

TCU

**HORNED FROG
DEFENSE**

COVER 2

COVER 2

ALIGNMENT RULES

Linebackers - Front Call

Corners - Align on your side of the formation, 1 x 7 inside of #1 receiver. Versus Twins formation align 1 x 7 inside of backside TE.

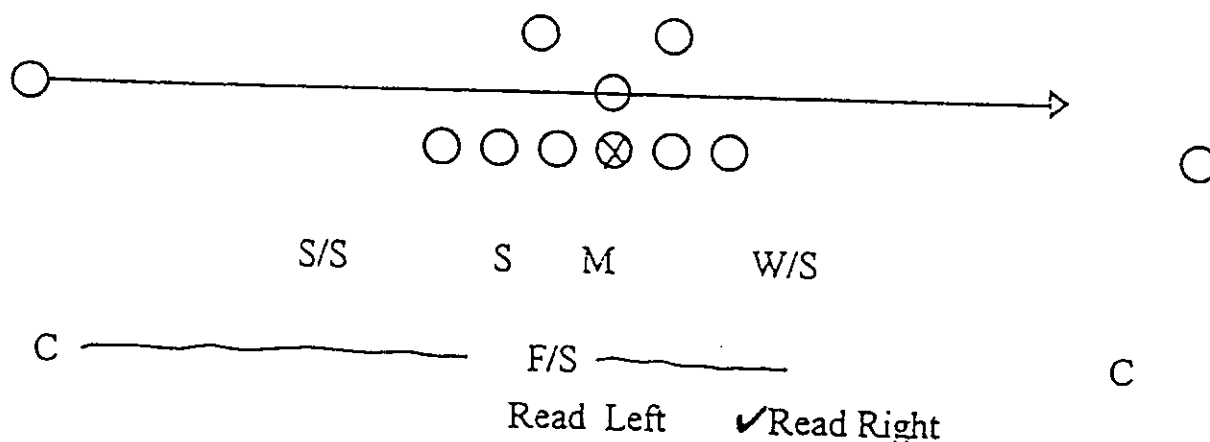
F/S - Align on read side guard versus Pro Set. Versus Twins, align on outside foot of read tackle.

Strong Safety - Align to the strength of formation in the middle of the field. When the ball is on the hash, align to the field, align (3 x 7) off of end guy on LOS or follow Twins Rule (Inside eye x 5) inside #2 wide receiver.

Weak Safety - Align opposite of S/S. Which is Weak or Boundary. Align off of end guy on LOS (5 x 5) or follow Twin's rule

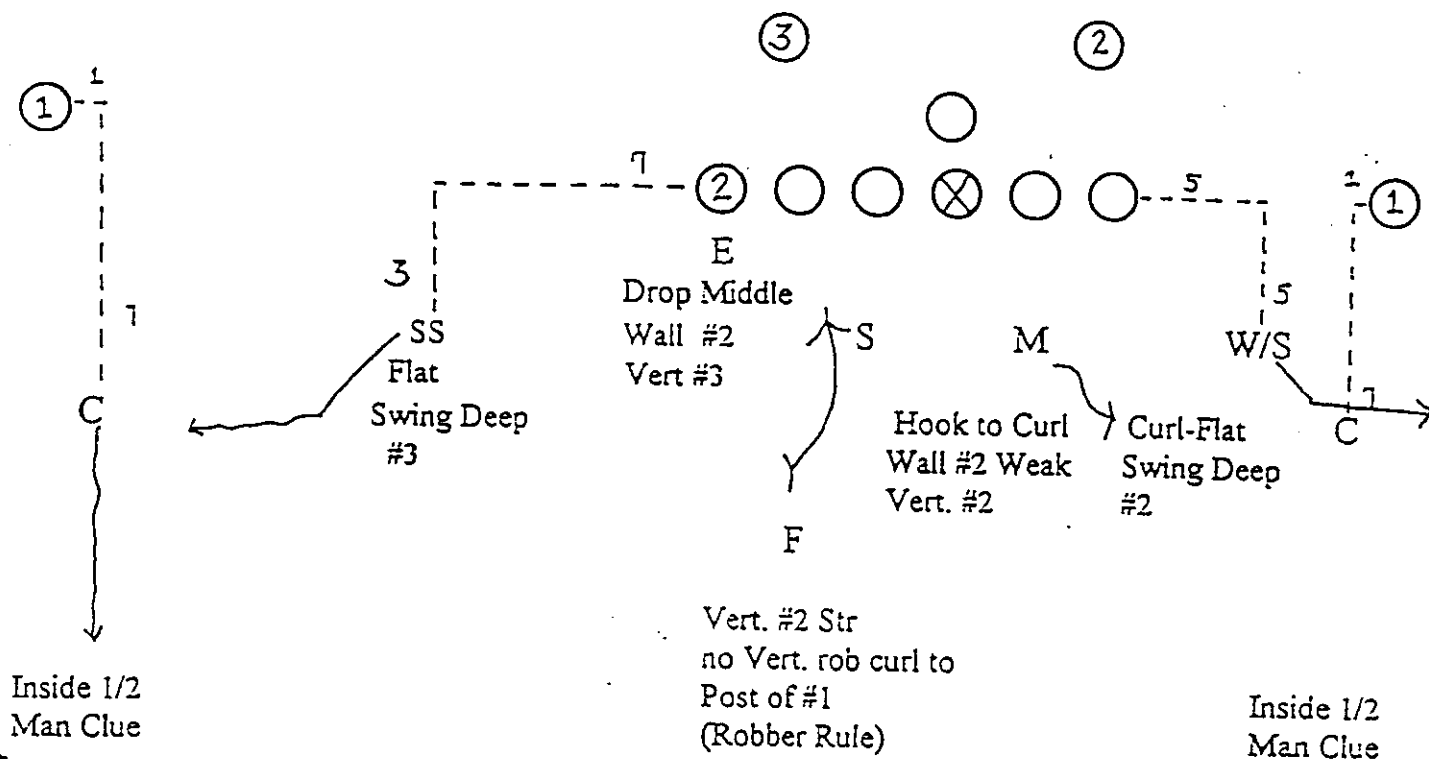
Free Safeties Call's - FS will tell us where he is robbing by saying reading right or left. This tells us the strength of the coverage. The hand signal will be a first to the side he is reading

Example: Call out of the huddle - Play 2 reading left
COS motion happens. Call would be. Check reading right



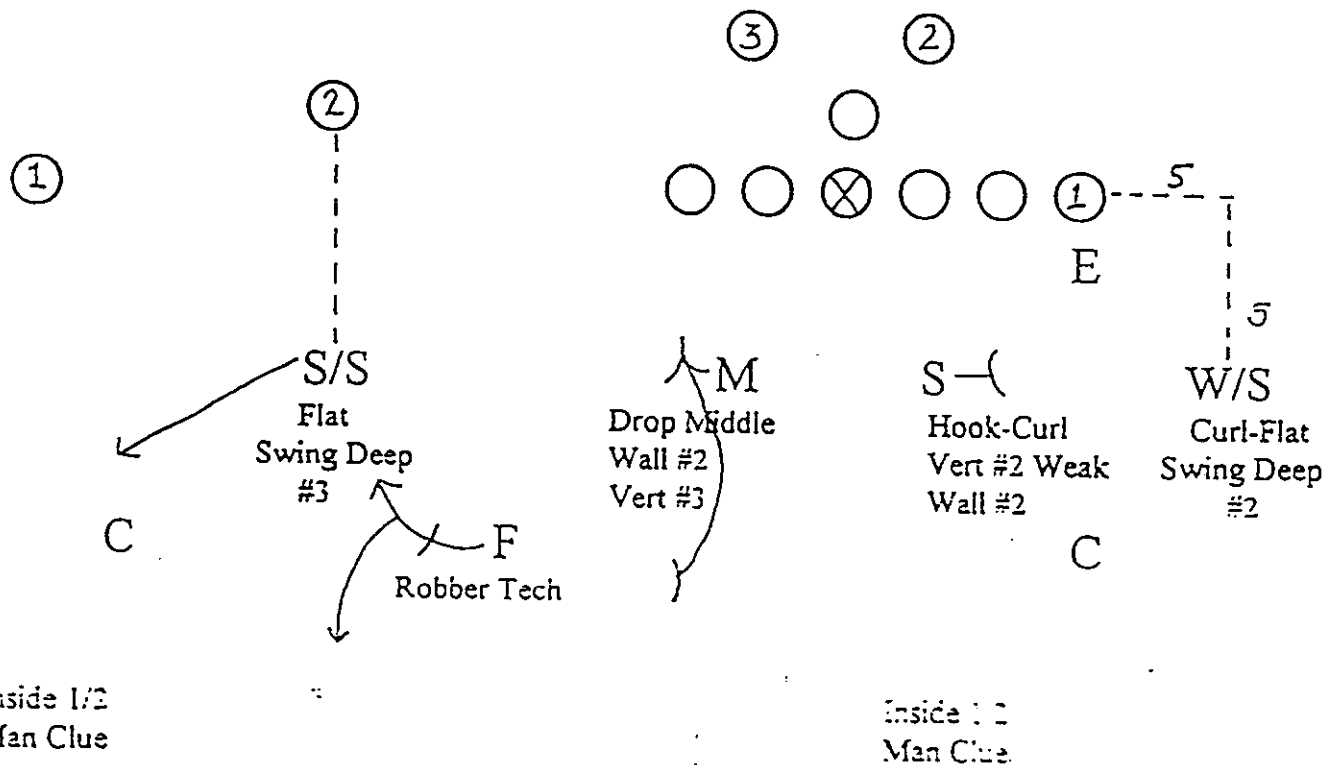
PRO SET

Cover 2



*FS always robs to the 2 WR side. 1 back set, FS robs to the field side or left when in the middle of the field. The LBers handle vert. #2 Weak and #3 Str. respectfully.

TWINS SET



TCU

**HORNED FROG
DEFENSE**

COVER BLUE

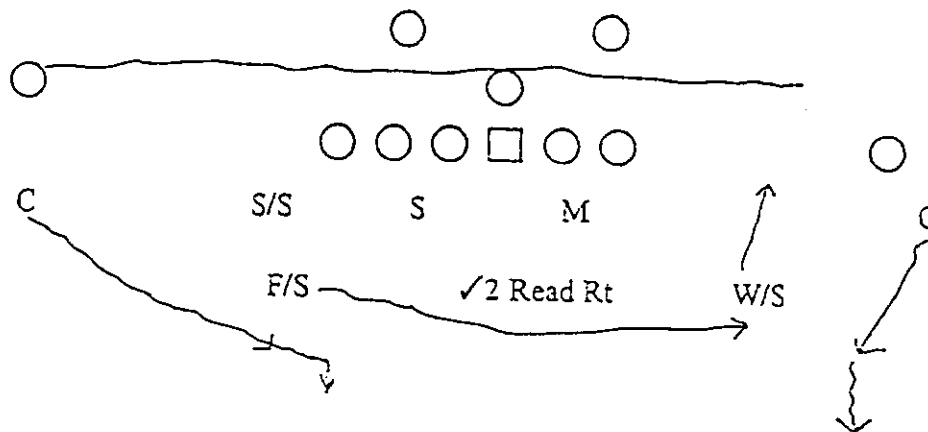
COVER BLUE

Alignment Rules

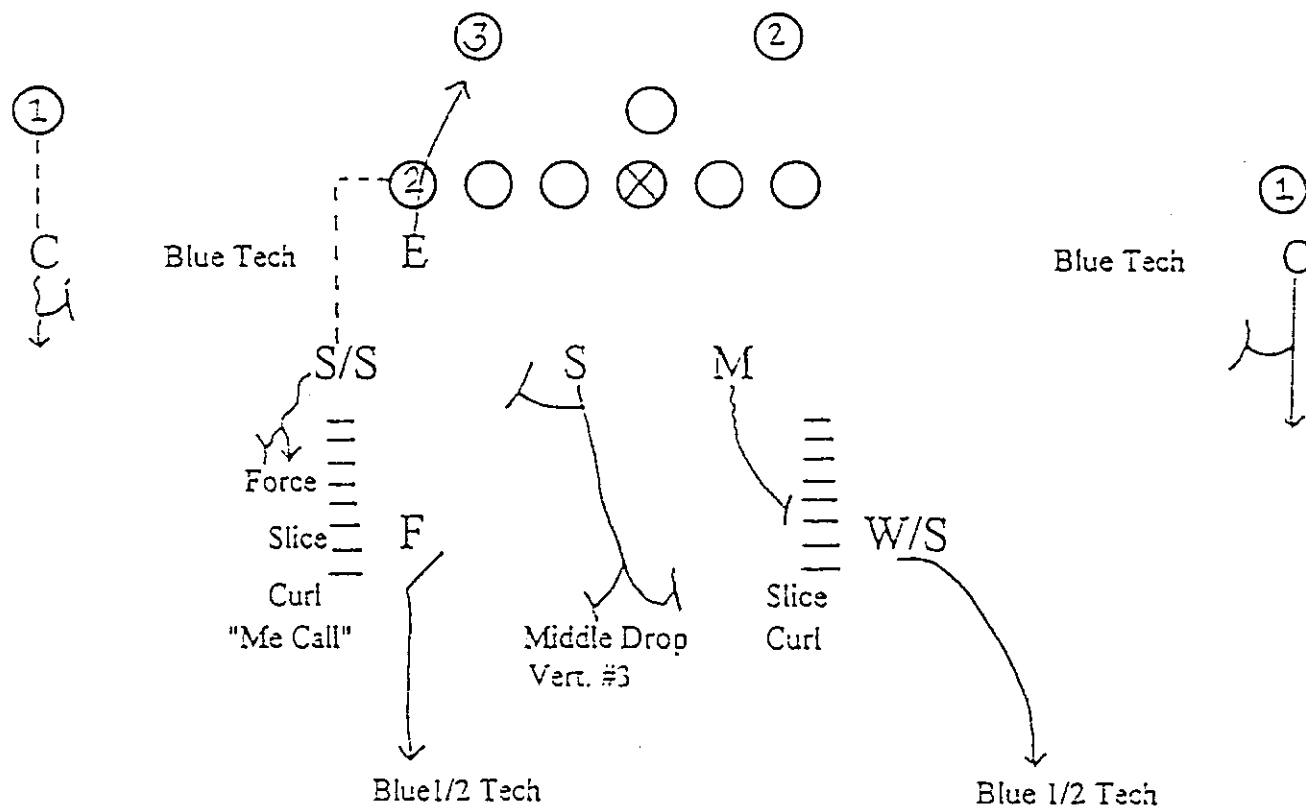
- | | |
|-------------|--|
| LBers | Align to Front Call. LBer to read side is the middle drop LBer |
| Corners | Blue Tech - Align on the #1 WR |
| Free Safety | Blue 1/2 align to strong side of passing set. Align is 10-12 yards deep. Never wider than the hash marks.
Pro Set - Outside shoulder of TE
Pro Twins (Twins Side) - Inside shoulder of #2 WR, never crossing the hash
Pro Side - Split difference of 2 WRs, never playing wider than 2 yd inside the hash |
| Strong | Align to strength of passing formation. Use Twins and Pro alignment rules to align in the right position.
Weak Safety Blue 1/2 align to Weak of passing formation. Specific foot alignments are the same as strong safety *Disguise alignments will be very important to this coverage. |
-

Change of Strength Rule

F/S will check to Cover 2 to the read side with COS motion



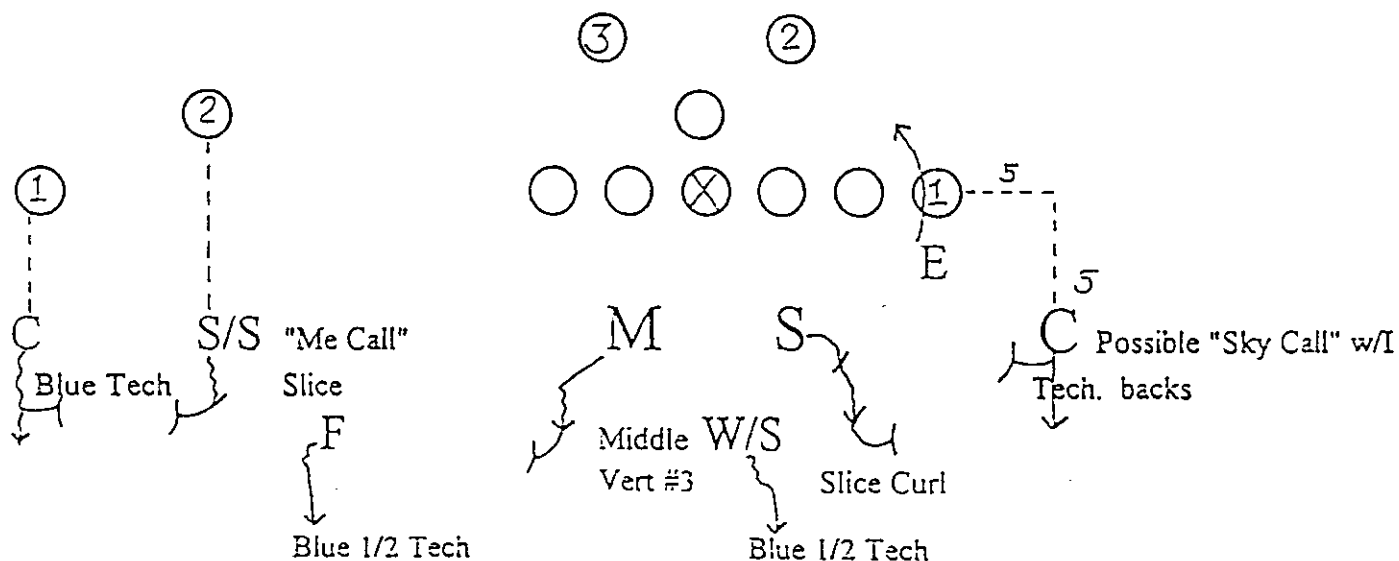
PRO SET



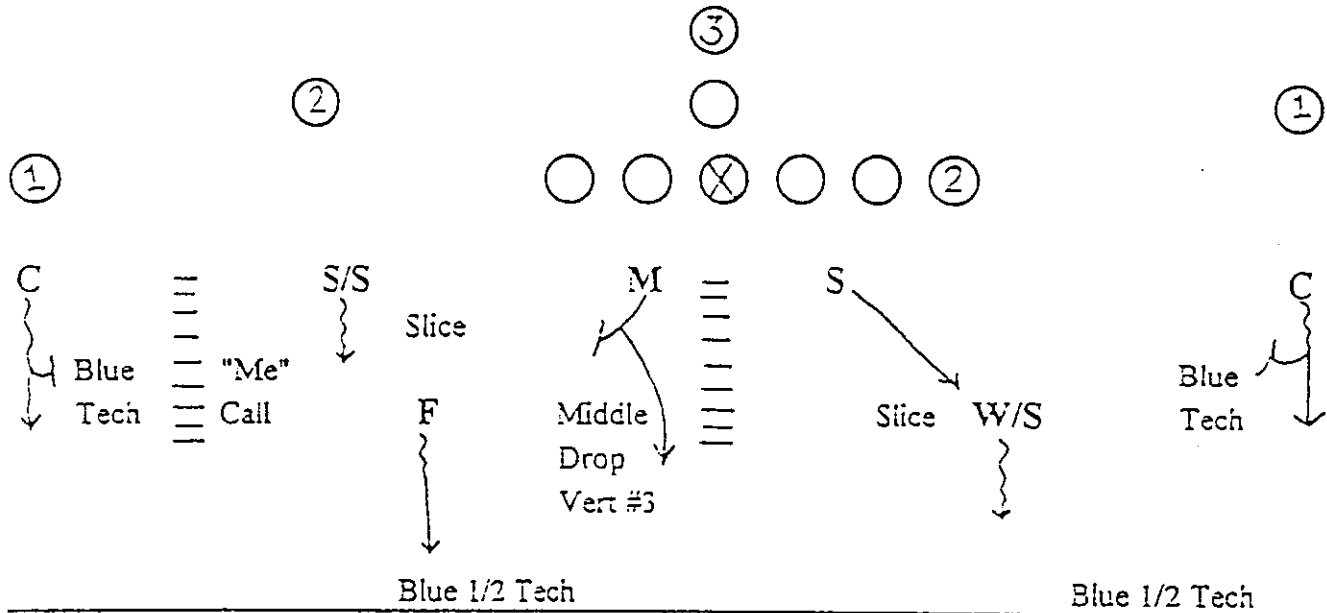
^ Important: Willie will align to strength of passing formation, and handle change of strength motion. The LBer to Willie side is the middle drop backer.

Blue Tech - is the same as our Robber Tech, except with an arrow release by #2 he then is over the top of #1. The Cloud Tech verticals #1 reaction back to any outside route by #2 within 8 yards.

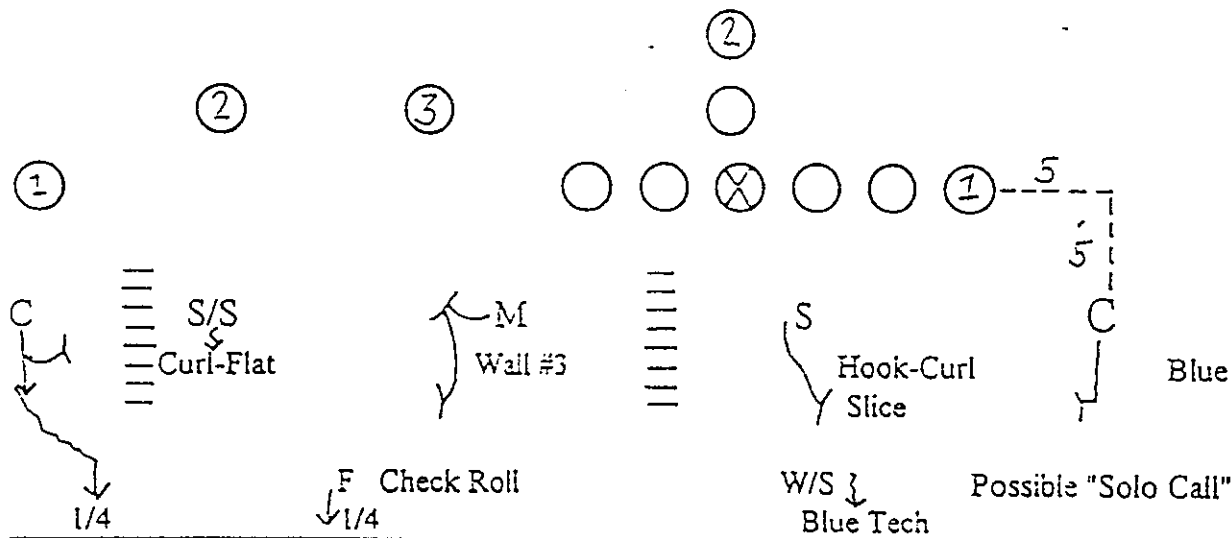
TWINS SET



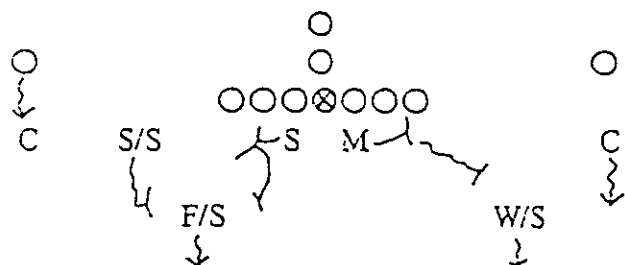
SPREAD



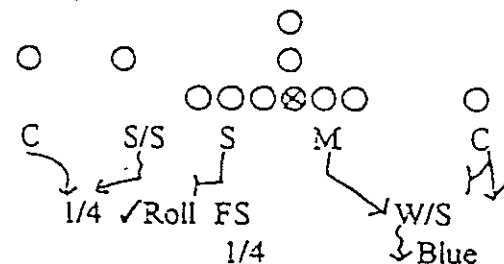
Trips



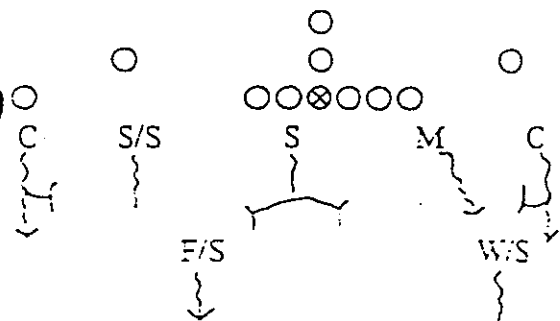
Ace



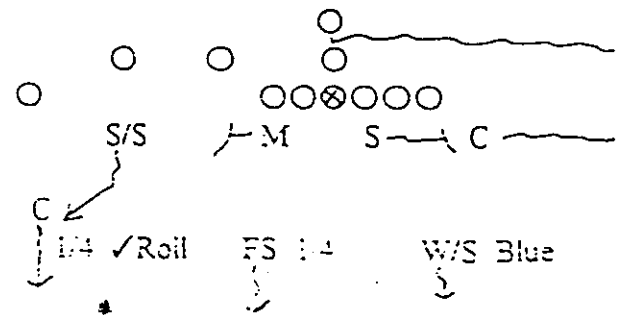
Trey



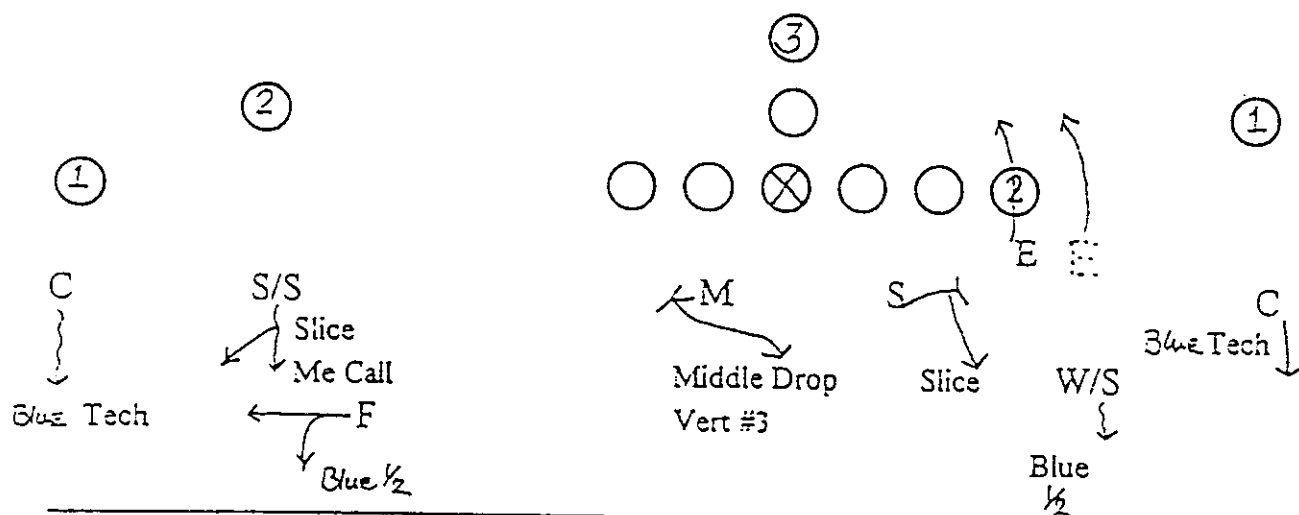
Double Twins



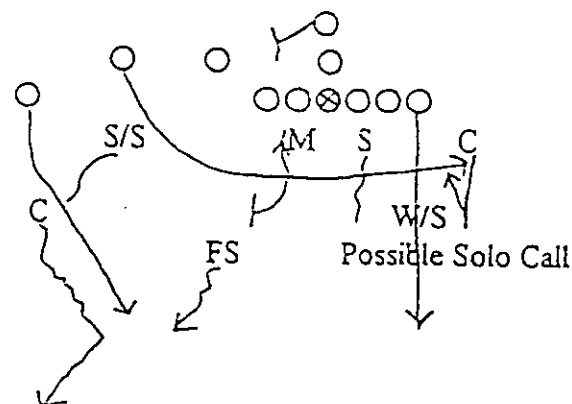
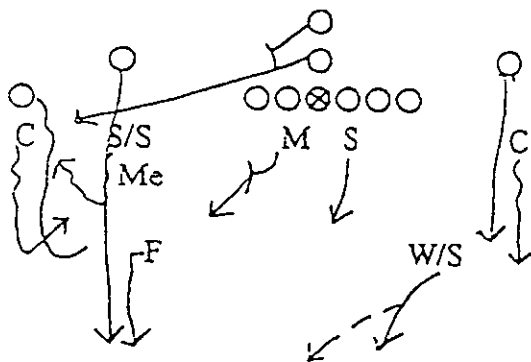
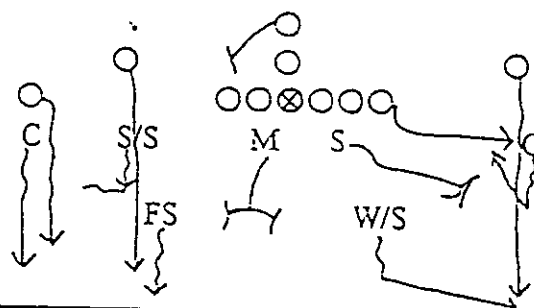
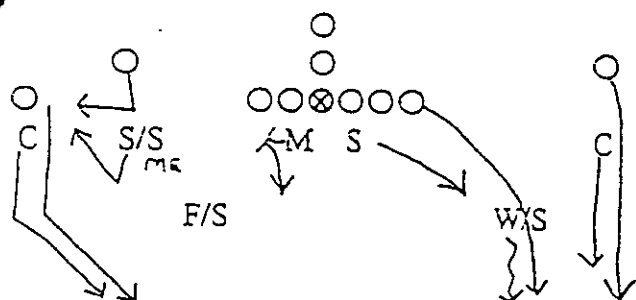
Motion to No Backs



Blue



Blue Me: This coverage allows us to take away the #2 WR by jumping the outside route with S/S and Vert. #2 with the FS. This allows the corner to play a tighter alignment to squeeze the curl. In Blue Coverage, Me can only be called to the S/S side.

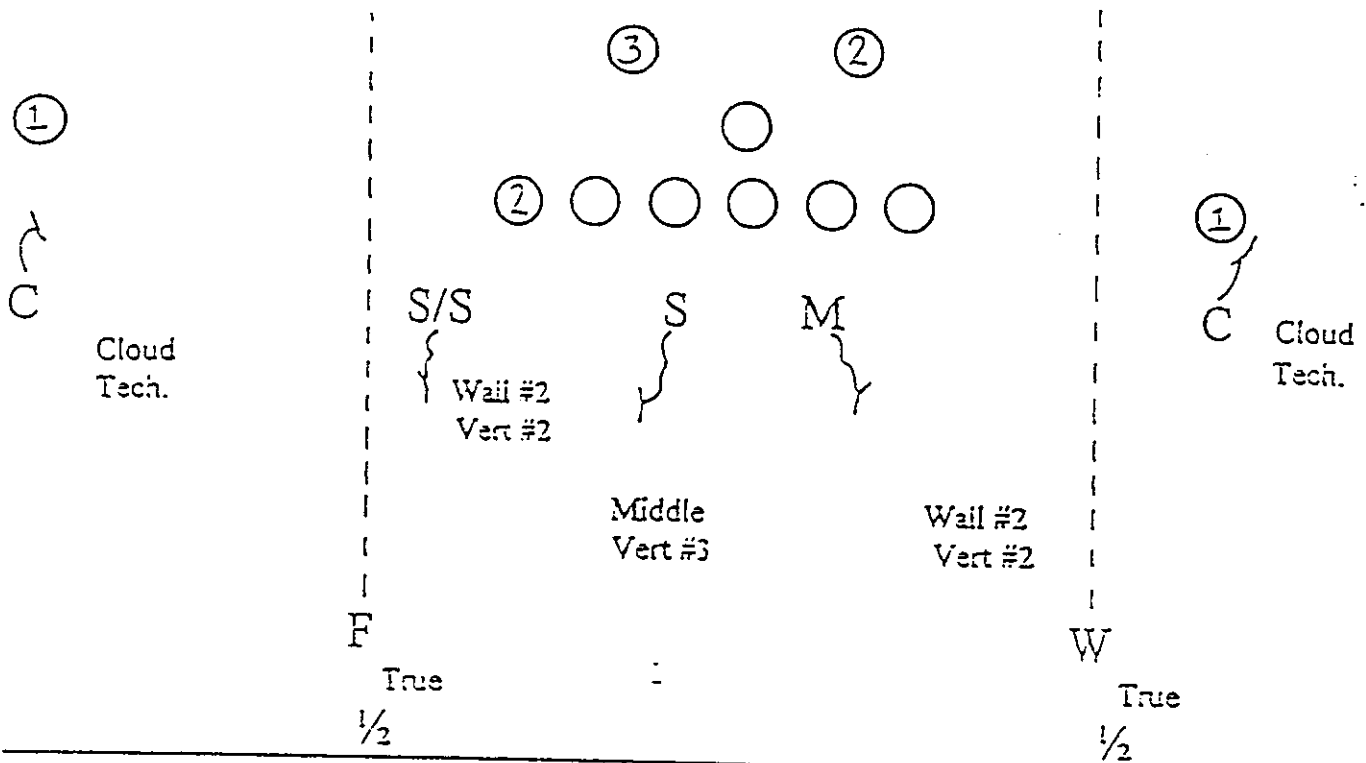


TCU

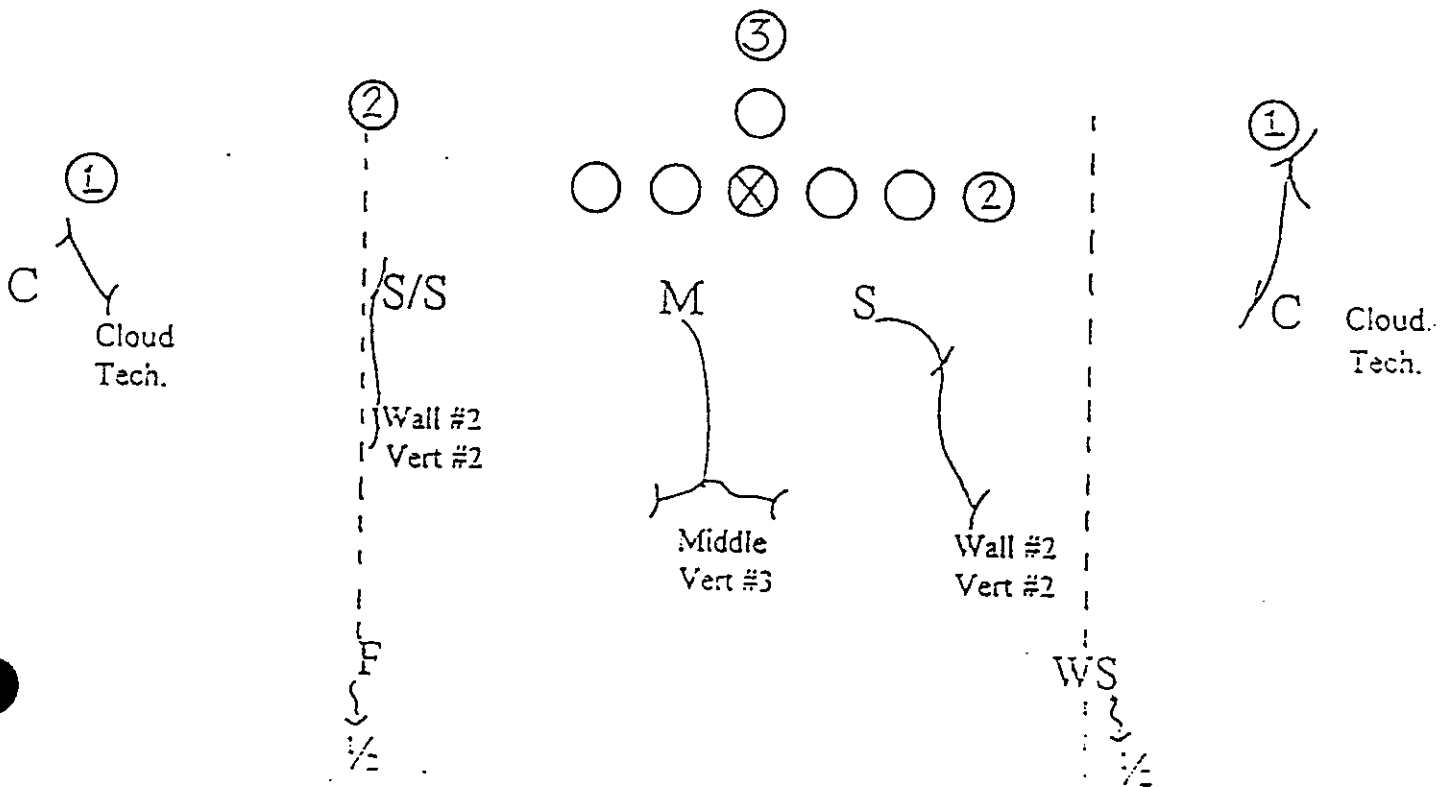
**HORNED FROG
DEFENSE**

COVER 5

COVER 5



Cover 5 - This is a true 5 Under & 2 Deep coverage. The safeties get vertical help from the inside wall players. This coverage gives us good flat support versus the pass. This is not good versus vertical.

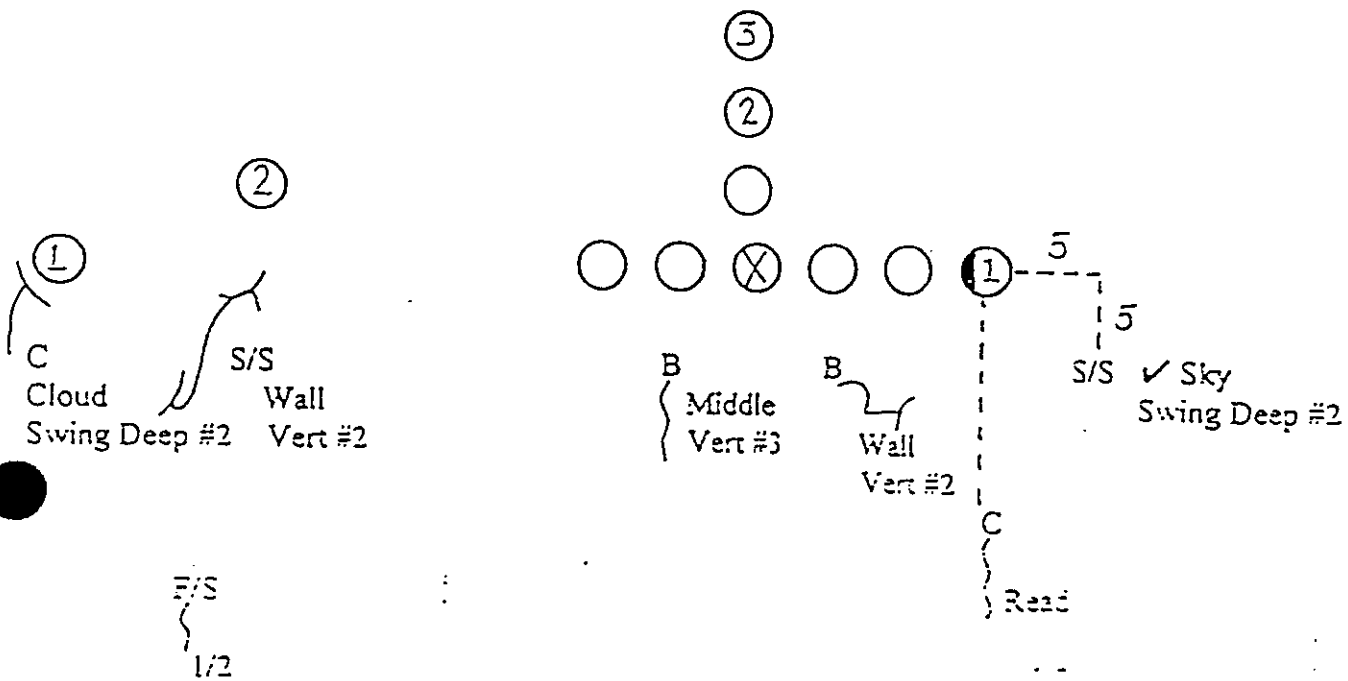
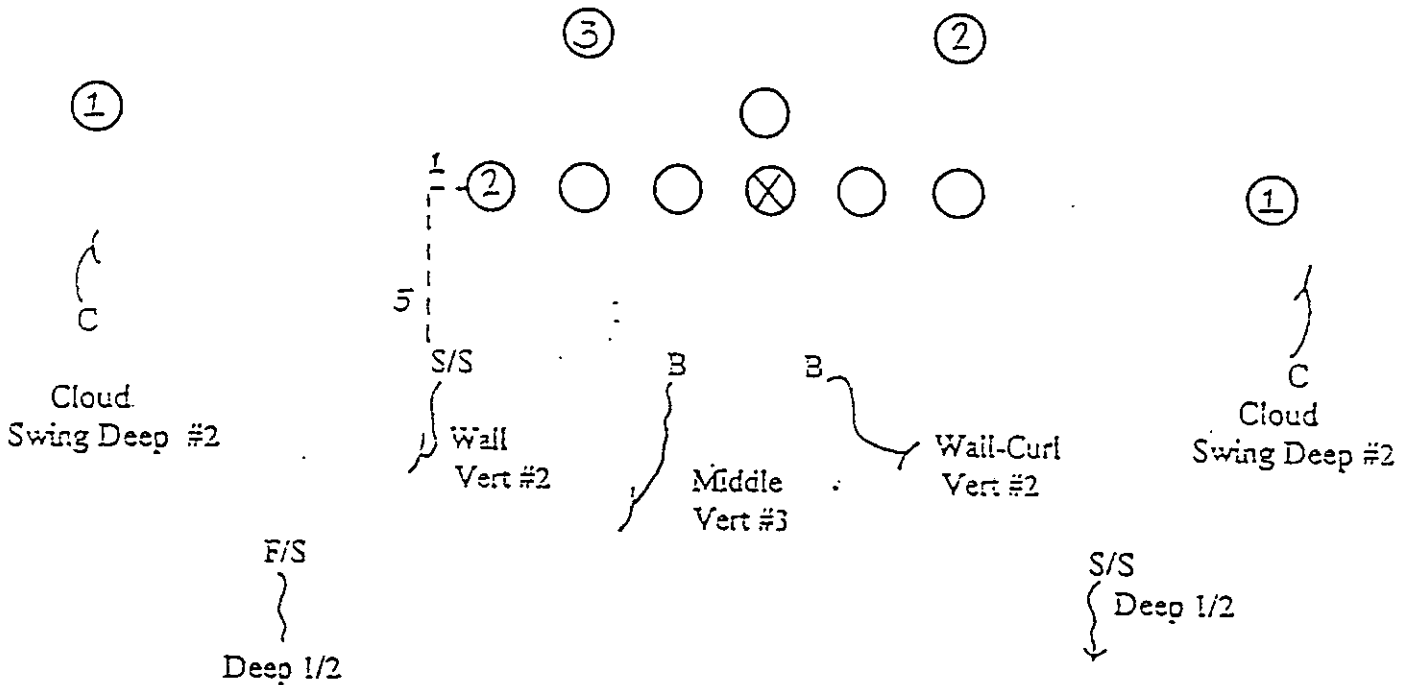
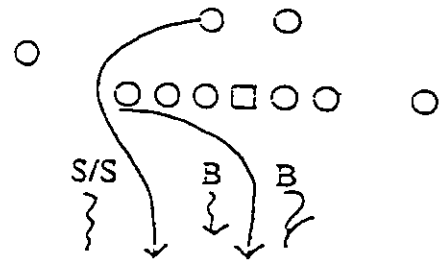


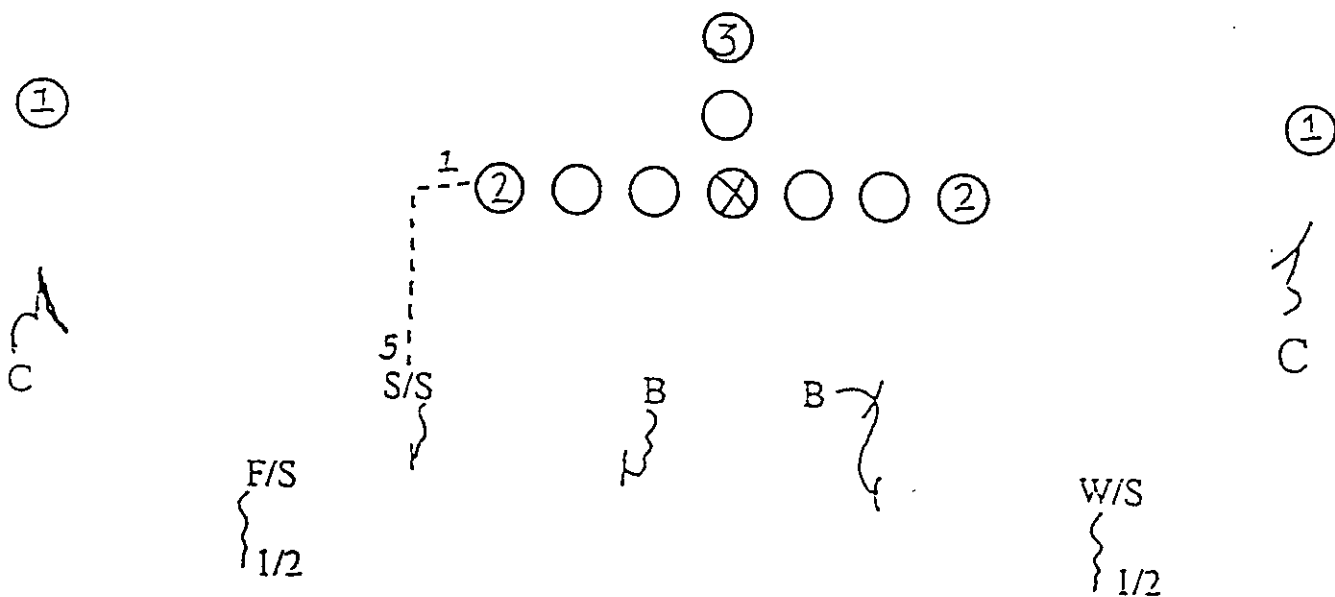
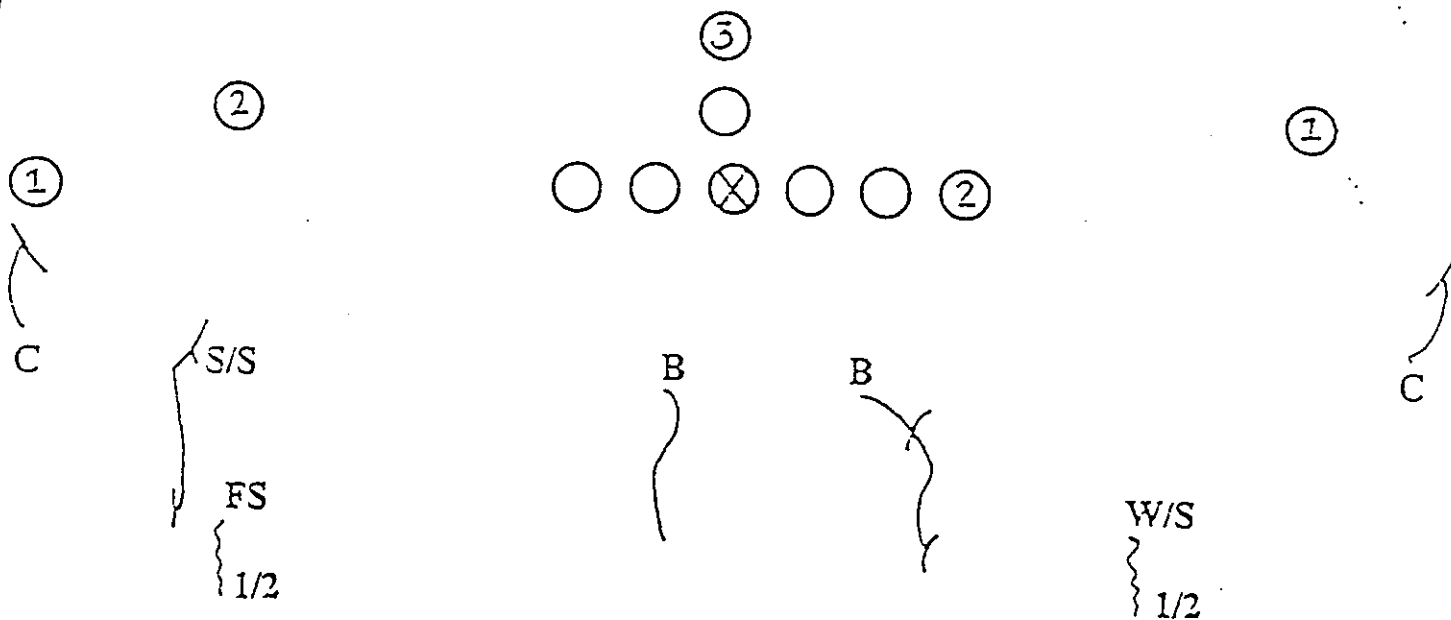
COVER 5

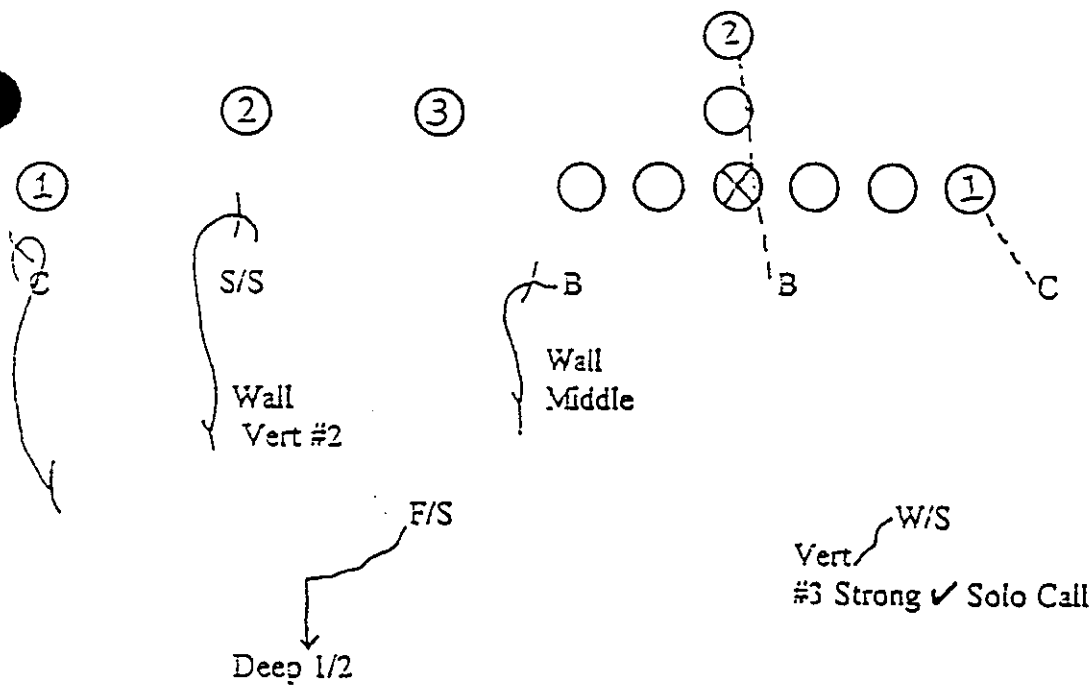
Hash Rules:

- Ball Middle : 2 yards outside hash
- Ball on Hash: Boundary - 3 yards outside hash
- Field - 1 yard outside hash

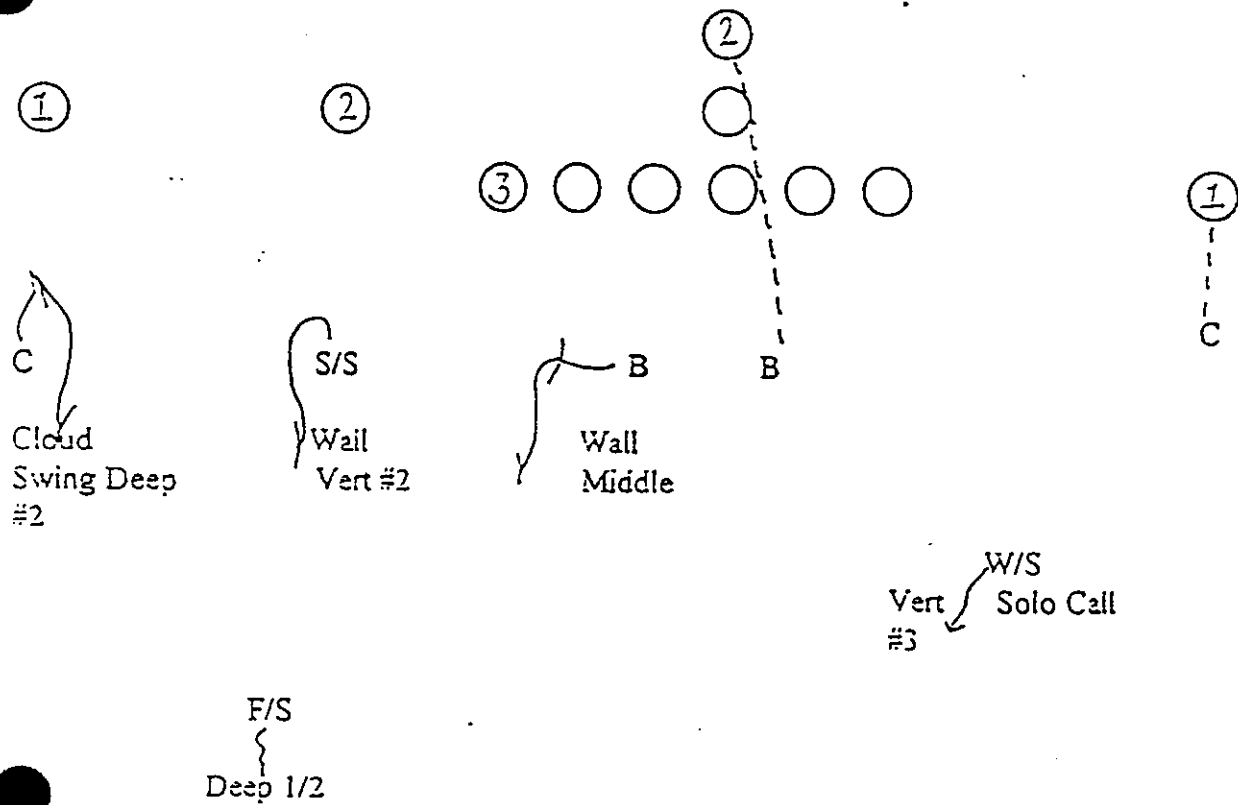
"China Call"







"Solo Call" - Allows F/S versatility to stay with coverage called



TCU

**HORNED FROG
DEFENSE**

BLITZ SCHEME

Horned Frog Blitz Scheme

Blitzing defenses are a sore spot for most offensive schemes. The biggest advantage blitzing gives us is the threat of blitzing. We need to be multiple enough to take advantage of opponent's weakness, but simple enough that the terminology and actions are repetitious. This fits our philosophy of multiplicity but simplicity.

Coverage:

Zero (0) is our term for man coverage. This is the coverage we use when blitzing. We use the terms "bail", "press", and "bump" following 0 to tell us the technique our corners will use when playing man coverage. The basic count system is as follows, we count from outside in 1, 2, 3. Only the read side can have a #3. Corners have #1 WR to their side. If there is no WR then he will flip over and count the next available WR (counting outside in). The strong and weak safeties have #2 respectively to their sides. The Linebackers have #3 strong, #2 weak, if #2 is in the backfield. The Free Safety is free at this point with no one blitzing. Alignment for the linebackers is determined by the front call. The safeties follow their zone alignment rules. The hardest point for the safeties to learn is that the Free Safety may not be reading to the passing strength. He is reading to the blitz side in most cases.

Blitz Terminology:

- Bullets - Linebackers both blitz
- Dogs - Linebacker and Safety from the same side
- Smokes - Safety blitz
- Mob - Both Linebackers and both Safeties at the same time
- Lions - Safety blitz
- Bullets Thunder - Both Linebackers and Tight End side safety

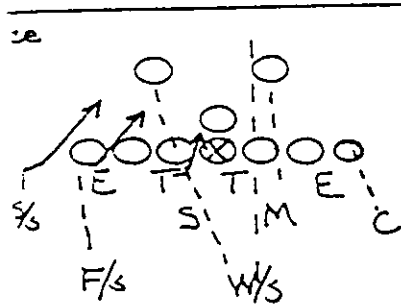
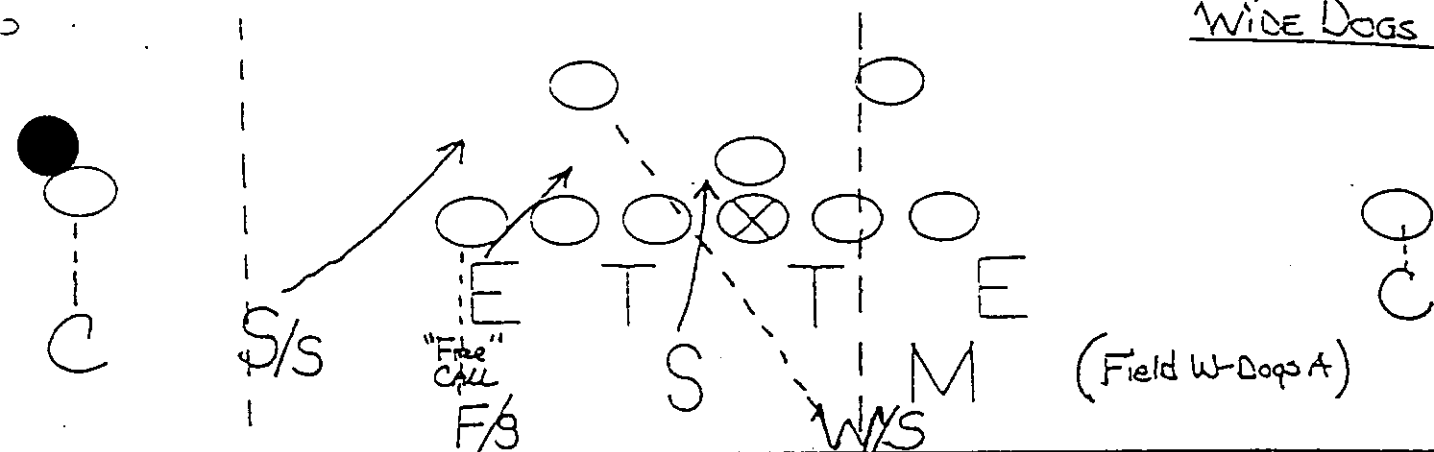
Bullets - Tells both Linebackers to blitz. We signify in the call which gap they will run through.

TCU

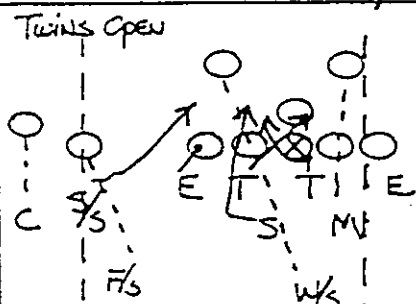
**HORNED FROG
DEFENSE**

DOGS

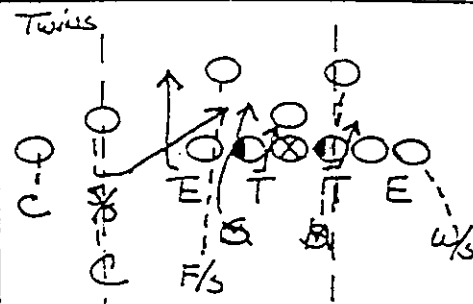
WIDE DOGS ϕ



Field Aim W-Dogs B

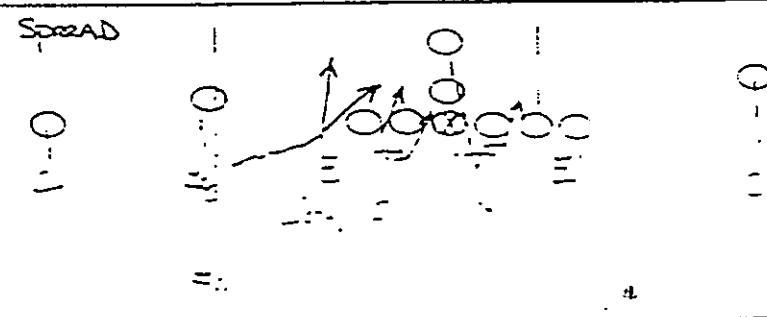
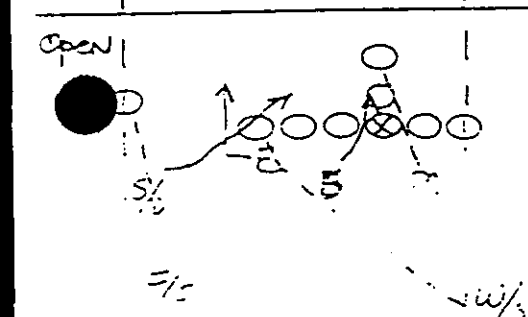
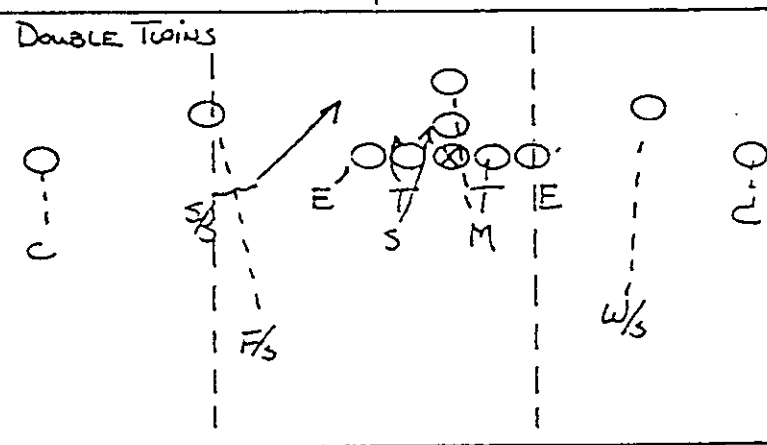
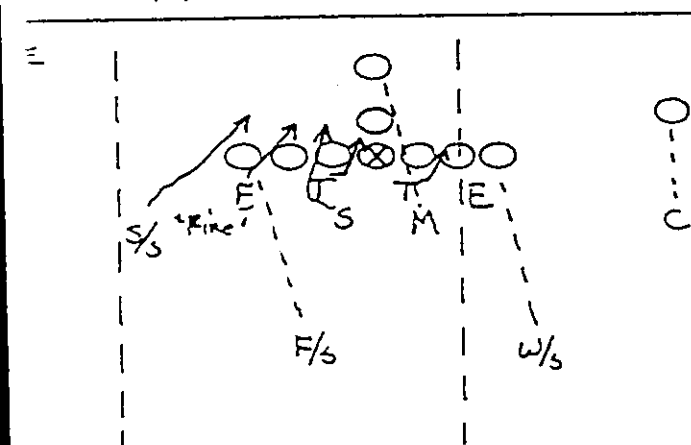


Field Twist W-Dogs



Field Aim W-Dogs B Lion

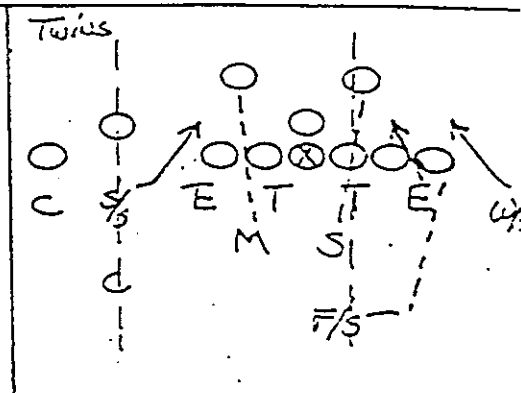
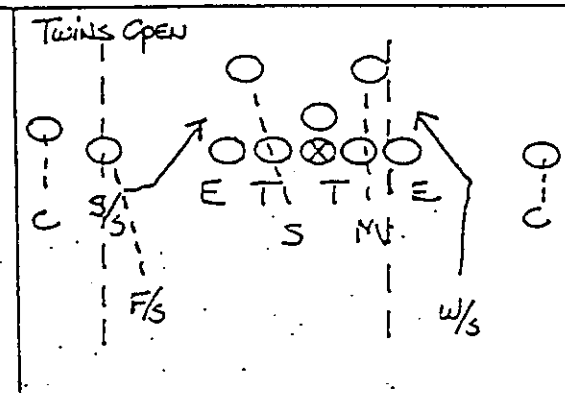
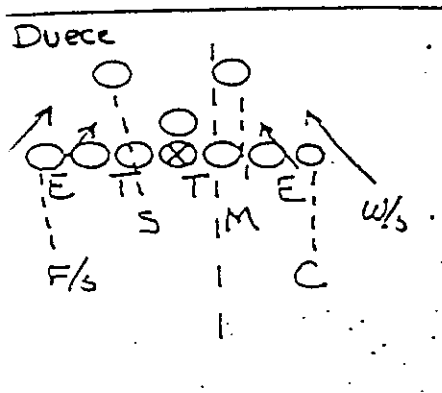
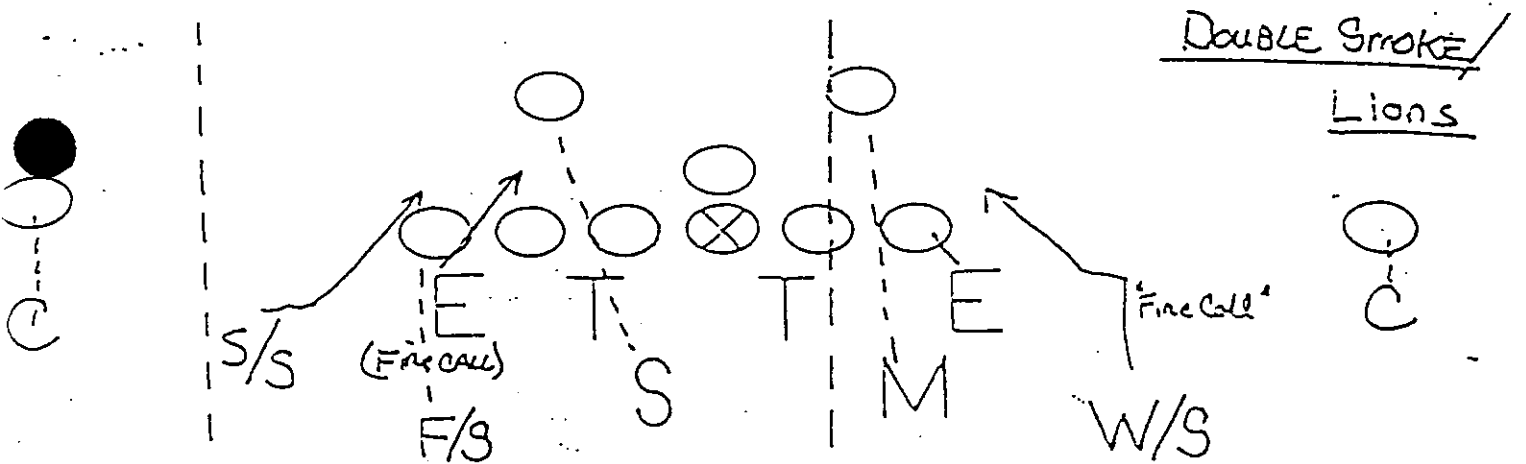
WIDE DOGS - Is a Blitz bringing the LBer & SAFETY from the WIDE side of the field. A Dog call tell us the safety is running a smoke. The call specifically tells the front & LBer which gap the LBer is running thru. The base rule is the F/S covers #2 to the Dogs side. Common sense rule covers all rule breakers. The safety not Blitzing handles #3 FB (I Backs) & #3 strong in trips sets. We want the LBer not blitzing to be able to handle their gap (run) responsibility to. "Spy Call" - is used to tell the blitzing safety to cover the back flaring across his face.



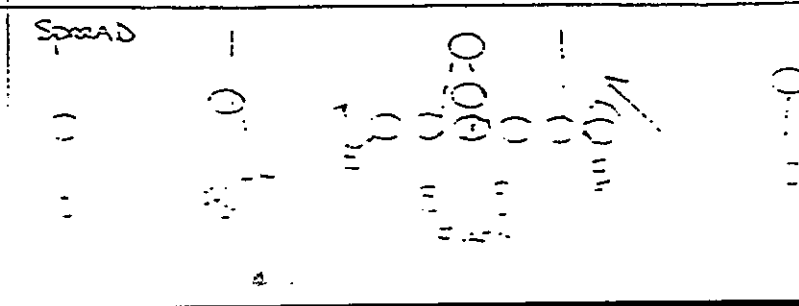
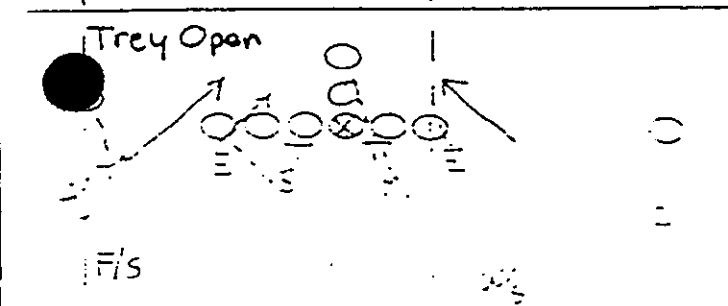
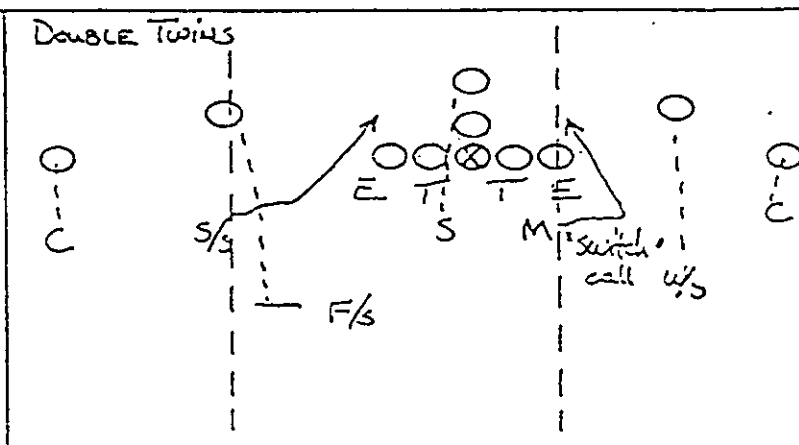
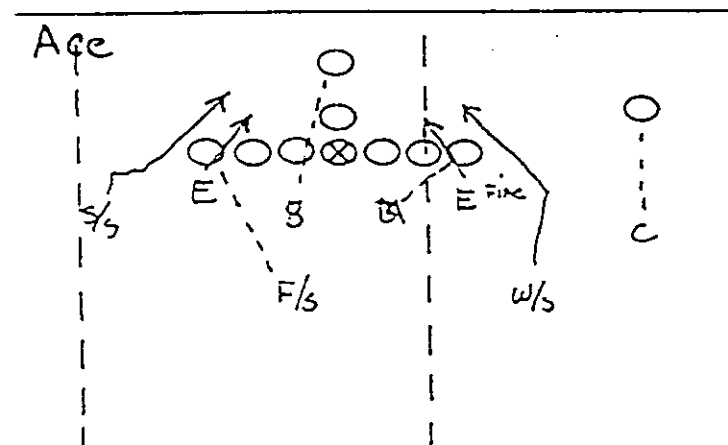
TCU

**HORNED FROG
DEFENSE**

**SMOKES /
LIONS**



OKES/LIONS - Tell the satellites they are blitting on the edge. Smoke tells them they are with pitch & contain responsibility. Lions tells us we exchange responsibilities with the eds. "Fine Calls" must be made with smokes. A "Spy Call" can be called with smokes. We can see Q on Q Cop with smokes.

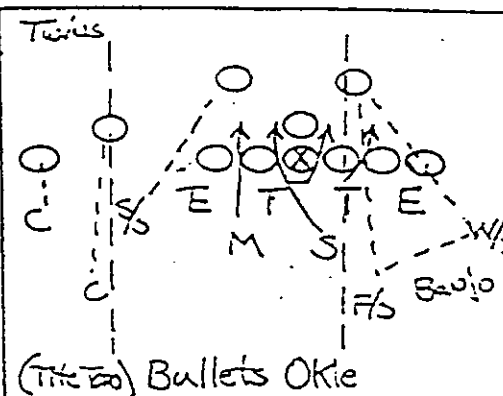
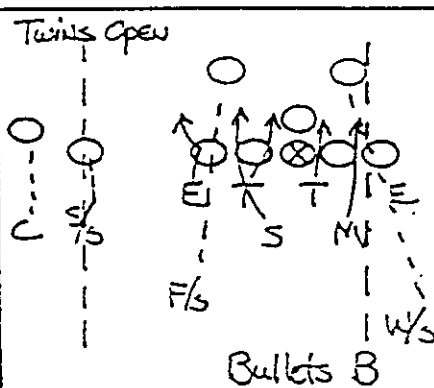
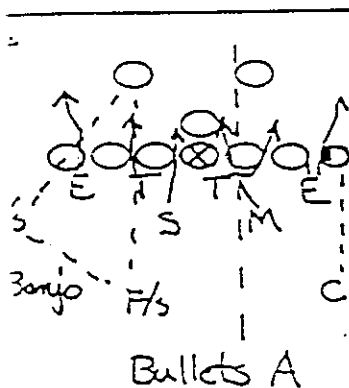
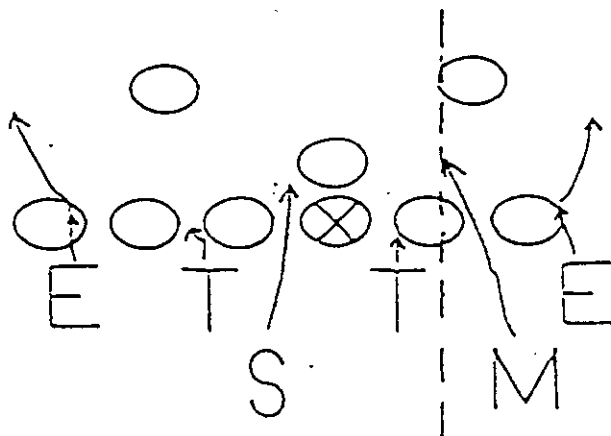


TCU

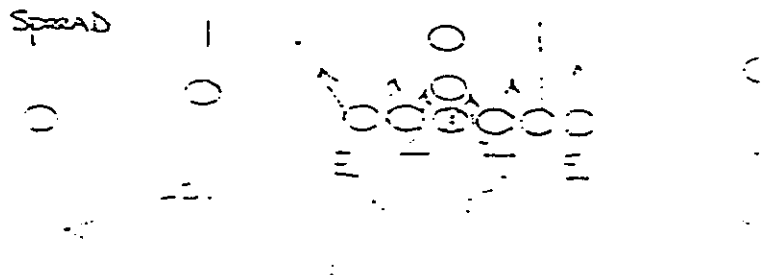
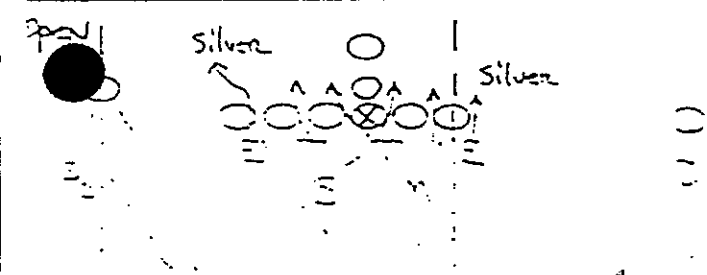
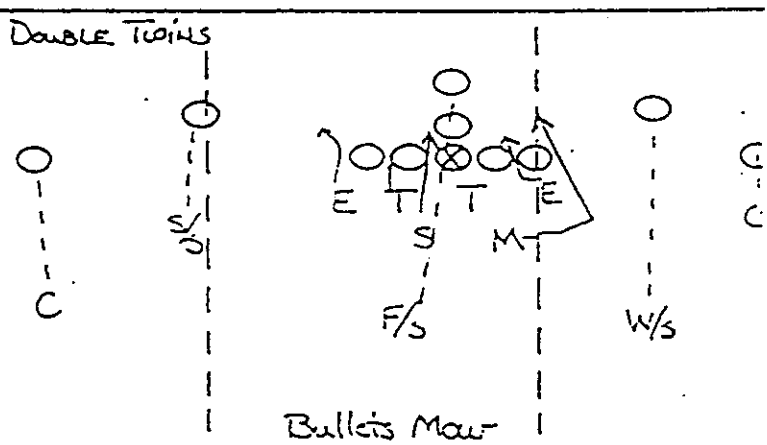
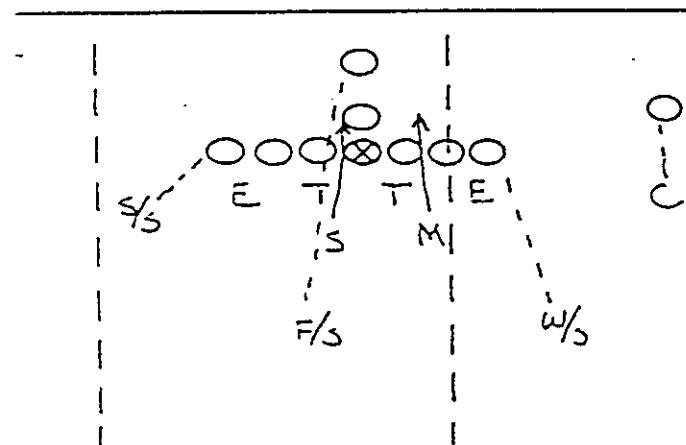
**HORNED FROG
DEFENSE**

BULLETS

Bullets Φ =



ullets — BOTH BACKERS ARE BLITZING. Φ or Φ Fiddle are the two men coverages we use. Bullets can be called versus 2-Back Teams with one zone coverage. Flip & Set & Special must be included with calls if we want to run Bullets versus 1-Back teams. * Silver Call can be made to give ends flank responsibility.

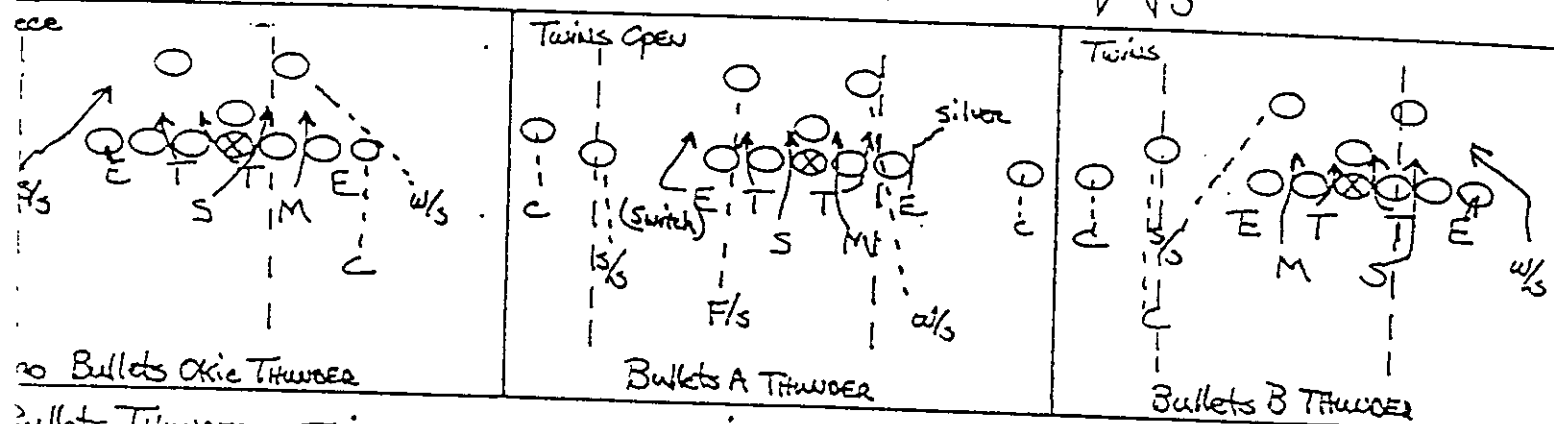


TCU

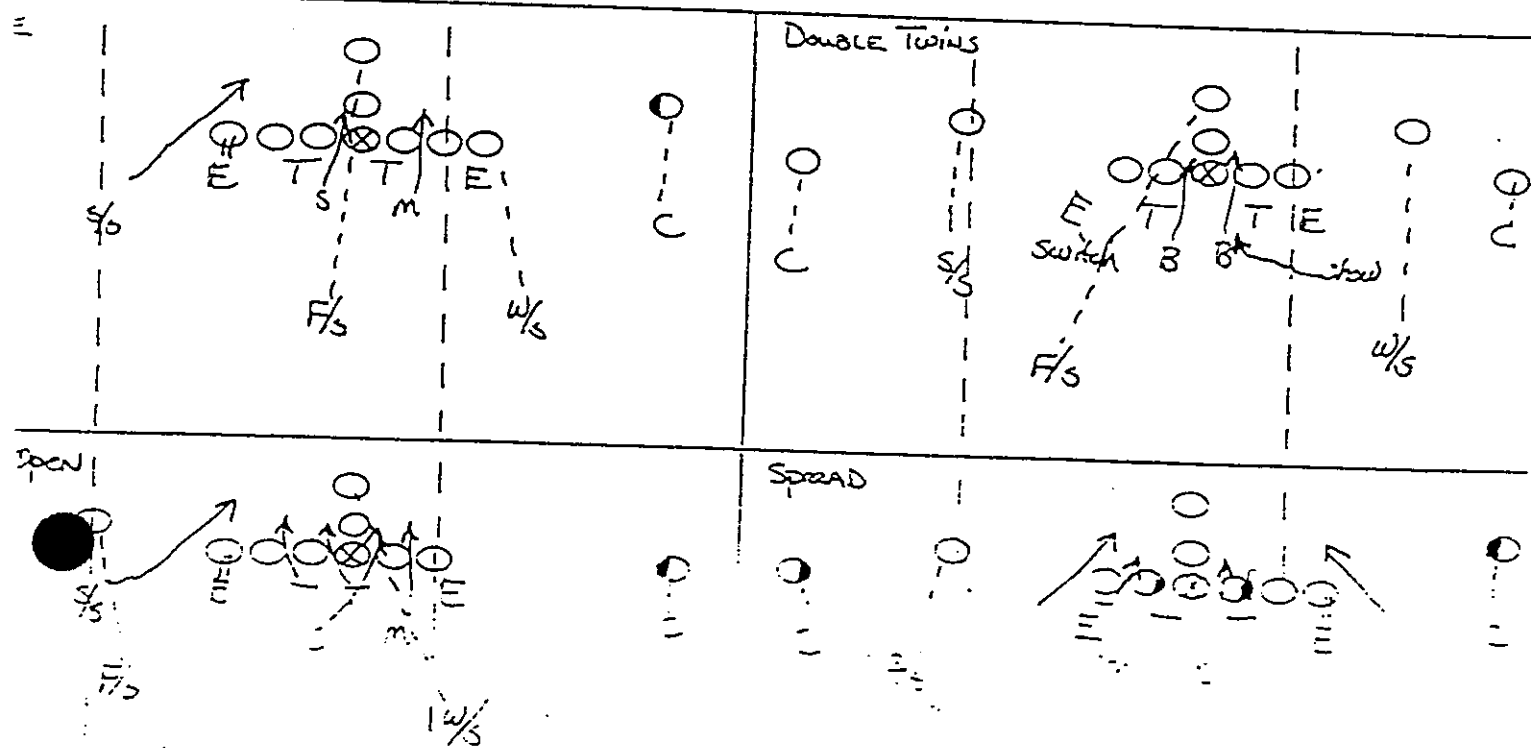
**HORNED FROG
DEFENSE**

**BULLETS
THUNDER
COP**

Bullets Thunder (Fiddle & Cop)



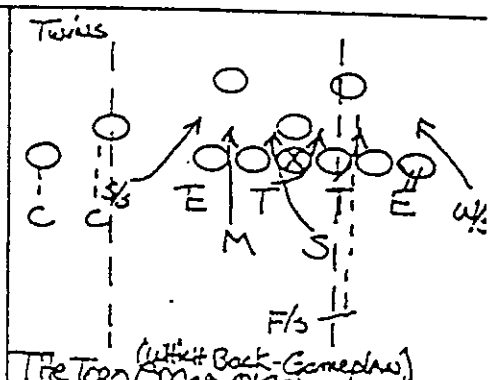
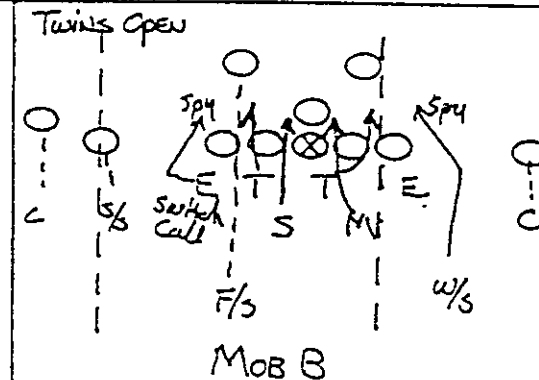
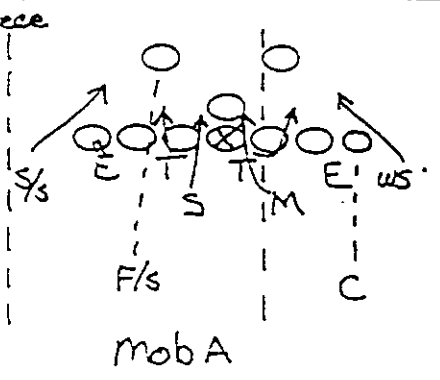
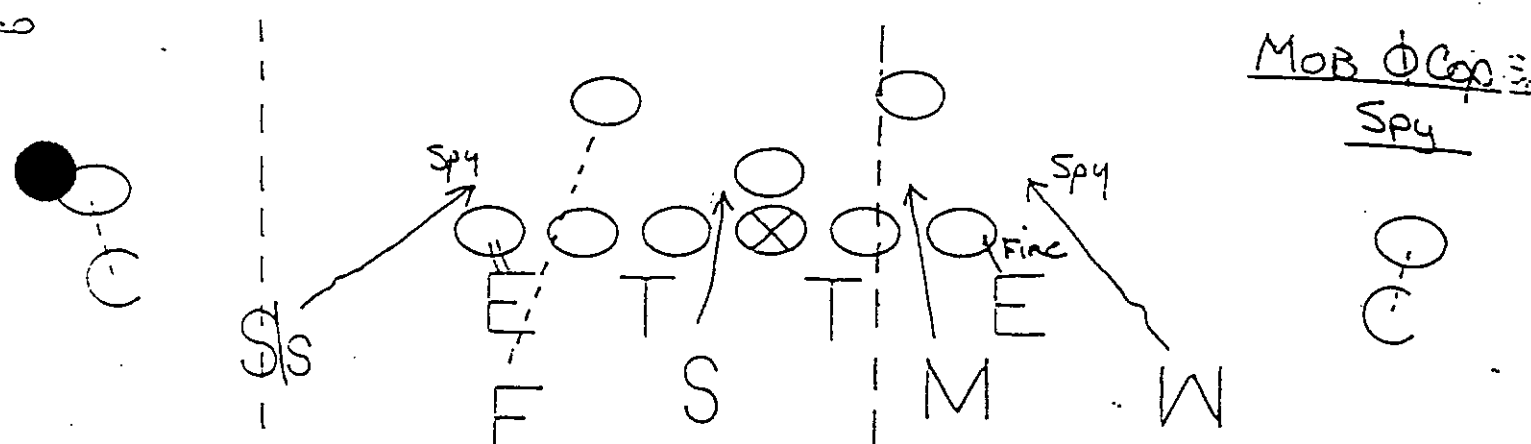
Bullets Thunder - THIS TELLS US, WE ARE BLITZING BOTH LBs & THE SAFETY FROM THE TE SIDE. THE CALL SIDE END MUST BE A Cop CALL. IF DO TE SWITCH WITH TE SAFETY, Fiddle is ALSO A COVERAGE ADDITION THAT CAN BE USED VERSUS A 1 BACKSET. As always a Soy or Silver call for the split side CUD can be used.



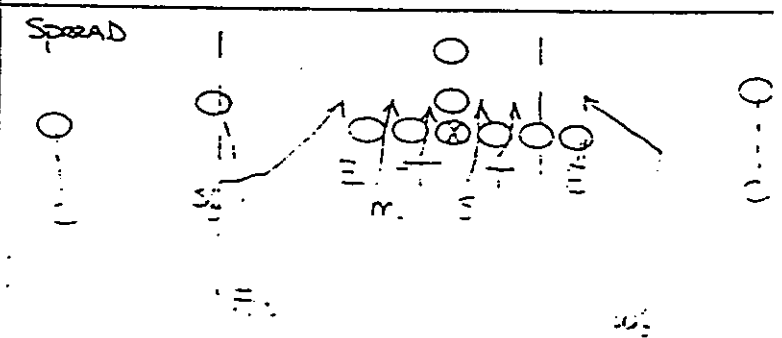
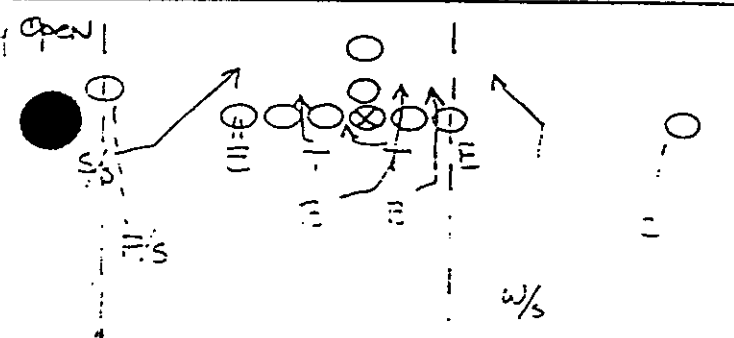
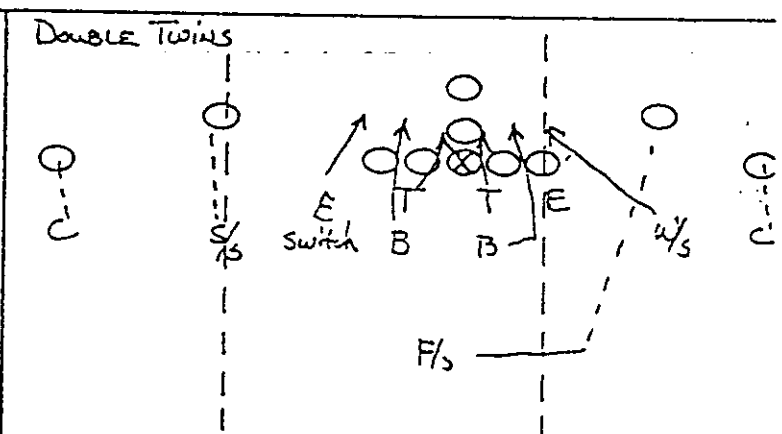
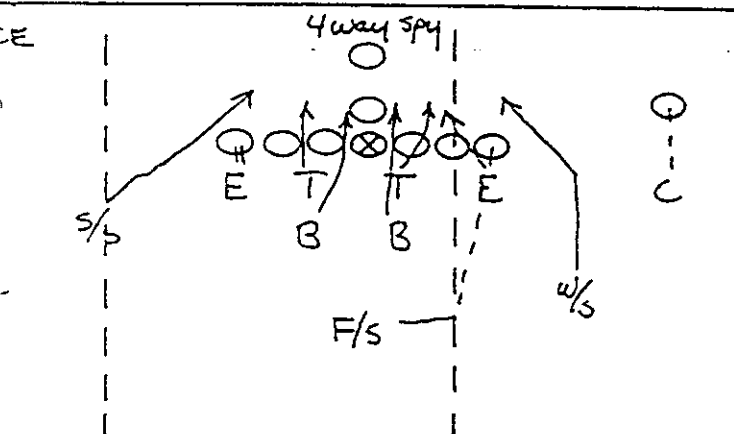
TCU

**HORNED FROG
DEFENSE**

MOB 0 COP



10b @ Cop Spy - Eight man Blitz. Mob is Bullets & Double Smokes. The call means we have smokes, the LB's are told where to run through the same way we call Bullets. (A, B etc) Blitz must be used with a 'Cop' Call. This must also be executed with a 4 way spy on whichever back we designate. When we use this against a 2-Back, the 4-way spy is always on the back that the F/S doesn't have. Problem Formation 4W's, no TE. Rule If formation is balanced F/S must handle #2 away from Cop. Remember, if the ~~2~~ call side end has no TE, he must use a switch call with the safety.



STUNT	TWIST/LBer	BULLETS	SMOKES
1 Aim	1 Twist	1 T-G BltSivr	1 T-G DBL Smoke
2 Toro	2 Twist 1	2 T-G Tag BltS BSlvr	2 T-G Tim DBL Lion
3 Army	3 Tex	3 T-Toro BltS Okie CrossSivr	3 T-Flex Big Twist 1 Peak DBL Smoke
4 Tank	4 Ex	4 Outlaw 1 Hug BltS FlowSivr	4 T-G Pinch Mow Thunder
5 Blast	5 Tex-Ex	5 Outlaw BltS ASivr	5 T-G Tim Scoot DBL PWR DBL Smoke
6 Tim	6 DBL Tex	6 Outlaw BltS BSlvr	6 Outlaw DBL Rage
7 Tag	7 Mike	7 Outlaw 1 Hug BltS BSlvr	7 T-G Tim Scoot DBL Smoke
8 TankTake	8 Sam	8 T-G Tim BltS Showslvr	8 T-G DBL Tex DBL Smoke
9 ToroTake	9 BackerTag	9 T-G BltS Slideslvr	9 T-G DBL Lion
10 AlmFire	10 Ex Opp	10 T-Toro BltS Okieslvr	
11 TagFire	11 Tex-Ex Opp		
12 ToroBlast	12 BigTw 1 Peak	DOGS	OCOP
13 Takenose	13 Sprint	1 T-Tag T-Dogs BSlvr	1 T-G DBL Smoke Cop
14 PeakNose	14 Hog	2 B-Tank Peak W-Dogs BSlvr	2 T-G Mob A Cop Spy
15 TakeMow	15 Eat	3 F-Alm W-Dogs BSlvr	3 T-G Mob B Cop Spy
DIME		4 F-G Shrt-Dogs MikespySivr	4 T-G Torotake Mow Thunder Cop
1 F-Pinch DBL Smoke		5 F-G Alm W-Dogs BSlvr	5 T-G Tag T-Dogs B Cop
2 F-Takenose Shrt-Dog A		6 T-G Tag Slide T-Dogs BSlvr	6 T-Toro BltS Okie Thunder Cop
3 B-Takenose W-Dogs A		7 S-G Alm S-Dogs BSlvr	7 Outlaw 1 Alm Backer B DBL Smoke Cop
		8 B-G Army Shrt-Dogs BSlvr	8 Outlaw 1 Hug DBL Smoke DBL Cop
HEAVY		9 F-G Army W-Dogs BSlvr	
1 In		10 T-G Frog-Dogs Rage	NICKEL
2 Shade		11 T-Tank Peak S-Dogs BSlvr	1 T-G Tag Dirty T-Dogs BSlvr
3 DBL Rage		12 S-G Alm T-Dogs ASivr	2 B-G Flex PeakNose Dirty W-Dogs CSivr
4 DBL Smoke DBL Cop		13 T-PWR ExOpp 1-Dogs ASivr	3 T-Tank Peak Dirty S-Dogs BSlvr
		14 F-PeakNose Shrt-Dogs CSivr	4 F-Flex PeakNose Shrt-Dogs CSivr
			5 Outlaw Hug Tag DBL Dirty Thunder Cop

1997 HORNERD PROG FOOTBALL FALL CAMP

Wednesday, August 14 - (New Players)

Thursday, August 15

Saturday, August 2
12:00 - 3:00 p.m.
New players report to Football Office to check into Moncrief Hall

5:00 p.m.
Dinner for athletes, parents invited at \$6.00 each

6:00 p.m.
Team Meeting

6:15 p.m.
Physicists at Student Health Center & equipment checkout

9:00 p.m.
Snack

10:45 p.m.
Lights Out

Sunday, August 3

10:00 a.m.
Breakfast

11:00
Team Church Service

12:00 noon
Lunch

1:30 p.m.
Team Meeting
Equipment - Springfield
Training Room - Bailey
Weight Room - Peihard
NCAA Forms - North

2:30
Weight Room Training
Height/Weight/Bench Press/Squat/Vertical Jump

4:30
Dinner

6:00
Position Meetings

7:00
Stretch & Specialty

7:15
Practice #1

8:45
Team Meeting - (Tug)

9:15
Position Meetings - Snack

10:45
Lights Out

Monday, August 5

7:00 a.m.
Wake-up & Breakfast

8:00
Position Meetings

9:00
Stretch & Specialty

9:15
Practice #2

11:00
Dinner

11:45
Training Room Treatments

2:00 p.m.
Team Meeting - Team building

3:00
Dinner

4:15
Position Meetings

5:15
Stretch & Specialty

5:30
Practice #3

8:00
Team Meeting (Alma Mater & Fight Song)

8:15
Position Meetings

10:45
Lights Out

7:30 a.m.

Wake-up & Breakfast

9:00
Academics & Orientation - Coach North - Location: TBD

9:05
Academic Overview - Overton
Adviser's Role, tutoring, session, etc.

10:00
Housing policies & procedures - (nancy Greiner)

10:15
Financial Aid Policies & Procedures - (Tonya Robinson)

10:30
Student Academic Policies & Procedures ()

10:45
TCU Policies (Colin McQueen, J. Yale, John Kaufman)

11:30
Parking Services

12:00 noon
Lunch

1:15 p.m.
Associate Dean of Students - Mike Russell

1:45
Athletic Director - Eric Hyman

2:00
Academic Advancement -
Student L.D., book pickup, etc.

4:00
Position meetings

5:30
Report to equipment room

5:30
Team meeting (Newcomers & Returners)

5:45
Team photo

7:00
Physicists

8:30
Team Meeting

9:00
Position Meeting (snack)

10:45
Lights out

7:00 a.m.
Wake-up & Breakfast

8:00
Position Meetings (Newcomers)

9:00
Stretch & Specialty

9:15
Practice #4

11:30
Lunch - Newcomers & Fresh

1:00 p.m.
Training Room Treatments

1:30
Position Meeting - Newcomers

2:15
Stretch & Specialty

2:30
Practice - Running game

3:45
Offense Master/Duplicate Lifts

4:45
Defense Master/Offense Lifts

6:00
Dinner

8:00
Team Meeting - (team goals)

8:30
Position Meetings - snack

10:45
Lights Out

7:00 a.m.

Wake-up & Breakfast

8:00
Offense Lifts - Defense meets

9:00
Defense Lifts - Offense meets

10:30
Academic Orientation for Veterans (Overton)

12:00 noon
Media luncheon
Lunch for players

1:45 p.m.
Team Photo
Individual Ming Shots
TV Ming Shots
Group Photos

5:30
Dinner

7:30
Team Meeting

8:00
Post Specialty Meeting

8:15
Post Return Meeting

8:30
Kick-Off Meeting

8:45
Kick-Off Return Meeting

9:00
PAT-PQ Meeting

9:10
Position Meetings (snack)

10:45
Lights Out

6:30 a.m.
Wake-up & Breakfast

7:45
W/Lifts

8:00
Stretch & Specialty

8:15
Practice #1-3-5 (Pure/Team Specialty)

10:45
Branch

11:30
Training Room Treatments

2:15 p.m.
Weight Room Fallers/Training Room Refresh

3:00
Dinner

4:15
Position Meetings

5:15
Stretch & Specialty

8:30
Practice #2-4-6 (Kick-off/Kick-off Return)

8:45
Post Specialty/Team Return Meeting

9:00
KICK-Off Meeting

9:15
Team Meeting - Player's Policy Manual

10:45
Position Meeting - (snack)

10:45
Lights Out

9:00 a.m. Wake-up & Breakfast

10:15 Team Church Service

12:30 p.m. Lunch

3:30 Position Meetings

4:30 Dinner

6:00 Stretch & Specialty

6:15 Practice #1A (does not count in our 29 opportunities)

8:45 Post Specialty/Post Return

9:00 KOKOR

9:15 Position Meetings - (snack)

10:45 Lights Out

Wednesday, August 17 Post Practice #7-A

6:10 a.m. Wake-up & Breakfast

7:45 Walk-down

8:00 Stretch & Specialty

8:15 Practice #7 (Post Specialty/Post Return)

10:45 Dinner After Practice

10:45 Dinner

2:15 p.m. Weight Room Failures/Training room Rehab

3:00 Dinner

4:15 Position Meetings

5:15 Stretch & Specialty

5:30 Practice #8 (Kick-off/Kick-off Return)

8:30 Post Specialty/Post Return

8:45 KOKOR

9:00 Team Meeting

9:15 Position Meeting (snack)

Wednesday, August 18 Practice #9

6:30 a.m. Wake-up & Breakfast

7:45 Walk-down

8:00 Stretch & Specialty

8:15 Practice #9 (Post Specialty/Post Return)

10:45 Dinner After Practice

10:45 Dinner

2:15 p.m. Weight Room Failures/Training Room Rehab

3:00 Dinner

4:15 Position Meetings

5:15 Stretch & Specialty

5:30 Practice #10 (Kick-off/Kick-off Return)

8:30 Post Specialty Meeting

8:45 Kick-off/Kick-off Return

9:00 Team Meeting - Player's Policy Manual

6:30 a.m.

Wake-up & Breakfast

7:45 Walk-down

8:00 Stretch & Specialty

8:15 Practice #11 (Scrimmage)

10:45 Dinner

2:15 p.m. Weight Room Failures & Rehab

3:00 Dinner

4:30 Position Meetings

7:00 Heavy Work Tug Buggy: Food & entertainment on the lawn next to Fray Fountain

8:30 Post Specialty/Post Return Meeting

8:45 Kick-off/Kick-off Return Meeting

9:00 Team Meeting - Player's Policy Manual

9:15 Position Meeting - snack

10:45 Lights Out

Friday, August 20

6:30 a.m. Wake-up & Breakfast

7:45 Walk-down

8:00 Stretch & Specialty

8:15 Practice #12 (Post Specialty/Post Return)

10:45 Dinner

2:15 p.m. Weight Room Failures/Training Room Rehab

3:00 Dinner

4:15 Position Meetings

5:15 Stretch & Specialty

5:30 Practice #13

8:30 Post Specialty/Post Return Meeting

8:45 KOKOR Meeting

9:00 Team Meeting - Player's Policy Manual

9:15 Position Meeting

10:45 Lights Out

7:00 a.m.

Wake-up & Breakfast

8:30 Stretch & Specialty

8:45 Kicking Scrimmage #14 - Stadium

10:30 Dinner

11:30 Training room Treatments

2:30 p.m. Dinner

3:45 Position Meetings

4:15 Stretch & Specialty

4:30 Practice #15 - Heavy Work students attend Scrimmage

5:45 Coach Post Comments

6:00 Meet the players (autographs) Open House for weight room, training room, locker room

6:30 Power point presentation on facilities in Lammont's Lounge

7:30 Snack available after practice Casino Night - Student Center

Saturday, August 22

9:30 a.m.

Breakfast

10:30 Depart for Church

11:00 Team Church Service

1:00 p.m.

Lunch

2:15 Special Teams

3:00 Position Meeting

4:00 Dinner

5:45 Stretch & Specialty

6:00 Practice #16 A

8:30 Rookies - Talent Show

9:15 Position Meeting - snack

10:45 Lights Out

Wednesday, August 23 (School Schedule)

Thursday, August 24

Monday, August 21

#17-18

6:30 a.m. Wake-up & Breakfast

7:45 Wake-dress

8:00 Stretch & Specialty

8:15 Practice #17 (Punt Specialty/Punt Return)

10:45 Brunch

2:15 p.m. Office Life

3:00 Dinner

4:15 Position Meetings

5:15 Stretch & Specialty

5:20 Practice #18 (KICKER)

8:30 Punt Specialty/Punt Return Meeting

8:45 Kick-off/Kick-off Return Meeting

9:00 Team Meeting

9:15 Position Meeting (week)

10:45 Lights Out

2:10 p.m.

P.J. Punt Return/PAT-FO

2:30

Position Meetings

3:15

Stretch & Specialty

3:30

Practice

In-season lifting program begins

11:15

Position/Lift Meetings

2:45

Pre-game Meal/Scouting Report Review position numbers/review kicking game statistics

3:30

Depart for stadium

4:00

Heat towel signal meeting

5:25

Specialty

5:40

Ball stretch

5:48

OL/D/LB stretch

6:00

Team Cd

6:09

Perfect Plays

6:14

Learn Field

6:30

Returns to field

6:35

R/WC

Friday, August 25

Match Game Weekend

2:10 p.m.

Kicking Meetings

2:20

Position Meetings

3:00

Stretch & Specialty

3:15

Practice

6:00

Dinner at Rumsda

8:00

Chapel

8:15

Kicking Meetings - Scouting Report

8:15

Punt Return

8:15

Kick-off

8:15

Kick-off Return (humble team)

9:00

PAT-JT

9:00

OFF/D/LB Scouting Report/Video Tape

10:00

Team Meeting - week

Tuesday, August 22

#19-20

6:30 a.m. Wake-up & Breakfast

7:45 Wake-dress

8:00 Stretch & Specialty

8:15 Practice #19 (Punt Specialty/Punt Return)

10:45 Brunch

2:15 p.m. Defense Lifts

3:00 Dinner

4:15 Position Meetings

5:15 Stretch & Specialty

5:20 Practice #20 (Kick-off/Kick-off Return)

8:30 Punt Specialty/Punt Return Meeting

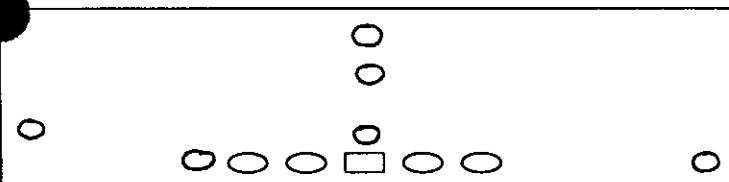
8:45 Kick-off/Kick-off Return Meeting

9:00 Team Meeting

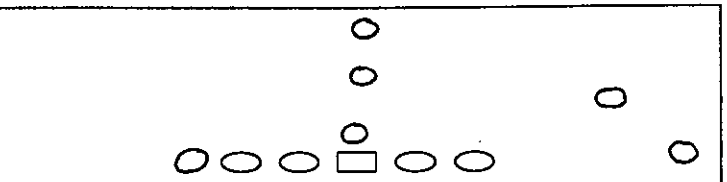
9:15 Position Meeting

10:45 Lights Out

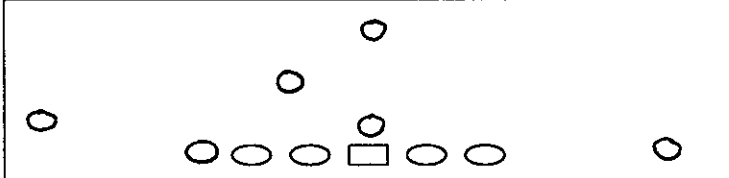
FORMATIONS



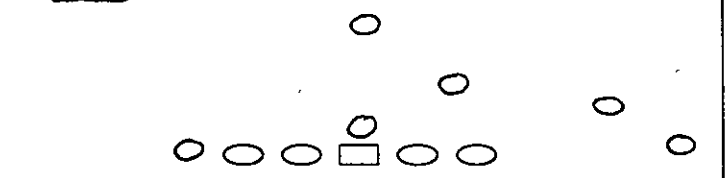
I Pro



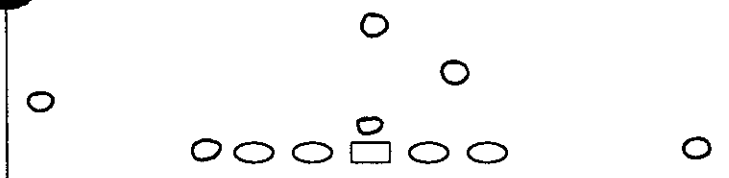
I Twins



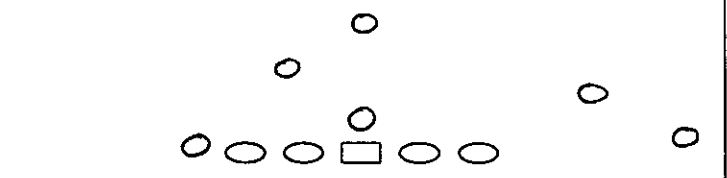
St Pro



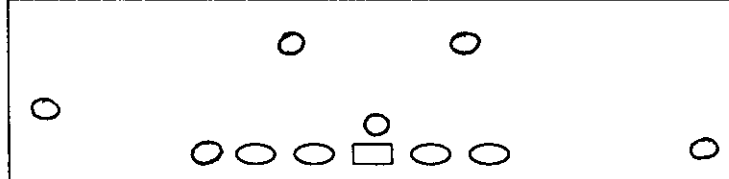
St Twins



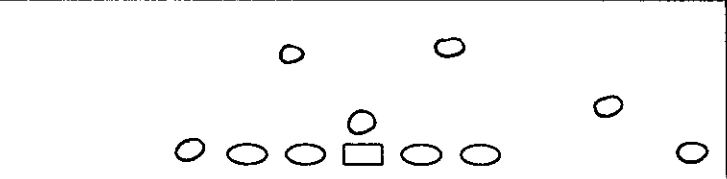
WK Pro



WK Twins

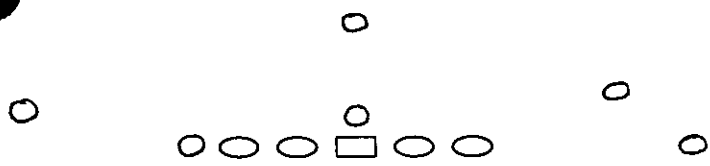


Split Pro

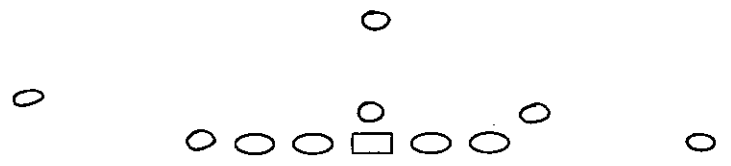


Split Twins

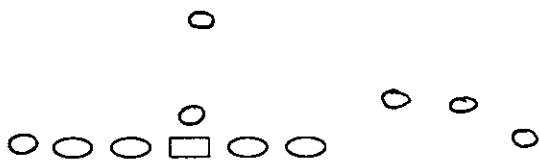
FORMATIONS



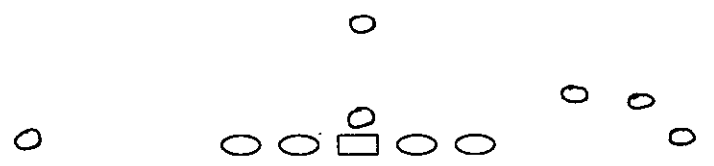
Spread



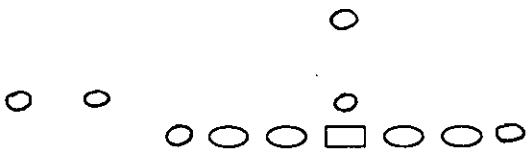
Slot Spread



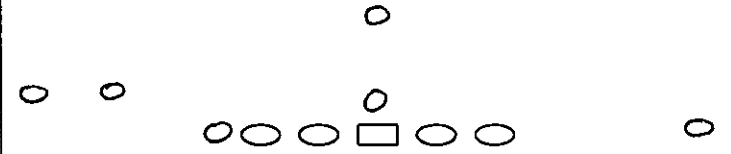
Trips



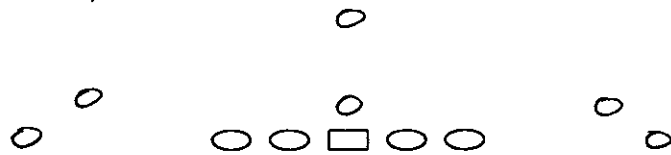
Trips Open



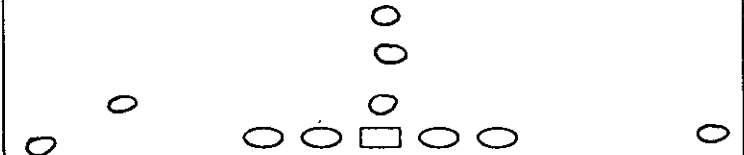
Trey



Trey Open

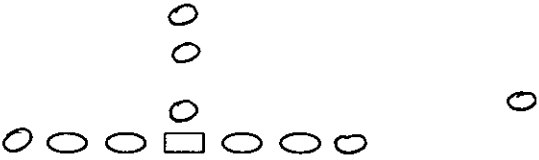


DBL Twins

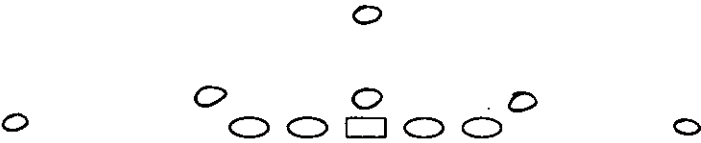


Twins Open

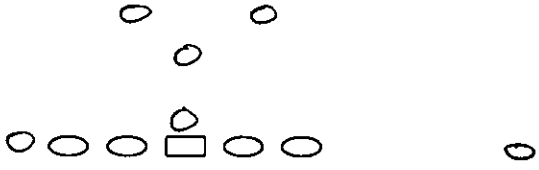
FORMATIONS



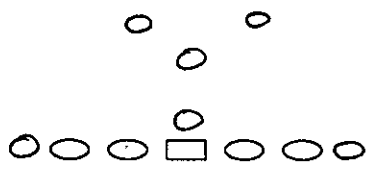
Flanker



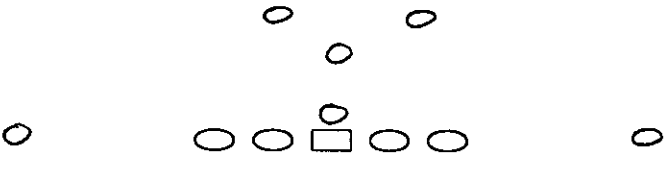
OBL Slot



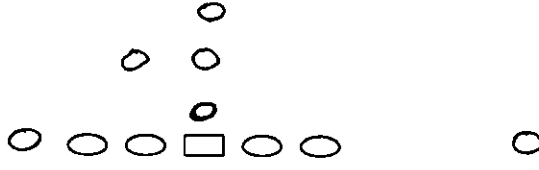
Bone



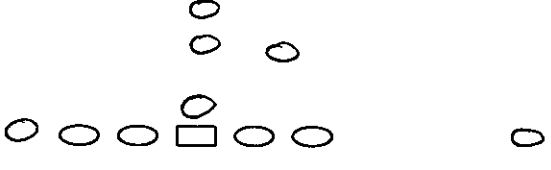
Bone Tite



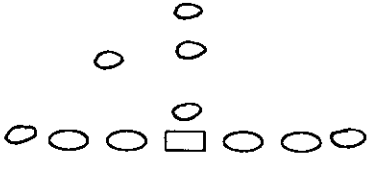
Bone open



Wk J



St J

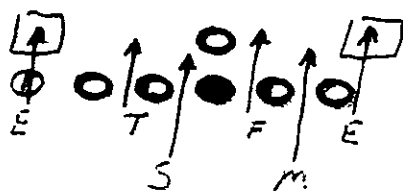


J Tite

Bullets #1 - T G Bits

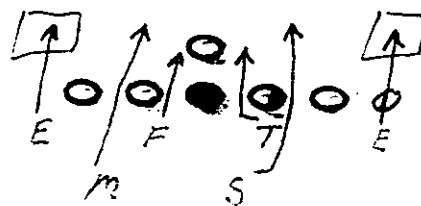
Liz

Ends - alert
flush
Tackles - loosen
in align.



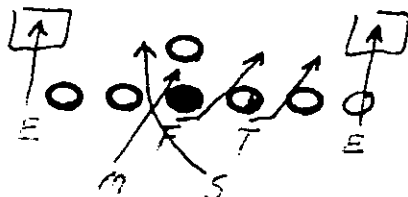
Bullets #2 - T G Tag Bits B

Rip



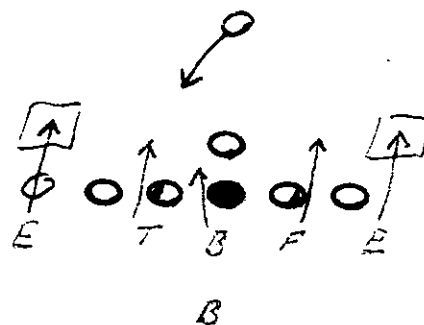
Bullets #3 - T Toro Bits OKie Cross

Rip



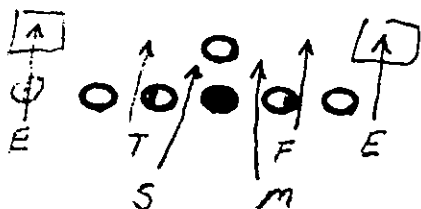
Bullets #4 - Outlaw I Hug Bits Flow

Liz



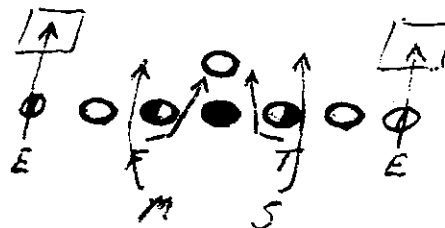
Bullets #5 - Outlaw Bits A

Liz



Bullets #6 - Outlaw Bits B

Rip



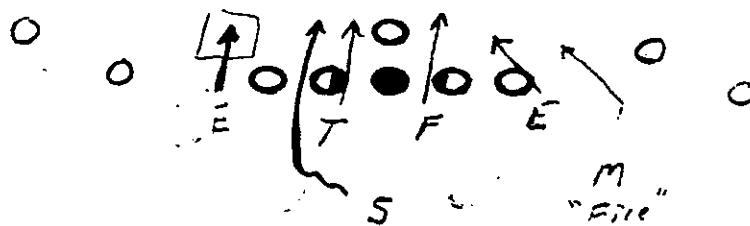
Bullets #7 - Outlaw I Hug Bits B

Rip

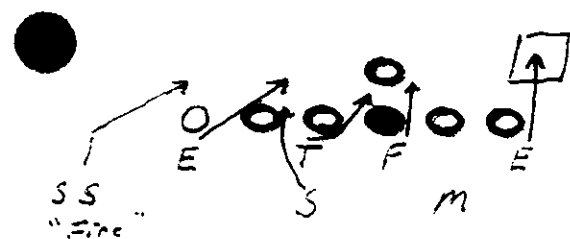


Bullets #8 - T G Tim Bits Show

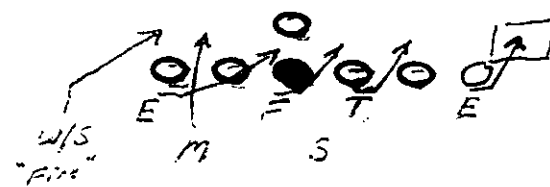
Liz



Dogs #1 - T Tag T Dogs B Silver
 End - alert for Back
 Liz

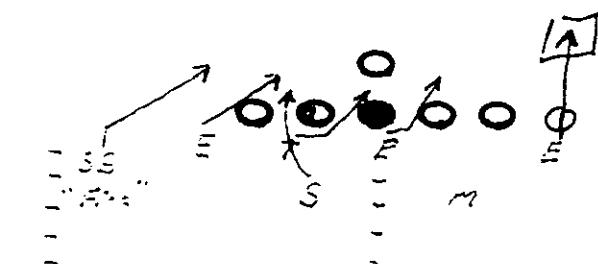


Dogs #2 - T Tank Peak S-Dogs B Silver
 Rip

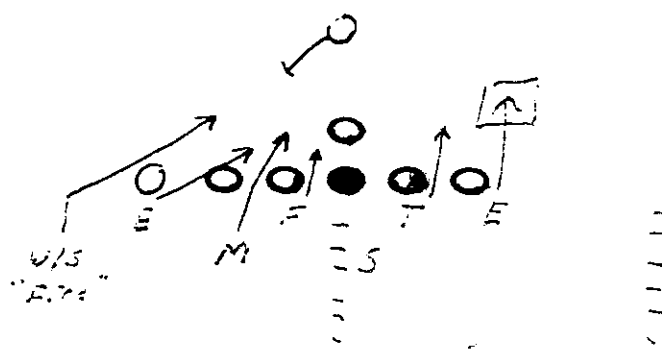


End - peak (disregard "fire" call by safety)

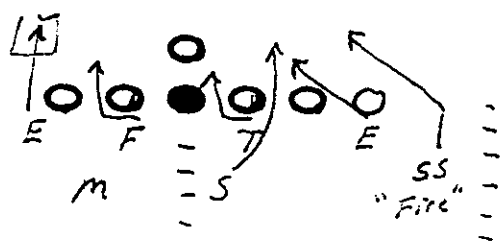
Dogs #3 - F Aim W Dogs B Silver
 Liz



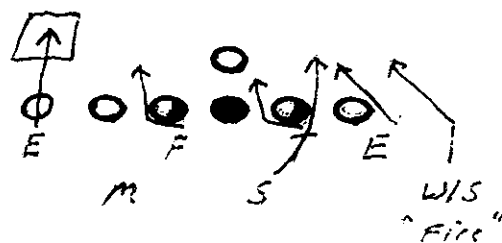
Dogs #4 - F G Shrt Dogs - Mike Spy Silver
 Rip



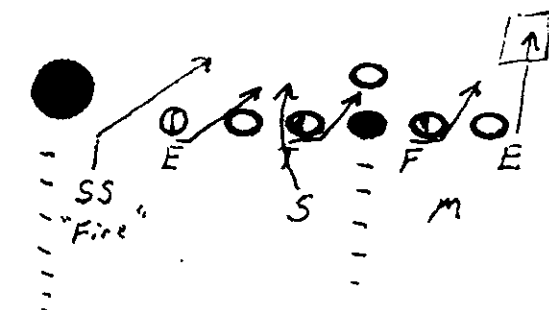
Dogs #5 - FG Aim W-Dogs B Silver
 Rip



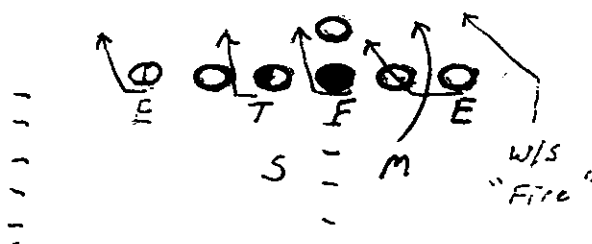
Dogs #7 - SG Aim S Dogs B Silver
 Liz



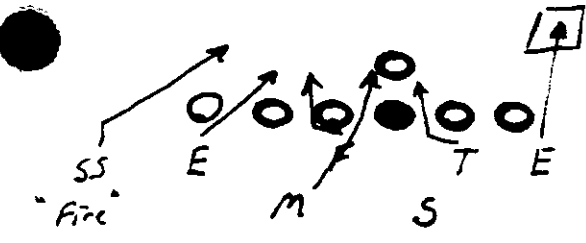
Dogs #9 - FG Army W-Dogs B Silver
 Liz



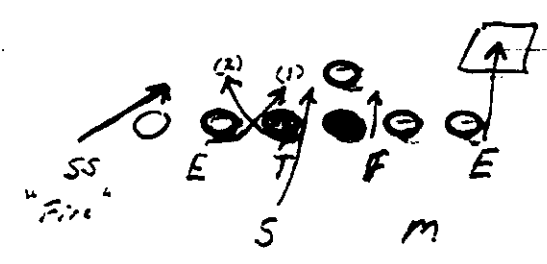
Dogs #11 - T Tank Peak S-Dogs B Silver



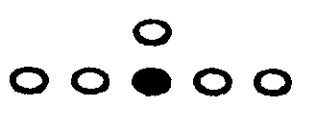
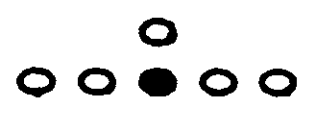
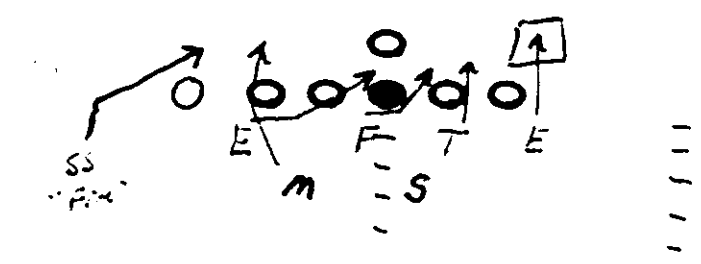
Dogs #12 - SG Aim T Dogs A Silver
Rip



Dogs #13 - T Power Ex Opp T Dogs A Silver
Lifz

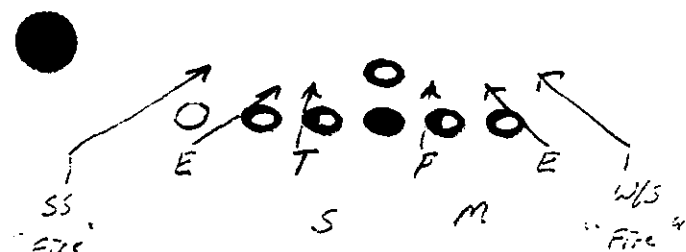


Dogs #14 - F Peak Nose Short Dogs C Silver



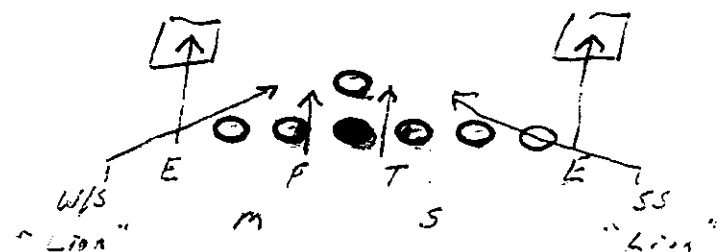
Smoker #1 - T G DBL Smoke

Liz



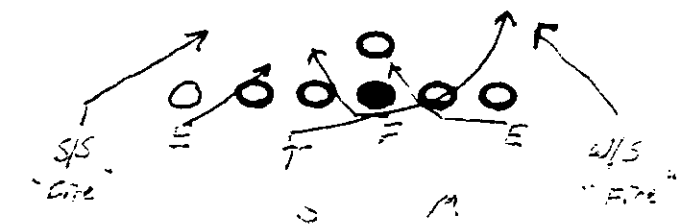
Smoker #2 - T G Tim DBL Lion

Rip



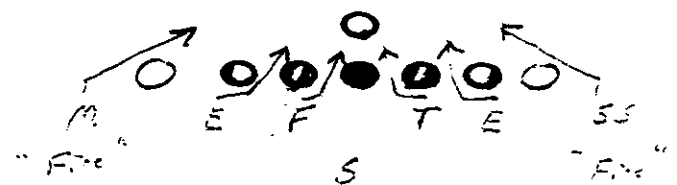
Smoker #3 - T Flex Big Twist I Peak DBL Smoke

Liz



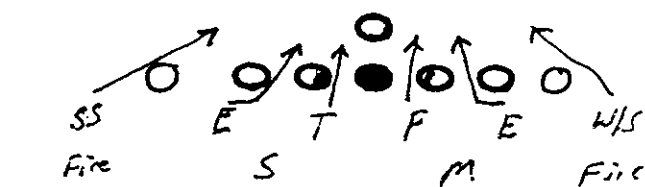
Smoker #4 - T G Pinch Now Thunder

Rip



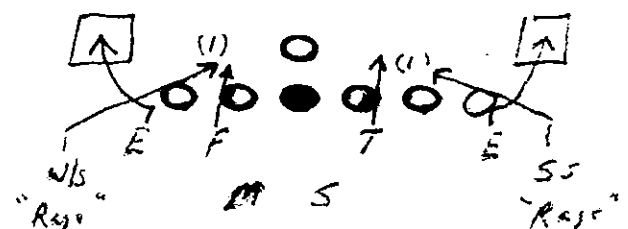
Smoker #5 - T G Tim Scoot DBL PWR DBL Smoke

Liz



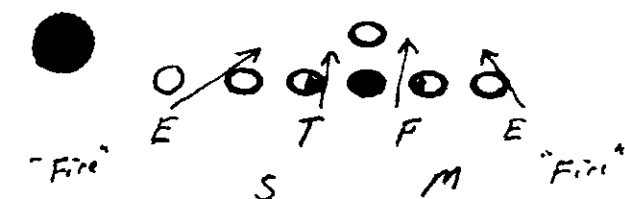
Smoker #6 - Outlaw DBL Rage

Rip



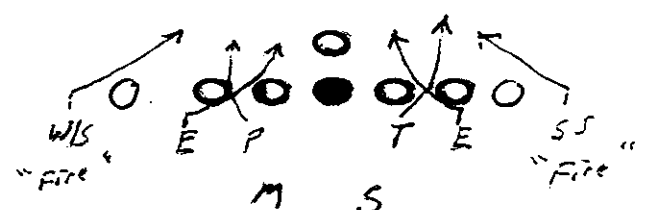
Smoker #7 - T-G Tim Scoot DBL Smoke

Liz



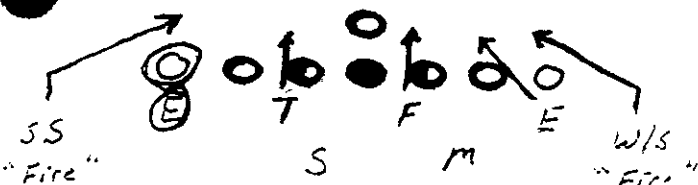
Smoker #8 - T G DBL TEX DBL Smoke

Rip



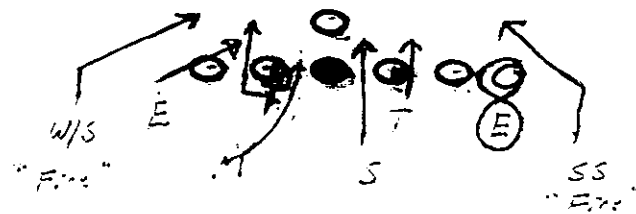
Cop #1 - T G DBL Smoke Cop

Liz



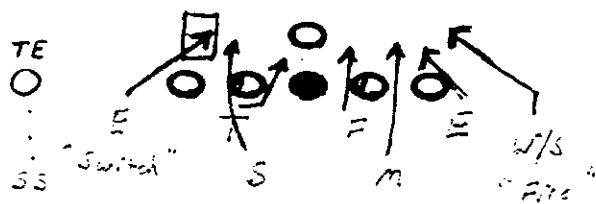
Cop #2 - T G Mob A Cop Spy

Rip



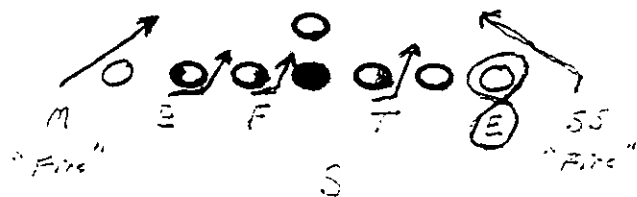
Cop #3 - T G Mob B Cop Spy

Liz



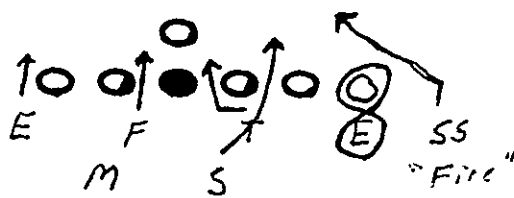
Cop #4 - T G Toro Take Mow Thunder Cop

Rip



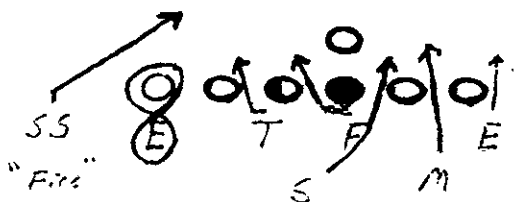
Cop #5 - T G Tag T-Dogs B Cop

Rip



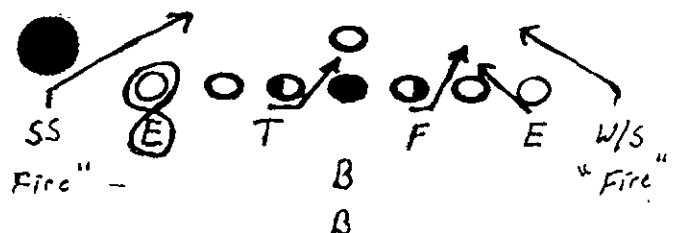
Cop #6 - T Toro Bits OKie Thunder Cop

Liz

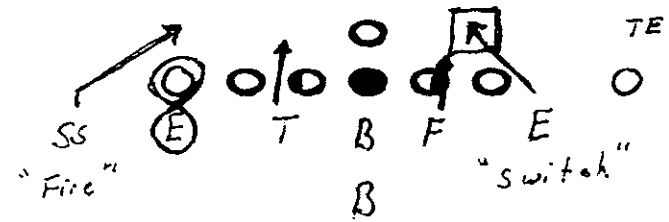


Cop #7 - Outlaw I Aim backer B DBL Smoke

Liz



Cop #8 - Outlaw I Hug DBL Smoke ABL Cop



1999 VARSITY 2-A-DAY INSTALLATION

Practice #1 Friday - morning Aug. 13th	<u>Front</u> Eagles "G" Loose Shade	<u>Stunt</u> Aim-Toro Tank-Army Take-Fire Tag-Nose Under-Blast Peak - Pinch	<u>Coverage</u> 2 Roll Freeze Sky
Practice #2 evening	<u>Front</u> Tim Outlaw (3 man slants)	<u>Stunt</u> Twist-Twist I Tex-Ex (opposite) Bullets A-B-Okie (Cross) Mike-Sam-Mow-Sow "C" Smokes/Lions/Thunder/Lightning	<u>Coverage</u> 5 (Solo)(Bronco) 0 Press Silver Fiddle Banjo "Show Call"
Practice #3 Saturday - morning Aug. 14th	<u>Front</u> Cobra-Tom-Sprint Tex-Ex-Eat-Hog Tiger Power (DBL)	<u>Stunt</u>	<u>Coverage</u> Blue/Red (Choice) 0 Bail Rebel Double (Cop)
Practice #4 evening	<u>Front</u> Slide	<u>Stunt</u> Dogs (Wide,Short,T-Dogs) S-Dogs Zone Blitz	<u>Coverage</u> 3 (Strong) Flip Special
Practice #4a - Nickel Sunday	<u>Front</u> Package Flex Clamp Pop Drop Dime	<u>Stunt</u> Tackles-Backer (3 man Games) Dirty Dogs	<u>Coverage</u> Clamp Hole Dime Drop "I call Pop Wildcat
Practice #5 Monday - morning Aug. 15	<u>Front</u> - Mike Out	<u>Stunt</u> DBL Owl Flick - Flea	<u>Coverage</u> 0 Pitch φQ
Practice # 6 evening	<u>Front</u> Heavy Big	<u>Stunt</u> Mob Bullets Thunder Waco	<u>Coverage</u> 0 Cop Switch

TEACHING PROGRESSION DEFENSIVE LINE

- I. Stance (Stem – active alignment)
 - A. Feet are shoulder to arm pit width
 - B. Down hard in front of head
 - C. Hips slightly higher than shoulders (weight forward)
 - D. Feet staggered – heel to toe (toes straight ahead)
 - E. Crowd the ball – as tight to LOS as possible
- II. Pre-Snap Read
 - A. Know run/pass by OL stance
 - 1. Weight forward – run (long distance from head to toe)
 - 2. Weight back – pass (short distance from hand to toe)
 - B. Know run/pass formation with down and distance tendencies
 - C. Communicate to defense
 - 1. Light – pass (flash hand to alert Lber's and DB's)
 - 2. Heavy – run alert
 - 3. Combination – light, heavy, heavy – pull alert
- III. Get off – attack and close
 - A. Key (tip of ball or finger tip of OL)
 - B. Explode with hands (hand placement)
 - 1. Aiming Point – hands on OL jersey number and deltoid pad
 - 2. Thumbs up and press (touch it – grab it)
 - 3. Elbows inside
 - C. Explode with eyes (see hands press target) V of neck
 - D. Explode from stance – set point – heel line of OL
 - 1. Drive off front foot
 - a. 1st step replaces hand – straight ahead
 - 2. 2nd step balance step (step – replace = base)
 - a. First person that get 2nd step down – wins
 - E. Accelerate feet on contact
 - 1. Run your knees – power
 - 2. Get upfield

I. Blow Delivery - Run

A. 6 Point Explosion (sled)

1. Explode out not up
2. Roll hips - eyes to sky

B. On knees - hand placement (sled) (partner)

C. 1 - Step with eyes and hands (Duke sled)

D. 2 - Step - explode and balance (Duke sled)

E. Hit and Rip

1. Run knees - accelerate feet
2. Pad level - eyes through the pad not down at it
3. Rip off - Club and rip (quick and violent)
4. Get upfield - football position

F. Steps with blocker

1. Straight ahead
2. Lead with hands

- G. Leverage drill - 1 on 1

II. Escape (not taught well enough)

A. Punch and Pull - fit and be violent

1. Grab and hold on
2. Slide to side.

B. Rip

1. Pull hard then rip

C. Arm - Over

D. Combination (Rip/Arm Over - Arm - Over/Rip)

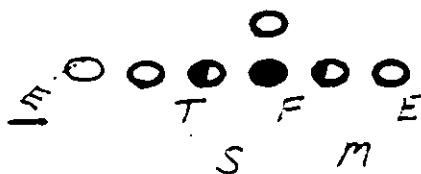
ENDS ADJUST.

Adjustments

TACKLES ADJUST.

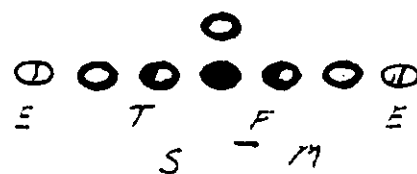
3last - callside end in a "Tilt 9"

(Liz)



G (Loose) - 50 in a 2I

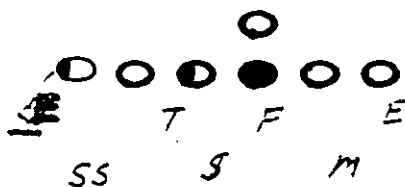
(Liz)



Tiger - callside end in a "4-3 look"

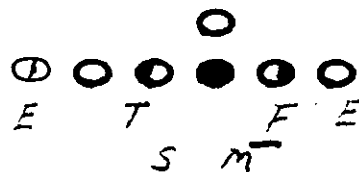
4-3 look

(Liz)



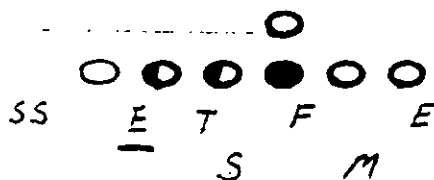
Outlaw - 50 in a 3 tech.

(Liz)



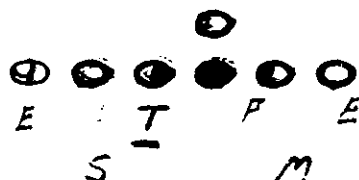
Power - callside end in a "5 tech."

(Liz)



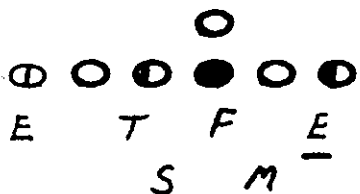
Tim - Tackle in a 2I

(Liz)



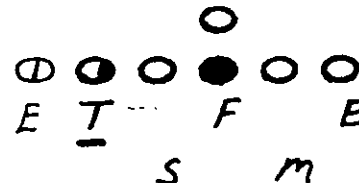
Under - 50 side end (away) in a "4I"

(Liz)



Shade - Tackle in a 4I

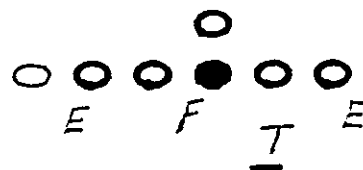
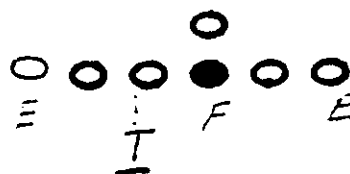
(Liz)



Adjustments

TACKLES ADJUST.

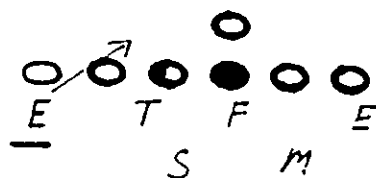
Flex - 3 tech. - Tight.
(Liz)



END MOVE.

Fire - callside end - aiming pt. hip of O.T.

(Liz)

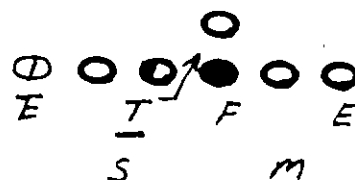


MOVEMENTS - 1 Man

TACKLE MOVE

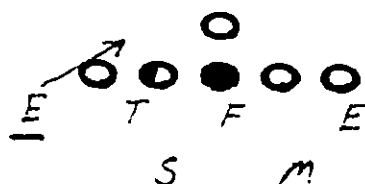
Tite Tag - Tackle slant A Gap

(Liz)



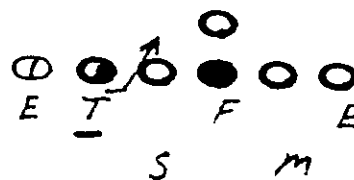
Fire - callside end

(Liz)



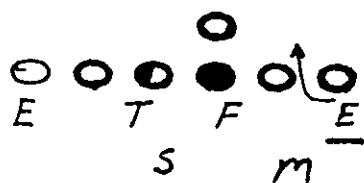
Shade Tag - Tackle Loop B Gap

(Liz)



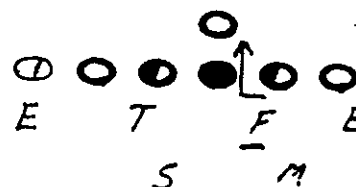
Take - 50 side end - slant B gap

(Liz)



G Nose - 50 Loop A Gap

(Liz)



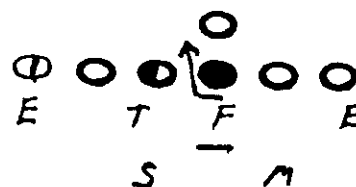
Movements

1. Slant - rock across face
2. Loop - rock gap aligned in



Tite Nose - 50 Slant to opposite A

(Liz)



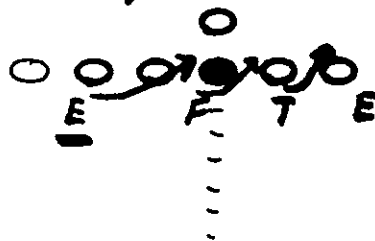
END MOVE.

Movements - 1 Man

Peak - 50 side end. Get in "power".

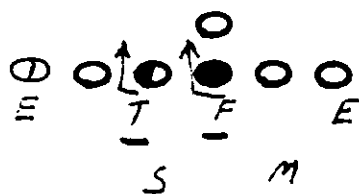
"S." Aiming pt. "A" gap.

● - Boundary call

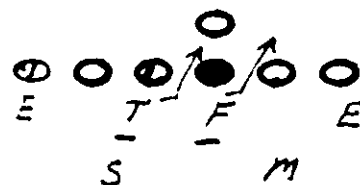


MOVEMENTS - 2 MAN

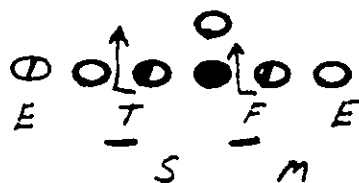
Toro - Tackles move to directional call.
(Liz)



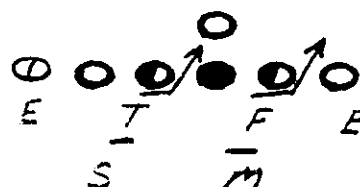
Aim - Tackles move away from directional call.
(Liz)



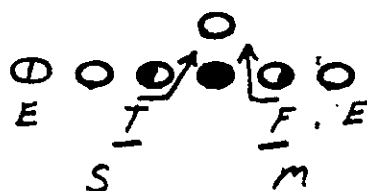
G Toro - Tackles move to
(Liz)



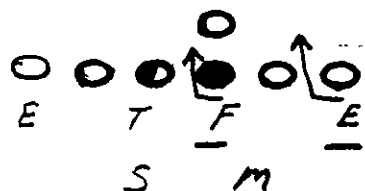
G Aim - Tackles move away
(Liz)



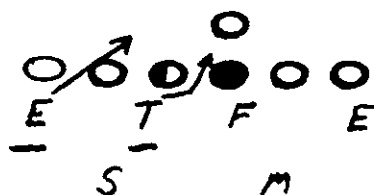
Outlaw Double Tag - Tackles A Gap
(Liz)



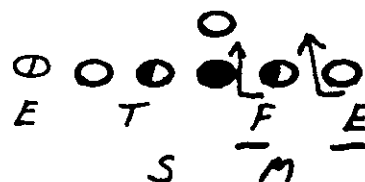
Nose Take -
(Liz)



Tag Fire
(Liz)

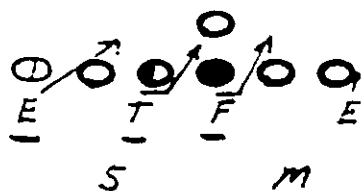


G Nose Take -
(Liz)



Aim Fire

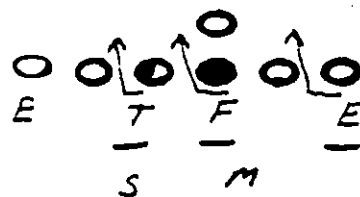
(Liz)



MOVEMENT - 3 MAN

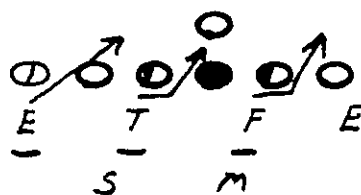
Toro Take

(Liz)



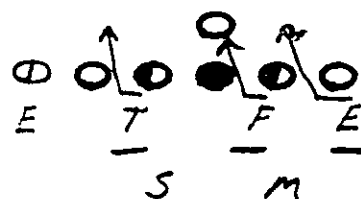
G Aim Fire

(Liz)



G Toro Take

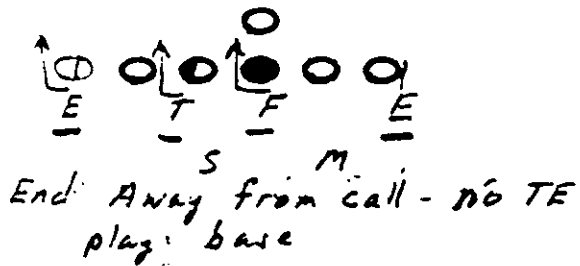
(Liz)



MOVEMENT - 4 MAN

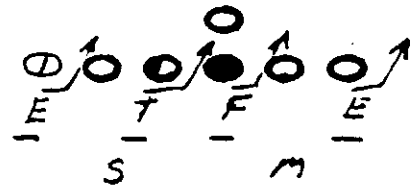
Tank - 4 men to call

(Liz)



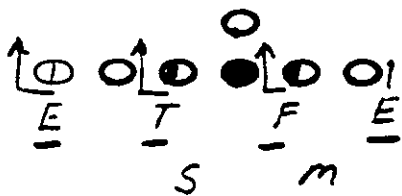
Army - 4 man away from call

(Liz)



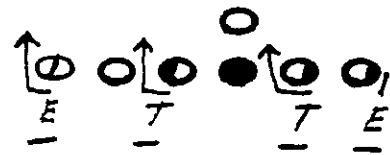
Tank G - 4 man to call

(Liz)



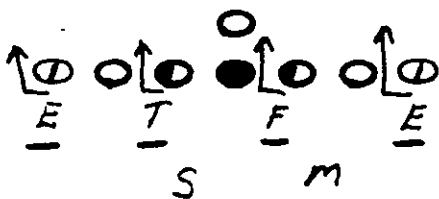
Split G Army - 4 man away

(Rip)



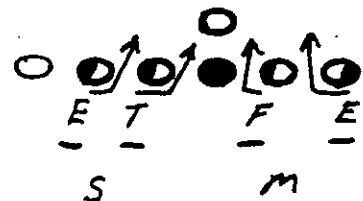
Tank G - 4 man to call

(Liz)



Pinch - 4 man move inside

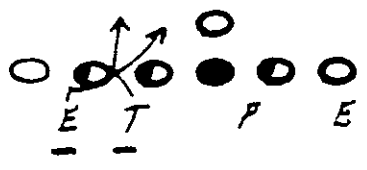
(Liz)



EXCHANGES

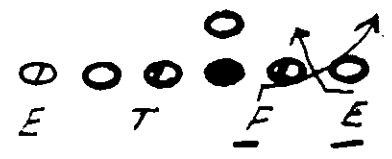
Tex - callside Tackle and End run exchange

(Liz)



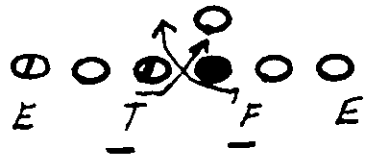
Ex - 50 side end and 50 run an exchange

(Liz)



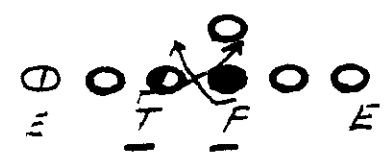
Twist - Tackles exchange - T push to hip of center - 50 wrap

(Liz)



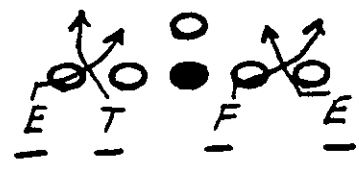
Twist I - Tackler exchange - F push to hip of OG - Tackle wrap

(Liz)



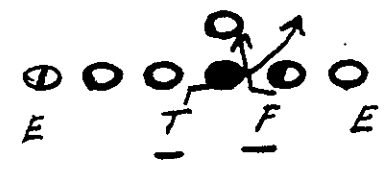
Tex - Ex

(Liz)



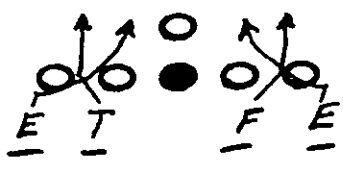
G Twist I

(Liz)



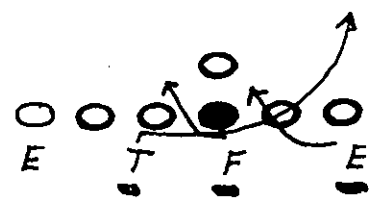
DBL Tex

(Liz)



Big Twist I - callside tackle run twist I and wrap all the way around end (peak)

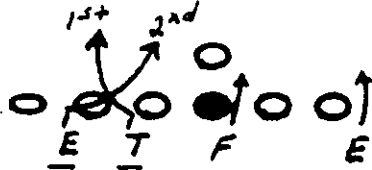
(Liz)



COBRA GAMES

Tex - callside Tackle and (Think Pass)

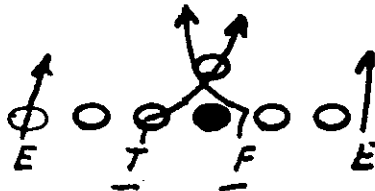
End: Upfield and exchange
Tackle 1st



: Directional call to man protection side.

Tom - Tackle and Fifty run exchange

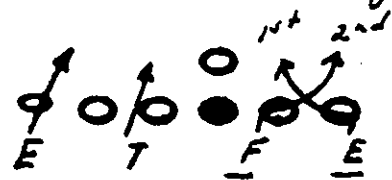
(Liz)



game plan adjustment - who's 1st

Ex - 50 side End and Tackle - Upfield and exchange. End 1st

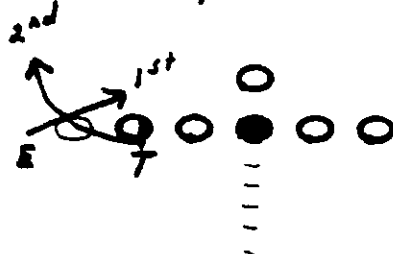
(Liz)



Sprint - callside end and tackle run exchange.

(Liz)

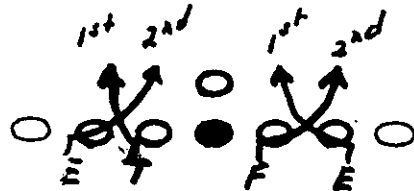
End - run fire then end man on I.O.
Tackle - wrap for contain



* Field call

Tex-Ex

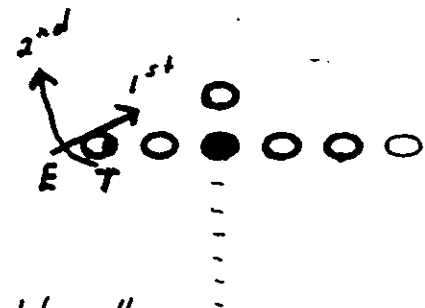
(Liz)



: Directional call to man protection side.

Sprint - callside end and tackle run exchange.

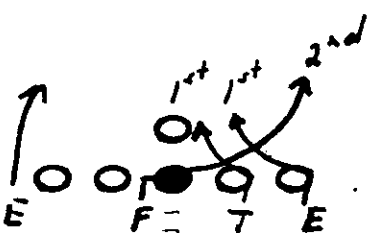
(Liz)



* field call

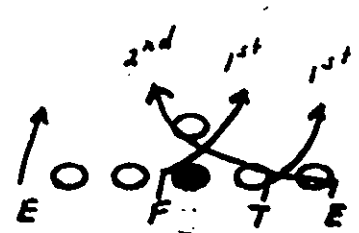
Hog - callside Tackle and End - upfield and exchange. 50 wrap for contain

(Liz)



Boundary call (man change to Field)

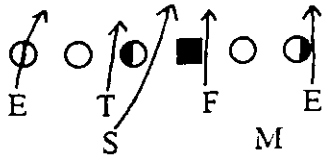
Eat



* Boundary call

BLITZ
(1 - LBer)

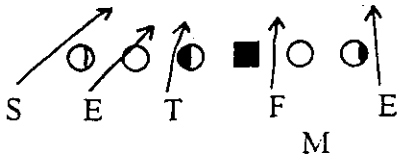
LIZ



SAM - Sam LBer thru corresponding run gap (A Gap)

*CP - Tackle and fifty loosen. Ends alert for flush

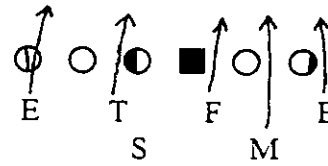
LIZ



SOE - Sam Off Edge - callside end auto "Fire" - no contain.

*CP - Fifty end alert for flush

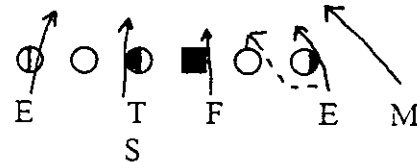
LIZ



MIKE - Mike LBer thru corresponding run gap (B Gap)

*CP - Fifty maintain gap integrity, ends alert for flush

LIZ

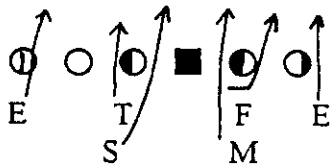


MOE - Mike Off Edge - Fifty end auto "Fire" (May get take call)

*CP - Callside end alert for flush

BULLETS (Both LBers)

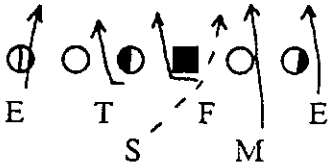
LIZ



BULLETS A - both LBers blitzing thru A Gaps. T loosen and maintain B Gap. F align in 2I and run slant.

*CP - Ends alert for flush

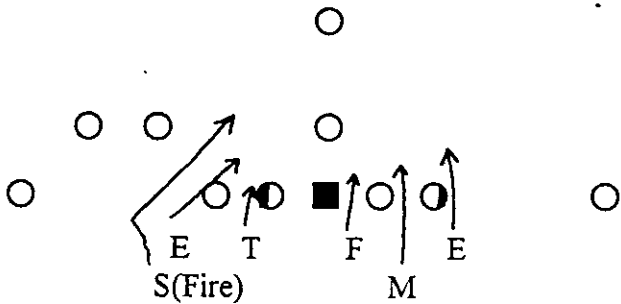
LIZ



BULLETS OKIE - Toro will be called with this.

*CP - Ends alert for flush

LIZ

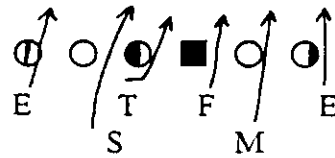


BULLETS SHOW - LBers will blitz according to align. Ends may get Fire call.

*ENDS - May get a "Silver" call in huddle.

If back flares your side you have man to man

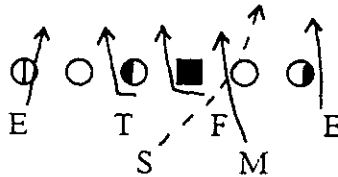
LIZ



BULLETS B - Both LBers blitzing thru B Gaps. T run slant.

*CP - Ends alert for flush

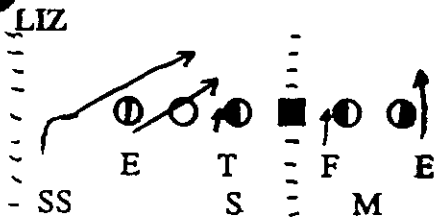
LIZ



BULLETS OKIE CROSS - Toro will be called with this.

*CP - Ends alert for flush

SMOKES (Ends and Safety)



WIDE SMOKE - End to wide side will get a "Fire" call.

*CP - Boundary end alert for flush

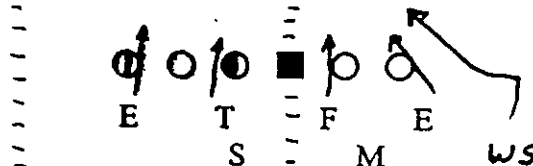
LIZ



DOUBLE SMOKE - Both ends will get a "Fire" call.

*CP - Ends be alert for "Cop" call

LIZ



SHORT SMOKE - End to boundary side will get a "Fire" call.

*CP - Field end alert for flush

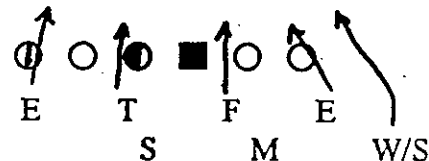
LIZ



THUNDER SMOKE - Call side end will get a "Fire" call.

*CP - Fifty side end alert for flush

LIZ

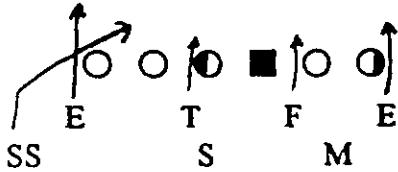


LIGHTNING SMOKE - Fifty side end will get a "Fire" call.

*CP - Call side end alert for flush

LIONS (End and Safety)

LIZ



WIDE LION - End to wide side will be responsible for contain. SS will come off your tail. This is auto "Silver" to you. Option shows take pitch.

*CP - Loosen your alignment to maintain leverage

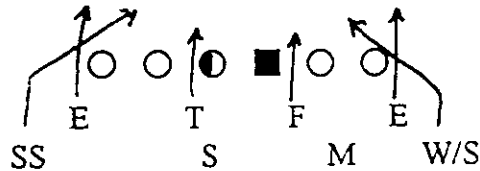
LIZ



SHORT LION - End to boundary will be responsible for contain. W/S will come off your tail. This is auto "Silver" to you. Option shows take pitch.

*CP - Loosen your alignment to maintain leverage -

LIZ

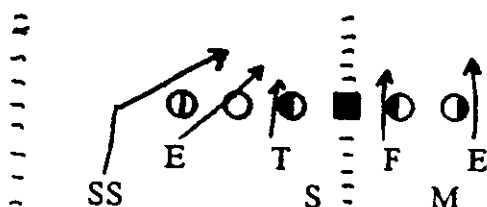


DOUBLE LION - Both ends responsible for contain. This is auto "Silver" to you. Option shows take pitch.

*CP - Loosen your alignment to maintain leverage

DOGS/DOGS WITH LION (End, LBer and Safety)

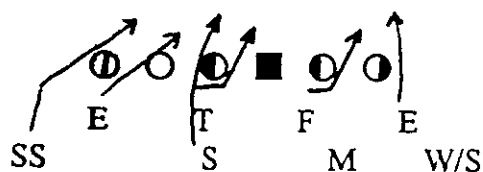
LIZ



WIDE DOGS "A" - End to wide side will get a "Fire" call. "A" tells wide LBer which gap to blitz through.

*CP - Tackle and fifty be alert for Toro, Aim or Twist calls.

LIZ



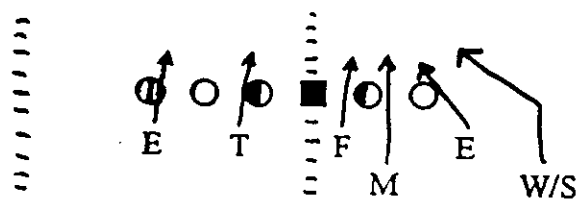
(T) AIM T-DOGS B - End to call side will get a "Fire" call. Tackles will run an aim.

*CP - Fifty end be alert for flush.

*CP - Ends - be alert for a LIONS call.

Example - "F G Aim Wide Dogs B Lion"

LIZ

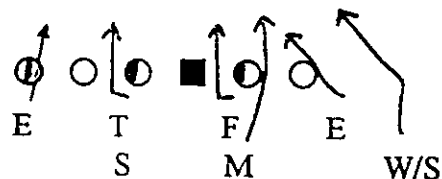


SHORT DOGS B - End to boundary will get a "Fire" call. "B" tells boundary LBer which gap to blitz through.

*CP - Wide Side end be alert for flush

*CP - Tackle and fifty be alert for Toro, Aim or Twist calls.

LIZ

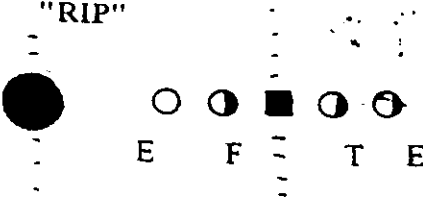


(T) TORO S-DOGS B - Fifty end will get a "Fire" call. Tackles will run Toro.

*CP - Call side end be alert for flush

COBRA TWISTS (Think Pass)

"RIP"

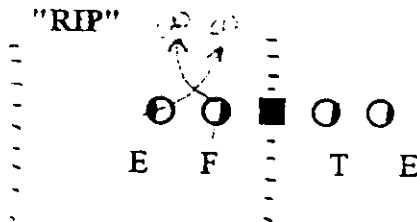


Tex

TEX - End tells tackle - (Call Side)
On snap upfield then exchange

*Boundary Call

"RIP"

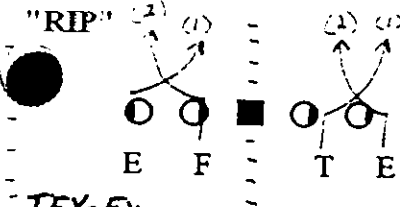


Tex

TEX - End tell tackle (50 side) on snap upfield then exchange.

*Boundary Call

"RIP"



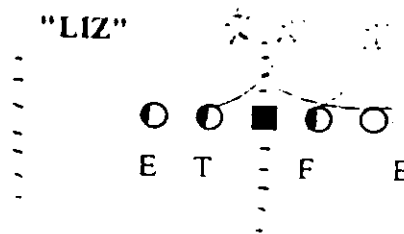
TEX-EX

TEX-EX - Ends tell tackles "You" and "Me"

*Boundary Call

- 1) Left end make directional call
- 2) Ends telling tackle which one is first in exchange
- 3) You, Me and Edge are boundary calls
- 4) Eat, Hog, Sprint and Tom are field calls

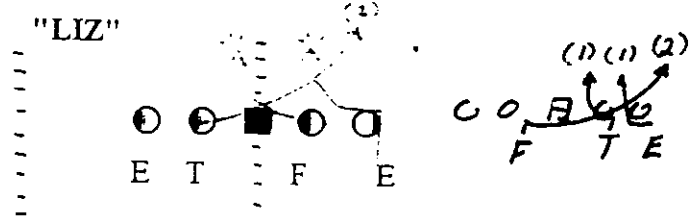
"LIZ"



EAT - Tackles upfield and exchange. End wrap around

*Field Call *Boundary*

"LIZ"

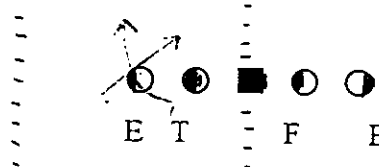


Call

HOG - side tackle and end run exchange. side tackle wrap around

*Field Call *Boundary call*

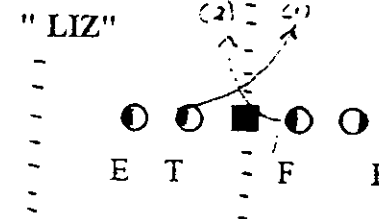
"LIZ"



SPRINT - Callside end run off hip of tackle. Callside tackle wrap around

*Field Call

"LIZ"



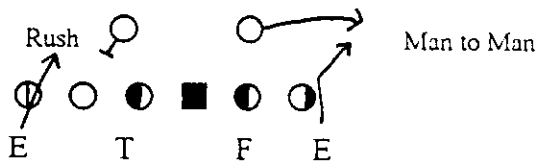
TOM - Callside tackle run and exchange with fifty tackle

*Field Call

*We can make directional to off set back

ENDS (Coverage)

LEFT



SILVER - Coverage "alert". Tells both ends they may have man to man on back. The only route you have coverage on is the flare route. All other routes or if back blocks or goes away you can rush.

*Option - if option shows your way you have pitch.