

OFFENSIVE SEGMENT BREAKDOWN:

There are going to be 8 segments to an offensive practice. Within those segments are several blocks of times defined as periods. Each period of time amounts to 5 minutes. The amount of periods used within each segment will fluctuate based upon the position coach's opinion on how much time he wants to dedicate to each segment. The 8 segments of an offensive practice are as follows:

1. Individual
2. Inside Runs
3. Outside Runs
4. Option Runs
5. 7 on 7 segment
6. P.U.P segment
7. Scrimmage segment
8. Situational offense segment (which is practiced also for a 15-20 minutes block on D-days as well).

Individual

The individual segment can vary based upon the position, but for the purpose of this paper we will discuss the offensive line skill breakdown.

- A. Footwork
 - a. On step
 - b. Fire step These are done by both Bird dog & step/run.
 - c. Reach Step
 - d. Pull Step
- B. Shoulder Skills
 - a. 6 point stance and bags
 - b. 2 point stance and bags
 - c. Run, hit and bags
 - d. Sled work
- C. Blocking Technique: 1 on 1 blocks
 - a. On block
 - b. Down Block

- c. Gap Block
- d. Reach & run
- e. Run & hit
- D. Blocking technique: 2 on 2 blocks
 - a. Scoop
 - b. "J"s
 - c. Zeus
 - d. Cross block
- E. Special Run Blocks:
 - a. Kick out
 - b. Wrap
 - c. Log
- F. Pass Blocks:
 - a. Boot
 - b. Sprint out
 - c. MTM (Drop back)
 - d. Zone (Drop back)

Inside Runs

- A. Traps
 - a. 0/1 X,W,TRICK & SUCKER
 - b. 0/1 GUS, LOAD, MIKE
- B. COUNTERS:
 - a. 4/5 XZ BLUE OR ZEUS
 - b. 2/3 XZ BLUE OR ZEUS
 - c. 4/5 XW BLUE OR ZEUS
 - d. 2/3 XW BLUE OR ZEUS
- C. POWERS:
 - a. 4/5 XZ BLUE OR ZEUS
 - b. 2/3 XZ BLUE OR ZEUS
 - c. 4/5 XW BLUE OR ZEUS
 - d. 2/3 XW BLUE OR ZEUS

- D. ICE W
 - a. 4/5 ICE W
 - b. 2/3 ICE W
- E. ICE
 - a. 4/5 ICE
 - b. 2/3 ICE
- F. BASE
 - a. 4/5 ONLY
- G. SALLY
 - a. 4/5 SALLY W
- H. MIDLINE
 - a. 0/1 MIAMI
 - b. 0/1 MIAMI ICE

Outside Runs

- A. ROCKET
 - a. G TAN
 - b. KG TAN
 - c. KG TAN DOUBLE CRACK
 - d. KG TAN CRACK
 - e. K TAG CRACK
 - f. K TAG DOUBLE CRACK
 - g. K DOUBLE CRACK
- B. JET
 - a. KG
 - b. G
 - c. KG CRACK
 - d. K SCOOP CRACK
 - e. K SCOOP
 - f. KG DOUBLE CRACK
 - g. K TAG CRACK
 - h. K TAG DOUBLE CRACK
 - i. K DOUBLE CRACK

- C. BUCK SWEEP
 - a. 8/9 SPECIAL
 - b. 8/9 TAG
 - c. 8/9 KX
 - d. 4/5 SPECIAL
- D. SCREENS
 - a. SLIP
 - b. JAILBREAK
 - c. BUBBLE

OPTION RUNS

- A. BAMA
- B. INDY

7 ON 7

- A. DROPBACK
 - a. 3 STEP
 - b. VEGAS/VERMONT/CHINA/POW/POCO
- B. SPRINT OUT
 - a. FLORIDA/MICHIGAN/CHINA/POCO/POW
 - b. SALLY RUNS
- C. BOOT
 - a. CHINA/POCO/POW/RAILROAD/REGULAR
- D. PLAY ACTION
 - a. VEGAS/VERMONT/CHINA/POW/POCO

P.U.P (PASS UNDER PRESSURE)

ALL PASSES VERSES 7 MAN FRONT PERFORMING THE OPPONENTS STUNTS.

SCRIMMAGE

NO MORE THAN A 30 MINUTE BLOCK OF TIME 11 ON 11.

SITUATIONAL OFFENSE

- A. TWO MINUTE: MONDAYS
- B. SHORT YARDAGE: TUESDAYS
- C. GOAL LINE: WEDNESDAYS
- D. 3RD AND LONG: THURSDAYS