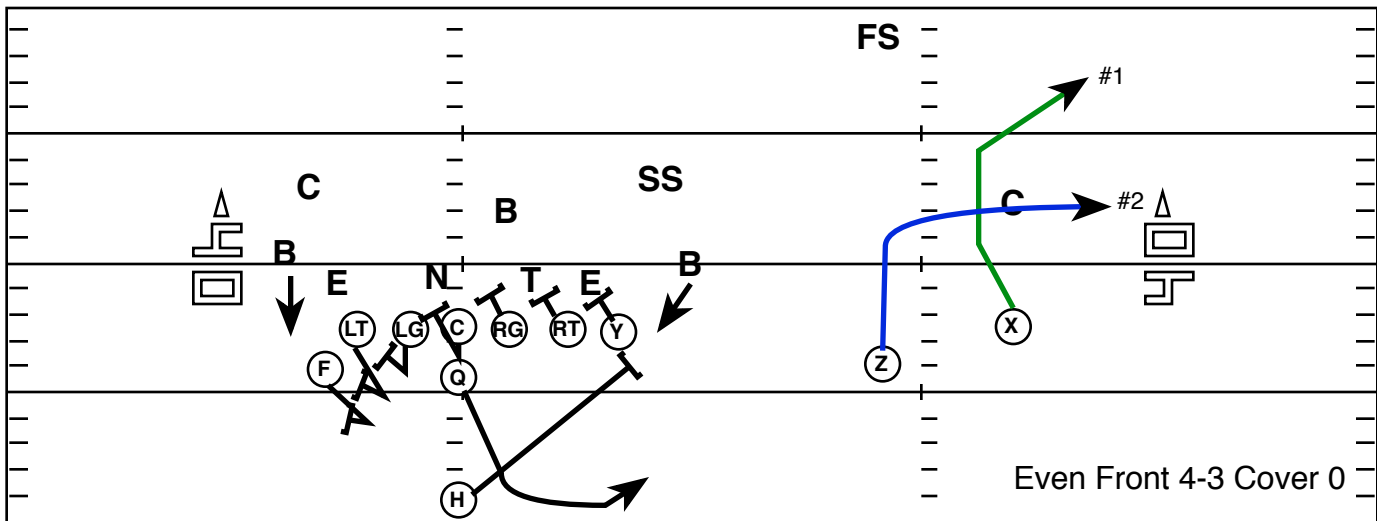
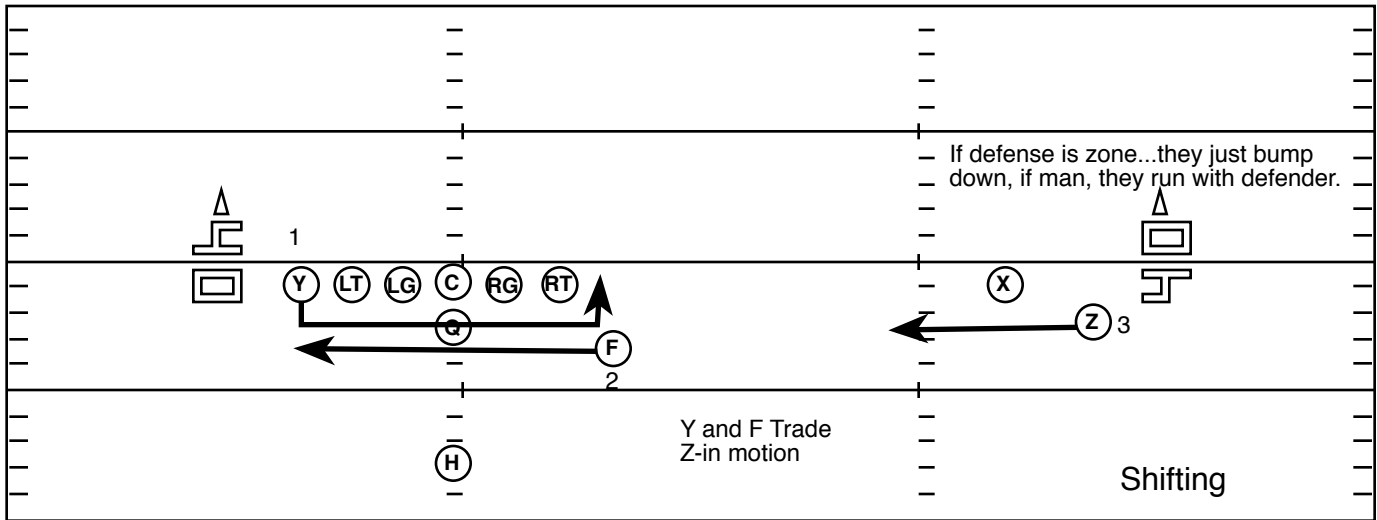
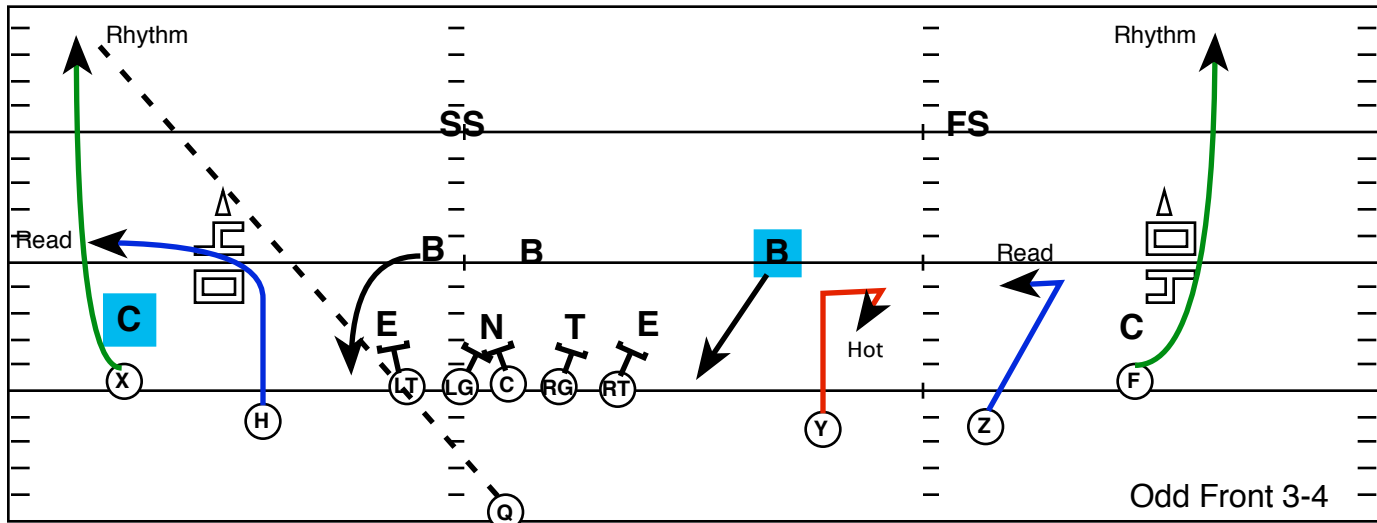
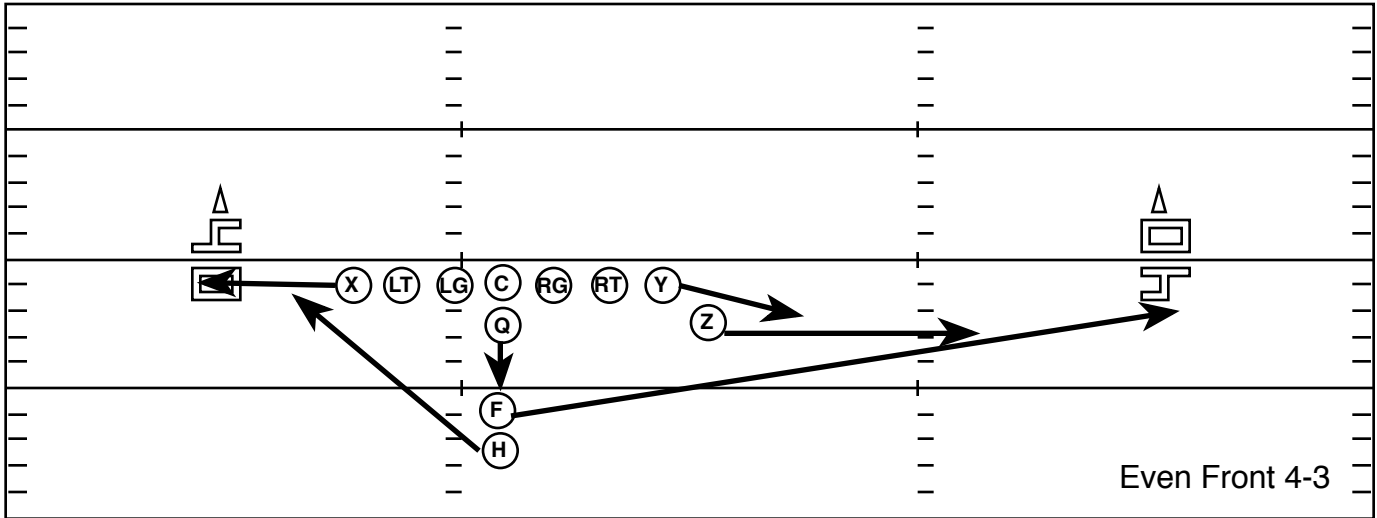


Y/F Trade, Z-In, Twins R Wing, Sprint R 17



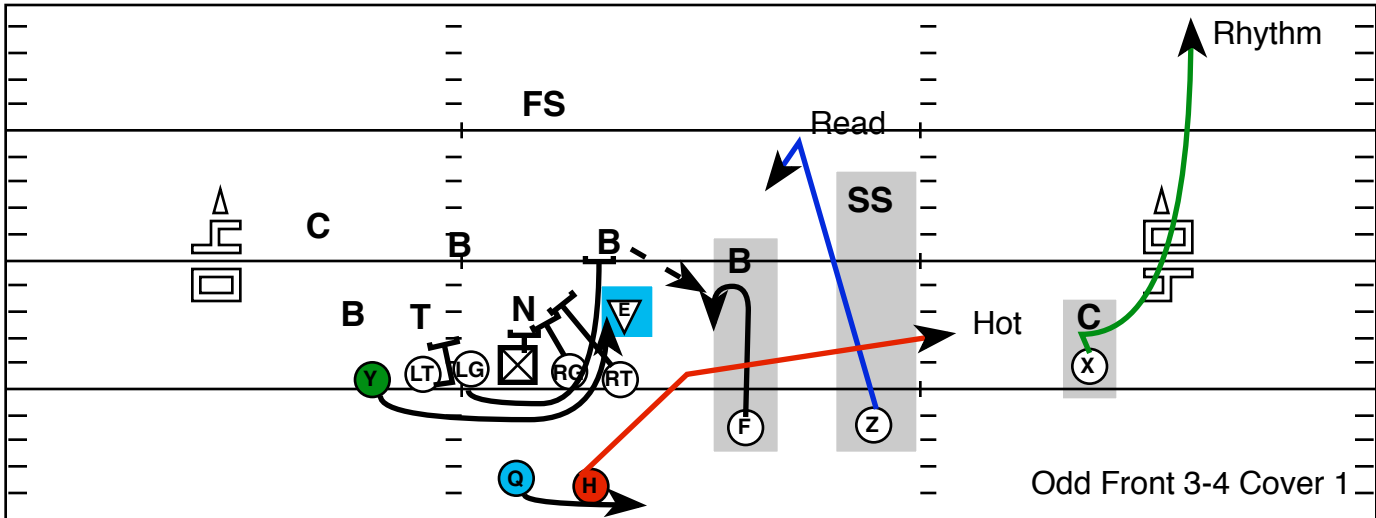
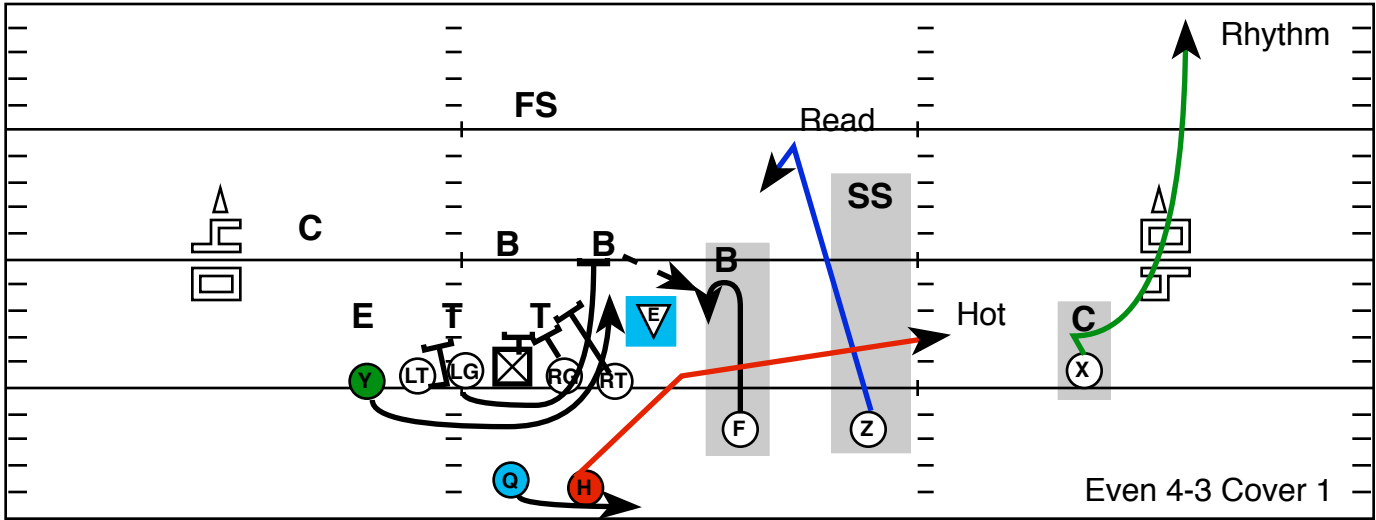
Assignment and Technique	Drills and Skills	Strategy
<p>QB: Under Center on 8th Step throw to #1, but can throw to #2 hot any time.</p> <p>OL: From Center back, form a wall. Hinge step to close gap inside, then backside of line form a wall of protection backpedaling in unison.</p> <p>Frontside of line also has gap inside responsibility and if no one shows in your gap, find work.</p>	<p>You will definitely want to work on the QB throwing the rhythm route on time right on his 8th step to the X Corner route (or any other rhythm route you may wish to tag).</p> <p>A great way to practice this against different looks is to have two players standing at the end of the route to catch whichever throw the QB makes. Then add a defender like the FS. The first read is to see if the FS is taking away the Corner. If he does, throw the out. If he doesn't, throw the corner.</p> <p>Then just run it with a corner defender and do the same.</p> <p>At the end, add in both defenders, and give the QB the option to run the ball if needed.</p>	<p>The play alone is a simple sprint out pass which is good for longer yardage downs where teams might like to blitz.</p> <p>I think Canada calls this play first because he wants to get his QB in the flow throwing on the run.</p> <p>He can also see initially what he might be facing in terms of coverage but without the risk of his QB having to make too many decisions without seeing much of the defense just yet.</p> <p>Swapping the Y first shows the front against a Strong wing look, then motioning the F backside reveals the defenses alignment against a 2 TE look.</p> <p>The Z-In motion shows man or zone coverage as well as makes the secondary switch responsibilities.</p>

Explode Empty Right 19-Stick



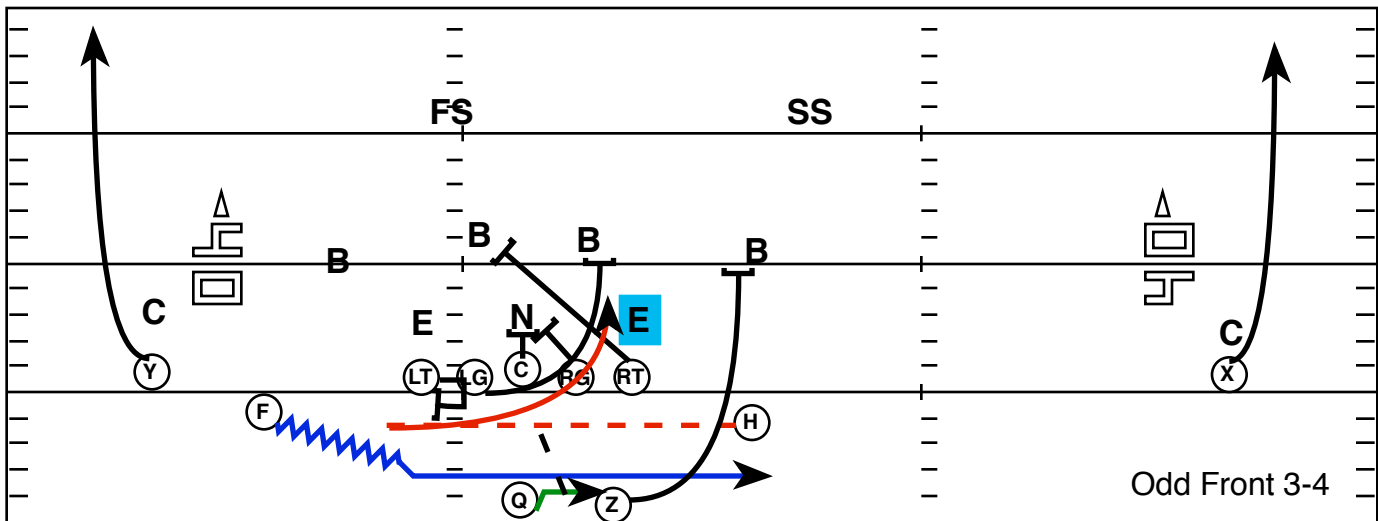
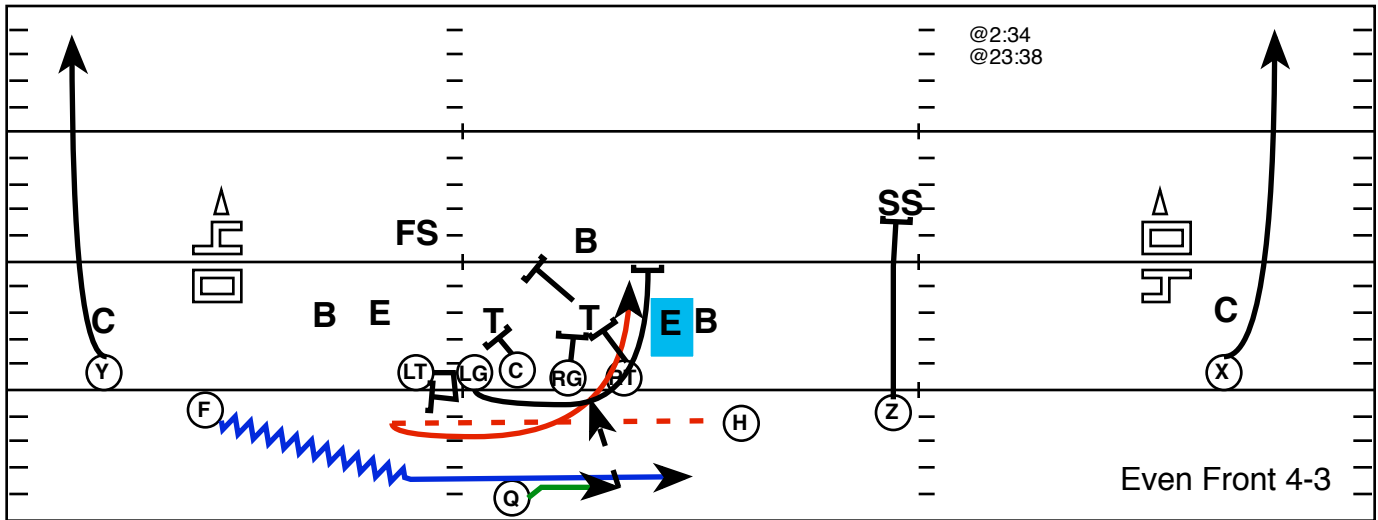
Assignment and Technique	Drills and Skills	Strategy
<p>Against empty formation, QB has the 6th man in the box.</p> <p>X must work a clean release from the Corner. Keep hands aggressively contacting so defender cannot disrupt route timing.</p> <p>In empty plays, QB must pick a side to read especially with blitz coming.</p>	<p>During 7 on 7 pass work, make sure to practice correct timing of throws. As soon as the blitzing backer triggers, the ball must be thrown to the open HOT or RHYTHM receiver to that side</p>	<p>Rhythm throws can beat blitzes because they get out quickly. Corner fails to ride or de-route X long enough, gives up big gain.</p> <p>To the short side, the 19 combo is great against two high safety looks.</p> <p>To the field, the Snag combo is great against single high safety looks.</p>

Trips Right Y-Shovel, Pick-49, H-Arrow



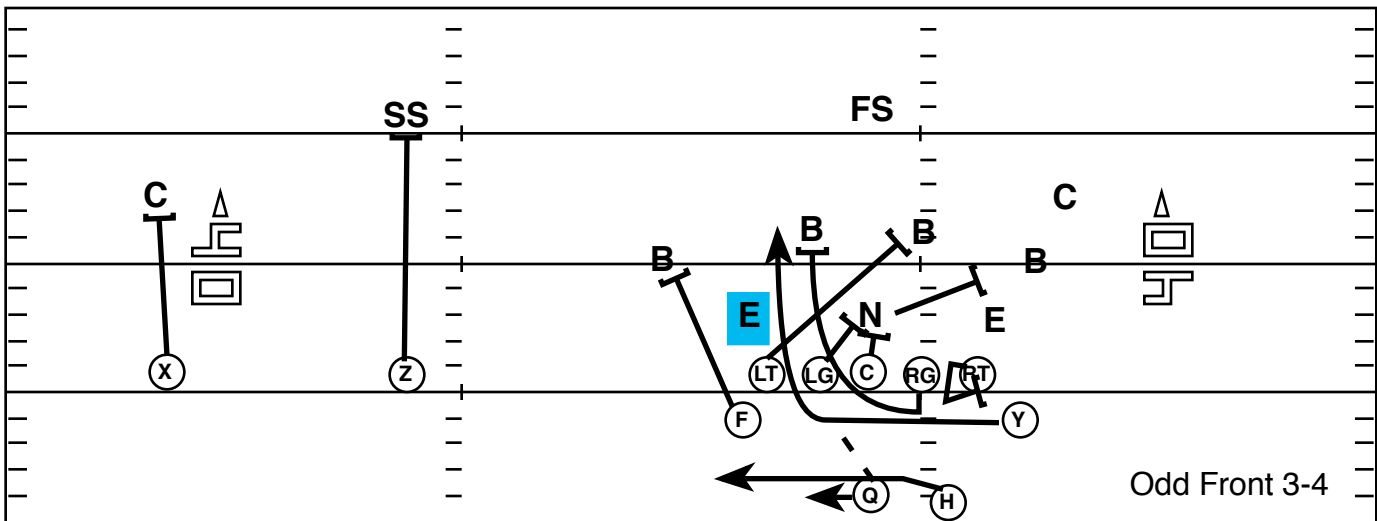
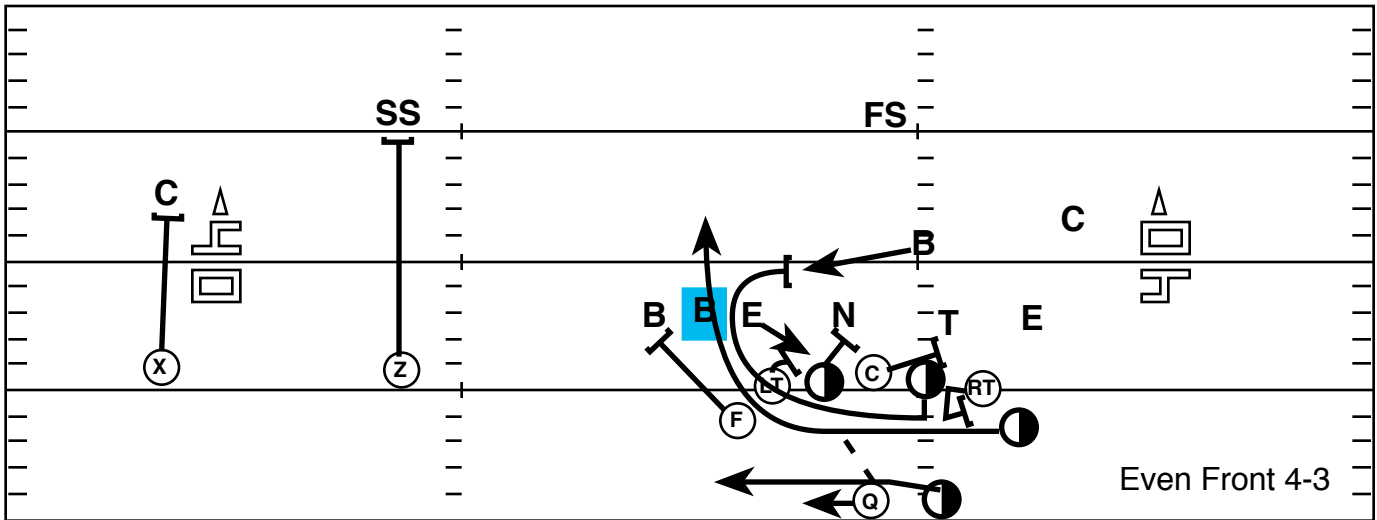
Assignment and Technique	Drills and Skills	Strategy
<p>OL - Power Read Scheme Rules: Gap, On/Double, Down, RT must help with Down, then work late to backside backer to avoid being called down field.</p> <p>BSG - Skip Pull to PSLB - Inside Shoulder</p> <p>BST - Cutoff/Hinge</p> <p>Y - Pull and take shovel, follow inside BSG</p> <p>Q - Press outside - Read EMLOS. If T squeezes, run sprint pass. If E attacks, shovel pass under him.</p> <p>F - 0 Route to collide with Mike. H - Arrow Route - rub off Z Z - Find Hole X - Fade - mandatory outside release</p>	<p>QB - Take the ball and must work laterally keeping his shoulder square to the LOS. His shovel pass is like a left handed forward pitch to the Y.</p> <p>F - must get to spot in front of Mike Backer's path and sit down forcing him to alter his route covering the H.</p> <p>LG - Skip pulling technique allows you to keep shoulders square to line and when working up to the playside backer, stay on his inside number. Y can cut up inside your block.</p>	<p>By positioning the Trips to the field, the offense is forcing the defense to play pass strength to the 3 receiver side leaving them with 6 in the box to play the run.</p> <p>By optioning the Weakside End, the offense gains an advantage in numbers to block 5 v 5.</p> <p>If the End chooses to defend the run and squeeze his gap, the QB sprints outside... and looks to either run or get a easy completion to the H who is rubbing off the F's pick route - perfect for man coverage.</p> <p>If defense is playing a zone, the Stick combination between the Z and H becomes a good option to read.</p>

Empty R to Ewing L, Juice (Jet-Shovel) R



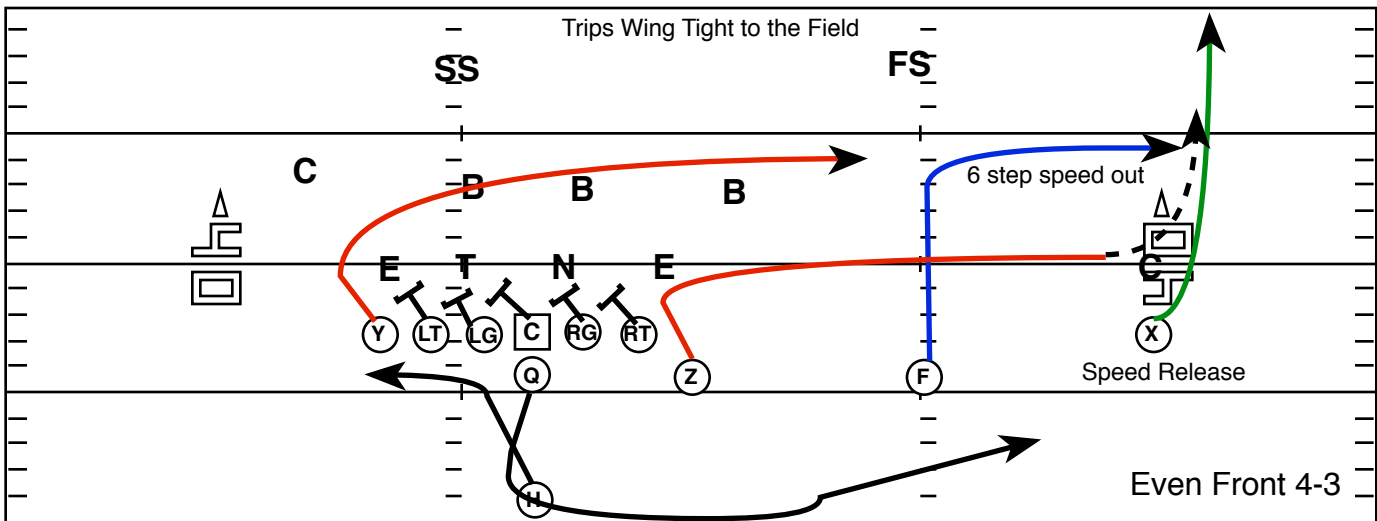
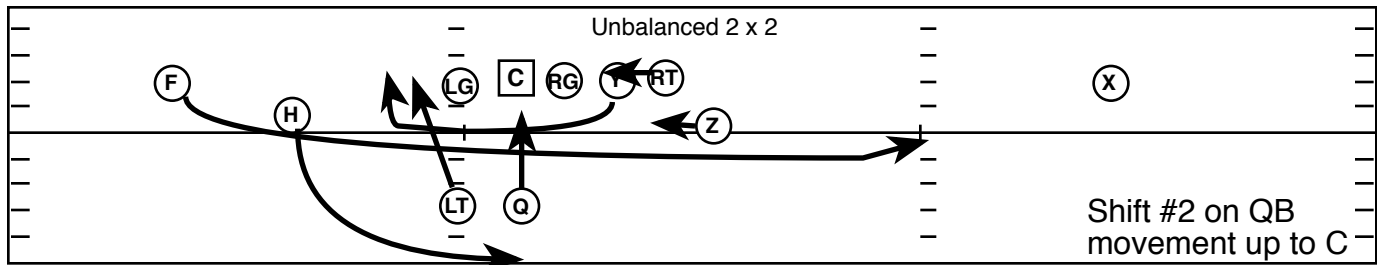
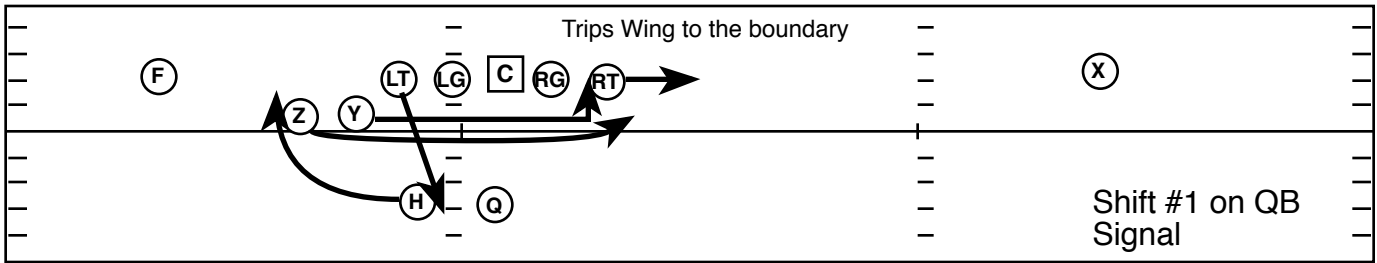
Assignment and Technique	Drills and Skills	Strategy
<p>QB - Shuffles laterally while reading the defensive end. QB's rule is to give the ball if the F can get outside of contain. If not, shovel it under.</p> <p>QB does not to ride long if he sees F cannot get outside.</p>	<p>Step 1: Practice QB read and exchange mechanics with just the F and H. Have a coach snap the ball and use cones or a bag to mark path of runners.</p> <p>Step 2. Add an E to the mix for the QB to read. Can also be a coach giving you different looks.</p>	<p>This play is fantastic when you have strong RB's but a QB you don't want to run with the ball. If he is coached well to make the right decision, the defense will be wrong every time.</p>

Navy Z Over, Sweep Shovel Left



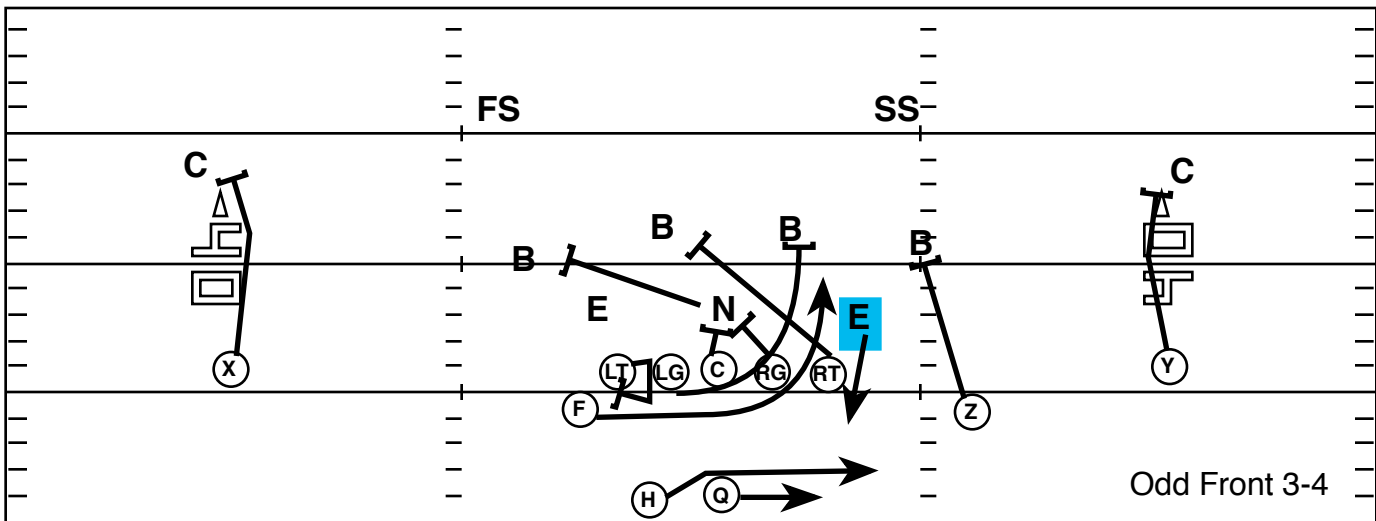
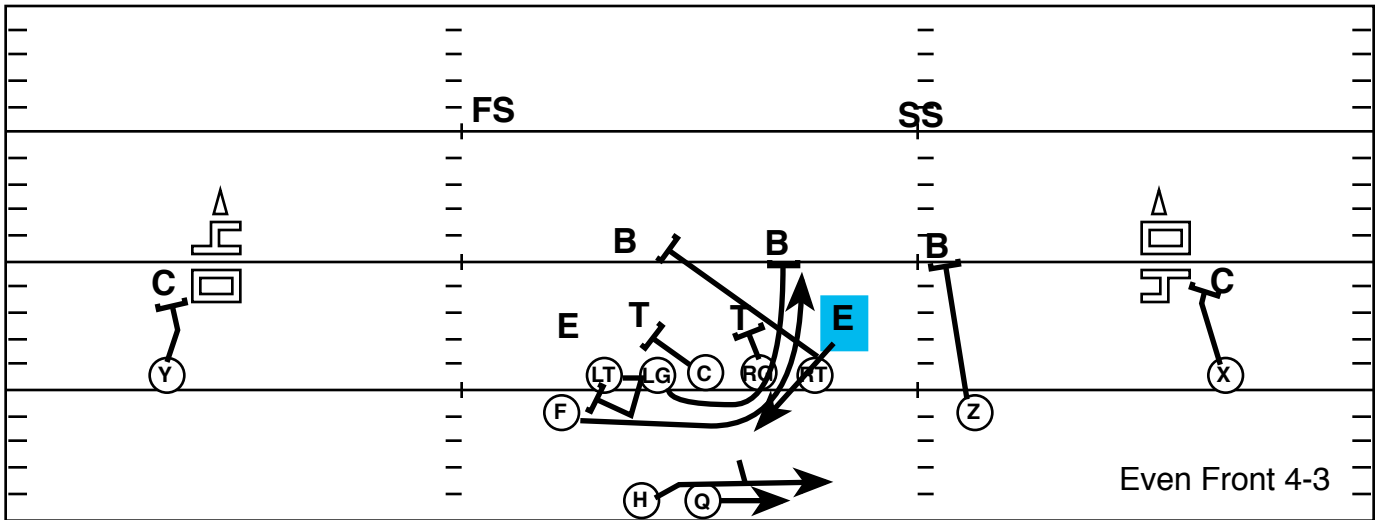
Assignment and Technique	Drills and Skills	Strategy
<p>OL: Power blocking scheme. PST and PSG all have gap inside first to backside LB. Center has man on unless uncovered then he can block back. RG will pull and look to first playside LB that shows. If LB fills or flows wide he can simply kick him out so back can cut up inside.</p> <p>RT has a hinge block to prevent run throughs.</p> <p>Y - Take two hard steps, then shuttle down until out of shovel zone. If there is no shovel pass, then continue upfield to find work.</p> <p>Q - Take two later slides playside reading End. If End takes away sweep, shovel to Y.</p>	<p>QB should be working every day on the E read and either giving or shoveling the ball inside to the Y.</p> <p>I am convinced the shovel pass needs to be practiced as often as the pitch so it cannot be taken lightly.</p> <p>Work both directions and do not over coach the read. Allow the QB to feel the DE anticipating the sweep which will open up the shovel pass.</p> <p>If the DE does not aggressively take the H, the QB should give the sweep because of the speed of the sweep.</p>	<p>By overloading the defense to the field, Canada has stretched out the secondary adding to the imbalance of numbers he is creating with the run play to the imbalance.</p> <p>If the Z was on the right, the SS would still be over the top without an extra blocker for him.</p> <p>Now, the SS is accounted for and the shovel if blocked correctly only has a deep FS or backside C to stop the play.</p>

Canada Trips Rt Wing Sprint 159



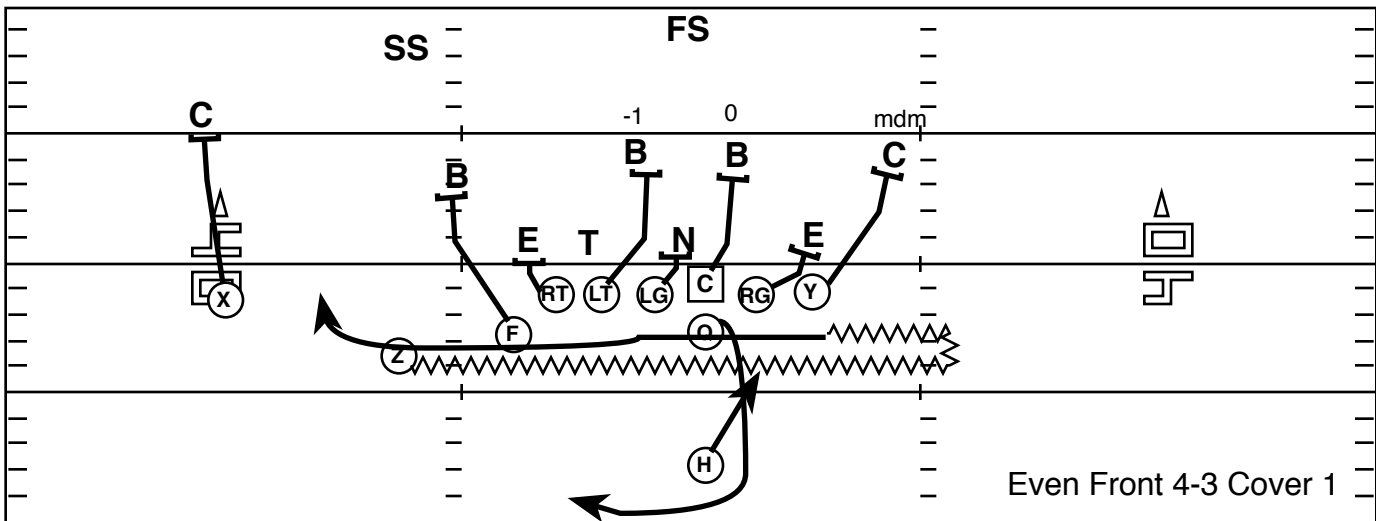
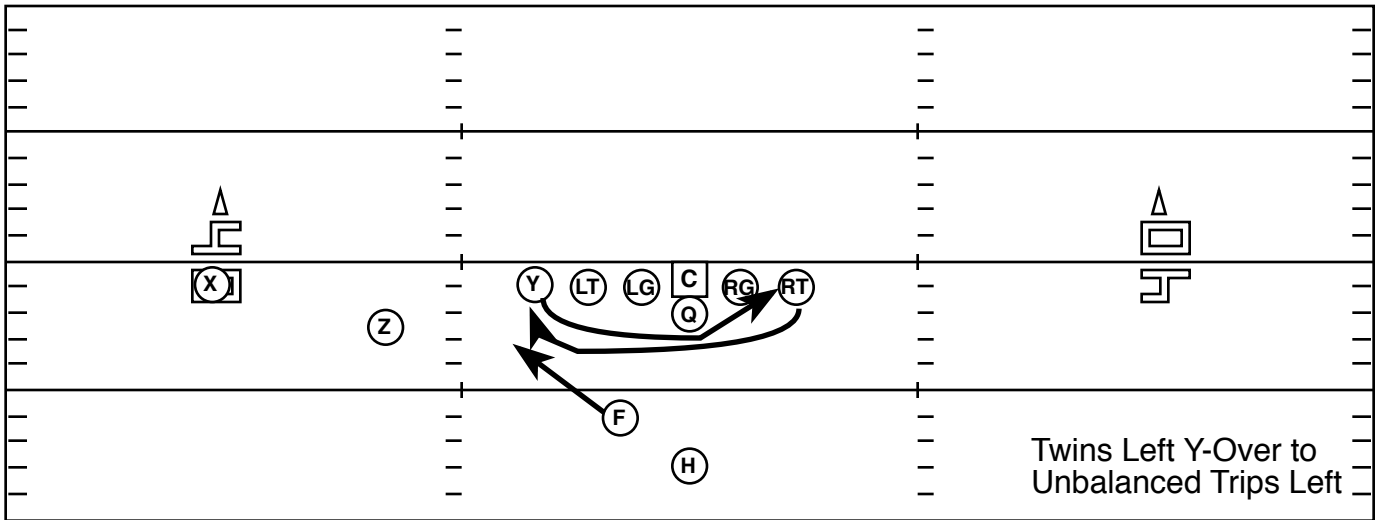
Assignment and Technique	Drills and Skills	Strategy
<p>OL - Gap hinge protection away from naked boot. Must make it look aggressive to keep defense up on the run. Find work if no one shows.</p> <p>Z - Simulate Gap hinge, then release outside on arrow route.</p> <p>H - Carry out fake bounce outside opposite boot.</p> <p>F - Speed Out - 6 steps</p> <p>X - Fade, mandatory outside release</p> <p>Y - Stretch block then best release for drag across.</p> <p>QB - Fake with open hand then boot deep opposite looking for Rhythm throw on 8th step, Read on 10th step and Hot now if pressure comes.</p>	<p>This kind of shifting is probably more than necessary for most teams, but if you have simple terminology and the players buy in to the rehearsal necessary to get it right, can be fun to do!</p> <p>It's also very difficult to label this shift in a playcall other than to just simply memorize it and practice it using a one word call "Canada".</p> <p>The Canada shift means you start in the first formation above, then shift to the second formation, then shift again to your final formation that the play is called with.</p> <p>If you want to shift a lot, have a formation period pre-practice where all the players practice this simple but fun mental part of the game.</p>	<p>The intense shifting on this play is meant to shift strengths, line alignments and formation tendencies.</p> <p>After all the pre-snap movement, Pitt runs a play-action naked boot away from the TE strength of the formation.</p> <p>While the secondary didn't have any difficulty recognizing trips, the line and backers alignments and gap adjustments certainly helped the naked boots success.</p> <p>Clemson did a nice job but still couldn't avoid being outnumbered when the QB sprinted out and they were forced to stop him from running.</p>

Doubles Right Wing Sweep Shovel (SS) Right



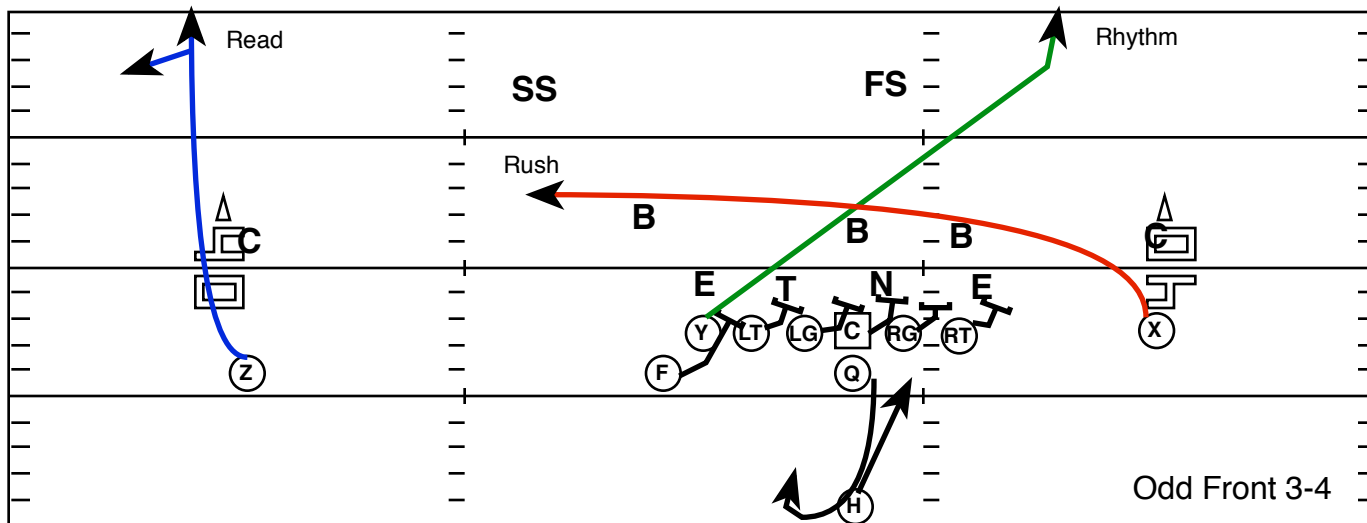
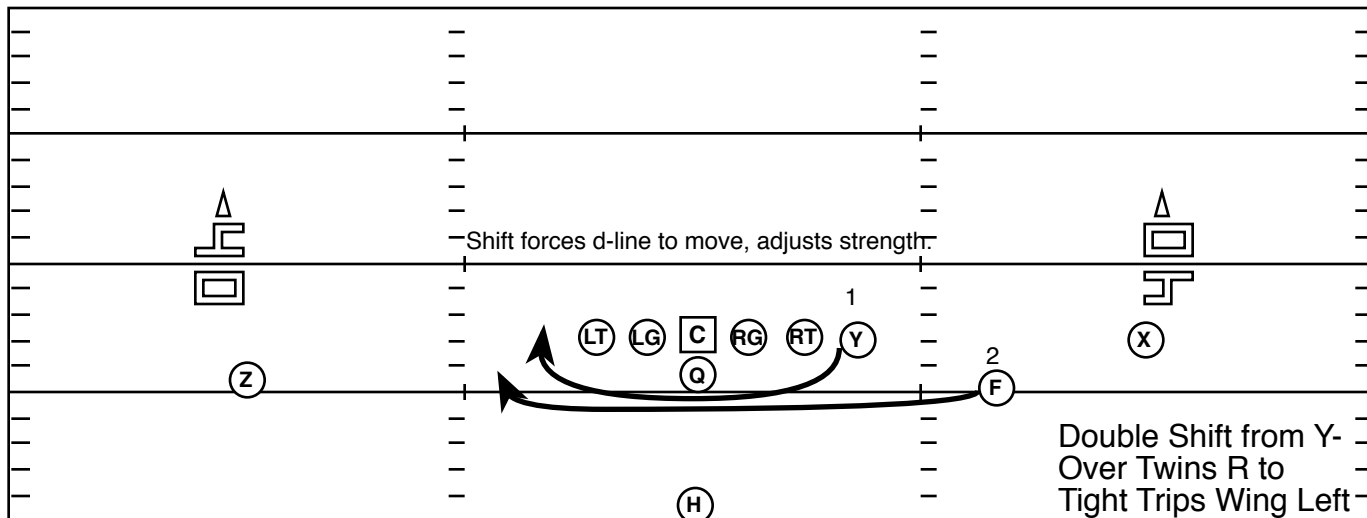
Assignment and Technique	Drills and Skills	Strategy
<p>See Sweep Shovel Left for F, H, Q and OL assignments.</p> <p>Double Team Calls:</p> <p>Ram - Center and RG combo. Lion - Center and LG combo. Deuce - RG and RT combo or LG and LT combo with each other.</p> <p>Z - Block force defender playside.</p> <p>Y - Stalk Block for Sweep option playside.</p> <p>X - Backside cutoff block.</p>	<p>F backs or TE's need to understand and be able to get into and stay in the proper shovel relationship. They can't go too fast or too slow and have to trust the QB's decision and keep their eyes on him.</p> <p>You also need to have a strong player who can take a hit or deliver one back every now and then as defenses will try anything to shut down the shovel pass like tackling the F regardless.</p> <p>Shovel passes sneak in the option with a forward pass that if it happens to be dropped, is just an incomplection. Practice in individual time catching the pass and getting upfield following the pulling G. Keep eyes on the ball until it is secured is critical to prevent fumbles.</p>	<p>Canada relies on the Sweep shovel series because his personnel fits it well.</p> <p>Pitt has a dynamic TE who runs well inside and catches well. Shovel passes are ideal for TE's who need to get the ball in their hands often.</p> <p>They also have a speedy back to run the ball at the H. But without other threats, teams would key on the H and shut him down.</p> <p>At QB, they have a smart decisionmaker who can be trusted to handle the ball and distribute it to the open player. Canada never puts him in a position where he could be pushed out of his athletic or safety comfort zone.</p>

Yeti Pitt Left, Zipper Jet Left



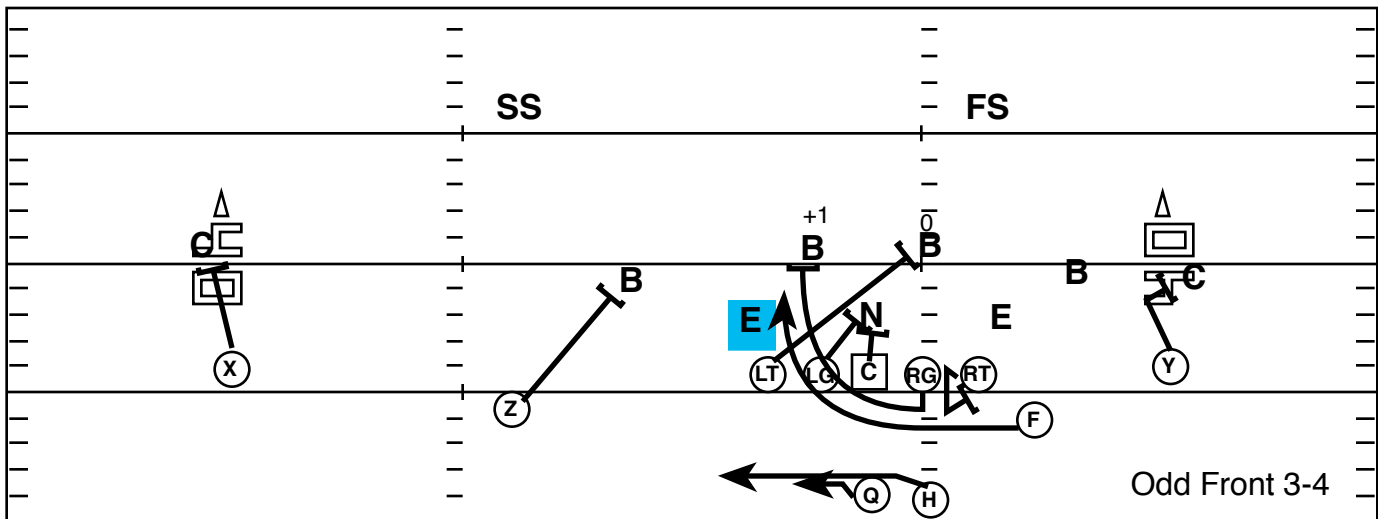
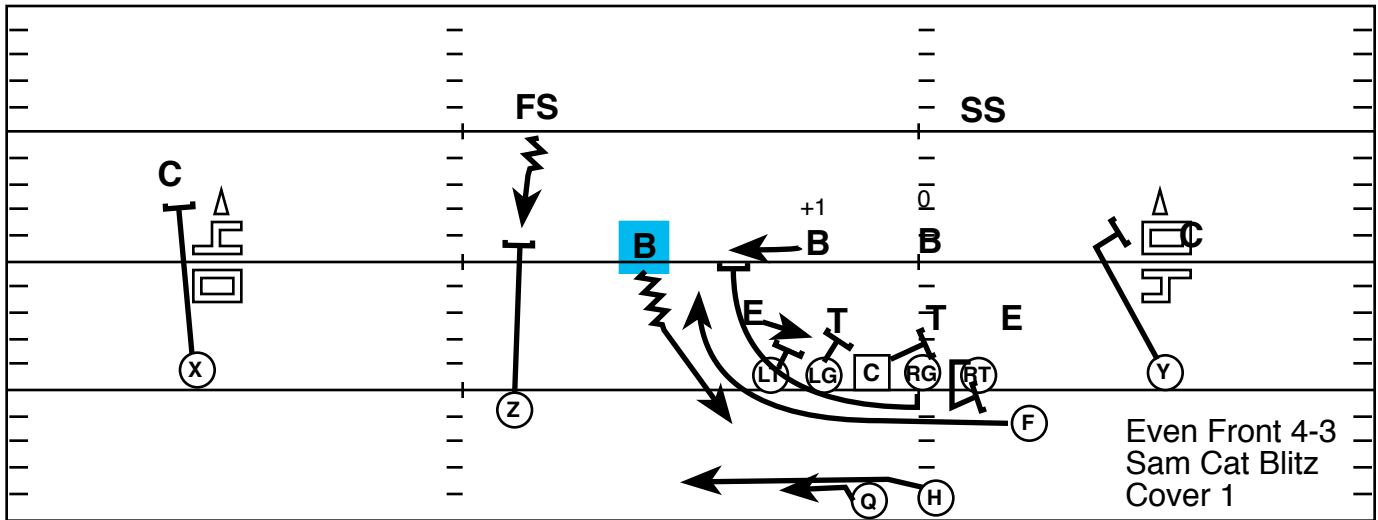
Assignment and Technique	Drills and Skills	Strategy
<p>The Yeti shift tells Y and the opposite Tackle to shift trade with the F dropping down to the wing on the unbalanced line side.</p> <p>The Zipper call tells the Z to fake motion a Jet to the right, then plant and come back to the left for the play.</p> <p>RT - On - reach block, must attack to get leverage.</p> <p>F - release upfield to first force defender who shows outside DE.</p> <p>LT, LG, C, RG and Y: Full zone block to the right. Attack defenders, don't sit and wait for them to come to you.</p>	<p>The speed of the Jet is critical to it's execution.</p> <p>The benefit of under center Jet is the QB can look to motion man and call the snap on time.</p> <p>Because of this, it is the QB's responsibility to call the snap at the right moment. All the Z is responsible for is being at full speed.</p> <p>At this speed, there is no possibility of the DT laying a finger on the Z if he has the ball.</p> <p>If he does not get it he should execute a great fake turning his shoulders away from the line and accelerating out from the formation.</p>	<p>In this play that I can best label a "Run-run option", the offensive line is blocking for two different run plays simultaneously.</p> <p>The Jet motion is deceptively holding the C gap defender (Defensive Tackle) accountable to his gap.</p> <p>However the right side of the line from the LT over will block full zone (covered, uncovered stay on your track principles) to the right.</p> <p>Canada is pre-snap asking his QB to determine the best run of either a sweep or a zone. The QB will pick on or the other and execute a fake and a handoff. I believe Canada may be telling him to make this call based on safeties or overhand outside LB defenders.</p>

Shift Tight Trips Wing Lt F-Max 592



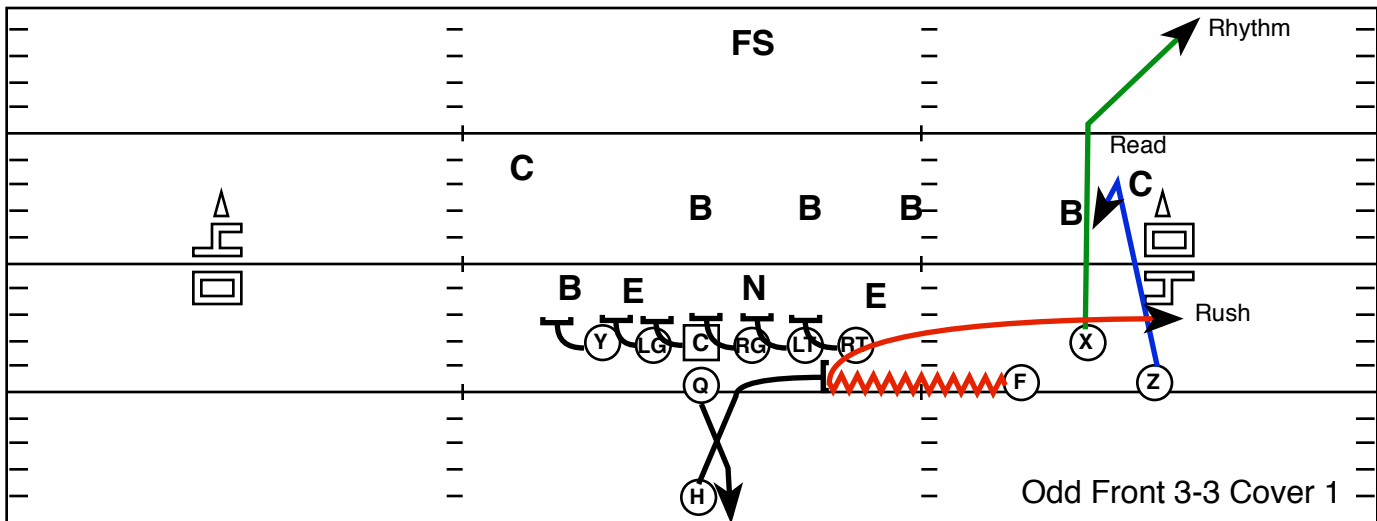
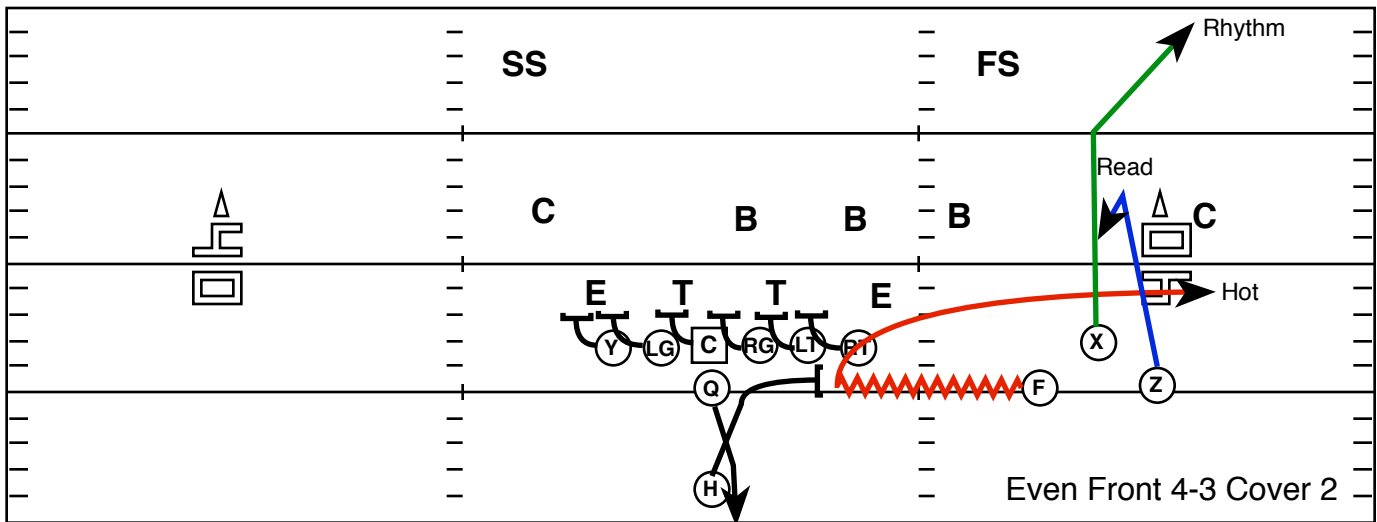
Assignment and Technique	Drills and Skills	Strategy
<p>OL with F have full zone hinge protection.</p> <p>Y - Take best release with flow of zone toward right side of field with aim point between the hash and numbers.</p> <p>H - Sell Fake Zone Rt, find work.</p> <p>Q - Fake handoff then pivot around to find Y up opposite sideline. If pressure or Y covered, he can throw to X Hot. If he must sprint out to field side he can run for gain or look for Z.</p> <p>QB has a great arm here and demonstrates it with this great throw.</p>	<p>Scramble drill is one I like to use to help quarterbacks be prepared to throw on the run and receivers to get open when things don't go as planned.</p> <p>Have receivers run route but then mid route adjust to QB scrambling by getting open.</p> <p>Rules:</p> <p>If middle of field - mirror QB, stay in front of him.</p> <p>If Deep - come back.</p> <p>If Under or short - go deep.</p> <p>Practice this regularly to make the unexpected, expected.</p>	<p>Canada uses this play as a one time big play shot to get the ball to his TE. Based off the zone run again, he adds the F as an extra blocker to protect.</p> <p>The goal here is to create enough flow to move the secondary to the field side. This is not a call that can be made into the boundary.</p> <p>He also has multiple escape paths for the QB to take unless the deception does not work.</p> <p>By shifting from unbalanced covered up, to TE trips, Defensive Backs have to recognize that they have trips coverage and if #3 goes vertical to the backside, somebody has to run with him. Tough to do if you're a linebacker.</p>

Doubles Left Wing Sweep Shovel Left



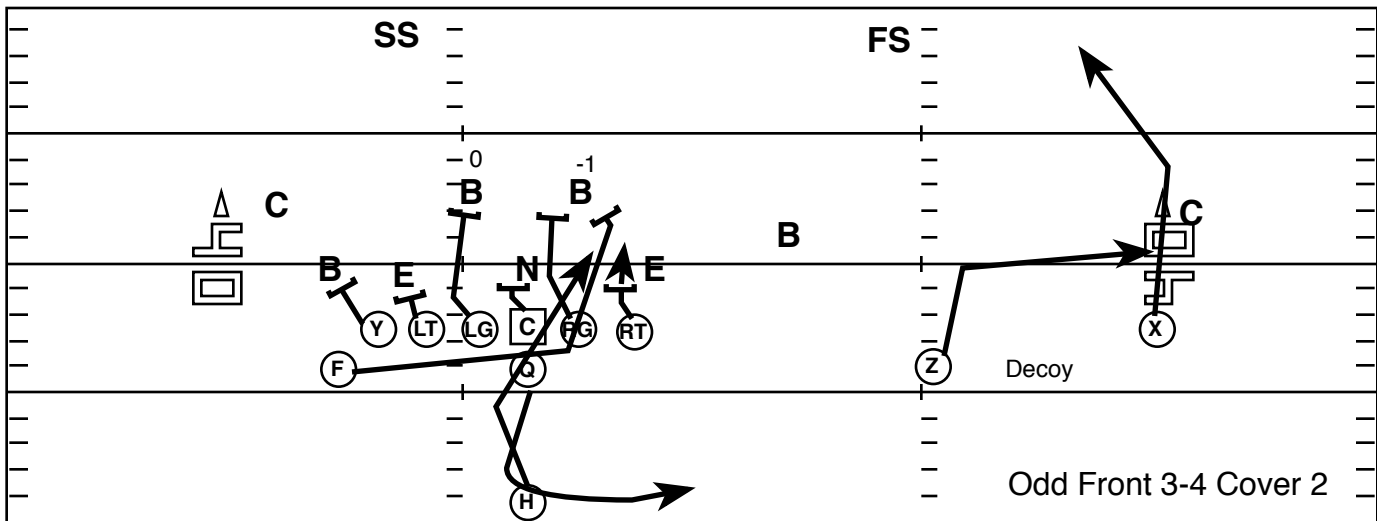
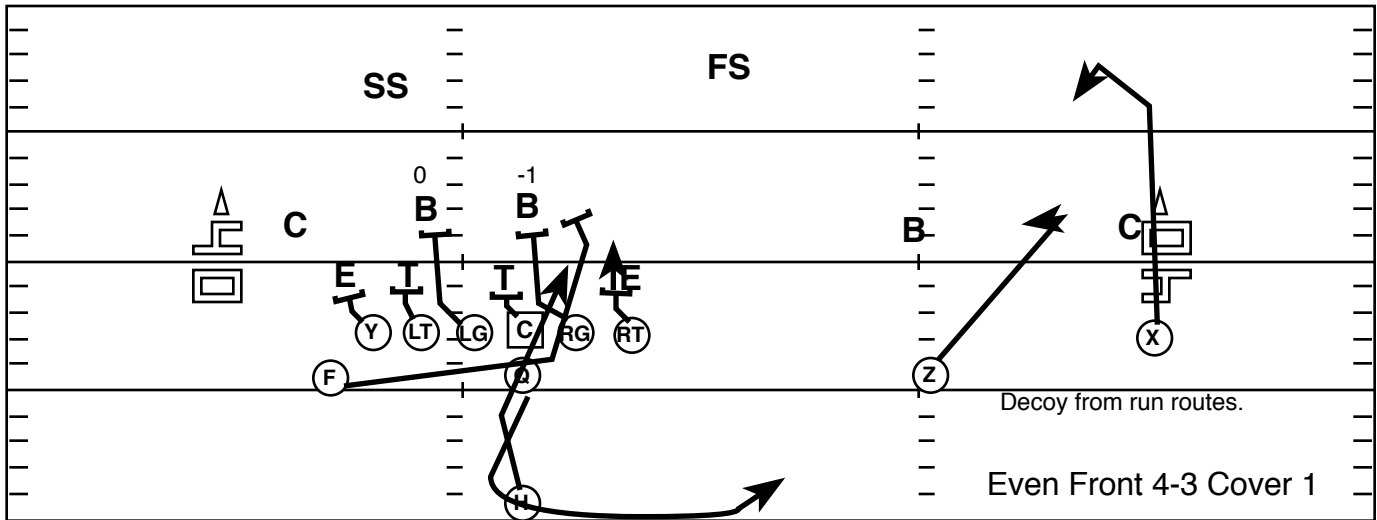
Assignment and Technique	Drills and Skills	Strategy
<p>LT - Gap inside, if E crosses his face, wash him down inside. Down or double with LG to Mike 0 Point.</p> <p>LG - Gap, On (Deuce with LT), Down to Mike 0 Point.</p> <p>C - Back, On.</p> <p>RG - Pull to +1 LB</p> <p>RT - Close the gap, hinge backside</p> <p>F - Shovel Relationship - 2yd in front, 4yd behind H</p> <p>H - Sweep Read mesh.</p> <p>Q - If End can stop H, pull and shovel to F. If not, give.</p>	<p>Too often as offensive coordinators, we like to run plays against static defenses.</p> <p>But what really makes an offense good is when they can adjust to defenses that are dynamic in blitzing and stunting to different gaps.</p> <p>It's impossible to predict every single possibility that can happen but having rules and different tools in your players toolbox to use will more often then not make a difference that will result in big plays and cause defensive coordinators to questions their schemes.</p> <p>Always run your offense against blitzes and stunts and make sure your players know what to do.</p>	<p>This time the Sweep Shovel gets dialed up against the blitz to the opposite direction.</p> <p>Here the QB has to adjust his read to the first unblocked defender outside the Tackle.</p> <p>Since the Defensive End crashes inside, the LT washes him down by picking him up with his gap responsibility.</p> <p>When the back comes upfield, the shovel opens up and leads to a big gain because there is no one else left to make a play.</p>

Tilt R Bunch R 170



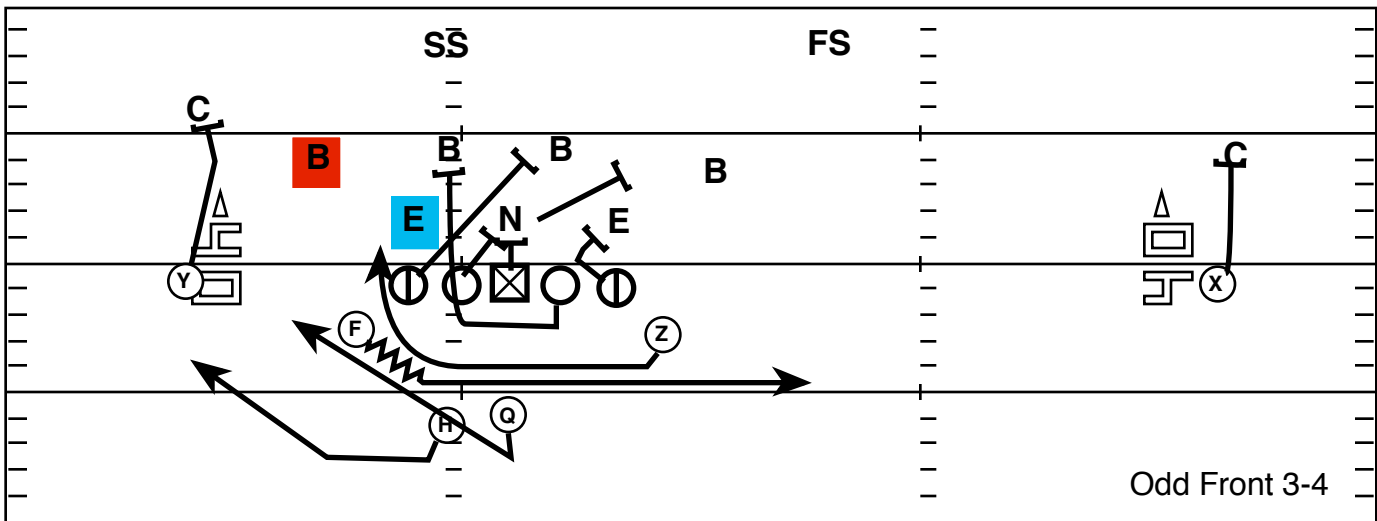
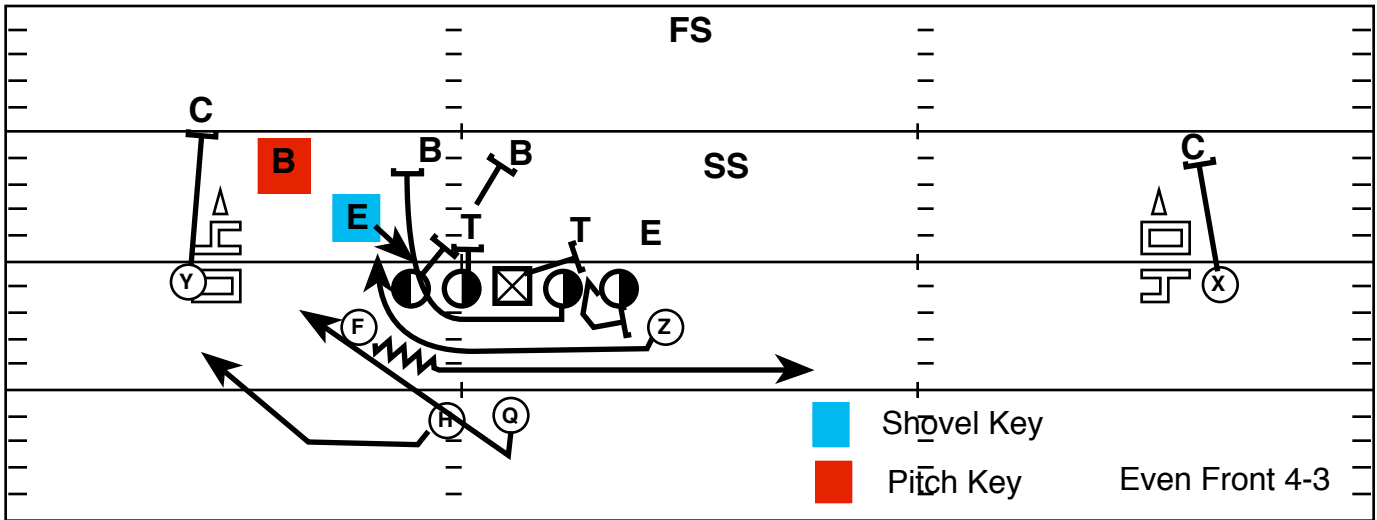
Assignment and Technique	Drills and Skills	Strategy
<p>OL: Hinge block full zone gaps away from play action call.</p> <p>H: Has D gap responsibility. Will cut DE if he shows.</p> <p>Q: Fake to H then set up on fifth step for rhythm throw to X. He should be able to get a good pre-snap look at whether he will be covered over the top or not. If defenders are already line up over the top he should quickle progress to the Z on his first hitch up.</p> <p>If Z gets bumped off his route or is covered, QB progresses to F on his second hitch up.</p> <p>If F is covered, QB must either throw the ball away or find a release to get what he can and avoid a sack.</p>	<p>Quick call. To make sure the QB knows his correct progression, have a player standing at the end of the route wait for the throw.</p> <p>One the snap the coach QB will drop and listen for the coaches call. If he calls Rhythm, then the QB throws to the X on time. If he calls Hot, then he throws to the F. If he calls Read, then he throws to the Z.</p> <p>Do not mix this drill with defenders, it is simply an easy way to practice throws and quick QB's on the correct progression and drop steps for each throw.</p>	<p>Canada runs a simple flood play action pass here that aims to pick on deep outside defenders.</p> <p>This is a great play that can be run against all types of defenses.</p> <p>If Man coverage is shown, the matchup of the X on the backer should be taken advantage of. The motion by the F will clue the QB to know if it is man or not.</p> <p>If no one runs with the Fin motion, then the QB knows it's a type of zone and he can look through the progression of deep defenders down to the Hot route.</p>

Doubles R Tight Wing Zone Left Insert



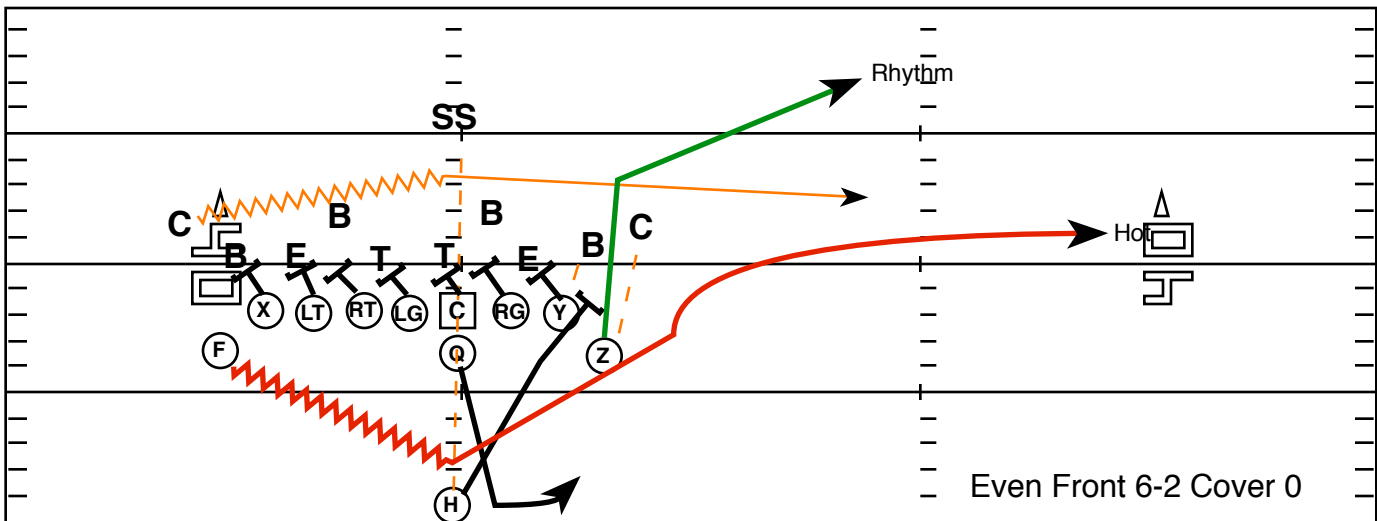
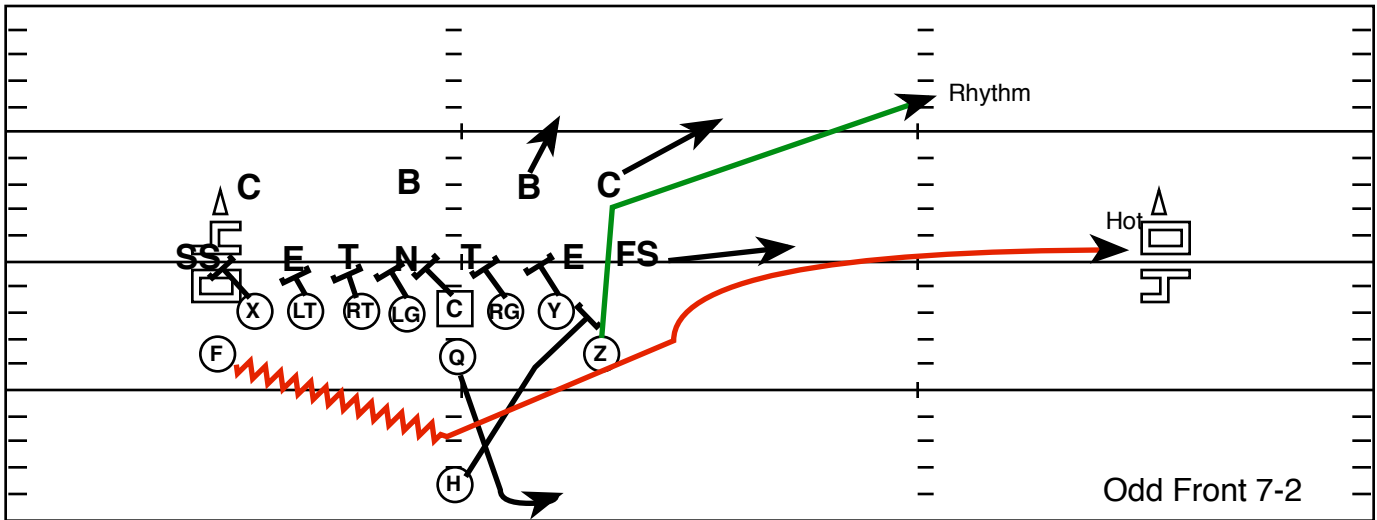
Assignment and Technique	Drills and Skills	Strategy
<p>OL and Y: Full zone technique. Stay on zone tracks, pick up man who shows in your zone track. Basic covered and uncovered rules.</p> <p>Watch for DL spikes back into your gap if uncovered, if not, move on to second level.</p> <p>RT - Man solo block on End man on line of scrimmage.</p> <p>F: Insert to backside -1 LB</p>	<p>RT has a critical man block to insure cutback lane is free.</p> <p>He must know his defender and in order to get position, he must first step and sell a zone release.</p> <p>After the zone release inside, he can then straight line block him vertically from his inside position.</p> <p>An excellent technique here is to use the gallop drive with his right leg up and into the crotch of the E while keeping his shoulders square to the Line of scrimmage.</p>	<p>The zone insert is yet another way that Canada is utilizing his talented TE at the F position. He is also changing the look for the DE when they run zone.</p> <p>DE's cannot get comfortable with being unblocked here because not the RT is taking him on and challenging his squeeze gap responsibility.</p> <p>This play also gives the backside LB a surprise lead blocker since he is likely not used to seeing someone come from the opposite side of the formation.</p>

Double Wing F-Jet 15 Shovel Triple



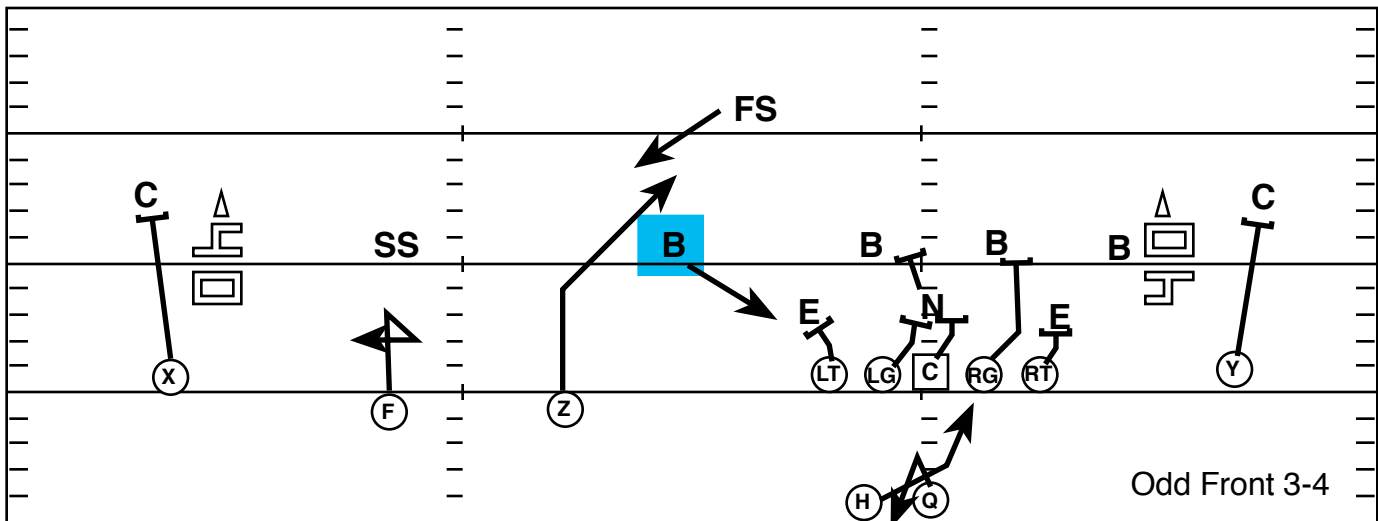
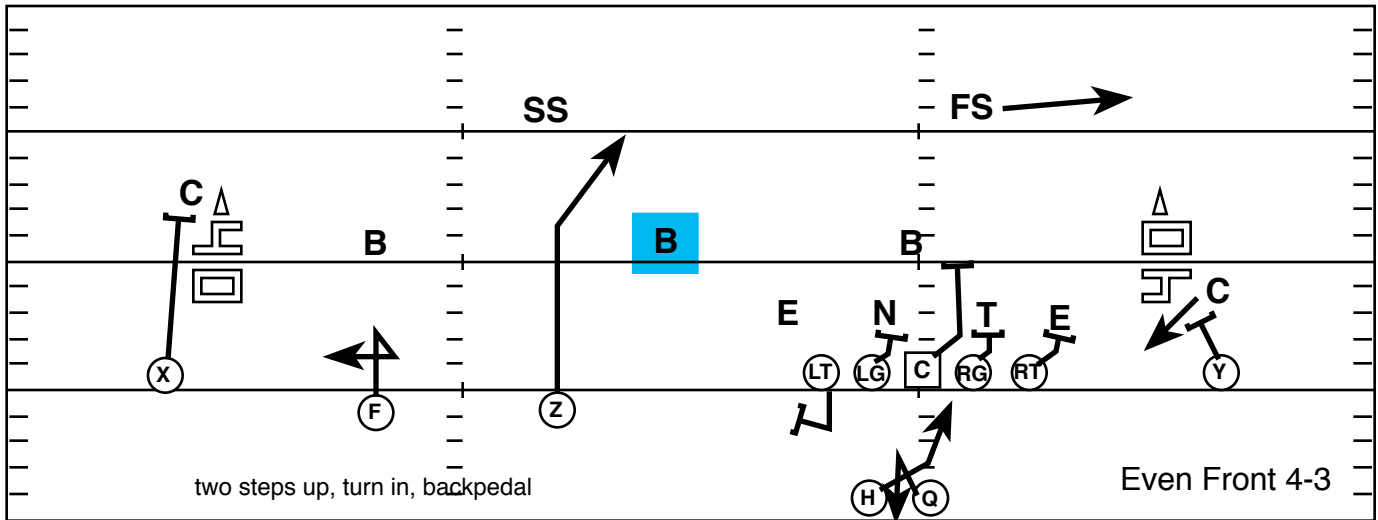
Assignment and Technique	Drills and Skills	Strategy
<p>Q, H, and Z Trip Option must be practiced until confident and smooth.</p> <p>H - Open up and get lateral while QB attack the LOS. Once pitch relationship is correct, start working downhill with QB.</p> <p>Q - Open playside with ball in chest for pitch or shovel. Start attacking downhill immediately.</p> <p>Z - Find the sweet spot for shovel, not too fast! Catch and get upfield.</p>	<p>3 on 2: Use Q, Z and H (throw in F for timing also) against the read E and B. Practice against different looks you will see...practice against E pinching inside and B coming up or staying back.</p>	<p>By using the Fly Sweep as a counter action, attention is drawn away from the Z shovel option and also may key the defense to rotate to the field.</p> <p>Great play near the goalline where teams show man coverage. This play puts pressure on defenders to keep their responsibility. Clemson's End missed his responsibility by wrong arming the pulling G which gave Pitt a 2 on 1.</p>

Tilt Army Left Fin 71 Max L



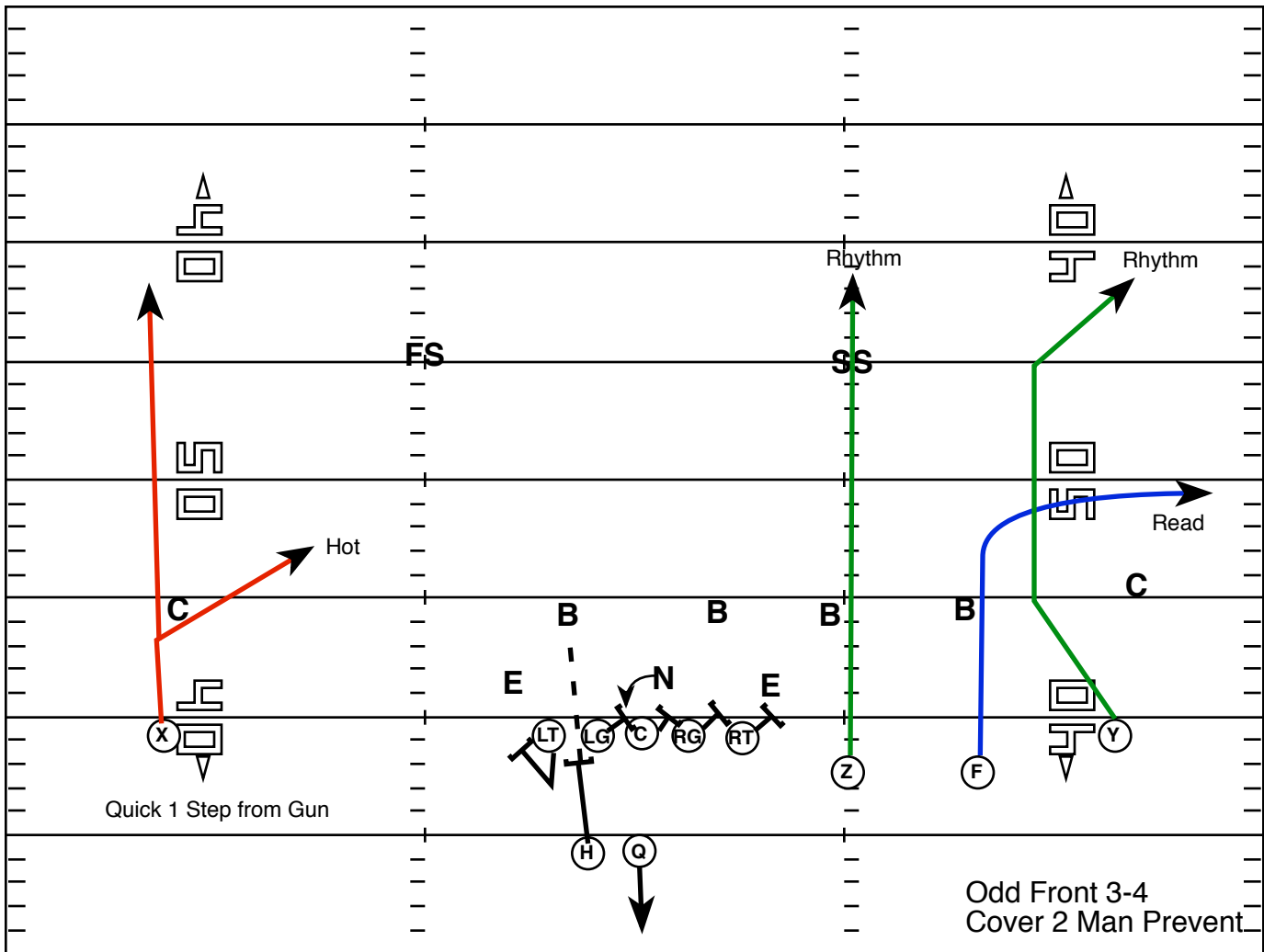
Assignment and Technique	Drills and Skills	Strategy
<p>All line is down and back blocking thier gap assignment. If no one shows they must find work but not go downfield.</p> <p>QB must give an excellent two hand fake to the H and then continue to set up just outside the fake. Too wide and the H's block on the edge gap will not be effective. Throw on the run to Z if he's open and doesn't get collisioned. Take F if their is pressure or run it in!</p> <p>Z - 6 step corner route to the back corner pylon - on the goal line this looks a lot more like a deep out then a corner.</p> <p>F - outside angle of path to have a clean release - Shoot route, get head back early.</p>	<p>Goal Line Competition:</p> <p>One of my favorite drills every week is the goal line competition! If you run two platoons, you can easily do this but if not, you may have to run it half line or as an inside drill or pass skeleton drill.</p> <p>It helps to also put something on the line that is fun to compete for each week...like losers have to take the equipment in or whatever (I never use exercise because I consider it a priviledge)</p> <p>Run four plays and score it one point per play with a possible fifth point tie breaker if needed.</p> <p>Vary distance from the goal line to keep both sides honest.</p>	<p>Canada pulls out the goal line pass to break down defenses that have sold out to stopping the run game.</p> <p>As a play action pass with a motion, the defense first keys up on the run from the formation overload to the left. Then the F motions to the full back position and the defense must now identify a new potential receiver who could be releasing into a pass coverage zone. With four possible recievers to that side in F, H, Z and Y, the defense must filter who is blocking and who is actually releasing.</p> <p>If this were man coverage, the backside corner or LB would have to chase him across through all kinds of traffic to still cover him. Also a tough situation for the defense where in future situations would make me then call a run to the overload side.</p>

Trips Left Seam/Quick RPO



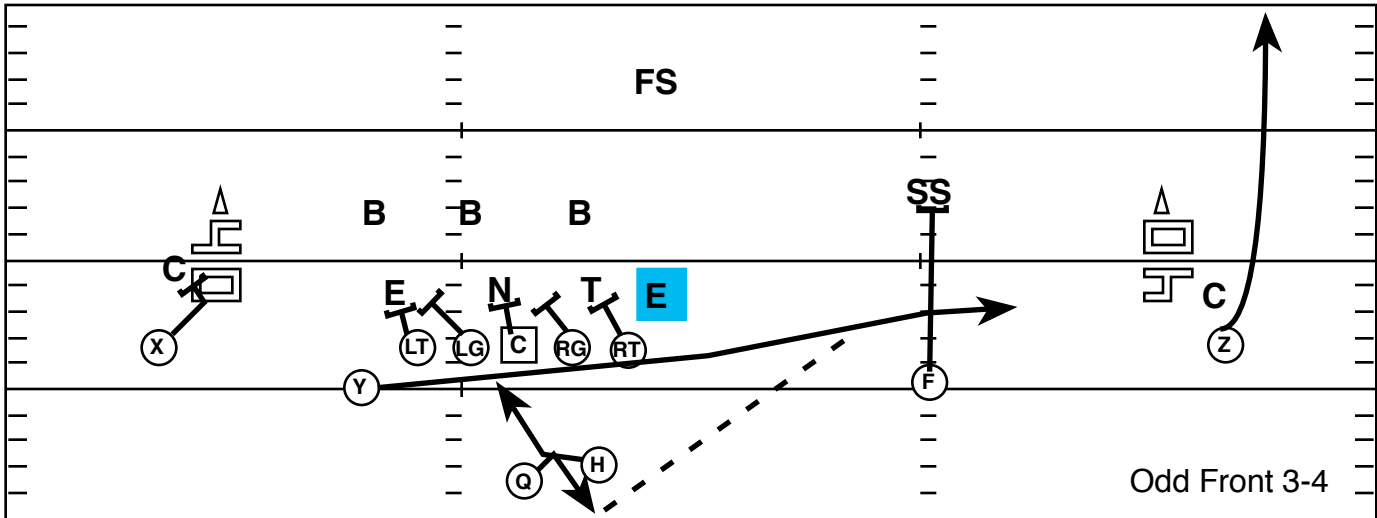
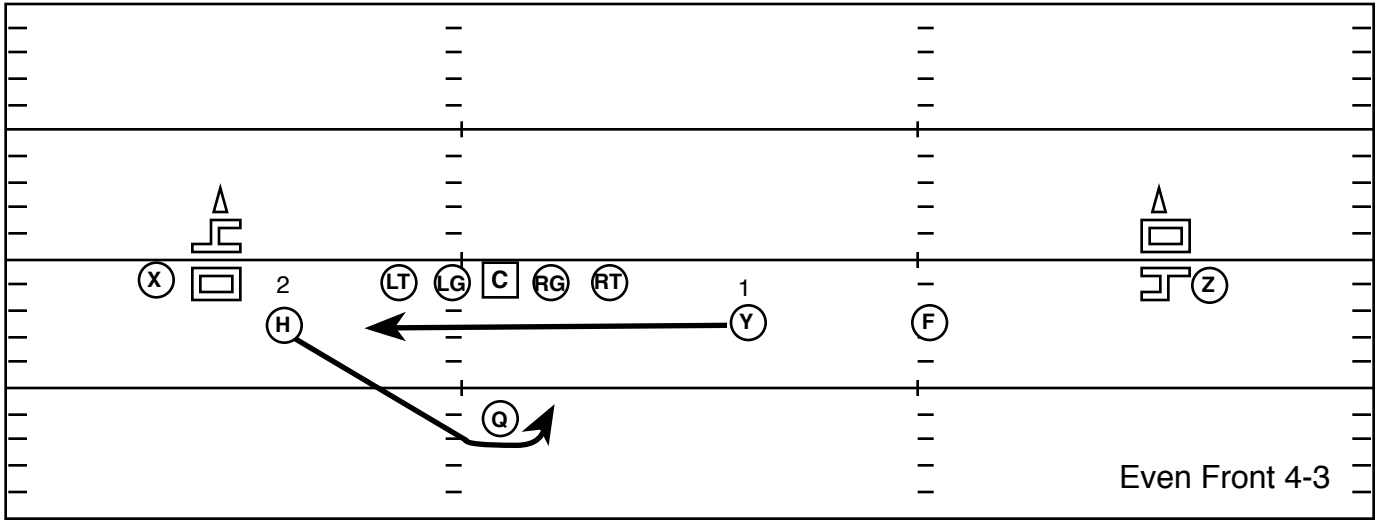
Assignment and Technique	Drills and Skills	Strategy
<p>Pre-snap RPO: F - uncovered throw now.</p> <p>Post-snap RPO: Read OLB for Slant/Inside Zone RPO</p> <p>Zone RPO rules for OL all apply with LT in Man assignment on Backside DE.</p> <p>QB reads overhang LB on the snap for quick throw or give.</p> <p>X/Y - Stalk block</p>	<p>Run this play against multiple looks and with a QB who can snap off a quick slant throw on target to his inside slot receiver.</p> <p>One of my "hottest" RPO tips is when the QB "meshes" with the H - have him pull the tip of the ball up when he read pass. This not only cues the H that's it's a pull by the upward pressure he feels, but also more quickly gets the ball in proper throwing position to get it out to the Z.</p> <p>Z Slant: In individual have the Z find the open window on his slant. Safety over the top can be a 45 degree slant. Safety inside must break angle tighter and under him.</p>	<p>Canada used this basic play multiple times even in a row in his two minute drill situation.</p> <p>He show that not only is it when reading all the options, but once you find the right choice, have a signal to quick call it again and the defense cannot adjust how they cover it leading to multiple gains.</p> <p>Pre-snap, if F is uncovered, throw it now.</p> <p>Post-snap, Read overhand LB. If he sits, give to H, if he vacates, throw slant to Z.</p>

Trips Right 957 X-Choice



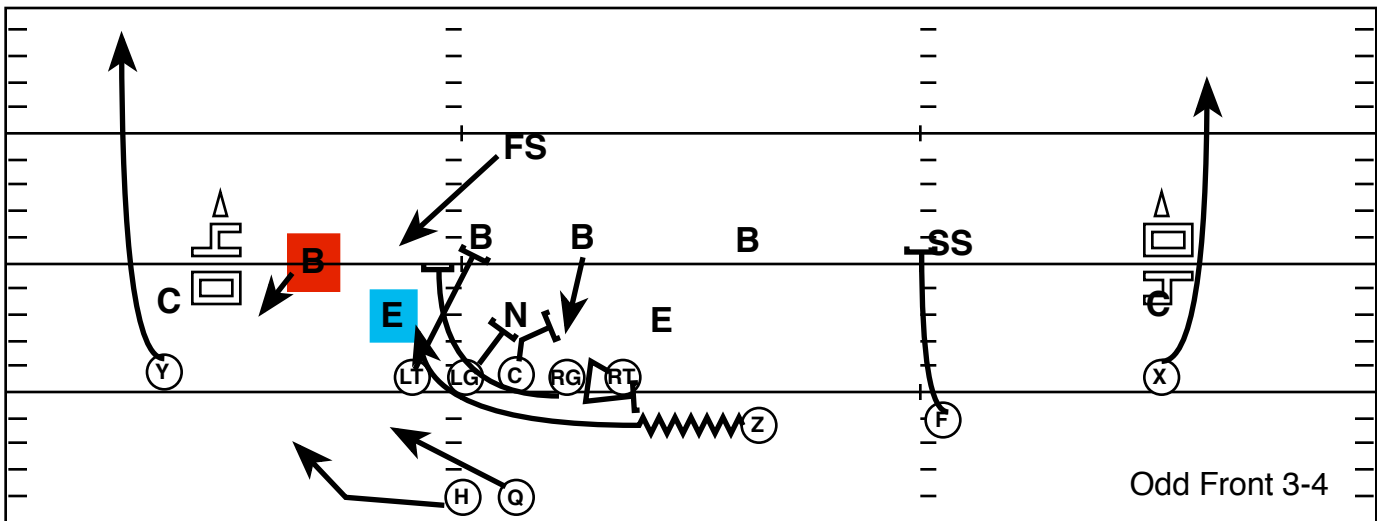
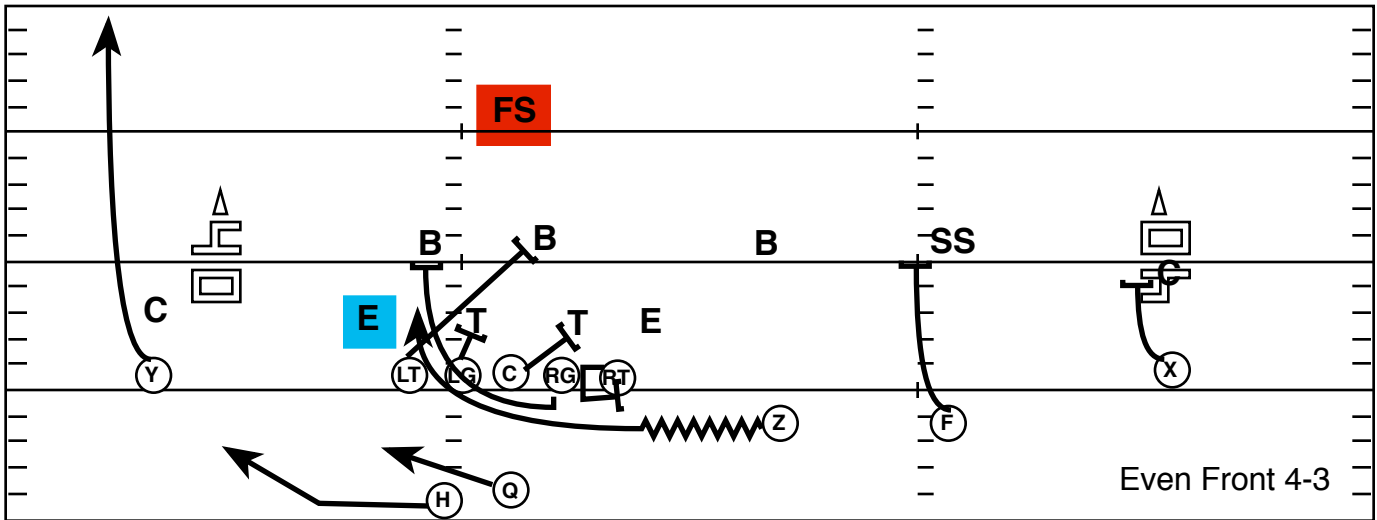
Assignment and Technique	Drills and Skills	Strategy
<p>Pre-Snap: Check X for Hot Choice route if there is no flat defender or corner is rolled up and matchup is ideal.</p> <p>After Hot Choice Check, QB checks Z or Y routes to see if there are any deep defenders over the top pre-snap. Against this look he should pick Y as his Rhythm Read because the SS is lined up deep over the top of Z.</p> <p>Post Snap: At top of three step before first hitch, determine Y is open for a rhythm throw. If not, progress to F on first hitch.</p> <p>After first hitch, either throw ball away or release to avoid sack.</p>	<p>The most important part of this play is getting the ball out on time to the preferred rhythm route.</p> <p>QB's should practice every day throwing without hitching to each rhythm route so that they can perfect the timing.</p> <p>*Suggested progression: 1. Throw rhythm routes on three step drop timing - Seam and Corner routes. 2. Throw speed out on three step plus hitch timing. 3. Throw Hot slant or fade choice on one step timing.</p>	<p>Formation: 3x1 gets your best receiver in a one on one matchup or forces the defense to help opening up the trips side to zone routes.</p> <p>Route Concept: 9 and 7 run together on the same side of the field are very difficult for one deep defender to cover. Defenses must drop two DB's deep or run with one to cover properly.</p> <p>If they don't drop 2 DB's to prevent the vertical stretch, the offense should have a big gain. If they do, the F running an 8yd speed out should be an easy completion against an under LB defender.</p>

Empty R Shift Doubles R Wing 25 Split Pass



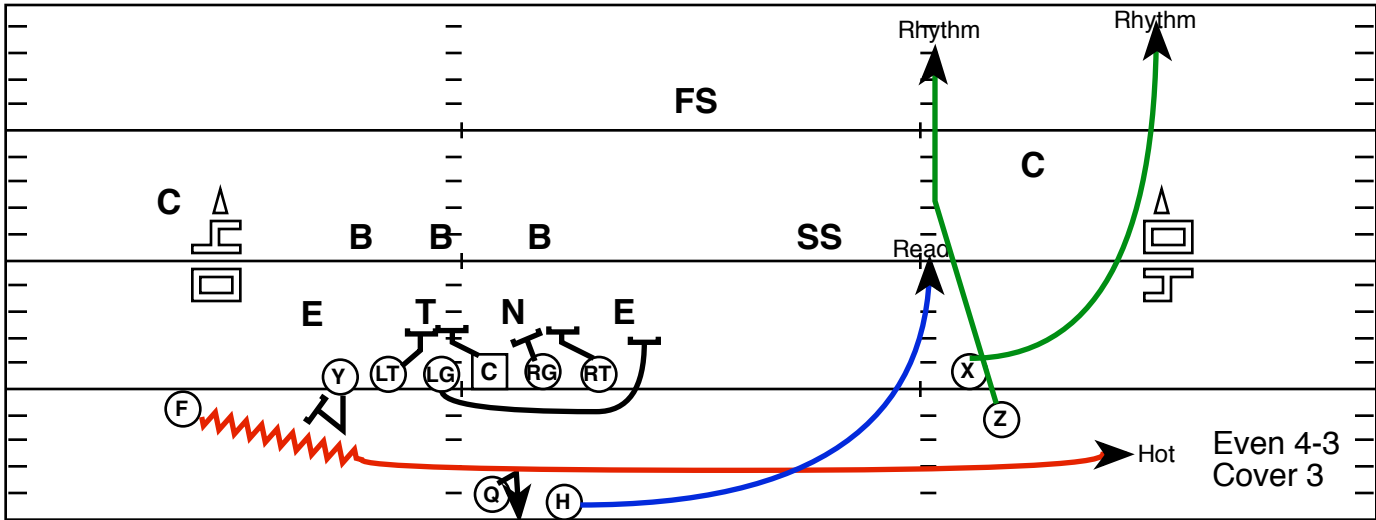
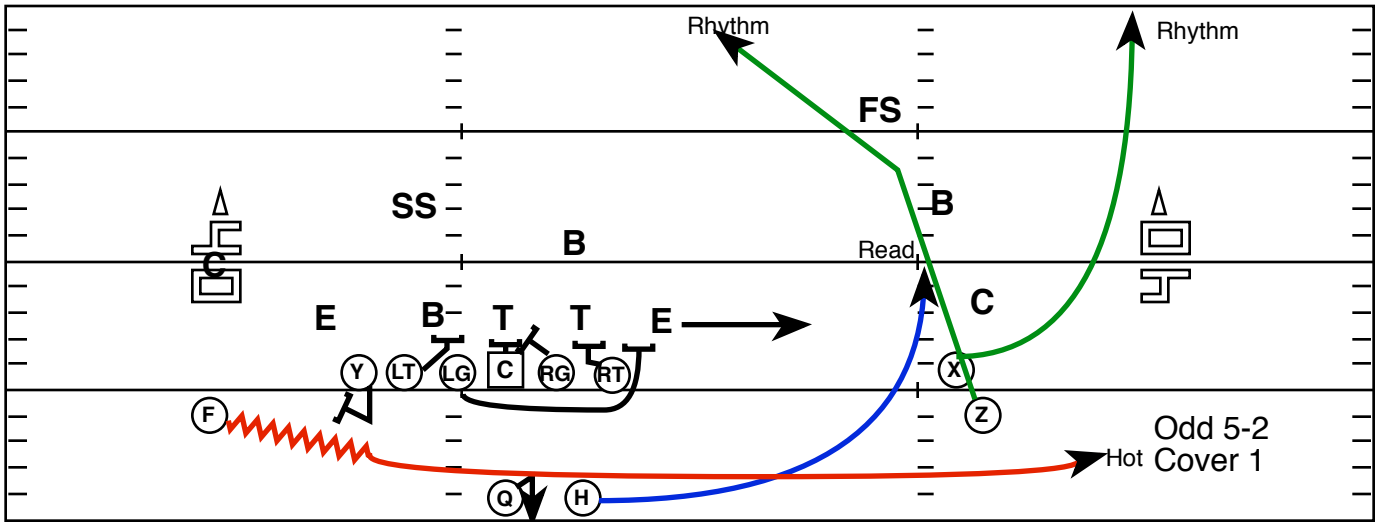
Assignment and Technique	Drills and Skills	Strategy
<p>Y takes the same angle as if he is blocking the E in a split zone run.</p> <p>As he reaches the End, he takes the best route over or under him opening up back to the QB but not getting depth.</p> <p>F can get away with blocking the perimeter here and the line can stay run blocking focused as long as the Y stays behind the Line of Scrimmage make the play a screen pass.</p> <p>QB reads the E to the screen side. If the E squeezes to take away the run, The QB can pull and toss it outside to the Y.</p>	<p>With all option plays, you want to have a drill that isolates the option decision and gives your QB time to practice the read without pressure.</p> <p>Use just the QB, H, Y and an E, Have the End either squeeze or widen each rep and the QB either gives or throws off of the read.</p> <p>To help the H get some work on his zone path, you can also add a couple of guys on bags to give him a read on where he should run his zone path.</p>	<p>Split pass is a great way to add a wrinkle and a counter to the split zone.</p> <p>Split zone is a great zone run but rarely is the ball thrown especially to the Y.</p> <p>The overall strategy is to force the defense to make a call based on a high tendency passing formation - empty. After shifting to a 50% run or pass formation the defense is forced to make a new adjustment and then read the play as best as they can.</p>

Trips Right Shovel Left



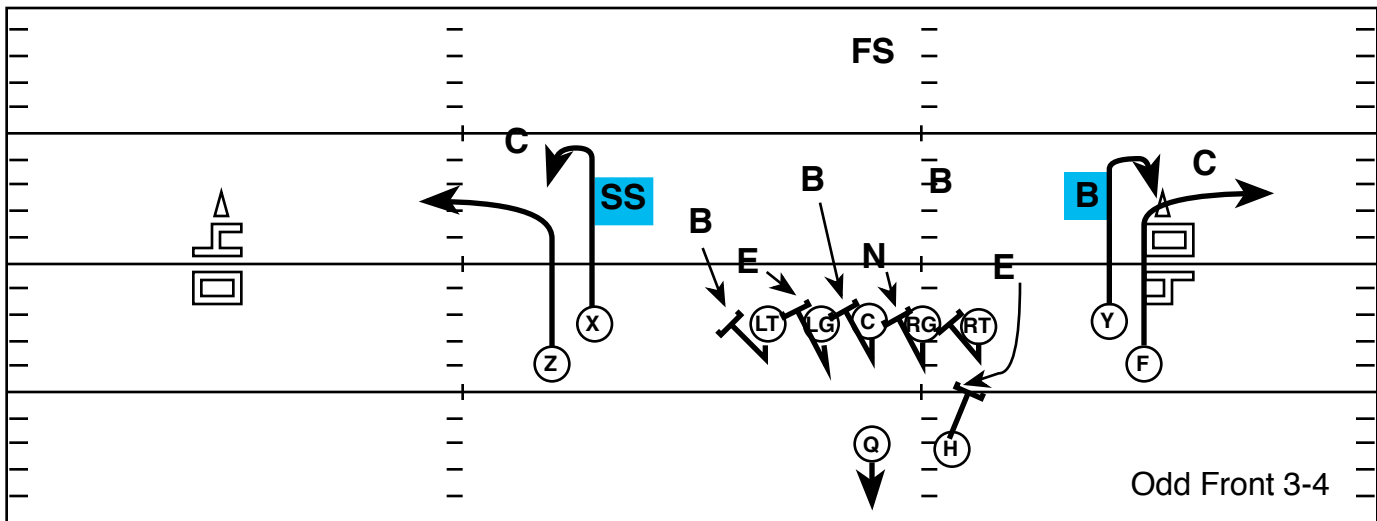
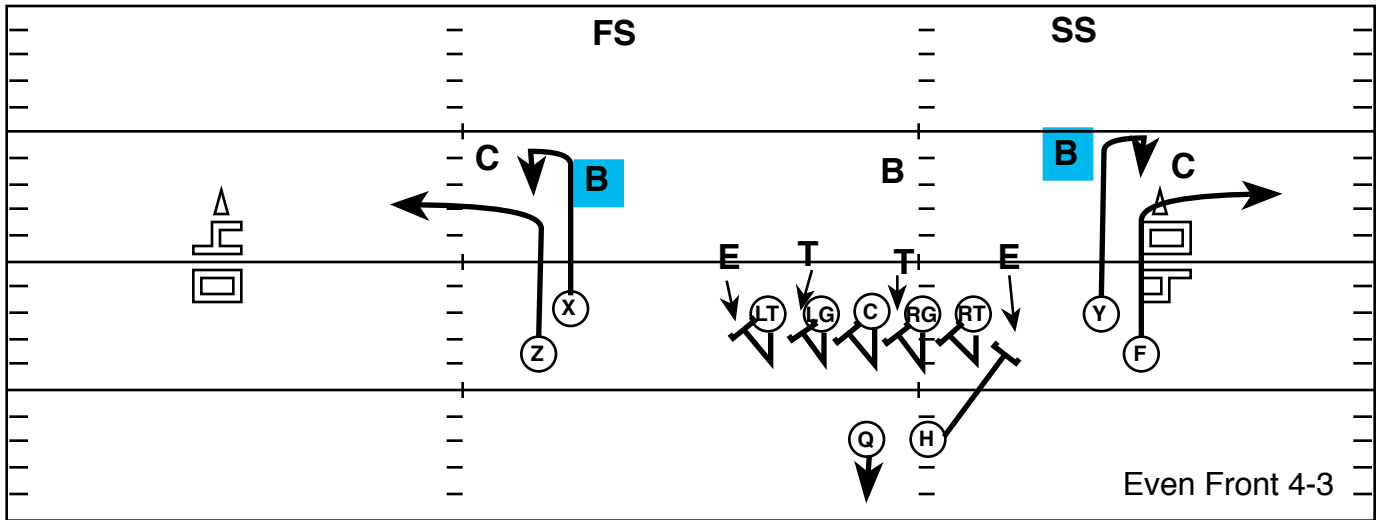
Assignment and Technique	Drills and Skills	Strategy
<p>OL Blocking Assignments:</p> <p>LT - Gap, Down, Backside LB LG - On, Down, LB C - On, Back, LB RG - Skip Pull to Playside LB RT - Hinge Back</p> <p>Backs:</p> <p>Q - Downhill attack, Shovel read off first man in 4i or outside. If keep, pitch off of 1st backer/safety who shows. H - Pitch relationship - 4x1 yd Z - Motion, Set, Shovel Path, follow RG F - Backside Run Block Y/Z - vs man - sell fade/stalk block</p>	<p>The key to making this play work is being able to pick up blitzers on the offensive line.</p> <p>Make sure your plays can be run against anything coming from anywhere.</p> <p>Having a team Goal Line period in practice can accomplish this, but make sure OL is prepped and knows how to watch for and pick up anything coming to their gap.</p>	<p>Running a 3 x 1 trips set in the Red zone may seem a little counter intuitive if you like to put in a goal line package, but with this play, it makes a lot of sense.</p> <p>Most defenses will go to a man coverage which puts a man on every receiver emptying out the box.</p> <p>With the motion back into the box the offense should have a numbers advantage running the ball weakside.</p> <p>A power gap scheme also works well against teams that like to blitz in the red zone. Every gap is blocked and the athletes can get to the edge in space.</p>

Twins R Jet R 890 Pass



Assignment and Technique	Drills and Skills	Strategy
<p>Z - Simple read of coverage...if covered over the top, break across on post, if top clear, take it deep.</p> <p>X - Mandatory outside release.</p> <p>H - Release on blocking route, then break into seam looking early for ball.</p> <p>F - Fake handoff, turn shoulder away from defense, three steps after fake, turn and open shoulders to QB looking for hot throw.</p> <p>QB - Pre-snap best Rhythm route X or Z. If clear throw on rhythm third step. If covered, hitch to H, if covered or collisioned, hitch to F for hot throw or take best scramble release.</p>	<p>QB should practice the play action fake with the rhythm post, seam or fade routes. Keep the fake simple to not throw off the timing too much.</p> <p>OL should practice the protection against multiple fronts and stunts. The simple explanation is that it is blocked like power, but keep shoulders square and the pulling guard is looking to either kick out or seal in the end from the QB's drop spot.</p>	<p>This is a vertical stretch play action off of a Jet Sweep action.</p> <p>The scheme up front mimicks power run read with the playside blocking down and the backside G pulling around to pick up the End - who vacates with the Jet action.</p> <p>Adding the H to the follow seam give the QB one more option downfield if LB's bite on the run.</p> <p>QB struggled to come off the X and Z who were covered, After one hitch the H is covered leaving the F open in the flats which would have given him an easy 5-10 yds.</p>

Doubles Left Quick Double Out Max



Assignment and Technique	Drills and Skills	Strategy
<p>Q - Pre-snap pick a side based on depth and alignment clues. First priority, any uncovered receivers. Second priority is to find the defender who is farthest off in coverage. If there is still no clear side to pick pre-snap, look to see who is aligned inside their man for the closest throw. Finally, go with your best matchup.</p> <p>Z/F - Three step speed out. After three big drive steps, whip head around and work to sideline.</p> <p>Y/X - Three step speed out with a stop. After three big drive steps, whip head around and break outside, then settle down facing the QB and look for the ball.</p>	<p>QB one step timing routes.</p> <p>Work both the speed out and the speed out stop routes so that the QB takes one single step back after catching the snap and then throws on time to where the WR is breaking.</p> <p>Use Defenders to give the QB a simple leverage read on who to throw to each repetition.</p> <p>In your two minute drill situation make this play a one word play call so that whenever you need a quick pass to catch the defense off guard they can execute it quickly and simply. Include formation, snap count, tempo and play all together when you make the one word play call.</p>	<p>Canada called this quick pass late in the game in a two minute tempo to keep the ball moving.</p> <p>Double Outs works well against defenses who are stretched out in late game situations because it focuses on a horizontal stretch which makes deep defenders virtually useless.</p> <p>Using the compressed formation also gives receivers ample room to run their routes and have spacing even to the boundary side.</p>