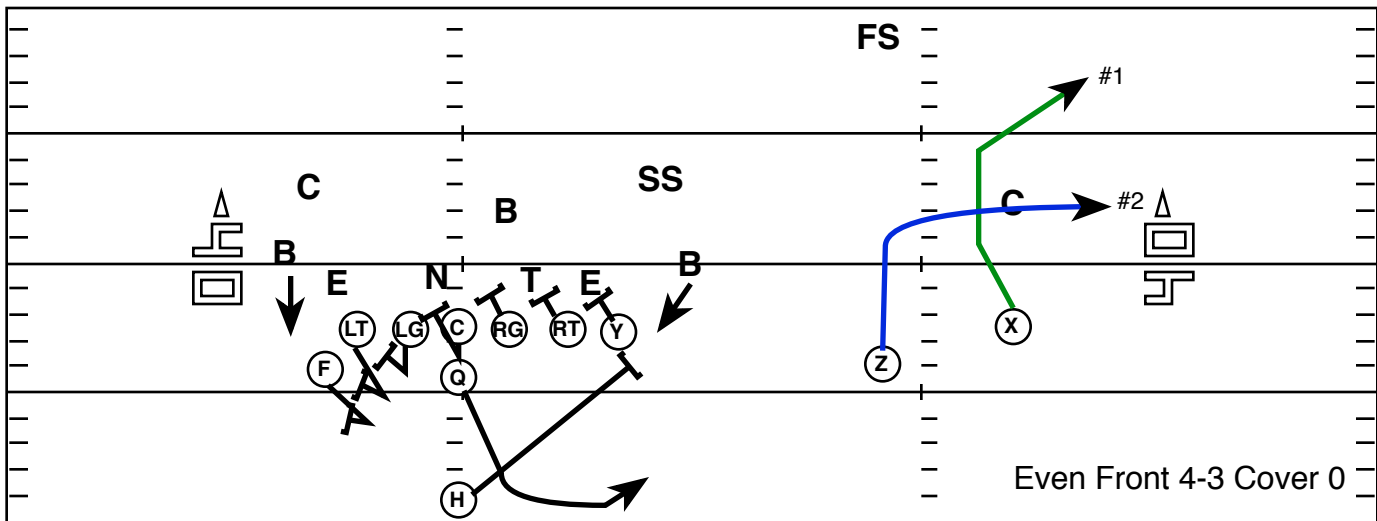
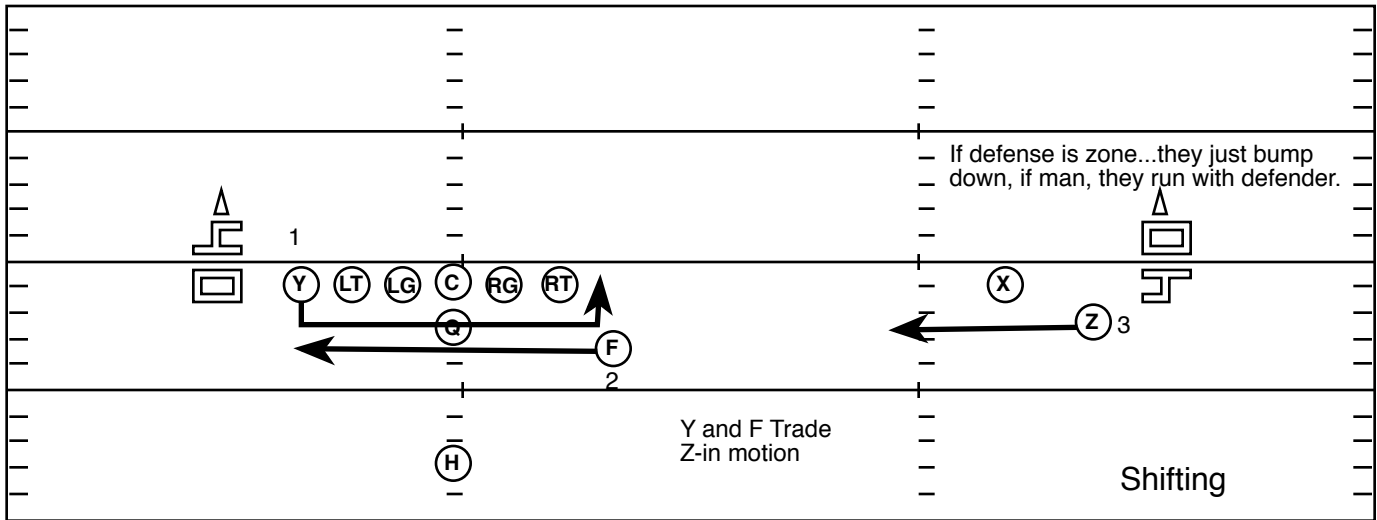


Y/F Trade, Z-In, Twins R Wing, Sprint R 17



Assignment and Technique	Drills and Skills	Strategy
<p>QB: Under Center on 8th Step throw to #1, but can throw to #2 hot any time.</p> <p>OL: From Center back, form a wall. Hinge step to close gap inside, then backside of line form a wall of protection backpedaling in unison.</p> <p>Frontside of line also has gap inside responsibility and if no one shows in your gap, find work.</p>	<p>You will definitely want to work on the QB throwing the rhythm route on time right on his 8th step to the X Corner route (or any other rhythm route you may wish to tag).</p> <p>A great way to practice this against different looks is to have two players standing at the end of the route to catch whichever throw the QB makes. Then add a defender like the FS. The first read is to see if the FS is taking away the Corner. If he does, throw the out. If he doesn't, throw the corner.</p> <p>Then just run it with a corner defender and do the same.</p> <p>At the end, add in both defenders, and give the QB the option to run the ball if needed.</p>	<p>The play alone is a simple sprint out pass which is good for longer yardage downs where teams might like to blitz.</p> <p>I think Canada calls this play first because he wants to get his QB in the flow throwing on the run.</p> <p>He can also see initially what he might be facing in terms of coverage but without the risk of his QB having to make too many decisions without seeing much of the defense just yet.</p> <p>Swapping the Y first shows the front against a Strong wing look, then motioning the F backside reveals the defenses alignment against a 2 TE look.</p> <p>The Z-In motion shows man or zone coverage as well as makes the secondary switch responsibilities.</p>