

Put the Rocket into the Spread Gun Wing-T

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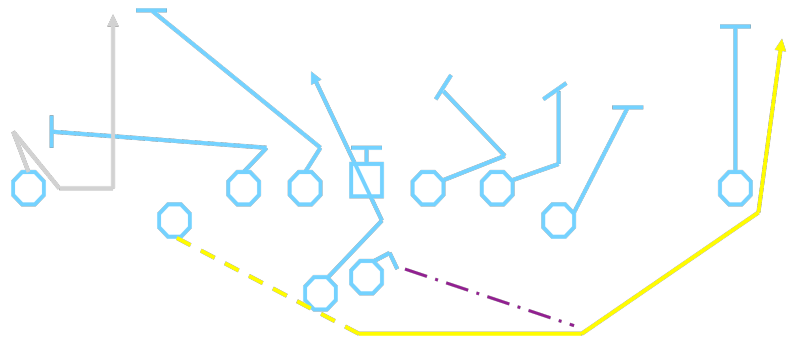


•What is the Rocket?

- The Rocket is a quick toss to a back, either in motion or in an offset alignment; with the goal to get outside quickly.
- Best way to stretch the defense horizontally.
- A play that will neutralize a better defensive line because no is blocked in the A or B gaps.

•Why add the Rocket to the Spread Gun Wing-T?

- Limits the defense's willingness to blitz inside because they give up defenders.
- Gives us an immediate outside run play that forces defenses to defend it.
- Opens up the Counter & Play-Action game even more.
- Can use a 2 in 1 play concept with it.
- Can be run out of any Spread set.



General Rules

Playside WR: Stalk block #1

Playside HB: Reach block #2, stay engaged

Tailback: Fake Trap, run through A gap

BS HB: Full-speed motion to 1-yard behind TB, stay parallel to LOS until you catch ball

QB: Take pigeon-toed jab step as you get snap, turn and dead pitch ball to playside number of Halfback.

BS WR: 3 quick steps upfield, retrace back, throttle behind and parallel to LOS, catch ball and read Guard's block on #2 from sideline.

PST: Pull around DE & Wall off LB or Safety

PSG: Pull around DT and wall off Inside LB

C: Focus on a perfect snap, especially on this play...because Center is non-factor on both the Rocket & WR screen.

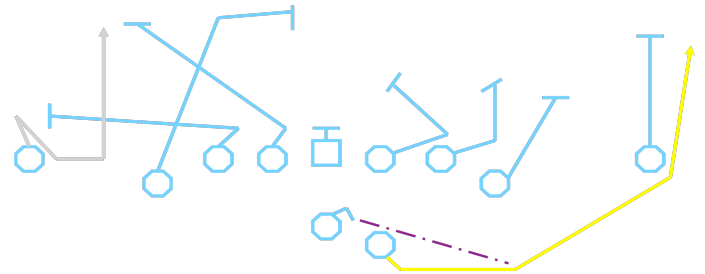
BSG: Two quick steps playside, block #2 from sideline.

BST: Two quick steps playside, block #1 from sideline.

Rule Changes for No-Motion Rocket (Spread or Trips)

BS Halfback: Take-block the Free Safety.

TB: Align playside, get into Rocket path fast, get to the sideline.

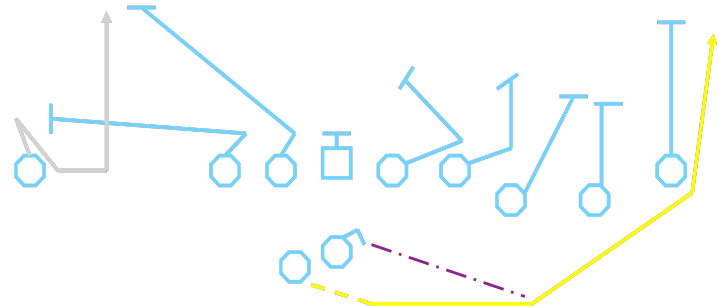


Rule Changes for 3x1 Rocket (Trips)

TB: Goes in short motion, gets the Rocket Toss.

Slot WR: Blocks #2 from sideline.

PS Halfback: Blocks #3 from sideline.



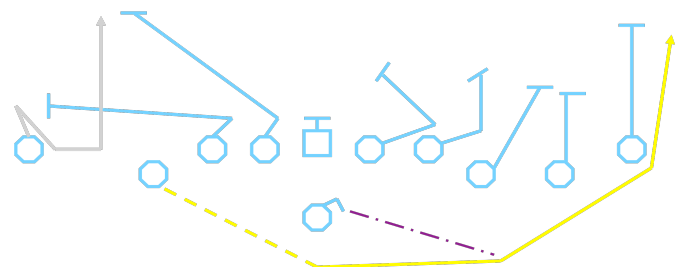
Rule Changes for 3x2 Rocket (Empty)

BS Halfback: Goes in full motion, gets the Rocket Toss.

PS WR, Slot, PS HB: Block 1, 2, 3 from sideline

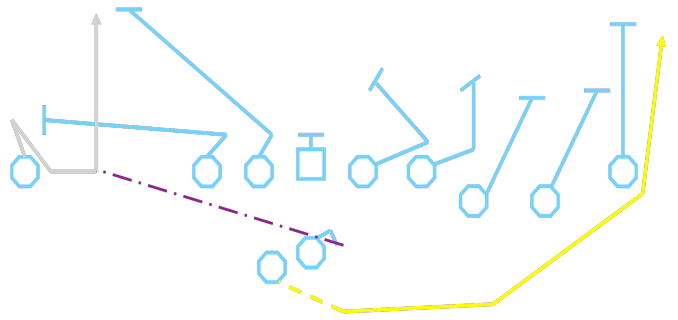
BS Halfback: Goes in full motion, gets the Rocket Toss.

PS WR, Slot, PS HB: Block 1, 2, 3 from sideline



Backside Wide Receiver Screen

- On any given Rocket, the QB checks the Coach for a signal to throw the WR Screen.
- The only person who needs to know is the Quarterback.
- WR Screen is a good call when:
 - We have a speed or size mismatch with our WR.
 - They have too many defenders playside or we have poor angles. We cannot physically block the OLB with our Halfback to the Rocket side.



Screens & Rockets Drill

Field Setup

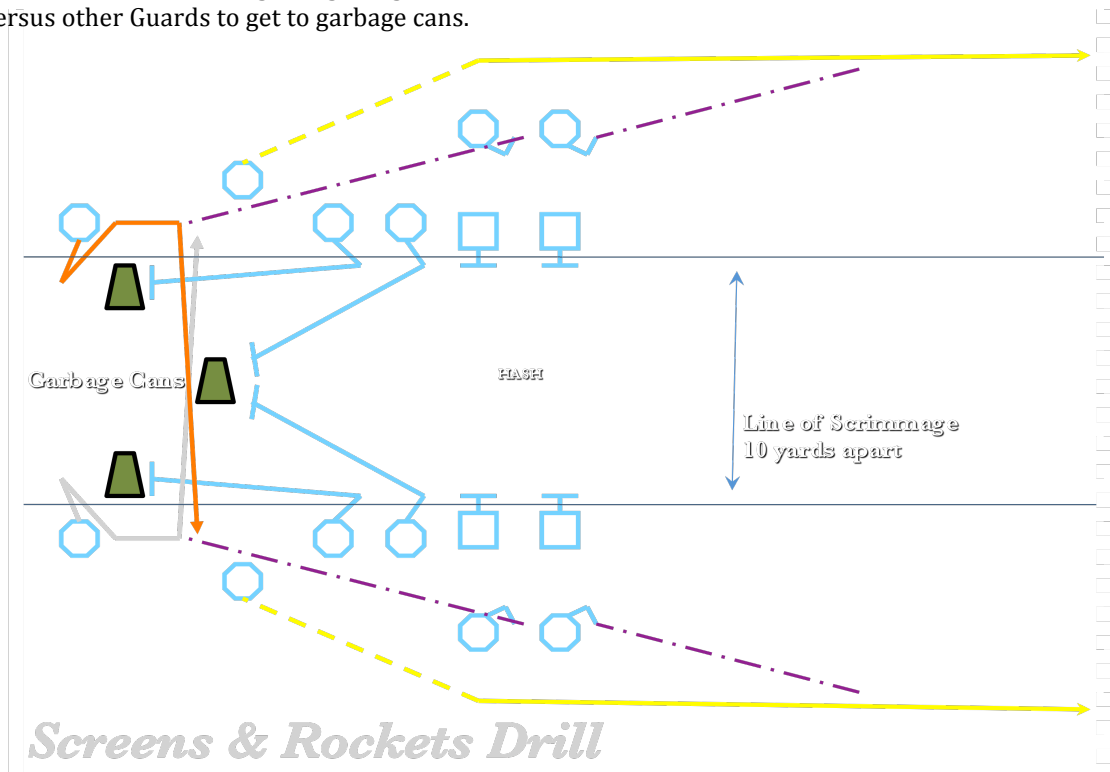
- Need at least 8 footballs, preferably 12.
- Need three garbage cans OR coaches/managers holding shields to give linemen a target for their screen blocks.
- Need a coach on the far Hash to determine "Rocket Race" winner.
- Need a coach on the WR sideline, to determine which WR's wins their battle.
- Any extra coaches or managers, use them as "Rush DE's" to annoy or block the QB's vision who is throwing the screen.

Player Setup

- Left side of offense goes on one side, right side of offense goes on the other side.
- Setup on the hash mark, to the short side of the field.
- Combine JV & Varsity teams if needed.
- Need four centers, four QB's, two Guards, two, Tackles, two WR's, and two ball carriers at a time.
- All ball carriers & WR's must run the football back to the nest and stay out of the drill.
- Any mistakes in technique or execution is 10 pushups.
- Any loss to your competitor is also 10 pushups.

Competition Factor

- Rocket QB's compete against other QB's by getting their back a perfect pitch.
- QB's throwing Screen compete against other QB by making a good fake and perfect throw.
- Ball carriers compete to catch the Rocket and be the first one across the opposite hash mark.
- WR's work to catch the ball and beat the other WR 10 yards downfield.
- Tackles work versus other Tackles to get to garbage cans.
- Guards work versus other Guards to get to garbage cans.



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