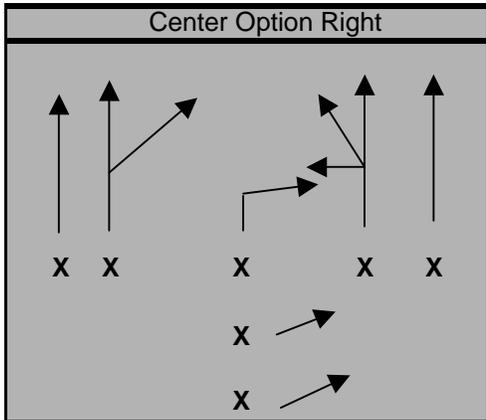
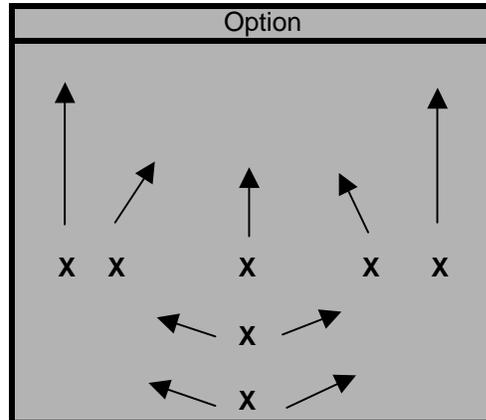


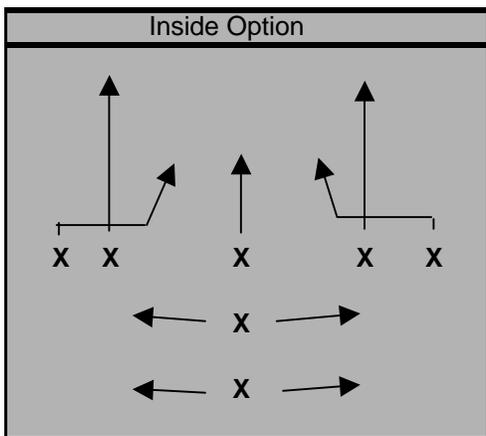
Men's/Womens' Plays (7 on 7)



Line up receivers on both sides. Option Right. QB and RB run to the right. Center acts as if he/she will make a block three yards downfield, but instead rolls off and runs right. QB now can pitch/shuffle to the Center or pitch to the RB who has the same option now. RB may also throw forward pass to the QB, who has taken off for downfield. The option with the center will suck up the linebacker because LB thinks it's a running play.
(Great when modified for extra points.)

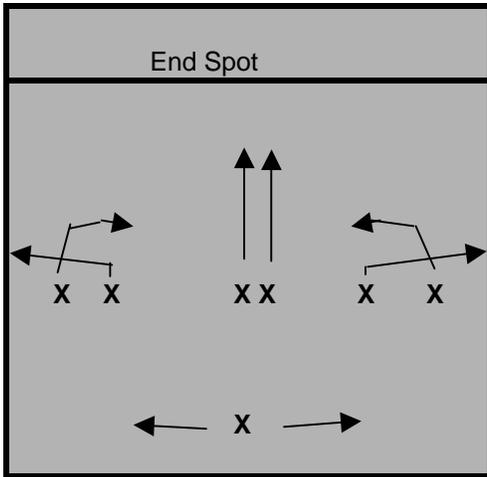


Option to either side. QB is looking for both inside receivers as well as the center. This is a read/react play. QB uses a shuffle pass to inside receiver or center. QB can go left or right, pending where the defensive rusher comes from. If rush comes from both sides, a lineman or RB should be open. Two outside receivers go deep to clear that area. If QB begins running and defense is there to pull QB's flag, the QB should be able to pitch the ball to the RB for a big gain.

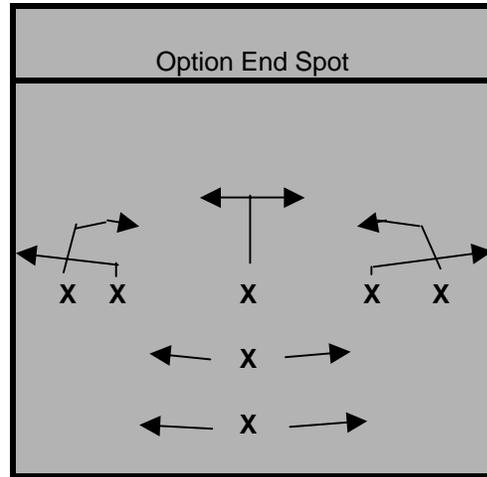


Same idea only the inside receivers run deep routes to clear out the zone. Both outside receivers run parallel to the line of scrimmage. QB can pitch it to either one, as well as center. This play should also open the corner, and the RB trails in case a pitch is needed. If a receiver catches it inside, as he/she turns up,

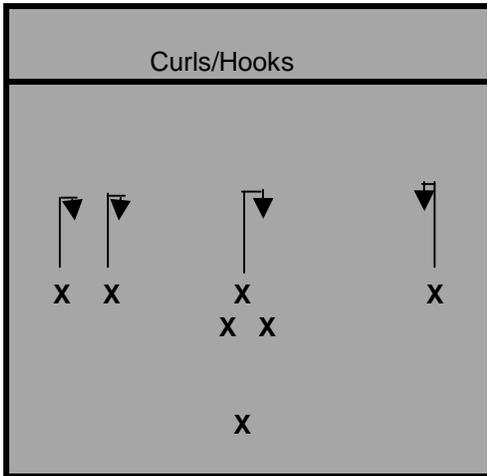
the center and other WR are available for pitches.



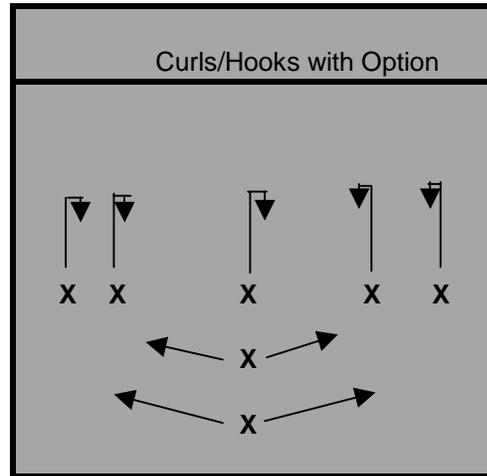
Outside receivers run a "fan" route. The idea is similar to curl, with a larger curve. The inside receivers take a step, then slant outside. The defenders will be confused and won't be able to switch the coverage in time to stop the completion. The center and lineman run straight down the field, to open up the middle area and pull the defenders away. QB has the same option on either side. This play can also be run with the receivers switching their routes. In other words, the outside receivers run slants, and the inside receivers run the fan or curls. (Note - be careful. The play has the look of a "pick", but it really isn't. Just be sure the receivers avoid contact with the defenders.)



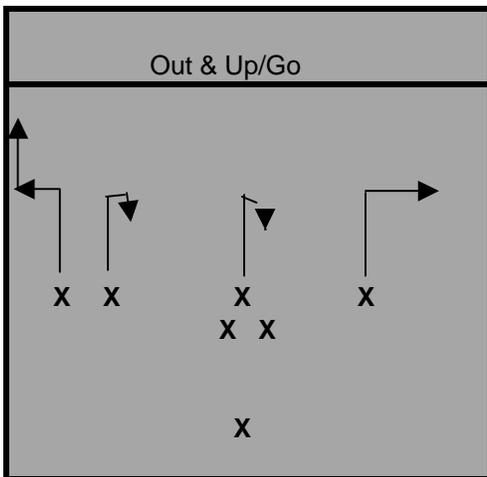
Similar to the end spot, only now there is a RB in the backfield. Thus, the option is available. The receivers run the same routes. The center runs about 5-7 yards, then scrapes parallel to the line of scrimmage. The center reads the QB's direction and mirrors it. Now the QB has options with three WR's and the RB running the option.



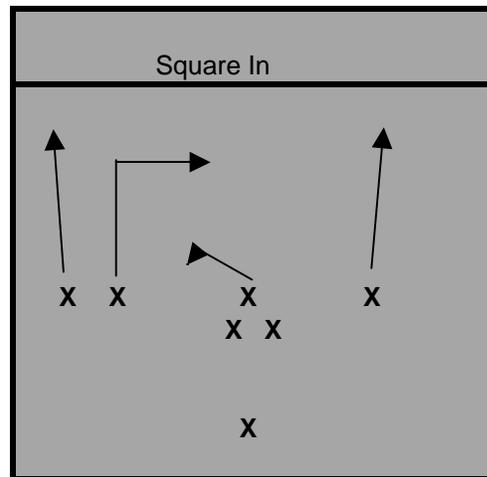
The most basic of plays. Four receivers run 5-7 yard curls. A curl is running to that spot, then turning around. Two blockers are kept in to help block. The QB reads which WR is open, and throws. This can be a timing route. If nothing opens, the two linemen are available to release and catch a pass.



Another basic play. Only this time, the QB runs right or left. WR's run 5-7 yard curls, turn and look for the ball. The QB also has the option of running and/or pitching to the RB.

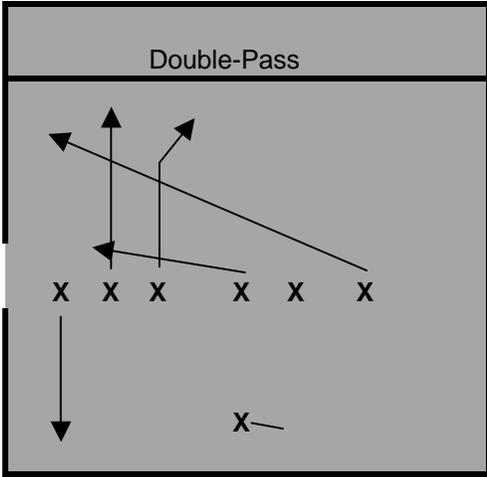


This play is set up, beginning with normal square or "out" routes. Center and inside WR do curls. Both outside WR's run 10 yards and out toward sideline. After once or twice, the safeties or cornerbacks on defense may begin to cheat and try to make the interception. The WR fakes out route, and the QB fakes the throw. The WR takes off straight for the end zone. The QB then throws it deep, and it's a



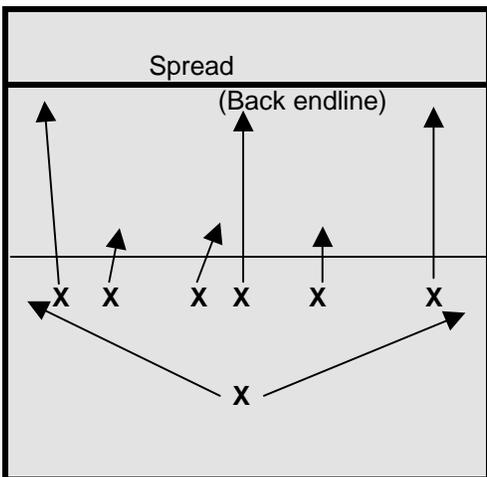
Two blockers stay in to provide time. Both end WR's run deep routes, toward the outside corner and draw a safety. Center runs a 5 yard curl in front of linebacker. Inside receiver runs 15 yards and squares inside just behind the linebacker. It's a timing route, with the QB looking at another receiver, to decoy the safety. Then the square pattern is open across the middle. The center's short route draws the linebacker in, and the inside WR sneaks behind that linebacker to catch the ball.

big play. Again, reading the actions of the defense is key to success. Having two blockers stay in helps give the QB time to throw. It's another timing route.

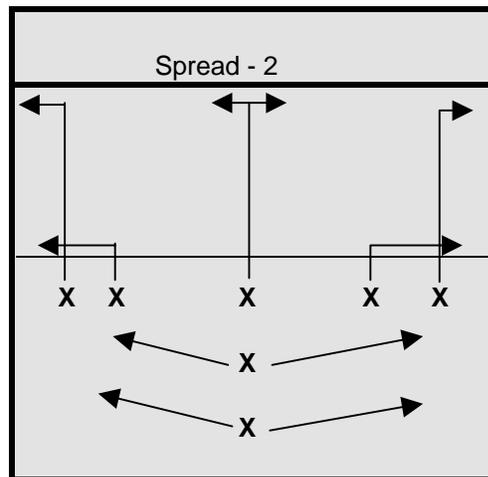


QB rolls right and throws back to left side. Outside WR comes back for lateral pass. Other WR's on left clear out DB's, so Center and right WR can fill them. Pass should be high and away so that only the WR's can make a play on them. It's either a catch or incompletion, no chance for an interception. QB must sell this rollout to allow time for set-up.

Goal-Line Plays

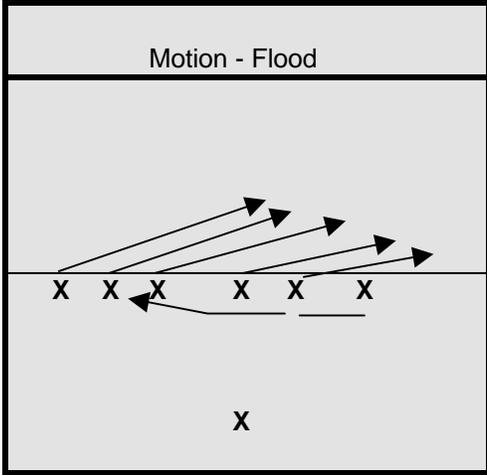


Goal line play. Two end WR's run to back corner of end zone. Center runs



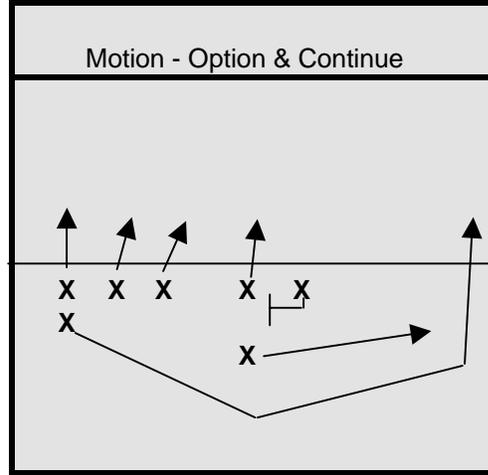
Goal line play. Two end WR's run to the back corners. The two inside WR's cross the goal line

to back middle of end zone. Three linemen run across goal line and turn around (curls). QB runs either way, pending the defense and has options short or deep in the zone.



Goal line play. WR on far right goes in motion prior to snap. Before WR reaches the center, the ball is snapped. All WR's run to the right side of endzone. Motioned WR fills the abandoned area and is open for easy touchdown. The defenders will lose the open receiver in the traffic. There are many other ways to run this same play.

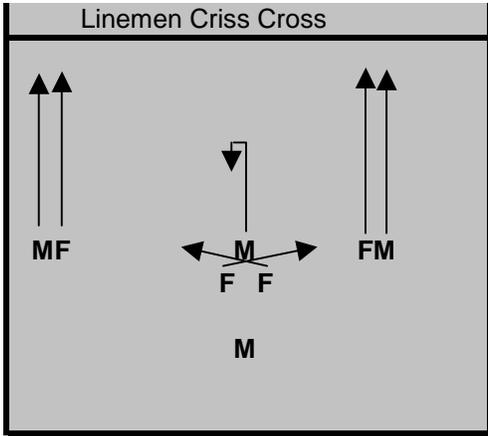
and run to the front corners. The center runs to the back of the end zone and reads which way the QB took the option. QB reads the defense and runs either left or right. QB can run it in, pitch to the RB, or throw to a WR.



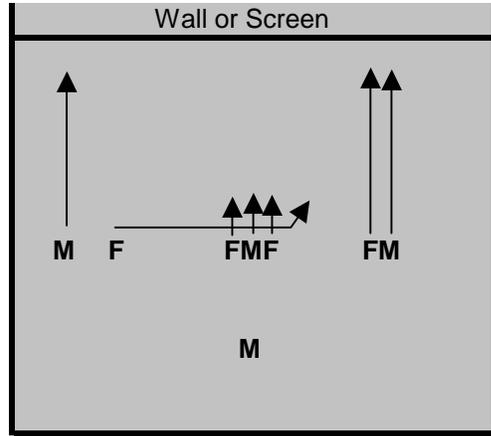
Goal line play. Back receiver on left runs in motion prior to the snap. At snap, QB runs right. End WR on right side blocks/seals off area. QB and RB (motion man) run toward end zone corner. It's now a foot race. QB can run it in, stretch/dive, pitch to the RB, or stop. As QB stops, RB will continue running and QB throws a quick forward pass over any defender's hands for the score.

Co-ed. Plays (8 on 8)

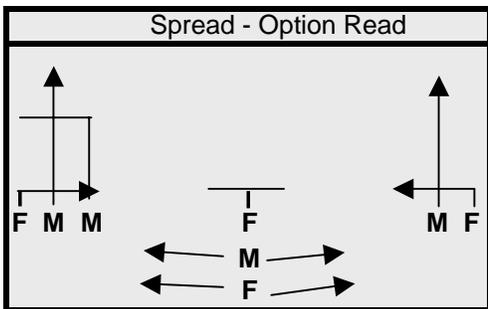




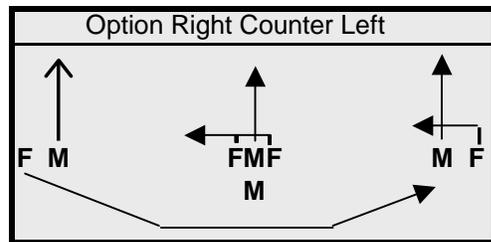
Closed play. Linemen cross at the snap and either should be open for a positive gain. Can switch linemen/QB genders if needed.



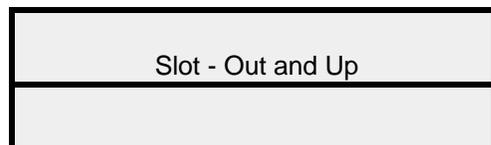
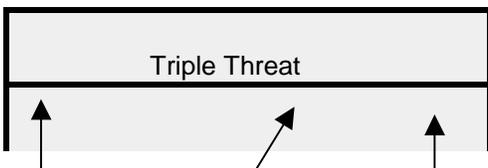
Closed play. Three inside WR's (linemen) run three yards forward. Inside female receiver scrapes along line of scrimmage and catches pass behind the linemen blockers. Female now has room to run, along with a few blockers in the front of her. Blockers may also eventually be available for a lateral.

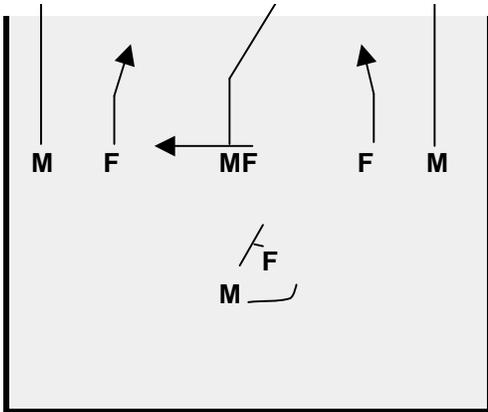


Males run deeper routes (flies or outs) to take away the deep coverage areas. Females scrape line of scrimmage at both receiver positions and the center. Female running back is available for a pitch to run, or a pitch and then throw to a male. Must read the defense and react to who they leave open.

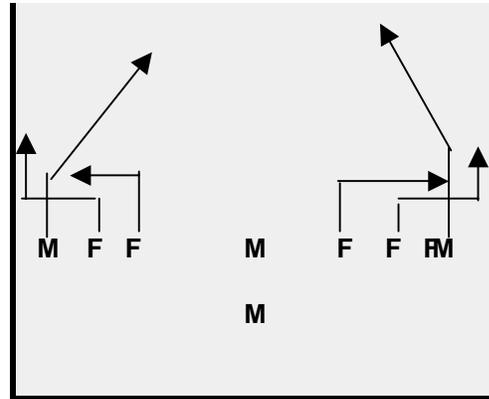


Female WR goes in motion from the left. QB takes the snap and pivots to the right, then fakes the pitch to the female. QB continues with the pivot (so back is toward line of scrimmage) and eventually faces left. QB is looking for either female WR's which were originally lined next to the center. Both are scraping line of scrimmage and should be open. Another idea is QB pitches to female WR in motion and she may run to the corner, or throw to one of WR's downfield.





Center clears out the middle area. Middle is now wide open for a completion. Female blocker next to center scrapes line of scrimmage as a "bail out". Same with blocker in the backfield. Male receivers on outside go deep to clear the safeties. If safeties do not attend to deep receivers throw it deep for a touchdown. Otherwise inside female receivers should be open in the middle of the field. QB should roll right to take advantage of female blocker in the backfield.



Male receivers run deep routes. Females should be open along the sideline or in the flat zone area. Male center may be open underneath if needed.