
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!



HOW WE CALL BOOT

All of the Boot calls will have an “AT” number. This tells the Guards & the QB where the QB is setting up

- **Boot @ 1:** QB is running past the tackle with a run-pass option. Left Guard pulls left and logs #2 on LOS. Right Guard allows FB to cross in front, get 3yds depth & block out at the flank.
- **Boot @ 2:** QB is running outside the Right Tackle. Right Guard pulls and logs #2 on LOS. Left Guard gets 3yds depth & block out at the flank.
- **Boot @ 3:** QB sets up on the inside leg of the Left Tackle, 6 ½ yards deep. The guards can both pull in the opposite direction (Waggle); or pull playside Guard (“G”) or only backside Guard (“X”).
- **Boot @ 4:** QB sets up on the inside leg of the Right Tackle.

BACKFIELD

Let’s examine the traditional Bootleg to the right, faking Buck Left. This would be called “**Bootleg at 2”**.

- **QB:** Reverse pivot on Left foot. Take 1st & 2nd steps on the mid-line, sliding right hand to take a passing grip on the ball. Do not fake to the fullback. On 3rd step, make a ball fake to the HalfBack. After QB fake to the HB, Put the football in the crease of right leg with right hand and swing the left arm and hand in a running action as QB clears the HB. Path should be no deeper than 6yds and must be executed with speed. As soon as QB clears the HB, eyes are on downfield key, while feeling the block on the End.
- **FB:** On the snap, dive for the tail of the Right Guard. As you pass the QB, make a token fake and maintain a tight relationship. You are responsible for the LB’er if he blitzes. If the LB’er drops, then run a 5yd flat route. After you get to 5yds depth, then stay parallel to the LOS.
- **HB:** Fake Buck action & block the first defender outside the tackles block. Important that the Half Back shuffles down to close the gap between him and the backside Tackle as soon as he makes his arm swim fake. The defender he is blocking must be forced to go around the Half Back and not be given an inside path to QB.

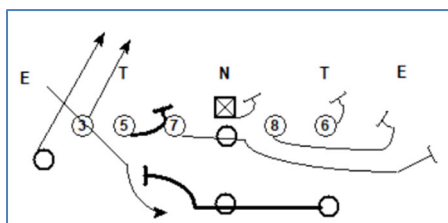


Fig 14-1: Half Back Blocking Angle

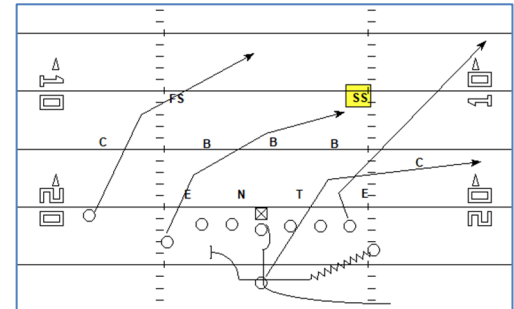
- **Playside TE:** Get a 3-foot split. Release inside a 6 or 9 technique and outside a 7. Run a corner route and get 15yds deep on the numbers.
- **Backside TE:** Run a cross or drag route, 12-15 yards deep, behind the LB’ers. Avoid being covered by the backside inside LB’er. Gain your depth as you go across the field. Settle down inside the hash.
- **Playside WR:** Run Post-corner route. When you break to the corner and a defender is high on top after your 4th step, then run an out.



QB READ PROGRESSION

Once the QB makes his fake and ensures that the edge is sealed by the logging playside Guard, his eyes need to be on the Cover 3 Corner. His progression is deep corner, to the FB in the flats, to the Tight End drag. This is called the “read triangle”. The corner route should be thrown on the 5th or 6th step and never thrown late. If the Corner covers the deep route, find the Mike LB'er and throw off his coverage. If running Boot to the TE side, the QB second option is to run the ball.

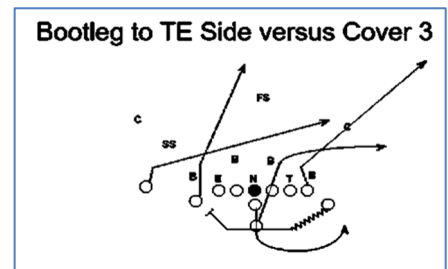
When facing a 2-high secondary, the QB keys the half field safety. If he stays on the hash, throw to the Tight End running the corner route. If the safety gets off the hash to cover the Tight End, look for the Tight End crossing route since the playside corner is probably covering the Fullback in the flats.



BOOTLEG TO TIGHT END SIDE

Let's talk about the bootleg into the Tight End side. Anytime we run the boot away from the Split End, 90% of the time we put the Split End in the crack alignment. We've got a couple of variations where he revolves down into a crack alignment. You say well that gives the boot away? No, it doesn't, because we run a lot out of crack alignment.

The Tight End rule is to take an inside release anytime we run the bootleg pass. Force an inside release. You say, “Well coach what if you're facing an 8-man front and he is in 7-technique. Do you want him to go underneath the seven?” No, I want him to take his hands, put them on the seven like he is blocking him and shove the seven inside. The inside release makes the Defensive End close. If we can get him to close, that's easier for our guard to pull and log. The Tight End aiming point is 15 yards deep to the numbers. Do not waste time running up the field because you will be covered by a half field safety or the cover 3 corner. Inside release, go 15 yards to the numbers.



The Fullback, you're looking for the first linebacker playside. If he doesn't blitz, you're in the flats at 5 yards deep.

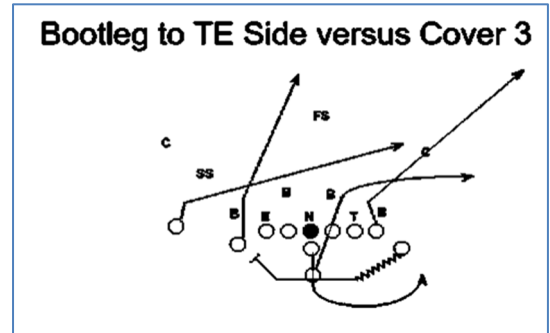
The backside versus the cover three might be man free. We want to run our Wingback on the vertical versus man coverage, so the Backside Halfback is to run vertically, right through the goalpost. Keep the free safety out of it.

The Backside Split End is coached to replace the linebacker at eight yards deep. No deeper than eight, replace the backer.

Remember, we never want to run into an inverted safety. The Tight End releases and we will assume that the Corner is going to cover the Tight End if he's got deep third. We assume that the TE is covered and now want to turn our attention to who's covering the Fullback in the flat? There are only two people that can cover: an inside or outside linebacker. They're probably going to drop the inside backer because if they cover the Fullback with the outside backer, they lose contain rush and we're going to be able to run. So the only person that can cover the Fullback in the flat is the Inside Linebacker. Remember your Quarterback's first rule is to run if he can get to the edge.

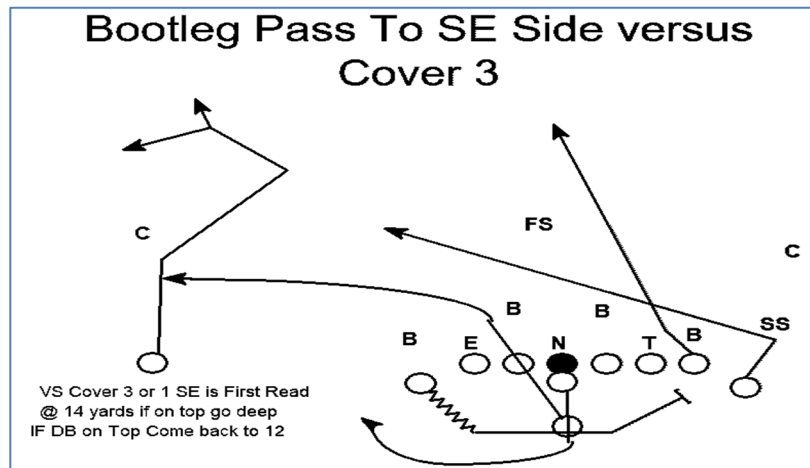


Now let's talk about the Backside Inside Linebacker. When he reads pass, he's coached to wall number two. As he opens to wall two, the Split End is coming underneath. If this linebacker is chasing the Fullback, we're throwing right where he went from. If he's staying inside for the crosser, there's nobody to cover the Fullback in the flats. As long as you check it opposite against the inverted safety, you're never going to be wrong. They do not have enough people to handle the bootleg pass.



BOOTLEG TO SPLIT END SIDE

Now let's look at running the bootleg pass into the Split End side. A second ago we said if it's cover 3, we want to throw the football to the Split End. Our base route for the Split End, he's going to have outside foot back and he's taking five steps like he's running a vertical route. Once his 5th step hits the ground, he's pushing off that outside foot and he starts the inside on his slant. So I'm hitting the fifth step, I hit the slant 1, 2, 3, 4, 5. Once I hit my fifth step to the post, I open deep to run the post corner. The hardest route to cover, in man coverage, is a post corner. So we'll run the post corner. When I come out of my break back to the corner, the question is, where am I in relation to this corner? If the corner is on the top when I hit my fourth step, I work back down to the sticks. If the corner is underneath, I straighten it up and take it over the top. Now in order to run your route that way, which that's our number one way of running it, you need to have a kid that runs decent at Split End. If your kid is a little bit slow, we're playing against the cover three looks, we will simply run Boot @ 1 Special Out and we tag it. We will tell them to run a 14 back to 12 on an out cut.

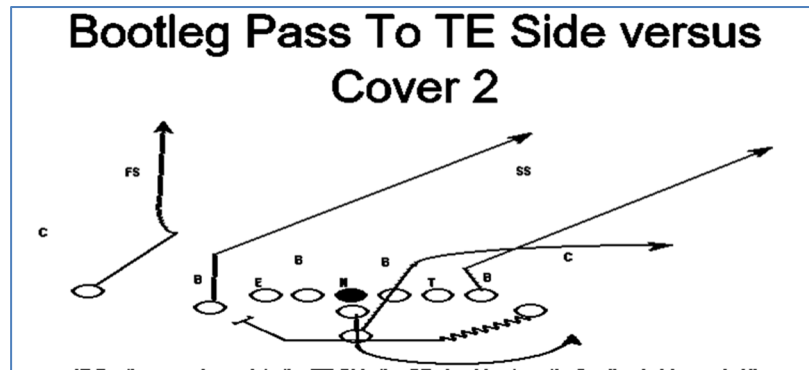


The Fullback is the same. First backer on the blitz. If he does not blitz, run to the flats at five yards deep.

The Tight End takes the vertical release and we want you right down the middle of the field. Wingback, stem, two steps outside like you're going to reach the Strong Safety, that gives your Tight End time to clear. Now you should be coming off the butt of the Tight End, the Tight End should be on top, and you should be coming underneath. You're going to replace the linebacker, no deeper than 8 yards, so it's the same concept. The Quarterback, who do you read on bootleg? The outside third defender. As long as we're running away from the inverted safety, it always stays the same.



If the linebacker chases the Fullback in the flat, we should have the crossing receiver at eight yards. If the linebacker is sitting deep, they should have no one to cover the Fullback in the flats, unless the Outside Linebacker drops. If the Outside Linebacker drops, we should have two guards and all they've got is a 5-technique, so we should be in a position where our Quarterback can pull it down and run.



Now let's look at a cover two shell. Remember how our players know it's cover two? Go back to what we said in the beginning: The Quarterback, in his cadence, the first number he calls will be two, which means it's two high.

Split End is automatically in crack alignment and will release like crack & when level with Corner get vertical up hash. The Tight End, inside release, 15 to the numbers, your rules stay the same anytime we're running the bootleg to your side. The Fullback is in the flats.

Now backside, the Halfback's rule versus cover two is to replace the safety instead of replacing the linebacker. Versus cover 3 he replaced the linebacker at 12 yards but versus 2 safeties he replaces four yards deeper than his alignment is, which is going to put him roughly 16 yards deep. That's deeper than the linebackers will go cover.

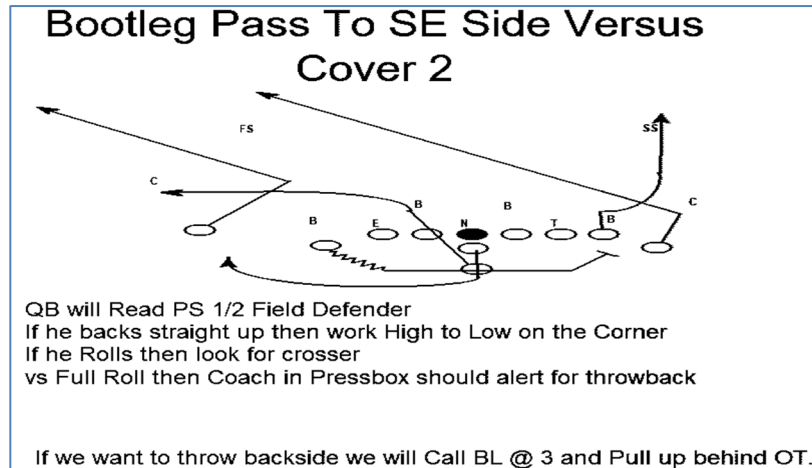
The Backside Split End starts down inside like he's going to crack, and then stick his foot in the ground and run straight up the backside hash. So again, H-back is trying to replace the Safety four yards deeper than he lined up. The Backside Split End goes crack and run up the backside side hash. We can do it with Buck motion or with Speed motion, it doesn't matter which one.

Quarterback is reading the deep outside third defender which is the half field safety (Strong Safety). So all we coach him to do is, when you come out of your play action, if the high field safety is backpedalling down the hash, all we want you to do is read the corner. If he's backing straight up, you've got a 15-yard route by the Tight End and a five-yard route by the Fullback, just high low the corner. Now we run boot and the half field safety because that Tight End is stretching him with width right now, the high field safety turns his butt to the middle of the field. We're throwing the ball to the crosser, right now, at 16 yards deep. That's all we ask the Quarterback to do, read the high field safety. If he is backpedalling, then we high low the corner. If he is rolling off the hash, throw it to the crosser. There's only one way that they can cover these options, that's if the Free Safety is rolling with the H-back, rolling with him across.

What we know is, when we start the Split End in the crack alignment and run him up the backside hash, what we find more times than not, because of the Bucksweep fake or the Speed Sweep fake, the corners' eyes are in the backfield.



And by the time he recognizes the pass, he is chasing, trying to catch up to our backside post. So if we want to throw it to the backside Split End, we call Boot @ 4, which means our Quarterback pulls up and we throw the backside right now.



Into the Split End side, the concept is always the same. We're in C Dallas, so we're running with a crack corner out of the Split End. The Fullback is in the flat. The Wingback who's a better athlete, a better receiver generally than our Tight End, we want him to stem for two steps, replace the Safety four yards deeper than he's lined up.

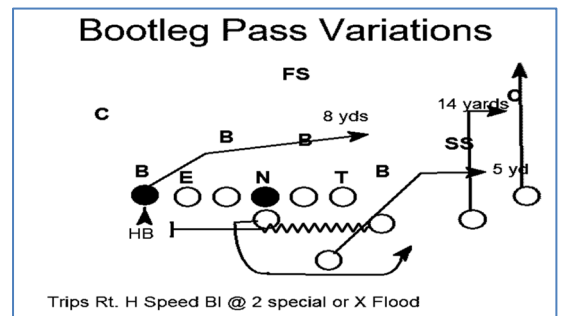
The Tight End inside release and run straight up the backside hash. This one has been kind of a killer for us over the years, because the Strong Safety is reading Tight End. When Tight End releases vertical up the hash, he runs with it. You get jet motion coming and Wingback goes like he's going to block the corner, he's locked down, now stem and replace.

The Quarterback reads the player who is responsible for outside third, which is the Half Field Safety. If he's backpedalling, high low on the corner. If he drops his butt to the middle of the field to chase the corner route, throw the crosser.

VARIATIONS

A couple of variations off of the bootleg. We talked about getting in trips, Trips Right H Speed Boot @ 2. All we're wanting is the three-level flood. The outside receiver runs a fade, the inside receiver runs a 14 yard out and the Fullback is in the flat, which we're in pro here.

The Throwback Wheel. This one's been pretty good over the years. It's a fool 'em play guys, it's nothing more than what it is. You got cover three and we'll take the Split End, he is in the crack alignment, and run him on the skinny post. Instead of the Halfback running over the top, he delays for one count and then releases out the backside. All we're asking the Quarterback to do is read the corner.



The Quarterback is Boot @ 4, so pull up behind the tackle and read the corner. If he's running with the skinny post, throw the wheel. If he is hanging back on the wheel, throw the skinny post. So there is a variation there's that has been a decent play.

We like to run the boot screen. We run the boot screen, here it is: Speed Boot @ 3 G. We only pull one guard when we throw the boot screen. The Playside Guard pulls and kicks. The Quarterback pulls up, Tight End, it's Boot @ 3, you got deep up the backside hash. That's your route on Boot @ 1. On Boot @ 1 against a cover two shell, you're running up the backside hash, block the half field defender.

The Wingback, Boot @ 1 vs cover 2, you're the crosser. So as you run the cross, sit down and block the 50 linebacker or the Inside Linebacker

Tackle blocks for a 2-count, one thousand one, one thousand two. His job is to go and kick the corner. The Playside Guard also blocks for a 2-count, then pulls, looking inside for the linebacker. Center, on all screens, blocks 2-count, and works down the line of scrimmage and you're our spy guy. You're looking for somebody who sniffs Boot Screen.

All we ask out of our Halfback, whether it's Buck, or whether it's Speed motion, go attack and stone the Defensive End. You have to block him. But we want to block his line of scrimmage shoulder. I want to block his up field shoulder and work him to my outside hip. As I throw him to my outside hip, we want him to think he won the edge. As he works off the edge, now I'm going to work to a spot, that's five yards deep right where the Tight End aligns. That's where we want the screen thrown.

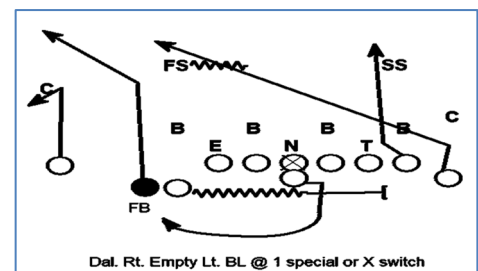
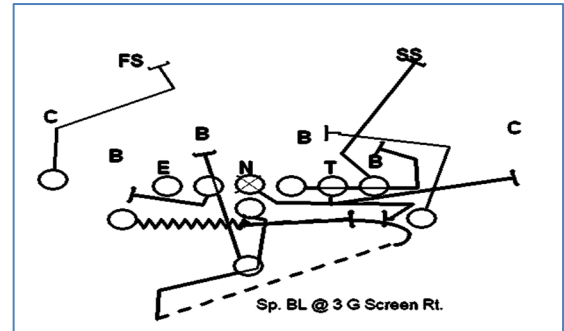
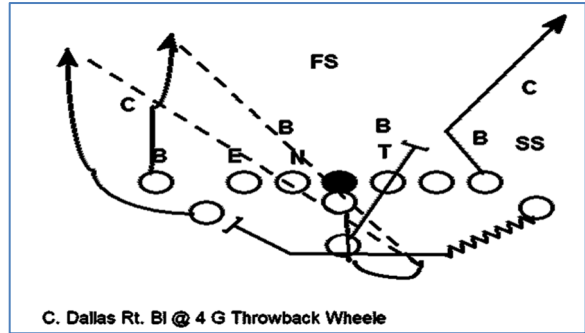
Quarterback gets to a spot which is six yards behind the tackle as he comes out on the boot fake. He sets up, and then re-drops, 1,2,3 and dumps the screen.

The boot screen a couple of years ago put us in the state semi-finals. We scored twice off of it in a quarterfinal game, hadn't run it a whole lot all year. But it was a big play for us during that time.

This has been tremendous against cover three. It's decent against cover two, and it's been really good vs. cover three.

Dallas Right Empty Left Speed Boot @ 1. Split End runs an out, Fullback into the flat. When we start Jet Motion, people will start rolling their secondary into the Jet Motion. It's better against a regular three deep, but it also works against 2-safeties rolling with motion.

The Split End runs a 10-yard out. Fullback releases into the the deep flat. So all you have to do as a Quarterback is to read the corner. If the corner gets depth, throw the quick out. If the corner drives the out, throw the flag over his head. That's been a home run hitter for us more times than not.



This empty look has about as good as it gets into the Tight End side. When you start Jet Motion, people are now rolling their secondary to get an extra defender against the jet. More times than not, Fullback in the flat, Tight End on the flag, it's like stealing. The corner takes the guy in the flat, and the Tight End is wide open.

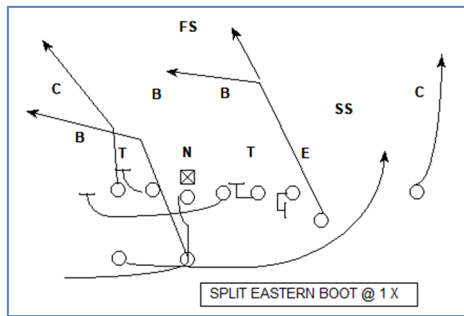
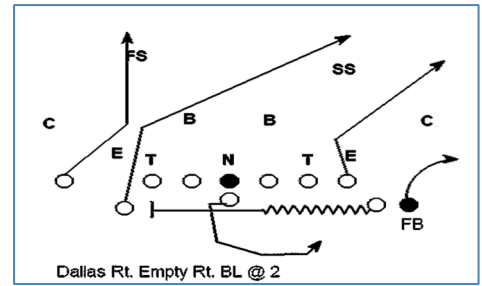


Fig 14-13: THROW TO LEFT TACKLE

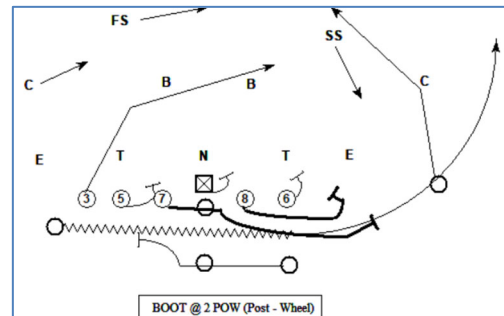


Fig 14-14: POST WHEEL

RIDE PASS

Here's our Ride Pass. This is the Weak Side Belly, we call it the Ride. The pass protection is 2-90 and it can be thrown to the Tight End and away from the Tight End sides.

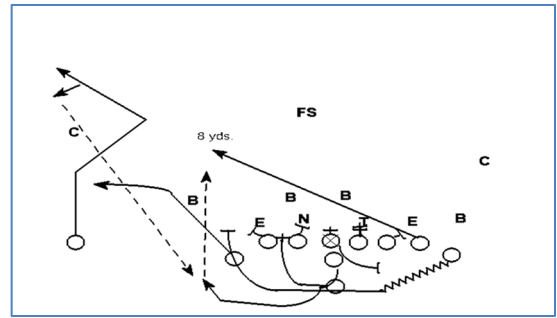
BACKFIELD

- **QB:** Fake Belly to the Fullback. As you mesh with the FB, get your head downfield & key the corner. If the deep receiver is open, setup & throw on your 2nd or 3rd step after you fake to the FB. When the deep receiver is covered, then threaten the flank and look for the Halfback in the flat. Third choice is the Tight End on a drag or crossing route.
- **FB:** Fake Belly. After you clear the LOS, hook up at 4 to 5 yards over the Right Tackle area.
- **HB:** Run 5 yard flat route, stay parallel to the LOS when you gain your depth.
- **WING:** 3 step motion and come around and block the End Man On Line of Scrimmage
- **Playside TE:** Get a 3-foot split. Release inside a 6 or 9 technique and outside a 7. Run a corner route and get 15yds deep on the numbers.
- **Backside TE:** Run a cross or drag route, 12-15 yards deep, behind the LB'ers. Avoid being covered by the backside inside LB'er. Gain your depth as you go across the field. Settle down inside the hash.
- **Playside WR:** Run Post-corner route. When you break to the coern and a defender is high on top after your 4th step, then run an out.



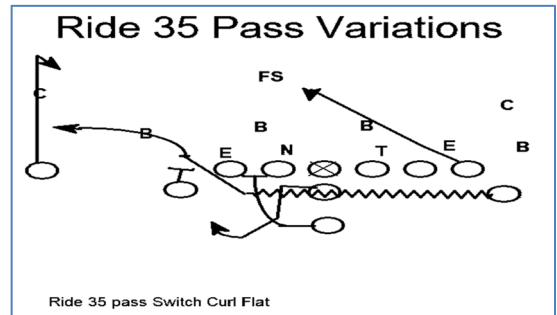
The Split End runs your bootleg route, which is your post corner. We can run the same thing, we like to do it against the eight-man front and tag the Split End with a curl route.

Tight End, you are the only receiver left on the backside. We want to keep the concepts the same for our Quarterback. If it's cover three, the TE replaces the linebacker at eight yards deep. If it's cover two, the TE replaces the safety four yards deeper than he lined up. So the Quarterback's read is identical to his reads on the bootleg. If it's cover three, we want to throw the football to the Split End. You fake the Belly, a linebacker honors the run, replace the linebacker at eight.



VARIATIONS

Here's a variation, Speed Ride 35 Pass Switch, which is faking Jet motion. Doing this and sending the motion to the flats is easier than blocking on the EMOL. All the Quarterback is reading now is the flat defender. If he jumps the speed guy, the curl window is open. If he hangs under the curl, there's nobody to handle the guy in the flat.



There's also the switch with the post wheel. We have scored a lot of points off of this over the last several years, this is the money play. This is the red zone play, this is the 15-yard line, eight-yard line, money play. Speed Right 35 Pass Switch Ends Cross.

