



# Offensive Formations and Motions

# Offensive Formations

## 1-Back Formations

- Ace / Deuce / Flip
- Ace Tight
- Tight
- Stack / Stack In
- Jag / Jag Left
- Jag Closed / Jag Left Closed
- Jag Stack

## 3-Back Formations

- Big Bone
- Fast Bone
- Sexy Bone

## Empty Formations

- Frank
- Fill

## 2-Back Formations

- Orange / Yellow
- Brown / Black
- Right / Left
- Hammer / Hammer Left
- Bronze / Bronze Left

## Formations Adjustments & Tags

- Left - (Y Only)
- Closed - (Y lines up on as tight end & outside WR to tight end side backs off the LOS.)
- In - (Moves tagged WR into the slot)
- Wide - (All WR's are on top of the numbers)
- Pistol - (F Only stacks the QB)
- Under - (QB goes under center to take the snap)

# Motions

Motion Call	Description
<ul style="list-style-type: none"><li>• Rob &amp; Lob</li></ul>	<ul style="list-style-type: none"><li>• This motion call is for the F.</li><li>• F will motion outwards away from QB</li><li>• Rob to the right</li><li>• Lob to the left</li></ul>
<ul style="list-style-type: none"><li>• Wiggle</li></ul>	<ul style="list-style-type: none"><li>• This motion call tags a position player to motion into a predefined area. Basically changing his alignment.</li><li>• "H" is the default wiggle player unless another player has been tagged.</li></ul>
<ul style="list-style-type: none"><li>• Move</li></ul>	<ul style="list-style-type: none"><li>• This motion call tags a position player to motion across the line of scrimmage.</li></ul>
<ul style="list-style-type: none"><li>• Orbit</li></ul>	<ul style="list-style-type: none"><li>• This motion call tags a position player to orbit back behind the deepest back.</li></ul>

# 1-Back Formations

- **Ace / Deuce / Flip**
- **Ace Tight**
- **Tight**
- **Stack / Stack In**
- **Jag / Jag Left**
- **Jag Closed / Jag Left Closed**
- **Jag Stack**

# Ace



X

H



Y

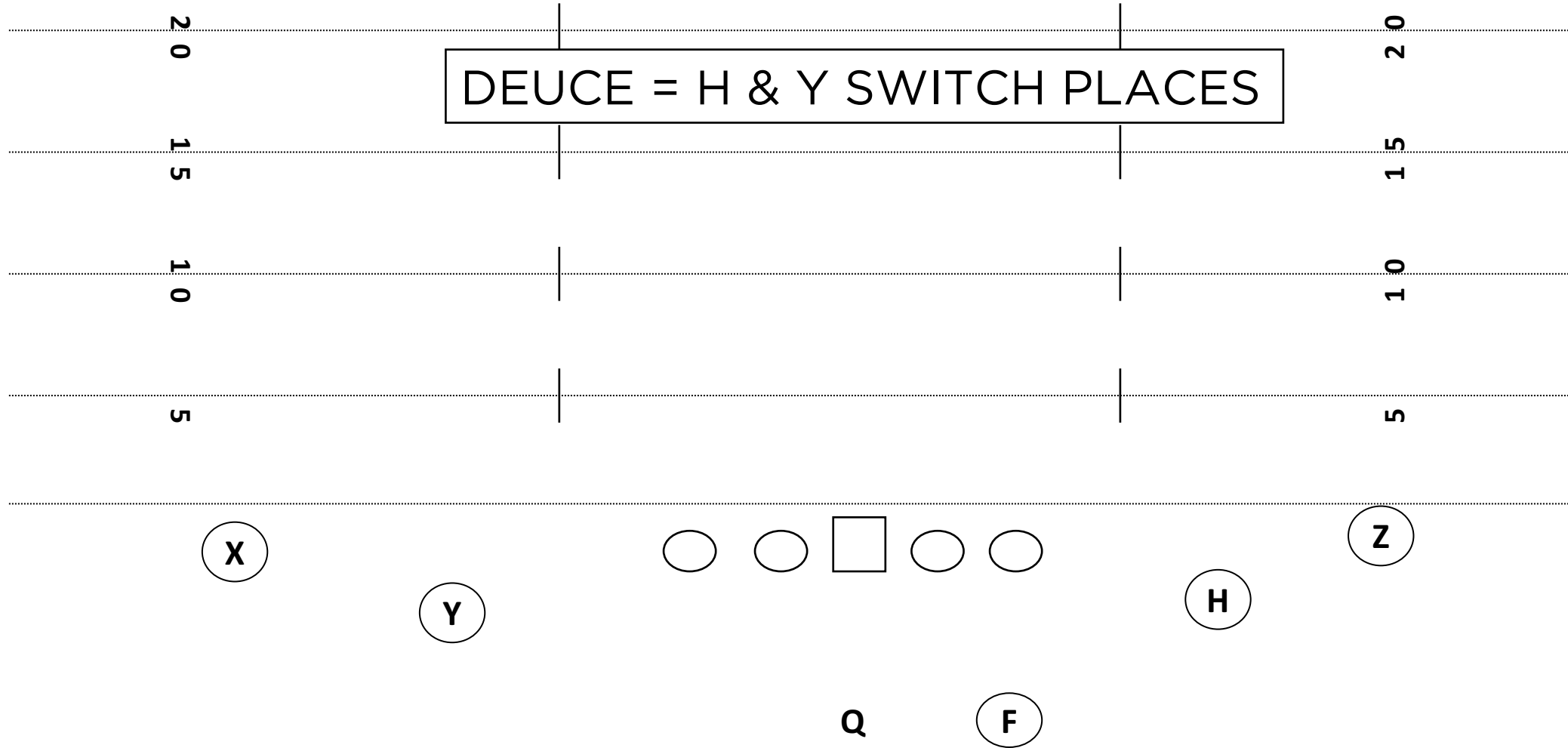
Z

Q

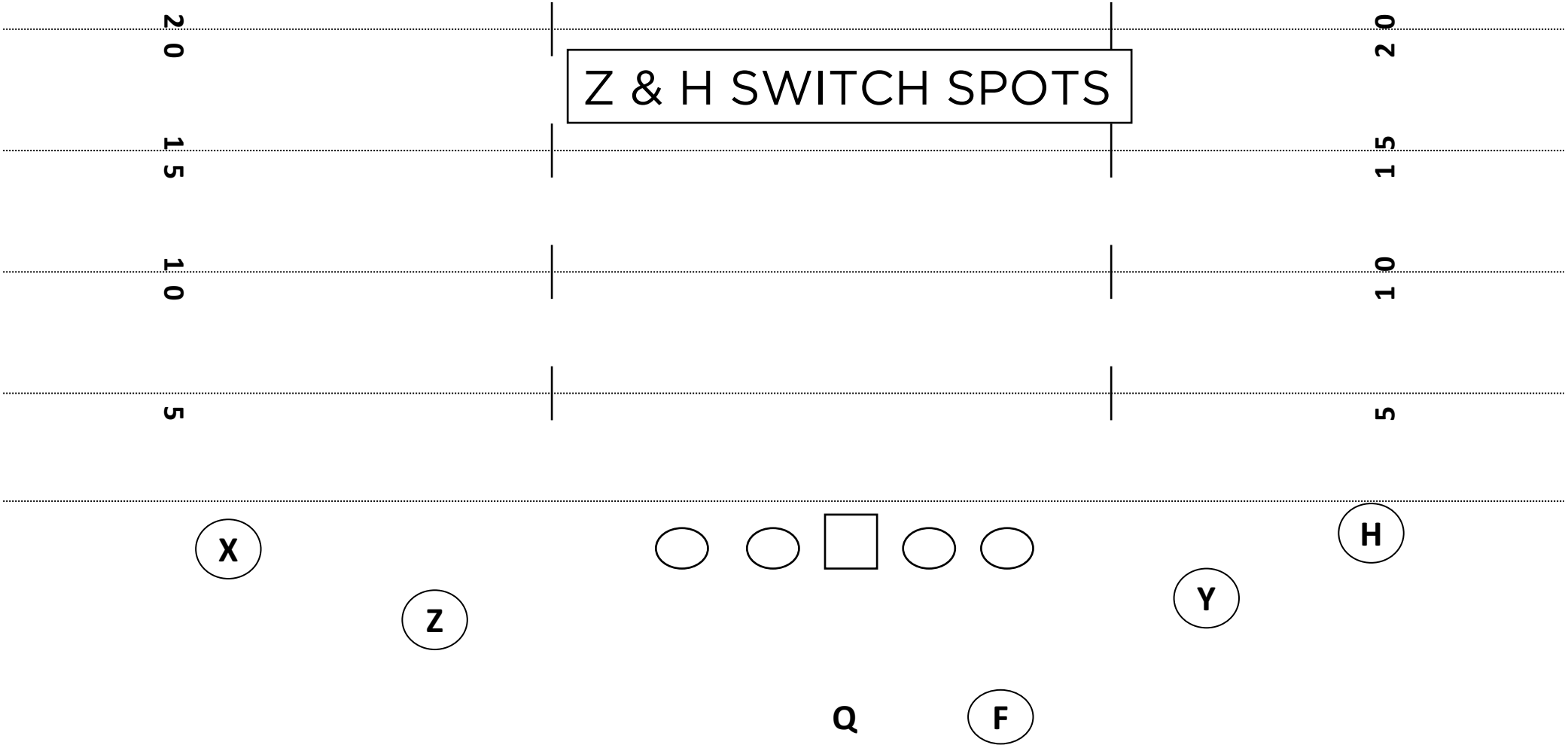
F



# Deuce



# Flip



# Ace Tight



X

H



Y

Z

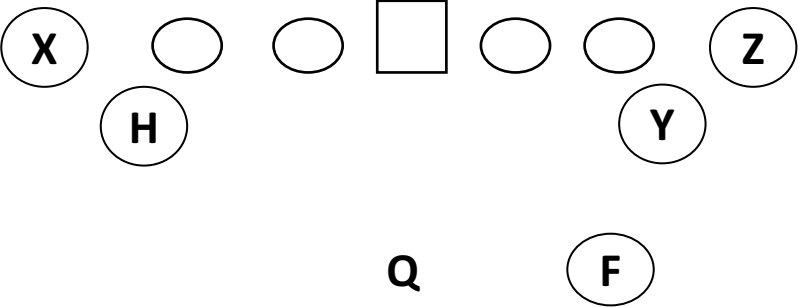
Q

F

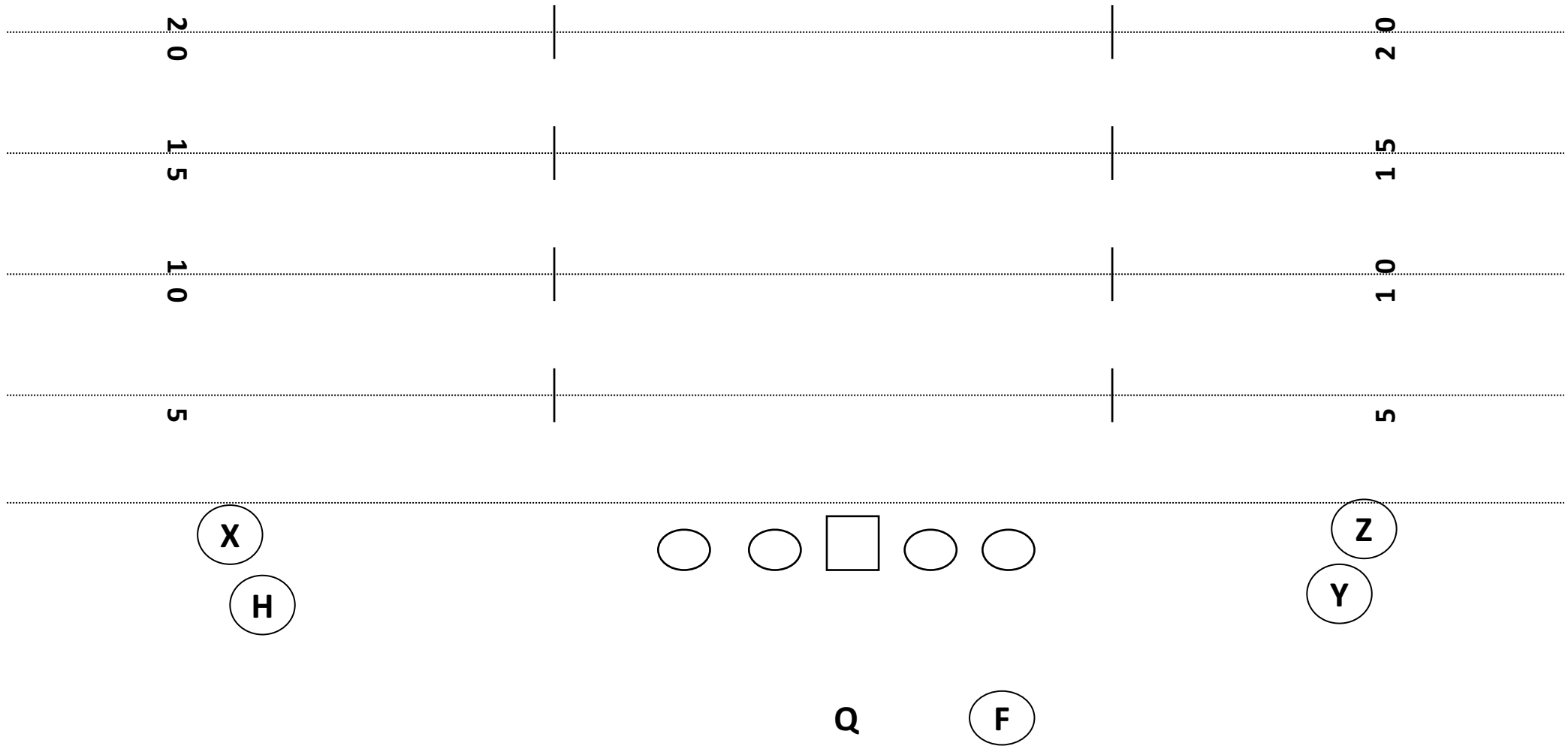




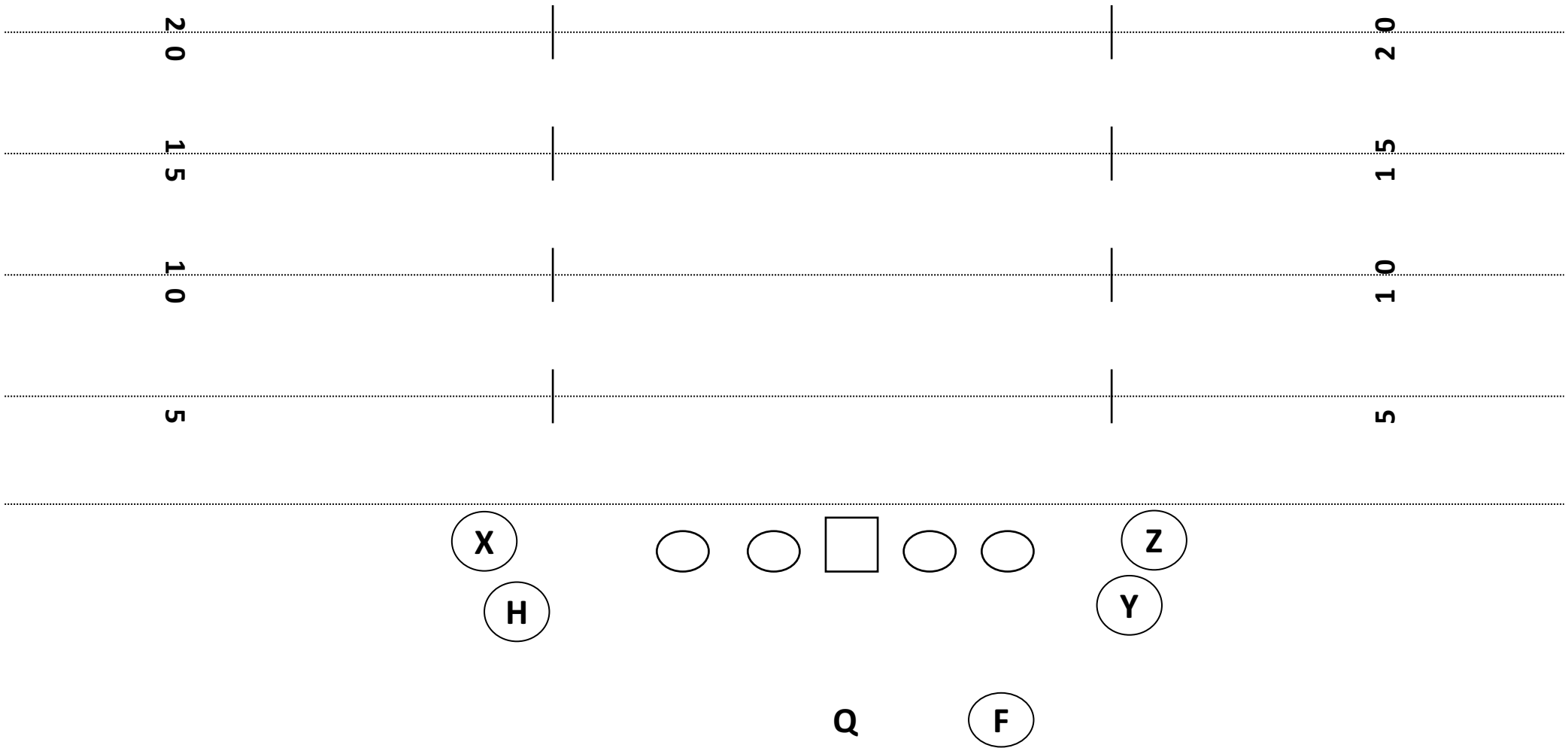
# Tight



# Stack



# Stack In



# Jag

20							20
15							15
10							10
5							5

X



Y

H

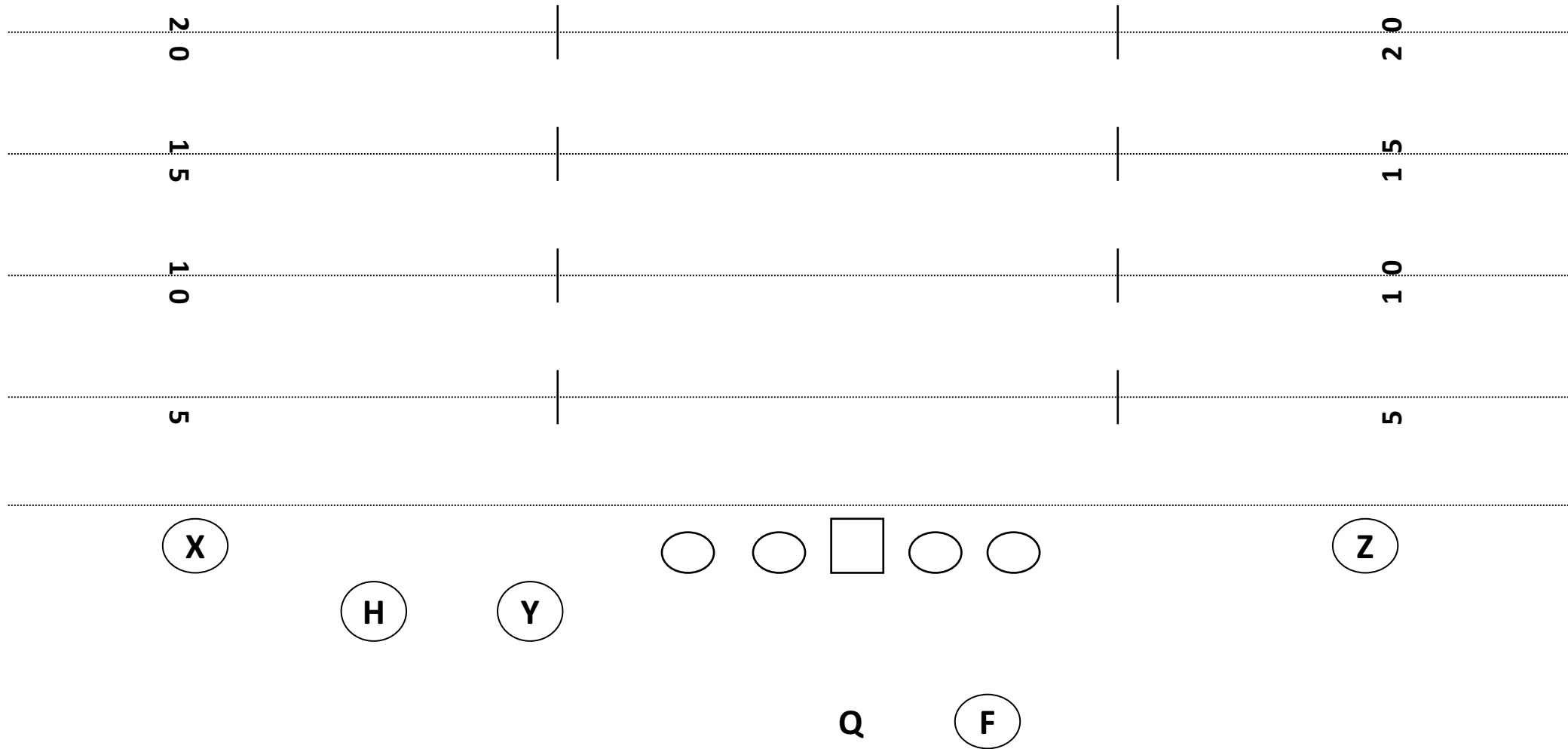
Z

F

Q



# Jag Left



# Jag Closed

20				20
15				15
10				10
5				5

X



Y

H

Z

Q

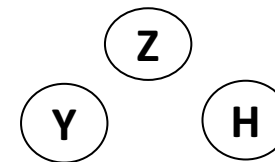
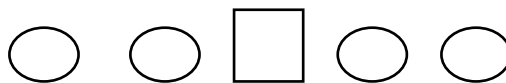
F



# Jag Stack



X



F

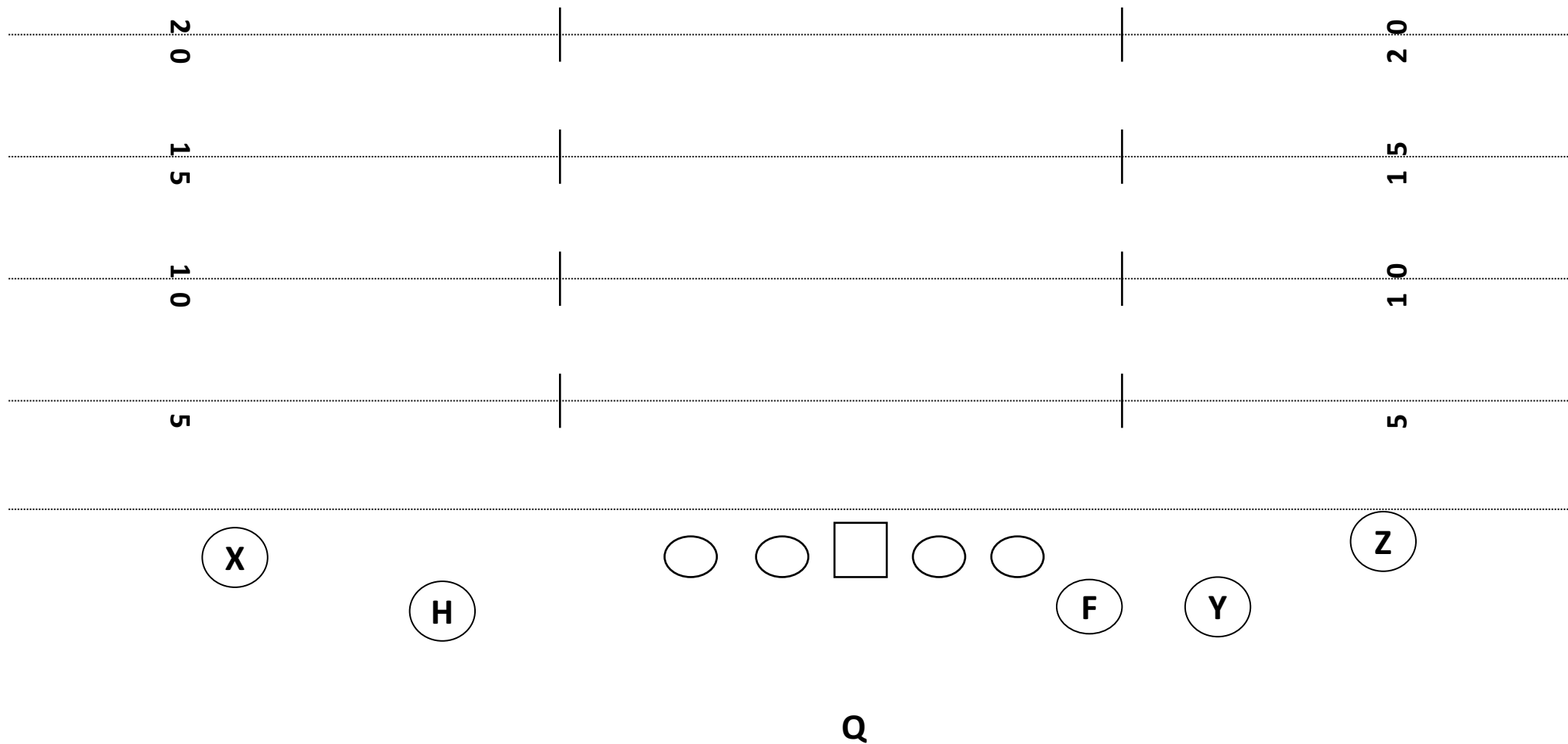
Q



# Empty Formations

- **Frank**
- **Fill**

# Frank



# Fill



X

H

F



Y

Z

Q

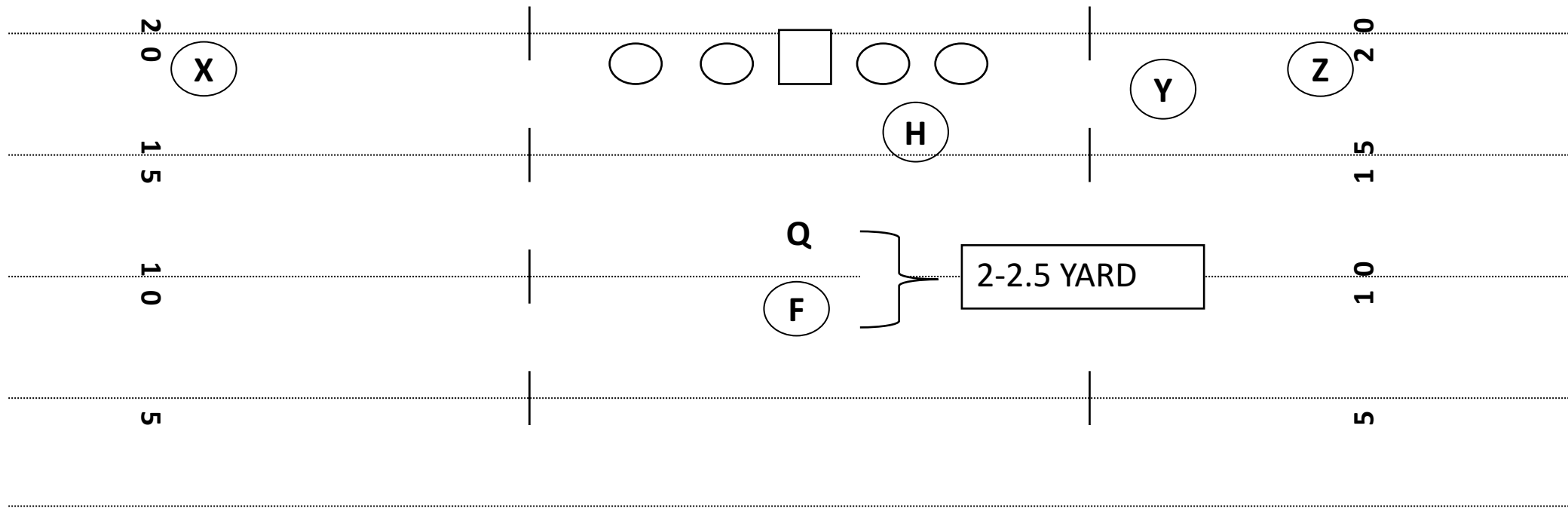


# 2-Back Formations

- Orange
- Yellow / Yellow Left
- Brown
- Black / Black Left

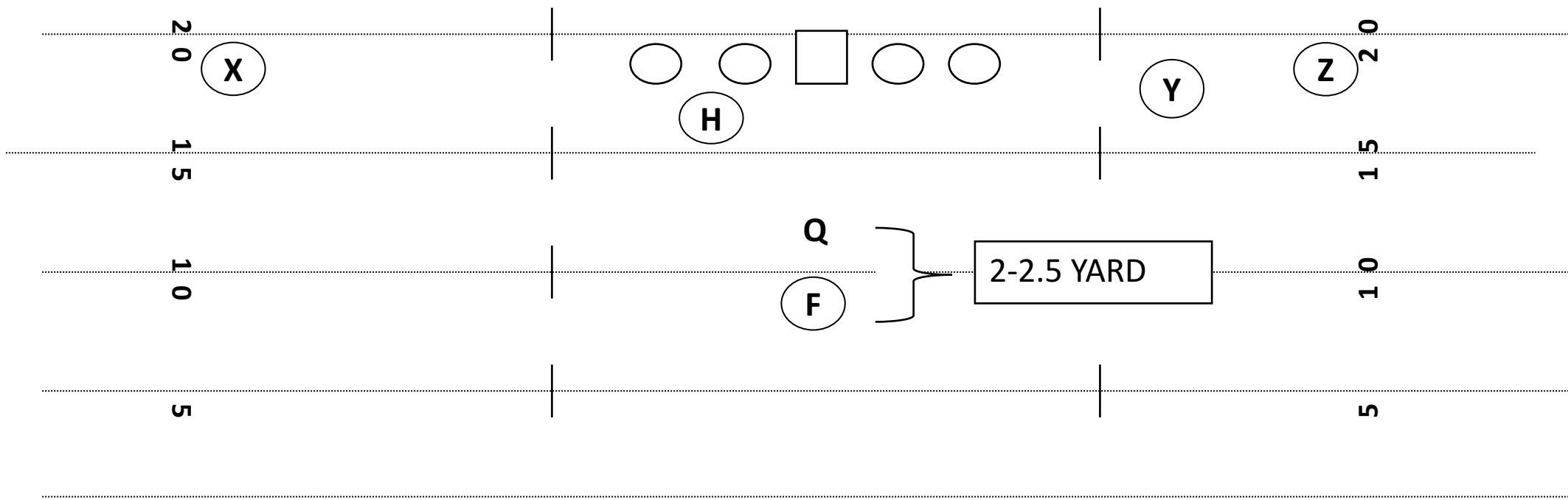
# Orange

H (SNIFFER) BASE ALIGN = B GAP

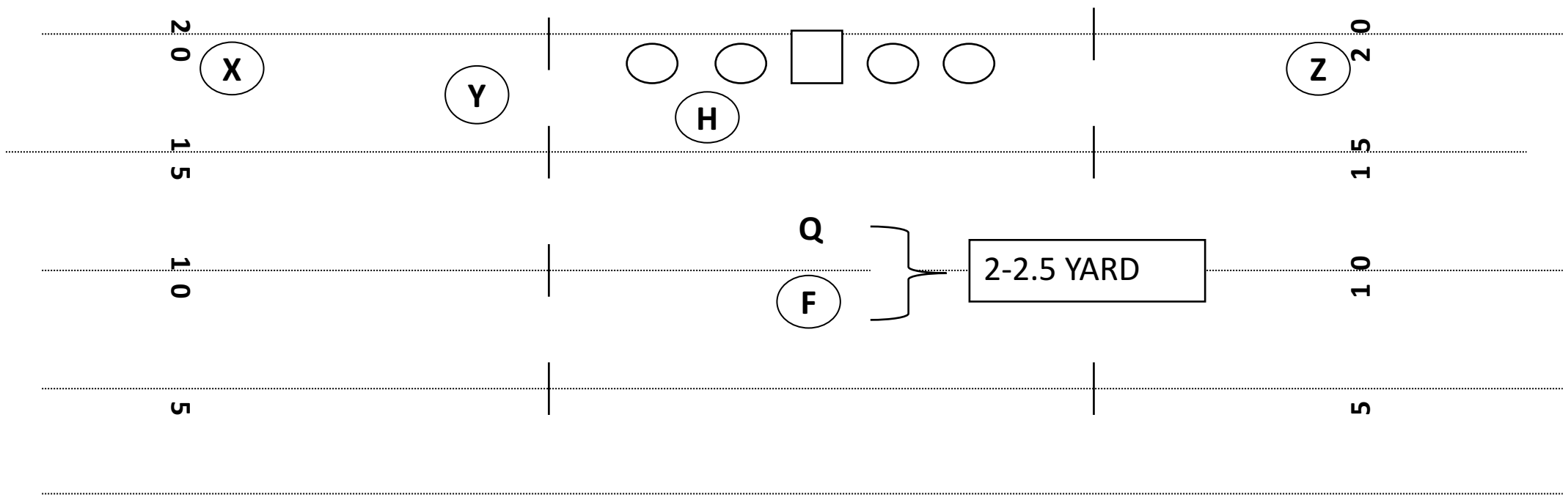


# Yellow

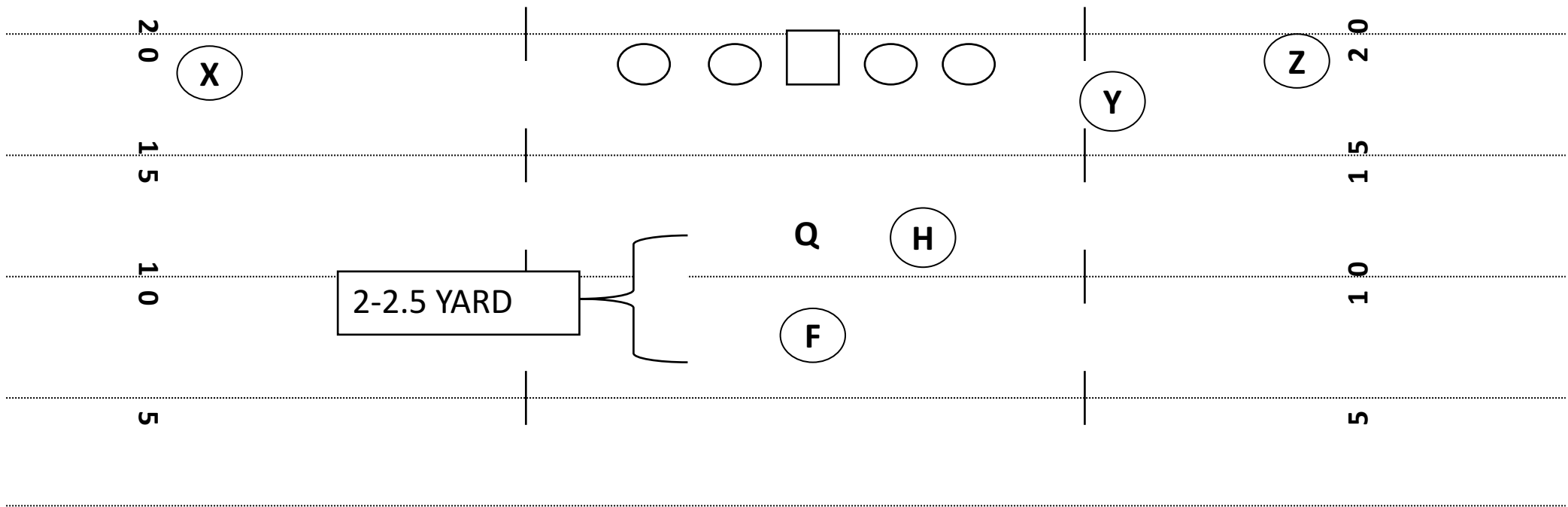
H (SNIFFER) BASE ALIGN = B GAP



# Yellow Left

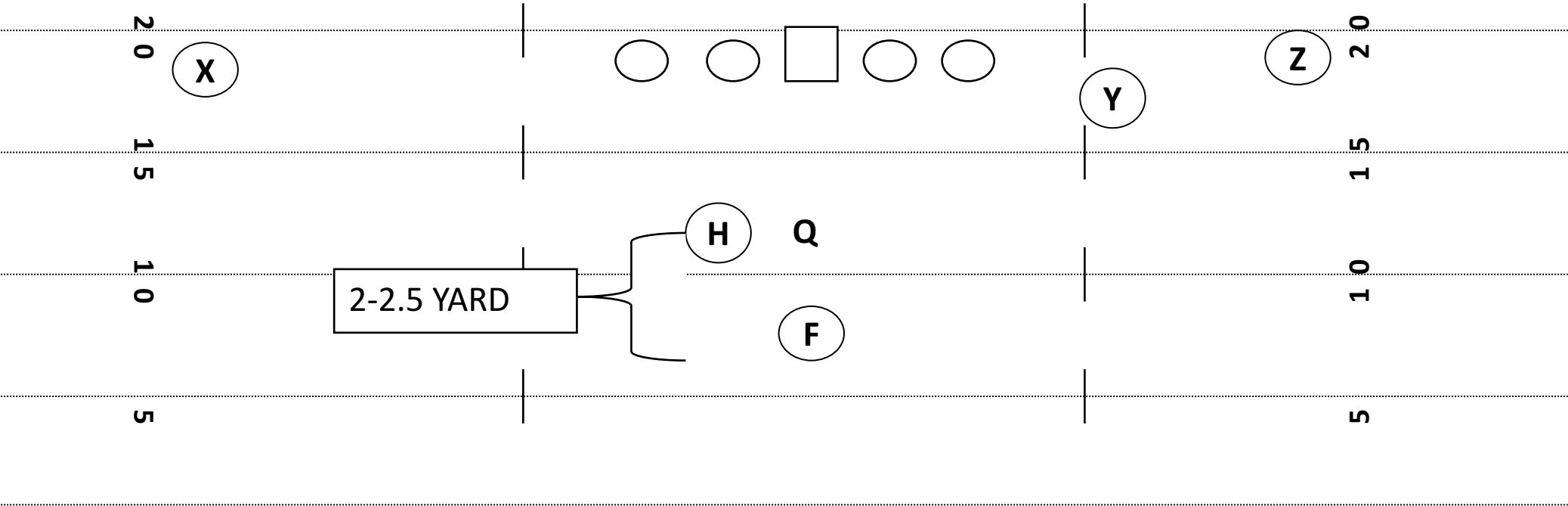


# Brown

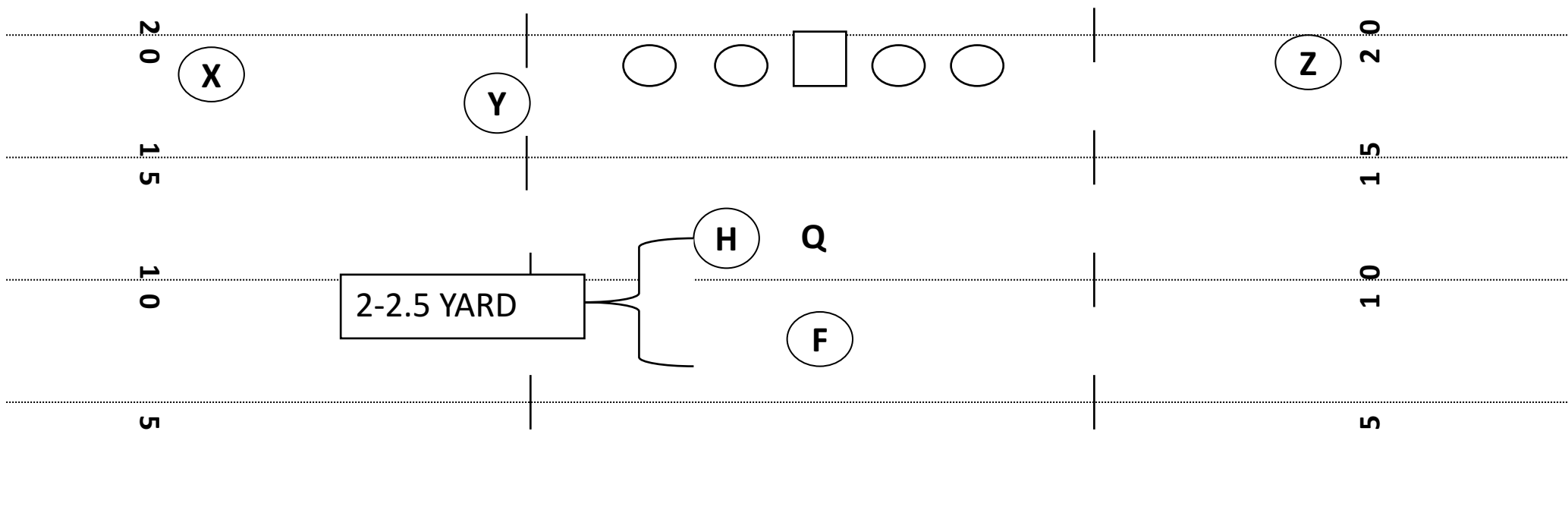




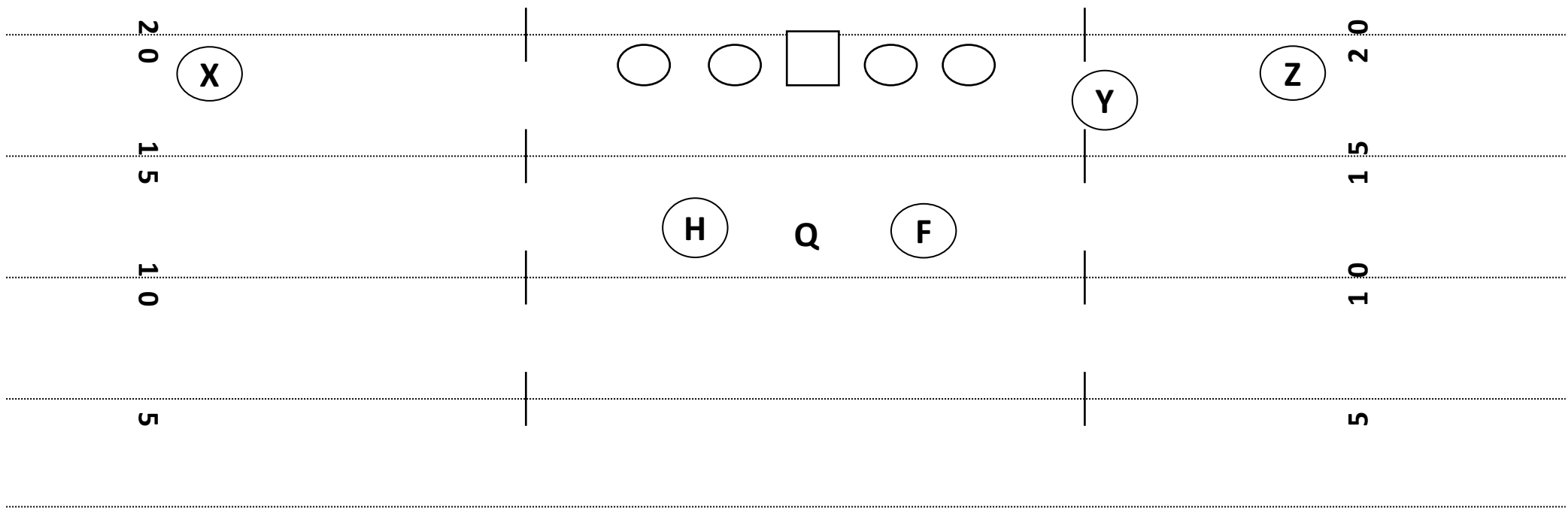
# Black



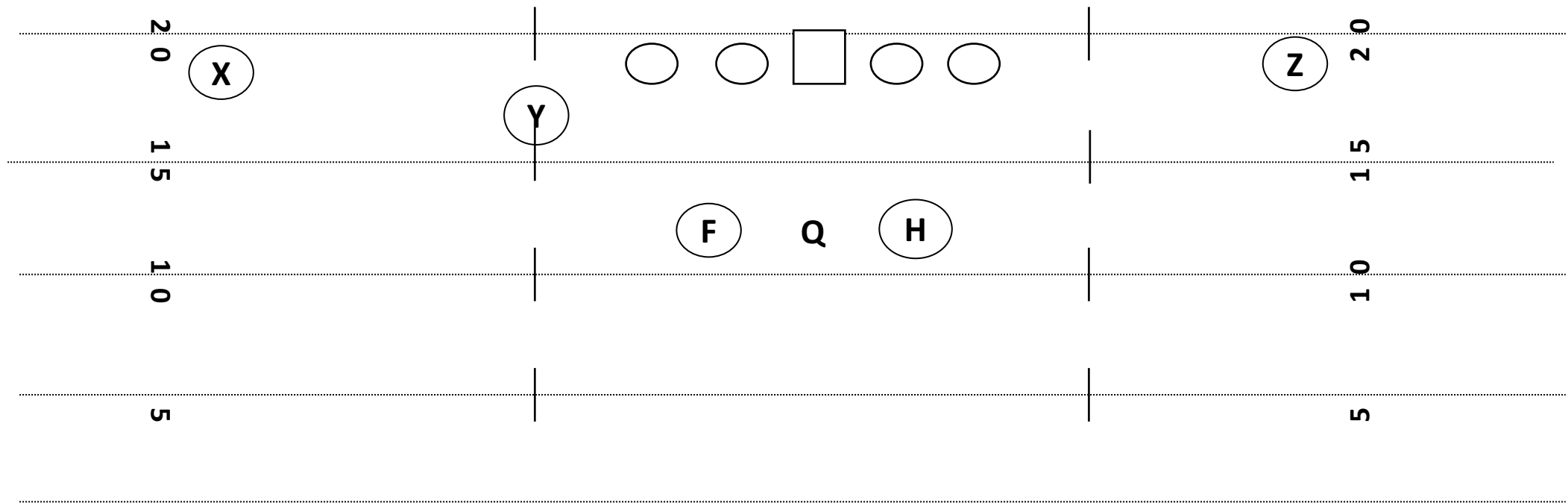
# Black Left



# Right



# Left



# 3-Back Formations

We package our Bone formation with the following tags.

- Big Bone – Is our BIG or HEAVY personnel package
- Fast Bone – It is our speedy personnel package
- Sexy Bone – Is our best WR personnel package
  
- Big Bone with a Closed tag is a great formation for short yardage goal line plays.
- If you want the QB under center then go with Bone Closed Under tags

# Bone



X



Y

H

Q

Z

F

# Big Bone Closed Under



X



Y

Q

H

Z

F

# Tightend Formations

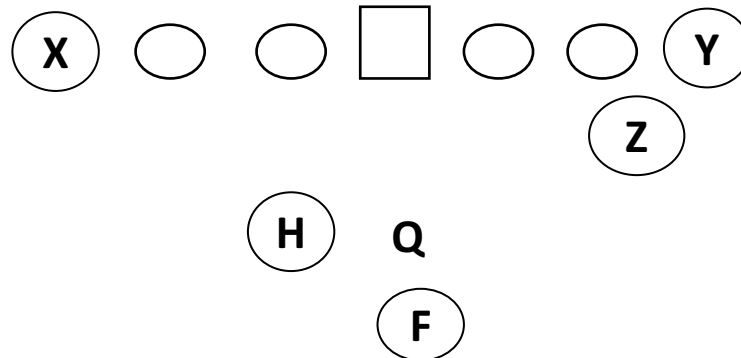
- Hammer
- Hammer Left
- Bronze
- Bronze Left

Note - You can run any formation with a closed tag to turn it into a tight end formation.

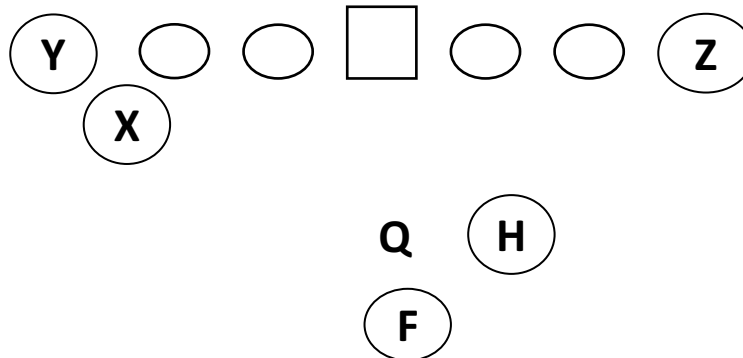
\*\* Note that anytime the Y gets onto the LOS the outside WR must back off the LOS.\*\*



# Hammer



# Hammer Left



# Bronze



X

H



Y

Z

Q

F

# Bronze Left



X

Y



H

Z

Q

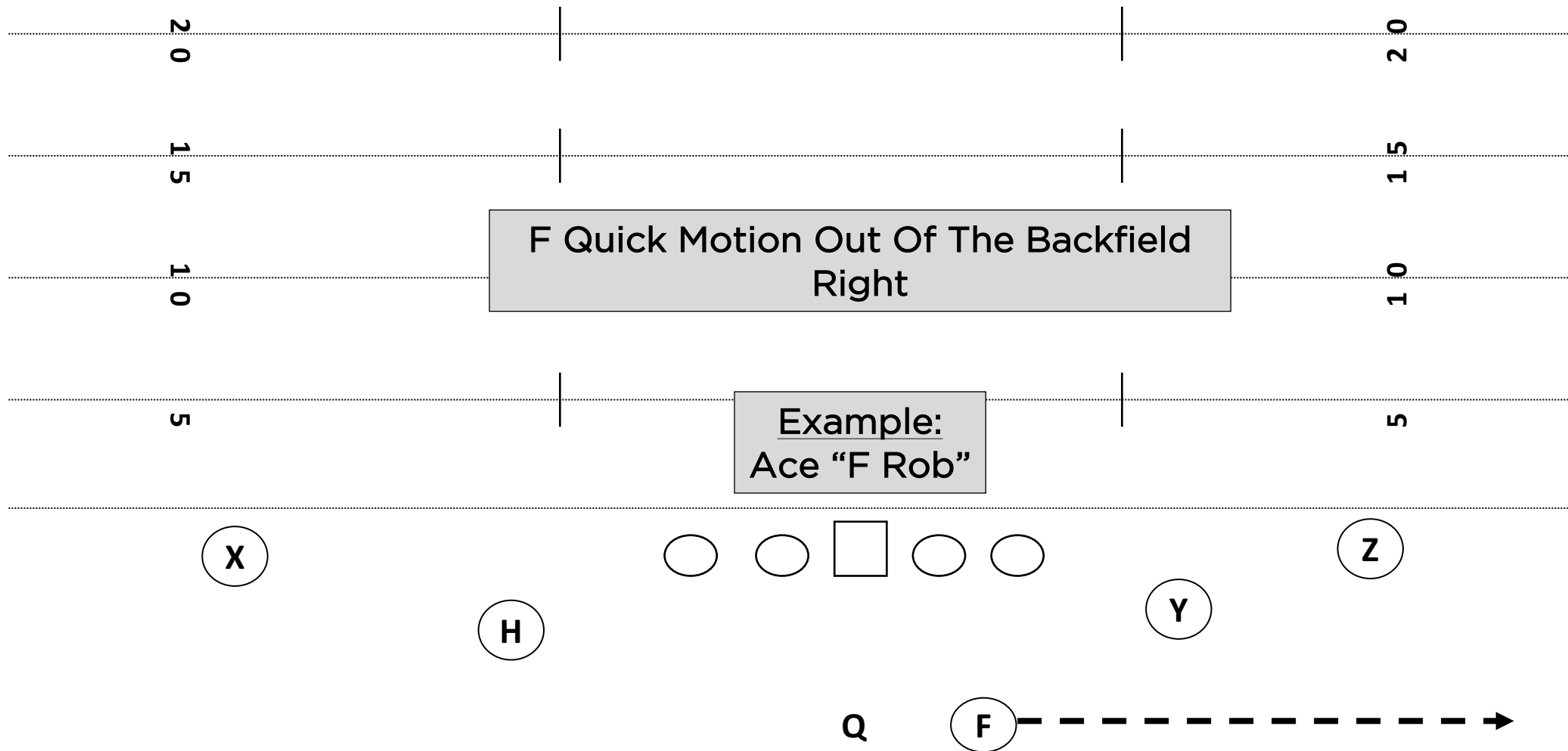
F



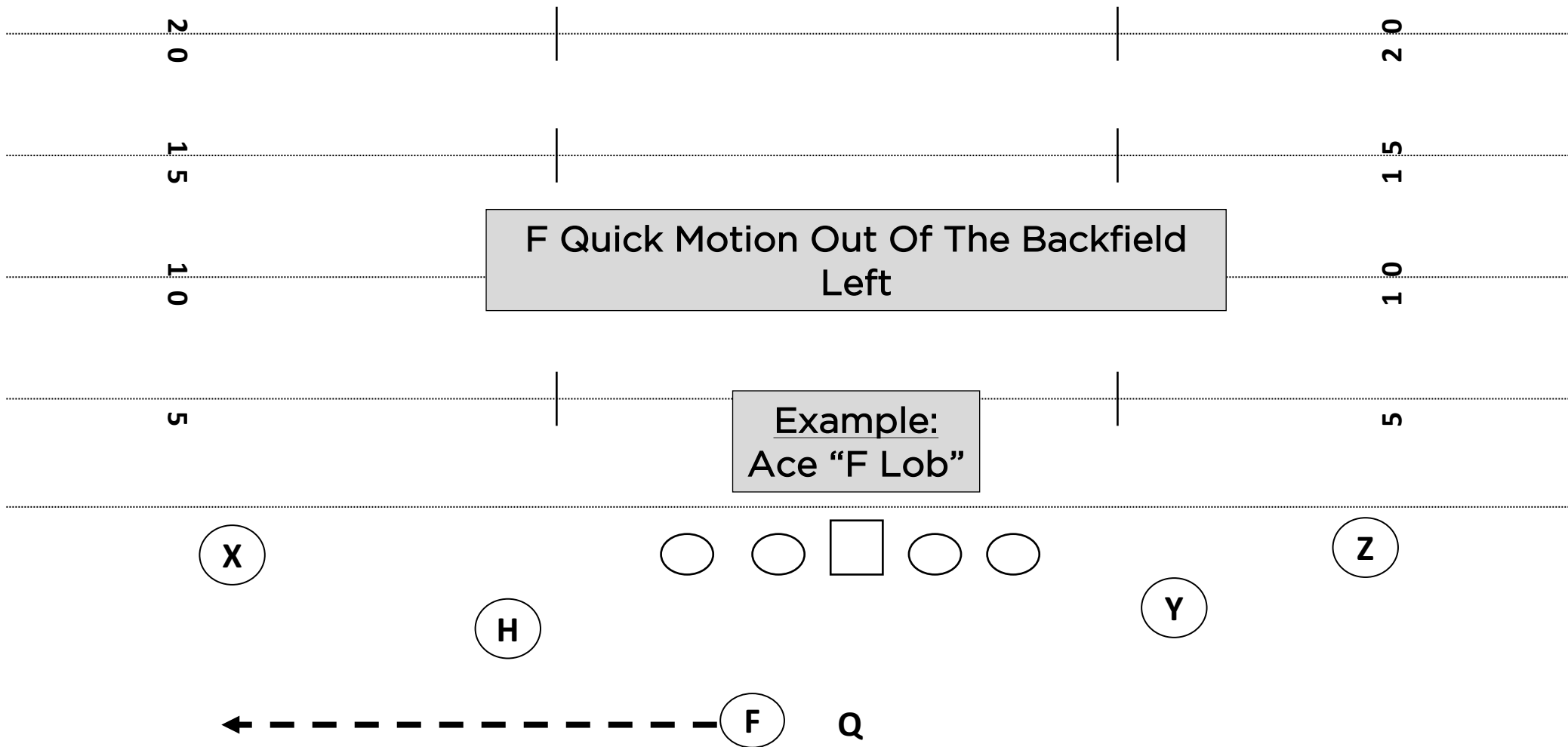
# Motions

Motion Call	Description
<ul style="list-style-type: none"><li>• Rob &amp; Lob</li></ul>	<ul style="list-style-type: none"><li>• This motion call is for the F.</li><li>• F will motion outwards away from QB</li><li>• Rob to the right</li><li>• Lob to the left</li></ul>
<ul style="list-style-type: none"><li>• Wiggle</li></ul>	<ul style="list-style-type: none"><li>• This motion call tags a position player to motion into a predefined area. Basically changing his alignment.</li><li>• "H" is the default wiggle player unless another player has been tagged.</li></ul>
<ul style="list-style-type: none"><li>• Move</li></ul>	<ul style="list-style-type: none"><li>• This motion call tags a position player to motion across the line of scrimmage.</li></ul>
<ul style="list-style-type: none"><li>• Orbit</li></ul>	<ul style="list-style-type: none"><li>• This motion call tags a position player to orbit back behind the deepest back.</li></ul>

# Rob



# Lob

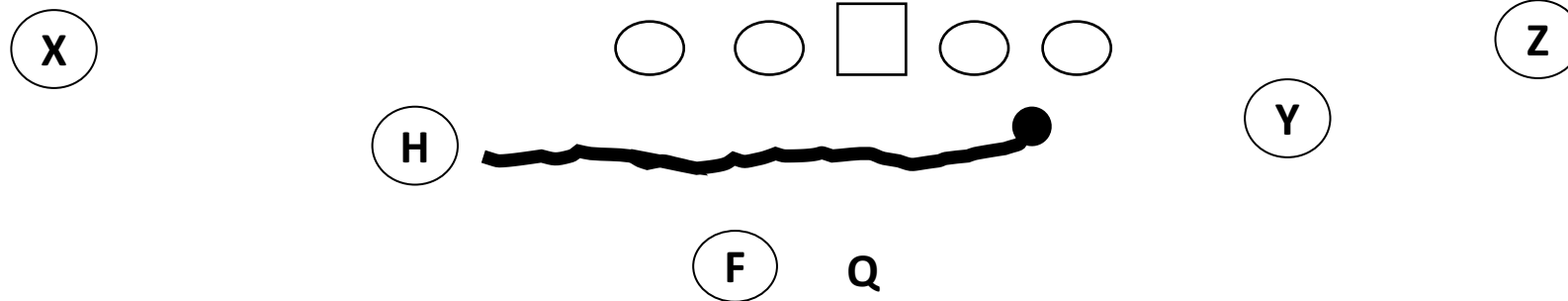


# Wiggle

Wiggle - This motion call tags a position player to motion into a predefined area. Basically changing his alignment.

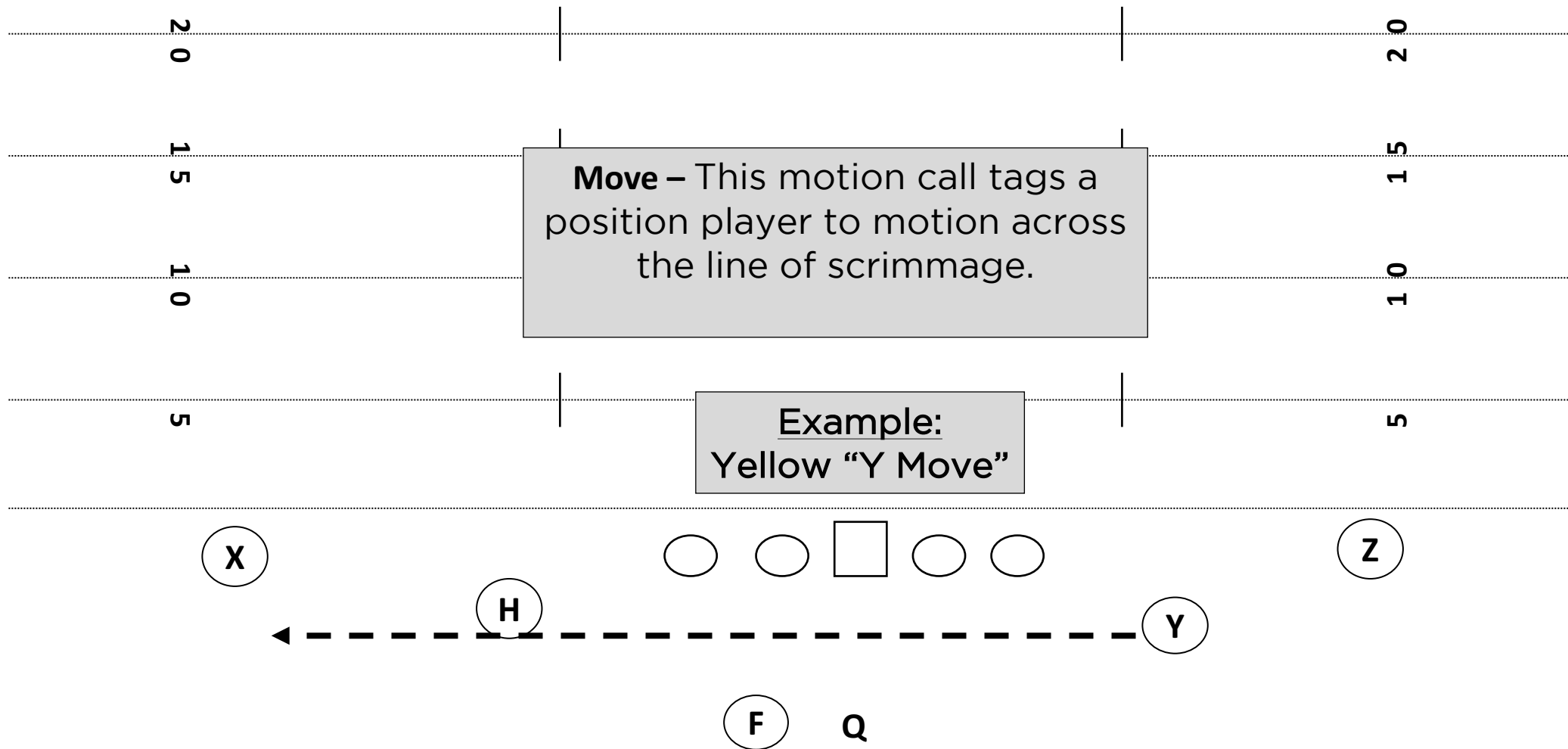
- "H" is the default wiggle player unless another player has been tagged.

Example:  
Yellow "H Wiggle" 26





# Move



# Orbit

