

WEST VIRGINIA

Offensive Playbook

2005

“Spot the Ball”

WEST VIRGINIA UNIVERSITY
Offensive Goals

2005

1). Win

2). Score

West Virginia University Offensive Objectives

2005

- 1). Execute the system with speed, precision, and physicalness.
- 2). To be among the national leaders in ball security and rushing.
- 3). To have an explosive and consistent passing attack.
- 4). To establish the tempo in every game.
- 5). To be the hardest working, most disciplined, and best conditioned team in America.

PRE SEASON ITINERARY - 2005

FRIDAY, AUGUST 5, 2005

1:00 pm	Newcomers Check into Hotel
1:45 pm	Bus to Stadium
2:00 pm	Newcomers Meet at Stadium for Physicals
5:00 pm	Team Dinner - MANDATORY
6:00 pm	Team Meeting - Stadium - Compliance
9:30 pm	Snacks
11:00 pm	Curfew - Coaches Check Rooms

SATURDAY, AUGUST 6, 2005

6:30 am	Wake-Up
6:45 am	Bus to Stadium
7:00 am - 7:45 am	Breakfast Frosh Equipment Fitting
7:30 am	Staff Meeting
8:00 am	Defense Lifts/Offense Meet and Walk-Thru
9:15 am	Offense Lifts/Defense Meet and Walk Thru (True Freshmen do Academic Orientation during lift time)
10:30 am	Special Teams Walk-Thru
11:00 am	Lunch
12:30 pm	OFF/DEF Staff Meetings
12:30 pm	Frosh Academic Orientation
1:30 pm	Individual Meetings

2:30 pm - 5:30 pm	Practice (Helmets)
	2:30 pm Spec/Exch.
	2:45 pm Walk-Thru
	3:00 pm Flex
	3:15 pm Period 1 Starts (24 Periods)
	5:15 pm Conditioning
5:45 pm - 7:30 pm	Dinner
7:30 pm	Team Meeting
8:00 pm	Special Teams Meeting
8:30 pm	Individual Meetings
9:30 pm	Snacks
11:00 pm	Curfew - Coaches Check Rooms

SUNDAY, AUGUST 7, 2005

9:00 am	Treatments
10:00 am	Brunch - Mandatory (Staff Meet)
11:00 am - 1:00 pm	True Freshmen Academic Orientation
1:30 pm	Treatments
3:00 pm	Meetings
4:30 pm	Special Teams
5:00 pm	Dinner Seniors - Coach Rod's House
11:00 pm	Curfew

MONDAY, AUGUST 8, 2005

6:30 am	Wake-Up/Breakfast Club
6:45 am	Bus to Stadium

7:00 am - 7:45 am	Breakfast
7:30 am	Staff Meeting
8:00 am	Offense Lifts/Defense Meet and Walk-Thru
9:15 am	Defense Lifts/Offense Meet and Walk-Thru
10:30 am	Special Teams Walk-Thru
11:00 am	Lunch
12:30 pm	OFF/DEF Staff Meetings
12:30 pm	Frosh Academic Orientation
1:30 pm	Individual Meetings
2:30 pm - 5:30 pm	Practice (Helmets)
	2:30 pm Spec/Exch.
	2:45 pm Walk-Thru
	3:00 pm Flex
	3:15 pm Period 1 Starts (24 Periods)
	5:15 pm Conditioning
5:45 pm - 7:30 pm	Dinner
7:30 pm	Team Meeting
8:00 pm	Special Teams Meeting
8:30 pm	Individual Meetings
9:30 pm	Snacks
11:00 pm	Curfew - Coaches Check Rooms

TUESDAY, AUGUST 9, 2005

6:30 am	Wake-Up/Breakfast Club
6:45 am	Bus to Stadium
7:00 am - 7:45 am	Breakfast

7:30 am	Staff Meeting
8:00 am	Defense Lifts/Offense Meet and Walk-Thru
9:15 am	Offense Lifts/Defense Meet and Walk-Thru
10:30 am	Special Teams Walk-Thru
11:00 am	Lunch
12:30 pm	OFF/DEF Staff Meetings
12:30 pm	Frosh Academic Orientation
1:30 pm	Individual Meetings
2:30 pm - 5:30 pm	Practice (Shells)
	2:30 pm Spec/Exch.
	2:45 pm Walk-Thru
	3:00 pm Flex
	3:15 pm Period 1 Starts (24 Periods)
	5:15 pm Conditioning
5:45 pm - 7:30 pm	Dinner
7:30 pm	Team Meeting
8:00 pm	Special Teams Meeting
8:30 pm	Individual Meetings
9:30 pm	Snacks
11:00 pm	Curfew - Coaches Check Rooms

WEDNESDAY, AUGUST 10, 2005

8:00 am	Staff Meeting
9:00 am	Wake-Up/Breakfast Club
9:45 am	Bus to Stadium
10:00 am	Brunch

11:00 am	Special Teams Walk-Thru
11:30 am	Individual Meetings - Walk Thru Off Meet/Def Tape
12:15 pm	Switch
1:00 pm - 4:00 pm	Practice (Shells)
	1:00 pm Spec/Exch.
	1:15 pm Walk-Thru
	1:30 pm Flex
	1:45 pm Period 1 Starts (24 Periods)
	3:45 pm Conditioning
4:45 pm - 6:15 pm	Dinner
6:30 pm	Team Meeting
7:00 pm	Special Teams Meeting
7:30 pm	Individual Meetings
9:00 pm	Snacks
11:00 pm	Curfew - Coaches Check Rooms

THURSDAY, AUGUST 11, 2005

8:00 am	Staff Meeting
9:00 am	Wake-Up/Breakfast Club
9:45 am	Bus to Stadium
10:00 am	Brunch
11:00 am	Special Teams Meeting and Walk Thru
11:30 pm	Individual Meetings Off Meet/Def Tape
12:15 pm	Switch
1:00 pm - 4:00 pm	Practice (Full Pads)
	1:00 pm Spec/Exch.

	1:15 pm	Walk-Thru
	1:30 pm	Flex
	1:45 pm	Period 1 Starts (24 Periods)
	3:45 pm	Conditioning
4:45 - 6:15		Dinner
6:30 pm		Team Meeting
7:00 pm		Special Teams Meeting
7:30 pm		Individual Meetings
9:00 pm		Snacks
11:00 pm		Curfew - Coaches Check Rooms

FRIDAY , AUGUST 12, 2005

6:30 am		Wake-Up/Breakfast Club
6:45 am		Bus to Stadium
7:00 am		Breakfast/Taping
8:00 am		Practice (Helmets & Vests)
	8:00	Spec/Exch
	8:15	Walk-Thru
	8:30	Flex
	8:45	Period 1 (18 Periods)
	10:15	End Practice
11:00 am		Lunch
12:00 NOON		Staff Meeting
1:30 pm		Individual Meetings
3:00 pm		Practice (Full)
	3:00	Spec/Exch
	3:15	Walk-Thru
	3:30	Flex
	3:45	Period 1 (21 Periods)

5:30 Conditioning
6:00 pm Dinner
7:30 pm Team Meeting
7:45 pm Special Teams Meeting
8:15 pm Individual Meetings
9:30 pm Snacks
11:00 pm Curfew - Coaches Check Rooms

SATURDAY, AUGUST 13, 2005

8:00 am Wake-Up/Breakfast Club/Staff Meeting
8:15 am Bus to Stadium
8:30 am Breakfast/Taping
9:30 am Meetings
11:00 am Practice
11:00 Spec/Exch
11:15 Walk Thru
11:30 Flex
11:45 Practice
2:00 pm Lunch
TBA Dinner at position coaches house
11:30 pm Curfew - Coaches Check Rooms

SUNDAY, AUGUST 14, 2005

9:00 am Treatments
10:00 am Brunch - Mandatory
1:30 pm Treatments

3:00 pm Meetings
4:30 pm Special Teams Meeting
5:00 pm Dinner

MONDAY, AUGUST 15, 2005

6:30 am Wake-Up/Breakfast Club
6:45 am Bus to Stadium
7:00 am Breakfast/Taping
8:00 am Practice (Shells)
8:00 Spec/Exch
8:15 Walk-Thru
8:30 Flex
8:45 Period 1 (21 Periods - Individual Emphasis)
10:30 End Practice
10:30 am Weight Room - Flexibility - Skills
11:00 am Staff Meeting
11:15 am Lunch
12:30 pm OFF/DEF Staff Meetings
1:30 pm Individual Meetings
2:45 pm Practice Shorts (Full Pads)
2:45 Spec/Exch
3:00 Walk-Thru
3:15 Flex
3:30 Period 1 (15 Periods - Team Emphasis)
4:45 Conditioning (or TTO/Pursuit) 1/5's
6:00 pm Dinner
7:30 pm Team Meeting
7:45 pm Special Teams Meeting

8:15 pm Individual Meetings
9:30 pm Snacks
11:00 pm Curfew - Coaches Check Rooms

TUESDAY, AUGUST 16, 2005

6:30 am Wake-Up/Breakfast Club
6:45 am Bus to Stadium
7:00 am Breakfast
7:30 am Staff Meeting
8:00 am Offense Lifts/Defense Walk-Thru
9:15 am Defense Lifts/Offense Walk-Thru
10:30 am Special Teams Walk Thru
11:00 am Lunch
11:00 am - 1:00 pm Frosh move into dorm
12:00 pm OFF/DEF Staff Meetings
1:30 pm Individual Meetings
2:15 pm - 4:45 pm Practice (Full)
2:15 Spec/Exch
2:30 Walk-Thru
2:45 Flex
3:00 Period 1 (24 Periods)
5:00 Conditioning (or TTO/Pursuit)
5:30 pm Dinner
6:45 pm Team Meeting
7:15 pm Special Teams Meeting
7:45 pm Individual Meetings
9:00 pm Snacks

11:00 pm Curfew - Coaches Check Rooms

WEDNESDAY, AUGUST 17, 2005

6:30 am	Wake-Up/Breakfast Club
6:45 am	Bus to Stadium
7:00 am	Breakfast/Taping
8:00 am	Practice (Shells)
	8:00 Spec/Exch
	8:15 Walk-Thru
	8:30 Flex
	8:45 Period 1 (21 Periods - Individual Emphasis)
	10:30 End Practice
10:30 am	Weight Room - Flexibility - Skills
11:00 am	Staff Meeting
11:15 am	Lunch
12:30 pm	OFF/DEF Staff Meetings
1:30 pm	Individual Meetings
3:30 pm	Practice (Full)
	2:30 Spec/Exch
	2:45 Walk-Thru
	3:00 Flex
	3:15 Period 1 (15 Periods - Team Emphasis)
	4:30 Conditioning (or TTO/Pursuit)
5:30 pm	Dinner
6:45 pm	Team Meeting
7:15 pm	Special Teams Meeting
7:45 pm	Individual Meetings
9:00 pm	Snacks

11:00 pm Curfew - Coaches Check Rooms

THURSDAY, AUGUST 18, 2005

7:30 am Staff Meeting

8:00 am Treatment

9:00 am Wake-Up/Breakfast Club

10:00 am Brunch

11:00 am Lift - except OL & DL

11:50 am Meetings

1:00 pm - 3:45 pm Practice (Full)

1:00 Spec/Exch
1:15 Walk-Thru
1:30 Flex
1:45 Period 1 (24 Periods)
3:45 Conditioning (or TTO/Pursuit)
OL/DL Lift - Post Practice

5:00 pm Dinner

6:30 pm Team Meeting

7:00 pm Special Teams Meeting

7:45 pm Individual Meetings

9:00 pm Snacks

11:00 pm Curfew

FRIDAY, AUGUST 19, 2005

6:30 am Wake-Up/Breakfast Club

6:45 am Bus to Stadium

7:00 am - 7:45 am Breakfast/Taping

8:00 am	Practice (Shells or Helmets)
	8:00 Spec/Exch
	8:15 Walk-Thru
	8:30 Flex
	8:45 Period 1 (21 Periods - Individual Emphasis)
	10:30 End Practice
10:30 am	Weight Room - Flexibility - Skills
11:00 am	Staff Meeting
11:15 am	Lunch
12:15 pm	OFF/DEF Staff Meetings
1:30 pm	Individual Meetings
2:30 pm	Practice (Full)
	2:30 Spec/Flex Break After 11
	2:45 Walk-Thru
	3:00 Flex
	3:15 Period 1 (15 Periods - Team Emphasis)
	4:30 Conditioning (or TTO/Pursuit)
5:30 pm	Leave for Trip
7:30 pm	Team Meeting - Location ?
8:30 pm	Gong Show
9:00 pm	Snacks
11:00 pm	Curfew - Coaches Check Rooms

SATURDAY, AUGUST 20, 2005

7:30 am	Staff Meeting
7:45 am	Wake-Up/Treatment/Breakfast Club
8:00 am	Bus to Stadium
8:15 am	Breakfast

9:15 am	Dress and Taping
10:00 am	Position Meetings
10:30 am	Kickers/Specialists Out
10:50 am	Pre-Game Routine
12:00 Noon	Kick-Off (All Special Teams Live)
12:45 pm	Scrimmage
	- Media Interviews after Scrimmage - Players and Coaches
	- Dinner after Scrimmage
11:00 pm	Curfew - In Room or Apartment - Phone Check

SUNDAY, AUGUST 21, 2005

10:00 am	Staff Meeting
11:00 am - 12:00 Noon	Brunch
11:00 am	Returning Walk-Ons Report
12:30 pm - 1:30 pm	Picture Day in Stadium
2:00 pm - 4:00 pm	Fan Day in IPF
4:00 pm	New Walk-Ons Report - Physicals and Equipment
6:00 pm	Dinner - Mandatory
6:30 pm	Non-Qualifiers Meet
7:00 pm	Team Meeting
7:30 pm	Special Teams Meeting - Compliance for School Start Walk-ons
8:00 pm	Individual Meetings
9:15 pm	Snacks
11:00 pm	Curfew

WVU OFFENSE - *Words of Wisdom*

- 1). "We are what we repeatedly do. Excellence, then, is not an act, but a habit." --- Aristotle
- 2). "There's no way to do the wrong thing the right way."
- 3). "Focus is a by-product of discipline and passion."
- 4). "If you don't know where you're going, any road will take you there."
(or, if you don't know where you're going, how will you know when you get there?)
- 5). "When you can't change the direction of the winds, adjust your sails."
- 6). "The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor."
- Vince Lombardi
- 7). "Man's mind, once strengthened by a new idea, never regains its original dimension." — Oliver Wendell Holmes
- 8). "It wasn't raining when Noah built the ark."
- 9). "Only you know when you're giving 100%, everybody else knows when you're not."
- 10). "If you want to know what your beliefs are, take a look at your actions."

PSYCHOLOGICAL PROFILE OF A CHAMPION/LOSER

CHAMPION

AMBITION: Desire for high goals. Hates to lose. Cannot stand failure. Puts goals above ability.

COACHABLENESS: Takes advice and is easy to coach. Eager to learn. Easy to approach. Follows rules and directions.

AGGRESSION: A tiger! First-place-belongs-to-me type. Asserts himself.

LEADERSHIP: Shows the way and sets a good example. Respected by team members. Mixes well. Others follow his example and take his advice.

TAKE-CHARGE GUY: Will take over when things go wrong. Under pressure, he does something about the problem. Often a hero.

HARD WORKER: One of the first to practice - the last to leave. Does extra work. Never misses practice and follows instructions.

PHYSICAL TOUGHNESS: Develops toughness by hard work. In great condition. Keeps training rules and trains year-round.

MENTAL TOUGHNESS: Never gives in to his feelings. Has a never give up attitude. Ignores heat, cold, and pain.

PSYCHOLOGICAL ENDURANCE: Stays with the job until the end. Will do his best against top competition. High endurance all season. Is reliable.

LOSER

NO DRIVE: Does not care whether he wins or loses. Goes with the tide.

KNOW-IT-ALL: Never listens and will not accept new ideas. Rebel, griper. Works by himself.

MOUSE: Never talks back. High on self-abasement. Always kicking himself. Introvert, generally.

FOLLOWER: Will go with the crowd and generally behind them. Never tries to lead.

A WATCHER: "Joe Milk Toast." If there is an accident, he watches or runs away. Worried about what people think.

CORNER CUTTER: Ducks practice. Cuts out tough practice. Always has excuses. Lots of absences from practice

HYPOCHONDRIAC: A muscle grabber - Always has an injury. Never works out consistently.

COMPLAINER: Gives up easily and is easily distracted from the job at hand. Will look good when competition is not of high caliber and will look bad in the big game.

QUITTER: Cannot stick to the end. Is easily distracted. Starts many jobs, finishes few. Is unreliable.

Competitor's Creed

“It is not the critic who counts, not the man who points out how the strong man stumbled or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes up short again and again; who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who at the best knows in the end of the triumph of high achievements; and who at the worst, if he fails, at least fails while daring greatly; so that his place shall never be with those cold and timid souls who know neither defeat nor victory.”

Theodore Roosevelt

April 10, 1899

“COUNTRY ROADS”

Almost Heaven, West Virginia
 Blue Ridge Mountains, Shenandoah River
 Life is old there, Older than the trees,
 Younger than the mountains, Blowing like a breeze.

Country Roads, Take me home
 To the place I belong
 West Virginia, Mountain Mama
 Take me home, Country Roads.

All my memories, gather round her
 Miner's lady, stranger to blue water
 Dark and dusty, Painted on the sky
 Misty taste of moonshine, Teardrop in my eyes.

Country Roads, Take me home
 To the place I belong
 West Virginia, Mountain Mama
 Take Me home, Country Roads.

I hear her voice in the morning as she calls me,
 Radio reminds me of my home far away,
 Driving down the road, I get a feeling that I should've been home, yesterday, yesterday.

Country Roads, Take me home
 To the place I belong
 West Virginia, Mountain Mama
 Take me home, Country Roads.

Country Roads, Take me home
 To the place I belong
 West Virginia, Mountain Mama
 Take me home down Country Roads.

WEST VIRGINIA UNIVERSITY
“Fight Song”

It's West Virginia, it's West Virginia
The pride of every Mountaineer,
Come on you old grads, join with us young lads.
It's West Virginia now we cheer!

Now is the time, boys, to make a big noise
No matter what the people say
For there is naught to fear, the gang's all here,
So hail to West Virginia, hail.

PLAYER RULES AND REGULATIONS

I. General Rules

1. Don't embarrass the program!
 - a) Maintain our motto - most disciplined, hardest playing, best conditioned team in America.
 - b) No one is indispensable. Team rights supersedes individual rights.
2. Be on time for all meetings, meals, buses, classes, etc.
 - a) The official time is on Coach Rod's wrist. Call before, not after, if you have an emergency.
3. Designated spots for bulletins will be in the locker room, weight room, and academic center. Notices will be up by 11:00 am - check each day. You can also call our main number.
4. See your position coach **before** missing or being late to practice, meetings, etc. even if the doctor, trainer, or head coach excuses you.
5. Unexcused absence or other mistakes will mean immediate disciplinary action. Discipline will be fair but not always the same - depends on what you have done in the past.
6. Class attendance is mandatory whether teacher says so or not. Don't drop classes without seeing academic advisor and informing position coach. We will check classes and punish absentees.
7. No classes should be scheduled that end after 2:15 pm. Academic counselor **and** position coach must be notified beforehand if late classes are required.
8. No hats, sunglasses or headsets are to be worn in meetings or study hall or training table.
9. Our secretaries cannot type your papers, fax something for you, make a phone call for you, or copy items for you - - - so don't ask! (NCAA Rules). We also cannot receive your personal mail.
10. Do not use our xerox machine.
11. Dress Code - - - For banquet - coat and tie unless Coach Rod says otherwise.
For trips - Coach Rod will set the travel attire for the game trips.
No Jewelry - During practice, workouts & interviews or team travel - Any football related time.
Hair & facial hair neatly trimmed & cut.

Pants need to be worn at waist level .

Dress code rules apply to class attendance.

12. Parking - Park in the parking lot between two yellow lines.
Do not park in handicapped or down by the Training Room,
Weight Room or Study Center.

13. Press

- a) Always be complimentary (especially to an opponent).
- b) Don't talk about how good we are/you are.
- c) Talk enthusiasm, morale, fun, desire, hard work, teammates, West Virginia.
- d) Be clean shaven and wear WV hat, clothes.

14. We will consider you a no-show for drug testing if you are notified and don't show up. **ONE** no-show is considered a positive drug test (Remember - you are responsible to check the board daily).

15. No fire arms (BB guns, pistols, rifles, etc) or hunting equipment allowed in dorms, Puskar Center, etc.

16. Scholarship can be **IMMEDIATELY** withdrawn by repeatedly breaking team rules or by a major rules violation!

17. No talking on cell phones in locker room, dining room, meeting rooms, players lounge, sidelines during games.

II. Training Rules

- 1. No smoking, no use of drugs or steroids (a positive drug test will subject the athlete to the Athletic Department's set of policies)
- 2. No alcoholic beverages if under 21 years of age and none Sunday through Friday during the season. Being intoxicated at any time is against the rules!
- 3. All injured players must receive treatment or see a trainer when training room opens at 6:30 am each morning until released by the trainer.

4. Curfew:

- a) Sunday, Monday, Tuesday, Wednesday - Midnight
Thursday - 11:00 pm
- b) Friday - Game Week - 10:30 pm
- c) Saturday - To be Announced
- d) Curfew applies to entire squad - home or away

5. Practice clothing will be worn exactly as they are issued. No more, no less, no substitutes! (ex - tights, black socks, no socks, bandannas, etc.) **WE DON'T WANT A BUNCH OF INDIVIDUALS!** Undershirts and jerseys must be

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practice or at 6:30 am.

7. Do not converse with spectators once practice begins.
8. NEVER leave drill area unless position coach gives you permission.
9. **Always run** from drill to drill - **BE FIRST!**
10. Do not talk back to a coach or a staff member. I will always back the staff.
Come to my office if you feel we are unfair or you need to discuss something.
11. **Never bend over** when you are fatigued.
12. **Never** berate an official. Be courteous and just do your job.
13. **Stay focused** on the **task at hand!** Don't worry or talk about things you can't control in the future/past. Focus on each play, each day, and the next task at hand! **DON'T FLINCH!**
14. Do not sit down during practice - only during water break.
Exception - Full Scrimmages
15. Travel - We are on a business trip - Task at Hand - Your position coach will cover proper procedures.
16. Remember our motto -

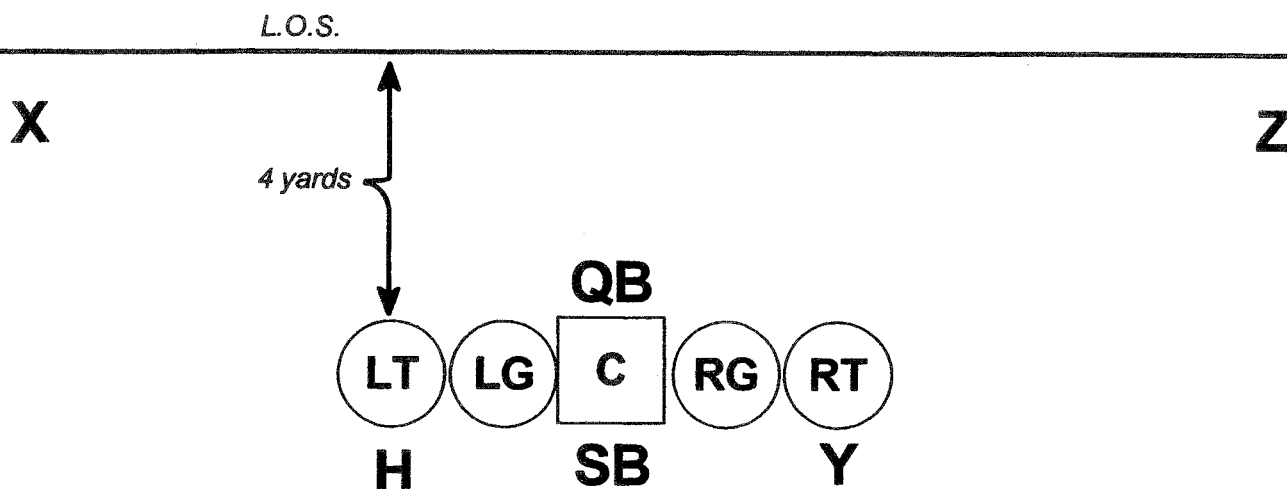
**THE HARDEST WORKING, MOST DISCIPLINED, BEST
CONDITIONED TEAM IN AMERICA!!!**

SPOT THE BALL !!

General Information

"Spot The Ball"

SUGAR HUDDLE



A. FORMING THE SUGAR HUDDLE

1. The linemen and backs will huddle up on the center four yards from the L.O.S.
2. The receivers will line up in the formation called

B. SUGAR HUDDLE PROCEDURE BY QUARTERBACK

1. The quarterback will call the play to the linemen and backs once and give them a "ready break" at which time the line will sprint to the L.O.S.
2. The receivers will get the play from the hand signals on the sidelines and line up quickly.

WEST VIRGINIA FOOTBALL

GI-2

NO HUDDLE

L.O.S.

X

LT

LG

C

RG

RT

Z

H

Y

QB

SB

A. LINING UP

1. The lineman will line up on the L.O.S. as quickly as possible in a ready football position.
2. The backs and receivers will get the formation and play from the hand signals and will assume their stance.

B. CALLING THE PLAY

1. The quarterback will give the play in a two sequence (ex. 43-60) and repeat the number again. The play used will be the first number called unless the quarterback says "DEUCE" (ex. 60-43). This means they will run the second number.
2. Any audible or adjustment will be given next.
3. The quarterback will then give the cadence.

C. HAND SIGNALS

1. All plays will be designated by a name and a number (generally only the number will be used in play calling).
2. Also each skill position, audible, individual route, and formation will have a designated hand signal.

ALIGNMENT

A. AT THE L.O.S.

1. The W.R.'s will come up to their position in a two point stance.
2. The backs, offensive lineman, and tight ends will come to their position in a three point/two point stance according to the play.

B. BASIC SPLITS AND ALIGNMENTS

1. The lineman splits generally remain the same while the backs and

receivers alignment will vary depending upon the formation.

- a. Guards: two feet
- b. Tackles: two feet
- c. Tight Ends: two feet

2. Base Receiver Split Rules:

BOH:

Outside Receiver to Field = +5 from Hash

Inside Receiver to Field = -1 from Hash

Outside Receiver to BDY = +5 from Sideline

Inside Receiver to BDY = Split Difference

MOF:

Outside Receivers = On Numbers

Inside Receivers = Split Difference

- ***Reo/Leo - Outside Receiver to field (Z) = Bottom of Numbers
- #2 Receiver to Field (Y) = Split Difference
- #3 Receiver to Field (H) = +5 From Off. Tackle

***Split Rules will also be based upon Packages

3. Running backs.

- a. Four wide- If the QB is under center, the S-back will be in a two point stance, toes at six yards from the front of the ball; if the QB is in shotgun, the S-back will be directly beside the QB at five yards from the ball.
- b. Pro formation- The full back will have his toes five yards from the front of the ball, aligned directly behind the center; the S-back will have his toes two and a half yards off the toes of the Full back, aligned directly behind the Fullback. (seven and a half yards

CADENCE

A. CADENCE

1. Our cadence will be rhythmic; "Ready Seeet Go!"
2. Shotgun- We will use two ways of calling our cadence from the gun.
 - a. The Center will snap the ball when he gets the signal from the QB.
 - b. The Center will make the Go call.

B. FREEZE CALL

1. The QB will say "ready seeet go" to try and draw the defense offsides. The Center will snap the ball if he sees someone cross the neutral zone. If they do not jump, the QB will give the color and the new play.
2. U.C. - When the defense jumps offsides the center snaps the ball, the QB will take a knee and everyone will remain in the freeze position until the QB calls "CHILL" which will release everyone from the stance.
Gun - When the defense jumps offsides the center snaps the ball, the QB sprints out to the right and SB blocks off the edge, while the receivers on the right will run Indy 9. Everyone else will remain in the freeze position until the QB calls "CHILL" which will release everyone from the stance.

C. ATTACK

1. The QB will make sure everyone is set quickly and the ball will be snapped on the first sound. The QB will say "go" and the ball will be snapped.
2. The play will be given by hand signals to the WR/QB and the QB will give the play to the lineman as they get in their stance (with the two-number call).

NUMBERING SYSTEM AND PLAY RECOGNITION

A. Hole Numbering System

1. Holes are numbered over the offensive lineman. They are used as a directional tool only for run plays and to determine right side or left side.
2. All plays ending in even numbers go to the right side.
3. All plays ending in odd numbers go to the left side.

B. Play Recognition - Running Game

<u>Zone</u>	<u>Man</u>	<u>Pull</u>	<u>Reverses</u>	<u>Others</u>
36 / 37	42 / 43 (QB)	26 / 27 ("P")	18o / 19o (Option)	20 / 21 ("P")
36 / 37 Load	32 / 33 (QB)	26 / 27 (Max)	36o / 37o (Zone)	24 / 25
34 / 35 (Y)	32 / 33 (Load)		34 / 35 Pop (Belly)	
34 / 35 Dash			28o / 29o (Sweep)	
34 / 35 Triple			42 / 43 Pop (Iso)	
18 / 19			36 / 37 Omar	
28 / 29				
38 / 39 (Rabbit/Leopard)				

C. Pass Protections

Dropback Protection

1. 60 / 70 - 6 Man Prot.
2. Alpha / Bravo - Aggressive 6 Man Prot.
3. 260 / 270 - 7 Man Gap Prot.
4. 560 / 570 - 5 Man Prot.
5. 560 / 570 (Nuts) - 5 Man Prot. (Cut)
6. Rocco / Loco - 7 Man Gap Prot.

Quick Game

1. 160 / 170 - Aggressive Gap Prot.
2. Red / Black - Aggressive Gap Prot.
3. Red / Black High - Aggressive Gap Prot. (Stay Up)
4. Rocket / Laser - 5 Man Aggressive Prot.

Sprint Protection

1. 80 / 90 - Sprint Out Prot.
2. 280 / 290 - Sprint Out Gap Prot.
3. Rambo / Limbo - Sprint Out Prot.
4. Hinge - Turn Back Sprint Out Prot.

Play Action Protection

1. 300's - Play Fake Run (Boot)
2. 400's - Play Fake Run (Naked)
3. 100's - Play Fake Run (Dropback)

D. Route Packages

<u>Quick</u>	<u>Intermediate</u>	<u>Deep</u>	<u>Naked / Boots</u>	<u>Sprint</u>	<u>Tags</u>
Hitch	Hooks	Go (Read)	Curl	Crook	Lock
Arrow	Fat	Wheel	Curl Flop	Bow	Cop
Slant	Pony	Smash	Smash	Hitch	Levels
Bow	Mesh	Post	Crease	Crease	Switch
	Curl	Rocco / Loco		Smash	
	Seminole	Wop		Hooks	
	Crook	Bat		Trail Sprint	
	Crease				

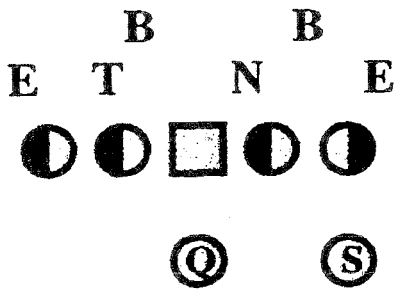
E. Screens

1. 50 / 51 - Middle screen to slot receiver. The receiver will be designed by his position being called (ex. 50 Y).
2. 14 / 15 (Radar / Lava) - Quick Screen, Crack, Arc Screen to Receivers and SB.
3. 54 / 55 - (Dump), Dropback, Running Back Screen.
4. 56 / 57 - Playaction Receiver Screen.
5. 58 / 59 - Running Back Quick Screen.

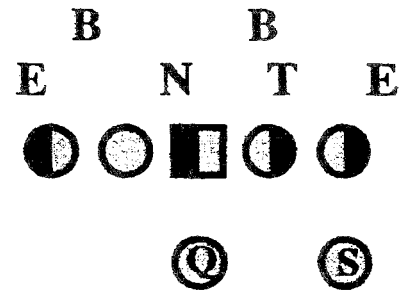
FRONTS

"Spot The Ball"

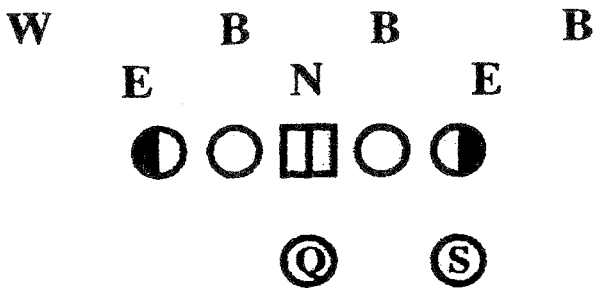
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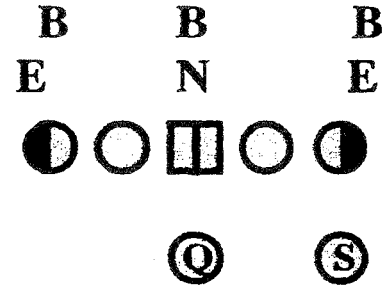
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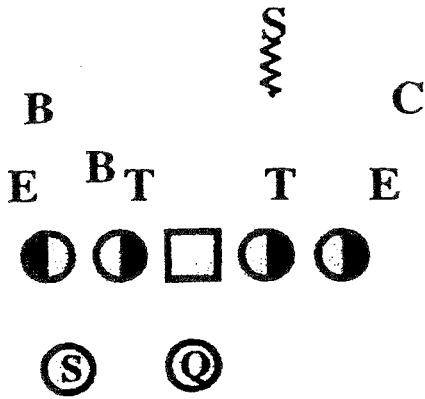
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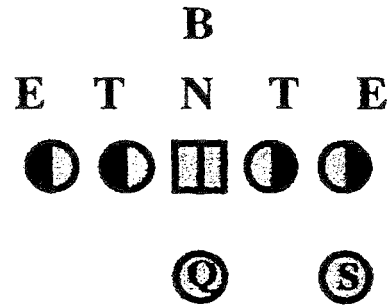
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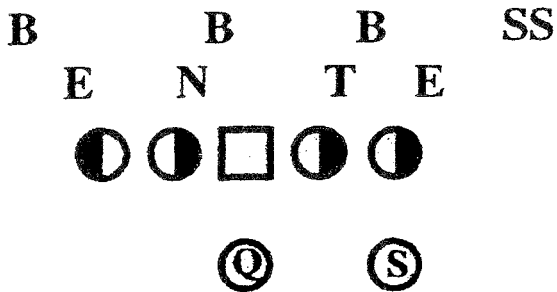
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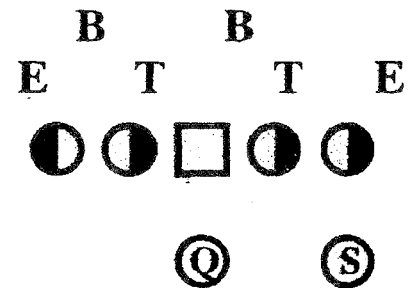
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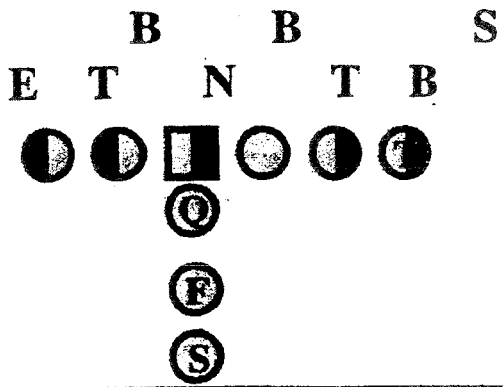
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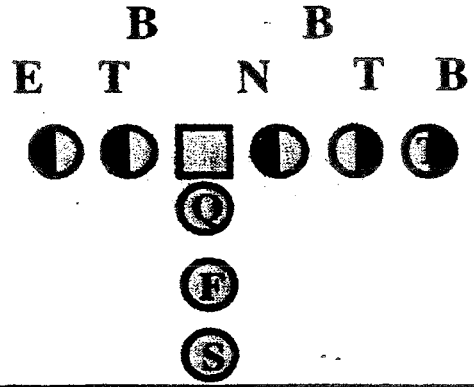
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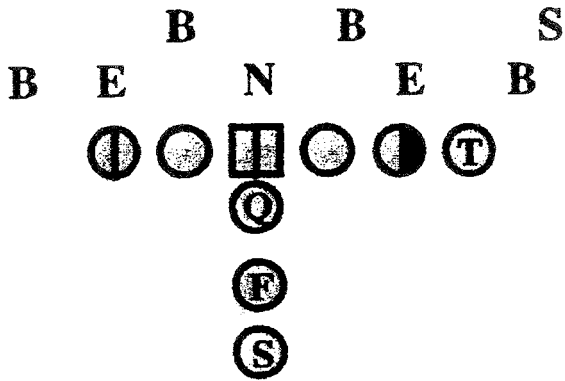
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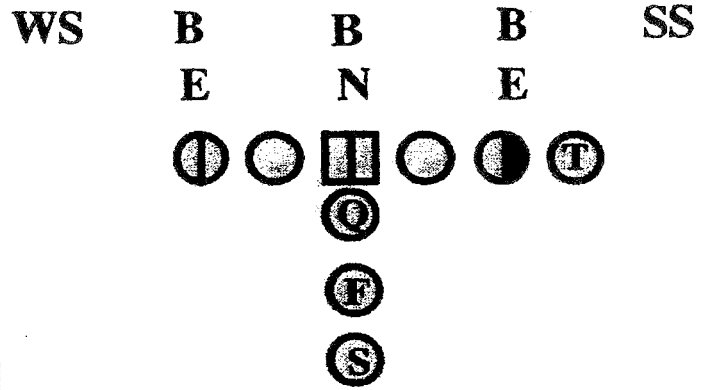
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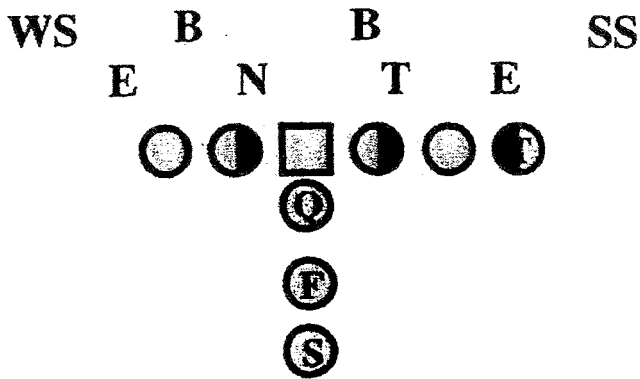
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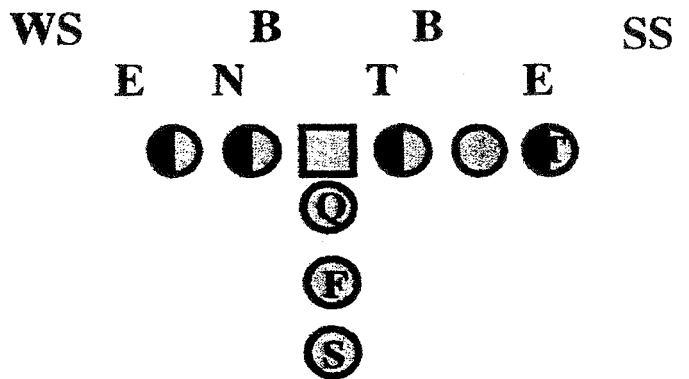
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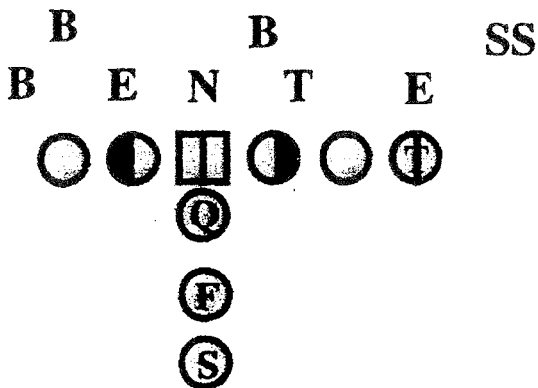
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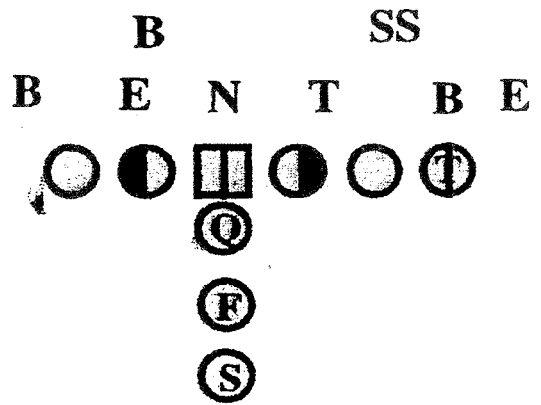
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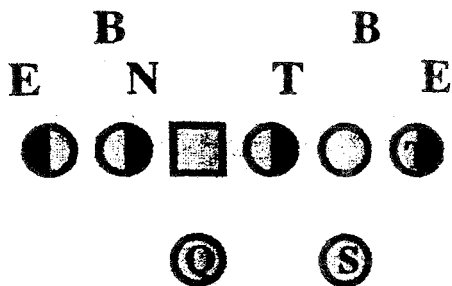
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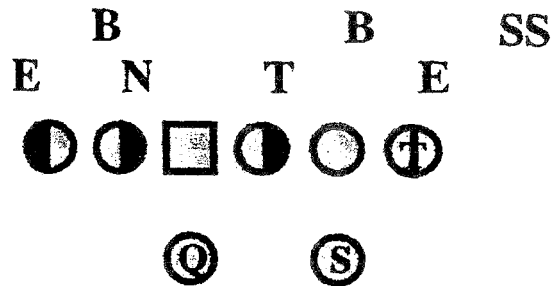
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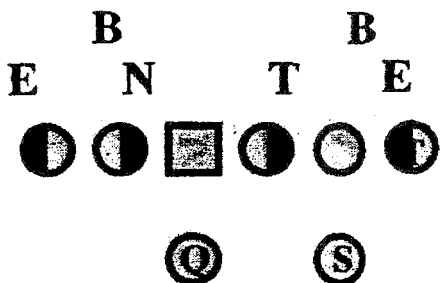
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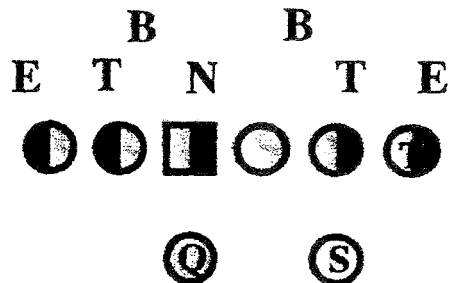
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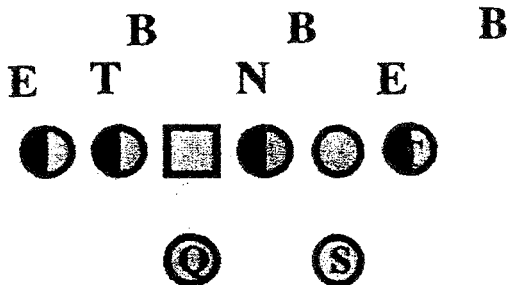
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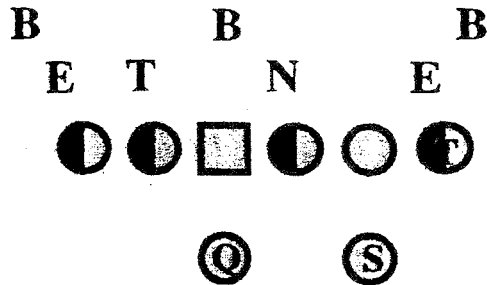
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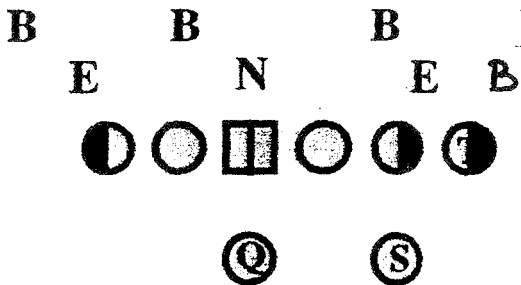
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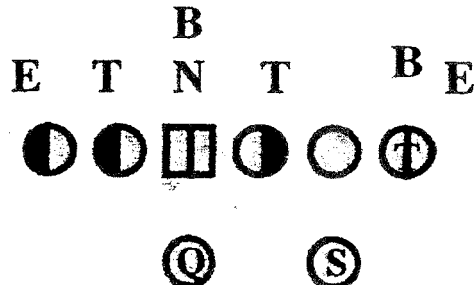
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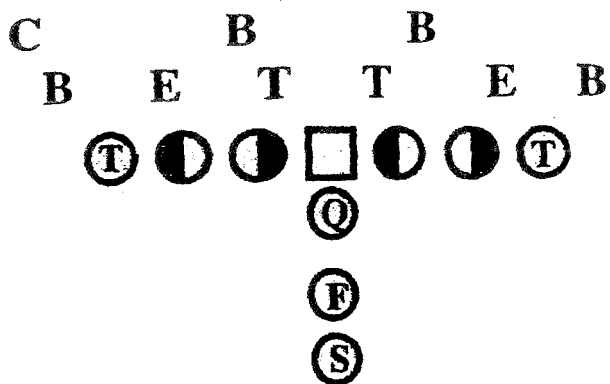
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BEAR EXCHANGE.



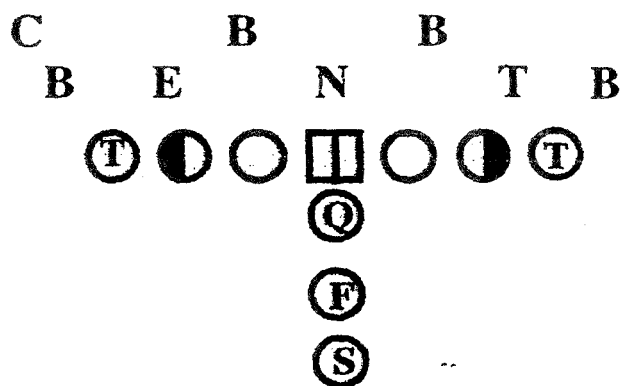
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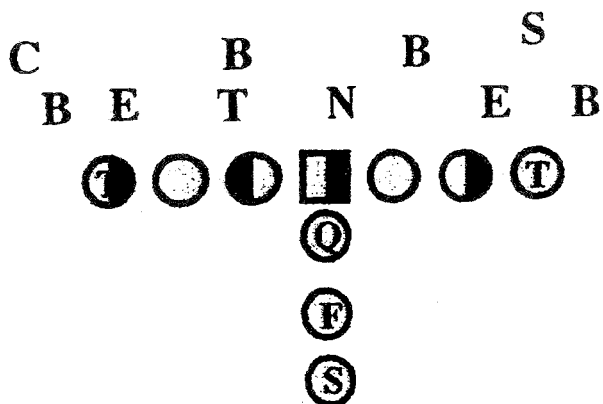
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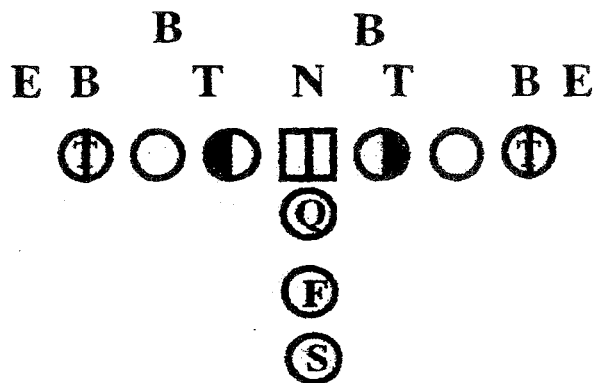
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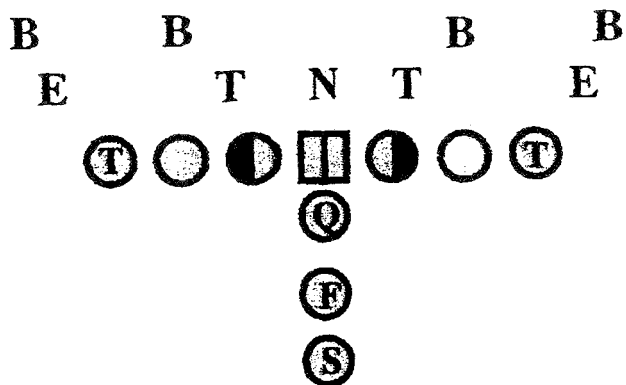
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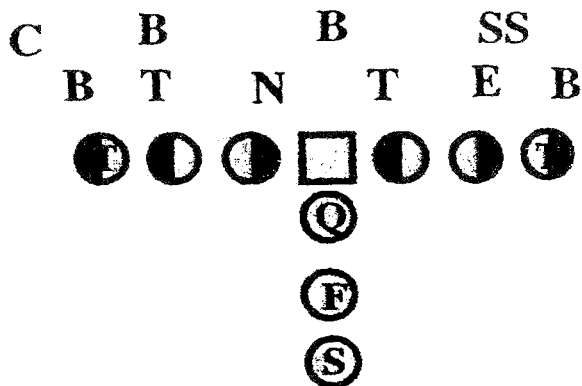
EXCHANGE



BEAR



6-5



COVERAGES

"Spot The Ball"

ZERO COVERAGE

I. THEORY:

Cover 0 - It is a full man coverage with no free safety help to the post and could be accompanied by a blitz from the defensive front, linebackers, and/or defensive backs. Usually has five (5) or six (6) rushers.

II. STRENGTH:

The strength of Cover 0 is playing man on all backs and receivers with the ability to bring more than four (4) rushers with a variety of twist, dog, stunts, or blitzes to confuse the protection of the quarterback.

III. WEAKNESS:

The weakness of Cover 0 is that the corners and safeties have no inside help deep. The linebackers are man-on backs. The safeties have to give away the blitz by moving to cover the receivers.

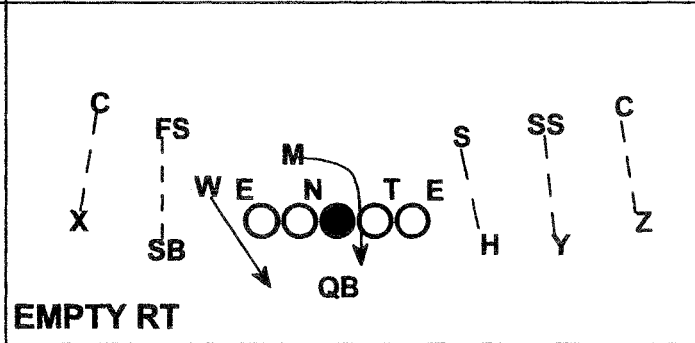
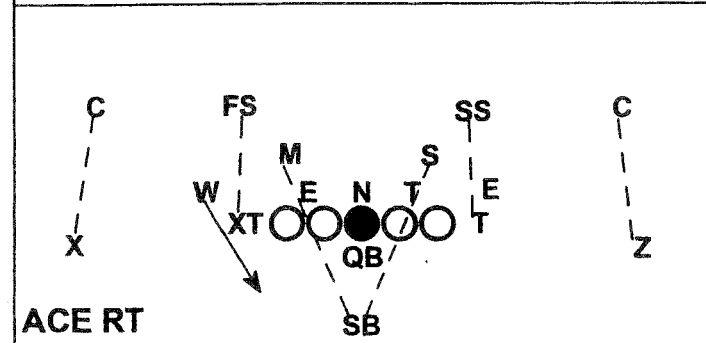
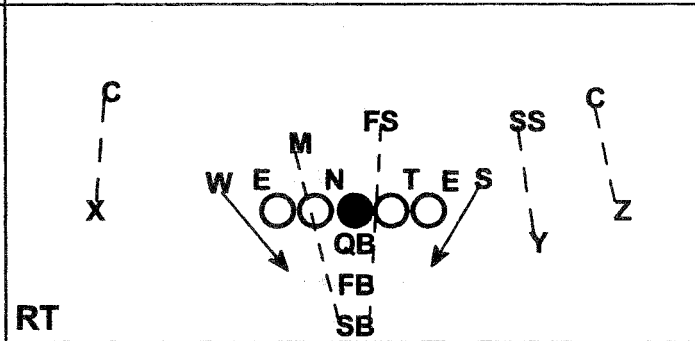
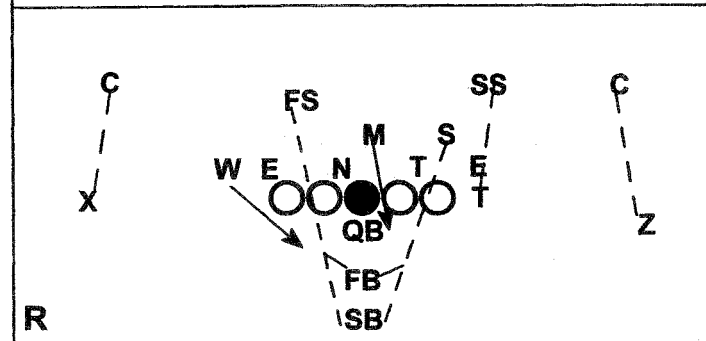
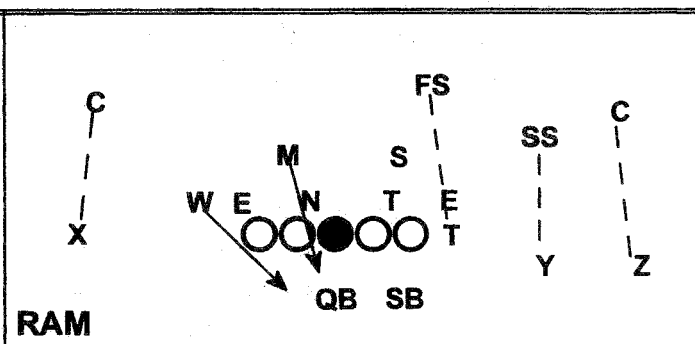
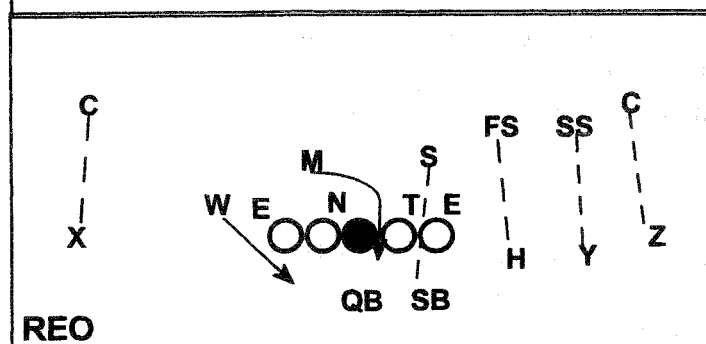
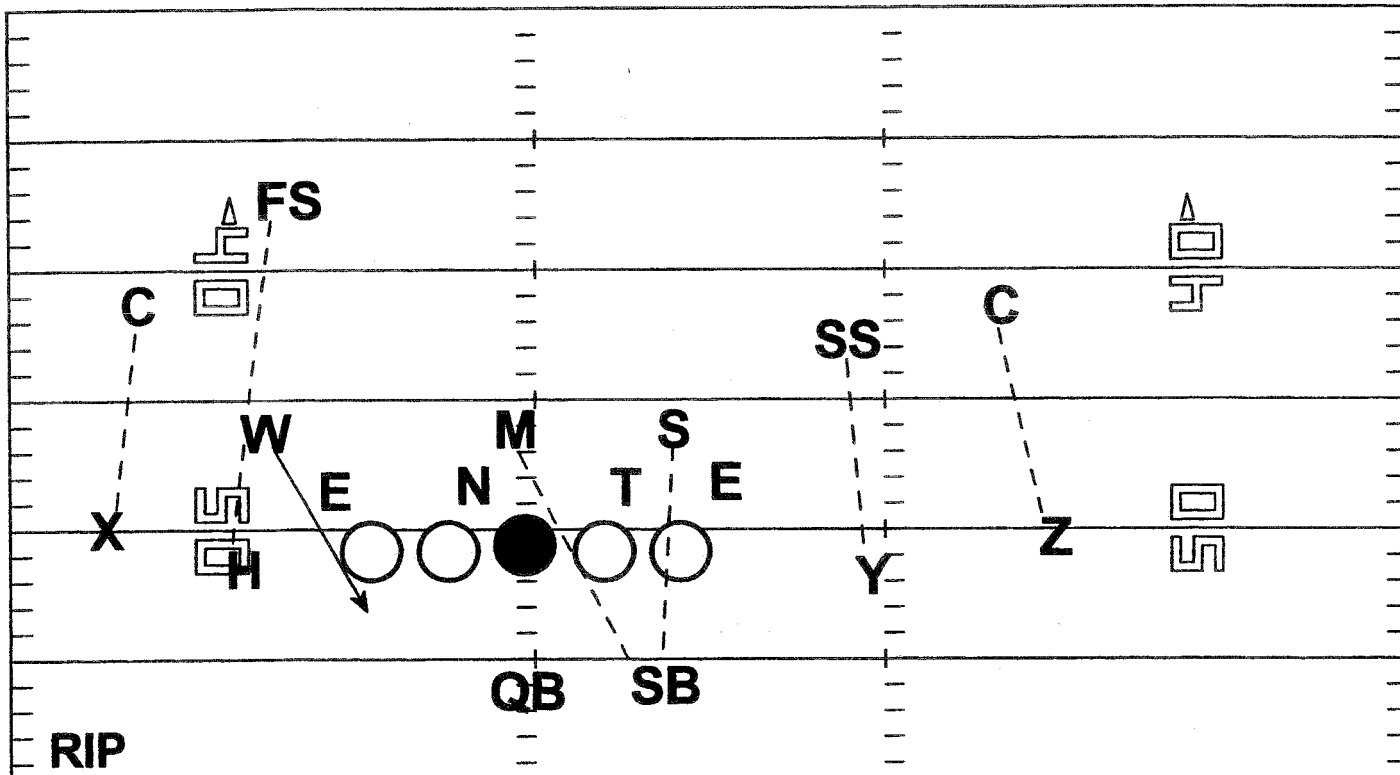
IV. COACHING POINT:

Most 'Man' coverage is well disguised except with a secondary blitz from the weak corner, free safety, or strong safety. With no free in center field, the secondary usually takes inside position on all receivers to take away the post route.

V. VARIATIONS:

A. Bump and Run- Defensive back playing in a bump position and trying to disrupt the wide receiver and quarterback timing off the L.O.S.

B. Press- Defensive back playing 3 to 4 yards off the receiver without contact. This look is to make the wide receiver hesitate and adjust his route as he would vs. Bump and Run.



ONE COVERAGE

I. THEORY:

Cover 1 - It is a man coverage with free safety help in center field, strong over the top or weak over the top. The coverage could be accompanied by a blitz from the defensive front, linebackers, and/ or defensive backs. Usually has five (5) rushers.

II. STRENGTH:

The strength of Cover 1 is playing man on all backs and receivers with help from the free safety in the deep middle and/or over the top strong or weak period. The defense also has the ability to bring more than four (4) rushers with a variety of twists, dogs, stunts, or blitzes to confuse the protection of the quarterback.

III. WEAKNESS:

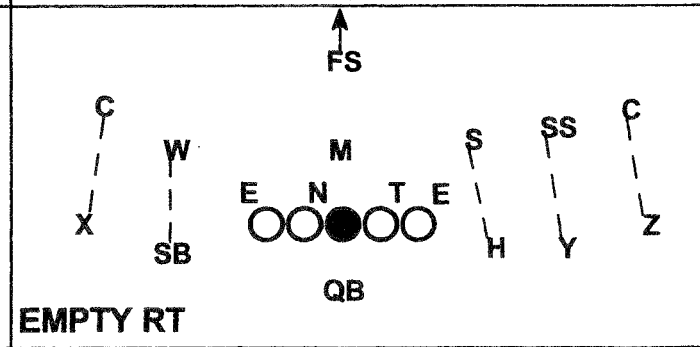
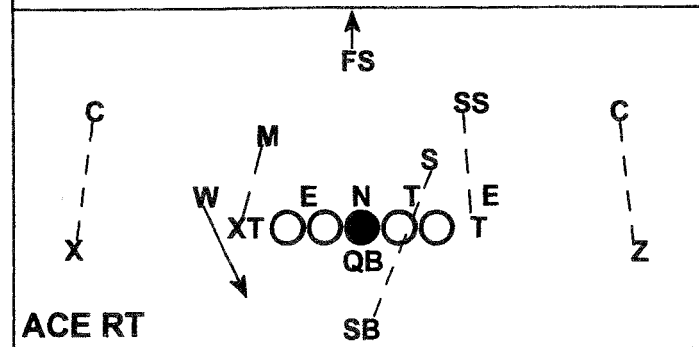
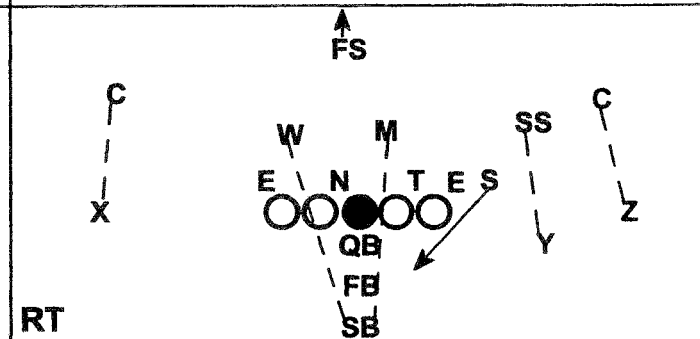
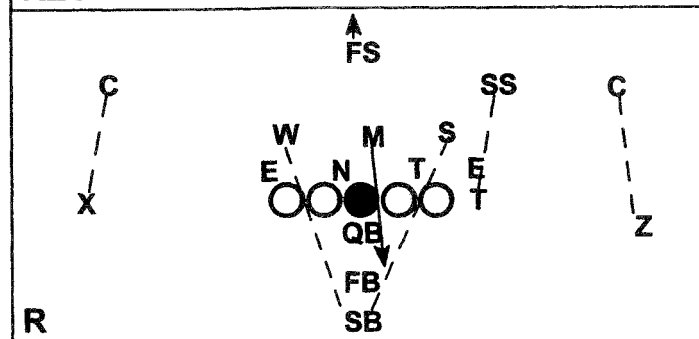
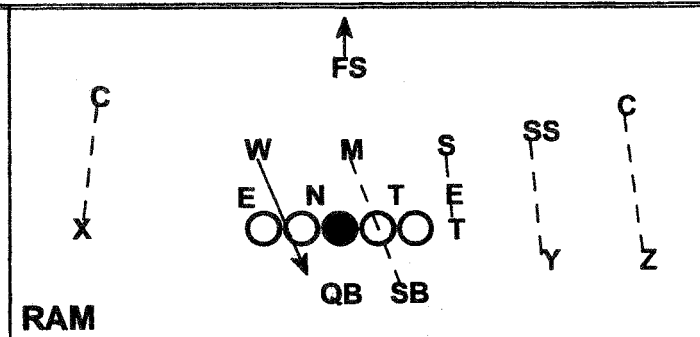
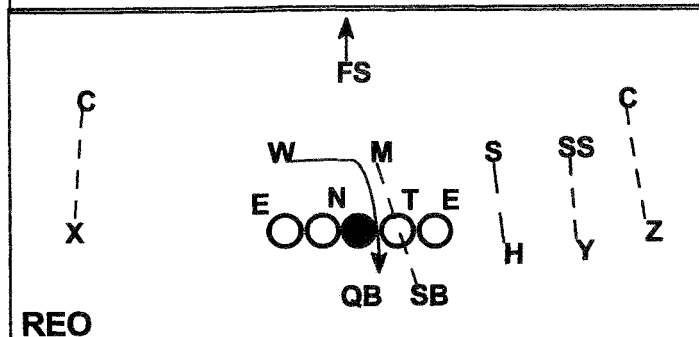
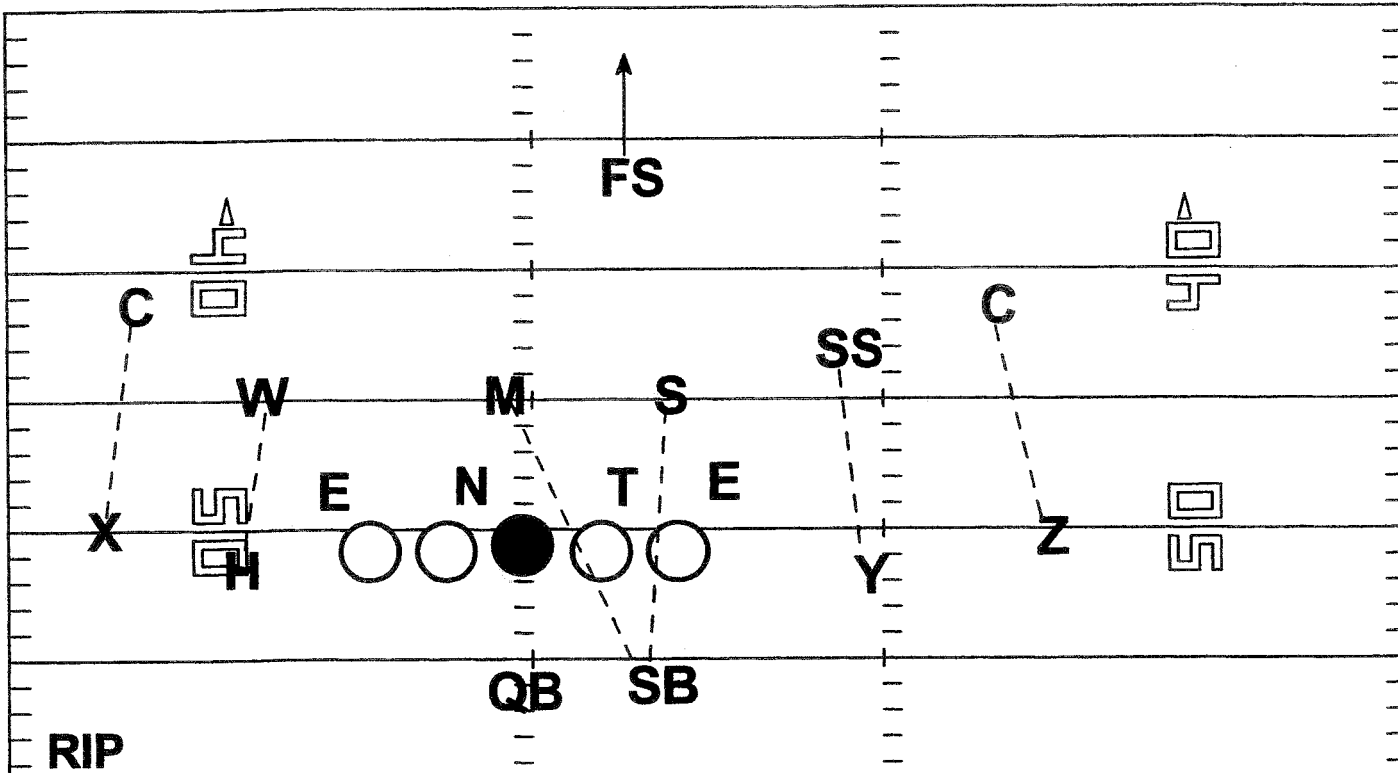
The weakness of Cover 1 is that the linebackers are man on the backs and weakside slot receivers.

IV. COACHING POINT:

The strong safety is usually the only defensive player to alter his alignment in Cover 1 by moving inside on Y/T for leverage and coverage.

V. VARIATIONS:

- A. Bump and Run- Defensive back playing in a bump position and trying to disrupt the wide receiver and quarterback timing off the L.O.S.**
- B. Press- Defensive back playing 3 to 4 yards off the receiver without contact. This look is to make the wide receiver hesitate and adjust his route as he would vs. Bump and Run.**



ONE ROBBER COVERAGE

I. THEORY:

1. Should force offense to throw ball outside or drop.
2. Generally should have safety spinning to side of B gap bubble.

II. STRENGTH:

1. Strong vs. run, because defense outnumbered the offense in the box.
2. Strong vs. passes over the middle because of the presence of the low hole and high hole defender.
3. Strong vs. screens and boots.

III. WEAKNESS:

1. Puts pressure on CB's on outside and vertical routes, because it is a man free coverage.
2. Weak vs. crack schemes.
3. Weak vs. Bunch routes and Rub schemes.

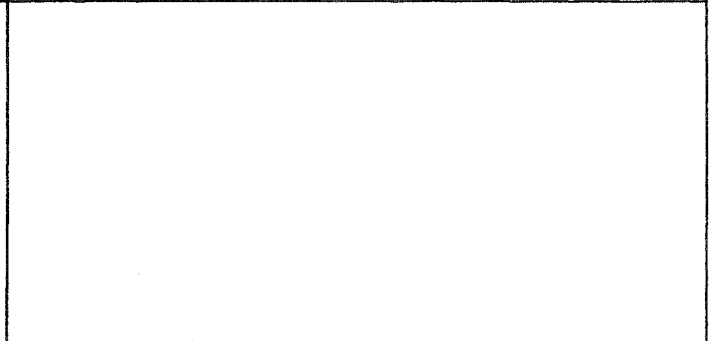
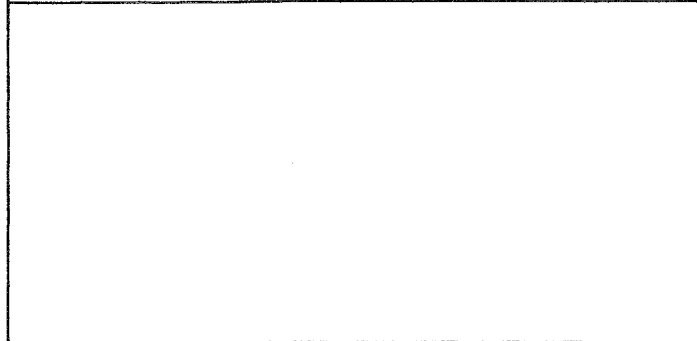
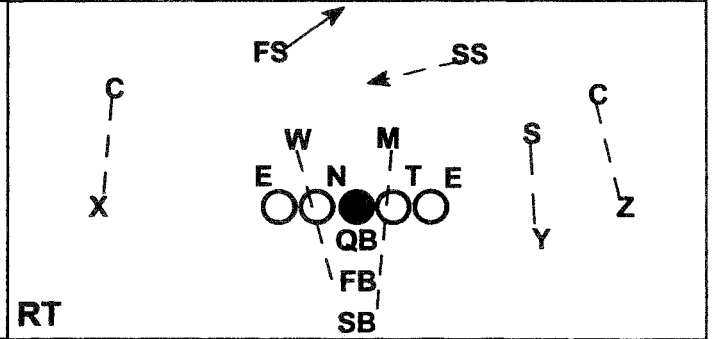
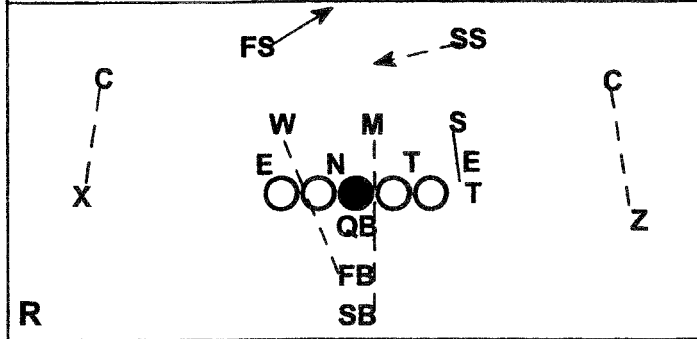
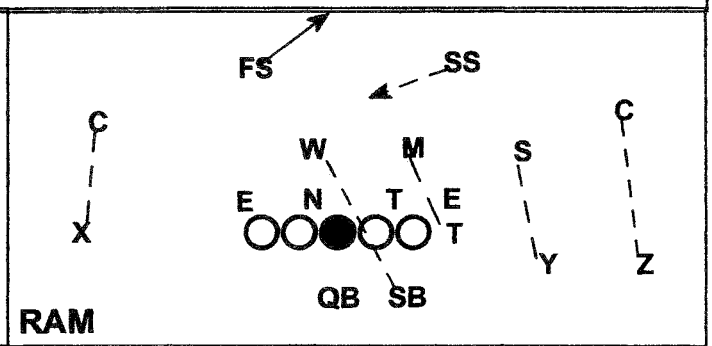
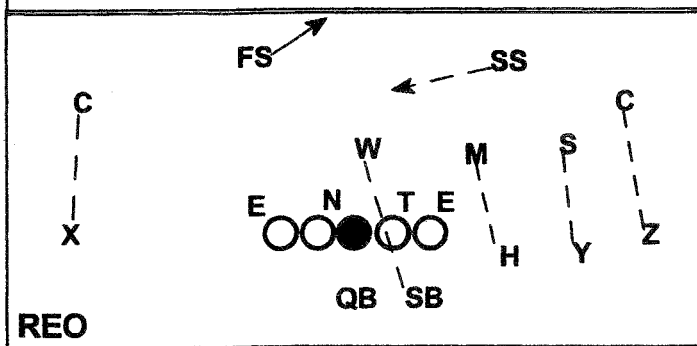
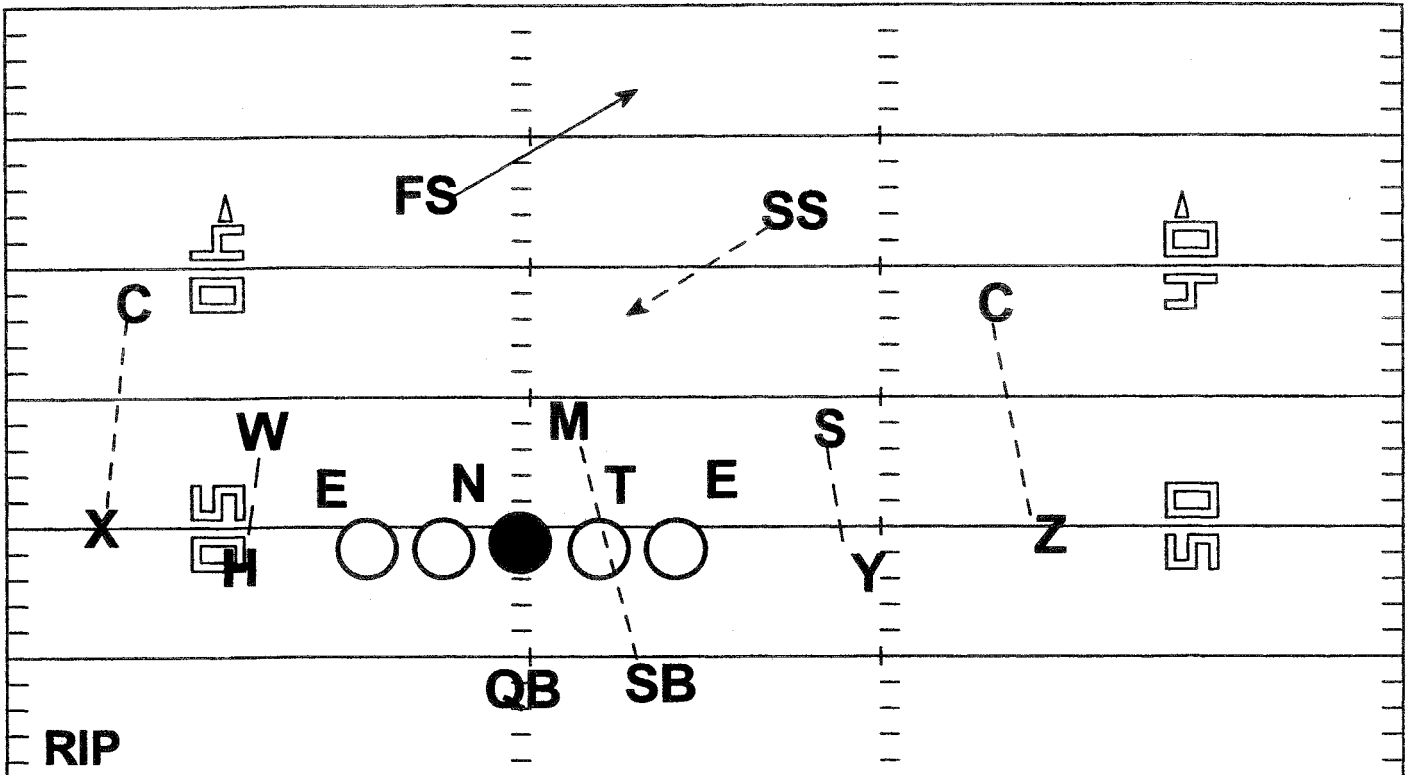
IV. COACHING POINT:

- Alert leverage on the #2 receiver for funnel.

V. VARIATIONS:

ONE ROBBER

C-6



TWO COVERAGE

I. THEORY:

Cover 2 - It is a zone coverage. Five (5) of the seven (7) underneath zones are covered with two (2) defensive backs playing deep half coverage. It gives very good coverage vs. the quick game. The corners basic job is to funnel the wide receiver to the inside and play the outside flats. The funnel is very important to allow the half field defenders to get their depth and position. The linebackers have normal hook to curl drop.

II. STRENGTH:

The strength of Cover 2 is that five (5) of the seven (7) underneath zones are covered. Also, it allows the chance to collision all receivers and disrupt their routes. It forces the offense to throw a harder pass.

III. WEAKNESS:

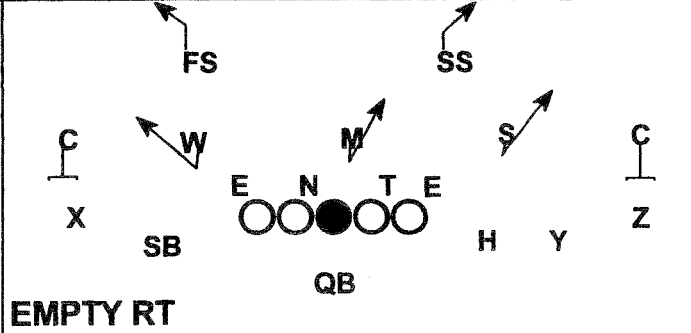
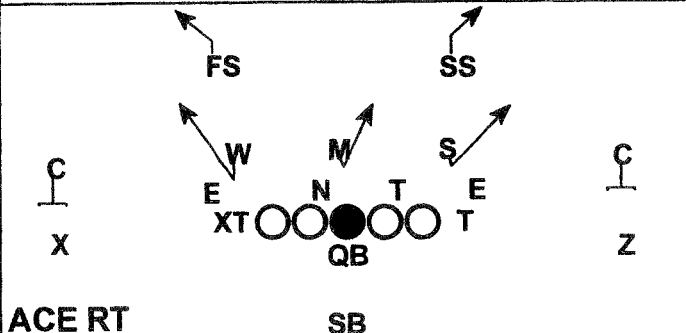
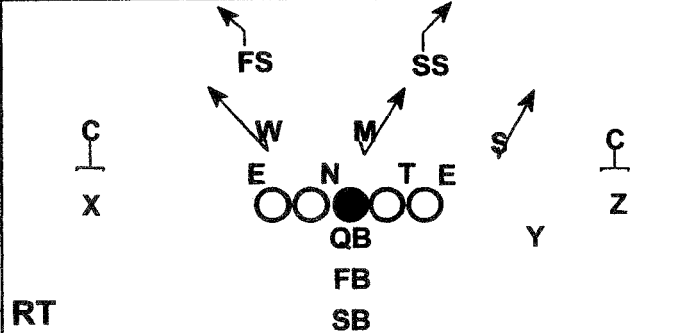
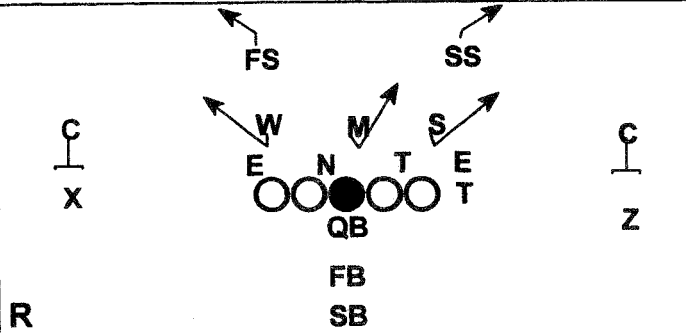
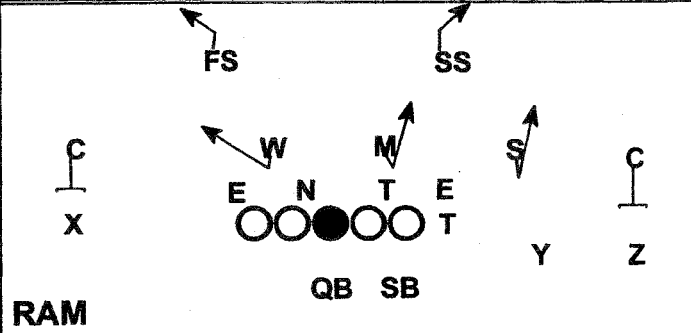
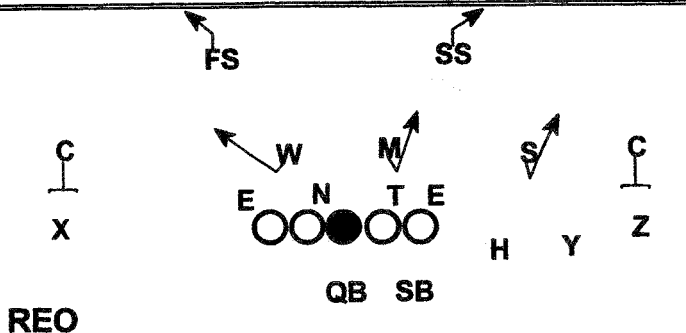
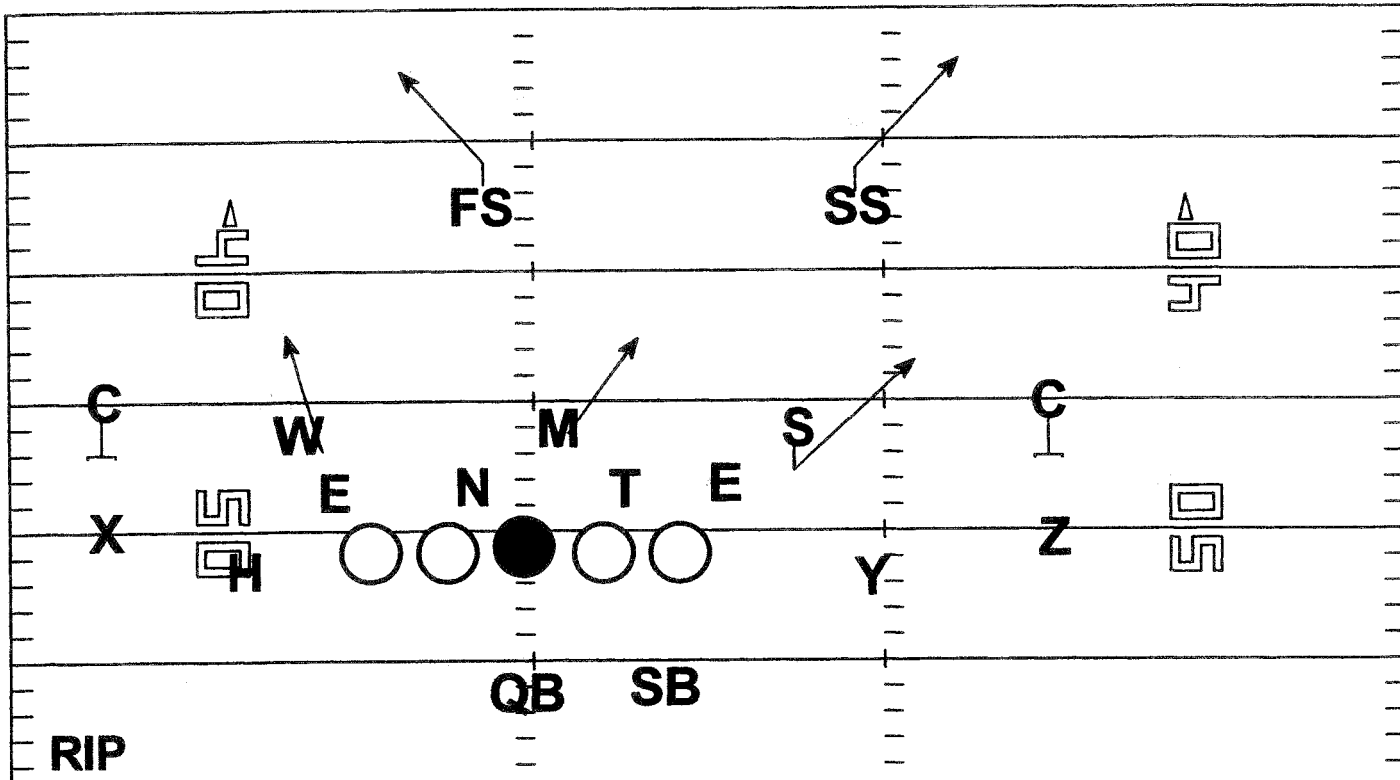
The weakness of Cover 2 can be if three (3) or four (4) receivers get a fast, vertical release on the two deep half field defenders.

IV. COACHING POINT:

The area between the rolled up defenders (corners and linebackers) and the safeties is a void which can be to the offense's favor when the receivers get vertical quickly.

V. VARIATIONS:

- A. Match- Match-up between underneath defenders reading 1-2 and 2-3 and pattern reading for drops.**
- B. Tag- Inside or outside underneath defenders may match-up and play man coverage with the two zone over top. (Ex. 2Y= Cover 2 and man coverage on Y)**
- C. Invert- From a cover sky alignment with a free safety and strong corner playing the half field coverage. The strong safety will cover the flat.**
- D. Robber- The secondary disguising either the free or strong safety to Rob the curl to crossing route while the opposite safety shows Cover 1. Sometimes the backside linebacker (Usually Will) can play the robber.**



TAMPA 2 COVERAGE

I. THEORY:

Tampa 2 - Is a Pass situation coverage.

II. STRENGTH:

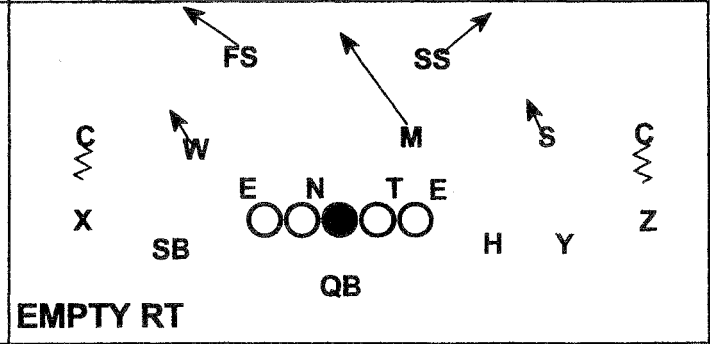
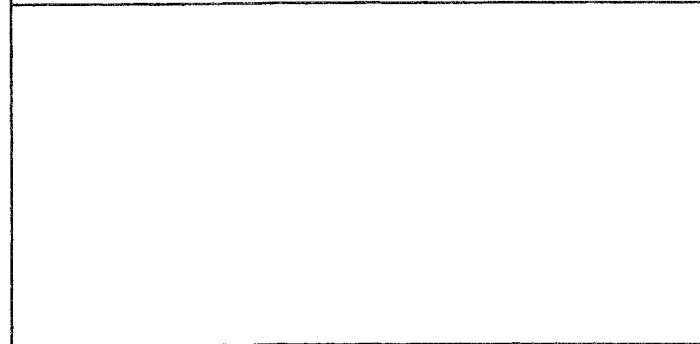
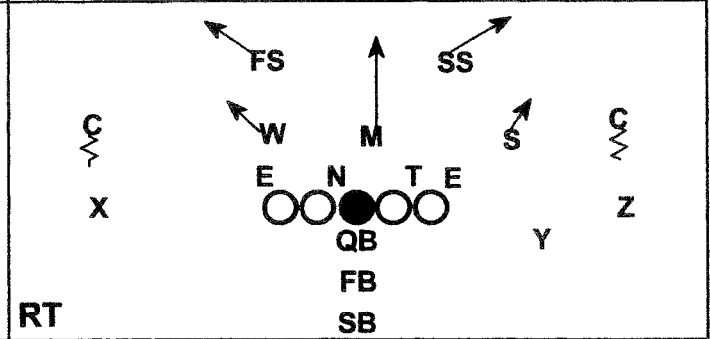
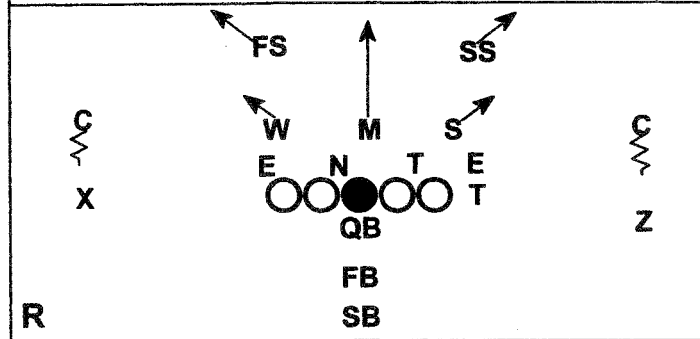
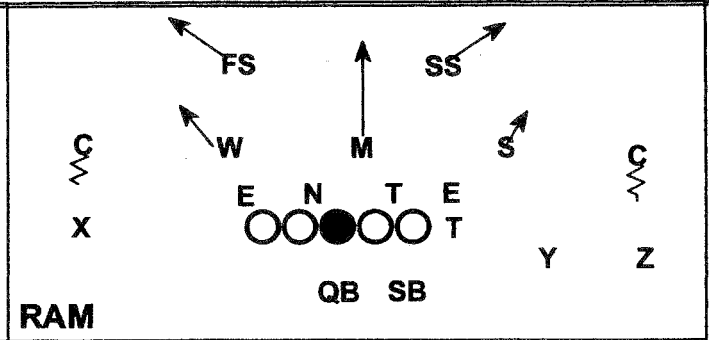
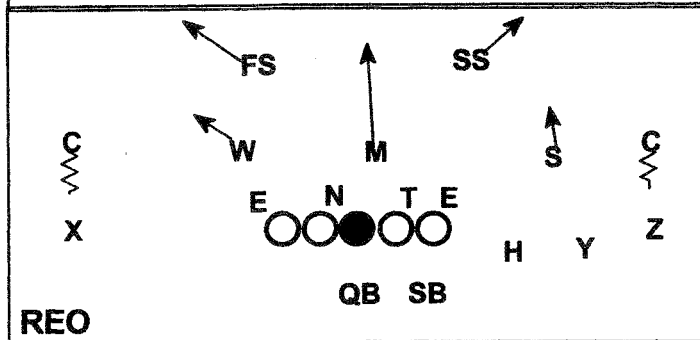
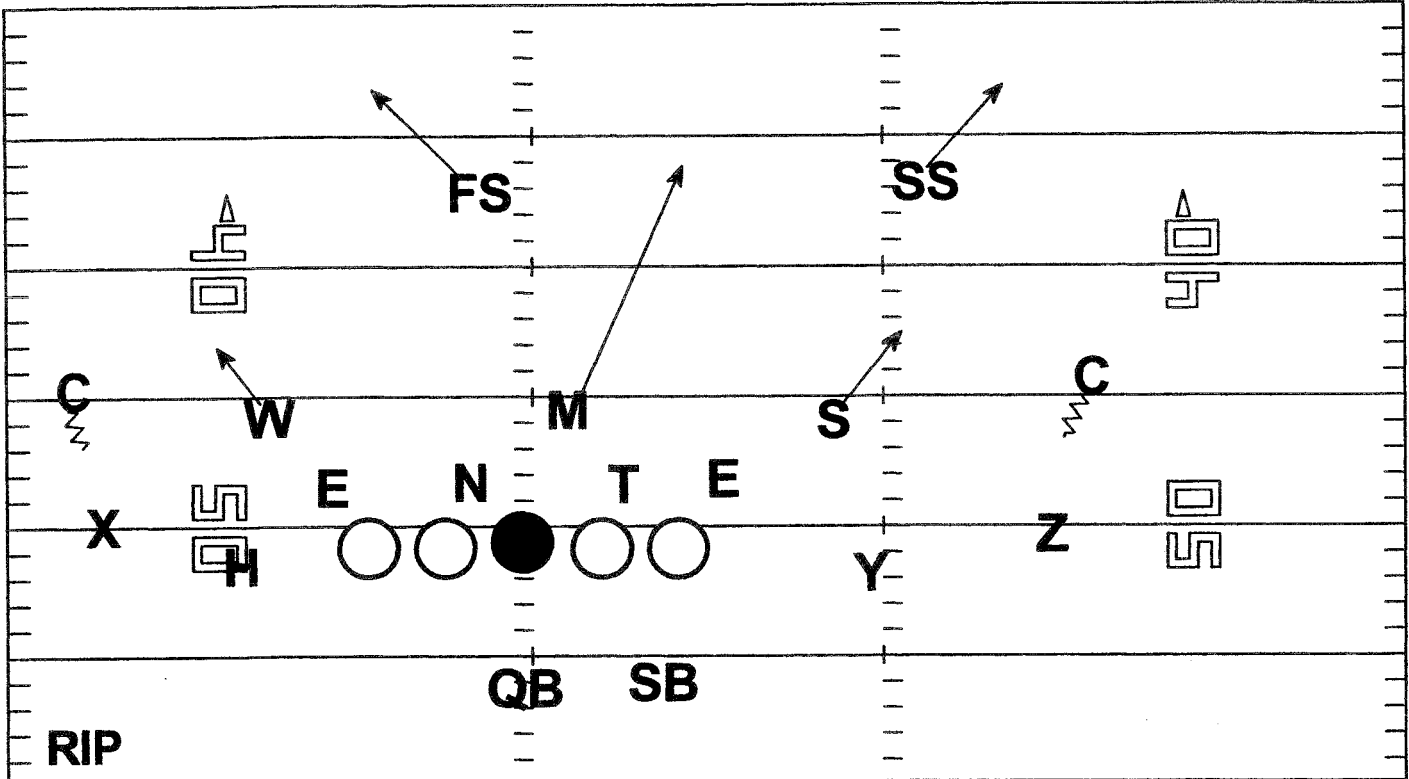
1. Strong vs. Pass
2. Can cover 4 verticals with 2 safeties and 2 corners
3. Strong vs. 3 step pass, because of 5 underneath defenders.

III. WEAKNESS:

1. Weak vs. Run because of numbers.
2. Area between safeties.
3. Can be weak vs. Flat/Fade combinations if not played correctly.

IV. COACHING POINT:

V. VARIATIONS:



TWO INVERT COVERAGE

I. THEORY:

Play 8 man box with corners and flat player exchanging responsibility with a robber.

II. STRENGTH:

1. Allows maximum number in the box
2. Strong vs. Run

III. WEAKNESS:

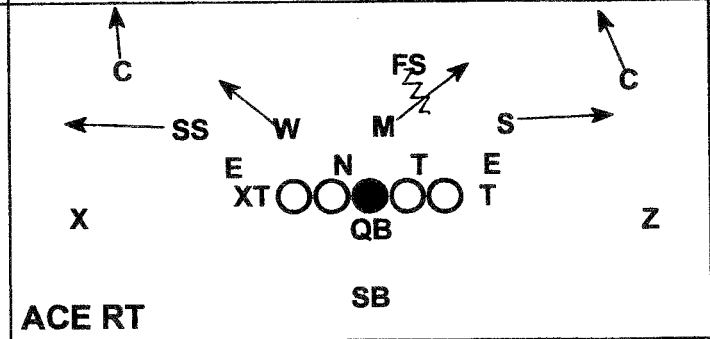
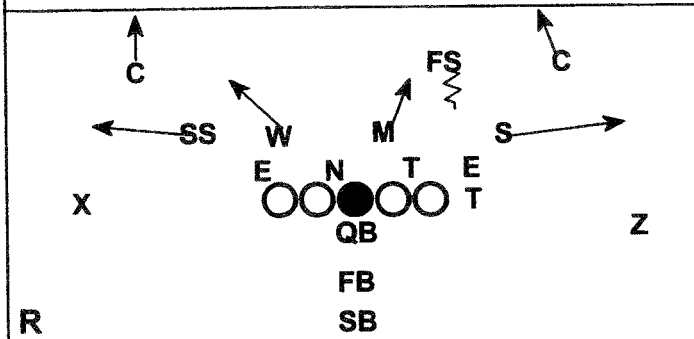
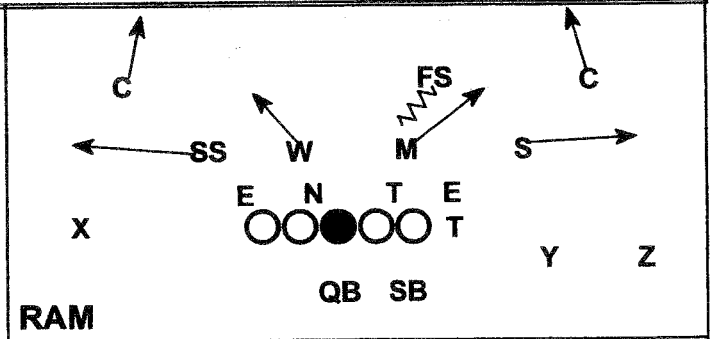
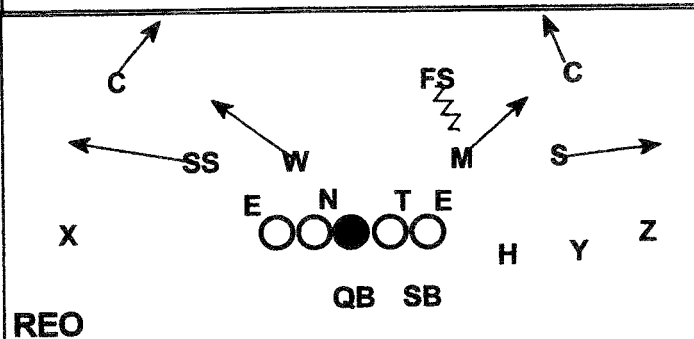
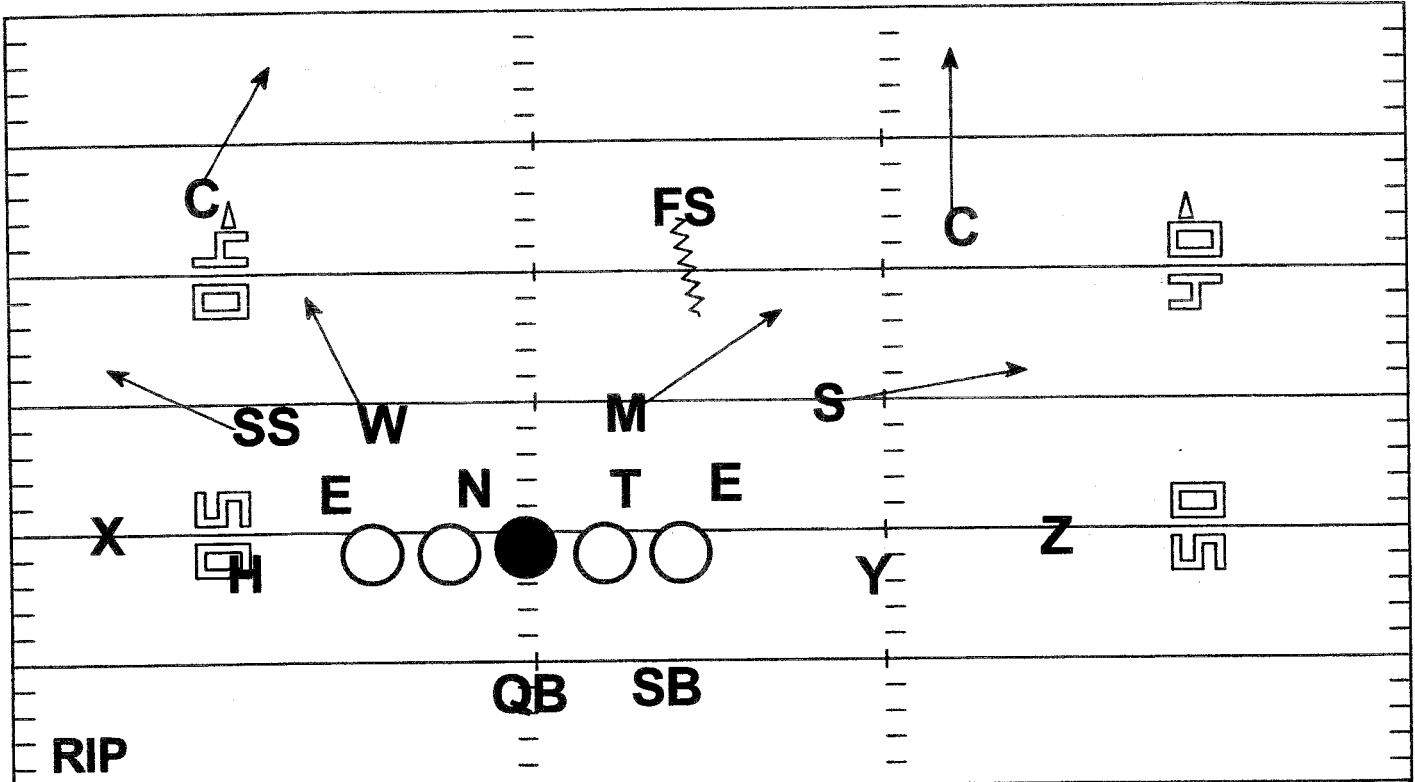
1. Weak in outside perimeter.
2. Weak vs. 4 verticals.
3. Weak vs. playaction dropback.

IV. COACHING POINT:

V. VARIATIONS:

2 INVERT

C - 12



THREE COVERAGE

I. THEORY:

Cover 3 - It is a zone coverage. A rotating three (3) deep zone defense with four (4) of the seven (7) underneath zones covered, and a four (4) man rush. The direction of the rotation can be strong or weak determined by flow of the ball or a call by the defense.

II. STRENGTH:

The strength of Cover 3 is the three (3) deep passing zones are defended.

III. WEAKNESS:

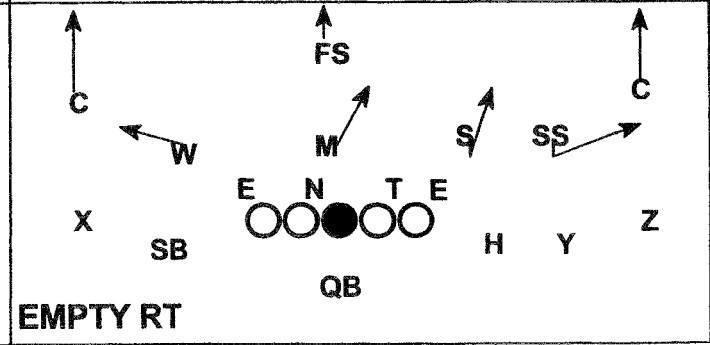
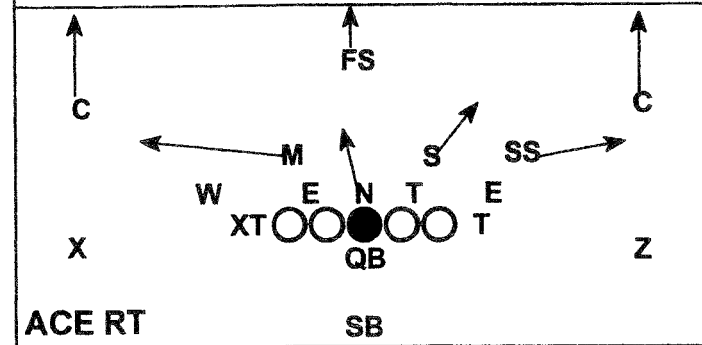
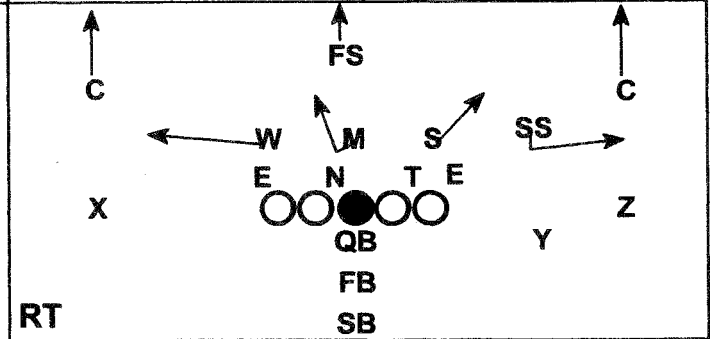
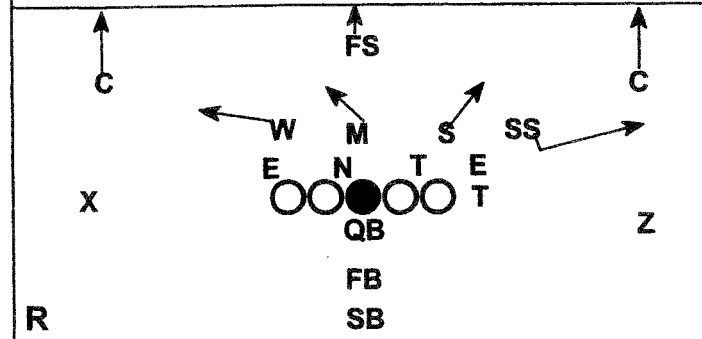
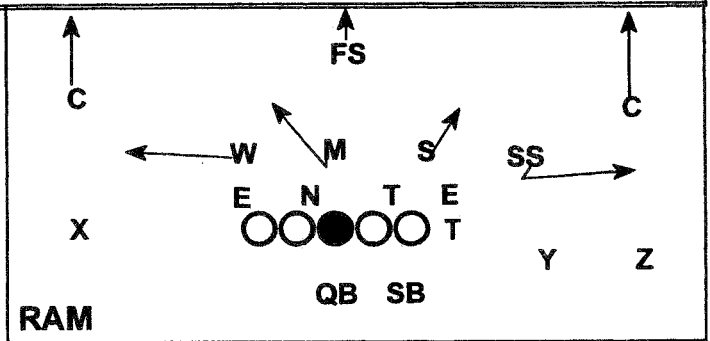
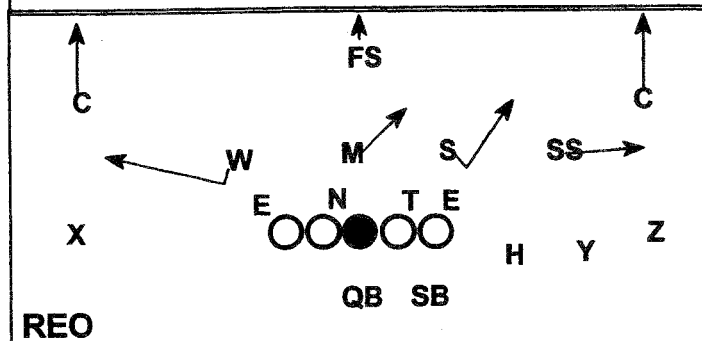
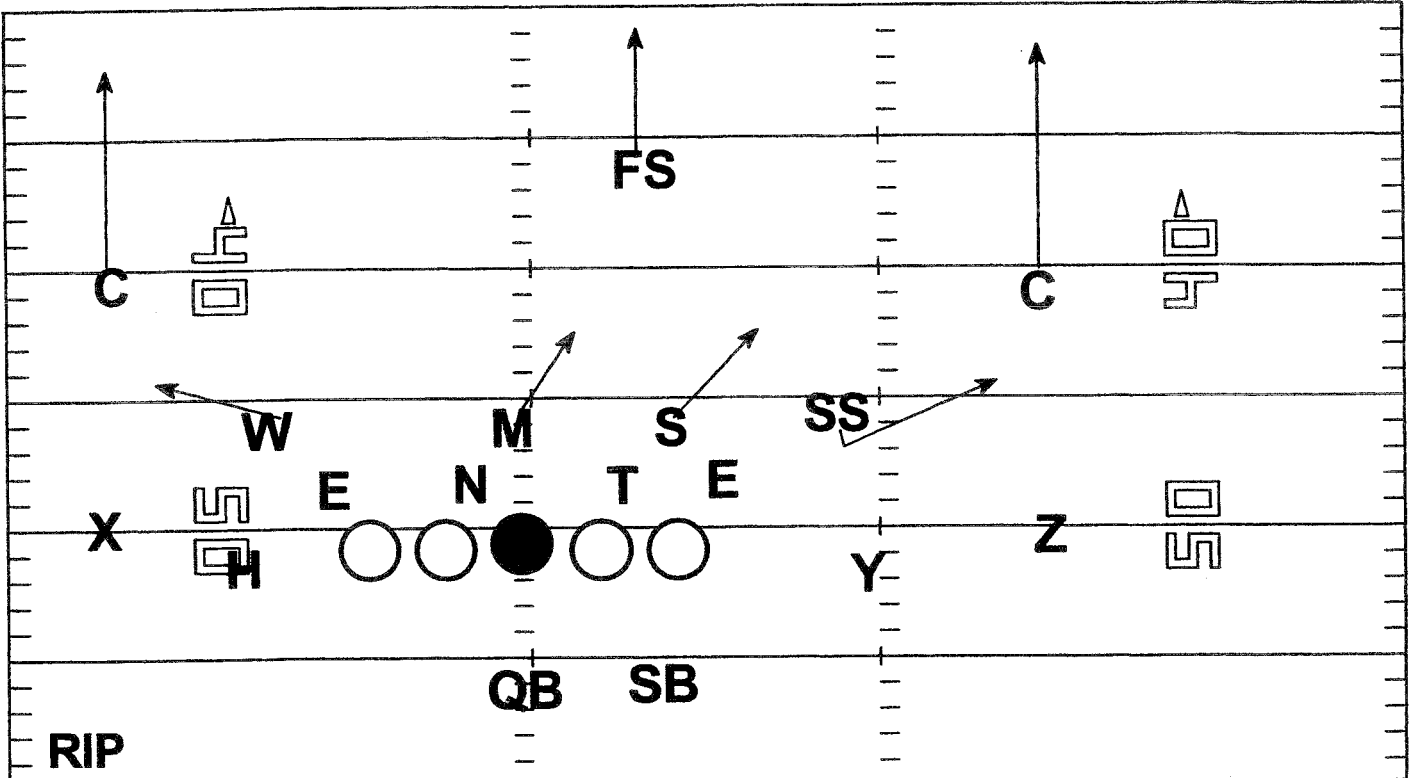
The weakness of Cover 3 is only four (4) of the seven (7) underneath zones are defended. The quick game and short outside zones are left open.

IV. COACHING POINT:

The quick game and short zones are left open.

V. VARIATIONS:

- A. Cloud - Corner plays a hard jam funnel technique and defends the flat rather than the curl first.**
- B. Match - Match-up between underneath defenders reading 1 -2 and 2 -3 and pattern reading for drops**
- C. Tag - Inside or outside underneath defenders may match-up and play man coverage with the two zone over top. (Ex. 3H=Cover 3 and man coverage on H)**
- D. Robber - The secondary showing Cover 3 and the free safety robbing curl to crossing route.**
- E. Bail - Corner alignment where he shows Bump and Run/Press coverage. On the snap, he will bail out to play deep on third (1/3) coverage.**



FOUR COVERAGE

I. THEORY:

Cover 4 - This is a zone reading coverage. This is a four (4) deep coverage which reads the routes of receivers and backs to determine leverage on each quarter. The safety and corner will play quarters depending on the route of #2. This allows help on all verticals in addition to the possibility of playing #1 from post to curl. Can be disguised from a Cover 2 look. The linebackers have coverage based on the release of receivers and backs.

II. STRENGTH:

The strength of Cover 4 is four deep defenders against the deep ball. Gives great run support from the safeties to give almost a nine man front.

III. WEAKNESS:

The weakness of Cover 4 is the linebackers will be reading receivers, trying to cover backs, and play zone responsibility.

IV. COACHING POINT:

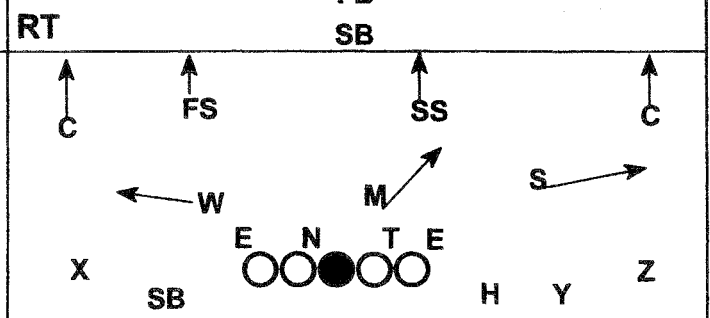
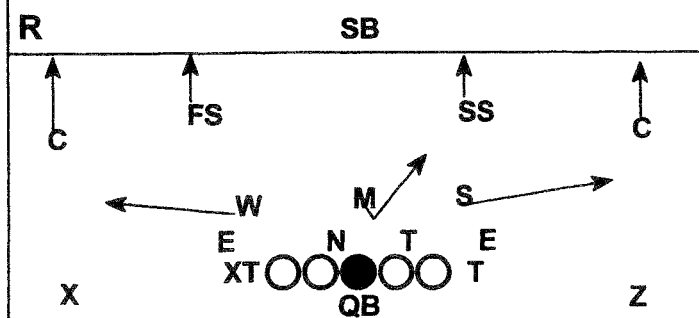
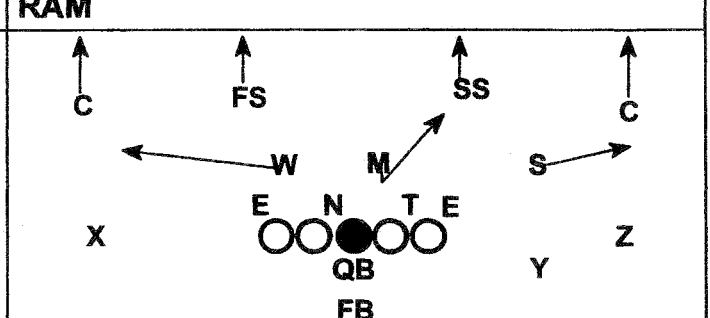
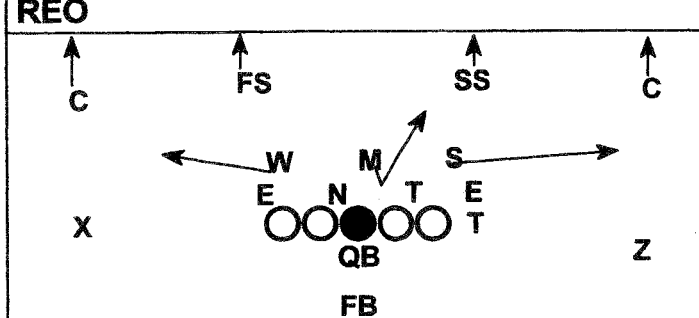
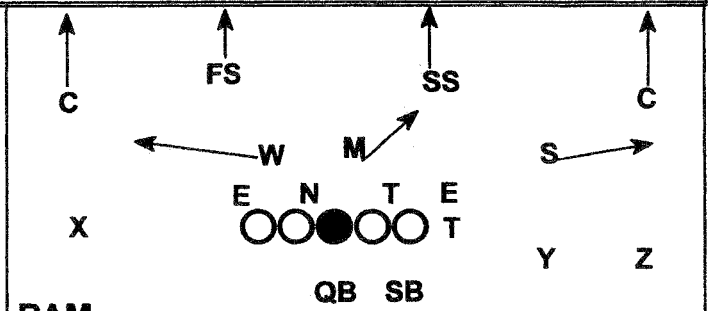
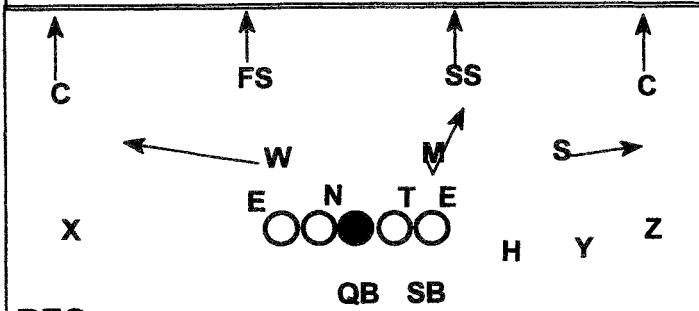
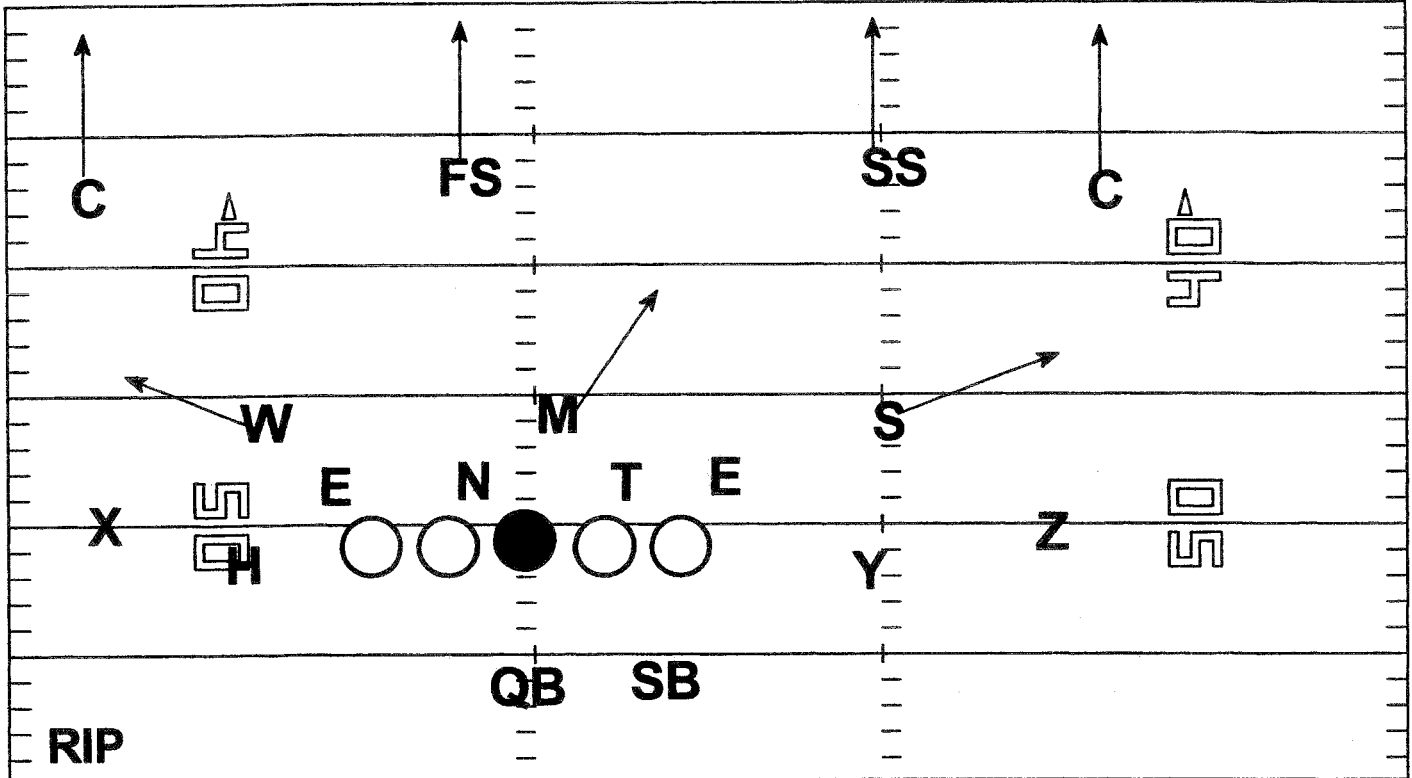
Play action passes give linebackers problems in defending the run and pass.

V. VARIATIONS:

A. Bail - Corner alignment where he shows Bump and Run/Press coverage. On the snap, he will bail out to play deep one quarter (1/4) coverage.

FOUR

C-16



EIGHT COVERAGE

I. THEORY:

Cover 8 - is a two deep man under defense with four man rush. It gives very good coverage verses the quick game.

II. STRENGTH:

The strength of Cover 8 is every receiver and back is covered man to man, with deep help. Giver quicker recognition on screens and draws. Challenges receivers when you have help for deep safety. Corners can play outside leverage.

III. WEAKNESS:

The weakness of Cover 8 is the linebackers must cover backs man to man. The option can hurt the coverage.

IV. COACHING POINT:

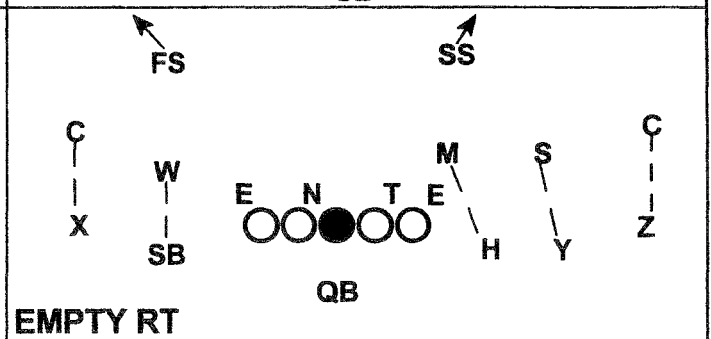
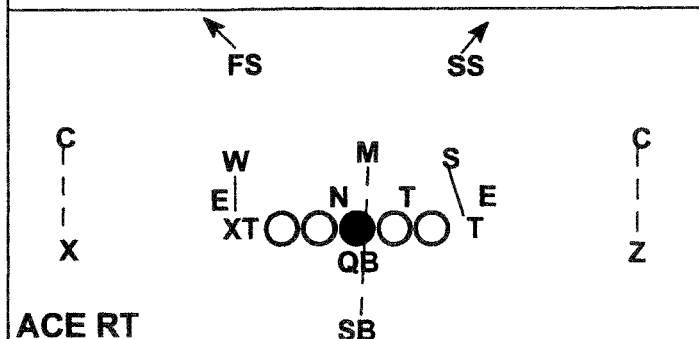
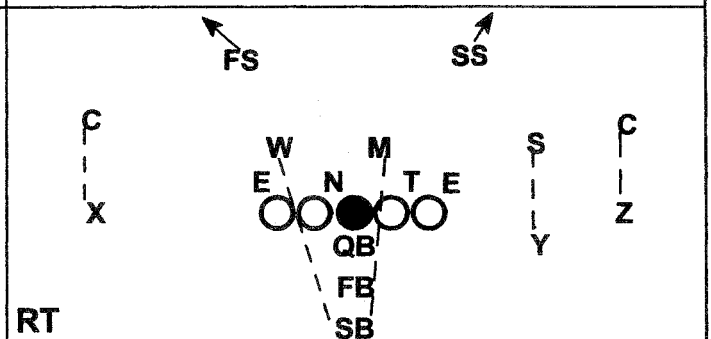
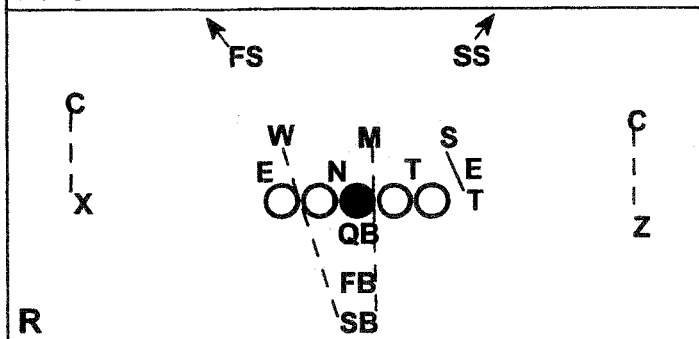
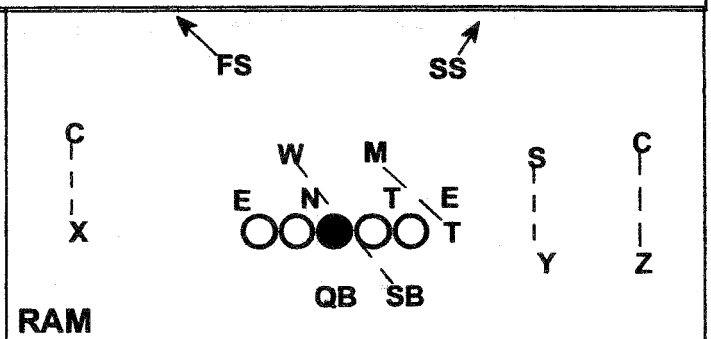
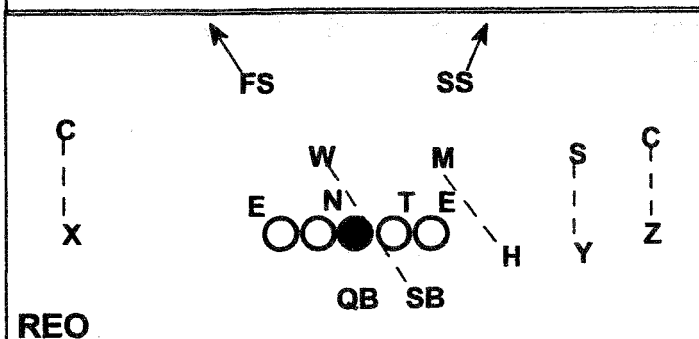
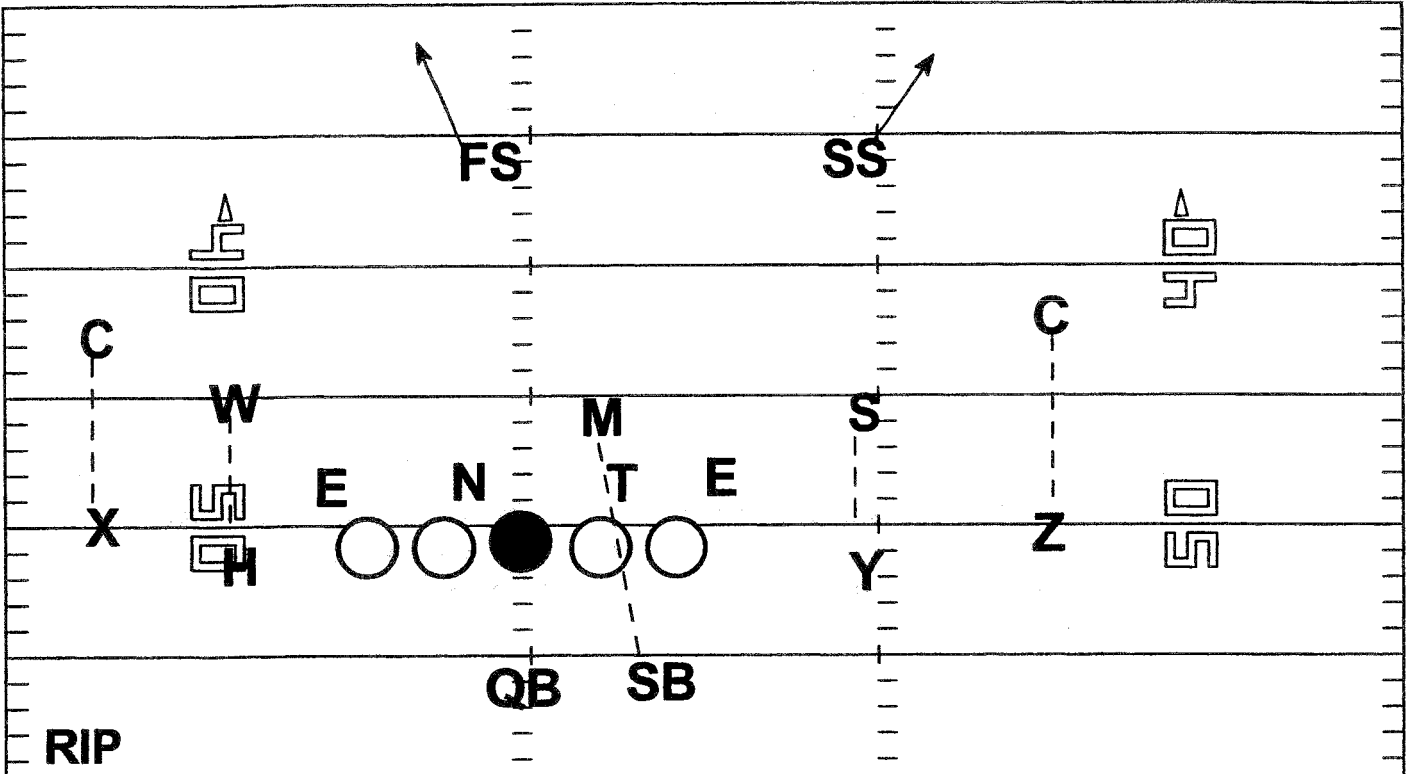
The receivers must be ready to stay on the move with underneath routes and create throwing lanes for quarterback.

V. VARIATIONS:

- A. Bump and Run - Defensive back playing in a bump position and trying to disrupt the wide receiver and quarterbacks timing off the L.O.S.
- B. Press - Defensive back playing 3 to 4 yards off the receiver without contact. This look is to make the wide receiver hesitate and adjust his route as he would vs. Bump and Run.
- C. Bail - Corner alignment where he shows bump and run / press coverage. On the snap he will bail out to play deep on fifth (1/5) coverage.

EIGHT

C - 18



NINE COVERAGE

I. THEORY:

Cover 9 - is a full zone goaline coverage. Each defender is responsible for anything vertical from L.O.S. to the back of the end zone.

II. STRENGTH:

The strength of Cover 9 is each defender can read into the backfield and have good run support. No Pattern reading.

III. WEAKNESS:

The weakness of Cover 9 is the picks with two receivers in a zone and the seam routes.

IV. COACHING POINT:

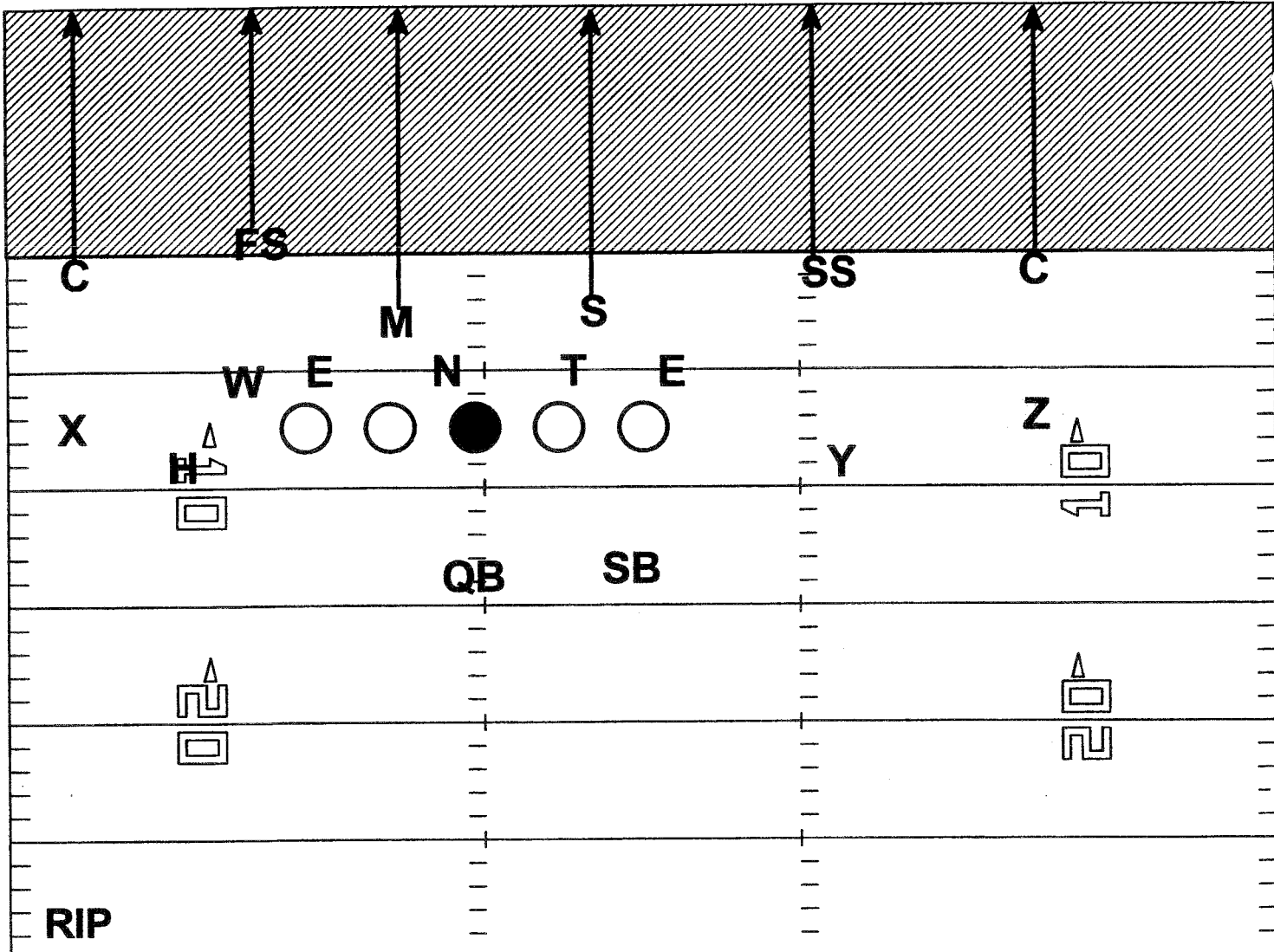
Gaining leverage is a must in each route and threat zone as man to man when attacking the zone.

V. VARIATIONS:

- A. Bump and Run - Defensive back playing in a bump position and trying to disrupt the wide receiver and quarterback timing off the L.O.S.
- B. Press - Defensive back playing 3 to 4 yards off the receiver without contact. This look is to make the wide receiver hesitate and adjust his route as he would vs. Bump and Run.
- C. Bail - Corner alignment where he shows bump and run / press coverage. On the snap he will bail out to play deep on ninth (1/9) coverage.

NINE

C - 20

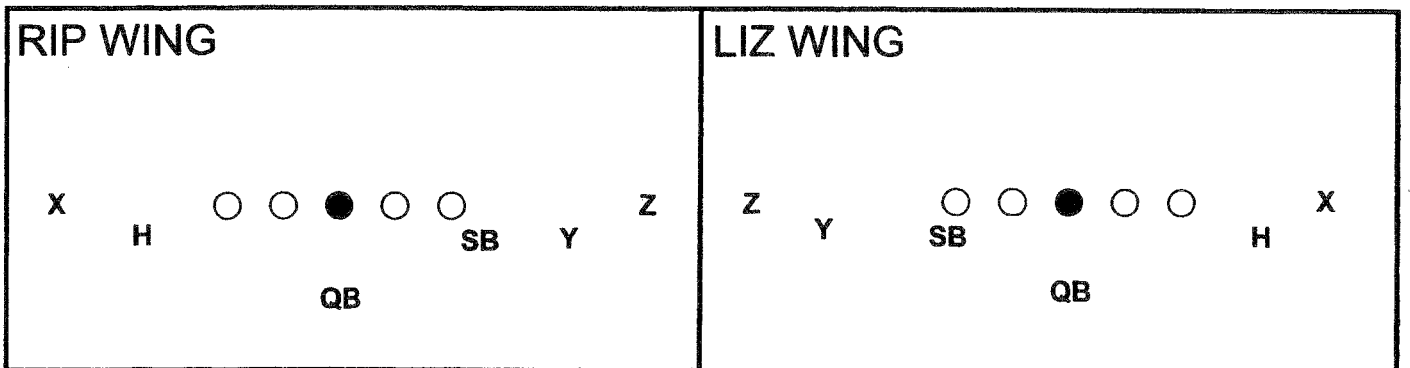
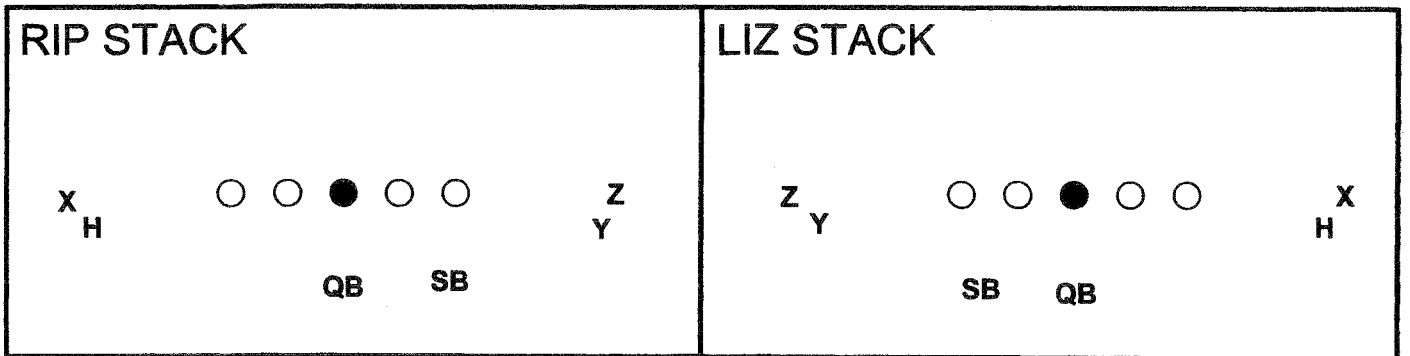
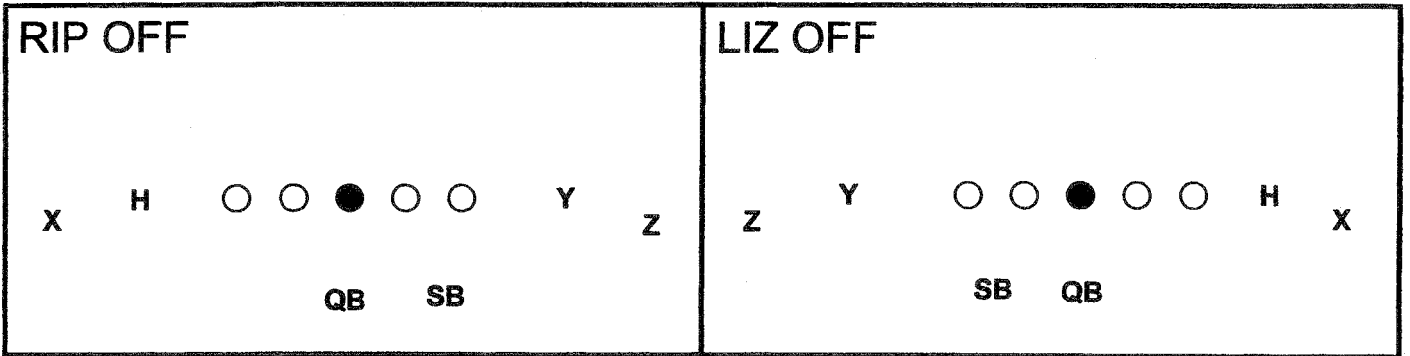
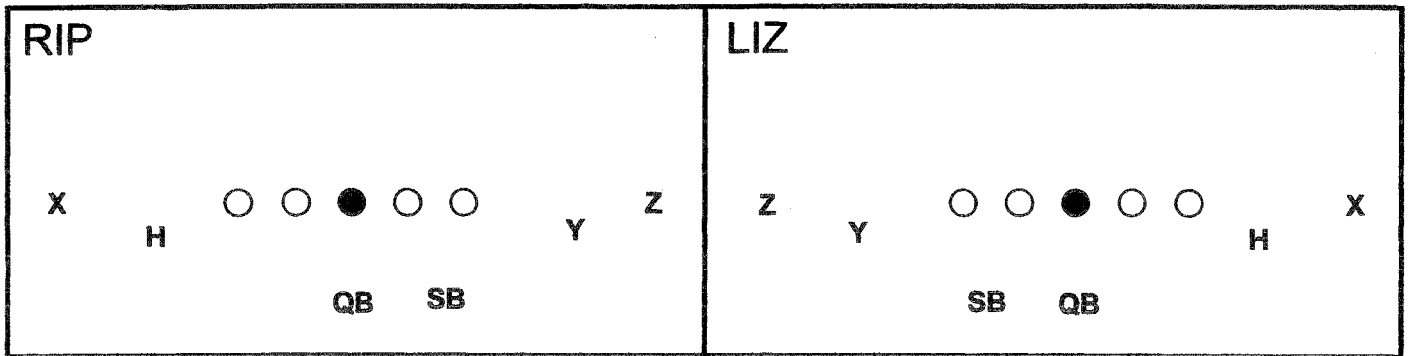


FORMATIONS

"Spot The Ball"

West Virginia Football Formations (10 Personnel)

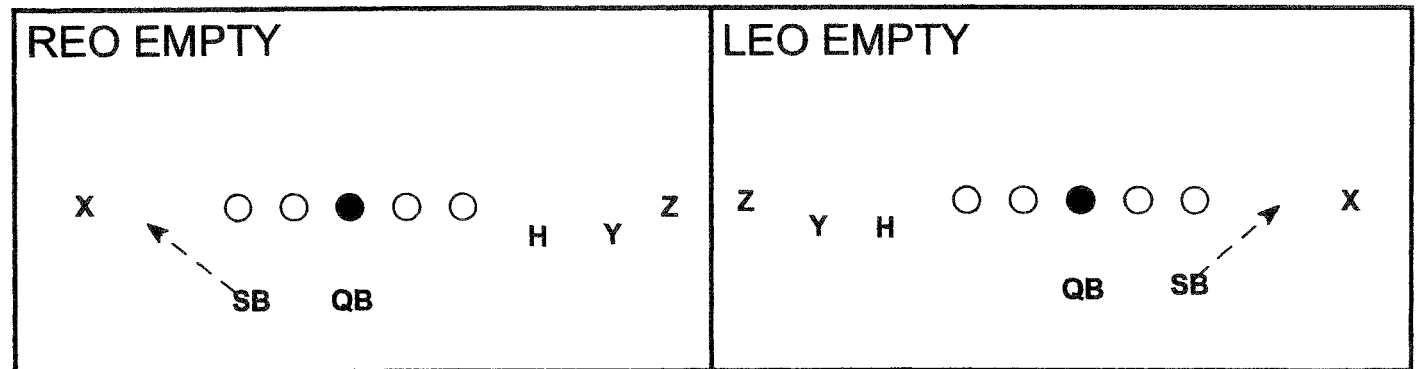
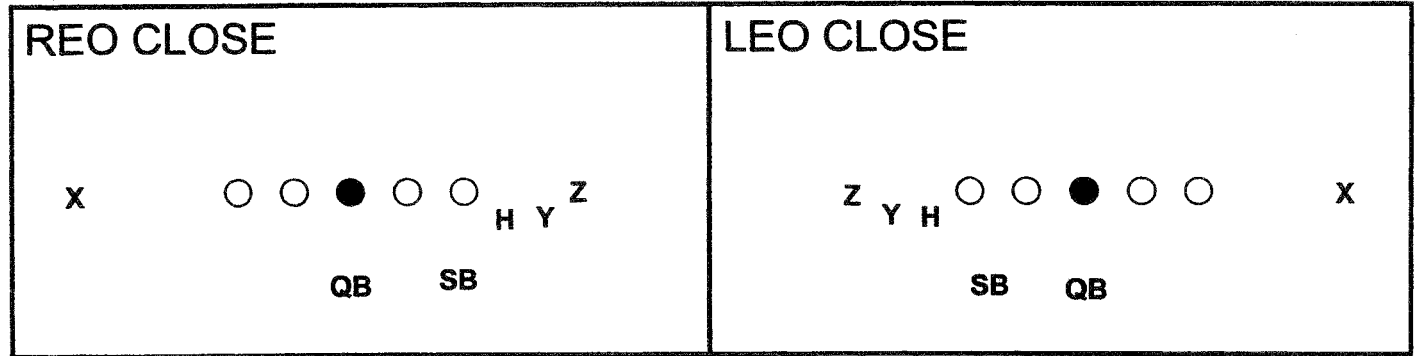
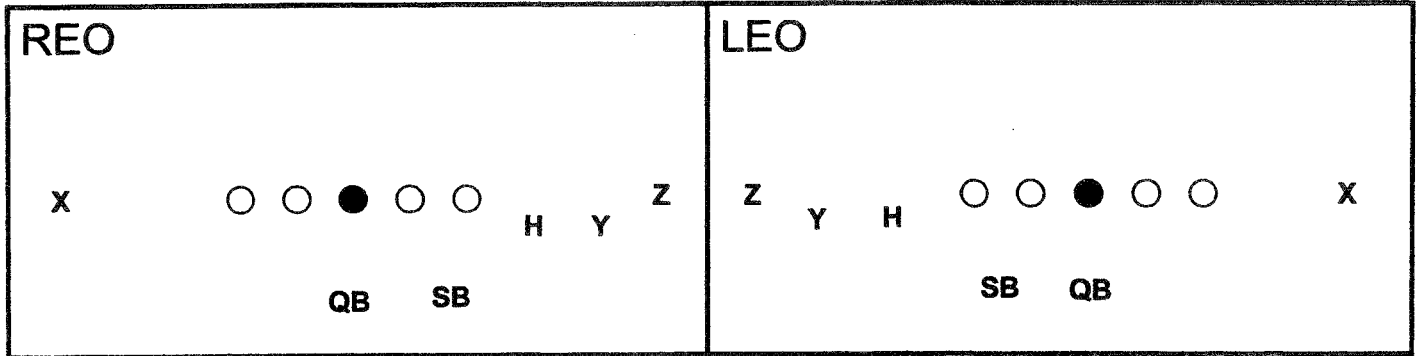
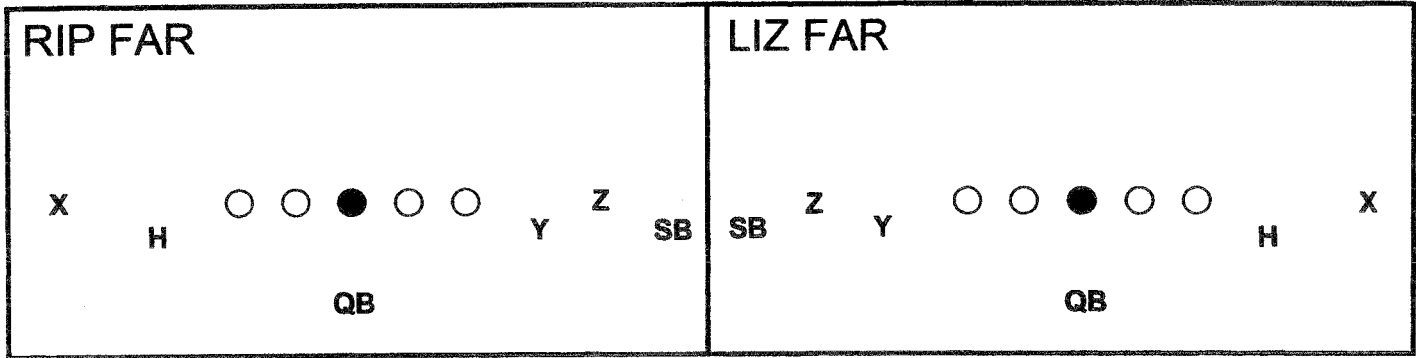
F - 1



10 Personnel = 1 Back, 0 TE
(SB, X, H, Y, Z)

West Virginia Football Formations (10 Personnel)

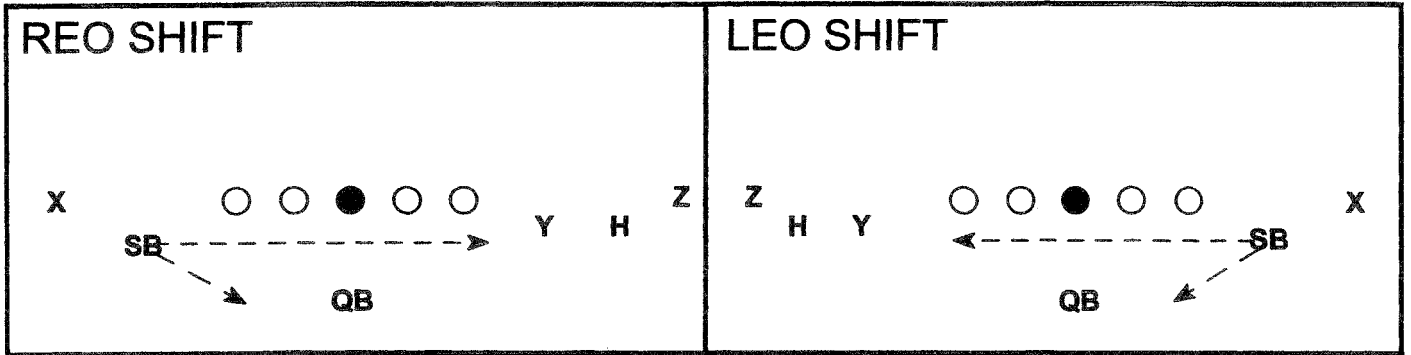
F - 2



10 Personnel = 1 Back, 0 TE
(SB, X, H, Y, Z)

West Virginia Football Formations (10 Personnel)

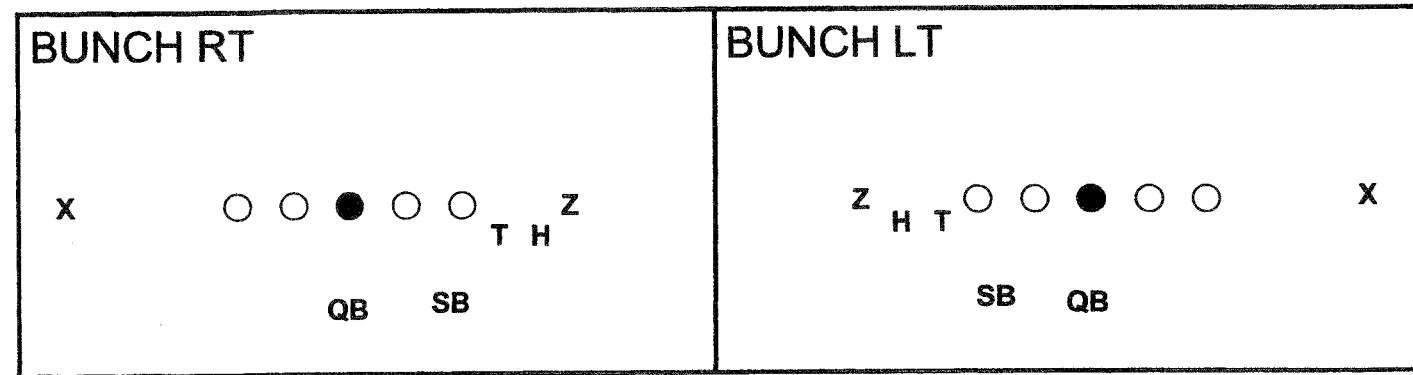
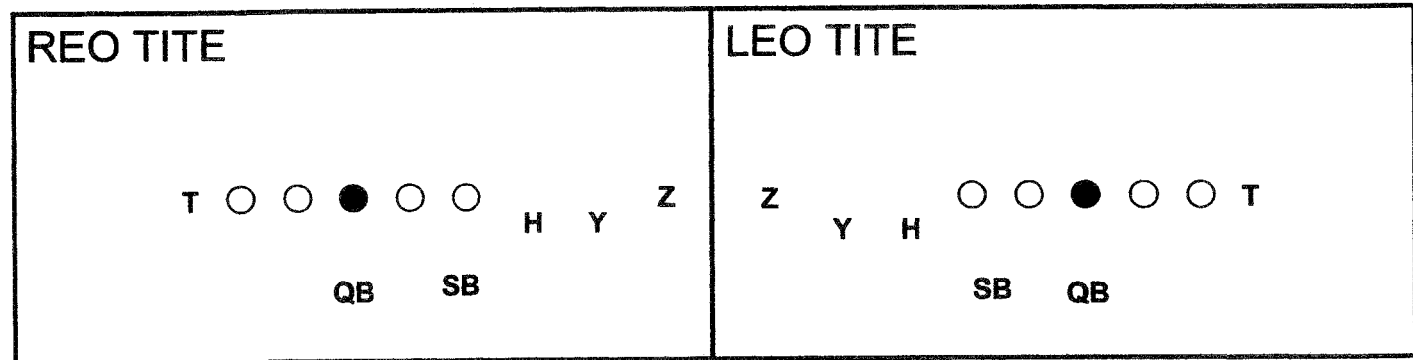
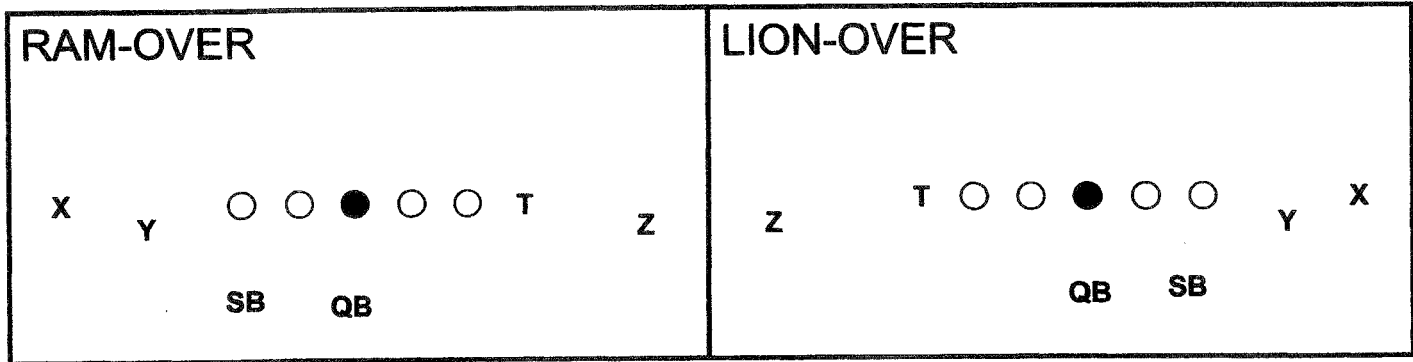
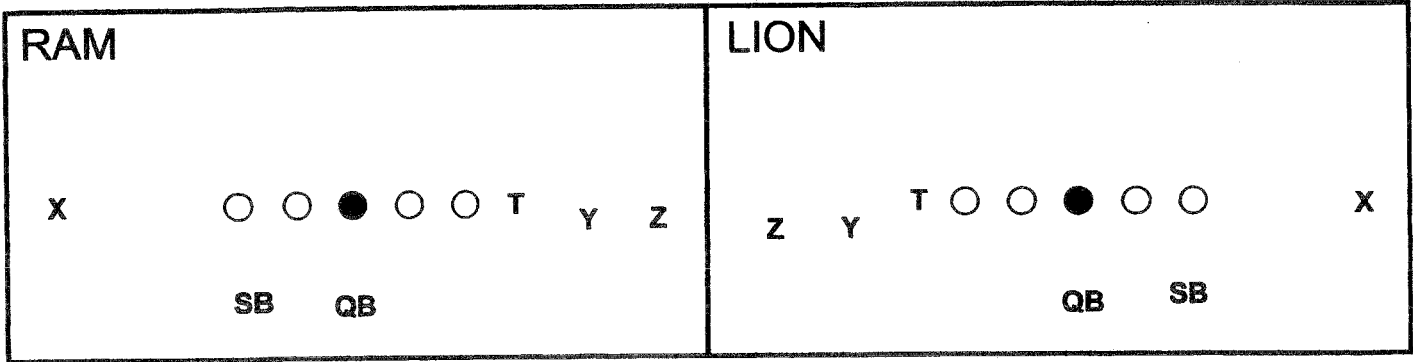
F - 3



10 Personnel = 1 Back, 0 TE
(SB, X, H, Y, Z)

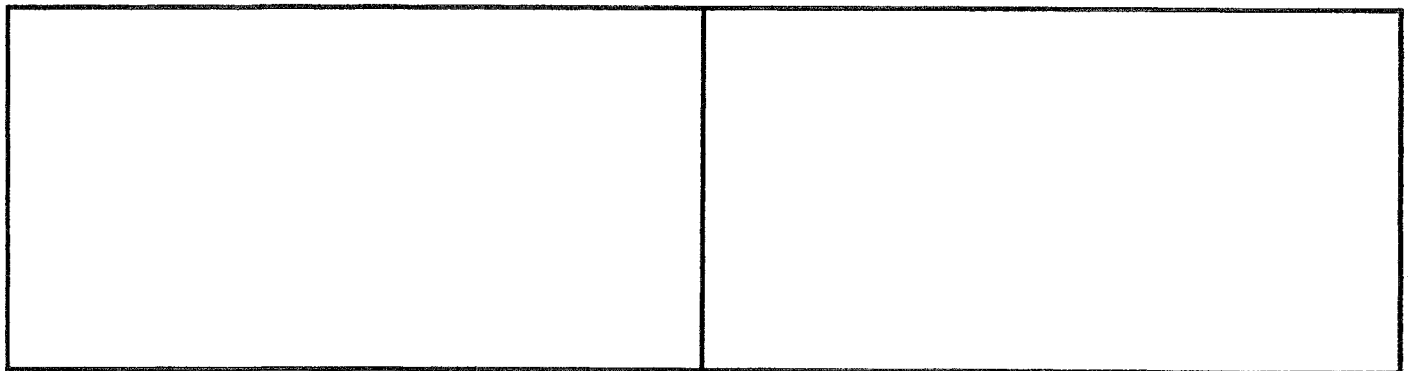
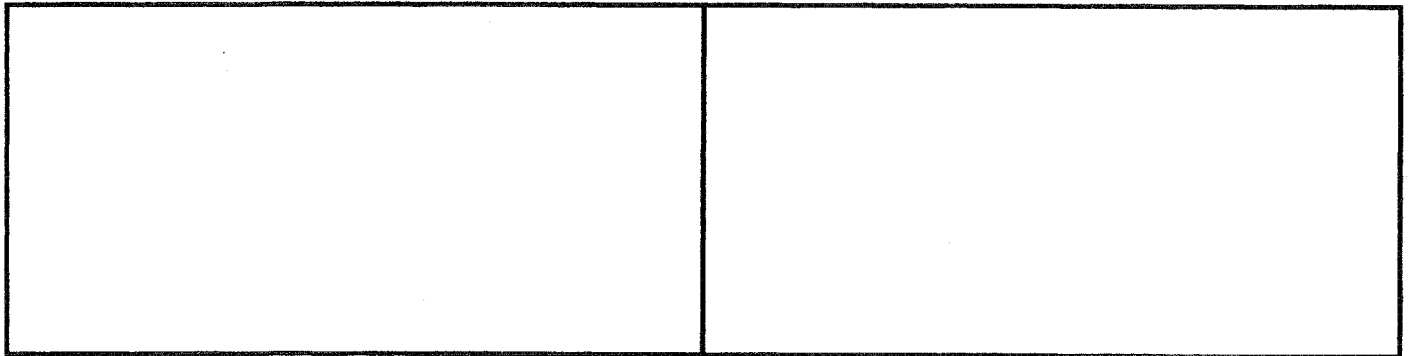
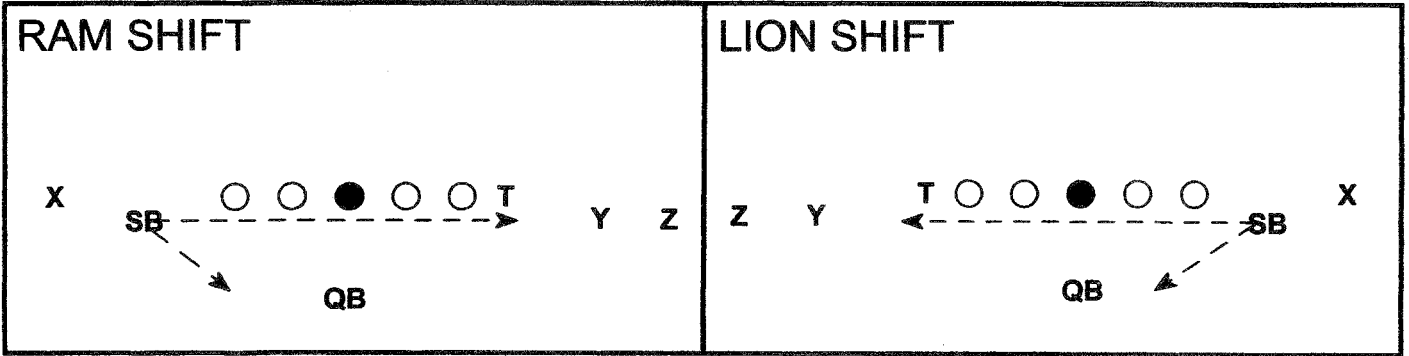
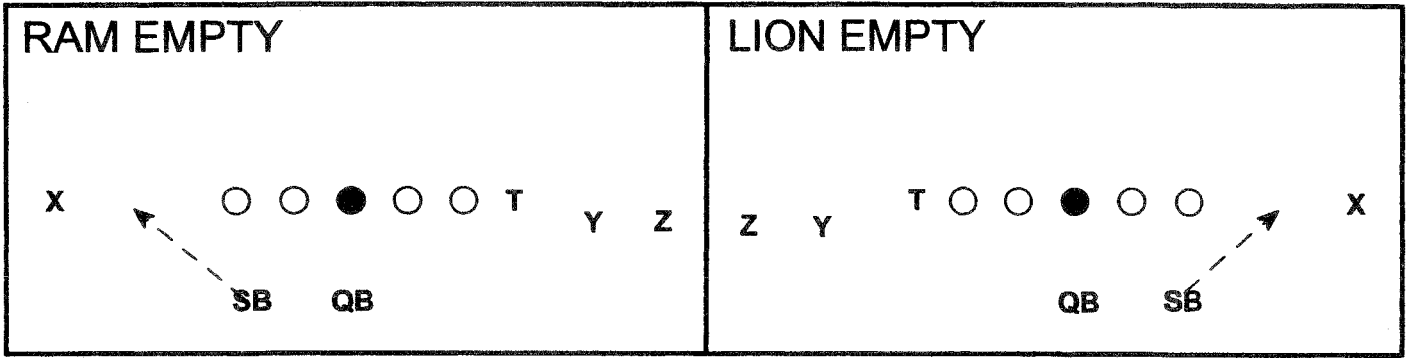
West Virginia Football Formations (11 Personnel)

F- 4



11 Personnel = 1 Back, 1 TE
(SB, X, Y, Z, T, (H))

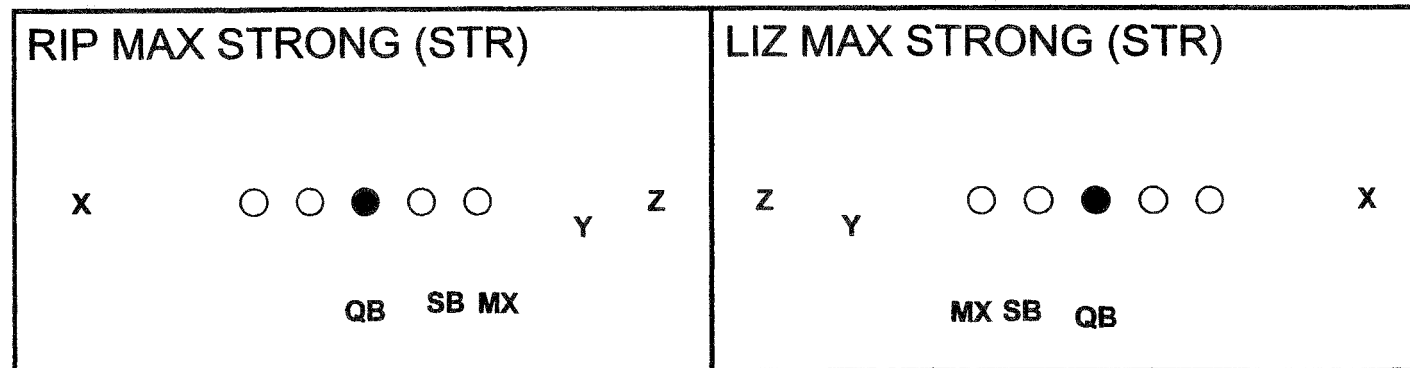
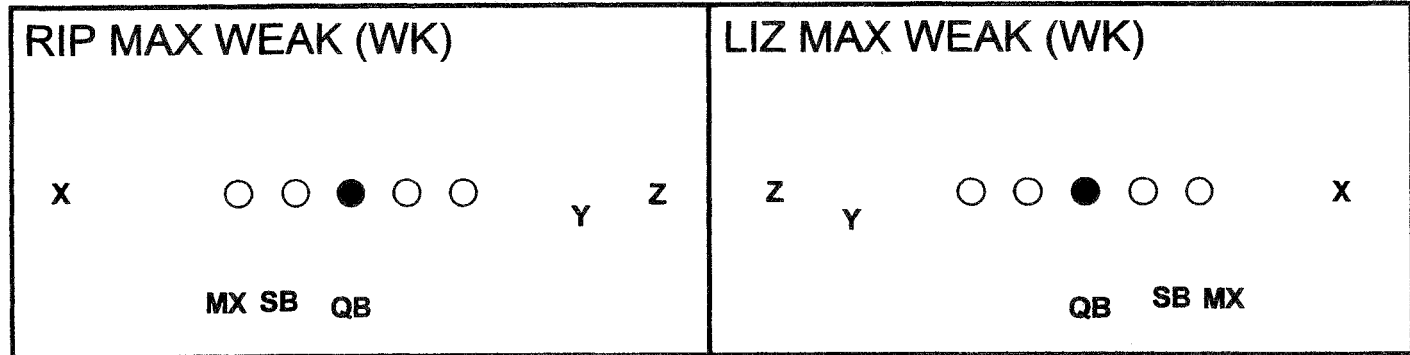
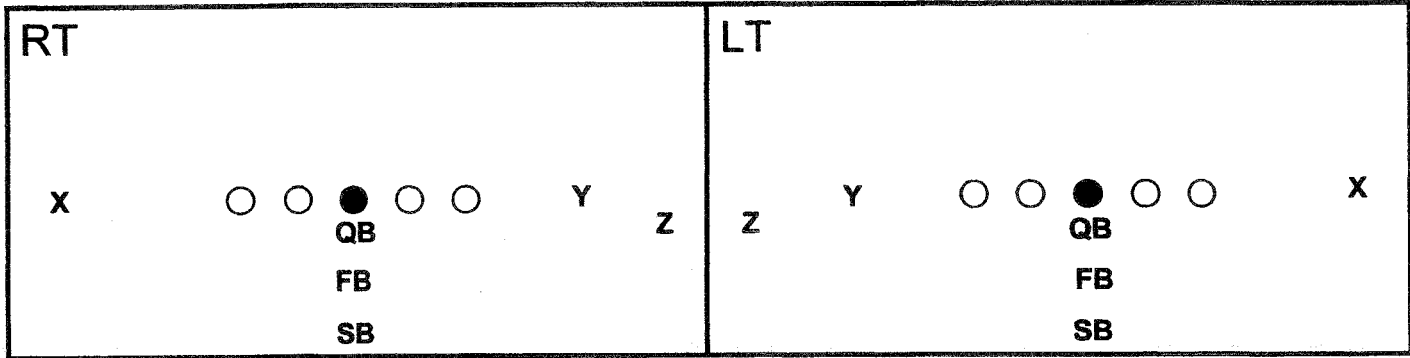
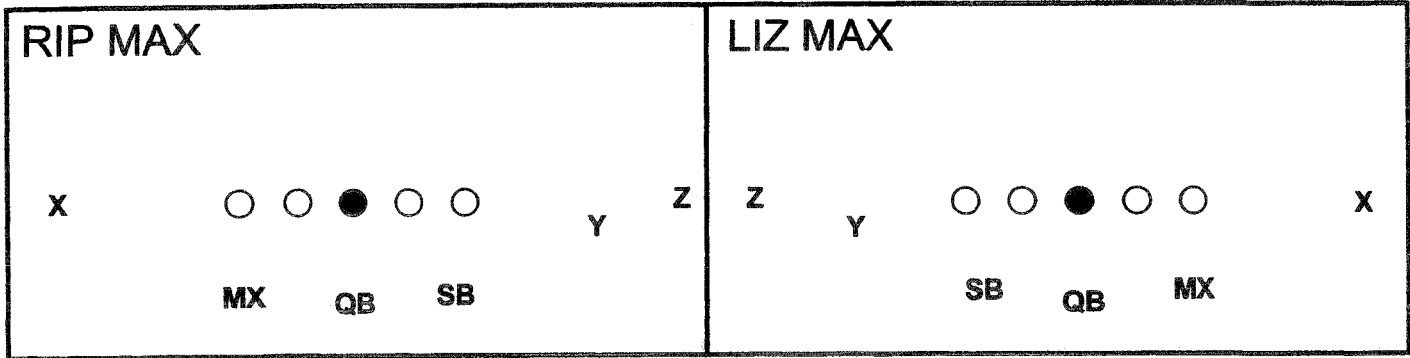
West Virginia Football Formations (11 Personnel)



11 Personnel = 1 Back, 1 TE
(SB, X, Y, Z, T, (H))

West Virginia Football Formations (20 Personnel)

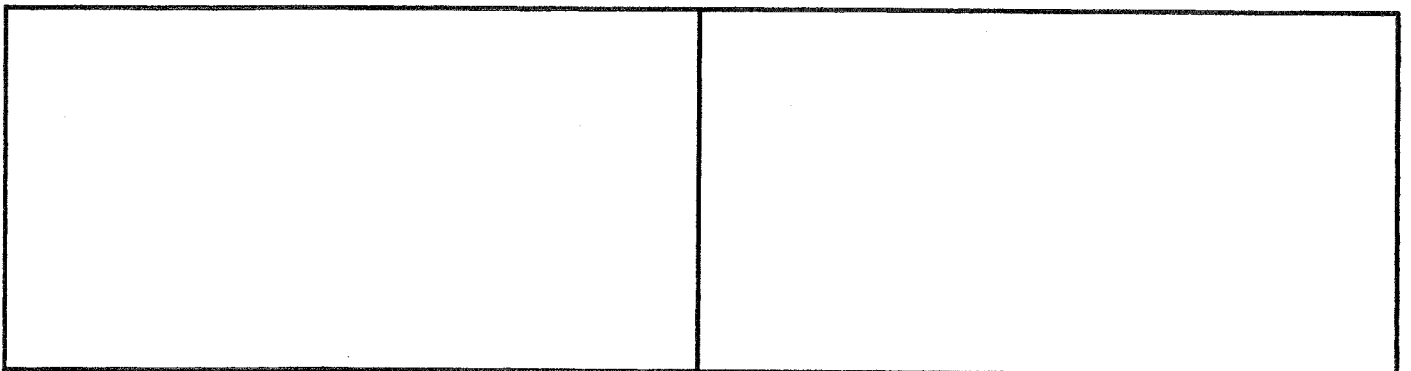
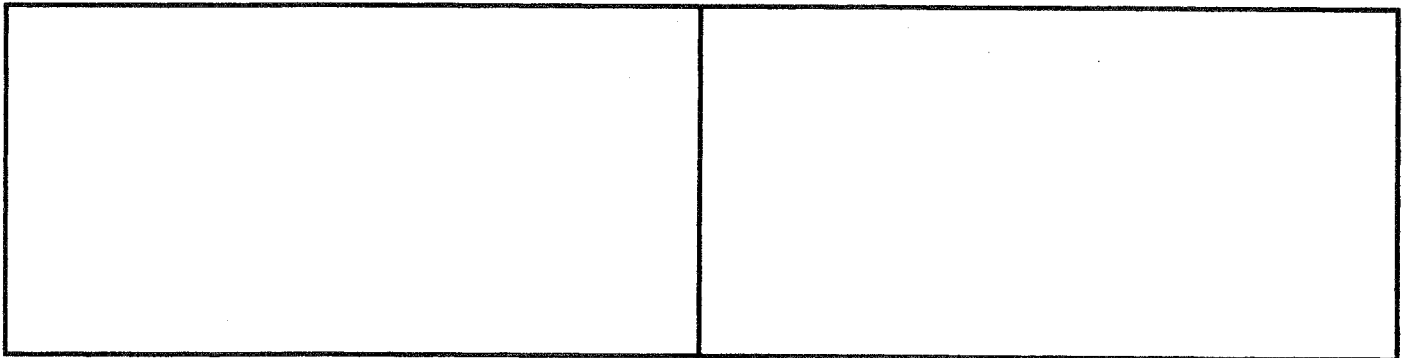
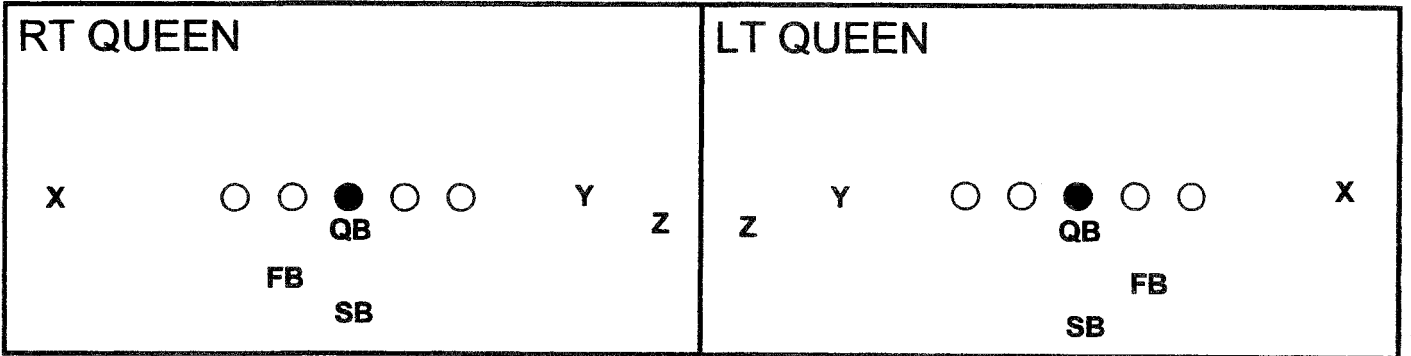
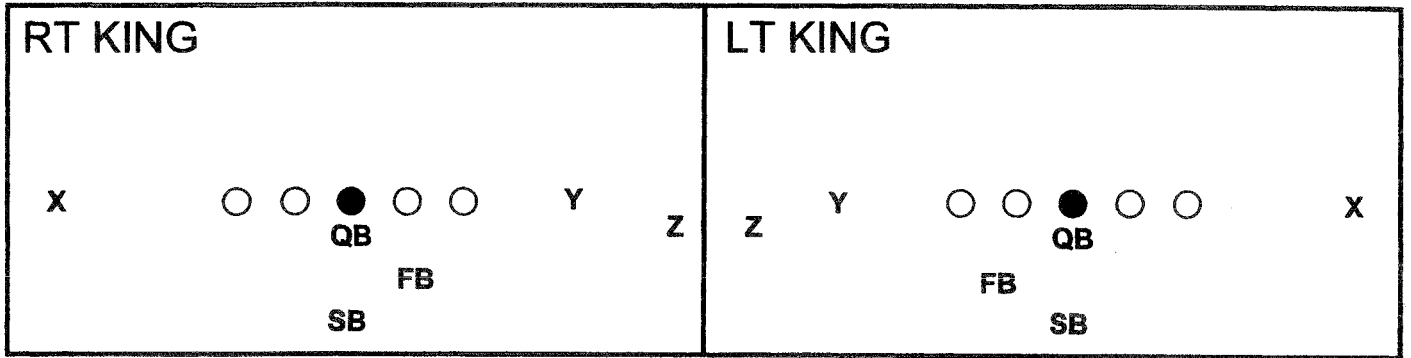
F - 6



20 Personnel = 2 Back, 0 TE
(SB,FB, X, Y, Z, (MX))

West Virginia Football
Formations (20 Personnel)

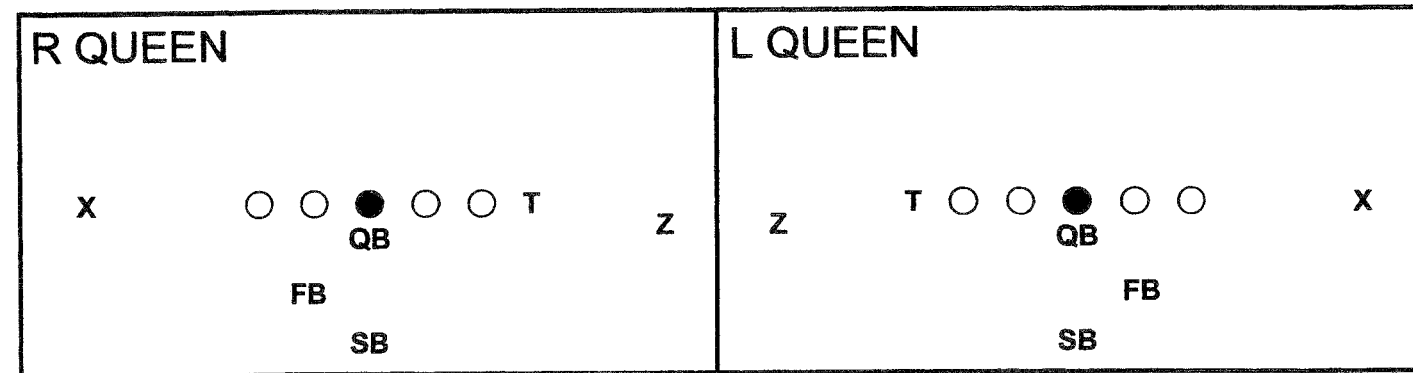
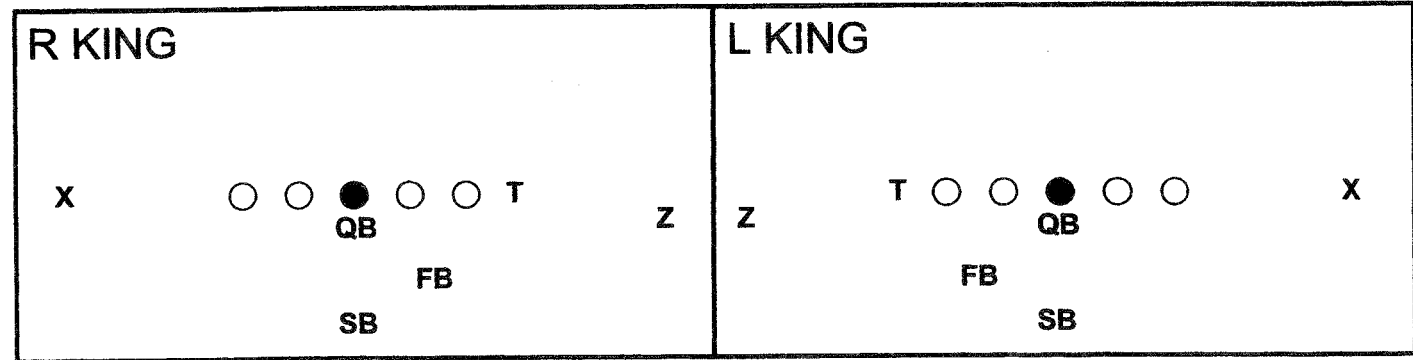
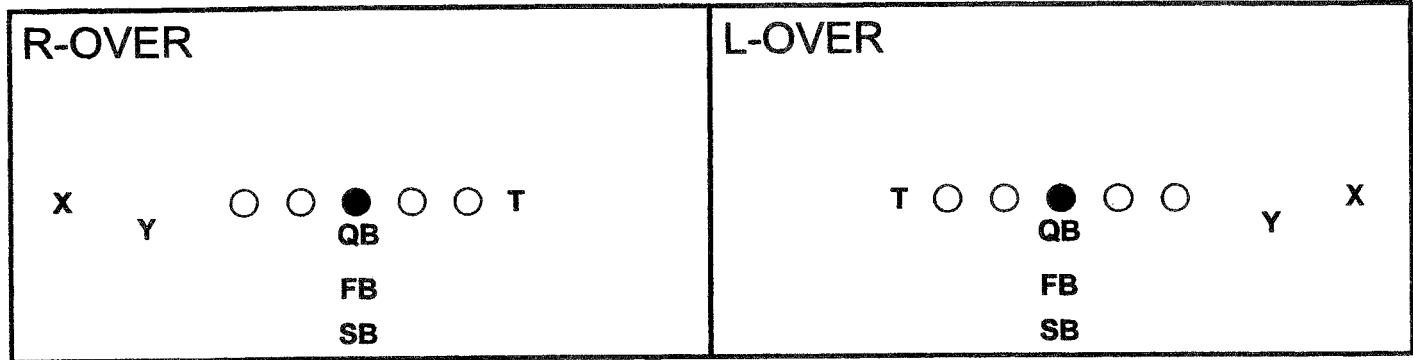
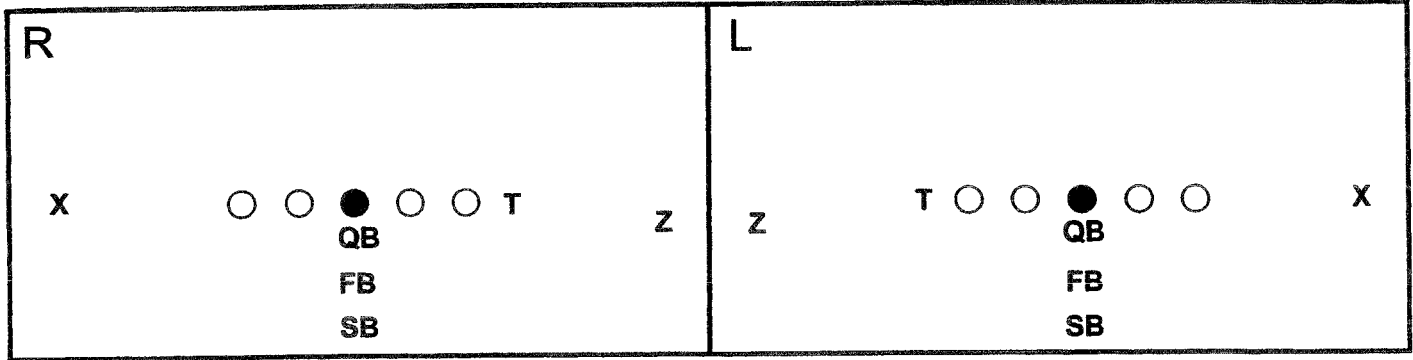
F-7



20 Personnel = 2 Back, 0 TE
(SB,FB, X, Y, Z, (MX))

West Virginia Football
Formations (21 Personnel)

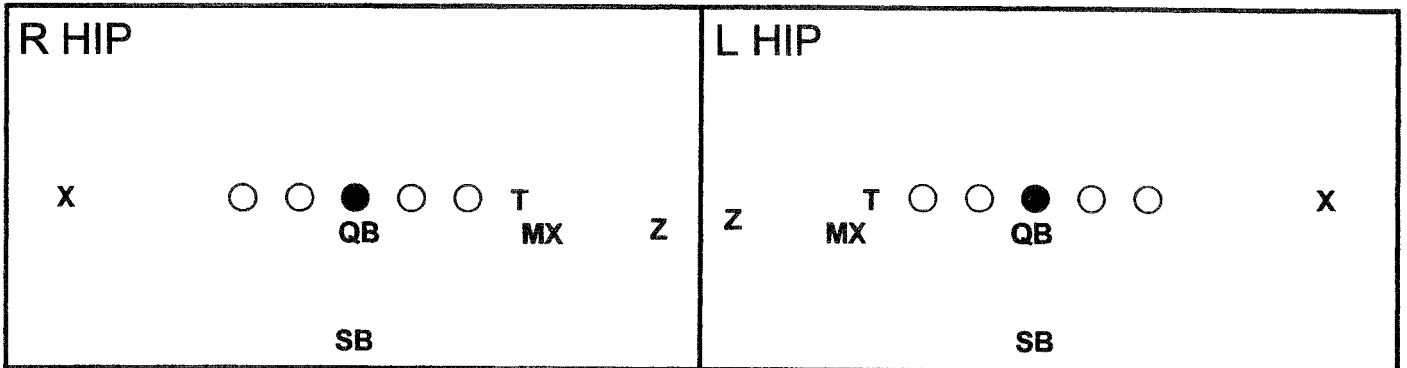
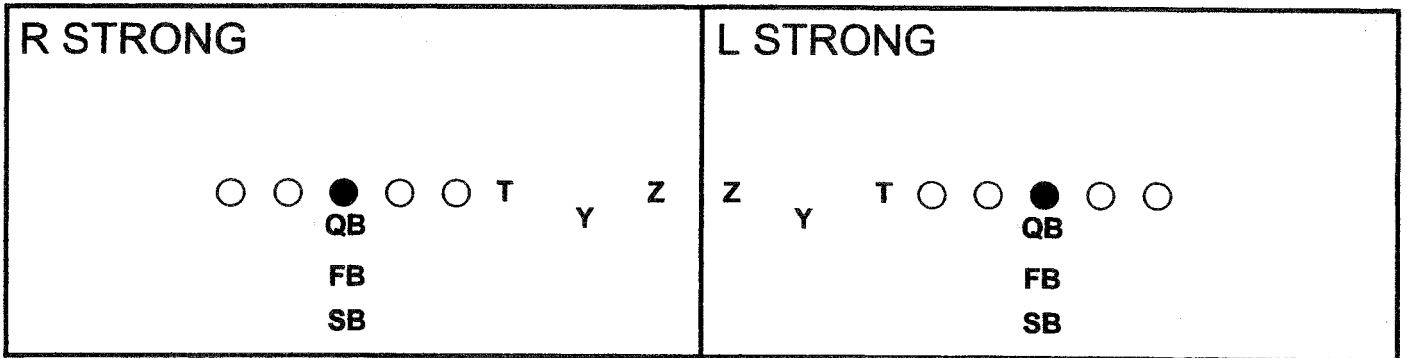
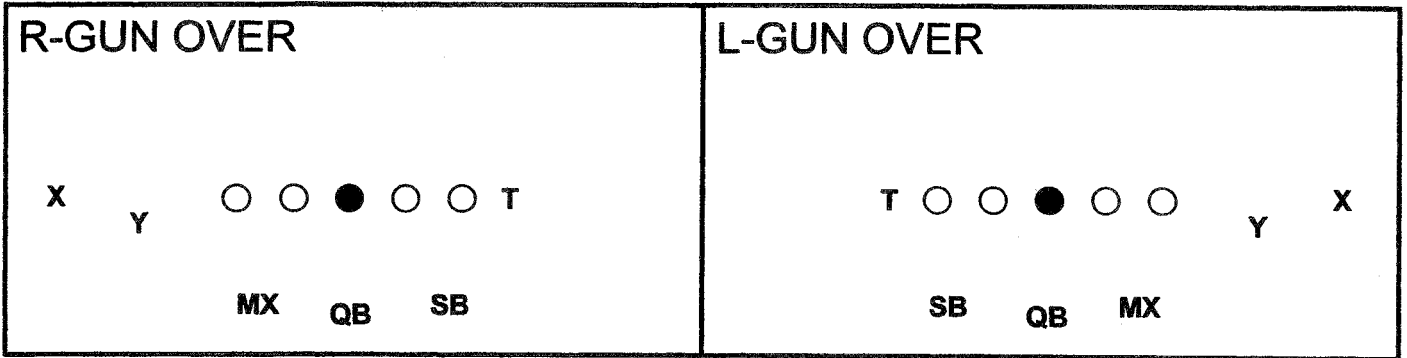
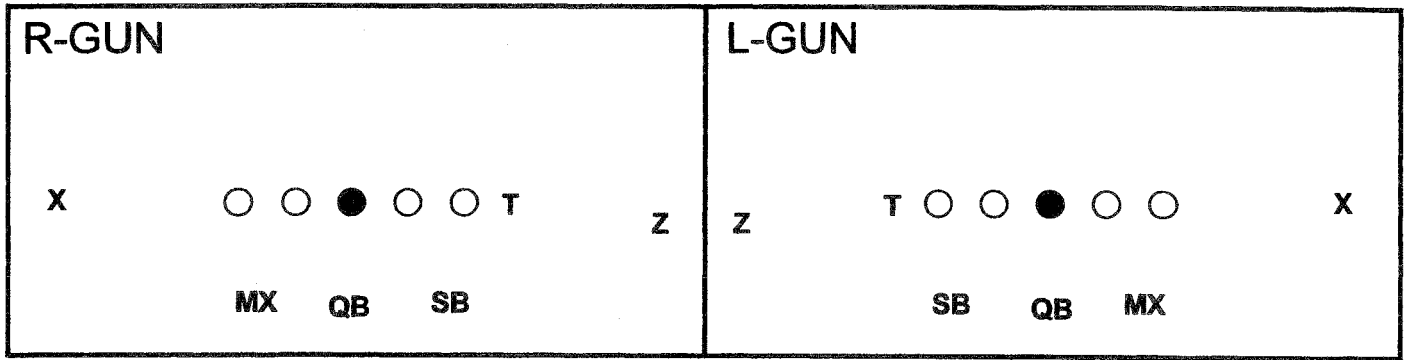
F-8



21 Personnel = 2 Back, 1 TE
(SB,FB, X, Y, Z, T (MX))

West Virginia Football Formations (21 Personnel)

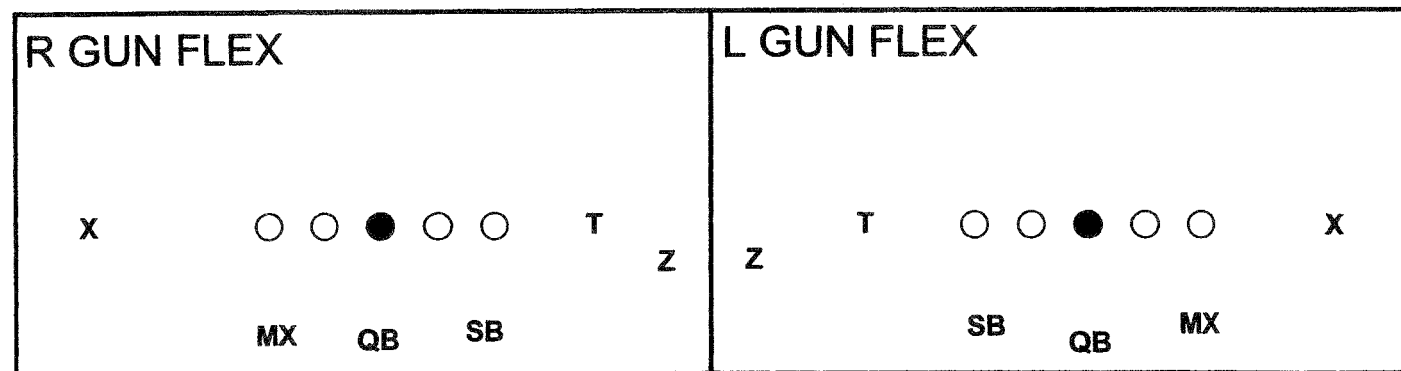
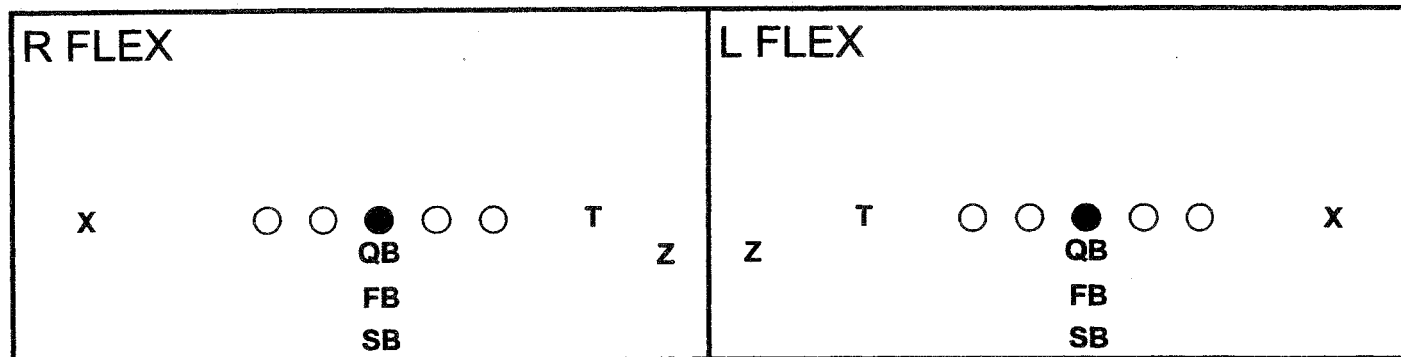
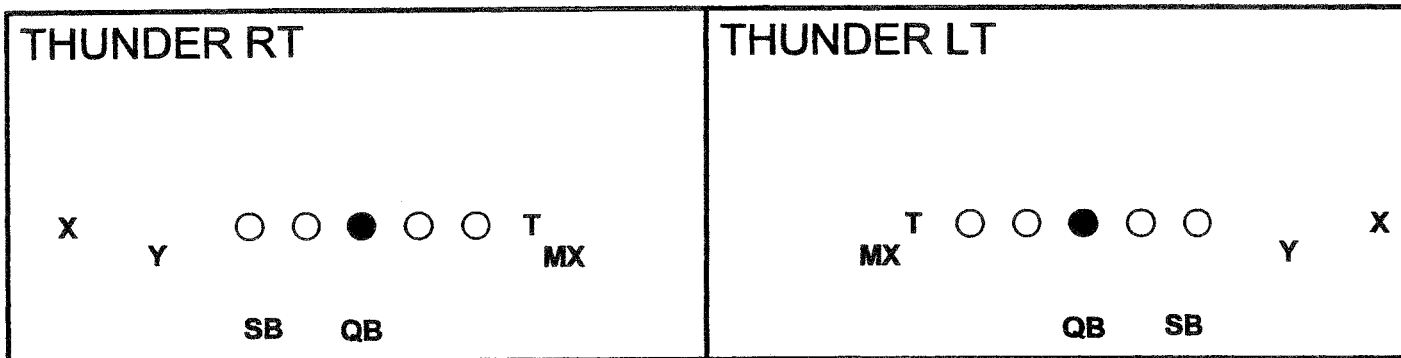
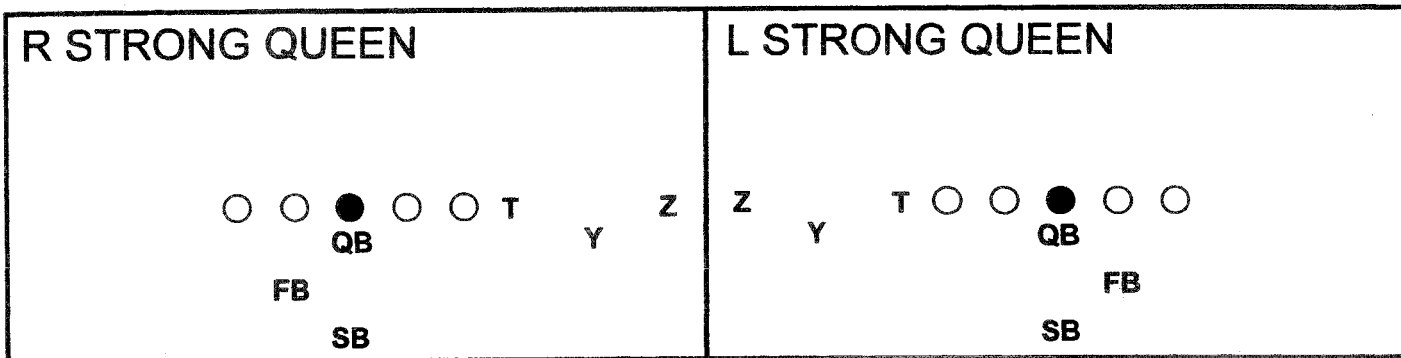
F - 9



21 Personnel = 2 Back, 1 TE
(SB, FB, X, Y, Z, T (MX))

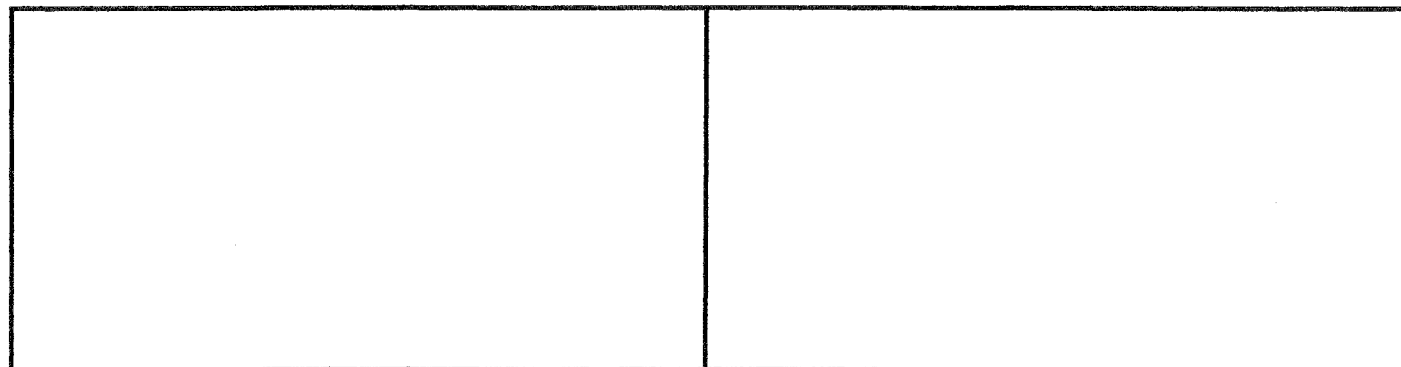
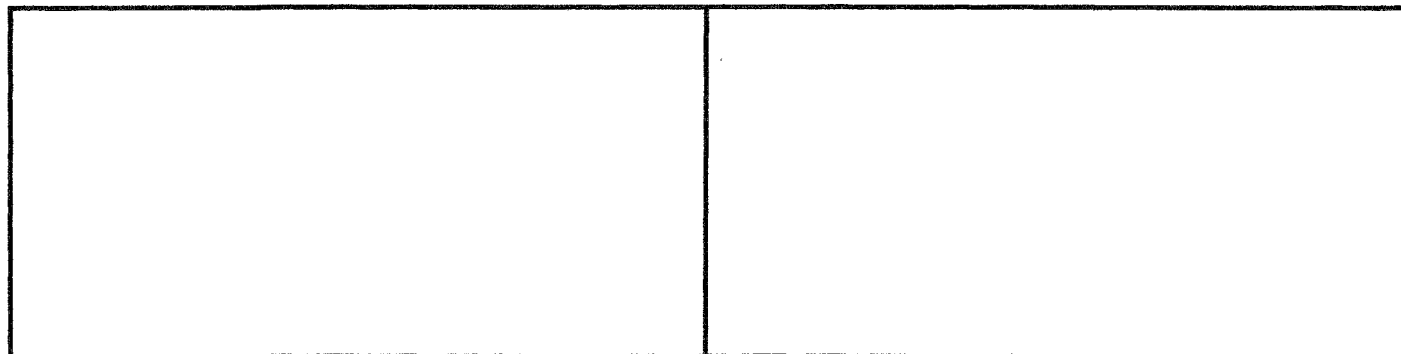
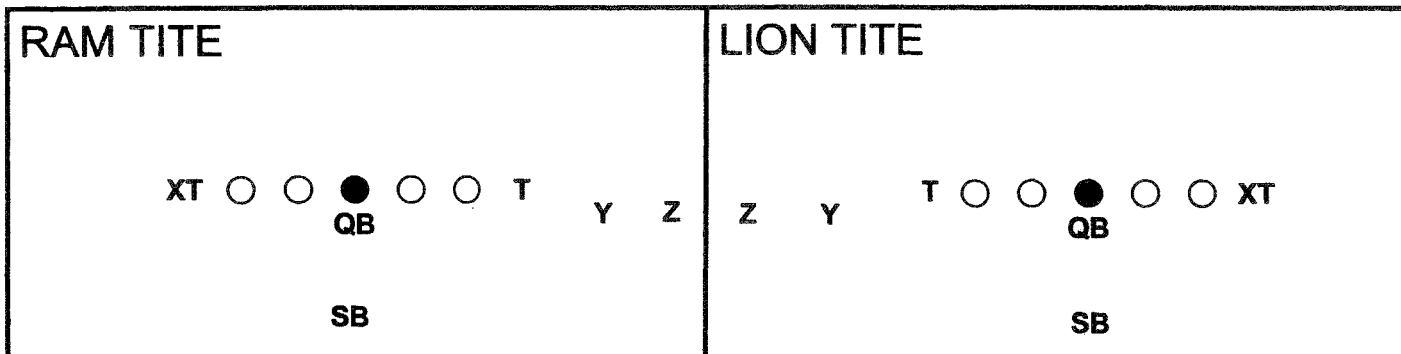
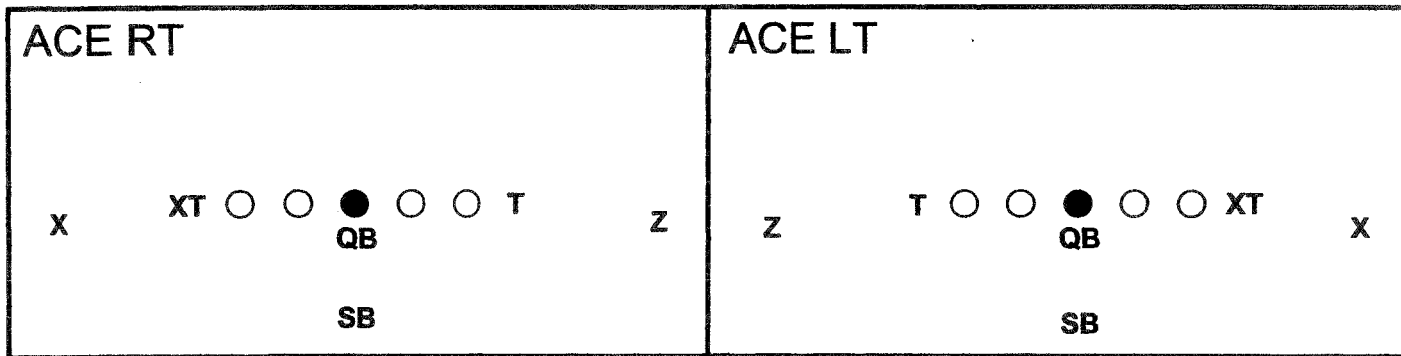
West Virginia Football Formations (21 Personnel)

F - 10



21 Personnel = 2 Back, 1 TE
(SB,FB, X, Y, Z, T (MX))

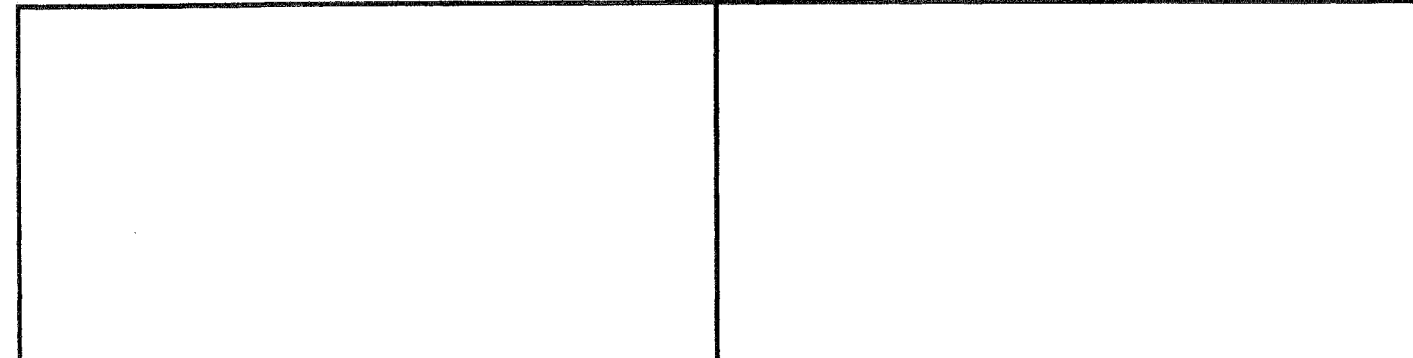
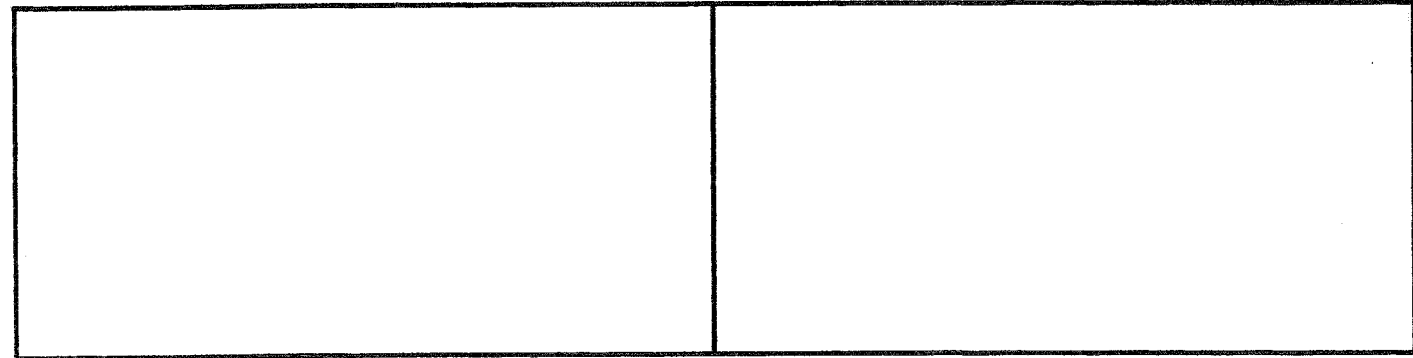
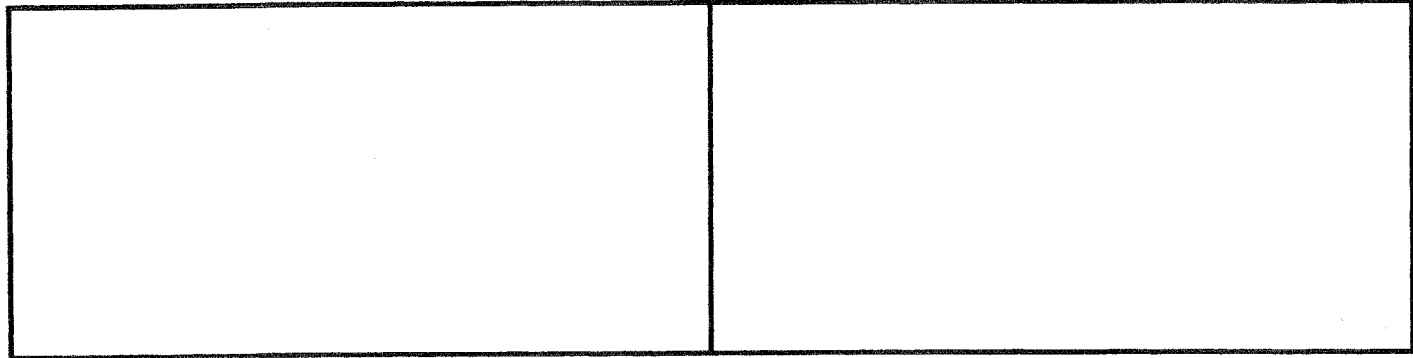
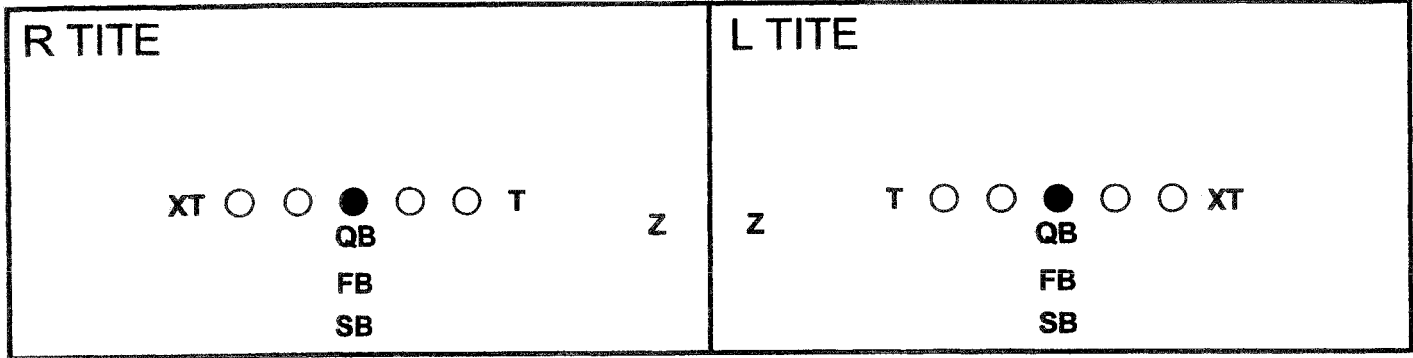
West Virginia Football
Formations (12 Personnel)



12 Personnel = 1 Back, 2 TE
 (SB, X, Z, T, XT)

West Virginia Football Formations (22 Personnel)

F - 12



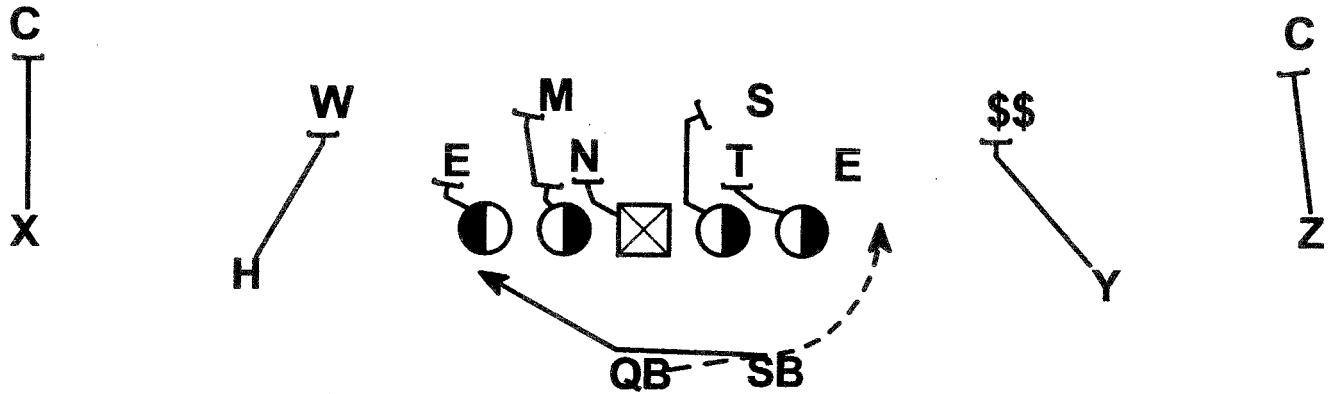
22 Personnel = 2 Back, 2 TE
(SB, FB, Z, T, XT)

RUN GAME

"Spot The Ball"

Over

FS

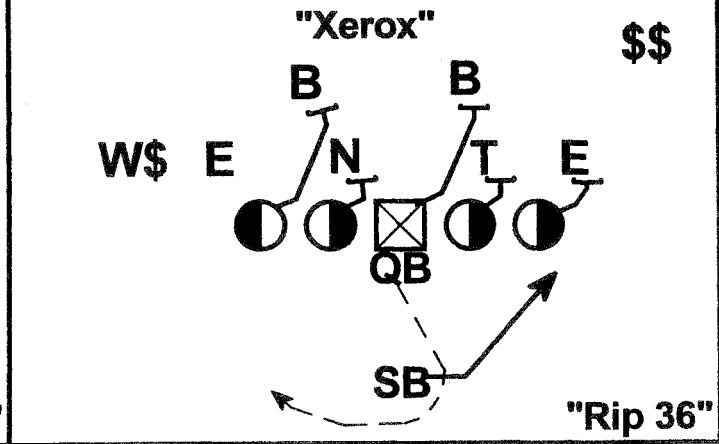
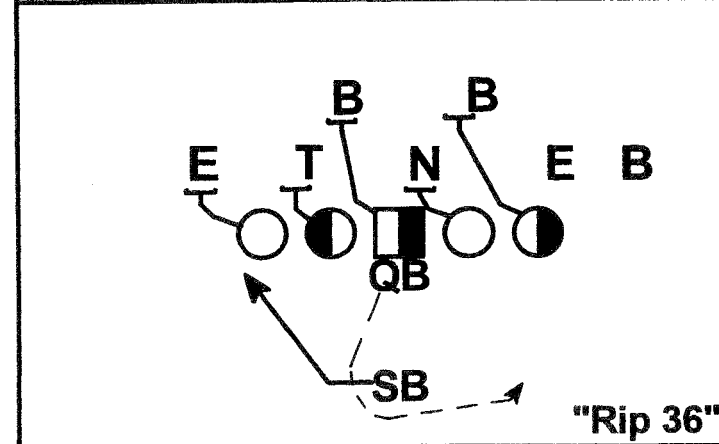
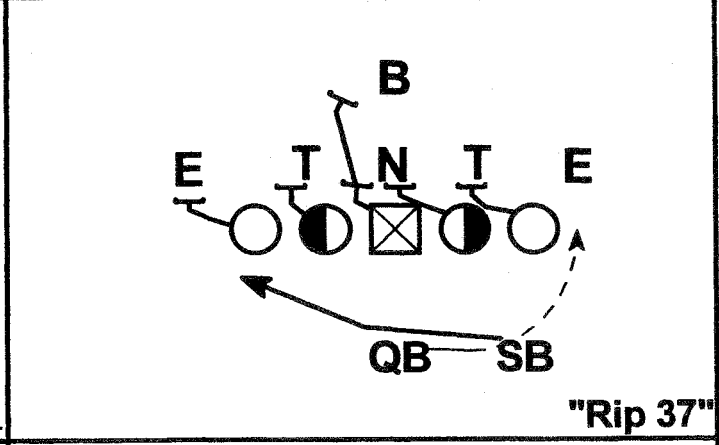
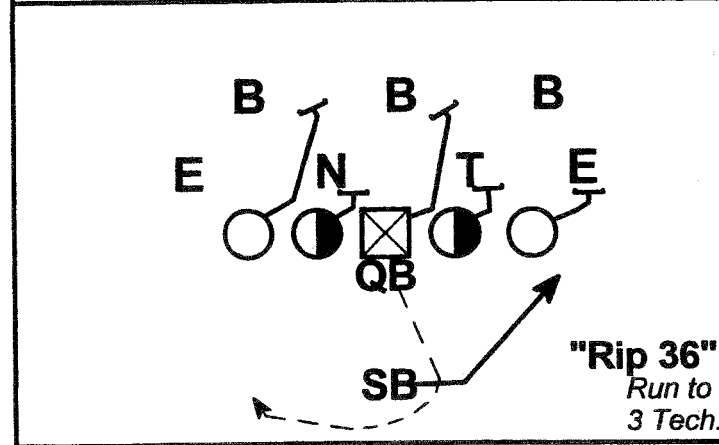
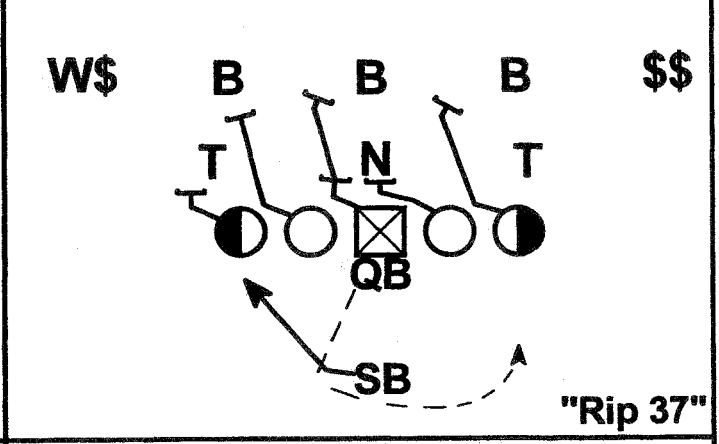
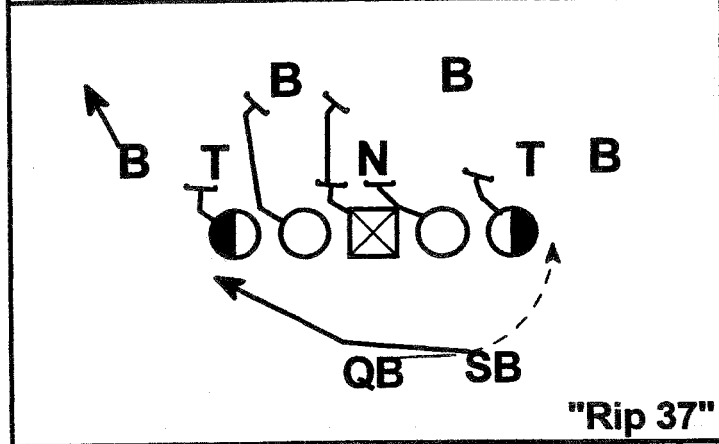
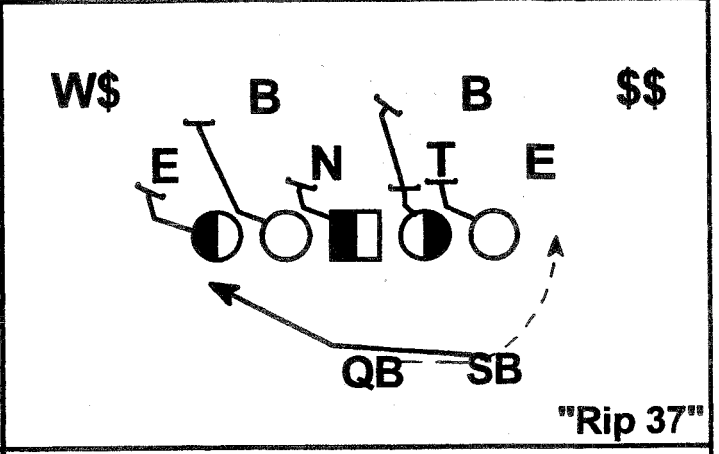
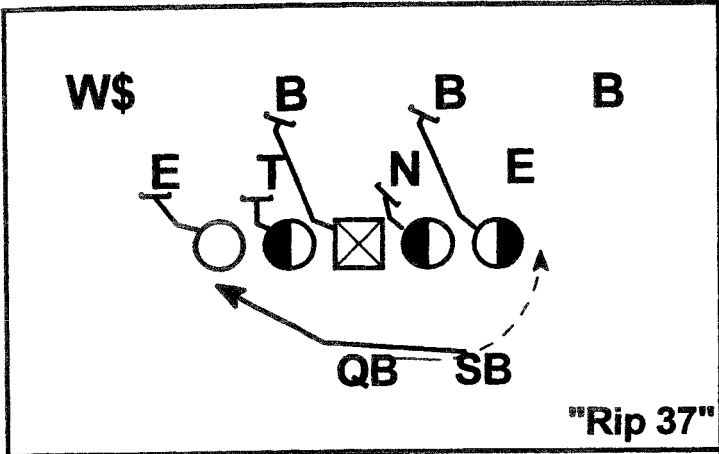


"RIP 37"

Playside Assignment	Position	Backside Assignment
Zone playside "A" gap - scoop. Ace You, Ace Tag -- be alert for Triple	Center	
Zone playside "B" gap to LB vs. Odd or Odd Stack. Ace You vs. 1 technique. Ace Tag vs. strong shade	Guard	Slip or Scoop-- cut off 1 technique
Zone reach man on. Be alert for the over call (strong).	Tackle	Slip man on -- cut off block "B" gap cut off block to Hobo LB.
Open - cross over, stay on QB level until mesh, roll downhill to PST's butt.	SB	

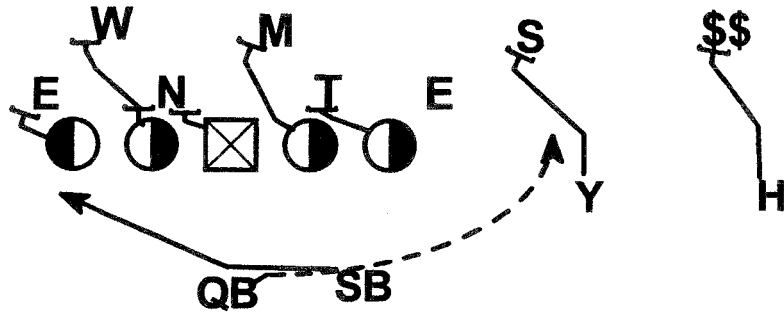
X- Block Man Over	H- Block Man Over
Y- Block Man Over	Z- Block Man Over

QB- Secure the snap, eyes up, feet parallel and place the ball in the SB's belly. Bootleg opposite the play call past the L.O.S. holding DE.
 Vs. Odd look, go under center, open at 5/7 o'clock with playside foot, seat ball and hand ball deep so SB can "bend". Bootleg opposite the play call past the L.O.S. holding DE.
 * Possible sight adjustment vs. coverdown pressure.



Over

FS

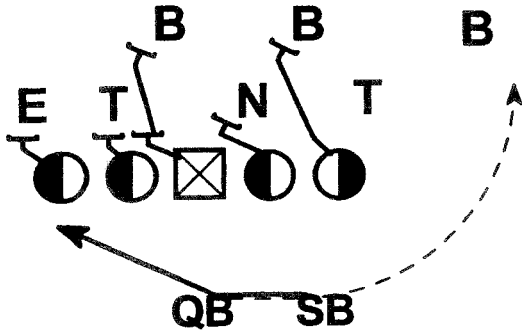


"REO 37"

Playside Assignment	Position	Backside Assignment
Zone playside "A" gap - scoop. Ace You, Ace Tag -- be alert for Triple	Center	
Zone playside "B" gap to LB vs. Odd or Odd Stack. Ace You vs. 1 technique. Ace Tag vs. strong shade	Guard	Slip or Scoop -- Cut off 1 Technique
Zone reach man on. Be alert for the over call (strong).	Tackle	Slip man on -- cut off block "B" gap cut off block to Hobo LB.
Open - cross over, stay on QB level until mesh, roll downhill to PST's butt.	SB	
X- Block Man Over	H- Block Man Over	
Y- Block Man Over	Z- Block Man Over	

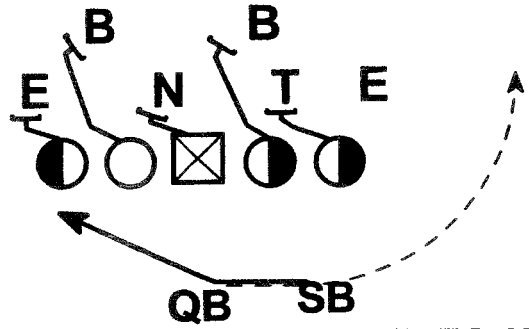
QB- Secure the snap, eyes up, feet parallel and place the ball in the SB's belly. Bootleg opposite the play call past the L.O.S. holding DE.
 Vs. Odd look, go under center, open at 5/7 o'clock with playside foot, seat ball and hand ball deep so SB can "bend". Bootleg opposite the play call past the L.O.S. holding DE.
 * Possible sight adjustment vs. coverdown pressure.

UNDER



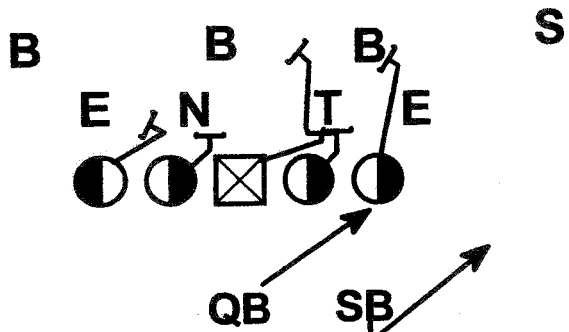
"REO 37"

OVER SHADE



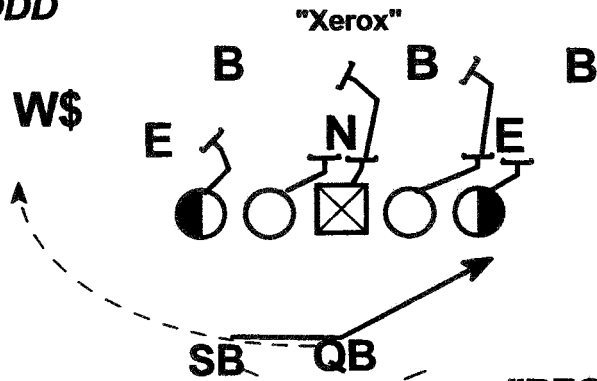
"REO 37"

OVER



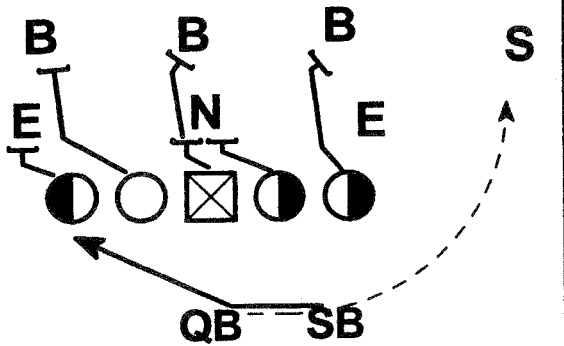
"REO 37" "/ PASS/ ORANGE ROGER"

ODD



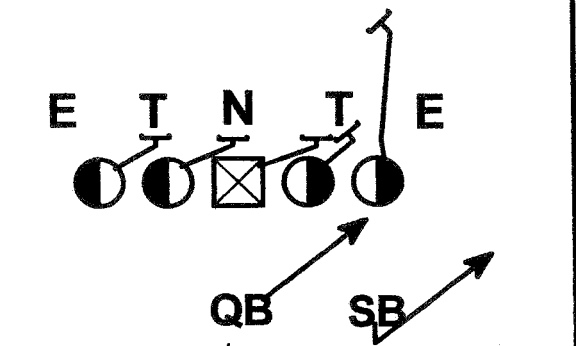
"REO 37"

ODD STACK



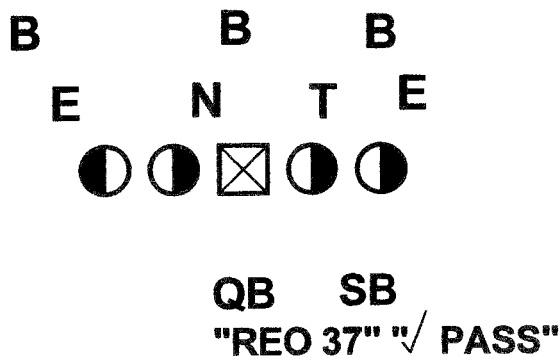
"REO 37"

BEAR



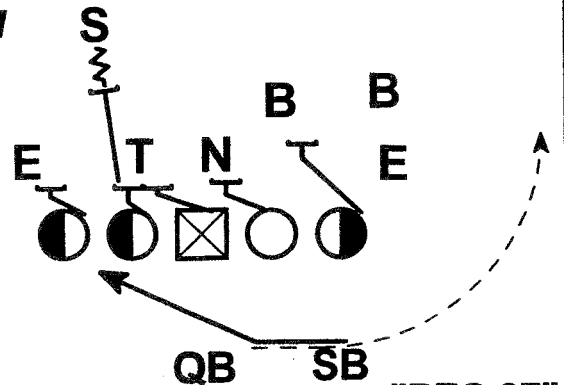
"REO 37" "/ ORANGE ROGER"

OVER



"REO 37" "/ PASS"

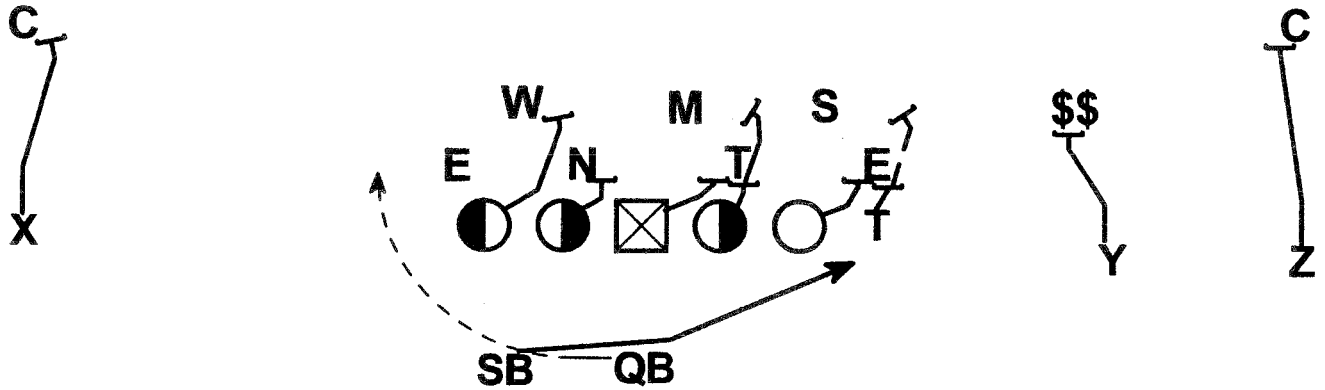
SWARM



"REO 37"

Over

FS

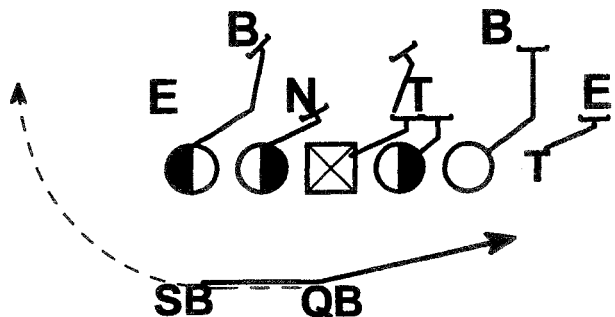


"RAM 36"

Playside Assignment	Position	Backside Assignment
Zone Playside "A" gap - scoop. Ace You, Ace Tag -- be alert for Triple	Center	
Zone playside "B" gap to LB vs. Odd or Odd Stack. Ace You vs. 1 technique. Ace Tag vs. strong shade	Guard	Slip or Scoop -- Cut off 1 Technique
Zone reach man on. Be alert for the over call (strong).	Tackle	Slip man on -- cut off block "B" gap cut off block to Hobo LB.
Open - cross over, stay on QB level until mesh, roll downhill to PST's butt.	SB	
X- Block Man Over	T- 9 technique - Man reach block. 6 technique - Trey level 1 to level 2 7 technique - Trey level 1 to level 2.	
Y- Block Man Over		
Z- Block Man Over		

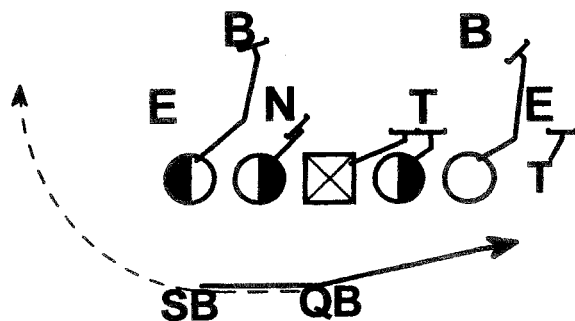
QB- Secure the snap, eyes up, feet parallel and place the ball in the SB's belly. Bootleg opposite the play call past the L.O.S. holding DE.
 Vs. Odd look, go under center, open at 5/7 o'clock with playside foot, seat ball and hand ball deep so SB can "bend". Bootleg opposite the play call past the L.O.S. holding DE.
 * Possible sight adjustment vs. coverdown pressure.

OVER 9



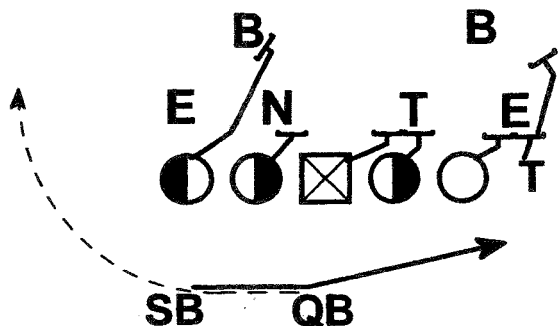
"RAM 36"

OVER 6



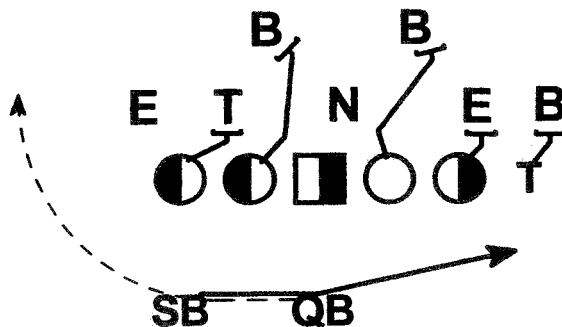
"RAM 36"

OVER 7



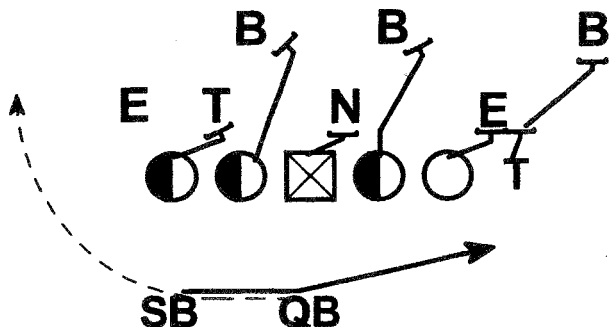
"Possible G Scheme"RAM 36"

EAGLE



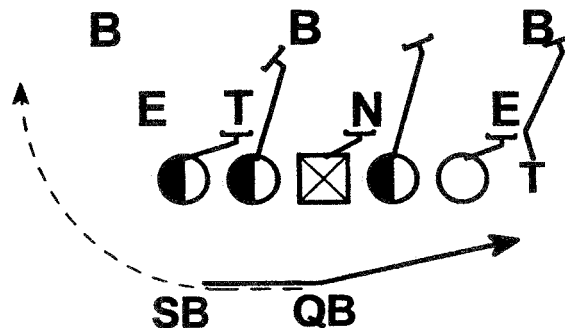
"RAM 36"

UNDER



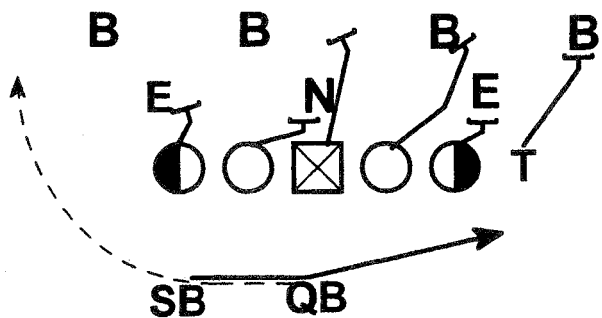
"RAM 36"

UNDER



"RAM 36"

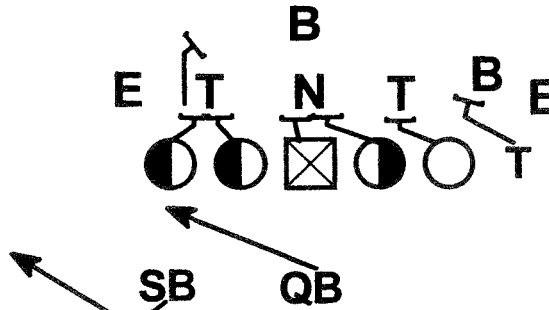
ODD



"RAM 36"

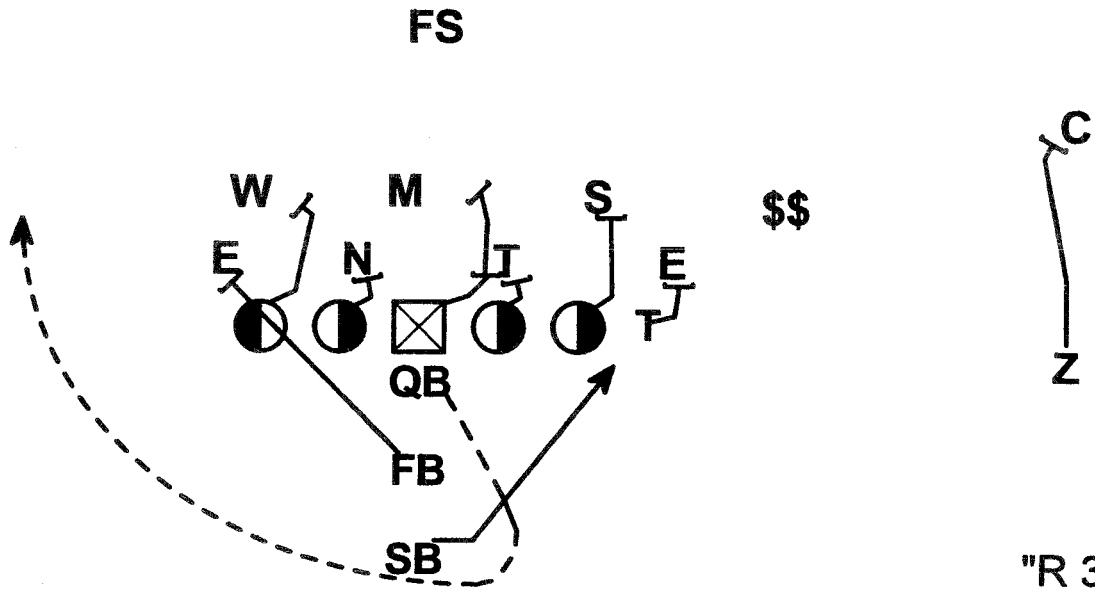
BEAR EXCHANGE

"Possible Xerox"



"RAM 36" "/ORANGE LOUIE"

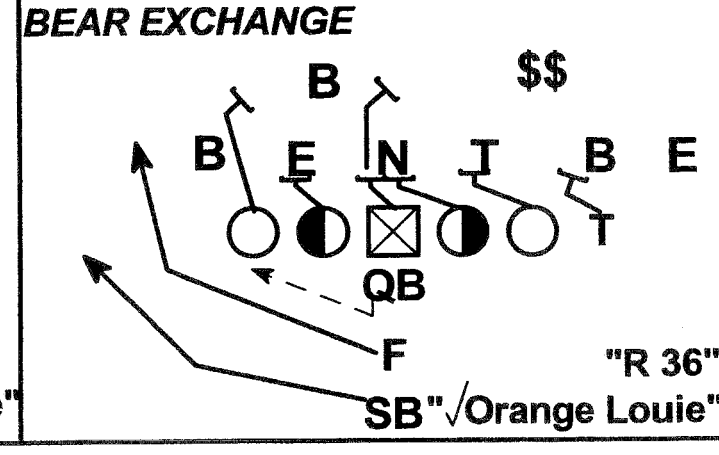
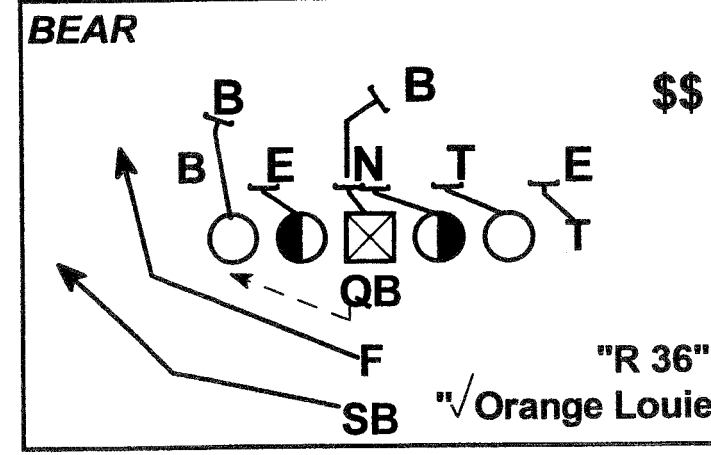
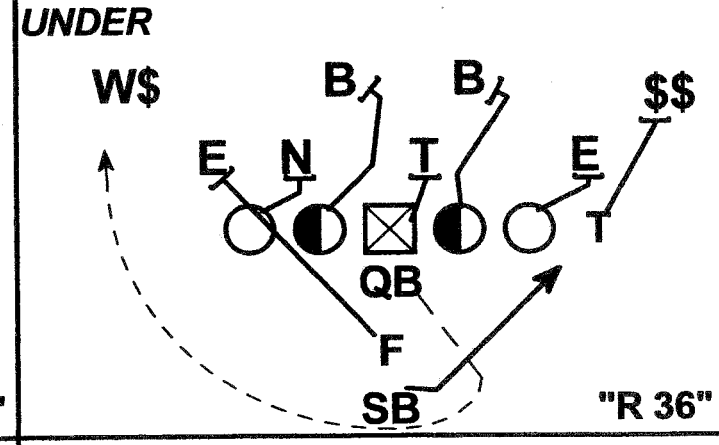
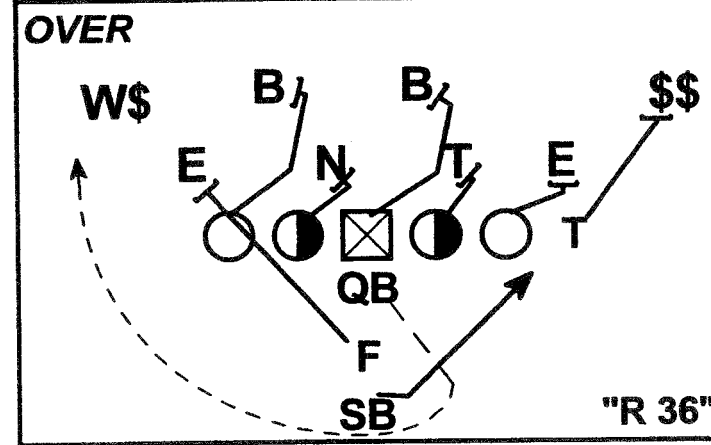
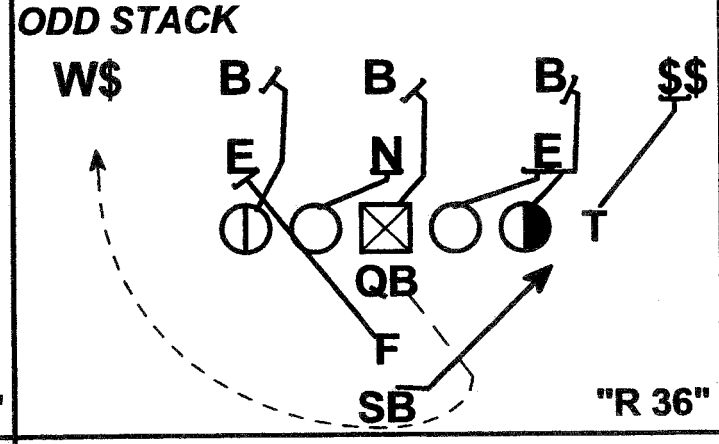
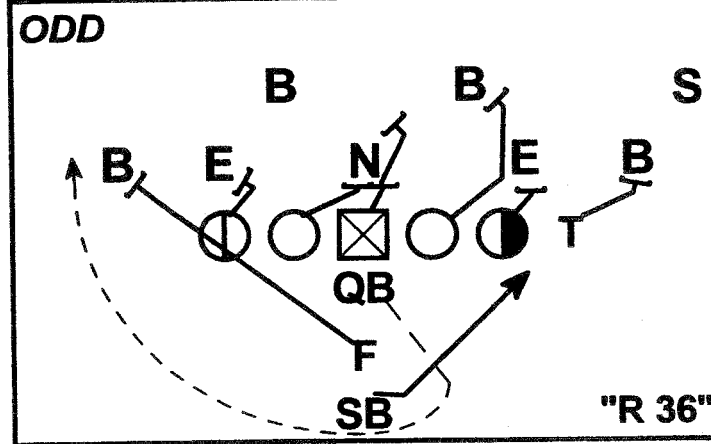
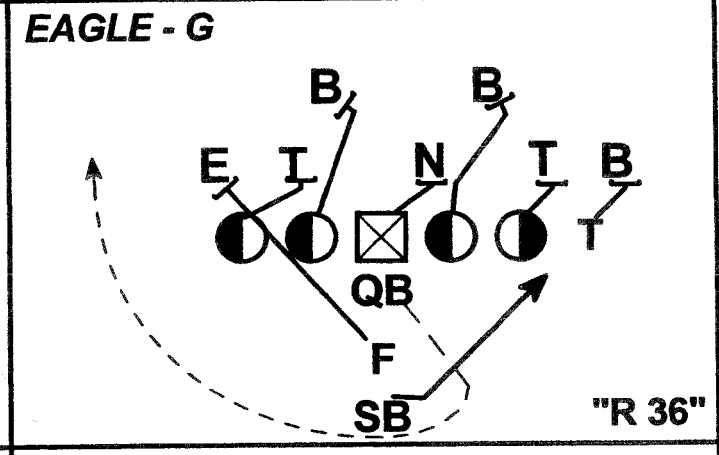
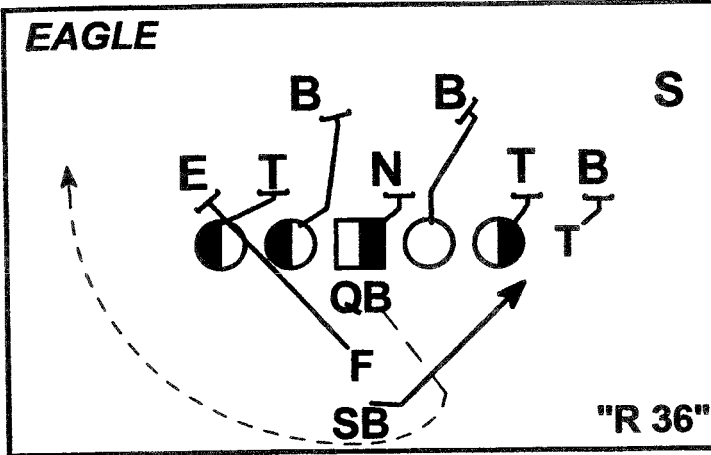
Over



"R 36"

Playside Assignment	Position	Backside Assignment
Zone Playside "A" gap - scoop. Ace You, Ace Tag -- be alert for Triple	Center	
Zone playside "B" gap to LB vs. Odd or Odd Stack. Ace You vs. 1 technique. Ace Tag vs. strong shade	Guard	Slip or Scoop -- Cut off 1 Technique
Zone reach man on. Be alert for the over call (strong).	Tackle	Slip man on -- cut off block "B" gap cut off block to Hobo LB.
Open - cross over, stay on QB level until mesh, roll downhill to PST's butt.	SB	
F- Block backside cutoff off of tackles butt. Stay alert for Queen set.	T- 9 technique - Man reach block. 6 technique - Trey level 1 to level 2 7 technique - Trey level 1 to level 2.	
X- Backside Cut-Off	Z- Block Man Over (Game Plan- Push Crack)	

QB- Secure the snap, eyes up, feet parallel and place the ball in the SB's belly. Bootleg opposite the play call past the L.O.S. holding DE.
Vs. Odd look, go under center, open at 5/7 o'clock with playside foot, seat ball and hand ball deep so SB can "bend". Bootleg opposite the play call past the L.O.S. holding DE.
** Possible sight adjustment vs. coverdown pressure.*



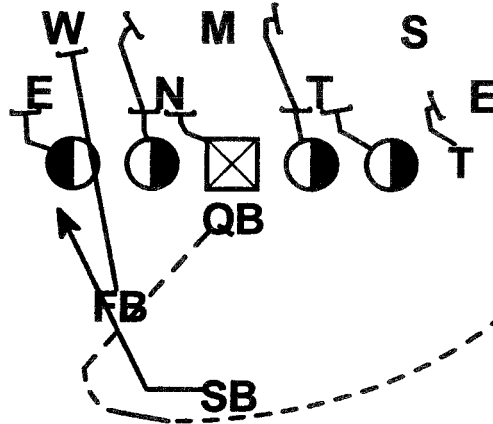
Over

C
X

FS

\$\$

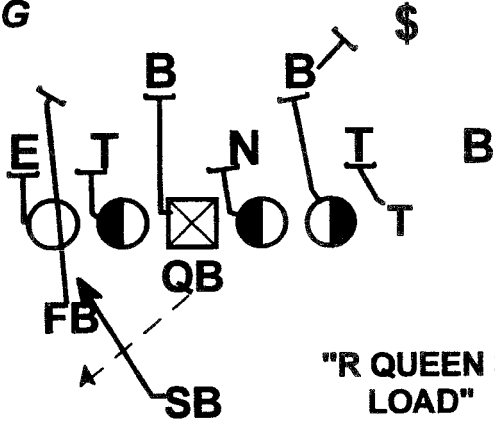
C



"R-QUEEN 37 Load"

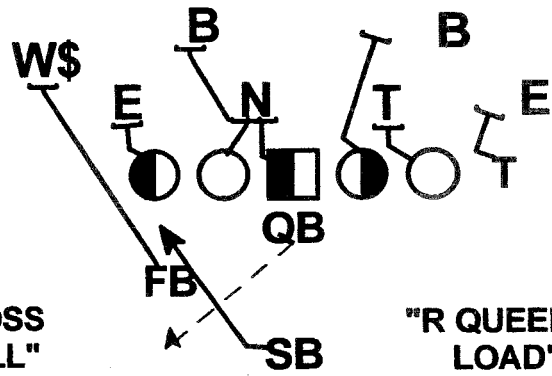
Playside Assignment	Position	Backside Assignment
Zone Playside "A" gap - scoop. Ace You, Ace Me, Ace Mike -- be alert for Triple call	Center	
Zone playside "B" gap, to LB vs Odd + Odd St. Ace You - 1 tech.- Load Ace Mike to Ace Back Deuce you - 4 or 4i. Deuce Me - 5 tech	Guard	Slip or Scoop -- Cut off 1 tech.
Zone Playside "C" gap. Deuce you - 4 or 4i tech. Deuce Me - 5 tech. Be alert for over call	Tackle	Slip or Slut - cut off 4 or 4i. Zone to hip of LB.
Open crossover downhill to tackle's butt + read 1 to 2 for bang, bounce or bend.	SB	
F- # 4 Defender unless load call to playside backer		T- Playside - zone rules Backside - Backside cutoff
X- FS - Man Over / (Game Plan Push Crack) BS - Backside Cut Off		Z- FS - Man Over / (Game Plan Push Crack) BS - Backside Cut Off
QB- Secure the snap, eyes up, feet parallel and place the ball in the SB's belly. Bootleg opposite the play call past the L.O.S. holding DE. Vs. Odd look, go under center, open at 5/7 o'clock with playside foot, seat ball and hand ball deep so SB can "bend". Bootleg opposite the play call past the L.O.S. holding DE. * Possible sight adjustment vs. coverdown pressure.		

EAGLE G



"R QUEEN 37 LOAD"

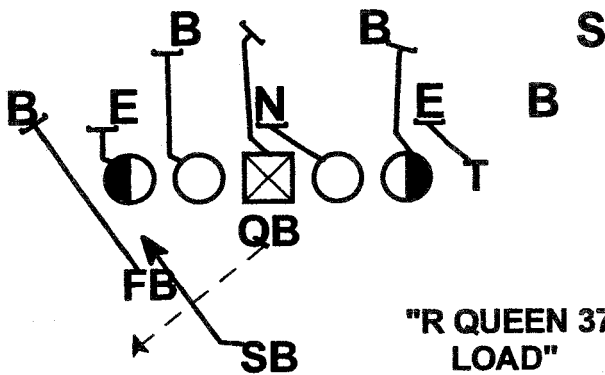
OVER SHADE 9



"BOSS CALL"

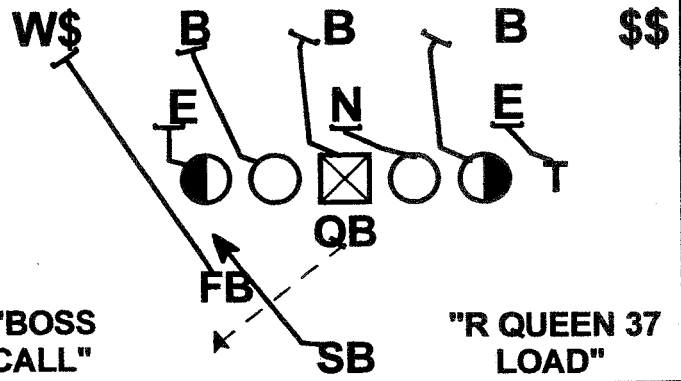
"R QUEEN 37 LOAD"

ODD



"R QUEEN 37 LOAD"

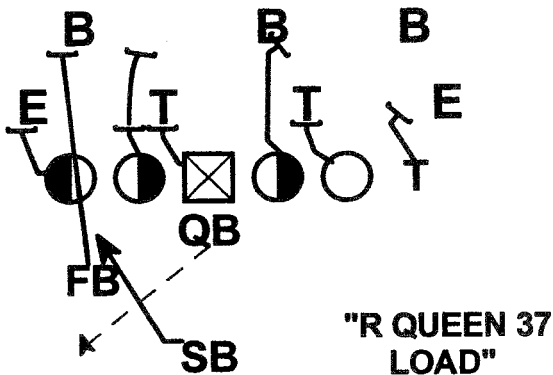
ODD STACK



"BOSS CALL"

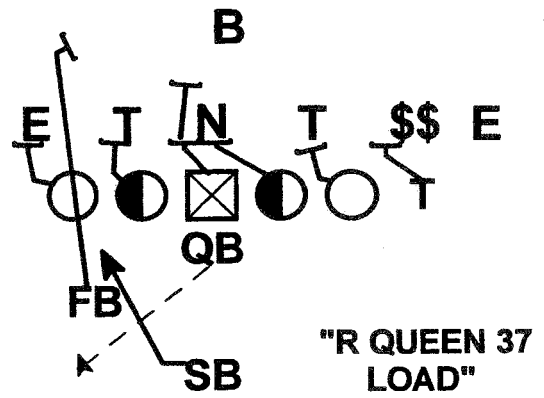
"R QUEEN 37 LOAD"

4-3 OVER 9



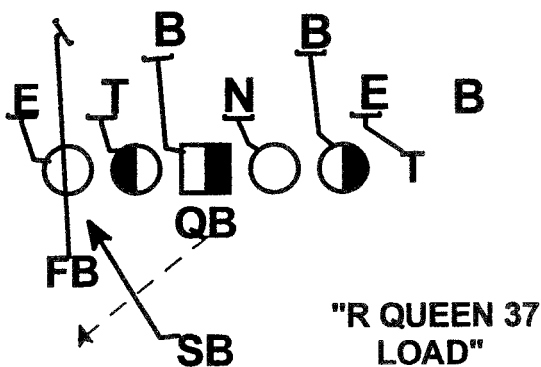
"R QUEEN 37 LOAD"

BEAR



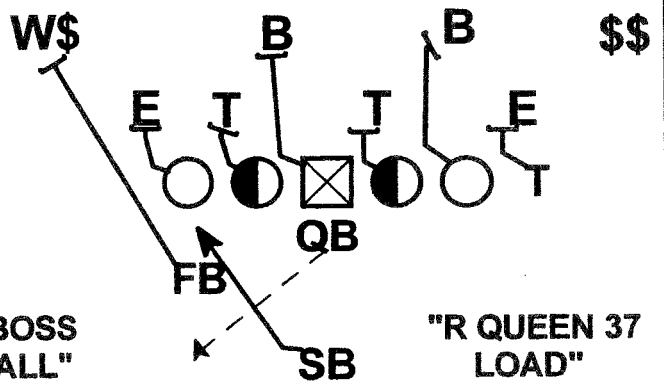
"R QUEEN 37 LOAD"

EAGLE



"R QUEEN 37 LOAD"

UNDER 7

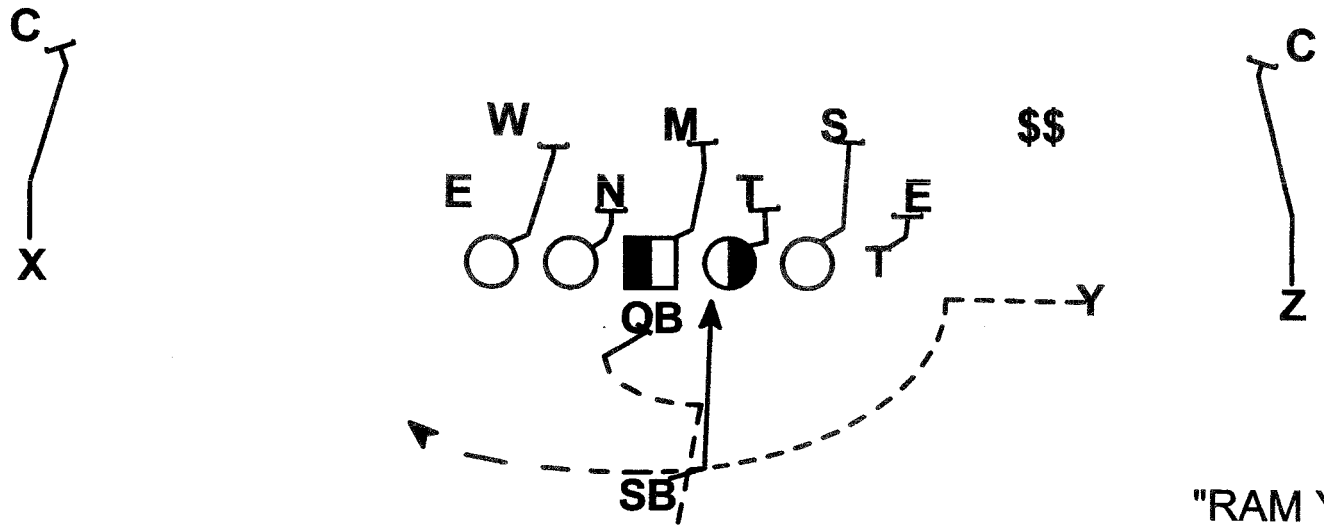


"BOSS CALL"

"R QUEEN 37 LOAD"

Over Shd

FS



"RAM Y 34"

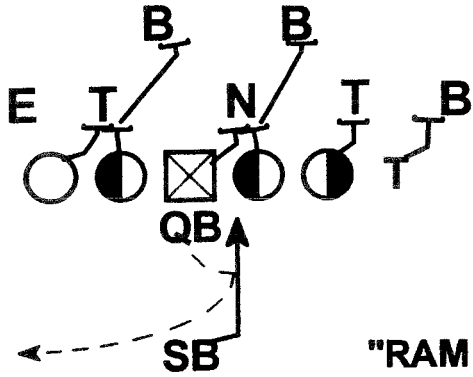
Playside Assignment	Position	Backside Assignment
Ace you, Ace Me Man On, Back, Scoop Mike	Center	
Ace you, Ace Me, Reach Man on. Deuce you, Deuce Me.	Guard	Scoop, Scoop Mike Slip - Power Slip Man - 1 tech.
Deuce you, Deuce me Out block Trey you, Trey me	Tackle	Slip - Power Slip Man on Sift vs. odd stack
Open downhill to "A" gap Read "A" to Backside "A" to Backside "B"	SB	

X- Backside Cut-off	T- Vs. 9 tech. - stretch + post Vs. 6 & 7 tech. - trey level 1 to 2
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Y- Orbit Motion- Work thru heels of RB Alignment, Run Fake Out.	Z- Block Man Over
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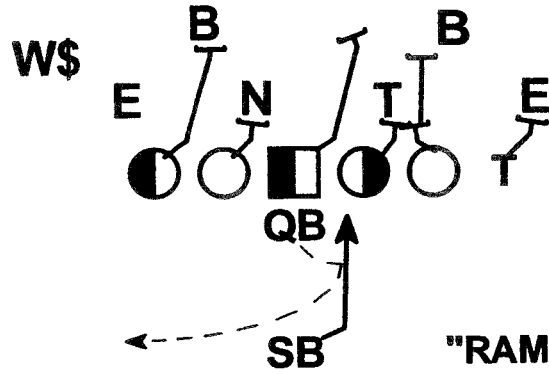
QB- Secure the snap, drop step with playside foot and reverse pivot to 5:00 / 7:00 o'clock... extend arms with pitch fake, get ball to SB as deep as possible, boot away past the L.O.S. holding DE.

EAGLE G



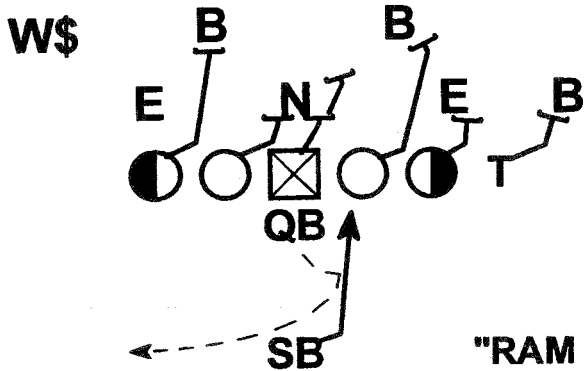
"RAM 34"

OVER SHADE 9



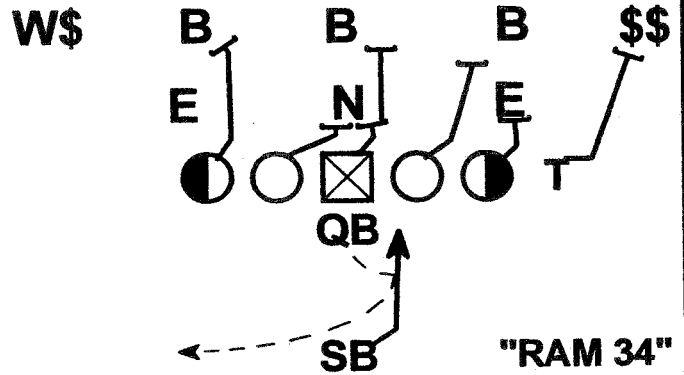
"RAM 34"

ODD



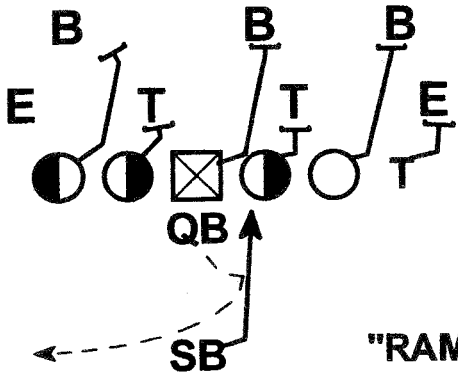
"RAM 34"

ODD STACK



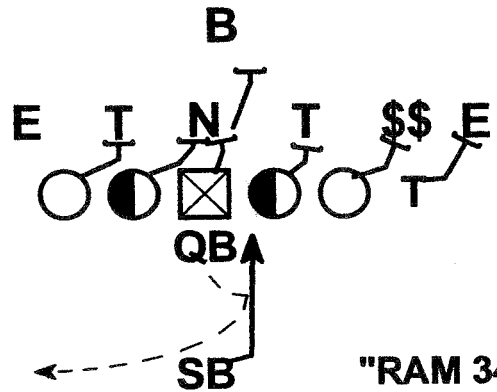
"RAM 34"

4-3 OVER 9



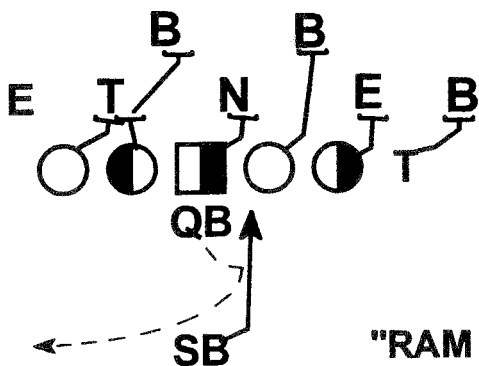
"RAM 34"

BEAR



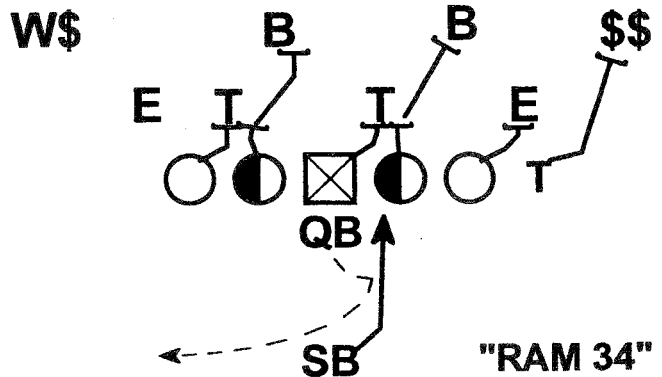
"RAM 34"

EAGLE



"RAM 34"

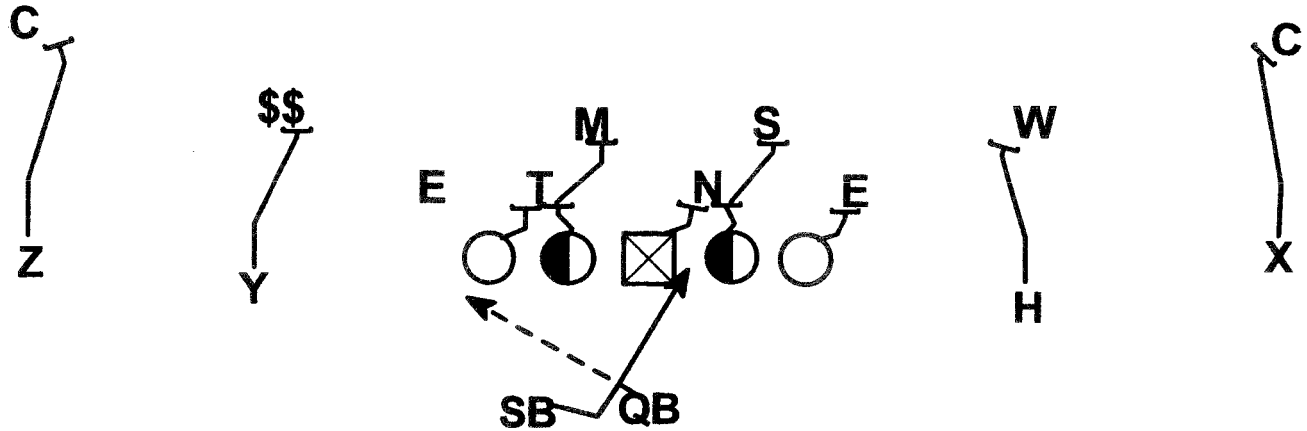
UNDER 7



"RAM 34"

Over

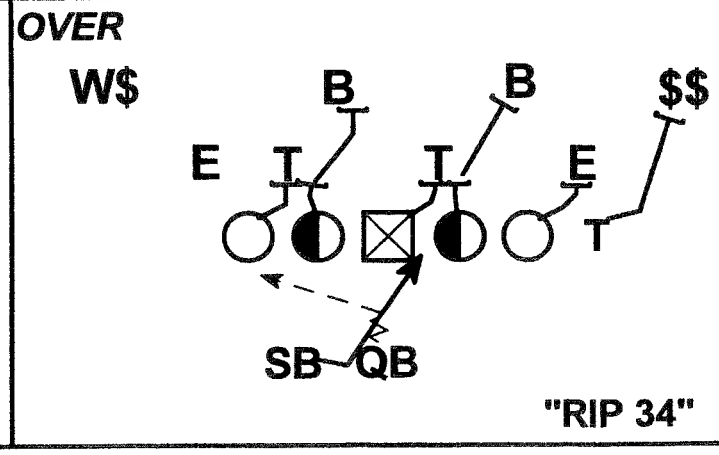
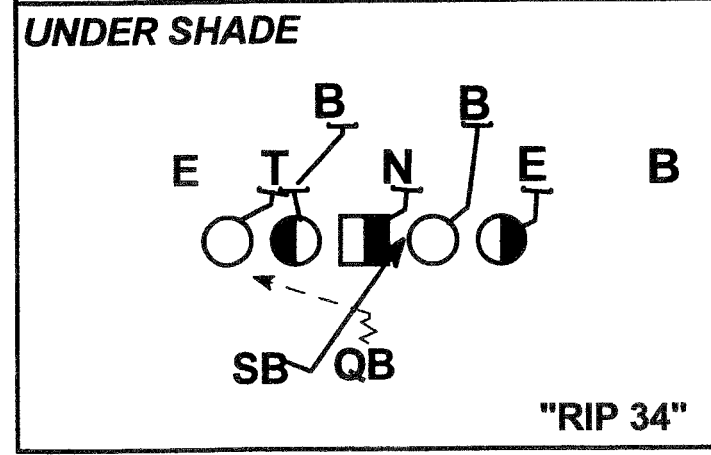
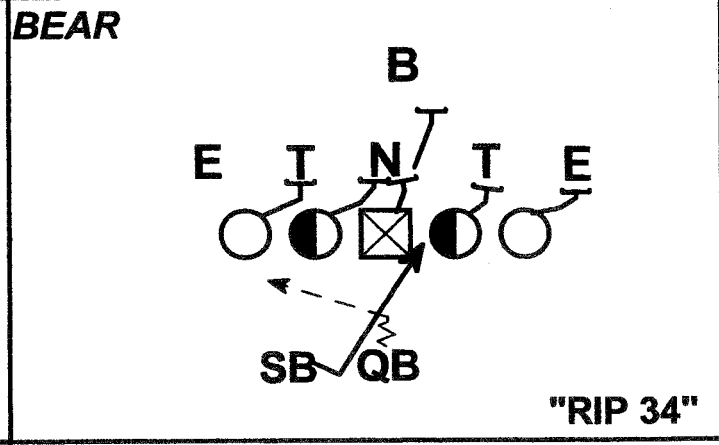
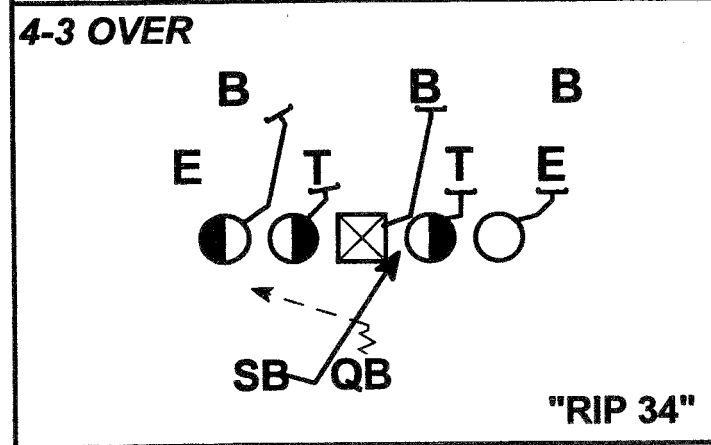
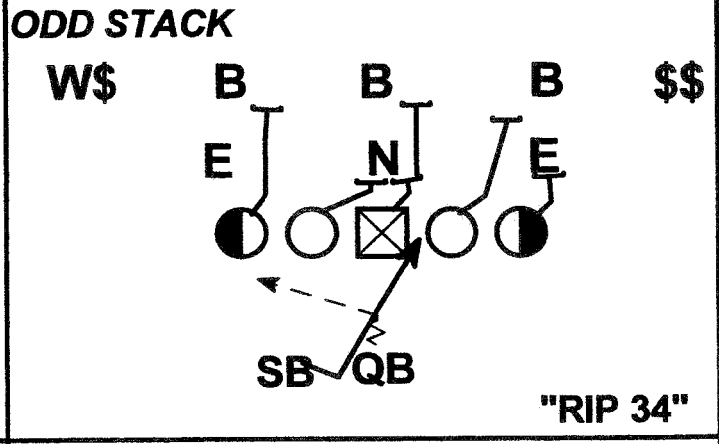
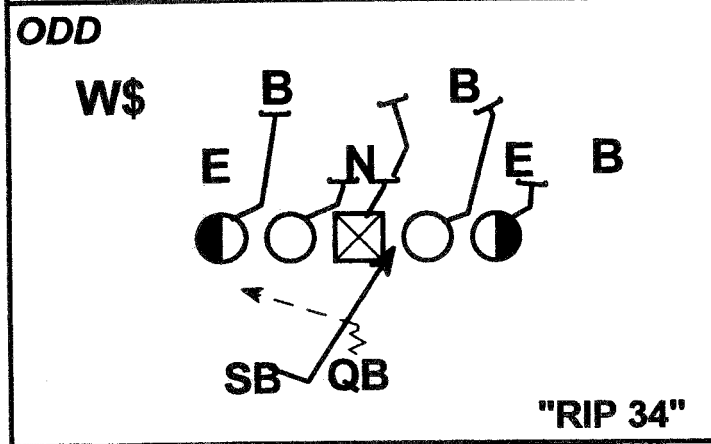
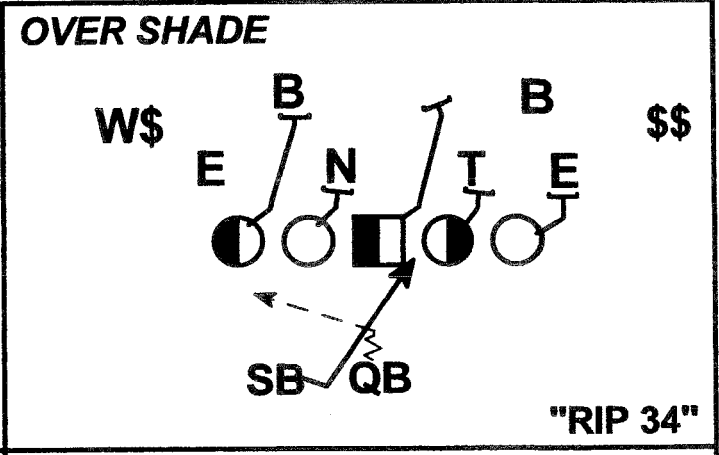
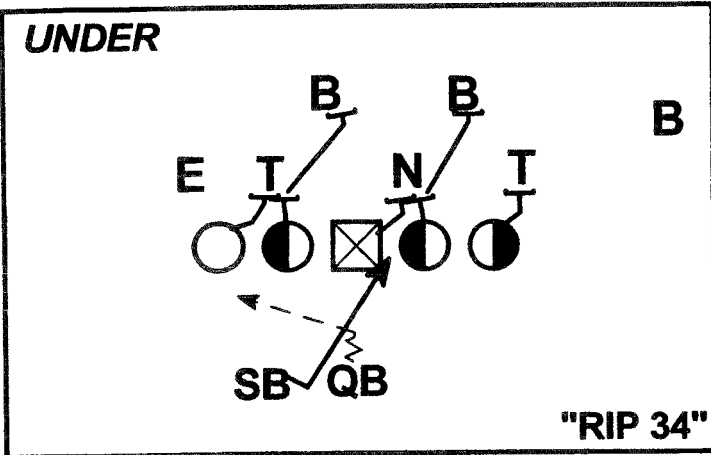
FS



"LIZ 34"

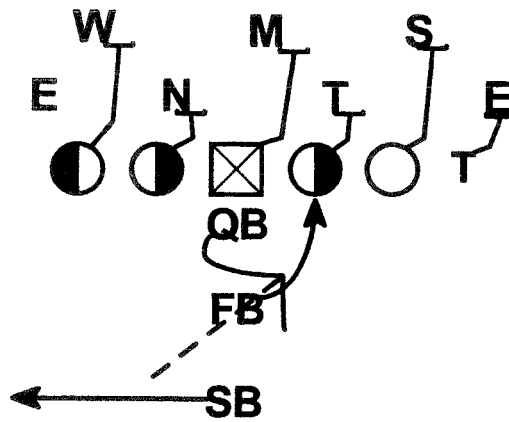
Playside Assignment	Position	Backside Assignment
Ace you, Ace Me Read Man On, Scoop Back, Scoop Mike	Center	
Ace you, Ace Me, Reach Man on. Deuce you, Deuce Me.	Guard	Scoop Back, Scoop Mike Slip - Power Slip Man - 1 tech.
Deuce you, Deuce me Out block Trey you, Trey me	Tackle	Slip - Power Slip Man on Sift vs. odd stack
Even with QB, slight backstep in to QB, downhill at "A" Gap.	SB	
X- Block Man Over	H- Block Man Over	
Y- Block Man Over	Z- Block Man Over	

QB- Secure the snap, step with playside foot on a 45 degree angle and place the ball in the SB's belly - Read the E.M.O.L for give or pull. You are responsible for mesh! Continue on option course.



Over Shd

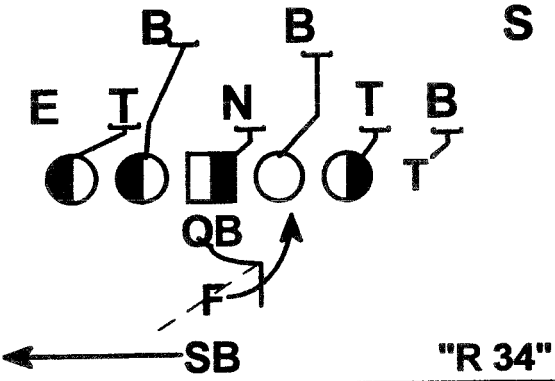
FS



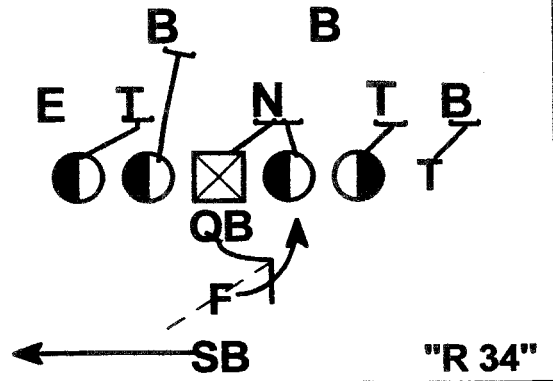
"R 34 (F)"

Playside Assignment	Position	Backside Assignment
Ace you, Ace Me Read Man On, Scoop , Scoop Mike	Center	
Ace you, Ace Me, Reach Man on. Deuce you, Deuce Me.	Guard	Scoop, Scoop Mike Slip - Power Slip Man - 1 tech.
Deuce you, Deuce me Out block Trey you, Trey me	Tackle	Slip - Power Slip Man on Sift vs. odd stack
Show pitch action away	SB	
F- Open cross over plant. Bang or Bend - "A" to Backside "A" to Backside "B"	T- Vs. 9 tech. - Man, reach block Vs. 6 tech. - Trey level 1 to level 2 Vs. 7 tech. - Trey level 1 to level 2 Vs. 3 tech. with "B" gap LB - Trey block with Tackle	
X- Block Man Over (Game Plan - Push Crack)	Z- Backside Cut-Off	
QB- Secure the snap, drop step with playside foot and reverse pivot to 5:00 / 7:00 o'clock... extend arms with pitch fake, get ball to FB as deep as possible, fake pitch to SB.		

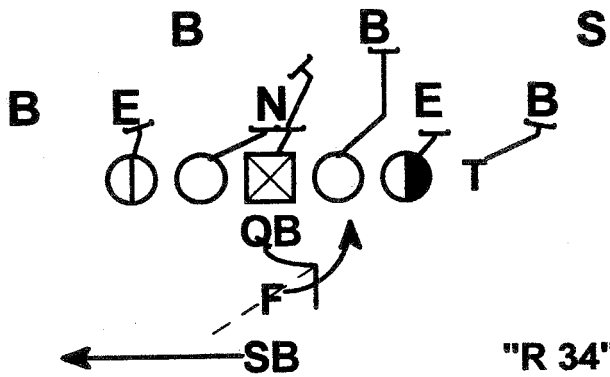
EAGLE



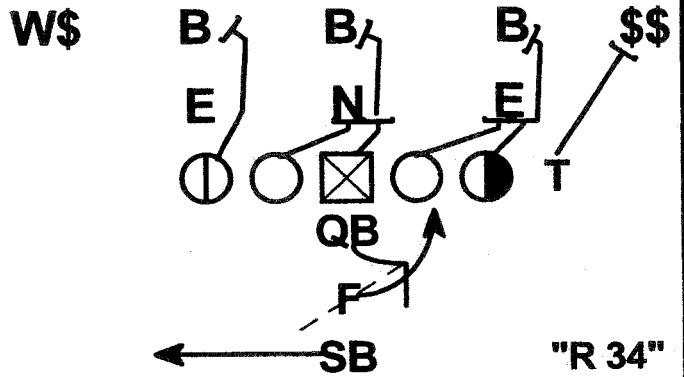
EAGLE - G



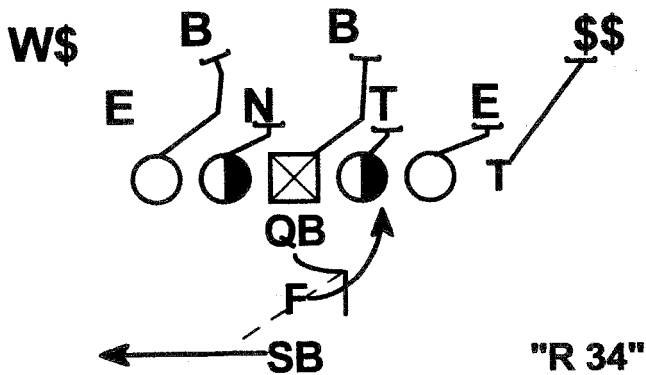
ODD



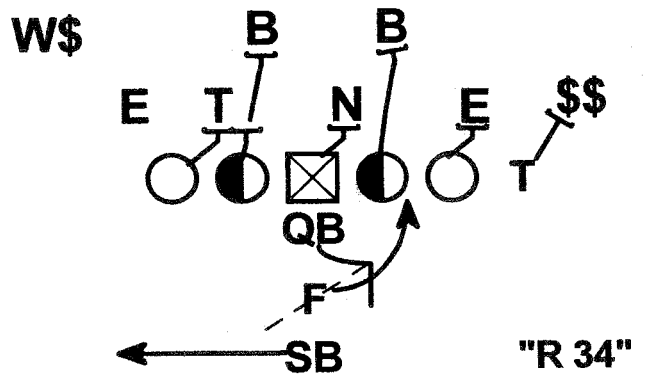
ODD STACK



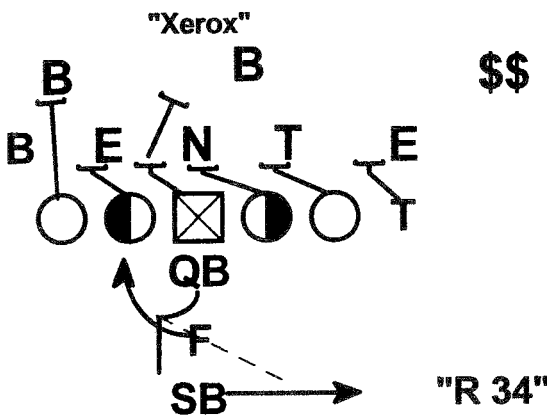
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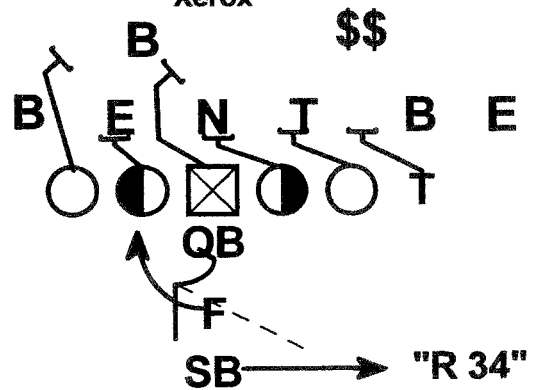
UNDER



BEAR

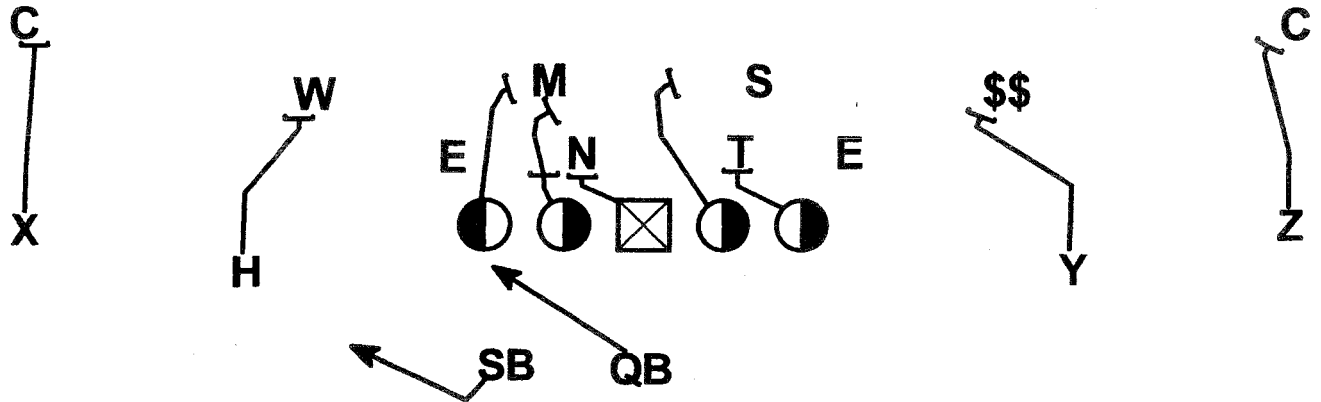


BEAR EXCHANGE_{Xerox}



Over

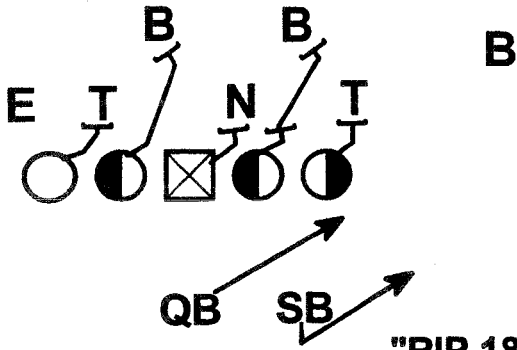
FS



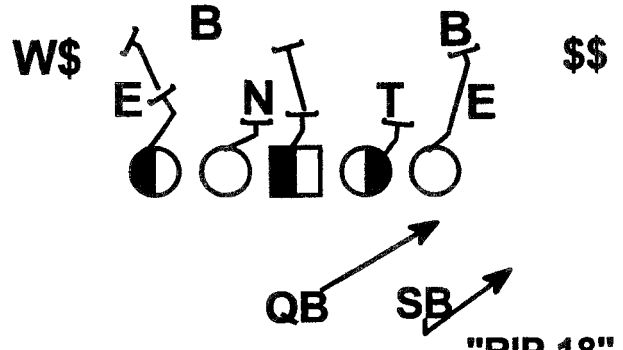
"RIP 19"

Playside Assignment	Position	Backside Assignment
Zone playside "A" gap. Ace you vs 1 tech. Ace back vs shade strong	Center	Odd front 0 nose guard or shade weak. Scoop with backside guard.
Even Ace you vs 1 tech. Ace back vs shade strong. Odd -- Zone "B" gap to LB. *** Strong call Ace Tag.	Guard	Odd front 0 nose guard or shade weak scoop. 3 tech. slip ***Be alert for shoot call
Veer release for playside LB. Strong alignment - block man on with man outside.	Tackle	Slip 3 tech. Man on (cut off "B" gap) alert Hobo LB.
Take drop step, maintaining 5 X 2 pitch relationship with QB.	SB	
X - Block Cover Down	H - Block Man Over	
Y - Block Cover Down	Z - Block Man Over	
<p>QB- Secure snap and run "down hill" at outside hip of OT. Make the pitch decision off "option key" "Press the hip" before cutting back. Vs. Odd front, Go under center, Drop step and Go.</p>		

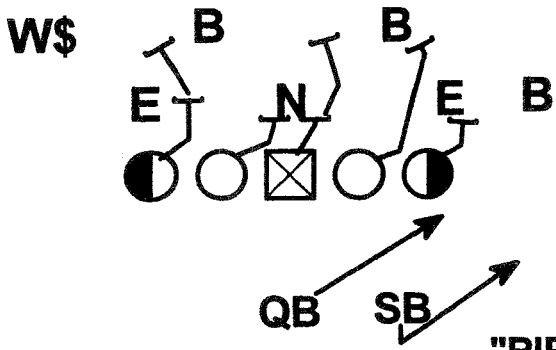
UNDER



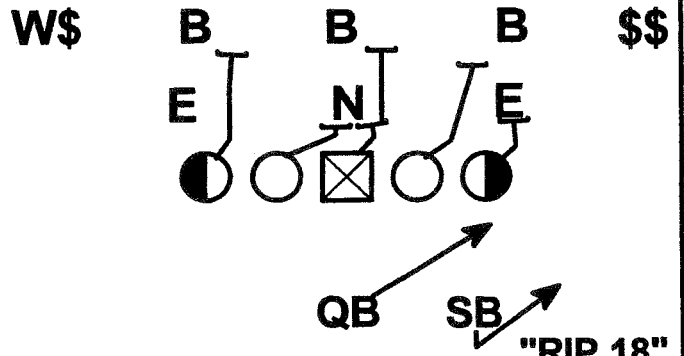
OVER SHADE



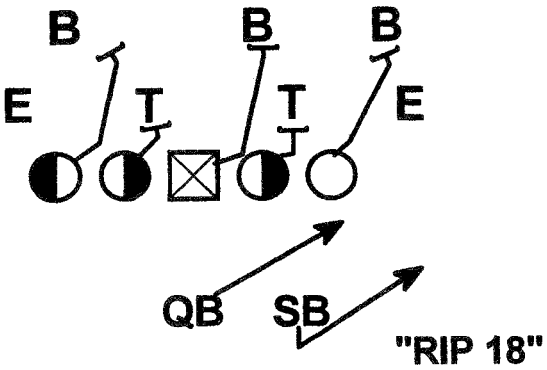
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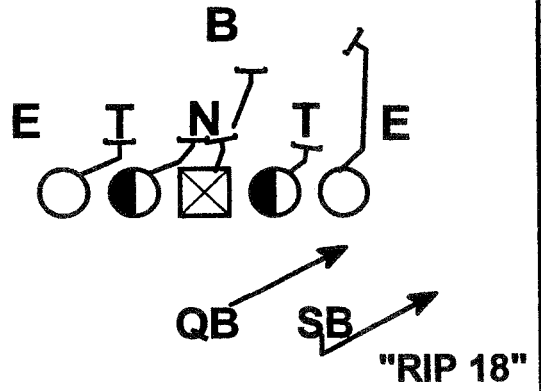
ODD STACK



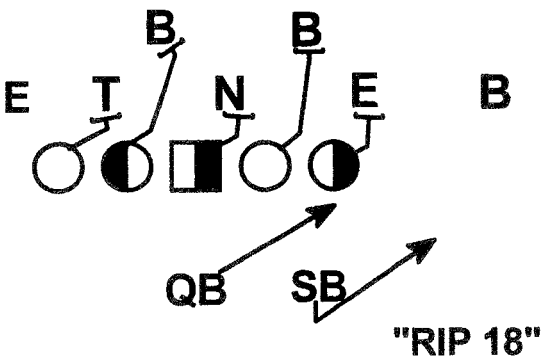
4-3 OVER



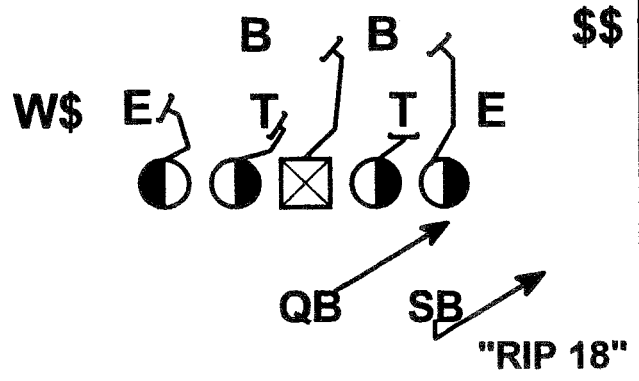
BEAR



UNDER SHADE

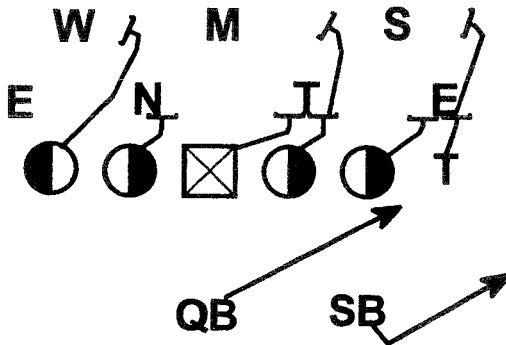


OVER



Over

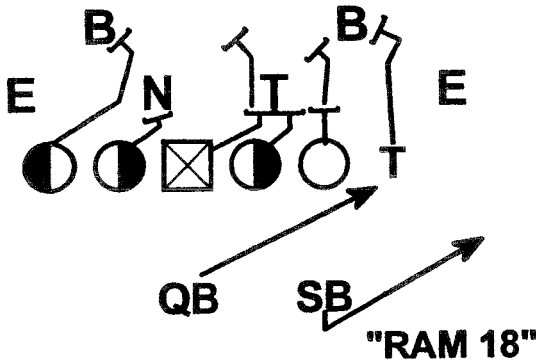
FS



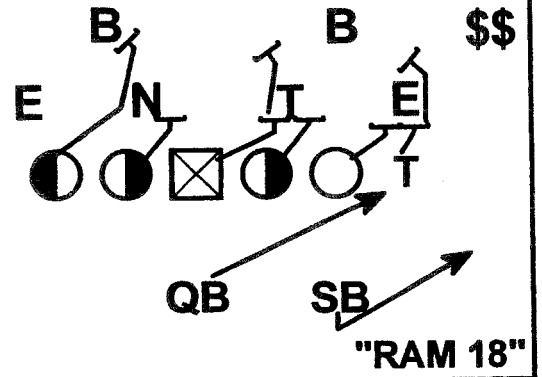
"RAM 18"

Playside Assignment	Position	Backside Assignment
Zone playside "A" gap. Ace you vs 1 tech. Ace back vs shade strong	Center	Odd front 0 nose guard or shade weak. Scoop with backside guard.
Even Ace you vs 1 tech. Ace back vs shade strong. Odd -- Zone "B" gap to LB. *** Strong call Ace Tag.	Guard	Odd front 0 nose guard or shade weak scoop. 3 tech. slip ***Be alert for shoot call
Veer release for playside LB. Strong alignment - block man on with man outside.	Tackle	Slip 3 tech. Man on (cut off "B" gap) alert Hobo LB.
Take drop step, maintaining 5 X 2 pitch relationship with QB.	SB	
X - Backside Cut-Off	T - 9 tech. veer release for LB. 6 tech. Trey block to LB in box. 7 tech. Trey block to LB in box.	
Y - Block Cover Down	Z - Block Man Over	
QB - Secure snap and run "down hill" at outside hip of OT. Make the pitch decision off "option key" "Press the hip" before cutting back. Vs. Odd front, Go under center, Drop step and Go.		

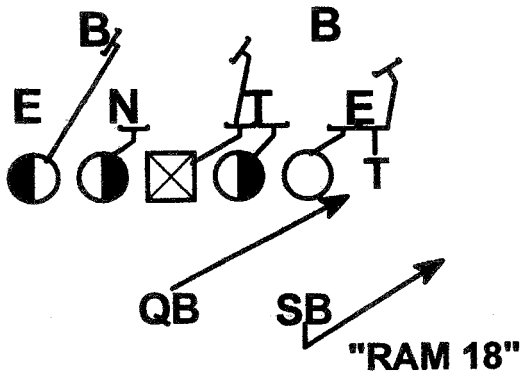
OVER 9



OVER 6

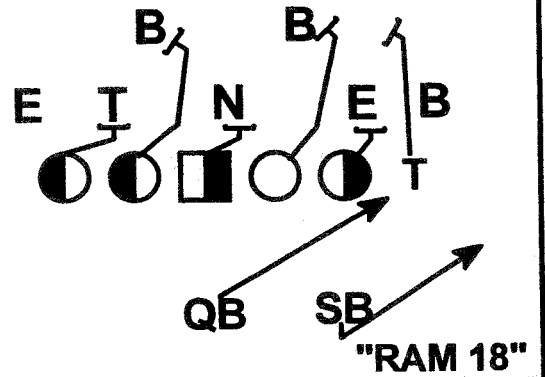


OVER 7

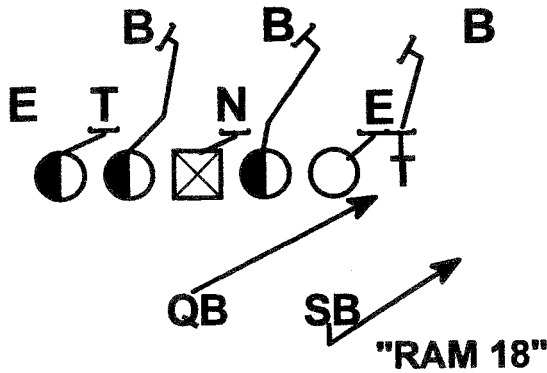


EAGLE

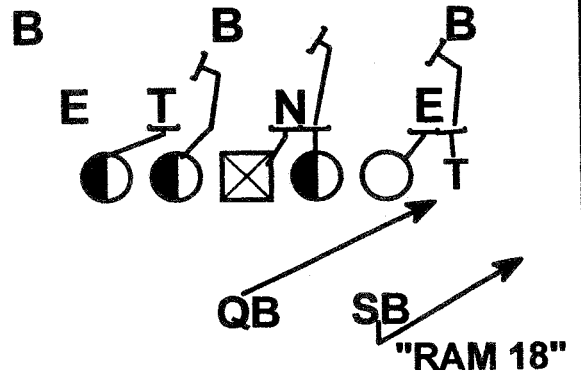
"Possible Xerox"



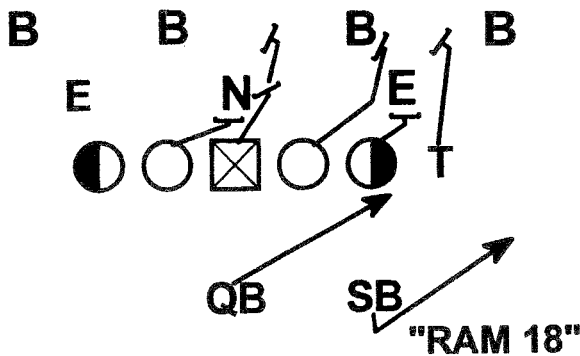
UNDER



UNDER

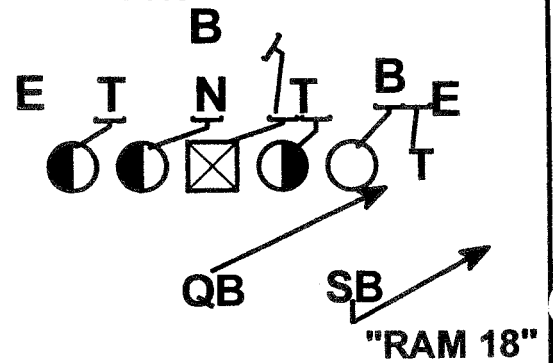


ODD



BEAR EXCHANGE

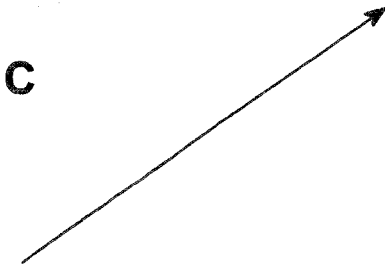
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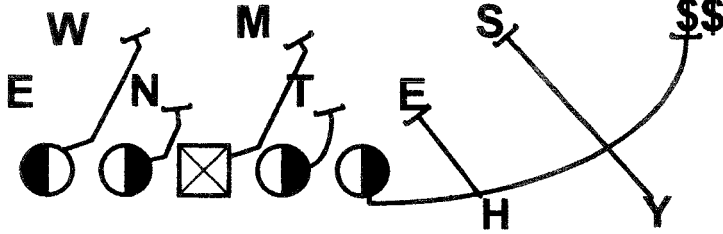
Over

C

X



FS



C

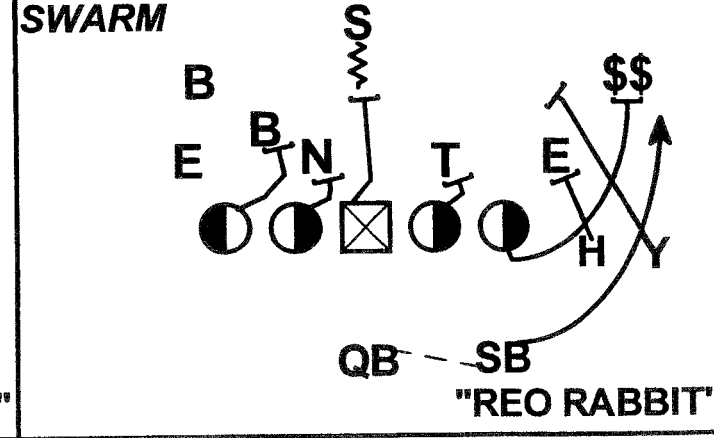
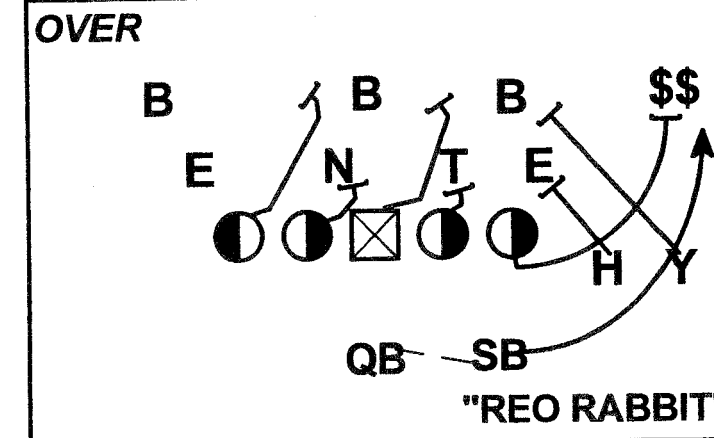
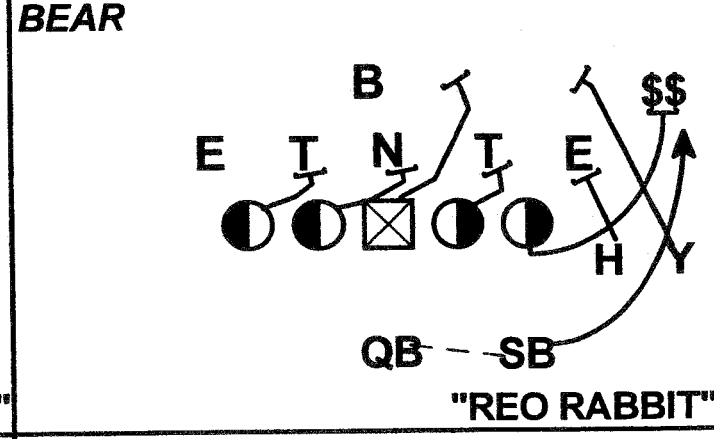
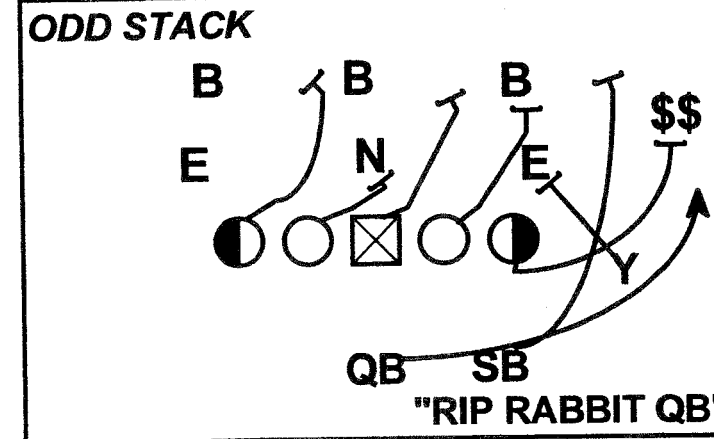
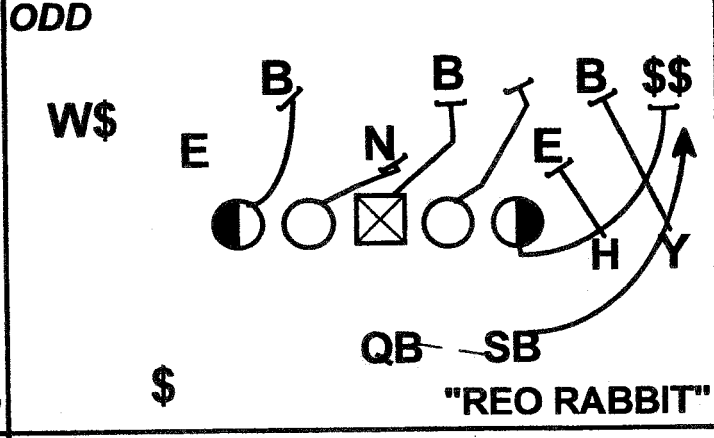
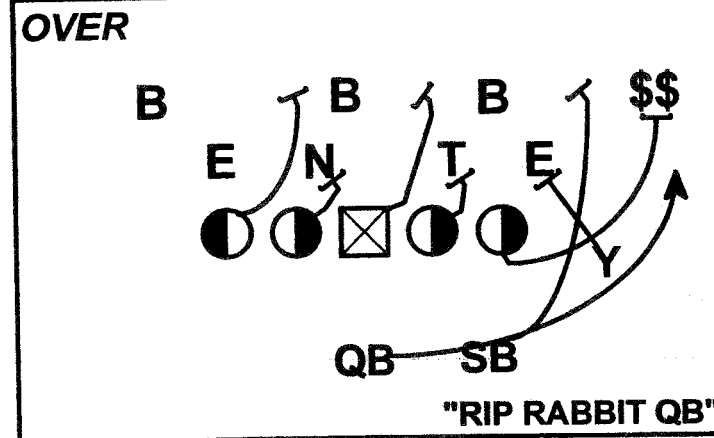
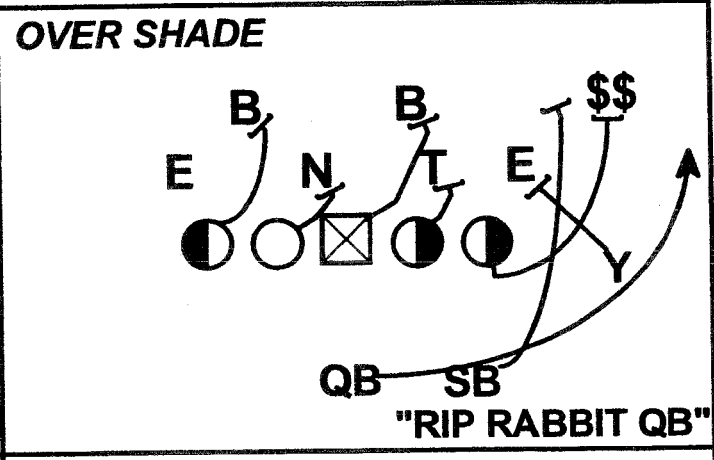
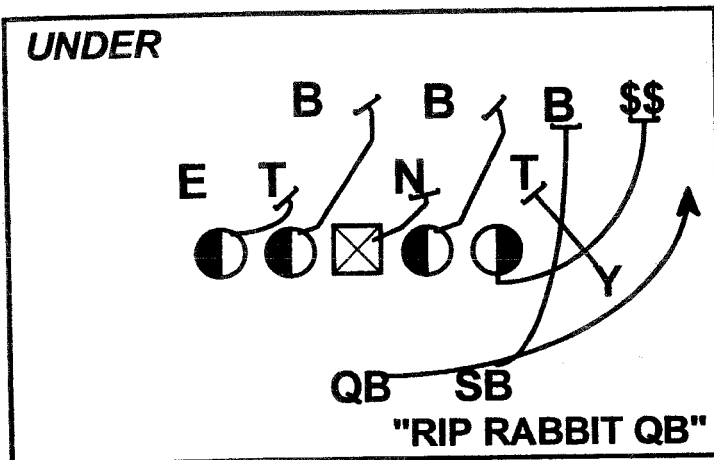
Z

QB - - - SB

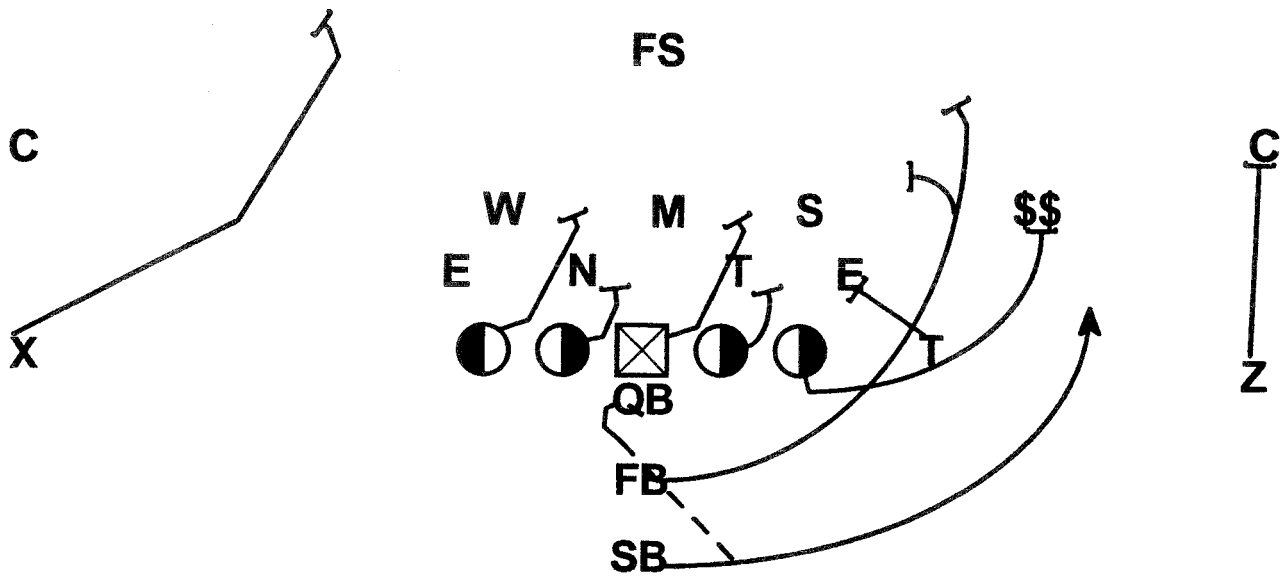
"REO RABBIT"

Playside Assignment	Position	Backside Assignment
Zone Playside "A" Gap. Scoop, Ace You, Ace Tag Be Alert for Triple	Center	
Zone Playside "B" Gap to LB. vs. Odd - Odd Stack Ace You vs. 1 Tech. Ace Me vs. Shade.	Guard	Slip or Scoop Cut - Off 1 Technique
Pull Block Strong Safety or Flat Defender.	Tackle	Slip - Man On Cut-Off "B" Gap Block to Hobo LB.
Open Shuffle press outside **On QB call block #4 to Alley	SB	
X- Backside Cut-Off	H- 1st Man outside tackle on or off L.O.S.	
Y- Block First 2nd level defender inside.	Z- Block Man Over	
QB- Secure the snap, take two hop-shuffle steps playside and soft-toss the ball to the SB...follow the play in case of a fumble! ***With Rabbit "QB"...work for width, make the SB's block "Correct"...go off his block.		

RABBIT/LEOPARD



Over



"R-FLEX RABBIT"

Playside Assignment	Position	Backside Assignment
Zone Playside "A" Gap. Scoop, Ace You, Ace Tag Be Alert for Triple	Center	
Zone Playside "B" Gap to LB. vs. Odd - Odd Stack Ace You vs. 1 Tech. Ace Me vs. Shade.	Guard	Slip or Scoop Cut - Off 1 Technique
Pull Block Strong Safety or Flat Defender.	Tackle	Slip - Man On Cut-Off "B" Gap Block to Hobo LB.
Pause, Open step to outside Leverage - Find Alley	SB	
X- Backside Cut-Off	FB- Alley to #4 Defender	
Z- Block Man Over	T- 1st man outside tackle on or off L.O.S.	
QB- Secure the snap, drop step with playside foot, reverse pivot, seed the ball and make a great "soft toss" to SB. Bootleg opposite play call across L.O.S. to hold the DE.		

UNDER

B B B \$\$
 E T N T
 ●●☒●● Y
 QB SB

OVER SHADE

B B \$\$
 E N T E
 ●○☒●● Y
 QB SB

OVER

B B B \$\$
 E N T E
 ●●☒●● Y
 QB SB

ODD

W\$ B B B \$\$
 E N E
 ●○☒○● H Y
 \$ QB SB

ODD STACK

B B B \$\$
 E N E
 ●○☒○● Y
 QB SB

BEAR

B \$\$
 E T N T E
 ●●☒●● H Y
 QB SB

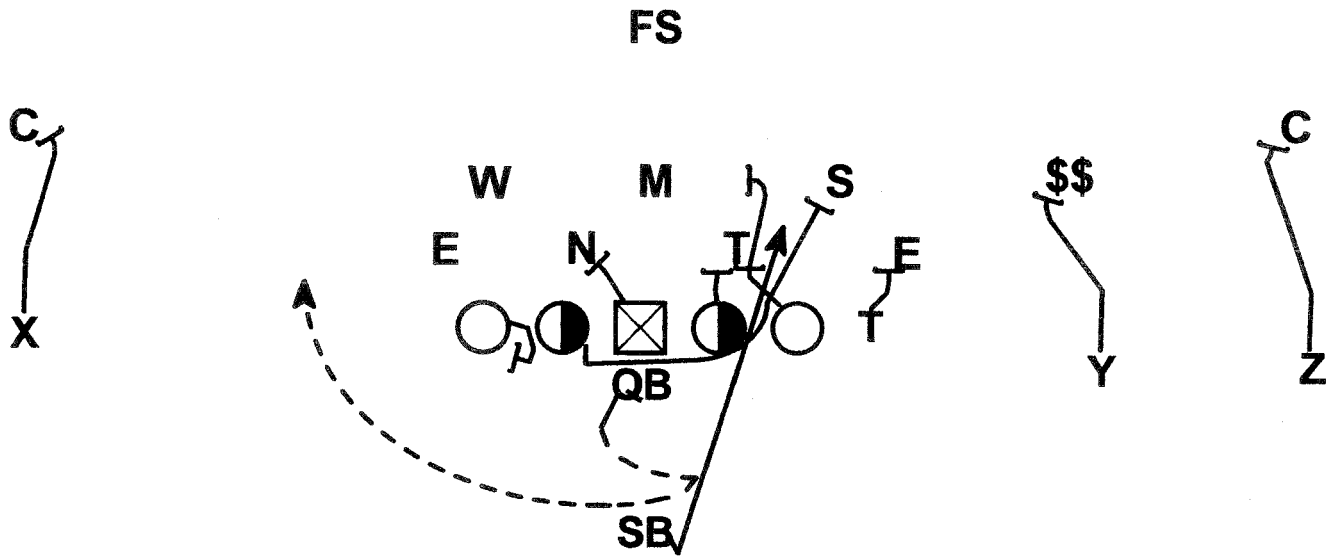
OVER

B B B \$\$
 E N T E
 ●●☒●● H Y
 QB SB

SWARM

S
 B B \$\$
 E N T E
 ●●☒●● H Y
 QB SB

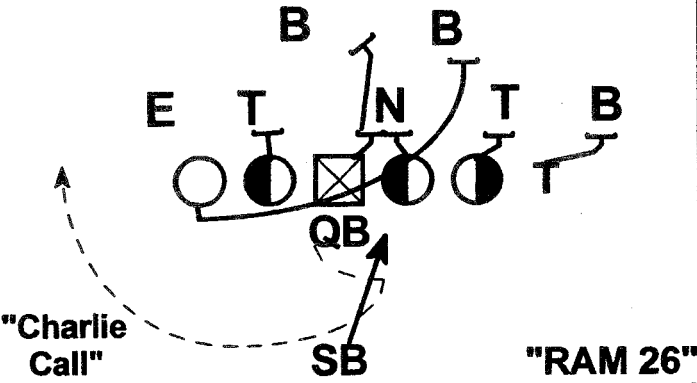
Over



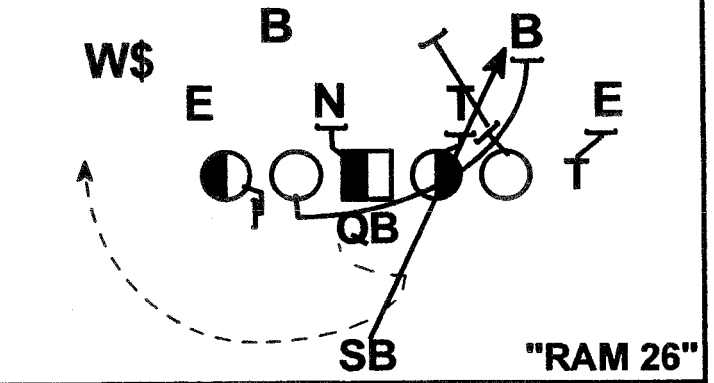
"RAM 26"

Playside Assignment	Position	Backside Assignment
	Center	Backside "A" gap (shade to 1-2-3 tech.) Man on vs. bear. Ace back vs. Eagle and Eagle-G.
Ace back vs. O, shade or 1 tech. with charlie call. Deuce back, Deuce mike, Ace mike vs. odd stack.	Guard	Pull for playside LB. Charlie call + you have a 3 tech. give tackle a "you call". Block man on. (Ace Back) Also vs. bear front.
Man on (5 tech. give charlie call). Deuce mike, Deuce back. Alert for Help Tackle.	Tackle	Pick + Hinge, sift to WLB, (you call) pull and block playside LB.
Drop step down hill to double. Read flow of mike LB.	SB	
X- Backside Cut-Off		T- Man on - Man outside vs. Bear.
Y- Block Cover Down		Z- Block Man Over
QB- Reverse pivot, just past 6 o'clock, seed the ball and hand it deep so SB can "bang, bend, or bounce". Adjust to him on 3rd step. Bootleg opposite play across L.O.S. to hold backside D.E.		

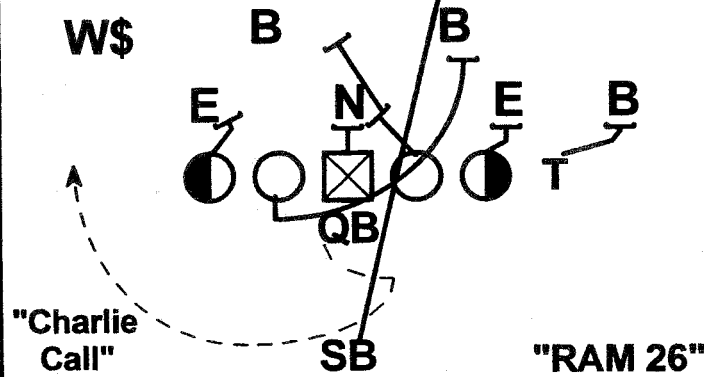
EAGLE G



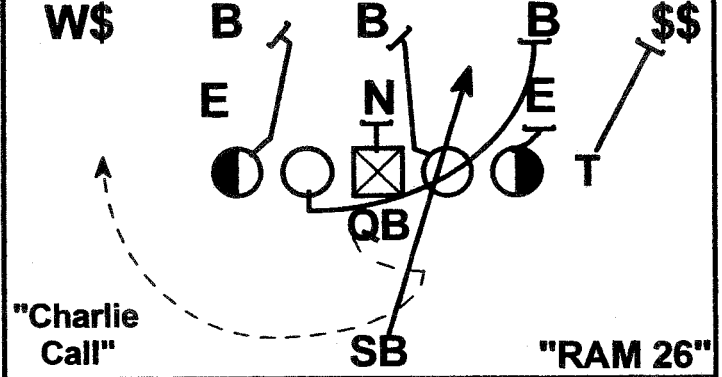
OVER SHADE 9



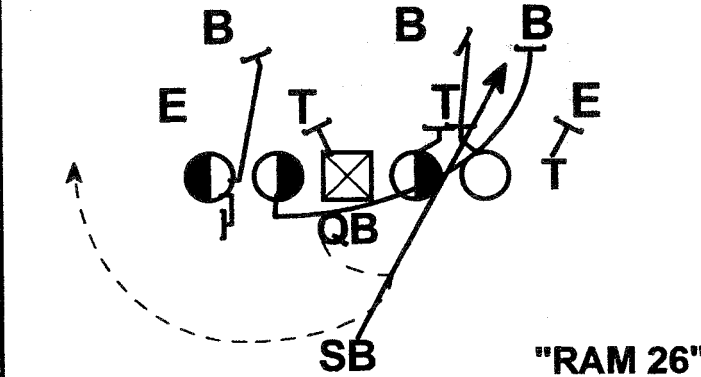
ODD



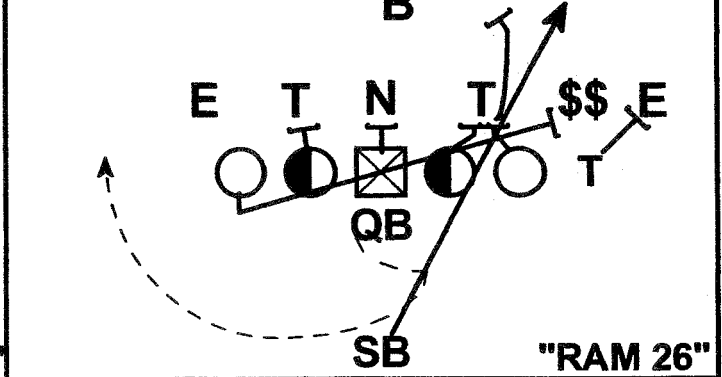
ODD STACK



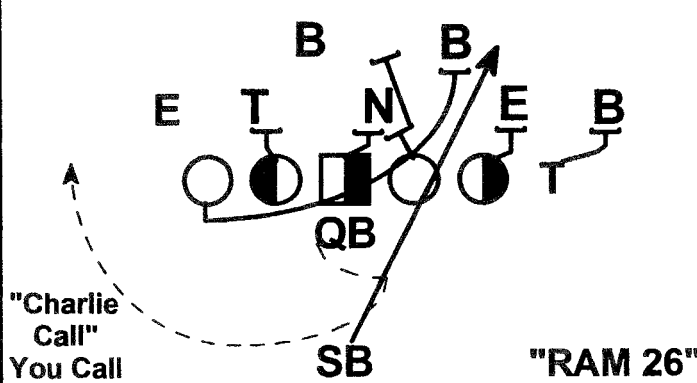
4-3 OVER 9



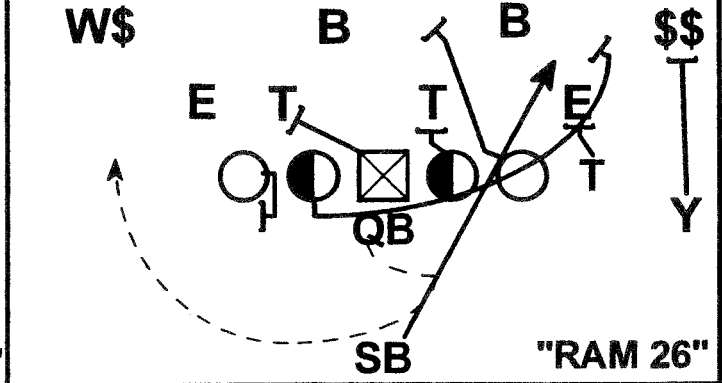
BEAR



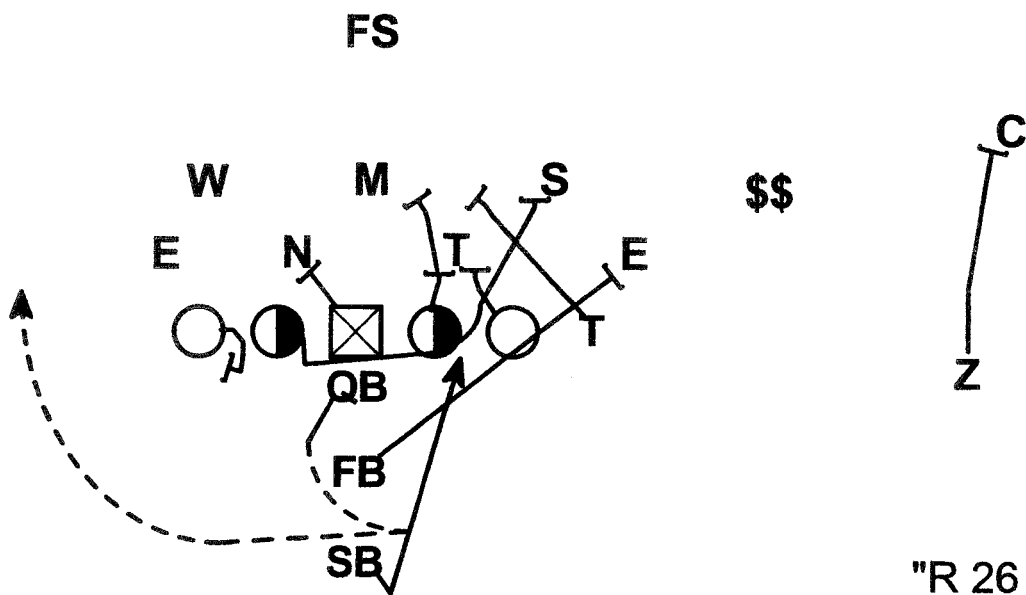
EAGLE



UNDER 7



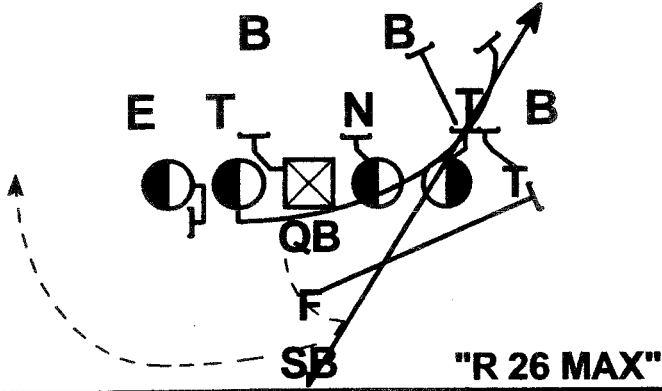
Over



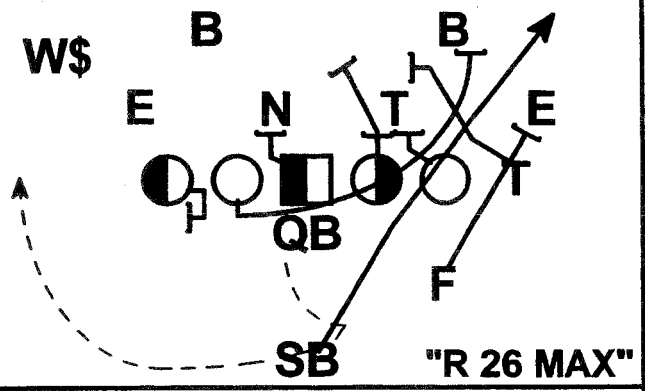
"R 26 Max"

Playside Assignment	Position	Backside Assignment
	Center	Backside "A" gap. (Shade- to 1-2-3 tech.) Odd front go to DE.
Man on, help call -(down block) Deuce back, Ace back. *Alert for help tackle.	Guard	Pull for playside LB. Vs. 3 Tech give tackle a you call. Block Man-On
Trey back, Deuce back. *Alert for help tackle.	Tackle	Pick and Hinge, Sift to OLB, (You-Call) pull and Block Playside LB.
Drop step downhill to double. Read flow of Mike LB	SB	
F- Angle for E.M.O.L - Get movement.	T- Down block "C" gap to MLB to B.S. LB. Trey back.	
X- Backside Cut-Off	Z- Block Man Over (Game Plan- Push Crack)	
QB- Reverse pivot, just past 6 o'clock, seed the ball and hand it deep so SB can "bang, bend, or bounce". Adjust to him on 3rd step. Bootleg opposite play across L.O.S. to hold backside D.E.		

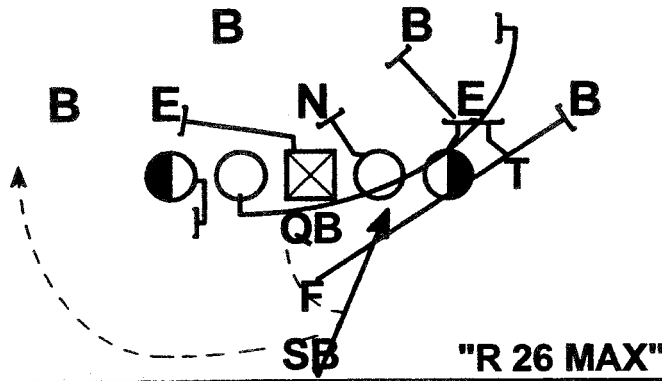
EAGLE G



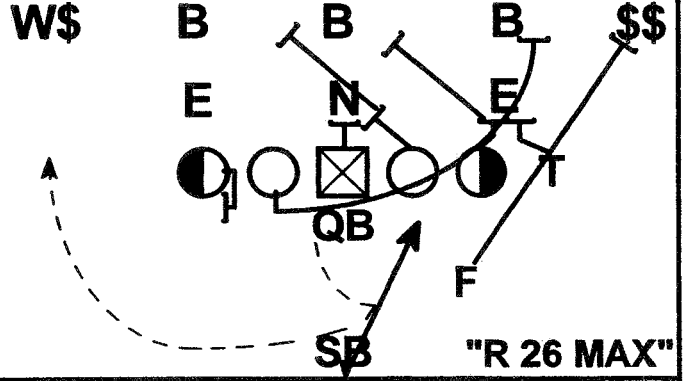
OVER SHADE 9



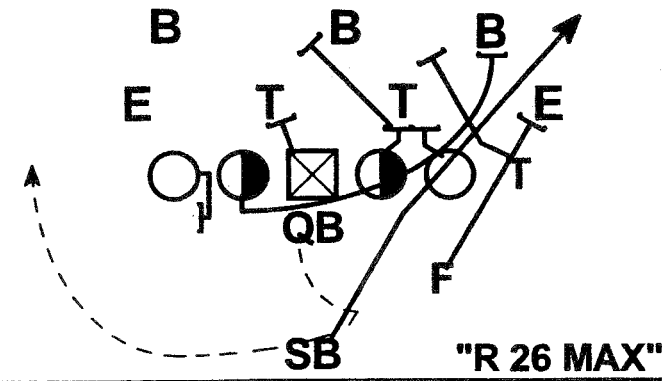
ODD



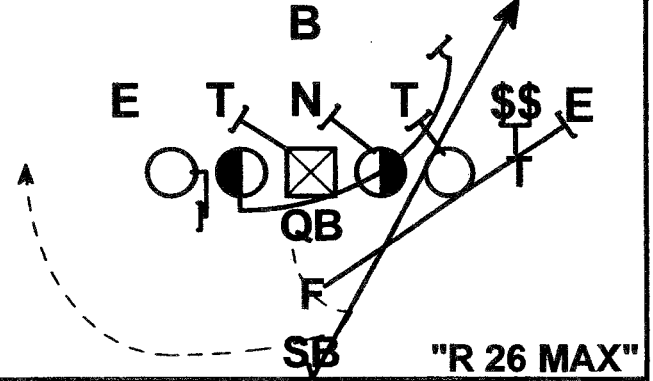
ODD STACK



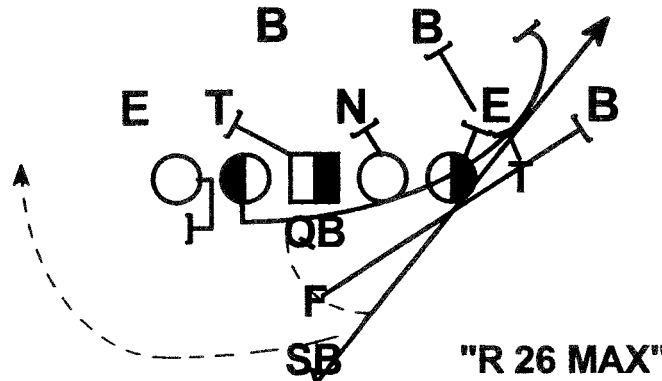
4-3 OVER 9



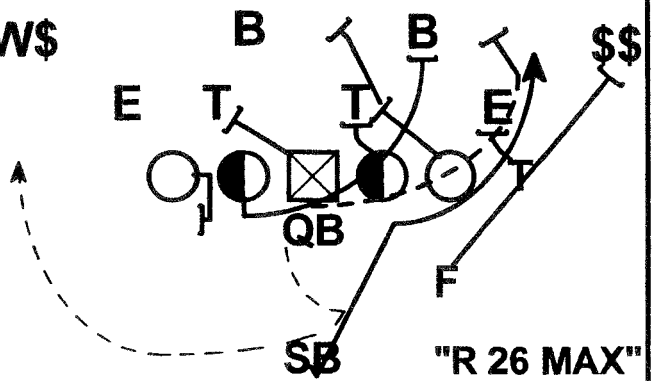
BEAR



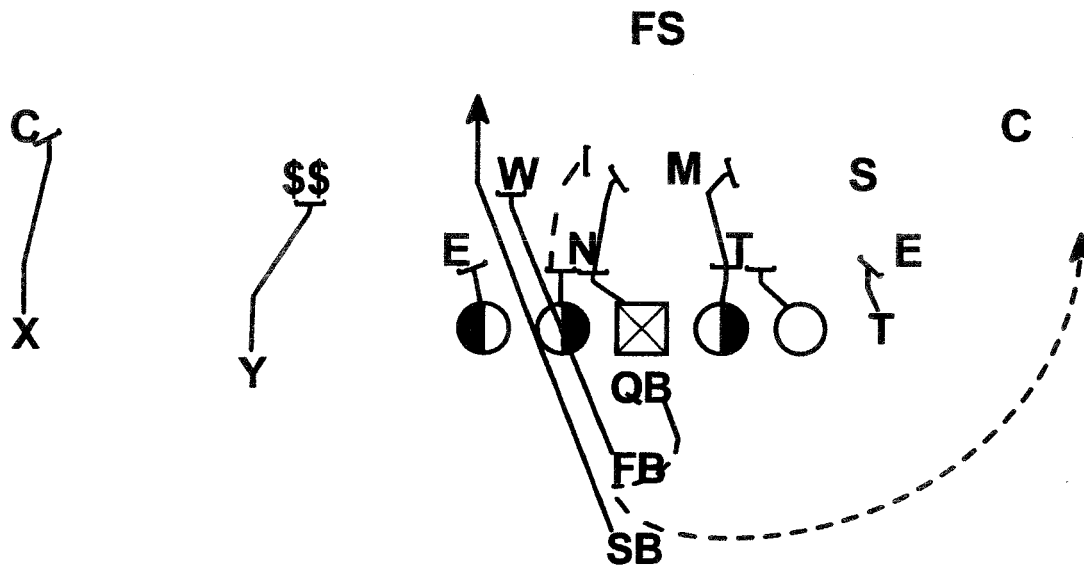
EAGLE



UNDER 7

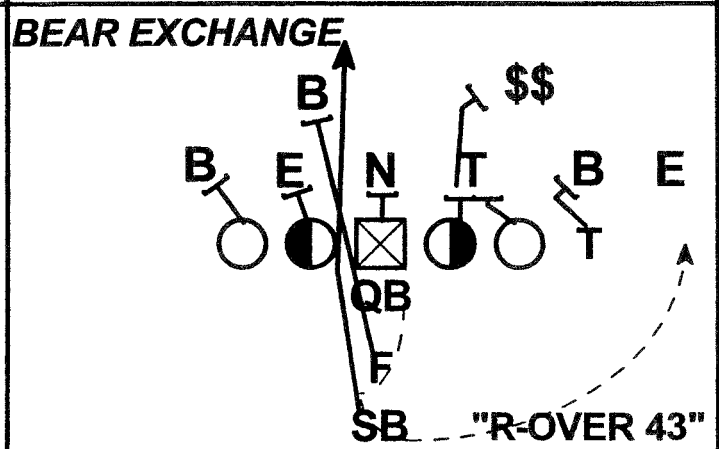
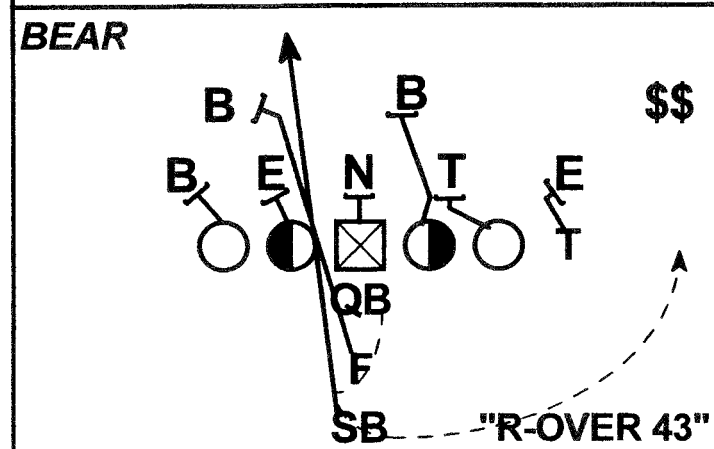
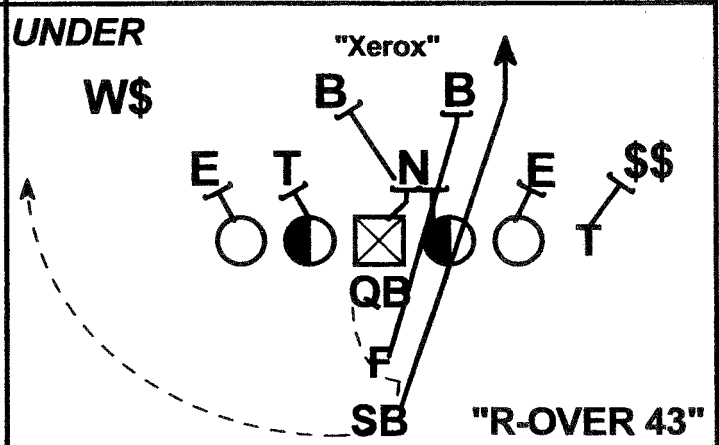
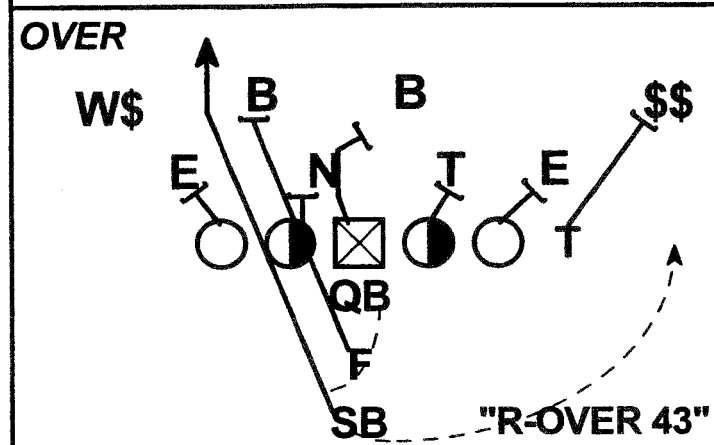
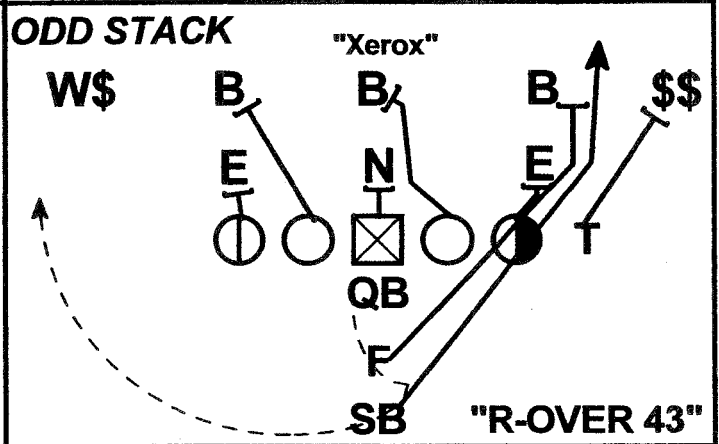
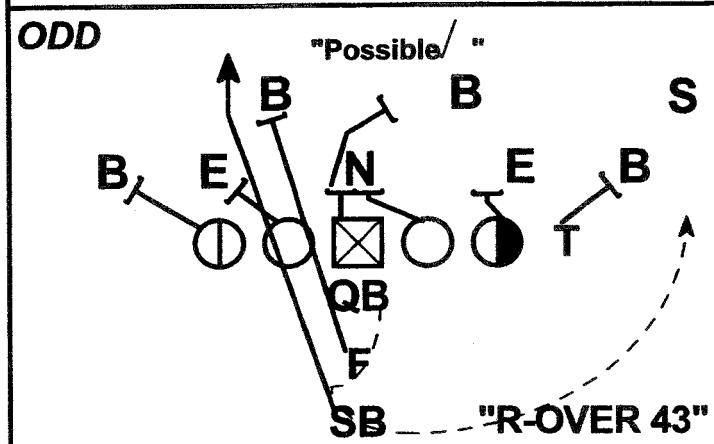
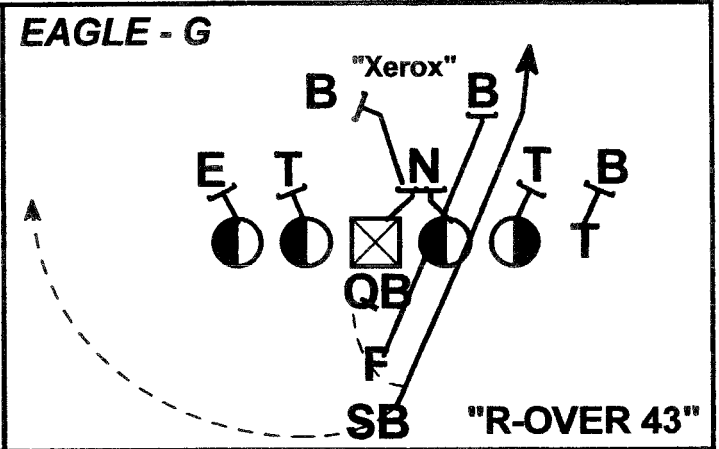
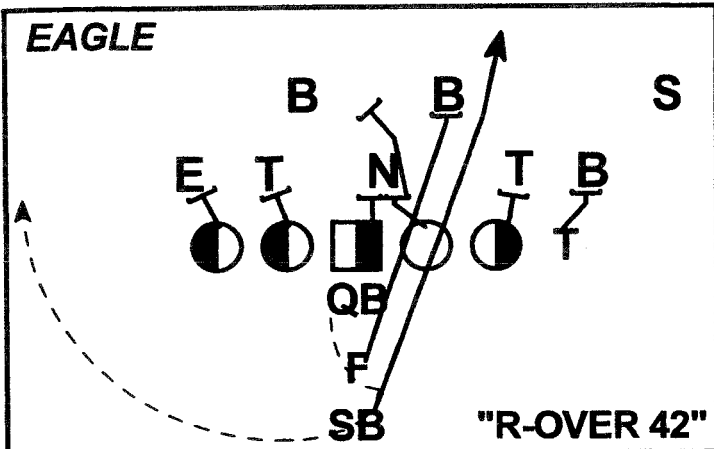


Over

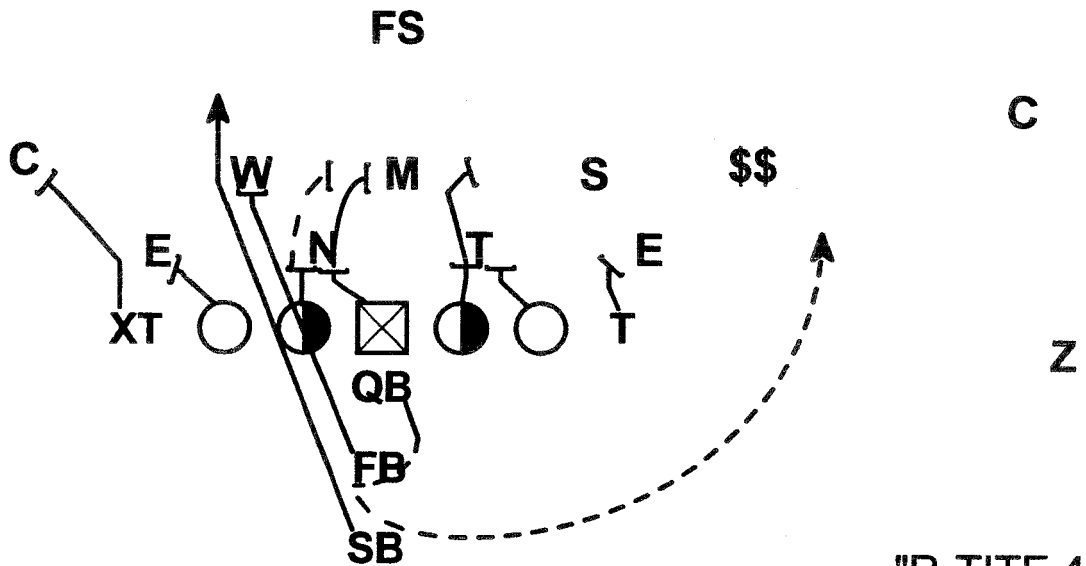


"R-OVER 43"

Playside Assignment	Position	Backside Assignment
Ace Back vs. Odd Ace Mike vs. Stack Man on vs. Bear Scoop Back vs 1 tech.	Center	
Ace Back, Ace Stack, Man on, Fan vs. 50	Guard	Man on, outside vs. 50 Slip
Man on, outside. (If TE stays on DE) Deuce Back. Fan vs. 50	Tackle	Man on, outside. Sif to WLB. Slip vs. Bear. Ace Mike - slip
Downhill to playside gap. Read FB block.	SB	
FB- Block first LB playside attack downhill, read "B" gap for best track to LB.		T- Block man on, outside. Fan with Tackle.
X- Block Man Over		Y- Block Cover Down
QB- Reverse pivot, 6 o'clock, seed the ball and hand it deep so SB can "bang or bend". Adjust to him on 3rd step. Bootleg opposite play across L.O.S. to hold backside DE.		

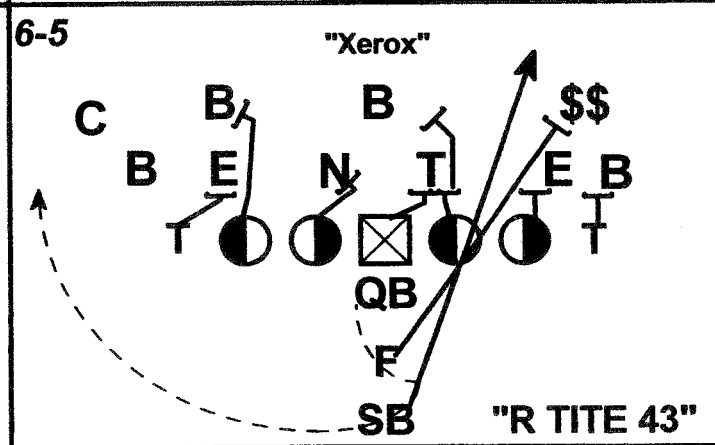
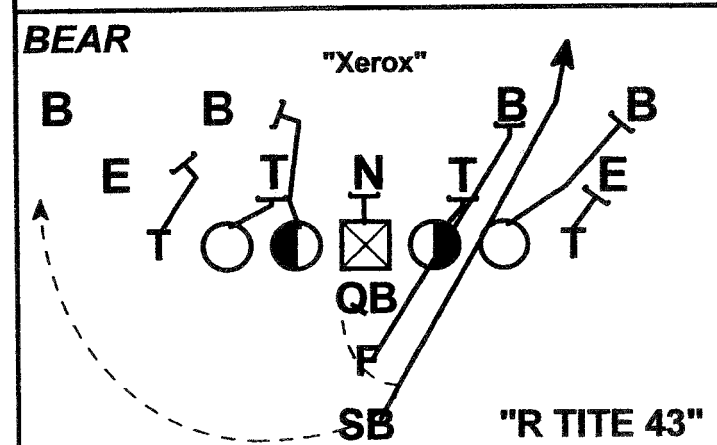
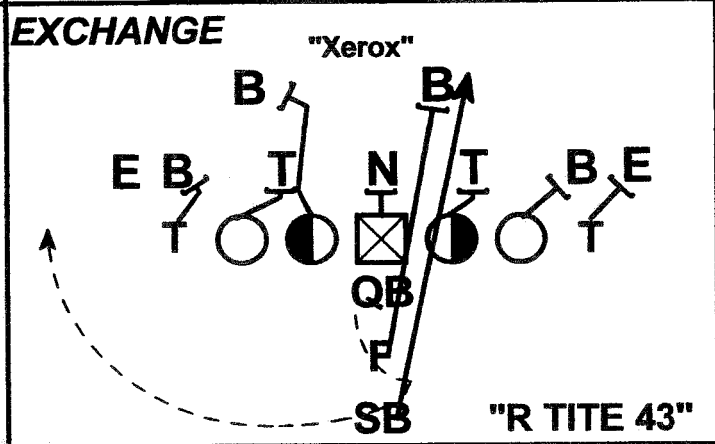
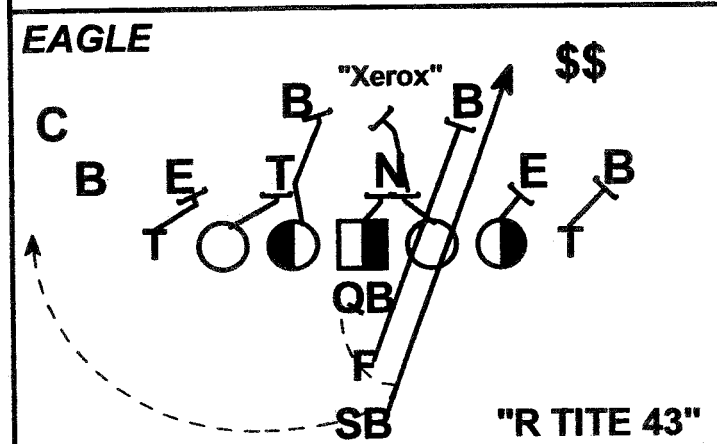
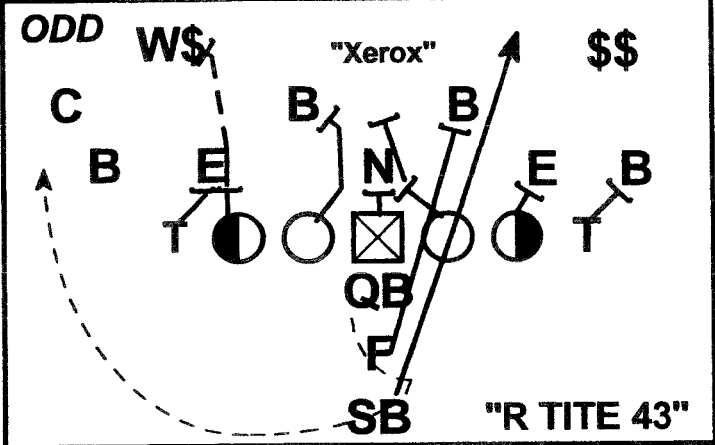
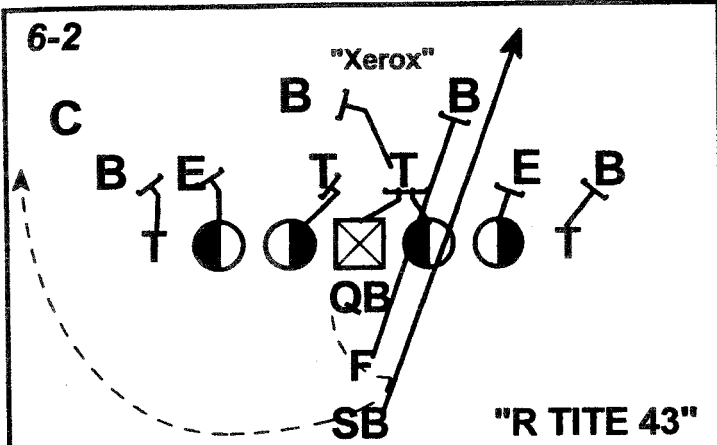


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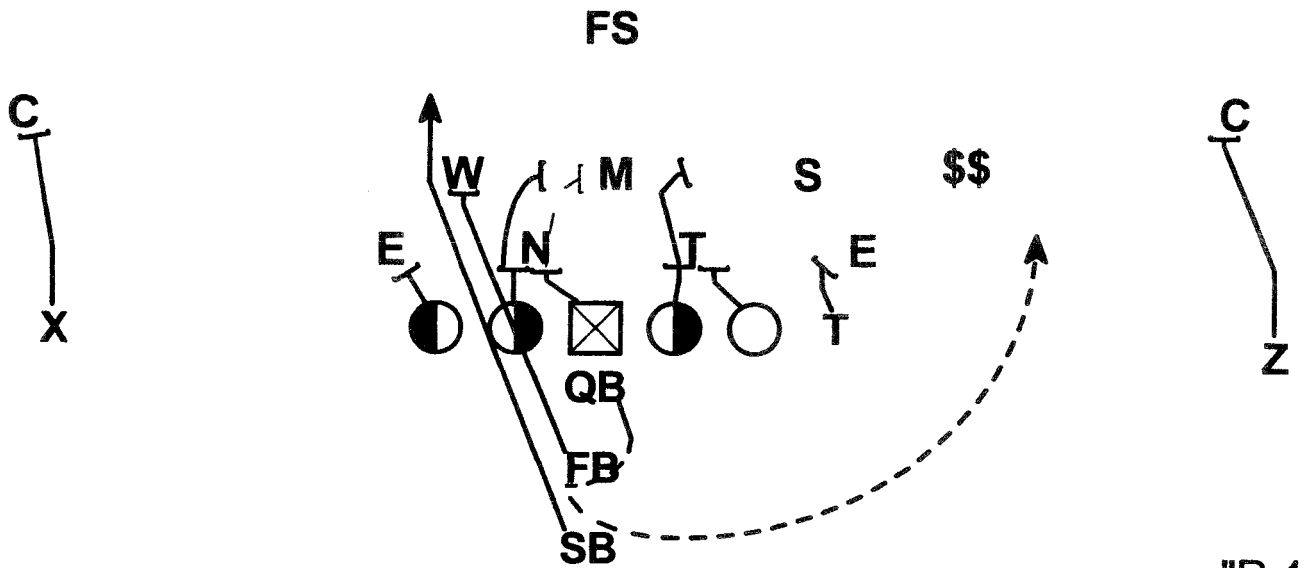


"R-TITE 43"

Playside Assignment	Position	Backside Assignment
Ace Back vs. Odd Ace Mike vs. Stack Man on vs. Bear Scoop Back vs 1 tech.	Center	
Ace Back, Ace Stack, Man on, Fan vs. 50	Guard	Man on, outside vs. 50 Slip
Man on, outside. (If TE stays on DE) Deuce Back. Fan vs. 50	Tackle	Man on, outside. Sif to WLB. Slip vs. Bear. Ace Mike - slip
Downhill to playside gap. Read FB block.	SB	
T- Block man on, outside. Fan with Tackle.	XT- Block man on, outside. Fan with Tackle.	
FB- "A" gap to "B" gap to playside LB.	Z- Backside Cut-Off Rules	
QB- Reverse pivot, 6 o'clock, seed the ball and hand it deep so SB can "bang or bend". Adjust to him on 3rd step. Bootleg opposite play across L.O.S. to hold backside DE.		

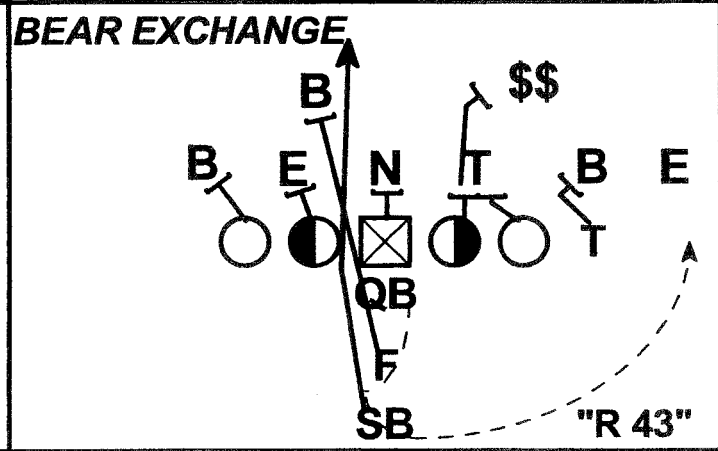
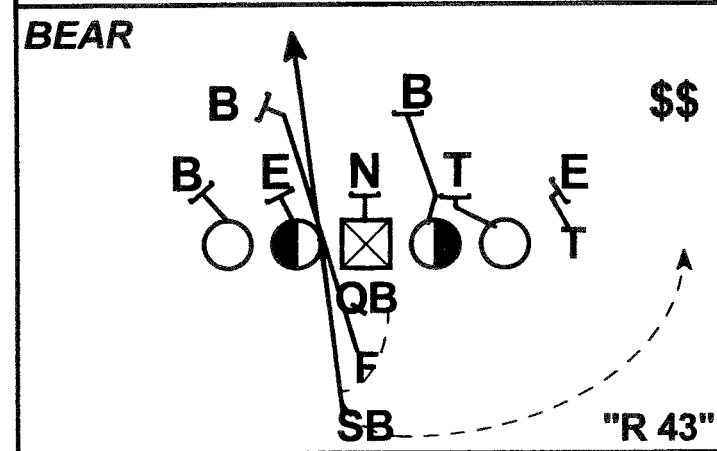
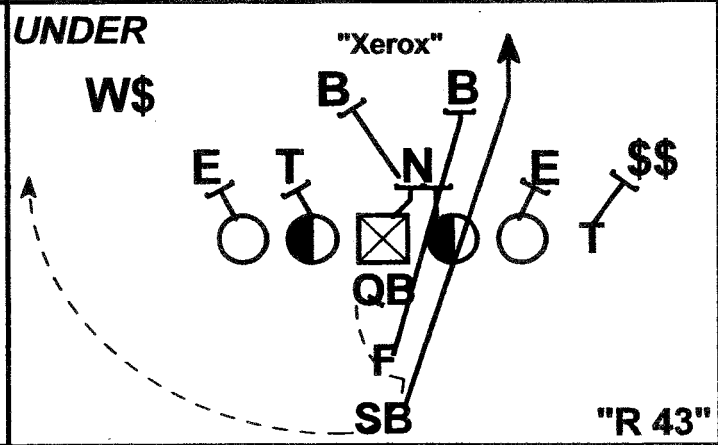
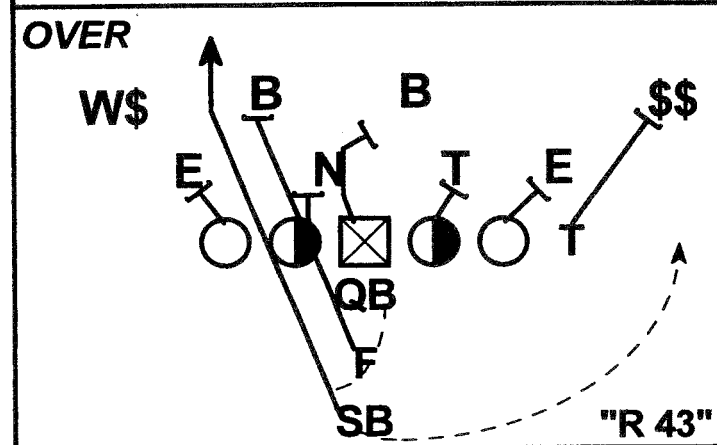
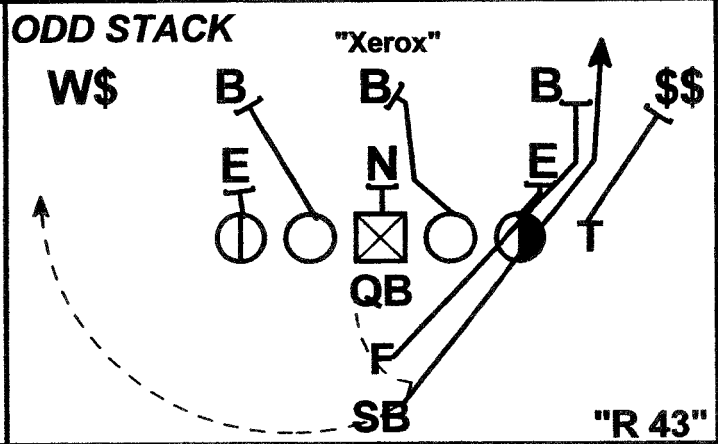
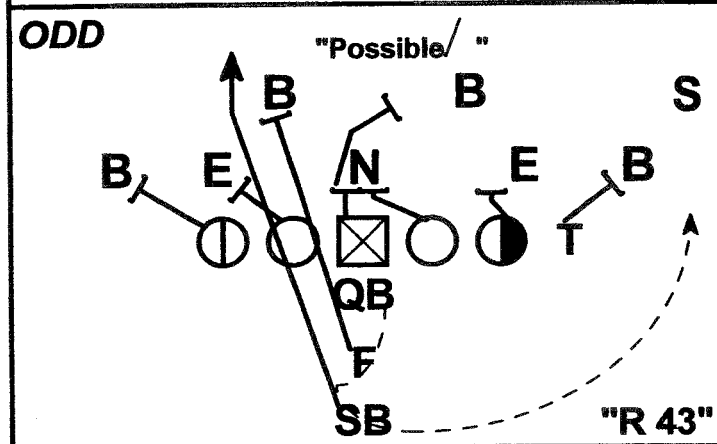
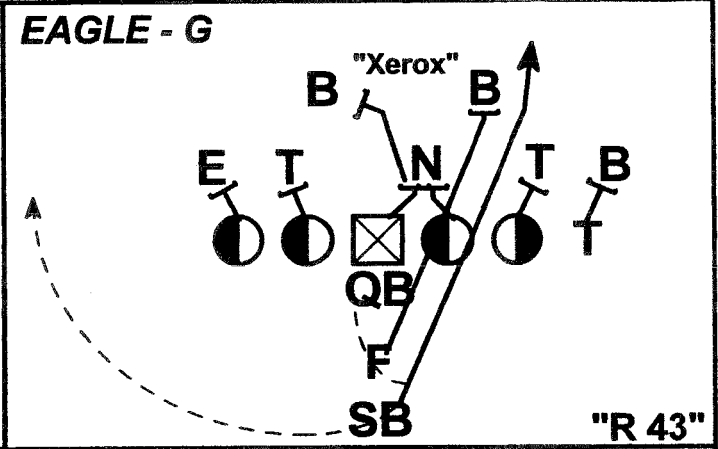
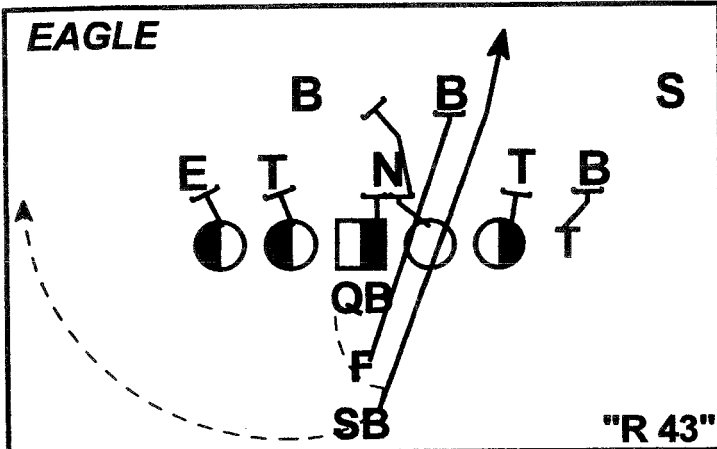


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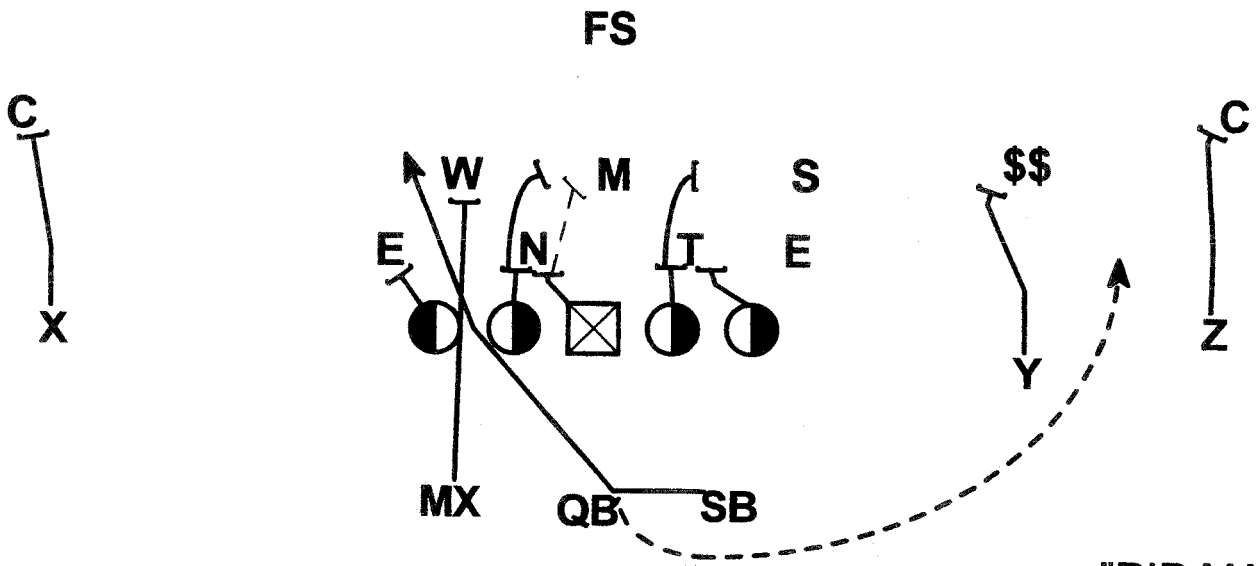


"R 43"

Playside Assignment	Position	Backside Assignment
Ace Back vs. Odd Ace Mike vs. Stack Man on vs. Bear Scoop Back vs 1 tech.	Center	
Ace Back, Ace Stack, Man on, Fan vs. 50	Guard	Man on, outside vs. 50 Slip
Man on, outside. (If TE stays on DE) Deuce Back. Fan vs. 50	Tackle	Man on, outside. Sif to WLB. Slip vs. Bear. Ace Mike - slip
Downhill to playside gap. Read FB block.	SB	
FB- Block first LB playside attack downhill, read "B" gap for best track to LB.	T- Block man on, outside. Fan with Tackle.	
X- Block Man Over (Game Plan Push Crack)	Z- Backside Cut-Off	
QB- Reverse pivot, 6 o'clock, seed the ball and hand it deep so SB can "bang or bend". Adjust to him on 3rd step. Bootleg opposite play across L.O.S. to hold backside DE.		



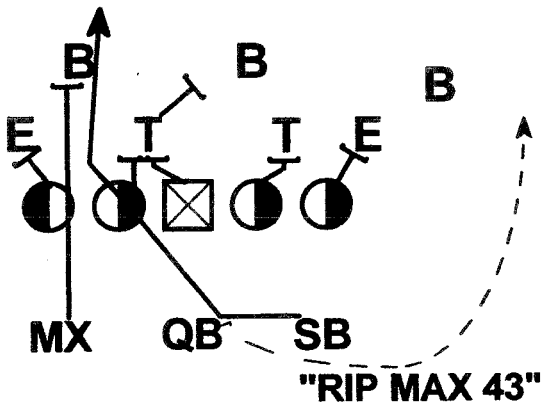
Over



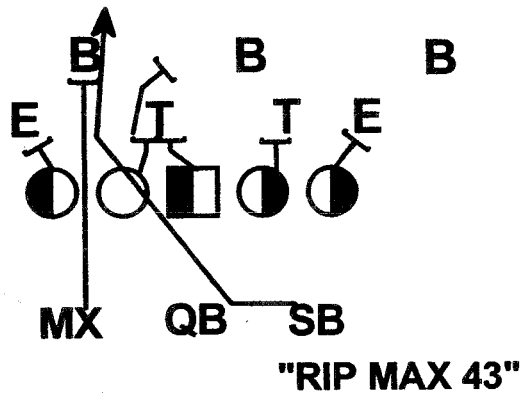
"RIP MAX 43"

Playside Assignment	Position	Backside Assignment
Ace Back vs. Odd Ace Mike vs. Stack Man on vs. Bear Scoop Back vs 1 tech.	Center	
Ace Back, Ace Stack, Man on, Fan vs. 50	Guard	Man on, outside vs. 50 Slip
Man on, outside. (If TE stays on DE) Deuce Back. Fan vs. 50	Tackle	Man on, outside. Sif to WLB. Slip vs. Bear. Ace Mike - slip
Downhill to playside gap. Read MX block.	SB	
MX- Block first LB playside attack downhill, read "B" gap for best track to LB.		X- Block Man Over (Game Plan Push Crack)
Y- Block Cover Down		Z- Block Man Over
QB- Secure the snap, eyes up, feet parallel and place the ball in the SB's belly + bootleg oppsie the play called past the L.O.S. holding the DE.		

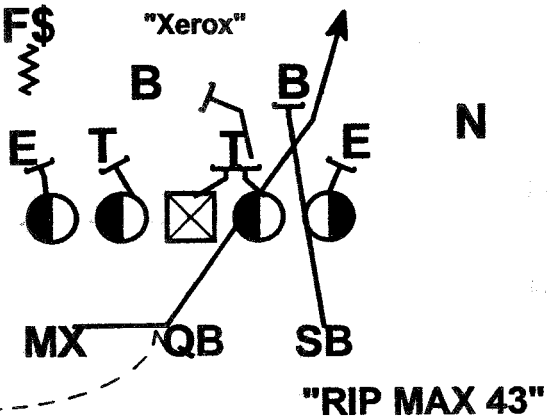
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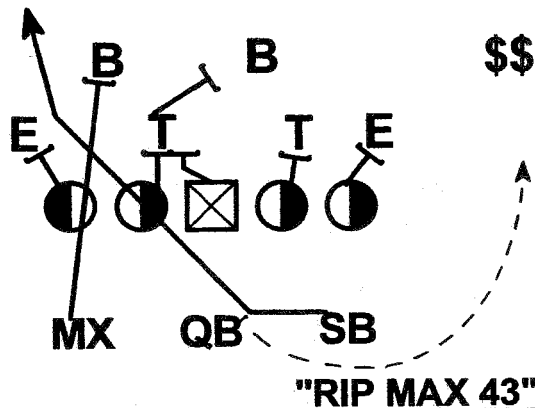
OVER SHADE



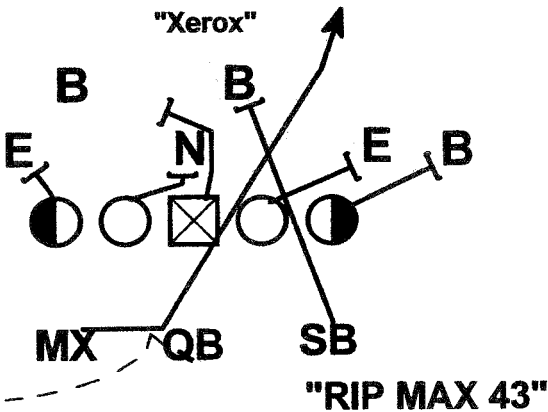
UNDER



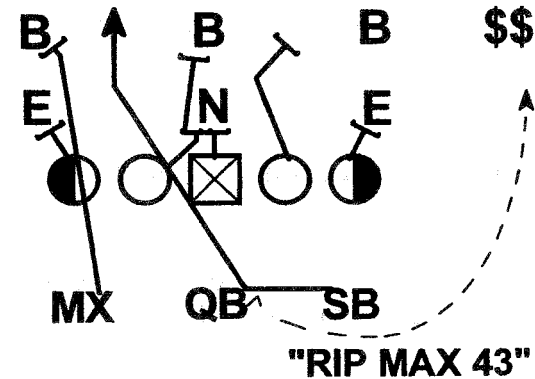
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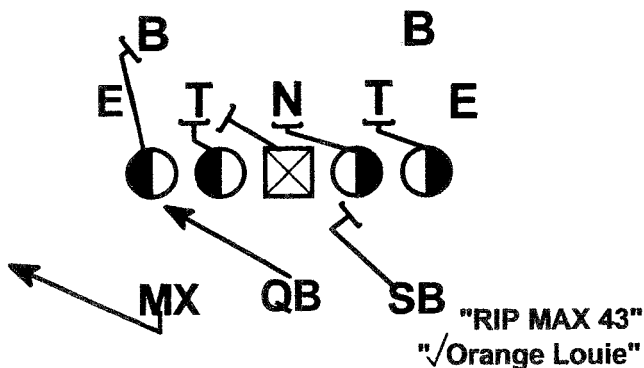
ODD



ODD STACK

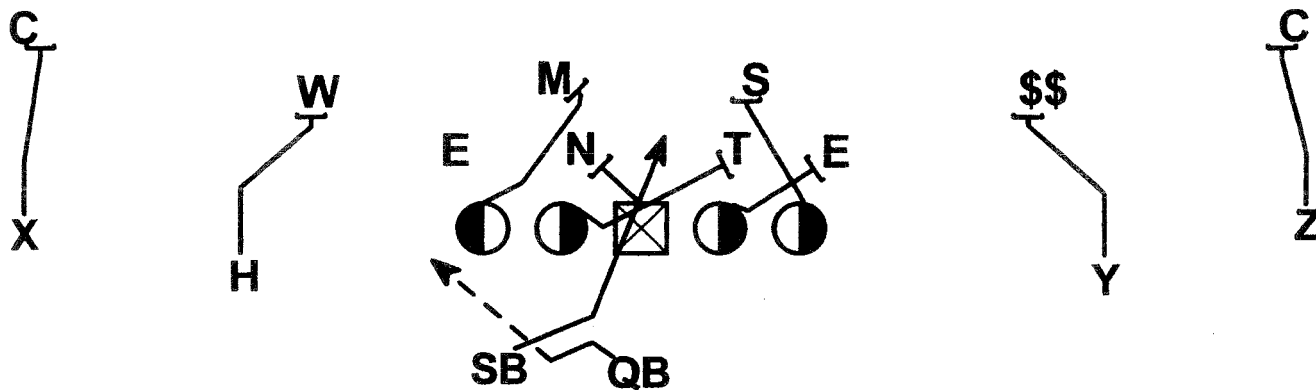


BEAR



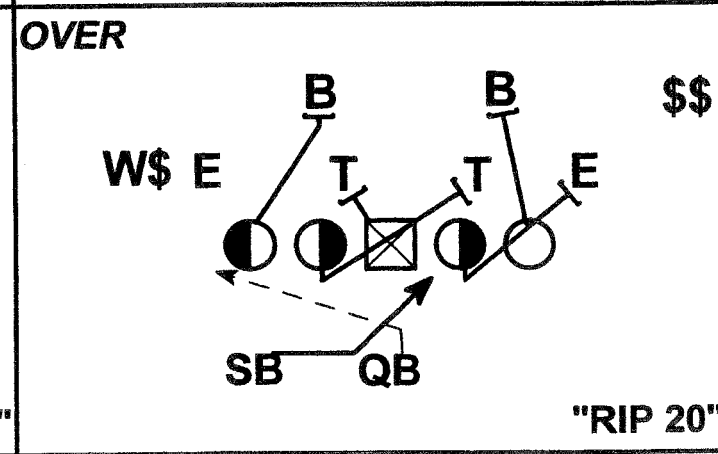
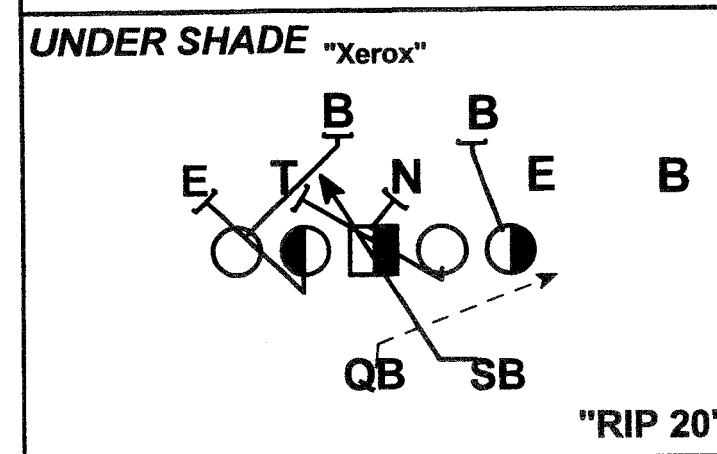
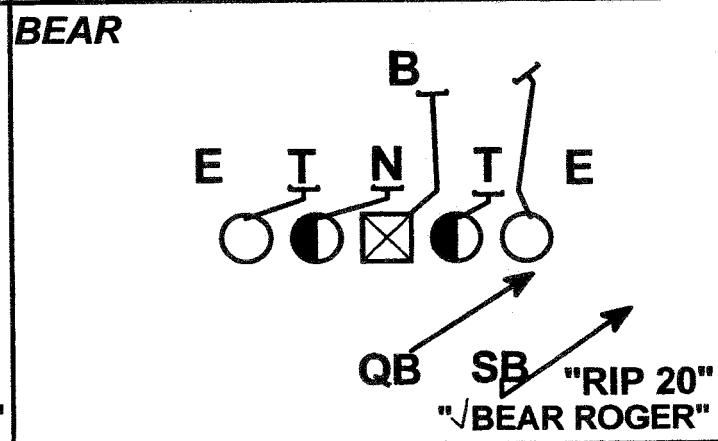
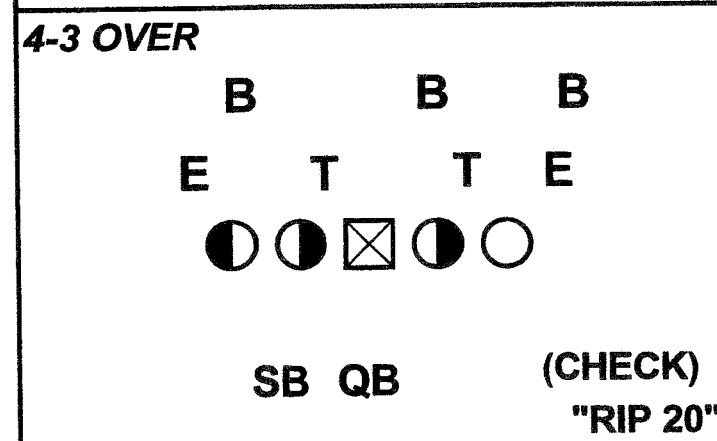
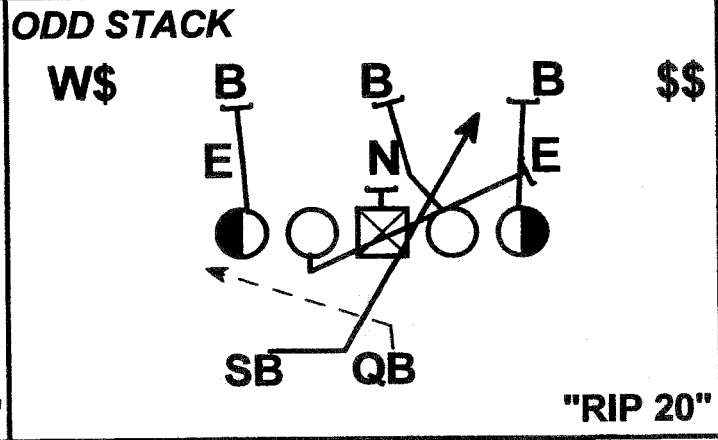
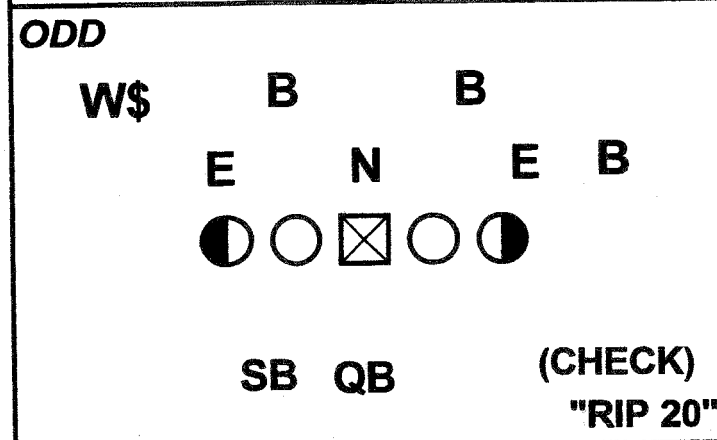
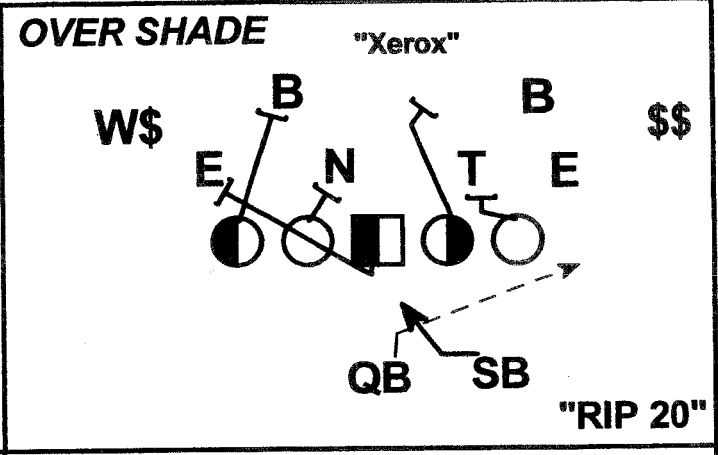
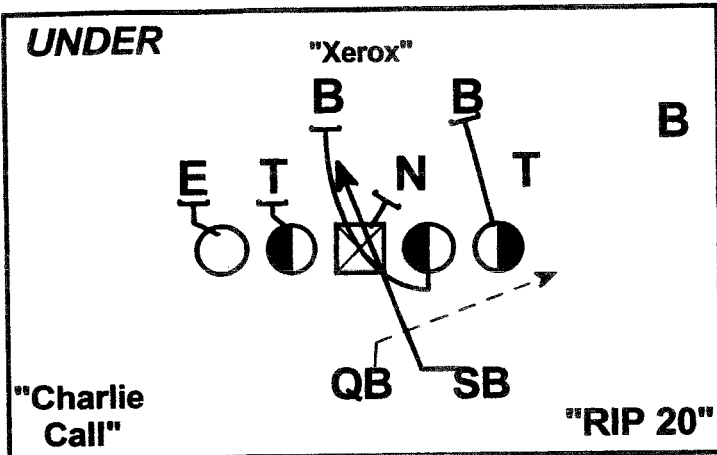
Over

FS

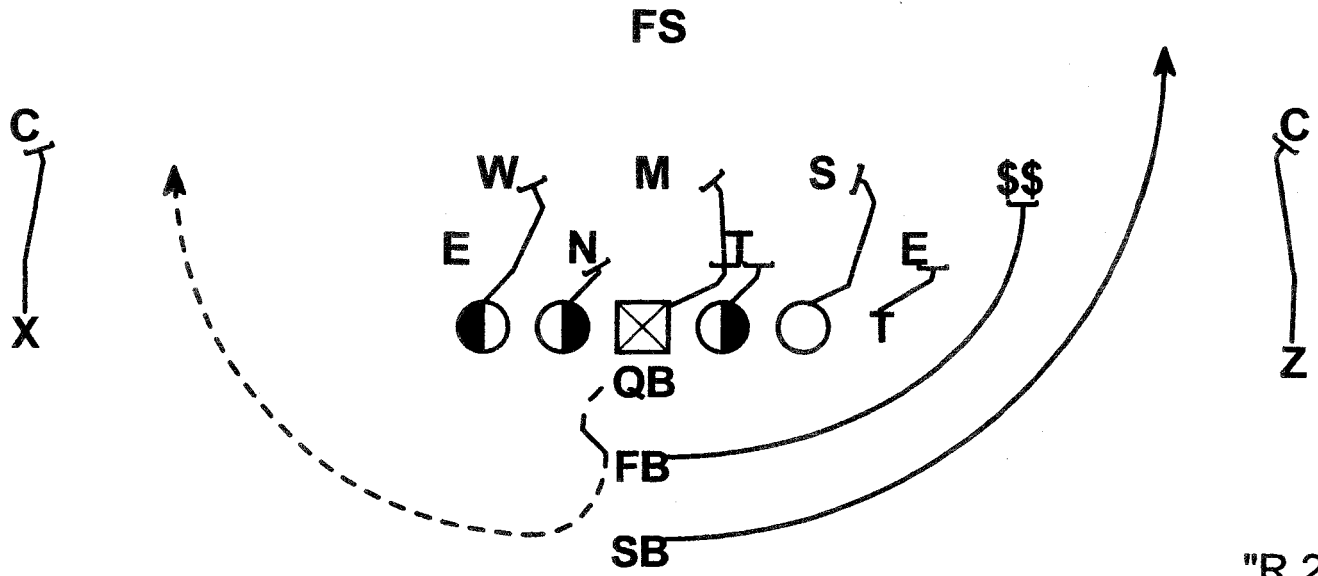


"RIP 20"

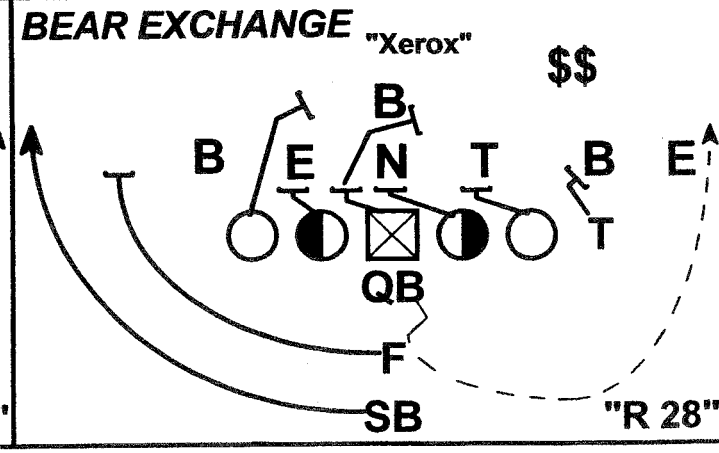
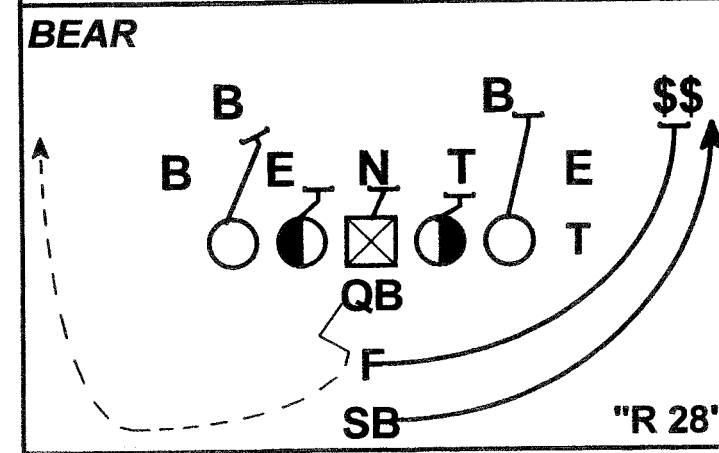
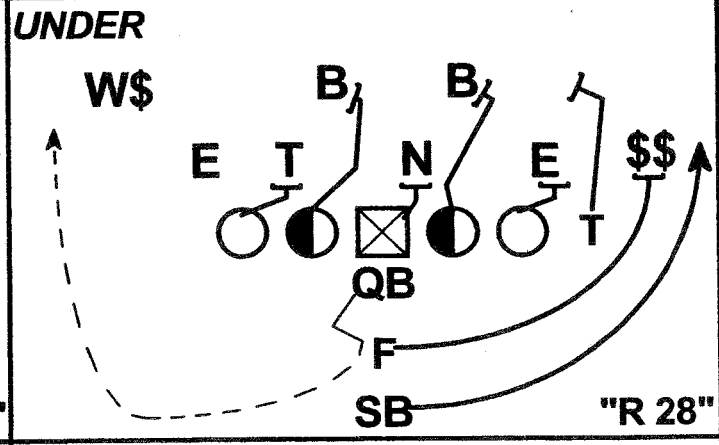
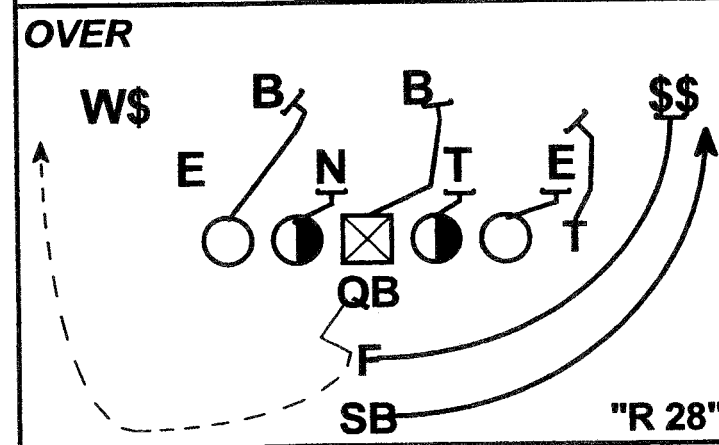
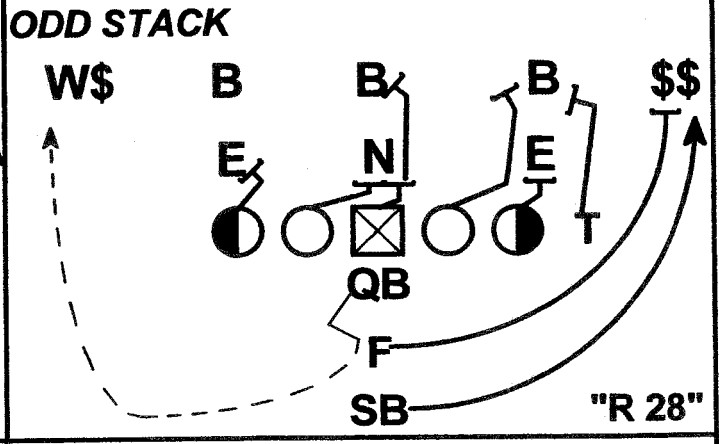
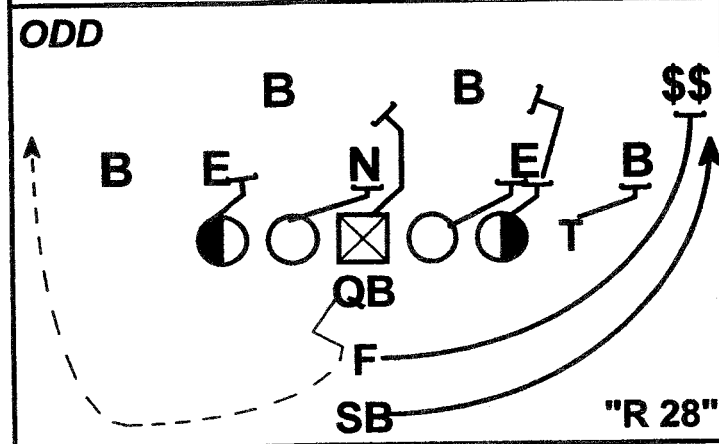
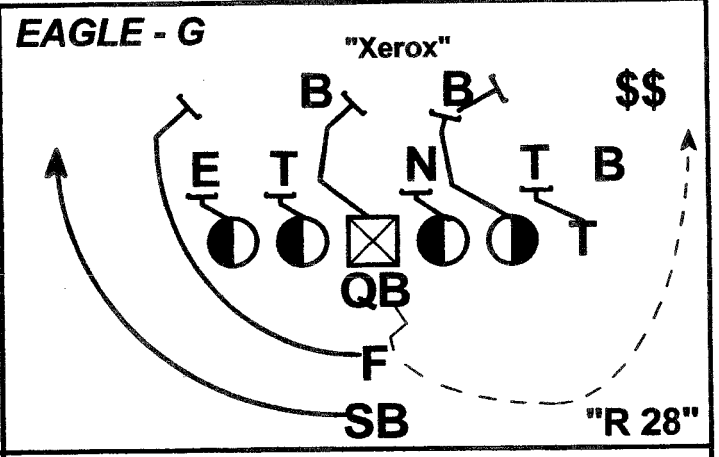
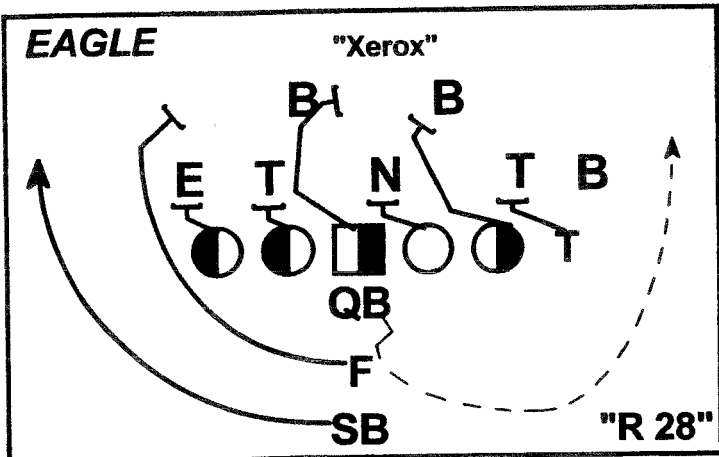
Playside Assignment	Position	Backside Assignment
Ace (Man on) vs. Odd and Odd Stack. Pull and Trap vs. Shaded Nose playside. 2 - 3 tech. (Split Look) Wedge blocking.	Center	Block backside "A" gap vs. Even front (3 and 1 tech.).
3 tech. influence and block next man on L.O.S. vs. Swarm Blount. 1 tech. block man on or shaded nose strong Odd - Ace Back. Odd Stack - Ace Read.	Guard	Pull and trap 3 tech. or 5 tech. Shoot 3 tech. backside.
Apex playside LB. Man on vs. slant 4 tech. Tackle. Odd Stack - work to stacked LB.	Tackle	Apex playside LB. Man on vs. slant 4 tech. Tackle. Be alert for Shoot call on 3 tech. Tackle. Odd Stack - work to stacked LB.
Downhill 45 degree step, aim at playside leg of center, feel for BSG and PST's block. Find Apex	SB	
X- Block Man Over		H- Block Man Down
Y- Block Cover Down		Z- Block Man Over
QB- Secure the snap, step up with playside foot on 45 degree angle and place the ball in the SB's belly. You are responsible for the Mesh! Bootleg opposite play call across the L.O.S. to hold the DE.		



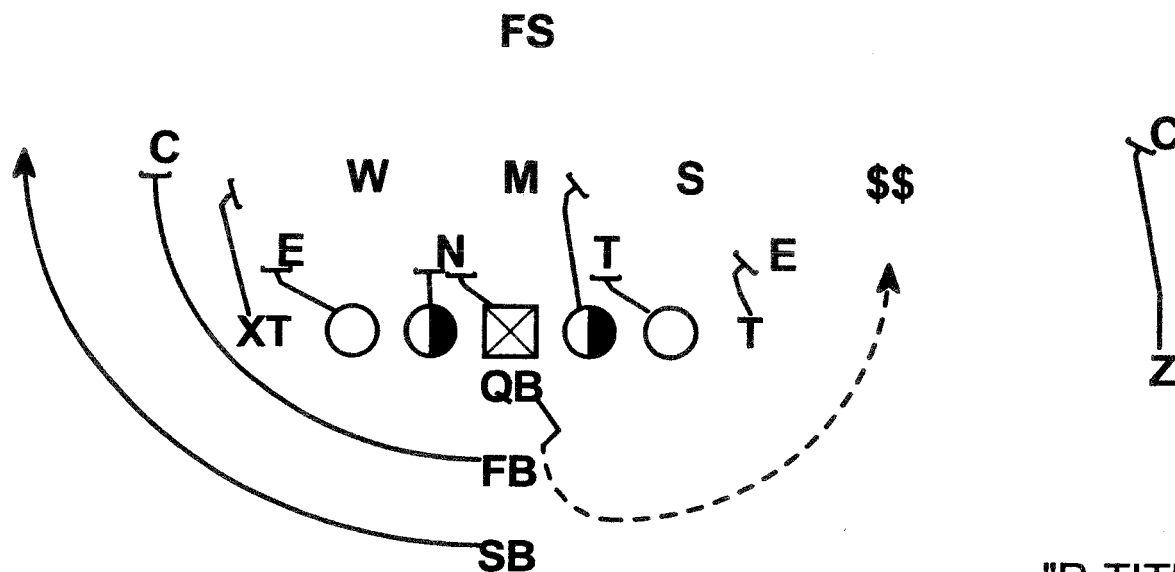
Over



Playside Assignment	Position	Backside Assignment
Zone playside "A" gap - scoop Ace you, Ace Tag - Be alert for Triple.	Center	
Zone playside "B" gap to LB vs Odd or Odd Stack. Ace You vs. 1 tech. Ace Tag vs. Strong Shade	Guard	Slip or Scoop Cutoff 1 tech.
Zone read man on - Be alert for Over call 4i	Tackle	Slip with guard man on - cutoff block "B" gap cutoff to Hobo LB.
Open cross over - sprint to outside - read force.	SB	
F- Outside on Force.	T- 9 tech. - Man read block 6 tech. - Trey level 1 to level 2 7 tech. - Trey level 1 to level 2 <i>TE will block box all the time</i>	
X- Backside Cut-Off	Z- Block Man Over (Game Plan Push Crack)	
QB- Secure snap, drop step with playside foot, reverse pivot, seed the ball and make a great "soft toss" to SB. Bootleg opposite play call across L.O.S. to hold the DE.		

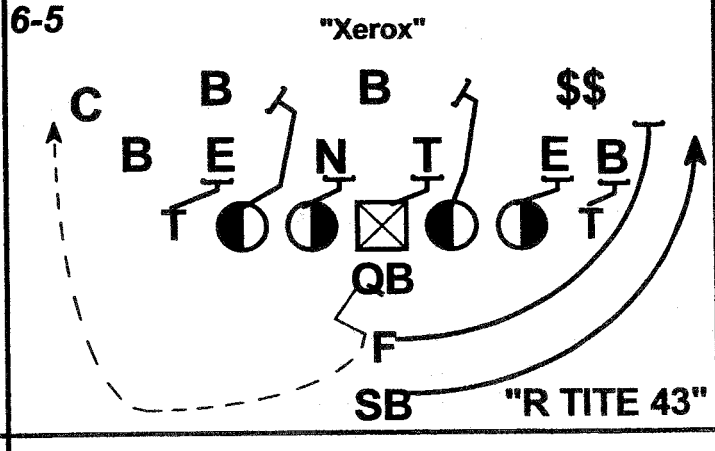
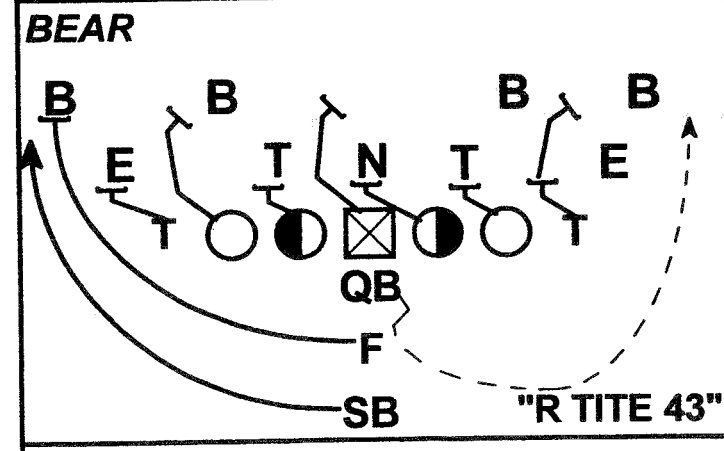
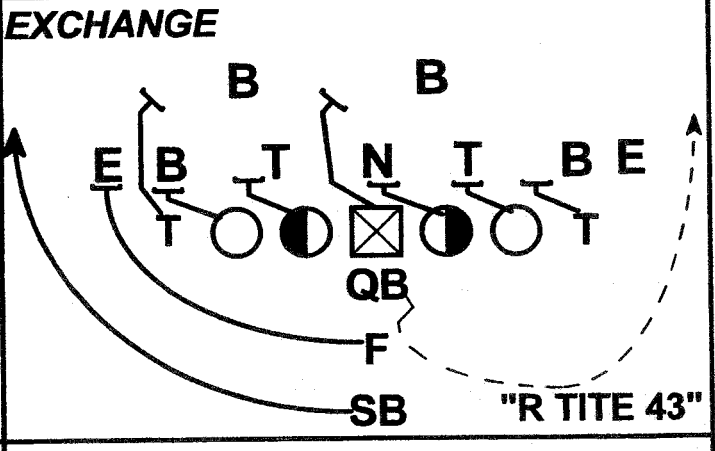
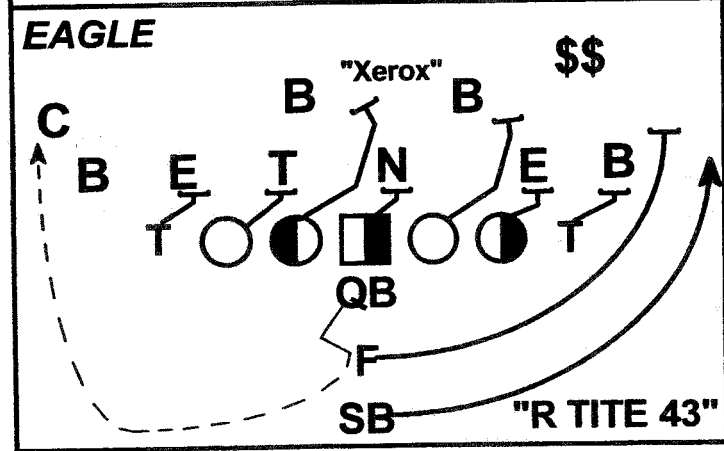
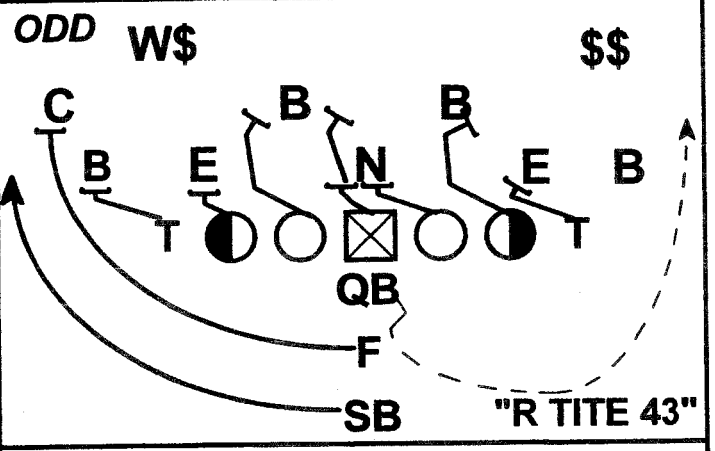
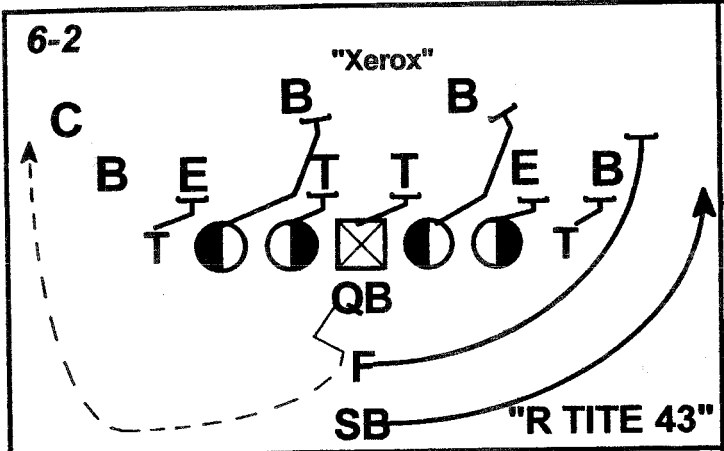


Over



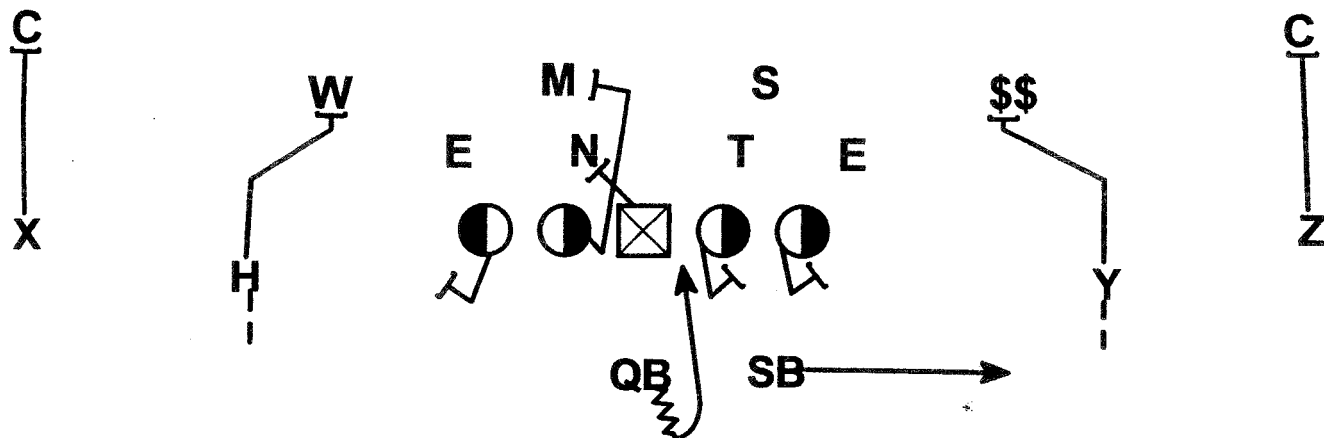
"R-TITE 29"

Playside Assignment	Position	Backside Assignment
Zone playside "A" gap - scoop Ace you, Ace Tag - Be alert for Triple.	Center	
Zone playside "B" gap to LB vs Odd or Odd Stack. Ace You vs. 1 tech. Ace Tag vs. Strong Shade	Guard	Slip or Scoop Cutoff 1 tech.
Zone read man on - Be alert for Over call 4i	Tackle	Slip with guard man on - cutoff block "B" gap cutoff to Hobo LB.
Open cross over - sprint to outside - read force.	SB	
XT- 9 tech. - Man read block 6 tech. - Trey level 1 to level 2 7 tech. - Trey level 1 to level 2 <i>TE will block box all the time</i>	T- Cutoff	
FB- Outside on Force.	Z- Backside Cut-Off	
QB- Secure snap, drop step with playside foot, reverse pivot, seed the ball and make a great "soft toss" to SB. Bootleg opposite play call across L.O.S. to hold the DE.		



Over

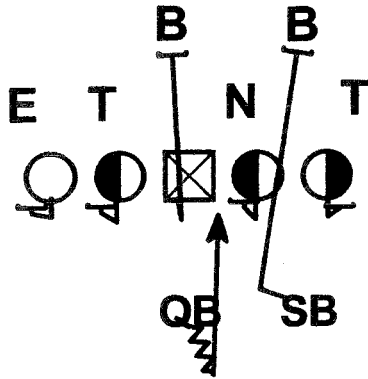
FS



"RIP 32"

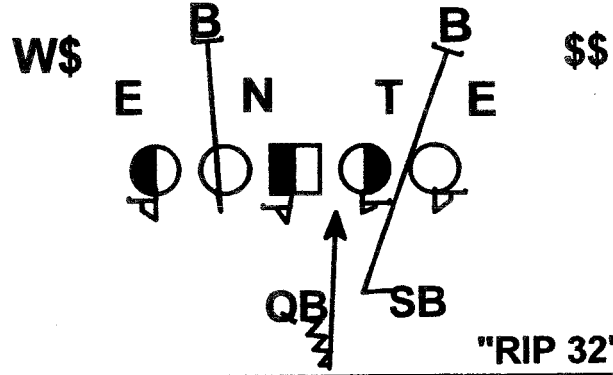
Playside Assignment	Position	Backside Assignment
Even - charlie to backside LB. (Scoop Back) Even Ace - Charlie to MLB (combo blocks also). Odd - man on / Odd Stack - combo to MLB	Center	
Man on -- over LB Gus or Charlie with Center (Combo blocks also). To backside LB.	Guard	Man on -- over LB Gus with Tackle vs. 4i tech. Fan to wekside LB.
Man on. Gus a 4i tech.	Tackle	Man on -- Fan Gus 4i tech. Vs. Swarm flash to down safety.
Slide in - drift back for the mesh -- press bubble. Swing on "QB" call. Alert adjustment for load block.	SB	
X- Block Man Over	H- Block Cover Down Alert to Sight vs. Cover Down Blitz	
Y- Block Cover Down Alert to Sight vs. Cover Down Blitz	Z- Block Man Over	
QB- Six in the box, QB runs the ball. Secure the snap. Take a quick "3" drop (do not los yardage) and find the crease, Five in the box, SB runs the ball. Secure the snap, take a quick "3" drop, place the ball in his belly, continue to drop back and show pass.		

UNDER



"RIP 32"

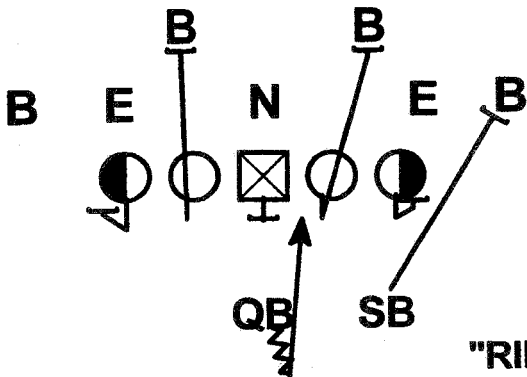
OVER SHADE



"RIP 32"

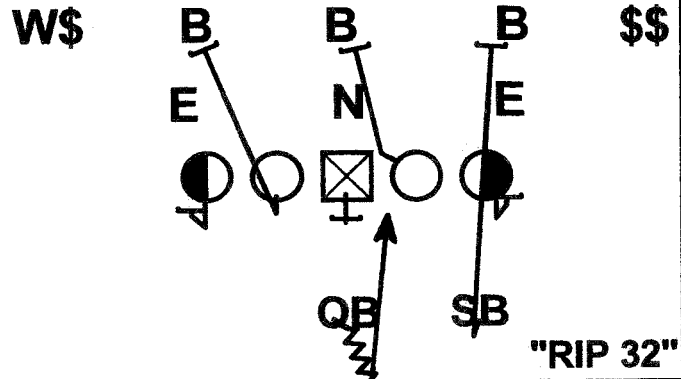
ODD

Possible/



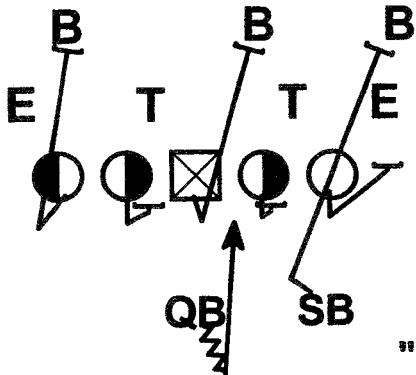
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ODD STACK



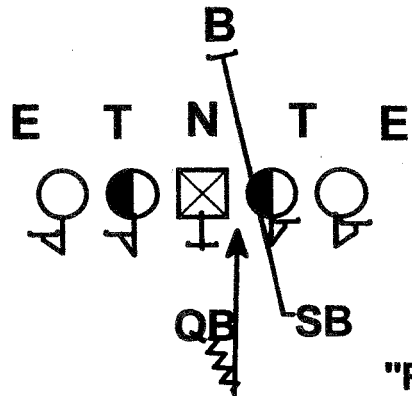
"RIP 32"

4-3 OVER



"RIP 32"

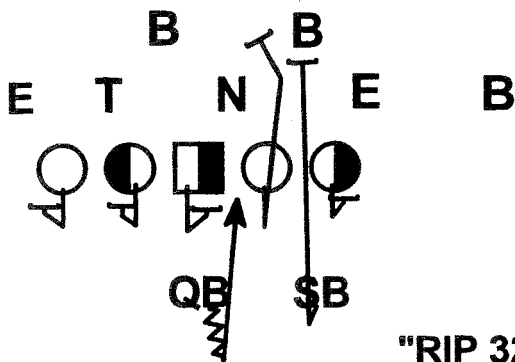
BEAR



"RIP 32"

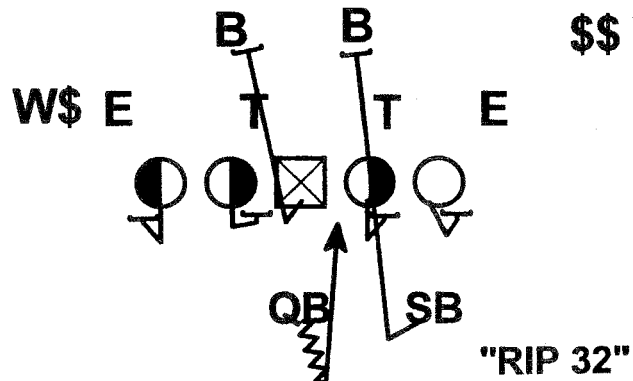
UNDER SHADE

Possible/



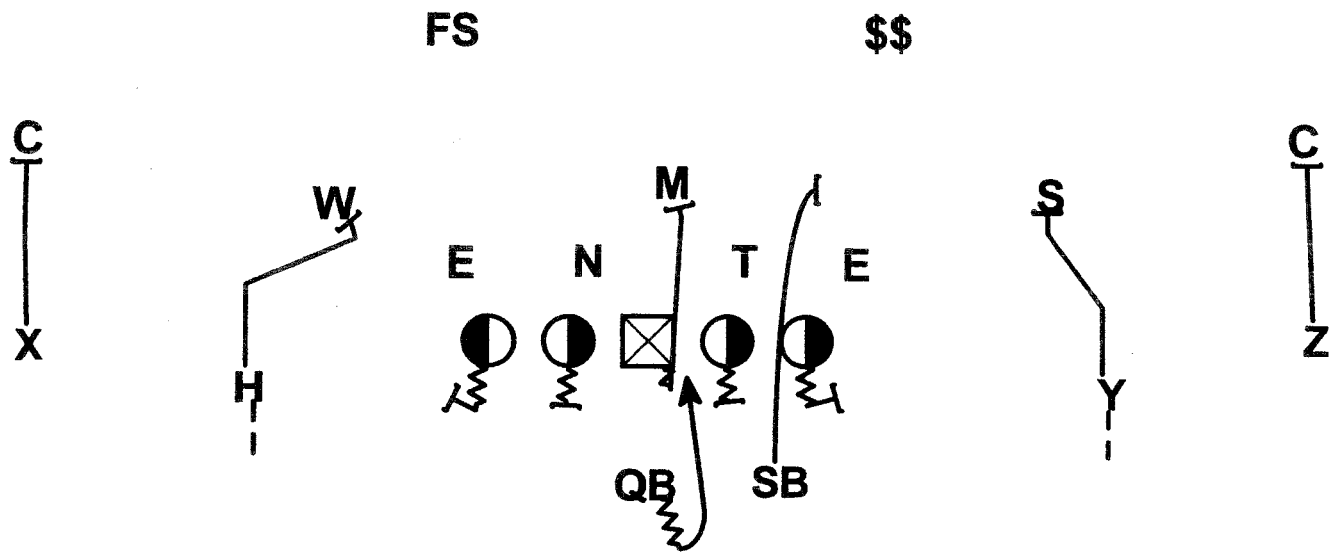
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OVER



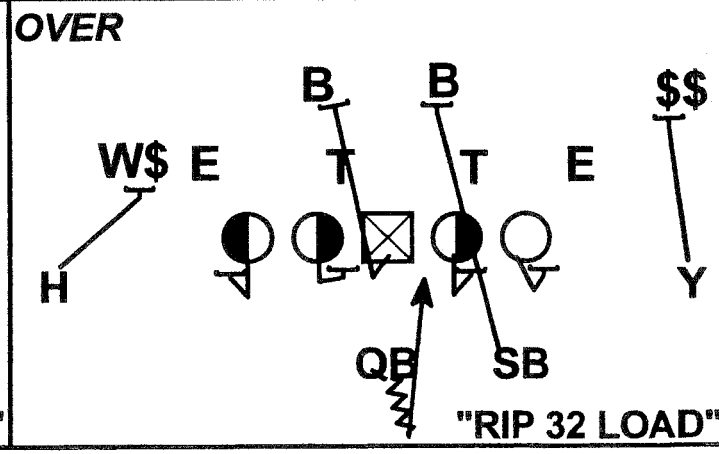
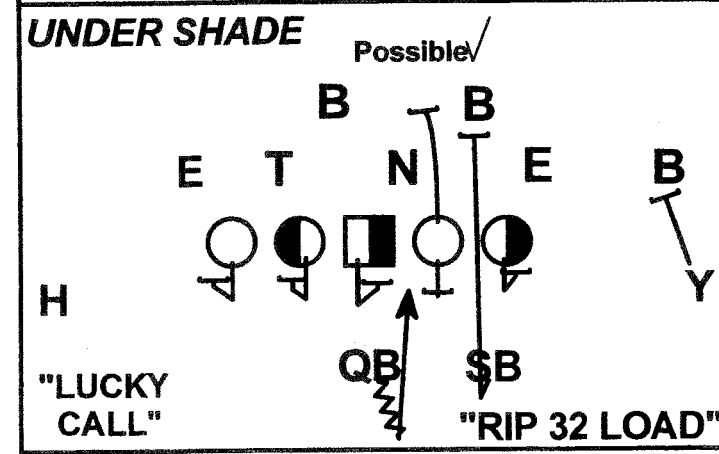
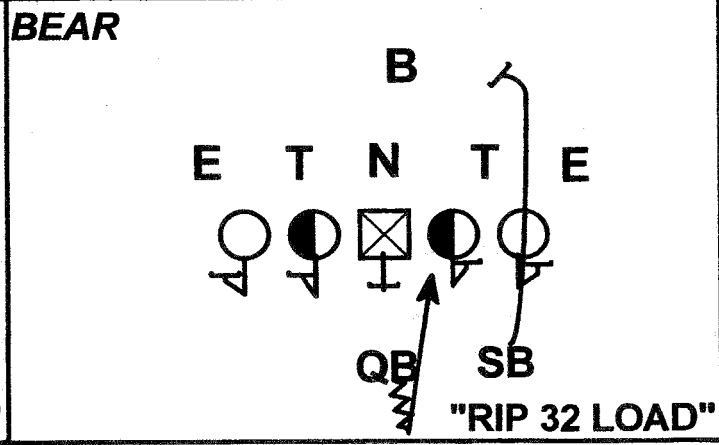
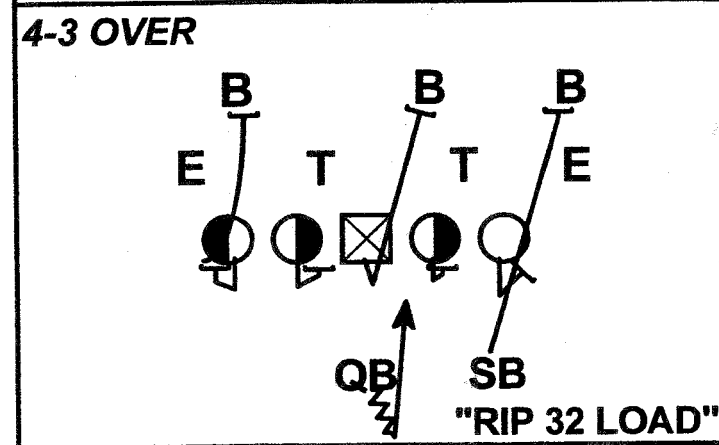
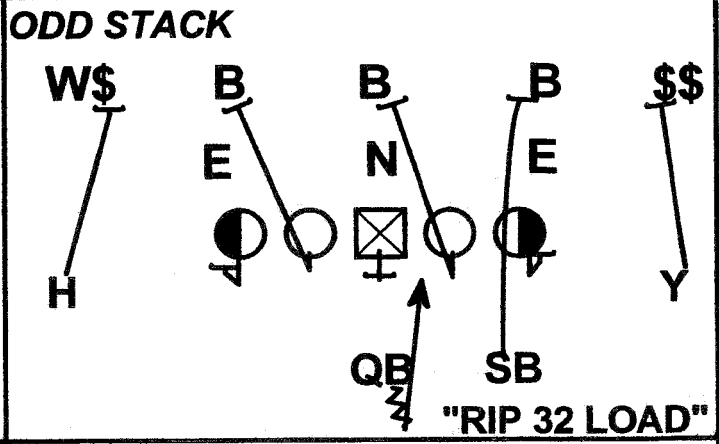
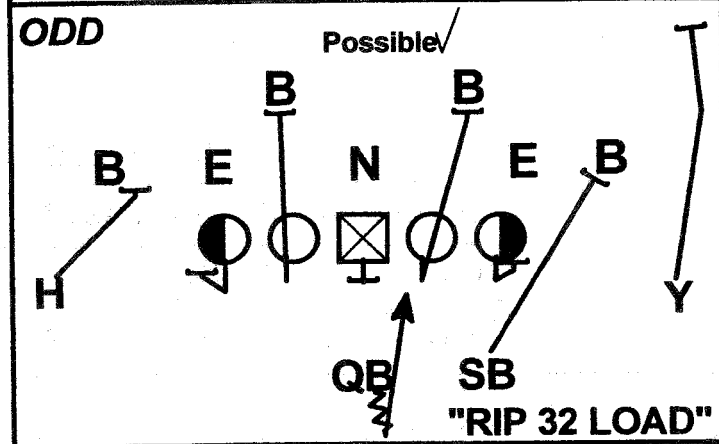
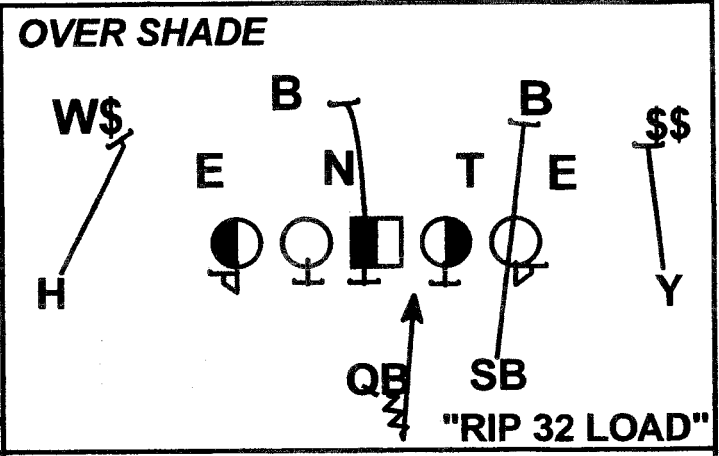
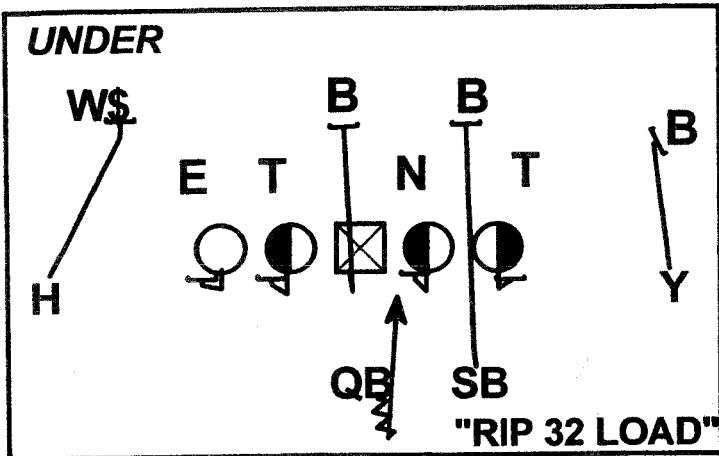
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Over

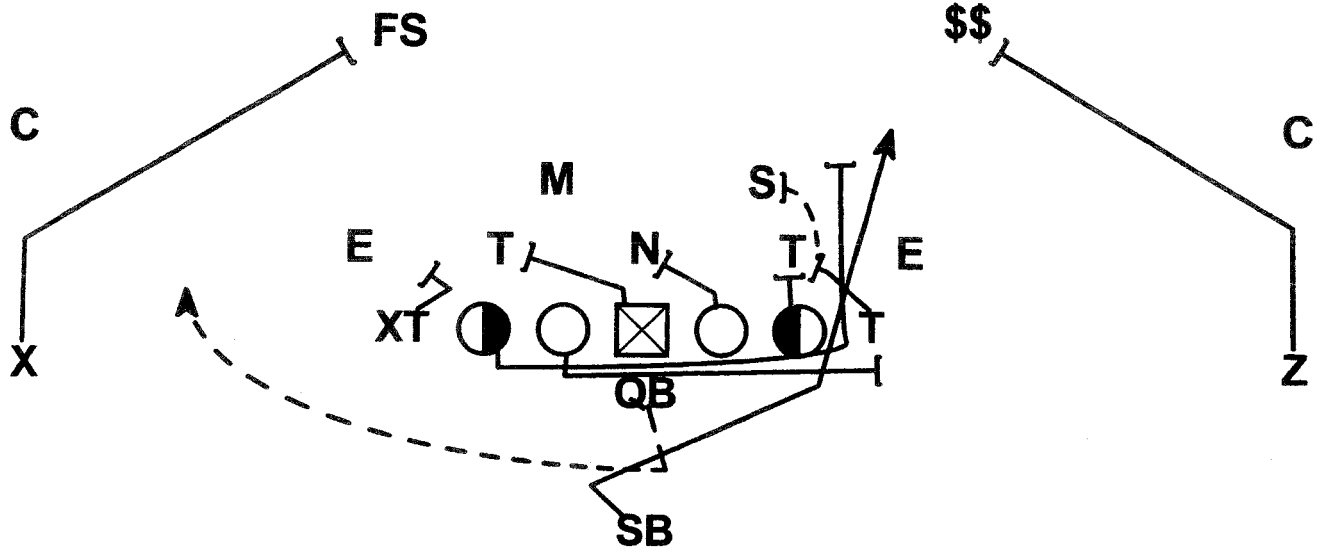


"RIP 32 Load"

Playside Assignment	Position	Backside Assignment
	Center	Block 60 pass protection assignments. Even Combo or Charlie to BSLB. Odd - Man on / Odd Stack Combo to MLB.
Man on -- over LB Gus or Charlie with Center vs. Swarm. Ace Mike vs. Odd Stack	Guard	Man on -- over LB Gus or Charlie with Center (Combo blocks used also) to backside LB.
Man on - outside Gus 4i tackles in Odd front.	Tackle	Man on - outside Fan Odd front with Ace Back call. Gus 4i tackles in Odd front.
Block playside LB. 5 in the box, go to the safety.	SB	
X- Block Man Over		H- Block Cover Down Alert to Sight vs. Cover Down Blitz
Y- Block Cover Down Alert to Sight vs. Cover Down Blitz		Z- Block Man Over
QB- Secure the snap, take a Quick "3" drop (do not lose yardage) and find the crease. Stay North/South up between the LB's.		



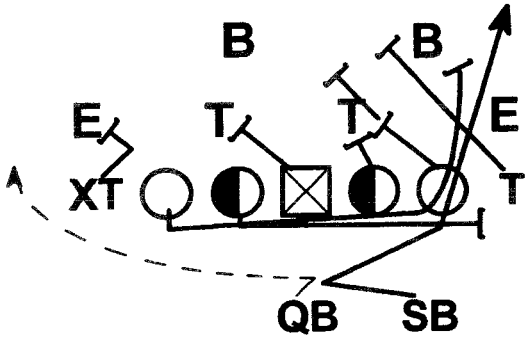
Odd



"ACE RT 24"

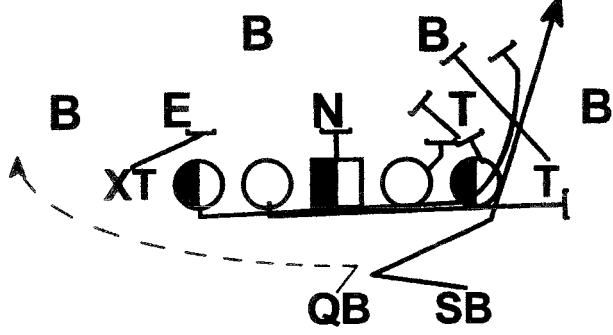
Playside Assignment	Position	Backside Assignment
	Center	Block backside A + B gap tech. player - Blount "0" nose guard, CAT call Center pull.
Block NG, Duece Back. Alert for, help tackle.	Guard	Pull for end man on L.O.S. Kickout or Log. CAT call block "B" gap player.
Trey Back, Deuce Back.	Tackle	Pull read guards block. Block playside linebacker.
Open, cross over plant take handoff over the top downhill for "B" gap to read.	SB	
T- Trey in to number 2		XT- Backside cutoff rules.
X- Backside Cut-Off		Z- Block Man Over (Game Plan Push Crack)
QB- Open at 5/7 o'clock with playside foot, seed ball, extend arms "selling zone"... "exchange back over the top". Bootleg opposite play call past the L.O.S.		

UNDER 6



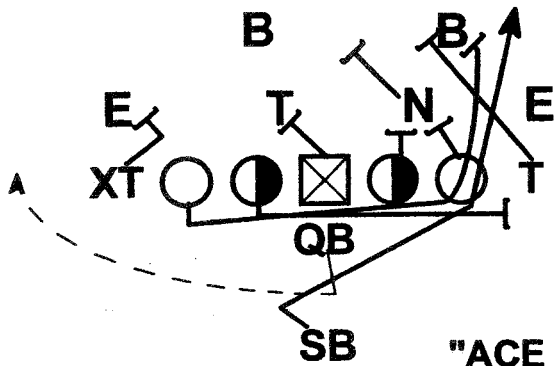
"ACE RT 24"

ODD



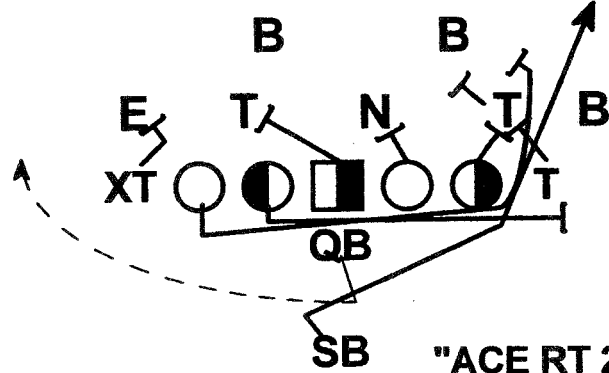
"ACE RT 24"

OVER 9



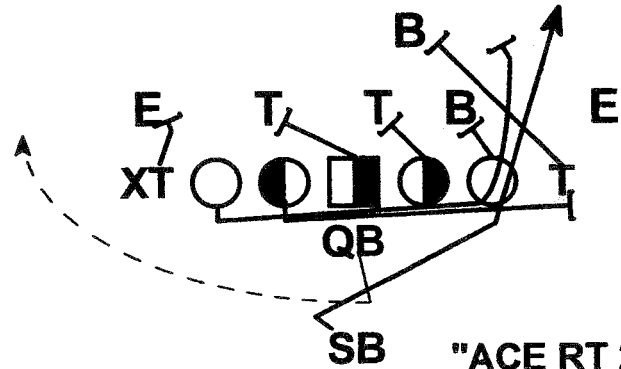
"ACE RT 24"

EAGLE



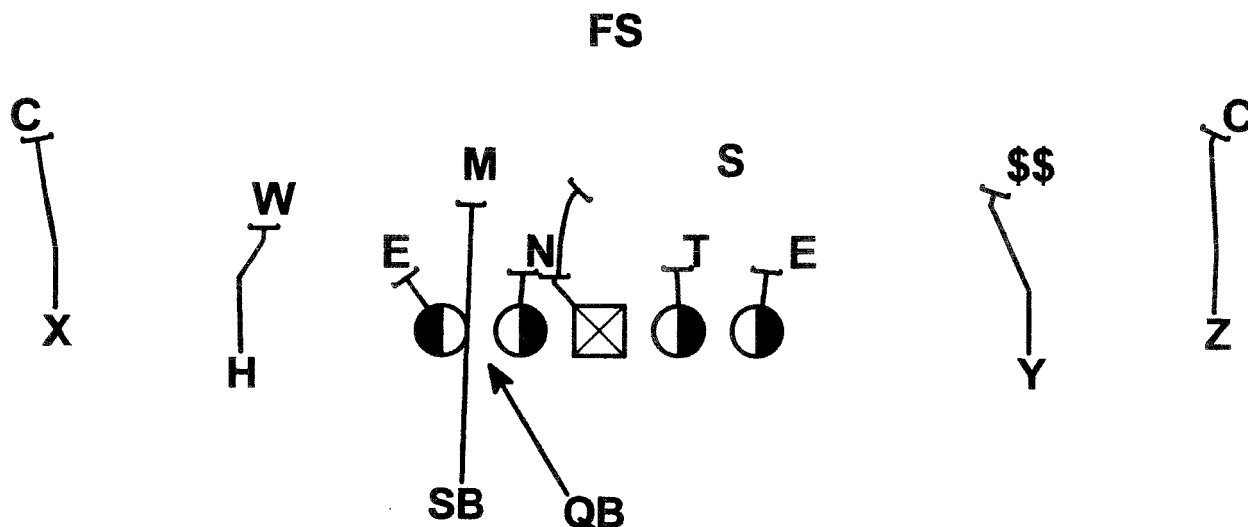
"ACE RT 24"

BEAR



"ACE RT 24"

Over



"RIP 43 (QB)"

Playside Assignment	Position	Backside Assignment
Ace Back vs. Odd Ace Mike vs. Stack Man on vs. Bear Scoop Back vs 1 tech.	Center	
Ace Back, Ace Stack, Man on, Fan vs. 50	Guard	Man on, outside vs. 50 Slip
Man on, outside. (If TE stays on DE) Deuce Back. Fan vs. 50	Tackle	Man on, outside. Sif to WLB. Slip vs. Bear. Ace Mike - slip
Downhill to playside A / B Gap...to playside LB.	SB	

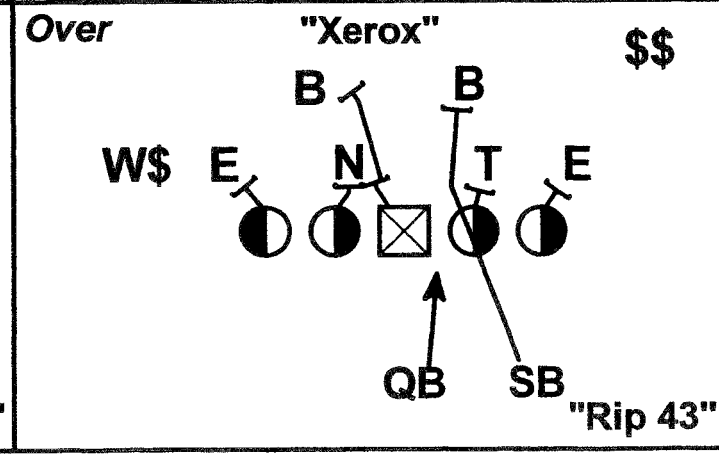
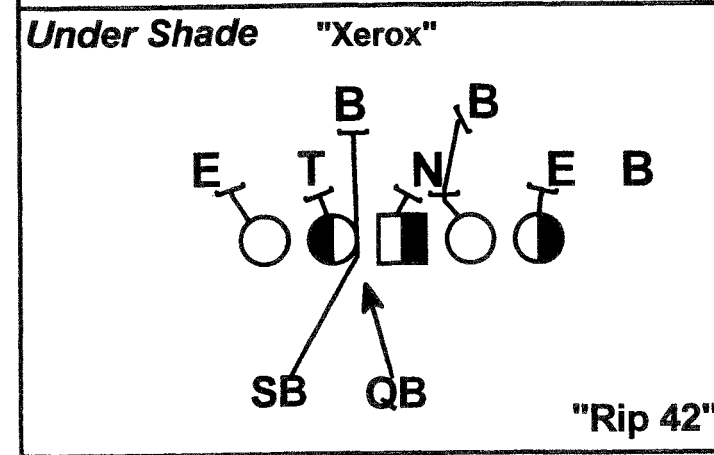
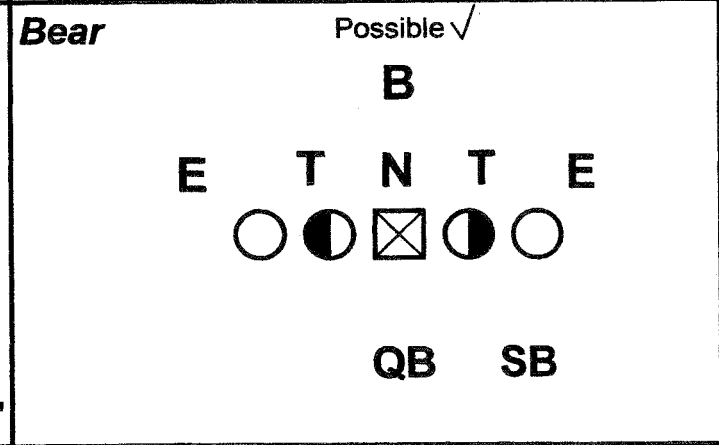
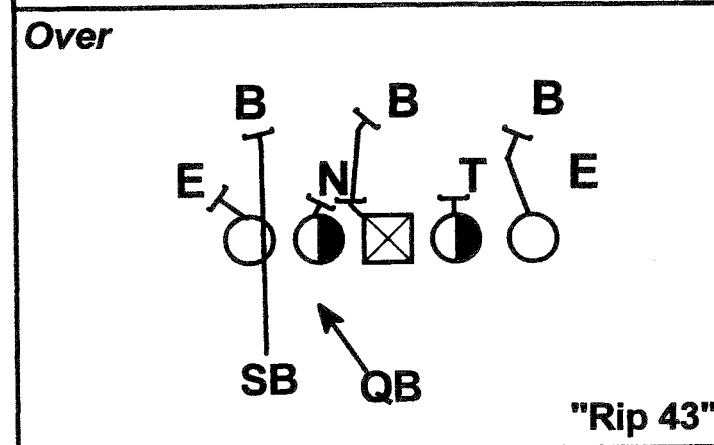
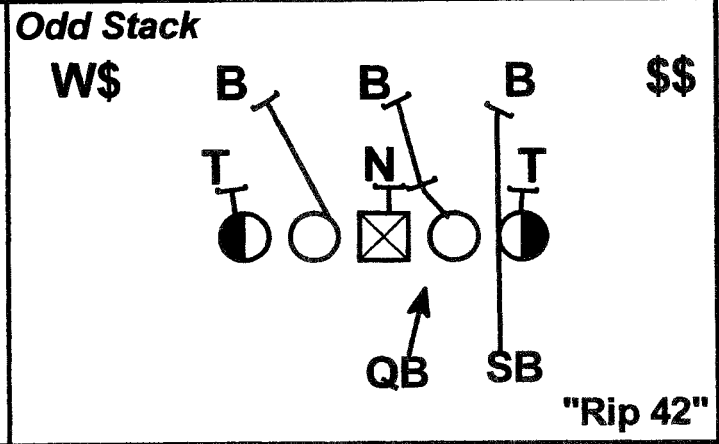
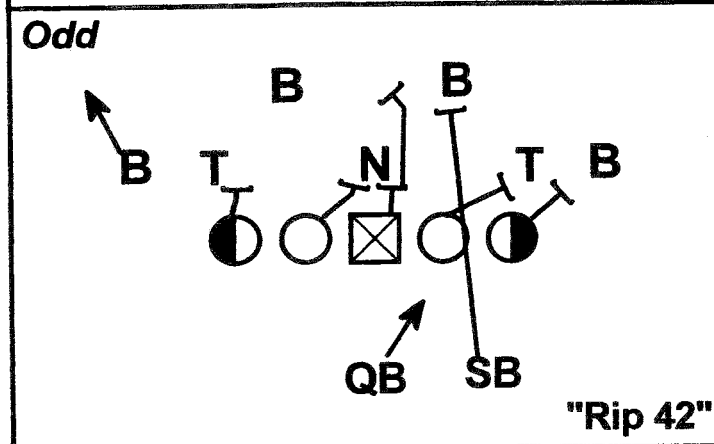
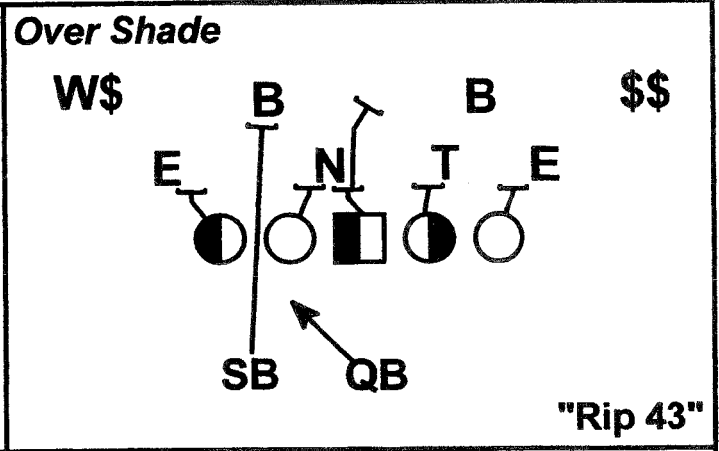
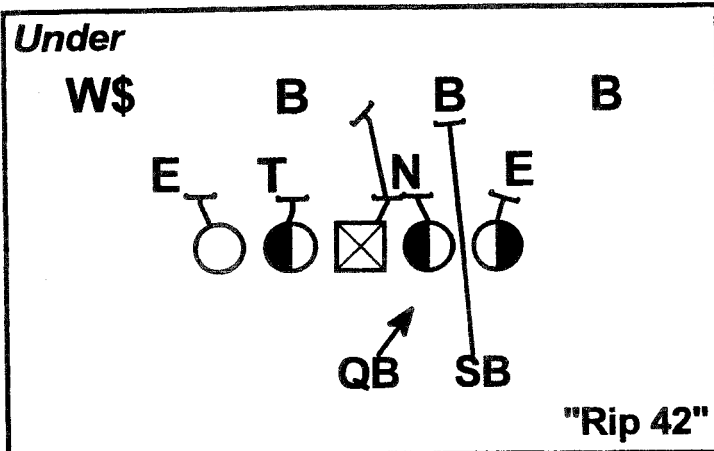
X- Block Man Over

H- Block Cover Down

Y- Block Cover Down

Z- Block Man Over

QB- Secure the snap, step playside foot and find a crease. Stay North/South up the field, follow your SB.

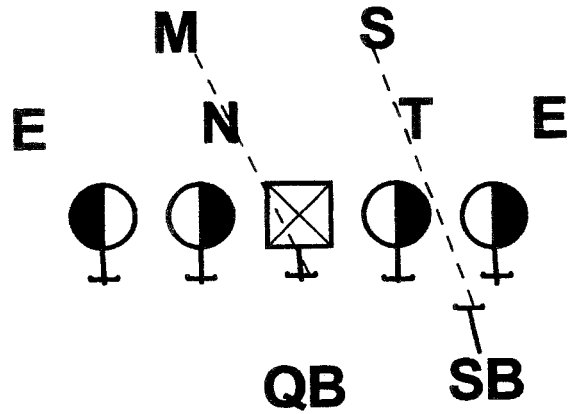


PROTECTIONS

"Spot The Ball"

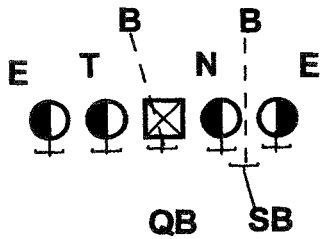
Playside Assignment	Position	Backside Assignment
	Center	Even - block Mike, set to 3 tech. Stack - block Mike ; Odd - block man on; Odd Stack - slide away from protection. Weak "A" gap - combo stack nose guard and LB with playside guard
Even - man on, man outside Odd - over Odd Stack - slide to MLB	Guard	Even - man on (A gap LB); Stack - man on; Odd - over, alert for dual or sort like 560 prot. Odd Stack - slide to WLB sort.
Even - man on, man outside. Stack - man on, man outside. Odd - man on, fan.	Tackle	Even - man on, man outside "wet call" Stack - man on, man outside; Odd - man on-sort; Odd Stack - man on-sort
	Tight End	
	Fullback	
Block playside LB.	Superback	

OVER

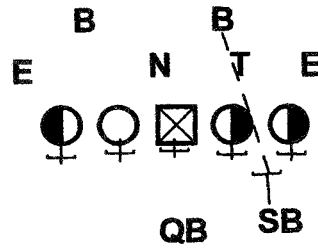


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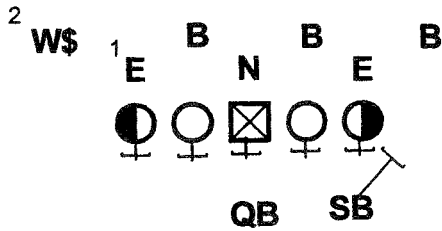
UNDER



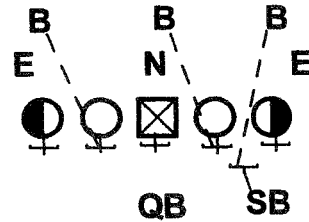
OVER SHADE



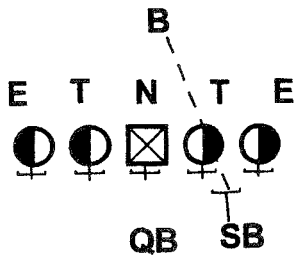
ODD



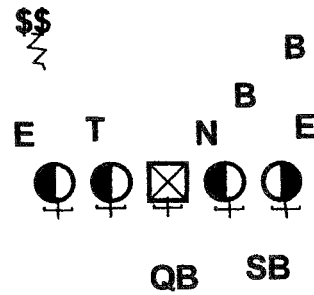
ODD STACK



BEAR



SWARM



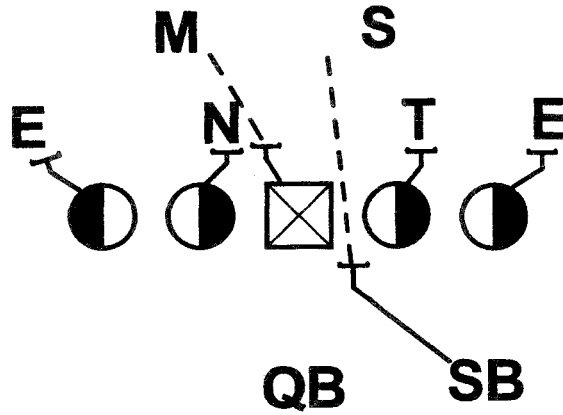
Alpha / Bravo

Playside Assignment	Position	Backside Assignment
	Center	Aggressive 60/70 Even - block Mike, set to 3 tech. Stack - block Mike ; Odd - block man on; Odd Stack - slide away from protection. Weak "A" gap - combo stack nose guard and LB with playside guard
Aggressive 60/70 Even - man on, man outside Odd - over Odd Stack - slide to MLB	Guard	Aggressive 60/70 Even - man on (A gap LB); Stack - man on; Odd - over, alert for dual or sort like 560 prot. Odd Stack - slide to WLB sort.
Aggressive 60/70 Even - man on, man outside. Stack - man on, man outside. Odd - man on, fan.	Tackle	Aggressive 60/70 Even - man on, man outside "wet call"; Stack - man on, man outside; Odd - man on-sort; Odd Stack - man on-sort
	Tight End	
	Fullback	
Block playside LB.	Superback	

Alpha/Bravo

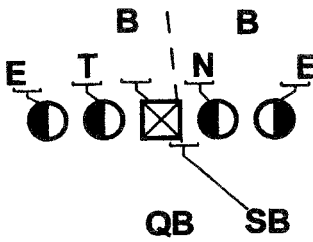
PR-4

OVER

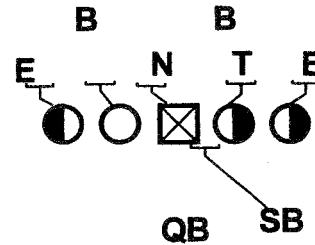


"Bravo"

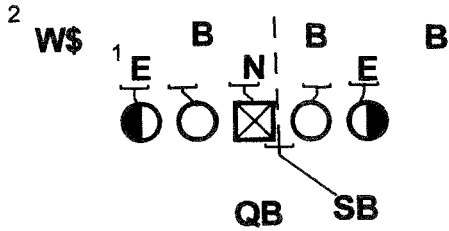
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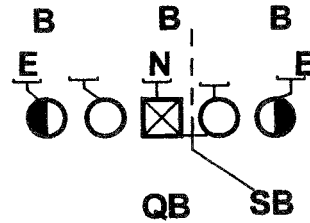
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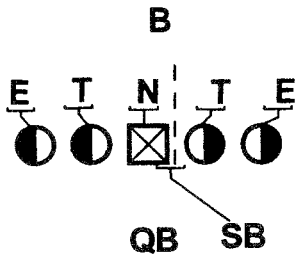
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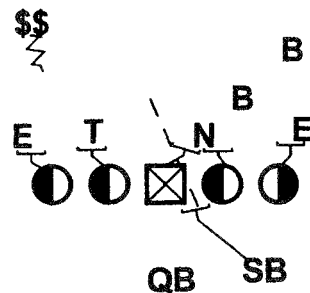
ODD STACK



BEAR

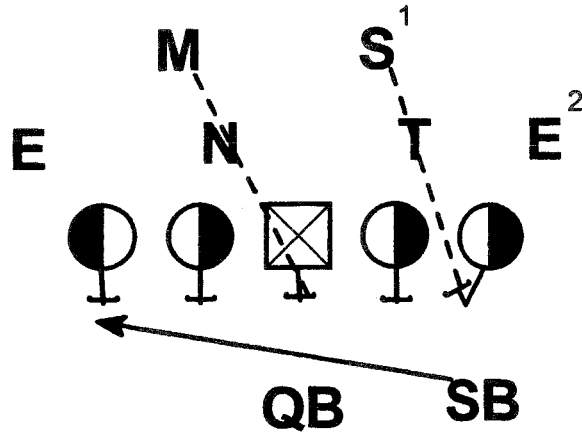


SWARM



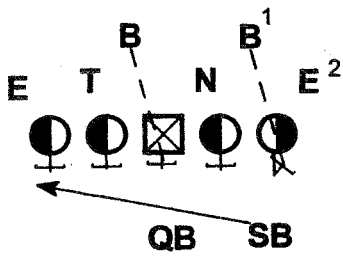
Playside Assignment	Position	Backside Assignment
Odd - Man on. Odd Stack - Man on, combo the nose guard to MLB (could ringo and lucky)	Center	Even - MLB wk or mdm, Alert for ringo and lucky versus wet or strong calls. Middle call - center and guards all ma
Odd - Sort or dual. Odd Stack - Sort or dual to MLB to strong LB; Even - Man on A gap, LB alert for gap call (alert middle call).	Guard	Odd - Sort or dual. Odd Stack - Sort or dual stack LB to WS. Even Man On - Alert ringo/lucky vs. B&C gap LB's; alert middle call.
Odd - Sort or dual. Odd Stack - Man to mdm (1-2). Even - Man on to mdm (1-2).	Tackle	Odd - Sort or dual man on. Odd Stack - Man to mdm (1-2) Even - Man on, ringo/lucky to mdm (1-2) vs. middle call.
	Tight End	
	Fullback	
	Superback	

OVER

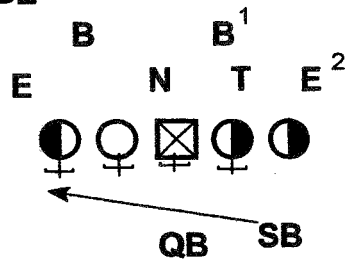


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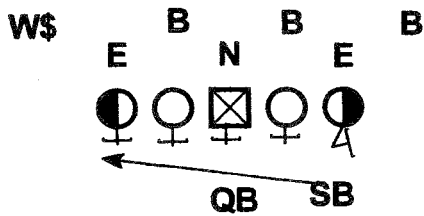
UNDER



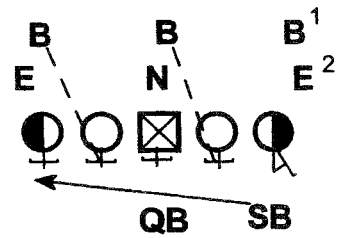
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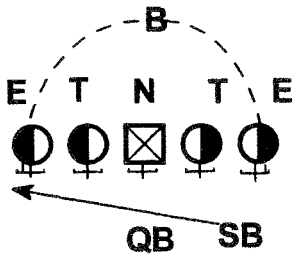
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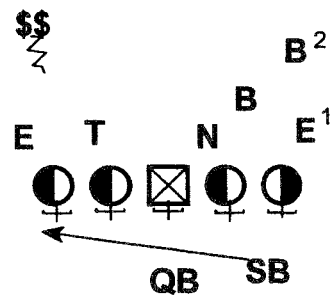
ODD STACK



BEAR

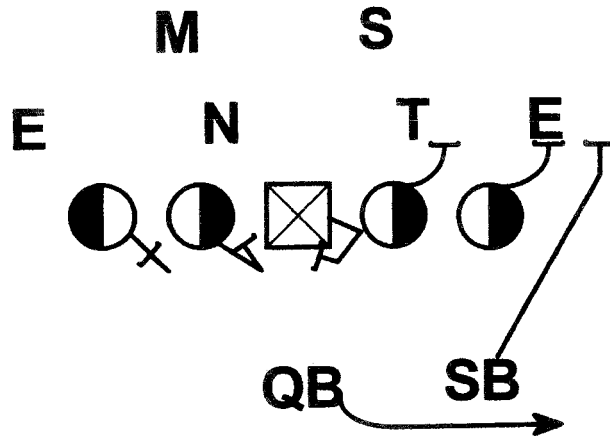


SWARM



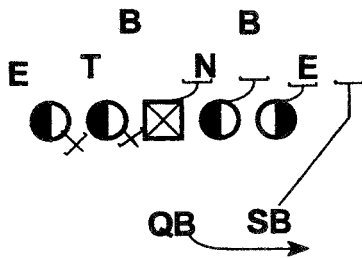
Playside Assignment	Position	Backside Assignment
On-side gap to LBer; Check back door.	Center	
On-side gap to LBer; Check back door	Guard	On-side gap to LBer; (Could block 1 on L.O.S.).
On-side gap to LBer; Check to inside.	Tackle	On-side gap to LBer; (Could block 2 on L.O.S.).
On-side gap to LBer Check inside	Tight End	On-side gap to backside edge rusher
	Fullback	
Attack first man outside Tackle's block. Outside in read; No outside threat, seal end to second level.	Superback	

OVER

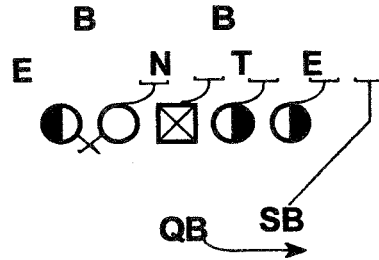


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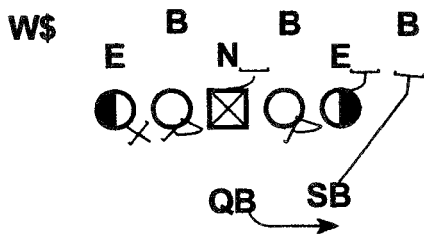
UNDER



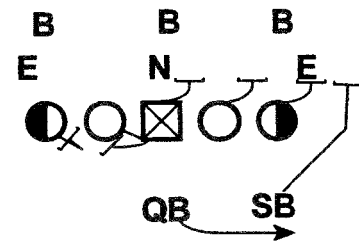
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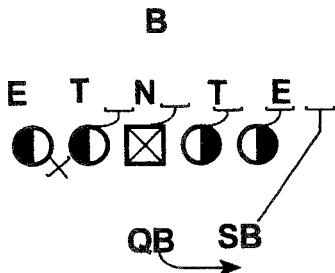
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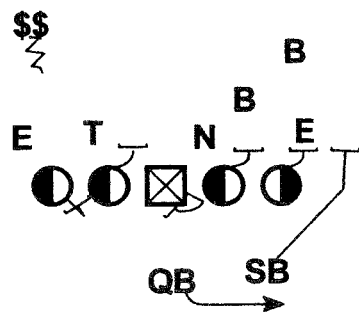
ODD STACK



BEAR

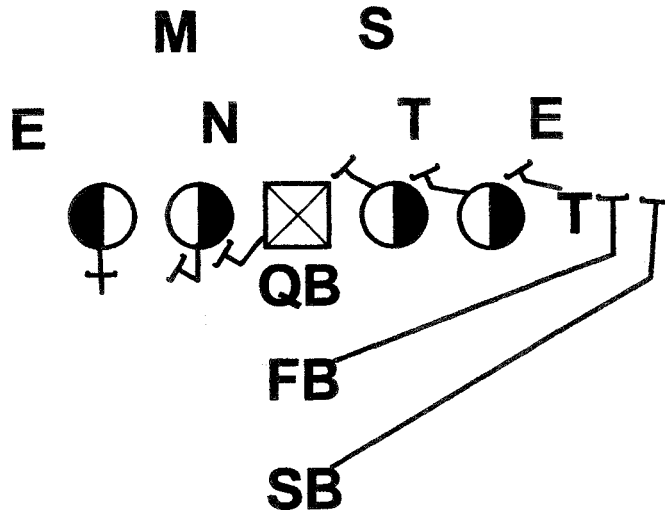


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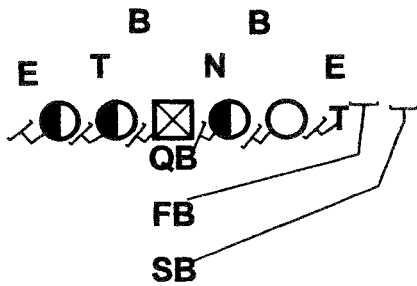
Playside Assignment	Position	Backside Assignment
	Center	Slide prot. to call (ringo/lucky); Backside A gap; (Nuts) - Set cut
Slide prot. to call (ringo/lucky); Playside A gap; (Nuts) - Set cut	Guard	Slide prot. to call (ringo/lucky); Backside B gap; (Nuts) - Set cut
Slide prot. to call (ringo/lucky); Playside B gap; (Nuts) - Set cut	Tackle	Slide prot. to call (ringo/lucky); Backside C gap; (Nuts) - Set cut
Slide prot. to call (ringo/lucky); Playside C gap; (Nuts) - Set cut	Tight End	Slide prot. to call (ringo/lucky); Backside D gap; (Nuts) - Set cut
Off Edge of Tackle/TE to C/D gap.	Fullback	
Outside edge off FB.	Superback	

OVER

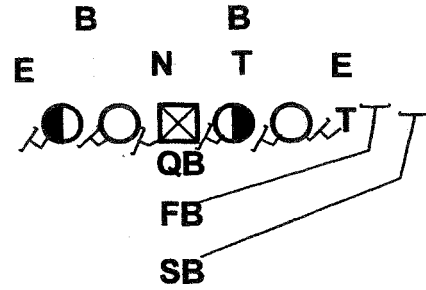


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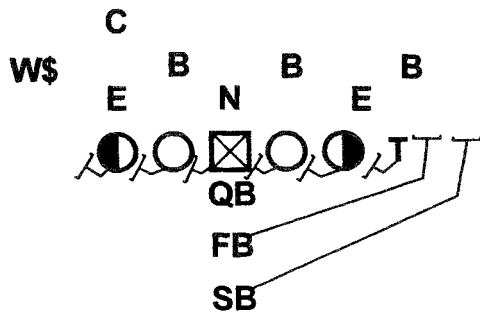
UNDER



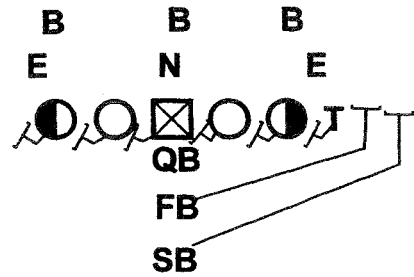
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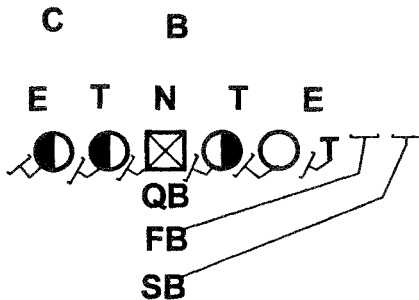
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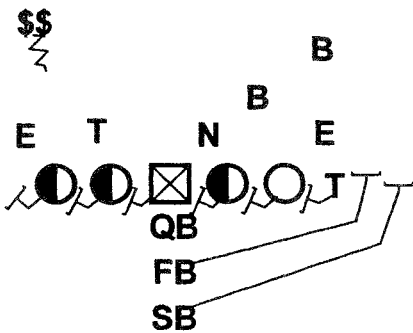
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BEAR

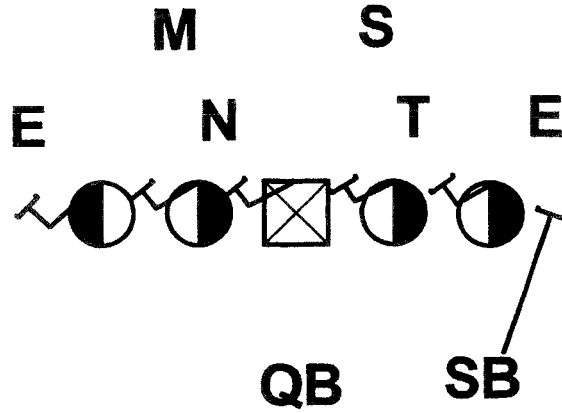


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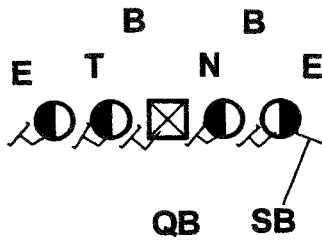
Playside Assignment	Position	Backside Assignment
	Center	Backside A gap; Cut block (slide ringo.lucky) High - Stay up
Playside A gap; Cut block (slide ringo/lucky). High - Stay up	Guard	Backside B gap; Cut block; High - Stay up
Playside B gap; Cut block; High - Stay up	Tackle	Backside C gap; Cut block; High - Stay up
Playside - Low drive C Gap High - Release	Tight End	Backside - Low drive D Gap High - Release
	Fullback	
Block first man outside Tackle's block. D gap with TE set.	Superback	

OVER

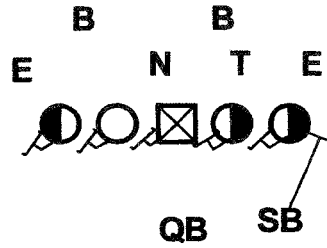


"Red"

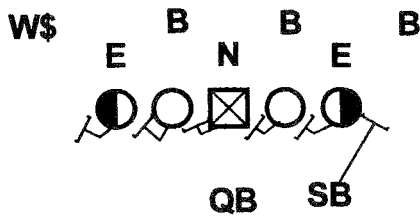
UNDER



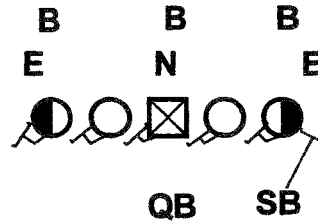
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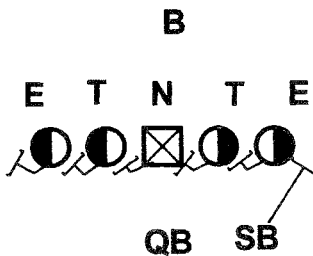
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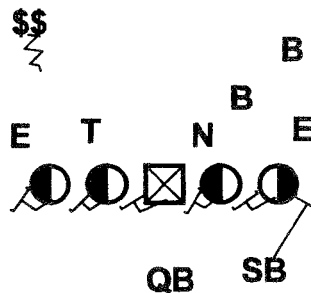
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BEAR

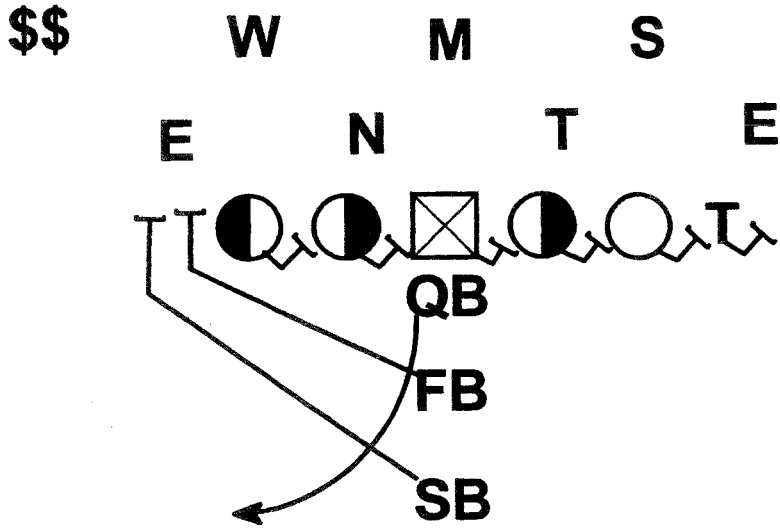


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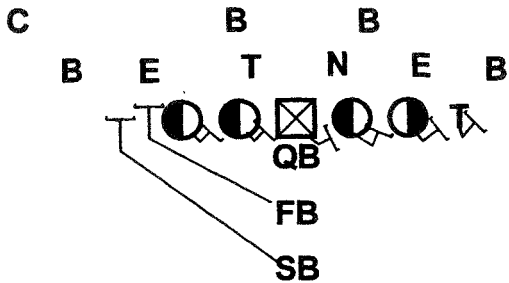
Playside Assignment	Position	Backside Assignment
	Center	Slide prot. to call (ringo/lucky); Backside A gap; (Nuts) - Set cut.
Slide prot. to call (ringo/lucky); Playside A gap.	Guard	Slide prot. to call (ringo/lucky); Backside B gap; (Nuts) - Set cut.
Slide prot. to call (ringo/lucky); Playside B gap; (Nuts) - Set cut	Tackle	Slide prot. to call (ringo/lucky); Backside C gap; (Nuts) - Set cut.
	Tight End	Slide protect D gap.
	Fullback	
	Superback	

OVER

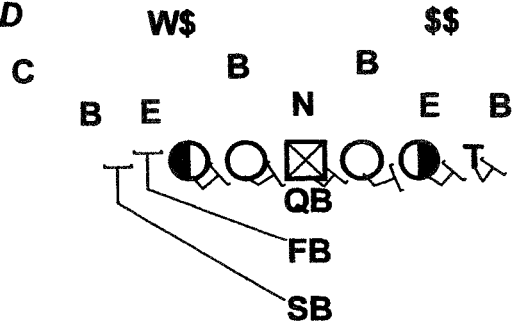


"290"

6-2

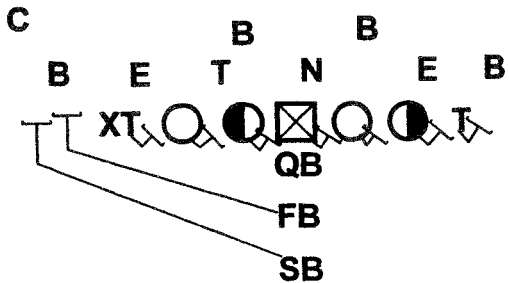


ODD

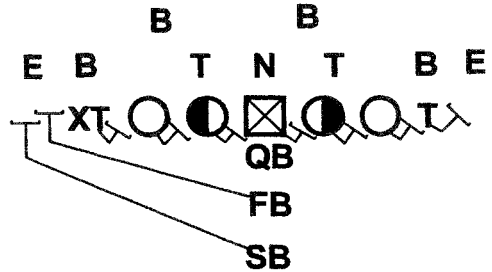


EAGLE

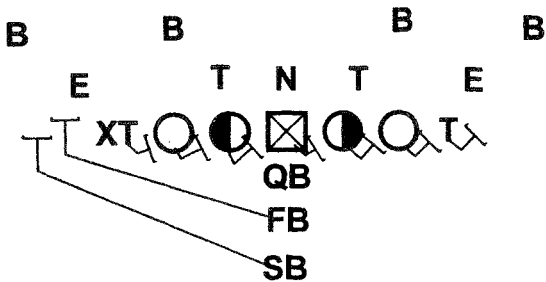
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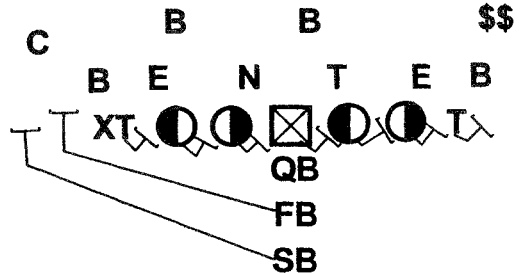
EXCHANGE



BEAR



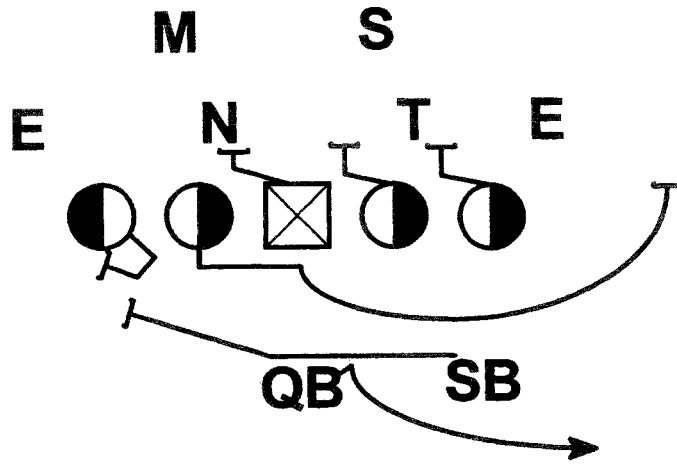
6-5



336/337 "Boot" (Indy 7)

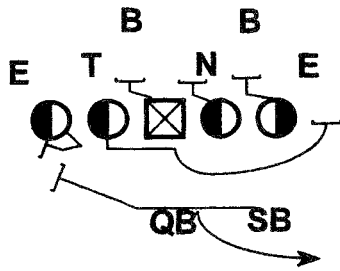
Playside Assignment	Position	Backside Assignment
Man on to backside, LB - Ace Back	Center	Block backside A gap to B gap. Player fill for pulling guard
Odd - Man on to backside LB, Ace Back. Even - Secure playside A gap.	Guard	Pull run cycle path, block end man on L.O.S.; Be alert for B gap LB run through vs. 50 front.
Odd - Man on, squeeze B gap inside. Even - Double 3 tech., secure B gap.	Tackle	Man on pick and hinge.
	Tight End	
	Fullback	
	Superback	

OVER

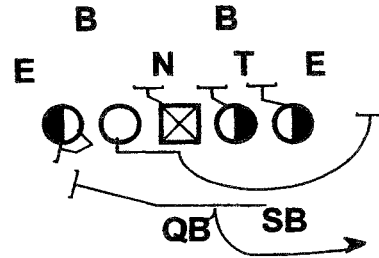


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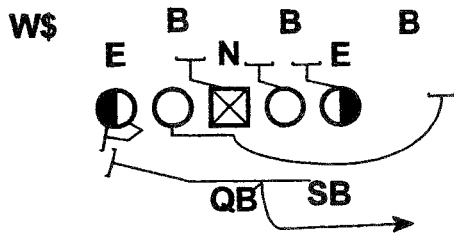
UNDER



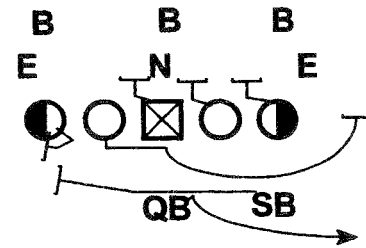
OVER SHADE



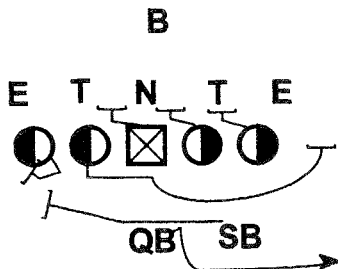
ODD



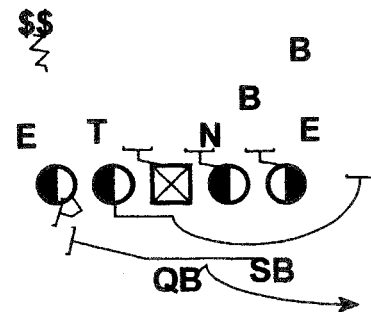
ODD STACK



BEAR



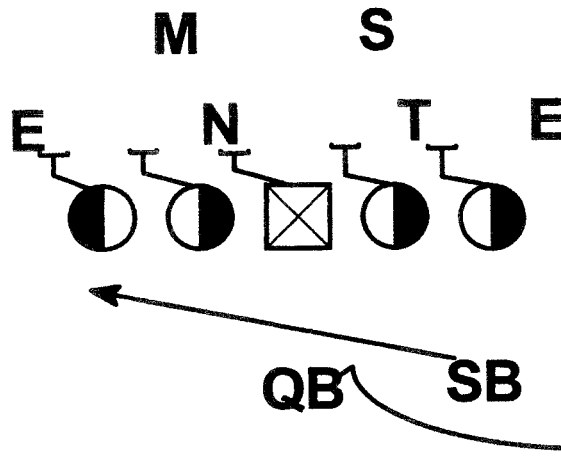
SWARM



436/437 "Naked" (Indy 10)

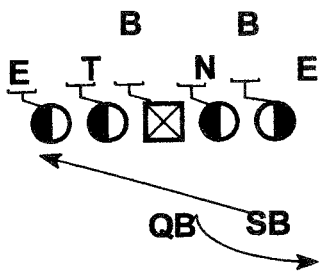
Playside Assignment	Position	Backside Assignment
Block play called (Don't be down field) (sell the run)	Center	
Block play called (Don't be down field) (sell the run)	Guard	Block play called (Don't be down field) (sell the run)
Block play called (Don't be down field) (sell the run)	Tackle	Block play called (Don't be down field) (sell the run)
	Tight End	
	Fullback	
	Superback	

OVER

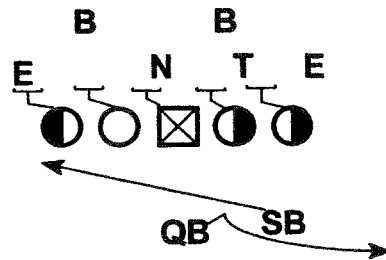


"437"

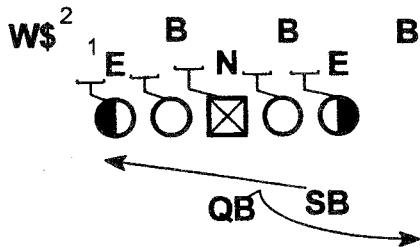
UNDER



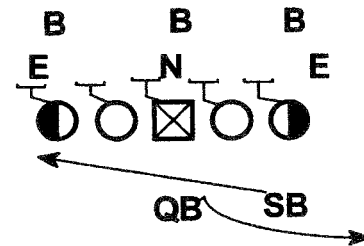
OVER SHADE



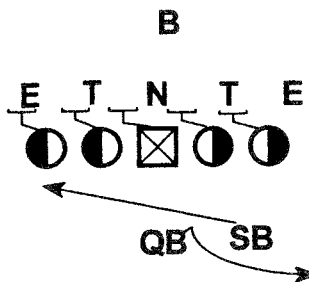
ODD



ODD STACK



BEAR



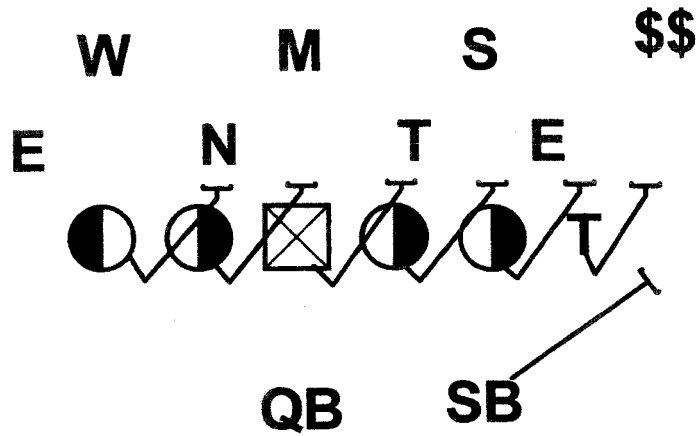
Rambo/Limbo

PR - 19

Playside Assignment	Position	Backside Assignment
Drop step zone playside A gap. (stay up an run)	Center	
Drop step zone playside B gap. (stay up an run)	Guard	Drop step zone weakside A gap. (stay up an run)
Drop step zone playside C gap. (stay up an run)	Tackle	Drop step zone weakside B gap. (stay up an run)
Drop step zone playside D gap. (stay up an run)	Tight End	
	Fullback	
	Superback	Attack outside hip of tackle or T.E. Attack outside half of defender.

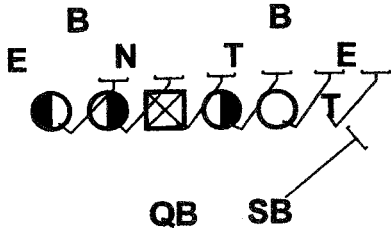
Rambo/Limbo

OVER

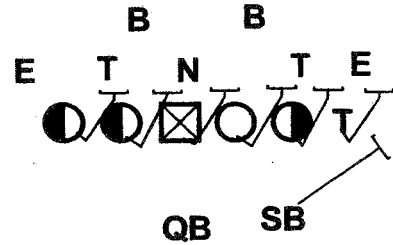


"Rambo"

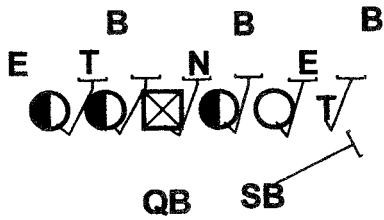
Over 9



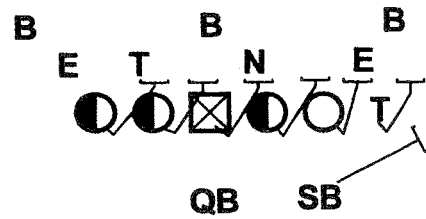
Eagle



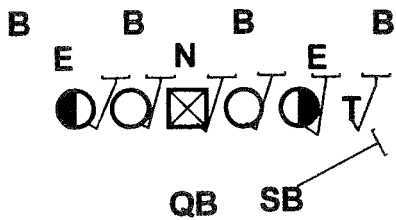
Under



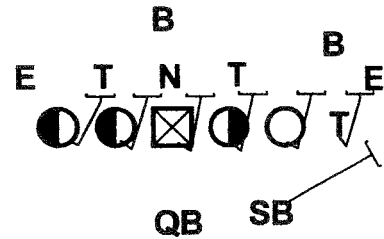
Under



Odd



Bear Exchange



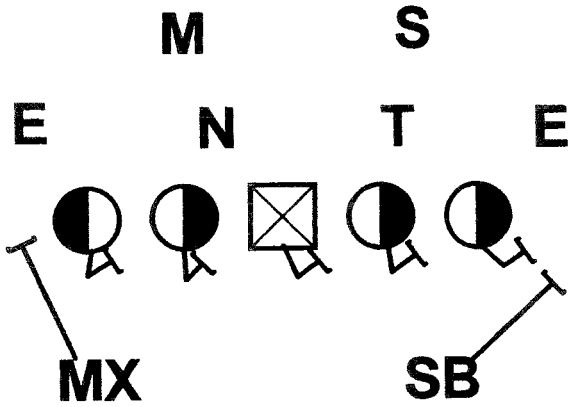
Lightning

PR - 21

Playside Assignment	Position	Backside Assignment
	Center	Vertical set stay square. Block weakside A gap.
Vertical set stay square. Block playside A gap.	Guard	Vertical set stay square. Block weakside B gap.
Vertical set stay square. Block playside B gap.	Tackle	Vertical set stay square. Block weakside C gap.
	Tight End	
	Fullback	
C gap off edge of tackle - indside out	Superback	C gap off edge of tackle - indside out

Lightning

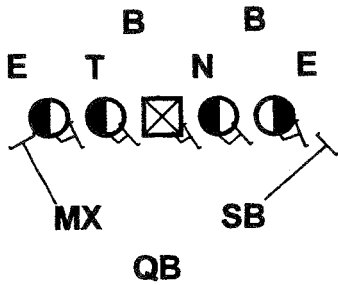
OVER



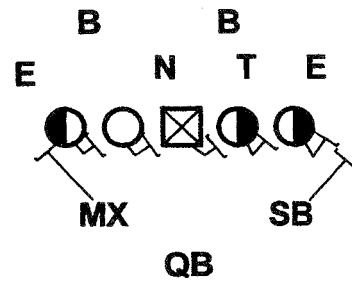
QB

"Lightning"

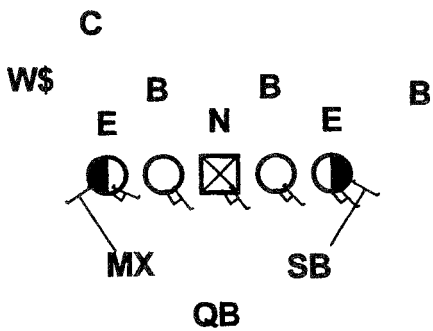
UNDER



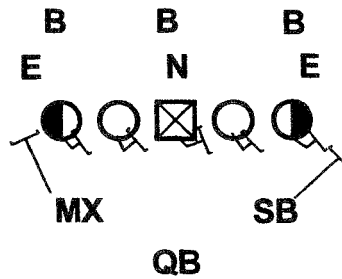
OVER SHADE



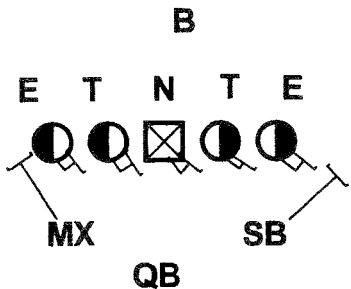
ODD



ODD STACK



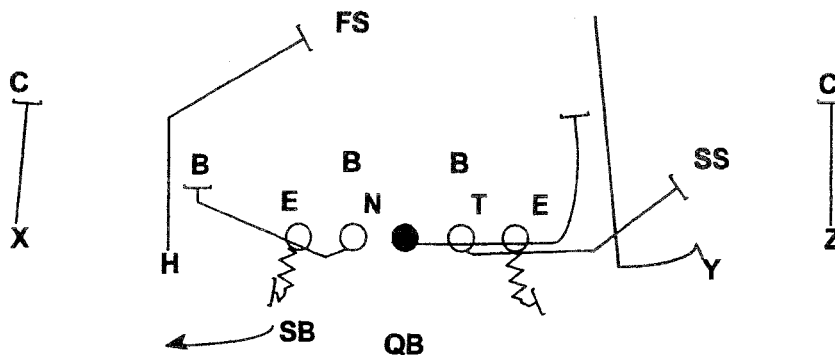
BEAR



SCREENS

"Spot The Ball"

Play: Rip 50 Y

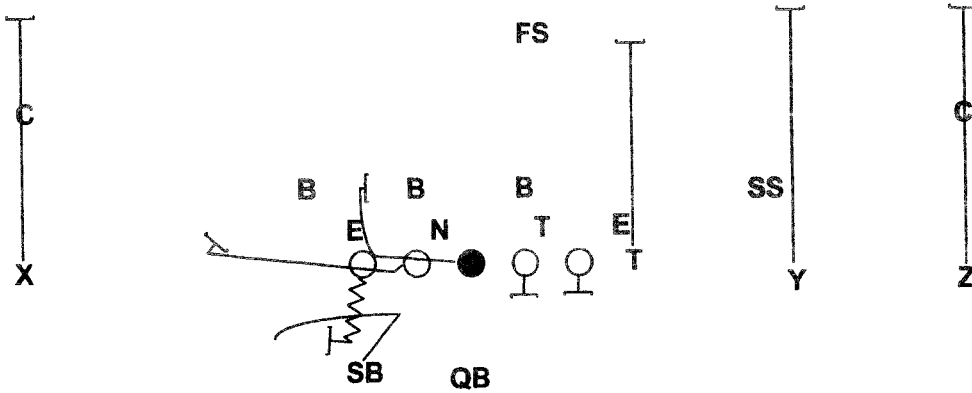


POSITIONS	ASSIGNMENT	COACHING POINT
Backside Tackle	Block Man on- Man outside	Regular dropback Protection
Backside Guard	Set, Punch, Release down LOS	Louie in screen- Flat
Center	Set, Punch, Release down LOS, Alley	Dewey in Screen- Alley
Playside Guard	Set, Punch, Release down LOS to Flat	Huey in Screen- Flat
Playside Tackle	Vertical set 5-7 yards deep + cut	If rusher goes inside stay up
H	Block cover down, 50 H see QB action + come back	When ball is thrown come down LOS + get line blocks
X	Sell go route + Block cover down	We must sell the go route
Z	Sell go route + Block cover down	We must sell the go route
Y	See QB action + come back down LOS to the ball, get upfield off lineman block	
SB	Swing away from call	
QB	Catch... quick 3 step drop...eyes downfield...surprise him with the ball	

Comments:

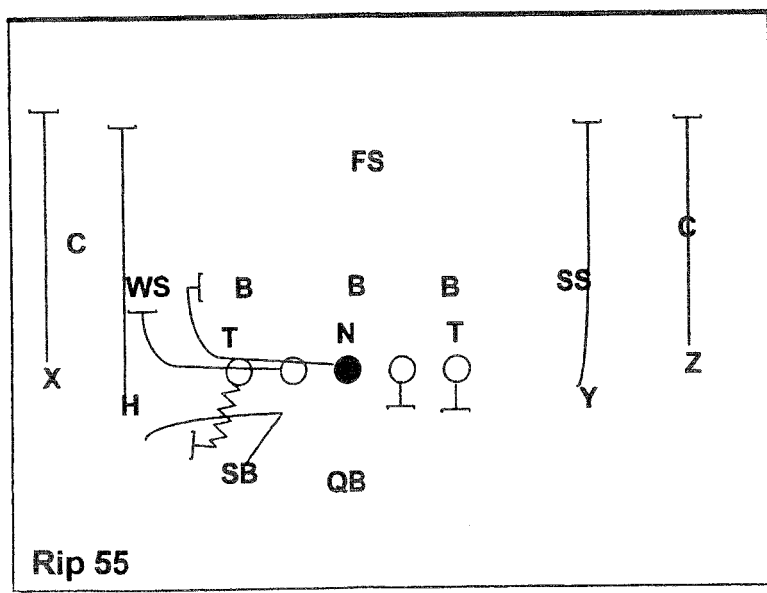
Reo 50 H

Play: Ram 55

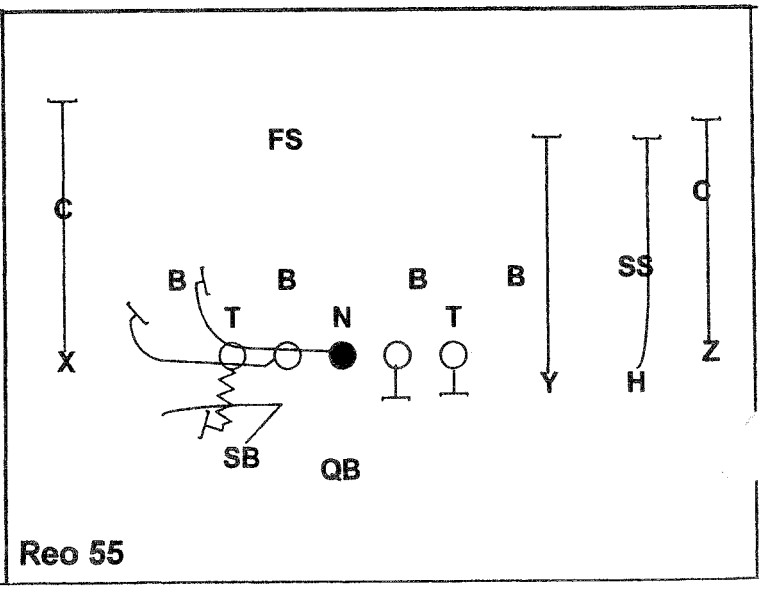


POSITIONS	ASSIGNMENT	COACHING POINT
Backside Tackle	Block regular dropback protection	Stay in
Backside Guard	Block regular dropback protection	Stay in
Center	Set, Punch, Release down LOS to LB	Look for FS to LB
Playside Guard	Set, Punch, Release down LOS to Alley	Look for SS to FS
Playside Tackle	Set Vertical 5-7 yard deep + cut	If DE goes inside stay Up
Tight End	Sell the Go route on release + Block	Must sell GO route, release outside
X	Sell the Go route on release + Block	Must sell GO route, release outside
Z	Sell the Go route on release + Block	Must sell GO route, release outside
Y	Sell the Go route on release + Block	Must sell GO route, release outside
SB	Set inside Guard / Delay, move with Guard	
QB	Catch, 3 step drop eyeing FS... lose ground find hole, throw a dart (Suprise)	

Comments:

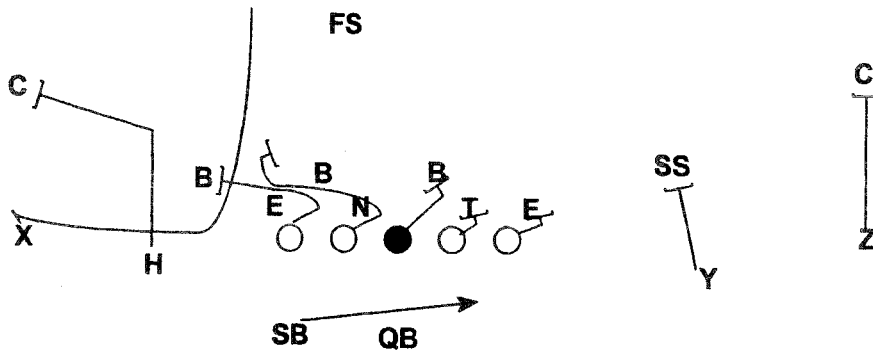


Rip 55



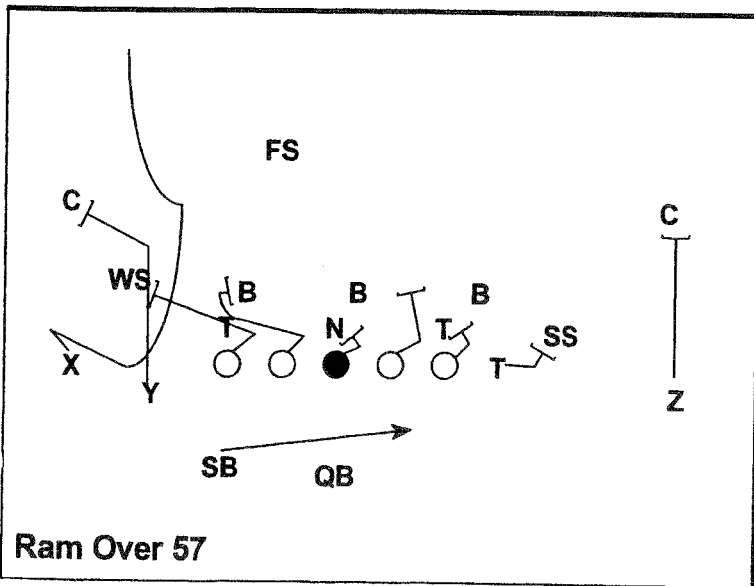
Reo 55

Play: Rip 57

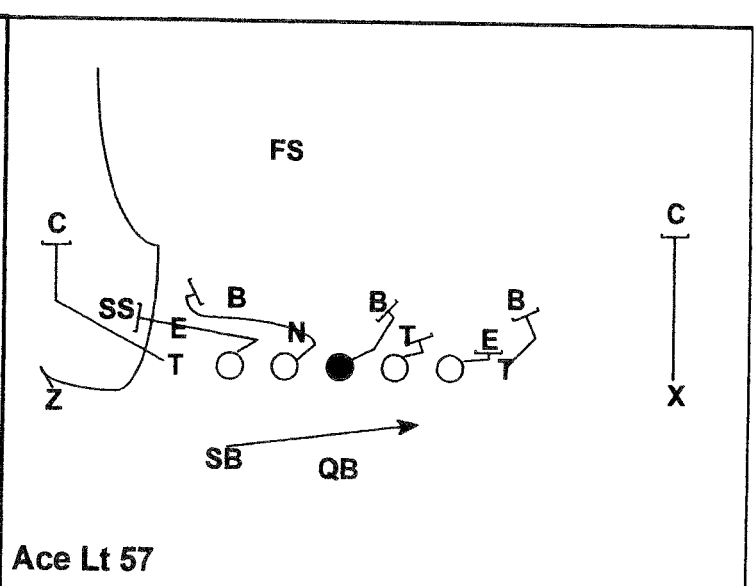


POSITIONS	ASSIGNMENT	COACHING POINT
Backside Tackle	Sell Zone away flat down LOS for Flat	WR corner we have SS to FS
Backside Guard	Sell Zone away flat down LOS for Alley	Look for FS to LB
Center	Sell Zone, if Level 2 Reverse LB	Block Zone Rule
Playside Guard	Sell Zone, if Level 2 Reverse LB	Block Zone Rule
Playside Tackle	Sell Zone, if Level 2 Reverse LB	Block Zone Rule
Tight End	Drive off cover down + block corner	In press go to corner now
X	Release 3 quick @ 45 angle and come back down line	Catch the ball and run off linemans bl
Z	Drive off and block corner	Sell go route + stay up
Y	Drive off cover down + block him	
SB	Zone action away from call	Sell the Zone
QB	Catch, ride SB with zone, quick 3 and make accurate throw down LOS	

Comments:



Ram Over 57



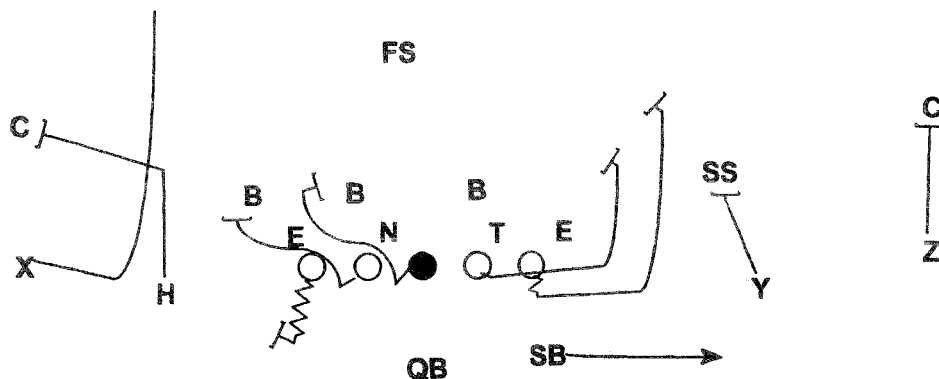
Ace Lt 57

WEST VIRGINIA FOOTBALL

58/59

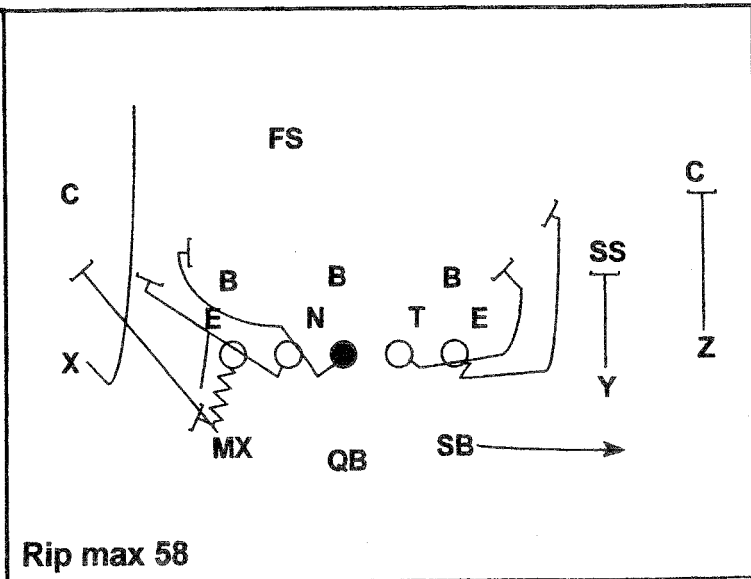
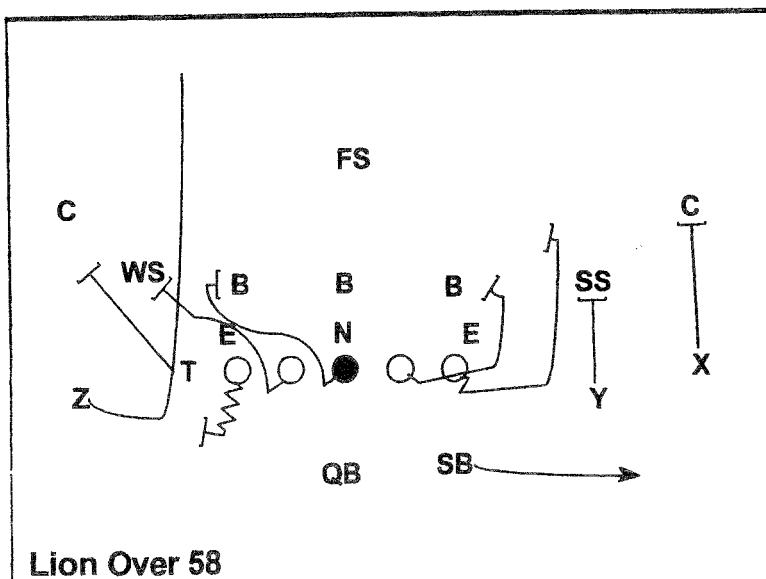
S - 4

Play: Rip 58 (59)



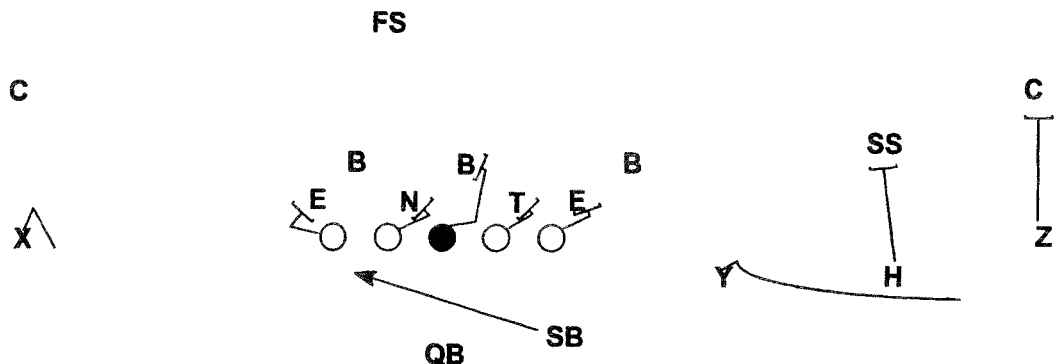
POSITIONS	ASSIGNMENT	COACHING POINT
Backside Tackle	Block Man on - Man outside	Regular Dropback Protection
Backside Guard	Set, Punch, Release- down LOS Flat	Look for SS to SLB
Center	Set, Punch, Release- down LOS to Alley	Look for FS to LB
Playside Guard	Set, Punch, Release- down LOS to Inside	WR will block coverdown
Playside Tackle	Set, Flash, Release- down LOS to Alley	Look for FS to LB
H	Drive off cover down + block corner	In press go to corner now
X	Do not move until QB starts to throw ball...Get back outside and upfield	Catch ball coming down LOS + get upfield off lineman block
Z	Drive off and block corner	Sell the go route + stay up
Y	Drive off cover down + block him	*Alert for crack signal
SB	Open quick + Fast to throttle / Find Alley	Do not start downhill w/o ball
QB	Catch...quick 3 step drop eyeing rush end...throw "around" him to SB, if cloudy. stop and throw back to opposite WR.	

Comments:



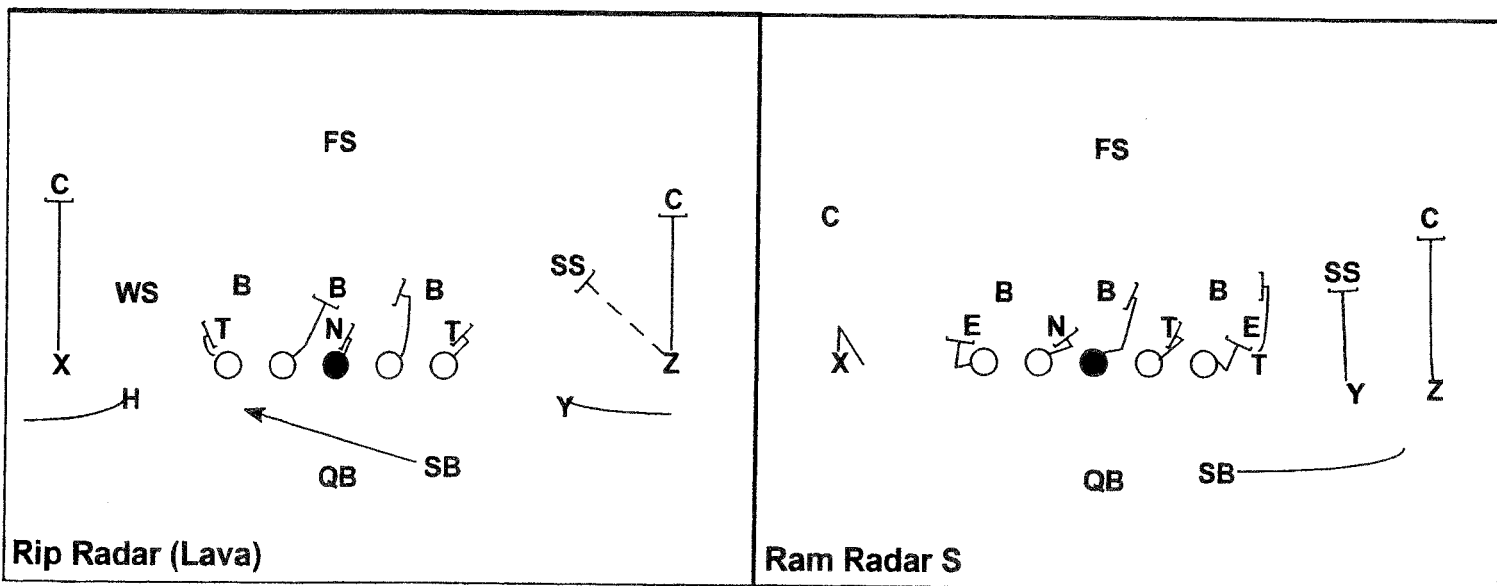
RADAR/LAVA

Play: Reo Radar (Lava)



POSITIONS	ASSIGNMENT	COACHING POINT
Backside Tackle	Man on- Man outside	Cut block outside leg
Backside Guard	Man on- Playside cut to LB	Uncovered get LB cut
Center	Man on- Playside cut to LB	Uncovered get LB cut
Playside Guard	Man on- Playside cut to LB	Uncovered get LB cut
Playside Tackle	Man on- Man outside	Cut block outside leg
H	Block cover down. If call to you run the radar, or backside of route	Backside of radar, mirror the route w/ lava
X	Block cover down. If call to you run the radar, or backside of route	Backside of Rdar in Reo then Radar @ LOS
Z	Block cover down. If call to you run the radar, or backside of route	
Y	Block cover down. If call to you run the radar, or backside of route	
SB	P fake to edge	Alert P off
QB	Catch + throw..A.P., is 1 foot in front of #'s	"S"- quick 3, follow throw

Comments:



Rip Radar (Lava)

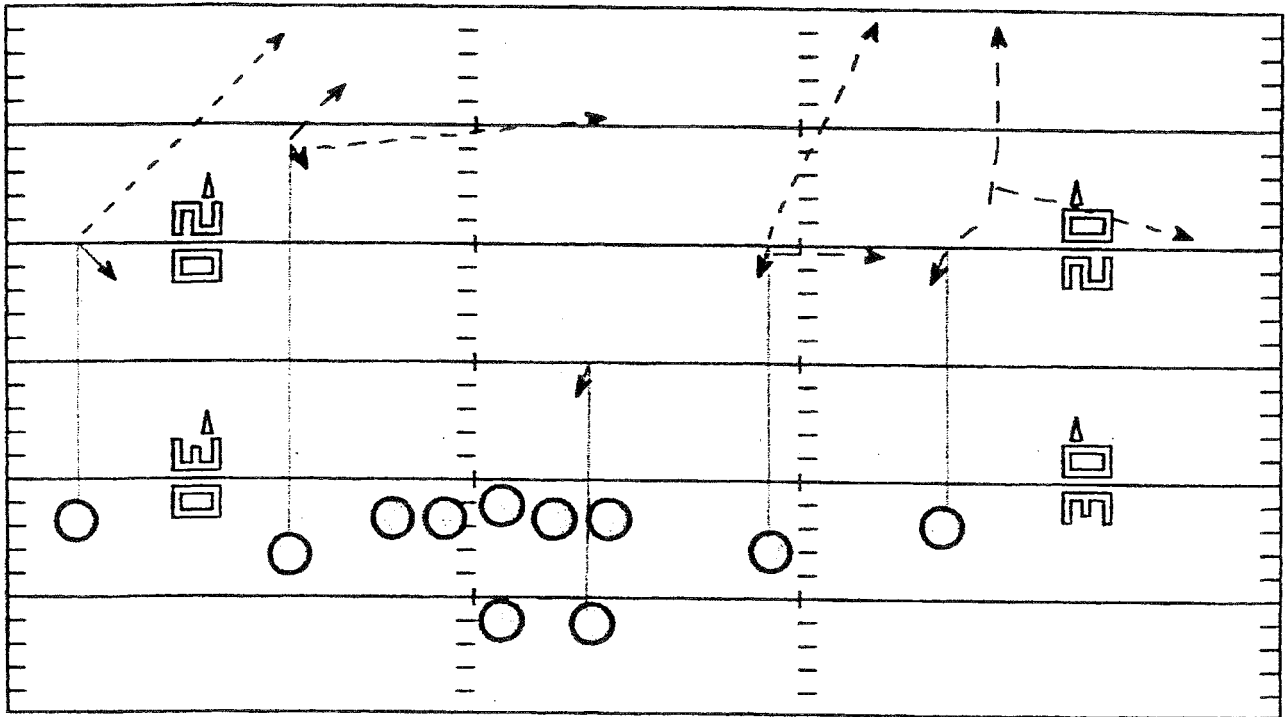
Ram Radar S

SCRAMBLE RULE

"Spot The Ball"

SCRAMBLE RULES

1. Receiver on sideline toward scrambling quarterback -- work deep or find dead spot on sideline.
2. Intermediate routes -- run parallel with quarterback.
3. Backside deep receiver -- work to get in quarterback's vision



2 MINUTE

"Spot The Ball"

TWO MINUTE OFFENSE

I. KNOW THE EXACT GAME SITUATION

- A. Do we want to score a touchdown?
- B. Do we want to score a field goal?
- C. Do we want to run out the clock?

II. CLOCK ADMINISTRATION

A. The game clock stops:

- 1. When timeout is called.
- 2. Incomplete pass.
- 3. Ball carrier goes out of bounds.
- 4. During administration of penalty.
- 5. While chain gang measures for first down.
- 6. When either team makes a first down.
- 7. Change of possession
- 8. Injury timeout.

B. The game clock starts:

- 1. When the ball is legally touched on kickoff.
- 2. With snap of ball...
 - After called timeout
 - Incomplete pass
 - After ball carrier goes out of bounds
 - After kickoff out of end zone
 - On exchange of possession
 - For media timeout
 - Injury timeout
- 3. With the referee's whistle indication ball ready for play
 - After measurement for first down
 - After administration of penalty
 - After excess timeout (ex. Injury or television)
 - After a lateral out of bounds
 - After chains are advanced and set for first down

III. COACHING POINTS (When tied or behind)

A. Saving Time

1. Hustle at all times but keep poise
2. Always use quick count (attack) with clock running
3. Request measurement at the time when ball is close (QB)
4. Hustle to nearest official when calling a timeout.
5. Hustle to line of scrimmage after previous play is over.
6. No huddle.
7. Call play that will allow runner or receiver to get out of bounds.
8. Ball carriers and receivers get as much yardage as possible, then get out of bounds.
9. Only use "clock" play when absolutely necessary (spiking the ball down).
10. Team must know whether we are thinking touchdown or field goal
11. Team must be lined up and set on ball when referee signals ball ready to play and starts clock.
12. Down rolling punts quickly
13. Punt out of bounds or over the goal line
14. Allow 15 seconds for field goal when the clock can not be stopped
15. No penalties
16. Have ball carriers get up as quickly as possible after being tackled
17. Have center locate ball placement as quickly as possible
18. WR stays one same side as previous play on "live" situations.
19. No motions or shifts with formations
20. Move QB to sideline as much as possible (sprint out).
21. Never take a sack! Throw the ball away ...out of bounds.
22. Keep your poise – be positive – Never give up!

B. When we want to score a touchdown:

1. Four down zone all over the field.
2. No turnovers on first, second or third downs (Never take a sack! Always throw the ball away!)
3. On fourth down, throw the ball up and give us a chance when desperate, never out of bounds or into the ground.
4. Must score on the last play of the game...Ball carriers always keep ball alive before being tackled. (Use the same rule if short of a first down on a fourth down play).

C. When we want to score a field goal:

1. Never take a loss
2. Maneuver the ball to the middle of the field when in "definite" field goal zone.
3. No Penalties! No Turnovers!
4. Low risk plays when in field goal zone.
5. Run the clock down as far as possible before kicking.
6. Be alert for possible third down kicking situation.

IV. COACHING POINTS – (When we want to run the clock out)

A. Use as much of full 25 seconds as possible:

1. Break the huddle slowly (always huddle up.
2. Start Cadence when 25 second clock is at five seconds
3. Get back to huddle slowly
4. Keep the ball away from the sidelines
5. Warn runners to stay in bounds
6. Ball carriers hold on to the ball and get up slowly.
7. No Penalties
8. Run wide but stay in bounds
9. High percentage passes, if any.
10. Never call a timeout.
11. If you must kick, DO NOT kick out of bounds or over the goal line... Let the ball roll dead but do not leave it.
12. If less than 25 seconds after the clock is reset...Let the clock run.
13. Minimize ball handling...Maximize ball the use of time consuming plays.
14. Fourth down is not an automatic kicking down.
15. Know the number of timeouts your opponent has
16. Know how much time we can run off the clock.

1. If our opponent has no timeouts left, an average of 40 seconds will elapse. If we have a first down and our opponent has no timeouts left, we should be able to run two minutes and 25 seconds off of the clock. For example...

- 20 seconds before the first snap
- 40 seconds for the p lay and the 25 second count
- 40 seconds for the second down play
- 40 seconds for the third down play
- 05 seconds for the fourth down play

Total = 145 seconds or two minutes and 25 seconds

2. If our opponent has (1) time out and we have just made a first down, we can run (1) minute and 50 seconds off.of the clock

- 20 seconds before the first snap
- 5 seconds for the first down play
- 0 seconds between first and second down (time-out)
- 40 seconds for the next play and next 25 second period
- 40 seconds for the next
- 5 seconds for the fourth down play

Total 110 seconds or 1:50 minutes

3. If the clock is stopped before the first down and the opponent has not timeouts left because the ball changed hands, the total is two minutes and five seconds (2:05)
4. If the opponent has three timeouts left and the clock is running, on first down... the total is 45 seconds.
5. If the clock is stopped on first down...the total is 20 seconds.

Clock Play

- I. When the QB needs to kill the clock, the call is “Clock”, “Clock”, “Clock”. On the clock call all linemen must hurry to L.O.S., get set quickly (Tighter Splits), and post inside (wedge) on the snap. When Receivers see the clock signal, they must hurry back to L.O.S. and get set quickly to the nearest spot on L.O.S. (All must be on the L.O.S.) Receivers will not move until play is whistled dead. The Running Backs will get back to the L.O.S. if in route or set quickly anywhere behind L.O.S. if in protection and not move until play is whistled dead.
- II. QB mechanics on clock call:

After getting the clock signal QB will begin communicating “Clock”, “Clock”, and signal to his wrist. He will then approach the center yelling “Attack”, “Attack”, making sure everyone is set by looking right then left. QB must tap center’s hip then call “Go” for snap. After the snap QB will take two quick steps back and throw the ball in front of his front foot and behind the center, away from the linemen’s feet.