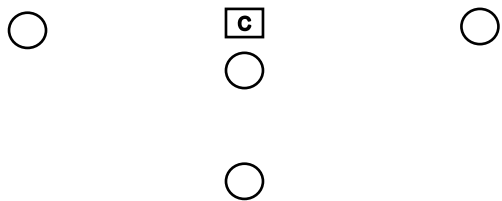


## BASE FORMATION



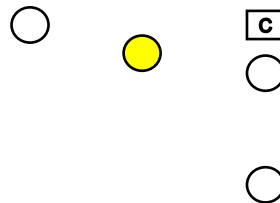
## To get from BASE to TWINS

If *Twins Left*, the right receiver lines up in the **left (slot)** splitting the difference between the wide receiver and the centre



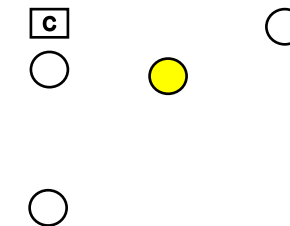
## TWINS LEFT

Outside Receiver lines up on the line of scrimmage.  
Inside (slot) receiver splits the gap between the outside receiver and the lineman and lines up off the line of scrimmage



## TWINS RIGHT

Outside Receiver lines up on the line of scrimmage.  
Inside (slot) receiver splits the gap between the outside receiver and the lineman and lines up off the line of scrimmage



Base formation is the only formation we run this symmetrical with no strength to the left or right.

The formation consists:

- Centre lines up over the ball.
- The QB lines up under centre or 3 yards back "shotgun".
- Two receiver, one either side outside about 3-5 yards from the side line.
- Running back 5-7 yards back from the centre (not the QB) Space yourself so you can run at full speed when you are handed the ball. Line up at here for every down regardless if it's a run or pass play.

## To get from BASE to TWINS (Protect)

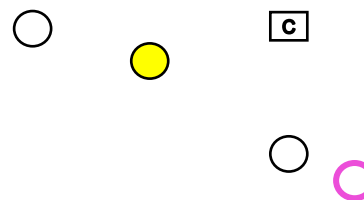
If *Twins Left*, the right receiver lines up in the **left (slot)** splitting the difference between the wide receiver and the centre



**Running back** lines up alongside the QB on the weak side 2 yard away and 2 yards back.

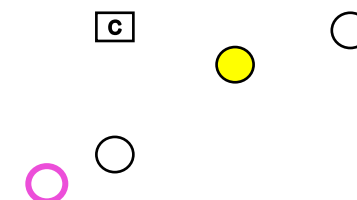
## TWINS LEFT (PROTECT)

(Protect) means the Running back starts alongside the QB on weak side. The QB must be in shotgun



## TWINS RIGHT (PROTECT)

(Protect) means the Running back starts alongside the QB on weak side. The QB must be in shotgun



## To get from BASE to TWINS EMPTY

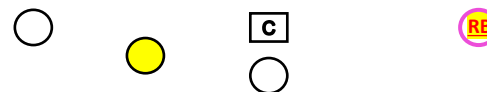
If *Twins Left*, the right receiver lines up in the **left (slot)** splitting the difference between the wide receiver and the centre



**Running back** lines up as a wide receiver on the weak side.

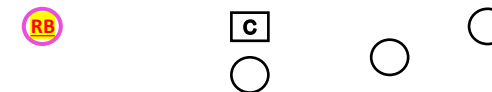
## TWINS LEFT EMPTY

In the empty formation the running back goes to the **WEAK side** as the single receiver on the line of scrimmage.  
The RB ALWAYS does a 5 yard IN / POST route



## TWINS RIGHT EMPTY

In the empty formation the running back goes to the **WEAK side** as the single receiver on the line of scrimmage.  
The RB ALWAYS does a 5 yard IN / POST route

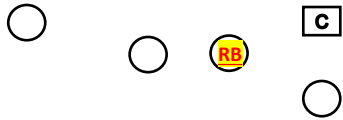


## TRIPS LEFT

In trips formation both receivers line up as though it is the twins. The **running back** lines up as an additional receiver shown above.

When the play is called in the huddle the RB and wide receiver run the standard play.. ie slants, Gin etc...

The middle (slot) will run the "key word" ie launch, sweep etc.

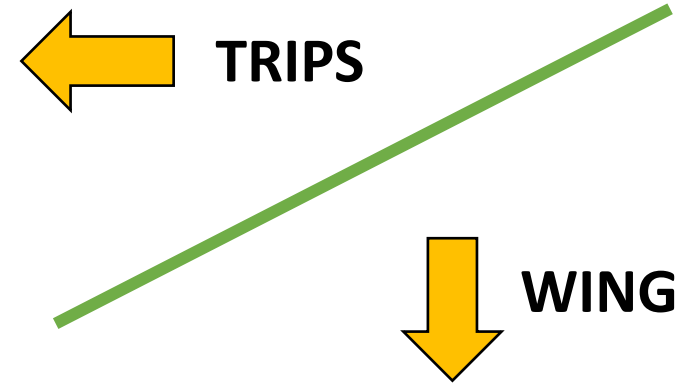
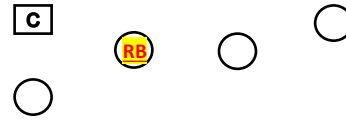


## TRIPS RIGHT

In trips formation both receivers line up as though it is the twins. The **running back** lines up as an additional receiver shown above.

When the play is called in the huddle the RB and wide receiver run the standard play.. ie slants, Gin etc...

The middle (slot) will run the "key word" ie launch, sweep etc.

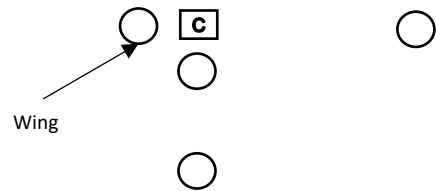


## WING LEFT

Wing means simply that the receiver (who is the wing) lines up 1 yard away from the centre on the line of scrimmage.

The other receiver lines up as normal out wide on the line of scrimmage

QB may be under centre or shotgun - RB may be in protect.

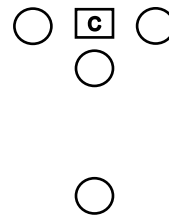


## DOUBLE WING

Wing means simply that the receiver (who is the wing) lines up 1 yard away from the centre on the line of scrimmage.

In this formation both receivers line up next to the centre either side.

QB may be under centre or shotgun - RB may be in protect.

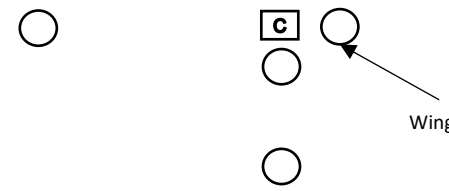


## WING RIGHT

Wing means simply that the receiver (who is the wing) lines up 1 yard away from the centre on the line of scrimmage.

The other receiver lines up as normal out wide on the line of scrimmage

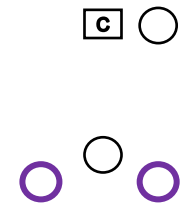
QB may be under centre or shotgun - RB may be in protect.



## WING RIGHT (DOUBLE PROTECT)

**(Double Protect)** means there are two Running back who line up either side of the Quarter back; 1 yard away on either side.

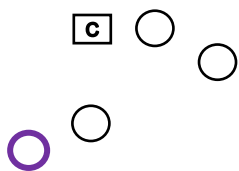
**The QB must be in shotgun**



## DOUBLE WING LEFT (PROTECT)

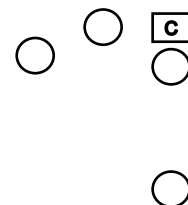
Double Wing (direction) means the inside receiver line up next to the centre 1 yard away on the line of scrimmage and the outside receiver lines up 1 yard further away, but off the line of scrimmage (1 step off)

**(Protect)** means the Running back starts alongside the QB on weak side. **The QB must be in shotgun**



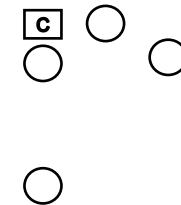
## DOUBLE WING LEFT

Double Wing (direction) means the inside receiver line up next to the centre 1 yard away on the line of scrimmage and the outside receiver lines up 1 yard further away, but off the line of scrimmage (1 step off)



## DOUBLE WING RIGHT

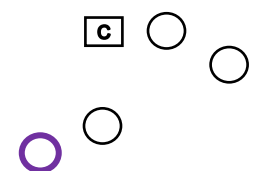
Double Wing (direction) means the inside receiver line up next to the centre 1 yard away on the line of scrimmage and the outside receiver lines up 1 yard further away, but off the line of scrimmage (1 step off)



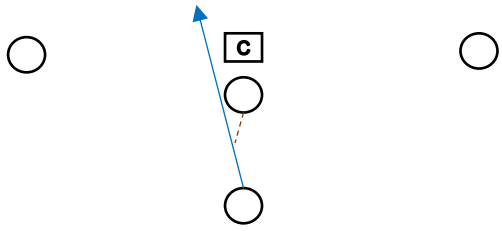
## DOUBLE WING RIGHT (PROTECT)

Double Wing (direction) means the inside receiver line up next to the centre 1 yard away on the line of scrimmage and the outside receiver lines up 1 yard further away, but off the line of scrimmage (1 step off)

**(Protect)** means the Running back starts alongside the QB on weak side. **The QB must be in shotgun**

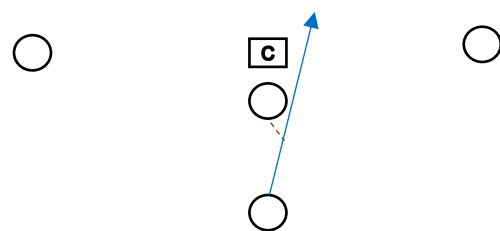


## DIVE LEFT



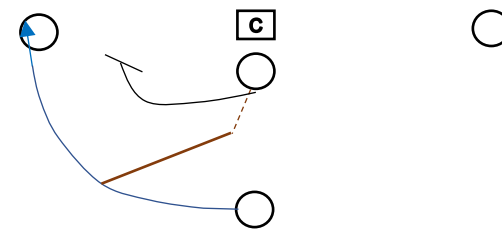
The running back lines up 5 yards back from the ball; in line with the centre. On the snap the running runs forward in the direction called and takes the hand off

## DIVE RIGHT



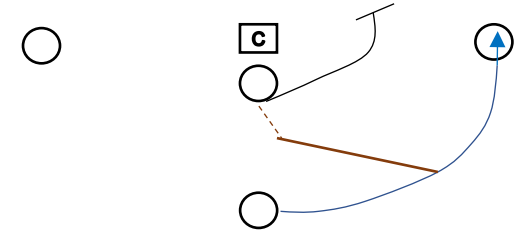
The running back lines up 5 yards back from the ball; in line with the centre. On the snap the running runs forward in the direction called and takes the hand off

## TOSS LEFT



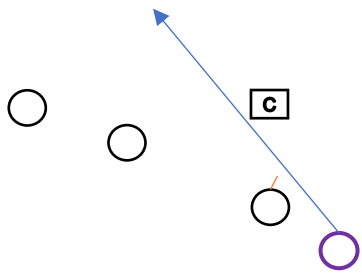
The running back lines up 5 yards back from the ball; in line with the centre. On the snap the back runs in a circular direction (like running around a big tyre) towards where the WR starts. The QB will turn and toss the ball.

## TOSS RIGHT



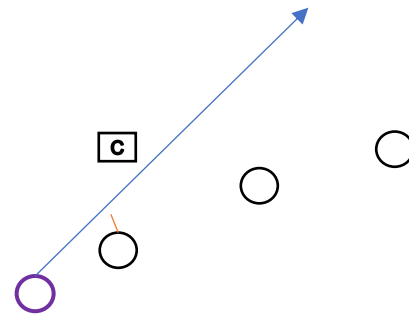
The running back lines up 5 yards back from the ball; in line with the centre. On the snap the back runs in a circular direction (like running around a big tyre) towards where the WR starts. The QB will turn and toss the ball.

## PROTECT DIVE LEFT



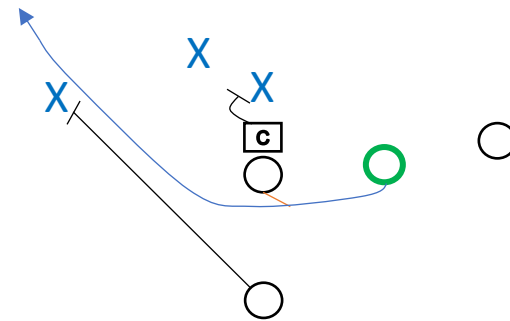
RB lines up next to the QB (who is in shotgun) on the weak side. On the snap the RB goes across in front of the QB and the QB hands the ball off.

## PROTECT DIVE RIGHT



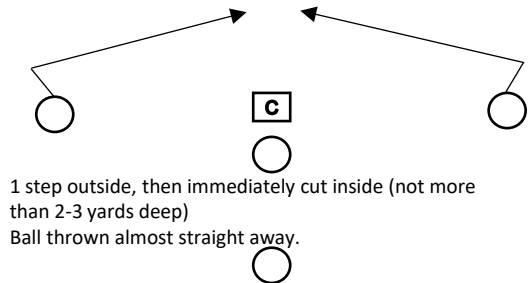
RB lines up next to the QB (who is in shotgun) on the weak side. On the snap the RB goes across in front of the QB and the QB hands the ball off.

## JET SWEEP



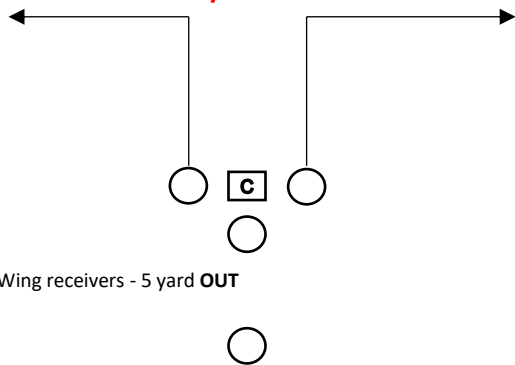
QB can also do this from shotgun. The **Slot receiver** would then go in front of the QB and the QB then pitches the ball forward.

## SLANTS / SEATTLE



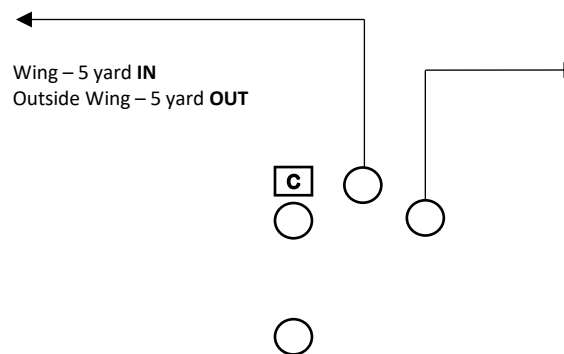
1 step outside, then immediately cut inside (not more than 2-3 yards deep)  
Ball thrown almost straight away.

## OUTS / OAKLAND



Both Wing receivers - 5 yard **OUT**

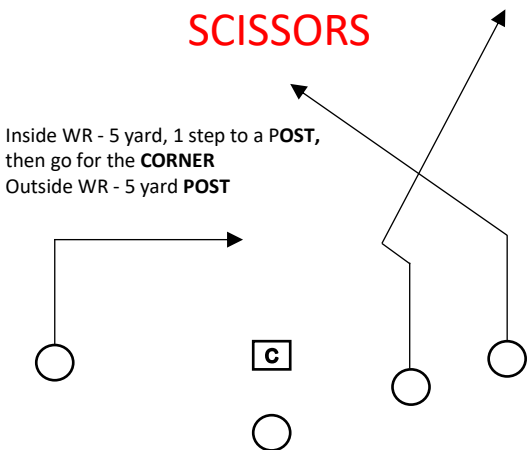
## IN & OUT



Wing - 5 yard **IN**  
Outside Wing - 5 yard **OUT**

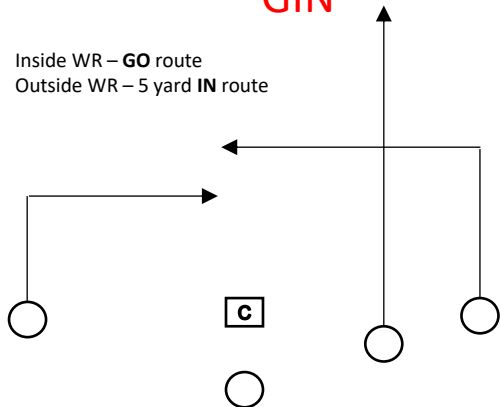
**PLAY EXAMPLES IN DIFFERENT FORMATIONS**

## SCISSORS



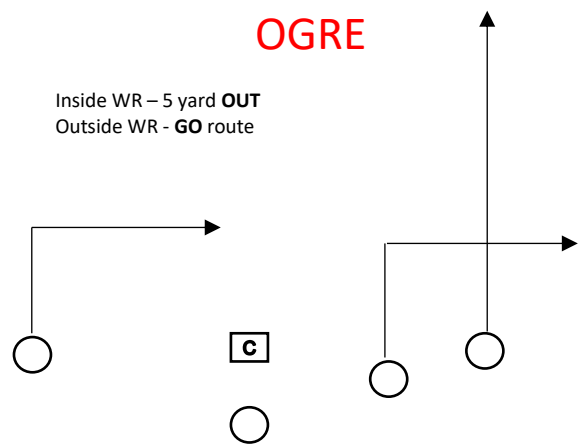
Inside WR - 5 yard, 1 step to a **POST**, then go for the **CORNER**  
Outside WR - 5 yard **POST**

## GIN



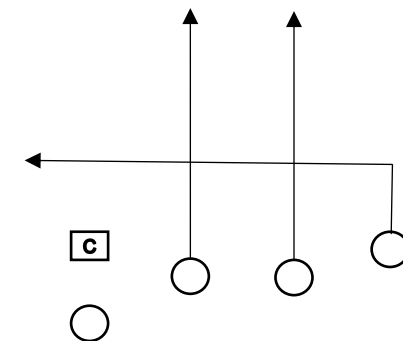
Inside WR - **GO** route  
Outside WR - 5 yard **IN** route

## OGRE

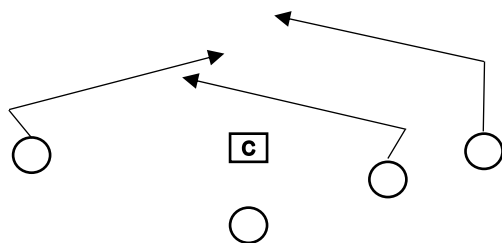


Inside WR - 5 yard **OUT**  
Outside WR - **GO** route

## DOUBLE GO, WIDE IN



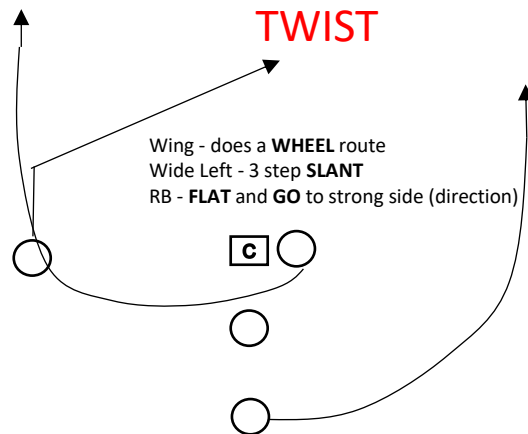
## SLANTS / SEATTLE



Inside WR - 1 step **SLANT**  
Outside WR - 3 step **SLANT**

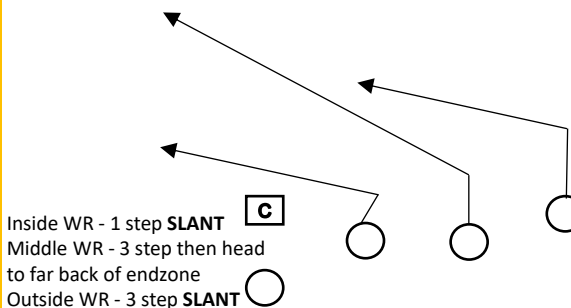
*With Twins and Trips all inside receivers do 1 step **SLANTS**  
The Outside receiver does a 3 step **SLANT***

## TWIST



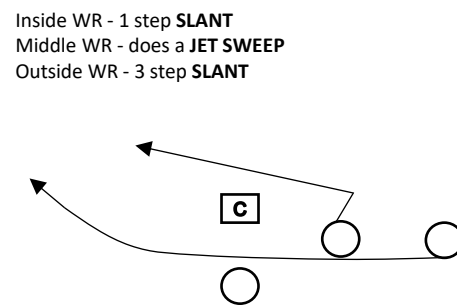
Wing - does a **WHEEL** route  
Wide Left - 3 step **SLANT**  
RB - **FLAT** and **GO** to strong side (direction)

## SEATTLE LAUNCH



Inside WR - 1 step **SLANT**  
Middle WR - 3 step then head to far back of endzone  
Outside WR - 3 step **SLANT**

## SEATTLE SWEEP



Inside WR - 1 step **SLANT**  
Middle WR - does a **JET SWEEP**  
Outside WR - 3 step **SLANT**