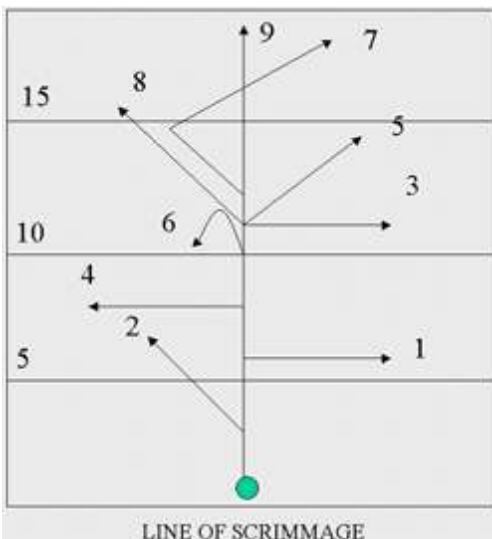




Routes and Play Calling

Basic Routes: The Passing Tree

The Passing Tree is a numbered system used for the passing routes. The passing tree system is designed so that all even-numbered routes (2,4,6,8) are run towards the middle of the field and all odd-numbered routes (1,3,5,7,9) are run towards the sideline. These routes are used for all positions on the field. Since the ball is always placed in the middle of the field, the center faces the dilemma, and all of the center's routes should be based on the play design.

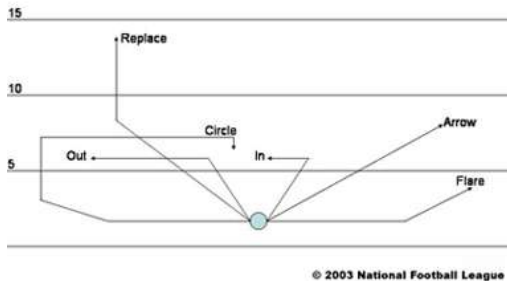


-
- Quick** This is a 5-8 yard route then the receiver cuts out
Out (1): towards the sideline then looks for the ball.
-
- Slant** This is a 3-5 yard route forward then the receiver
(2): breaks towards the middle of the field on a 45 degree angle and looks for the ball.
-
- Deep** This is a 10-15 yard route. It should be run
Out (3): like the quick out only deeper.
-
- Drag/In** This is a 5-8 yard route forward then the receiver
(4): breaks into the middle of the field on a 90 degree angle and looks for the ball.
-
- Flag** This is a 10-15 yard route forward then the
(5): receiver breaks at a 45 degree angle towards the sideline and looks for the ball.
-
- Curl** This is a 5-8 yard route forward then the
(6): receiver stops and turns to the ball.
-
- Post** This is a 12-20 yard route forward then the
Corner receiver cuts on a 45 degree angle to the
(7): middle of the field for a few steps then the receiver cuts on a 45 degree angle towards the sideline and then looks for the ball.
-
- Post** This is a 12-20 yard route forward then the
(8): receiver breaks on a 45 degree angle towards the middle of the field and looks for the ball.
-
- Fly** This route is run straight up the field with the
(9): receiver looking for the ball after he gets past about 15 yards.
-

Basic Routes: Running Back Routes

While your backs may run any of the assigned routes on the primary passing tree, these routes have been designed as a high-percentage second option to complete a pass. These routes will not be numbered. You will always refer to them by name.

Running Back Routes



Replace	This is a 8-15 yard route where the running back angles forward on a 45 degree angle and then goes straight up the field and looks for the ball.
Arrow	This route the running back drives on a 45 degree angle towards the sideline and looks back for the ball.
Stop	Look for open space. Turn to the Quarterback with your back to the defender. This should be a pass to the chest.
Circle	This route starts toward the sideline and then circles back to in front of the QB.
Out/In	This route starts straight up the field then the running back breaks "out" or "in" depending on the play.

Play Calling & The Split T

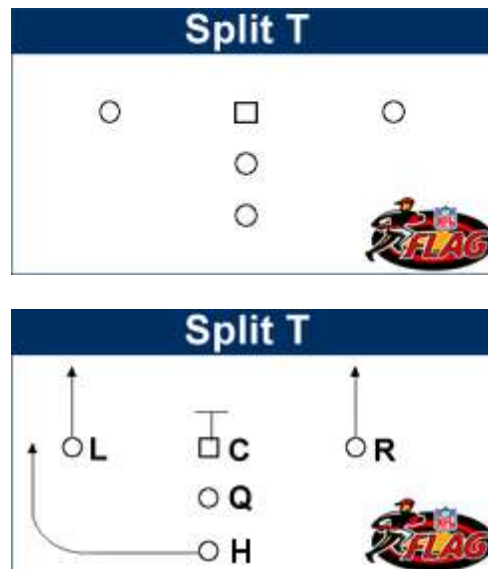
Now you've read your passing tree and understand the pass routes available, there are two options you have in play calling. The simple option is to use positions attached to route names. The more advanced option is to use the passing tree numeric system.

There will be a few constants when calling plays.

1. You will always call the formation first, including the alignment (left or right, if necessary). You'll call an alignment in an unbalanced formation (anything but a Split T)
2. You will always call your receiver pass routes from left to right (then your Halfback (H) route, followed by the Center route)

We will work with the understanding that there are three basic formation calls: Split T, Twins and Trips.

We will begin learning our formations by teaching the most basic formation, the Split T, where one receiver is on either side of the ball, split out approximately 10-12 yards from the center, with a single running back set behind the quarterback. This is a balanced formation with no strong side; therefore we will not have a call side (no right or left). The formation when set looks like the letter "T."

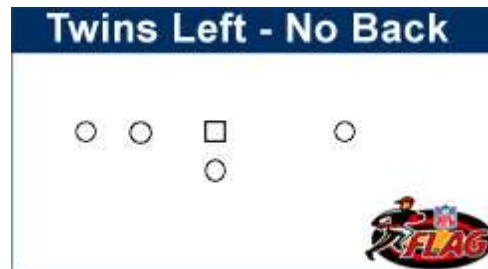


Split T – Left Fly – Right Fly – H Flare Left – Center Stop

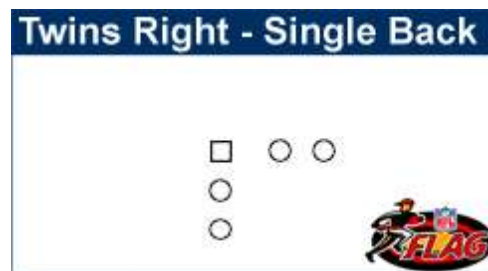
Design 3 plays from this formation. Teach these plays going to both the left and the right side.

The Twins Formation

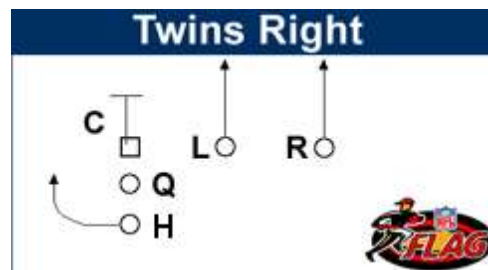
In our next series of plays we will run out of Twins, where two receivers are on either side of the ball, split out approximately 8-10 yards from the center, with or without a single running back set behind the quarterback. This gives a strong side to the call side of the formation.



There is the option to have a single back or no backs.



Based on the passing tree routes, and using our formula of calling your receiver routes from left to right followed by the running back route then the center route, the following play would be called:



Twins Right – Single Back – Left Fly – Right Fly – H Flare Left – Center Stop

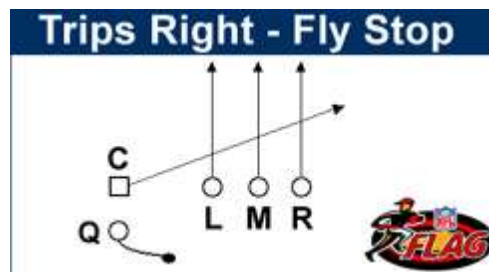
Design 3 plays from this formation. Teach these plays going to both the left and the right side.

Basic Formations: The Trips Formation

In our final series of plays we will run out of Trips, where three receivers are on either side of the ball, split out approximately 6-8 yards from the center, without running back. This once again, gives a strong side to the call side of the formation.

If you want a more advanced system to call plays, you can use the actual numbers attached to the routes on the passing tree to call your receiver routes (refer to passing tree for routes and the numbers associated with them). You are still calling your receiver routes from left to right. Instead of designating the receiver and the route he/ she will run, you call out a sequence of numbers that tells the receiver which route to run. The key to using this numeric system is to ensure that each receiver knows their position.

- The first number is the left receiver
- The second number is the middle receiver
- The third number is the right receiver



Trips Right – 999 – Center Arrow Instead of: Trips Right – Left Fly – Middle Fly – Right Fly – Center Arrow

Design 3 plays from this formation. Teach these plays going to both the left and the right side.