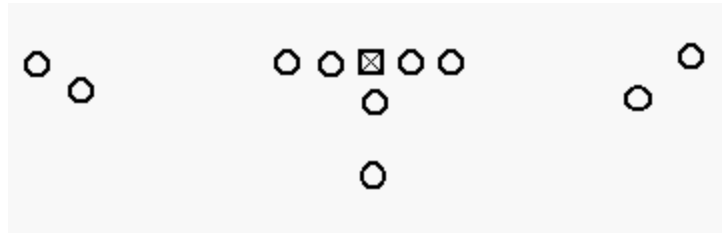
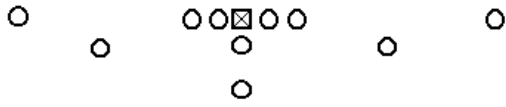


Ball Control Run N Shoot

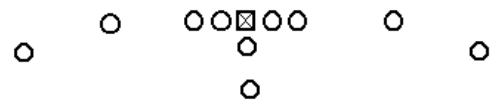
The Ball Control Run N Shoot is a short, conservative, ball control run with Run N Shoot principals. The offense consists of Horizontal, Vertical stretches, Flooding Zones, Picking, Timed routes, bootlegs and screens. It is well balanced with a 60/40 Pass to Run. Most plays are 5 to 10 yards. Audible, Automatics, Hot reads, and Sight Adjustment give it versatility. Patterns are adjusted according to Zone/Man principals mostly after the snap. The offense relies on execution and positioning then on speed and moves to get open. It is sequential and we do not rely on "what the defense gives us attitude" as we run our offense, making the defense adjust to us. Big plays are made by missed tackles or broken coverage



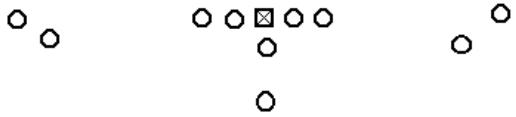
RUN N SHOOT FORMATIONS



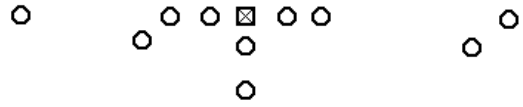
SPREAD



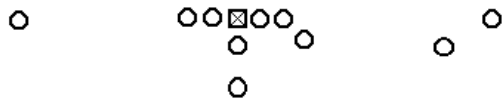
FLEX



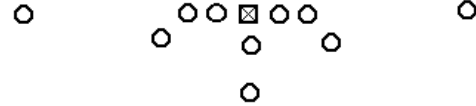
QUADS



SLOT

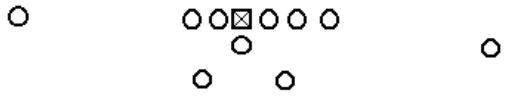


TRIPS

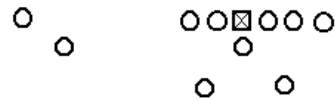


WING

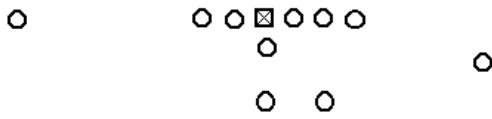
PRO FORMATIONS



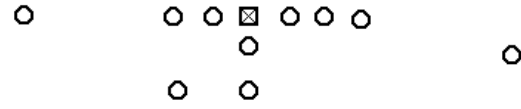
PRO



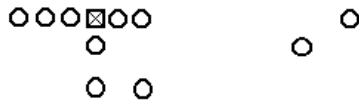
TWINS



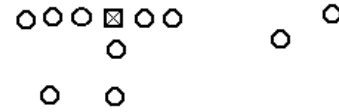
RED



BLUE

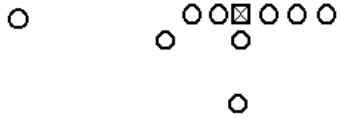


RED
TWINS

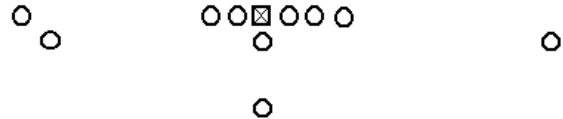


BLUE
TWINS

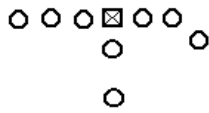
SINGLE BACK FORMATIONS



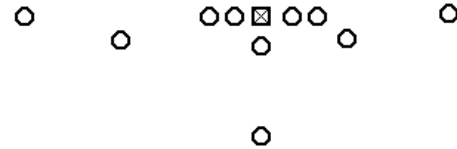
ACE



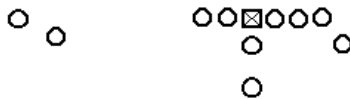
DEUCE



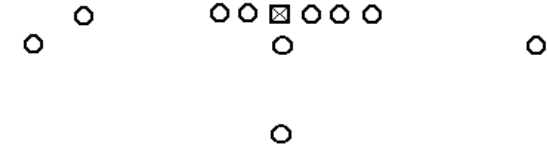
TREY



ACE
SLOT

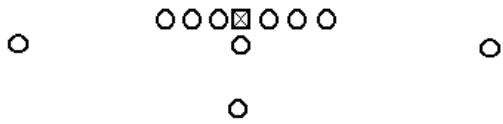


ACE
WING

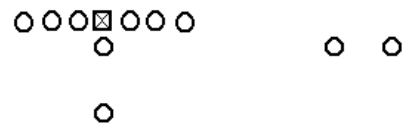


ACE
EAGLE

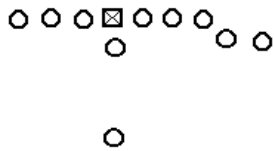
DOUBLE TIGHT FORMATIONS



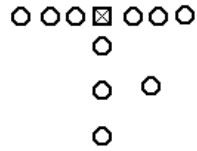
SINGLE



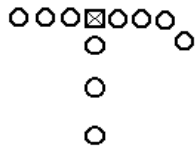
DOUBLE



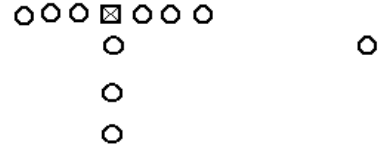
TRIPLE



JUMBO

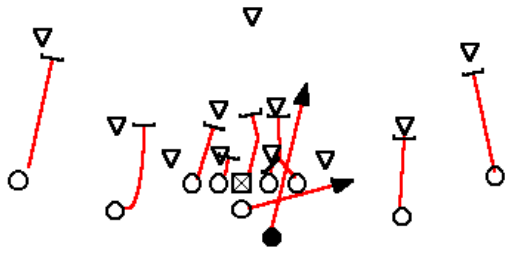


IWING

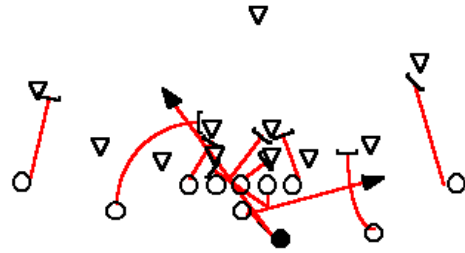


I SLOT

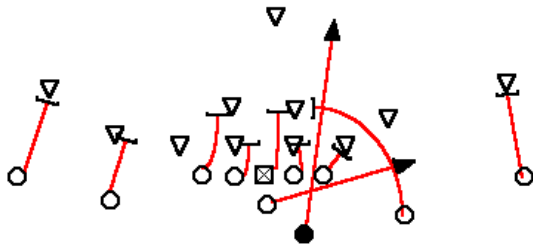
**FB RUN
PLAYS**



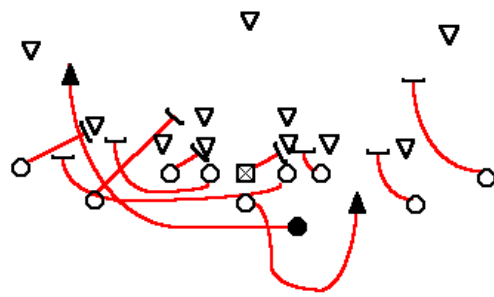
DIVE



TRAP

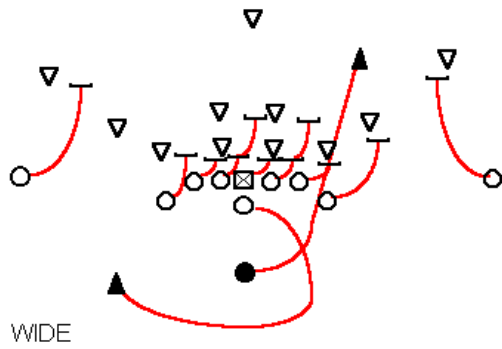


BELLY

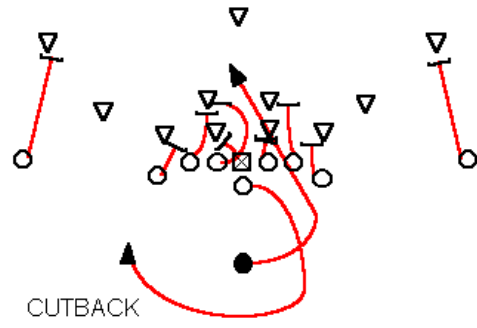


SWEEP

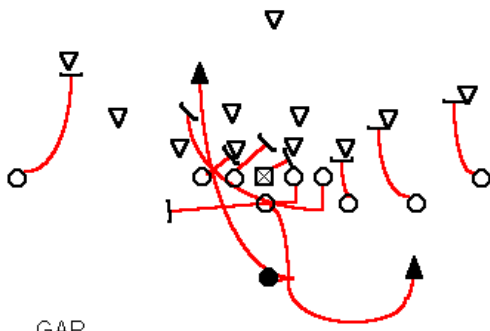
**TB RUN
PLAYS**



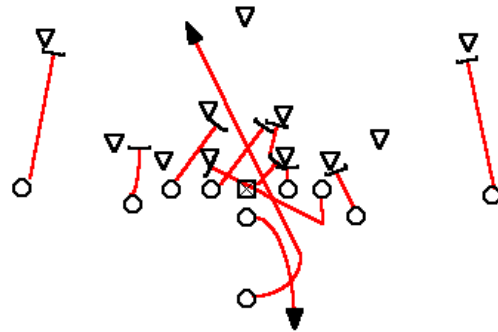
WIDE



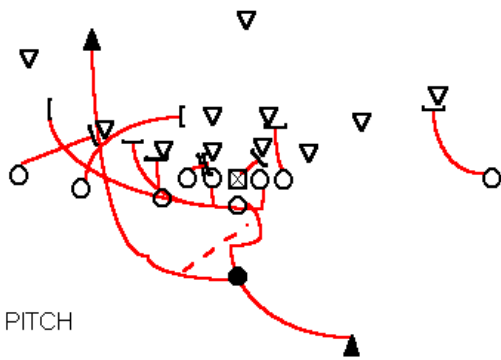
CUTBACK



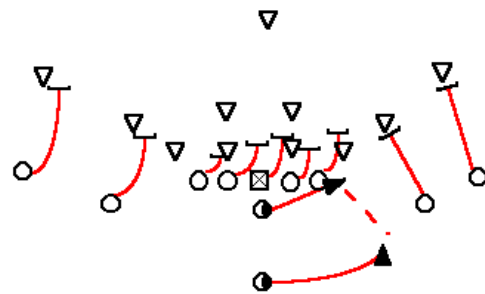
GAP



CROSS

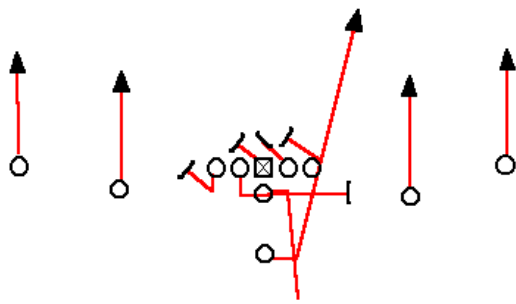


PITCH

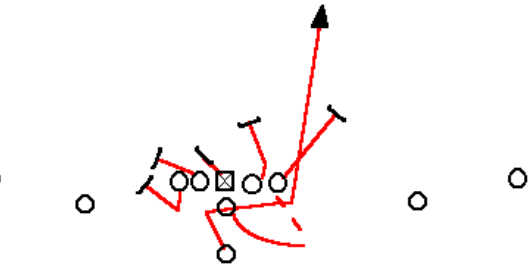


SPEED
OPTION

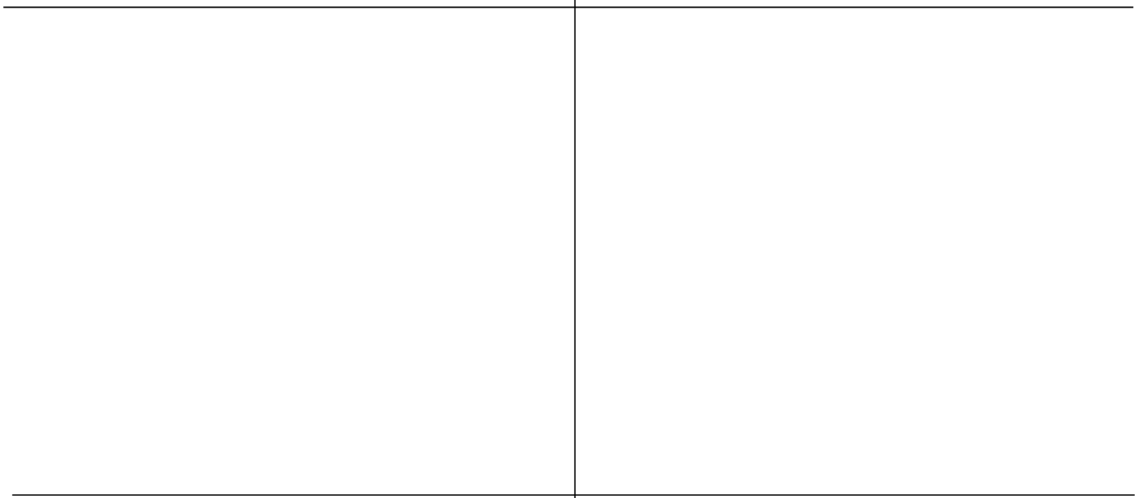
DRAWS



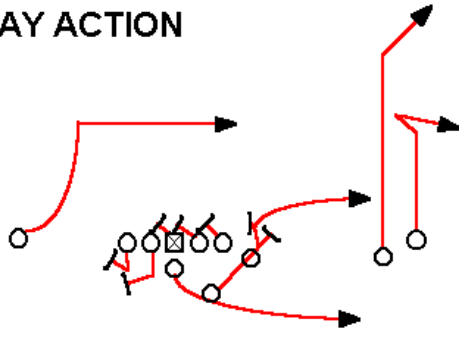
DRAW



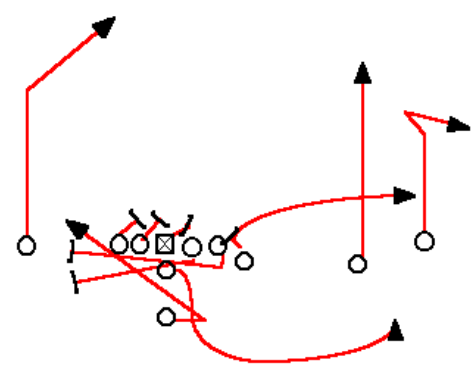
SHOVEL



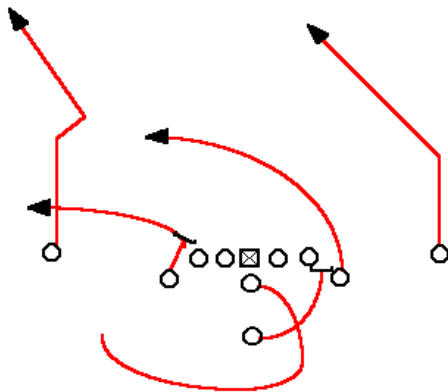
PLAY ACTION



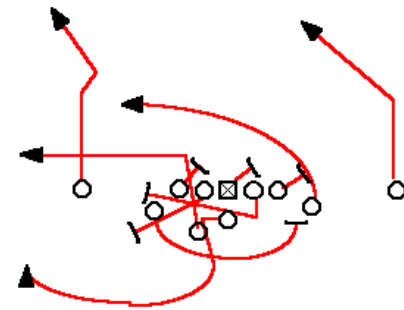
ROLL



GAP

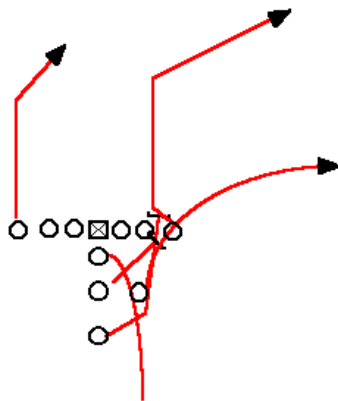


BOOT

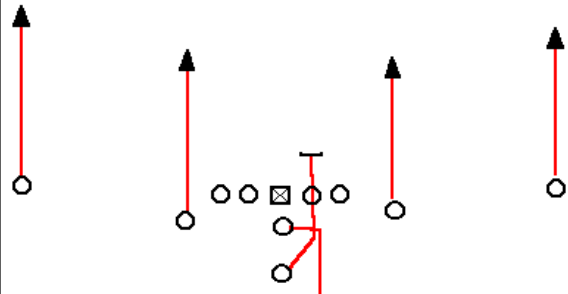


WAGGLE

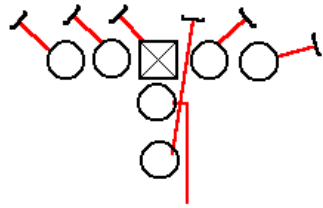
POWER
PASS



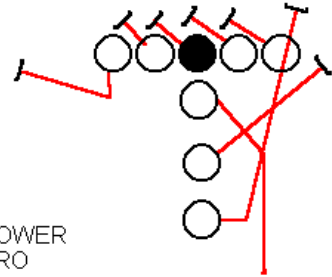
POP



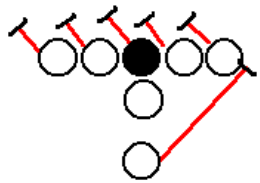
PASS PROTECTION



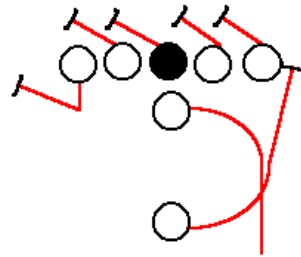
DIVE
PRO



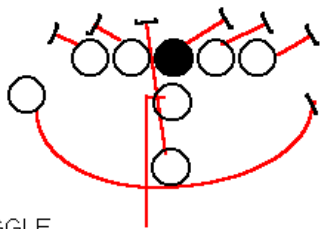
POWER
PRO



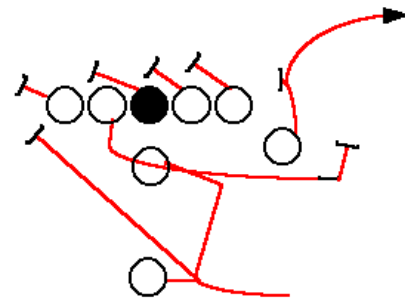
DRAW
PRO



ZONE
PRO

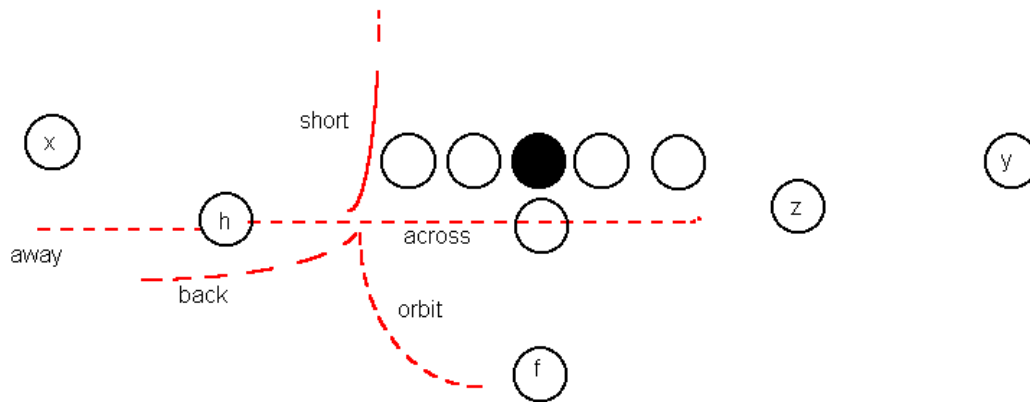


WAGGLE
PRO



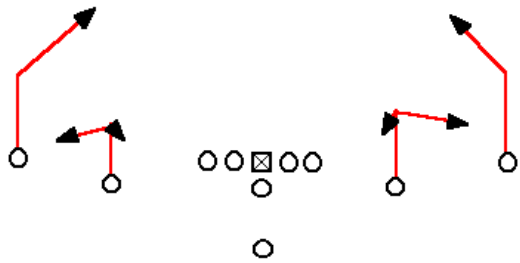
GAP
PRO

Motions

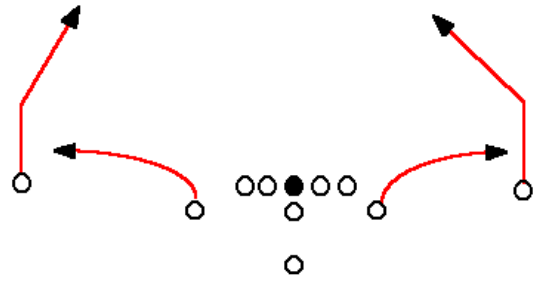


You tag the motioner with his position
then his motion.
ex. H across, Y back, Z short.

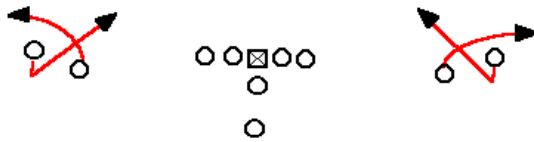
1 STEP PASSES



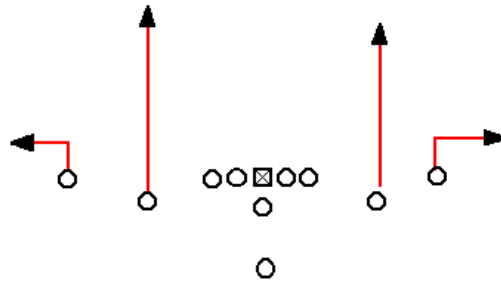
READ



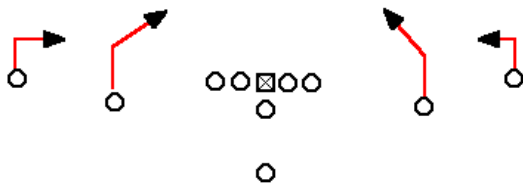
FLAT



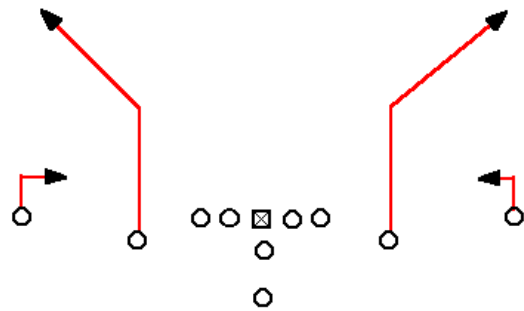
DELAY



QUICK
OUT

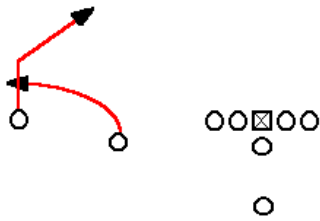


HOT

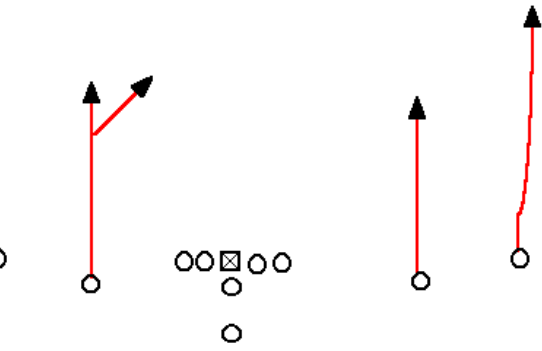
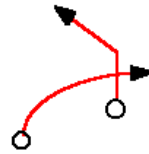


SMASH

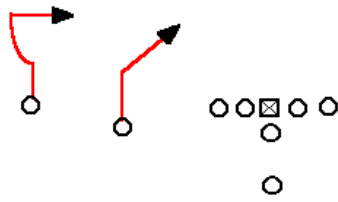
1 STEP PART 2



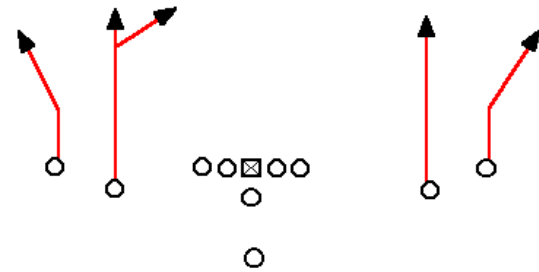
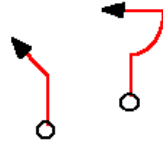
SLANT



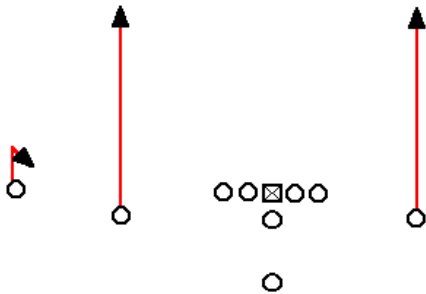
FADE



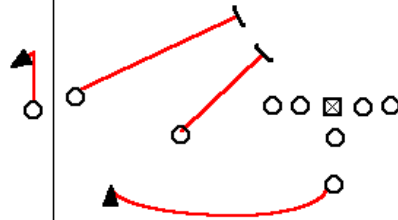
FADE
IN



FLAG



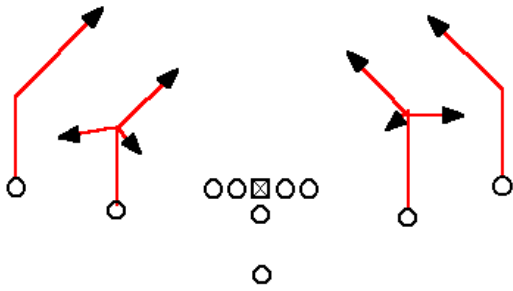
STOP



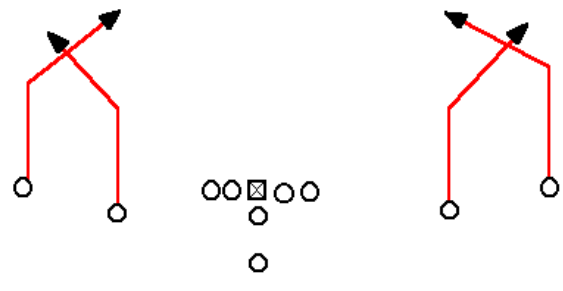
CRACK



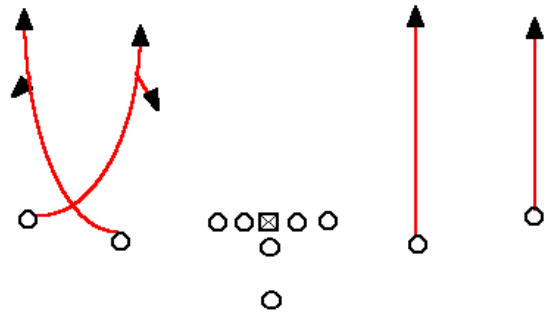
5 STEP PASS



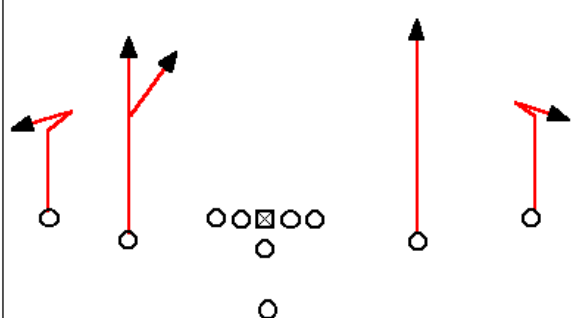
OPTION



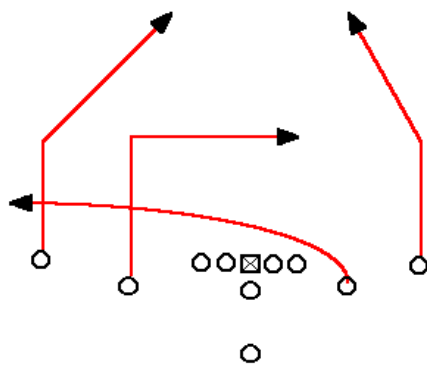
CROSS



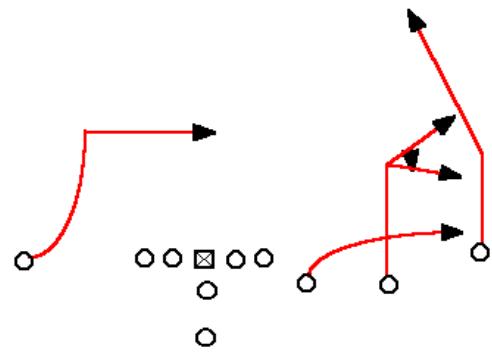
SWITCH



OUT

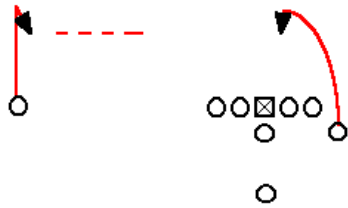


DIG

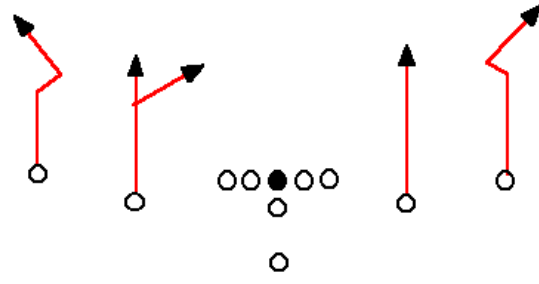


FLOOD

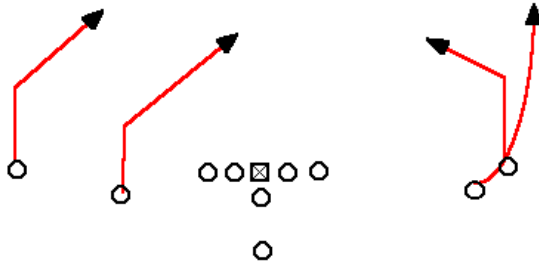
5 STEP PASS TWO



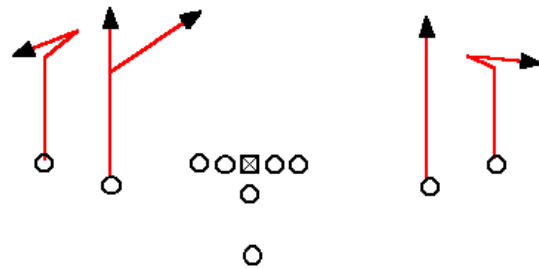
CURL



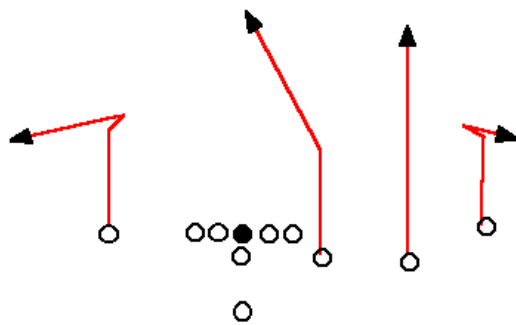
CORNER



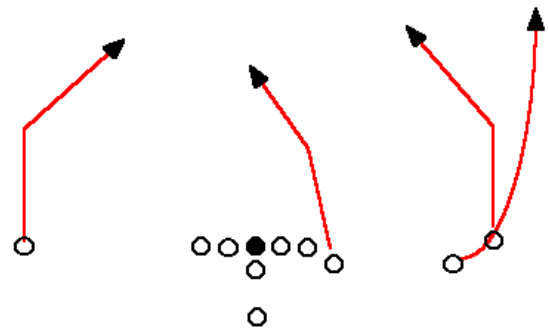
POST



STREAK

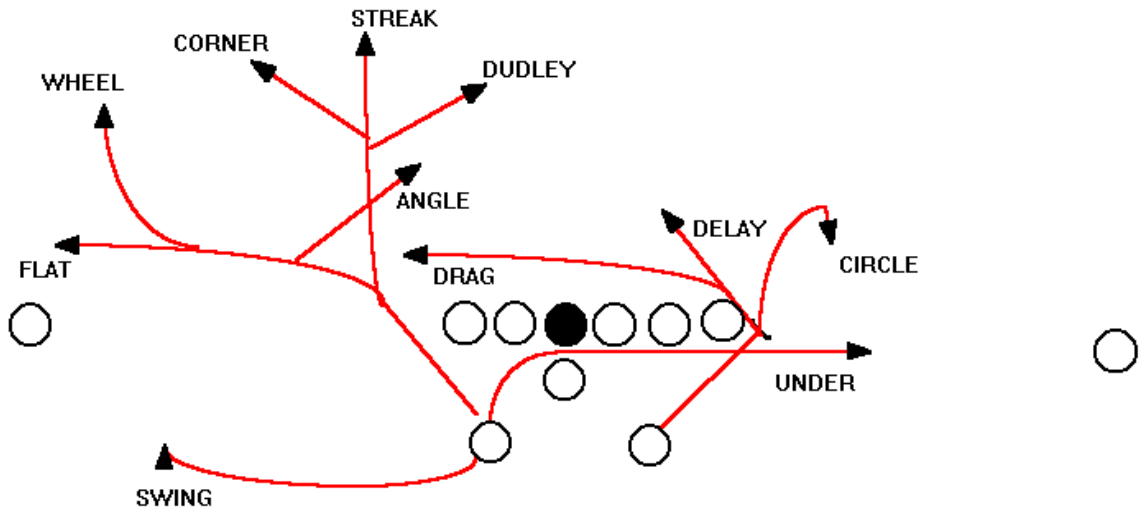


STREAK FROM TRIPS

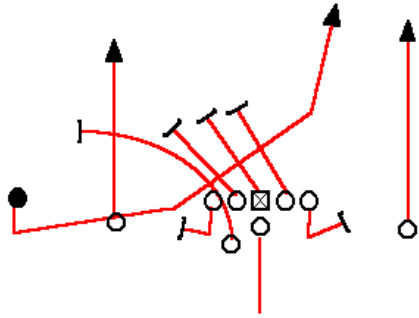


POST FROM TRIPS

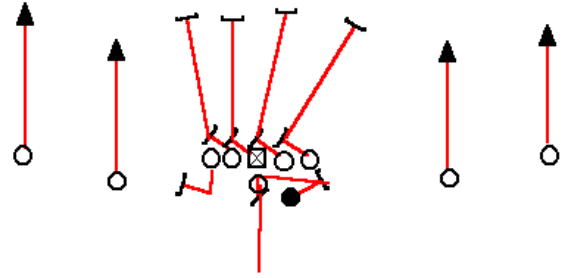
RB ROUTES



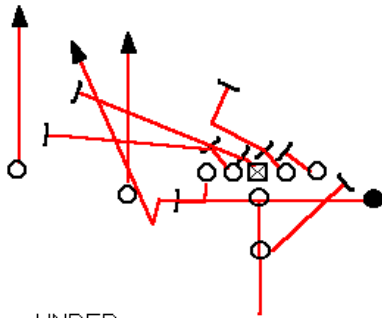
SCREENS



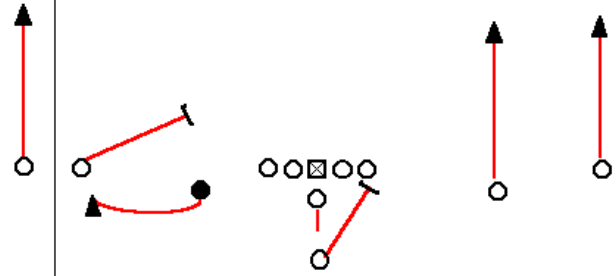
X ROCKET



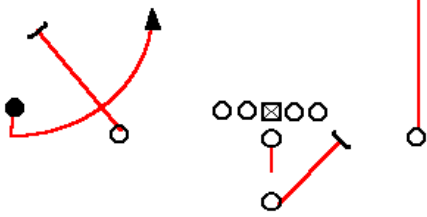
MIDDLE



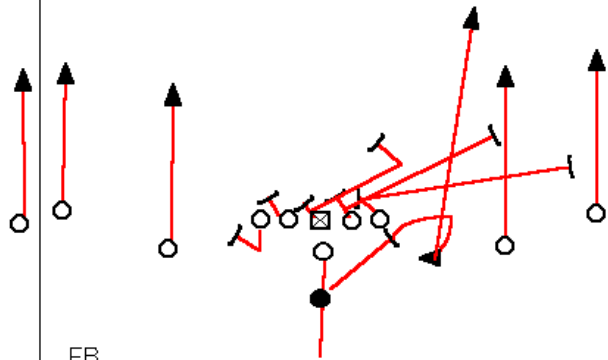
UNDER



CIRCLE

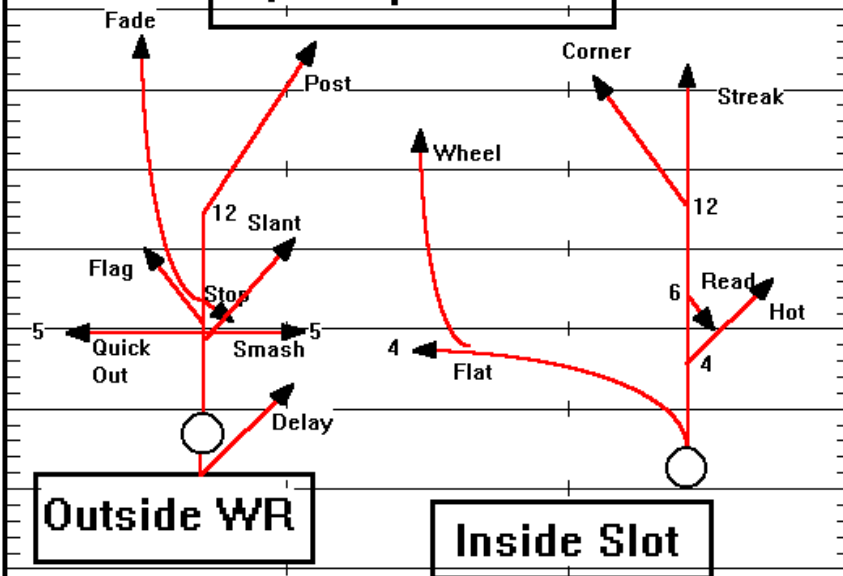


QUICK



FB

1/3 Step Routes



5/7 Step Routes

