

| QB Cheat Sheet Air Raid 2019 | | |
|------------------------------|-----------------------------------|--|
| Play | Signal | Key Word(s) |
| Runs | | |
| Inside Zone | Hand Behind Neck | Houston |
| Counter | Ear | Bama |
| Draw | Pen on Paper | Detroit |
| Pin & Pull | Horn | Nebraska |
| Jet Sweep | Tap Shoulder | Denver |
| "Q"-Counter | Cover Eye | Dallas |
| Freeze | Arms Crossed | Ice Cream, Vanilla, Chocolate, Cookies |
| Passes | | |
| 60's | Chest + Hand Number | Carolina, Charlotte, Raleigh, Tar Heels, Duke, ECU |
| 90's | Fist on top of Head + Hand Number | Miami, Orlando, Tampa, Florida, Disney, Seminoles, Gators |
| Rodeo/Lasso | Lasso Up/Down | Dallas |
| Screen Plays | | |
| Z-Roger | Hand Number Out RT | Texas |
| X-Larry | Hand Number Out LT | Texas |
| H-Roger | Hand Number Out RT | Texas |
| H-Larry | Hand Number Out LT | Texas |
| H-Jerry | Hand Number Out RT | Run Call |
| H-Tom | Hand Number Out LT | Run Call |
| Shallow Randy | Crazy Hand by Head RT | Houston |
| Shallow Luther | Double Crazy Hands | Houston |
| Rocket | Make it Rain Up | Vegas |
| Laser | Make it Rain Down | Vegas |
| TORNADO SERIES (ACE) | | |
| 1 | Larry | Tornado + #'s ending in 1 |
| 2 | Roger | Tornado + #'s ending in 2 |
| 3 | Freeze | Tornado + #'s ending in 3 |
| 4 | Oklahoma RT | Tornado + #'s ending in 4 |
| 5 | Michigan LT | Tornado + #'s ending in 5 |
| 6 | 6 | Tornado + #'s ending in 6 |
| 7 | Y-Stick | Tornado + #'s ending in 7 |
| 8 | Y-Corner | Tornado + #'s ending in 8 |
| 9 | Action 95 Cross | Tornado + #'s ending in 9 |
| Miscellaneous Signals | | |
| X | Arms make an "X" | Directionals |
| Y | Hang Loose | Right: Girl Names (Jenny, Sally, Paula, Kaitlin, Emily, etc) |
| H | Circle over heart with fist | Left: Boy Names (Johnny, Rodney, Lucas, Dakota, etc.) |
| Z | Draw a Z- with pointer finger | |
| R | Razor | |
| Q | You Finger | Right: Even, Red, Gold |
| NOW | Open Book | |
| HITCH | Hand Behind Back | Left: Odd, Blue, Black |
| SLANT | Point at Eyes | |
| QK OUT | Thumb Out | RIGHT: 1 Hand Signals |
| SAIL | Shark Fin | LEFT: 2 Hand Signals |
| PEEK | "6" | QUICK GAME |
| SHALLOW | Swipe Knee | 61/62-FLAT (peek, flat, BSQ) |
| POST | Slash | 63/64-Y-STICK (peek, swing, stick, BSQ) |
| FOX | Fox Ears | 68/69-CORNER (Corner, Swing, Lazy, BSQ) |
| WHEEL | Drive | |
| STOP | Stop Hands | DROPPACK |
| CURL | Bicep Curl | 90-SHALLOW (shallow, dig, back) |
| SMASH | Hammer Fist | 92-MESH (high, swing, mesh, shoot) |
| RODEO/LASSO | Lasso up/Down | 93/94-Y-SAIL (Peek, Sail, Shoot) |
| CORNER | Tap Elbow | 95-Y-CROSS (Peek, Cross, Hitch, Dig) |
| BUBBLE | Blow a Bubble | 96-VERTICALS (X, H, Y, F, Z) |
| SLUGGO | Baseball Swing | |
| FORMATIONS | | MOTIONS |
| Ace | 1-finger in the Air | JET-Plane Up |
| Early/Late | Money "Up"/"Down" | CRASH-Plane Down |
| Cowboy | Pistol Finger | MOVE-Walking Fingers |
| Empty | Salt Shaker | |
| Hero | Muscles | |
| Halo | Halo over the Head | |
| Blue/Green | Longhorn up/down | |
| "Flip" | Flip a coin | |
| "Slide" | Down the Thigh | |
| "Joker" | RPO Switch | |
| RPO Screen | DX | |
| "Cougar" | Claw hand scratch | |

92 MESH PRACTICE SCHEDULE

| <u>DAY</u> | <u>DATE</u> | <u>PRACTICE:</u> | <u>LOC/DRESS:</u> | | | | |
|-------------------|----------------|----------------------|----------------------|--------------|--------------|---|--------------|
| 1 | | Monday | PF/Shells | | | | |
| Stretch | | | | | | | |
| Time | Per | ACTIVITY | QB | WR | TE | RB | OL |
| 5 | 1 | Indy | Noose | Noose | Noose | Noose | Pass Fundy's |
| | 2 | Indy | EDD | EDD | EDD | EDD | Pass Fundy's |
| 25 | 3 | Group | Pat & Go | Pat & Go | Pat & Go | BPU | BPU |
| | 4 | Group | ROA | ROA | ROA | ROA | Run Fundy's |
| | 5 | Group | ROA | ROA | ROA | ROA | Run Fundy's |
| | 6 | Group | Mesh | Mesh | Mesh | Mesh | Run Fundy's |
| 5 | SPECIAL | SPECIAL TEAMS | | | | | |
| 5 | 7 | Team | Team Screens | Team Screens | Team Screens | Team Screens | Team Screens |
| 20 | 8 | Unit | Inside Run | 1 on 1's | Inside Run | Inside Run | Inside Run |
| | 9 | Unit | Inside Run | 1 on 1's | Inside Run | Inside Run | Inside Run |
| | 10 | Unit | 7 on 7 | 7 on 7 | 7 on 7 | 7 on 7 | 1 on 1's |
| | 11 | Unit | 7 on 7 | 7 on 7 | 7 on 7 | 7 on 7 | 1 on 1's |
| 5 | 12 | Team | Bandit | Bandit | Bandit | Bandit | Bandit |
| SCRIPT | | | | | | | |
| INSIDE RUN | | | | MESH | | | |
| # | FORM | PLAY | # | FORM | PLAY | PLAYS OF THE DAY | |
| 1 | ACE | OKLAHOMA R | 1 | ACE | 92 | RUN: Oklahoma (Q) SCREEN: Texas (H) QUICK: 61/62, 61/62 Thunder DROPPACK: 6 MESH: 92 | |
| 2 | ACE | OKLAHOMA L | 2 | EARLY | 92 | | |
| 3 | ACE | Q-OKLAHOMA L | 3 | | | | |
| 4 | ACE | Q-OKLAHOMA R | 4 | | | | |
| 5 | HERO | OKLAHOMA R | TWO PTS PLAYS | | | | |
| 6 | HALO | OKLAHOMA L | # | FORM | PLAY | Reminders | |
| 7 | | | 1 | | | Water should be at/near each Drill Players can Hydrate at ANY time. | |
| 8 | | | 2 | | | | |
| 9 | | | 3 | | | | |
| 10 | | | 4 | | | | |
| 7 ON 7 | | | | TEAM | | | |
| # | FORM | PLAY | # | FORM | PLAY | We are a TEMPO Team | |
| 1 | EARLY | RODEO 62 T | 1 | ACE | Q-Oklahoma L | Don't YELL...FIX IT. (Coach) | |
| 2 | ACE | 6 | 2 | EARLY | 92 | | |
| 3 | ACE | 61 | 3 | ACE | Roger | Emphasize Heads Up Football | |
| 4 | ACE | 6 | 4 | ACE | Oklahoma R | | |
| 5 | ACE | 6 | 5 | ACE | 61 | Correct Fundamentals ALWAYS! | |
| 6 | ACE | 6 Razor | 6 | EARLY | 62 Thunder | | |
| 7 | ACE | 92 | 7 | ACE | Oklahoma L | Always emphasize Ball Security | |
| 8 | | | 8 | | | | |
| 9 | | | 9 | | | DETAILS MAKE CHAMPIONS!!! | |
| 10 | | | 10 | | | | |

92 MESH PRACTICE SCHEDULE

DAY
1

DATE

Tuesday

PRACTICE:

Stretch

| Time | Per | ACTIVITY | QB | WR | TE |
|------|-----|----------|----------|----------|----------|
| 5 | 1 | Indy | Noose | Noose | Noose |
| | 2 | Indy | EDD | EDD | EDD |
| 25 | 3 | Group | Pat & Go | Pat & Go | Pat & Go |
| | 4 | Group | ROA | ROA | ROA |
| | 5 | Group | ROA | ROA | ROA |
| | 6 | Group | Mesh | Mesh | Mesh |

5

SPECIAL

SPECIAL TEAMS

| | | | | | |
|----|----|------|--------------|--------------|--------------|
| 5 | 7 | Team | Team Screens | Team Screens | Team Screens |
| 20 | 8 | Unit | Inside Run | 1 on 1's | Inside Run |
| | 9 | Unit | Inside Run | 1 on 1's | Inside Run |
| | 10 | Unit | 7 on 7 | 7 on 7 | 7 on 7 |
| | 11 | Unit | 7 on 7 | 7 on 7 | 7 on 7 |
| 5 | 12 | Team | Goal Line | Goal Line | Goal Line |

SCRIPT

INSIDE RUN

MESH

| # | FORM | PLAY | # | FORM | PLAY |
|----|------|-----------|----------------------|-----------|-------------|
| 1 | ACE | ATLANTA R | 1 | BLUE FLIP | 92 Z-CORNER |
| 2 | ACE | ATLANTA L | 2 | BLUE | 92 H WHEEL |
| 3 | ACE | ATLANTA R | 3 | | |
| 4 | ACE | ATLANTA L | 4 | | |
| 5 | HERO | ATLANTA R | TWO PTS PLAYS | | |
| 6 | HERO | ATLANTA L | # | FORM | PLAY |
| 7 | | | 1 | | |
| 8 | | | 2 | | |
| 9 | | | 3 | | |
| 10 | | | 4 | | |

7 ON 7

TEAM

| # | FORM | PLAY | # | FORM | PLAY |
|----|-----------|-------------|----|-----------|-------------|
| 1 | ACE | 95 | 1 | HALO FLIP | MOVE "64" |
| 2 | ACE | 94 | 2 | HERO FLIP | ATLANTA RT |
| 3 | ACE | 68 | 3 | HALO | MTN ATLANTA |
| 4 | ACE | 95 | 4 | ACE | ATLANTA RT |
| 5 | Early | RODEO 94 | 5 | Early | H-ROGER |
| 6 | Blue Flip | 92 Z-CORNER | 6 | | |
| 7 | ACE | 64 | 7 | | |
| 8 | | | 8 | | |
| 9 | | | 9 | | |
| 10 | | | 10 | | |

LOC/DRESS:
PF/Shells

| RB | OL |
|-----------|--------------|
| Noose | Pass Fundy's |
| EDD | Pass Fundy's |
| BPU | BPU |
| ROA | Run Fundy's |
| ROA | Run Fundy's |
| Mesh | Run Fundy's |

| | |
|--------------|--------------|
| Team Screens | Team Screens |
| Inside Run | Inside Run |
| Inside Run | Inside Run |
| 7 on 7 | 1 on 1's |
| 7 on 7 | 1 on 1's |
| Goal Line | Goal Line |

PLAYS OF THE DAY

RUN: Atlanta, Detroit
SCREEN: Pedal, Vegas
QUICK: 63/64, 68/69
DROPPACK: 93/94, 95
MESH: 92 Wheel, 92 H

Reminders

Water should be at/near each Drill

Players can Hydrate at ANY time.

We are a TEMPO Team

Don't YELL...FIX IT. (Coach)

Emphasize Heads Up Football

Correct Fundamentals ALWAYS!

Always emphasize Ball Security

DETAILS MAKE CHAMPIONS!!!

92 MESH PRACTICE SCHEDULE

DAY
1

DATE

Wednesday

PRACTICE:

Stretch

| Time | Per | ACTIVITY | QB | WR | TE |
|------|-----|----------|----------|----------|----------|
| 5 | 1 | Indy | Noose | Noose | Noose |
| | 2 | Indy | EDD | EDD | EDD |
| 25 | 3 | Group | Pat & Go | Pat & Go | Pat & Go |
| | 4 | Group | ROA | ROA | ROA |
| | 5 | Group | ROA | ROA | ROA |
| | 6 | Group | Mesh | Mesh | Mesh |

5 SPECIAL SPECIAL TEAMS

| | | | | | |
|----|----|------|--------------|--------------|--------------|
| 5 | 7 | Team | Team Screens | Team Screens | Team Screens |
| 20 | 8 | Unit | Inside Run | 1 on 1's | Inside Run |
| | 9 | Unit | Inside Run | 1 on 1's | Inside Run |
| | 10 | Unit | 7 on 7 | 7 on 7 | 7 on 7 |
| | 11 | Unit | 7 on 7 | 7 on 7 | 7 on 7 |
| 5 | 12 | Team | Situations | Situations | Situations |

SCRIPT

INSIDE RUN

MESH

| # | FORM | PLAY | # | FORM | PLAY |
|----|------|------------|---|------|------|
| 1 | ACE | MICHIGAN R | 1 | | |
| 2 | ACE | MICHIGAN L | 2 | | |
| 3 | ACE | H-OREGON | 3 | | |
| 4 | ACE | Z-OREGON | 4 | | |
| 5 | ACE | MICHIGAN R | | | |
| 6 | ACE | MICHIGAN L | # | FORM | PLAY |
| 7 | | | 1 | | |
| 8 | | | 2 | | |
| 9 | | | 3 | | |
| 10 | | | 4 | | |

TWO PTS PLAYS

7 ON 7

TEAM

| # | FORM | PLAY | # | FORM | PLAY |
|----|------|------|----|------|------|
| 1 | | | 1 | | |
| 2 | | | 2 | | |
| 3 | | | 3 | | |
| 4 | | | 4 | | |
| 5 | | | 5 | | |
| 6 | | | 6 | | |
| 7 | | | 7 | | |
| 8 | | | 8 | | |
| 9 | | | 9 | | |
| 10 | | | 10 | | |

LOC/DRESS:
PF/Shells

| RB | OL |
|-----------|--------------|
| Noose | Pass Fundy's |
| EDD | Pass Fundy's |
| BPU | BPU |
| ROA | Run Fundy's |
| ROA | Run Fundy's |
| Mesh | Run Fundy's |

| | |
|--------------|--------------|
| Team Screens | Team Screens |
| Inside Run | Inside Run |
| Inside Run | Inside Run |
| 7 on 7 | 1 on 1's |
| 7 on 7 | 1 on 1's |
| Situations | Situations |

PLAYS OF THE DAY

RUN: Michigan, Oregon
SCREEN: Houston
QUICK: RPO/RPO SCREEN
DROPPACK: 90
MESH: 92 Cougar

Reminders

Water should be at/near each Drill

Players can Hydrate at ANY time.

We are a TEMPO Team

Don't YELL...FIX IT. (Coach)

Emphasize Heads Up Football

Correct Fundamentals ALWAYS!

Always emphasize Ball Security

DETAILS MAKE CHAMPIONS!!!