

1999

St. Louis Rams

Offense

Mike Martz

TO PLAY IN THE NFL

IS A PRIVILEGE

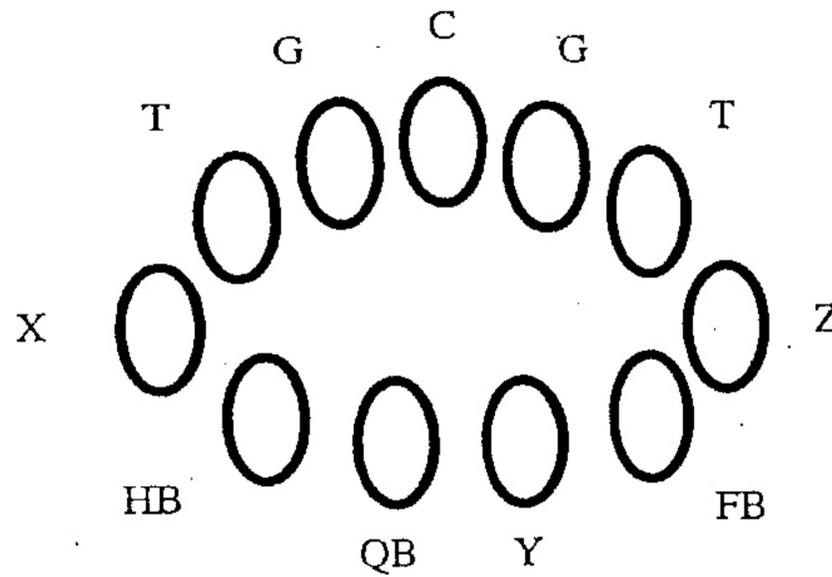
TO COMPETE IN THE NFL

IS AN OBLIGATION

**PLAY EVERY PLAY TO THE VERY
BEST OF YOUR ABILITIES -
IF NOT FOR YOURSELF,
FOR THOSE OTHER 10 TEAMMATES
ON THE FIELD
WHO ARE TRUSTING YOU TO DO
JUST THAT!**

HUDDLE

THE HUDDLE



Center sets huddle at 7 yards behind the ball. Get into the huddle quickly so the quarterback can get the play called.

Everyone has hands on knees, eyes on the quarterback. Watch and listen to what the quarterback says. The quarterback may kneel down. The quarterback must speak loudly and try to make eye contact with everyone.

Keep the huddle open so the end men (tackles and wide receivers) can hear.

The center controls the formation of the huddle, and huddle discipline until the quarterback steps in. Once the quarterback steps in, he runs the show. There is no talking until the quarterback breaks the huddle.

Messengers should talk to the quarterback behind the huddle. Players being subbed for should leave the huddle as soon as they get the message. "Lingering" or more that 11 men in the huddle is a penalty.

| | | |
|---------------------------|-------------------|--------------------------------|
| Quarterback call example: | SHIFT | "T" RIGHT |
| | FORMATION | "ZOOM" |
| | MOVEMENT (if any) | "20 ISO" |
| | PLAY | "ON 2 (repeat) ON 2" |
| | SNAP COUNT | "READY BREAK" (all clap hands) |

"Check" Call = asking quarterback to repeat call.

Breaking the huddle: Y goes first. WRs go behind the huddle. Hustle to the L.O.S. and get set quickly. We may only have 40 or 25 seconds to call the play then snap the football.

Linemen set in a 3-pt stance unless "up" is called, or you are in a 2-pt stance for pass protection.

THE HUDDLE continued

NOTE: 40 SECOND CLOCK:

The offense has 40 seconds to put the ball into play after the preceding play has been blown dead.

ALERTS: After a long run or completion, sack or long incomplection, the offense must huddle quickly to get the next play called and run.

25 SECOND CLOCK:

Used after any timeout, change of possession, or penalty. Offense usually has plenty of time to get the play called and run.

TYPES OF PERSONNEL

| | | | | |
|-----|------------------|--------------------|--------|--------|
| 1. | <u>"REGULAR"</u> | 2 BACKS | 1 TE | 2 WR'S |
| 2. | <u>"2 BACKS"</u> | 2 HB'S | 1 TE | 2 WR'S |
| 3. | <u>"DEUCE"</u> | 1 BACK | 2 TE'S | 2 WR'S |
| 4. | <u>"NICKEL"</u> | 1 BACK | 1 TE | 3 WR'S |
| 5. | <u>"POSSE"</u> | 1 BACK (1st dn HB) | 1 TE | 3 WR'S |
| 6. | <u>"TRIO"</u> | 2 BACKS | 0 TE'S | 3 WR'S |
| 7. | <u>"QUADS"</u> | 1 BACK | 0 TE'S | 4 WR'S |
| 8. | <u>"TANK"</u> | 2 BACKS | 2 TE'S | 1 WR |
| 9. | <u>"HEAVY"</u> | 1 BACK | 3 TE'S | 1 WR |
| 10. | <u>"JUMBO"</u> | 2 BACKS | 3 TE'S | 0 WR'S |

FORMATIONS

Our formations will *all* have several distinct parts:

1. **FORMATION**

This dictates backfield set and possibly receiver (X, Y, & Z) alignment.

2. **STRENGTH DIRECTION**

Always to Y except in Spread & possibly when Y's alignment has been altered.

3. **ALIGNMENT TERM**

Used only as a variation of the base formation. In many of our formations, there will not be an Alignment Term.

Our Formations are separated into two categories: One Back & Two Back.

1. **TWO BACK**

Both RBs are in the backfield and no wider than our OTs.

2. **ONE BACK**

One RB is in the backfield while the other is on either side edge or wider. A substituted WR or TE could assume the detached RB's identity (F).

One Back Formations are placed into the following groupings:

1. **D FORMATIONS**

The formations are balanced. X & F are aligned weak while Z & Y are aligned strong.

2. **T FORMATIONS**

These formations are unbalanced creating three strong (Z, F, & Y) and one (X) aligned weak.

3. **F FORMATIONS**

This is another balanced grouping. The difference is X & Z are weakside and Y & F are strongside.

4. **OTHER FORMATIONS**

Formations that do not fit into the previous three groupings. This is mostly Bunches.

THE FOLLOWING PAGES ILLUSTRATE:

- A. TWO BACK FORMATIONS
- B. ONE BACK FORMATIONS (by groupings)
- C. ALIGNMENT TERMS
- D. FORMATION VARIATIONS

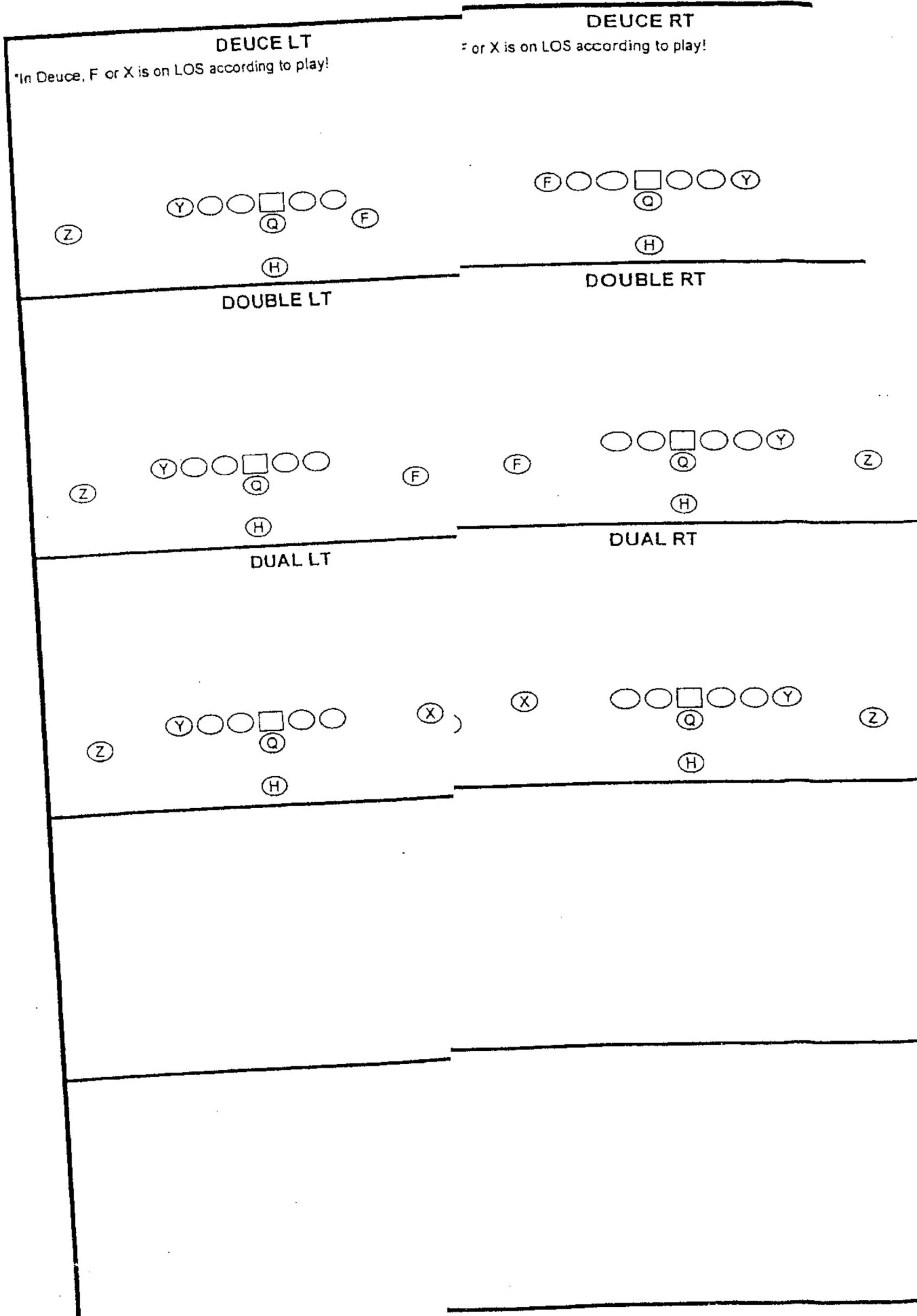
TWO BACK FORMATIONS

| ILT | IRT |
|----------|----------|
| | |
| SPLIT LT | SPLIT RT |
| | |
| FULL LT | FULL RT |
| | |
| JACK LT | JACK RT |
| | |
| QUEEN LT | QUEEN RT |
| | |

TWO BACK FORMATIONS

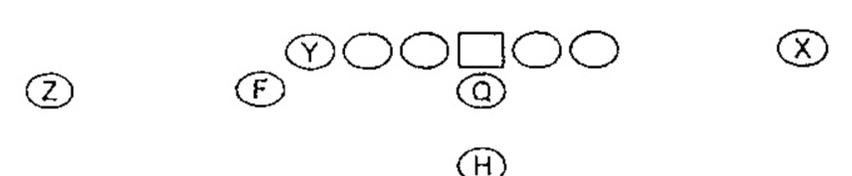
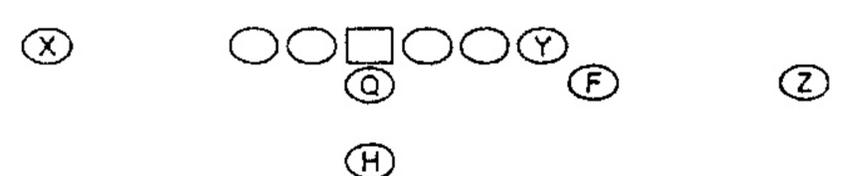
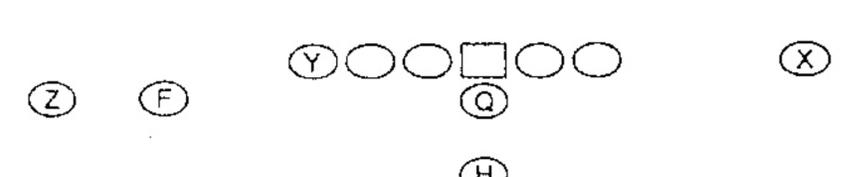
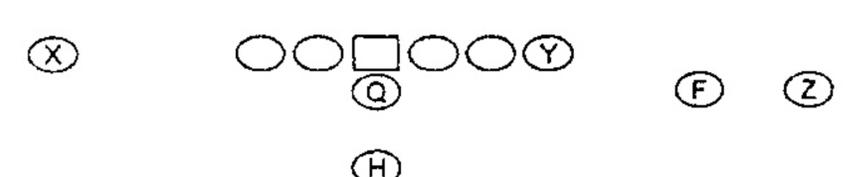
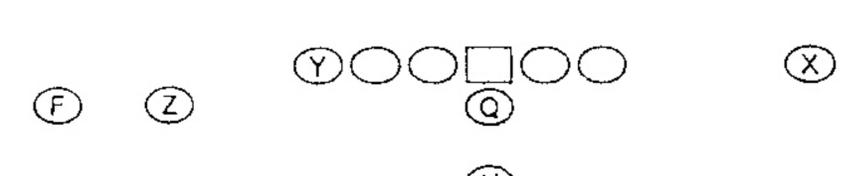
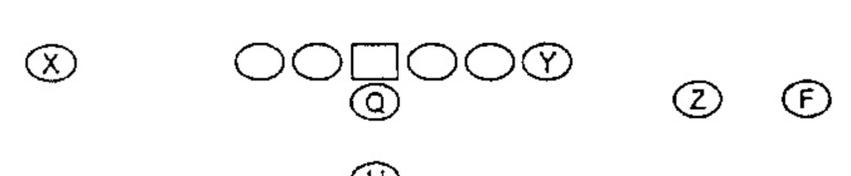
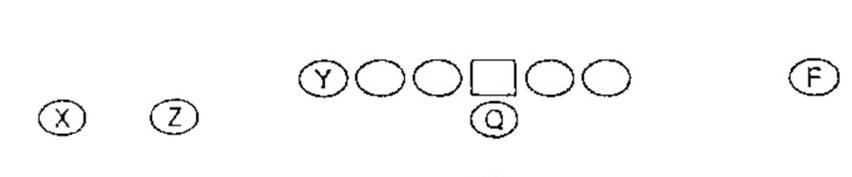
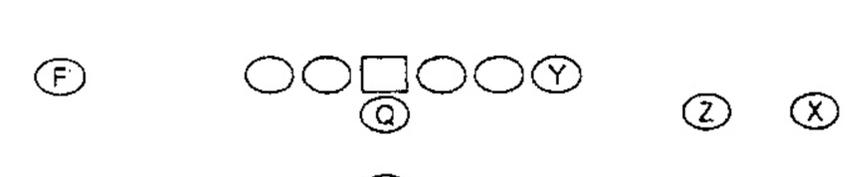
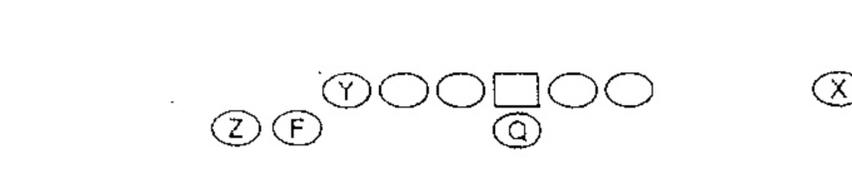
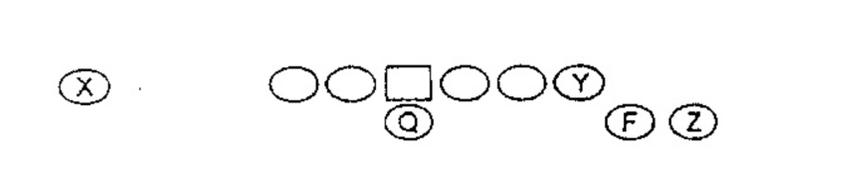
| NEAR LT | NEAR RT |
|---|---|
| <p>(Z) (Y) ○ ○ □ ○ ○ (X)</p> <p> (Q)</p> <p> (H) (F)</p> | <p>(X) ○ ○ □ ○ ○ (Y) (Z)</p> <p> (Q)</p> <p> (F) (H)</p> |
| FAR LT | FAR RT |
| <p>(Z) (Y) ○ ○ □ ○ ○ (X)</p> <p> (Q)</p> <p> (F) (H)</p> | <p>(X) ○ ○ □ ○ ○ (Y) (Z)</p> <p> (Q)</p> <p> (H) (F)</p> |
| | |

ONE BACATIONS



ONE BACK FORMATIONS

Ts

| | |
|--|---|
| <p>TRIPS LT</p>  | <p>TRIPS RT</p>  |
| <p>TWINS LT</p>  | <p>TWINS RT</p>  |
| <p>TREY LT</p>  | <p>TREY RT</p>  |
| <p>TIGER LT</p>  | <p>TIGER RT</p>  |
| <p>TOWER LT</p>  | <p>TOWER RT</p>  |

ONE BACK FORMATIONS Ts Continued

| TRAILOR LT | TRAILOR RT |
|--|--|
| <p>(Z) (F) (Y) (O) (O) (□) (O) (O) (H) (X) (Q)</p> | <p>(X) (H) (O) (O) (□) (O) (O) (Y) (F) (Z) (Q)</p> |
| | |
| | |
| | |

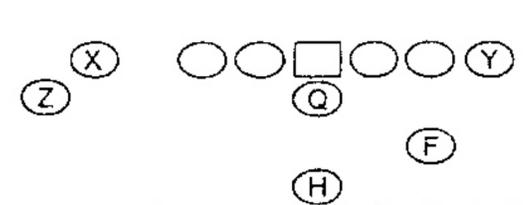
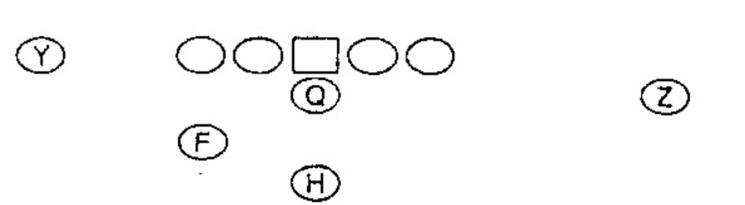
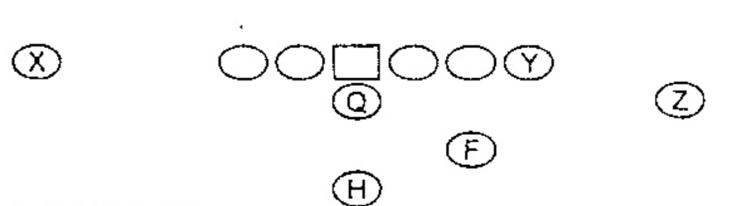
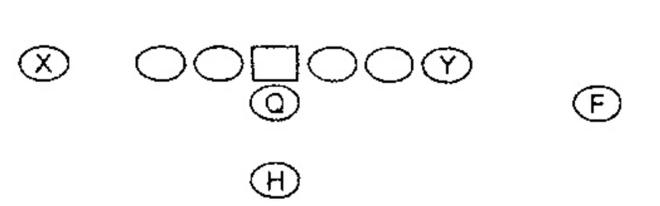
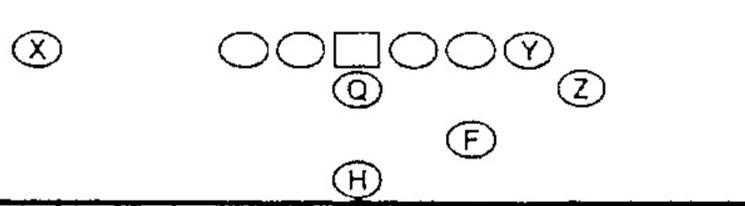
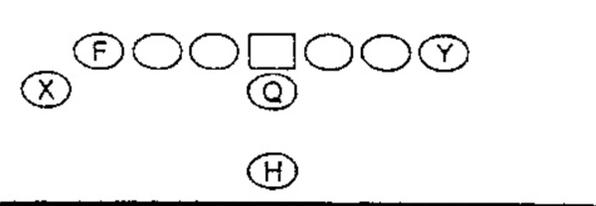
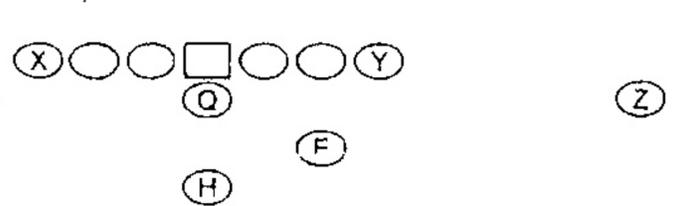
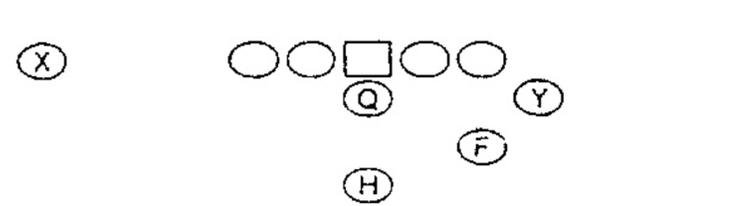
ONE BACK FORMATIONS

Fs

| FLANK LT | FLANK RT |
|----------|----------|
| | |
| FLEX LT | FLEX RT |
| | |
| FLOAT LT | FLOAT RT |
| | |
| FLEET LT | FLEET RT |
| | |
| | |

ALIGNMENT TERMS

*THEY APPLY TO ANY FORMATION CALLED!

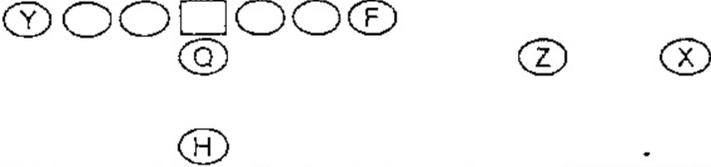
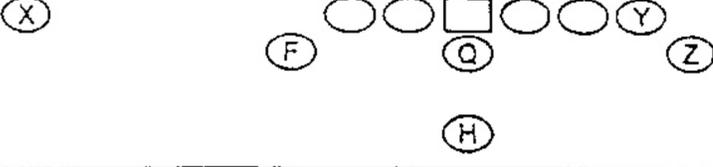
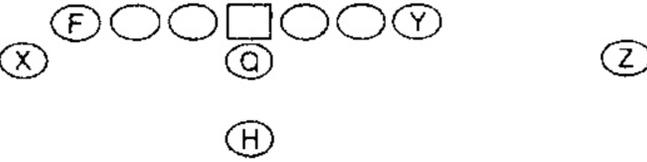
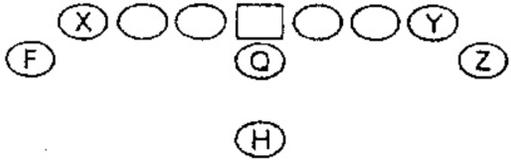
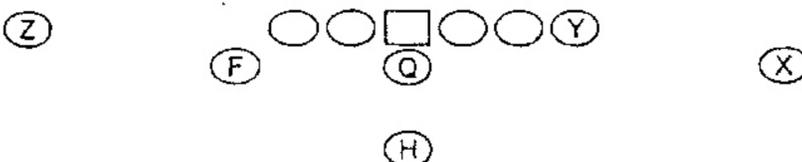
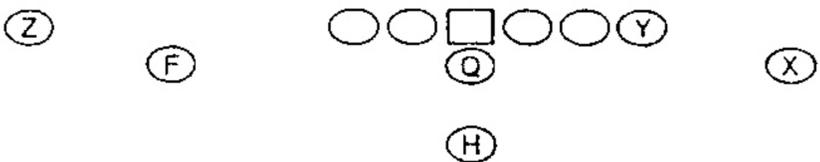
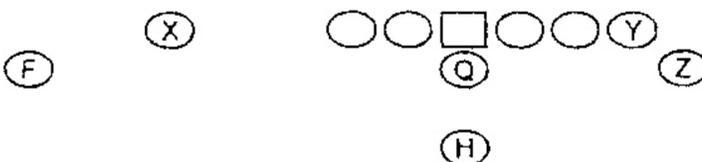
| | |
|--|---|
| <p>JACK RT SLOT SLOT</p>  | <p>JACK RT SLIP SLIP</p>  |
| <p>JACK RT FLOAT FLOAT</p>  | <p>JACK RT SPREAD SPREAD</p>  |
| <p>JACK RT CLOSE CLOSE</p>  | <p>TWINS RT NASTY NASTY</p>  |
| <p>JACK RT WING WING</p>  | <p>DEUCE RT EDGE EDGE</p>  |
| <p>JACK RT TIGHT TIGHT</p>  | <p>JACK RT OFF OFF</p>  |

ALIGNMENT TERMS

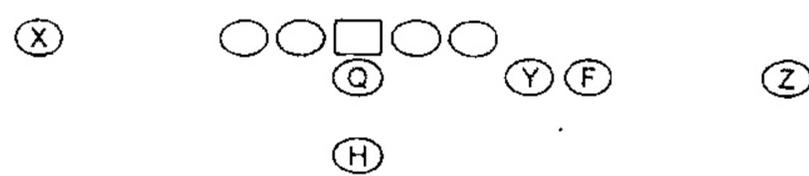
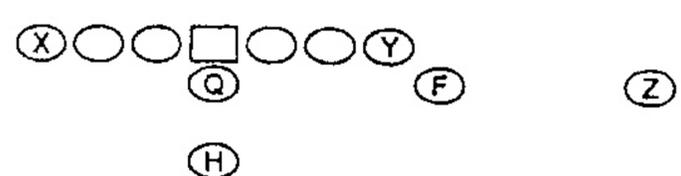
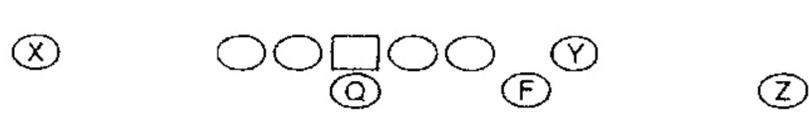
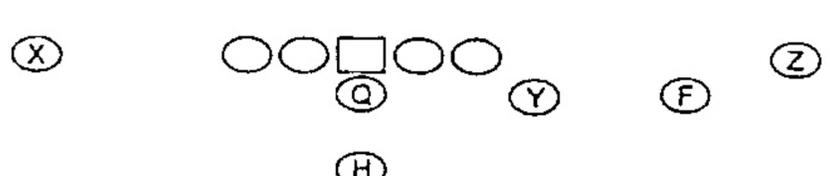
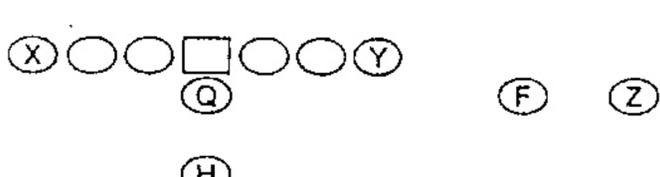
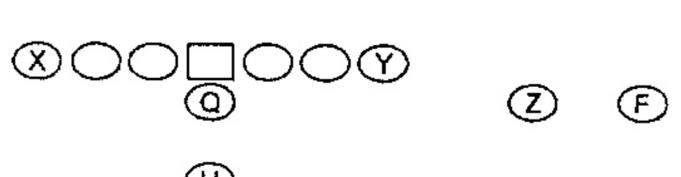
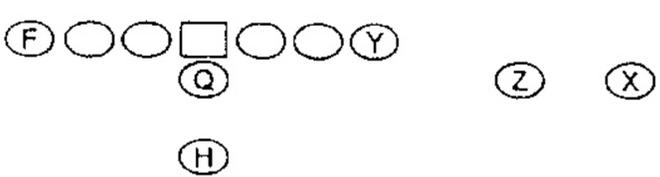
*THEY APPLY TO ANY FORMATION CALLED!

| | |
|---|---|
| <p>JACK RT OPEN</p> <p style="text-align: center;">OPEN</p> | <p>TRADE JACK RT</p> <p style="text-align: center;">TRADE</p> <p>*In Trade, X & Z exchange alignments!</p> |
| <p>TRIPS RT FUZZ</p> <p style="text-align: center;">FUZZ</p> <p>*In Fuzz, F & Z exchange alignments!</p> | <p>TRIPS RT FAY</p> <p style="text-align: center;">FAY</p> <p>*In Fay, F & Y exchange alignments!</p> |
| <p>JACK RT YAZ</p> <p style="text-align: center;">YAZ</p> <p>*In Yaz, Y & Z exchange alignments!</p> | <p>DOUBLE RT GUN</p> <p style="text-align: center;">GUN</p> |
| <p style="text-align: center;">GUN RT</p> <p>*Gun understood = Twins Off!</p> | <p>A DOUBLE RT</p> <p style="text-align: center;">A</p> |
| <p>T DOUBLE RT</p> <p style="text-align: center;">T</p> | |

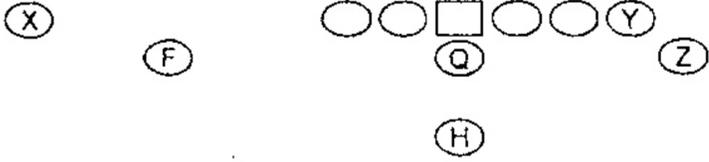
ONE BACK FORMATIONS D VARIATIONS

| | |
|--|---|
| <p>DEUCE LT SLOT</p>  | <p>DEUCE RT WING</p>  |
| <p>DEUCE RT EDGE</p>  | <p>DEUCE RT TITE WING</p>  |
| <p>TRADE DEUCE RT</p>  | <p>TRADE DOUBLE RT</p>  |
| <p>DUAL RT WING</p>  | |
| | |

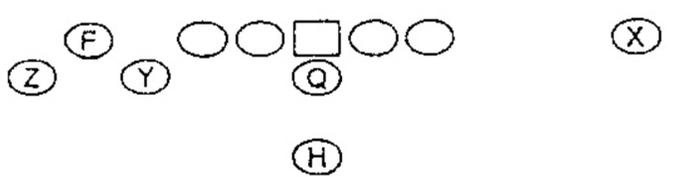
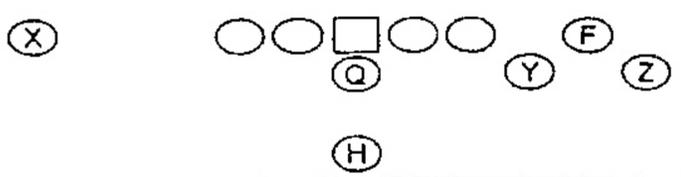
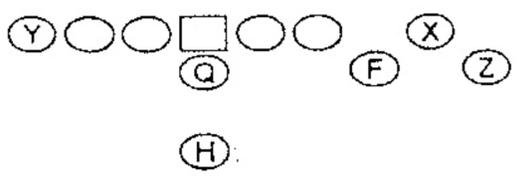
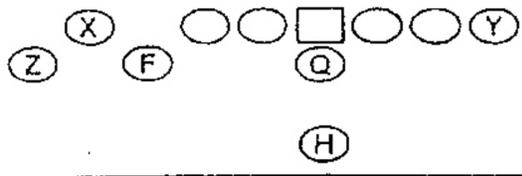
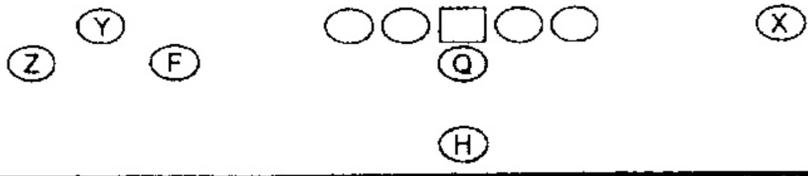
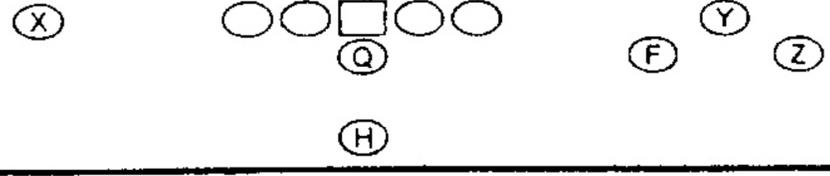
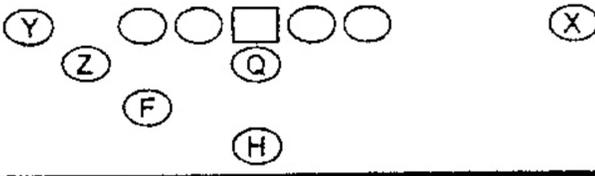
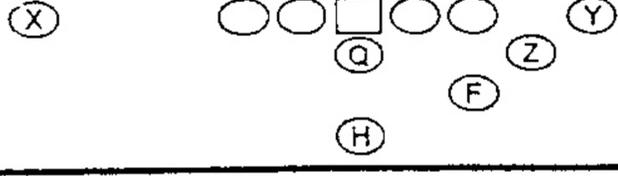
ONE BACK FORMATIONS T VARIATIONS

| | |
|---|---|
| <p>TRIPS RT OFF</p>  | <p>TRIPS RT TITE</p>  |
| <p>TRIPS RT FAY</p>  | <p>TWINS RT OFF</p>  |
| <p>TWINS RT TITE</p>  | <p>TREY TITE</p>  |
| <p>TIGER RT TITE</p>  | |
| | |

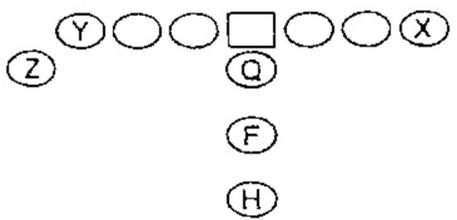
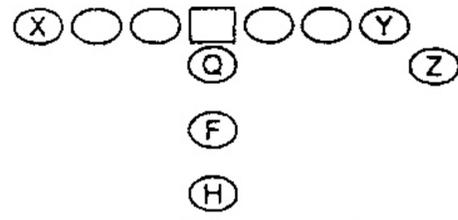
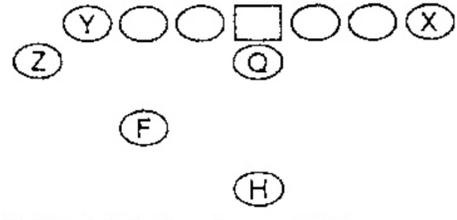
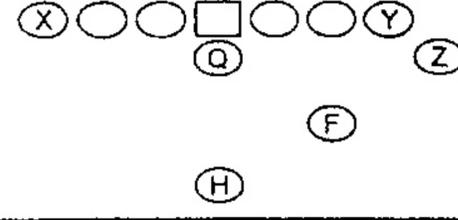
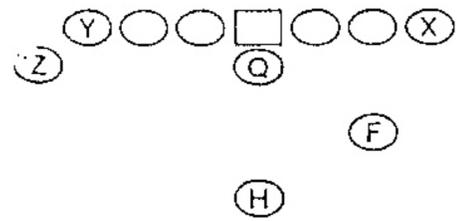
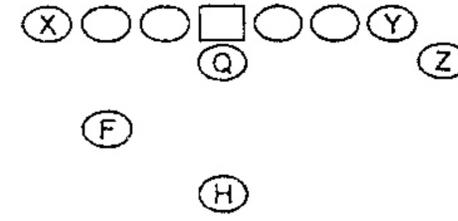
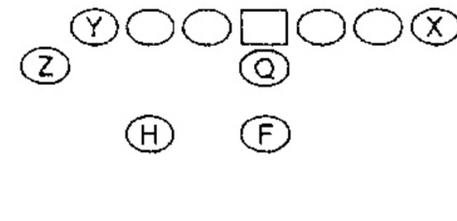
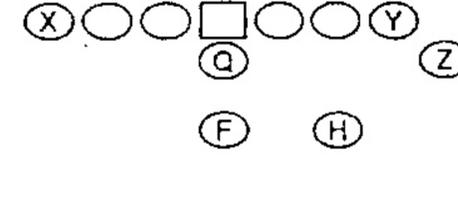
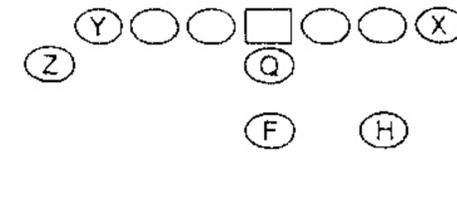
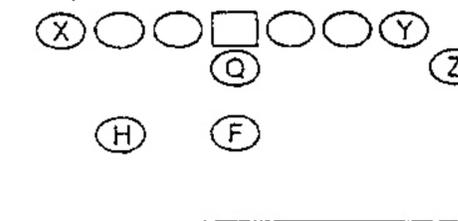
ONE BACK FORMATIONS F VARIATIONS

| FLANK RT FUZZ | FLANK RT FAY |
|---|---|
| <p data-bbox="549 743 812 784">FLOAT RT FAY</p>  |  |
| | |
| | |
| | |

OTHER FORMATIONS

| | |
|--|--|
| <p>BUNCH LT</p>  | <p>BUNCH RT</p>  |
| <p>CLUSTER LT</p>  | <p>CLUSTER RT</p>  |
| <p>ROCKET LT</p>  | <p>ROCKET RT</p>  |
| <p>RAM LT</p>  | <p>RAM RT</p>  |
| | |

JUMBO FORMATIONS

| | |
|---|---|
| <p>ILT</p>  | <p>IRT</p>  |
| <p>JACK LT</p>  | <p>JACK RT</p>  |
| <p>QUEEN LT</p>  | <p>QUEEN RT</p>  |
| <p>NEAR LT</p>  | <p>NEAR RT</p>  |
| <p>FAR LT</p>  | <p>FAR RT</p>  |

MOVEMENT

Movement is very important to our total offensive system. There are several reasons for movement in our offense; among the most prominent reasons are:

1. To create a personnel advantage by creating coverage mismatches on our receivers or backs.
2. To create a personnel advantage by effecting changes in run support and force responsibilities.
3. To create secondary movement in an effort to better enable our quarterbacks to recognize coverages.
4. To get our personnel in better position to execute their given assignment.
5. To create problems for the defense in man under coverages when attempting to hold or bump receivers at the line of scrimmage.
6. To create an opportunity for indecision, confusion, and/or misalignment by the secondary.
7. To cause movement on the part of the defense in an effort to realign their personnel with the coverage calls and changes, and not allow them to set themselves and react to familiar offensive patterns. Make the defense play "on the move."
8. To force opponents to spend practice time and effort on adjusting to movement patterns rather than improving defensive skills and schemes.
9. To create a visual complexity to the defense, yet be able to run the same basic plays from a variety of looks.

DEFINITIONS OF TYPES OF MOTIONS

| <u>PLAYERS</u> | <u>CALL</u> | <u>DESCRIPTIONS</u> |
|--|-------------|--|
| Z MOTIONS | "Zoom" | Tells the Z to line up opposite and motion back across the formation into the formation called. |
| | "Z Orbit" | Tells the Z to align in the formation called and motion to the outside hip of the end man on the LOS then reverse his motion toward the direction from which he came, turning toward the defense. He does not cross the formation. |
| | "Zap" | Tells the Z to line up opposite and motion across the formation to the X or open side to a hold off position. |
| | "Zorro" | Reverse motion to the open side hold off position. |
| | "Zing" | Tells the Z to line up opposite and motion across the formation called, to a hold off position next to Y. |
| | "Zeke" | Tells the Z to align in the formation called and motion out of it while crossing the formation. The resulting formations could be unusual. |
| | "Zip" | Tells the Z to align in the formation called and motion to the hip of the end man on the LOS. Z does not cross the formation. |
| X MOTIONS | "Ox" | Tells the X to align opposite the formation called and motion across the formation to the call. |
| F must always align on the ball on X motions | "X Orbit" | Tells X to align to the side of the call and motion into the formation to the hip of the end man on the LOS, then reverse back out to his original starting point, turning towards the defense. He does not cross the formation. |
| | "Exit" | Tells X to motion out of the formation called while crossing it. |

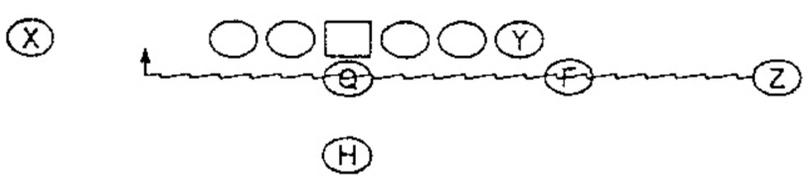
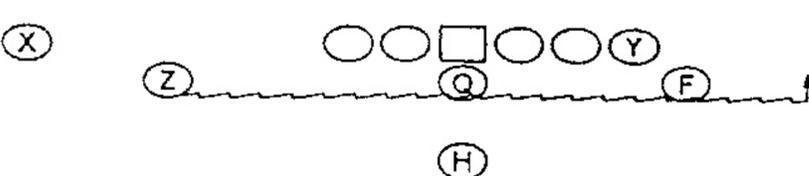
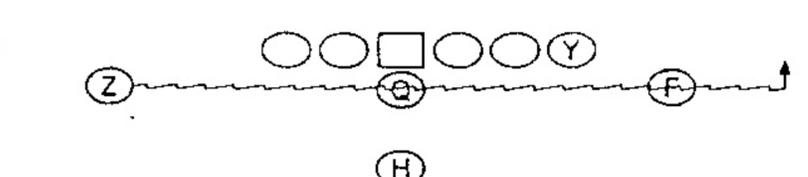
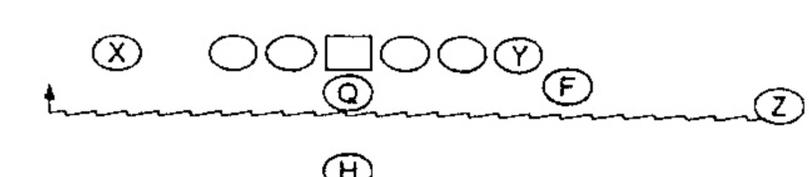
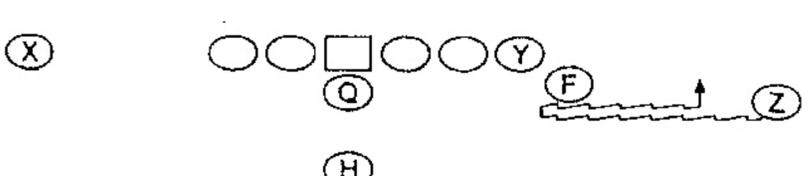
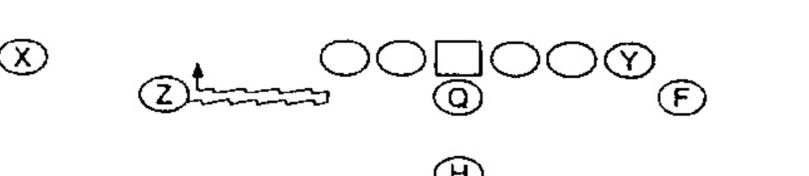
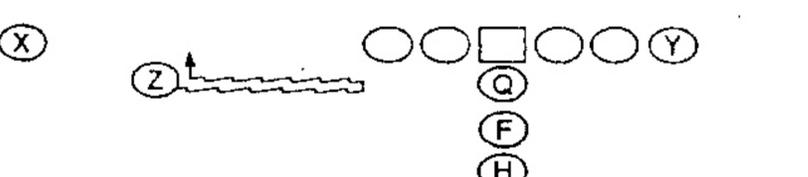
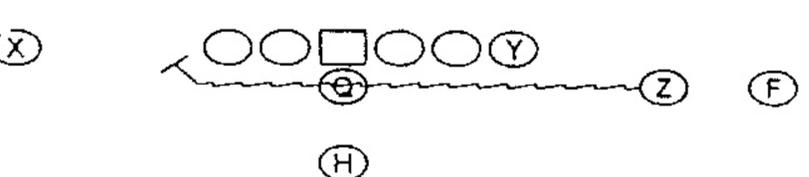
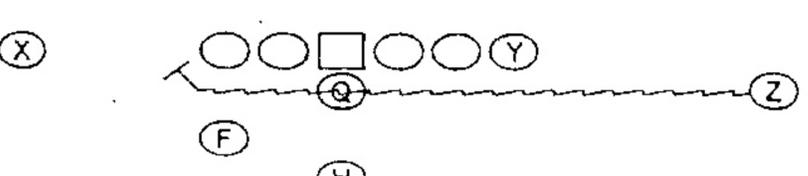
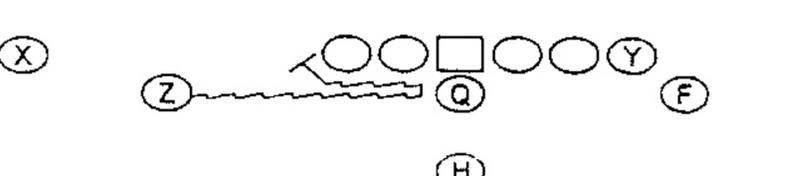
Definitions of Types of Motions
Page 2

| <u>PLAYERS</u> | <u>CALL</u> | <u>DESCRIPTIONS</u> |
|--|-------------|---|
| Y MOTIONS | “Fly” | Y on “Ready” shift! Motion across the formation into the formation called. |
| Z must be on the LOS of all Y motions! | “Fling” | Y motions into the formation called just outside of the widest receiver who is in a two yard split. |
| | “Y Buzz” | Y aligns off the ball to the formation called and motions outside the widest receiver. |
| | “Yip” | Y aligns off the ball to the side of the call outside the widest receiver and motions towards the formation and his normal alignment. |
| | “Jump” | Y aligns off the ball in his normal alignment and short motions inside to the near A or B gap. |
| F MOTIONS | “Jam” | F movement away from Y. When he is aligned in the backfield, he motions out of the formation called. His ending point is determined by the play. When F is aligned on the edge, he initiates and ends his movement on the edge. The same reasoning is also true when detached. In both edge and detached movements, he ends up in the formation called. |
| | “Jet” | Same as “Jam” only F will extend his movement outside the widest receiver from the formation called. |
| | “Motion” | F movement toward Y. When he is aligned in the backfield, he motions out of the formation called. His ending point is determined by the play. When F is aligned on the edge, he initiates and ends his movement on the edge. The same reasoning is also true when detached. In both edge and detached movements, he ends up in the formation called. |

Definitions of Types of Motions
Page 3

| <u>PLAYERS</u> | <u>CALL</u> | <u>DESCRIPTIONS</u> |
|------------------------|------------------------------|--|
| F MOTIONS con't | "Buzz" | Same as "Motion" only F will extend his movement outside the widest receiver from the formation called. |
| | "Orbit" (F is understood) | F will align in the formation called and motion across the formation to the off guard then reverses back to his original starting point while facing the defense. |
| | "Bang" | F aligns in the formation called and motions inside to the near A or B gap. |
| | "Flip" | F aligns outside the widest receiver in the formation called and motions toward the outside hip of the end man on the LOS nearest him. F does not cross the formation. |
| H MOTIONS | "H Jet" | H aligns in formation called and motions out past X. |
| | "H Buzz" | H aligns in formation called and motions out past Z. |

Z MOTIONS

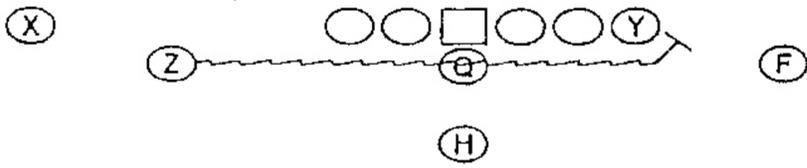
| | |
|--|--|
| <p>ZOOM Z crosses into formation called.</p> <p>FLANK RT ZOOM</p>  | <p>TRIPS RT ZOOM</p>  |
| <p>TREY RT ZOOM</p> <p><i>WRONG Z GOES IN THE SLOT</i></p>  | <p>FLOAT RT ZOOM</p>  |
| <p>Z ORBIT Motion down to the end man on the LOS then reverse back out.</p> <p>TRIPS RT Z ORBIT</p>  | <p>FLANK RT Z ORBIT</p>  |
| <p>I RT SLOT Z ORBIT</p>  | <p>ZAP Cross formation to the open side hold off position.</p> <p>FLEX RT ZAP</p>  |
| <p>QUEEN RT SLOT ZAP</p>  | <p>ZORRO Reverse motion to the openside hold off position.</p> <p>FLANK RT ZORRO</p>  |

Z MOTIONS

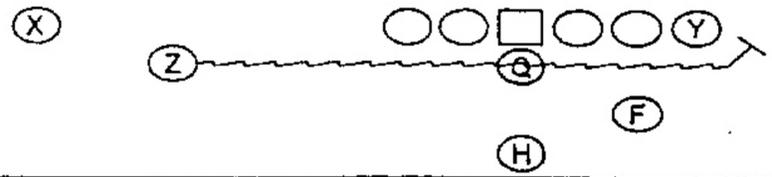
ZING

Cross formation to the Y side
hold off position.

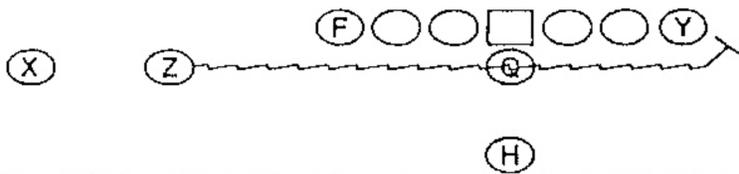
TREY RT ZING



JACK RT SLOT ZING



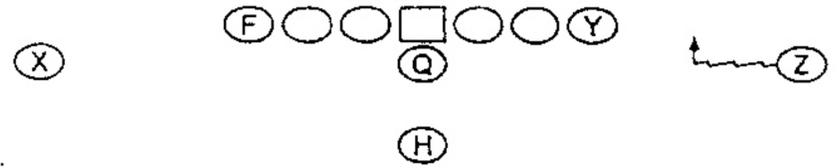
DEUCE RT ZING



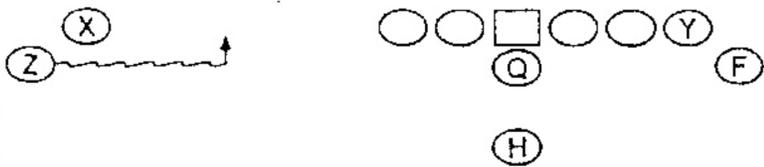
ZIP

Motion down to a nasty position.

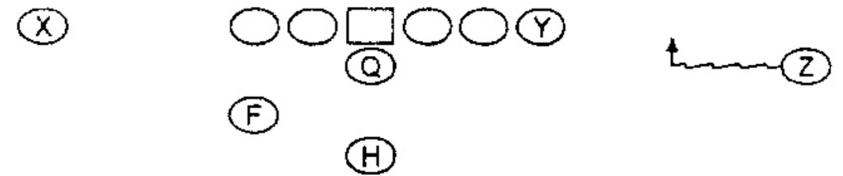
DEUCE RT ZIP



FLANK RT ZIP



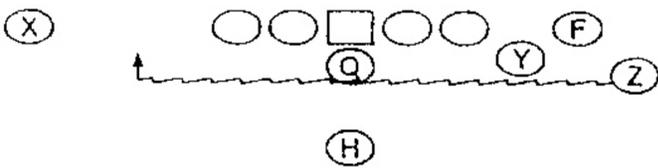
QUEEN RT ZIP



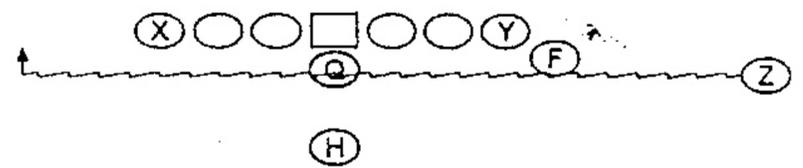
ZEKE

Motion out of the formation called
while crossing the formation.

BUNCH RT ZEKE



TRIPS RT TITE ZEKE

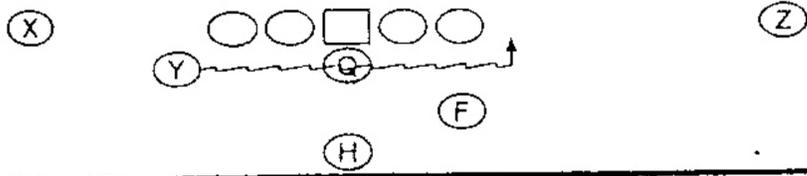


Y MOTIONS

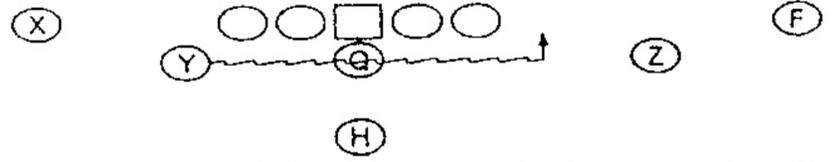
FLY

Y crosses into the formation called.

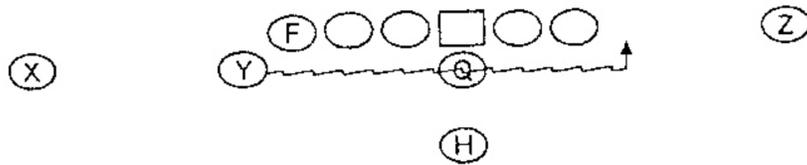
JACK RT FLY



TREY RT FLY



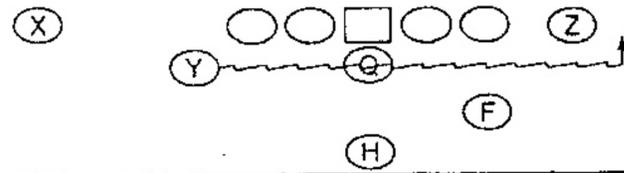
DEUCE RT FLY



FLING

Y crosses into the formation called past the widest receiver.

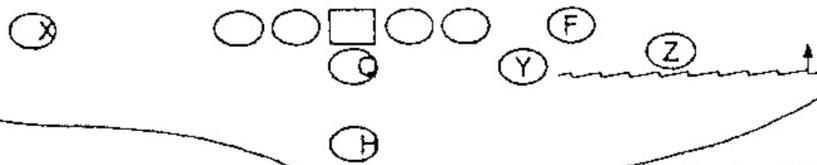
JACK RT FLING



Y BUZZ

Y widens out of the formation called.

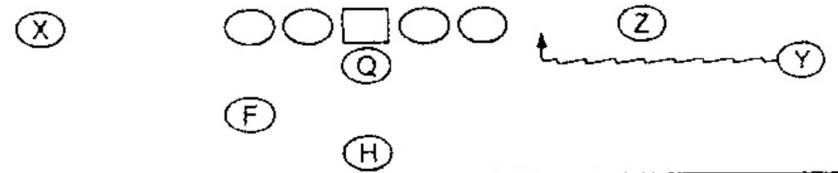
TRIPS RT Y BUZZ



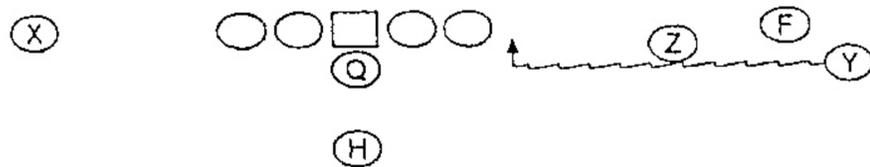
YIP

Y from outside of the widest receiver motions inwards to his normal alignment.

QUEEN RT YIP



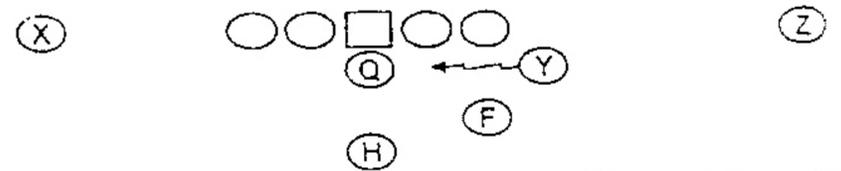
TWINS RT YIP



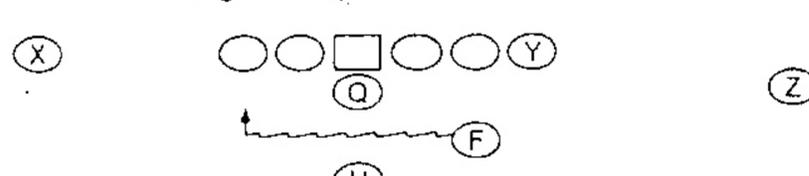
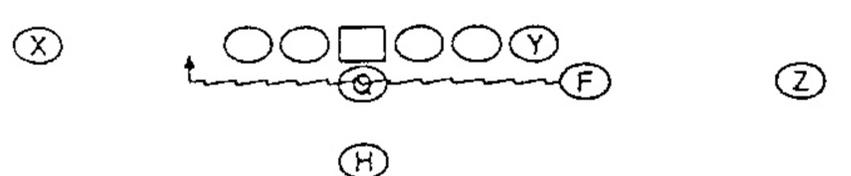
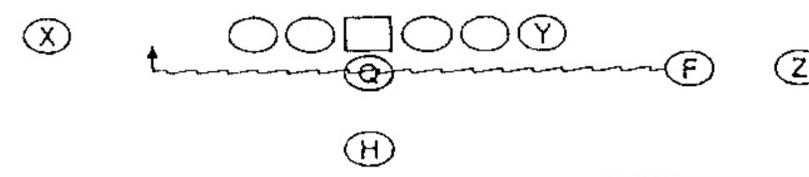
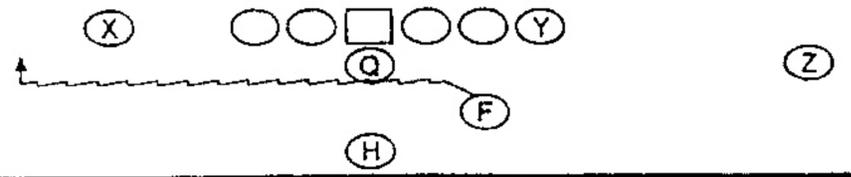
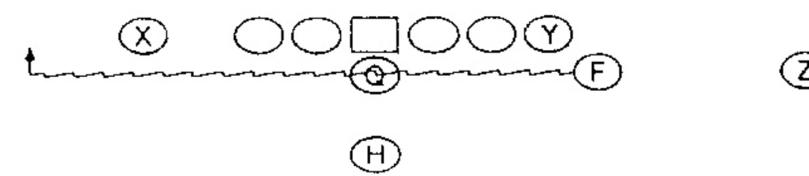
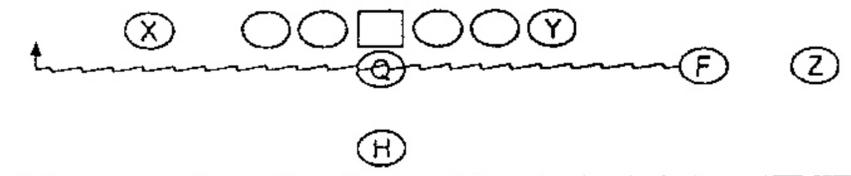
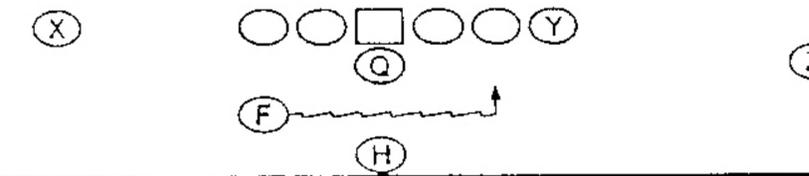
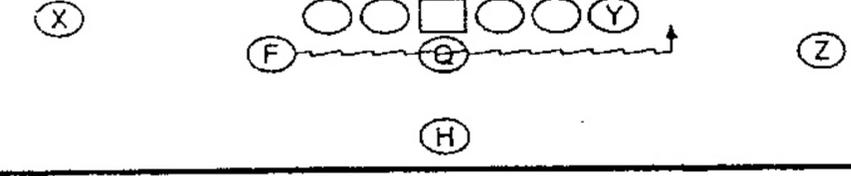
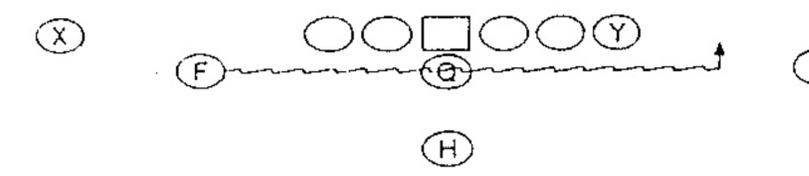
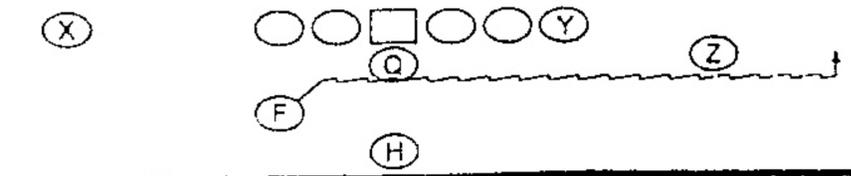
JUMP

Short inside motion to near A or B gap.

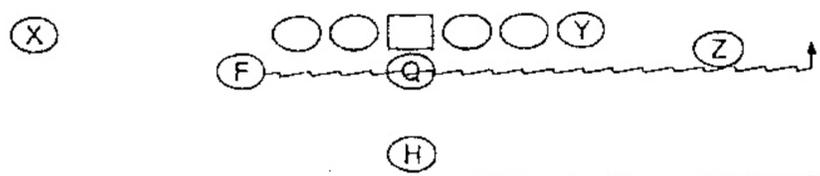
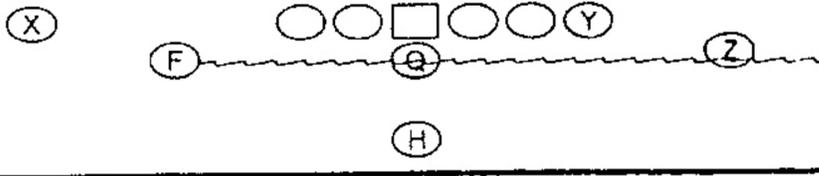
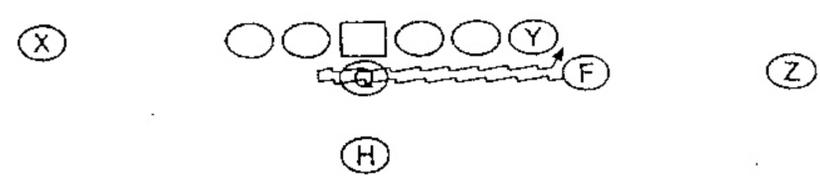
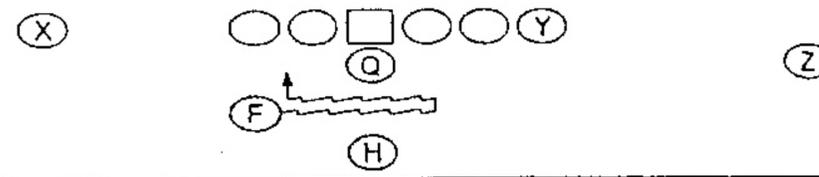
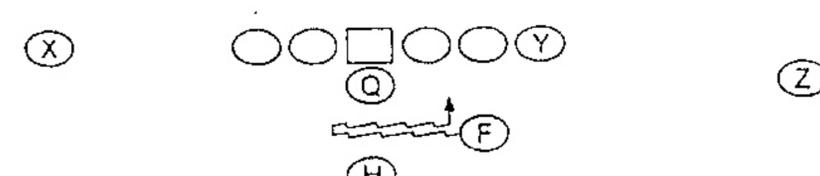
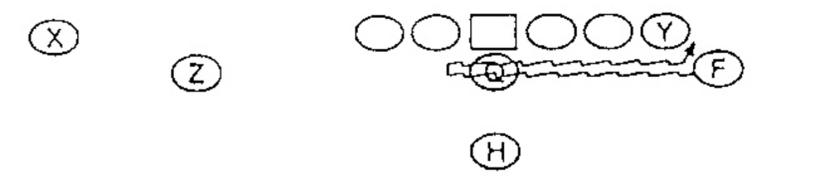
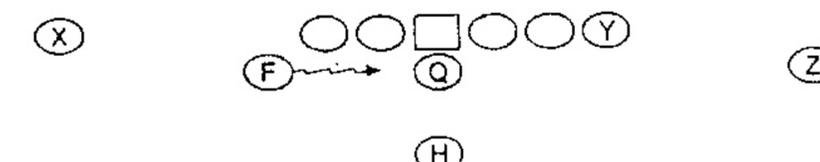
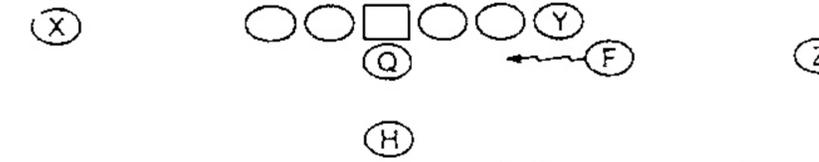
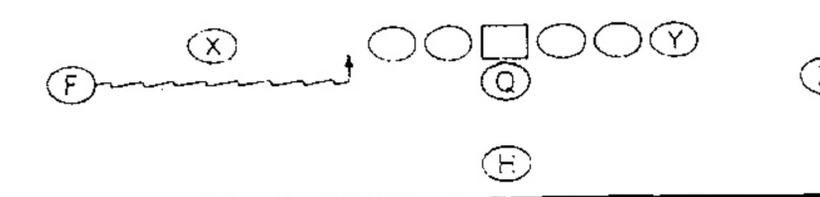
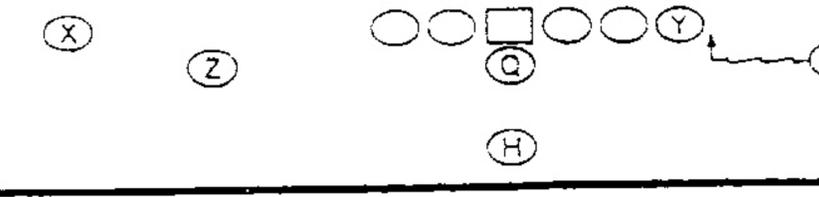
JACK RT JUMP



F MOTIONS

| | |
|--|--|
| <p>JAM F motions away from Y.</p> <p>JACK RT JAM *If the F is in the backfield, his movement will initiate out of the formation called and end according to assignment!</p>  | <p>DEUCE RT JAM</p> <p>*If the F is on the edge, his movement will initiate out of Trips and end up in the formation called!</p>  |
| <p>DOUBLE RT JAM</p> <p>*If the F is detached, his movement will initiate out of Twins and end up in the formation called.</p>  | <p>JET Jam outside of the widest receiver from the formation called.</p> <p>JACK RT JET</p>  |
| <p>TRIP RT JET</p>  | <p>TWINS RT JET</p>  |
| <p>MOTION F motions toward Y.</p> <p>QUEEN RT MOTION *If the F is in the backfield, his movement will initiate out of the formation called and end according to assignment!</p>  | <p>TRIPS RT MOTION</p> <p>*If the F is on the edge, his movement will initiate out of Deuce and end up in the formation called!</p>  |
| <p>TWINS RT MOTION</p> <p>*If the F is detached, his movement will initiate out of Double and end up in the formation called.</p>  | <p>BUZZ Motion outside of the widest receiver from the formation called.</p> <p>QUEEN RT BUZZ</p>  |

F MOTIONS

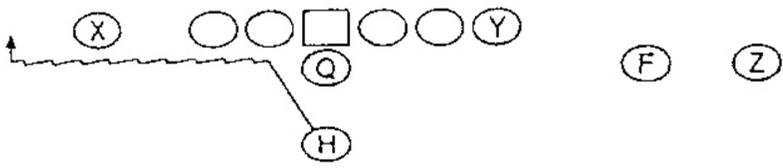
| | |
|--|--|
| <p style="text-align: center;">DEUCE RT BUZZ</p>  | <p style="text-align: center;">DOUBLE RT BUZZ</p>  |
| <p>ORBIT Motion to the off guard then reverse back to your original alignment.</p> <p style="text-align: center;">TRIPS RT ORBIT</p>  | <p style="text-align: center;">QUEEN RT ORBIT</p>  |
| <p style="text-align: center;">JACK RT ORBIT</p>  | <p style="text-align: center;">FLANK RT ORBIT</p>  |
| <p>BANG Short inside movement to near A or B gap.</p> <p style="text-align: center;">DEUCE RT BANG</p>  | <p style="text-align: center;">TRIPS RT BANG</p>  |
| <p>FLIP Align outside of the widest receiver and motion to the hip of the nearest end man on the LOS.</p> <p style="text-align: center;">DUAL RT FLIP</p>  | <p style="text-align: center;">FLEX RT FLIP</p>  |

H MOTIONS

H JET

Movement out of the formation called outside of X.

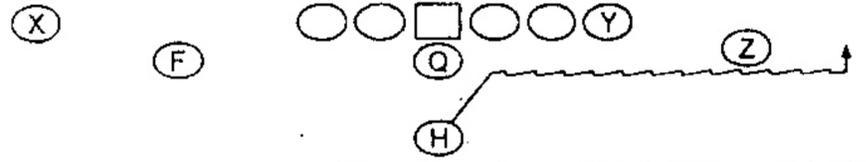
TWINS RT H JET



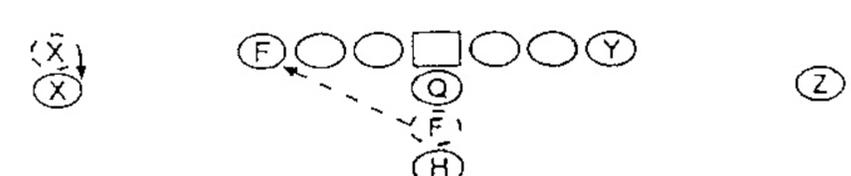
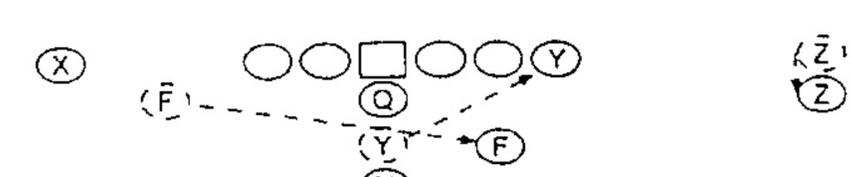
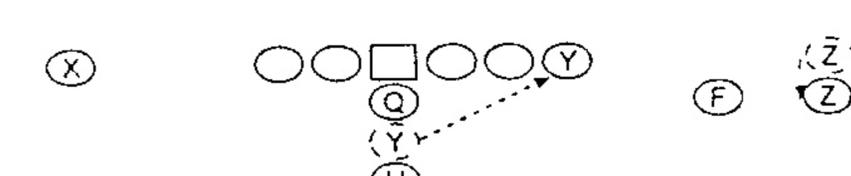
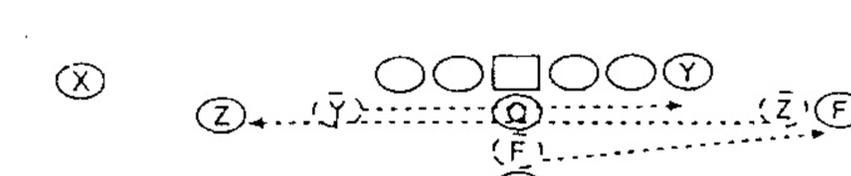
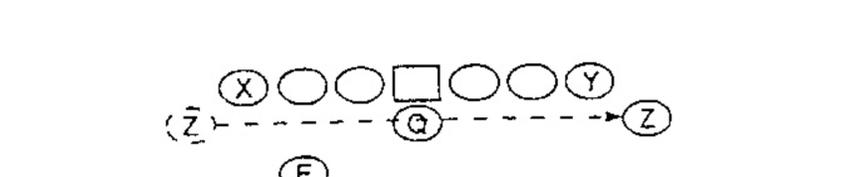
H BUZZ

Movement out of the formation called outside of Z.

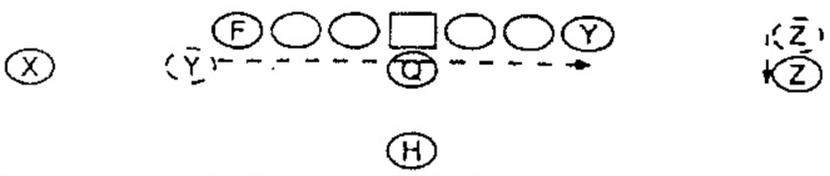
DOUBLE RT H BUZZ



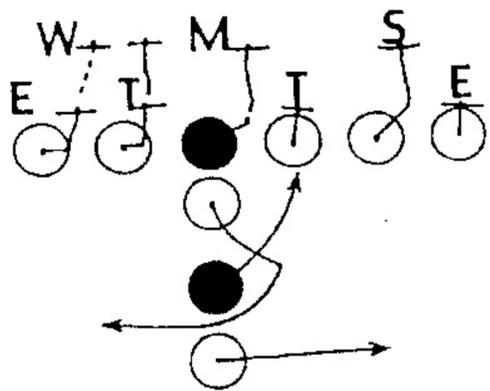
SHIFTS

| | |
|--|---|
| <p style="text-align: center;">"FIT"</p> <p>"FIT" is a term used to shift the F from the I into the formation called.</p> <p>Example: "Fit" Deuce Rt</p> <p>At the LOS the QB says "Ready". At that point, F shifts to the Deuce and X steps off.</p> | <p style="text-align: center;">"FIT" DEUCE RT</p>  |
| <p style="text-align: center;">"STEM"</p> <p>"STEM" is a term used to shift the Y and the F to a Two Back set. Y starts in the I position and shifts to the call. F starts in the Double position opposite the call.</p> <p>Example: "Stem" Jack Rt</p> <p>At the LOS the QB says "Ready". At that point, F & Y shifts to the Jack and Z steps off.</p> | <p style="text-align: center;">"STEM" JACK RT</p>  |
| <p style="text-align: center;">"STEM"</p> <p>"STEM" is also a term used just to shift Y in a One Back set. Y starts in the I (unless determined otherwise that week) and shifts into the call. F does not shift.</p> <p>Example: "Stem" Twins Rt</p> <p>At the LOS the QB says "Ready". At that point, Y shifts to the Twins and Z steps off.</p> | <p style="text-align: center;">"STEM" TWINS RT</p>  |
| <p style="text-align: center;">"SHIFT"</p> <p>"SHIFT" is a term used to shift Y, F, & Z into the formation called.</p> <p>Example: "Stem" Twins Rt</p> <p>At the LOS the QB says "Ready". At that point Y, F, & Z shifts to the Twins and X steps off.</p> | <p style="text-align: center;">"SHIFT" FLEX RT</p>  |
| <p style="text-align: center;">"MOVE"</p> <p>"MOVE" is a term used to shift Z.</p> <p>Example: "Move" Queen RT Tite Wing</p> <p>At the LOS the QB says "Ready". At that point Z shifts across to Wing.</p> | <p style="text-align: center;">"MOVE" QUEEN RT</p>  |

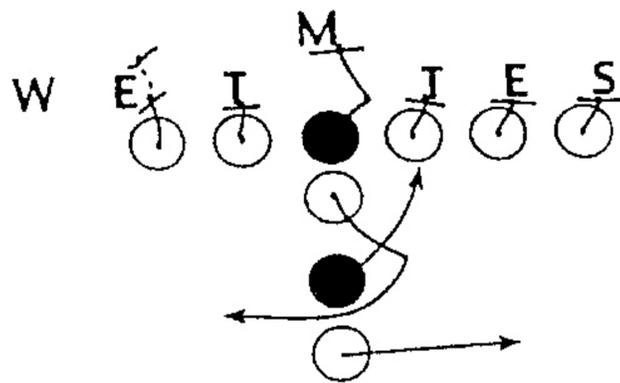
SHIFTS

| <p style="text-align: center;">"LEAP"</p> <p>"FIT" is a term used to shift the Y into the formation called. It's equivalent in motion is Fly.</p> <p>Example: "Leap" Deuce Rt</p> <p>At the LOS the QB says "Ready". At that point, F shifts to the Deuce and Z steps off.</p> | <p style="text-align: center;">"LEAP" DEUCE RT</p>  |
|---|---|
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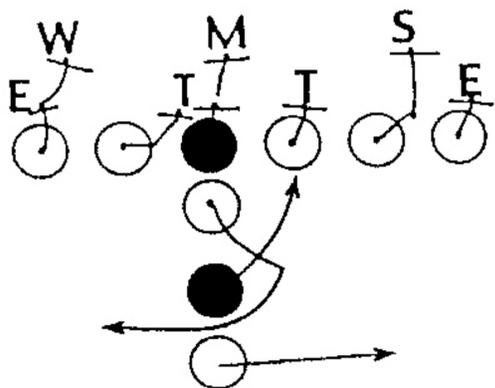
"F" 20/30 BELLY



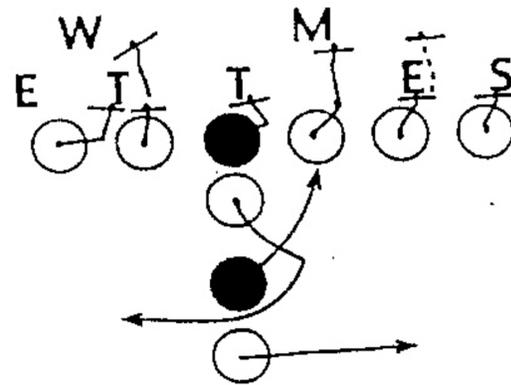
4-3 Stack



4-3



4-3 Over Stack



4-3 Under W

DESCRIPTION:

QUICK HITTING STRONGSIDE ZONE RUN.
LEADS TO HARD COUNT.

QB

REVERSE PIVOT - GIVE TO FB AS DEEP AS POSSIBLE
FINISH ON NAKED WEAK.

F

OPEN - DOWN HILL CROSSOVER READ 1ST DOWN
LINEMAN FROM CENTER OVER.

H

RUN PITCH COURSE.

BACKSIDE

FRONTSIDE

BLOCK #1. ALERT SWAP, SLIP, SWOOP, CUTOFF.

BLOCK #2. ALERT SLIP, COMBO, SIFT, SWOOP, AND
CUTOFF.

C

BLOCK "O" TO MIKE. ALERT SWAP, RAY, LENNY
SWOOP, BACKSIDE CALLS.

G

BLOCK #1. ALERT READ, RAY, LENNY, DEUCE CALL

T

BLOCK #2. ALERT READ, DEUCE, OUT CALLS

Y

DRIVE BLOCK MAN OVER - READ ZONE LEFT SIDE
UNCOVERED. ALERT FOR DEUCE CALL.

Z

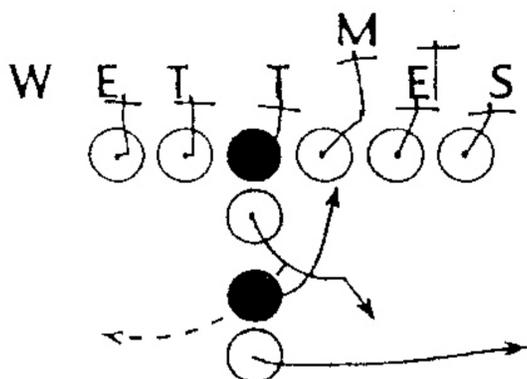
MDM.

X

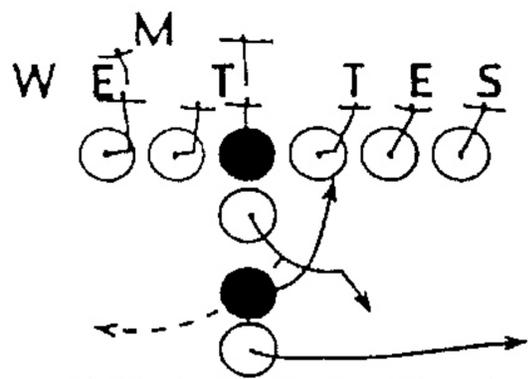
CONVOY

"F" 20/30 BELLY

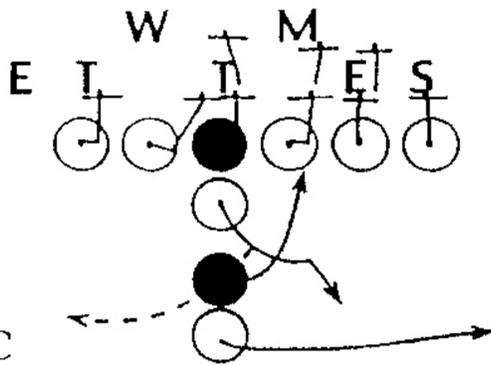
43 Under



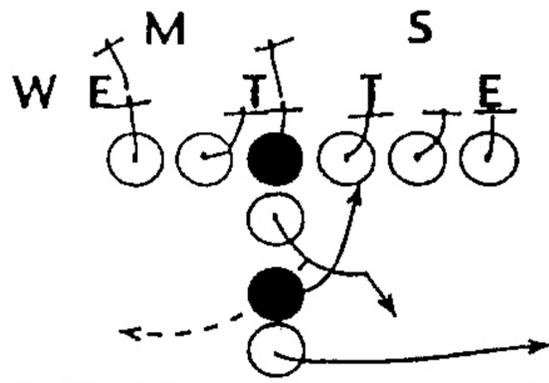
43 Over



43 Under KC

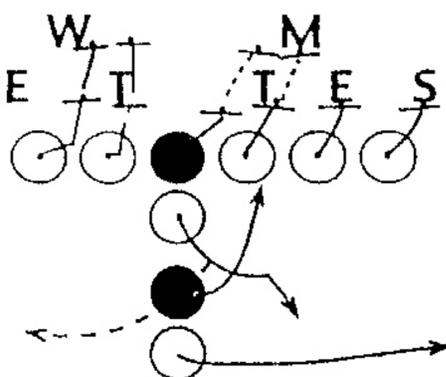


43 Over S

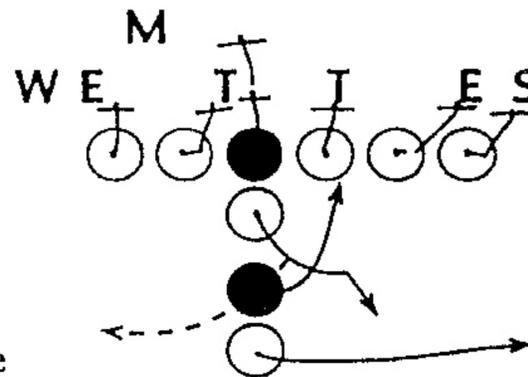


Note:
Possible
Deuce

43 Boss

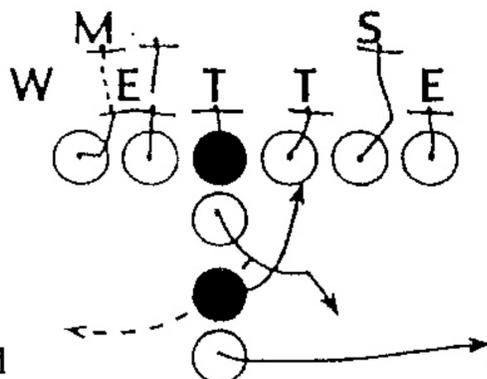


43 Over Wide



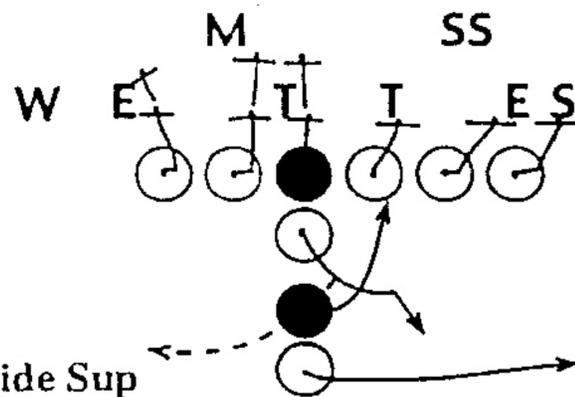
Note:
Possible
"Sup" Call

43 Over Solid



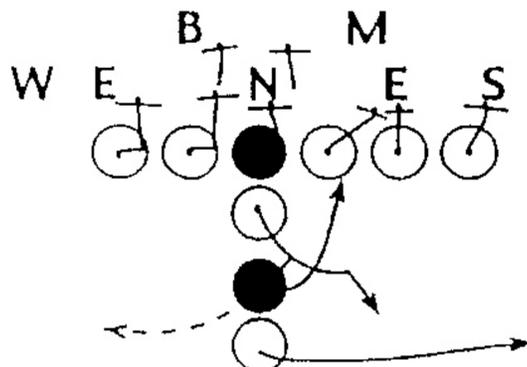
Note:
Possible
Deuce

43 Over Wide Sup

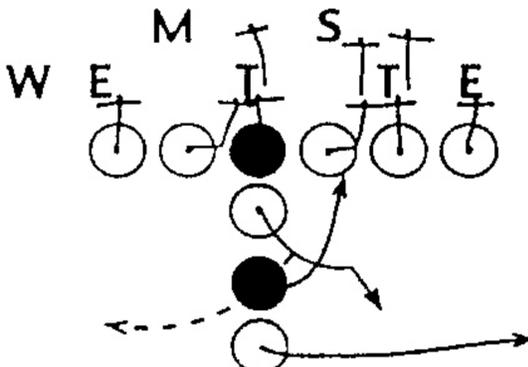


Note:
Possible
"Sup" Call

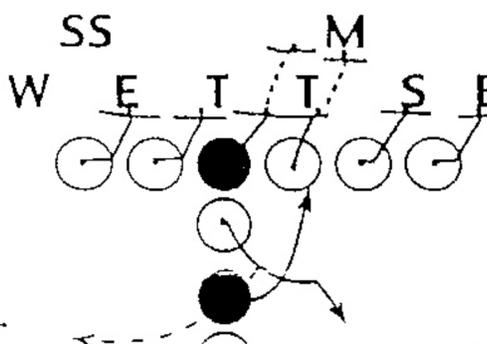
3-4



43 Over KC

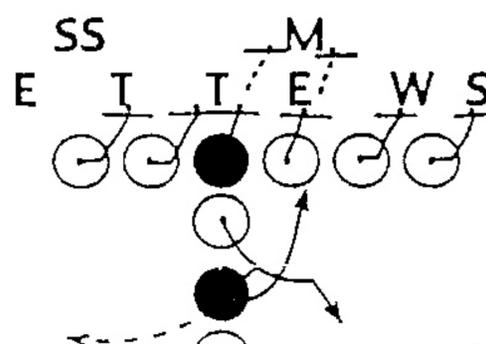


43 Over Bear



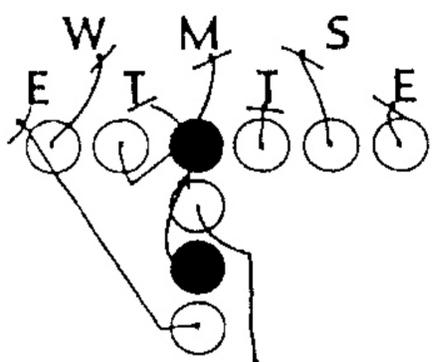
Note:
"Swoop"
Call

43 Under Bear

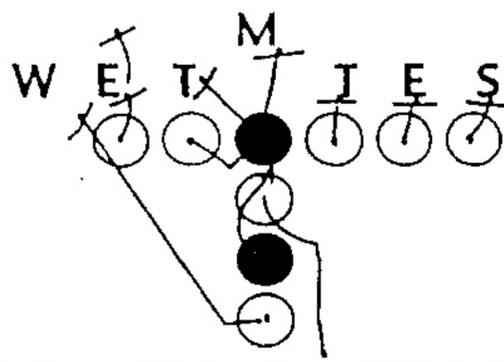


Note:
"Swoop"
Call

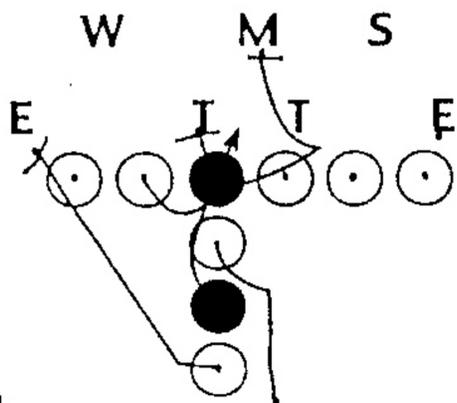
20/30 FB (HB) TRAP



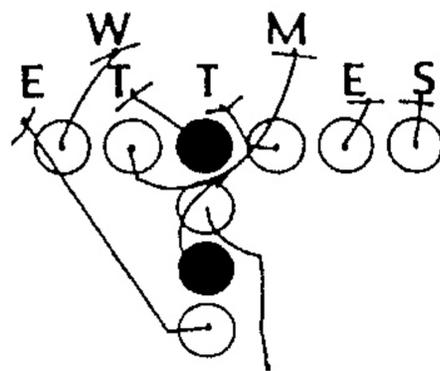
4-3 Stack



4-3



4-3 Over Stack



4-3 Under W

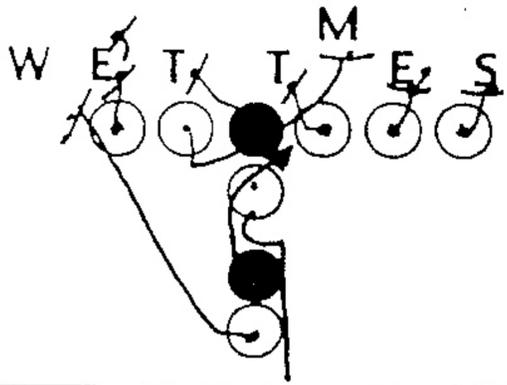
| | | |
|--|---------------------------------|--|
| <p>DESCRIPTION: INSIDE TRAP STRONG TO FB (OR HB) TRAP BLOCKING SCHEME.</p> | <p>QB F H</p> | <p>DROP STEP AND OPEN AWAY FROM HOLE. GET THE BALL DEEP TO BALL CARRIER. KEY TRAPPING GUARD'S BLOCK. BLOCK BACKSIDE.</p> |
|--|---------------------------------|--|

BACKSIDE

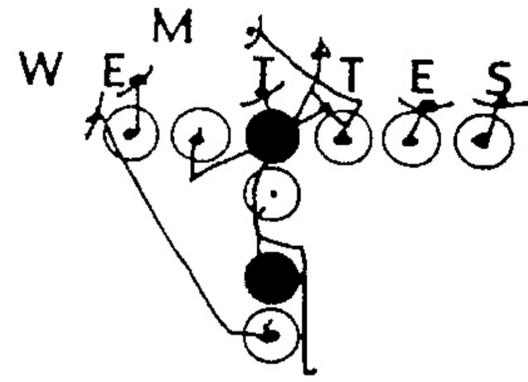
FRONTSIDE

| | | |
|---|---|--|
| <p>PULL - TRAP 1ST DL PAST CENTER. ALERT VS EVEN FRONT - CHOKE IT - BLOCK MIKE LBER. BLOCK #2. ALERT SIFT. CONVOY</p> | <p>C G T Y Z X</p> | <p>BLOCK #0 TO #1 AWAY. ALERT ACE & OFF CALLS. COVERED, BLOCK #1, INFLUENCE BLOCK. COVERED AND CENTER COVERED, QUICK HEAP FAKE ON DT THEN UPFIELD FOR MIKE LBER. UNCOVERED. ACE AND CUT OFF CALLS. COVERED AND OSG COVERED, CUT OFF BLOCK. COVERED AND OSG UNCOVERED, INFLUENCE BLOCK MAN OVER. POSSIBLE SHORTY CALL. UNCOVERED, CUT OFF BLOCK ON LBER. BLOCK #3. MDM.</p> |
|---|---|--|

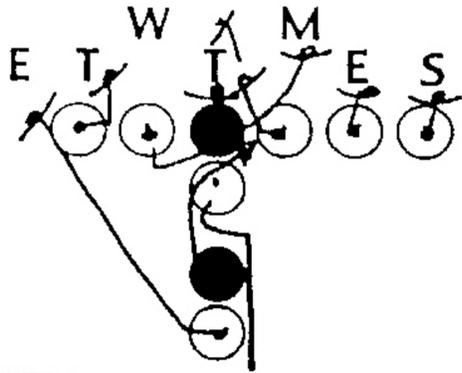
20/30 FB (HB) TRAP



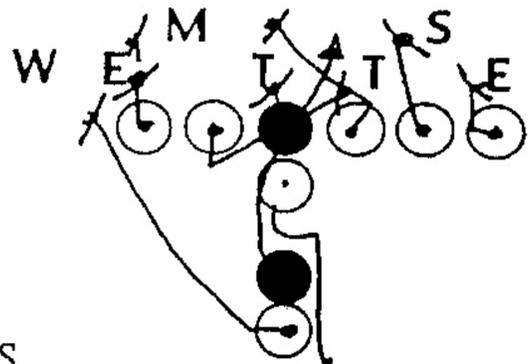
43 Under



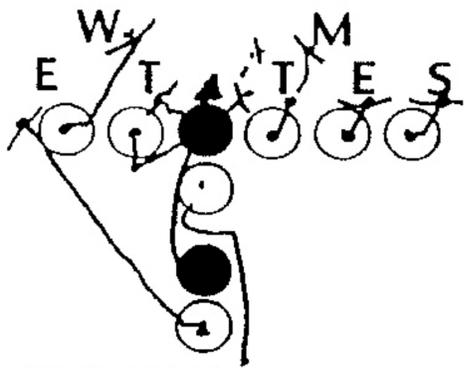
43 Over



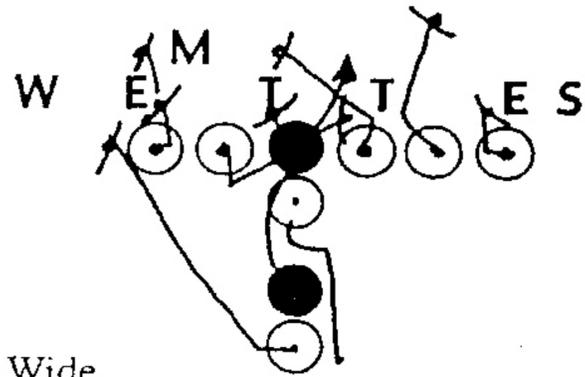
43 Under KC



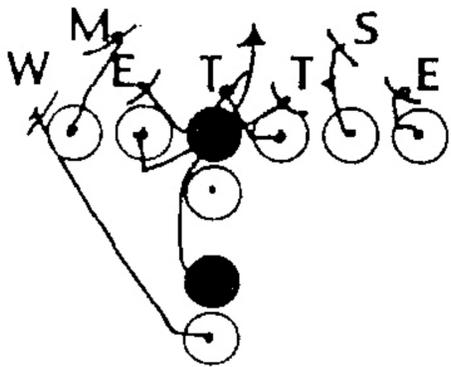
43 Over S



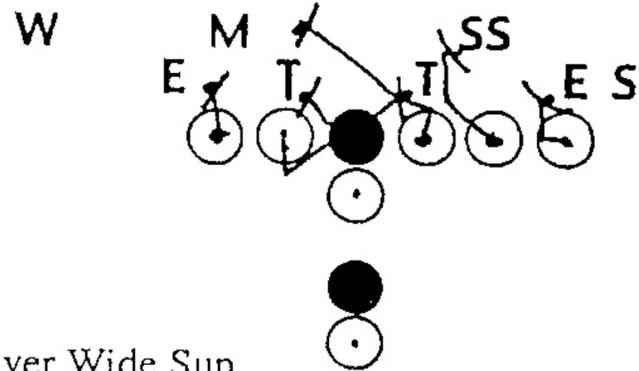
43 Boss



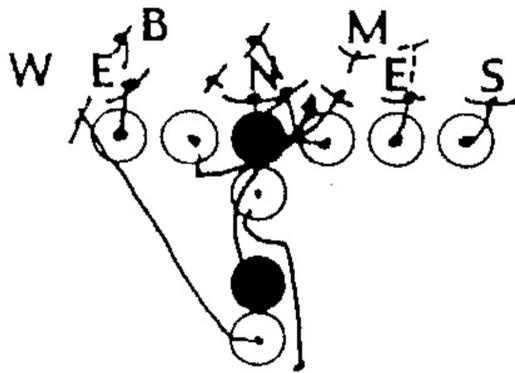
43 Over Wide



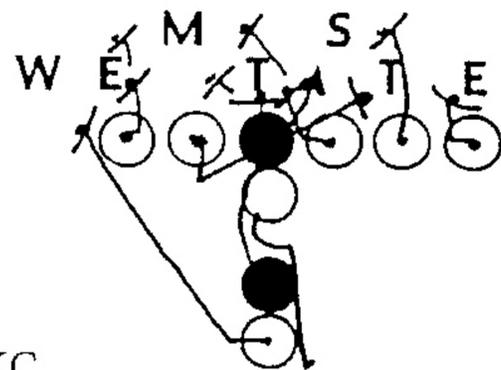
43 Over Solid



43 Over Wide Sup

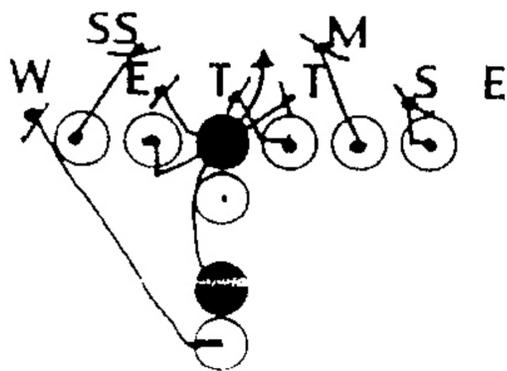


3-4



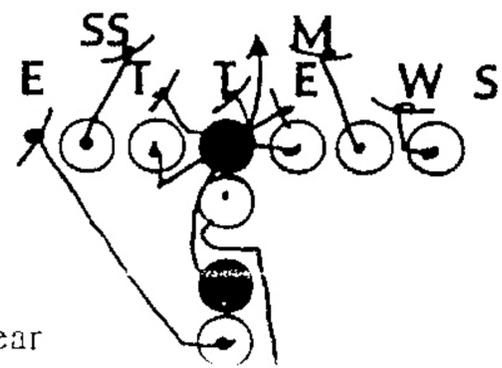
43 Over KC

Note:
"Shorty"
call



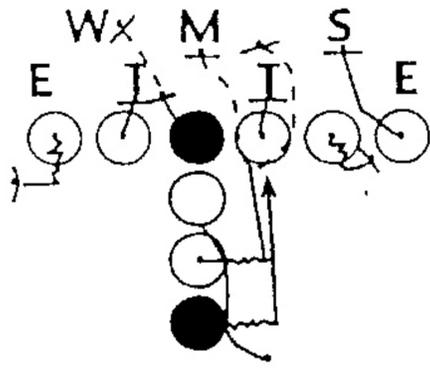
43 Over Bear

Note:
Possible
Release TE

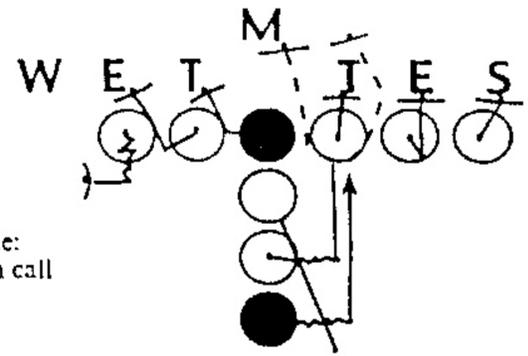


43 Under Bear

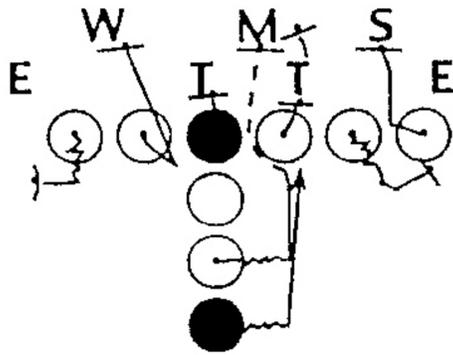
Note:
Possible
Release TE



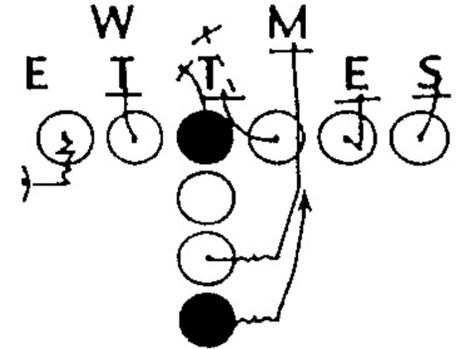
4-3 Stack



4-3



4-3 Over Stack



4-3 Under W

DESCRIPTION:

QB

SHOW PASS AND GET THE BALL DEEP TO HB.

F

SLIDE - BLOCK MIKE LBER - SQUARE CONTACT. DON'T CUT MIKE LBER IN HOLE.

H

SLIDE JPLAYSIDE. READ ON GUARD. IF ON GUARD UNCOVERED, READ TACKLE. ALERT TO FB'S BLOCK.

BACKSIDE

FRONTSIDE

BLOCK #1 AGGRESSIVELY IF COVERED. IF UNCOVERED "FAN" BLOCK DE/WILL LBER ALERT LAWN/RAKE CALLS.

C

BLOCK "O" TO #1 AWAY. ALERT TO COME OFF FOR WILL LBER. ALERT ACE BLOCK.

PASS SET AND BLOCK #2. IF BSG IS UNCOVERED "FAN" BLOCK DE/WILL LBER. ALERT LAWN/RAKE CALLS. VS BEAR DEFENSE, G.P. - BLOCK WILL/SS.

G

BLOCK #1 IF COVERED. IF UNCOVERED, BLOCK DOWN ON #0 WITH ACE CALL TO BACKSIDE LBER.

T

AGGRESSIVE PASS SET & BLOCK #2 IF COVERED. IF UNCOVERED, READ ZONE OR SWAP BLOCK WITH TE. VS BEAR LOOKS, BLOCK OUT W/TE.

Y

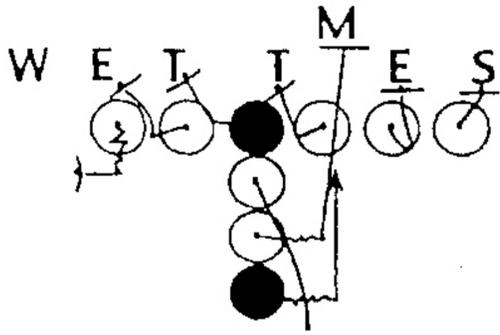
BLOCK #3. IF TACKLE UNCOVERED WORK READ ZONE OR SWAP BLOCK. VS BEAR LOOKS, BLOCK OUT.

Z

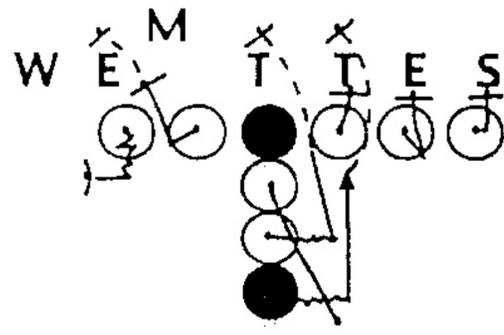
MDM.

X

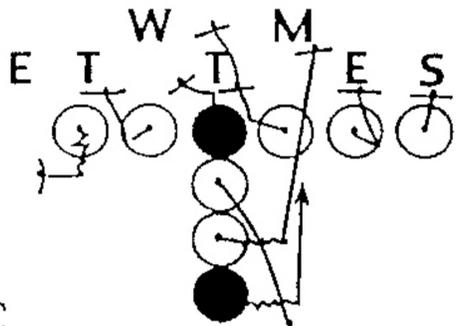
CONVOY



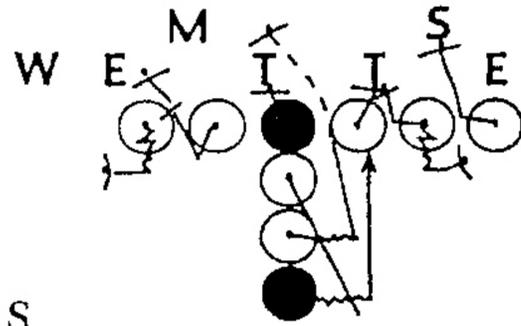
43 Under



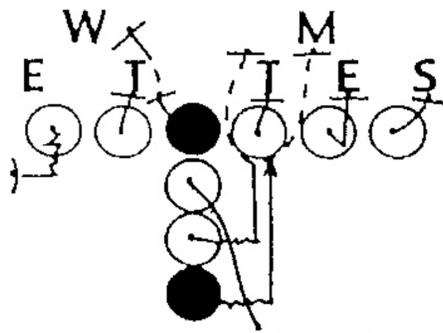
43 Over



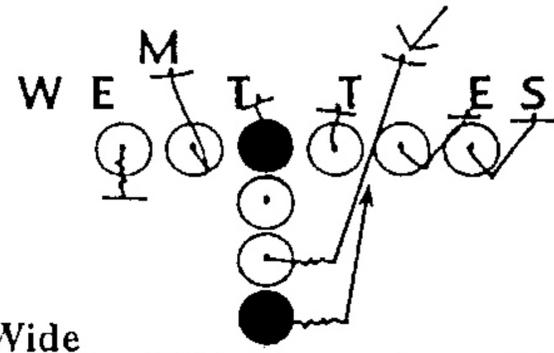
43 Under KC



43 Over S

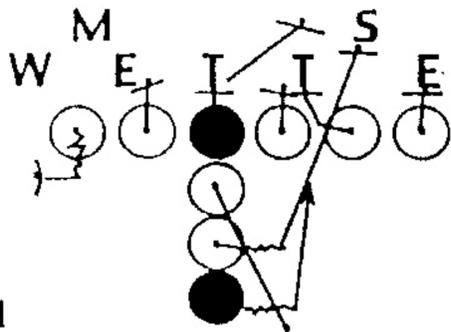


43 Boss

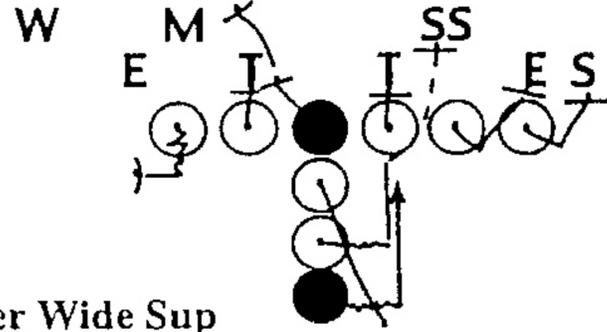


43 Over Wide

Note:
"Book"
Will LBer
(+4 Call)

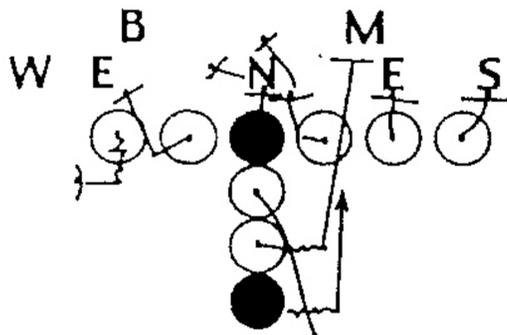


43 Over Solid

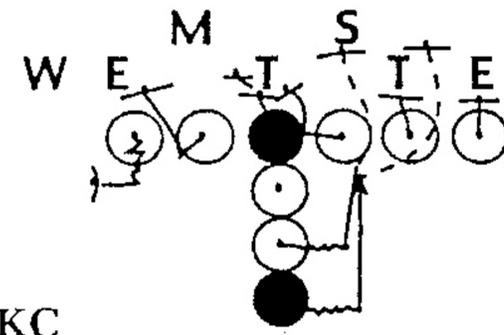


43 Over Wide Sup

Note:
"Book"
Will LBer
(44 Call)



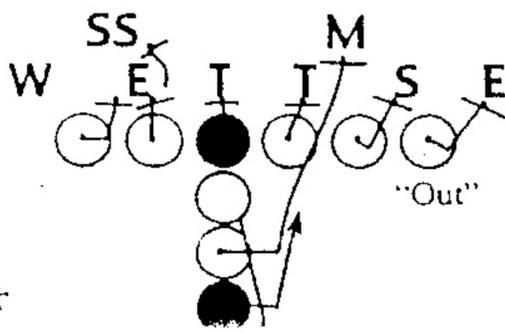
3-4



43 Over KC

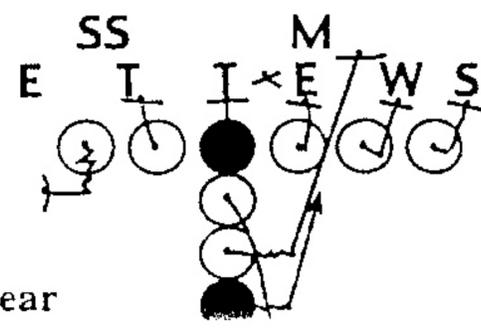
Note:
BST - G.P.
Block Will/SS

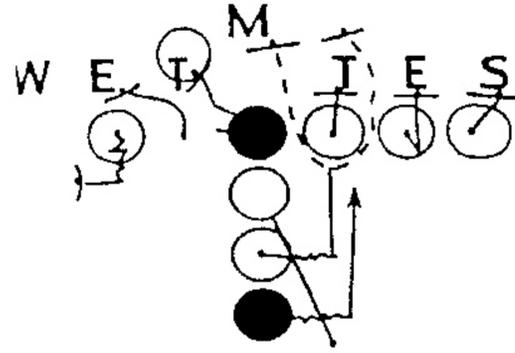
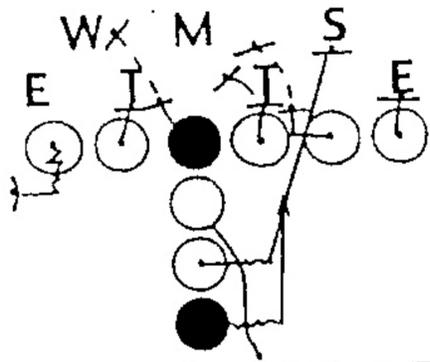
43 Over Bear



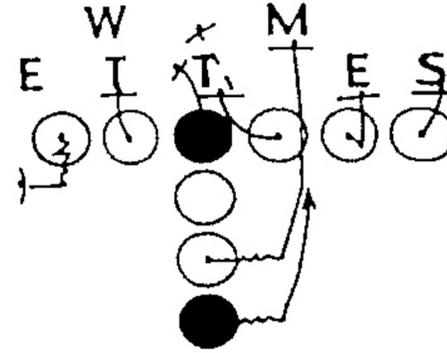
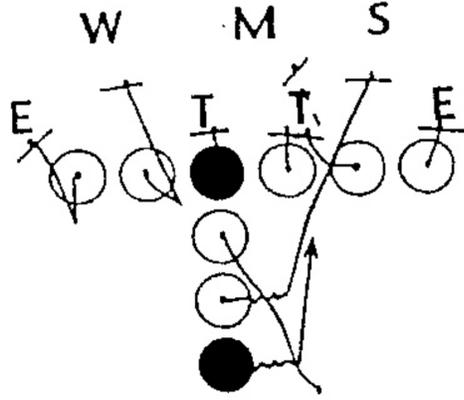
Note:
BST - G.P.
Block Will/SS

43 Under Bear





4-3 Stack



4-3 Over Stack

DESCRIPTION:

W PASS AND GET THE BALL DEEP TO HB.
 DE STRONG. BLOCK 1ST BUBBLE BACKER
 SIDE IN.
 DE PLAYSIDE. READ FB BLOCK ON LBER.

BACKSIDE

FRONTSIDE

PASS SET AND BLOCK #2. IF BSG IS UNCOVERED
 "FAN" BLOCK DE/WILL LBER. ALERT LAWN/RAKE
 CALLS. VS BEAR DEFENSE, G.P. - BLOCK WILL/SS.

OCK "O" TO #1 AWAY. ALERT TO COME OFF FOR
 L LBER. ALERT ACE BLOCK.

OCK #1 IF COVERED. IF UNCOVERED, BLOCK
 WN ON #0 WITH ACE CALL TO BACKSIDE LBER.

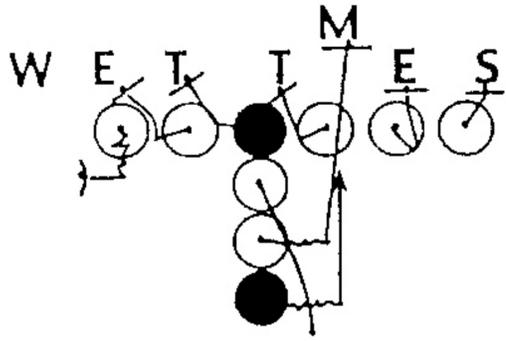
GRESSIVE PASS SET & BLOCK #2 IF COVERED.
 UNCOVERED, READ ZONE OR SWAP BLOCK WITH
 VS BEAR DEFENSE BLOCK OUT WITH TE.

OCK #3. VS BEARDEFENSE, BLOCK OUT.

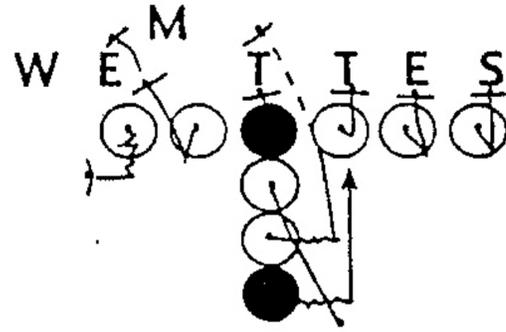
DM.

CONVOY

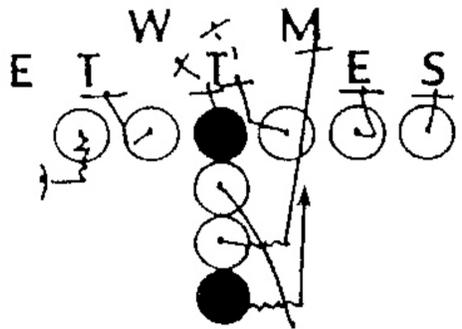
20/30 BUBBLE



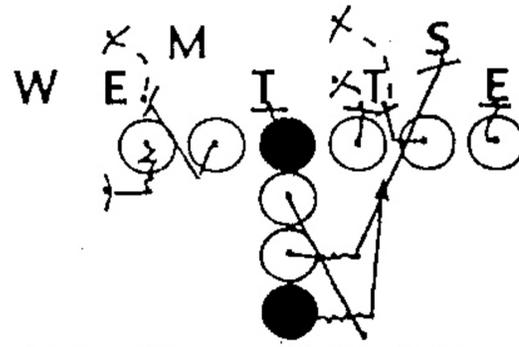
43 Under



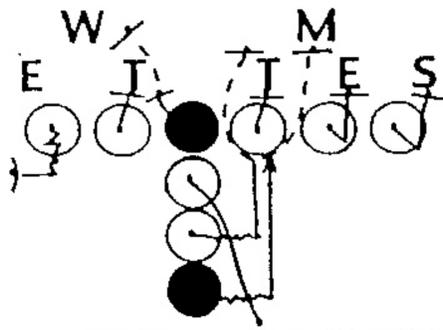
43 Over



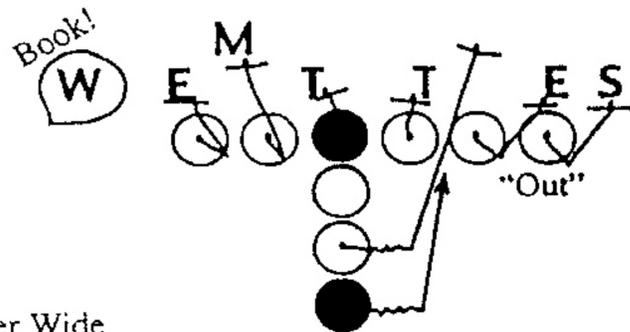
43 Under KC



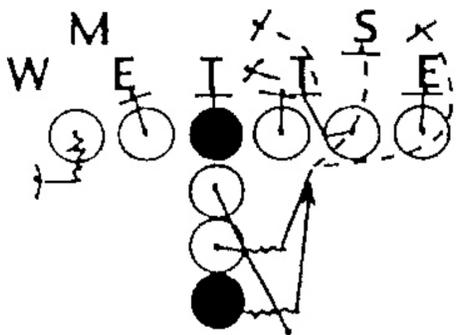
43 Over S



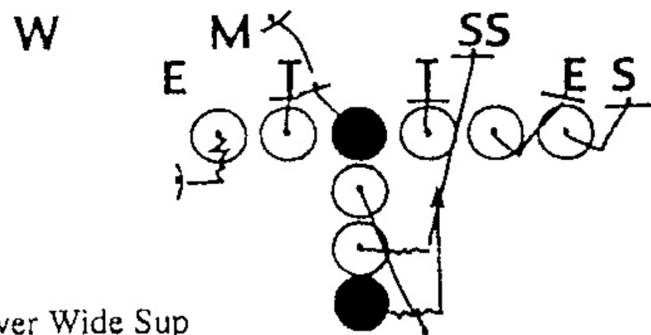
43 Boss



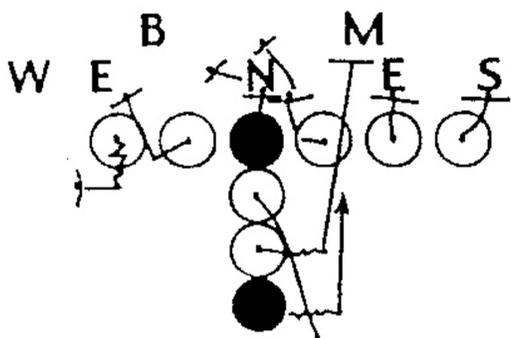
43 Over Wide



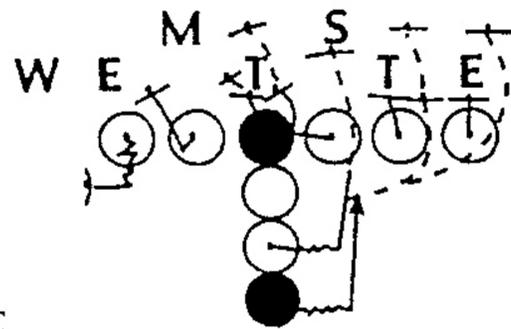
43 Over Solid



43 Over Wide Sup

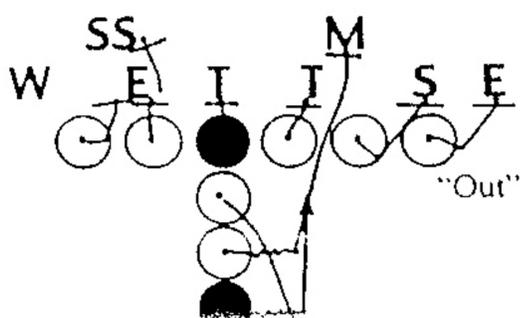


3-4



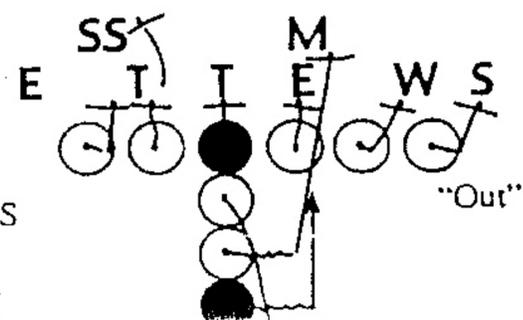
43 Over KC

Note:
BST - G.P.
Block Will/SS



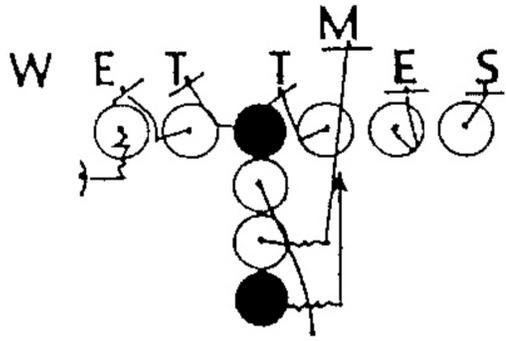
43 Over Bear

Note:
BST - G.P.
Block Will/SS

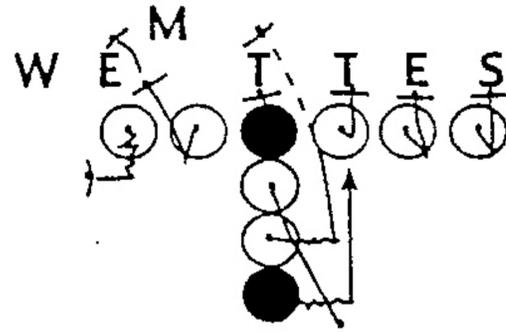


43 Under Bear

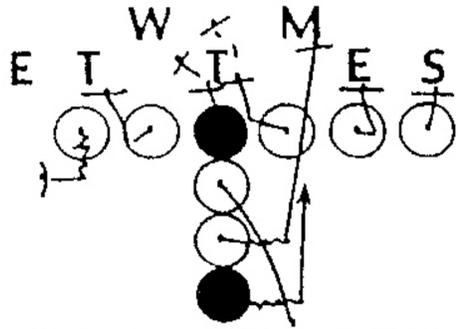
20/30 BUBBLE



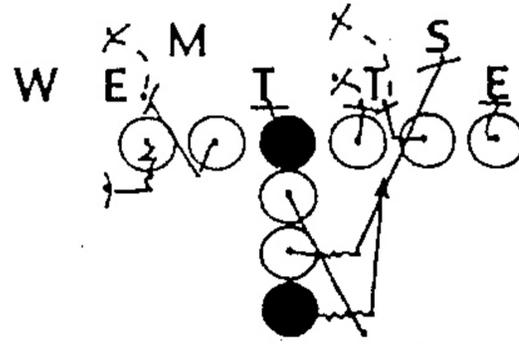
43 Under



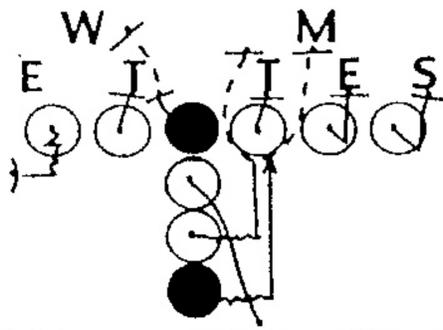
43 Over



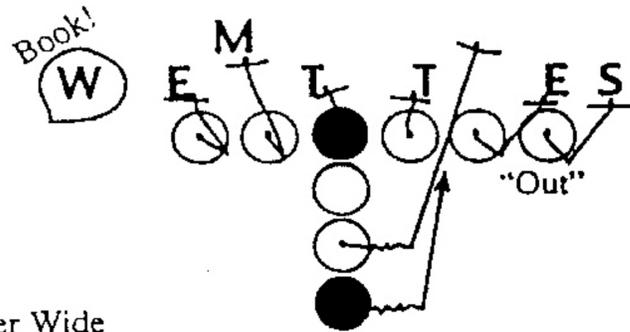
43 Under KC



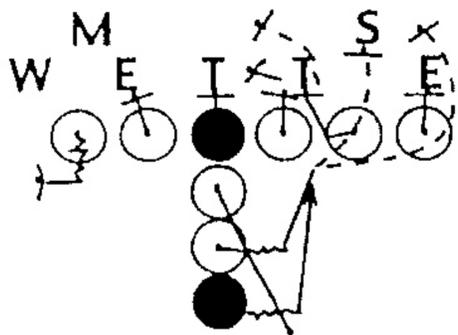
43 Over S



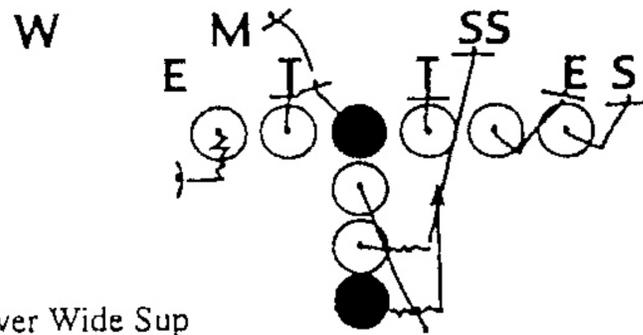
43 Boss



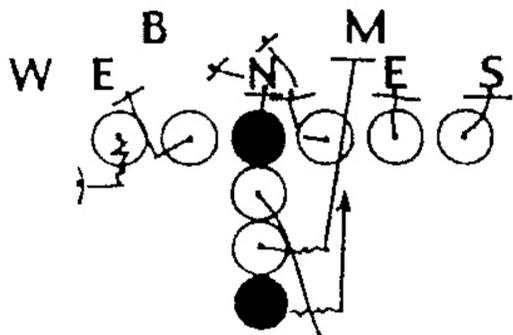
43 Over Wide



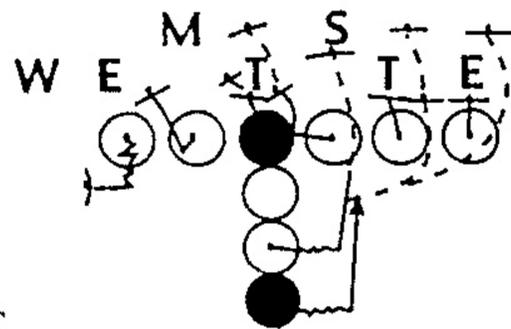
43 Over Solid



43 Over Wide Sup

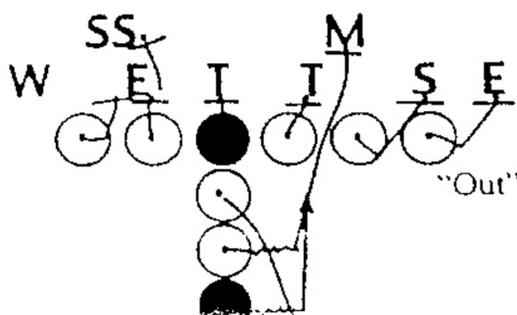


3-4



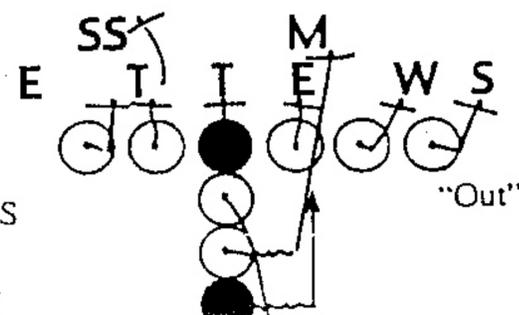
43 Over KC

Note:
BST - G.P.
Block Will/SS



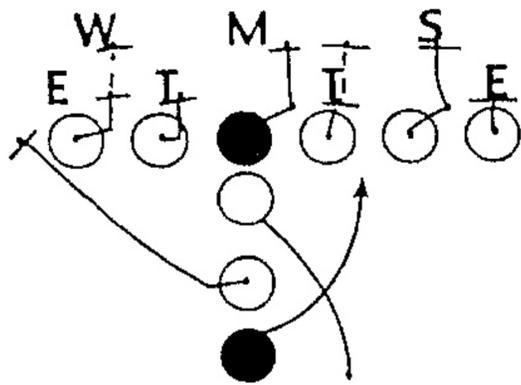
43 Over Bear

Note:
BST - G.P.
Block Will/SS

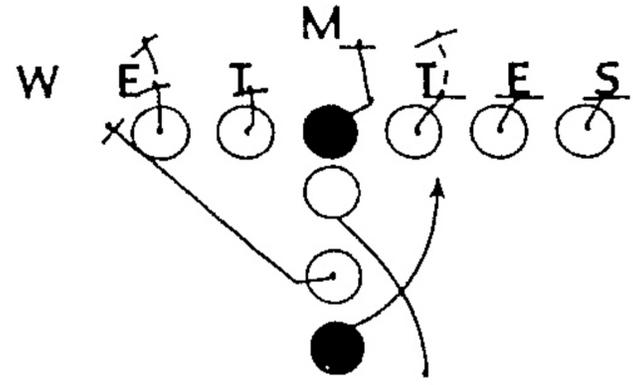


43 Under Bear

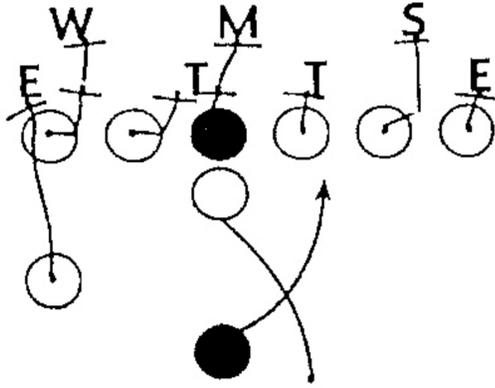
40/50 GUT (20/30 GUT)



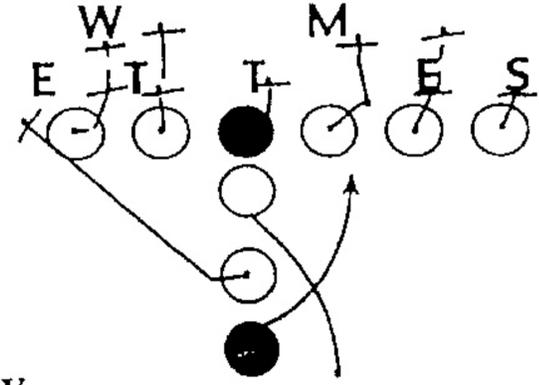
4-3 Stack



4-3



4-3 Over Stack



4-3 Under W

DESCRIPTION:
STRONG SIDE ZONE RUN.
8 MAN - ALERT CWM
S.A. - CAN FIND

* 20/30 GUT:
OL & F = BLOCK 40/50 GUT
H - BOB FOOTWORK, THINK CUTBACK.

QB

OPEN - SPRINT DRAW COURSE - DEEP EXCHANGE.
FINISH ON NAKED.

F

COMBO BLOCK WITH BACKSIDE TACKLE.

H

OPEN - CROSSOVER - ROLL - SPRINT SPOT INSIDE
LEG OF TACKLE. KEY FIRST DOWN LINEMAN
ON-SIDE ALIGNMENT - 7 1/2.

BACKSIDE

BLOCK #1. ALERT SWAP, SLIP, SWOOP, CUTOFF.

BLOCK #2. ALERT SLIP, COMBO, SIFT, SWOOP, AND
CUTOFF.

CONVOY

FRONTSIDE

C

BLOCK "O" TO MIKE. ALERT SWAP, RAY, LENNY,
SWOOP, BACKSIDE CALLS.

G

BLOCK #1. ALERT READ, RAY, LENNY, DEUCE CALLS.

T

BLOCK #2. ALERT READ, DEUCE, OUT CALLS.

Y

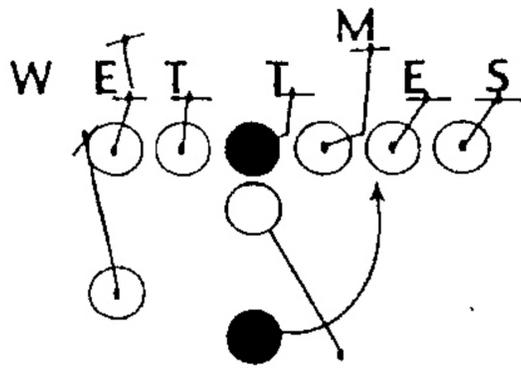
DRIVE BLOCK MAN OVER - READ ZONE IF TACKLE
UNCOVERED. ALERT FOR DEUCE CALL.

Z

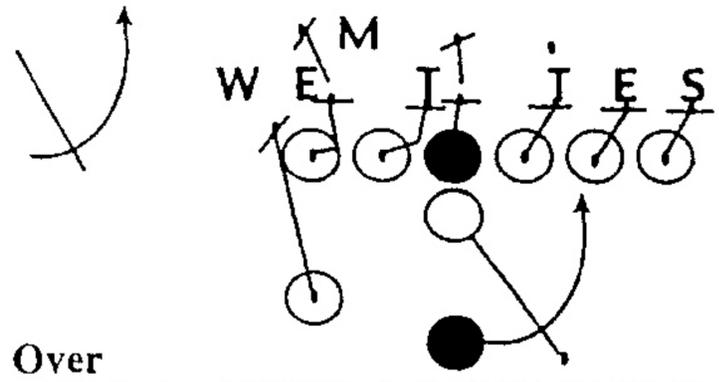
MDM.

X

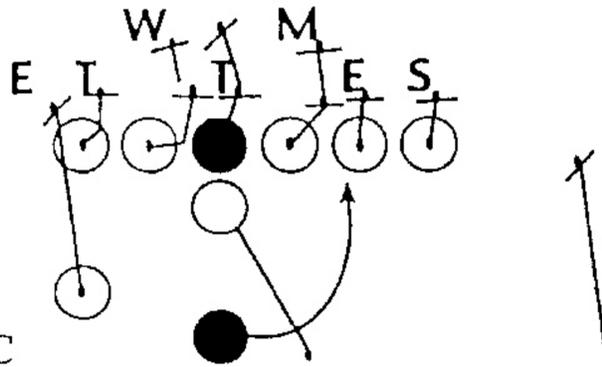
40/50 GUT



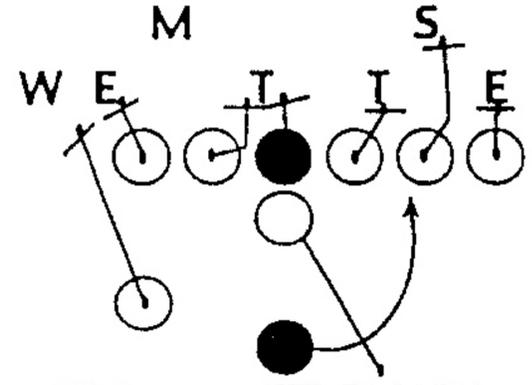
43 Under



43 Over

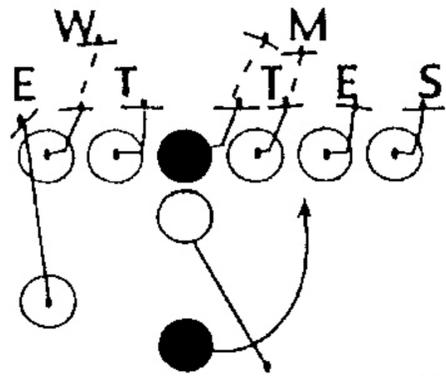


43 Under KC

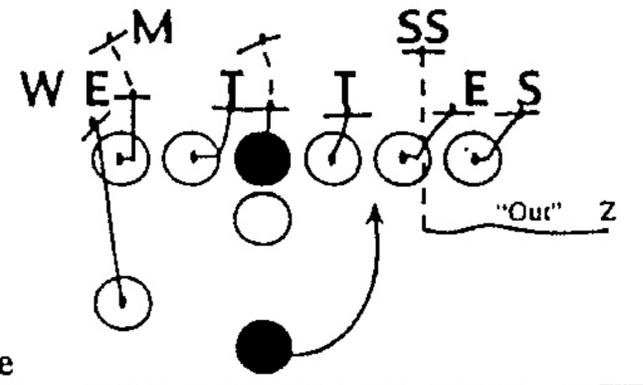


43 Over S

NOTE: Poss Deuce vs Inside Stack

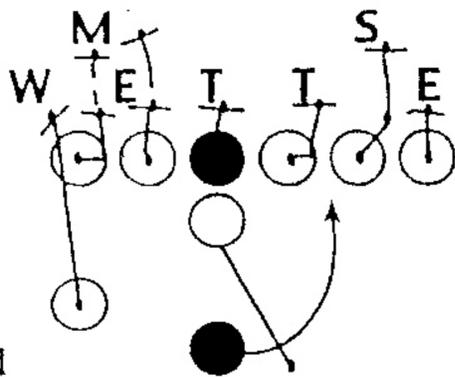


43 Boss



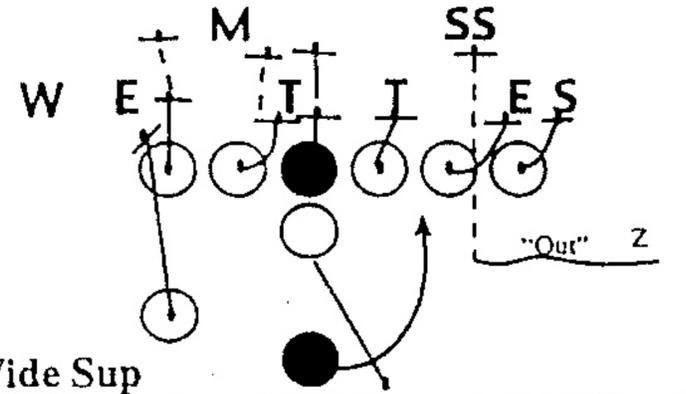
43 Over Wide

NOTE: "Can" "Find"



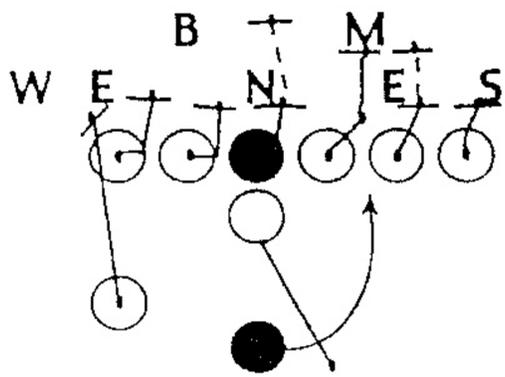
43 Over Solid

ALERT: Poss Deuce vs Inside Stack

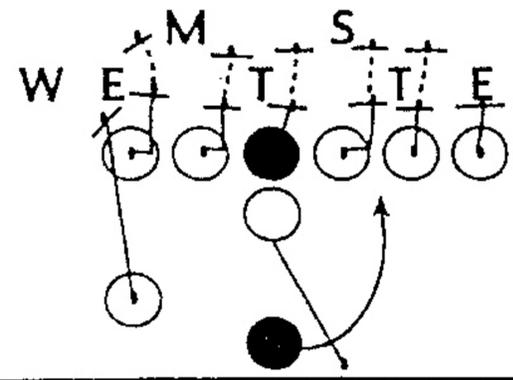


43 Over Wide Sup

"Our" Z

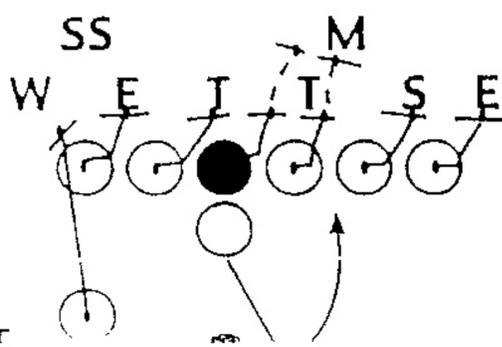


3-4



43 Over KC

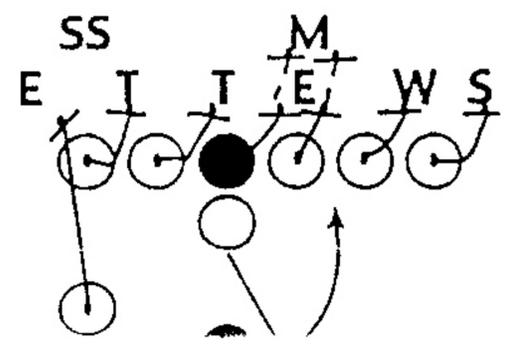
NOTE: Deuce call vs inside Stack



NOTE: Setup call by Center

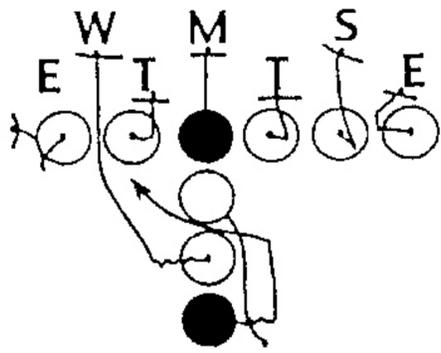
43 Over Bear

NOTE: "Our" call by TE/OT

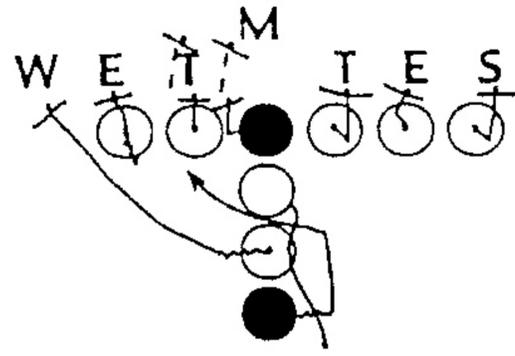


43 Under Bear

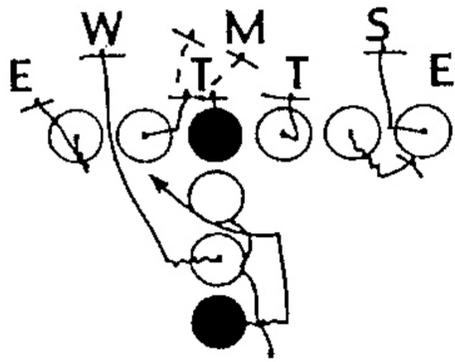
30/20 DRAW



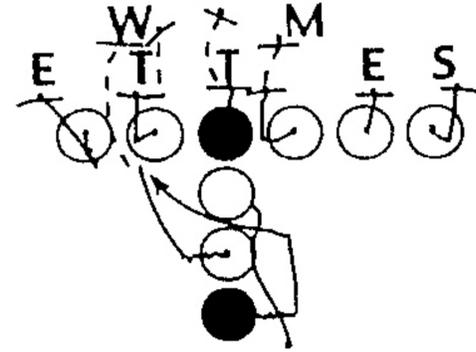
4-3 Stack



4-3



4-3 Over Stack



4-3 Under W

DESCRIPTION:
LEAD DRAW WEAK.

QB

SHOW PASS, TURN AND EXCHANGE ON 3RD STEP.

F

BLOCK WILL LBER. CUT OUTSIDE LEG OF LBER IF GUARD UNCOVERED.

H

DOWN HILL SLIDE STRONG IF IN "Q." SHUFFLE IN FROM SPLIT. READ ONSIDE TO BACK SIDE.

BACKSIDE

FRONTSIDE

AGGRESSIVE PASS SET & BLOCK #1. ALERT RAY/LENNY, ZORRO, SLIP CALLS.

AGGRESSIVE PASS SET & BLOCK #2. ALERT SLIP, COMBO, MINGO, SWAP, SUP CALLS.

AGGRESSIVE PASS SET & BLOCK #3. ALERT SLIP, COMBO, MINGO, SWAP, SUP CALLS. VS BEAR FRONT, DOUBLE BUMP.

MDM

C

BLOCK "O". ALERT RAY/LENNY & ZORRO CALLS.

G

AGGRESSIVE PASS SET & BLOCK #1. ALERT RAY/LENNY, ZORRO, SLIP, READ CALLS.

T

AGGRESSIVE PASS SET & BLOCK #2. ALERT READ, MINGO, FAN CALLS.

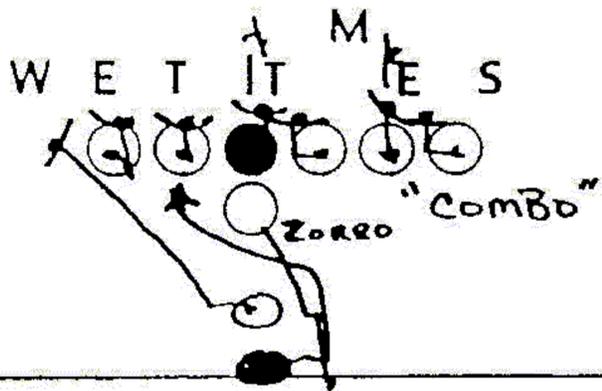
Y

Z

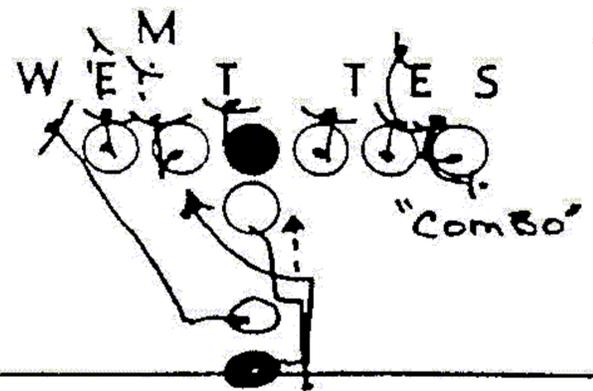
MDM.

X

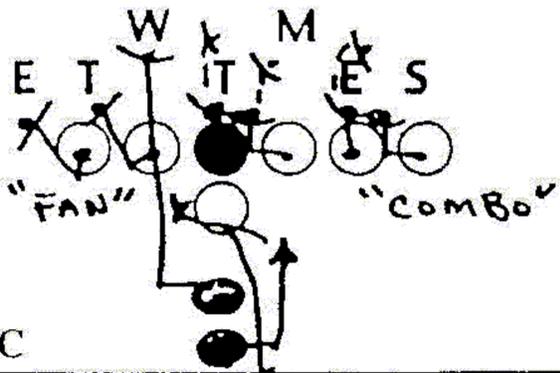
30 | 20 DRAW



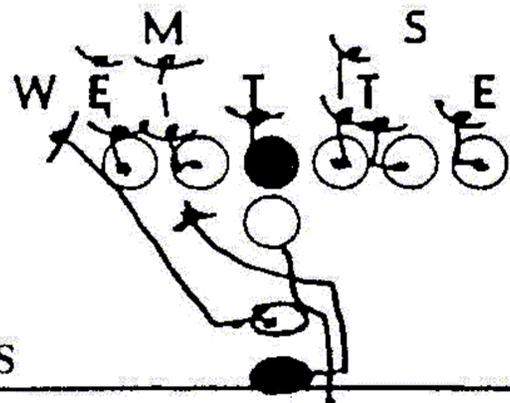
43 Under



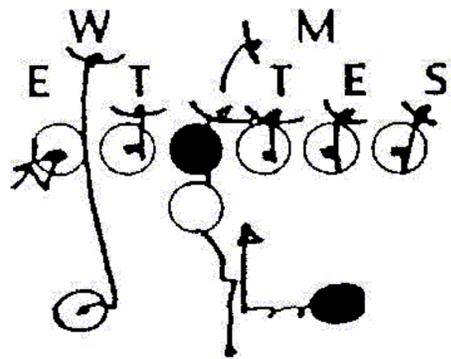
43 Over



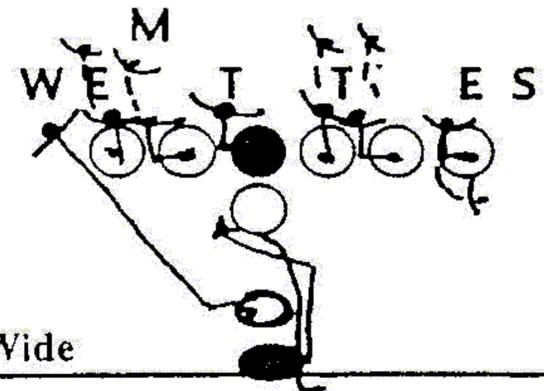
43 Under KC



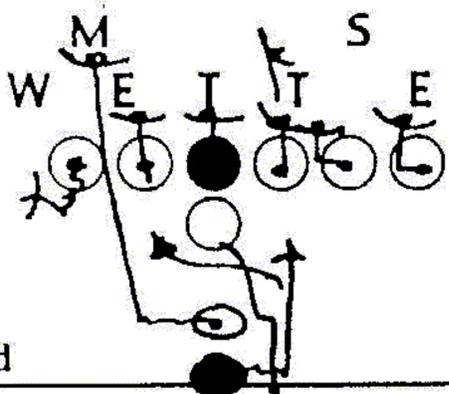
43 Over S



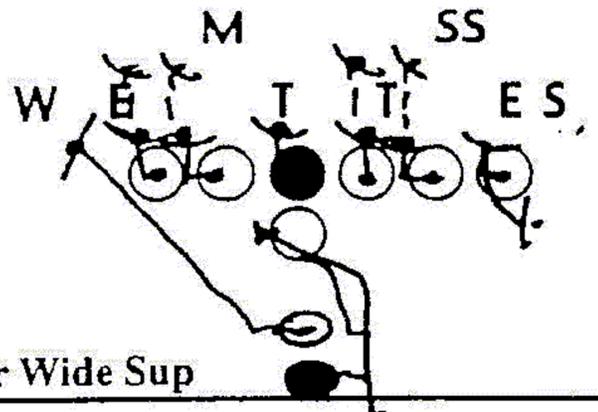
43 Boss



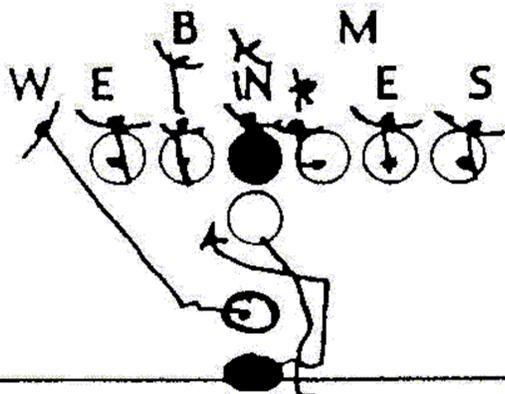
43 Over Wide



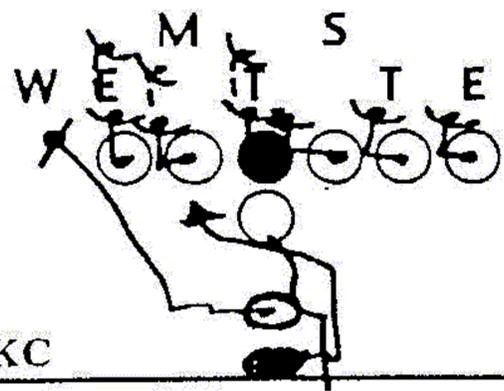
43 Over Solid



43 Over Wide Sup



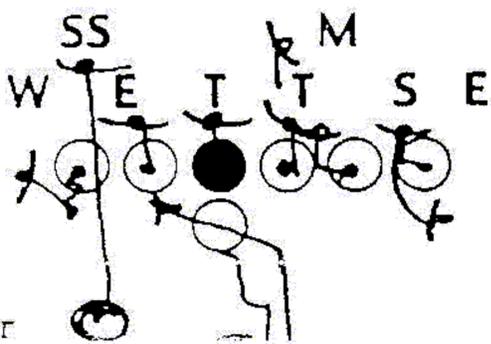
3-4



43 Over KC

NOTE:
HB- MUST
GO WEAK

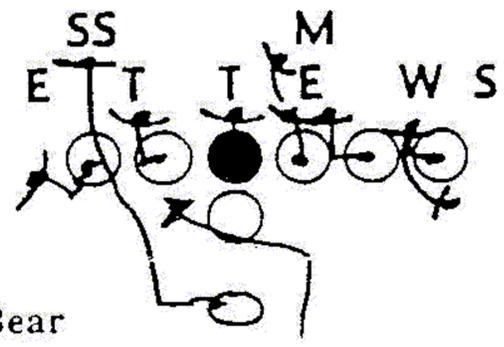
43 Over Bear



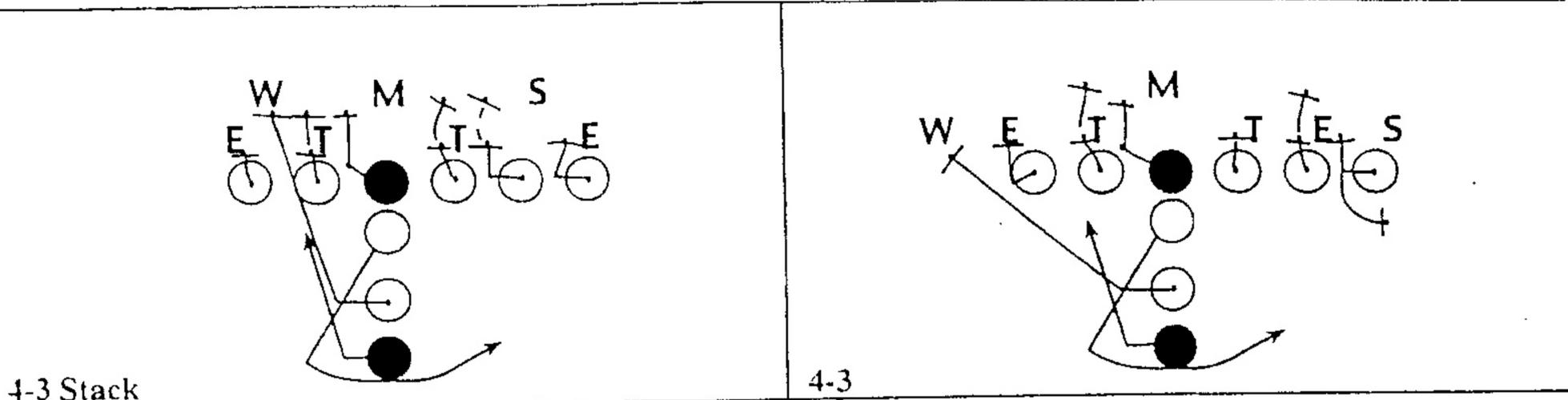
NOTE:
TE-
DOUBLE
BUMP

NOTE:
HB-
MUST GO
WEAK

43 Under Bear

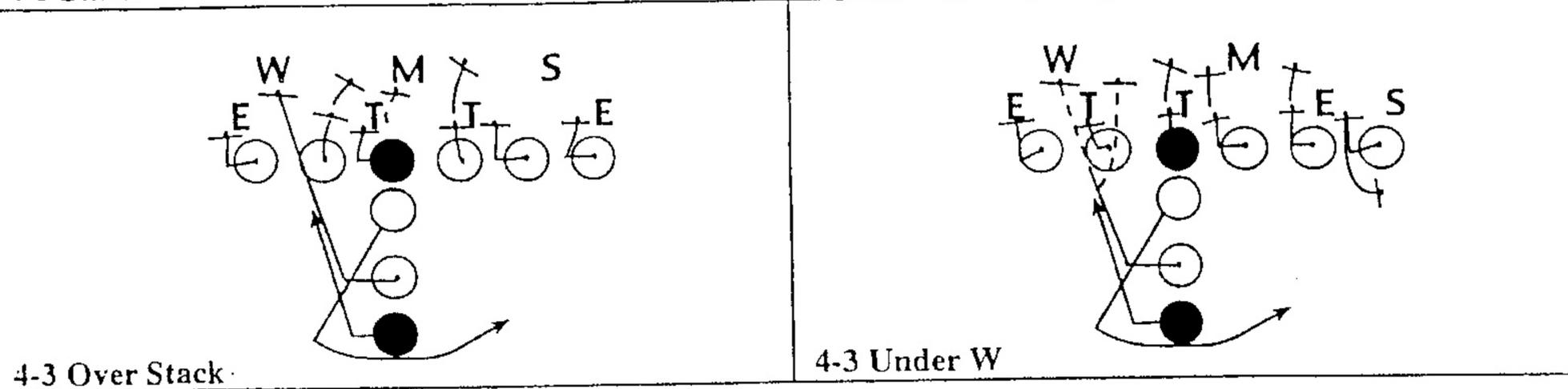


NOTE:
TE-
DOUBLE
BUMP



4-3 Stack

4-3



4-3 Over Stack

4-3 Under W

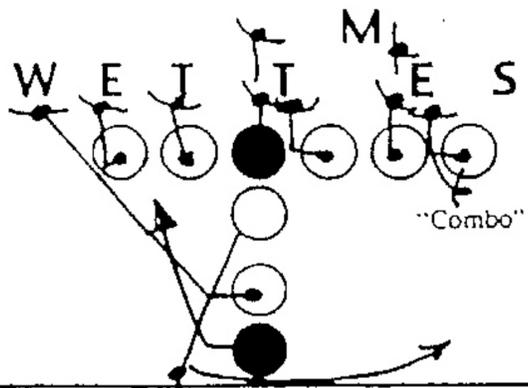
| | | |
|---|--|---|
| <p>DESCRIPTION: WEAKSIDE LEAD ZONE. 8 MAN - ALERT - CWM OR BUD BLOCK OR S.A. HB READ ONSIDE TO OUTSIDE VS BEAR FRONTS.</p> | <p>QB</p> <p>F</p> <p>H</p> | <p>OPEN - STEEP SPRINT DRAW COURSE - DEEP EXCHANGE, FINISH ON NAKED STRONG.</p> <p>OPEN - LEAD ON 1ST LBER TYPE. IF LBER STACKED. READ OG'S BLOCK.</p> <p>OPEN - DOWN HILL STEP - SPRINT SPOT IS OUTSIDE LEG OF OG. READ 1ST DOWN LINEMAN ONSIDE.</p> |
|---|--|---|

BACKSIDE

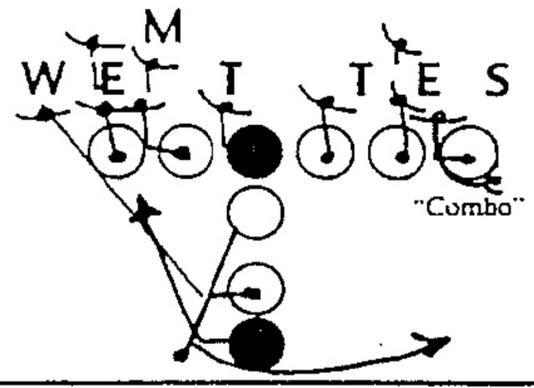
FRONTSIDE

| | | |
|---|---|--|
| <p>BLOCK #1. ALERT SWAP, SLIP, SUP CALLS.</p> <p>BLOCK #2. ALERT COMBO, SUP, SLIP, SWOOP, OUT CALLS.</p> <p>BLOCK #3. ALERT COMBO, SUP, SLIP, SWOOP, OUT CALLS. VS BEAR FRONTS - DOUBLE BUMP.</p> <p>CONVOY</p> | <p>C</p> <p>G</p> <p>T</p> <p>Y</p> <p>Z</p> <p>X</p> | <p>BLOCK "O" TO MIKE. ALERT CHIP, SWAP, RAY, LENNY, SWOOP, BACKSIDE CALLS.</p> <p>BLOCK #1. ALERT READ, CHIP, MINGO.</p> <p>BLOCK #2. ALERT READ, MINGO CALLS.</p> <p>MDM.</p> |
|---|---|--|

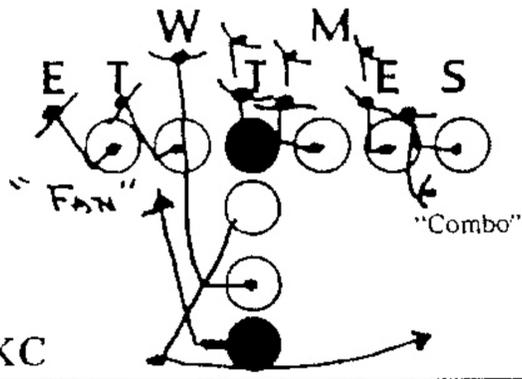
50/40 BOB



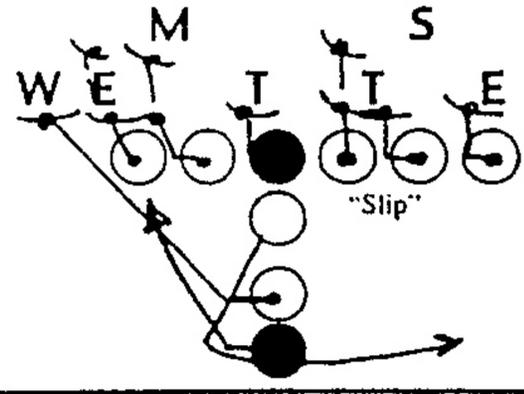
43 Under



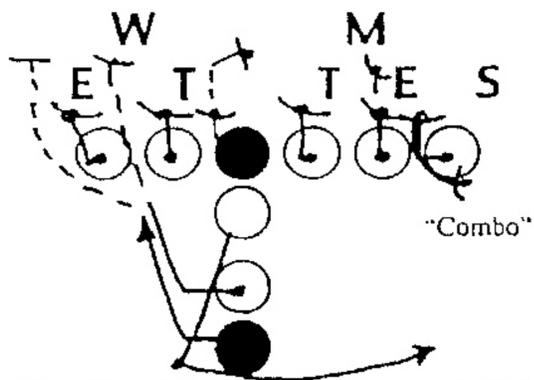
43 Over



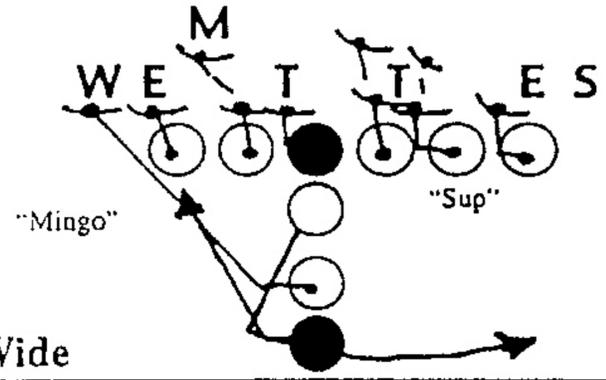
43 Under KC



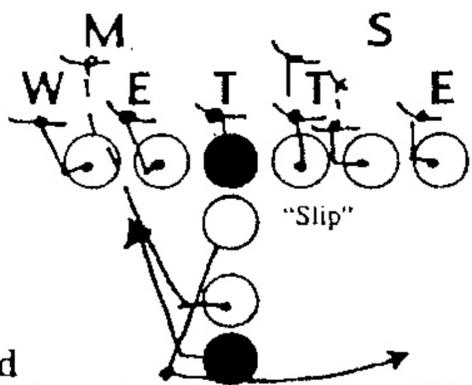
43 Over S



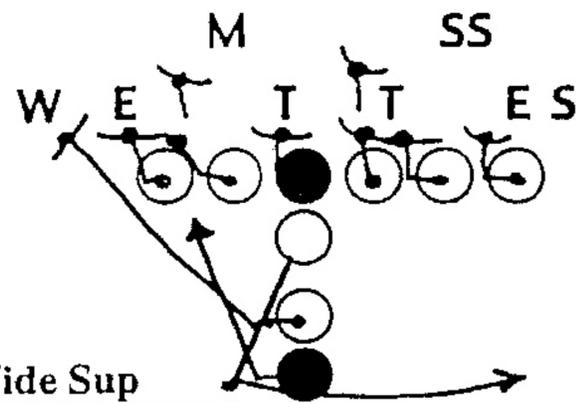
43 Boss



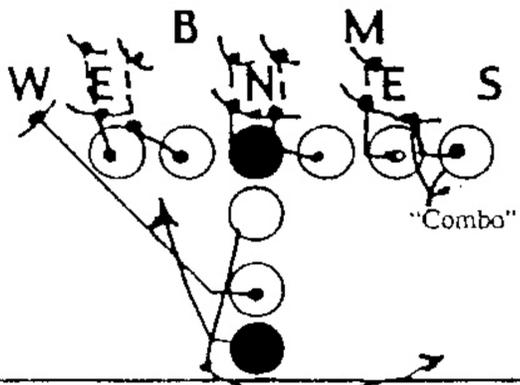
43 Over Wide



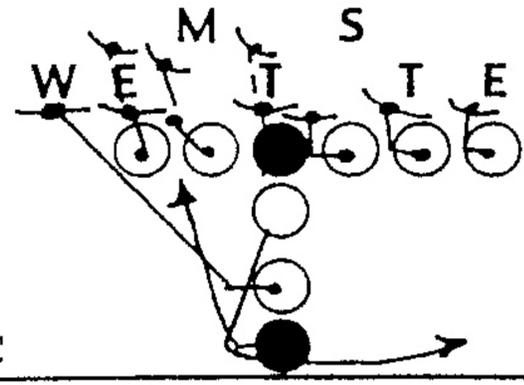
43 Over Solid



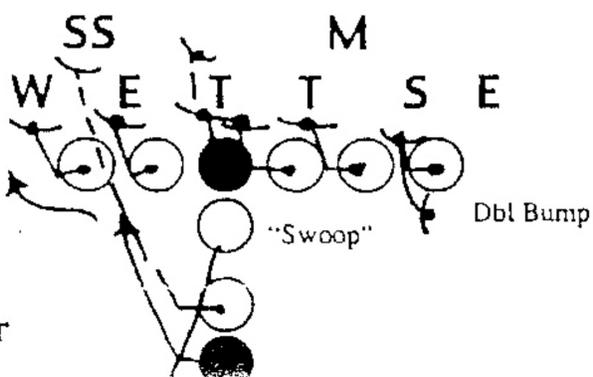
43 Over Wide Sup



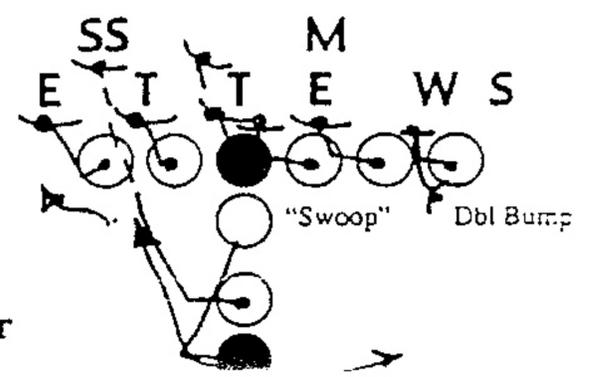
3-4



43 Over KC



43 Over Bear



43 Under Bear