



SEPYTFL
8 Man
Playbook
Rev. 1.3

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Updated 2018





Standard Formations

Page- 2



Z Receivers are always on LOS.

I Formation: Backs are stacked behind QB

FB is 5 yds deep in the offensive backfield. HB is 1 yrd deeper than FB.

Pro Formation: Backs are split 5 yds deep with FB on Z receiver side. Backs should line up with the Guard/Center gap.



~~5/6 ONLY~~

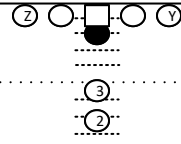
Pro Shotgun Formation: All Backs are split 5 yds deep with FB on Z receiver side. QB lined up center between FB and HB. Backs should line up no farther than even with the Guard. Ball must be snapped only to the QB.

OL should be lined up with their feet even with the centers heels, no deeper.

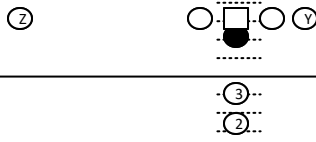
All plays can be ran from any formation. All plays can be ran either side. The formations are standard. Pass routes are to be picked by coach from passing tree. Any route on tree is available for any receiving position shown in the play except backs.

Standard blocking assignment are shown as examples. Guards can pull.

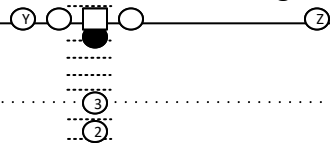
Tight I



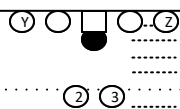
Left Z



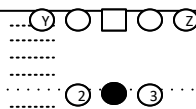
Right Z



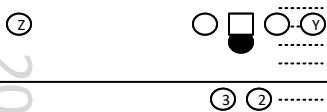
Pro Tight



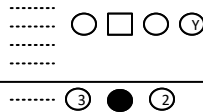
Pro Tight Shotgun **5/6 ONLY**



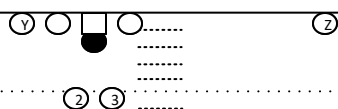
Pro Left



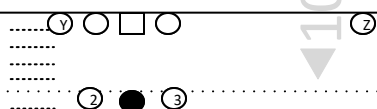
Pro Left Shotgun **5/6 ONLY**

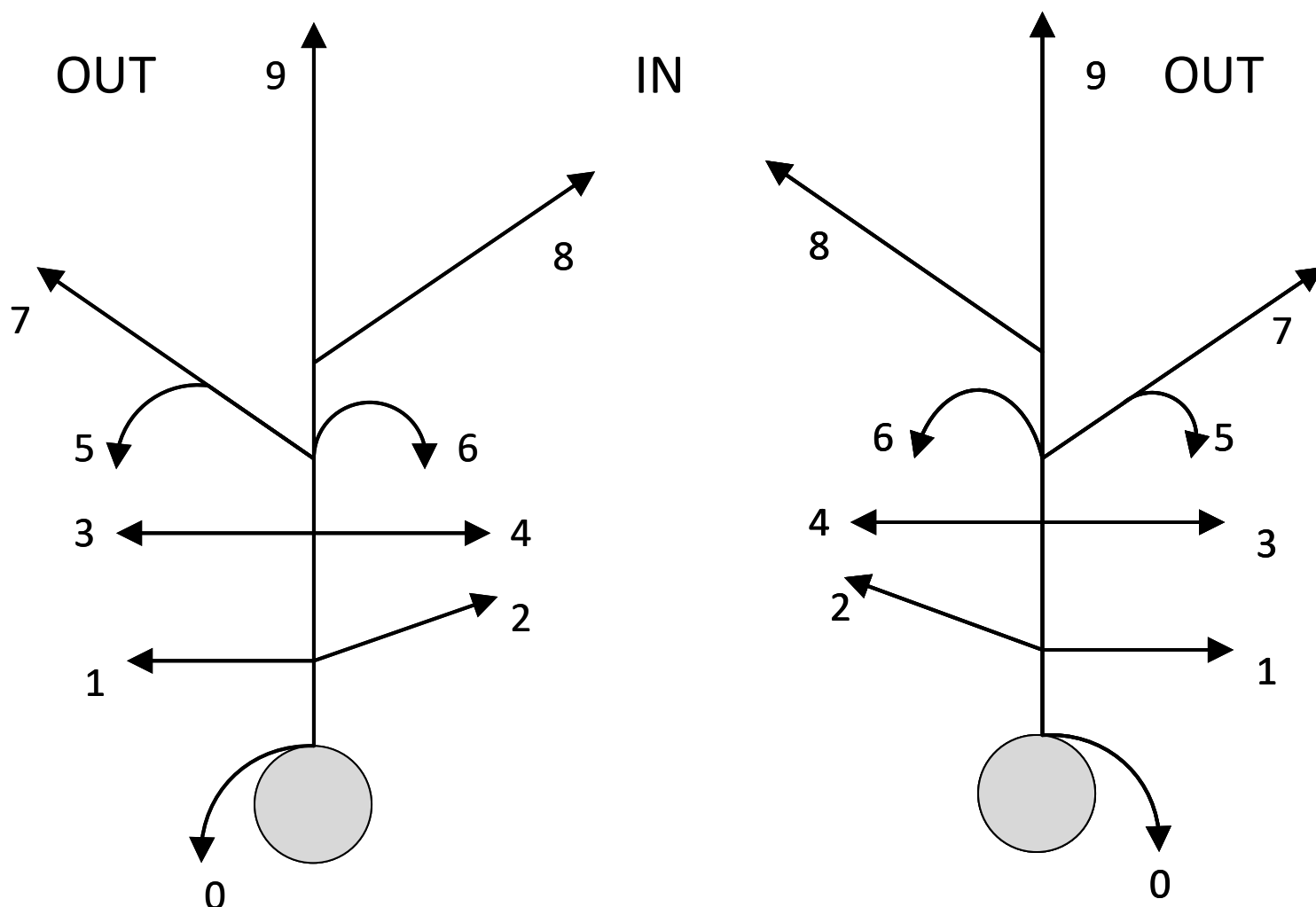


Pro Right



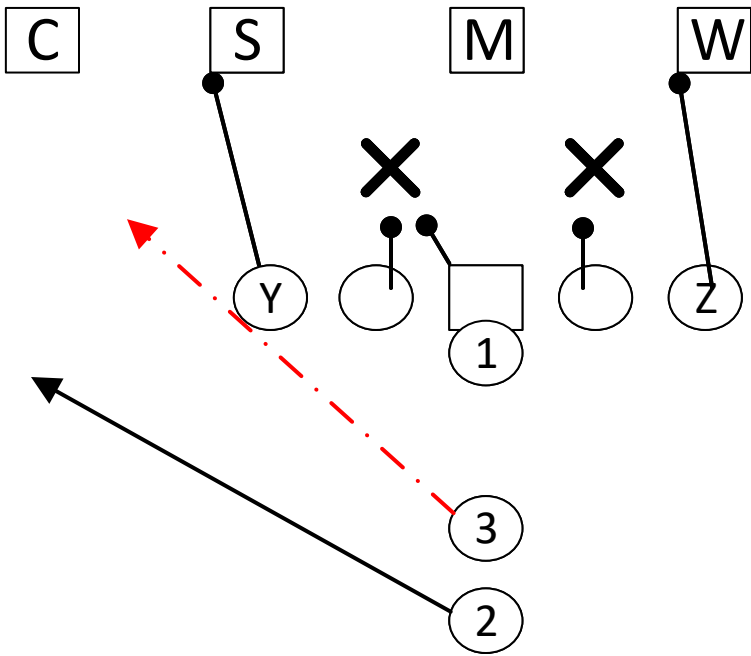
Pro Right Shotgun **5/6 ONLY**



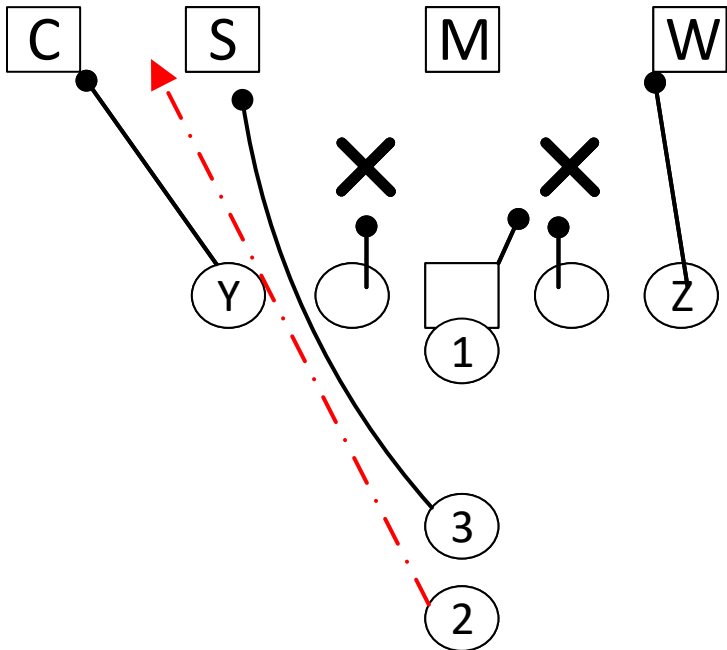


- 0 – SCREEN
- 1 – FLAT
- 2 – SLANT
- 3 – OUT
- 4 – IN
- 5 – HITCH
- 6 – CURL
- 7 – FLAG
- 8 – POST
- 9 – GO

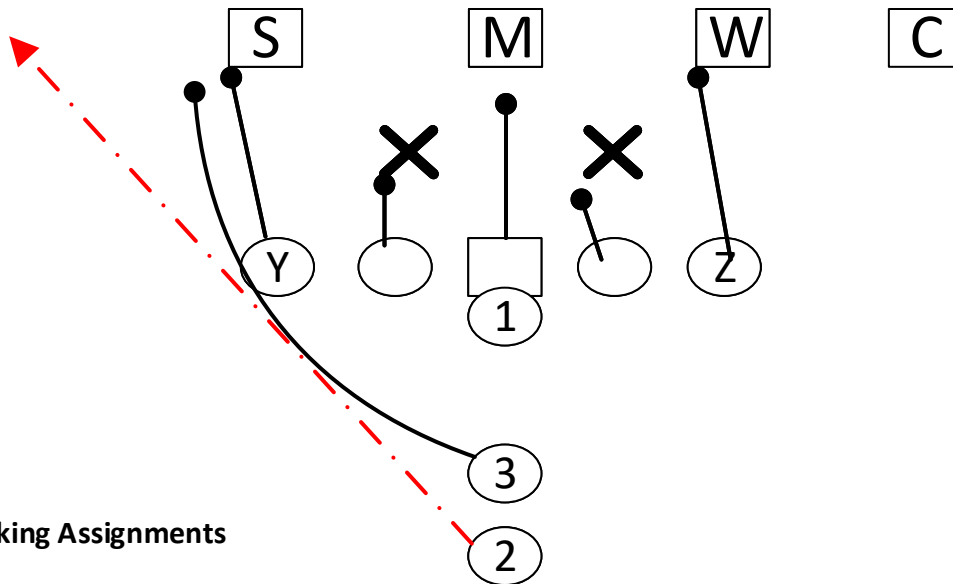
Any Standard pass formation can use any route from the passing tree for the TE(s)/WR(s). RBs may not use the passing tree routes.



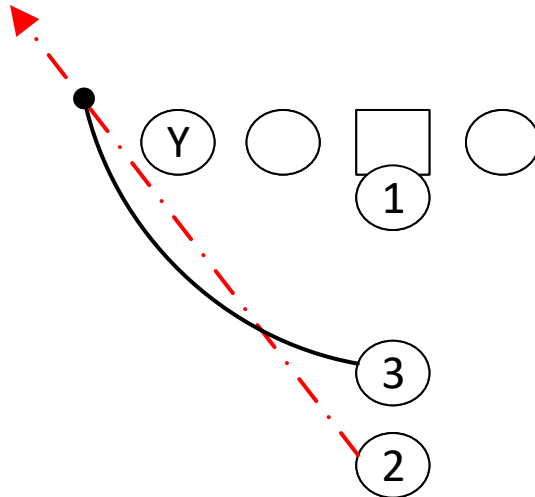
G Blocking Assignments



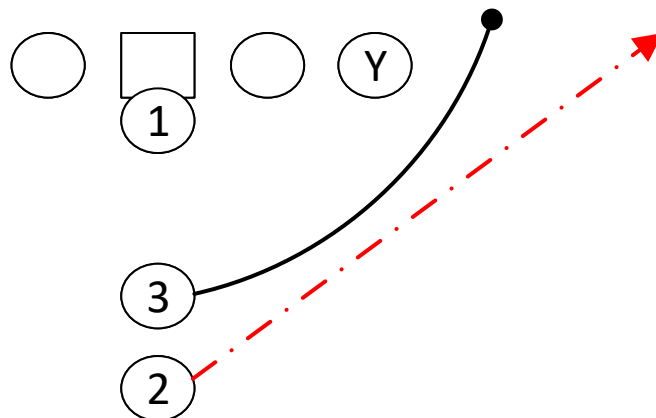
ISO Blocking Assignments



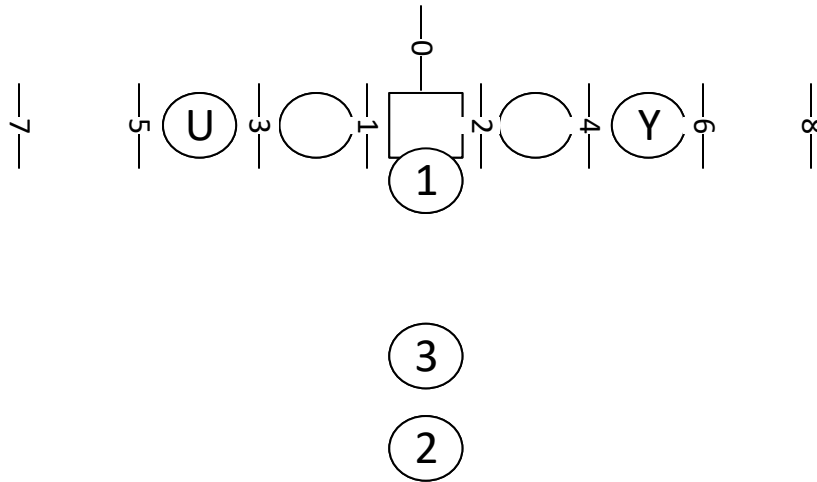
Power Blocking Assignments



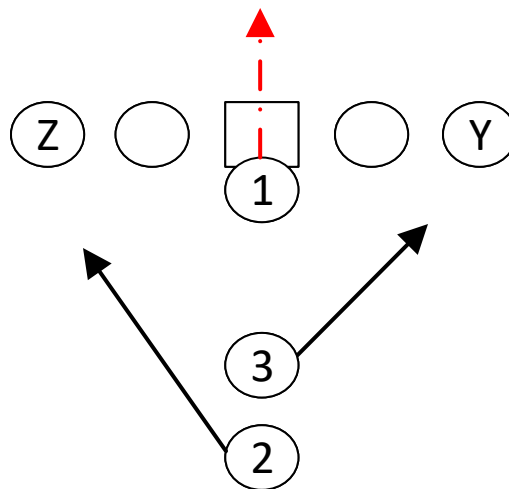
Right 25 Power



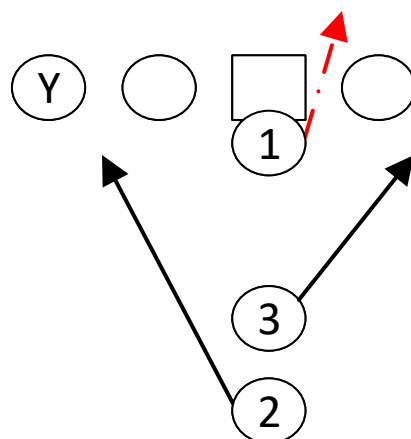
Left Z 26 Toss



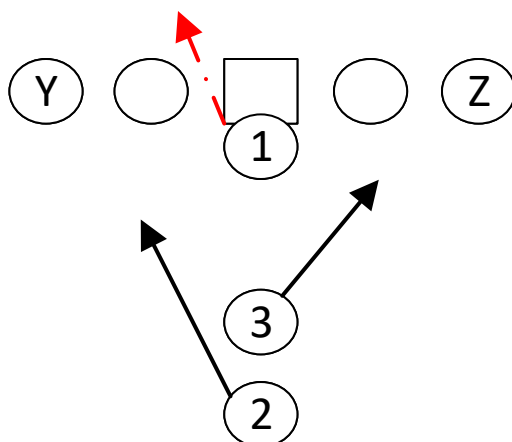
Run Lanes



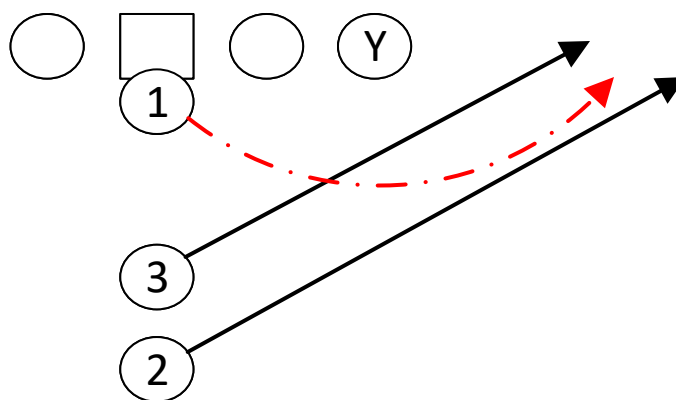
Tight Left 10 (QB Sneek)



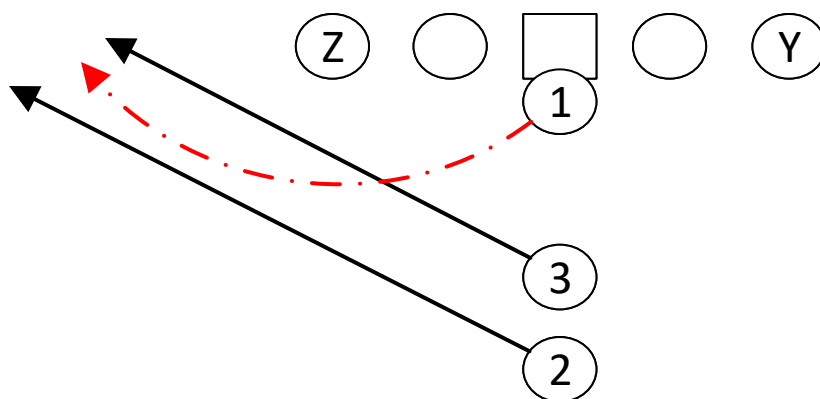
Right Z 12



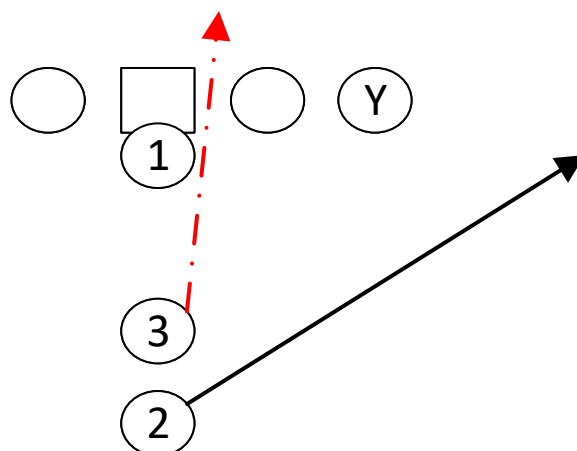
Tight Right 11 G



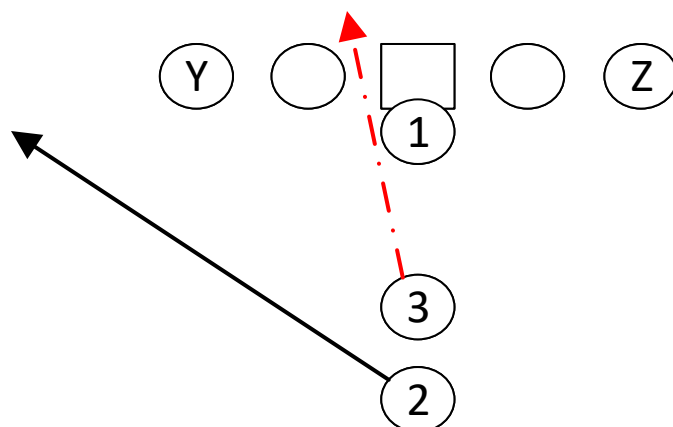
Left Z 16 G



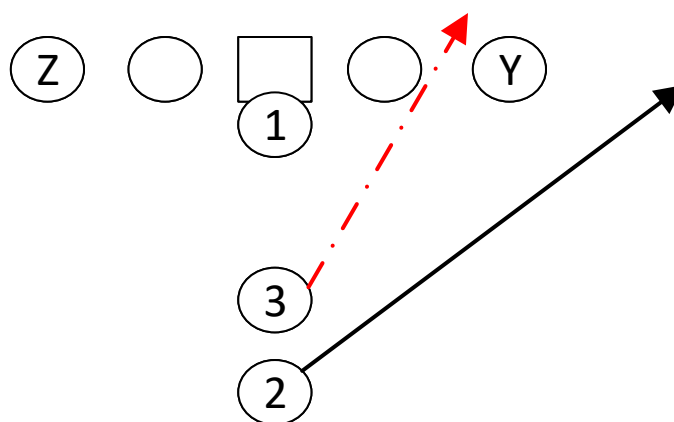
Tight Left 15 G



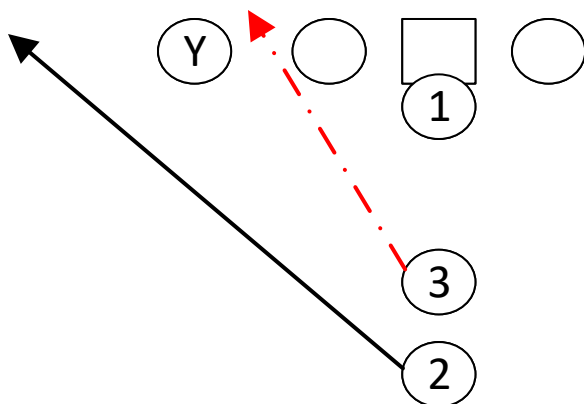
Left Z 32 G



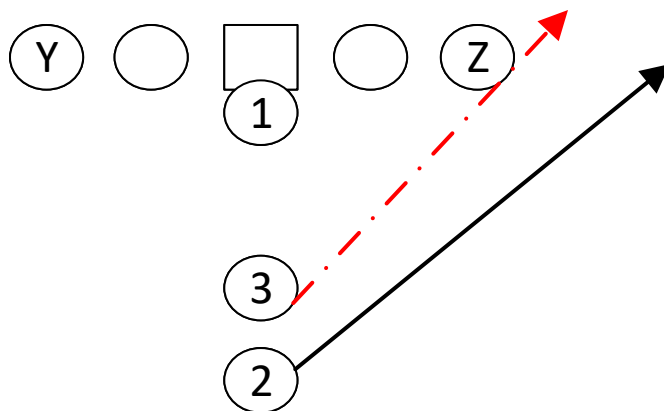
Tight Right 31 G



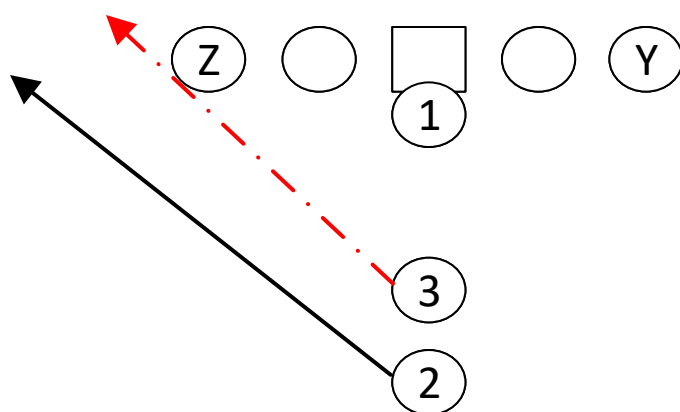
Tight Left 34 G



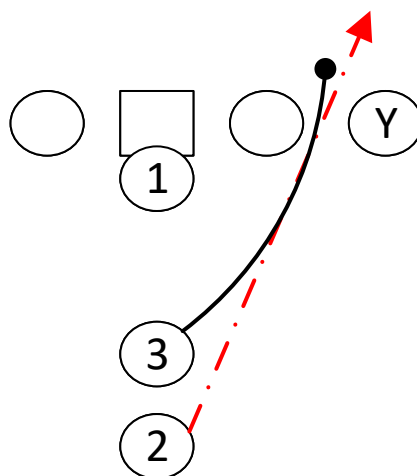
Right Z 33 G



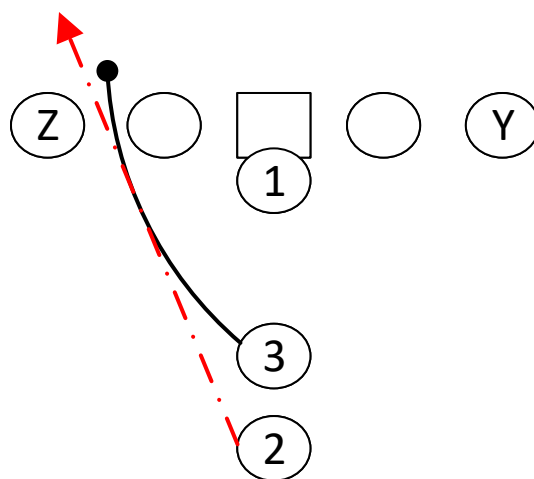
Tight Right 36 G



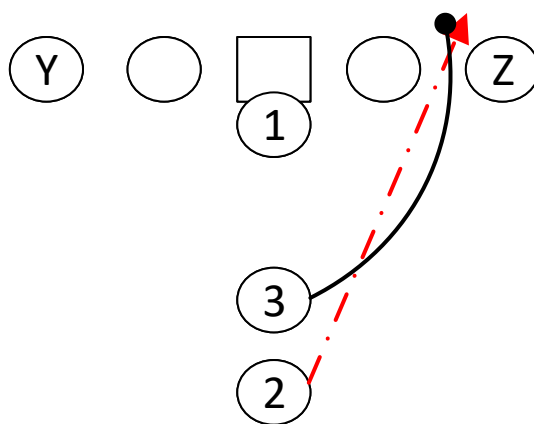
Tight Left 35 G



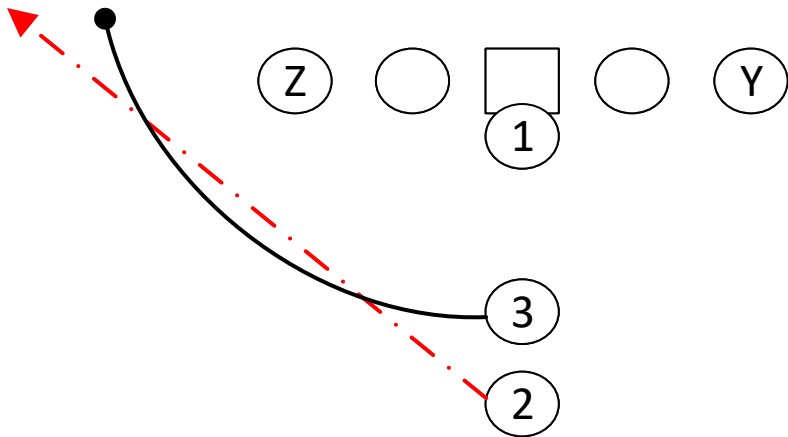
Left Z 24 ISO



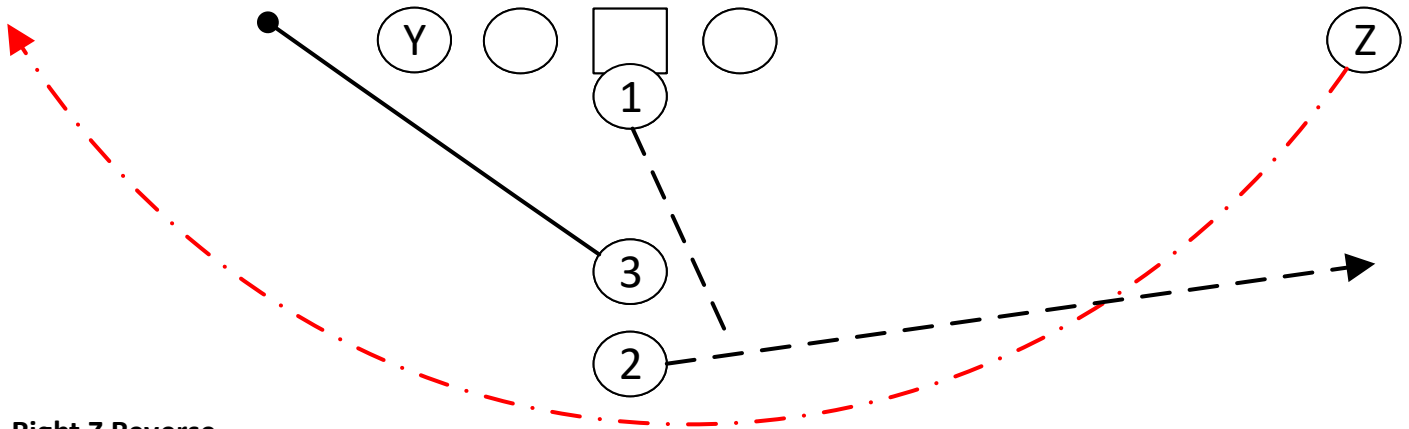
Tight Left 23 ISO



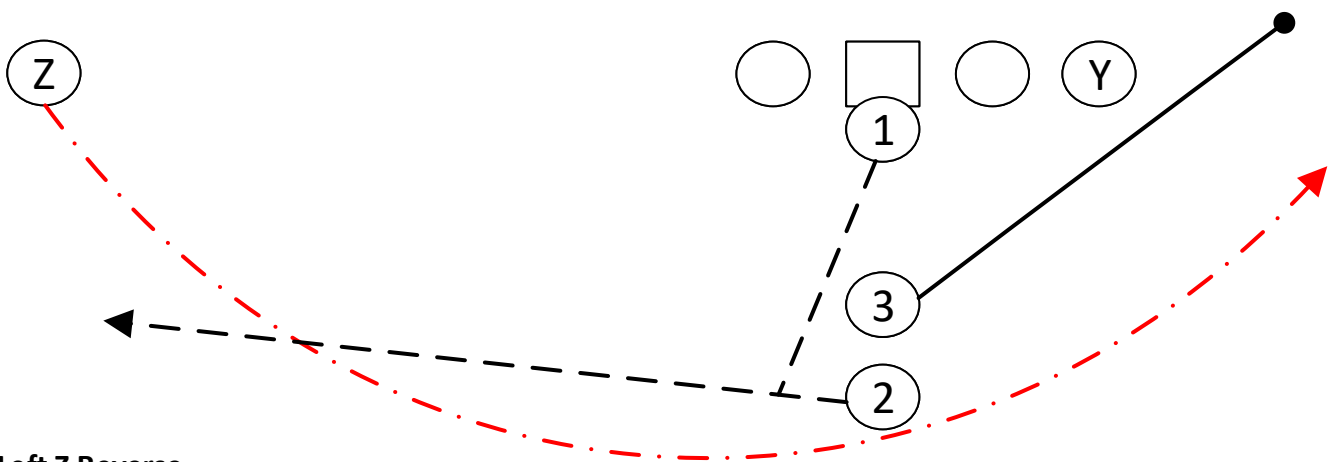
Tight Right 24 Power



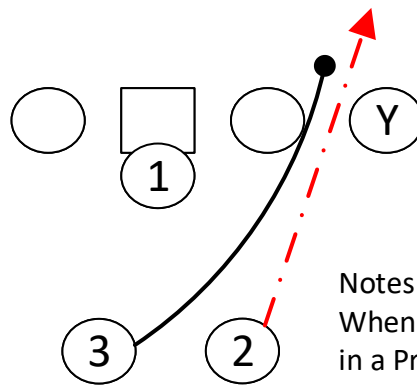
Tight Left 25 Toss



Right Z Reverse



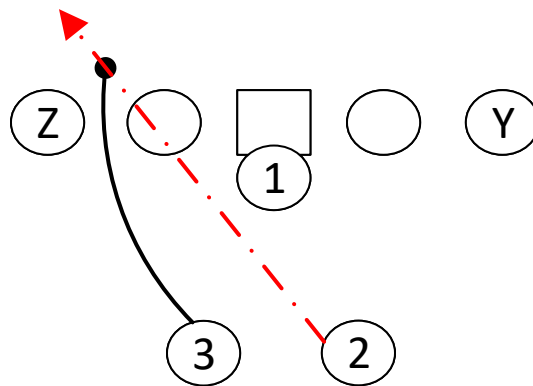
Left Z Reverse



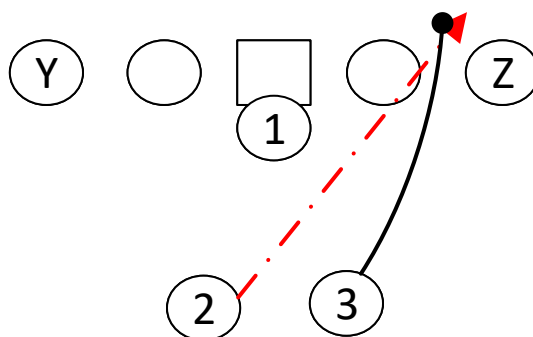
Notes:

When a play is ran opposite of the blocking back in a Pro Formation. The coach can choose to either delay the handoff to allow the blocking back to clear. Or have the FB block on the backside instead, leaving the HB naked.

Pro Left Z 24 ISO

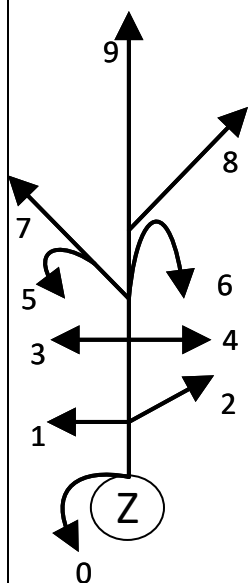


Pro Tight Left 23 ISO

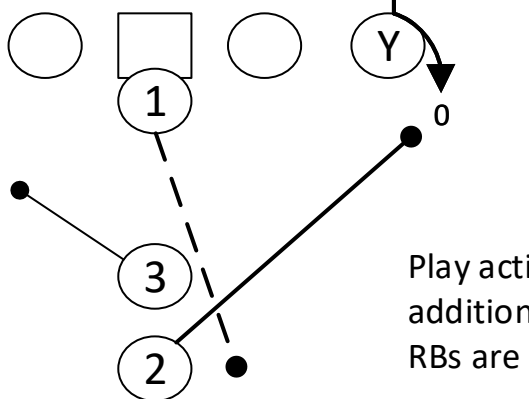


Pro Tight Right 24 Power

THERE IS NO WEAK SIDE
OPTION FOR THIS PLAY

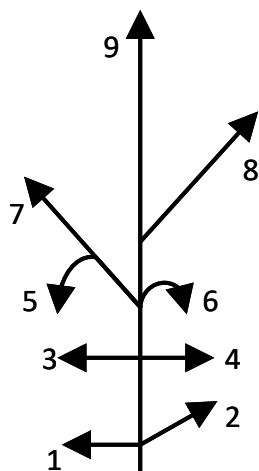


Left Z 126

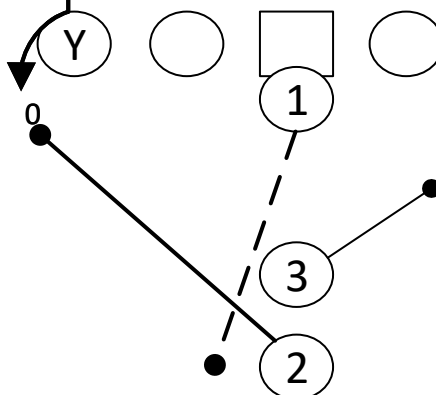


Play action to 2 back – NO
additional ROLL OUT
RBs are NOT eligible receivers

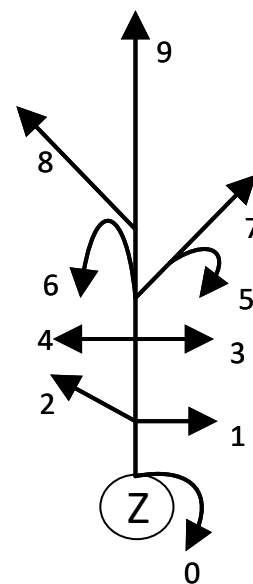
THERE IS NO WEAK SIDE
OPTION FOR THIS PLAY



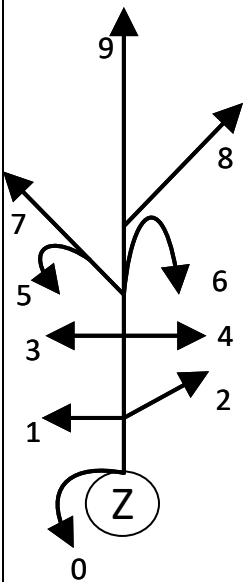
Right Z 127



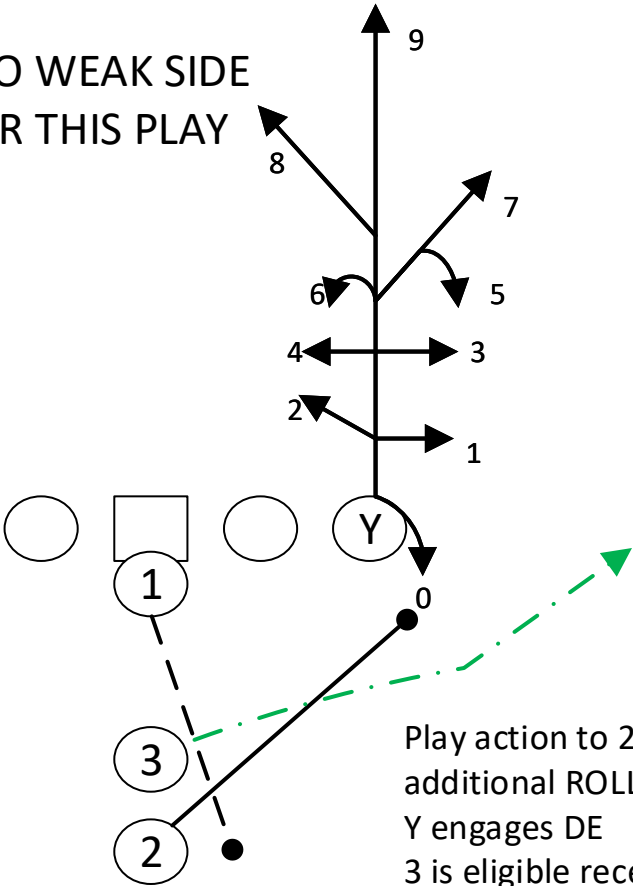
Play action to 2 back – NO
additional ROLL OUT
RBs are NOT eligible receivers



THERE IS NO WEAK SIDE
OPTION FOR THIS PLAY

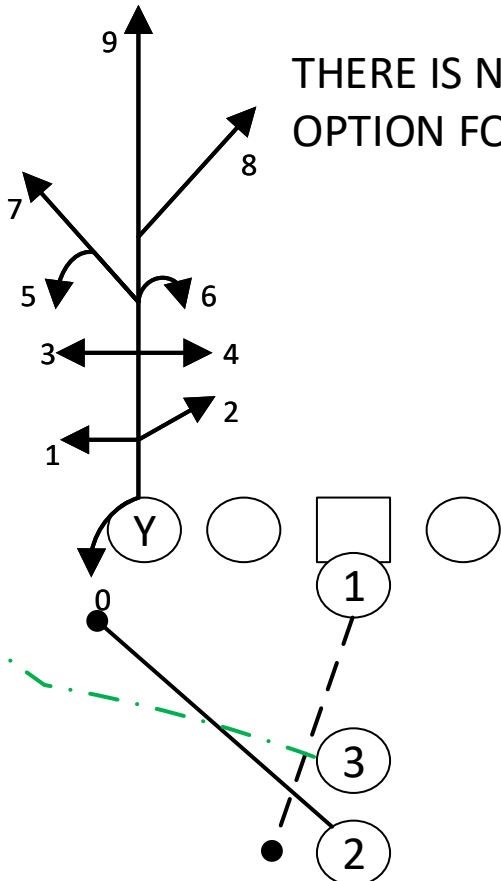


Left Z 126 Power

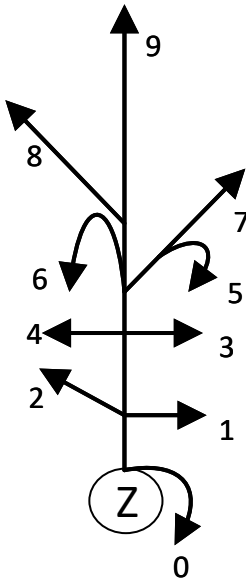


Play action to 2 back – NO
additional ROLL OUT
Y engages DE
3 is eligible receiver

THERE IS NO WEAK SIDE
OPTION FOR THIS PLAY

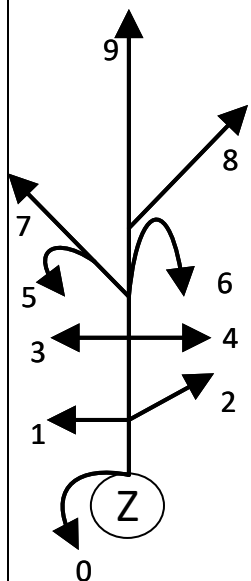


Right Z 127 Power

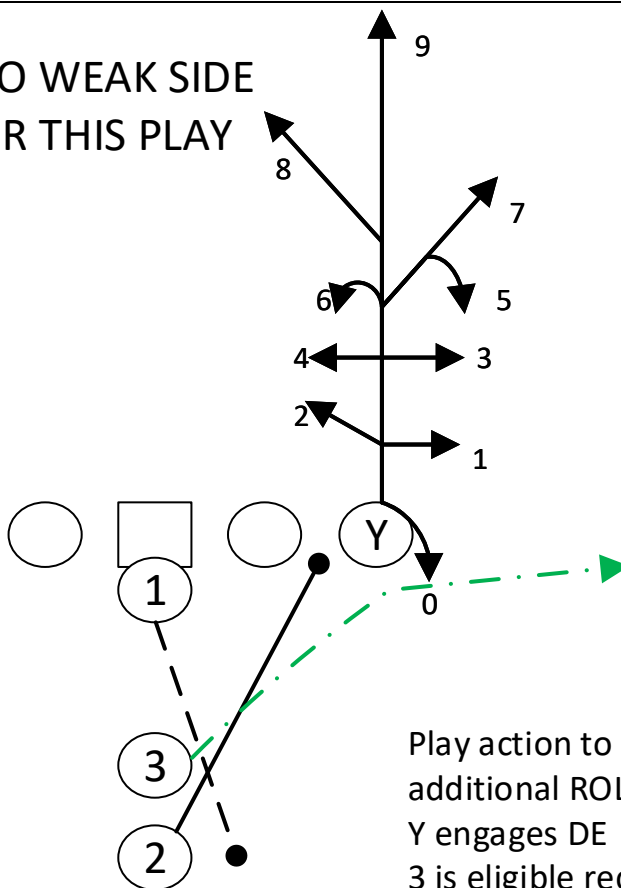


Play action to 2 back – NO
additional ROLL OUT
Y engages DE
3 is eligible receiver

THERE IS NO WEAK SIDE
OPTION FOR THIS PLAY

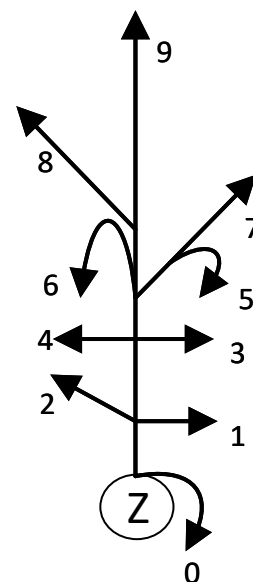
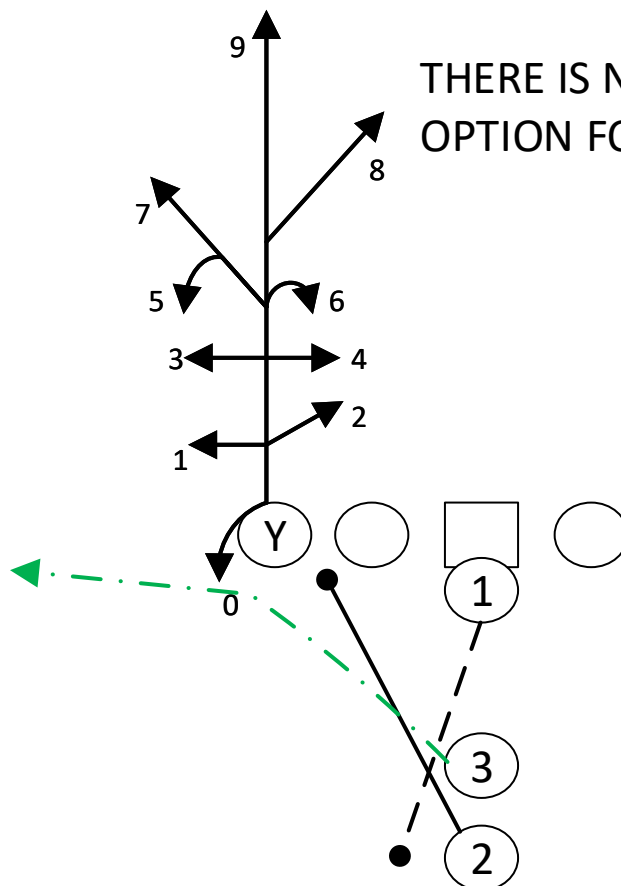


Left Z 124 G



Play action to 2 back – NO
additional ROLL OUT
Y engages DE
3 is eligible receiver

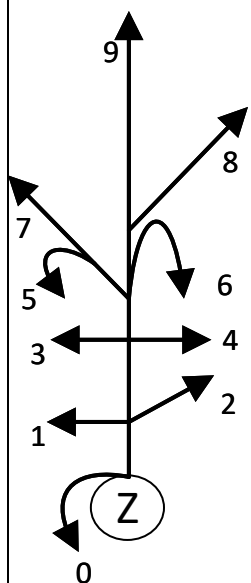
THERE IS NO WEAK SIDE
OPTION FOR THIS PLAY



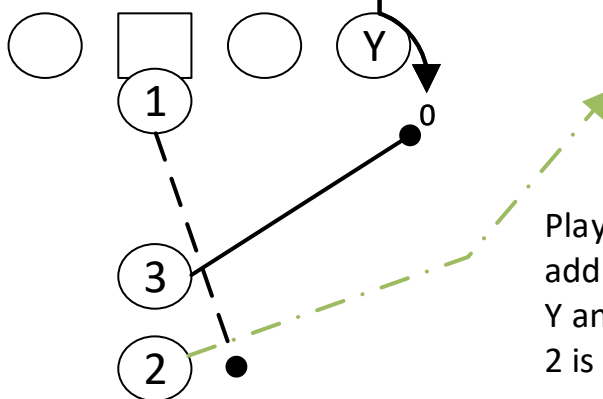
Play action to 2 back – NO
additional ROLL OUT
Y engages DE
3 is eligible receiver

Right Z 125 G

THERE IS NO WEAK SIDE
OPTION FOR THIS PLAY

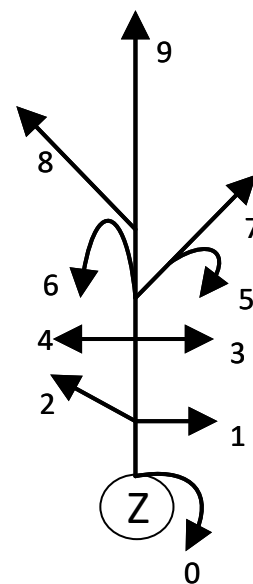
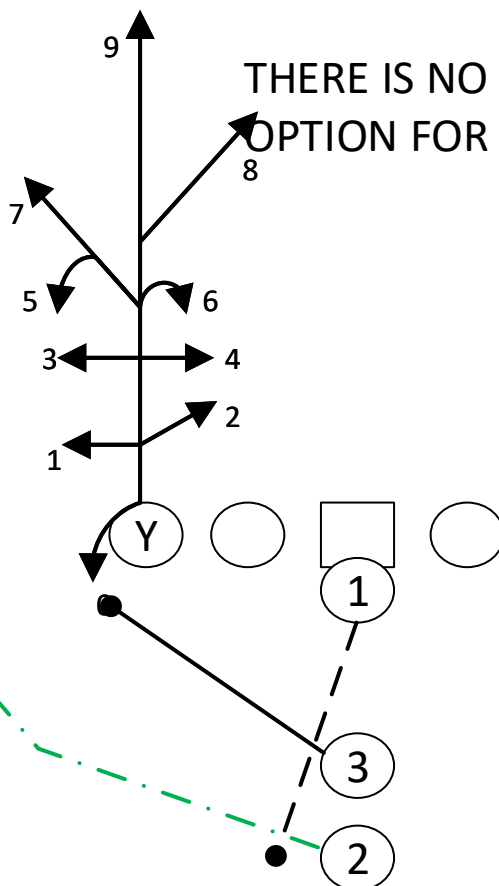


Left Z 136 G



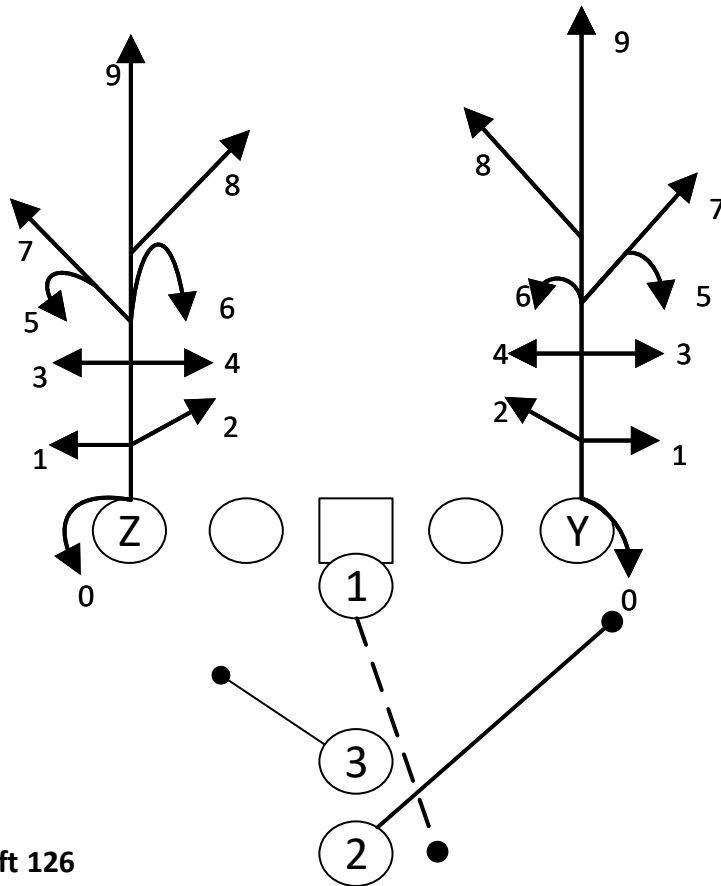
Play action to 3 back – NO
additional ROLL OUT
Y and 3 engage DE
2 is eligible to receive

THERE IS NO WEAK SIDE
OPTION FOR THIS PLAY



Play action to 3 back – NO
additional ROLL OUT
Y and 3 engage DE
2 is eligible to receive

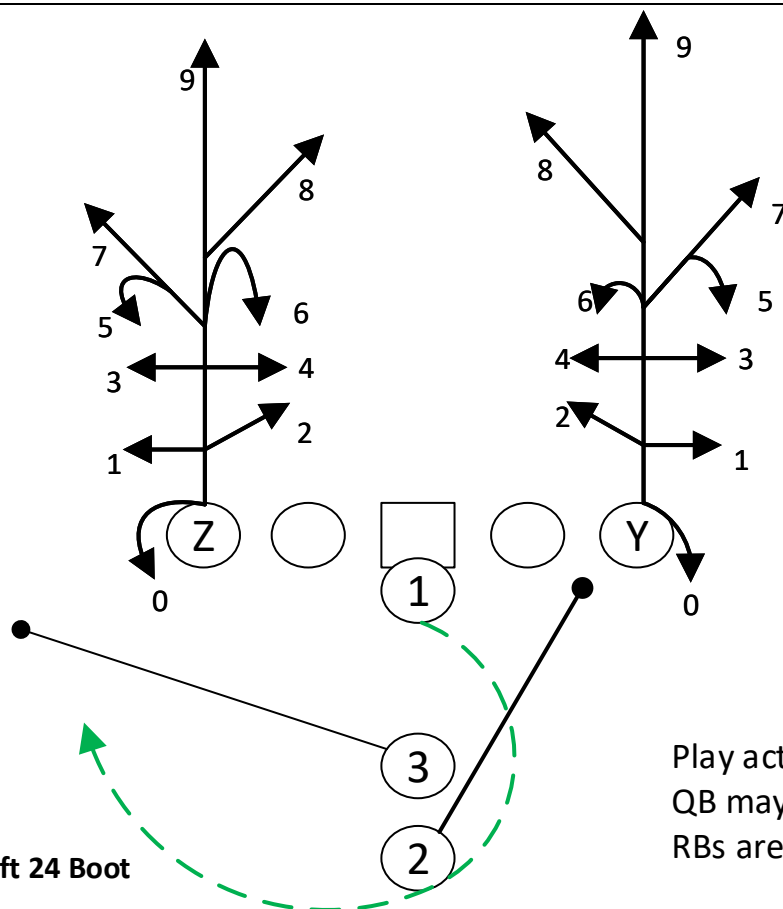
Right Z 137 G



Tight Left 126

THERE IS NO WEAK SIDE
OPTION FOR THIS PLAY

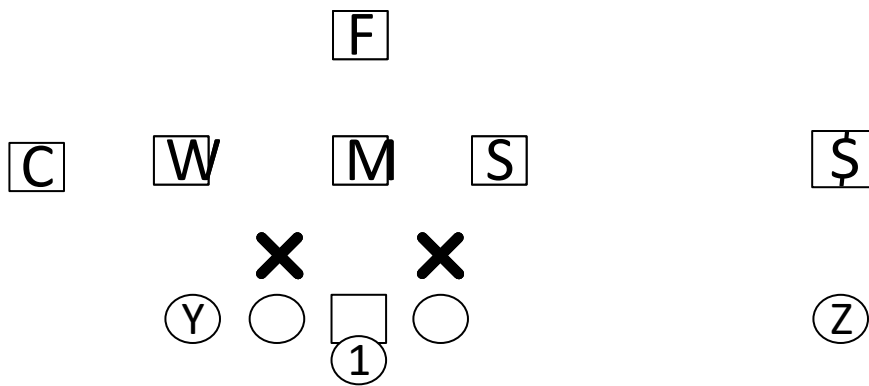
Play action to 2 back – NO
additional ROLL OUT
RBs are NOT eligible receivers



Tight Left 24 Boot

THERE IS NO WEAK SIDE
OPTION FOR THIS PLAY

Play action to 2 back.
QB may run.
RBs are NOT eligible receivers



Notes:

③

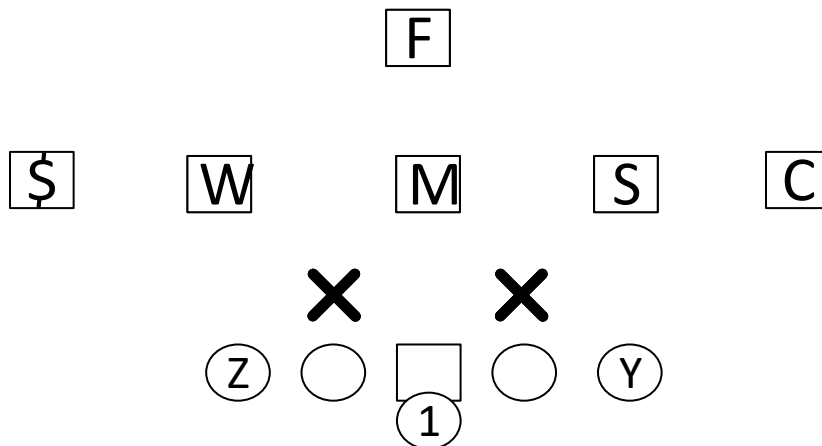
DL should line up "head-up" then shade to outside shoulder.

②

LB's are 5yds at their heels. Lined up "head up" on TE, C, TE

CB and SS are lined up with LB at 5 yds deep, either covering a receiver or outside the last lineman.

Con 1 v Right



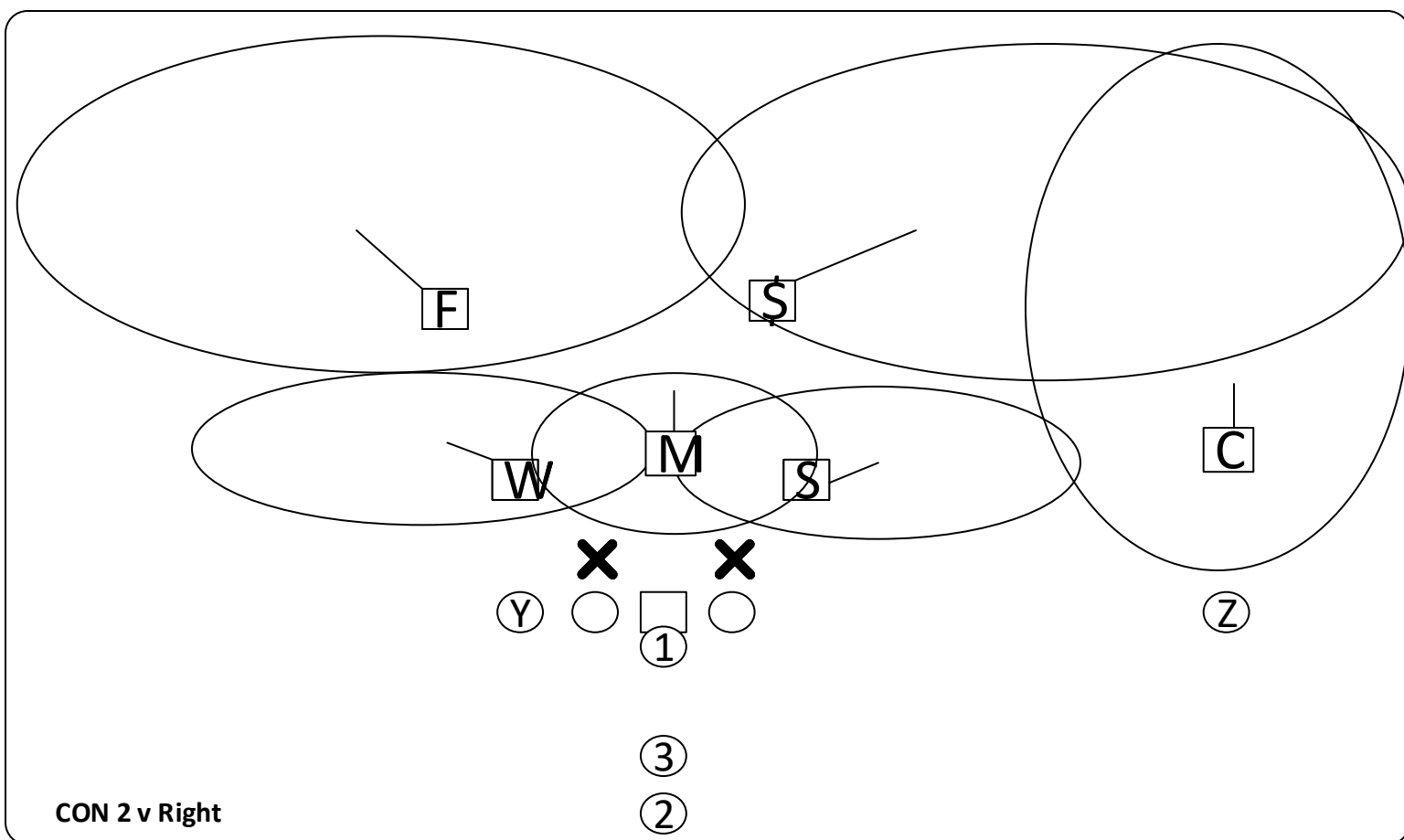
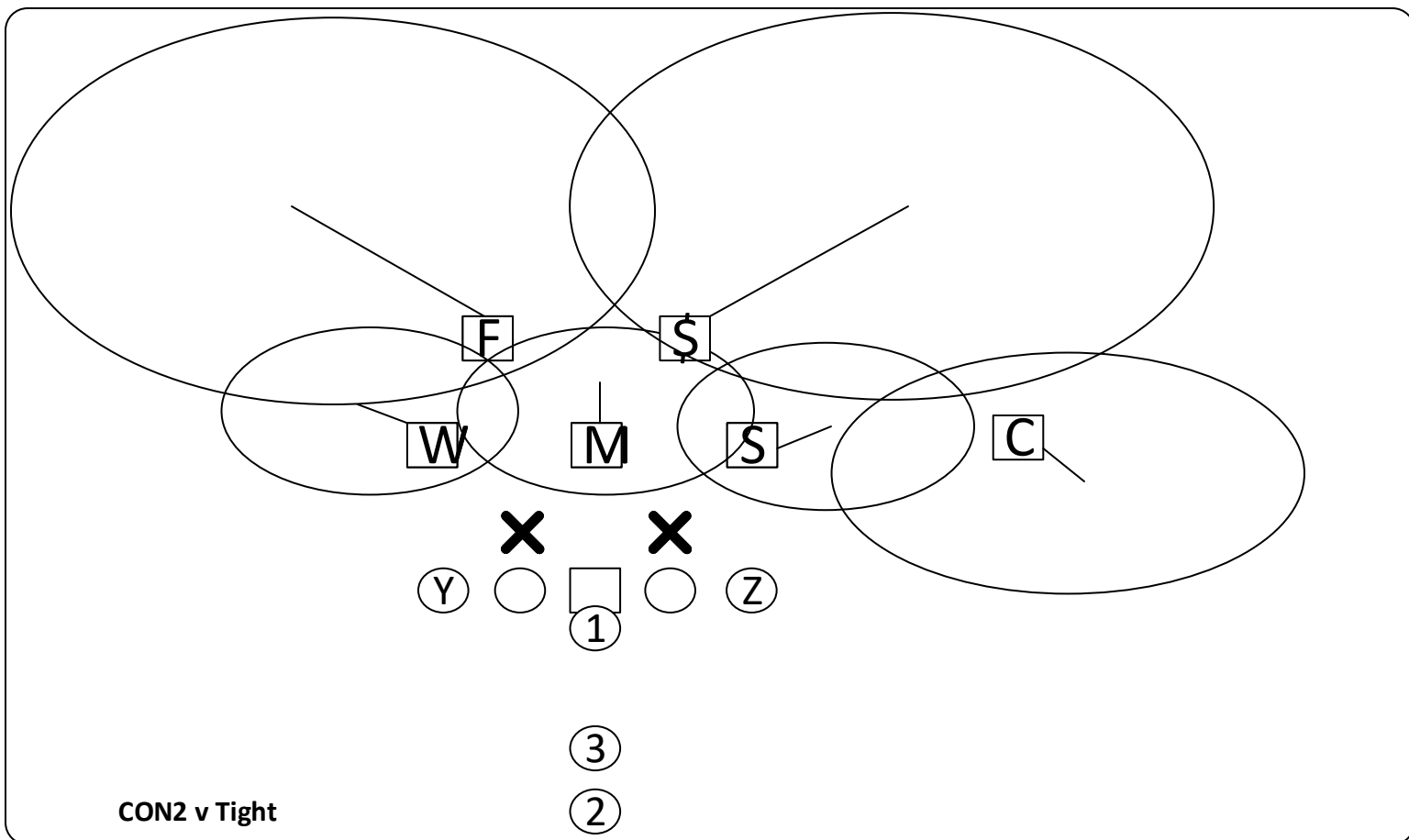
Notes:

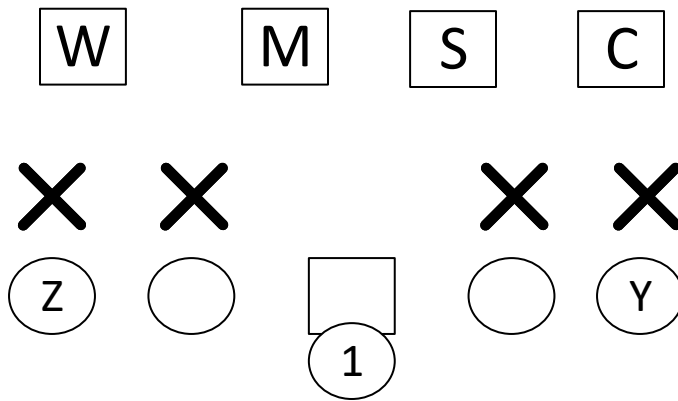
SS lines up with LBs acting as a CB

③

②

Con 1 v Tight

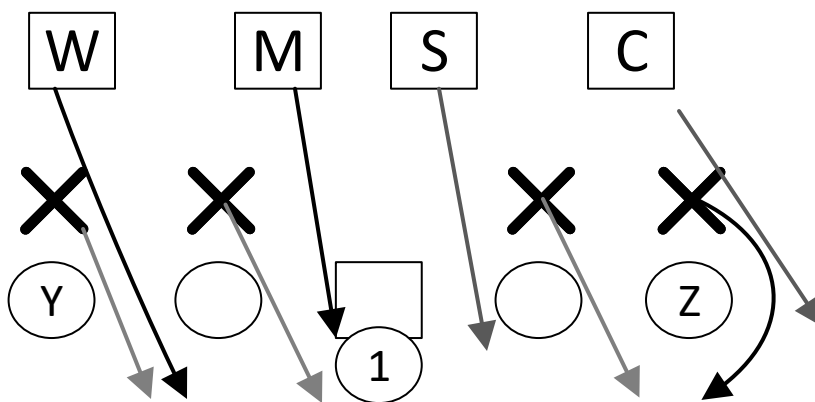




In the 53 Goal line, the safeties are pulled for more DL. Each DL aligns head up on the opposite OL.

LBs have GAP responsibilities and are positioned 2 yds at the heels.

44 Goal line



Example of GAP and Line play. DL is slant to strong side, W has BS B GAP, M has BS A GAP, S has PS A GAP and CB has OUTSIDE. PS DE is containment, BS DE is Pursuit.

44 Slant Strong

OL – Offensive Line
C – Center
G – Guard
T – Tackle
TE – Tight End
WR – Wide Receiver
Z – Primary WR
X – Secondary WR
Y – TE to the play side
U – TE to the non-play side
2 – Half Back
3 – Full Back
1 – Quarter Back

DL – Defensive Line
DT – Defensive Tackle
DG – Defensive Guard
DE – Defensive End
LB – Linebacker
MLB (M) – Middle (MIKE) linebacker
SLB (S) – Strong (SAM) linebacker
WLB (W) – Weak (WILL) linebacker
SS – Strong Safety
\$ - Strong Safety
FS – Free Safety
F – Free Safety
CB – Cornerback
C - Cornerback