

APEX ACADEMY FOOTBALL TRAINING



PLAY BOOK



X

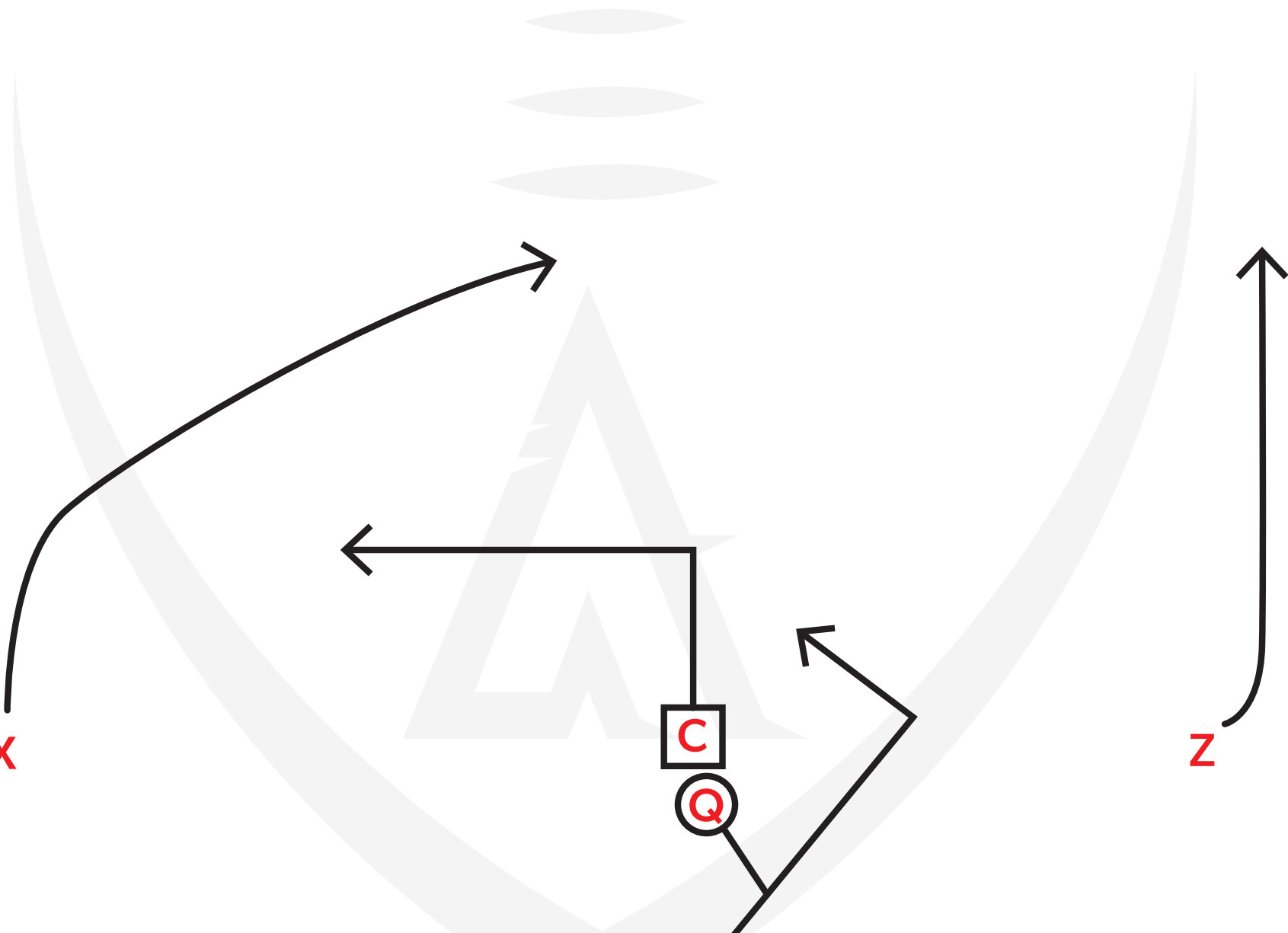
Z

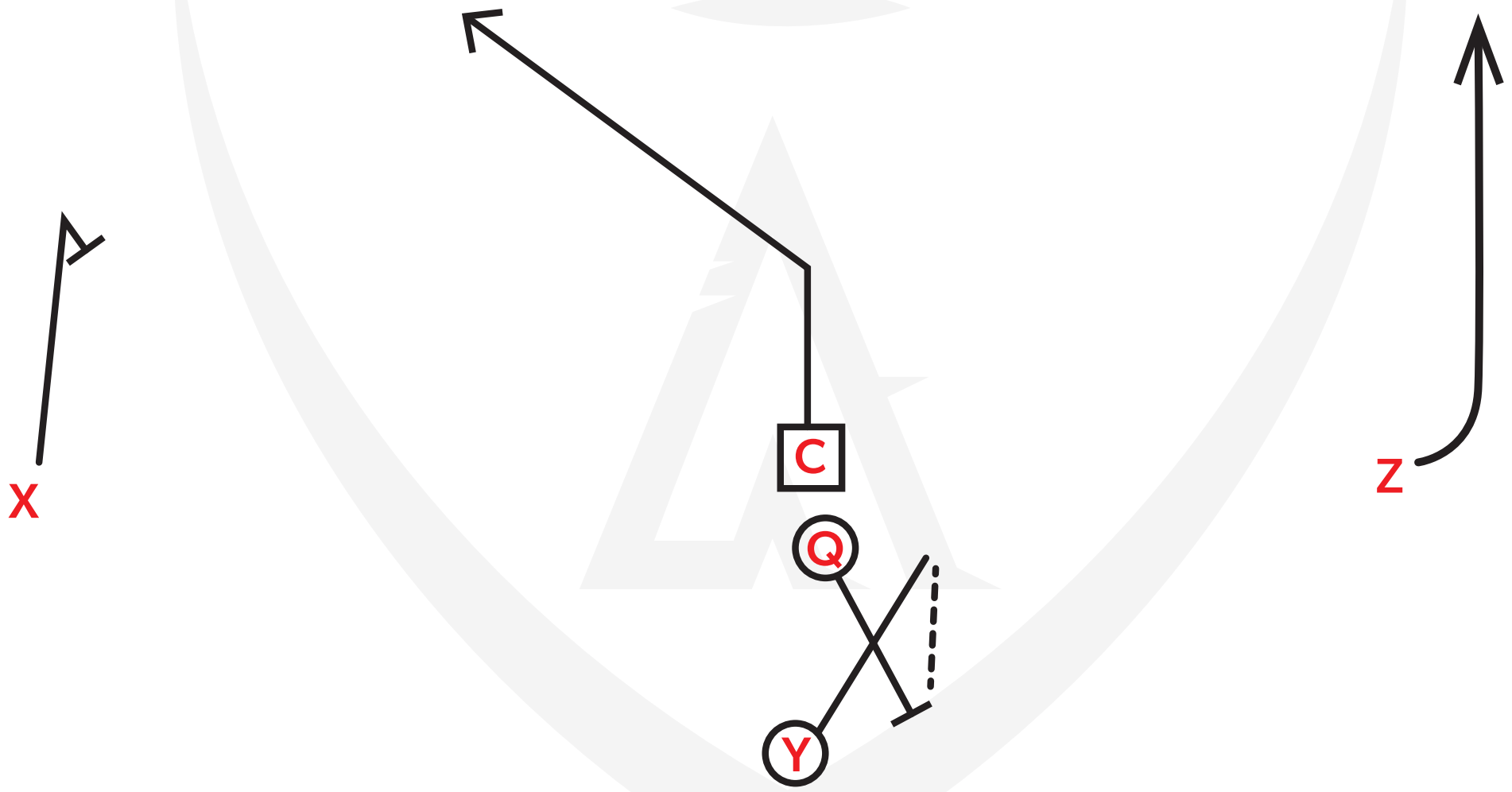
C

Q

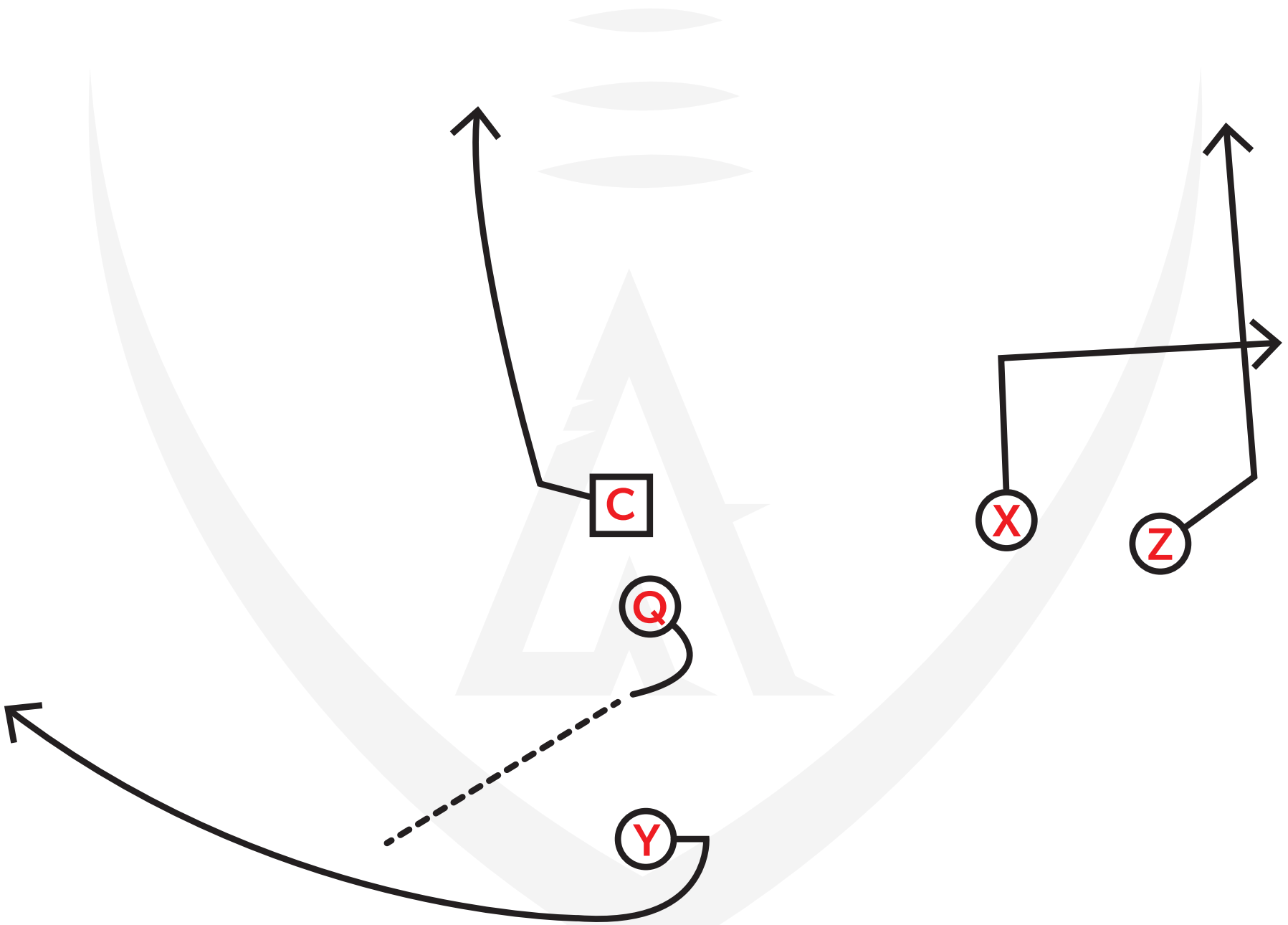
Y

Single Back Formation
PLAY ACTION Z GO X POST Y ANGLE

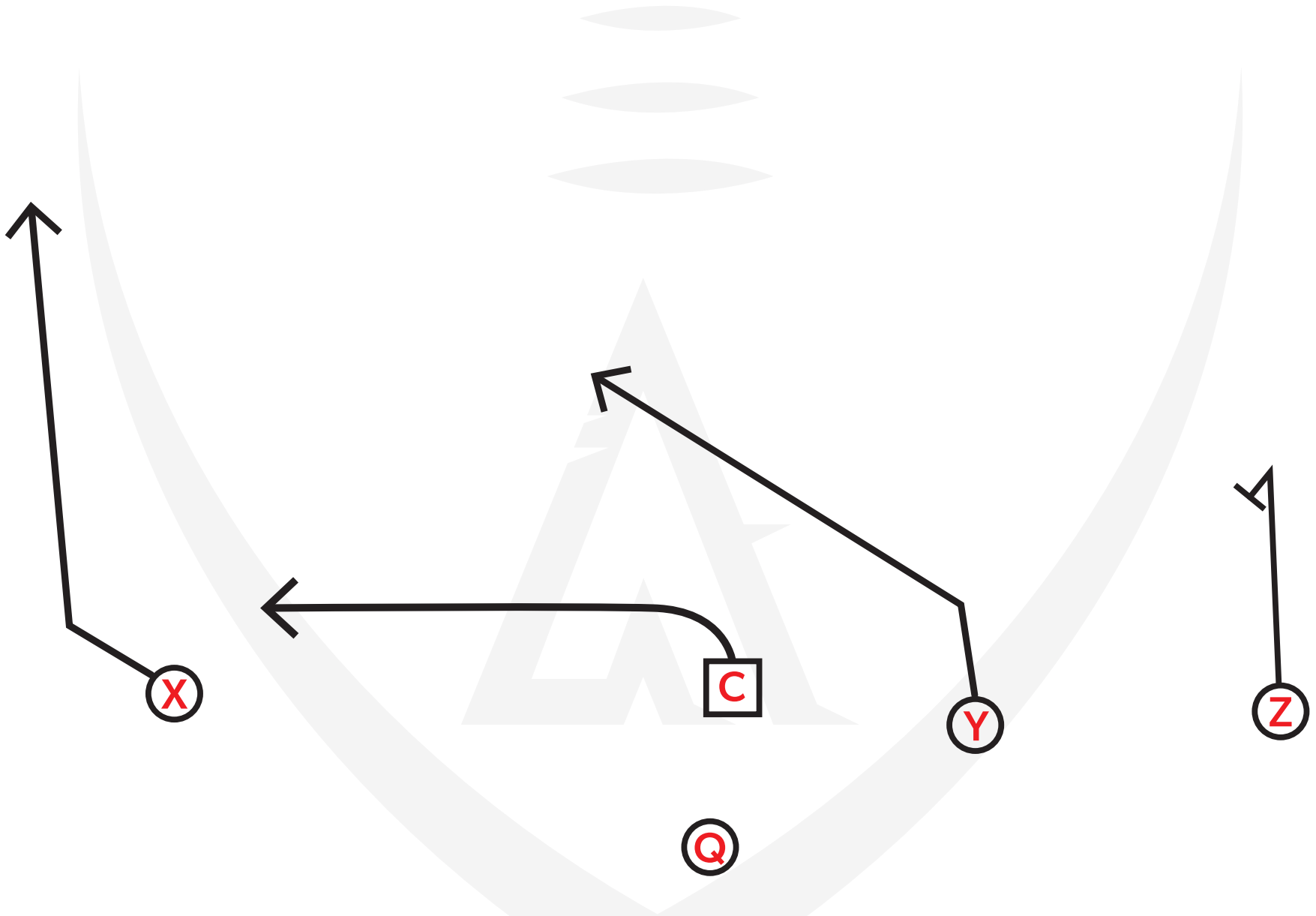




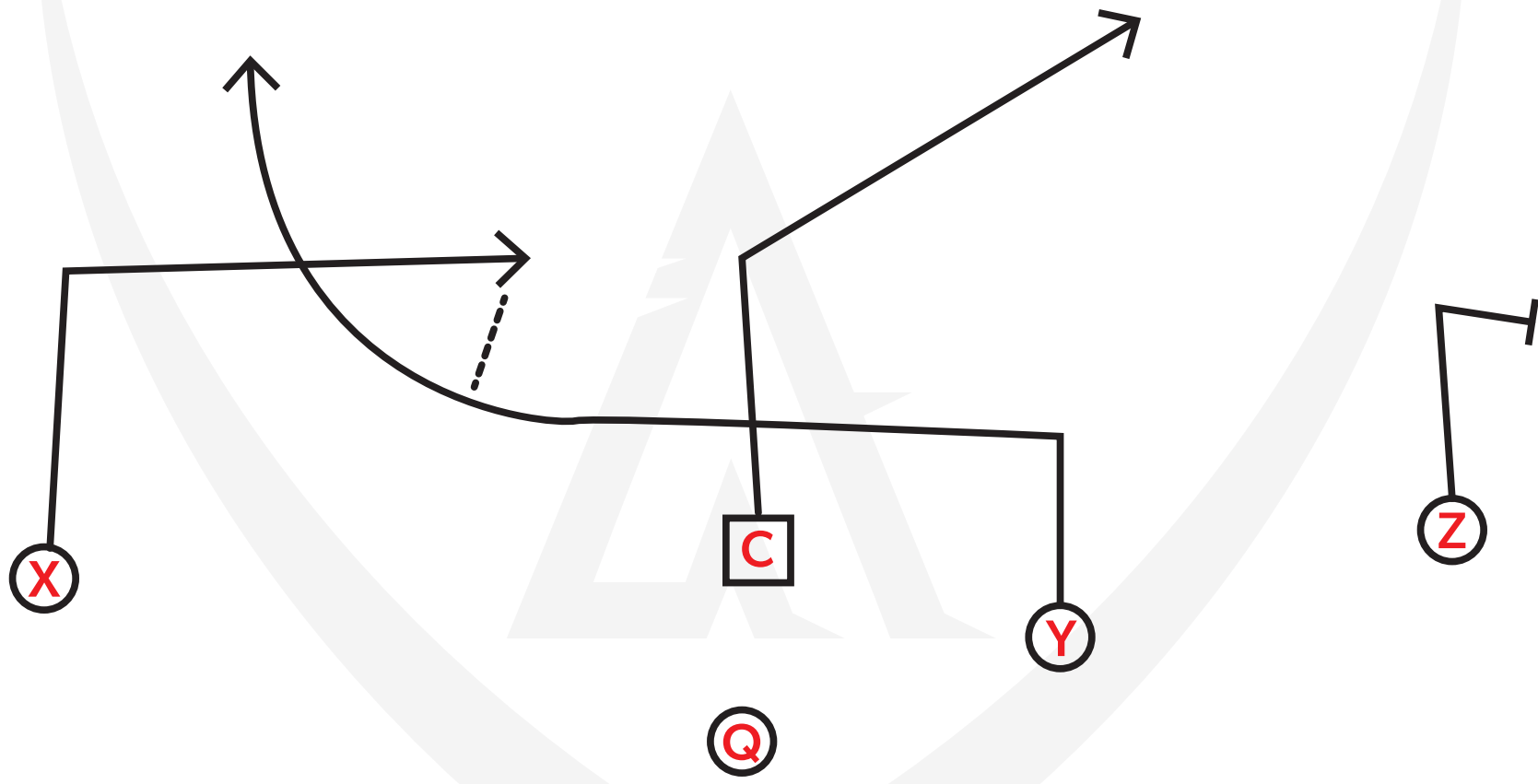
Single Back Formation
FLEA FLICKER X CURL Z GO



Single Back Formation
HB COUNTER TOSS SWEEP

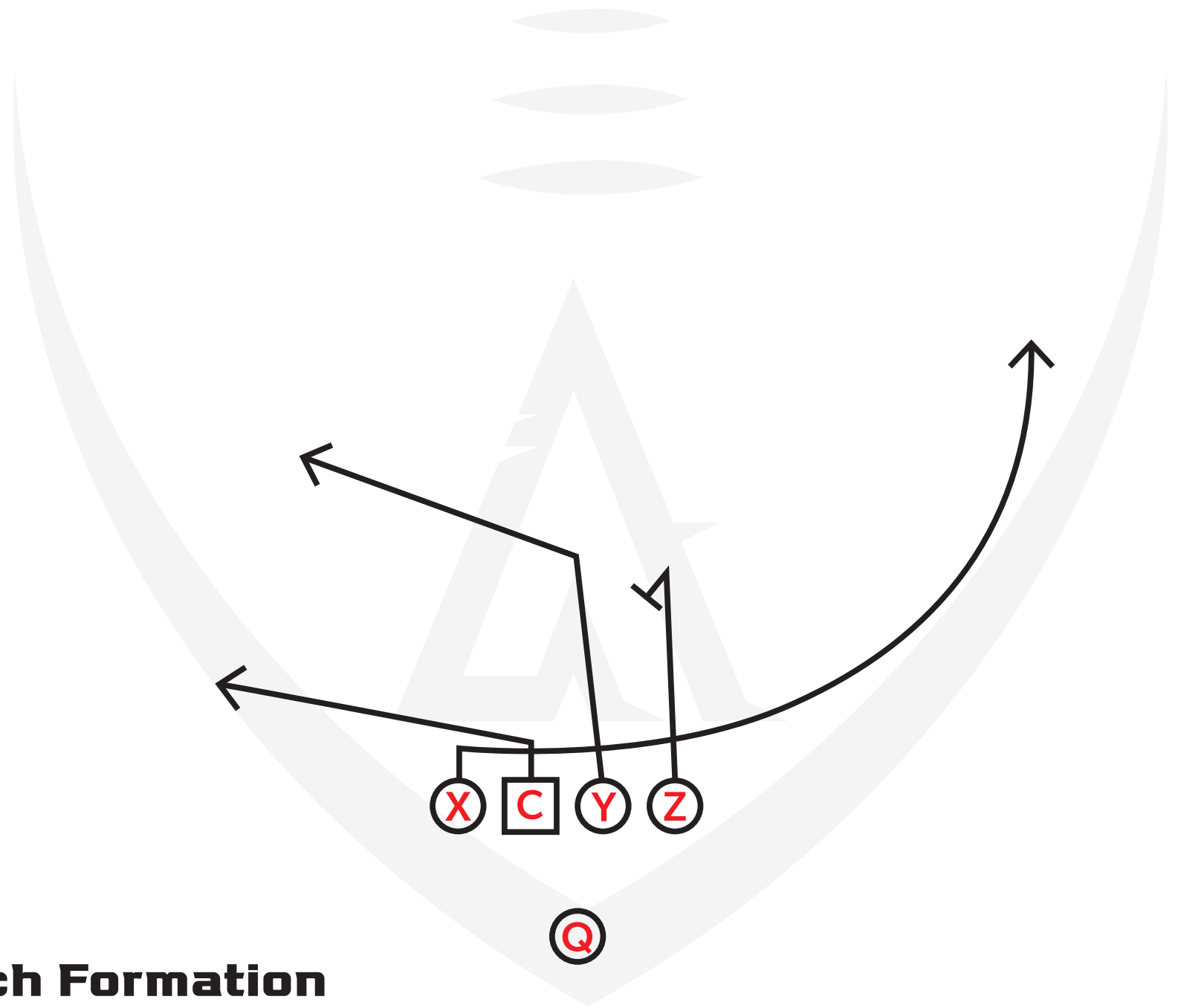


Spread Formation
X GO Y SLANT Z CURL

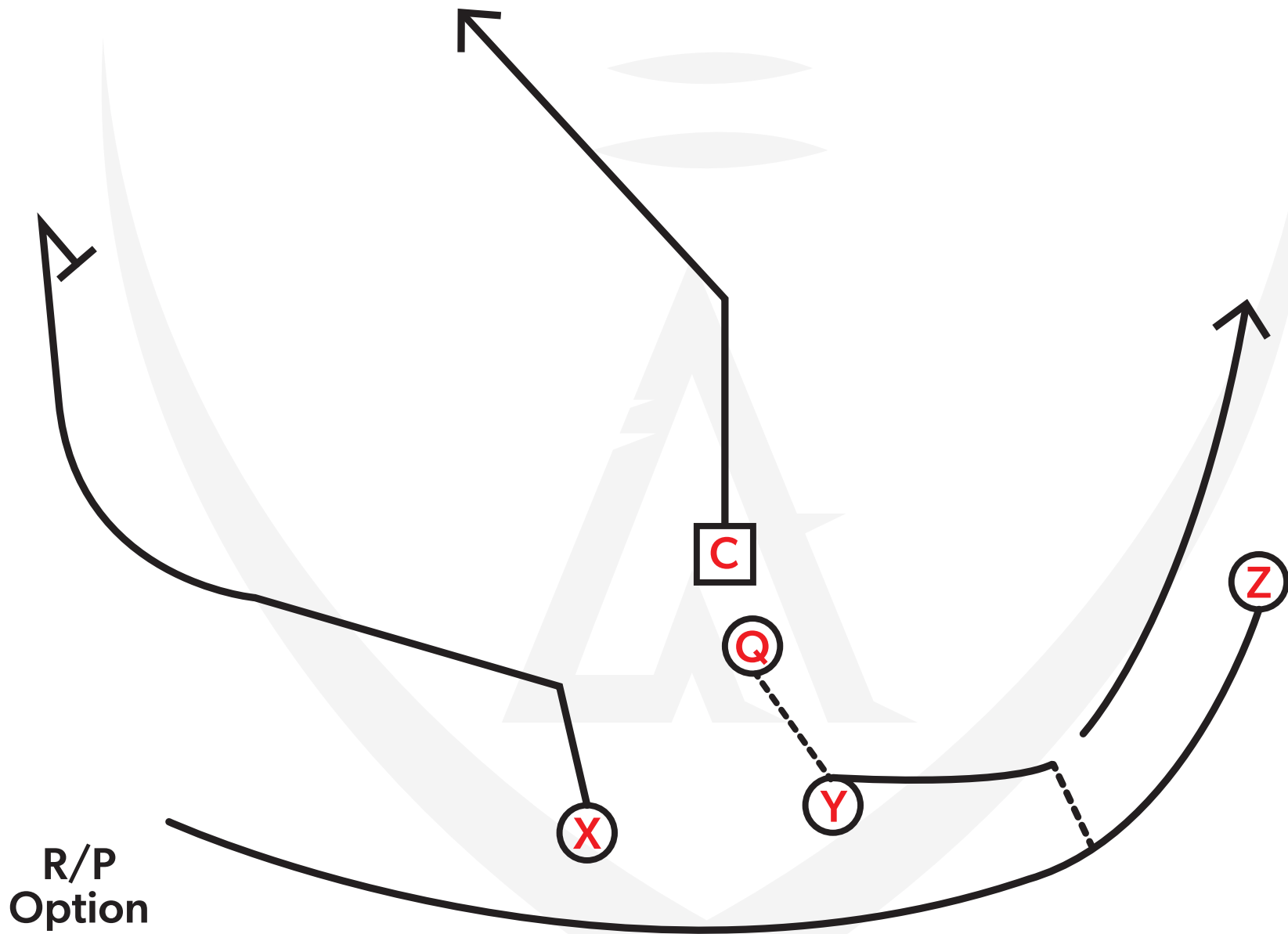


Spread Formation

HOOK AND LADDER

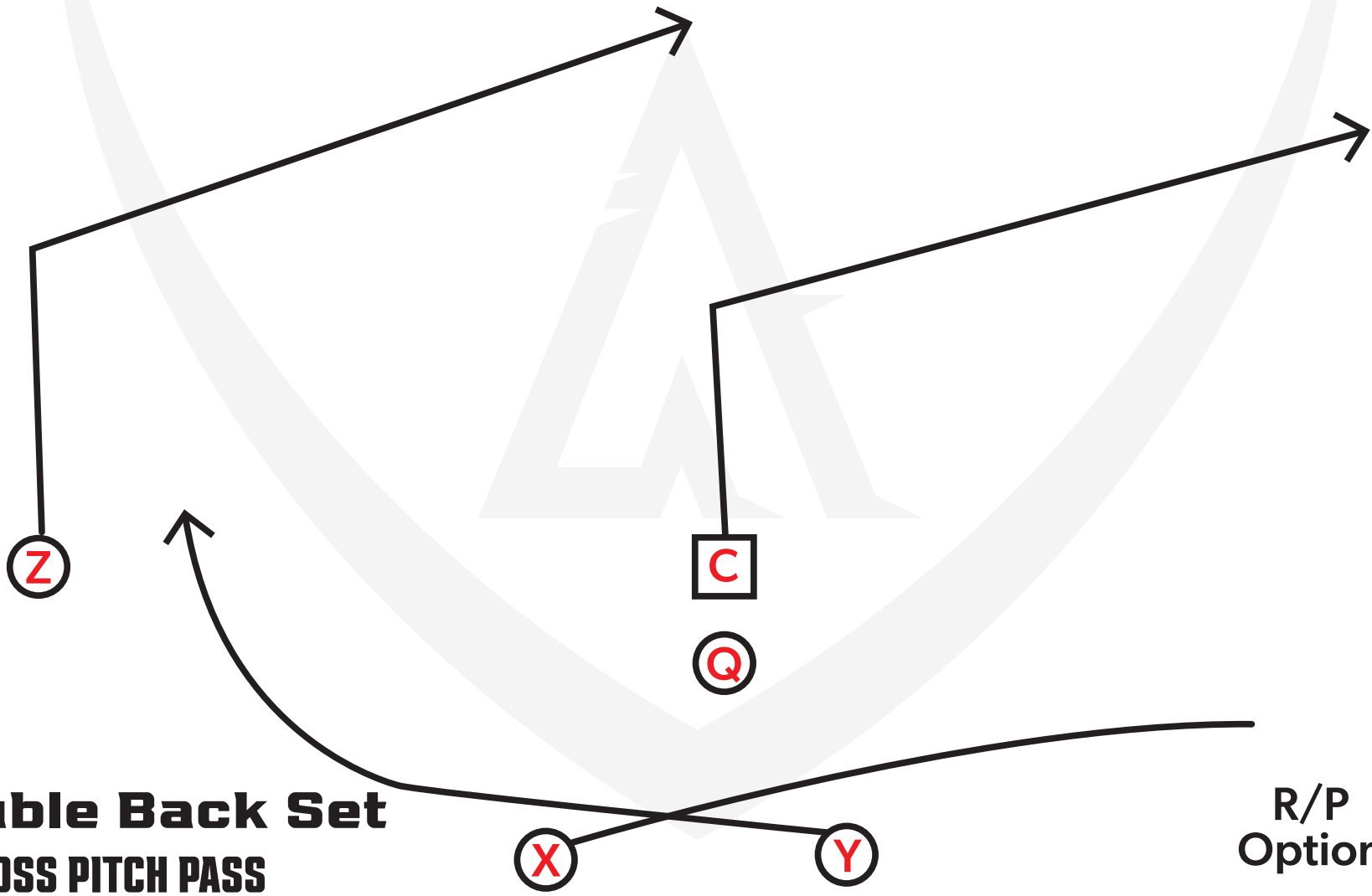


Bunch Formation
CY LEFT Z CURL X WHEEL



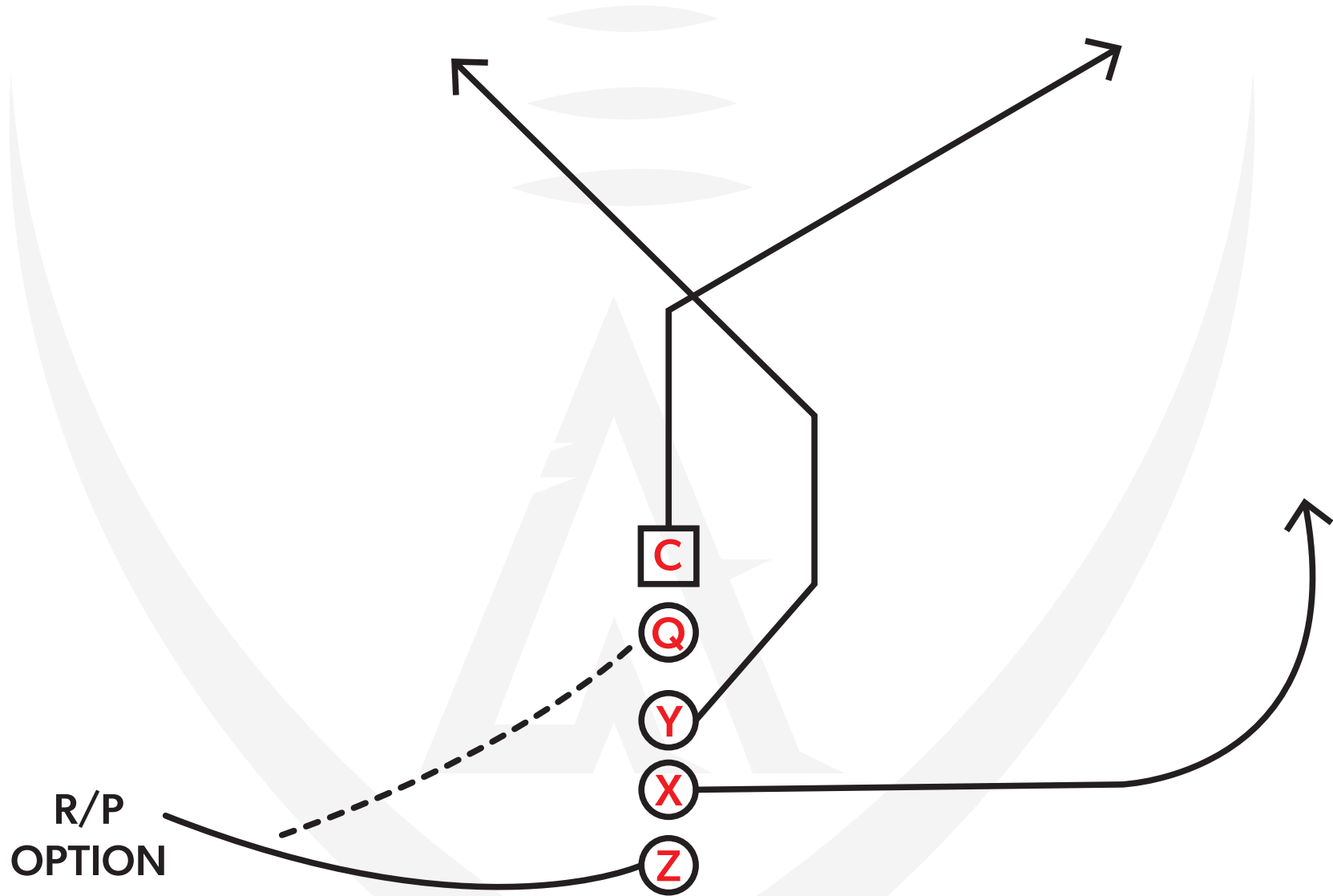
Double Back Set
Y PITCH Z REVERSE PASS

double back set
X Y cross pitch pass

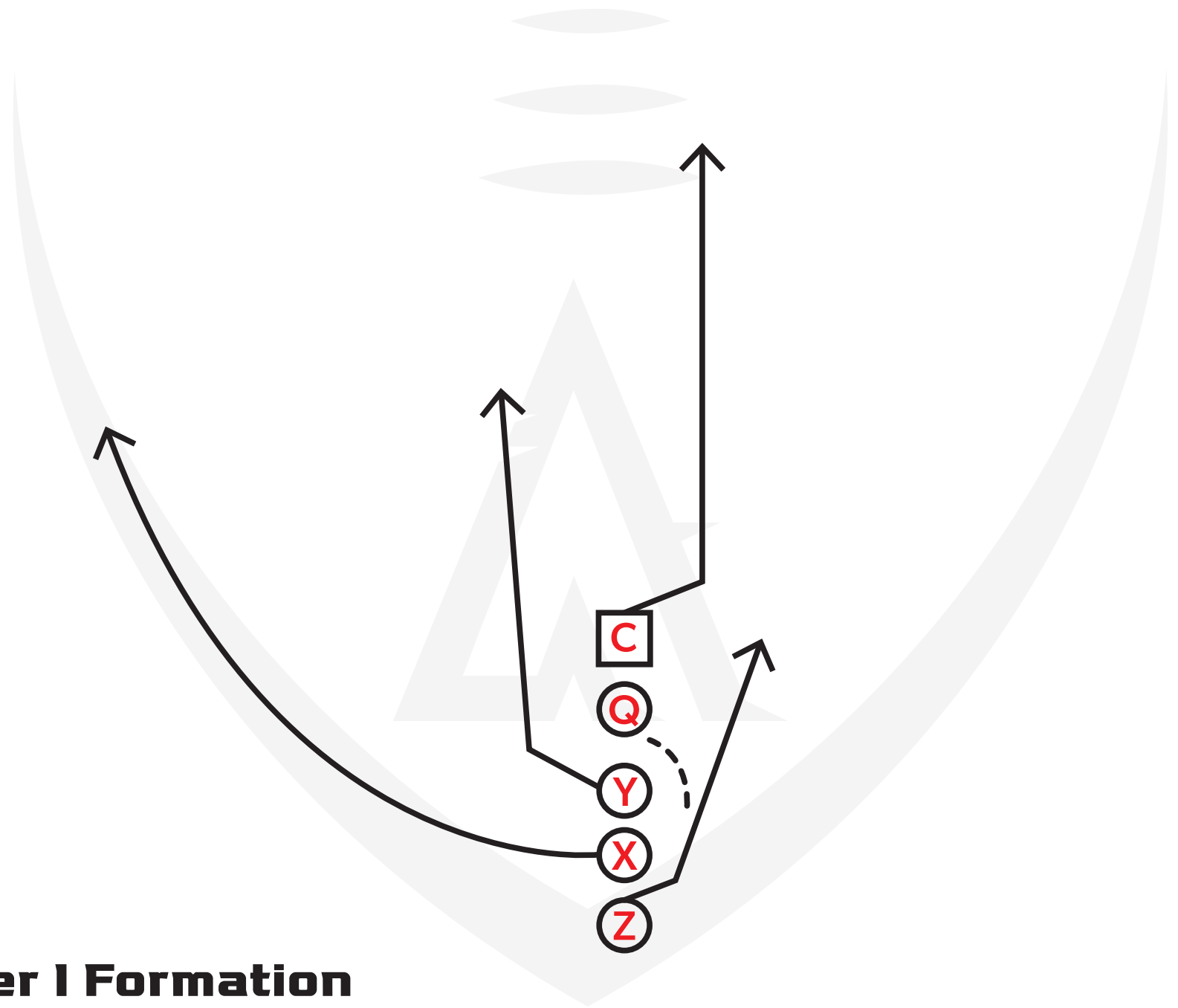


Double Back Set
XY CROSS PITCH PASS

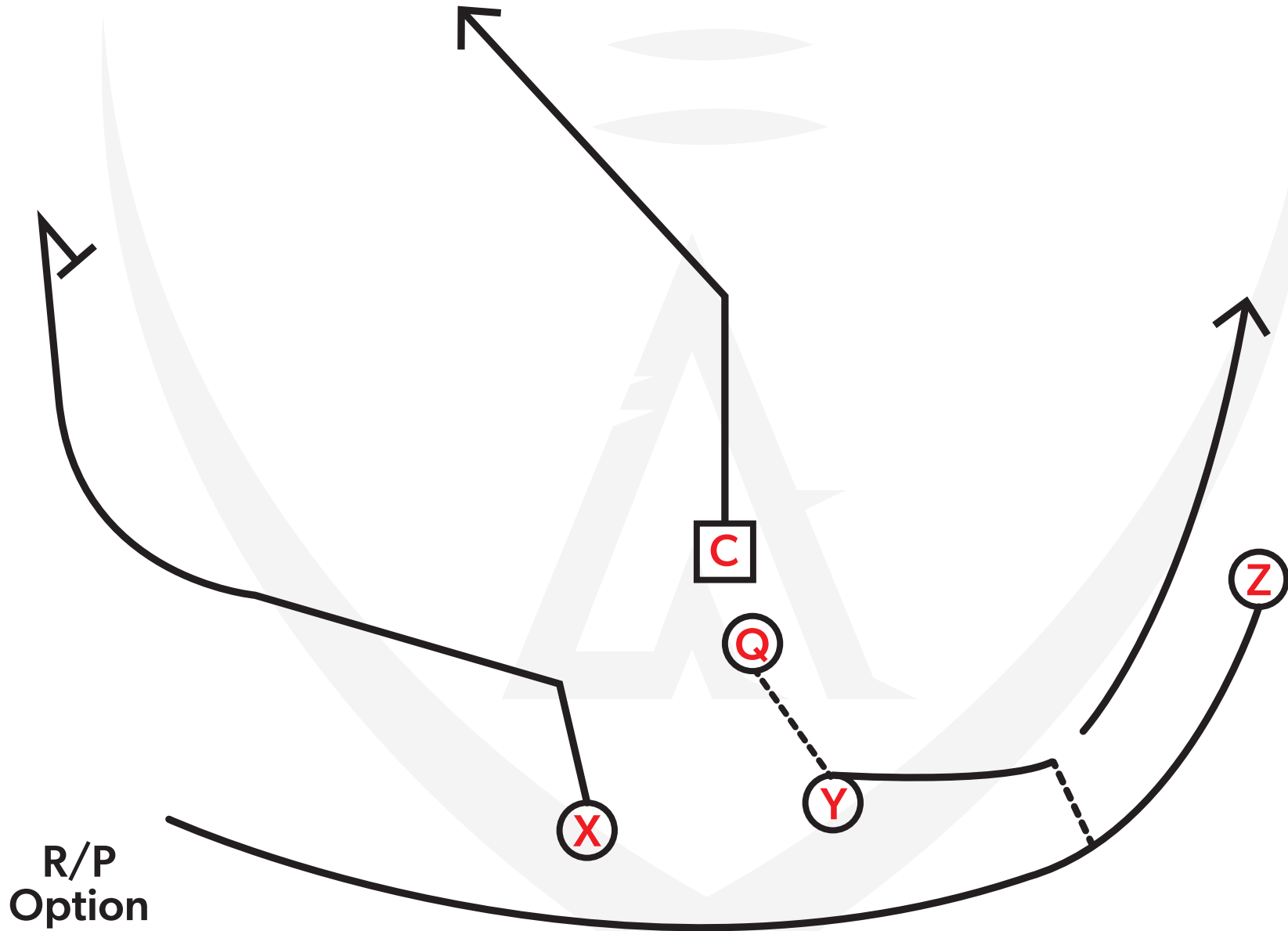
R/P
Option



Power I Formation
HB (Z) PITCH PASS

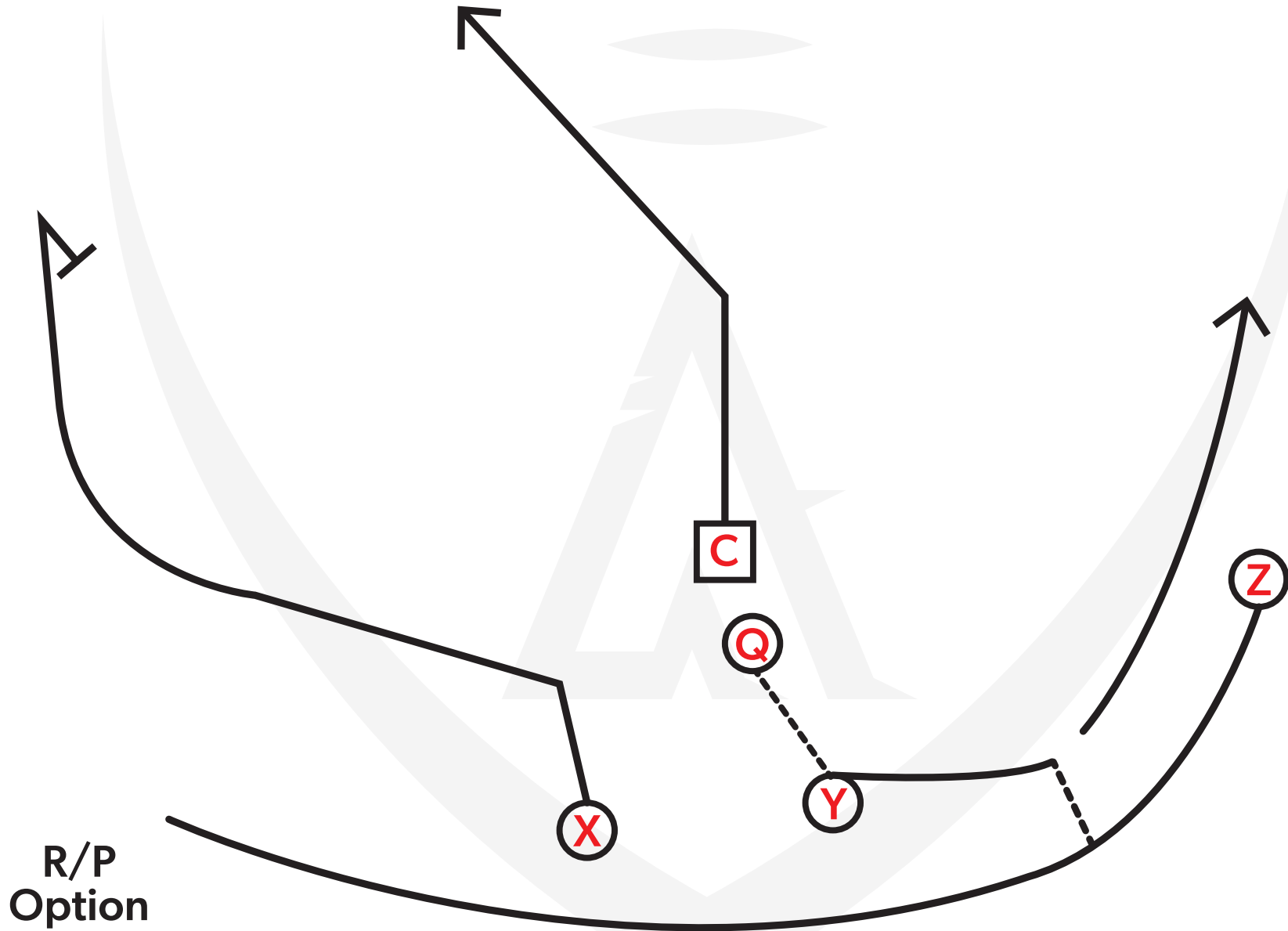


Power I Formation
HB [Z] PITCH PASS



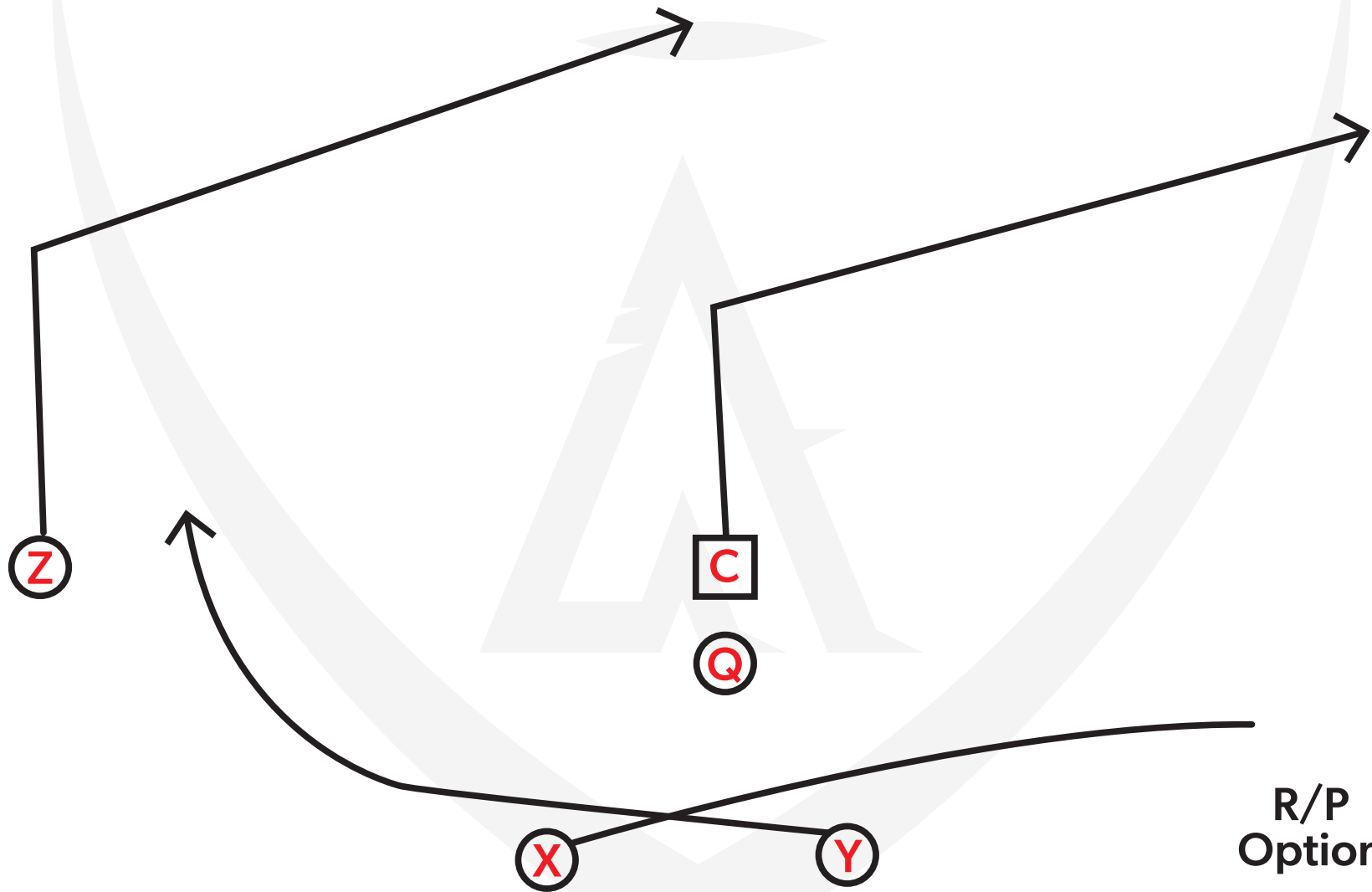
R/P
Option

Double Back Set
Y PITCH Z REVERSE



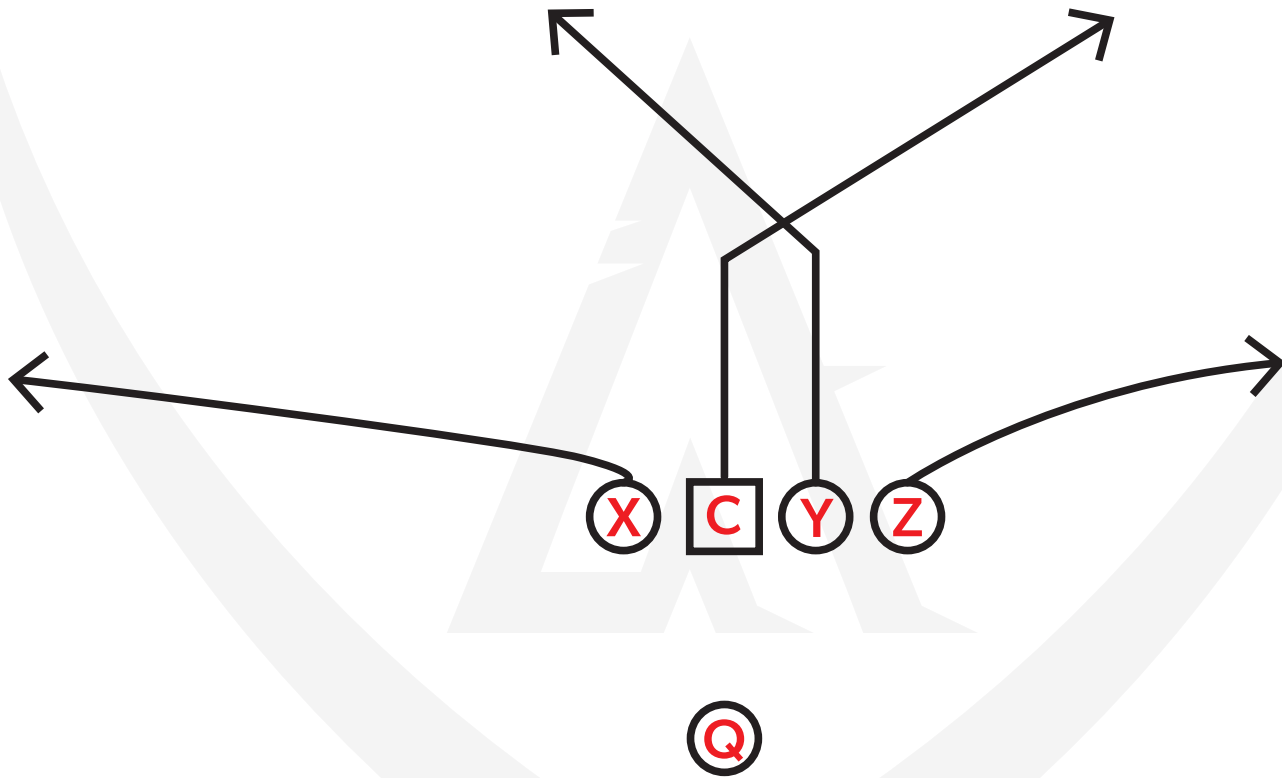
R/P
Option

Double Back Set
Y PITCH Z REVERSE

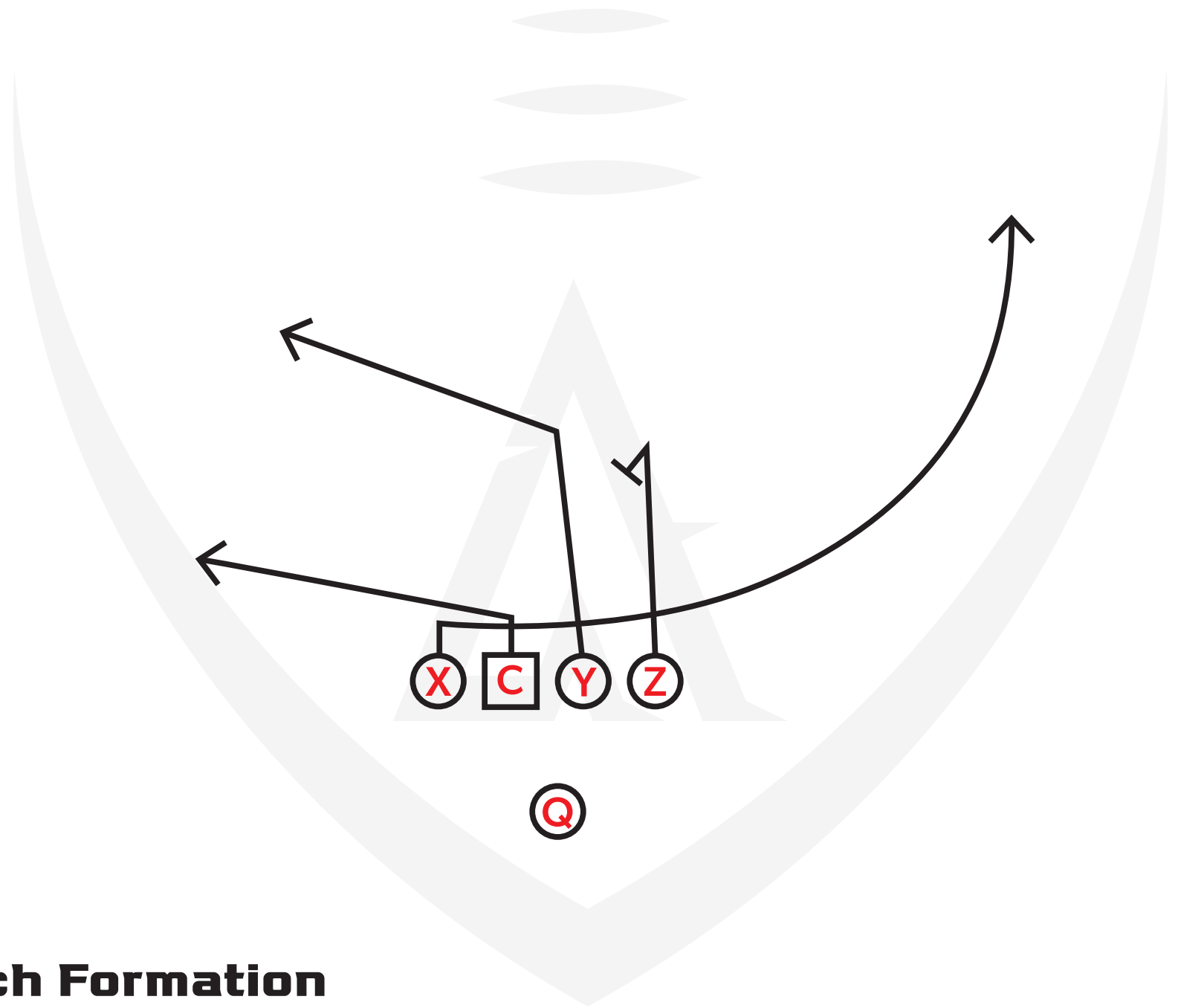


Double Back Set
XY CROSS PITCH PASS

R/P
Option



Bunch Formation
DEEP CY CROSS XZ FLAT



Bunch Formation
CY LEFT Z CURL X WHEEL