

FALCON ATHLETICS

2012 Falcon Football Offensive Playbook

8th Grade

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

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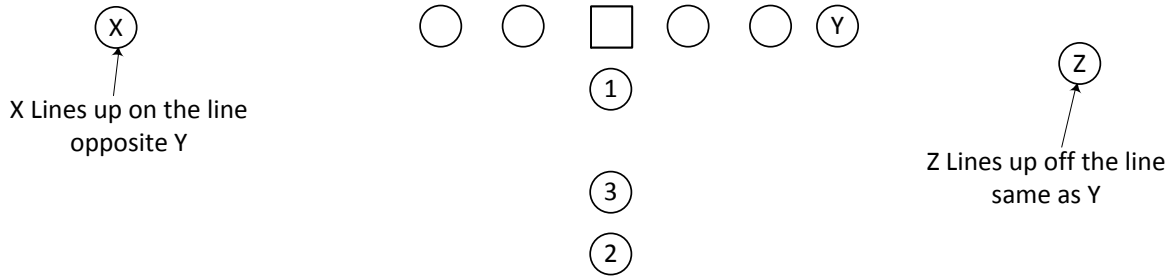
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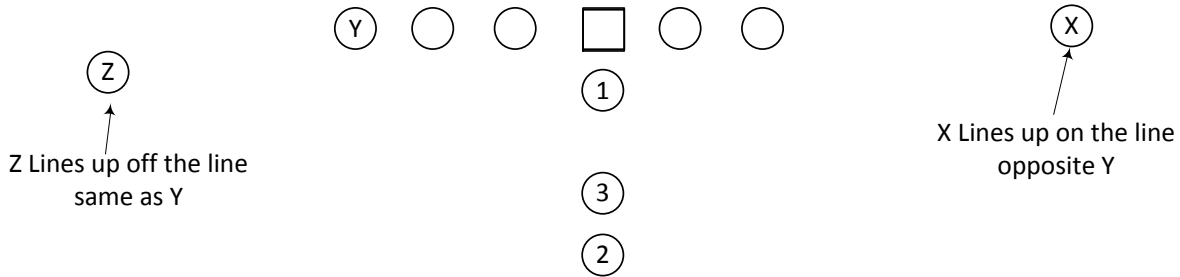
Formations

Ram/Lion

“Ram”

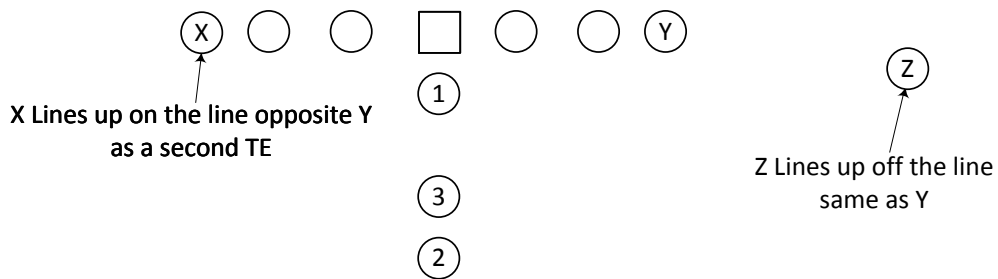


“Lion”

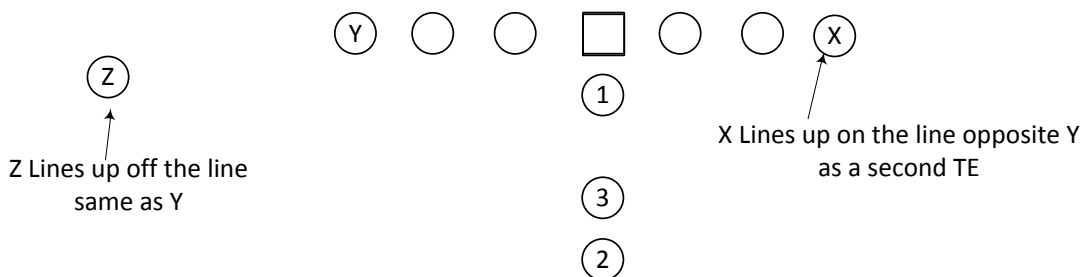


Tiger Rt/Lt

“Tiger Rt”

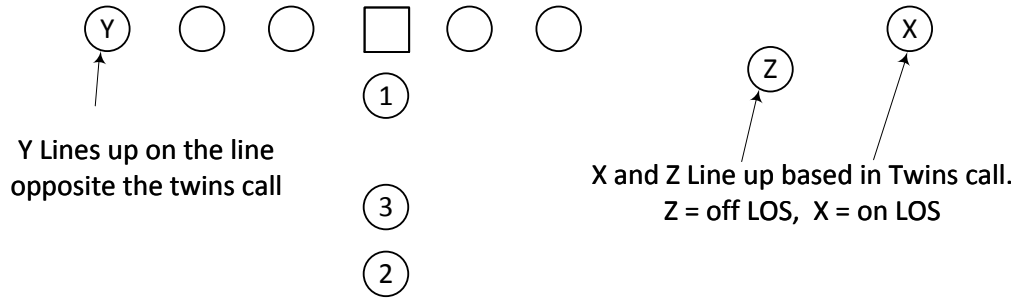


“Tiger Lt”

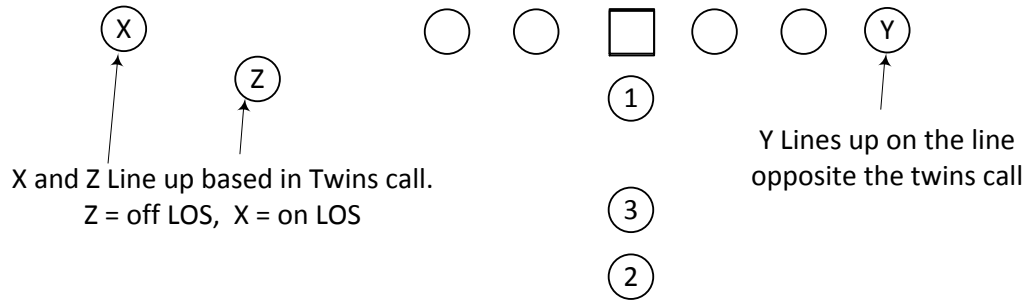


Twins Rt/Lt

“Twins Rt”

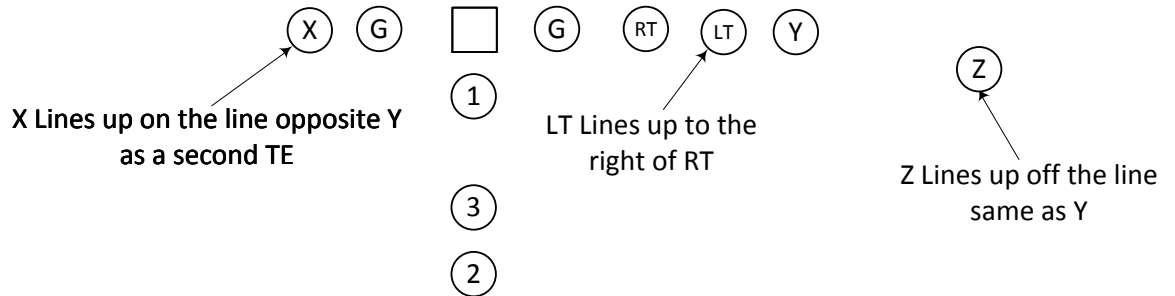


“Twins Lt”

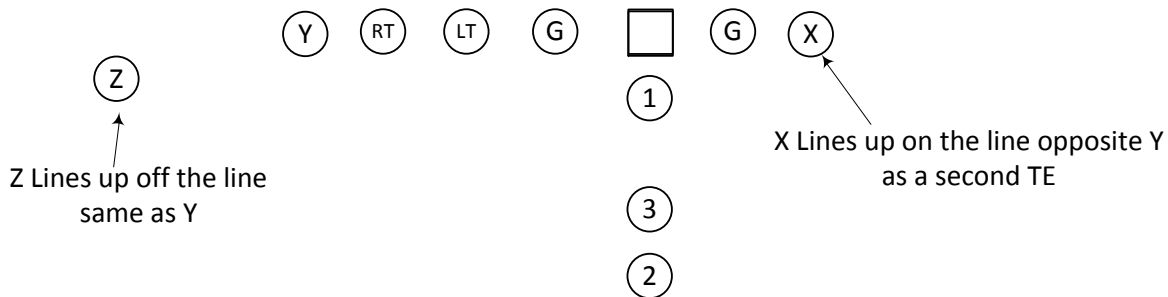


Heavy Rt/Lt

“Heavy Rt”



“Heavy Lt”



Cat Rt/Lt

“Cat Rt”

(X)



(Y)

(1)

(2)

(3)

(Z)

“Cat Lt”

(1)



(Y)

(X)

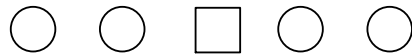
(Z)

(3)

(2)

Adjustments

Assume starting backfield "I"



① QB(1) under center

③ FB(3) three point stance, heals at 4yds

② HB(2) two point stance, heals at 6 yrds

Strong

"Strong"



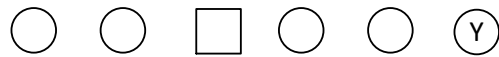
① QB(1) under center

③ FB(3) three point stance, heals at 4yds, B Gap same as Y

② HB(2) two point stance, heals at 6 yrds

Weak

"Weak"



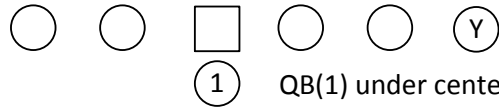
① QB(1) under center

③ FB(3) three point stance, heals at 4yds, B Gap away from Y

② HB(2) two point stance, heals at 6 yrds

Split

"Split"



HB(2) two point stance, heals at 4yds, away from Y (2)

(3)

FB(3) two point stance, heals at 4yds, B Gap same as Y

Split Gun

"Split Gun"



HB(2) two point stance, heals at 4yds, away from Y (2)

(1)

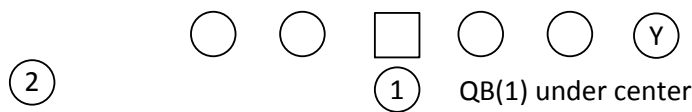
(3)

FB(3) two point stance, heals at 4yds, B Gap same as Y

QB(1) Heals at 4yds

Bow

"Bow"



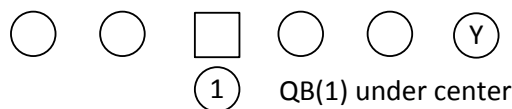
HB(2) two point stance, 4X1 from EMLOS, away from Y

(3)

FB(3) two point stance, heals at 4yds, B Gap same as Y

Boss

"Boss"



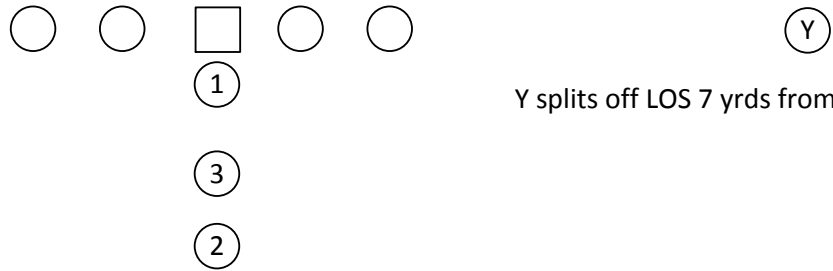
(2) HB(2) two point stance, 4X1 from EMLOS, same as Y

(3)

FB(3) two point stance, heals at 4yds, B Gap away from Y

Flex

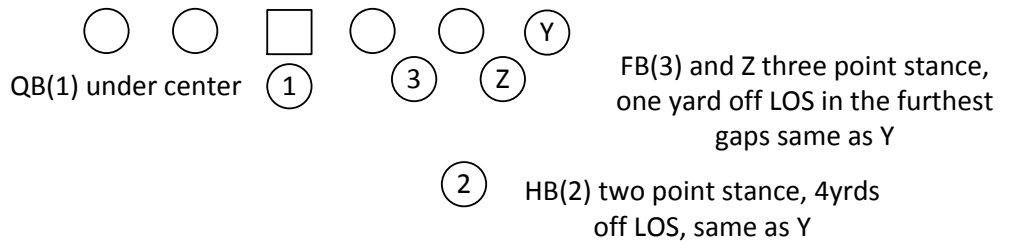
“Flex”



Y splits off LOS 7 yds from OT

Blast

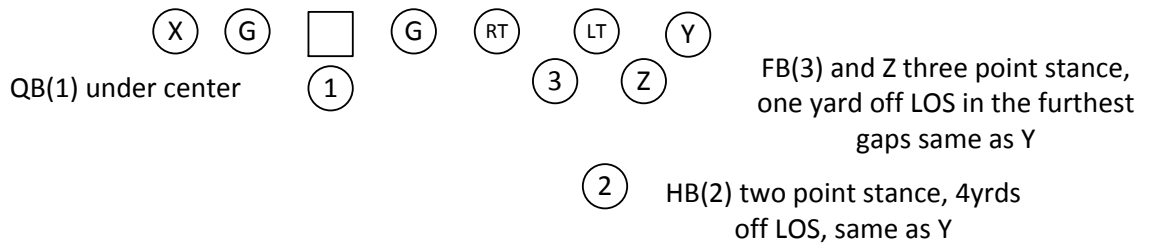
“Blast” Shown as “Ram Blast”



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

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

“Blast” Shown as “Heavy Rt Blast”

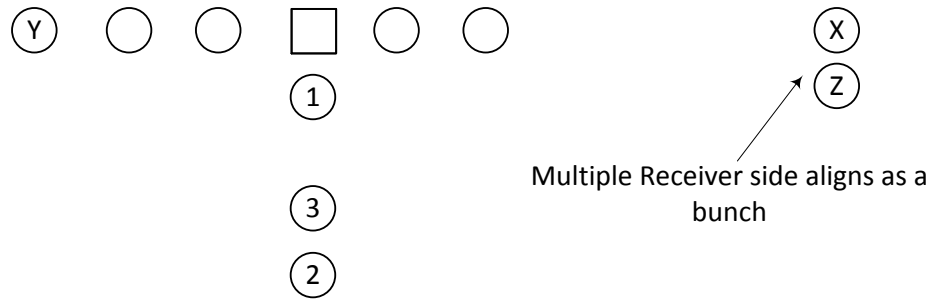


FB(3) and Z three point stance, one yard off LOS in the furthest gaps same as Y

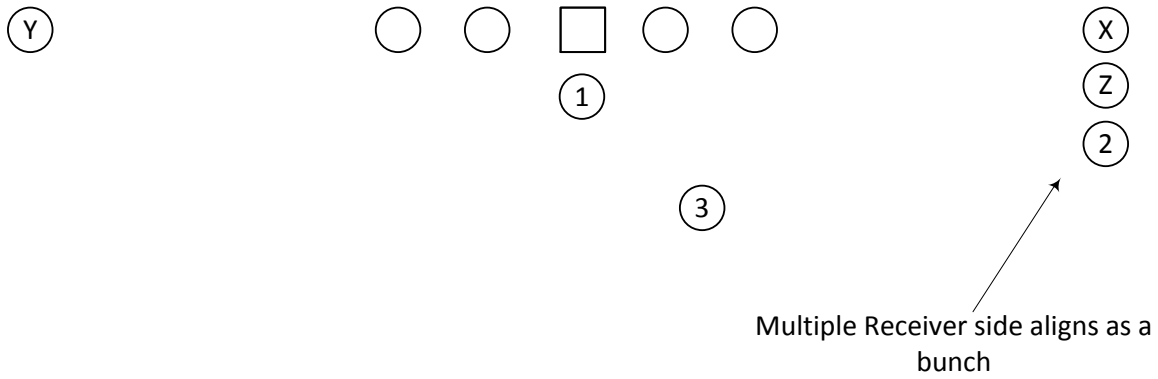
HB(2) two point stance, 4yds off LOS, same as Y

Bunch

“Bunch” Shown as “Twins Rt Bunch”



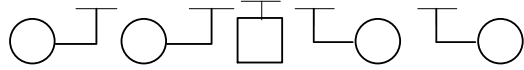
“Bunch” Shown as “Twins Rt Flex Bow Bunch”



Pass Protections

Base

“Base”



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

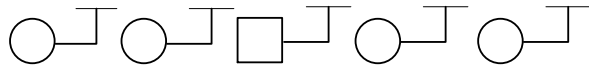
“Basey”



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.

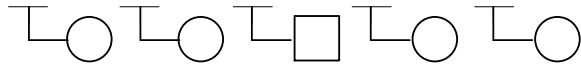
“Easty”



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

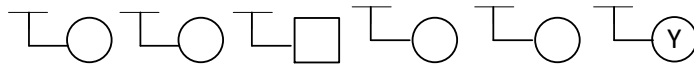
West

“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

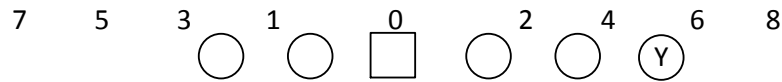
Play Action

“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

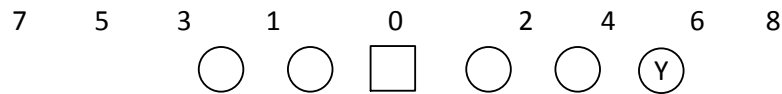
“Hole” designates aiming point for ball carrier



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

Motion

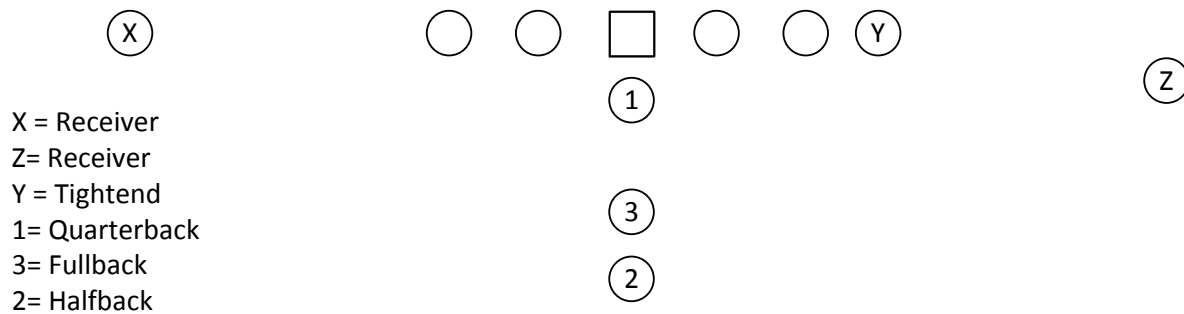
“Hole” designates destination for player in motion



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



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

Definitions

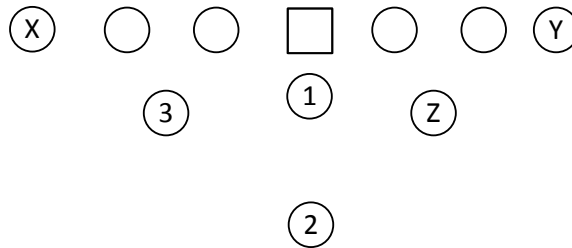
Strong side is defined as the side of the Y

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

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

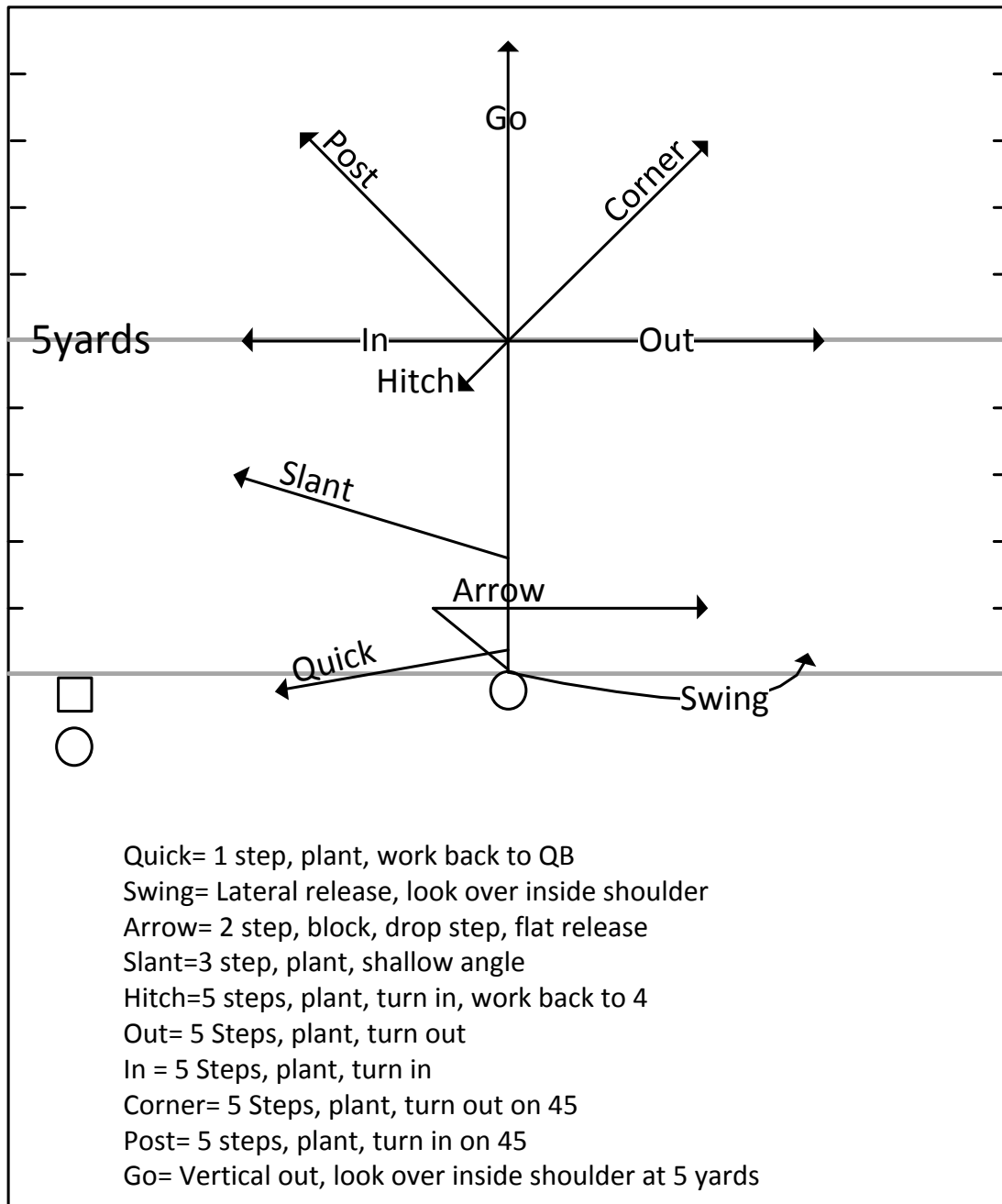
Routes are called: Left side, Right side then running back routes.

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

Receiver Numbering

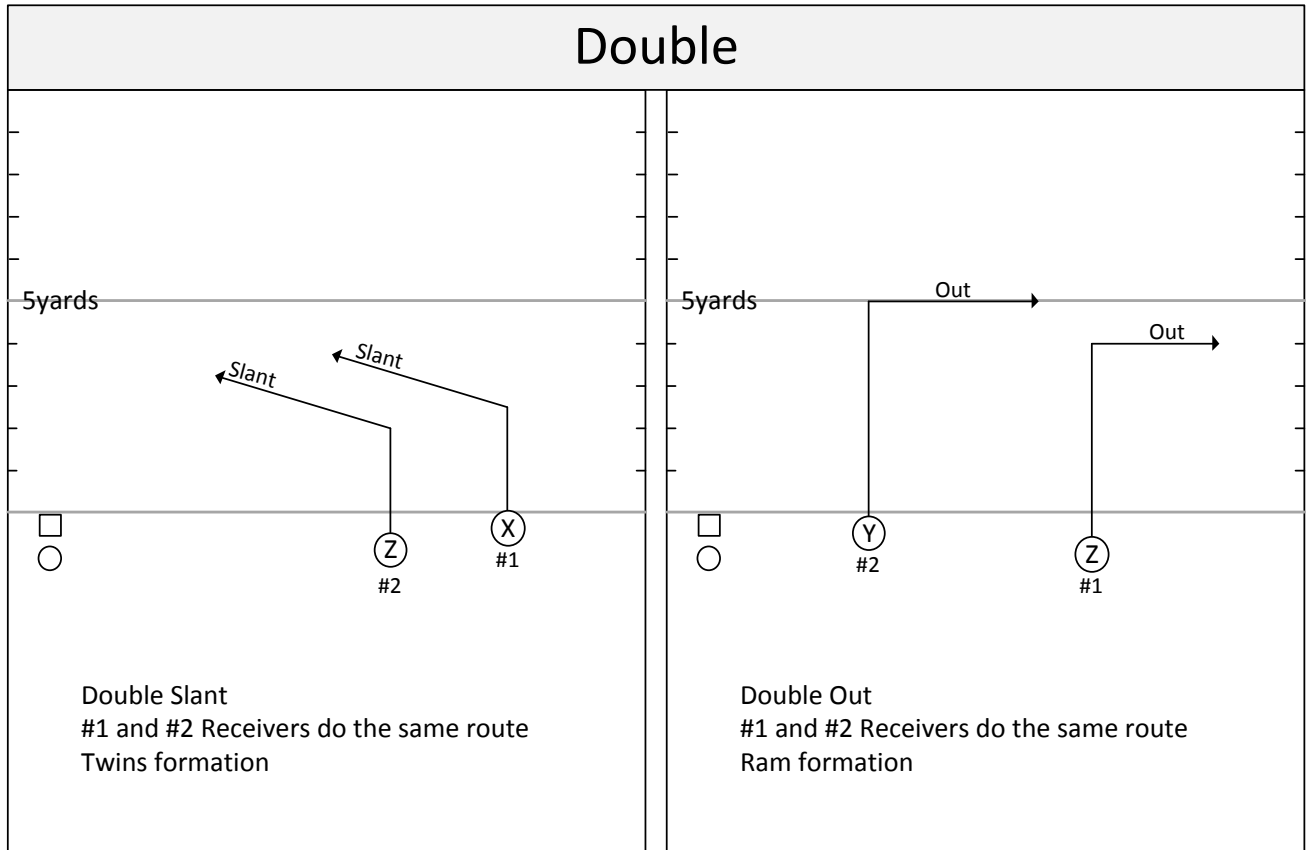
- Receivers are assigned a number based on counting from side line in.
- The receiver closest to sideline is #1, the next receiver in is #2 and the third receiver is #3. If no third receiver then 3back is #3.
- The number system applies to both sides

Single Receiver Routes

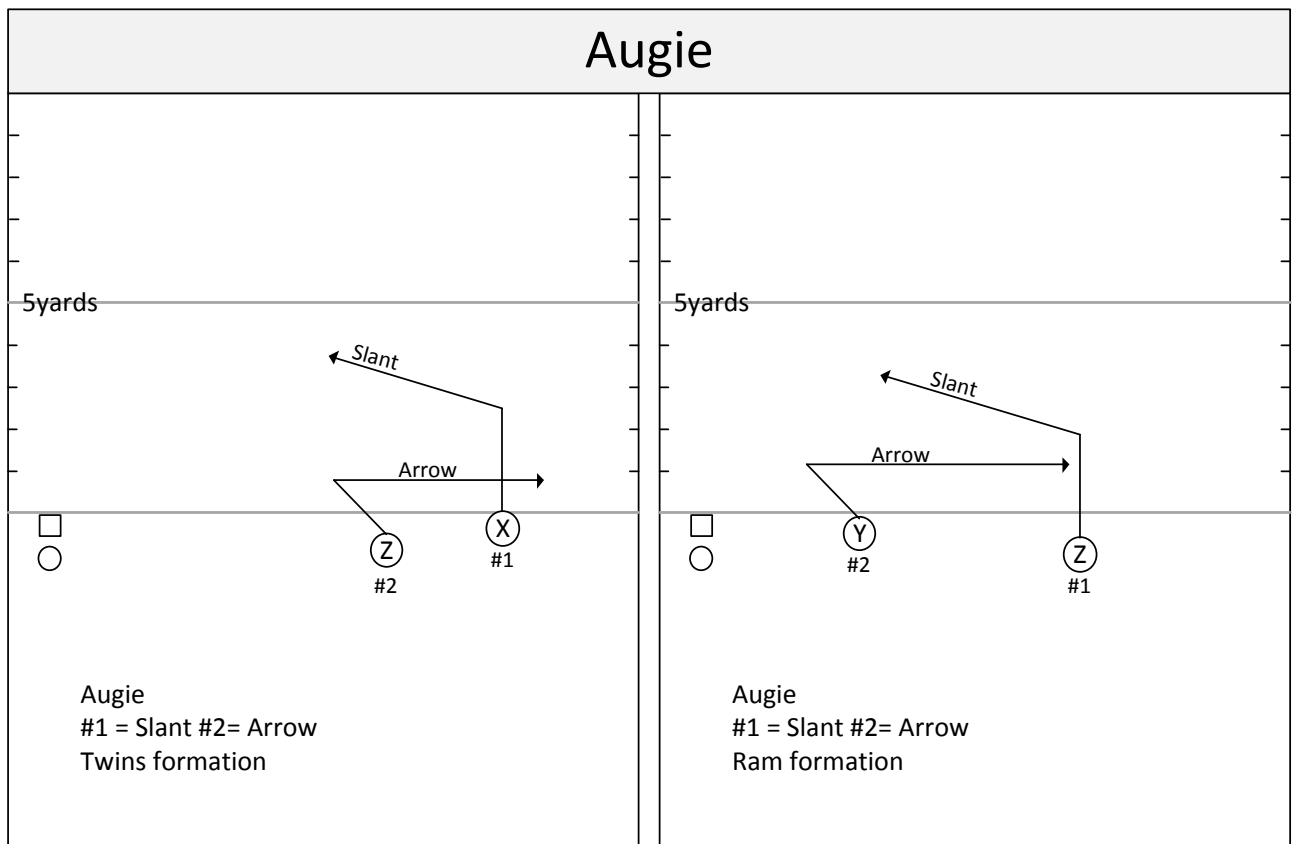


Two Player Routes

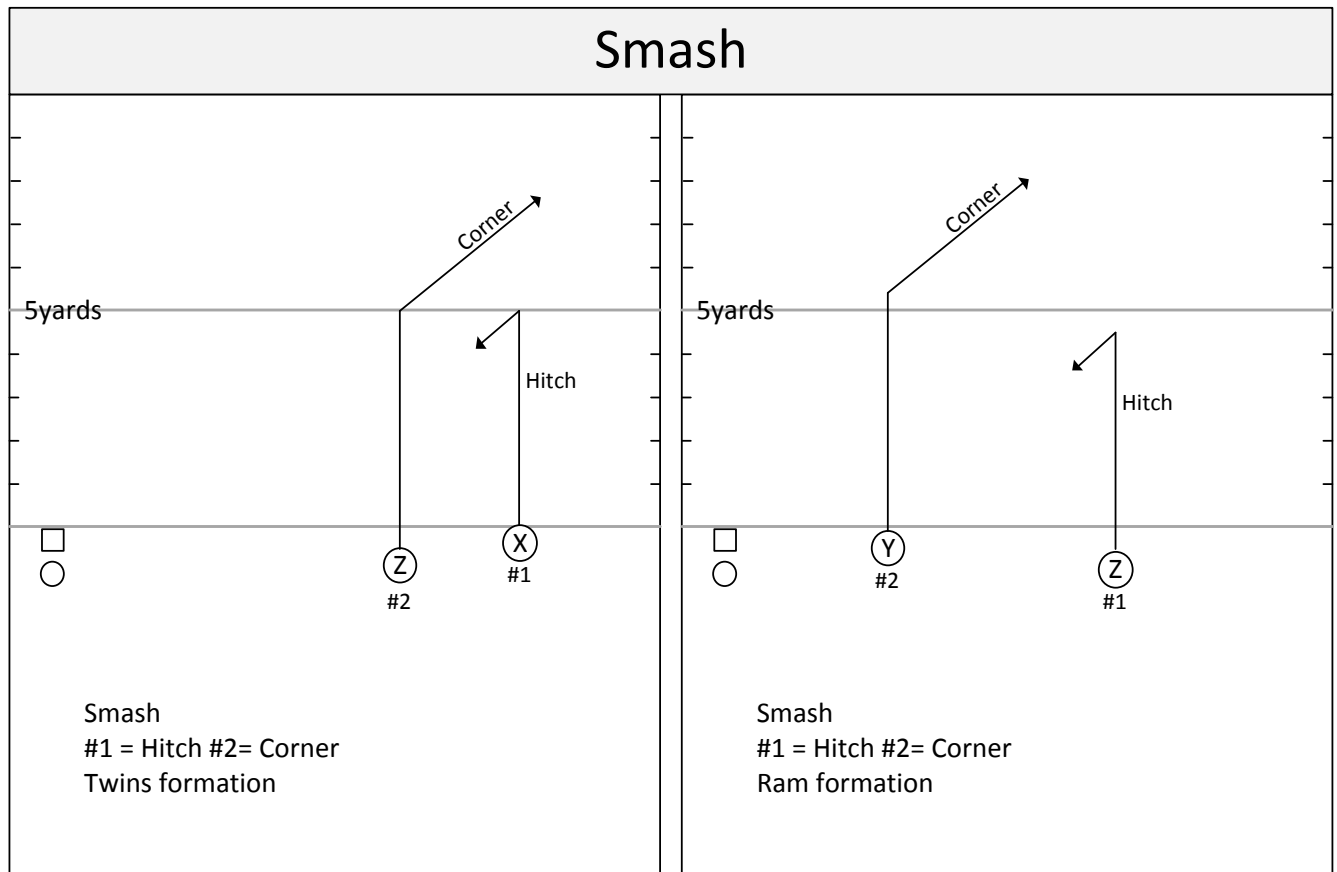
- Double



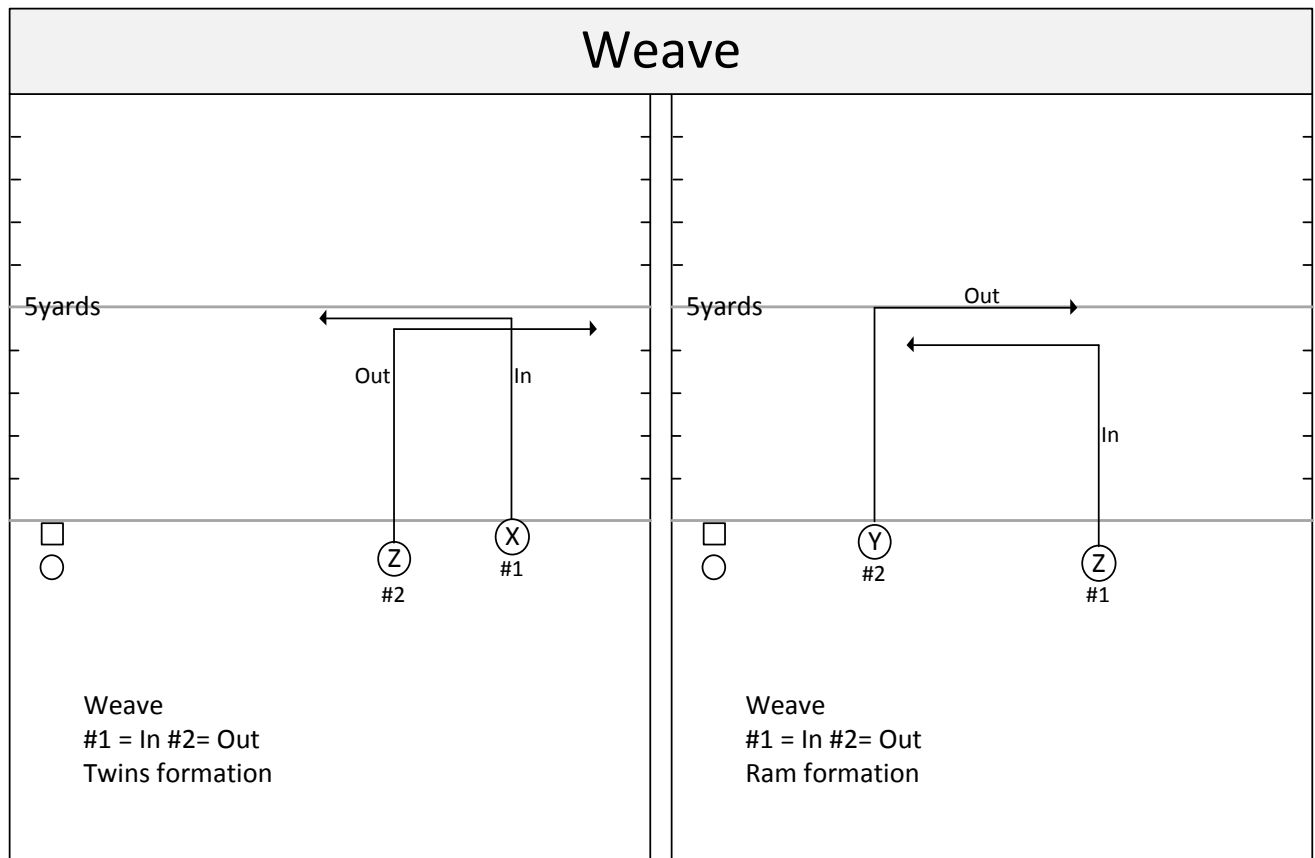
- Augie



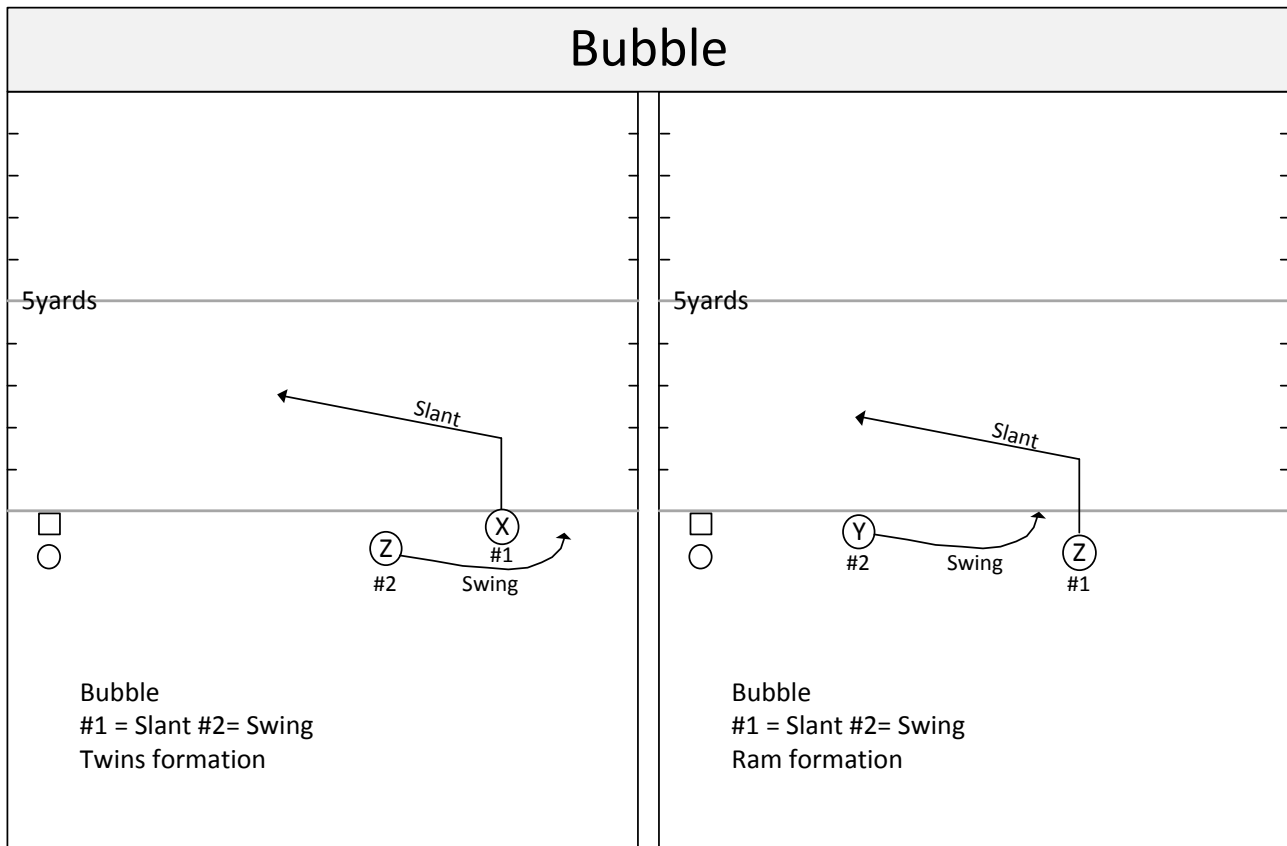
- Smash



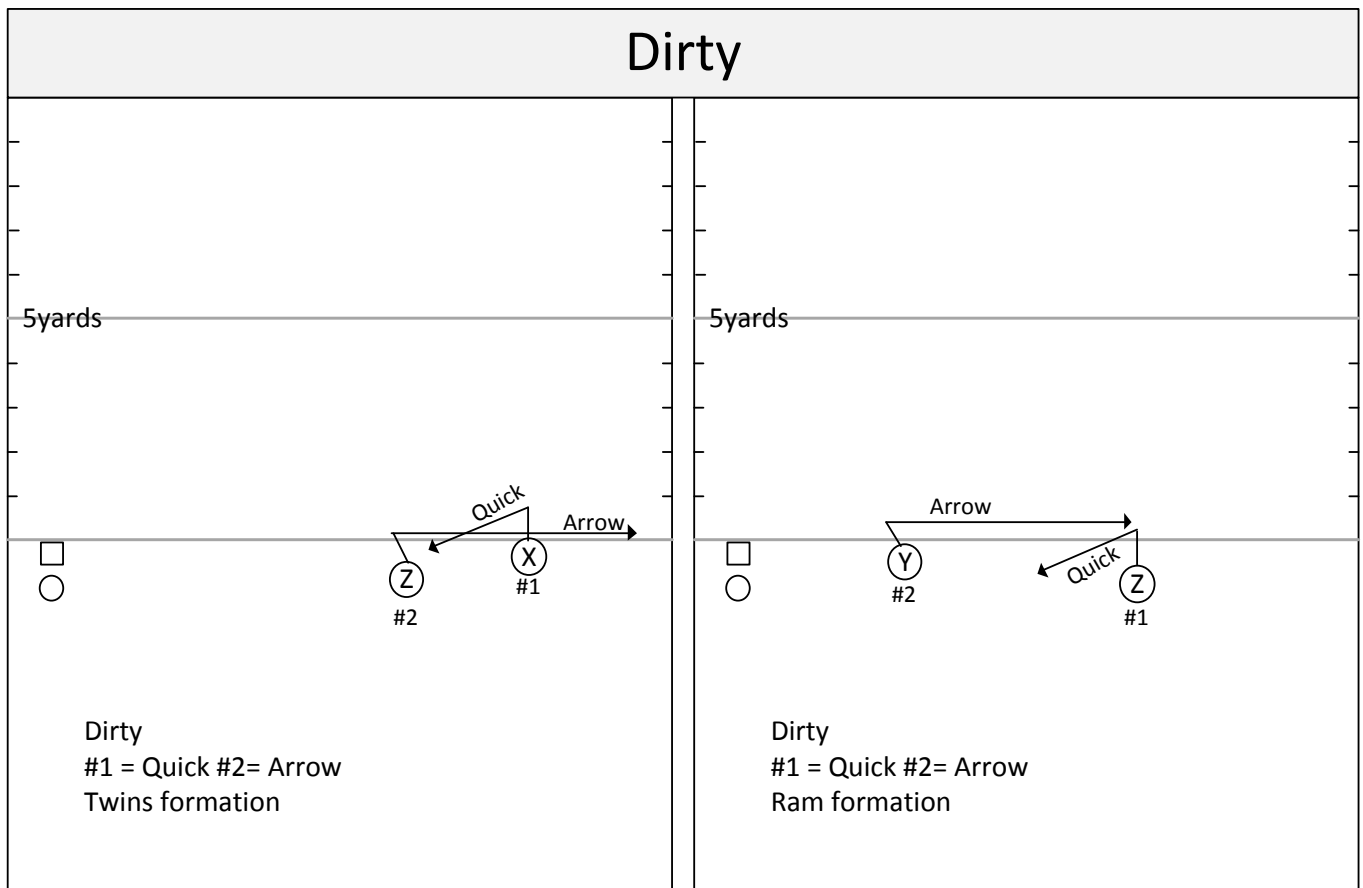
- Weave



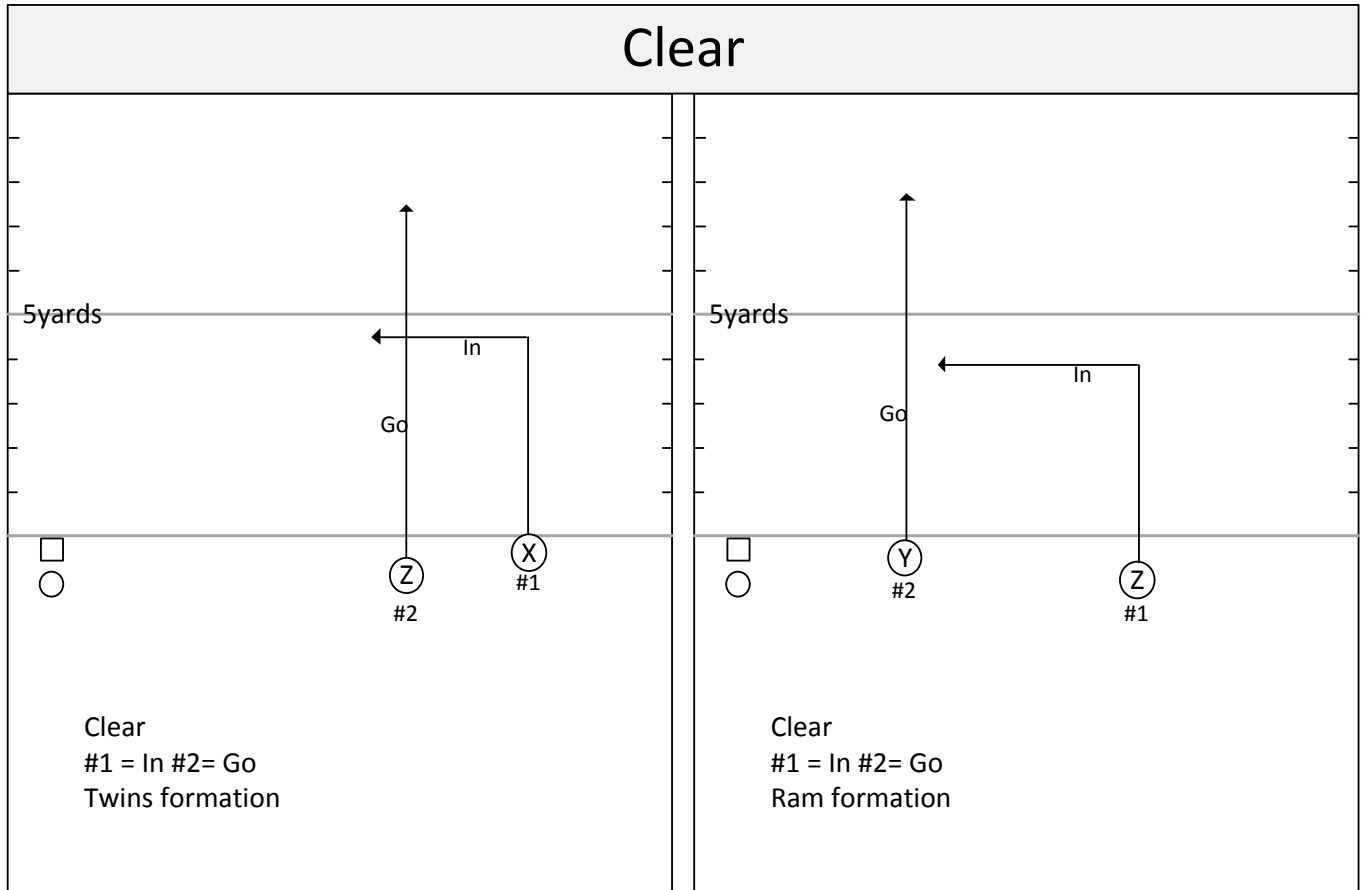
- Bubble



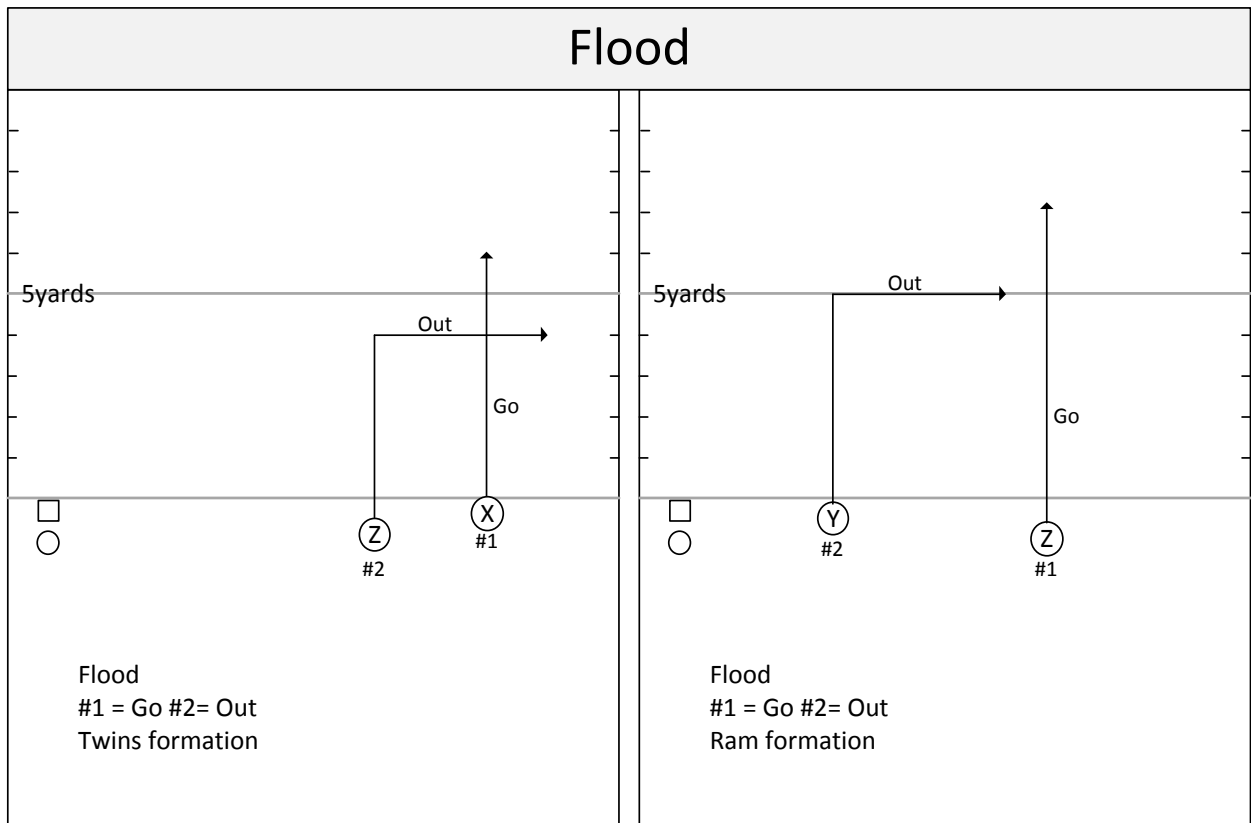
- Dirty



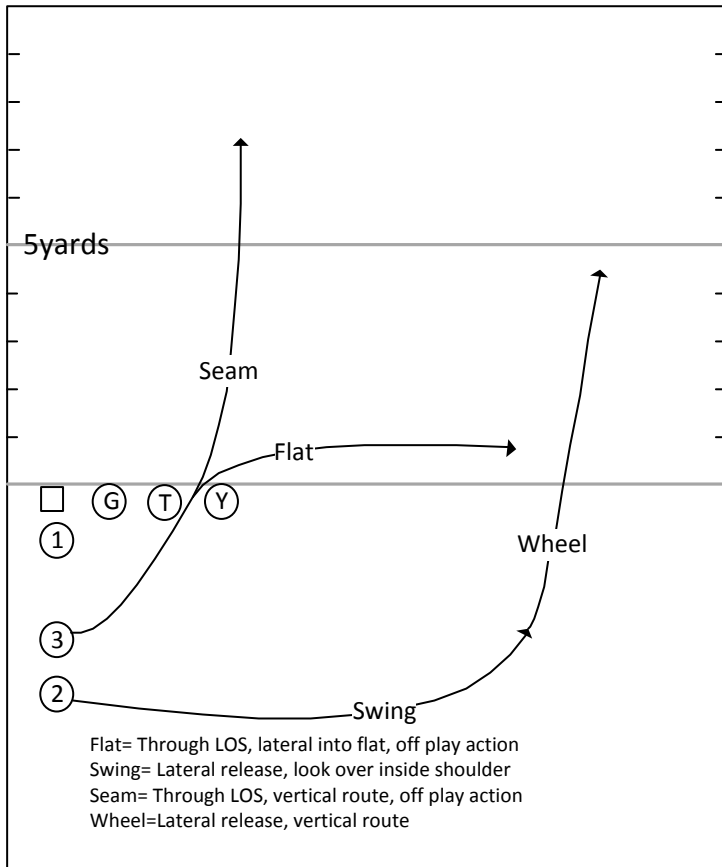
- Clear



- Flood



Running Back Routes



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)

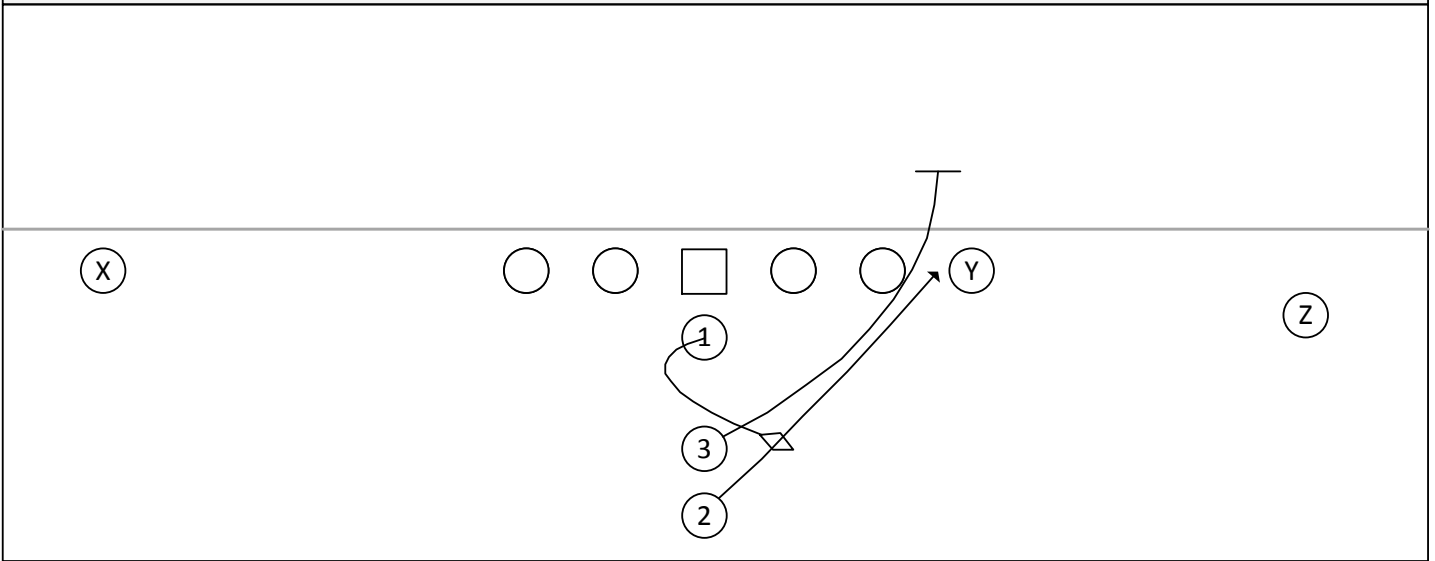
Examples:

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

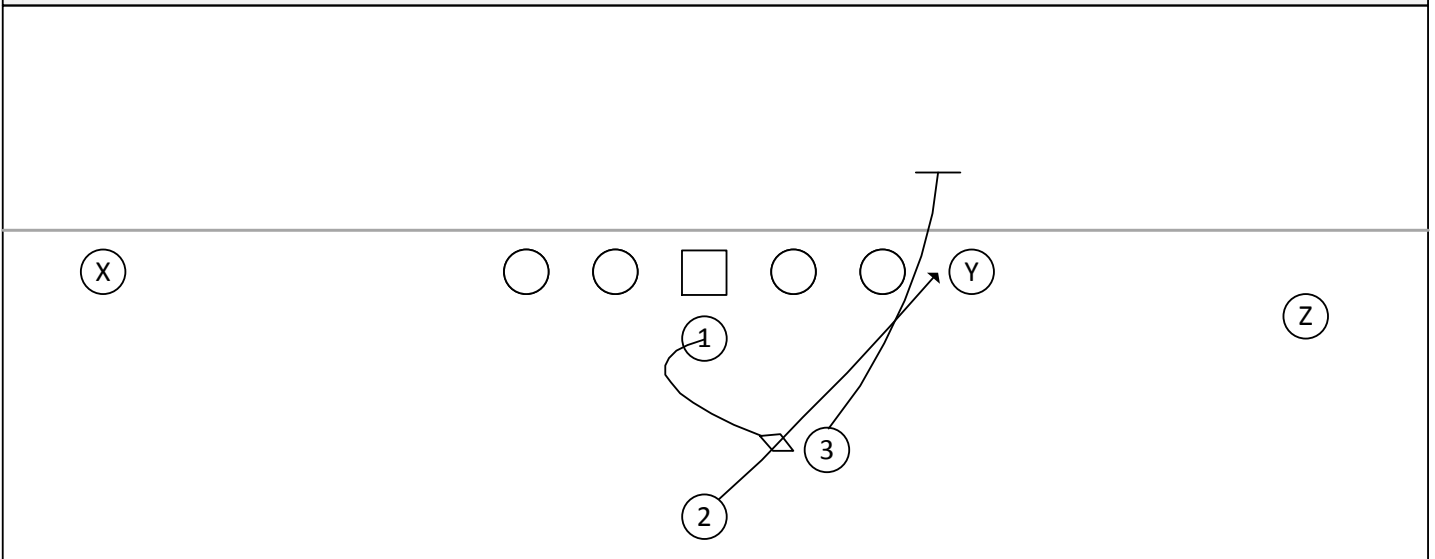
Running Plays

Lead

Ram, 24 Lead

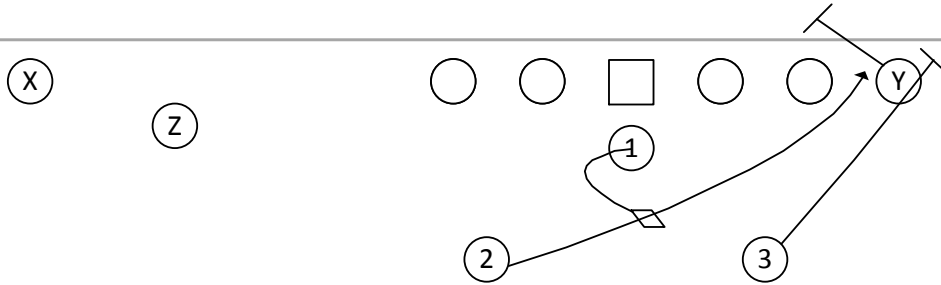


Ram, Strong, 24 Lead

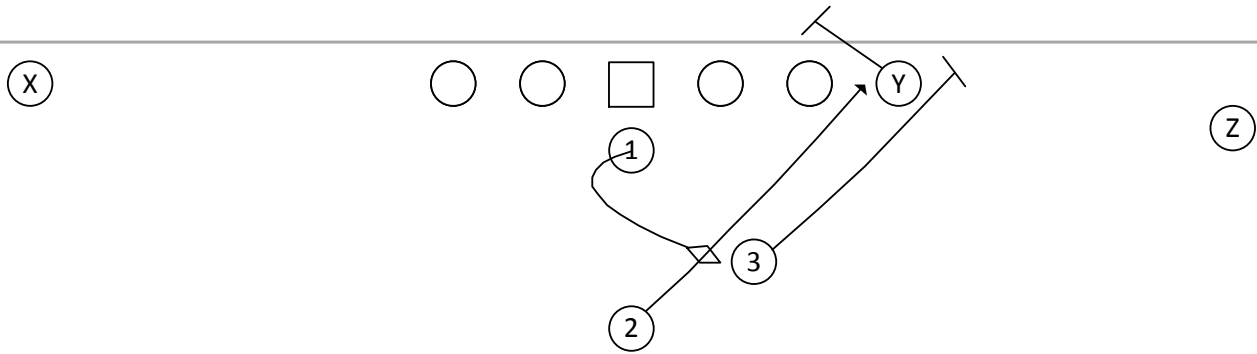


Power Lead

Twins Left, Split, 24 Power Lead

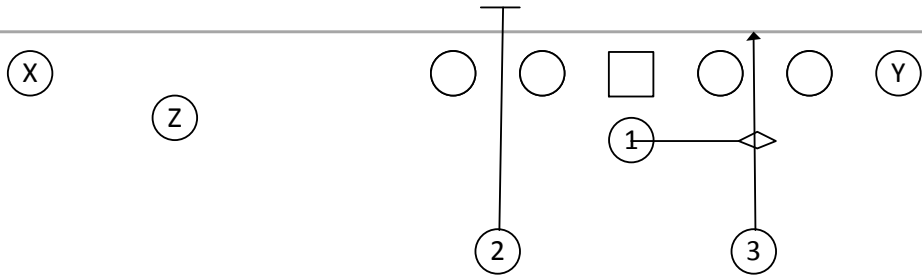


Ram, Strong, 24 Power Lead

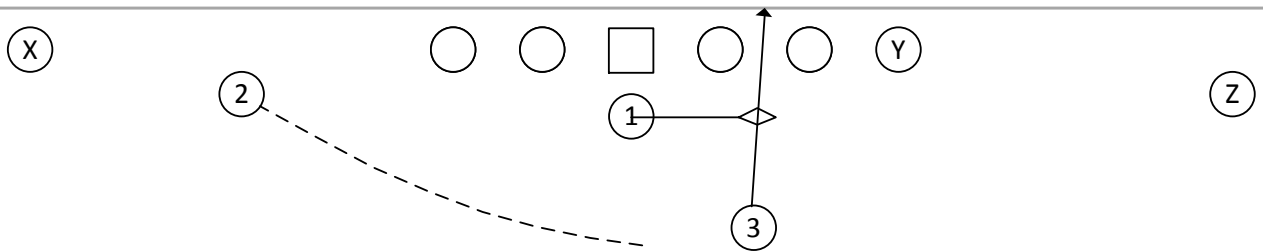


Dive

Twins Left, Split, 32 Dive

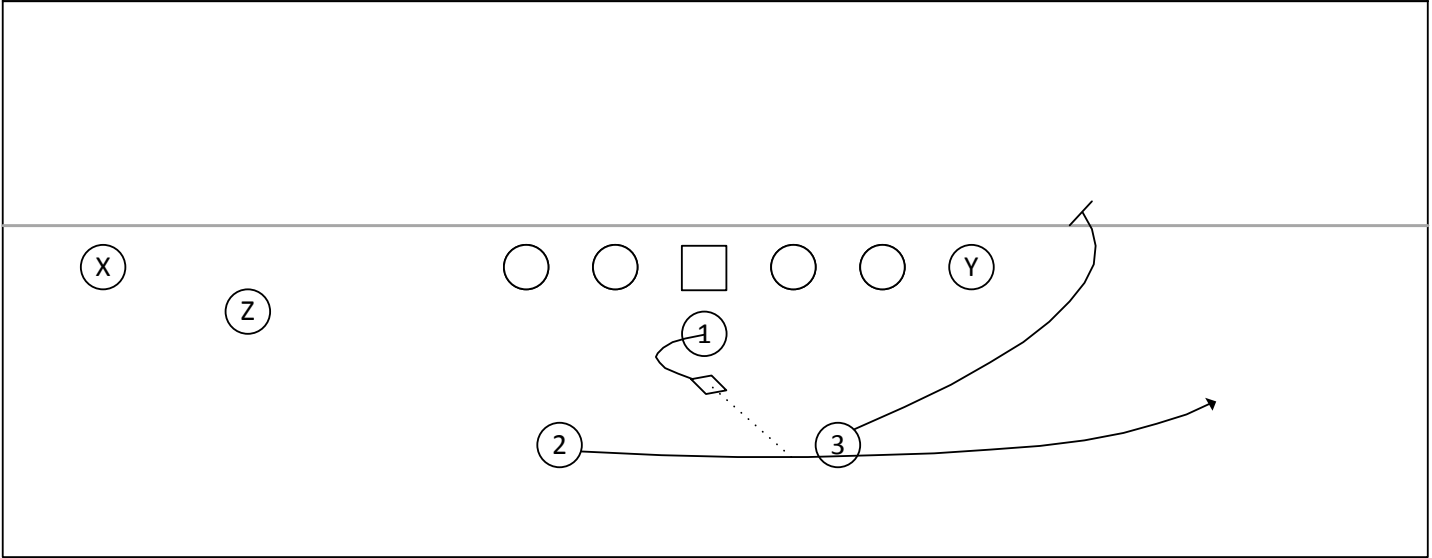


Ram, Bow, 32 Dive

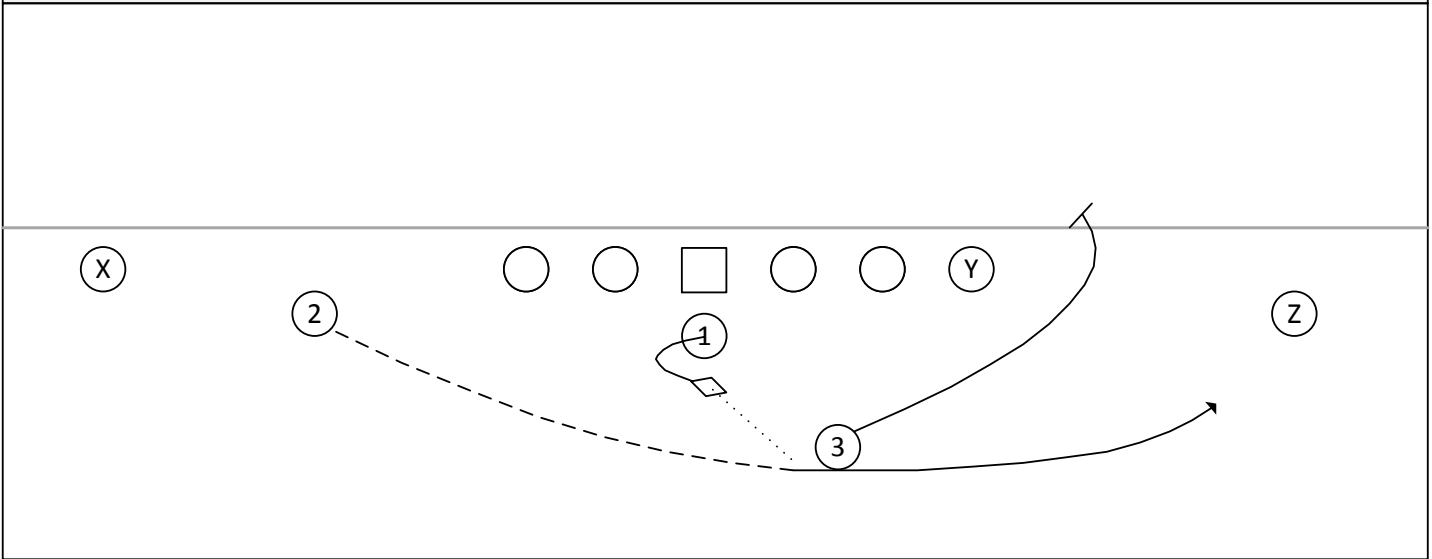


Sweep

Twins Left, Split, 28 Sweep

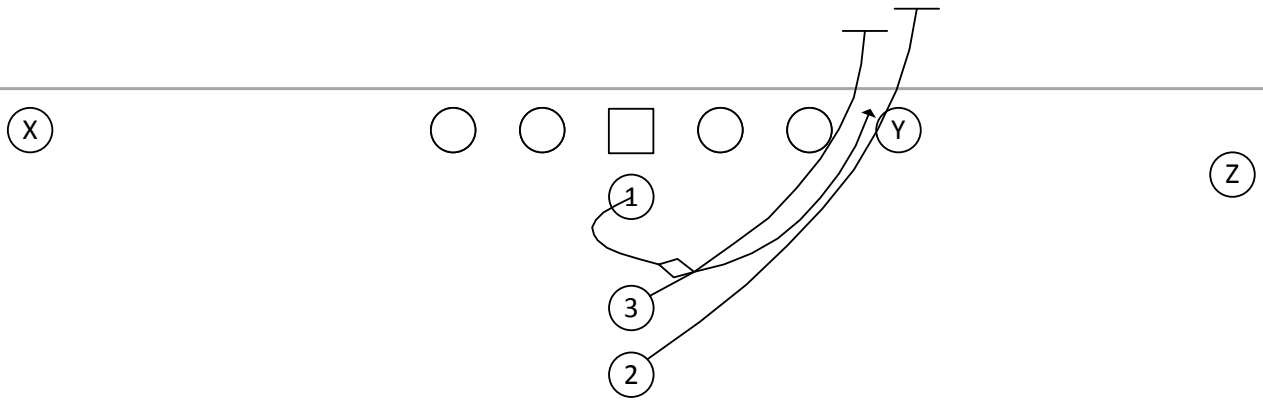


Ram, Bow, 28 Sweep

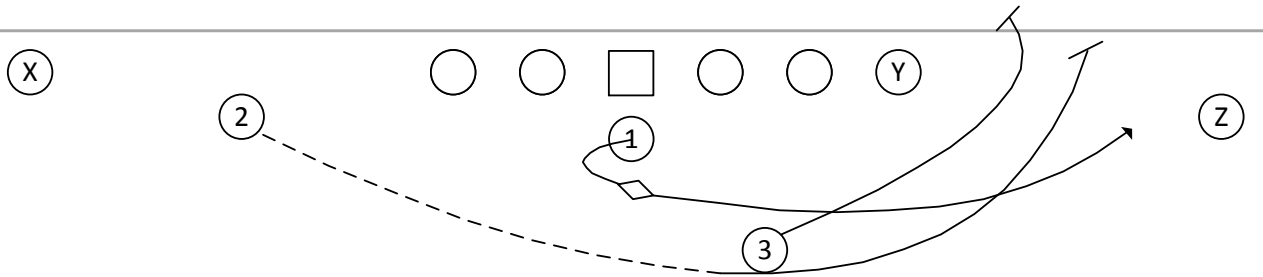


Keeper

Ram, 14 Keep

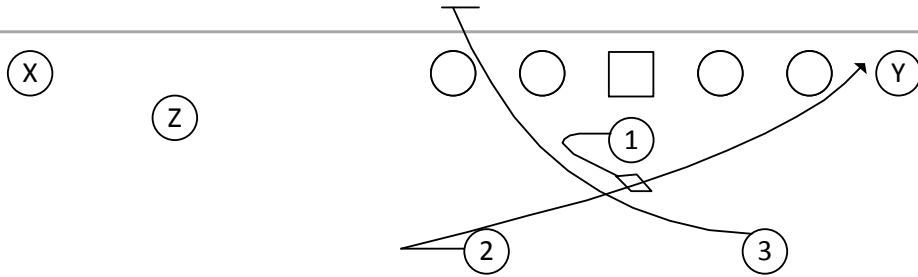


Ram, Bow, 18 Keep

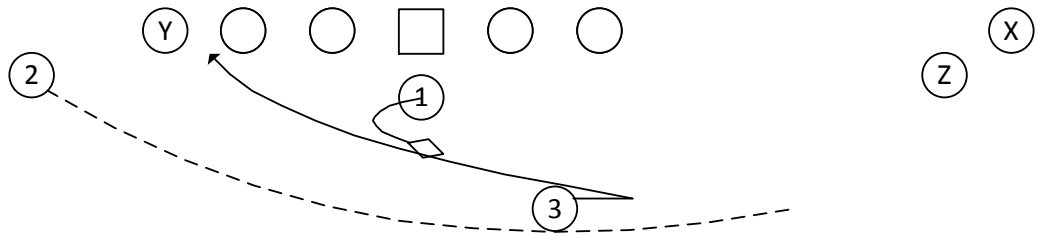


Counter

Twins Left, Split, 24 Counter

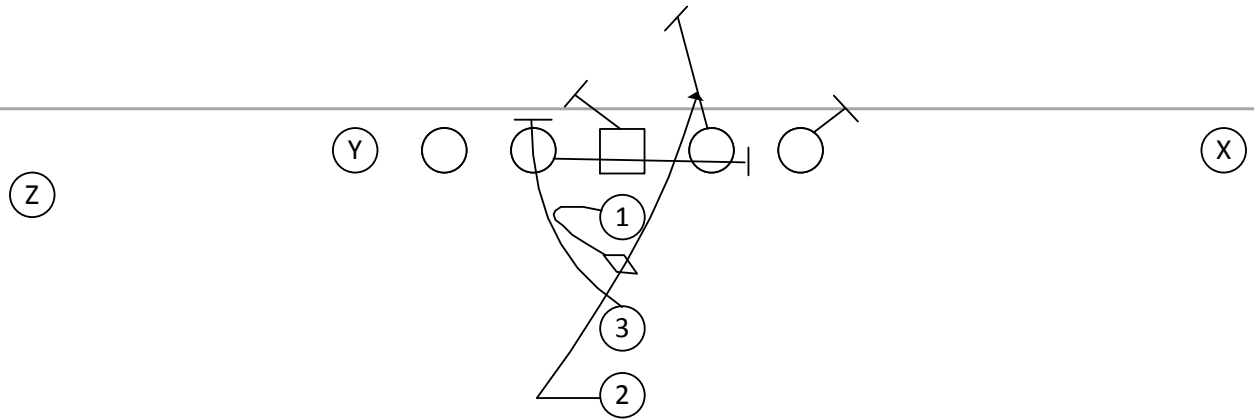


Twins Rt, Boss, 33 Counter

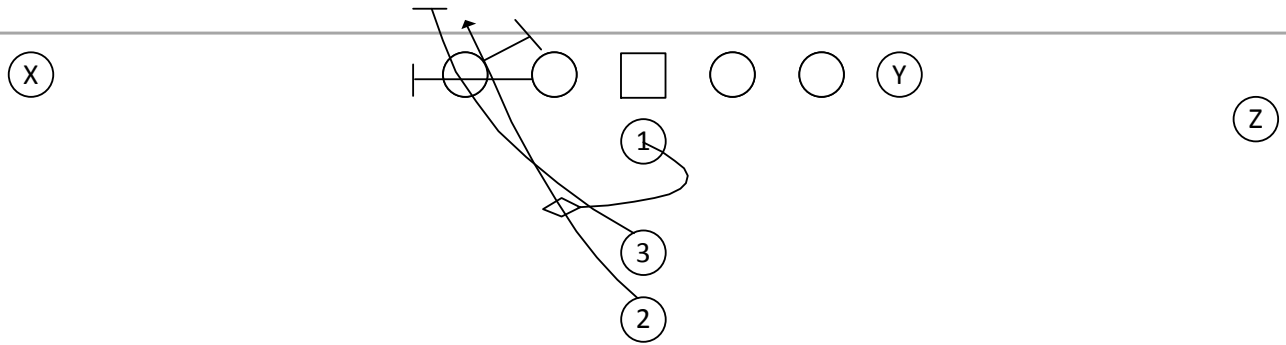


Trap

Lion, 20 Counter trap



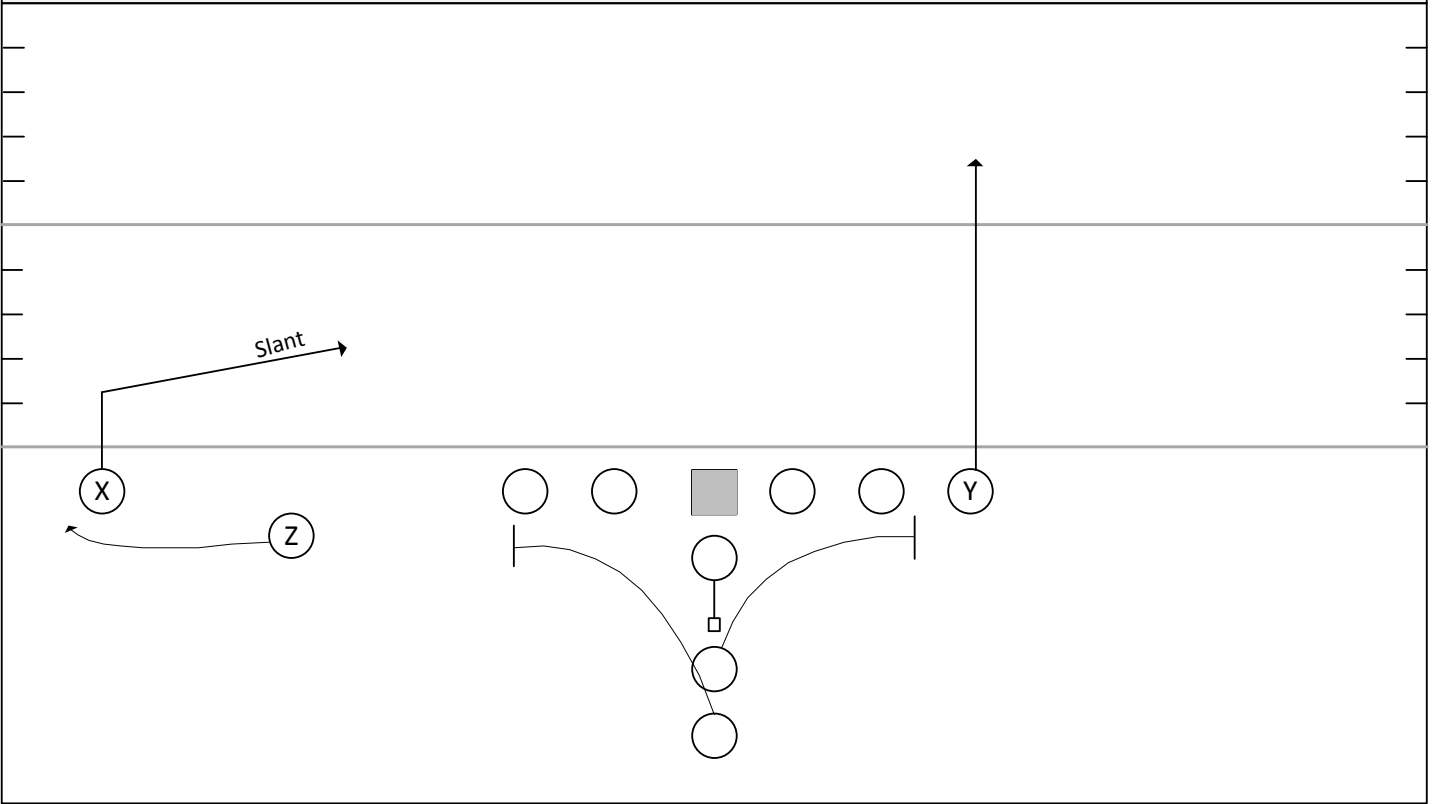
Ram, 23 Lead Trap



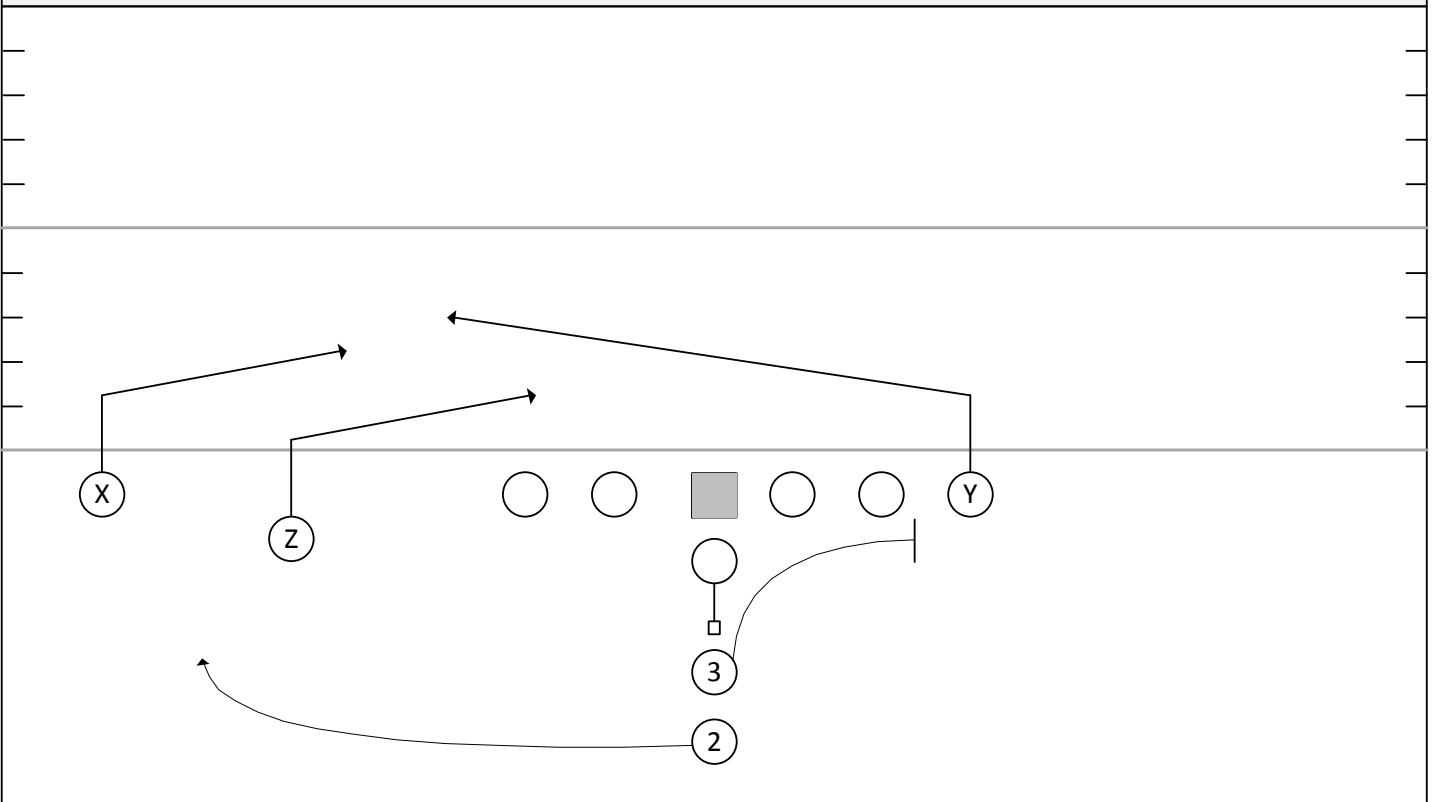
Passing Plays

Drop Back

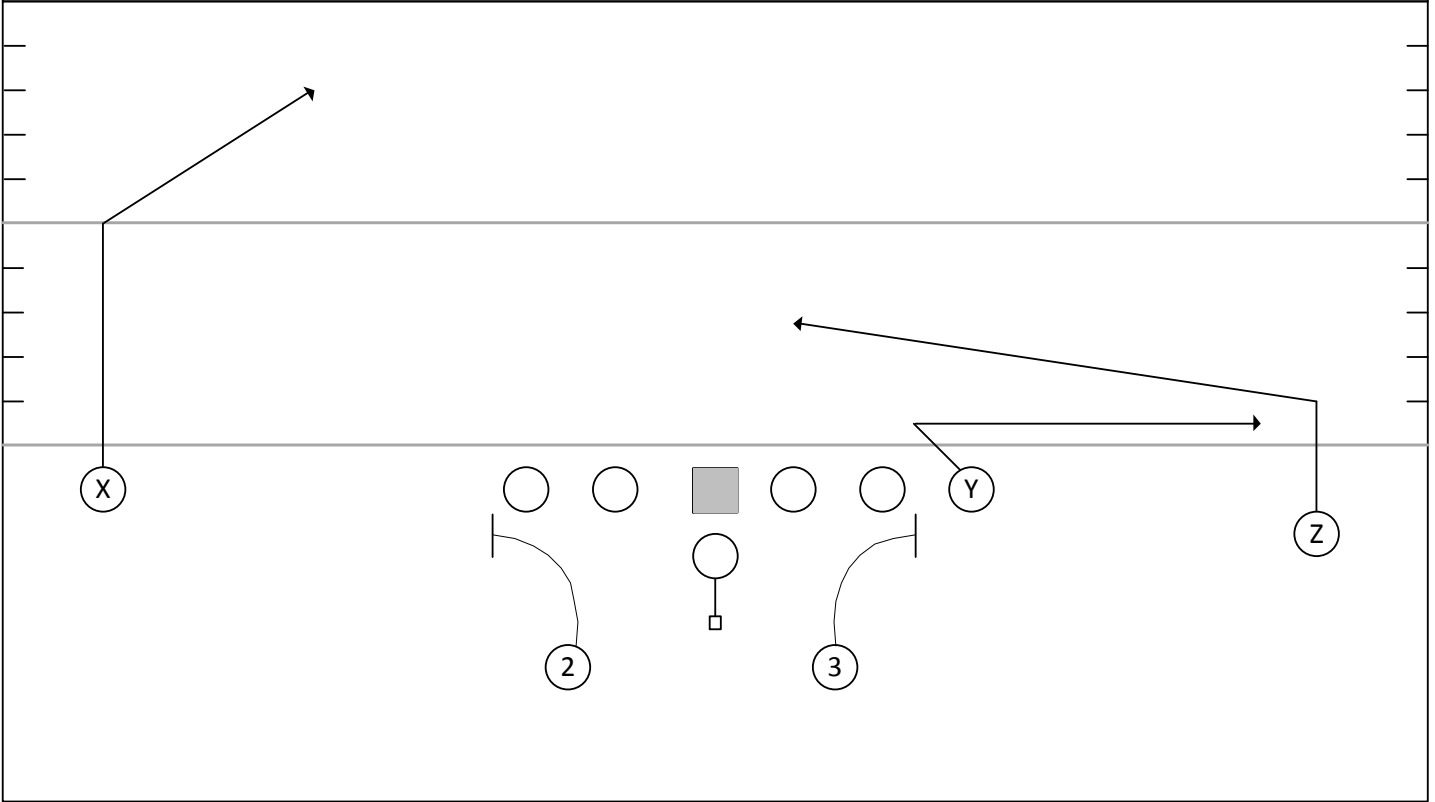
Twins Lt, Bubble, Go



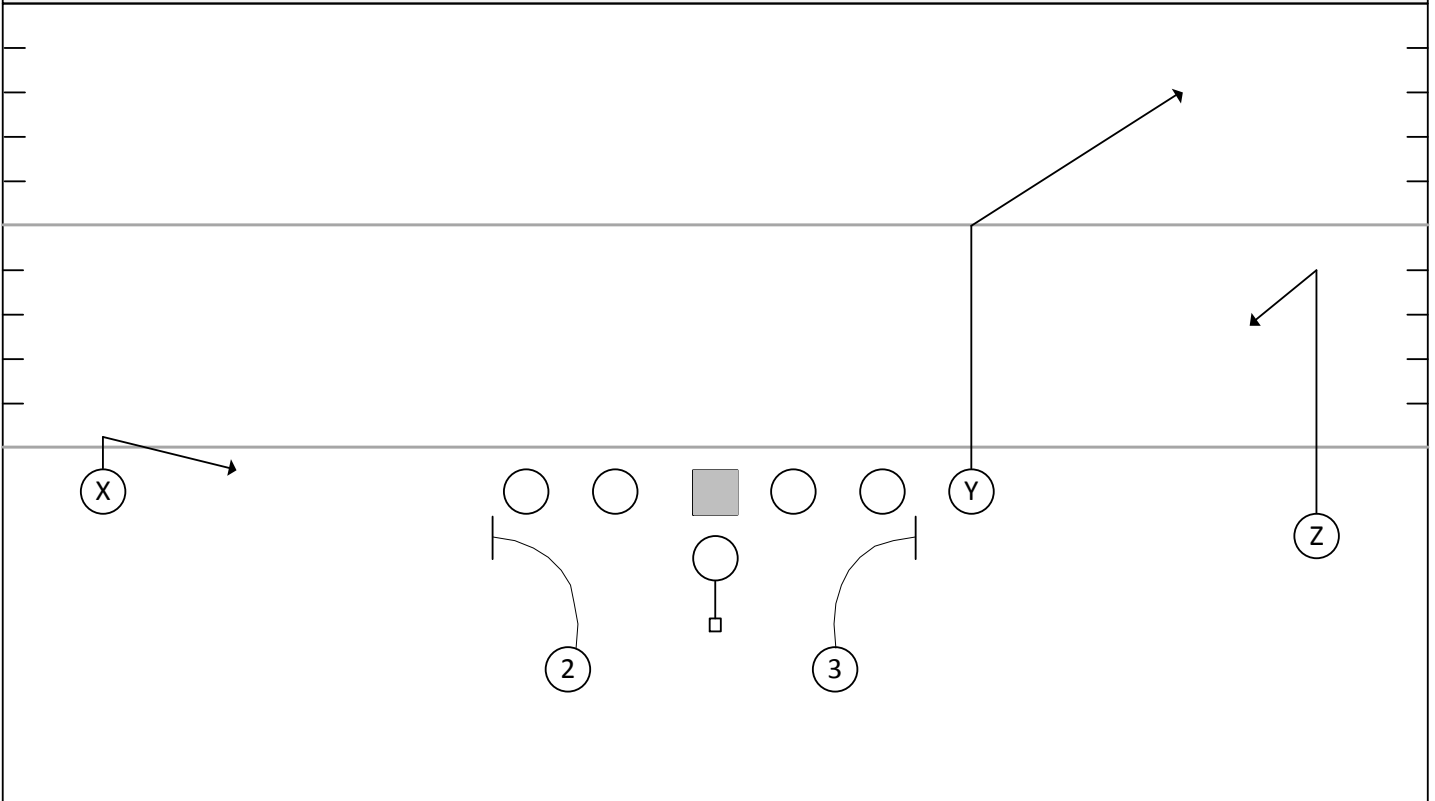
Twins Lt, All Slant, 2Swing



Ram, Split, Post, Augie

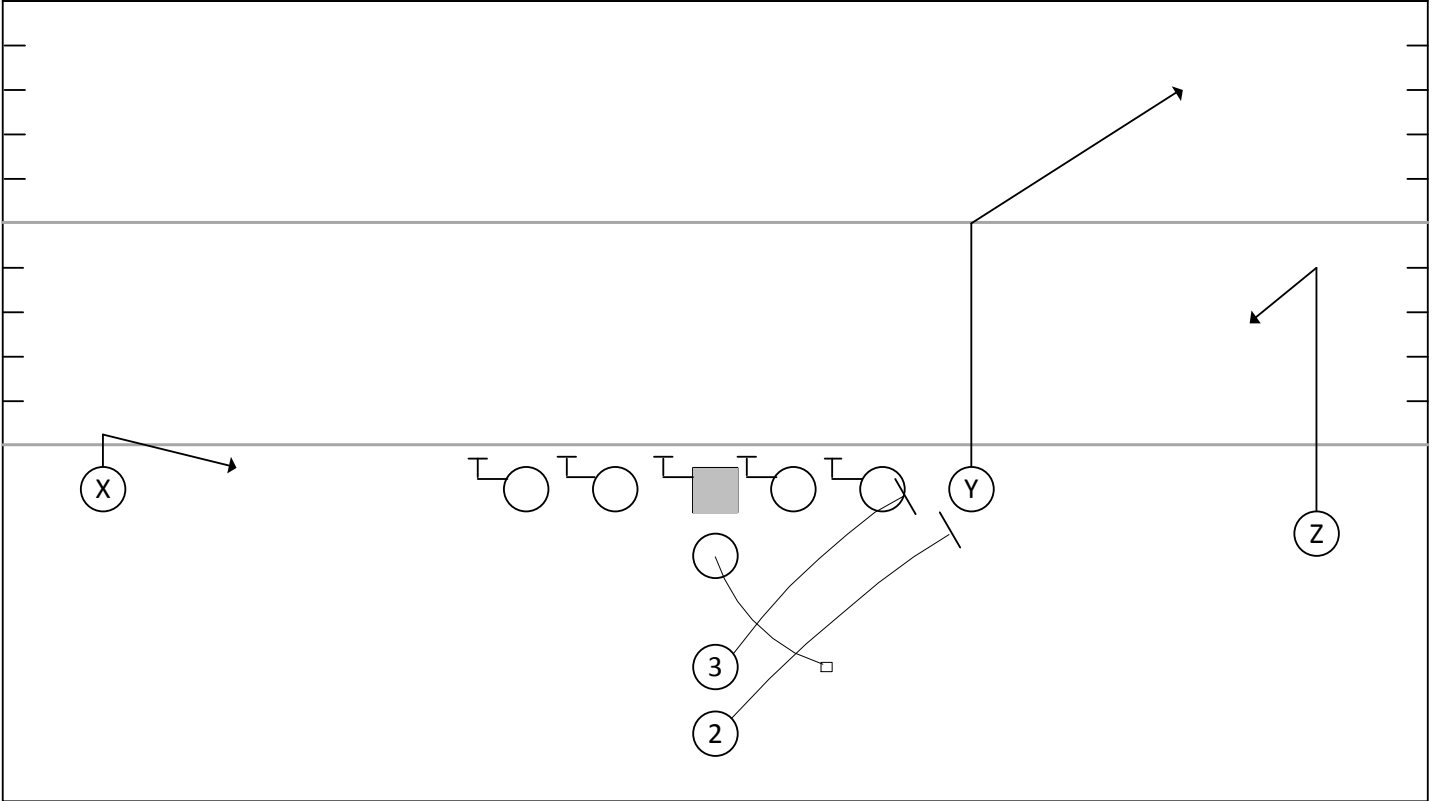


Ram, Split, Quick, Smash

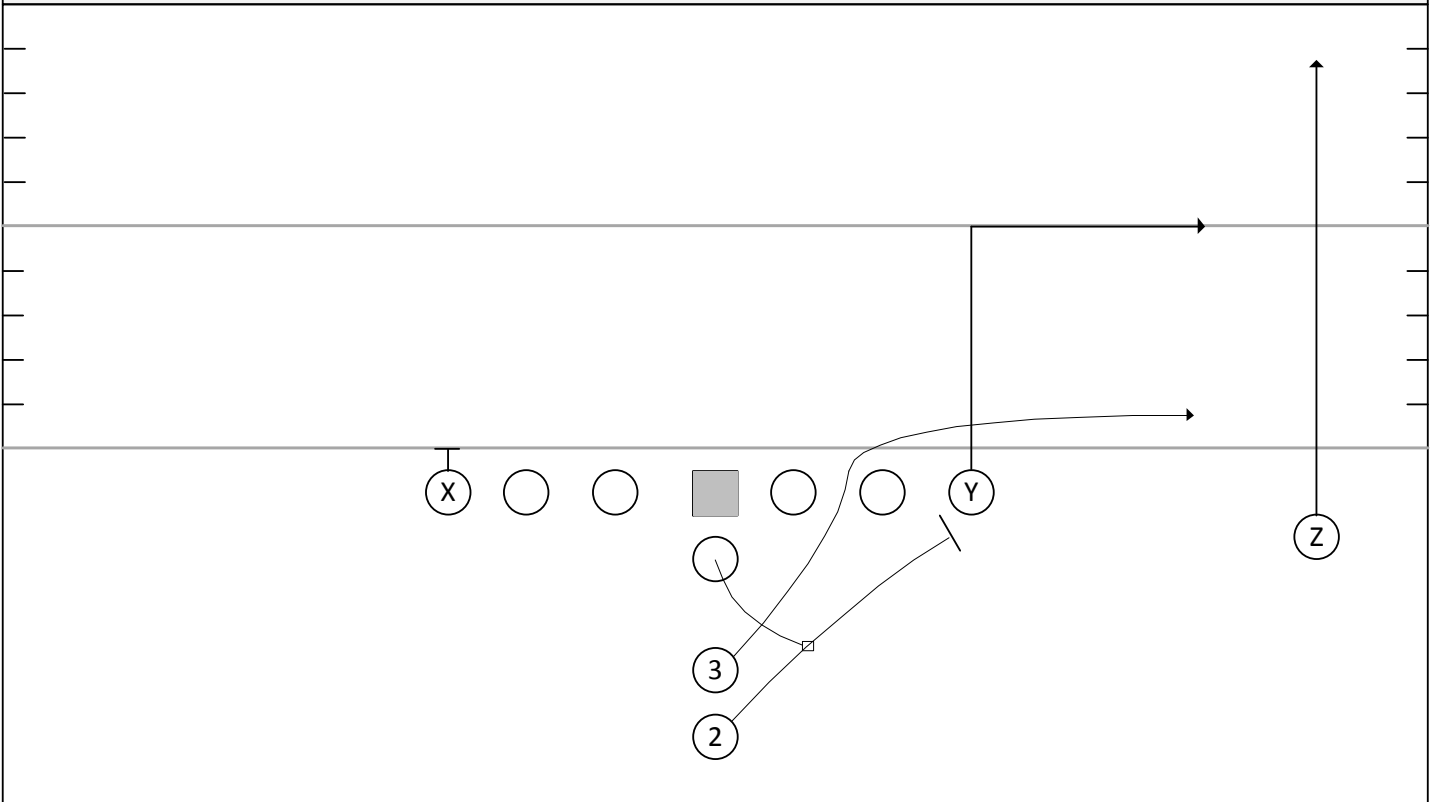


Play Action

Ram, Rob, Quick, Smash, West



Tiger Rt, Rob, Block, Flood, 3Flat



Ram, Rob, Slant, Augie, 3Seam

