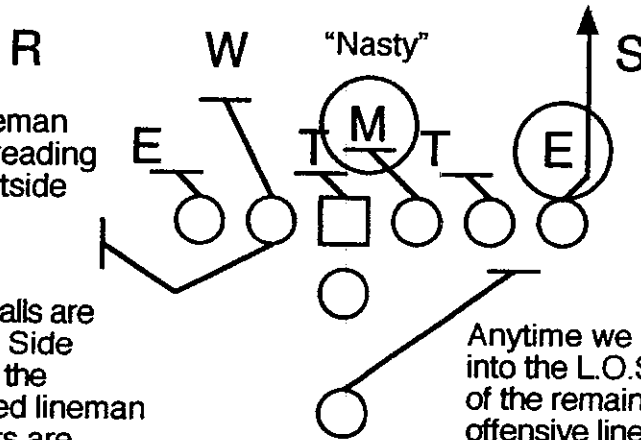
The 90 series is a passing series with short routes and quick drops by the quarterback of 1 to 3 steps depending upon the coverage. The second digit indicates the 3 step protection, the 3rd digit indicating the route package.



We will always have one back responsible for block protection towards the Tight End side. His Blitz check is playside Outside Invert unless he's alerted with a "Nasty" call.

The offensive line will incorporate an aggressive pass set called a "JUMP" technique which resembles an aggressive run look, by keeping pressure on the down defenders this will help force them to keep their hands down and out of the throwing alleys.

We will always have an uncovered offensive lineman responsible for double reading the backside LBer to outside invert.

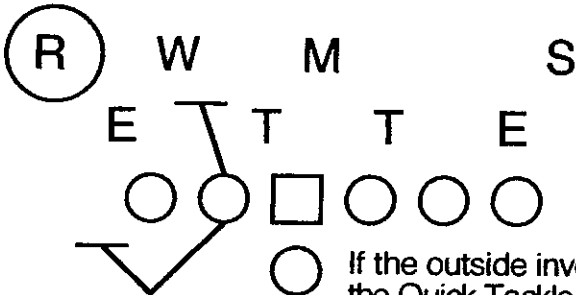


"TUFF" and "SOFT" calls are only made by the Quick Side Tackle. These calls alert the double reading uncovered lineman to how the outside inverts are playing.

Anytime we have a LBer walked up into the L.O.S. towards the direction of the remaining blocking back the offensive line that side can use the alert word "NASTY" to tell the offensive line their side to block down and alert the blocking back that he has end man on the L.O.S.

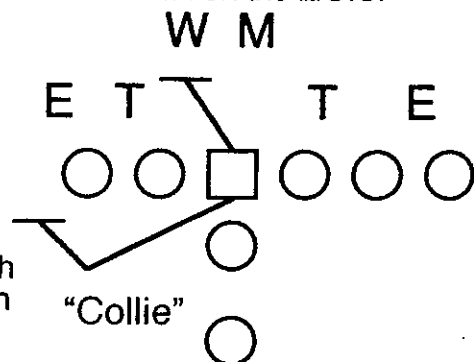
"Soft"

"Tuff"



"Mollie"

○ If the outside invert is off the L.O.S. the Quick Tackle will alert "Soft" which allows the uncovered lineman stay in and help with the first inside down defender as he keys any pressure off the edge.



"Collie"

Mechanics of Primary Routes 90 Series

Stop Route:

Drive upfield, sell th Go route. Keep head and shoulders upfield (i.e. Don't look inside until planting). Plant at 6 yards, pivot facing inside. Set your feet - Don't drift backwards. Ball should be on its way on pivot. * Press coverage converts to a Fade route.

Out Route:

Drive upfield. Sell corner you are running a Go route. Plant at 6 yards, snap head to outside as you push hard to sideline - 90 degree cut. Ball will be in the air on cut. * Press coverage converts to a Fade route.

Slant Route:

Release at outside number of corner. At 4 yards plant outside foot, gaining inside position on the corner, throw hip, head and shoulders outside. If corner is pressed take a one step release.

Fade Route

Release toward inside shoulder of corner. If corner is lined up four yards or more, drive 4 yards. On the third step, push off and escape to outside gaining width as you go upfield working towards the sideline. Look over your inside shoulder for ball. If corner is aligned three yards or closer, look for ball as soon as you push off first step.

Hitch Route:

Take one step off the LOS and then work back and towards quarterback. This route is a one step drop by the quarterback and is thrown immediately.

Complimentary Routes:

The following are the complimentary routes run by #2 and #3.

Seam Route: (Stop, Out, Fade)

Release outside gaining width on first step and widen to a point on the inside shoulder of Rover or Sam. Look inside for ball immediately. * This route is varied when #2 is split out. Receiver will run his route to the inside shoulder of defender if defender is playing his outside shoulder.

Arrow Route: (Slant)

Release at an angle to the outside looking for ball immediately. The angle you take should be toward a point two yards deep on sideline.

Rail - Splits In The 90 Series:

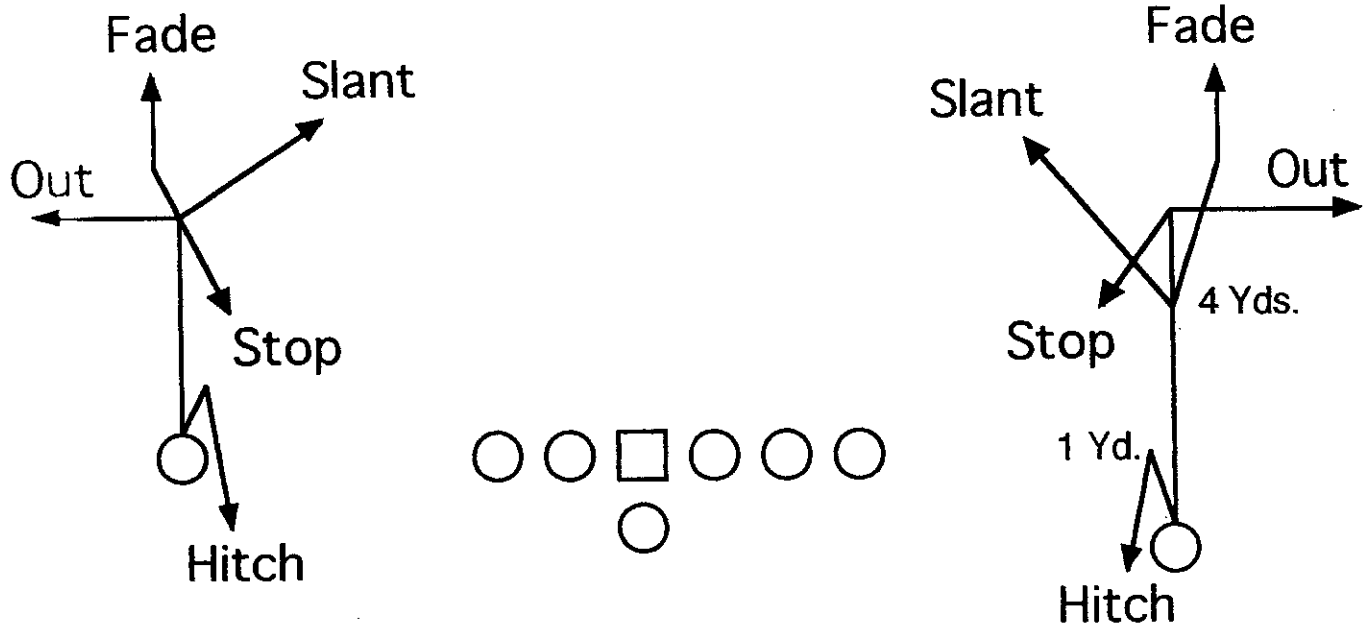
Generally "X" and "Z" will split 11 - 12 yards when running a stop, or a Slant. The split will reduce to 8-9 yards when running an out, Fade or a Hitch. * No closer than 4 yards from sideline.

90 Series:

Our 90 series can be thrown from almost any formation we have. The 90 routes are precision routes and can be run in combinations with each other.

Note: Each route will be tagged to 90. The complimentary routes are run by the inside receivers.

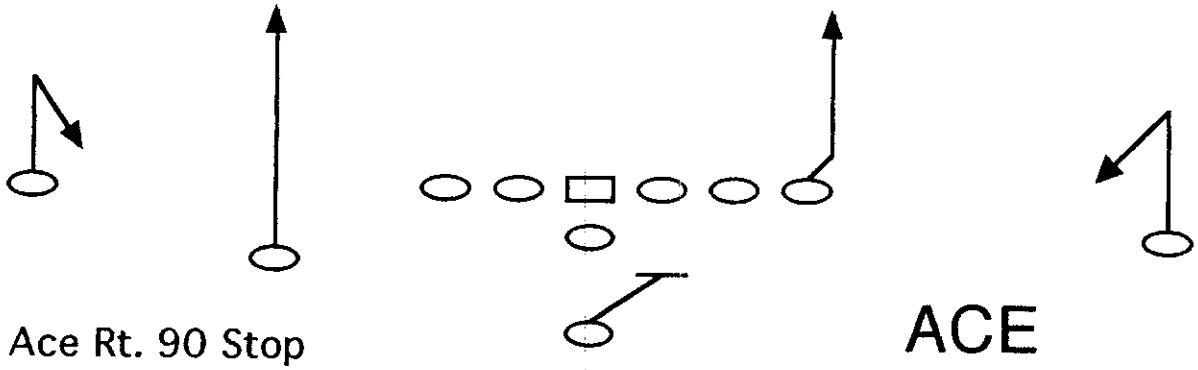
Example: 90 Stop - #1 runs Stop route, #2 runs a Seam route.



Route Description:

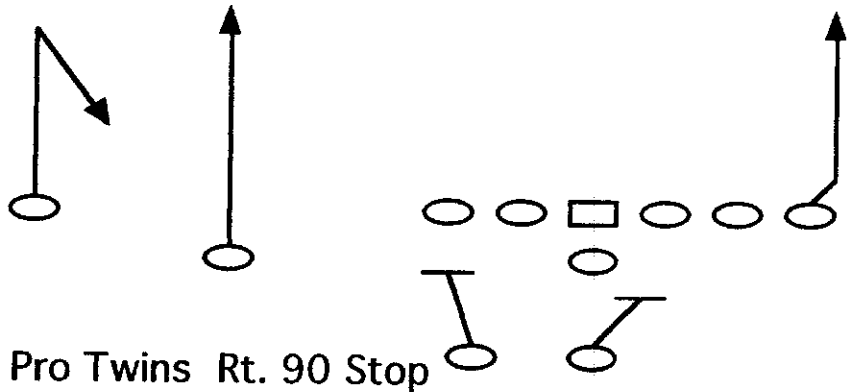
Stop Route
Out Route
Slant Route
Fade Route
Hitch route

90 STOP



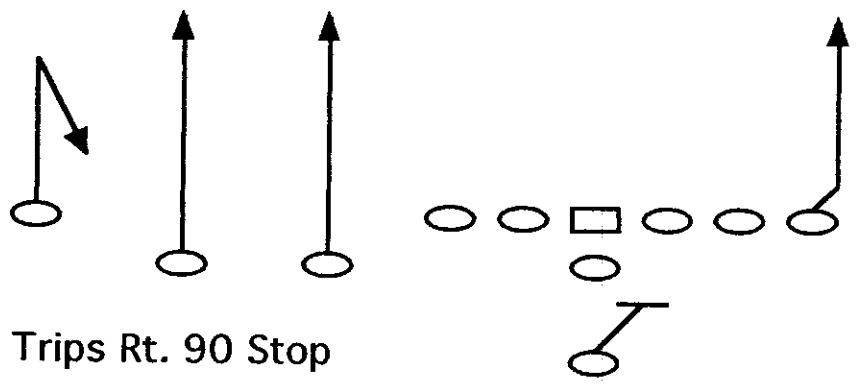
Ace Rt. 90 Stop

ACE



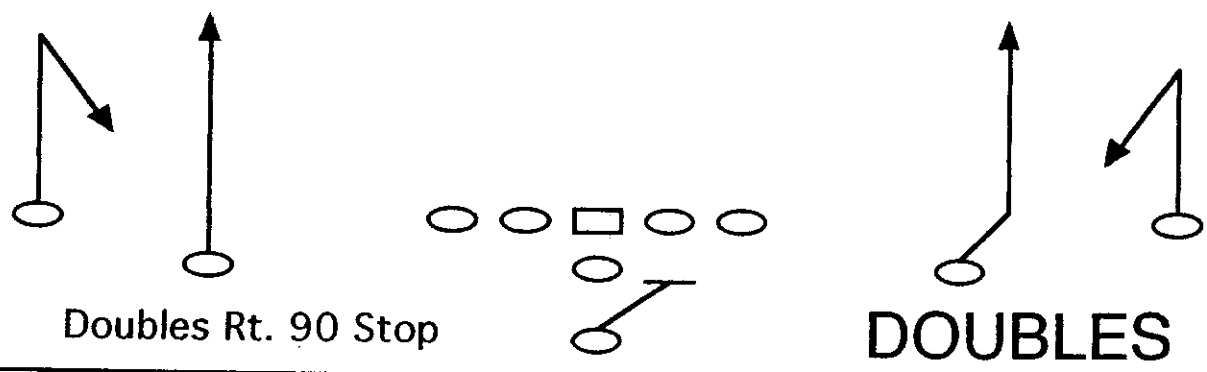
Pro Twins Rt. 90 Stop

TWINS



Trips Rt. 90 Stop

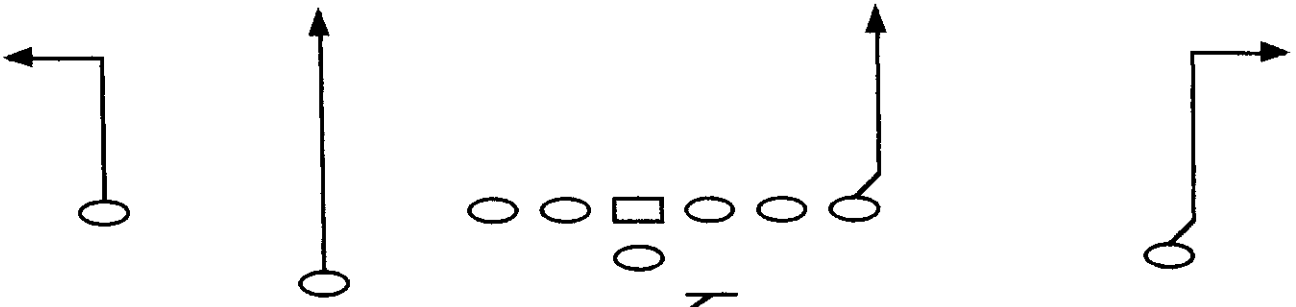
TRIPS



Doubles Rt. 90 Stop

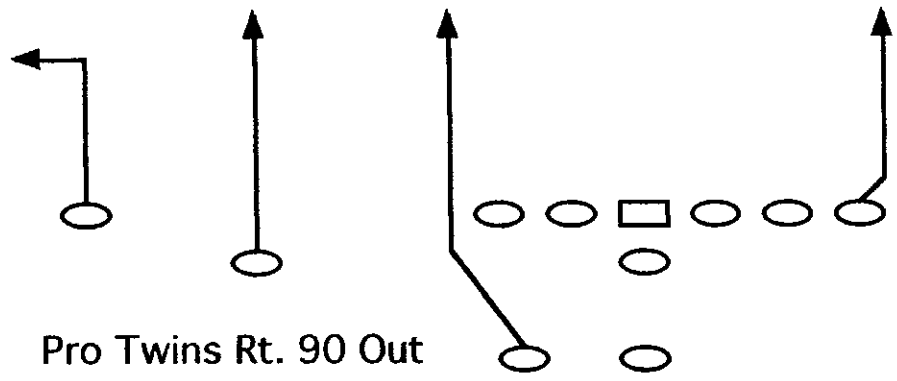
DOUBLES

90 OUT



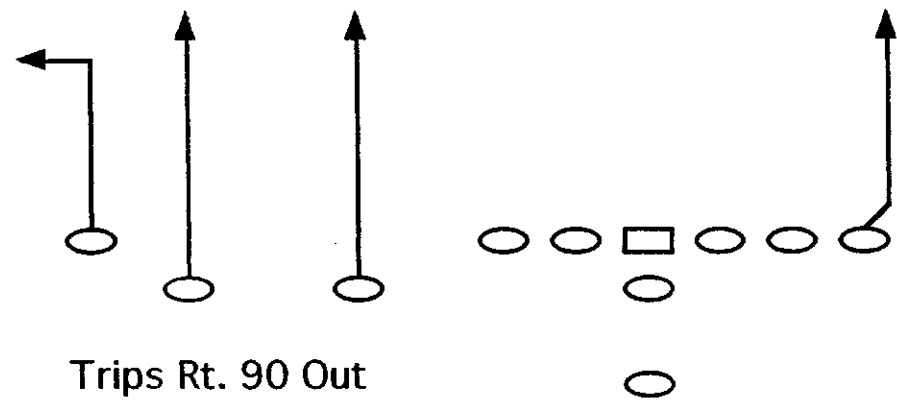
Ace Rt. 90 Out

ACE



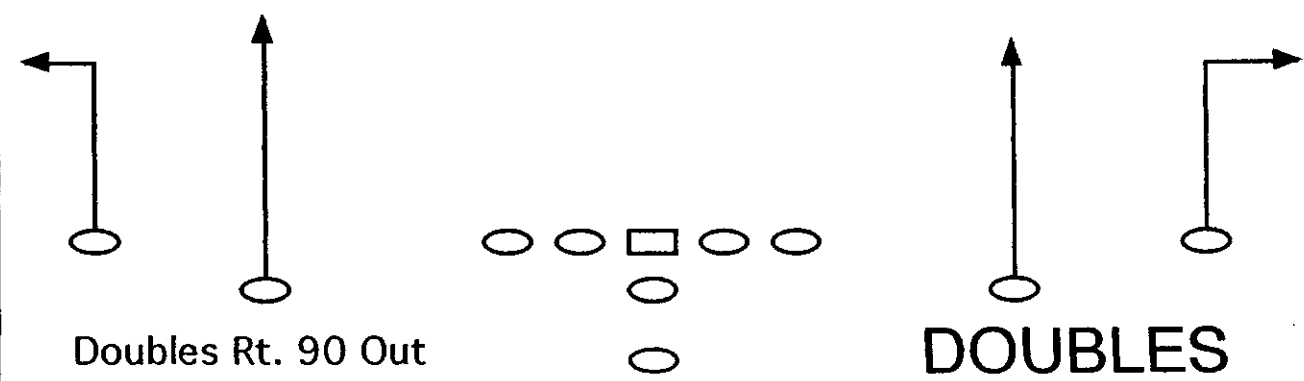
Pro Twins Rt. 90 Out

TWINS



Trips Rt. 90 Out

TRIPS



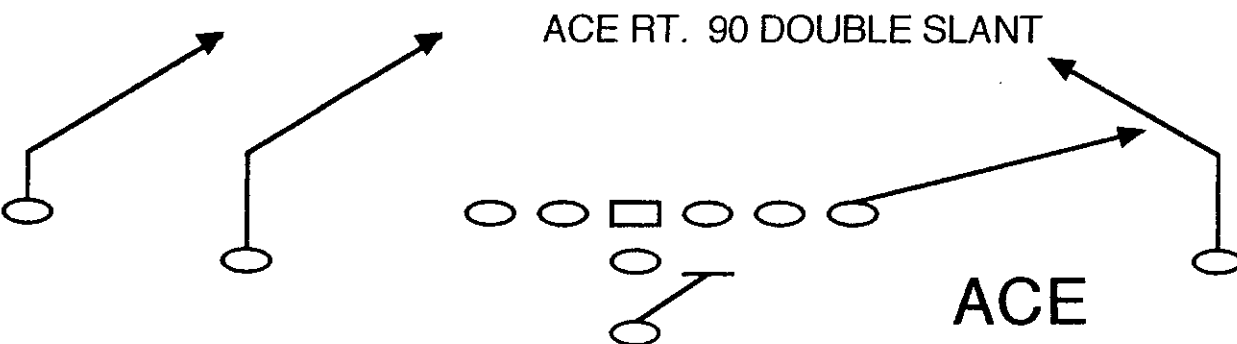
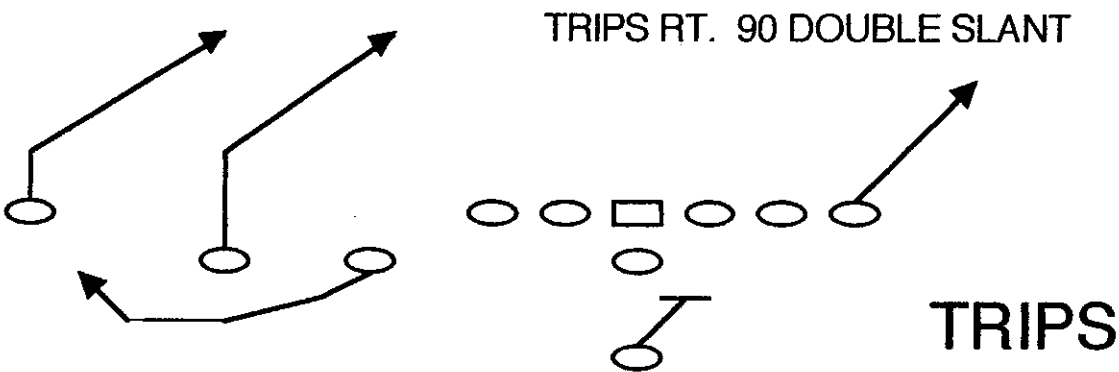
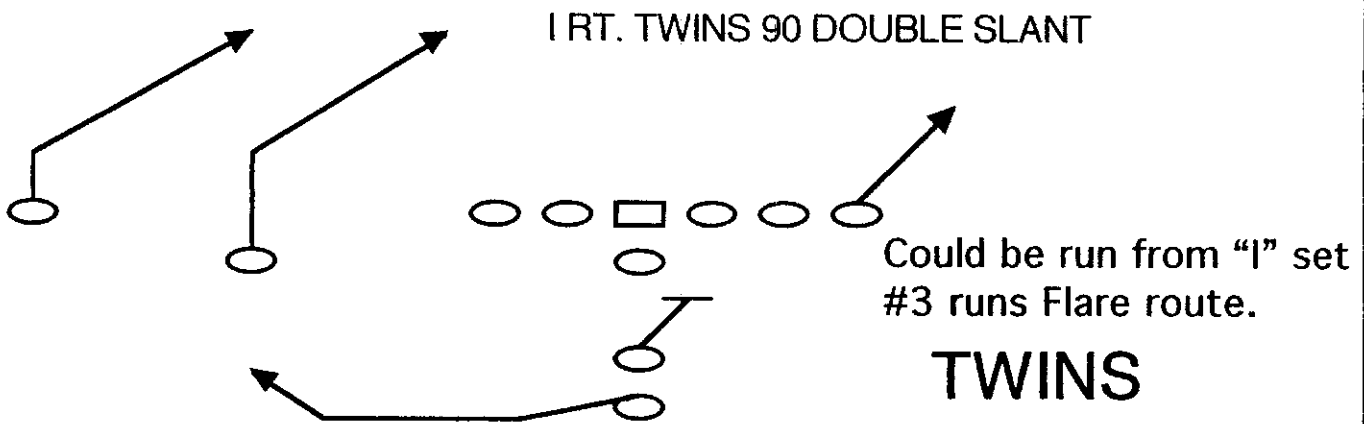
Doubles Rt. 90 Out

DOUBLES

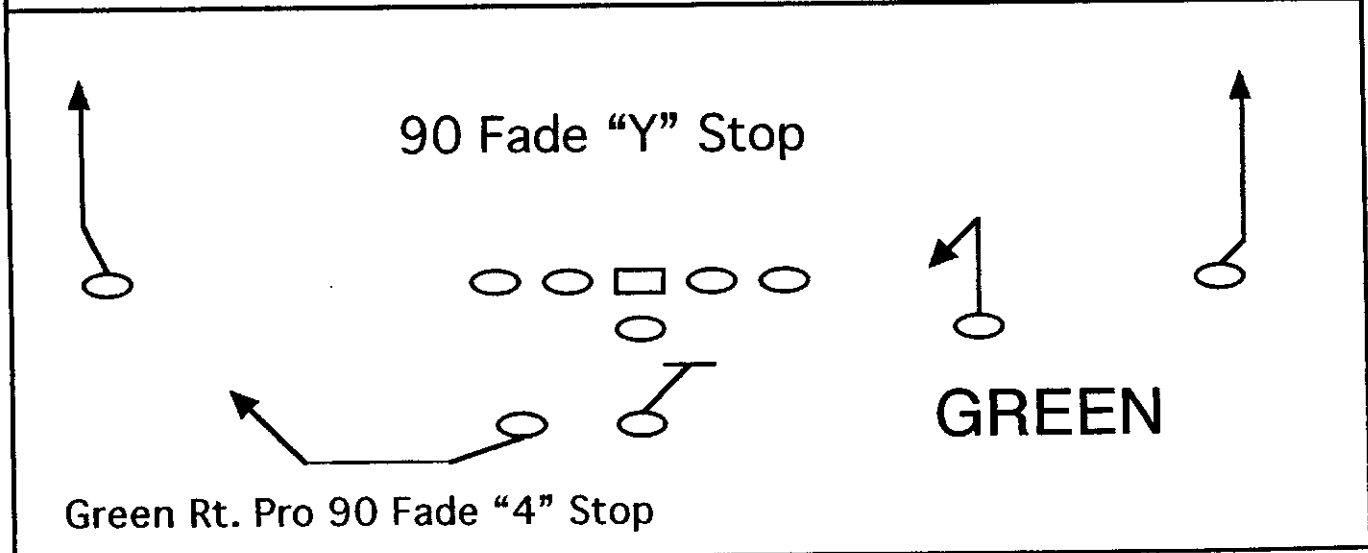
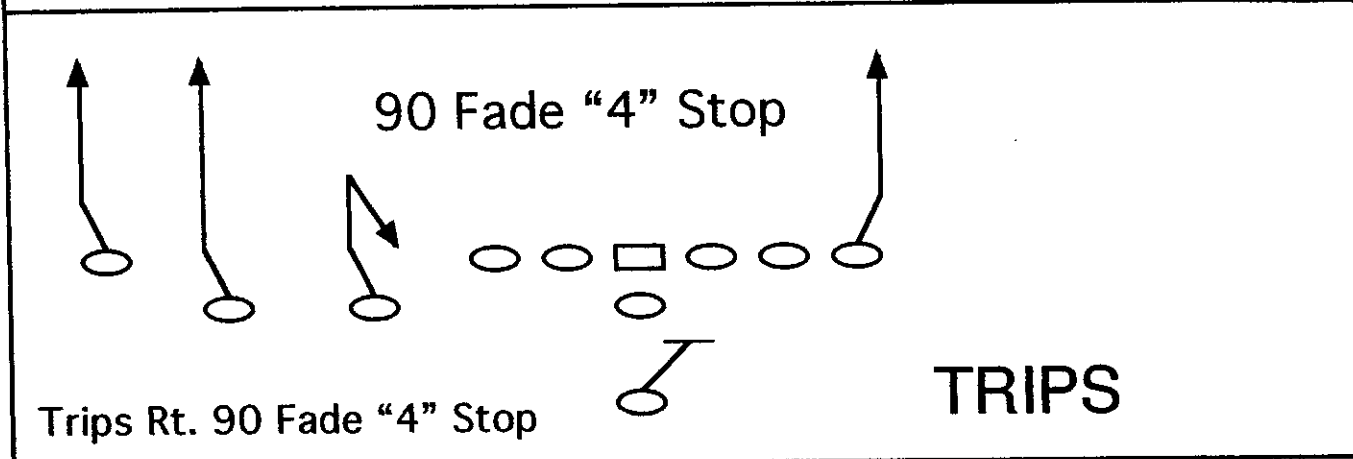
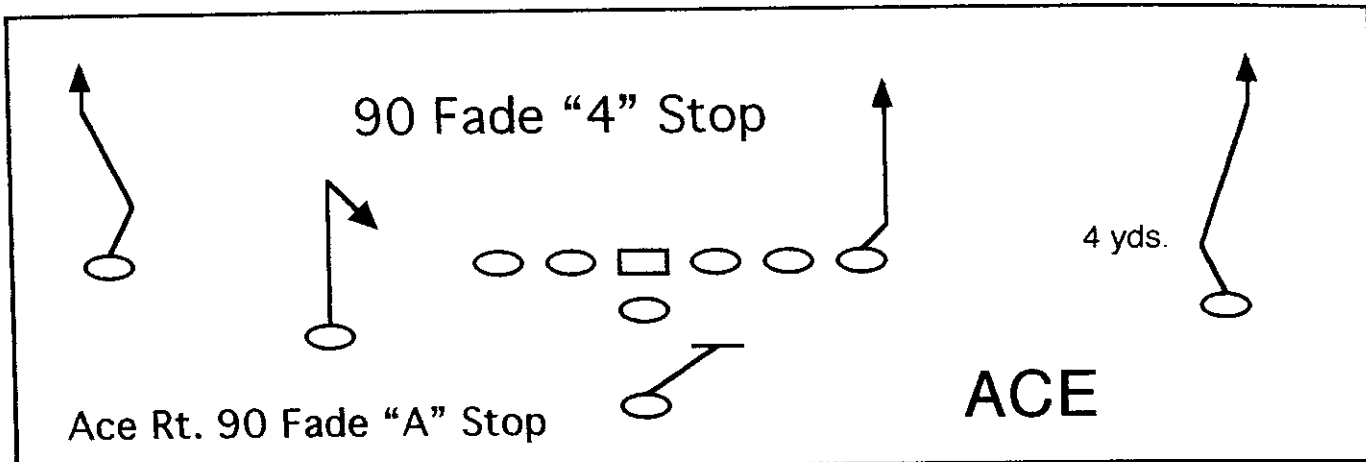
90 DOUBLE SLANT

Variations In The 90 Series

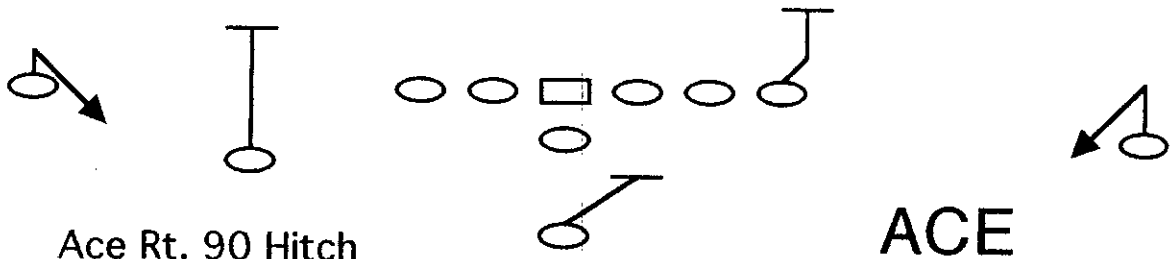
The following 90 passes are all designed to be run as combination routes between two and three receivers. By adding the word "Double" the twins receivers will both run the same route. The Tight End will still run his complimentary route. Examples: 90 Double Slant, 90 Double Stop.



90 FADE

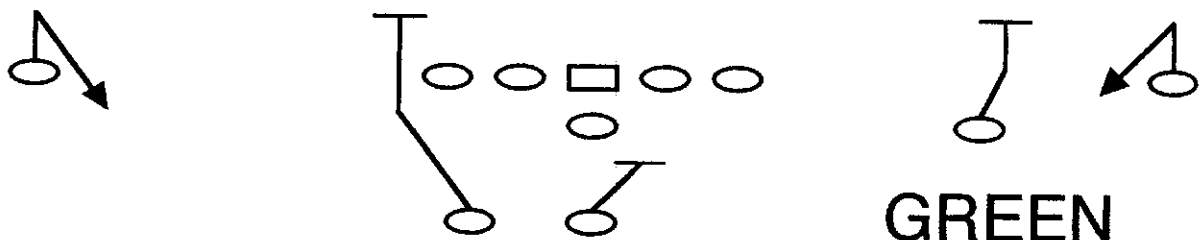


90 HITCH



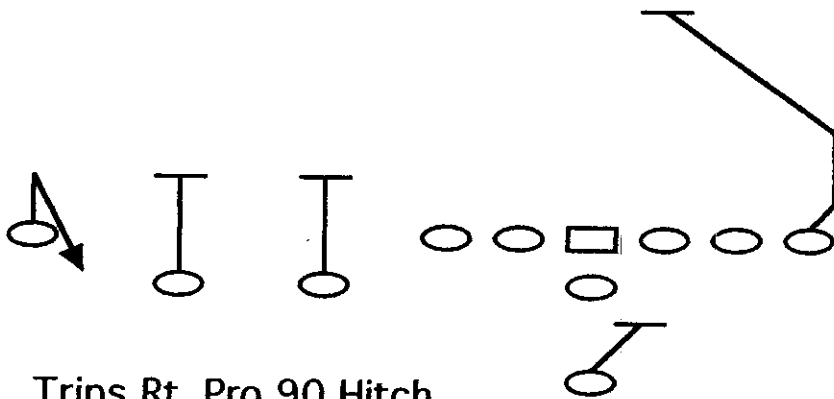
Ace Rt. 90 Hitch

ACE



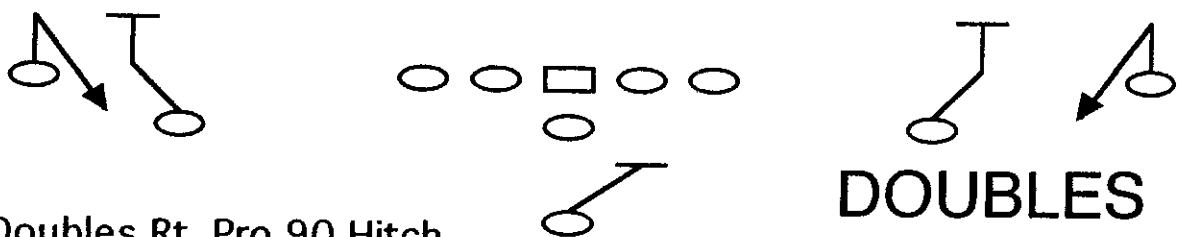
Green Rt. Pro 90 Hitch

GREEN



Trips Rt. Pro 90 Hitch

TRIPS

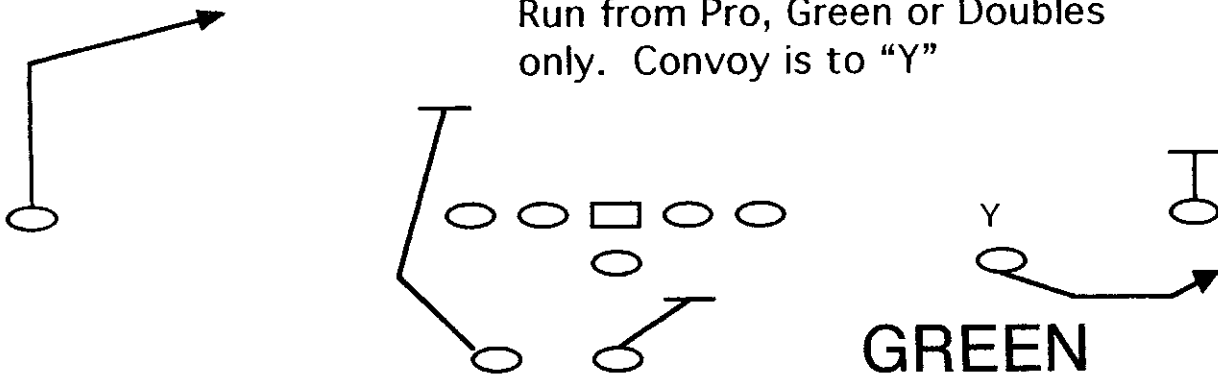


Doubles Rt. Pro 90 Hitch

DOUBLES

90 CONVOY

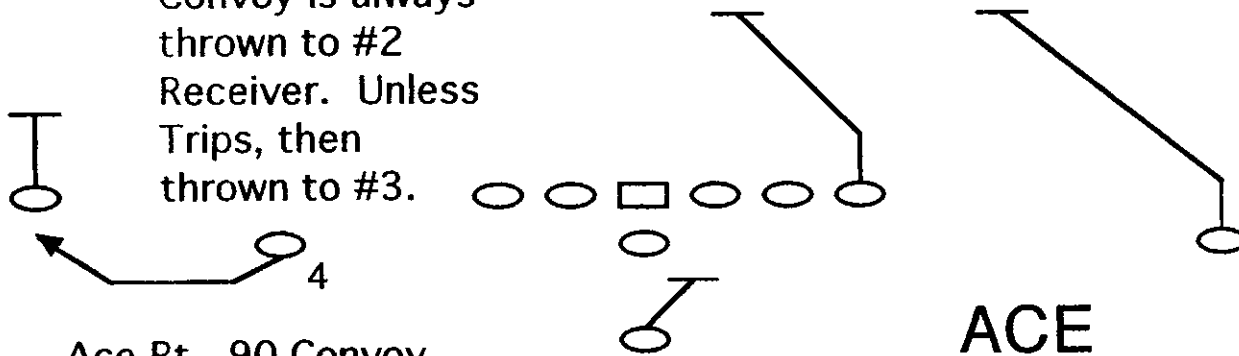
Run from Pro, Green or Doubles only. Convoy is to "Y"



GREEN

Pro Rt. Green 90 Convoy

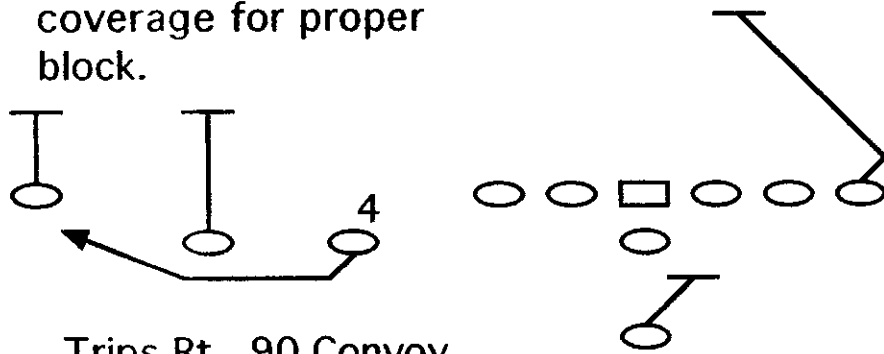
Convoy is always thrown to #2 Receiver. Unless Trips, then thrown to #3.



ACE

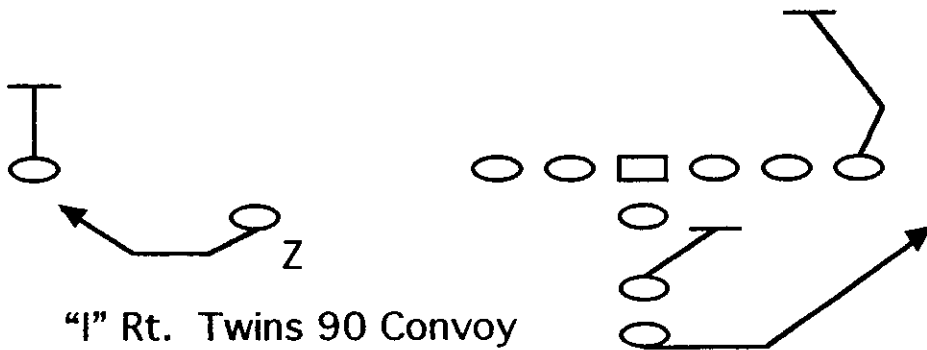
Ace Rt. 90 Convoy

Outside receiver reads coverage for proper block.



TRIPS

Trips Rt. 90 Convoy

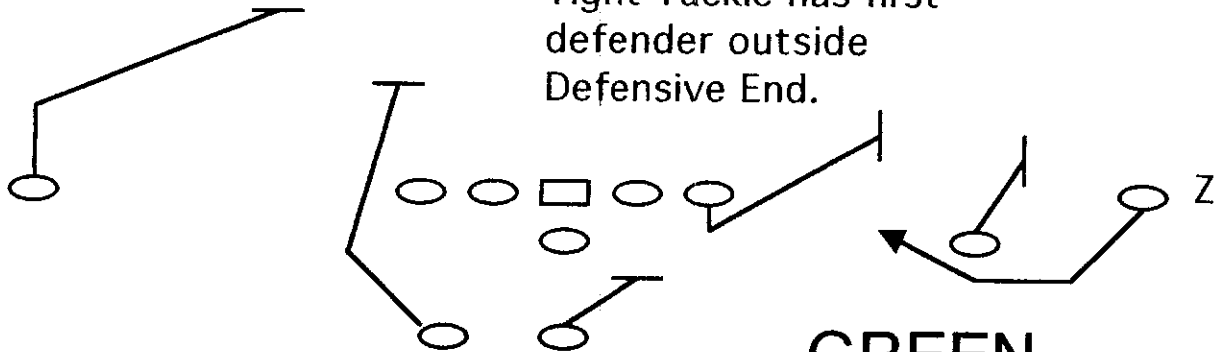


TWINS

"I" Rt. Twins 90 Convoy

300 SMASH SCREEN

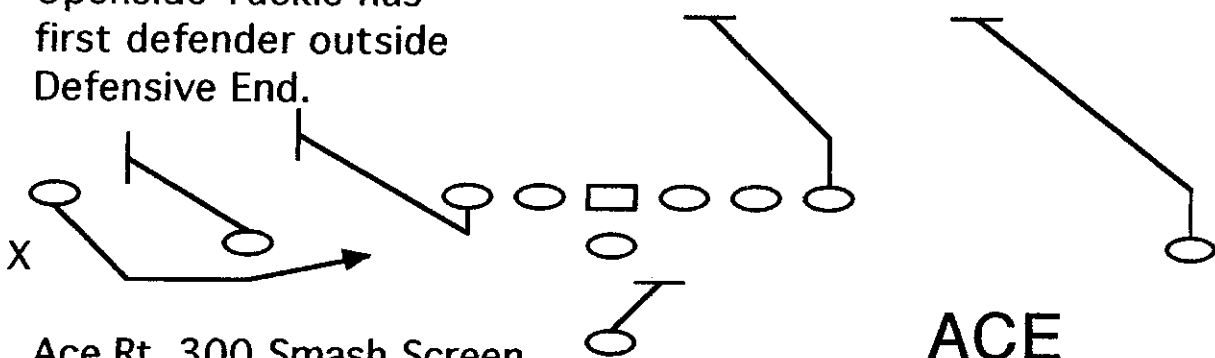
Tight Tackle has first
defender outside
Defensive End.



Green Pro Rt. 300 Smash Screen

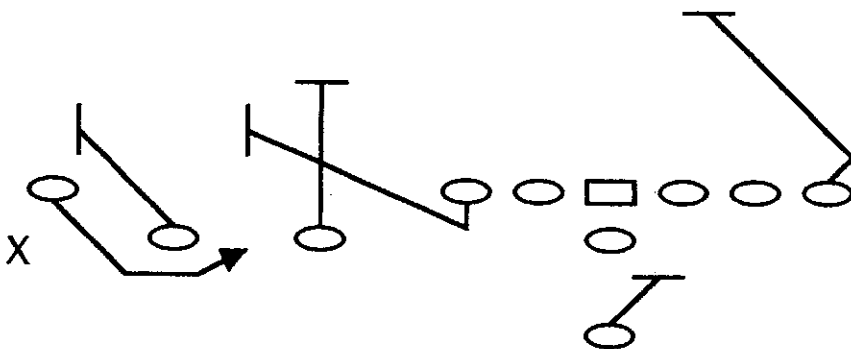
GREEN

Openside Tackle has
first defender outside
Defensive End.



Ace Rt. 300 Smash Screen

ACE



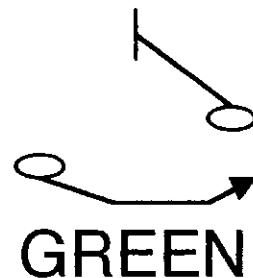
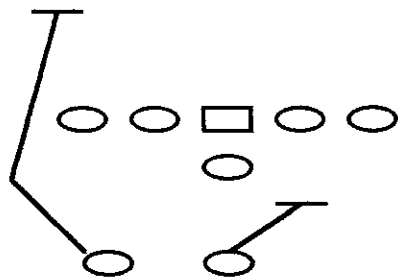
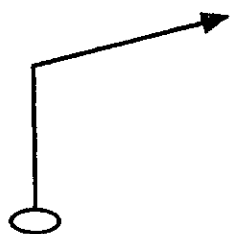
Trips Rt. 300 Smash Screen

TRIPS

This screen is being thrown to the outside receiver coming back inside and then cutting off the kick out block by the openside tackle. Smash Screen is thrown to the slot outside receiver side or to the outside receiver in trips. Screens are tagged with 300 series.

300 SLIP SCREEN

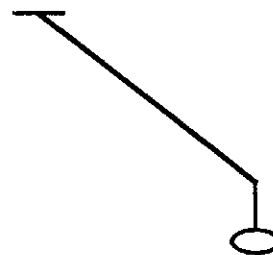
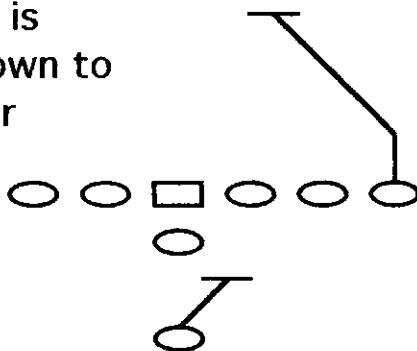
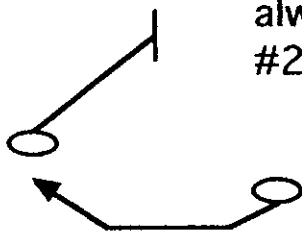
Run from Pro, Green or
Doubles only. Slip is to "Y"



GREEN

Green Rt. Pro 300 Slip Screen

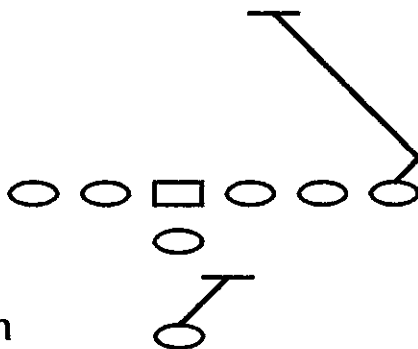
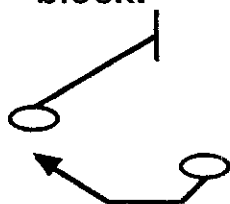
Slip Screen is
always thrown to
#2 Receiver



ACE

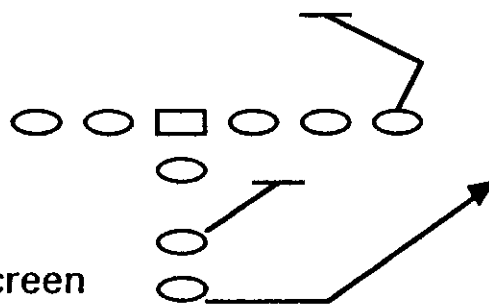
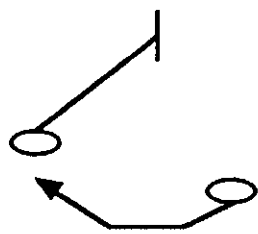
Ace Rt. 300 Slip Screen

Outside receiver reads
coverage for proper
block.



TRIPS

Trips Rt. 300 Slip Screen

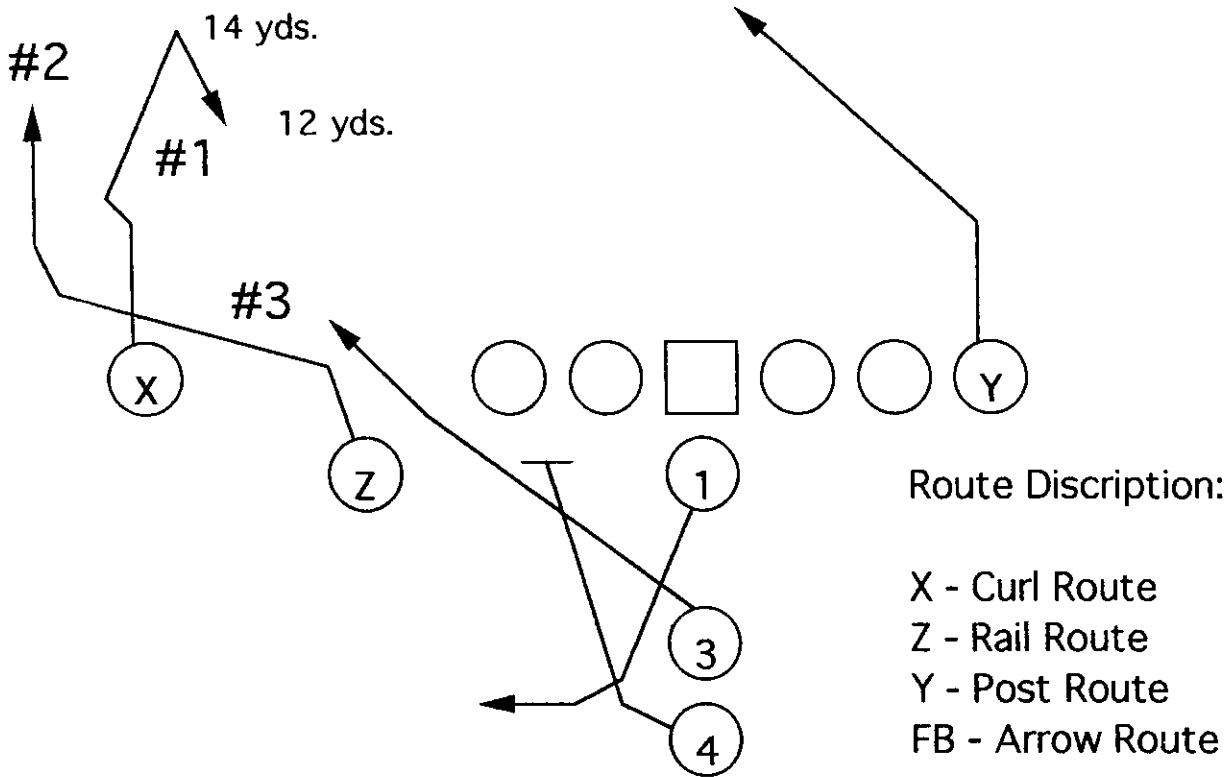


TWINS

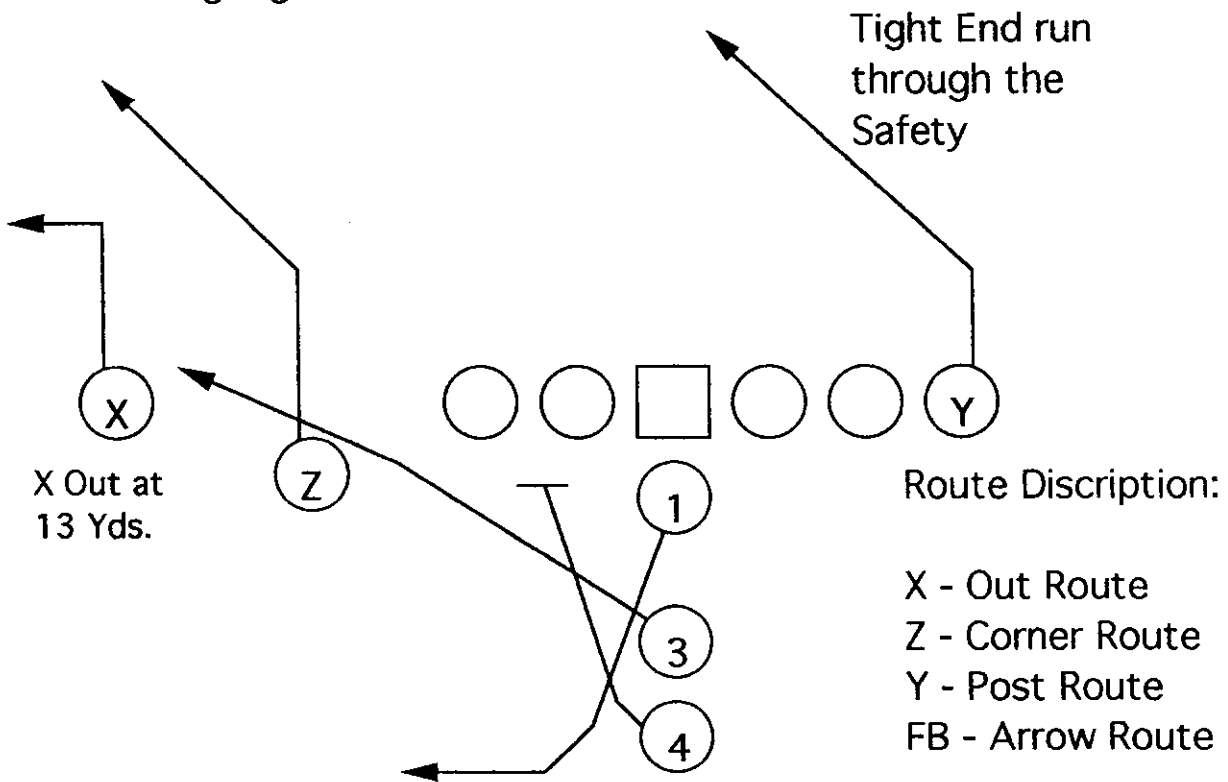
Twins "I" Rt. 300 Slip Screen

70 Curl - 70 Out

PLAY: "I" Right Twins 70 Curl

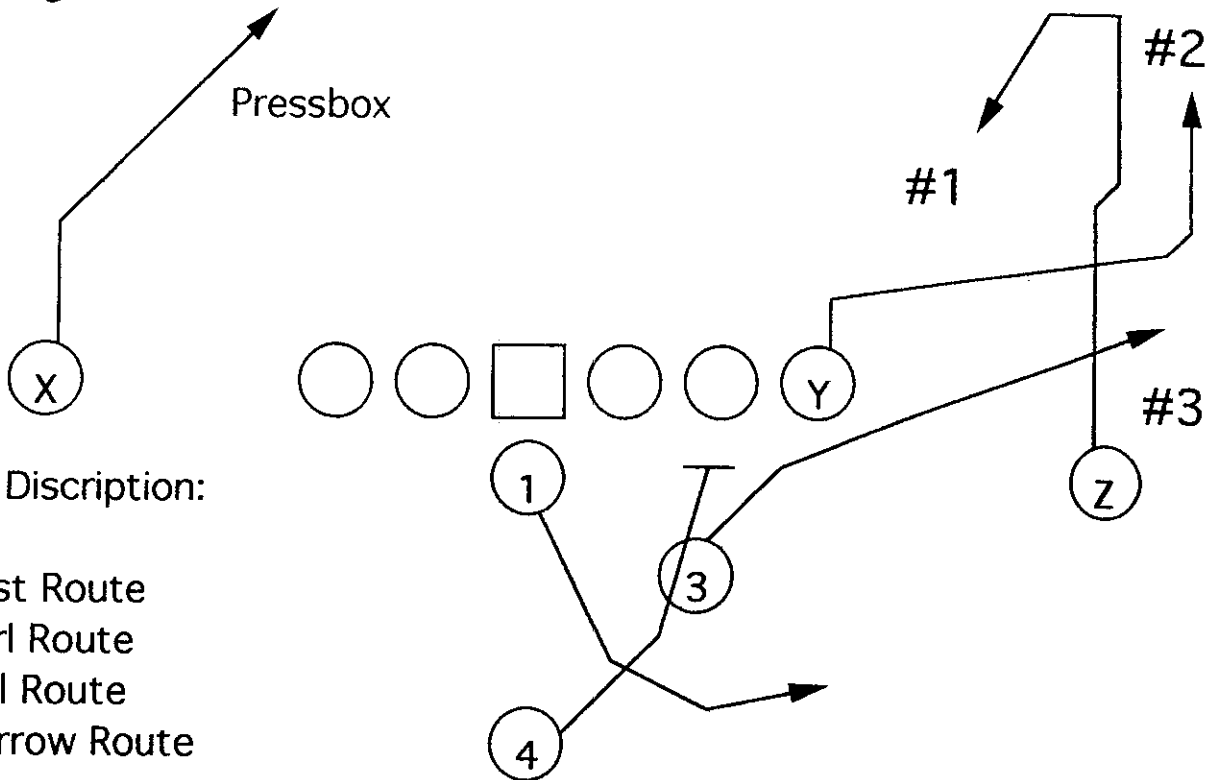


PLAY: King Right 70 Out

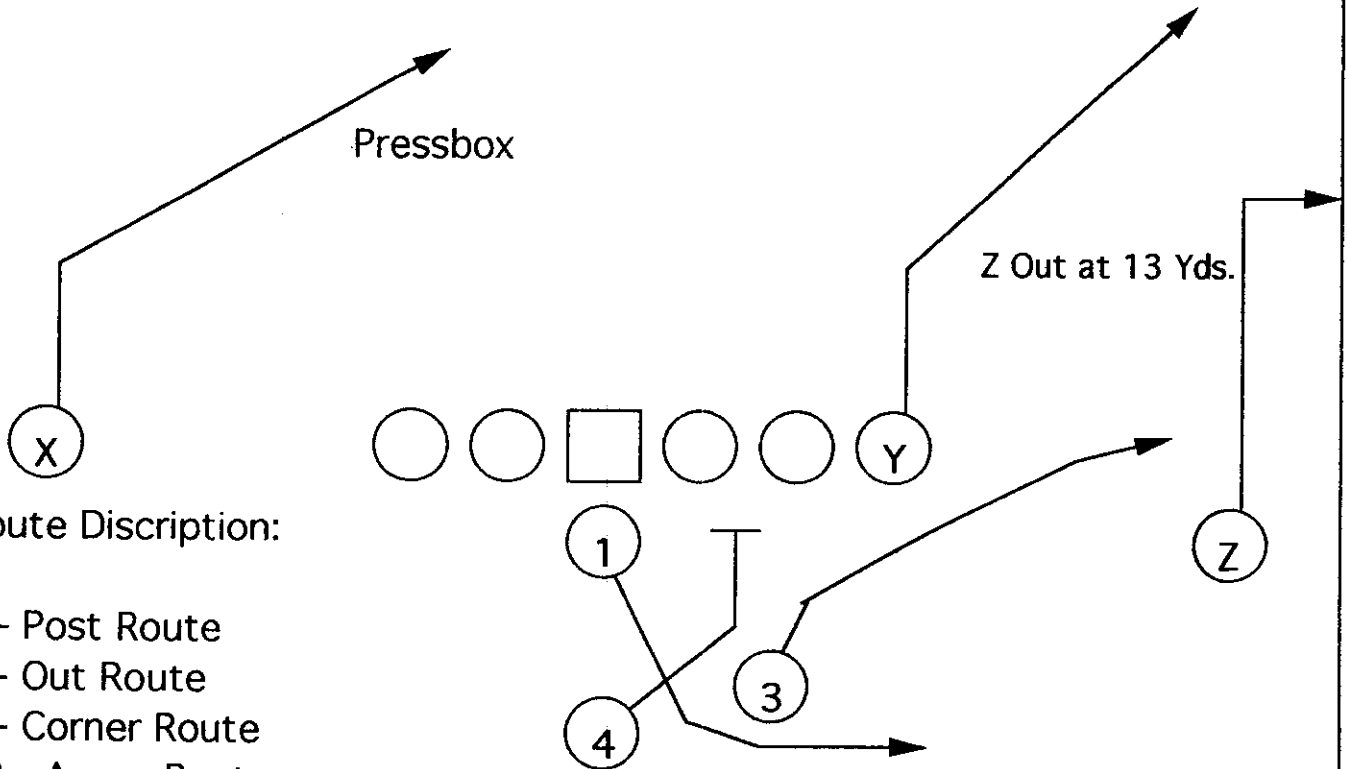


80 Curl - 80 Out

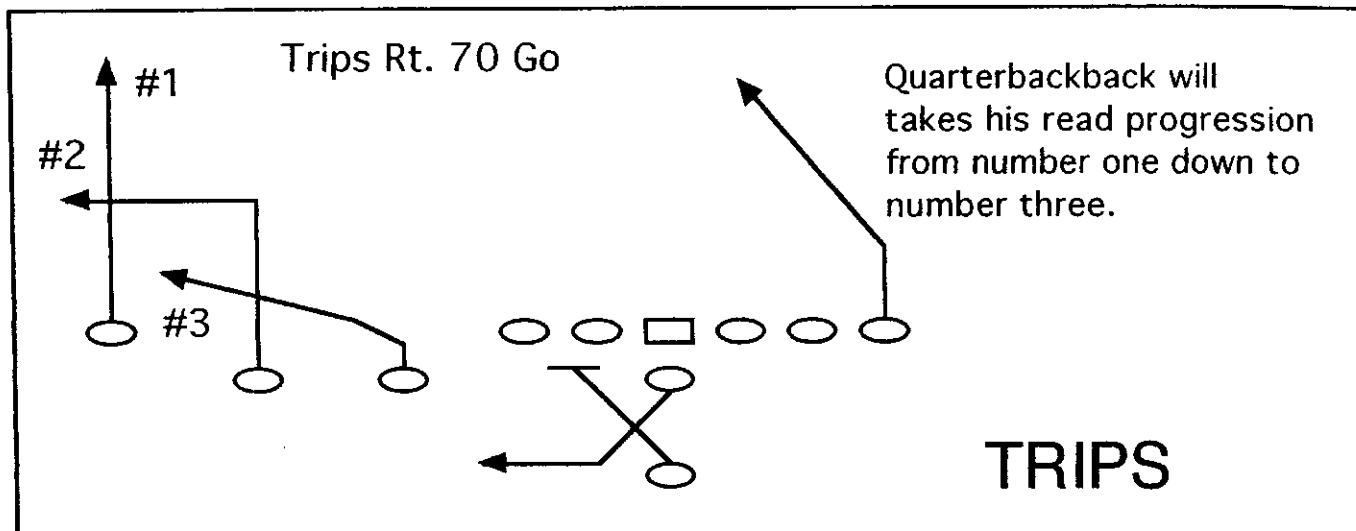
PLAY: King Rt. 80 Curl



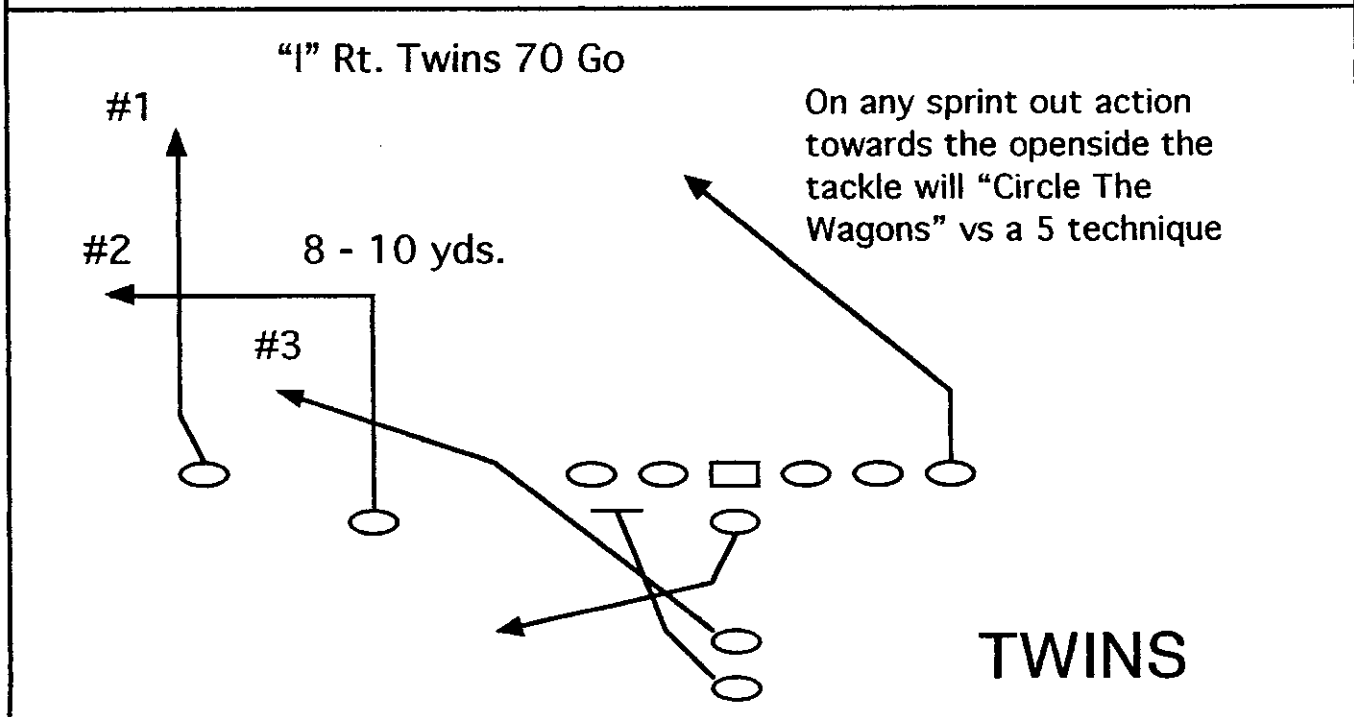
PLAY: King Rt. 80 Out



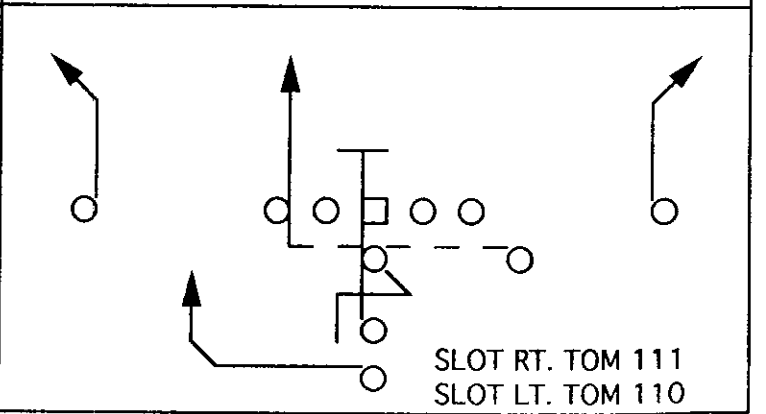
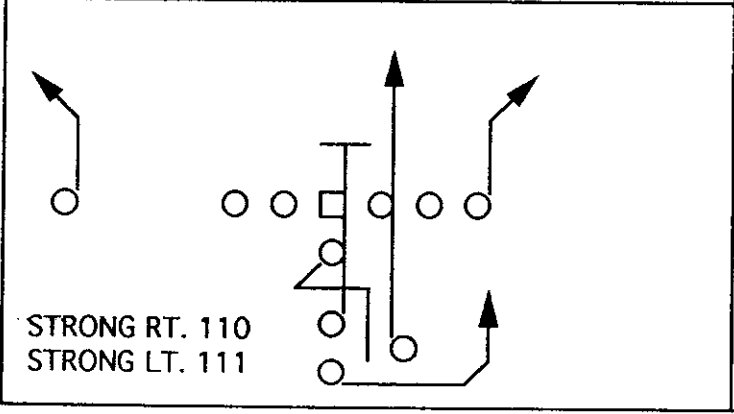
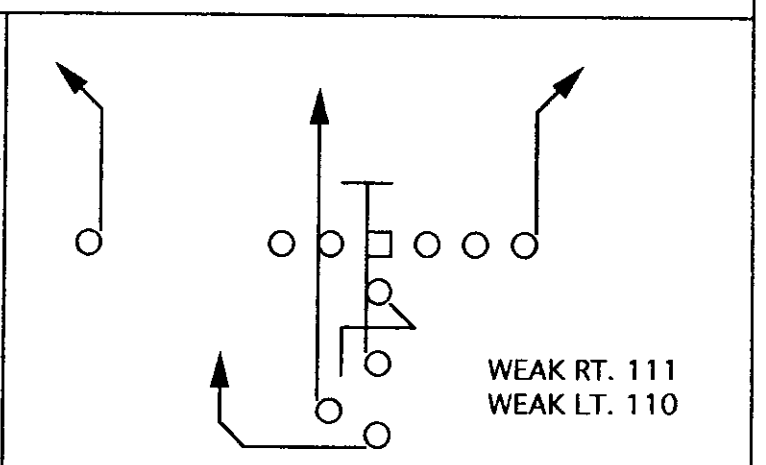
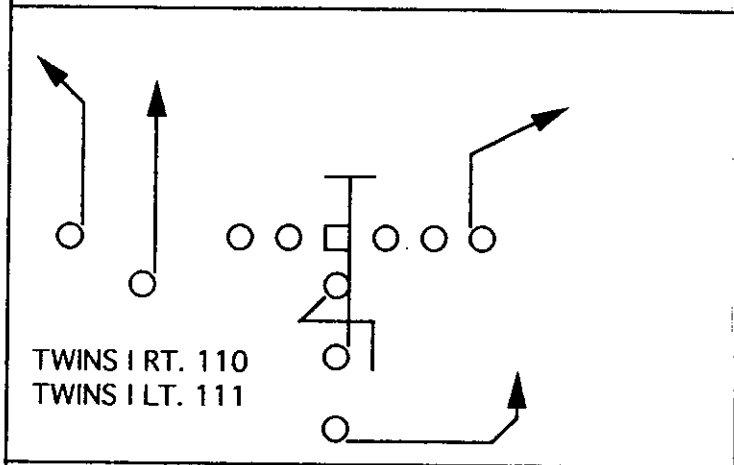
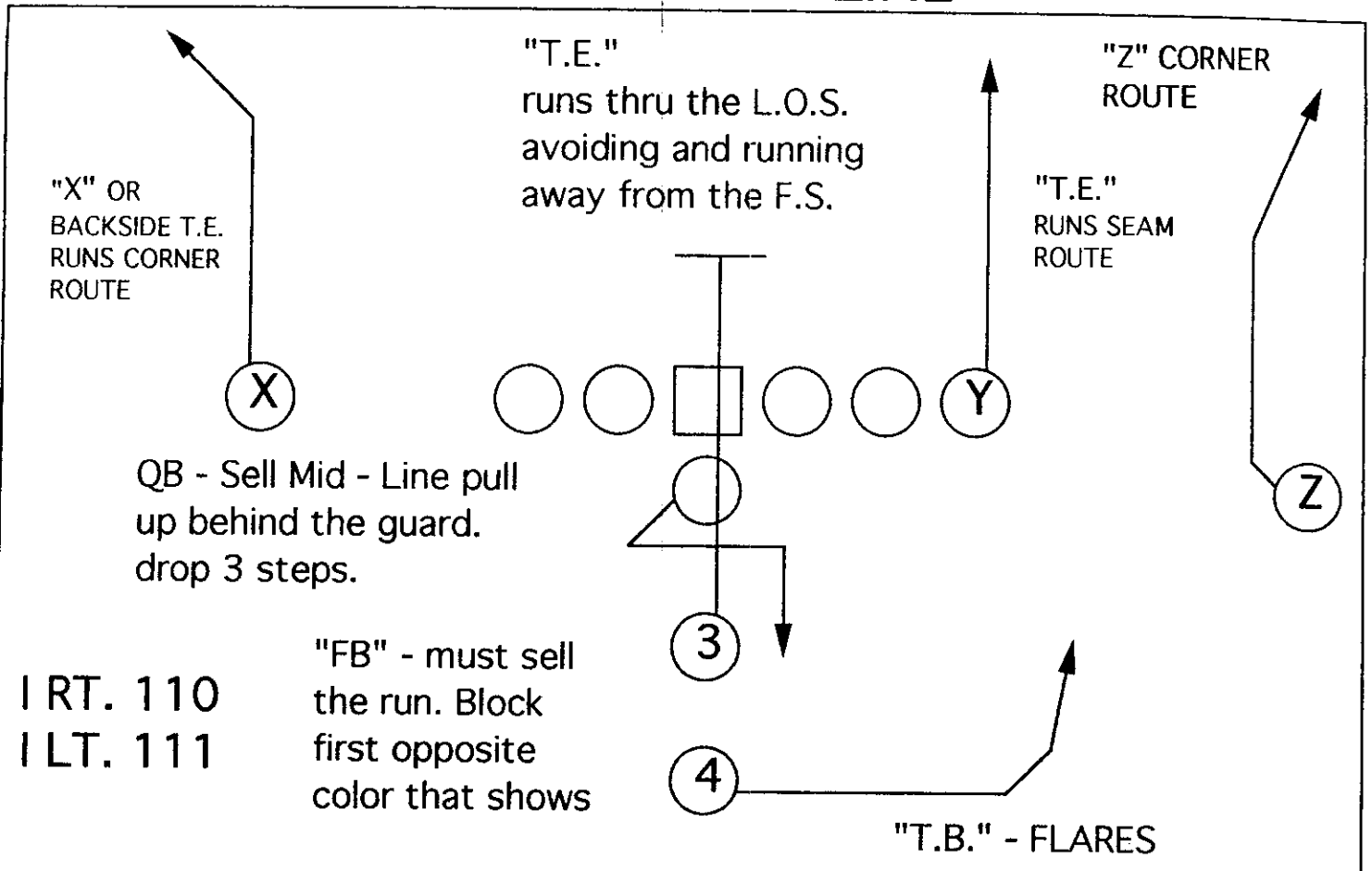
70 GO



- X - Run Go Route.
- Z - Run 10 yard Out Route
- TB - Run Arrow Route to 2 yards settle and Do Not Drift Upfield.
- FB - Key playside LBer.
- TE - Run at and throw the Free Safety.

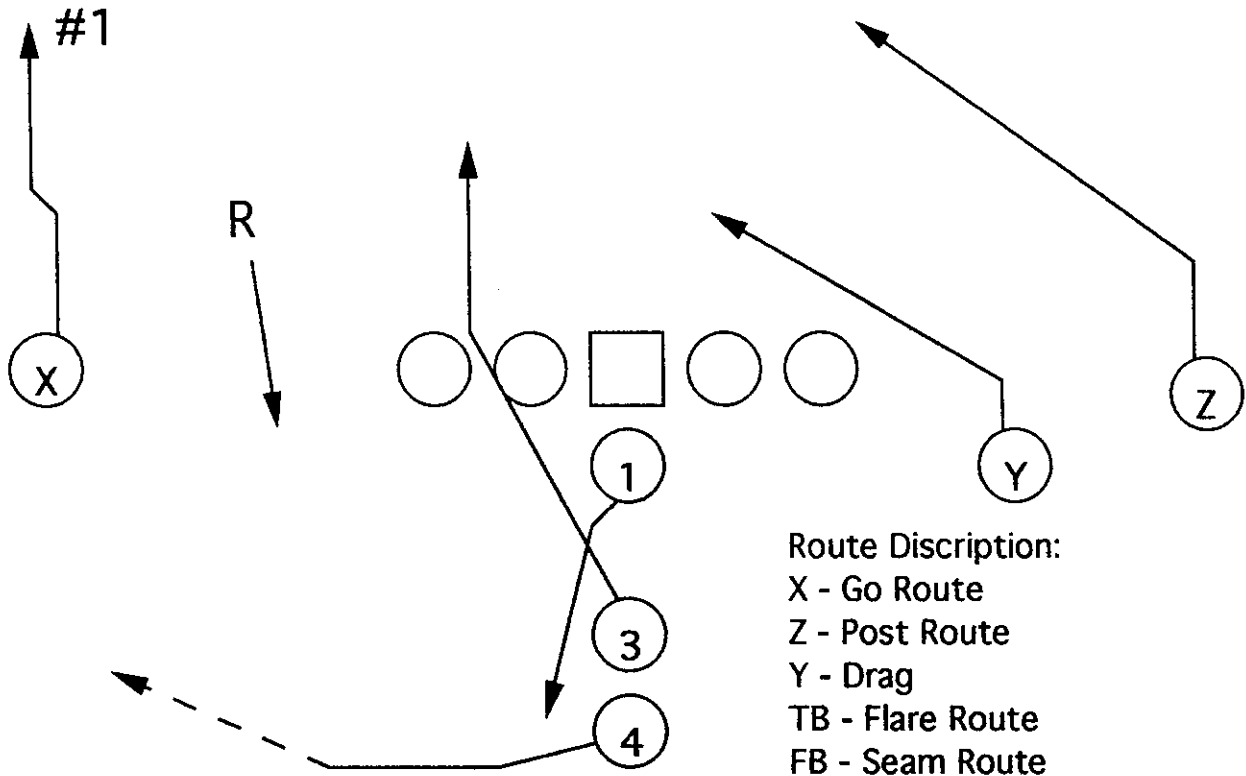


110 - 111 MID-LINE



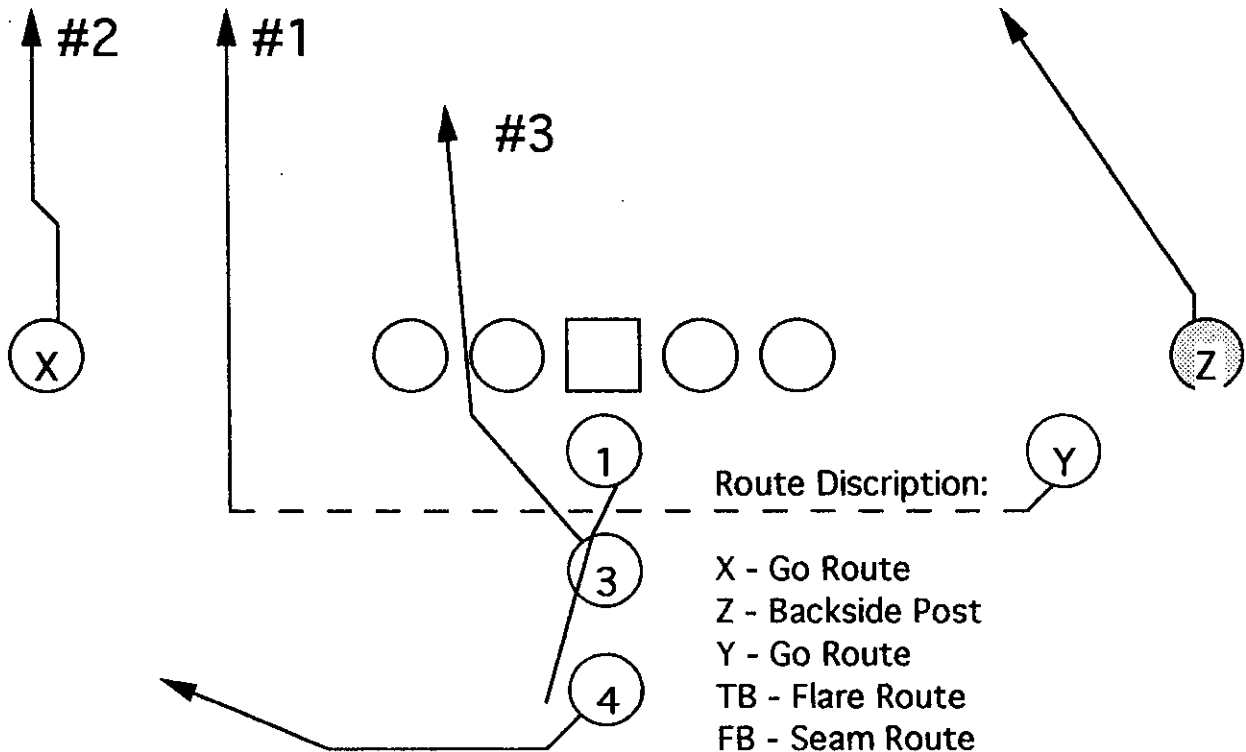
112 - 113 VEER PASS

PLAY: Green "I" Right 113



Route Discription:
 X - Go Route
 Z - Post Route
 Y - Drag
 TB - Flare Route
 FB - Seam Route

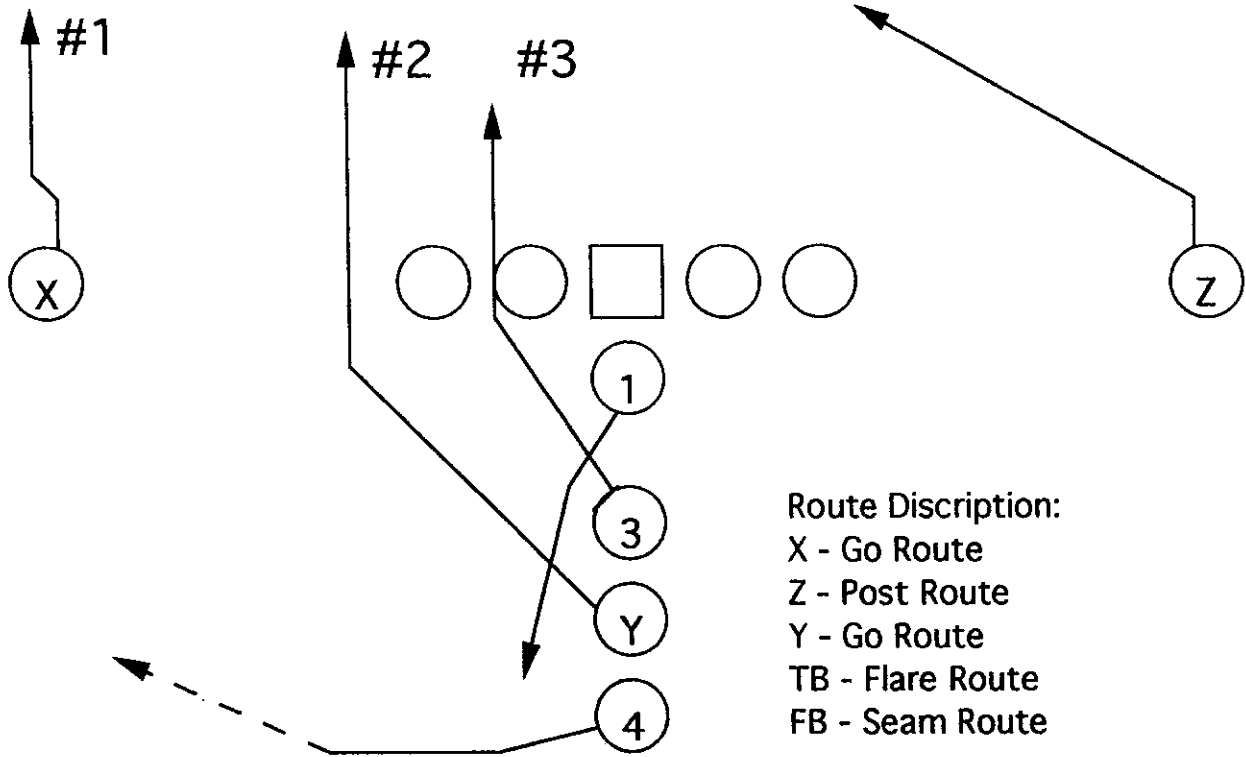
PLAY: Green "I" Right Tom 113



Route Discription:
 X - Go Route
 Z - Backside Post
 Y - Go Route
 TB - Flare Route
 FB - Seam Route

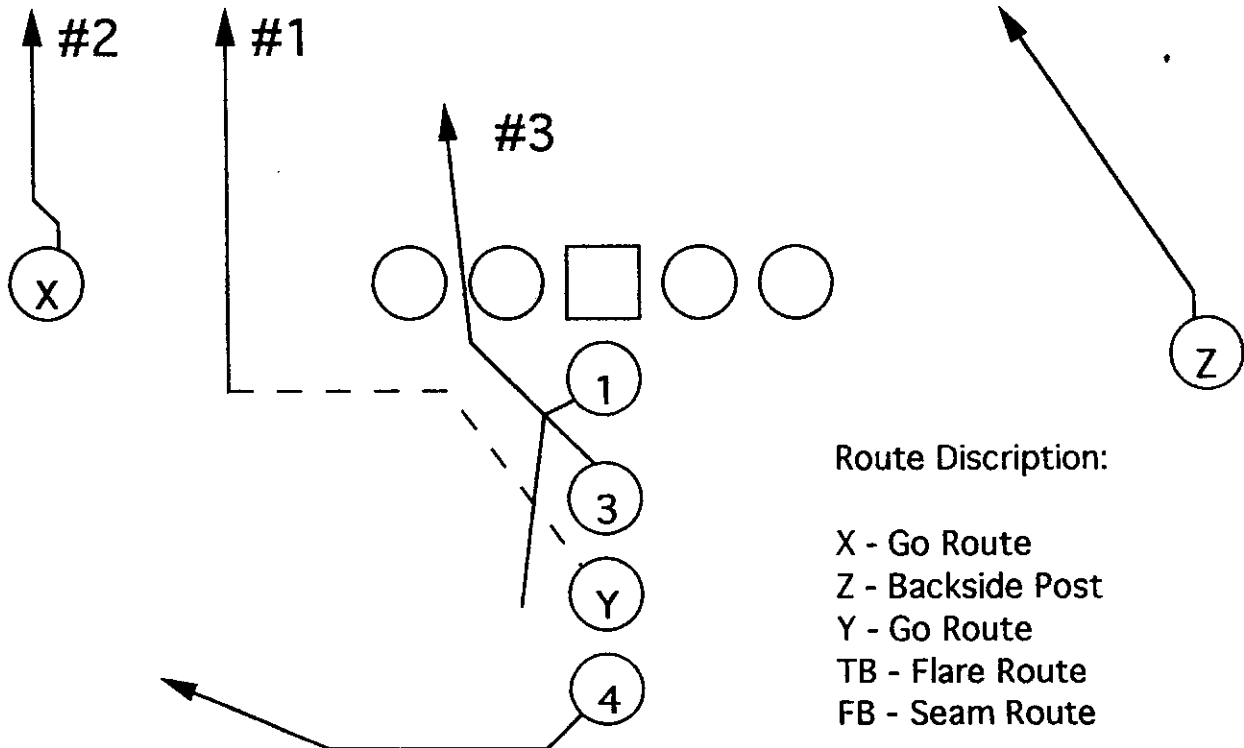
112 - 113 VEER PASS

PLAY: "Y" Stack Right 113



Route Discription:
 X - Go Route
 Z - Post Route
 Y - Go Route
 TB - Flare Route
 FB - Seam Route

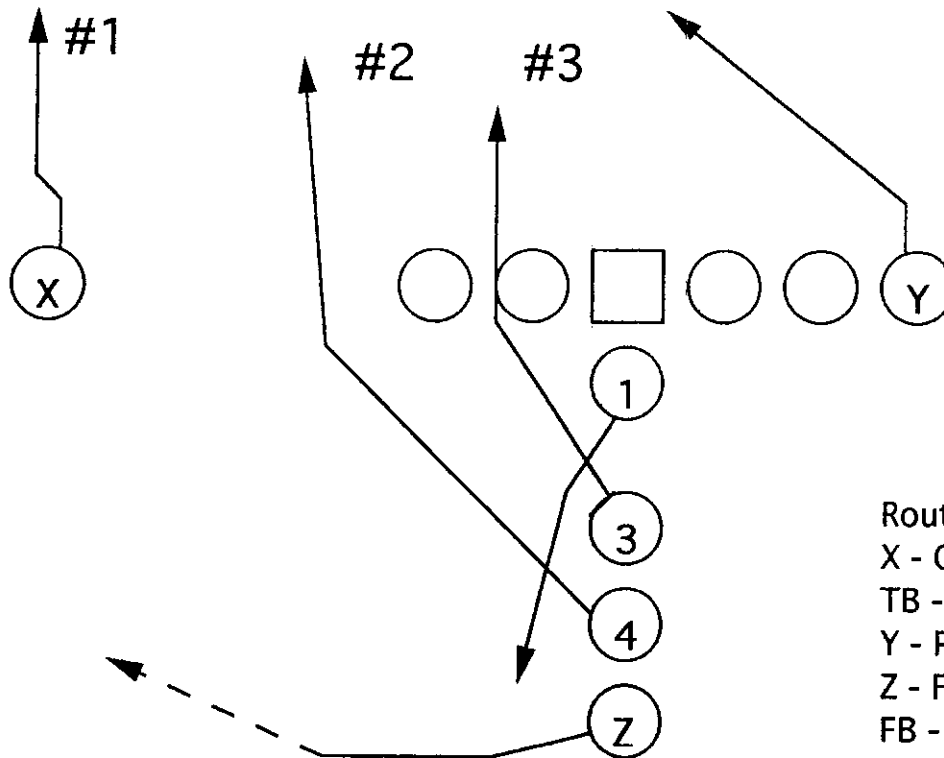
PLAY: "Y" Stack Right Tom 113



Route Discription:
 X - Go Route
 Z - Backside Post
 Y - Go Route
 TB - Flare Route
 FB - Seam Route

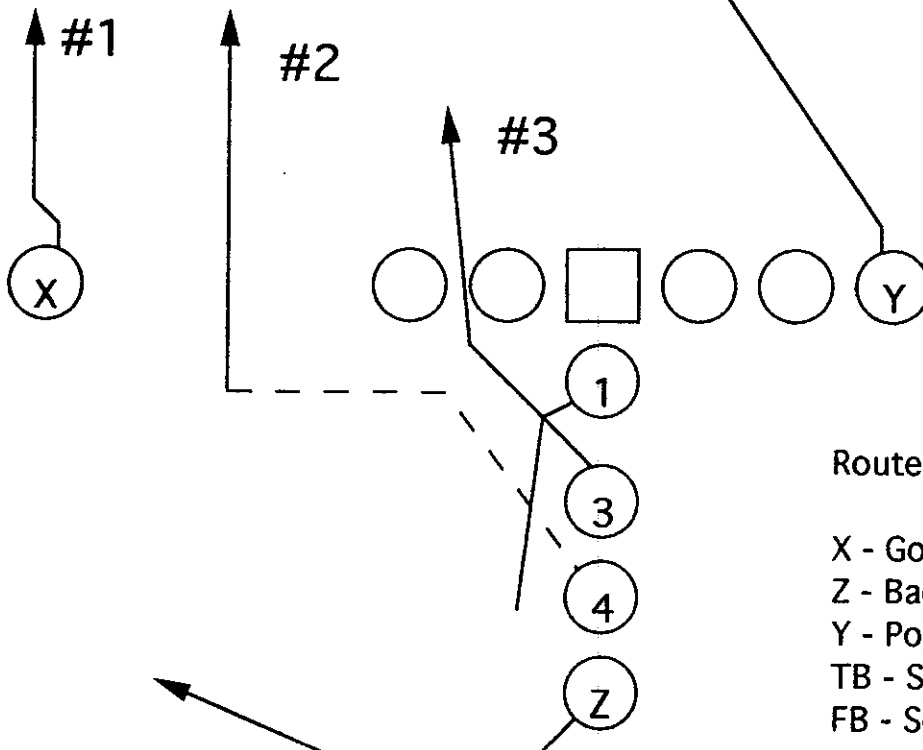
112 - 113 VEER PASS

PLAY: "Z" Stack Right 113



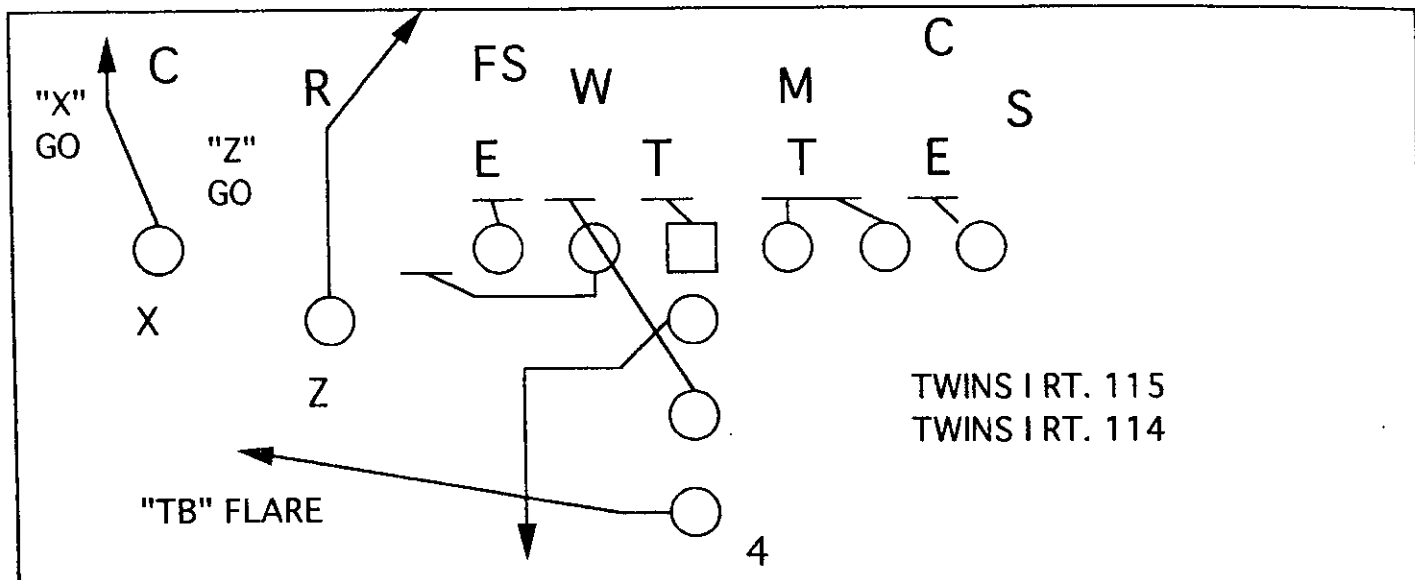
Route Discription:
 X - Go Route
 TB - Go Route
 Y - Post Route
 Z - Flare Route
 FB - Seam Route

PLAY: "Z" Stack Right Liz 113



Route Discription:
 X - Go Route
 Z - Backside Post
 Y - Post Route
 TB - Seam Route
 FB - Seam Route

114 - 115 SEAL OPTION / OPENSIDE



COACHING POINT: This play develops off 14 - 15 seal option and gives you the opportunity to take advantage of the corner supporting the pitch.

QUARTERBACK: Run 18 - 19 load option quarterback responsibility. Make quick fake to fullback, be ready to hit the Z receiver quick. if Z is covered go to X on go route. After quick fake to FB, pull up and set 3 steps back in B gap.

FULLBACK: Run load path but fill for pulling guard give quick fake to hold playside lber. Block first opposite color that shows in guard spot.

TAILBACK: Explode and sprint down hill and run swing route. belly slightly, the turn upfield 5 - 6 yards outside tackle looking to catch ball over inside shoulder. Get no further than 3 yards down field.

"X" RECEIVER: Push the defender's outside shoulder. Explode downfield 12 - 14 yards and then attempt to go around defender. If you can't go outside, go inside after you have made move outside. Try to run as close to defender as possible, even to brush him.

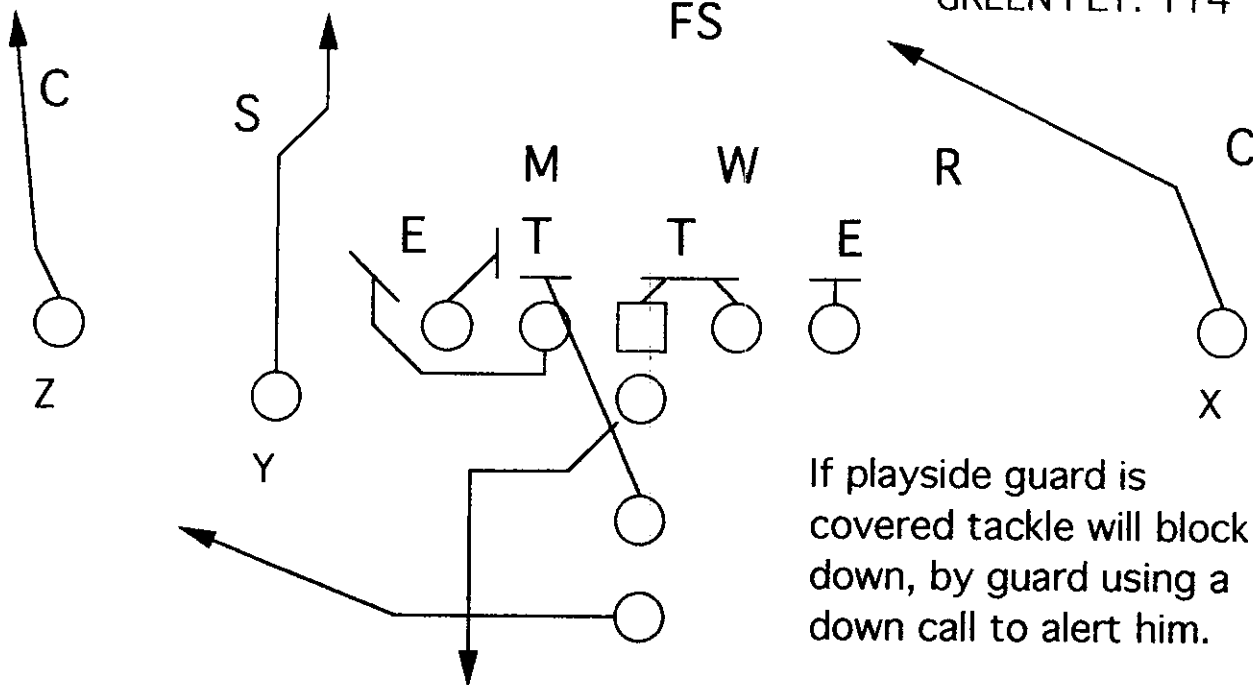
"Z" RECEIVER: Push the defender's outside shoulder, use speed to get past defender. After clearing the defender look for football. Stay in your route don't let defender re-route you.

PLAYSIDE GUARD: Drop step and seal first defender outside the playside tackle. Help to seal 5 technique inside with tackle, look for playside LBer to blitz.

114 - 115 SEAL OPTION / OPENSIDE

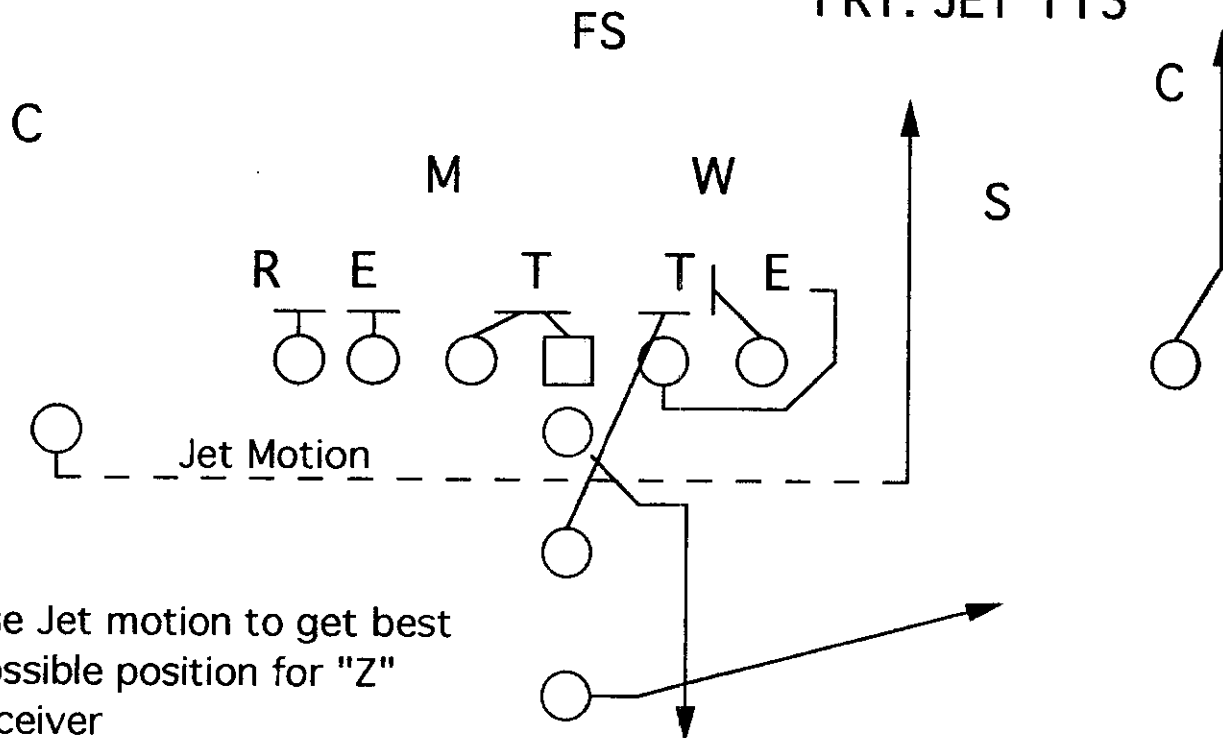
VS 31 OR OVER DEFENSE

GREEN | RT. 115
GREEN | LT. 114

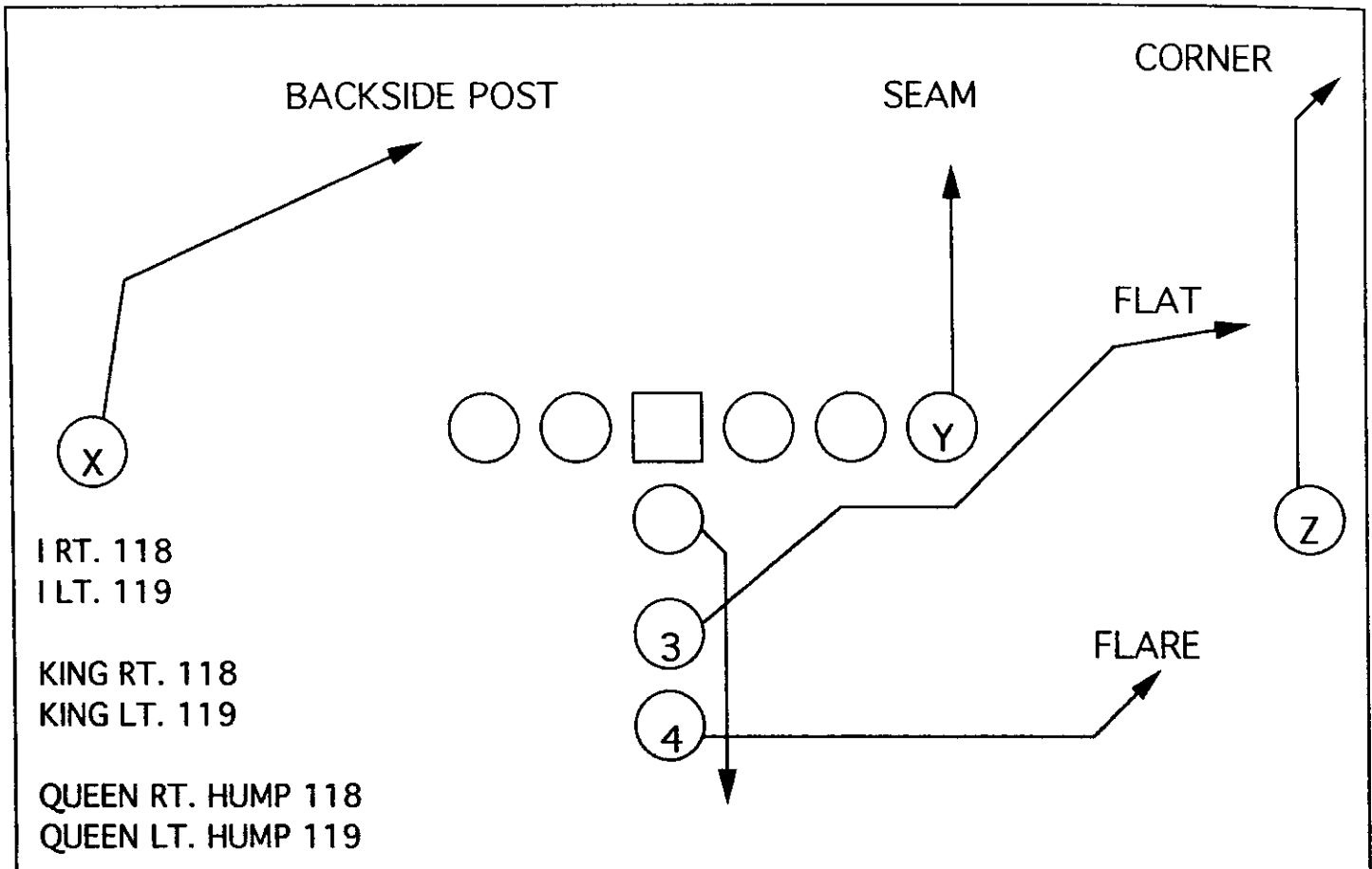


VS 31 DEFENSE

| LT. JET 114
| RT. JET 115

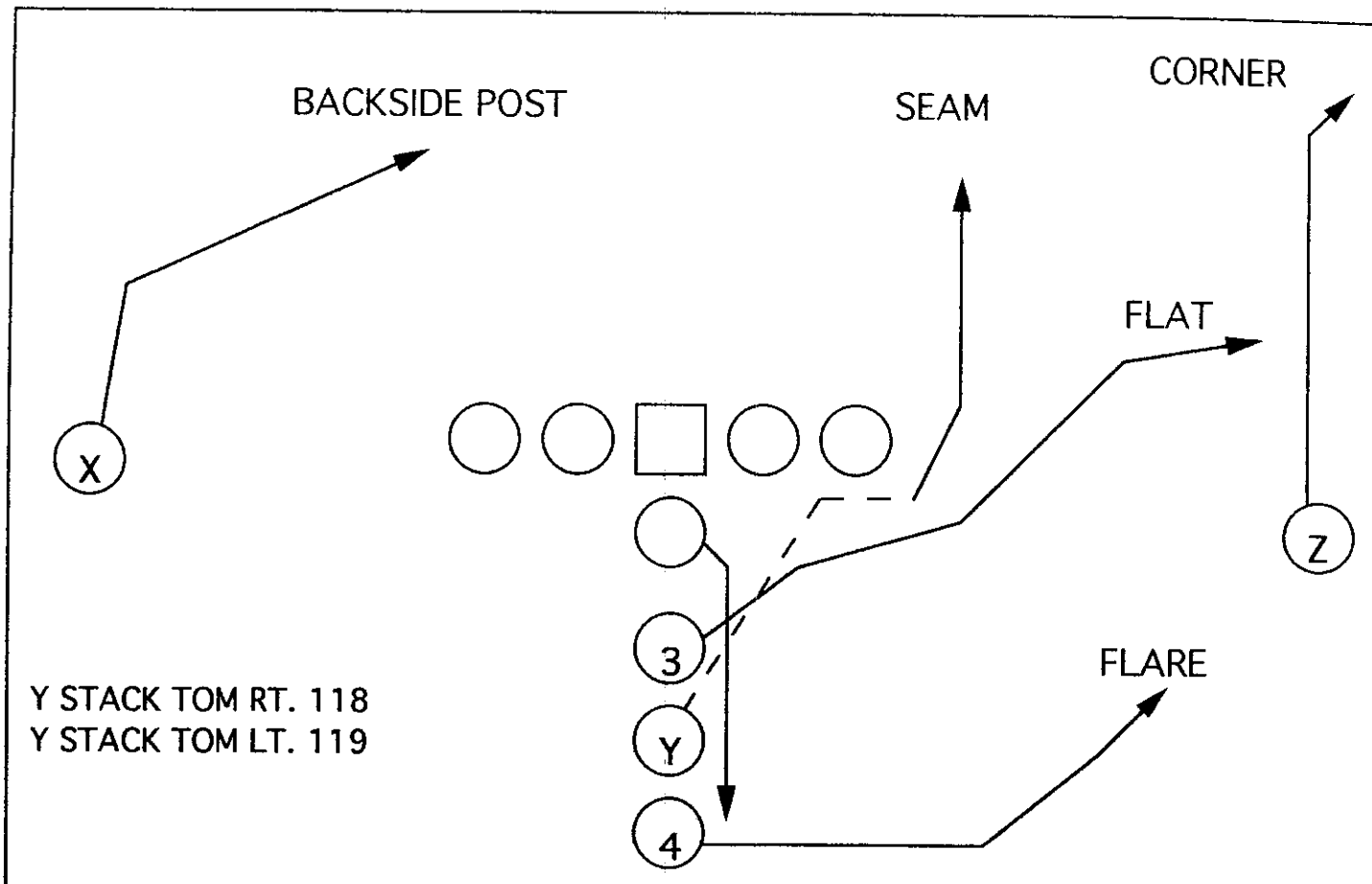


118 - 119 LOAD / TIGHTSIDE



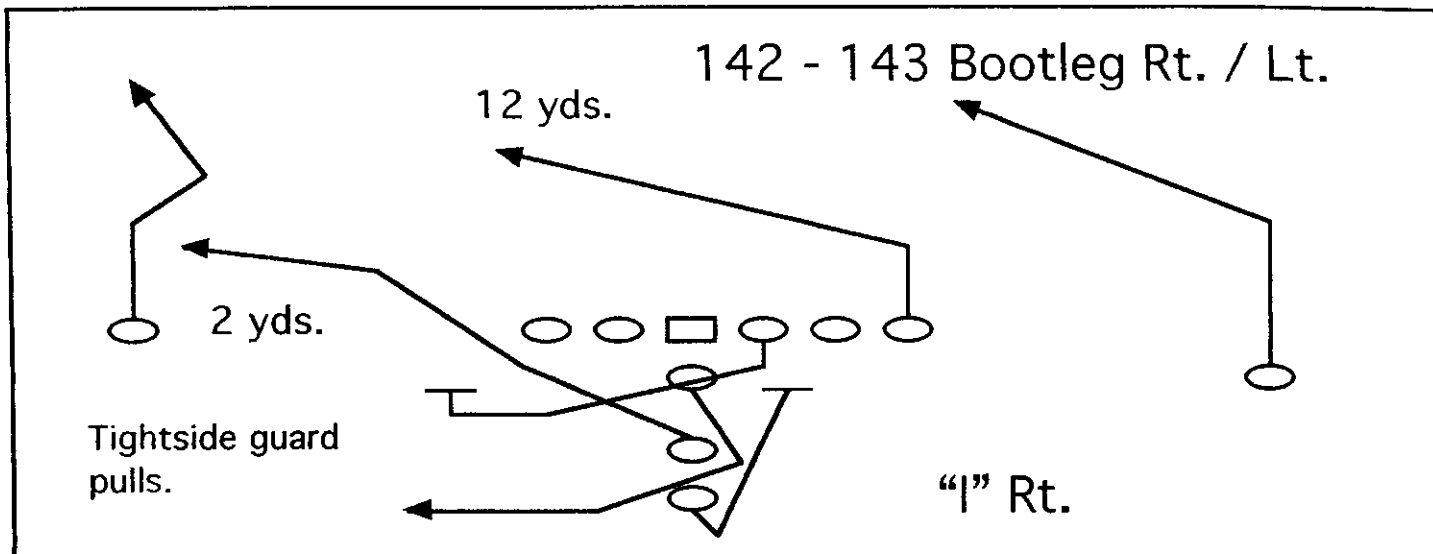
<p>QB</p>	<p>QB fakes 18-19 Block option. Read Sam vs cover 3 and corner vs cover 2. If T.E. is covered drop 3 steps behind guard look for TB on flare.</p>
<p>FB</p>	<p>Execute 18-19 Block play action pass, slip into flat</p>
<p>TB</p>	<p>Execute 18 - 19 Block play action. be alert at all times to be the outlet.</p>
<p>O.L.</p>	<p>Aggressive run block - sell 18 - 19 Block option. Whatever uncovered lineman that comes free on the backside, hinge and block any defender rushing off the back edge.</p>
<p>TE</p>	<p>Outside release and run seam route vs cover 2 - run angle out vs cover 3.</p>

118 - 119 LOAD / TIGHTSIDE



QB	QB fakes 18-19 Block option. Read Sam vs cover 3 and corner vs cover 2. If T.E. is covered drop 3 steps behind guard look for TB on flare.
FB	Execute 18-19 Block play action pass, slip into flat
TB	Execute 18 - 19 Block play action. be alert at all times to be the outlet.
O.L.	Aggressive run block - sell 18 - 19 Block option. Whatever uncovered lineman that comes free on the backside, hinge and block any defender rushing off the back edge.
TE	Use Tom motion sell the load then outside release and run seam route vs cover 2 - run angle out vs cover 3.

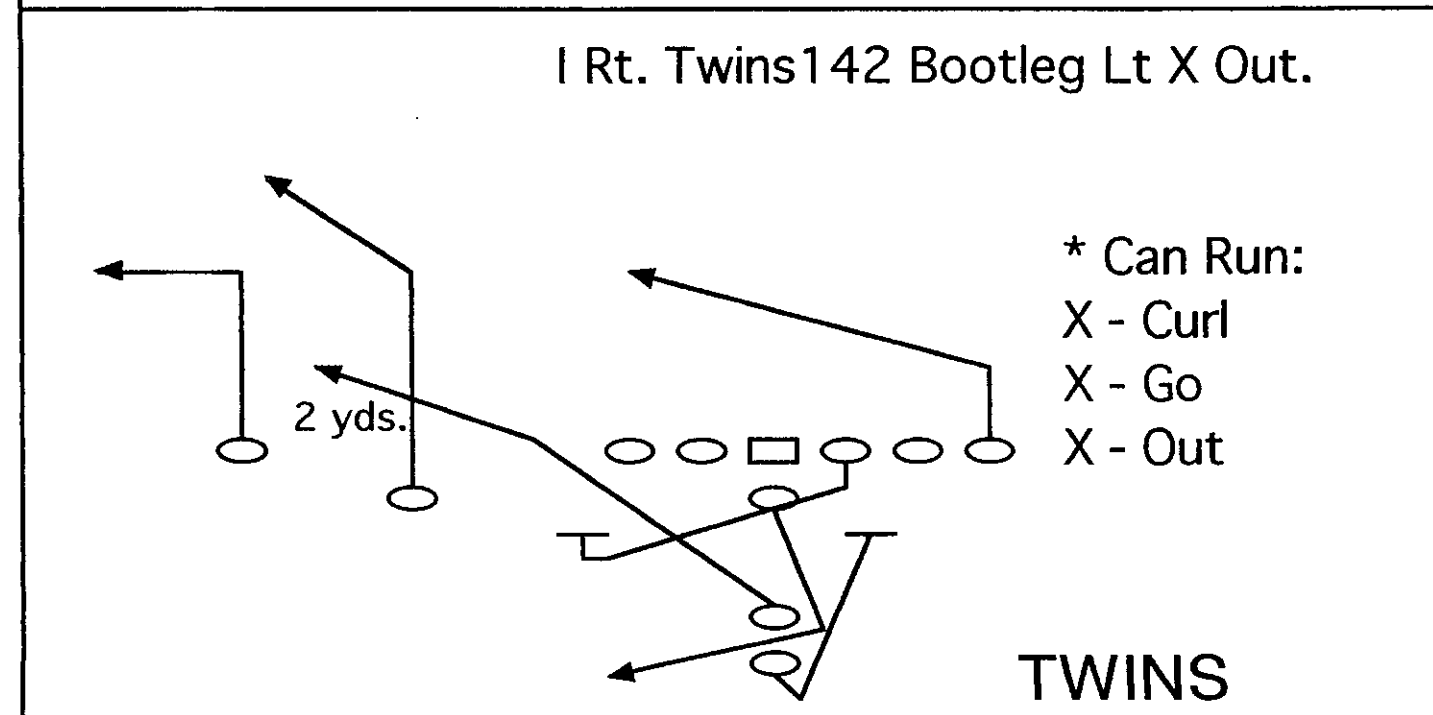
142 - 143 Bootleg



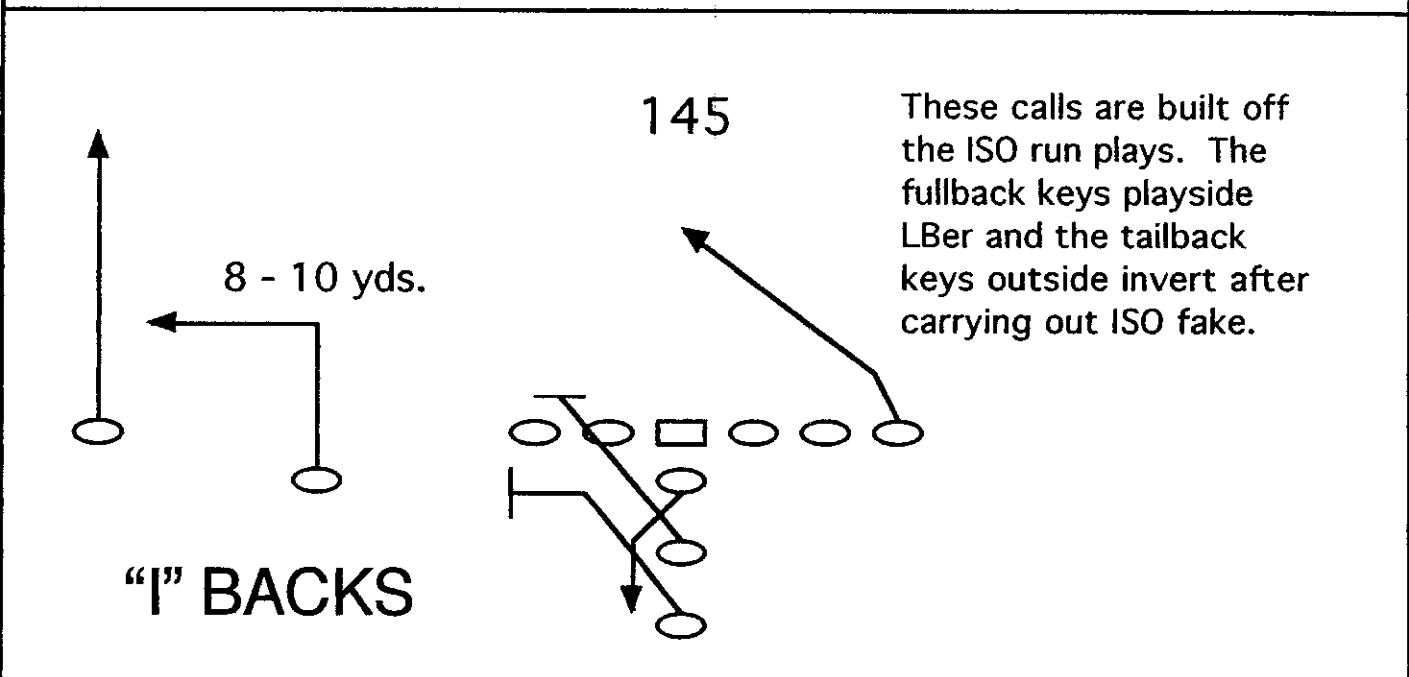
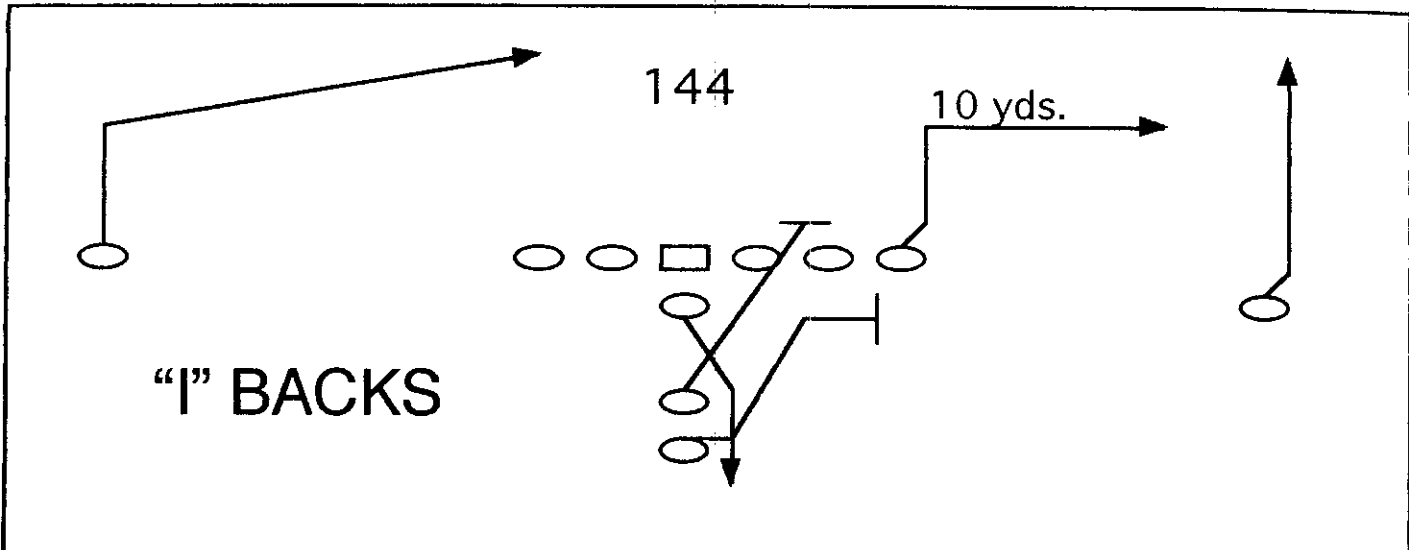
1. - Our Bootlegs are run to the openside with tightside guard pulling.
2. - Our Waggles are run towards the tightside with the openside guard pulling.

We will run our Boots and Waggles off our Inside and ISO play action.

Our Bootlegs and Waggles to Twin sets will mirror our sprintouts. The tight end must know what route "X" is running.



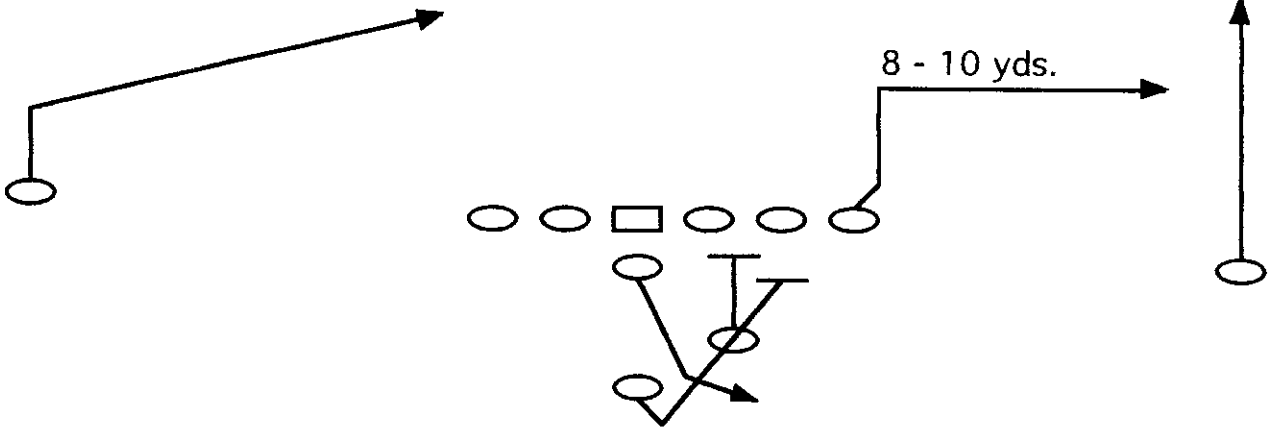
144 - 145 ISO PASS



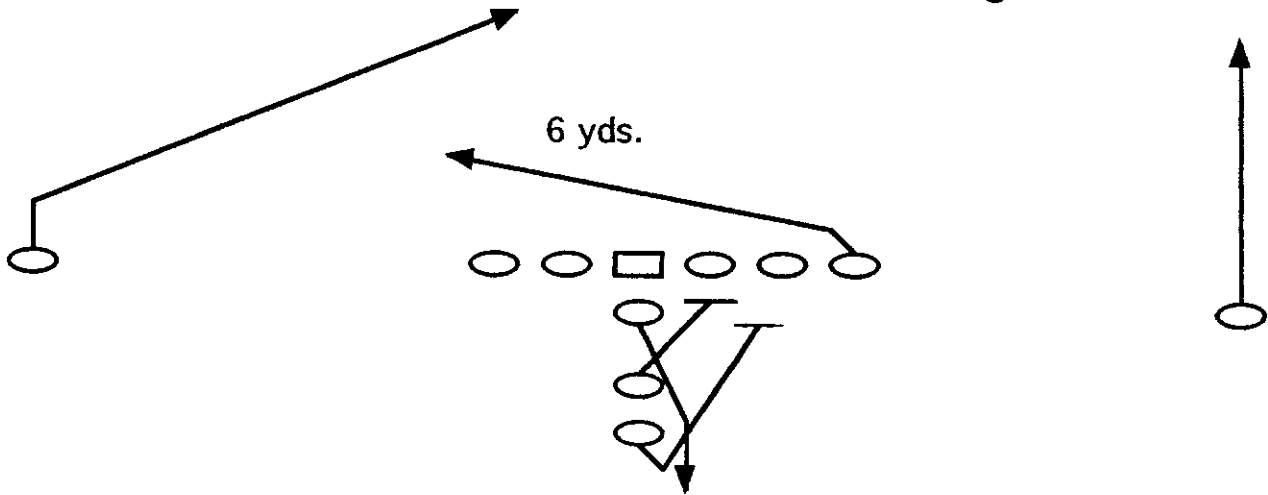
Offensive line will use B.O.B. protection philosophy with any uncovered lineman looking backside for any rusher coming off the edge.

148 PASS

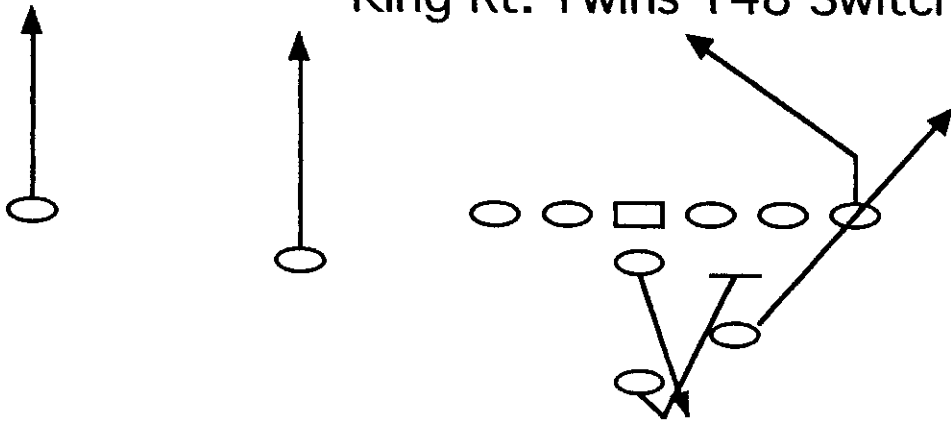
King Rt. 148



"I" Rt. 148 Y Drag



King Rt. Twins 148 Switch



Practice Organization Section

The following information is an in detailed look at how we install our option game and how it fits into a daily practice schedule. You will see that as you follow the daily practice schedules that when running the option game that it doesn't consume a lot of our practice time.

The information included into this section shows spring installation practice sessions and then goes into regular season. Also included into this section is many varieties or organization forms that I've used over the years and continue to use today.

1. Offensive Total Installation
2. Spring Workout Schedule
3. Spring Actual Workout Schedules
4. Fall Offensive Practice Schedule
5. Fall Actual Workout Schedules

Offensive Installation

Option Run

10 - 11 Jill
 10 - 11 Base
 10 - 11 Mike
 10 - 11 Army
 10 - 11 Navy
 10 - 11 Falcon
 12 - 13 Veer
 18 - 19 Block
 18 - 19 Swing
 18 - 19 Speed
 18 - 19 Crack
 18 - 19 Wall
 34 - 35 "G" Option

Traps & Counters

10 - 11 Trap
 32 - 33 Tackle Trap
 42 - 43 Tackle Trap
 46 - 47 CNT.
 46 - 47 G.T.

Inside Run (Vertical Push)

10 - 11 Give
 10 - 11 Follow
 18 - 19 Give Swing
 34 - 35 Belly
 42 - 43 Inside
 32 - 33 inside
 42 - 43 ISO
 44 - 45 ISO
 44 - 45 Cutback

Outside Run (Slow to Fast Zone)

46 - 47 Bounce
 48 - 49 Toss
 48 - 49 Stretch

Taxi - Formation Shifts Motion

Fullback - Hump, Towards Tight End
 Fullback - Jump, Towards Openside
 Tailback - Rip, Right
 Tailback - Liz, Left
 Tight End - Tom, Across Formation
 Flanker - Jet, Across Formation

Backfield Sets

I
 King
 Queen
 Pro
 Con
 Y Stack
 Z Stack
 Strong (Power I)
 Weak (Power I)
 Gun

Formations

Twins
 Ace
 Green
 Doubles
 Slot
 Trips
 Trey
 Tight
 Over
 Elmer

Shotgun Run Plays

16 - 17 G.T. (Read)
 30 - 31 Trap
 32 - 33 TT (Read)
 32 - 33 Inside (Read)
 36 - 37 G.T. (Read)

100's Play Action Pass

110 - 111
 112 - 113
 114 - 115
 118 - 119
 142 - 143 Bootleg
 142 - 143 Waggle
 144 - 145
 148 - 149

90's 3 Step Pass

90 Stop
 90 Out
 90 Slant
 90 Fade
 90 Hitch
 90 Double Slant
 90 Convoy

Screens 300 Series

300 Slip Screen
 300 Smash Screen

50's 5 Step Pass

50 Vertical (W / Variations)
 50 Cross
 50 Flag
 50 Read

70's Sprint Left

70 Curl
 70 Out
 70 Go

80's Sprint Right

80 Curl
 80 Out
 80 Go

Spring Football Workout Schedule

Date: _____ Dress: _____ Practice #: _____

Practice Time: _____ Athletic Period: _____ Meetings: _____

“The Will To Win Is Useless Without The Will To Prepare To Win”

Offensive Spring Workout Schedule

Time:	Period:	O-Line:	TE's:	RB's:	QB's:	WR's:
6:50	1					
6:55	2					
7:00	3					
7:05	4					
7:10	5					
7:15	6					
7:20	7					
7:25	8					
7:30	9					
7:35	10					
7:40	11					
7:45	12					
7:50	13					
7:55	14					
8:00	15					
8:05	16					
8:10	17					
8:15	18					
8:20	19					
8:25	20					
8:30	21	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Comments: The following spring schedules are used to organize practice. Each period is broken down into 5 minute segments. For purposes of time and compensating for other spring sports going on at the same time as spring football we held our practices prior to school starting in the morning, this allowed us to have all players present.

Spring Football Workout Schedule

Date: 4-25-2001 Dress: Full Pads Practice #: 1

Practice Time: 6:50 Athletic Period: _____ Meetings: _____

“The Will To Win Is Useless Without The Will To Prepare To Win”

Offensive Spring Workout Schedule

Time:	Period:	O-Line:	TE's:	RB's:	QB's:	WR's:
6:50	1	Stretch	Stretch	Stretch	Stretch	Stretch
6:55	2	Shoots/Get-offs	Shoots/Get-offs	Drills	Pitch Drill	Ball Drills
7:00	3	5 Man Sled	5 Man Sled	TB Footwork	FB's Mesh QB's	X
7:05	4	Barrels R/P	Barrels R/P	X	X	Routes Review
7:10	5	X	X	Blocking Drills	Footwork Run	X
7:15	6	X	X	X	Footwork Pass	Stalk Block
7:20	7	Inside Run	Inside Run	Inside Run	Inside Run	1 on 1 vs Def.
7:25	8	X	X	X	X	X
7:30	9	Option On Me	Option On Me	Option On Me	Option On Me	Option On Me
7:35	10	X	X	X	X	X
7:40	11	X	X	X	X	X
7:45	12	Pos. Set Up	Combo Routes	Combo Routes	Combo Routes	Combo Routes
7:50	13	OL vs DL Run	Pass Hull	Pass Hull	Pass Hull	Pass Hull
7:55	14	X	X	X	X	X
8:00	15	OL vs DL Pass	X	X	X	X
8:05	16	X	X	X	X	X
8:10	17	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.
8:15	18	X	X	X	X	X
8:20	19	X	X	X	X	X
8:25	20	GL vs Def.	GL vs Def.	GL vs Def.	GL vs Def.	GL vs Def.
8:30	21	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Comments: 10-11 Trap 32-33 Inside 42-43 Inside 44-45 ISO 46-47 Counter 46-47 Counter GT 48-49 Flip	Option - On - Me 10-11 Jill 10-11 Army 12-13 Veer 18-19 Block	Motions: Zip Hump Jump Rip Liz Tom	Formations: Pro Twins Y Stack Z Stack Ace Green Trips Trey	Passing Game 300's 500's 800's 900's 142-143 Boot 144-145 Waggle 112-113
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Spring Football Workout Schedule

Date: 4-26-2001

Dress: Full Pads

Practice #: 2

Practice Time: 6:50 a.m.

Athletic Period: _____

Meetings: _____

“The Will To Win Is Useless Without The Will To Prepare To Win”

Offensive Spring Workout Schedule

Time:	Period:	O-Line:	TE's:	RB's:	QB's:	WR's:
6:50	1	Stretch	Stretch	Stretch	Stretch	Stretch
6:55	2	Shoots/Get-offs	Shoots/Get-offs	Drills	Pitch Drill	Ball Drills
7:00	3	5 Man Sled	5 Man Sled	TB Footwork	FB's Mesh QB's	X
7:05	4	Barrels R/P	Barrels R/P	X	X	Routes Review
7:10	5	X	X	Blocking Drills	Footwork Run	X
7:15	6	X	X	X	Footwork Pass	Stalk Block
7:20	7	Inside Run	Inside Run	Inside Run	Inside Run	1 on 1 vs Def.
7:25	8	X	X	X	X	X
7:30	9	Option On Me	Option On Me	Option On Me	Option On Me	Option On Me
7:35	10	X	X	X	X	X
7:40	11	Sprint Out	Sprint Out	Sprint Out	ABC's	ABC's
7:45	12	300 Pass w/ FB	ABC's	ABC's	X	X
7:50	13	OL vs DL Run	X	X	X	X
7:55	14	X	Pass Hull	Pass Hull	Pass Hull	Pass Hull
8:00	15	OL vs DL Pass	X	X	X	X
8:05	16	X	X	X	X	X
8:10	17	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.
8:15	18	X	X	X	X	X
8:20	19	X	X	X	X	X
8:25	20	GL vs Def.	GL vs Def.	GL vs Def.	GL vs Def.	GL vs Def.
8:30	21	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Comments:

10-11 Trap
 32-33 Inside
 42-43 Inside
 44-45 ISO
 46-47 Counter
 46-47 Counter GT
 48-49 Toss

Option - On - Me

10-11 Jill
 10-11 Army
 12-13 Veer
 18-19 Load

Motions:

Jet
 Hump
 Jump
 Rip
 Liz
 Tom

Formations:

Pro
 Twins
 Y Stack
 Z Stack
 Ace
 Green
 Trips
 Trey

Passing Game

90's
 50's
 70's
 80's
 142-143 Boot
 144-145 Waggle
 112-113

High School

Spring Football Workout Schedule

3

 Date: 4-27-2001

 Dress: Full Pads

Practice #: _____

 Practice Time: 6:50 a.m.

Athletic Period: _____

Meetings: _____

“The Will To Win Is Useless Without The Will To Prepare To Win”

Offensive Spring Workout Schedule

Time:	Period:	O-Line:	TE's:	RB's:	QB's:	WR's:
6:50	1	Stretch	Stretch	Stretch	Stretch	Stretch
6:55	2	Shoots/Get-offs	Shoots/Get-offs	Drills	Pitch Drill	Ball Drills
7:00	3	5 Man Sled	5 Man Sled	TB Footwork	FB's Mesh QB's	X
7:05	4	Barrels	Barrels	X	X	Routes Review
7:10	5	R/P X	R/P X	Blocking Drills	Footwork	X
7:15	6	X	X	X	Footwork Pass	Stalk Block
7:20	7	Inside Run	Inside Run	Inside Run	Inside Run	1 on 1 vs Def.
7:25	8	X	X	X	X	X
7:30	9	Option On Me	Option On Me	Option On Me	Option On Me	Option On Me
7:35	10	X	X	X	X	X
7:40	11	Sprint Out	Sprint Out	Sprint Out	ABC's	ABC's
7:45	12	300 Pass w/ FB	ABC's	ABC's	X	X
7:50	13	OL vs DL Run	X	X	X	X
7:55	14	X	Pass Hull	Pass Hull	Pass Hull	Pass Hull
8:00	15	OL vs DL Pass	X	X	X	X
8:05	16	X	X	X	X	X
8:10	17	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.
8:15	18	X	X	X	X	X
8:20	19	X	X	X	X	X
8:25	20	GL vs Def.	GL vs Def.	GL vs Def.	GL vs Def.	GL vs Def.
8:30	21	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Comments:

10-11 Trap
 32-33 Inside
 42-43 Inside
 44-45 ISO
 46-47 Counter
 46-47 Counter GT
 48-49 Flip

Option - On - Me

10-11 Jill
 10-11 Army
 12-13 Veer
 18-19 Block

Motions:

Jet
 Hump
 Jump
 Rip
 Liz
 Tom

Formations:

Pro
 Twins
 Y Stack
 Z Stack
 Ace
 Green
 Trips
 Trey

Passing Game

300's
 500's
 800's
 900's
 142-143 Boot
 144-145 Waggle
 112-113

Spring Football Workout Schedule

Date: 5-1-2001

Dress: Full Pads

Practice #: 5

Practice Time: 6:50 a.m.

Athletic Period: _____

Meetings: _____

"The Will To Win Is Useless Without The Will To Prepare To Win"

Offensive Spring Workout Schedule

Time:	Period:	O-Line:	TE's:	RB's:	QB's:	WR's:
6:50	1	Stretch	Stretch	Stretch	Stretch	Stretch
6:55	2	Shoots/Get-offs	Shoots/Get-offs	Drills	Pitch Drill	Ball Drills
7:00	3	5 Man Sled	5 Man Sled	TB Footwork	FB's Mesh QB's	X
7:05	4	Barrels R/P	Barrels R/P	X	X	Routes Review
7:10	5	X	X	Blocking Drills	Footwork Run	X
7:15	6	Reverse's	Reverse's	Reverse's	Reverse's	Reverse's
7:20	7	Inside Run	Inside Run	Inside Run	Inside Run	1 on 1 vs Def.
7:25	8	X	X	X	X	X
7:30	9	Option On Me	Option On Me	Option On Me	Option On Me	Option On Me
7:35	10	X	X	X	X	X
7:40	11	Hitch Screen	Hitch Screen	Hitch Screen	Hitch Screen	Hitch Screen
7:45	12	Smash Screen	Smash Screen	Smash Screen	Smash Screen	Smash Screen
7:50	13	OL vs DL Run	OL vs TE Run	ABC'S	ABC'S	ABC'S
7:55	14	X	Pass Hull	Pass Hull	Pass Hull	Pass Hull
8:00	15	OL vs DL Pass	X	X	X	X
8:05	16	X	X	X	X	X
8:10	17	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.
8:15	18	X	X	X	X	X
8:20	19	X	X	X	X	X
8:25	20	GL vs Def.	GL vs Def.	GL vs Def.	GL vs Def.	GL vs Def.
8:30	21	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Comments:

18 - 19 REVERSE

Hitch Screen

12 - 13 REVERSE

Smash Screen

"Z" 18 - 19 SWING OPTION

Spring Football Workout Schedule

6

 Date: 5-2-2001

 Dress: Full Pads

Practice #: _____

 Practice Time: 6:50 a.m.

Athletic Period: _____

Meetings: _____

“The Will To Win Is Useless Without The Will To Prepare To Win”

Offensive Spring Workout Schedule

Time:	Period:	O-Line:	TE's:	RB's:	QB's:	WR's:
6:50	1	Stretch	Stretch	Stretch	Stretch	Stretch
6:55	2	Shoots/Get-offs	Shoots/Get-offs	Drills	Pitch Drill	Ball Drills
7:00	3	5 Man Sled	5 Man Sled	TB Footwork	FB's Mesh QB's	X
7:05	4	Barrels R/P	Barrels R/P	X	X	Routes Review
7:10	5	X	X	Blocking Drills	Footwork Run	X
7:15	6	Reverse's	Reverse's	Reverse's	Reverse's	Reverse's
7:20	7	Inside Run	Inside Run	Inside Run	Inside Run	1 on 1 vs Def.
7:25	8	X	X	X	X	X
7:30	9	Option On Me	Option On Me	Option On Me	Option On Me	Option On Me
7:35	10	X	X	X	X	X
7:40	11	Hitch Screen	Hitch Screen	Hitch Screen	Hitch Screen	Hitch Screen
7:45	12	Smash Screen	Smash Screen	Smash Screen	Smash Screen	Smash Screen
7:50	13	OL vs DL Run	OL vs TE Run	ABC'S	ABC'S	ABC'S
7:55	14	X	Pass Hull	Pass Hull	Pass Hull	Pass Hull
8:00	15	OL vs DL Pass	X	X	X	X
8:05	16	X	X	X	X	X
8:10	17	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.
8:15	18	X	X	X	X	X
8:20	19	X	X	X	X	X
8:25	20	GL vs Def.	GL vs Def.	GL vs Def.	GL vs Def.	GL vs Def.
8:30	21	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Comments:

 18 - 19 REVERSE
 12 - 13 REVERSE

Hitch Screen

 "Z" 18 - 19 SWING OPTION
 16 - 17 DOUBLES, ACE (GUN)

Smash Screen

48 - 49 Toss From Both I, Y, Z Backs

Tom Motion

Spring Football Workout Schedule

Date: 5-7-2001

Dress: Full Pads

Practice #: 8

Practice Time: 6:50

Athletic Period: _____

Meetings: _____

“The Will To Win Is Useless Without The Will To Prepare To Win”

Offensive Spring Workout Schedule

Time:	Period:	O-Line:	TE's:	RB's:	QB's:	WR's:
6:50	1	Stretch	Stretch	Stretch	Stretch	Stretch
6:55	2	Shoots/Get-offs	Shoots/Get-offs	Drills	Pitch Drill	Ball Drills
7:00	3	5 Man Sled	5 Man Sled	TB Footwork	FB's Mesh QB's	X
7:05	4	Barrels R/P	Barrels R/P	X	X	Routes Review
7:10	5	X	X	Blocking Drills	Footwork Run	X
7:15	6	Reverse's	Reverse's	Reverse's	Reverse's	Reverse's
7:20	7	Inside Run	Inside Run	Inside Run	Inside Run	1 on 1 vs Def.
7:25	8	X	X	X	X	X
7:30	9	Option On Me	Option On Me	Option On Me	Option On Me	Option On Me
7:35	10	X	X	X	X	X
7:40	11	Blitz Pick-up	Blitz Pick-up	Blitz Pick-up	Blitz Pick-up	Blitz Pick-up
7:45	12	X	X	X	X	X
7:50	13	OL vs DL Run	OL vs TE Run	ABC'S	ABC'S	ABC'S
7:55	14	X	Pass Hull	Pass Hull	Pass Hull	Pass Hull
8:00	15	OL vs DL Pass	X	X	X	X
8:05	16	X	X	X	X	X
8:10	17	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.
8:15	18	X	X	X	X	X
8:20	19	X	X	X	X	X
8:25	20	GL vs Def.	GL vs Def.	GL vs Def.	GL vs Def.	GL vs Def.
8:30	21	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Comments:

18 - 19 REVERSE
12 - 13 REVERSE

“Z” 18 - 19 SWING OPTION
16 - 17 DOUBLES, ACE (GUN)

48 - 49 Toss From Both I, Y, Z Backs

Hitch Screen

Smash Screen

Tom Motion

**Taxi
Motion**

Spring Football Workout Schedule

10

 Date: 5-9-2001

 Dress: Full Pads

Practice #: _____

 Practice Time: 6:50

Athletic Period: _____

Meetings: _____

“The Will To Win Is Useless Without The Will To Prepare To Win”

Offensive Spring Workout Schedule

Time:	Period:	O-Line:	TE's:	RB's:	QB's:	WR's:
6:50	1	Stretch	Stretch	Stretch	Stretch	Stretch
6:55	2	Shoots/Get-offs	Shoots/Get-offs	Drills	Pitch Drill	Ball Drills
7:00	3	5 Man Sled	5 Man Sled	TB Footwork	FB's Mesh QB's	X
7:05	4	Barrels R/P	Barrels R/P	X	X	Routes Review
7:10	5	X	X	Blocking Drills	Footwork Run	X
7:15	6	Inside Run	Inside Run	Inside Run	Inside Run	1 on 1 vs Def.
7:20	7	X	X	X	X	X
7:25	8	Option On Me	Option On Me	Option On Me	Option On Me	Option On Me
7:30	9	X	X	X	X	X
7:35	10	Blitz Pick-up	Blitz Pick-up	Blitz Pick-up	Blitz Pick-up	Blitz Pick-up
7:40	11	X	X	X	X	X
7:45	12	Review	Review	ABC'S	ABC'S	ABC'S
7:50	13	OL vs DL Run	OL vs TE Run	X	X	X
7:55	14	X	Pass Hull	Pass Hull	Pass Hull	Pass Hull
8:00	15	OL vs DL Pass	X	X	X	X
8:05	16	X	X	X	X	X
8:10	17	GL Review	GL Review	GL Review	GL Review	GL Review
8:15	18	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.
8:20	19	X	X	X	X	X
8:25	20	X	X	X	X	X
8:30	21	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Comments:

 18 - 19 REVERSE
 12 - 13 REVERSE

 "Z" 18 - 19 SWING OPTION
 16 - 17 GUN DOUBLES, ACE (GUN)
 48 - 49 Toss From Both I, Y, Z Backs

Hitch Screen

Smash Screen

Tom Motion

Taxi Motion

Spring Football Workout Schedule

Date: 5-10-2001

Dress: Full Pads

Practice #: 11

Practice Time: 7:15

Athletic Period: _____

Meetings: _____

"The Will To Win Is Useless Without The Will To Prepare To Win"

Offensive Spring Workout Schedule

Time:	Period:	O-Line:	TE's:	RB's:	QB's:	WR's:
7:15	1	Stretch	Stretch	Stretch	Stretch	Stretch
7:20	2	Shoots/Get-offs	Shoots/Get-offs	Drills	Pitch Drill	Ball Drills
7:25	3	5 Man Sled	5 Man Sled	TB / Rec.s Stalk	FB's Mesh QB's	Rec. /TB Stalk
7:30	4	Barrels R/P	Barrels R/P	X	X	X
7:35	5	X	X	Blocking Drills	Footwork Run	X
7:40	6	OL vs DL Pass	Pass Hull	Pass Hull	Pass Hull	Pass Hull
7:45	7	X	X	X	X	X
7:50	8	X	X	X	X	X
7:55	9	Option On Me	Option On Me	Option On Me	Option On Me	Option On Me
8:00	10	X	X	X	X	X
8:05	11	Inside Run	Inside Run	Inside Run	Inside Run	Inside Run
8:10	12	X	X	X	X	X
8:15	13	Off. Team	Off. Team	Off. Team	Off. Team	Off. Team
8:20	14	X	X	X	X	X
8:25	15	GL Review	GL Review	GL Review	GL Review	GL Review
8:30	16	X	X	X	X	X
8:35	17	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Comments:

18 - 19 REVERSE
12 - 13 REVERSE

"Z" 18 - 19 SWING OPTION
16 - 17 GUN DOUBLES, ACE (GUN)
48 - 49 Toss From Both I, Y, Z Backs

Hitch Screen
Smash Screen
Tom Motion

Taxi
Motion

Spring Football Workout Schedule

12

Date: 5-14-2001

Dress: Full Pads

Practice #: _____

Practice Time: 6:50

Athletic Period: _____

Meetings: _____

"The Will To Win Is Useless Without The Will To Prepare To Win"

Offensive Spring Workout Schedule

Time:	Period:	O-Line:	TE's:	RB's:	QB's:	WR's:
6:50	1	Stretch	Stretch	Stretch	Stretch	Stretch
6:55	2	Shoots/Get-offs	Shoots/Get-offs	Drills	Pitch Drill	Ball Drills
7:00	3	5 Man Sled	5 Man Sled	TB Footwork	FB's Mesh QB's	X
7:05	4	Barrels R/P	Barrels R/P	X	X	Routes Review
7:10	5	X	X	Blocking Drills	Footwork Run	X
7:15	6	Inside Run	Inside Run	Inside Run	Inside Run	1 on 1 vs Def.
7:20	7	X	X	X	X	X
7:25	8	Option On Me	Option On Me	Option On Me	Option On Me	Option On Me
7:30	9	X	X	X	X	X
7:35	10	Goal Line	Goal Line	Goal Line	Goal Line	Goal Line
7:40	11	X	X	X	X	X
7:45	12	OL vs DL Run	OL vs TE Run	ABC'S	ABC'S	ABC'S
7:50	13	X	X	X	X	X
7:55	14	OL vs DL Pass	Pass Hull	Pass Hull	Pass Hull	Pass Hull
8:00	15	X	X	X	X	X
8:05	16	Review	X	X	X	X
8:10	17	X	X	X	X	X
8:15	18	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.
8:20	19	X	X	X	X	X
8:25	20	X	X	X	X	X
8:30	21	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Comments:

OT

Y

X

Z

○ ○ □ ○ ○ ○

○

Taxi
Motion

○

○

Over
Formation

Spring Football Workout Schedule

Date: 5-16-2001 Dress: Full Pads Practice #: 14

Practice Time: 6:50 Athletic Period: _____ Meetings: _____

“The Will To Win Is Useless Without The Will To Prepare To Win”

Offensive Spring Workout Schedule

Time:	Period:	O-Line:	TE's:	RB's:	QB's:	WR's:
6:50	1	Stretch	Stretch	Stretch	Stretch	Stretch
6:55	2	Review w/ RB's	Review w/ RB's	Review w/ OL	Pitch Drill	Ball Drills
7:00	3	X	X	X	Mesh w/ OL, RB's	X
7:05	4	X	X	X	X	Routes Review
7:10	5	X	X	X	X	X
7:15	6	Inside Run	Inside Run	Inside Run	Inside Run	1 on 1 vs Def.
7:20	7	X	X	X	X	X
7:25	8	Option On Me	Option On Me	Option On Me	Option On Me	Option On Me
7:30	9	X	X	X	X	X
7:35	10	Goal Line	Goal Line	Goal Line	Goal Line	Goal Line
7:40	11	X	X	X	X	X
7:45	12	OL vs DL Run	OL vs TE Run	ABC'S	ABC'S	ABC'S
7:50	13	X	X	X	X	X
7:55	14	OL vs DL Pass	Pass Hull	Pass Hull	Pass Hull	Pass Hull
8:00	15	X	X	X	X	X
8:05	16	Review	X	X	X	X
8:10	17	X	X	X	X	X
8:15	18	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.	Off. vs Def.
8:20	19	X	X	X	X	X
8:25	20	X	X	X	X	X
8:30	21	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Comments:

○ ○ □ ○ ○ ○ ○

○

Y

○

X

Z

Taxi
Motion

Z - Jet Motion

○

Over OT
Formation

○

Offensive Practice Schedule

Date: _____ Dress: _____ Opponent: _____ Practice Time: _____ Practice Number: _____

“The Will To Win Is Useless Without The Will To Prepare To Win”

Time	Period	Offensive Line	T.E.'s	RB's	QB's	WR's
	1	Stretch	Stretch	Stretch	Stretch	Stretch
	2					
	3					
	4					
	5					
	6					
	7					
	8					
	9					
	10					
	11					
	12					
	13					
	14					
	15					
	16					
	17					
	18					
	19					
	20					
	21					
	22					
	23					
	24					
	25	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Notes: Each practice period broken down into 5 minute segments.

Pass Of The Day:

Run Of The Day:

E.O.P. = End of Practice

This practice schedule formation represents a fall daily practice schedule broken down into 5 minute periods. A two hour practice is divided into 24 periods.

Practice Schedule
Aug. 21 thru Aug 25

Athletic Period
Daily 55 minutes

Practice
2 hour session

Monday 8-21

Monday

1. Varsity Film
J.V. - Weights

4:40 2hrs. Full Pads

Tuesday 8-22

Tuesday

1. Varsity Weights
J.V. Team

8 Periods Special Teams
18 Periods / Shorts Shoulder Pads

Wednesday 8-23

Wednesday

1. Varsity Special Teams
J.V. Weights

2 Hours Full Practice

Thursday 8-24

Thursday

1. Varsity Weights
J.V. Team

Same As Tuesday

Friday 8-25

Friday

1. Var. - J.V.
Play Polish

Video Until 5:00

Your Team

Date: 8-7-00 Dress: Shorts Opponent: _____ Meetings: JV _____ V _____

Practice Time: 6:00 p.m. Athletic Period: JV _____ V _____

#1

"The Will To Win Is Useless Without The Will To Prepare To Win"

Offensive Workout Schedule

Time	Period	Offensive Line	Tight Ends	Running Back's	QB's	Receivers
	1	Stretch	Stretch	Stretch	Stretch	Stretch
	2	Fit & Finish	Fit & Finish	Individual	Individual	Down Field
	3	↓	↓	↓	↓	↓
	4	Leverage	Leverage	↓	↓	↓
	5	↓	↓	Option Drills	Option Drills	Rec. Drills
	6	Schemes	Schemes	Run Others	Run Others	↓
	7	↓	↓	↓	↓	↓
	8	↓	↓	Group Option	Group Option	↓
	9	Option	Option	↓	↓	↓
	10	↓	↓	Group Run	Group Run	1 on 1 vs DB's
	11	DBL. Reads	DBL. Reads	DBL. Reads	Individual	↓
	12	Pass Sets	Play Action	Play Action	Play Action	Play Action
	13	500's Pro	↓	↓	↓	↓
	14	↓	90's	90's	90's	90's
	15	300's Pro	↓	↓	↓	↓
	16	7/80's Sprint	Pass Hull	Pass Hull	Pass Hull	Pass Hull
	17	100's P.A.	50's	50's	50's	50's
	18	Counters & Trap	↓	↓	↓	↓
	19	↓	70-80's	70-80's	70-80's	70-80's
	20	Team	Team	Team	Team	Team
	21	↓	↓	↓	↓	↓
	22	↓	↓	↓	↓	↓
	23	↓	↓	↓	↓	↓
	24	↓	↓	↓	↓	↓
	25	↓	↓	↓	↓	↓

Post Practice: Install Run:

42-43 Inside
46-47 Bounce
10 Army / Jill
13 Veer
18 Load

Install Pass:

90's
50's
70's
142-143 Bootleg

Your Team

Date: 8-8-00 Dress: Shorts Opponent: _____ Meetings: JV _____ V _____

Practice Time: 6:00 p.m. Athletic Period: JV _____ V _____

#2

"The Will To Win Is Useless Without The Will To Prepare To Win"

Offensive Workout Schedule

Time	Period	Offensive Line	Tight Ends	Running Back's	QB's	Receivers
	1	Stretch	Stretch	Stretch	Stretch	Stretch
	2	Fit & Finish	Fit & Finish	Individual	Individual	Down Field
	3	↓	↓	↓	↓	↓
	4	Leverage	Leverage	↓	↓	↓
	5	Option	Option	Option	Option	Rec. Drills
	6	↓	↓	↓	↓	↓
	7	↓	↓	↓	↓	↓
	8	Group Run	Group Run	Group Run	Group Run	↓
	9	↓	↓	↓	↓	↓
	10	↓	↓	↓	↓	↓
	11	DBL. Reads	DBL. Reads	DBL. Reads	Individual	1 on 1 vs DB's
	12	Pass Sets	Play Action	Play Action	Play Action	Play Action
	13	500's Pro	↓	↓	↓	↓
	14	↓	300's	300's	300's	300's
	15	300's Pro	↓	↓	↓	↓
	16	8/900's Sprint	↓	↓	↓	↓
	17	100's P.A.	Pass Hull vs DB's	Pass Hull vs DB's	Pass Hull vs DB's	Pass Hull vs DB's
	18	Counters & Trap	↓	↓	↓	↓
	19	↓	↓	↓	↓	↓
	20	Team Offense vs Team Defense	Team Offense vs Team Defense	Team Offense vs Team Defense	Team Offense vs Team Defense	Team Offense vs Team Defense
	21					
	22					
	23					
	24					
	25					

Notes:

Install Run:
18-19 Speed
43-44 Belly
18-19 Block
48-49 Toss

Install Pass:

135
158 - 159
Shot Gun
Quick

Review Run:

42-43 Inside
48-49 Bounce
10-11 Army / Jill
12-13 Veer
18-19 Load

Review Pass:

90's
50's
70's
152-153 Bootleg

Your Team

Date: 8-9-00 Dress: Shorts Opponent: _____ Meetings: JV _____ V _____

Practice Time: 5:30 p.m. Athletic Period: JV _____ V _____

#3

"The Will To Win Is Useless Without The Will To Prepare To Win"

Offensive Workout Schedule

Time	Period	Offensive Line	Tight Ends	Running Back's	QB's	Receivers
	1	Stretch	Stretch	Stretch	Stretch	Stretch
	2	Fit & Finish	Fit & Finish	Group w/ QB's	Group w/ RB's	Down Field
	3	↓	↓	↓	↓	↓
	4	Leverage	Leverage	↓	↓	↓
	5	Option	Option	Option	Option	Rec. Drills
	6	↓	↓	↓	↓	↓
	7	↓	↓	↓	↓	↓
	8	Group Run	Group Run	Group Run	Group Run	↓
	9	↓	↓	↓	↓	↓
	10	↓	↓	↓	↓	1 on 1 vs DB's
	11	DBL. Reads	DBL. Reads	DBL. Reads	Individual	
	12	Pass Sets	Play Action	Play Action	Play Action	Play Action
	13	50's Pro	↓	↓	↓	↓
	14	↓	90's	90's	90's	90's
	15	90's Pro	↓	↓	↓	↓
	16	7/80's Sprint	Pass Hull vs DB's	Pass Hull vs DB's	Pass Hull vs DB's	Pass Hull vs DB's
	17	100's P.A.				
	18	Counters & Trap				
	19	↓	↓	↓	↓	↓
	20	Group Offense	Group Offense	Group Offense	Group Offense	Group Offense
	21					
	22	Run	Run	Run	Run	Run
	23	Team Offense vs Pass Team Defense	Team Offense vs Pass Team Defense	Team Offense vs Pass Team Defense	Team Offense vs Pass Team Defense	Team Offense vs Pass Team Defense
	24					
	25					

Notes:

Install Run:

- 46 GT
- 46-47 GT
- 46-47 GA
- 126
- 113 Veer Pass

Review Run:

- 19 Speed
- 44 Belly
- 48-49 Toss

Review Run:

- 42-43 Inside
- 46-47 Bounce
- 10 Army / Jill
- 13 Veer
- 18 Load

Review Pass:

- 90's
- 50's
- 70-80's
- 142-143 Bootleg

Your Team

Date: 8-10-00 Dress: Shorts Opponent: _____ Meetings: JV _____ V _____

Practice Time: 6:00 p.m. Athletic Period: JV _____ V _____

#4

"The Will To Win Is Useless Without The Will To Prepare To Win"

Offensive Workout Schedule						
Time	Period	Offensive Line	Tight Ends	Running Back's	QB's	Receivers
	1	Stretch	Stretch	Stretch	Stretch	Stretch
	2	Fit & Finish	Fit & Finish	Individual	Individual	Down Field
	3	↓	↓	↓	↓	↓
	4	Leverage	Leverage	↓	↓	↓
	5	Option	Option	Option	Option	Rec. Drills
	6	↓	↓	↓	↓	↓
	7	↓	↓	↓	↓	↓
	8	Group Run	Group Run	Group Run	Group Run	↓
	9	↓	↓	↓	↓	↓
	10	↓	↓	↓	↓	1 on 1 vs DB's
	11	DBL. Reads	DBL. Reads	DBL. Reads		
	12	Pass Sets	Play Action	Play Action	Play Action	Play Action
	13	50's Pro	↓	↓	↓	↓
	14	↓	90's	90's	90's	90's
	15	90's Pro	↓	↓	↓	↓
	16	7/80's Sprint	↓	↓	↓	↓
	17	100's P.A.	Pass Hull vs DB's	Pass Hull vs DB's	Pass Hull vs DB's	Pass Hull vs DB's
	18	Counters & Trap	↓	↓	↓	↓
	19	↓	↓	↓	↓	↓
	20	↓	↓	↓	↓	↓
	21	Team Offense vs Team Defense	Team Offense vs Team Defense	Team Offense vs Team Defense	Team Offense vs Team Defense	Team Offense vs Team Defense
	22					
	23					
	24					
	25					

Notes:

Review Run:

Review Run:

Review Pass:

Review Pass:

Install Run:

44 Belly
18 Load
48-49 Toss
46-47 GT
46-47 GA

42-43 Inside
46-47 Bounce
10 Army / Jill
13 Veer
19 Speed

135
148 - 149
97
99
90 Quick

90's
50's
70-80's
142-143 Bootleg
126
113 Veer Pass

Your Team

Date: 8-11-00 Dress: Full Gear Opponent: _____ Meetings: JV _____ V _____

Practice Time: 10:40 a.m. Athletic Period: JV _____ V _____

#6

"The Will To Win Is Useless Without The Will To Prepare To Win"

Offensive Workout Schedule

Time	Period	Offensive Line	Tight Ends	R B's	QB's	WR's
10:40	1	Stretch	Stretch	Stretch	Stretch	Stretch
10:45	2	Fit / Finish	Fit / Finish	Individual	Individual	Individual
10:50	3	Flip, Speed	Flip, Speed	X	X	X
10:55	4	Sled	Sled	X	X	X
11:00	5	Group Option	Group Option	Group Option	Group Option	Group Option
11:05	6	X	X	X	X	X
11:10	7	X	X	X	X	X
11:15	8	Group Run	Group Run	Group Run	Group Run	Group Run
11:20	9	X	X	X	X	X
11:25	10	X	X	X	X	X
11:30	11	Group Pass	Group Pass	Group Pass	Group Pass	Group Pass
11:35	12	X	X	X	X	X
11:40	13	X	X	X	X	X
11:45	14	X	X	X	X	X
11:50	15	Group Run	Group Run	Group Run	Group Run	Group Run
11:55	16	X	X	X	X	X
12:00	17	X	X	X	X	X
12:05	18	X	X	X	X	X
12:10	19	X	X	X	X	X
12:15	20	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.
	21					
	22					
	23					
	24					
	25					

Notes: Review all RUN and PASS

Your Team

Date: 8-14-00 Dress: Full Gear Opponent: _____ Meetings: JV _____ V _____

Practice Time: 4:40 p.m. Athletic Period: JV _____ V _____

#7

"The Will To Win Is Useless Without The Will To Prepare To Win"

Offensive Workout Schedule

Time	Period	Offensive Line	Tight Ends	R B's	QB's	WR's
4:40	1	Stretch	Stretch	Stretch	Stretch	Stretch
4:45	2	Fit / Finish	Fit / Finish	Ropes, Bags	Pitch Drill	Block
4:50	3	X	X	Hand-offs	Steps, Drops	Stalk
4:55	4	Sled	Sled	Near Hip	W / FB's	Rec. Drills
5:00	5	X	X	Far Hip	10-11 / Veer	X
5:05	6	Group Option	Group Option	Group Option	Group Option	X
5:10	7	X	X	X	X	Routes
5:15	8	X	X	X	X	X
5:20	9	Group Run	Group Run	Group Run	Group Run	X
5:25	10	X	X	X	X	1 on 1's
5:30	11	X	X	X	X	1 on 1's
5:35	* 12	Pass Sets vs DL	w/WR's 50	Review Routes	Pass Warm-Up	Smash
5:40	13	Pass Set vs 50	Pass Hull	Pass Hull	Pass Hull	Pass Hull
5:45	14	Pass Set vs 90	X	X	X	X
5:50	15	Pass Set vs 100	X	X	X	X
5:55	16	Pass Set vs 70	X	X	X	X
6:00	17	Team Pass	Team Pass	Team Pass	Team Pass	Team Pass
6:05	18	X	X	X	X	X
6:10	19	X	X	X	X	X
6:15	20	X	X	X	X	X
6:20	21	Team Run	Team Run	Team Run	Team Run	Team Run
6:25	22	X	X	X	X	X
6:30	23	X	X	X	X	X
6:35	24	X	X	X	X	X
6:40	25	X	X	X	X	X

Notes: Review all RUN and PASS - * Period 12 exchange players with defense

* Pass of the Day - 143

* Run of the Day - 42 Tackle Trap

* Add 42 & 43 Inside

* Add 110 Army Pass

Your Team

Date: 8-22-00

Dress: Full

Opponent: Brenham

Practice Time: 4:40

Practice Number: 13

13

“The Will To Win Is Useless Without The Will To Prepare To Win”

Time	Period	Offensive Line	T.E.'s	RB's	QB's	WR's
4:40	1	Stretch	Stretch	Stretch	Stretch	Stretch
4:45	2	Kick Warm-Up	Kick Warm-Up	Kick Warm-Up	Kick Warm-Up	Kick Warm-Up
4:50	3	X	X	X	X	X
4:55	4	Punt	Punt	Punt	Punt	Punt
5:00	5					
5:05	6	Extra Point/ F.G.				
5:10	7	Kick-off				
5:15	8	Kick-off Return				
5:20	9	Pass Pro	Pass Pro	Pass Pro	Pass Warm-up	Routes
5:25	10	X	X	X	X	X
5:30	11	X	X	X	X	X
5:35	12	Inside Run	Inside Run	Play Polish	Play Polish	Play Polish
5:40	13	Option Run	Option Run	X	X	X
5:45	14	Toss	Toss	X	X	X
5:50	15	100's Pass	Pass Hull	Pass Hull	Pass Hull	Pass Hull
5:55	16	90's Pass	X	X	X	X
6:00	17	50's Pass	X	X	X	X
6:05	18	X	X	X	X	X
6:10	19	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.
6:15	20					
6:20	21					
6:25	22					
6:30	23					
6:35	24					
6:40	25					
6:45	E.O.P.					

Notes:

Your Team

Date: 8-24-00 Dress: Full Opponent: Brenham Scrimmage

Practice Time: 4:40

Practice Number: **15**

"The Will To Win Is Useless Without The Will To Prepare To Win"

Time	Period	Offensive Line	T.E.'s	RB's	QB's	WR's
4:40	1	Stretch	Stretch	Stretch	Stretch	Stretch
4:45	2	Kick Warm-Up	Kick Warm-Up	Kick Warm-Up	Kick Warm-Up	Kick Warm-Up
4:50	3	X	X	X	X	X
4:55	4	Punt	Punt	Punt	Punt	Punt
5:00	5	Punt Return	Punt Return	Punt Return	Punt Return	Punt Return
5:05	6	Extra Point/ F.G.	Extra Point/ F.G.	Extra Point/ F.G.	Extra Point/ F.G.	Extra Point/ F.G.
5:10	7	Kick-off	Kick-off	Kick-off	Kick-off	Kick-off
5:15	8	K.O.R.	K.O.R.	K.O.R.	K.O.R.	K.O.R.
5:20	9	Trap / Counter	Trap / Counter	Trap / Counter	Trap / Counter	Drills
5:25	10	X	X	X	X	X
5:30	11	X	X	X	X	X
5:35	12	Team Pass / Run	—————→			
5:40	13	X	X	X	X	X
5:45	14	X	X	X	X	X
5:50	15	X	X	X	X	X
5:55	16	X	X	X	X	X
6:00	17	X	X	X	X	X
6:05	18	X	X	X	X	X
6:10	19	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.
6:15	20					
6:20	21					
6:25	22					
6:30	23					
6:35	24					
6:40	25					
6:45	E.O.P.					

Notes:

Snap Exchange Shotgun

Russ - Brent / Russ - Tyler
 Nick - Tyler Bryant
 Andy

After extra point / F.G.

Your Team

Date: 8-29-00

Dress: Full

Opponent: Killeen

Practice Time: 4:40

Practice Number: 17

“The Will To Win Is Useless Without The Will To Prepare To Win”

Time	Period	Offensive Line	T.E.'s	RB's	QB's	WR's
4:40	1	Stretch	Stretch	Stretch	Stretch	Stretch
4:45	2	Shoots	Shoots	Run Drills	Ball Drills	Dn FLD Block
4:50	3	Sled	Sled	Bounce	Pitch Drill	Dn FLD Block
4:55	4	X	X	10 - 11's	10 - 11's	Dn FLD Block
5:00	5	X	X	13 Veer	13 Veer	Catch Drills
5:05	6	Group Option	Group Option	Group Option	Group Option	X
5:10	7	X	X	X	X	X
5:15	8	X	X	X	X	X
5:20	9	Group Run	Group Run	Group Run	Group Run	X
5:25	10	X	X	X	X	Routes
5:30	11	X	X	X	X	1 on 1's
5:35	12	Pass Pro	Pass Pro	Pass Pro	Warm-Up	X
5:40	13	OL vs DL Scheme	P.A.'s Group	P.A.'s Group	P.A.'s Group	P.A.'s Group
5:45	14	X	X	X	X	X
5:50	15	X	Pass Hull	Pass Hull	Pass Hull	Pass Hull
5:55	16	Individual Review	X	X	X	X
6:00	17	X	X	X	X	X
6:05	18	X	X	X	X	X
6:10	19	Team Run - Pass	Team Run - Pass	Team Run - Pass	Team Run - Pass	Team Run - Pass
6:15	20	X	X	X	X	X
6:20	21	X	X	X	X	X
6:25	22	X	X	X	X	X
6:30	23	X	X	X	X	X
6:35	24	X	X	X	X	X
6:40	25	X	X	X	X	X
6:45	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Notes: Pass Of The Day: 70 - 80 Go

Run Of The Day: 48 - 49 Toss

Play of The Day: 13 Veer

Your Team

Date: 8-30-00

Dress: Shorts
Shoulder
Pads

Opponent: Killeen

Practice Time: 4:40

Practice Number:

18

"The Will To Win Is Useless Without The Will To Prepare To Win"

Time	Period	Offensive Line	T.E.'s	RB's	QB's	WR's
4:40	1	Stretch	Stretch	Stretch	Stretch	Stretch
4:45	2	Individual	Individual	Individual	Individual	Drills
4:50	3	X	X	X	X	X
4:55	4	X	X	X	X	X
5:00	5	X	X	X	X	X
5:05	6	X	X	X	X	X
5:10	7	X	X	X	X	X
5:15	8	Team Pass / Run	Team Pass / Run	Team Pass / Run	Team Pass / Run	Team Pass / Run
5:20	9	X	X	X	X	X
5:25	10	X	X	X	X	X
5:30	11	X	X	X	X	X
5:35	12	X	X	X	X	X
5:40	13	X	X	X	X	X
5:45	14	X	X	X	X	X
5:50	15	Goal Line	Goal Line	Goal Line	Goal Line	Goal Line
5:55	16	X	X	X	X	X
6:00	17	2 Minute	2 Minute	2 Minute	2 Minute	2 Minute
6:05	18	X	X	X	X	X
6:10	19	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.
6:15	20					
6:20	21					
6:25	22					
6:30	23					
6:35	24					
6:40	25					
6:45	E.O.P.					

Notes:

Your Team

Date: 9-4-00 Dress: Full Opponent: Copperas Cove Practice Time: 4:40 Practice Number: **19**

“The Will To Win Is Useless Without The Will To Prepare To Win”

Time	Period	Offensive Line	T.E.'s	RB's	QB's	WR's
4:40	1	Stretch	Stretch	Stretch	Stretch	Stretch
4:45	2	Shoots	Shoots	Run Drills	Ball Drills	Dn FLD Block
4:50	3	Sled	Sled	Bounce	Pitch Drill	Dn FLD Block
4:55	4	X	X	10 - 11's	10 - 11's	Dn FLD Block
5:00	5	X	X	13 Veer	13 Veer	Catch Drills
5:05	6	Group Option	Group Option	Group Option	Group Option	X
5:10	7	X	X	X	X	X
5:15	8	X	X	X	X	X
5:20	9	Group Run	Group Run	Group Run	Group Run	X
5:25	10	X	X	X	X	Routes
5:30	11	X	X	X	X	1 on 1's
5:35	12	Pass Pro	Pass Pro	Pass Pro	Warm-Up	X
5:40	13	OL vs DL Scheme	P.A.'s Group	P.A.'s Group	P.A.'s Group	P.A.'s Group
5:45	14	X	X	X	X	X
5:50	15	X	Pass Hull	Pass Hull	Pass Hull	Pass Hull
5:55	16	Individual Review	X	X	X	X
6:00	17	X	X	X	X	X
6:05	18	X	X	X	X	X
6:10	19	Team Run - Pass	Team Run - Pass	Team Run - Pass	Team Run - Pass	Team Run - Pass
6:15	20	X	X	X	X	X
6:20	21	X	X	X	X	X
6:25	22	X	X	X	X	X
6:30	23	X	X	X	X	X
6:35	24	X	X	X	X	X
6:40	25	X	X	X	X	X
6:45	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Notes: **New Play: 28 Block, off Jab**
Pass Of The Day: 70 - 80 Go
Run Of The Day: 48 - 49 Toss
Play of The Day: 12 - 13 Veer

Your Team

25

Date: **9-13-00** **Wed.** Dress: **Shorts** Opp.: **Bowie** Practice Time: **10:55** Practice Number: _____

"The Will To Win Is Useless Without The Will To Prepare To Win"

Time	Period	Off. Line	T.E.'s	R.B.'s	Q.B.'s	W.R.'s
10:55	1	Stretch	Stretch	Stretch	Stretch	Stretch
11:00	2	Kick Specialties	Kick Specialties	Kick Specialties	Kick Specialties	Kick Specialties
11:05	3	Punt	Punt	Punt	Punt	Punt
11:10	4	Punt Block	Punt Block	Punt Block	Punt Block	Punt Block
11:15	5	Kick-Off	Kick-Off	Kick-Off	Kick-Off	Kick-Off
11:20	6	K.O.R.	K.O.R.	K.O.R.	K.O.R.	K.O.R.
11:25	7	X	X	X	X	X
11:30	8	Team Run	Team Run	Team Run	Team Run	Team Run
11:35	9	X	X	X	X	X
11:40	10	X	X	X	X	X
11:45	11	Goal Line	Goal Line	Goal Line	Goal Line	Goal Line
11:50	12	X	X	X	X	X
11:55	13	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Athletic Period: Practice Time 10:55 - 11:55

Offense Team Run

1. Gun Jet 42 TT
2. Rt. Ace 13-8 Reverse
3. Rt. Ace 13 Veer
4. Lt. King Jet 19 Speed
5. Rt. King 10 Jill
6. Rt. Trey 10 Army
7. Rt. Trips 11 Army
8. Lt. King 13 Veer
9. Rt. A Jet 42 Inside
10. Lt. Ace 18 Load
11. Lt. Jet 43 Belly
12. Lt. Jet 48 Block
13. Rt. King 58 Bounce
14. Lt. 13 Veer
15. Rt. Ace 23 Jab

Offense Goal Line

1. Rt. King 18 Load
 2. Rt. Jet 43 Belly
 3. Rt. King 4 Loaded
 4. Lt. Bone 44 Blast
 5. Rt. Bone Jet 18 Block
 6. Rt. King 113 Throwback
 7. Rt. Bone 154 Blast
- Pass

Your Team

26

Date: **9-18-00** Mon. Dress: Full Opp.: Crocket Practice Time: 4:40 Practice Number: _____

“The Will To Win Is Useless Without The Will To Prepare To Win”

Time	Period	Off. Line	T.E.'s	R.B.'s	Q.B.'s	W.R.'s
4:40	1	Stretch	Stretch	Stretch	Stretch	Stretch
4:45	2	Shoots	Shoots	Shoots	Ball Drills	Down Field
4:50	3	Sled	Sled	Pitch Veer	W / FB's	19 SP - "R"
4:55	4	Install w/ A's	Install w/ A's	A's w/ OL	W / FB's	Rec. Drills
5:00	5	X	X	X	W / FB's	Routes
5:05	6	Review	Review	Block / Speed	Block / Speed	X
5:10	7	X	X	X	X	X
5:15	8	X	X	Other Run.	Other Run.	X
5:20	9	X	X	X	X	X
5:25	10	w/ F & A's	X	w/ O-Line	Warm-Up	X
5:30	11	X	Pass Zoom	X	Pass Zoom	Pass Zoom
5:35	12	X	X	X	X	X
5:40	13	Pass Pro w/ F's	X	X	X	X
5:45	14	X	Pass Hull	Pass Hull	Pass Hull	Pass Hull
5:50	15	X	X	X	X	X
5:55	16	X	X	X	X	X
6:00	17	Zoom Package	Zoom Package	Zoom Package	Zoom Package	Zoom Package
6:05	18	X	X	X	X	X
6:10	19	X	X	X	X	X
6:15	20	Team Pass	Team Pass	Team Pass	Team Pass	Team Pass
6:20	21	X	X	X	X	X
6:25	22	Play Action	Play Action	Play Action	Play Action	Play Action
6:30	23	Team Run	Team Run	Team Run	Team Run	Team Run
6:35	24	X	X	X	X	X
6:40	25	X	X	X	X	X
6:45	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Pass Of The Day: 300 Convoy
Run Of The Day: 12 - 13 Veer
Play Of The Day: 44 - 45 ISO

Your Team

Date: 9-19-00 Tues. Dress: Full Opp: Crocket Practice Time 4:40 Practice Number: 27

"The Will To Win Is Useless Without The Will To Prepare To Win"

Time	Period	Off. Line	T.E.'s	R.B.'s	Q.B.'s	W.R.'s
4:40	1	Stretch	Stretch	Stretch	Stretch	Stretch
4:45	2	Shoots / Sled	Shoots / Sled	Drills	Ball Drills	Downfield
4:50	3	Barrels	Barrels	QB's Ex- Change	RB's Ex- Change	X
4:55	4	Group Midline	Group Midline	Group Midline	Group Midline	Rec. Drills
5:00	5	Group Veer	Group Veer	Group Veer	Group Veer	Routes
5:05	6	Group !8 Load	Group !8 Load	Group !8 Load	Group !8 Load	X
5:10	7	46 - 47 G.T.	46 - 47 G.T.	46 - 47 G.T.	46 - 47 G.T.	X
5:15	8	42 - 43 - Zones	42 - 43 - Zones	42 - 43 Zones	42 - 43 Zones	X
5:20	9	42 - 43 Zones	42 - 43 Zones	42 - 43 Zones	42 - 43 Zones	X
5:25	10	Pass Pro A-F	w / WR's	Pass Pro	Warm-Up	X
5:30	11	Pass Tech's	Zoom Package	A's Arc - Bounce	Zoom Package	Zoom Package
5:35	12	X	X	F's Zoom	X	X
5:40	13	X	X	X	X	X
5:45	14	1 on 1's vs Pass	Pass Hull	Pass Hull	Pass Hull	Pass Hull
5:50	15	X	X	X	X	X
5:55	16	X	X	X	X	X
6:00	17	Team Pass	Team Pass	Team Pass	Team Pass	Team Pass
6:05	18	X	X	X	X	X
6:10	19	Team Run-PA	Team Run-PA	Team Run-PA	Team Run-PA	Team Run-PA
6:15	20	X	X	X	X	X
6:20	21	X	X	X	X	X
6:25	22	X	X	X	X	X
6:30	23	Zoom Package	Zoom Package	Zoom Package	Zoom Package	Zoom Package
6:35	24	X	X	X	X	X
6:40	25	X	X	X	X	X
6:45	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Pass Of The Day: 50 Mesh
 Run Of The Day: 12-13 Veer
 Play Of The Day: 42 Inside (Zoom)

O-Line Review
 10 Give
 42 Inside (Jill)
 47 G - (GA)
 46 G - (GA)
 42 Trap
 43 Jab
 42 TT

Your Team

Date: 9-20-00
Wed. Dress: Full Opp: Crocket Practice Time 4:40 Practice Number: 28

“The Will To Win Is Useless Without The Will To Prepare To Win”

Time	Period	Off. Line	T.E.'s	R.B.'s	Q.B.'s	W.R.'s
4:40	1	Stretch	Stretch	Stretch	Stretch	Stretch
4:45	2	Group Veer	Group Veer	Group Veer	Group Veer	Downfield
4:50	3	Group Midline	Group Midline	Group Midline	Group Midline	X
4:55	4	Group 18 Load	Group 18 Load	Group 18 Load	Group 18 Load	Rec. Drills
5:00	5	46 - 47 CNT	46 - 47 CNT	46 - 47 CNT	46 - 47 CNT	X
5:05	6	O-Line Review	Pass Hull	Pass Hull	Pass Hull	Pass Hull
5:10	7		X	X	X	X
5:15	8		X	X	X	X
5:20	9		X	X	X	X
5:25	10	Team	Team	Team	Team	Team
5:30	11	X	X	X	X	X
5:35	12	X	X	X	X	X
5:40	13	X	X	X	X	X
5:45	14	X	X	X	X	X
5:50	15	X	X	X	X	X
5:55	16	X	X	X	X	X
6:00	17	Zoom No Huddle	Zoom No Huddle	Zoom No Huddle	Zoom No Huddle	Zoom No Huddle
6:05	18	X	X	X	X	X
6:10	19	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.
6:15	20					
6:20	21					
6:25	22					
6:30	23					
6:35	24					
6:40	25					
6:45						

Pass Of The Day: 50 Mesh
Run Of The Day: 12-13 Veer
Play Of The Day: 42-43 Inside

O-Line Review
 10 Give
 52 Inside (Jill)
 47 G - (GA)
 46 G - (GA)
 42 Trap
 43 Jab
 42 TT

Your Team

Date: **9-26-00** **Tues.** Dress: **Full** Opp.: **Westlake** Practice Time: **4:40** Practice Number: **30**
 "The Will To Win Is Useless Without The Will To Prepare To Win"

Time	Period	Off. Line	T.E.'s	R.B.'s	Q.B.'s	W.R.'s
4:40	1	Stretch	Stretch	Stretch	Stretch	Stretch
4:45	2	Shoots / Sled	Shoots / Sled	Shoots	Ball Drills	Down Field
4:50	3	Barrels	Barrels	RB's Ex-Change	RB's Ex-Change	Rec. Drills
4:55	4	Group 48-49	Group 48-49	Group 48-49	Group 48-49	X
5:00	5	X	X	X	X	Routes
5:05	6	Group 18 Block	Group 18 Block	Group 18 Block	Group 18 Block	X
5:10	7	Group 19 Opts	Group 19 Opts	Group 19 Opts	Group 19 Opts	Group 19 Opts
5:15	8	X	X	X	X	X
5:20	9	Group 40-41's	Group 40-41's	Group 40-41's	Group 40-41's	Routes
5:25	10 *	Pass Pro F-A's	W / Rec.'s	w/ O-Line	Warm-Up	W / TE.'s
5:30	11	X	X	X	Pass Zoom	Pass Zoom
5:35	12	X	X	X	X	X
5:40	13	Run Block vs JV's	X	Zoom Work	X	X
5:45	14	46-47 G.T.	Pass Hull	Pass Hull	Pass Hull	Pass Hull
5:50	15	44-45 ISO	X	X	X	X
5:55	16	42 Belly	X	X	X	X
6:00	17	Team Pass	Team Pass	Team Pass	Team Pass	Team Pass
6:05	18	X	X	X	X	X
6:10	19	Team Run -PA	Team Run-PA	Team Run-PA	Team Run-PA	Team Run-PA
6:15	20	X	X	X	X	X
6:20	21	X	X	X	X	X
6:25	22	X	X	X	X	X
6:30	23	Zoom Package	Zoom Package	Zoom Package	Zoom Package	Zoom Package
6:35	24	X	X	X	X	X
6:40	25	X	X	X	X	X
6:45	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.

Pass Of The Day: 500 Y Hook
 Run Of The Day: 62 - 63 ISO
 Play Of The Day: 48-49 Option
 Exchange scouts period 10

O-Line Reveiw
 10-11 Jill
 10-11 Give
 49 Option
 all 18-19 Options
 43 Tackle Trap
 44-45 ISO

Your Team

Date: 9-27-00
Wed. Dress: Full Opp: Westlake Practice Time 4:40 Practice Number: 31

“The Will To Win Is Useless Without The Will To Prepare To Win”

Time	Period	Off. Line	T.E.'s	R.B.'s	Q.B.'s	W.R.'s
4:40	1	Stretch	Stretch	Stretch	Stretch	Stretch
4:45	2	Group 48-49	Group 48-49	Group 48-49	Group 48-49	Downfield
4:50	3	Group 18-19	Group 18-19	Group 18-19	Group 18-19	X
4:55	4	Group 18 Speed	Group 18 Speed	18 Speed	18 Speed	Rec. Drills
5:00	5	42 - 43 TT	42 - 43 TT	42 - 43 TT	42 - 43 TT	X
5:05	6	O-Line Review	Pass Hull	Pass Hull	Pass Hull	Pass Hull
5:10	7	X	X	X	X	X
5:15	8	X	X	X	X	X
5:20	9	X	X	X	X	X
5:25	10	Team	Team	Team	Team	Team
5:30	11	X	X	X	X	X
5:35	12	X	X	X	X	X
5:40	13	X	X	X	X	X
5:45	14	X	X	X	X	X
5:50	15	X	X	X	X	X
5:55	16	X	X	X	X	X
6:00	17	Zoom No Huddle	Zoom No Huddle	Zoom No Huddle	Zoom No Huddle	Zoom No Huddle
6:05	18	X	X	X	X	X
6:10	19	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.
6:15	20					
6:20	21					
6:25	22					
6:30	23					
6:35	24					
6:40	25					
6:45						

Your Team

Date: 10-3-00 Tues. Dress: Full Opp: R.R McNeil Practice Time: 4:40 Practice Number: 32

"The Will To Win Is Useless Without The Will To Prepare To Win"

Time	Period	Off. Line	T.E.'s	R.B.'s	Q.B.'s	W.R.'s
4:40	1	Stretch	Stretch	Stretch	Stretch	Stretch
4:45	2	Sled	Sled	Play Polish	Play Polish	Downfield
4:50	3	Vertical Push	Vertical Push	X	X	X
4:55	4	12 - 13 Veer	12 - 13 Veer	12 - 13 Veer	12 - 13 Veer	Rec. Drills
5:00	5	X	X	X	X	X
5:05	6	18 Block	18 Block	18 Block	18 Block	X
5:10	7	X	X	X	X	1 on 1's
5:15	8	10 - 11 Option	10 - 11 Option	10 - 11 Option	10 - 11 Option	X
5:20	9	X	X	X	X	X
5:25	10	42-43 Inside	42-43 Inside	42-43 Inside	QB's Warm-up	Break
5:30	11	48 - 49 Stretch	48 - 49 Stretch	48 - 49 Stretch	Routes	Routes
5:35	12	X	X	X	X	X
5:40	13	X	Pass Hull	Pass Hull	Pass Hull	Pass Hull
5:45	14	Pass Pro	X	X	X	X
5:50	15	X	X	X	X	X
5:55	16	X	X	X	X	X
6:00	17	Team	Team	Team	Team	Team
6:05	18	X	X	X	X	X
6:10	19	X	X	X	X	X
6:15	20	X	X	X	X	X
6:20	21	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.
6:25	22					
6:30	23					
6:35	24					
6:40	25					
6:45						

Open Bye Week

Play Of The Day: 12 - 13 Veer
 Pass Of The Day: 112 - 113
 Run Of The Day: 44 - 45 Cutback

Zoom Run:
 42 Inside
 42 Tackle Trap
 48 Stretch
 48 Read

Review:
 10 - 11 Option
 12 - 13 Veer
 18 - 19 Block
 22 - 23 Jab
 52 - 53 Inside
 58 - 59 Stretch
 44 Cutback
 46 - 47 Bounce

Your Team

Date: 10-4-00 Wed. Dress: Full Opp: R.R McNeil Practice Time: 4:40 Practice Number: 33

"The Will To Win Is Useless Without The Will To Prepare To Win"

Time	Period	Off. Line	T.E.'s	R.B.'s	Q.B.'s	W.R.'s
4:40	1	Stretch	Stretch	Stretch	Stretch	Stretch
4:45	2	Sled	Sled	Play Polish	Play Polish	Downfield
4:50	3	Vertical Push	Vertical Push	X	X	X
4:55	4	12 - 13 Veer	12 - 13 Veer	12 - 13 Veer	12 - 13 Veer	Rec. Drills
5:00	5	X	X	X	X	X
5:05	6	18 Block	18 Load	18 Block	18 Block	X
5:10	7	X	X	X	X	1 on 1's
5:15	8	10 - 11 Option	10 - 11 Option	10 - 11 Option	10 - 11 Option	X
5:20	9	X	X	X	X	X
5:25	10	52-53 Inside	52-53 Inside	52-53 Inside	QB's Warm-up	Break
5:30	11	58 - 59 Stretch	58 - 59 Stretch	58 - 59 Stretch	Routes	Routes
5:35	12	X	X	X	X	X
5:40	13	X	Pass Hull	Pass Hull	Pass Hull	Pass Hull
5:45	14	Pass Pro	X	X	X	X
5:50	15	X	X	X	X	X
5:55	16	X	X	X	X	X
6:00	17	Team	Team	Team	Team	Team
6:05	18	X	X	X	X	X
6:10	19	X	X	X	X	X
6:15	20	X	X	X	X	X
6:20	21	E.O.P.	E.O.P.	E.O.P.	E.O.P.	E.O.P.
6:25	22					
6:30	23					
6:35	24					
6:40	25					
6:45						

Open Bye Week

Play Of The Day: 12 Veer
 Pass Of The Day:
 Run Of The Day: 62 Cutback

Zoom Run:

52 Inside
 52 Tackle Trap
 58 Stretch
 58 Read

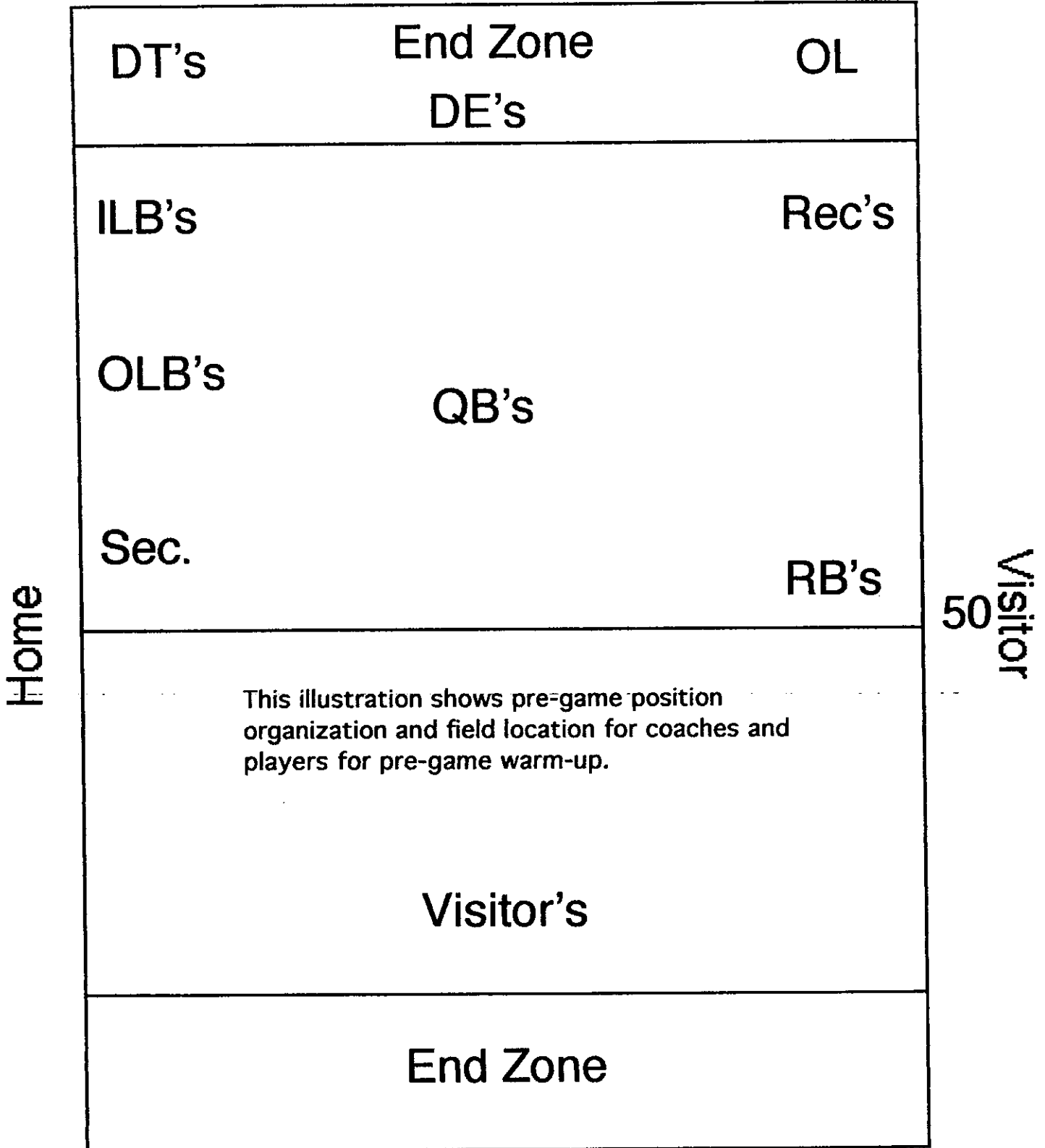
Review:

10 - 11 Option
 12 - 13 Veer
 18 - 19 Load
 22 - 23 Jab
 42 - 43 Inside
 48 - 49 Stretch
 44 Cutback
 46 - 47 Bounce

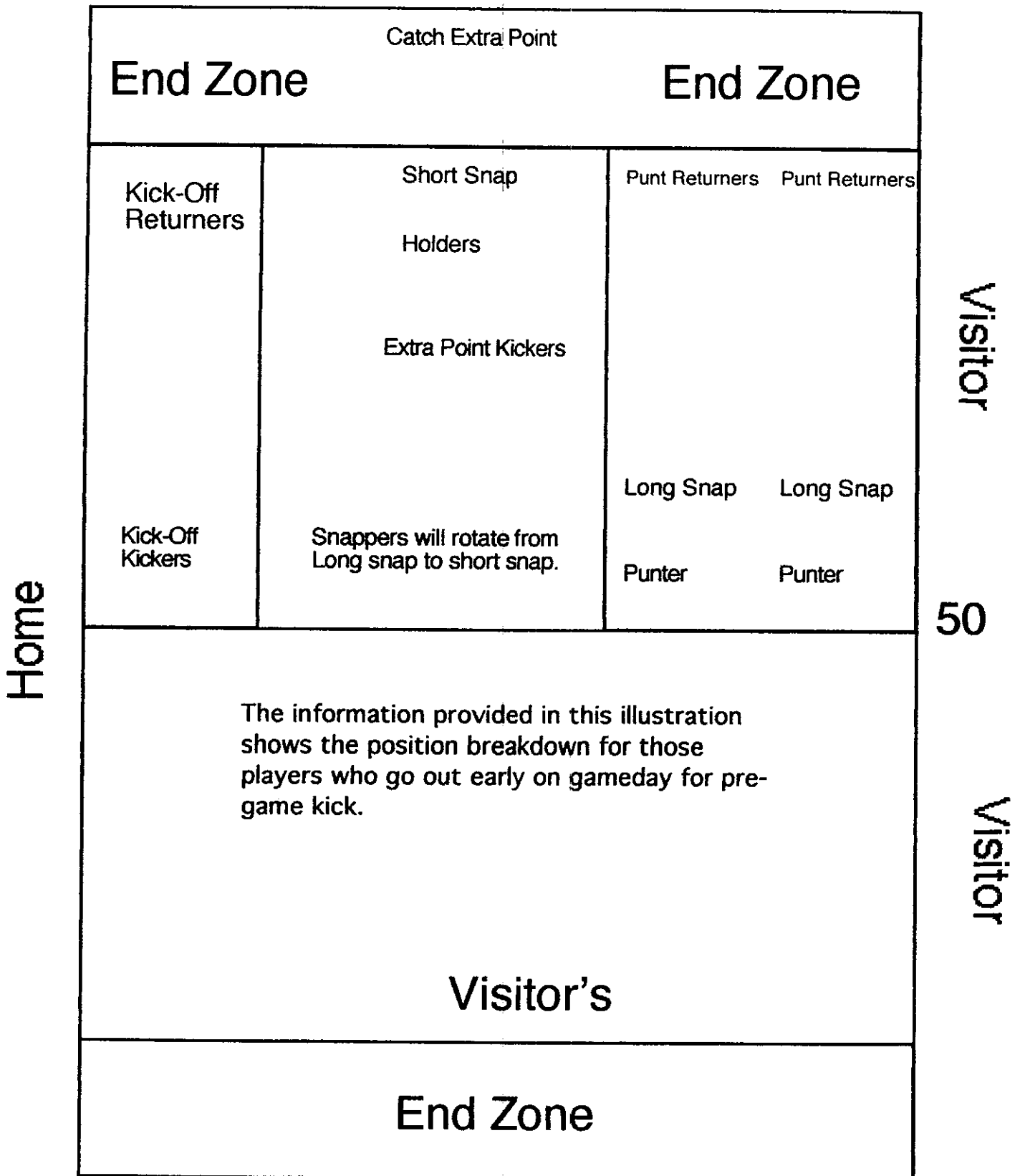
Additional Offensive Organizational Materials Section

1. Pre-game Warm-up Field Organization
2. Pre-game Kicking Warm-up Field Organization
3. Offensive Personnel Depth Chart
4. Practice Schedule Cards
5. Gameday Call Sheets
6. Practice Script
7. Offensive Game Plans
8. Inter Squad Scrimmage 1's vs 2's
9. 7 on 7 Passing
10. The Building Of An Attitude
13. Down and Distance Field Position
12. Practice Play Cards
13. Extra Point Card

Pre-Game Position Warm-Up Dressing Room



Pre-Game Kicking Warm-Up Dressing Room



Offensive Personnel Depth Chart

	1st Group	2nd Group	3rd Group	4th Group
TE				
RT				
RG				
C				
LG				
LT				
X				
Z				
TB				
FB				
QB				

Practice Schedule Card

Date: _____

Practice Time: _____

Day _____

Dress _____

The following Practice play card can be used as an on the field aid in following practice time. This particular card would be used in conjunction with kicking practice. Each period here reflects 10 minute segments.

TIME	PER.	SCHEDULE	Misc.
	Meeting		
	Stretch		
	Specialty Kick / Ind.		
	Team Kicking		
	Team Kicking	/	
	1		
	2		
	3		
	4		
	5		
	6		
	7		
	8		
	9		
	10		
	11		
	12		
	13		
	14		

PRACTICE SCHEDULE

DATE: _____

PRACTICE #: _____

This illustration is another example of a practice schedule for coaches use.

Period	Time	
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Each period would be 10 minutes in length.

OFFENSE

Practice Schedule

Date: _____

Football Practice Schedule

Practice # _____

Time	Per.	Drill	O - Line	QB'S	RB's	REC's	Misc.
	1						
	2						
	3						
	TEAM STRETCH						
	4						
	5						
	6						
	SPECIAL TEAMS						
	7						
	8						
	9						
	10						
	11						
	12						
	13						
	14						

Practice Script

Group: _____

Inside Hull: _____

Option Period: _____

- | | | |
|-----|-----|-----|
| 1. | 1. | 1. |
| 2. | 2. | 2. |
| 3. | 3. | 3. |
| 4. | 4. | 4. |
| 5. | 5. | 5. |
| 6. | 7. | 6. |
| 7. | 8. | 8. |
| 9. | 9. | 9. |
| 10. | 10. | 10. |
| 11. | 11. | 11. |
| 12. | 12. | 12. |
| 13. | 13. | 13. |
| 14. | 14. | 14. |
| 15. | 15. | 15. |

Pass Hull: _____

Pass Hull: _____

- | | |
|-----|-----|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |
| 6. | 6. |
| 7. | 7. |
| 8. | 8. |
| 9. | 9. |
| 10. | 10. |
| 11. | 11. |
| 12. | 12. |

Team: _____

- | | |
|-----|-----|
| 1. | 11. |
| 2. | 12. |
| 3. | 13. |
| 4. | 14. |
| 5. | 15. |
| 6. | 16. |
| 7. | 17. |
| 8. | 18. |
| 9. | |
| 10. | 325 |

Game Day Call Sheet vs _____

Date: _____

Play #	Dn	Dis	Hash L - M - R	Play Called	P/R	Result +/- Yds.	Pen.
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							
32							
33							
34							

General Gameday Information

Pre - Game Schedule / Sept. 7, 2000	Opponent's Base Fronts
<p>6:15 QB Warm - Up 6:20 QB Progression - Rec.'s Warm - Up 6:25 300's - 500's 6:30 Pads - Specialty Warm - Up 6:35 Special Teams 6:40 Stretch Non-Specialty 6:45 Quick Cal 6:48 Position Individual 6:55 Play Polish 7:00 X-Pt. / Fid. Goal 7:05 Return To Field 7:20 Return To Field 7:30 Beat Copperas Cove</p>	<p>W M S E T T E ○ ○ ○ □ ○ ○ ○ 4-3 ○ ○ ○ ○ ○ ○ ○</p>
2 point Philosophy Ahead	<p>W M E T T E S ○ ○ ○ □ ○ ○ ○ Under ○ ○ ○ ○ ○ ○ ○</p>
<p>Ahead by 10 - Kick Ahead by 9 - Kick Ahead by 8 - Kick Ahead by 7 - Kick Ahead by 6 - Kick (consider 2) Ahead by 5 - Go for 2 Ahead by 4 - Go for 2 Ahead by 3 - Kick Ahead by 2 - Kick Ahead by 1 - Go for 2 Tied - Kick</p>	<p>W M S E T T E ○ ○ ○ □ ○ ○ ○ Over ○ ○ ○ ○ ○ ○ ○</p>
2 point Philosophy Behind	<p>W M E T T E S ○ ○ ○ □ ○ ○ ○ 50 ○ ○ ○ ○ ○ ○ ○</p>
<p>Behind by 1 - Kick (consider 2 for Win) Behind by 2 - Go for 2 Behind by 3 - Kick Behind by 4 - Consider 2 for Win Behind by 5 - Go for 2 Behind by 6 - Go for 2 Behind by 7 - Kick Behind by 8 - Kick Behind by 9 - Go for 2 Behind by 10 - Go for 2 Tied - Kick</p>	<p>R W M S SS 30 E T E ○ ○ ○ □ ○ ○ ○</p>
Notes:	

Offensive Game Plan vs _____

1st & 10, 2nd & Normal		2nd & Long		3rd & Long
Run	Pass	Run	Pass	Run
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.
5.	5.	5.	5.	5.
6.	6.	6.	6.	
7.		2nd & Short		3rd & Long
8.		Run	Pass	Pass
9.				
10.				1.
11.	Home Run	1.	1.	2.
12.		2.	2.	3.
13.	1.	3.	3.	4.
14.	2.			5.
15.	3.	Goal Line		
16.	4.	Run	Pass	3rd & Medium
17.	Coming Out			Run
18.	1.	1.	1.	
19.	2.	2.	2.	1.
20.	3.	3.	3.	2.
	4.	4.	4.	3.
		Two Minute	Last 4 Plays	4.
				5.
First Half Script	Second Half Script			
1.	1.	1.	1.	3rd & Medium
2.	2.	2.	2.	Pass
3.	3.	3.	3.	
4.	4.	4.	4.	1.
5.	5.	Four Minute		2.
6.	6.	Last Chance		3.
7.	7.	1.	1.	4.
8.	8.	2.	2.	5.
9.	9.	3.	3.	
		4.	4.	4th Down Plays
				Run & Pass
2 minute	Hurry - up	Inside 20	Play Action	
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
				4.

Team Practice Schedule

Workout Number _____ vs _____ Date _____

#	Hash D & D	Formation	Play	Defense	Inside Run				
					#	Hash D & D	Formation	Play	Def.
1									
2					1				
3					2				
4					3				
5					4				
6					5				
7					6				
8					7				
9					8				
10					9				
11					10				
12					Option Period				
13					1				
14					2				
15					3				
16					4				
17					5				
18					6				
19					7				
20					8				

Game Day Call Sheet vs #1 Offense vs #2 Defense

Date: _____

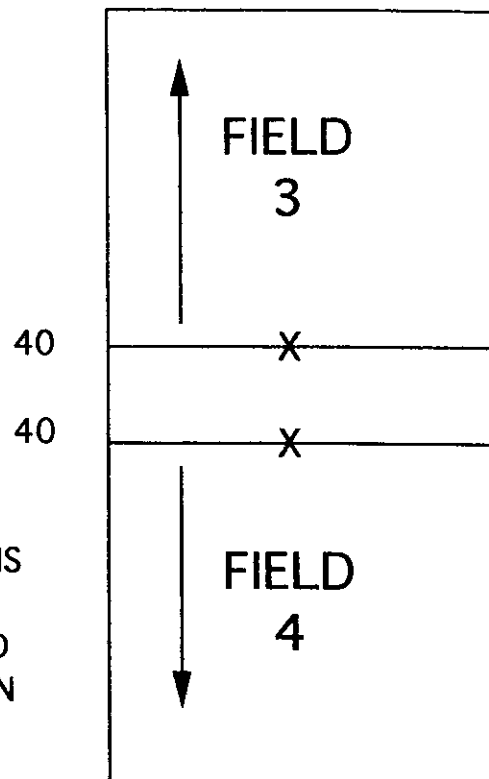
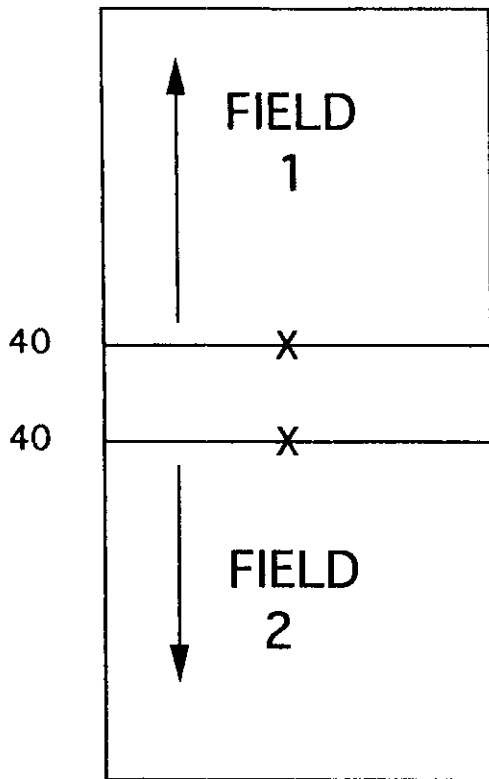
Play #	Down	Distance	Hash L - M - R	Play Called	P / R	Result +/- Yds.	Pen.
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							

#2 Offense vs #1 Defense

1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							

Notes:

7 ON 7 PASSING LEAGUE RULES FOR PLAYING



NOTE: BALL IS
SPOTTED ON
THE 40 YARD
LINE GOING IN

THE GAME: The winner of the coin toss will have the option of starting on offense or defense. The offensive team will begin on the 40+ yard line and the sequence of play will be:

- 1) 4 plays from the middle
- 2) 2 plays from the right hash
- 3) 2 plays from the middle
- 4) 2 plays from the left hash

The ball is then moved to the +20

SITUATION:

- | | |
|-----------------|-----|
| 1) 1st and 10 | +20 |
| 2) 2nd and 7 | +15 |
| 3) 3rd and 5 | +10 |
| 4) 3rd and goal | +6 |
| 5) 3rd and goal | +4 |

THE SECOND SERIES:

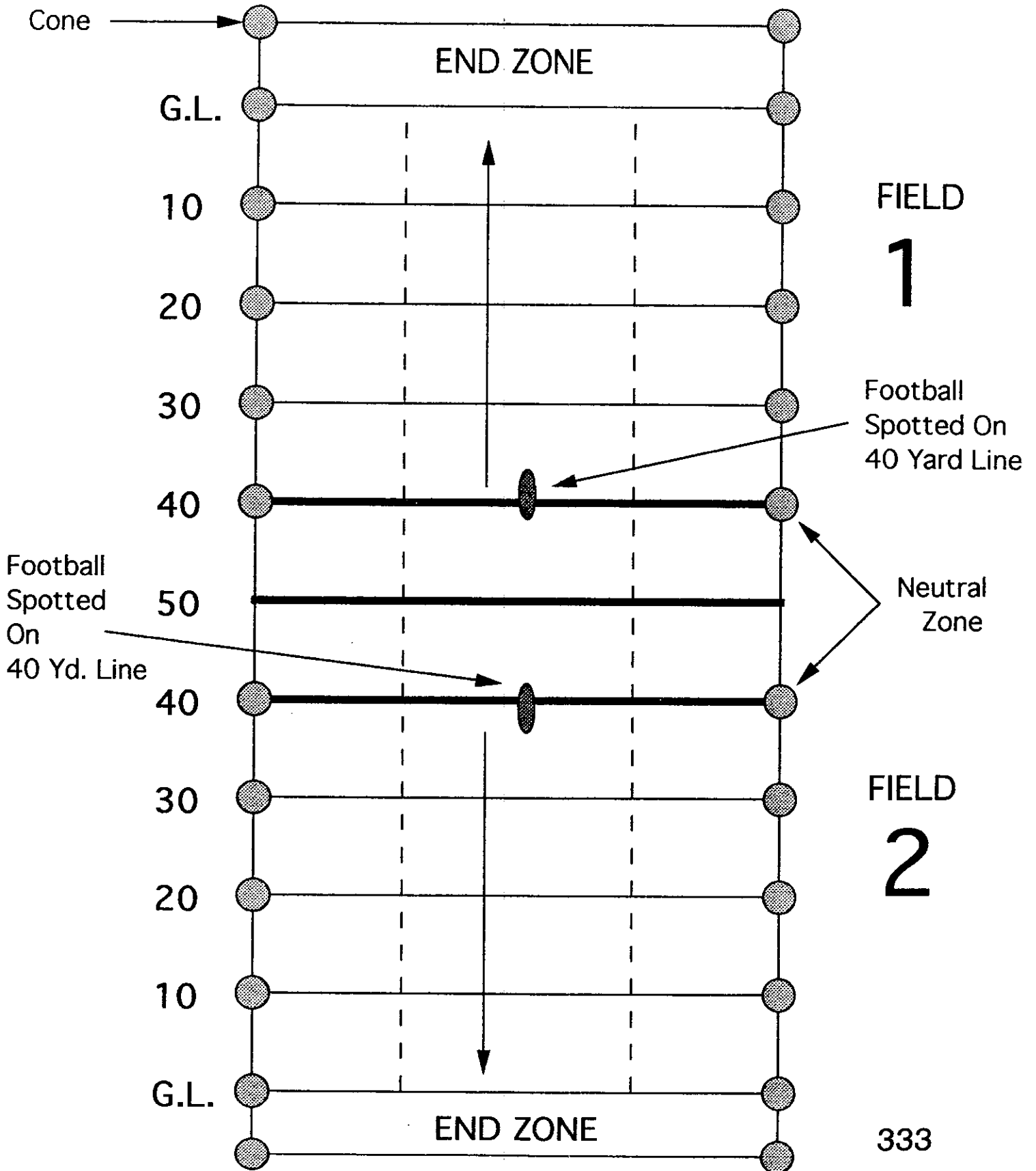
Repeat the first 10 plays and then 4 downs to score from the 9 yard line.

EXAMPLE = PASSING LEAGUE SCHEDULE

TEAM 1 - SOUTH SAN	
TEAM 2 - EAST CENTRAL	1 VS 5
TEAM 3 - NEW BRANFELS	2 VS 6
TEAM 4 - TAFT	3 VS 7
TEAM 5 - JUDSON	4 VS 8
TEAM 6 - ALAMO HEIGHTS	
TEAM 7 - JOHN JAY	
TEAM 8 - SOUTHWEST	

Following this sequence, the two teams change places and repeat the other OFFENSIVE SERIES

PASSING LEAGUE RULES FOR 7 ON 7 FIELD LAYOUT



The Building Of An Attitude

The Option Game

The following information was obtained recently at a clinic that I attended and it summed up the jest for everything we try and accomplish each year. If you don't have this information here it is, it certainly made an impression on me.

1. MENTAL PREPARATION THE UNKNOWN INGREDIENT:

A. **FORGET THE PAST -** Concentrate on what you are going to do now and in the future.

OUT WORK YOUR OPPONENT -Go the extra mile.

COMMITMENT - Be the best.

UTILIZE YOUR ABILITIES - Use your God given talents to the utmost

SEEK PERSONAL BESTS - Never be satisfied

B. **ATTITUDE IS THE FOUNDATION FOR SUCCESS** - in life and is the 100% vehicle in which your staff and athletes should ride.

A		T		T		I		T		U		D		E
1	+	20	+	20	+	9	+	20	+	21	+	4	+	5

The following numbers add up to 100, which equals 100 % effort. the letters represent their placement in the alphabet..

The following information is what the defense is usually thinking, as the offense moves the ball down the field.

OFFENSE

END ZONE

G.L.

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. Never give the offense a first down. 2. Defense will use their penetrating defense. 3. Definite run area - normally outside. | <p>Defense scoring zone:
Safety, fumble, blocked kick,
punt return</p> |
|---|--|

20

QUICK KICK TERRITORY - EITHER 1ST OR 2ND DOWN

25

THREE DOWN TERRITORY

1. Normally kick on 4th down
2. Look for quick kick after a big loss or penalty down.
3. 1st & 10 - run or play action pass, screens, traps
2nd & long yardage - pass situations
2nd & short - long gainer or td try (think pass)
3rd & short - run, must make first down
DEFENSE CAN ONLY ALLOW 3 YARDS OR LESS PER DOWN

50

OPEN IT UP AREA

The offense will use their bread and butter offense here. This is the area for reverses, flea flickers, trick plays, double passes.

35

4TH DOWN TERRITORY

1. Defense must get tough - only allow 2 yards or less per play.
2. Will the offense punt on 4th down from 35 yard line.
3. Look for plays that got the offense here.
4. Look for best running back in the "clutch" to get ball.

20

MUST SCORE ZONE

1. 1 & 10 - play action pass.
2. 2nd & long - pass situation. if run look for draw, "trick plays".
3. 2nd & short - run situation, don't invite the pass.
4. 3rd & short - running down.

10

GOAL LINE DEFENSE

G.L.

TD

PRACTICE PLAY CARDS

HASH

L

M

R

20

15

10

5



20

15

10

5



EXTRA POINT CHART

POINTS AHEAD	GO FOR 1	GO FOR 2	POINTS BEHIND	GO FOR 1	GO FOR 2
0	X		0	X	
1		X	1	X	
2	X		2		X
3	X		3	X	
4		X	4	X	
5		X	5		X
6	X		6	X	
7	X		7	X	
8	X		8	X	
9	X		9	X	
10	X		10		X
11		X	11	X	
12		X	12	X	
13	X		13	X	
14	X		14	X	
15	X		15	X	
16	X		16		X
17	X		17		X
18	X		18		X
19		X	19	X	
20	X		20	X	
21	X		21		X
22		X	22	X	
23	X		23	X	
24	X		24	X	
25		X	25		X
26	X		26		X
27	X		27	X	
28	X		28		X

Note: The Extra Point Chart Can Be Used As A Guide When Faced With The Following Situations.