



ROOKIE TACKLE PLAYBOOK



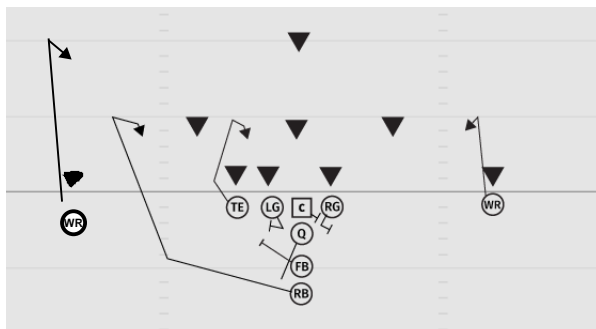
American Development Model / 2018 National Opt-In

9 - PLAYER ROOKIE TACKLE PLAYS

ROOKIE TACKLE 9-PLAYER PRO

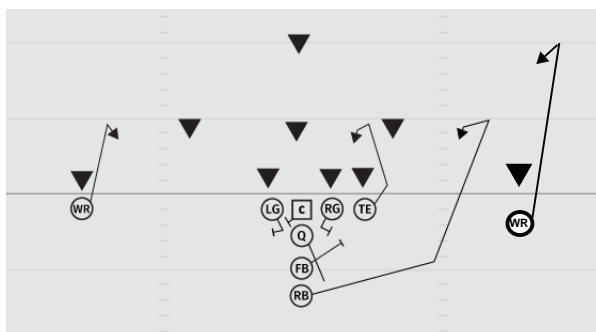


ROOKIE TACKLE 8-PLAYER PRO ALL CURL LEFT



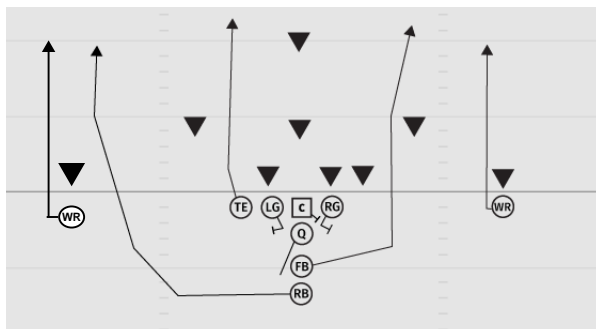
- TE Outside release, 5 yard Curl inside widest defender
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- WR Inside release, 5 yard Curl route **Strong Side WR Off the Line, Outside Release, 10yd Curl Route**
- FB Fill in behind TE, pass protection
- RB 5 yard curl aiming between number and hash
- Q 3 step drop

ROOKIE TACKLE 8-PLAYER PRO ALL CURL RIGHT



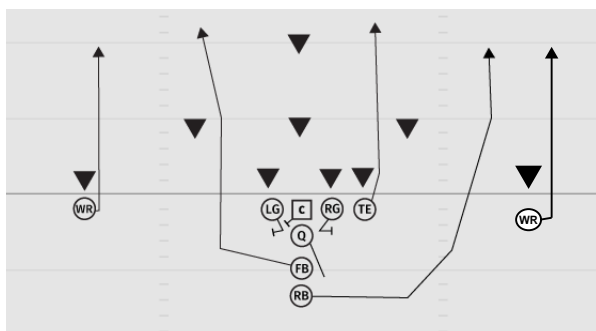
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ROOKIE TACKLE 8-PLAYER PRO ALL GO LEFT



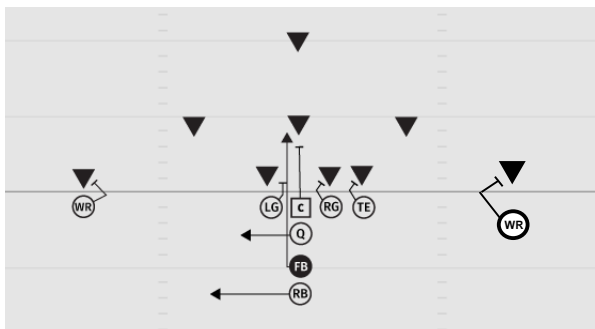
- TE Outside release, Go route inside widest defender
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- WR Inside release, Go route **Strong Side WR Off the Line, Outside Release, Go Route**
- Q 5 step drop
- FB Seam route inside widest linebacker
- RB Go route aiming between numbers and hash

ROOKIE TACKLE 8-PLAYER PRO ALL GO RIGHT



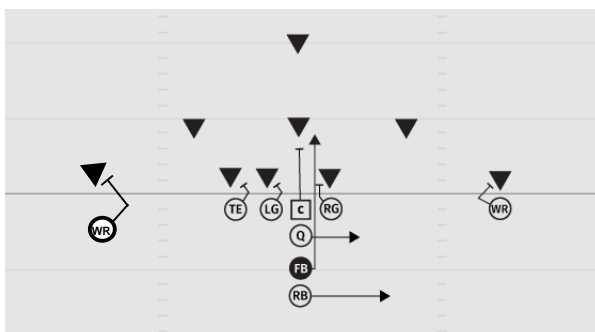
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- RB Go route aiming between numbers and hash

ROOKIE TACKLE 8-PLAYER PRO DIVE LEFT



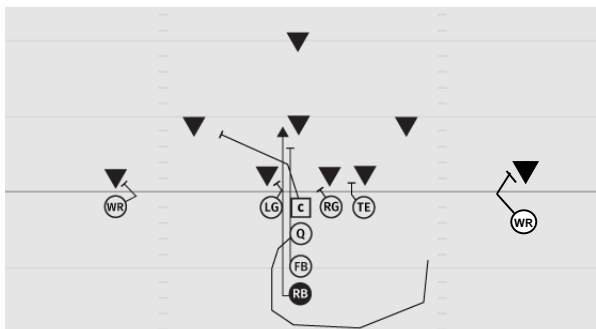
- WR Stalk block cornerback
- LG Drive block inside half of defensive lineman
- C Drive block middle linebacker
- RG Scoop block defensive lineman
- TE Scoop back defensive lineman
- Q Open playside, give dive, continue fake down the line
- FB One lateral step, attack A gap, read C's block
- RB Fake sweep

ROOKIE TACKLE 8-PLAYER PRO DIVE RIGHT



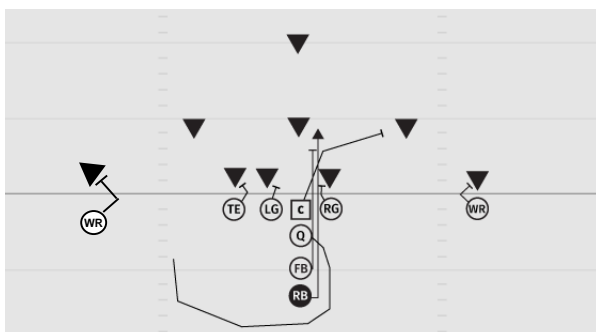
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ROOKIE TACKLE 8-PLAYER PRO ISO LEFT



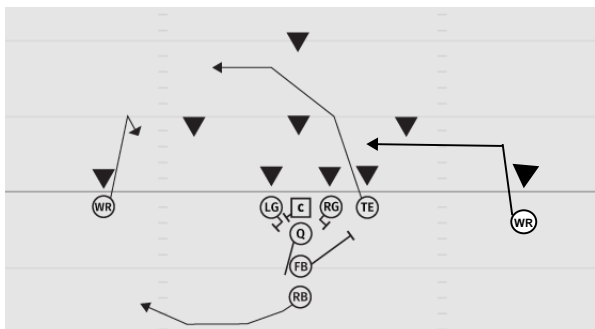
- WR Stalk block cornerback
- LG Drive block inside half of defensive lineman
- C Work to playside linebacker
- RG Scoop block defensive lineman
- TE Scoop back defensive lineman
- Q Open playside, give to second player through (RB), continue on bootleg fake
- FB Lead block on middle linebacker
- RB One lateral step, attack A gap, read FB's block

ROOKIE TACKLE 8-PLAYER PRO ISO RIGHT



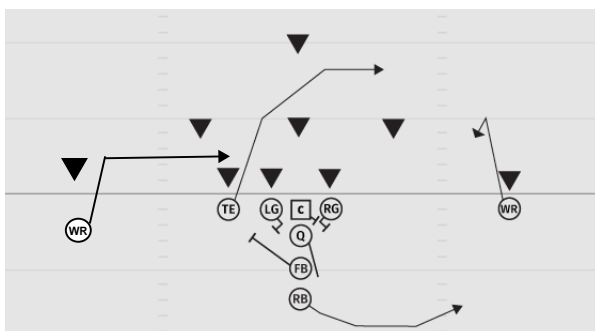
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- RB One lateral step, attack A gap, read FB's block

ROOKIE TACKLE 8-PLAYER PRO SWINGS LEFT



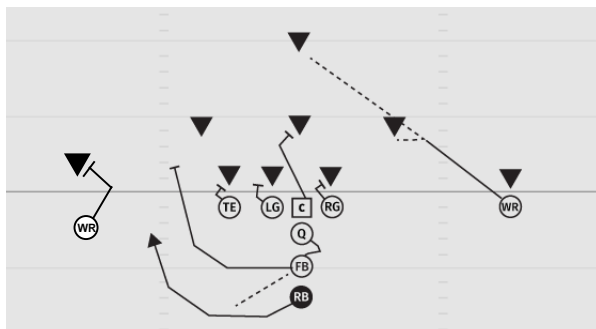
- WR 5 yard Curl route **Strong Side WR Off the line, Inside Release, 3 Yard In Route In front of LBs**
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- TE Crossing route working to 8 yards deep
- Q 5 step drop
- FB Fill in behind TE, pass protection help
- RB Swing route to playside

ROOKIE TACKLE 8-PLAYER PRO SWINGS RIGHT



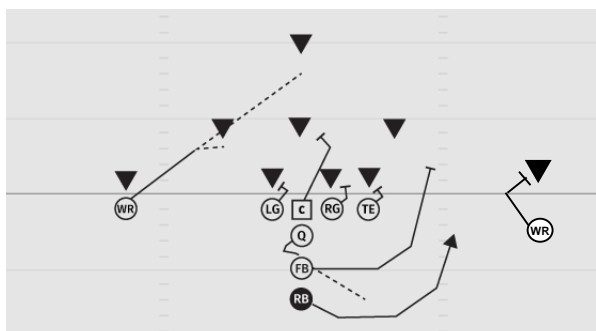
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- LG Big on big pass protection
- TE Crossing route working to 8 yards deep
- Q 5 step drop
- FB Fill in behind TE, pass protection help
- RB Swing route to playside

ROOKIE TACKLE 8-PLAYER PRO TOSS LEFT



- TE Reach block defensive lineman
- LG Reach block defensive lineman
- C Reach block middle linebacker
- RG Scoop block defensive lineman
- WR Backside cut off most dangerous defender
- Q Reverse pivot, toss to RB
- FB Attack around the edge, block most dangerous defender
- RB Bucket step, stay lateral with shoulders square until pitch, follow FB's block

ROOKIE TACKLE 8-PLAYER PRO TOSS RIGHT

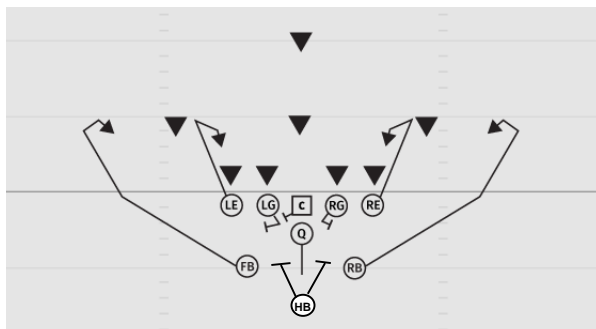


- TE Reach block defensive lineman
- RG Reach block defensive lineman
- C Reach block middle linebacker
- LG Scoop block defensive lineman
- WR Backside cut off most dangerous defender
- Q Reverse pivot, toss to RB
- FB Attack around the edge, block most dangerous defender
- RB Bucket step, stay lateral with shoulders square until pitch, follow FB's block

ROOKIE TACKLE 8-PLAYER TIGHT

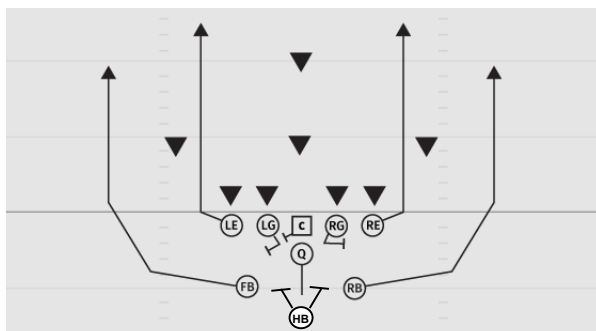


ROOKIE TACKLE 8-PLAYER TIGHT ALL CURL



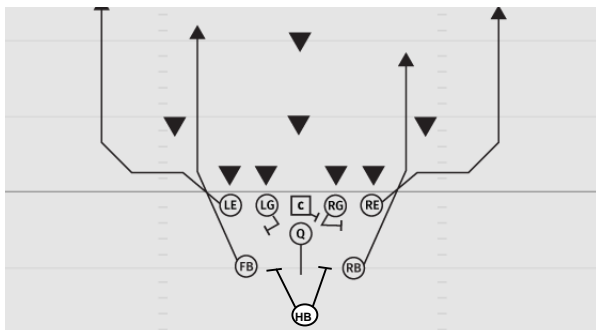
- LE 5 yard Curl inside widest defender
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protections
- RE 5 yard Curl inside widest defender
- Q 3 step drop
- RB 5 yard Curl aiming between hash and numbers
- FB 5 yard Curl aiming between hash and numbers
- HB Blocks most dangerous defender

ROOKIE TACKLE 8-PLAYER PRO TIGHT ALL GO



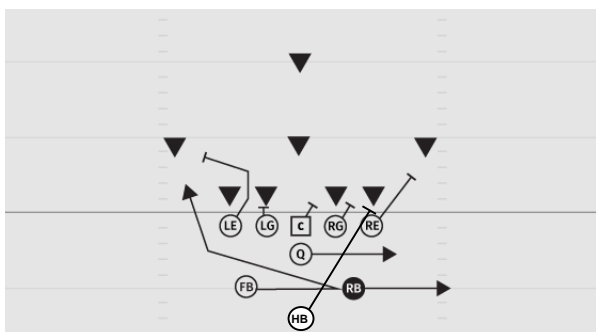
- LE Seam route inside widest defender
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- RE Seam route inside widest defender
- Q 5 step drop
- FB Seam route aiming for in between hash and numbers
- RB Seam route aiming for in between hash and numbers
- HB Blocks most Dangerous Defender

ROOKIE TACKLE 8-PLAYER TIGHT ALL GO SWITCH



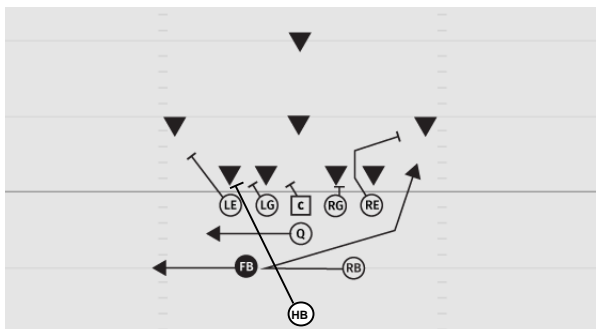
- LE Seam route aiming for in between hash and numbers
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- RE Seam route aiming for in between hash and number
- Q 5 step drop
- RB Seam route inside widest defender
- FB Seam route inside widest defender
- HB Blocks Most Dangerous Defender

ROOKIE TACKLE 8-PLAYER PRO TIGHT CROSS LEFT



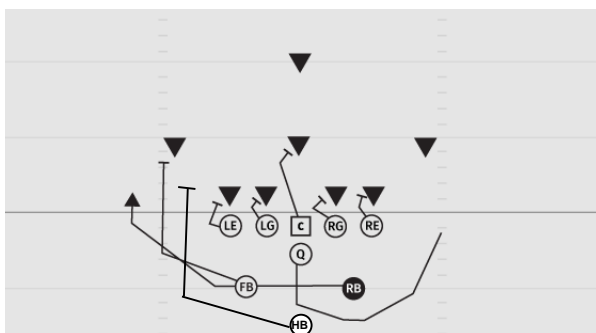
- LE Inside release head up defender, redirect and block outside linebacker
- LG Drive block man on
- C Block back on defensive tackle
- RG Block back on defensive end
- RE Block out on widest defender to sell sweep
- Q Open to fake sweep side and attack down line, outside hand-off to RB
- RB One second delay for timing, run line between Q and FB to outside, around unblocked defensive lineman and LE's block
- FB Fake sweep
- HB Blocks unblocked defender from RE

ROOKIE TACKLE 8-PLAYER TIGHT CROSS RIGHT



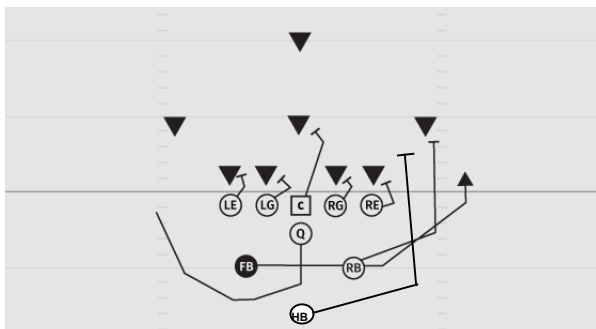
- | | |
|----|---|
| RE | Insider release head up defender, redirect and block outside linebacker |
| RG | Drive block defenses mash and mesh |
| C | Block back on defensive tackle |
| LG | Block back on defensive end |
| LE | Block out on widest defender to sell sweep |
| Q | Open to fake sweep side and attack down line, outside hand off to RB |
| FB | One second delay for timing, run line between Q and FB to outside, around unblocked defensive lineman and read RE's block |
| RB | Fake sweep HB Blocks unblocked defender from LE |

ROOKIE TACKLE 8-PLAYER TIGHT SWEEP LEFT



- LE Block out defensive end
- LG Reach block defensive tackle
- C Reach block middle linebacker
- RG Scoop block defensive tackle
- RE Scoop block defensive end
- Q Reverse pivot, outside hand-off to RB, boot fake
- FB Attack around the edge of the LE, block the most dangerous defender
- RB Flat line across formation, receive hand-off and follow FB's block to outside
- HB Attack around the edge of the LE, block the most dangerous defender

ROOKIE TACKLE 8-PLAYER TIGHT SWEEP RIGHT

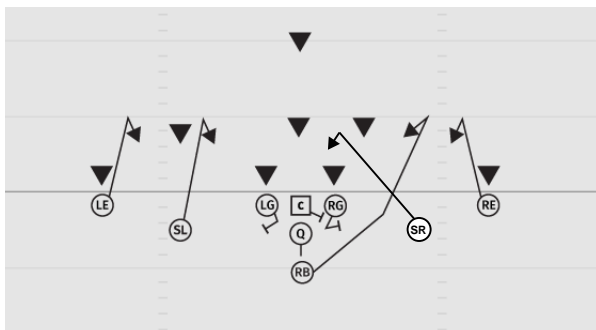


- RE Reach block defensive end
- RG Reach block defensive tackle
- C Reach block middle linebacker
- LG Scoop block defensive tackle
- LE Scoop block defensive end
- Q Reverse pivot, outside hand-off to RB, boot fake
- RB Attack around the edge of RE, block the most dangerous defender
- FB Flat line across formation, receive hand-off and follow FB's block to outside
- HB Attack around the edge of the RE, block the most dangerous defender.**

ROOKIE TACKLE 9-PLAYER SPREAD

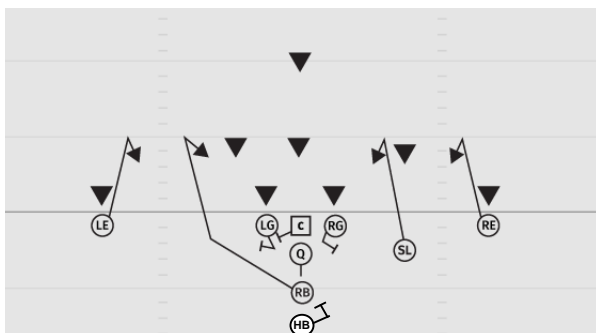


ROOKIE TACKLE 8-PLAYER SPREAD ALL CURL QUAD WR



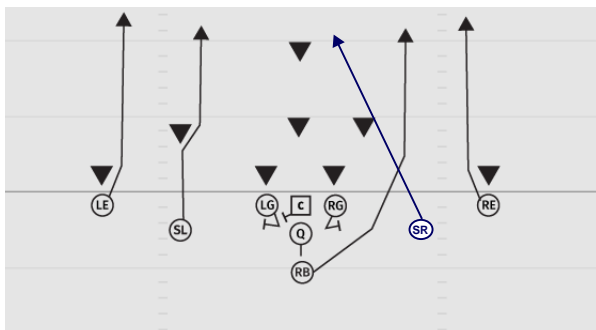
- LE 5 yard Curl route
- SL 5 yard Curl route
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- RE 5 yard Curl route
- Q 3 step down
- RB 5 yard Curl route, look for space between defenders
- SR 5 Yard Curl Behind D Line**

ROOKIE TACKLE 8-PLAYER SPREAD ALL CURL 3 WR



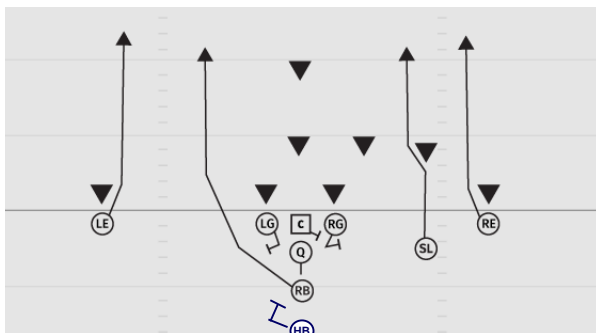
- RE 5 yard Curl route
- SL 5 yard Curl route
- RG Big on big pass protection
- C Pass protection, help on any inside rush
- LG Big on big pass protection
- LE 5 yard Curl route
- Q 3 step down
- RB 5 yard Curl route, look for space between defenders
- HB Blocks Most Dangerous Defender in Pass Protection**

ROOKIE TACKLE 8-PLAYER SPREAD ALL GO QUAD WR



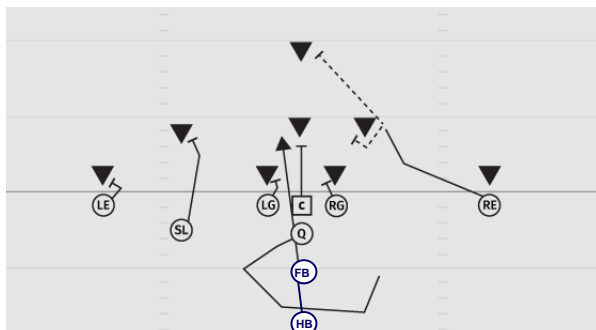
- LE Inside release, Go route
- SL Seam route staying inside the hash
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- RE Inside release, Go route
- Q 5 step down
- RB Work for width out of backfield, Seam route staying inside the hash
- SR **Middle Seam route crossing in front of RB towards FS**

ROOKIE TACKLE 8-PLAYER SPREAD ALL GO 3 WR



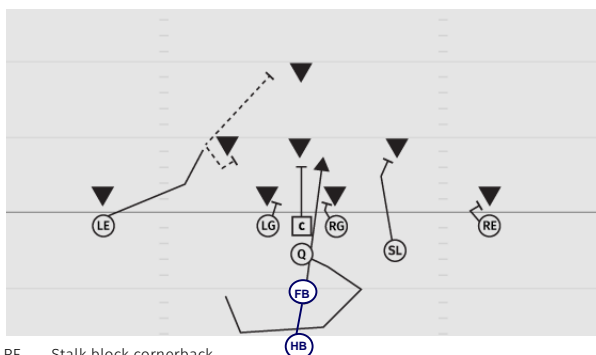
- RE Inside release, Go route
- SL Seam route staying inside the hash
- RG Big on big pass protection
- C Pass protection, help on any inside rush
- LG Big on big pass protection
- LE Inside release, Go route
- Q 5 step down
- RB Work for width out of backfield, Seam route staying inside the hash
- HB **Blocks most dangerous defender in Pass Protection**

ROOKIE TACKLE 8-PLAYER SPREAD DIVE LEFT



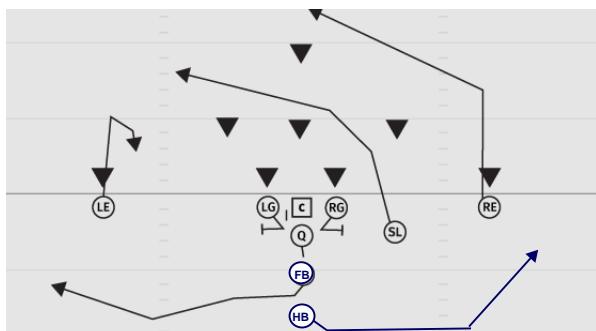
- LE Stalk block cornerback
- SL Stalk block most dangerous outside defender
- LG Drive block inside half of defensive lineman
- C Drive block middle linebacker
- RG Scoop block defense lineman
- RE Work to cut off the backside most dangerous defender
- Q Open playside, continue bootleg fake after hand-off
- FB Lead Blocks through hole made by LG-C - most dangerous Defender**
- HB Takes hand off through hole made by LG-C, Follows FB**

ROOKIE TACKLE 8-PLAYER SPREAD DIVE RIGHT



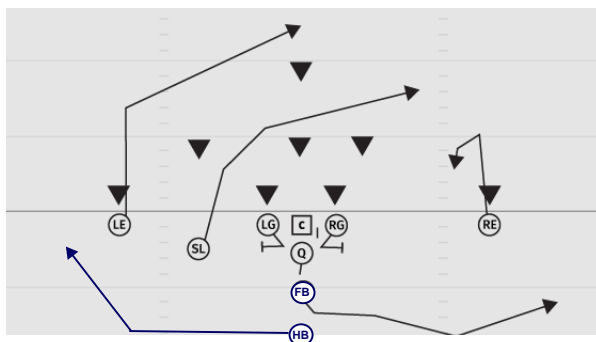
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- SL Stalk block most dangerous outside defender
- RG Drive block inside half of defensive lineman
- C Drive block middle linebacker
- LG Scoop block defense lineman
- LE Work to cut off the backside most dangerous defender
- Q Open playside, continue bootleg fake after hand-off
- FB Lead Blocks through hole made by RG-C - most dangerous defender**
- HB Takes hand off through hole made by RG-C, Follows FB**

ROOKIE TACKLE 8-PLAYER SPREAD FLOOD LEFT



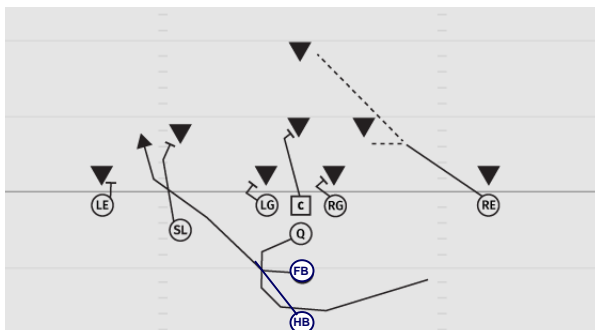
- LE 5 yard Curl route
- LG Big on big pass protection
- C Pass protection, help on any inside rush
- RG Big on big pass protection
- SL Crossing route working to 8 yards deep
- RE 8 yard Post route
- Q 5 step drop
- FB Swing Route Play Side**
- HB Wheel Route Back Side**

ROOKIE TACKLE 8-PLAYER SPREAD FLOOD RIGHT



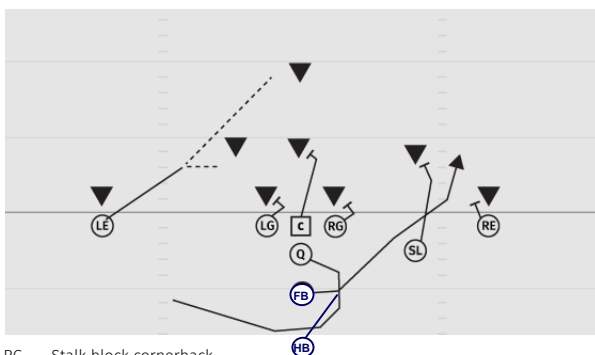
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- RG Big on big pass protection
- C Pass protection, help on any inside rush
- LG Big on big pass protection
- SL Crossing route working to 8 yards deep
- LE 8 yard Post route
- Q 5 step drop
- FB Swing Route Play Side**
- HB Wheel Route Back Side**

ROOKIE TACKLE 8-PLAYER SPREAD STRETCH LEFT



- LE Stalk block cornerback
- SL Seal most dangerous outside defender to the inside
- LG Reach block defensive lineman
- C Reach block middle linebacker
- RG Scoop block defensive lineman
- RE Work to cut-of backside most dangerous defender
- Q Open deep to give RB space attack the outside, continue on bootleg fake
- FB** Lead blocks between SL and LG - Most dangerous Defender
- HB** Take handoff follow lead block of FB

ROOKIE TACKLE 8-PLAYER SPREAD STRETCH RIGHT



- RG Stalk block cornerback
- SL Seal most dangerous outside defender to the inside
- RG Reach block defensive lineman
- C Reach block middle linebacker
- LG Scoop block defensive lineman
- LE Work to cut-of backside most dangerous defender
- Q Open deep to give RB space attack the outside, continue on bootleg fake
- FB** Lead blocks between SL and RG - Most dangerous Defender
- HB** Take handoff follow lead block of FB

