

SHIFTS

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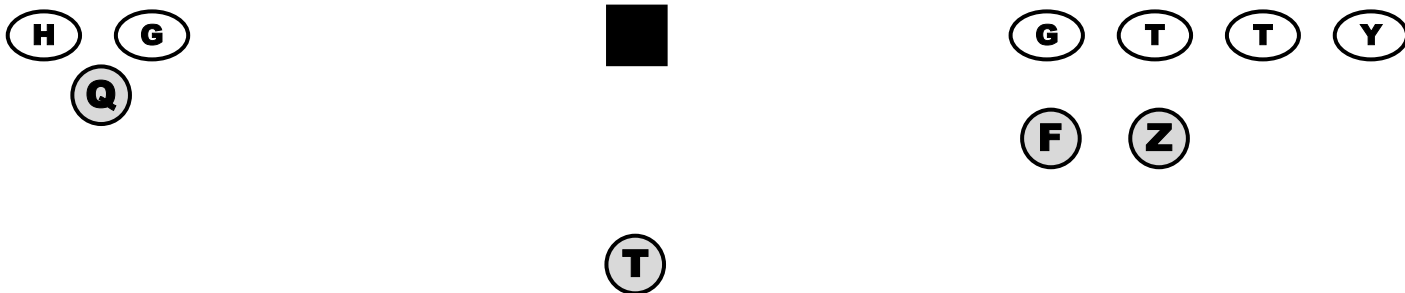
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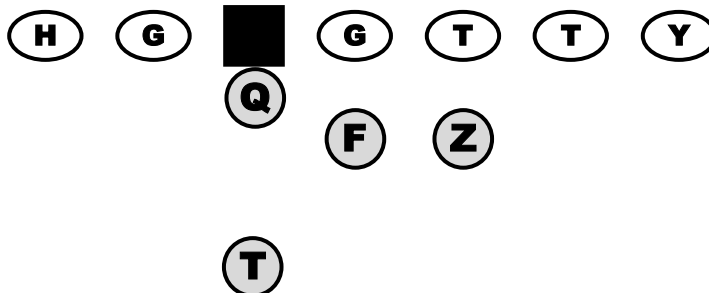
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SLIDE

BEFORE THE SHIFT



AFTER THE SHIFT



SLIDE PROCEDURE

Used as a Drive Starter or following a game stoppage

OC will call the play on the sideline

Ex) Slide to Cowboy Sweep RT

After leaving the sideline

Center will align on the ball, RB will align in the called formation alignment

H, WG, and QB will align split out wide to the weakside

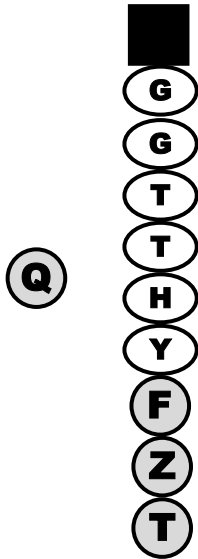
SG, Both Tackles, Y, and Both FB's will align split out wide to the strongside

RB will yell "SLIDE" and everyone will shift to the formation called

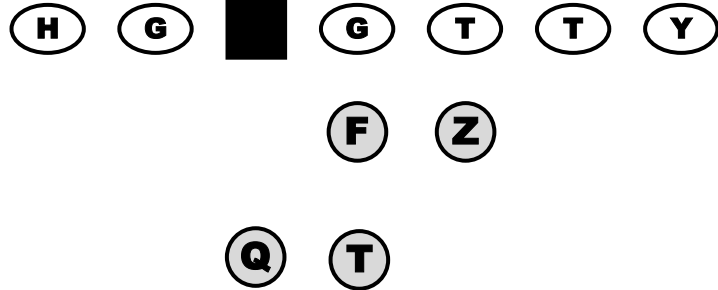
Once on the ball the team must get set for 1 second and then we want to snap the ball ASAP

SNAKE

BEFORE THE SHIFT



AFTER THE SHIFT



SNAKE PROCEDURE

Used as a Drive Starter or following a game stoppage

OC will call the play on the sideline

Ex) Snake to Bronco Sweep RT

After leaving the sideline

Center will align on the ball

WG will stack behind the Center, SG behind the WG

WT behind the SG, ST behind the WT

H behind the ST, Y behind the H

Then F, Z, T

QB will yell "SNAKE" and the huddle will shift to the formation called

Once on the ball the team must get set for 1 second and then we want to snap the ball ASAP

STUPID

STUPID PROCEDURE

Used as a Drive Starter or following a game stoppage

OC will call the play on the sideline

Ex) Stupid to Bronco Sweep RT

This is a fun shift to run if you find that you are experiencing a lull in practice and want to add something new.

The Stupid shift is a double shift.

After breaking the huddle 10 of 11 players will align any where they want to (the center will align on the ball, and will not shift).

Anyone who is supposed to be on the LOS must align on the LOS, but they have freedom to do so wherever they want. And anyone off the ball follows the same thought process.

Once set in their first alignment the OC will yell out "SHIFT", all players aside from the center will then align in the opposite formation called in the huddle. So if in the huddle the play call was 'Stupid to Bronco Sweep RT', the team would align in Buffalo because Buffalo is the opposite of Bronco.

Once aligned in Buffalo, the OC will then yell out "SHIFT" again and the Tackles, TE's, FB's, and RB will then shift to Bronco.

-The guards will not shift the second time because their alignment is the same in Bronco and Buffalo, As is the QB's.

Once they are set in the correct formation, the QB will execute the snap count and run the play