

POWER I 24 BLAST PASS

O-LINE: SLIDE PROTECTION WEAK.

QB: FAKE BLAST HANDOFF, READ CORNER TO FLAT. BACKSIDE HITCH ALERT.

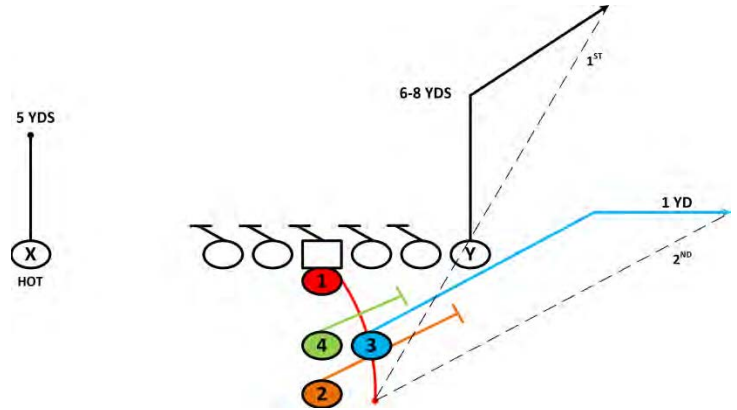
TE: 6-8 YARD CORNER.

X: 5 YARD HITCH. HOT.

2 BACK: FAKE 24 BLAST, BLOCK EDGE.

3 BACK: FAKE 24 BLAST, RUN 1 YARD FLAT ROUTE.

4 BACK: BLOCK 1ST THING OFF STRONGSIDE EDGE.



POWER I 24 BLAST Vs 6-2

O-LINE: MAN BLOCKING. IF UNCOVERED, WORK BACKSIDE. HANG 2 PLAYSIDE BACKERS FOR THE 3 & 4 BACKS.

*VS 5-2: COUNT \$ AS A LB.

QB: OPEN PLAYSIDE, HAND OFF TO 2 BACK.

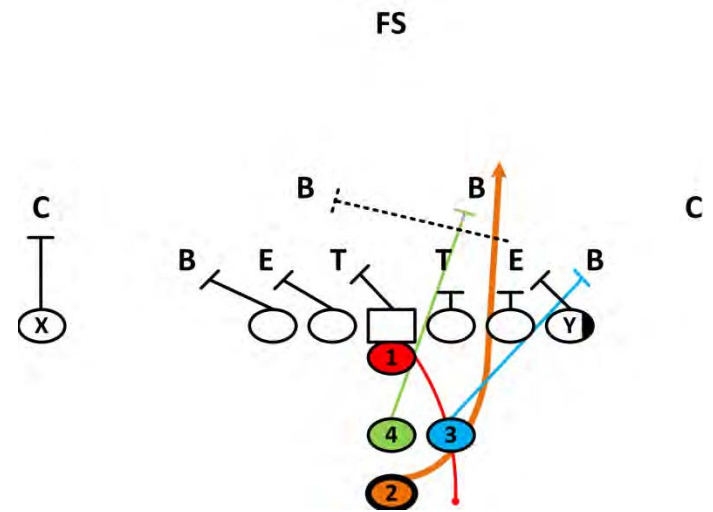
TE: BLOCK END TO 2ND LEVEL. HANG 2 PLAYSIDE BACKERS FOR THE 3 & 4 BACKS.

X: BLOCK MAN ON.

2 BACK: DOWNHILL COURSE, FOLLOW BLOCKERS.

3 BACK: LEAD BLOCK ON 1ST PLAYSIDE LB.

4 BACK: LEAD BLOCK ON 2ND PLAYSIDE LB.



POWER I 28 SWEEP Vs 4-4

O-LINE: ZONE BLOCKING. IF UNCOVERED, DOUBLE TEAM PLAYSIDE TO 2ND LEVEL.

*VS 5-2: COUNT \$ AS A LB.

QB: OPEN WEAKSIDE, QUICK TOSS TO 2 BACK, BOOT AWAY.

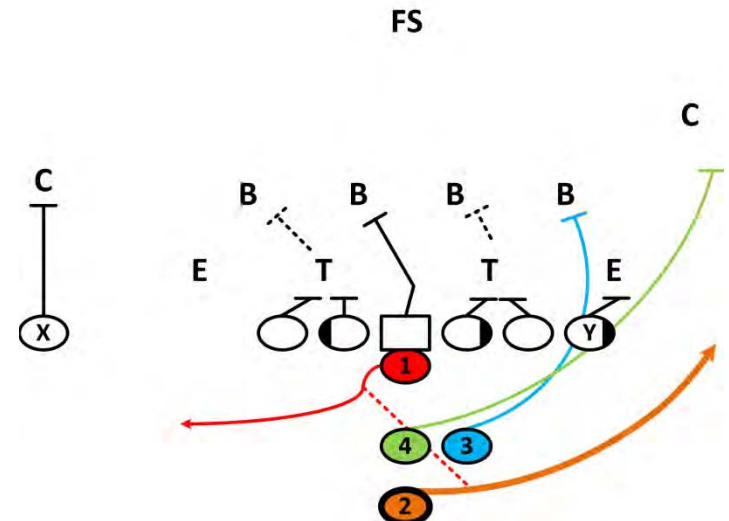
TE: SAME RULES AS O-LINE.

X: BLOCK MAN ON.

2 BACK: SWEEP COURSE.

3 BACK: SWEEP COURSE BLOCK 1ST LB OFF THE L.O.S.

4 BACK: SWEEP COURSE, BLOCK CORNER OR MOST DANGEROUS MAN.



JUMBO 19 SWEEP VS 5-2

O-LINE: ZONE BLOCKING. IF UNCOVERED, DOUBLE TEAM PLAYSIDE TO 2ND LEVEL.

***VS 5-2:** COUNT \$ AS A LB

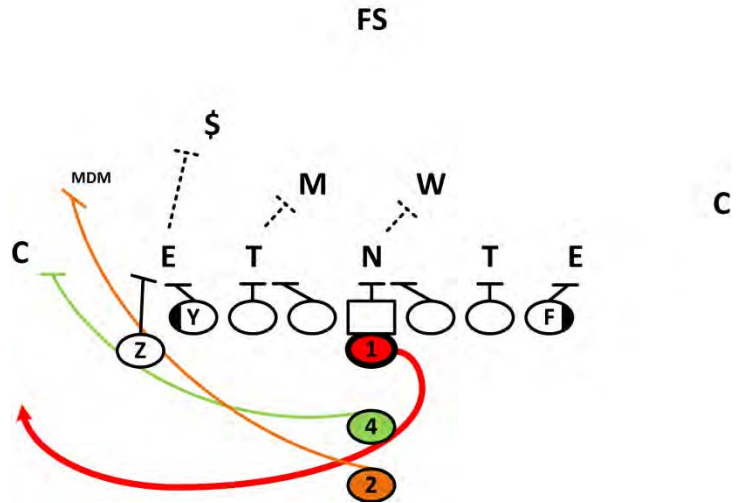
QB: OPEN WEAKSIDE, ROLL STRONG AND FOLLOW BLOCKERS.

TE'S: SAME RULES AS O-LINE.

2 BACK: SWEEP COURSE, BLOCK MOST DANGEROUS MAN.

Z: BLOCK WIDEST DEFENDER, POSSIBLE COMBO WITH TE.

4 BACK: SWEEP COURSE, BLOCK CORNER.



SHOOT 18 OPTION PASS

O-LINE: REACH BLOCKING. BLOCK PLAYSIDE GAP.

QB: OPEN ON 18 SERIES COURSE, SELL THE RUN FOR A FEW STEPS, THEN GET DEPTH.

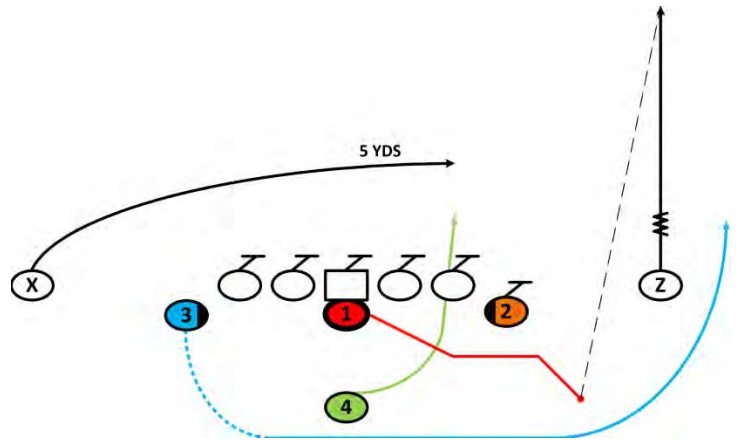
Z: STALK CORNER FOR A FEW STEPS UNTIL HE BITES ON RUN, THEN GO VERTICAL.

X: 5 YARD DRAG ROUTE.

2 BACK: SAME RULES AS O-LINE.

3 BACK: GO IN SHORT MOTION. RUN 18 SERIES COURSE, SELL THE RUN AND BLOCK ANYONE WHO SHOWS.

4 BACK: FAKE 18 SERIES DIVE.



WISHBONE 34 CROSS LEAD KEEPER VS 4-4

O-LINE: MAN BLOCKING. HANG 2ND LEVEL PLAYSIDE LB FOR 4 BACK.

***VS 5-2:** COUNT \$ AS A LB.

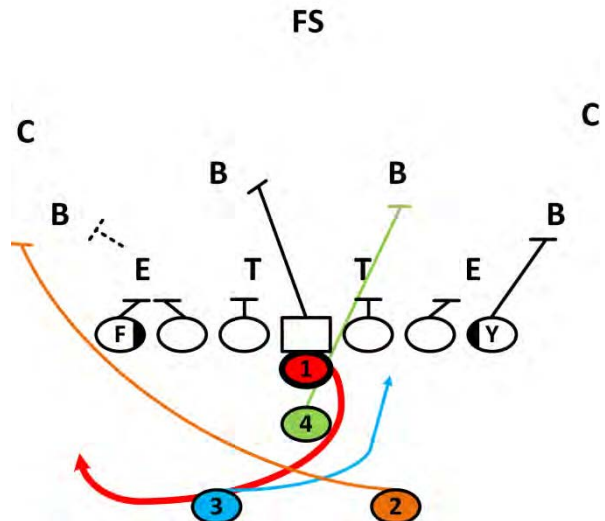
QB: OPEN PLAYSIDE, FAKE HAND OFF TO 3 BACK, BOOT AWAY. 2ND IN MESH.

TE'S: SAME RULES AS O-LINE.

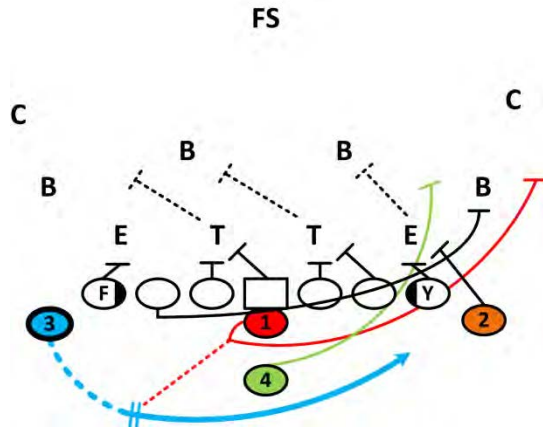
2 BACK: CROSS BLOCK BACKSIDE TO CORNER. 1ST IN MESH.

3 BACK: LEAD COURSE, FAKE HANDOFF. 3RD IN MESH.

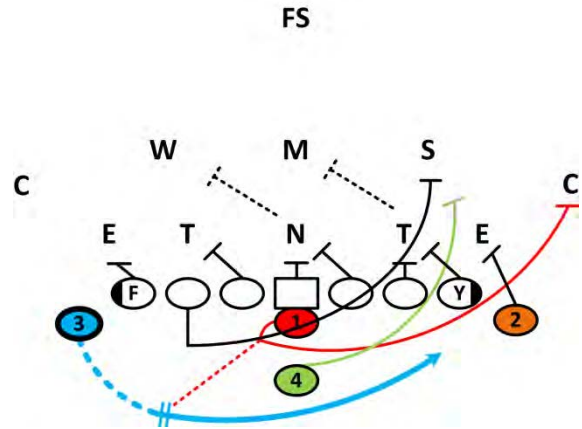
4 BACK: LEAD BLOCK ON FIRST DEFENDER ON THE 2ND LEVEL PLAYSIDE.



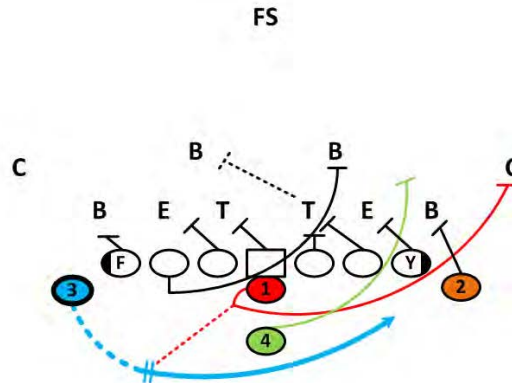
DOUBLE WING 38 SWEEP VS 4-4



DOUBLE WING 38 SWEEP VS 5-3



DOUBLE WING 38 SWEEP VS 6-2



O-LINE: TRACK BLOCKING HEAD UP TO BACKSIDE. BACKSIDE PULLING TACKLE PULL FOR PLAYSIDE 2ND LEVEL DEFENDER.

QB: OPEN WEAK, QUICK TOSS TO 3 BACK, THEN LEAD BLOCK FOR CORNER OR WIDEST DEFENDER.

TE'S: Y: TRACK BLOCKING HEAD UP TO BACKSIDE. F: CUT OFF.

2 BACK: TRACK BLOCKING HEAD UP TO BACKSIDE.

3 BACK: GO IN SHORT MOTION, CATCH THE TOSS, RUN SWEEP COURSE.

4 BACK: SWEEP COURSE BLOCKING FOR MOST DANGEROUS MAN.

ADD & RE-ORDER
PLAYS

SHARE & PRINT
PLAYBOOKS

Create Your
Personal PlayBook

CREATE TEACHING
SLIDESHOWS

5 DIFFERENT
DEFENSIVE FRONTS

MOVEMENTS &
PRESSURES OFF
OF EACH DEFENSE

5 OFFENSIVE FORMATIONS
(+ MORE ON THE WAY!)

COACH YOUR TEAM
LIKE THE PROS!

Offense

Defense

EVERY FRONT &
PRESSURE FITTED UP VS.
7 OFFENSIVE FORMATIONS



MULTIPLE PLAYS FOR
EACH FORMATION



CHOOSE THE FRONT
YOU WANT TO BLOCK!



1 **FIRSTDOWN**
PLAYBOOK

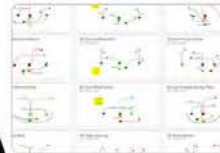


Hall of Famer / NFL Coach
MIKE SINGLETARY

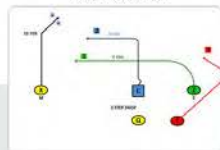
Flag



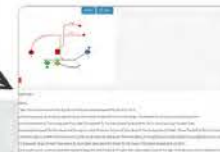
MULTIPLE
FORMATIONS &
PLAYS



COLOR-CODED
QB READS



COACHING POINTS
BASED ON PROVEN
FOOTBALL PRINCIPLES



5

7