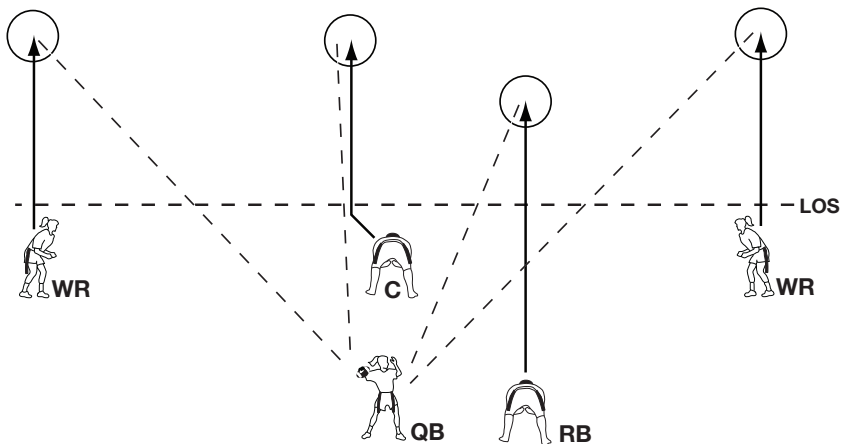


All-Go

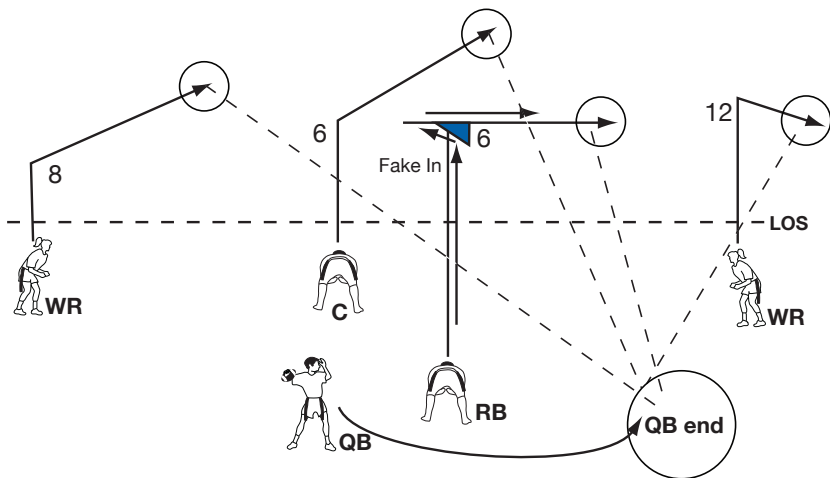


Used to stretch the defense.

All players run the straight go pattern downfield and look for the ball over their inside shoulder after about 10-12 yards.

The **C** must take 2 steps to their left at the start so to allow for spacing between the receivers downfield.

Roll Out



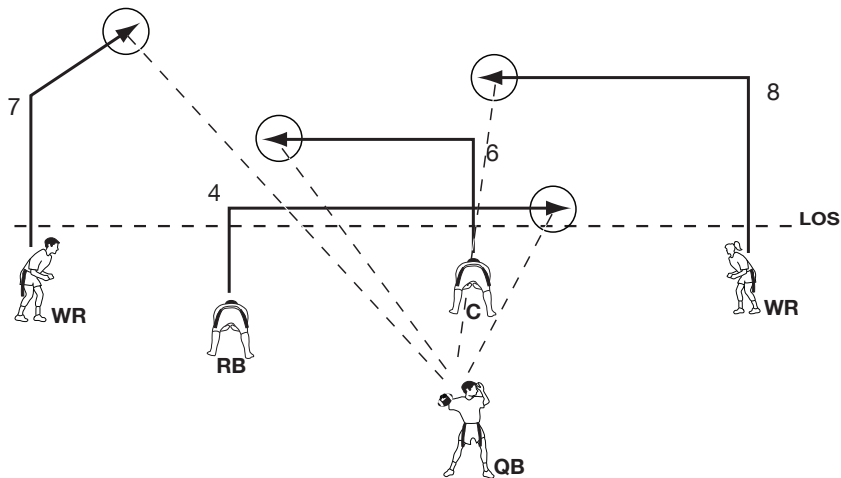
'Roll Out' can be run to the left or to the right.

Can be straight roll out or use play-action motion to **RB** before the route as shown on next play page.

WR to the side of the roll must sell the deep route and break it off at 12 yards and come back toward the side line.

RB runs a whip route – sell the inside 2 steps before breaking to the out.

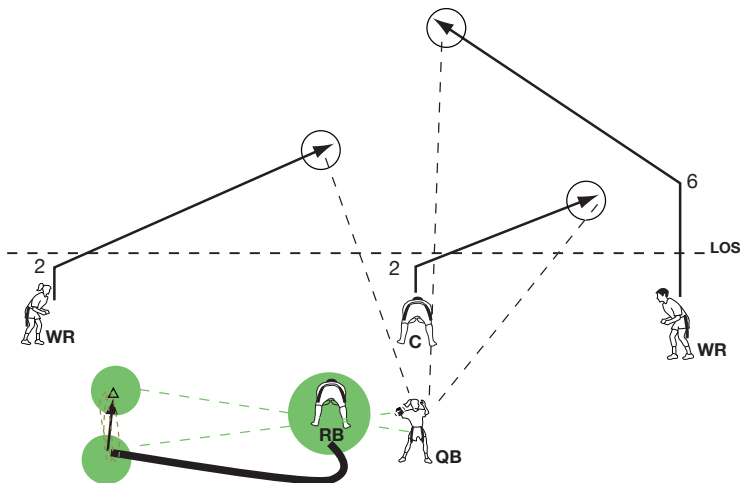
Crossers



When crossing patterns, it is important to get players to stick to their proper depths, so that there isn't more than 1 player at each level.

Rule Reminder: The QB cannot run the ball over the LOS unless he/she first hands off or laterals behind LOS then gets the ball back.

Swing Pass



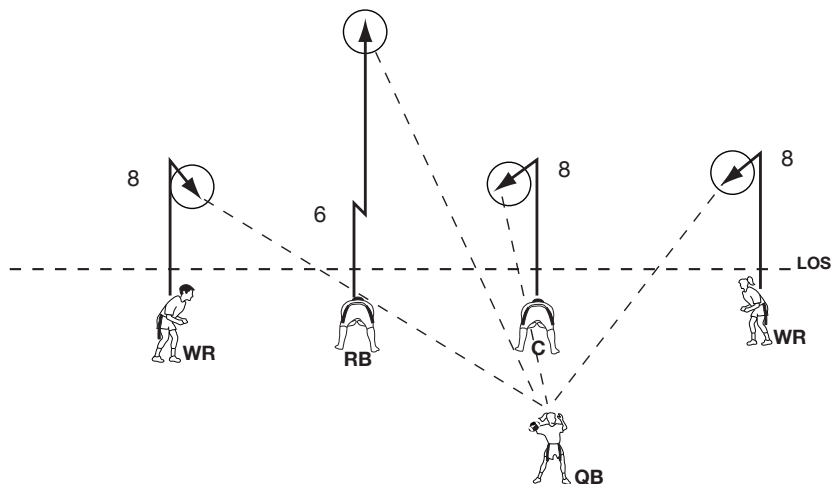
The idea behind this play is to get the **RB** outside and moving fast downhill, as well as creating flow away from the swing pass to the **RB**.

It can be run to either side, just flip the routes by the receivers.

The **RB** should delay a little bit off the snap and then bubble out to the side.

The **RB** is the first target, but if a defensive player is right there, then look backside to the **WR** from the right on the post.

Stop and Go



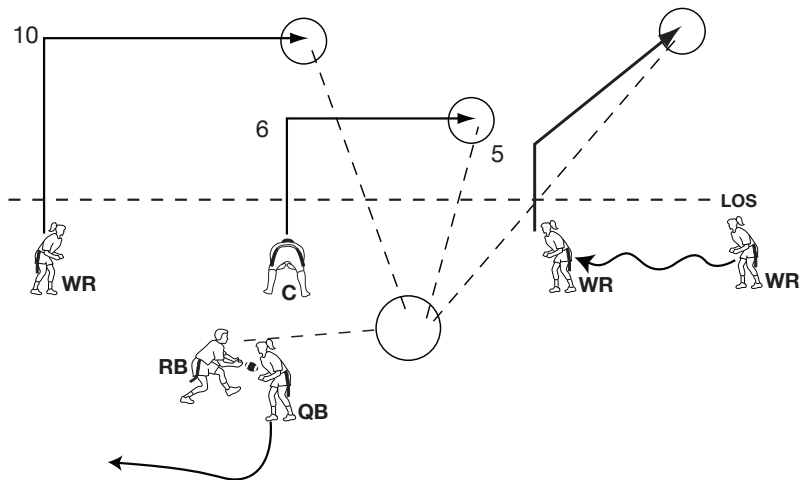
This play can be run with any of the 4 receivers doing the stop and go route.

The **RB** can even come out of the backfield and run the route if you wish.

It is important to set this play up by running the all hooks play a few times, then run this play.

The receiver running the stop must sell the hook and then take off up-field.

Option Pass



The **WR** on the right, motions towards the centre prior to the snap of the ball to gather more room to run their corner route.

The **QB** hands the ball off to the **RB** as the **RB** crosses to the right.

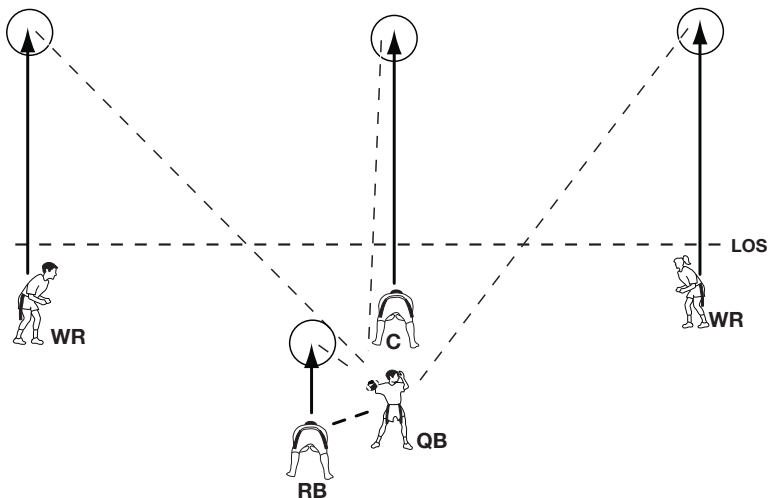
The **RB** now has the option to throw the ball to any of the 3 receivers or to take off and run with the ball depending on defensive coverage.

If there is someone open – throw the ball.

If there is lots of room to run – run with it.

This play can also be a straight run to the right. There would be no pre-snap motion from the **WR**, and then all 3 receivers run go routes and open up room for **RB** to run.

Draw

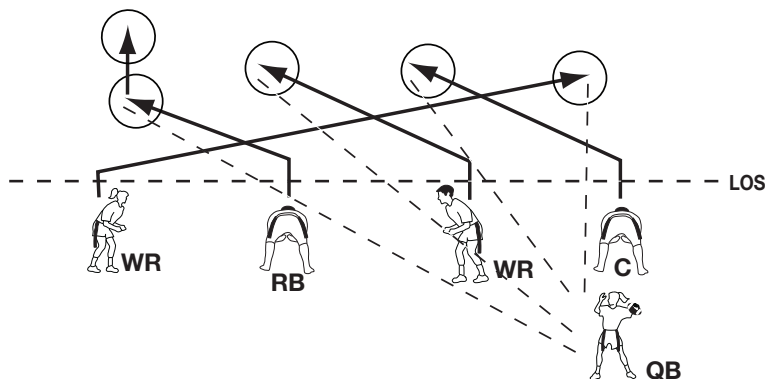


All 3 receivers take off downfield as they were running the 'All Go' pattern.

The **RB** delays a little bit then takes the hand off from the **QB**.

The **RB** then runs downhill and looks for the best path downfield.

Overload/Flood



After breaking the huddle line up overload one side of centre (play can be run to either side and this graphic shows left overload).

The primary receiver is lined up farthest to the outside – he/she delays at the snap and then comes underneath the other routes on a slant pattern.

All other receivers take 1 step off the line and run slants to the outside.

The **RB**, or 2nd from the outside, turns up-field as the secondary receiver when he/she hit approximately 8 yards.