East/West 2004 All-Star HS Football Game

Offensive Playbook

June 2, 2004
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Chapter 1

Introduction

Offensive Philosophy

Our style of offense is to unrelentlessly attack our opponent. We want to challenge the defense with our athleticism, skill, strength, endurance and variation. We want to make the big play everytime we have the chance. Big plays are definitely NOT just big yardage plays. Every down is an opportunity for a big play from any one of the 11 players on the field. You must believe that you will be the one that gives our team success each play.

Code of Conduct

Our Players Will Play:

Sideline to Sideline
Whistle to Whistle
Hit on the Rise
Cheer for our teammates,
not against our opponents
Goals

• Have Fun! This is an All-Star game, congratulations on being selected! Enjoy the opportunity you have received. Take advantage of it.

• Personally challenge yourself to get better with every rep of every drill at practice. You will have better competition at these practices than at any other time on a high school football field, rise to the challenge. Shake off a bad rep quickly - we have just 10 practices over 2 weeks until we play our only game together. We only have one chance to get it right.

• Hustle! We WILL be an offense that swarms to the ball. You can’t make a play if you are on the ground or 30 yards away from the ball - FIND THE FOOTBALL.

• Focus mentally. As an offense, we have the advantage on every play - we know the snap count, we know where our first step is going, we know where the ball is going to end up, we know if it is a run, pass or play action. Mental focus will give us the edge over defensive players that might physically over match us.

• Gain yards on 1st down.

• Solid QB/Center exchanges.

• Perfect QB/RB handoffs.

• Ball security at all times, especially in the Red Zone.
Clock Situations:

Clock Stops:

- After a change of possession
- After an incomplete pass
- After an out of bounds

Clock Stops Temporarily:

- After a 1st down to reset the chains
- While a penalty is being marked off if the clock would have run had there been no penalty.

2:00 Minute Offense (Mayday):

When Mayday is called we will line up on the LOS right after the previous play unless the clock has stopped permanently. We will be in Trips Personnel so our formation will automatically be Rt West.
<table>
<thead>
<tr>
<th>20 yards</th>
<th>13 yards</th>
<th>11 yards</th>
<th>9 yards</th>
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Figure 1.1: Field Dimensions
Chapter 2

Practice

The energy and effort that each person puts forth in practice will be the single biggest factor that determines how successful we are as a team. It is often said that practice makes perfect but *practice actually only makes permanent*. No matter what you do, if you practice long enough, it will become a part of you. Practice a bad habit and you will become great at a bad habit. What we are striving for is perfect practice. Perfect practice requires outstanding effort from every coach and player - **BOTH** on days you feel like giving that effort but more importantly on days you do not feel like giving that effort. When you practice, work to accomplish something. Just putting in time will ensure nothing. Every practice, every workout is an opportunity for you to get better as an individual and for us to get better as a team. When you are not in a drill, concentrate on what is being said. You can learn and improve by listening to the coach correct others. Always watch your position during a group drill if you are not in the drill.

**Practice Sessions**

- Skelly - 7 on 7, no linemen. Offense actually has only 6 players (QB and 5 eligible receivers). Defense has 7 players - 3/4 LBs and 4/3 DBs.

- Inside Run - no receivers in this drill. Just O-line and RBs (a perhaps a TE). Defense gets 8, 7 or 6 players depending on the offensive personnel.

- Team - 11 on 11 football. This is the most important part of practice, we work all practice to be ready to
Individual Groups

- Run Timing (QB’s and RB’s)
- Blocking Schemes (O-line)
- Route Timing (QB’s and WR’s and TE’s)
- 1 on 1 - routes (WR’s and DB’s)
- 1 on 1 - blocking (O-line and D-line)
Chapter 3

Huddle

1. Center calls for the huddle at 8 yards from the LOS.
2. Absolutely no talking when QB enters the huddle.
3. Look at the QBs lips - you may see what you do not hear.
4. QB calls formation, play and snap count, then X and Z leave huddle.
5. QB repeats snap count and breaks the huddle.

Starting Counts

- *Down* - linemen, backs and receivers hustle to LOS and ready to go on *Down*
- *Set Go* - Cadence goes *Down.....Set,Go* - as a rhythmic count. This is the cadence for the Mayday offense
- *On One* - Cadence goes *Down.....Set.....Go* - as a non-rhythmic count.
- *On Two* - Cadence goes *Down.....Set.....Go.....Go* - as a non-rhythmic count.
Chapter 4

Personnel

We will get groups of players onto the field by calling out a single word. For example, if we want to run a two-back set, we will call for the *Pro* personnel grouping. If you are in a personnel grouping, it is your responsibility to get on the field when it is called.

<table>
<thead>
<tr>
<th>Name</th>
<th>Adjuster</th>
<th>Personnel</th>
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<tbody>
<tr>
<td>Pro</td>
<td>F</td>
<td>3 WR (X,Y,Z), 2 RB (H,F)</td>
</tr>
<tr>
<td>Trips</td>
<td>A</td>
<td>4 WR (A,X,Y,Z), 1 RB (H)</td>
</tr>
<tr>
<td>Heavy</td>
<td>F/A</td>
<td>2 WR (Y,Z), 1 TE (X), 2 RB (H,F/A)</td>
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Chapter 5

Formations

Formation calls are designed to give us the greatest flexibility and strategic advantage. We will have two directional calls - Right or Left - followed by an adjuster designation call. If there is no adjuster designation call, the backfield set is automatically the I-formation. The directional call tells all receivers where to line up, except the adjuster who is either the F-back or A-back, depending on the personnel grouping. The adjuster designation is always in relation to the directional call. Near and Far are relative to the directional call (the side that the Y receiver lines up on). Wax and West start with the letter w for weak side of the formation - away from Y. Sing and Stray are on the strong side of the formation.

Motion

The only one who will ever motion is the adjuster and all motion will be INTO the formation called. An example of the huddle call would be “Right near motion”. The adjuster initially lines wherever he wants (within reason) as long as he ends up in the formation called. All motion will normally be run at about 80% of full speed. We want motion to be at a quick pace so the defense will not have time to adjust well to the change of formation. However, there is a single exception to the above rule:

- Special: The H-back motions up to the QB depth (2 yards from LOS) then straight out to the sideline to the side of the TE. The ball should be snapped when the H-back has just passed the #2 receiver
Basic Alignments and Splits

- **X**: Inside foot on LOS, outside foot is back, 6–8 yds from sideline varying with formation and play.
- **Z**: Inside foot is 1 yd off LOS (check with official), 6–8 yds from sideline varying with formation and play.
- **W**: Inside foot is 1 yd off LOS, split distance from OT to receiver.
- **W**: Inside foot is 1 yd off LOS, split distance from OT to receiver.
- **H**: Toes at 6 1/2 yds from ball.
- **Y**: Toes at 6 1/2 yds from ball.
- **Z**: Toes at 6 1/2 yds from ball.
- **W**: Toes at 6 1/2 yds from ball.

**Figure 5.1: Basic Alignments and Splits**
Figure 5.2: Formations
Figure 5.3: Adjuster Positions
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<tr>
<td>Right (Pro)</td>
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<td>Right Stray (Trips)</td>
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<td>Right West (Trips)</td>
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<td>Right Near (Pro)</td>
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<tr>
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<td>Left Wax (Pro)</td>
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Figure 5.4: Formations and Splits
<table>
<thead>
<tr>
<th>Left Sing (Heavy)</th>
<th>Left Near (Heavy)</th>
<th>Right (Heavy)</th>
<th>Right Stray (Heavy)</th>
</tr>
</thead>
</table>

Figure 5.5: Formations and Splits
Chapter 6

Run Game

- 2 = F-back
- 3 = H-back

Very simply, the run game calls the back and then the hole which we want to run him through. So 22 dive is the 2 back (F) through the 2 hole. A Power, Toss or Sweep run play signifies that a lead back will be going through the run hole. Linemen need to know whether it is a one-back or two-back run play to determine their blocking assignments.

Freeze Call

NO PLAY WILL BE RUN. The QB tries to draw the defense offsides with cadence. The offense will not move.
Hole Numbering

Hole numbering is NOT effected by the TE position
Even numbers to the right, odd to the left
Defensive Fronts and Coverages

Defensive Nomenclature

- **Defensive Line:**
  - **E** - End: Aligns over OT or TE
  - **T** - Tackle: Aligns over OT or Strong OG
  - **N** - Nose: Aligns over Center or weak OG

- **Linebackers:**
  - **S** - Sam: Strong Outside LB, aligns over or outside the OT
  - **M** - Mac: Strong Inside LB, aligns over Center or Strong OG
  - **K** - Mike: Weak Inside LB, aligns over weak OG
  - **W** - Will: Weak Outside LB, aligns over weak OT or shaded outside

- **Secondary:**
  - **C** - Corner: Aligns over WR
  - **FS** - Free Safety: Aligns deep middle 3rd of field or on hash
  - **SS** - Strong Safety: Aligns in a force position or on hash
Base Defensive Fronts

W K M S
E T T E

4–4 Front

W K M S
E T T E

4–4 Front

4–3 Front

W M S
E T T E

4–3 Front

K M
E T T E

4–2 Front
Defensive Coverages

COVER 3 ZONE

STRENGTHS
1. Three-deep secondary.
2. Four man rush.
3. Run support to SS.

WEAKNESSES
1. Weakside curl / flat.
2. Strong-side curl.
3. Limited fronts.
4. Flood routes.
5. Run support away from SS.
6. Dig routes. (Square-in routes)
7. Four verticals.

COVER 2 ZONE

STRENGTHS
1. Five underneath coverage.
2. Ability to disrupt timing of outside receivers with 'jam'.
3. Can rush four.
4. Flat areas.

WEAKNESSES
1. Deep coverages;
   a. fade area,
   b. deep middle.
2. Strong-side curl.
3. Run support off-tackle.
Defensive Coverages

COVER 1 FREE

STRENGTHS
1. Help in the deep middle.
2. Tight coverage.
3. Good run support to SS.
4. Can rush five.

WEAKNESSES
1. No underneath help;
   a. crossing routes,
   b. breaking routes,
   c. pick routes.
2. Play action passes.
3. Out routes.

COVER 0 MAN

STRENGTHS
1. Pass rush.
2. Can rush six.
3. Tight coverage.
4. Good run support.

WEAKNESSES
1. No underneath help;
   a. crossing routes,
   b. breaking routes,
   c. pick routes.
2. Nobody in the middle of the field - deep post route.
Defensive Coverages

QUARTERS COVERAGE

STRENGTHS
1. Four-deep coverage.
2. Run support from safeties.
3. Ability to double cover outside receivers.
4. Allows corners to play aggressive technique on outside receivers because they have help over-the-top from safeties.

WEAKNESSES
1. Flat coverage.
2. Safeties are very susceptible to play-action.
3. Double coverage on #1 can be nullified by having #2 attack the coverage of safety.
**Base Blocking Rules**

1. Playside
2. Over
3. Backside
4. Linebacker
5. Anyone

**NOTE:** Defensive players on the Line of Scrimmage (LOS), must be blocked by our players that are on the LOS. If they out number us on the LOS, we block the most dangerous players first and let the backs pick-up the outside players. The most dangerous are players either closest to the run hole or on a pass play closest to the Center.

The first thing you need to ask yourself is where is the hole? Is it to your right or your left? If it is on your right then your right side is considered your playside gap and your left gap is the backside gap. If it is on your left then the left side is considered your playside gap and your right is your backside gap.

**Example:**

- Imagine you are the right guard. We call the 2 hole. Your playside gap is your left gap.
- Imagine you are the left guard. We call the 5 hole. Your playside gap is your left gap.
- Imagine you are any one of the linemen. We call the 8 hole. Everyone’s playside gap is your right gap.

**Rule 1: Playside**

This just means that if someone is in your playside gap you must do something with him.

If you happen to be right next to the hole called your neighbor will also have to deal with this guy. This means that you two will need to TALK. You two will double team him and push him into a line backer. This double team technique is one of the most effective blocks to make a good lane for the running back to read.
• **Rule 2: Over**
  If you can’t apply rule 1 just take on the guy that is playing directly over you.

• **Rule 3: Backside**
  If you can’t apply rules 1 or 2 get the guy in your backside gap.

• **Rule 4: Linebacker**
  If you can’t apply rules 1, 2, or 3 get the most dangerous LB that you can reach.

  **Rules 3 and 4 run together.** If you have a guy in your backside gap, your neighbor has someone in his playside gap so we will quickly secure the line of scrimmage with the intention of getting up to the scraping linebacker with the lineman closest to the hole.

• **Rule 5: Anyone**
  If you get to the line of scrimmage and forget everything you have been taught, just go clock somebody that is wearing the wrong colored jersey. If you don’t know what you are doing, do something, and make sure you do it 100 miles per hours. Find a bad guy and drop him. It makes for one less person to deal with.

These 5 rules will get you 95 percent of the way through our running game!

You are positioned far away from the hole called:

If you are two or more holes away from the hole called you have a special rule. (If you are the left guard the 3 and 1 holes are zero away, the 2 and 5 holes are one away, the 7 and 4 holes are two away, the 6 hole is three away, and the 8 hole is four away.)

You **cut off** whatever you can. Again, you must TALK with your neighbors! Ideally you would like to freeze the D-lineman near you and get up to the back side linebacker if possible. These techniques may and will require the help of a neighbor. You will gain the intuition to determine what you and your neighbors can accomplish to best effect the outcome of the play.

How important are the different blockers during a play?

• Close to the hole: (linemen, blocking backs)

  We should now note that those people that block near the hole called will determine if the play goes for positive or negative yards. If they do not do their job the rest of the play is destroyed. It is critical that they accomplish their tasks so we can consistently keep the ball moving.

  Football is a game of probability. If those people near the hole execute well we will likely get 5 yards a run. If they do not execute well we may be lucky to make it to the line of scrimmage.
• Far from the hole: (receiver blocking, backside line blocking, back and QB fakes)

If those near the hole execute well, those far away from the hole dictate whether it is a 5 yards run or a TD. This goes for down field blocking from recievers, down field and backside cutoff from the linemen, and running backs and QBs carrying out their fakes. A good cutoff block, down field stalk block, or fake will effectively erase at least one defender from the field of play. If we neutralize everyone our ball carrier will ideally never be touched. There is no such thing as a play where you can rest. The play you rest is the play that you turned a TD into a 5 yard gain.

Looking at football as a game of probability again, if those who are far from the hole execute well we are likely to amplify the positive results those near to the hole accomplished.

Food for thought: Assume that every offensive lineman has a 90 percent chance of executing properly. If we all execute properly we make a reasonable yardage gain. This means that we collectively have a $0.9^6 = 0.53$ or 53 percent chance of making a good gain. If this drops to 80 percent for each player, $0.8^6 = 0.26$ or a 26 percent chance of a good gain. If we raise this to 95 percent for each player, $0.95^6 = 0.74$ or 74 percent chance of making a good gain. If 5 guys are playing at 95 percent execution and one is at 50 percent, $0.95^5 \times 0.5 = 0.39$ or 39 percent chance of making a good gain.

The take home message from this crude example is that a small increase in our ability to execute properly will result in a very large return for the team collectively.
<table>
<thead>
<tr>
<th>2 RB Personnel</th>
<th>Formation</th>
<th>Play Action</th>
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</thead>
<tbody>
<tr>
<td><strong>Play</strong></td>
<td></td>
<td></td>
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<tr>
<td>21/22 dive</td>
<td>I,near,far</td>
<td></td>
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<tr>
<td>21/22 dive kick</td>
<td>I</td>
<td></td>
</tr>
<tr>
<td>31/32 power</td>
<td>I</td>
<td>posts,streaks</td>
</tr>
<tr>
<td>33/34 power</td>
<td>I,near,far</td>
<td>power pass</td>
</tr>
<tr>
<td>33/34 trap</td>
<td>I</td>
<td>boot pass</td>
</tr>
<tr>
<td>23/24 power</td>
<td>near,far</td>
<td>boot pass</td>
</tr>
<tr>
<td>23/24 trap</td>
<td>near,far</td>
<td>boot pass</td>
</tr>
<tr>
<td>37/38 sweep</td>
<td>I, near, far</td>
<td></td>
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<table>
<thead>
<tr>
<th>1 RB Personnel</th>
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<tbody>
<tr>
<td><strong>Play</strong></td>
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<tr>
<td>20 quick trap</td>
</tr>
<tr>
<td>21/22 dive</td>
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<tr>
<td>(90) 32 draw</td>
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<tr>
<td>33/34 toss</td>
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</tbody>
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<table>
<thead>
<tr>
<th>0 RB Personnel (Spread)</th>
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<tbody>
<tr>
<td><strong>Play</strong></td>
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<tr>
<td>QB draw</td>
</tr>
</tbody>
</table>
QB–  2–back Play:
H–  Formations:
F–
Line–
WR–
QB–

H–

F–

Line–

WR–

2–back Play:

Formations:

W K M S

E T T E

W K M S

E T T E

W M S

E T T E

W M S

E T T E
QB -

H -

F -

Line -

WR -

2-back Play:

Formations:

QB -

H -

F -

Line -

WR -
2–back Play:

Formations:

QB–
H–
F–
Line–
WR–
QB–
H–
Line–
WR–

1–back Play:
Formations:

S  M  W
E  T  T  E

S  M  W
E  T  T  E

K  M
E  T  T  E

K  M
E  T  T  E
1–back Play:
Formations:

QB–
H–
Line–
WR–

S M W
E T T E

K M
E T T E

S M W
E T T E

K M
E T T E
Receiver Rules:
Playside #1 – Corner
Playside #2 – 12 yard out
Playside #3 – Flat route
Backside #1 – Hero (Post)

Play Action: Power Pass Corner
Receiver Rules:
Playside #1 – Corner or Comeback
Playside #2 – delayed return route (in/out)
Backside #1 – Hero (Post)
Backside #2 – 13–15 yard diagonal route

Play Action: Boot Pass Corner/Comeback
Receiver Rules:

Furthest Outside – route called

#2 runs a route if tagged

Play Action: 32 Streaks/Posts/Comebacks
Chapter 7

Pass Game

The organization of the passing game allows us to be very concise in the huddle. It requires each player to take more personal responsibility on each play but through quality repetition in practice, it will become second nature.

O-line Rules

• 50’s sprint left - Step hard playside and LT, LG and C work to the playside shoulder of the defender. H-back comes in and cleans up on the edge by attacking the LOS. There must be no penetration at that point. RT and RG gate backside, working inside-out.

• 60’s sprint right - Step hard playside and RT, RG and C work to the playside shoulder of the defender. H-back comes in and cleans up on the edge by attacking the LOS. There must be no penetration at that point. LT and LG gate backside, working inside-out.

On all sprint outs, playside OG and OT are aggressive with an L-step. All backs will help the OT pin his man so the QB can get around the corner. Backside OG and OT will “gate” back to form a wall. Center steps to the sprint side.

• 70’s - 5 or 7 step drop - pocket pass protection. Center slides right. If we are in a 1-back set, back goes left, ALWAYS. If we are in 2-back set, the F-back goes to the side he is on and the H-back goes opposite. If we are in the I-formation, the F-back goes right - ALWAYS and the H-back goes left - ALWAYS. Rule for RB - Look inside-out.

• 90’s - 3 step drop - aggressive pass pro. - cut all people on the LOS, backs cheat up and explode to LOS and block. Center slides right, if necessary.
Receiver Rules

• 50’s, 60’s - playside #1 receiver runs the primary route, playside #2 runs the complimentary route. If there is a playside #3, he will always be tagged with a route (for example: Y-corner or A-stick). Backside rules are as follows: #1 runs a post and #2 runs a 12-15 yard diagonal route.

• 70’s and 90’s - On both sides of the formation, #1 runs the primary route, #2 runs the complimentary route and if there is a #3, that receiver will have a tagged route as in 50/60. There are certain route combinations where #2 will have a tagged route - be alert for this. Don’t quit listening until you break the huddle! Therefore, if we are in a 2x2 set, the routes will be mirrored unless a specific tag is given to an inside receiver.

Example: We are in trips personnel, the play: “Left West 71 corner.” 70’s tells the line that the protection will slide right for a drop-back pass and the back will go left. The X and Z receivers run the one route on the 70’s passing tree and the A-back and Y receiver run corner routes. Another example is “Left West 74 post A drag”. X and Z run a 15 yard dig route, Y runs a post and the A-back runs a drag all the way across the field.

The shortness of the calls is beneficial when trying to get in and out of the huddle quickly and the play can be easily signalled from the sideline. The combination of routes are presented on the pages after the passing trees.
Figure 7.1: 50, 60 and 70 passing tree for #1 receiver
### 90 Passing Tree

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>hitch (5 steps)</td>
<td>out (4 steps)</td>
<td>slant (5 steps)</td>
<td>fade (landmark - 5 yards from sideline)</td>
<td>fin (sit for 1/2 count then run in)</td>
<td>fade-back</td>
</tr>
</tbody>
</table>

**Quick = 1 step**

![Diagram](image-url)

**Figure 7.2:** 90 passing tree for X and Z
Figure 7.3: A-back passing tree
Figure 7.4: TE (Y) passing tree
General Route Schemes

Our passing attack will be based on about 10 general route schemes. The schemes are designed to help our quarterback make a clean read by forcing defensive players to make a quick decision. Receivers must understand the entire pass play and not just get locked into their individual route. Specifically, a receiver releasing on the inside or outside of his defender has consequences depending on what route the receiver next to him has. Something as simple as the release can mean the difference between a completion and an interception. Executing the scheme against the coverage is the responsibility of BOTH the quarterback and the receivers.

- 90/91 streak
- 92 flat (red)
- 93 stick (gold)
- 94 corner
- 70 flat
- 71 in w/ drag from opposite
- 72 options
- 73
- 74 post w/ drag from opposite
- 75 out
- 79 streak
Pass Plays

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Chapter 8

Screens

- **H-Screen** - off special motion to H-back (special is always to TE side). Motion H up to QB depth then straight to the sideline on the strong side. QB takes a 1 step drop. Receivers drive hard off the ball and stalk block their defender. Line - step playside, 90's pass pro.

- **Shovel Pass** - QB will fake a slow H-screen first, then run an underneath option play off the backside DE to the F/A/Z. This is a delayed shovel pass.

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<th>Formation</th>
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<td>H screen Rt</td>
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<td>Rt (Near)(shotgun) special</td>
<td>H screen Rt</td>
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<td>Rt (Near) (shotgun) special</td>
<td>shovel pass Lf</td>
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Screen Play: H–Screen

QB–
H–
F–
Line–
WR–