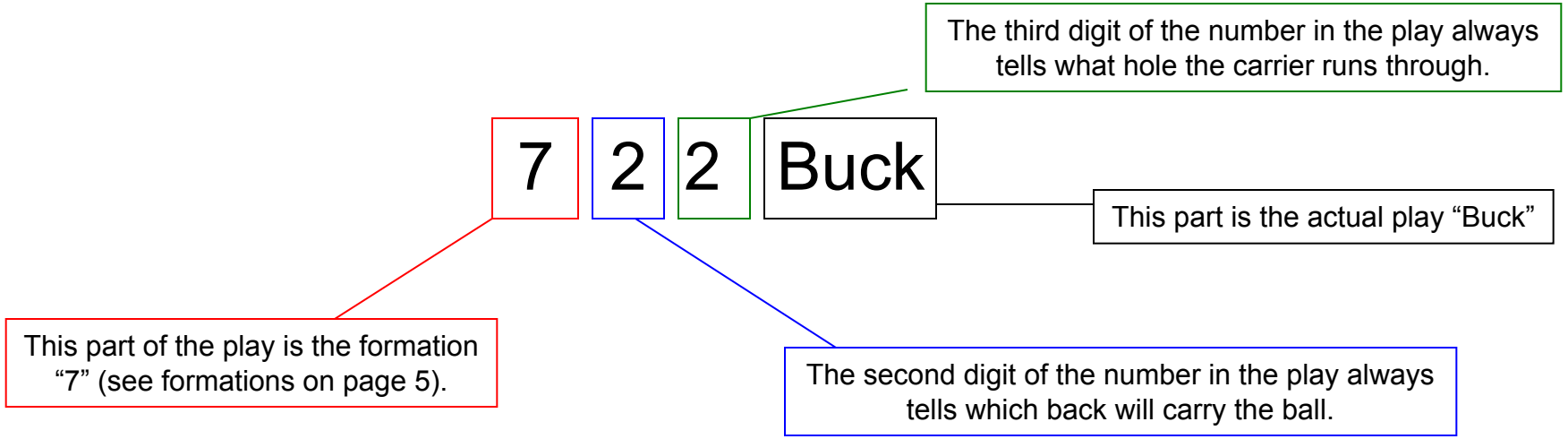
Revision Date: 8/4/2010

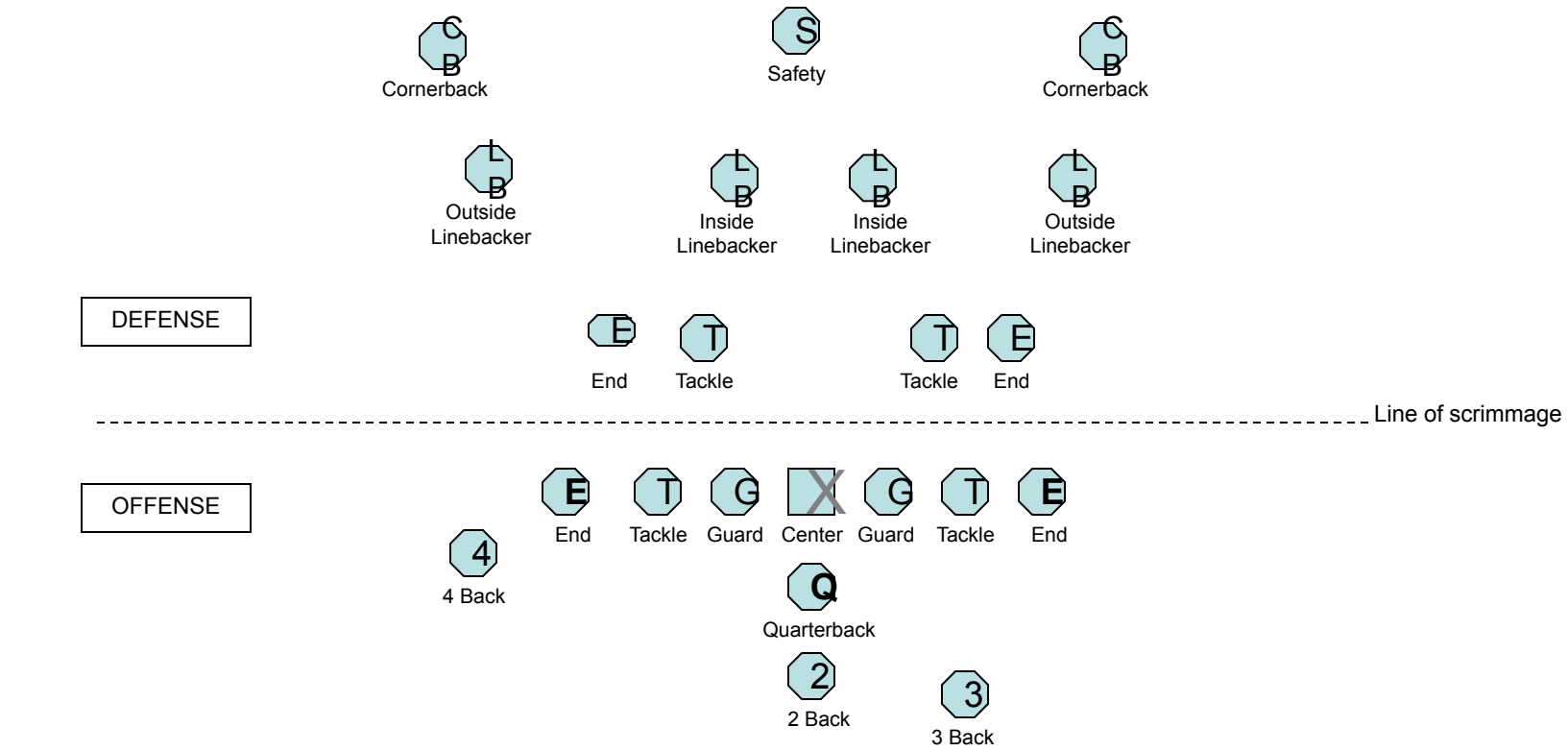
Note:
This PDF file contains both Offense & Defense

Offensive Tip: All the plays contain a formation, a number and the actual play, example: 7 2 2 Buck



So in this play the 2 Back carries the ball through the 2 hole. To see how the holes are numbered, see Basic Offensive Guidelines(a) on page 2.

Basic Football Positions



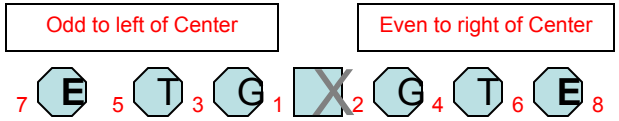
Basic Offensive Guidelines (a)

Cadence:

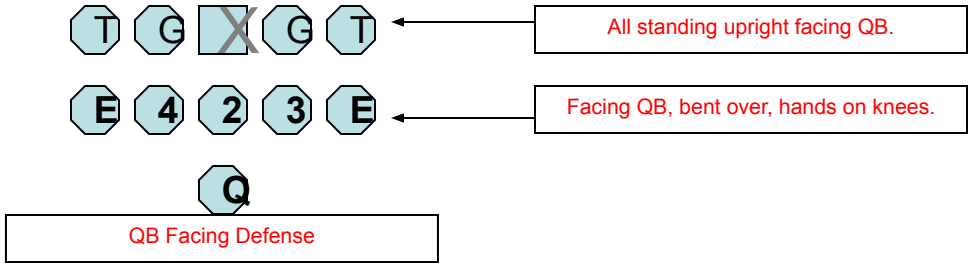
Color, #, Down, Hut/Hut Hut

•Hut/Hut will count as 1 hut (ex: Hut/Hut Hut = a 2 count)

Holes are numbered:



Huddle:



Play Calling:

•Play is called with the first number telling the formation.

•Second number called will tell what back will carry the ball.

•Third number called will tell what hole the ball will be run through.

QB will …

•Receive the call from sideline

•Call the play to first to the linemen, then release the linemen, center will repeat the snap count and sprint to the line of scrimmage and evaluate defense (4 or 5 man front)

•Call the play a second time to the backs, followed by “Ready”, at which time all players will clap their hands at once and yell “Break”.

•Players will then ***sprint*** to the line of scrimmage, center calls out (4 or 5 which represents the defensive front) and all players get into pre-stance.

•Guards will line up off of Center as far as legally allowed (helmet should be even with the Center’s waist)

•Tackles and Ends will line up even with the Guards.

Basic Offensive Guidelines (b)

Play Calling (continued):

•Splits will depend on the play

The 4 Back will …

•Line up on Right side in even formations and Left side in odd formations

•Line up 1 yard outside and 1 yard deep from End in 6, 7 8 and 9 formations.

•Line up in 3 point stance.

The 2 Back will …

•Line up behind QB at 3 1/2 yards.

•Always be in a 3 point stance.

The 3 Back will …

•Line up on the opposite side of the 4 Back in a 6 & 7 formation and on the same side as the 4 Back in the “Strong” formations.

•Line up behind the Tackle, about 3 yards from the line of scrimmage in a 3 point stance.

Wide receivers will…

• line up in a 2 point stance when they are more than 5 yards from the end.

The QB will have three basic steps for running plays (imagine a clock):

•**An Open 45 –** which would be open to 3 o’clock or 9 o’clock (open meaning to the play side).

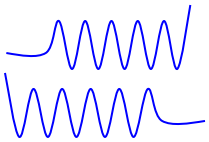
•**A Reverse 90 –** which would be opening away from the play side to 6 o’clock.

•**A Reverse 45 –** which would be opening away from the play side to 7 o’clock or 4 o’clock.

Basic Offensive Guidelines (d)

MOTION \ SHIFT

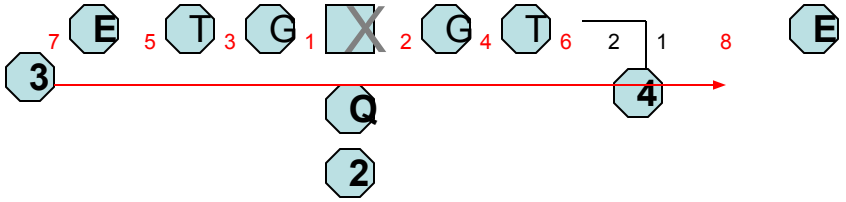
- **Rocket** (full speed motion across the formation to the right)
- **Laser** (full speed motion across the formation to the left)
- **Rip** (shuffle motion to the right at a 45 degree angle toward the 2 back)
- **Liz** (shuffle motion to the left at a 45 degree angle toward the 2 back)
- **Orbit** (left or right)



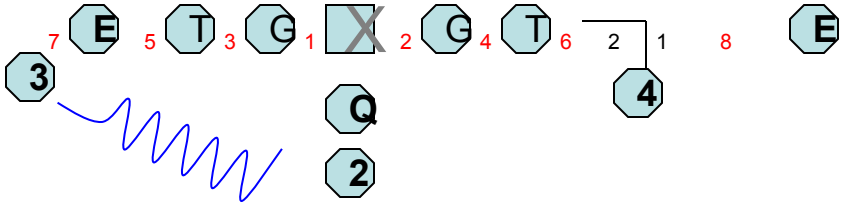
- **East** (full speed motion to right, do not cross center)
- **West** (full speed motion to left, do not cross center
- **Shift** (Change to new formation, do not change position)
- **Slide** (move right or left to new formation, change position if necessary)

These motion examples are using the 800 formation:

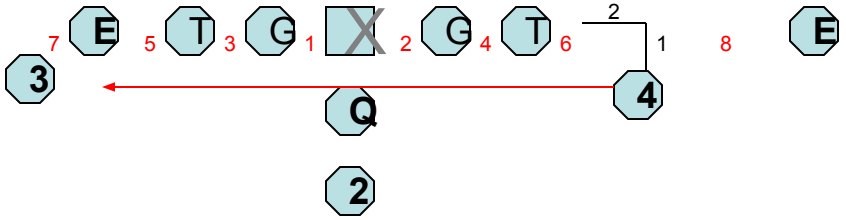
Rocket



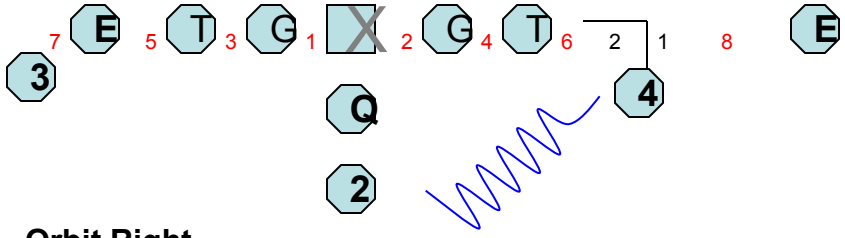
Rip



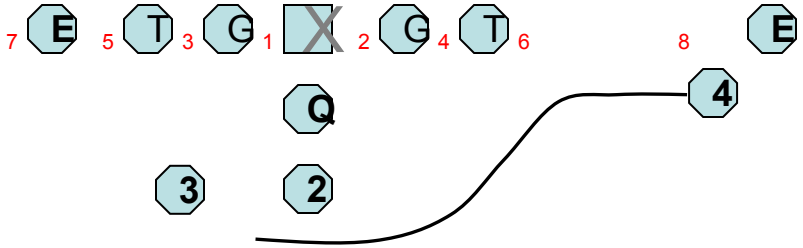
Laser



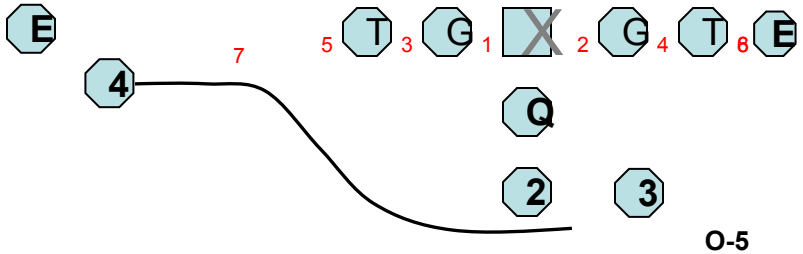
Liz



Orbit Left



Orbit Right



Basic Offensive Guidelines (d)

MOTION \ SHIFT

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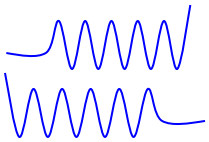
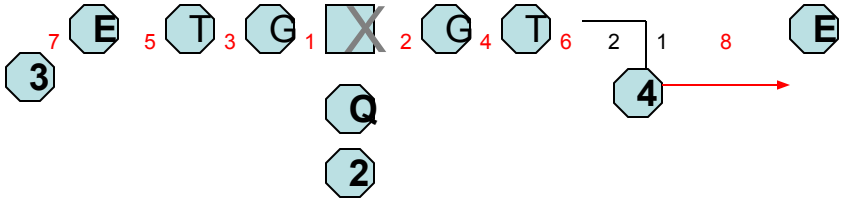


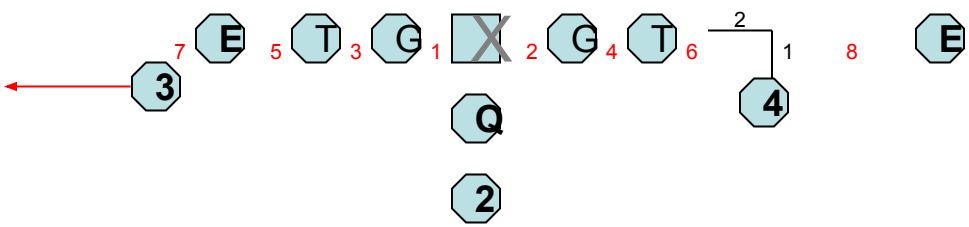
- **East** (full speed motion to right, do not cross center)
- **West** (full speed motion to left, do not cross center
- **Shift** (Change to new formation, Do not change postions)
- **Slide** (move right or left to new formation, change position if necessary)

These motion examples are using the 800 formation:

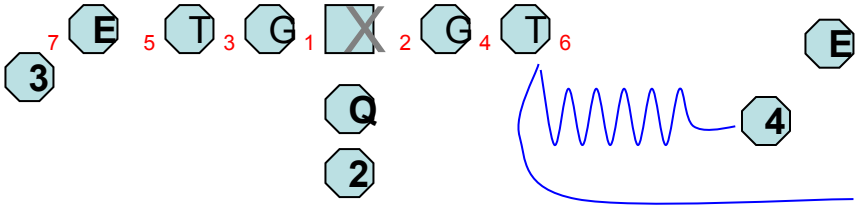
East



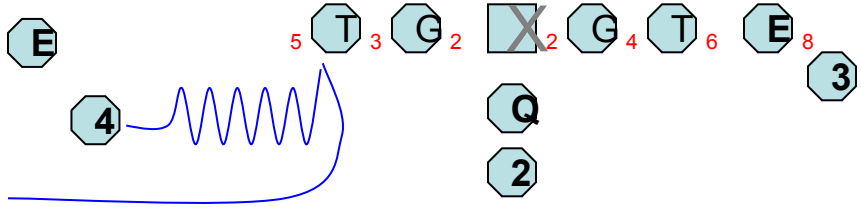
West



Leroy

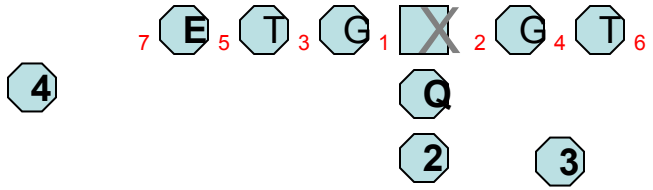


Relay



Formations (a)

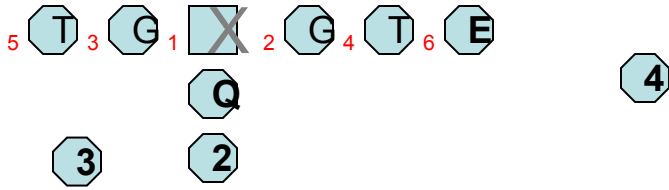
300



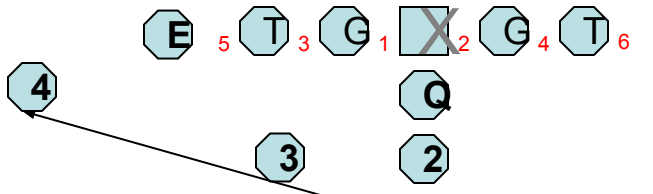
2 Back at 3 yards

3 Back at 5 yards

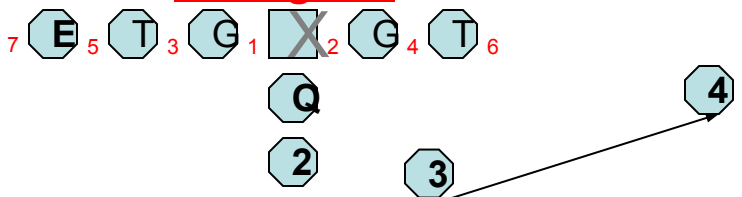
200



Strong 300



Strong 200

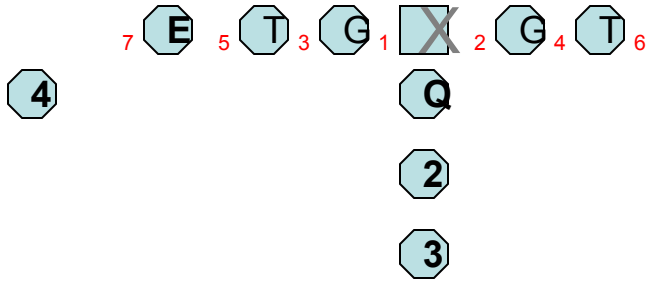


4 Back and End 15 yards from ball and never closer than 7 yards to sideline.

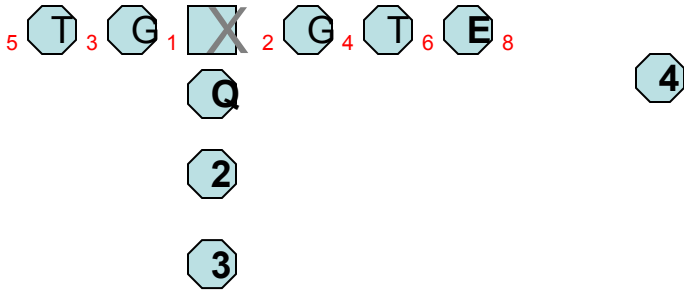
4 Back must be off of the line of scrimmage

15 yards from ball

I 300



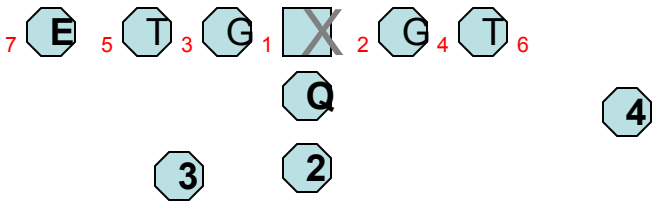
I 200



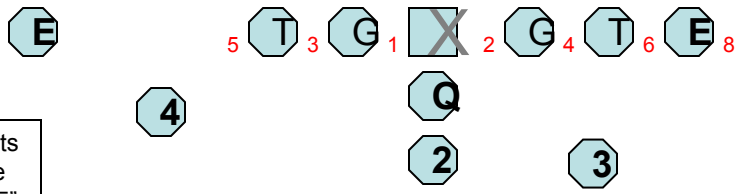
Formations (b)

15 yards from ball

400

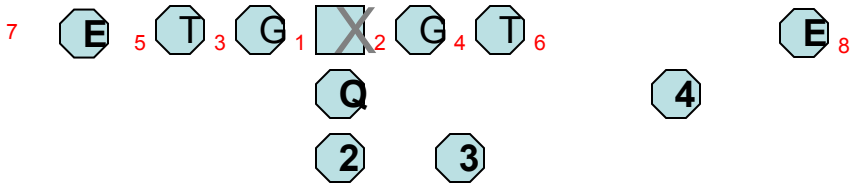


500

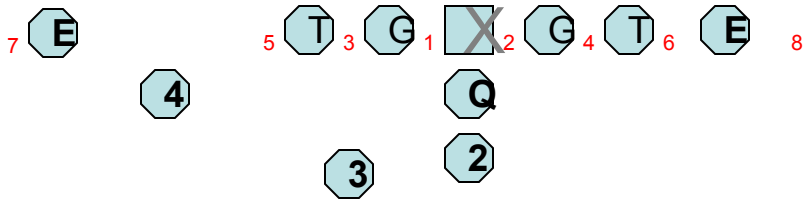


4 back splits difference between "E" and tackle.

Strong 400

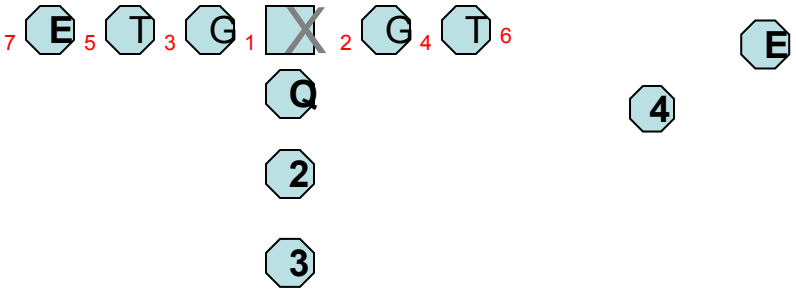


Strong 500

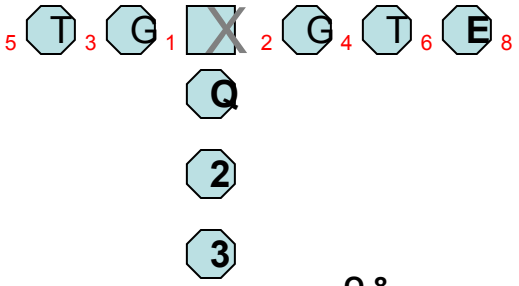


A Splash & Sprite Call determines tight end split right or left

I 400

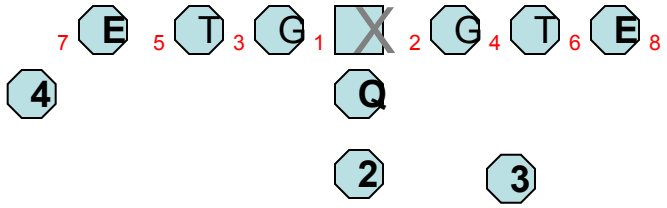


I 500



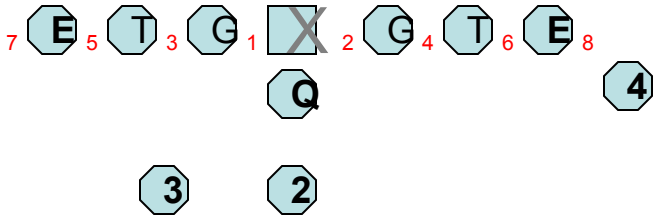
Formations (c)

700

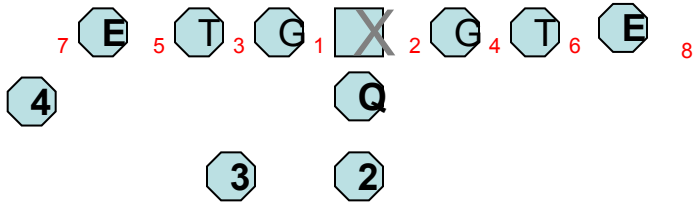


- 2 Back at 3 yards from ball (3 point stance).
- 3 Back behind tackle 3 yards from ball (3 point stance).

600

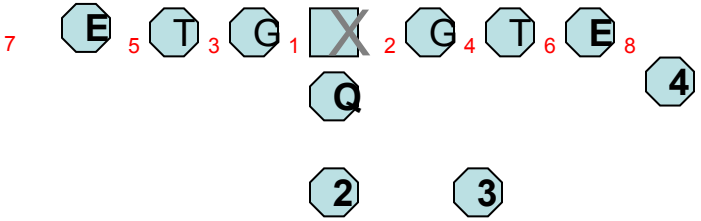


Strong 700

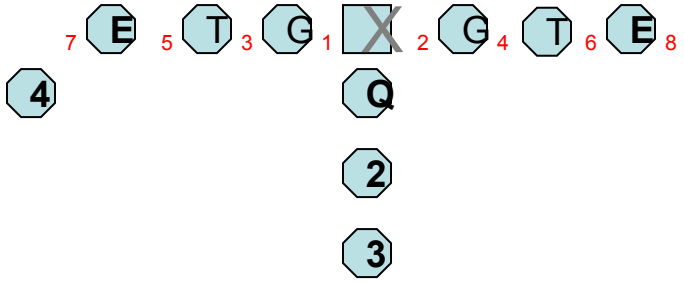


- Bogus is any formation where the end pushes out and 4 back is set inside the end

Strong 600



I 700



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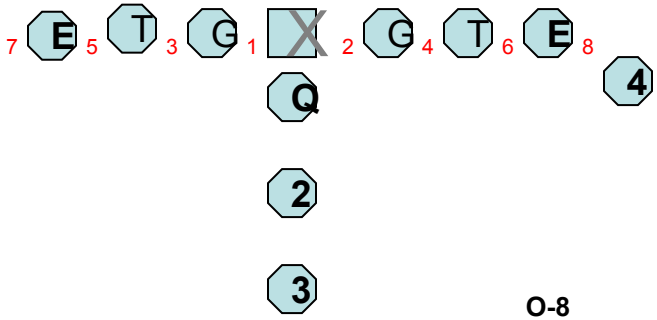
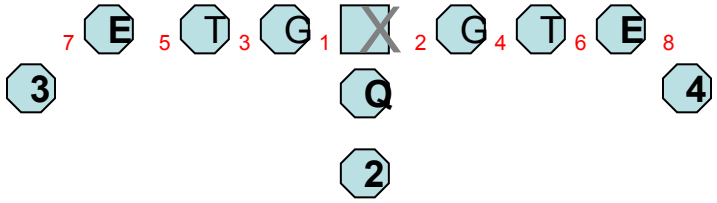
I 600

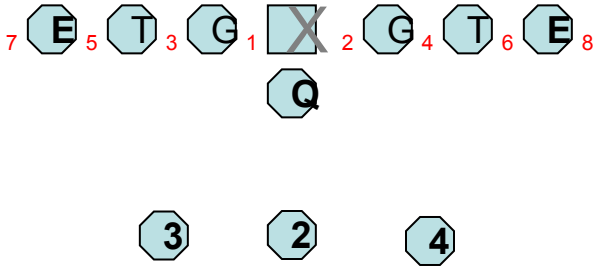


Formations (d)

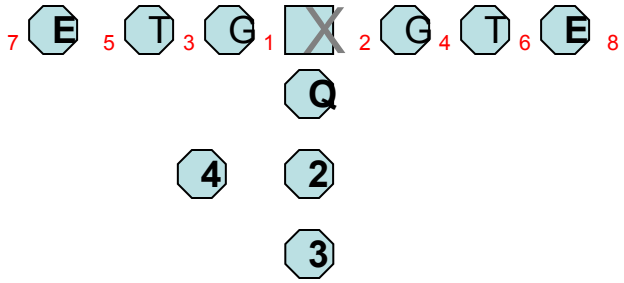
800



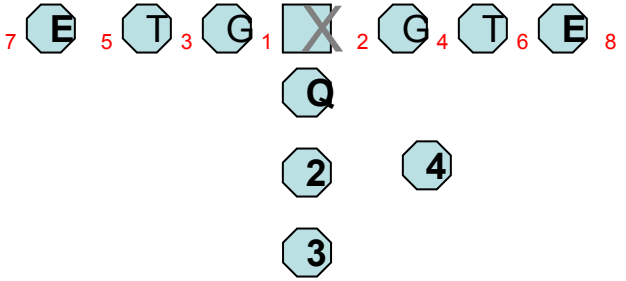
900



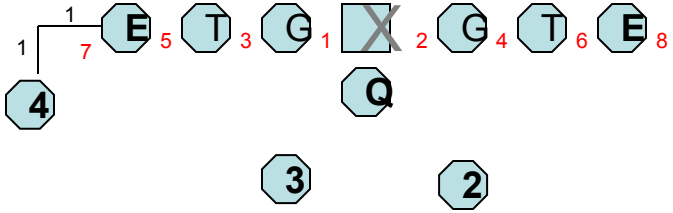
Power I Left



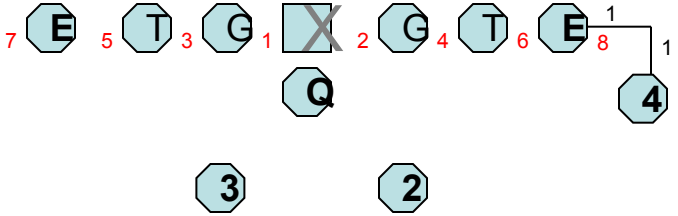
Power I Right



Open Left



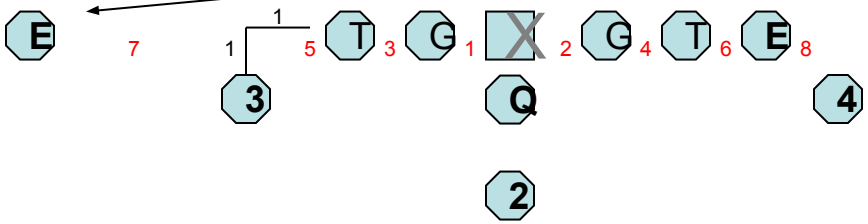
Open Right



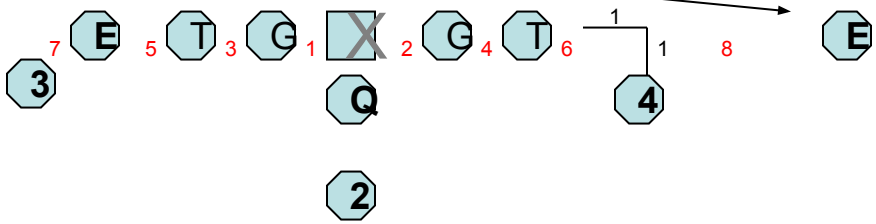
Formations (e)

15 yards from ball

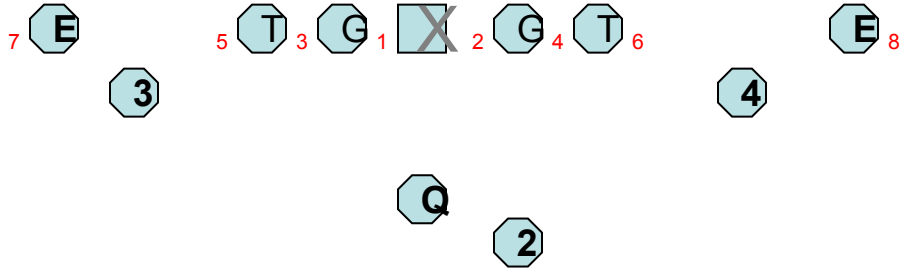
Splash 800



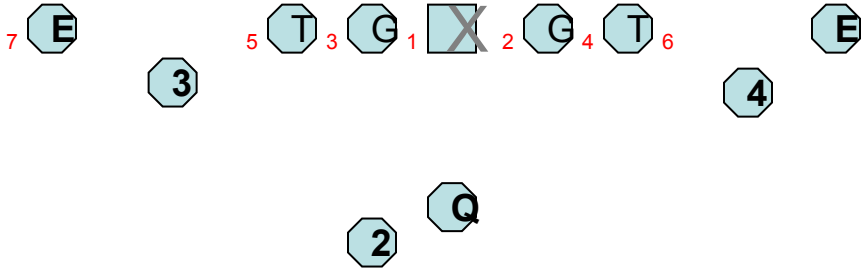
Sprite 800



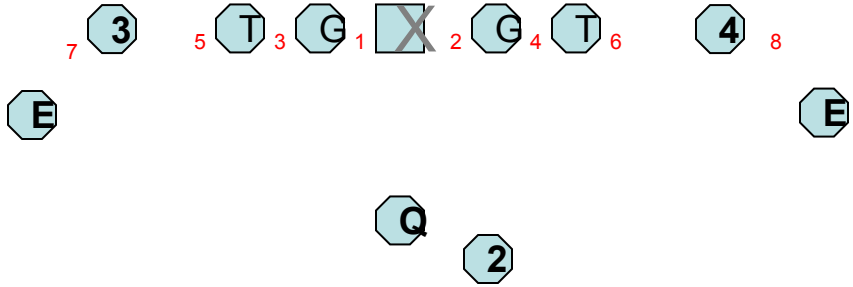
Bengal Right



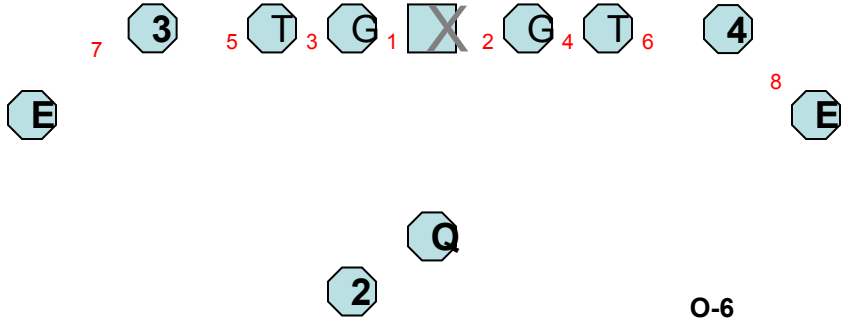
Bengal Left



Slot Bengal Right

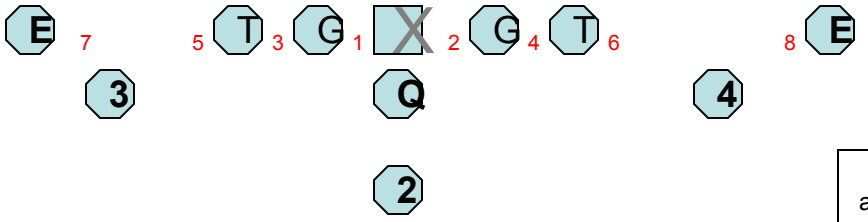


Slot Bengal Left



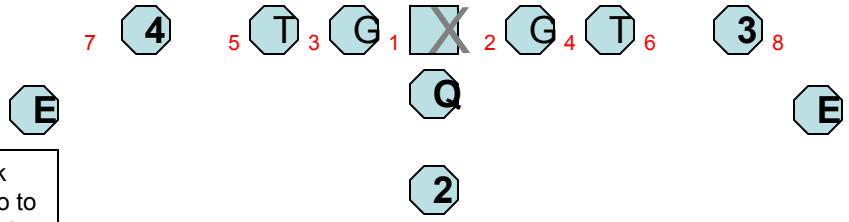
Formations (f)

Bengal Under

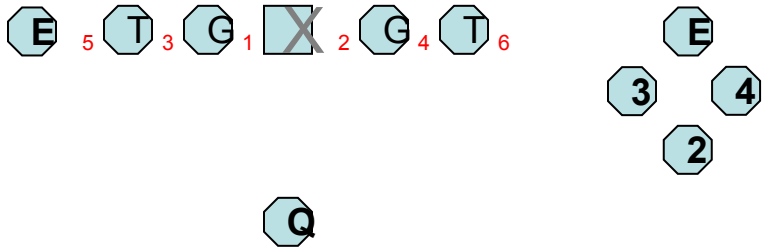


4 Back always go to strong side

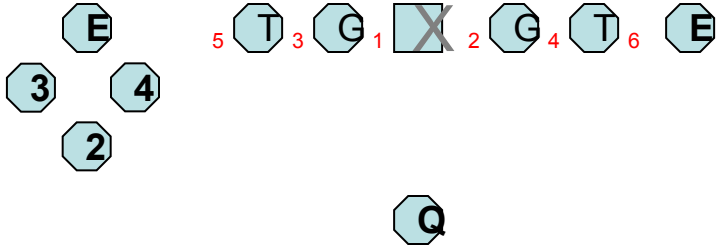
Slot Bengal Under



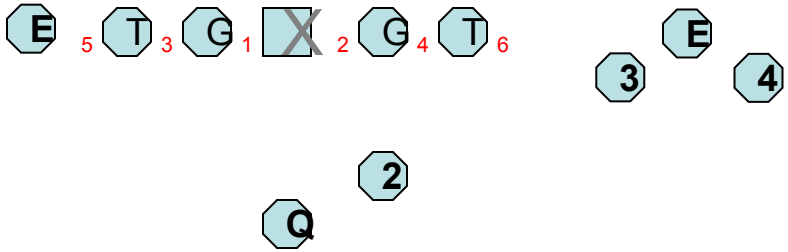
Diamond Right



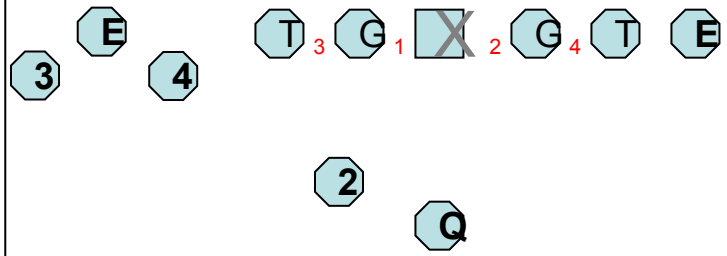
Diamond Left



Tiger Right

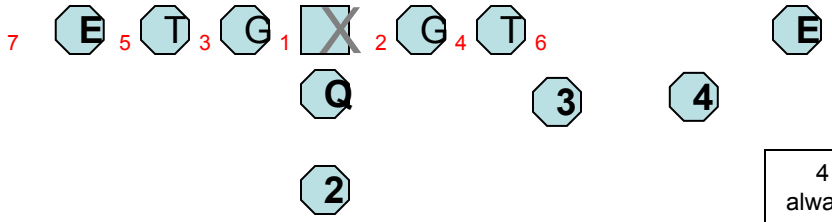


Tiger Left

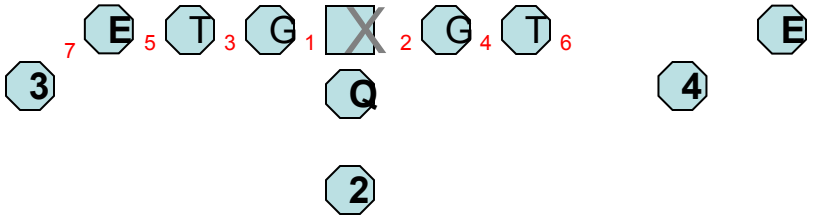


Formations (f)

Wing Right 400

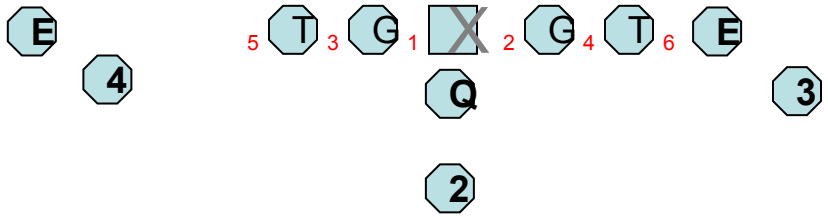


Wing Left 400

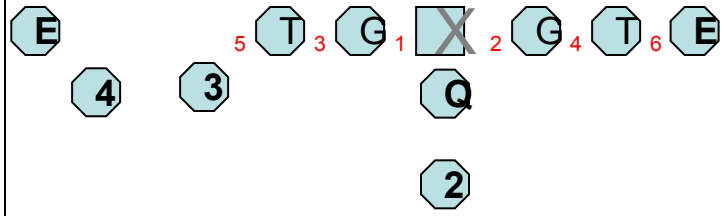


4 Back always go to strong side

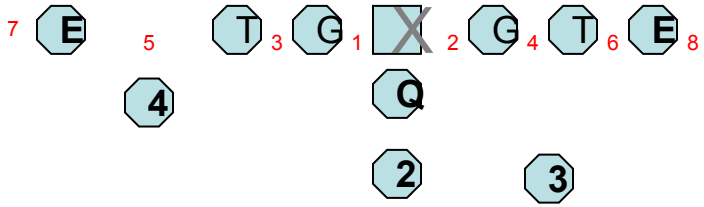
Wing Right 500



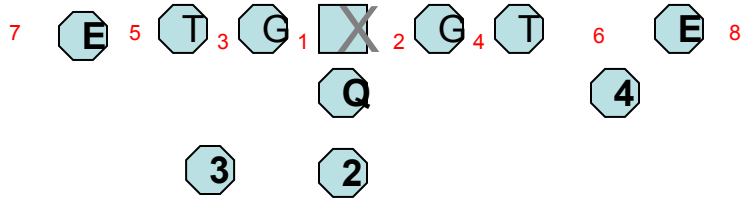
Wing Left 500



Bogus 700

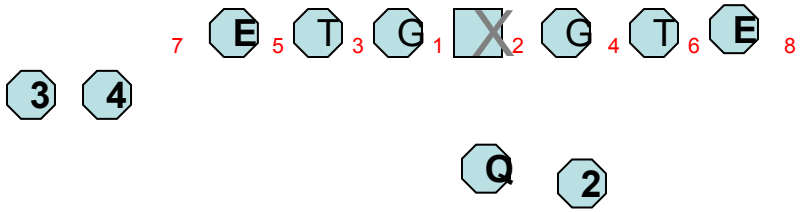


Bogus 600

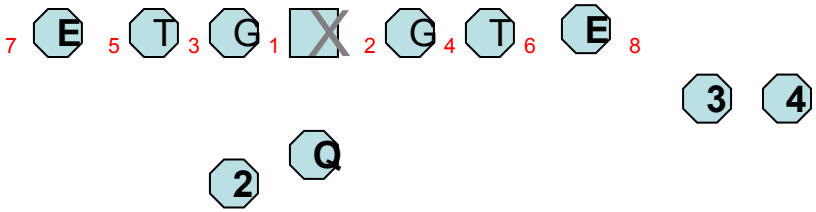


Formations (g)

Gun Twins Left

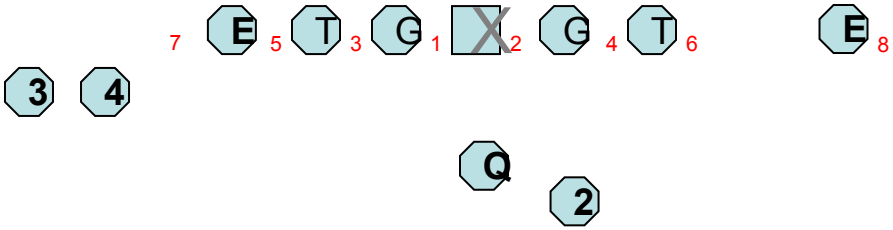


Gun Twins Right

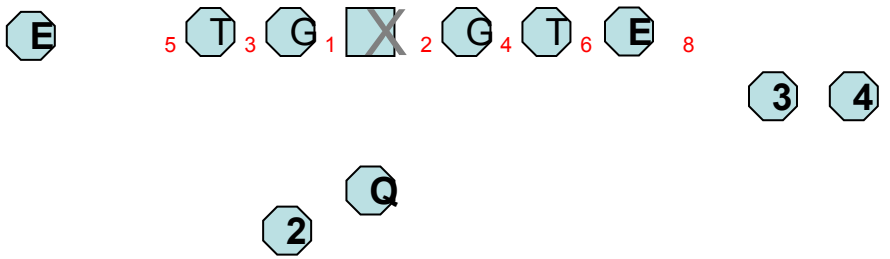


4 Back always go to strong side

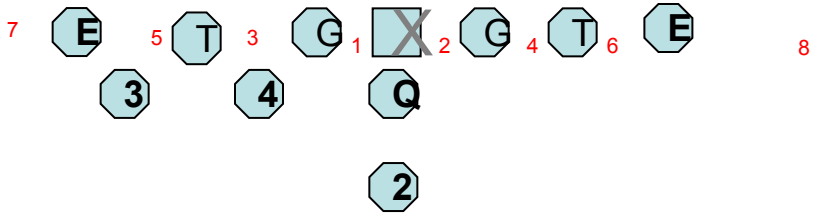
Sprite Gun Twins Left



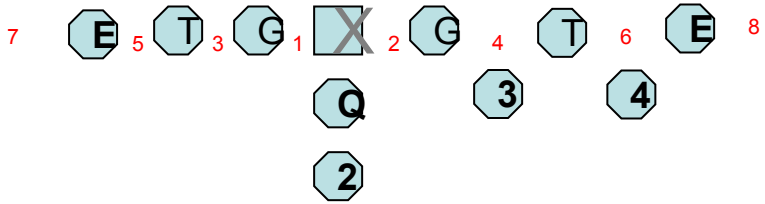
Splash Gun Twins Right



Single Wing Left



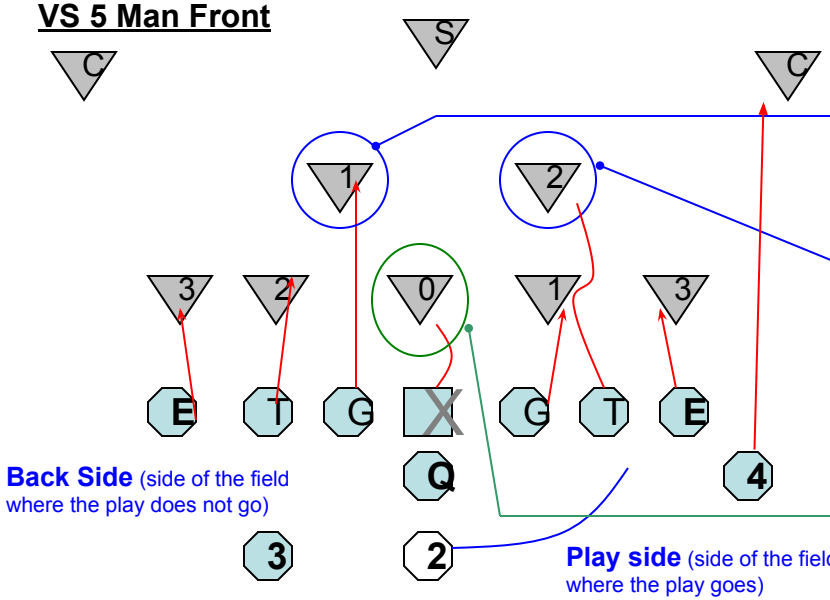
Single Wing Right



Zone Blocking

All the opponents are numbered starting at the nose guard or zero man. As you move away from the zero man, either left or right, the first man you come to is number 1, then number 2, 3 etc.

VS 5 Man Front

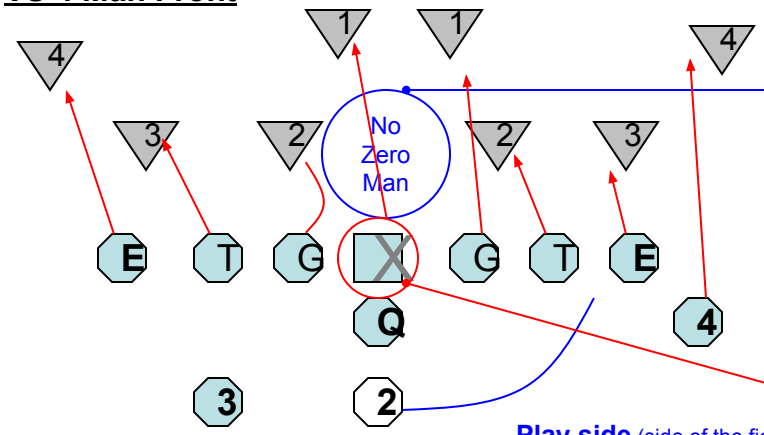


This back is numbered as "1" even though he is a back because he is the first man you come to as you work your way left from the center or 0 man.

This back is numbered as "2" because he is head up behind the man in front of him.

We got a nose guard, so we must have a 5 man front!

VS 4 Man Front

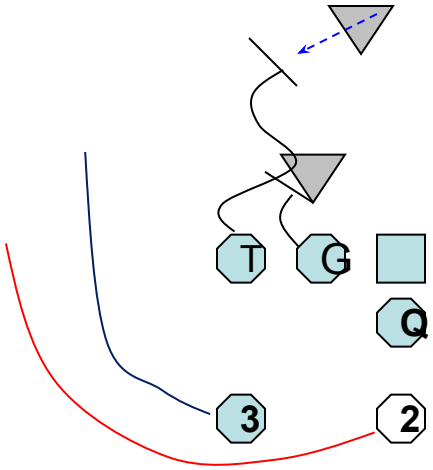


Notice in a 4 man front that there is nobody opposite our center, so we forget the zero man when numbering.

1. **Blocking philosophy… attack 1st level defender, no first level defender will penetrate the line of scrimmage (none shall pass).**
2. **First step should always be with hole side foot.**
3. **Head should always be to hole side of block.**
4. **If your pre-snap man vacates your zone, you would block the next man who shows up in your zone (no man is allowed to cross your face).**

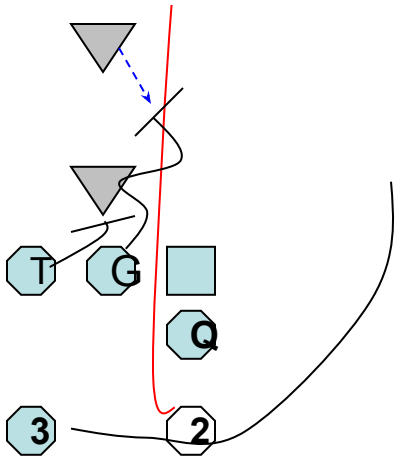
With no zero man, center is responsible for "Back Side" (away from the hole) linebacker.

Zone Blocking
Continued



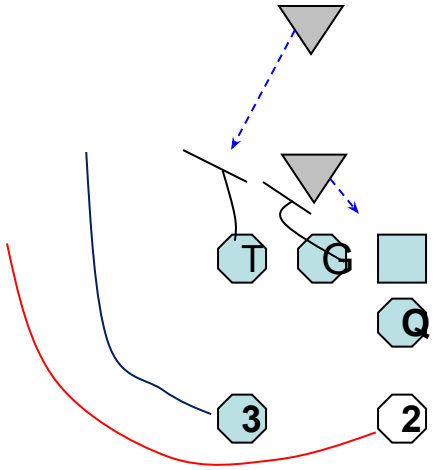
Example 1

In this example of the zone block the guard and tackle both attack the defensive tackle because that is the first threat in their zone. Because the linebacker flows outside the offensive tackle would continue to the 2nd level and block the linebacker (Combo Block).



Example 2

In this example of the zone block the guard and tackle both attack the defensive tackle because that is the first threat in their zone. Because the linebacker flows inside the offensive guard would continue to the 2nd level and block the linebacker (Combo Block).



Example 3

In this example the guard would block the defensive tackle alone. The tackle immediately attack to the 2nd level and block the linebacker because that would be the first threat to his zone.

In all of these examples both the guard and tackle need to control the first threat in their zone and read the second level.

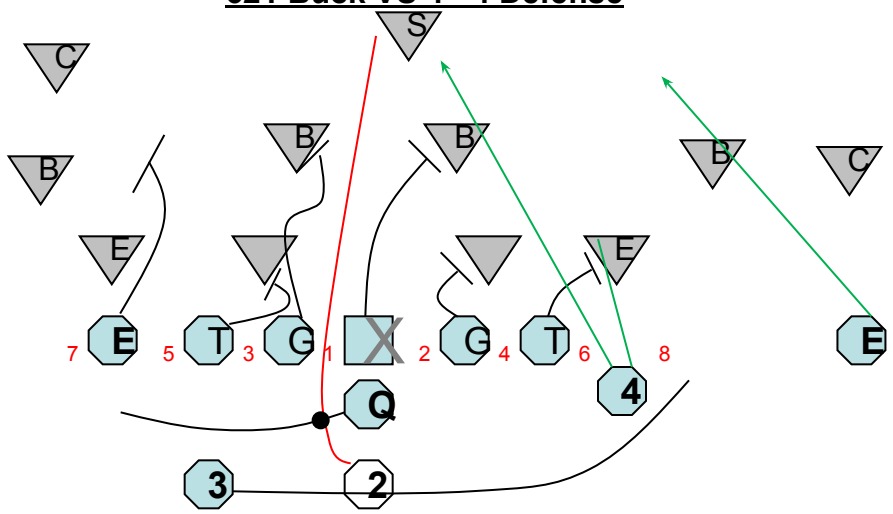
Buck, Buck Sweep

(#2 Back through the #1 hole)

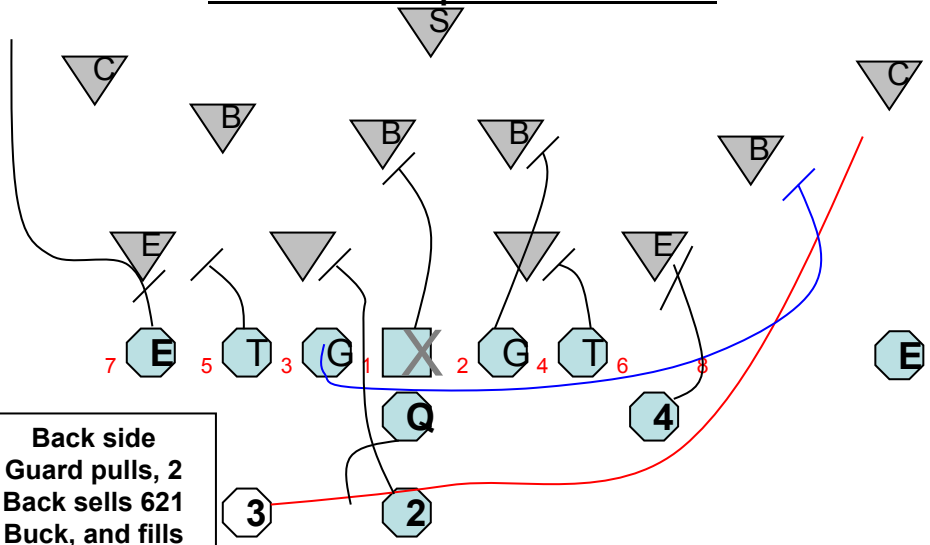
Optional Play Calls:

- 221, 321, 421, 821, 921 & Strong 721
- **Also run as Backside Buck, QB reverse pivot**

621 Buck VS 4 - 4 Defense

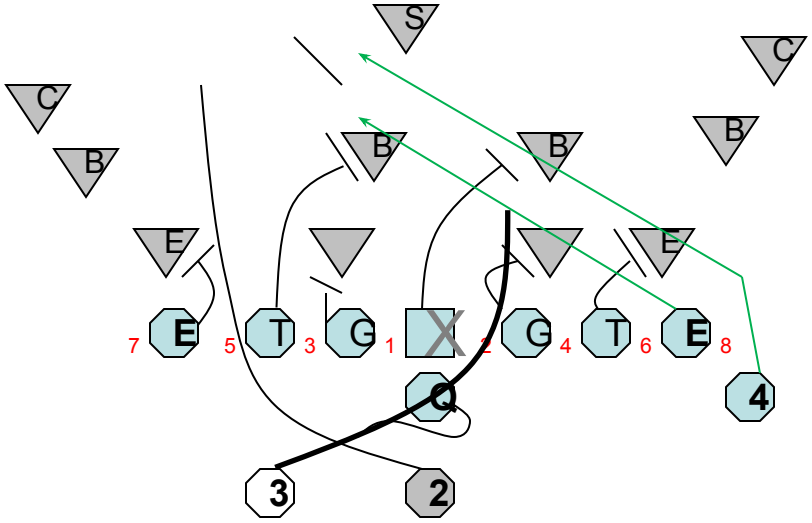


638 Buck Sweep VS 4 - 4 Defense

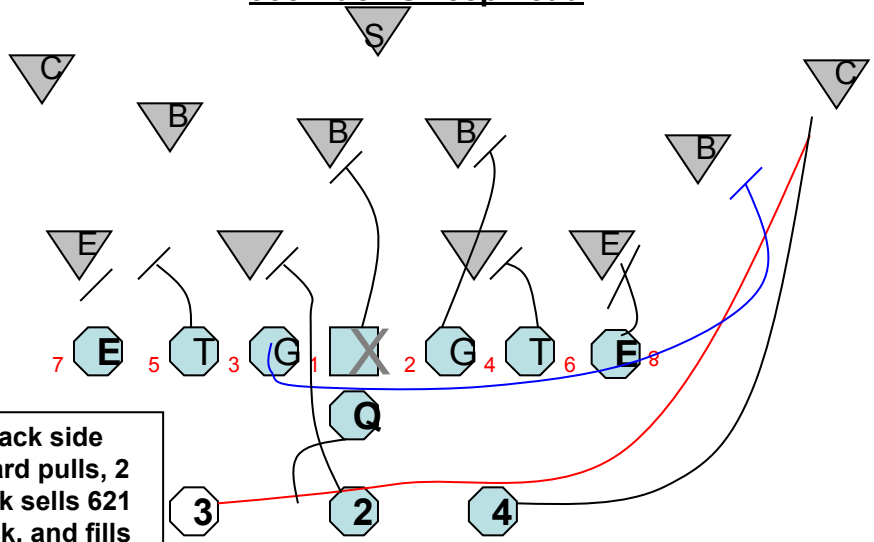


Back side Guard pulls, 2 Back sells 621 Buck, and fills

632 Inside Buck VS 4 - 4 Defense



938 Buck Sweep Lead



Back side Guard pulls, 2 Back sells 621 Buck, and fills

Blast – Backside Buck

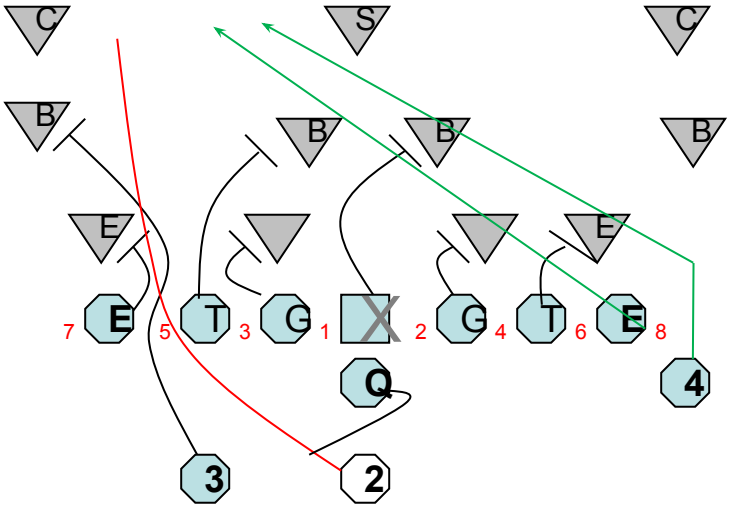
Blast – running back lead blocks

Optional Formations:

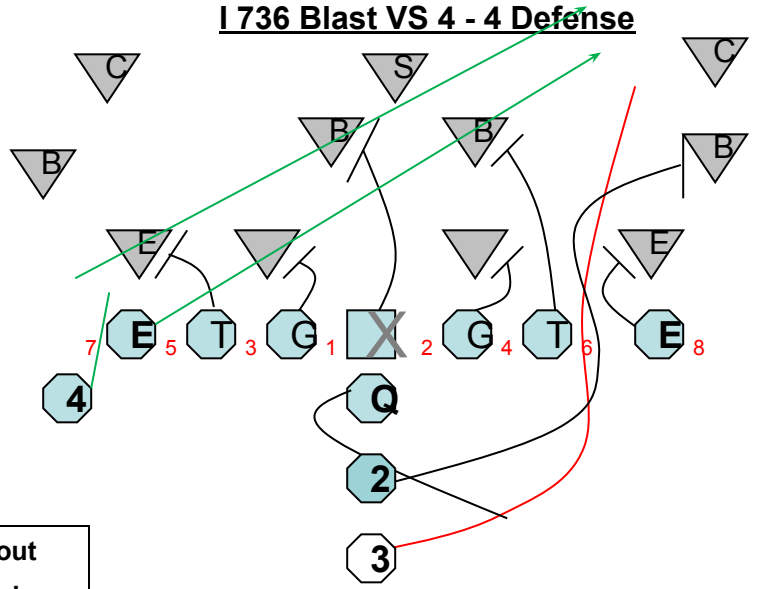
Motion, Tight & Regular

Run as Blast Open, no reverse pivot for QB

625 Blast VS 4 - 4 Defense



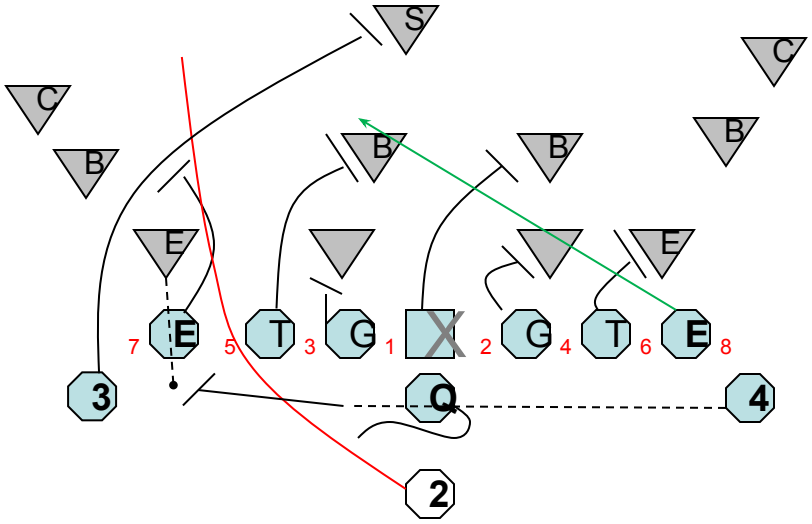
I 736 Blast VS 4 - 4 Defense



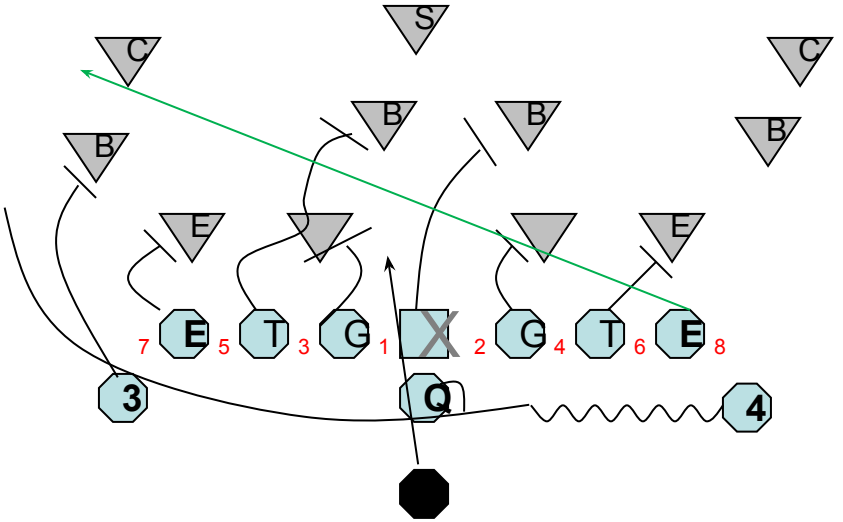
QB carries out

Blast pass fake

825 Blast Wham VS 4 - 4 Defense



Laser 821 Backside Buck



Double Blast

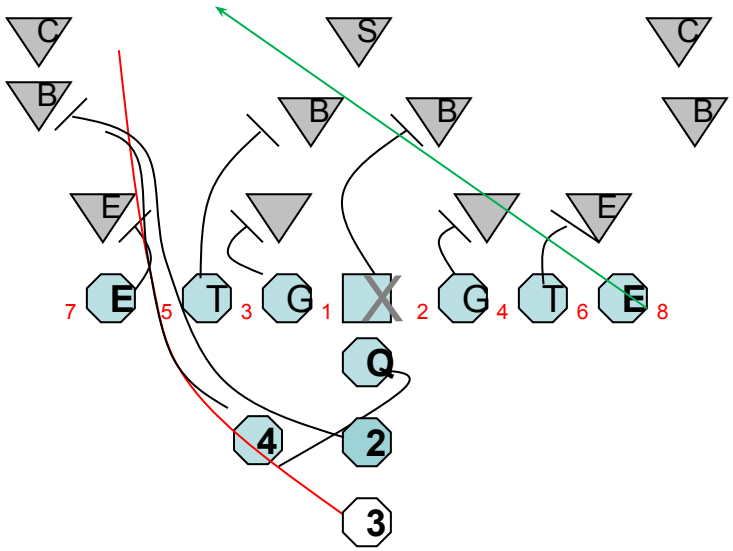
Blast – running back lead blocks

Optional Formations:

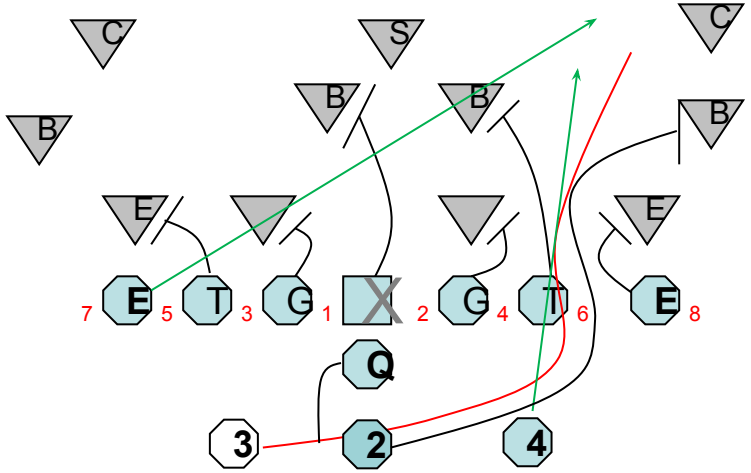
Motion, Tight & Regular

Run as Blast Open, no reverse pivot for QB

PIL 35 Double Blast VS 4 - 4 Defense



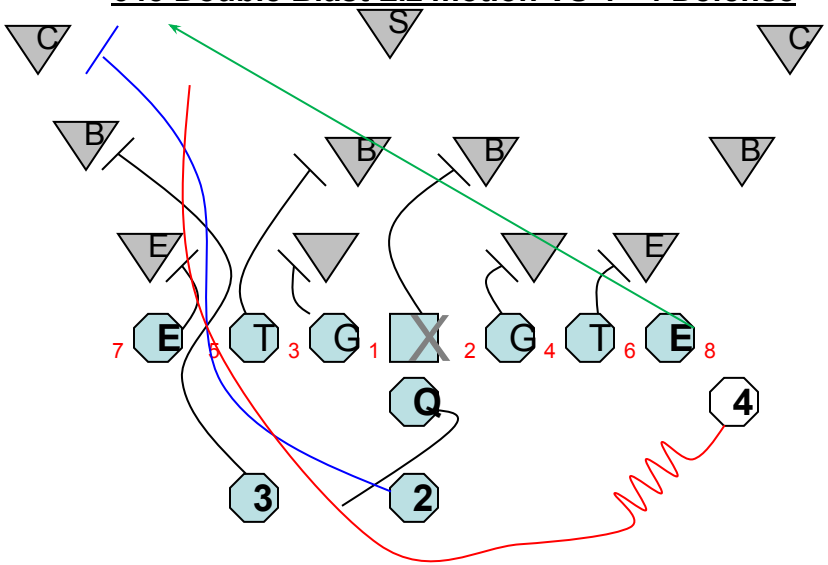
936 Double Blast VS 4 - 4 Defense



QB carries out

Blast pass fake

645 Double Blast Liz motion VS 4 - 4 Defense



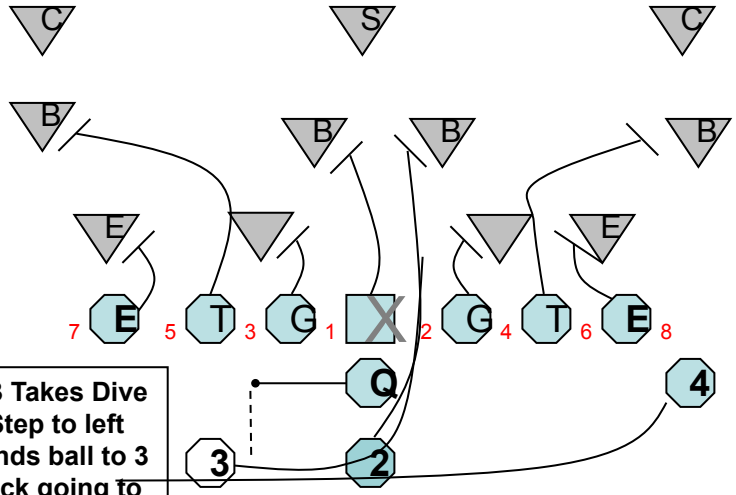
Inside Blast - Scissors

(#3 Back through the #2 hole)

Optional Play Calls:

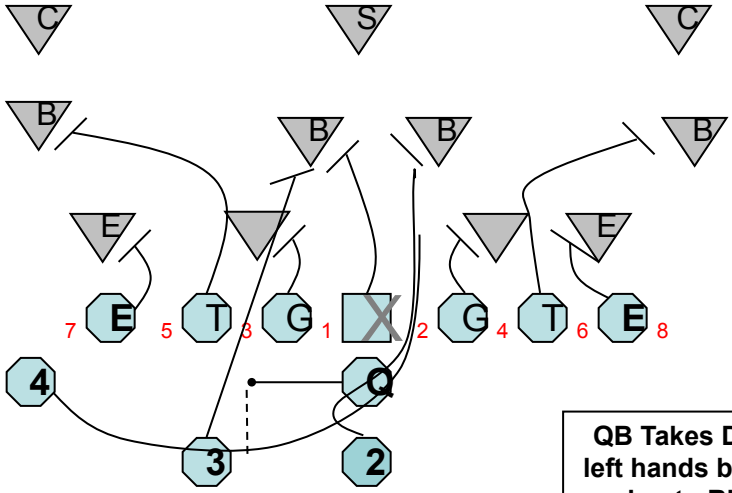
- 731 Blast,

632 Blast VS 4 - 4 Defense



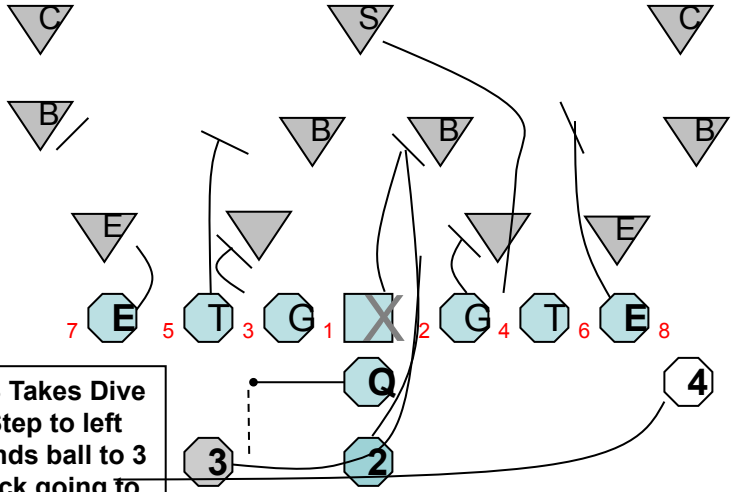
QB Takes Dive Step to left hands ball to 3 back going to Right

S742 Blast w/Dive Fake VS 4 - 4 Defense



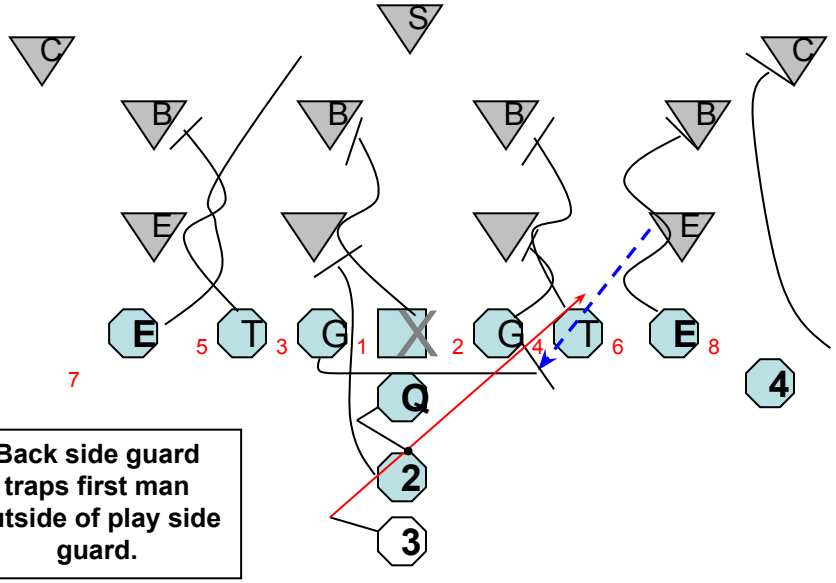
QB Takes Dive Step to left hands ball to 4 back going to Right, 2 back takes jab step

632 Blast Option VS 4 - 4 Defense



QB Takes Dive Step to left hands ball to 3 back going to Right

I 634 Scissors VS 4 - 4 Defense



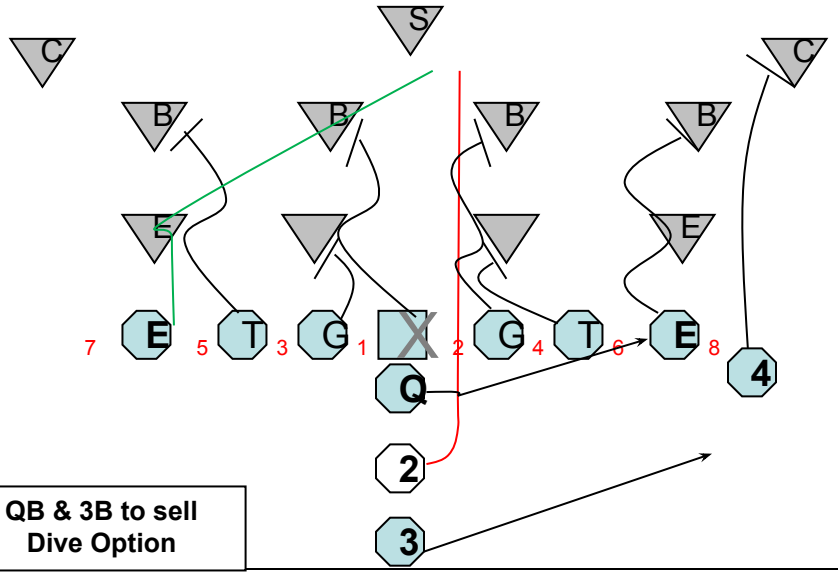
Back side guard traps first man outside of play side guard.

Dive - QP

Dive – Quick hitting no lead blocker

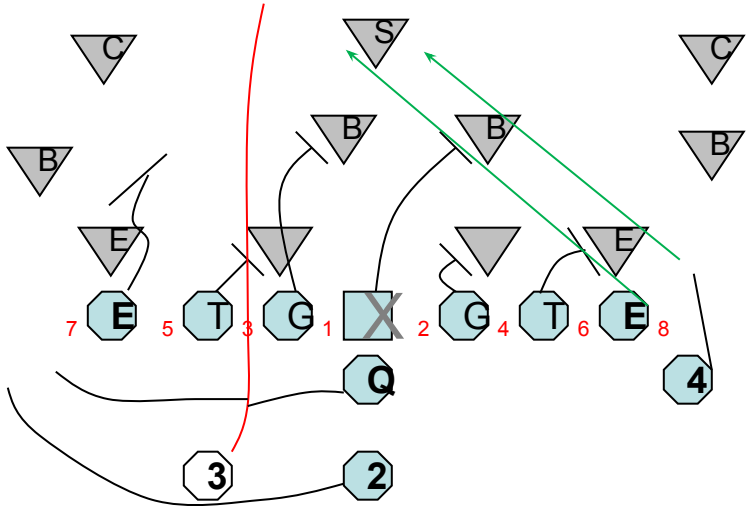
Optional Formations:

I 622 Dive VS 4 - 4 Defense

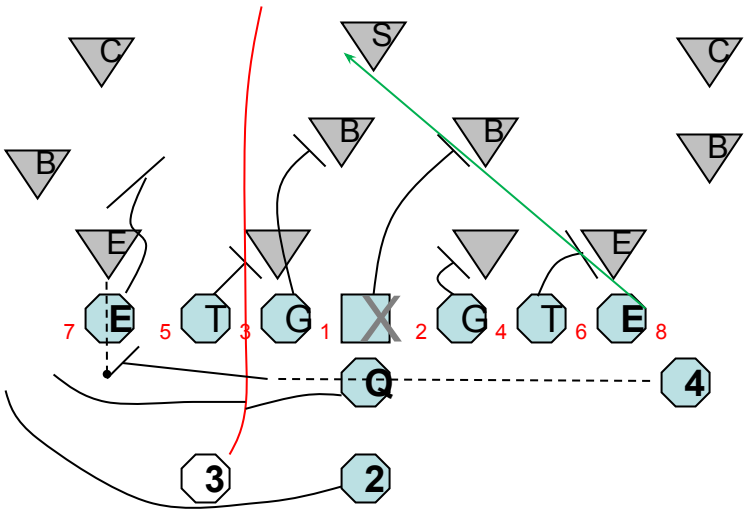


QB & 3B to sell Dive Option

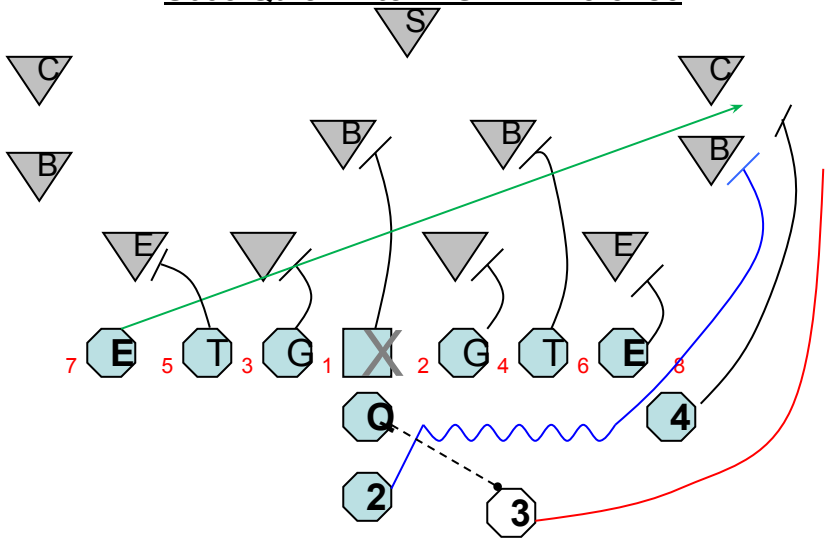
633 Dive VS 4 - 4 Defense



633 Dive VS 4 - 4 Defense



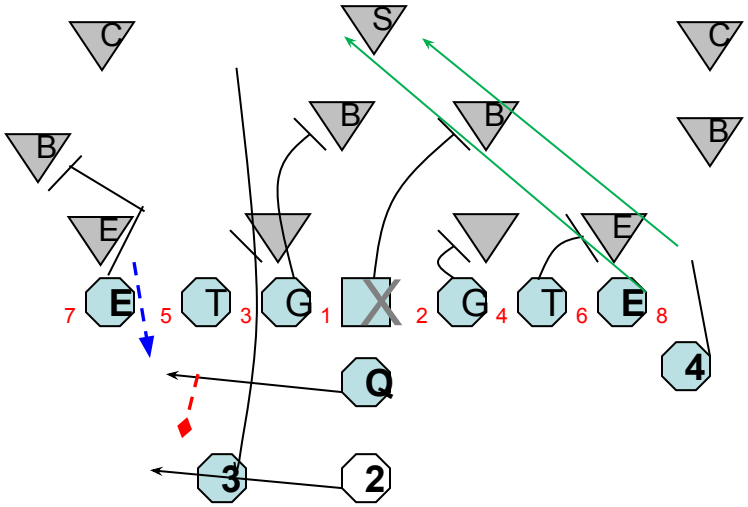
S638 Quick Pitch VS 4 - 4 Defense



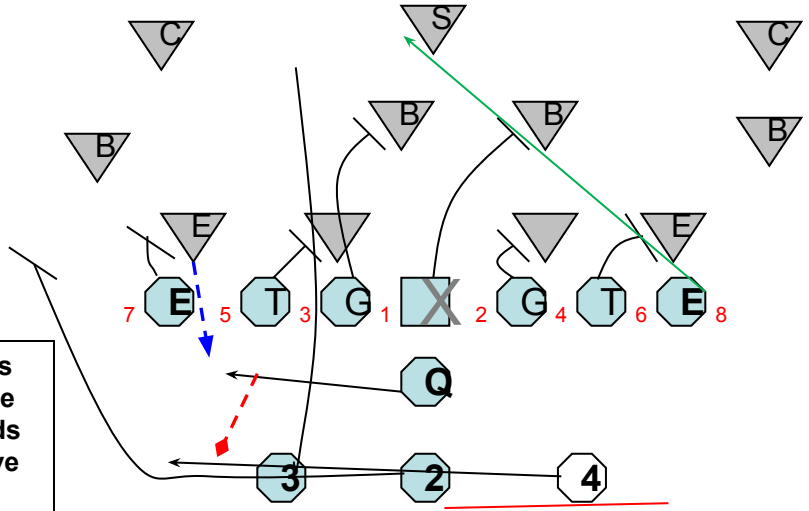
Dive Option – Lead Trap

Option – QB options to keep ball or pitch to RB reading Defender

633 Dive Option VS 4 - 4 Defense

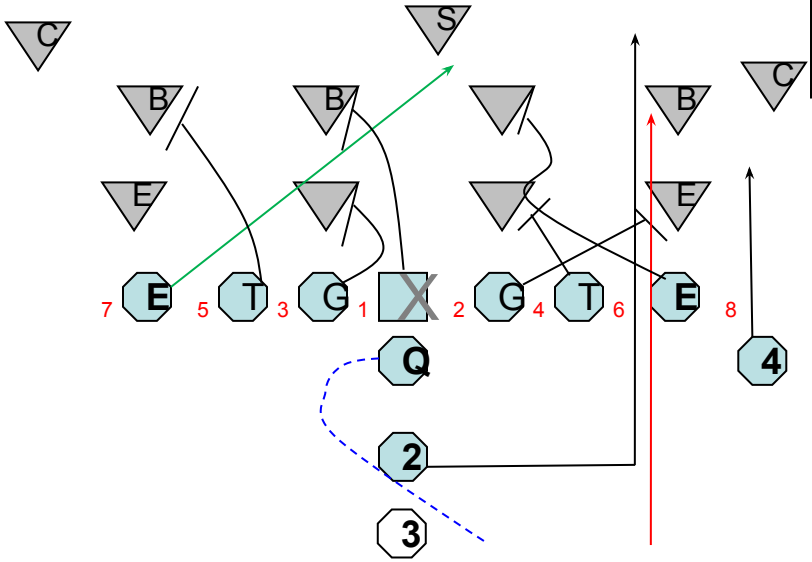


633 Dive Load Option VS 4 - 4 Defense

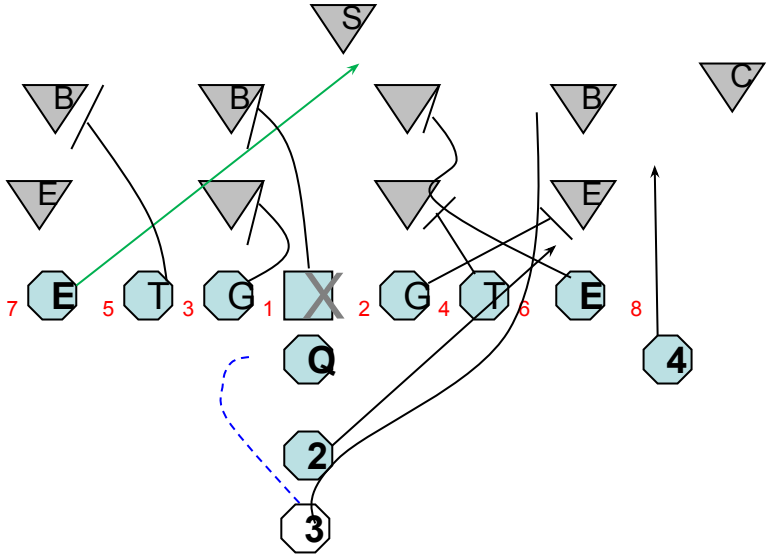


QB does dive fake and reads defensive end. Example shows DE crashing so QB pitches to 2B.

I 636 Lead Trap Toss VS 4 - 4 Defense



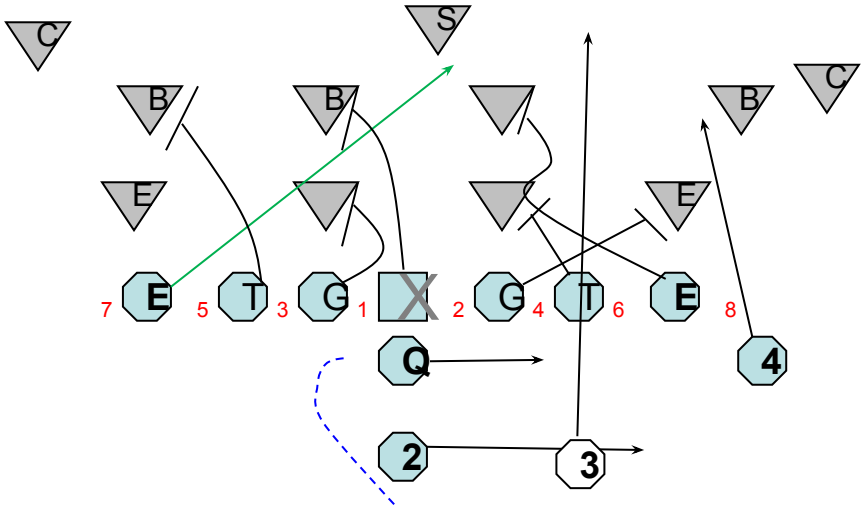
I 636 Lead Trap VS 4 - 4 Defense



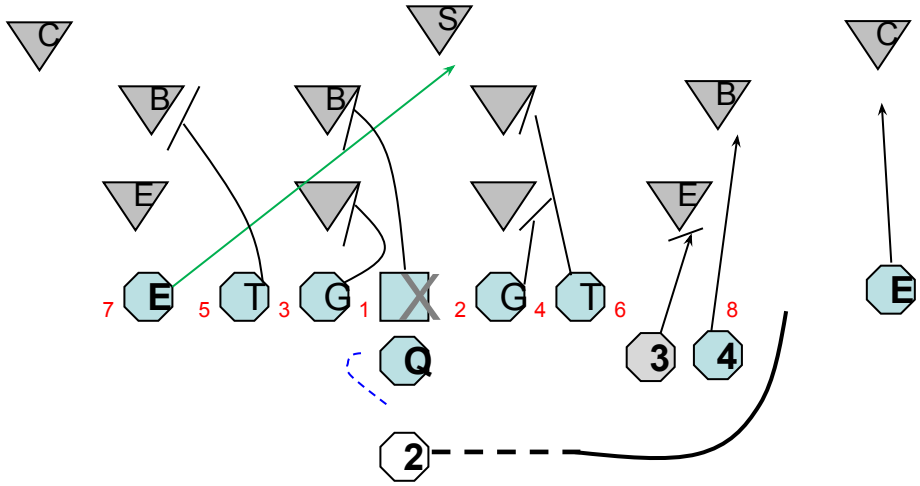
Trap Speed Toss

Option – QB options to keep ball or pitch to RB reading Defender

S636 Trap VS 4 - 4 Defense



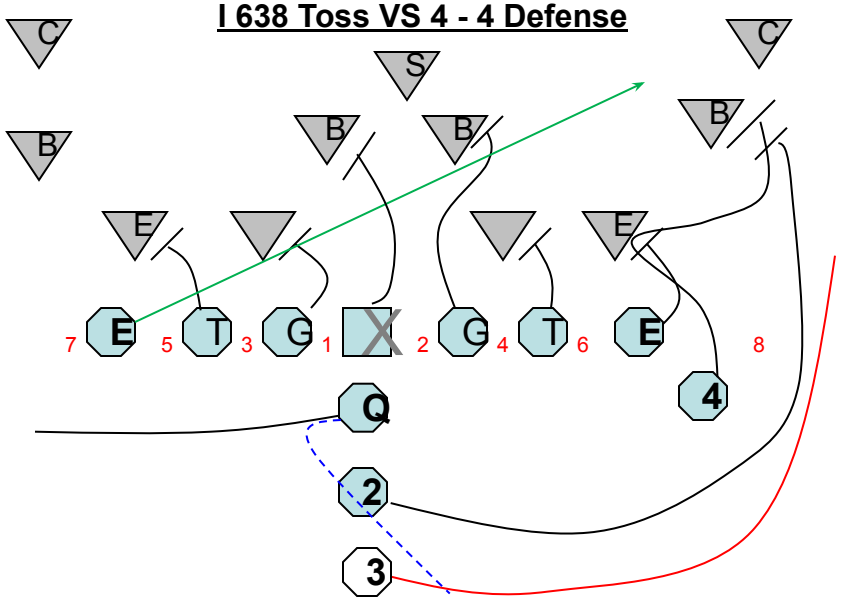
Cavalier 28 Speed Toss VS 4 - 4 Defense



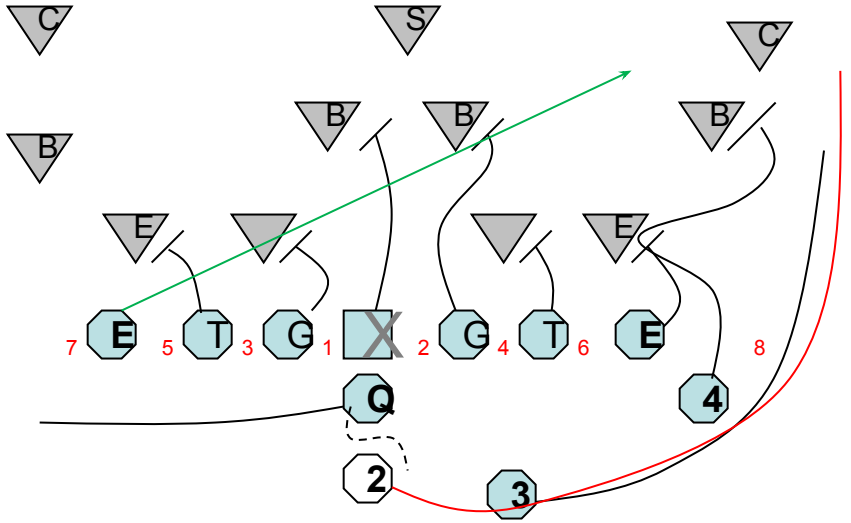
Toss - Draw

Optional Formations:
Tight, Motion, Regular

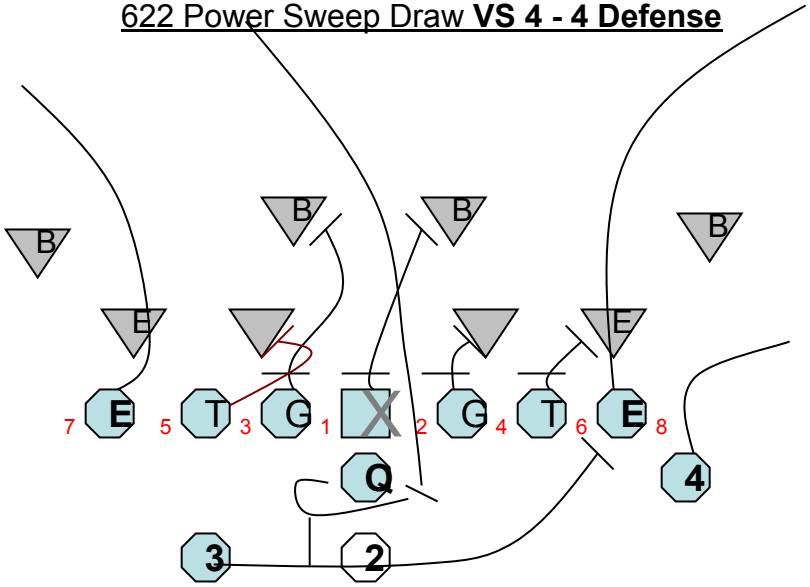
I 638 Toss VS 4 - 4 Defense



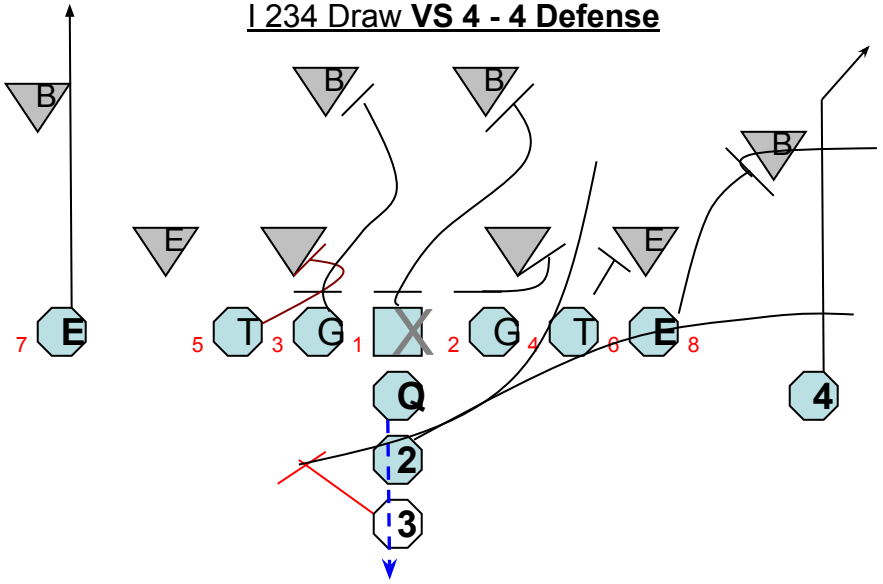
S628 Toss VS 4 - 4 Defense



622 Power Sweep Draw **VS 4 - 4 Defense**



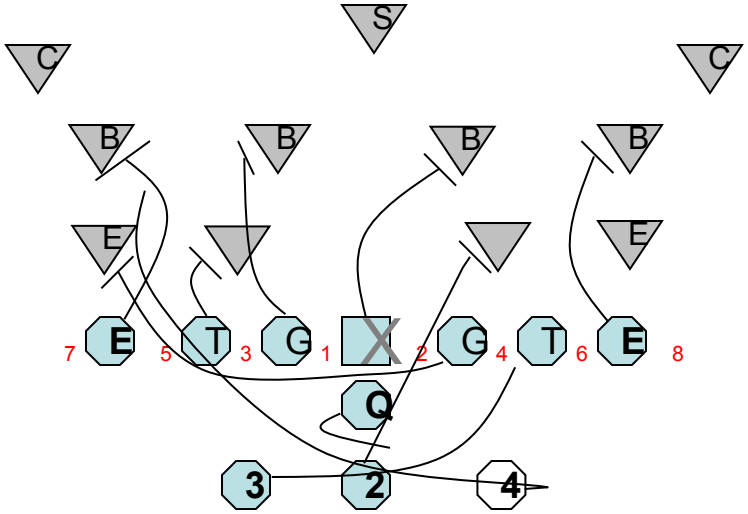
I 234 Draw **VS 4 - 4 Defense**



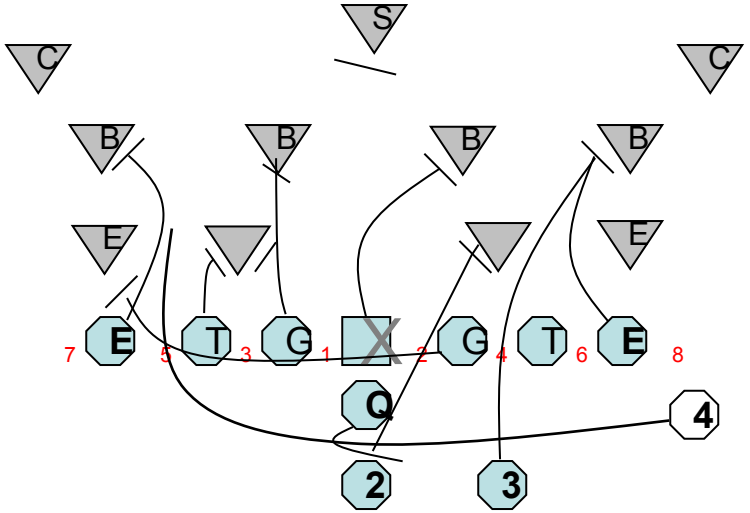
Counters

Optional Play Calls:

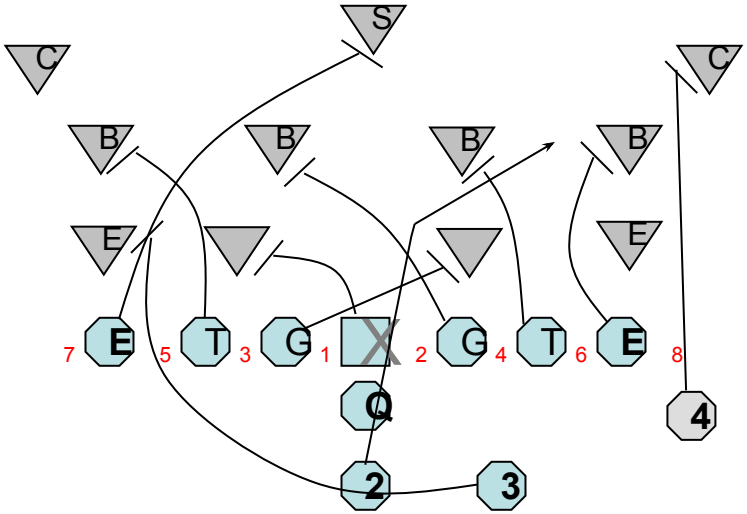
945 Blast Counter



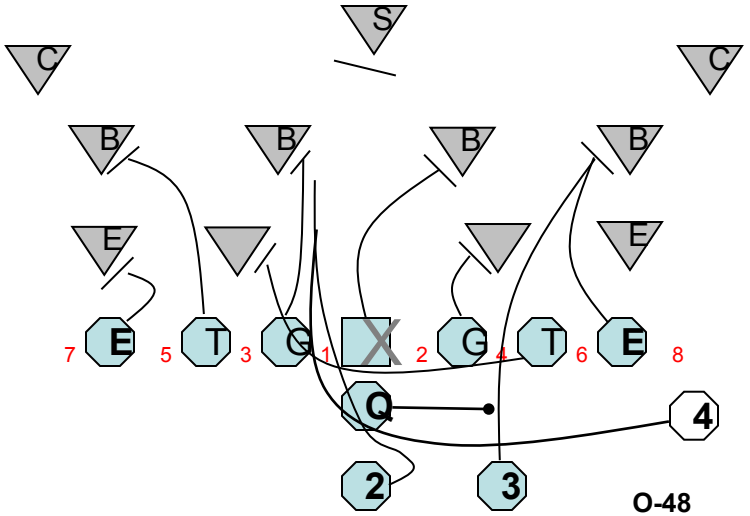
S645 Blast Counter



Strong 622 Buck Counter



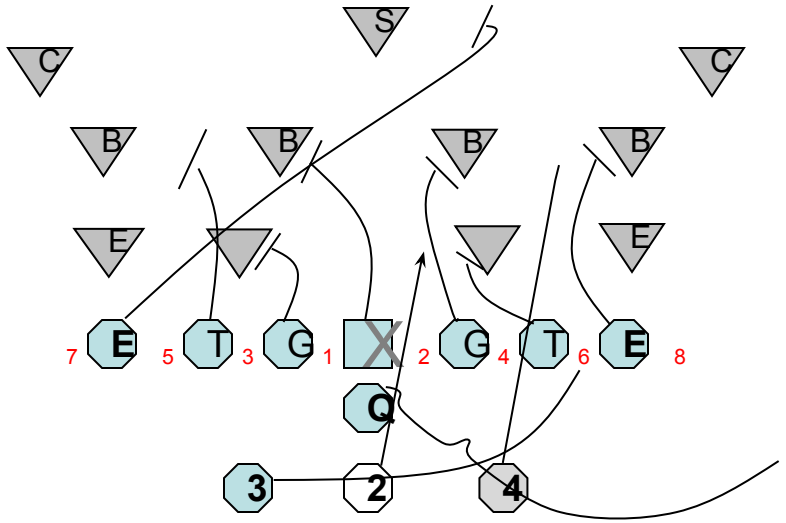
Strong 641 Tackle Counter



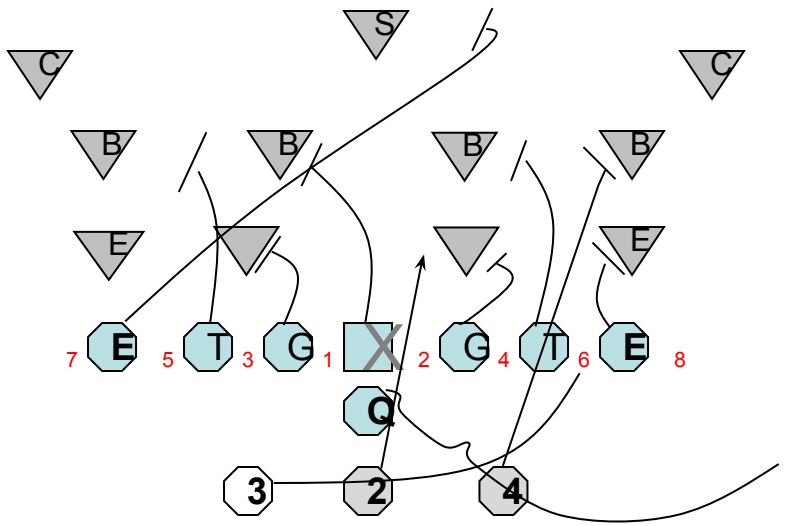
Double Dive

Optional Play Calls:

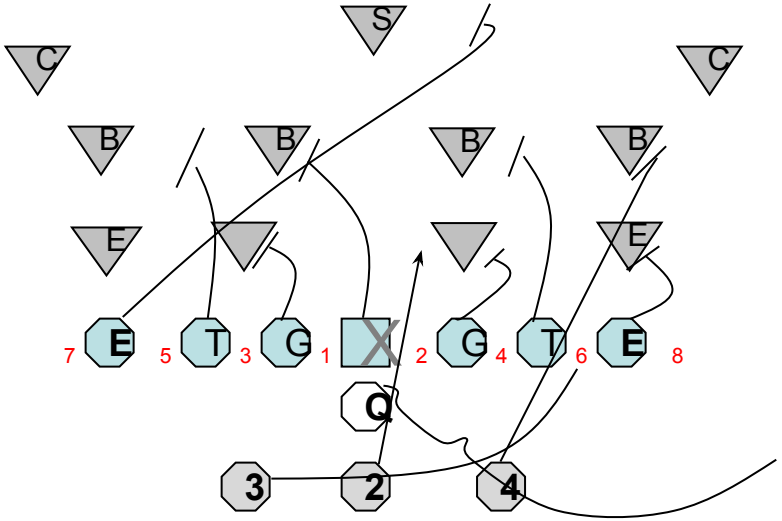
922 Double Dive



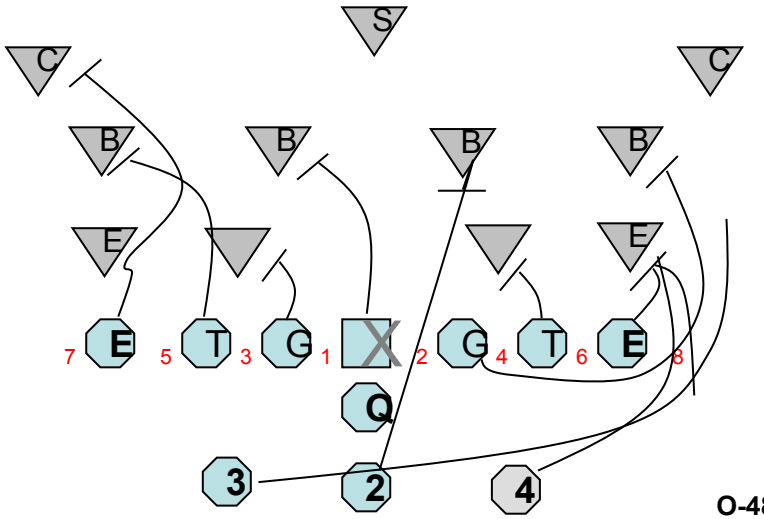
936 Double Dive



918 Double Dive



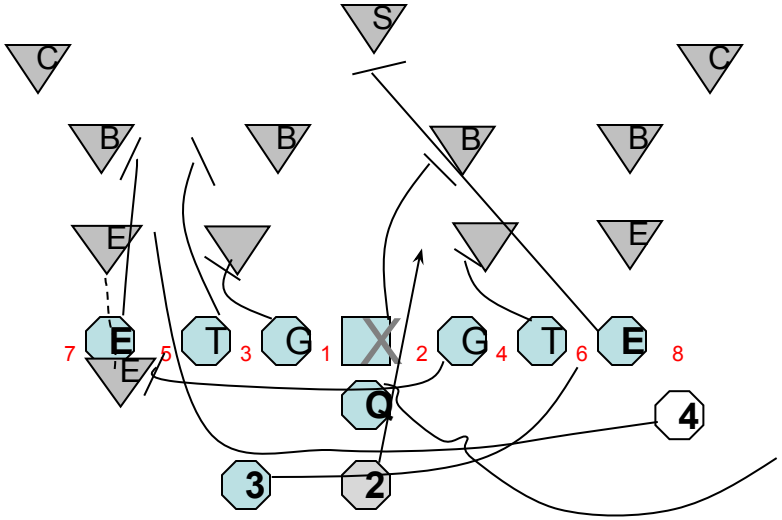
936/38 Double DiveTrap



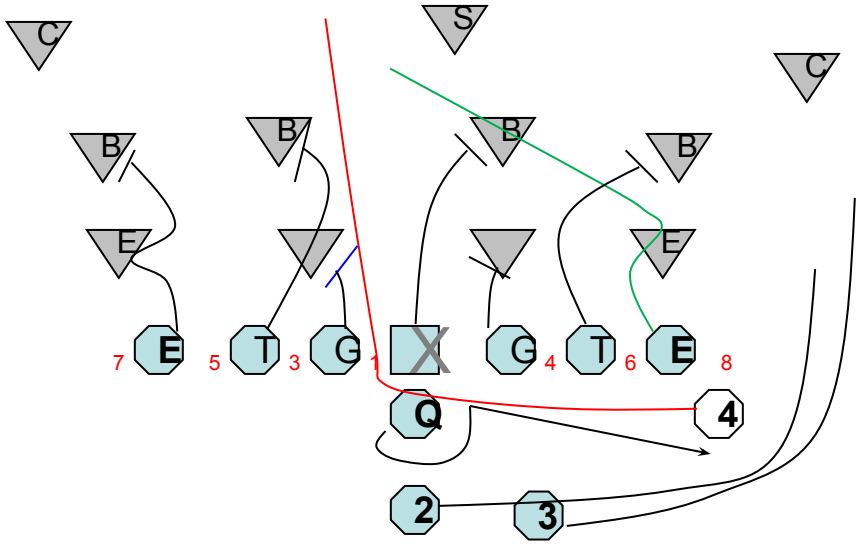
Double Dive Counter Reverse

Optional Play Calls:

645 Double Dive Counter



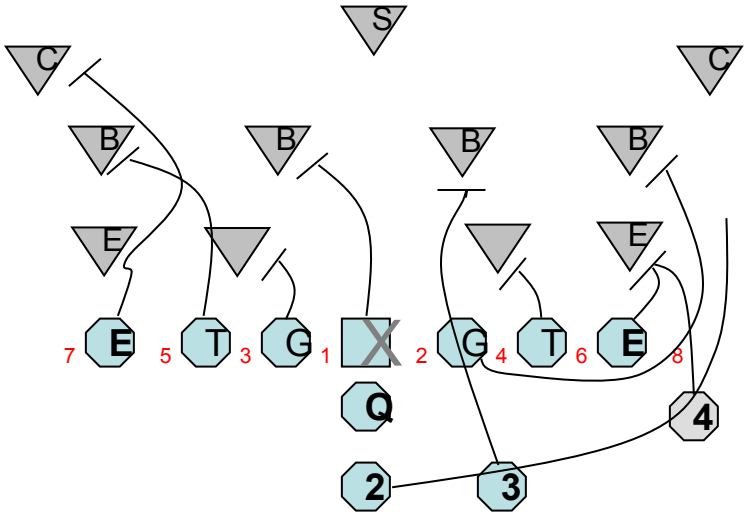
S641 Reverse VS 4 - 4 Defense



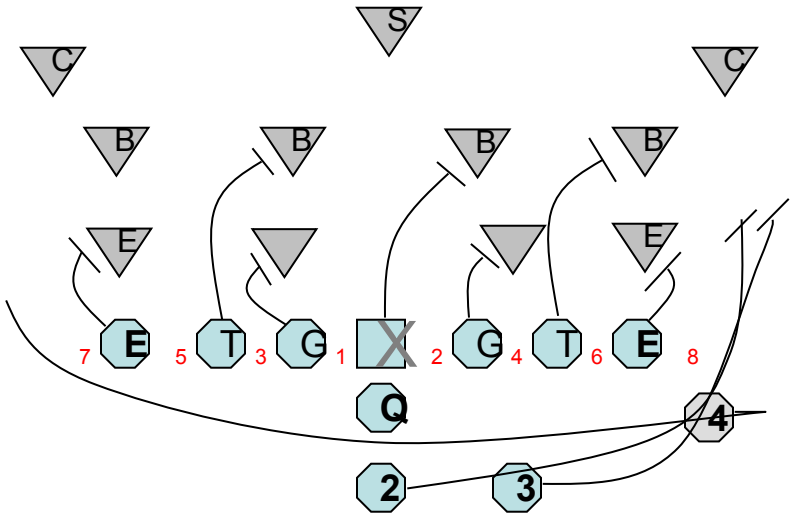
Trap/Reverse/Jet Sweep

Optional Play Calls:

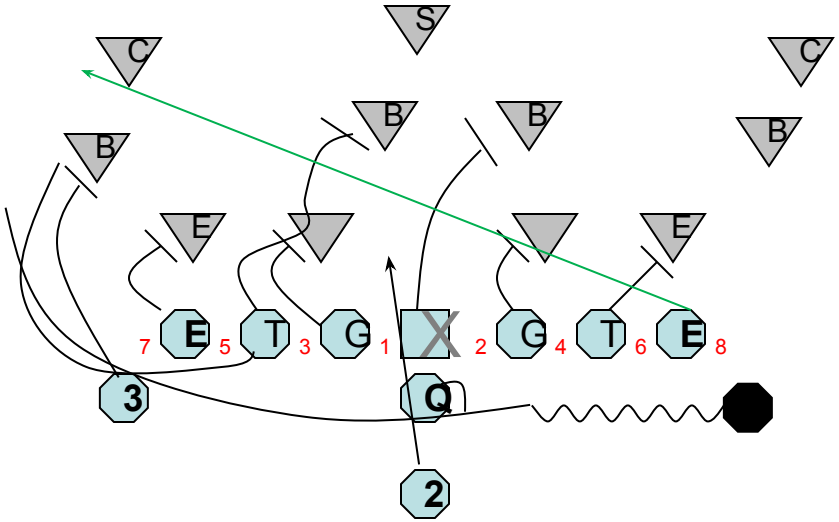
Strong 626/28 DiveTrap



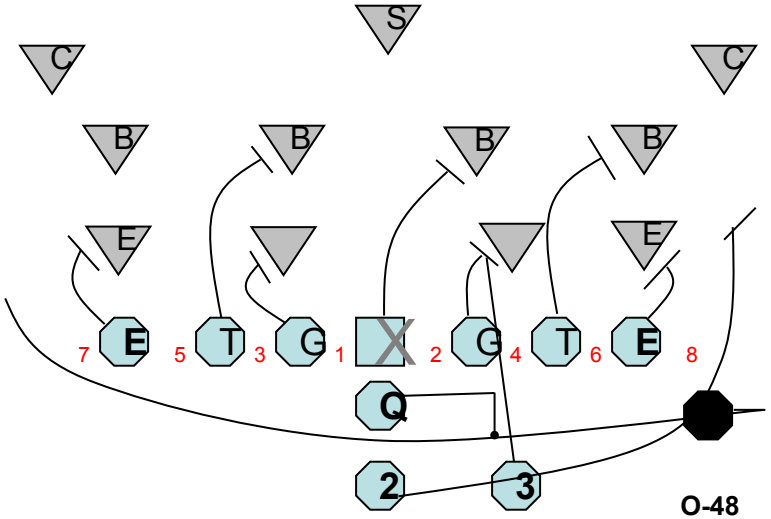
Strong 647 Toss Reverse



Laser 847 Jet Sweep



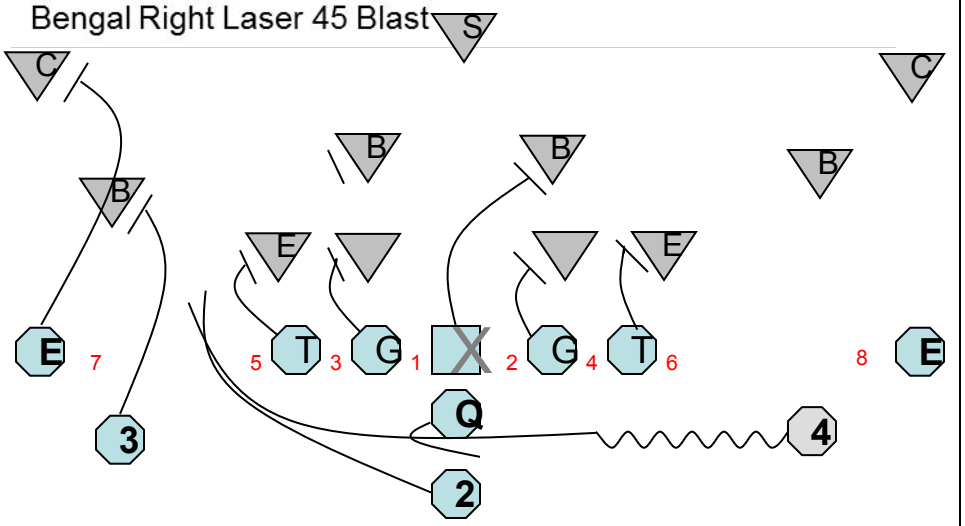
Strong 647 Dive Reverse



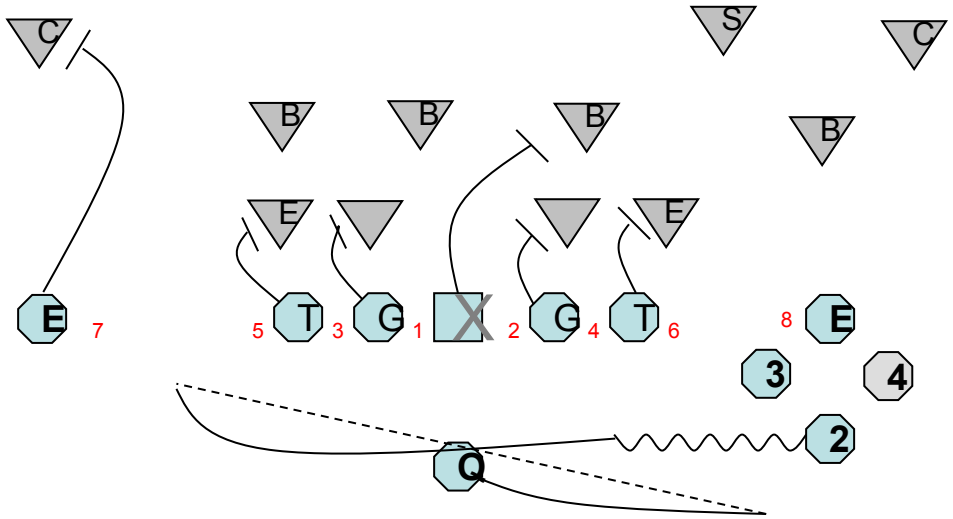
Spread - Run

Optional Play Calls:

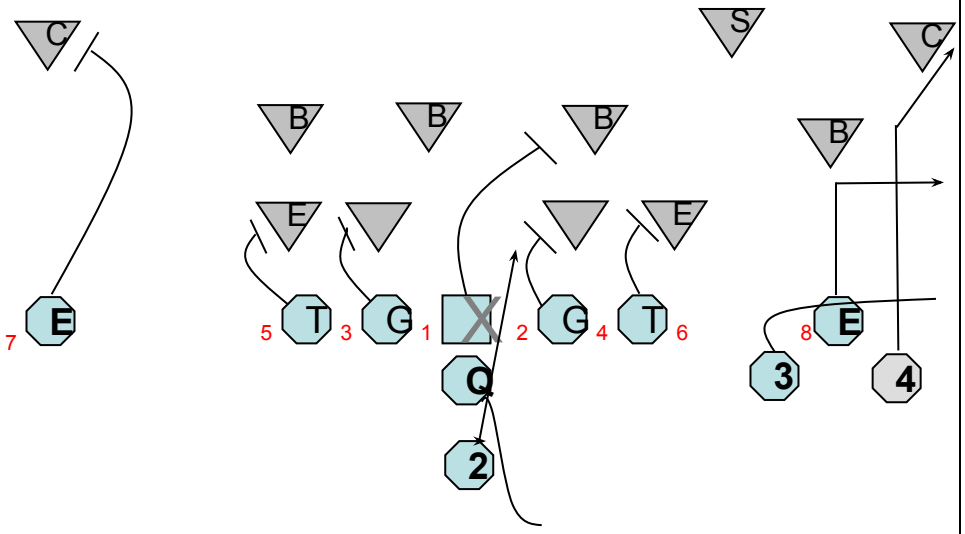
Bengal Right Laser 25 Blast
Bengal Right Laser 45 Blast



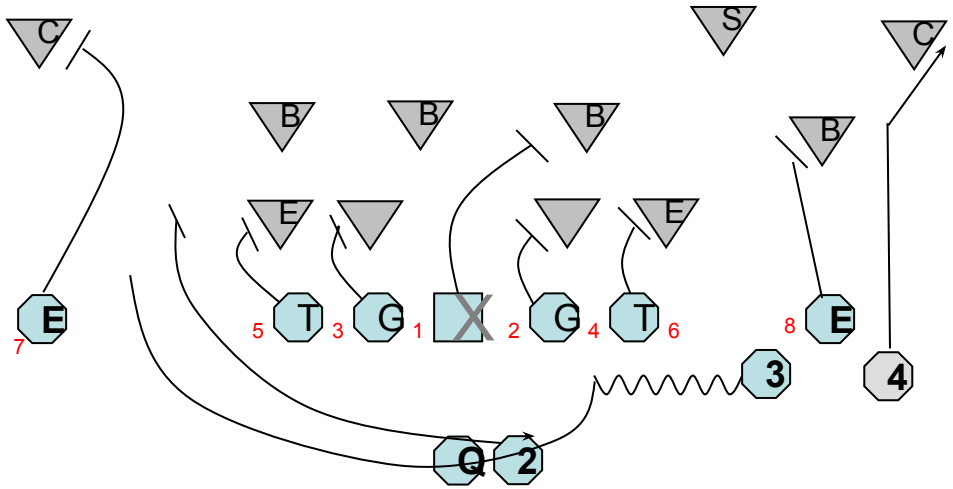
Wide Diamond Right 2B Orbit QB Screen



Wide Tiger Right Under 22 Dive Pass



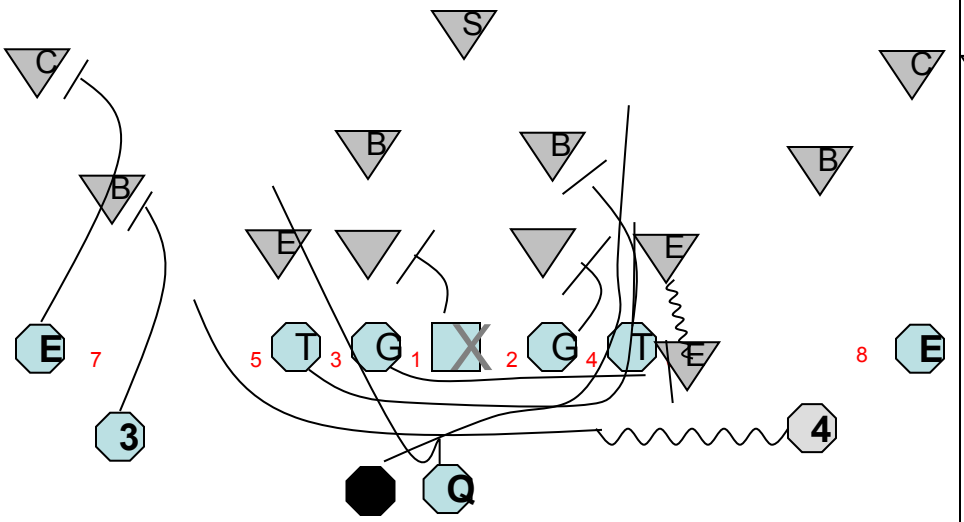
Wide Tiger Right Orbit 35 Toss



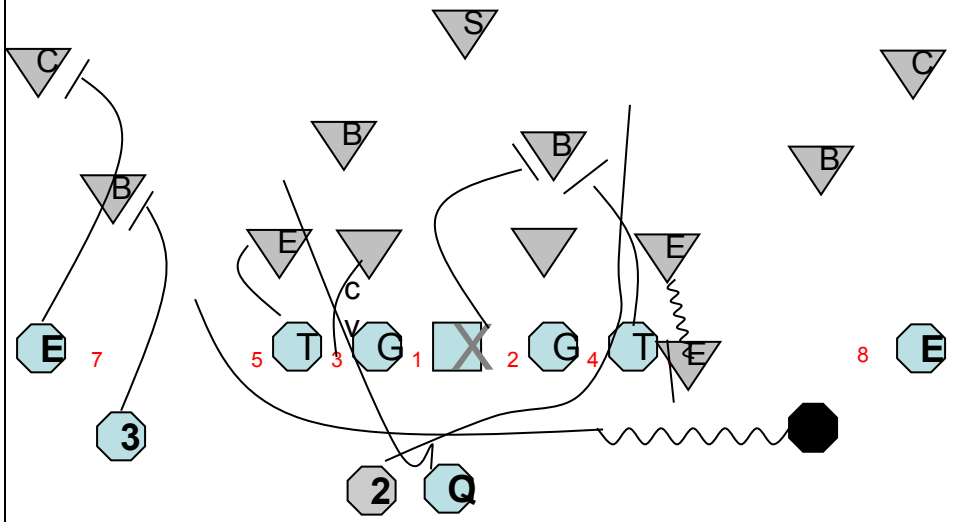
Spread - Run

Optional Play Calls:

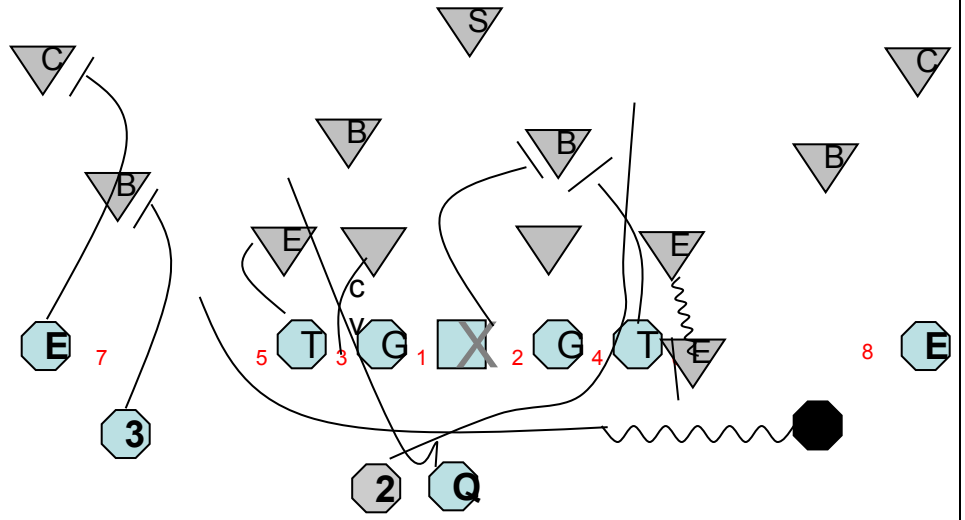
Bengal Left Laser 24 Double Counter



Bengal Left Laser 47 Jet Sweep



Bengal Left Laser 13 Buck



Tight 822 Wedge

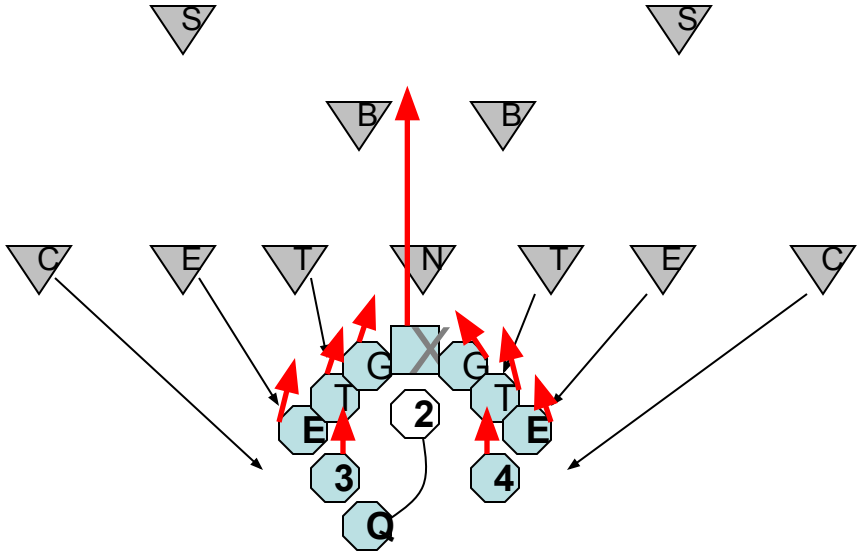
(#2 Back stays in wedge)

Optional Play Calls:

The Wedge is the ultimate team play, in effect concentrating the force of 9 blockers at the point of attack.

Three things can defeat the wedge:

1) Allowing the wedge to stop.
2) A hard rush around the outside, catching the runner from behind.
3) Penetration of the walls of the wedge, it must stay intact!



At the snap of the ball players quickly form a wedge around the 2 back by lining up inside shoulder with the outside shoulder on the man in front of you.

IMPORTANT – The wedge must be formed quickly and prior to opponent contact. The team needs to keep it really tight to avoid penetration and keep their feet moving to keep the ball alive!

- **QB:** If it's on "GO", make sure everyone is set. Step out of the Back's path with your right foot. Nothing fancy, just hand him the ball. Then follow the wedge looking into the line and be prepared to cover the ball should there be a fumble.
- **3 & 4 Backs:** Hustle inside and block "YOUR TACKLE" and keep you feet moving. You should never attempt to push the ball carrier, instead stay behind your Tackle and push him up field while guarding against opponents that may try to slip in from behind the wedge.
- **2 back:** Hit quickly with no delay. Be prepared to dive over the pile should things stack up. Otherwise, push the wedge. Take lots of short choppy steps with knees high. Keep your eyes open and look for daylight.

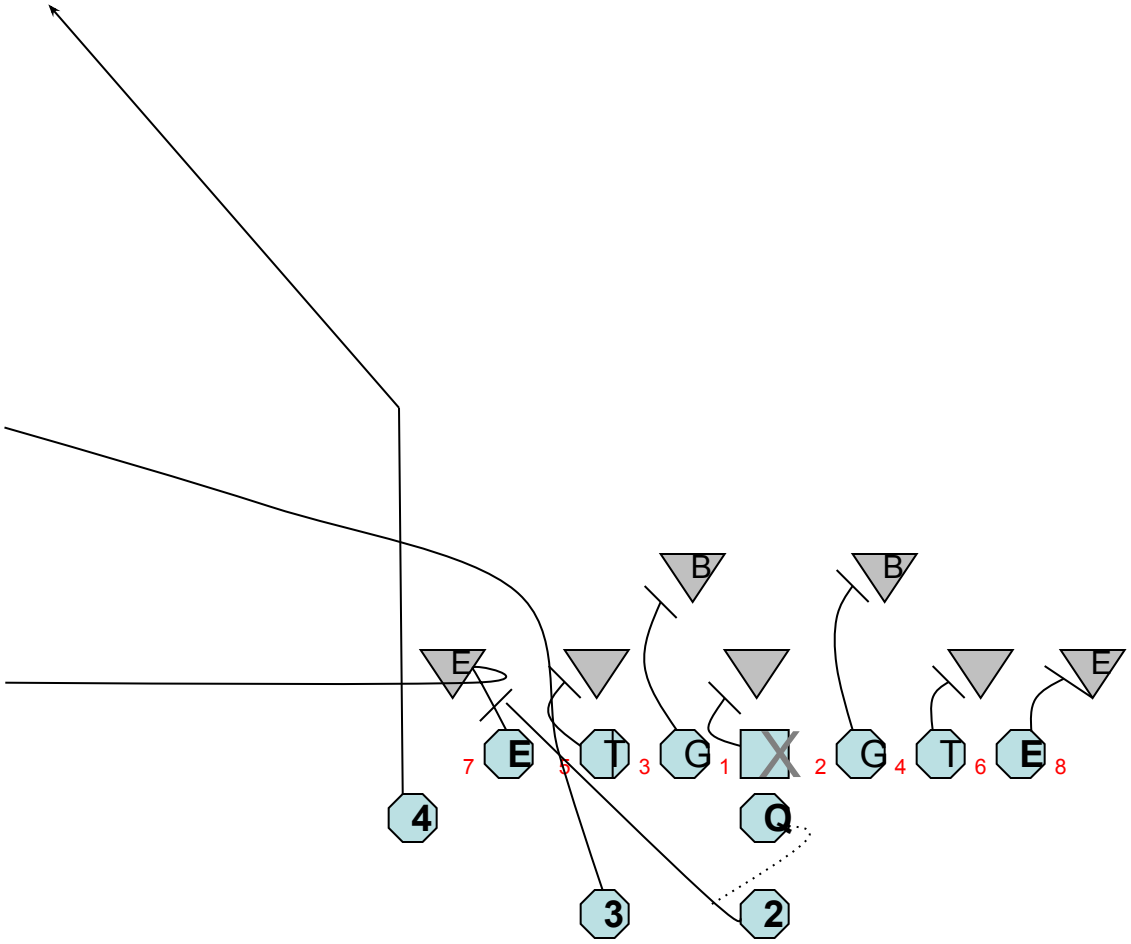
Strong 725 Blast Pass

(QB & 2 Back must sell run)

- **SELL RUN!!!**
- **3 Back release inside Def End**

Mirror Play Calls:

- Strong 626 Blast Pass
- Iformations 2 &3 change responsibility
- 3 Back Swing



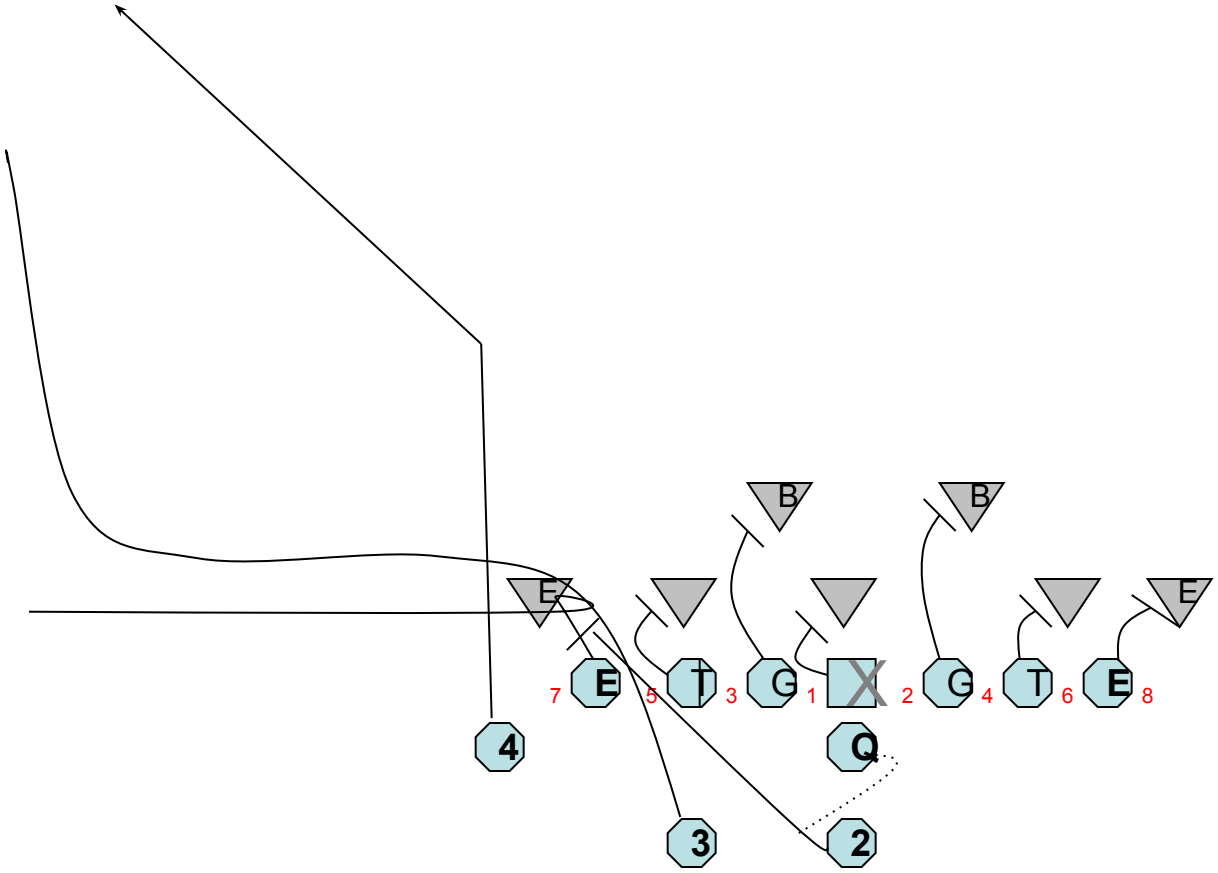
Strong 725 Blast Pass - Chair

(QB & 2 Back must sell run)

- **SELL RUN!!!**
- **3 Back release inside Def End**

Mirror Play Calls:

- Strong 626 Blast Pass
- Iformations 2 &3 change responsibility
- 3 Back Swing



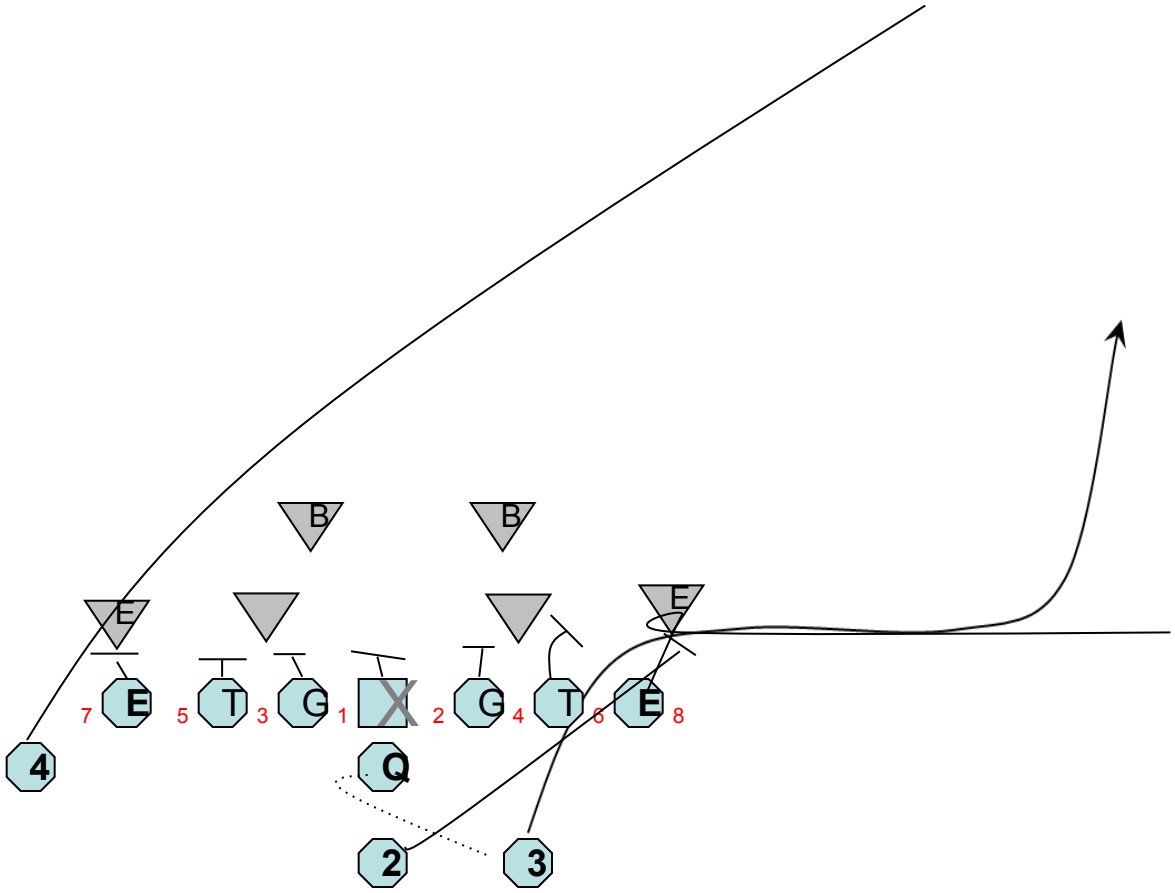
726 Blast Pass - Chair

(QB & 2 Back must sell run)

Mirror Play Calls:

- 625 Blast Pass
- Iformation 2 & 3 backs change responsibility

*** SELL RUN!!!**



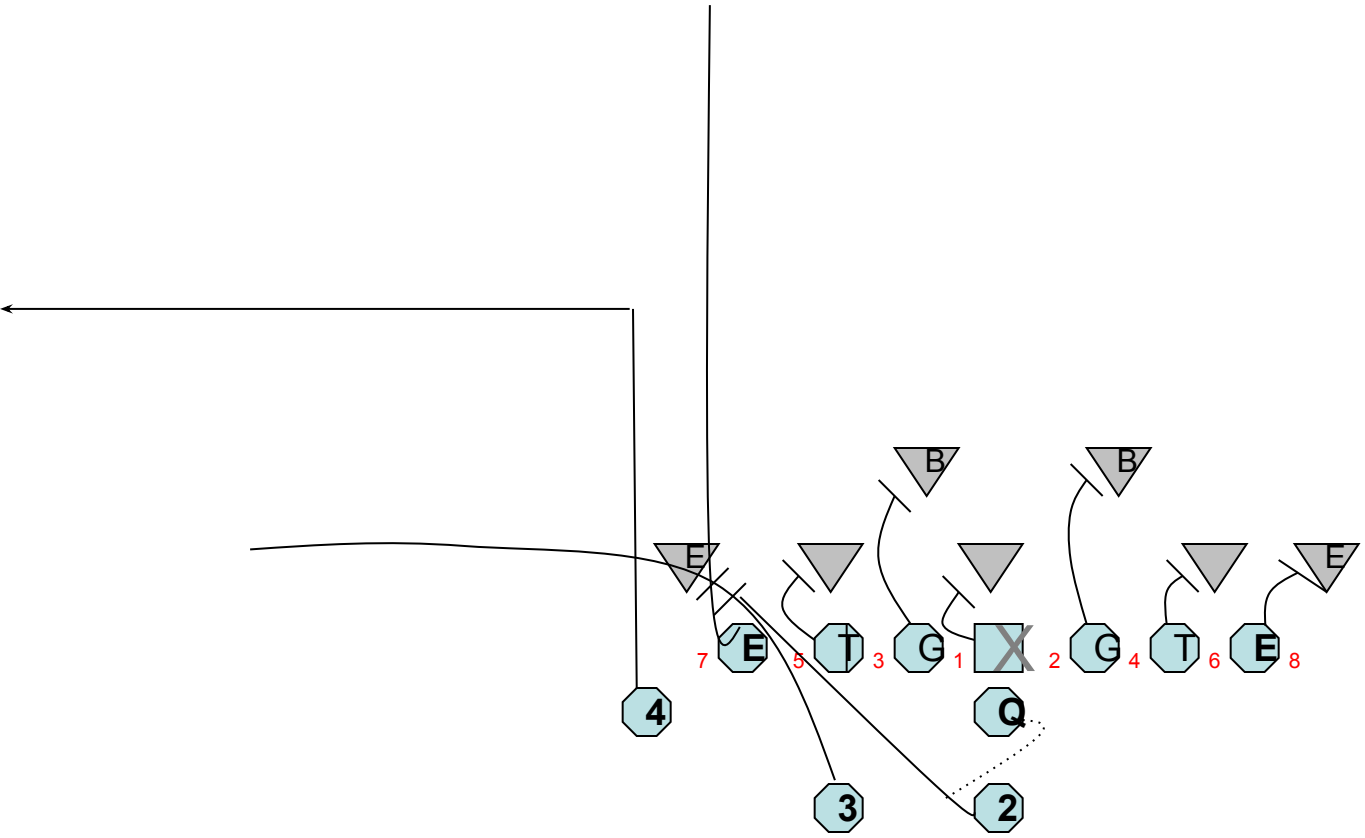
Strong 725 Blast Pass – TE Delay

(QB & 2 Back must sell run)

- **SELL RUN!!!**
- **3 Back release inside Def End**

Mirror Play Calls:

- Strong 626 Blast Pass
- Iformations 2 &3 change responsibility
- 3 Back Swing



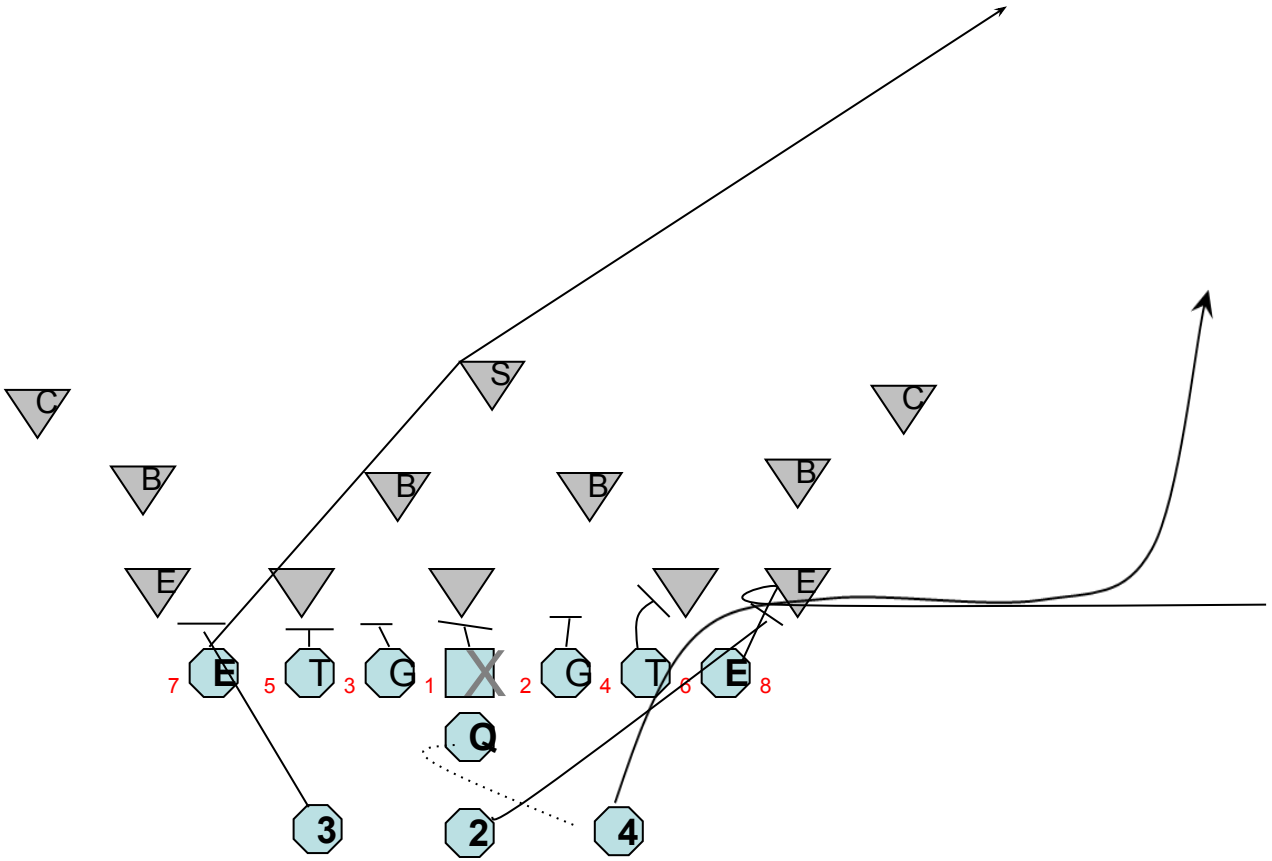
926 Blast Pass - Chair

(QB & 2 Back must sell run)

Mirror Play Calls:

- 625 Blast Pass
- Iformation 2 & 3 backs change responsibility

*** SELL RUN!!!**



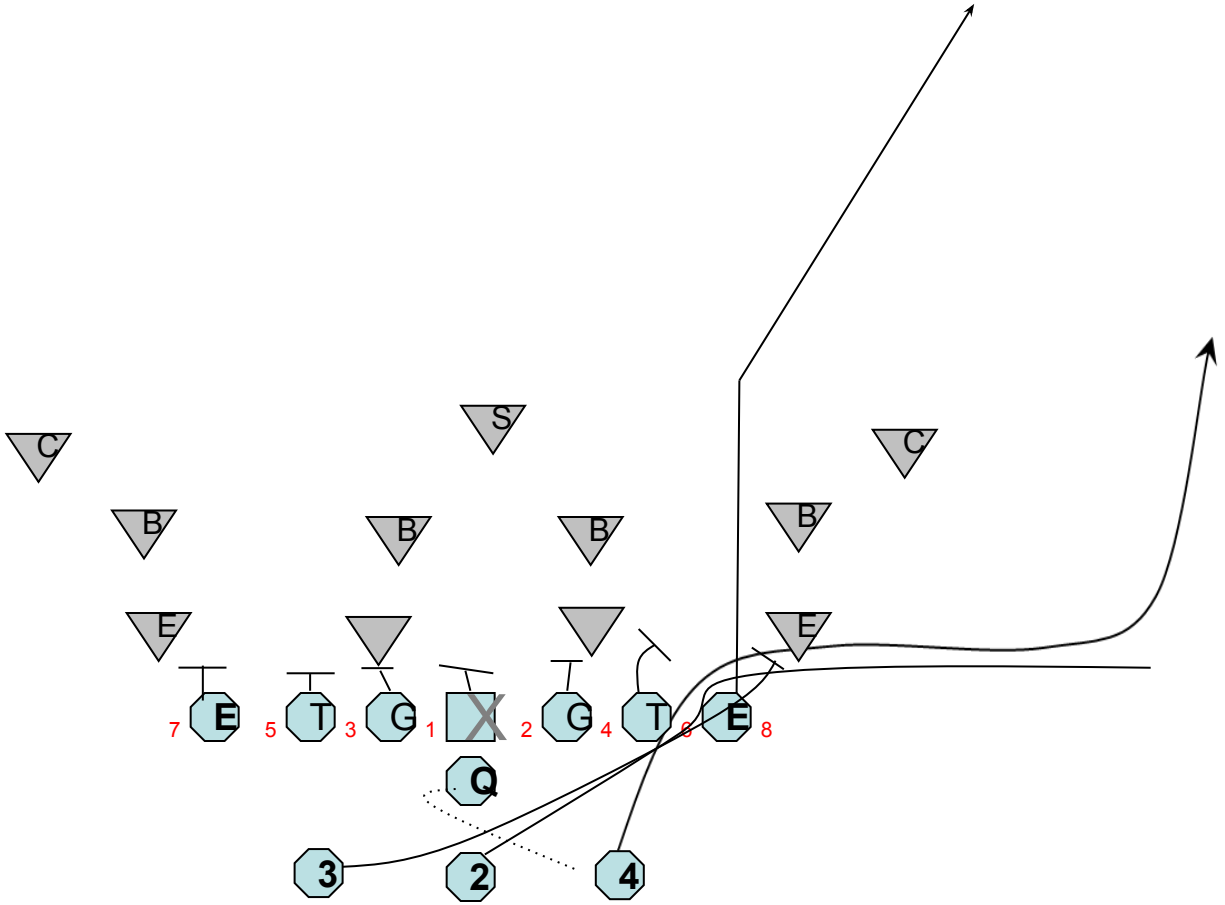
936 Double Blast Pass

(QB & 2 Back must sell run)

Mirror Play Calls:

- 625 Blast Pass
- Iformation 2 & 3 backs change responsibility

*** SELL RUN!!!**



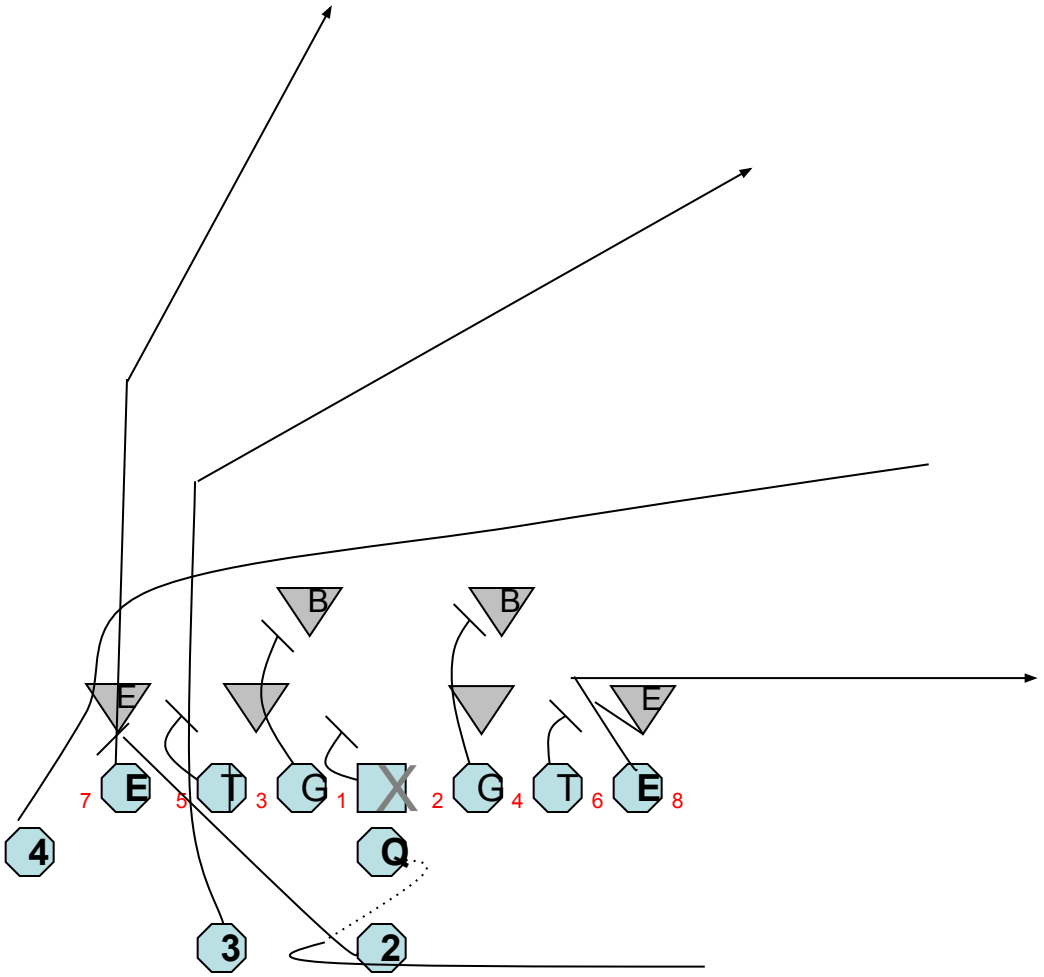
Strong 725 Blast Pass Waggle

(QB & 2 Back must sell run)

- **SELL RUN!!!**
- **3 Back release inside Def End**

Mirror Play Calls:

- Strong 626 Blast Pass
- Iformations 2 &3 change responsibility
- 3 Back Swing



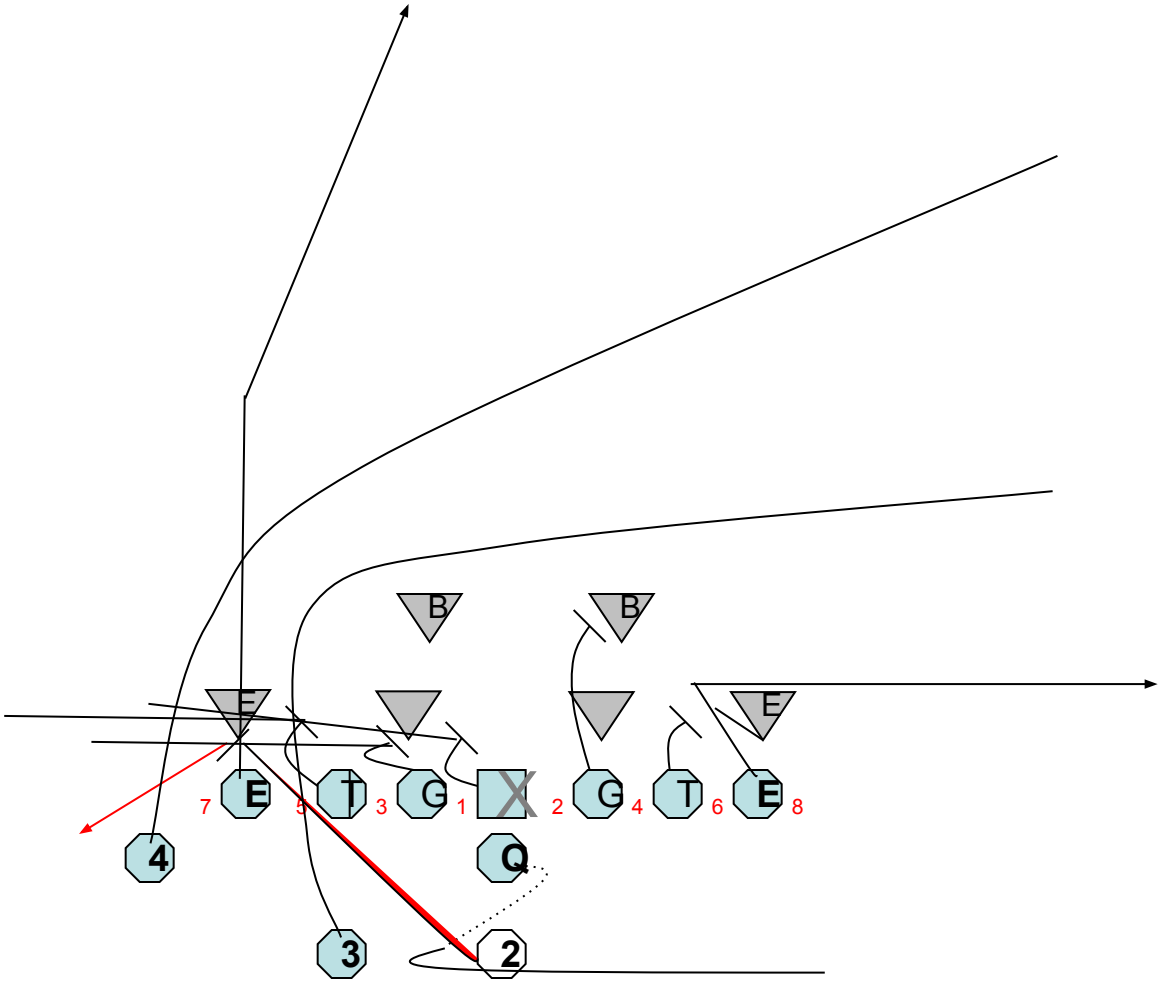
Strong 725 Blast Pass Waggle Screen

(QB & 2 Back must sell run)

- **SELL RUN!!!**
- **3 Back release inside Def End**

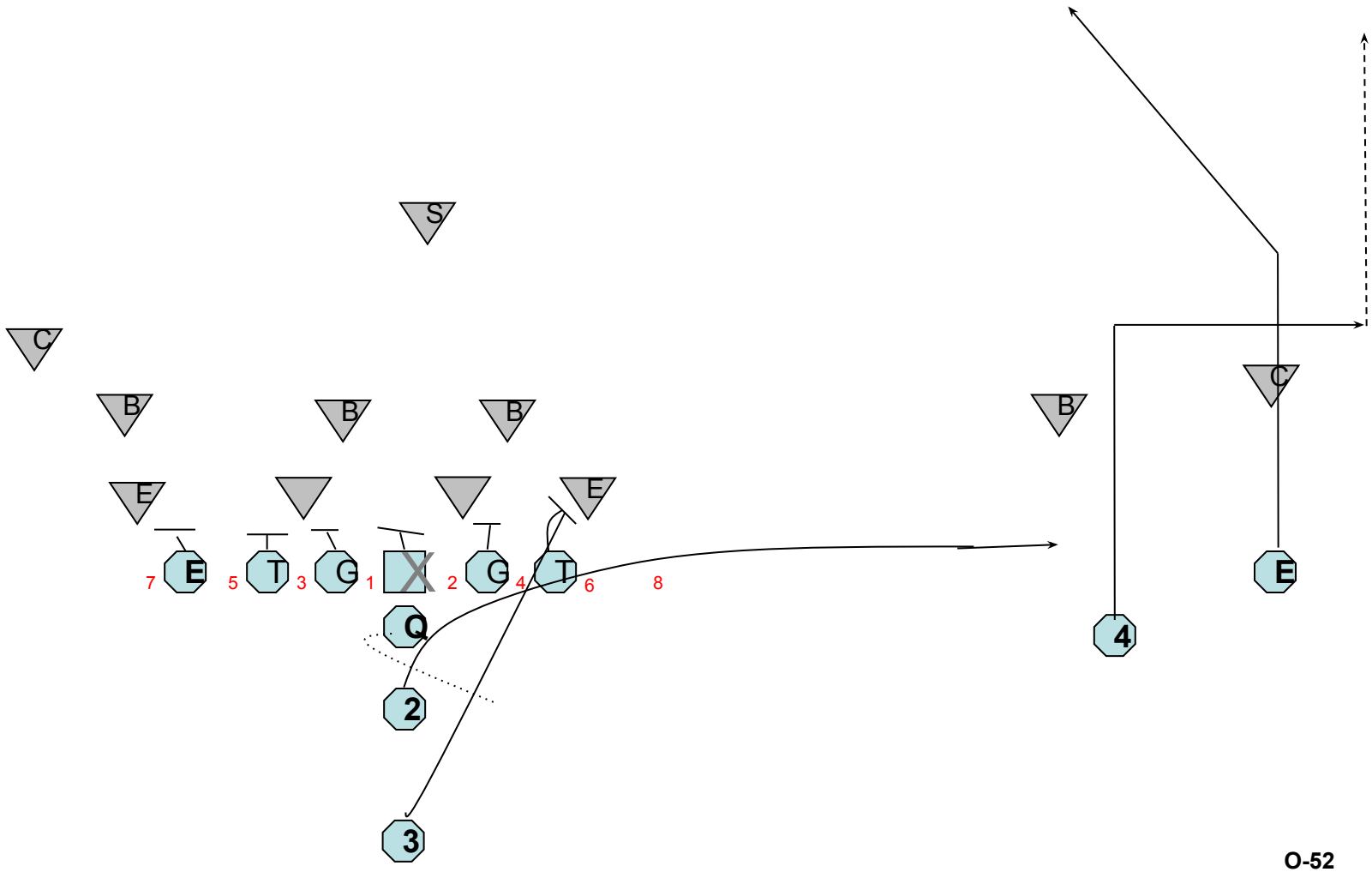
Mirror Play Calls:

- Strong 626 Blast Pass
- Iformations 2 &3 change responsibility
- 3 Back Swing



I436 Blast Pass – Panther
I436 Blast Pass - Charger

*** SELL RUN!!!**



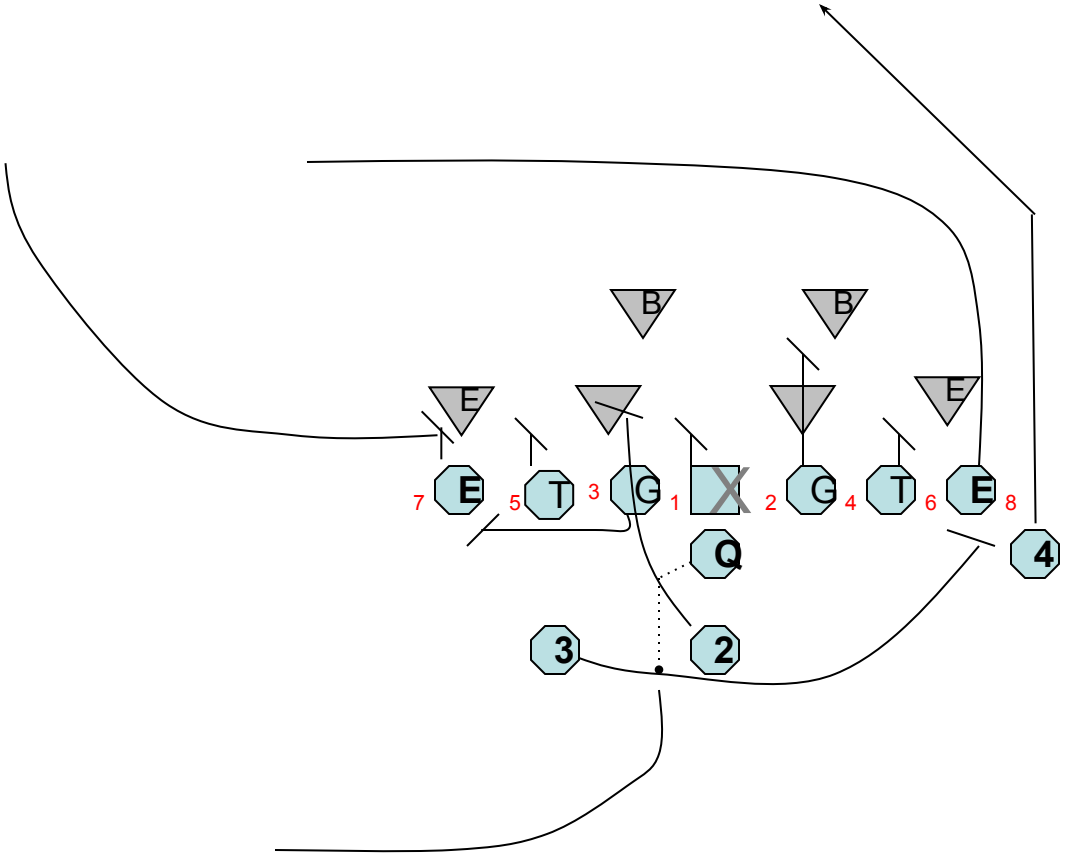
638 Buck Sweep Keep Pass

Optional Play Calls:

- 737 Buck Sweep Keep Pass

(QB & 2 Back must sell run)

*** SELL RUN!!!**



Left End Blocks for 1 second then release

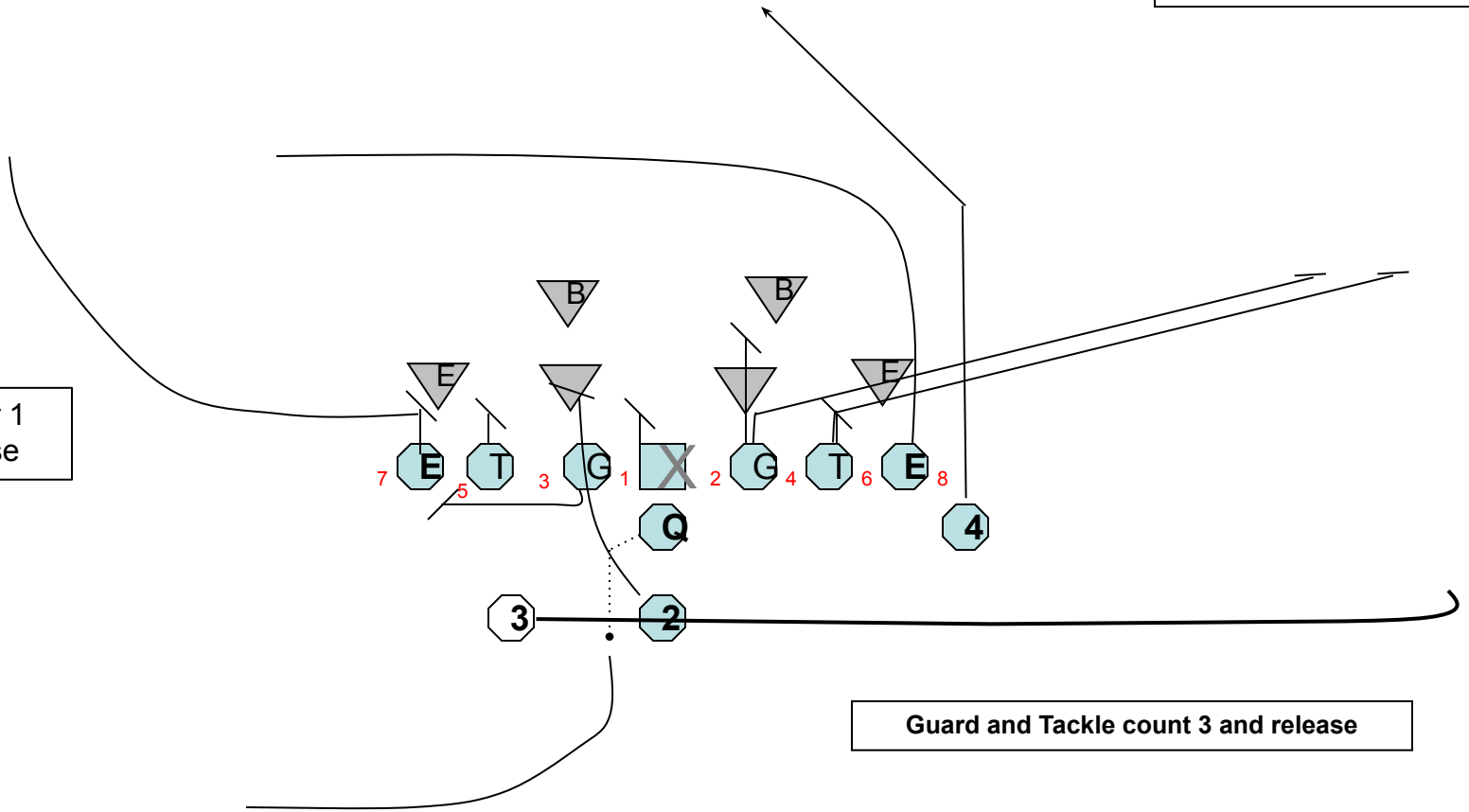
QB attacks line of scrimmage. If corner comes then throw to E. If corner covers E then look a second read. If second read is covered the QB yells "GO" and runs with ball and E & E become blockers.

638 Buck Sweep Keep Pass Screen

Optional Play Calls:
- 737 Buck Sweep Keep Pass

(QB & 2 Back must sell run)

*** SELL RUN!!!**



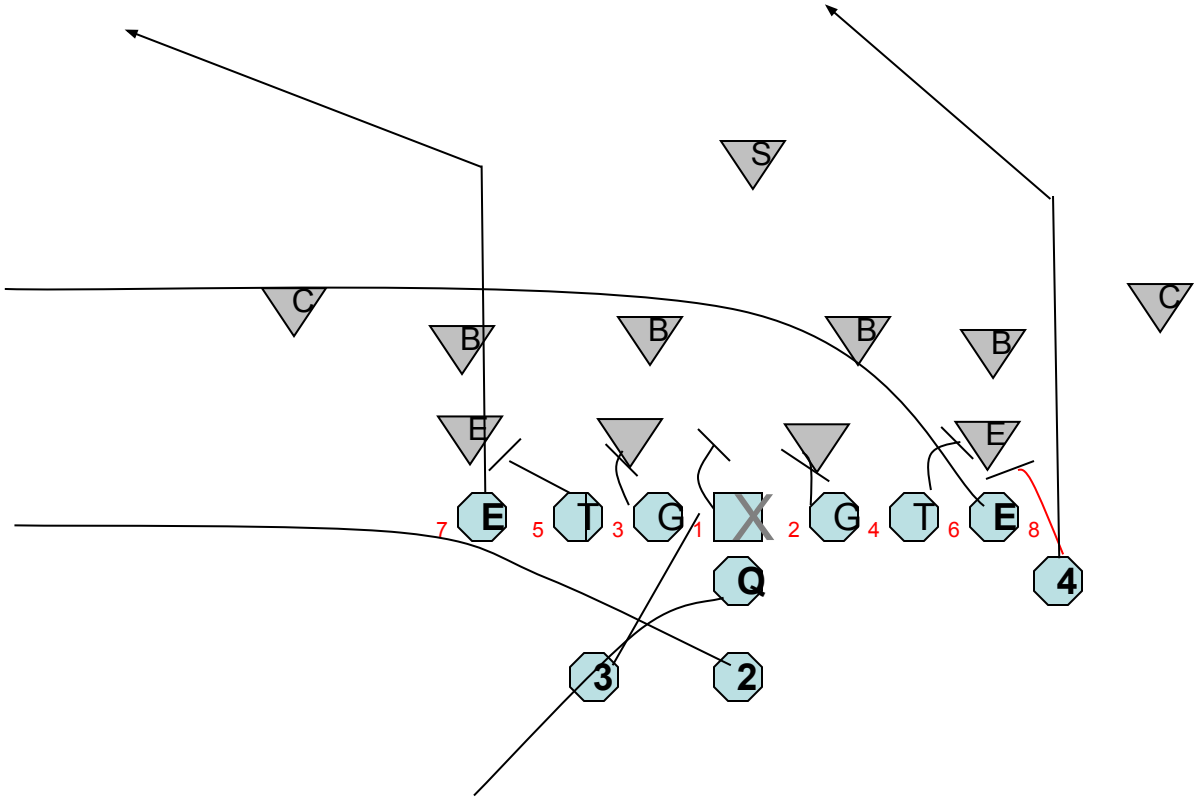
Left End Blocks for 1 second then release

Guard and Tackle count 3 and release

631 Dive Pass

Mirror Play Calls:

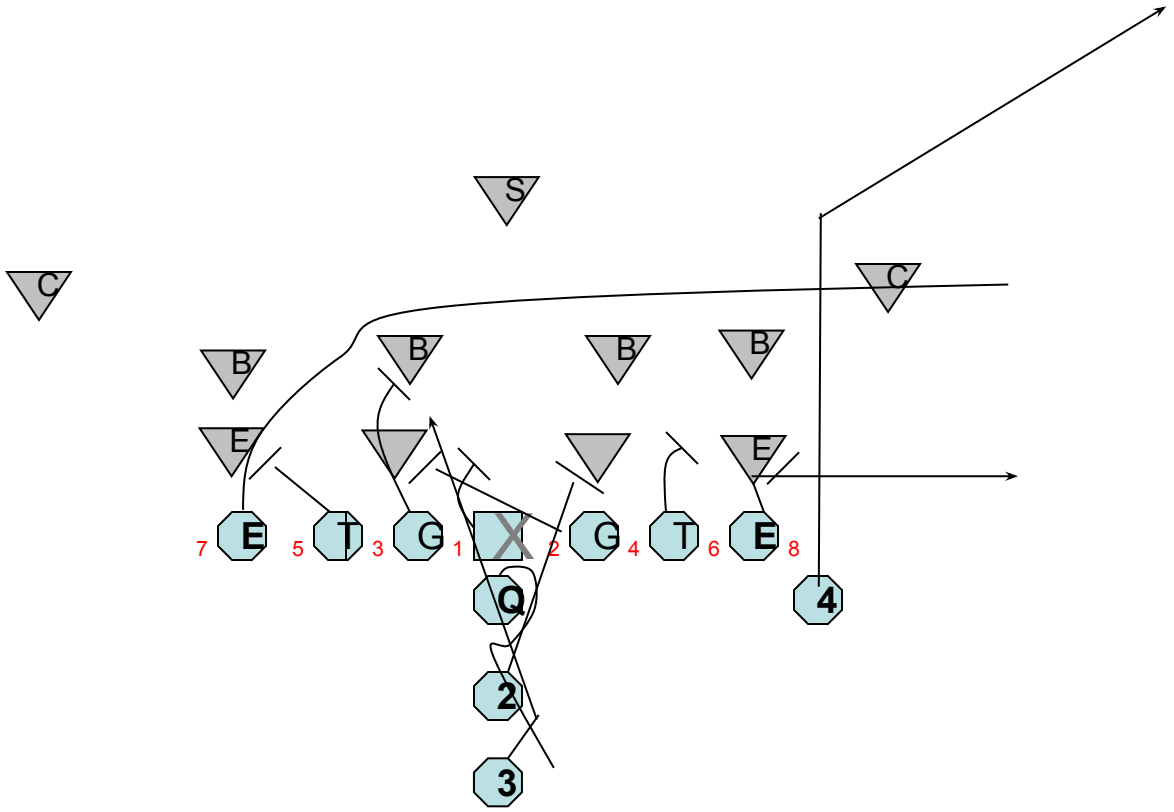
- 734 Dive Option Pass



- X - inside release - 10 yd Corner
- Y - Drag
- 2 - fakes Dive Trap - line of scrimmage
- 4 - Blocks or optional 10 yd Post

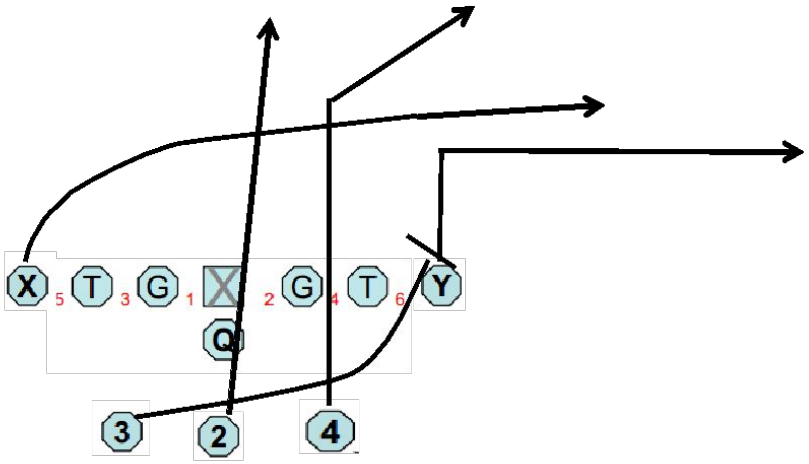
231 Scissors Pass

Other Play Calls:
- 334, S633, S732

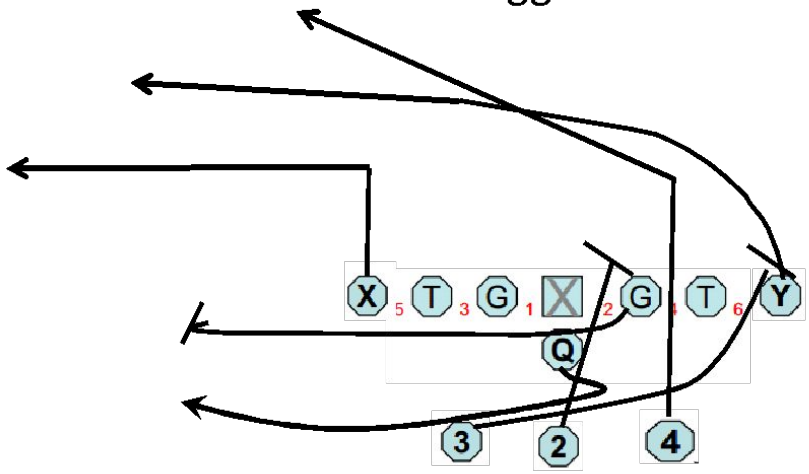


- 4 back hits end 1 sec, Right End Blocks 3 Seconds
- 4 Back 10yd Out
- Right End – Whip
- Left End 10yd Post
- QB Opens to right for 2 back fake continue to turn for fake to 3 back, 3 step drop

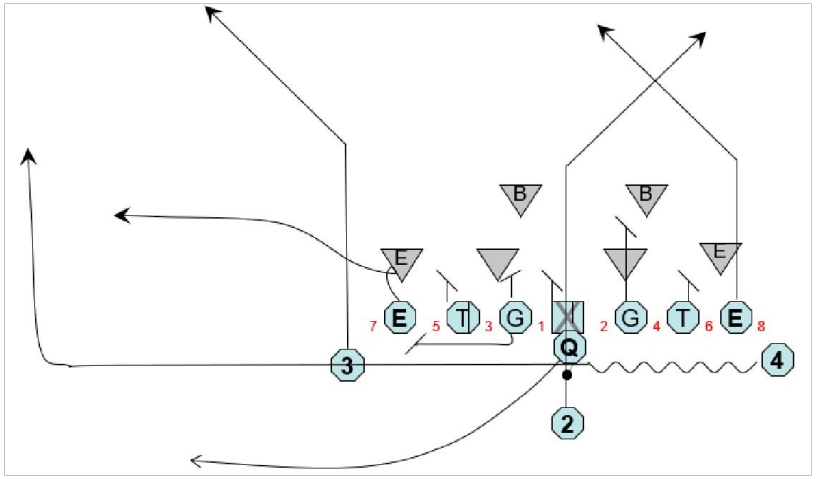
Double Dive Pass Right



Double Dive Pass Waggle Left

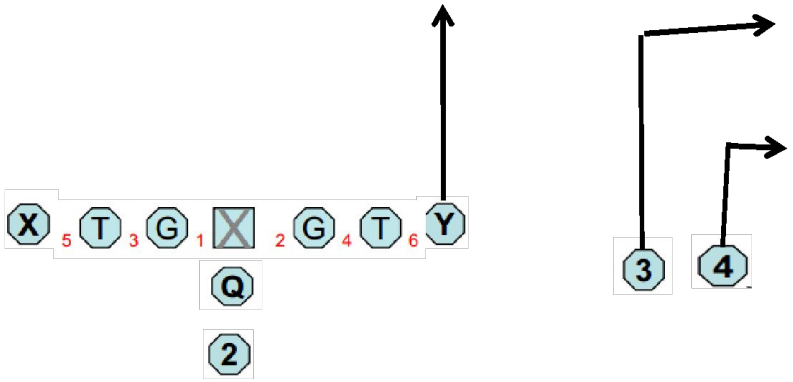


847 Jet Sweep Pass



Twins Right Cardinal Right

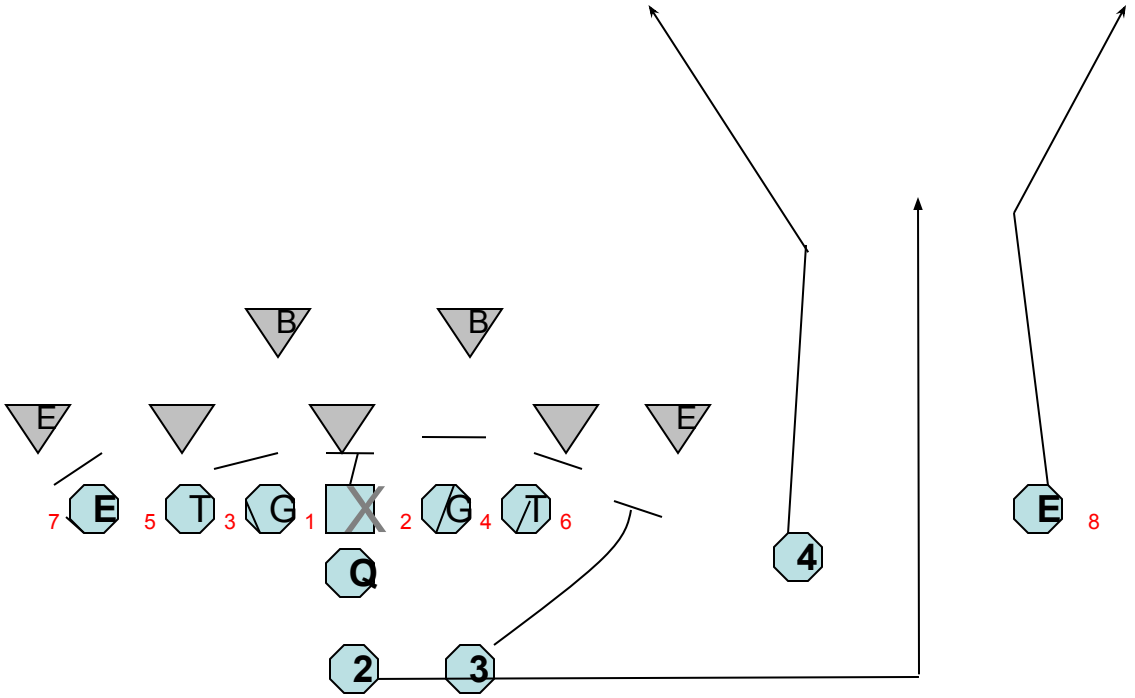
4 Back Pick LB



Strong 400 Funnel Pass

Optional Play Calls:

Strong 500 Funnel Pass



4B and E – 3 steps and break.

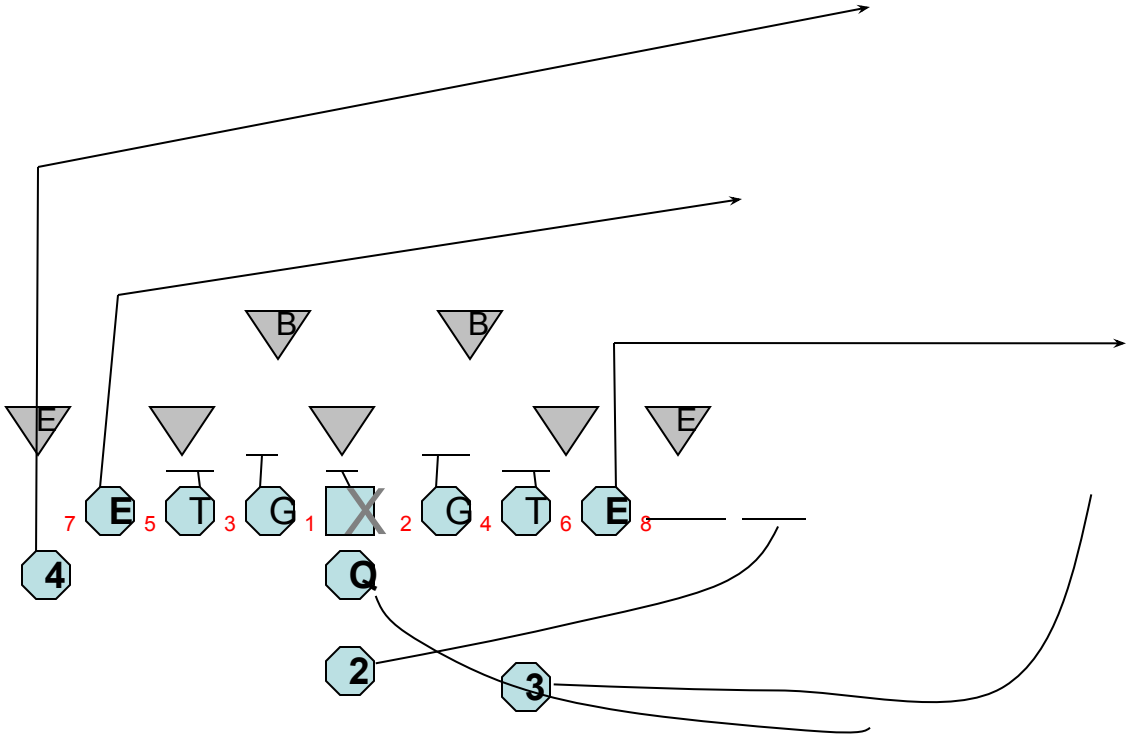
2B MUST STAY WIDE, do not cut the corner!

QB rolls out to the right. 4B goes straight down field about 5 yard and heads for the post. End goes straight down field and then heads for the flag. 2B splits the two receivers and should be all alone in the flats. 3B must block end!

700 Roger

Mirror Play Calls:

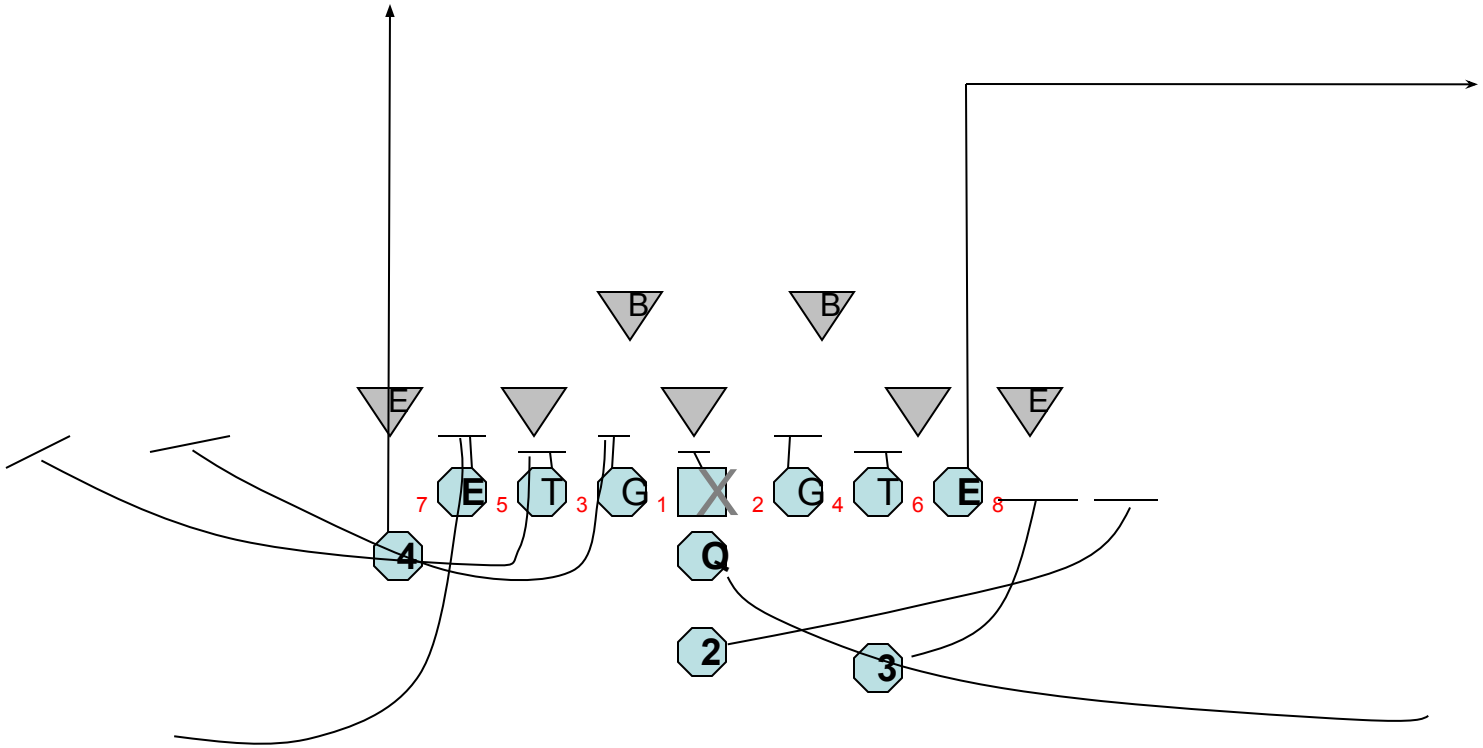
- 600 Leo



700 Roger TE Screen

Mirror Play Calls:

- 600 Leo TE Screen

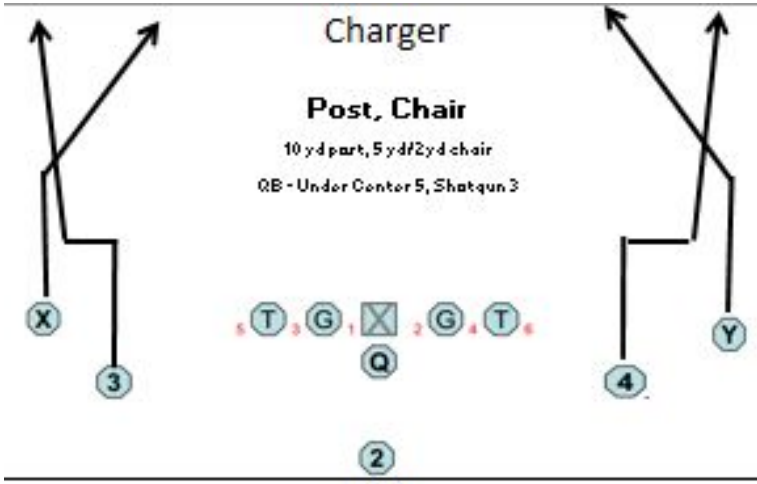


Charger

Post, Chair

10 yd part, 5 yd/2yd chair

QB - Under Center 5, Shotgun 3

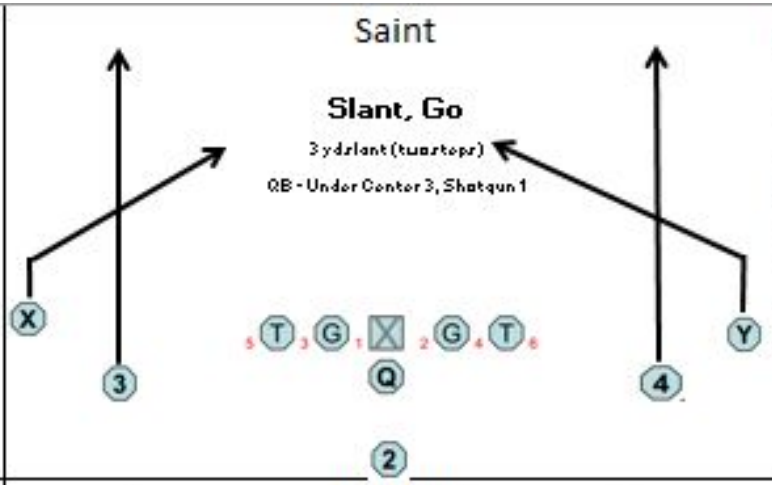


Saint

Slant, Go

3 yd slant (two steps)

QB - Under Center 3, Shotgun 1

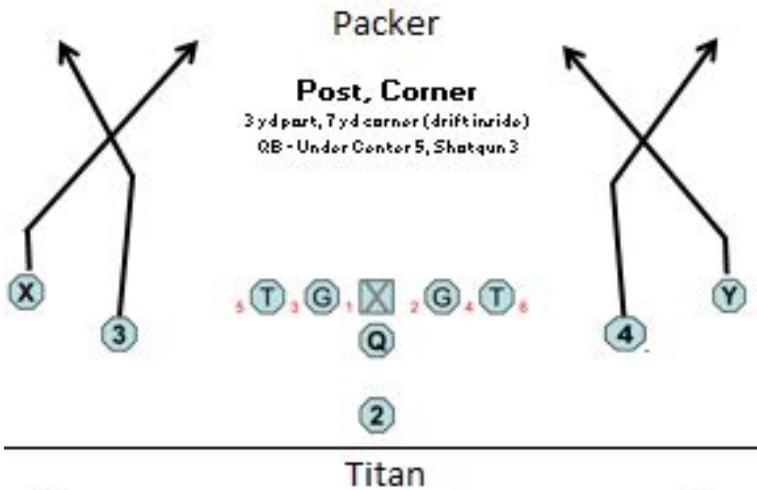


Packer

Post, Corner

3 yd part, 7 yd corner (drift inside)

QB - Under Center 5, Shotgun 3

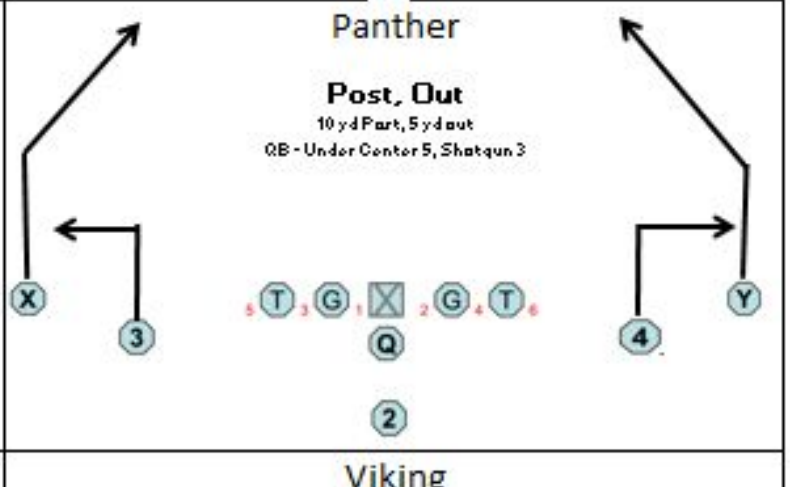


Panther

Post, Out

10 yd Part, 5 yd out

QB - Under Center 5, Shotgun 3

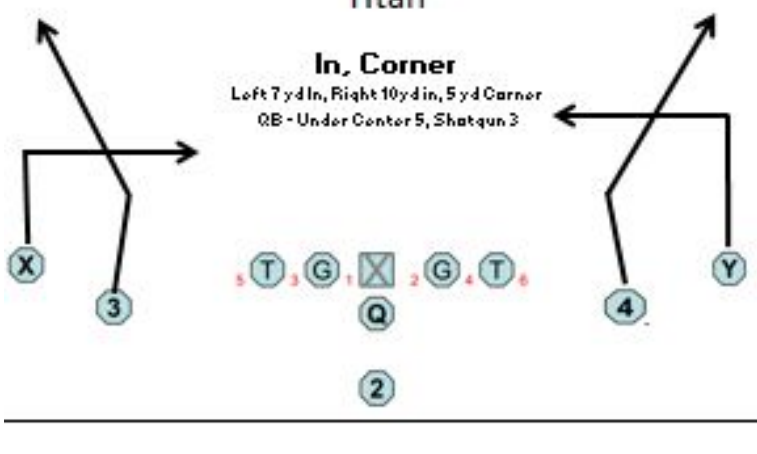


Titan

In, Corner

Left 7 yd In, Right 10 yd in, 5 yd Corner

QB - Under Center 5, Shotgun 3

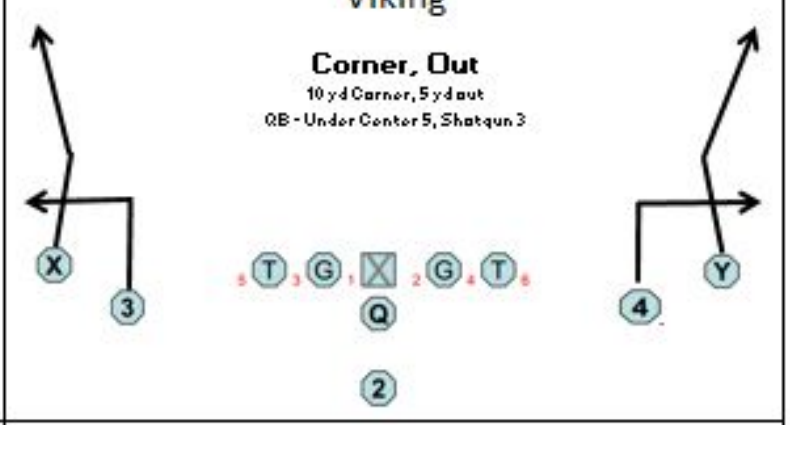


Viking

Corner, Out

10 yd Corner, 5 yd out

QB - Under Center 5, Shotgun 3



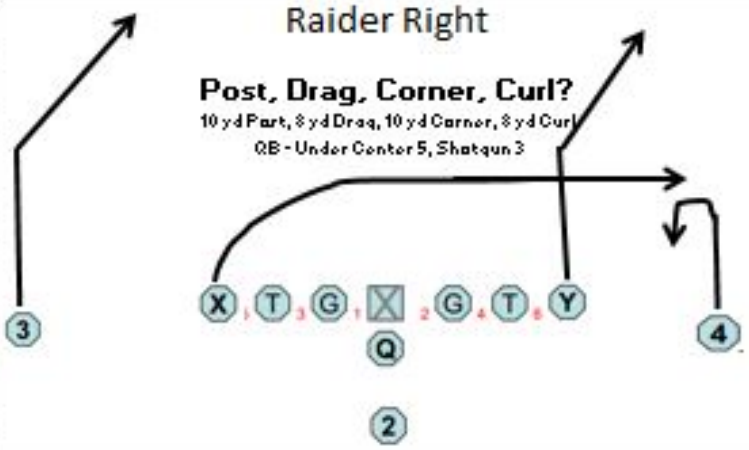
Diamond Combos
Saint - Panther
Saint - Viking
Saint - Dolphin
Cowboy - Panther
Charger - Cowboy
Texan - Panther
Chief - Saint
Titan - Panther

Raider Right

Post, Drag, Corner, Curl?

10 yd Part, 8 yd Drag, 10 yd Corner, 8 yd Curl

QB - Under Center 5, Shotgun 3

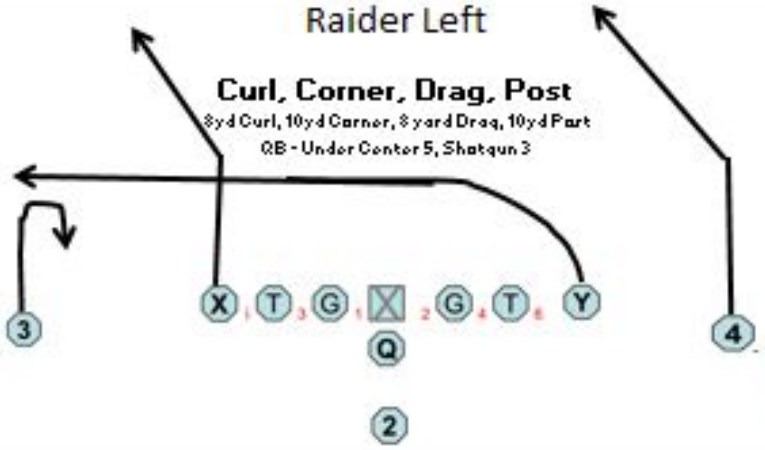


Raider Left

Curl, Corner, Drag, Post

8yd Curl, 10yd Corner, 8 yard Drag, 10yd Part

QB - Under Center 5, Shotgun 3

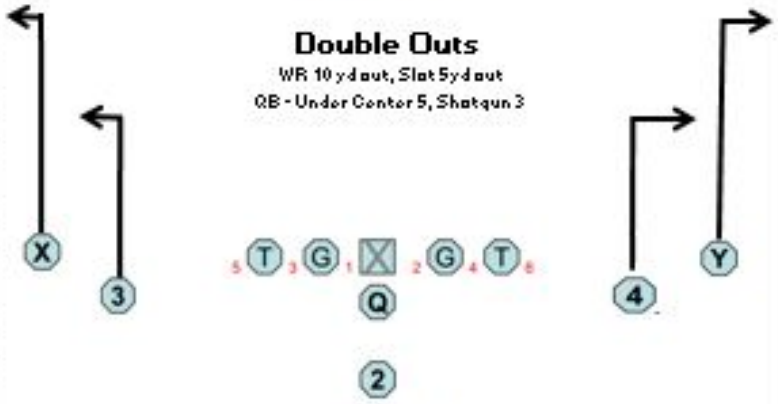


Dolphin

Double Outs

WR 10 yd out, Slot 5yd out

QB - Under Center 5, Shotgun 3

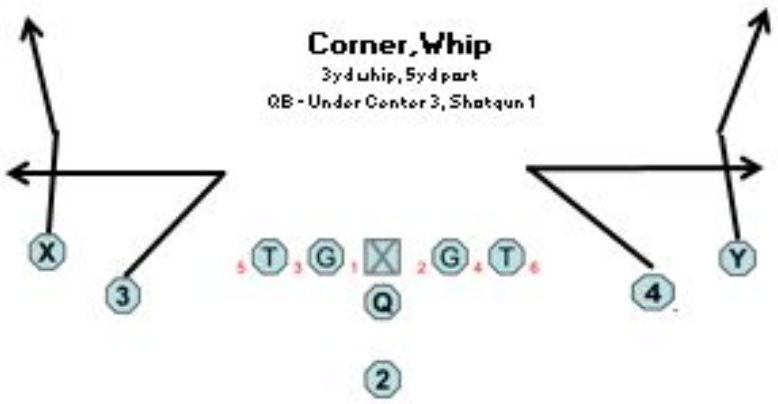


Chief

Corner, Whip

3yd whip, 5yd part

QB - Under Center 3, Shotgun 1

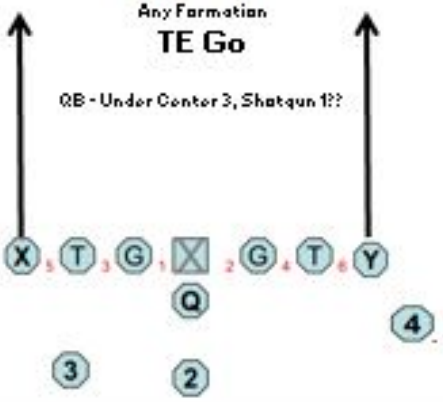


Cardinal

Any Formation

TE Go

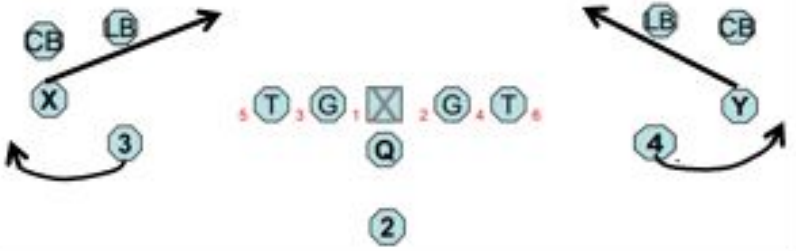
QB - Under Center 3, Shotgun 1??



Cowboy

Slant, Bubble

QB - Under Center 1, Shotgun turn and throw

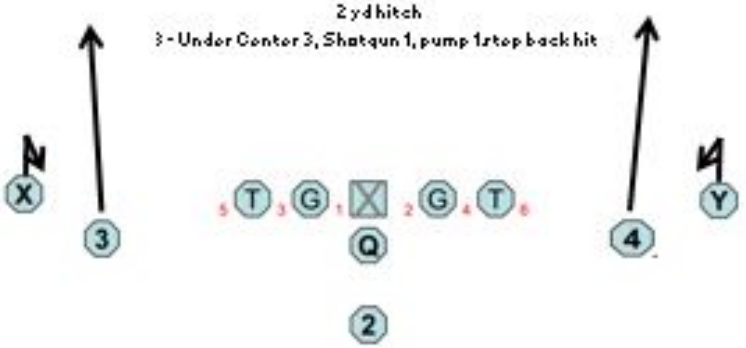


Seahawk

Hitch, Go

2 yd hitch

3 - Under Center 3, Shotgun 1, pump 1 step back hit

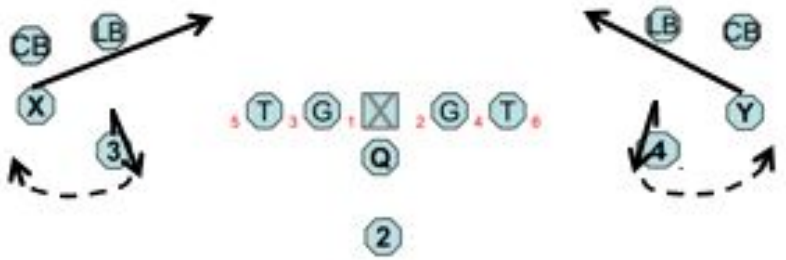


Raven

Inside Screen

1 yd hitch

QB - Under Center 1, Shotgun turn and throw



Steeler

Slant/Fade, Hitch

3 yd slant/fade, 1 yd hitch

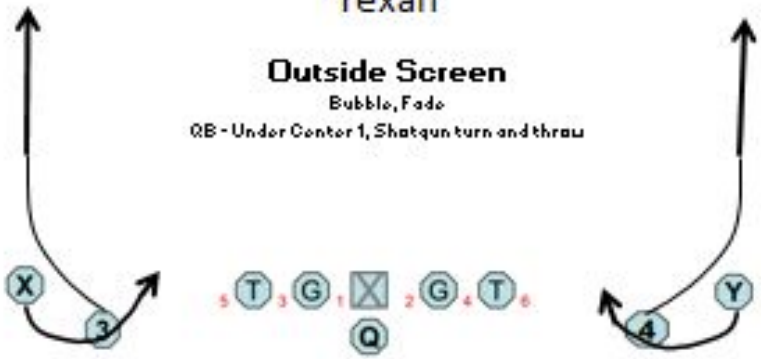
QB - Under Center 3, Shotgun 1, fake, 1 step

Texan

Outside Screen

Bubble, Fade

QB - Under Center 1, Shotgun turn and throw



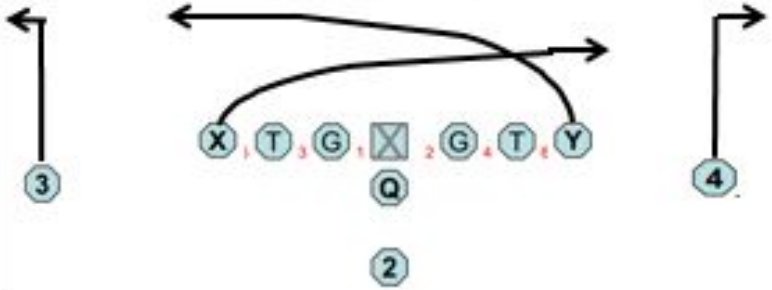
Ram

(Tight Bengal Formation)

ut, Drag, Drag, O

10 yd out, 7 yd drag, 11 yd drag, 10 yd out

QB - Under Center 5, Shotgun 3



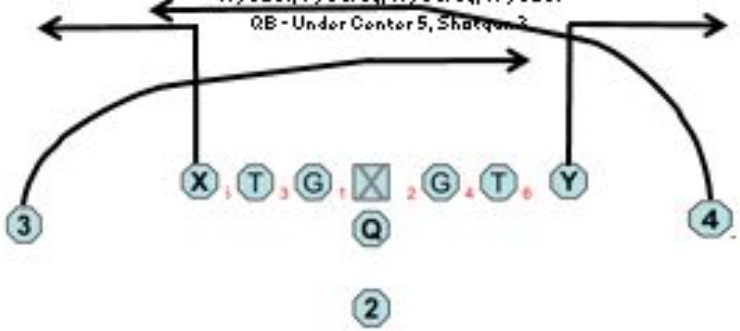
Ram Flip

(Tight Bengal Formation)

rag, Out, Out, Dra

10 yd out, 7 yd drag, 11 yd drag, 10 yd out

QB - Under Center 5, Shotgun 3

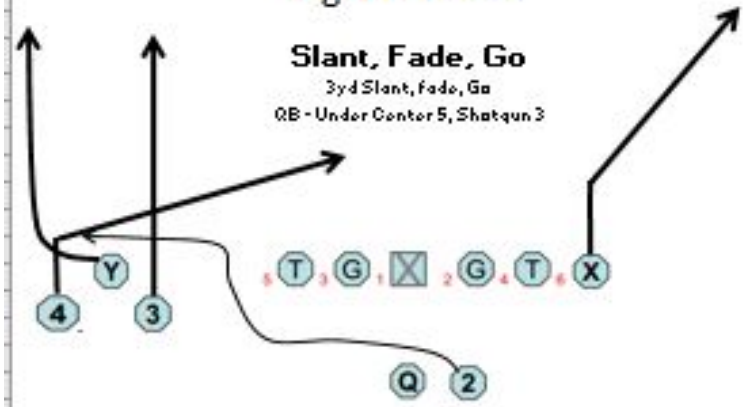


Tiger Left Colt

Slant, Fade, Go

3yd Slant, Fade, Go

QB - Under Center 5, Shotgun 3

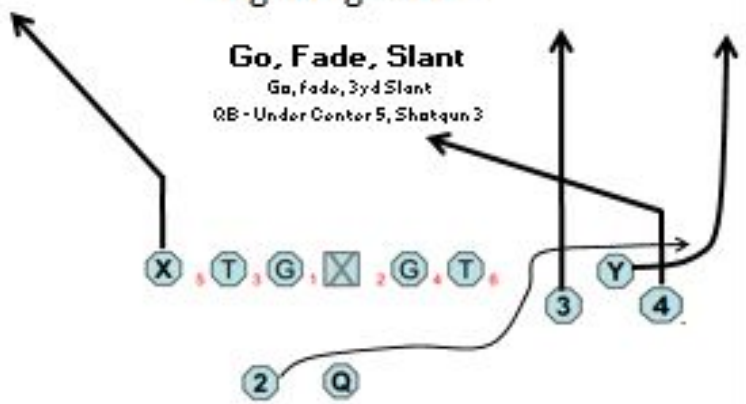


Tiger Right Colt

Go, Fade, Slant

Go, Fade, 3yd Slant

QB - Under Center 5, Shotgun 3

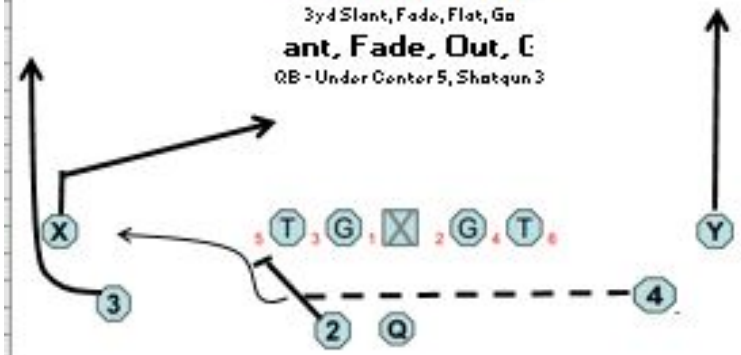


Laser Lion Left

3yd Slant, Fade, Flat, Go

ant, Fade, Out, G

QB - Under Center 5, Shotgun 3

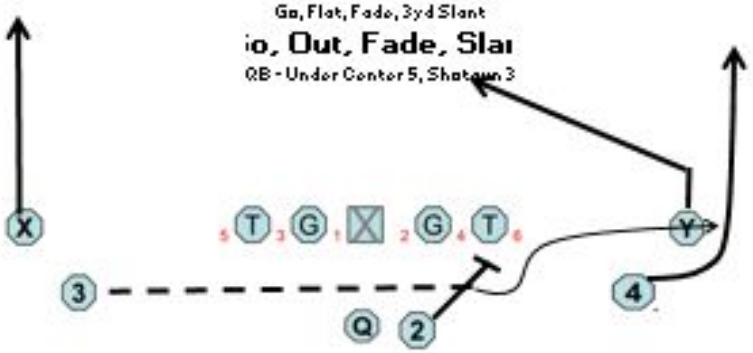


Rocket Lion Right

Go, Flat, Fade, 3yd Slant

io, Out, Fade, Slan

QB - Under Center 5, Shotgun 3

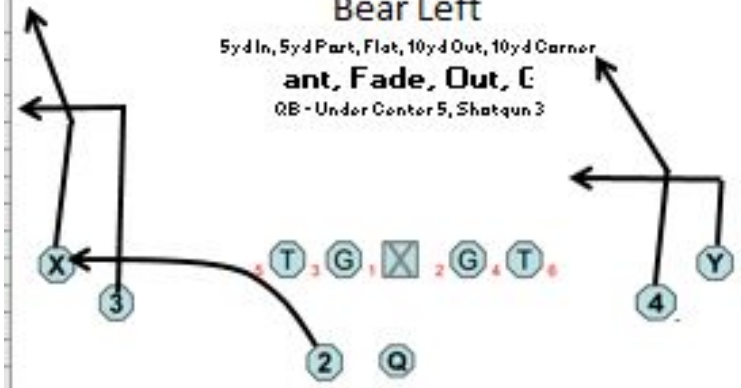


Bear Left

5yd In, 5yd Part, Flat, 10yd Out, 10yd Corner

ant, Fade, Out, G

QB - Under Center 5, Shotgun 3

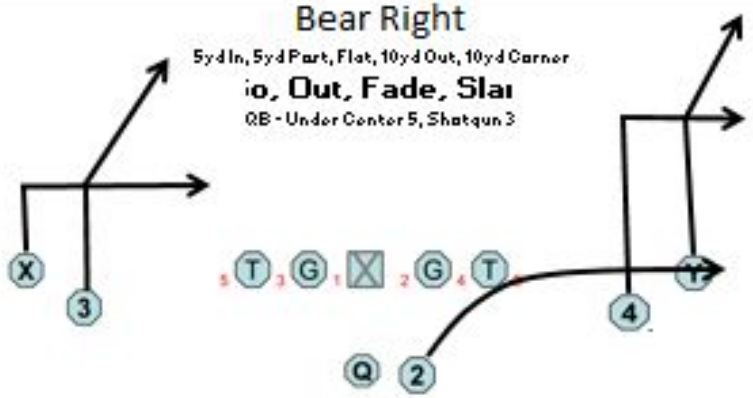


Bear Right

5yd In, 5yd Part, Flat, 10yd Out, 10yd Corner

io, Out, Fade, Slan

QB - Under Center 5, Shotgun 3

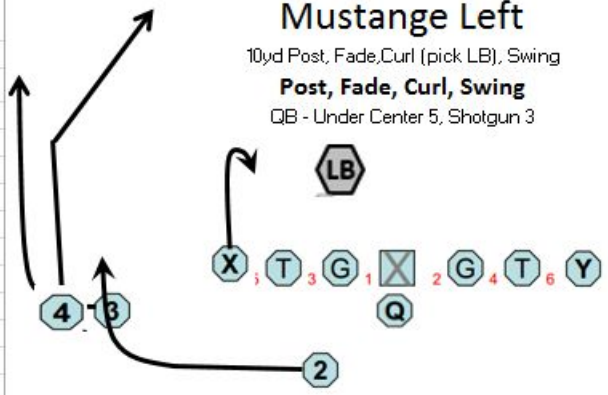


Mustange Left

10yd Post, Fade,Curl (pick LB), Swing

Post, Fade, Curl, Swing

QB - Under Center 5, Shotgun 3

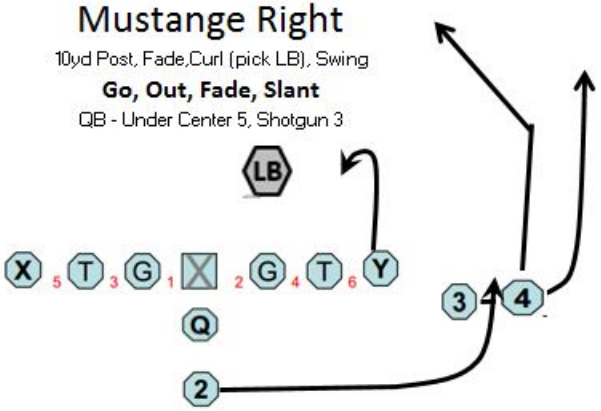


Mustange Right

10yd Post, Fade,Curl (pick LB), Swing

Go, Out, Fade, Slant

QB - Under Center 5, Shotgun 3

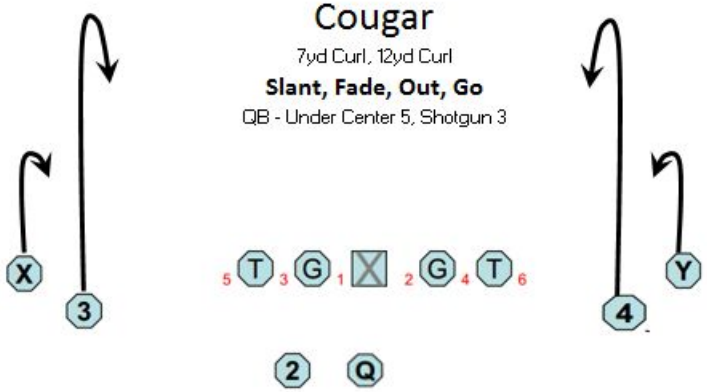


Cougar

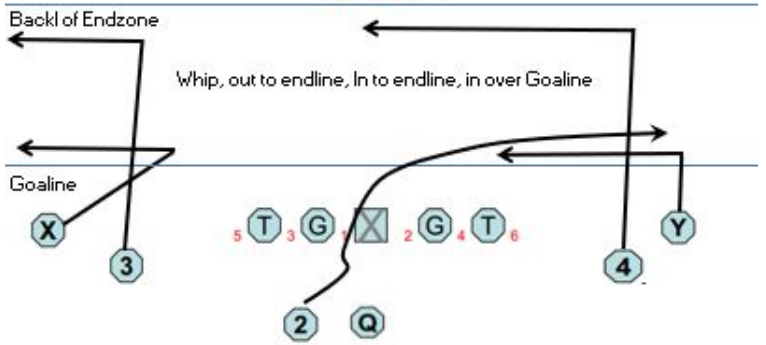
7yd Curl, 12yd Curl

Slant, Fade, Out, Go

QB - Under Center 5, Shotgun 3



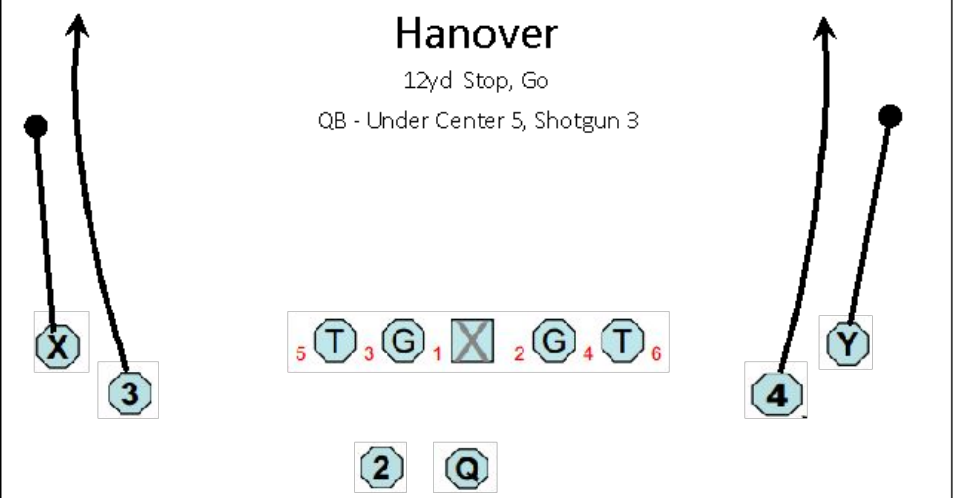
Goaline



Hanover

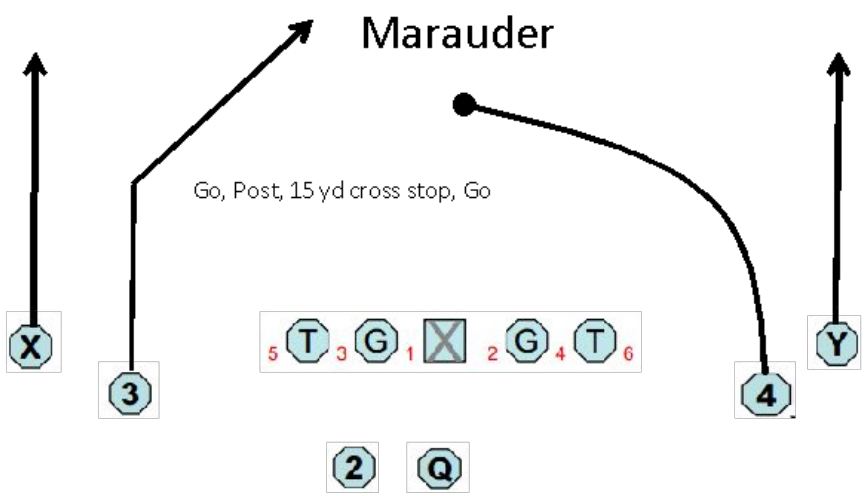
12yd Stop, Go

QB - Under Center 5, Shotgun 3



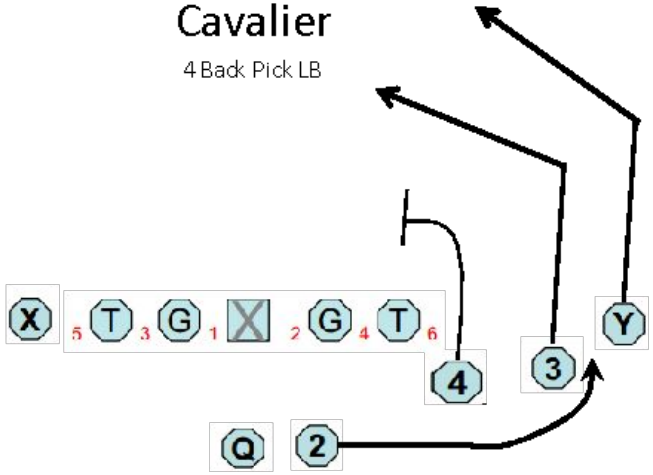
Marauder

Go, Post, 15 yd cross stop, Go

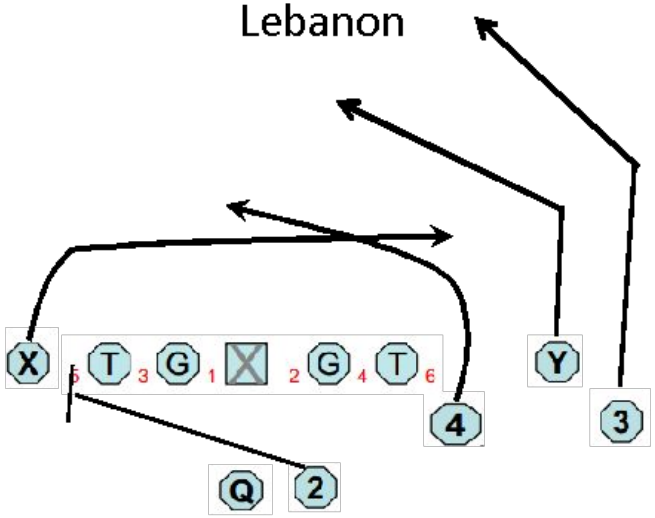


Cavalier

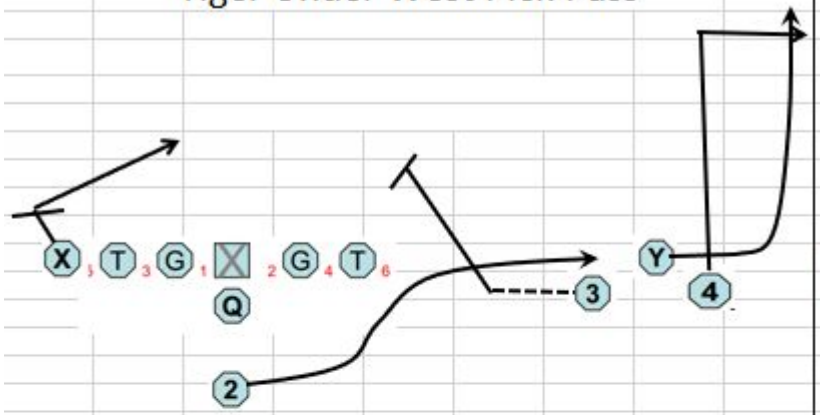
4 Back Pick LB



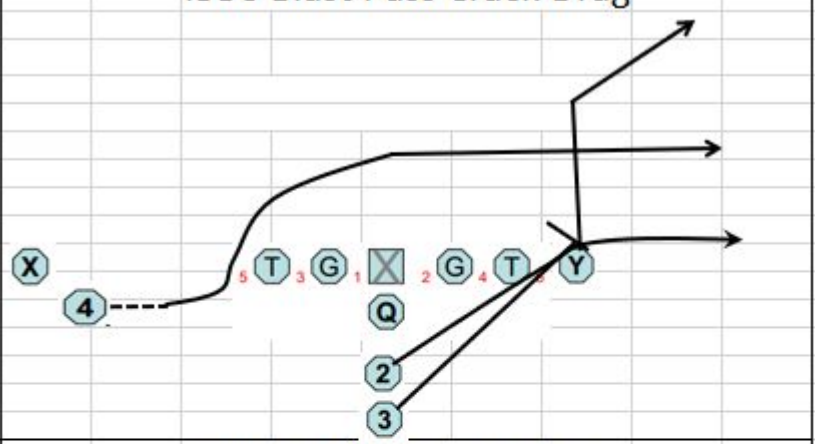
Lebanon



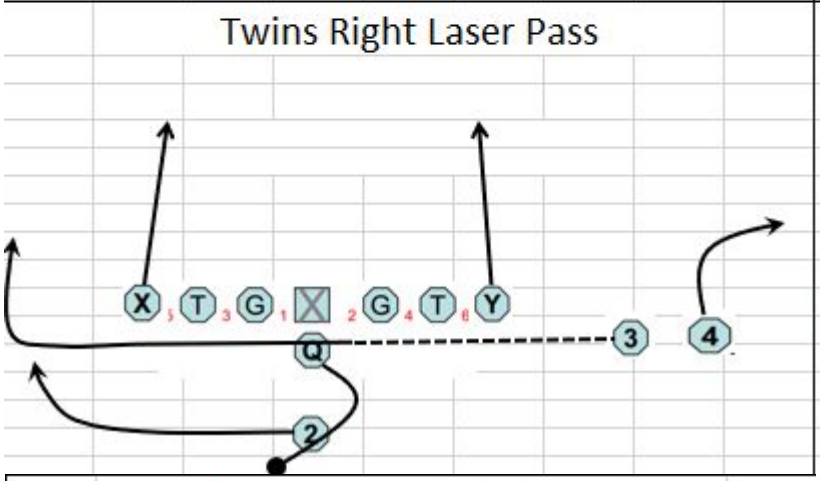
Tiger Under West Pick Pass



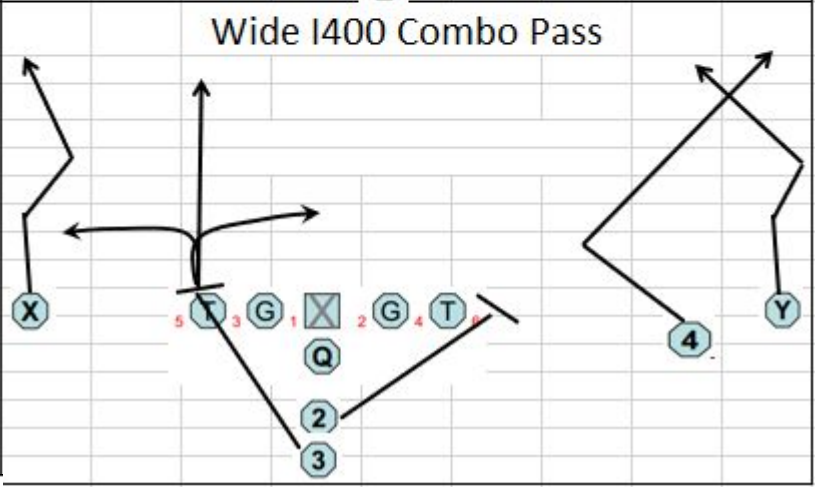
I536 Blast Pass Crack Drag



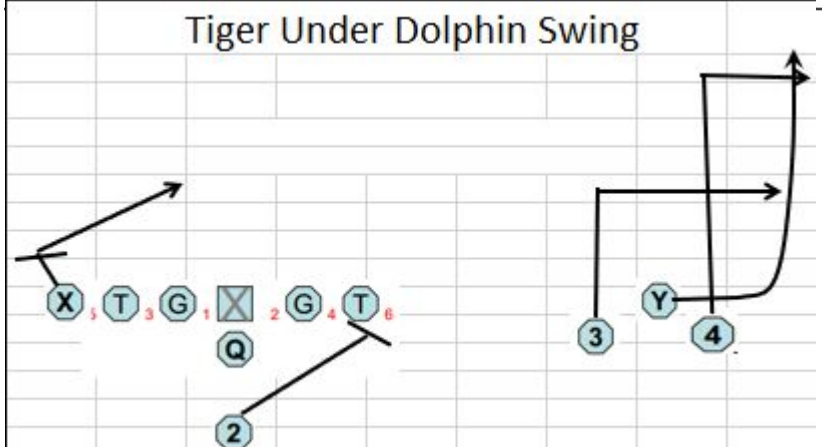
Twins Right Laser Pass



Wide I400 Combo Pass

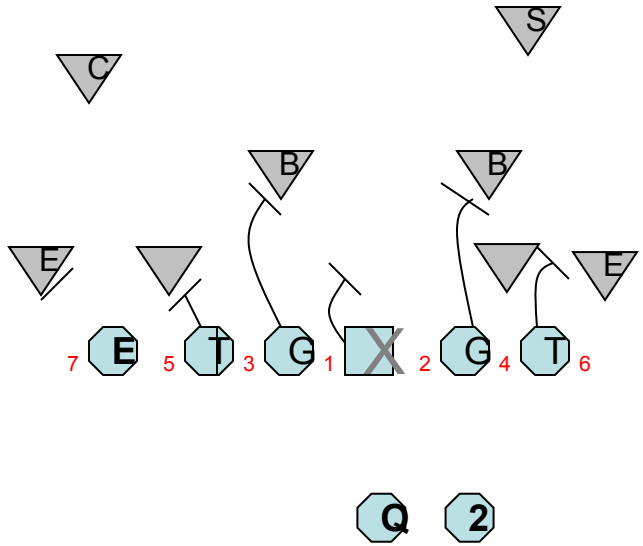


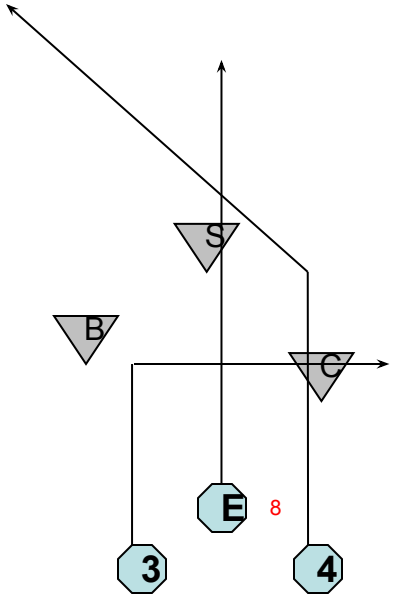
Tiger Under Dolphin Swing



Tiger Right – Panther (Post, Out)

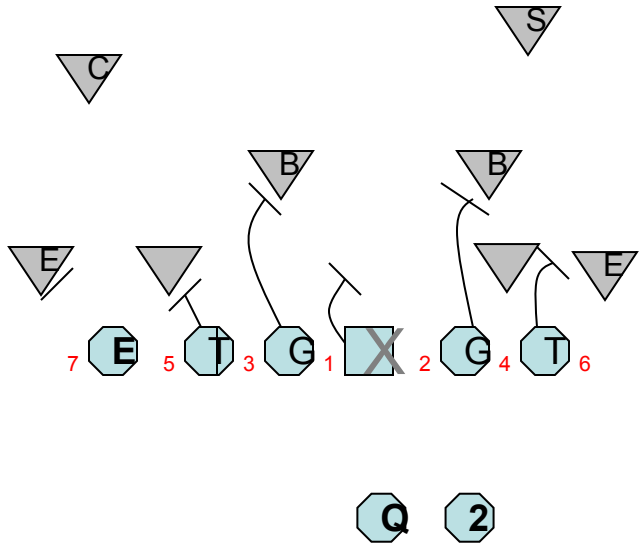
(3 and 4 backs run Panther, Right End runs fly, this will work for any other patterns like Dolphin or Cowboy

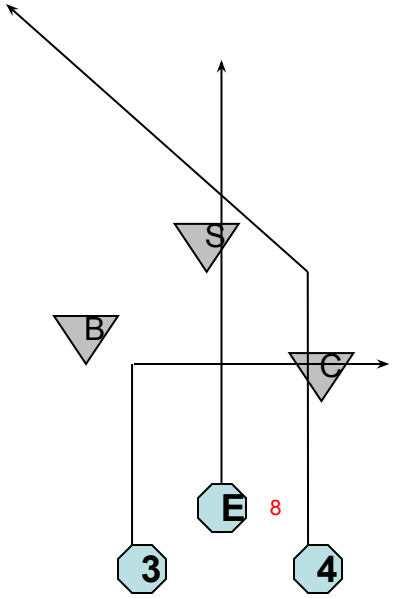




Tiger Right – Panther (Post, Out)

(3 and 4 backs run Panther, Right End runs fly, this will work for any other patterns like Dolphin or Cowboy

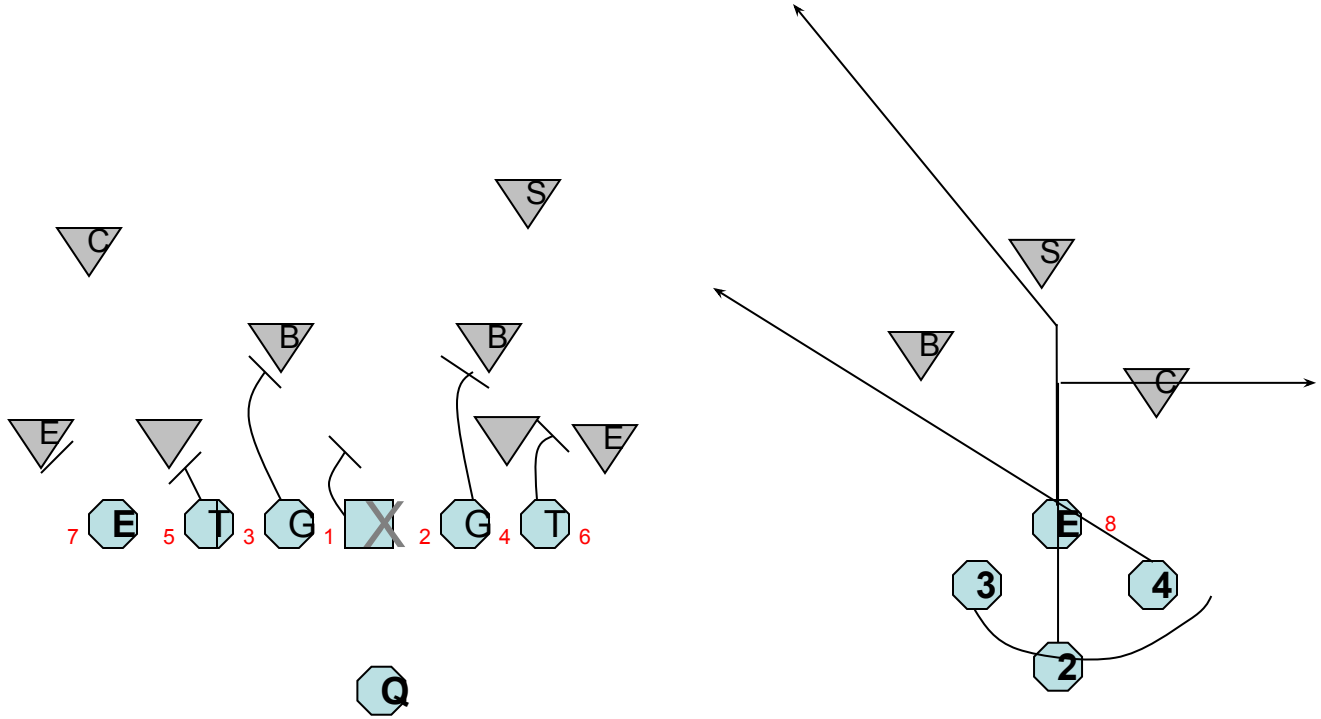




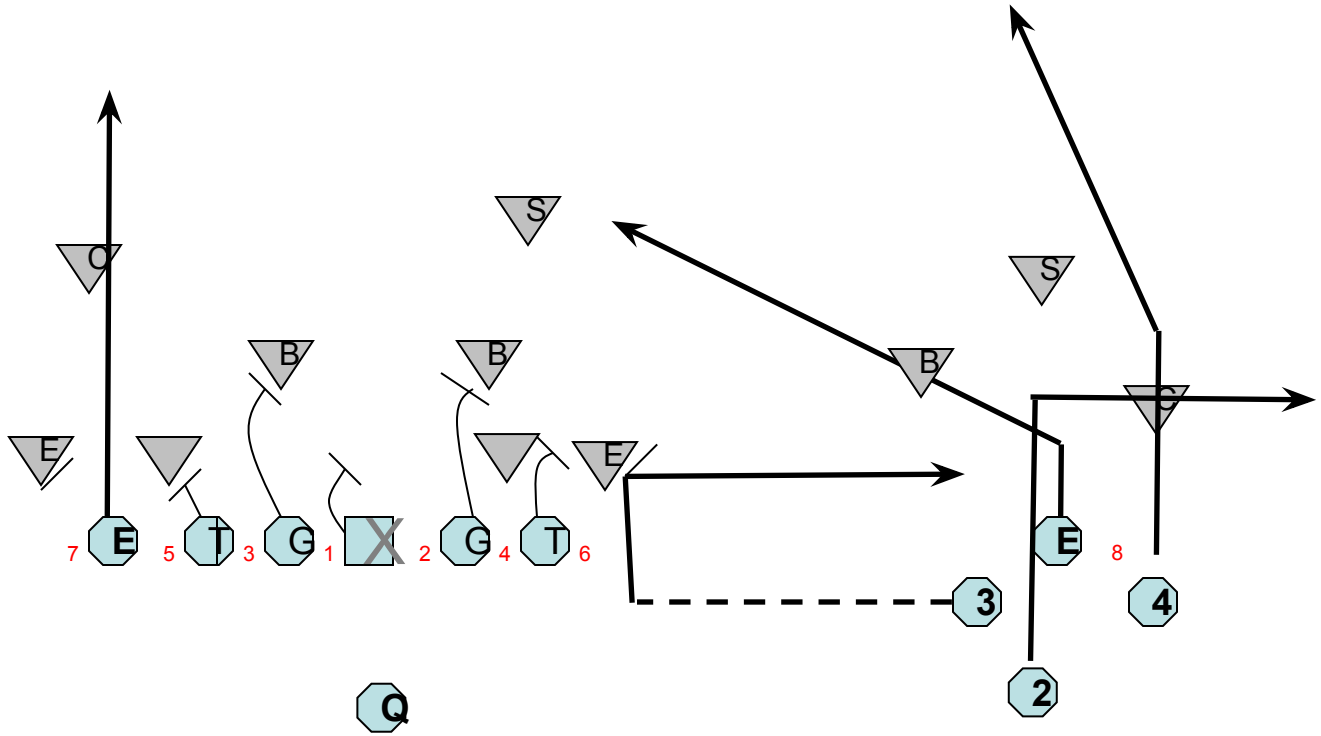
Update for Cheetah rules

Diamond Right – Cowboy/Panther (Slant,Bubble) & (Post, Out)&

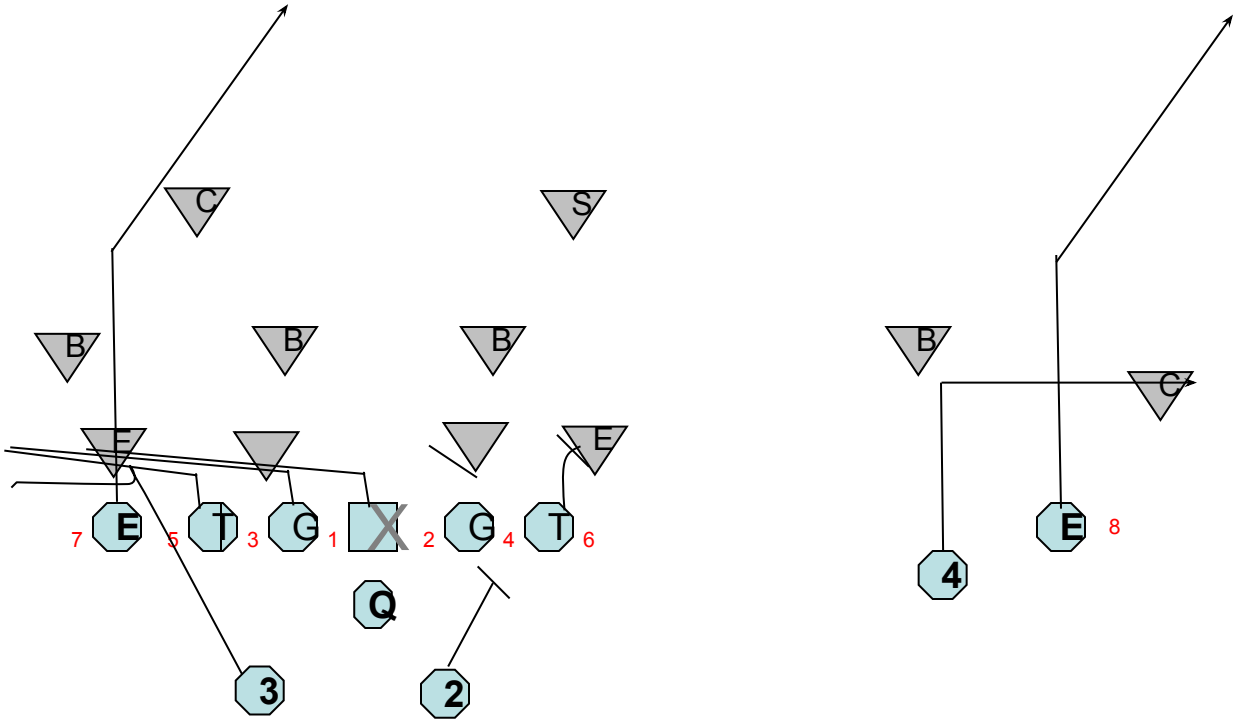
3 & 4 backs run Cowboy, Right End & 2 back run Panther (end runs outside route and 2 back runs inside route of Panther) , this will work for any other pattern combos like Dophin\Packer



Diamond Right – Tar Heel



400 Viking 3 Back Screen Left



Pass Plays List

Formations			
Bengal:	Double Twins	10 yds from Tackle, 5 yds from Slot	
Tiger:	Trips	8 yds from Tackle, 2 yds from Slot, 2 yds from End	
Plays names	**Routes**	**Yardage**	**QB Steps**
Charger:	Post, Chair	10 yd post, 5 yd/2yd chair	Under Center 5, Shotgun 3
Packer:	Post, Corner	3 yd post, 7 yd corner (drift inside)	Under Center 5, Shotgun 3
Saint:	Slant, Go	3 yd slant (two step)	Under Center 3, Shotgun 1
Panther:	Post, Out	10 yd Post, 5 yd out	Under Center 5, Shotgun 3
Titan:	In, Corner	Left 7yd in, Right 10 yd In, 5 yd Corner	Under Center 5, Shotgun 3
Raider Right:	Post, Drag, Corner, Curl	10 yd Post, 8 yd Drag, 10 yd Corner, 10 yd Curl	Under Center 5, Shotgun 3
Raider Left	Curl, Corner, Drag, Post	10 yd Curl,10 yd Corner 8 yd Drag, 10 yd Post	Under Center 5, Shotgun 3
Dolphin:	Double Outs	Slot 5yd out, WR 10 yd out	Under Center 5, Shotgun 3
Chief:	Corner, Whip	3yd whip, 5yd post	QB - Under Center 3, Shotgun 1
Ram:	Out, Drag	10yd out, 11 yd drag, 8 yd drag, 10 yd out	QB - Under Center 5, Shotgun 3
Cowboy:	Slant Bubble		QB - Under Center 1, Shotgun turn and throw
Seahawk:	Hitch, Go	2 yd hitch	QB - Under Center 3, Shotgun 1, pump hitch, step back hit Go
Raven:	Slant, Inside Screen	1 yd hitch	QB - Under Center 1, Shotgun turn and throw
Steeler:	TE = Slant/Go	3 yd slant/fade, 1 yd hitch	QB - Under Center 3, Shotgun 1, fake, 1 step
Texan:	Outside Screen, fade	Bubble, Fade	QB - Under Center 1, Shotgun turn and throw
Cardinal:	TE Go		QB - Under Center 3, Shotgun 1
Viking:	Corner, Out	10yd Corner, 5yd out	QB - Under Center 5, Shotgun 3

Merrimiack Valley Pride

Attack Defense

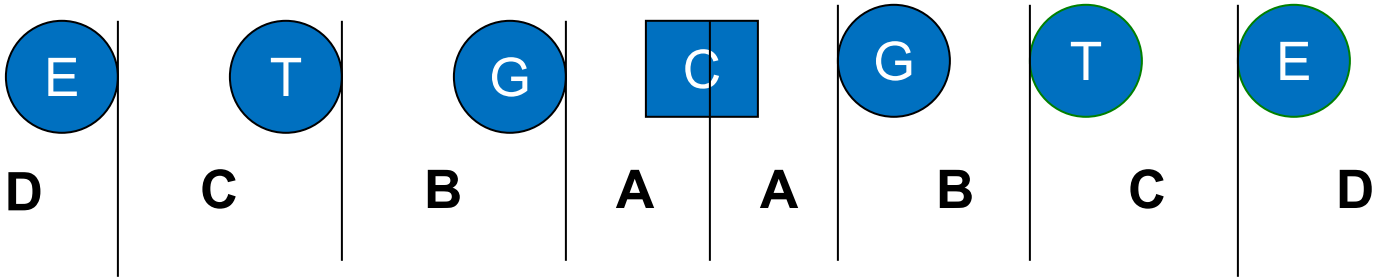
SIMPLY STATED, TEAMWORK WINS CHAMPIONSHIPS!

Mobile * Agile * Hostile

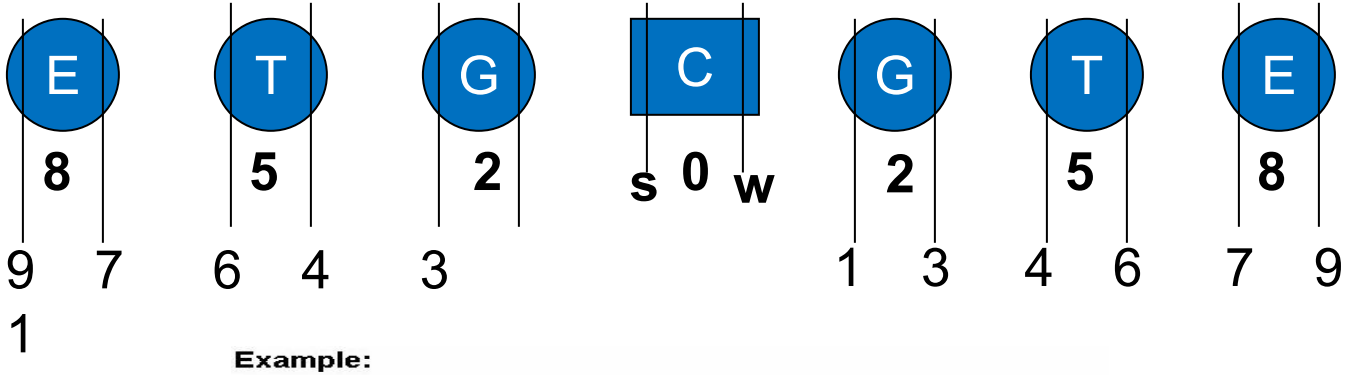
“ A defensive players commitment to his team is measured by his distance for the ball at the end of the play.”

Gaps & Techniques

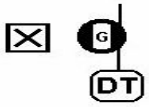
Gap Responsibilities



Lineman Alignment Techniques



Example:



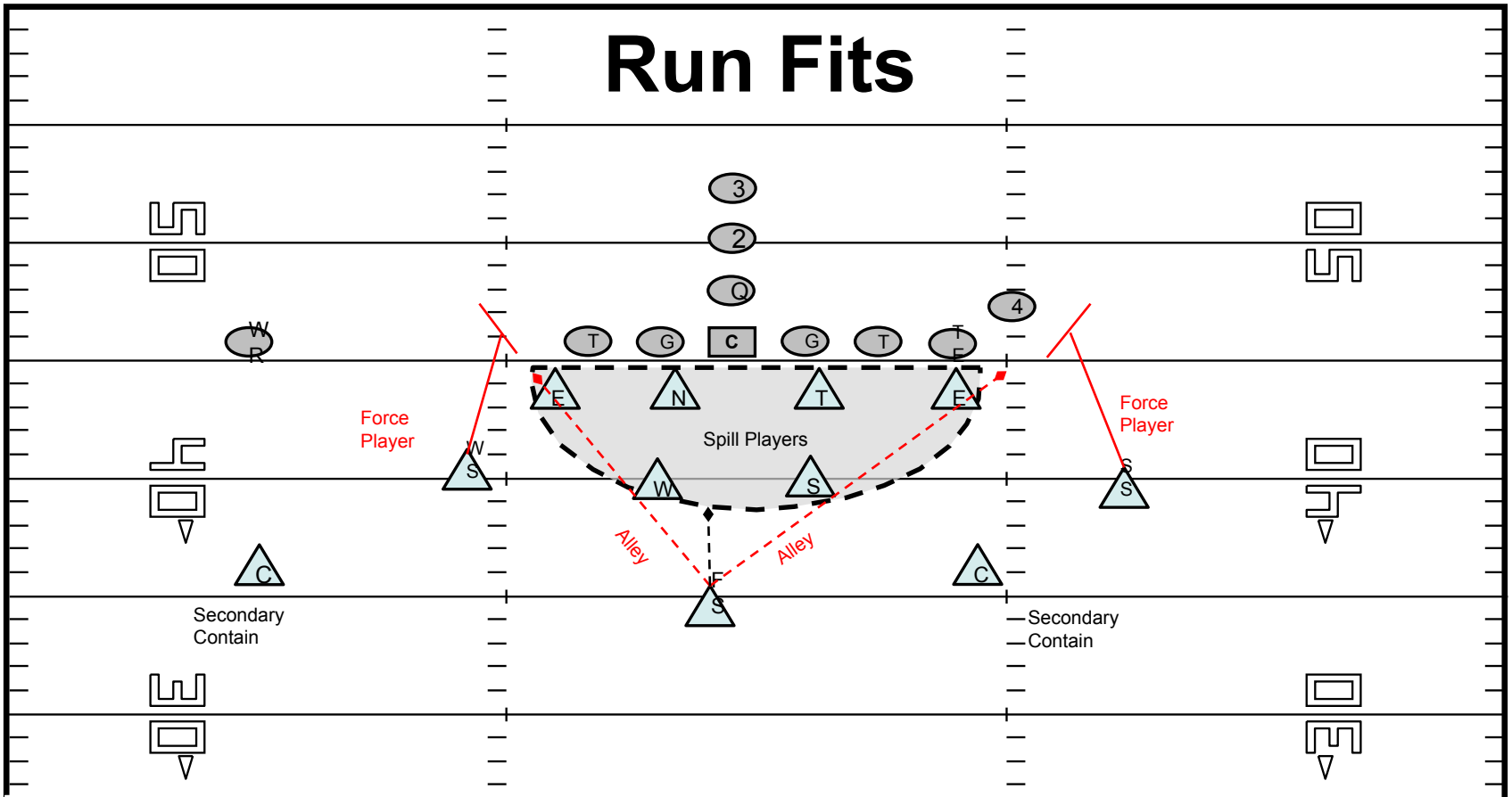
Here the DT is playing a "3 Tech".
His inside eye on the O-Guards outside eye.

Covered foot is back

Terminology for Run Fits

- *Spill Player* forces the ball to the outside, attack ball carrier or lead blockers inside half. Build the wall!!!
- *Force Player* forces a change of direction in the ball carrier, attack outside half of ball carrier or lead blocker.
- *Alley Player* fits between last spill player and force player, or *fits as needed*
- *Secondary Contain* are deep zone players, not involved in primary run fits but last line of defense on the sides.

Run Fits



	Position		Alignment		Gap
N	Nose Guard	1 Tech	LOS	Always to weak side of run strength	Weak A
T	Tackle	3 Tech	LOS	Always to strong side of run strength	Strong B
E	End (Strong)	8 Tech	LOS	Always to strong side of run strength	Strong C
E	End (Weak)	7 Tech	LOS	Always to weak side of run strength	Weak C
S	Sam (ILB Strong)	30 tech	4-5 yards off LOS	Always to strong side of run strength	Strong A to Flow
W	Will (ILB Weak)	30 tech	4-5 yards off LOS	Always to weak side of run strength	Weak B to Flow
SS	Strong Safety	Varies	3 x 4 yds. of last tight man to LOS	Always to strong side of passing strength	Force Player (Contain)
WS	Weak Safety	Varies	3 x 4 yds. of last tight man to LOS	Always to weak side of passing strength	Force Player (Contain)
FS	Free Safety	Varies	Split widest receivers 8 yds. depth.		Alley / Spill
C	Corners	Varies	7yds depth, never line up inside the numbers unless playing man.		Secondary Contain

Strength Calls

Front & Secondary Strength Calls are separate.

Sam Linebacker calls the *Run Strength:*

Tight End
Most Receivers
Wide Side

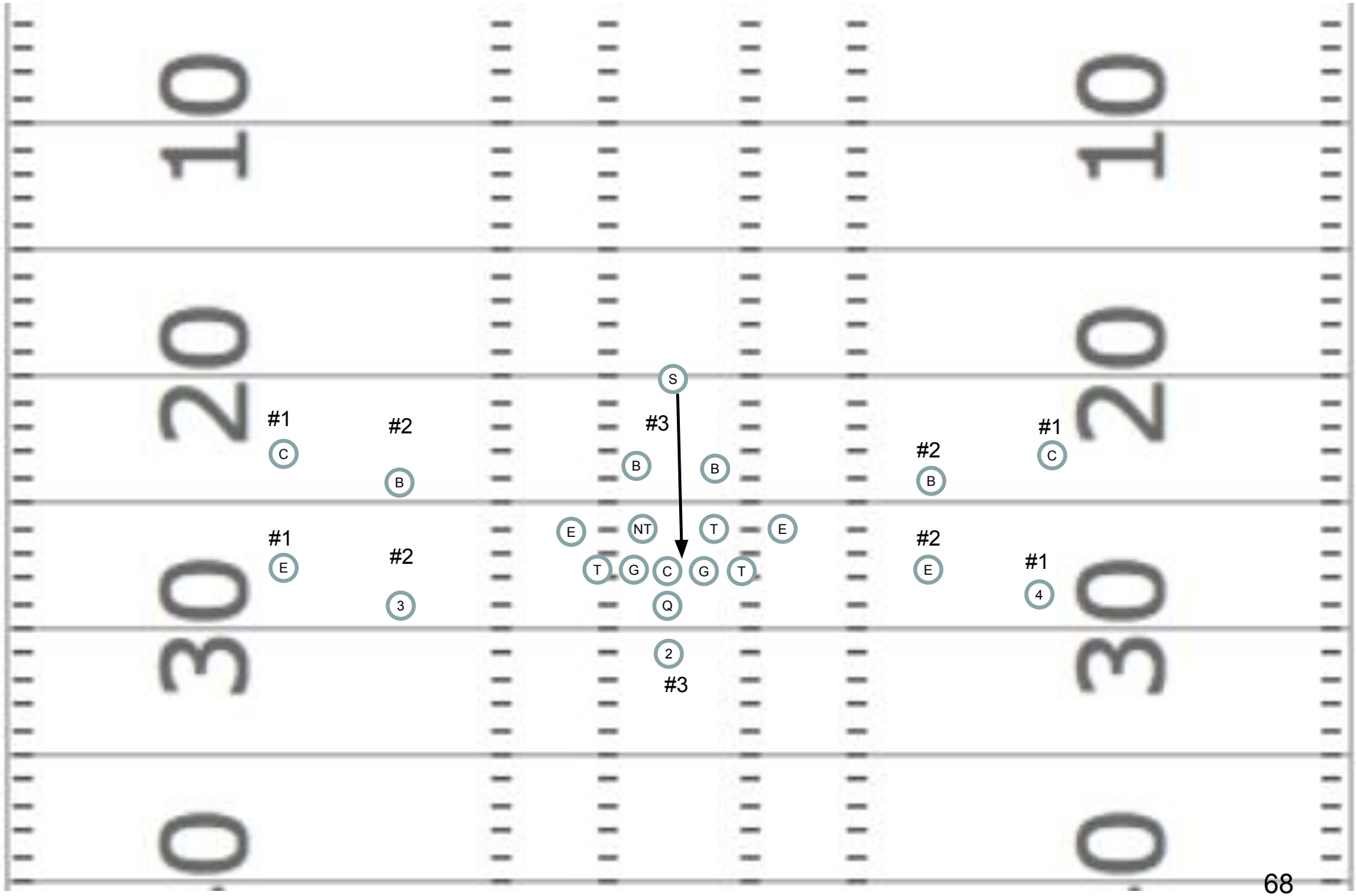
Free Safety calls *Passing Strength:*

Most Receivers
Tight End
Wide Side

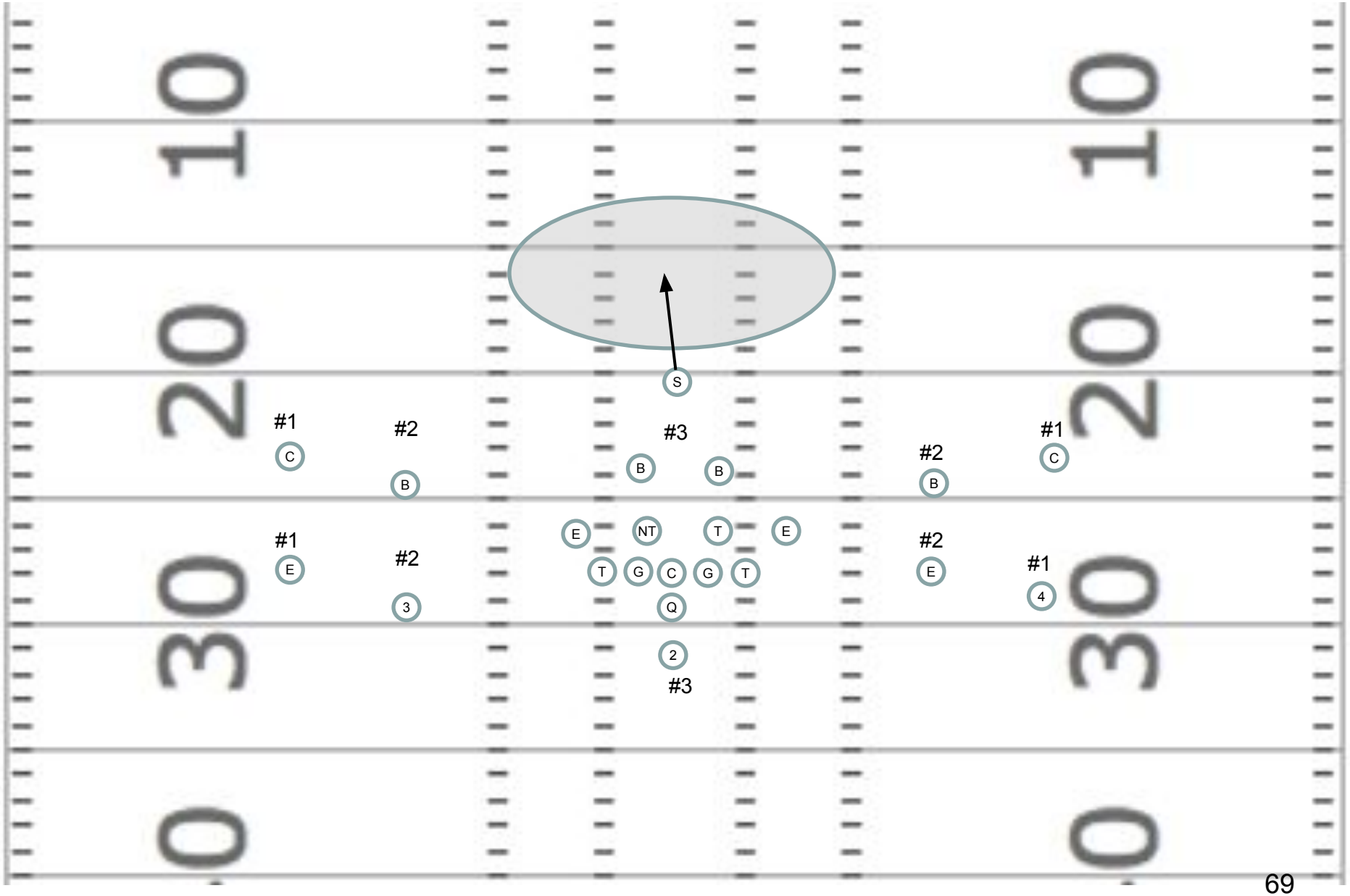
Basic Coverage Options

- Cover 0: Man to Man coverage, no safety help. Used with blitz package.
- Cover 1: Man to Man coverage with single-high deep safety help.
- Cover 2 Zone: 2 safeties split deep, 5 under
- Cover 2 Man: 2 safeties split deep, man under
- Cover 3: 4 Under, 3 Deep Zone Spot Coverage.
- Cover 4: 4 deep (prevent)
- *We will attack motion. Varies by opponent / by week*
- *We will adjust alignments and assignments based on formations Varies by opponent*

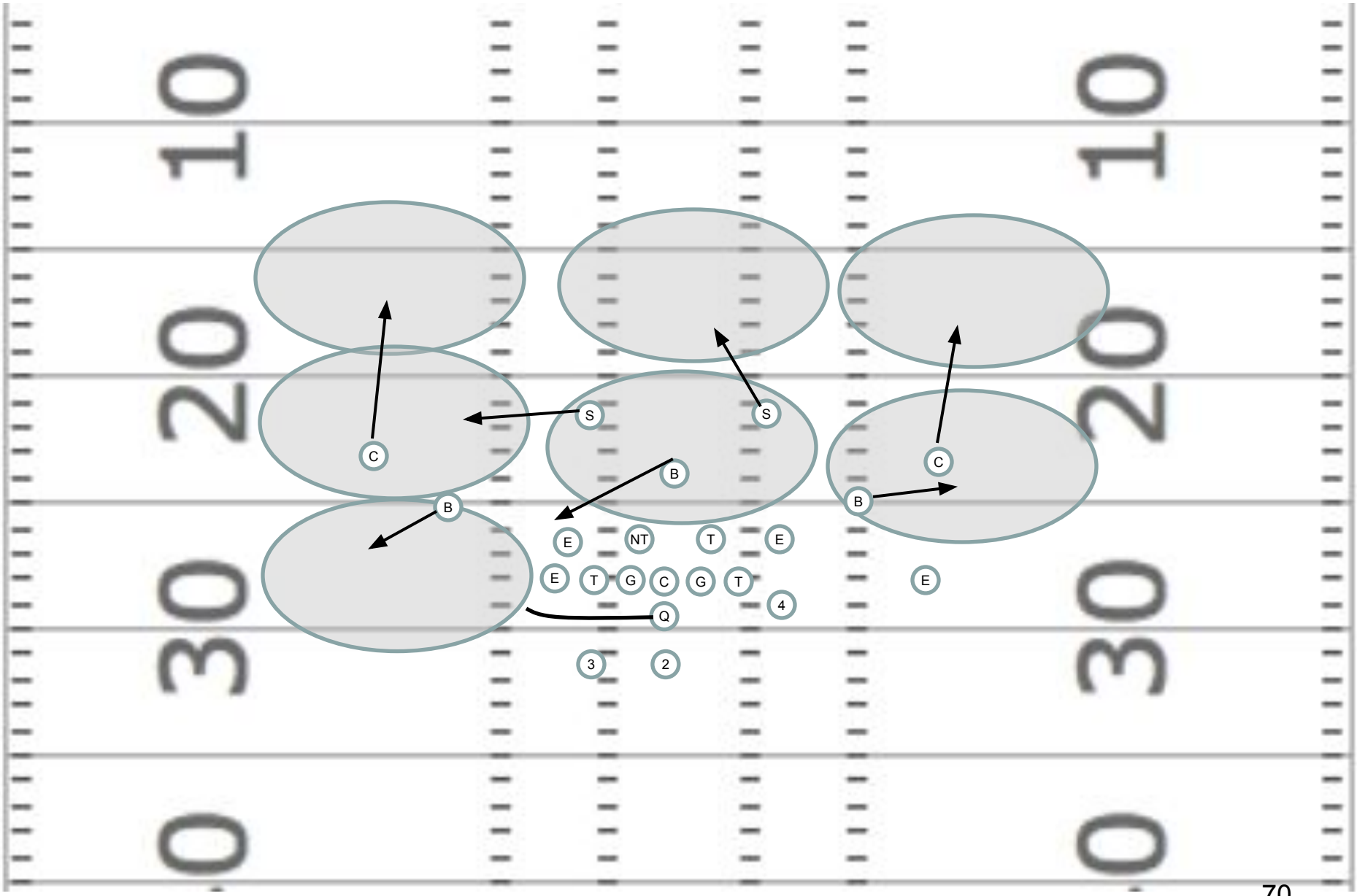
4-2-5 Cover 0 - no Safety Help (Used Spread Formations)



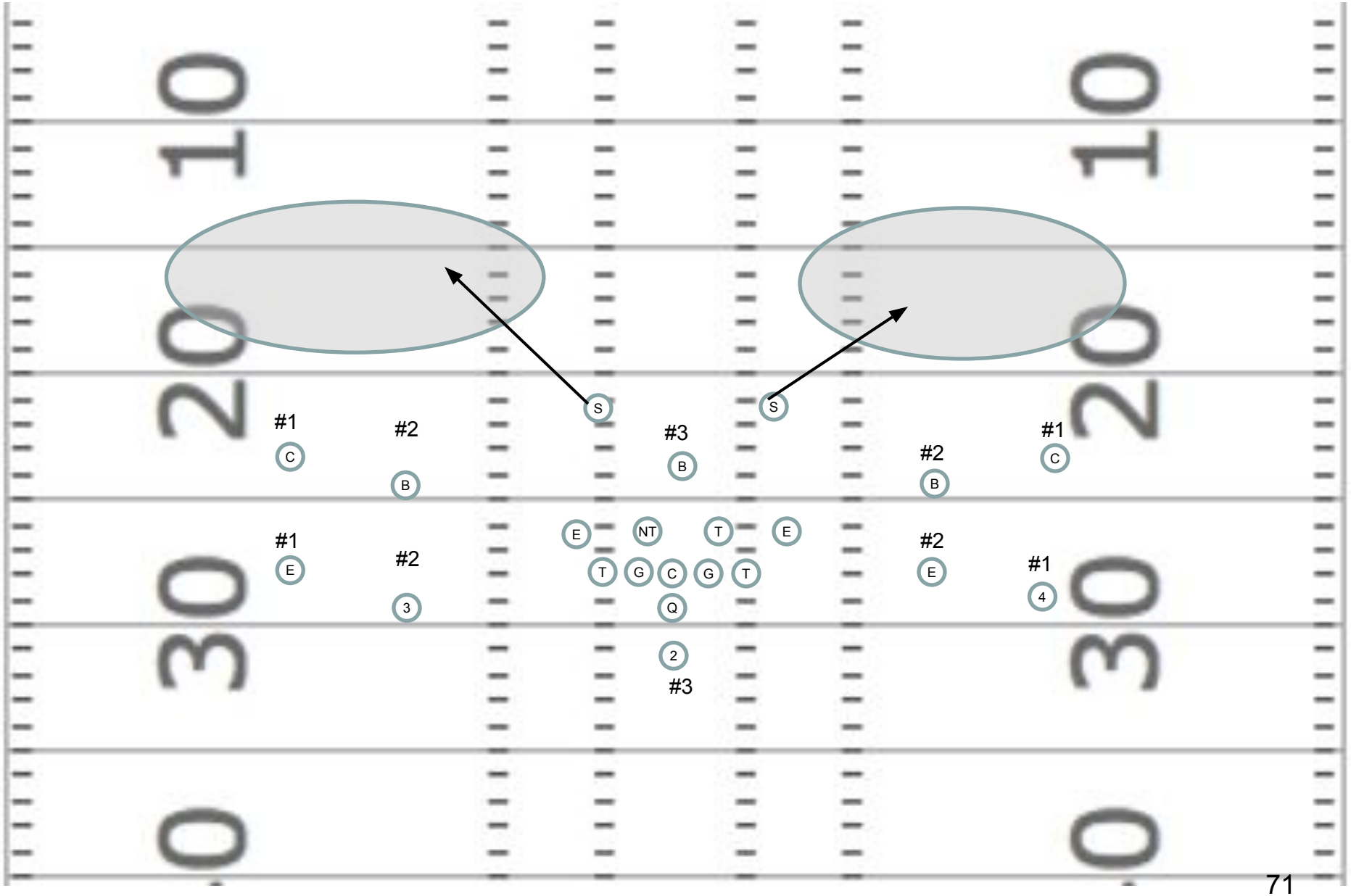
4-2-5 Cover 1 Man Safety (Used Spread Formations)



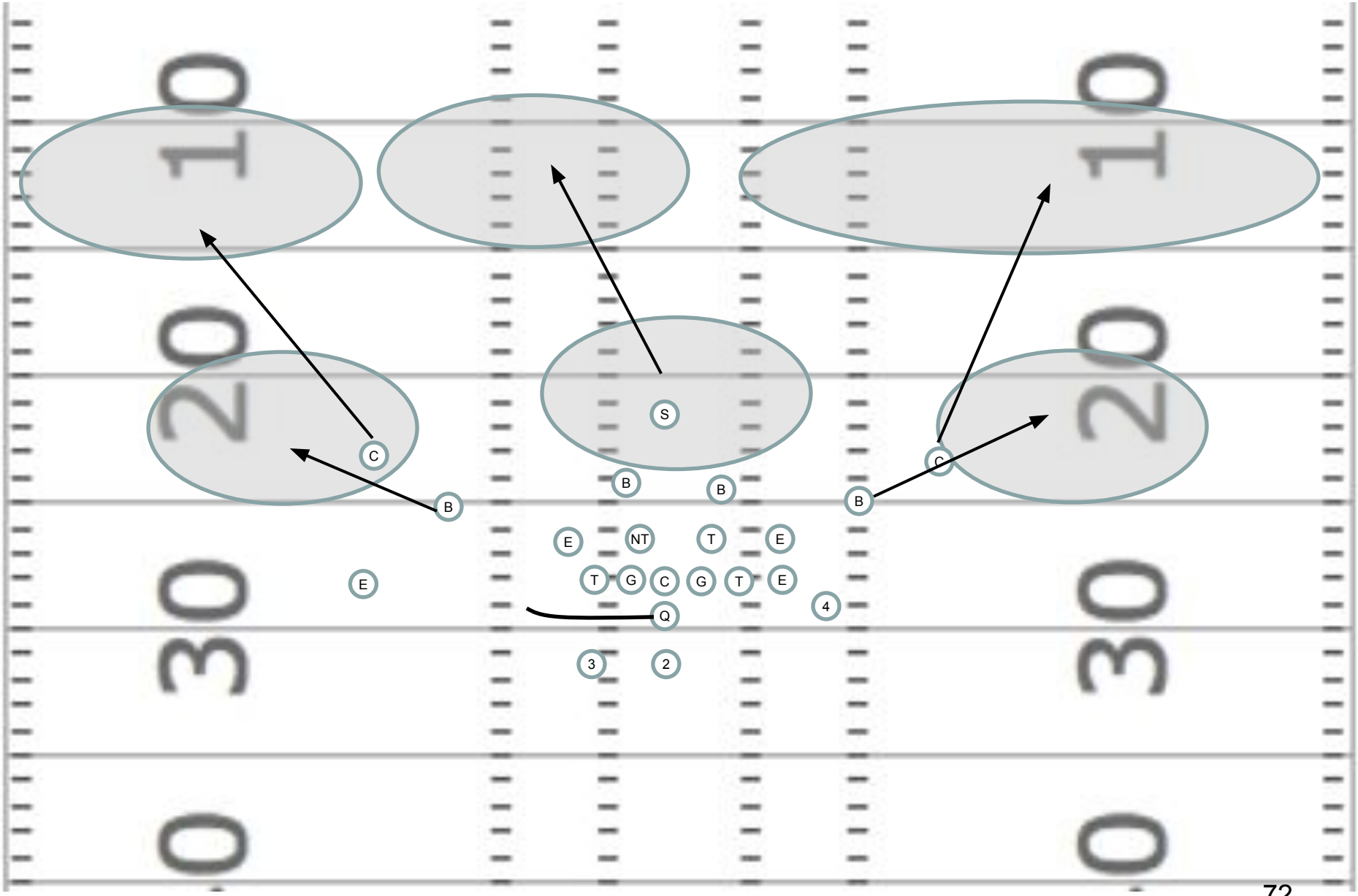
4-2-5 Cover 2 Zone (used Tight Formations)



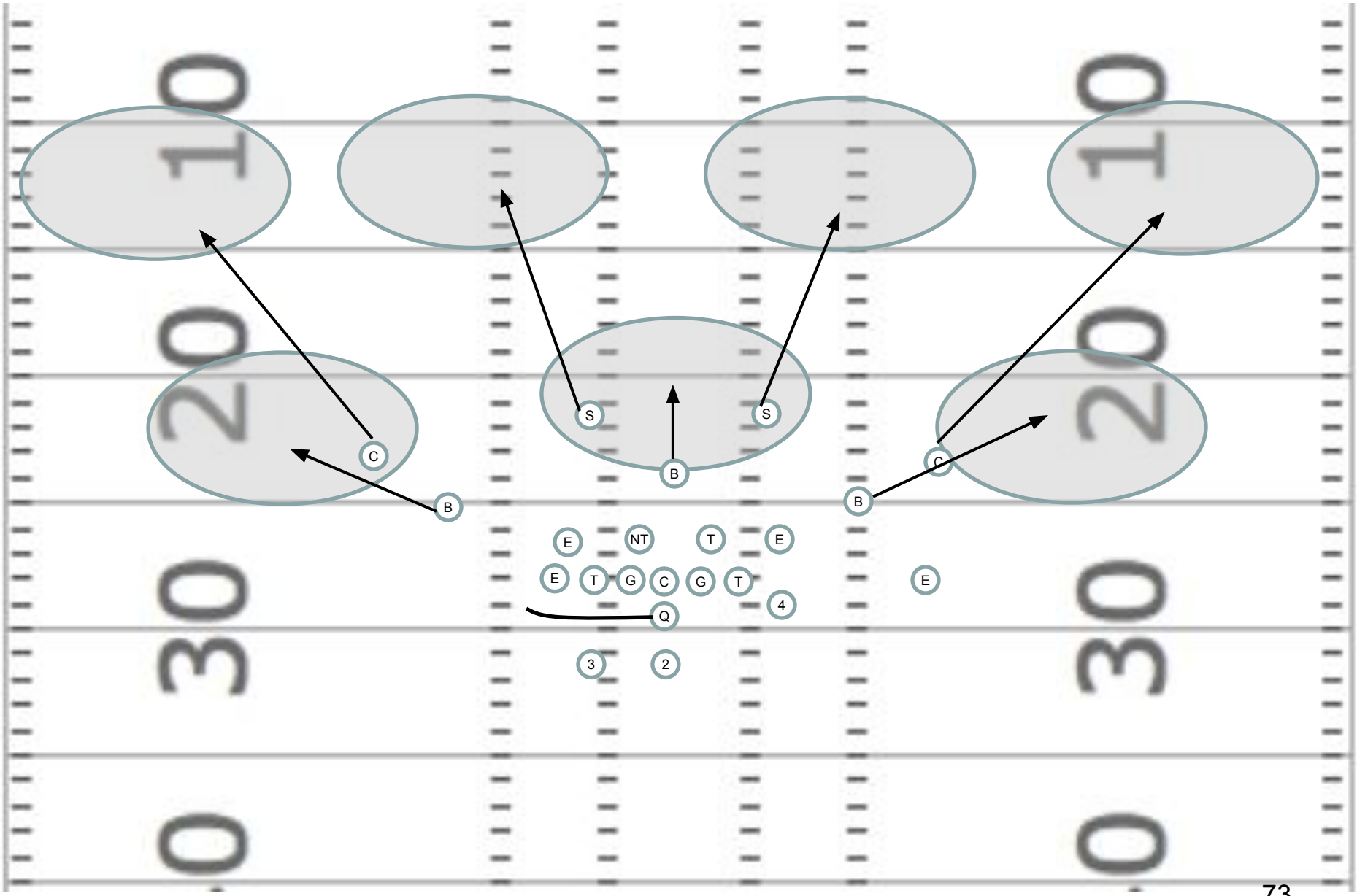
4-3 Cover 2 Man Under (Used Spread Formations)



4-2-5 Cover 3 Zone – (Used in Tight Formations)



4-3 Cover 4 Zone (Prevent)



Positions 4-4 Attack

E
End

T
Right Tackle

T
Left Tackle

E
End

O
Outside Linebacker (Ollie)

W
Inside Linebacker (Willy) weak side

S
Inside Linebacker (Sam) strong side

O
Outside Linebacker (Ollie)

C
Corner

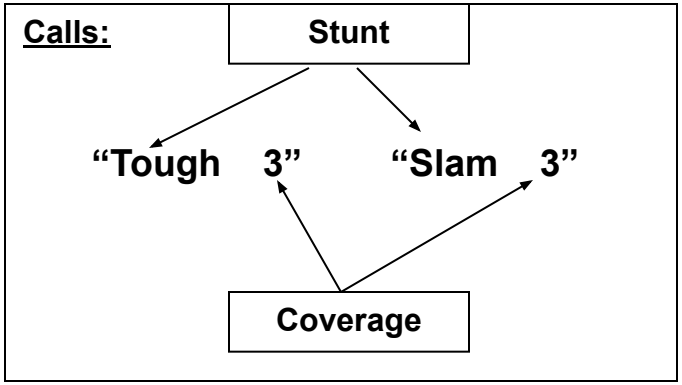
S
Safety

C
Corner

Notes:

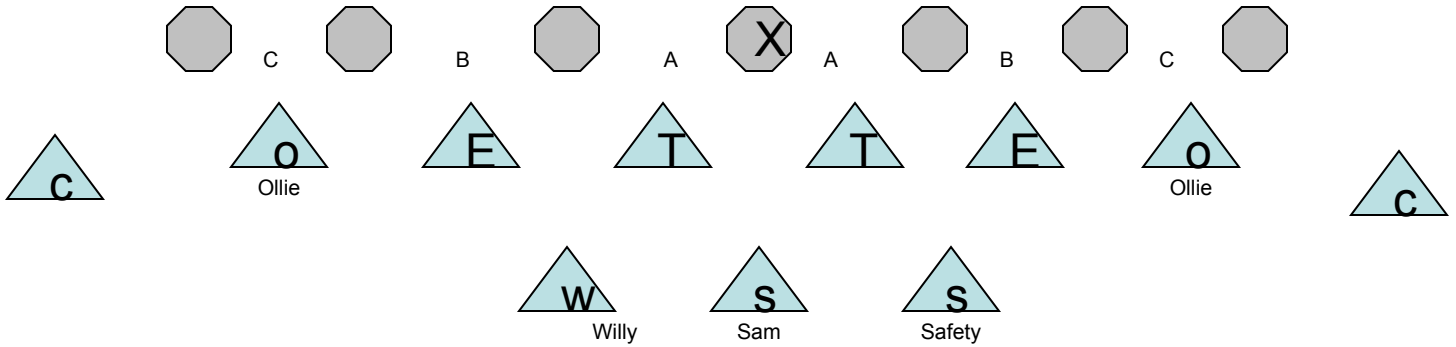
- Always slant to wide side of field regardless of D&D.
- 1 yard penetration on Defensive Ends and Tackles.
- Always force run inside.
- Safety's cheat to wide side of field (12-15 yards).
- Tackles, 4pt stance
- Ends, 2pt stance
- Always pursue on an angle and get depth.
- Cover 3 = Backs cover 1/3 each
- Cover 4 = Man to Man with free Safety

Calls:

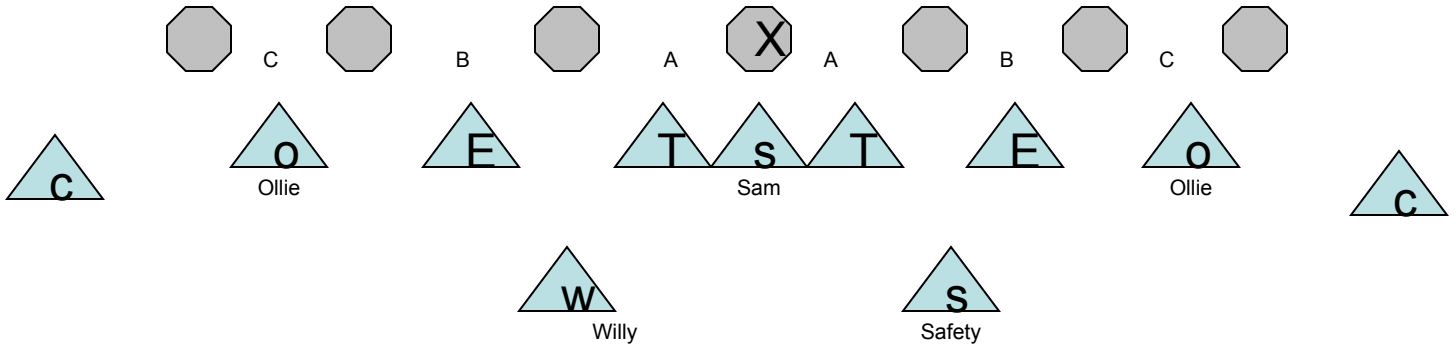


Stunt = Goal Line

“Goal Line”



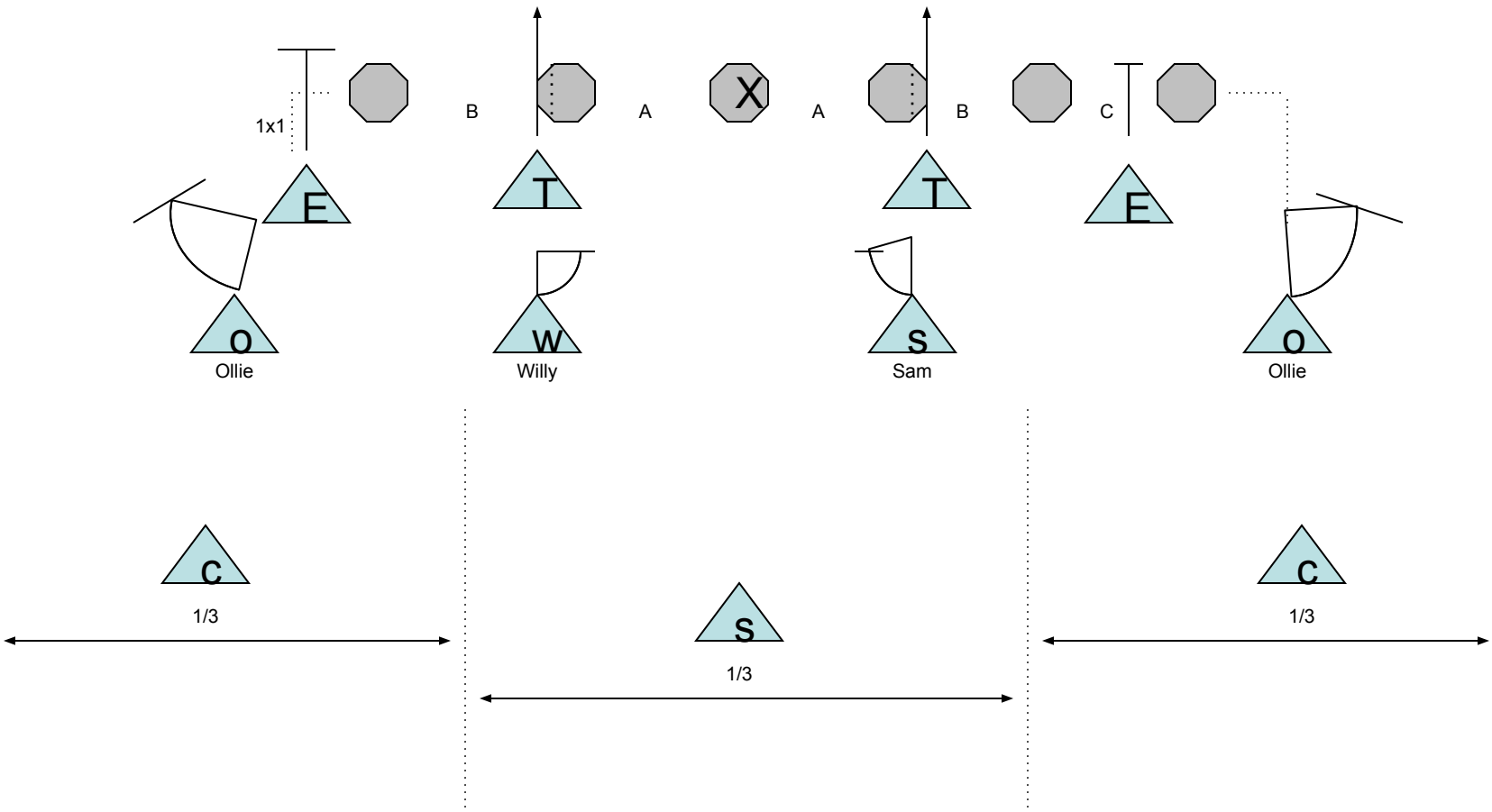
“Goal Line - UP”



“Tough 3”

Stunt = Tough

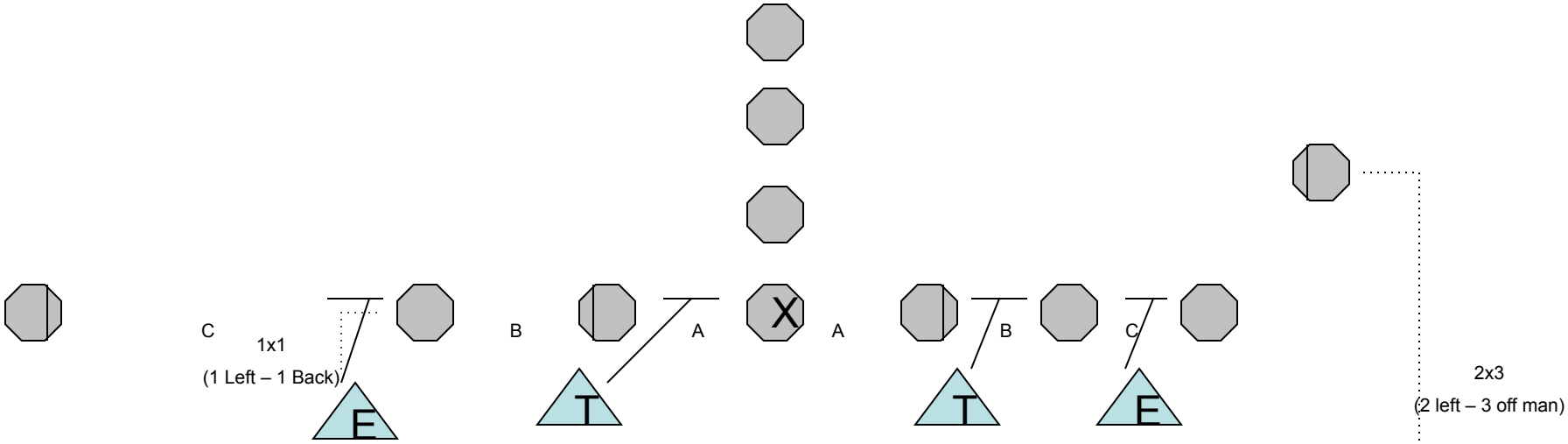
Coverage = 3



“Slant”

Stunt = Slant

Coverage = 3/4



***First man out**

C
1/3

•Sam & Willy will call direction based on offense (Ace=RT & Bulldog=LT).

•Sam & Willy always step 6” opposite The slant and read.

S
1/3

C
1/3

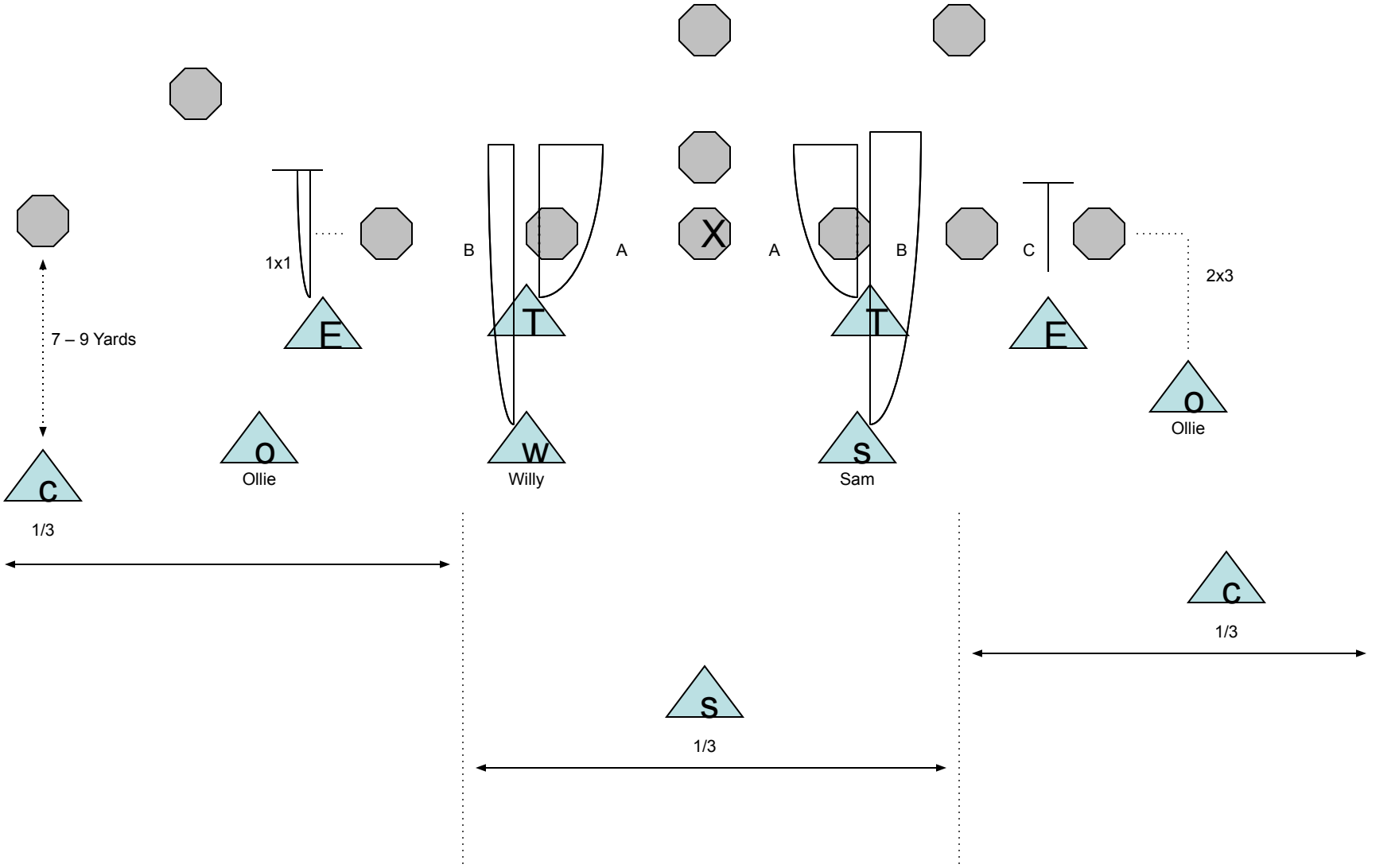
* All players “YELL” pass/run when recognized.

* Corner closest to sideline should stay with in 9 yards of it.

“Slam 3”

Stunt = Slam

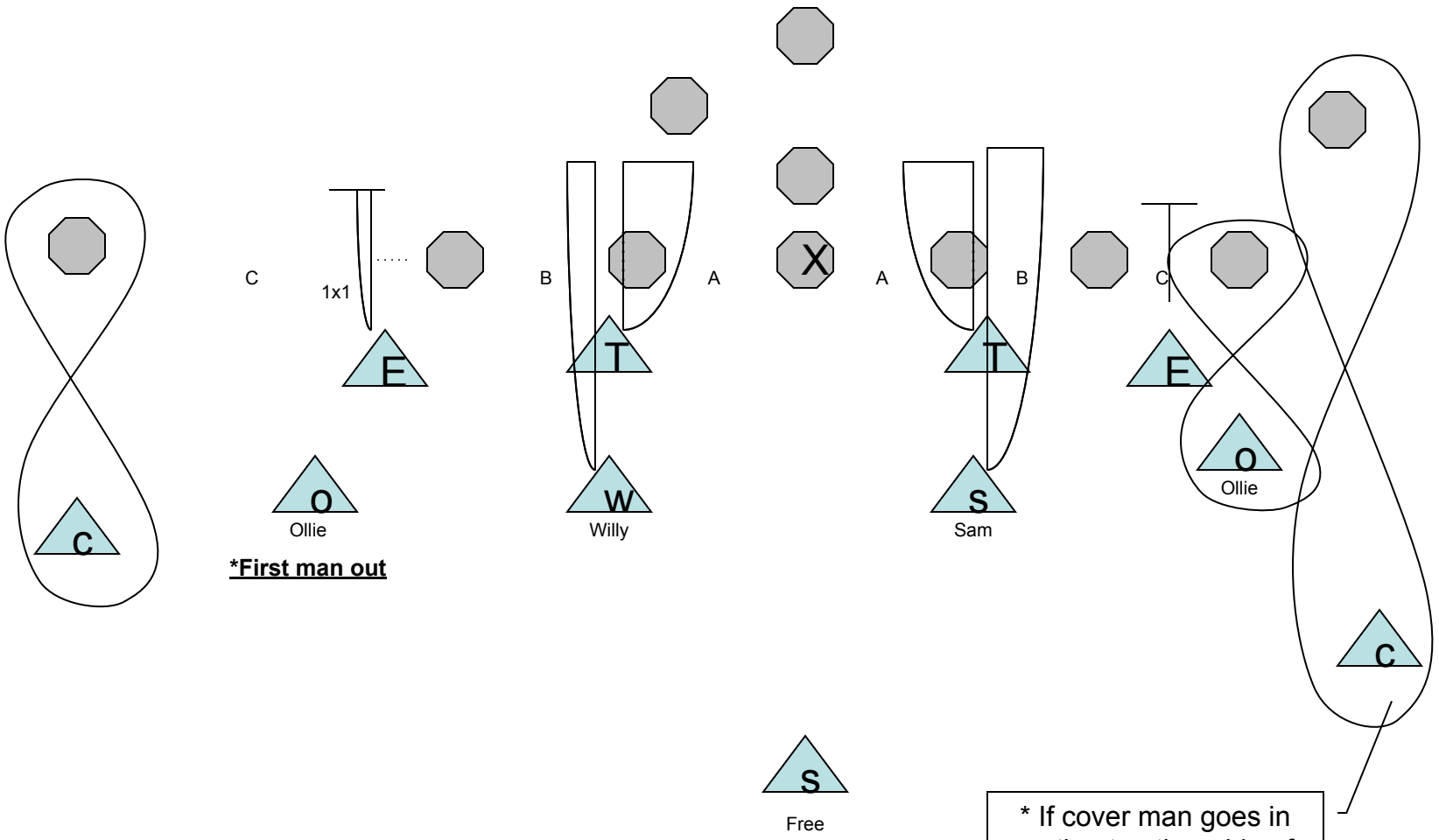
Coverage = 3



“Slam 4”

Stunt = Slam

Coverage = 4



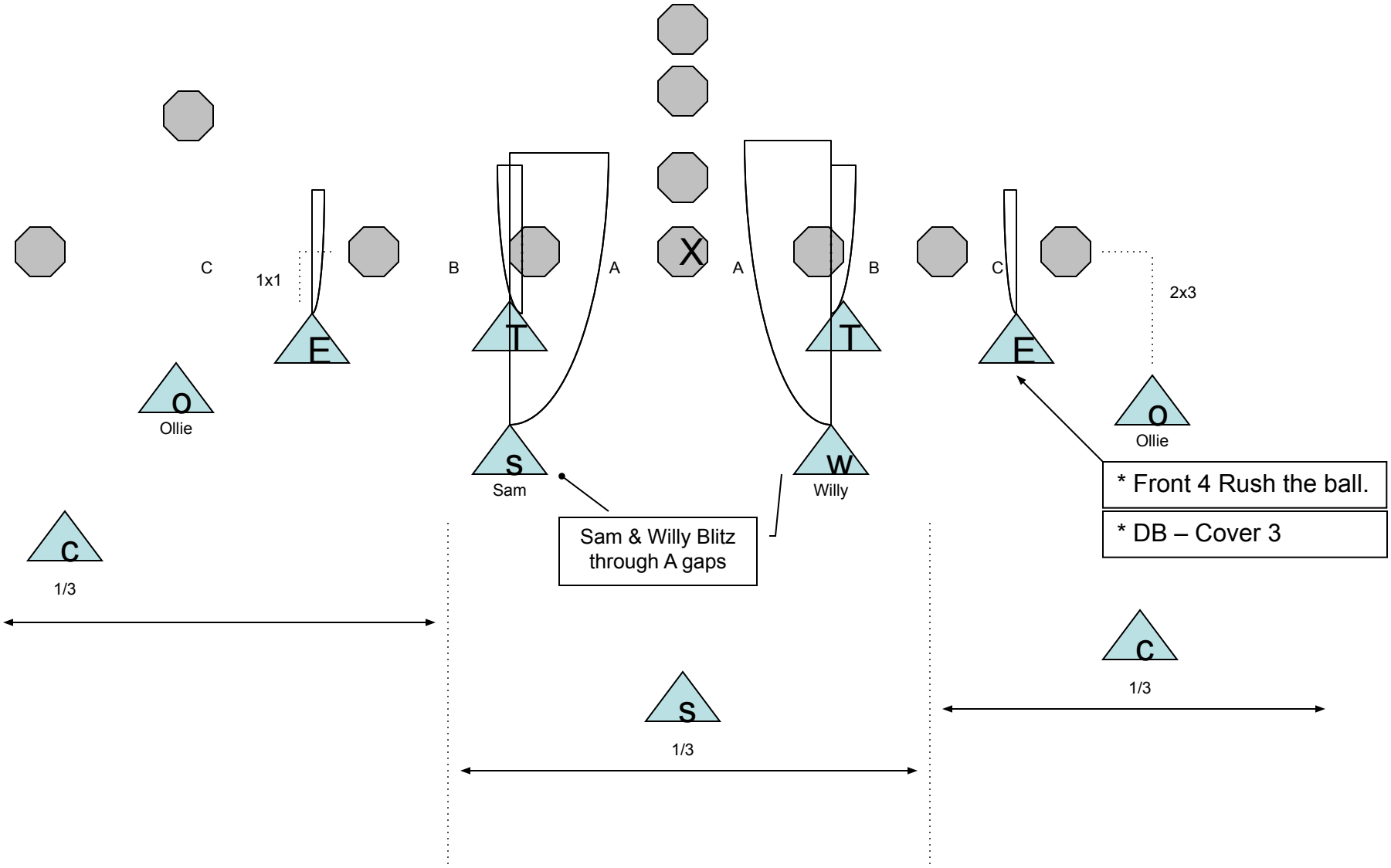
***First man out**

* If cover man goes in motion to other side of the ball then DO NOT follow, let him go. Other Ollie will cover.

“Flare 3”

Stunt = Flare

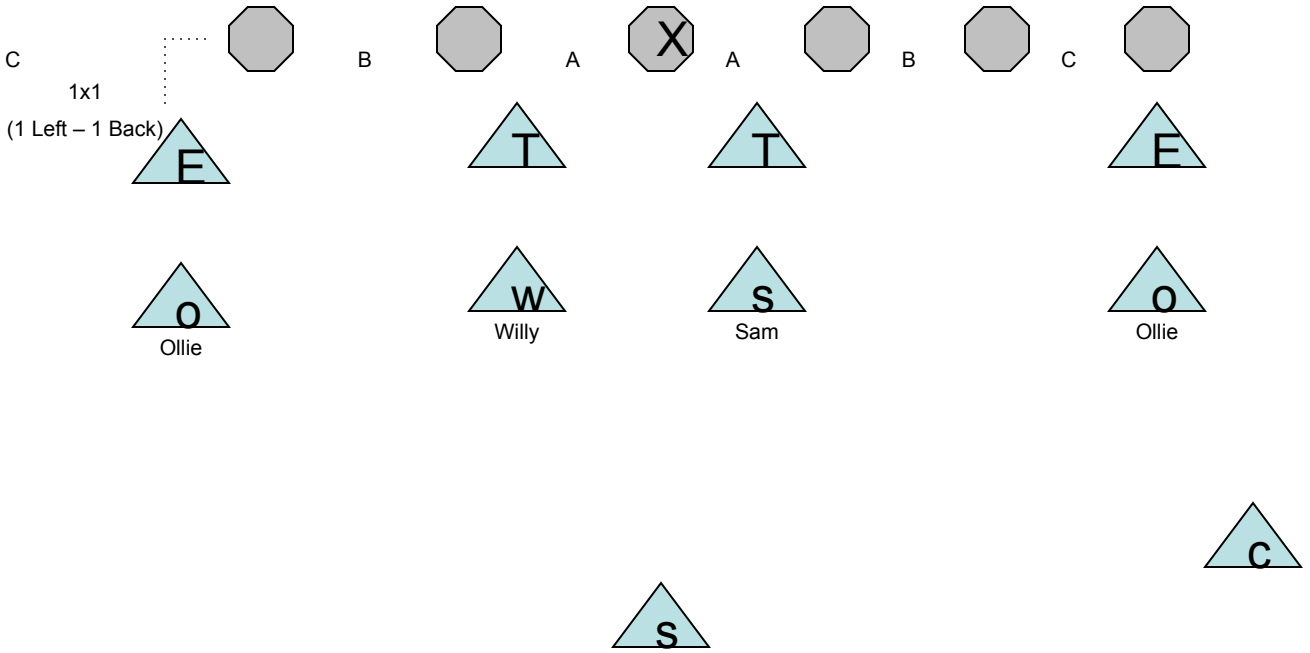
Coverage = 3



“Stack”

Stunt = Stack

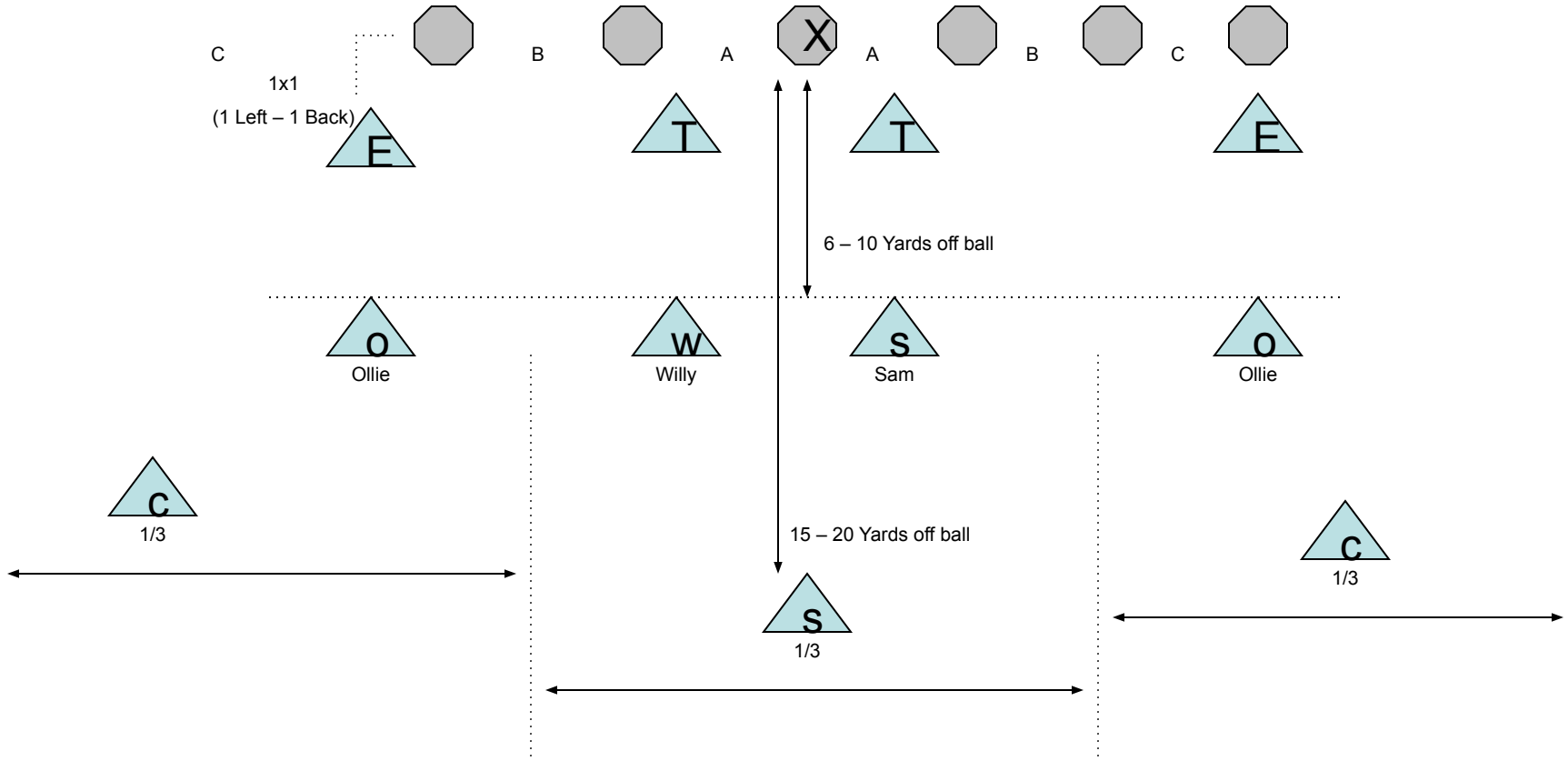
Coverage = 3/4



“Back”

Stunt = Back

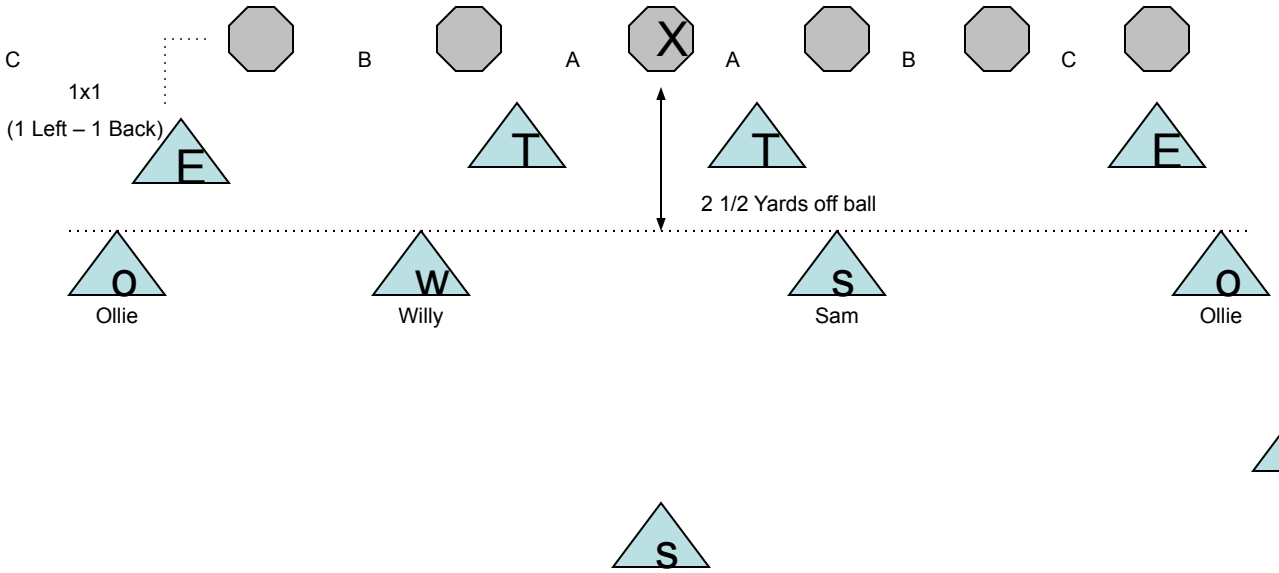
Coverage = 3



“Up”

Stunt = UP

Coverage = 3/4



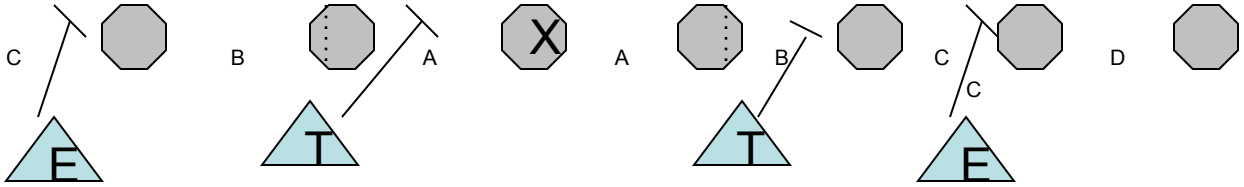
“Off 3”

Stunt = Tough

Coverage = 3

“Off 3” is audible called by backs when offense is unbalanced or unrecognized and it just changes the play to the basic “Tough 3”.

Example: Coach calls “Tough Slant 3” but offense comes out unbalanced. S&W should call “Unbalanced” & “Off 3” and move the front four down one row.



Guard is now handled like Center

All gaps move down with front line in the direction of the shift.