Summary of Offensive Formations, Adjustments and Plays. The offense is based on a Pro-Set I Formation.
Play Calling

Cadence

Audible System

Play call convention

Running Plays

Lead

Power Lead

Dive

Sweep

Keeper

Counter

Trap

Passing Plays

Drop Back

Play Action
Formations

Ram/Lion

“Ram”

X

X Lines up on the line opposite Y

Y

X

1

2

3

Z

Z Lines up off the line same as Y

“Lion”

Y

Z

X Lines up on the line opposite Y

Z Lines up off the line same as Y

Tiger Rt/Lt

“Tiger Rt”

X

X Lines up on the line opposite Y as a second TE

Y

Z

1

2

3

“Tiger Lt”

Y

Z

X

X Lines up on the line opposite Y as a second TE

Z Lines up off the line same as Y
Cat Rt/Lt

“Cat Rt”

X

1

2 3

“Cat Lt”

1

2 3

X

1

2 3
Adjustments

Assume starting backfield “I”

- QB(1) under center
- FB(3) three point stance, heals at 4yrds
- HB(2) two point stance, heals at 6 yrds

Strong

“Strong”

- QB(1) under center
- FB(3) three point stance, heals at 4yrds, B Gap same as Y
- HB(2) two point stance, heals at 6 yrds

Weak

“Weak”

- QB(1) under center
- FB(3) three point stance, heals at 4yrds, B Gap away from Y
- HB(2) two point stance, heals at 6 yrds
Flex

“Flex”

○ ○ ○ ☐ ○ ○ ○ Y

Y splits off LOS 7 yrd from OT

Blast

“Blast” Shown as “Ram Blast”

○ ○ ○ ☐ ○ ○ ○ Y

QB(1) under center 1 3 Z

FB(3) and Z three point stance, one yard off LOS in the furthest gaps same as Y

HB(2) two point stance, 4yrd off LOS, same as Y

“Blast” Shown as “Heavy Rt Blast”

X G ☐ G RT LT Y

QB(1) under center 1 3 Z

FB(3) and Z three point stance, one yard off LOS in the furthest gaps same as Y

HB(2) two point stance, 4yrd off LOS, same as Y
“Bunch” Shown as “Twins Rt Bunch”

Y  O  O  □  O  O
1
3
2

Multiple Receiver side aligns as a bunch

“Bunch” Shown as “Twins Rt Flex Bow Bunch”

Y  O  O  □  O  O
1
3
2

Multiple Receiver side aligns as a bunch
Pass Protections

Base

"Base"

All offensive linemen take bucket step toward center. Do not allow interior penetration.

"Basey"

All offensive linemen take bucket step toward center. Y stays in on pass protection. Follow the same rule. Do not allow interior penetration.

East

"East"

All offensive linemen take bucket step Right. Do not allow interior penetration.

"Easty"

All offensive linemen take bucket step to Right. Y stays in on pass protection. Follow the same rule. Do not allow interior penetration.
West

“West”

All offensive linemen take bucket step toward Left. Do not allow interior penetration.

“Westy”

All offensive linemen take bucket step toward Left. Y stays in on pass protection. Follow the same rule. Do not allow interior penetration.

Running Back Protections

Running Back protections

No play action
3back block strong side with inside/out technique
2back blocks weak side with inside/out technique

Play Action

“Rob” indicates a fake lead to the right
“Lou” indicates a fake lead to the left
3back will have a route
2back blocks after fake
Running Play Rules

Holes

“Hole” designates aiming point for ball carrier

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The hole called is the aiming point for the backs. Plays called at 0 go to open A gap.

Motion

“Hole” designates destination for player in motion

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Motion is called in three parts: Player, “MO”, Hole
The motion plays starts motion on the first “Go”
“Z-MO-6” Puts the Z in motion, regardless of starting position.
“Crack” indicates a down block by called receiver on DE – “ZmoCrack”

Ball Carrier Designation

All eligible ball carriers have number or letter, player called carries the ball

Ram Shown

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X = Receiver
Z= Receiver
Y = Tightend
1= Quarterback
3= Fullback
2= Halfback

The play call will designate the ball carrier first then the hole.
“28 Sweep” is the 2back at the 8 hole.
“18 Keep” is the QB at the 8 hole
Strong / Weak Side Definition

Strong side is defined as the side of the Y
Weak Side is defined as the side opposite the Y
The 3back is the #3 received unless changed by play call

“Shift” Pre-snap

Pre-snap “Shift” Used to hide formations and run at defenses that are slow to adjust

Team breaks huddle and hustles to the Shift formation
Ready, Shift, Set, .......
Players move to called formation on “Shift”
Can run triple option on Set(no shift call)

Play Action

“Rob” indicates a fake lead to the right
“Lou” indicates a fake lead to the left
3back will have a route
2back blocks after fake
Passing Routes

Rules
Routes are called: Left side, Right side then running back routes.

“All” indicates that X, Y and Z have same routes

Receiver Numbering
- Receivers are assigned a number based on counting from side line in.
- The receiver closest to sideline is #1, the next receiver in is #2 and the third receiver is #3. If no third receiver then 3back is #3.
- The number system applies to both sides

Single Receiver Routes

Quick= 1 step, plant, work back to QB
Swing= Lateral release, look over inside shoulder
Arrow= 2 step, block, drop step, flat release
Slant= 3 step, plant, shallow angle
Hitch= 5 steps, plant, turn in, work back to 4
Out= 5 Steps, plant, turn out
In= 5 Steps, plant, turn in
Corner= 5 Steps, plant, turn out on 45
Post= 5 steps, plant, turn in on 45
Go= Vertical out, look over inside shoulder at 5 yards
Two Player Routes

- Double

**Double**

- Double Slant
  - #1 and #2 Receivers do the same route
  - Twins formation

- Double Out
  - #1 and #2 Receivers do the same route
  - Ram formation

- Augie

**Augie**

- Augie
  - #1 = Slant #2 = Arrow
  - Twins formation

- Augie
  - #1 = Slant #2 = Arrow
  - Ram formation
• Smash

Smash

5 yards

Hitch

#1 = Hitch #2 = Corner

Twins formation

• Weave

Weave

5 yards

Out

#1 = In #2 = Out

Twins formation
**Bubble**

- Bubble formation: #1 = Slant, #2 = Swing
- Twins formation
- Ram formation

**Dirty**

- Dirty formation: #1 = Quick, #2 = Arrow
- Twins formation
- Ram formation
• Clear

Clear

#1 = In #2 = Go
Twins formation

Clear

#1 = In #2 = Go
Ram formation

• Flood

Flood

#1 = Go #2 = Out
Twins formation

Flood

#1 = Go #2 = Out
Ram formation
**Running Back Routes**

<table>
<thead>
<tr>
<th>Yards</th>
<th>Flat</th>
<th>Seam</th>
<th>Swing</th>
<th>Wheel</th>
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<tr>
<td>5</td>
<td>Flat= Through LOS, lateral into flat, off play action</td>
<td>Seam= Through LOS, vertical route, off play action</td>
<td>Swing= Lateral release, look over inside shoulder</td>
<td>Wheel= Lateral release, vertical route</td>
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**Running Plays**

- **Lead** = 3back lead blocks through called hole (QB-reverse pivot)
- **Power Lead** = 3back kicks out DE, Y down blocks (QB-reverse pivot)
- **Dive** = Called back with no lead to called hole (QB-direct hand off)
- **Sweep** = 3back lead blocks around DE (QB-reverse pivot pitch)
- **Keeper** = QB keeps ball, 2 and 3backs lead block
- **Counter** = Called back takes 3 counter steps then to hole. Other back mi-directs
- **Lead Trap** = OL outside of hole blocks down, OL inside of hole kicks out. Lead rules apply
- **L.O.L** = Lead on the line. Lead play will be called by QB at the LOS using audible system


Play Calling

Cadence
At the line of scrimmage the cadence is as follows:

“Ready, Set, Blue 24, Blue 24, Go”
  - Color is not relevant until audible system is in place
  - Play begins on designated “Go”

Audible System
A hot color is established pre game. For example “Red” is hot

Use of the hot color changes called play.

Running audible = Lead  First number indicates back second number indicates hole
  - Ready, Set Red 24, Red 24, Go
    - Called play is changed to 24 lead

Passing audible = Slant or Go  First number must be Seventy to indicate pass. Second number indicates route.
  - Ready, Set, Red 79, Red 79, Go
    - Called play is changed to Go/Double Go
  - Ready, Set, Red 72, Red 72, Go
    - Called play is changed to Slant/Double Slant

Play call convention
Plays are called using a specific sequence.

Running Play Calls
Formation, Adjustments, Motion, Ball carrier + Hole, type of play

Examples:
  - Ram, 24 Lead
  - Ram, Bow, 28 Sweep
  - Twins Left, Split, 24 Counter
  - Lion, ZmoCrack, 17 Keeper

Passing Play Calls
Passing plays follow same sequence and include routes and protection calls

Formation, Adjustments, Motion, Left Route, Right Route, Back Route, Protection (Base is assumed)

Examples:
  - Ram, Slant, Augie
  - Twins Rt, Rob, Arrow, Smash
  - Ram, Zmo6, Slant, Flood, 3Flat
  - Twins Rt, Flex, Boss, Gun, Rob, Smash, Augie, 3seam
Running Plays

Lead

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<th>Ram, Strong, 24 Lead</th>
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Twins Left, Split, 24 Power Lead

Ram, Strong, 24 Power Lead
**Twins Left, Split, 28 Sweep**

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**Ram, Bow, 28 Sweep**

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**Sweep**

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## Keeper

### Ram, 14 Keep

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### Ram, Bow, 18 Keep

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Lion, 20 Counter trap

Ram, 23 Lead Trap
Passing Plays

Drop Back

Twins Lt, Bubble, Go

Slant

Twins Lt, All Slant, 2Swing
Ram, Split, Post, Augie

Ram, Split, Quick, Smash