

FALL 2022 DAY 3-6-9 INSTALL

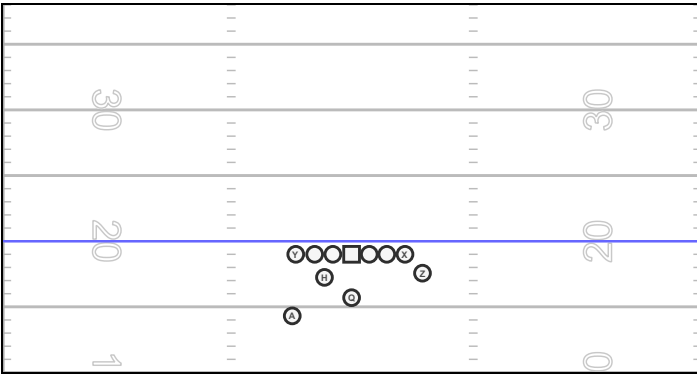
St. Mary's High School

Boys Varsity Football

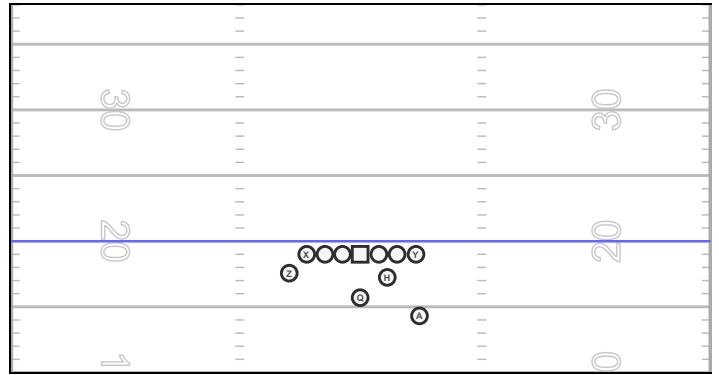


FORMATIONS/MOTIONS/SHIFTS

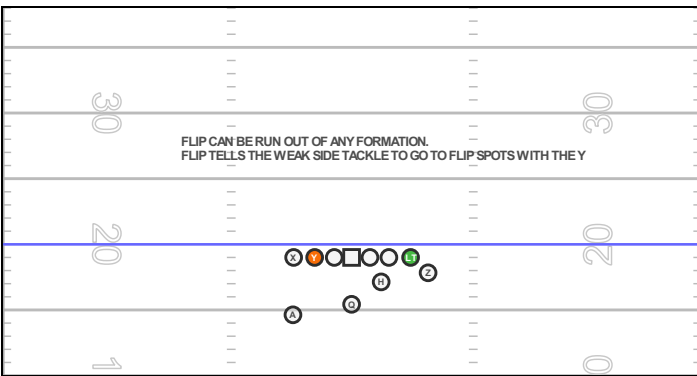
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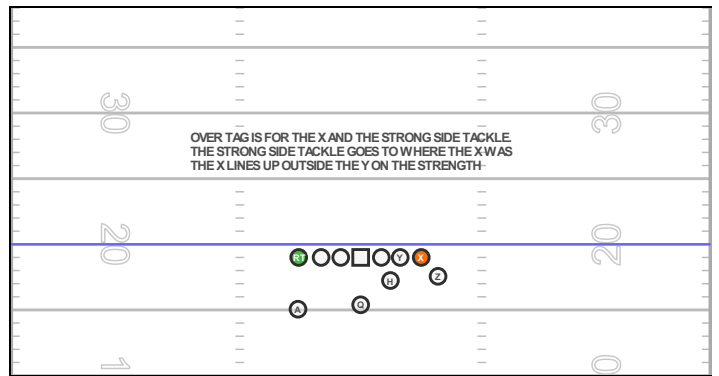
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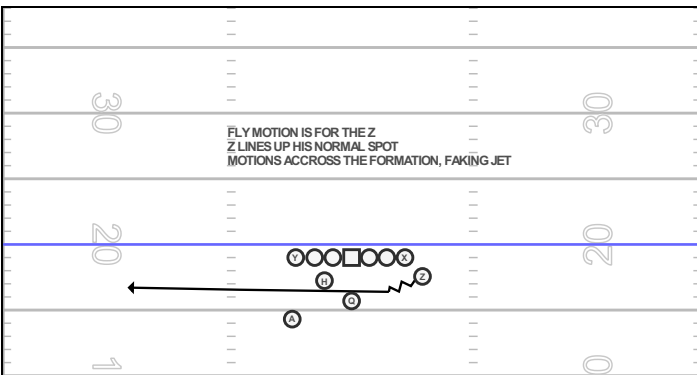
2 FLIP



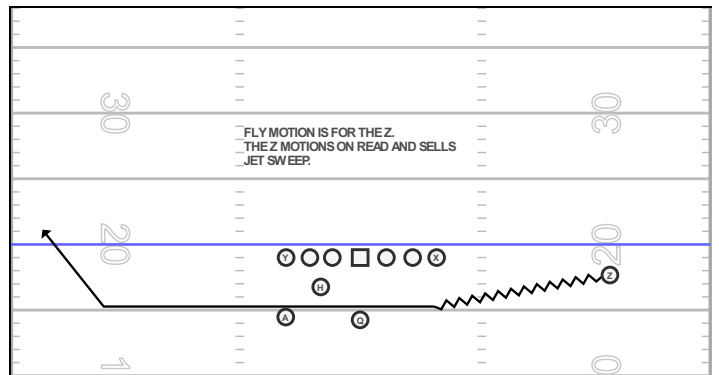
2 OVER

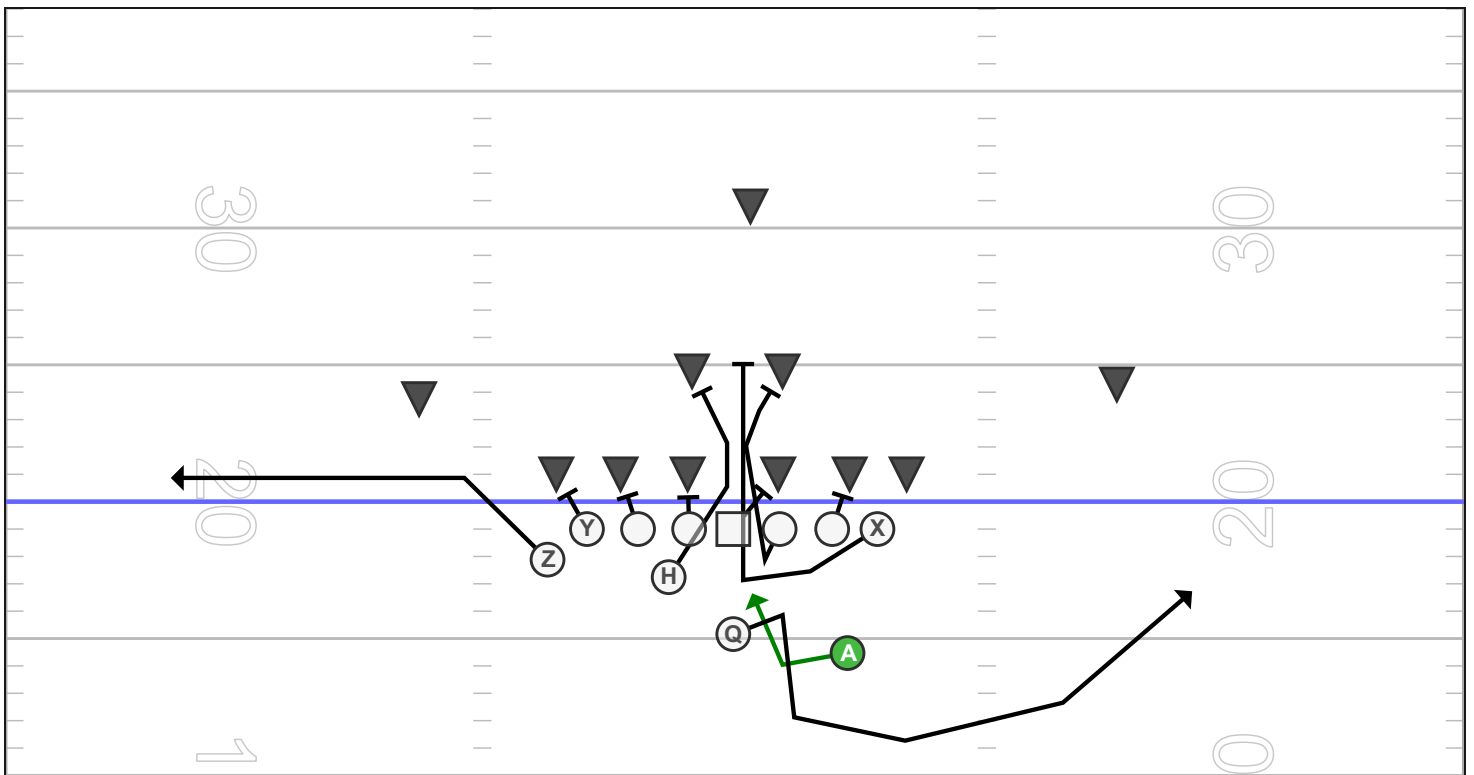


3 FLY MOTION



3 SPREAD FLY MOTION





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

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

- H ISO ON PS LB

- Z SHOOT ROUTE

- PS TE ON-OUTSIDE-INSIDE

- BS TE PULL THROUGH THE A GAP. BLOCK FIRST THREAT

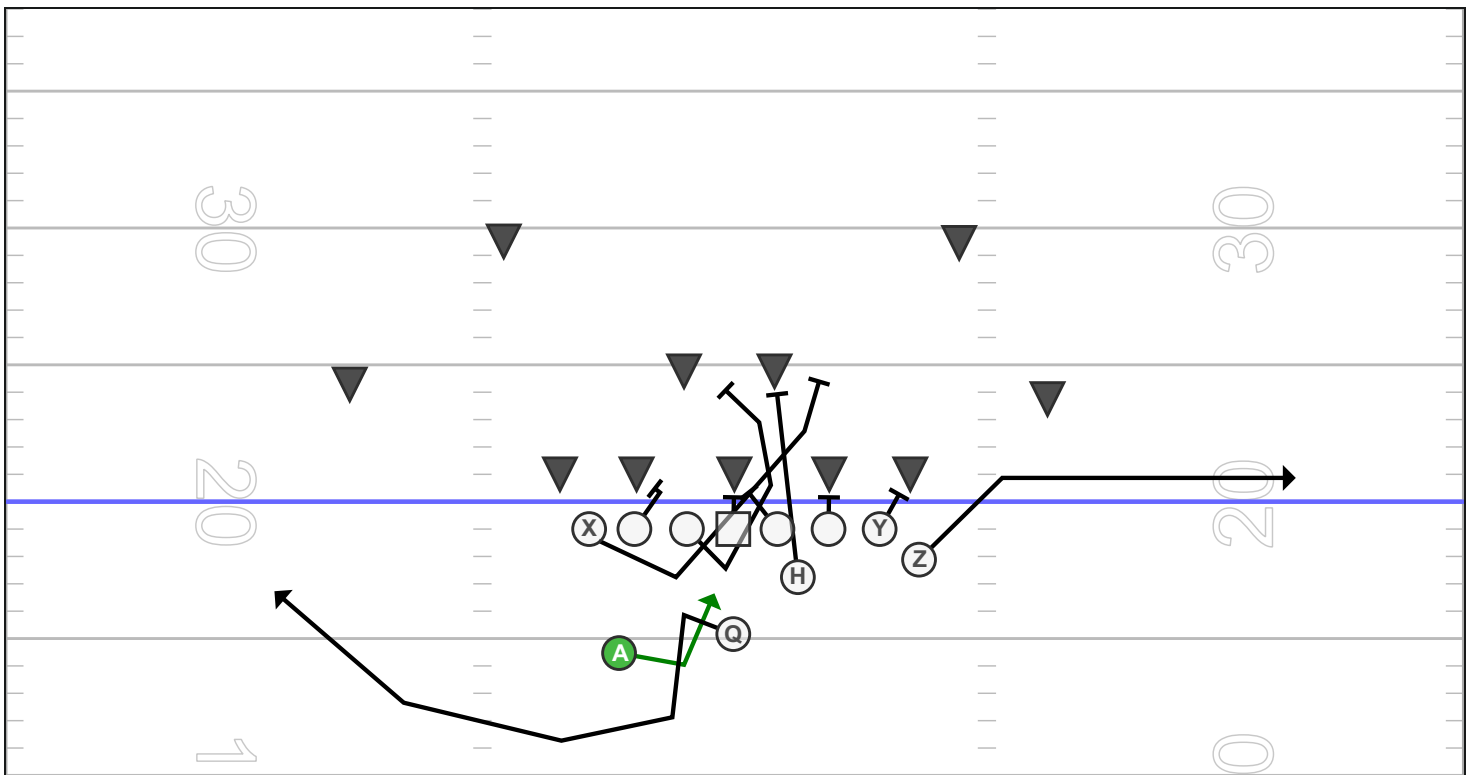
- PST ON-OUTSIDE-DOWN

- PSG ON-OUTSIDE-DOWN

- C GAP-DOWN-ON

- BSG PULL AROUND CENTER TO BS MLB

- BST REACH INSIDE-ON-OUTSIDE



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

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

- H ISO ON PS LB

- Z SHOOT ROUTE

- PS TE ON-OUTSIDE-INSIDE

- BS TE PULL THROUGH THE A GAP. BLOCK FIRST THREAT

- PST ON-OUTSIDE-DOWN

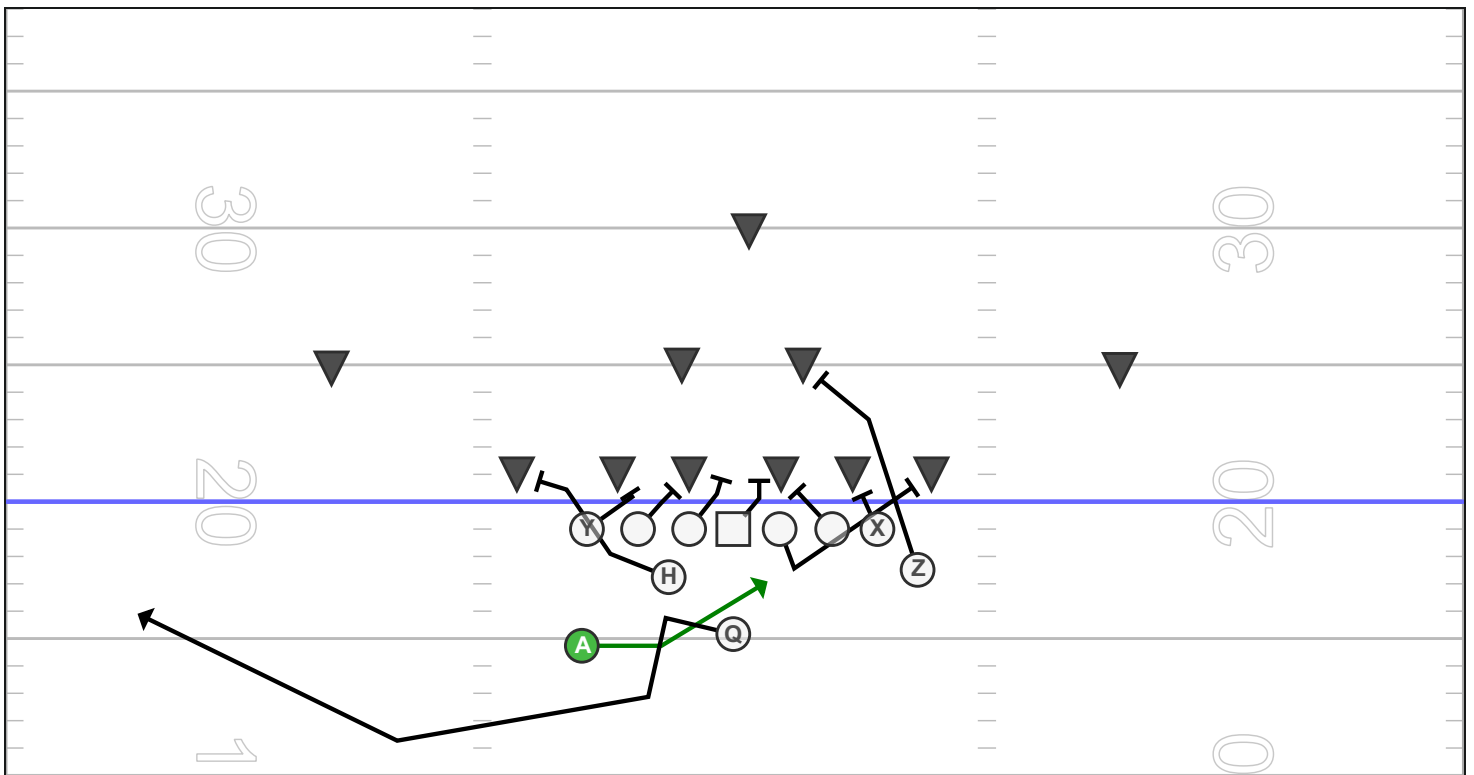
- PSG ON-OUTSIDE-DOWN

- C GAP-DOWN-ON

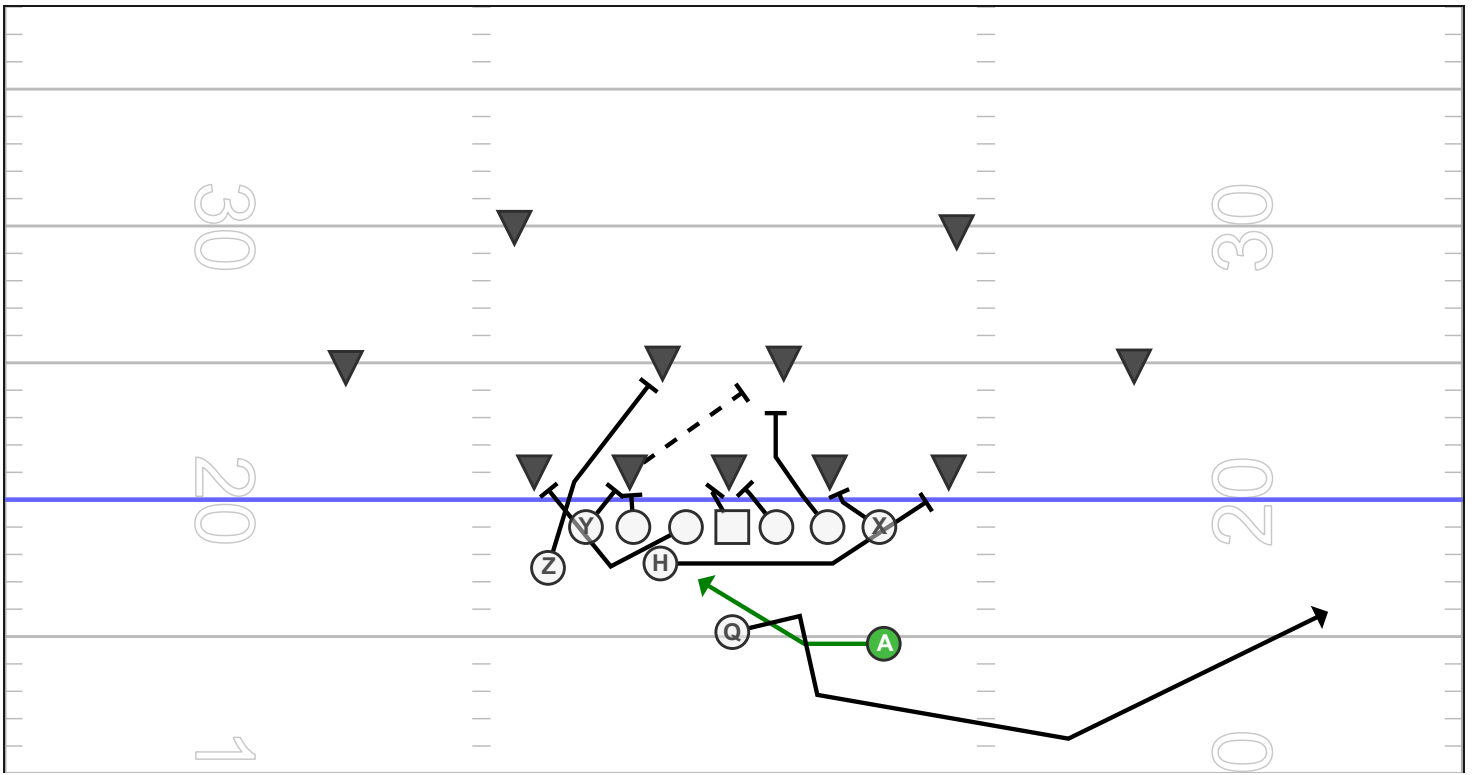
- BSG PULL AROUND CENTER TO BS MLB

- BST REACH INSIDE-ON-OUTSIDE

3 DOWN RIGHT



- Q OPEN TO THE A BACK AND GIVE BALL. RIDE MESH, REVERSE OUT, AND BOOT AWAY FROM THE CALL TO SET UP NAKED.
- A ZONE STEP TO THE QB WITH SHOULDERS SQUARE TO THE LOS. FOLLOW PULLERS THROUGH THE HOLE AND GET DOWN HILL.
- H KICK OUT THE FIRST MAN OUTSIDE THE BS TE.
- Z GAP-DOWN-BACKER
- PS TE GAP-DOWN-BACKER
- BS TE WEDGE TO THE CALL
- PST GAP-DOWN-BACKER
- PSG PULL AND KICK OUT THE EMLOS TO THE CALL
- C WEDGE TO THE CALL
- BSG WEDGE TO THE CALL
- BST WEDGE TO THE CALL



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

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

- H KICK OUT THE FIRST MAN OUTSIDE THE BS TE.

- Z GAP-DOWN-BACKER

- PS TE GAP-DOWN-BACKER

- BS TE WEDGE TO THE CALL

- PST GAP-DOWN-ON-BACKER

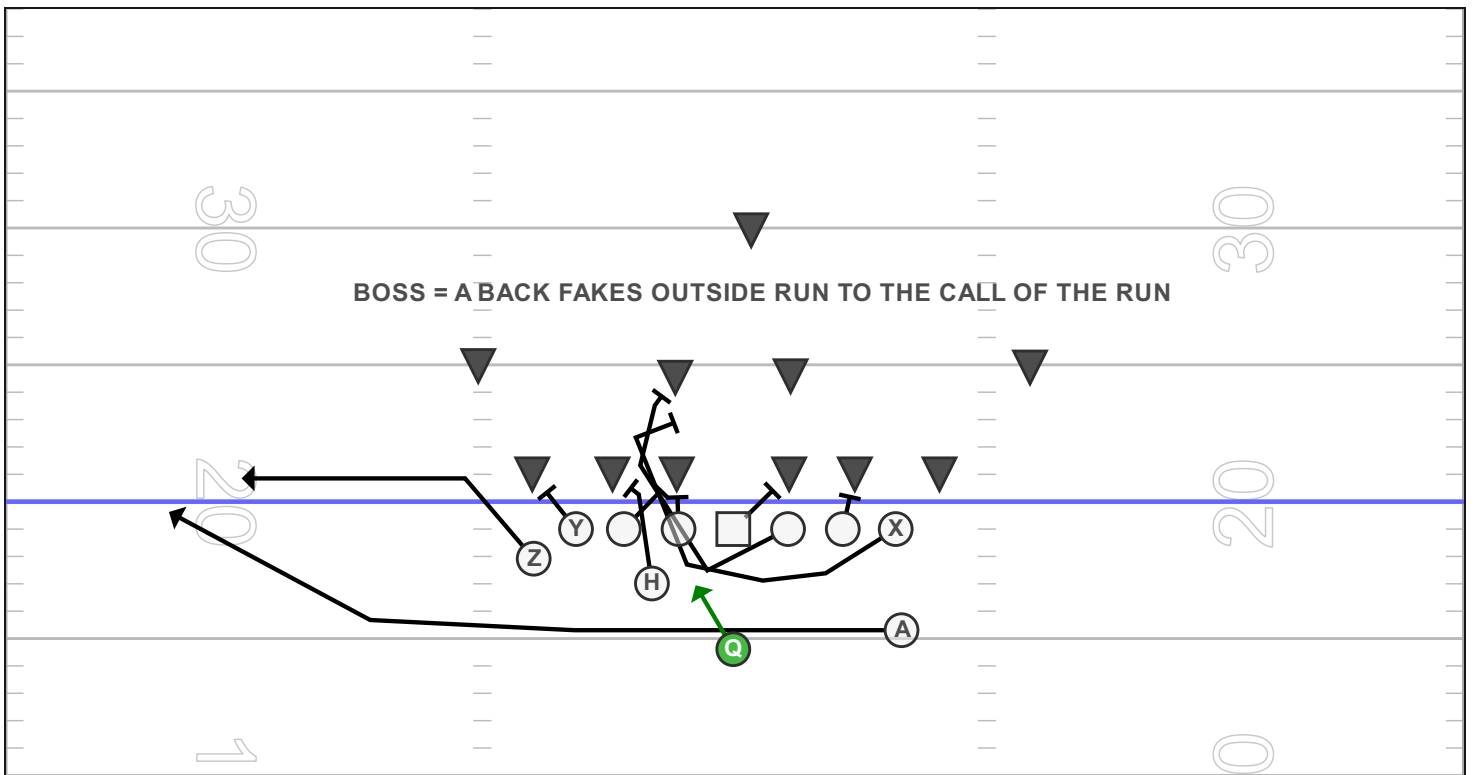
- PSG PULL AND KICK OUT THE EMLOS TO THE CALL

- C WEDGE TO THE CALL

- BSG WEDGE TO THE CALL

- BST WEDGE TO THE CALL

1 BOSS QB POWER LEFT



Y

X

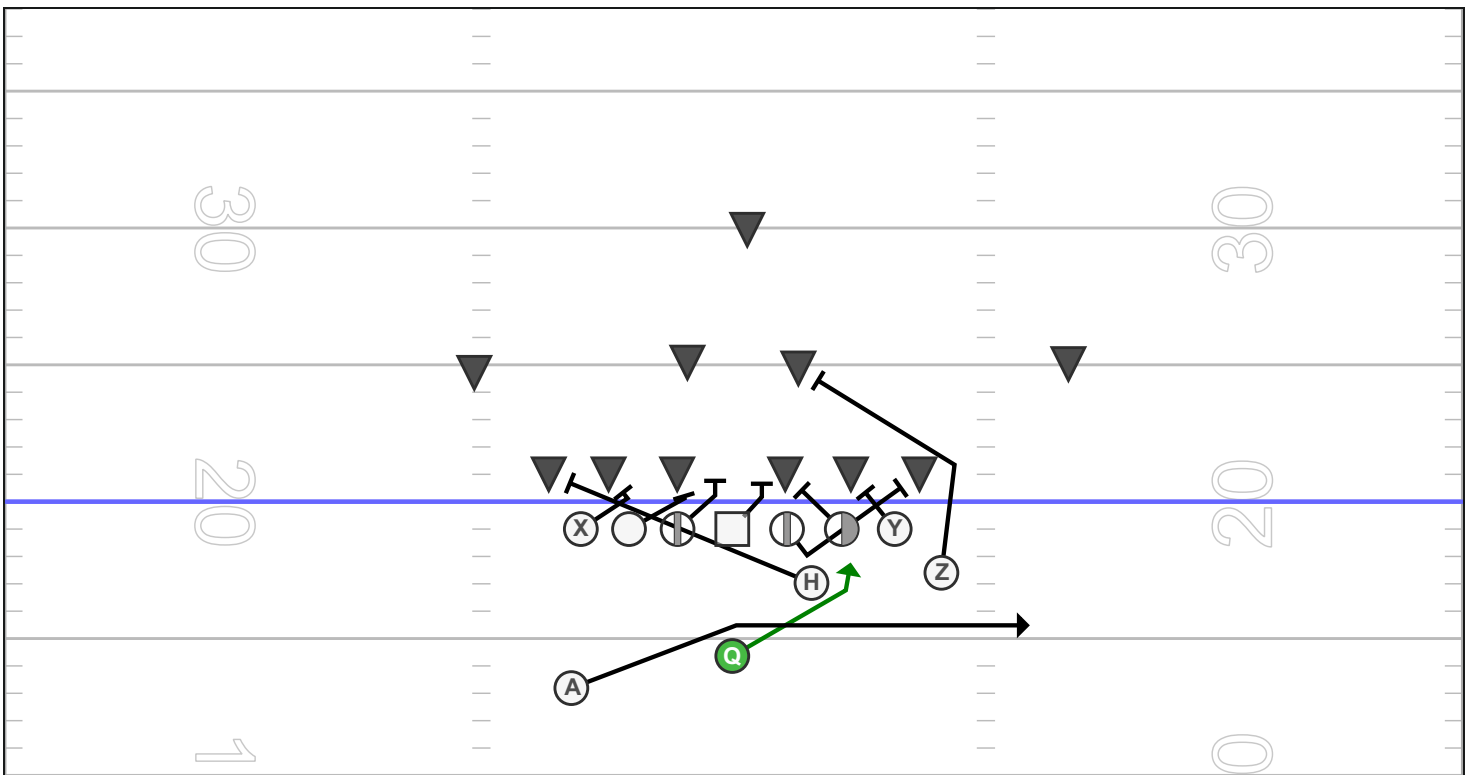
Q

A

Z

H

2 BOSS QB DOWN RIGHT



Y

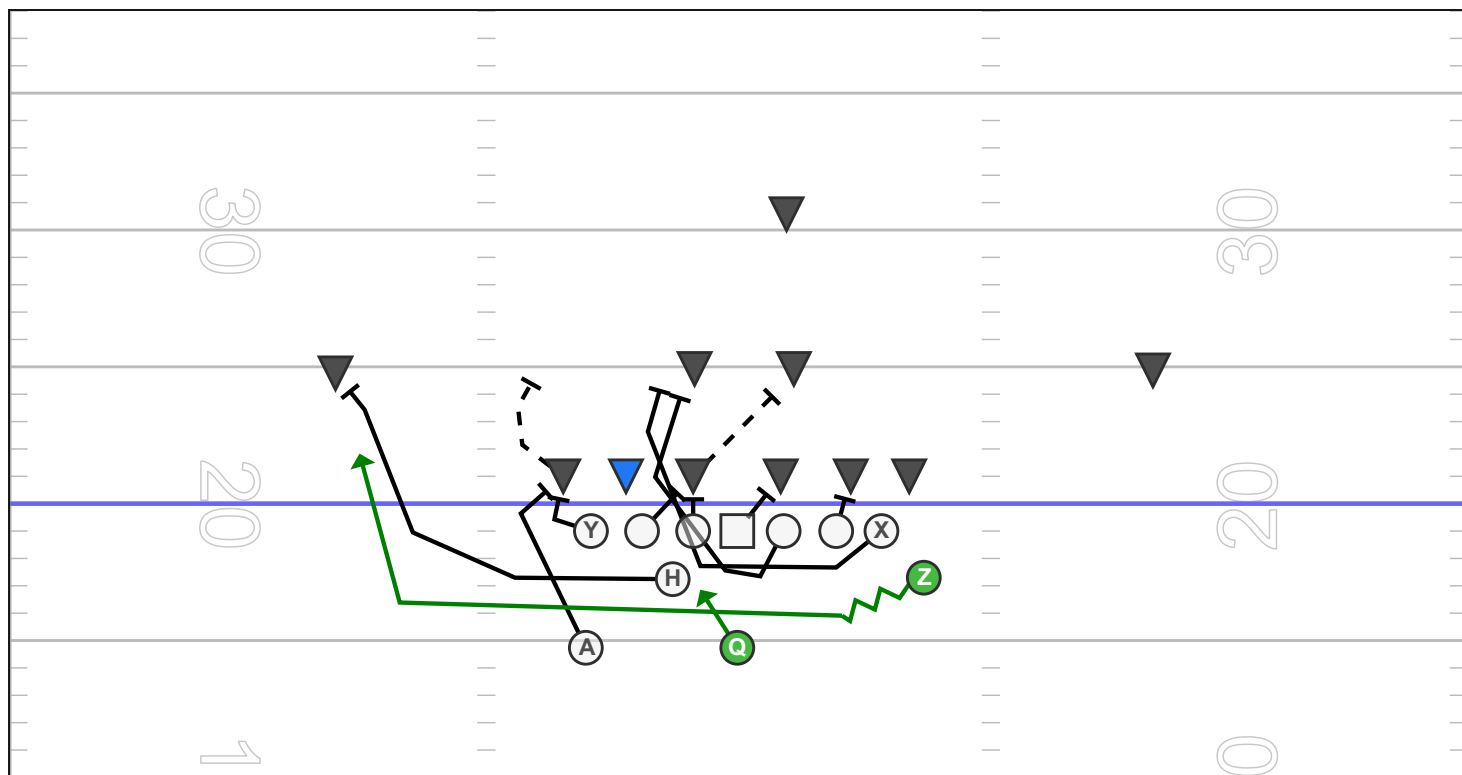
A

Q

Z

X

H



Q MESH WITH THE Z
 READ THE FIRST DEFENDER HEAD UP TO OUTSIDE THE PS T
 IF HE SITS OR SQUEEZES GIVE THE SWEEP
 IF HE CHASES THE SWEEPER, KEEP THE BALL ON POWER

A LEAD FOR THE SWEEP. MAKE SURE THE EDGE IS SEALED THEN CLIMB TO THE PS LB

H LEAD OUTSIDE AND KICK OUT THE CORNER

Z MOTION ON THE READY. MESH WITH THE QB. IF YOU GET THE BALL GET OUTSIDE. IF THE QB KEEPS IT SELL A GREAT FAKE

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 "REACH" CALL THEN REACH THE FIRST DEFENDER OUTSIDE OF YOU.
 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

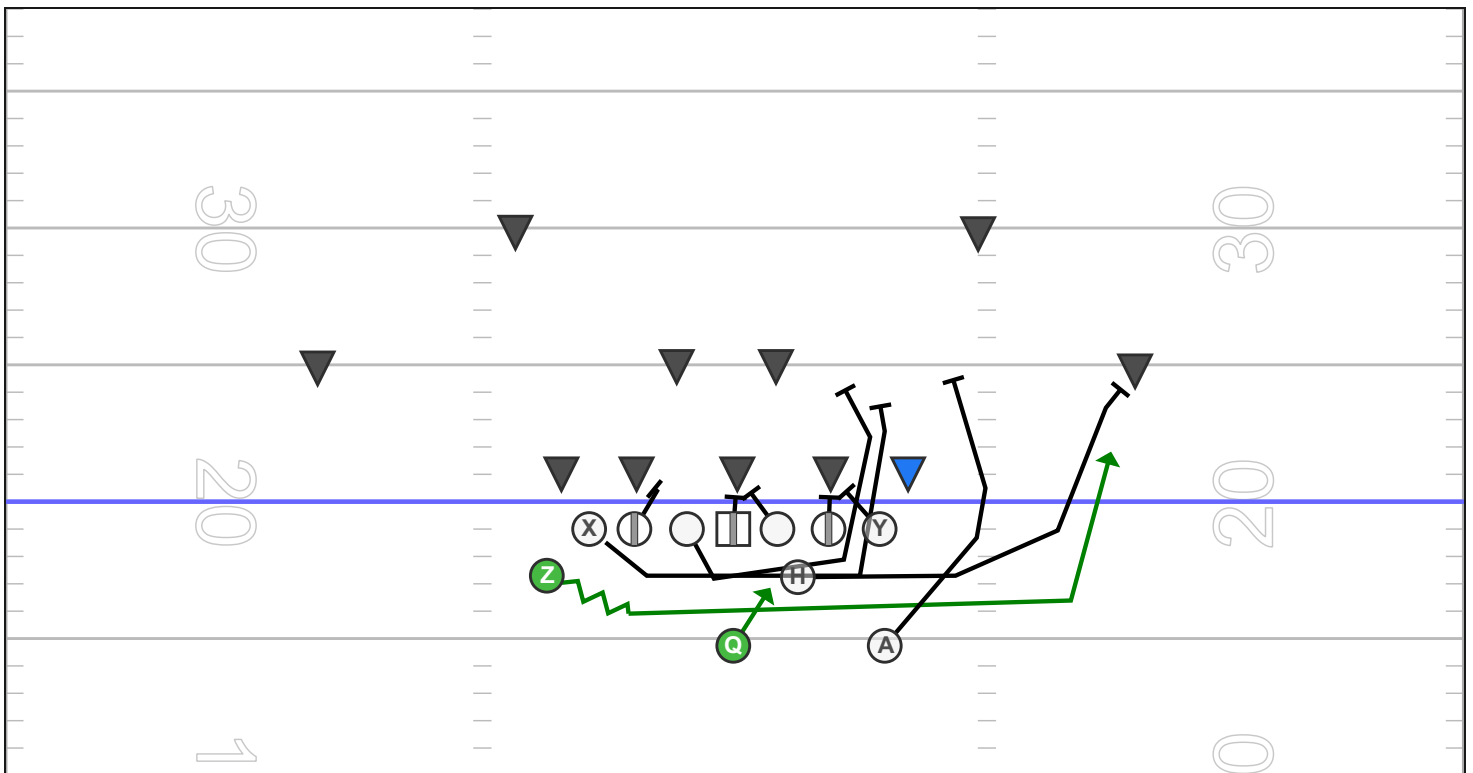
PST COMMUNICATE WITH PS TE AND H BACK
 IF YOU HAVE SOMEONE TO DOWN BLOCK MAKE A "DOWN" CALL
 IF YOU ARE COVERED WITH NO DOWN BLOCK MAKE A "DUECE" CALL AND LOOK TO DOUBLE TEAM WITH THE PS TE
 IF YOU ARE UNCOVERED AND HAVE NO DOUBLE TEAM MAKE A "SKY" CALL CLIMB TO LB

PSG GAP-DOWN-ON-BACKER

C GAP-DOWN-ON-BACKER

BSG #2 PULLER RULES, LOOKING TO BLOCK THE PS LB

BST REACH INSIDE GAP - ON - OUTSIDE



- Q MESH WITH THE Z
 READ THE FIRST DEFENDER HEAD UP TO OUTSIDE THE PS T
 IF HE SITS OR SQUEEZES GIVE THE SWEEP
 IF HE CHASES THE SWEEPER, KEEP THE BALL ON POWER

- A LEAD FOR THE SWEEP. MAKE SURE THE EDGE IS SEALED THEN CLIMB TO THE PS LB. IF YOU HEAR A DUECE CALL DO NOT BLOCK
 THE FIRST DEFENDER OUTSIDE THE TE

- H LEAD OUTSIDE AND KICK OUT THE CORNER

- Z MOTION ON THE READY. MESH WITH THE QB. IF YOU GET THE BALL GET OUTSIDE. IF THE QB KEEPS IT SELL A GREAT FAKE

- PS TE COMMUNICATE WITH PST AND H BACK
 LISTEN FOR A "DOWN" OR A "DUECE" CALL
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- BS TE #3 PULLER RULES - LOOKING TO BLOCK INSIDE LB, EYES INSIDE

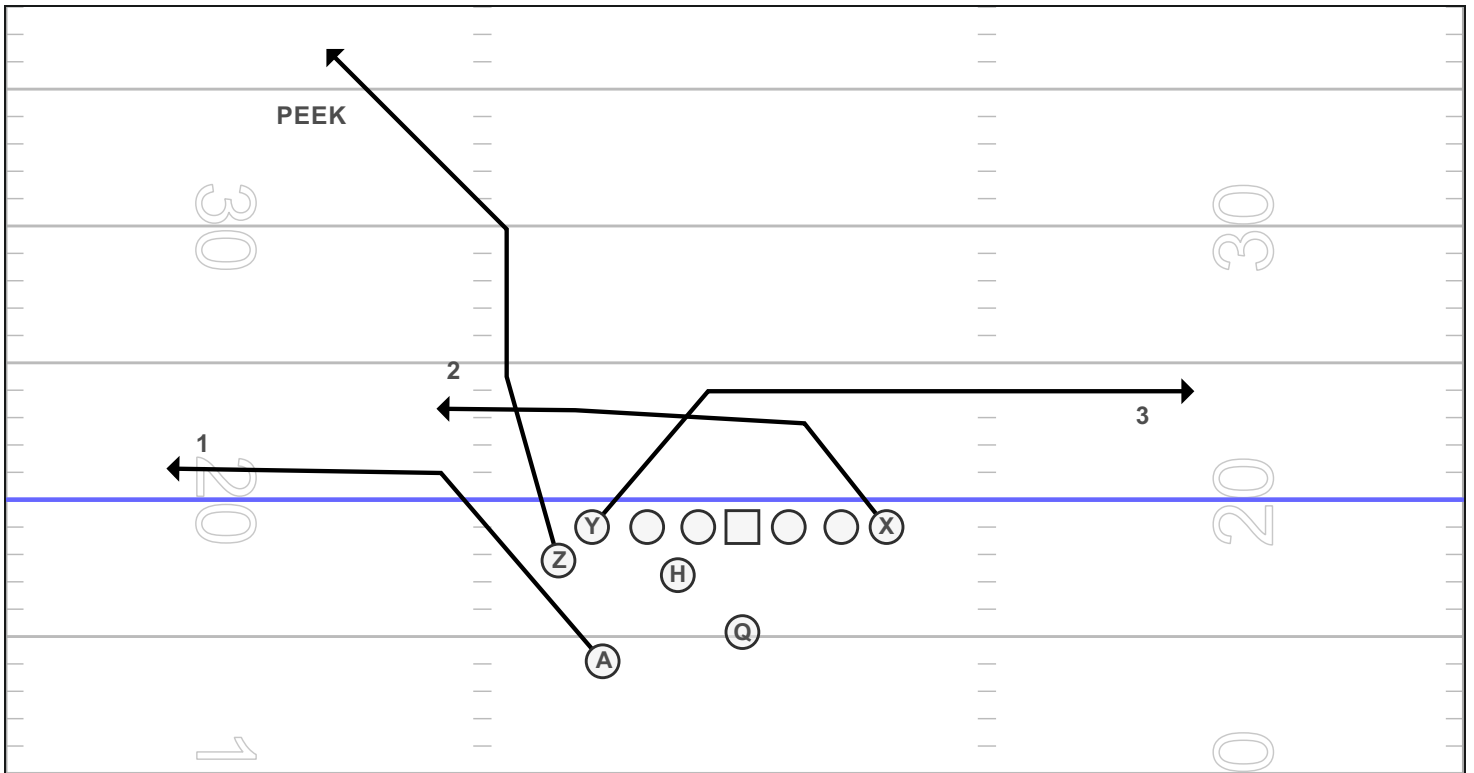
- PST COMMUNICATE WITH PS TE AND H BACK
 IF YOU HAVE SOMEONE TO DOWN BLOCK MAKE A "DOWN" CALL
 IF YOU ARE COVERED WITH NO DOWN BLOCK MAKE A "DUECE" CALL AND LOOK TO DOUBLE TEAM WITH THE PS TE
 IF YOU ARE UNCOVERED AND HAVE NO DOUBLE TEAM MAKE A "SKY" CALL CLIMB TO LB

- PSG GAP-DOWN-ON-BACKER

- C GAP-DOWN-ON-BACKER

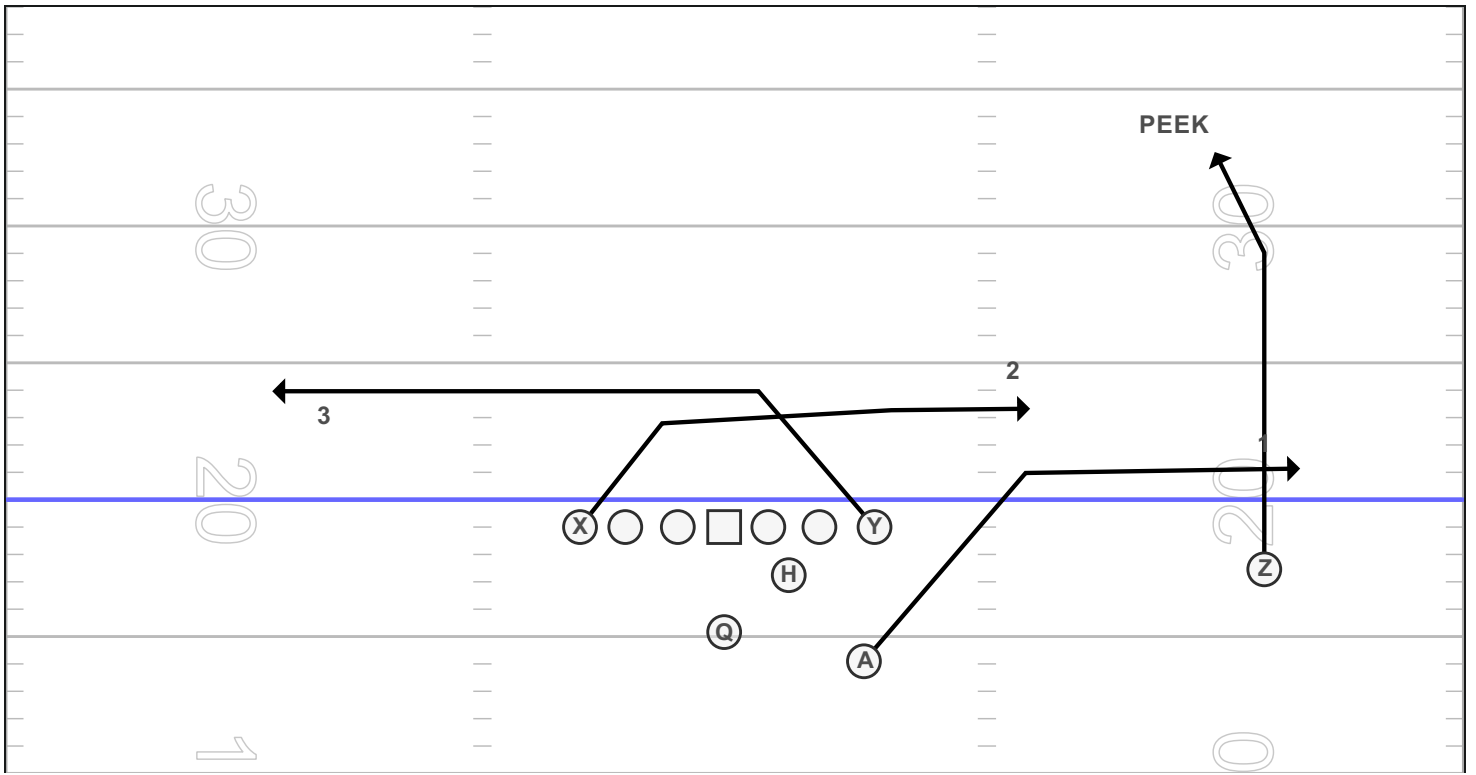
- BSG #2 PULLER RULES, LOOKING TO BLOCK THE PS LB

- BST REACH INSIDE GAP - ON - OUTSIDE

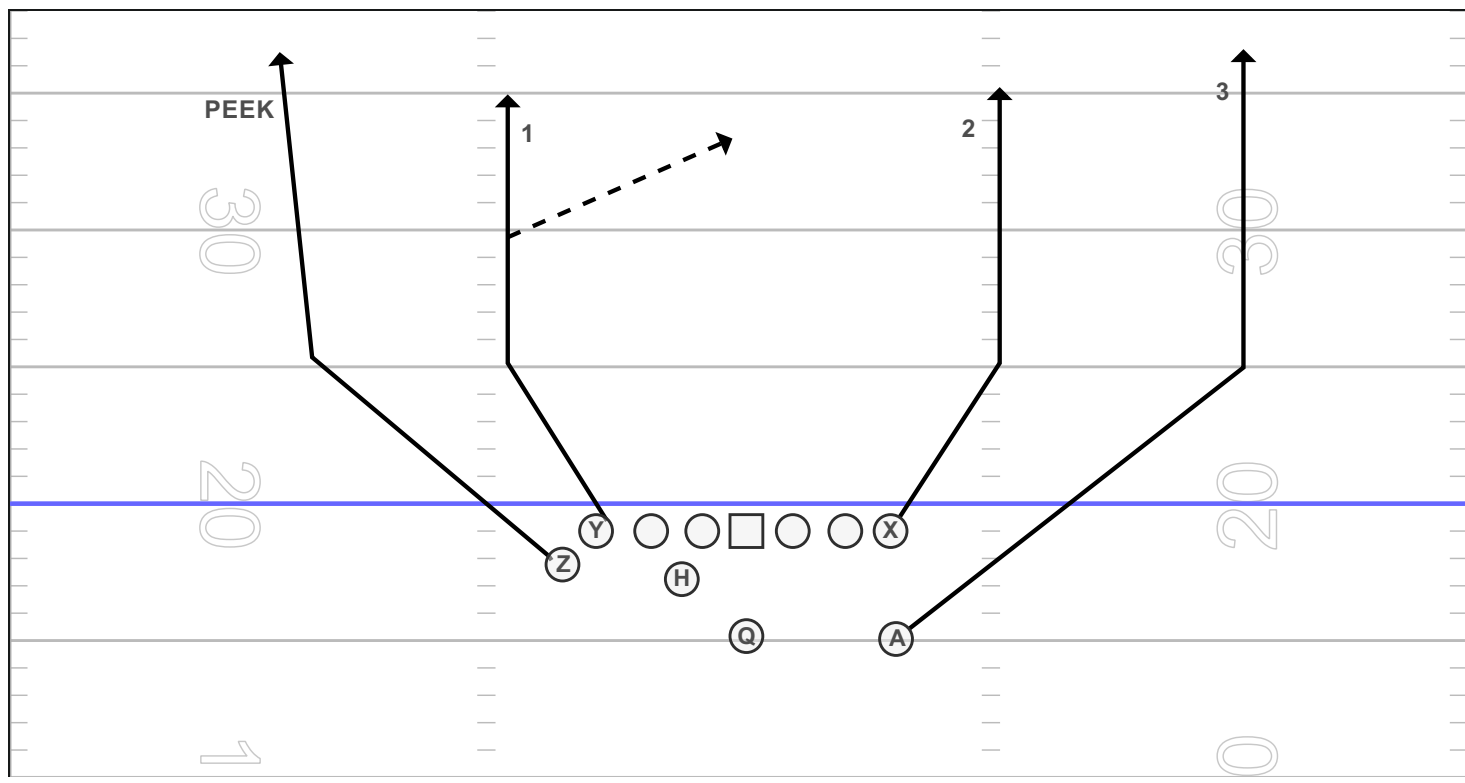


- Q 3 STEP DROP
PEEK THE CORNER/POST
PROGRESSION: 1) SHOOT 2) MESH 3) MESH
- X UNDER MESH.
- H LOUIE PROTECTION
- A SHOOT ROUTE
- Z CORNER ROUTE
SPREAD = SKINNY POST
- Y MESH SETTING ROUTE. NO DEEPER THAN 6 YARDS + UNDER THE LBS
- OL LOUIE PROTECTION

6 SPREAD MERCEDES



Q	3 STEP DROP PEEK THE CORNER/POST PROGRESSION: 1) SHOOT 2) MESH 3) MESH
X	UNDER MESH.
H	LOUIE PROTECTION
A	SHOOT ROUTE
Z	CORNER ROUTE SPREAD = SKINNY POST
Y	MESH SETTING ROUTE. NO DEEPER THAN 6 YARDS + UNDER THE LBS
OL	LOUIE PROTECTION



- Q 3 STEP DROP
PEEK THE OUTSIDE FADES
PROGRESSION = SEAM TO SEAM VS 1 HIGH + SEAM TO BENDER VS 2 HIGHT

- X SEAM TO THE NEAR HASH

- H LOUIE PROTECTION

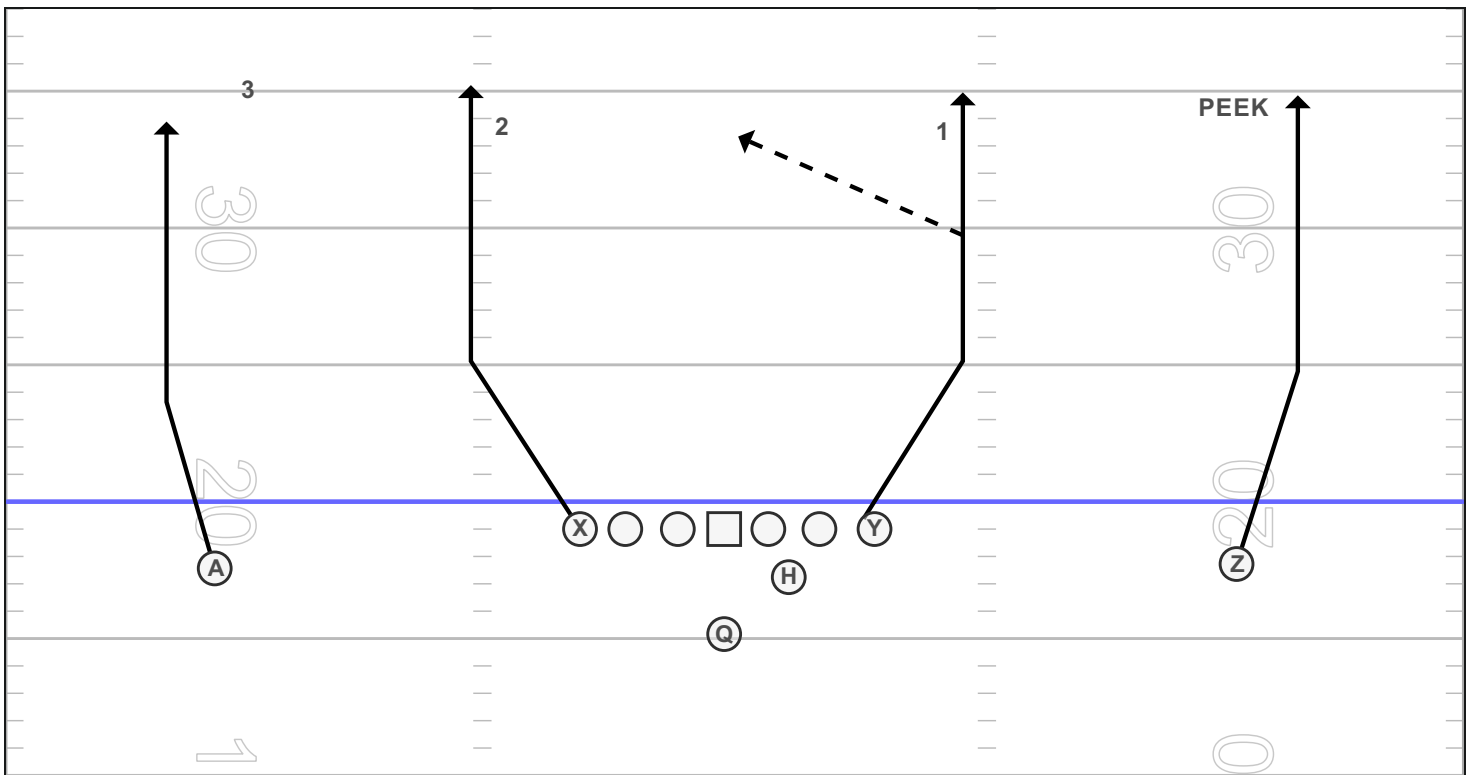
- A FADE TO THE NUMBERS

- Z FADE TO THE NUMBERS

- Y SEAM TO THE NEAR HASH + BENDER VS 2 HIGH

- OL LOUIE PROTECTION

2 SPREAD ALPHA CHARGER



- Q 3 STEP DROP
PEEK THE OUTSIDE FADES
PROGRESSION = SEAM TO SEAM VS 1 HIGH + SEAM TO BENDER VS 2 HIGHT

- X SEAM TO THE NEAR HASH

- H LOUIE PROTECTION

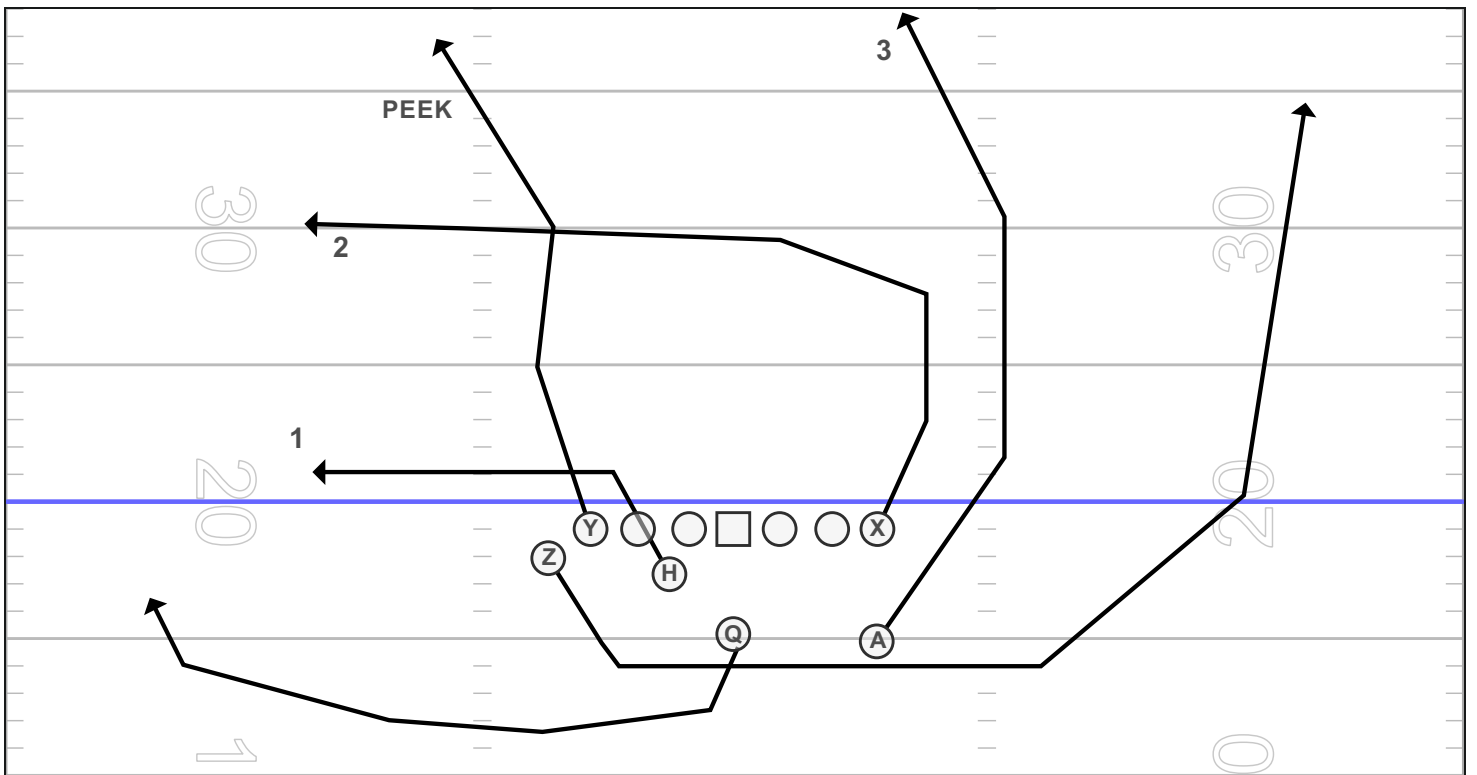
- A FADE TO THE NUMBERS

- Z FADE TO THE NUMBERS

- Y SEAM TO THE NEAR HASH + BENDER VS 2 HIGH

- OL LOUIE PROTECTION

1 WAGGLE LEFT



Y

X

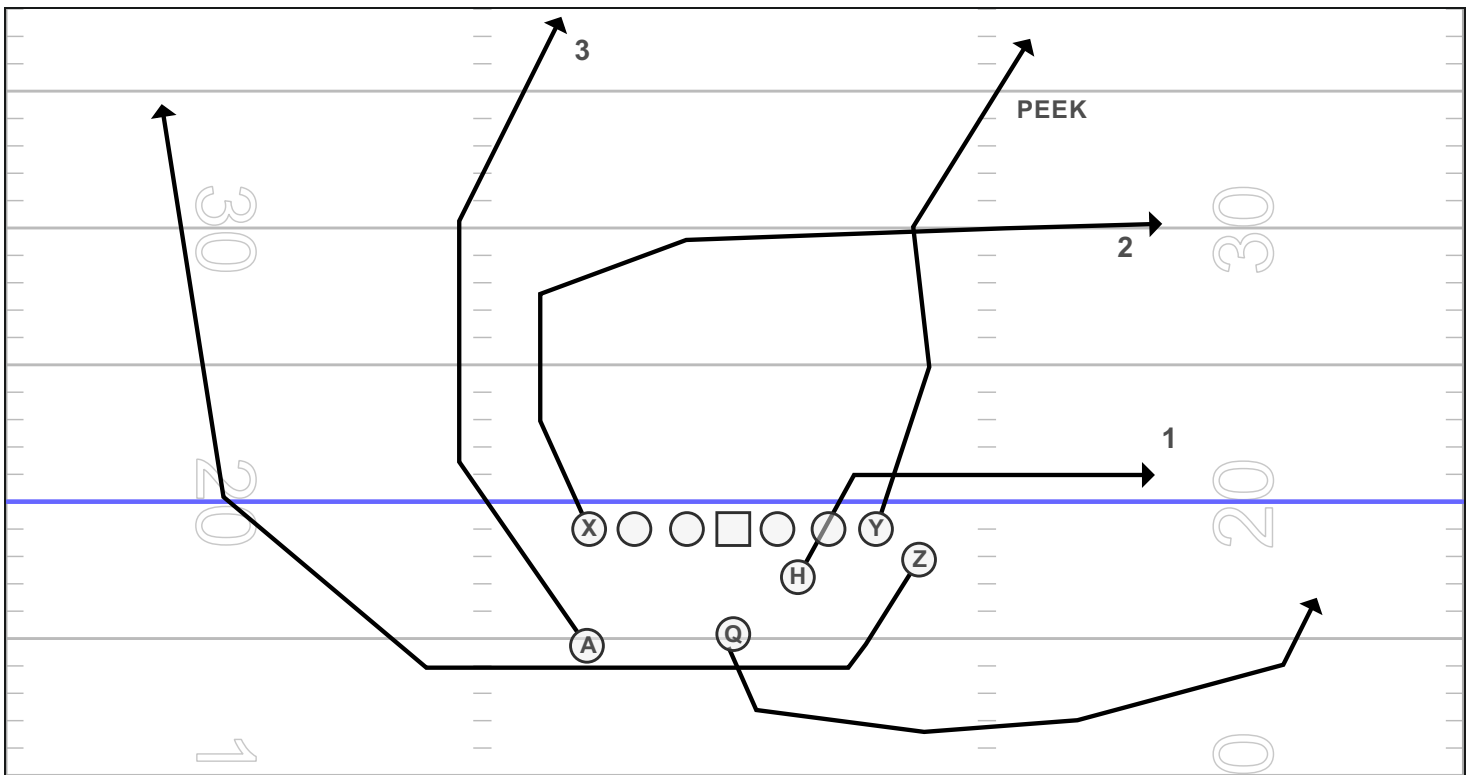
Z

H

Q

A

2 WAGGLE RIGHT



Y

X

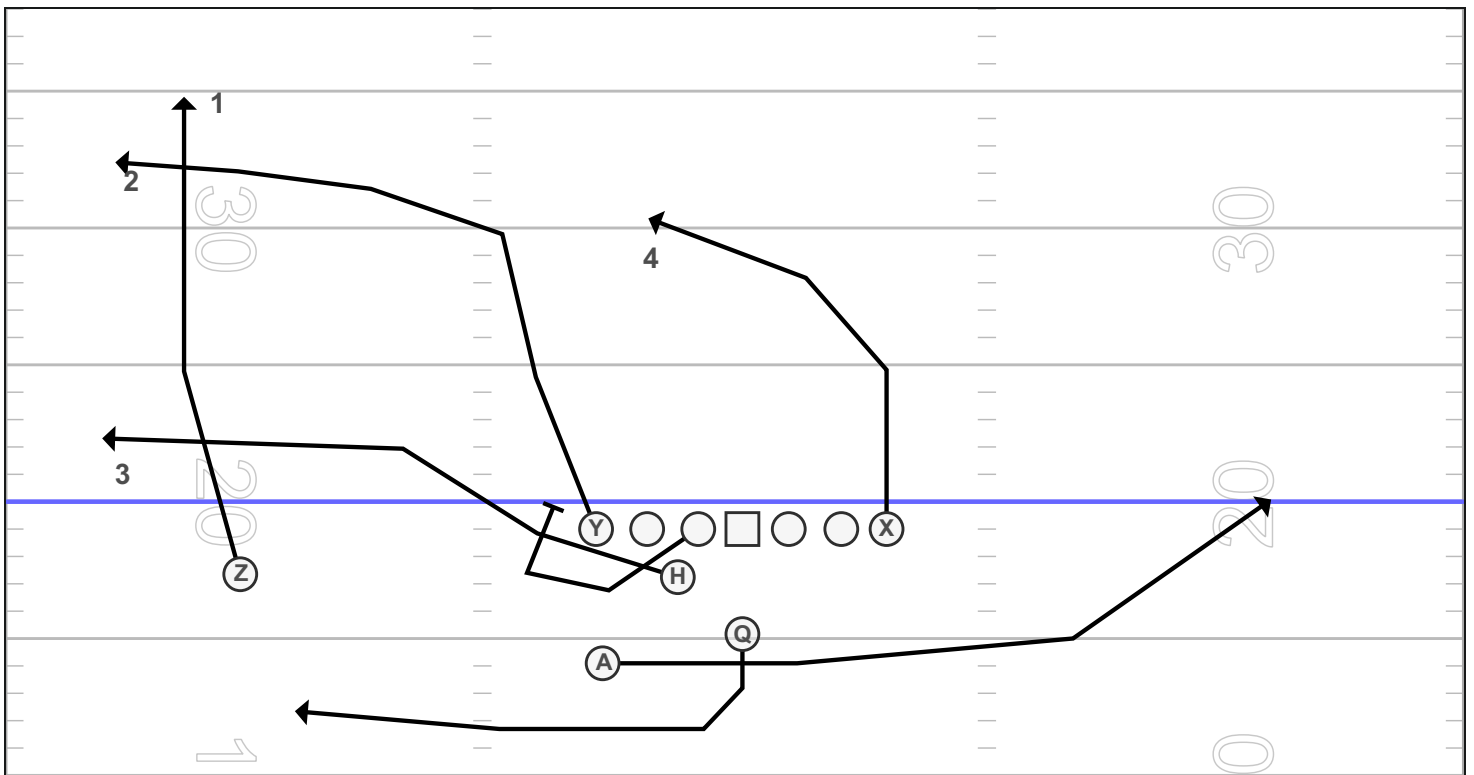
Z

H

Q

A

5 SPREAD SAIL LEFT



Q FAKE BUCK AWAY
 BOOT OUT
 PROGRESSION: 1) FADE 2) SAIL 3) SHOOT 4) COUNTRY

X COUNTRY ROUTE

H SHOOT ROUTE

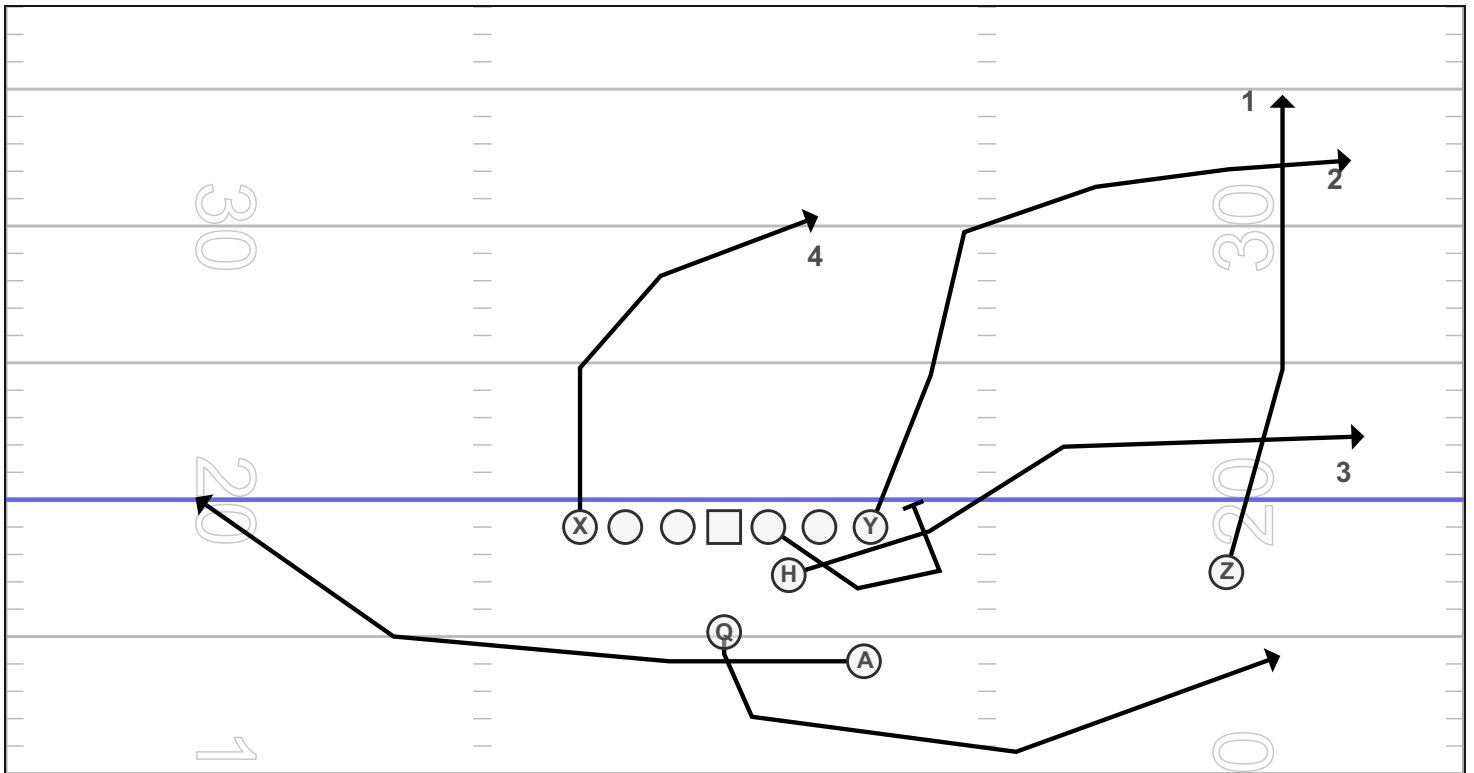
A FAKE BUCK AWAY FROM THE CALL TO A WHEEL

Z FADE

Y SAIL ROUTE (12-15 YARDS)

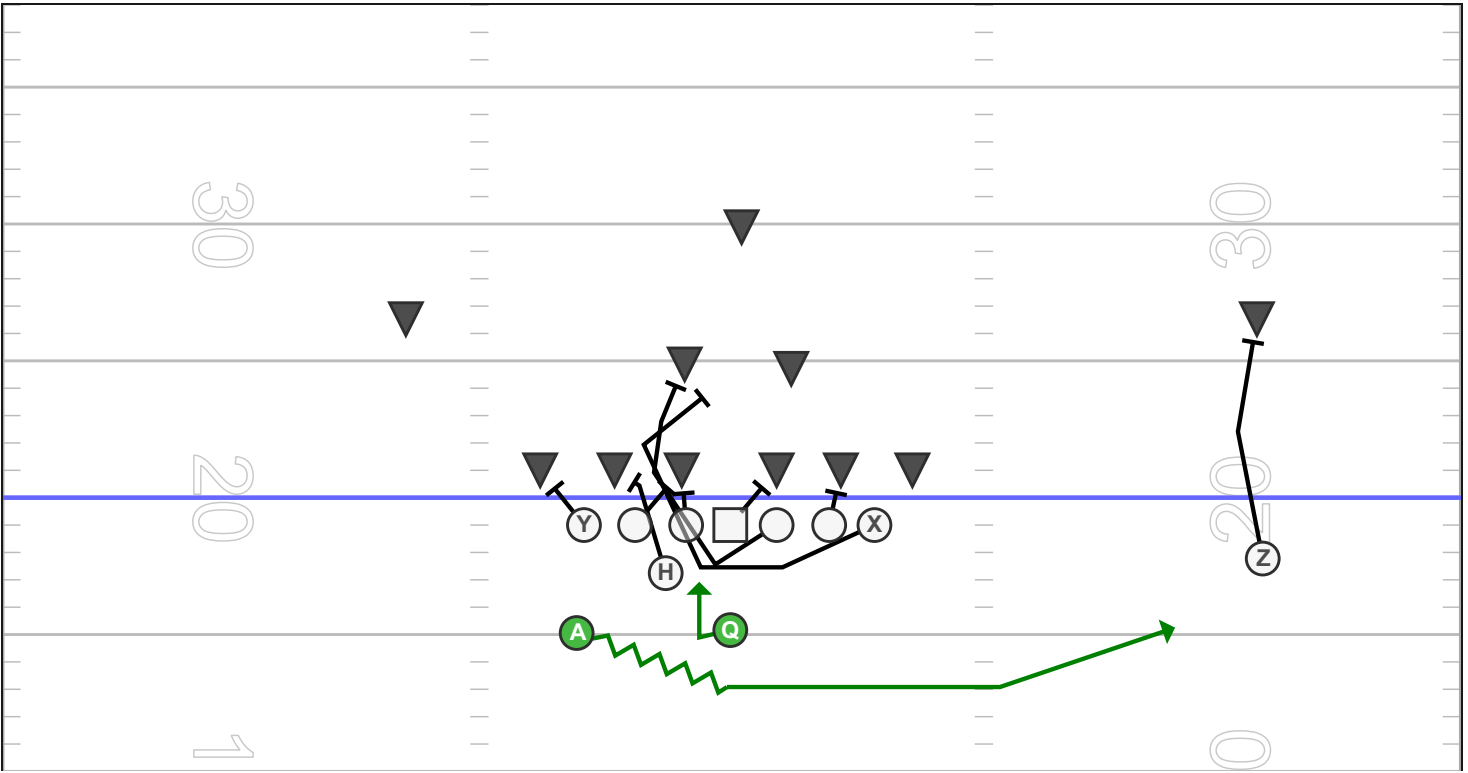
OL BOOT PROTECTION TO THE CALL

6 SPREAD SAIL LEFT



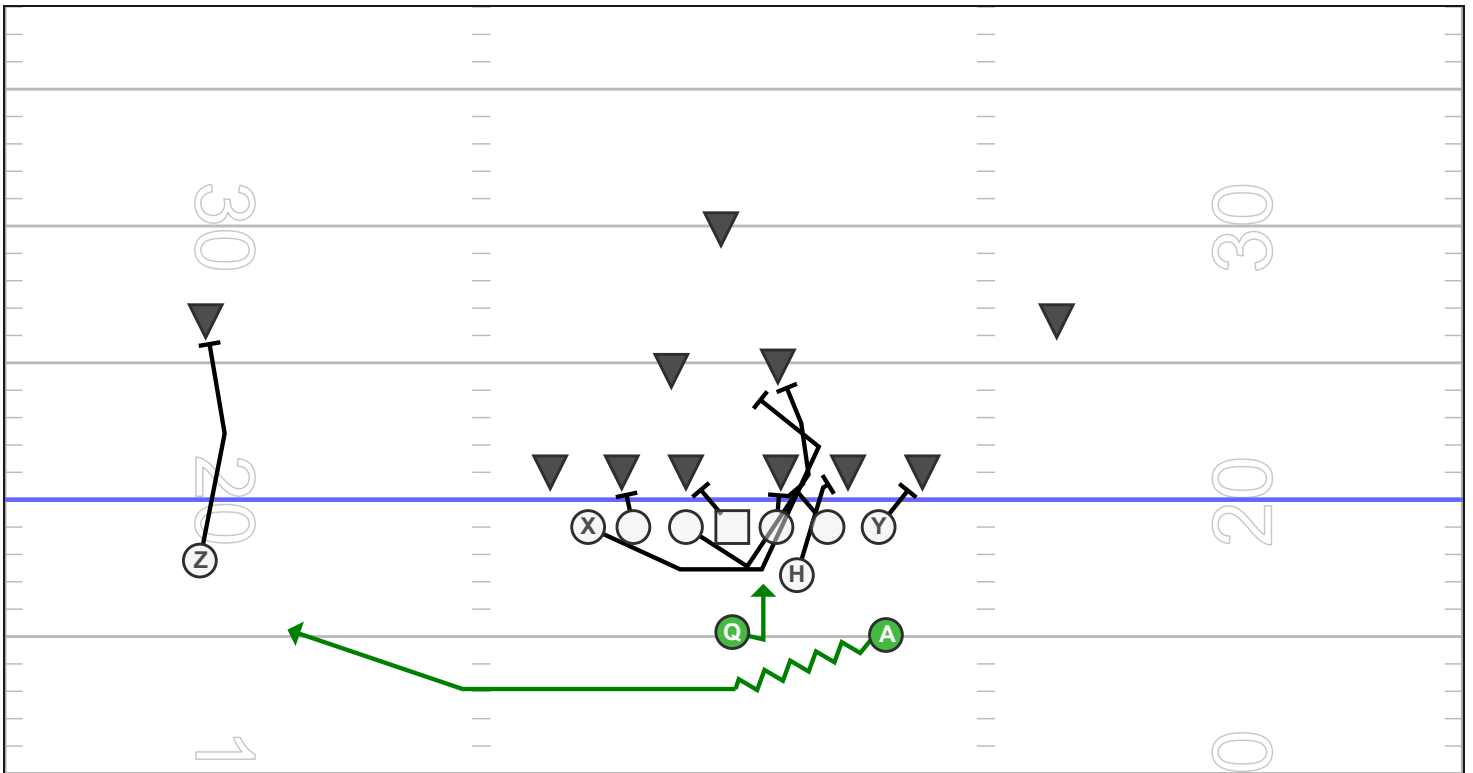
- Q FAKE BUCK AWAY
BOOT OUT
PROGRESSION: 1) FADE 2) SAIL 3) SHOOT 4) COUNTRY
- X COUNTRY ROUTE
- H SHOOT ROUTE
- A FAKE BUCK AWAY FROM THE CALL TO A WHEEL
- Z FADE
- Y SAIL ROUTE (12-15 YARDS)
- OL BOOT PROTECTION TO THE CALL

5 WIDE RIP QB POWER SHOOT LEFT



- QB
 IF THE DEFENSE DOES NOT ADJUST (PRE/POST SNAP) THROW THE BUBBLE TO THE A
 IF THE DEFENSE MOVES RUN QB POWER TO THE CALL
- A
 RIP MOTION TO A BUBBLE
- H
 COMMUNICATE WITH THE PST AND PS TE
 LISTEN FOR A "TANK" OR A "SKY" CALL
 TANK = BLOCK THE DL INSIDE THE TE. TIGHTER ANGLE.
 SKY = BLOCK THE EMLOS
 #1 PULLER RULES, KICK OUT ASSIGNED DEFENDER
- Z
 BLOCK THE CORNER
- 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
 #2 PULLER RULES, LOOKING TO BLOCK THE PS LB
- BST
 REACH INSIDE GAP - ON - OUTSIDE

6 WIDE LIZ QB POWER SHOOT RIGHT



- QB IF THE DEFENSE DOES NOT ADJUST (PRE/POST SNAP) THROW THE BUBBLE TO THE A
IF THE DEFENSE MOVES RUN QB POWER TO THE CALL

- A RIP MOTION TO A BUBBLE

- H COMMUNICATE WITH THE PST AND PS TE
LISTEN FOR A "TANK" OR A "SKY" CALL
TANK = BLOCK THE DL INSIDE THE TE. TIGHTER ANGLE.
SKY = BLOCK THE EMLOS
#1 PULLER RULES, KICK OUT ASSIGNED DEFENDER

- Z BLOCK THE CORNER

- PS TE COMMUNICATE WITH PST AND H BACK
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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
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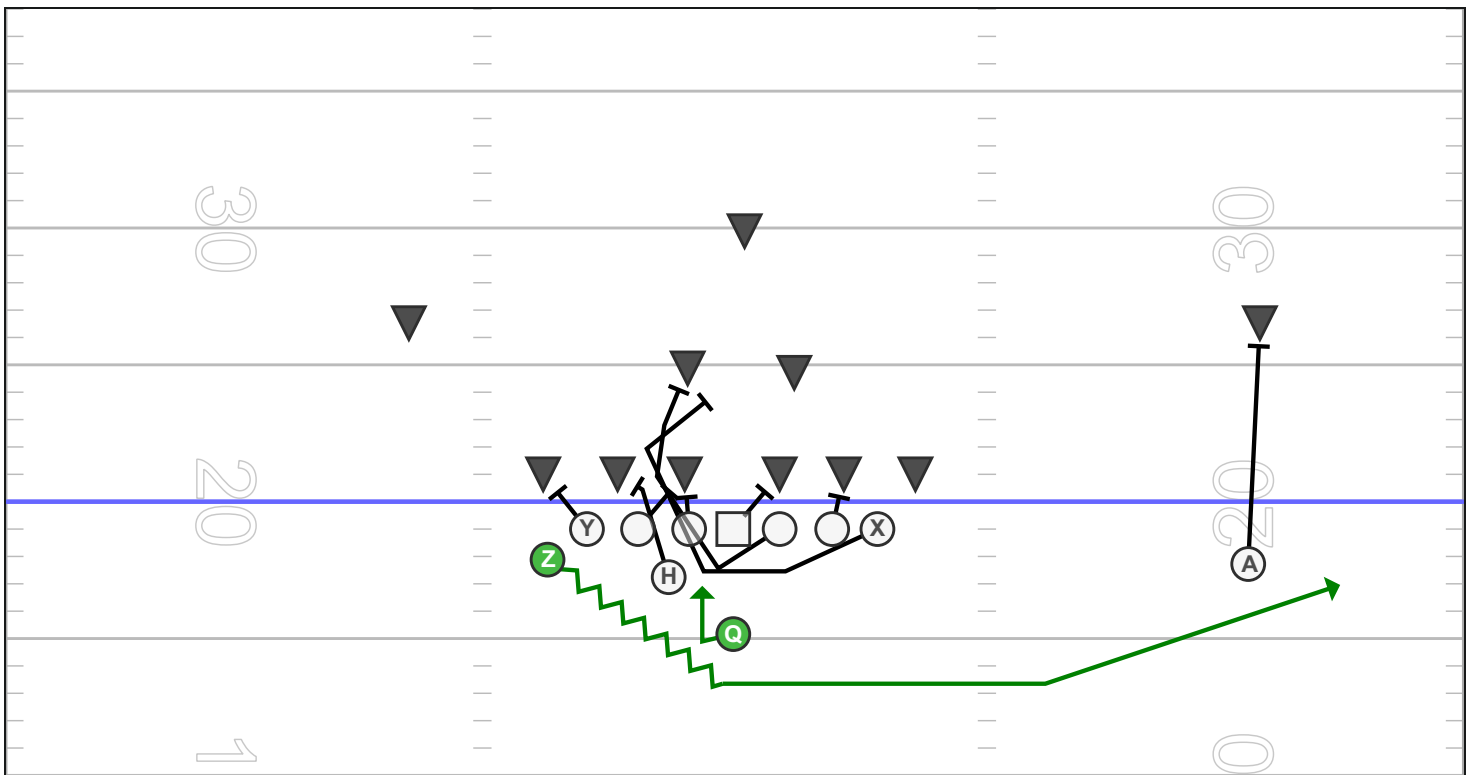
- PSG GAP-DOWN-ON-BACKER

- C GAP-DOWN-ON-BACKER

- BSG #2 PULLER RULES, LOOKING TO BLOCK THE PS LB

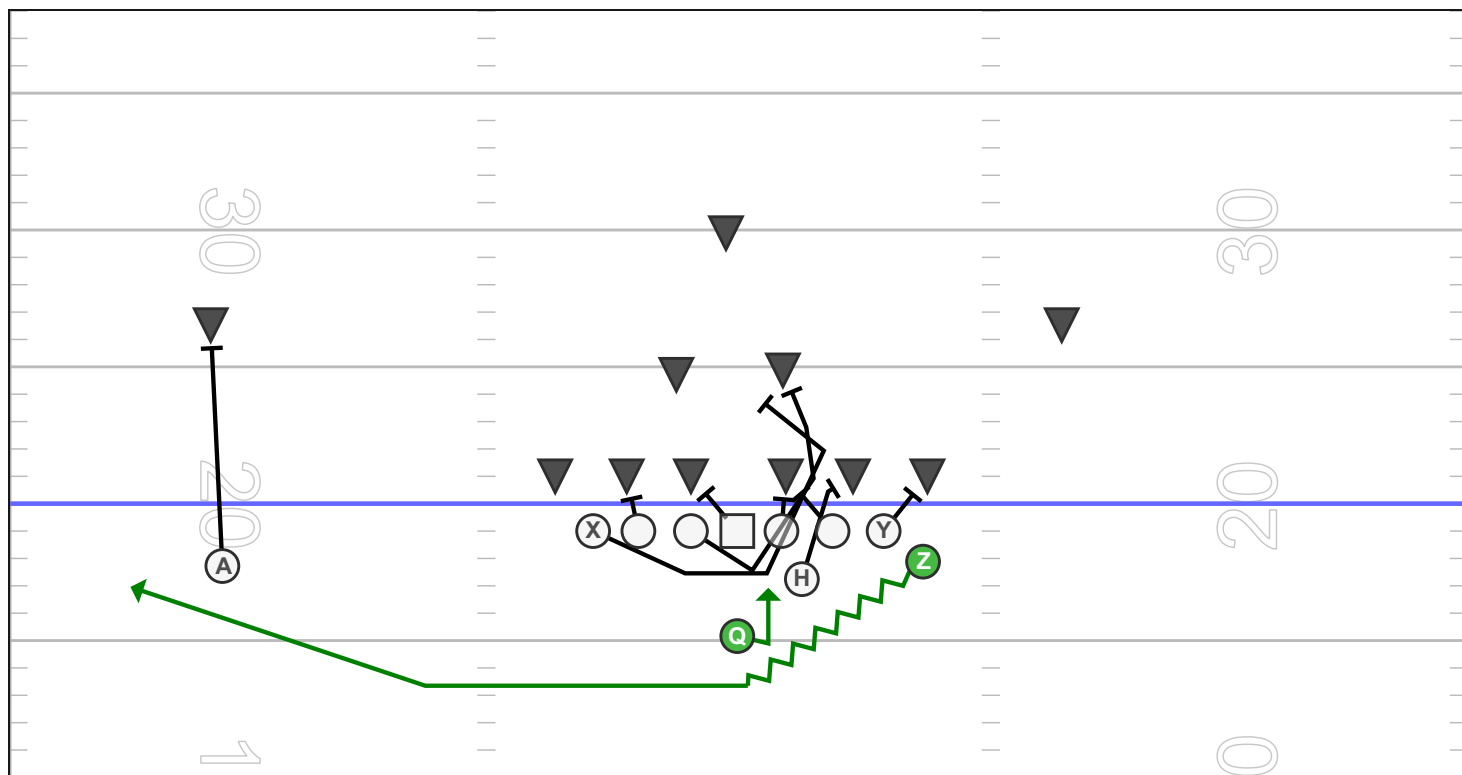
- BST REACH INSIDE GAP - ON - OUTSIDE

1 DELTA QB POWER ORBIT LEFT



- | | |
|-------|---|
| QB | IF THE DEFENSE DOES NOT ADJUST (PRE/POST SNAP) THROW THE BUBBLE TO THE Z
IF THE DEFENSE MOVES RUN QB POWER TO THE CALL |
| A | BLOCK THE CORNER |
| H | COMMUNICATE WITH THE PST AND PS TE
LISTEN FOR A "TANK" OR A "SKY" CALL
TANK = BLOCK THE DL INSIDE THE TE. TIGHTER ANGLE.
SKY = BLOCK THE EMLOS
#1 PULLER RULES, KICK OUT ASSIGNED DEFENDER |
| Z | ORBIT MOTION TO A BUBBLE ROUTE |
| 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 | #2 PULLER RULES, LOOKING TO BLOCK THE PS LB |
| BST | REACH INSIDE GAP - ON - OUTSIDE |

2 ALPHA QB POWER ORBIT RIGHT



- | | |
|-------|---|
| QB | IF THE DEFENSE DOES NOT ADJUST (PRE/POST SNAP) THROW THE BUBBLE TO THE Z
IF THE DEFENSE MOVES RUN QB POWER TO THE CALL |
| A | BLOCK THE CORNER |
| H | COMMUNICATE WITH THE PST AND PS TE
LISTEN FOR A "TANK" OR A "SKY" CALL
TANK = BLOCK THE DL INSIDE THE TE. TIGHTER ANGLE.
SKY = BLOCK THE EMLOS
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LISTEN FOR A "DOWN" OR A "DUECE" CALL
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IF YOU ARE COVERED WITH NO DOWN BLOCK MAKE A "DUECE" CALL AND LOOK TO DOUBLE TEAM WITH THE PS TE
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| PSG | GAP-DOWN-ON-BACKER |
| C | GAP-DOWN-ON-BACKER |
| BSG | #2 PULLER RULES, LOOKING TO BLOCK THE PS LB |
| BST | REACH INSIDE GAP - ON - OUTSIDE |