
CHAPTER 14



Play Action Pass, including Draw

Alright, folks, it's time to talk a little play-action passing game and I know this is hard to believe, a Wing-T guy is going to talk about throwing the football, but you will notice that this talk is about play action. My teams have been very effective throwing the football over the years. It depends on who our Quarterback is, obviously. Most of our Quarterbacks that we've had over the years, if they've started for us at least two years, in their second year they've thrown for more than 1000 yards, that's pretty standard.

If our Quarterback is an average to an above-average Quarterback, we're going to throw the football on average about 13 times a game. We want to throw the football but what I mean by that is, we want to throw the football when we want to throw it. We don't like to be in 3rd and long a great deal, because we're a run-first offense. But we've come up with some things over the years that are a little bit different, a little bit unique and I think you're going to find some pretty good concepts here as we move forward.

Simple rules for our passing game. This is this just standard for us. Number one, Quarterback, never throw the football to somebody you could have run it to. You get out on the edge and you could run to the guy you're going to throw the football to pull it down and run it, that's rule number one. All the bad things that can happen when you throw the football: you might throw a bad pass; he might drop one that is right there for you.

The second thing we want our QB's to master is throwing on the run. We work hard with our QB's understanding that to be an effective QB throwing on the run that they must be able to get their shoulders pointed at their target. We practice with our QB's throwing on the 5-yard stripes going across the field. We want them to jog across the field and with their hips and shoulders we want them to rotate if the QB is right-handed until the left shoulder is over the line in front of the QB and the Right shoulder is over the 5-yard line to the back of the QB while he is jogging down the line. The QB

Simple Rules For Passing Game

- A) Never throw the ball to a man you could have run it to.
- When throwing on the run the quarterback should always throw and chase the ball.
- Avoid taking high risk while throwing the ball. Know where to miss.



releases the ball while jogging down the line and his shoulders should rotate along with his upper body so that he finishes with his Right hand and shoulder pointed directly at his target and his left arm will be now at his back, we want the QB's body to continue moving in the same direction down the 5-yard line. This will allow for accuracy as far as right or left of the target and the release point will control the height of the throw.

We also teach our QB's where to miss on throws: example if you are throwing a curl or dig route then as a QB you must miss low. Overthrows have a much higher risk of interceptions. Out cuts then we teach the QB you must miss low and away.

BOOTLEG

PHILOSOPHY

Let us talk about the bootleg pass and the philosophies of the bootleg. Some people call it Waggle, to us it is the bootleg. For us, the Quarterback, number one, this is a run-first, pass second play. The Quarterback has to approach it with that in mind. If you get the corner and you can run the football, run the football. Put the defensive team in conflict. Do I stay back and defend the throw, or do I come up to attack the run? RPO, everybody now is into the RPO. That is what the Waggle pass has been for the past 60 years. It's a run-pass option and the Quarterback has to be willing to run.

Alright, the next rule that we have got: a standard rule. Never run the bootleg pass into an inverted safety. If a team is rotating the safety down to the Split End side, we want our Quarterback to say, "Check opposite". If I call the boot into the inverted safety side, he will say, "Check opposite" and the boot goes away from him, immediately.

Quarterback is going to read the defender that is responsible for the deep outside third, the direction that we're running the bootleg.

So three simple rules: Run first, pass second, never run the bootleg pass into an inverted safety, check and go the other way. The Quarterback knows that I am going to read the defender that's responsible for the outside third, the direction we're running the bootleg.

We want to throw the ball to the Split End versus Cover three or man coverage. If the Defensive End gets up field, makes the Quarterback pull up, look deep and then find the Tight End crosser. If I'm forced to pull up, check deep, find the crosser or pull it down and run. Do not try to throw over a Defensive End to a guy who is in the flats. Never throw the backside post without the call coming from the bench. And if you throw the backside post, it's got to be thrown now, you can't hold it and sprint all the way out and throw the ball back across the field.

Bootleg Pass Philosophy

- Run first and pass second. The QB must run the football if he gets the corner.
- Never run the Bootleg pass into an inverted safety. Check and go the other way.
- Read the Defender responsible for the deep outside 1/3.

Bootleg Pass Philosophy

- Try to go to the SE vs. Cover 3 or Cover 1.
- If the DE makes you pull up, Look deep and cross. Don't try to go to the flat.
- Never throw the Backside post without a call from the Bench!

