

FALL 2022 DAY 2-4-6 INSTALL

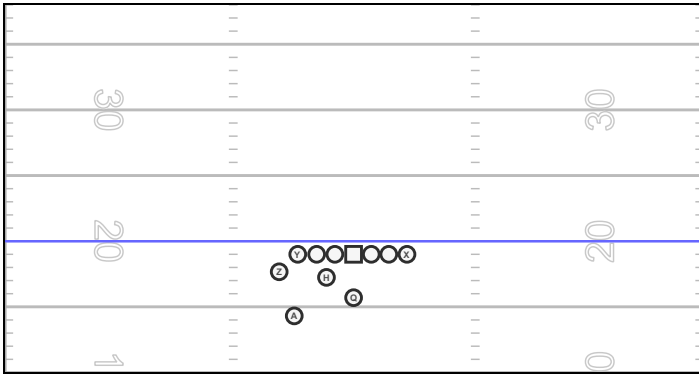
St. Mary's High School

Boys Varsity Football

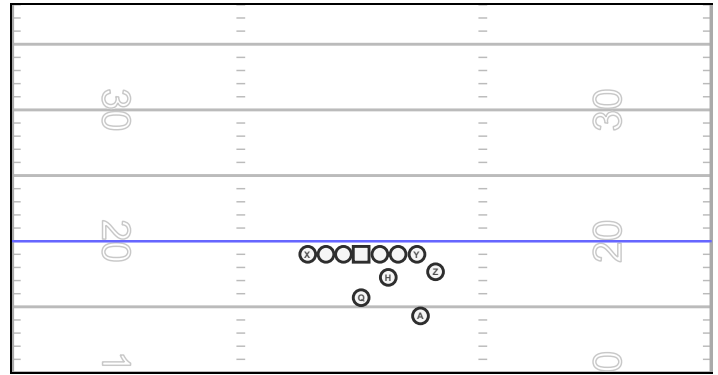


FORMATIONS/MOTIONS/SHIFTS

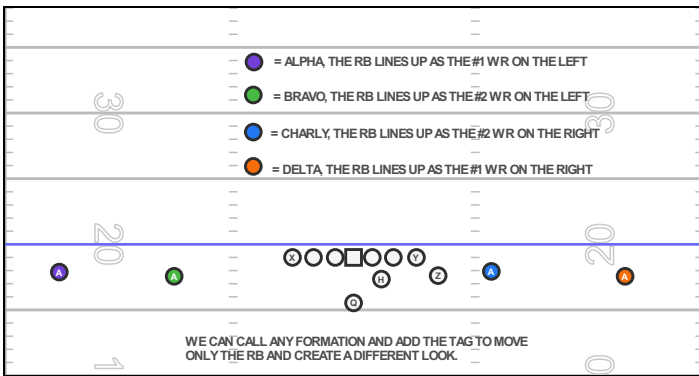
5



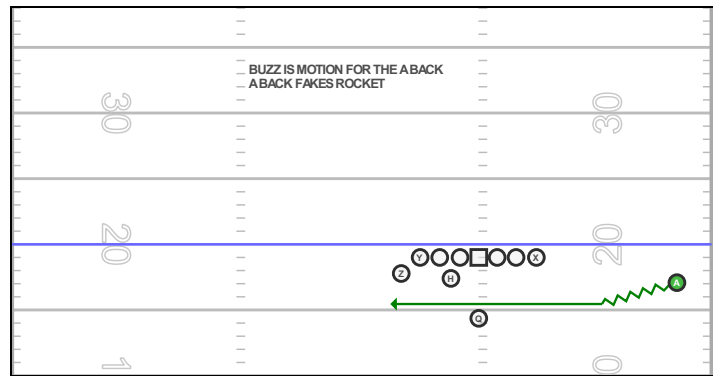
6



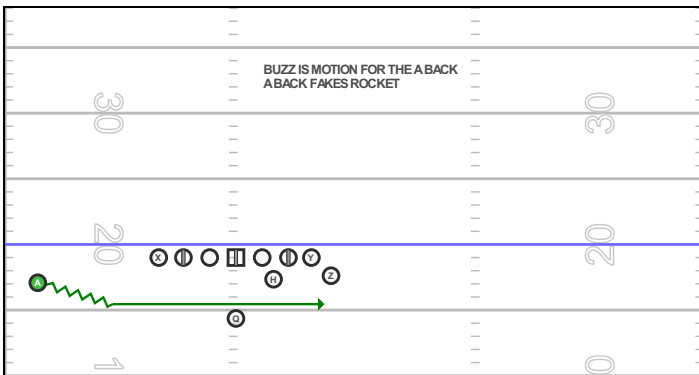
A BACK ALIGNMENTS TAGS



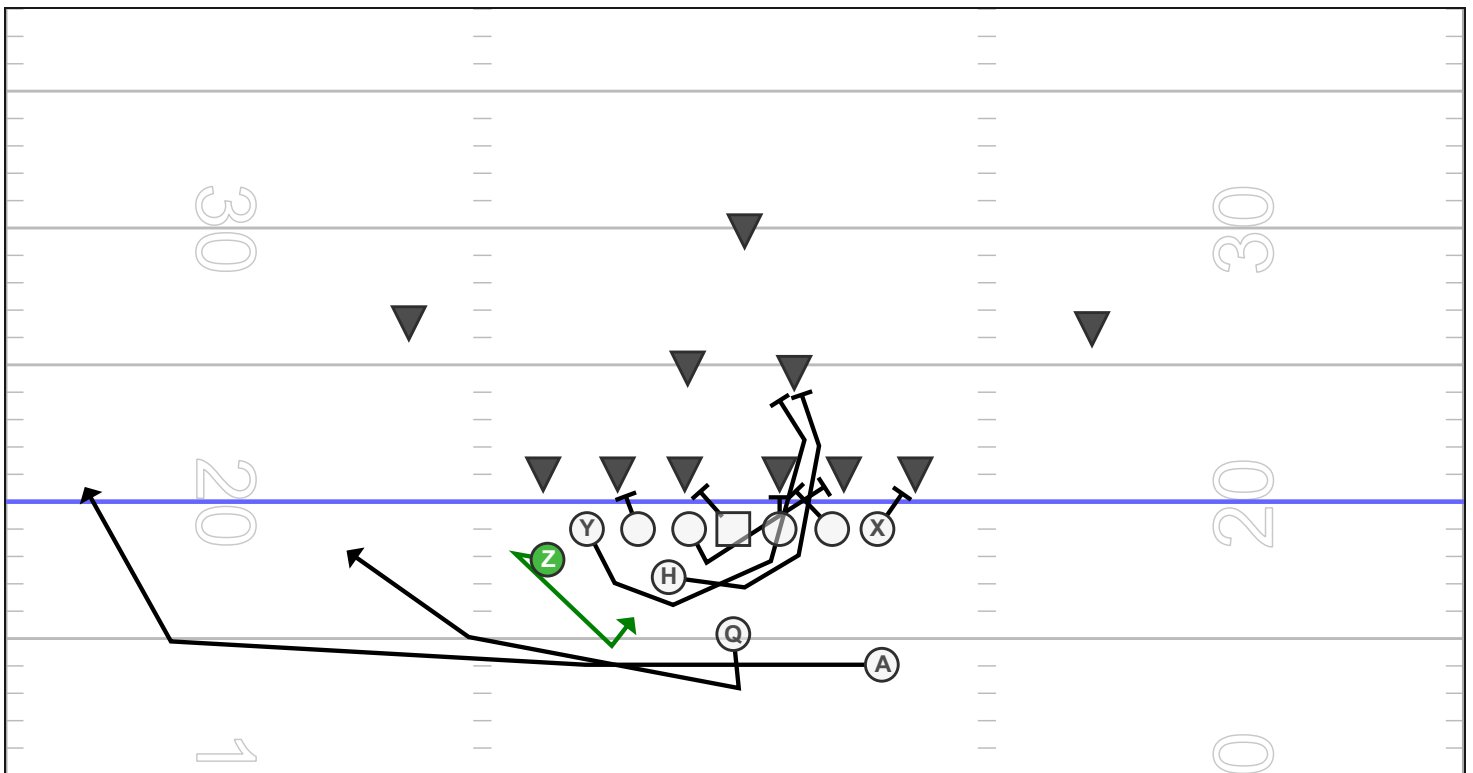
1 DELTA BUZZ MOTION



2 ALPHA BUZZ MOTION



1 COUNTER RIGHT



QB OPEN TO THE A BACK AND FAKE BUCK. OPEN TO TO THE Z AND GIVE HIM THE BALL. BOOT AWAY FROM THE CALL.

A BUCK MESH BEHIND THE QB. FAKE BUCK AWAY FROM THE CALL

H #2 PULLER RULES. JAB STEP AWAY. LOOK TO BLOCK THE PS LB

Z JAB STEP AWAY FROM THE CALL. V CUT. LOOK TO FOLLOW H.

PS TE COMMUNICATE WITH PST AND H BACK
LISTEN FOR A "DOWN" OR A "DUECE" CALL
PST SAYS DOWN = IF YOU HAVE A DL INSIDE OF YOU THEN MAKE A "TANK" CALL.
PST SAYS DOWN = IF YOU HAVE A CLEAR PATH TO THE LB MAKE A "SKY" CALL AND CLIMB TO THE LB

BS TE #3 PULLER RULES - LOOKING TO BLOCK INSIDE LB, EYES INSIDE

PST COMMUNICATE WITH PS TE AND H BACK
IF YOU HAVE SOMEONE TO DOWN BLOCK MAKE A "DOWN" CALL
IF YOU ARE COVERED WITH NO DOWN BLOCK MAKE A "DUECE" CALL AND LOOK TO DOUBLE TEAM WITH THE PS TE
IF YOU ARE UNCOVERED AND HAVE NO DOUBLE TEAM MAKE A "SKY" CALL CLIMB TO LB

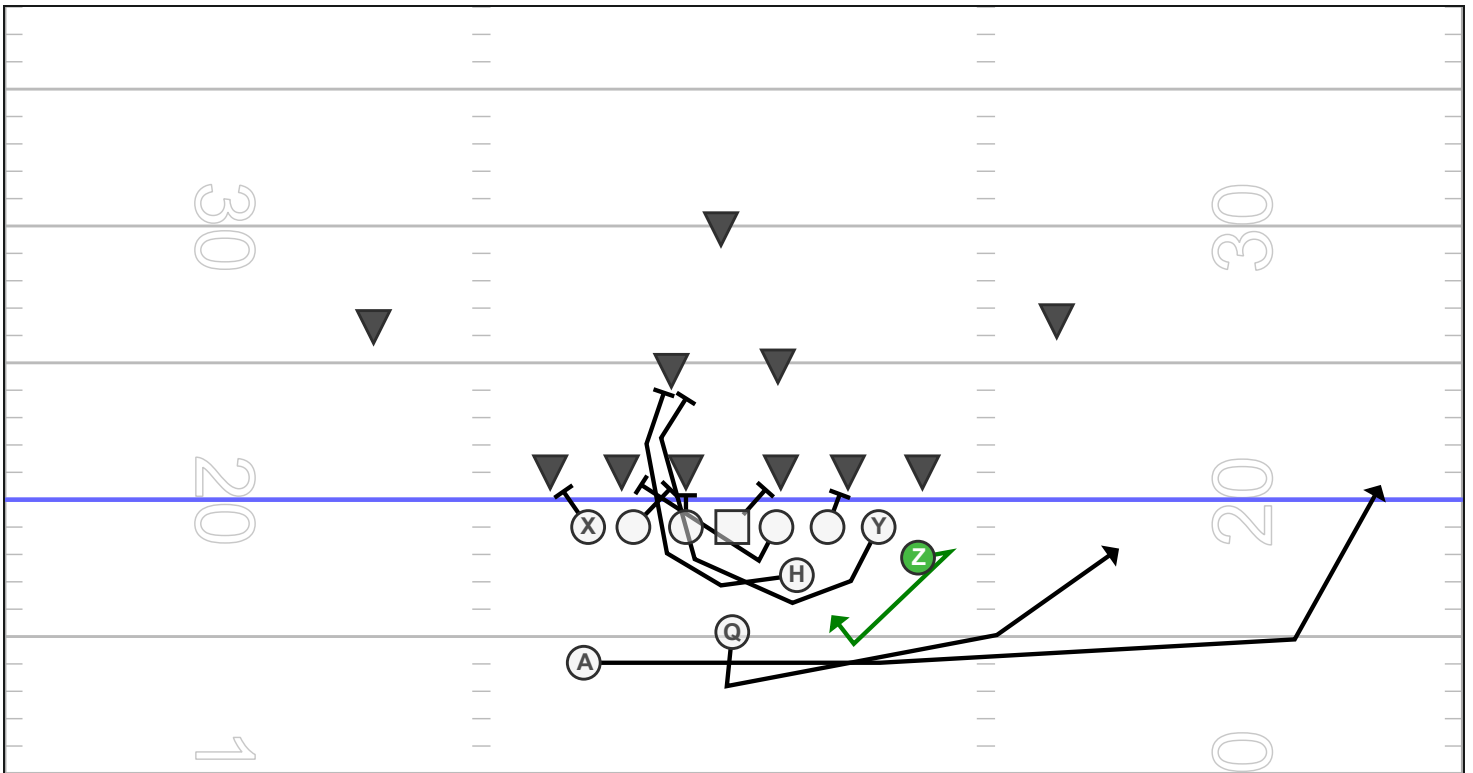
PSG GAP-DOWN-ON-BACKER

C GAP-DOWN-ON-BACKER

BSG #1 PULLER RULES, LOOK TO KICK OUT THE EMLLOS. LISTEN FOR TANK CALL WHICH WILL SHORTEN PULL.

BST REACH INSIDE GAP - ON - OUTSIDE

2 COUNTER LEFT



QB OPEN TO THE A BACK AND FAKE BUCK. OPEN TO THE Z AND GIVE HIM THE BALL. BOOT AWAY FROM THE CALL.

A BUCK MESH BEHIND THE QB. FAKE BUCK AWAY FROM THE CALL

H #2 PULLER RULES. JAB STEP AWAY. LOOK TO BLOCK THE PS LB

Z JAB STEP AWAY FROM THE CALL. V CUT. LOOK TO FOLLOW H.

PS TE COMMUNICATE WITH PST AND H BACK
LISTEN FOR A "DOWN" OR A "DUECE" CALL
PST SAYS DOWN = IF YOU HAVE A DL INSIDE OF YOU THEN MAKE A "TANK" CALL.
PST SAYS DOWN = IF YOU HAVE A CLEAR PATH TO THE LB MAKE A "SKY" CALL AND CLIMB TO THE LB

BS TE #3 PULLER RULES - LOOKING TO BLOCK INSIDE LB, EYES INSIDE

PST COMMUNICATE WITH PS TE AND H BACK
IF YOU HAVE SOMEONE TO DOWN BLOCK MAKE A "DOWN" CALL
IF YOU ARE COVERED WITH NO DOWN BLOCK MAKE A "DUECE" CALL AND LOOK TO DOUBLE TEAM WITH THE PS TE
IF YOU ARE UNCOVERED AND HAVE NO DOUBLE TEAM MAKE A "SKY" CALL CLIMB TO LB

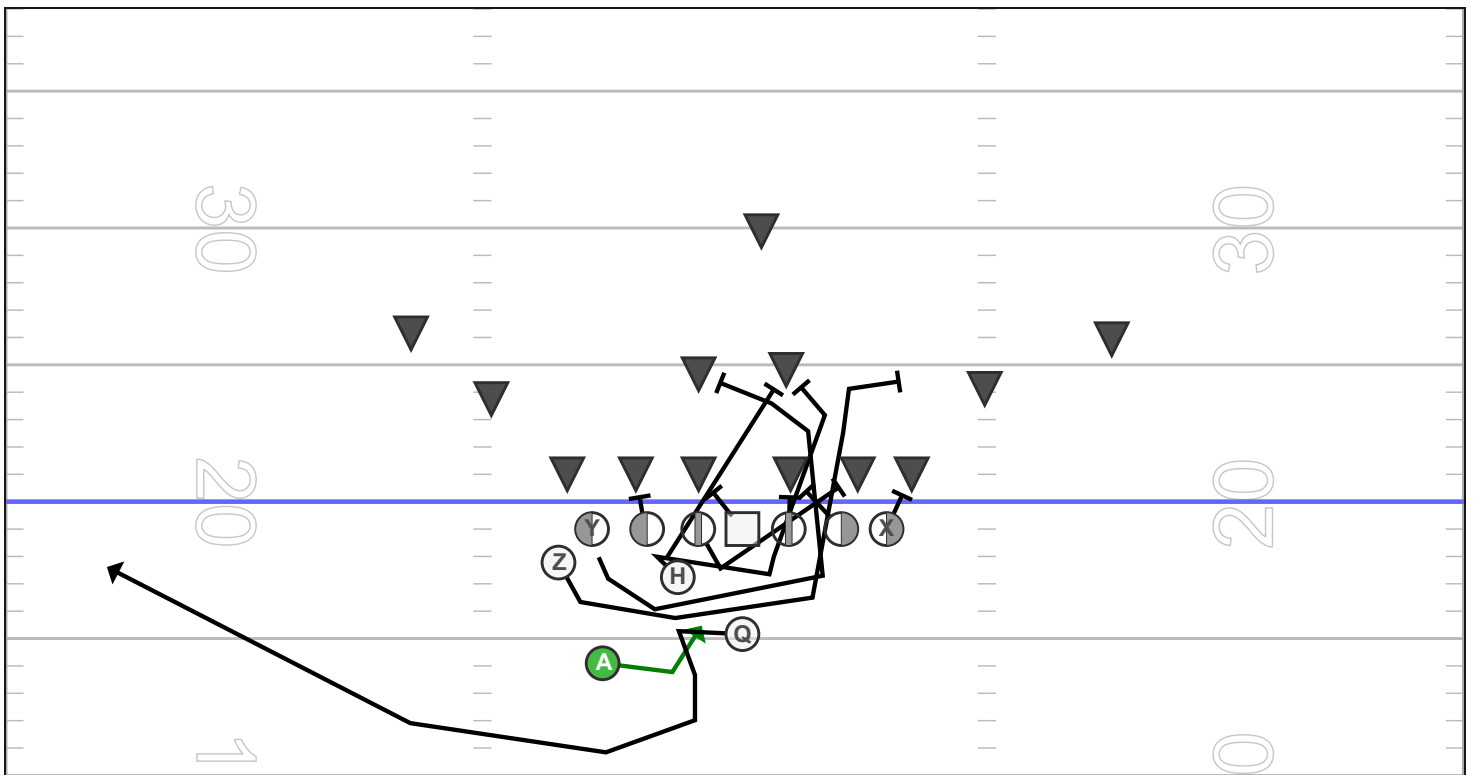
PSG GAP-DOWN-ON-BACKER

C GAP-DOWN-ON-BACKER

BSG #1 PULLER RULES, LOOK TO KICK OUT THE EMLLOS. LISTEN FOR TANK CALL WHICH WILL SHORTEN PULL.

BST REACH INSIDE GAP - ON - OUTSIDE

5 TREY RIGHT



- QB OPEN TO THE A BACK AND GIVE BALL. RIDE MESH, REVERSE OUT, AND BOOT AWAY FROM THE CALL TO SET UP NAKED.

- H #2 PULLER RULES. JAB STEP AWAY. LOOK TO BLOCK THE PS LB

- A ZONE STEP TO THE QB WITH SHOULDERS SQUARE TO THE LOS. FOLLOW PULLERS THROUGH THE HOLE AND GET DOWN HILL.

- Z #4 PULLER RULES. FOLLOW BSTE THROUGH THE HOLE WITH EYES OUTSIDE.

- PSTE GAP-DOWN-ON-BACKER (LOOK FOR TANK CALL)

- BSTE #3 PULLER RULES. PULL AND FOLLOW #2 PULLER. EYES INSIDE AS YOUR COMING AROUND.

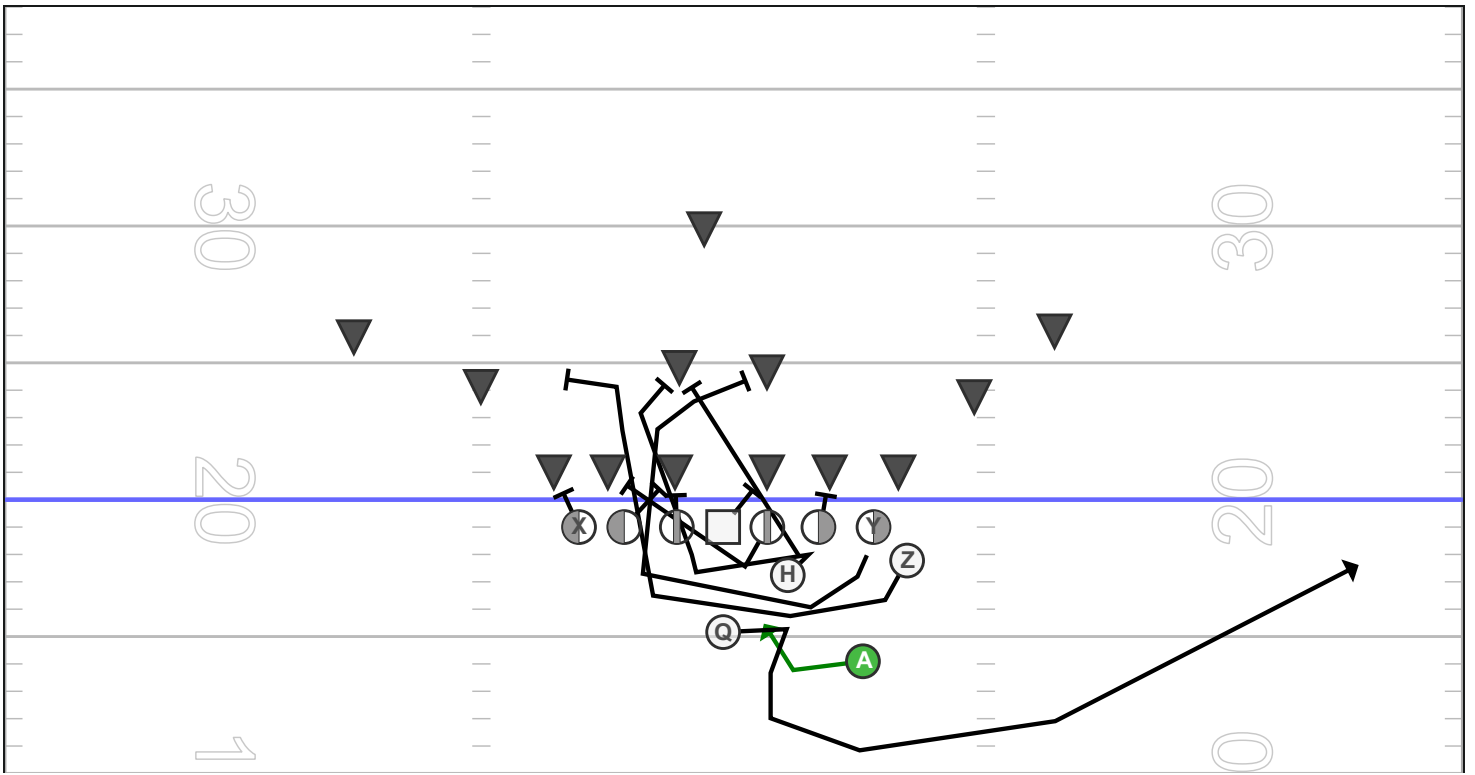
- PST GAP-DOWN-ON-BACKER

- PSG GAP-DOWN-ON-BACKER

- C GAP-DOWN-ON-BACKER

- BSG #1 PULLER RULES. PULL AND KICK OUT EMLOS. LISTEN FOR THE TANK CALL, TANK = TIGHT KICKOUT

- BST REACH INSIDE - ON - OUTSIDE



- QB OPEN TO THE A BACK AND GIVE BALL. RIDE MESH, REVERSE OUT, AND BOOT AWAY FROM THE CALL TO SET UP NAKED.

- H #2 PULLER RULES. JAB STEP AWAY. LOOK TO BLOCK THE PS LB

- A ZONE STEP TO THE QB WITH SHOULDERS SQUARE TO THE LOS. FOLLOW PULLERS THROUGH THE HOLE AND GET DOWN HILL.

- Z #4 PULLER RULES. FOLLOW BSTE THROUGH THE HOLE WITH EYES OUTSIDE.

- PSTE GAP-DOWN-ON-BACKER (LOOK FOR TANK CALL)

- BSTE #3 PULLER RULES. PULL AND FOLLOW #2 PULLER. EYES INSIDE AS YOUR COMING AROUND.

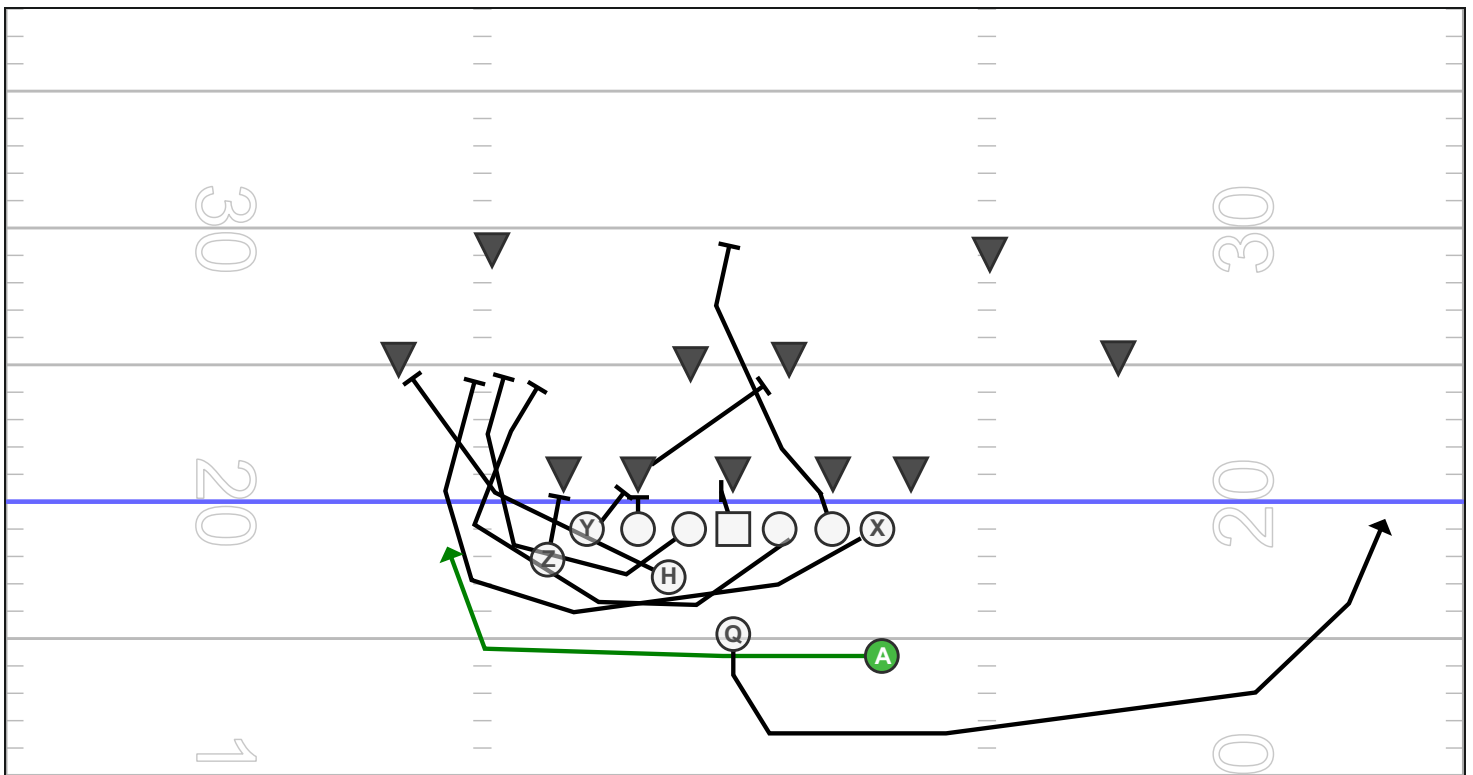
- PST GAP-DOWN-ON-BACKER

- PSG GAP-DOWN-ON-BACKER

- C GAP-DOWN-ON-BACKER

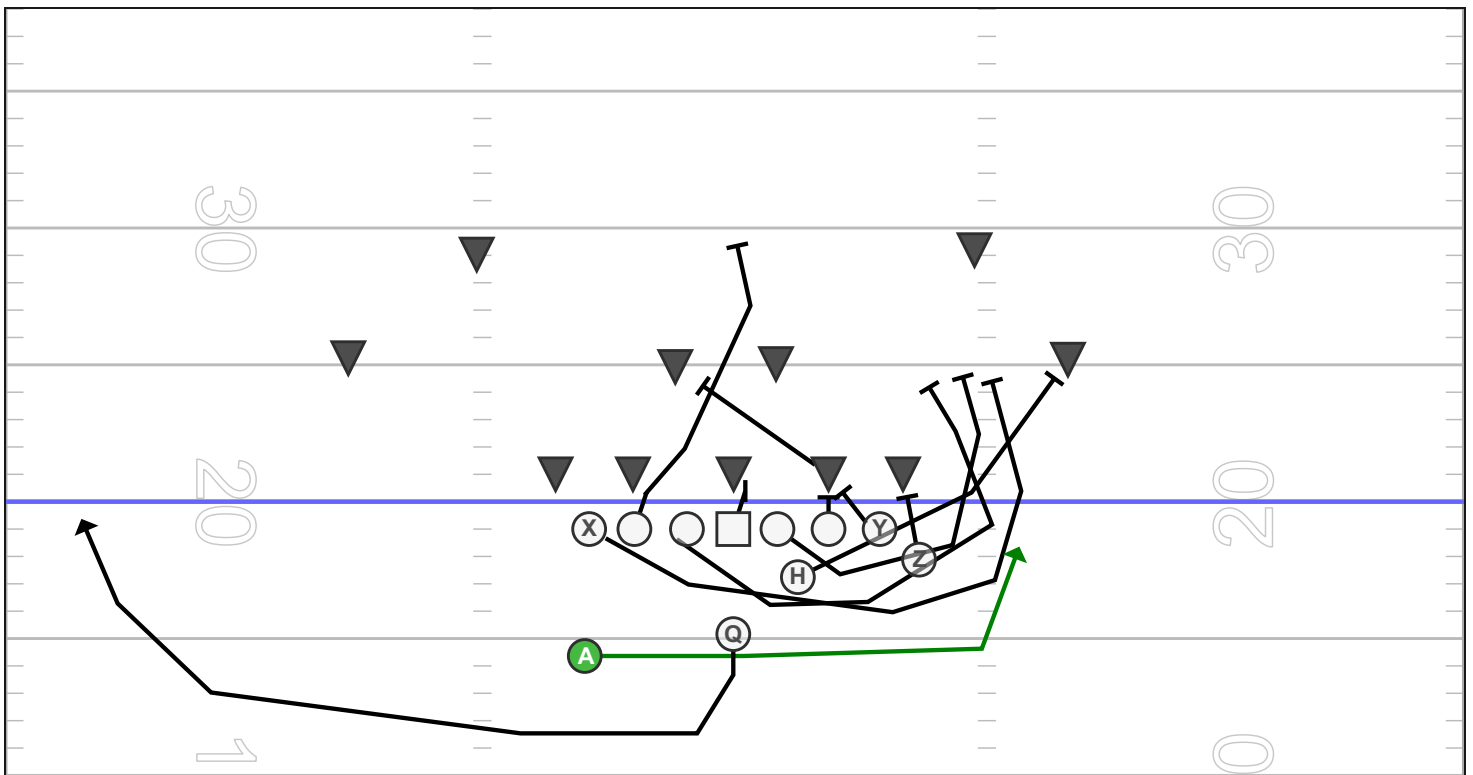
- BSG #1 PULLER RULES. PULL AND KICK OUT EMLOS. LISTEN FOR THE TANK CALL, TANK = TIGHT KICKOUT

- BST REACH INSIDE - ON - OUTSIDE



Q	
A	OPEN UP BEHIND THE QB. TAKE HAND OFF AND LOOK TO FOLLOW PULLERS INSIDE THE KICK OUT OF THE H BACK
Z	GAP-DOWN-BACKER
H	LEAD BLOCK AND LOOK TO KICK OUT THE CORNER OR FIRST DEFENDER THAT SHOWS OUTSIDE THE WING.
PS TE	GAP-DOWN-BACKER
BS TE	PULL TO THE CALL, GET GOOD DEPTH AS YOU PAST THE CENTER, AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE.
PST	GAP-DOWN-BACKER
PSG	PULL TO THE CALL AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE. **LISTEN FOR A STAY CALL, IF NEEDED STAY AND BLOCK DOWN ON PS A GAP DEFENDER**
C	GAP-DOWN-ON **IF THERE IS A THREAT TO BOTH A GAPS MAKE A STAY CALL AND KEEP PSG IN**
BSG	PULL TO THE CALL, GET GOOD DEPTH AS YOU PAST THE CENTER, AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE.
BST	RIP INSIDE THROUGH THE BS-B GAP. WORK TO CLIMB TO THE BS SAFETY.

2 BUCK RIGHT



Q

A OPEN UP BEHIND THE QB. TAKE HAND OFF AND LOOK TO FOLLOW PULLERS INSIDE THE KICK OUT OF THE H BACK

Z GAP-DOWN-BACKER

H LEAD BLOCK AND LOOK TO KICK OUT THE CORNER OR FIRST DEFENDER THAT SHOWS OUTSIDE THE WING.

PS TE GAP-DOWN-BACKER

BS TE PULL TO THE CALL, GET GOOD DEPTH AS YOU PAST THE CENTER, AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE.

PST GAP-DOWN-BACKER

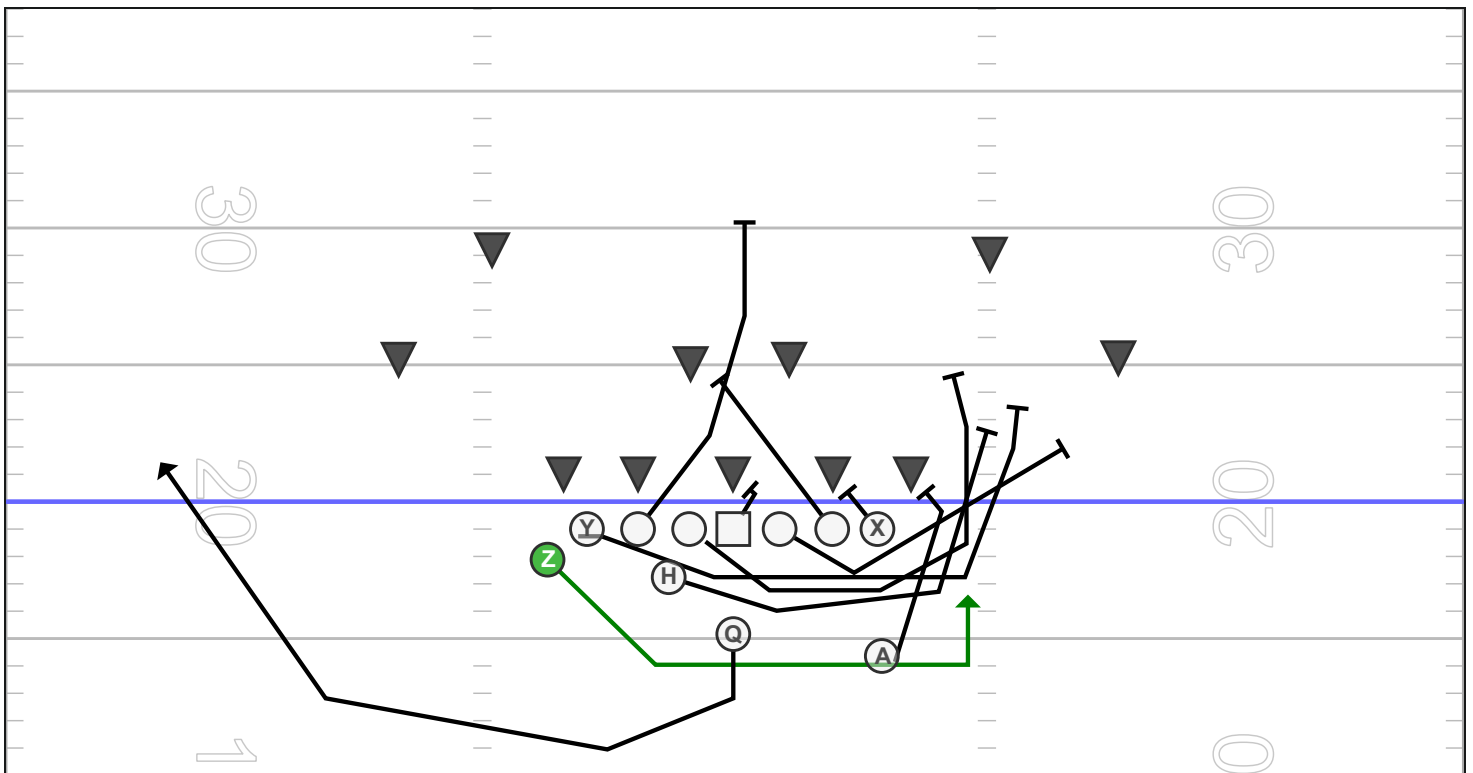
PSG PULL TO THE CALL AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE.
LISTEN FOR A STAY CALL, IF NEEDED STAY AND BLOCK DOWN ON PS A GAP DEFENDER

C GAP-DOWN-ON
IF THERE IS A THREAT TO BOTH A GAPS MAKE A STAY CALL AND KEEP PSG IN

BSG PULL TO THE CALL, GET GOOD DEPTH AS YOU PAST THE CENTER, AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE.

BST RIP INSIDE THROUGH THE BS-B GAP. WORK TO CLIMB TO THE BS SAFETY.

1 TROJAN RIGHT



Q OPEN TO THE Z. GIVE HIM THE BALL BEHIND AND BOOT OPPOSITE THE CALL

A PIN THE FIRST DEFENDER OUTSIDE THE PSTE

Z OPEN UP BEHIND THE QB. TAKE HAND OFF AND LOOK TO FOLLOW PULLERS INSIDE THE KICK OUT OF THE H BACK

H PULL TO THE CALL. EYES INSIDE AS YOU COME AROUND THE PULL.

PS TE GAP-DOWN-BACKER

BS TE PULL TO THE CALL, GET GOOD DEPTH AS YOU PAST THE CENTER, AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE.

PST GAP-DOWN-BACKER

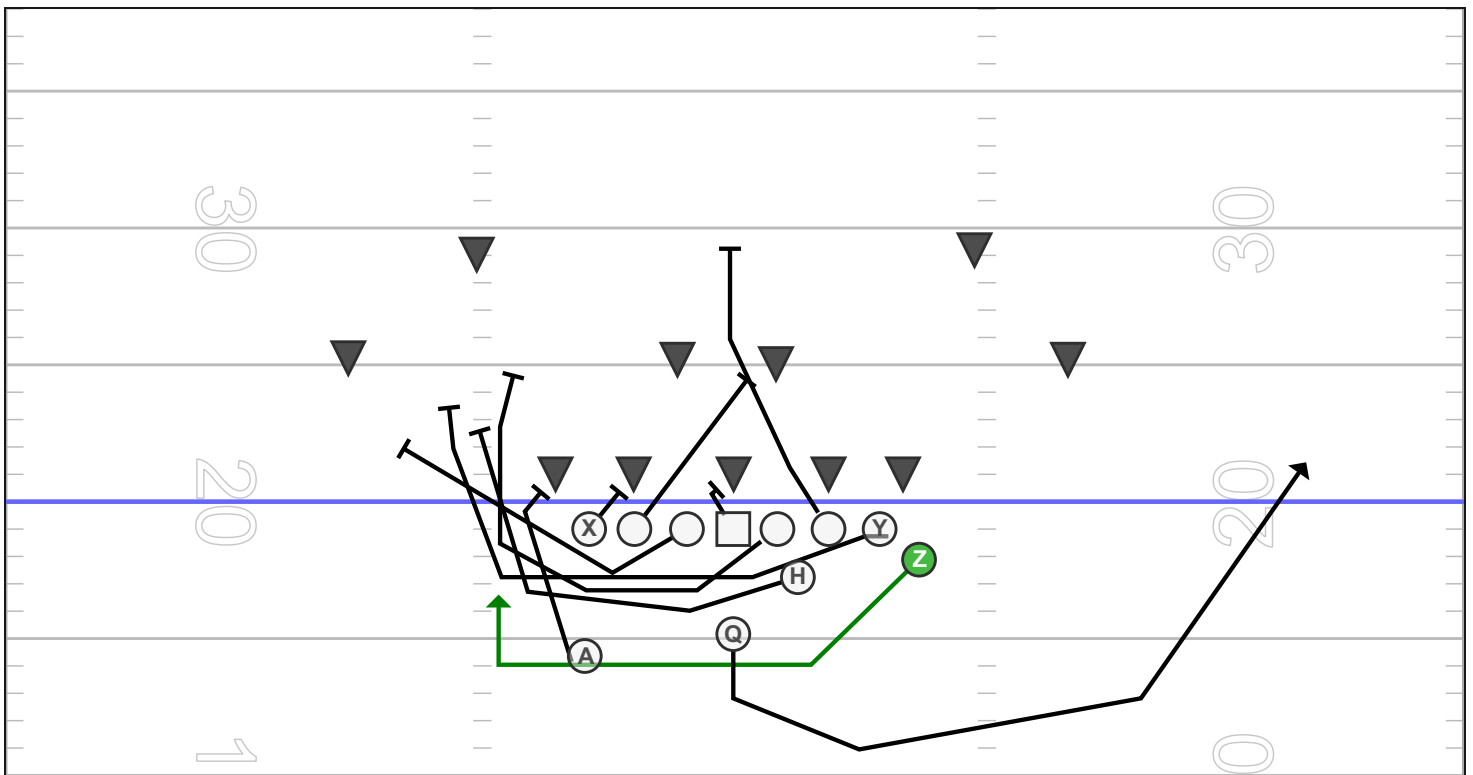
PSG PULL TO THE CALL AND LOOK TO KICK OUT THE FIRST DEFENDER OUTSIDE THE BLOCK OF THE A BACK
LISTEN FOR A STAY CALL, IF NEEDED STAY AND BLOCK DOWN ON PS A GAP DEFENDER

C GAP-DOWN-ON
IF THERE IS A THREAT TO BOTH A GAPS MAKE A STAY CALL AND KEEP PSG IN

BSG PULL TO THE CALL, GET GOOD DEPTH AS YOU PAST THE CENTER, AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE.

BST RIP INSIDE THROUGH THE BS-B GAP. WORK TO CLIMB TO THE BS SAFETY.

2 TROJAN LEFT



Q OPEN TO THE Z. GIVE HIM THE BALL BEHIND AND BOOT OPPOSITE THE CALL

A PIN THE FIRST DEFENDER OUTSIDE THE PSTE

Z OPEN UP BEHIND THE QB. TAKE HAND OFF AND LOOK TO FOLLOW PULLERS INSIDE THE KICK OUT OF THE H BACK

H PULL TO THE CALL. EYES INSIDE AS YOU COME AROUND THE PULL.

PS TE GAP-DOWN-BACKER

BS TE PULL TO THE CALL, GET GOOD DEPTH AS YOU PAST THE CENTER, AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE.

PST GAP-DOWN-BACKER

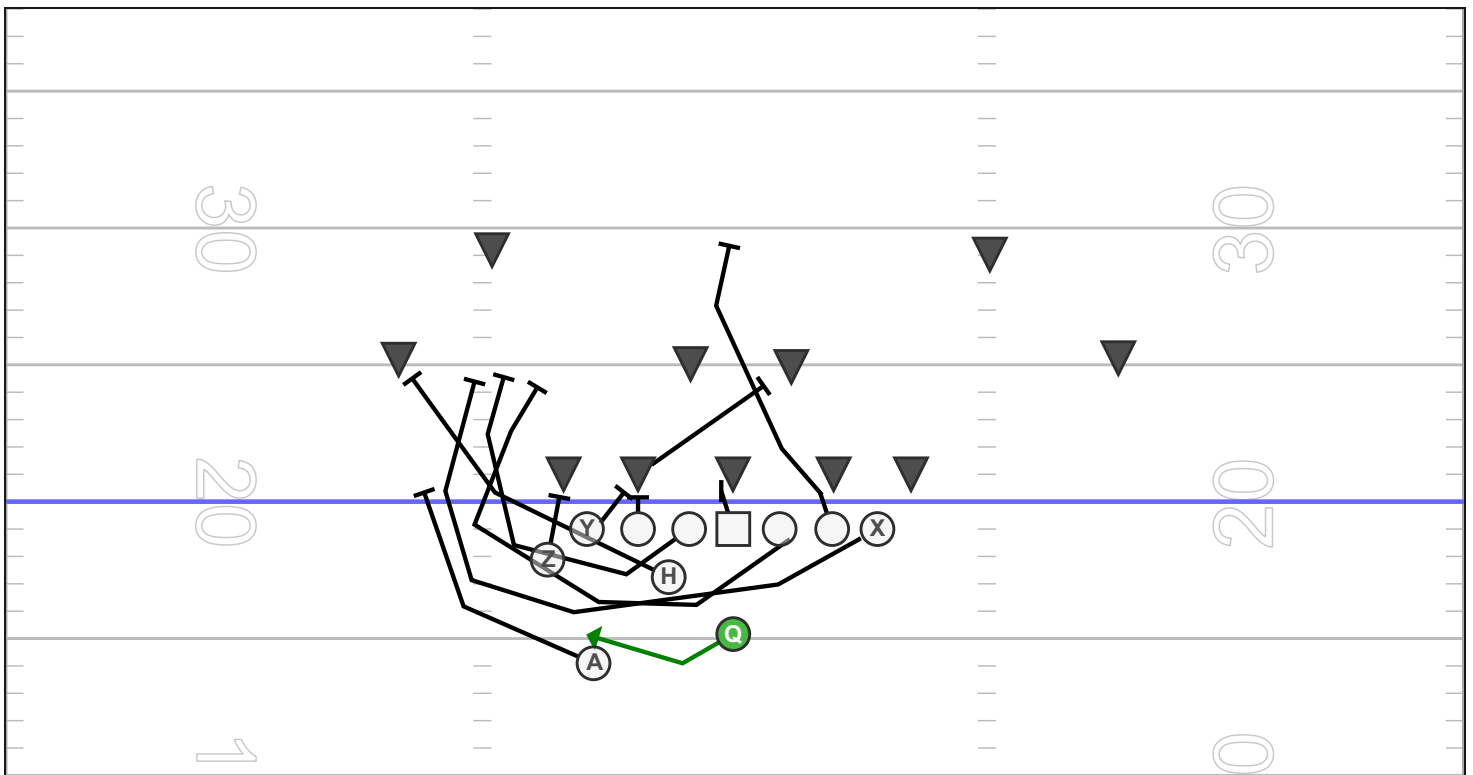
PSG PULL TO THE CALL AND LOOK TO KICK OUT THE FIRST DEFENDER OUTSIDE THE BLOCK OF THE A BACK
LISTEN FOR A STAY CALL, IF NEEDED STAY AND BLOCK DOWN ON PS A GAP DEFENDER

C GAP-DOWN-ON
IF THERE IS A THREAT TO BOTH A GAPS MAKE A STAY CALL AND KEEP PSG IN

BSG PULL TO THE CALL, GET GOOD DEPTH AS YOU PAST THE CENTER, AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE.

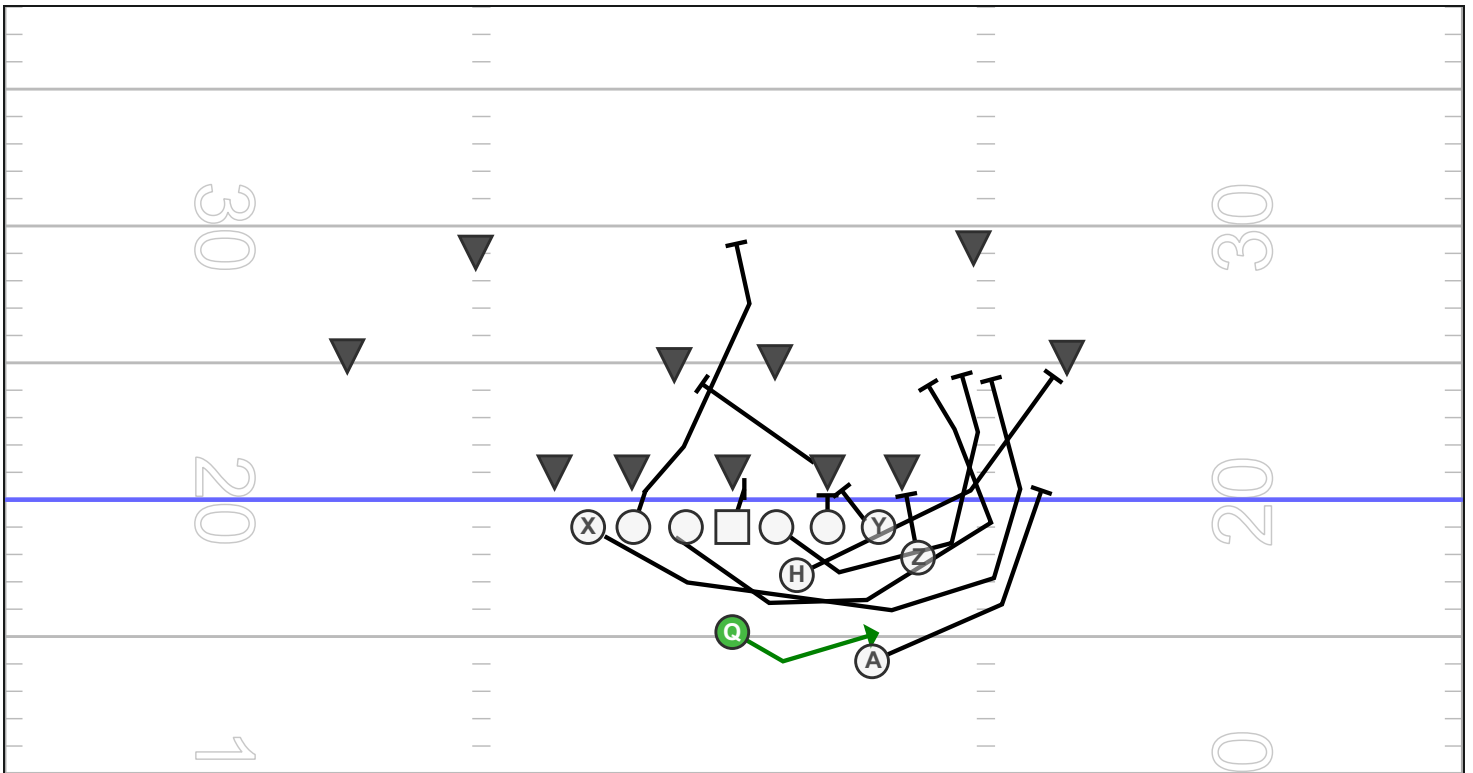
BST RIP INSIDE THROUGH THE BS-B GAP. WORK TO CLIMB TO THE BS SAFETY.

5 QB BUCK LEFT



- | | |
|-------|--|
| Q | TAKE SNAP AND SHUFFLE ONCE TO THE CALL TO SET UP THE PULLERS. FOLLOW THE PULLERS THROUGH THE HOLE. |
| A | LEAD BLOCK FOR THE QB. LOOK TO TURN UP INSIDE THE KICKOUT OF THE H BACK. |
| Z | GAP-DOWN-BACKER |
| H | LEAD BLOCK AND LOOK TO KICK OUT THE CORNER OR FIRST DEFENDER THAT SHOWS OUTSIDE THE WING. |
| PS TE | GAP-DOWN-BACKER |
| BS TE | PULL TO THE CALL, GET GOOD DEPTH AS YOU PAST THE CENTER, AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE. |
| PST | GAP-DOWN-BACKER |
| PSG | PULL TO THE CALL AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE.
LISTEN FOR A STAY CALL, IF NEEDED STAY AND BLOCK DOWN ON PS A GAP DEFENDER |
| C | GAP-DOWN-ON
IF THERE IS A THREAT TO BOTH A GAPS MAKE A STAY CALL AND KEEP PSG IN |
| BSG | PULL TO THE CALL, GET GOOD DEPTH AS YOU PAST THE CENTER, AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE. |
| BST | RIP INSIDE THROUGH THE BS-B GAP. WORK TO CLIMB TO THE BS SAFETY. |

6 QB BUCK RIGHT



Q TAKE SNAP AND SHUFFLE ONCE TO THE CALL TO SET UP THE PULLERS. FOLLOW THE PULLERS THROUGH THE HOLE.

A LEAD BLOCK FOR THE QB. LOOK TO TURN UP INSIDE THE KICKOUT OF THE H BACK.

Z GAP-DOWN-BACKER

H LEAD BLOCK AND LOOK TO KICK OUT THE CORNER OR FIRST DEFENDER THAT SHOWS OUTSIDE THE WING.

PS TE GAP-DOWN-BACKER

BS TE PULL TO THE CALL, GET GOOD DEPTH AS YOU PAST THE CENTER, AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE.

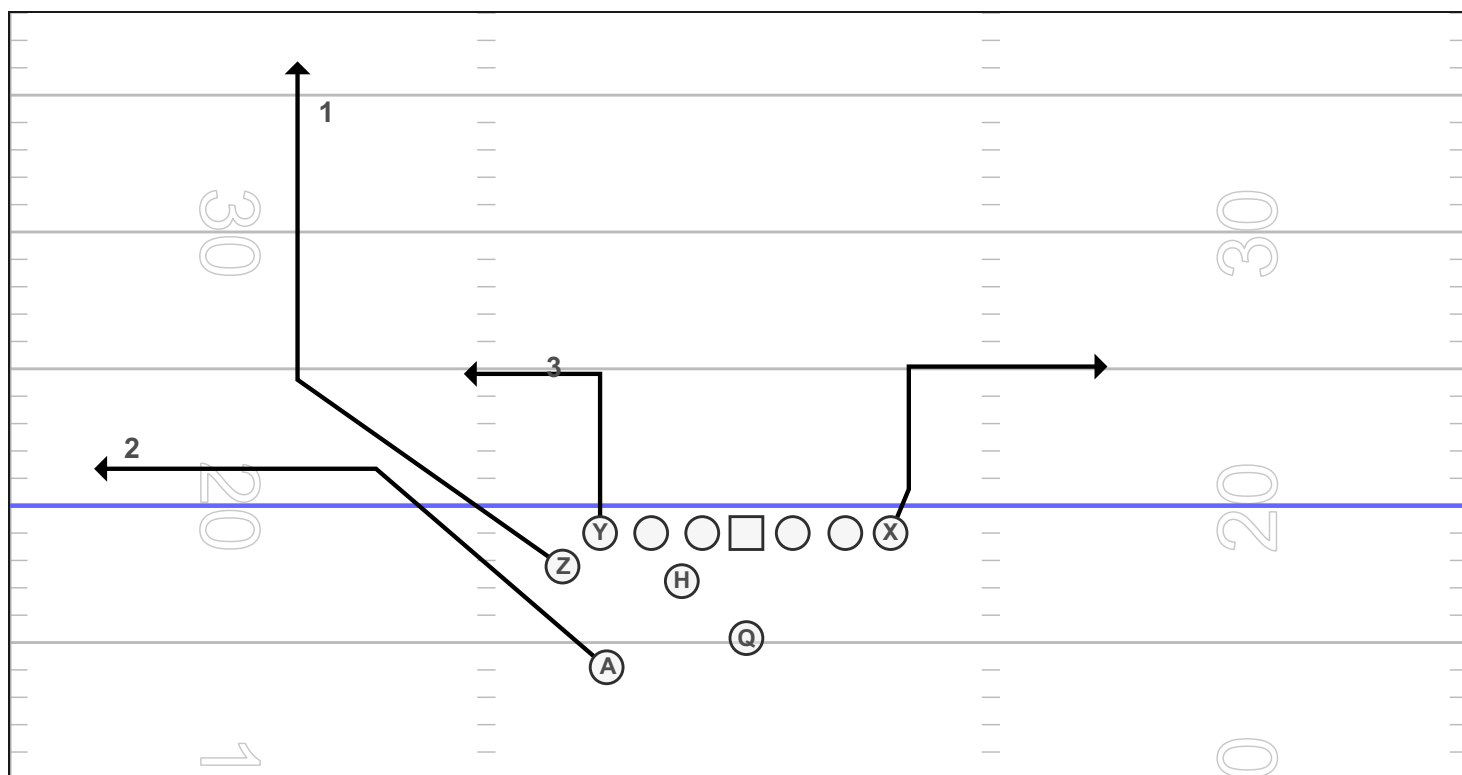
PST GAP-DOWN-BACKER

PSG PULL TO THE CALL AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE.
LISTEN FOR A STAY CALL, IF NEEDED STAY AND BLOCK DOWN ON PS A GAP DEFENDER

C GAP-DOWN-ON
IF THERE IS A THREAT TO BOTH A GAPS MAKE A STAY CALL AND KEEP PSG IN

BSG PULL TO THE CALL, GET GOOD DEPTH AS YOU PAST THE CENTER, AND LOOK TO TURN UP INSIDE THE KICK OUT OF THE H BACK. EYES INSIDE.

BST RIP INSIDE THROUGH THE BS-B GAP. WORK TO CLIMB TO THE BS SAFETY.



Q 3 STEP QUICK GAME
PROGRESSION = 1) FADE 2) FLAT 3) STICK

X 5 YARD OUT

H LOUIE PROTECTION

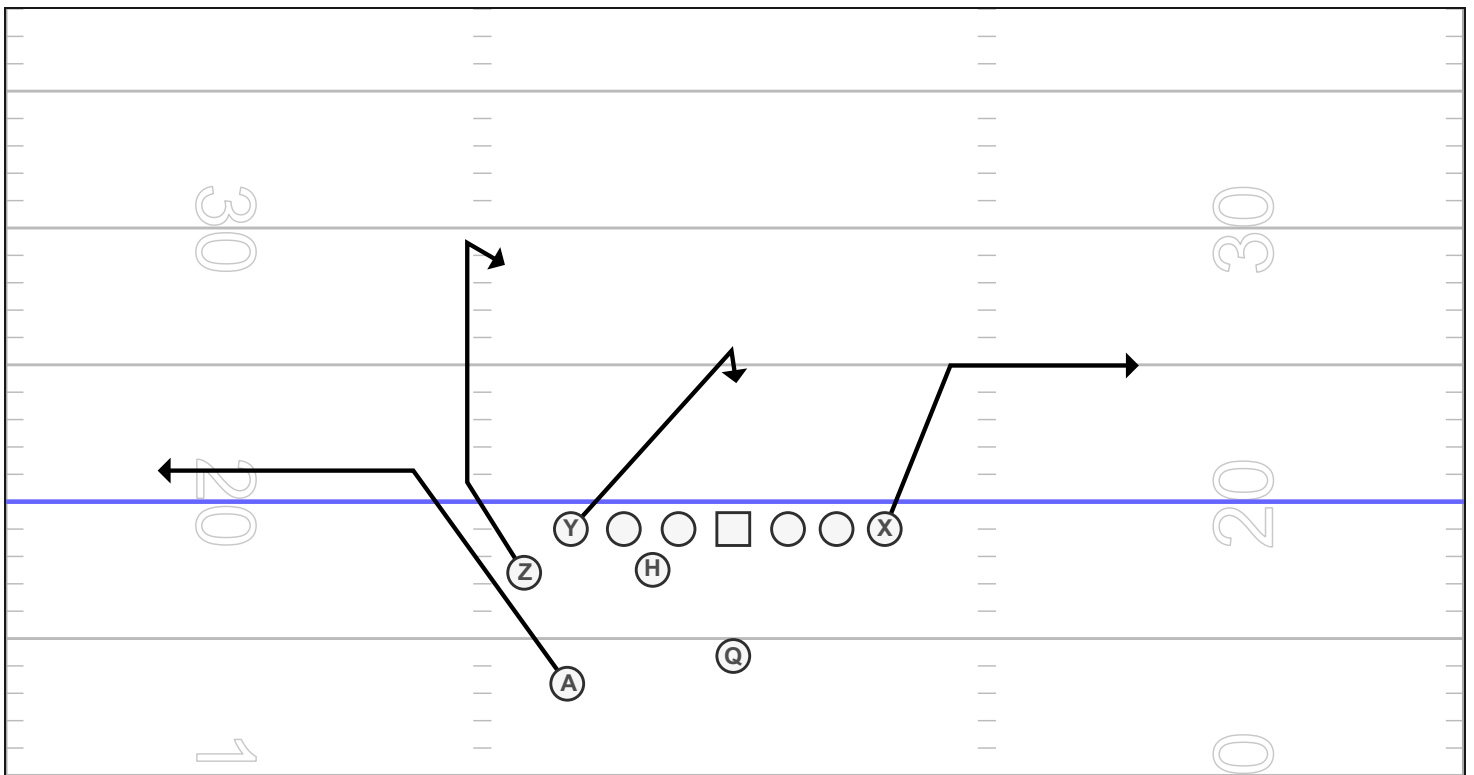
A SHOOT ROUTE

Z WING = BURST FADE
SPLIT OUT = FADE

Y STICK ROUTE

OL LOUIE PROTECTION

5 COUGAR



QB 3 STEP DROP
PROGRESSION: 1) SHOOT 2) MINI CURL 3) SNAG

X 5 YARD OUT

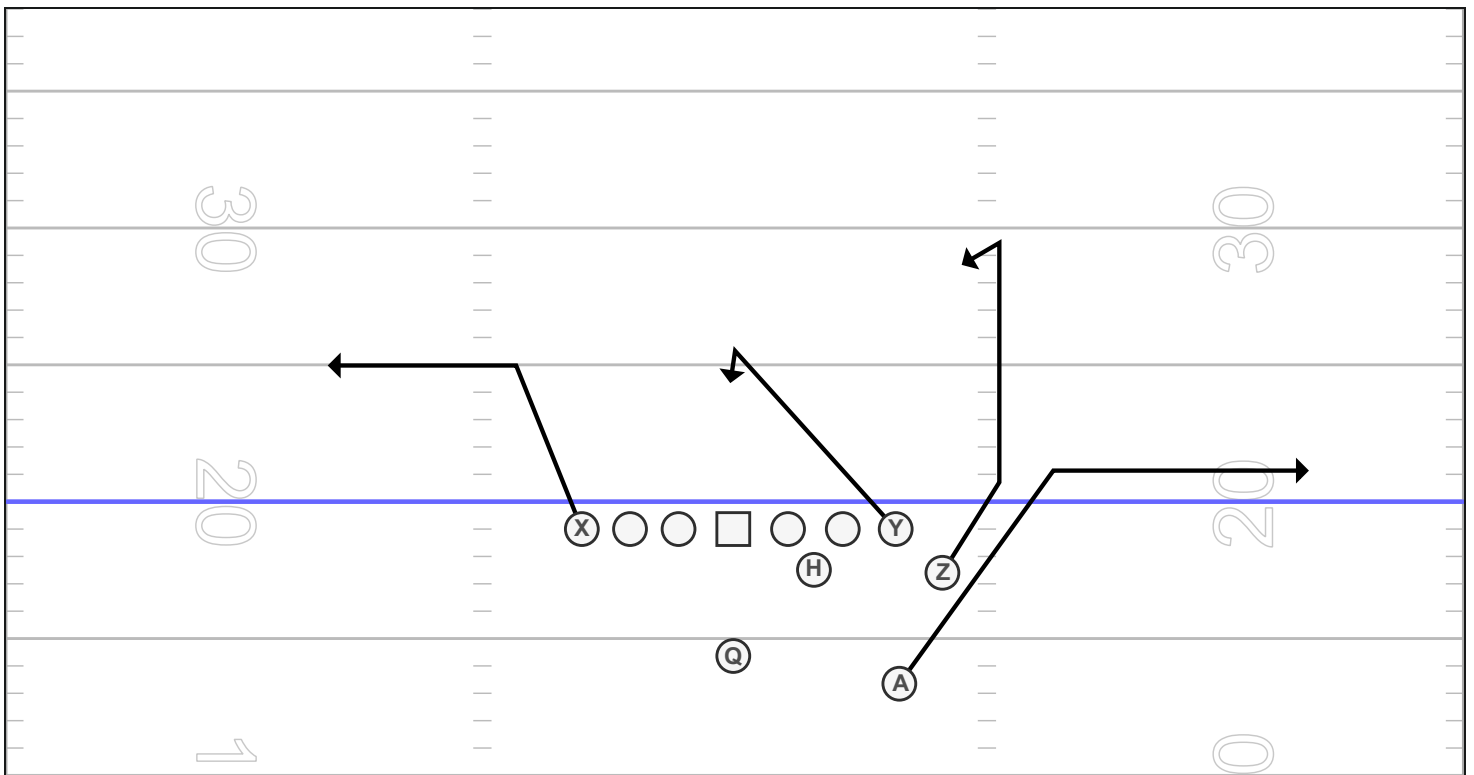
H LOUIE PROTECTION

A SHOOT ROUTE

Z 8 YARD MINI CURL

Y OTB SNAG

OL LOUIE PROTECTION



QB 3 STEP DROP
PROGRESSION: 1) SHOOT 2) MINI CURL 3) SNAG

X 5 YARD OUT

H LOUIE PROTECTION

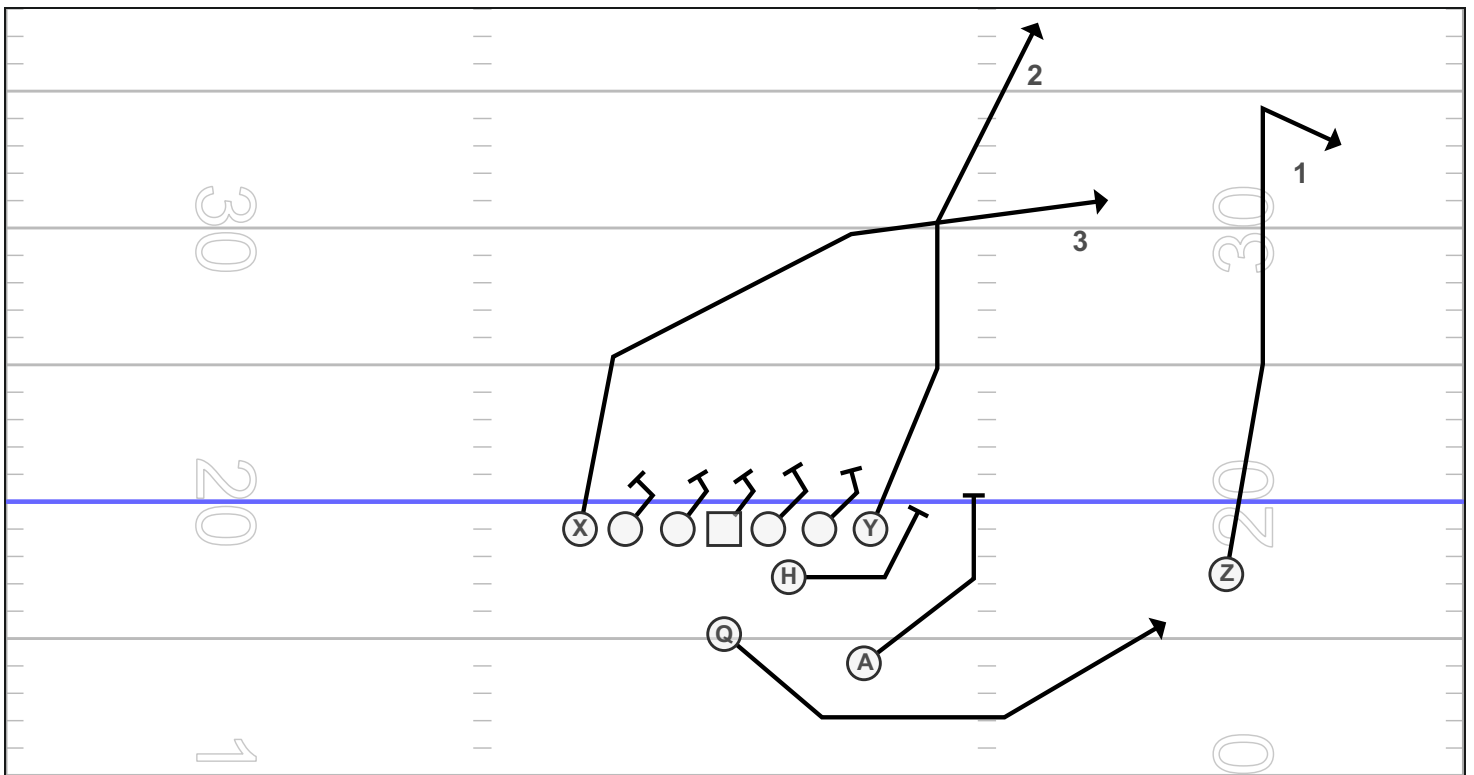
A SHOOT ROUTE

Z 8 YARD MINI CURL

Y OTB SNAG

OL LOUIE PROTECTION

6 SPREAD RODEO COBRA



- Q SPRINT OUT
PROGRESSION: 1) COMEBACK 2) CORNER 3) COUNTRY

- X COUNTRY ROUTE

- H RODEO/LASSO PROTECTION

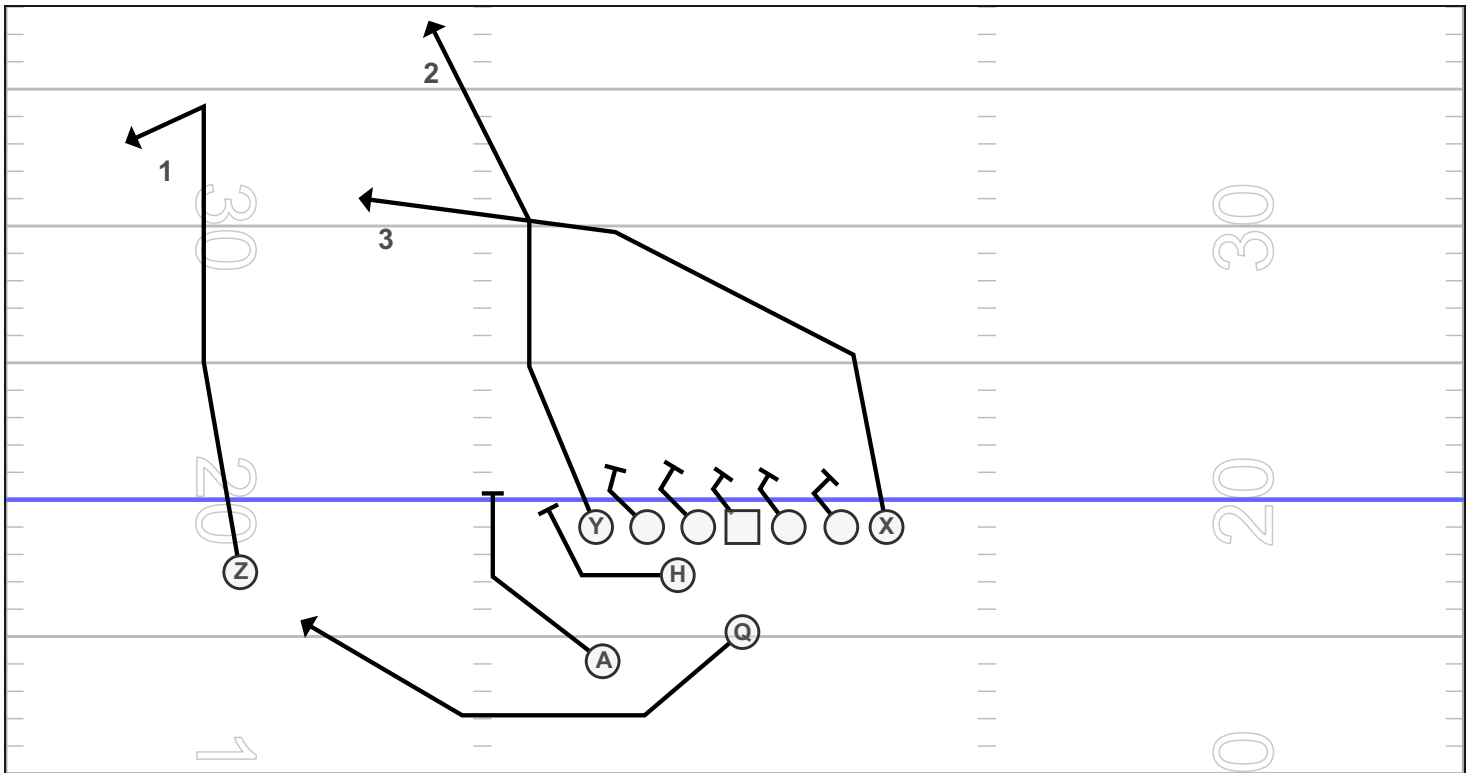
- A RODEO/LASSO PROTECTION

- Z 15 YARD COMEBACK

- Y HIGH CORNER ROUTE

- OL RODEO/LASSO PROTECTION

5 SPREAD LASSO COBRA



Q SPRINT OUT
PROGRESSION: 1) COMEBACK 2) CORNER 3) COUNTRY

X COUNTRY ROUTE

H RODEO/LASSO PROTECTION

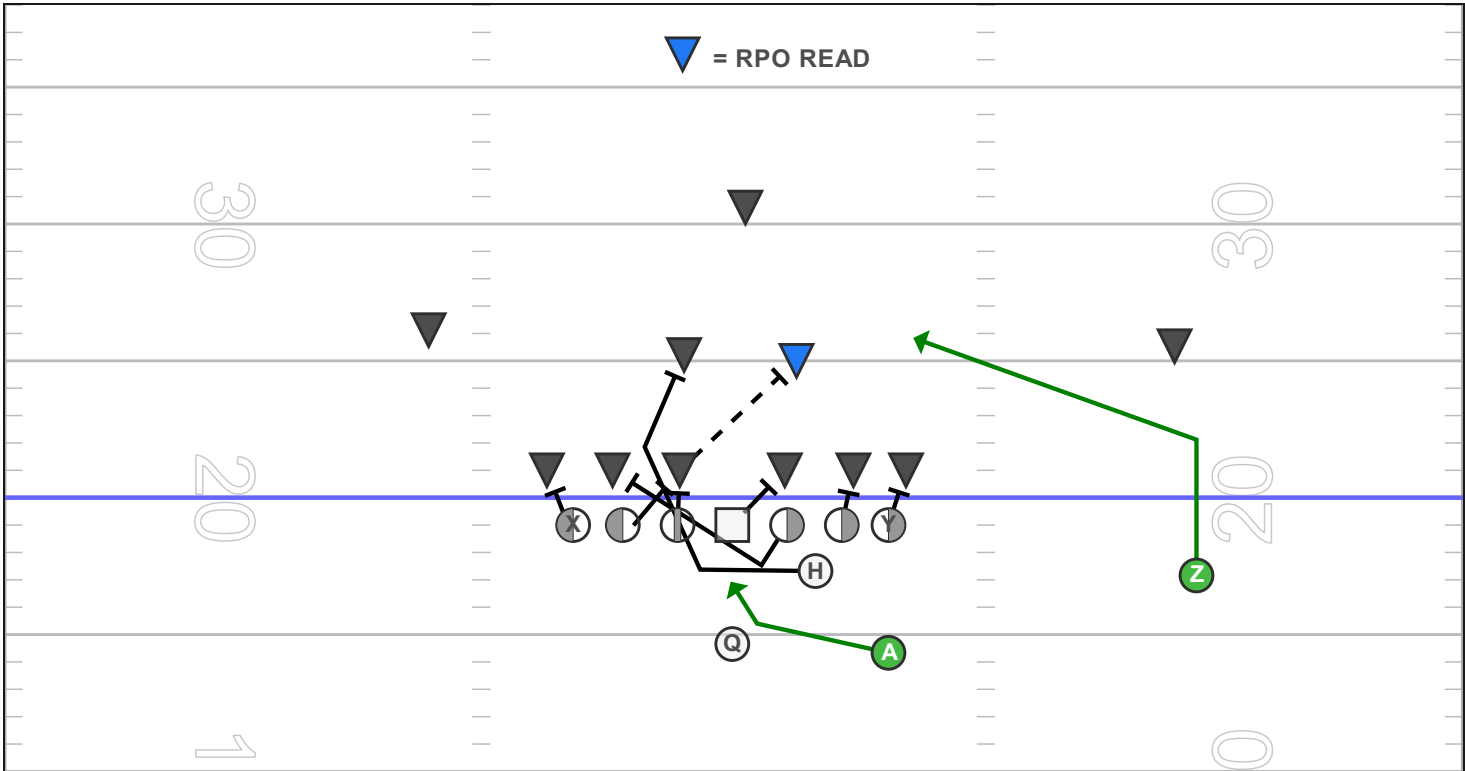
A RODEO/LASSO PROTECTION

Z 15 YARD COMEBACK

Y HIGH CORNER ROUTE

OL RODEO/LASSO PROTECTION

6 SPREAD TREY GLANCE LEFT



Q

Y

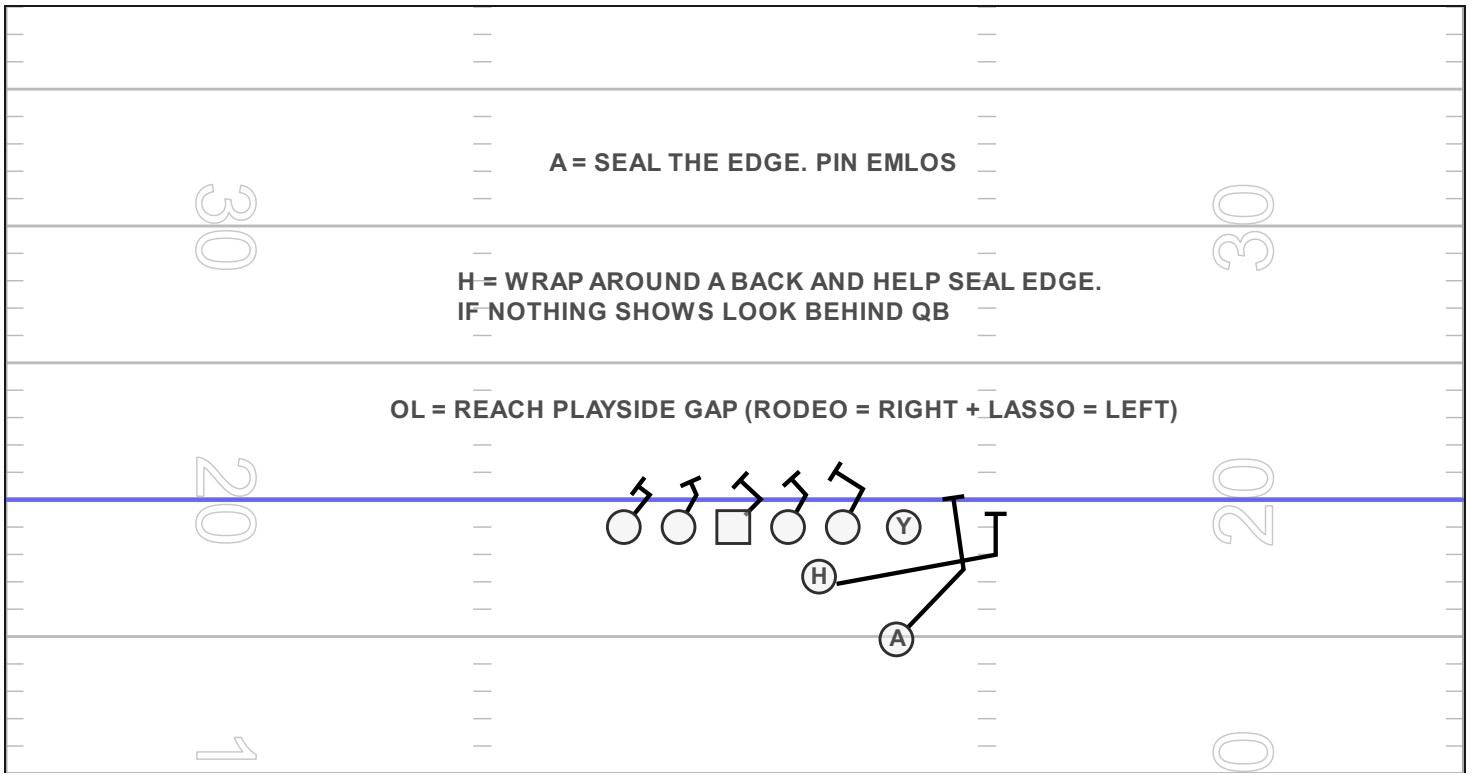
X

H

A

Z

PASS PRO RODEO PROTECTION

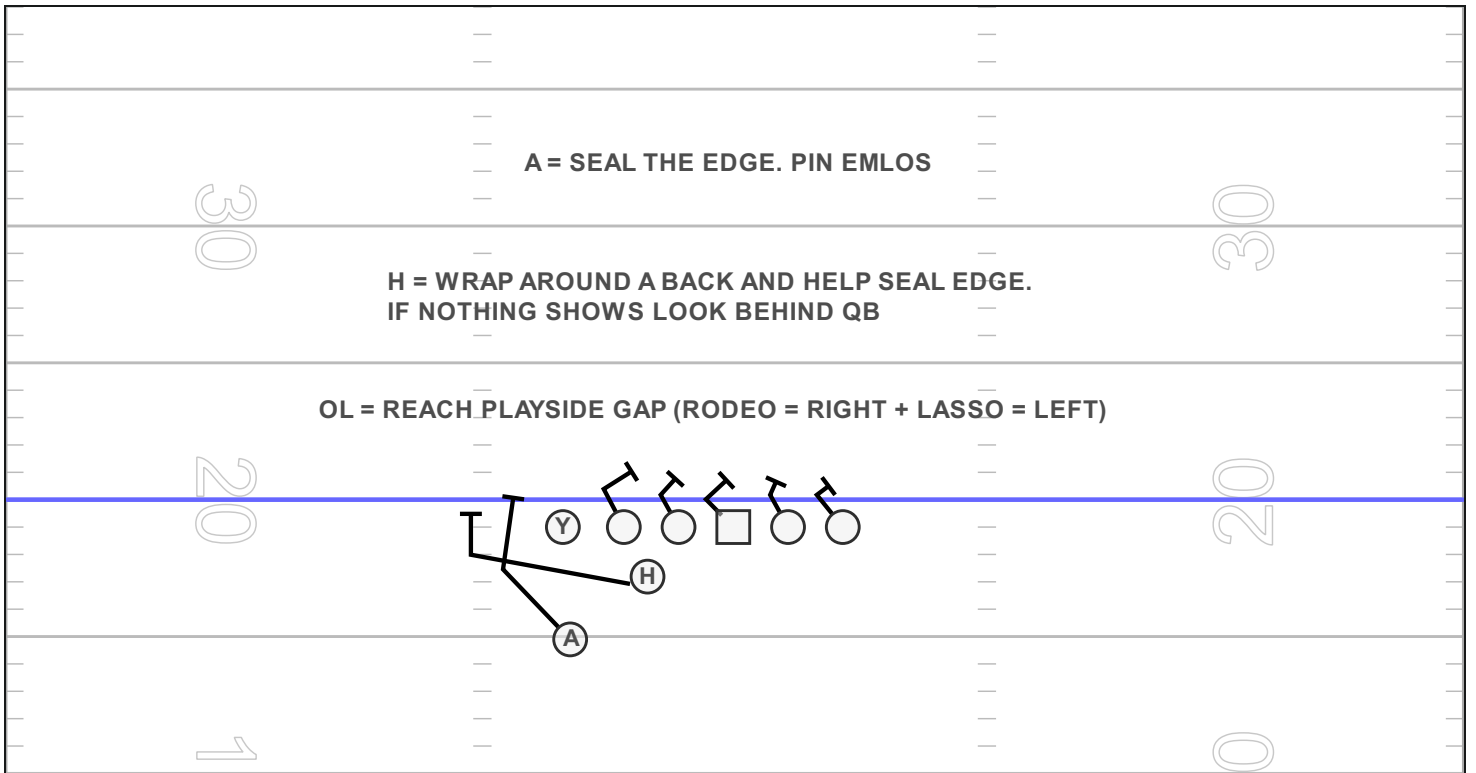


H

A

Y

PASS PRO LASSO PROTECTION



H

A

Y