

Putting It All Together

We teach a language instead of memorization. Every player has certain words that apply to him and other positions are taught to ignore those words. This allows us a lot of flexibility in teaching and changing things with very little explanation. It is no different to when we learn our alphabets and words...allowing us to easily change those words in sentences and everyone understands what we are saying.

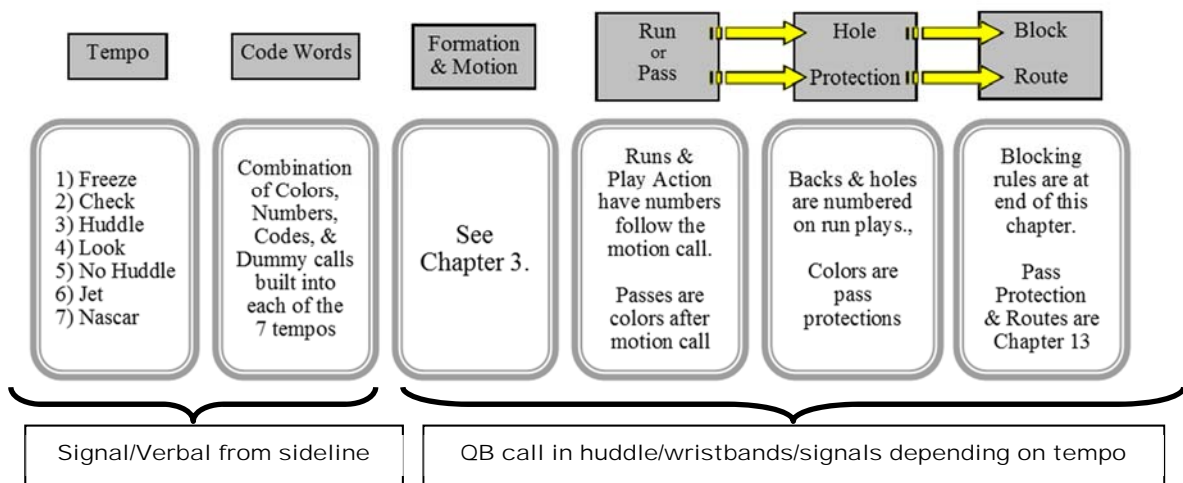


Fig 24: PROGRESSION OF HOW WE CALL A PLAY

We need to communicate all six of these areas in order to get a play called.

1. Tempo & Line Call: This is communicated from sideline as soon as previous play is blown dead.
2. Formation & Motions: Covered in Chapter 3, it is the FIRST part of the actual play call. We can use signals, huddle, or audibles to call formations and motions are memorized as part of the play.
3. Run or Pass: The SECOND part of play call can be signal, huddle, wristbands, or QB audibles.
4. Run Hole or Pass Protection: We use 2-digit numbers for run and colors for pass protection.
5. Run Block or Pass Route: The last word of a run play is the blocking assignment and the last part of a pass play are the pass routes using a numbered route tree.

COMMUNICATION BETWEEN COACHES

The speed in which coaches communicate during the game is CRITICAL to the success of this up-tempo system. Here is our sideline procedure:

1. **Pressbox:** We have 2 sets of eyes watching but only one headset to minimize chatter. The headset microphone is muted and a button is pushed when pressbox wants to talk. Their primary job is to record the data that is discussed at the end of this book. While on offense they can only answer questions with 1-2 word answers. As soon as play is over, they quickly say who made the tackle. In FREEZE and LOOK tempo, the pressbox either calls the play or calls out defense.
2. **Offensive Coordinator:** If this is not the head coach, he should be in the pressbox. PERIOD. If my OC says “I need to be on the sideline to get a feel for the game”, then he wouldn’t be my OC. I would tell him that I can call the plays from the sideline. If I am ever lucky enough to have an OC, I would remain quiet while we are on offense and only talk to him while we are on defense.
3. **Sideline:** The O-Line coach and signalers have headsets that have muted microphones. While on offense, they do zero talking. Just signal what I tell them & watch the defense.
4. **Head Coach:** I have always served as the OC, so I am calling plays from sideline. I have also been one of the signalers. I use the headsets so everyone can hear the play. After the play, all I want to hear from pressbox is who made the tackle.
5. **While we are on Defense:** I am focused on the defense so I have to trust my coaching staff. The linemen are telling the OL coach what the defense did on that play. If you have sideline video this happens around the monitor. The pressbox is recording everything they say. There needs to be time for the line to go get water so the pressbox and the OL coach can chart the next 2-3 plays to open the next series with.

When I switch back to offensive channel, I very seldom question their judgement. I almost always call the plays that they came up with while I was focused on the defense.

If my OC was in the pressbox, I would have him very quickly tell me what he is going to call while the other team is punting to us. Once we get the ball, I would shut up and let him focus.

The minimum number of headsets would be 2 offensive plus head coach. The head coach and one sideline headset (OL coach) would have to be signalers. In a land of milk and honey, I would like to have 1 headset in pressbox, three on the sideline, and then my headset that could switch over to defense. All four of the offensive headsets would have a “push-to-talk” microphone so I don’t hear background noise.

Coaches Practice

SPRING: These procedures need to be established in the spring and rehearsed during spring coaches' meetings. Our coaching staff will put a game up in the coaches' office and practice every coaches role for each tempo. We then dedicate one spring practice and one summer practice solely towards practicing it with the players, including wearing headsets and placing pressbox coaches in the pressbox. Our spring scrimmage at the end of May is setup exactly the same as gameday and then we meet afterwards as a coaching staff to discuss improvements.

AUGUST: When we start camp in August, there is one practice per week in which we put on the headsets and practice. We also have three intra-squad scrimmages on Saturdays in August which are played in the stadium and the press box is used. We practice our sideline coaching procedures during our pre-season scrimmage that we play against a different school the week before our season starts.

SEASON: We use the headsets during our Wednesday evening and Thursday run-through practices all during the season. This not only keeps our coaches current on their gameday roles, but it ensures that our headsets are working properly, and that everyone understands that weeks game plan.

TEMPOS

These tempos are listed in order from slowest to fastest. Pictures of all our hand signals are in Appendix. Remember, we have 2 coaches signaling and 1 coach holding up boards.

HUDDLE TEMPOS

1. "Freeze": As soon as previous play is over, the sideline gives the "HUDDLE" signal, which is both hands clenched together into a fist. After they form a huddle a formation is signaled in followed by the crossing of the arms to tell the players that we are done communicating. Our players know that if they only get a formation, that it is a freeze tempo.
QB repeats the formation verbally in the huddle, breaks the huddle, and all players sprint to the line as discussed on page 26. After lining up and possibly doing a freeze motion, the QB yells "Easy, Easy" to tell all the players to look towards the sideline.
The coaches then signal in a play based on the defensive alignment.
2. "Check": We have never allowed our QB to call a play. His only audible is the direction of the play. Huddle signal from sideline. A play is signaled/sent in, followed by the "Check" signal, and ended with arms crossed sigal. We signal "Check" by forming OK signs with both hands and placing them on our eyes so that we are looking through the index finger and thumb, simulating using binoculars.
QB calls the play in the huddle, saying the word "Check" at the end of the sentence.
Players sprint to the line and wait for QB audible indicating play direction (right or left).

3. “Sprint”. Huddle signal from sideline. Play is called in huddle by the QB, team sprints to line, and we snap the ball in under 4 seconds. No checks, no audibles. We run this tempo 50% of the game.

NO HUDDLE TEMPOS

4. “Look”. As soon as previous play is over, the sideline gives the “NO HUDDLE” signal, which is both hands open and spread apart above our heads. Everyone looks to sideline for formation and motion, which will be followed by the same “binocular” signal that we used in CHECK tempo. All of this is followed by the crossing of the arms to tell the players that we are done communicating. Our players know that if they only get a formation, that it is a LOOK tempo. After lining up and possibly doing a motion, the QB yells “Easy, Easy” to tell all the players to look towards the sideline.
The coaches then signal in a play based on the defensive alignment.
5. “No Huddle”. Get the “NO HUDDLE” signal from sideline. As players jog to the new line of scrimmage, they get formation, motion, and play from the sideline.
If the referees are taking a long time getting ball and chains set, we will “SOFT HUDDLE” 4 yards behind the ball and players can communicate blocks / handoffs / routes to each other. As soon as the Umpire steps back behind the defensive linemen, the QB breaks the huddle and everyone sprints to the line to run the play in under 4 seconds.
6. “MUSTANG”. Our best plays every week are assigned “Mustang-1”, “Mustang-2”, etc.
For example, “Mustang-1” stands for Liz 28-O and “Mustang-2” stands for 33 Belly.
The sideline screams the Mustang call and we run play as soon as the ball is put into play.
7. “NASCAR”. These are the same 4 plays, ran in the same order, in the same direction all year long.
For example: Jet, Belly, Swing Pass, and Guard Trap is NASCAR 1.
We only have a NASCAR set of plays ran without a TE and a NASCAR TIGHT set of plays ran with a tight end. The formation for all 4 plays remains the same so that we can go fast.
The sideline screams which NASCAR package we are running, and the players continue to run those 4 plays in that order until sideline tells them to Huddle up.

In MUSTANG and NASCAR tempo’s, we do NOT soft huddle, but wait, in formation, 1 yard behind the ball until the Umpire steps back behind the defensive line after the White Hat has chopped the ball into play. Our goal is snap the ball within 1 second after the Umpire steps back away from the ball.

We huddle up and run sprint tempo at least half of the game. We run our No Huddle tempo with zero checks 20% of the game. We run our Mustang and NASCAR tempos 10% of the time. I would say that Freeze, Check, and Look tempos are only ran 10% of the game. Our Freeze and Look tempos are usually at the beginning of each half so we can get a better idea of how they plan on defending us.

CODE WORDS

As previously stated, we very seldom let our 17-year old QB call plays at the line. The only decision he makes without the coaches input is the direction of the play. We do, however, need CODE WORDS that the QB can use at the line of scrimmage to communicate to the offense.

Our players talk in CODE language in two different situations: If a player missed the sideline signal, another player can tell him the play using the Code for that play. The QB says a CODE word twice before beginning the snap count. It is important that he always does this and that DUMMY CODES are used.

RUN PLAY CODES

We assign every run play a code and try to use codes that have some connection to the run play. For example, all the plays that involve a pulling guard have a code word that starts with the letter “G” and all the plays with a pulling tackle have a code word starting with the letter “T”.

An example of this is to use colleges for run plays and the mascot for the play action pass.

HUDDLE CALL	CODE WORD
26 G.O.	Gonzaga 40
45 G.O.	Gonzaga 29
32 G	Grambling 40
17 GO Pass	Bulldog 29
Liz 28 O	Oregon 40

HUDDLE CALL	CODE WORD
34 Belly	Boise 40
22 Trap	Texas 40
33 B. Pass	Bronco 29
Trap Pass	Longhorn
Rocket 47 T	Rice 29

HUDDLE CALL	CODE WORD
Down 36 O	Duke 40
Down 35 O	Duke 29
24 Counter	Clemson 40
36 D. Pass	Blue Devil 40
12 Army	Army 40

PASS PLAY CODES

We use colors for protections and number our pass routes. This is explained in Chapter 12.

I would suggest using Names of Cities for Pass Play Codes if using colleges for Run Play Codes because many colleges are named after the city that they are in. This makes it harder to decode but you must be careful only use colleges that are NOT named after a city.

HUDDLE	CODE
Red 95 Choice	Charleston 40
Blue 95 Choice	Charleston 29
Purple Quick	Queens

HUDDLE	CODE
Red 75 Flat	Frisco 40
Blue 75 Flat	Frisco 29
Purple Swing	Burbank

HUDDLE	CODE
White Y Cross	Yosemite
Gray R Cross	Riverside
Purple Stick	San Diego

A QB could use the colors as the Pass Play Codes to reduce the amount of learning. If you choose to do this, then there needs to be some DUMMY COLORS used on running plays.

PLAY DIRECTION CODES

We have already discussed several ways of communicating this, but we use numbers since our QB was already saying numbers in other areas. Since we have no plays that attack the “0” or the “9” hole we designate LEFT calls with the number 29 and RIGHT calls with the number 40.

We have built in DUMMY NUMBERS also.

SNAP COUNTS

Every play has a snap count connected to it and never changes. Therefore, our QB never has to tell the team the snap count in the huddle or at the line of scrimmage.

FIRST SOUND	READY	SET	2nd HIT
Tubby	G.O. / GO Pass	Purple	Army
Joker	G / G-Belly	Silver / Gold	Baylor
Thumper	Belly / Trap	White / Gray	Cal
Jailbreak	Down / Counter	Red / Blue	
Elly / ER	Liz 28 “O”	Wraparound	
Lazer / Rocket	Rip 47 “O”		
Trick Plays	All Play Action Pass		
	Mustang / NASCAR	Freeze / Look	

MUSTANG / NASCAR: always on “Ready”

Only run plays that are snapped on “Ready” to avoid confusion

DUMMY vs LIVE CODE CALLS

TEMPO	LIVE CALL	DUMMY CALL
HUDDLE	None. Run what’s called in Huddle	Use Run Code + #29 if pass was called in huddle Use Color + #40 if run was called in huddle
MUSTANG	None. Run the play that Mustang stands for	Always say a color as a dummy call. Give the real direction using #29 or #40.
NASCAR	None. Run the plays in order.	No dummy calls. QB uses code to call the play we are running.
NO HUDDLE	Run Code + 29 or 40 (matches signal) Color Protection + route (match signal)	No dummy calls. QB uses code to call the play we are running.
FREEZE	Run Code + 29 or 40 (matches signal) Color Protection + route (match signal)	No dummy calls. QB uses code to call the play we are running.
LOOK	Run Code + 29 or 40 (matches signal) Color Protection + route (match signal)	No dummy calls. QB uses code to call the play we are running.
CHECK	Brown-29 = right; Black-40 = left (Brown & Black are live direction calls; Numbers are dead)	

RULE OF THUMB: If we huddle, then QB gives dummy calls.

If we get the play from the sideline, the QB will call the play at the line.

FORMATION

If X and Y do not hear a formation word that affect them, then they both line up as Wide Outs (“LOOSE”). If the LW and RW do not hear one of their words, then they line up as Wings. To lineup in LOOSE, the first word of the play call would be a motion or the actual play.

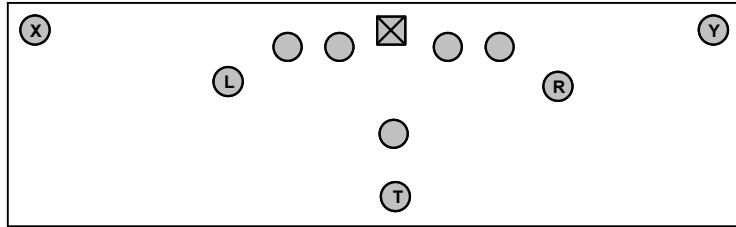


Fig 25: Our Base Formation: LOOSE

<i>**Loose is not called in huddle. It is the base formation</i>					
TACKLES	Y	X	TB	LW	RW
	Tight	Heavy	Far	Right	Left
	Over		Near	Ram	Lion
	Nasty			Tee	Tee
TACKLES OVER					
Tubby	Tubby	Tubby			
Joker	Joker	Joker			
Joker	Joker	Joker			
Thumper	Thumper	Thumper		Thumper	Thumper
TWO RECEIVERS					
	Loose **	Loose **		Spread	Spread
	Looser	Looser			
	Doubles	Doubles		Slot Left	Slot Right
AUDIBLE PACKAGE					
	Bengal	Bengal	Bengal		
	Raider	Raider	Raider		
TRIPS					
			Empty	Trips	Trips
			Wildcat	Trips	Trips
				Bunch	Bunch
QUADS					
	Elly			Elly	Elly
		ER		ER	ER
	5 Right	5 Right	5 Right	5 Right	5 Right
	5 Left	5 Left	5 Left	5 Left	5 Left
Jailbreak	Jailbreak	Jailbreak	Jailbreak	Jailbreak	Jailbreak

Fig 26: Summary of all Formation Words

Formation Examples

The key here is that the words that the X & Y have to learn have NOTHING to do with the HB and vice versa. So, in theory any of the X & Y formation words can be matched up with any of the running back words.

X & Y WORDS	RB WORDS
Tight / Over	Right / Left
Heavy	Slot
Nasty	Spread
Doubles	Trips

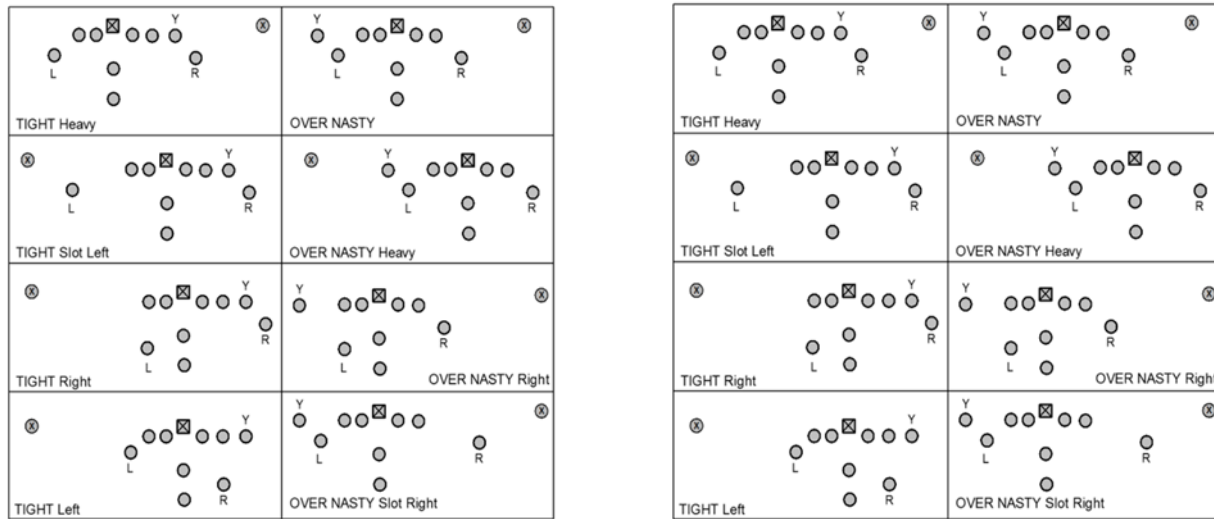
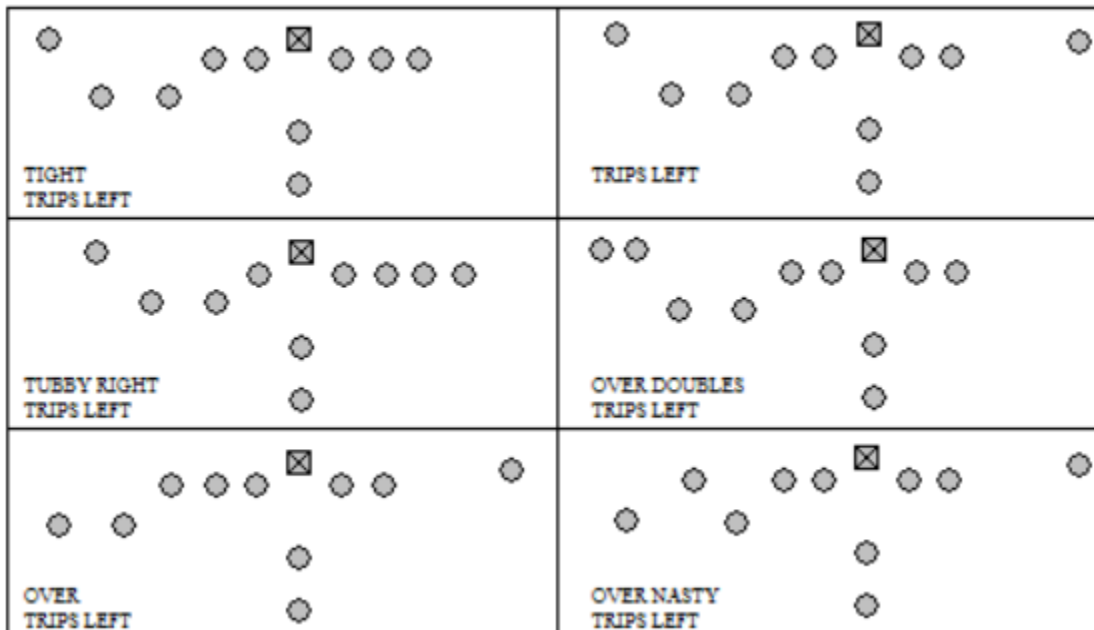
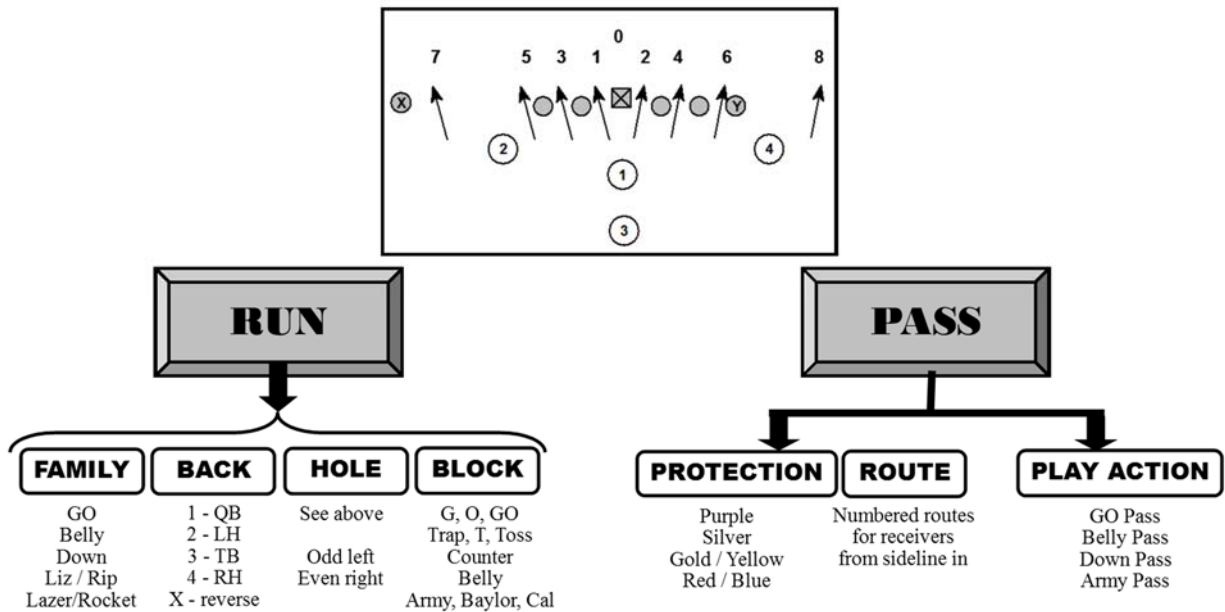


Fig 27: Multiple Formation Examples using TIGHT and OVER.

Another example is the X/Y word “Tight” having nothing to do with WB word “Trips”.



RUN or PASS PLAY CALL



Run Examples

X/Y	Backs	Motion	Family	Back	Hole	Blocking	
Tight Heavy	---	"L"	GO	3	2	G	figure 29
Over	Slot Right	Liz	---	3	2	G	figure 30
Tight	Trips Left	---	Belly	2	2	Trap	figure 31
---	---	Rip	---	2	2	Trap	figure 32

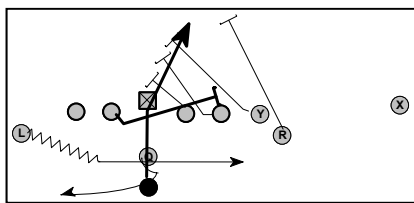


Fig 29: Tight Heavy L GO 32 G

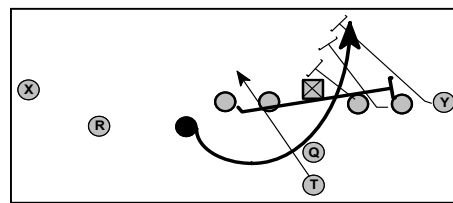


Fig 31: Tight Trips Left Belly 22 Trap

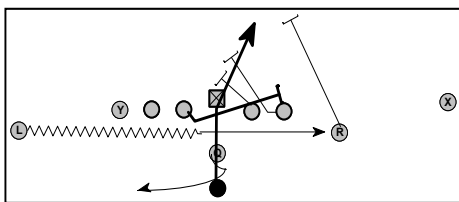


Fig 30: Over Slot Left Liz 32 G

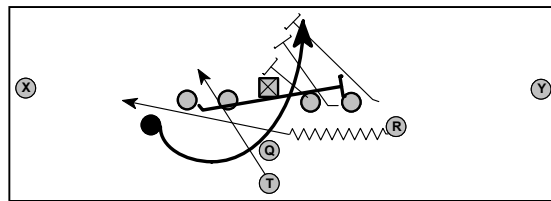


Fig 32: Rip 22 Trap

These examples show the same play being ran out of different formations. More importantly, it shows why we must put a "FAMILY" call before the 2-digit number so that the Running Backs know where to fake.

Play Action Pass Examples

X/Y	Backs	Motion	Family*	Back	Hole	Protection	Route	
Nasty	---	"L"	---	1	7	GO Pass	out	Fig 33
Tight	Right	---	---	3	6	Down Pass	---	Fig 34
---	Slot Left	"R"	---	3	3	Belly Pass	Scat	Fig 35

**no family required on play action*

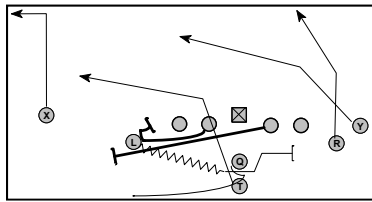


Fig 33: Nasty L 17 GO Pass

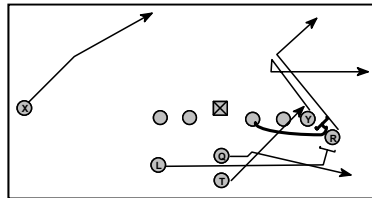


Fig 34: Tight Right 36 Down Pass

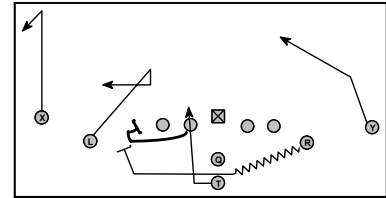


Fig 35: Slot Left R 33 Belly Pass Scat

Play Action passes do not use a color because of our SNAP COUNT rule: all colors are on SET. Since we want Play Action to look like run, the SNAP COUNT is on READY for Play Action. Also, by not using a color, it reinforces to the linemen that we need run blocking aggression.

Pass Examples

X/Y	Backs	Motion	Blocking	#1 WR	#2 WR	#3 WR	
---	Bunch Left	---	Blue	7	5	Flat	Fig 36
Over	Trips left	---	Blue	7	5	Flat	Fig 37
---	---	Rip	Blue	7	5	Flat	Fig 38

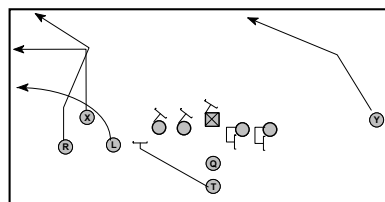


Fig 36: Bunch Left Blue 75 Flat

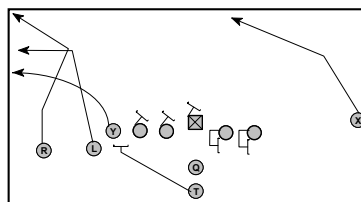


Fig 37: Over Trips Left Blue 75

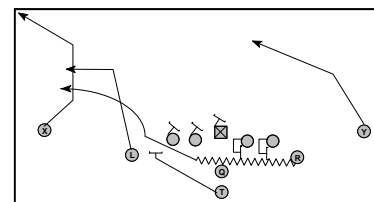


Fig 38: Rip Blue 75 Flat

This example was only to illustrate how ONE passing concept can be ran out of multiple formations. This page also illustrates how our PLAY ACTION passing game is not part of our regular passing package. Our entire passing game is explained in great detail in SECTION THREE.

RUN BLOCKING TERMINOLOGY

The part of this system that I love the most is that the lineman only have to learn the last digit and their blocking assignment. We joke in practice by having the linemen cover their ears and mumble "blah, blah, blah" until the last number and word after it is called. For example, Down sounds like this to our linemen:

	X/Y	Backs	Motion	Family	Back	Hole	Blocking
QB SAYS:	Tight Heavy	Left	"L"	GO	3	2	G
LINEMENT HEAR	Blah	blah	blah	blah	blah	2	G

So for example we run guard trap out of several formations, motions, and fakes....but all the linemen ever hear is "2-G". The same thing holds true in our passing game. We have close to 50 different passing plays to run at a defense, but all the linemen know is "Blue", "Red", "Yellow", "Purple", and "Screen".

Here are the TAG words at the end of run plays that concern our Tackles:

	X/Y	Backs	Motion	Family	Back	Hole	Blocking
QB SAYS:	Tight	Trips Left	Flop	Belly	2	2	TRAP
LINEMENT HEAR	Blah	blah	blah	blah	blah	2	TRAP

TACKLE TAGS

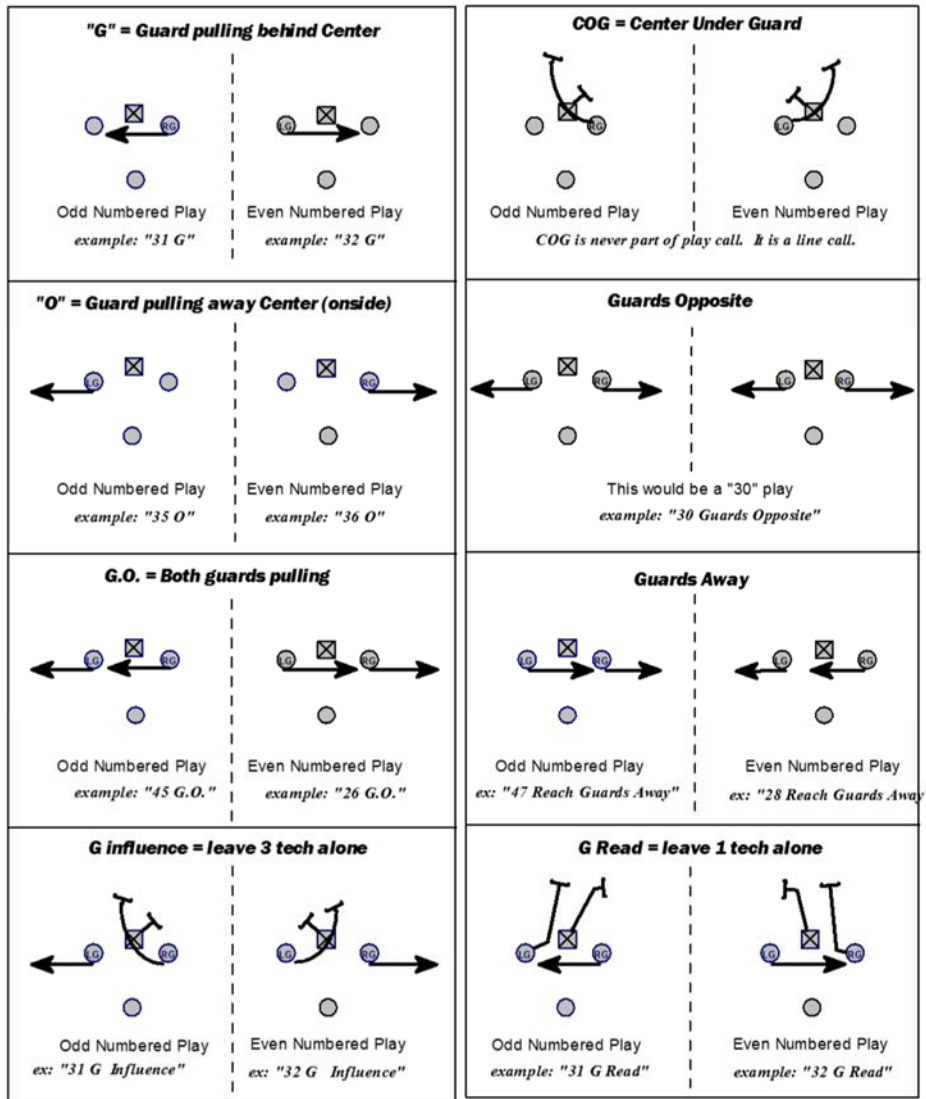
COUNTERS

<p>TRAP = Tackle pull behind center</p> <p>Odd Numbered Play example: "41 Trap"</p> <p>Even Numbered Play example: "22 Trap"</p>	<p>COUNTER = TE + uncovered lineman</p> <p>Odd Numbered Play example: "43 Counter"</p> <p>Even Numbered Play example: "24 Counter"</p>
<p>"T" = Tackle pull away from center</p> <p>Odd Numbered Play ex: "Rocket 47 T"</p> <p>Even Numbered Play ex: "Lazer 28 T"</p>	<p>GT = backside Guard & Tackle pull</p> <p>Odd Numbered Play example: "43 GT"</p> <p>Even Numbered Play example: "24 GT"</p>
<p>TOSS = Tackle pull away from center</p> <p>Odd Numbered Play ex: "37 Toss"</p> <p>Even Numbered Play ex: "38 Toss"</p>	

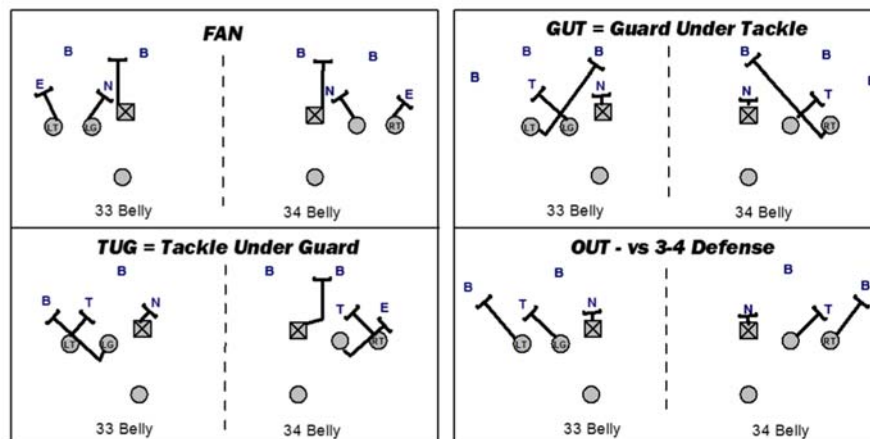
O-LINE MANUAL
 250-page manual
 focused on just
 Offensive Line.

Line checks, rules,
 techniques, drills, and
 practice schedules with
 diagrams & pictures.

GUARD TAGS



BELLY BLOCKS



SUMMARY OF ALL PLAYS

GO FAMILY

Buck Sweep	26 & 45 G.O.
TB Guard Trap	32 & 31 G
Counter	GO 24 Counter GO 43 Counter
Play Action	17 & 18 GO Pass
Power	26 & 45 G-Lead

BELLY FAMILY

Weak Iso Belly	33 & 34 Belly
Sweep	47 & 28 G
Tackle Trap	22 & 41 Trap
Play Action	33 & 34 Belly Pass
Option ¹	47 & 28 Option ¹

DOWN FAMILY

Off Tackle Down	35 & 36 "O"
Counter	Down 24 Counter Down 43 Counter
Play Action	35 & 36 Down Pass
Option ¹	47 & 28 Option ¹

OPTION FAMILY

Midline	11 & 12 Army ²
Inside Veer	13 & 14 Baylor ²
Outside Veer	15 & 16 Cal ²

LIZ / LAZER FAMILY

Jet Sweep	Liz 28 "O" Rip 47 "O"
Rocket	Lazer 28 "T" Rocket 47 "T"

SHORT YARDAGE

Smash Mouth	Tubby 33 / 34 Lead
Counter	Tubby 41 / 22 Trap
Play Action	Tubby Boot Pass

DROP BACK PASS

Quick Pass	Purple
Drop Back	White & Gray
Screen	Silver & Gold

SPRINT OUT PASS

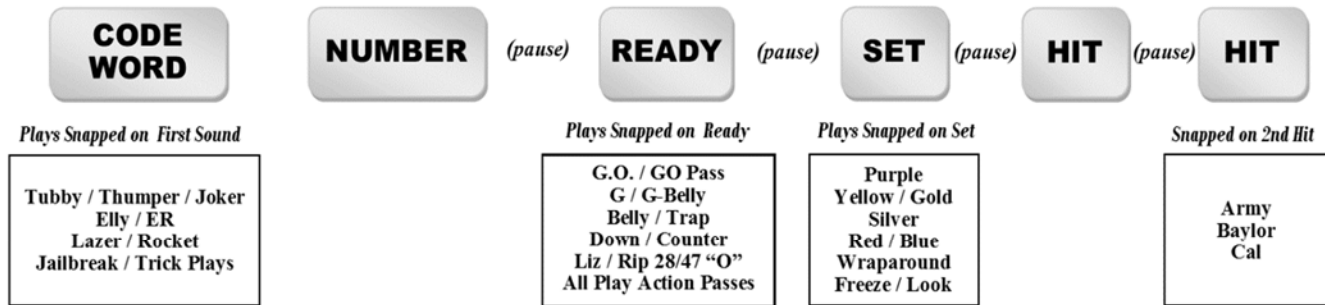
Sprint Right	Red 75, 67, 95
Sprint Left	Blue 75, 67, 95

¹ We don't call option anymore. The QB always reads the OLB on Belly & Down, with a green light to pull the ball & run option if the OLB is cheating to tackle the TB.

² Army=read 1st man past "A" gap;
Baylor= read 1st man past "B" gap;
Cal = read 1st man past "C" gap

The special plays, such as trick plays, that are discussed in Chapter 11 are not listed here.

SNAP COUNT



Huddle/Jet/Nascar Tempo: Say Code+Number once

No Huddle/Freeze/Look/Check: Say Code+Number twice

TEMPO	LIVE CALL	DUMMY CALL	Huddle or Signal	QB Says at Line
Huddle: Sprint	None: Run what's called.	Run code+29 on pass plays Color+40 on run plays	"Purple Arrow" called in Huddle. "Red 75 Flat" called in Huddle. "Down 36 O" called in Huddle. "33 Belly" called in Huddle	QB says "Duke 29 Ready Set". Duke & 29 are dummy calls QB says "Georgia 29 Ready Set". Georgia & 29 are dummy calls QB says "Purple 40 Ready". Purple & 40 are dummy calls QB says "Red 40 Ready". Red & 40 are dummy calls
No Huddle: Jet	None: Run what's called.	Always Color+#	"Jet-#" is shouted.	QB always says a color as a dummy call. The number he uses is the real direction.
No Huddle: Nascar	Call the play that we are running.	None	"NASCAR" is shouted	QB calls the play that we are running using code words.
No Huddle	Call the play that was signaled at the line.	None	"Blue 95 Choice" is signaled. "GO 32 G" is signaled	QB says "Blue 95 Ready Set". There is no dummy call QB says "Grambling 40 Ready". There is no dummy call
Huddle: Freeze	Call the play that was signaled at the line.	None	"Red 67 Flat" is signaled after looking at the defense. "Belly 22 Trap" is signaled after looking at the defense	QB says "Red 67 Ready Set". There is no dummy call QB says "Boise 40 Ready". There is no dummy call
NH: Look	Call the play that was signaled at the line.	None	"Blue 67 Flat" is signaled after looking at the defense. "Belly 41 Trap" is signaled after looking at the defense	QB says "Blue 67 Ready Set". There is no dummy call QB says "Boise 29 Ready". There is no dummy call
Huddle: Check	Give direction of play. Live/Dummy combo call		"Army Audible" called in huddle "Baylor Audible" called in huddle "Down Audible" called in huddle	QB says "Brown 29 Ready". Brown is direction, 29 dummy call QB says "Black 40 Ready". Black is direction, 40 dummy call QB says "Brown 29 Ready". Brown is direction, 29 dummy call

No Codes: The plays that we run on FIRST SOUND obviously have no codes.

Sprint. We are always going to run the play that is called in the Huddle. The QB will say the opposite of what we are doing as dummy calls: colors on run plays and colleges on pass plays.

Players ignore whatever codes come out of the QB mouth...they need to focus on is the snap count.

Mustang: Same as huddling up, we are going to run whatever Mustang stands for that week. The QB will always give a dummy color since we never run a colored pass play in our Jet package. The number the QB uses is the actual direction. The goal is to go really fast, not audible.

Nascar / No Huddle / Freeze / Look: No Dummy Calls. The QB will call the play and the direction that we are running using our code words.

Check With Me: (Huddle Rule of Thumb). If we call a play in the Huddle, we are running that play After seeing how the defense lines up, the QB gives the direction at the line of scrimmage.

Brown=Right; Black=Left. The number is always opposite the direction that we are running.