



Mega Clinic Lecture Notes • Long Beach, CA

Ron Jenkins	# 1: NFL QB MECHANICS FOR THE HS QB - 1/A #2: RECEIVER MECHANICS & SPREAD OFF ATTACK SWITCH SCHEMES - 1/A
--------------------	--

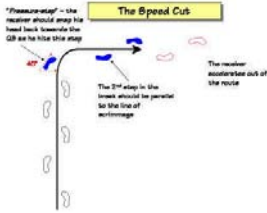
Receiver Lecture Notes

- RECEIVER MECHANICS
- WIDE RECEIVER ROUTE MECHANICS
- RECEIVER CHECK LIST ESSENTIALS
- SWITCH PASSES

Receiver Mechanics

by Ron Jenkins, M.S., M.A. • www.TopGunQBAcademy.com

The Speed-cut



Here is a diagram of the footwork involved in the “Speed-cut” which is used to create separation primarily from a defender who is still in his back-peddle. We use this when running a 7-yard out, 12-yard out, and some breaks across the middle of the field.

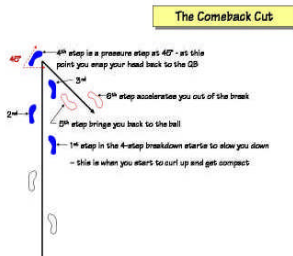


Here a receiver is breaking to his left and has just started his “Speed-cut” by using a “Pressure-Step”, which is placed at a 45-degree angle relative to the LOS, or in this case, you yard line itself.



The same receiver is now in the second step of his “Speed-cut” and his left foot is now at the “Parallel-step” in the route.

The Comeback-cut



Here is a diagram of the footwork involved in the “Comeback-cut” which is used to create separation primarily from a defender who is now out of his back-peddle. We now have to break away from him and come back to the football. We use this when running a 12-yard curl, seven-step comeback, 18-yard comeback, and, to some extent, a 4-step hitch route. We also use some of these principles when running some types of digs, square-ins and stick routes run primarily by the tight-end.



The receiver is going to run a curl route to his left. He has just started his 4-step breakdown technique with his inside foot. Notice that his stride is actually longer than his running stride. This is one of the advantages to breaking down using this technique.



On the receiver's second step of the breakdown, we tell him to curl up and get compact. These specific words allow the brain to translate the instruction to actual practice much faster than saying “get your shoulders over your toes”.



This receiver is running a seven-step comeback route (14-yards) and is breaking to his left. On the receiver's fourth step of the breakdown, the receiver is utilizing a "Pressure-step" which is placed at a 45-degree angle relative to the LOS, or in this case the yard line.



The receiver is now driving out of the break (see left leg) using his "Pressure-step" as leverage. He can create great separation using this technique.

The Stance



Here is the normal stance with defenders "off" of the receiver. The outside foot is always back, regardless of the play, the situation, the defense, or the route called.

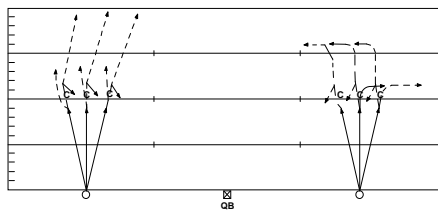
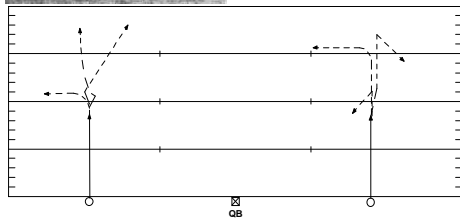
The Stance Vs Bump & Run



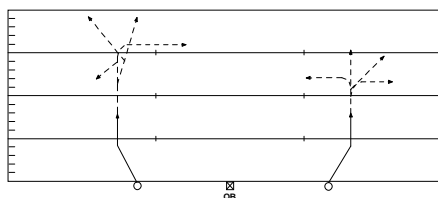
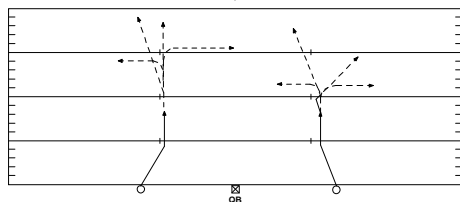
Here is the stance of a receiver facing a bump and run defender. This stance is essential for quickness, and assists the receiver in getting into his route extremely quickly and efficiently without getting touched by the defender. (I realize this is hard to believe.....)



Here the receiver is using a double-move to get the defender to jump out of the receiver's path. The receiver is releasing to the right (inside) to run a corner route to the outside. The defender only gets a hand on him as the receiver releases vertically very quickly.



Vertical and
Attack Releases



Seam and
Burst Releases

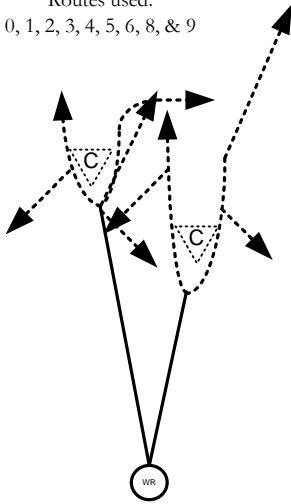
Wide Receiver Route Mechanics

- Releases
- Seam
- Burst
- Route Tree
- 0-route (4-step hitch)
- 1-route (4-step speed-out)
- 2-route (3-step slant)
- 3-route (6-step speed-out)
- 4-route (6-step curl)
- 5-route (7-step comeback)
- 6-route (Dig)
- 6-route (Square-in)
- 7-route (post-corner)
- 8-route (7-step post)
- 9-Route (Go)
- Bump Releases
- Slant Release
- Top Gun Move

ATTACK RELEASE

Our most used release – attack the defender where ever he is lined up and run full speed at him at a point right between his eyes

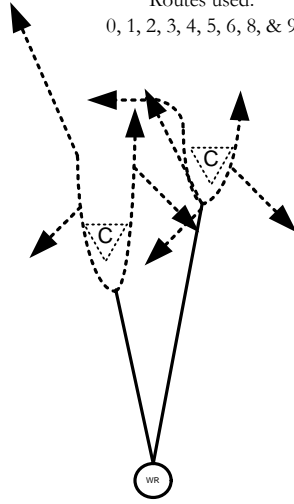
Routes used:
0, 1, 2, 3, 4, 5, 6, 8, & 9



ATTACK RELEASE

Our most used release – attack the defender where ever he is lined up and run full speed at him at a point right between his eyes

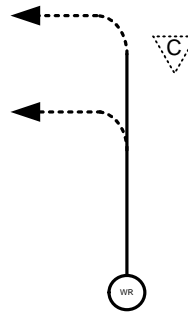
Routes used:
0, 1, 2, 3, 4, 5, 6, 8, & 9



VERTICAL RELEASE

Used on 1's & 3's when DB is inside tech.

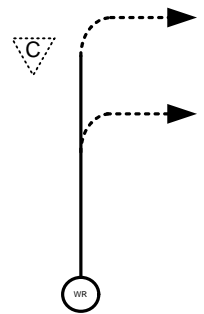
Routes used:
0 (at times) 1, & 3



VERTICAL RELEASE

Used on 1's & 3's when DB is inside tech.

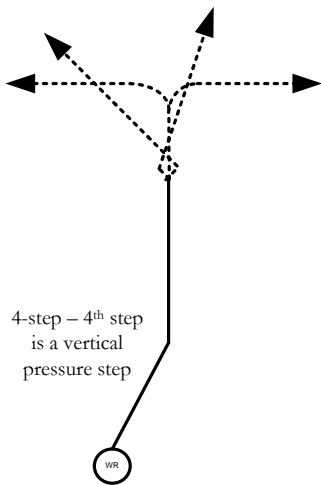
Routes used:
0 (at times) 1, & 3



SEAM RELEASE

Our seam is used on basic routes and used with stack-formations – this release can spin defenders easily if the proper techniques are used

Routes used:
Stacked-formations
Spot, smash, bench, 6, 7, & 8

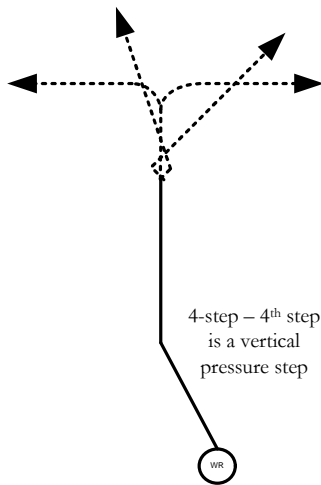


4-step – 4th step is a vertical pressure step

SEAM RELEASE

Our seam is used on basic routes and used with stack-formations – this release can spin defenders easily if the proper techniques are used

Routes used:
Stacked formations
Spot, smash, bench, 6, 7, & 8

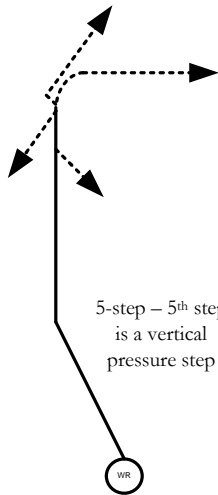


4-step – 4th step is a vertical pressure step

BURST RELEASE

Burst are used primarily with our stacked-formations
However this release works very well with square-in routes

Routes used:
Stacked-formations
0, 3, 4, 5, 6, 8, & 9

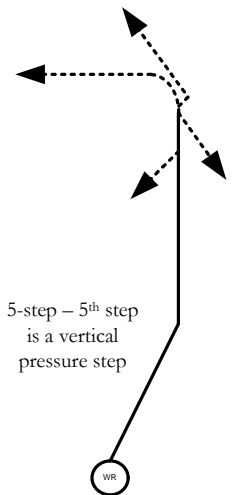


5-step – 5th step is a vertical pressure step

BURST RELEASE

Burst are used primarily with our stacked-formations
However this release works very well with square-in routes

Routes used:
Stacked-formations
0, 3, 4, 5, 6, 8, & 9



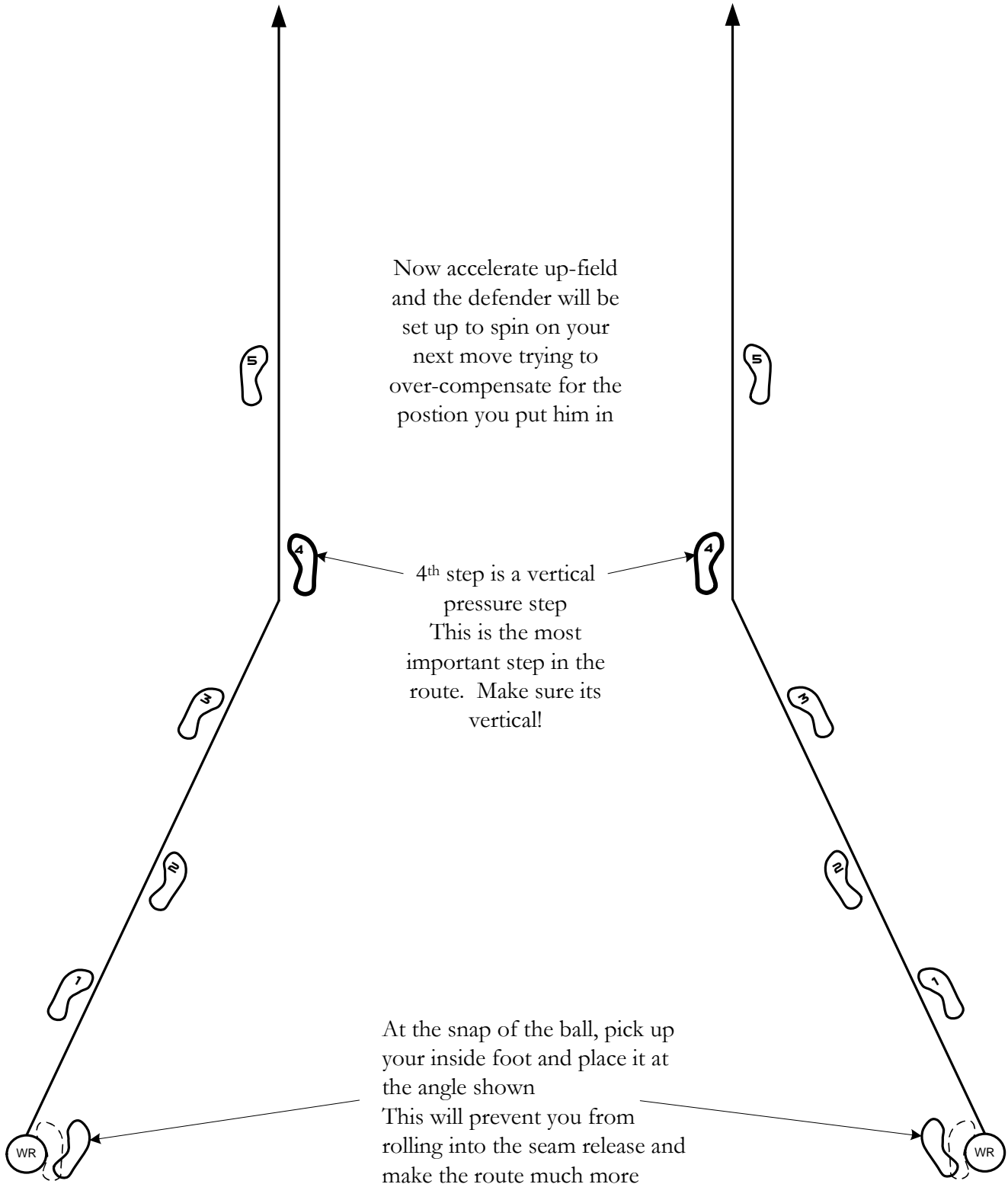
5-step – 5th step is a vertical pressure step

Seam Release

Now accelerate up-field and the defender will be set up to spin on your next move trying to over-compensate for the position you put him in

4th step is a vertical pressure step
This is the most important step in the route. Make sure its vertical!

At the snap of the ball, pick up your inside foot and place it at the angle shown
This will prevent you from rolling into the seam release and make the route much more effective

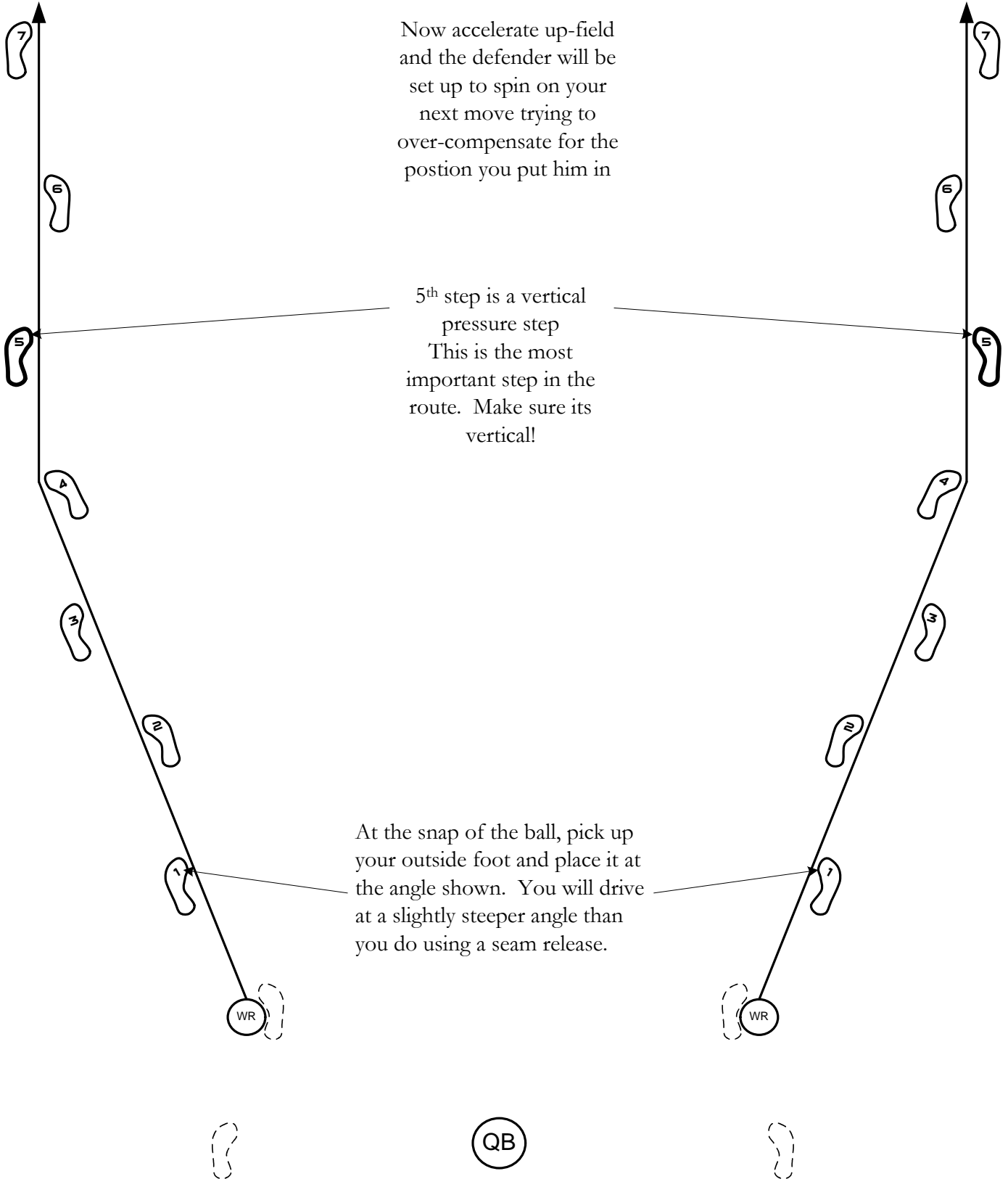


Burst Release

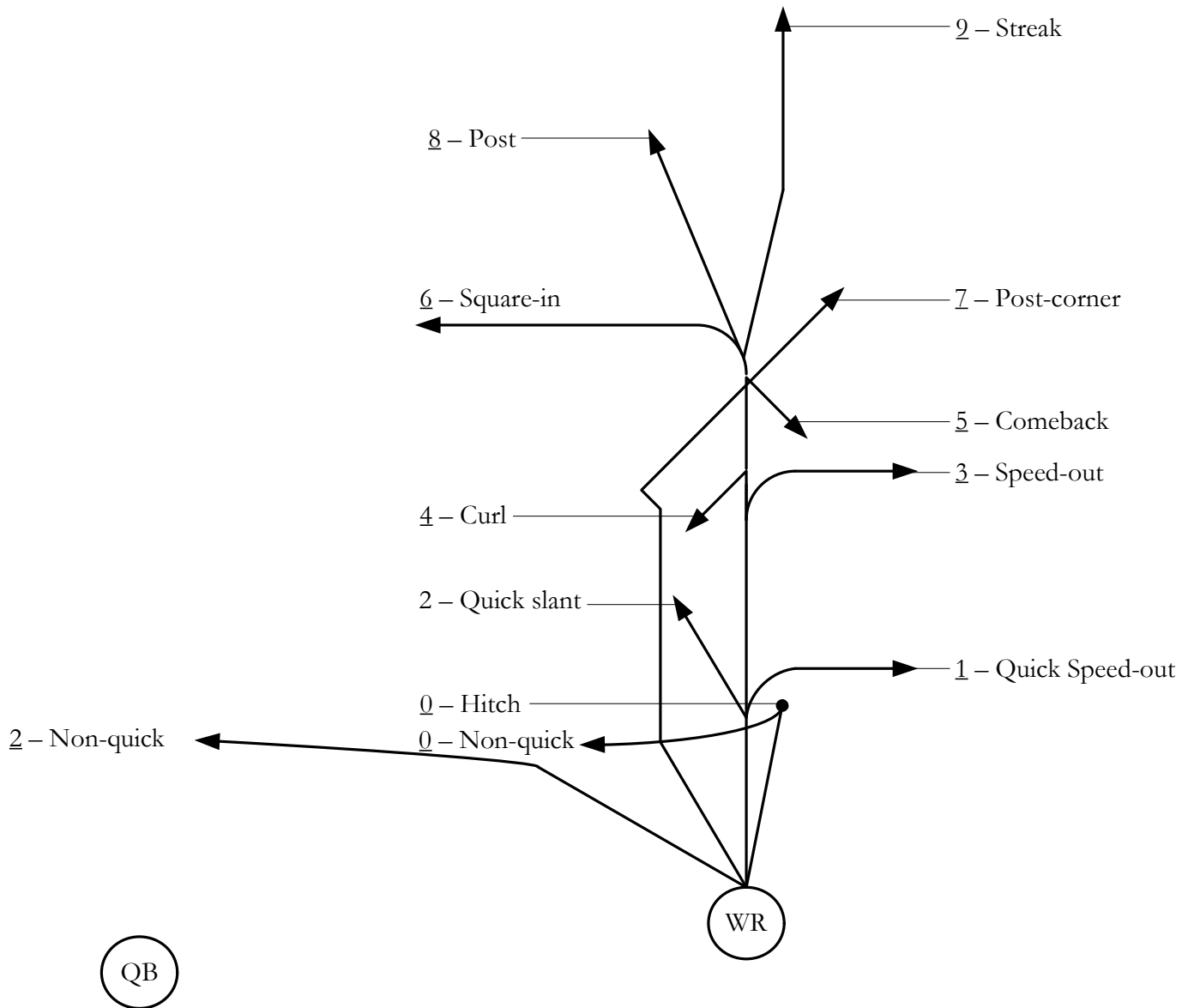
Now accelerate up-field and the defender will be set up to spin on your next move trying to over-compensate for the position you put him in

5th step is a vertical pressure step
This is the most important step in the route. Make sure its vertical!

At the snap of the ball, pick up your outside foot and place it at the angle shown. You will drive at a slightly steeper angle than you do using a seam release.

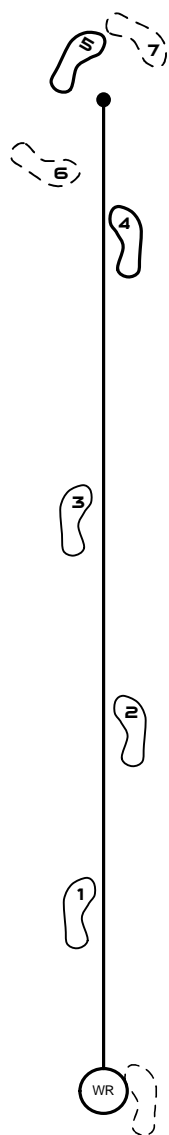


Base Route Tree

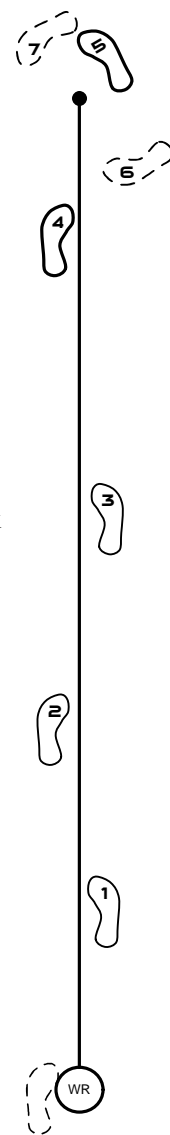


Zero-route Breakdown Cut [4-step Hitch]

±6-yard Depth



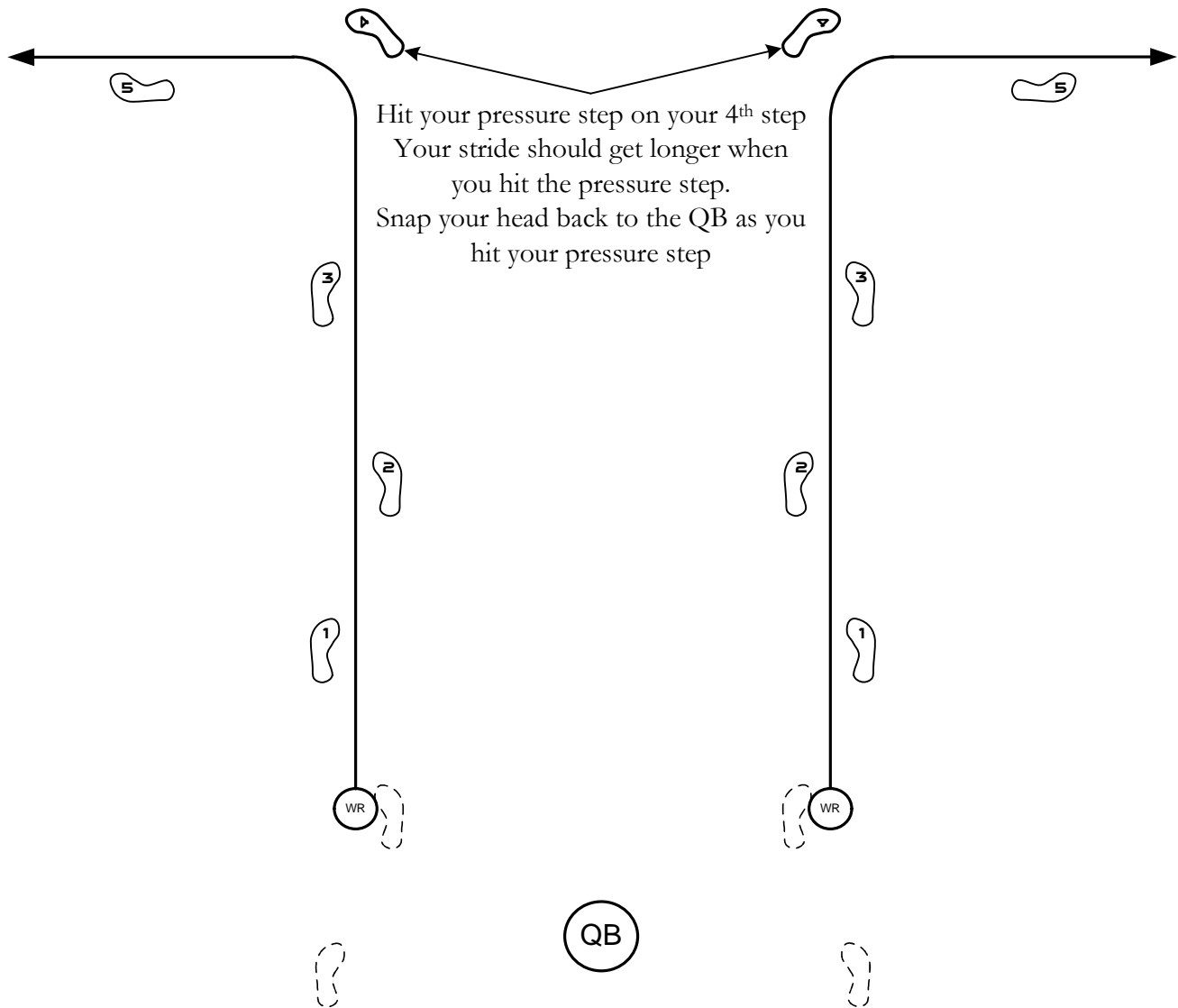
- Normally you will use an attack release
- Hit your breakdown step on your 4th step
- Your stride should get longer when you hit the breakdown step
- Your 5th step should be a pressure step
- Snap your head back to the QB as you hit your pressure step
- Square your shoulders to the QB
- DO NOT come back to the football – the QB should put the ball on your outside shoulder
- The ball should be at least half-way to you when you make your break
- Normally you will use a slight lean inside when you catch the football and then accelerate to the outside



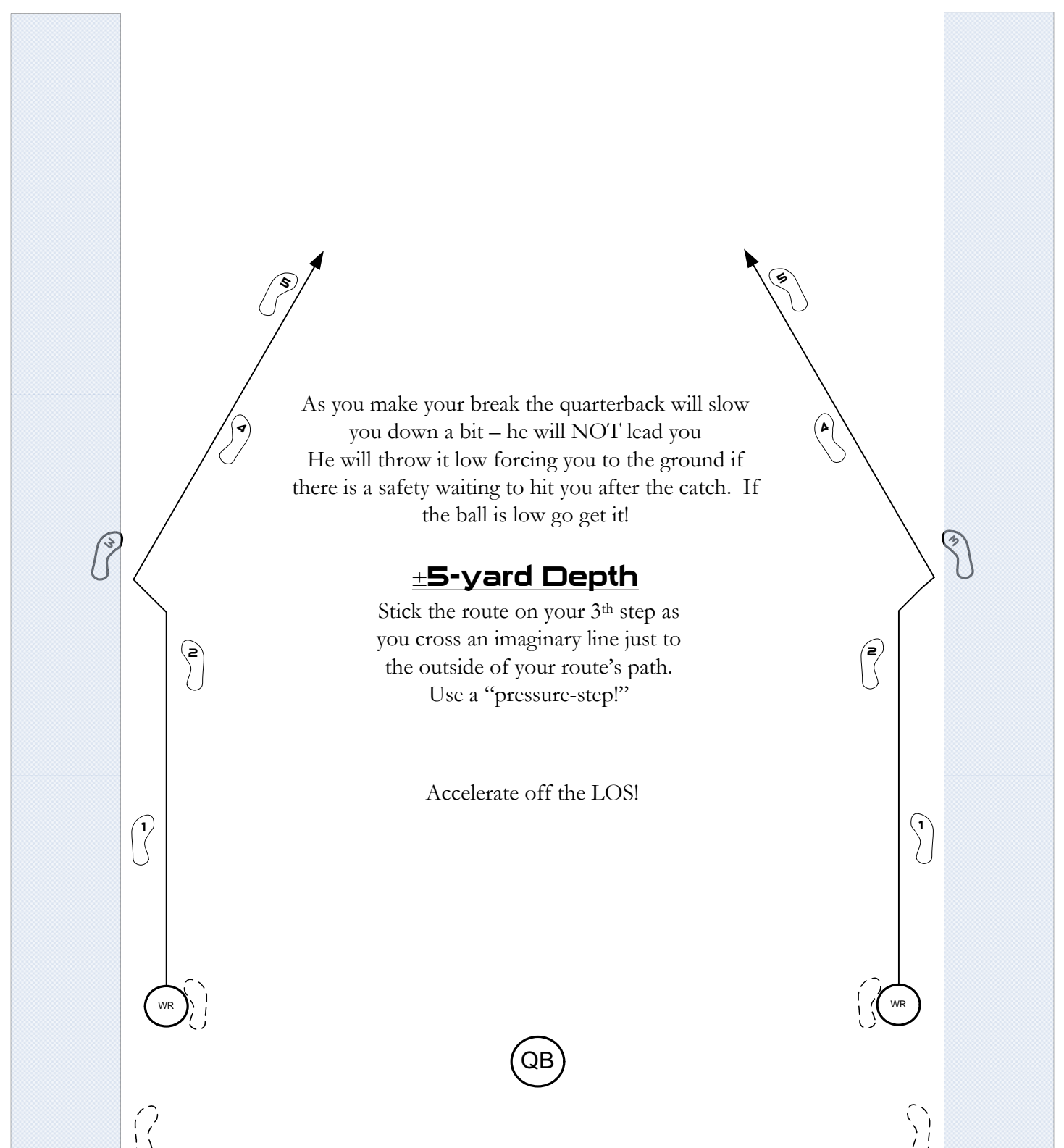
QB

**1-route
Speed Cut
[4-step Speed-out]**

±7-yard Depth



Quick 2-route [3-step Slant]



As you make your break the quarterback will slow you down a bit – he will NOT lead you
He will throw it low forcing you to the ground if there is a safety waiting to hit you after the catch. If the ball is low go get it!

±5-yard Depth

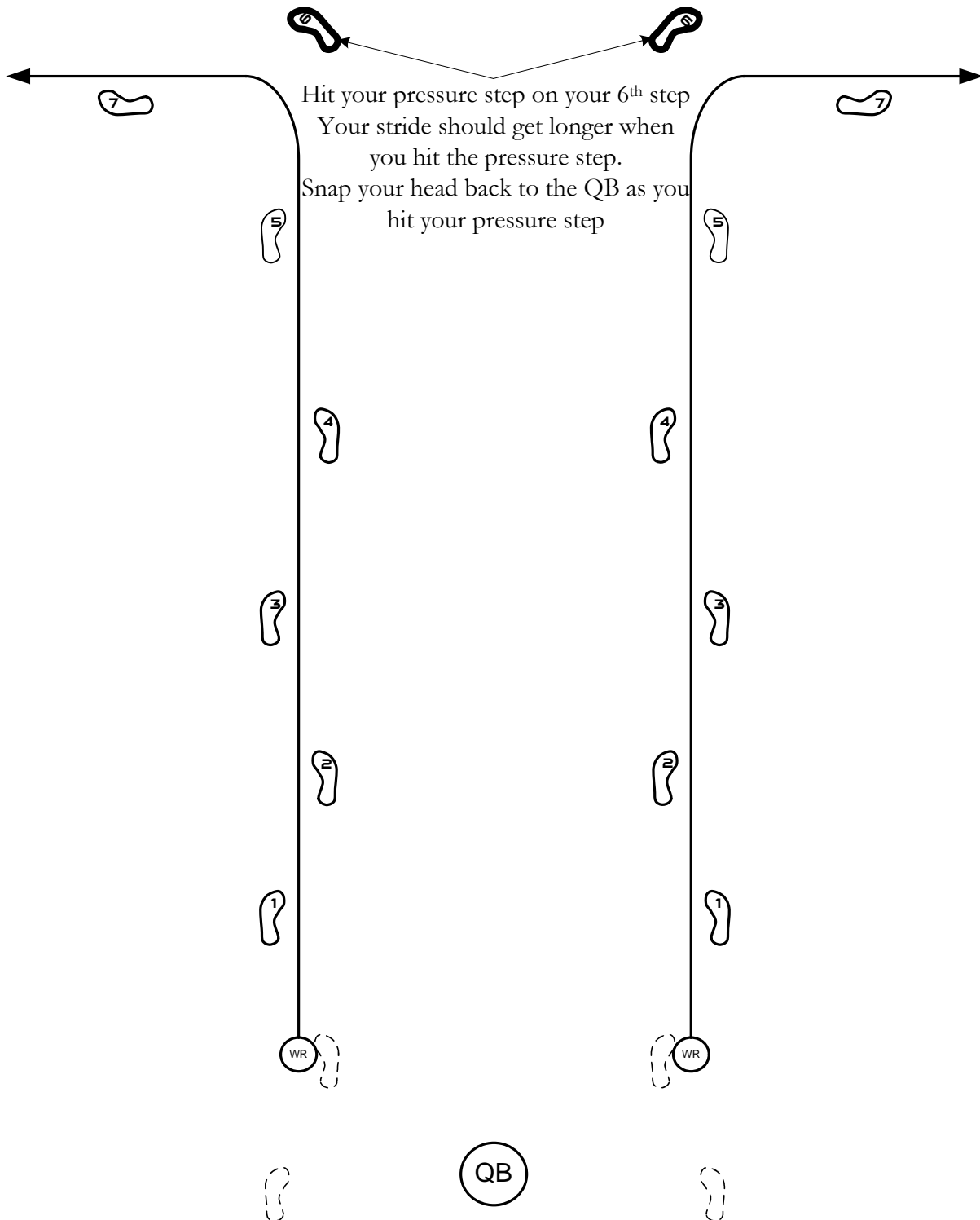
Stick the route on your 3th step as you cross an imaginary line just to the outside of your route's path.

Use a “pressure-step!”

Accelerate off the LOS!

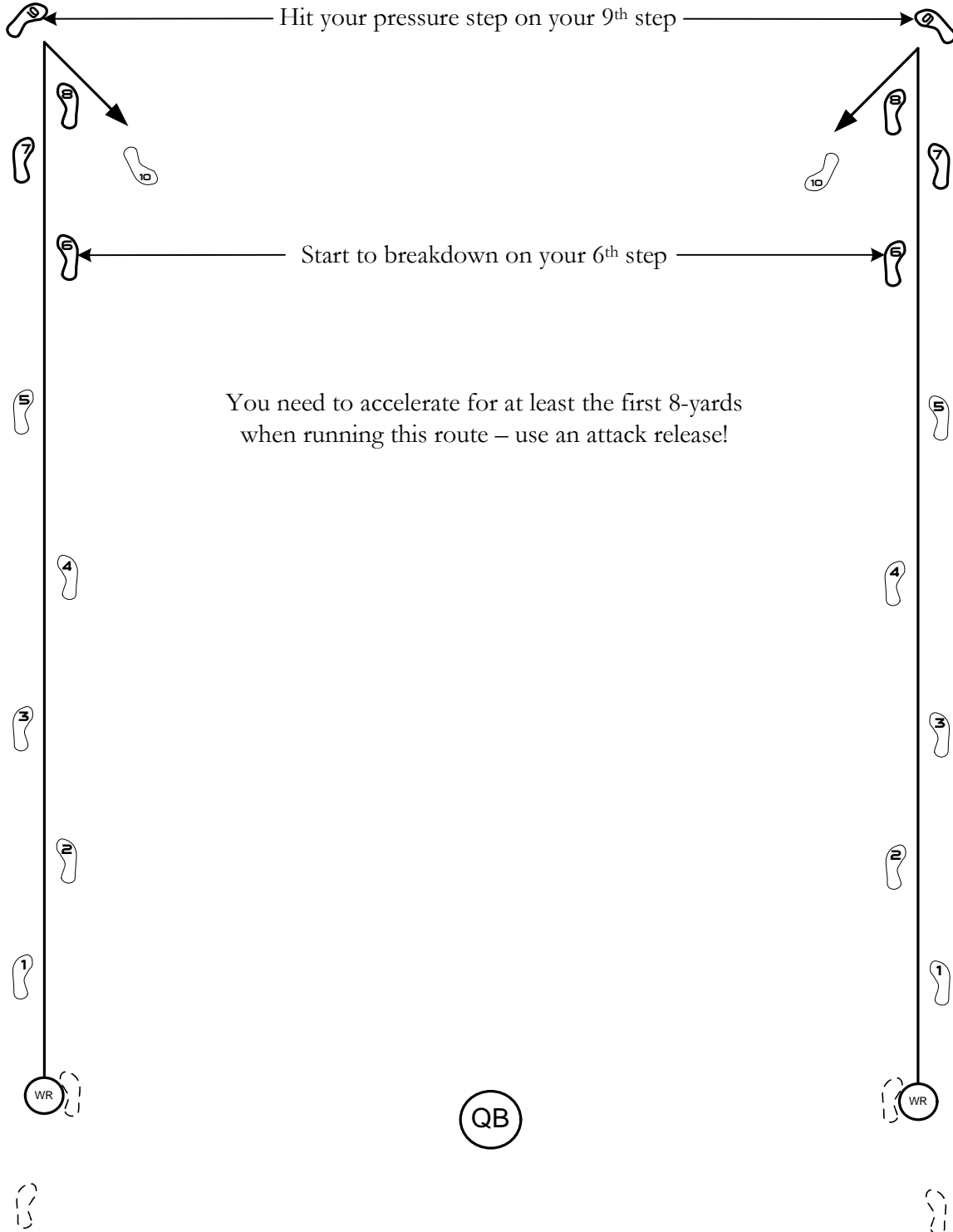
**3-route
Speed Cut
[6-step Speed-out]**

12-yard Depth



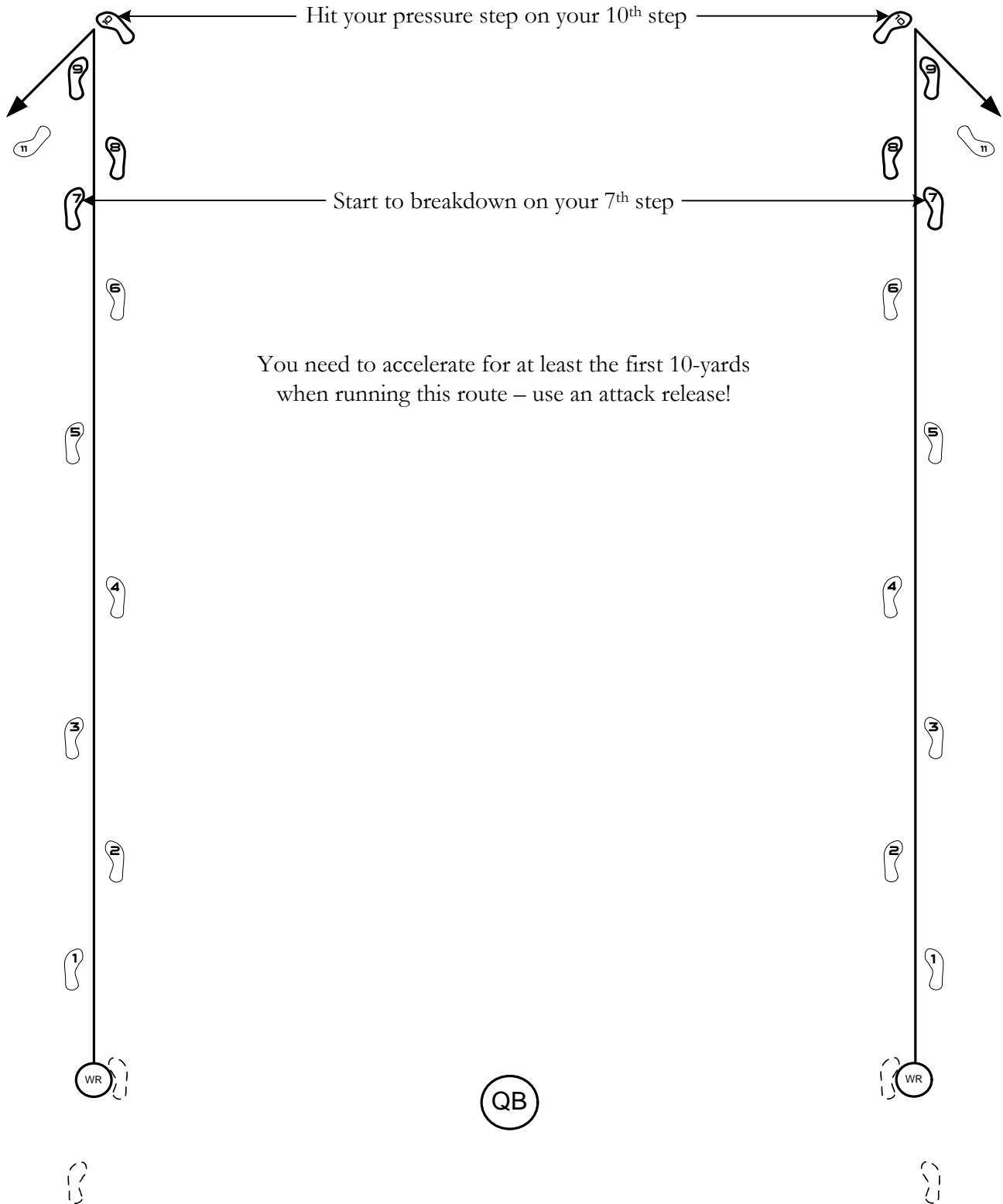
4-route
Breakdown Cut
[6-step curl]

12-yard Depth



**5-route
Breakdown Cut
[7-step Comeback]**

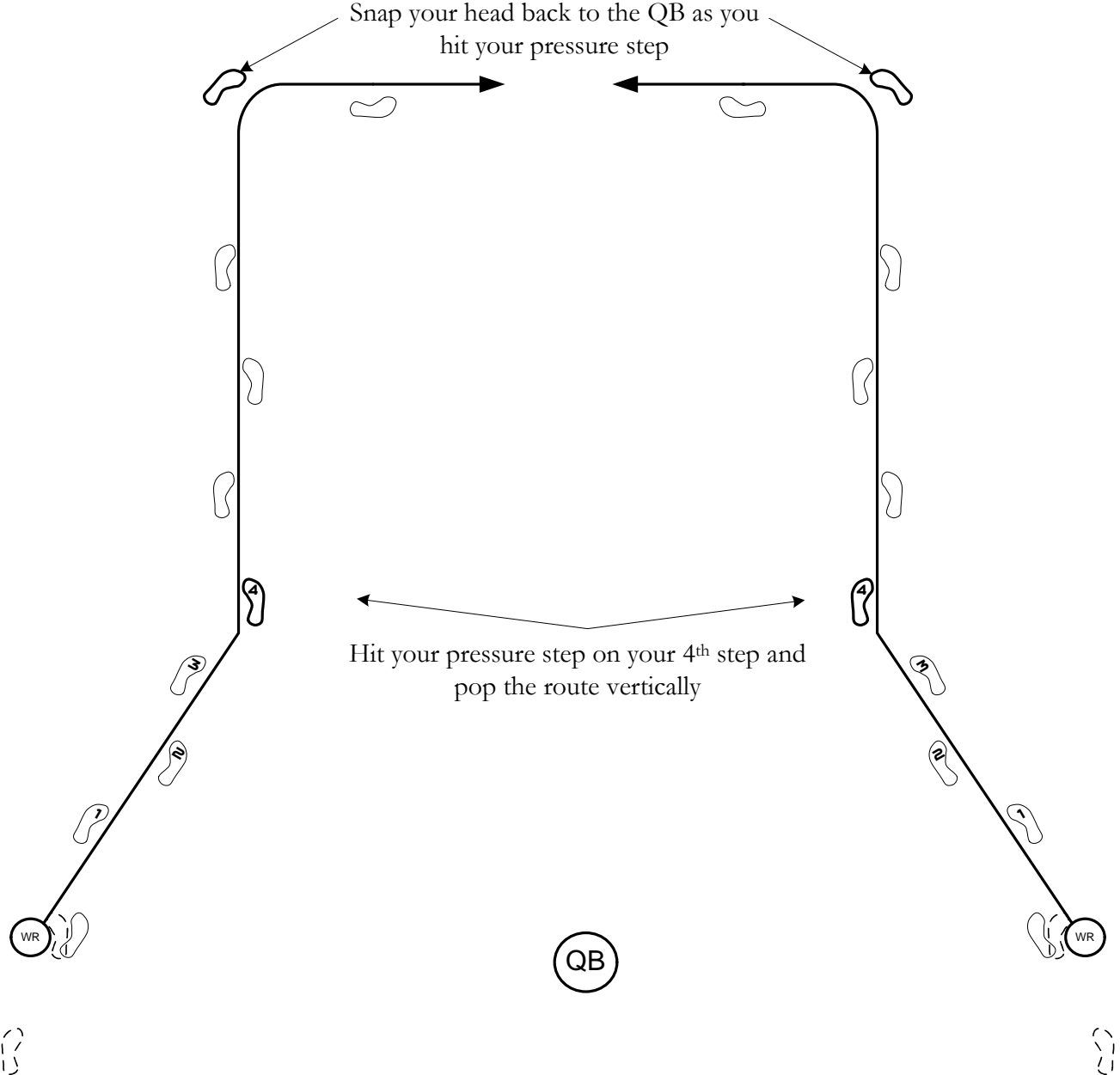
14-yard Depth



**6-route (Single-side Receiver)
Dig Route**

±15-yard Depth

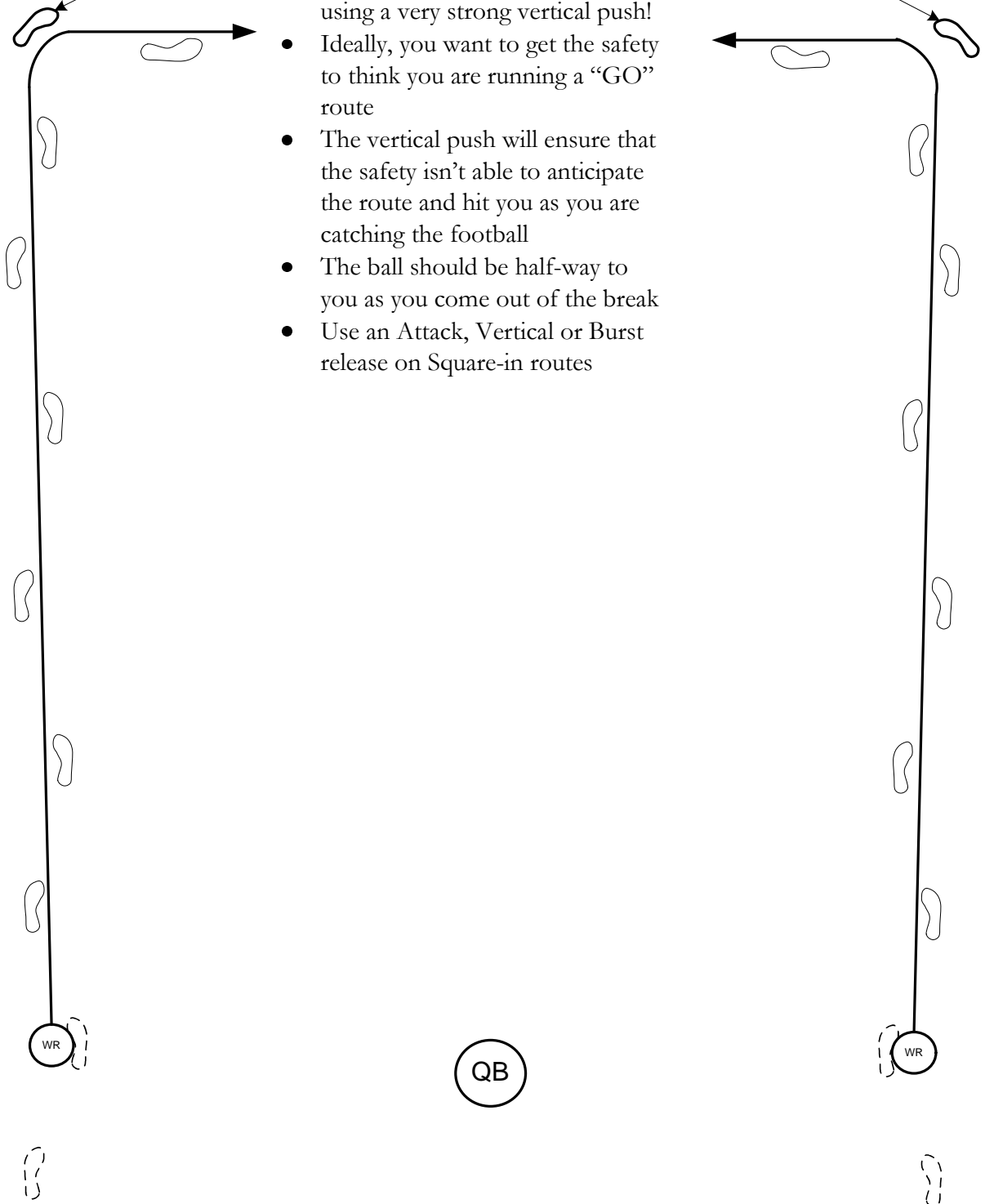
Hit your pressure step at depth.
Your stride should get longer when
you hit the pressure step.
Snap your head back to the QB as you
hit your pressure step



6-route (Two-receiver Side) Square-in Route

Hit your pressure step at depth.
Your stride should get longer when
you hit the pressure step.
Snap your head back to the QB as you
hit your pressure step

- The best way to run this route is using a very strong vertical push!
- Ideally, you want to get the safety to think you are running a "GO" route
- The vertical push will ensure that the safety isn't able to anticipate the route and hit you as you are catching the football
- The ball should be half-way to you as you come out of the break
- Use an Attack, Vertical or Burst release on Square-in routes

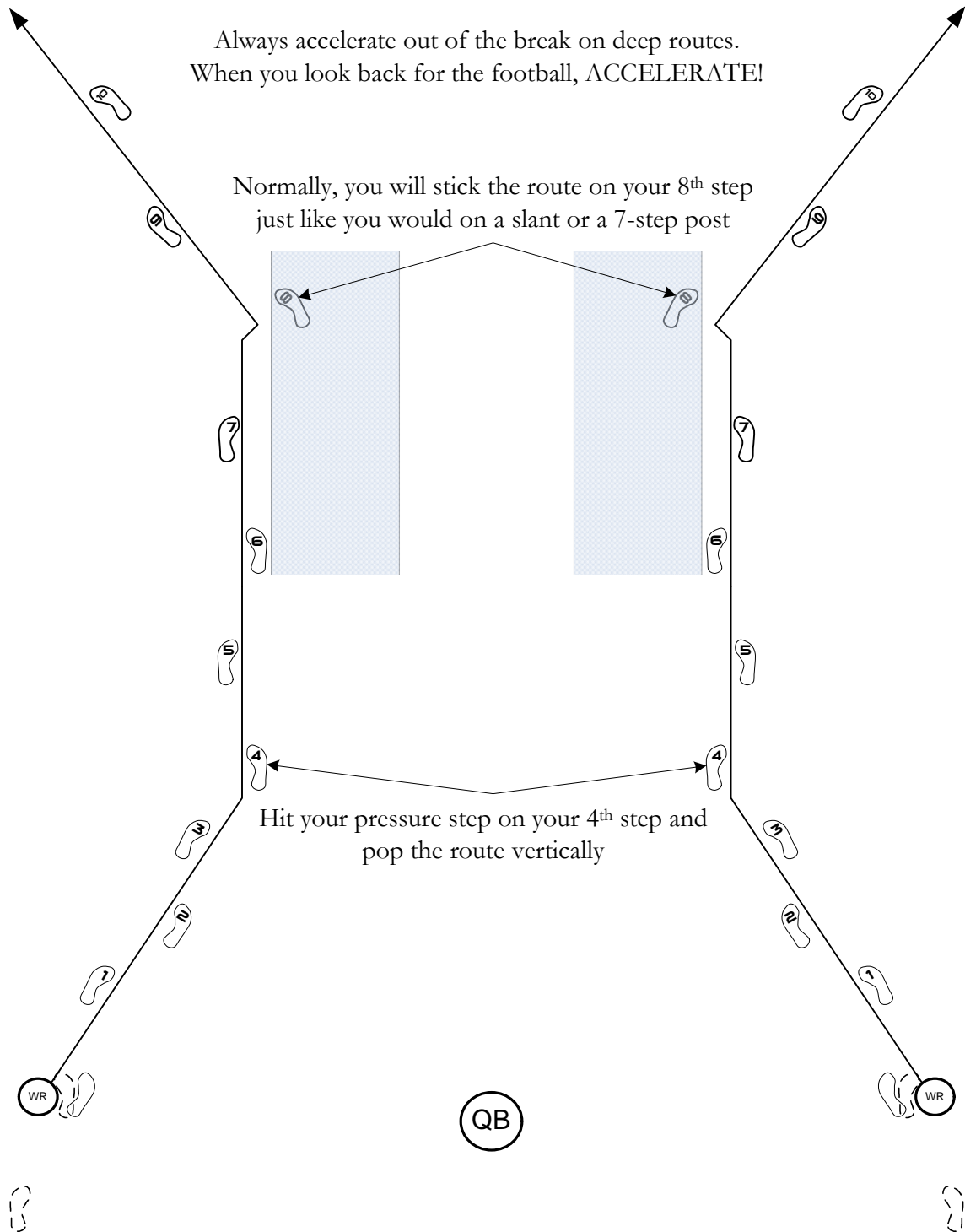


7-route Post-corner

±11-yard Depth

Always accelerate out of the break on deep routes.
When you look back for the football, ACCELERATE!

Normally, you will stick the route on your 8th step
just like you would on a slant or a 7-step post



Hit your pressure step on your 4th step and
pop the route vertically

8-route (7-step Post)

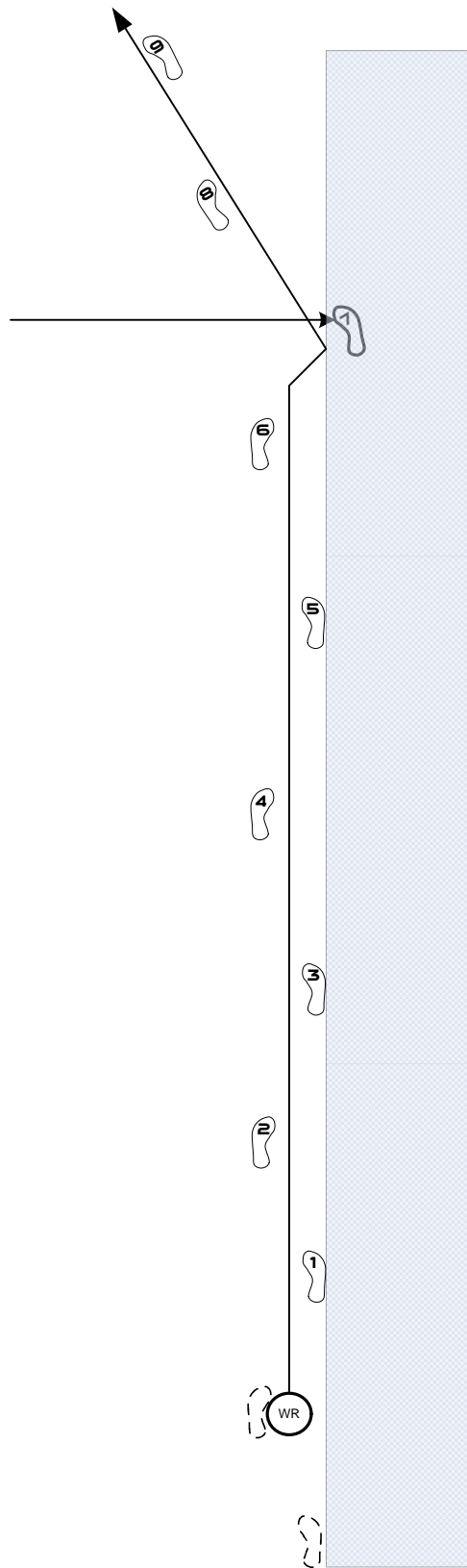
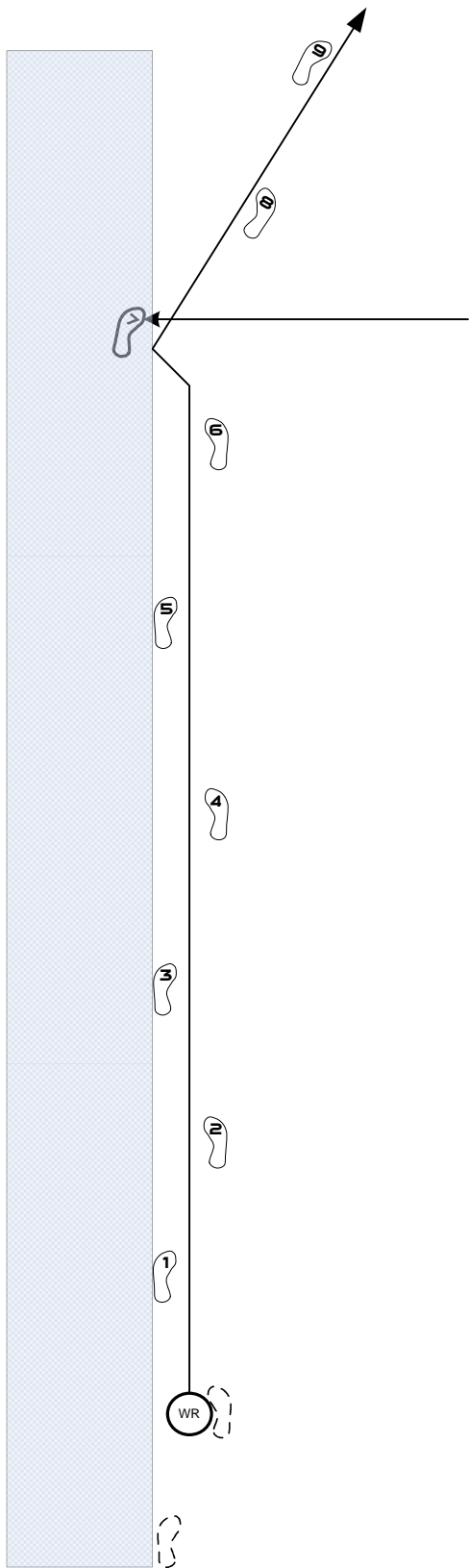
As you make your break you need to
ACCELERATE out of the break

±14-yard Depth

Stick the route on your 7th step as
you cross an imaginary line just to
the outside of your route's path.

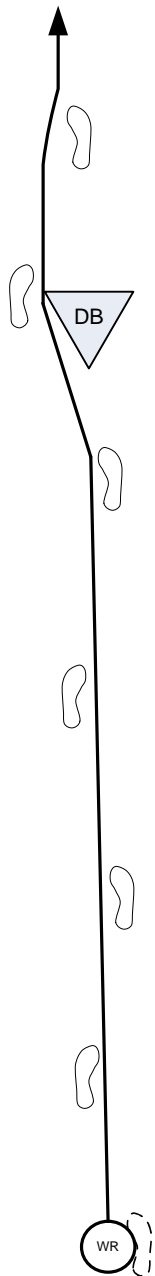
Use a "pressure-step!"

Accelerate throughout the route!

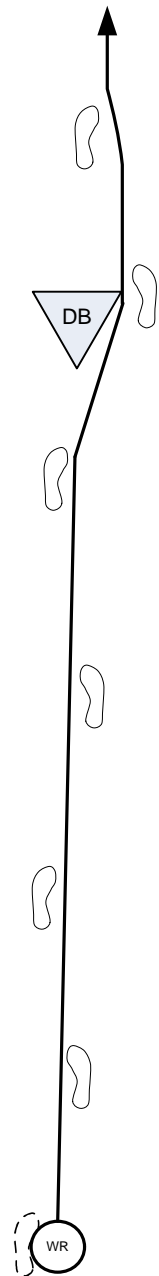


9-route Go Route

- You want to attack the defender and run right at him keeping him in his backpedal with his shoulders square to you
- Aim for a spot right between his eyes and DO NOT pick a shoulder
- When you get within striking distance, get around him as quickly and efficiently as possible
- Anticipate that he will grab you and knock his hands away
- Get back on top of the defender
- As you look back for the football, make a conscious effort to ACCELERATE! We do this because it is more natural to slow down as we look back, so we do everything we can to train ourselves mentally to accelerate.
- You should receive the football between 42 and 44-yards from the line of scrimmage, and no closer than 4-yards from the sideline (when possible).

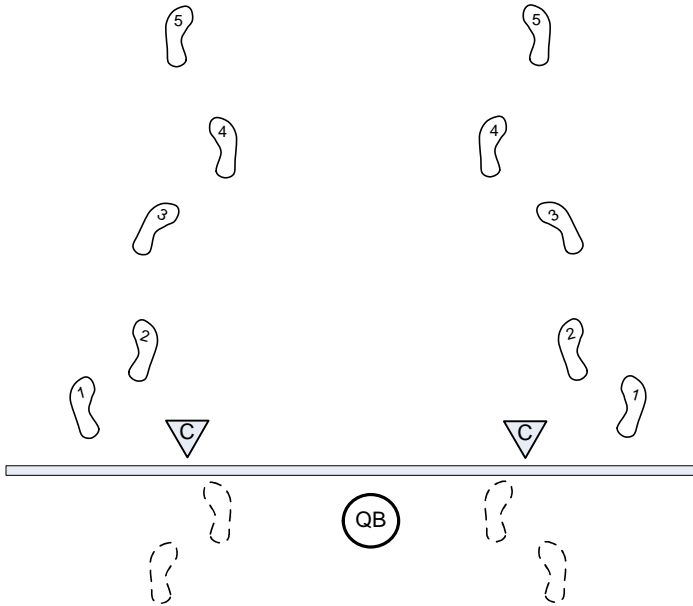


QB



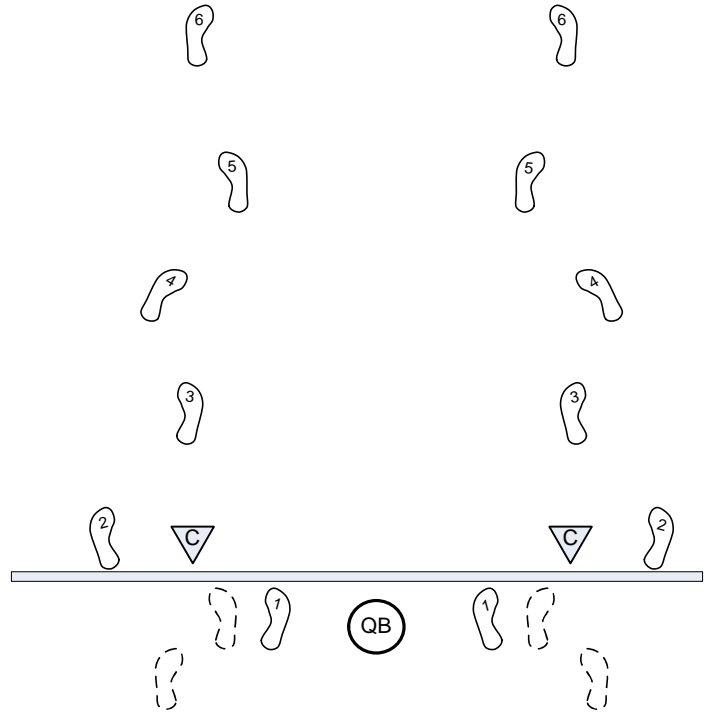
OUTSIDE SPEED RELEASE

- 1) Get outside angle right now
- 2) Knock down defender's hands right now
- 3) Use flipper to defend against the hold
- 4) *Extremely important* to get back on top as soon as possible
- 5) Run with high knees so you won't trip



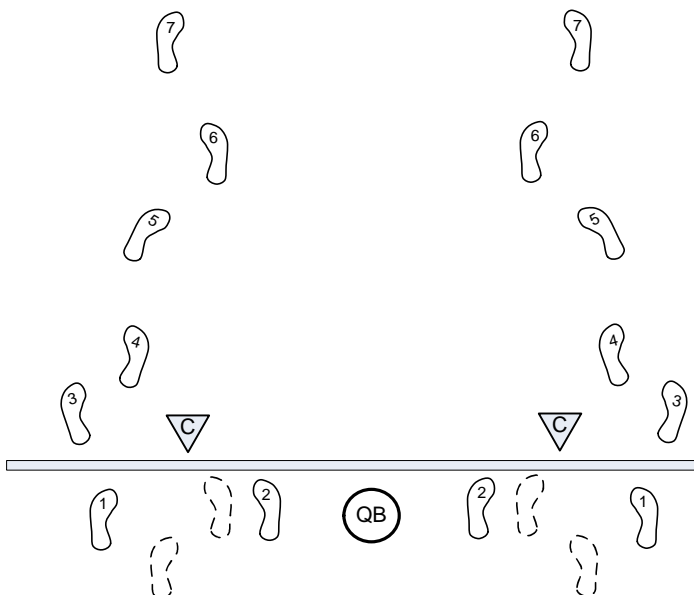
OUTSIDE SINGLE-STEP RELEASE

- 1) Take a single jab-step to the inside behind the LOS
- 2) 2nd step should be vertically up the field
- 3) Knock down defender's hands right now
- 4) Use flipper to defend against the hold
- 5) *Extremely important* to get back on top as soon as possible
- 6) Run with high knees so you won't trip



OUTSIDE DOUBLE-STEP RELEASE

- 1) Take a short "punch-step" with your outside foot keeping it behind the LOS
- 2) Then take another short "punch-step" with the inside foot keeping it behind the LOS as well
- 3) 3rd step should be vertically up the field
- 3) Knock down defender's hands right now
- 4) Use flipper to defend against the hold
- 5) *Extremely important* to get back on top as soon as possible
- 6) Run with high knees so you won't trip



Slant route versus a bump defender taking away your inside

Background:

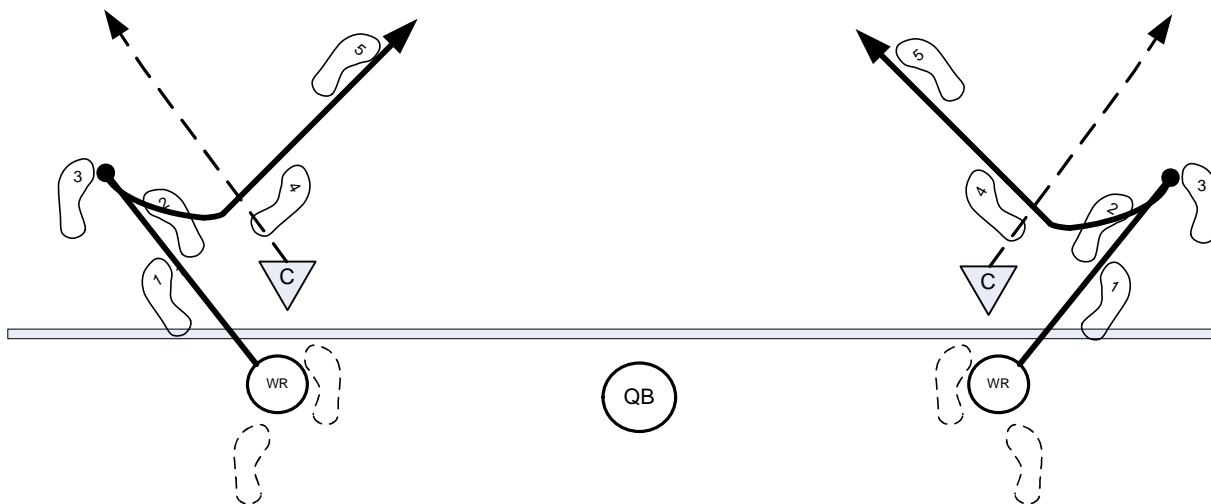
Near the goal line many teams today use a bump and run technique on the wide receivers. Some will line really inside of you taking away your inside release. They do this when they have NO HELP at all inside because the safeties and the linebackers are crowding the LOS to prevent the running play from beating them across the goal line. They now use the sideline and the back of the end zone as extra defenders. In other words, they limit the routes they have to defend – you can't go deep really, and you can only go so far outside before you run out of football field. We will use this defensive strategy to our advantage. Our X receiver has to have a way to beat this type of coverage because he is the one on the short side of the field when we are on the hash mark (about 60% of the time).

During practice in this type of coverage, the primary route that the cornerback will defend is the fade route. If you use a speed release outside, the defender will quickly get to full speed running with you in order to be in a position to knock down the pass. The normal receiver will never be able to get inside the defender because there is no way to get inside quickly off the line of scrimmage when, at the snap of the ball, the defender quickly turns his back to the QB cutting off any angle to the inside.

The technique we will be using is our "Top Gun" release move – which works extremely well when the receiver is quick and patient. What we will do is use our speed release at a flatter angle to get the defender to be more aggressive running with us – he does not want to get beat to the outside fade area. Running the fade flatter makes the defender over-compensate to catch the receiver. The receiver will explode off the line and take three quick steps towards the fade area while staying low. The receiver will plant on his third step (pressure-step) allowing the defender to pass by. The receiver now knocks the defender's hands away as he tries to grab (they have to or they will get spun around and loose you). Now get inside and come up field at an angle and catch the touchdown!

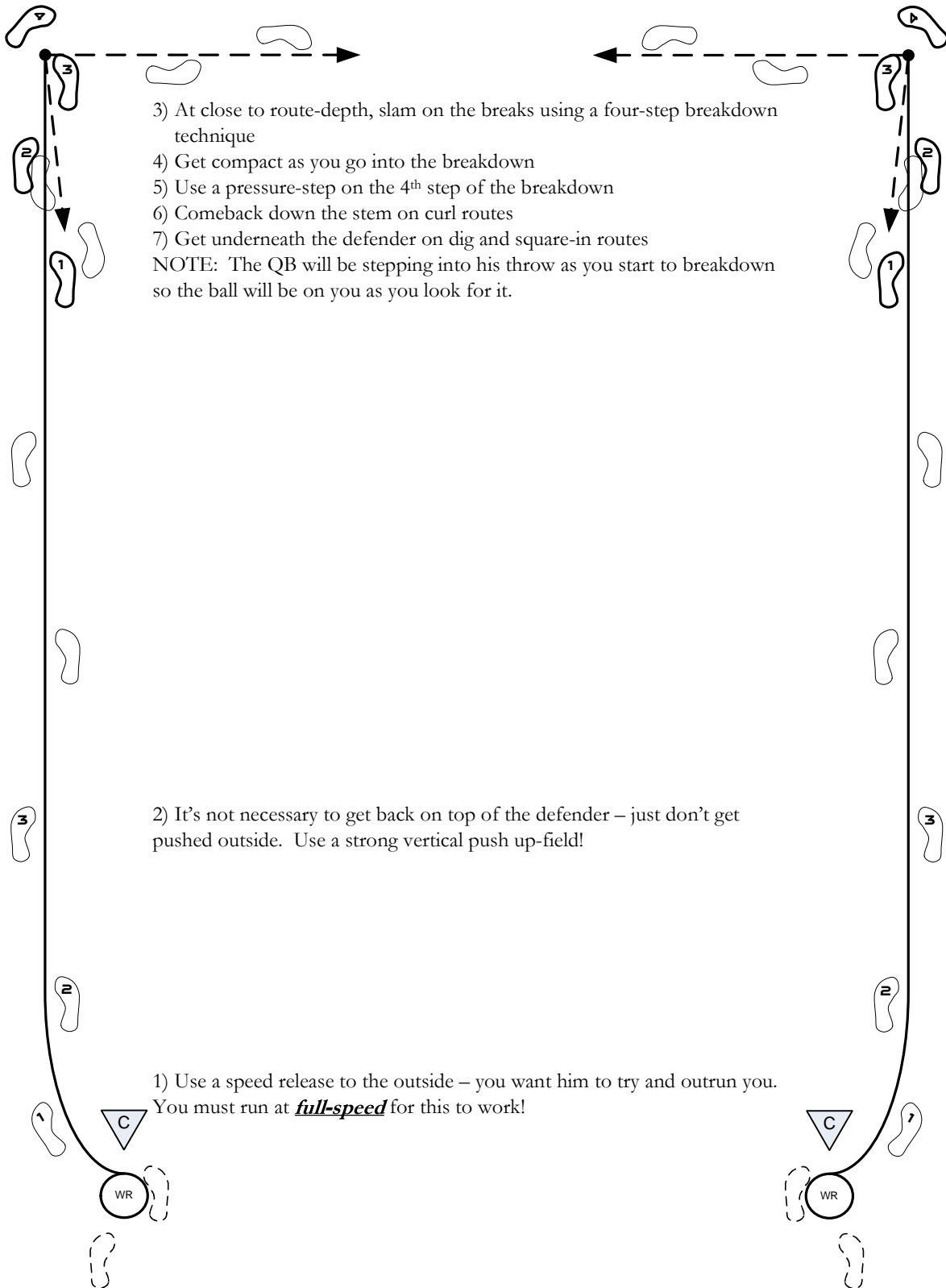
Slant-route with "Top Gun" Release

- 1) Get outside angle right now – make it slightly flatter than you normally would to get the DB to chase you,
- 2) Take three quick steps while driving downfield and staying low,
- 3) On your 3rd step (pressure-step) plant and allow the defender to go by,
- 4) Come underneath him and push diagonally down field and catch the football,
- 5) Run with high knees so you won't get tripped up by the defender.



Top Gun

The Top Gun move is one of the staples of this offense. It works at every level of football even though you will probably only see it use at the NFL level. Get really good at this and it will open up many other routes for you.



RECEIVER CHECKLIST ESSENTIALS

PHASE I – STRETCH, RUNNING FORM & STARTS

- Polymeric Stretch Routine**
Stretch core for flexibility, stability and strength
- Form Running**
High knees prevents being tackled from behind
- Starts**
Eliminate all false stepping and repositioning of body at snap

Other Running Drills

1. High Knees Drill
2. Pump Arms @ 90 Degrees Drill
3. Body Lead Drill
4. Strider Drills (Build up the straight -- walk the curves)
5. Ten-yard sprint drill (1.55 or less)
6. Deep Ball Transition Drill
7. Bounding Drill
8. Lunge Drill
9. Forty-Yard Dash Start Drill
10. Stadium Stair Drill

PHASE II – RELEASES

- Stick Drill**
Help hold and turn defenders – teach “stick” – use sideline
- Seam Drill**
Reposition foot – “pop” route – helps turn a defender trying to over correct – use yard lines
- Burst Drill**
Good release angle – “pop” route – helps turn a defender trying to over correct – use yard lines
- Vertical Release**
Use time for 10-yards – 1.7
- Attack Release**
Time for 15-yards – 2.3 – run right at target
- Seam Release**
Time for 10-yards – make sure there is great pop and proper foot-angle
- Burst Release**
Time for 10-yards – make sure there is great pop and proper foot-angle
- Play-action Release**
Go Route versus pushing 5 more yards downfield

Other Release Drills

1. Bubble Screen Release Drill
2. WR Screen Drill
3. Drag / Crack Release Drill

PHASE III – BREAKS

- Speed Cut**
Start with angle – bob head on break – the go vertical – do same procedure with 12-speed out
- Breakdown Cut**
Breakdown with inside foot to keep shoulders vertical – get compact – run curl and time for 5-yards then run comeback and time for 8-yards

Other Break Improvement Drills

1. Last five-yards of comeback / curl drill
2. Pressure-step Drill
3. Stutter-step Drill
4. Crossing Break Drill
5. Top Of The Route Single Move Drill
6. Top Of The Route Double Move Drill
7. Bounding Side to Side Drill

PHASE IV – RUN ROUTE TREE

- Focus on depth and technique – don't worry about catching the football here
- Stick Work On Sideline
- Pop Work Between Yard Lines
- Hitch & Quick out
Both 4-steps
- Slant 3-step
Use sideline & “stick”
- Speed-out & Curl
Both 6-steps
- Comeback & Post (stick)
Both 7-steps
- Dig & Post Corner (stick)
Both off of seam release
- Go & Square-in
Both off attack releases
- Spot & Smash & Juke
Use same release angle
- Drag
Also used with rub

Other Route Drills

1. Accelerate For Deep Ball Drill
2. Accelerate Out Of Break Drill
3. Serpentine Drill
4. Tip Toe Mid-break Drill
5. Scramble Drill

PHASE V – CATCHING THE FOOTBALL

- Reach out for every pass (don't worry about drops)
Get them in the habit of good technique
- 1-hand drill – focus on soft fingers
Never do in game – this teaches focus and using fingertips
- Jump to Catch Ball at Highest Point
Have someone run next to them – receiver jumps up and catches ball at highest point
- Run at Football – catch it in front and hold it
- Come down hill on in-routes
- Catch ball around goal posts
- Catch football directly overhead
- Wrong shoulder drill
- Sideline tap drill

Other Catching Drills

1. Run At QB Drill (high)
2. Run At QB Drill (low)
3. Over The Shoulder Drill
4. Wall bounce
5. Hot Potato
6. Spin Around And Catch The Ball Drill
7. Wrong Shoulder Drill
8. Swing Drill
9. Fade Throw Behind Drill
10. Distraction Drill
11. One Hand Face To Face Drill
12. One Hand Fade Drill
13. Crossing Throw Behind Drill
14. Sideline Tip-toe Drill
15. Bad Ball Drill
16. Diving Catch Drill
17. Catch And Gauntlet Drill
18. Comeback To The Ball Drill

PHASE VI – BUMP & RUN MECHANICS

- Stance
- Speed Release
- One-step
- Double-step
- Get Back on Top
- Over-the-top routes
- Top Gun
- Top Gun Slant

Other Bump & Run Release Drills

1. Wrist slap Drill
2. Arm Through Drill
3. Swim Drill
4. Knock Hands Away Drill
5. Bull Release Drill

Other Bump & Run Route Drills

1. Lean and Separate Drill
2. Speed out Drill
3. Knock Hands Away While Running Drill
4. Punt Cover Vs Two Defenders Drill
5. Throw Behind The DB Drill

Motion Drills

1. Motion Across Drill
2. Shuffle Step Drill
3. Fake Motion Drill
4. First Five Yards at Snap Drill

Blocking Drills

1. Cut Block Drill
2. Stalk & Cut Drill
3. Stalk Block Drill
4. Crack Block Drill
5. Convoy Drill
6. Run-off Drill
7. Hook Drill
8. Break-down Drill

Quick Feet Drills

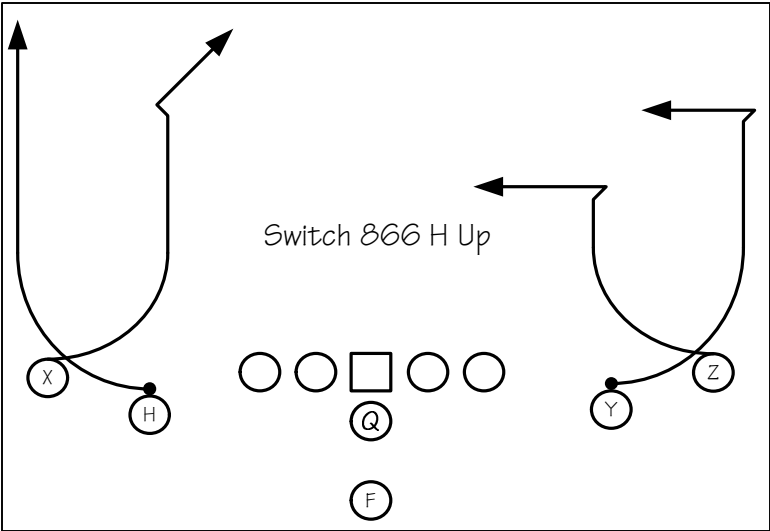
1. Lateral Over a Football
2. Stair Drill
3. Mirror Drill
4. Hop Side to Side Drill
5. Chatter Feet Drill

Run After The Catch Drill

1. Stick And Turn Out Drill
2. Run To Your Blocker Drill
3. Set Up Your Block Drill
4. Hop To Hand Drill
5. Hand And Spin Drill
6. Hit And Spin Drill
7. Bounce Outside Drill
8. Cut-up The Seam Drill
9. Catch and Go Vertical Drill
10. Spin Drill

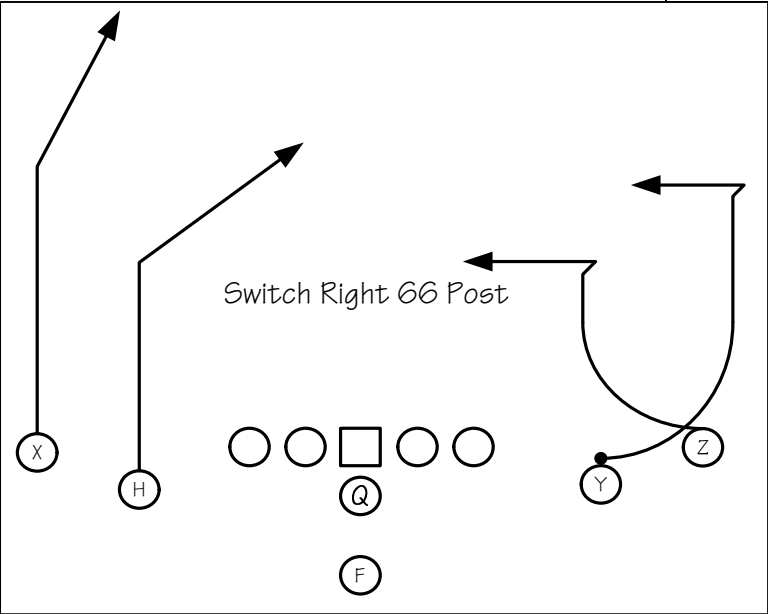
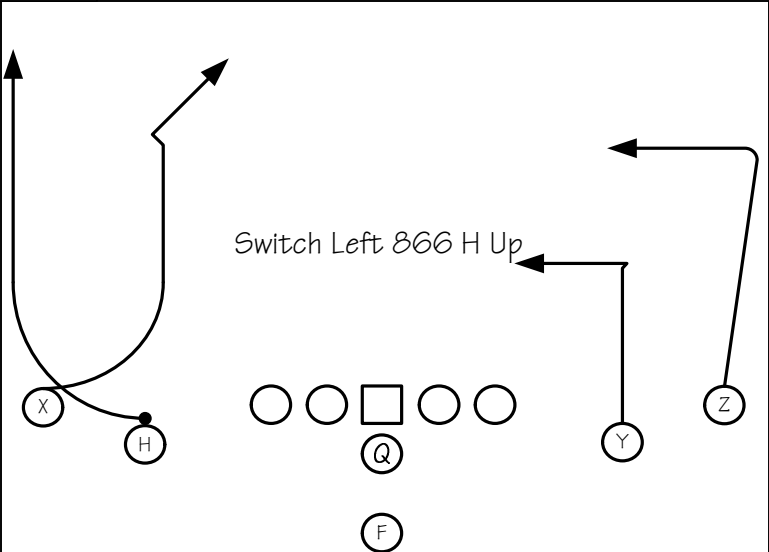
Switch Package

Switch Releases



Switch releases are used to confuse and /or take advantage of individual defenders and the leverage they use to attempt to cover our receivers. The outside and inside (slot) receivers have specific releases to take in each route.

If the play call is "Switch 866 H Up" for example, both sides will use switch releases. If the play call is "Switch Left 866 H Up" only the left side will use the switch release. If the play call is "Dallas Right Switch Right" only the Right side will use the switch release – the other side will have the called routes..

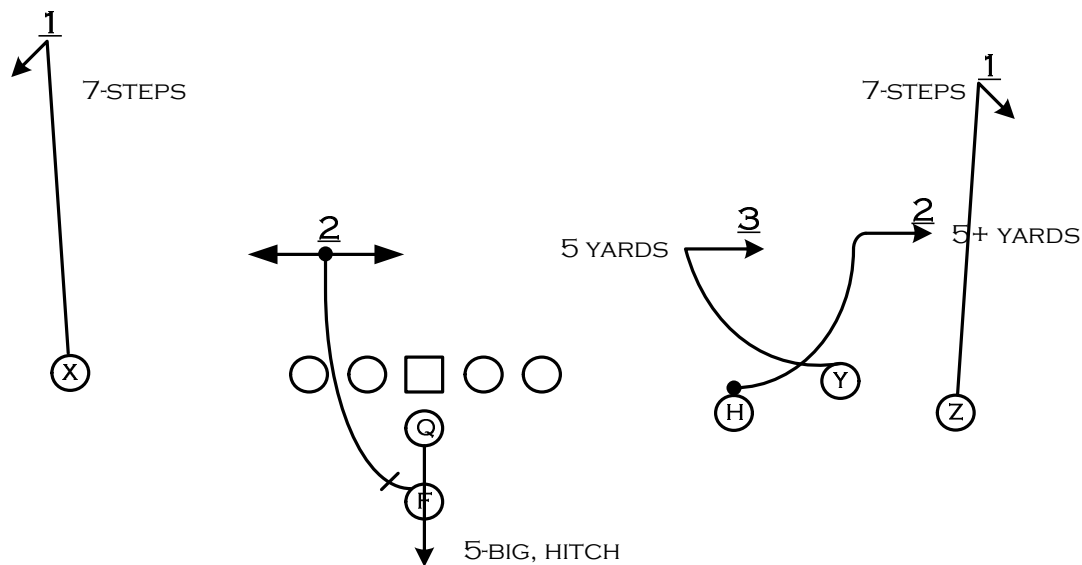


Switch Package

Switch Rules

If you are the outside receiver you are responsible for any blitzes / pressure coming from your side. Since you're negotiating your way through the defenders, its easy for your to peak at your quarterback if he needs to deliver you the ball quickly. If not, get back vertical into your route and run it correctly at the right depth. Inside receiver, you have to bow your release slightly to avoid collisions with a defender jamming the outside receiver. The quarterback may give you the ball just as you pass bye a collision because of the open field you will have in front of you.

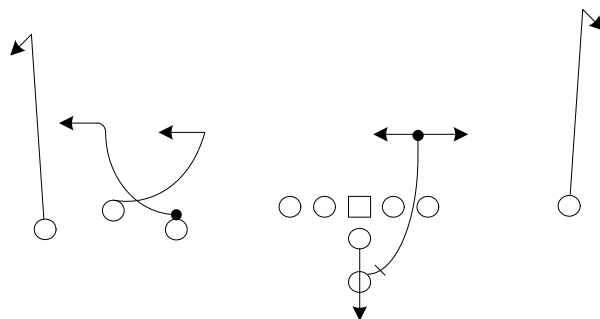
Press Right Horse 15 F Option Jack



FORMATION	DENVER
PLAY CALL	HORSE — 15
H ROUTE	SWITCH QK SPEED-OUT
F ROUTE	CHECK OPTION
PROTECTION	JACK

Very easy strongside read for the QB -- he'll see it before he hits his last step in the drop. If he has a great match-up on the weakside, go for the X

Press Left Horse 15 F Option Jack



QB: 5-big, hitch. Go Z to H to Y. Quickside only when you know you have the X.

X: Slightly tighter split, but not so much the C plays outside you. Run 7-step Comeback (5).

Z: Slightly tighter split, but not so much the C plays outside you. Run 7-step Comeback (5).

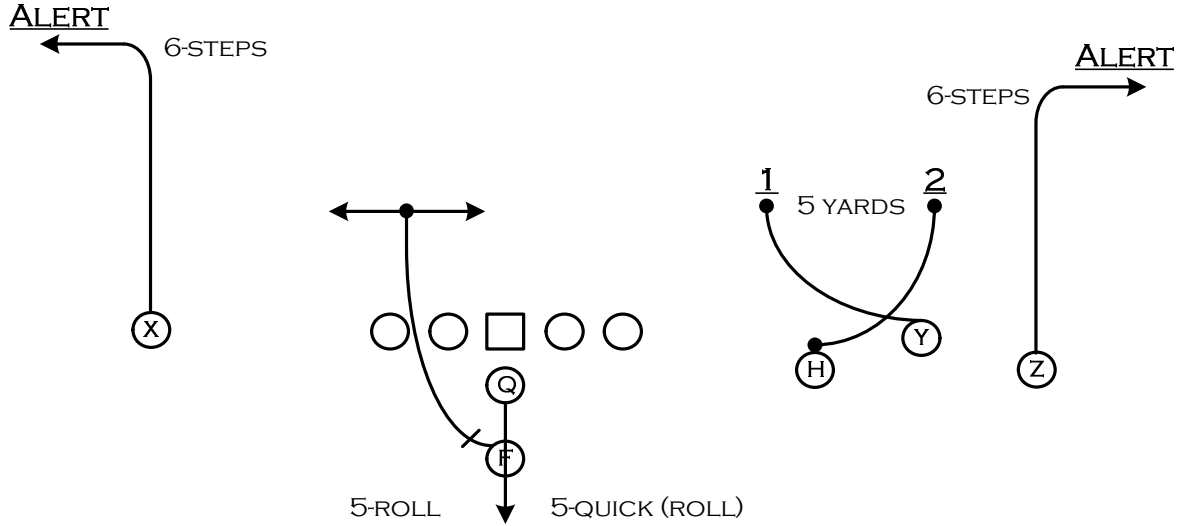
Y: Switch (Horse) quick out route at 5-yards or 1st down marker.

H: Switch (Horse) quick out route at 5-yards or 1st down marker.

F: Check Option Route

Protection: Jack – listen for specific call

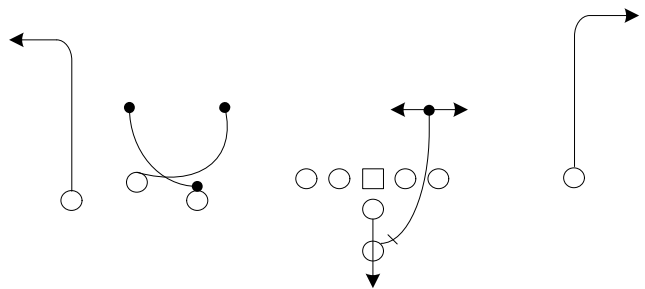
Press Right Horse Spot · 3 F Option Jack



FORMATION	DENVER
PLAY CALL	HORSE — SPOT 3
H ROUTE	SWITCH SPOT
F ROUTE	CHECK OPTION
PROTECTION	JACK

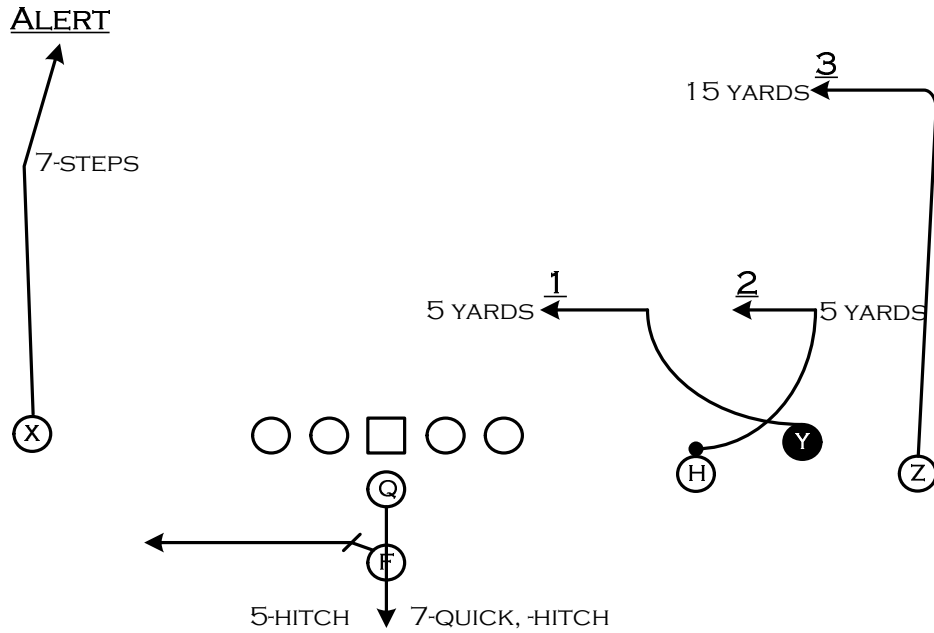
Good 3 and 4 to 5 play. If they play off one of your outside receivers, give him the ball. If they play press, go to your spot routes and make sure your receivers get to first down depth.

Press Left Horse Spot 3 F Option Jack



- QB: If you have one of the outside receivers, take him. Otherwise you are reading your switch (hay) spot routes inside out.
- X: Slightly tighter split, but not so much the C plays outside you. Run 6-step speed-out. Convert to fade versus Kick.
- Z: Slightly tighter split, but not so much the C plays outside you. Run 6-step speed-out. Convert to fade versus Kick.
- Y: Switch (Horse) spot route at 5-yards or 1st down marker.
- H: Switch (Horse) spot route at 5-yards or 1st down marker.
- F: Check Option Route
- Protection: Jack – listen for specific call

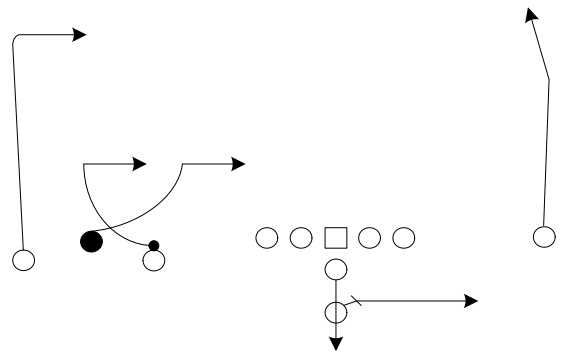
Press Right Horse 826 H Chase Jack



FORMATION	PRESS
PLAY CALL	826 H CHASE
H ROUTE	SWITCH DRAG
F ROUTE	CHECK SWING
PROTECTION	JACK

Very easy strongside read for the QB -- he'll see it before he hits his last step in the drop. If he has a great match-up on the weakside, go for the X. Good rhythm play for the QB.

Press Left Horse 826 H Chase Jack



QB: 7-quick hitch - don't be afraid to let the ball go early if it's there. Go Y to H to Z. Y is hot.

X: Normal split.

Z: Wider split – run 15 yard square-in route (6).

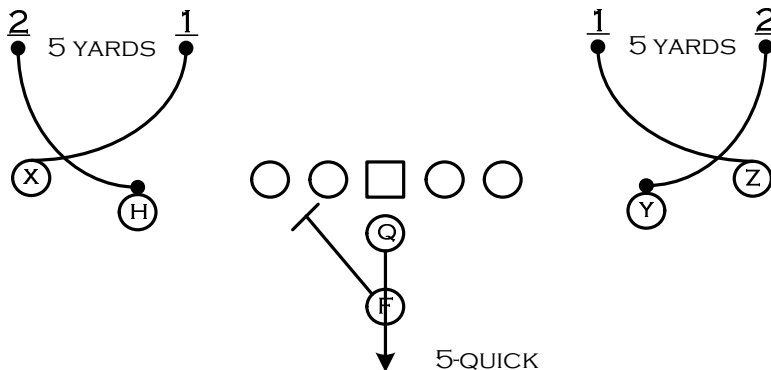
Y: Switch (Horse) run Drag route (non-quick 2). You are always hot on Hay Switch passes.

H: Switch (Horse) run Chase route at 5 yards.

F: Check Swing route

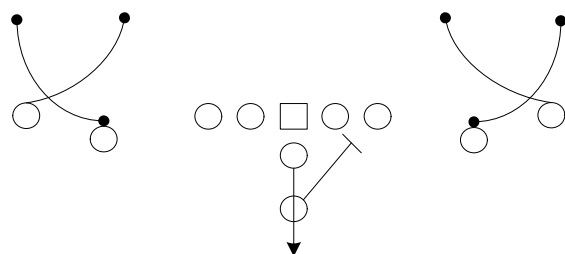
Protection: Jack – listen for specific call

Dallas Right Switch Quick All Spot Jack



FORMATION	DALLAS, DENVER
PLAY CALL	SWITCH QUICK ALL SPOT
H ROUTE	SWITCH SPOT
F ROUTE	QUICK PASS PROTECT
PROTECTION	QUICK • JACK

Dallas Left Switch Quick All Spot Jack



Great rhythm play for the quarterback. Use motion, shifting, anything you want for this play. You will have guys wide open – just make sure the QB gets rid of the ball before the break of the receiver. Run under center (UC) or out of gun.

QB: 5-quick (UC) 3-quick (Gun). Always read inside out because the inside will open before the outside route will.

X: Switch Spot – get to 5 yards depth

Z: Switch Spot – get to 5 yards depth

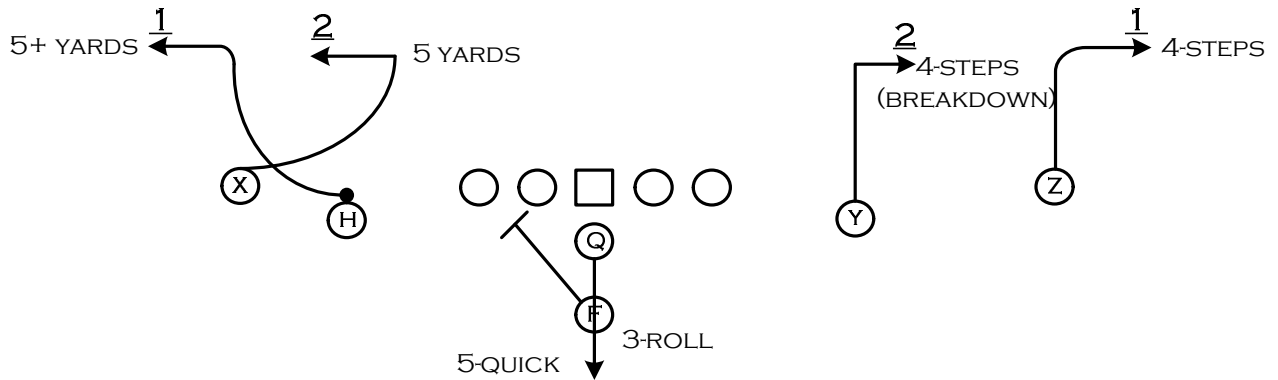
Y: Switch Spot – get to 5 yards depth

H: Switch Spot – get to 5 yards depth

F: Quick pass protect. Get the defender's hands down.

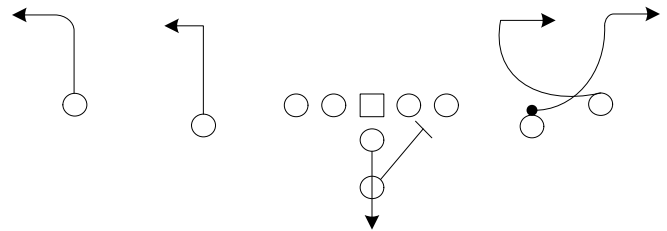
Protection: Quick • Jack – listen for specific call

Dallas Right Switch Left Quick 11 Jack



FORMATION	DALLAS
PLAY CALL	SWITCH RIGHT QUICK 1 1
H ROUTE	SWITCH SPEED-OUT (1)
F ROUTE	QUICK PASS PROTECT
PROTECTION	QUICK • JACK

Dallas Left Switch Right Quick 11 Jack



Man or roll go to the switch side, and off go to the regular side. Easy pitch and catch throw. Make sure of great spacing with this pattern.

QB: 5-quick roll to the switch-side, 3-roll to the regular side. Press man or kick go switch, off man go deep zone go regular side. You read outside in because the outside routes will break first.

X: Switch breakdown quick out (1) Get to 5 yards minimum

Z: Quick speed-out (1) four-steps

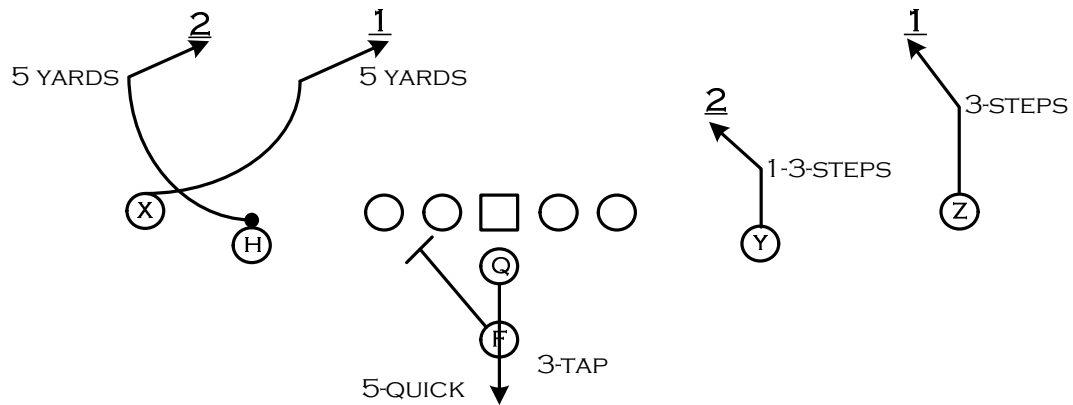
Y: Breakdown quick out (1) four-steps

H: Switch quick speed-out (1) get to 5 yards depth and make sure you have a good vertical push in your route.

F: Quick pass protect. Get the defender's hands down.

Protection: Quick • Jack – listen for specific call

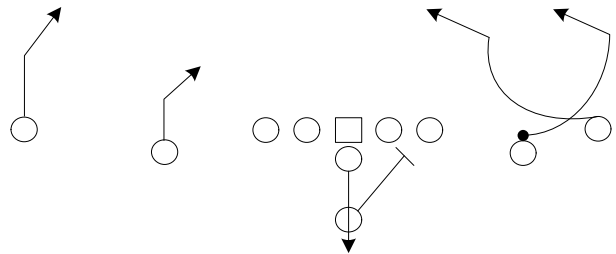
Dallas Right Switch Left Quick 22 Jack



FORMATION	DALLAS
PLAY CALL	SWITCH RIGHT QUICK 22
H ROUTE	SWITCH SPEED-OUT (2)
F ROUTE	QUICK PASS PROTECT
PROTECTION	QUICK • JACK

Man or roll go to the switch side, and off go to the regular side.
Easy pitch and catch throw. Make sure of great spacing with this pattern.

Dallas Left Switch Right Quick 22 Jack



QB: 5-quick roll to the switch-side; read inside out because that is the timing that the routes will opening at. 3-roll to the regular side. 3-tap to the regular side because on double slants you always go outside in on the reads.

X: Switch Slant route at 5 yards.

Z: Quick Slant at 3-steps, and attack defender.

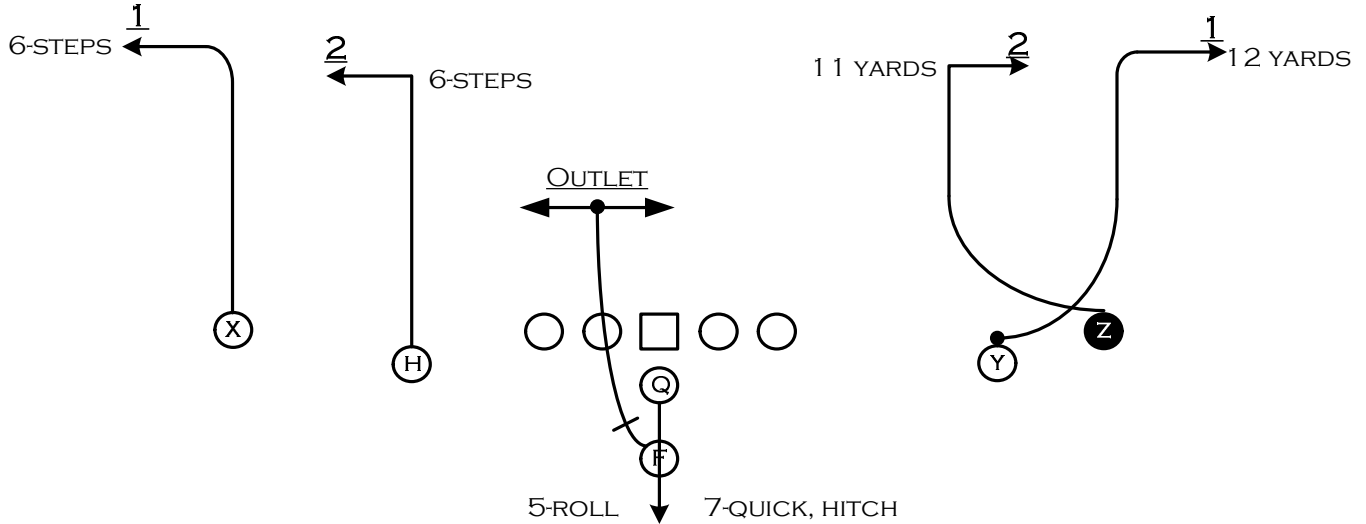
Y: Quick Slant – never go outside defender – run a drag if you have to because it opens the throwing lane for the Z.

H: Switch quick Slant (2) get to 5 yards depth and make sure you have a good vertical push in your route.

F: Quick pass protect. Get the defender's hands down.

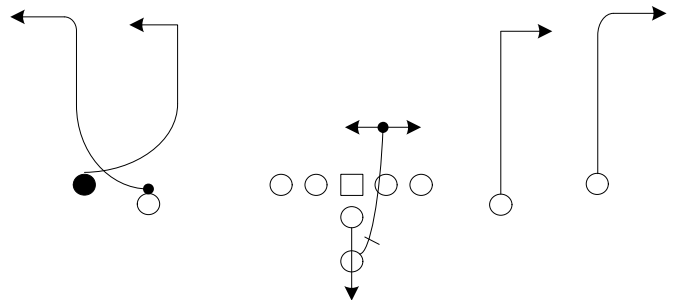
Protection: Quick • Jack – listen for specific call

Dallas Right Switch Right 33 F Choice Jack



FORMATION	DALLAS
PLAY CALL	SWITCH RIGHT 33
H ROUTE	BREAKDOWN OUT (3)
F ROUTE	CHECK CHOICE
PROTECTION	JACK

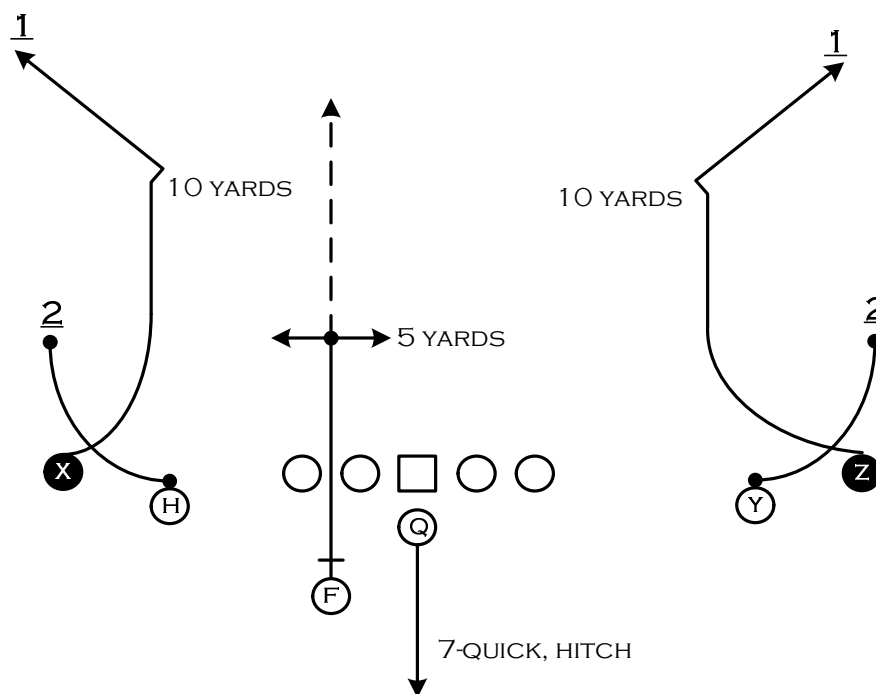
Dallas Left Switch Right Quick 11 Jack



Man or roll go to the switch side, and off go to the regular side. Easy pitch and catch throw. Make sure of great spacing with this pattern. Outside breaking switch routes are always hot because they can easily see blitz. Also, the X can also be a hot guy staying on his route. The ball should be gone before the blitz gets there.

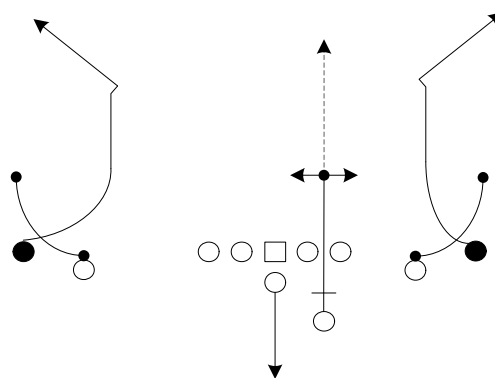
- QB: 5-quick roll to the switch-side to the regular side, go X to H. 7-qk, hitch, to the switch, work outside in because of how the routes will open up timing-wise. Remember, your outside switch routes are always hot.
- X: Normal to tighter split – run 6-step Speed-out (3). Fade versus “kick” corner.
- Z: Switch release 3 route using breakdown technique to create separation from Y. You are the HOT receiver because you are outside coming in, and it is easy for you to see the overloaded blitz.
- Y: Switch release 3 route using speed-out technique to create separation from Z
- H: Six-step breakdown (to create separation from X) 3 route.
- F: Check Choice Route
- Protection: Quick • Jack – listen for specific call

Dallas Right Switch Spot · 7 F Choice Jack



FORMATION	DALLAS
PLAY CALL	SWITCH SPOT – 7 F CHOICE
H ROUTE	SWITCH SPOT
F ROUTE	CHECK CHOICE
PROTECTION	JACK

Dallas Left Switch Spot · 7 F Choice Jack



Great cover two, quarters or man pass pattern. Later in the game if you have had success with this play, send the F on an Up. He will be wide open.

QB: 7-quick, hitch. Pick a side and read inside out. The wide side of the field is usually the best choice. All Switch passes have the outside receivers hot.

X: Wider split but don't be too far away from H. Run Switch Corner (7) and you are hot.

Z: Wider split but don't be too far away from Y. Run Switch Corner (7) and you are hot.

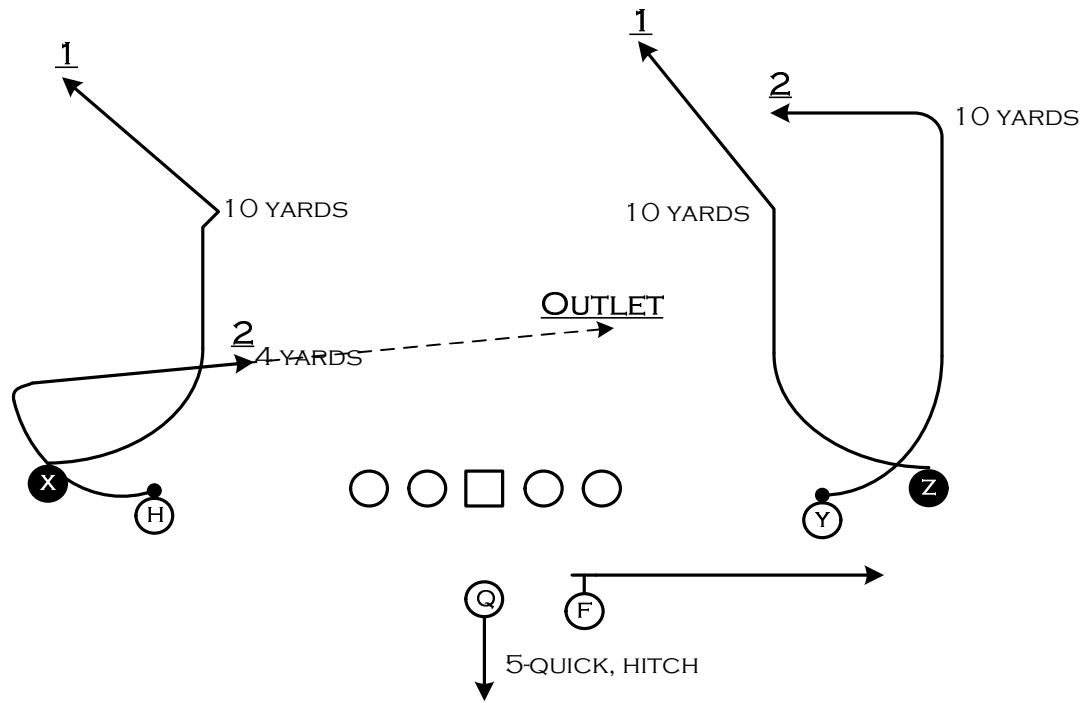
Y: Switch release Spot route at 5 yards.

H: Switch release Spot route at 5 yards.

F: Check Choice route. Tell coaching staff if you think you have an Up route open.

Protection: Jack – listen for specific call

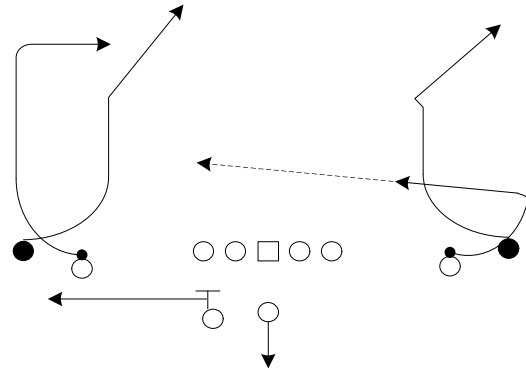
Dallas Right Switch 768 H Chase Queen



FORMATION	DALLAS
PLAY CALL	768 H CHASE
H ROUTE	SWITCH CHASE
F ROUTE	CHECK SWING
PROTECTION	QUEEN

Third and long when you expect a 3 or 4 man rush.

Dallas Left Switch 768 H Chase Queen



QB: Gun – go 5-quick, hitch and pick a side. If the rush comes, the contingency plan should be open.

X: Wider split but don't be too far away from H. Run Switch Corner (7) and you are hot.

Z: Wider split but don't be too far away from H. Run Switch Post (8) and you are hot.

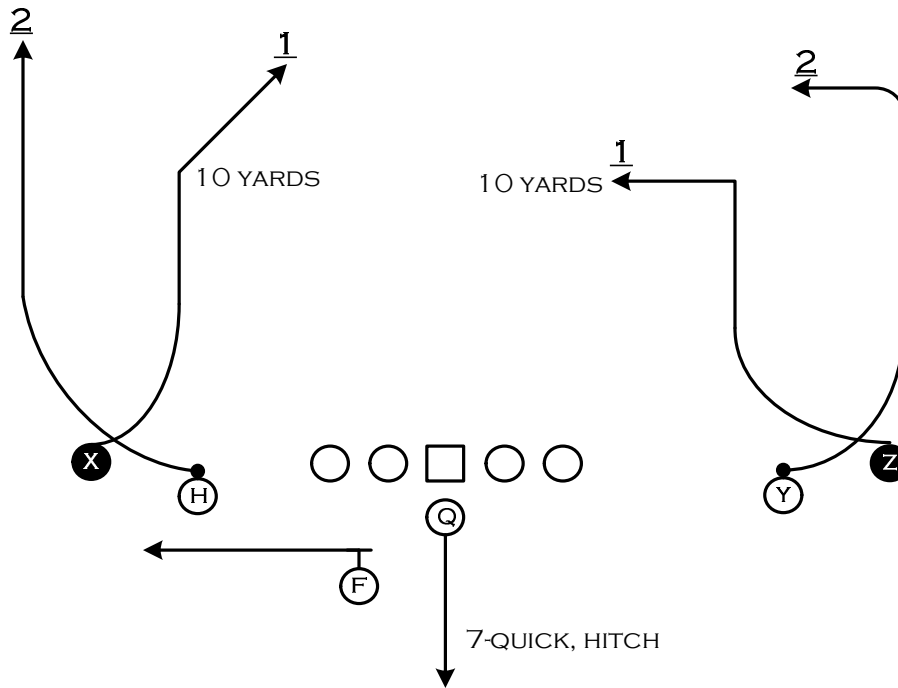
Y: Switch release Square-in route at 15 yards. Make sure you sell the Go route.

H: Switch release Chase route at 5 yards.

F: Check Swing route.

Protection: Queen – listen for specific call

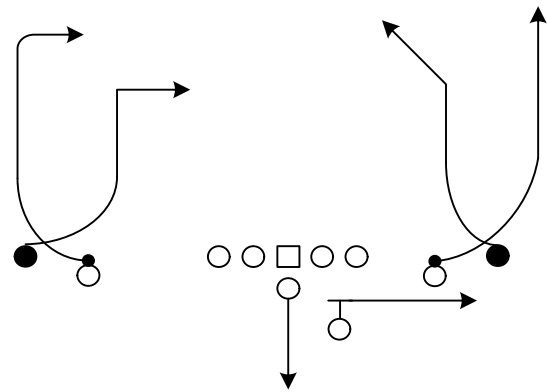
Dallas Right Switch 866 H Up Jack



FORMATION	DALLAS
PLAY CALL	SWITCH 866 H UP JACK
H ROUTE	SWITCH UP
F ROUTE	CHECK SWING
PROTECTION	JACK

Put the Post to the wide side of the field. The F running the Swing will make it easier for the X to get through traffic. Read inside-out on this play due to the timing of the receivers opening up. Remember that on all switch route, the outside receivers are naturally hot because they are looking inside on their releases.

Dallas Left Switch 866 H Up Jack



QB: 7-quick, hitch. Pick a side and read inside out. The wide side of the field is usually the best choice. All Switch passes have the outside receivers hot.

X: Wider split but don't be too far away from H. Run Switch Post (8) and you are hot.

Z: Switch release square-in route at 10 yards – you are hot.

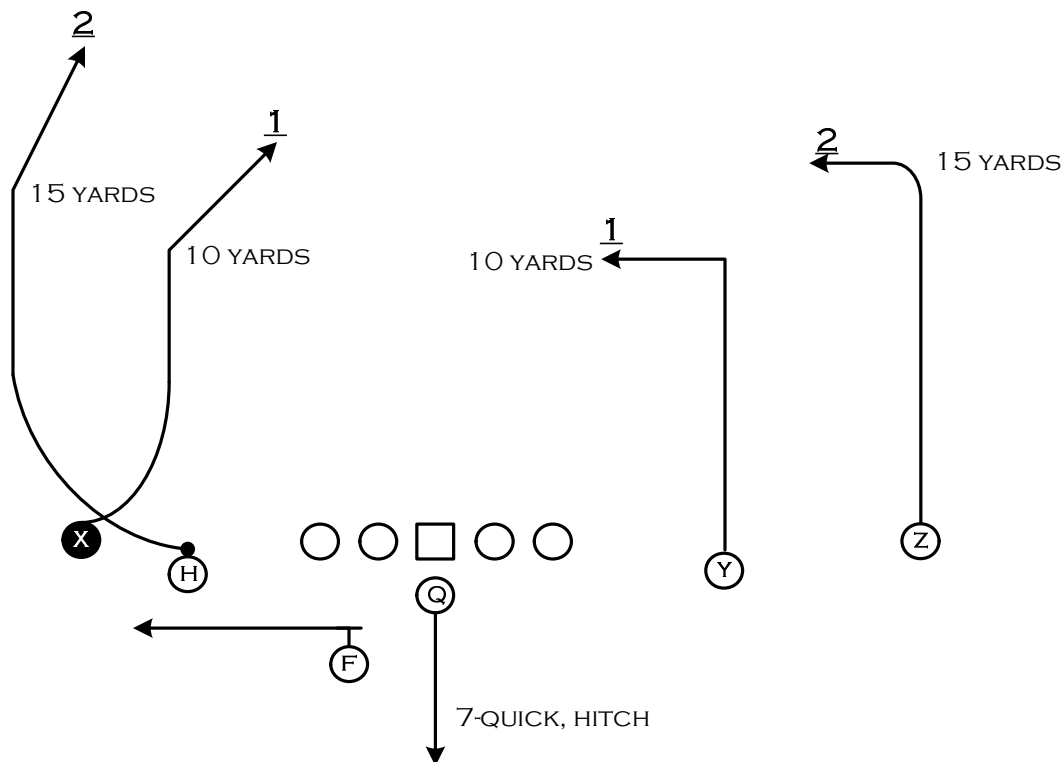
Y: Switch release square-in at 15 yards. You need great vertical push to sell the Go route.

H: Switch release Go route. Make sure you have great separation from X.

F: Check Swing Route

Protection: Jack – listen for specific call

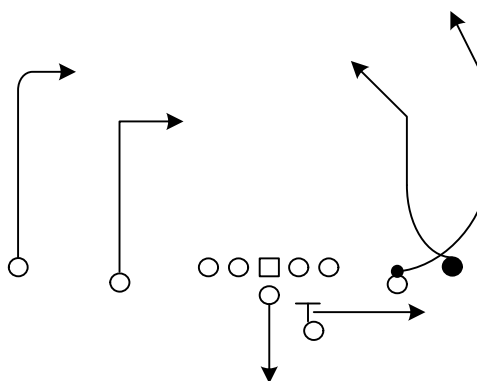
Dallas Right Switch Right 88 - Dig Jack



FORMATION	DALLAS
PLAY CALL	SWITCH RIGHT 88-DIG
H ROUTE	SWITCH POST
F ROUTE	CHECK SWING
PROTECTION	JACK

If they are playing bump, go to the switch side. If they are playing off, go to the vertical release side – generally speaking. You can also put the H in motion coming out of the backfield, or coming across the formation. Good man beater, but your QB has to get rid of the ball before the receiver makes his break!

Dallas Left Switch 88-Dig Jack



QB: 7-quick, hitch. Pick a side and read inside out. Versus Man go switch side; versus off, go vertical release side.

X: Wider split but don't be too far away from H. Run Switch Post (8) and you are hot.

Z: Run Square-in (6) route at 15 yards

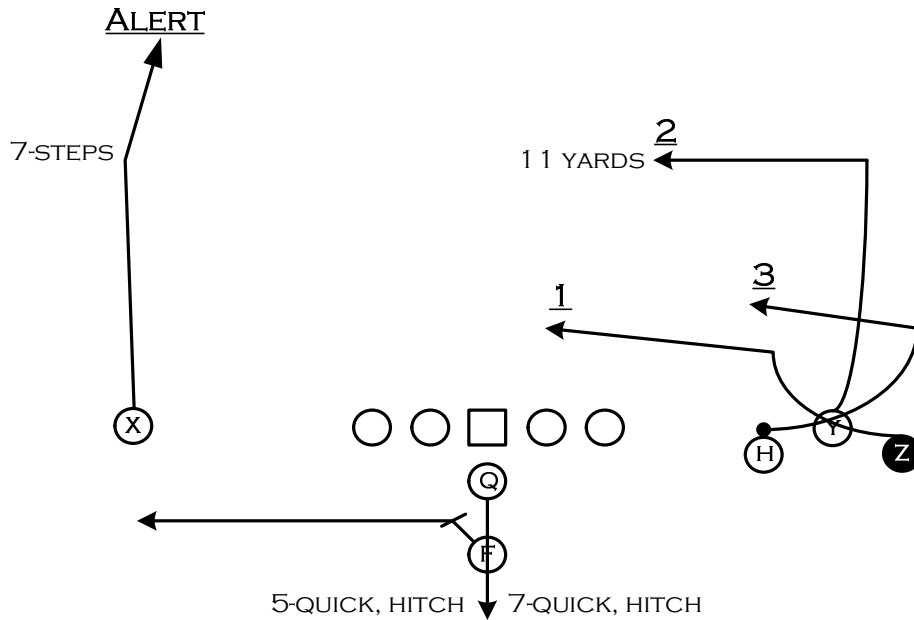
Y: Run Square-in at 10 yards. Avoid getting jammed by using strong vertical push.

H: Switch release Post route. Make sure you have great separation from X.

F: Check Swing Route

Protection: Jack – listen for specific call

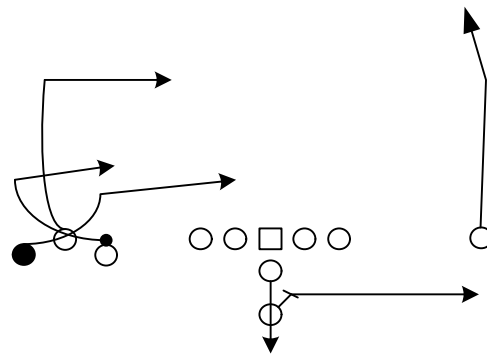
Press Right Haze 862 H Chase Jack



FORMATION	PRESS
PLAY CALL	HAZE 862 H CHASE
H ROUTE	SWITCH CHASE
F ROUTE	CHECK SWING
PROTECTION	JACK

A great 3rd and short play when you have to throw the ball. You can motion the H or better yet, motion the Z into the formation.

Press Left Haze 862 H Chase Jack



QB: 5-quick hitch if going to X based on corner leverage and safety. 7-quick, hitch to switch side. Go Z to Y to H and you have Z hot right now.

X: Normal to wider split – run 7-step Post (8).

Z: Switch release Drag (non-quick 2). You are the HOT receiver because you are outside coming in, and it is easy for you to see the overloaded blitz.

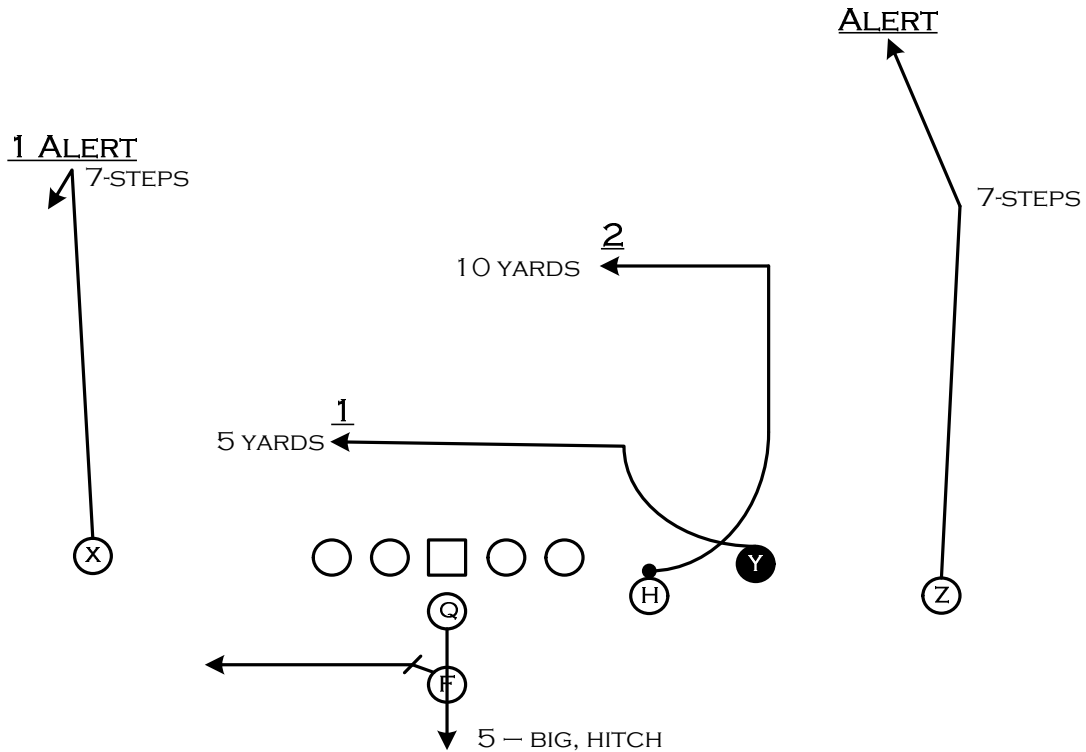
Y: Speed release square-in (6).

H: Switch Chase route.

F: Check Swing Route

Protection: Quick • Jack – listen for specific call

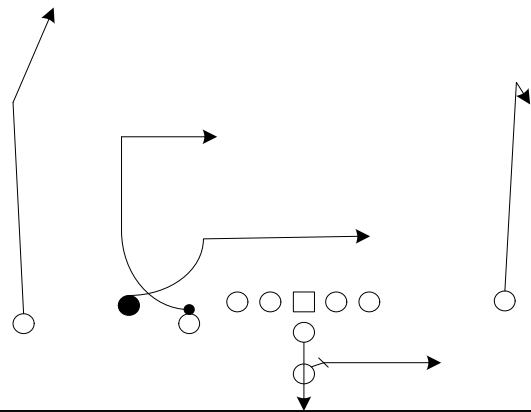
Trunk Right Horse 528 H Dig Jack



FORMATION	TRUNK
PLAY CALL	528 H DIG
H ROUTE	SWITCH DIG
F ROUTE	CHECK SWING
PROTECTION	JACK

Another easy read for the QB. If he has X, he takes him. If not, he goes through his Dig – Drag Read.

Trunk Left 528 H Dig Jack



QB: 5-big, hitch - don't be afraid to let the ball go early if it's there. Go to X if you have him. If not, go Y to H, but be alert for Z versus Quarters.

X: Normal split – run 7-step (14 yard) comeback route (5).

Z: Wider split – run 7-step Post route (8).

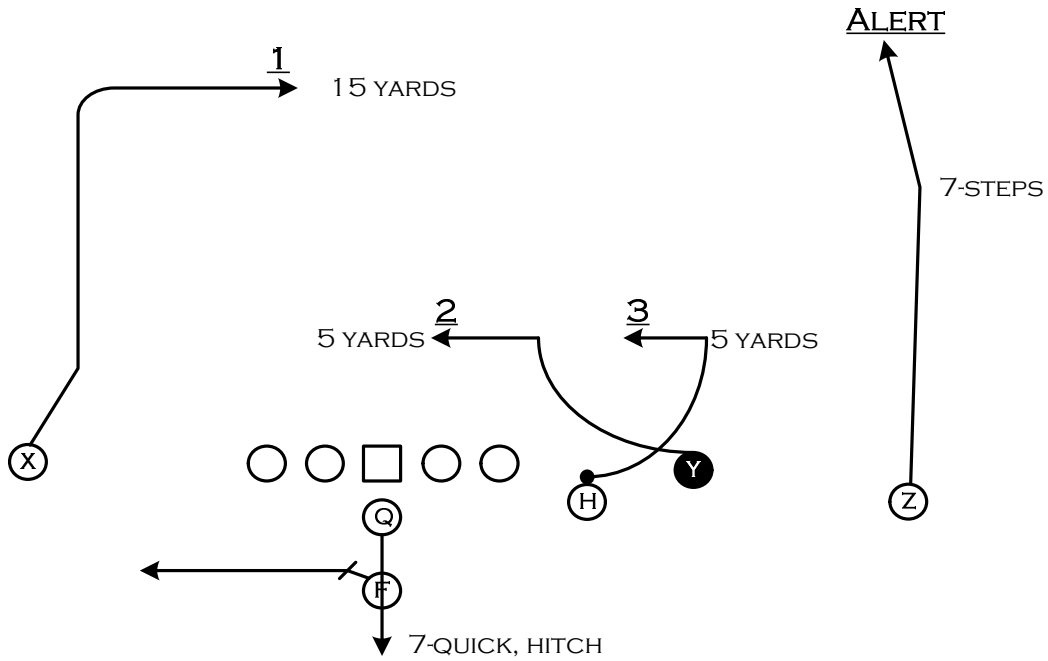
Y: Switch (Horse) run Drag route (2). You are always hot on Horse (Switch type) passes.

H: Switch (Horse) run Dig route at 10 yards.

F: Check Swing route

Protection: Jack – listen for specific call

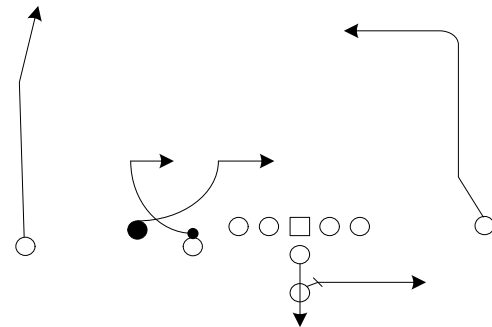
Trunk Right Horse 628 H Chase Jack



FORMATION	TRUNK
PLAY CALL	628 H CHASE
H ROUTE	SWITCH CHASE
F ROUTE	CHECK SWING
PROTECTION	JACK

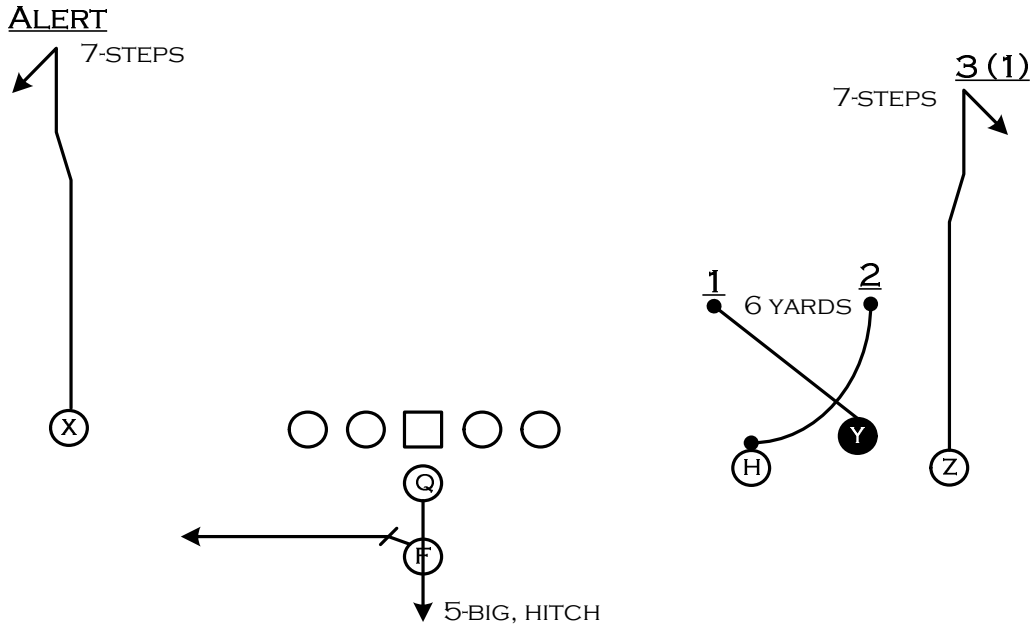
Very much like our normal 628 play except you're giving yourself an easy #3 receiver or outlet pass that should be wide open if the first two options are covered.

Trunk Left 628 H Chase Jack



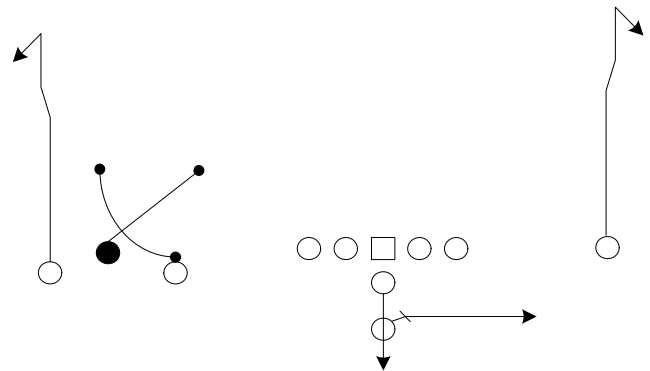
- QB: 7-quick hitch - don't be afraid to let the ball go early if it's there. Go X to Y to H. Y is hot.
- X: Normal split – run 15 yard Dig (6) route.
- Z: Wider split – run 7-step Post (8) route.
- Y: Switch (Horse) run Drag route (non-quick 2). You are always hot on Horse (Switch type) passes.
- H: Switch (Horse) run Chase route at 5 yards.
- F: Check Swing route
- Protection: Jack – listen for specific call

Press Right Spot · 5 H Spot Jack



FORMATION	PRESS, CRUSH
PLAY CALL	HORSE SPOT – 5 H SPOT
H ROUTE	(SWITCH) SPOT
F ROUTE	CHECK SWING
PROTECTION	JACK

Press Left Spot · 5 H Spot Jack



Pick a side and stay with it. MFO go to strong-side; MFC go to weak-side unless X is doubled.

QB: 5-big, hitch – Get a pre-snap and when going to strong-side and Y to H to Z. You might also have the Z as the Primary.

X: Normal split – run 7-step Comeback (5) route.

Z: Wider split – run 7-step Comeback (5) route.

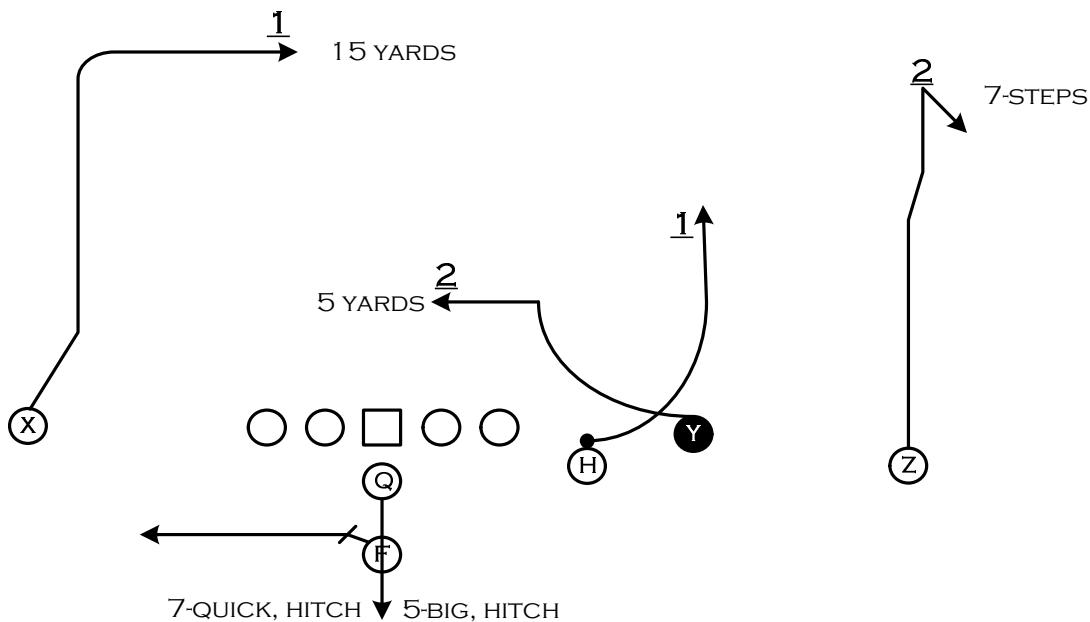
Y: Switch (Horse) run Spot route. You are HOT.

H: Switch (Horse) run Spot route - you'll get the ball at about 6 yards.

F: Check Swing route

Protection: Jack – listen for specific call

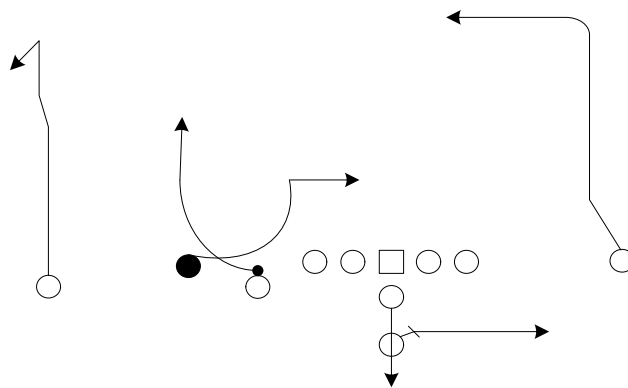
Trunk Right Horse 625 H Up Jack



FORMATION	TRUNK
PLAY CALL	625
H ROUTE	UP
F ROUTE	CHECK SWING
PROTECTION	JACK

A double-read play. The QB comes to the LOS and makes a pre-snap evaluation and eliminates one of the reads with a pre-snap evaluation.

Trunk Left 625 H Up Jack



QB: 7-quick hitch – if you go to the X to Y. Y is HOT. Five-big, hitch if you see three-deep or 1-free on the strong-side.

X: Normal split – run 15 yard Dig (6) route.

Z: Wider split – run 7-step Comeback (5) route.

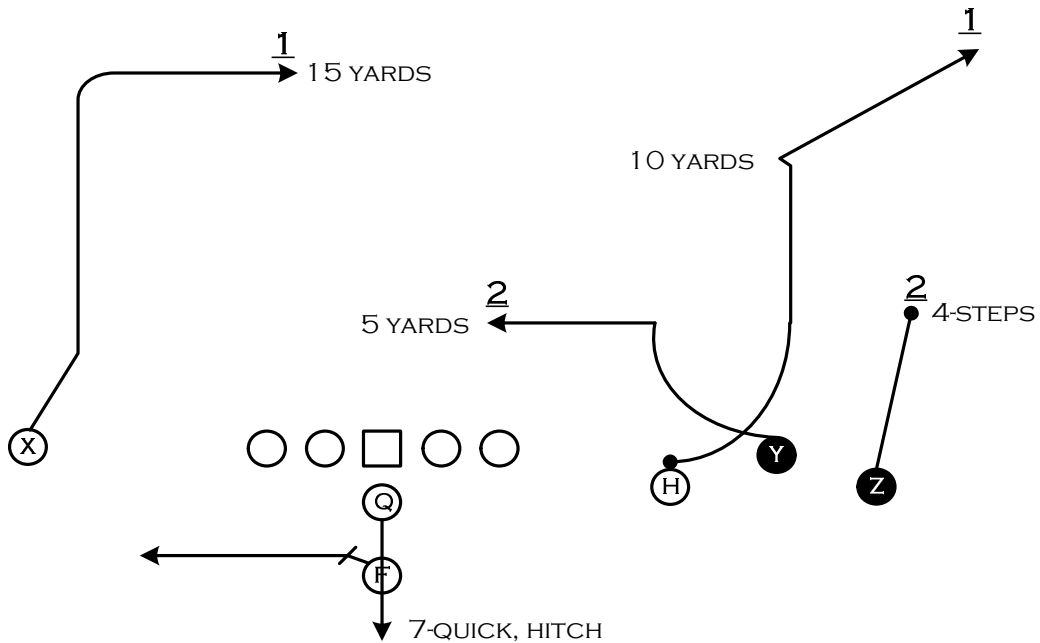
Y: Switch (Horse) run drag route (2) route and look right away. You are HOT.

H: Switch (Horse) run Up route - you'll get the ball at about 8 yards.

F: Check Swing route

Protection: Jack – listen for specific call

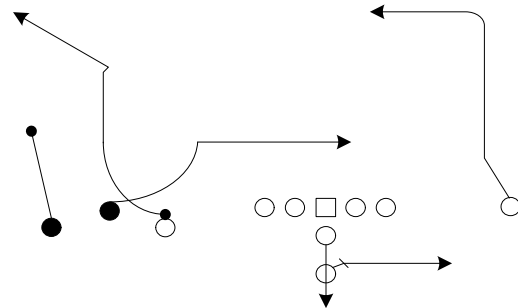
Press Right Horse 62-Zero H Corner Jack



FORMATION	PRESS
PLAY CALL	62-ZERO H CORNER
H ROUTE	SWITCH CORNER
F ROUTE	CHECK SWING
PROTECTION	JACK

One of our “2-progression plays. The QB will get a pre-snap read and go to either of the progressions. Versus MFO, he will go to the Corner-Hitch progression, and Versus MFC he will go to the Dig-Drag progression

Press Left 67-Zero H Chase Jack



QB: 7-quick hitch – Go H to Z versus MFO, and X to Y versus MFC.

X: Normal split – run 15 yard Dig (6) route.

Z: Wider split – run 4-step Hitch (Zero) route.

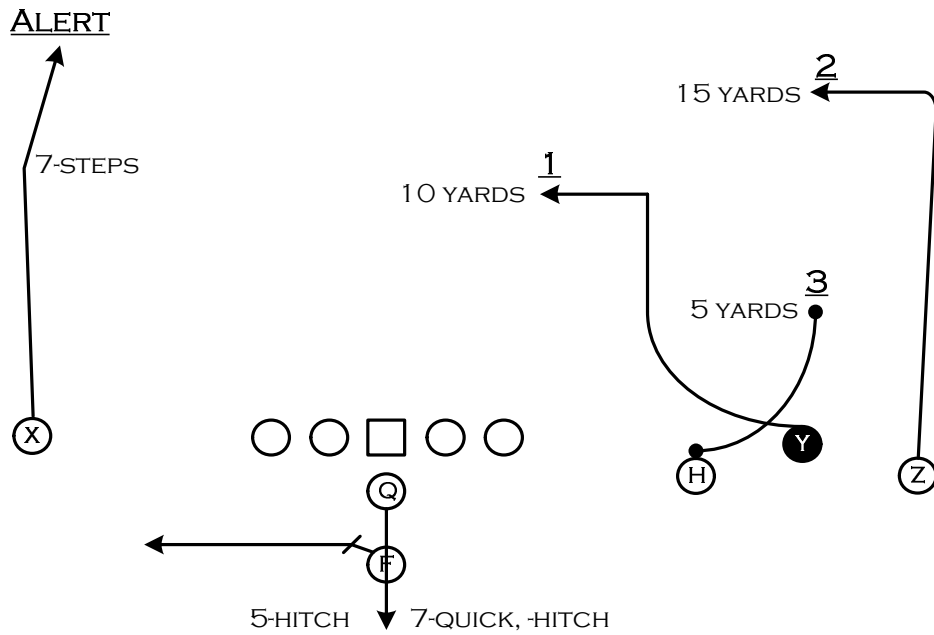
Y: Switch (Horse) run Drag route (non-quick 2). You are always hot on Horse (Switch type) passes.

H: Switch (Horse) run Corner route at 10 yards.

F: Check Swing route

Protection: Jack – listen for specific call

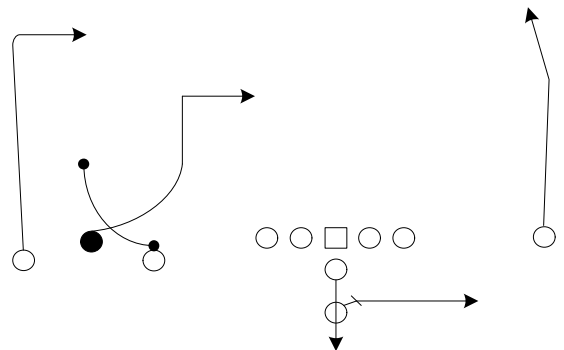
Press Right Horse 866 H Stop Jack



FORMATION	PRESS, TRUNK
PLAY CALL	866 H STOP
H ROUTE	SWITCH STOP
F ROUTE	CHECK SWING
PROTECTION	JACK

Use the double square-in read. Key off the Strong Safety area.

Press Left Horse 866 H Stop Jack



QB: 7-quick hitch - don't be afraid to let the ball go early if it's there. Go Y to Z to H. Y is hot.

X: Normal split. Run 7-step Post (8) route.

Z: Wider split – run 15 yard square-in route (6).

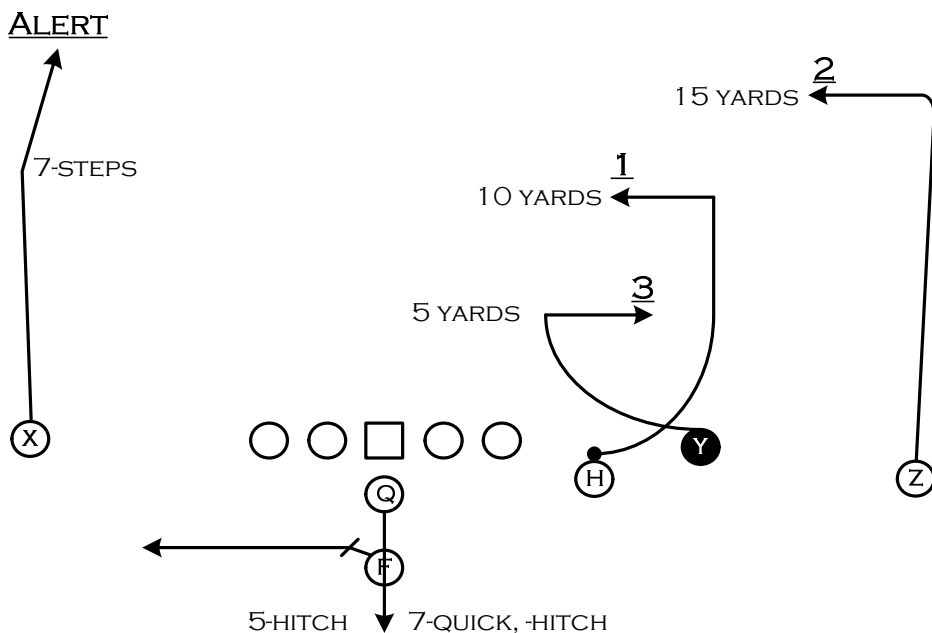
Y: Switch (Horse) run Dig route (6). You are always hot on Horse (Switch type) passes.

H: Switch (Horse) run Stop route at 5 yards.

F: Check Swing route

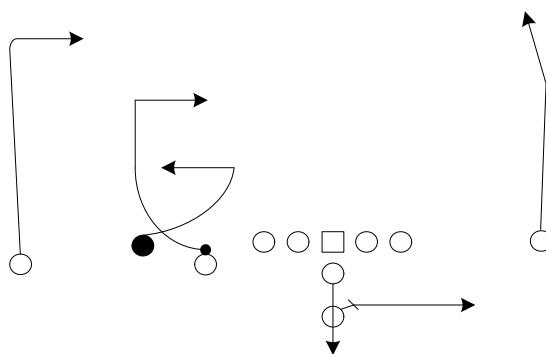
Protection: Jack – listen for specific call

Trunk Right Horse 816 H Dig Jack



FORMATION	TRUNK
PLAY CALL	816 H OUT
H ROUTE	SWITCH QUICK OUT
F ROUTE	CHECK SWING
PROTECTION	JACK

Trunk Left Horse 816 H Dig Jack



Use the double square-in read. Key off the Strong Safety area.

QB: 7-quick hitch - don't be afraid to let the ball go early if it's there. Go H to Z to Y. Y is hot.

X: Normal split. Run 7-step Post (8) route.

Z: Wider split – run 15 yard square-in route (6).

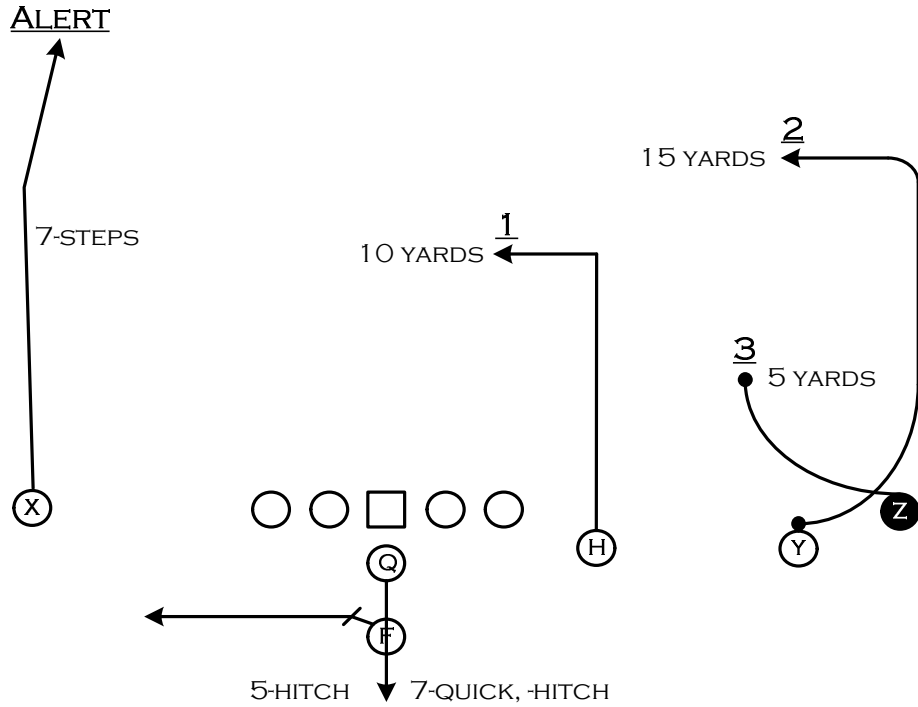
Y: Switch (Horse) run Quick Out route (1). You are always hot on Horse (Switch type) passes.

H: Switch (Horse) run Dig route at 10 yards.

F: Check Swing route

Protection: Jack – listen for specific call

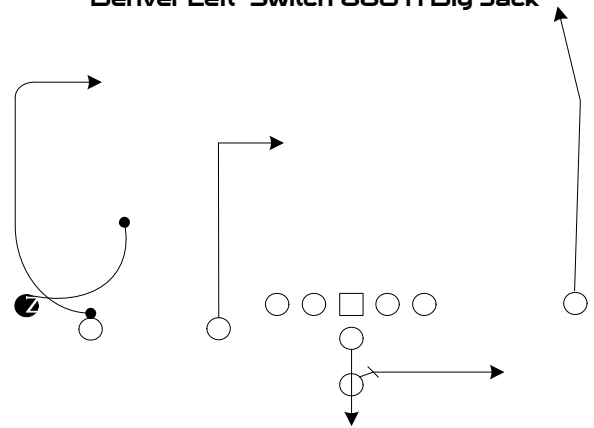
Denver Right Switch 860 H Dig Jack



FORMATION	DENVER
PLAY CALL	860 H DIG
H ROUTE	DIG ROUTE
F ROUTE	CHECK SWING
PROTECTION	JACK

Use the double square-in read. Key off the Strong Safety area. Very common play in the offense, but attacks the defense differently. Same read for the quarterback

Denver Left Switch 860 H Dig Jack



QB: 7-quick hitch - don't be afraid to let the ball go early if it's there. Go H to Y to Z. Z is hot.

X: Normal split. Run 7-step Post (8) route.

Z: Wider split – Switch Hitch (0) route at 5 yards – you are Hot right now.

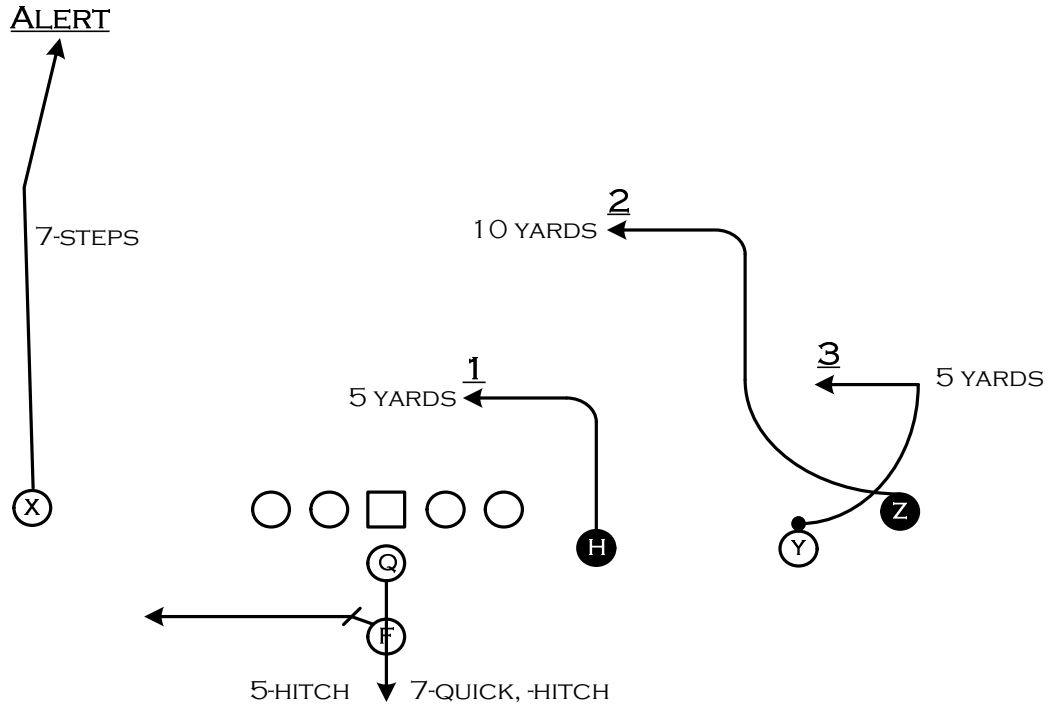
Y: Switch run deep Square-in route (6) at 15 yards.

H: Run 10 yard Dig route at 10 yards using attack release

F: Check Swing route

Protection: Jack – listen for specific call

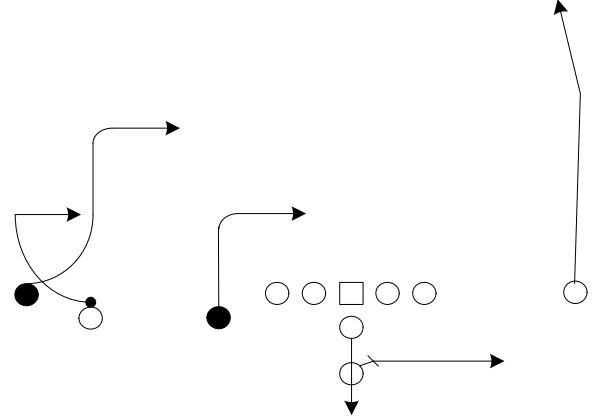
Denver Right Switch 8-Chase-6 H Zero Jack



FORMATION	DENVER
PLAY CALL	8-CHASE-6 H ZERO
H ROUTE	ZERO ROUTE
F ROUTE	CHECK SWING
PROTECTION	JACK

Drag - Dig read for the quarterback. Nice change up with regard to attacking the defense. Good against zone, great against man.

Denver Left Switch 8-Chase-6 H Zero Jack



QB: 7-quick hitch - don't be afraid to let the ball go early if it's there. Go H to Z to Y. Z is hot.

X: Normal split. Run 7-step Post (8) route.

Z: Wider split - Switch Square-in route (6) route at 10 yards - you are Hot right now.

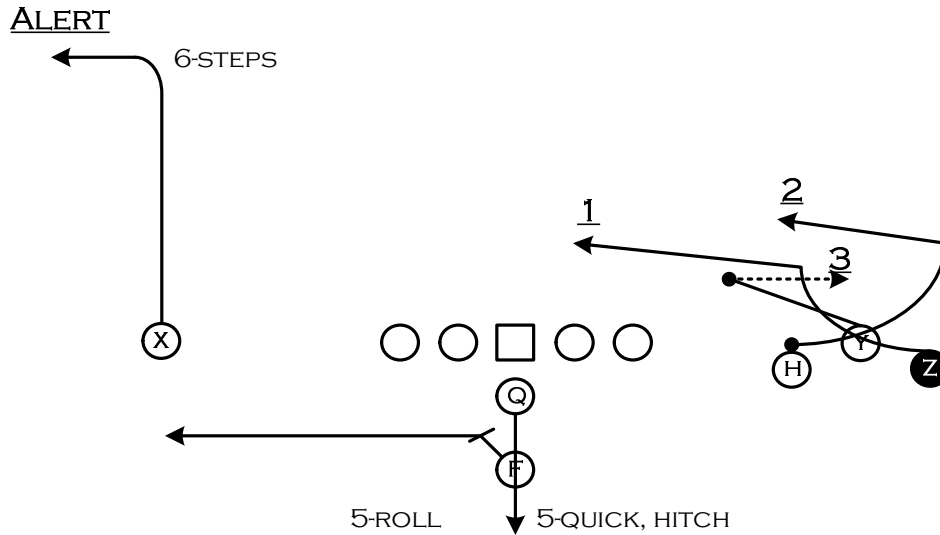
Y: Switch run Chase route at 5 yards.

H: Run 5 yard Zero route.

F: Check Swing route

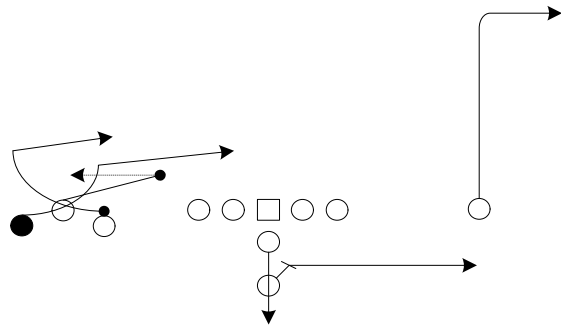
Protection: Jack - listen for specific call

Press Right Haze 3-Smash-2 H Chase Jack



FORMATION	PRESS
PLAY CALL	HAZE 3-SMASH-2 H CHASE
H ROUTE	SWITCH CHASE
F ROUTE	CHECK SWING
PROTECTION	JACK

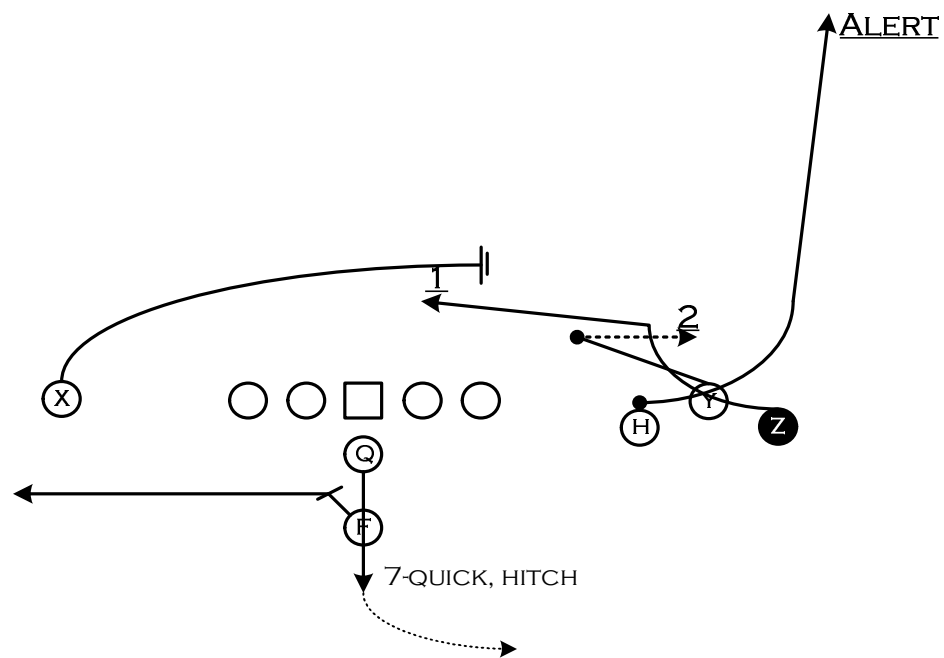
Press Left Haze 3-Smash-2 H Chase Jack



Very good goal line play provided the routes are run precisely. The defenders will get lost. The QB basically has to throw to the first open man he sees – looking for the slants 1st and then going to the smash coming open slightly later. He still has the backside X if he has a great match-up.

- QB: 5-roll if going to X based on corner leverage and safety. 5-quick, hitch to switch side. Go Z to H to Y and you have Z hot right now.
- X: Normal to tighter split – run 6-step Sideline (3).
- Z: Switch release Drag (non-quick 2). You are the HOT receiver. Make sure you go ABOVE the Y running the Smash route – that is your responsibility.
- Y: Shallow Smash route – feel the route – Z will avoid you.
- H: Switch Chase route.
- F: Check Swing Route
- Protection: Quick • Jack – listen for specific call

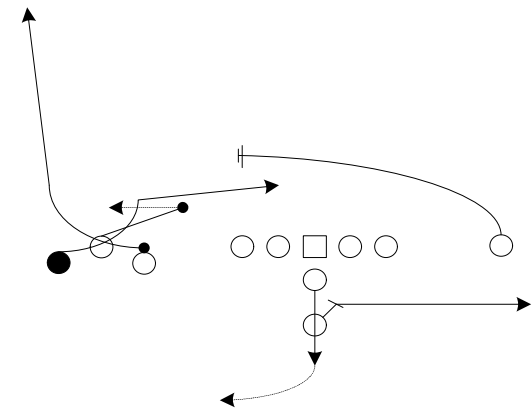
Press Right Haze Rub-Smash-2 H Shoot Jack



FORMATION	PRESS
PLAY CALL	HAZE 3-SMASH-2 H CHASE
H ROUTE	SWITCH CHASE
F ROUTE	CHECK SWING
PROTECTION	JACK

Very good goal line play provided the routes are run precisely. The defenders will get lost. The QB basically has to throw to the first open man he sees – looking for the slants 1st and then going to the smash coming open slightly later. He still has the backside X if he has a great match-up.

Press Left Haze Rub-Smash-2 H Shoot Jack



QB: 5-rol if going to X based on corner leverage and safety. 5-quick, hitch to switch side. Go Z to H to Y and you have Z hot right now.

X: Normal to tighter split – run 6-step Sideline (3).

Z: Switch release Drag (non-quick 2). You are the HOT receiver. Make sure you go ABOVE the Y running the Smash route – that is your responsibility.

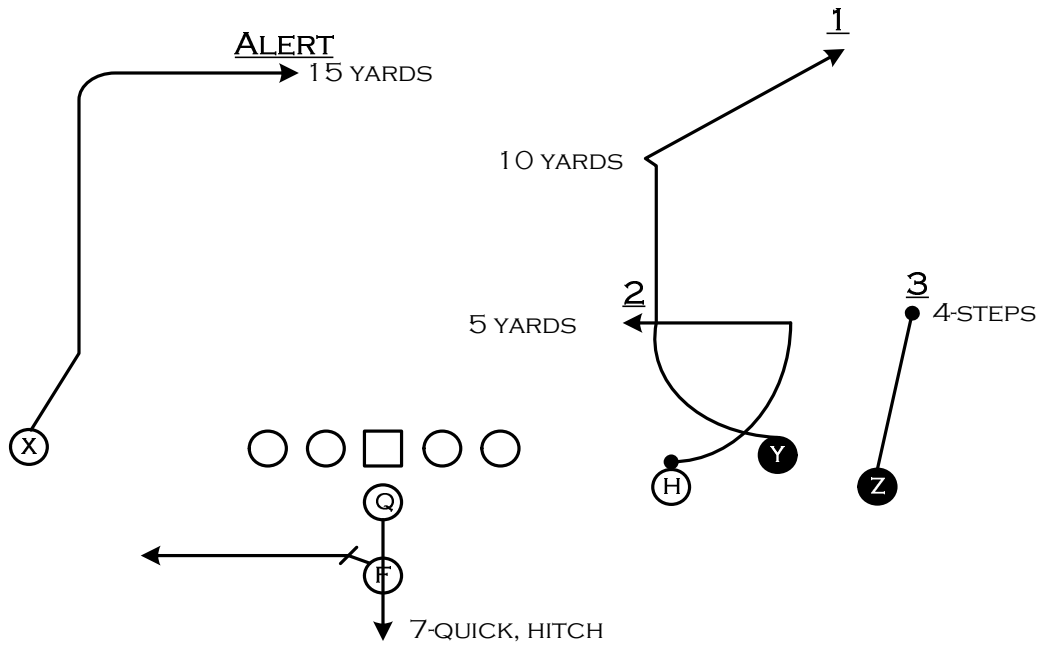
Y: Shallow Smash route – feel the route – Z will avoid you.

H: Switch Chase route.

F: Check Swing Route

Protection: Quick • Jack – listen for specific call

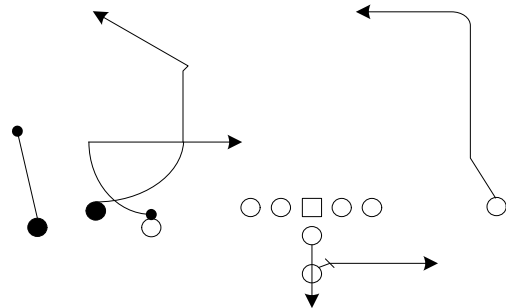
Press Right Horse 67-Zero H Chase Jack



FORMATION	PRESS
PLAY CALL	67-ZERO H CHASE
H ROUTE	SWITCH CHASE
F ROUTE	CHECK SWING
PROTECTION	JACK

One of our deep reads. We go for the corner route – the corner should be focused on the Hitch route and we sneak the Y into the back of the end zone. If the safety covers the Corner, we look quickly to the Dig and then down to the Chase.

Press Left 67-Zero H Chase Jack



QB: 7-quick hitch - don't be afraid to let the ball go early if it's there. Go Y to X to H. Y and Z are hot.

X: Normal split – run 15 yard Dig (6) route.

Z: Wider split – run 4-step Hitch (Zero) route.

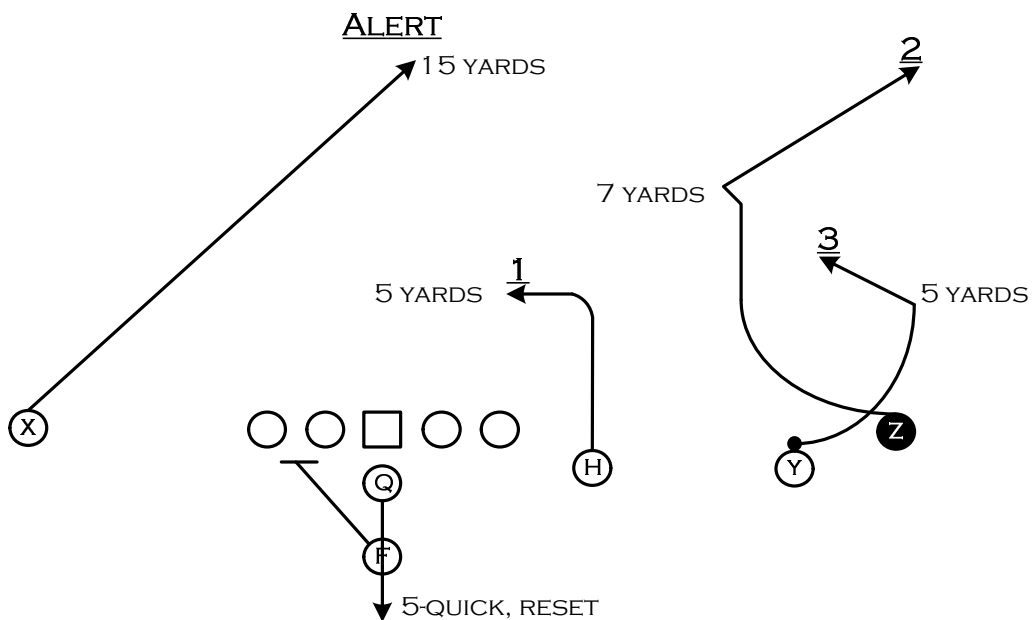
Y: Switch (Horse) run Corner route (7). You are always hot on Horse (Switch type) passes.

H: Switch (Horse) run Chase route at 5 yards.

F: Check Swing route

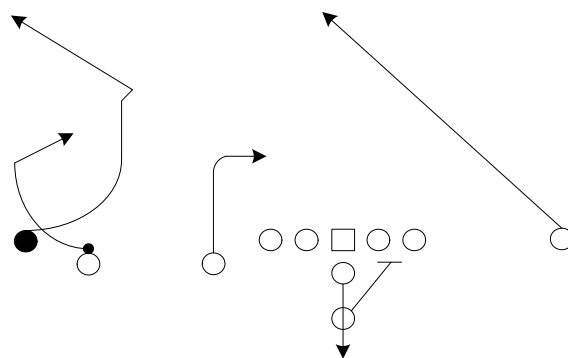
Protection: Jack – listen for specific call

Denver Right Switch Quick Drive-72 H Zero Jack



FORMATION	DENVER
PLAY CALL	QUICK DRIVE-72
H ROUTE	ZERO
F ROUTE	CHECK SWING
PROTECTION	QUICK JACK

Denver Left Switch Quick Drive-72 H Zero Jack



Good goal line play at 5 – 10 yards. Quick progression for the QB and a backside Drive route from the X that may be open late.

QB: 5-quick, reset - Go H to Z to Y. If you get into trouble late, look to X in the back of the end zone.

X: Tighter split. Run Drive route and hug the back of the end zone.

Z: Wider split – Switch Quick Corner (7) route at 7 yards – you are Hot right now.

Y: Switch run Slant (2) route at 5 yards.

H: Run 3-step Zero route.

F: Check Swing route

Protection: Quick Jack – listen for specific call