



motions

TRIPLE THREAT
OFFENSE

MOTIONS

- MOTIONS IN THE NO HUDDLE SPREAD PRO SYSTEM IS A WEAPON. WE WILL EMPLOY MOTIONS, FAST MOTIONS, AND SHIFTS TO ATTACK THE DEFENSE
- MOTIONS WILL BE CONTROLLED BY THE QB USING HANDS OR FEET INDICATORS
 - A MOTION CALL MAY BE GIVING TO THE OL IF THE MOTION BRINGS BACKERS INTO THE BOX
- MOTIONS NEED TO STRESS THE DEFENSE. BUILD FORMATION PRE AND POST SNAP

MOTIONS

RECEIVER MOTIONS

- **AP**
- **AC**
- **GHOST**

Y MOTIONS

- **YIG**

BACKS MOTION

- **AC**
- **FREE**

FREE

X



Y

Z

H

Q

F



SPLIT FREE

COACHING POINTS:

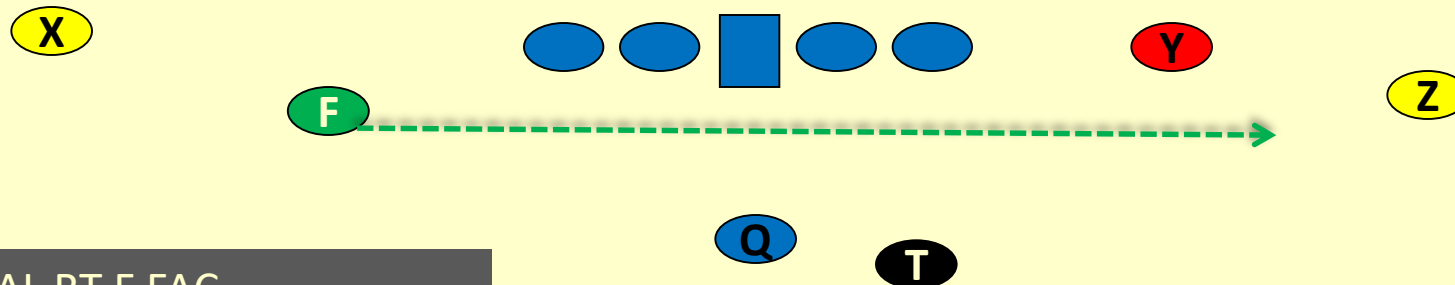
3 STEPS ON MOTION
EYES TO QB

SNAP COUNT: QB WILL PUT IN MOTION PRIOR TO THE DOWN. H BEGINS MOTION FULL SPEED AND BALL WILL BE SNAPPED AT TACKLE.

MOTION TO FIELD: FIVE HARD STEPS AFTER BALL IS SNAPPED BEFORE TURNING
MOTION TO BOUNDARY: THREE HARDS STEPS AFTER BALL IS SNAPPED BEFORE TURNING.

EXAMPLE PLAY:

FAC



ENDING MOTION IS PLAY SPECIFIC

COACHING POINTS:

SNAP COUNT: NORMAL SNAP COUNT. WAIT FOR MOTION PLAYER TO GET INTO PLACE.

MOTION: CHANGE OF FORMATION MOTION. ONLY MOTION WHERE YOU ARE CREATING A NEW FORMATION INSTEAD OF OUT LEVERAGING DEFENSE. GAME PLAN SPECIFIC MOTION.

EXAMPLE PLAY: DUAL F FAC 33 BELLY

HAC

X



Y

Z

SNAP PT.
ALIGNMENT OF
REMAINING BACK

COACHING POINTS:

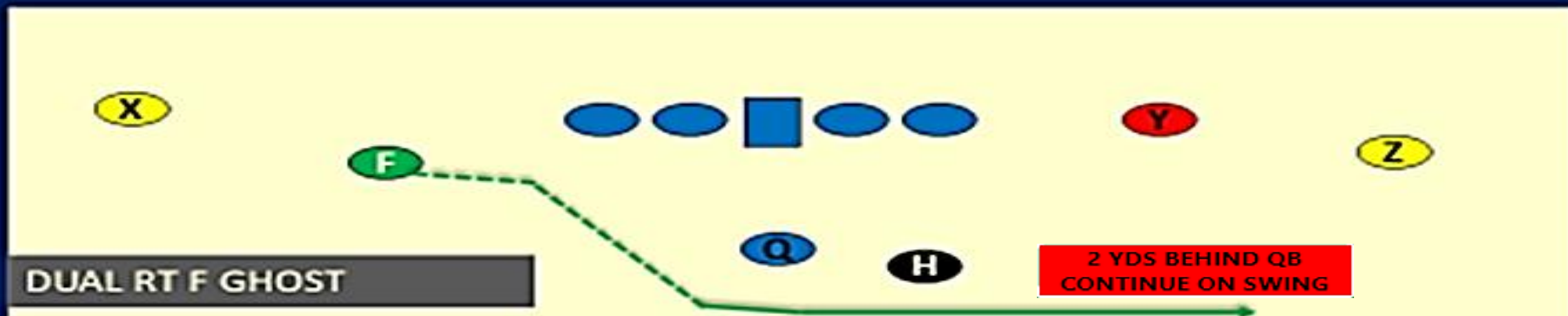
5 STEPS PAST REMAINING
BACK GIVE EYES TO QB

SNAP COUNT: QB WILL PUT IN MOTION PRIOR TO SAYING DOWN H BEGINS MOTION FULL SPEED AND BALL WILL BE SNAPPED AT TACKLE.

MOTION TO FIELD: FIVE HARD STEPS AFTER BALL IS SNAPPED BEFORE TURNING
MOTION TO BOUNDARY: THREE HARD STEPS AFTER BALL IS SNAPPED BEFORE TURNING.

EXAMPLE PLAY: SPLIT RT HAC 33 BELLY GIFT

GHOST



DUAL RT F GHOST

COACHING POINTS:

SNAP COUNT: NORMAL SNAP COUNT AS THE MOTION IS SLOWER. SNAP BALL ONCE BACK IS NEAR YOU IN THE BACKFIELD.

MOTION: MUST GIVE YOURSELF SPACE FROM THE TACKLE TO GET TO FULL SPEED. GIVE APPEARANCE THAT IT IS QUICK MOTION THEN ONE YARD FROM TACKLE CHANGE DIRECTION TO AIM FOR BEHIND THE QUARTERBACK. GET INTO COMET RELATIONSHIP

EXAMPLE PLAY: DUAL F GHOST 33 BELLY GIFT