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Playbook Legend

- **Center**
- **Offensive Player**
- **Defensive Player**
- **Ball Carrier**
- **Optional Ball Carrier**
- **Pulling Lineman**

- **Handoff**
- **Player path**
- **Pitch or Forward Pass**
- **Pre-snap Motion**
- **Player blocking Assignment**
Designed to overpower the defense at the line, the I Form is great for smash mouth offenses. Often credited to Tom Nugent, the exact creator of the I Form is unknown – but it has been a successful formation at all levels of football for more than 60 years, and will continue to be used for much longer.

Named for the similarity between how the three backs line up behind center, the I Form is a classic football formation, with two tackles and two guards aligned to either side of the center in the middle of the offensive line. The quarterback, fullback, and tailback all line up in a straight line, with the other two backs a couple yards further behind the QB, creating an “I”.

Like all formations, there are quite a few different variants, bringing as many as three tight ends in for power running, or as many as three receivers to spread out the defense, and anything in between. Sometimes, the fullback will line up at the same depth but with slight adjustment, 1-2 yards to either side, lining up behind a guard instead of center. This is called the offset I, and would be called either strong I or weak I depending on which side of center the fullback lines up on.

**Famous I Form Offenses**
- Early 1970s Nebraska
- 1980s Oakland Raiders

**Strengths**
- Power Running, Playaction Passing

**Weaknesses**
- Long Range Passing, Versatility
I Form Running Plays
Jumbo Right 26 Power

**Player Responsibilities**

**Offensive Line**
- LT: Blocks man, seals him outside.
- LG: Blocks man, seals him outside.
- C: Leads right, stopping any penetration by LBs or DTs.
- RG: Leads left, blocking first DT.
- RT: Blocks DT any direction.

**Backs & Receivers**
- LTE: Blocks man, seals him outside.
- RTE: Blocks DE any direction.
- FB: Reads RT's block, going either inside or outside.
- PB: Reads RTE's block, going either inside or outside.
- TB: Follows FB and PB, pacing himself, waiting for a hole he can explode out of to appear.
- QB: Hands ball to TB and gets out of the way.

**Coaching Tips**
- The direction of the blocks for the RT and RTE don’t matter – but sustaining them for as long as possible does.
- If you don’t have an effective power runner, take a page out of Bill Belichick’s book and give an OLB a shot – they’ve go the perfect combination of speed and strength to do awesome in short yardage.

**Play Strategy**

Football is a game of inches, and sometimes, that’s all you need – a couple of inches. Here’s a no-nonsense, powerblocking run, great for 3rd or 4th and inches, or anywhere down near the goaline. And if no holes open up quick enough, tell your TB to dive up and over the line!
**Strong I Right 24 Blast**

**Player Responsibilities**

**Offensive Line**
- LT: Short fan blocks # 2 on LOS.
- LG: Short fan blocks # 1 on LOS
- C: Blocks NT.
- RG: Pinches the NT before releasing to weak side LB.
- RT: Blocks DT.

**Backs & Receivers**
- TE: Pass blocks strong side OB.
- SE: Releases inside to block FS.
- FL: Releases inside to block SS.
- FB: Lead blocks strong side LB for TB.
- TB: Takes handoff, following behind the RG and FB.
- QB: Runs straight back for a handoff deep in the backfield.

**Coaching Tips**
- For this play to be it’s most effective, the QB needs to drop back the exact same way on this play, as he does on the ISO pass. This will force the defense to locate the ball before making their move and can get our TB the extra half second he needs to break past the LBs out into the secondary.

**Play Strategy**
- Because of the deep handoff, the FB has a chance to gain some separation and start his block. This gives the TB more time in the backfield, which they can use to get up to full speed and/or assess the open running lanes.
I Right 36 Power

Player Responsibilities

Offensive Line
LT: Blocks man on.
LG: Pulls strong side, reading the blocks of the RG and RT and choosing a hole to lead block through.
C: Blocks NT.
RG: Releases to block strong side LB.
RT: Blocks strong side DT.

Backs & Receivers
SE: Releases inside to block CB.
FL: Releases inside to block CB.
TE: Blocks DE.
TB: Slides to the strong side, receives handoff from QB and follows LG’s lead block.
QB: Gives the TB a deep handoff, runs out strong side.

Play Strategy
This is a simple play that you can use anywhere from your on 1 yard line to your opponents – and everywhere in between. The LG has to choose whether to turn downfield at the RG and RT, following whichever blocker has no man and has released to block the strong side LB.

Coaching Tips
• Don’t worry about which side of the field has more room here so much as which side of your line is more likely to hold their blocks. Because of the delayed handoff, quick penetration by the D-Line will often end up as a loss.
• The timing between the TB and LG is what will make or break this play - make sure they get enough practice!
**Player Responsibilities**

**Offensive Line**
- LT: Cutoff blocks weak side DT, weak side OB.
- LG: Cutoff blocks NT.
- C: Cut off blocks weak side LB.
- RG: Pulls right and blocks DE to the weak side.
- RT: Blocks strong side DT to the weak side.

**Backs & Receivers**
- SE: Crackback blocks weakside CB.
- TE: Releases to strong side LB, blocks to weak side.
- FL: Stalk blocks strong side CB.
- FB: Runs up belly track, helps on strong side LB.
- TB: Sprints out wide, staying available for pitch from QB.
- QB: Reverse pivots, running parallel to LOS towards sideline. Fakes handoff to FB, runs option with TB.

**Play Strategy**
If you've got a FB who can run a good Belly, this play will be very difficult for the defense to stop. Forced to focus on inside containment because of the effective play of your FB, the defense will be outnumbered on the outside, forcing them to choose to stop either the QB or the TB, leaving the other wide open for a big gain.

**Coaching Tips**
- The TB needs to stay focused, ready for the pitch at any time, because often on this play the pitch won't happen until fairly late on in the play.
- The RG’s pull out to the DE has to be quick – this is the most crucial block to the success of this play. Otherwise your QB will be exposed, forcing a loss or an early pitch.
Big I Left 24 Counter

Player Responsibilities

Offensive Line
- LT: Blocks man to the outside.
- LG: Blocks man to the outside.
- C: If covered, blocks man to the outside. If not, pulls weak side to trap block DT.
- RG: Blocks man to the inside.
- RT: Releases inside to block weak side LB.

Backs & Receivers
- FL: Crackback blocks strong side CB.
- LTE: Holds up E before releasing to block FS.
- RTE: Holds up E before releasing to block CB.
- FB: Fakes handoff up LG’s inside leg, blocks LB.
- TB: Begins to follow FB, cuts back for handoff aiming for RG’s outside leg looking for seams.
- QB: Reverse pivots, fakes handoff to FB, hands off to TB.

Play Strategy
If you’ve had a lot of success running middle, this cutback play will be something you want to throw at the defense every once in a while. With two TEs and a FB, the defense will be expecting a power run up the middle, and will collapse, leaving a huge lane open on the weakside.

Coaching Tips
- Make sure to have an at the line audible your QB can call to go with just the normal blast play.
- The C doesn’t need to sustain his block on the strong side T for very long, but it needs to push him behind the play to keep the gap big enough for our TB.
- The TEs need to hold up their respective DEs if they are looking to penetrate into the backfield.
I Form Passing Plays
Weak I Right 75 Option Flats

Coaching Tips

- Z, the flanker here, needs run hard at the CB and make his decision on whether to run the option inside or outside.
- The QB’s progression is as follows: Y, Z, TE, TB, FB.
- In case of blitz, the QB can always check down to the hot receiver – in this case, the FB.

Player Responsibilities

Offensive Line
- LT: Pass blocks man.
- LG: Gives up a step, waiting for blitzing LB or LT’s man.
- C: Pass blocks man.
- RG: Gives up a step, waiting for blitzing LB or RT’s man.
- RT: Pass blocks man.

Backs & Receivers
- TE: Runs a corner route.
- Y: Runs a fade route.
- Z: Runs an option route at about 8 yards.
- FB: Runs a flat route.
- TB: Runs a swing route.
- QB: Takes a 3 step drop, goes through progression.

Play Strategy

While only showing two receivers, releasing all five eligible receivers makes it very tough for the defense to react with exposing huge holes, especially in a zone coverage. Versus the cover 2, look for the SE to get open behind the defense, and against the cover 3, look for the FL to make the correct read on the option.
Coaching Tips

- This play is at its best with some space between the secondary and the LBs, so that the LG has time to get out to the CB.
- Because we're putting all our eggs in one basket with this play, the QB should have an audible to switch to just a FB draw in case the defense looks ready for the screen.

Play Strategy

If you've had a little bit of success with the draw, the defense will be looking to react quickly next time they see it coming. To take advantage of this, the TB will sneak out with the swing route, looking to get behind the pass rush and use the SE and LG's blocks to get big yardage.
player Responsibilities

Offensive Line
LT: Fan blocks outside.
LG: Fan blocks outside.
C: Pass blocks man.
RG: Fan blocks outside.
RT: Fan blocks outside.

Backs & Receivers
TE: Runs a drag route, adjusting depth to find a hole in the defense.
Y: Runs a post route.
Z: Runs a burst route.
FB: Pass protects, then leaks out into the flat.
TB: Sells the blast fake, works to get tackled.
QB: Sells handoff fake to TB, takes 7 step drop, goes through progression.

Coaching Tips
• Your offensive line needs to create a good, deep pocket for your QB so that the receivers have enough time to get downfield.
• If the blitz comes, your QB should check down to the FB in the flat.
• If no one buys the TBs fake and he isn’t tackled, he should stop and curl at about 8-10 yards deep as another passing option.

Play Strategy
Combining the post route with a burst route with your outside receivers is a great way to give your QB an easy read. Against man, he should look for Z to get open as he breaks deep in a full sprint, and against a zone, Y will naturally run through a couple different holes in any zone – your QB just has to see them.
Coaching Tips

- The FB is going to need to lay a block on the weak side OB before going out into the flat to give the LG time to get across the field.
- The QB wants to get outside to the corner, making his reads from the FB, up to the TE, and then to the two deep options.

Play Strategy

Some QB’s are simply more comfortable outside of the pocket, especially when you get into the red zone. That’s why I prefer to call this play when I’m down inside the 20 yard line. One of the biggest advantages of the roll out in the red zone is that it forces a defender on the roll side to either leave their zone/man, or it leaves a huge running lane open to the QB.

- If the defense shows a heavy blitz presnap, audible out.

Player Responsibilities

Offensive Line
- LT: Slides inside, blocks man outside.
- LG: Pulls weak side to block OB for QB’s rollout.
- C: Double teams NT with RG.
- RG: Double teams NT with C.
- RT: Pass blocks man.

Backs & Receivers
- TE: Runs a deep in route.
- Y: Runs a post route.
- Z: Runs a streak outside CB.
- FB: Runs a flat route.
- TB: Sells counter fake, protects on the back side.
- QB: Sells TB handoff, bootlegs right and goes through progression.
Coaching Tips

- The TB needs to sell the blast without getting too close to the LOS – we need him running parallel at a depth of about 2-3 yards, making sure not to sprint and out run his blockers.
- This play will be made or broken based on the ability of the LG, C, and RG to get out into the flat ahead of the TB and lay down some good blocks.

Play Strategy

If the defense is coming with a heavy weak side pass rush, this tailback screen is going to embarrass your opponents defensive coordinator! The screen might be my favorite play in football, with the combination of deception and coordination required by the offense that often leaves the defense flat footed, and the offense in the end zone.
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