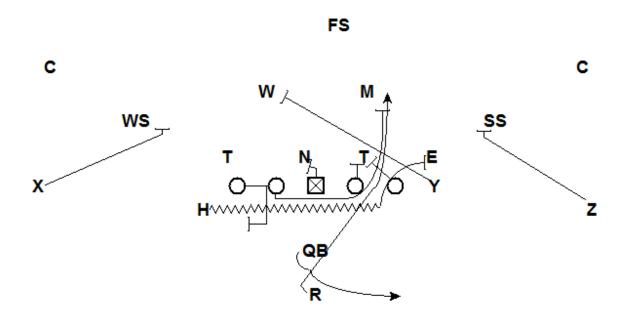
FORMATIONS

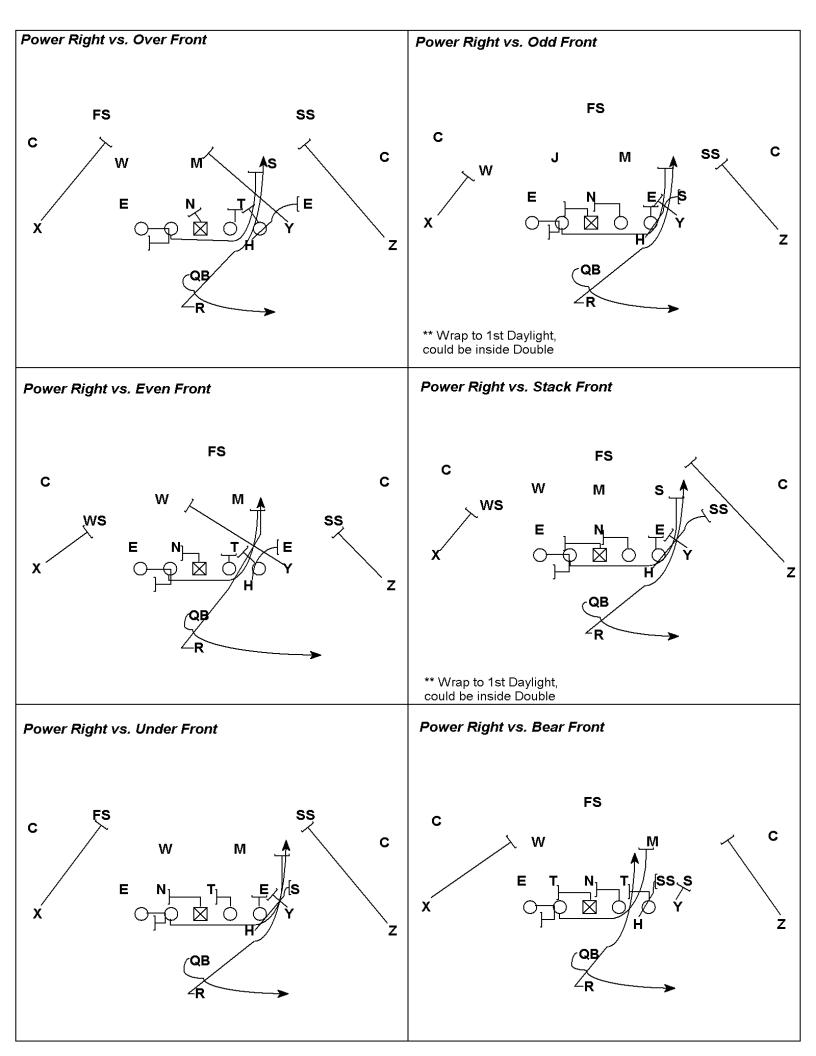
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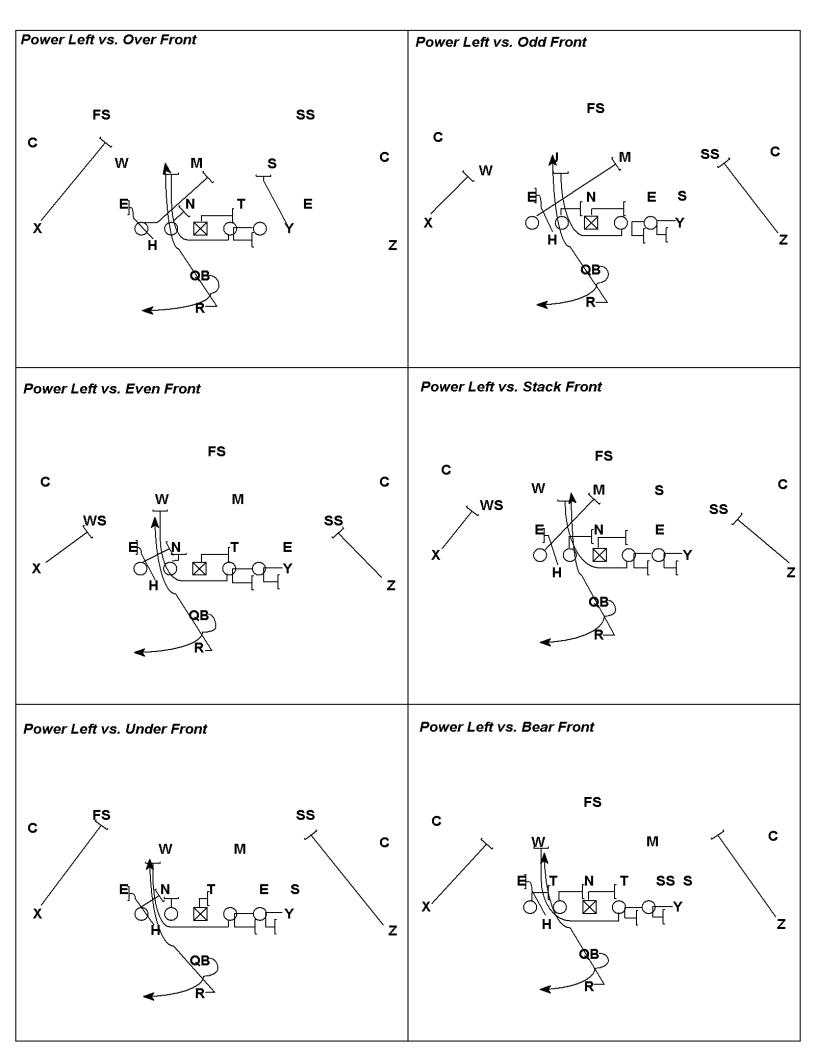
Power



Ham Pro 3 Power Right

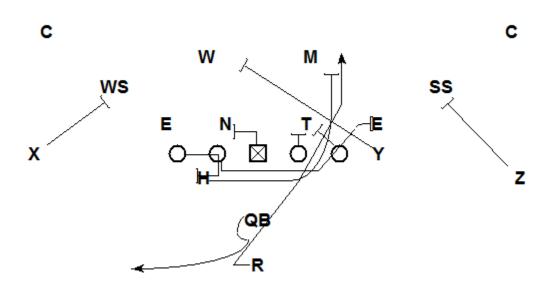
Player	Assignment
PST	If PSG covered, drive man on down lineman covering PSG. If C covered, post man on down lineman covering you. If PSG and C covered, down block.
PSG	If PSG covered, post man on down lineman covering you. If C
	covered, down block. If PSG and C covered, down block.
С	Block first down lineman back side
BSG	Skip pull and wrap to PSLB inside number
BST	Hinge
Υ	Track to next ILB after the PSLB
Н	Kick out EMOLS, first down lineman or OLB past double team
R	Counter step for timing, take handoff and get downhill following wrapper
Х	Cut off OLB or Safety
Z	Cut off OLB or Safety
QB	Reverse pivot, inside hand off to R, carry out power pass path





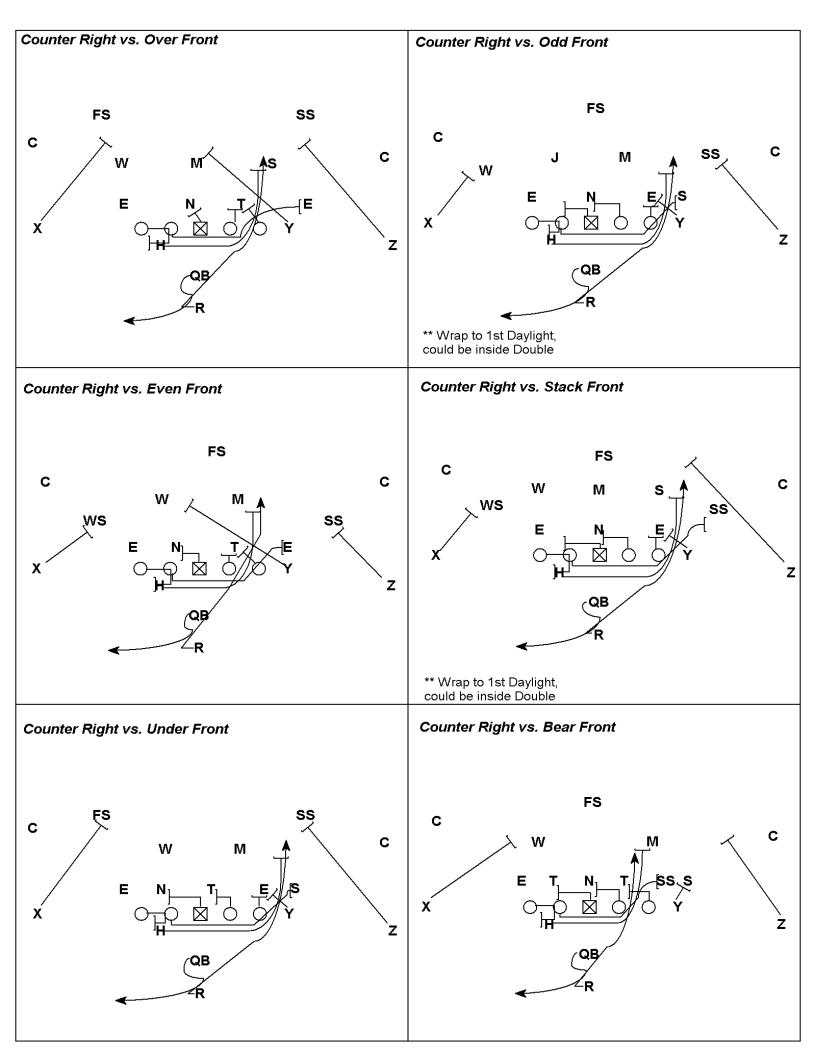


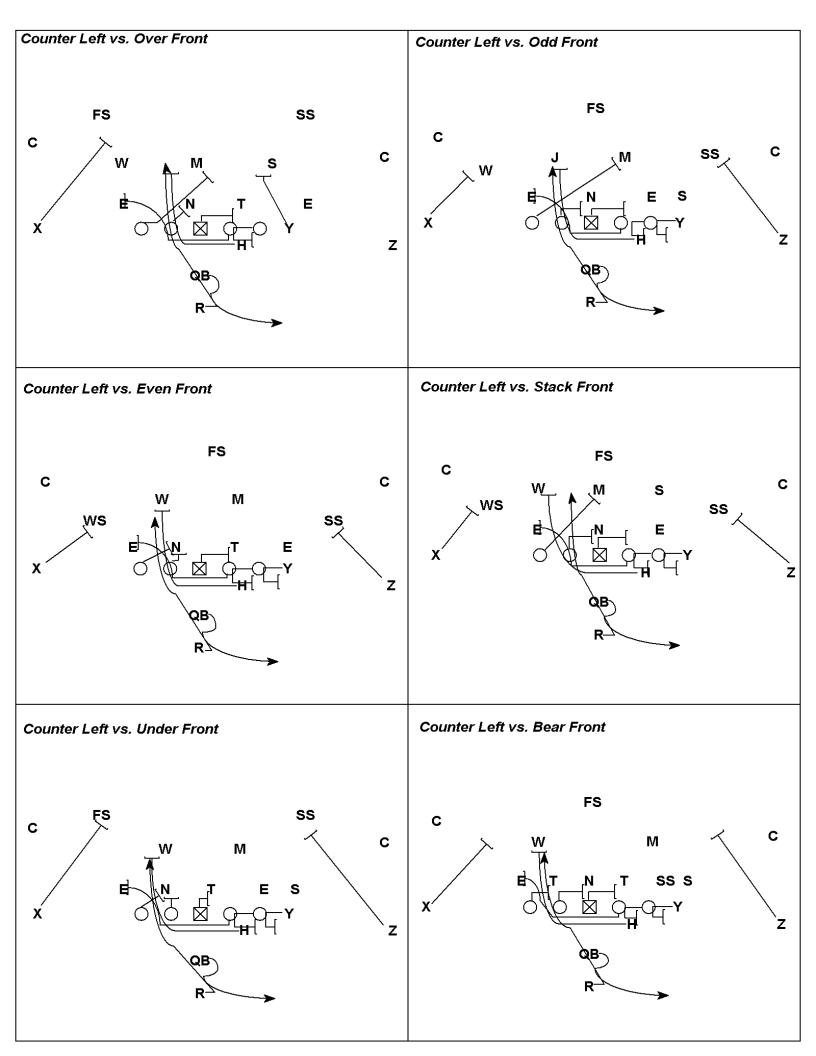




Pro 2 Counter Right

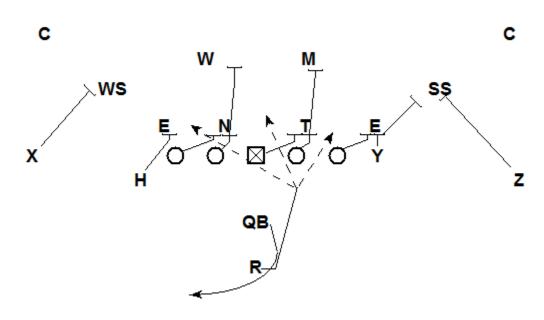
Player	Assignment
PST	If PSG covered, drive man on down lineman covering PSG. If C
	covered, post man on down lineman covering you. If PSG and C
	covered, down block.
PSG	If PSG covered, post man on down lineman covering you. If C
	covered, down block. If PSG and C covered, down block.
С	Block first down lineman back side
BSG	Pull and kick EMOLS, 1st down lineman / OLB past double team
BST	Hinge
Υ	Track to next ILB after the PSLB
Н	Wrap to play side Linebacker's inside number
R	Counter step for timing, take handoff and get downhill following
	wrapper
Χ	Cut off OLB or Safety
Z	Cut off OLB or Safety
QB	Reverse pivot, inside hand off to R, carry out power pass path





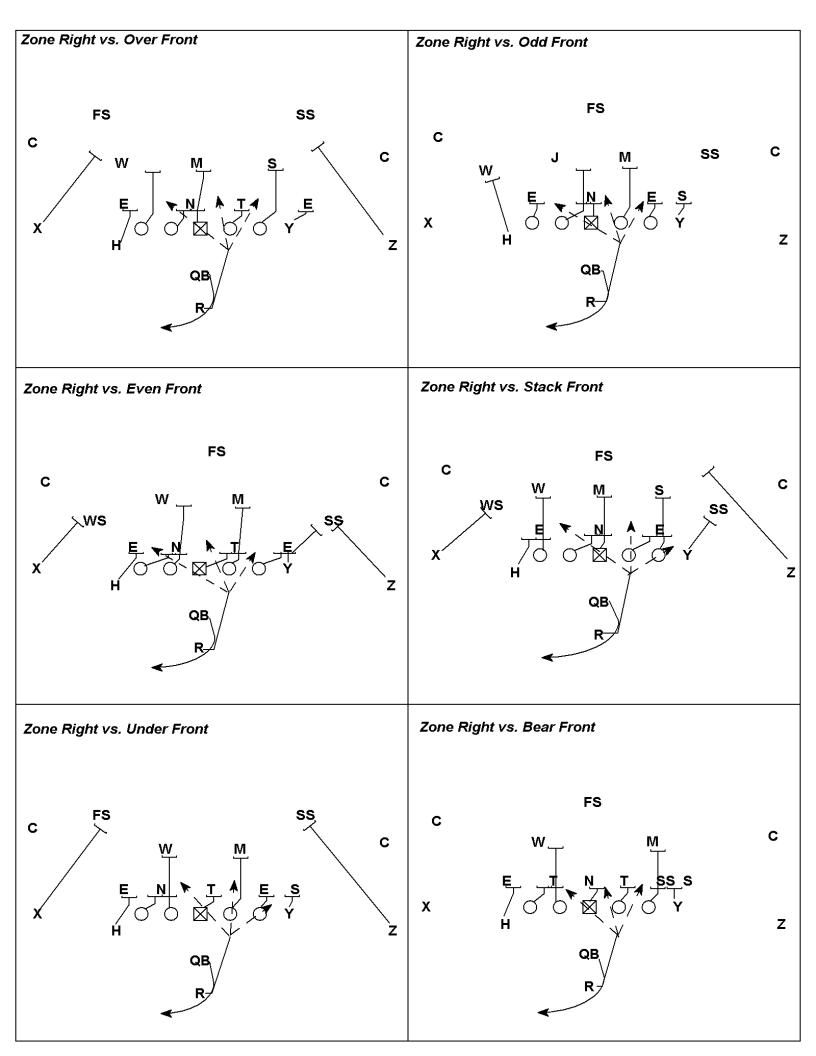


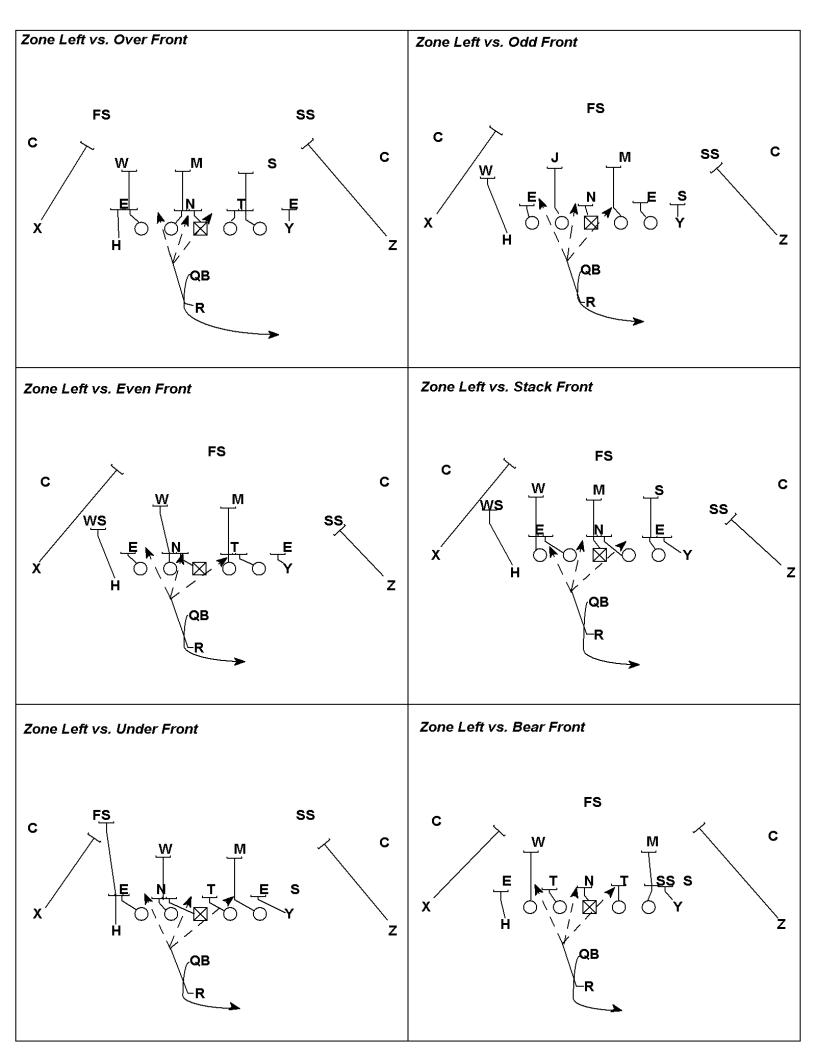
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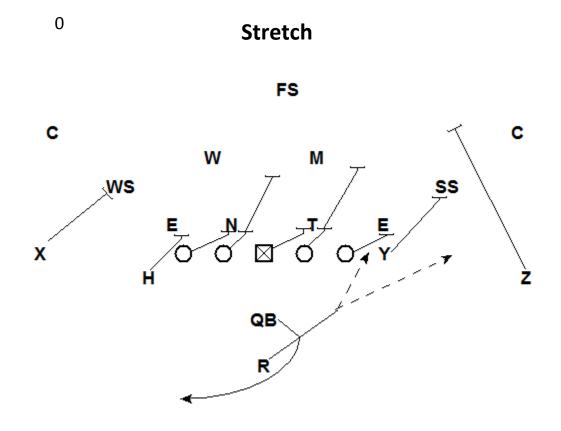


Pro 2 Zone Right

Player	Assignment
PST	Block play side number of 2
PSG	Block play side number of 1
С	Declare the Mike as 1 st defender head up to play side pre-snap. He
	is 0 in the count. Block play side number of 0
BSG	Block play side number of 1
BST	Block play side number of 2
Υ	Block play side number of 3
Н	Block play side number of 3 (or block 4 if on same side as Y)
R	Open, cross over, attack outside leg of PSG and read first DLM
	covering the Guard, out
Χ	Cut off OLB or Safety
Z	Cut off OLB or Safety
QB	Open play side to 5/7, depth on 2 nd step and push ball for deep
	hand off on 3 rd step, fake naked away

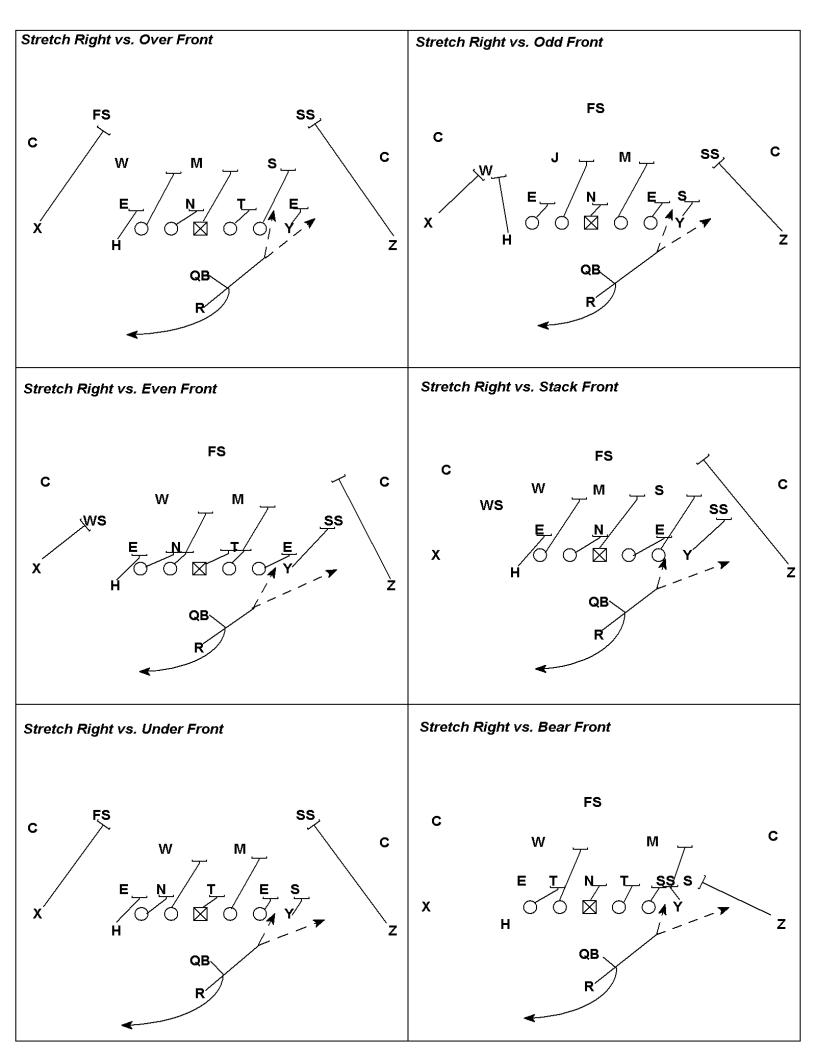


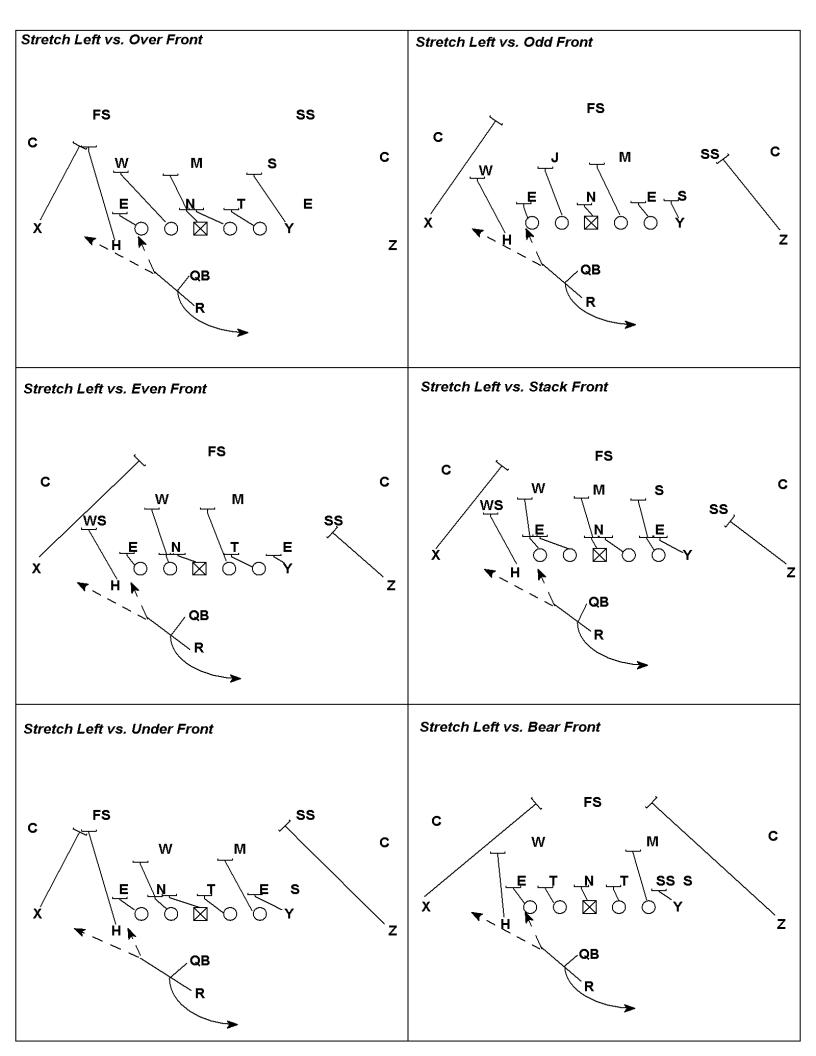




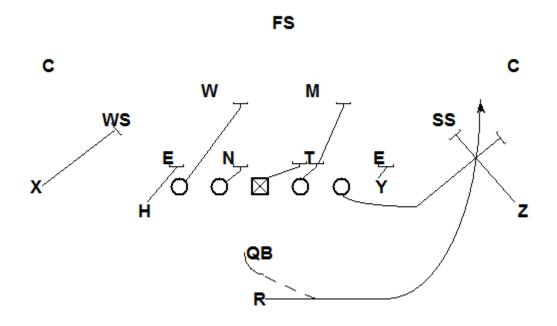
Pro 2 Stretch Right

Player	Assignment
PST	Block play side armpit of 2
PSG	Block play side armpit of 1
С	Declare the Mike as 1 st defender head up to play side pre-snap. He
	is 0 in the count. Block play side armpit of 0
BSG	Block play side armpit of 1
BST	Block play side armpit of 2
Υ	Block play side armpit of 3
Н	Block play side armpit of 3 (or block 4 if on same side as Y)
R	Open with PS foot to attack butt of TE and read Defensive End
X	Cut off OLB or Safety
Z	Cut off OLB or Safety
QB	Open to 4/8 for width, 2 nd step for more width, 3 rd step extend
	handoff, carry out naked fake



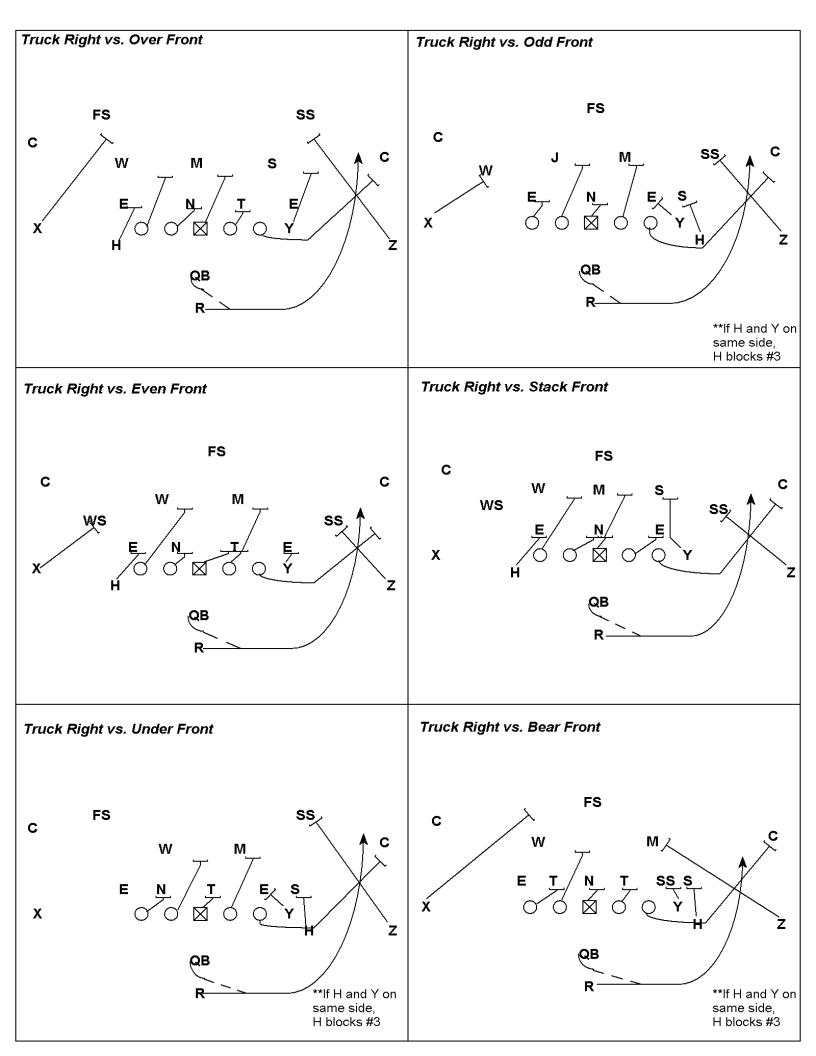


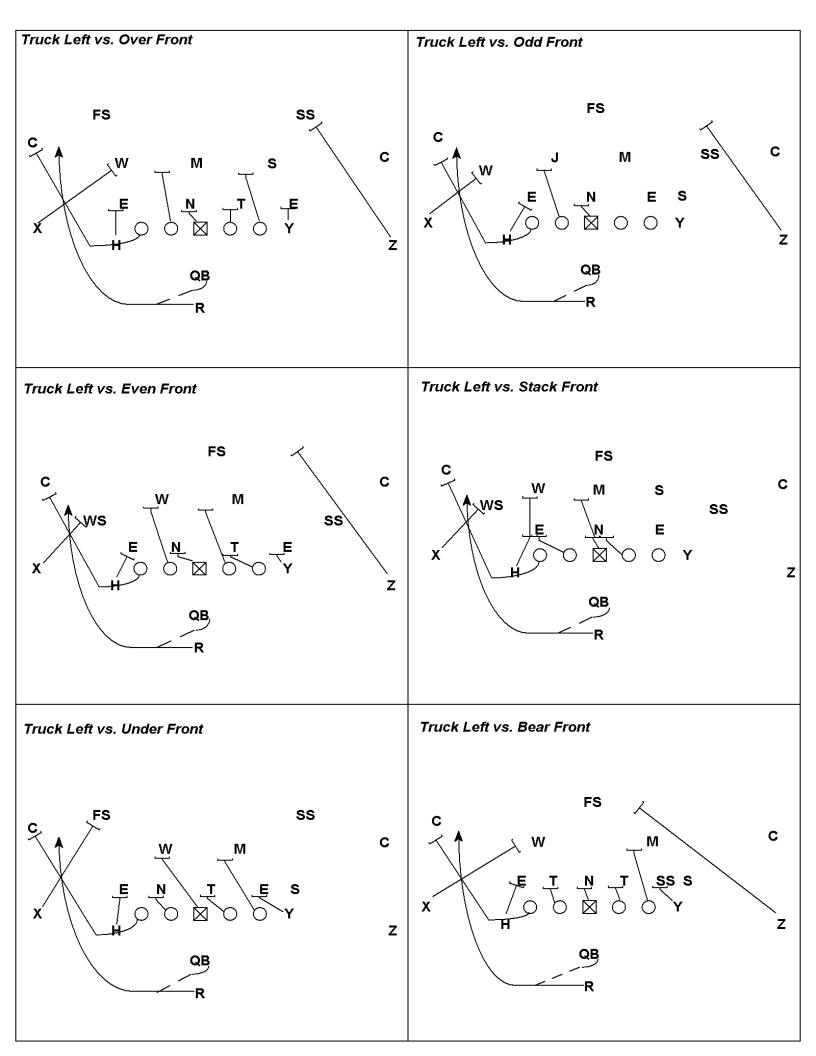
Truck Toss

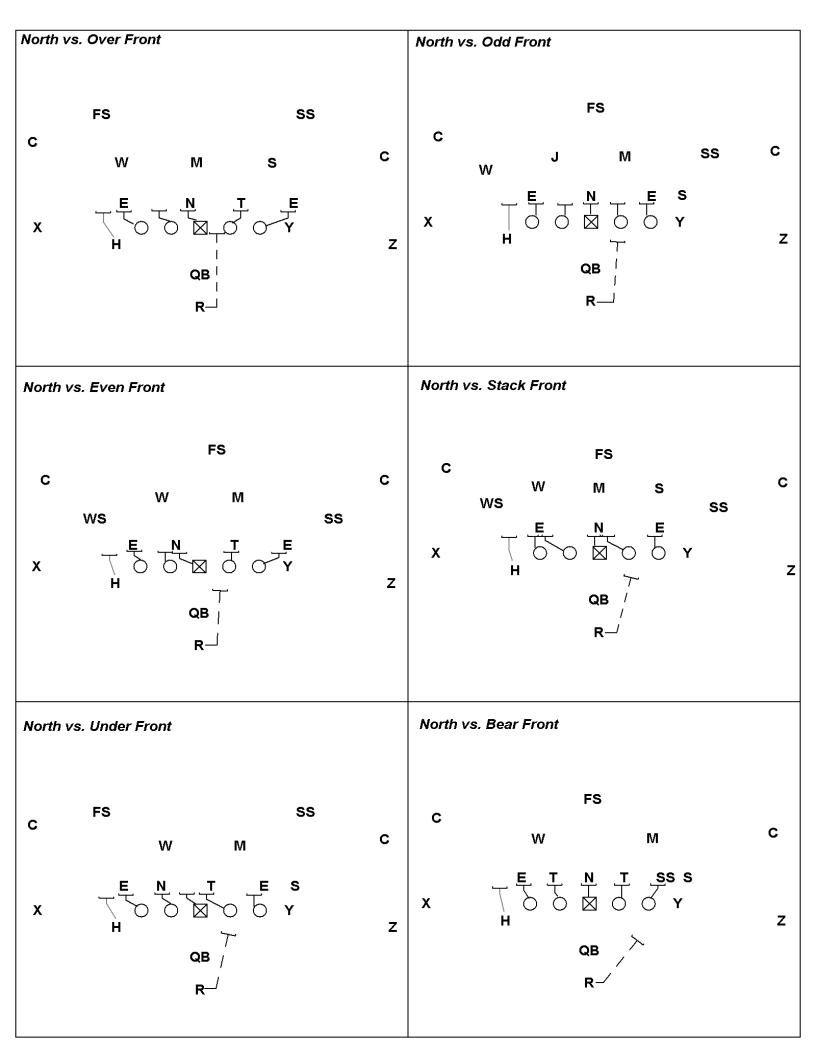


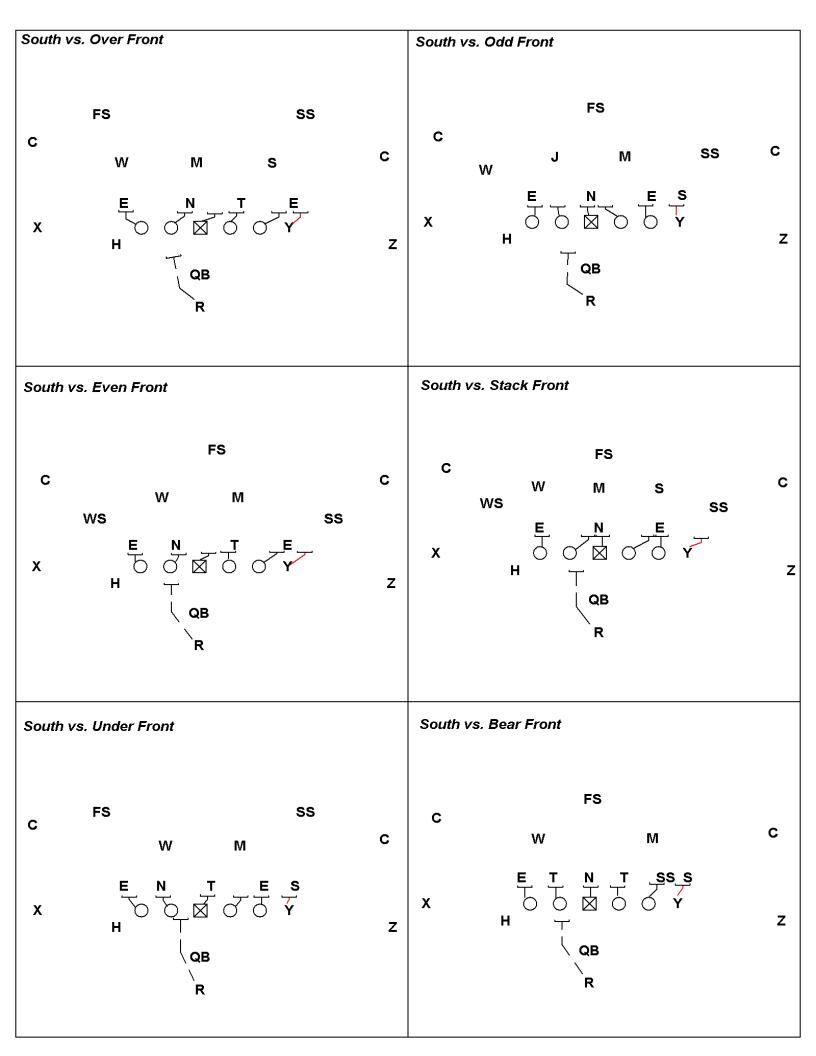
Pro 2 Truck Right

Player	Assignment
PST	Pull and kick out defender closest to sideline (Corner)
PSG	Block play side armpit of 1
С	Declare the Mike as 1 st defender head up to play side pre-snap. He
	is 0 in the count. Block play side armpit of 0
BSG	Block play side armpit of 1
BST	Block play side armpit of 2
Υ	Play side seal 2, back side block play side armpit of 3
Н	Play side seal 2, back side block play side armpit of 3
R	Open, lateral, catch pitch and find daylight
Χ	Crack OLB or Safety
Z	Crack OLB or Safety
QB	Dead pitch to R

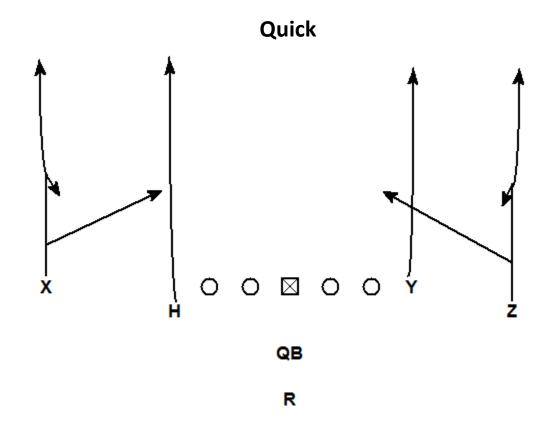








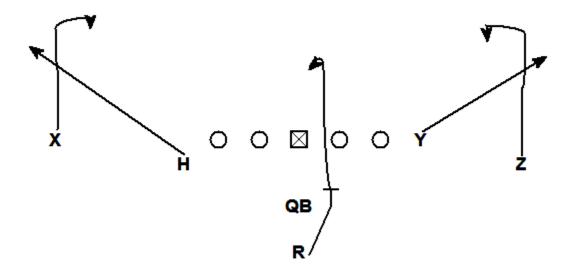
PISTOL POWER OFFENSE



Pro 2 Quick

Player	Assignment
OL	Protection Call
Υ	Seam
Н	Seam
R	Check-Release
X	Hitch if corner is off; Fade if corner is up and inside; Slant if corner
	is up and outside
Z	Hitch if corner is off; Fade if corner is up and inside; Slant if corner
	is up and outside
QB	See a hitch, throw it; Trigger safety, read seam to fade

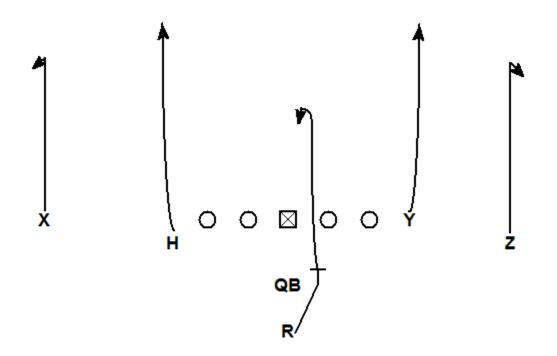
Curl



Pro 2 Curl

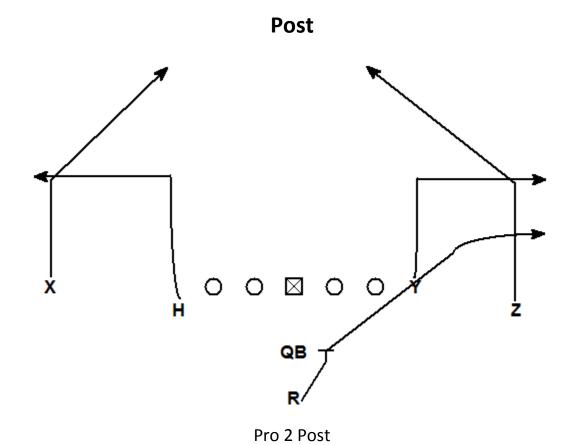
Player	Assignment
OL	Protection Call
Υ	8 yard shoot
Н	8 yard shoot
R	Check-Release to sit route
X	Press fade 10-12 yards, plant on outside foot to drive inside and find the window
Z	Press fade 10-12 yards, plant on outside foot to drive inside and
	find the window
QB	5 step drop, trigger away side backer, read sit to curl to flat

Deep Out / Short Out

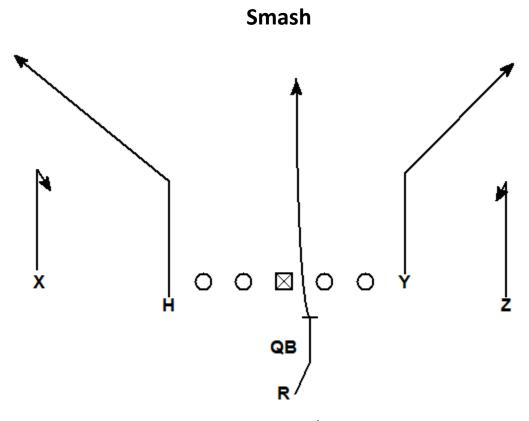


Pro 2 Deep Out / Short Out

Player	Assignment
OL	Protection Call
Υ	Seam
Н	Seam
R	Check-Release to sit route
X	Deep Out: vertical release 12 yards, break outside and work back
	Short Out: vertical release 6 yards, break outside (speed out)
Z	Deep Out: vertical release 12 yards, break outside and work back
	Short Out: vertical release 6 yards, break outside (speed out)
QB	5 step drop, trigger away side backer, read out to seam



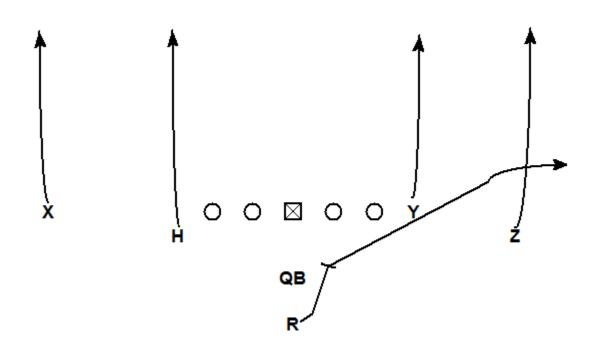
Player	Assignment
OL	Protection Call
Υ	Call side runs 10 yard Out. Back side Check-Release, block #3.
	Release to Out.
Н	Call side runs 10 yard Out. Back side Check-Release, block #3.
	Release to Out.
R	Check-Release to 4 yard shoot route
Х	Post – push 10 yards vertical, then break to near upright. If back
	side, do not cross hash. Run up it when you get there.
Z	Post – push 10 yards vertical, then break to near upright. If back
	side, do not cross hash. Run up it when you get there.
QB	5 step drop, trigger Safety, Read post to out to shoot.



Pro 2 Smash

Player	Assignment
OL	Protection Call
Υ	Corner - Release 10 yards vertical, break to front pylon (back pylon
	inside 20). Back side check-release to corner
Н	Corner - Release 10 yards vertical, break to front pylon (back pylon
	inside 20). Back side check-release to corner
R	Check-Release to MOF vertical release
Х	6 yard hitch
Z	6 yard hitch
QB	5 step drop, trigger Safety. Read corner to hitch to MOF

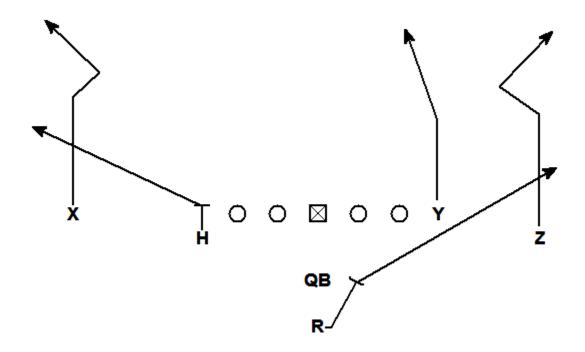
Verts



Pro 2 Verts

Player	Assignment
OL	Protection Call
Υ	Seam
Н	Seam
R	Check Release to Shoot
X	Fade
Z	Fade
QB	5 step drop, trigger safety, read seam to fade to flat

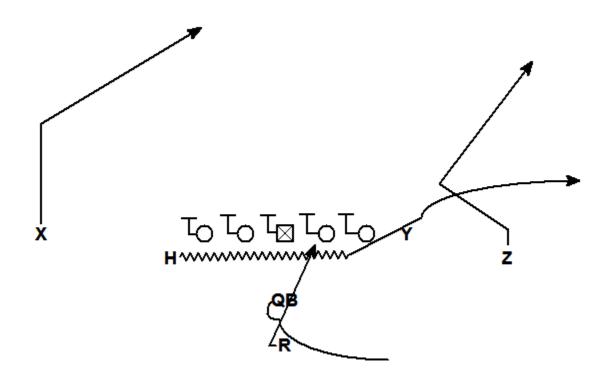
POCO



Pro 2 POCO

Player	Assignment
OL	Protection Call
Υ	To call side, run Post at near upright. Back side, check-release to
	shoot
Н	To call side, run Post at near upright. Back side, check-release to
	shoot
R	Check release to Shoot
Х	Post-Corner – Push fade release to 10 yards, drive 3 steps to Post,
	on 3 rd step plant the inside foot and drive to the front pylon (back
	pylon inside the 20)
Z	Post-Corner – Push fade release to 10 yards, drive 3 steps to Post,
	on 3 rd step plant the inside foot and drive to the front pylon (back
	pylon inside the 20)
QB	5 step drop, trigger safety, read Post to Poco to Flat

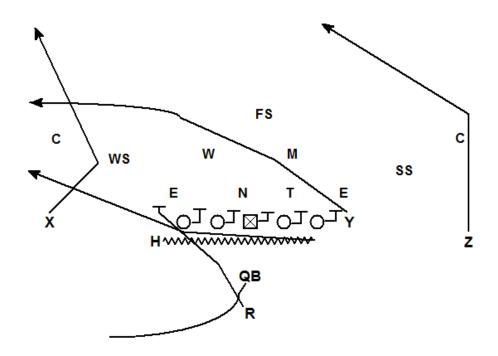
Power Pass



Ham Pro 3 Power Pass Right

Player	Assignment
OL	Slide Left
Υ	Slide Left
Н	Chip EMOLS and release to 4 yard shoot
R	Fake Power run
X	Back side Post
Z	Crack Corner – sell the crack block on the outside safety or
	linebacker for 3-5 steps, plant inside foot and drive to front pylon
	(back pylon inside 20 yard line)
QB	Fake power, push for depth after handoff fake and read corner to
	shoot.

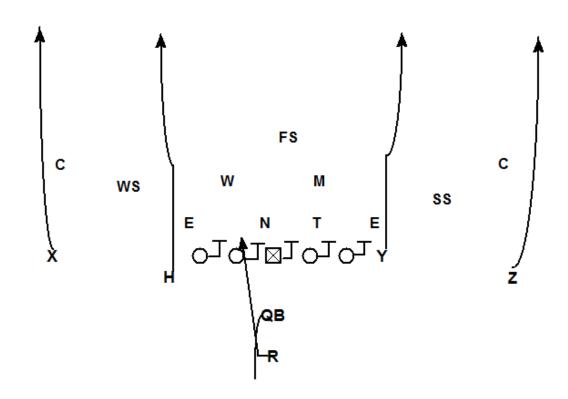
Counter Pass



Ham Pro 3 Counter Pass Left

Player	Assignment
OL	Slide Right
Υ	12 yard drag route – easiest release, under first Linebacker, over
	second Linebacker to a point on the far sideline 12 yards depth
Н	Run back across formation to 4 yard shoot
R	Fake Power run
X	Back side Post
Z	Crack Corner – sell the crack block on the outside safety or
	linebacker for 3-5 steps, plant inside foot and drive to front pylon
	(back pylon inside 20 yard line)
QB	Fake counter, push for depth after handoff fake and read corner to
	drag to shoot.

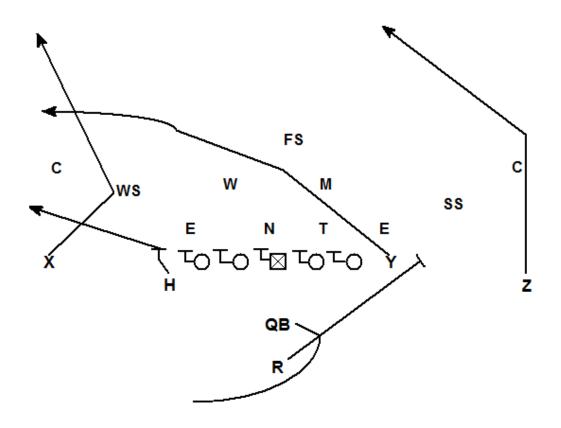
Zone Pass



Pro 2 Zone Pass Left

Player	Assignment
OL	Slide Right
Υ	Seam
Н	Seam
R	Fake Zone Run
X	Fade
Z	Fade
QB	Fake Zone, take eyes to Safety trigger immediately off the zone
	fake. Trigger off the safety for the open seam route to the fade
	(run the same as Verts)

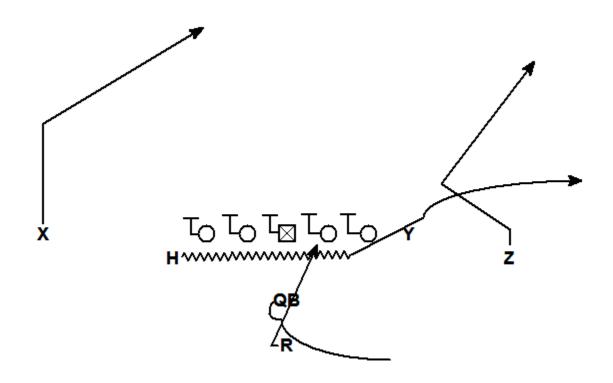
Stretch Pass



Pro 2 Stretch Pass Right

Player	Assignment
OL	Slide Left
Υ	12 yard drag route – easiest release, under first Linebacker, over
	second Linebacker to a point on the far sideline 12 yards depth
Н	Check-Release for edge pressure to 4 yard shoot
R	Fake Stretch run
Χ	Back side Post
Z	Crack Corner – sell the crack block on the outside safety or
	linebacker for 3-5 steps, plant inside foot and drive to front pylon
	(back pylon inside 20 yard line)
QB	Fake stretch, drive head around to look for corner route off the
	fake and push for depth. Read corner to drag to shoot.

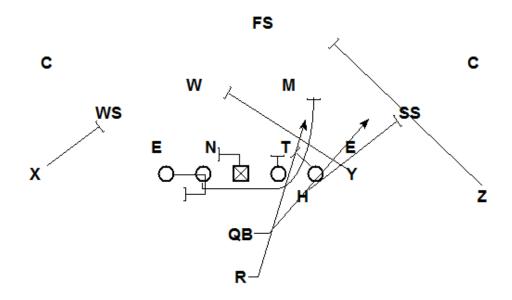
Power Pass



Ham Pro 3 Power Pass Right

Player	Assignment
OL	Slide Left
Υ	Slide Left
Н	Chip EMOLS and release to 4 yard shoot
R	Fake Power run
Χ	Back side Post
Z	Crack Corner – sell the crack block on the outside safety or
	linebacker for 3-5 steps, plant inside foot and drive to front pylon
	(back pylon inside 20 yard line)
QB	Fake power, push for depth after handoff fake and read corner to
	shoot.

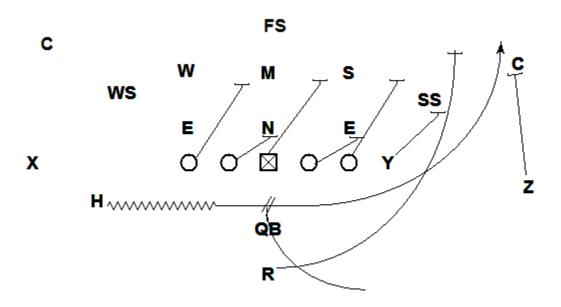
Power Read



Ham Pro 3 Power Read Right

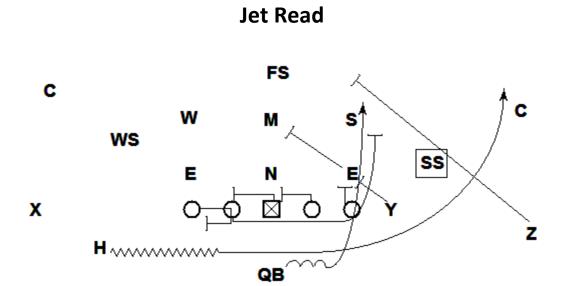
Player	Assignment
PST	If PSG covered, drive man on down lineman covering PSG. If C covered, post man on down lineman covering you. If PSG and C covered, down block.
PSG	If PSG covered, post man on down lineman covering you. If C covered, down block. If PSG and C covered, down block.
С	Block first down lineman back side
BSG	Skip pull and wrap to PSLB inside number
BST	Hinge
Υ	Track to next ILB after the PSLB
Н	Miss the EMOLS, attack the outside number of the #3. If he widens, drive him out.
R	Zone step, take handoff and get downhill following wrapper
Х	Cut off OLB or Safety
Z	Cut off OLB or Safety
QB	Open to read EMOLS and seat ball for R. If he sits, give. If he squeezes, pull the ball and replace him.

Jet Stretch



Pro 1 Jet Stretch Right

Player	Assignment
PST	Block play side armpit of 2
PSG	Block play side armpit of 1
С	Declare the Mike as 1 st defender head up to play side pre-snap. He
	is 0 in the count. Block play side armpit of 0
BSG	Block play side armpit of 1
BST	Block play side armpit of 2
Υ	Block play side armpit of 3
Н	Motion full speed to take hand-off from the QB. Attack the edge.
R	Block Alley Player (Free Safety)
Х	Cut off OLB or Safety
Z	Cut off OLB or Safety
QB	Handoff to H and then carry out Jet Pass fake (Power Pass)

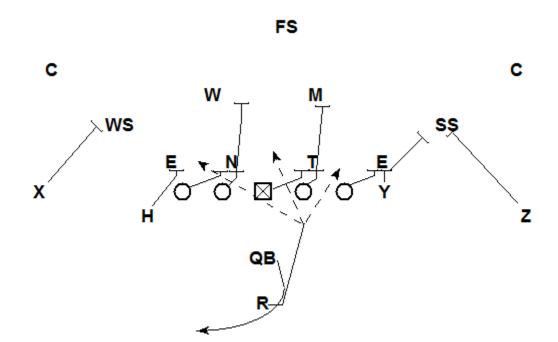


Pro 1 Jet Read Right

R

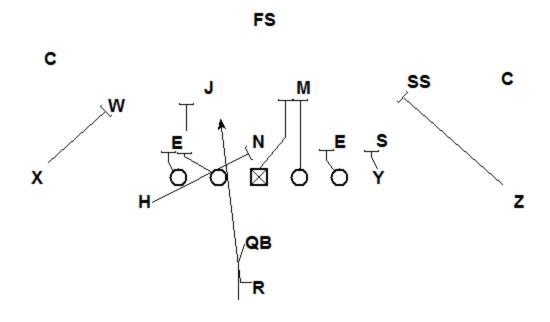
Player	Assignment
PST	Block Power
PSG	Block Power
С	Block Power
BSG	Block Power
BST	Block Power
Υ	Block Power
Н	Motion full speed to take hand-off from the QB. QB will seat and
	read. Once you pass his hip the ball is yours. Attack the edge.
R	Block Alley Player (Free Safety)
X	Cut off OLB or Safety
Z	Cut off OLB or Safety
QB	Seat ball for H Back and shuffle two steps reading EMOLS. If he
	widens, pull and run Power path. If he squeezes, give to H Back.

Zone Read



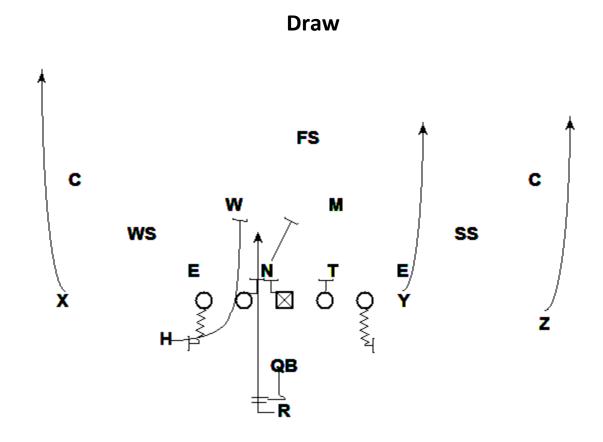
Player	Assignment
PST	Block play side number of 2
PSG	Block play side number of 1
С	Declare the Mike as 1 st defender head up to play side pre-snap. He
	is 0 in the count. Block play side number of 0
BSG	Block play side number of 1
BST	Do Not Block EMOLS. Release inside and avoid contact. Look for
	backer or climb to safety.
Υ	Block play side number of 3
Н	Block play side number of 3 (or block 4 if on same side as Y)
R	Open, cross over, attack outside leg of PSG and read first DLM
	covering the Guard, out
Χ	Cut off OLB or Safety
Z	Cut off OLB or Safety
QB	Drop step with back side foot and read EMOLS. If he sits, give to R.
	If he squeezes, pull and replace.

Wham Left



Pro 2 Wham Left

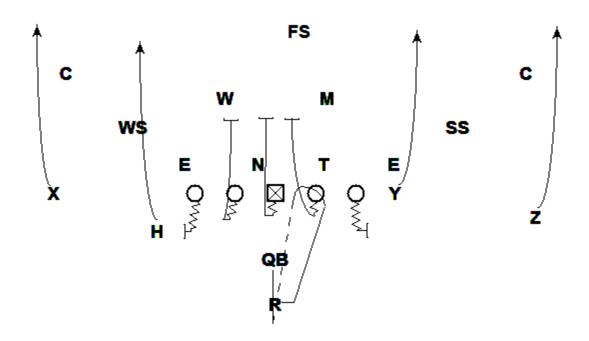
Player	Assignment
PST	Block play side number of 2
PSG	Block play side number of 1
С	Declare the Mike as 1 st defender head up to play side pre-snap. He
	is 0 in the count. Do Not Block The Nose (DL closest to Center),
	avoid contact and release to 2 nd level
BSG	Block play side number of 1
BST	Block play side number of 2
Υ	Block play side number of 3
Н	Pull inside and kick the Nose on up field shoulder.
R	Open, cross over, attack outside leg of PSG and read first DLM
	covering the Guard, out
Х	Cut off OLB or Safety
Z	Cut off OLB or Safety
QB	Open play side to 5/7, depth on 2 nd step and push ball for deep
	hand off on 3 rd step, push for depth to fake Zone Pass.



Pro 2 Draw Left

Player	Assignment
PST	Invite an outside rush by the Defensive End
PSG	Double the Nose to backer
С	Double the Nose to backer
BSG	Base block first down lineman on your side
BST	Set the Defensive End and invite an outside rush
Υ	Pass release
Н	Wrap inside to PSLB
R	Counter step for timing, take handoff and get downhill following
	wrapper
X	Cut off OLB or Safety
Z	Cut off OLB or Safety
QB	5 step drop (3 from pistol) with eyes on safety to sell the pass. At
	the top of your drop, open and hand off to R back.

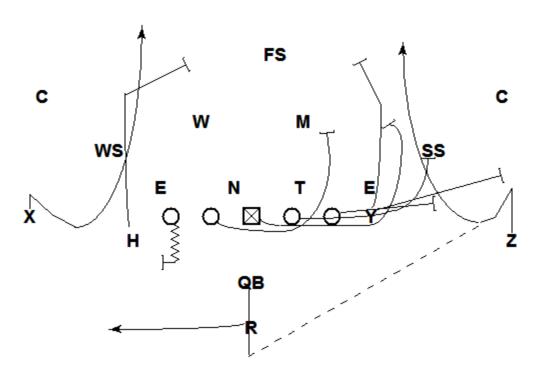
Middle Screen



Pro 2 Middle Screen

Player	Assignment
PST	Pass set #2 and invite outside rush
PSG	Pass set for 1 count, release to Linebacker
С	Pass set for 1 count, release to Linebacker
BSG	Pass set for 1 count, release to Linebacker
BST	Pass set #2 and invite outside rush
Υ	Pass release
Н	Pass release
R	Open and drive to fake pass protection, let pass rushers go by and
	turn inside behind. Find an opening.
X	Cut off OLB or Safety
Z	Cut off OLB or Safety
QB	5 step drop (3 from pistol), hold ball high and Get Big. Let pass
	rushers pass R, then flip the ball over their head to him.

Alley Screen



Pro 2 Alley Right

Player	Assignment
PST	Pull and Kick the Corner
PSG	Pull and look Out – Up – In
С	Pull and look Out – Up – In
BSG	Pull and look Out – Up – In
BST	Set the Defensive End, invite outside rush and turn him out.
Υ	Seam to seal the Free Safety
Н	Seam to seal the Free Safety
R	Flare opposite the call
Χ	Alley – Drive vertical two steps, push back behind LOS and show
	numbers to Quarterback. Catch the ball and turn inside for open
	space
Z	Alley – Drive vertical two steps, push back behind LOS and show
	numbers to Quarterback. Catch the ball and turn inside for open
	space
QB	5 step drop (3 from pistol) with eyes on Safety. At top of drop,
	open and throw to receiver running the Alley.