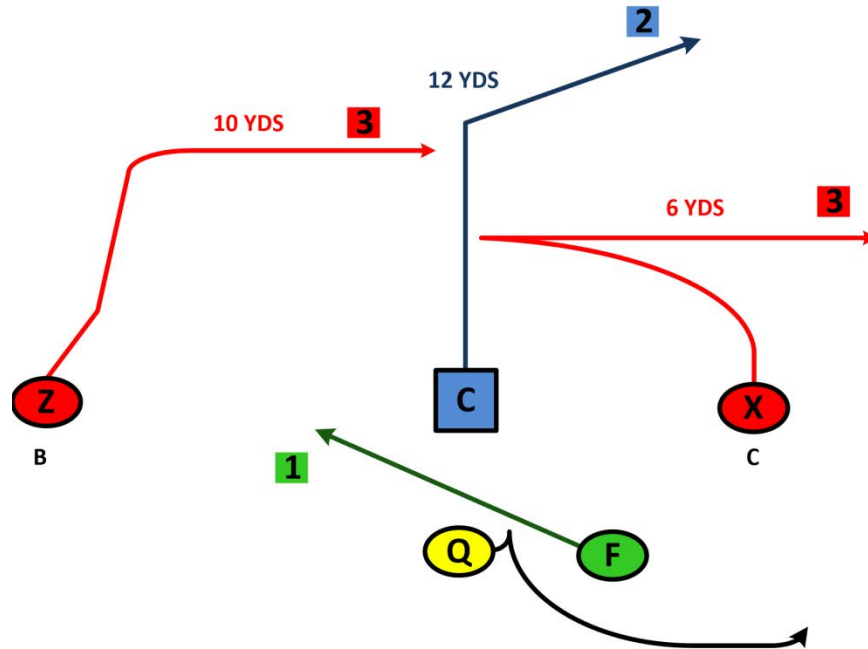


DEUCE RT/LT GUN BOSTON BOOT



QUARTERBACK:

Shotgun: Catch the snap and extend the ball. Ride the F for a give or keep decision.

If there are more defenders weak than strong then give the football to the F and carry out the fake.

If there are more defenders strong than weak then carry out the fake and boot opposite of F's direction. Read the C-X Z. If the **Center is open hit him on the deep Corner**. If the defense sinks deep look for **the X on the Return**. Expect the **Z to show up late** as the last read.

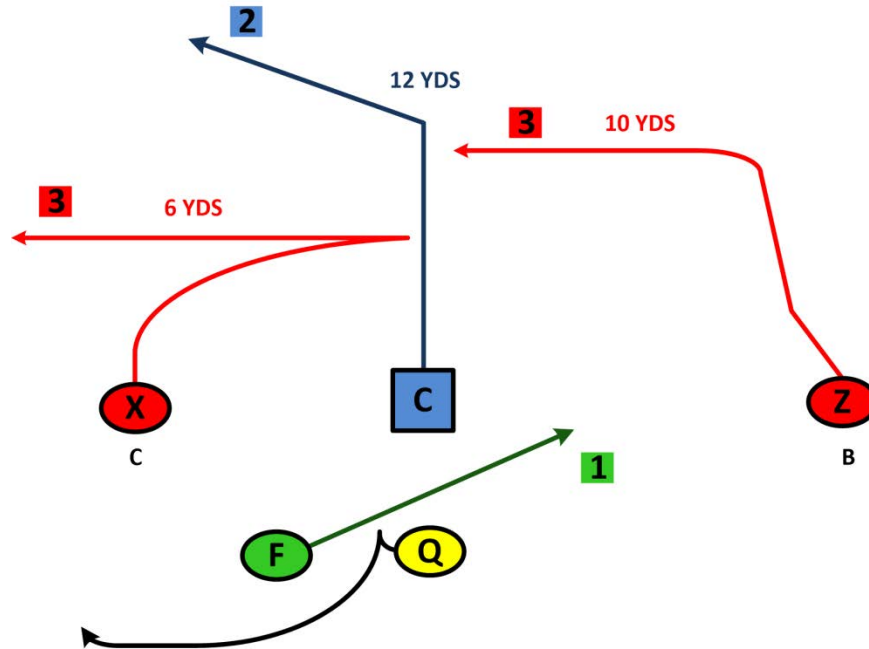
F: Balanced Stance. Open up with the foot nearest to the QB and raise the elbow nearest to the QB. Give the QB a pocket as you pass in front. Run at an angle towards the Z. If you get the ball run to daylight. If not then carry out fake full speed.

C: Stance is balanced. Snap the ball then sprint to 12 yards then plant and run to the sideline on a Corner route. You are the first target on this route.

Z: Inside foot up in stance. Get a normal split release off of the ball to a depth of 10 yards and run an Over route. Be patient. This route is the last option for the QB and it can't get open too soon.

X: Inside foot up in stance. Explode hard down inside. Let the Center go in front and cross over his path. After you cross the midline of the play pivot and return back outside. The X does not want to get open until the QB has executed the fake.

DEUCE RT/LT GUN BOSTON BOOT



QUARTERBACK:

Shotgun: Catch the snap and extend the ball. Ride the F for a give or keep decision.

If there are more defenders weak than strong then give the football to the F and carry out the fake.

If there are more defenders strong than weak then carry out the fake and boot opposite of F's direction. Read the C-X Z. If the **Center is open hit him on the deep Corner**. If the defense sinks deep look for **the X on the Return**. Expect the **Z to show up late** as the last read.

F: Balanced Stance. Open up with the foot nearest to the QB and raise the elbow nearest to the QB. Give the QB a pocket as you pass in front. Run at an angle towards the Z. If you get the ball run to daylight. If not then carry out fake full speed.

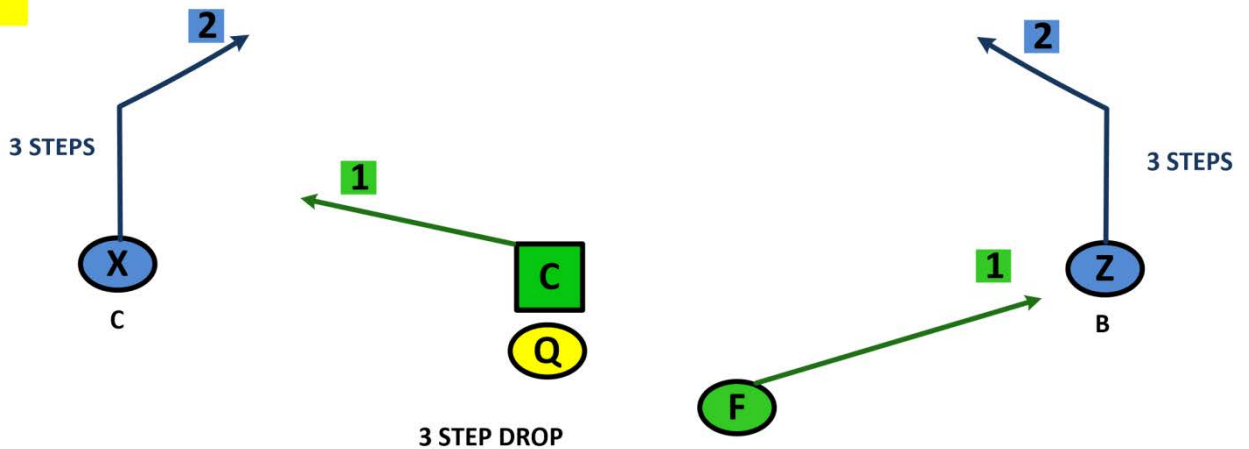
C: Stance is balanced. Snap the ball then sprint to 12 yards then plant and run to the sideline on a Corner route. You are the first target on this route.

Z: Inside foot up in stance. Get a normal split release off of the ball to a depth of 10 yards and run an Over route. Be patient. This route is the last option for the QB and it can't get open too soon.

X: Inside foot up in stance. Explode hard down inside. Let the Center go in front and cross over his path. After you cross the midline of the play pivot and return back outside. The X does not want to get open until the QB has executed the fake.

DEUCE RT/LT (GUN) DENVER

X = SLANT
 C = QUICK FLAT
 F = QUICK FLAT
 Z = SLANT



QUARTERBACK:

Under Center: Take a 3 step drop.

Shotgun: Catch the snap step and throw with no drop.

Read F-Z OR C-X. If the Flat route is open throw it now. If it is not open throw it to the Slant route. Pick one side to work. Work the side with the fewest defenders. If it is balanced work best personnel match up side. Do not work try to work both sides. If both receivers are covered pull the ball down and run.

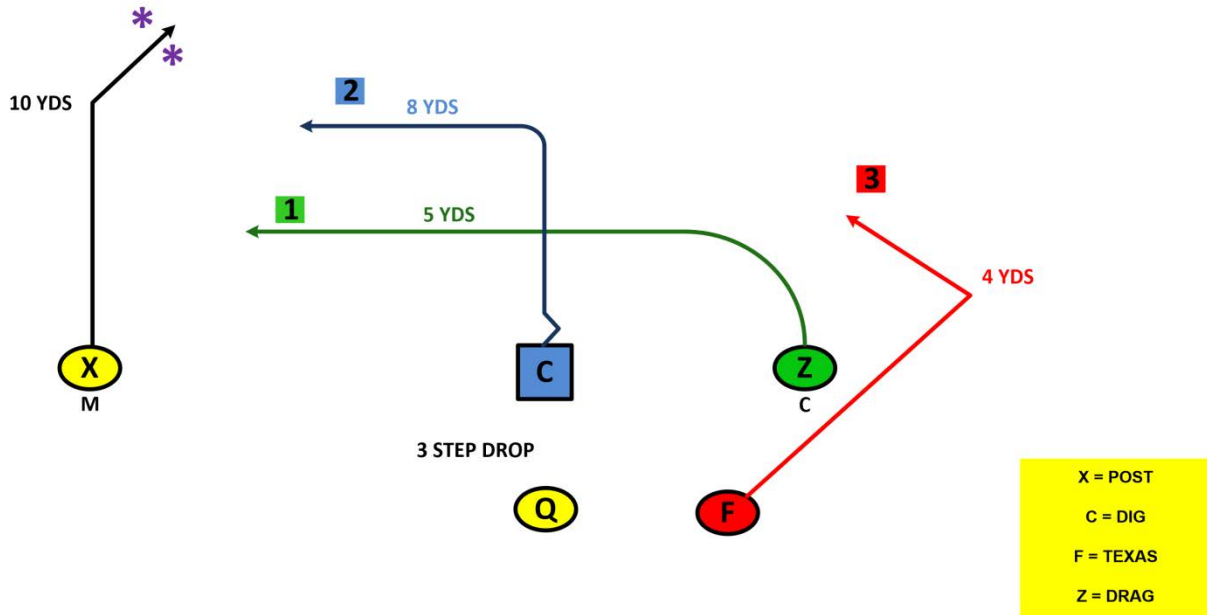
F: Inside foot up in stance. Run to the sideline one yard past the line of scrimmage and look over the outside shoulder immediately. Do not stop or slow down. Outflank the defense if possible.

C: Stance is balanced. Run to the sideline one yard past the line of scrimmage and look over the outside shoulder immediately. Do not stop or slow down. Outflank the defense if possible.

Z: Inside foot up in stance. Take three hard steps up the field and cut inside off of outside foot hard inside at a 45 degree angle. Look for the ball immediately. If you do not get the ball continue up the field and clear for teammates.

X: Inside foot up in stance. Take three hard steps up the field and cut inside off of outside foot hard inside at a 45 degree angle. Look for the ball immediately. If you do not get the ball continue up the field and clear for teammates.

DOUBLE RT/LT (GUN) FRISCO FOLLOW



QUARTERBACK:

Under Center: Take a 5 step drop.

Shotgun: Catch the snap. Take a 3 step drop step and throw.

Read: Z-C-F (Alert X)

Look to throw the ball to the **Z receiver on the move** if open. If the Z is covered progress to the **Center on the Dig route**. The third option is the **F on the Texas route**. If everyone is covered pull the ball down and run to daylight. (Only look at the X if pre-snap there is a great match up.)

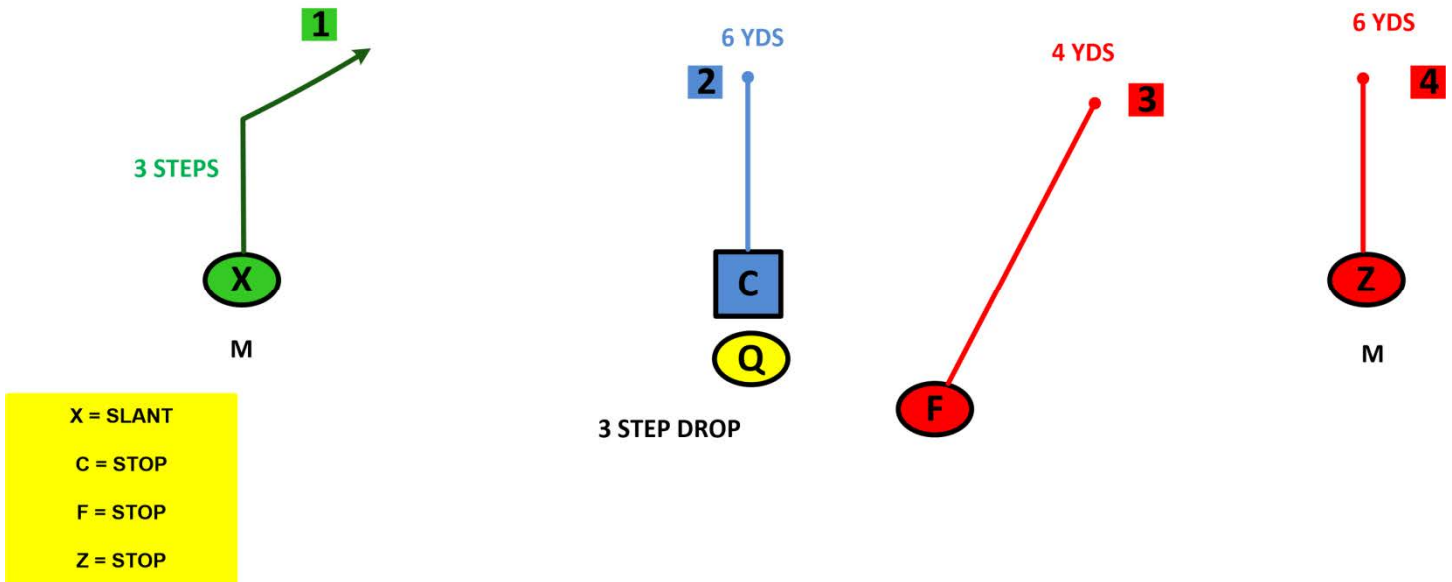
F: Balanced Stance. Sprint to the line of scrimmage as if you are running to the flat. When you get to 4 yards stick the outside foot in the ground and angle back inside on the Texas route.

C: Stance is balanced. Snap the ball and get up the field so the Z can run behind. Break to the sideline at 8 yards. Center must get depth so that the Z has time to clear. If you don't get the ball stay on the move.

Z: Inside foot up in stance. Take a couple of steps up the field and run Drag route at 5 yards. The Center should go in front of the Z. If Z doesn't get the ball stay on the move and clear for the C and the F.

X: ** Inside foot up in stance. Explode off of the ball to a depth of 10 yards then break on deep Post route. Expect the ball if the deepest defender is beaten. If the X doesn't get the ball continue to clear for the other routes.

DEUCE RT/LT (GUN) TIGER SPACING



QUARTERBACK:

Under Center: Take a 3 step drop.

Shotgun: Catch the snap step and throw the football with no drop.

Read: X-C-F-Z. This is a "machine gun" read. Go through the read progression as quickly as possible. Throw the ball to the receiver's shoulder away from the closest defender. Deliver the ball to the first open receiver. If everyone is covered pull the ball down and run.

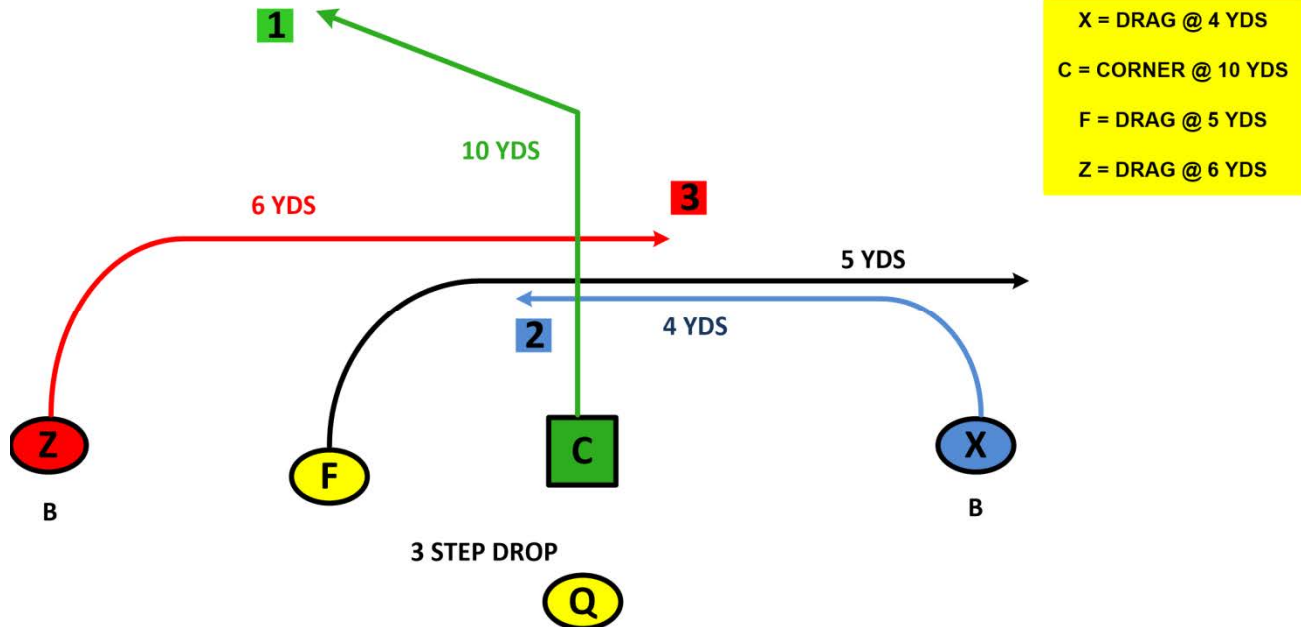
F: Balanced stance. Explode off of the ball to 6 yards. Turn inside and stay still. Do not move until the ball is caught. Expect the ball to be thrown quickly.

C: Stance is balanced. Explode off of the ball to 6 yards. Turn inside and stay still. Do not move until the ball is caught. Expect the ball to be thrown quickly.

Z: Inside foot up in stance. Explode off of the ball to 6 yards. Turn inside and stay still. Do not move until the ball is caught. Expect the ball to be thrown quickly.

X: Inside foot up in stance. Take three hard steps up the field and cut inside off of outside foot hard at a 45 degree angle. Look for the ball immediately. If you do not get the ball continue up the field and clear for teammates.

TWINS RT/LT PANTHER PASS



QUARTERBACK:

Under Center: Take a 5 step drop.

Shotgun: Catch the snap. Take a 3 step drop.

Read: C-X-Z

Look to throw the ball to the **Center** first if he can win deep. If the Center is covered look to the **X on the Drag** route. If the X is covered progress to the **Z on a deeper Drag** route. If all receivers are covered pull the ball down and run to daylight.

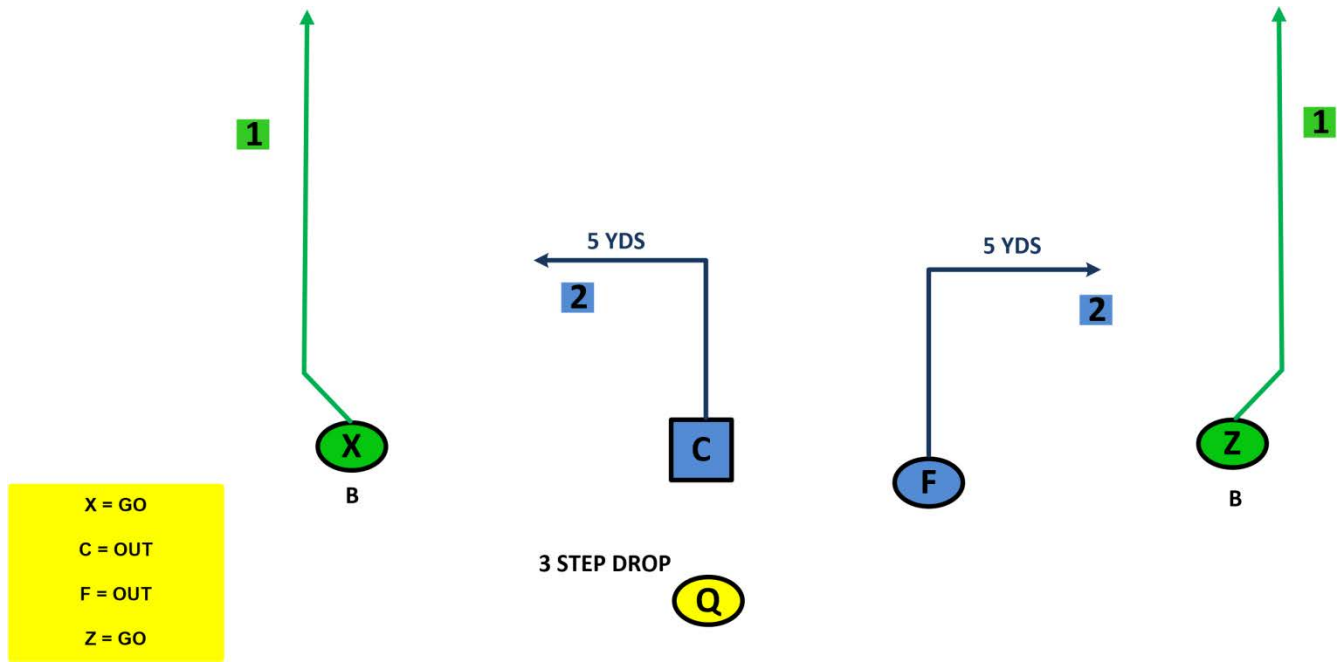
F: Inside foot up in stance. Take a couple of steps up the field and run Drag route at 5 yards. The Center will clear for the F. The F Drag is over the top of the X Drag. Stay on the move and run as fast as possible.

C: Stance is balanced. Snap the ball and get up the field so the F can run behind. Break on a deep Post route at 10 yards. Look for the ball immediately at the top of the route.

Z: Inside foot up in stance. Get a wide enough split to time up the Drag route. Get to a depth of 6 yards before crossing the field. This route is third in the progression. There is no hurry. If you do not get the ball stay on the move.

X: Inside foot up in stance. Take a couple of steps up the field before running a Drag route underneath of the F. Stay on the move if you do not receive the ball.

TWINS RT/LT GUN CHICAGO CLEAR



QUARTERBACK:

Under Center: Take a 5 step drop.

Shotgun: Catch the snap. Take a 3 step drop.

Read: X-C OR Z-F.

If the **Go route** is open throw it now. If the Go route is covered by the deep defender throw the ball to the **Out route**. Pick one side to work. Work the side with the best chance to throw the Go route.

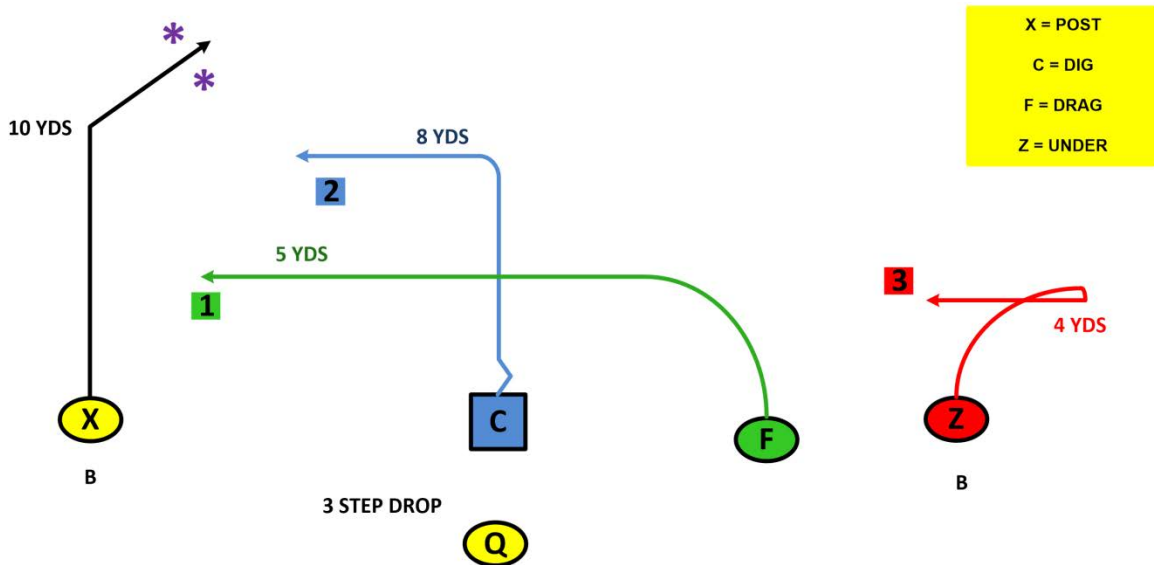
F: Inside foot up in your stance. Explode off of the ball to 5 yards and break outside straight to the sideline. If you do not get the ball turn up field and clear the area for the QB.

C: Stance is balanced. Explode off of the ball to 5 yards and break outside straight to the sideline. If you do not get the ball turn up field and clear the area for the QB.

Z: Tighten down split some. Inside foot up in stance. Explode off of the ball and try to run past the deepest defender. Run outside of any defender in front of you.

X: Tighten down split some. Inside foot up in stance. Explode off of the ball and try to run past the deepest defender. Run outside of any defender in front of you.

TWINS RT/LT INDY SPECIAL



QUARTERBACK:

Under Center: Take a 5 step drop.

Shotgun: Catch the snap. Take a 3 step drop.

Read: F-C-Z (Alert X)

Look to throw the ball to the **F receiver on the move** if they are open. If the F is covered progress to the **Center on the Dig route**. The third option is the **Z receiver running the Under** who should be directly in front of QB by the time QB gets to it. If everyone is covered pull the ball down and run to daylight. (Only look at the X if pre-snap QB has a great match up and thinks the X can win deep.)

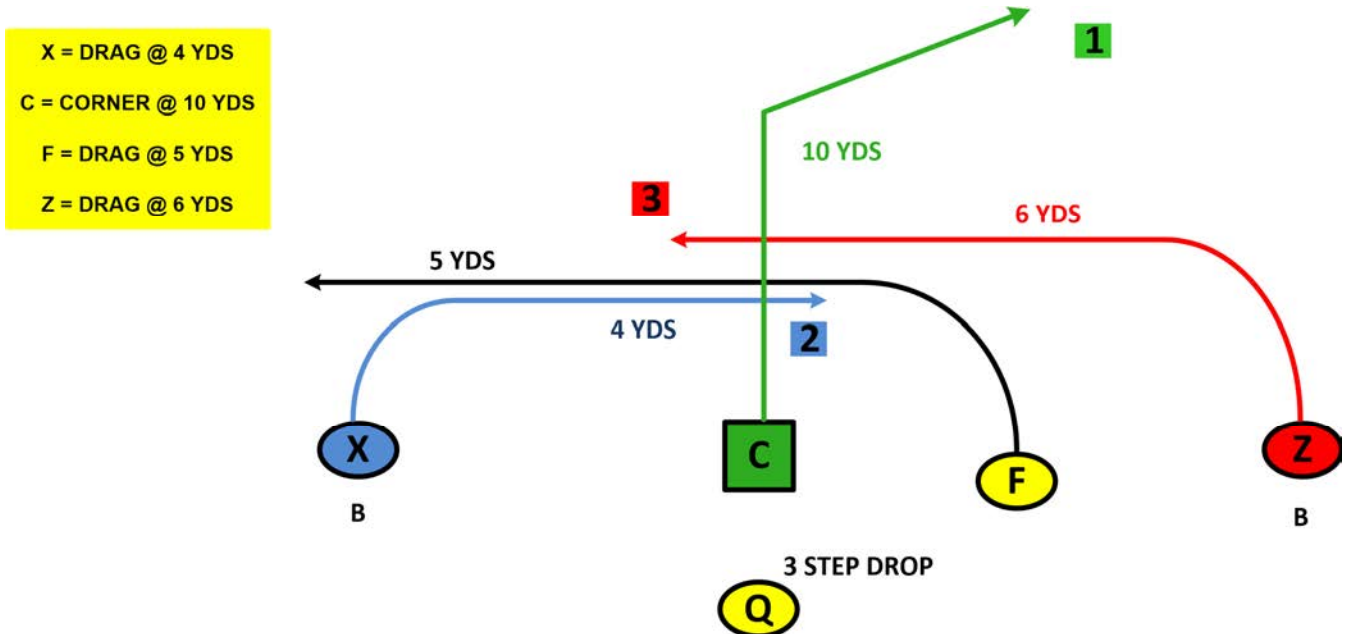
F: Inside foot up in stance. Take a couple of steps up the field and run Drag route at 5 yards. The Center should go in front of the F. If F doesn't get the ball stay on the move and clear for the C and the Z.

C: Stance is balanced. Snap the ball and get up the field so the F can run behind. Break to the sideline at 8 yards. Center must get depth so that the F has time to clear. If Center doesn't get the ball stay on the move.

Z: Inside foot up in your stance. Ease off of the ball and sell the Out route first. Run to the sideline for at least 3 full steps before pivoting and returning back towards the ball. Z is the third option so be patient early and do not get back to the point over the ball too soon.

X: ** Inside foot up in stance. Explode off of the ball to a depth of 10 yards then break on deep Post route. Expect the ball if the deepest defender is beaten. If the X doesn't get the ball continue to clear for the other routes.

TWINS RT/LT PANTHER PASS



QUARTERBACK:

Under Center: Take a 5 step drop.

Shotgun: Catch the snap. Take a 3 step drop.

Read: C-X-Z

Look to throw the ball to the **Center first if he can win deep**. If the Center is covered look to the **X on the Drag route**. If the X is covered progress to the **Z on a deeper Drag route**. If all receivers are covered pull the ball down and run to daylight.

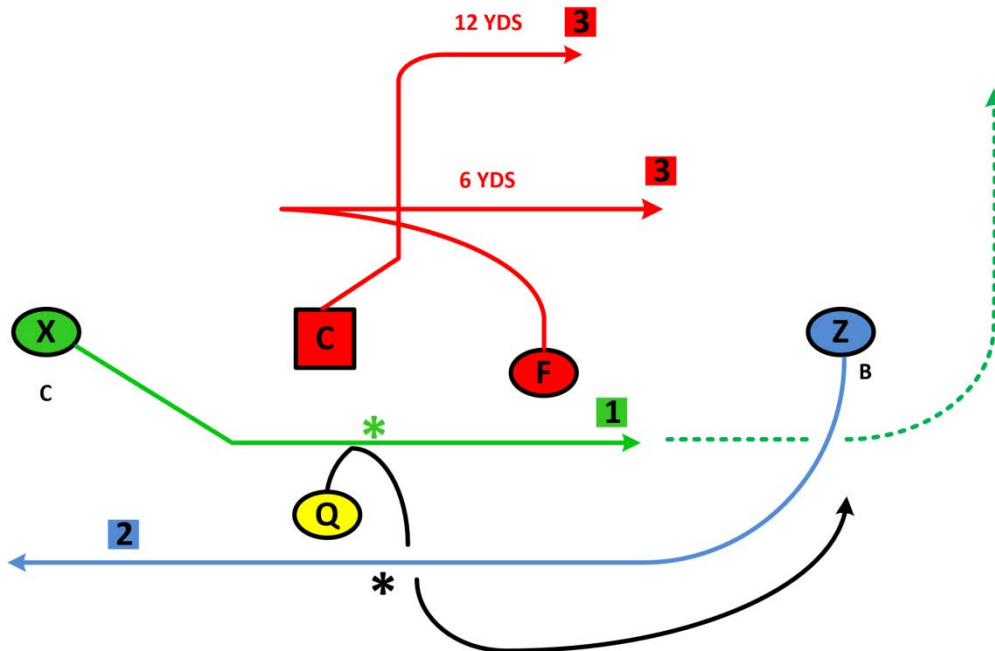
F: Inside foot up in stance. Take a couple of steps up the field and run Drag route at 5 yards. The Center will clear for the F. The F Drag is over the top of the X Drag. Stay on the move and run as fast as possible.

C: Stance is balanced. Snap the ball and get up the field so the F can run behind. Break on a deep Post route at 10 yards. Look for the ball immediately at the top of the route.

Z: Inside foot up in stance. Get a wide enough split to time up the Drag route. Get to a depth of 6 yards before crossing the field. This route is third in the progression. There is no hurry. If you do not get the ball stay on the move.

X: Inside foot up in stance. Take a couple of steps up the field before running a Drag route underneath of the F. Stay on the move if you do not receive the ball.

TWINS RT/LT GUN WILDCAT WAGGLE



QUARTERBACK:

Shotgun: Take the snap and extend the ball at 12:00 for handoff to the X. Give the ball to the X OR:

After the X passes open up at 5:00/7:00 towards the Z and extend the ball with the hand away from the L.O.S. and give the ball to the Z OR:

Fake handoffs to both X and Z then boot out and read F to Center for pass option.

F: Inside foot up in stance. Release inside and start across the field as if running a Drag route. After crossing the center midline plant your foot and return back outside at 6 yards looking for the QB.

C: Stance is balanced. Snap the ball sprint to 12 yards then bend the route to the sideline.

Z: Inside foot up in stance. Lose ground with your first step and take a path at the QB's heels. Raise elbow nearest to the QB. If the QB gives you the ball run to daylight. If not carry out fake full speed.

X: Inside foot up in stance. Tighten down the split some. Lose ground with your first step and take a path at the QB's toes. Raise elbow nearest to the QB. If the QB gives you the ball run to daylight. If not carry out fake full speed.

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PLAYS

SHARE & PRINT
PLAYBOOKS

Create Your
Personal PlayBook

CREATE TEACHING
SLIDESHOWS

5 DIFFERENT
DEFENSIVE FRONTS

MOVEMENTS &
PRESSURES OFF
OF EACH DEFENSE

5 OFFENSIVE FORMATIONS
(+ MORE ON THE WAY!)

COACH YOUR TEAM
LIKE THE PROS!

Offense

Defense

Hall of Famer / NFL Coach
MIKE SINGLETARY

EVERY FRONT &
PRESSURE FITTED UP VS.
7 OFFENSIVE FORMATIONS

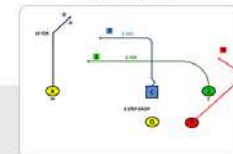
MULTIPLE PLAYS FOR
EACH FORMATION

MULTIPLE
FORMATIONS &
PLAYS

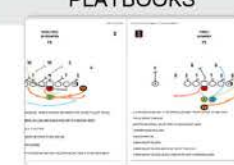
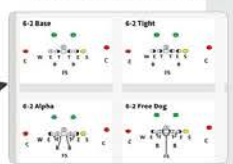
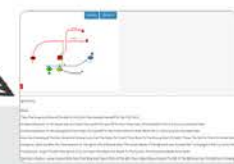
CHOOSE THE FRONT
YOU WANT TO BLOCK!

COLOR-CODED
QB READS

COACHING POINTS
BASED ON PROVEN
FOOTBALL PRINCIPLES



Flag



7

5