Coaches Edge Game Planning System

The first tab is labeled "**The Game Plan Board.**" This is your starting point.

Game Plan Board	Practice 1	Practice 2	Practice 3	Bas

The Game Plan Board is the only place where you will enter data.

				LEFT HASH				Practice 1	Practice 2	Practice 3
Tempo	Personnel	Formation	Motion	WB	Play			Defense 1	Defense 2	Defense 3
				1						
				3						
				5						
				7						
				9						
				11						
				13						
				15						
				17						
				19						
				21						
				23						
				1						
				3						
				5						
				7						
				9						
				11						
				13						
				15						

The spaces which are white are your data entry cells. An explanation of each is included below:

> **Tempo** - This section is included because some teams now use tempo as part of a play call. This section can be left blank if it isn't part of your call.

> **Personnel** - if you use multiple personnel groupings, this column allows you to enter it here to make your call.

> **Formation** - this is where you enter the name of your formation. Some teams call motions to. For example, Zip to Pro Right. You may chose to enter that here if it makes you call easier.

> **Motion** - enter your motions, shifts or movements here.

> **Play** - this is where you enter your play name.

Defense 1 - this is where you will enter defense which will be practiced against in Practice #1.

Defense 2 - this is where you will enter defense which will be practiced against in practice #2.

Defense 3 - this is where you will enter defense which will be practiced agains in practice #3.

The above are included twice in the data entry section of the Game Plan Board. There are spaces for both hashes that allow you to plan the play to the left or to the right. Some team prefer that certain plays are only run one way. If this is the case, enter the same information in both hash sections or plan a different play for each hash.

Note: The **WB** column stands for "wristband." These columns are set and do not need to be changed. This is for use with the quarterback wristband if you choose to use this tool.

THAT'S IT! Once you filled in each white cell, your game plan, call sheets, and quarterback wristband cards are ready to go for the week. Print each and you are ready to go. You just saved hours of time.

The remainder of the information is to give you data about where each pay will appear during the week in practice, or the situation which you will plan, as well as information on how to uses each situation and set up your practice.

Putting together a game plan

Coaches Edge Game Planning System uses a simple process for making decisions early in the week that allow you to get the practice repetitions that will ensure the proper execution on game day.

Even though you may have carry an expansive, flexible offense over the course of the season, thinking you have that wide menu of plays can lead to confusion for both the play caller and the players. The fact is that there are only a limited amount of practice repetitions available, and you will only call about 60 plays (more if you are an uptempo team) in the game.

Being able to exercise discipline on your process by limiting the amount of plays that will appear on your call sheet on game day is the at the core of the Coaches Edge Game Planning System. This is done what is called the Game Plan Board.

The Game Plan Board gives a set number of plays which you can carry and feel confident in practicing over the course of the week. In general, the game plan board and scripts are set up to give you 50-50 balance between run and pass. If you desire to practice more running plays or more passing plays, see the "Adjusting" instructions included in each section. This allows you to create the balance you desire.

Base Inside Runs
The first section on our board which you will plan is called base inside runs. In this section you plan what you consider to be your core runs from formations you feel confident about getting a certain look. You will practice these runs for the most part in a 10 minute period in Practice #1 and again in Practice #2. The top 3 runs in this board will also appear in your team script in Practice #2 and again in Practice #3.

Periods Practiced	Weekly Reps	Situation RUNS	Run	D/D	Hash	Tempo	Personnel	Formation	Motion	WB	LEFT HASH Play	Practice 1 Defense 1
IR, T	5	Base Inside Run 1	1	1st&10	L					1		
IR, T	5	Base Inside Run 2	2	1st&10	L					3		
IR, T	5	Base Inside Run 3	3	1st&10	L					5		
IR, T	5	Base Inside Run 4	4	1st&10	L					7		
IR, T	4	Base Inside Run 5	5	1st&10	L					9		
IR,T	4	Base Inside Run 6	6	1st&10	L					11		

Run Checks
The next section of runs is called Run Checks. This allows you to plan up to 2 run checks if you chose. These are plays that you either check from the press box o sideline, or you allow your quarterback to check on the field. Since procedure usually involves being to look at keys in the entire defense, these are scripted in team periods throughout the three practices. If run checks are not a part of your offense, then use this section for additional runs or to repeat your base inside runs or from the section below, your perimeter runs or draws.

IR,T	4	Base Inside Run 6	6	1st&10	L
T	4	Run Check1/Additional Run or Repeat	7	1st&10	L
T	2	Run Check2/Additional Run or Repeat	8	1st&10	L
T	5	Base Perimeter/Draw 1 or 3rd3-4 run	11	1st&10	L

Perimeter Runs/Draws/3rd Down Runs

Use this section called perimeter runs/draws and third down runs to plan for your outside runs like sweeps or stretch plays. You can also include any draw plays you have in this section. These then become part of your team script and situational practices during the week.

T	5	Base Perimeter/Draw 1 or 3rd3-4 run	11	1st&10	L
T	5	Base Perimeter/Draw2 or 3rd3-4 run	12	1st&10	L
T	4	3rd 3-4 Perimeter/Draw3	13	1st&10	L
T	1	3rd 3-4 PerimeterDraw4	14	1st&10	L
T	1	Coming Out/4min 1	15	CO	L

Coming Out/4 Minute

In your run play section you can reserve four plays for "coming out." This area is from your own 5 yard line and to the 20 yard line against defenses that load the box to stop the run. This is an obvious run situation, so plan your best runs here. This type of mentality also works in a four minute situation in which you are trying to run out the clock.

T	1	3rd 3-4 PerimeterDraw4	14	1st&10	L
T	1	Coming Out/4min 1	15	CO	L
T	1	Coming Out/4min 2	16	CO	L
T	1	Coming Out 3 PAP or 3rd/Med Pass (REPEAT)	17	CO	L
T	1	Coming Out 4 3rd Long Pass/Screen (REPEAT)	18	CO	R
T	4	GL1 (+4to+1)/SY(2to3)/Backed Up(GLto-5)	19	GL	L

Goal Line Runs

The final section for runs are your goal line runs. You may also use these for short yardage (1 or 2 yards to go) and anywhere from your own goal line to your own 5 yard line. You will plan four runs here. These are designed to be repped in a 10 minute period in Practice #2 and a timing period for review in Practice #3.

T		4	GL1 (+4to+1)/SY(2to3)/Backed Up(GLto-5)	19	GL	L
T		3	GL2 (+4to+1)/SY(2to3)/Backed Up(GLto-5)	20	GL	L
T		4	GL3 (+4to+1)/SY(2to3)/Backed Up(GLto-5)	21	GL	L
T		3	GL4 (+4to+1)/SY(2to3)/Backed Up(GLto-5)	22	GL	L

Base Quick Game and Play Action Passes

This section allows you to plan 6 to 8 plays that are either quick game or play action. Usually these are tied in closely with your running game.

Quick game plays allow you to throw the ball into voids created by the defense aligning to stop the run. You will practice these in team periods rather than 7 on 7. This gives you a true look and reaction out of the defense so you get the right timing and spacing necessary for the plays to be effective on game day.

Periods	Reps	PASS PLAYS			
T		4	Play Action or Quick 1	38	1st&10	L
T		4	Play Action or Quick 2	39	1st&10	L
T		3	Play Action or Quick 3	40	1st&10	L
T		3	Play Action or Quick 4	41	1st&10	L
T		2	Play Action or Quick 5 or screen or repeat	42	1st&10	L
T		3	Play Action or Quick 6 or screen or repeat	43	1st&10	L
7v7 T		6	Drop Back 1	46	1st&10	L

Adjustment for more running plays: If you are a run heavy team and want to game plan more runs than the run section allows, or if you want more running game repetitions, , you can add additional runs here. These plays are practiced in a team period in all three practices.

Drop Back Passing
In this section you can plan 6 drop back plays.

Tip: These are not necessarily all different concepts. We usually choose 4-5 concepts and give our best one versus the opponent's coverage a couple different looks. You may look to carry these concepts over to your situational portion of the game plan when possible.

Adjustment to passing game (more runs were included in Play Action/Quicks section): you may chose to script sprint out, quick game, and play action, here if you desire or if drop back is not a big part of your offensive system. Some teams only drop back in obvious pass situations. You can chose to script those here and repeat in the third down section, or only include them in the third down section.

If you used the quick game/play action to script more run repetitions and you prefer to work quicks and play action in 7 on 7 and team, then you may include those passes here.

7v7, T	6	Drop Back 1		46	1st&10	L
7v7, T	6	Dropback 2		47	1st&10	L
7v7, T	4	Dropback 3		48	1st&10	L
7v7, T	4	Dropback 4		49	1st&10	L
7v7, T	3	Dropback 5		50	1st&10	L
7v7, T	3	Dropback 6		51	1st&10	L

Situational Offense

3rd Downs
From here we get into our situational passing game. We start with 3rd downs.

7v7, T		3	3rdxL1 (10yd or more to go)	67	3XL	L	
7v7, T		4	3rd Long1 (7-9yd to go)	69	3L	L	
7v7, T		3	3rd Long2 (7-9yd to go)	70	3L	L	
7v7, T		4	3rd med1 (4-6yd to go)	72	3M	L	
7v7, T		4	3rd med2 (4-6yd to go)	73	3M	L	
7v7, T		4	3rd med3 (4-6yd to go)	74	3M	L	
7v7, T		4	3rd med4 (4-6yd to go)	75	3M	L	

3rd and Extra Long (10+ to go)
You may plan 2-3 passes for third and extra long. This is considered to be 10+ yards to go.
Though you may choose to use a screen or draw or even base run to gain more field position if
you don't make it and then punt, you want to be able to practice the situation where you have no
choice but to pick up the first down, and plays planned to do that obviously work best. All third
downs will be worked in practice #2 and #3 in both 7 on 7 and team periods.

3rd and Long (7-9 to go)
The plan then extends to 3rd and long (7-9). In general these are passes which include some
intermediate routes which will pick up the first down on the throw and catch, or an underneath
route which can pick up the distance on a catch and run. These plays may either be a carryover
from the drop back section, or similar plays with some kind of disguise like a shift or motion.

3rd and medium (3-6) We try to carry over our passes with intermediate routes for 3rd and
long, and shorter rougher on 3rd and medium, though we can carry over if necessary. These
plays may be a carryover from the Play Action/Quick section or Drop Back section since any
pass should be able to gain the yards necessary, or they may be similar plays from those
sections with some kind of disguise like a shift or motion.

Red Zone Passes
The Red Zone is another area of the field which you plan for specifically. This allows you to plan plays that get you the distance left to get to the end zone. This takes specific preparation because the field begins to become compressed and vertical space begins to dwindle. Include 2-3 passes in each of these sections.

Game Planning Tip: When possible, these are either something you carry every week, or a carryover from your drop back plays or play action plays with necessary adjustments for the restricted vertical space. If they are plays you carry every week, will adjust the look formation or add a tag as we develop a tendency for using the plays over the course of the season.

7v7, T		2	preRZ 1 35-25		54	Pre RZ	L
7v7, T		1	preRZ 2 35-25		55	Pre RZ	L
7v7, T		3	RZ25-18 1		56	RZ 25-18	L
7v7, T		3	RZ25-18 2		57	RZ 25-18	L
7v7, T		2	RZ17-12 1		59	RZ 17-12	L
7v7, T		3	RZ17-12 2		60	RZ 17-12	L
7v7, T		3	RZ11-8 1		62	RZ 11-8	L
7v7, T		2	RZ11-8 2		63	RZ 11-8	L

Pre Red Zone (+35 to +25)
The process starts in the pre Red Zone from the 35-25. This is thought of as four down territory. While you may not call a shot from here on every drive, this is a good opportunity for a protected or play action shot. In this section you may include specials or trick plays as well. While you may not limit specials to only this area of the field on game day, this allows you to include and practice them in this section. These plays are practiced in team periods in practice #2 and practice #3.

Tip: On game day, you may consider using these plays on a third and short if you know you will go for it on fourth down. Knowing you will get a defense positioned to stop the run may allow you a big play opportunity in calling a shot to the end zone.

Red Zone (25-18)
This may not be a true red zone as your kicker may not have this range, but you are definitely in the four down area and vertical space is beginning to be restricted. This area is good for shots to get to the end zone or play action shots.

Red Zone (17-12)
Think about planning certain plays here designed to attack the defense in the remaining vertical space as well as stretching the defense horizontally and trying to create seams in man coverage.

Red Zone (11-8)
You can include 2 passes in each of these sections. When possible, these are either something you can carry every week, or a carryover from your drop back plays or play action plays with necessary adjustments for the restricted vertical space. If they are plays you carry every week, you may consider adjusting the look formation or add a tag as you develop a tendency for using the plays over the course of the season.

Goal Line Passes (7+ to Goal Line)
Finally, plan two passes for the 7 and in or Goal Line segment.

T		2	GL Pass 1		65	GL	L
T		2	GL Pass 2		66	GL	L
7v7 T		3	3rdxl 1 (10yd or more to go)		67	3Yl	L

2 Point Plays
You can practice 2-3 two point plays from the beginning of the season. The though process is to use these if needed in a goal line situation as well. If you use one, either replace it or dress it up. It may go "on the shelf" until you use a couple other plays.

T		4	2pt Play 1 (passes from 3yd)		78	PAT	L
T		4	2pt Play 2 (passes from 3yd)		79	PAT	L

Last Plays
This section allows you to practice and plan four plays for the end of the game. This is scripted for a five minute period in practice #3.

Two Minute
Two minute plays should be practiced each week. A five minute period will allow you toward the procedures and move through a small set of plays.

Summary
That allows you to plan for a total of 20 runs in all situations (again, this is not necessarily 20 different plays, just 20 game plan spaces we are filling), and 35 spaces for passing plays. This seems like a large amount, but you should look to carryover as much as possible, so that play may remain exactly the same call in several game planning spaces, or be adjusted slightly with motions or formations changes.

This translates to game day in allowing you to have the exact answers you need to attack the opponent. Through film study, a you should be fairly certain of what you will be seeing. It allows you to confirm those thoughts and make whatever game adjustments are necessary.

As a play caller, it gives a starting point and a plan. Using this system you can stay a play or two ahead in your thought process. Between series you can plan the next drive knowing what you want to do on 1st and 2nd down and in the third down situation you will face. The best part is the players have been exposed to these situations and have an understudying of what your plan is as well.

Understanding where each play will be practiced:
Column A: Periods Practice
This column is not meant to be adjusted. This section of the game plan board is color coded in either gray or turquoise. Turquoise means that the play will only be practice in a team 11 versus 11 period.   Gray means that the play will appear in a group period like inside run or 7 versus 7 where the entire offense or defense is not used.

Periods Practiced	Weekly Reps	Situation RUNS
IR, T	5	Base Inside Run
IR, T	5	Base Inside Run
IR, T	5	Base Inside Run
IR, T	5	Base Inside Run
IR, T	4	Base Inside Run
IR,T	4	Base Inside Run
T	4	Run Check1/Add
T	2	Run Check2/Add
T	5	Base Perimeter/I

Abbreviations:
T=Team period 11 players vs. 11 players.
IR=Inside Run period, Offensive Linemen, Tight Ends, Offensive Backs against Defensive Line and Linebackers. Some teams will use safeties in this situation as well if the defense uses safeties against the inside running game. 7v7= 7 on 7 periods in which the offensive backs and receivers go against the linebackers and defensive backs.

Column B: Weekly Reps
This column is not meant to be adjusted. This tells you how many reps each play will receive in practice.

Columns AA-AQ
These columns give you a detailed practice by practice view of where plays are being scripted, and how much on each day. If you are choosing to make adjustments in getting more runs or passes, this information can be helpful.

PRACTICE Play Rep Info

	6	6	12	11	8	8	6	6	17	17	9	10	20	16	5	6	165
	Pr1 IR (RH)	PR1 IR(LH)	Pr1 Team LH	Pr1 Team RH	Pr1 7v7 LH	Pr1 7v7 RH	Pr2 IR (RH)	PR2 IR(LH)	Pr2 Team LH	Pr2 Team RH	Pr2 7v7 LH	Pr2 7v7 RH	Pr3 Team LH	Pr3 Team RH	Pr3 7v7 LH	Pr3 7v7 RH	Total
	1	1					1	1	1								5
	1	1					1	1					1				5
	1	1					1	1						1			5
	1	1					1	1		1							5
	1	1					1	1									4
	1	1					1	1									4
			1						1	1			1				4
										1				1			2
			1	1					1	1			1				5
			1	1					1	1				1			5
			1	1					1	1							4
									1								1
													1				1
														1			1
													1				1
														1			1
									1	1			1	1			4
										1			1	1			3
									1	1			1	1			4
									1				1	1			3

Practice Play Rep Info Abbreviations (Columns AA through AQ)
PR1 IR (LH) = Plays run from the left hash in Practice #1 Inside Run period
PR1 IR (RH) = Plays run from the right hash in Practice #1 Inside Run period
PR1 Team LH = Plays run from the left hash in Practice #1 Team period
PR1 Team RH = Plays run from the right hash in Practice #1 Team period
Pr1 7v7 LH = Plays run from the left hash in Practice #1 7 on 7 period
Pr1 7v7 RH = Plays run from the right hash in Practice #1 7 on 7 period

PR2 IR (LH) = Plays run from the left hash in Practice #2 Inside Run period
PR2 IR (RH) = Plays run from the right hash in Practice #2 Inside Run period
PR2 Team LH = Plays run from the left hash in Practice #2 Team period
PR2 Team RH = Plays run from the right hash in Practice #2 Team period
Pr2 7v7 LH = Plays run from the left hash in Practice #2 7 on 7 period
Pr2 7v7 RH Plays run from the right hash in Practice #2 7 on 7 period

PR3 Team LH = Plays run from the leftt hash in Practice #3 Team period
PR3 Team RH = Plays run from the right hash in Practice #3 Team period
Pr3 7v7 LH = Plays run from the left hash in Practice #3 7 on 7 period
Pr3 7v7 RH = Plays run from the right hash in Practice #3 7 on 7 period

WB
This column is simple the wristband number for the quarterbacks wristband cards. They are included on the practice script and game call sheets in so that the quarterback wristband may be used if you choose. Gray, Red, and Green are used to code each panel of the wristband. The wristband tool is meant to be used with a triple pane quarterback wristband.

#, D/D, Hash

None of these are meant to be changed. They are included as identifiers for the information that will be placed in these cells.

	D/D	Hash	T
1	1st&10	L	
2	1st&10	L	
3	1st&10	L	
4	1st&10	L	

#

is simply used to help identify the cell on the game planning board.

D/D

Down and distance. This is listed for general game planning purposes. 1&10 is simply listed for base plays. The scripts will include exact down and distances.

H (Hash)

This is the hash mark. The hash mark will be identified on the call sheet. In practice #2 and practice #3, it is very useful to bring out the down markers and have either injured players or managers move the chains so that players become situationally aware. If this isn't possible in your program, then having a coach or the spotter yell out the down and distance will suffice. The abbreviations are obvious on the script:

  L=Left
  LM= Left Middle. The ball rarely is spotted dead middle so let your spotter vary the spot between the left hash and the exact middle of the field.
  RM=Right Middle. The ball rarely is spotted dead middle so let your spotter vary the spot between the right hash and the exact middle of the field.
  R=Right

Tip: assign a coach or manager to spot the ball after each play.

Suggested Practice Plan Format
The script is set up to be run to include the following segments of practice.

Practice 1 - Base Offense
10 minute Inside Run
15 Minute 7 on 7
20 Minute Team

Practice 2 - 3rd Down, Goal Line, Red Zone
10 minute Inside Run
15 Minute 7 on 7
20 Minute Team

Practice 3 - Mock Game
10 Minute 7 on 7
5 minute Goal Line
20 Minute Team
5 Minute 2 minute drill (put time on the clock and give the situation)
5 minutes(or less) Last Plays
*Openers

*If you use openers, you might to chose to run these on air or against a scout team so that your players have familiarity.

Scripts, Call Sheets, and Quarterback Wristbands Generated and Ready For Print
After you have filled in your *Game Plan Board,* your sheets are generated automatically and ready to print. The following sheets can be printed.

Practice 1

Practice 2

Practice 3

Base Calls

3rd Down Calls

Situational Offense Calls

Quarterback Wristbands

Game Plan Work Sheets

Openers (Blank form for you to fill out and use)

Two Point Chart

Run the Clock Chart