

# FORMATIONS

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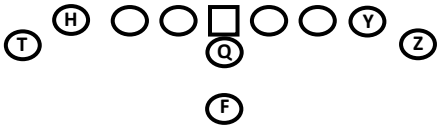
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## (32P) BALANCED FORMATIONS

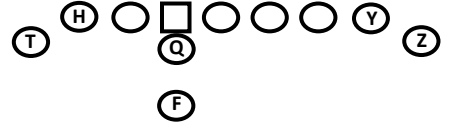
- Eagle
  - Balanced 2x2 Double Wing Formation
  - Foot to Foot Splits
  - Wings are aligned 1YD by 1YD off of the TE, Slightly facing inward
  - FB's depth can be as close as a Sniffer or as deep as Heels at 5YDS
- Hawk
  - Balanced 2x2 Double Wing Formation but in the Gun
  - Foot to Foot Splits
  - Wings are aligned the same as in Eagle
  - The FB will align next to the QB with a play specific alignment
    - FB will align on the RT or LT of the QB based on what he needs to do
- House
  - Balanced full house Formation
  - Foot to Foot Splits
  - FB is aligned with his heels at 4YDS
  - Wings are aligned with heels at 5YDS
- "OVER" Tag
  - Tells our OT (Outside Tackle) to move over from the Left side to the Right and outside of the other tackle
  - Only moves the OT over to the Right, we don't flop the other tackle
- OL needs to align as deep off the ball as possible

(32P) BALANCED FORMATIONS

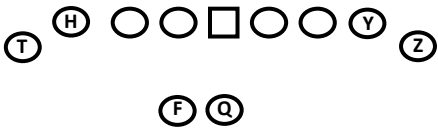
EAGLE



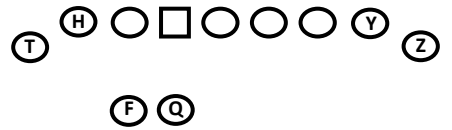
EAGLE OVER



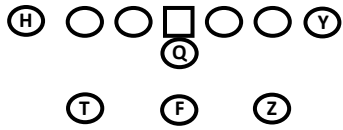
HAWK



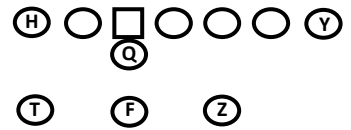
HAWK OVER



HOUSE



HOUSE OVER

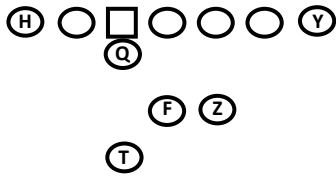


## (32P) UNBALANCED FORMATIONS

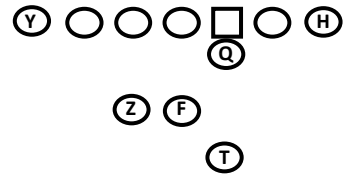
- Cowboy
  - Unbalanced Tackle Over Formation
  - Foot to Foot Splits
  - FB's (F and Z) will align in three point stances, Heels at 4YDS
  - TB will align anywhere from toes at 5YDS, to as deep as heels at 7
- Indian
  - The Exact same as Cowboy but the formation is flipped
- Bronco
  - Exact same as Cowboy but the QB aligns in the gun
  - RB will align to the side of the QB to the strength call
- Buffalo
  - Exact same as Indian but the QB aligns in the gun
  - RB will align to the side of the QB to the strength call
- "OPEN"
  - Exact same as regular Cowboy but the FB's will open up and align as Wings off of the TE
    - 2 Point WR Stance
- "WEAK"
  - Tells the FB's to align the same as regular Cowboy but on the short side of the formation
- "WIDE"
  - Puts together Weak and Open tags
  - Align in WR Stances on the Weak side
- OL needs to align as deep off the ball as possible

# (32P) UNBALANCED FORMATIONS

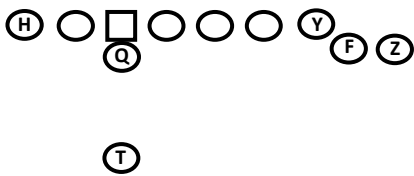
## COWBOY



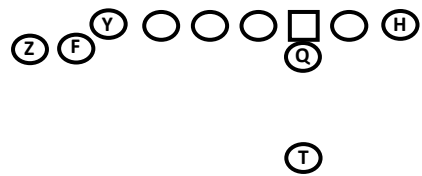
## INDIAN



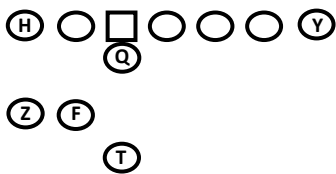
## COWBOY OPEN



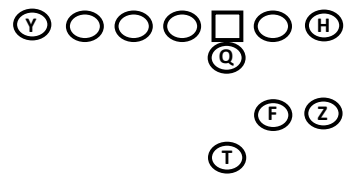
## INDIAN OPEN



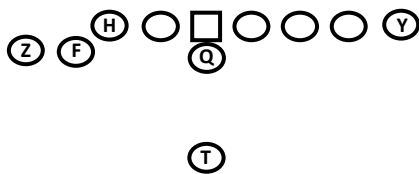
## COWBOY WEAK



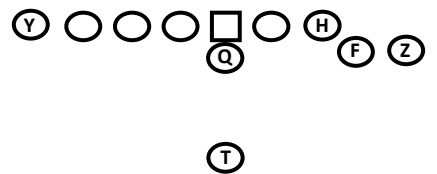
## INDIAN WEAK



## COWBOY WIDE

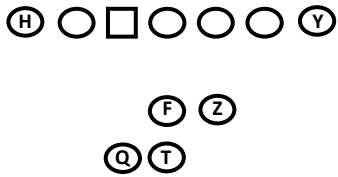


## INDIAN WIDE

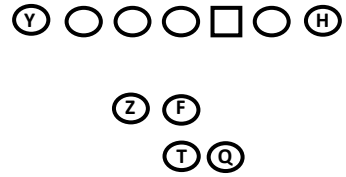


# (32P) UNBALANCED GUN FORMATIONS

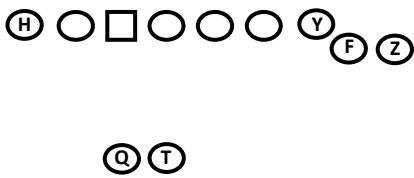
## BRONCO



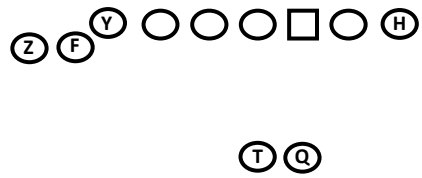
## BUFFALO



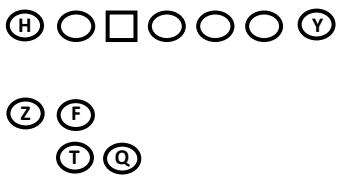
## BRONCO OPEN



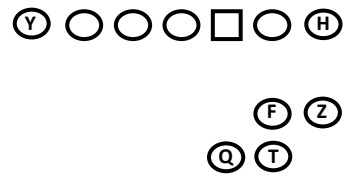
## BUFFALO OPEN



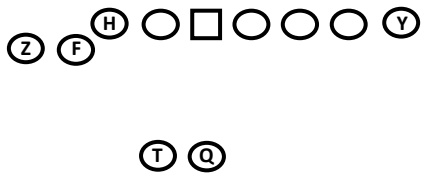
## BRONCO WEAK



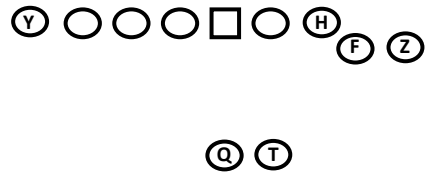
## BUFFALO WEAK



## BRONCO WIDE



## BUFFALO WIDE

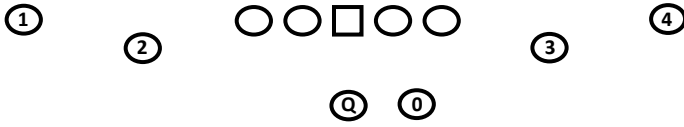


## (10P) SPREAD FORMATIONS

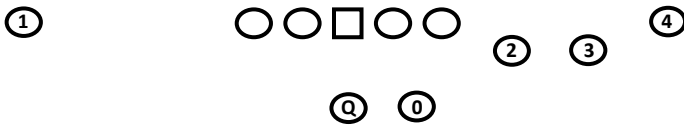
- ACE (Primary Formation)
  - 2x2 Balanced Formation
  - WR's are numbered 1-4 LT to RT, RB is always #0
    - #'s Don't change
  - RB will align based on play call
- EARLY
  - 3x1 Formation to the RT
  - #2 Moves over to the RT as the Inside WR
- LATE
  - 3x1 Formation to the LT
  - #3 Moves over the LT as the Inside WR
- RT/LT Tag
  - The addition of the RT/LT Tag tells the RB to align as a Wing or Slot WR to the directional side
  - Width of split is play specific
- OL Splits
  - At a minimum the splits between the OL are 2 Feet
  - We prefer as wide of splits as we can manage
    - Create throwing lanes for the QB
    - Increase the distance between the DE's and the QB
- OL needs to align as deep off the ball as possible

# (10P) FORMATIONS

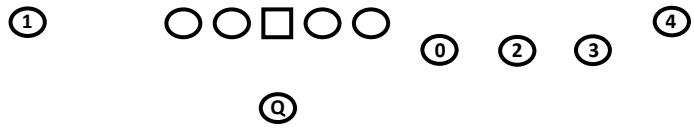
ACE



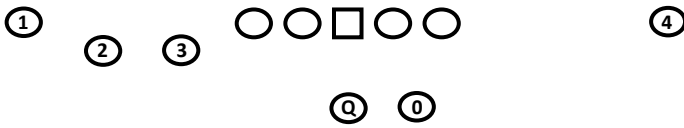
EARLY



EARLY RT



LATE



LATE LT

