

NEW



TERMS

PERS / FORMS

"NO" FORMATIONS

STACK

RUNS

QK GAME

DROPPACK

JERK

OTHER
(SCREENS, MOVES)

TAGS

DOS

DOUBLE BONUS

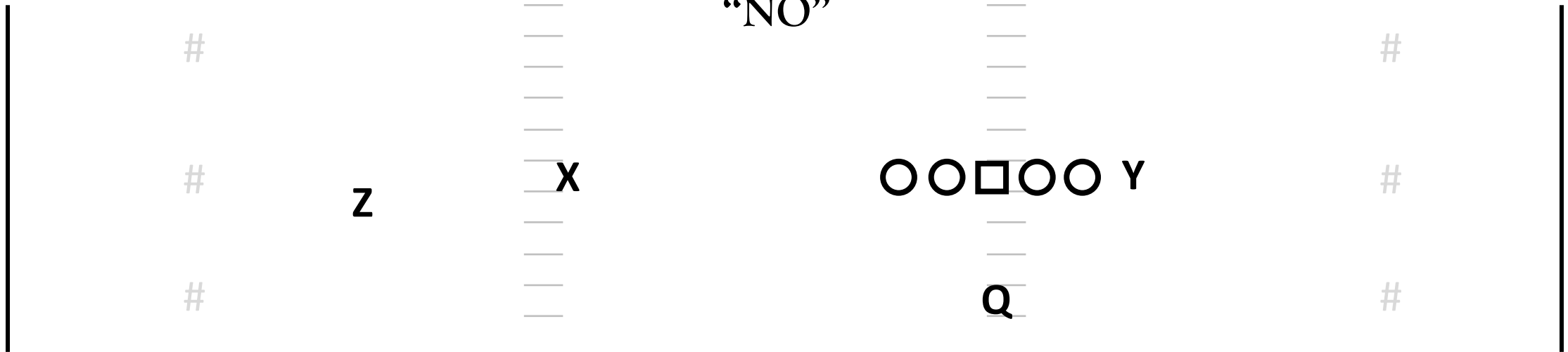
NEW PRACTICE
PLAN w/ LIMITED
CONTACT

#	TIME	PERIOD	WR	QB	RB	TE	OL
1	4:20	BIG INDY		SNAP & SNAP			LADDER (16:20)
2	4:25			DUCKS CLAY GET TE OFF THE FLATLINE			(16:25) B/S DUCKS F/S SUPERMAN
3	4:30			SUPERMAN DRILL			
4	4:35						PUSH DUCKS F/S (16:31) (NO FORCE/VIDEO)
5	4:40	SPECIALIST CIRCUIT	KO COVER / PAT FG PROTECTION				
6	4:45						
7	4:50	RUN THRU	GOODMAN POD +10 GOING IN NELSON POD +30 GOING IN				
8	4:55						
9	5:00	INDY		CHECK DOWN SWINGS			(17:00) F/S DUCKS TO/KO/C
10	5:05		STK LANDOREND SW & SLICE				
11	5:10		JERK HOT				(17:10) F/S & B/S BULL TO/KO/C
12	5:15		JERK COLD				
13	5:20	TEAM RUN / PAP	ONE GROUP -43 YARD LINE GOING OUT (GOODMAN GROUP UP FIRST; EVERY THREE FLIP PODS)				
14	5:25						
15	5:30	7 V 7/1 V 1 PR	GOODMAN POD -37 MARVIN/NELSON POD +37				(17:30) 1 v 1 PR
16	5:35						
17	5:40						
18	5:45	TEAM	ONE GROUP -43 YARD LINE GOING OUT (GOODMAN GROUP UP FIRST; EVERY THREE FLIP PODS)				
19	5:50						
20	5:55	GRP/INDY	PERIMETER SCREENS	SECURE			
21	6:00		Release Review				
22	6:05		BOX				
23	6:10						
24	6:15	ANNOUNCEMENTS					

OFFENSIVE



FORMATIONS



**B ALIGNMENTS REMAIN THE SAME*

*** In 11 Personnel Slot Receiver becomes the "B" if we tag "YES" or "NO"*

FOR

NO: Puts us in Nub formation by switching X & Y.

NO BAG

Z X ○ ○ □ ○ ○ Y B
 Q A

NO BIG

Z X B ○○○□○○ Y
Q A

NO BOY

Z X B ○ ○ □ ○ ○ Y
 Q A

NO BAG THURSDAY

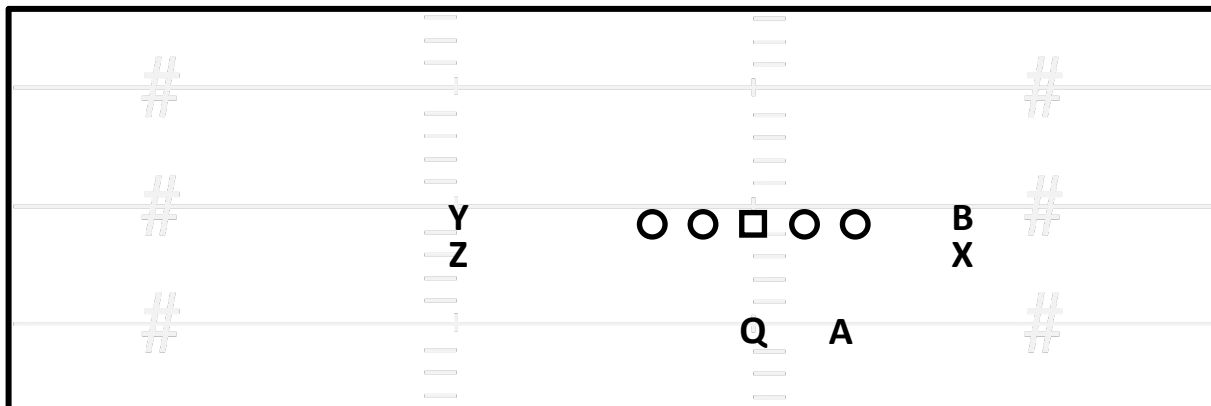
Z X A $\bigcirc \bigcirc \square \bigcirc \bigcirc$ Y B
 Q

FORMATION

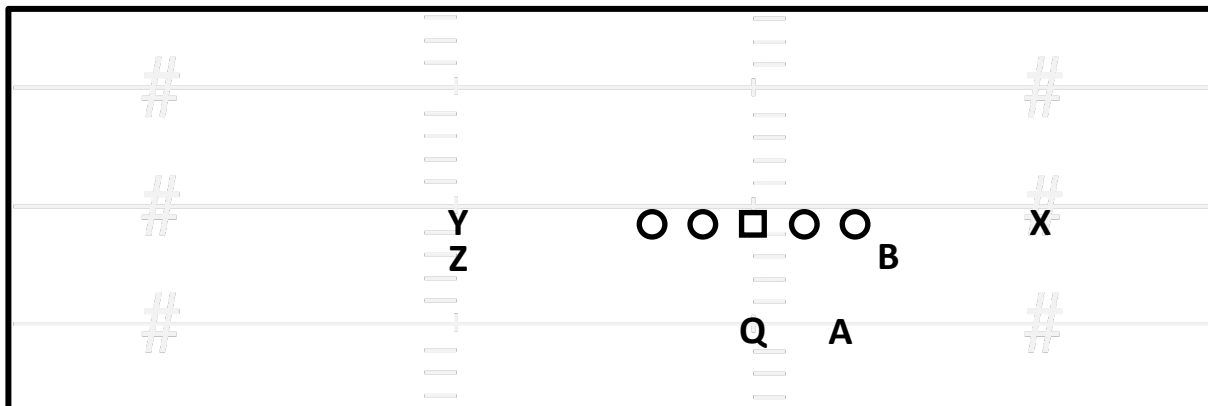


ADJUSTMENTS

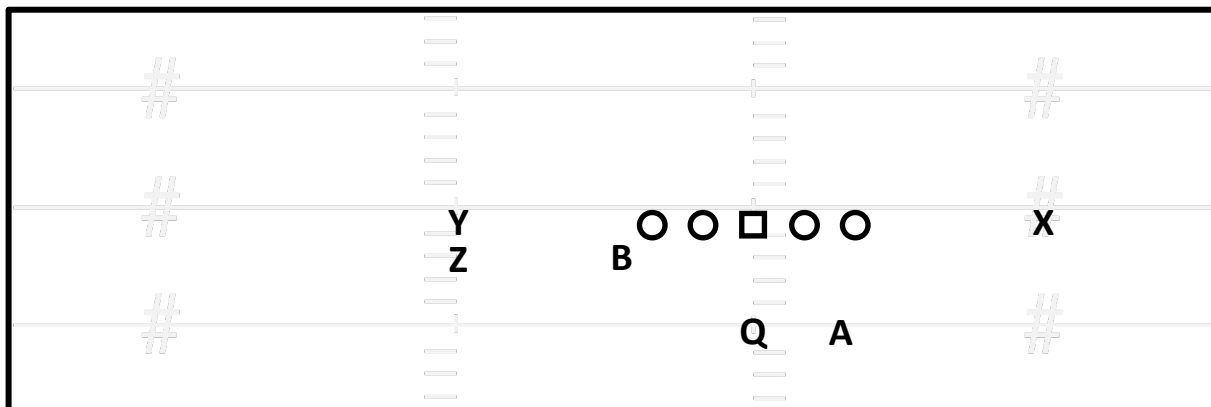
BOX STACK – #1 stacks behind #2's alignment.



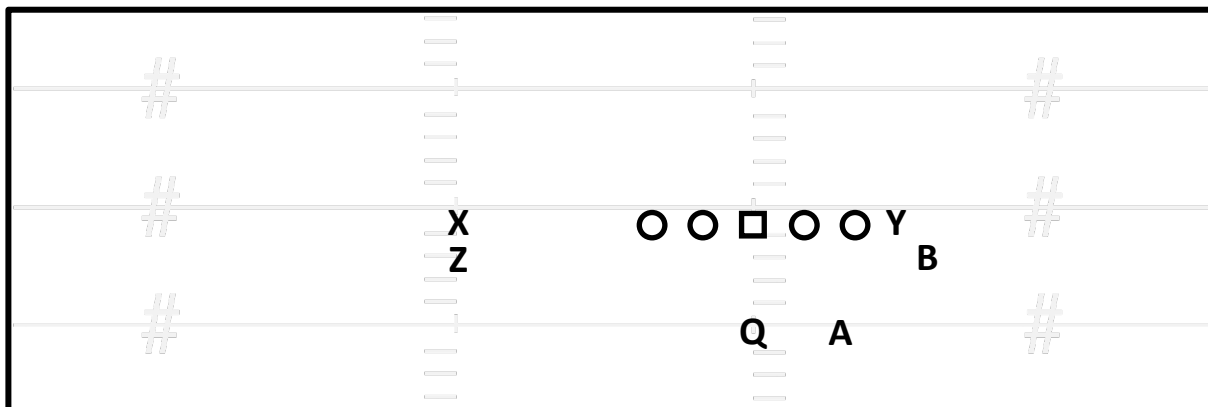
BAG STACK



BIG STACK



NO BAG STACK



JERK

90's PROTECTION

BASE RULES:

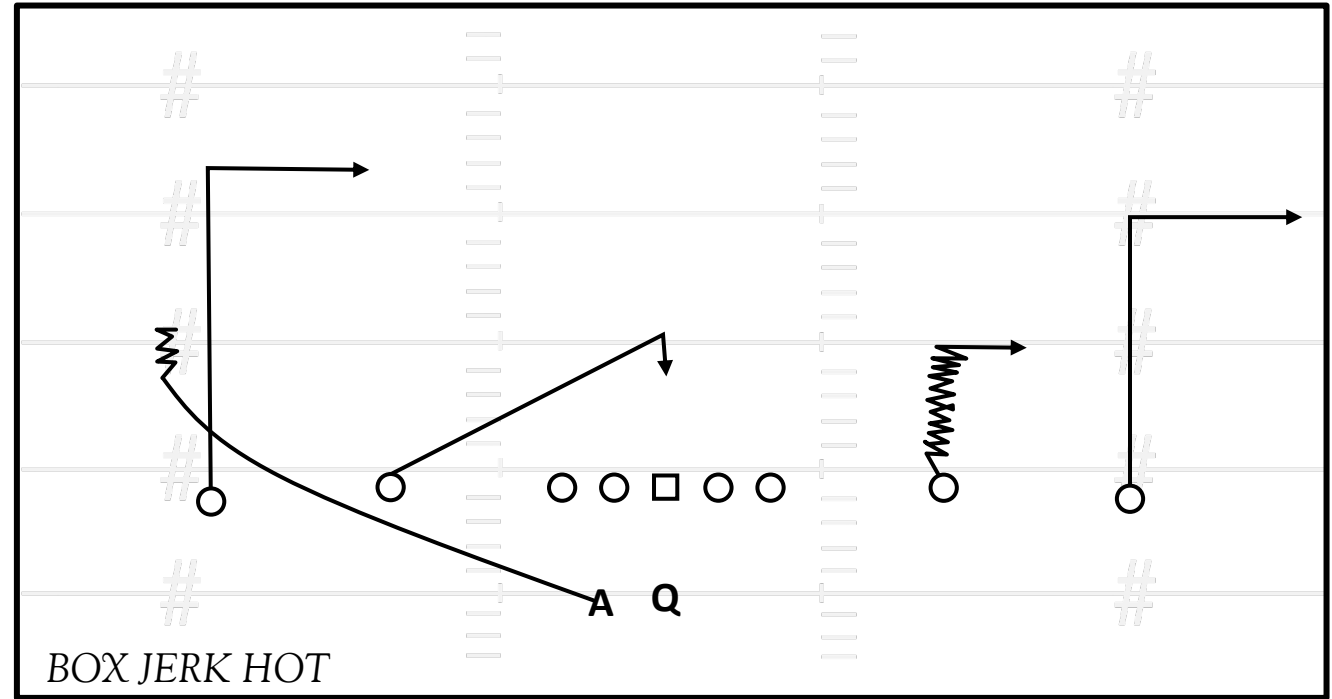
#1 PS: BENCH

#1 BS: DIG

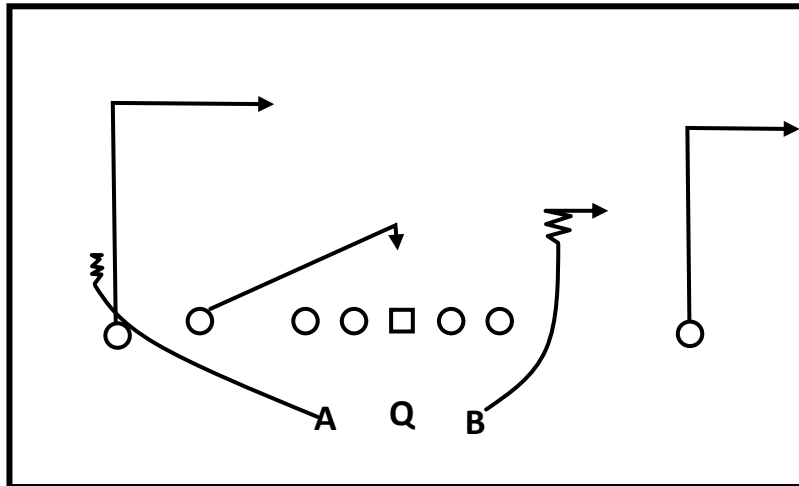
#2 PS: JERK

#2 BS: OTB

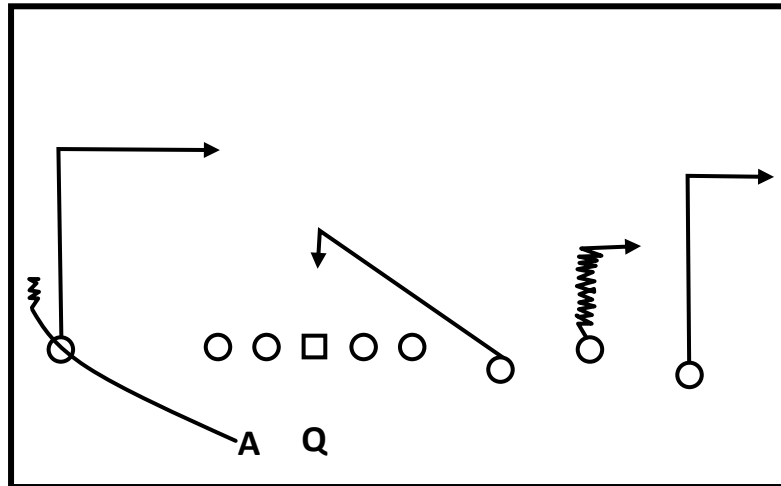
A: RAIL



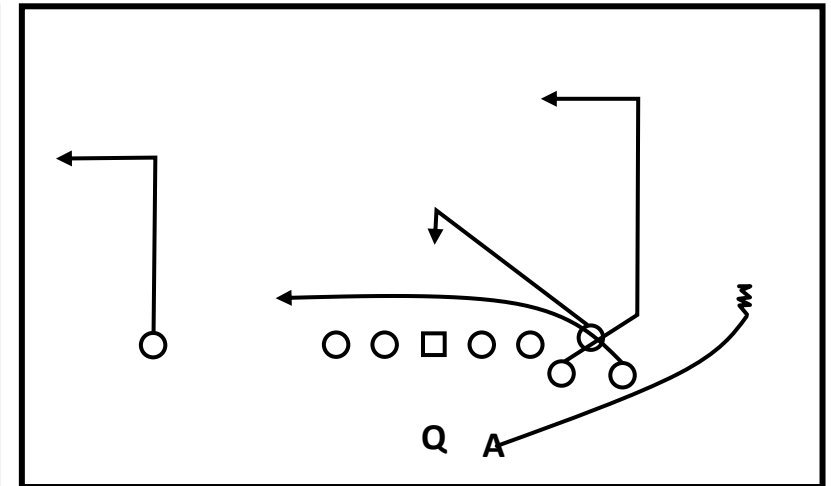
SPLIT JERK HOT



BOY JERK HOT



BIG BUNCH JERK COLD SW1V3L





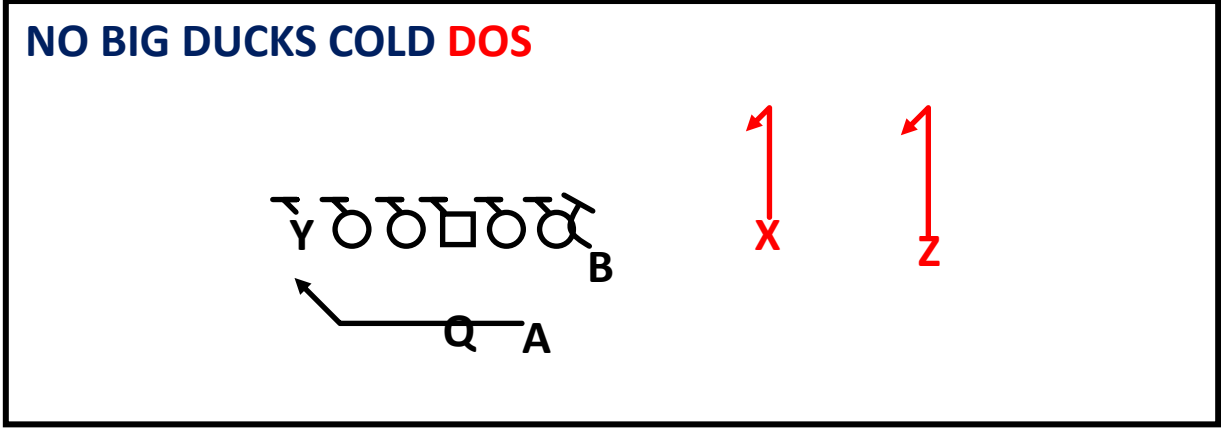
RUN TAGS

RUN



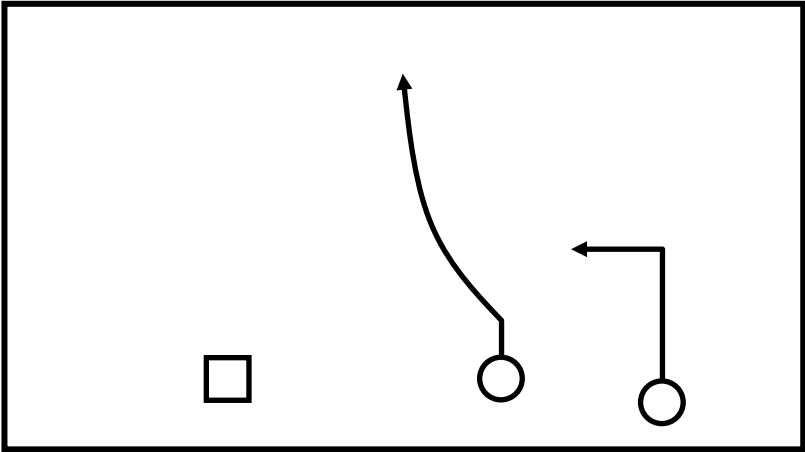
TAGS

- Dos – Box Control RPO. Two receiver side runs “Hitch Unless”.
- Double Bonus – B & Y will both bypass C-Gap defender and lead block for QB if he pulls ball.
(1st guy there takes Alley; 2nd takes “Seal, Safety”)

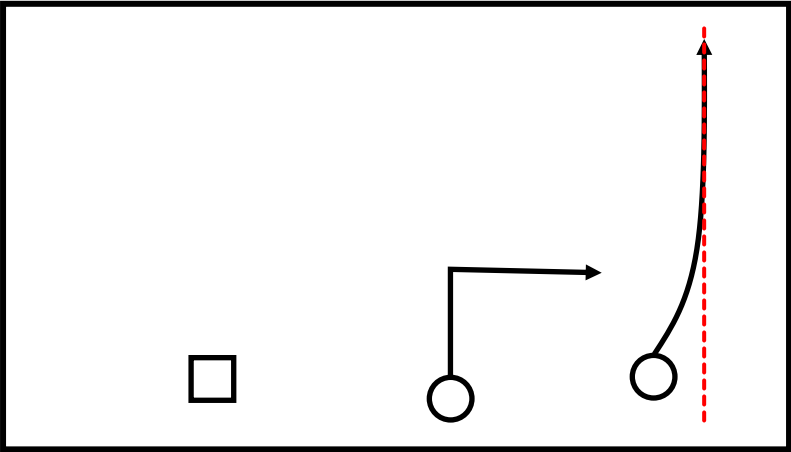


HITCH UNLESS SIGNALS:

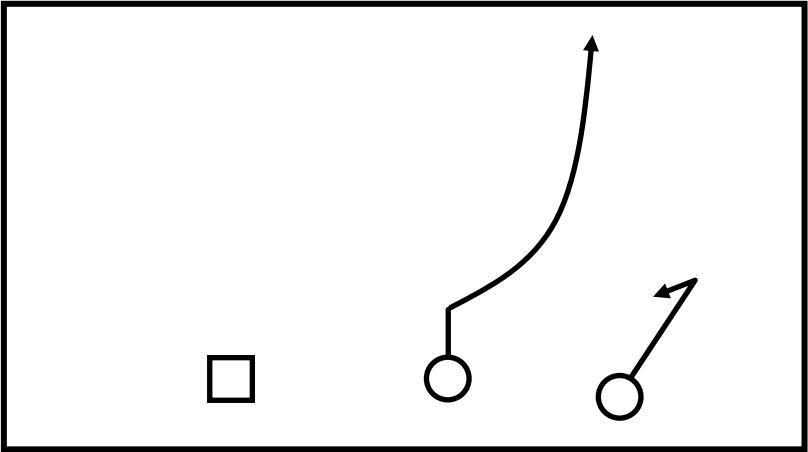
HANDS TOGETHER (BREAK IN): *SLICE*



HANDS MAKING "O" (BREAK OUT): *FADE-OUT*



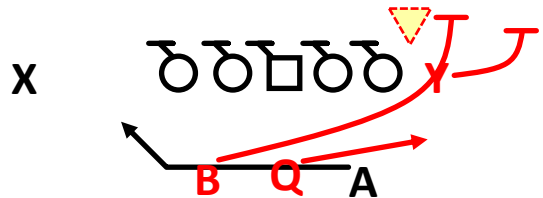
KOBE CALLING FOR "ISO" (GO DEEP): *TAPER-WITCH*



RUN TAGS

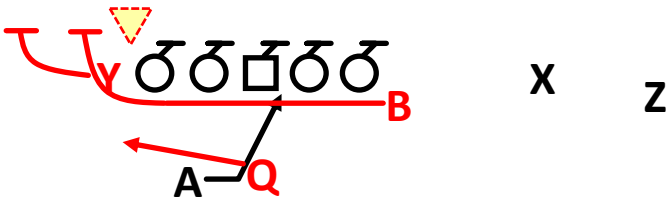
- Dos – Box Control RPO. Two receiver side runs “Hitch Unless”.
- Double Bonus – B & Y will both bypass C-Gap defender and lead block for QB if he pulls ball.
(1st guy there takes Alley; 2nd takes “Seal, Safety”)

YES SPLIT DUCKS COLD **DOUBLE BONUS**



Z
PERIMETER
RULES

NO BIG BULL HOT **DOUBLE BONUS**





RUN THRU SCRIPT / DRAWINGS

No "LINEUPS" today. Instead we will do a "Run Thru" where we'll rep plays on air. Two groups for this, both going towards the endzone. Ping-Pong'ing snaps.

RUN THRU

#	GRP	Q	H	PER	TP	FORM	MOT	PLAY	DEF / NOTE
1			L	10		BOX		JERK HOT	
2			L	10		BOX	BDAY	PSYCHO HOT TOP	
3			L	10		BOX STK		RENO SW	
4			L	12		NO BIG		DUCKS COLD YODA DOS	
5			L	12		YES SPLIT		BULL COLD DBL BONUS	
6			L	12		NO BAG THU		LOCKETT	
7			R	10		BOW	B IN	JERK COLD	
8			R	10		BOX		GOPHER HOT	
9			R	10		BOY		JERK COLD	
10			R	11		BAG	MON	DUCKS HOT TOP	
11			R	11		NO BOY		SUPERMAN HOT	
12			R	11		BAG		DUCKS HOT SABER	



RUN & PLAY-ACTION PASS SCRIPT / DRAWINGS

DURING CONTACT PERIODS PODS WILL ROTATE EVERY 3 PLAYS.

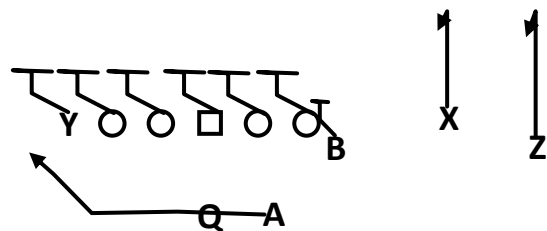
SG/OH = SEAN & ORYON POD

AC = AIDAN's POD

RUN / PAP

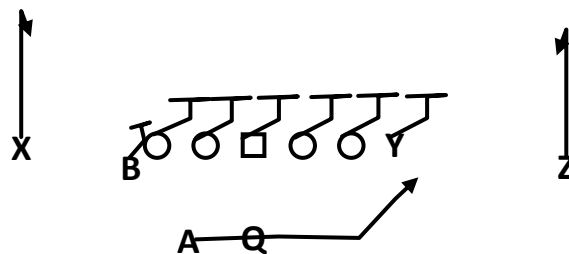
#	GRP	Q	H	PER	TP	FORM	MOT	PLAY	DEF / NOTE
1	SG	18	L	12		NO BIG		DUCKS COLD YODA DOS	
2	SG	18	LM	12		YES BAG		DUCKS HOT YODA UNO	
3	OH	12	M	12		NO BAG	MON	DUCKS COLD TOP YODA	
4	AC	12	RM	11		BIG		SUPERMAN COLD	
5	AC	18	R	11		YES BOX	BDAY	DUCKS HOT	
6	AC	18	RM	11		BAG		DUCKS HOT SABER	
7	OH	12	M	12		YES SPLIT		BULL COLD DBL BONUS	
8	OH	12	LM	12		NO BAG	MON	DUCKS COLD TOP YODA	
9	SG	18	L	12		NO BIG		DUCKS COLD YODA DOS	
10	AC	18	LM	11		BIG		DUCKS HOT SABER	
11	AC	12	M	11		BIG		SUPERMAN HOT	
12	AC	12	RM	11		BIG		SUPERMAN COLD	

(L) 12 - NO BIG DUCKS COLD YODA DOS



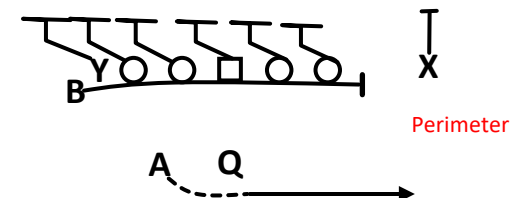
#1

(LM) 12 - YES BAG DUCKS HOT YODA UNO



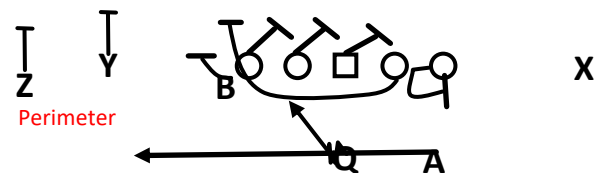
#2

(M) 12 - NO BAG MON DUCKS COLD TOP YODA



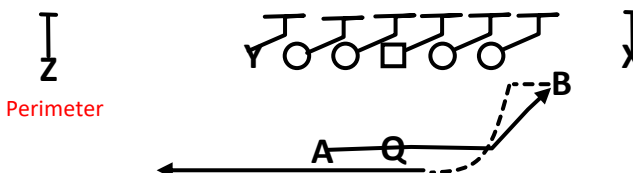
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(RM) 11 - BIG SUPERMAN COLD



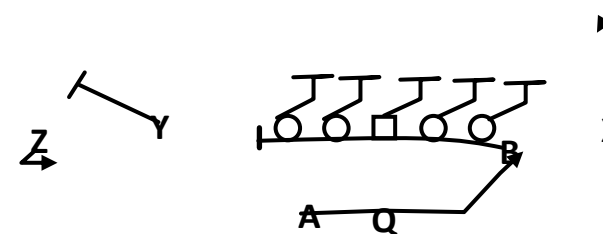
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(R) 11 - YES BOX BDAY DUCKS HOT



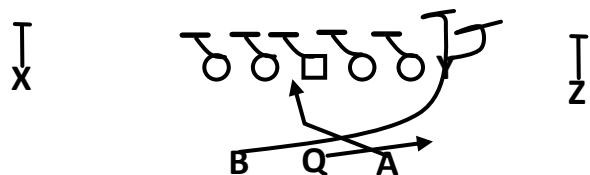
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(RM) 11 - BAG DUCKS HOT SABER



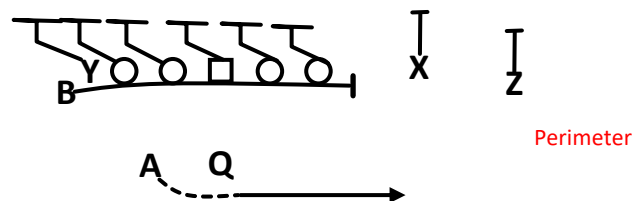
#6

(M) 12 - YES SPLIT BULL COLD DBL BONUS



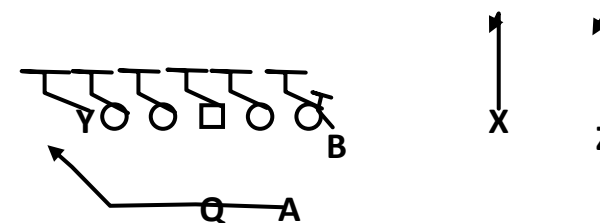
#7

(LM) 12 - NO BAG MON DUCKS COLD TOP YODA



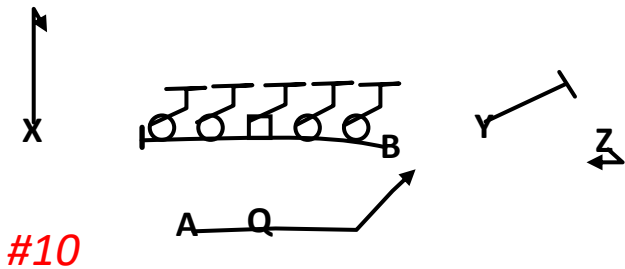
#8

(L) 12 - NO BIG DUCKS COLD YODA DOS

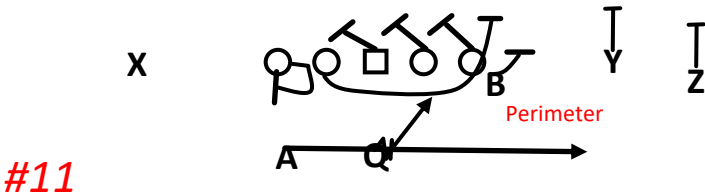


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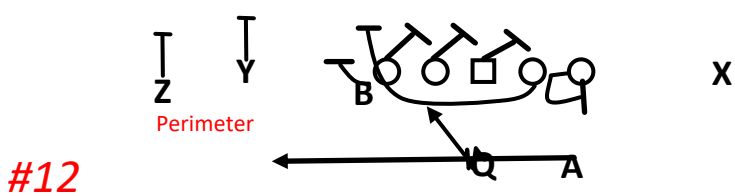
(LM) 11 - BIG DUCKS HOT SABER



(M) 11 - BIG SUPERMAN HOT



(RM) 11 -BIG SUPERMAN COLD





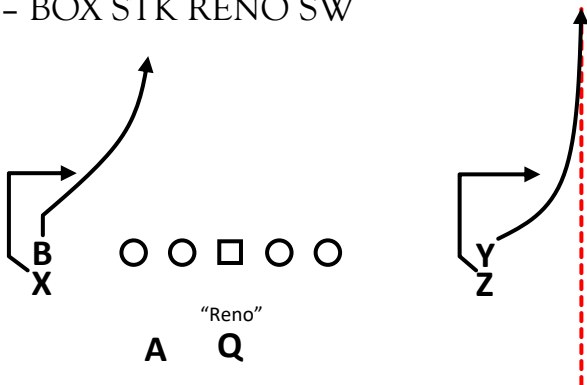
7 ON 7 SCRIPT / DRAWINGS

Same two-group
7 on 7 format as
usual.

We will throw
“NOW” screens
during 7 on 7. The
defense will react
and rally, detached
receivers will block
them.

7 ON 7									
#	GRP	Q	H	PER	TP	FORM	MOT	PLAY	DEF / NOTE
1			L	10		BOX STK		RENO SW	
2			LM	10		BOW	B IN	JERK HOT	
3			M	10		BOX		NOW	
4			RM	10		BOY		STORM COLD	
5			R	11		BIG		ADIDAS HOT	
6			RM	11		BOX		JERK COLD	
7			M	11		BAG		NOW	
8			LM	11		BOSS		STORM HOT	
9			L	10		BOY	to BOX	CROSS COLD	
10			LM	10		BOY		NOW	
11			M	10		BOW	B IN	JERK HOT	
12			RM	10		BOX	to BOSS	STORM COLD	
13			R	12		NO BAG THU		RABBIT	
14			RM	12		NO BAG		NOW	
15			M	12		YES BAG		CROSS HOT	
16			LM	10		BOX STK		RENO SW	
17			L	10		BOX		JERK HOT	
18			LM	10		SPLIT	to BOY	STORM HOT	
19			M	10		BOX		CROSS COLD	
20			RM	10		BOX	to BOY	JERK COLD	

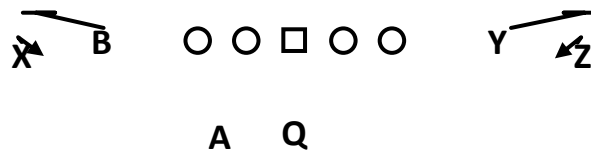
(L) 10 - BOX STK RENO SW



#1

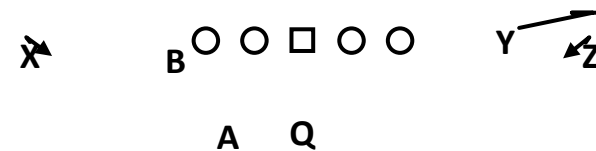
(M) 10 - BOX NOW

*We will run some NOW screens in 7 on 7 so that the defense has to react to them, and we get work blocking them up.
(Attached players do not have to block for them)*



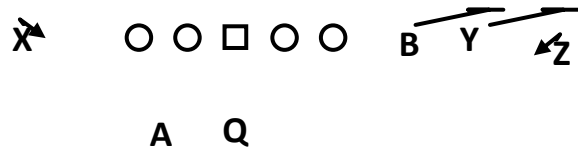
#3

(M) 11 - BAG NOW



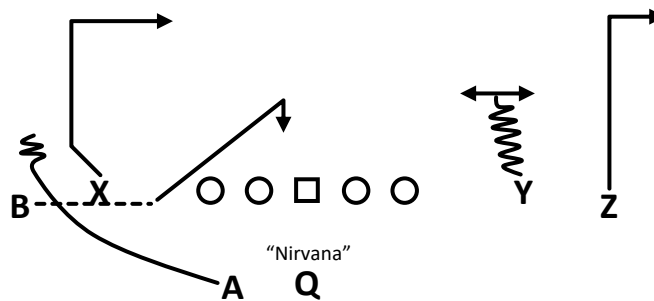
#7

(LM) 10 - BOY NOW



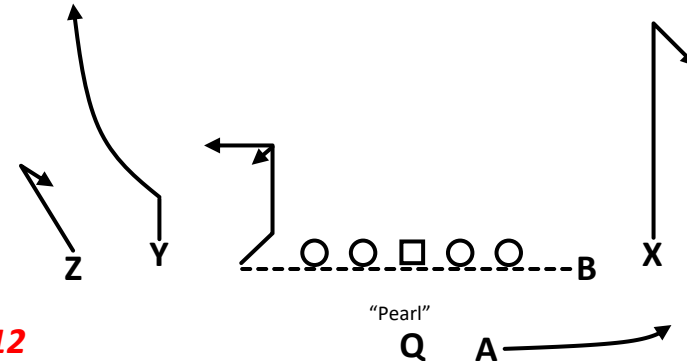
#10

(M) 10 - BOW B IN JERK HOT



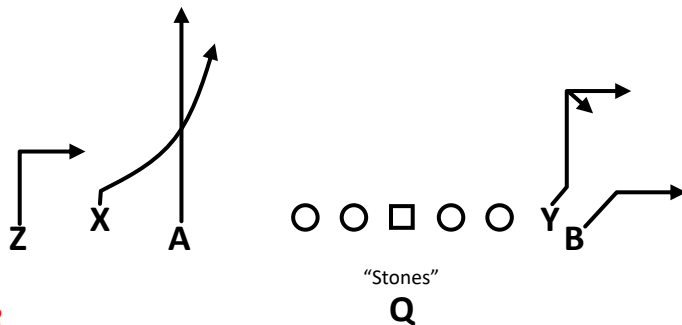
#11

(RM) 10 - BOX to BOSS STORM COLD



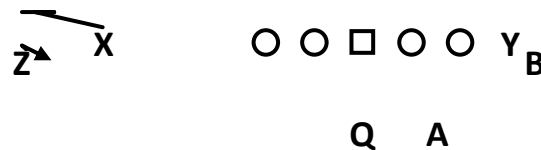
#12

(R) 12 - NO BAG THURSDAY RABBIT



#13

(RM) 12 - NO BAG NOW



#13




TEAM / DRAWINGS

DURING CONTACT PERIODS PODS WILL ROTATE EVERY 3 PLAYS.

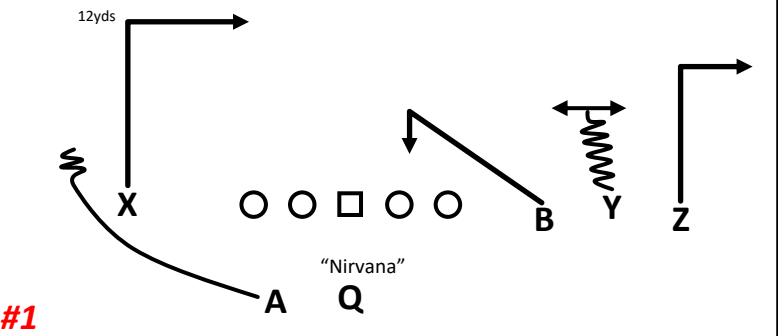
SG/OH = SEAN & ORYON POD

AC = AIDAN's POD

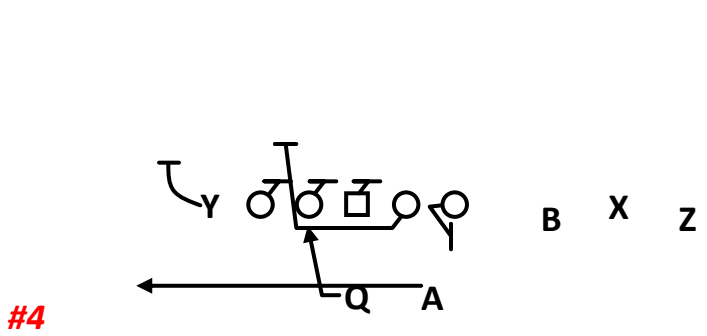


TEAM									
#	GRP	Q	H	PER	TP	FORM	MOT	PLAY	DEF / NOTE
1	SG	18	R	11		BIG		ADIDAS HOT	
2	SG	18	RM	11		BAG		BULL COLD SABER	
3	SG	18	M	11		BOY		JERK HOT	
4	AC	12	LM	11		NO BOY		SUPERMAN COLD	
5	AC	12	L	11		BIG		SUPERMAN HOT	
6	AC	18	LM	10		BOW	B IN	JERK HOT	
7	SG	18	M	10		BOX		GOPHER COLD	
8	SG	18	RM	12		NO BAG THU		RABBIT	
9	SG	12	R	12		YES SPLIT		BULL HOT DBL BONUS	
10	AC	12	RM	11		BAG	MON	DUCKS HOT TOP	
11	AC	18	M	11		BOX		GOPHER HOT	
12	AC	18	RM	11		BOSS		STORM COLD	

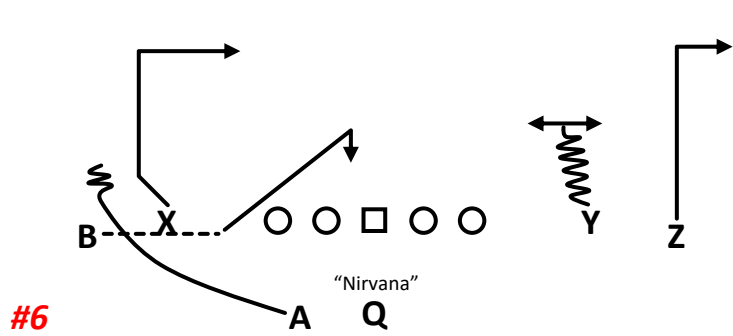
(M) 11 - BOY JERK HOT



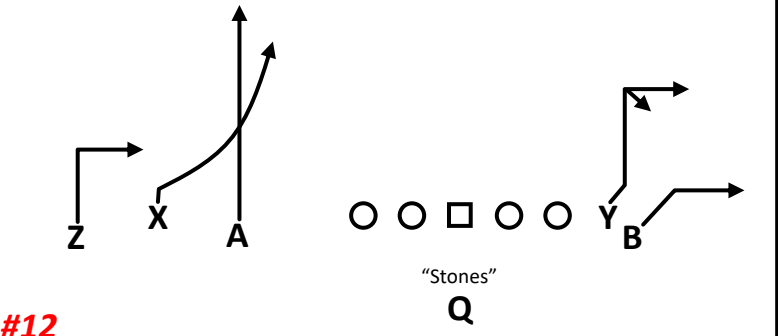
(M) 11 - NO BOY SUPERMAN COLD



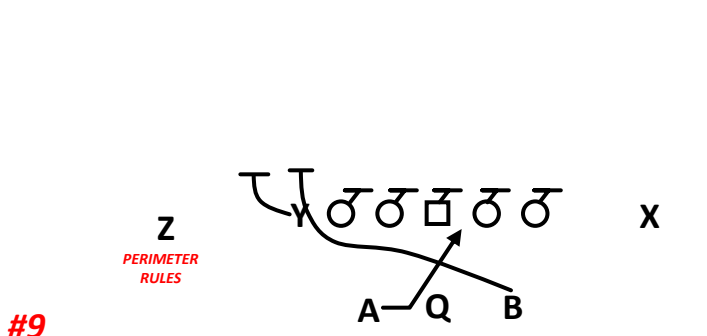
(LM) 10 - BOW B IN JERK HOT



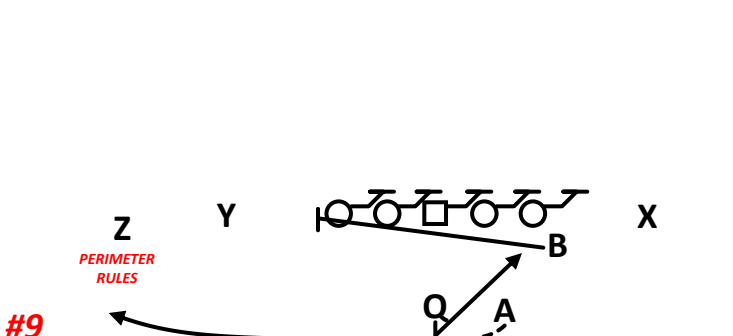
(RM) 12 - NO BAG THURSDAY RABBIT



(R) 12 - YES SPLIT BULL HOT DBL BONUS



(RM) 11 - BAG MONDAY DUCKS HOT TOP



(R) 12 - NO BAG RABBIT

(R) 12 - NO BAG RABBIT

(R) 12 - NO BAG RABBIT