OFFENSIVE PLAYBOOK

3rd, 4th & 5th GRADE

BEMIDJI YOUTH TACKLE FOOTBALL

BEMIDJI YOUTH TACKLE FOOTBALL
HUDDLE

Z FB Y HB X ← Standing Up
RT RG C LG LT ← Hands on Knees, Bent Down

QB

Line of Scrimmage

7 YARDS FROM THE BALL

Z = Receiver   FB/F = Fullback   Y or TE = Receiver or Tight End   HB/H = Halfback   X or TE = Receiver or Tight End
RT = Right Tackle   RG = Right Guard   C = Center   LG = Left Guard   LT = Left Tackle
QB/Q = Quarterback

CADENCE

REGULAR CADENCE - DOWN, COLOR & NUMBER, COLOR & NUMBER, HUT, HUT

EXAMPLE: DOWN, BLUE 17, BLUE 17, HUT
**NUMBERING SYSTEM**

1\(^{ST}\) NUMBER IDENTIFIES THE SERIES
2\(^{ND}\) NUMBER INDICATES HOLE

**EXAMPLE:** PRO LEFT 23 ISO
- "2" - 20 Series = Halfback
- "3" - 3 Hole
** The halfback (HB) will run through the 3 Hole.

**SERIES**
- Teens = 3 Step Pass
- 20’s = Halfback Series
- 30’s = Dive Option Series

**LETTERS INDICATE GAPS**

**GAP:** The open space (also called a split) between players aligned along the line of scrimmage.

**EXAMPLES:**
- **The “A” Gap is the gap between the center and the guard towards the play side.**
- **The “B” Gap is the gap between the guard and the tackle towards the play side.**
- **The “C” Gap is the gap between the tackle and tight end towards the play side.**

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<table>
<thead>
<tr>
<th>LTE</th>
<th>LT</th>
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I FORMATION RULES
All BYF PLAYS WILL BE BASED OFF THE I FORMATION

I FORMATION

5 OFFENSIVE LINEMEN: 2 TACKLES, 2 GUARDS AND 1 CENTER (LT, LG, C, RG, RT).

Q
ALIGNS UNDER CENTER.

F
ALIGNS DIRECTLY BEHIND Q AT A DEPTH OF 3 YARDS.

H
ALIGNS DIRECTLY BEHIND Q AT A DEPTH OF 5 YARDS.

X, Y, Z
VARIANTS: TIGHT END “Y” AND 2 RECEIVERS “X” AND “Z”, ONE ON EACH SIDE.
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<tr>
<td>F</td>
<td>ALIGNS DIRECTLY BEHIND Q AT A DEPTH OF 3 YARDS.</td>
<td>0 yd</td>
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<td>H</td>
<td>ALIGNS DIRECTLY BEHIND Q AT A DEPTH OF 5 YARDS.</td>
<td>3 yd</td>
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<tr>
<td>X</td>
<td>ALIGNS AWAY FROM STRENGTH, SPLIT OUT WIDE LEFT ON THE BALL. #1 RECEIVER ON HIS SIDE.</td>
<td>5 yd</td>
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<tr>
<td>Y/RTE</td>
<td>ALIGNS TO THE STRENGTH, AS A TIGHT END ON THE BALL (same side as “Z”). #2 RECEIVER ON HIS SIDE.</td>
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<tr>
<td>Z</td>
<td>ALIGNS TO THE STRENGTH, SPLIT OUT WIDE RIGHT OFF THE BALL (same side as “Y”). #1 RECEIVER ON HIS SIDE.</td>
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ALIGNS DIRECTLY BEHIND Q AT A DEPTH OF 3 YARDS.

ALIGNS DIRECTLY BEHIND Q AT A DEPTH OF 5 YARDS.

ALIGNS AWAY FROM STRENGTH, SPLIT OUT WIDE RIGHT ON THE BALL. #1 RECEIVER ON HIS SIDE.

ALIGNS TO THE STRENGTH, AS A TIGHT END ON THE BALL (same side as “Z”). #2 RECEIVER ON HIS SIDE.

ALIGNS TO THE STRENGTH, SPLIT OUT WIDE LEFT OFF THE BALL (same side as “Y”). #1 RECEIVER ON HIS SIDE.
PRO FORMATIONS

PRO RIGHT

X

LT LG C RG RT Y

Q 0 yd
F 3 yd
H 5 yd

PRO LEFT

Z

Y LT LG C RG RT X

Q 0 yd
F 3 yd
H 5 yd
TIGHT RIGHT FORMATION RULES

TIGHT RIGHT

X  LT  LG  C  RG  RT  Y

F
ALIGNS DIRECTLY BEHIND Q AT A DEPTH OF 3 YARDS.

H
ALIGNS DIRECTLY BEHIND Q AT A DEPTH OF 5 YARDS.

X/LTE
ALIGNS AWAY FROM STRENGTH, AS A TIGHT END ON THE BALL. #1 RECEIVER ON HIS SIDE.

Y/RTE
ALIGNS TO THE STRENGTH, AS A TIGHT END ON THE BALL (same side as “Z”). #2 RECEIVER ON HIS SIDE.

Z
ALIGNS TO THE STRENGTH, SPLIT OUT WIDE RIGHT OFF THE BALL (same side as “Y”). #1 RECEIVER ON HIS SIDE.
# TIGHT LEFT FORMATION RULES

## TIGHT LEFT

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**Q**

- Aligns directly behind Q at a depth of 3 yards.
- Aligns directly behind Q at a depth of 5 yards.
- Aligns away from strength, as a tight end on the ball. #1 receiver on his side.
- Aligns to the strength, as a tight end on the ball (same side as “Z”). #2 receiver on his side.
- Aligns to the strength, split out wide left off the ball (same side as “Y”). #1 receiver on his side.

**F**

- Aligns directly behind Q at a depth of 3 yards.

**H**

- Aligns directly behind Q at a depth of 5 yards.
TIGHT FORMATIONS

TIGHT RIGHT

X  LT  LG  C  RG  RT  Y

Q  0 yd
F  3 yd
H  5 yd

TIGHT LEFT

Y  LT  LG  C  RG  RT  X

Q  0 yd
F  3 yd
H  5 yd
# FLEX RIGHT FORMATION RULES

## FLEX RIGHT

```
  X
  [LT | LG | C | RG | RT]
  Q | 0 yd
  F | 3 yd
  H | 5 yd
  Y
  Z
```

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<td>ALIGNS AWAY FROM STRENGTH, SPLIT OUT WIDE LEFT ON THE BALL. #1 RECEIVER ON HIS SIDE.</td>
</tr>
<tr>
<td><strong>Y</strong></td>
<td>ALIGNS TO THE STRENGTH, ON THE BALL (<em>same side as “Z”</em>). #1 RECEIVER ON HIS SIDE.</td>
</tr>
<tr>
<td><strong>Z</strong></td>
<td>ALIGNS TO THE STRENGTH, SPLIT OUT WIDE RIGHT OFF THE BALL (<em>same side as “Y”</em>). #2 RECEIVER ON HIS SIDE.</td>
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### FLEX LEFT FORMATION RULES

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<td>Q</td>
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- **F**
  - Aligns directly behind Q at a depth of 3 yards.

- **H**
  - Aligns directly behind Q at a depth of 5 yards.

- **X**
  - Aligns away from strength, split out wide right on the ball. #1 receiver on his side.

- **Y**
  - Aligns to the strength, on the ball (same side as “Z”). #1 receiver on his side.

- **Z**
  - Aligns to the strength, split out wide left off the ball (same side as “Y”). #2 receiver on his side.
FLEX FORMATIONS

**FLEX RIGHT**

- X
- LT
- LG
- C
- RG
- RT
- Q:
  - 0 yd
- F:
  - 3 yd
- H:
  - 5 yd

**FLEX LEFT**

- Y
- LT
- LG
- C
- RG
- RT
- Q:
  - 0 yd
- F:
  - 3 yd
- H:
  - 5 yd
OFFENSIVE RUN GAME

BEMIDJI YOUTH TACKLE FOOTBALL
PRO FORMATION RUN PLAYS

BEMIDJI YOUTH TACKLE FOOTBALL
PST (play side tackle) - MOM (Man on Man), Block DE.

PSG (play side guard) - MOM (Man on Man), Block ILB.

C - MOM (Man on Man), Block N.

BSG (backside guard) - MOM (Man on Man), Block ILB.

BST (backside tackle) - MOM (Man on Man), Block DE.

TE (Y) - MOM (Man on Man), Block OLB.

FB - Straight ahead path. Break to open “A” gap. Read the center’s hat (block).

HB - Sprint to pitch relationship (4 yds. from QB - 1 yd. deeper). GET TO THE EDGE!

QB - Negative step at 5 or 7 o’clock, as deep as possible. Handoff ball to FB. Attack the perimeter.

X - Inside run cutoff. Block CB toward sidelines.

Z - Inside run cutoff. Block CB toward sidelines.
**PRO 22 - 23 ISO**

**PST (play side tackle)** - MOM (Man on Man), Block DE.

**PSG (play side guard)** - Double down on N.

**C** - MOM (Man on Man), Block N.

**BSG (backside guard)** - Gap towards play side, Block ILB.

**BST (backside tackle)** - Gap towards play side, Block DE.

**TE (Y)** - Gap towards play side, Block OLB.

**FB** - Block play side ILB. FB isolated on ILB.

**HB** - Clear step with play side foot, down hill path. Follow the FB to the 2-3 hole.

**QB** - Reverse pivot and hand off the ball to HB as deep as possible.

**X** - Inside run cutoff. Block CB toward sidelines.

**Z** - Inside run cutoff. Block CB toward sidelines.
PST (play side tackle) - MOM (Man on Man). Hat on play side. Block DE.

PSG (play side guard) - MOM (Man on Man), Block ILB.

C - MOM (Man on Man), Hat on play side. Block N.

BSG (backside guard) - Gap towards play side, Block ILB.

BST (backside tackle) - Gap towards play side, Block DE.

TE (Y) - MOM (Man on Man), Reach Block OLB (hook OLB on outside shoulder and block away from play side).

FB - Lead block to Alley player (the player outside of the last player on the line of scrimmage). Block Alley defender/Strong Safety (SS).

HB - 45° step with play side foot, down hill path. Follow the FB to the hole.

QB - Reverse pivot and toss the ball to the HB as deep as possible.

X - Inside run cutoff. Block CB toward sidelines.

Z - Inside run cutoff. Block CB toward sidelines.
PST (play side tackle) - MOM (Man on Man), Hat on play side. Block DE.

PSG (play side guard) - Pull to Alley player (the player outside of the last player on the line of scrimmage). Block Alley defender/Strong Safety (SS).

C - MOM (Man on Man), Hat on play side. Block N.

BSG (backside guard) - Gap towards play side, Block ILB.

BST (backside tackle) - Gap towards play side, Block DE.

TE (Y) - MOM (Man on Man), Reach Block OLB.

FB - Block play side ILB.

HB - 45° step with play side foot, down hill path. Follow the play side guard to the hole.

QB - Reverse pivot and toss the ball to the HB as deep as possible.

X - Inside run cutoff. Block CB toward sidelines.

Z - Inside run cutoff. Block CB toward sidelines.
PRO 24 - 25 POWER

PST (play side tackle) - MOM (Man on Man), Block DE.

PSG (play side guard) - MOM (Man on Man), Hat on play side. Block ILB.

C - MOM (Man on Man); Hat on play side. Block N.

BSG (backside guard) - Gap towards play side, Block ILB.

BST (backside tackle) - Gap towards play side, Block DE.

TE (Y) - Double to DE, then inside run cutoff.

FB - Block play side OLB. Kick out block.

HB - Flat step 1 & 2. Plant step 3 and attack the 4-5 hole.

QB - 45° step back to mesh point. Get ball back to HB as soon as possible. Set up for power pass.

X - Inside run cutoff. Block CB toward sidelines.

Z - Inside run cutoff. Block CB toward sidelines.
PST (play side tackle) - MOM (Man on Man), Block DE.

PSG (play side guard) - MOM (Man on Man), Block ILB.

C - MOM (Man on Man), Block N.

BSG (backside guard) - Gap towards play side, Block ILB.

BST (backside tackle) - Gap towards play side, Block DE.

TE (Y) - ARC release to Alley player (the player outside of the last player on the line of scrimmage). Block Alley defender/Strong Safety (SS).

FB - Take 30-1 Cut steps (Straight ahead path), make a pocket and fake run the ball on the play side “A” gap.

HB - Sprint to pitch relationship (4 yds. from QB - 1 yd. deeper). Look for football to be pitched.

QB - Take 30-1 Cut steps (Negative step at 5 or 7 o’clock, as deep as possible). Fake dive handoff to FB.

• **OPTION 1**: If play side OLB does not take PITCH, Pitch ball to HB. Attack the up field shoulder of the play side OLB.

• **OPTION 2**: If play side OLB takes PITCH, turn up field.

X - Outside run cutoff. Block CB away from sidelines.

Z - Inside run cutoff. Block CB toward sidelines.
**PST (play side tackle)** - Reach Block DE (hook DE on outside shoulder and block away from play side).

**PSG (play side guard)** - Pull to Corner (CB) from defensive side of line of scrimmage.

C - MOM (Man on Man), Block N.

**BSG (backside guard)** - MOM (Man on Man), Block ILB.

**BST (backside tackle)** - MOM (Man on Man), Block DE.

**TE (Y)** - MOM (Man on Man), Block OLB.

**FB** - Fake 30-1 Cut handoff from QB. Go down field and block.

**HB** - Sprint to pitch relationship (4 yds. from QB - 1 yd. deeper). GET TO THE EDGE!

**QB** - Take 30-1 Cut steps (Negative step at 5 or 7 o’clock, as deep as possible). Pitch ball to Z. Attack the perimeter.

**X** - Crack block play side OLB.

**Z** - Line up 5 yards from last man on the line of scrimmage. Stay 4 yards deep from QB. Receive pitch from QB. Get to the edge and turn up field.
TIGHT FORMATION RUN PLAYS

BEMIDJI YOUTH TACKLE FOOTBALL
**TIGHT 30 - 31 CUT**

- **PST (play side tackle)** - MOM (Man on Man), Block DE.
- **PSG (play side guard)** - MOM (Man on Man), Block ILB.
- **C** - MOM (Man on Man), Block N.
- **BSG (backside guard)** - MOM (Man on Man), Block ILB.
- **BST (backside tackle)** - MOM (Man on Man), Block DE.
- **TE (Y)** - MOM (Man on Man), Block OLB.
- **FB** - Straight ahead path. Break to open “A” gap. Read the center’s hat (block).
- **HB** - Sprint to pitch relationship (4 yds. from QB - 1 yd. deeper). GET TO THE EDGE!
- **QB** - Negative step at 5 or 7 o’clock, as deep as possible. Handoff ball to FB. Attack the perimeter.
- **TE (X)** - Gap towards play side, Block OLB.
- **Z** - Inside run cutoff. Block CB toward sidelines.

**TIGHT RIGHT 30 CUT** vs. 3-4

**TIGHT LEFT 31 CUT** vs. 3-4
**TIGHT 22 - 23 ISO**

PST (play side tackle) - MOM (Man on Man), Block DE.

PSG (play side guard) - Double down on N.

C - MOM (Man on Man), Block N.

BSG (backside guard) - Gap towards play side, Block ILB.

BST (backside tackle) - Gap towards play side, Block DE.

TE (Y) - Gap towards play side, Block OLB.

FB - Block play side ILB. FB isolated on ILB.

HB - Clear step with play side foot, down hill path. Follow the FB to the 2-3 hole.

QB - Reverse pivot and hand off the ball to HB as deep as possible.

TE (X) - Gap towards play side, Block OLB.

Z - Inside run cutoff. Block CB toward sidelines.

**TIGHT RIGHT 22 ISO vs. 3-4**

**TIGHT LEFT 23 ISO vs. 3-4**
PST (play side tackle) - MOM (Man on Man), Hat on play side. Block DE.

PSG (play side guard) - MOM (Man on Man), Block ILB.

C - MOM (Man on Man) Hat on play side. Block N.

BSG (backside guard) - Gap towards play side, Block ILB.

BST (backside tackle) - Gap towards play side, Block DE.

TE (Y) - MOM (Man on Man), Reach Block OLB (hook OLB on outside shoulder and block away from play side).

FB - Lead block to Alley player (the player outside of the last player on the line of scrimmage). Block Alley defender/Strong Safety (SS).

HB - 45° step with play side foot, down hill path. Follow the FB to the hole.

QB - Reverse pivot and toss the ball to the HB as deep as possible.

TE (X) - Gap towards play side, Block OLB.

Z - Inside run cutoff. Block CB toward sidelines.
**PST (play side tackle)** - MOM (Man on Man), Hat on play side. Block DE.

**PSG (play side guard)** - Pull to Alley player *(the player outside of the last player on the line of scrimmage)*. Block Alley defender/Strong Safety (SS).

C - MOM (Man on Man), Hat on play side. Block N.

**BSG (backside guard)** - Gap towards play side, Block ILB.

**BST (backside tackle)** - Gap towards play side, Block DE.

**TE (Y)** - MOM (Man on Man), Reach Block OLB.

**FB** - Block play side ILB.

**HB** - 45° step with play side foot, down hill path. Follow the play side guard to the hole.

**QB** - Reverse pivot and toss the ball to the HB as deep as possible.

**TE (X)** - Gap towards play side, Block OLB.

**Z** - Inside run cutoff. Block CB toward sidelines.
PST (play side tackle) - MOM (Man on Man), Block DE.

PSG (play side guard) - MOM (Man on Man), Hat on play side. Block ILB.

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FB - Block play side OLB. Kick out block.

HB - Flat step 1 & 2. Plant step 3 and attack the 4-5 hole.

QB - 45° step back to mesh point. Get ball back to HB as soon as possible. Set up for power pass.

TE (X) - Gap towards play side, Block OLB.

Z - Inside run cutoff. Block CB toward sidelines.
PST (play side tackle) - MOM (Man on Man), Block DE.

PSG (play side guard) - MOM (Man on Man), Block ILB.

C - MOM (Man on Man), Block N.

BSG (backside guard) - Gap towards play side, Block ILB.

BST (backside tackle) - Gap towards play side, Block DE.

TE (Y) - ARC release to Alley player (the player outside of the last player on the line of scrimmage). Block Alley defender/Strong Safety (SS).

FB - Take 30-1 Cut steps (Straight ahead path), make a pocket and fake run the ball in the play side “A” gap.

HB - Sprint to pitch relationship (4 yds. from QB – 1 yd. deeper) look for football to be pitched.

QB - Take 30-1 Cut steps (Negative step at 5 or 7 o’clock, as deep as possible). Fake dive handoff to FB.
  • OPTION 1: If play side OLB does not take PITCH, Pitch ball to HB. Attack the up field shoulder of the play side OLB.
  • OPTION 2: If play side OLB takes PITCH, turn up field.

TE (X) - Gap towards play side, Block OLB.

Z - Inside run cutoff. Block CB toward sidelines.
PST (play side tackle) - Reach Block DE (hook DE on outside shoulder and block away from play side).

PSG (play side guard) - Pull to Corner (CB) from defensive side of line of scrimmage.

C - MOM (Man on Man), Block N.

BSG (backside guard) - MOM (Man on Man), Block ILB.

BST (backside tackle) - MOM (Man on Man), Block DE.

TE (Y) - MOM (Man on Man), Block OLB.

FB - Fake 30-1 Cut handoff from QB. Go down field and block.

HB - Sprint to pitch relationship (4 yds. from QB - 1 yd. deeper). GET TO THE EDGE!

QB - Take 30-1 Cut steps (Negative step at 5 or 7 o’clock, as deep as possible). Pitch ball to Z. Attack the perimeter.

TE (X) - MOM (Man on Man), Block OLB.

Z - Line up 5 yards from last man on the line of scrimmage. Stay 4 yards deep from QB. Receive pitch from QB. Get to the edge and turn up field.
FLEX FORMATION RUN PLAYS

BEMIDJI YOUTH TACKLE FOOTBALL
PST (play side tackle) - Reach Block DE (hook DE on outside shoulder and block away from play side).

PSG (play side guard) - Pull to Corner (CB) from defensive side of line of scrimmage.

C - MOM (Man on Man), Block N.

BSG (backside guard) - MOM (Man on Man), Block ILB.

BST (backside tackle) - MOM (Man on Man), Block DE.

TE (Y) – Inside run cutoff. Block CB.

FB - Fake 30-1 Cut handoff from QB. Go down field and block.

HB - Sprint to pitch relationship (4 yds. from QB - 1 yd. deeper). GET TO THE EDGE!

QB - Take 30-1 Cut steps (Negative step at 5 or 7 o’clock, as deep as possible). Pitch ball to Z. Attack the perimeter.

TE (X) - Crack block play side OLB.

Z - Line up 5 yards from last man on the line of scrimmage. Stay 4 yards deep from QB. Receive pitch from QB. Get to the edge and turn up field.
OFFENSIVE PASS GAME

BEMIDJI YOUTH TACKLE FOOTBALL
PASS GAME RULES FOR TEEN PLAYS
3 STEP PASS

- #1 RECEIVER WILL RUN THE NUMBERED ROUTE.
- #2 RECEIVER WILL RUN THE TAGGED ROUTE.

EXAMPLE: **PRO RIGHT 17 OUT**
- #1 RECEIVERS WILL RUN A 17.
- #2 RECEIVER WILL RUN AN OUT.
NOTES: X, Y (TE) and Z routes are determined by the play called.

EXAMPLE 1: PRO RIGHT 17
** Pro Right Formation. X and Z (#1 Receivers) both run a “17” pass route. Y (#2 Receiver) blocks.

EXAMPLE 2: Pro Right 17 Out
** Pro Right Formation. X and Z (#1 Receivers) both run a “17” pass route. Y (#2 Receiver) runs an OUT.

OFFENSIVE LINE: Do NOT go down field.
ROUTES FOR #1 RECEIVER  *(Ball on Right Side)*

14  STOP

PUSH TO 6 YARDS

Inside foot up.  
5 step curl and fade to outside.

15  OUT

Inside foot up.  
4 steps, then out.

16  SLANT

Inside foot up.  
3 steps, then slant.

17  GO

Inside foot up.  
Attack defender.  
Attack outside shoulder.
ROUTES FOR #1 RECEIVER  *(Ball on Left Side)*

14 STOP

- PUSH TO 6 YARDS
  - Inside foot up.
  - 5 step curl and fade to outside.

15 OUT

- Inside foot up.
  - 4 steps, then out.

16 SLANT

- Inside foot up.
  - 3 steps, then slant.

17 GO

- Inside foot up.
  - Attack defender.
  - Attack outside shoulder.
ROUTES FOR #1 RECEIVER

POST

Inside foot up.
Push to 8-10 yards,
then break to goal post.

(Ball on Left Side)

POST

Inside foot up.
Push to 8-10 yards,
then break to goal post.

(Ball on Right Side)
ROUTES FOR #2 RECEIVER

OUT

Inside foot up.
4 steps, then out.

(Ball on Right Side) BALL

OUT

Inside foot up.
4 steps, then out.

(Ball on Left Side) BALL

WHEEL

Inside foot up.
Release outside the #1 receiver and down the sideline.

(Ball on Right Side) BALL

WHEEL

Inside foot up.
Release outside the #1 receiver and down the sideline.

(Ball on Left Side) BALL
**ROUTES FOR #2 RECEIVER (Ball on Left Side)**

**STICK**
- PUSH TO 6 YARDS
- Inside foot up. Curl to QB.

**CROSSER**
- Inside foot up. Break across the field getting to a 10 yard depth as you cross.

**CORNER**
- Inside foot up. Run 8-10 yards, then break for the corner of the end zone.
ROUTES FOR #2 RECEIVER *(Ball on Right Side)*

**STICK**
- PUSH TO 6 YARDS
  - Inside foot up.
  - Curl to QB.

**CROSSER**
- Inside foot up.
- Break across the field getting to a 10 yard depth as you cross.

**CORNER**
- Inside foot up.
- Run 8-10 yards, then break for the corner of the end zone.
PRO FORMATION PASS PLAYS

BEMIDJI YOUTH TACKLE FOOTBALL
PRO 138 - 139 NAKED

CONCEPT RULES

BOOT SIDE (PLAY SIDE): Side QB rolls to.  NON-BOOT SIDE (BACKSIDE): Side QB does not roll to.

#1 Receiver Boot Side - GO
#1 Receiver Non-Boot Side – POST
#2 Receiver Non-Boot Side - CROSSER

NOTES: OFFENSIVE LINE: ISO block do NOT go down field.

PST (play side tackle) - MOM (Man on Man), Block DE.

PSG (play side guard) - MOM (Man on Man), Look to block ILB.

C - MOM (Man on Man), Block N.

BSG (backside guard) - Double down on N.

BST (backside tackle) - MOM (Man on Man), Block DE.

FB - Attack backside OLB (Block).

HB - Fake ISO.  Block ILB if he comes.

QB - Reverse pivot. Fake ISO, BOOT AWAY.  Check GO; To CROSSER; To POST.

X - #1 Receiver BOOT SIDE: Run GO route.

Z - #1 Receiver NON-BOOT SIDE: Run POST route.

Y (TE) - #2 Receiver NON-BOOT SIDE: Run CROSSER route.
PRO 24 - 25 PASS

PST (play side tackle) - MOM (Man on Man), Block DE.

PSG (play side guard) - Double on N.

C - MOM (Man on Man), Block N.

BSG (backside guard) - MOM (Man on Man). Look to block ILB.

BST (backside tackle) - MOM (Man on Man), Block DE.

FB - Run ARROW route, 3 yards deep. Fake block OLB.

HB - Fake 24-5 Power. Block play side OLB.

QB - Fake handoff. Put hand in HB belly. Check GO. Read Alley Player. Check OUT; To ARROW; To POST.

X - #1 Receiver: Run POST route.

Z - #1 Receiver: Run GO route.

Y (TE) - #2 Receiver: Run OUT route with an INSIDE RELEASE at 10 yards.

NOTES:
OFFENSIVE LINE: Do NOT go down field.
TIGHT FORMATION PASS PLAYS

BEMIDJI YOUTH TACKLE FOOTBALL
PST (play side tackle) - MOM (Man on Man), Block DE.

PSG (play side guard) - Double on N.

C - MOM (Man on Man), Block N. Look to block ILB.

BSG (backside guard) - MOM (Man on Man). Block N.

BST (backside tackle) - MOM (Man on Man), Block DE.

FB - Run ARROW route, 3 yards deep. Fake block OLB.

HB - Fake 24-5 Power. Block play side OLB.

QB - Fake handoff. Put hand in HB belly. Check GO. Read Alley defender. Check OUT, to ARROW.

TE (X) - MOM (Man on Man), Block OLB.

Z - #1 Receiver: Run GO route.

TE (Y) - #2 Receiver: Run OUT route with an INSIDE RELEASE at 10 yards.

NOTES:
OFFENSIVE LINE: Do NOT go down field.
FLEX FORMATION PASS PLAYS

BEMIDJI YOUTH TACKLE FOOTBALL
**CONCEPT RULES**

**BOOT SIDE (PLAY SIDE):** Side QB rolls to.  **NON-BOOT SIDE (BACKSIDE):** Side QB does not roll to.

- #1 Receiver Boot Side - **POST**
- #1 Receiver Non-Boot Side - **GO**
- #2 Receiver Non-Boot Side - **CROSSER**

**NOTES:**

**OFFENSIVE LINE:** ISO block do **NOT** go down field.

---

**FLEX RIGHT 139 NAKED vs. 3-4**

- **PST (play side tackle):** MOM (Man on Man), Block DE.
- **PSG (play side guard):** MOM (Man on Man), Look to block ILB.
- **C:** MOM (Man on Man), Block N.
- **BSG (backside guard):** Double down on N.
- **BST (backside tackle):** Mom (Man on Man), Block DE.
- **FB:** Attack backside OLB (Block).
- **HB:** Fake ISO, Block ILB if he comes.
- **QB:** Reverse pivot. Fake ISO, BOOT AWAY. Check **POST**; To **CROSSER**; To **GO**.

**FLEX LEFT 138 NAKED vs. 3-4**

- **X:** #1 Receiver NON-BOOT SIDE: Run **GO** route.
- **Z:** #2 Receiver BOOT SIDE: Run **CROSSER** route.
- **Y (TE):** #1 Receiver BOOT SIDE: Run **POST** route.
PST (play side tackle) - MOM (Man on Man), Block DE.

PSG (play side guard) - Double on N.

C - MOM (Man on Man), Block N.

BSG (backside guard) - MOM (Man on Man). Look to block ILB.

BST (backside tackle) - MOM (Man on Man), Block DE.

FB - Run ARROW route, 3 yards deep. Fake block OLB.

HB - Fake 24-5 Power. Block play side OLB.

QB - Fake handoff. Put hand in HB belly. Check GO. Read Alley defender. Check OUT, To ARROW; To POST.

X - #1 Receiver: Run POST route.

Z - #2 Receiver: Run OUT route with an INSIDE RELEASE at 10 yards.

Y (TE) - #1 Receiver: Run GO route.

NOTES:
OFFENSIVE LINE: Do NOT go down field.
DEFENSIVE PLAYBOOK

3rd, 4th & 5th GRADE

BEMIDJI YOUTH FOOTBALL

BEMIDJI YOUTH TACKLE FOOTBALL
THE DEFENSE ALIGNMENT

Align head up.

Align head up on outside left shoulder.

Align head up on outside right shoulder.
DEFENSE VS PRO RIGHT FORMATION RULES

**DEFENSE**

- **N**: Aligns head up on center. 3-point stance.
- **DE**: Aligns head up on tackle. 3-point stance.
- **ILB**: Aligns head up on guards, 4 yards off. 2-point stance.
- **OLB**: On strong side aligns head up on outside shoulder of TE (Y) on the line. 2-point stance. OLB on weak side aligns 3 yards off and 3 yards wide of the last guy on the line of scrimmage. 2-point stance.
- **SS**: Aligns 3 yards off and 3 yards wide of last guy on line of scrimmage.
- **FS**: Aligns behind nose guard, 8 yards deep.
- **CB**: Aligns head up on receivers, 8 yards off.

**PRO RIGHT OFFENSE**

**Line of Scrimmage**

- **Y**: Wide receiver
- **RT**: Right tackle
- **RG**: Right guard
- **C**: Center
- **LG**: Left guard
- **LT**: Left tackle
- **OLB**: Outside linebacker
- **DE**: Defensive end
- **N**: Nose tackle
- **ILB**: Inside linebacker
- **SS**: Safety
- **CB**: Cornerback
### DEFENSE VS PRO LEFT FORMATION RULES

#### PRO LEFT OFFENSE

- **H**
- **F**
- **Q**
- **Z**
- **X**

#### Line of Scrimmage

**DEFENSE**

- **N**
- **DE**
- **ILB**
- **ILB**
- **SS**
- **OLB**
- **OLB**
- **CB**
- **FS**

<table>
<thead>
<tr>
<th>Position</th>
<th>Rule Description</th>
</tr>
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<tbody>
<tr>
<td><strong>N</strong></td>
<td>Aligns head up on center. 3-point stance.</td>
</tr>
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<td>Aligns head up on tackle. 3-point stance.</td>
</tr>
<tr>
<td><strong>ILB</strong></td>
<td>Aligns head up on guards, 4 yards off. 2-point stance.</td>
</tr>
<tr>
<td><strong>OLB</strong></td>
<td>OLB on strong side aligns head up on outside shoulder of TE (Y) on the line. 2-point stance. OLB on weak side aligns 3 yards off and 3 yards wide of the last guy on the line of scrimmage. 2-point stance.</td>
</tr>
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<td><strong>SS</strong></td>
<td>Aligns 3 yards off and 3 yards wide of last guy on line of scrimmage.</td>
</tr>
<tr>
<td><strong>FS</strong></td>
<td>Aligns behind nose guard, 8 yards deep.</td>
</tr>
<tr>
<td><strong>CB</strong></td>
<td>Aligns head up on receivers, 8 yards off.</td>
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</table>
DEFENSE VS TIGHT RIGHT FORMATION RULES

DEFENSE

- **N**: Aligns head up on center. 3-point stance.
- **DE**: Aligns head up on tackle. 3-point stance.
- **ILB**: Aligns head up on guards, 4 yards off. 2-point stance.
- **OLB**: Aligns head up on outside shoulder of TE on the line. 2-point stance.
- **SS**: Aligns 3 yards off and 3 yards wide of last guy on line of scrimmage.
- **FS**: Aligns behind nose guard, 8 yards deep.
- **CB**: Receiver (strong side): Aligns head up on receivers, 8 yards off. No receiver: Aligns 3 yards off and 3 yards wide of the last guy on line of scrimmage. 2-point stance.
DEFENSE VS TIGHT LEFT FORMATION RULES

**DEFENSE**

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</tr>
<tr>
<td>F</td>
<td>ALIGNS HEAD UP ON TACKLE. 3-POINT STANCE.</td>
</tr>
<tr>
<td>Q</td>
<td>ALIGNS HEAD UP ON GUARDS, 4 YARDS OFF. 2-POINT STANCE.</td>
</tr>
<tr>
<td>DE</td>
<td>ALIGNS HEAD UP ON OUTSIDE SHOULDER OF TE ON THE LINE. 2-POINT STANCE.</td>
</tr>
<tr>
<td>N</td>
<td>ALIGNS 3 YARDS OFF AND 3 YARDS WIDE OF LAST GUY ON LINE OF SCRIMMAGE.</td>
</tr>
<tr>
<td>DE</td>
<td>ALIGNS BEHIND NOSE GUARD, 8 YARDS DEEP.</td>
</tr>
<tr>
<td>OLB</td>
<td>RECEIVER (STRONG SIDE): ALIGNS HEAD UP ON RECEIVERS, 8 YARDS OFF. NO RECEIVER: ALIGNS 3 YARDS OFF AND 3 YARDS WIDE OF THE LAST GUY ON THE LINE OF SCRIMMAGE. 2-POINT STANCE.</td>
</tr>
<tr>
<td>ILB</td>
<td>ALIGNS 3 YARDS OFF AND 3 YARDS WIDE OF THE LAST GUY ON THE LINE OF SCRIMMAGE. 2-POINT STANCE.</td>
</tr>
<tr>
<td>CB</td>
<td>ALIGNS BEHIND NOSE GUARD, 8 YARDS DEEP.</td>
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**TIGHT LEFT OFFENSE**

**Line of Scrimmage**

X: Receiver (Strong Side)

RT: Receiver (Strong Side)

RG: Receiver (Strong Side)

C: Receiver (Strong Side)

LG: Receiver (Strong Side)

LT: Receiver (Strong Side)

Y: Receiver (Strong Side)
DEFENSE VS FLEX RIGHT FORMATION RULES

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<td></td>
</tr>
<tr>
<td>SS</td>
<td>Aligns head up on the #2 receiver (Z), 8 yards deep.</td>
<td></td>
</tr>
<tr>
<td>FS</td>
<td>Aligns behind nose guard, 8 yards deep.</td>
<td></td>
</tr>
<tr>
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## Defense vs Flex Left Formation Rules

### Defense

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