

Motions/Shifts

*FIND
AWAY*

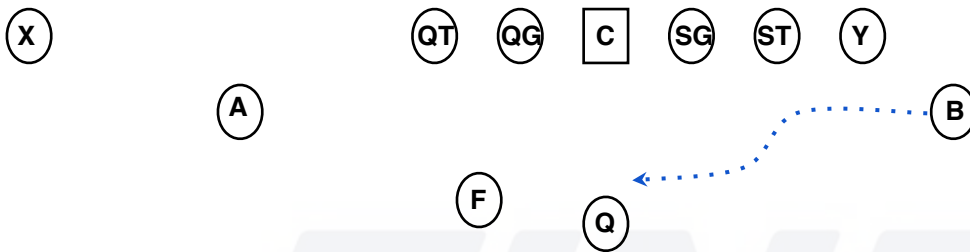


Bus

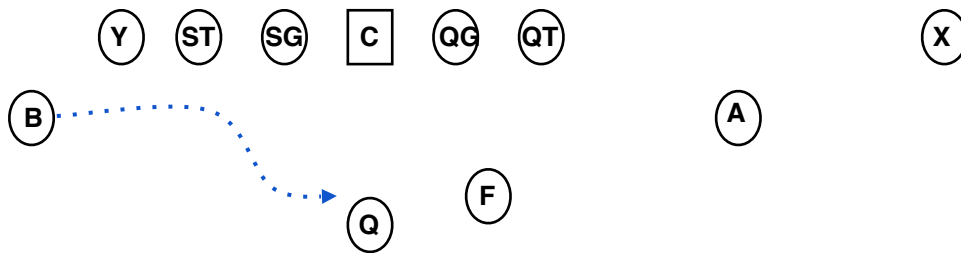


B flat motion in front of QB
If run play, ball snapped before B crosses the QB
If pass play, ball snapped after B crosses the QB

Red



Blue





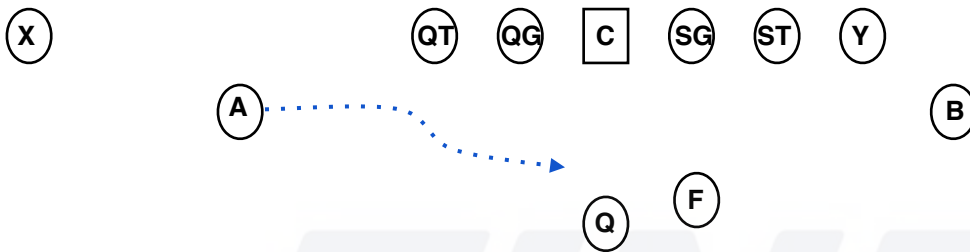
Train

A Motion

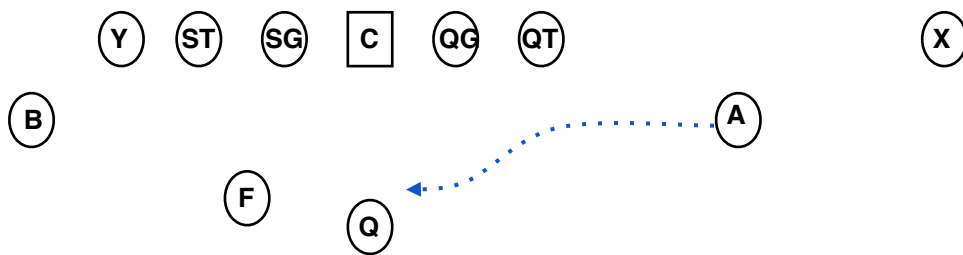
From normal, ball snapped at QT

F automatically goes to Strong

Red



Blue





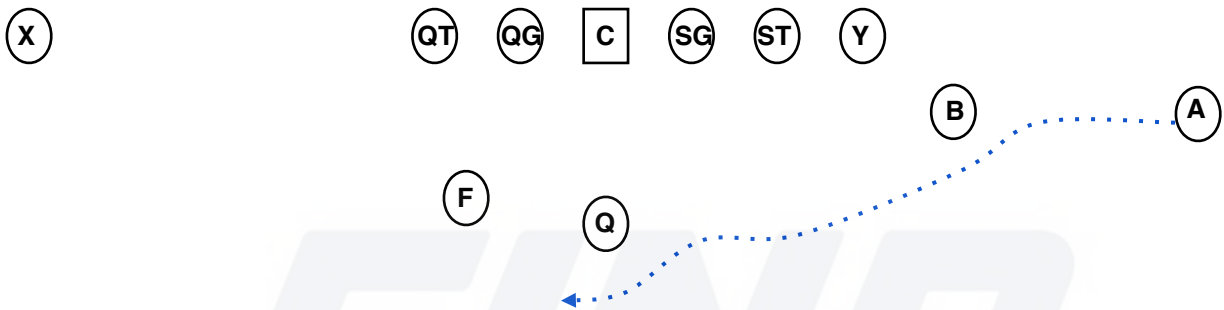
Train



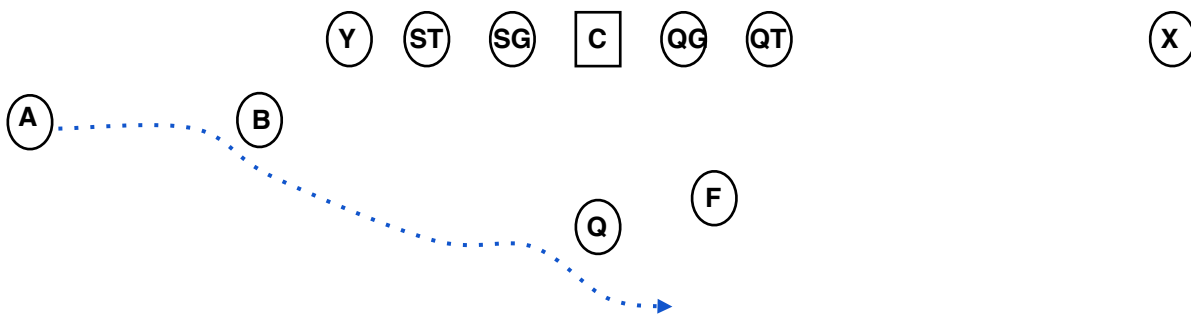
A Motion

From flop, ball snapped behind QB

Red Flop



Blue Flop



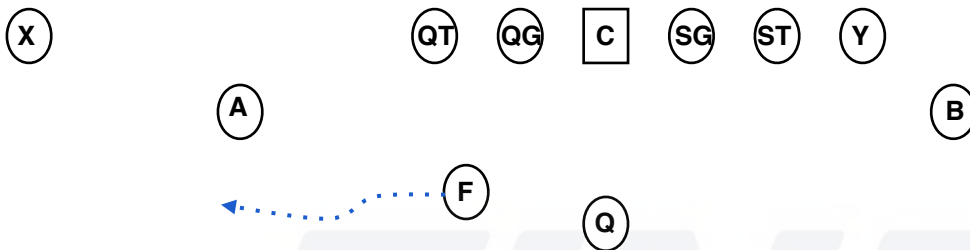


Fly

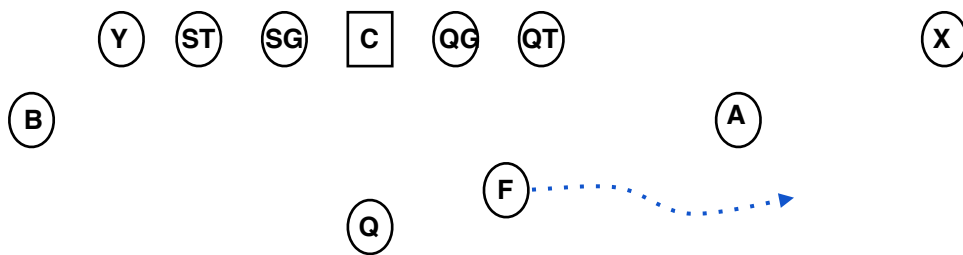
F Motion

Going out towards sideline
Ball snapped after he gets 3 steps

Red



Blue



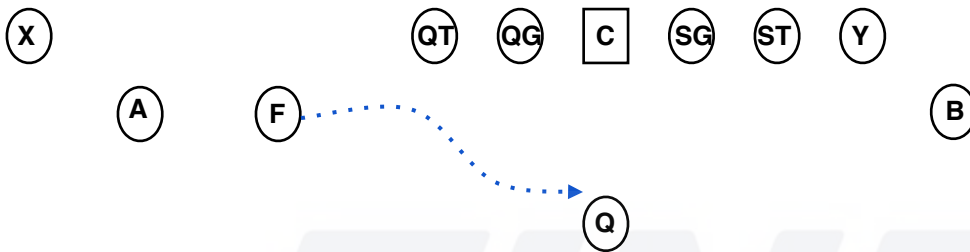


Fly

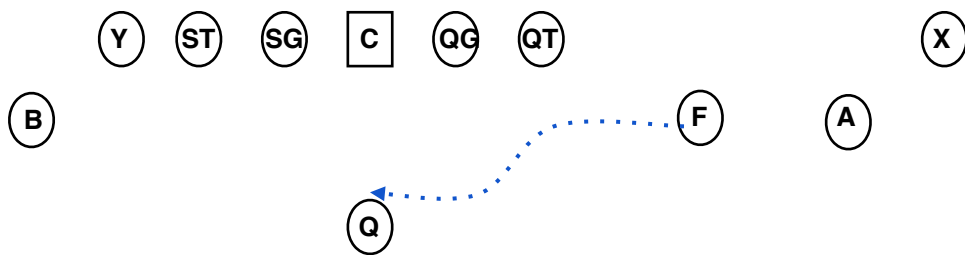
F Motion

From Empty snapped before crossing QB

Red Empty



Blue Empty

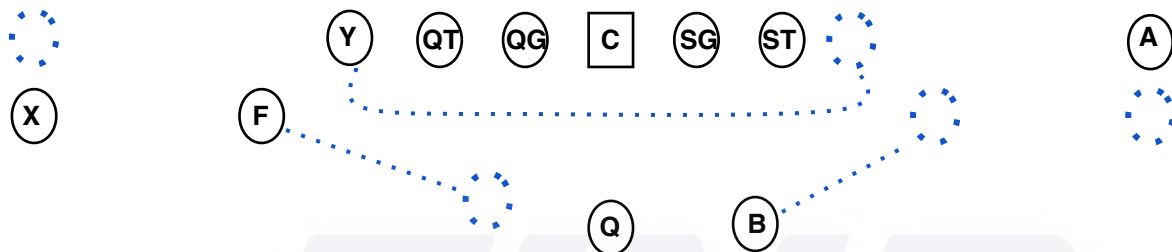




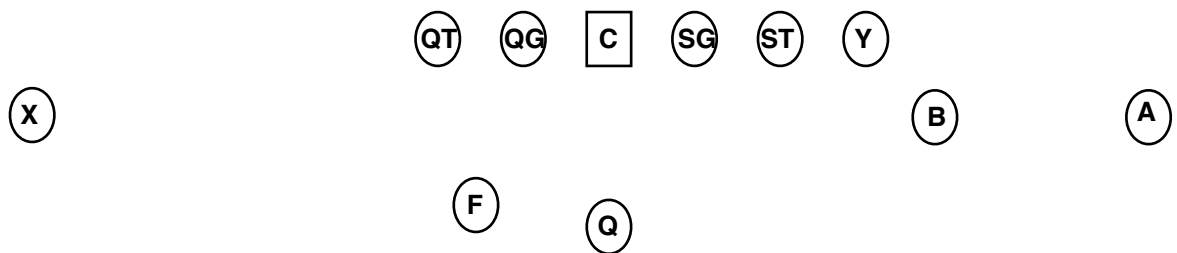
China

Shift to Red/Blue Flop
"Freeze" and Shift

Start



Finish
Red Flop

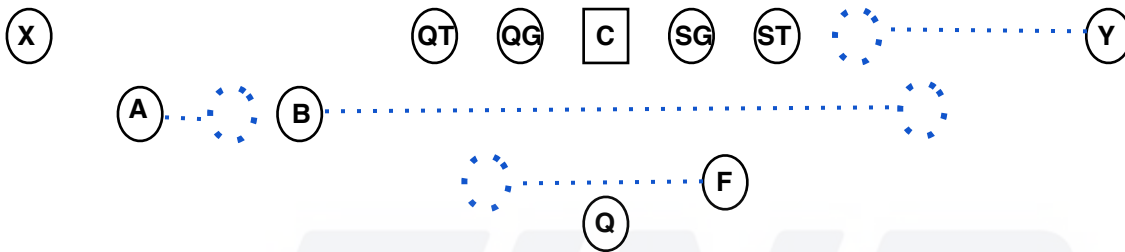




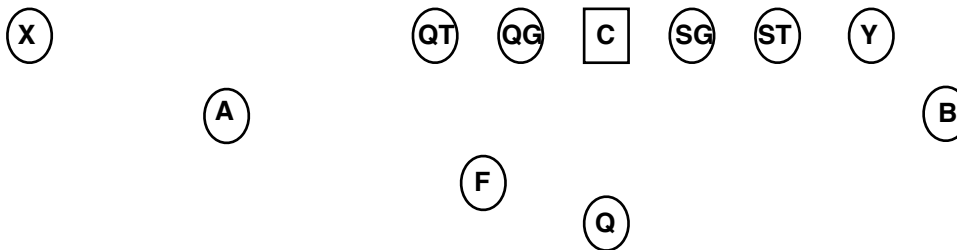
Turkey

Shift from Red-Flex-Lion-Strong
To Red

Start (Red-Flex-Lion-Strong)



Finish
(Red)



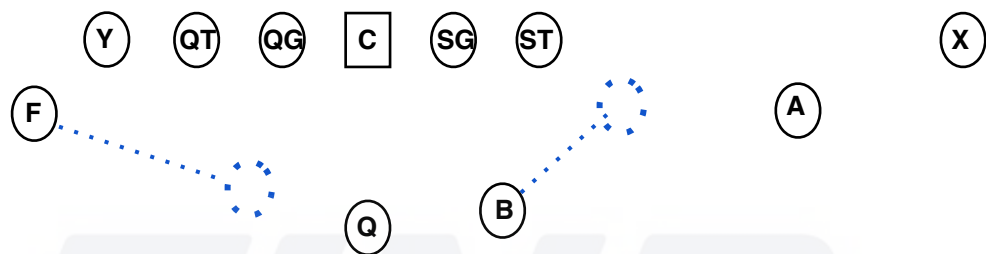


USA



Shift to

Start



Finish

