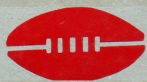




VAR



MCHS VARSITY FOOTBALL
"CARDINALS"
PLAYBOOK

CONFERENCE CO-CHAMPIONS 1978, 1980
CONFERENCE CHAMPIONS 1982

24

COACHING FUNDAMENTALS

- I. Fundamentals of good coaching.
 - a. Good players.
 - b. Hard work.
 - c. Organization.
 - d. Great desire to win.
 - e. Ability to develop morale.

- II. Coach and player relationships.
 - a. Players must respect and like you.
 - b. Take players on trips, get them jobs, visit their homes, have them visit your home, do them favors.
 - c. Be honest, fair and square.
 - d. Fight for your players.
 - e. Take players aside to coach them. Best coaching is done off the field.
 - f. Insist on promptness.
 - g. Establish your rules and never make a rule you can't or won't enforce.
 - h. Be yourself!

- III. Don'ts
 - a. Openly criticize a player.
 - b. Alibi or allow it.
 - c. Swear at a player.
 - d. Criticize and congratulate.
 - e. Get mixed up on assignments.
 - f. Argue with coaches in front of players.
 - g. Bluff.

- IV. Proper staff relationships.
 - a. Select staff on character.
 - b. Select them as associates and partners.
 - c. Fight for them
 - d. Have social times together.
 - e. Give them credit.
 - f. Listen to them, discuss things with them, then you make the decision.
 - g. Give them responsibility.

- V. Coach relationships with the public.
 - a. Be a good member of society.
 - b. Dress well.
 - c. Entertain and get around but watch where you go.
 - d. Don't get involved with one special group.

VI. Relationships with reporters.

- a. Try to be a true friend - remember, they have a job to do.
- b. Try to have news for them.
- c. Always remember they do not want to get scooped.
- d. If things go badly, have a cooling off time before you see them.

VII. Relationships with administration.

- a. Co-operate with them.
 1. Keep them informed.
 2. Don't fight them.
 3. Get strong in community with students, teachers, and the public.
 4. Attend other functions.
 5. Remember other teachers are concerned with their own problems - help them.
- b. Remember the three B's: BACK, BOOST, BUILD.
 1. Back your faculty.
 2. Boost your school.
 3. And they will build your team.

GUIDING PRINCIPLES

1. Our MORALE for staff and players must be excellent. No one is more important than MORALE.
2. Our offense and QB strategy is based upon possession of the ball. For this reason, mistakes such as off sides, fumbles, pass interceptions, missed assignments, and poorly called plays must be reduced to an absolute minimum.
3. Our offensive play must be extremely aggressive and based upon the idea that any lineman can lick any man over him. "HIT" is our first objective.
4. Our starting count must approach perfection.
5. Our basic attack is running the football with a passing attack to facilitate the running game. This means that you - the players - must spend much additional time outside of practice sessions learning the plays and fundamentals.
6. We must not be out-conditioned. This means for the last game as well as for the first game.
7. Our cardinal defensive principle is "NO CHEAP TOUCHDOWNS". The answer to this is pursuit, great tackling and sound pass defense. WE must gang tackle.
8. Our defensive attitude must be one of aggressiveness and roughness. WE must gang tackle on every play. Our best chance to become a great team is simply to play hard-nosed, tough football.
9. A player's value to our team will largely depend upon his ABILITY TO TACKLE.
10. We must "habitize" everything we do -- always remember a few things done well in football is better than many things done only fairly well.
11. Our passing game is an integral part of our offense and must be based upon completions without interceptions.
12. The kicking game is the single most important phase of football. We must constantly try to improve our kicking and particularly our coverage of punts and kickoffs. Field goals are becoming more and more significant in the outcome of games.

The following paragraphs were written by Bo Schembechler as he recalls his assistant coaching days under Ara Parseghian at Northwestern University (1957):

When I took over the freshman team at Northwestern, Dale Samuels was my assistant. The next year I moved up as line coach on the varsity and that season we went 0 and 9. We lost every single game. I couldn't believe it. Every single game. As the season went along, you could see what was happening and pretty soon you knew there was no way we were going to win any games.

We had that little conference room under the stadium and that's where we did all our work. We'd sit in there until twelve or one in the morning trying to figure a way we could pull one out. We never did. That's when I really got respect for Ara.

No matter how badly things were going, he never got on us about it. Now when you're the head coach, you chew off some heads once in a while. But he never said anything to us. He never blamed us for anything.

I could see what the trouble was. We had some guys who were playing only for themselves and that's one thing I've always emphasized here at Michigan. There is no way anyone will ever play for themselves on my team. If you are going to be a success, your seniors are going to have to come through for you. They've got to have their greatest years. No matter how good the younger players may be, they are going to perform on the basis of what they see the top guys do. In other words, if they can look up to the seniors for the way they're working and hustling, then they are going to work and hustle too. If the seniors are dogging, you're in trouble.

This is what happened at Northwestern. We had seniors that were almost totally concerned with their achievements. Can I make All-American? Can I make All Big Ten? We had guys who were concerned about that more than anything else.

I'd watch them walk by the office and go back and see the publicity man. They'd want to find out what went out on them this week. Are you kidding me? What kind of way is that to play football: They weren't concerned about winning - only what happened to themselves. You can imagine what that was doing to Ara.

BO SCHEMBECHLER
HEAD COACH
UNIVERSITY OF MICHIGAN

From the book, "Man in Motion" by Joe Falls.

WHAT DOES IT MEAN TO BE THE QUARTERBACK?

In 1971, Tom Slade, a sophomore, led the University of Michigan to an undefeated (11-0) season. Michigan's only loss under Slade's direction was a last second 13-12 decision to Stanford in the 1972 Rose Bowl. The next season (1972) Slade lost his starting position to another sophomore - Dennis Franklin. This may have been too much to handle for lesser athletes but not for Tom Slade. He was truly a team man.

Just prior to the opening game with Northwestern in 1972, Coach Schembechler gave the quarterbacks a test. These were Tom Slade's answers to two of the questions on that test:

1. QUESTION: WHAT CAN YOU DO TO HELP BEAT NORTHWESTERN?

ANSWER: "Show great enthusiasm. Be a leader and encourage Denny (Franklin) and give him every show of confidence and encouragement before, during and after the game. Be ready for any situation. The point after touchdown, the field goal, injury to quarterbacks. Be aware of what is going on on the field in case I do get to play. Help Mike Lantry by trying to relax him and keep him as cool as possible. Catch the ball and place it perfectly on the tee. Cover field goals. Be alert and be sharp."

2. QUESTION: WHAT DOES POISE MEAN FOR THE QUARTERBACK?

ANSWER: "Poise for the quarterback means 'be cool'. No hotdog antics. No expressions of extremes. Keep his head up at all times. To me personally it means being sharp, diplomatic. You call the officials 'Sir'. Say 'Yes' not 'Yeah', etc. And it means being basically expressionless. The quarterback can't flail his arms and stomp his feet at a bad call. He must take the good with the bad. He must stave off any injury as minor and be an example to his teammates. He must lead, yet he must maintain control at all times without being overbearing and dictatorial with his teammates. He must make them want to follow him."

These were the answers of Tom Slade after he had just lost his position as the starting Michigan quarterback.

From the book, "Man in Motion" by Joe Falls.

FORMATIONS

100 FORMATION

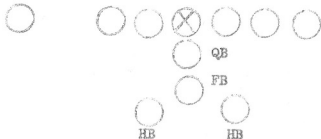
(TRUE WISHBONE)

PASS PROTECTION:

- 1) FB - BLOCK COLOR SIDE.
- 2) BACKSIDE HB - BLOCK BACKSIDE.
- 3) PLAYSIDE HB RUNS A PATTERN

SPLIT
END

TIGHT
END



- 1) THE SIDE TO WHICH THE BALL IS GOING IS CALLED THE PLAY SIDE.
- 2) THE SIDE AWAY FROM WHICH THE BALL IS GOING IS CALLED THE BACK SIDE.

900 FORMATION

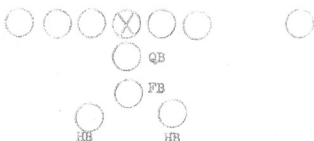
(TRUE WISHBONE)

PASS PROTECTION:

- 1) FB - BLOCK COLOR SIDE.
- 2) BACKSIDE HB - BLOCK BACKSIDE.
- 3) PLAYSIDE HB RUNS A PATTERN

TIGHT
END

SPLIT
END



- 1) THE SIDE TO WHICH THE BALL IS GOING IS CALLED THE PLAY SIDE.
- 2) THE SIDE AWAY FROM WHICH THE BALL IS GOING IS CALLED THE BACK SIDE.

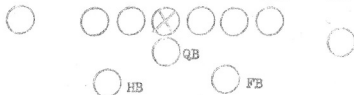
PRO 100 FORMATION

- 1) PASS PROTECTION
 - a) BACK TOWARD THE COLOR BLOCKS FRONTSIDE.
 - b) BACK AWAY FROM THE COLOR BLOCKS BACKSIDE
- 2) FB ALWAYS GOES TO TIGHT END SIDE.
- 3) PRO MAN IS THE BACK THAT RUNS THE PATTERN.

SPLIT
END

TIGHT
END

PRO
MAN



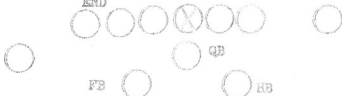
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- 3) PRO MAN IS THE BACK THAT RUNS THE PATTERN

TIGHT
END

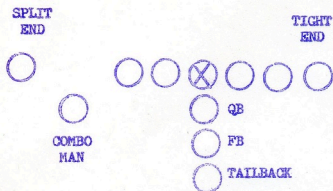
SPLIT
END

PRO
MAN



FORMATIONS

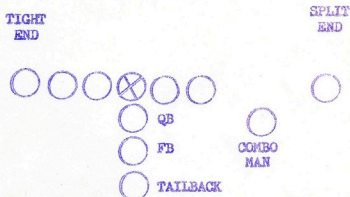
COMBO 100 FORMATION



PASS PROTECTION:

- 1) FB BLOCK TOWARD COLOR
- 2) TB BLOCK AWAY FROM COLOR

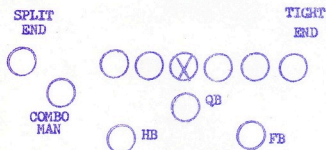
COMBO 900 FORMATION



PASS PROTECTION:

- 1) FB BLOCK TOWARD COLOR
- 2) TB BLOCK AWAY FROM COLOR

100 COMBO VEER FORMATION

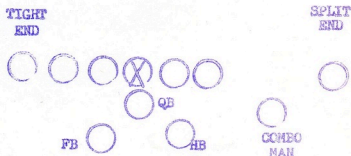


FB ALWAYS GOES TO TIGHT END SIDE.

PASS PROTECTION

- BACK TOWARD THE COLOR BLOCKS FRONTSIDE.
BACK AWAY FROM THE COLOR BLOCKS BACKSIDE.

900 COMBO VEER FORMATION



FB ALWAYS GOES TO TIGHT END SIDE.

PASS PROTECTION

- BACK TOWARD THE COLOR BLOCKS FRONTSIDE.
BACK AWAY FROM THE COLOR BLOCKS BACKSIDE.

SYSTEM OF CALLING PLAYS AND NUMBERING PLAYS

1. RED AND GRAY

- A. Any play run to the right of center is called "Red".
- B. Any play run to the left of center is called "Gray".

2. NUMBERING HOLES

(GRAY)

(RED)

"8" run
outside
end



"8" run
outside
end

The first word the quarterback will say when calling a play is the color. This will tell what side the play will be run. Next a 1 or 9. This will tell which side the split end will line up on. A "1" means split end to the left. A "9" means split end to the right. The next number tells which series of plays will be run. (1 - option, 2-belly, 3-veer, 5-counter). The final number tells at what hole the play will be run.

EXAMPLE: RED 922 WHAM

- 1. RED - play run to the right of center.
- 2. "9" - split end right, tight end left.
- 3. "2" - 20 or belly series.
- 4. "2" - ball carried at 2 or guard hole.
- 5. "WHAM" - tells what type of blocking at hole.

3. FRONTSIDE AND BACKSIDE BLOCKING

- A. Frontside refers to blocking on the side the play is being run.
- B. Backside refers to blocking on the side of the line away from the play.

The reason for using the system of calling plays and numbering the holes the same on both sides of the line is to make it easier for the linemen to learn the plays. Rather than having two names for a play (922 left and 923 right) the lineman has one number that is the same for both sides. He has two rules for blocking-frontside and backside.

4. PLAY CALLING

Backs have also only one number to learn or actually two plays. RED 922 WHAM and GRAY 122 WHAM are the same play for the backs - one right and one left.

It is also easier to send a play into the ball game with less chance of the carrier making a MISTAKE.

The last reason why we will use this system is that it is a very easy system for calling an automatic or audible at the line of scrimmage.

The quarterback will call the play once in the huddle, the center and split end will leave the huddle, the quarterback will call the play a second time, the team will break the huddle and run to the line of scrimmage and assume their stances.

When calling audibles the QB will call a color, a set of three numbers, followed by "Set" and then a series of "Hit, hit, hit".

FALSE AUDIBLE

TRUE AUDIBLE

- | | |
|------------------|------------------|
| 1. Blue 141 | 1. Red 118 |
| 2. Blue 141 | 2. Red 118 |
| 3. Set | 3. Set |
| 4. Hit, hit, hit | 4. Hit, hit, hit |

Count stays the same as called in the huddle. If count was on "one" team goes on the first hit.

True audibles are those plays beginning with Red or Gray that we have in our playbook. If the quarterback calls any color other than Red or Gray than it is a false audible. If the quarterback calls any play number that is not in our playbook such as Red 141 or Gray 362 than it is also a false audible. Generally speaking, if the QB calls RED or GRAY on the LOS he is giving an automatic.

UP CALL.

Another method of calling an audible at the line of scrimmage is for the QB to simply call "UP" at the line of scrimmage. When the QB makes this call it simply means we will run the same play called in the huddle but to the opposite side it was originally called. If a GRAY 118 was called in the huddle the code word "UP" means that we will run a RED 118. The QB may see at the line of scrimmage that the defense is "stacked to one side" and would probably stop us if we should try to run the original play. But the QB feels that if we run to the opposite side the play will be successful.

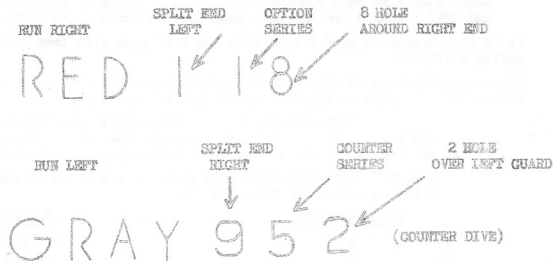
TERMINOLOGY

1. RED - called for play run to the right side.
2. GRAY - called for play run to the left side.
3. "1" first number after the color - split end left, tight end right.
4. "9" first number after the color - split end right, tight end left.
5. "DOUBLE TIGHT" - both ends tight - usually run near the goal line.
6. "FLEX" - means split end splits no more than 5 yards from our tackle.
7. "LEAD" - refers to the playside or frontside halfback leading through the hole for blocking purposes.
8. "SWING OR ARC" - refers to playside or frontside halfback taking an angle outside the end to make his block on a defensive corner or halfback.

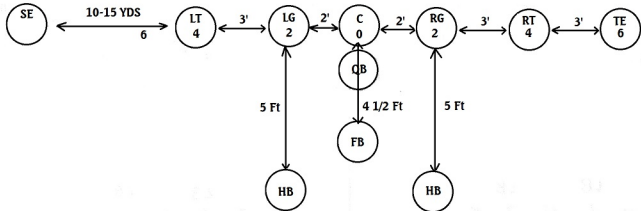
SERIES CODES

1. 10 Series - Triple Option
2. 20 Series - Belly
3. 30 Series - Veer
4. 40 Series - Sprint Option
5. 50 Series - Counters

EXAMPLES:



OFFENSIVE LINE AND BACKFIELD DISTANCE RELATIONSHIPS.



The above diagram is a guide only. Distances between linemen are minimum distances. We will take bigger splits whenever possible (3 feet between center and guard, and 4 feet between guard-tackle and tackle-tight end). However, when we go to our goal line offense - inside the 10 yard line we will cut splits down to 1 foot between all linemen. The split end must vary his split anywhere from a flex (5 yards) out to 15 yards. He must not get in a pattern that gives away the play by the distance he lines up away from the ball.

We want the backs as close to the line of scrimmage as possible in order to get to the hole quickly. But distance from the line of scrimmage will vary from year to year slightly depending upon the ability of the backs and the linemen.

Cheating - We will instruct various backs and linemen to "cheat" (either close down their split or increase their split) on different plays to give them an advantage over the defensive man. BE ALERT AND LEARN WHEN TO CHEAT ON VARIOUS PLAYS.

LINE CALLS

Our offensive tackles are the keys to our blocking effectiveness. They must call the blocking scheme after they arrive at the line of scrimmage. They determine which of the following blocking schemes will best accomplish the play called in the huddle. The tackle on the side to which the play is being run has a LIVE call (Example, SMASH 2). The tackle away from the play has a DUMMY call (false call which means nothing). In order that the defense will not pick up which call is LIVE and which is DUMMY we will always have the right tackle make his call first and the left tackle call second. IT IS IMPORTANT THAT THE TACKLES GET TO THE LINE AND LOOK OVER THE DEFENSE BEFORE MAKING THEIR CALL. DO NOT MAKE CALLS UNTIL YOU HAVE LOOKED AT THE DEFENSE.

1. GO - AREA OR ZONE BLOCKING
2. BLAST- DOUBLE TEAM
3. SMASH- CROSS BLOCK
4. SCOOP- FOLD BLOCKING
5. RIP - TRAP BLOCK (FRONTSIDE GUARD)
6. CUT - TRAP BLOCK (BACKSIDE GUARD OR TACKLE)
7. MICHIGAN - PLAYSIDE BLOCK INSIDE GAP, BACKSIDE BLOCK BACKSIDE GAP

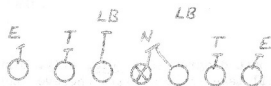
BLOCKING CALLS

AREA OR ZONE BLOCKING. PRIORITY OF BLOCKING ASSIGNMENT IS AS FOLLOWS:

- 1) TAKE MAN TO YOUR INSIDE GAP
- 2) TAKE MAN HEAD UP
- 3) TAKE A LINEBACKER
- 4) WHEN IN DOUBT TAKE THE MOST DANGEROUS MAN TO THE PLAY

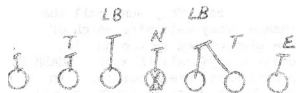


BLAST 1 - CENTER AND GUARD DOUBLE TEAM THE MAN OVER THE CENTER OR MAN LINED UP IN THE CENTER-GUARD GAP. (USUALLY USED AGAINST AN ODD MAN FRONT - 5-2 or 5-3)

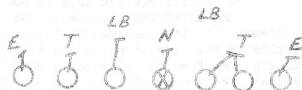


BLAST 2 - CENTER AND GUARD DOUBLE TEAM THE MAN LINED UP OVER THE GUARD (USUALLY USED AGAINST AN EVEN FRONT - 6-1 OR 4-4 DEFENSE)

BLAST 3 - GUARD AND TACKLE DOUBLE TEAM THE MAN LINED UP OVER THE TACKLE. (USED AGAINST 5 MAN LINE WHEN DEFENSIVE TACKLE IS TOUGH AND NEEDS HELP FROM THE GUARD)



BLAST 4 - TACKLE AND END DOUBLE TEAM MAN OVER THE TACKLE HOLE. USED WHEN OUR TACKLE CAN NOT HANDLE DEFENSIVE TACKLE BY HIMSELF.



BLAST 5 - TACKLE AND END DOUBLE TEAM DEFENSIVE END AT THE END HOLE.

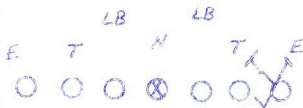


BLOCKING CALLS

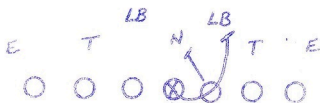
SMASH 2 - CROSS BLOCK BETWEEN THE GUARD AND TACKLE. OUTSIDE MAN ALWAYS GOES FIRST. TACKLE TAKES INSIDE STEP TO CUT OFF MAN PENETRATING AT GUARD HOLE. GUARD TAKES DROP STEP AND BLOCKS ON MAN COMING OVER TACKLE FRONT. USUALLY USED AGAINST AN EVEN FRONT (6-1 or 4-4).



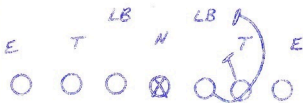
SMASH 4 - CROSS BLOCK BETWEEN THE TACKLE AND END. OUTSIDE MAN GOES FIRST. END TAKES INSIDE STEP TO CUT OFF DEFENSIVE TACKLE. TACKLE TAKES DROP STEP AND BLOCKS OUT DEFENSIVE END. USUALLY USED AGAINST AN EVEN FRONT (6-1 or 4-4). BUT ALSO EFFECTIVE AGAINST 5 MAN FRONT.



SCOOP 1 - GUARD BLOCKS DOWN NO MAN OVER CENTER. CENTER FOLDS AROUND AND PICKS UP LINEBACKER. USUALLY USED AGAINST A TEAM WITH A MIDDLE LB SUCH AS 6-1 or 5-3.



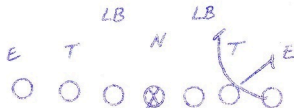
SCOOP 2 - TACKLE SEALS OFF GUARD HOLE AND GUARD FOLDS AROUND TACKLE TO CUT OFF LINEBACKER. USUALLY USED ON OPTION WHEN GUARD CAN NOT GET TO LINEBACKER USING "GO" TECHNIQUE.



SCOOP 3 - GUARD SEALS OFF SLANTING DEFENSIVE TACKLE AND OUR TACKLE FOLDS IN BEHIND OUR GUARD TO TAKE LINEBACKER. USUALLY EFFECTIVE ONLY ON COUNTERS OR IF LINEBACKERS REACT SLOWLY.

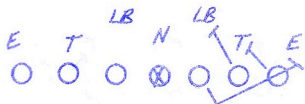


SCOOP 4 - END BLOCKS OFF INSIDE LINEBACKER BY FOLDING AROUND OUR TACKLE. OUR TACKLE GOES FIRST TO SEAL OFF DEFENSIVE END. EFFECTIVE AGAINST 4-4 DEFENSE.

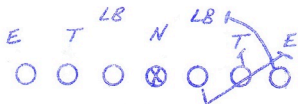


BLOCKING WALLS

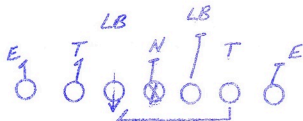
RIP - OFFENSIVE GUARD TRAPS DEFENSIVE END. GUARD STEPS DOWN LINE OF SCRAMMAGE AND BLOCKS INSIDE OUT ON DEFENSIVE END. IF DEFENSIVE TACKLE COMES STRAIGHT ACROSS OR LOOPS OUT OUR END TAKES HIM AND OUR TACKLE TAKES THE LINEBACKER.



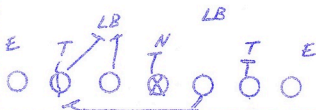
RIP - OFFENSIVE GUARD TRAPS DEFENSIVE END IF DEFENSIVE TACKLE SLANTS INSIDE OUR TACKLE PICKS HIM UP. OUR END SHOOTS AT DEFENSIVE TACKLE BUT IF TACKLE HAS GONE INSIDE OUR END CONTINUES ON FOR THE LINEBACKER.



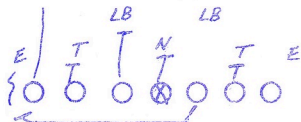
CUT 2 - BACKSIDE TACKLE PULLS AND TRAPS ON DEFENSIVE MAN LINED UP OVER THE FRONT-SIDE GUARD HOLE. CAN BE USED ON COUNTER DIVE PLAY.



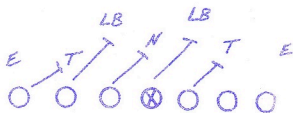
CUT 4 - BACKSIDE GUARD PULLS AND TRAPS DEFENSIVE MAN LINED UP OVER THE FRONTSIDE TACKLE HOLE. USUALLY USED ON COUNTER PLAY.



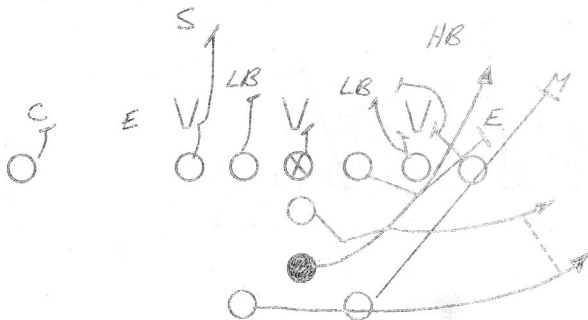
CUT 6 - BACKSIDE GUARD PULLS AND TRAPS DEFENSIVE MAN OVER THE END HOLE. USUALLY USED ON COUNTER PLAY - REQUIRED WHEN RUNNING THE COUNTER PLAY TO THE SPLIT END SIDE.



MICHIGAN - EVERY ONE BLOCKS DOWN ONE MAN. USUALLY USED AGAINST 8 MAN OR GOAL LINE DEFENSE. PLAYSIDE BLOCKS TOWARD THE BALL, BACKSIDE BLOCKS AWAY FROM THE BALL.



RIP 126 RIP



- QB:** STEP 45° BACK AND MESH WITH FB AND RIDE INTO TACKLE-END GAP. AFTER HANDOFF CONTINUE TO SPRINT TO FRONT SIDE AND FAKE THE 18 OPTION.
- FB:** STEP AWAY FROM THE LINE OF SCRIMMAGE WITH THE OUTSIDE FOOT AND RUN A BENDING COURSE TO THE EXCHANGE SPOT LOCATED FOUR YARDS BEHIND THE OUTSIDE LEG OF THE OFFENSIVE TACKLE. RECEIVE THE BALL AND RUN FOR DAYLIGHT.
- PSHB:** ARC (SWING) TO THE OUTSIDE OF OUR OFFENSIVE END AND BLOCK THE 1ST MAN OUTSIDE OF THE DEFENSIVE END (LINEBACKER, MONSTER OR CORNER).
- BSHB:** SPRINT PARALLEL TO THE LINE OF SCRIMMAGE. MAINTAIN A GOOD PITCH RELATIONSHIP WITH THE QB. FAKE THE OPTION.

BLOCKING RULES:

- | | |
|---------------|---|
| 5-2 | RIP |
| 5-3 | RIP |
| 4-4 | SCOOP 4 |
| 6-1 | SMASH 4 |
| GAP 8 | MICHIGAN (PLAYSIDE HB TAKE DEFENSIVE END) |
| 7-DIAMOND | SMASH 4 |
| 6-5 | SMASH 4 |
| GAP STACK REG | - RIP |
| GAP STACK OPP | - SCOOP 1 |

RUN TO TIGHT SIDE ONLY.

TIGHT END - STEPS INSIDE TO BLOCK DEFENSIVE TACKLE. IF DEFENSIVE TACKLE SHOOTS INSIDE, THEN TIGHT END CONTINUES ON TO BLOCK LINEBACKER.

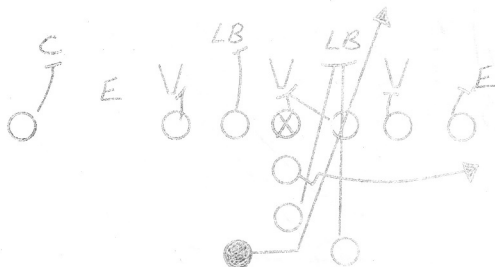
OFFENSIVE TACKLE STEPS INSIDE AND GOES FOR LINEBACKER. IF DEFENSIVE TACKLE TAKES INSIDE ROUTE, THEN OFFENSIVE TACKLE SIMPLY PICKS HIM UP AND DRIVES HIM INSIDE.

FIELD 122 W HAM

S

HB

M



- QB: OPEN PLAYSIDE - STEP STRAIGHT BACK WITH LEAD FOOT. HANDOFF TO THE BSHE. CONTINUE BACK PAKING A DROP-BACK PASS.
- FB: DRIVE STRAIGHT FOR THE TAIL OF THE GUARD. DOUBLE TEAM WITH THE PSHE ON THE LINEBACKER.
- PSHB: DRIVE STRAIGHT FOR THE TAIL OF THE GUARD. DOUBLE TEAM WITH THE FB ON THE LINEBACKER.
- BSHB: LEAD STEP TOWARD THE FB'S FEET. LEVEL OFF AND HEAD DIRECTLY BEHIND THE FB. RECEIVE THE HANDOFF AND BREAK OFF THE DOUBLE TEAM BLOCK OF THE FB AND PSHB.

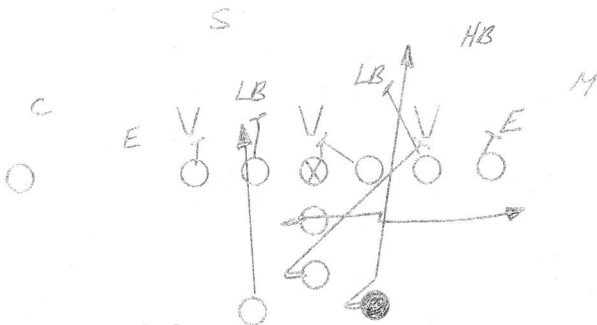
BLOCKING RULES:

- 5-2 BLAST 1 or BLAST 3 (Depends who is tougher NG or TACKLE)
- 5-3 BLAST 1 or BLAST 3
- 4-4 SCOOP 4 (Run at 4 HOLE)
- 6-1 BLAST 2
- GAP 8 MICHIGAN
- 7-DIAMOND GO
- 6-5 GO
- CAP STACK REG - BLAST 1 or BLAST 3
- CAP STACK OPP - GO

*TIGHT END ALWAYS BLOCKS DEFENSIVE END ON A BLAST OR GO CALL. ON GOAL LINE TIGHT END MUST BLOCK INSIDE GAP AND PLAYSIDE HB TAKES DEFENSIVE END.

**TO SPLIT SIDE THE PSHB MUST TAKE DEFENSIVE END AND FB ISOLATES ON LB BY HIMSELF.

RED 152 COUNTER DIVE



SPECIAL

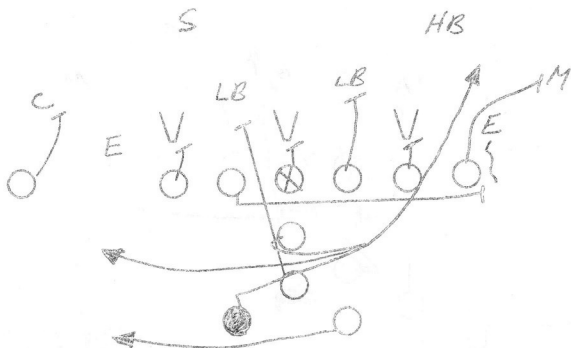
BLOCK

- QB: STEP BACK 45° BACKSIDE AND FAKE 3/4 DIVE TO BACKSIDE HALFBACK. REVERSE PIVOT AND HANDOFF TO PLAYSIDE HALFBACK. SPRINT OUT AROUND DEFENSIVE END FAKING QB KEEPER.
- FB: ARMSWING AND TAKE JAB STEP AWAY FROM THE PLAY. TRAP DEFENSIVE TACKLE TO PLAYSIDE (INSIDE OUT BLOCK).
- PSHB: ARMSWING AND JAB STEP AWAY FROM THE PLAY. PUSH OFF AND HEAD FOR THE TAIL OF THE FRONTSIDE GUARD. LET FULLBACK CLEAR AND RUN INSIDE HIS BLOCK AND HEAD FOR DAYLIGHT.
- BSHB: FAKE THE 3/4 DIVE.

BLOCKING RULES:

- | | |
|---------------|-------------------------------|
| 5-2 | SPECIAL BLOCK |
| 5-3 | SPECIAL BLOCK |
| 4-4 | SPECIAL BLOCK (RUN AT 4 HOLE) |
| 6-1 | SMASH 2 |
| GAP 8 | MICHIGAN |
| 7-DIAMOND | SMASH 2 |
| 6-5 | SMASH 2 |
| GAP STACK REG | - GO |
| GAP STACK OPP | - GO |

RED 156 COUNTER



- QB: STEP BACK 45° BACKSIDE - FAKE A HAND OFF TO FB - USE A VERY SHORT RIDE WITH THE 2ND STEP. PUSH OFF AND STEP BACK, HANDING OFF OUTSIDE TO THE HB. CONTINUE BACKSIDE FAKING AN OPTION WITH THE HB.
- FB: SPRINT FOR THE TAIL OF THE GUARD. FAKE WITH THE QB. SPRINT HARD AS YOU WOULD IF YOU HAD THE BALL.
- BSHB: SPRINT BACKSIDE FAKING AN OPTION WITH THE QB.
- PSHB: JAB STEP BACKSIDE. PUSH OFF AND SPRINT TOWARD THE TAIL OF THE TACKLE. RECEIVE THE HANDOFF FROM THE QB AND BREAK OFF (INSIDE THE TRAP BLOCK) THE TRAP BLOCK OF THE PULLING GUARD.

BLOCKING RULES:

5-2	CUT 6
5-3	CUT 6
4-4	CUT 6
6-1	CUT 6

IF BACKSIDE GUARD IS COVERED (4-4 OR 6-1) THEN THE CENTER WILL TRAP ON THE DEFENSIVE END.

GAP 8 - MICHIGAN. BACKSIDE GUARD CAN STILL PULL AND TRAP ON END, BUT FB MUST BLOCK DEFENSIVE MAN IN GUARD-TACKLE GAP TO ALLOW GUARD TO PULL.

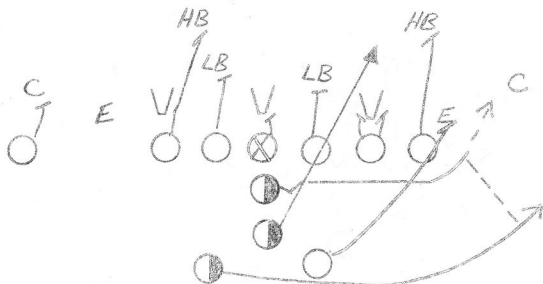
7-DIAMOND - SMASH 4

6-5 CUT 6

GAP STACK REG - TIGHT SIDE - CUT 6, NO SPLIT SIDE

GAP STACK OPP - TIGHT SIDE - CUT 6, NO SPLIT SIDE

REED 113 JAM



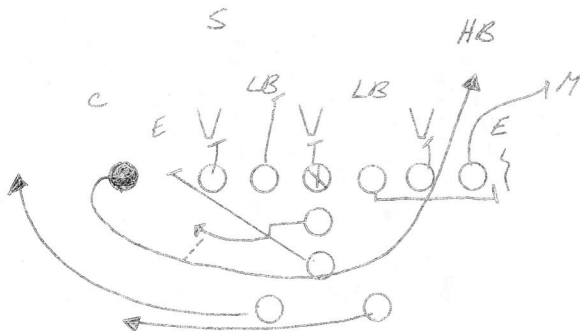
- QB: TAKE 45° STEP BACK. MESH WITH FB. READ DEFENSIVE TACKLE AND EITHER GIVE FB BALL OR CONTINUE ON WITH OPTION. (OPTION THE CORNER BACK)
- FB: TAKE 45° STEP FORWARD. MESH WITH QB. RECEIVE BALL OR CONTINUE PAKE INTO LINE AND BLOCK BACKSIDE LINEBACKER.
- PSHB: TAKE POSITION STEP TO THE OUTSIDE AND THEN ARC SLIGHTLY ON THE DEFENSIVE END AND JAM HIM TO THE INSIDE TO ALLOW QB TO SPRINT OUT PAST HIM. HOW MUCH YOU ARC ON THE DEFENSIVE END DEPENDS UPON WHETHER HE IS SLASHING OR PLAYING LOOSE. IF HE SLASHES YOU MAY HAVE TO GO RIGHT AT HIM WITH NO POSITION STEP.
- BSHB: TAKE STEP PARALLEL TO LINE OF SCRIMMAGE. MAINTAIN A GOOD PITCH RELATIONSHIP WITH THE QB. GET OUTSIDE POSITION ON THE CORNERBACK AS HE IS NOW THE OPTION MAN RATHER THAN THE DEFENSIVE END.
- TIGHT END: INSIDE RELEASE ON DEFENSIVE END AND TAKE #2 OUTSIDE MAN.

BLOCKING

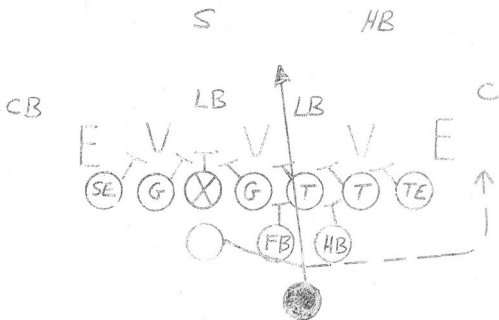
RULES:	5-2	GO, SCOOP 2
	5-3	GO, SCOOP 1
	4-4	SCOOP 2
	6-1	GO

*JAM BLOCK WILL ALWAYS MEAN THAT THE PLAYSIDE HALFBACK IS BLOCKING THE DEFENSIVE END. THIS PLAY CAN BE RUN FROM ANY OF OUR OPTION FORMATIONS AND IS USED AGAINST TEAMS WHO SLASH THEIR ENDS IN ORDER TO GET TO THE QB EARLY BEFORE HE CAN PITCH. THE QB MUST SPRINT OUT PAST THE END AND OPTION THE NEXT MAN WHO HAS OUTSIDE RESPONSIBILITY.

REID 100 SPLIT END REV.



- QB: FAKE 18 OPTION. NOT A GOOD FAKE TO FB AS HE WILL BE RUNNING HIS WIDE TO TAKE DEFENSIVE END. PITCH BACK TO THE SPLIT END AS HE MOVES TO A PITCH POSITION IN FRONT OF THE PLAY SIDE HALFBACK. CONTINUE BACKSIDE FAKING THE OPTION.
- FB: FAKE THE OPTION. RUN WIDER AS ON THE 26 RIP. KEEP THE DEFENSIVE END OFF THE QUARTERBACK. TO MAKE IT SIMPLE, SPRINT RIGHT FOR THE DEFENSIVE END AND BLOCK HIM.
- PSHB: ARC OUT AS ON THE 18 OPTION AS IF YOU ARE TRYING TO THROW AND ROLL ON THE CORNERBACK. MAKE IT LOOK LIKE AN 18 OPTION.
- BSHB: FAKE THE 18 OPTION. GET A LITTLE DEEPER THAN NORMAL TO ALLOW THE SPLIT END TO GET INSIDE YOU.
- SPLIT END: TAKE A FLEX POSITION (NO MORE THAN 5 YARDS AWAY FROM OUR TACKLE. YOU MUST TAKE THE FLEX POSITION ON OTHER PLAYS AS WELL SO YOU DON'T GIVE AWAY THE REVERSE. PIVOT OFF YOUR OUTSIDE FOOT 180°. THE IMPORTANT FACTOR IS FOR YOU TO GET DEPTH. LOOK THE PITCH INTO YOUR HANDS AND TRY TO RUN THE REVERSE INSIDE THE DEFENSIVE END. (LOOK INSIDE FIRST. IF IT IS CLOSED UP MOVE OUTSIDE).
- BLOCKING RULES:
- | | | |
|-----------|-----|---|
| 5-2 | GO | (AS SHOWN ABOVE.) |
| 5-3 | GO | (AS SHOWN ABOVE EXCEPT TE TAKES OUTSIDE LB INSTEAD OF MONSTER.) |
| 4-4 | GO | |
| 6-5 | GO | |
| GAP STACK | REG | GO |
| GAP STACK | OPP | GO |
| 6-1 | GO | |
| 7-DIAMOND | | GO |
| GAP 8 | - | MICHIGAN |



OFFENSIVE LINE: ONE FOOT SPLITS AS MOST. WEAK SIDE TACKLE COMES TO THE STRONG SIDE AND LINES UP BETWEEN THE STRONG SIDE TACKLE AND THE TIGHT END. YOU DO NOT BLOCK A DEFENSIVE PLAYER IN THIS SITUATION. YOU BLOCK AN AREA OF RESPONSIBILITY. BLOCKERS STEP TO THE INSIDE AND "WEDGE" BLOCK - KEEPING TIGHT ON THE SHOULDER OF THE BLOCKER TO THEIR INSIDE. WE RUN THIS WHEN WE ONLY NEED A YARD OR TWO. COMING OFF THE BALL AND RIDING THE SHOULDER OF THE INSIDE BLOCKER AND DRIVING YOUR LEGS IS THE KEY TO SUCCESS.

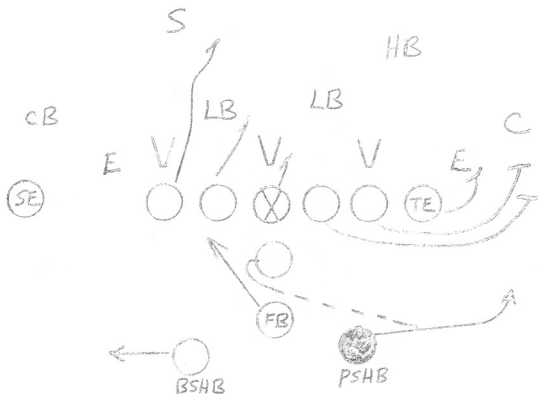
QB: OPEN UP WITH A 45° STEP BACKWARD AND MAKE A GOOD HANDOFF TO THE DEEP (TAILBACK) BACK. CONTINUE DOWN THE LINE FAKING A QB KEEPER (BOOTLEG). IF DEFENSIVE END CONTINUES TO SUCK ON THIS PLAY WE MAY RUN A NAKED QB KEEPER.

FB: LINE UP IN GUARD-TACKLE GAP. DRIVE THROUGH THE OFFENSIVE LINE AND CREATE A HOLE EVEN IF THERE ISN'T ONE.

HB: LINE UP IN TACKLE-TACKLE GAP. DRIVE THROUGH THE OFFENSIVE LINE AND CREATE A HOLE EVEN IF THERE ISN'T ONE.

TAILBACK: FOLLOW LEAD BLOCKING AND STAY BEHIND WEDGE. DO NOT SLIDE TO THE OUTSIDE TOWARD THE DEFENSIVE END. THE WEDGE IS INSIDE. BE PATIENT AND FOLLOW IN BEHIND WEDGE. GIVE BLOCKERS A LITTLE TIME TO DEVELOP THE PLAY.

RED 128 FLASH



QB: OPEN AWAY FROM COLOR. DO 270° REVERSE PIVOT AND PITCH TO PLAYSIDE HB.

FB: FAKE 12 AWAY FROM COLOR.

PSHB: CHEAT 1-2 FEET OUTSIDE OF NORMAL POSITIONING. SPRINT PARALLEL TO LINE OF SCRIMPAGE AND RECEIVE PITCHOUT FROM QB. TRY TO GET OUTSIDE AND FOLLOW INTERFERENCE.

BSHB: FAKE FLASH TO SIDE AWAY FROM COLOR.

TIGHT END: FLASH (HOOK) BLOCK ON DEFENSIVE END. TAKE HIS OUTSIDE AWAY.

BLOCKING CALLS:

5-2 TIGHT SIDE: GO SPLIT SIDE: GO
 GUARD AND TACKLE BOTH PULL. TO SPLIT SIDE THE TACKLE MUST HOOK THE END WHEN RUNNING FLASH HIS WAY.

5-3: GO
 6-1: GO (GUARD MAY HAVE TO STAY IN TO PROTECT QB)
 4-4: GO
 GAP 8 MICHIGAN