

## CHAPTER TWO

# Huddle, Alignment, Formations, Motions

### PERSONELL

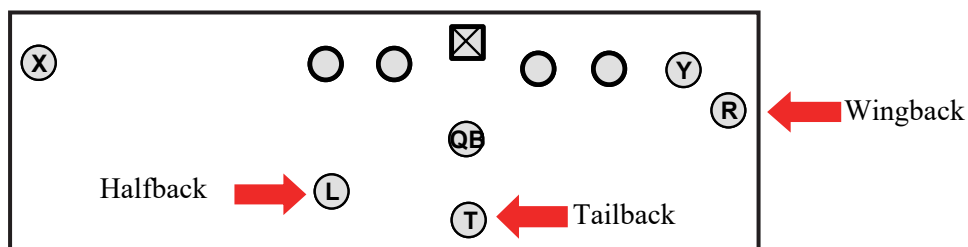


Fig 13: Alignment and Titles of Running Backs

LT	Quicker of the two tackles
LG	Great feet; Quick; Shorter is better; Would be FB in I-back offense
C	I hide my worse lineman here;
RG	Same as LG; Stronger of the two
RT	Strongest lineman

X	Wide Receiver
Y	Can be a 3rd tackle with 80 number but a Tony Gonzalez type is ideal
RH	Right Half. Quick & can catch.
LH	Left Half. Quick & can catch
QB	Quarterback
TB	Tailback. Best player. Tough with thick legs; Takes a pounding.

We “cross-train” all of our players because in high school football injuries happen and we seldom have 4 good players at any position. So our depth chart will have 3 tackles, 3 guards, and 2 centers. We will have 3 Halfbacks, 2 Tailbacks, and many times only 1 QB.

**Quarterback:** This paragraph right here is the key to the vault. The Pistol QB has to possess great game instincts and quickness. Pure, raw athleticism helps, but there has to be discipline and intelligence. While he doesn't need Olympic gold medal speed, he needs to have quick feet and above average change of direction. When he decides to pull the handoff and keep it, his first steps have to be very quick so he can hit the hole or the edge before the defense reacts. And the last, but very important quality, is unselfishness. This offense gives him the green light to run, but he has to possess patience and great decision making skills.

If you have the typical Wing-T quarterback who is highly intelligent, but not a great athlete. He is a leader who understands the importance of deception then I would talk you into staying under center.

### ***Offensive Line***

We do not flop our linemen because we believe it slows down the tempo and gives the defense tendencies. While flopping provides a shorter learning curve, we believe this is negated when a left guard has to play right guard due to injury. To make the down blocking easier our linemen get in left handed stances on the left side of the line and right handed stances on the right side of the line.

**Tackles:** Our Tackles are the larger players on the team. The only player larger might be our Defensive Tackle. The size is necessary for the Down Blocks, however, they need to have some agility because they have to pull and escape to Backers. The Left Tackle should be the better pass blocker if you have a right handed QB.

**Guards:** Our Guards would play fullback for an I-back team. They have to be quick and have good lateral agility because they are asked to root out larger DT and NG while also pulling to block players in open space. They can be your weakest pass protectors. They have to be smart football players because they have the most to learn with the exception of the QB.

**Center:** Making the snap is the most important aspect. Durability and dependability are the next most important characteristics. Shorter players, with strong legs are good so a strong NG does not drive him back. Of the 5, your center can be your weakest player because he can chop block a dominant NG or 1 tech. It could be argued that the C should be your best player since he has so many 1 on 1 blocks and that the middle of the offense (C, QB, TB) should be your strength.

### ***Running Backs***

**Tailback:** The best offensive player on your team should be the Tailback. Although the flexibility of the offense allows you to focus on a talented Halfback or throw more when you have an exceptional QB, it is easy to get the Tailback carries because he is the only position who can run the same play right or left. The Tailback carries the ball on Belly, Down, and Guard Trap which attacks the middle of the defense and can open up the Counters, Sweeps, Options, & Play Action pass when the TB is earning the tough yards inside. For those reasons the TB should be the largest back and very durable.

**Wingbacks:** Can be smaller, but tough enough to block inside linebackers and defensive ends. They should be quick as their carries come on counters and sweeps attacking the edge of the defense. They are also integral to the passing attack as receivers.



## Ends

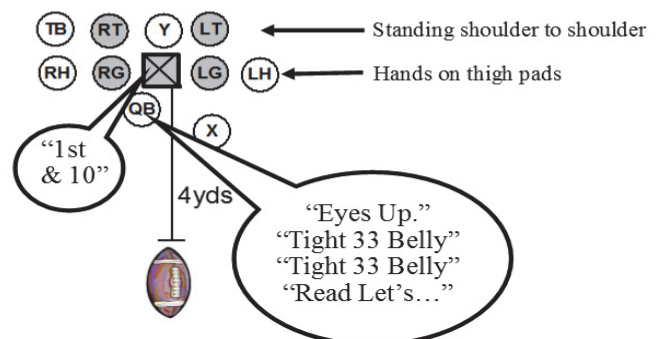
The offense is very difficult to stop if the Tight End (“Y”) can be a physical down blocker as well as being an effective split-end Wide Receiver. If we don’t have a player at TE, then our blocking TE is our 3rd best tackle wearing an 80’s number. We cross train all of X’s to play both sides so when we take the TE out, we simply yell “Two X’s” and our 2 best WR enters the game.

## HUDDLE

We will huddle approx 4 yards from the ball with everyone facing the ball. We have signaled and ran plays in and both methods work well. Whether I am running plays in or signaling from the sideline, the QB has a wristband with all the plays that have over 5 words on it.

## THE HUDDLE: “A BRIEF, EFFICIENT BUSINESS MEETING”

- Center sets the huddle 4 yards from line of scrimmage. Calls Down & Distance.
- Substitutes coming in yell out the personnel group or names of players that need to leave.
- TACKLES stand behind the guards to make Tackle Over Calls faster.
- Quarterback takes control of the huddle by saying “eyes up.”
- QB says the play the first time standing in front of the Right Halfback.
  - > At this point the “X” wide receiver and center leave the huddle.
  - > If the “Y” tight end is lining up as a wide receiver, he also leaves the huddle at his point.
- The QB then steps to his right, standing in front of the Left Guard and repeats the call.
- If anyone is unclear on the play, they say “CHECK”.
- QB should remind everyone what the snap count is, but this is not necessary since every play has a snap count associated with it.
- QB steps back, making eye contact and says “READ LET’S...”
- All eleven players say “SCORE” in unison and clap. They sprint to the line.
- Lining up at 4 yards allows the QB to just turn around & already be at 3yards.



**SPRINT TO THE LINE**

It is very important that nobody move as the QB steps back, looks everyone in the eye with confidence, and they all clap in unison. Nobody takes even an inch forward until the clap. We have to really coach our players on this, because they will start leaning and inching forward before the clap. It is also important that the "Y" hides behind the Center to minimize defensive strength calls.

After the clap the entire team SPRINTS to the LOS and immediately gets into their stances. Our goal is to snap the ball before the defense can line up.

IMPORTANT that the TE hides behind the Center so the defense cannot make an early strength call. If there is no "Tight", "Over", or "Nasty" call, the TE leaves with the X after the QB says the play for the 1st time.

Also notice the Tackles hiding behind the Guards. This makes it easier to do our Tackle Over calls.

## **NO HUDDLE**

The No-Huddle has many uses, including wearing a defense down, speeding up play, and reducing the defense's ability to change and adjust.

### Effect on Opponent Defense

- ◆ Wear out your opponent, both physically and mentally
- ◆ Limits defensive substitutions and defensive blitz calls from sideline;
- ◆ Harder for defense to prepare since their scout offense can't simulate the speed.
- ◆ No time for defensive celebrations or emotion slapping between snaps.

### Changes to Your Offense

- ◆ More snaps per game thereby increasing your chances to score;
- ◆ Easier to run 2-minute offense
- ◆ Fun for the players and fans

### Changes the Way You Practice

- ◆ Kids will run No Huddle at full speed. They won't condition at full speed.
- ◆ Conditioning simulates game situations. Gassers & stadium runs do not.
- ◆ Forces position coaches to make corrections on the fly.
- ◆ Players hear coaching corrections at game speed.
- ◆ Get more reps in practice

## ***NASCAR & MUSTANG***

I do not recommend running NO HUDDLE for entire game at the youth level. But here are two ways that you can have a fast, No Huddle curveball to throw at the defense during the game.

1. “MUSTANG”. Our best plays every week are assigned “Mustang-1”, “Mustang-2”, etc. The sideline screams the Mustang call and we run play as soon as ball is in play. For example:

“MUSTANG 1” is Belly that week and MUSTANG 2 is Sweep.

*All coaches yell is “MUSTANG 1” from the sideline and players know to sprint to the line and run Belly as soon as referee has stepped back. After the play coaches can yell for another MUSTANG play, yell to HUDDLE UP, or yell NASCAR.*

2. “NASCAR”. These are the same 4 plays, ran in the same order, in the same direction all year long. For example:

“NASCAR 1” is Sweep, Belly, Swing Pass, and Dive Middle.

“NASCAR 2” is Down, Counter, Down Pass, and Sweep.

Note that the formation in NASCAR cannot change. In the example above, NASCAR 1, would be with no TE and NASCAR 2 the Y receiver would line up in Tight formation for all 4 plays.

If NASCAR is called, players continue to run those 4 plays, in that order, until sideline tells them to Huddle up.

In MUSTANG and NASCAR, since Sweep can go in both directions, we always run sweep towards our bench. That way we can shout quick instructions as players get up to get back on the ball.

The referees will slow you down while they spot the ball and move the chains. Teach your players to huddle up at 4 yards if the ref is standing over the ball, but be ready so that as soon as he steps back, your players are SPRINTING out of the huddle and snapping the ball in under 3 seconds.

### ***Tips to Go Fast***

Players need to hand the ball to the referee. Player running deep route on incomplete pass continue running to get the ball and immediately head to sideline. The ball boys should have got a new ball to the referee already.

### SUBSTITUTIONS

- ◆ Wide receivers automatically sub in for anyone running deep routes.
- ◆ Offensive linemen who also play defensive line will be subbed out on Defense when they starting inside their 30 yard line. Also 3rd and long plays.
- ◆ Have 2 complete sets of running backs that alternate series in the 2nd quarter.

## GET THE PLAY IN

### *Signals vs Wristbands vs Running plays in*

Signal: This is the fastest, but requires memorization. (see list of signals at end of this chapter)

One coach signals in the actual play and another coach signals in a “dummy” play. Coaches can switch at quarters or halves, or use indicators such as wearing a certain wristband or turning his hat backwards.

Wristband: This is the easiest way to get the play in and there is no confusion but it is slower. Also players will not learn plays and become dependent upon the wristbands. Wristbands have to be collected & changed every week; Some coaches change wristbands at half time.

Run the Play In: This is a great way to get more players in (very important in youth football), but the player running the play in is probably not a top player and will tell the QB the wrong play. Only use this method if you are using wristbands.

At the high school level, I use a hybrid of hand signals and wristbands. Basically we signal everything in, but if the play call requires 5 or more words, then those plays are put on the QB wristband. Our QB and receivers are the only players with wristbands, so wristband plays require huddling up. All of our youth teams used wristbands, which after watching all 3 teams run this offense for five years, I suggest using wristbands, but still run players in and out of the game. Nobody is going to forget how to tell the QB, “Play 3”.



### *Wristband Examples*

Print your wristbands on laser printer. Inkjet will smudge and smear with moisture. If you don't have enough wristbands, you could print them on 9x12 laminating film sheets. They will cost \$20 for a box of 50 which will yield 100 wristbands. These sheets can be taped to the players wrist or tucked in their pants.

Put all the formations on the front card and all the plays on the 2 cards under the wristband flap. You could just signal or yell a letter with a number.

FORMATIONS on front card	
A	Loose
B	Tight
C	Over
D	Tight Trips Right
E	Over Trips Right

RUN PLAYS on inside card	
1	33 Belly
2	34 Belly
3	35 Down
4	36 Down
5	31 G

PASS PLAYS on inside card	
81	Purple Arrow
82	Purple Swing
83	Purple Quick
84	TE Silver
85	Red 75 Flat

This next example uses a “coordinate” system. “20-3” is the play 32-G. Color coding the columns gives you different ways to call each play: “3-20” / “Yellow-20” / “20-Yellow” all mean 32 G. List the plays that you call a lot in several places so that “10-1” and “100-4” and “200-5” all have 33 Belly in those coordinates.

	1	2	3	4	5
10	33 Belly	41 Trap	31 G	33 B. Pass	47 G
20	34 Belly	22 Trap	32 G	34 B. Pass	28 G
30	45 G.O.	43 Counter	31 Gut	35 D. Pass	47 “O”
40	26 G.O.	24 Counter	32 Gut	36 D. Pass	28 “O”
50	35 Down	GO 43 Ctr	31 G Read	17 GO pass	47 “T”

In this example all the odd rows (10, 30, 50, 90) are plays going to the left. Also similar plays are listed in the same columns (play action passes in column 4). Another possibility is to list 1st down plays in column one, 2nd down plays in column 2, etc.

	One / Two	Three / Four	Five / Six	Seven / Eight	
<b>B</b>	0 Tight	33 Belly	Liz 28-O	Belly 47-G	0
	1 Over	35-O	Over	Belly 22 Trap	1
	2 Trips Rt	Rip 47-O	Tight	17 GO Pass	2
	3				3
<b>A</b>	4				4
	5				5
	6				6
	7				7
	8				8
<b>C</b>	9				9
	A				A
	B				B
	C				C
<b>K</b>	D				D
	E				E
	F				F
<b>S</b>	G				G
	H				H
	I				I

	One / Two	Three / Four	Five / Six	Seven / Eight	
<b>L</b>	0 33 Belly	Liz 28-O	0	47-G	0
<b>I</b>	1 35-O	43 Counter	1	22 Trap	1
<b>N</b>	2 47-O	26 G.O.	2	17 GO Pass	2
<b>E</b>	3		3		3
	4		4		4
	5		5		5
	6		6		6
	7		7		7
	8		8		8
	9		9		9
	A		A		A
	B		B		B
	C		C		C
	D		D		D
	E		E		E
	F		F		F
	G		G		G
	H		H		H
	I		I		I

“10” or “20” = Tight 33 Belly      “72” or “82” = Tight 17 GO Pass  
 The example wristband above gives you 76 possibilities (4 columns, 19 rows).

I sell an Excel based program that generates your wristbands, game sheets, and practice scripts in minutes. (<http://www.championshipfootballvideo.com>). Templates of these excel sheets are on the CD-Rom as well as in the Appendix. A list of hand signals are also in the Appendix.

Flip Charts: Build using PVC pipe and laminated card stock.  
 Can be combination of numbers & letters.



**HAND SIGNALS**

FIRST Formations + motion

SECOND Actual Play

WRISTBAND: tap our left forearm with right hand & signal numbers using body clock + fingers. Odd numbers point away from body; Even numbers touch the body. 2 touch left shoulder, 3 point straight out, 4 touch rib cage.

DIRECTION: Run play to the left by flexing left bicep. Run play to the right by flexing right bicep.

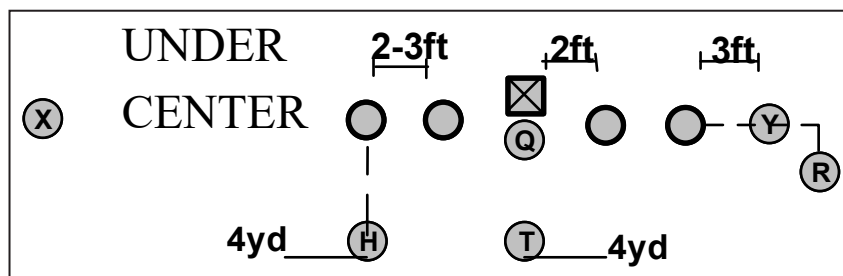
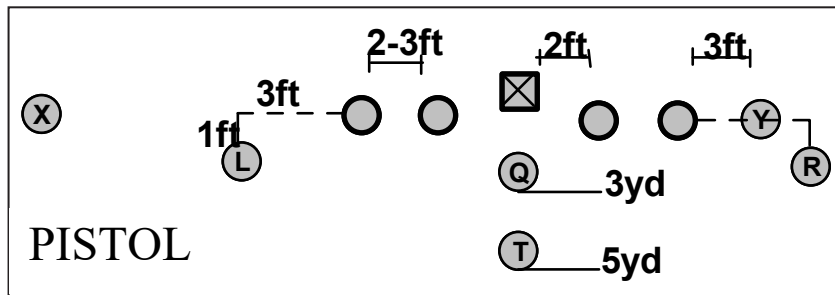
Loose	No signal. Base formation	28/47 Sweep	Liz/Rip sign+make "O" with one hand
Tight	Hands clasped over chest	Dive Middle	Wedge action with both hands
Over	Basketball traveling call	31 G Left	Shaking dice
X-Over	Make "X" with arms, then travel call	Boot Pass	Kick with a boot
X-Tight	Make "X" with arms, then tight call	Down 36 O	Hands in downward motion
Doubles	Miami hurricane	Down Counter	Down sign+4 finger claw
Lucky	Make wing w/Lt hand in rib cage	Down Pass	Horns on head
Ringo	Make wing w/Rt hand in rib cage	33 Belly	Rub belly
Halves Rt or Lt	Left or right 3 fingers in air	22 Trap	thumb & pinky in air (hang loose sign)
Stack	Fist on top of other	Belly Sweep	Flex in bulldog stance
Empty	2 palms facing up, holding a plate	Belly Pass	Lasso above head
Liz <sup>2</sup> / Rip <sup>2</sup>	Flat motion across body with Lt or Rt hand		
Lazer / Rocket	Touch left/right chest		
X	Cross arms into an X	Wraparound	Hug body
Y	Rt fist in Lt forearm. Sideways "T".	Screen	Fingers to mouth like eating a sandwich
L	"L" loser sign with left hand	Chop Pass	Tap top of head
R	Right fist straight out	Sprint Pass	Twirl rt or lft hand past shoulder
TB	Both hands behind your back		

<sup>2</sup> Liz & Rip motions are part of 28/47 Sweep.. Only need signal if running flat motion on belly, down, or G plays.

<sup>3</sup> Pass Plays are on the wristbands. We have signals for play action pass tags (slant, wheel, post, out) that can be used.



## LINING UP



### IMPORTANT

Knuckles of G, T, & TE have to be even with center's heels

Our alignments do change but at the same time must be very precise. We have a “**cheat for success**” rule that allows our players to adjust according to their abilities, the play call, and the defense. The advantage of breaking the huddle so fast does not give the defense time to pick up on these changes.

### Offensive Line

**Stance:** We get our LT and LG in a left handed stance and the RT and RG in a right handed stance. Their knuckles should be even, or parallel with the Centers heels. If you are having trouble down blocking penetrating DL or your pulling linemen are getting their legs chopped it is probably because they are not far enough back.

**Splits:** The Tackles will get a 2 foot split from the Guard if uncovered (4-4 or 4-3 defense). They will widen to a **3 foot split if covered (3-3 or 3-4 defense)**. The TE will get a 6 foot split if the Tackle is uncovered. Our Guards will always get a 2 foot split from the center.

**Quarterback - Pistol:** Our QB heels are at 3 yards and our TB heels are at 5 yards from the LOS. Your QB will have a tendency to lineup at 4 yards which pushes the TB back to 5 1/2 and even 6 yards. Lining up at 4 yards on pass plays is OK, but fight this tendency on running plays.

**Quarterback - Under Center:** We still want to maintain the flexibility to be under center.

### Running Backs

**Tailback - Pistol:** Heels at 6yds on pass plays and 5yds on run plays. If running midline or Guard Trap out of Pistol, try to scoot up to 4 1/2 and get the QB up to 2 1/2. We run these 2 plays from under center.

**Tailback - Under Center:** Heels at 4yds. Two point stance.

**Halfbacks - Under Center:** In Right formation left wing lines directly behind left tackle with heels at 4 yds in a two point stance. In Left formation, right wing is directly behind right tackle

**Wingbacks - Pistol:** We tilt our Wing backs at a 45<sup>o</sup> degree angle so that they can see the QB motion signals, as well as down and insert block easier. We have never felt that this tilt stance delayed our backs on pass routes.

Align off the tackle and not off the Tight End because many formations do not have a TE and if the Wing alignment changes, then the motions & mesh points in the backfield will be off.

4 x 1 from the Tackles on most plays;	5 x 1 on pass plays;
3 x 1 if down blocking a DE or LB.	2 x 1 if there is no TE
1 x 1 off TE butt if insert (B.I.B.) blocking on Belly	1 x 1 off Tackles butt if no TE.

## Ends

The offense is very difficult to stop if the Tight End (“Y”) can be a physical down blocker as well as being an effective split-end Wide Receiver. NASTY split is 5 yards from the Tackle in 3 point stance.

If we don’t have a player at TE, then our blocking TE is our 3rd best tackle wearing an 80’s number. We cross train all of X’s to play both sides so when we take the TE out, we simply yell “Two X’s” and our 2 best WR enters the game.

**Ball in Middle of Field:** Ends line up between the top of the numbers and the hash depending on the route.

**Ball on hash:** Boundary end will line up on bottom of number. Field End line up on hash.

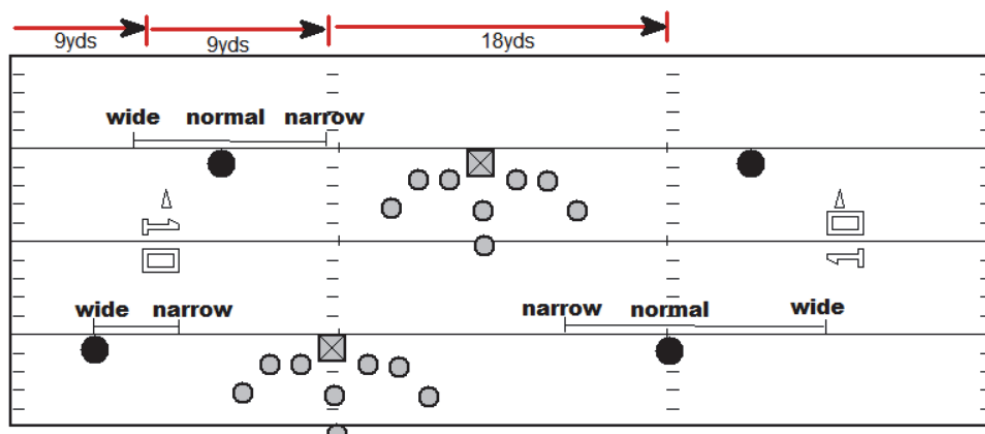


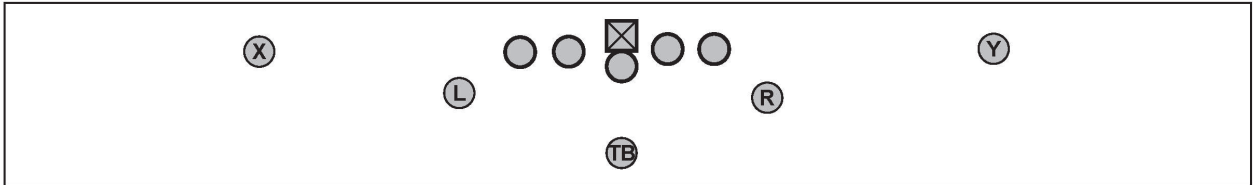
Fig 14: Receiver Alignments

**FORMATIONS**

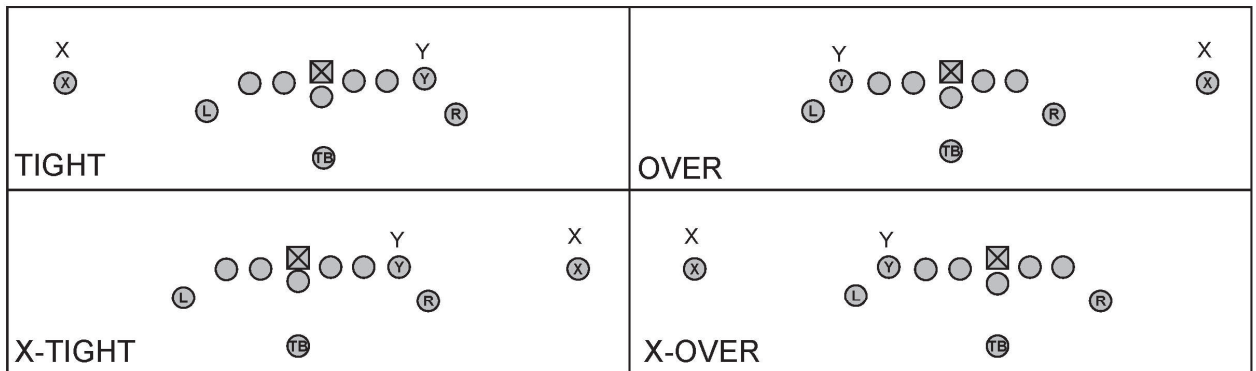
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## PEEWEE FORMATIONS

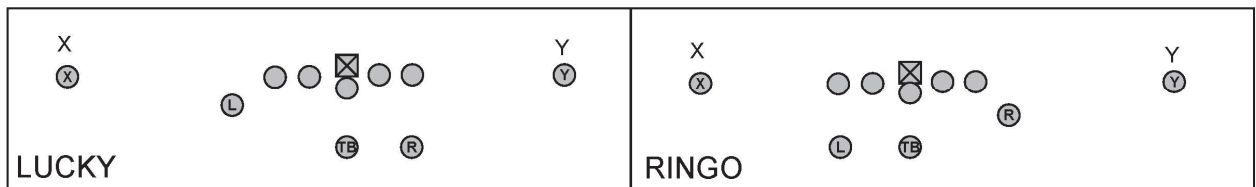
**BASE**



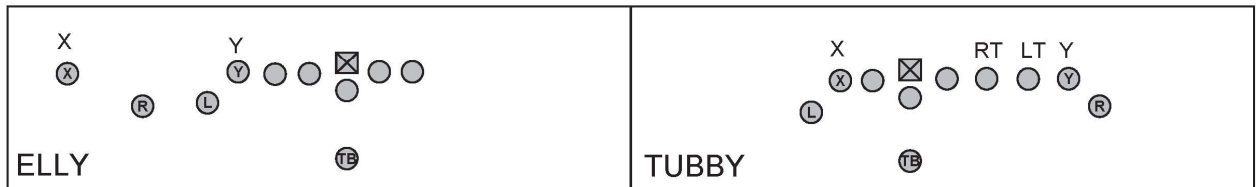
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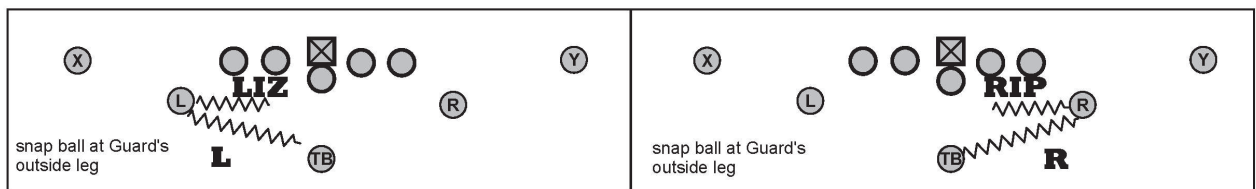
**RUNNING BACKS**



**SHORT YARDAGE**

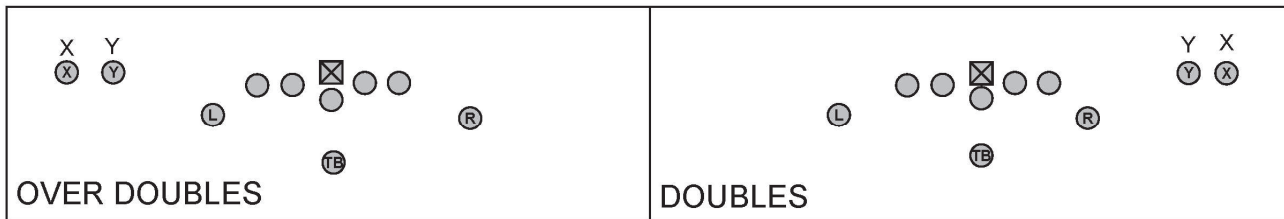


**MOTIONS**



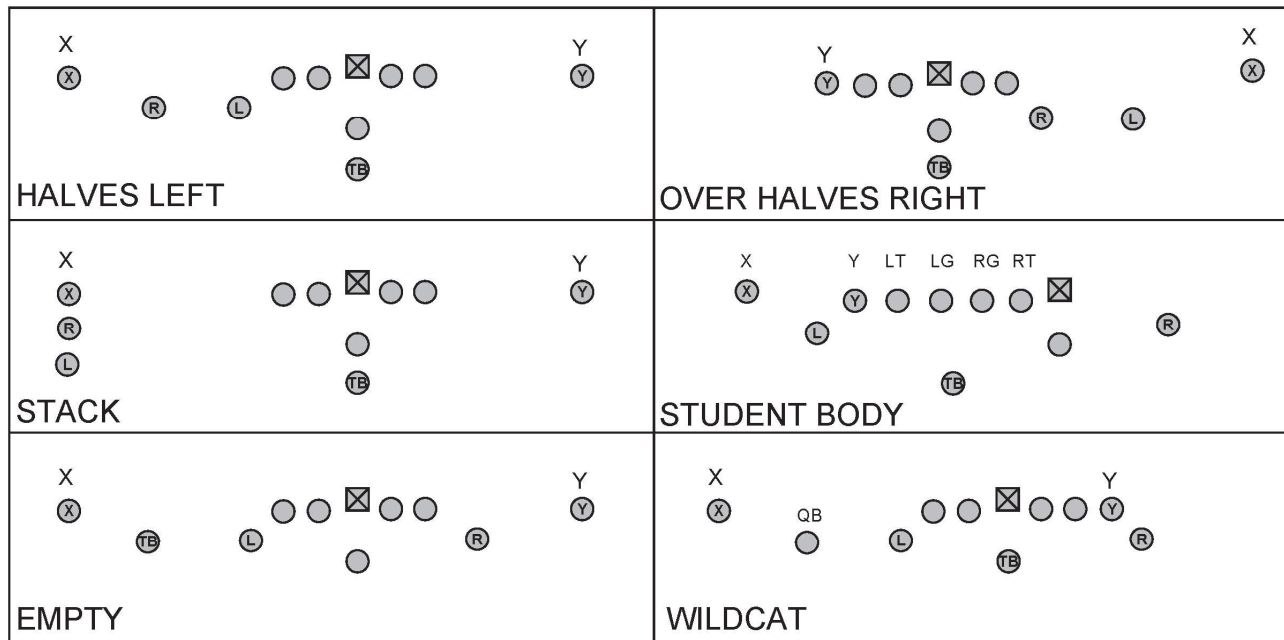
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## RECEIVERS

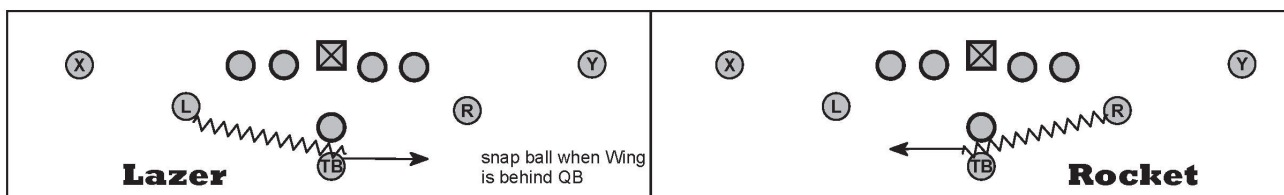


# SENIOR FORMATIONS

## RUNNING BACKS



## MOTIONS



## SNAP COUNT & MOTION LANDMARKS

**SNAP COUNT:** Ready - Set - Hit - Hit

On every play the QB will lift his heel or look at motion man, then say “R-E-A-D-Y” as soon as his heel hits the ground or as soon as head snaps back towards the center. Our snap snap counts are based upon the play call so the QB never has to tell the team the snap count:

FIRST SOUND: “READY”		SET	2nd HIT
Tubby	28/47 Sweep	Chop Pass	Trick Plays
Elly	Belly G Sweep	Sprint Pass	
Lazer / Rocket	Belly / Down	Screen Pass	
Jailbreak	Trap / Counter	Wraparound	
Mustang / Nascar	All Play Action Pass		

*MUSTANG / NASCAR: always on “Ready”*

All Left Half motions start with the letter L and all Right Half motions start with the letter R. It is the responsibility of the Wingback in motion to get to the snap count landmark. It is very important to the Linemen get-offs that the QB keeps a rhythmic cadence, so he has to lift his foot at the same time before every play and say “R-E-A-D-Y” when that foot touches the ground. The Wing back can adjust their alignments (“**cheat for success**”) to compensate for genetic differences .

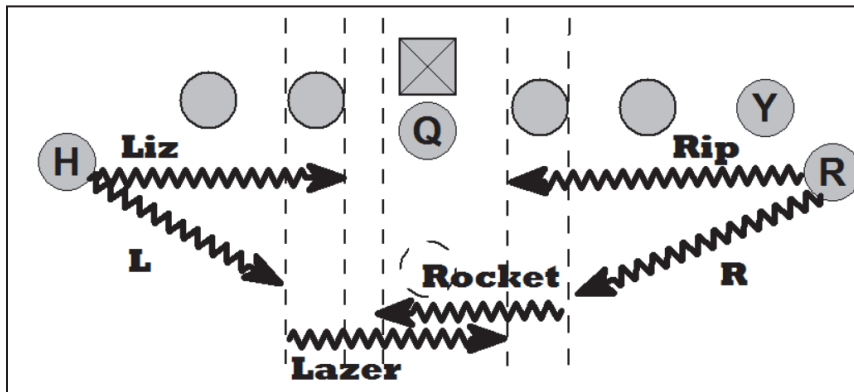


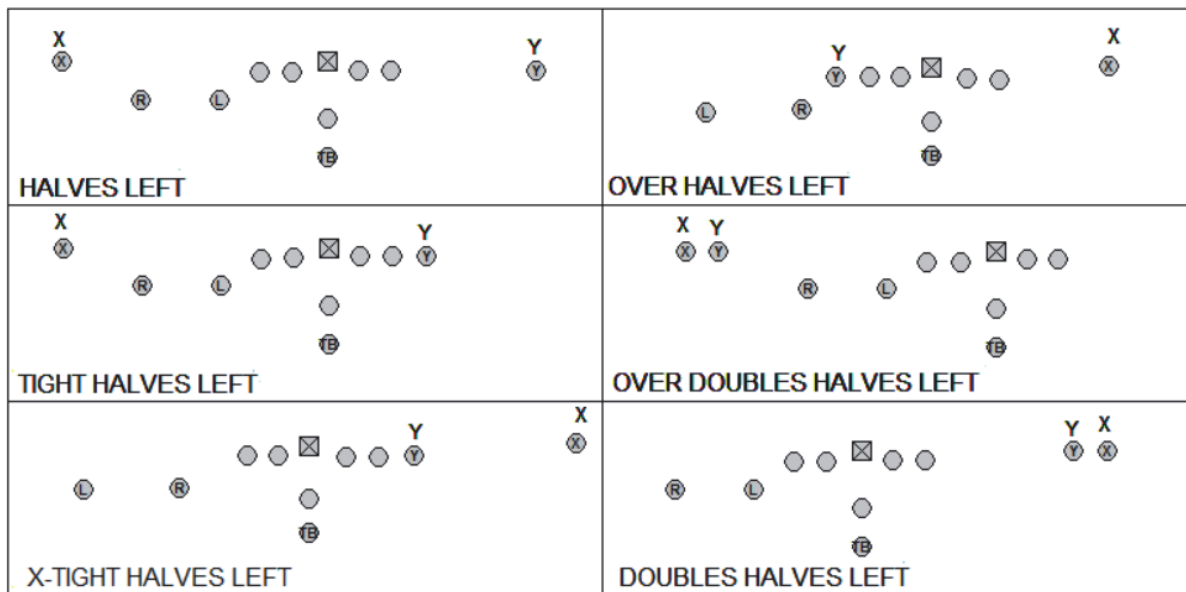
Fig 15: Snap Count Landmarks for RH motion

### Formation Combinations

The basic idea is to take any "X" or "Y" word and combine it with the running back words. here are a total of 13 formation words that can make 60 formation combinations.

X / Y WORD	RB WORD		X / Y WORD	RB WORD
Tight	Ringo		Over	Ringo
Tight	Lucky		Over	Lucky
Tight	Ram		Over	Ram
Tight	Lion		Over	Lion
Tight	Halves Left		Over	Halves Left
Tight	Halves Right		Over	Halves Right
Tight	Stack		Over	Stack
X-Tight	Ringo		X-Over	Ringo
X-Tight	Lucky		X-Over	Lucky
X-Tight	Halves Left		X-Over	Halves Left
X-Tight	Halves Right		X-Over	Halves Right
Doubles	Ringo		Over Doubles	Ringo
Doubles	Lucky		Over Doubles	Lucky
Doubles	Ram		Over Doubles	Ram
Doubles	Lion		Over Doubles	Lion

Example of all the combinations of Halves Left



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## CHAPTER THREE

# Putting It All Together

We teach a language instead of memorization. Every player has certain words that apply to him and other positions are taught to ignore those words. This allows us a lot of flexibility in teaching and changing things with very little explanation. It is no different to when we learn our alphabets and words...allowing us to easily change those words in sentences and everyone understands what we are saying.

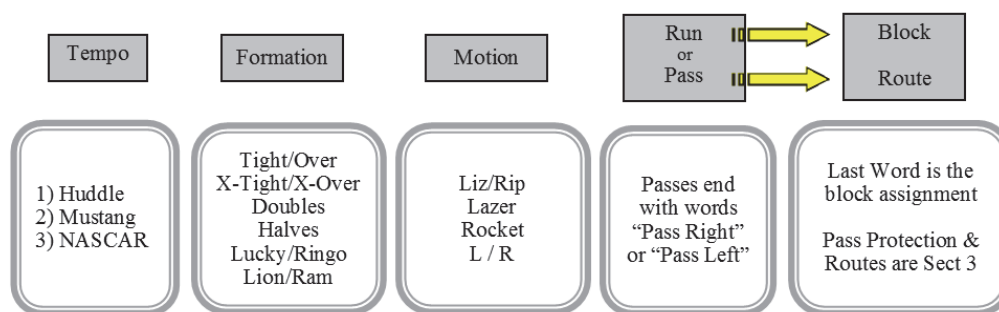


Fig 16: PROGRESSION OF HOW WE CALL A PLAY

We need to communicate all six of these areas in order to get a play called.

1. Huddle or No Huddle: This is communicated from sideline as soon as previous play is blown dead.
2. Formation & Motions: X/Y Words combined with RB words.
3. Run or Pass: If the word "P-A-S-S" is not mentioned, then it is a run play.
4. Run Hole or Pass Protection: We use 2-digit numbers for run and colors for pass protection.
5. Snap Count: Built into each play.

## NO HUDDLE TEMPOS

We huddle up and sprint to the line most of the game. These are our two No Huddle tempos that we run when the defense is getting tired or when we need to go really fast.

“MUSTANG”. Our best plays every week are assigned “Mustang-1”, “Mustang-2”, etc.

For example, “Mustang-1” stands for Liz 28-O and “Mustang-2” stands for 33 Belly.

The sideline screams the Mustang call and we run play as soon as the ball is put into play.

These plays can change every week or you can keep them the same.

“NASCAR”. These are the same 3 plays, ran in the same order, in the same direction all year long. The sideline screams which NASCAR package we are running and the players continue to run those 3 plays in that order until sideline tells them to Huddle up.

<u>NASCAR:</u>	Sweep, Wraparound, Belly Sweep;	<i>(ran in LOOSE formation)</i>
<u>NASCAR TIGHT:</u>	Down, Boot, Belly;	<i>(ran in TIGHT formation)</i>
<u>NASCAR HALVES:</u>	Reach, Trap, Swing Pass	<i>(ran in HALVES formation)</i>

In MUSTANG and NASCAR tempo’s, we do NOT soft huddle, but wait, in formation, 1 yard behind the ball until the Umpire steps back behind the defensive line after the White Hat has chopped the ball into play. Our goal is snap the ball within 1 second after the Umpire steps back away from the ball.

## FORMATION

If X and Y do not hear a formation word that affect them, then they both line up as Wide Outs (“LOOSE”). If the LW and RW do not hear one of their words, then they line up as Wings. To lineup in LOOSE, the first word of the play call would be a motion or the actual play.

TACKLES	Y	X	TB	LW	RW
	Tight	X-Tight	Far	Ringo	Lucky
	Over	X-Over	Near	Ram	Lion
TACKLES OVER					
Tubby	Tubby	Tubby			
Thumper	Thumper	Thumper		Thumper	Thumper
TWO RECEIVERS					
	Loose	Loose			
	Doubles	Doubles			
TRIPS					
				Halves	Halves
QUADS					
	Elly		Empty	Elly	Elly
			Wildcat		
Student Body					



**RUN PLAYS**

SWEEP LEFT FAMILY			SWEEP RIGHT FAMILY		
PeeWee	Juniors	Seniors	PeeWee	Juniors	Seniors
Sweep Lt	Sweep Lt	47-O or Reach	Sweep Rt	Sweep Rt	28-O or Reach
Dive Middle	Dive Middle	31 G	Dive Middle	G Left	30 On
Boot Rt	Boot Rt	Boot Rt	Boot Lt	Boot Lt	Boot Lt
BELLY FAMILY			DOWN FAMILY		
PeeWee	Juniors	Seniors	PeeWee	Juniors	Seniors
Belly Lt	Belly Lt	33 Belly	Down Rt	Down Rt	Down 36-0
Counter Rt	G Right	24 Trap	Counter Lt	G Left	45 TY
B. Sweep Lt	B. Sweep Lt	Belly 47-G			
B. Pass Lt	B. Pass Lt	Belly Pass Lt	D. Pass Rt	D. Pass Rt	Down Pass Rt
SHORT YARDAGE					
PeeWee	Juniors	Seniors			
Toss Lt	Toss Left	Toss Left			
Tubby	Tubby	Tubby			

**PASS PLAYS**

CHOP PASS			WRAPAROUND		
PeeWee	Juniors	Seniors	PeeWee	Juniors	Seniors
X / Y Slant	X / Y Slant	X / Y Slant	Liz Wraparound	Liz Wrap	Liz Wraparound
X / Y Fade	X / Y Fade	X / Y Fade			TE Screen Left
Swing Pass	Swing Pass	Swing Pass			
	Quik Pass	Quik Pass			
		Arrow Pass			
SPRINT LEFT PASS			SPRINT RIGHT PASS		
PeeWee	Juniors	Seniors	PeeWee	Juniors	Seniors
	Rip	Rip		Liz	Liz
		Halves Left			Halves Right
		Over Halves Lt			Tite Halv Right
					Ovr Halv Left

## SNAP COUNT

Build Into Each Play: Certain plays have the same snap count every time.

FIRST SOUND: "READY"		SET	2nd HIT
Tubby	28/47 Sweep	Chop Pass	Trick Plays
Elly	Belly G Sweep	Sprint Pass	
Lazer / Rocket	Belly / Down	Screen Pass	
Jailbreak	Trap / Counter	Wraparound	
Mustang / Nascar	All Play Action Pass		

## COMMUNICATION BETWEEN COACHES

The speed in which coaches communicate during the game is CRITICAL to the success of this up-tempo system. Here is our sideline procedure during the game:

1. Head Coach: If he is not the OC, he cannot be telling the OC what to call. He should be talking to refs, gauging the demeanor of the sideline, looking for fatigued players.
2. Offensive Coordinator: He is in charge and cannot have any other coaches talking to him between plays. If you do not have headsets, he is the signaler.
3. O-Line Coach: The O-Line coach needs to be down the sideline looking behind the defense to give him a better view of the D-Line angles. He will know the play by seeing the signal. He should have something to write notes on.
4. Wide Receive Coach: Should be looking at the secondary for pass and play action.
5. Running Back Coach: Should be looking at their linebackers to see if counters is open.

All talking and suggestions happen while your team is on Defense. The head coach should be focused on the defense so he has to trust his coaching staff. As soon as the offense comes off the field, the O-Linemen grab water bottles and meet with O-Line coach. They are telling the OL coach what the defense did on that play and the coach is offering suggestions. This meeting has to be very QUICK because the OL coach and the OC have to get together and chart the next 2-3 plays to open the next series with. If the head coach is the OC, he has to trust their judgement and open the next series with the 2-3 plays that they charted.

PRACTICE IN AUGUST: When we start camp in August, there is one practice per week in which we practice this gameday interaction. Even though coaches are allowed on the field during scrimmage/carnival/jamboree, you should be practicing your gameday coaching procedures.