

PLAY TERMS

Play One, Play Two or Play Three (see plays)

Numbers 1-9: Routes (See Route Tree)

Numbers 11-99: Audible Routes (at the line)

Letters X, B, Y, Z, H: Positions

Rip – Right (go to right side)

Liz – Left (go to left side)

Motion – Player runs on QB signal to position X, Y, or Z

Flip – Positions are reversed

Play Action – QB fakes Hand-off to H position

Pitch/Shovel – QB shovels ball to H position

Handoff – QB hands the ball to H position

Option – QB pitches or handoff to H who can run or throw

Progressions – 1st, 2nd, 3rd, 4th and 5th looks from QB

Hot (route) – Special Route for specific position (1st look)

Colors – Blue is X, Red is Y, Green is Z

Examples

Play One, Flip -- H Motion Rip -- X Hot 7

Positions X, Y, Z and H will line up in reverse order, H will run to the line of scrimmage next to X on the right side, and X will run a Post (out).

Play Two, Play Action – H Hot 5

QB will fake handoff to H and H will run a comeback on the right side

Play 3, Pitch H Liz Option – B Hot 2 Liz

QB will pitch to H on the left and H will either run or throw as B runs a Slant to the left side