

INSTALL  
ONE



20

21

TEMPOs  
& PERSONNEL

# OFFENSIVE



# TEMPO's

## REGULAR

Regular Operation

## FASTBALL

One-Word Calls

## NASCAR

Pre-Packaged 3 Plays

## AUTO

Formation Locked

## HUDDLE

Traditional Huddle

If we don't specify a tempo, this is the tempo we are using. We use it for 80–90% of our snaps.

- *Personnel* is echoed in from the sideline.
- *Formation* is set to the field unless tagged otherwise.
- *B's Alignment* is given on the Formation Board.

- *Formation Adjustments, Motions, & Play* are hand-signaled in.

*When QB is ready for the snap he will give a code-word indicator & clap to the CENTER.*

*CENTER calls "READY - GO - HIT!"*

*\*Snap ball on the "T" in hit.*

# OFFENSIVE



# PERSONNEL

X

WK Side Wideout

Y

STR Side Slot

Z

STR Side Wideout

A

Tailback

B

Adjustor

## PERSONNEL GROUPINGS

10 (Base) – 1 RB, 0 TE's

A – RB; B – WR

11 – 1 RB, 1 TE

A – RB; B – TE

INSTALL  
ONE



FORMATIONS  
& MOTIONS

# OFFENSIVE



# FORMATIONS

X

WK Side Wideout

Y

STR Side Slot

Z

STR Side Wideout

A

Tailback

B

Adjustor

The way we call formations centers around the idea that we only really use one formation, called 2 different ways...

LEFT

Z      Y      ○○□○○      X

RIGHT

X      ○○□○○      Y      Z

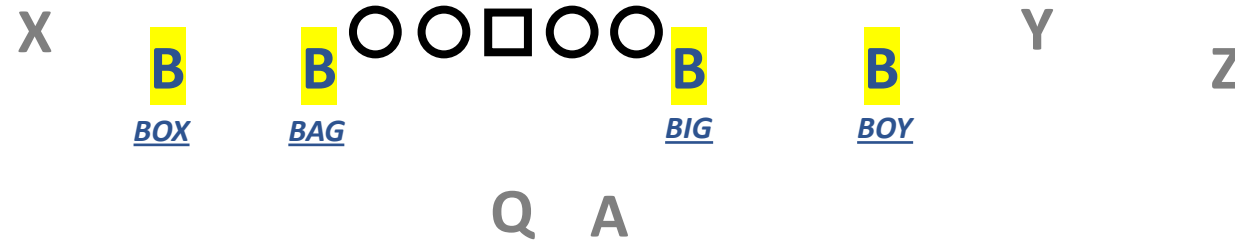
From there, we move one single player around to create the rest of our formations. The “B” is our adjustor. All other players can simply get lined up as quickly as possible.

# OFFENSIVE



# FORMATIONS

Set strength to the field...



- BOX – Slot with X
- BOY – Slot with Y
- BIG – Wing on STR Side
- BAG – Wing on WK Side

**“A” aligns play-specific**

# OFFENSIVE



# FORMATIONS

\*Strength is set to the field by default

\*\* "A" aligns play specific

BOY: B SLOT w/ "Y"

X    ○ ○ □ ○ ○    **B**    Y    Z

BOX: B Slot w/ "X"

X    **B**    ○ ○ □ ○ ○    Y    Z

BAG: B Wing WK

X    **B** ○ ○ □ ○ ○    Y    Z

BIG: B Wing STR

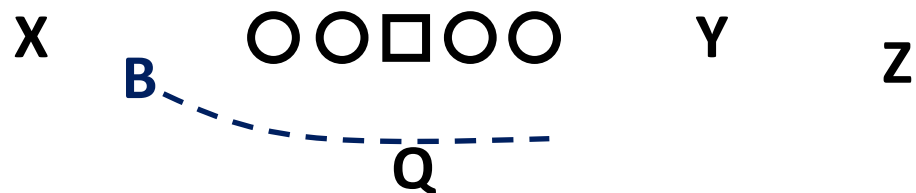
X    ○ ○ □ ○ ○    **B**    Y    Z

# OFFENSIVE



# MOTIONS

## BOX B-ZOOM



## BOX to BAG



## BOY to BAG



*\*On any "change of formation" motion (Box to Boy, Boy to Bag, etc.) motioning player must cross the center*



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ONE



# INSIDE



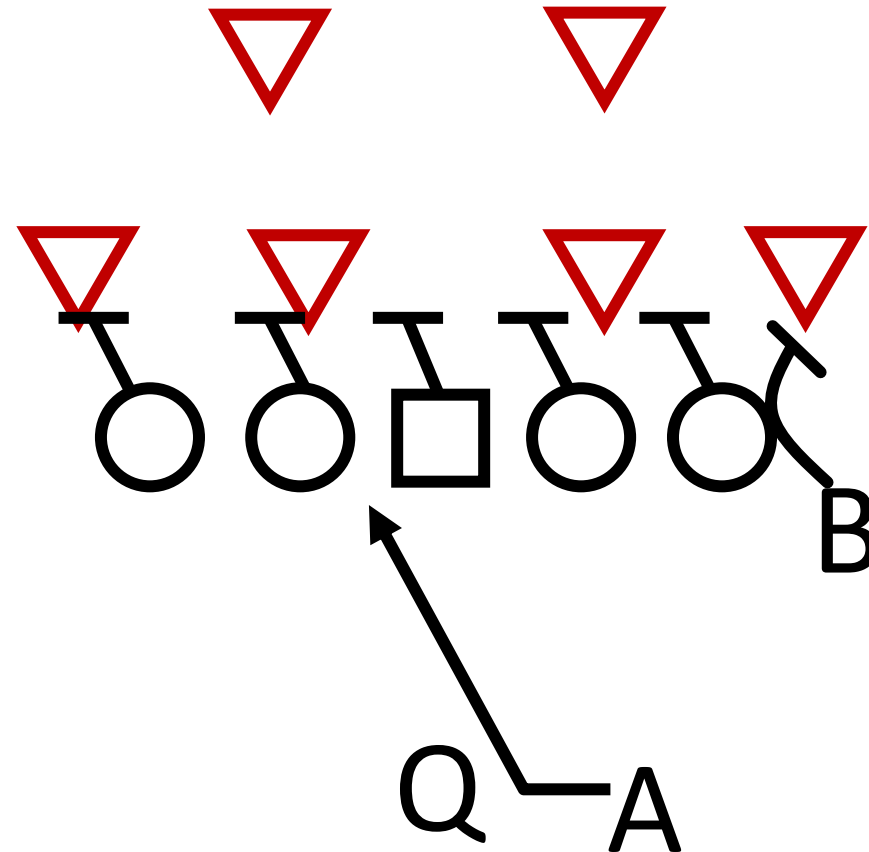
# ZONE

## PHASE ONE: PS Gap, Vertical.

### Rules:

- All OL: Responsible for PS Gap.
  - AP – 1 inch PS.
  - 1 step decision:
    - Take It Over
    - Knock It Over
    - Climb
  - No “Push” Calls
- A:
  - Footwork – Open, Roll
  - AP – PS A-Gap to BS A-Gap.
- B (attached):
  - Block BS C-Gap unless tagged.
- QB:
  - Jab-Hinge
  - Read BS C-Gap (unless B is attached)

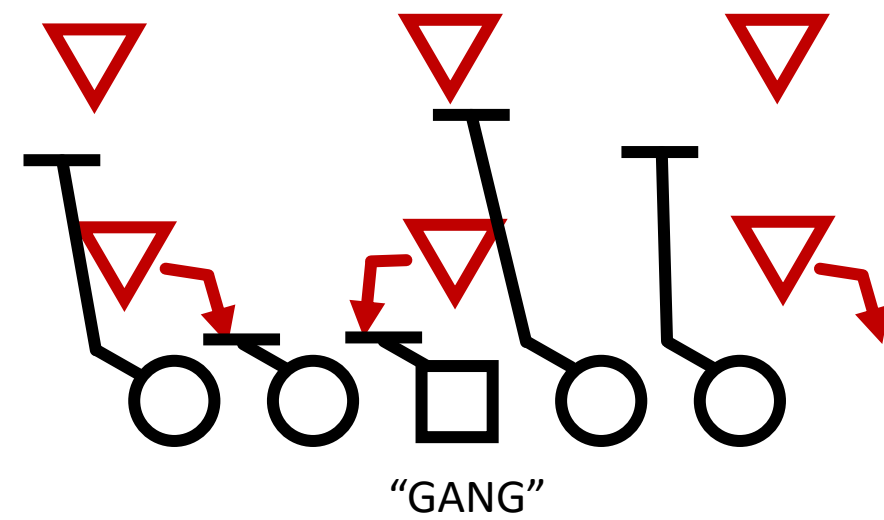
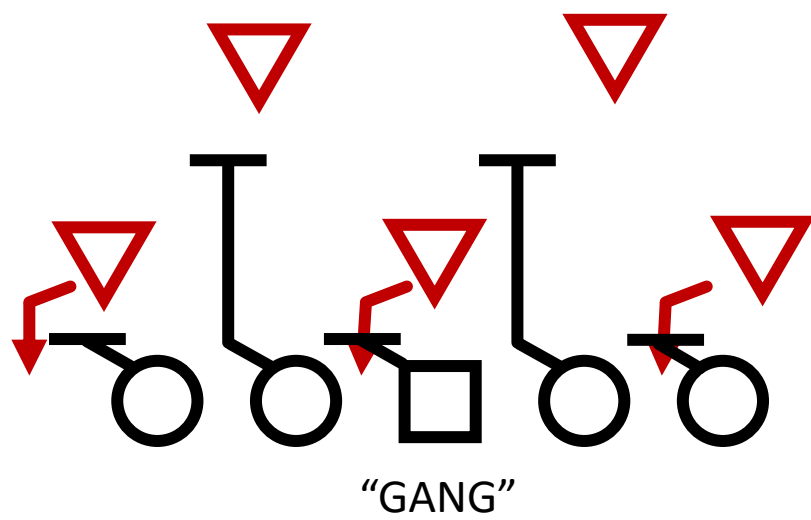
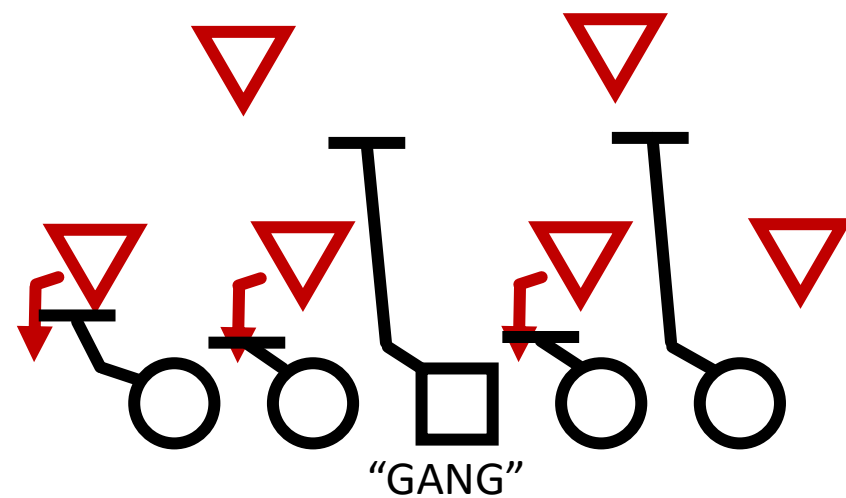
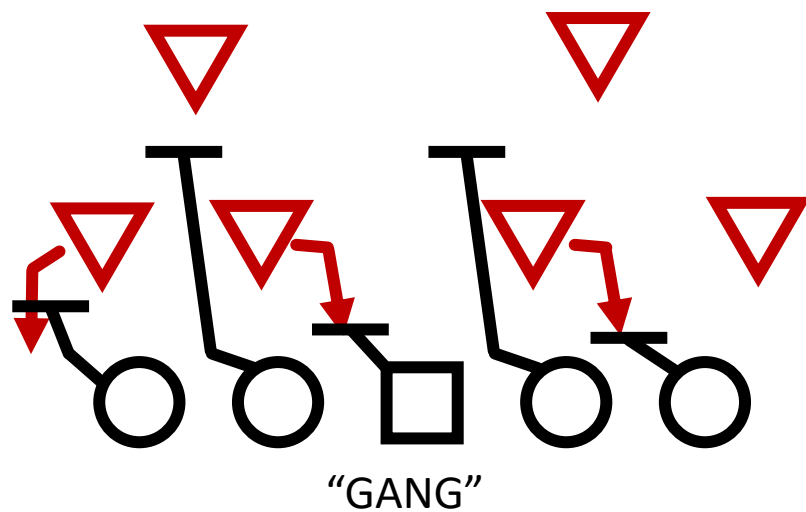
“BULL COLD”



INSIDE

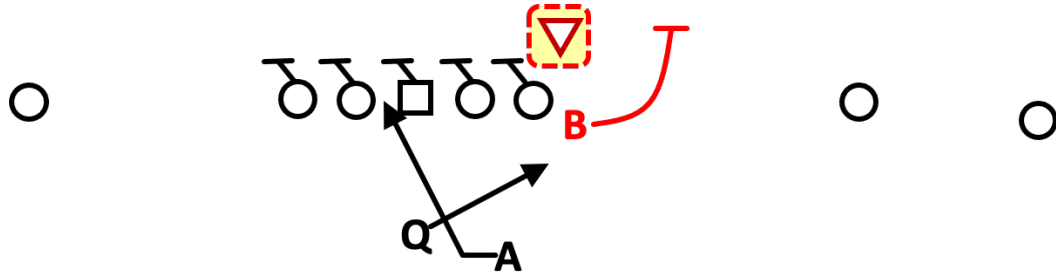


ZONE



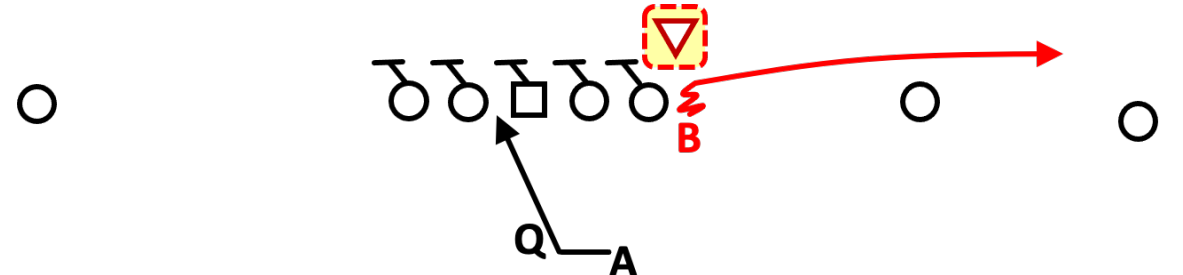
Bonus - “B” will bypass C-Gap defender and lead block for QB if he pulls the ball.

### BULL COLD BONUS



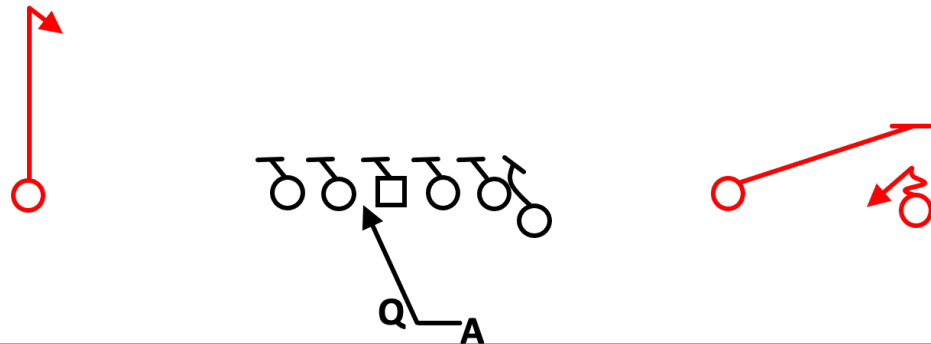
Base - 1<sup>st</sup> level RPO. B hesitates and runs to flat. QB pull if C-Gap defender crashes.

### BULL COLD BASE



Saber - Box Control RPO. Single receiver runs “Hitch Unless”. Multiple receivers run NOW screen.

### BULL COLD SABER



# DRAW



# SCHEME

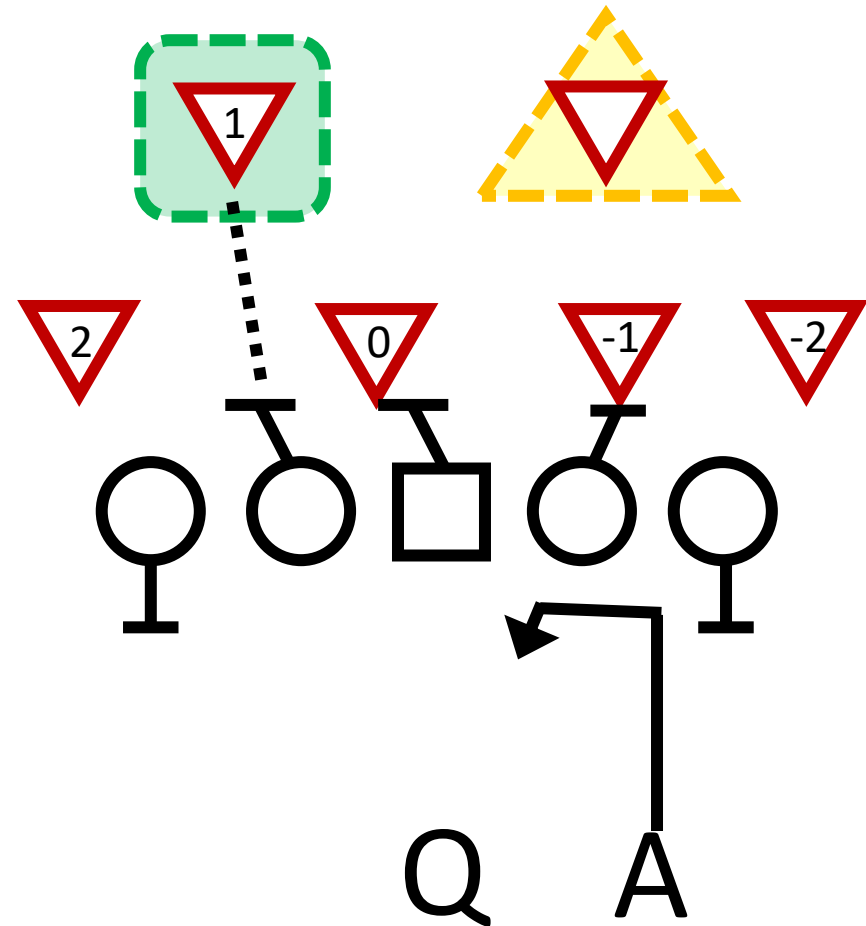
## PHASE ONE: Aggressive Pass Pro, I/S Leverage.

- ID front the same way we would in pass game.

### Rules:

- C – ID to Call Side. Default “Load/Rock” vs ODD.
  - Block #0. Set & climb if LB.
- PST – #2. Vertical set, invite O/S rush.
- PSG – #1. Aggressive I/S set DL. Set & climb if LB.
- BSG – #1 LOS. Aggressive I/S set.
- BST – #2 LOS. Vertical set, invite O/S rush.
- A:
  - Step up like Pass Pro, turn inside for shovel.
- QB: Read BS I/S LB for Throw. If he plays out, shovel.

“COWBOY COLD”

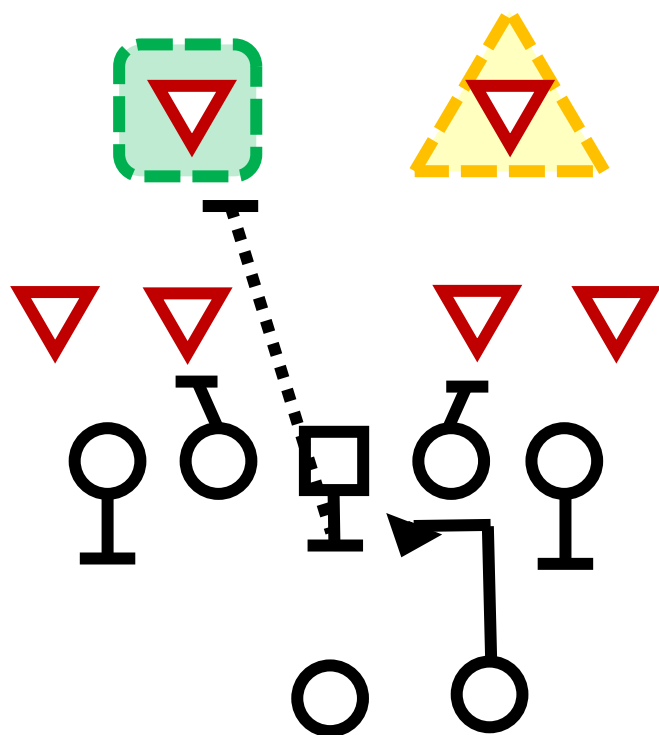


# DRAW

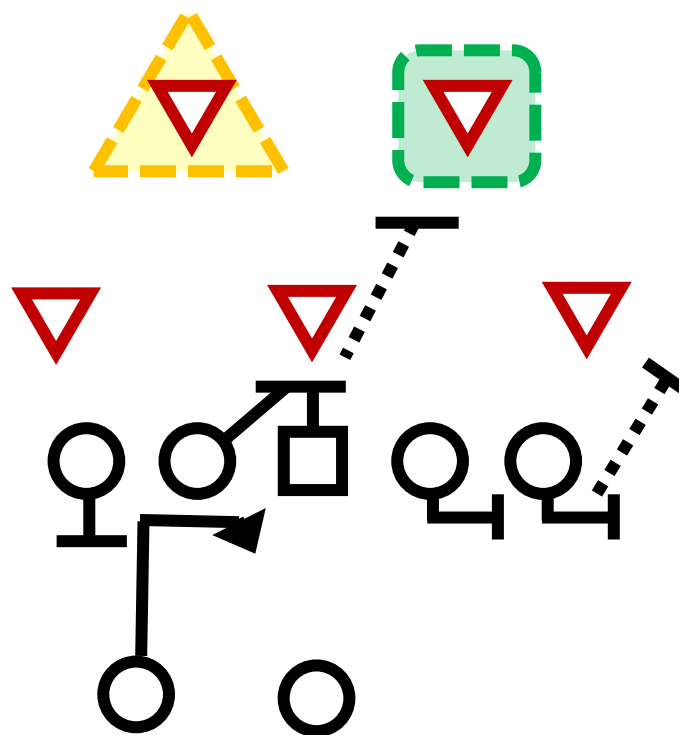


# SCHEME

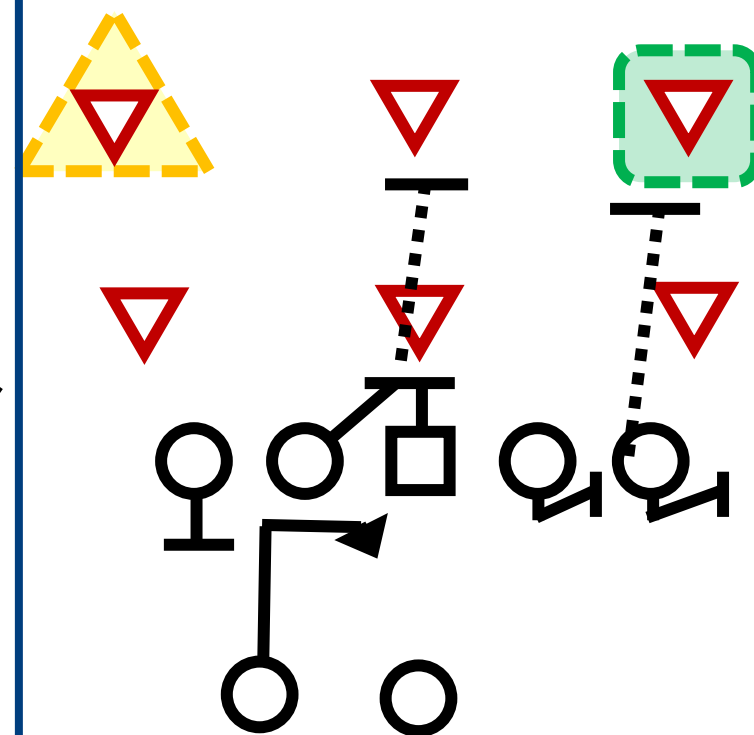
“COWBOY COLD”



“COWBOY HOT”



“COWBOY HOT”



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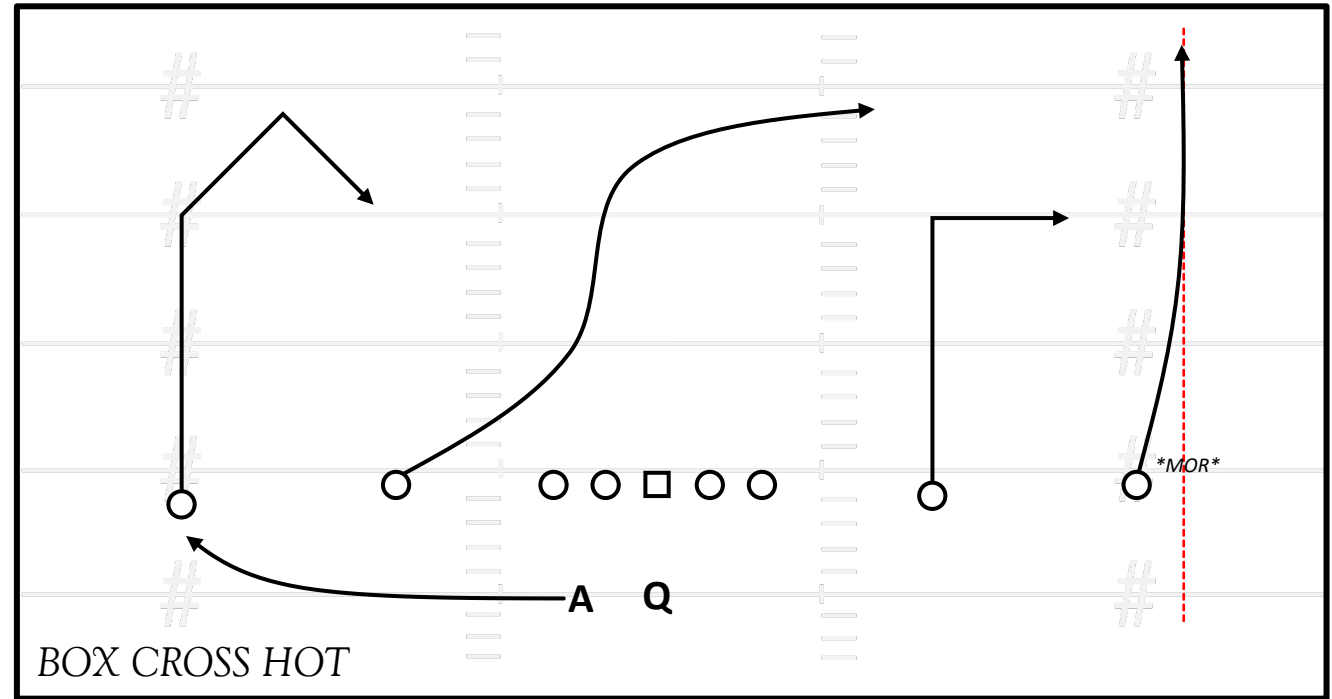


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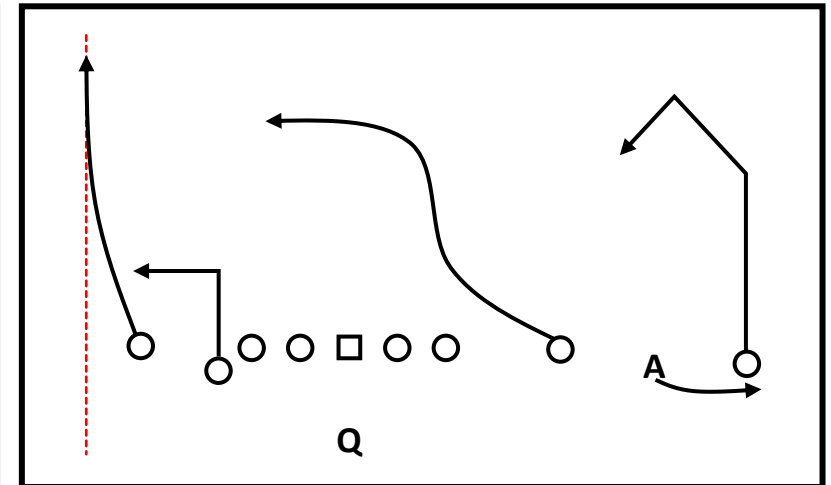
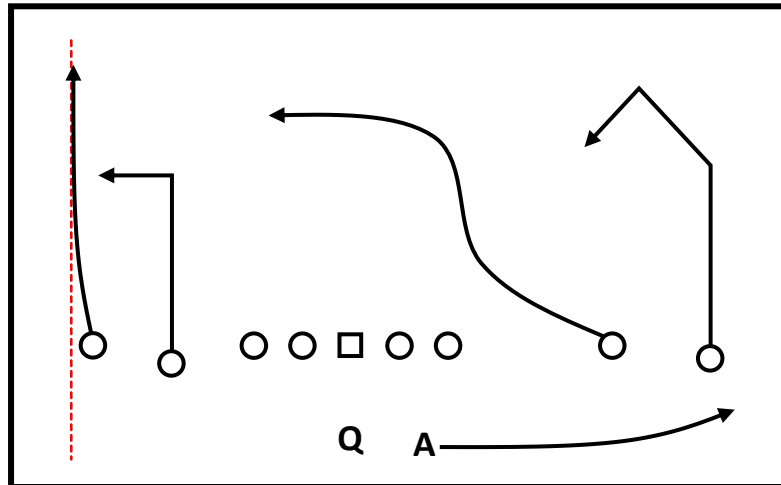
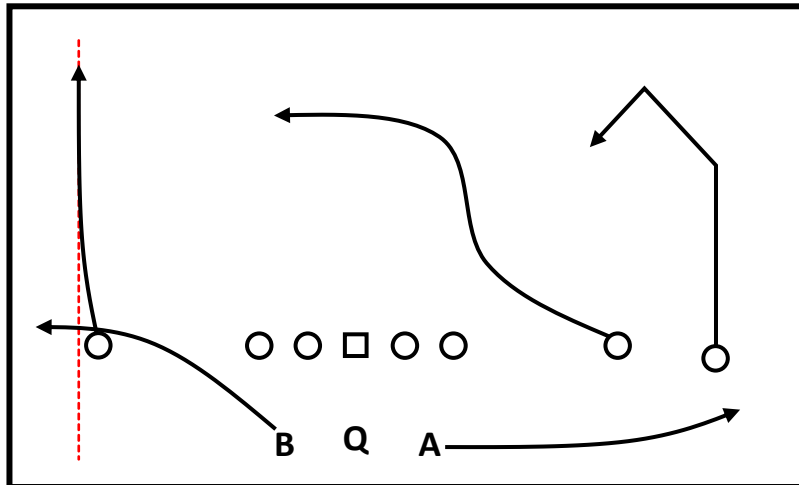


## 90's PROTECTION

A: SWING



# BAG TUESDAY CROSS COLD



INSTALL  
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21

SCREENS,  
MOVEMENT, & PAP

# GOPHER

## QK GAME SCREEN

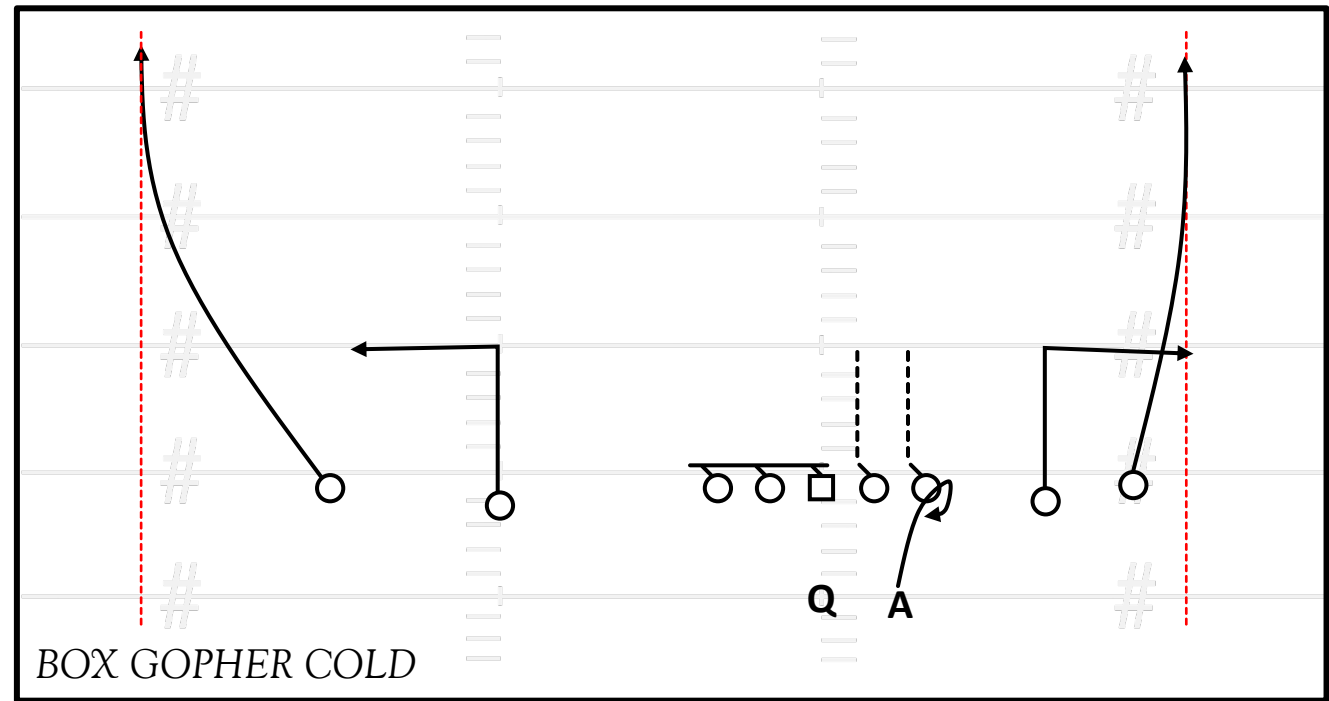
**OL:** Ringo/Luck to the call.

**BSG:** *Block Gap; Uncovered Climb for LB*

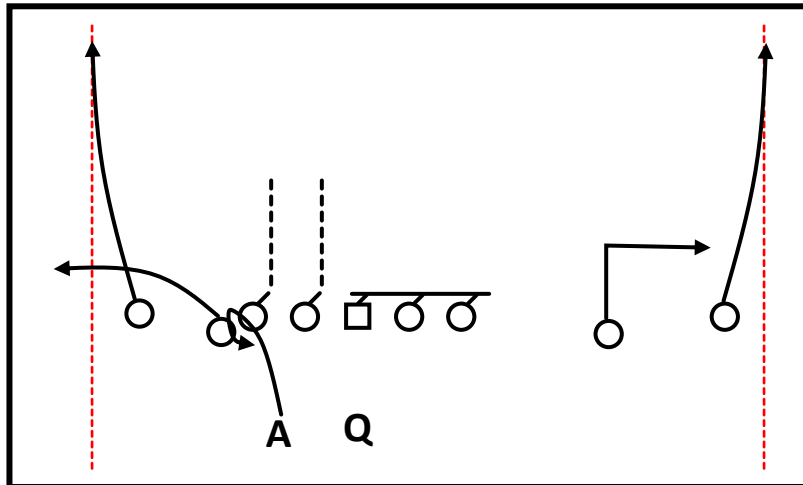
**BST:** *Block Gap; Uncovered Climb for LB*

**A:** *BS Edge, Throw By, Turn over O/S shoulder*

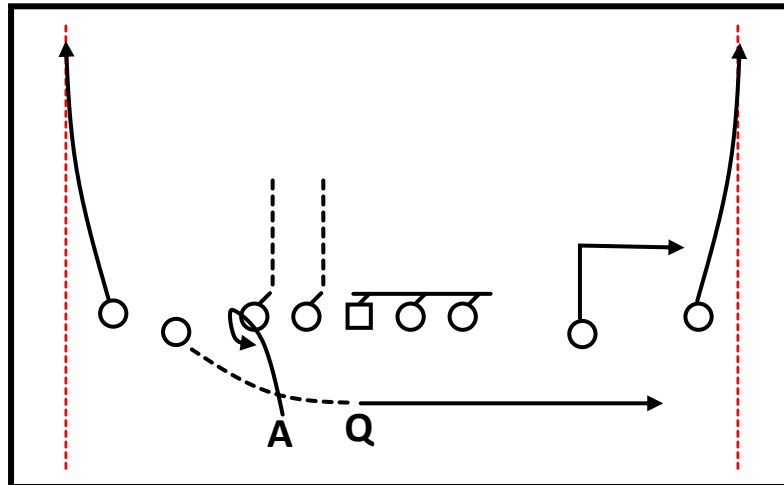
*ALL SKILLS RUN FADE-OUT CONCEPT (ORLANDO)*



BAG GOPHER HOT



BOX B-ZOOM GOPHER HOT



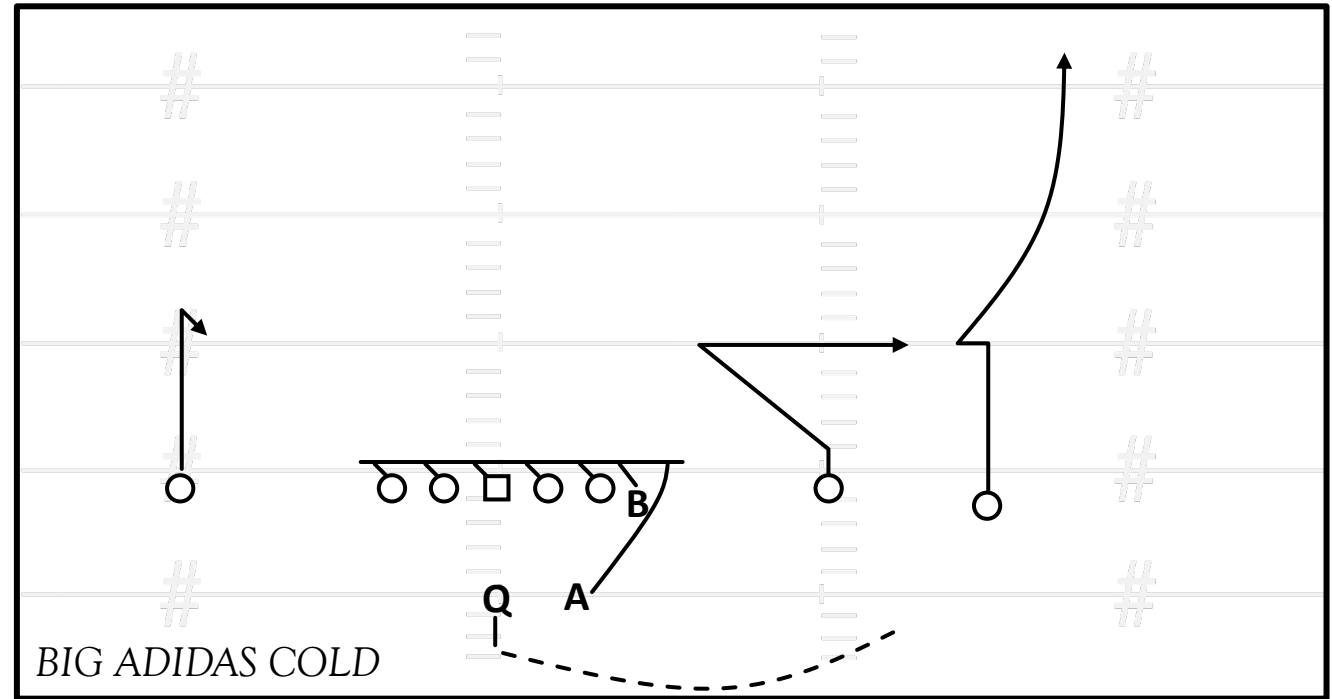
# ADIDAS

3STEP BOOT

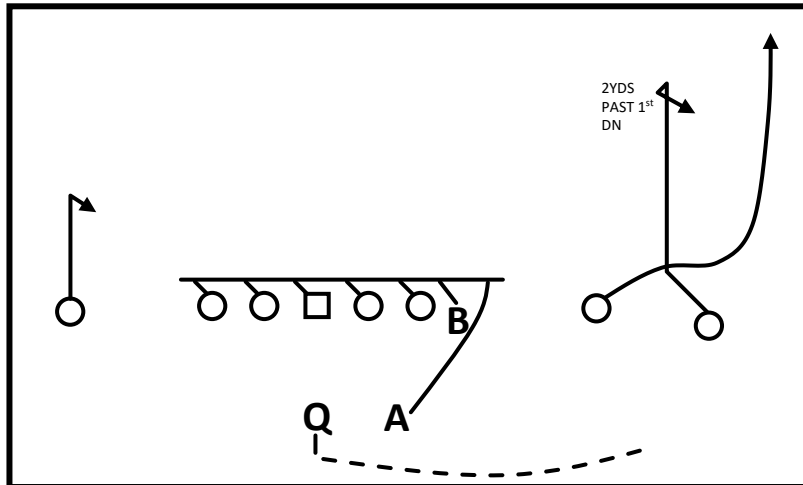
OL: FULL GAP SLIDE+

#1 PS: *HITCH UNLESS*    BS: SLICE & GO

A: BS *EDGE*



BIG ADIDAS COLD MARKERS



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