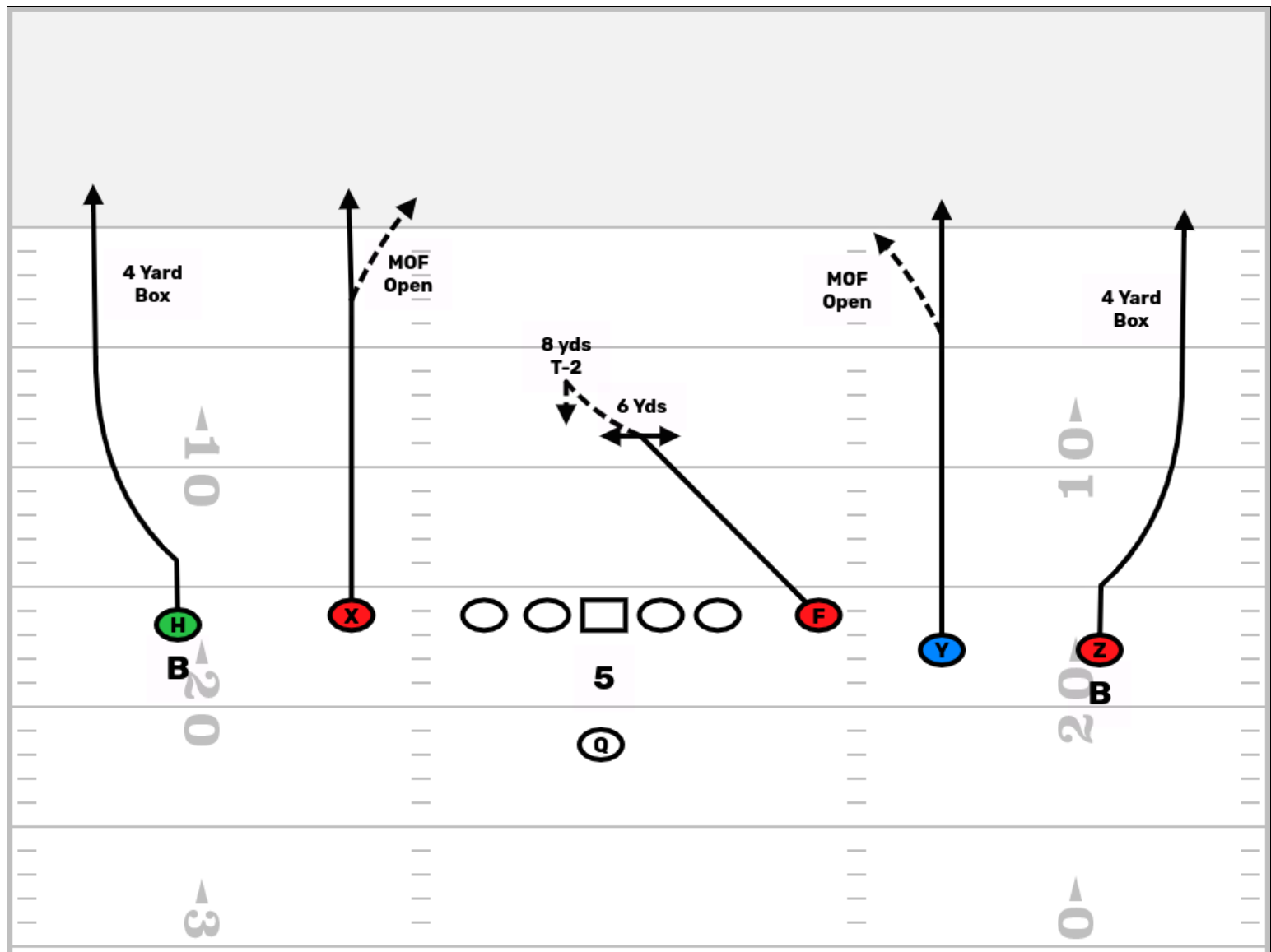


70n7

1. 70n7

1. Copy of 999 Z Juke
2. 728
3. Copy of Dart 56 F Middle
4. Copy of 472 Z Return
5. Copy of 022 Stop F Shoot H Check
6. Copy of 870 F Cross H Sneak
7. Copy of 092 F Burst In H Bullets
8. Copy of 039 F Cross H Flat
9. Copy of Double Seam Y Return
10. 696 Switch
11. Copy of Z Option H corner
12. empty F corner
13. empty digs
14. diamond H stutter n go
15. Mesh F Post
16. H Post Y Corner
17. X shallow H cross
18. Flood

1.1 - Copy of 999 Z Juke



Coaching Points

FORMATION: EMPTY (GUN)

PLAY: 999 Z JUKE

DROP: 5 STEP TIMING

SUGGESTED READS:

MOF OPEN: X-F-Z OR Y-H-Z

MOF CLOSED ZONE: AWAY FROM FS X-F-Z OR Y-H-Z

MOF CLOSED MAN: BEST MATCHUP F-X-Z OR H-Y-Z

X: SEAM ROUTE

-BEST RELEASE AND GET VERTICAL WITH A SENSE OF URGENCY.

-STAY WIDE VS MOF CLOSED TO AFFECT THE MIDDLE SAFETY.

-BEND INSIDE OF THE NEAR SAFETY VS MOF OPEN.

Y: SEAM ROUTE

-BEST RELEASE AND GET VERTICAL WITH A SENSE OF URGENCY.

-STAY WIDE VS MOF CLOSED TO AFFECT THE MIDDLE SAFETY.

-BEND INSIDE OF THE NEAR SAFETY VS MOF OPEN.

Z: JUKE ROUTE

-START ACROSS THE MIDDLE AS IF RUNNING A SHALLOW CROSS.

-PUT FOOT IN THE GROUND AND STOP ABRUPTLY OVER THE CENTER.

-AFTER DEFENDER BITES ON THE PAUSE SNAP BACK TO THE DIRECTION YOU WERE HEADING.

-VS MAN COVERAGE STAY ON THE MOVE IF YOU HAVE YOUR MAN BEAT.

-VS A HOLE IN THE UNDERNEATH ZONE STOP AND CLAP HANDS ASKING FOR THE BALL.

-VS TAMPA 2 GET 2 EXTRA YARDS OF DEPTH INTO THE MLB VOID.

F: FADE ROUTE

-BEST RELEASE FOR VERTICAL THREAT EARLY.

-BREAK THE CUSHION OF THE DEFENDER.

-AFTER THE INITIAL STEM WIDEN TO THE SIDELINE.

-GAIN WIDTH & STRAIGHTEN THE STEM BACK UP LEAVING 4 YARDS FROM THE SIDELINE.

-EXPECT THE BALL OVER THE OUTSIDE SHOULDER.

H: FADE ROUTE

-BEST RELEASE FOR VERTICAL THREAT EARLY.

-BREAK THE CUSHION OF THE DEFENDER.

-AFTER THE INITIAL STEM WIDEN TO THE SIDELINE.

-GAIN WIDTH & STRAIGHTEN THE STEM BACK UP LEAVING 4 YARDS FROM THE SIDELINE.

-EXPECT THE BALL OVER THE OUTSIDE SHOULDER.

FORMATION: COUPLE (GUN) (PISTOL)

DROP: 5 STEP DROP TIMING

$$X-Y-H$$

POSSIBLE ALERT Z VS A GOOD LOOK.

X: CORNER ROUTE

-2 YARD SPLIT FROM F.

-SEAM RELEASE INSIDE TO A VERTICAL STEM.

-SELL THE VERTICAL THREAT EARLY.

-VS MOF CLOSED BREAK FLAT TO THE SIDELINE ON THE 4TH INSIDE STEP.

-VS MOF OPEN KEEP THE ROUTE HIGH TO PUT STRESS ON THE CORNER.

F: GO ROUTE

-BEST RELEASE AND GET VERTICAL IMMEDIATELY.

-THREATEN THE NEAR SAFETY AND TAKE THE TOP OFF OF THE COVERAGE.

Y: OVER ROUTE

-INSIDE RELEASE AND PUSH VERTICALLY IMMEDIATELY.

-PUSH TO 10-12 YARDS AND BEGIN TO WORK ACROSS THE FORMATION.

-WIN WITH SPEED VS MAN COVERAGE.

-WIN WITH TEMPO VS ZONE.

Z: POST ROUTE

-2 YARD SPLIT FROM THE TACKLE.

-BEST RELEASE AND PUSH TO SELL VERTICAL THREAT EARLY.

-AT 15 YARDS NOD TO THE CORNER AND PLANT TO THE POST.

-AIMING POINT IS THE NEAR UPRIGHT.

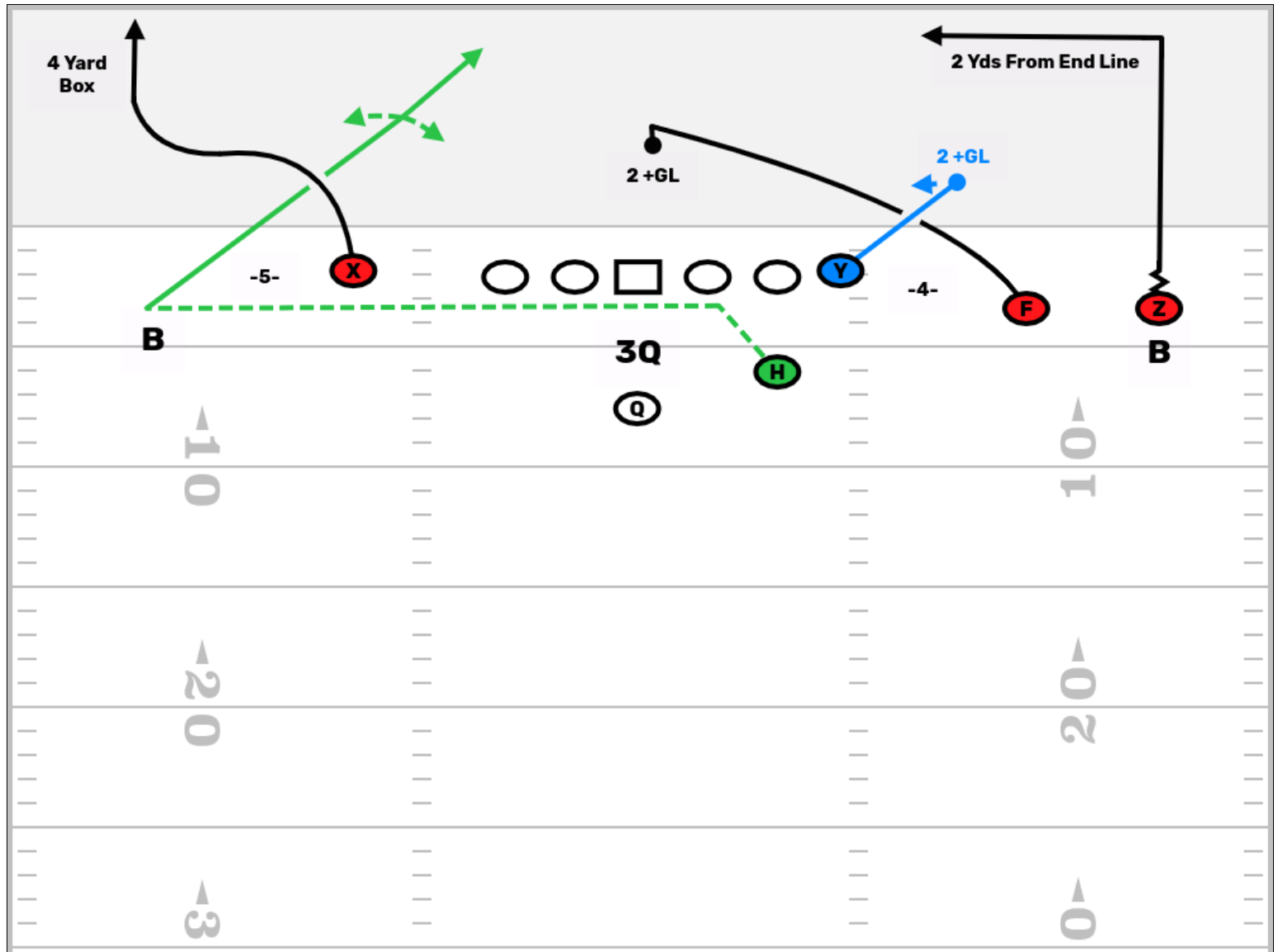
H: FLAT ROUTE

-PROTECTION FIRST.

-RELEASE TO THE FLAT WITH URGENCY.

-LOOK FOR THE BALL IMMEDIATELY AS YOU EXPAND THE CURL AREA.

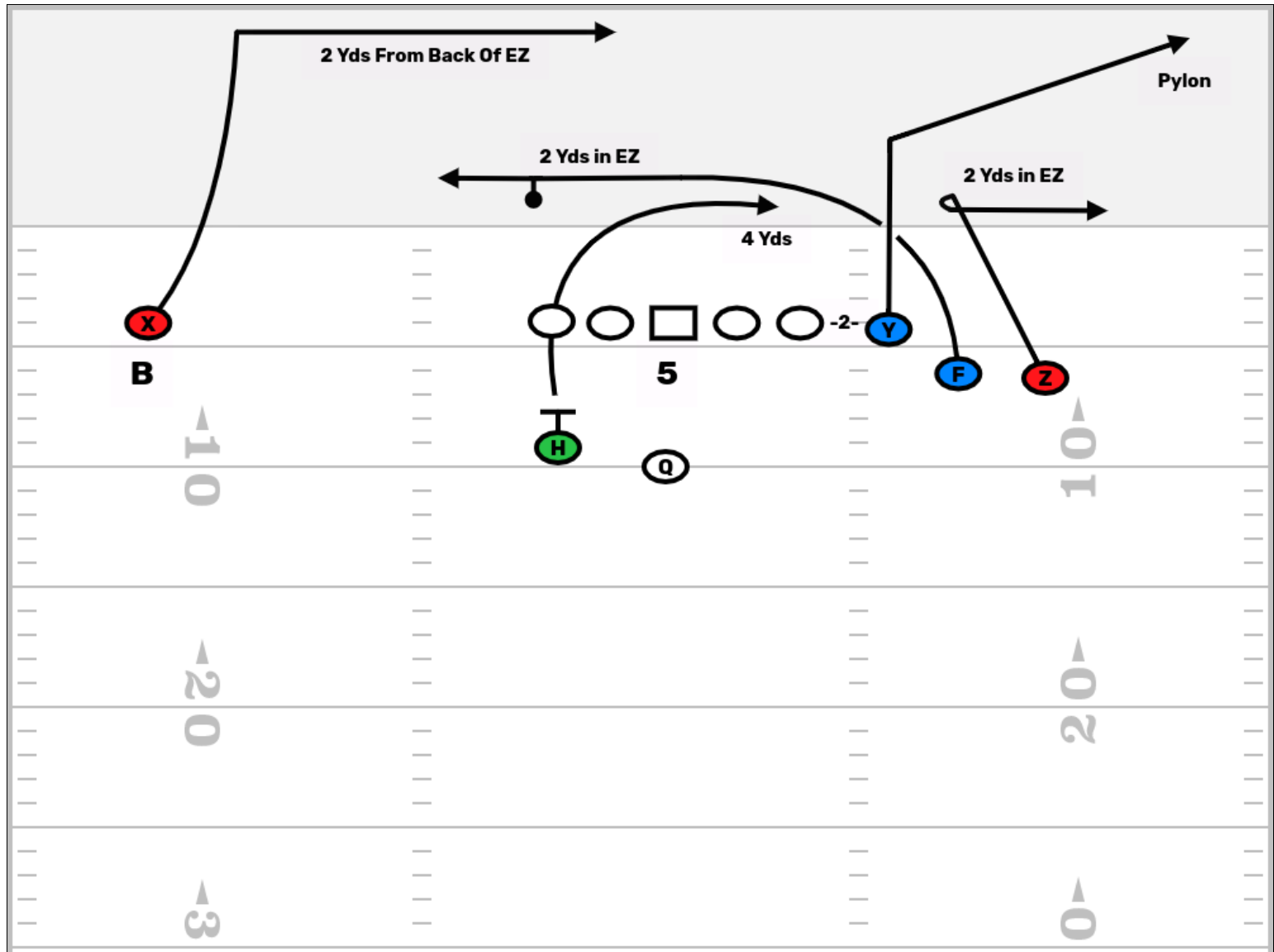
1.3 - Copy of Dart 56 F Middle



Coaching Points

USA FOOTBALL COACH & COORDINATOR PODCAST GUEST STEVE FAIRCHILD TALKS ABOUT HIS FAVORITE RED ZONE PASSES. HERE IS ONE!

1.4 - Copy of 472 Z Return



Coaching Points

FORMATION: BUNCH (GUN) (PISTOL)

PLAY: 472 Z RETURN

DROP: 5 STEP TIMING

SUGGESTED READ:

MOF OPEN: X-F-H

MOF CLOSED: F-Z-H

X: IN ROUTE

-BEST RELEASE AND THEN GET VERTICAL TO 2 YARDS FROM BACK OF THE EZ.

-BREAK INSIDE AND STAY ON THE MOVE.

-STAY ON THE MOVE AND WIN INSIDE.

Y: PYLON CORNER

- BEST RELEASE FOR VERTICAL THREAT.

- SELL THE 2 WAY GO TO THE TOP OF THE STEM.

- BREAK TO THE PYLON AT 10 YARDS.

- EXPECT THE BALL AT THE PYLON.

Z: RETURN ROUTE

- BEST RELEASE.

- START ACROSS THE MIDDLE AS RUNNING A SHALLOW CROSS.

- BREAK THE STEM OF THE Y AND THEN PIVOT BACK TO THE SIDELINE.

- STAY FLAT AT A DEPTH OF 2 YARDS IN THE END ZONE BACK TO THE SIDELINE.

F: SHALLOW ROUTE

- BEST RELEASE FOR DEPTH AS YOU GET HORIZONTAL ACROSS THE FORMATION.

- GET TO A DEPTH OF 2 YARDS IN THE END ZONE.

AS YOU CROSS THE CENTER EITHER:

- GIVE THE QB YOUR EYES AND STAY ON THE MOVE VS MAN COVERAGE.

- EXPECT THE BALL ON THE MOVE.

OR

- KEEP YOUR EYES ON THE CURL DEFENDER VS ZONE.

- SIT DOWN AND GIVE THE QB YOUR NUMBERS IN THE TACKLE AREA.

- EXPECT THE BALL ON THE SHOULDER AWAY FROM THE NEAREST DEFENDER.

H: SNEAK ROUTE

- RELEASE THRU THE STRONG SIDE A OR B GAP.

- BURST OPPOSITE LOOKING FOR THE FOOTBALL AT 4 YARDS DEPTH.

- VS MAN LOOK FOR A RUB OPPORTUNITY ON THE F'S DEFENDER.

[illegible]

-GIVE THE QB YOUR EYES AND STAY ON THE MOVE VS MAN COVERAGE.

- EXPECT THE BALL ON THE MOVE.

OR

- KEEP YOUR EYES ON THE CURL DEFENDER VS ZONE.

- SIT DOWN AND GIVE THE QB YOUR NUMBERS IN THE TACKLE AREA.

- EXPECT THE BALL ON THE SHOULDER AWAY FROM THE NEAREST DEFENDER.

Y: DRAG ROUTE

- 4 YARD SPLIT FROM THE TACKLE.

- RELEASE INSIDE AND GET TO A DEPTH OF 6 YARDS.

- KEEP THIS DEPTH AND DO NOT YIELD FOR ANY DEFENDER YOU CROSS.

- UNDERSTAND THAT THE X IS UNDER YOU AND THE Z IS OVER YOU.

Z: OVER STOP ROUTE

- MOTION INSIDE TO 5 YARDS OUTSIDE OF THE Y PRIOR TO SNAP.

- RELEASE INSIDE AS IF RUNNING AN OVER ROUTE ON THE SNAP.

- GET TO A DEPTH OF 8 YARDS AS YOU RELEASE INSIDE.

- GET ACROSS THE MIDDLE WITH SPEED AND SELL THE OVER.

- POP UP AND GIVE YOUR NUMBERS TO THE QB OVER THE CENTER.

F: SHOOT ROUTE

- CHEAT OUT & UP ON ALIGNMENT.

- OUTSIDE RELEASE AND GET VERTICAL AS YOU GAIN WIDTH.

- MAINTAIN WIDTH AS THE BALL WILL BE ON TO OUTSIDE OF YOUR BODY.

- TREAT THIS AS A GO ROUTE AFTER YOU STRAIGHTEN THE STEM.

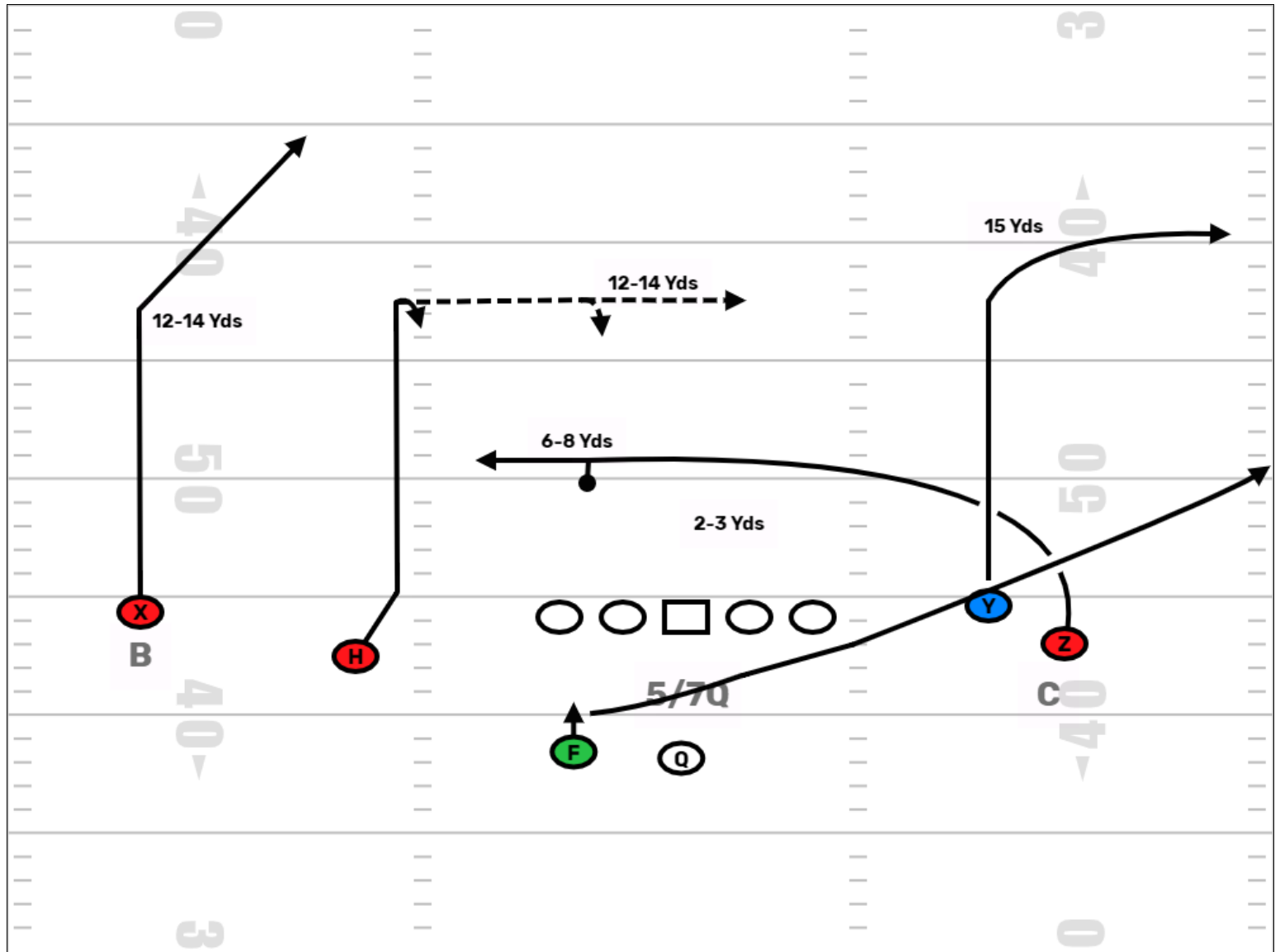
- LEAVE THE QB A 4 YARD BOX FROM THE SIDELINE AT THE TOP.

H: CHECK ROUTE

- PROTECTION FIRST. YOU ARE LATE IN THE READ.

- WIDEN TO 2 YARDS OUTSIDE OF THE TACKLE AND TURN INSIDE TO THE QB

1.6 - Copy of 870 F Cross H Sneak



Coaching Points

FORMATION: 2X2 (GUN) (PISTOL)

PLAY: 870 F CROSS H SNEAK

DROP: 5 OR QUICK 7 STEP DROP TIMING

SUGGESTED READS:

Z-F-H

F-X-H VS QUARTERS

X: POST ROUTE

-BASE SPLIT

-BEST RELEASE AND GET VERTICAL QUICKLY.

-AT 12-14 YARDS NOD OUTSIDE AND THEN BREAK INSIDE.

-INITIAL AIMING POINT IS NEAR UPRIGHT.

-GET INSIDE ACROSS THE FACE OF THE CORNER OR SAFETY TO THAT SIDE.

Y: CORNER ROUTE

-BEST RELEASE TO A VERTICAL STEM WITH OUTSIDE LEVERAGE ON THE DEFENDER.

-ON THE 4TH INSIDE STEP BREAK TO THE SIDELINE. (15-16 YARDS)

-VS MOF CLOSED BREAK FLAT TO THE SIDELINE ON THE 4TH INSIDE STEP.

-VS MOF OPEN KEEP THE ROUTE HIGH TO PUT STRESS ON THE CORNER.

F: IN ROUTE

-INSIDE RELEASE AND GET VERTICAL QUICKLY.

-PUSH TO SELL THE VERTICAL THREAT EARLY.

-SPEED CUT INSIDE AT 12-14 YARDS.

-STAY ON THE MOVE FLAT ACROSS THE MIDDLE.

-GRAB THE QUARTERS SAFETY WITH YOUR EYES.

-VS MAN COVERAGE WIN WITH SPEED.

-VS ZONE STAY ON THE MOVE BUT THROTTLE IN THE HOLE.

Z: SHALLOW CROSS

-CLOSE SPLIT.

-BEST RELEASE AND GET HORIZONTAL OFF OF THE Y'S STEM.

-CLIMB TO 6 YARDS DEPTH.

-LOOK FOR A RUB VS MAN COVERAGE.

AS YOU CROSS THE CENTER EITHER:

-STAY ON THE MOVE VS MAN COVERAGE

-SIT DOWN AND GIVE THE QB YOUR NUMBERS VS ZONE IN THE TACKLE AREA.

The diagram illustrates a basketball drill on a court. The path starts at the top of the key (X) and ends at the basket (Z). The path is marked with letters C, H, Y, and B. Key distances and positions are labeled: 11 Yds or Back of EZ, 6 Yds, 4-6 Yds, Hot, MOF Open, MOF Closed, 5, and Q.

FORMATION: 2x2 (Gun) (Pistol)

DROP: 5 Step Drop Timing

Y-X OR Y-F

Alert H Vs Man Coverage

X: Shallow Route

- Best release for depth as you get horizontal across the formation.
- Get to a depth where your upfield shoulder will brush the Z's near shoulder.

As you cross the Center either:

- Give the QB your eyes and stay on the move vs man coverage.

- Expect the ball on the move.

Or

- Keep your eyes on the curl defender vs zone.

- Sit down and give the QB your numbers in the tackle area.

- Expect the ball on the shoulder away from the nearest defender.

Y: Seam Route

- Best release and get vertical with a sense of urgency.

- Stay wide vs MOF closed to affect the middle Safety.

- Bend inside of the near Safety vs MOF open.

Z: Drag Route

- Motion inside to the 5 yards outside of the Y.

- Release inside off of the hip of the TE for a possible rub vs man.

- Get to a depth of 6 yards as you release inside.

- Keep this depth and do not yield for any defender you cross.

- Stay on the move and be available as a hot or late.

F: Burst 4 Route

- Hard stem outside and then set a vertical stem.

- Push to 16 yards or the back of the end zone.

- Break inside with speed cut and stay on the move.

- Stay flat to negative to the QB staying on the move

- Throttle in any passing lane to the QB.

H: Bullets Route

- Cheat out and up pre-snap.

- Free release with width as pushing vertical.

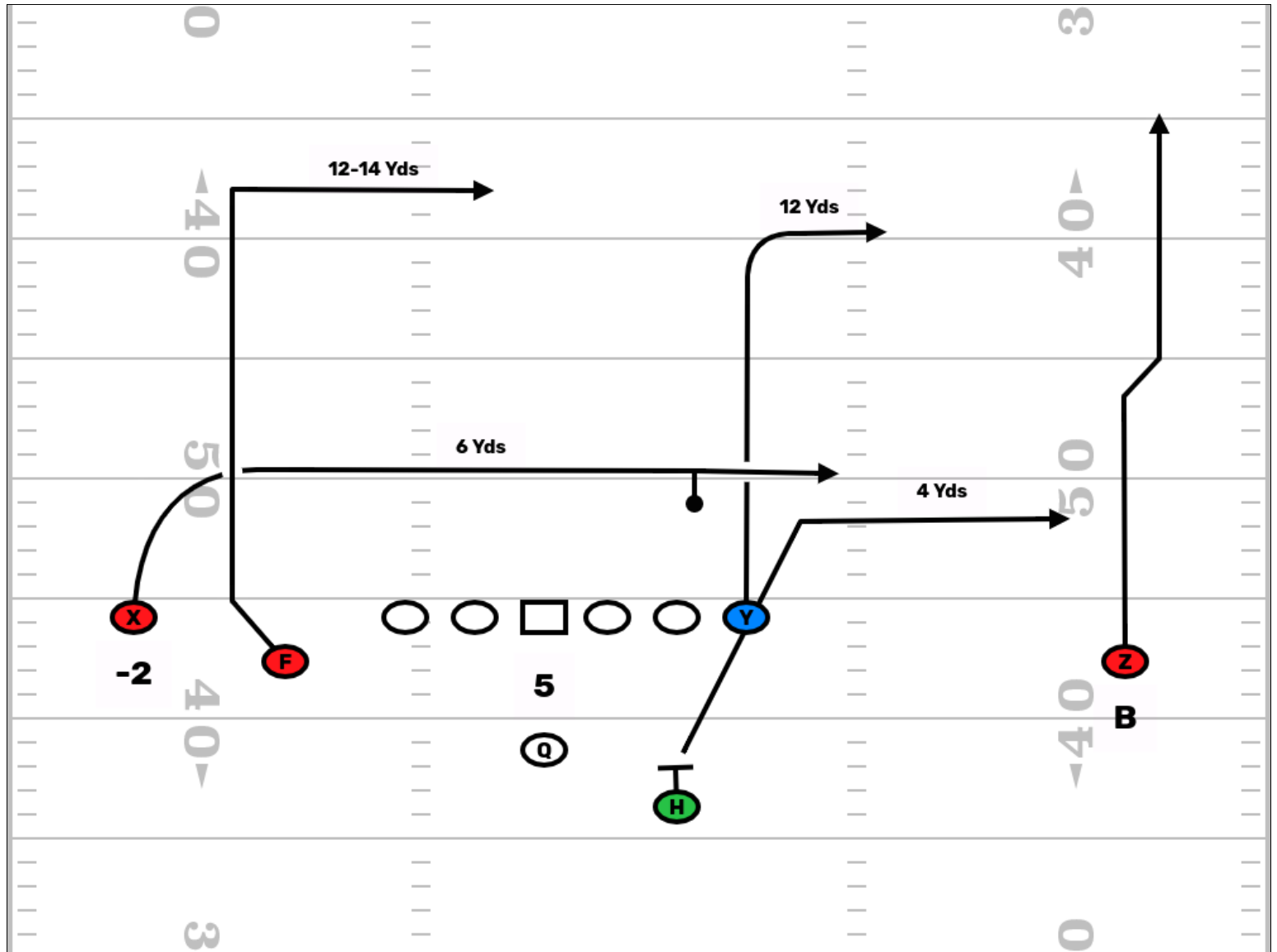
- Set a stem by 5 yards past the LOS.

- Leave the QB a 4 yard box.

- Expect this ball out in front or on the outside shoulder.

- This could be a pylon throw.

1.8 - Copy of 039 F Cross H Flat



Coaching Points

FORMATION: 2X2 (GUN) (PISTOL)

PLAY: 039 F CROSS H FLAT

DROP: 5 STEP DROP TIMING

SUGGESTED READ:

Y-X-F

POSSIBLE ALERT Z VS MAN COVERAGE

H: FLAT ROUTE

-PROTECTION FIRST.

-RELEASE TO THE FLAT WITH URGENCY AT A DEPTH OF 4 YARDS.

-LOOK FOR THE BALL IMMEDIATELY AS YOU EXPAND THE CURL AREA.

Y: OUT ROUTE

- BEST RELEASE TO VERTICAL STEM AND SELL DEEP THREAT FIRST.

- GAIN OUTSIDE LEVERAGE AT THE TOP AROUND 12 YARDS.

- WORK BACK TO QB VS ZONE.

- WORK FLAT TO NEGATIVE TO THE SIDELINE VS MAN.

Z: GO ROUTE

- BASE SPLIT.

- MANDATORY OUTSIDE RELEASE.

- GET VERTICAL IN A HURRY AND TAKE THE TOP OFF OF THE DEFENSE.

- BE ALERT FOR A HOLE SHOT DEEPER THAN THE CORNER AND WIDER THAN THE SAFETY.

X: SHALLOW CROSS ROUTE

- CHEAT SPLIT INSIDE BY 2 YARDS.

- BEST RELEASE AND GET HORIZONTAL OFF OF THE F'S STEM.

- LOOK FOR A RUB VS MAN COVERAGE.

AS YOU CROSS THE CENTER EITHER:

- STAY ON THE MOVE VS MAN COVERAGE

- SIT DOWN AND GIVE THE QB YOUR NUMBERS VS ZONE IN THE TACKLE AREA.

F: BURST 4

- HARD STEM OUTSIDE AND THEN SET A VERTICAL STEM.

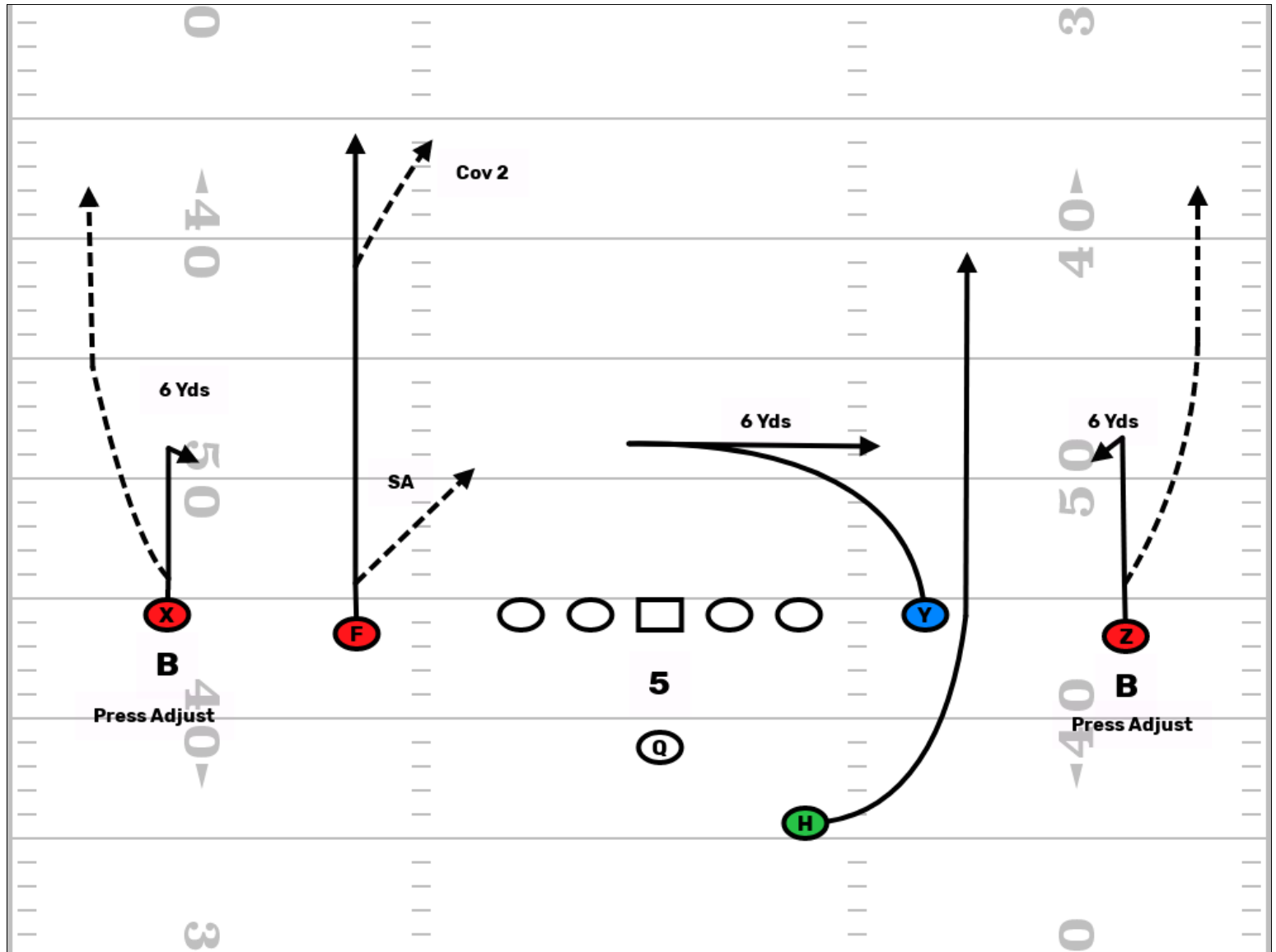
- PUSH TO 14 YARDS. SELL VERTICAL THREAT.

- BREAK INSIDE WITH SPEED CUT AT 14 YARDS AND STAY ON THE MOVE.

- STAY FLAT TO NEGATIVE TO THE QB STAYING ON THE MOVE

- THROTTLE IN ANY PASSING LANE TO THE QB.

1.9 - Copy of Double Seam Y Return



Coaching Points

FORMATION: 2x2 (Gun) (Pistol)

PLAY: Double Seam Y Return

DROP: 5 Step Timing

SUGGESTED READS:

MOF Open H-Z-Y

MOF Closed Zone: Best Look Outside To Y

MOF Closed Man: Z-H-Y

X: Hitch Route

-Explode off of the ball and eat up the cushion of the defender.

-Plant outside foot at 6 yards and show numbers to the QB.

-Work back to the ball when it's in the air.

- Convert to a Go route vs press coverage.

Y: Return Route

- Start across the middle as running a Shallow Cross.

- Break the mid line of the formation and then pivot back to the sideline.

- Stay flat at 4-6 yards back to the sideline.

Z: Hitch Route

- Explode off of the ball and eat up the cushion of the defender.

- Plant outside foot at 6 yards and show numbers to the QB.

- Work back to the ball when it's in the air.

- Convert to a Go route vs press coverage.

F: Seam Route

- Best release and get vertical with a sense of urgency.

- Stay wide vs MOF closed to affect the middle Safety.

- Bend inside of the near Safety vs MOF open.

H: Seam Route

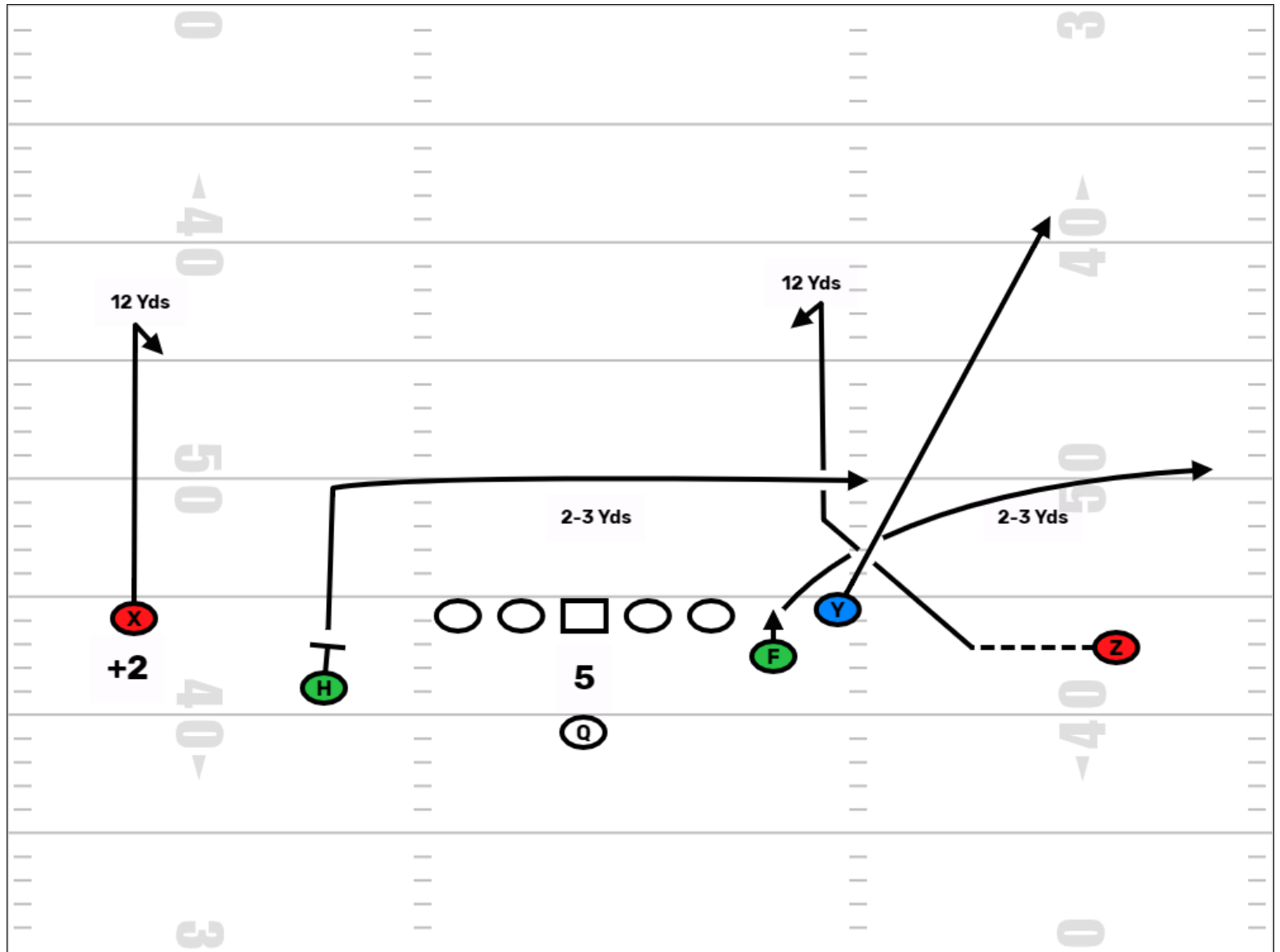
- Cheat out & up on alignment.

- Outside release and get vertical with a sense of urgency.

- The stem should be outside of the Y's initial alignment.

- Stay wide vs all coverages.

1.10 - 696 Switch



Coaching Points

FORMATION: 2 BACK OPEN (GUN) (PISTOL)

PLAY: 696 SWITCH BACKS STRONG

DROP: 5 STEP DROP TIMING

SUGGESTED READ:

MOF CLOSED: F-Z OR X

MOF OPEN: Y-Z-F

X: CURL ROUTE

-EXPAND SPLIT BY 2 YARDS.

-BEST RELEASE TO SELL VERTICAL THREAT.

-EXPLODE TO 12 YARDS EATING UP THE DEFENDER'S CUSHION.

-PLANT OUTSIDE FOOT IN THE GROUND AND WORK DIRECTLY BACK TO THE QB.

Y: GO ROUTE

-OUTSIDE RELEASE DIRECTLY TO THE CORNER WITH A SENSE OF URGENCY.

-YOU ARE FIRST AND GO IN FRONT OF THE Z.

-TAKE THE TOP OFF OF THE DEFENSE.

Z: CURL ROUTE

-BASE SPLIT AND MOTION TO 5 YARDS FROM THE Y.

-INSIDE RELEASE BEHIND THE Y.

-STARIGHTEN STEM TO SELL VERTICAL THREAT.

-EXPLODE TO 12 YARDS EATING UP THE DEFENDER'S CUSHION.

-PLANT OUTSIDE FOOT IN THE GROUND AND WORK DIRECTLY BACK TO THE QB.

F: FLAT ROUTE

-PROTECTION FIRST BUT GET OUT QUICKLY IF YOU CAN.

-RELEASE TO THE FLAT WITH URGENCY.

-LOOK FOR THE BALL IMMEDIATELY AS YOU EXPAND THE CURL AREA.

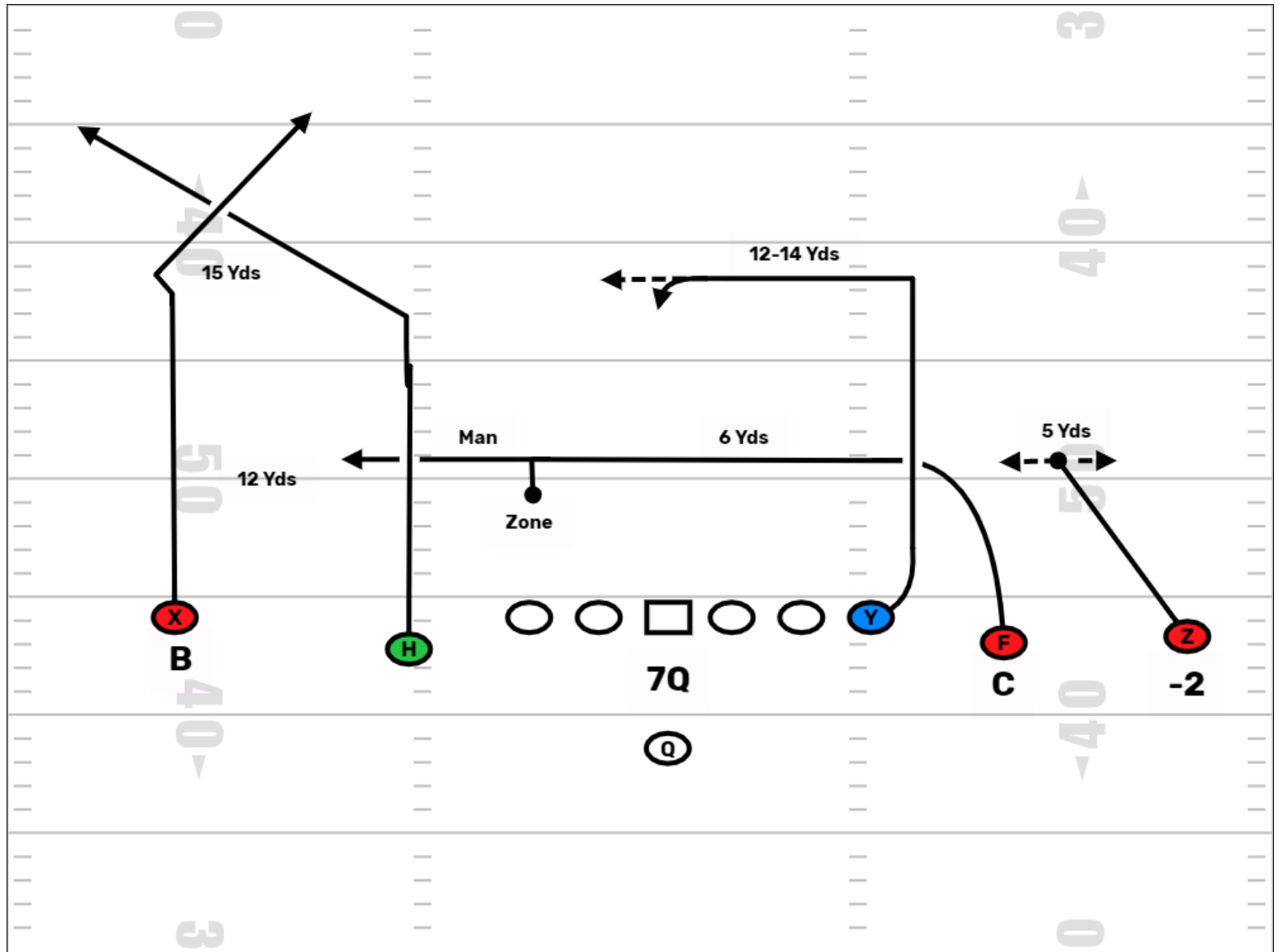
H: SNEAK ROUTE

-PROTECTION FIRST.

-RELEASE THRU THE WEAK SIDE A OR B GAP.

-BURST OPPOSITE LOOKING FOR THE FOOTBALL AT 2-3 YARDS DEPTH.

1.11 - Copy of Z Option H corner



Coaching Points

FORMATION: EMPTY (GUN)

PLAY: 840 Z OPTION H WHEEL

DROP: QUICK 7 STEP TIMING

SUGGESTED READS:

F-Y-Z

POSSIBLE ALERT H VS MAN COVERAGE

POSSIBLE ALERT X VS MOF CLOSED STRONG SAFETY ROLL

X: POST ROUTE

-BASE SPLIT

-BEST RELEASE AND GET VERTICAL WITH A SENSE OF URGENCY.

-PUSH UP TO 15 YARDS AND BREAK TO THE POST.

-INITIAL AIMING POINT IS THE NEAR UPRIGHT.

-BREAK ACROSS THE HALF FIELD SAFETY OR THE COVER 3 CORNER'S FACE.

Y: BASIC CROSS

-OUTSIDE RELEASE TO PROVIDE A RUB FOR F.

-PUSH TO 12-14 YARDS AND THREATEN VERTICALLY.

-BREAK INSIDE AND READ MAN OR ZONE.

-VS ZONE BEND BACK TO THE QB IN THE FIRST OPEN WINDOW.

-VS MAN COVERAGE STAY ON THE MOVE & GET SEPARATION.

F: SHALLOW CROSS

-CLOSE SPLIT TO 5 YARDS FROM THE TIGHT END.

-RELEASE INSIDE OFF OF THE Y'S OUTSIDE STEM.

-LOOK FOR A RUB VS MAN COVERAGE.

AS YOU CROSS THE CENTER EITHER:

-STAY ON THE MOVE VS MAN COVERAGE

-SIT DOWN AND GIVE THE QB YOUR NUMBERS VS ZONE IN THE TACKLE AREA.

-IF A LB PRESSURES GET YOUR EYES TO THE QB FOR A HOT THROW.

Z: OPTION ROUTE

-CHEAT SPLIT IN BY 2 YARDS.

-START ACROSS THE MIDDLE AS IF RUNNING A SHALLOW CROSS.

-PUT FOOT IN THE GROUND AND STOP ABRUPTLY OVER F'S ORIGINAL ALIGNMENT.

-VS ZONE EXPECT THE BALL ON THE SHOULDER AWAY FROM THE NEAREST DEFENDER.

-VS MAN PAUSE THEN BURST AWAY FROM THE DEFENDER WHEN QB GIVES YOU HIS EYES.

H: WHEEL ROUTE

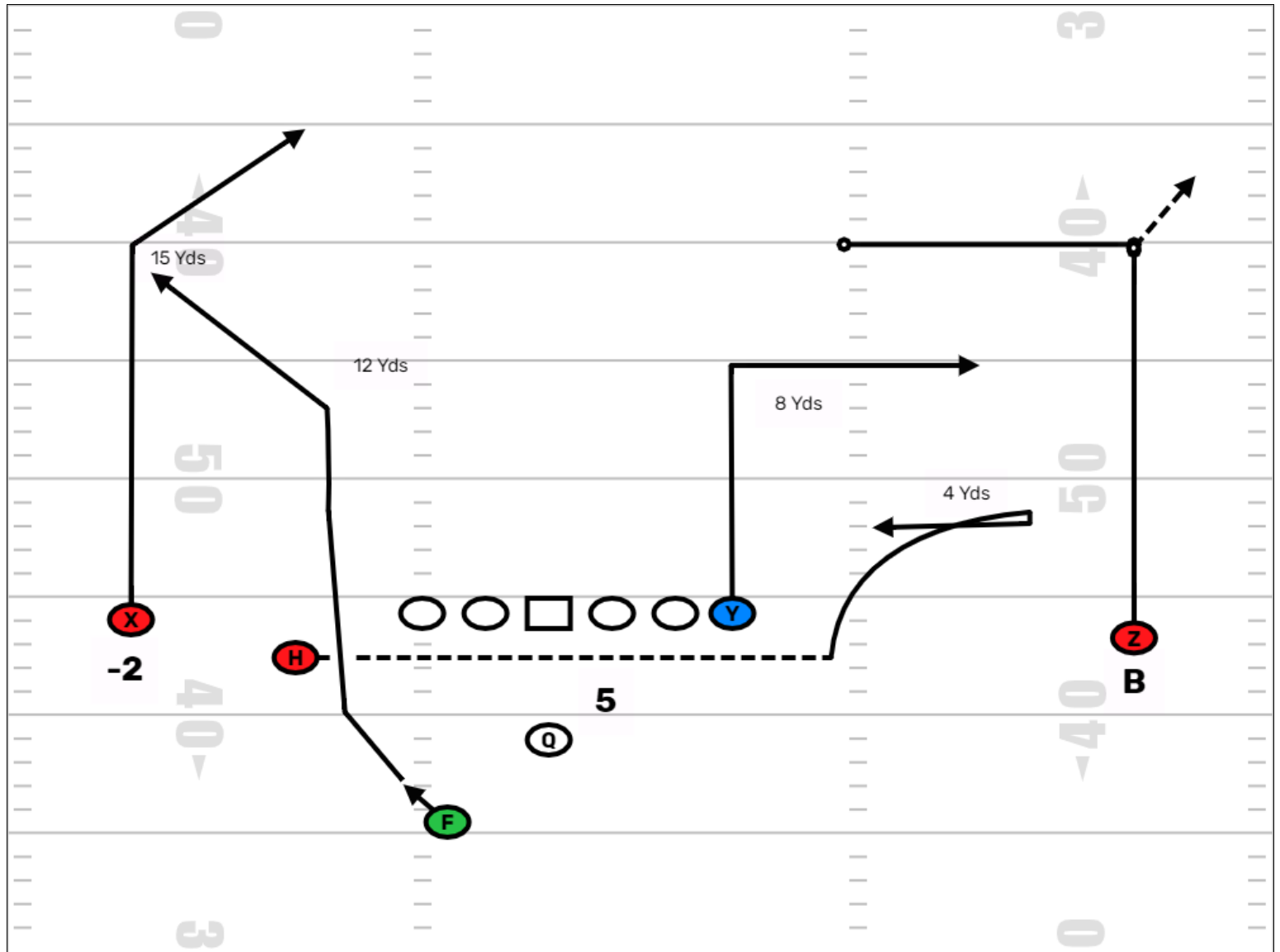
-OUTSIDE RELEASE OFF OF THE STEM OF THE X.

-SELL THE FLAT ROUTE FIRST BEFORE TURNING UPFIELD.

-AFTER TURNING UPFIELD STRAIGHTEN THE ROUTE STEM VERTICALLY

-SAME PRINCIPLES APPLY AS ON A GO ROUTE.

1.12 - empty F corner



Coaching Points

FORMATION: 3X1 (GUN) (PISTOL)

PLAY: 839 F UNDER H OUT

DROP: 5 STEP TIMING

SUGGESTED READ:

Z-Y-F-H

POSSIBLE ALERT X VS CHEATED SAFETIES WITH MOF OPEN OR CLOSED.

X: POST ROUTE

-CHEAT SPLIT INSIDE BY 2 YARDS.

-BEST RELEASE AND GET VERTICAL QUICKLY.

-AT 15 YARDS NOD OUTSIDE AND THEN BREAK INSIDE.

-GET INSIDE ACROSS THE FACE OF THE CORNER TO THAT SIDE VS MOF OPEN.

- GET ACROSS THE FACE OF THE DEEP THIRD CORNER VS MOF CLOSED.

Y: OUT ROUTE

- BEST RELEASE TO VERTICAL STEM AND SELL DEEP THREAT FIRST.

- GAIN OUTSIDE LEVERAGE BY 10-12 YARDS.

- WORK FLAT TO NEGATIVE TO THE SIDELINE.

Z: GO ROUTE

- BASE SPLIT.

- MANDATORY OUTSIDE RELEASE FOR VERTICAL THREAT EARLY.

- BREAK THE CUSHION OF THE DEFENDER.

- WIN PAST THE DEFENDER AND THEN STACK HIM.

- LEAVE 4 YARDS FROM THE SIDELINE FOR THE QB.

- EXPECT THE BALL OUT IN FRONT OR OVER THE OUTSIDE SHOULDER.

F: UNDER ROUTE

- MOTION TO 4 YARDS OUTSIDE OF Y.

- OUTSIDE RELEASE TO SELL THE OUT ROUTE AT 4 YARDS.

- BEGIN WORKING TO THE SIDELINE AND GRAB THE CURL/FLAT DEFENDER.

- BREAK BACK INSIDE FLAT TO NEGATIVE WITH PACE.

- LOOK FOR THE BALL STAYING ON THE MOVE WITH PACE.

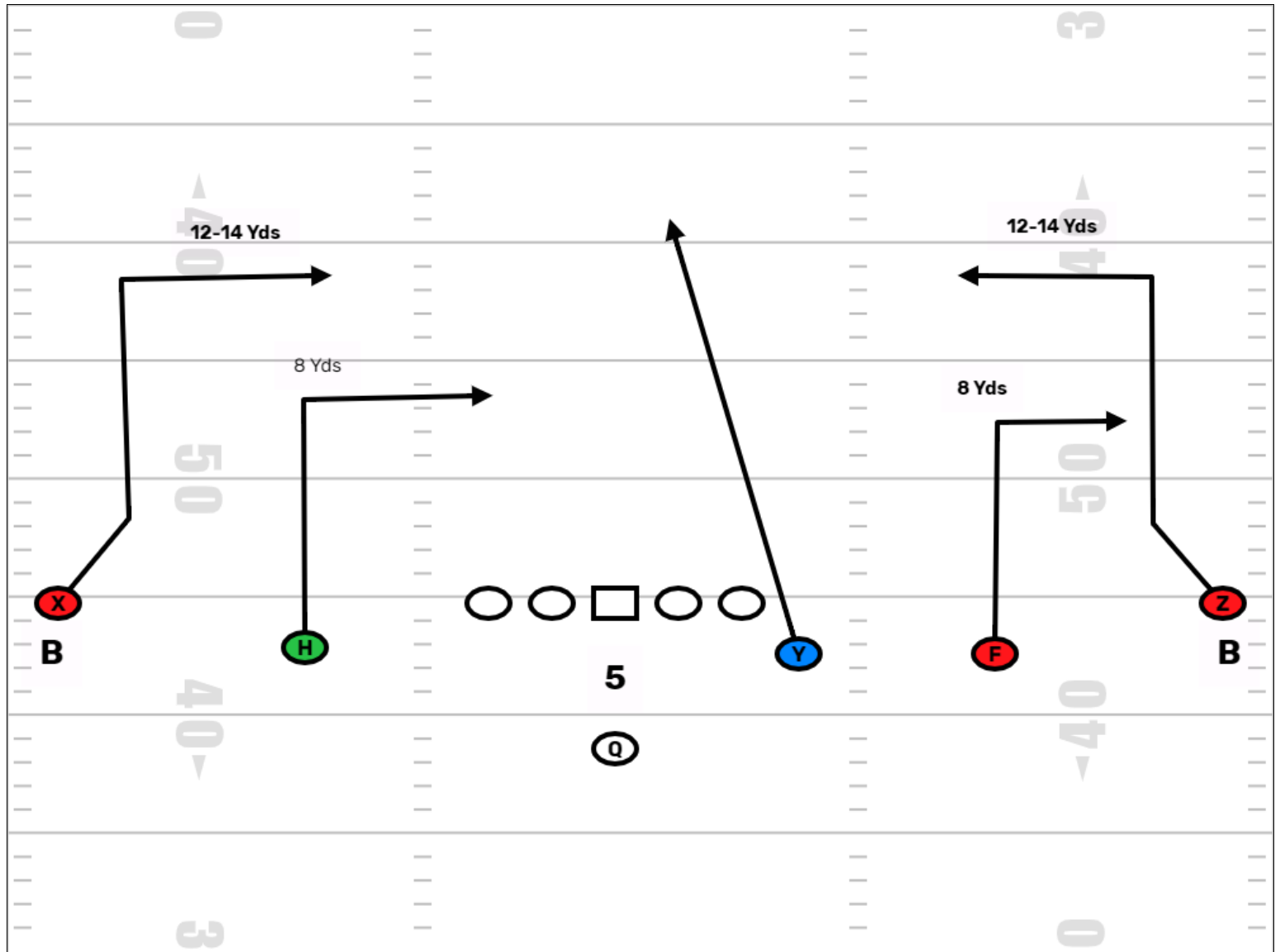
H: OUT ROUTE

PROTECTION FIRST.

- RELEASE THROUGH THE A OR B GAP WITH A VERTICAL STEM.

- BREAK TOWARDS THE SIDELINE AT 6 YARDS.

1.13 - empty digs



Coaching Points

FORMATION: EMPTY (GUN)

PLAY: DOUBLE 64 WRAP

DROP: 5 STEP TIMING

SUGGESTED READ:

H-X OR F-Z

-PICK ONE SIDE AND STAY ON THAT SIDE.

X: WRAP FOUR

-INSIDE SEAM RELEASE AND GET VERTICAL QUICKLY.

-SPEED CUT INSIDE AT 14-16 YARDS.

-STAY ON THE MOVE BUT THROTTLE IN A WINDOW VS ZONE.

Y: PASS PROTECTION

Z: WRAP FOUR

- INSIDE SEAM RELEASE AND GET VERTICAL QUICKLY.

- SPEED CUT INSIDE AT 14-16 YARDS.

- STAY ON THE MOVE BUT THROTTLE IN A WINDOW VS ZONE.

F: SPOT ROUTE

- BEST RELEASE TO A VERTICAL STEM.

- TURN INSIDE TO THE QB AT 8 YARDS AND GIVE HIM YOUR NUMBERS.

- REMAIN STATIONARY TO CREATE A HIGH LOW WITH THE WR.

H: SPOT ROUTE

- BEST RELEASE TO A VERTICAL STEM.

- TURN INSIDE TO THE QB AT 8 YARDS AND GIVE HIM YOUR NUMBERS.

- REMAIN STATIONARY TO CREATE A HIGH LOW WITH THE WR.

[illegible]

-BREAK THE CUSHION OF THE DEFENDER.

- AFTER THE INITIAL STEM WIDEN TO THE SIDELINE.

- GAIN WIDTH & STRAIGHTEN THE STEM BACK UP LEAVING 4 YARDS FROM THE SIDELINE.

- EXPECT THE BALL OVER THE OUTSIDE SHOULDER AT THE PYLON.

Y: BASIC CROSS ROUTE

- BEST RELEASE TO GET OFF THE BALL CLEAN & PROVIDE A RUB FOR Z.

- PUSH TO 12-14 YARDS AND THREATEN VERTICALLY.

- BREAK INSIDE AND READ MAN OR ZONE.

- VS ZONE BEND BACK TO THE QB IN THE FIRST OPEN WINDOW.

- VS MAN COVERAGE STAY ON THE MOVE & GET SEPARATION.

Z: SHALLOW CROSS ROUTE

- BEST RELEASE FOR DEPTH AS YOU GET HORIZONTAL ACROSS THE FORMATION.

- RELEASE OFF OF THE STEM OF Y.

AS YOU CROSS THE CENTER EITHER:

- GIVE THE QB YOUR EYES AND STAY ON THE MOVE VS MAN COVERAGE.

- EXPECT THE BALL ON THE MOVE.

OR

- KEEP YOUR EYES ON THE CURL DEFENDER VS ZONE.

- SIT DOWN AND GIVE THE QB YOUR NUMBERS IN THE TACKLE AREA.

- EXPECT THE BALL ON THE SHOULDER AWAY FROM THE NEAREST DEFENDER.

F: ANGLE PUMP ROUTE

- RELEASE WITH SPEED AND SELL THE FLAT ROUTE.

- PLANT OUTSIDE FOOT AND ANGLE BACK INSIDE AT 3 YARDS DEPTH.

- DRIVE HARD INSIDE FOR ONE STEP.

- PLANT AND FADE BACK OUTSIDE WHILE ALSO GETTING VERTICAL.

- TURN THIS ROUTE INTO A FADE ROUTE & EXPECT THE BALL ON THE OUTSIDE SHOULDER.

H: WIDE ROUTE

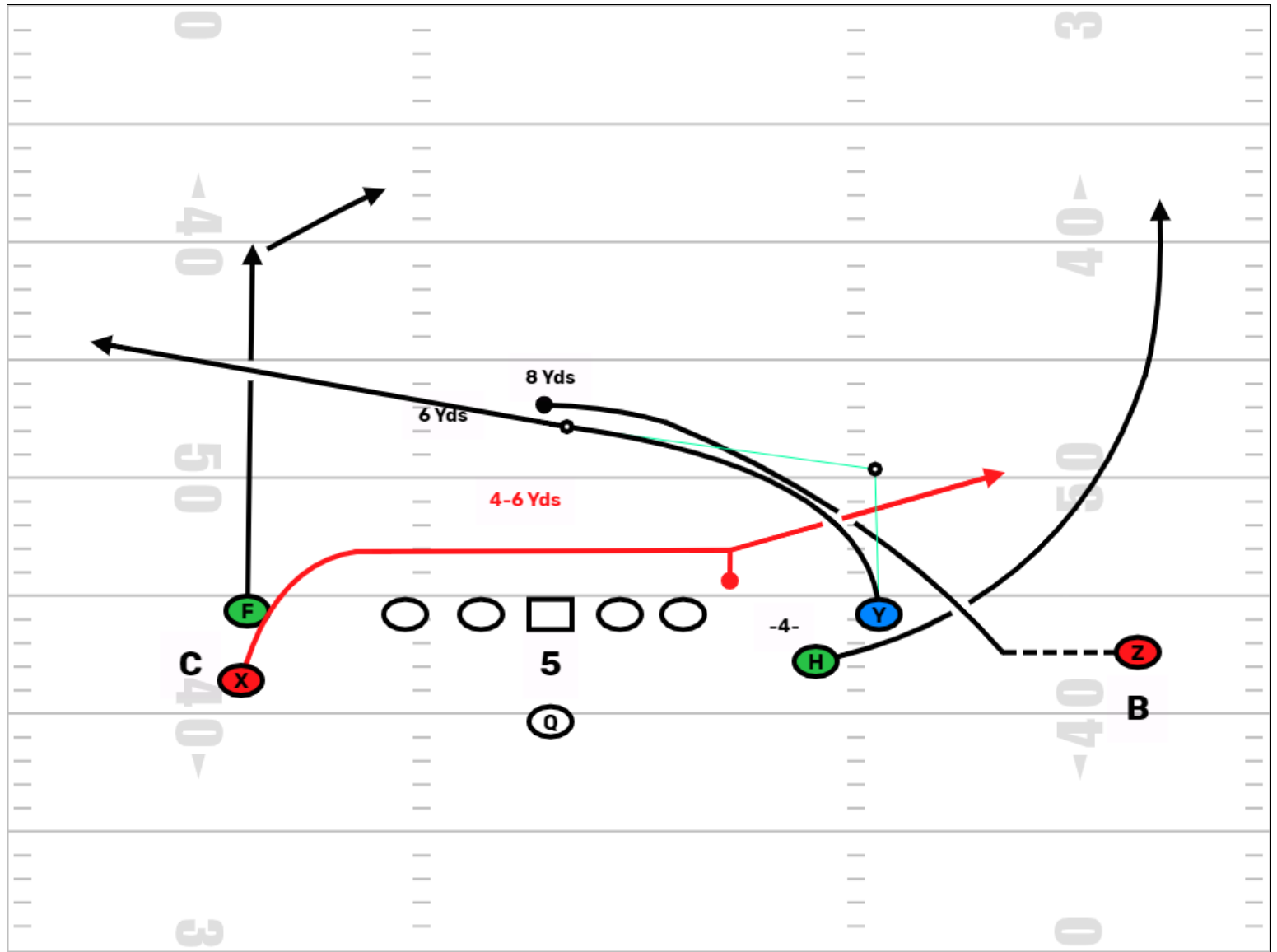
- PROTECTION FIRST.

- RELEASE FLAT TO THE SIDELINE WITH SPEED.

- DO NOT LOSE GROUND.

- TURN SHOULDERS UP FIELD ON THE FIFTH STEP.

1.15 - Mesh F Post



Coaching Points

FORMATION: 2 BACK OPEN GUN (GUN) (PISTOL)

PLAY: 022 STOP F SHOOT H CHECK

DROP: 5 STEP TIMING

SUGGESTED READ:

Y-X-Z

X: SHALLOW ROUTE

-CLOSE SPLIT.

-BEST RELEASE FOR DEPTH AS YOU GET HORIZONTAL ACROSS THE FORMATION.

-GET TO A DEPTH WHERE YOUR UPFIELD SHOULDER WILL BRUSH THE Y'S NEAR SHOULDER.

AS YOU CROSS THE CENTER EITHER:

-GIVE THE QB YOUR EYES AND STAY ON THE MOVE VS MAN COVERAGE.

- EXPECT THE BALL ON THE MOVE.

OR

- KEEP YOUR EYES ON THE CURL DEFENDER VS ZONE.

- SIT DOWN AND GIVE THE QB YOUR NUMBERS IN THE TACKLE AREA.

- EXPECT THE BALL ON THE SHOULDER AWAY FROM THE NEAREST DEFENDER.

Y: DRAG ROUTE

- 4 YARD SPLIT FROM THE TACKLE.

- RELEASE INSIDE AND GET TO A DEPTH OF 6 YARDS.

- KEEP THIS DEPTH AND DO NOT YIELD FOR ANY DEFENDER YOU CROSS.

- UNDERSTAND THAT THE X IS UNDER YOU AND THE Z IS OVER YOU.

Z: OVER STOP ROUTE

- MOTION INSIDE TO 5 YARDS OUTSIDE OF THE Y PRIOR TO SNAP.

- RELEASE INSIDE AS IF RUNNING AN OVER ROUTE ON THE SNAP.

- GET TO A DEPTH OF 8 YARDS AS YOU RELEASE INSIDE.

- GET ACROSS THE MIDDLE WITH SPEED AND SELL THE OVER.

- POP UP AND GIVE YOUR NUMBERS TO THE QB OVER THE CENTER.

F: SHOOT ROUTE

- CHEAT OUT & UP ON ALIGNMENT.

- OUTSIDE RELEASE AND GET VERTICAL AS YOU GAIN WIDTH.

- MAINTAIN WIDTH AS THE BALL WILL BE ON TO OUTSIDE OF YOUR BODY.

- TREAT THIS AS A GO ROUTE AFTER YOU STRAIGHTEN THE STEM.

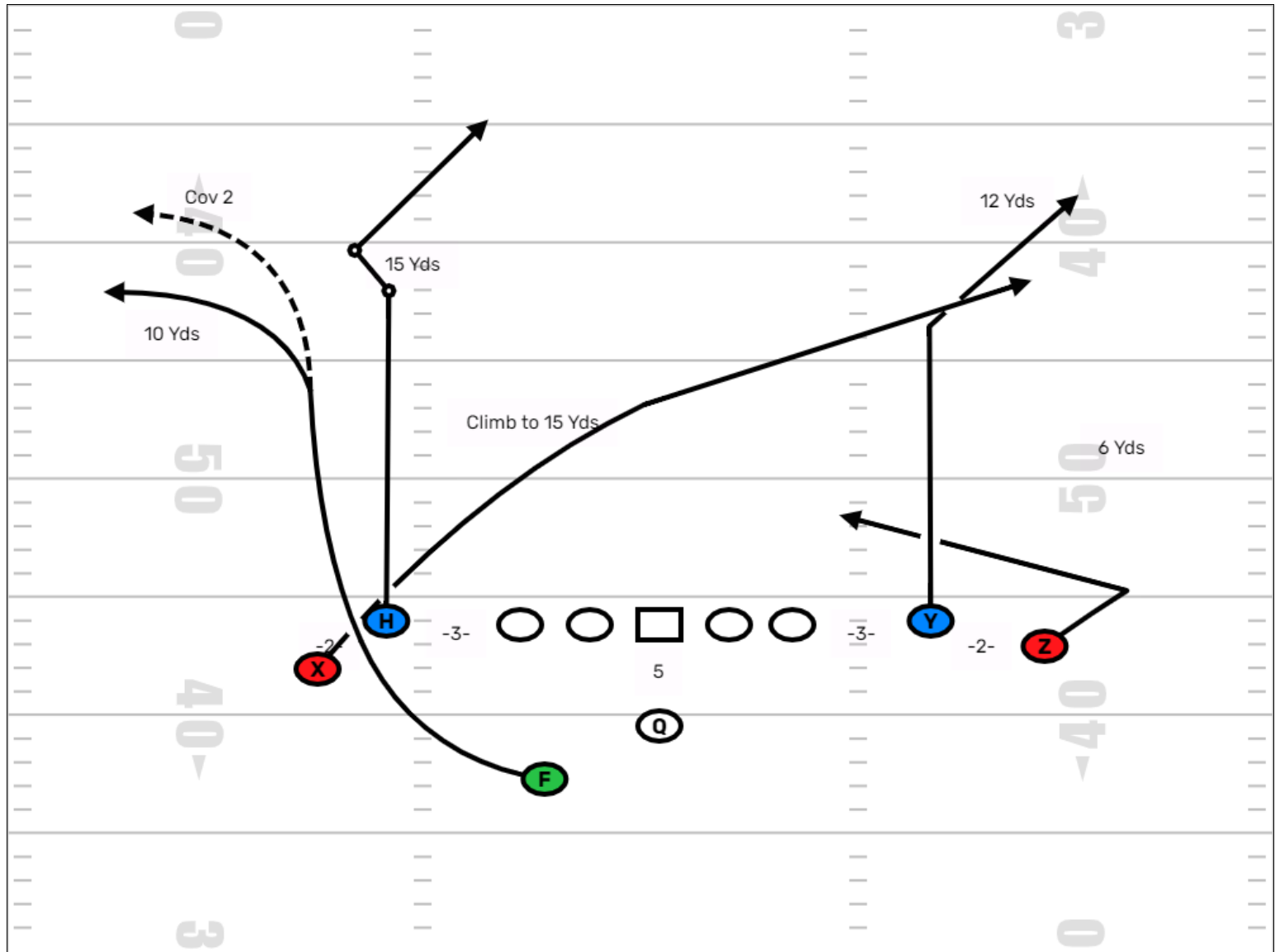
- LEAVE THE QB A 4 YARD BOX FROM THE SIDELINE AT THE TOP.

H: CHECK ROUTE

- PROTECTION FIRST. YOU ARE LATE IN THE READ.

- WIDEN TO 2 YARDS OUTSIDE OF THE TACKLE AND TURN INSIDE TO THE QB

1.16 - H Post Y Corner



Coaching Points

FORMATION: COUPLE (GUN) (PISTOL)

PLAY: 171 F POST H CORNER

DROP: 5 STEP DROP TIMING

SUGGESTED READ:

X-H OR Z-Y

PRE-SNAP DECISION

X : HITCH ROUTE

-FALL OUTSIDE INTO THE ROUTE AND THEN PUSH VERTICAL.

-POP UP AT 6 YARDS & SHOW NUMBERS TO THE QB.

Y : CORNER ROUTE:

-BEST RELEASE AND SELL VERTICAL FIRST

- BREAK TO THE SIDELINE AT 12 YARDS.

- KEEP THE ROUTE HIGH TO AFFECT THE SAFETY.

Z: HITCH ROUTE

- FALL OUTSIDE INTO THE ROUTE AND THEN PUSH VERTICAL.

- POP UP AT 6 YARDS & SHOW NUMBERS TO THE QB.

F: POST ROUTE

- BEST RELEASE WITH SPEED TO 15 YARDS.

- PLANT OUTSIDE FOOT AND BREAK TO THE MIDDLE OF THE FIELD.

- RUN DIRECTLY THROUGH THE NEAR OR MIDDLE SAFETY.

H: CORNER ROUTE

- CHEAT OUT & UP ON ALIGNMENT.

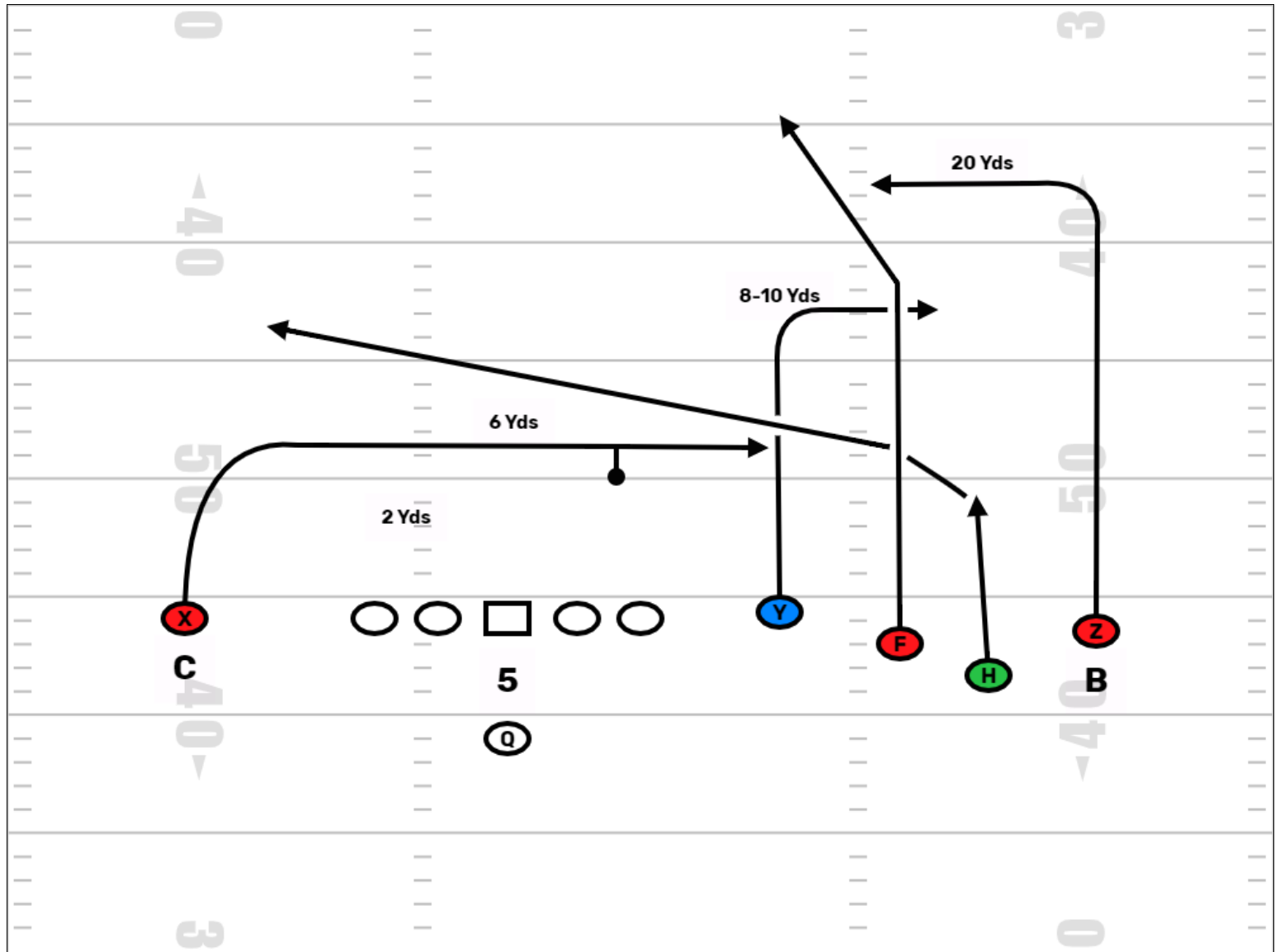
- OUTSIDE RELEASE AND GET VERTICAL WITH A SENSE OF URGENCY.

- BREAK TO THE SIDELINE AT 8-10 YARDS.

- FLATTEN THE ROUTE TO THE SIDELINE VS MOF CLOSED.

- KEEP THE ROUTE HIGH VS MOF OPEN.

1.17 - X shallow H cross



Coaching Points

FORMATION: 3X1 (GUN) (PISTOL)

PLAY: 034 F POST H SNEAK

DROP: 5 STEP DROP TIMING

SUGGESTED READS:

Z-Y-X

HOT: Y OR X

X: SHALLOW CROSS

-BEST RELEASE AND GET HORIZONTAL OFF OF THE F'S STEM.

-LOOK FOR A RUB VS MAN COVERAGE.

AS YOU CROSS THE CENTER EITHER:

-STAY ON THE MOVE VS MAN COVERAGE

- SIT DOWN AND GIVE THE QB YOUR NUMBERS VS ZONE IN THE TACKLE AREA.

Y: OUT ROUTE

- BEST RELEASE TO VERTICAL STEM AND SELL DEEP THREAT FIRST.

- GAIN OUTSIDE LEVERAGE AT THE TOP AROUND 8-10 YARDS.

- WORK FLAT TO NEGATIVE TO THE SIDELINE.

Z: DIG ROUTE

- BEST RELEASE AND GET VERTICAL QUICKLY.

- SPEED CUT INSIDE AT 20 YARDS.

- STAY ON THE MOVE BUT THROTTLE IN A WINDOW VS ZONE.

F: CLEAR POST

- BEST RELEASE WITH SPEED TO 8-10 YARDS.

- PLANT OUTSIDE FOOT AND BREAK TO THE MIDDLE OF THE FIELD.

- RUN DIRECTLY THROUGH THE NEAR OR MIDDLE SAFETY.

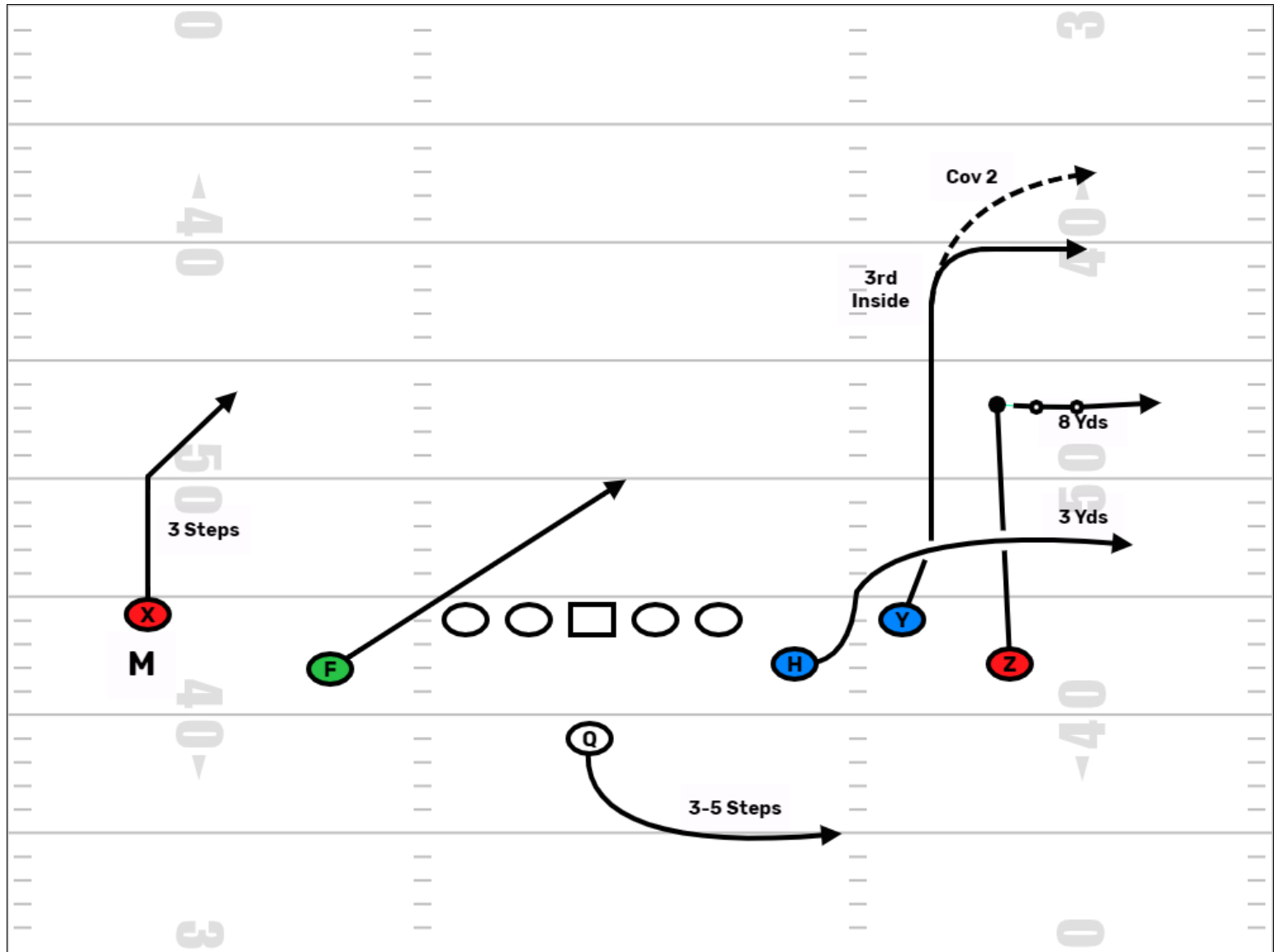
SNEAK ROUTE

- PROTECTION FIRST.

- RELEASE THRU THE STRONG SIDE A OR B GAP.

- BURST OPPOSITE LOOKING FOR THE FOOTBALL AT 2 YARDS DEPTH.

1.18 - Flood



Coaching Points

FORMATION: Bunch(Gun)(Pistol) PLAY: Sprint Right/Left Flood DROP: Throw Off Of The Third Or Fifth Step Of The Sprint Action. SUGGESTED READ: Out Route To Corner Route To Run COACHING POINTS: Z: Quick Out Route -Outside release to a vertical stem. Sell vertical threat. -Gain outside leverage by 6 Yards and break to the sideline. -Stay flat or work back to the QB. -Expect The Ball Low & Outside. -If the QB gives A "Go" call turn And block first Defender You See. Y: Corner Route -Outside release and sell vertical early. -Break outside on 3rd inside step. -Flatten the route to the sideline vs MOF closed. -Keep the route high vs MOF open. -If The QB Gives a "Go" Call Turn And Block First Defender You See. X: Slant -Max Split. -Explode off of the ball and sell vertical. -Plant third step and drive inside. -Come under any defender you encounter F: Protect Front Side H: Protect Back Side