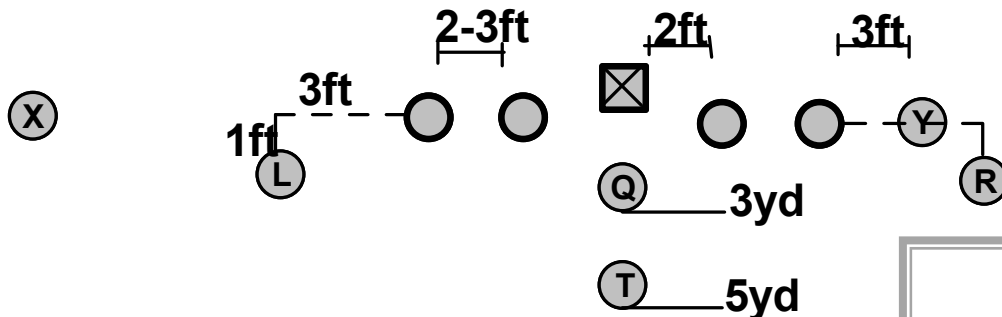

CHAPTER FOUR

Lining Up



ALIGNMENTS

Our alignments do change but at the same time must be very precise. We have a “**cheat for success**” rule that allows our players to adjust according to their abilities, the play call, and the defense. The advantage of breaking the huddle so fast does not give the defense time to pick up on these changes.

IMPORTANT
Knuckles of G, T, & TE have to be even with center's heels

Offensive Line

Stance: We get our LT and LG in a left handed stance and the RT and RG in a right handed stance. Their knuckles should be even, or parallel with the Centers heels. If you are having trouble down blocking penetrating DL or your pulling linemen are getting their legs chopped it is probably because they are not far enough back.

Splits: The Tackles will get a 2 foot split from the Guard if uncovered (4-4 or 4-3 defense).

They will widen to a **3 foot split if covered (3-3 or 3-4 defense)**. The TE will get a 6 foot split if the Tackle is uncovered. Our Guards will always get a 2 foot split from the center.

Running Backs

Quarterback: Our QB heels are at 3 yards and our TB heels are at 5 yards from the LOS. Your QB will have a tendency to lineup at 4 yards which pushes the TB back to 5 1/2 and even 6 yards. Lining up at 4 yards on pass plays is OK, but fight this tendency on running plays.

Tailback: At 6yds on pass plays and 5yds on run plays. If running midline or Guard Trap out of Pistol, try to scoot up to 4 1/2 and get the QB up to 2 1/2. We run these 2 plays from under center.

Wingbacks: Align off the tackle and not off the Tight End because many formations do not have a TE and if the Wing alignment changes, then the motions & mesh points in the backfield will be off.

- | | |
|--|----------------------------------|
| 4 x 1 from the Tackles on most plays; | 5 x 1 on pass plays; |
| 3 x 1 if down blocking a DE or LB. | 2 x 1 if there is no TE |
| 1 x 1 off TE butt if insert (B.I.B.) blocking on Belly | 1 x 1 off Tackles butt if no TE. |

We tilt our Wing backs at a 45⁰ angle so that they can see the QB motion signals, as well as down and insert block easier. We have never felt that this tilt stance delayed our backs on pass routes but there are some adjustments to pass routes that will be discussed in Chapter 12.

Ends

The offense is very difficult to stop if the Tight End (“Y”) can be a physical down blocker as well as being an effective split-end Wide Receiver. NASTY split is 5 yards from the Tackle in 3 point stance.

If we don’t have a player at TE, then our blocking TE is our 3rd best tackle wearing an 80’s number. We cross train all of X’s to play both sides so when we take the TE out, we simply yell “Two X’s” and our 2 best WR enters the game.

Ball in Middle of Field:

- ◆ “Loose”: Ends splits will be between the top of the numbers and the hash
- ◆ “Narrow”: line up on the hash marks; “wide”: line up on bottom of the numbers.

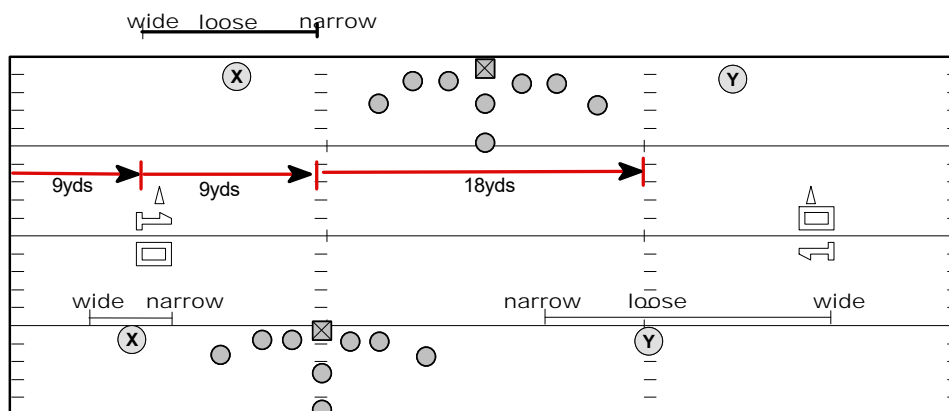


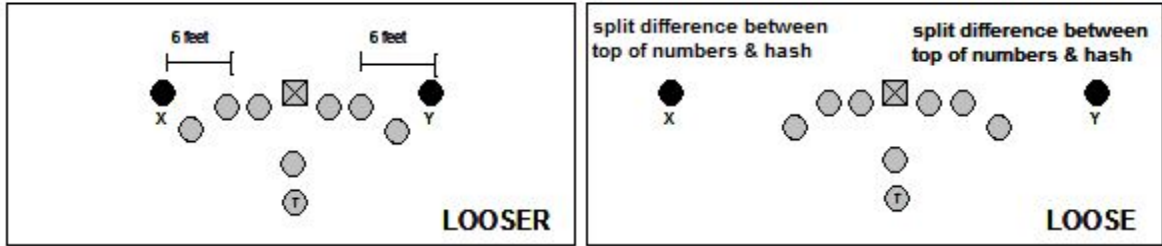
Fig 21: Receiver Alignments

Ball on the Hash:

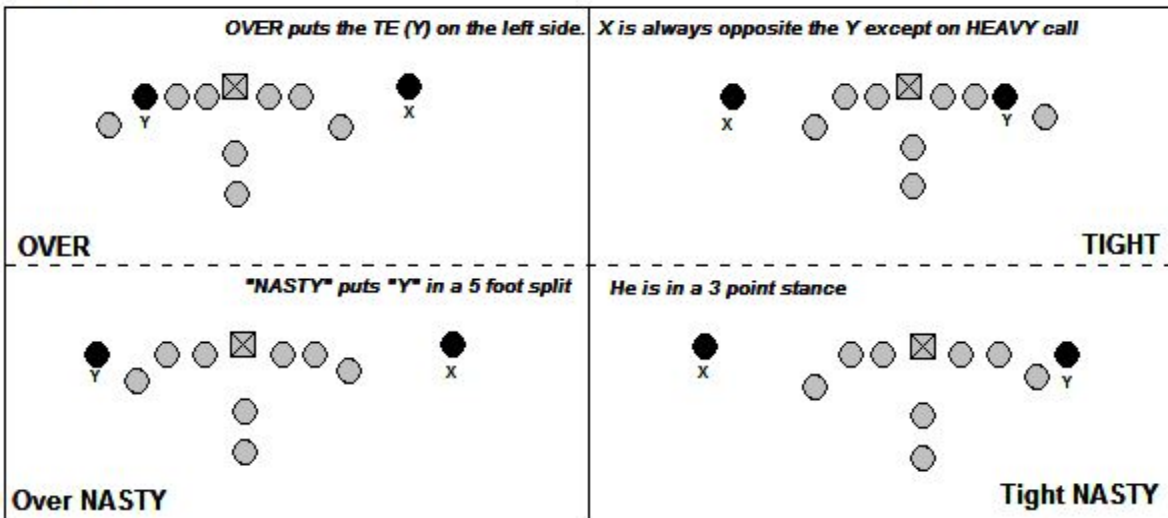
- ◆ “Narrow”: Boundary end top of numbers; Field End split difference between hash & tackle
- ◆ “Loose”: Boundary end will line up on bottom of number. Field End line up on hash.
- ◆ “Wide”: Boundary end line up on bottom of number. Field End top of numbers.

RECEIVER FORMATIONS

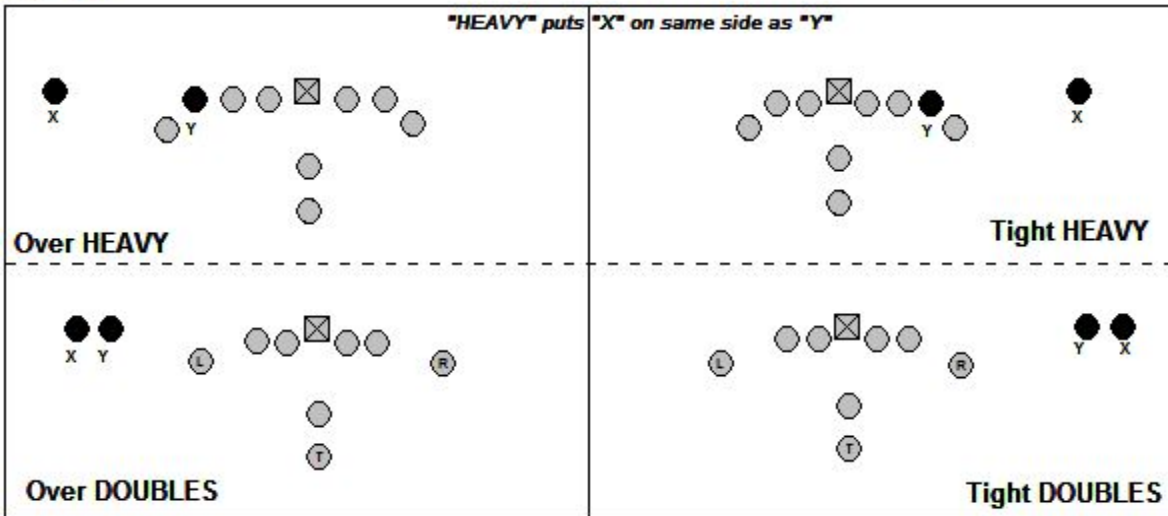
These are the FORMATION WORDS that only apply to the “X” wide receiver and the “Y” tight end.



TE (Y)



SE (X)



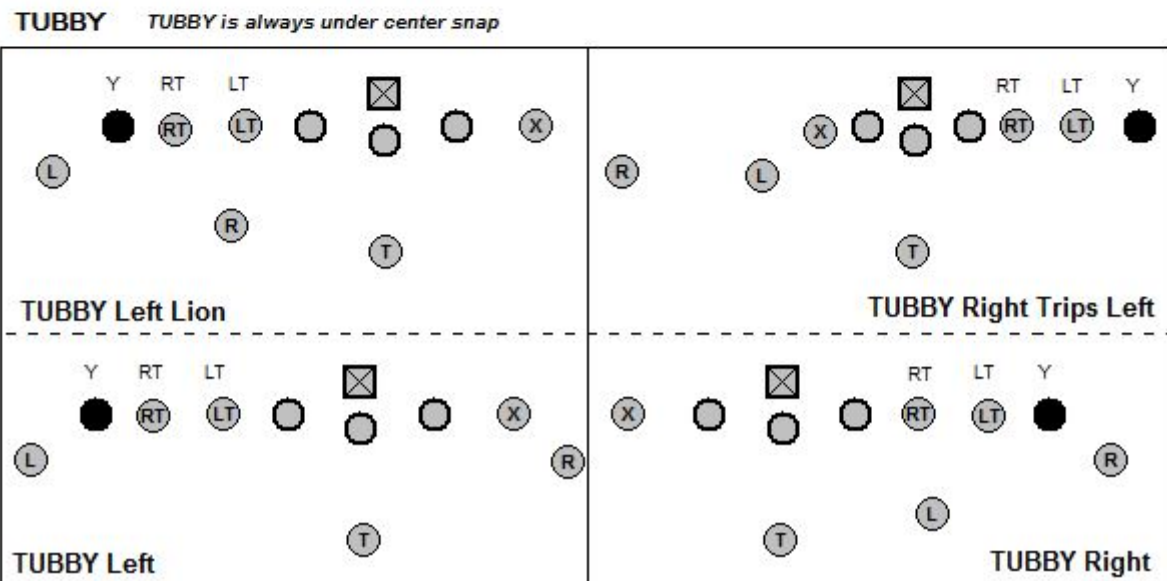
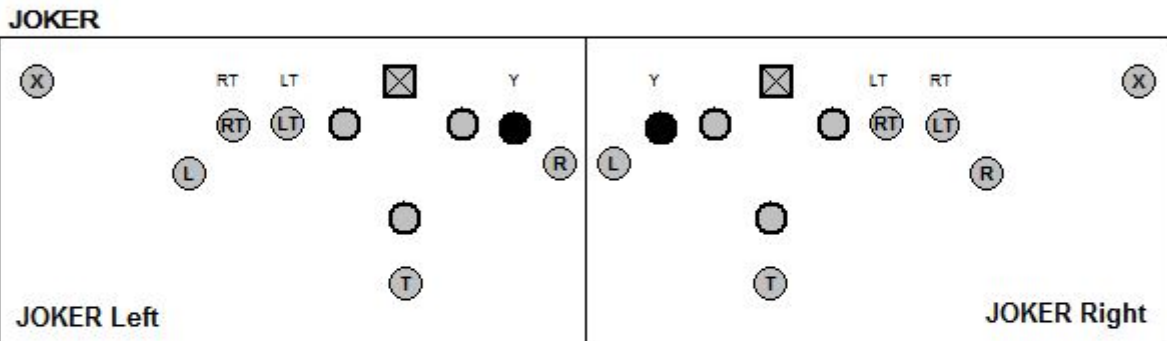
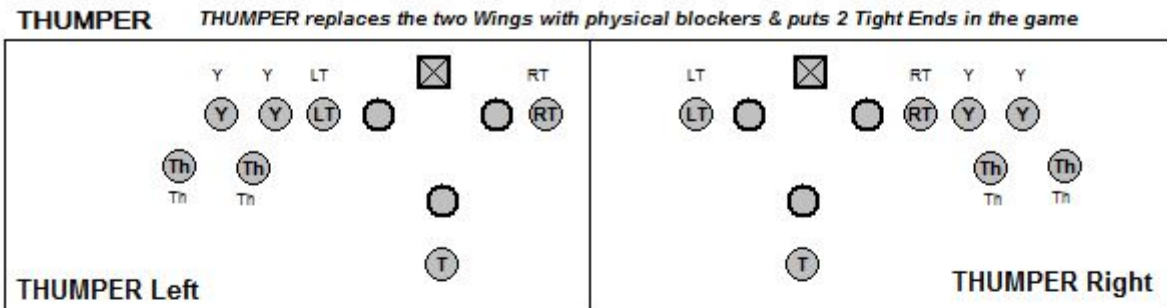
TACKLE OVER FORMATIONS

These are the FORMATION WORDS that allow us to put two tackles on the same side of the formation.

The "X" and "Y" end receivers also need to learn these formations.

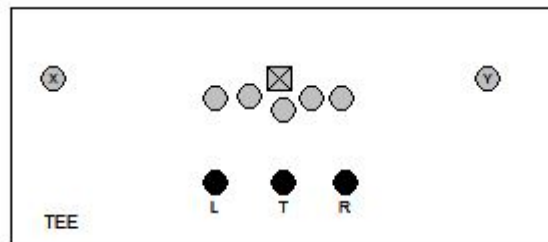
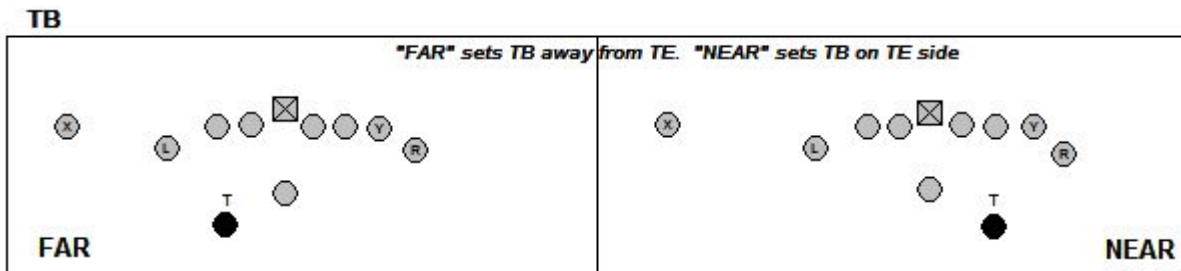
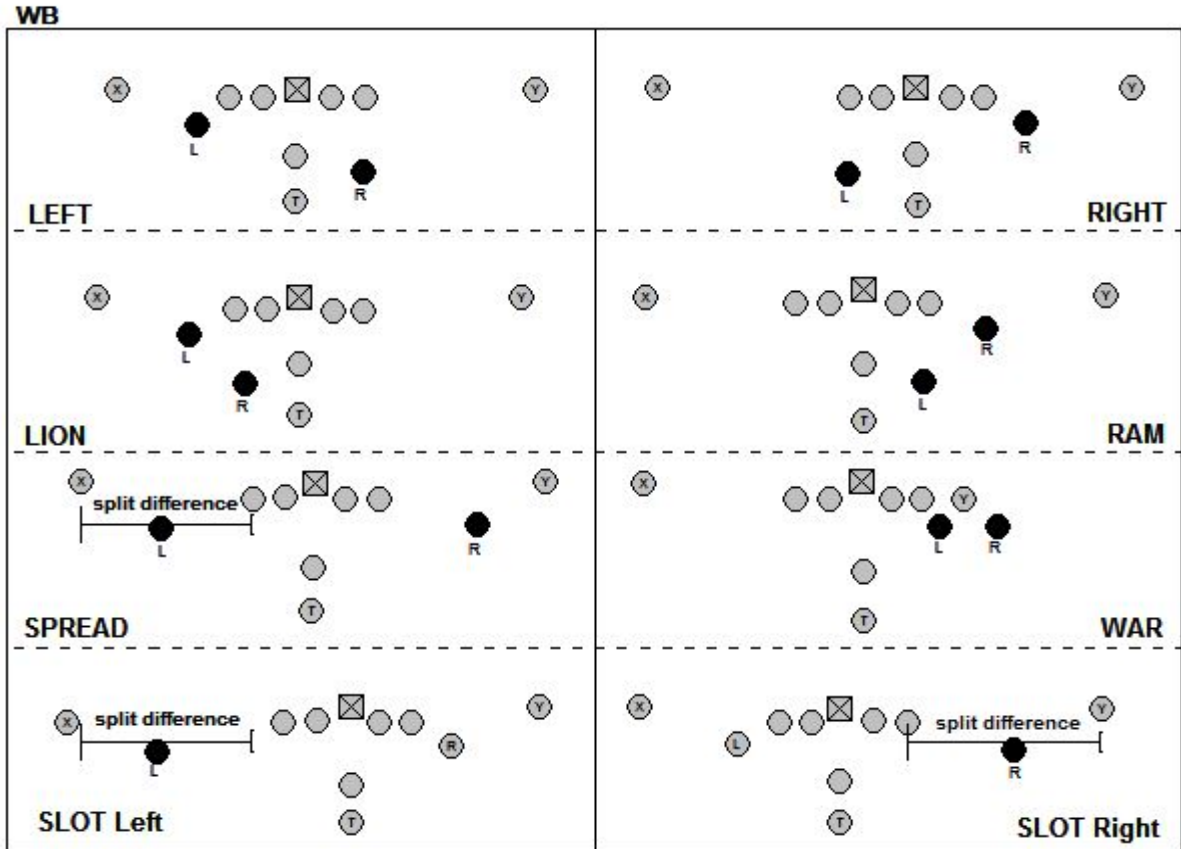
There are no hand signals for these formations. Plays out of these formations are always called in huddle.

*The "RIGHT" and "LEFT" words are solely for the Tackles.
The TE (Y) and WR (X) have to adjust accordingly*



RUNNING BACK FORMATIONS

These are the FORMATION WORDS that only apply to the Left and Right Halfbacks.



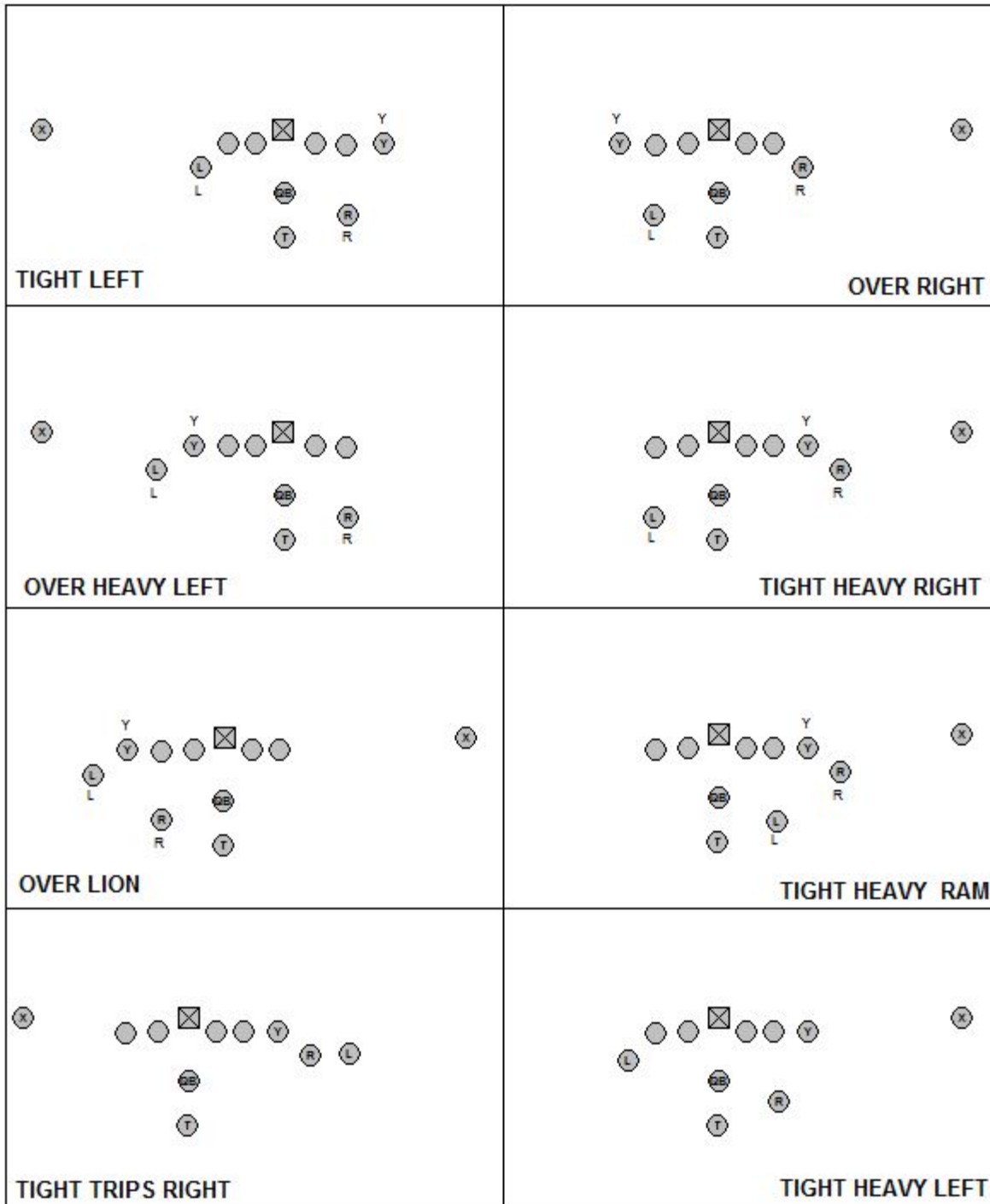
TEE is always under center

Plays involving Lion, Ram, War, and Tee will be put on a wristband.

Tailback has to learn which plays he lines up in Near & Far. There are no signals.

MIXED FORMATIONS

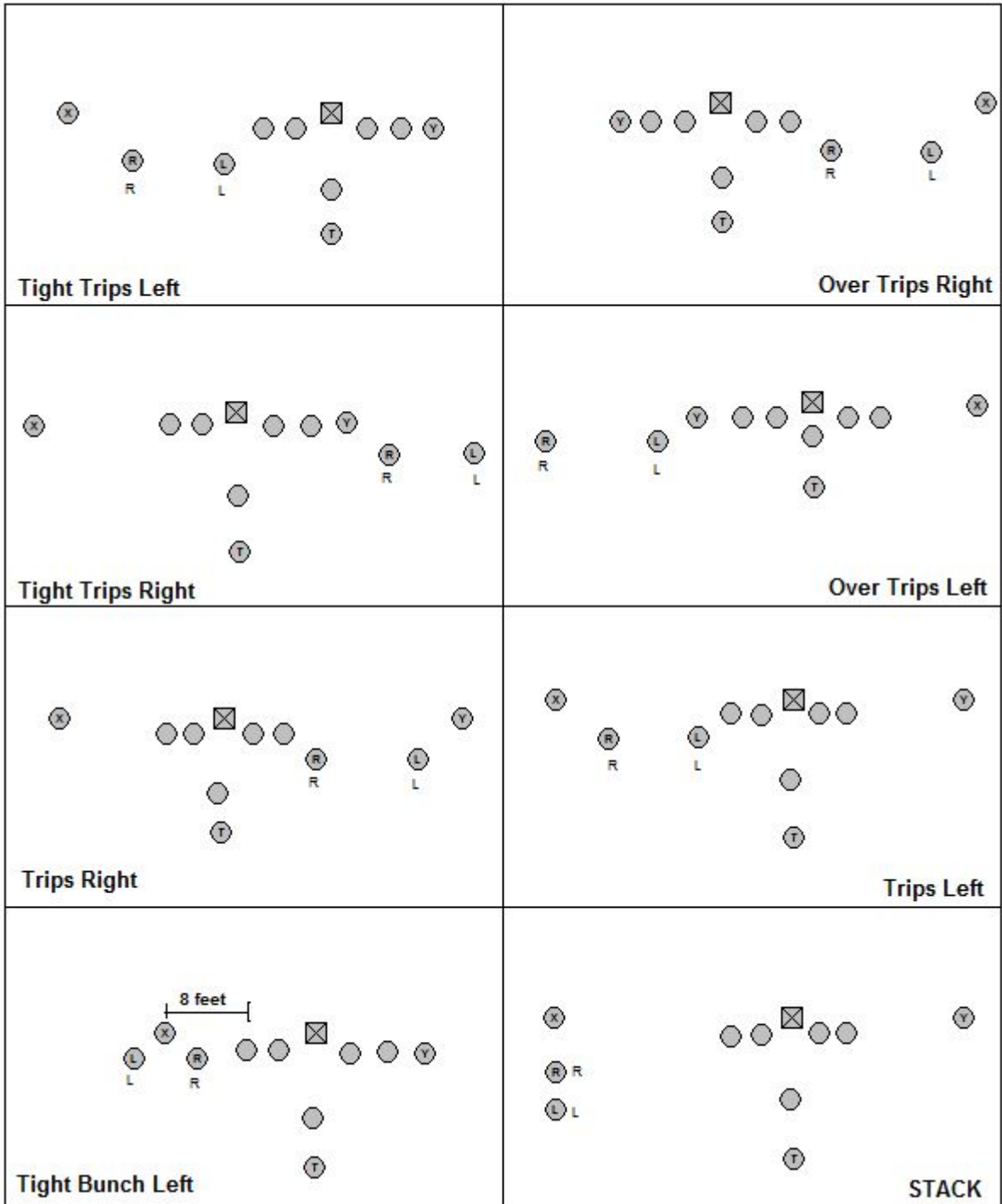
Examples of formations possible by combining FORMATIONS WORDS that apply to the Ends & Backs.



TRIPS FORMATIONS

“Trips” and “Bunch” are formation words that apply to the WING BACKS, not the X or Y receivers.

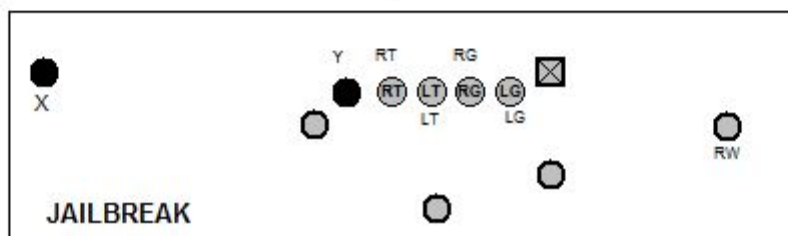
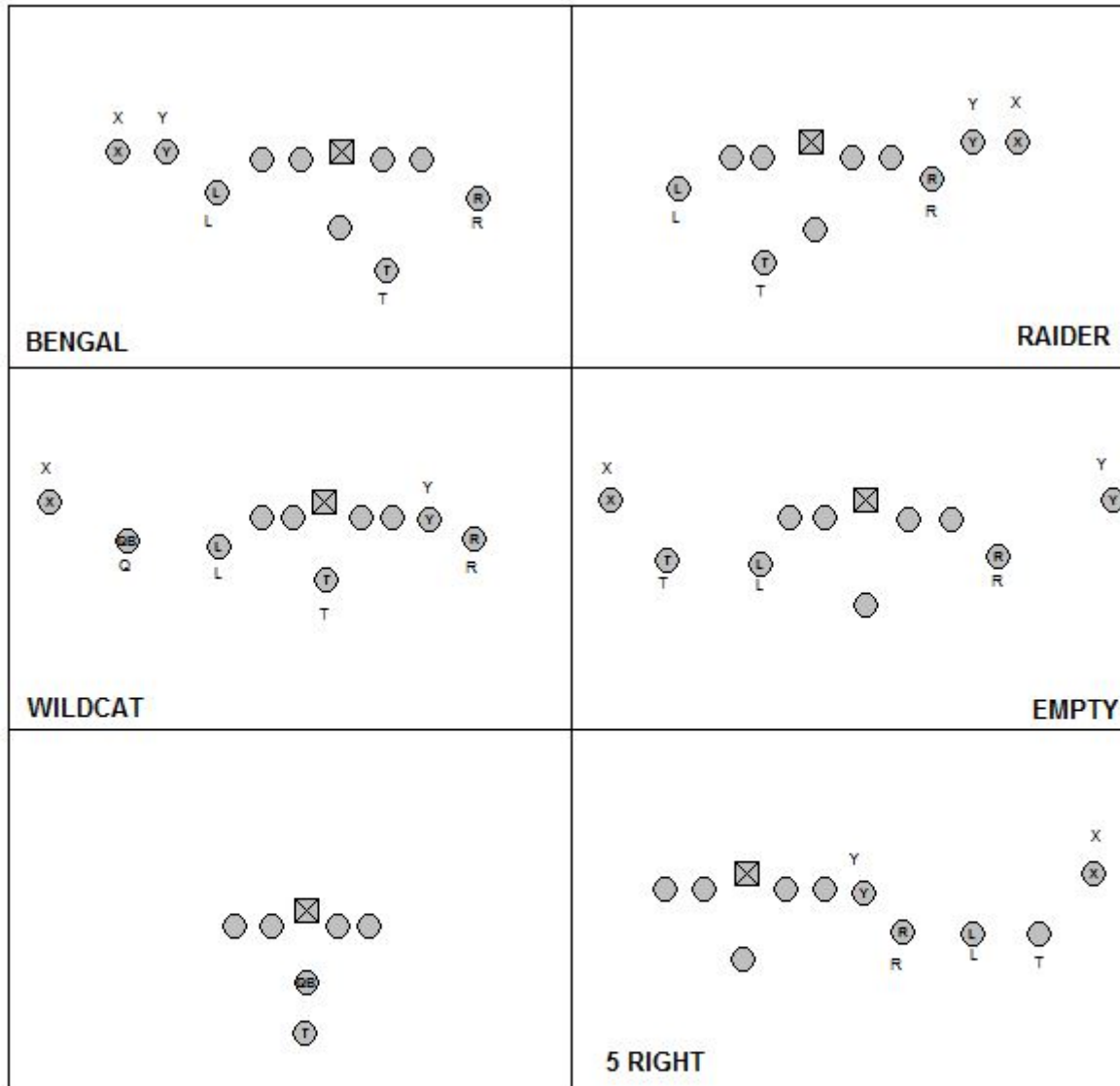
Assigning the words this way allowed us to easily call Trips Open, Trips Closed, and Trey formations,



SPECIAL FORMATIONS

These are FORMATION WORDS that the entire team needs to know.

Plays ran out of these formations will be put on Wristband or sent in with personnel groups.



MOTIONS

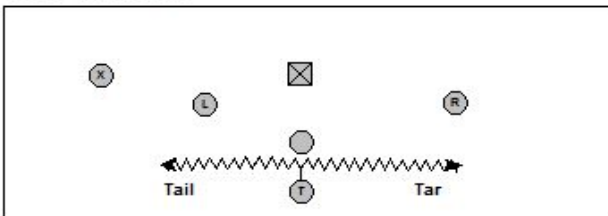
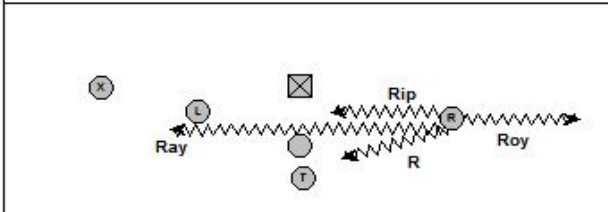
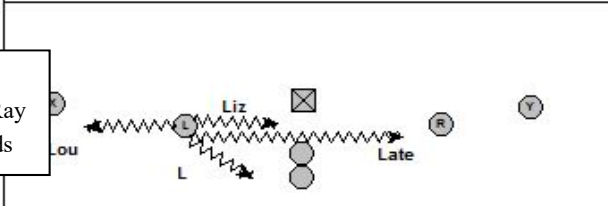
All Left Half motions start with the letter L. Same for the Right Half and Tail Back.

SNAP COUNT: Color - Number - [pause] -Ready - Set - Hit - Hit

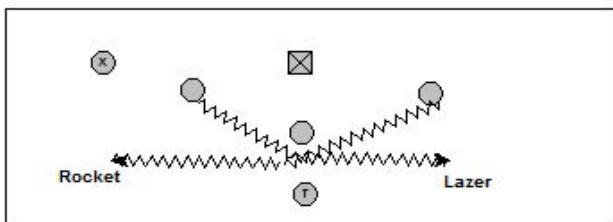
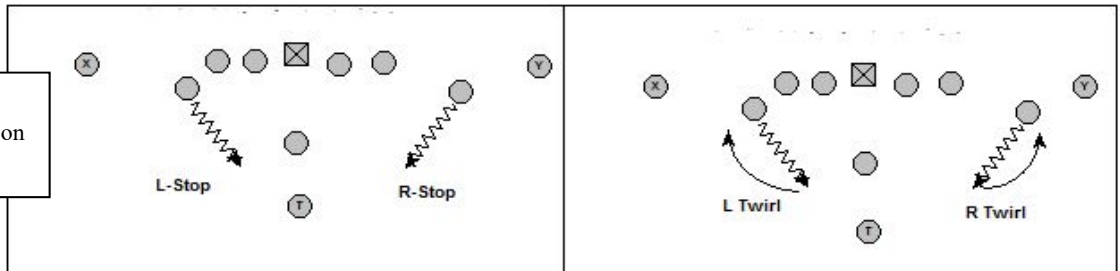
On all motions, the QB will lift his heel to start the motion. The QB will snap the ball as soon as the heel hits the ground. On “RAY” and “LATE”... the QB will hard count when Back is one step from the QB, but will NOT snap the ball. This is used to keep the Defensive Line honest.

On “L-STOP” and “R-STOP”... the QB will hard count when Back is aligned behind the tackle, but will NOT snap the ball.

FLAT MOTION

<p>SIGNAL Tail & Tar are part of the play.</p>	 <p>The diagram shows a football field with a QB (X) at the center. A Tailback (T) is positioned behind the QB. Two motions are shown: Tail (L) moving left and Tar (R) moving right, both indicated by wavy arrows.</p>	<p>TAILBACK “Tail is Tailback motion to the left. “Tar” is Tailback motion to the right.</p>
<p>SIGNAL Liz & Rip are flat motion across body</p>	 <p>The diagram shows a QB (X) at the center. Two motions are shown: Liz (L) moving left and Rip (R) moving right, both indicated by wavy arrows.</p>	<p>RIGHT WING Motion is automatic depending on the play. “NoMo” is that play without motion.</p>
<p>SIGNAL Lou, Late, Roy, Ray are on wristbands</p>	 <p>The diagram shows a QB (X) at the center. Four motions are shown: Lou (L) moving left, Late (L) moving left, Roy (R) moving right, and Ray (R) moving right, all indicated by wavy arrows.</p>	<p>LEFT WING Motion is automatic depending on the play. Motion is only called if play requires a motion that is not normally with that play. For example: “R” 34-41 Trap to the RW. “NoMo” is that play without motion.</p>

ARC MOTION

<p>SIGNAL Lazer: touch left chest. Rocket: touch right chest</p>	 <p>The diagram shows a QB (X) at the center. Two motions are shown: Rocket (R) moving right and Lazer (L) moving left, both indicated by wavy arrows.</p>
<p>SIGNAL Stop & Twirl are on wristbands</p>	 <p>The diagram shows a QB (X) at the center. Four motions are shown: L-Stop (L) moving left, R-Stop (R) moving right, L Twirl (L) moving left, and R Twirl (R) moving right, all indicated by wavy arrows.</p>

MOTION & SNAP COUNT LANDMARKS

SNAP COUNT: Color - Number - [pause] -Ready - Set - Hit - Hit

It is the responsibility of the Halfback in motion to get to the snap count landmark. All the QB does is lift his heel but it is very important to the Linemen get-offs that the QB keeps a rhythmic cadence. The Half backs can adjust their alignments (“**cheat for success**”) to compensate for genetic differences .

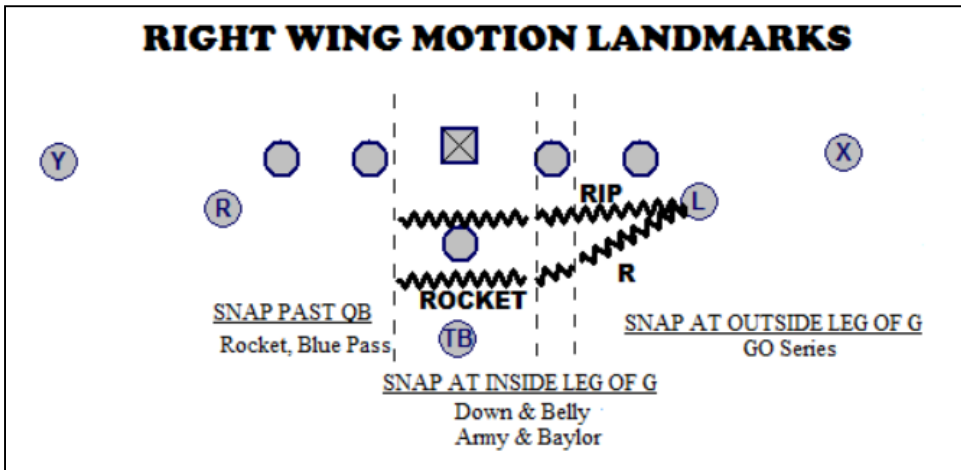


Fig 22: Snap Count Landmarks for RH motion

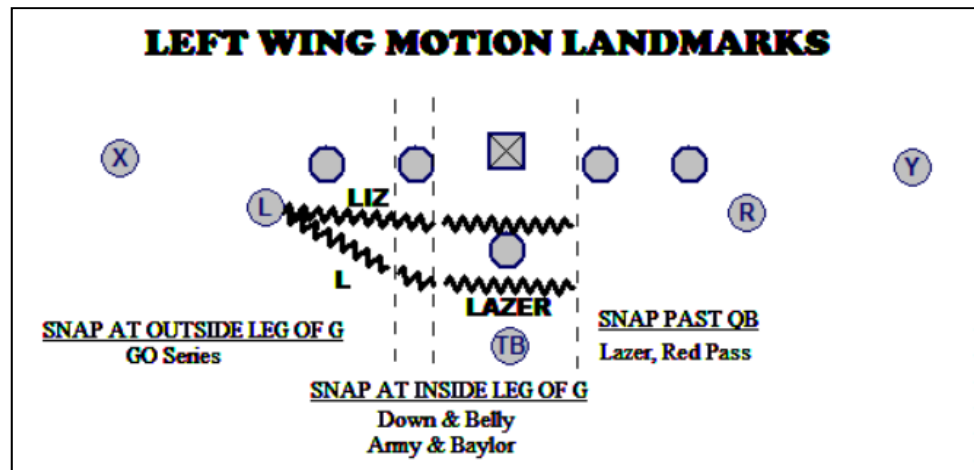


Fig 23: Snap Count Landmarks for LH motion

SHIFTS

SNAP COUNT: Color - Number - [pause] -Ready - Set - Hit - Hit

We shift on the first sound out of the QB mouth. All Shifts will be on the wristband

"SHIFT" is Tailback moving to his EMPTY position after QB lifts his heel. Must be set for 1 second

"EXPLODE" is when everyone lines up anywhere they want and shift to the called formation. This is an example of "EXPLODE to SPREAD"

"UP" is when L-BACK and R-BACK line up opposite their final position and shift.

"MOVE" the two ENDS (X & Y). Line up in the "opposite" formation and shift. This is an example of "MOVE to TIGHT"

"FLOP" involves the TIGHT END (Y).

	MOTION	SHIFT
LW	L, Liz, Lazer, Late, Lou, L-Stop, L-Twirl	Explode, Up
RW	R, Rip, Rocket, Ray, Roy, R-Stop, R-Twirl	Explode, Up
TB	Tail, Tar	Explode, Shift
TE (Y)		Explode, Move, Flop
SE (X)		Explode, Move

Formation Combinations

The basic idea is to take any “X” or “Y” word and combine it with the running back words. There are a total of 31 formation words that can make 189 formation combinations.

Y WORD	+	X WORD	+	L & R WORDS	+	TB WORDS																						
Tight or Nasty Over or Over Nasty		Heavy Heavy Heavy no heavy no heavy no heavy no heavy Heavy no heavy no heavy		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td colspan="2">no back call</td></tr> <tr><td>Right or Left</td><td></td></tr> <tr><td>Ram or Lion</td><td></td></tr> <tr><td>Tee</td><td></td></tr> <tr><td>Spread</td><td></td></tr> <tr><td>Slot Lt or Rt</td><td></td></tr> <tr><td>Trips Rt or Lt</td><td></td></tr> <tr><td>Bunch Rt or Lt</td><td></td></tr> <tr><td></td><td>Near or Far</td></tr> <tr><td></td><td>Empty</td></tr> <tr><td></td><td>Wildcat</td></tr> </table>	no back call		Right or Left		Ram or Lion		Tee		Spread		Slot Lt or Rt		Trips Rt or Lt		Bunch Rt or Lt			Near or Far		Empty		Wildcat		Motions Or Shifts
no back call																												
Right or Left																												
Ram or Lion																												
Tee																												
Spread																												
Slot Lt or Rt																												
Trips Rt or Lt																												
Bunch Rt or Lt																												
	Near or Far																											
	Empty																											
	Wildcat																											

Cannot run “HEAVY” with Trips / Bunch / Spread / Slot.

Ex) Tight + Heavy + Right + Rip

Ex) Over Nasty + --- + Trips Right + ---

X/Y WORD	+	RB WORDS	+	X/Y WORD	+	RB WORDS																																								
Loose ** or Looser		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td colspan="2">no back call</td></tr> <tr><td>Right or Left</td><td></td></tr> <tr><td>Trips</td><td></td></tr> <tr><td>Bunch</td><td></td></tr> <tr><td>Spread</td><td></td></tr> <tr><td>Slot</td><td></td></tr> <tr><td>Ram or Lion</td><td></td></tr> <tr><td>Tee</td><td></td></tr> <tr><td></td><td>Far / Near</td></tr> <tr><td></td><td>Empty</td></tr> <tr><td></td><td>Wildcat</td></tr> </table>	no back call		Right or Left		Trips		Bunch		Spread		Slot		Ram or Lion		Tee			Far / Near		Empty		Wildcat		Doubles or Over Doubles		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td colspan="2">no back call</td></tr> <tr><td>Right or Left</td><td></td></tr> <tr><td>Trips</td><td></td></tr> <tr><td>Bunch</td><td></td></tr> <tr><td>Spread</td><td></td></tr> <tr><td>Slot</td><td></td></tr> <tr><td>Ram or Lion</td><td></td></tr> <tr><td>Tee</td><td></td></tr> <tr><td></td><td>Far / Near</td></tr> </table>	no back call		Right or Left		Trips		Bunch		Spread		Slot		Ram or Lion		Tee			Far / Near
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We do not say “LOOSE” in the playcall. It is a reference for how our Ends line up in our BASE set..

Ex) --- Slot Left Liz Ex) Over Doubles Lion ---

Ex) Looser Tee --- Ex) Doubles Slot Right Rip

The KEY to this system is that the words that the X & Y have to learn have NOTHING to do with the BACKS and vice versa.