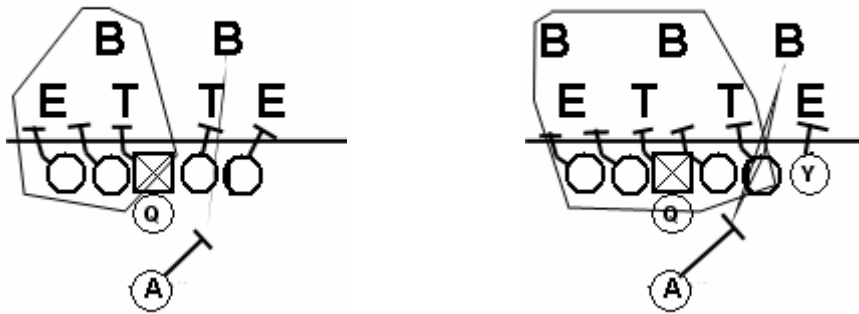


SOME SOLID PASS PROTECTION SCHEMES

ONE BACK PROTECTION



This is a very simple protection scheme that we use with all of our 3-step routes as well as any one back formations. There are two protection calls, Red and Green. The base rules for this protection are as follows:

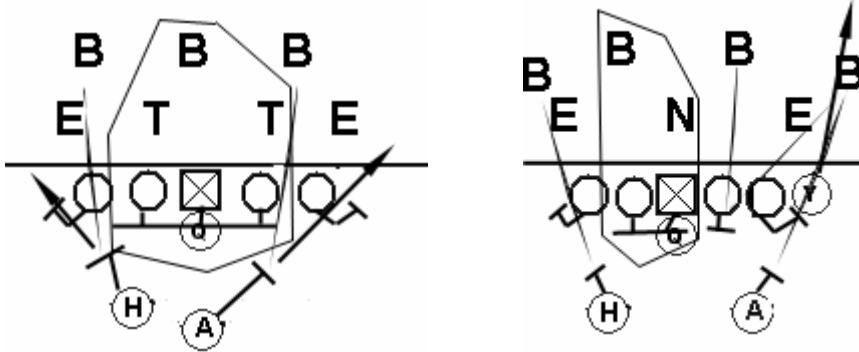
Linemen to callside block man on until the first bubble, or essentially uncovered linemen. (We don't say uncovered because of stunting DL but it is generally uncovered). From the bubble to backside the other will linemen will all slide away from the callside to that gap, and, as we like to say, pick up trash. For example versus a standard 4 man front, with the center uncovered, the center, backside guard and tackle will slide that way. Playside guard and tackle will block man on. The RB essentially blocks LBs inside to out, from the bubble to outside rusher, or if you like Mike to Sam. If they don't come he releases.

Often, against 2 safety Ds and most spread formations he doesn't usually have to dual read.

The difference between Red and Green is simply that in Red, the Tight end (Y) will stay in, and his rules will be exactly like the other linemen. He often will block the DE. In Green he will release. This has been easy for us and is easy to remember (Green-Go, Red-Stay).

This has needed a minimal amount of adjusting. We use this as our 3-step pass protection, and we tell the QB that the 4th rusher to either side is his man, he must have the ball gone. Also we use it as our 5-step protection when we have only 1 back. If we have a tight end on the field, we will use Red in 5-step, we do not use Red in 3-step except against cover 0 type blitzing teams.

TWO BACK OR NO BACK SCHEMES



This has been very easy for us also. The rules are:

OTs block man(DEs almost always, unless stunt, in which case pick up man coming to you)

Playside Guard, if uncovered, dual read ILB to OLB, Mike to Sam.

If playside guard is uncovered, C and Backside Guard form a 2 man area/zone and will pick up trash.

If playside guard is covered, both guards and center form a 3 man area/zone and pick up trash(DTs, ILBs)

Both backs check release. Backside back checks OLB to outside rusher to release.

Playside back checks OLB(Sam) to outside rusher to release.

This is what we do and it has been very effective. With this we form a cup protection, the tackles want to keep a "half-man advantage" to quote Jerry Cambell, and the interior linemen must stay square and set up, not allowing much penetration up the middle.

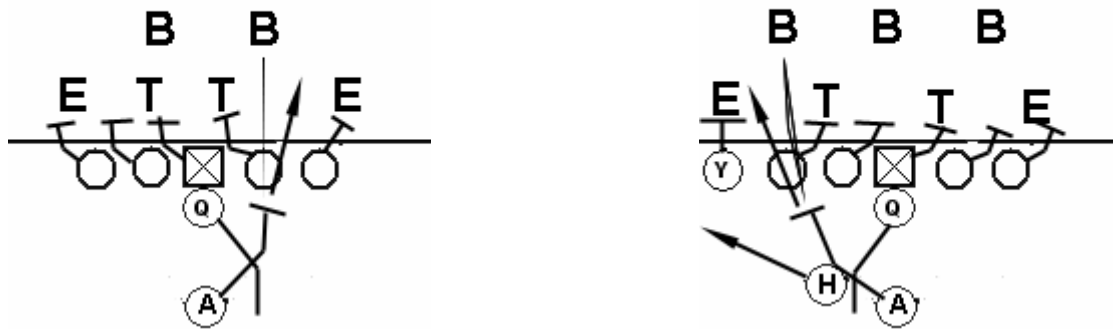
PLAY ACTION PASS BLOCKING SCHEMES

One of the easy reads for the defense, is if a lineman's helmet pops up. The helmets and pads of offensive linemen have to stay at the same level as on a run play. The secondary defenders, corners or safeties, will see those helmets pop up or the tackle drop back and they know immediately that it is a pass. (For example, if the corner to the open side of the field is looking through an offensive tackle right to the quarterback and he sees that tackle's helmet pop up and step back-he will not care what the fake is, unless it is a fake draw-he will automatically know that the play is a play-pass.)

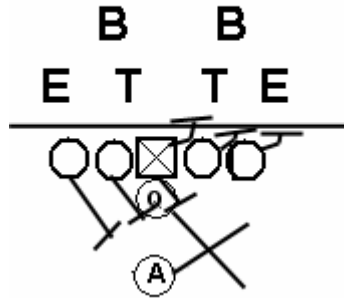
The quarterback must understand that play pass blocking is not as sound and can break down. He must be prepared for a pass rusher to get off of his blocker and be penetrating early. The quarterback must understand this, concentrate down field, and possibly take a hit just after he throws.

[The Running back's] faking technique requires shoulders at waist-high level, arms and hands held exactly as in taking a hand off-except the far hand is placed flat against the stomach so the ball can be inserted in the pocket then pulled out smoothly.

Basic [play-action pass protection] requires the outside linemen (center-guard-tackle) to employ controlled, quick protection. This is taught as a technique. Contact is made at the line of scrimmage. The defenders cannot be given space. Any space between the defensive and offensive linemen indicates to the defense its a pass. Contact should be sustained but in balance and in control, lunging forward can be disastrous. The ability to move laterally with the defender is critical."



HALF ROLL BLOCKING SCHEME



Our half-roll protection is one that we for some reason in our great coaching wisdom, had wanted to get rid of several seasons ago. However, the kids liked it so much and it was always successful and easy for us, that we had to continue using it. It is very similar in concept to the half-roll protection used by the run and shoot, except our QBs have more freedom to keep rolling out and we try to design it as such.

Also, it has continually proven to be positive to vary our launch points for all, and this has also been effective for QBs without very strong arms, and shorter ones to see better. I think many QBs can be more comfortable with this than certain dropbacks.

HERE ARE THE RULES:

Backside Tackle: Backside Tackle: Turn and Hinge

Backside Guard: Turn and Hinge

Center: If covered or shade to callside, reach. If uncovered with no shade to callside, turn and hinge.

(Note, on turn and hinges, unless you make immediate contact begin to get depth to stay between the QB and your man. You do not want to be still on the LOS as the DE comes upfield)

Playside Guard: Reach, plug hole/backside

Playside Tackle: Reach (Note: On any reach block, if you are unable to reach, ride your man out to the sideline. Don't get beat outside trying to hopeless reach. A man pushed out of bounds and kept on the LOS is just as effective.)

RB: Take two steps to callside, looking at outside rusher. Look for OLB or outside rusher to come shooting, block first color that shows. If none show, check middle and then backside. You are QBs bodyguard. Step to rush, do not wait for him to get to the QB.

Pre-snap look is key. QB will go at a 45 degree angle to a depth of 5-6 yards and then will level off. He will need to get his eyes up, and look downfield. He can continue moving parallel to the LOS, but he must know when he must stop and step up in the pocket and deliver the ball. If he breaks contain he can continue out, he does not have a set place he has to be, but he must be smart.

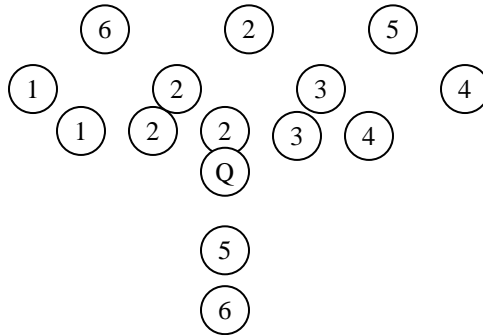
This is a protection reliant on the QB. He must help his blockers by not getting into trouble, thinking he can outrun everyone, and he must have a good sense of

timing and be well practiced, as this type of dropback is not as carefully calibrated as our 5 and 3 step drops are. However, its simplicity and ability to move the QB around has been a real asset to us, as shown by the fact that for a time we were too blind to see it.

Pass Protection vs. 4-3

- 90/50 Pass Protection

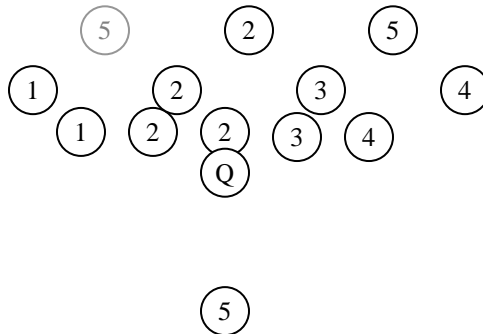
- With Y release



- With Y release

- With 1 back release

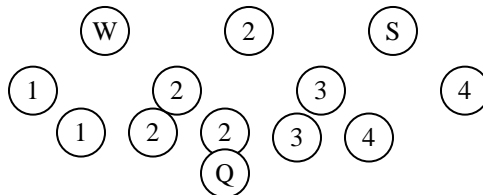
- Back goes to Y (unless trips to Y)
 - QB responsible for 7th man



- With Y release

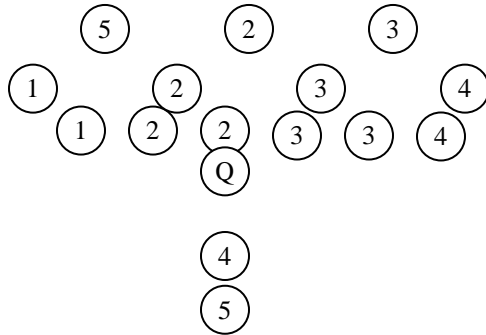
- With 2 back release

- QB responsible for 6th man

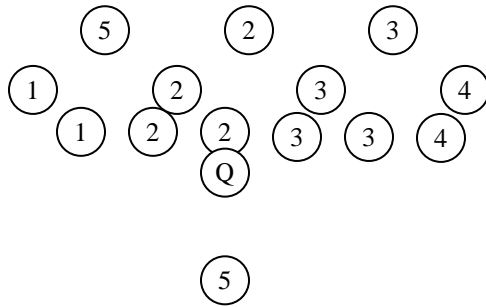


- 90/50 Pass Protection

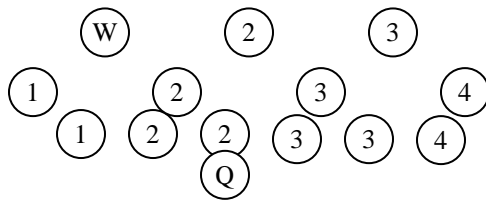
- With Y stay



- With Y stay
 - With 1 back release



- With Y stay
 - With 2 back release
 - QB responsible for 7th man

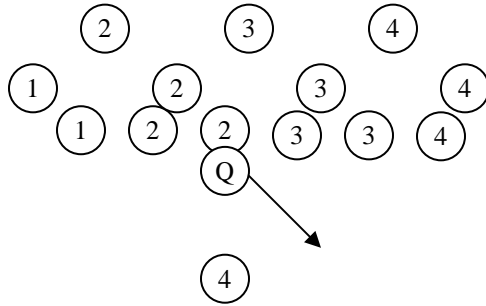


- 80 Pass Protection

- With Y stay

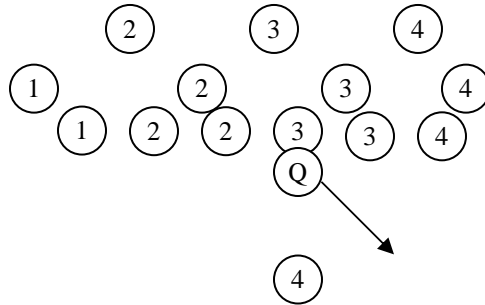
- To Y

- Hinge Backside (T, G, C)
 - T down on the DT
 - G help T to Mike
 - TE & RB have End & LB to rollout side



- Away from Y

- Hinge Backside (Y, T, G)
 - G down on the DT
 - C help T to Mike
 - T & RB have End & LB to rollout side

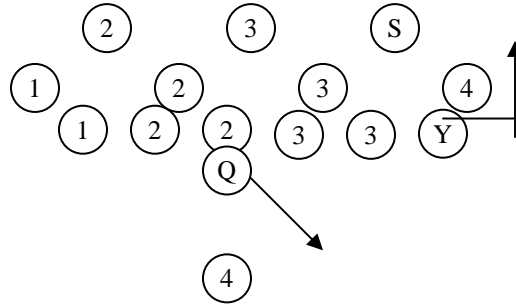


- 80 Pass Protection

- With Y Release

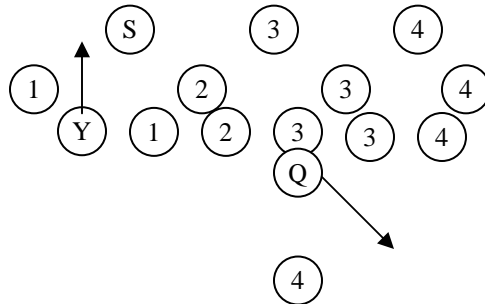
- To Y

- Y outside release across DE face
 - Hinge Backside (T, G, C)
 - T down on DT
 - G help T to hinge
 - RB has DE to roll side



- Away from Y

- Y inside release up field
 - Hinge Backside (T, G, C)
 - G down on the DT
 - C help G to hinge
 - T & RB have End & LB to roll side

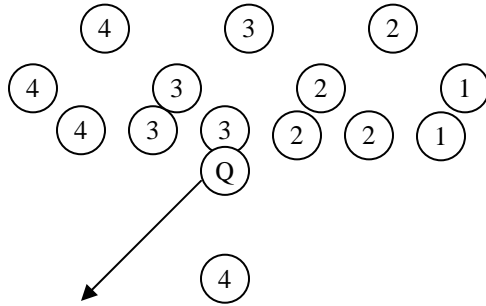


- 70 Pass Protection

- With Y stay

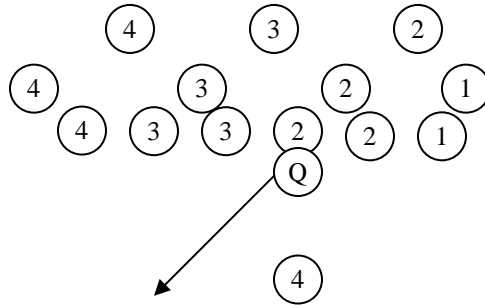
- Away from Y

- Hinge Backside (Y, T, G)
 - G down on the DT
 - C help T to hinge
 - TE & RB have End & LB to roll side



- To Y

- Hinge Backside (T, G, C)
 - T down on the DT
 - G help T to Mike
 - T & RB have End & LB to roll side

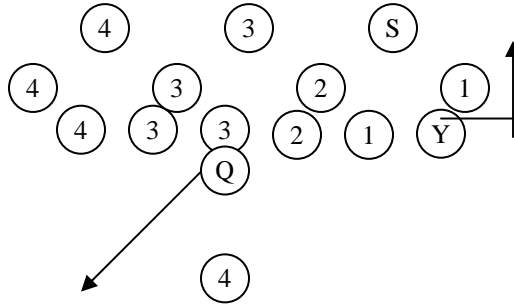


- 70 Pass Protection

- With Y Release

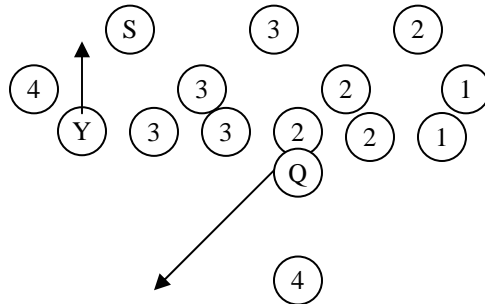
- Away from Y

- Y outside release across DE face
 - Hinge Backside (T, G, C)
 - T down on DT
 - G help T to hinge
 - RB has DE to roll side



- To Y

- Y inside release up field
 - Hinge Backside (T, G, C)
 - T down on the DT
 - G help T to hinge
 - RB has DE roll side

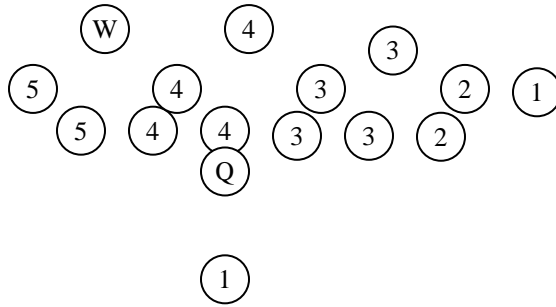


- Overload Protection

- Overload Right with Y Stay

- To Y

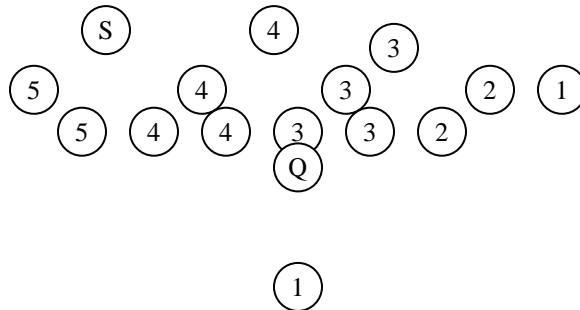
- “Fire” Call by QB at line
 - QB responsible for LB away from call



- Overload Right with Y Stay

- Away from Y

- “Fire” Call by QB at line
 - QB responsible for LB away from call

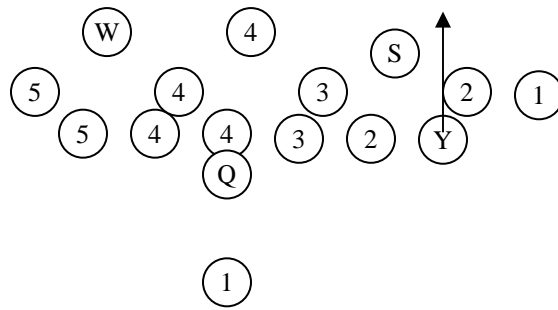


- Overload Protection

- Overload Right with Y Release

- To Y

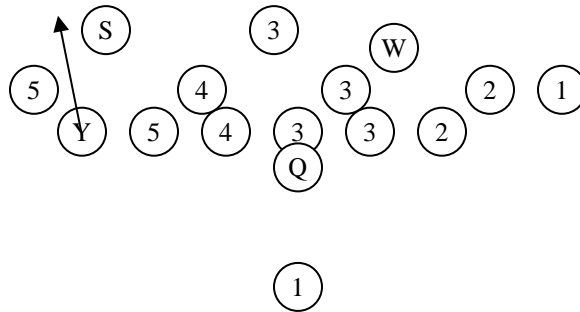
- “Fire” Call by QB at line
 - QB responsible for both LB



- Overload Right with Y Release

- Away from Y

- “Fire” Call by QB at line
 - QB responsible for both LB

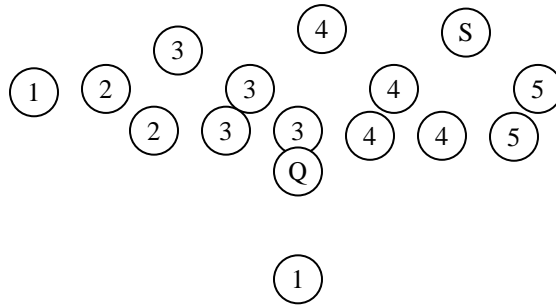


- Overload Protection

- Overload Left with Y Stay

- Away from Y

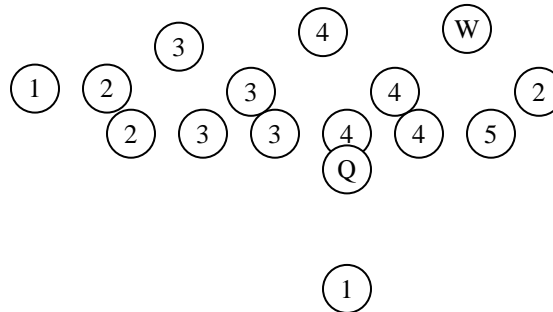
- “Smoke” Call by QB at line
 - QB responsible for LB away from call



- Overload Left with Y Stay

- To Y

- “Smoke” Call by QB at line
 - QB responsible for LB away from call

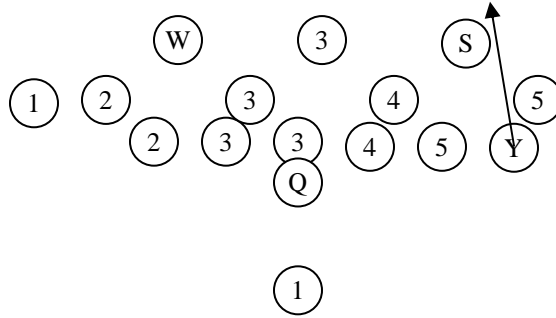


- Overload Protection

- Overload Left with Y Release

- Away from Y

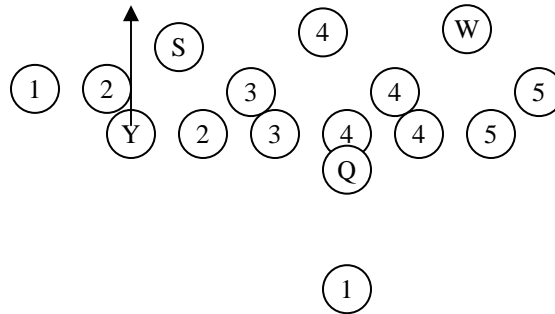
- “Smoke” Call by QB at line
 - QB responsible for both LB



- Overload Left with Y Release

- To Y

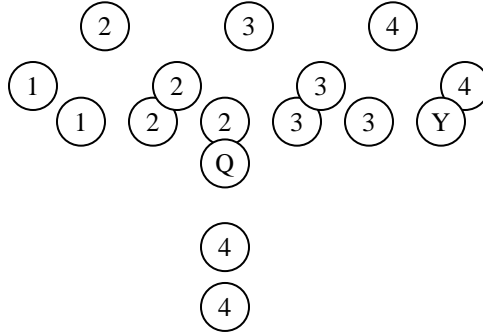
- “Smoke” Call by QB at line
 - QB responsible for both LB



- Play Action (Zone Pass: to or away from Y)

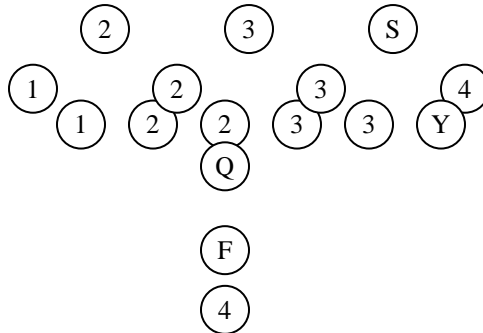
- Zone Pass to Y

- 0 Back release
 - Hinge Backside (T, G, C)
 - T down on DT
 - G help T to Mike
 - Backs have DE & LB



- Zone Pass to Y

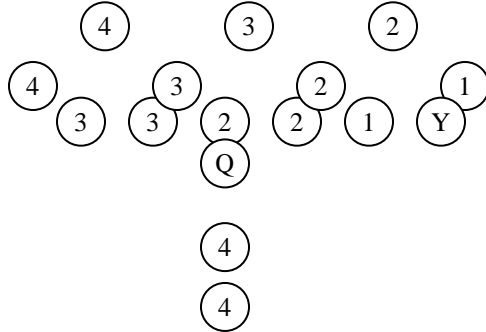
- 1 Back release
 - Hinge Backside (T, G, C)
 - T down on DT
 - G help T to Mike
 - Back has DE
 - QB responsible for LB



- Play Action (Zone Pass: to or away from Y)

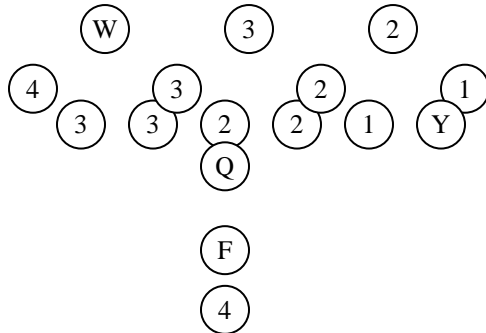
- Zone Pass away from Y

- 0 Back release
 - Hinge Backside (T, G, C)
 - T down on DT
 - G help T to Mike
 - Backs have DE & LB



- Zone Pass away from Y

- 1 Back release
 - Hinge Backside (T, G, C)
 - T down on DT
 - G help T to Mike
 - Back has DE
 - QB responsible for LB

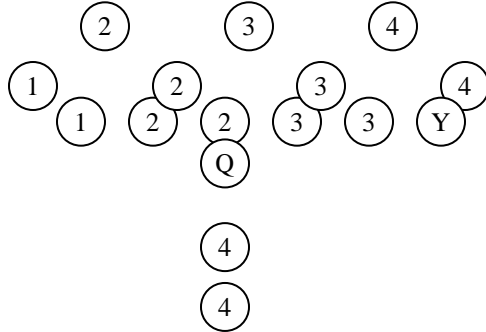


- Play Action (Power Pass: to or away from Y)

- Power Pass to Y

- 0 Back release

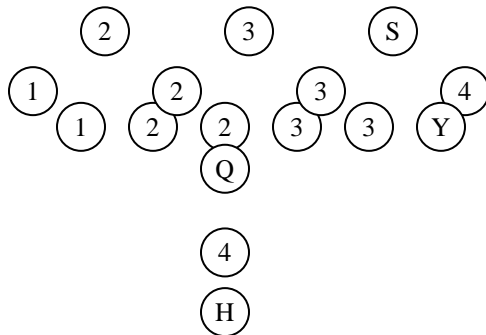
- Hinge Backside (T, G, C)
 - T down on DT
 - G help T to Mike
 - Backs attack outside shoulder of DE to LB



- Power Pass to Y

- 1 Back release

- Hinge Backside (T, G, C)
 - T down on DT
 - G help T to Mike
 - Back attack outside shoulder of DE
 - QB responsible for LB

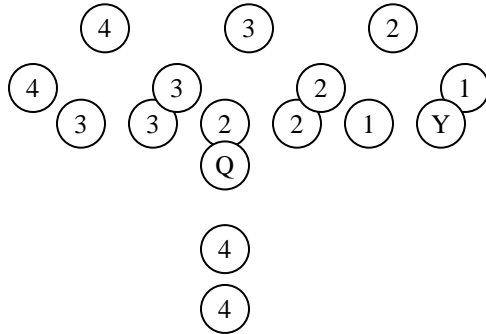


- Play Action (Power Pass: to or away from Y)

- Power Pass away from Y

- 0 Back release

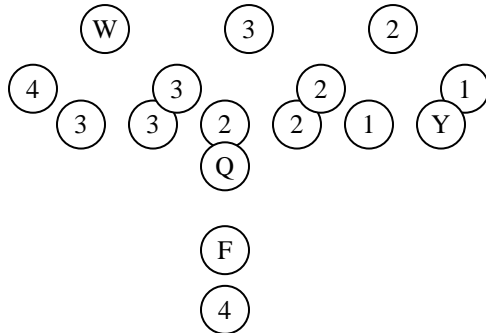
- Hinge Backside (T, G, C)
 - T down on DT
 - G help T to Mike
 - Backs attack outside shoulder of DE to LB



- Power Pass away from Y

- 1 Back release

- Hinge Backside (T, G, C)
 - T down on DT
 - G help T to Mike
 - Back attack outside shoulder of DE
 - QB responsible for LB

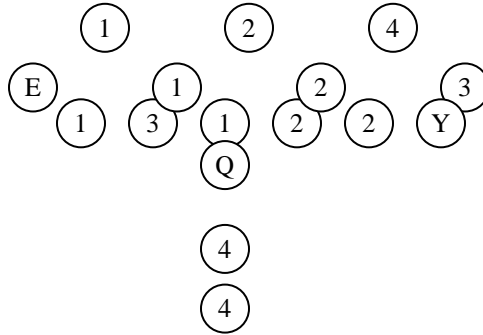


- Play Action (Slant Pass: to or away from Y)

- Slant Pass to Y

- 0 Back release

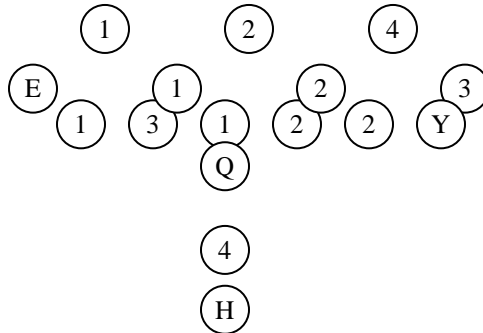
- Pulling G has end
 - T down on DT to LB
 - G help on DT to Mike
 - C & T double DT to LB
 - Backs attack LB and help on DE



- Slant Pass to Y

- 1 Back release

- Pulling G has end
 - T down on DT to LB
 - G help on DT to Mike
 - C & T double DT to LB
 - Back attack LB and help on DE

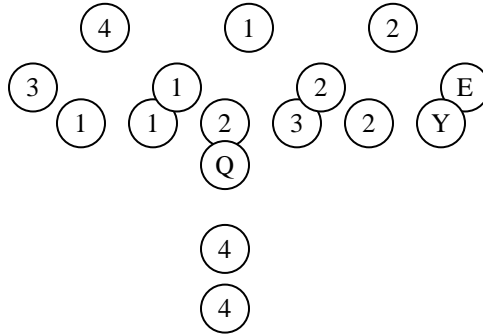


- Play Action (Slant Pass: to or away from Y)

- Slant Pass away from Y

- 0 Back release

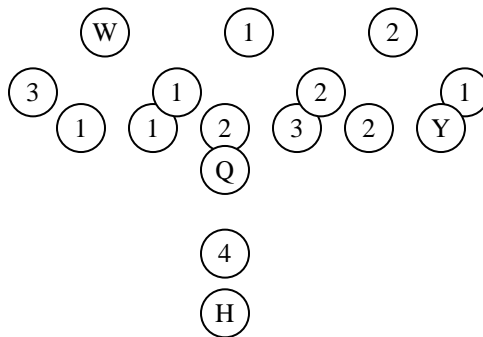
- Pulling G has end
 - T down on DT to LB
 - G help on DT to Mike
 - C & T double DT to LB
 - Backs attack LB and help on DE



- Slant Pass away from Y

- 1 Back release

- Pulling G has end
 - T down on DT to LB
 - G help on DT to Mike
 - C & T double DT to LB
 - Back attack LB and help on DE

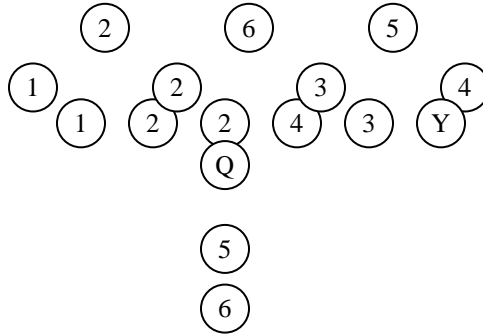


- Play Action (Rub Pass: To Y only)

- Rub Pass

- 0 Back release

- Pulling G has end
 - T down on DT
 - Hinge Backside (C, G, T)
 - H attack Mike and help on DT
 - F attack LB and help on DE



- Rub Pass

- 1 Back release

- Pulling G has end
 - T down on DT
 - Hinge Backside (C, G, T)
 - Back attack Mike and help on DT/DE

