



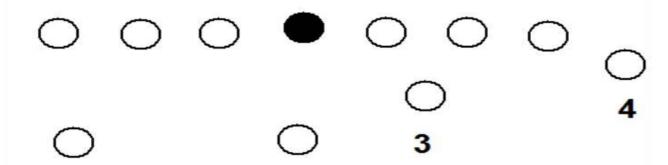


DOUBLE WING





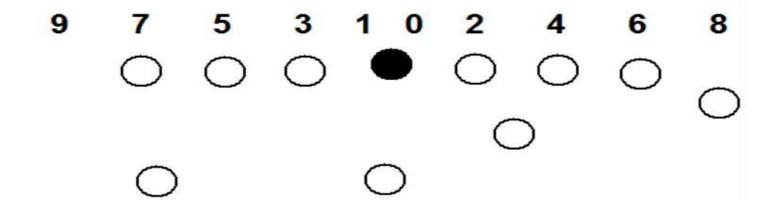
Backfield







Offensive Line







0,1 = Up The Middle: A Gap Play (*Center is coach of the play)

2,3 = Up The Middle / Tight Off Tackle:
A - B Gap Play (*Guard is coach of the play)

4,5 = Off Tackle: B-C Gap Play (*Tackle is the coach of the play)

6,7 = Alley Plays: D Gap Play (*TE is coach of the play)

8,9 = Sideline (*TE is coach of the play)





Offensive Line

<u>Depth:</u> Guards place hand even with front of Center's front foot. Tackles and TE's feet even with Guards.

Stance: All 3 pt. and balanced. 50/50 to 60/40.

Splits: 0 to 1 foot.

-- Depends on:

- 1. Defensive attack.
- Talent of players vs the players you are competing against.





Backfield

Wing: Down hand 1 yd x 1 yd from outside heel of Tight End (3 pt stance)

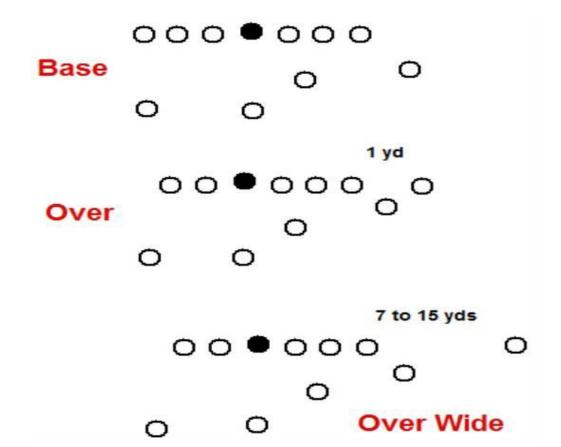
FB: Front foot is 3 yds deep in B gap (3 pt stance)

QB: Front foot at 4.5 yds (start at 5, step 1/2 yard on ready)

TB: 5 yards behind TE (2 pt stance)

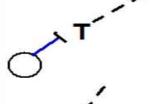




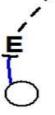




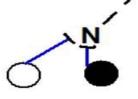




Down: Step inside foot to inside foot of defender



On: Step outside foot 6 inches outside of defenders outside foot



Double Team

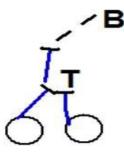
Post: Step inside foot just inside of defenders inside foot

Double: Step inside foot to

middle of defender





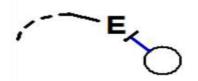


Double & Chip

Post: Step inside foot on inside foot of defender

Chip: Step inside foot to outside

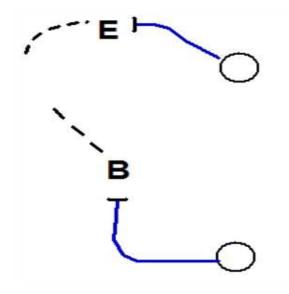
foot of defender



Tunnel: Step with inside foot 6 inches inside of defenders inside foot





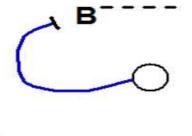


Kick out/Trap: Step near foot to adjacent offensive linemens hip

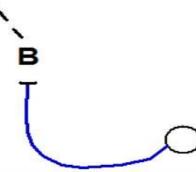
S1 Pull: Throw near arm and step with 1 foot of depth







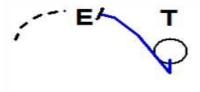
S2 Pull: Throw near arm and step with 2 feet of depth



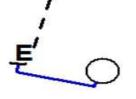
Trojan Pull: Throw near and step with 45 degrees of depth



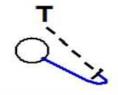




SUBA: Show pass, kick out 1st man to outside



Log: Step near foot flat



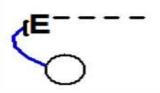
3 Pull: Throw near and step with 45 degrees of depth







Anchor: Step inside foot flat



Reach: Step outside foot 45 degrees outside defenders outside foot





"Ready" = Players get down

"Down" = Been down for a second

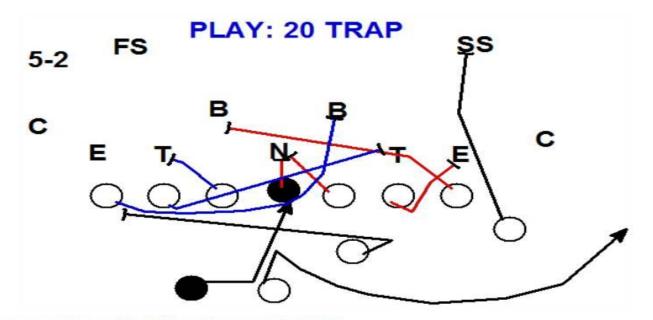
"Motion" = Rocket or Fly motion

"Set-go" = Ball is snapped









W: PLAYSIDE SAFETY

FB: FILL BACKSIDE, SCRAPE LEFT

TACKLES SHOULDER

TB: AIM FOR CENTER, IF UNCOVERED AIM

AT LEFT GUARD

QB: RIDE TB, FAKE KEEP

PLAY: 20 TRAP

FS SS

5-2

C E T B C

RT: BACKSIDE BACKER / SUBA RG: DOWN (DOUBLE) / SUBA

*C: ON (POST) / DOWN (DOUBLE)

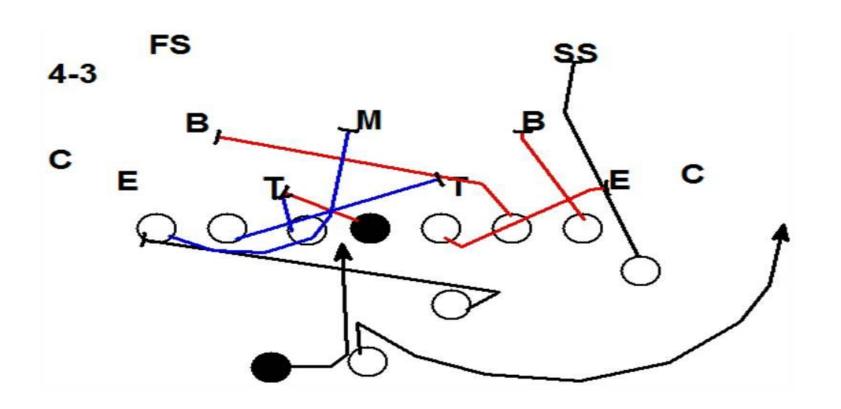
LG: ON (POST) / OUTSIDE

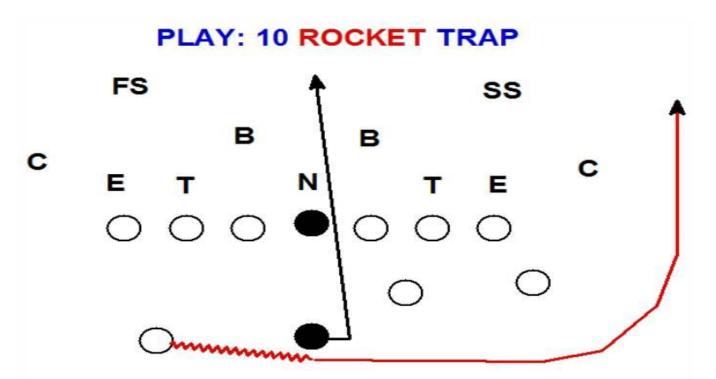
LT: TRAP 1ST MAN PAST CENTER

Y: BACKSIDE / PLAYSIDE BACKER

X: S1 PULL

20 TRAP VS. EVEN FRONT

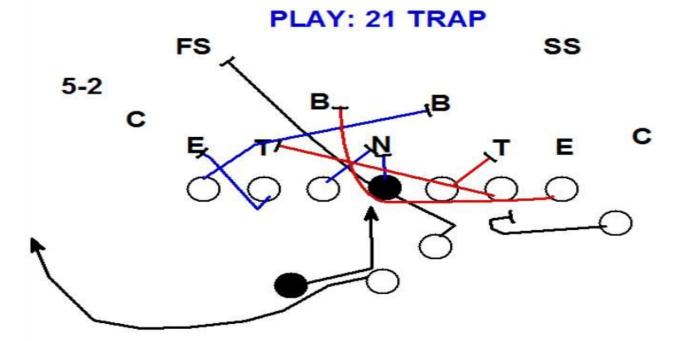




TB: SELL 28 ROCKET

QB: JAB AND HEAD FAKE TOWARD TB,

AIM TOWARD CENTER



W: ANCHOR

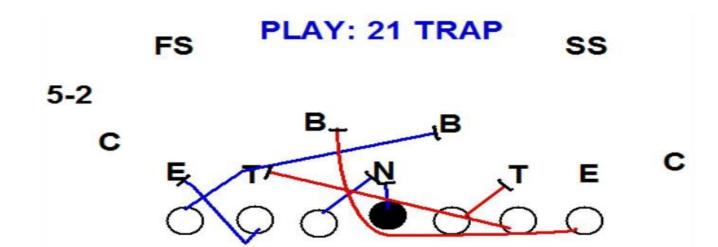
FB: LEAD THROUGH A GAP

TB: AIM AT CENTER, VEER SLIGHTLY ON

ODD FRONT

QB: GIVE BALL TO TB QUICKLY, SELL

PASS



RT: TRAP 1ST MAN PAST CENTER

RG: ON (POST) / OUTSIDE

*C: ON (POST) / DOWN (DOUBLE)

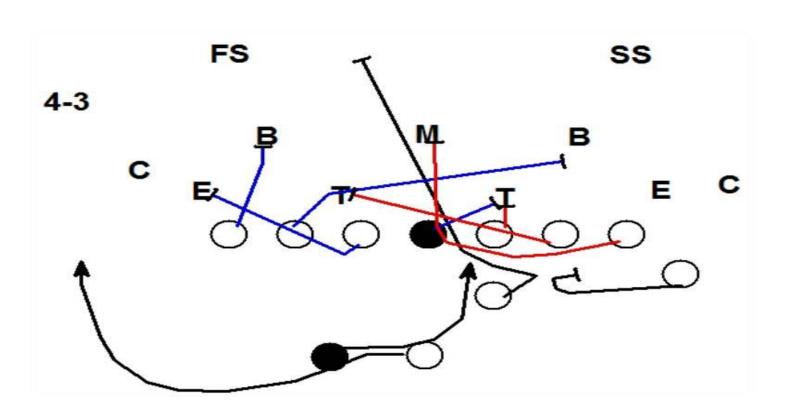
LG: DOWN (DOUBLE) / SUBA

LT: BACKSIDE BACKER / SUBA

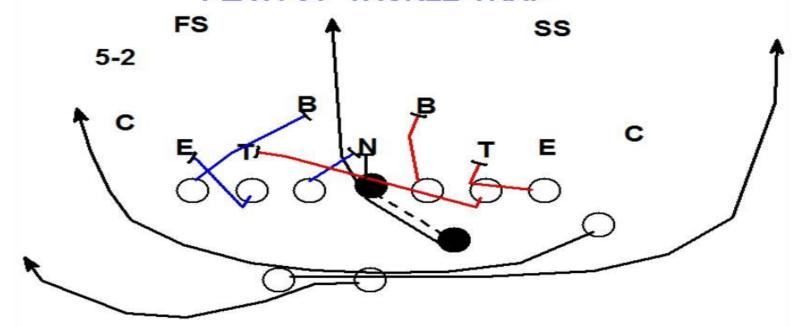
Y: S1 PULL

X: BACKSIDE BACKER / PLAYSIDE BACKER

21 TRAP VS. EVEN FRONT



PLAY: 31 TACKLE TRAP



W: FAKE XX

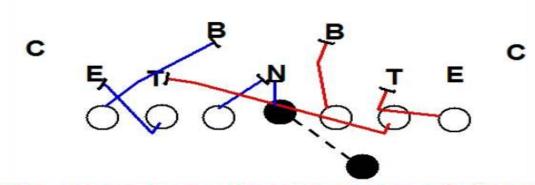
FB: AIM AT CENTER, IF UNCOVERED AIM AT

RIGHT GUARD

TB: FAKE XX QB: FAKE XX

PLAY: 31 TACKLE TRAP

FS SS 5-2



RT: KICK OUT 1ST MAN PAST CENTER

RG: ON (POST)

*C: ON (POST) / DOWN (DOUBLE)

LG: DOWN (DOUBLE) / SUBA

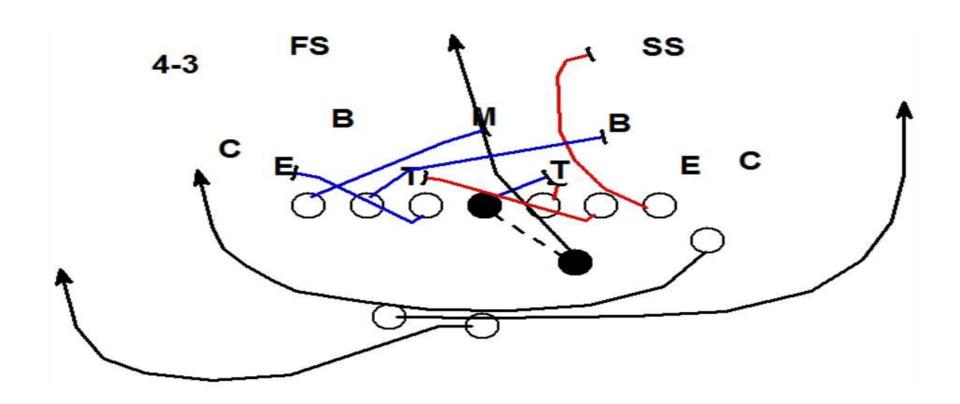
LT: BACKSIDE BACKER / SUBA

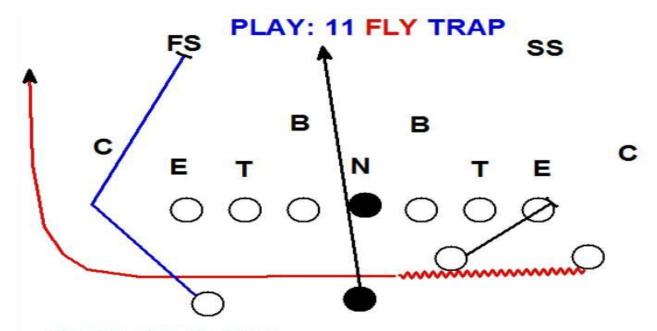
Y: CUT / CUT OFF

X: 1ST BACKER FROM MIDLINE TO

PLAYSIDE

31 TACKLE TRAP VS. EVEN FRONT





W: FAKE 49 FLY FB: FILL FOR Y

TB: FAKE TUNNEL, ATTACK DEEP

DEFENDER

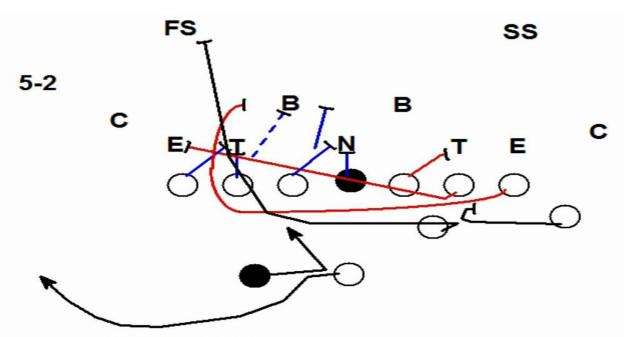
QB: PUT BALL ON TABLE, STEAL BALL

FROM W AIM AT CENTER





25 COUNTER



W: ANCHOR

FB: LEAD THROUGH, LOOK INSIDE

TB: FAKE TROJAN FOR 3 STEPS, CUT

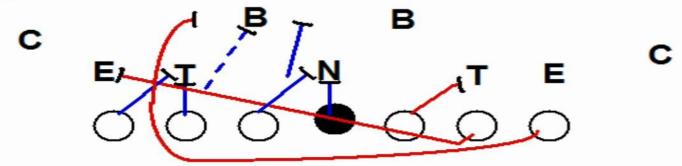
BACK INTO DOUBLE TEAM

QB: GIVE BALL TO TB QUICKLY, SELL

PASS

FS SS

5-2



RT: KICK OUT 1ST MAN PAST LEFT TACKLE

RG: ON / OUTSIDE

C: ON / DOWN

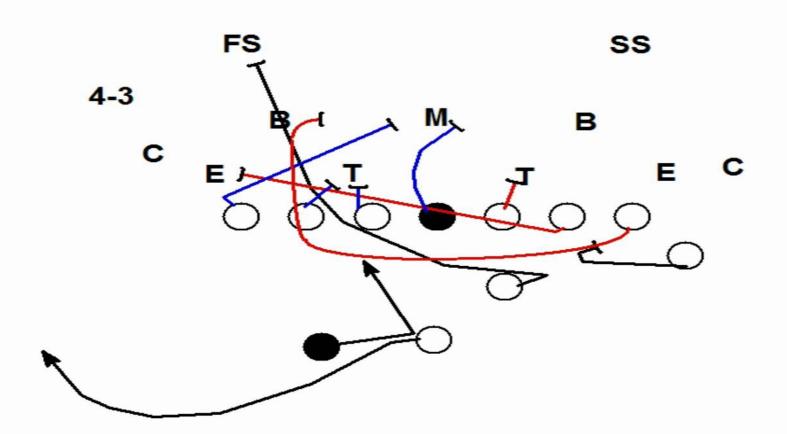
LG: ON (POST) / DOWN (CHIP)

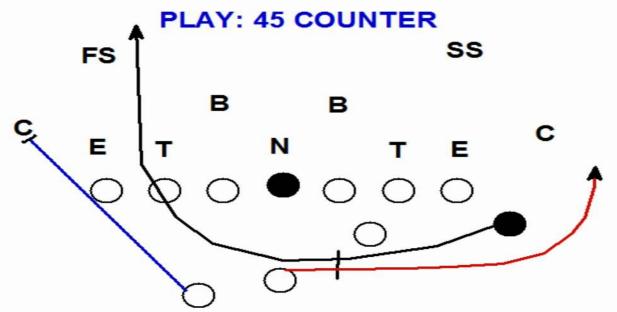
*LT: ON (POST) / DOWN (DOUBLE)

Y: S1

X: DOWN (DOUBLE) / BACKER

25 COUNTER VS. EVEN FRONT





W: TAKE BALL AT 3 YDS, AFTER EXCHANGE, PLANTS OUTSIDE FOOT AND AIM AT LEFT TACKLE

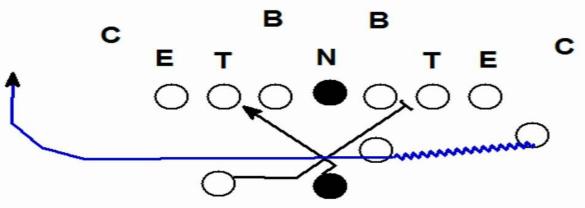
TB: V OF THE NECK OF THE CONTAIN

DEFENDER

QB: GIVE AT 3, SELL 16 TROJAN

PLAY: FLY 15 COUNTER

FS SS



TB: FAKE 24 POWER, FILL B GAP SCRAPING Y'S OUTSIDE SHOULDER

W: ON "MOTION" AIM 1 YD IN FRONT OF

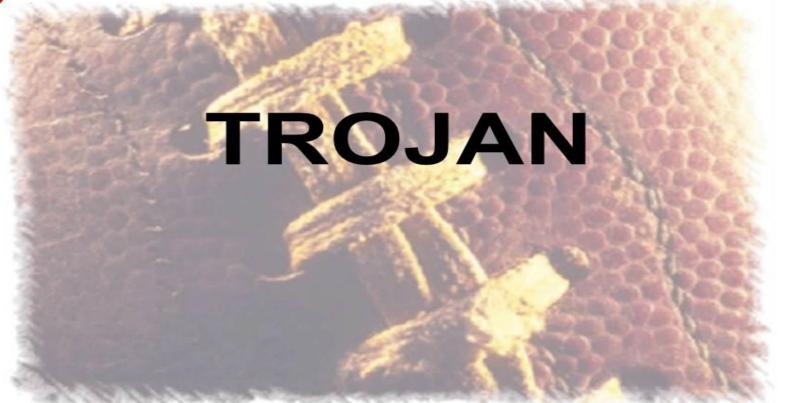
QB, CONTINUE FAKE

QB: PULL POWER FROM TB, AIM LEFT

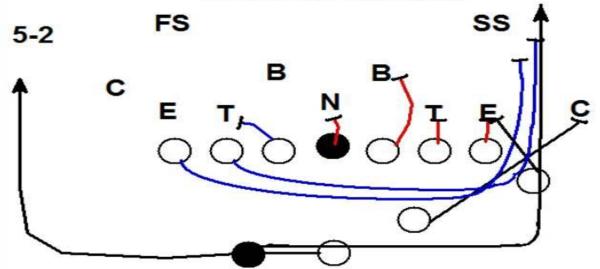
TACKLE







PLAY: 26 TROJAN



W: DOWN (DOUBLE) / BACKER

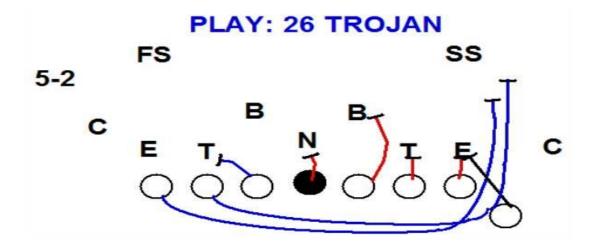
FB: AIM FOR HIP OF WING, ATTACK V OF THE NECK OF THE CONTAIN DEFENDER

TB: STRETCH DEFENSE, READ BLOCK ON

CONTAIN DEFENDER, LOOK FOR 1ST

CREASE

QB: GIVE TO TB, SELL HIDE



RT: ON (POST) / DOWN (CHIP)

RG: ON / DOWN (CHIP)

C: ON / DOWN (Remain ON if LG calls you off)

LG: ON / OUTSIDE

LT: TROJAN PULL (2 YDS), READ BLOCK ON

CONTAIN DEFENDER, LOOK FOR 1ST

CREASE

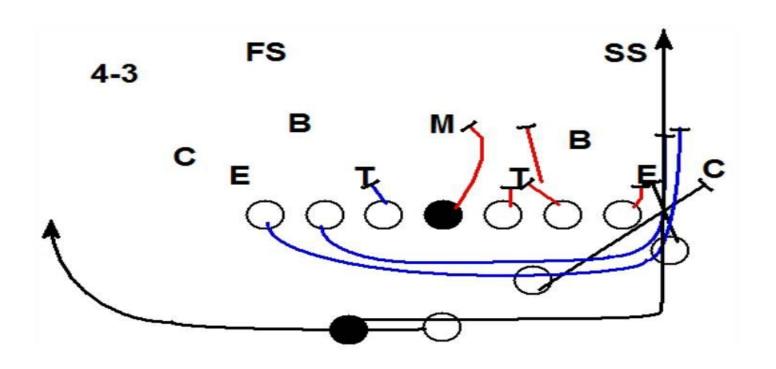
*Y: ON (POST) / DOWN (DOUBLE)

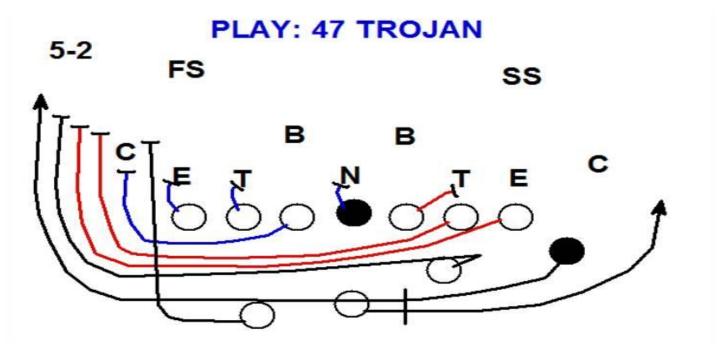
X: TROJAN PULL (2 YDS), READ BLOCK ON

CONTAIN DEFENDER, LOOK FOR 1ST

CREASE

26 TROJAN VS. EVEN FRONT





W: GET 1 YD DEPTH, EXCHANGE AT 4, READ BLOCK ON CONTAIN DEFENDER

FB: JAB, PULL FLAT, LEAD D GAP

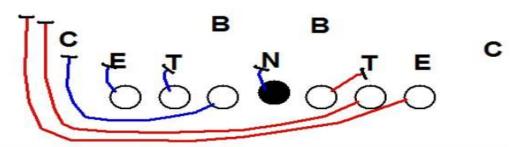
TB: READ BLOCK ON CONTAIN DEFENDER,

LOOK INSIDE TO OUTSIDE

QB: GIVE AT 4, SELL 16 TROJAN

PLAY: 47 TROJAN

5-2 FS SS



RT: TROJAN PULL (2 YDS), READ BLOCK ON

CONTAIN DEFENDER, LOOK FOR 1ST

CREASE

RG: ON / OUTSIDE

C: ON / DOWN (Remain ON if LG calls you off)
LG: TROJAN PULL (1 YD), V OF THE NECK OF

THE CONTAIN DEFENDER

LT: ON / DOWN

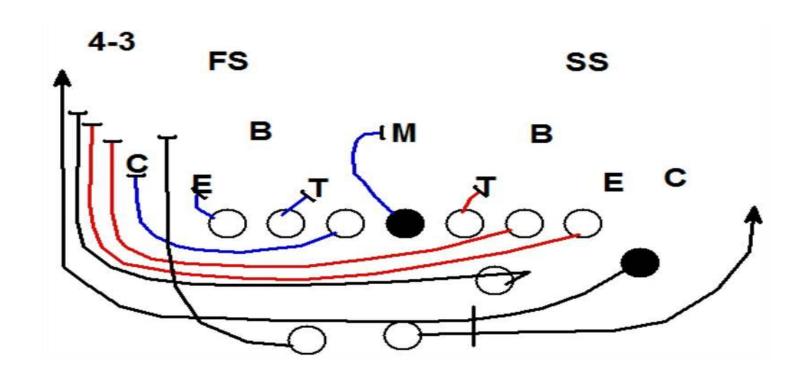
Y:TROJAN PULL (2 YDS), READ BLOCK ON

CONTAIN DEFENDER, LOOK FOR 1ST

CREASE

*X: ON / DOWN

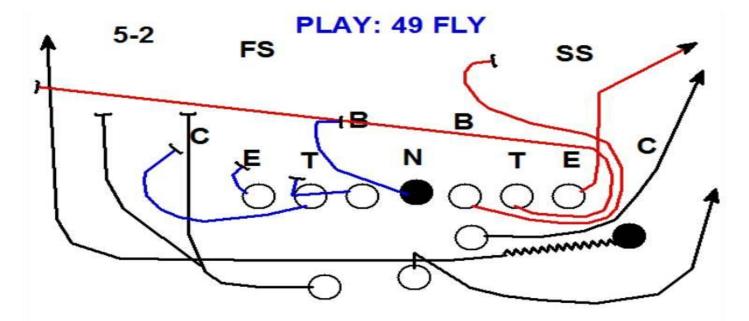
47 TROJAN VS. EVEN FRONT





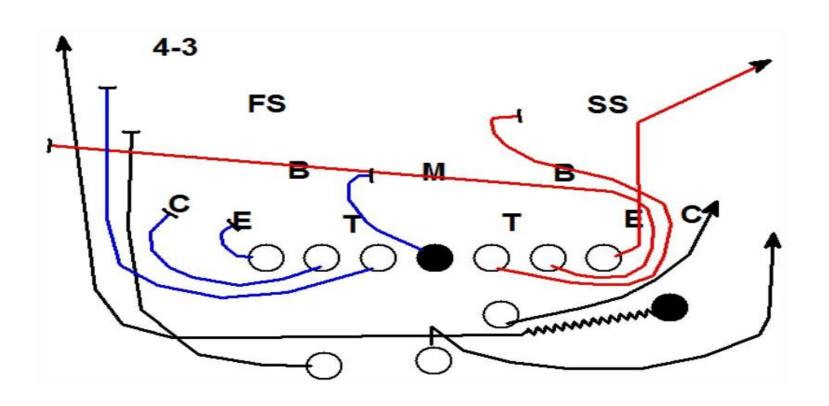


FLY SWEEP



W: ON "MOTION" AIM FOR QB'S HANDS
GET WIDE FAST AND READ TB'S BLOCK
FB: READ TB, LOOK INSIDE TO OUTSIDE
TB: REACH OR KICK CONTAIN DEFENDER
QB: PUT BALL ON TABLE AND LET W TAKE
IT, SELL KEEP

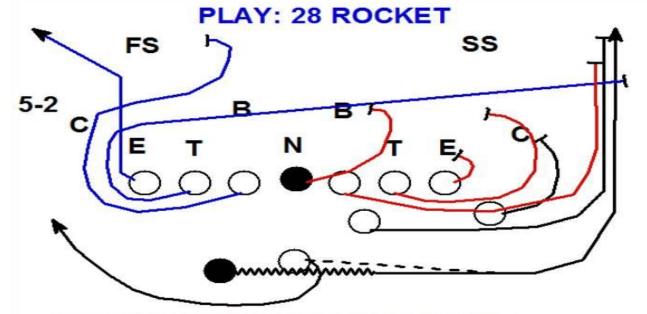
49 FLY VS. EVEN FRONT







ROCKET



W: REACH CONTAIN DEFENDER

FB: READ W, LOOK INSIDE TO OUTSIDE

TB: ON "MOTION" CATCH BALL AT 5X5,

READ W

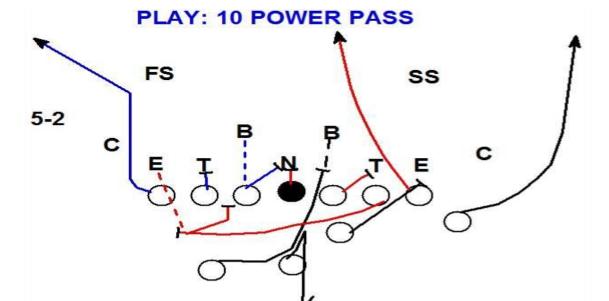
QB: SHUFFLE AND OPTION PITCH TO FAR

NUMBER





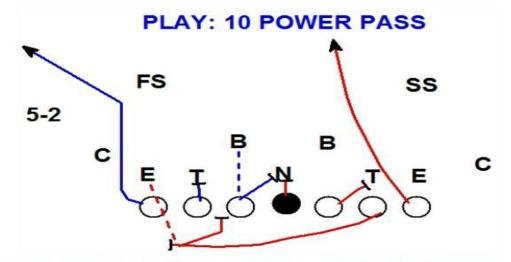
POWER PASS



W: FAKE REACH FOR 3 STEPS, FADE TO OUTSIDE EDGE OF NUMBERS FB: FAKE KICK OUT, BLOCK 1st MAN PAST R TACKLE

TB: FAKE POWER, FILL FOR UNCOVERED MAN (RT OR RG)

QB: RIDE TB (SWING THE BAT), READ SS TO FS



*RT: TROJAN PULL (2YDS), SET UP BEHIND LEFT TACKLE, NO ONE SHOWS, HELP INSIDE

RG: ON / OUTSIDE

C: ON / RIGHT (CHECK BACKER)

LG: ON / HELP (HELP CENTER IF NO CALL,

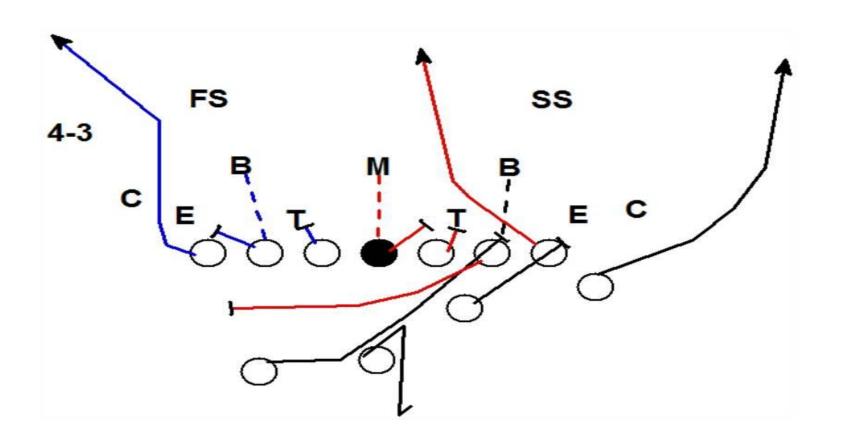
CHECK BACKER)
LT: ON / OUTSIDE

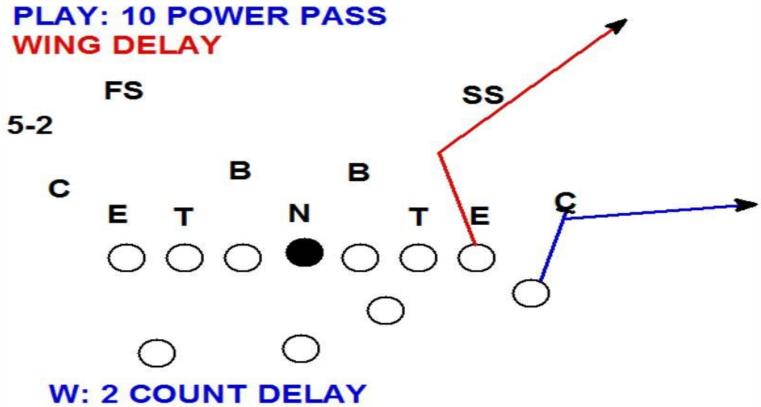
Y: FAKE BACKER BLOCK FOR 3 STEPS,

SEAM (DON'T CROSS A GAP)

X: OUTSIDE RELEASE 10 YRD CORNER

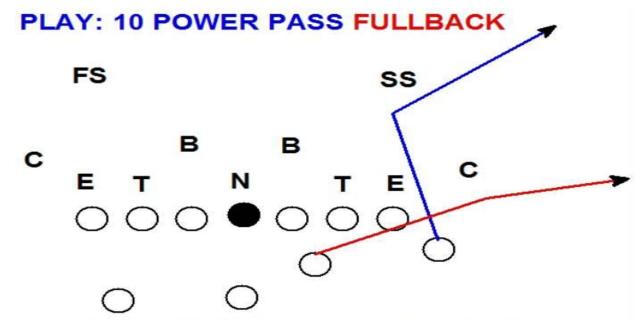
10 POWER PASS VS. EVEN FRONT





Y: CORNER ROUTE

QB: READ DEEP TO SHORT

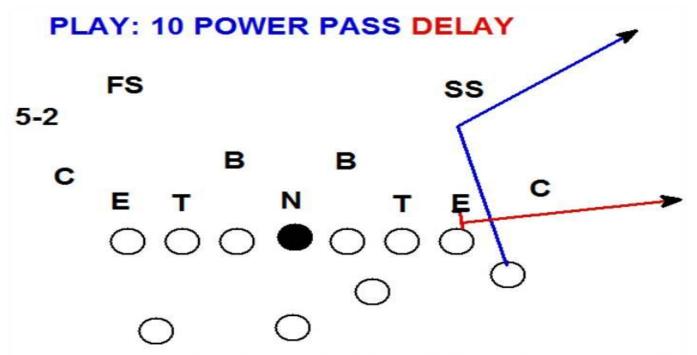


W: FAKE BACKER BLOCK FOR 3 STEPS, 10 YD CORNER ROUTE

FB: FAKE KICK OUT BLOCK, 3 YD FLAT

ROUTE

QB: READ DEEP TO SHORT



W: FAKE BACKER BLOCK FOR 3 STEPS, 10 YD CORNER ROUTE

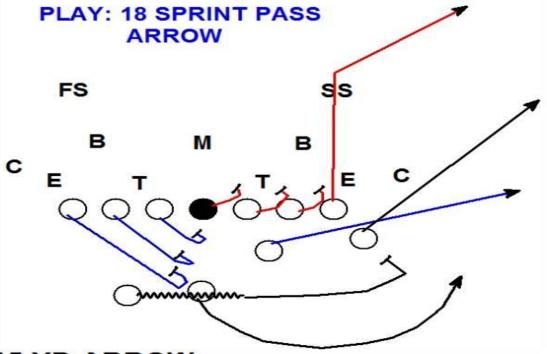
Y: 2 COUNT DELAY ROUTE

QB: READ DEEP TO SHORT





SPRINT PASS



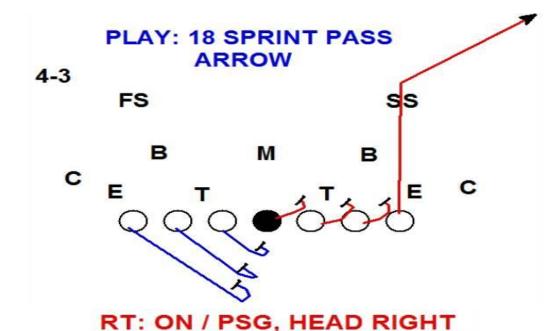
W: 15 YD ARROW

FB: 3 YD FLAT ROUTE

TB: GET OUTSIDE WING, SET UP WALL 2-3

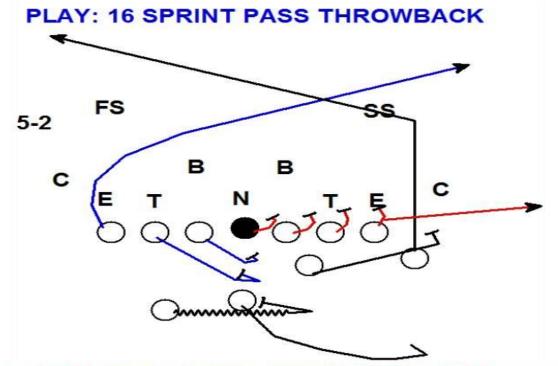
YDS DEEP

QB: SPRINT OUT 4 YARDS OF DEPTH, READ ON THE RUN, DEEP TO SHORT



RG: ON / PSG, HEAD RIGHT C: ON / PSG, HEAD RIGHT LG: 3 PULL (2 YDS) LT: 3 PULL (3 YDS)

Y: 12 YARD CORNER ROUTE X: 3 PULL (4-5 YDS)



W: BACKSIDE POST, STEM TO 12 YDS FB: CHECK OLB / ILB / END

TB: BLOCK BACKSIDE, SET UP AT 5 YDS

QB: SPRINT OUT TO 4 X 5 OF MIDLINE, SET

FEET, READ W TO Y