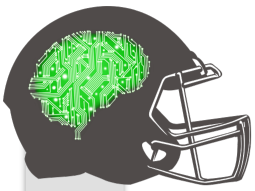


TIMING



TIMING:

If a DB's goals are to:

In Man- STEP 1 Collision or cushion
STEP 2 Gauge Angle and Catch Stride
STEP 3 Get Comfort of Timing and QB Status

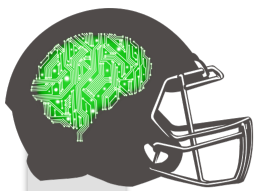
OR

In Zone- STEP 1 Balanced to Offense
STEP 2 Zone Responsible
STEP 3 Get Comfort of Route Development

THEN DON'T EVER LET STEP 3 HAPPEN!

Bill Walsh Amen!

NOTE: Mental Mechanics is a must for **TIMING**,
but without **EXACT FOOTWORK**...near worthless.



TIMING:

- *Footwork*

This is a major separator between offense and great offense.

Route	Route	Under Center	Gun
0	Hitch	3-T Quick	R – Ball – Quick
1	5 Out / Flat	3-T Quick	From Slot Drop Step, R – Ball – Quick From Outside R – Ball – Quick
2	Slant	3-T Long	Drop Step, R – Ball – Long
3	10 Out	From Slot 5H Normal From Outside 5-T Quick	From Slot Drop Step, R, L, R, Gather – Ball - From Outside R,L,R– Ball – Quick
4	Curl	5-H Norm	Drop Step, R, L, R – Ball – Norm
5	Comeback	5-H Long	Drop Step, R, L, R – Ball – Long
6	Dig	5-H Long	Drop Step, R, L, R – Ball – Long
7	Corner	5-H Medium	Drop Step, R, L, R – Ball – Med
8	Post	5-H Long	Drop Step, R, L, R – Ball – Long
9	Go	5-H Medium	Drop Step, R, L, R – Ball – Med

Drop Step is optional 4-9. Depends on route detail