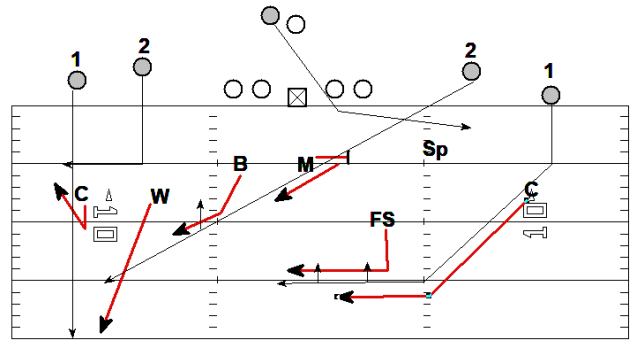


Y-CROSS

Before Leach added Four Vertical concept to the arsenal, the vertical routes in Y-Sail and Y-Cross were the main “deep” routes in the offense. The Mesh concept is the go-to route versus man coverage, but against zones expect one of the two “flood” plays: strongside (Y-Sail) or weakside (Y-Cross) flood. The Y-Cross can be ran as play action, drop back or even an RPO.



First read is the quick throw to the receiver on the left, who turns inside vs Cover 2 or to the flats vs Cover 3. The 2nd read is outside as the X either fades or posts to take a safety deep. The QB eyes will then progress to the middle, looking for the Y crosser running 18-22 yards downfield. This crosser runs “over “under Bull and over Will”, will immediately fill any space of blitzing LB or sit in zones between ILB & OLB. The last read is backside post-dig.

The running back runs a true option route. He runs five yards deep, right at our WILL, breaking outside, inside, or settling up in an open void against zones.

It’s the exact same concept as the Y-Sail, except the Y is coming from the opposite side of the formation. Y-Cross is a nice change-up to the Y-Sail and Mesh concepts versus teams overplaying the Air Raid’s inherent right-handed nature.

Covering Crossers

One of the most difficult concepts for any defensive coordinator is how to handle crossing receivers. Do you run with them or pass them off to another defender? No matter how a crosser is picked up in a zone, a problem will exist.

In a traditional zone, much like in basketball, routes get passed off to other defenders when they run through a zone. A hook to curl defender “spot drops” to his landmark and runs with any receiver coming into his zone until he reaches the edge of his zone, or another receiver entered his zone. He was told to “pass the route off” and to “look for work”.

This works good in basketball, however in football, there is just too much ground to cover, linebackers are not as good of cover guys as DBs, and there are athletic mismatches vs speedy slot receivers. Advanced passing concepts have also become more advanced, overloading zones and running high/low concepts. Splitting the two and rallying to the throw no longer works as more high school QBs can fit the ball into the tightest of windows.

There are four choices: (1) Pass Off; (2) Intersect; (3) Wall Off; (4) Simply run with them. We teach all four. When to use them depends on coverage and formation.

Passing Off: This is the easiest to teach but has the lowest success rate. There may not be a defender available to pass off to or the receiver may stop and sit down in between the two defenders. When the defender passes off the low crossing receiver, he must immediately climb to the next level.

