



EXPERIENCE
Kissimmee
FLORIDA



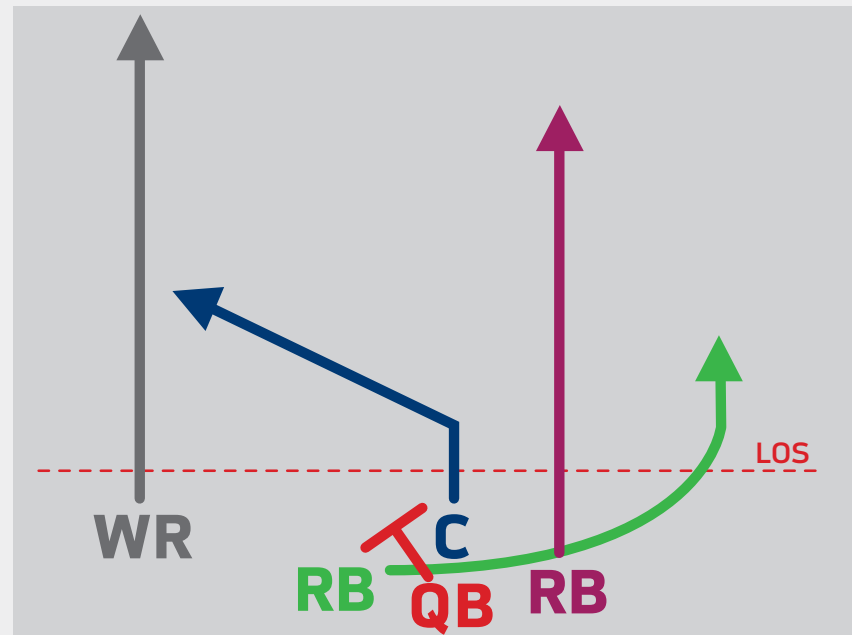
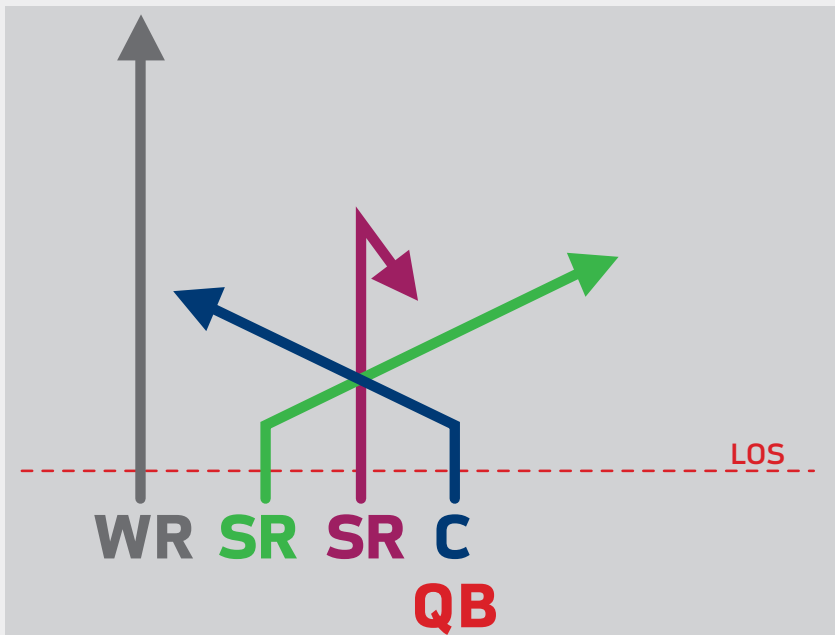
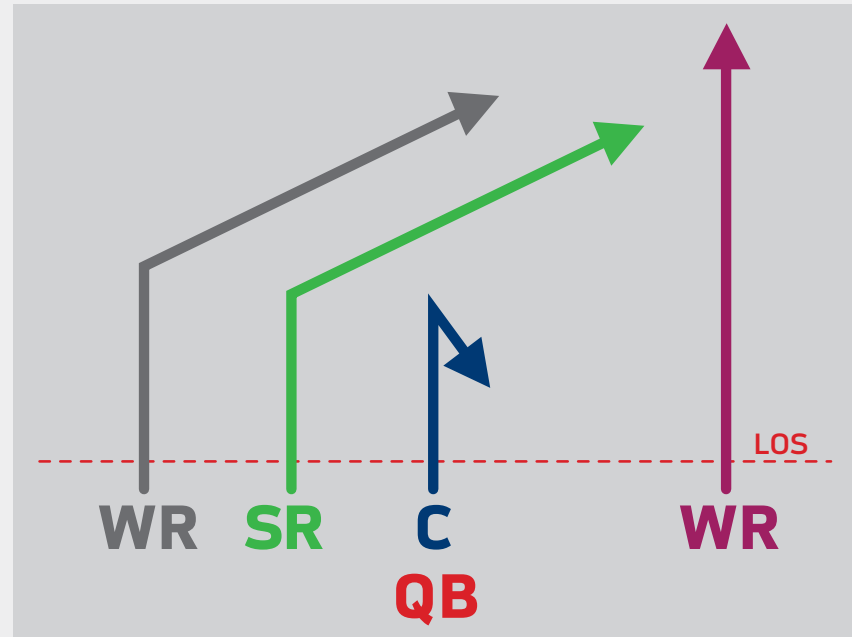
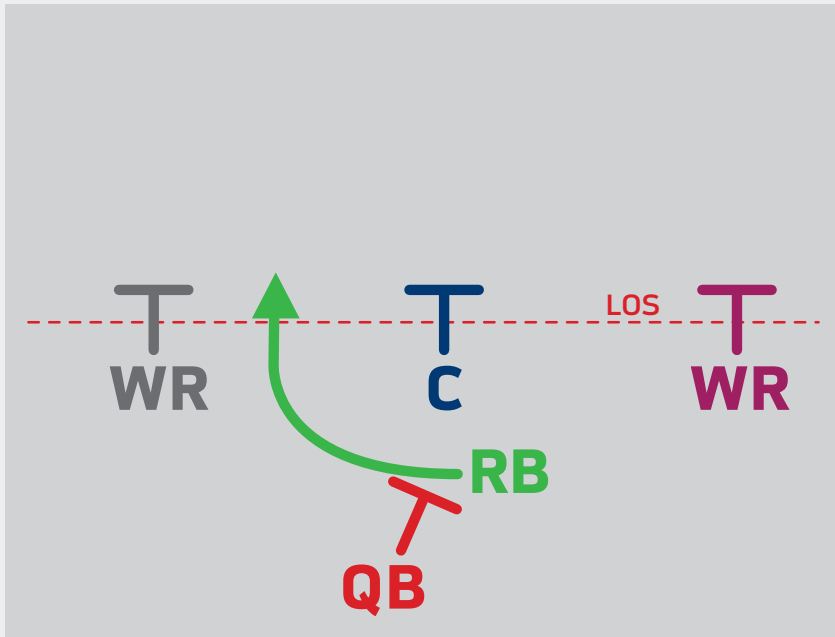
TRAINING RESOURCES



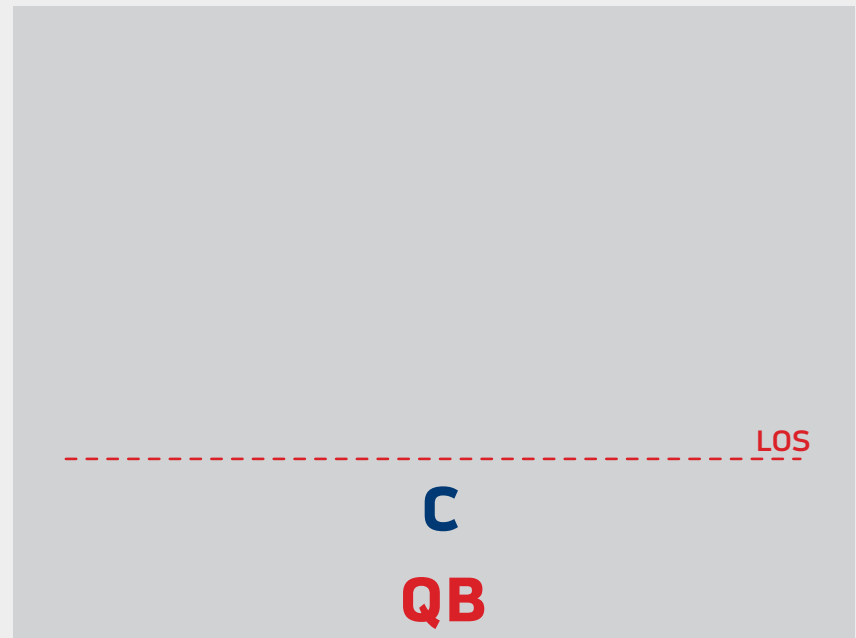
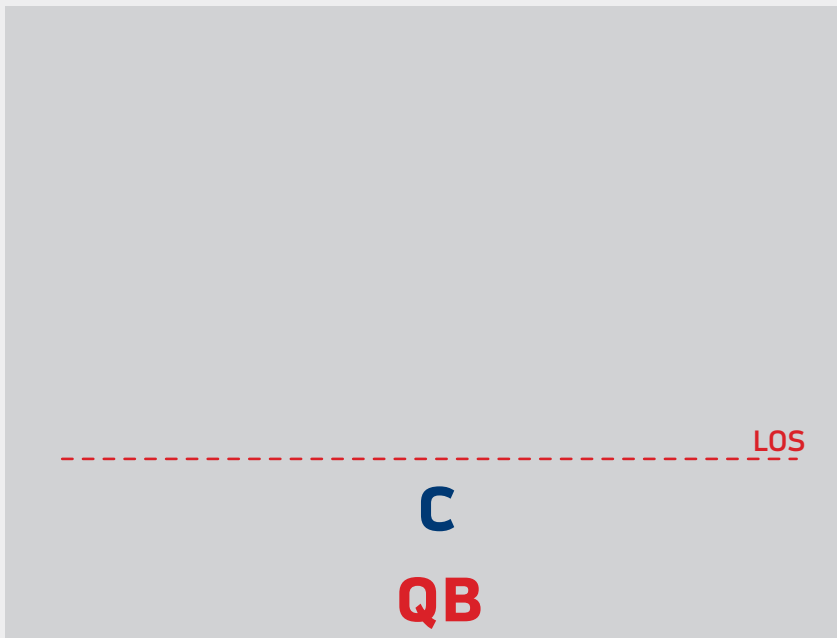
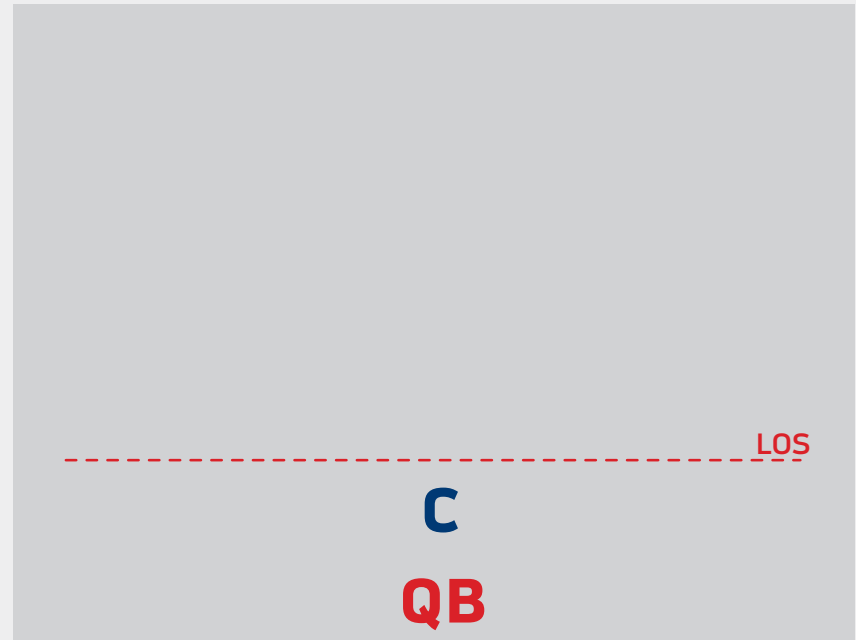
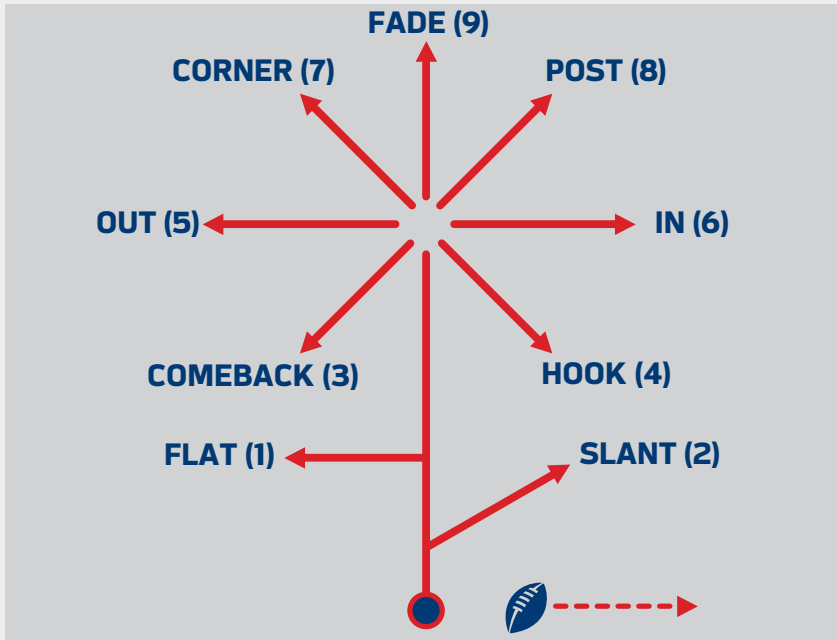
TABLE OF CONTENTS

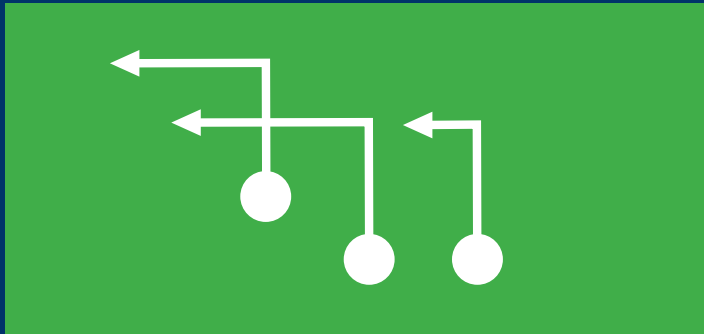
| | |
|--------------------------------------|---|
| 1. <i>Glossary</i> | 3 |
| 2. <i>Offensive Play Sheet</i> | 4 |
| 3. <i>Concepts</i> | 6 |
| 4. <i>Defensive Play Sheet</i> | 7 |

| | |
|---|---|
| <i>Line of Scrimmage (LoS)</i> | An imaginary line across the width of the field of play beyond which a team cannot pass until the next play has begun. Play begins with a snap on this imaginary line with the ball in the middle of the field. |
| <i>Wide Receiver (WR)</i> | Receives passes from the Quarterback and runs pass routes trying to evade defensive players. |
| <i>Quarterback (QB)</i> | Calls the start of play. Hands the ball to the Running Back and makes passes to the Wide Receivers. |
| <i>Centre (C)</i> | Snaps the ball to the Quarterback at the beginning of the game and each play (or 'down') thereafter. In Flag Football, the centre becomes a receiver after the snap and can run a route. |
| <i>Running Back (RB)</i> | Runs the ball down the field of play and catches passes. |
| <i>Linebacker (LB)</i> | Interior defensive players who tackle, prevent catches and prevent offensive players from scoring. |
| <i>Defensive Back (DB)</i> | Exterior defensive players who tackle, prevent catches and prevent offensive players from scoring. |
| <i>Safety (S)</i> | Deep defensive players who tackle, prevent catches and prevent offensive players from scoring. They are the last line of defense and are deepest player on the field. |



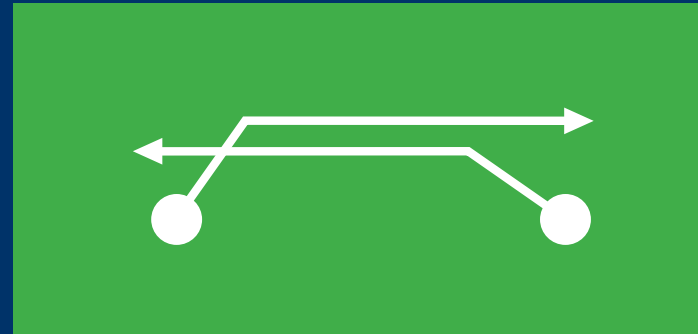
Route Tree





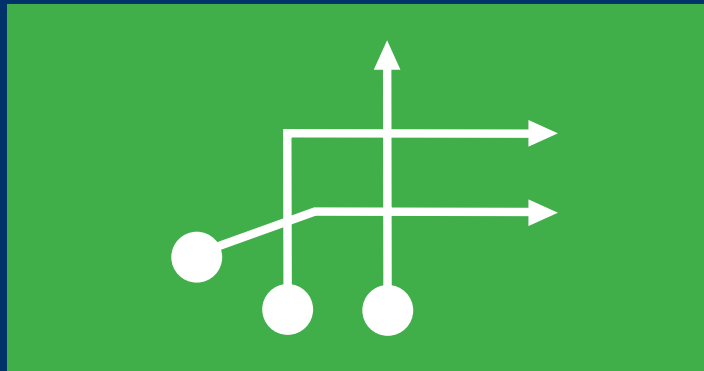
Levels

The Levels concept has the receiver furthest inside running a dig route. The two outside receivers next him both run short in routes. The Levels concept does an excellent job at attacking zone coverage.



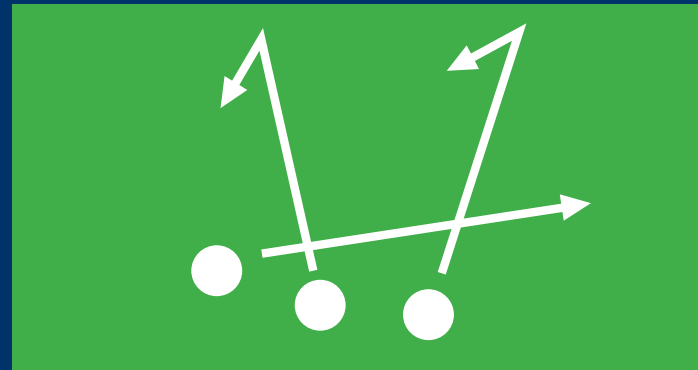
Mesh

The Mesh passing concept has two receivers running shallow crossing route but from opposite directions. Against man coverage, their pass routes create a rub or natural pick on defenders covering. Generally, one of them gets open once they cross each other.



Flood

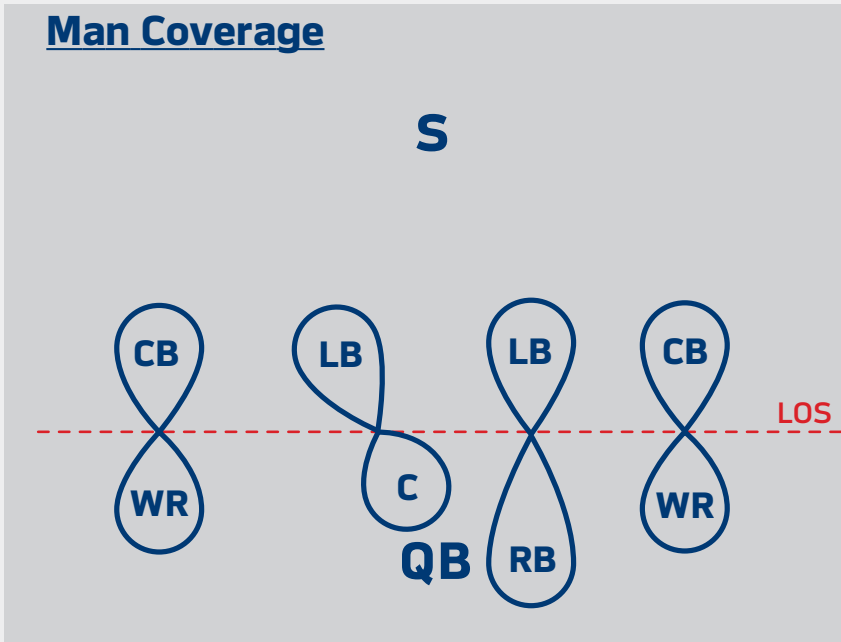
A popular way offense like to attack zone coverage is flood one side of the field with multiple receivers. The Flood concept does this by having three receiver running pass routes towards the same of the field. A common Flood concept would be to have one receiver run a flat, second receiver runs a deep out, and the third runs a go route such as shown in the diagram below.



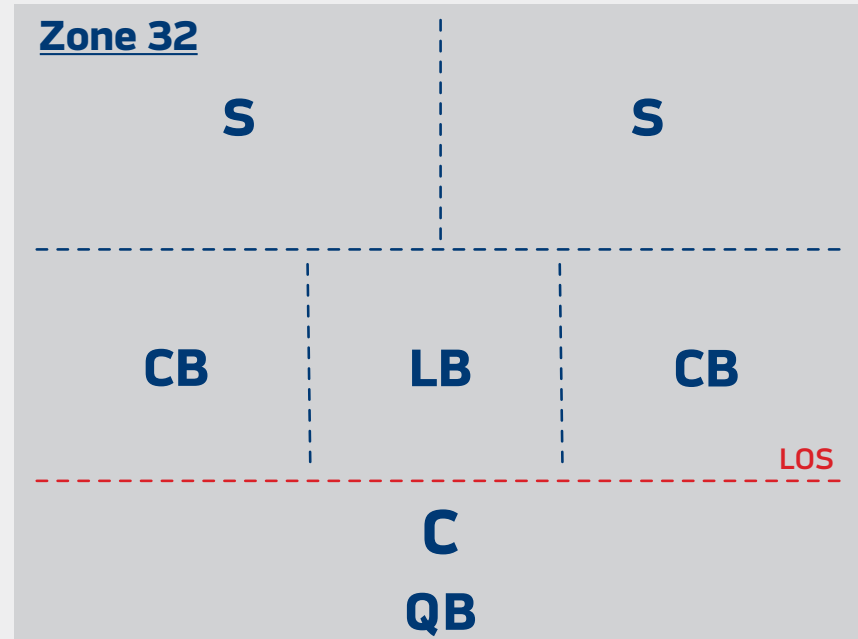
Spacing

The Spacing concept has the two outside receivers both run comeback routes with the inside receiver running a flat as shown in the diagram. The two comeback routes must be deep enough for the flat to pass underneath and a few yards apart. This concept is great at beating zone coverage by spacing out the defense to attack spaces between the shallow zones.

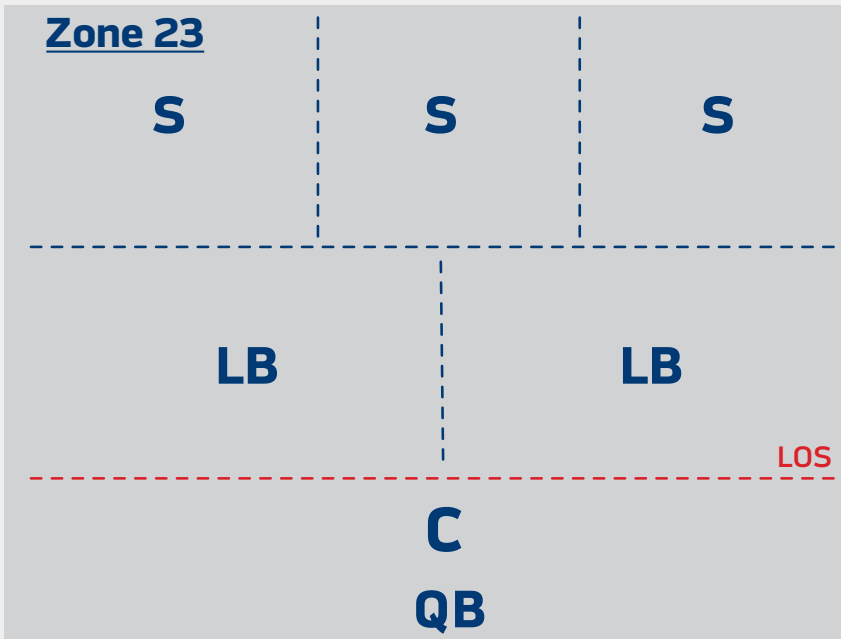
Man Coverage



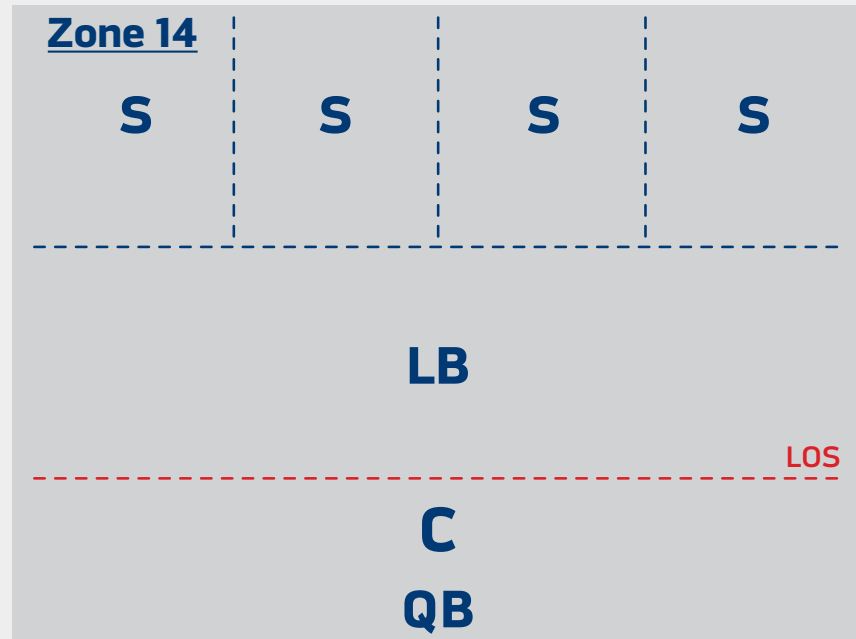
Zone 32

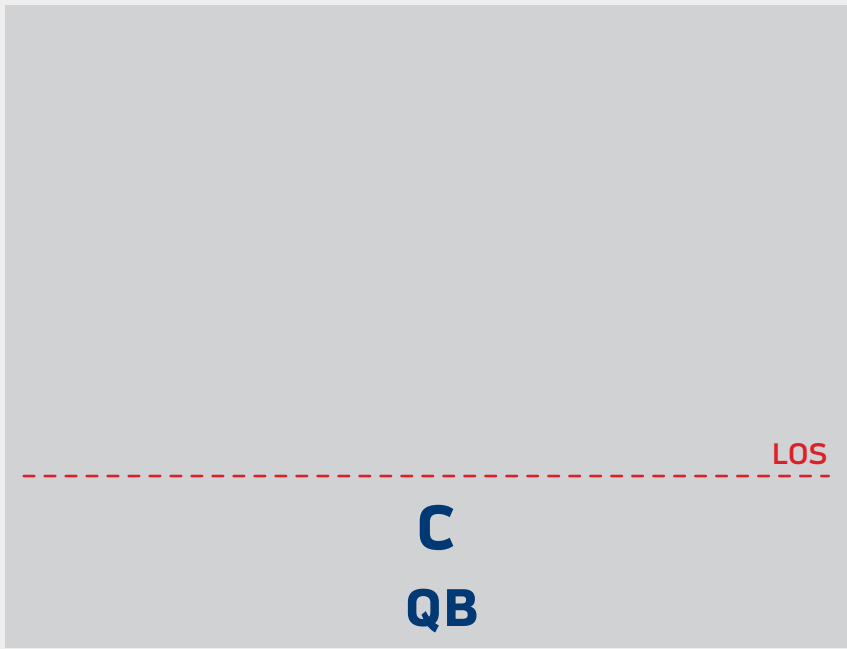


Zone 23

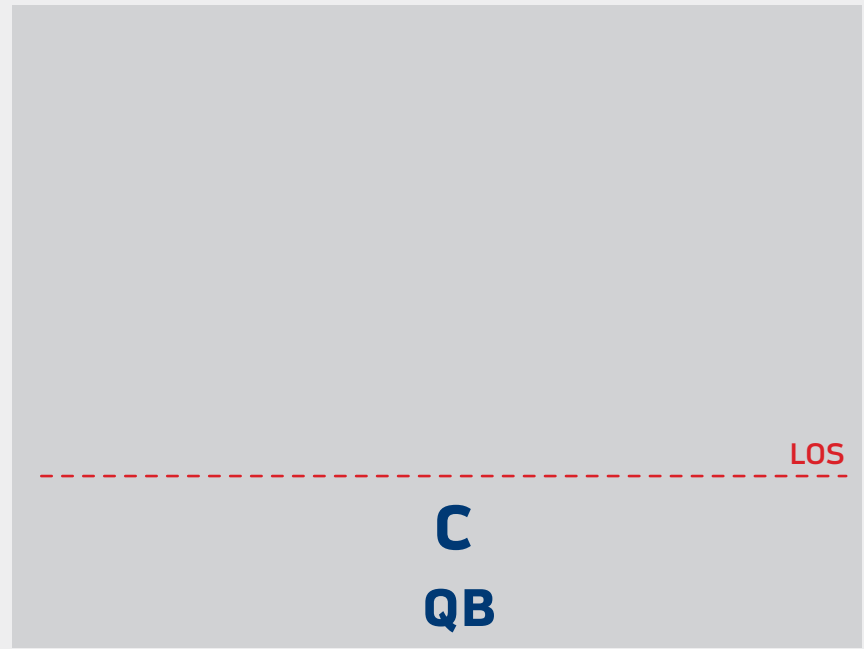


Zone 14

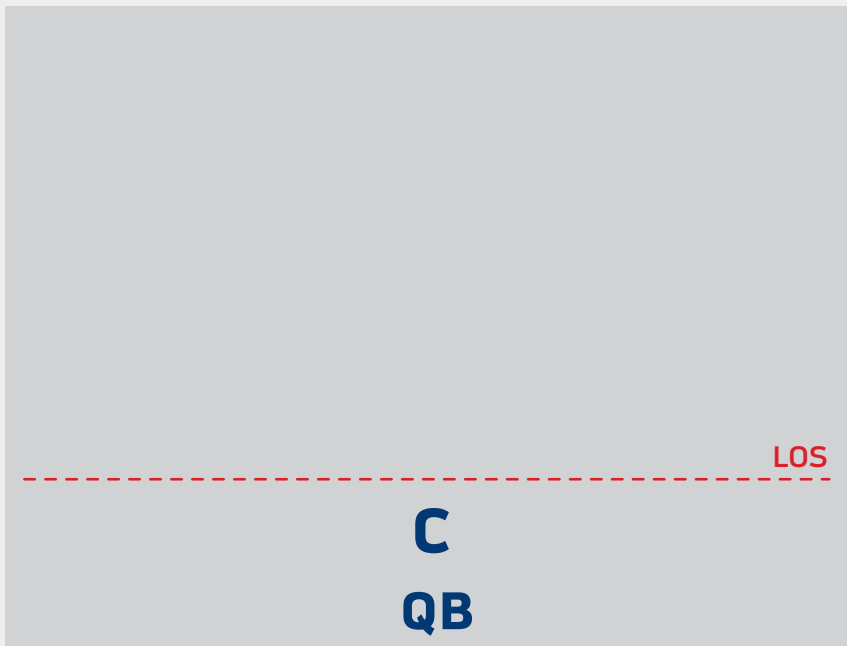




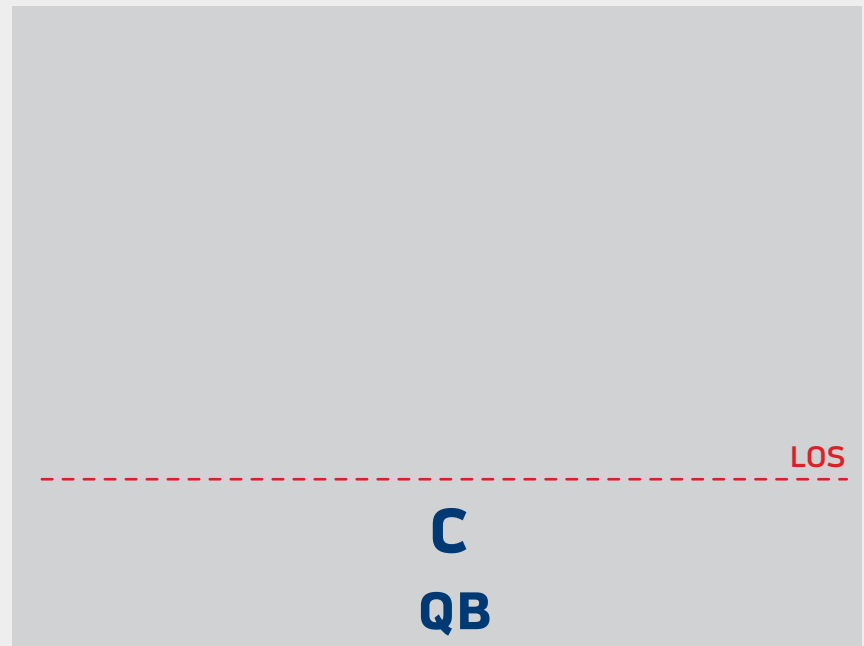
A large gray rectangular area representing a defensive play sheet. A horizontal red dashed line is positioned near the bottom. The text "LOS" is written in red at the right end of this line. Below the line, the letters "C" and "QB" are printed in blue, stacked vertically.



A large gray rectangular area representing a defensive play sheet. A horizontal red dashed line is positioned near the bottom. The text "LOS" is written in red at the right end of this line. Below the line, the letters "C" and "QB" are printed in blue, stacked vertically.



A large gray rectangular area representing a defensive play sheet. A horizontal red dashed line is positioned near the bottom. The text "LOS" is written in red at the right end of this line. Below the line, the letters "C" and "QB" are printed in blue, stacked vertically.



A large gray rectangular area representing a defensive play sheet. A horizontal red dashed line is positioned near the bottom. The text "LOS" is written in red at the right end of this line. Below the line, the letters "C" and "QB" are printed in blue, stacked vertically.