

# Procedures in the Pro Style Pistol

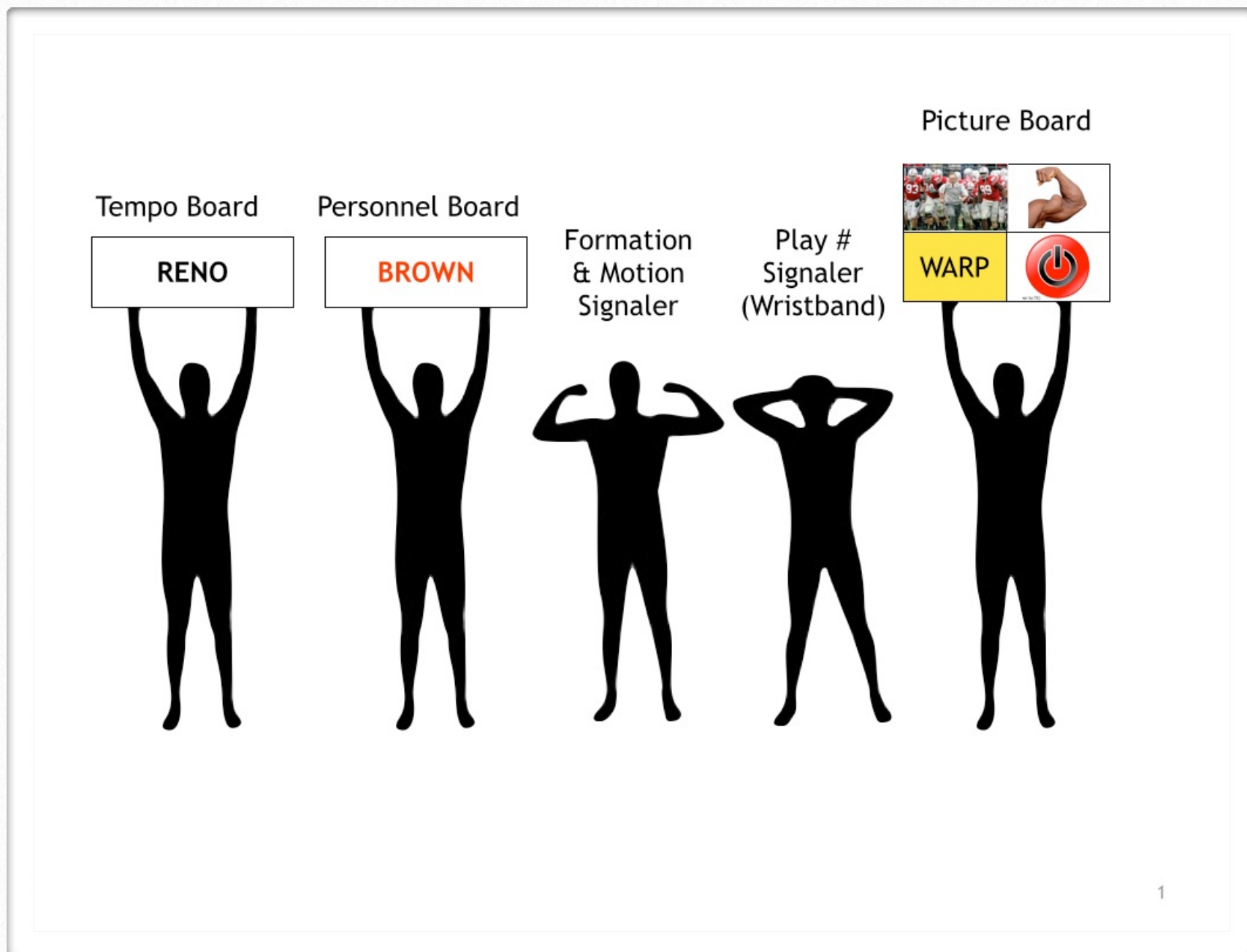


On a recent ESPN show, Arizona's Rich Rodriguez stated, "You have to have multiple ways to signal things in." That is actually the basis behind the procedure system for the Pro Style Pistol Offense. We've incorporated a little bit of everything in our communication system. We blend these tools into a well-defined attack. Every tool that exists has a purpose and is thoroughly considered in our game plan and then practiced.

We've settled in on a method in which our players have wristbands, and we have signalers and boards on the sideline. For the sake of discussion, I will refer to personnel on our sideline as communicators. At any time, any of our communicators can be live or dead. It all depends on what tempo we are in, which is also a signal. Each communicator that we use is relaying a separate piece of information.



When the players look at our sideline, they see a series of 5 communicators. They “read” the play call as if reading a book, from left to right. Each communicates an important piece of information. The sideline appears as below:



### Components of the Communication System: Boards

We implemented boards because they were easily visible to all players on the field, and they took the burden off of communicating everything with signals. Our experience and player feedback has proved that these are effective in quickly and easily communicating information. We use one board for TEMPO and another board for PERSONNEL.





## Tempo Board

Every single play call now comes from the play caller with the TEMPO at the beginning of the call. A city or state word in black is our TEMPO. Only the First Letter Indicates which TEMPO we are in.

EVERY PLAYER MUST LOOK AT TEMPO INCLUDING LINEMEN! The rest of the word is smoke and mirrors. Most are set up to be an east coast city and west coast city, but the actual name has no meaning. The TEMPO Board is ALWAYS live.



## PERSONNEL BOARD

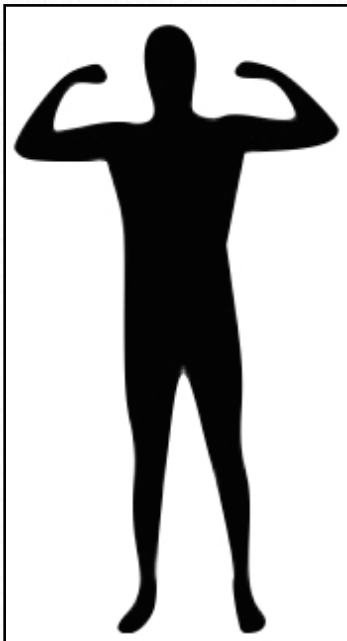
An NFL mascot word in red is our PERSONNEL. We use an NFL team mascots to name our personnel groups. Personnel groups are live or dead based on the TEMPO.

Only the skilled players must look at this board to see if the personnel is changing. A singular form of the mascot name is used if there is only one adjustment to the base personnel which is "Brown." For example, in "Falcon" the F subs for J. A plural is used for multiple changes, so in "Panther," P subs for Y and R subs for S.

## Components of the Communication System: Signalers

Signals communicate information necessary to run the play in most tempos. Signalers can be live or dead based on the TEMPO. Our signalers will always cycle through the call until all players have looked away.

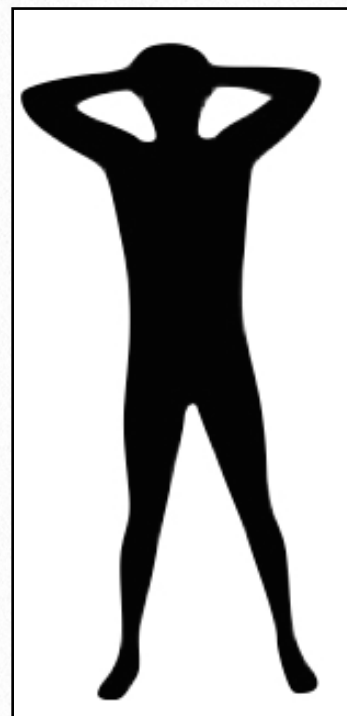




### Formation and Motion Signaler

After **TEMPO** and **PERSONNEL** boards is the formation signaler. He will signal Formation Surface & Adjustment and any Movements (Shifts and Motions).

This signaler will cycle through the entire formation call until everyone looks away.



### Wristband Signaler

After TEMPO and PERSONNEL boards and formation signaler is the wristband signaler.

The wristband signaler is live or dead based on the TEMPO.

He will signal the number that coordinates with a wristband play.

This signaler will cycle through the number, When the number is complete he will point to the field with both fingers and begin the signal again until all players have looked away.



### Components of the Communication System: Pictures

Pictures are used to operate at a very fast pace. Players recognize the picture to represent alignment and assignment.

The WORD on the board will also have meaning working in the same way as a picture.

Pictures will mean the same thing through the entire season.

We will use different words each week in order to run a play very quickly.



## **General Tempo Procedures**

Our general procedures give us the focus for how the communication system is used. The tempo board is the first signal to look at as it dictates our procedure. All 11 offensive players must look to the sideline for this board. The center is responsible for communicating tempo to the OL.

As the ball is being spotted, everyone should hustle (run not walk or jog) to the ball. OL should get set and receivers must address the defense. After addressing the defense, Personnel signal board is next, then formation signaler, the play # signaler, and last the picture board.

Personnel and Formations will be signaled in from the sidelines. Plays will be signaled in by a play signaler who will signal a series of numbers. The numbers will correspond to a number on the wrist bands worn by players that will tell everyone the play. The QB will communicate the number to the OL by saying FOUR numbers, with either the first two or the second two designated as live.

We are up tempo all of the time in that we will force the defense to align and get their call in as fast as possible, this is done even when we are slowing our tempo down. This is all part of effort. Procedures must be 100%! Players must get to the LOS and force the defense to get a call in!

When we false cadence (in Look), everyone must be aware of the defense jumping and the ball being snapped. OL should wait until they hear the QB say “chill” to relax their stances and wait for the live play call.

## **Procedures - Substitutions**

One coach (the director) will be responsible for communicating Tempo, Personnel, Formation, and Play# verbally to the personnel going into the game. All personnel groupings should be behind the director.

The director will hold a short huddle and give all information to the group coming in. Everyone coming out should hold until they see their subs moving in from the sideline.

Both those coming in and those leaving the game should be on the run to their formation and stress the defensive formation recognition.

### **Take care of teammates**

The expectation is that our players are alert and aware of what is happening on the field, and when necessary is moving to replace someone. In general, unless a coach says differently, we operate under these parameters.

- Receivers – you must know what the receiver in front of you is doing every play. If he is running a deep route, you should be going on the field the next play to replace him. Take care of each other as teammates. Procedurally, you should move onto the field after getting the call from the director with any other personnel that may be going in.
- Running Backs – The same applies for you if you are told to give the back on the field a break. You will enter the game by our normal substitution procedures, getting the call from the director and moving onto the field when all other personnel moves.
- If you are a Receiver or Back being subbed for – do not move off until you see your replacement coming on the field.

### **Snap Count and Cadence**

“FULL” Snap Count and Cadence –

The QB will communicate the play to the Offensive Line using numbers (consists of two numbers with either the first or second being live). Once the plays is communicated by the QB to the Offensive Line, the QB will begin the cadence:

“Set...Color – Number, Color - Number...Set Hut”

The ball will not be snapped until the AFTER the QB says the second SET. The cadence is designed to create the necessary timing in the offense.

This cadence is used with “Run-it” and “Slow-it-down” Tempos



## “SHORT” Snap Count and Cadence –

The QB will communicate the play to the Offensive Line using numbers (consists of two numbers with either the first or second being live). Once the play is communicated by the QB to the Offensive Line, the QB will begin the cadence:

“Set - Hut”

This cadence will be used with “Speed-it-up” Tempos.

## **Code Words for Cadence**

### **False Cadence (Code Word “Swarm”) Procedure**

- Quarterback will give 2 digits to the O-line.
- Quarterback will Declare Mike for play signaled in.
- Quarterback gives full cadence: Set – Color #- Color #- Set Hut.

The false cadence is used with look and double look procedures. The quarterback can utilize a false cadence at any time during base procedures to help identify the defense and get them to show movement or rotation.

### **Quick (Code word “Stinger”) Cadence Procedure:**

- Verbalize the run or protection to the O-line.
- Hand Signal any route change to receivers.
- Re Declare Mike if needed.
- QB says “Stinger/Stinger” the next thing he will say is “Set Hut.”

The quick cadence is used following false cadence as well as with our faster and fastest tempos.