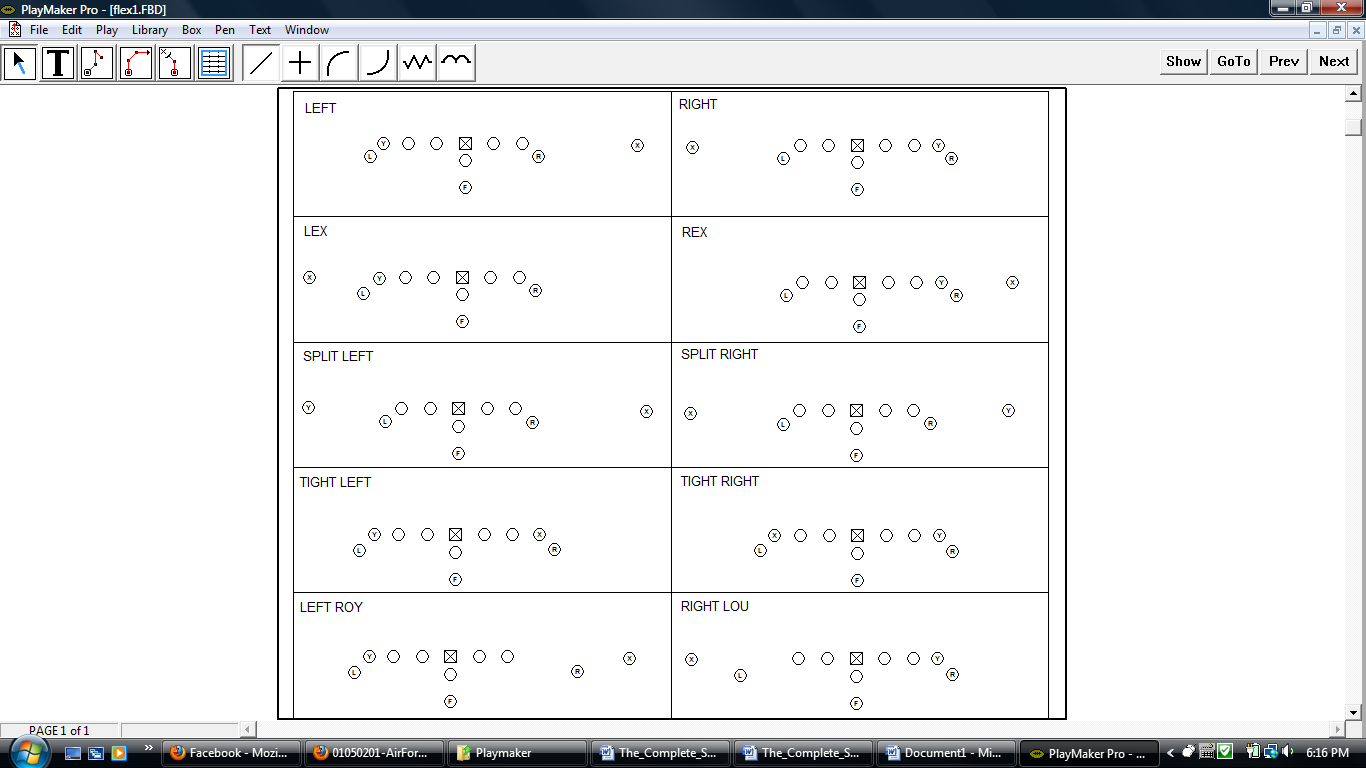
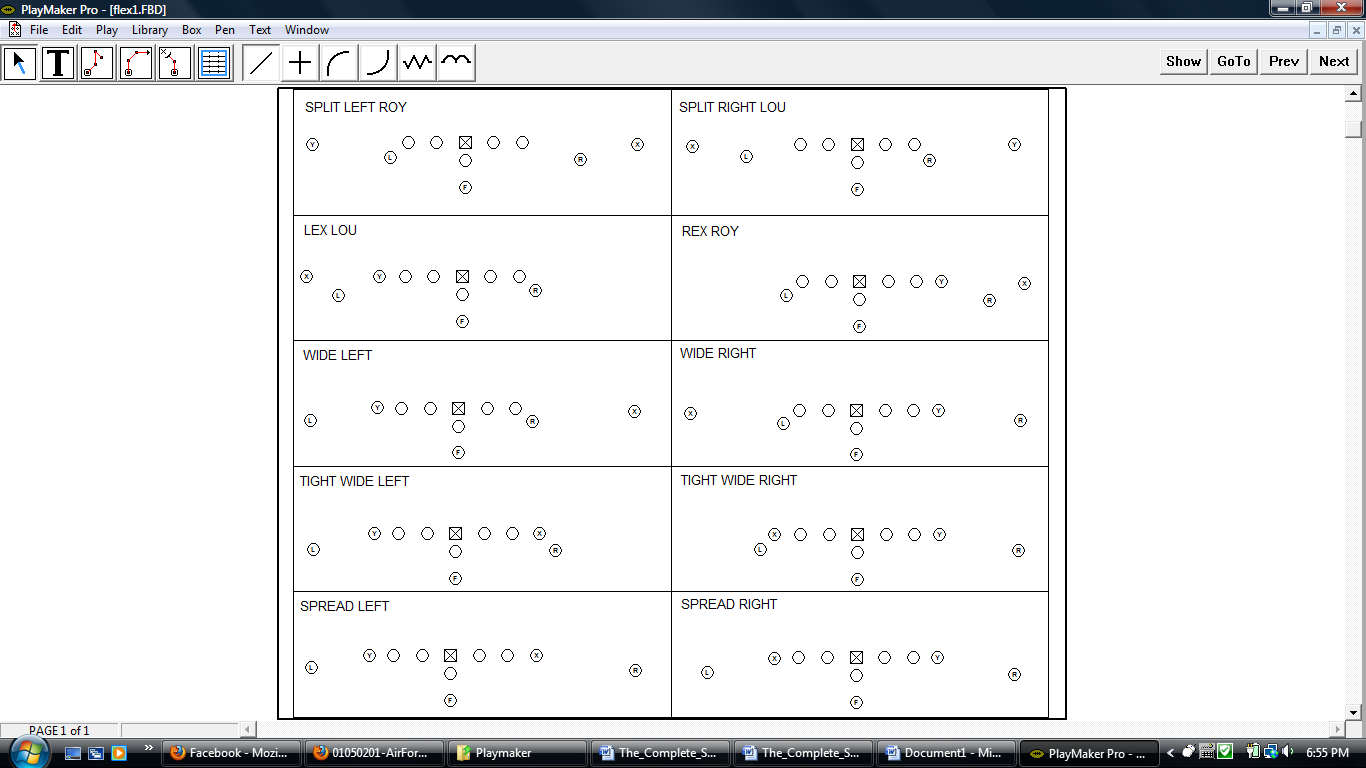
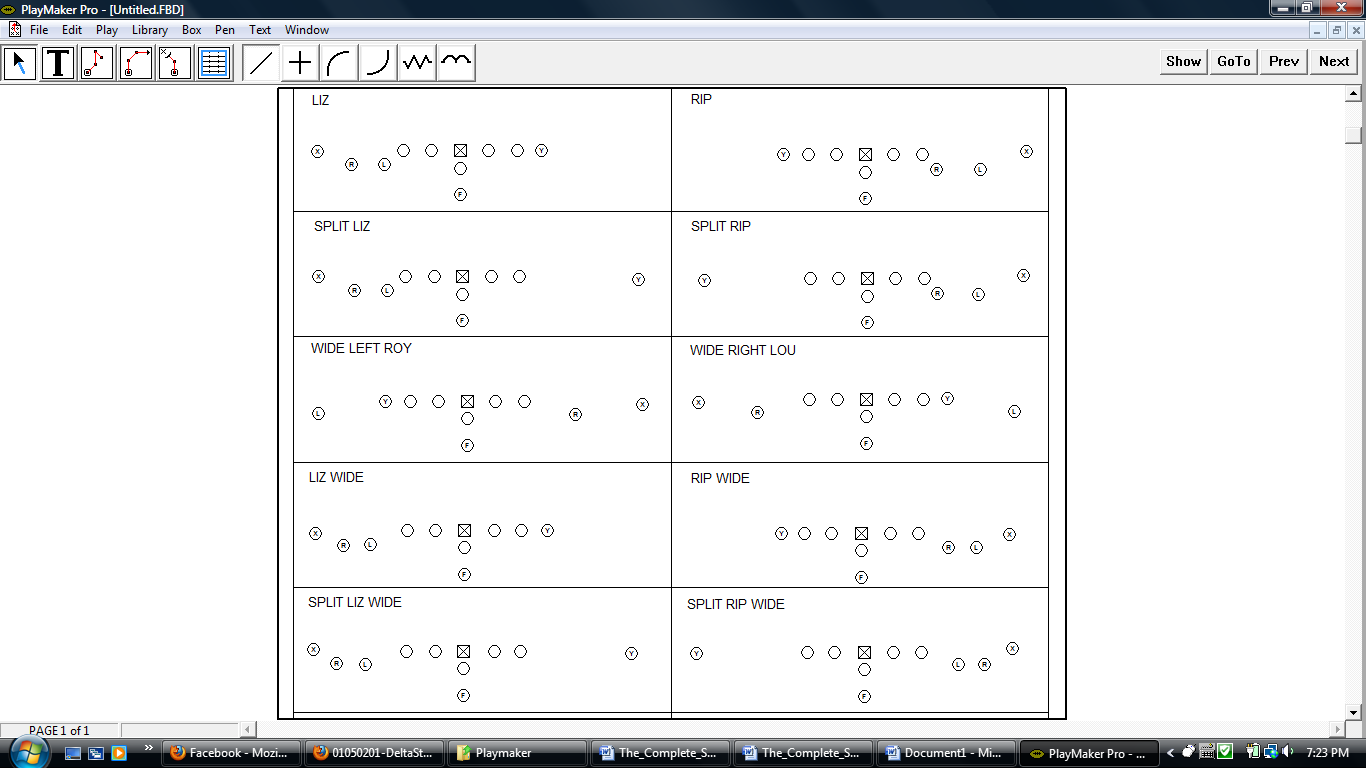
Formations



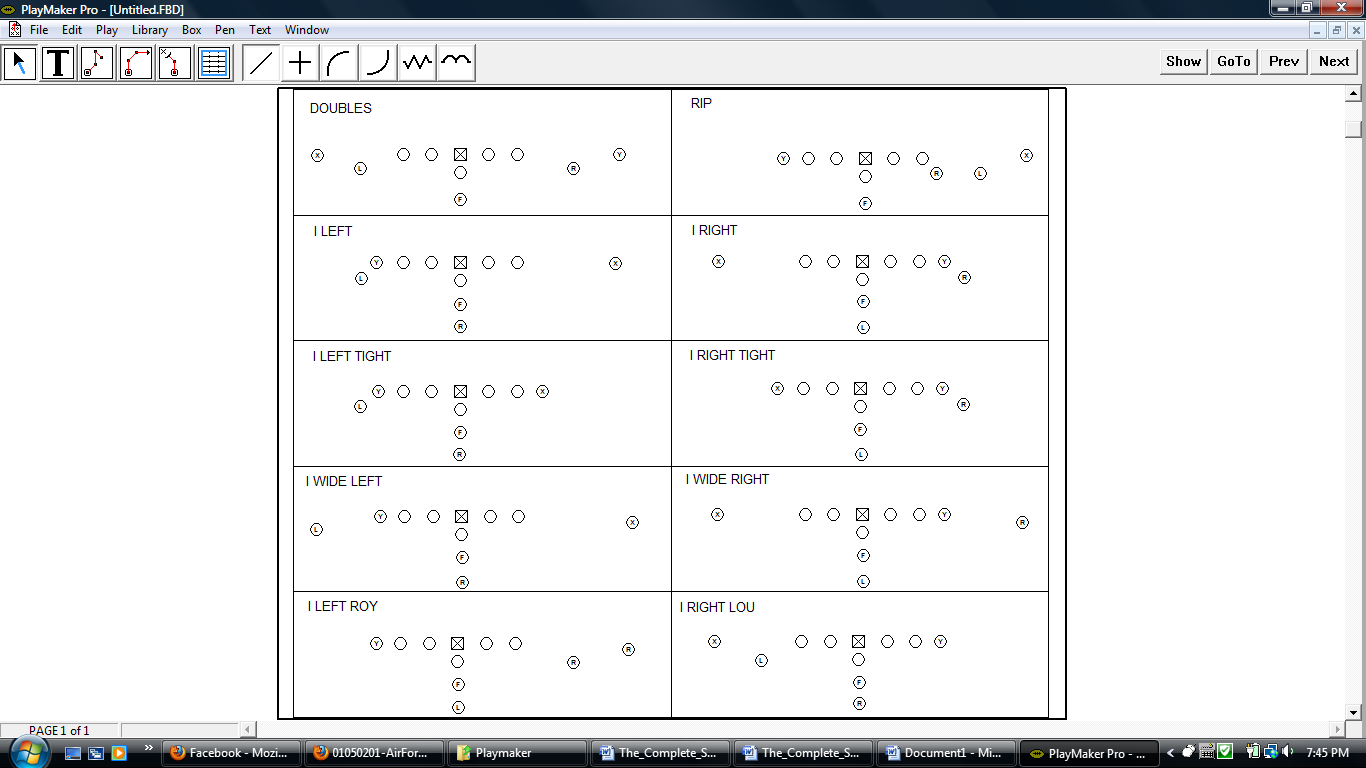
Formations



Formations



Formations



Why the Flexbone?



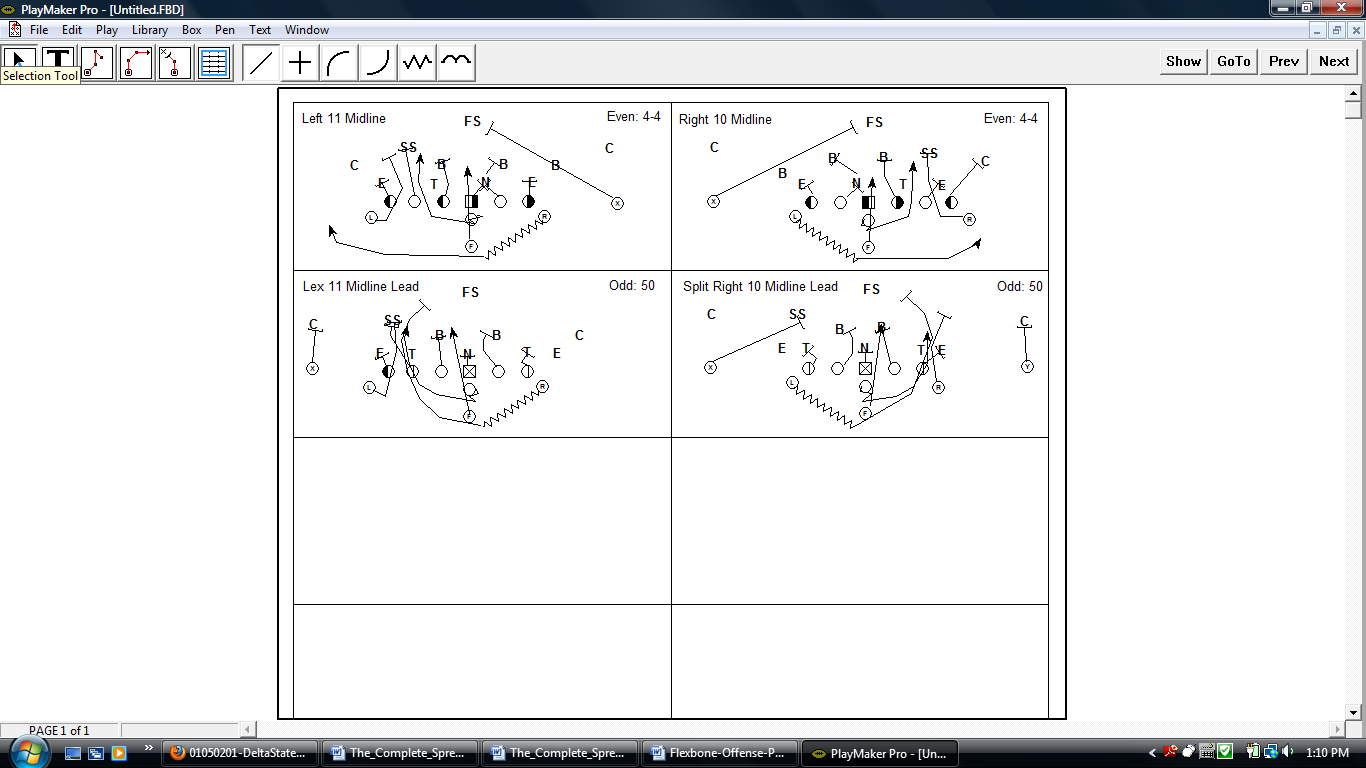
* ***Flexibility:*** The Flexbone offense allows us to get in to virtually any offensive set that we desire and create mismatches via our formations and motions against different defensive fronts and schemes. The Flexbone also allows us to isolate defenders, take advantage of aggressive or slow defenses, and requires defenses to play assignment football (something high school defenders can struggle with).
* ***Angle Blocking:*** While most power running or zone teams may require big, strong, and athletic lineman; the Flexbone needs offensive lineman who can execute easier angle blocks, get downfield, and get in the way of smaller defenders. Big, strong, athletic kids are tough to come by in high schools; the Flexbone allows us to utilize smaller, smarter, quicker players and get great results.
* ***Numbers Advantage***: Running the option means at times we are not blocks one to two defenders which allows us to get one or two extra blockers downfield. By optioning off defenders we can isolate defenders and read off them, allowing our offense big play opportunities. This style also forces defenses to play assignment football for four quarters which is extremely difficult for high school defenses.
* ***Defensive Preparation***: With so many high school teams moving on to the spread, defenses rarely see the flex-bone and typically only have 3 days to get ready for a completely different brand of football. Additionally, the Flexbone needs to be repped everyday to be effective which means scout teams will not be able to give as good to the defense as they would’ve in more conventional offenses.

Flexbone Challenges



* ***Identity:*** The Flexbone is not a package, it has to be a offensive identity; which means a team must fully commit to the Flexbone and the option. In order to be effective it must be continually repped and players must have a full understanding of their assignments.
* ***Athletes:*** In order to be effective the Flexbone requires a number of kids who can run. The flexbone QB in particular can be difficult to find as the QB must be smart, able to read a defense, and needs to be able to throw the ball a bit. The Flexbone utilizes three running backs in base sets, so you need three kids athletic enough to carry the football at any time.
* ***Passing Game***: The priority on the option and the run can sometimes lead to a lackluster passing game. Additionally, finding a QB who is smart, athletic, and is an effective thrower can be a challenge. However, the flexibility does allow to get into virtually any spread passing look and a explosive passing game is possible.
* ***Digging Out of A Hole***: The Flexbone is a ball control offense that controls the clock and thrives on the big play. The ball control aspect can make digging out of a hole a challenge especially when time is of the essence. It is important to rep two minute drill, the pass, and the scheme game often to prepare for situations in which we have to dig out of a hole.

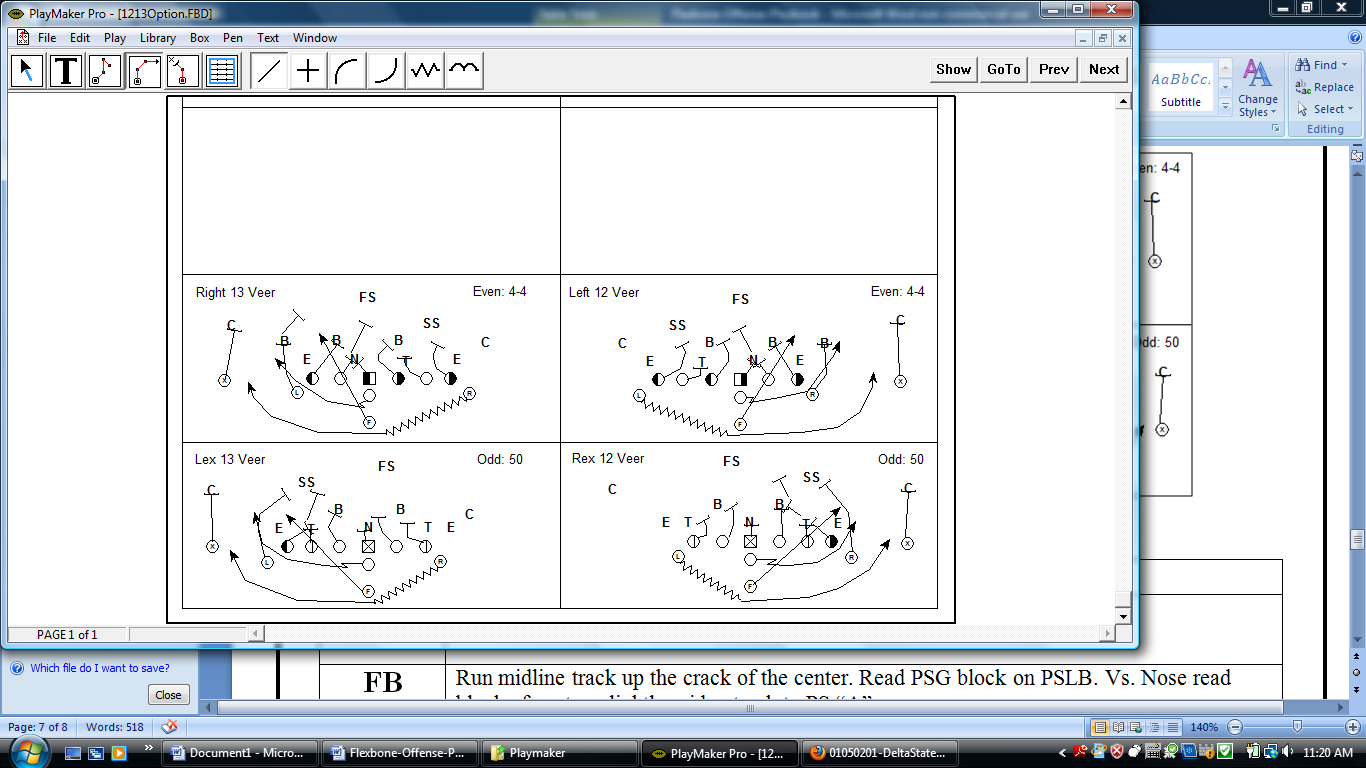
10/11 Midline



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Front out to called side. Read “B” Gap defender. If keep: turn upfield inside PST and follow the PSH lead block. |
| **FB** | Run midline track up the crack of the center. Read PSG block on PSLB. Vs. Nose read block of center, slightly widen track to PS “A” gap. |
| **PSH** | Fold inside, looking to ISO on PSLB. I.O.U. Inside-Outside-Upfield. |
| BSH | Orbit motion – carry out option fake. On LEAD: Turn up inside PST and lead block. |
| X | FS: Stalk man on, to safety. BS: Direct to safety. |
| Y | Even: Outside release to OLB. Odd: Base first DL outside. BS: Gap; man on. |
| PST | Base first DL outside; Exception – with a TE vs. Odd; Outside release to OLB/S. |
| PSG | Veer release to PSLB. Exception – with A gap DL, Downblock. |
| C | Even: Backside A Gap DL to BSLB; Odd: Reach man on. |
| BSG | Gap; Man on. |
| BST | Gap; Man on. |

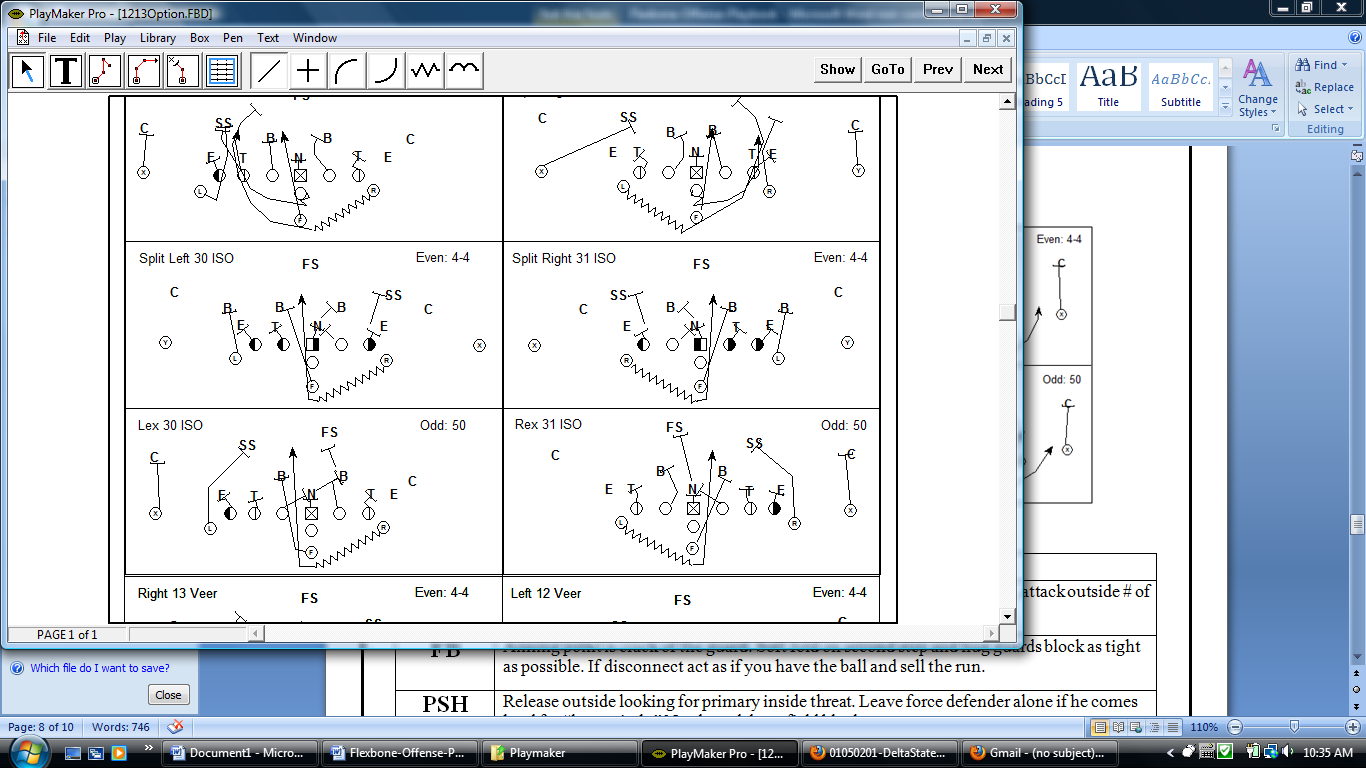
12/13 Veer



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Open at 4 or 8 o’clock and read 1st defender from a 4i out. If disconnect, attack outside # of force defender and be ready for pitch. Automatic disconnect vs. 4i. |
| **FB** | Aiming point is crack of the guard. Soft fold on second step and hug guards block as tight as possible. If disconnect act as if you have the ball and sell the run. |
| **PSH** | Release outside looking for primary inside threat. Leave force defender alone if he comes hard for “keep-pitch.” Need good downfield blocks. |
| BSH | Orbit motion – maintain pitch relationship with quarterback. Be ready for pitch. |
| X | FS: Stalk man on, to safety. BS: Direct to safety. |
| Y | PS: Inside release EMOLS. Combo with tackle vs. Odd. BS: Scoop. |
| PST | Inside release to PSLB vs. 4 or 5. If EMOLS outside TE. Combo 4. Downblock 4i. |
| PSG | Covered: Base man on or Combo with C or T. Uncovered: Straight release for BSLB. |
| C | Covered by PS Shade: Drive or Combo w/ G. Uncovered: PS A gap to BSLB. |
| BSG | Scoop |
| BST | Scoop |

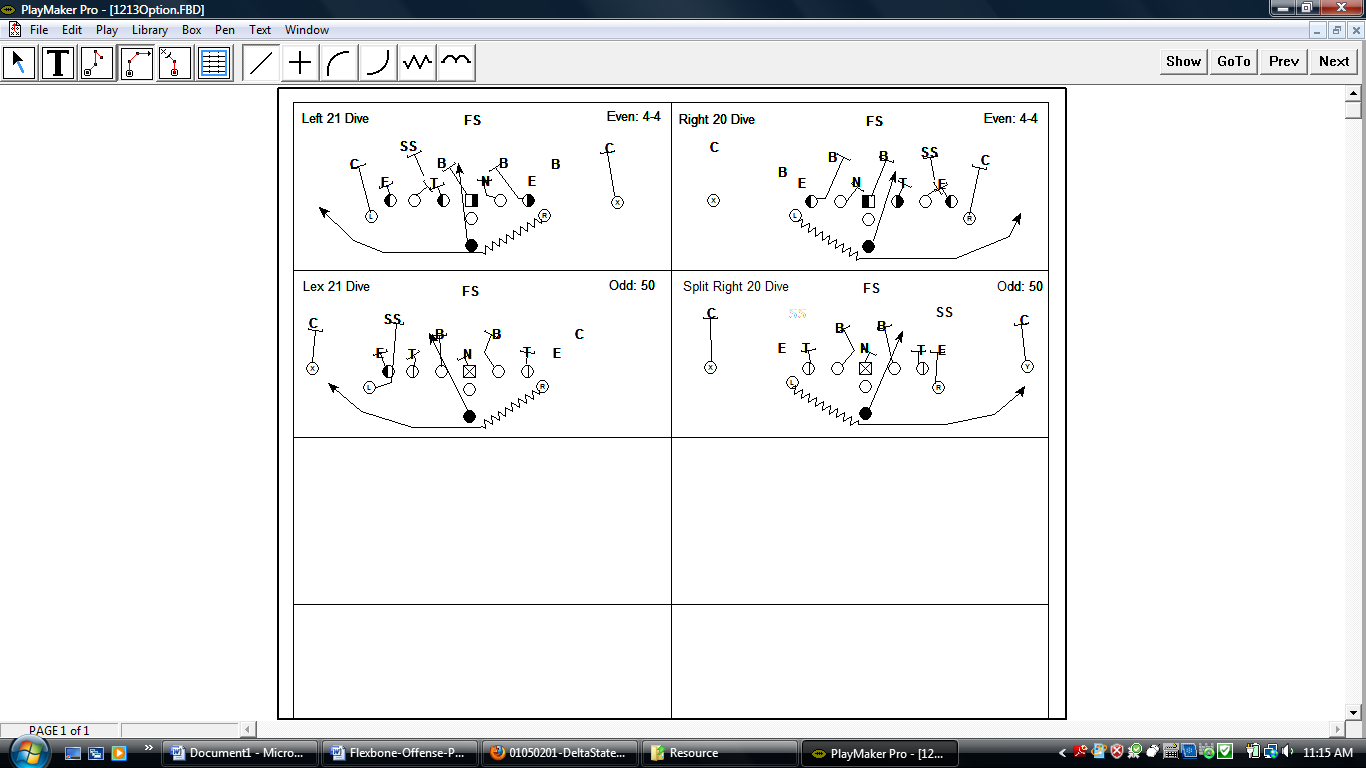
30/31 Iso



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Reverse out, hand ball to slot as deep as possible. Boot out in opposite direction. |
| **FB** | Side step and ISO vs. PSLB. |
| **PSH** | Seal inside vs. S or overhang LB. |
| BSH | Short motion to get in the “I.” Downhill, shoulders square, read block of 1st covered OL from the G out. |
| X | Inside run rules |
| Y | PS: Base and turnout 3rd down lineman to FS. BS: Seal inside; Split Wide: Inside run rules |
| PST | Turn out 2nd down lineman. |
| PSG | Turn out 1st down lineman. If shaded inside combo with C to BSLB. |
| C | Covered by 0 or PS Shade: Drive/Combo to BSLB. Escape BS shade. Uncovered: Secure backside A gap to BSLB. |
| BSG | Scoop |
| BST | Scoop |

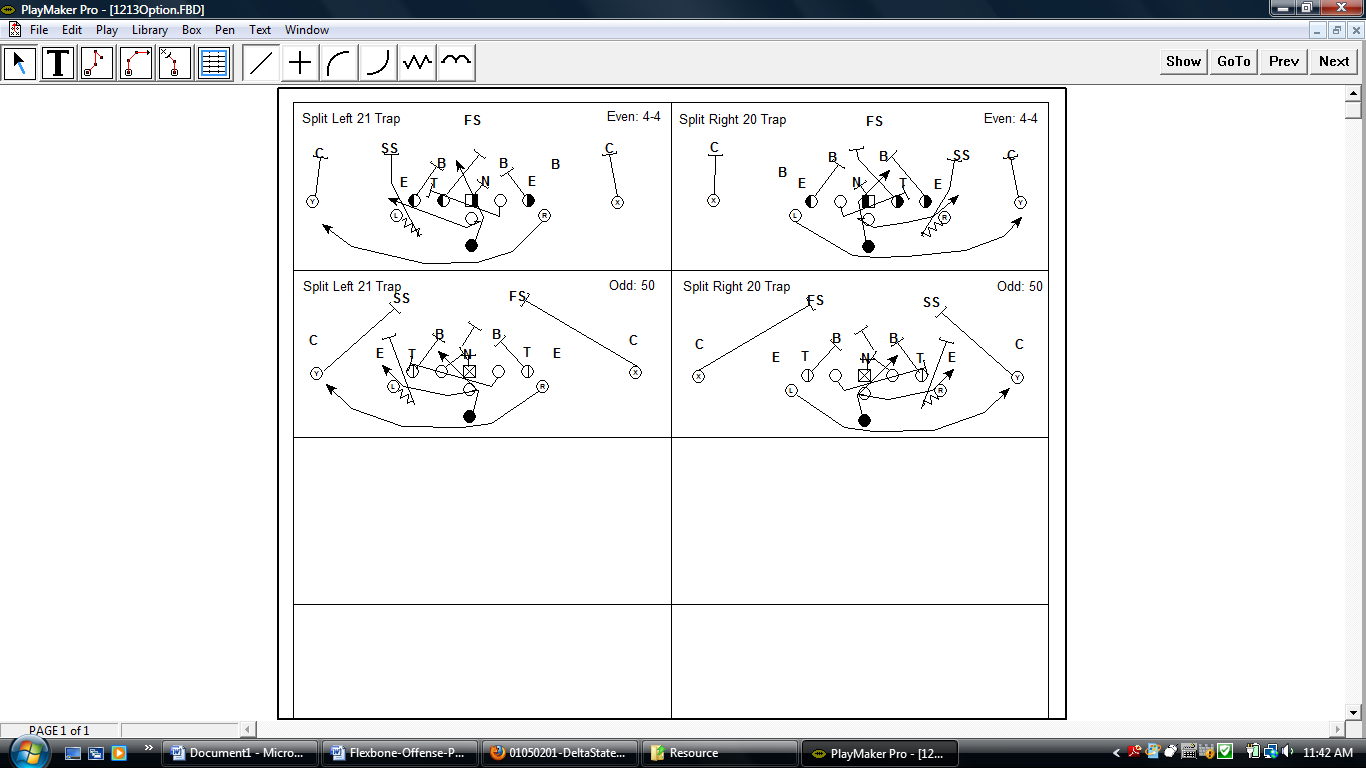
20/21 Dive



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Open slightly deeper than veer, hand ball to FB. Carry out good option fake. |
| **FB** | Read block of 1st covered lineman from a zero out. Vs. 50 read block of PST. |
| **PSH** | Block first man head up to outside. If none head-up or outside seal via fold block. |
| BSH | Short motion and carry out option fake with QB. |
| X | Stalk corner vs. 1 high safety. Direct to safeties vs. 2 high. |
| Y | PS: Drive, BS: Seal inside; Split Wide: Stalk |
| PST | Drive man on. If uncovered can combo with guard or go direct to LB. |
| PSG | Covered: drive man on. Uncovered: Zone step to LB. |
| C | Covered: drive man on. Uncovered: Zone step to LB. |
| BSG | Scoop |
| BST | Scoop |

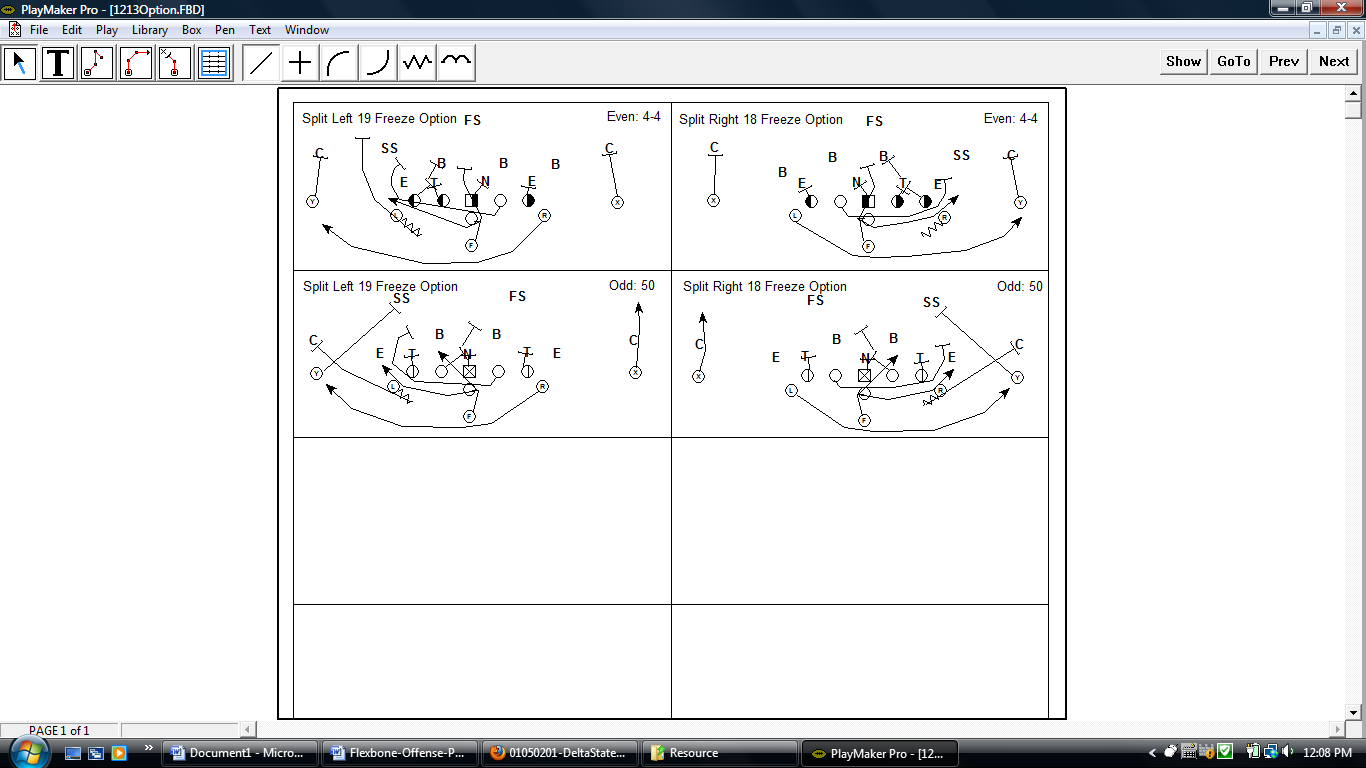
20/21 Trap



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Open at 6 o’clock away from the play and give ball to FB. Pivot and carry option fake towards PS. |
| **FB** | Crossover step at the BS foot of the center. Receive ball and bend back to PS A gap. |
| **PSH** | Rev. motion block inside leg of safety vs. 2 lb; vs. 3 lb inside leg of PSLB. |
| BSH | Carry out option fake towards the PS. |
| X | Stalk corner vs. 1 high safety. Direct to safeties vs. 2 high. |
| Y | On line: Release inside to FS, Split Wide: Stalk |
| PST | Rip to PSLB. |
| PSG | Rip to BSLB vs. 2 LBs. Rip to MLB vs. 3 LBs. vs. PS A gap combo with C. |
| C | Block backside A gap defender. Vs. zero block man on. |
| BSG | Pull and kick first man head up to outside PSG. |
| BST | Rip to BSLB. |

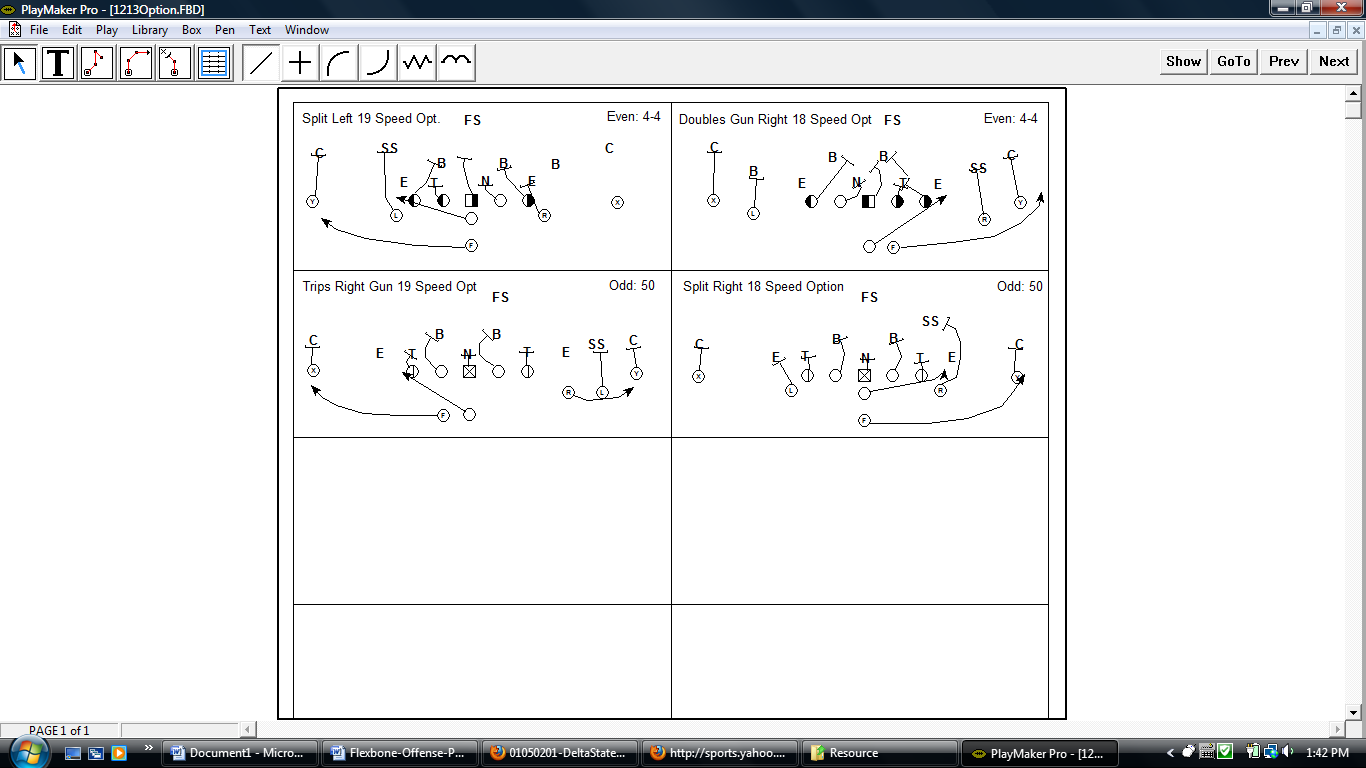
18/19 Freeze Opt.



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Open at 6 o’clock away from the play and give ball to FB. Pivot and carry option fake towards PS. |
| **FB** | Crossover step at the BS foot of the center. Receive ball and bend back to PS A gap. |
| **PSH** | Rev. motion block inside leg of safety vs. 2 lb; vs. 3 lb inside leg of PSLB. |
| BSH | Carry out option fake towards the PS. |
| X | Stalk corner vs. 1 high safety. Direct to safeties vs. 2 high. |
| Y | On line: Release inside to FS, Split Wide: Stalk |
| PST | Rip to PSLB. |
| PSG | Rip to BSLB vs. 2 LBs. Rip to MLB vs. 3 LBs. vs. PS A gap combo with C. |
| C | Block backside A gap defender. Vs. zero block man on. |
| BSG | Pull and kick first man head up to outside PSG. |
| BST | Rip to BSLB. |

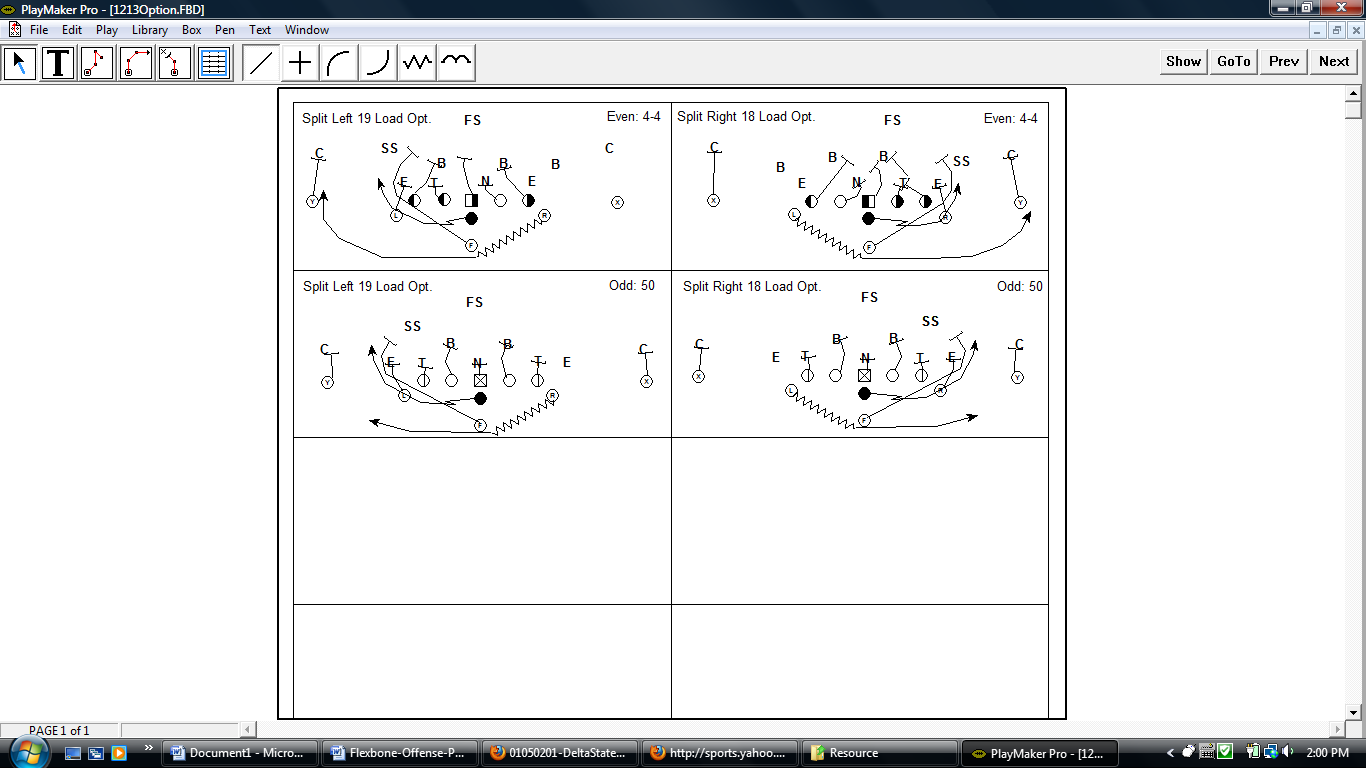
18/19 Speed Opt.



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Step back with opposite foot and sprint down LOS. Pitch off re  ad. |
| **FB** | Open playside, sprint to get in pitch relationship with QB. |
| **PSH** | In slot arc for safety. If twins run off if man coverage. Stalk if not. |
| BSH | In slot seal inside. If twins run off if man. Stalk if not. |
| X | Run off if man. Stalk if not. |
| Y | On line PS: Release to OLB/S. Online BS: Scoop. Split: Run off if man. Stalk if not. |
| PST | Rip to PSLB. With 4 and man outside drive outside number. |
| PSG | Covered: Drive outside number. Uncovered: Seal PSLB. |
| C | PS Shade: Drive. 0 or BS Shade: Scoop |
| BSG | Scoop |
| BST | Scoop |

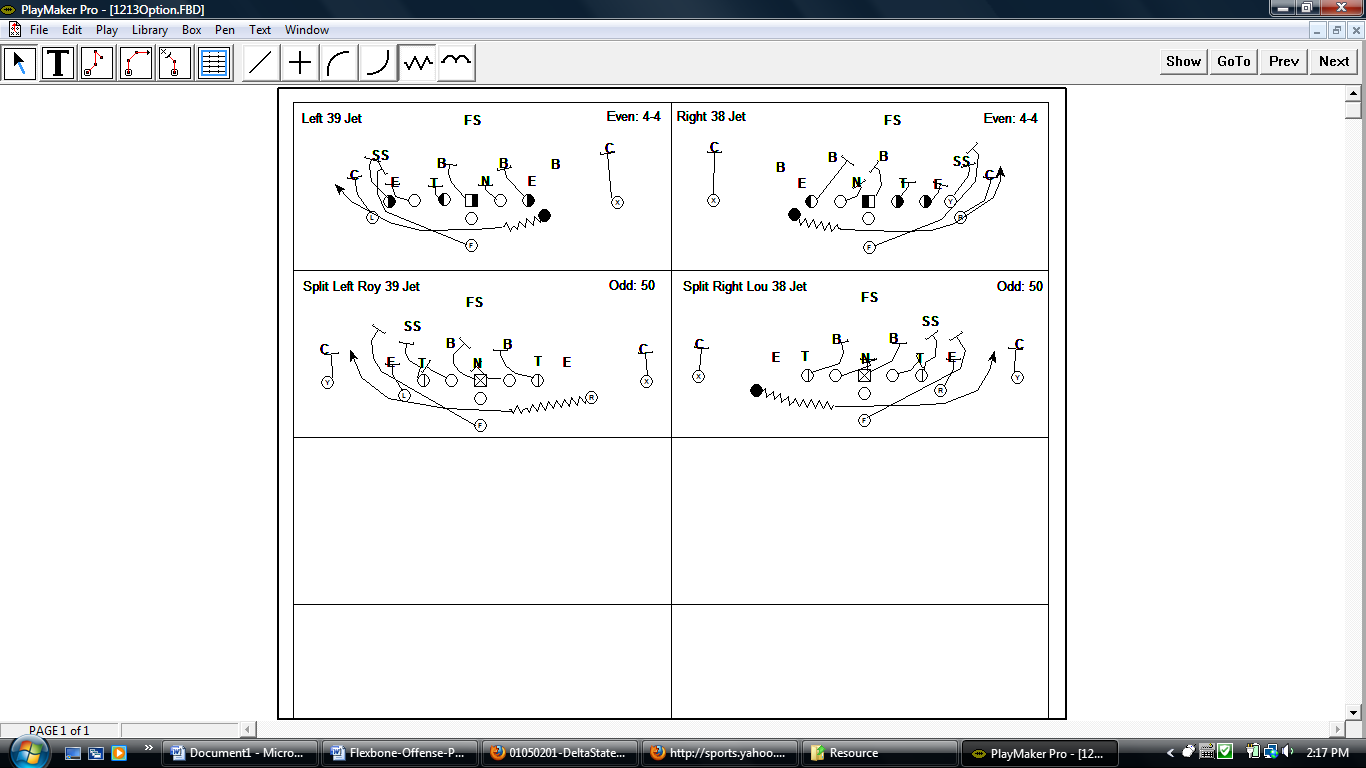
18/19 Load Opt.



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Open at 4 or 8 o’clock. ½ ride FB. Pull ball and read safety. Attack outside number. |
| **FB** | Sell handoff of outside veer. Loop around EMOLS, looking to block PSLB. |
| **PSH** | Downblock end. If lined up outside will have to reach for him. |
| BSH | Short motion, get in pitch relationship quick. Be ready to receive the pitch. |
| X | Run off if man. Stalk if not. |
| Y | On line PS: Drive man on. Online BS: Scoop. Split: Run off if man. Stalk if not. |
| PST | Rip to PSLB. With 4 and man outside drive outside number. |
| PSG | Covered: Drive outside number. Uncovered: Seal PSLB. |
| C | PS Shade: Drive. 0 or BS Shade: Scoop |
| BSG | Scoop |
| BST | Scoop |

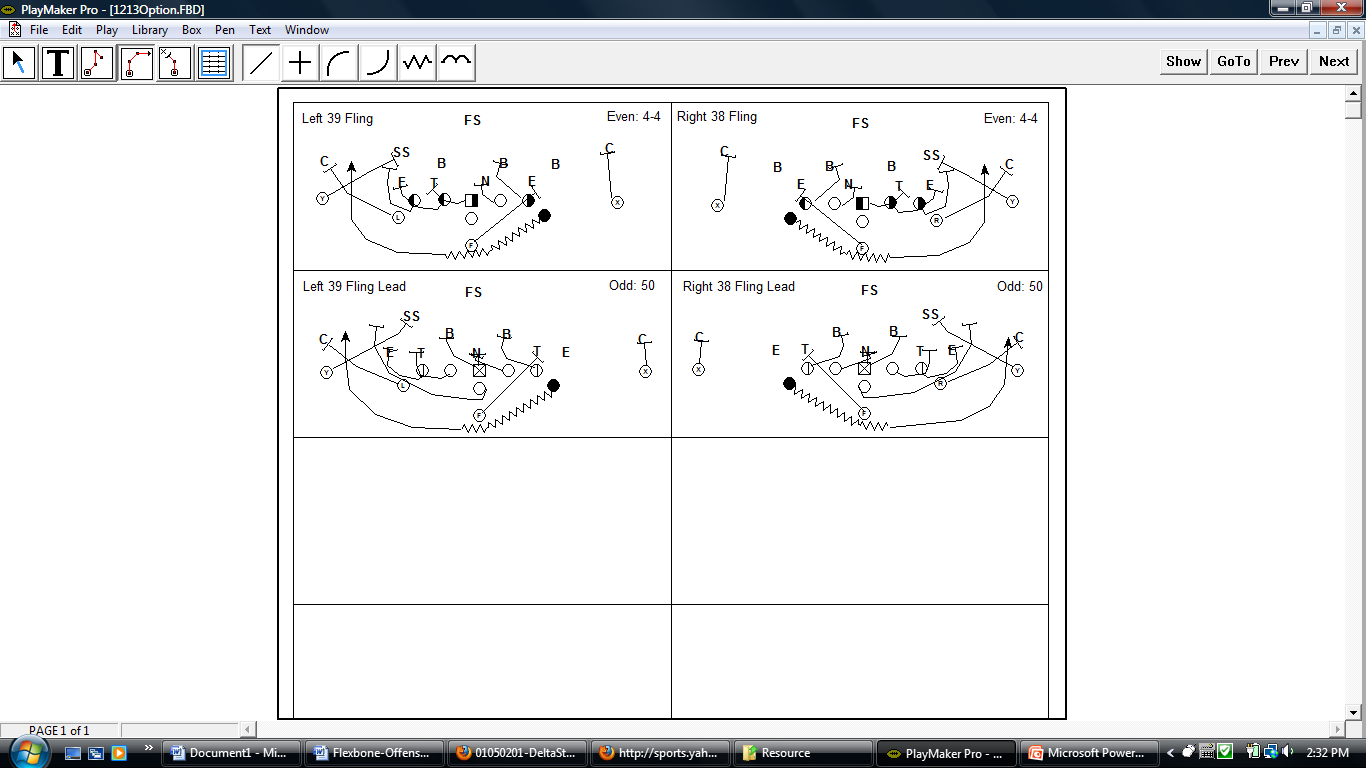
38/39 Jet



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Put BS Slot in Jet motion. Once inside tackle receive snap pivot PS and hand to slot. |
| **FB** | Lead block off EMOLS. Seal inside looking for PSLB or Safety. |
| **PSH** | Reach hard PS. |
| BSH | Jet motion. Receive hand off and loop around outside, read block of PSH and FB. |
| X | Stalk block |
| Y | On line PS: Reach hard PS. Online BS: Scoop. Split: Stalk. |
| PST | Reach hard PS. |
| PSG | Reach hard PS. |
| C | Reach hard PS. |
| BSG | Reach hard PS. |
| BST | Reach hard PS. |

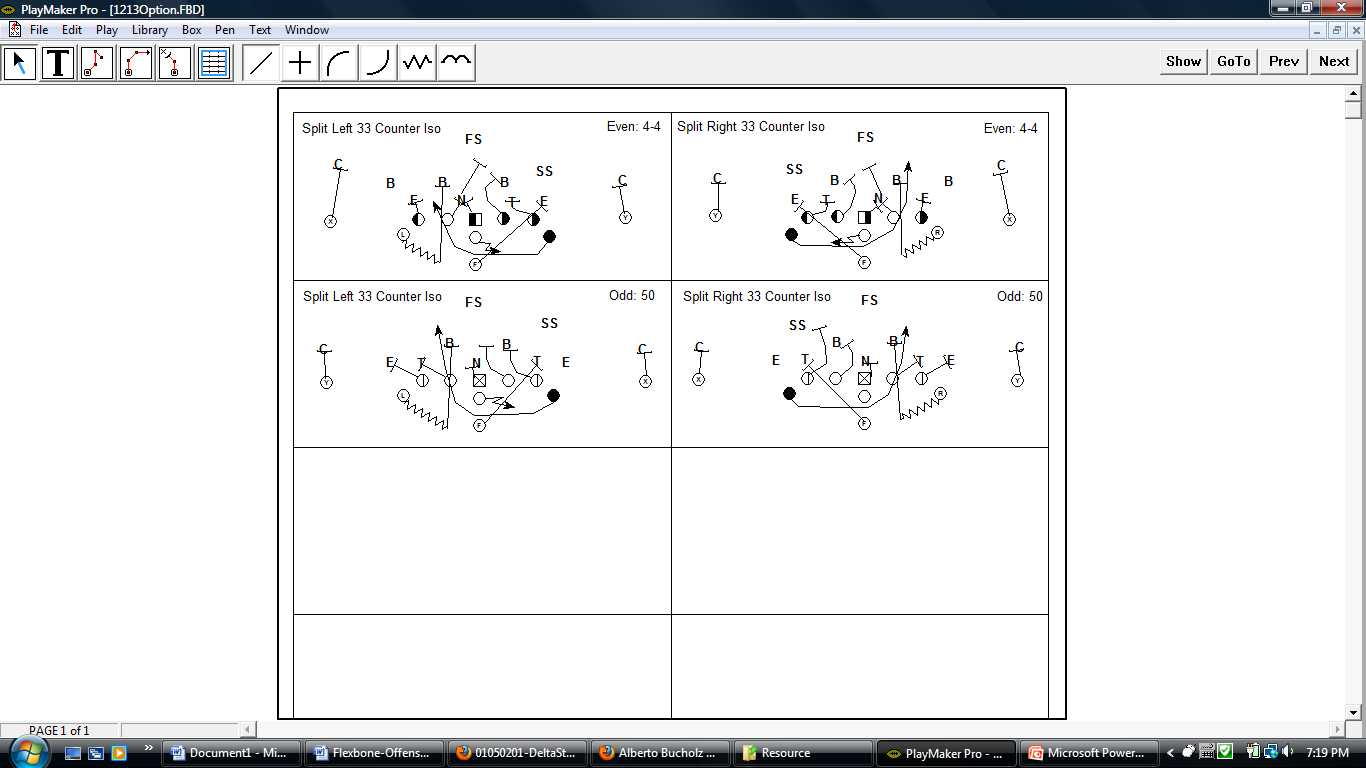
38/39 Fling



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Reverse out, pitch to slot. If lead, make pitch and sprint to lead slot upfield. |
| **FB** | Seal BS EMOLS. |
| **PSH** | Lead out to block PSCB. |
| BSH | Rocket motion. Receive snap at full sprint get to the edge. |
| X | PS: Crack force defender, if he goes inside get downfield. BS: Run off if man. Stalk if not. |
| Y | On line PS: Hard reach to LB. Online BS: Scoop. Split: PS Crack: BS: Stalk. |
| PST | Pull outside. If end comes with seal him, if not stay on track. |
| PSG | Pull outside: If end comes hard inside, stay on track. If slow play take E or T if he comes. |
| C | Reach hard. |
| BSG | Scoop |
| BST | Scoop |

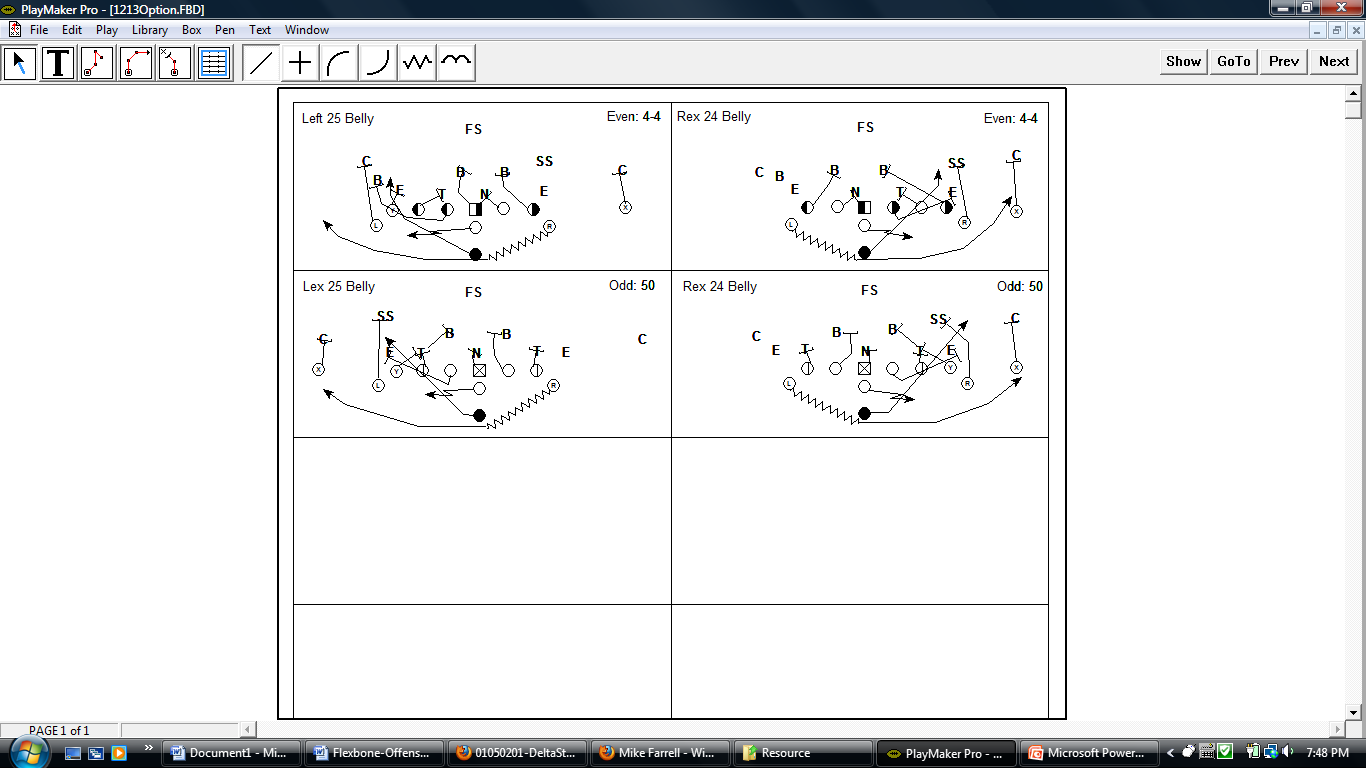
32/33 Counter Iso



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Open and ½ ride FB and give ball to slot running behind you. Carry out option fake. |
| **FB** | 2 steps on crease, make big window, and kick out first man head up to outside BST. |
| **PSH** | Jab step PS and run behind QB for football before squaring up in A to B gap. |
| BSH | Rev. motion and plant, cutting sharply to ISO first LB head up to outside guard. |
| X | Inside run rules. |
| Y | On line PS: Man on to OLB/S. Online BS: Scoop. Split: Inside run rules. |
| PST | No B-gap defender: Rip to PSLB. B-gap defender: combo with Guard. |
| PSG | No A-gap defender: Combo with C to MLB/BSLB. A-Gap defender: Drive |
| C | Covered: Drive, Uncovered: Zone step to LB and pin him |
| BSG | Scoop |
| BST | Scoop |

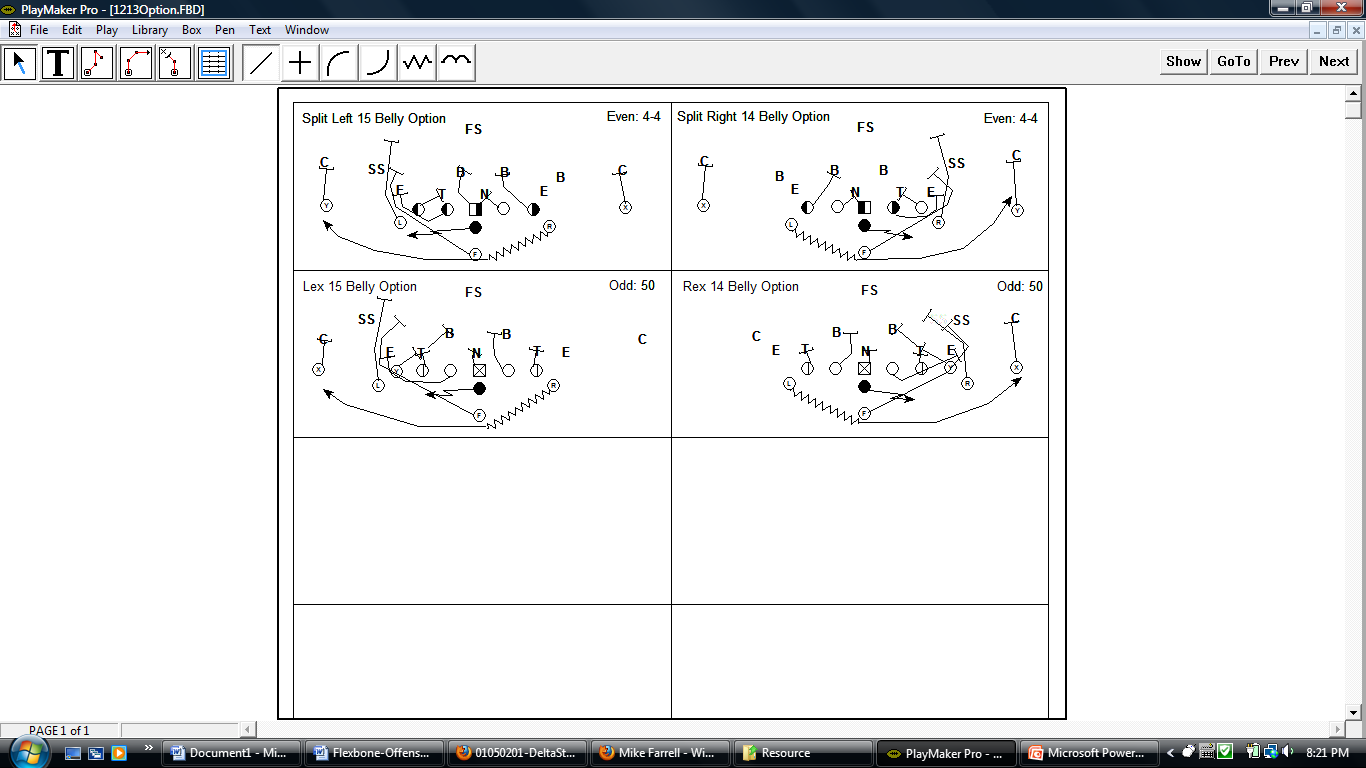
24/25 Belly



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Open and give ball to FB. Carry out option fake with BS slot. |
| **FB** | Run crease off of PST tackles block and square up to LOS. |
| **PSH** | Kick out/seal force defender. S or LB. |
| BSH | Short motion and carry out option fake with QB. |
| X | Inside run rules. |
| Y | On line PS: Downblock, if no defender release for LB. BS: Scoop |
| PST | Downblock defender on PSG. If G is uncovered, combo with TE. |
| PSG | Pull and kick 1st defender head up to outside TE. |
| C | Second PS A gap. |
| BSG | Scoop |
| BST | Scoop |

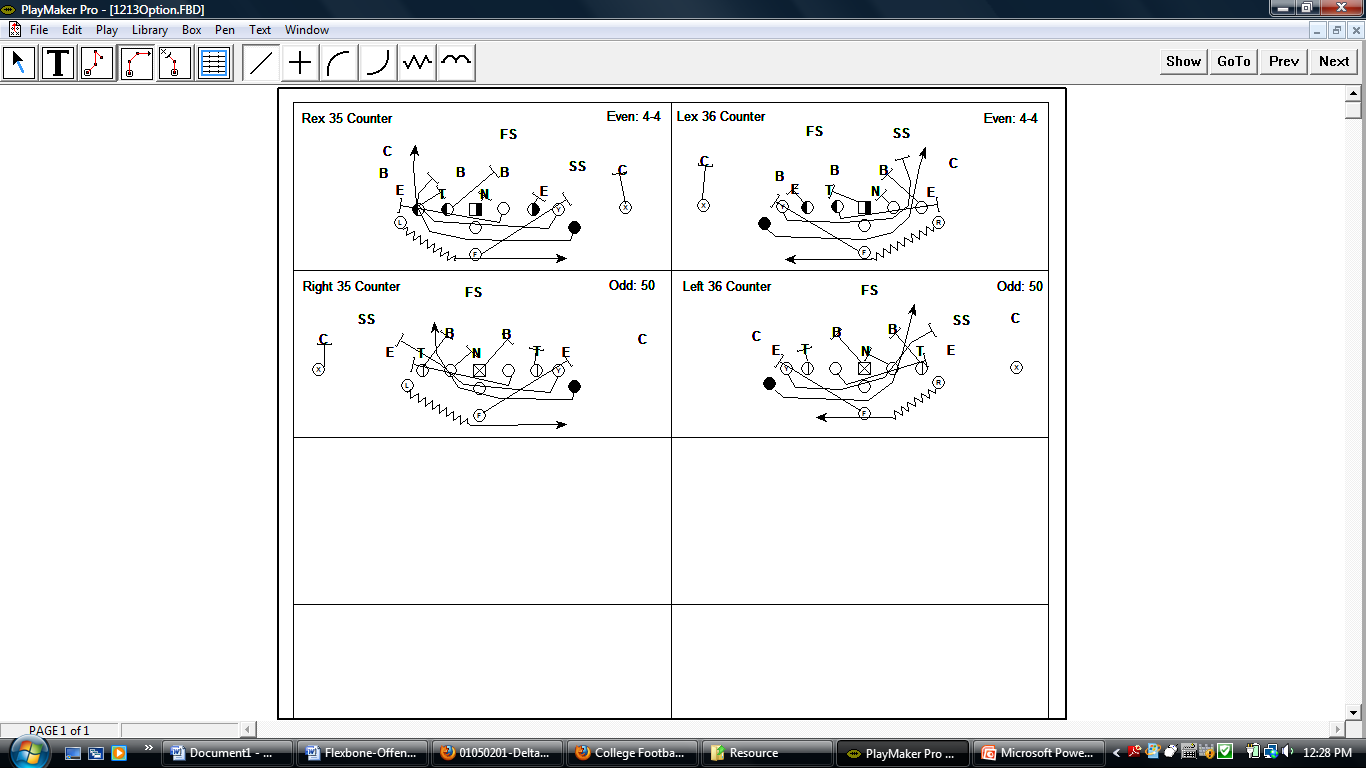
16/17 Belly Opt.



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Open and fake give to FB. Attack force defenders outside number. Pitch off S. |
| **FB** | Aiming point is inside foot of tackle, make window and wrap for PSLB. |
| **PSH** | Seal PSLB to FS. |
| BSH | Short motion and get in pitch relationship with QB. |
| X | Run off vs. man. Stalk if not man. |
| Y | On line PS: Downblock, if no defender release for LB. BS: Scoop |
| PST | Downblock defender on PSG. If G is uncovered, combo with TE. |
| PSG | Pull and log 1st defender head up to outside TE or PST. |
| C | Second PS A gap. |
| BSG | Scoop |
| BST | Scoop |

36/37 Counter



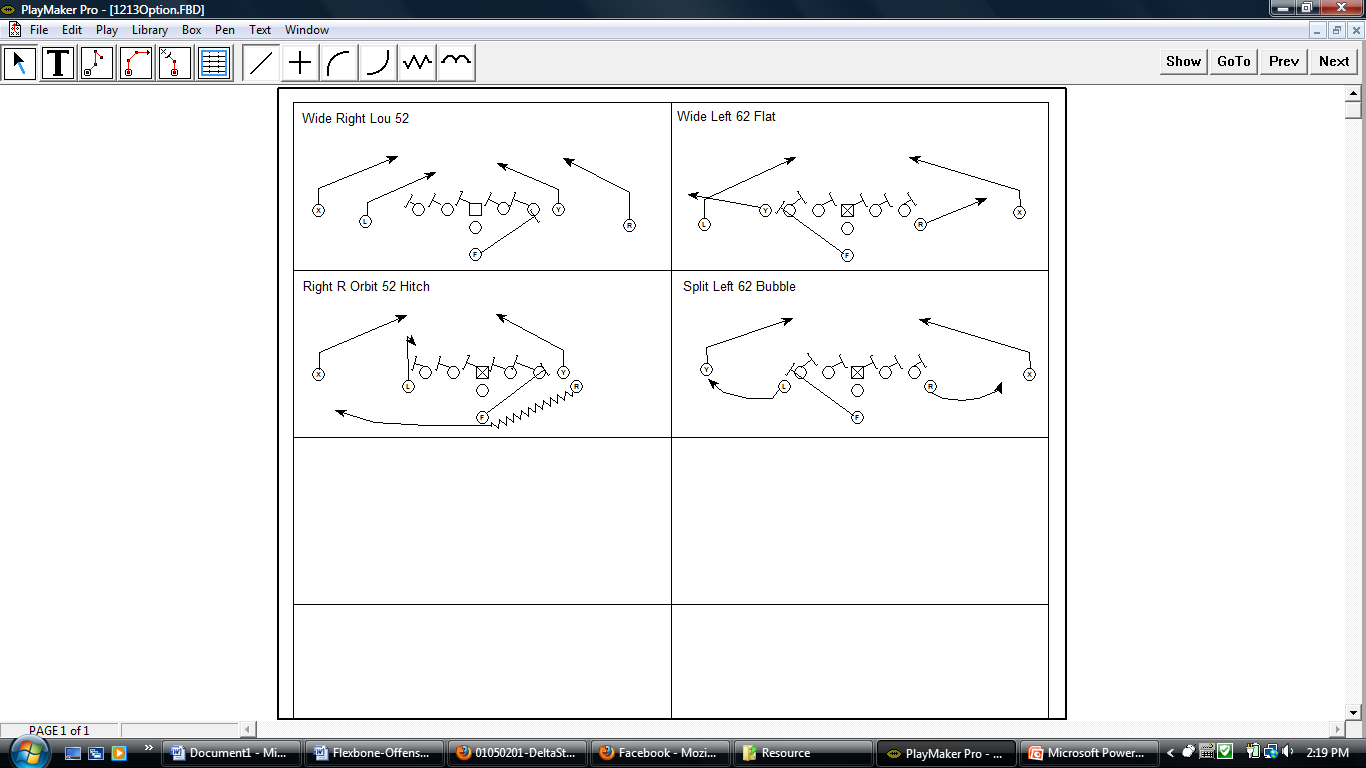
Rex 37 Counter

Right 37 Counter

# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Open like load option, get deep enough to not run into gaurds. Hand underneath to slot. |
| **FB** | Replace the pulling TE. Must come fast and fit in gap between TE and slot. |
| **PSH** | Short motion and sell option with QB. |
| BSH | Take a large bucket step get on pulling TE’s outside number. Receive handoff underneath. |
| X | Run off vs. man. Stalk if not man. |
| Y | Pull and lead. Read G’s block. Inside-outside-upfield. |
| PST | Downblock. Gap-down-backer. |
| PSG | Downblock. Gap-down-backer. |
| C | Downblock. Gap-down-backer. |
| BSG | Pull and kick first defender head up to outside PST. |
| BST | Vs. 4 block man on. Block out first man on TE. |

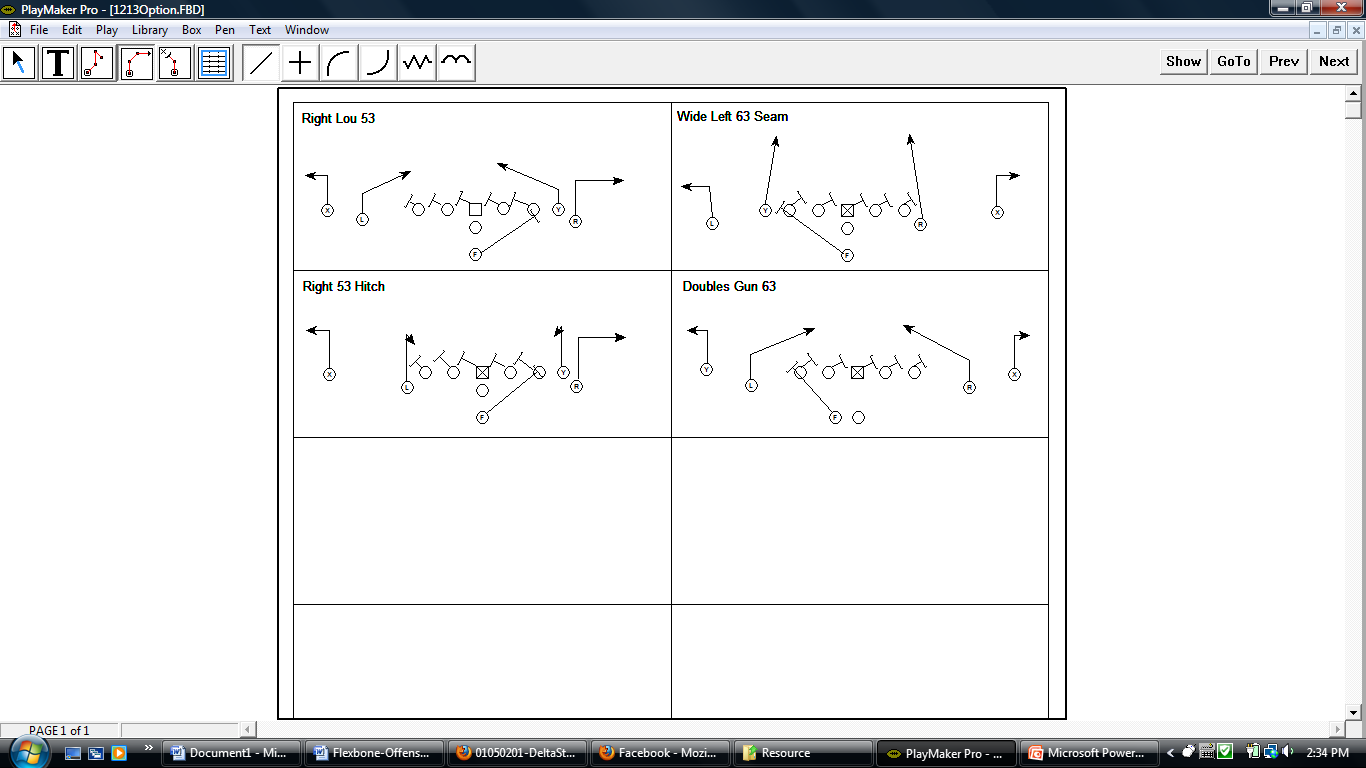
52/62 Slant



# Instruction and Assignment

|  |  |
| --- | --- |
| **Tags** | ***Flat, hitch, bubble*** |
| **QB** | Open like load option, get deep enough to not run into gaurds. Hand underneath to slot. |
| **F** | Fill away from the slide. Aiming point is inside hip of the BST. |
| **FSWR1** | 2 steps: 6 yard Slant |
| FSWR2 | 2 steps: 6 yard Slant |
| FSWR3 | 2 steps: 6 yard Slant |
| BSWR1 | 2 steps: 6 yard Slant |
| BSWR2 | 2 steps: 6 yard Slant |
| PST | Aggressive slide backside. |
| PSG | Aggressive slide backside. |
| C | Aggressive slide backside. |
| BSG | Aggressive slide backside. |
| BST | Aggressive slide backside. |

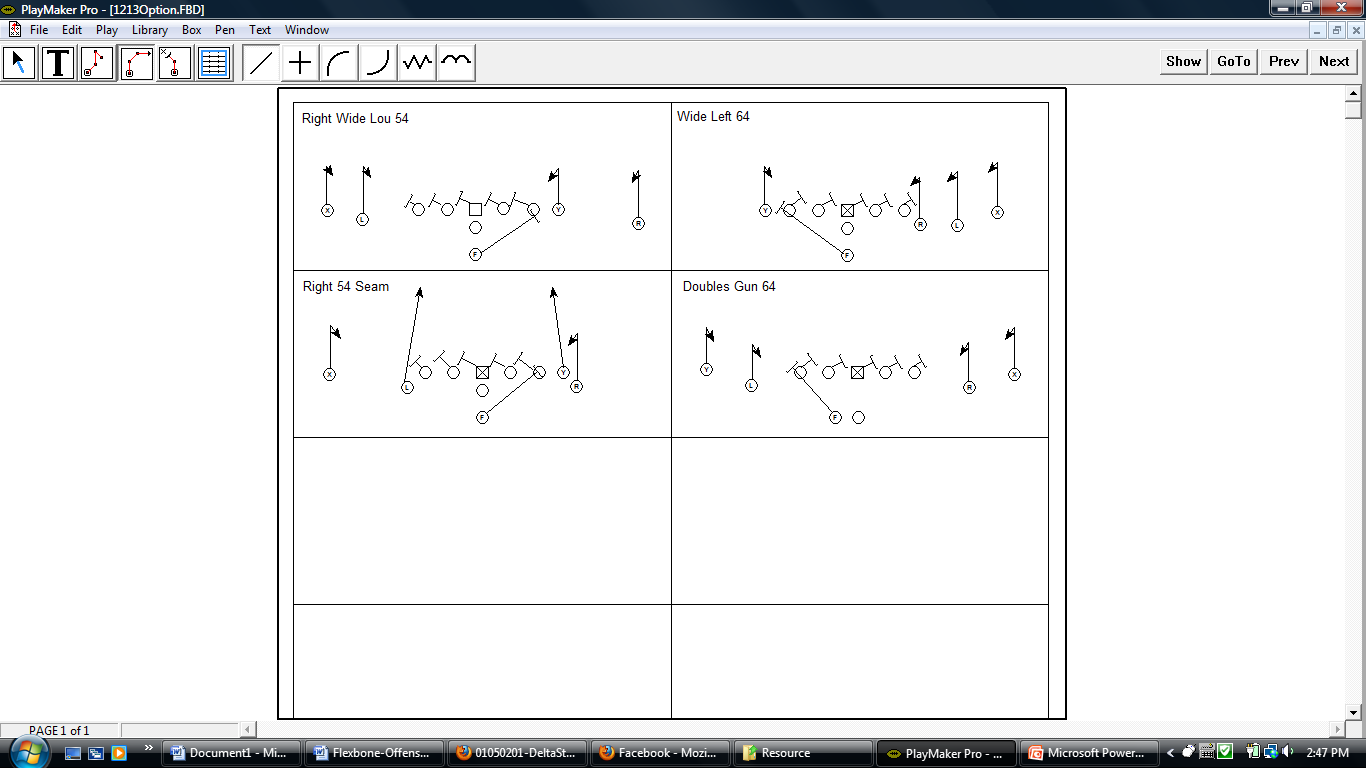
53/63 Speed Out



# Instruction and Assignment

|  |  |
| --- | --- |
| **Tags** | ***Seam, Hitch*** |
| **QB** | Open like load option, get deep enough to not run into gaurds. Hand underneath to slot. |
| **F** | Fill away from the slide. Aiming point is inside hip of the BST. |
| **FSWR1** | 5 yard out |
| FSWR2 | 2 steps: 6 yard Slant |
| FSWR3 | 2 steps: 6 yard Slant |
| BSWR1 | 5 yard out |
| BSWR2 | 2 steps: 6 yard Slant |
| PST | Aggressive slide backside. |
| PSG | Aggressive slide backside. |
| C | Aggressive slide backside. |
| BSG | Aggressive slide backside. |
| BST | Aggressive slide backside. |

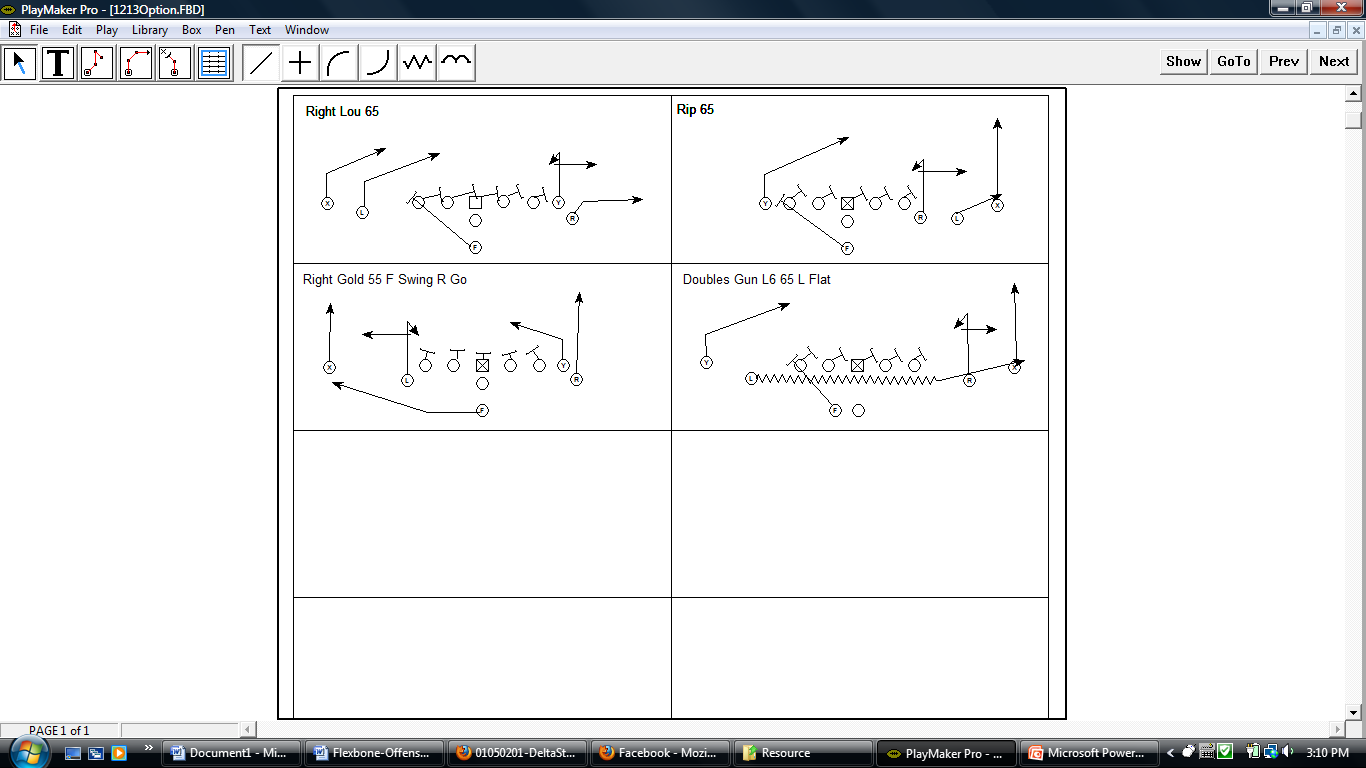
54/64 Quick Hitch



# Instruction and Assignment

|  |  |
| --- | --- |
| **Tags** | ***Seam*** |
| **QB** | Open like load option, get deep enough to not run into gaurds. Hand underneath to slot. |
| **F** | Fill away from the slide. Aiming point is inside hip of the BST. |
| **FSWR1** | 6 yard Hitch |
| FSWR2 | 6 yard Hitch |
| FSWR3 | 6 yard Hitch |
| BSWR1 | 6 yard Hitch |
| BSWR2 | 6 yard Hitch |
| PST | Aggressive slide backside. |
| PSG | Aggressive slide backside. |
| C | Aggressive slide backside. |
| BSG | Aggressive slide backside. |
| BST | Aggressive slide backside. |

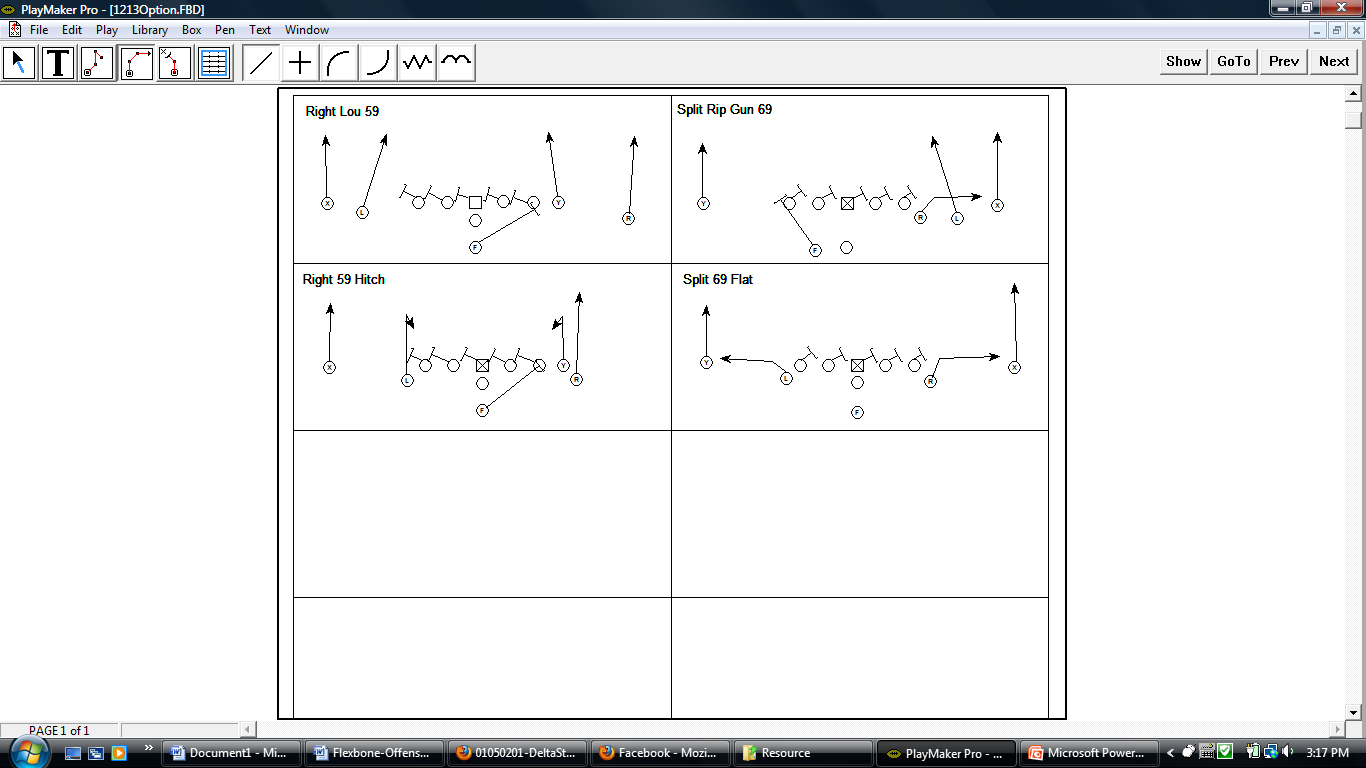
55/65 Stick



# Instruction and Assignment

|  |  |
| --- | --- |
| **Tags** | ***F Swing*** |
| **QB** | Open like load option, get deep enough to not run into gaurds. Hand underneath to slot. |
| **F** | Fill away from the slide. Aiming point is inside hip of the BST. |
| **FSWR1** | Fade |
| FSWR2 | Flat |
| FSWR3 | 6 yard Stick |
| BSWR1 | 6 yard Slant |
| BSWR2 | 6 yard Slant |
| PST | Aggressive slide backside. |
| PSG | Aggressive slide backside. |
| C | Aggressive slide backside. |
| BSG | Aggressive slide backside. |
| BST | Aggressive slide backside. |

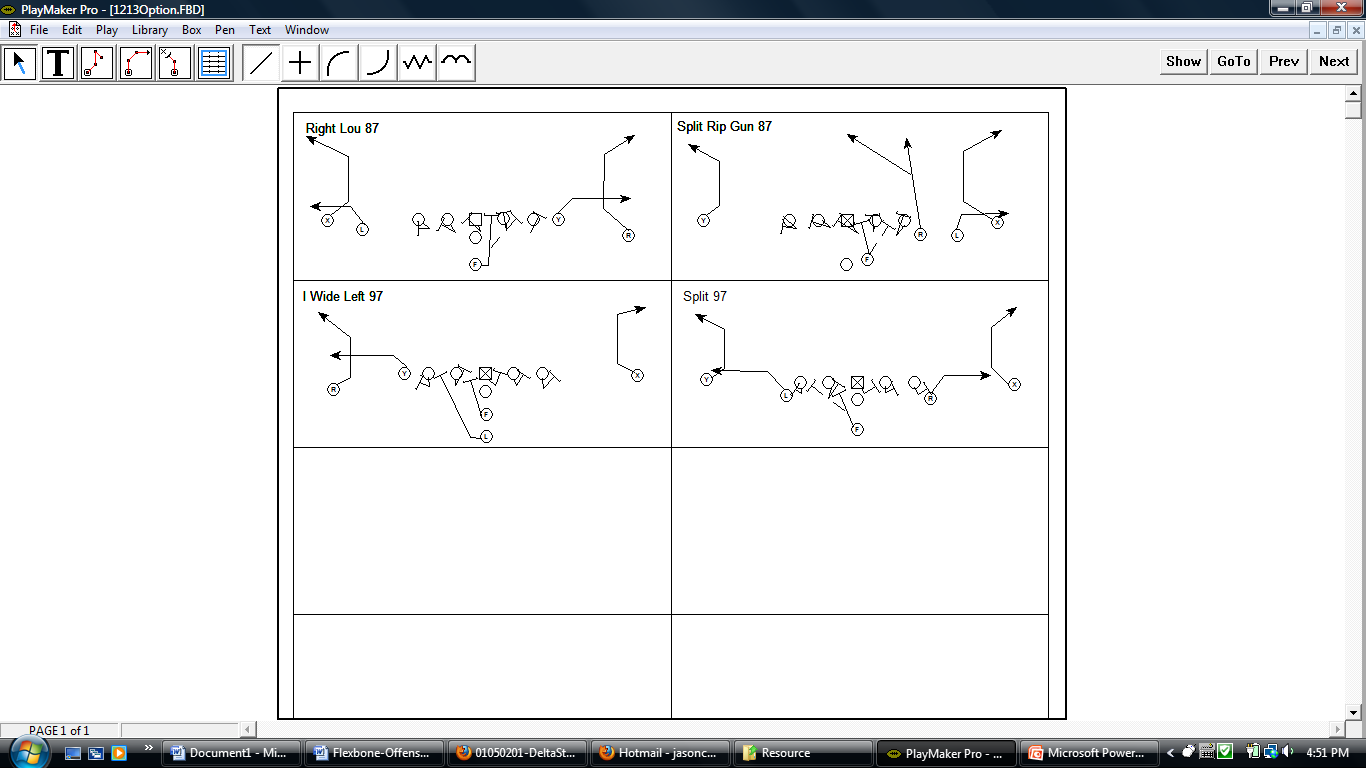
59/69 Fade



# Instruction and Assignment

|  |  |
| --- | --- |
| **Tags** | ***Flat, Hitch*** |
| **QB** | Open like load option, get deep enough to not run into gaurds. Hand underneath to slot. |
| **F** | Fill away from the slide. Aiming point is inside hip of the BST. |
| **FSWR1** | Fade |
| FSWR2 | Seam |
| FSWR3 | Flat |
| BSWR1 | Fade |
| BSWR2 | Seam |
| PST | Aggressive slide backside. |
| PSG | Aggressive slide backside. |
| C | Aggressive slide backside. |
| BSG | Aggressive slide backside. |
| BST | Aggressive slide backside. |

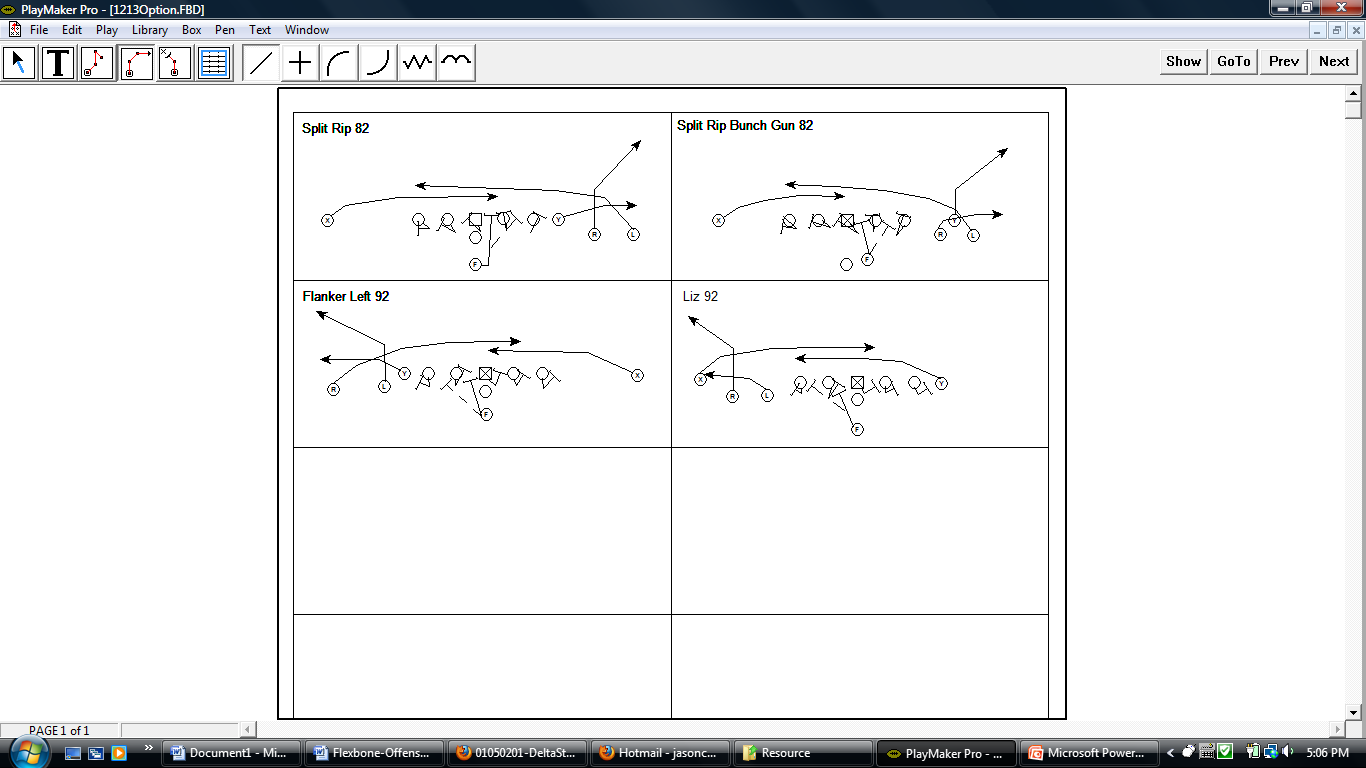
87/97 Corner



# Instruction and Assignment

|  |  |
| --- | --- |
| **Tags** |  |
| **QB** | Open like load option, get deep enough to not run into gaurds. Hand underneath to slot. |
| **F** | Fill away from the slide. Aiming point is inside hip of the BST. |
| **FSWR1** | Corner |
| FSWR2 | Flat |
| FSWR3 | Seam Read |
| BSWR1 | Corner |
| BSWR2 | Flat |
| PST | Man on. 1st down lineman. |
| PSG | Man on 2nd down lineman. |
| C | Aggressive slide backside. |
| BSG | Aggressive slide backside. |
| BST | Aggressive slide backside. |

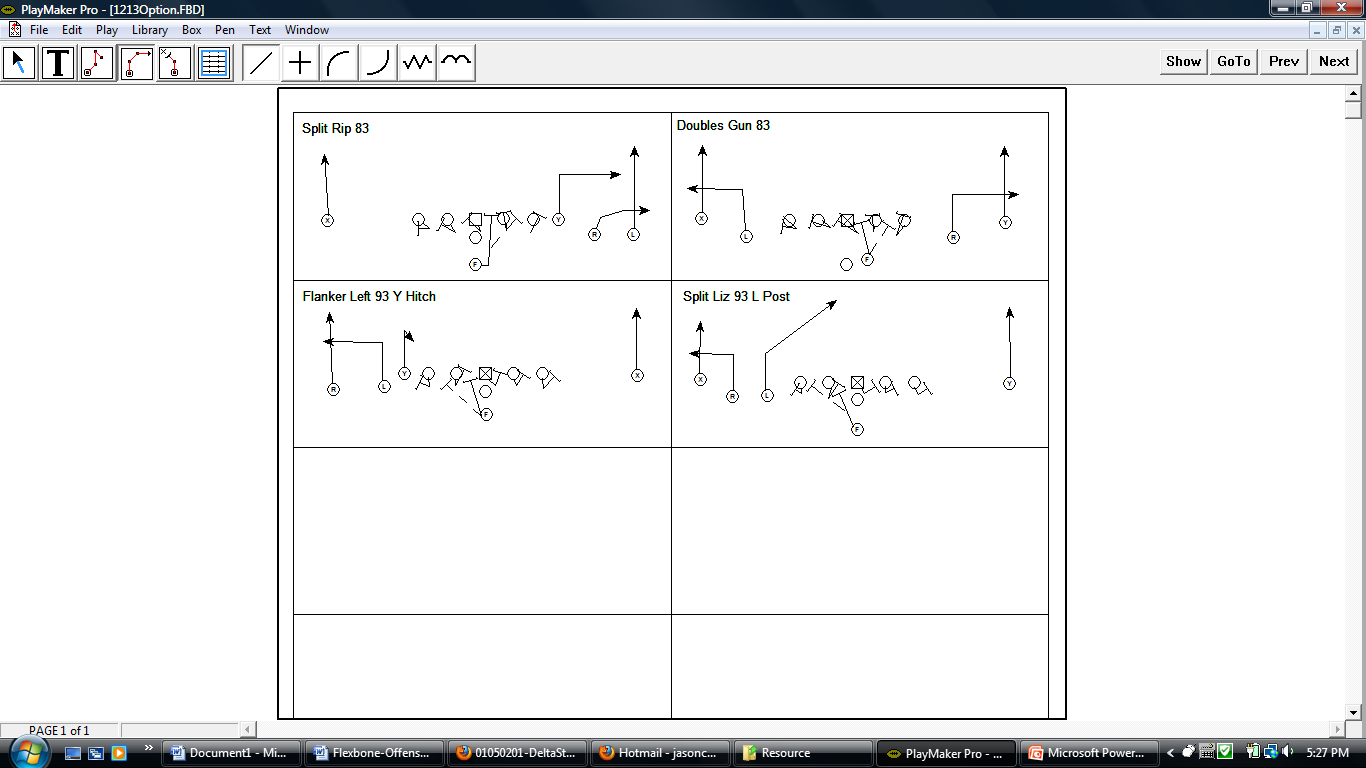
82/92 Mesh



# Instruction and Assignment

|  |  |
| --- | --- |
| **Tags** | ***Only out of 3x1*** |
| **QB** | Open like load option, get deep enough to not run into gaurds. Hand underneath to slot. |
| **F** | Fill away from the slide. Aiming point is inside hip of the BST. |
| **FSWR1** | High Mesh |
| FSWR2 | Flag |
| FSWR3 | Flat |
| BSWR1 | Low Mesh |
| BSWR2 | Flat |
| PST | Man on. 1st down lineman. |
| PSG | Man on 2nd down lineman. |
| C | Aggressive slide backside. |
| BSG | Aggressive slide backside. |
| BST | Aggressive slide backside. |

83/93 Fade Out



# Instruction and Assignment

|  |  |
| --- | --- |
| **Tags** |  |
| **QB** | Open like load option, get deep enough to not run into gaurds. Hand underneath to slot. |
| **F** | Fill away from the slide. Aiming point is inside hip of the BST. |
| **FSWR1** | Fade |
| FSWR2 | Out. Flat in 3x1 |
| FSWR3 | Out |
| BSWR1 | Fade |
| BSWR2 | Out |
| PST | Man on. 1st down lineman. |
| PSG | Man on 2nd down lineman. |
| C | Aggressive slide backside. |
| BSG | Aggressive slide backside. |
| BST | Aggressive slide backside. |

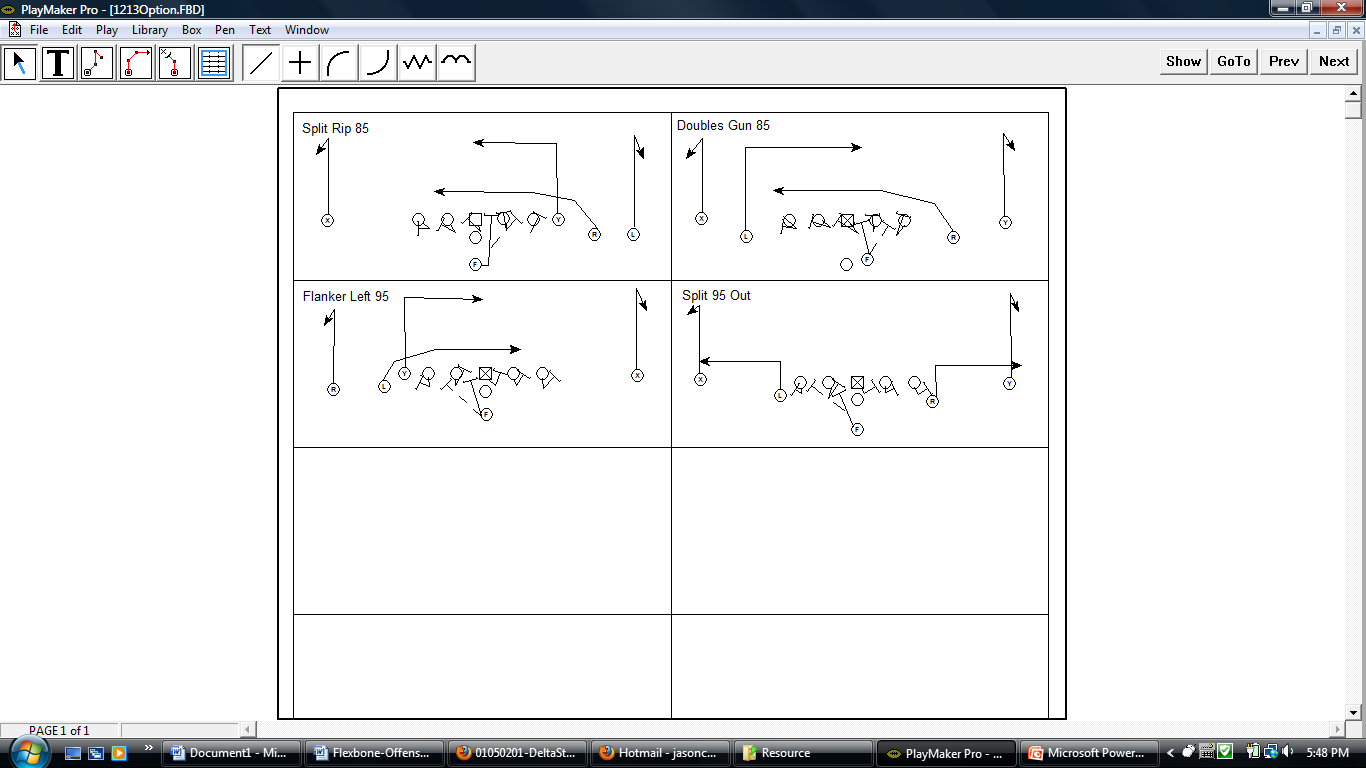
84/94 Smash



# Instruction and Assignment

|  |  |
| --- | --- |
| **Tags** |  |
| **QB** | Open like load option, get deep enough to not run into gaurds. Hand underneath to slot. |
| **F** | Fill away from the slide. Aiming point is inside hip of the BST. |
| **FSWR1** | 6 yard hitch |
| FSWR2 | Flag |
| FSWR3 | Read Seam |
| BSWR1 | 6 yard hitch |
| BSWR2 | Flag |
| PST | Man on. 1st down lineman. |
| PSG | Man on 2nd down lineman. |
| C | Aggressive slide backside. |
| BSG | Aggressive slide backside. |
| BST | Aggressive slide backside. |

85/95 Comeback

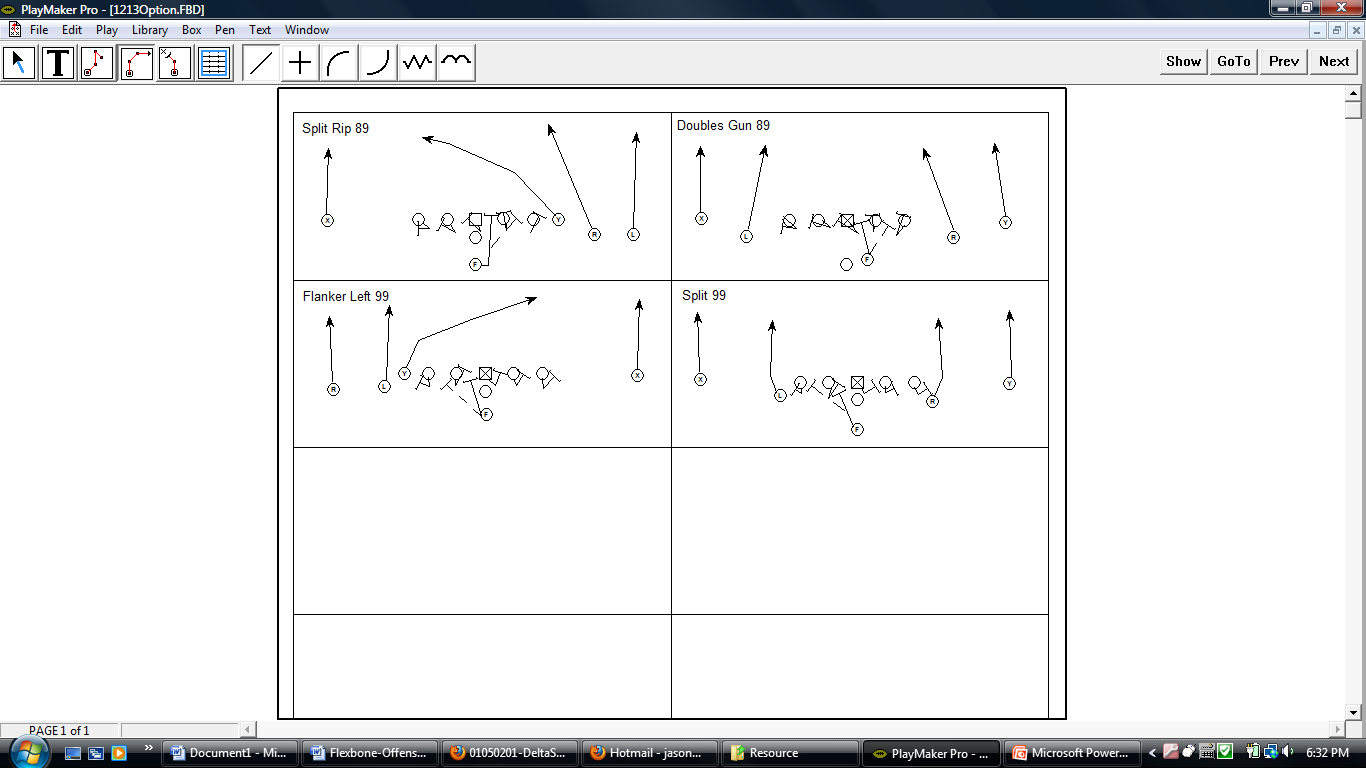


# Instruction and Assignment

|  |  |
| --- | --- |
| **Tags** | ***Out, Seam*** |
| **QB** | Open like load option, get deep enough to not run into gaurds. Hand underneath to slot. |
| **F** | Fill away from the slide. Aiming point is inside hip of the BST. |
| **FSWR1** | 15 yard Comeback |
| FSWR2 | Shallow drag |
| FSWR3 | 15 yard Dig |
| BSWR1 | Comeback |
| BSWR2 | 15 yard Dig |

|  |  |
| --- | --- |
| PST | Man on. 1st down lineman. |
| PSG | Man on 2nd down lineman. |
| C | Aggressive slide backside. |
| BSG | Aggressive slide backside. |
| BST | Aggressive slide backside. |

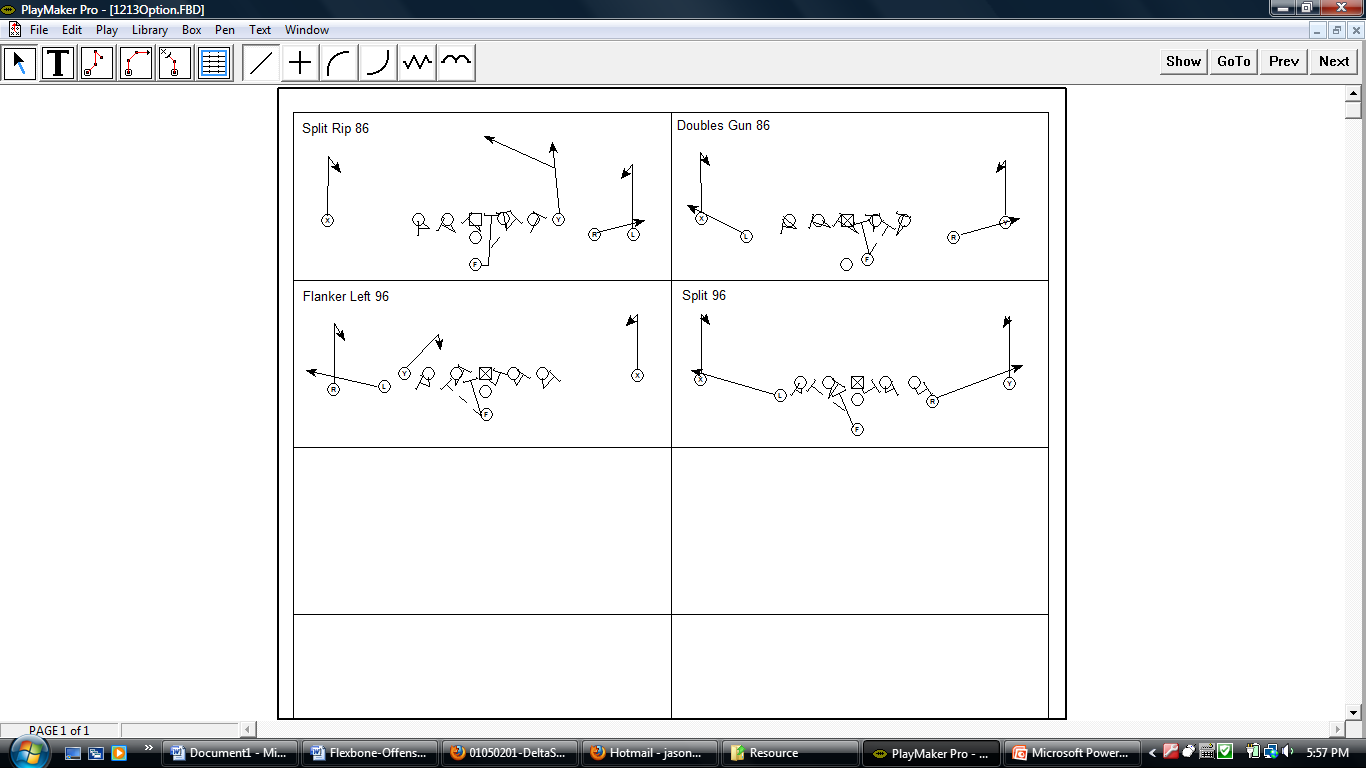
89/99 Verts



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Open like load option, get deep enough to not run into gaurds. Hand underneath to slot. |
| **F** | Fill away from the slide. Aiming point is inside hip of the BST. |
| **FSWR1** | Fade |
| FSWR2 | Seam |
| FSWR3 | Seam |
| BSWR1 | Fade |
| BSWR2 | Seam |
| PST | Man on. 1st down lineman. |
| PSG | Man on 2nd down lineman. |
| C | Aggressive slide backside. |
| BSG | Aggressive slide backside. |
| BST | Aggressive slide backside. |

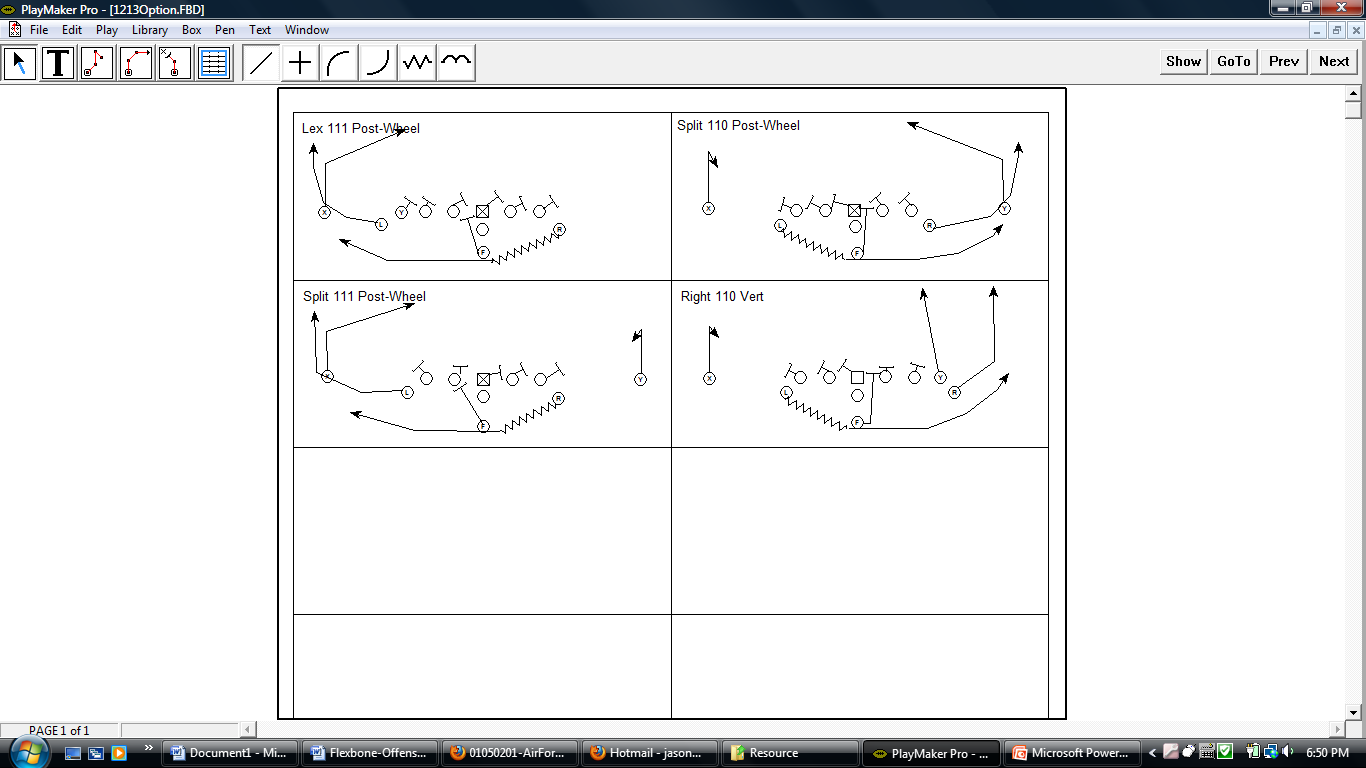
86/96 Hitch



# Instruction and Assignment

|  |  |
| --- | --- |
| **Tags** | ***Swing, Spot*** |
| **QB** | Open like load option, get deep enough to not run into gaurds. Hand underneath to slot. |
| **F** | Fill away from the slide. Aiming point is inside hip of the BST. |
| **FSWR1** | 12 yard Hitch |
| FSWR2 | Flat |
| FSWR3 | Seam read |
| BSWR1 | 12 yard Hitch |
| BSWR2 | Flat |
| PST | Man on. 1st down lineman. |
| PSG | Man on 2nd down lineman. |
| C | Aggressive slide backside. |
| BSG | Aggressive slide backside. |
| BST | Aggressive slide backside. |

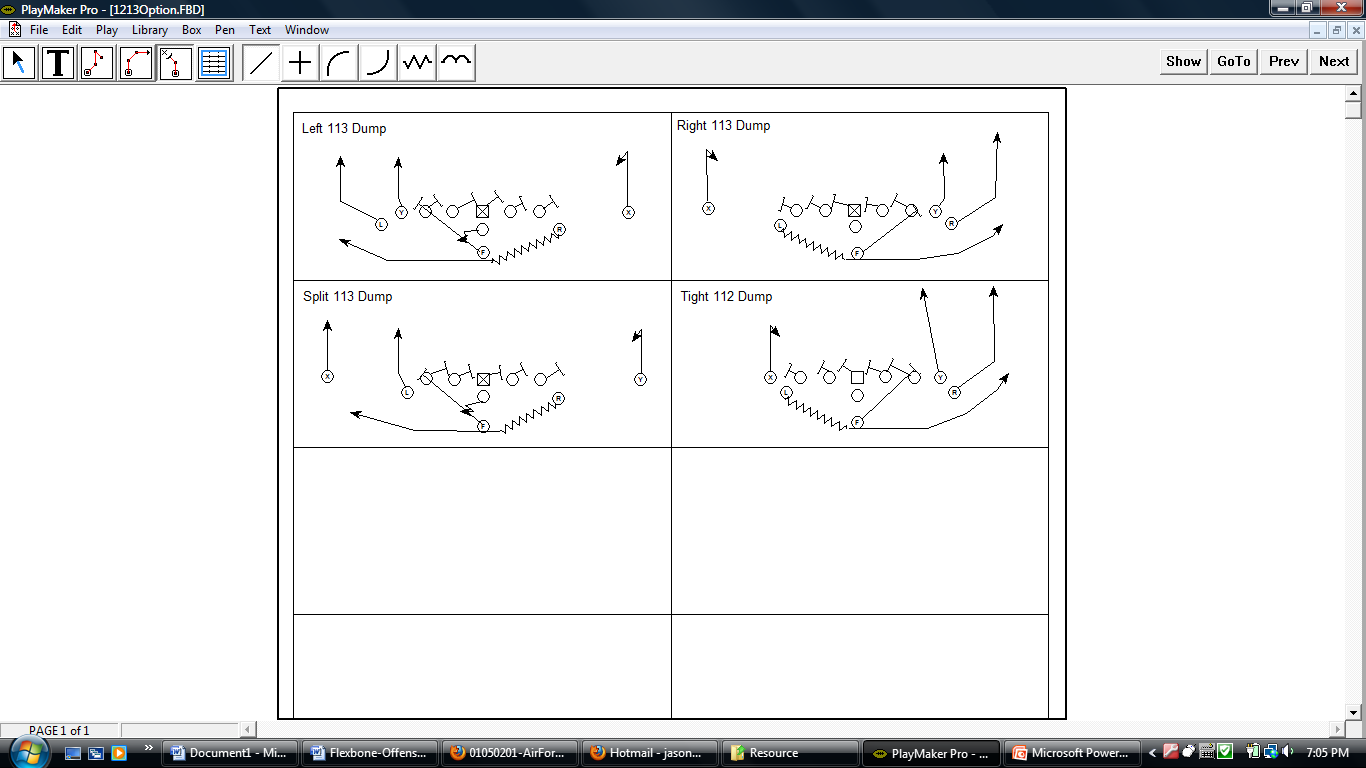
110/111 Vert/Post



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Open up fake the dive to FB. Step back 3 steps. Seam-Fade-Flat or Post-Wheel-Flat. |
| **FB** | Sell Midline dive. Check and block A-gap to B-gap |
| BSH | Short motion, carry out option fake, flat route. |
| PSWR | Post-Wheel: Post. Vert: Fade on numbers. |
| PSWR2 | Post-Wheel: Wheel Vert: Seam |
| BSWR | 12 yard hitch |
| PST | Aggressive pass block 1st down lineman |
| PSG | Aggressive pass block 2nd down lineman |
| C | Slide backside |
| BSG | Slide backside |
| BST | Slide backside |

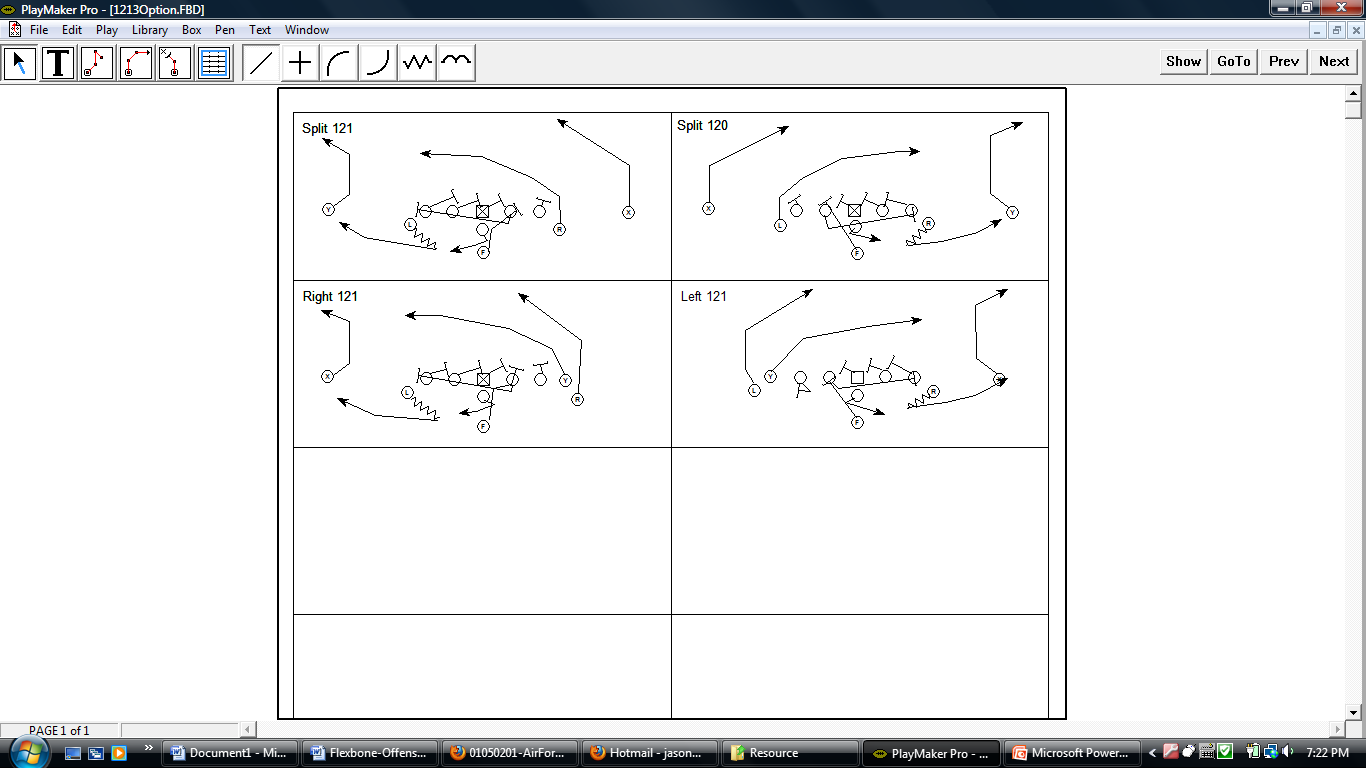
112/113 Dump



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Open up fake 12/13. Take step back, looking for dump pass. Check down to fade/swing. |
| **FB** | Sell veer. Block EMOLS. |
| BSH | Short motion, carry out option fake, flat route. |
| PSWR | Fade |
| PSWR2 | Outside release, be ready for dump off now |
| BSWR | 12 yard hitch |
| PST | Slide backside |
| PSG | Slide backside |
| C | Slide backside |
| BSG | Slide backside |
| BST | Slide backside |

120/121 Boot

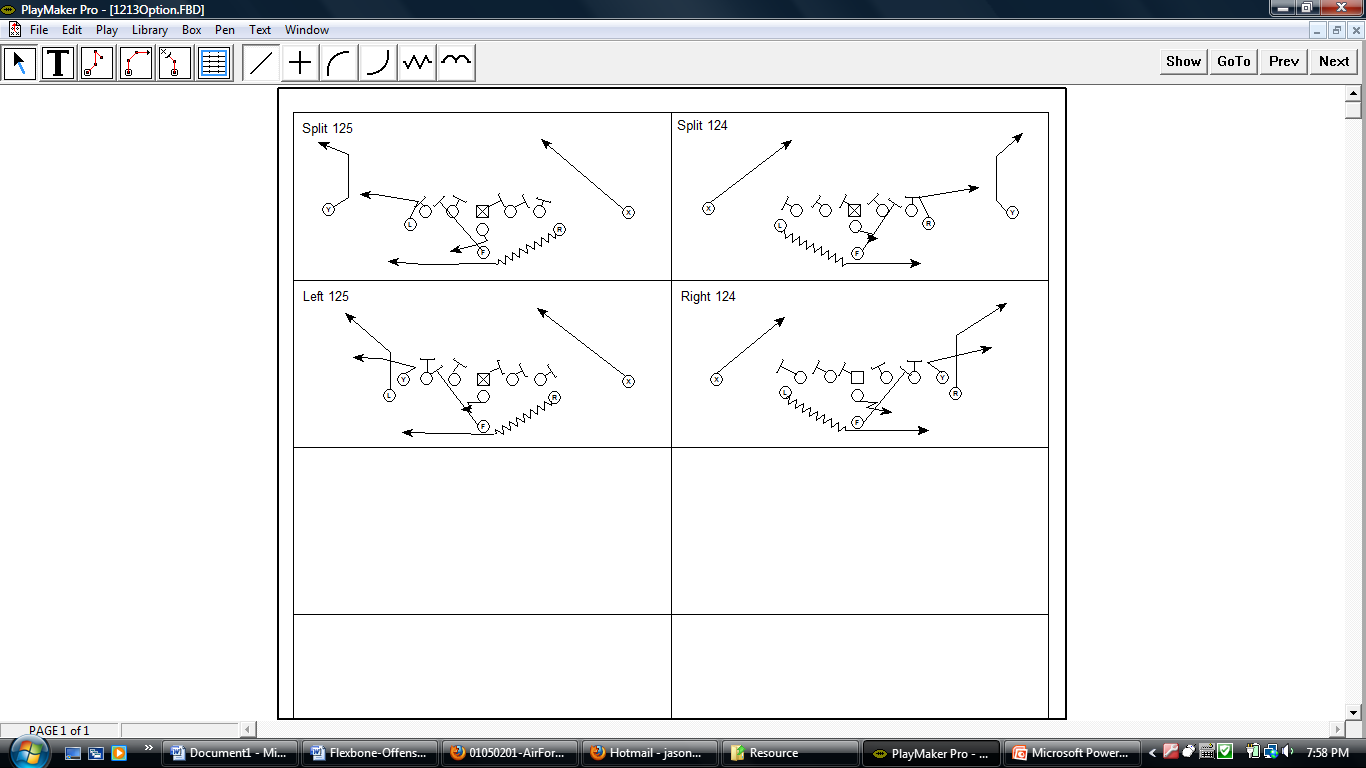


Left 120

# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Reverse out fake hand off to FB. Pivot and read Flat-Drag-Corner-Post |
| **FB** | Sell trap, fill for pulling guard. |
| PSH | Rev. motion, flat route. |
| PSWR | Corner route |
| BSWR1 | Post |
| BSWR2 | 12-15 yard Drag. |
| PST | Aggressive slide backside |
| PSG | Aggressive slide backside |
| C | Aggressive slide backside |
| BSG | Pull and kick/log playside end. |
| BST | Set and hinge man on to first threat outside |

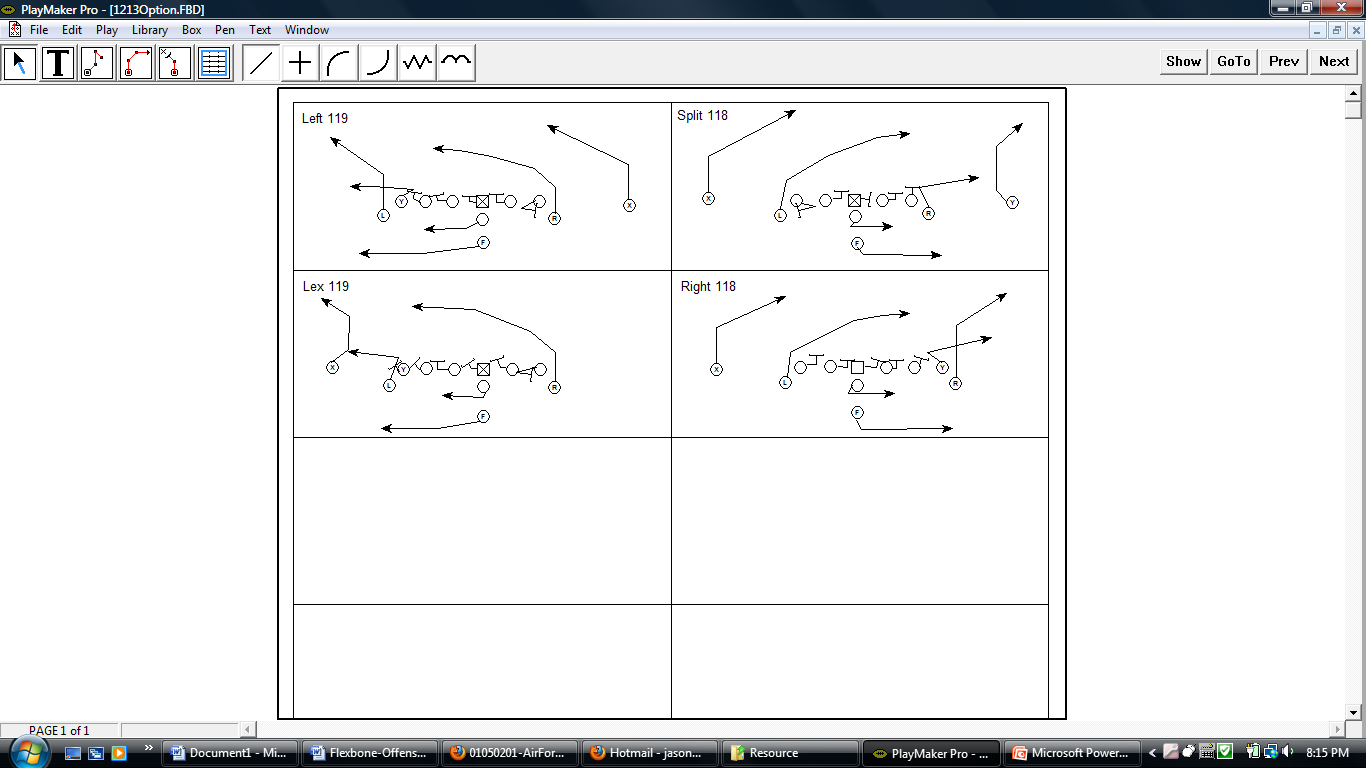
124/125 Flag



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Open up fake ball to full back. Pull back, looking flat to corner/flag. |
| **FB** | Sell belly, fill A gap to B gap. |
| BSH | Short motion. Carry out option fake. |
| PSWR1 | Corner route if split wide. If at the slot run flag. |
| PSWR2 | Sell down block, relase out to the flat. |
| BSWR1 | Direct route to the seam. |
| PST | Aggressive man block 1st down lineman. |
| PSG | Aggressive man block 2nd down lineman. |
| C | Aggressive slide backside |
| BSG | Slide backside. |
| BST | Slide backside. |

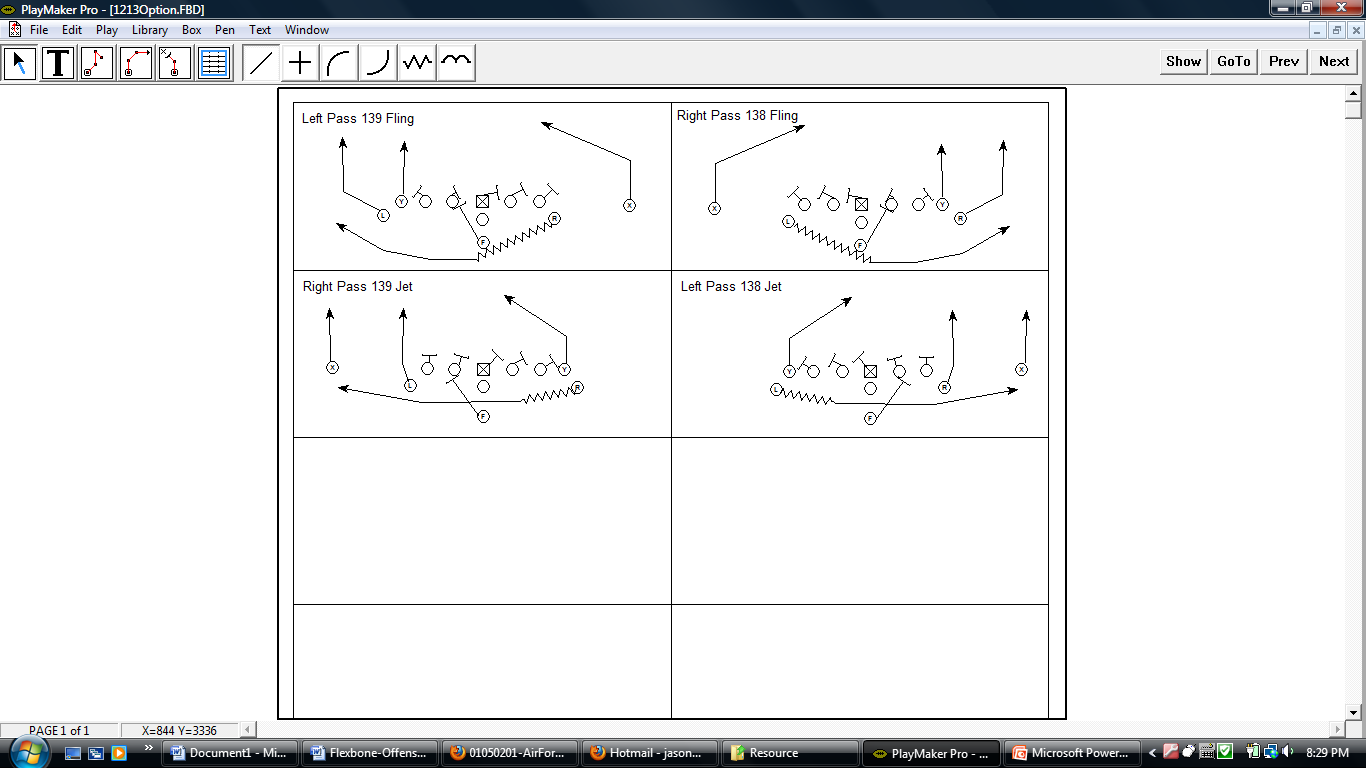
118/119 Boot



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Take a step back, sprint down LOS like Speed. Pull up look for Flat-Corner-Drag |
| **FB** | Sell speed option. |
| BSH | Drag route 12-15 yards. |
| PSWR1 | Corner route if split wide. If at the slot run flag. |
| PSWR2 | Sell down block, release out to the flat. |
| BSWR1 | Post. |
| PST | Step hard playside and aggressive block first man. |
| PSG | Step hard playside and aggressive block first man. |
| C | Step hard playside and aggressive block first man. |
| BSG | Step hard playside and aggressive block first man. |
| BST | Step playside, hinge, and seal. |

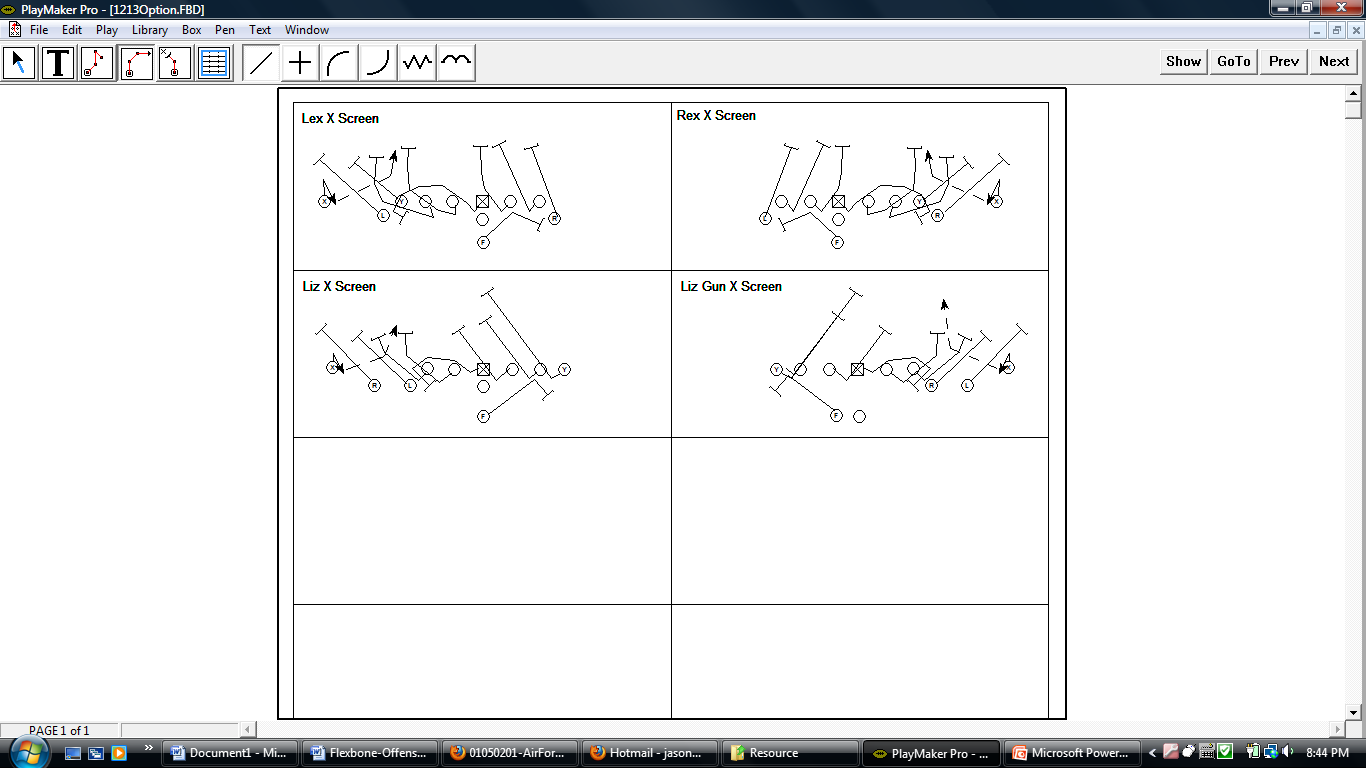
138/139 Fling/Jet



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Fling reverse out and sell pitch to slot. Jet: Reverse pivot and sell hand off to slot. |
| **FB** | Block check PS A gap to B gap. |
| BSH | Sell Fling or Jet as called, run flat route. |
| PSWR1 | Fade. |
| PSWR2 | Seam. |
| BSWR1 | Post. |
| PST | Aggressive block man on, 1st defensive lineman. |
| PSG | Aggressive block man on, 2nd defensive lineman. |
| C | Aggressive backside slide. |
| BSG | Aggressive backside slide. |
| BST | Aggressive backside slide. |

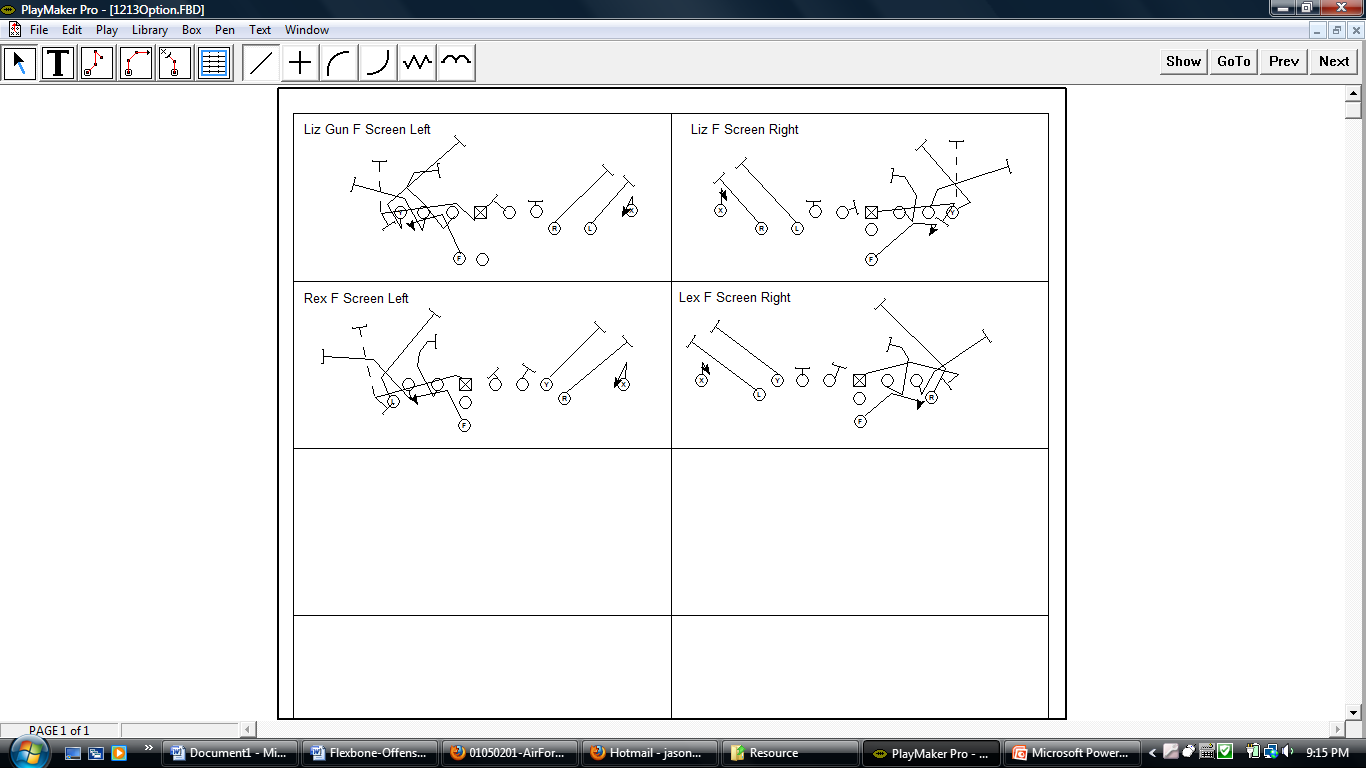
X Screen



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Take drop wait for release of OL, get ball to X. |
| **FB** | Sell F Screen backside. |
| PSWR1 | Take 2 steps hard up field and come back 3 yards for ball. |
| PSWR2 | Kick out man on X. |
| PSWR3 | Kick out man on 2nd WR to safety. |
| BSWR1 | Pass block release to FS. |
| PST | Block man on for 2 counts. Release to outside looking for OLB. |
| PSG | Block man on for 2 counts. Release to outside looking for PSLB. |
| C | Block man on for 2 counts. Release to outside and seal PSLB. |
| BSG | Block man on for 2 counts. Release inside to clean up BS threats. |
| BST | Block man on for 2 counts. Release inside to clean up BS threats. |

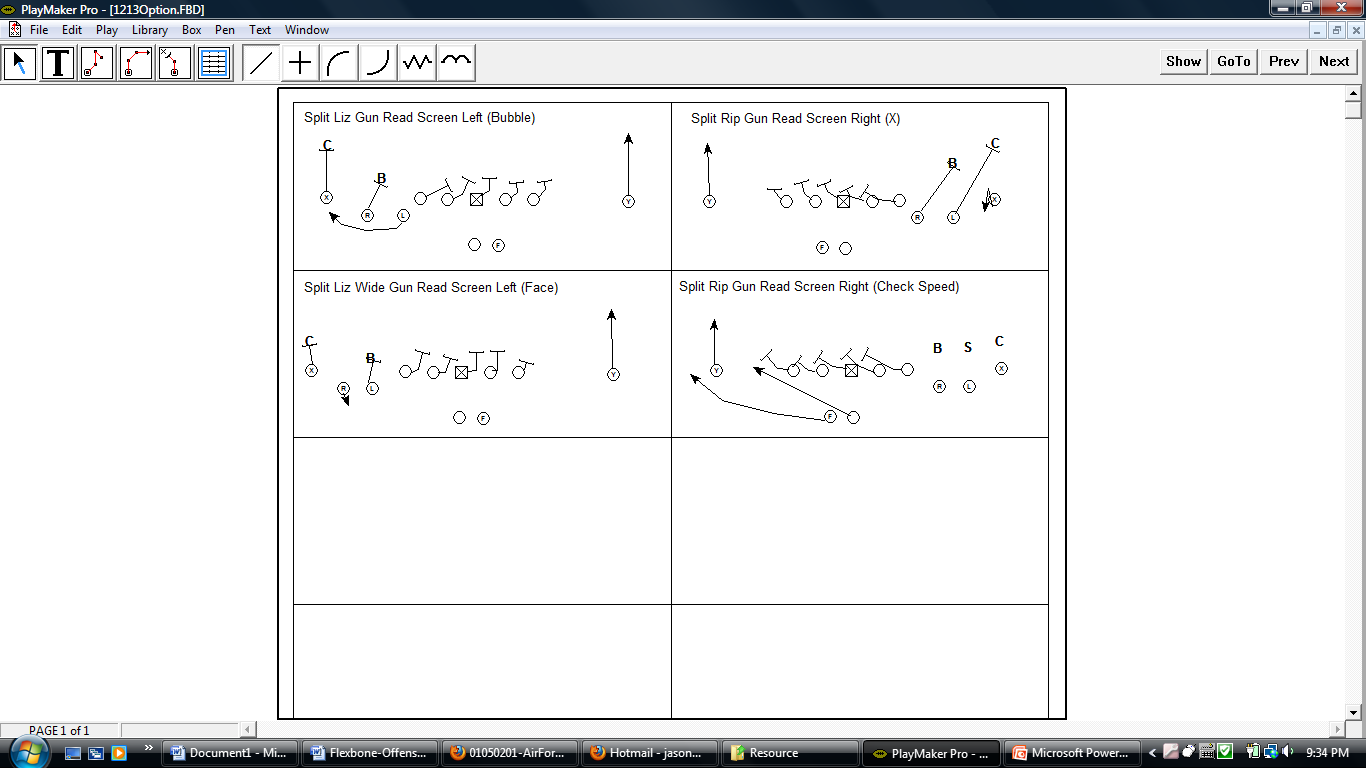
F Screen



# Instruction and Assignment

|  |  |
| --- | --- |
| **QB** | Take drop wait for release of OL, get ball to F. |
| **FB** | Set up like its combo pass pro, wait for defenders to pass , sit down and be ready for ball. |
| PSWR1 | Pass block for 2 counts and release for FS. |
| BSWR1 | Take 2 steps up field, come back and sell X screen. |
| BSWR2 | Kick out man on X. |
| BSWR3 | Kick out man on 2nd WR. |
| PST | Block man on for 2 counts. Release to outside looking to kickout CB or force defender. |
| PSG | Block man on for 2 counts. Release to outside looking to seal PSLB. |
| C | Block man on for 2 counts. Release to outside and spy DE/DT, if no show lead block. |
| BSG | Block 1st down lineman BS. |
| BST | Block 2nd down lineman BS. |

Read Screen



# Instruction and Assignment

|  |  |
| --- | --- |
|  | Read screen allows us to run WR screens vs. multiple coverages. Loose 3: Bubble. Wide 3: X Screen. 2 DB’s tight on Inside/Outside WR: Face. 3 DB’s: Speed Opt. opposite way. |
| **QB** | Read coverage. Make signal to WRs and RB. Run appropriate screen or run. |
| **FB** | Ready to run speed option opposite the trips side if called. |
| PSWR1 | Read screen rules. Wait for or send signal to QB. |
| PSWR2 | Read screen rules. |
| PSWR3 | Read screen rules. |
| BSWR1 | Fade, run off CB. |
| PST | Reach opposite the called side. |
| PSG | Reach opposite the called side. |
| C | Reach opposite the called side. |
| BSG | Reach opposite the called side. |
| BST | Reach opposite the called side. |

Contents

|  |  |
| --- | --- |
| ***FORMATIONS*** | ***PASSES***  Play-action  110/111 112/113 118/119 120/121  124/125 138/139  3-Step: 50’s/60’s  52/62: Slant 53/63: Speed Out 54/64: Hitches  55/65: Stick  59/69: Fade  5-step: 80’s/90’s 82/92: Mesh  83/93: Fade Out  84/94: Smash  85/95: Comeback  86/96: Hitch  87/97: Corner  89/99: Vert  Screen Game  X Screen  F Screen  Trips – Read Screen |
| Formations |
| ***BASE RUNNING GAME:*** |
| ***10 Series:***  10/11 Midline  12/13 Veer  16/17 Belly Option  18/19 Speed 18/19 Freeze Option  18/19 Load Option  ***20 Series:***  20/21 Dive  20/21 Trap  24/25 Belly  ***30 Series:*** 30/31 Iso  32/33 Counter Iso  38/39 Jet  38/39 Fling  36/37 Counter |