

THE ASPETUCK WAY



THE PLAYBOOK

**Aspetuck Wildcats
Installation Meeting
May 31, 2007**

I. Overview

II. Hole System

III. Personnel

- 1. Best Athlete (QB)**
- 2. Best Runner (FB)**
- 3. Offensive Line – Think Baseball – You want to be the strongest up the middle (Guards and Center)**

IV. Block Rules

- 1. Inside/On/Over**

V. Formations

- 1. Bone (Double Tight)**
- 2. Bone Right/Left**
- 3. Bone Spread**
- 4. Bone Over**

VI. Plays

- 1. See Attached Sheet**

VII. Inside Veer Cut-Ups

Aspetuck Wildcats

2nd & 3rd Grade

Play Sheet

Running:

42/43 Give

42/43 Keep

42/43 Pitch

40/41 Wedge

12/13 Keep

38/29 Toss

34/25 Blast

Passing:

Blast Right/Boot Left

Blast Left/Boot Right

Blast Pass Right

Blast Pass Left

TE Dump

SE Hitch

SE Slant

Formations:

Bone (Double Tight)

Bone Right/Left

Bone Spread

Bone Over

Whole Numbering

O O X O O O
7 5 3 1-0 2 4 6 8

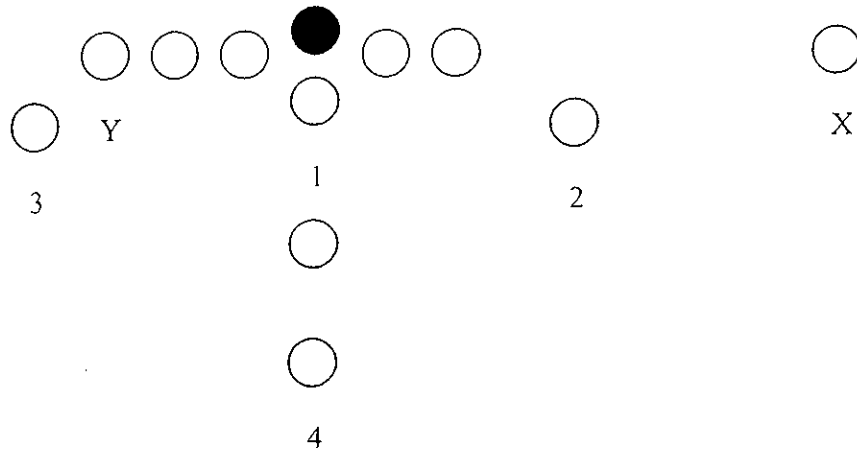
Notes:

*Plays ending in an odd number go to the left and evens to the right.

*Plays ending in 1 mean the to the left cheek of the center and even mean to the right cheek of the center.

*Plays ending in 7 or 9 mean fast, outside hitting plays like toss sweeps and rockets.

Player Numbering



Notes:

*The first digit of every number is the ball carrier

Example: Wing Left 44 Belly = The FB runs through the Right Tackle hole

Color Meanings:

- Blue = Dumby Call (No Meaning)
- Black = The play is going to the left
- Red = The play is going right

“Choice” Meaning = The QB, based on scouting, will be given 2 plays. The QB will determine which play will be ran at the L.O.S. In the cadence he must say the number of the play after the color.

Example:

Play called in the huddle = Loose 12/13 Veer Choice, Loose 12/13 veer choice on Monday

L.O.S. = The QB determines the play is going right

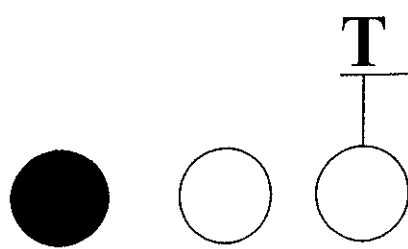
White 12, White 12, Set, Go!

GRADE 2&3 FORMATIONS

<p style="text-align: center;">BONE</p> <p style="text-align: center;">H H</p> <p style="text-align: center;"> F</p> <p style="text-align: center;"> Q</p> <p style="text-align: center;">OOOXOOO</p>	<p style="text-align: center;">BONE SPREAD</p> <p style="text-align: center;">H H</p> <p style="text-align: center;"> F</p> <p style="text-align: center;"> Q</p> <p style="text-align: center;">OOOXOOO</p>
<p style="text-align: center;">BONE OVER L/R</p> <p style="text-align: center;">H H</p> <p style="text-align: center;"> F</p> <p style="text-align: center;"> Q</p> <p style="text-align: center;">OOOXOOO</p>	<p style="text-align: center;">BONE RIGHT/LEFT</p> <p style="text-align: center;">H H</p> <p style="text-align: center;"> F</p> <p style="text-align: center;"> Q</p> <p style="text-align: center;">OOOXOOO</p>

Linemen

Base Block



Base Block:

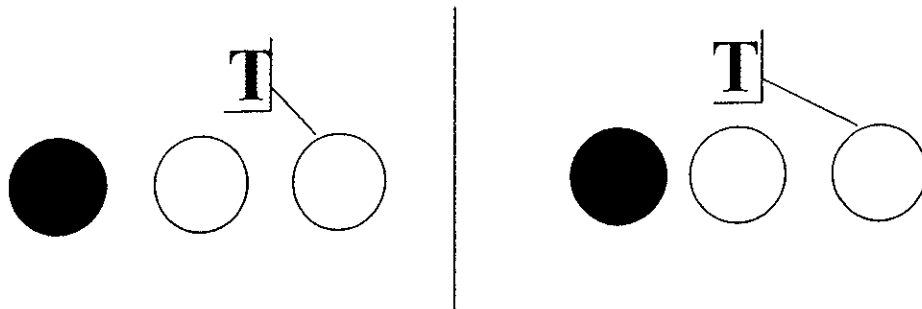
- 1) 6" step with playside foot
- 2) Holster hands and deliver blow with thumbs up on second step Use Aggressive foot drive while maintaining a shoulder wide base
- 3) Keep head up

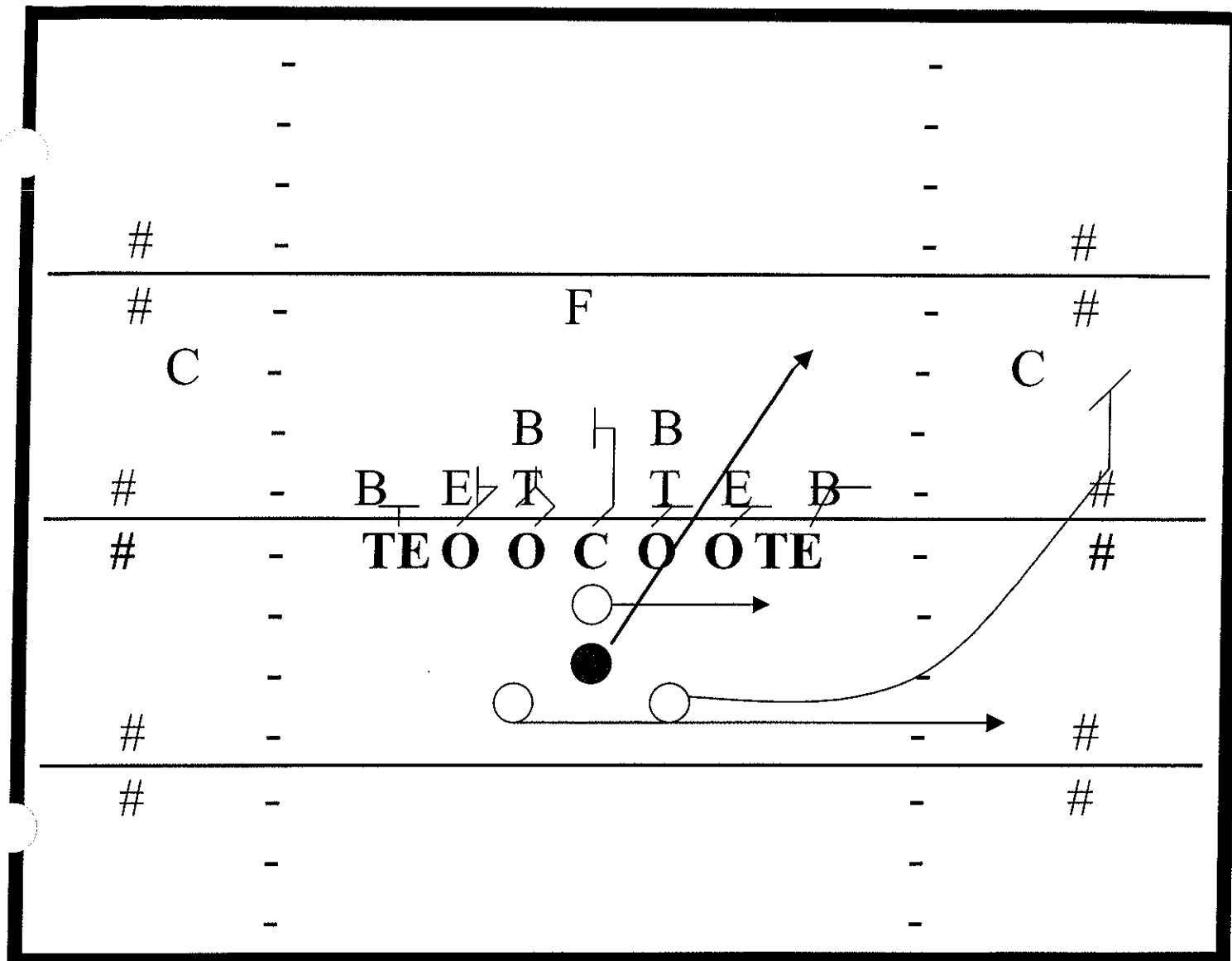
Down Block

Position most likely to use this technique: TE's and Tackles

Down Block (first man in gap or across from adjacent linemen)

- 1) Aim for inside hip of Down Linemen
- 2) Hand punch same as a base block
- 3) Maintain wide base and aggressive feet





Play:42/43 GIVE

PST - BASE

PSG - BASE

C - BASE

BSG - BASE

BST - BASE

PSHB – OPEN FLAT – ARC – BLOCK WIDEST DEFENDER

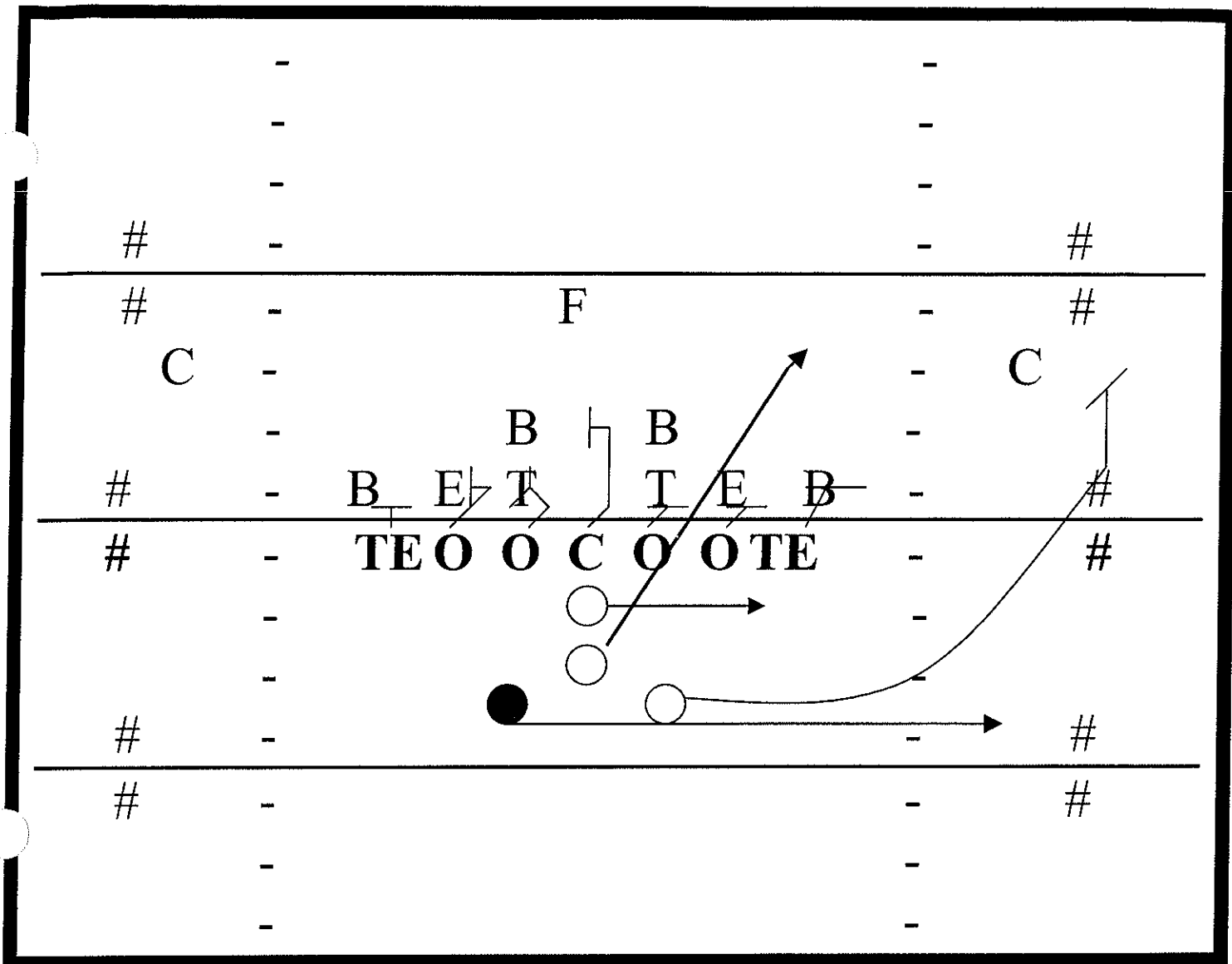
F- OUTSIDE FOOT OF GUARD, RUN TRACKS, LOW PAD LEVEL, S.O.O.A.C.

BSHB – OPEN FLAT – PITCH RELATION SHIP – H, #'S, SL'S

TE - BASE

Q - BASE

Q – OPEN AT 4 OR 8 O’CLOCK, REACH BALL BACK TO FB, RIDE TO FRONT HIP, GIVE TO FB, SPRINT FOR 2 STEPS AFTER MESH, FAKE PITCH



Play: 42/43 PITCH

PST - BASE

PSG - BASE

C - BASE

BSG - BASE

BST - BASE

PSHB - OPEN FLAT - ARC - BLOCK WIDEST DEFENDER

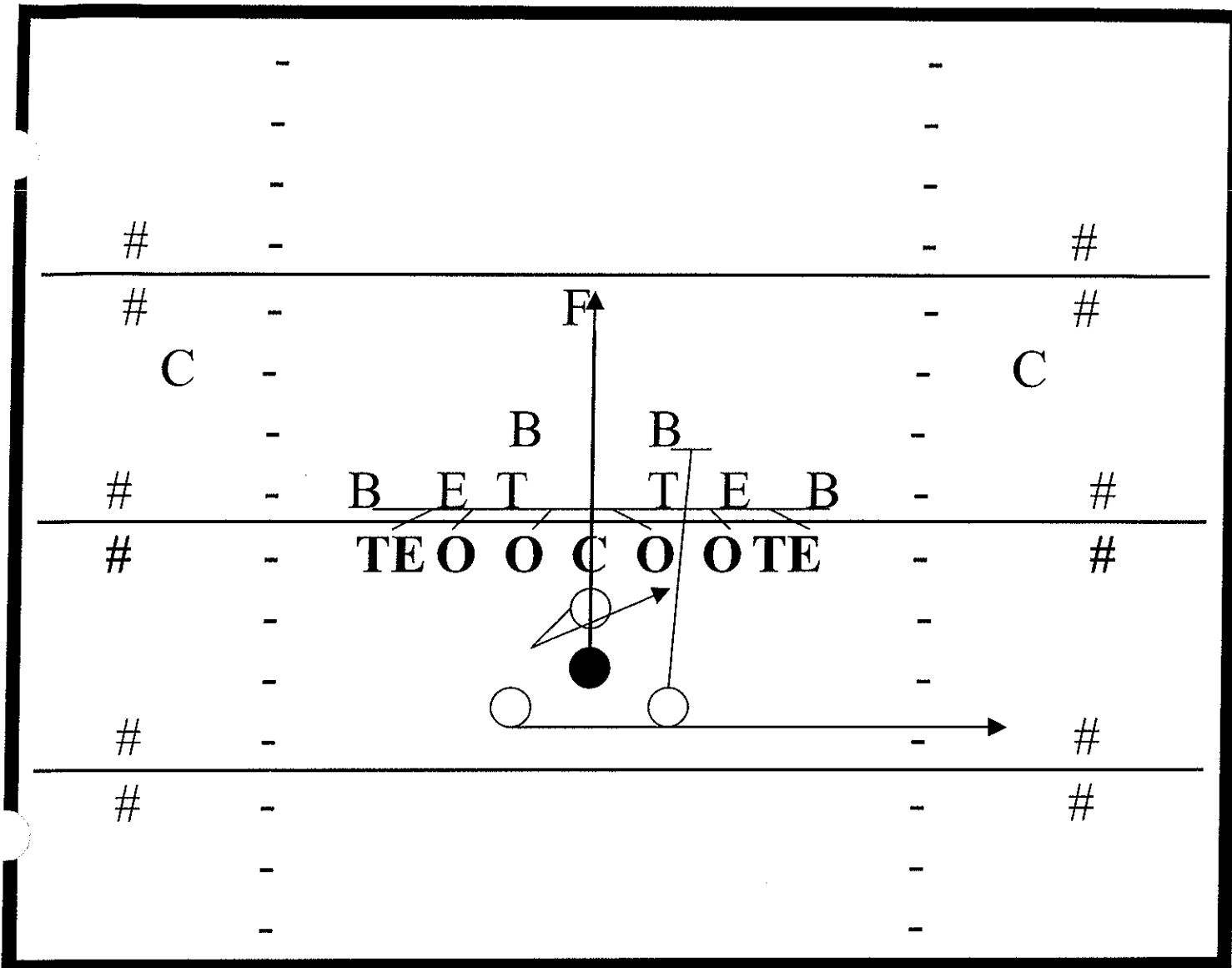
F - OUTSIDE FOOT OF GUARD, RUN TRACKS, LOW PAD LEVEL, BLOCK AFTER FAKE

BSHB - OPEN FLAT - PITCH RELATION SHIP - H, #'S, SL'S

TE - BASE

OT - BASE

Q - OPEN AT 4 OR 8 O'CLOCK, REACH BALL BACK TO FB, RIDE TO FRONT HIP, SPRINT FOR 2 STEPS AFTER MESH, EXECUTE PITCH



Play:40/41 WEDGE

PST – WEDGE – NEVER STOP

PSG – WEDGE – NEVER STOP

BSG – WEDGE – NEVER STOP

BST – WEDGE – NEVER STOP

C – APEX OF WEDGE – NEVER STOP

PSHB – RUN THROUGH GUARD-TACKLE HOLE, BLOCK 1ST LB

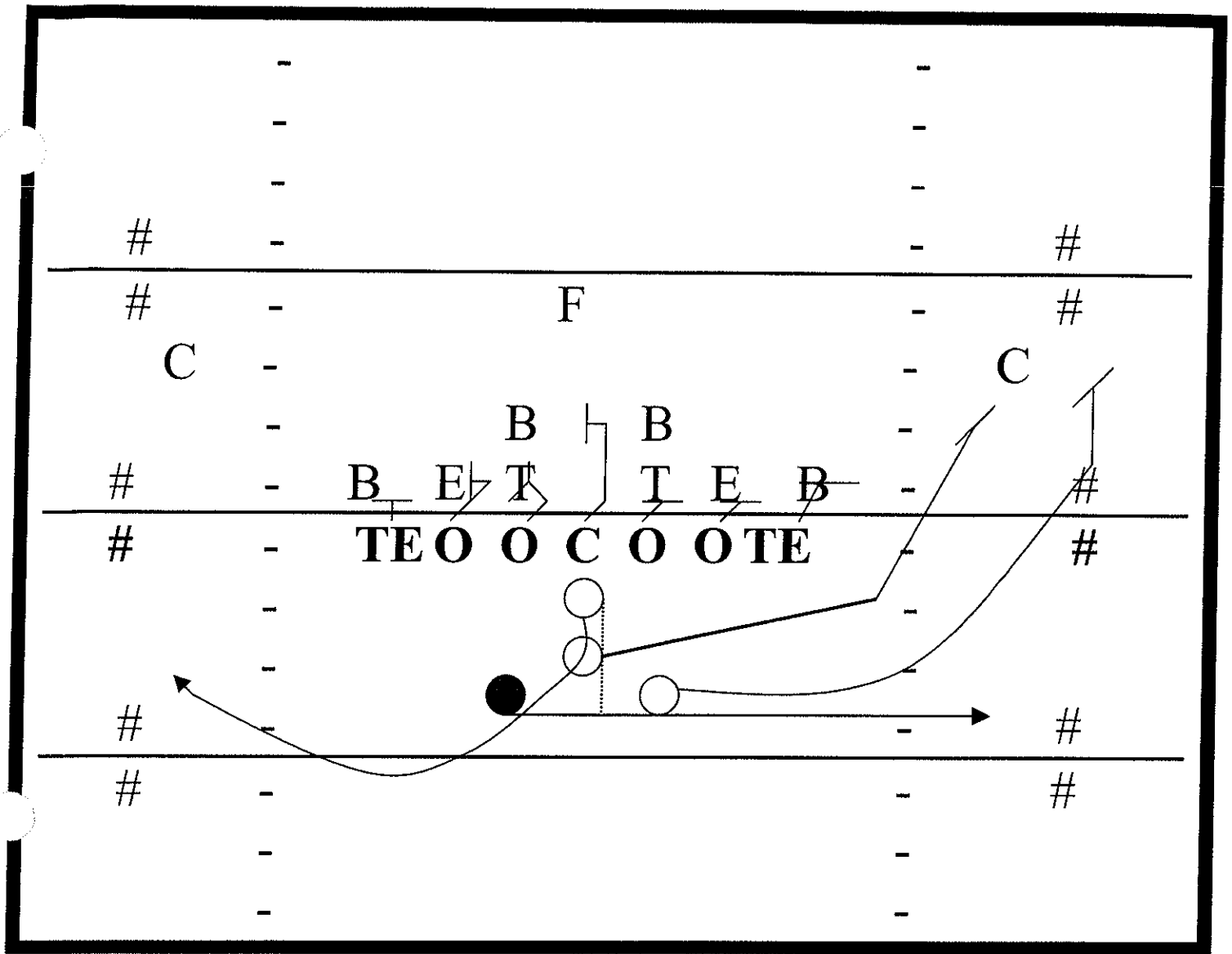
F- 40 STEP W/ RIGHT FOOT, 41 STEP WITH LEFT FOOT, EXPLODE OVER CRACK OF CENTER

BSHB – OPEN FLAT – PITCH RELATION SHIP – H, #'S, SL'S

TE - BASE

○ - BASE

Q – CLEAR MID LINE, REACH BALL BACK GIVE TO FB, CARRY OUT 12/13 KEEP



Play:38/29 TOSS

PST - BASE

PSG - BASE

C - BASE

BSG - BASE

BST - BASE

PSHB - OPEN FLAT - ARC - BLOCK WIDEST DEFENDER

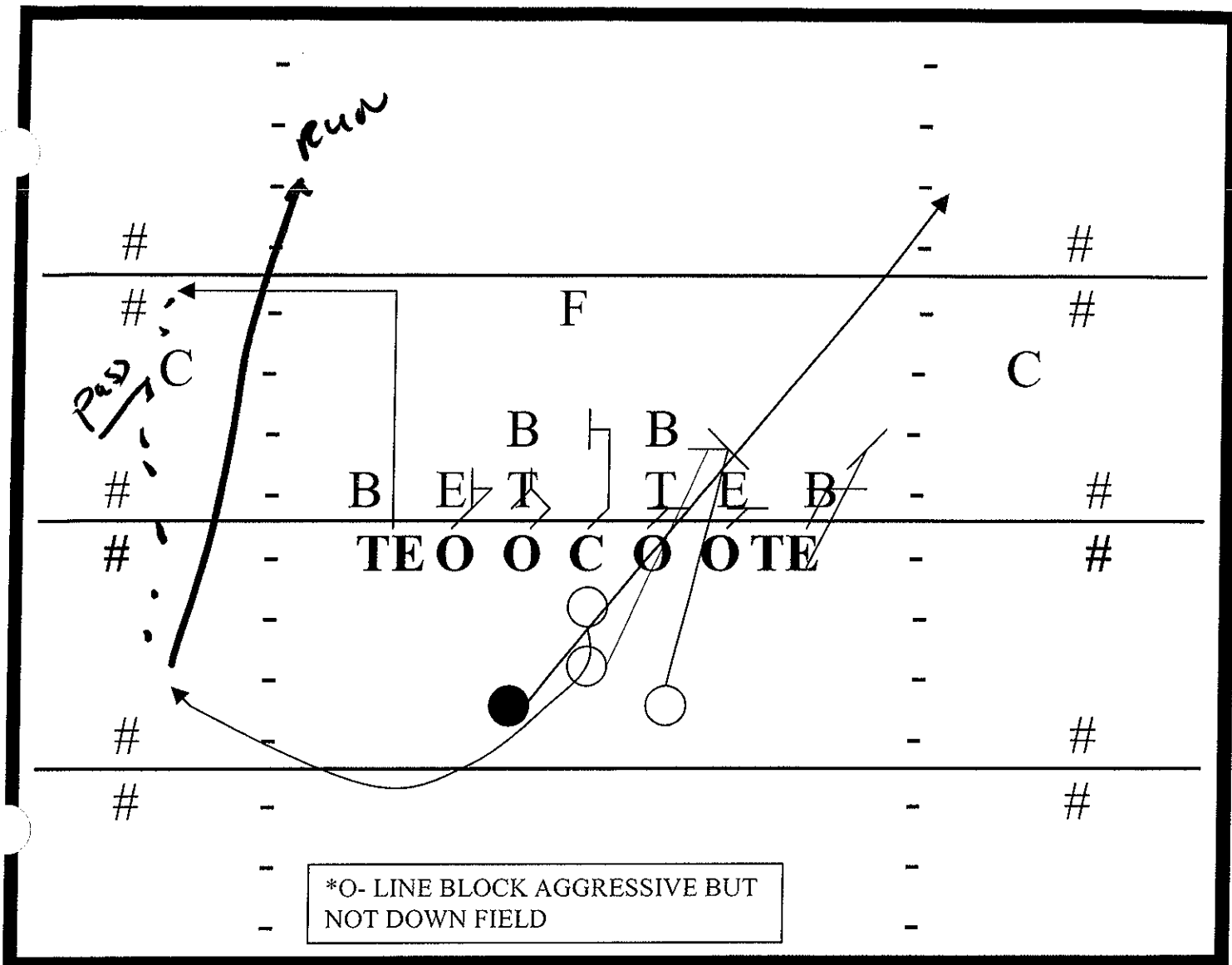
F - OPEN FLAT, LOOK INSIDE, BLOCK 1ST DIFFERENT COLOR FROM INSIDE OUT

BSHB - OPEN FLAT - see pitch in - H, #'S, SL'S

TE - BASE

Q - BASE

Q - OPEN AT 6, lay the ball out for the hb, boot fake after toss



Play: BLAST RIGHT BOOT LEFT OR BLAST LEFT BOOT RIGHT

PST - BASE

PSG - BASE

C - BASE

BSG - BASE

BST - BASE

PSHB - STEP AT INSIDE LEG OF TACKLE LOOK FOR 1ST OLB (LOOK OUT)

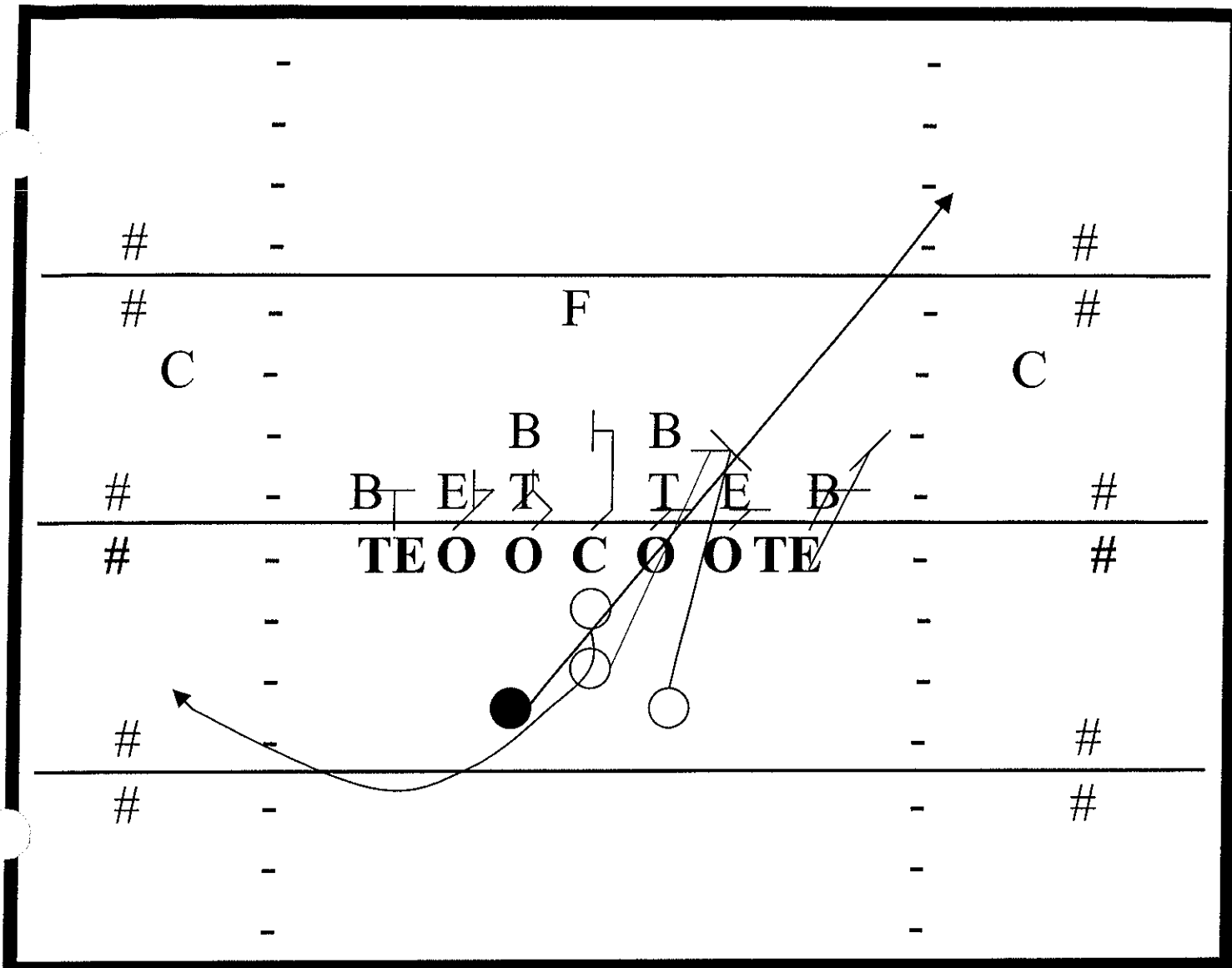
F- STEP AT OUTSIDE LEG OF GUARD, LOOK FOR 1ST ILB (LOOK IN)

BSHB - STEP AT OUTSIDE LEG OF GUARD, FAKE AND BLOCK

TE - BASE

QSTE - 5 YARD OUT

Q - OPEN AT 6, FAKE HAND-OFF, BOOT, *Run Pass option*



Play: 34/25 BLAST

PST - BASE

PSG - BASE

C - BASE

BSG - BASE

BST - BASE

PSHB - STEP AT INSIDE LEG OF TACKLE LOOK FOR 1ST OLB (LOOK OUT)

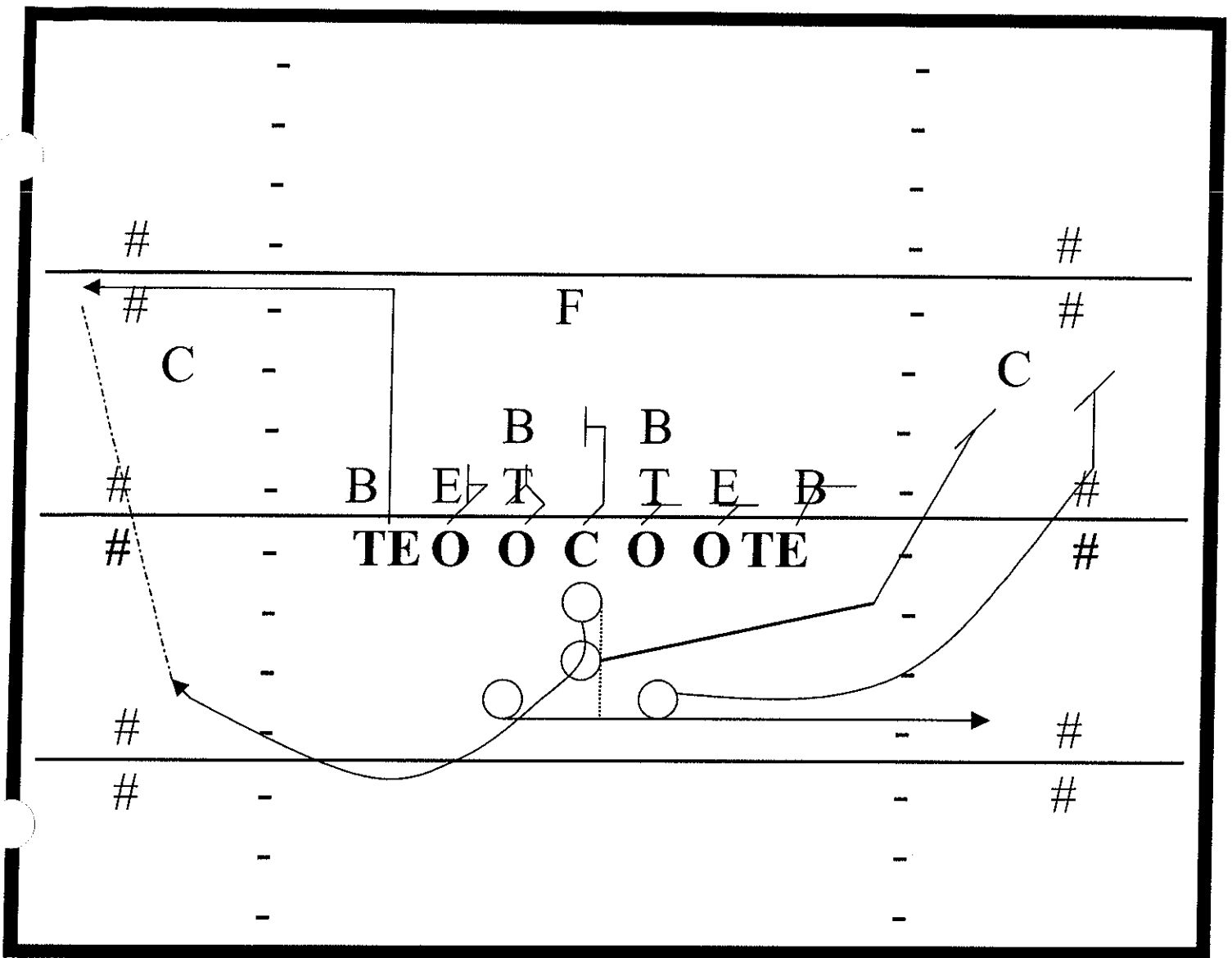
F- STEP AT OUTSIDE LEG OF GUARD, LOOK FOR 1ST ILB (LOOK IN)

BSHB - ~~STEP AT~~ OUTSIDE LEG OF GUARD EXPLODE THRU "B" GAP H, #'s, SL

TE - BASE

QTE - 5 YARD OUT

Q - OPEN AT 6, HAND-OFF, FAKE BOOT



Play: TOSS RIGHT BOOT LEFT

PST - BASE

PSG - BASE

C - BASE

BSG - BASE

BST - BASE

PSHB - OPEN FLAT - ARC - BLOCK WIDEST DEFENDER

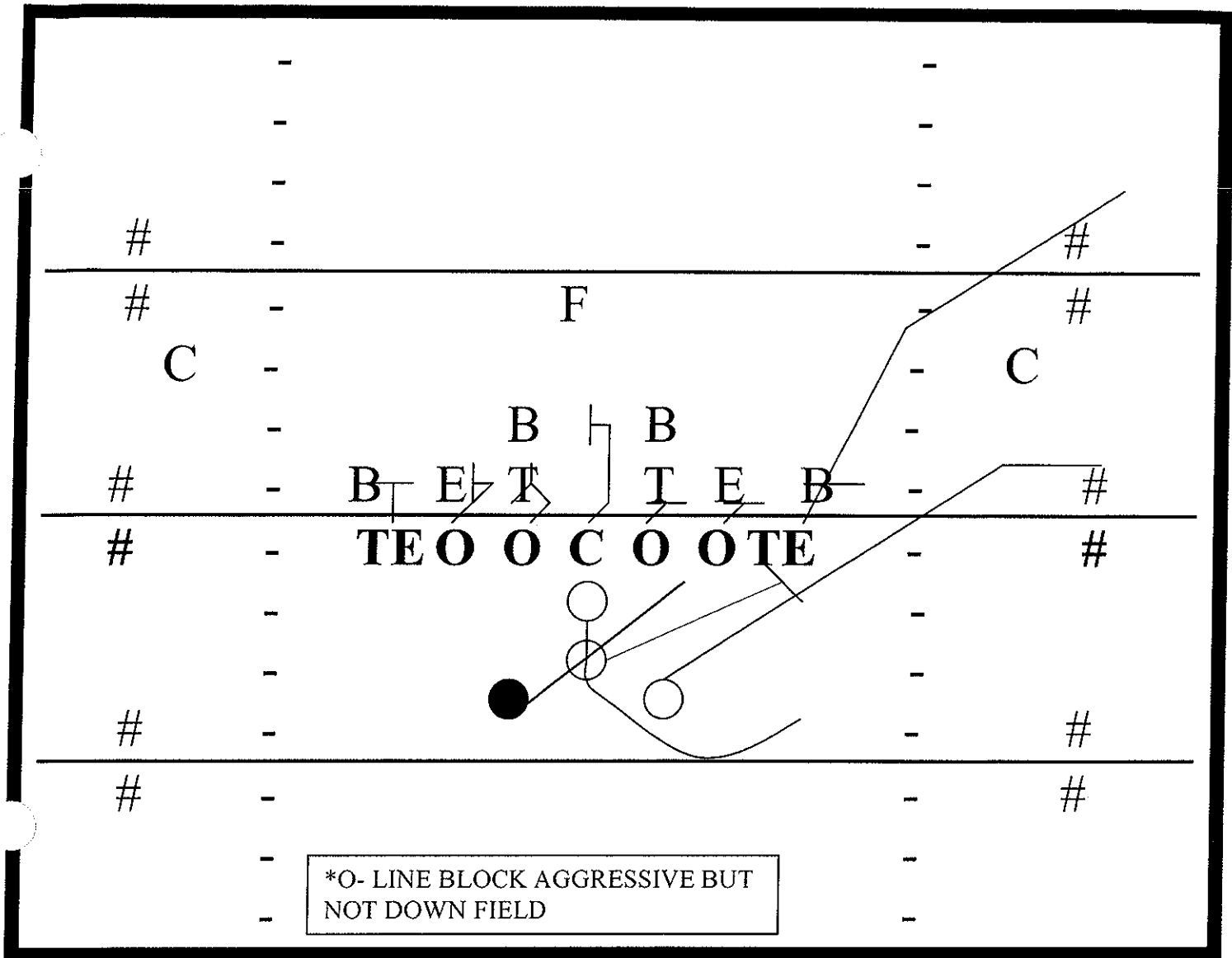
F- OPEN FLAT, LOOK INSIDE, BLOCK 1ST DIFFERENT COLOR FROM INSIDE OUT

BSHB - OPEN FLAT - see pitch in - H, #'S, SL'S

TE - BASE

○ TE - 5 YARD OUT

Q - OPEN AT 6, fake toss, boot, run-throw option



Play: BLAST PASS RIGHT

PST - BASE

PSG - BASE

C - BASE

BSG - BASE

BST - BASE

PSHB – RUN SHOOT, ANGLE TO 3 YARDS, LOOK OUTSIDE SHOULDER

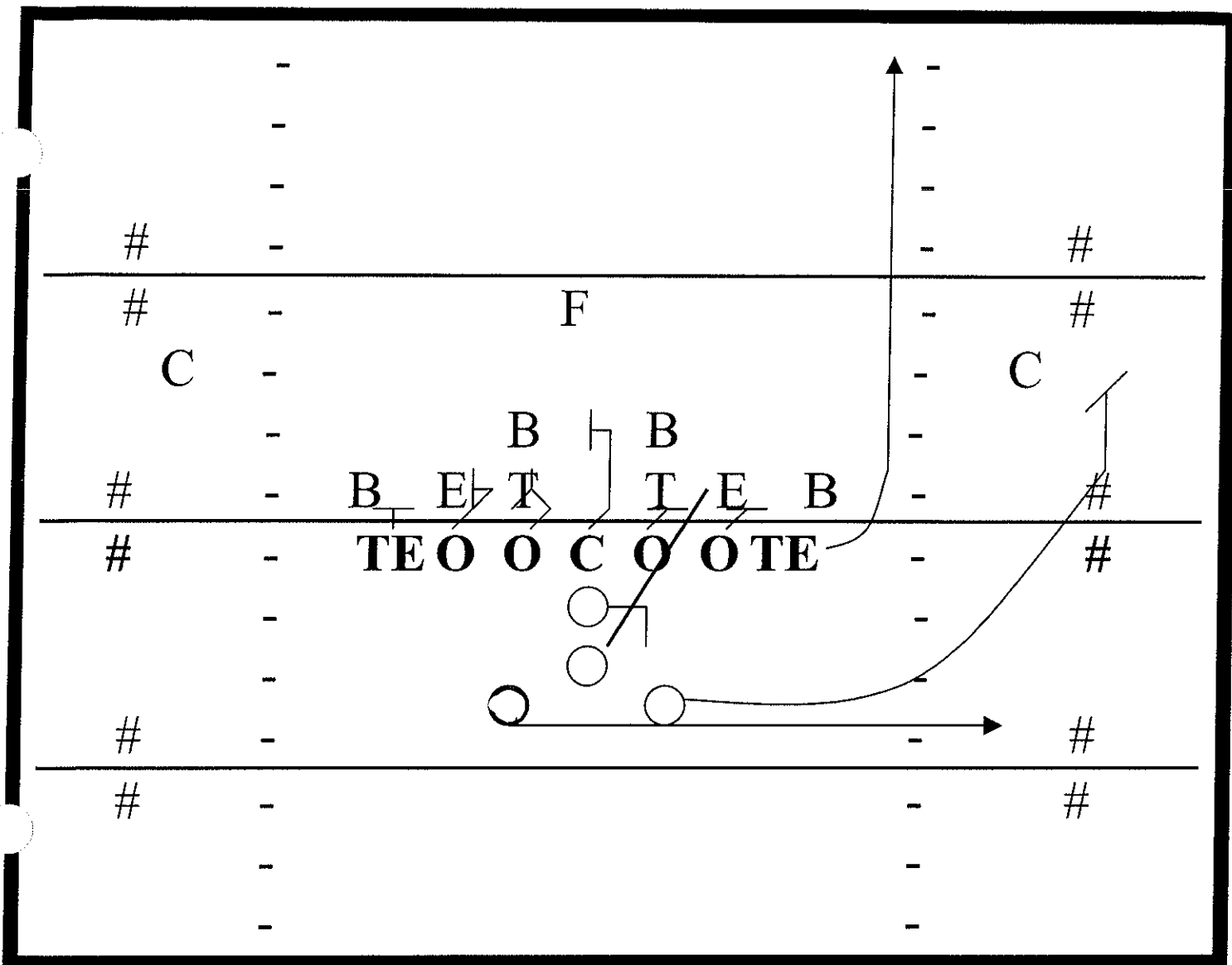
F- STEP AT OUTSIDE LEG OF GUARD, LOOK FOR 1ST MAN OUTSIDE THE TE

BSHB – STEP AT OUTSIDE LEG OF GUARD, FAKE AND BLOCK

TE - BASE

TE – 5 YARD FLAG

Q – OPEN AT 6, FAKE HAND-OFF, ROLL AND GET DEPTH
PLAYSIDE, LOOK FLAG TO SHOOT.



Play: TE DUMP RIGHT

PST - BASE

PSG - BASE

C - BASE

BSG - BASE

BST - BASE

PSHB - OPEN FLAT - ARC - BLOCK WIDEST DEFENDER

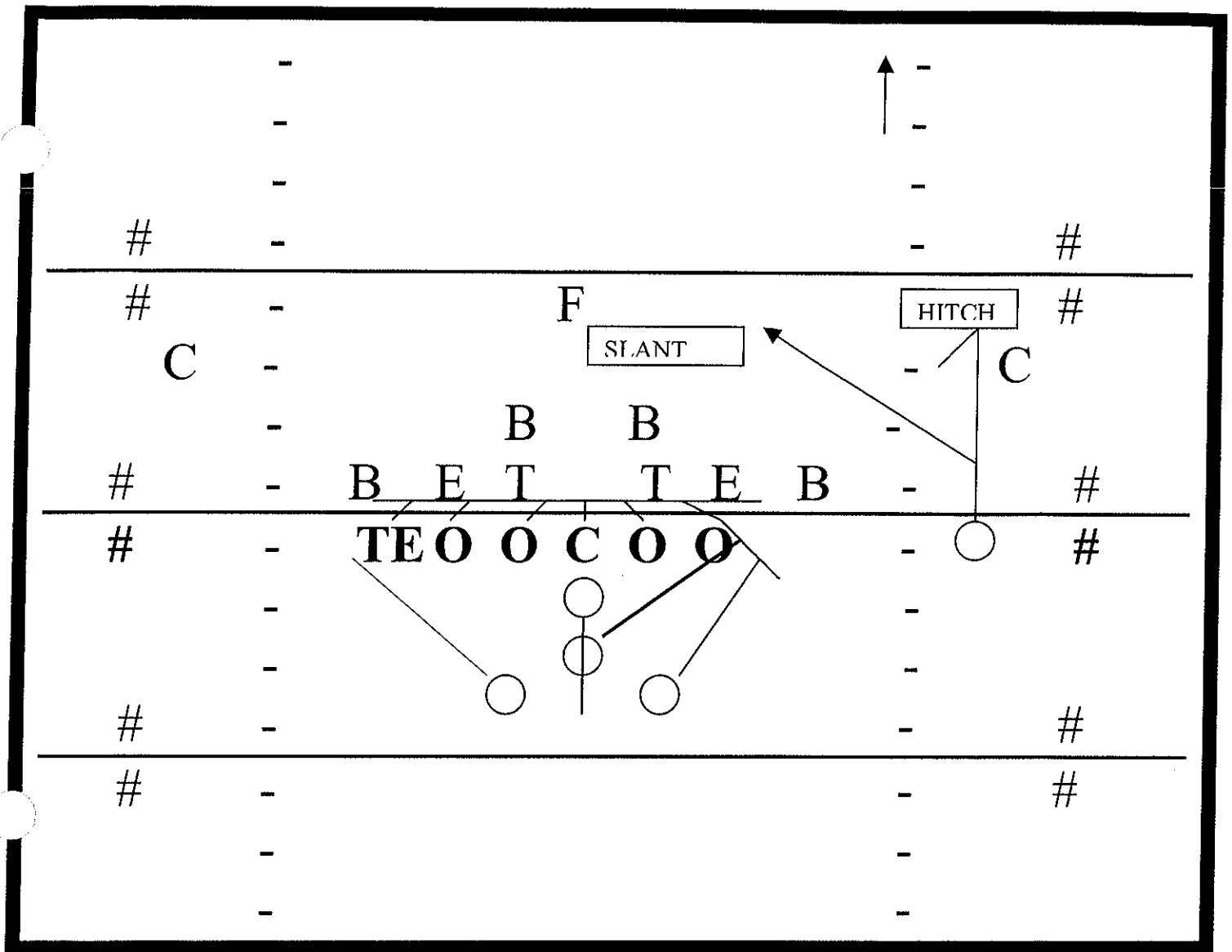
F- OUTSIDE FOOT OF GUARD, RUN TRACKS, LOW PAD LEVEL, S.O.O.A.C.

BSHB - OPEN FLAT - PITCH RELATION SHIP - H, #'S, SL'S

TE - BASE

OTE - ARC RELEASE LOOK FOR BALL

Q - OPEN AT 4 OR 8 O'CLOCK, REACH BALL BACK TO FB, QUCI RIDE, 1 STEP BACK, THROW



Play: HITCH OR SLANT

PST - PAT

PSG - PAT

C - PAT

BSG - PAT

BST - PAT

PSHB - BLOCK RIGHT END

F- BLOCK RIGHT END

BSHB - BLOCK LEFT END

TE - PAT

Q - HITCH @ 4 TURN IN; SLANT - 2 STEPS LOOK IN

Q - 3 STEP DROP