

Singleback PLAYBOOK



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


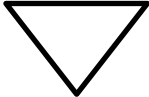






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Playbook Legend

	Center		Handoff
	Offensive Player		Player path
	Defensive Player		Pitch or Forward Pass
	Ball Carrier		Pre-snap Motion
	Optional Ball Carrier		Player blocking Assignment
	Pulling Lineman		

Singleback

If you're looking to run a spread offense, the singleback is the formation for you. Most commonly using a tailback, a tight end, and three receivers, the idea here is to spread the defense out horizontally, so that vertical passing lanes are more available to your QB.

In singleback formation, you have one halfback behind the quarterback, with the quarterback again under center, with his guards and tackles on either side of him. Most often a team will then lined up three receivers and one tight end, but if you've got a great fourth receiver, or you just really want to spread out the defense and get them in their dime package, feel free to switch the tight end out.

Famous Spread Offenses

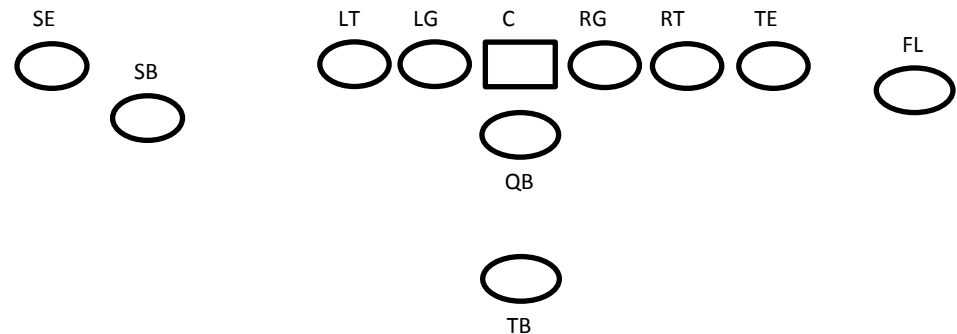
- 2007 New England Patriots – With three very different and very talented receivers in Randy Moss, Wes Welker, and Jabar Gaffney, the Patriots let Tom Brady loose, picking defenses apart and setting NFL records in passing yards and passing touchdowns in a season.

Strengths

- All Passing Plays, Draws, Outside Running, Versatility

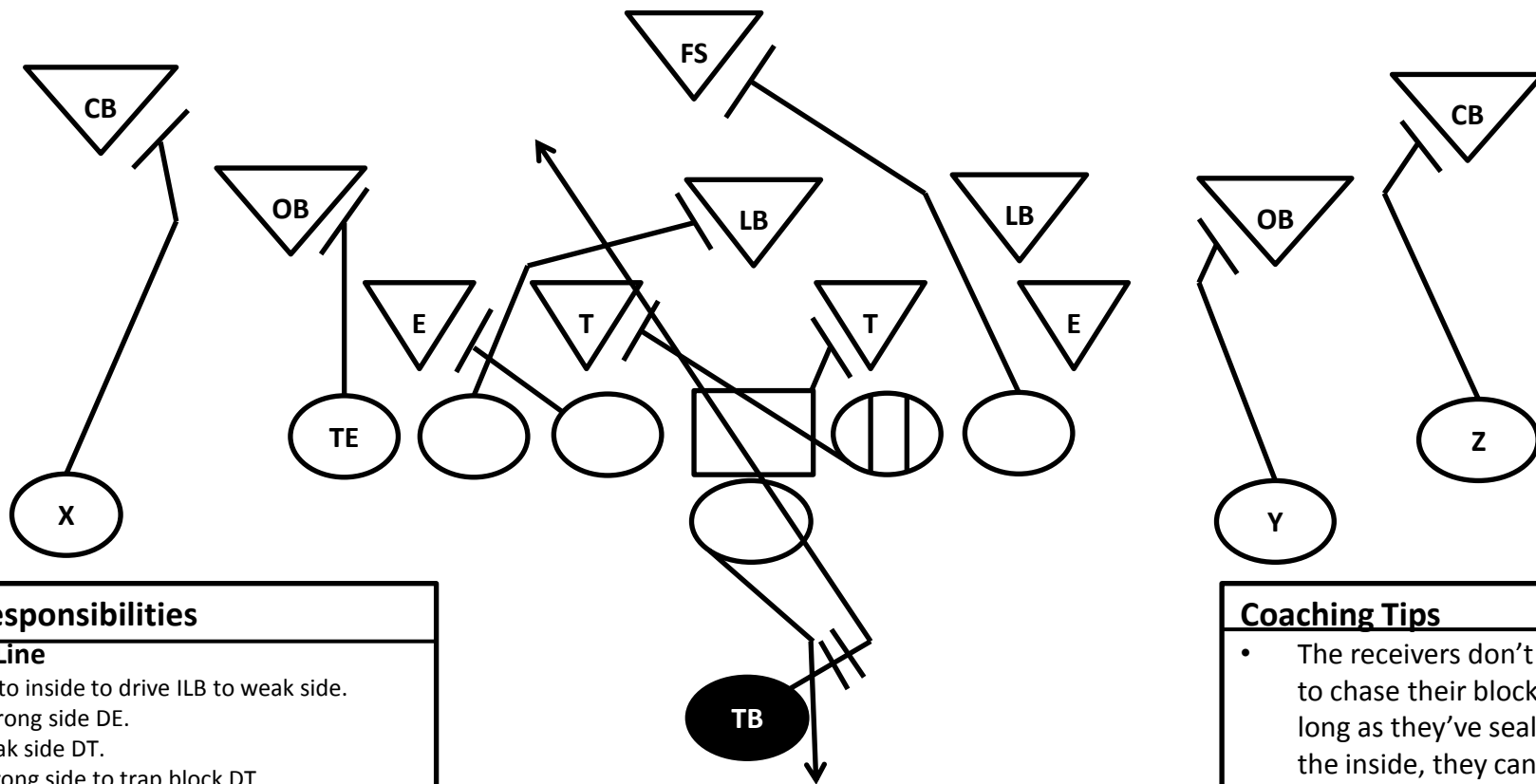
Weaknesses

- Power running, QB Protection



Singleback Running Plays

Singleback Slot Right 31 Trap



Player Responsibilities

Offensive Line

- LT: Releases to inside to drive ILB to weak side.
- LG: Blocks strong side DE.
- C: Blocks weak side DT.
- RG: Pulls strong side to trap block DT.
- RT: Screens DE, releases downfield to block FS.

Backs & Receivers

- TE: Releases inside to seal off OB.
- X: Releases inside to seal off CB.
- Z: Releases inside to seal off CB.
- Y: Releases inside to seal off OB.
- TB: Fakes weak side pass protection, takes handoff and follows RG's lead block.
- QB: Takes a 3-step drop – but hands off the ball to the TB on the second step.

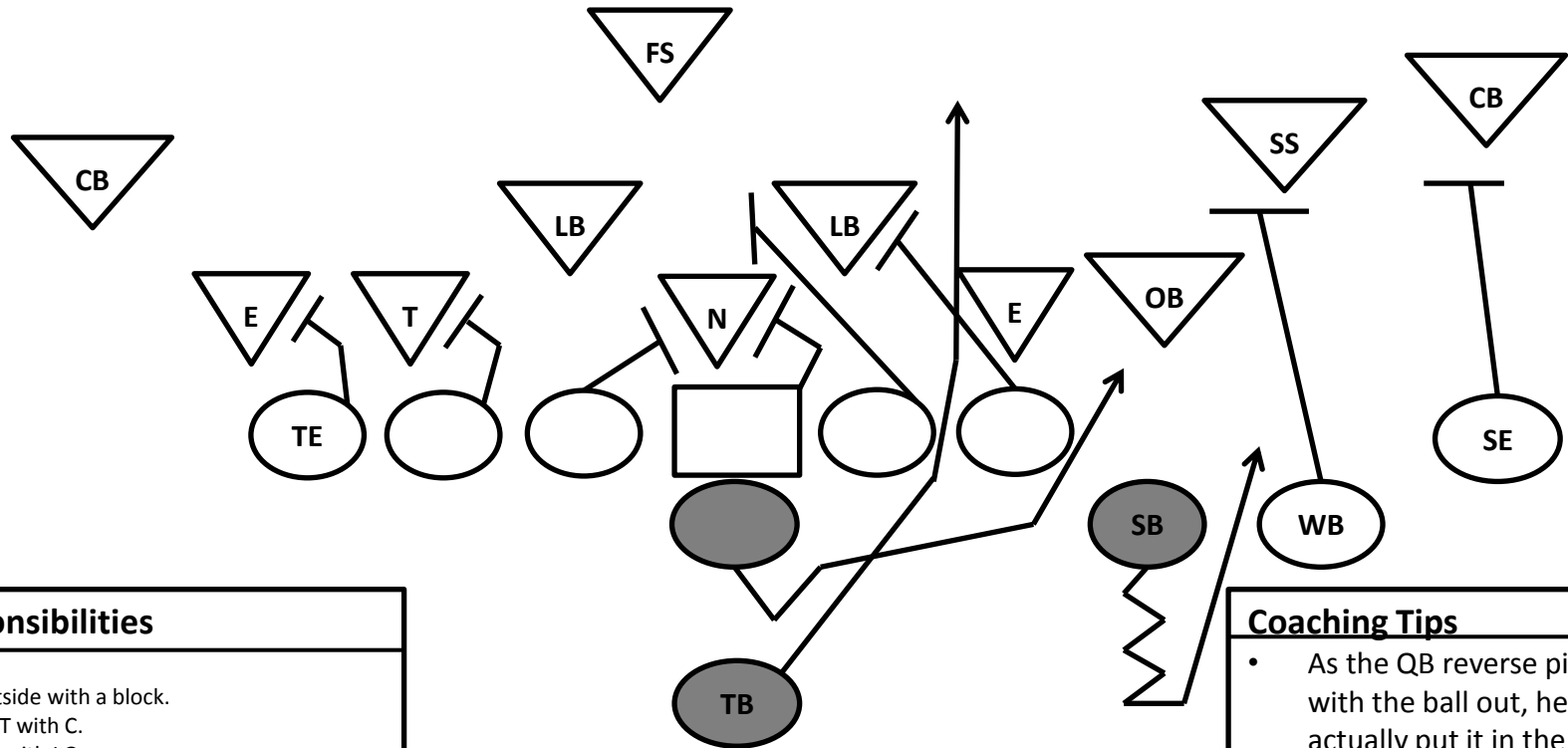
Play Strategy

If the defense is in man or matchup zone coverage, the weakside OB will be forced to lineup with our R receiver, leaving a large gap just begging to be exploited in the middle of the field. This is a great play when your stuck on a second and long and need good solid yardage.

Coaching Tips

- The receivers don't need to chase their blocks – as long as they've sealed off the inside, they can just wait for their men to come to them.
- For this play to be truly special, the QB and the TB need to have their timing just right.

Singleback Trips Right Blast Option



Player Responsibilities

Offensive Line

LT: Seals the DT outside with a block.
 LG: Double teams NT with C.
 C: Double teams NT with LG.
 RG: Reach block the strong side ILB.
 RT: Reach block the weak side ILB.

Backs & Receivers

TE: Seals the DE outside with a block.
 SE: Releases to stalk block the CB.
 WB: Releases to stalk block the CB.
 SB: Backs up 3 steps on the snap, waiting for the QB to get outside of the RT – then swings outside .
 TB: Runs straight up the RG's right leg, then downfield.
 QB: Pivots to the FB with the ball out, then reads the DL to make his decision.

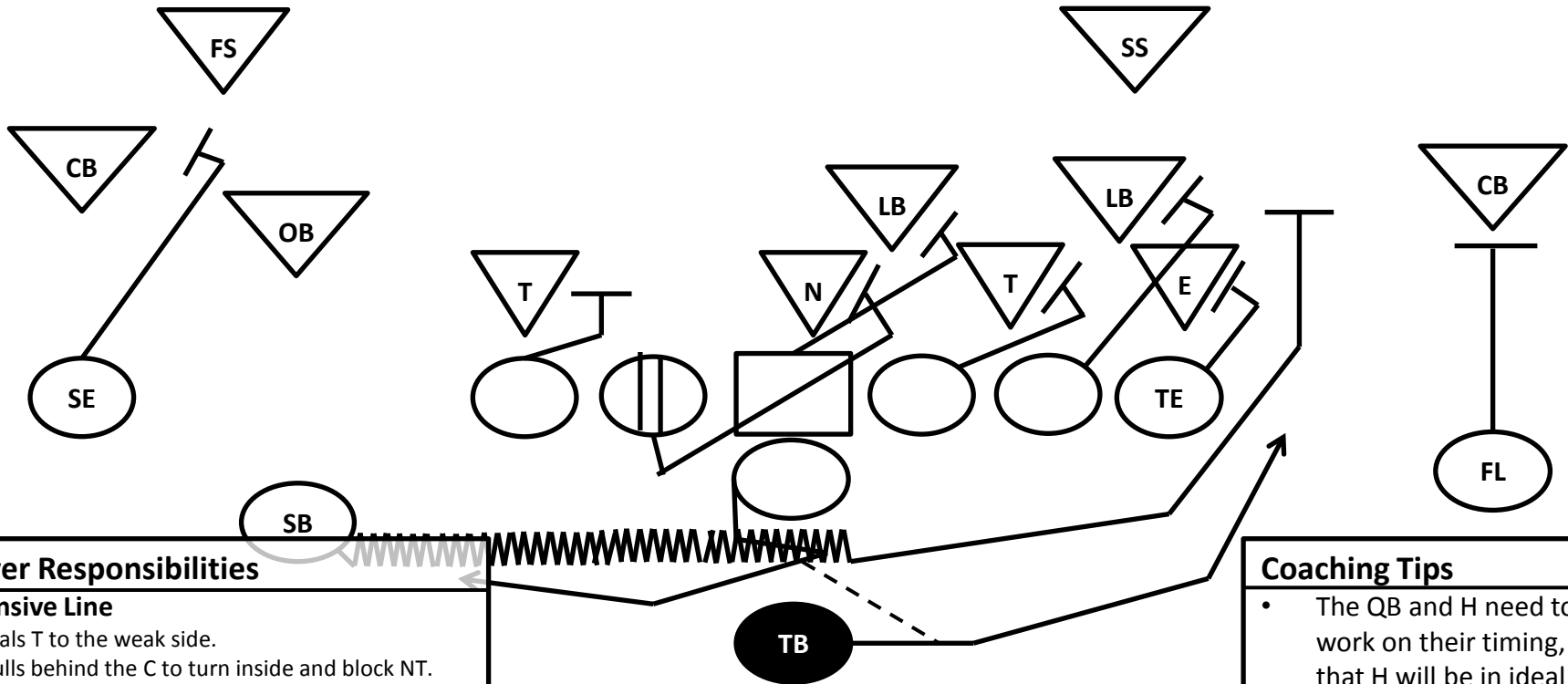
Play Strategy

If you've got a QB with good legs that is a good decision maker, this play can be absolutely deadly. You can run it in almost any situation, but it's most effective with lots of field to work with on the weak side side, so wait until you've got the ball on one the hash marks, and let 'er rip!

Coaching Tips

- As the QB reverse pivots with the ball out, he'll actually put it in the arms of the TB, and they will run together for a couple of yards. The QB needs to focus on the weakside OB and read his reaction to make his decision on whether to hand it off to the FB or peel outside for the option, and if/when to pitch the ball to the SB.

Singleback Slot Left 48 Toss



Player Responsibilities

Offensive Line

- LT: Seals T to the weak side.
- LG: Pulls behind the C to turn inside and block NT.
- C: Blocks NT, releases downfield to block LB.
- RG: Releases outside to block strong side DT.
- RT: Releases downfield to block strong side OB.

Backs & Receivers

- X: Seals off CB to the outside.
- TE: Reach blocks DE.
- Z: Drive blocks CB downfield.
- H: Motions across, turning downfield at TE to help block inside containment, if not needed, block SS.
- TB: Takes toss and runs parallel to the line for 3 steps and reads the blocks at the POA.
- QB: Reverse pivots to pitch to the TB. Sprints away.

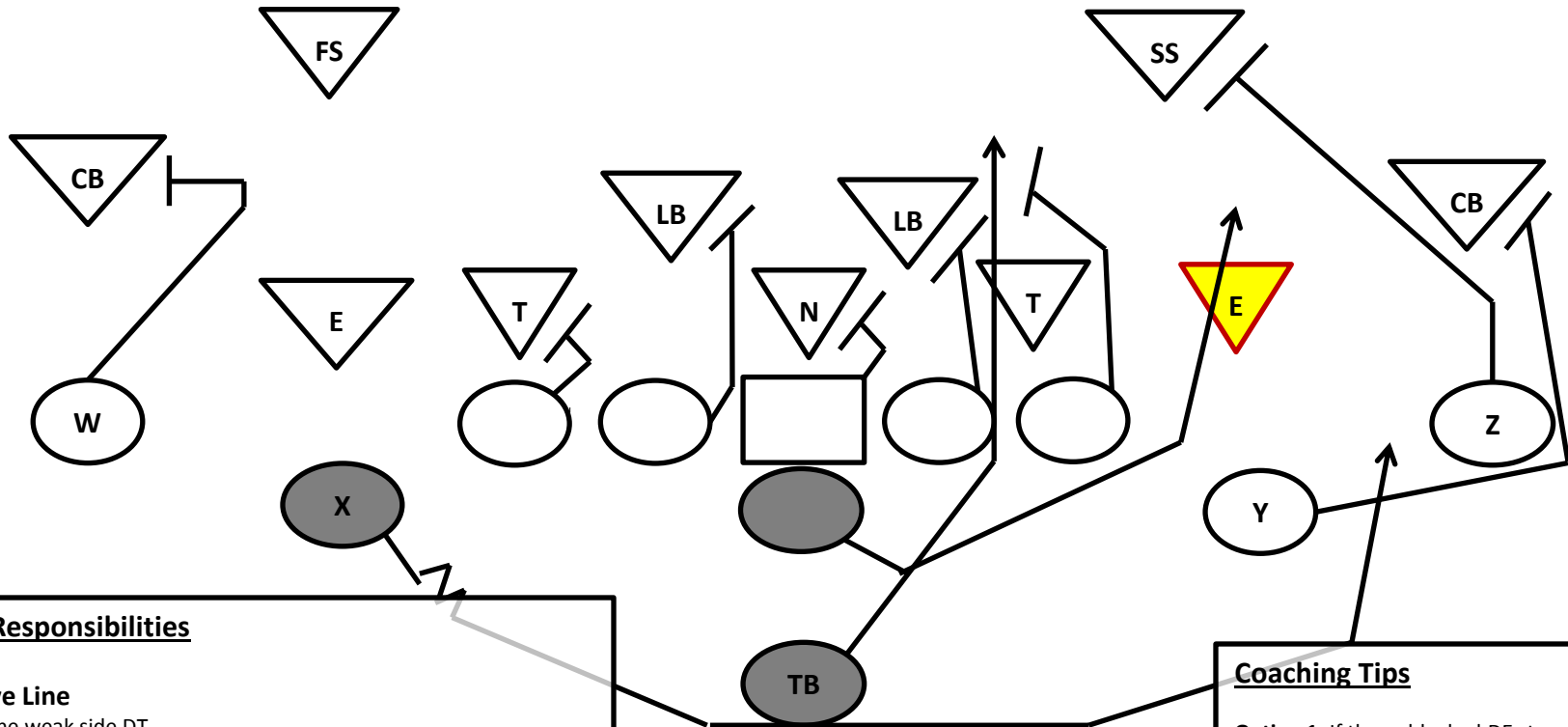
Play Strategy

This is a great short yardage play, that can often break out into the open with a good block from H and the right reads by the TB. You can also run this from the I or Pro formations – the play is still virtually the same, and equally as effective!

Coaching Tips

- The QB and H need to work on their timing, so that H will be in ideal position to lay down a solid lead block for the TB.
- Y, the TE, needs to be able to maintain his block on the end – if he can push them back to the weak side great, but must maintain contact regardless of direction.

Spread Triple Option Right



Player Responsibilities

Offensive Line

- LT: Seals the weak side DT.
- LG: Seals the weak side LB
- C: Seals the NT to the weak side
- RG: Chips the DT and blocks the play side LB
- RT: Leaves the DE unblocked and blocks the first threat to the play

Backs & Receivers

- QB: Reads the unblocked DE and chooses to either (1) handoff to TB (2) run himself, or (3) pitch to X
- TB: May take handoff for a TB dive
- W: Blocks the weak side CB
- X: Pre-snap motions to 3-5 yards behind the QB, then takes a parallel course as the play develops. May take the pitch and run outside
- Y: Blocks the play side CB
- Z: Blocks the SS

Play Strategy

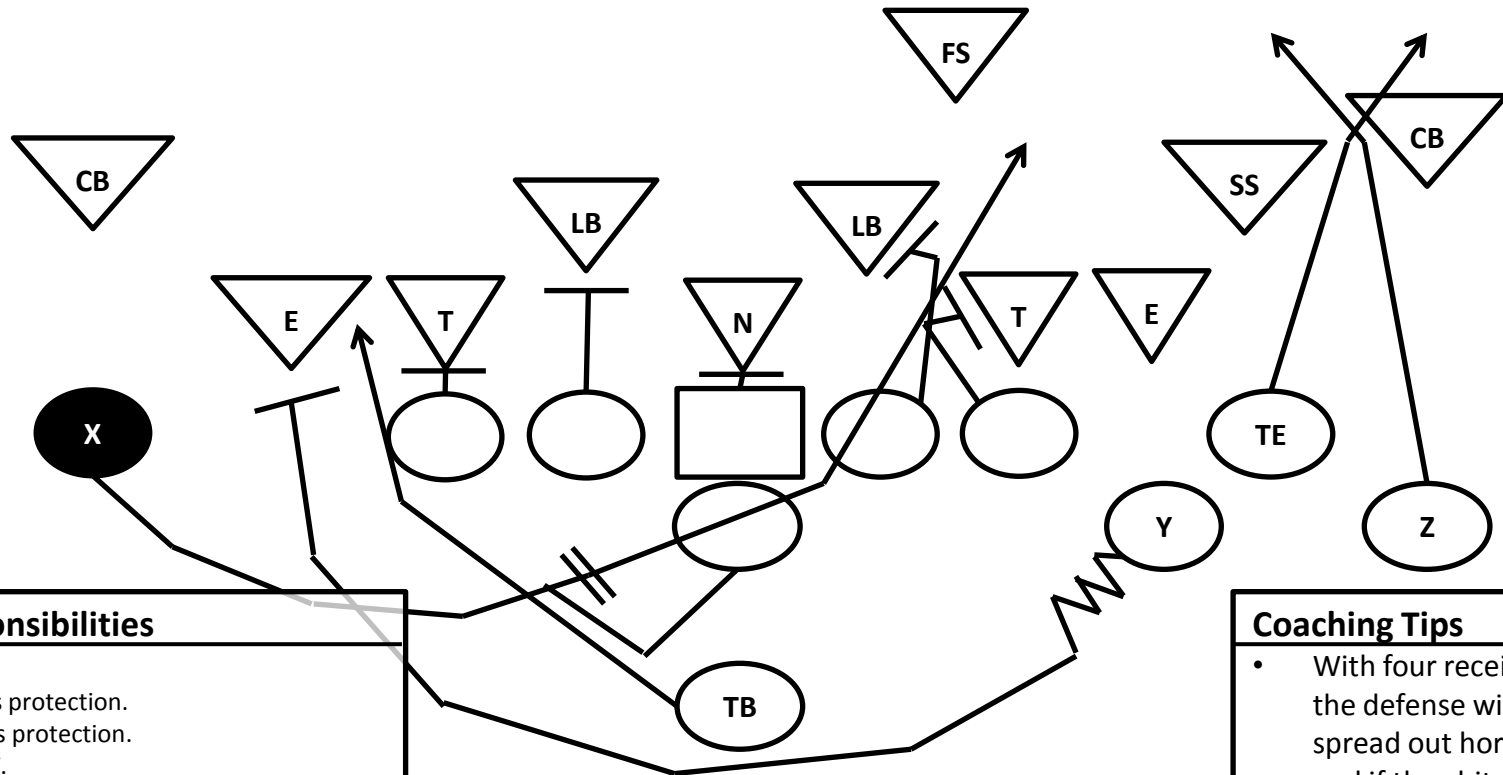
The triple option forces defenses to worry about multiple running options on a single play.

The QB will read the movement of the unblocked defensive end and decide whether to hand off to the TB, carry it himself, or pitch to the X receiver.

Coaching Tips

- Option 1:** If the unblocked DE stays outside to contain the play, the QB will hand off to the TB. If the DE crashes inside on the TB dive, the QB will pull the ball from the TB's gut and continue down the line
- Option 2:** If the DE keeps outside leverage to play the pitch to X, the QB will keep the ball and cut upfield inside of the DE.
- Option 3:** If the DE comes inside toward the QB, he will pitch it to the trailing X receiver for a run outside

Singleback Trips Bunch Right Sally



Player Responsibilities

Offensive Line

LT: Sets up in pass protection.

LG: Sets up in pass protection.

C: Drive blocks NT.

RG: Reach blocks the strong side LB to the weak side.

RT: Reach blocks DT to the outside.

Backs & Receivers

X: Drops back enough to get depth, takes inside handoff from QB and reads blocks by RG and RT.

Y: Motions behind the TB, blocks weak side E.

TE: Releases right at CB, runs off a crossing pattern.

Z: Releases outside before crossing inside at the SS.

TB: Fakes handoff with QB, runs fake belly.

QB: Reverse pivots to TB to fake a handoff before the inside handoff to HB.

Play Strategy

When you have the element of surprise on your side, here's a great play to pull out of the book. The fake pass protection by the O-line keeps the defense occupied just long enough for X to sprint out of the box and burst out into the secondary!

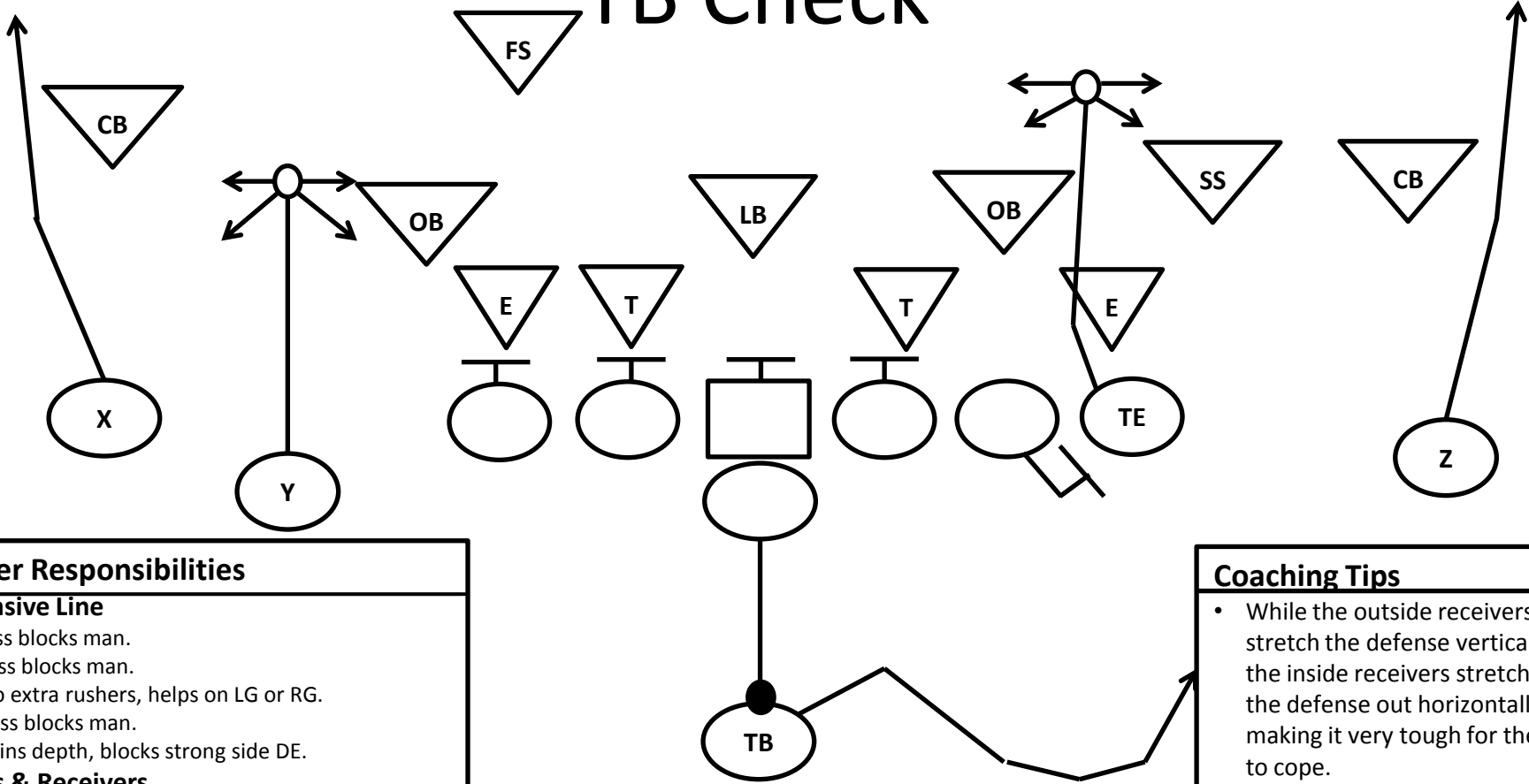
Coaching Tips

- With four receivers out, the defense will be spread out horizontally, and if they bite on the QB TB option fake, the middle of the field will be completely exposed to your ball carrier.
- You can also try adjusting this play into a draw, with Y running an out route and the TB as an extra blocker.

Singleback Passing Plays

Singleback Slot Left 99 Inside Options

TB Check



Player Responsibilities

Offensive Line
 LT: Pass blocks man.
 LG: Pass blocks man.
 C: If no extra rushers, helps on LG or RG.
 RG: Pass blocks man.
 RT: Gains depth, blocks strong side DE.

Backs & Receivers
 TE: Runs option route at 10 yards.
 X: Runs an outside streak route.
 Y: Runs option route at 10 yards.
 Z: Runs an outside streak route.
 TB: Looks to help on first defender through, releases into swing route.
 QB: Takes five step drop. Goes through reads.

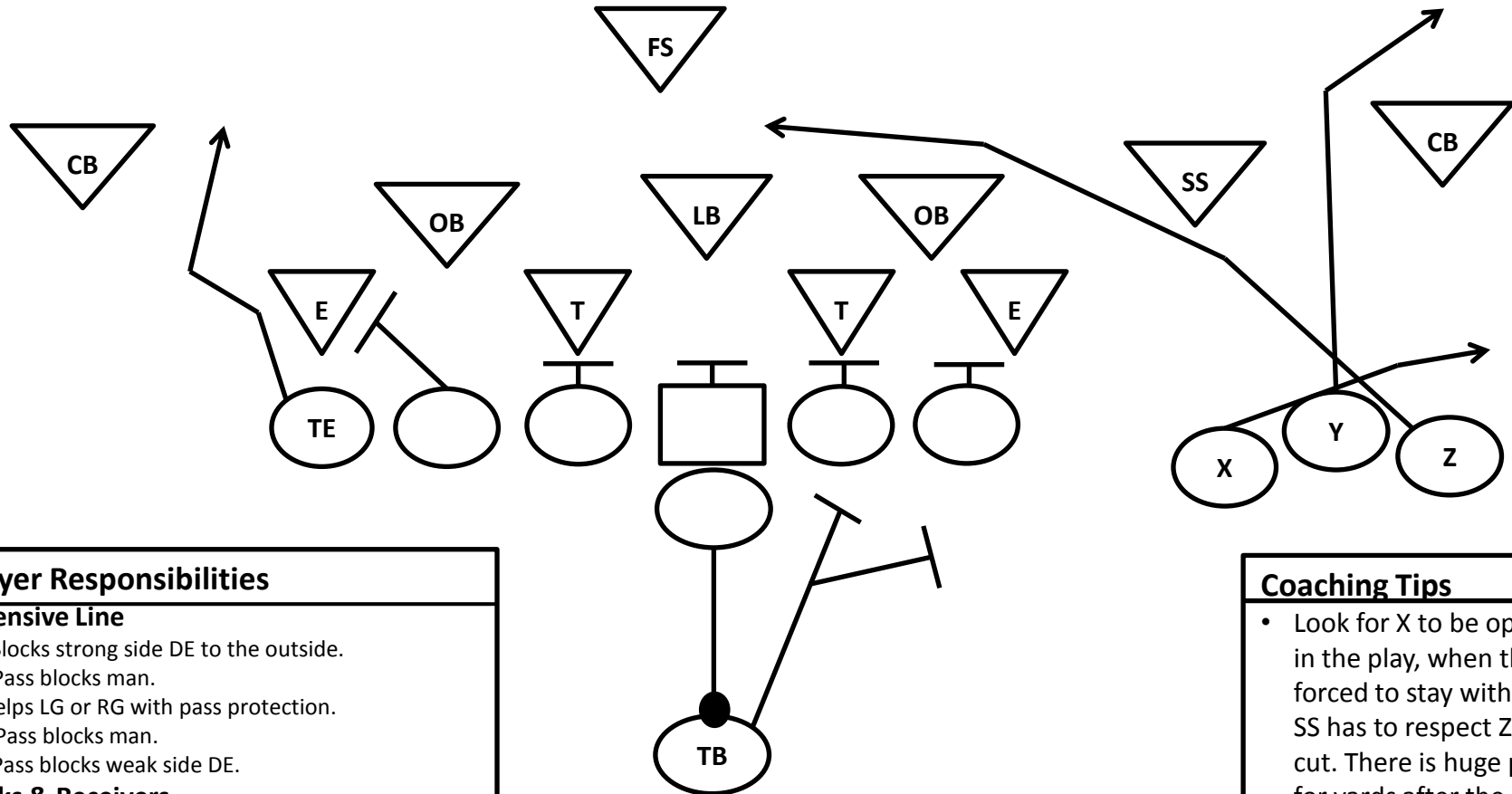
Play Strategy

If you've got intelligent receivers, I suggest you work the option route into your offense as much as possible. Both inside receivers here have a four route passing tree available to them, allowing them to read the defense and head where ever they see a soft spot in the defense. These routes generally work best against zones, but can be effective in man as well.

Coaching Tips

- While the outside receivers stretch the defense vertically, the inside receivers stretch the defense out horizontally, making it very tough for them to cope.
- There isn't really a hot receiver on this play – the QB can dump off to the TB if necessary, but generally you don't want to run this play when there's a potential blitz coming, you want as much time in the pocket as possible.

Singleback Trips Bunch Right 176 TB Protect



Player Responsibilities

Offensive Line

- LT: Blocks strong side DE to the outside.
- LG: Pass blocks man.
- C: Helps LG or RG with pass protection.
- RG: Pass blocks man.
- RT: Pass blocks weak side DE.

Backs & Receivers

- TE: Fakes a flat, before cutting back downfield into a post.
- X: Runs a flat route.
- Y: Runs a deep flag route.
- Z: Runs a deep drag, making sure to get behind the LBs.
- TB: Blocks first defender through on the right side.
- QB: Takes a 5 step drop. Goes through progression.

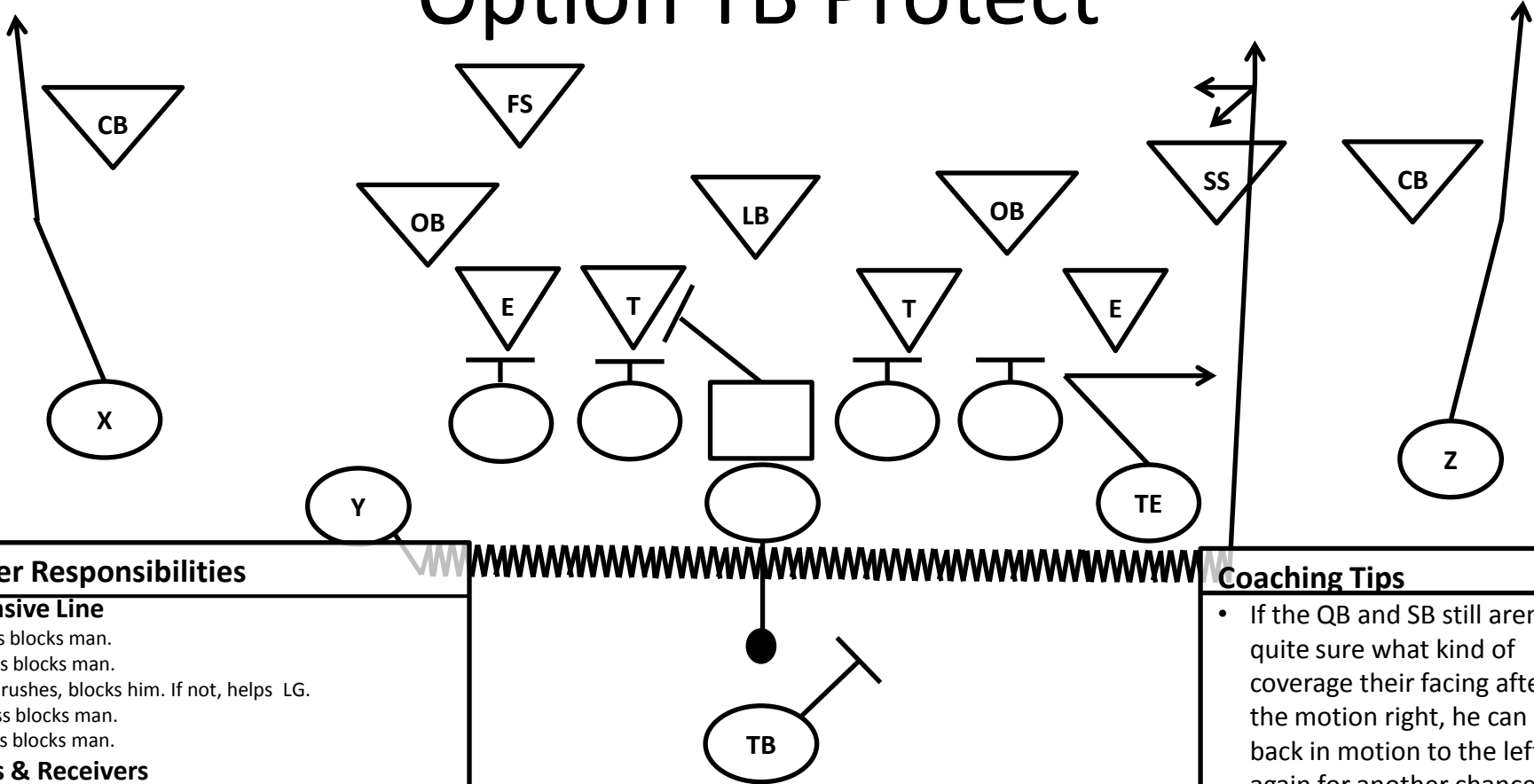
Play Strategy

While this is a three receiver set and a passing play, we actually use this play primarily for short yardage gains, hoping to get yards after the catch if possible. I like to run it on third and short, as any strong side blitzes are quickly neutralized by the dump off to the TE. There's a lot of pressure for the secondary to communicate because of the crossing routes run by the three receivers in the bunch.

Coaching Tips

- Look for X to be open early in the play, when the CB is forced to stay with Y, and SS has to respect Z's inside cut. There is huge potential for yards after the catch here.
- If the QB still hasn't gotten rid of the ball after a 3 count, the TB should slide out into the flat as a check down.

Singleback Slot Left 99 Y Motion Right Option TB Protect



Player Responsibilities

Offensive Line

- LT: Pass blocks man.
- LG: Pass blocks man.
- C: If LB rushes, blocks him. If not, helps LG.
- RG: Pass blocks man.
- RT: Pass blocks man.

Backs & Receivers

- TE: Runs a quick out, is the hot receiver on this play.
- X: Runs an outside streak route.
- Y: Motions right, turns downfield 3-5 yards outside of TE. Starts off in fly route, makes SS read at 15 yards and either runs the curl, deep in, or continues a streak.
- Z: Runs an outside streak route.
- TB: Protects QB from first defender through the line.
- QB: Takes a five step drop, dumping off to TE on third step if the blitz is coming. If not blitz, waits for TB to make read, gets him the ball.

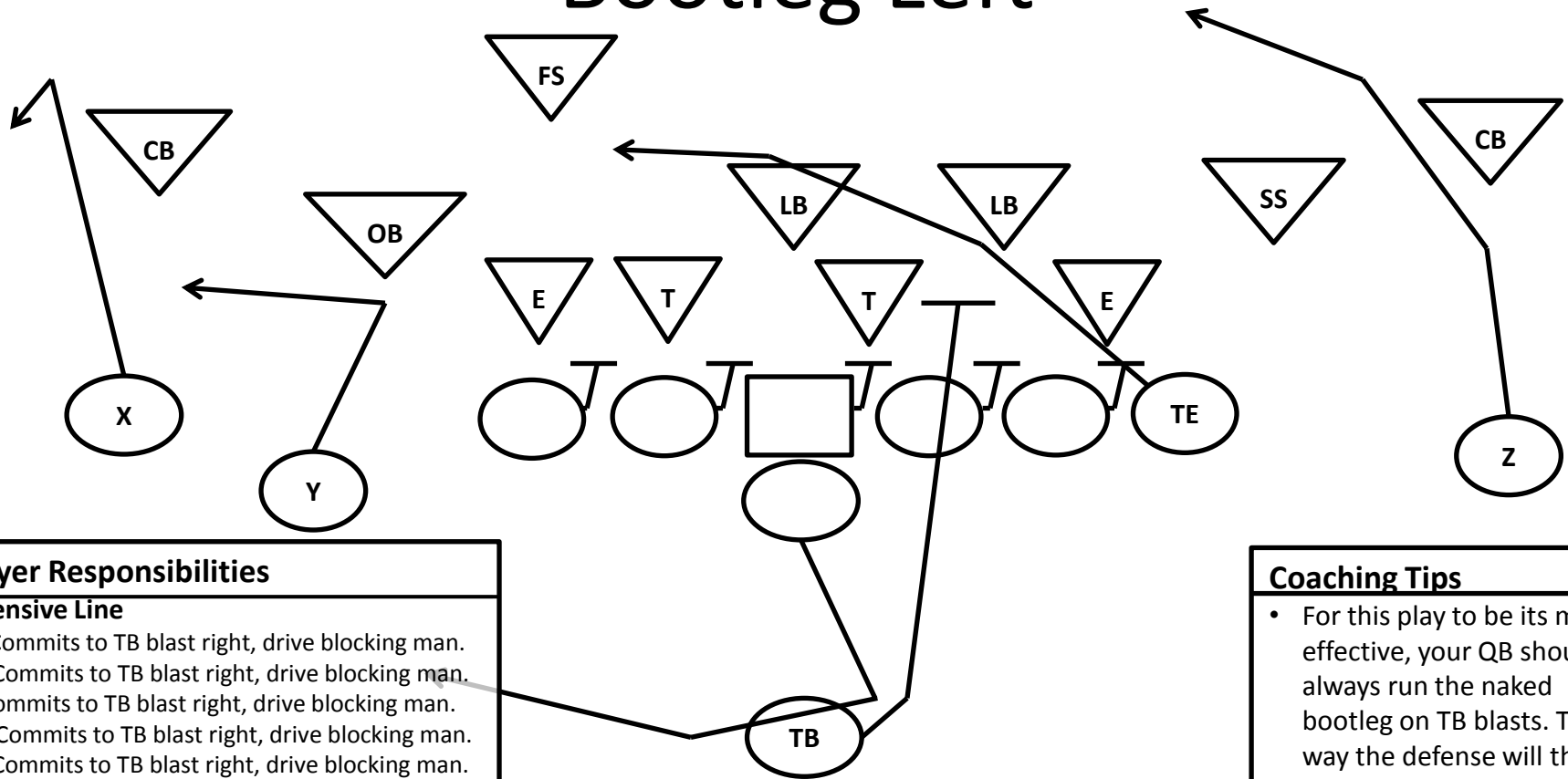
Coaching Tips

- If the QB and SB still aren't quite sure what kind of coverage their facing after the motion right, he can go back in motion to the left again for another chance to confuse and decipher the defense.
- The SB needs to read the SS correctly: if he's deep, run the curl, if he's inside, run the streak, and if he's outside, run the in.

Play Strategy

I love putting receivers in motion before the play. Unless your facing disguised coverages, your QB will be able to read the defense and figure out whether they're in zone or man. This play is at it's best against the cover 2, when the SS will be forced to either help on Z over the top or Y inside.

Singleback PA Slot Left 352 Naked Bootleg Left



Player Responsibilities

Offensive Line

- LT: Commits to TB blast right, drive blocking man.
- LG: Commits to TB blast right, drive blocking man.
- C: Commits to TB blast right, drive blocking man.
- RG: Commits to TB blast right, drive blocking man.
- RT: Commits to TB blast right, drive blocking man.

Backs & Receivers

- TE: Runs a deep drag route.
- X: Runs a deep curl route.
- Y: Runs a quick out route.
- Z: Runs a post route.
- TB: Sells blast right, works to get tackled.
- QB: Makes a fake handoff to the TB, rolls out left.

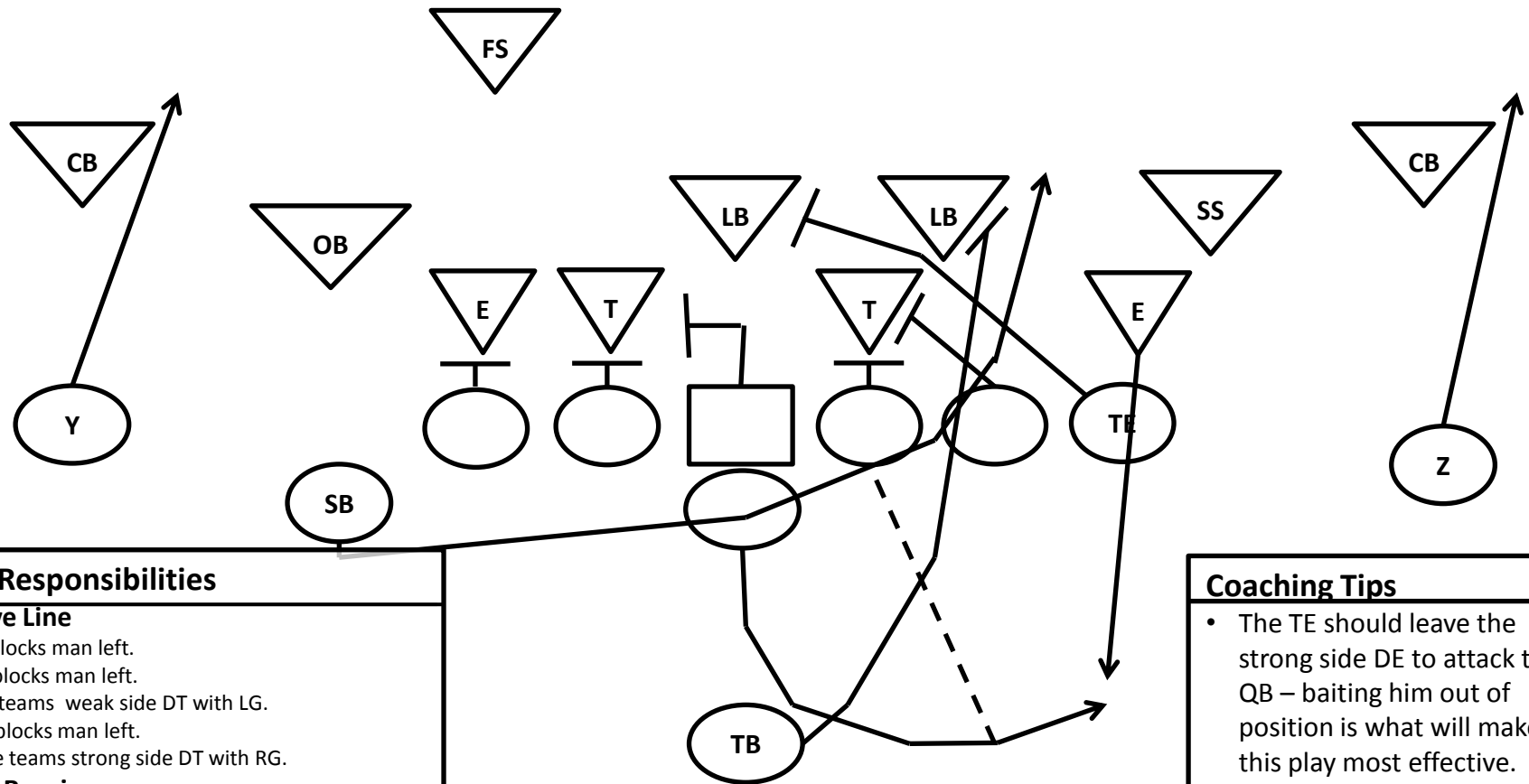
Play Strategy

Unless your QB is very comfortable both on the run and with pressure, you might not want to run this play. With the weak side DE unblocked, the QB will be left vulnerable – or ‘naked’ as the play title suggests. That’s why the fake to the TB is crucial; you can eliminate the need for a blocker on the weak side DE if they’re trying to tackle the TB.

Coaching Tips

- For this play to be its most effective, your QB should always run the naked bootleg on TB blasts. This way the defense will think it’s just the QB running out of the way again.
- If the defense penetrates quickly, the QB has Y as a hot receiver to dump off too – but if the blocking is good, Z is often wide open way down the field.

Singleback Slot Left Slot Shovel Right



Player Responsibilities

Offensive Line

- LT: Drive blocks man left.
- LG: Drive blocks man left.
- C: Double teams weak side DT with LG.
- RG: Drive blocks man left.
- RT: Double teams strong side DT with RG.

Backs & Receivers

- TE: Blocks MLB to the weak side.
- Y: Runs an inside streak route.
- Z: Runs an outside streak route.
- SB: Runs strong side, receiving shovel pass and using TB's lead block.
- TB: Sells blast right, blocks strong side LB.
- QB: Fakes blast right handoff, bootlegs right before giving soft pitch to SB.

Play Strategy

When defense is expecting a deep pass, I like to pull out this shovel pass. The beauty about the shovel pass is that it is very similar to the draw, but happens much quicker, and can be a lot tougher for the defense to follow and react to. Don't use it too often though – when the defense sees the shovel coming, they'll be able to shut it down easily.

Coaching Tips

- The TE should leave the strong side DE to attack the QB – baiting him out of position is what will make this play most effective.
- The QB must read the DE much in the same way he would on an option play, waiting until the defender has committed fully to him to make the pitch to the SB.

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