

**DETROIT LIONS
1998
QUARTERBACK MANUAL**



QUARTERBACK MANUAL OUTLINE

LEADERSHIP	1-3
Leadership Equals Serving	1
Vocal Leadership	2
ATTITUDE	3-4
Attitude in Practice	3
Game Attitude	4
Huddle and Line of Scrimmage Procedures	4-10
Huddle	4
Approach to the LOS	5
Cadence	5
Voice Inflection	6
Check and Audible System	7
Taking the Snap	9
MECHANICS AND FUNDIMENTALS	11-14
Eyes	11
Feet and Drops	11
Shot Gun Drops	13
Play Action Pass Fakes	13
THROWING THE BALL	14-15
Progression of the Throw	14
Throwing on the Run	15
READING DEFENSES	15-17
Progression Reads	16
Coverage Reads	17
REDIRECT, SIGHT ADJUST, SHOT, HOT	18-20
Redirect	18
Sight Adjust	18
Shot	19
Hot	20

2 MINUTE PROCEDURES

21-22

Red Ball Offense
When We are Ahead

21
22

PREPARATION AND ORGANIZATION

22-23

Overall Preparation
Game Preparation

22
23

OFFFIELD PRESPECTIVES

24

1998 DETROIT LIONS QUARTERBACK MANUAL

LEADERSHIP

The Detroit Lions wants you to be a strong leader and a winner. Your position is one with a lot of responsibility. Much is required to handle all of these tasks. A teammate will naturally want to follow you. You must be trusted to get your job done so your teammates will sacrifice for you in all situations. You must set the pace, think, and plan out what our team's future is going to look like and execute that plan.

The QB position gets more attention than any other position on the field. Consequently, you are often thought of as most important and most responsible for what happens on and off the field. Because of this you have to get your teammates to rally around you toward our common goal, which is winning the 1998 NFC Championship and Super Bowl. There are two significant ways you can become a real leader on this team. First you must look for ways to serve them and second you must be a vocal leader.

I. LEADERSHIP EQUALS SERVING

Leadership equals serving. This simple sentence has many requirements. To lead by serving means you must be willing to and find ways to serve your teammates. When you serve your teammates, you are elevating them; they are valued, esteemed, and honored. They will be regarded as more important than you will.

Examples of ways you can serve:

1. Know all assignments so others do not have to wait for you to do the right thing. (Anticipate what is next.)
2. Run to set up the drills, carry bags, get water for someone, etc.
3. Look around for what a teammate needs and give it to him, (Encouragement, a listening ear, or extra time to help someone get better.)
4. Know when and where meetings, practices, and other scheduled events are taking place. Be there early and get others there too.
5. Look ahead to see what is coming and be prepared to handle it, not just what is asked of you.
6. Sacrifice present pleasures for future benefits by giving up those things than can hinder you from serving those around you.
7. Initiate additional work with players on routes/patterns during pre-practice, service periods, or after practice.

Results from serving are powerful. Your teammates will want to be around you because they will feel important. They will see you being less concerned with image and more concerned with accomplishment of set goals for the team. They will have a sense of security with you on and off the field. In difficult situations, your teammates will persevere with you. They will want to sacrifice for you! You must have a servant's attitude with any of your teammates regardless if they start or not. The rewards of being a servant will have lasting value as you pursue other life experiences.

II. VOCAL LEADERSHIP

You must have vocal leadership. Problems with this statement can arise if it is misunderstood. You must be yourself at all times. Teammates will be able to easily smell a fake. When discussing this idea of vocal leadership, you must see it as a natural part of playing the position. You cannot force your words or thoughts, but be natural when expressing yourself.

There are many athletes that "lead by example." There is no question that this kind of leadership is good, but you can enhance your "example leadership." This can be accomplished by verbally communicating with your teammates. You must be relaxed when you are around the team. As an example, if you tell good jokes then tell them; if you are an emotional "Rah Rah" guy, let's hear it. If you are not one of those "rah rah" types and seem to be quiet, more care in what you do say is important, making sure when you do say something, you are like "EF Hutton". The way you pay attention and verbalize what is important will enhance both your and the team's success.

Communication and being yourself are the keys:

You must be a great communicator. To be a great communicator, you must be quick to listen and slow to speak. Listening is critical to communicating because great leaders see and hear what is happening around them. They can wade through all of the distractions and discern what is vital when something needs to be said. You must take responsibility to say those things that will make sense of the team's goals and directions at any given moment. You can only accomplish this by really listening.

You must be yourself when you speak, and you must speak. When you do say something you must talk about important issues. If there is emotion within the situation, you must talk about it with the appropriate emotion. On the field during the game you must bring our team to the place it needs to be, say why the game is an important one, and what they need to do to get the job accomplished.

In addition the QB must:

1. Heap praises on your teammates any chance you get. (For a great block, catch, run etc.)
2. Speak at times as a visionary...tell them what's at stake, this game or this situation.
3. Be vocally involved with keeping everybody in the game.

4. Be able to challenge teammates on and off the field by continually being in the midst of the team's circumstances and recite the challenges before them. (Especially on game day! You must be careful to be visible and vocal before and during every game. Don't hide and keep to yourself on the bench.)
5. Be able to talk with teammates about adjustments and how they will be taken care of.
6. Do not fail to be a servant leader who can express the climate of the team and its goals for the season regardless if you are the starter or not. Give the team the genuine article!

ATTITUDE

I. ATTITUDE IN PRACTICE

Your attitude about practice will determine, to a large extent, how the team's practice will actually turn out that day. Your attitude will be your decision as to how the day will go. You must decide to have a great attitude even when you or no one else feels like practicing. You must make the decision to bring noticeable improvement to your position that day and every day. In fact you have to know when you are practicing poorly and stop right there and change it into a productive one. If there are elements that never seemed to turn out right, repeat them after practice with those involved with the play.

Having a great attitude in practice will:

1. Improve your QB skills.
2. Keep you mentally aware.
3. Help you make corrections in your game.
4. Eliminate weakness.
5. Transfer your attitude to game situations.
6. Give others a chance to work together as a team.
7. Elevate your teammates attitude as well as elevating their performances.

You need to develop a mental checklist to go through every time you are on your way to a meeting, practice, or game. This checklist should be one that you can rely on to get yourself in the right frame of mind so you can give your best effort. You must begin by just thinking of what you are going to accomplish for the next several hours. You must mentally see what will take place in your position meeting, practice drills, or in game situations. This type of mental preparation will help you to block out other distractions of the day and concentrate on what's important now.

These routines will raise your concentration to a level where you will no longer be concerned about whether or not practice is boring or a waste of time. This kind of concentration will also carry over to game day and give you the **physical and mental toughness** you will need to compete in this league.

A great attitude is also contagious and will be caught by the rest of the team. However, it is a consistent and a season-long attitude you should be working toward regardless of the circumstances. It cannot be hit or miss.

II. GAME ATTITUDE

On game day you must be prepared for war. Your concentration must be intense from early in the day until the last play of the 4th quarter. You must not allow yourself to think that anything else is more important than this game. You must love to compete. You must want to beat the opponent by using all of your skills coupled with a plan and skills of your teammates. Nothing can get in your way. Distractions must not be a bother. Setbacks like fumbles, interceptions, or opponents' scores should have no affect on your next opportunity to score. Remember, after a bad play, the most important play is the next play!

You should have a high level of alertness on game day. Your senses should be pushed way up. You need to go through your checklists, but add to that list the urgency of the game. You must have a mental preparation that gets you ready to battle for 4 hours.

If you are in a game and things aren't going well, you must fight through the adversity. Be tougher than the circumstances. Do not feel sorry for yourself or be affected by the reaction of others around you. The way to turn it around is to make yourself concentrate and fine focus on your own fundamentals.

If you are playing great especially in the first half, expect to do the same in the second. There are times when you have done your job (maybe a couple of TD passes in the first half), and then you look for those around to do the same. In the mean time, your game goes into the tank and play mediocre the rest of the game. Guard against this by playing hard and concentrating every series.

HUDDLE AND LINE OF SCRIMMAGE PROCEDURES

I. HUDDLE

The QB should approach the huddle as a place to give information efficiently and get out. You should never stand in the huddle before the play is sent down. Let the Center take care of any talking. If you need to communicate to any of the players you should go to that player. Once you get the play, immediately step into the huddle. When you do enter the huddle, you must have the play organized in your mind and on the tip of your tongue. **With no hesitation**, you must state the play clearly and not stutter.

We will be using a "choir" huddle. You will be facing the LOS and your teammates. We want you to stand straight up looking directly at them. Look them directly in the eyes. Call the entire play and the snap count once. Break the huddle. Be quick up to the LOS. **Continually press the tempo of the game.** This will help the offense block out unnecessary thoughts and give you time to work on the LOS, change a play, or get a play started quickly. It also gives you time to read any defensive changes and movements you must know to have a successful play.

When the 40/25 second clock is running, everyone is on the **your time**. You should never allow anyone to waste your time while the clock is running. This includes players, referees, and coaches. You should speak up if you feel someone is stealing your time.

Remember to press the tempo of the game each series. The goal is to have you up to the LOS with 18 seconds left on the clock.

II. APPROACH TO THE LINE OF SCRIMMAGE

As the huddle is broken, you should waste no time in looking for the information you need to run the play. You should be assessing the information quickly to know whether the play called is going to be a success. You must give yourself time to change the play if the situation calls for it.

When you get to the LOS, get your hands underneath the Center. At times it will force the defense to make adjustments sooner, if they think the ball is going to be snapped. Even if you have to bring your hands back out to signal a receiver or point to a defender for sight adjust or hot, you still need to give the impression of a quick count every time you can. (Remember the defense can disguise looks as long as they see you without having your hands underneath the Center).

III. CADENCE

The cadence has to have flexibility to give the QB a chance to change up the starting count. It will keep the defense off balance and prevent the defensive line from anticipating the count every play. Changing the count forces the defense to look into the ball. It gives the advantage to the offense to "get off" the ball together and quicker than the defense.

The snap count can be:

Set

Set — Color

Set — Color Number — Color

Set — Color Number — Color Number — Hut

Set — Color Number — Color Number — Hut — Hut

Set — Color Number — Color Number — Hut — Hut — Hut

Set — Color Number — Color Number — Hut — Hut — Hut — Hut

The snap count should vary from quick counts, normal counts, and long or varied hard counts. The QB should utilize these counts in practice to not get stuck having to always go on "one" or "two". This takes discipline by the quarterback and coaches not to get too comfortable with one count. By practicing over and over varied counts, the QB will have the confidence to use them in game situations. There will be some jumping offsides early because of the learning process, but after a short time, the offense will excel and get a great feel for the quarterback's voice. In fact, your offensive linemen will want it more and more as they see how much it benefits them during a game.

The cadence should be used appropriately. You must consider the play and situations.

Examples:

If the offensive line has to "fire out", it may not be wise to use the quick count, "Set". The line will be harder off the ball if they are given a chance to slightly anticipate the snap of the ball.

If you need the defensive line to get up field because of a draw, trap, or screen, you should use a normal count like One or Two. You should use these counts in situations that need rhythm so the defense can hear them and get off as well. These one and two counts will also set up the hard count and long count. Remember the one and two count can also be used as a hard count.

You must be smart in short yardage or goal line situations not to draw your own offense off by using a count that could cause players to get jumpy. These are critical situations and smooth executions must take priority over the count. A normal one or two count without a hard count is appropriate.

When you are backed up on the minus 3 or less, you should always try to hard count. If there is an offside, you will only lose half the distance to the goal. We don't want you to hard count on the minus 4 and out because we can't afford to lose the 2 yards or more forcing us into a tight punt situation on fourth down. In these situations, you should use your quick counts or normal counts.

Each one of these snap counts can be used with voice inflection.

IV. VOICE INFLECTION

Voice inflection can be a great weapon for the offense. Using voice inflection is as important as using the various counts. They go side by side when keeping a defense guessing the starting count. Using volumes, quick, hard, soft, and hesitations, the count will get the defense to jump or hesitate as they hear them.

Using your voice inflection can give the offense "free" yards. It frustrates defensive coaches because they have to take so much time with their defensive linemen to get them not to jump. Because of Zone Blitzing, using varied counts can expose their intentions early. It gives the offensive linemen many advantages, like getting indications of defensive charges/slants as they jump off. It also gives our offense an edge to get off quicker together because they know the rhythm of the count. Using voice inflections will help our team's defense when the QB tries to draw them off during practice. Using the techniques takes diligence to perfect.

When it's time to use a hard count or a count with voice inflection, a huddle call can be one, two, three, or even the first color. When the count starts, you can punch a word(s) with your voice, pause early in the count then quicken your pace of the count. Work at

being creative, being quiet, and then loud with your voice. All of this will keep the defense from anticipating the count and, at times, get them to jump.

THE MOST IMPORTANT POINT FOR THE YOU TO REMEMBER WITH ANY OF THE COUNTS IS, IT IS A NON-RHYTHMIC / RHYTHMIC COUNT. YOU CAN PERFORM ANYTHING WITH THE COUNT UP TO THE POINT JUST BEFORE THE SNAP. AT THAT TIME, IN EACH OF THE COUNTS, YOU MUST HAVE A SLIGHT PAUSE BEFORE THE FINAL WORD.

Reminders:

1. Use voice inflection as a weapon.
2. Practice every day using a varied count with different inflections. (9 on 7 and Team periods are great opportunities to "play" with the cadence).
3. Use them in every game.
4. Use a slight pause before the final word at the snap.

This entire procedure will give the offense a chance to "get off" the ball together and slightly anticipate the count.

V. CHECK AND AUDIBLE SYSTEM

We have a very flexible check and audible system that can be utilized to give you an opportunity to get our offense out of and into the best play in any given situation.

1. Audibles:

You will use audibles in our offense to do two things. First, you will use them to get us out of a bad play into a better one. Secondly, there will be times when you can take advantage of a defensive alignment that we did not anticipate. You will go to the best play versus that alignment.

Our audibles will be called with the color numbers called during the cadence. Our live indicator colors are "Black and Yellow." So remember to only use these colors if you want to audible to another play.

It doesn't matter what count you called in the huddle. When you audible on the LOS, the count automatically goes to two.

2. Alert check with me (ACWM):

There are times when we want to group two or more plays together in order to attack the weakest area of the defense. With ACWM you will be choosing the direction of the play called based on that weakness.

When you step into the huddle, you will say "alert check with me" and call the plays. The snap count will always be called on two with ACWM plays. When you get to the LOS you will see the indicators that will tell you which way to run the play or not run the play at all and audible to another play completely.

If you can run the play called, you will use colors to tell the offense which way we are going. You will use "BLUE" to run the play to the left and "Grey" to run the play to the right. For example you may call ACWM 40 / 50 Gut. If the defensive set gave us the play to the right, your cadence would be...Set, Grey 70, Grey 70, Hut—Hut. The play 40 Gut would be run. (Notice an odd number was given to disguise our system a bit more.)

If either direction of that run play was poor based on the front, you would then audible to the pass we had discussed for the game plan. If the pass play was "Charlie 10", you would audible to it within our normal system. For example; the huddle call again could be "alert check with me, 40 / 50 Gut." On the LOS you see because of alignment you have to go to the pass. The count will be, "Set, Black or Yellow 10, Black or Yellow 10, Hut-Hut." You have just changed the play using a live audible color, Black or Yellow to Charlie 10.

3. Alert:

Using the word "alert" in the huddle will tell the offense to be alert for a play change from a pass to a run. The pass will be called in the huddle. Then, on the LOS if necessary, you will change the play to a designated strongside or weakside run. For example the Huddle call could have been Flex Right "Alert" Charlie 10 on two. Brush 22/33 or Outside 60/70 were the designated run audibles. When you approached the LOS the weak run was the best play. You would then say "Set, Black 33, Black 33, Hut-Hut.

4. Easy, easy:

When you use a quick count (even on "Set") in the huddle and get to the LOS and see that the play you called needs to be changed, you can yell "easy, easy". This will alert our offense you are going to change the play. You will then use the normal audible system and the play reverts to a two count. Remember if you called the play on "Set" to say the word slowly and carefully to not cause our own offense to jump offsides.

5. Zero, zero:

There could be a time when the defense leaves an eligible receiver uncovered. When you see this happening (and it could be during the regular count), you will say "zero, zero". Pause and say "SET" and the ball will be snapped so you can get it to the receiver not covered. You will automatically get OH's or Base protection depending on the formation.

6. Mayday, mayday:

At a time during the game you may have a shift or movement that requires time. You may look at the 40/25 second clock and see that we won't have enough time to get the ball snapped with the movements. You should immediately yell "mayday, mayday." When you do, the players go straight to the positions they would have been after their movements. Again the ball will be snapped on the first sound "Set".

7. Firm:

If you feel the defense has found out our live colors for our audible system, we will call a play in the huddle with the word "firm". For example, Far Rt "Firm" 60 Outside on three. Now when you get to the LOS, you will use a live audible color (this would even be a good time to use a hand signal to a receiver) with the count. Because you called "firm" there will be no audible. The play you called with the snap count is what is run on the LOS.

8. Stay:

There may be a situation during a game when we have a play called and no matter what we want in ran. In your headphones you will here the coach say "Stay". You will know that you are not going to audible out of that play, but you do not have to say "stay" in the huddle.

9. Double Cadence:

There are times when you are playing a defense that will want to disguise there fronts until it is too late to change the play because you are too far along in your count. You can call "double cadence on (any of the Huts) in the huddle. When you get to the LOS, you will start your cadence with "Set", then use the color BROWN and a number twice. If the defense is going to move, they probably will just after the color numbers. Now if you don't see any movement, you can go to your normal cadence starting over with new color numbers. Or if you see some movement that could keep us from running the play called, you can use the audible system to get to a better one.

10. Snap codes:

If a player or even you forget the count, we have a code of colors that will indicate when the ball will be snapped. If you say "Green" the ball will be snapped on "Set", "Red" it is snapped on "One", "White" on "Two", "Blue" on "Three", and Silver on four.

VI. TAKING THE SNAP

At the line of scrimmage, you should always look the same to the defense. The QB should never give any indication of the direction of the play or that he is running the ball in a direction, dropping back, or changing the play to a better one.

Ideally, you will get up to the Center with your hands positioned to receive the snap. If the count is on one or more, look to your left calling out the signal, then to the right calling out the signal. Next look ahead and down field while continuing the count. You should continually see, but not look at, those defenders that will take you to the correct decision on the play.

There are times when we are going to use certain hand signals or words to change a play, route, or direction of a play. At the LOS you can also use these signals and words

during the cadence as "dummy" signals. This will give us an advantage when we really want to use these indicators in a real situation.

The exchange:

The QB-Center exchange is the most important part of any play from the LOS. It must be automatic, and never a question. When the QB gets in position to take the snap his feet, shoulders, arms, and head alignments are important to the successful start of the play. His body positioning can avoid costly mishandled snaps.

Mechanics of the exchange:

1. Your arms should have a slight bend at the elbows to ride the center a bit at the snap.
2. You should stand as high as you can with your feet slightly more than shoulder width apart with a bend in the knees.
3. Your toes should point straight ahead and your feet should be even, not staggered.
4. You should have a flat back and not be hunched over the Center.
5. Your head and eyes should be looking ahead and up field

As discussed earlier, if you can get your hands positioned early, it will force the defense to stem early or be quicker to get ready for the snap. (It is especially true as you use quick counts). This will also help the O-line identify the front they have to block. Press the throwing hand up underneath the crotch of the Center. The fingers should be spread apart and stretched so the ball can strike the greatest surface as possible. The depth of the hand is determined as you get to know the Center's body type. (For example the length of his arms will determine how deep the ball can get or if he is short and squatty, it will force you to bend your knees more.

There are many options for the other hand. The one that is most sound is placing the "bottom" hand on the side of the top hand. Pressing the thumbs together in an offset position, but not crossing the thumbs. At the snap, the bottom hand will naturally roll to the proper position on the ball.

The bottom hand is also the pressure hand. Pressure with the bottom hand will keep the hands more together and give the Center a feel for where the hands are for the exchange. The biggest problem with a fumbled snap is that as the ball comes up, your hands separate. Use bottom-hand pressure for a secure exchange.

MECHANICS AND FUNDIMENTALS

I. EYES

Another useful weapon you have is your eyes. Most defenders are trained to look at the QB's eyes because most stare at the receiver they want to go to. Staring allows the defense to get a jump on where the ball is going and possibly break up a throw or cause even bigger disasters.

What you do with your eyes can be a real problem for defenders when you develop the ability to "look off" the defender or move a defender to create a lane/area in which to complete the pass. You must know the reads or progressions so you can create a late break into coverage by a defender and get him out of position when you throw. You can master this skill when you have a solid working knowledge of the play called and practice them daily.

There are struggles to overcome when looking defenders off, such as, not having a plan when getting up to the LOS. You must know what the design of the play is and know where to look to get a lane or a defender out of position. When you look off, you could become a less accurate passer, becoming lazy, and not getting your eyes back to the receiver when you are throwing the ball. To help with accuracy, you must see the target you are throwing to before you throw. Practicing this skill is vital if you are going to take advantage of this offensive weapon.

Reminders:

1. Have a plan when you look people off!
2. Rarely look to a receiver before you come to him with the throw.
3. When you do turn to throw to the receiver, get your eyes on him!

II. FEET AND DROPS

Knowing the mechanics of dropping back is important to becoming a good fundamental QB. The elimination of wasted motion and maintaining good rhythm are the keys to a good drop back. Excess motion wastes time and effort that can lead to the failure of a play. Poor rhythm will ruin the timing of good pass pattern. The three, five, and seven step drops are the most common drops in offensive systems. All three begin identically but end with different steps and set-ups.

Every drop you take should start with an explosion away from the LOS and continue until the set up. You can help yourself and your offensive linemen during the five or seven step drop by getting as deep and straight as possible then stepping forward into the pocket. The defensive ends will get depth first before they start to squeeze the pocket. If you set up too shallow, the ends will squeeze too quickly and create pressure. If you get the proper depth and step forward, the ends will rush up field and the tackles can run the ends by with no pressure from them at all in the pocket.

There are many ways to drop back, from back-pedaling to varying side-steps, such as, three long steps and two shorter on a five-step drop. But the **most efficient** way to drop is to drop in a side step using the **same drive steps** all the way back until the appropriate steps are taken. All of the steps should feel the same as you drive back and plant that final step.

3 step drop:

As the ball is being snapped, drive your right/left leg back while pivoting on the other foot keeping it planted. At the same time you drive your leg back, pull the ball back across your body to the opposite shoulder. The ball should be kept at the upper part of the numbers. The ball must be held with two hands and not let go of until the throw is made. Keep your head up looking ahead, up field or looking off a defender. Plant then drive the pivot leg, which becomes the second step. During that exchange, the ball is somewhat pushed forward to keep a rhythm with the upper body and is still at the upper number height.

The momentum, which has begun quickly, stops by the next step, which plants in the turf with the body slightly leaning forward. The forward foot should now be driving forward in the direction of the throw. The ball should again be pushed back, but even further now because with the plant of the third step comes the throw. There is no pause. The three-step drop is used to get the ball to the receiver quickly so the defense cannot react before the ball gets there. There is a slight hesitation, but no step when throwing the slant because of waiting for the receiver to clear the defender.

You can change the speed of your 3-step drop at times depending on the route or the way the defender jumps the route. For example: if a Corner wants to read your drop, you could slow the drop just enough so the Corner could not read the quick series throw. (You need to be aware of your depth) The third step can be planted and the ball thrown quickly because with the slower drop, you should step to throw with ease.

5 step drop:

The five-step drop begins with the same first three steps and just continues back for two more steps. The fifth step is planted and the ball is thrown off the fifth step with no hesitation. There are variations to the 5-step drop. You can also step forward in the pocket, then deliver the ball. This is a "set, step, and throw" type of rhythm. The type of drop used is directly correlated to the timing of the pass pattern called.

Examples of different 5 step drops:

Throwing off the fifth step for a speed out at 12 yards.

Throwing with a set step and throw to throw a curl flat.

Throwing off the fifth with a pause because of an inside vertical.

Throwing with a quick five if there is a go route inside the 30-yard line.

7-step drop:

The 7- step is again just an extension of the 5-step with two more steps added. You will generate a lot of speed on the way back so it becomes critical that you plant your foot on that seventh and step forward into the pocket. Just like the 5 -step drop, there will be varied timed releases depending on the pass pattern called.

Shot Gun Drops:

To take a shotgun snap, you should be at four and one-half to five yards deep. Your arms should be bent with your hands by your waist. Your knees should be slightly bent. You should end up in the best position to react to a poor snap from the center. The exchange should be practiced so the Center can hit you between the waist and the shoulder on the side of your throwing arm. In the shotgun, both a silent count and a verbal count should be practiced.

Because it takes time for the ball to reach you, if a quick series pass is to be thrown or sight adjust/hot, you will not drop at all. Just catch the ball, turn your body for the throw and get the ball away.

If there is an equivalent 5-step drop pattern, you will take a 3-step drop and set step and throw or even throw off your third step if the play calls for that kind of timing; like a speed 12 yard out. There should still be a rhythm to the throw.

When a route is called that would normally have taken seven steps, you will take a quick 5-step drop making sure to take a good step forward into the pocket. Try to stay with as much rhythm as possible to keep the timing of the play.

Play Action Pass Fakes:

To have a great play action pass game, you must take pride in carrying out your fake on all run plays. Then, when a play action is called, you can use the same fake and look as if you have given the ball to the back.

We will use different types of fakes with different kind of plays.

Faking a wide handoff with a bootleg or set up:

If you are going to fake the 60/70 outside play, you will want to explode away from the LOS and reach, with the ball in one hand, to the back. You want to show the ball early and continue to show it as you close on the back. Try to have a close mesh with the back, meaning, you reaching him and he closing down over the ball as if he has it, and at the same time you continue to close the gap between you and the back. This type of action will best sell the play. When you have pulled the ball back and completed the mesh with the back, you may have to plant and change directions for a boot or naked or you may set up to pass like it was a seven step drop behind the tackle. Get your head up field or if you are on a boot fake, get your head around quickly.

Off Tackle fake:

If you have a play action that takes you straighter back, but still at a slight angle, you should still hold the ball out with one hand or with both hands. Then, when you close the mesh point, you can pull the ball back or give the hand to the back while you keep the ball on your hip. As you continue to work back, get the ball up back into two hands in the position to release the ball.

Where to look:

Critical to any play action is where you look. When you leave the Center with the ball, you have to look at the back, but as you complete the fake, you should get your head up field and look for the indicators to help you complete the pass. Most of the play action passing game will consist of progression reads because it is hard to get a read on the defenders after you have taken your eyes off of them during the fake. There are the exceptions, like reading a Free Safety hanging because of a fake or a quicker fake when you have to hit a receiver coming into an area quickly just passing a linebacker.

The key to a great fake is to make it look real both when you are faking and when you are really giving the ball to the back. Remember, after the fake to bring the ball back to a normal throwing position as you would have if you were dropping back.

THROWING THE BALL

QB's have many types of arm motions. The main objective is to develop a motion that gives desired results like a completed pass and an arm that doesn't get sore. The ball is thrown with the entire body not just the arm. From the feet to the release, all aspects of the throw will help the QB become an accurate passer.

I. PROGRESSION OF THE THROW

1. Step

A good throwing motion starts with a good base. When you are throwing poorly, you are usually off balance when the ball is released. You should stand sideways to your target. As you step to throw, you should have a slight bend in your front leg. Your toe should be pointed and driven toward your target. Reach forward with that step, but do not over extend yourself. At all times, you should have a good balance with both feet.

2. Rotate

The rotation of the torso is vital to many aspects of the throw. It helps with the velocity of the ball as well as its accuracy. Under tight pressure you won't be able to step forward. Upper body rotation will help you when you are under pressure. Using the rotation of the torso keeps the speed of the ball without having to step. The QB must think of this rotation as a violent movement and must be practiced and drilled.

3. Pull Down

When you have stepped forward, rotated, and the ball is in the proper position, you should have the feeling of your arm pulling down as the ball is released. During the drop and the set up, the ball needs to be carried with both hands at the upper part of the numbers. The ball should also be held back near the armpit of the throwing arm. When it is time to throw and the step is taking place, the front hand releases. The throwing arm does not drop the ball lower than those numbers, but as the rotation is happening, your elbow should be above your shoulder and pull down hard to release the ball. The follow through will start to go to the other side of the body, but you want to pull your arm down and try to get it to come down within the body frame. Think of throwing your thumb down and out to get the nose of the ball up and to increase the rotation of the ball, which will help in ball control.

II. THROWING ON THE RUN

Many of the throws you have are throws off scrambles or play actions that are on the move. You must learn to throw the ball on the run, at full speed, going in either direction.

When you are running to throw the ball, keep your eyes up field and do not look at the ground. This is critical because it will take more effort to get rid of the ball on the run and you have to be ready to let it go without the rhythm of a drop back pass. The ball should be carried at the same height as the drop back so every throw will have the same starting point. There is a high risk that the ball will be batted while scrambling, so you should still have the ball held with both hands while scrambling, if possible.

Work to get clear from rushers and at the same time, be looking down field. As you find the right receiver, buy time by staying parallel to the LOS. When it is time to throw, turn your shoulders to your target and let the ball go.

If you are throwing the ball on the run, remember that the ball is actually moving in the direction and at the speed you are running. If the receiver is trying to mirror you on the run, you should throw the ball right at the receiver. If the receiver is working his way back to you or is stationary you should aim at his inside shoulder. The ball will continue to drift outside, but should be complete and not be thrown out of bounds.

READING DEFENSES

Reading a defense is just what it implies. The QB is looking at certain defenders or areas to give him a clue before or after the snap so he can get the ball to the correct receiver. We have two types of reads in this offense:

1. Progression reads
2. Coverage reads.

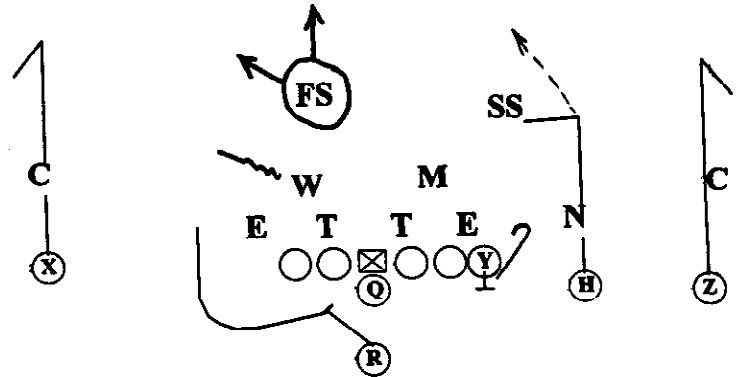
II. COVERAGE READS

Reading the coverage is normally done on the sideline looking at the pictures that are taken during the series. The QB can pre-snap read and get an idea of what might happen. He can see rotations and drops of defenders at the snap of the ball, but may not know what the coverage was. Reading the coverage is really looking at a defender or defenders. Based on what they do you will get to the correct receiver.

For Example:

Train Rt., Oh's Rt 585Vs 46 1 H

Trian Rt Oh's Rt 585



If you're thinking weak side; read the FS, deep middle, go to X or R off the Will Lber. If the FS drops deep outside, go to H off the SS or Sam/Mike. If you want to think strong: read the SS, if he stays in the flat go to Z or H off the Sam. If he drops deep outside, go to H off the Sam/Mike or Y late.

The advantages of this kind of read are:

1. It eliminates the struggle of the progression read trying to determine who was more wide open.
2. It eliminates the QB from making up his mind before the snap. (Read the defenders to get you to the right receiver.)
3. It keeps the QB on the same page as the coach because they both know the read and the goal of the play called.
4. It doesn't matter what the coverage is because when you are reading properly you will be hitting the correct receiver.
5. You will not have to stare at your receivers. (It will give you natural look offs.)
6. You don't have to know what the entire coverage is. (You don't have to see the whole field.)

REDIRECT, SIGHT ADJUST, SHOT, HOT

I. REDIRECT

REDIRECT RULES FOR DROPBACK PROTECTIONS:

1. You may change the direction of the protection called in the huddle at the L.O.S. when you feel there is a threat of 4 man pressure (2 doggers or blitzers) away from the call. This applies when the defense aligns in a clear look regardless of formation and from D & F formations vs. over nickel defenses. On Turn Rt/ Lt, you want to redirect in order to declare the new Mike vs. an overload weakside.
2. You will change the call by pointing to the newly designated Mike, giving a direction call (Rt, Lt) and calling the Mike's jersey number.

The Center reconfirms the redirection with the proper OL call. OL will only block the first or second dogger/ blitzer to side the side of the redirection. (NO "Pop" vs. nickel on redirect).

Redirect Rock it/ Load it vs. over nickel looks by game plan based on defensive pressure tendencies.

3. Shots and Hots must adjust with the call.
If the new call is to the Hot/ Shot side, number increases by one.
If the new call is away from the Hot/ Shot side, number decreases by one.
4. Sight adjust rules are off if the call is redirected to the weakside of Scat, Base, Oh's ("Hi"), and Turn Rt/ LT protection.
5. On Smoke, Max, and Scram / Otto with a "Hi" call or with a wing formation, only redirect vs. a five man side away from the call because these protections handle four man pressure away from the call by design.
6. On Turn protection vs. nickel, Mike is the first LB'er from the center box to the TE side. Verses 4 weak threat you will redirect.
7. By game plan, we may not redirect on motions to "T" formations.

II. SIGHT ADJUST

Sight Adjust is the Route Adjustment to a Blitz on the backside of Scat/ Fire, Oh's, Base, Turn Rt/LT, and Turn 44/55 Protections. (This discussion does not include the Y-SA on Base Protection).

1. Who Has Sight Adjust Responsibility?:

On the backside of these protections the WR closest to you has the sight adjust responsibility. In a RT/ LT formation it would be the "X" receiver or the 1st receiver to

the weakside. In a Slot formation it would be "Z" or the second receiver to the weakside.

2. When Should the Wide Receiver Sight Adjust?:

- A. The appropriate WR should break his route when a secondary blitz occurs with a Dog by the first Lber inside the WR. If the secondary defender and the Lber clearly drops in coverage, the route will not be adjusted. However, if there is a doubt whether he is dogging or covering, the route will be adjusted.
- B. When you signal (circle motion) a potential overload to the weakside of the protection, the WR will sight adjust off both the first and second dog. Blitz regardless of personnel.
- C. On Turn 44/55, the sight adjust is off the first weakside DB to blitz.

3. What Type of Route Adjustment Should The Receiver Make?:

- A. The single receiver in the RT/ LT formation has two types of route adjustments:
 - 1. FS/ nickel blitz accompanied with a Lber and loose coverage, the route adjustment is a slant. Nickel/ Dime blitz must come from secondary position.
 - 2. If the same secondary blitz and dog occurs with press coverage, the route adjustment is a nine route.

ALERT: Sight adjust vs. corner blitz is a quick out unless 3 step drop or S.A. is built in.

- B. The second receiver in a slot has two types of route adjustments:
 - 1. FS / Nickel blitz accompanied with an inside dog and loose coverage, the route adjustment is a slant. The Nickel / Dime blitz must come from secondary position. (We may change the slant to a hitch or quick out by game plan).
 - 2. If the same secondary blitz and dog occurs with press coverage, the route adjustment is a Nine route.

III. SHOT

Shot is different than Sight Adjust. It only takes one defender to pressure in order to break the WR's route (Sight Adjust takes two.) The shot will occur off the 2nd dogger/ blitzer (#4) indicated by the TE. If in a wing formation or when "Hi" is called (indicates motion to a wing formation) with Oh's, Otto or Scram there is no shot responsibility.

Shot is the route adjustment to a blitz on the TE's side for the following protections:

Oh's, Otto, Scram.

1. Who has Shot responsibility?:

The 1st wide receiver outside the TE has shot responsibility. The TE will designate the shot defender with a circle signal to the wide receiver. When that specific defender dogs or blitzes then the receiver will break his route. The TE should never designate a wide corner as the shot defender. IF QB redirects away from the shot side, number decreases by one.

2. What type of route adjustment should the receiver make?:

A. A single wide receiver has two types of route adjustments:

1. If the shot defender pressures with loose coverage he runs a Slant route. Remember it only takes one defender to pressure in a shot adjustment. The wide receiver must be aware that there may be an inside defender, and run the Slant route under control. The QB must also be aware to get the ball to the shot receiver.
2. If the defender pressures with press coverage the route adjustment is a Nine route.

ALERT: Verses a corner blitz the route adjustment is a quick out unless 3 step drop or the S.A. is built in.

B. The second receiver to a wide Trips formation has the shot responsibility:

1. If the shot defender pressures with loose coverage the inside receiver will run a Slant route
2. If the shot defender pressures with press coverage the inside receiver will run a Nine route.

IV. HOT

Hot will refer to a weakside hot situation. Most of the hot routes we use will be natural hots. These are routes that require no special breaks, but are just built in to the entire pattern. If there is a situation you must throw hot, you can go to the receiver that has the built in hot route.

2 MINUTE PROCEDURES

The purpose of 2-minute situations is to save as much time on the clock and score or use as much time on the clock as possible and keep the ball. We can also use a no huddle "hurry up" offense during any part of the game which resembles the two minute offense and is used as a change of pace.

Red Ball offense:

The term Red Ball is used when we have decided we need to score in a short time in the last two minutes of the half or the game. We will use Posse personnel in the "Red Ball" offense. You will yell "Red Ball" to the entire offense and get up to the LOS while you call the formation and play to both sides. Make sure everyone is set before you snap the ball. The ball will be snapped on "Set". If the clock is stopped and you can huddle, you will call one play in the huddle and use any of the normal snap counts. We want to be able to run the same plays in our regular offense while in a 2-minute situation.

If you know you are going to use the "Red Ball" offense before taking the field, it is a good time to talk about the up-coming series with your teammates to mentally get them ready for the series. Everyone must be mentally prepared to take the field in a 2-minute situation.

You must alert the Running backs and the Receivers to get out of bounds with the ball. They need to get as much yardage as possible, but get out of bounds as opposed to getting the first down. You also need to think in terms of getting the ball to those receivers near the sideline. Alert your team to unpile quickly. Throw the ball away rather than take a sack. As you follow the play anticipate the next one so when the play is stopped you can be ready with the next call. Anytime the ball is close to a first down, try to request a measurement which will stop the clock for a short time.

If you have to kill the clock to save time instead of using a down, we will call "OH's Hitch - OH's Hitch". The ball is snapped on "Set". Take a step back and throw the ball directly into the ground making sure you hit the ground first and not someone's foot. This is never the call on fourth down. Refer to the playbook for all of the rules when the clock starts and stops.

You must always know these situations:

How many points do you need, field goal or touchdown?

What is the down and distance?

How many time outs do you have?

How much time is left on the clock?

Always be stingy with the ball be throwing it away if needed to avoid the interception or the sack. Remember we only need one completion to get you the first down and we will have four downs in most of these situations.

When we are ahead:

This situation could call for us to take as much time as possible and retain possession of the ball. Again we want to alert the entire offense what the circumstances are. Remember to stay in bounds at all costs. Think first downs. Make sure everyone unstacks slowly.

We will always huddle, but you will do your waiting on the LOS as opposed to the huddle. Call the play and get to the line of scrimmage. You will want to wait for the clock to run down to ten seconds before starting the cadence. As the play ends you must know if you need to take another snap. Stay in the huddle if you don't.

If you are going to take a knee in a victory situation, let the referee know what you are going to do. You will call the play "Kill the Clock" (you will have special personnel in the game) and get up to the line of scrimmage. Make sure everyone is set again waiting for the clock to run to ten seconds. When the ball is snapped, take one step back and take a knee. Don't wait for a pile of players to fall on you. Immediately get up turn around and give the ball to the referee. Repeat the process if needed. Refer to the playbook for all of the possibilities of the clock starting and stopping and how much time you can use.

PREPARATION AND ORGANIZATION

I. OVERALL PREPARATION:

How far can you take this offense? The more you know of the offense the more you will be able to use all of the possibilities it has. Its flexibility depends on the working knowledge you have and how you transfer all of that knowledge to the game. Besides the practice time you spend to familiarize yourself with the offense, you also can use the playbook to your advantage. The playbook is used a lot during our summer training camp, but is often forgotten when the season starts. Our playbook is written so you can refer to it at any time to answer questions which may come up during a study session. It has to be used. You can continually use it as a study aid. You can refer to different sections of the playbook that might not have been covered thoroughly and study those sections on your own, especially during training camp. As you familiarize yourself with the playbook you will be able to get more of the offense engrained in your mind.

Next, you must get to know your opponent. Watch video and read the scouting report while you are preparing for the upcoming game. All of the basic preparations are what everyone does, but can you dig deeper and make the game plan work to your advantage? Know what the tendencies are and where the weaknesses are so you can dominate your opponent. Watching video will help you to visualize what to expect in down and distance situations, field position areas, and special situations like in the two-minute situations.

Reminders when watching video:

1. Visualize the Lions offense and individual plays as you are studying the video.

2. Ask yourself, will the play work?
3. Who do we want to attack?
4. What can we expect in these situations?
5. What do we have to accomplish to win this game?
6. Have a plan when you are watching video.

II. GAME PREPARATION

If you will properly prepare for each game, you will give yourself and your team a greater chance of winning. You must begin for the next game on Monday. You must make any corrections from the previous game and remember those skills that are helping you win at your position. Because the days will go by quickly, you should have a calendar to work off of so you give yourself a chance to schedule enough time to prepare for all the situations you might face during a game.

All of this takes sacrifice. This is hard to do because of so many distractions that come up throughout the week. You must and should be willing to give up activities during the season. Television could be the biggest time stealer if you are not careful. Remember it is for about 25 weeks of denying yourself present pleasures for future benefits. You must stay away from doing things on impulse. Good planning will allow you to get more of what you really wanted to accomplish anyway. Commit to what is important and stay away from being over committed. Remember your commitment to your teammates.

Getting the most from the coach:

A good working relationship is vital for the QB. The QB coach is there for you. He should help you become efficient and bring out your best.

You should get all the information you need to be successful on the field. To be coached you have to take criticism well and use it to your advantage. If you are not sure about or disagree with a comment the coach makes, then get to that coach before you allow it to build up and go misunderstood. Stay up to date. You and the coach need to be on the same page so he can help you during the game.

You must push yourself beyond all of your expectations. This may mean trying new techniques that may take you out of your comfort zone. Pride can help or hinder you depending on the kind of pride that comes out of you. Taking pride in what you do on and off the field during the season will propel you into the QB you are or want to become.

Get your work habits in line with being excellent and nothing less.

OFF FIELD PERSPECTIVES

In concluding this manual, I would like to discuss briefly some off the field perspectives. Number one point is that football is not the most important involvement you have in the world. It is something you do and are good at. In fact, if you think about what is important in life, it may not make the top five on your list. BUT because you have committed to playing the game, there should be nothing more important to you when you are practicing or playing in a game.

What are the foundations you are laying for yourself?

We hear the phrase "commitment to excellence" all the time. We may all want to achieve this excellence, but when we really take a look at ourselves, we may find less of a commitment than we thought. Anyone can complete a task, but the person who is striving to be excellent is the one who does an extraordinary job with what was asked of him. He perfects the skills he has and works hard to eliminate the weaknesses and even makes those become strengths.

Utilizing these thoughts might be:

1. Making sure about your off-season program; weight training, conditioning, and the time you have carved out to work with the receivers/backs to throw routes.
2. Set up a permanent schedule for watching video during the off-season and in-season to review schemes and to get to know your opponent.

Consider the cost of becoming excellent. Most of that effort is not fun. The fun comes when you have achieved the **NFC Championship** and **Super Bowl**, the goals you have set your mind to. Get to work.