RRQB
TRAINING

THUNDER

THUNDER

7 ON 7 PLAYBOOK

CROSS

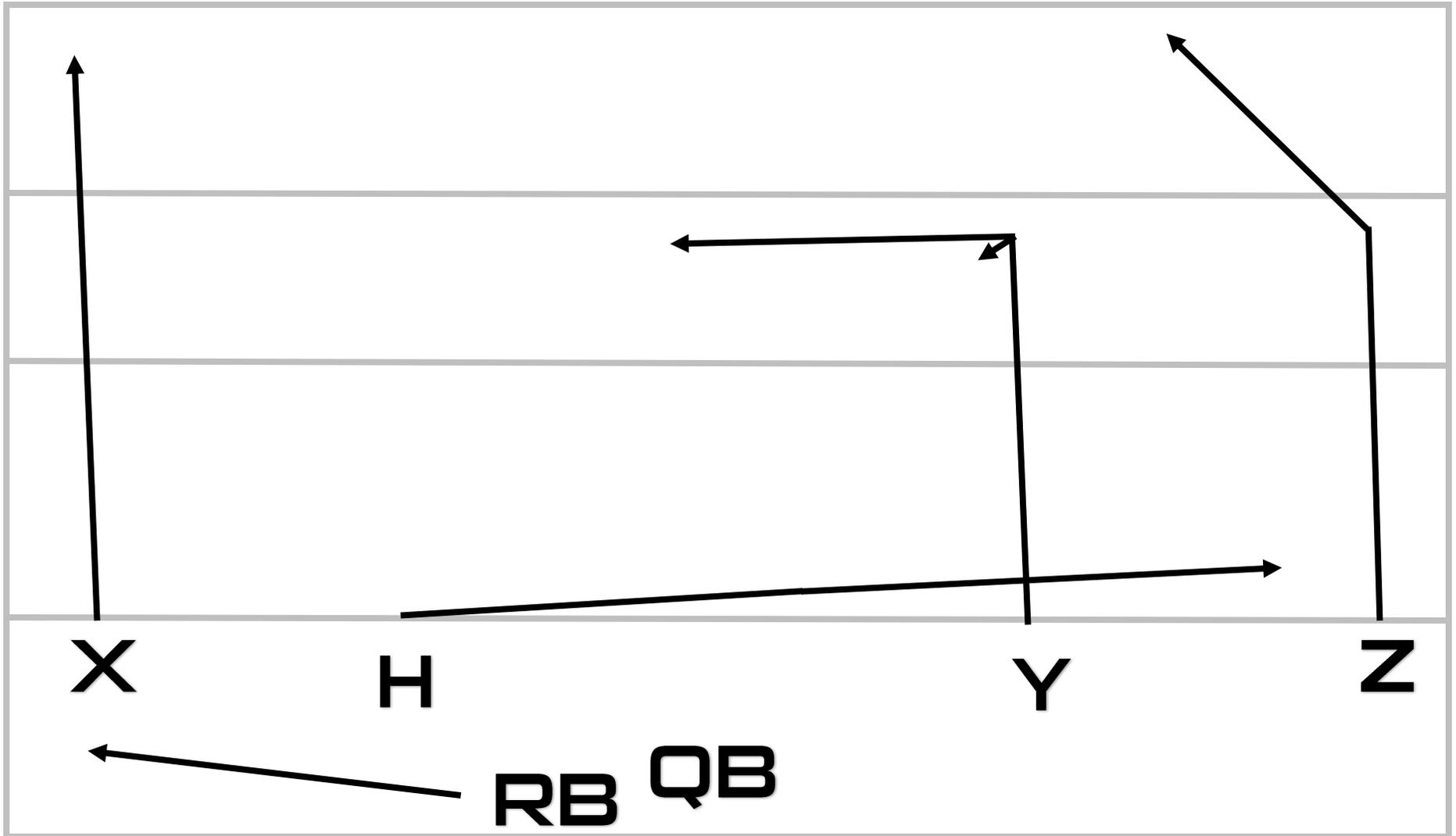**QB PROGRESSION: FADE, QUICK OUT, CROSS, POST DIG, SWING**

X   H   Y   Z

QB   RB

1
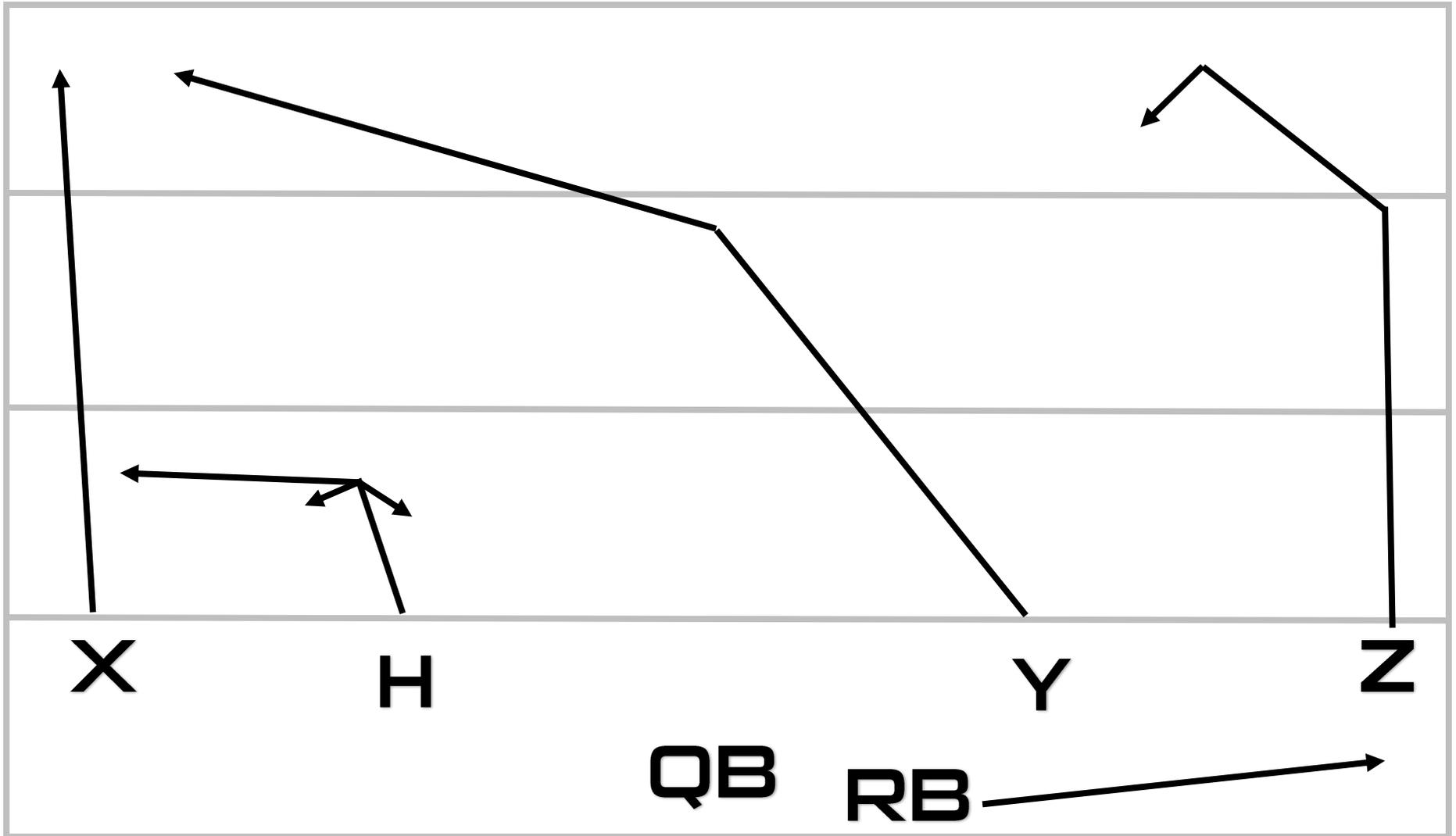
CROSS FLIP

QB PROGRESSION: FADE, QUICK OUT, CROSS, POST DIG, SWING

X   H   Y   Z

RB   QB

SMASH

QB PROGRESSION: SLANT SIT, CORNER, RB SEAM (COULD TAG DELAY --- TO X OR Z)

X   H   Y   Z
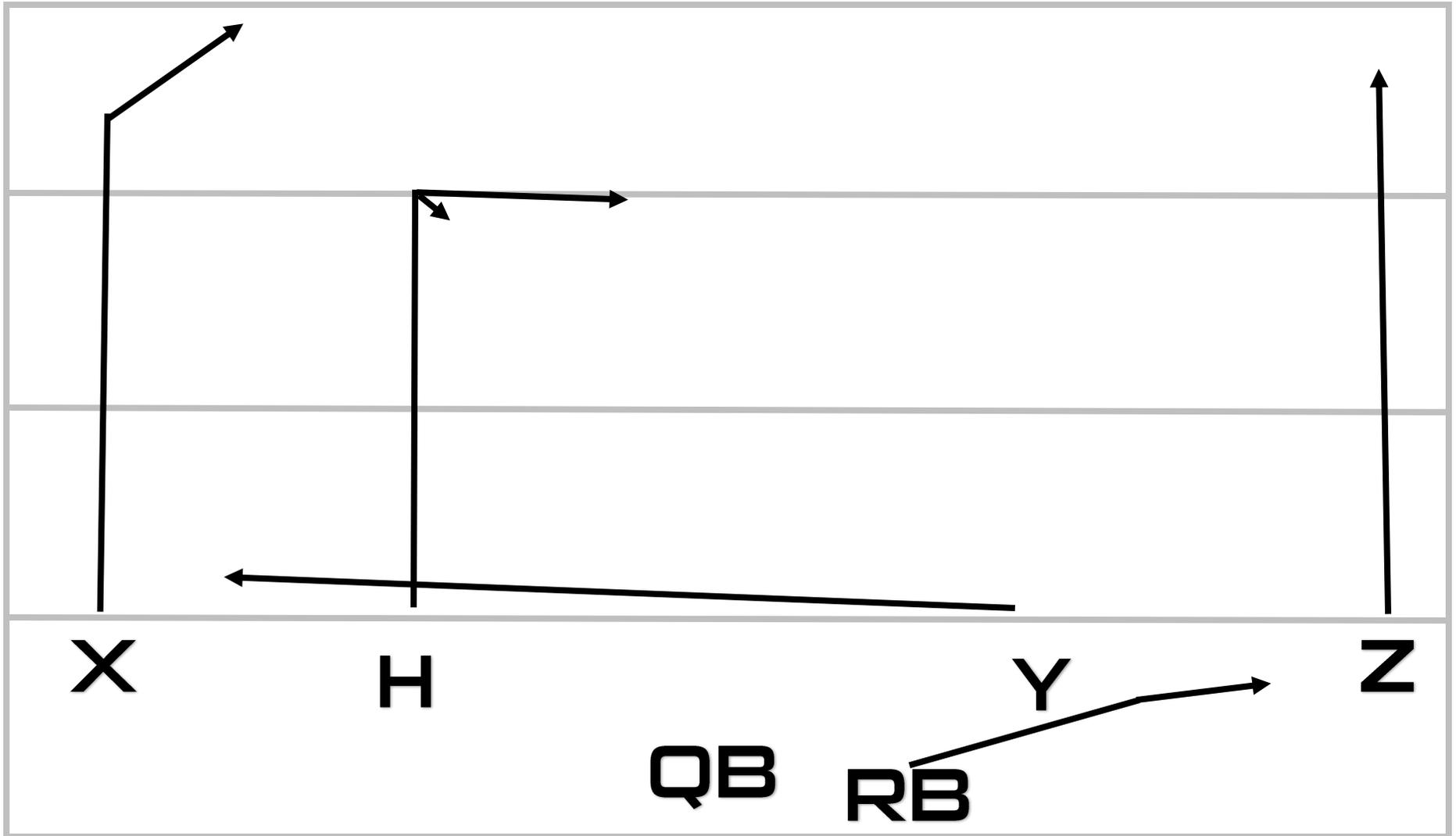
QB   RB

BOX

QB PROGRESSION: HIGH LOW (POST, DIG, SHALLOW) LOW HIGH (SHALLOW, DIG, SWING)

X   H   Y   Z

RB QB

BOX FLIP

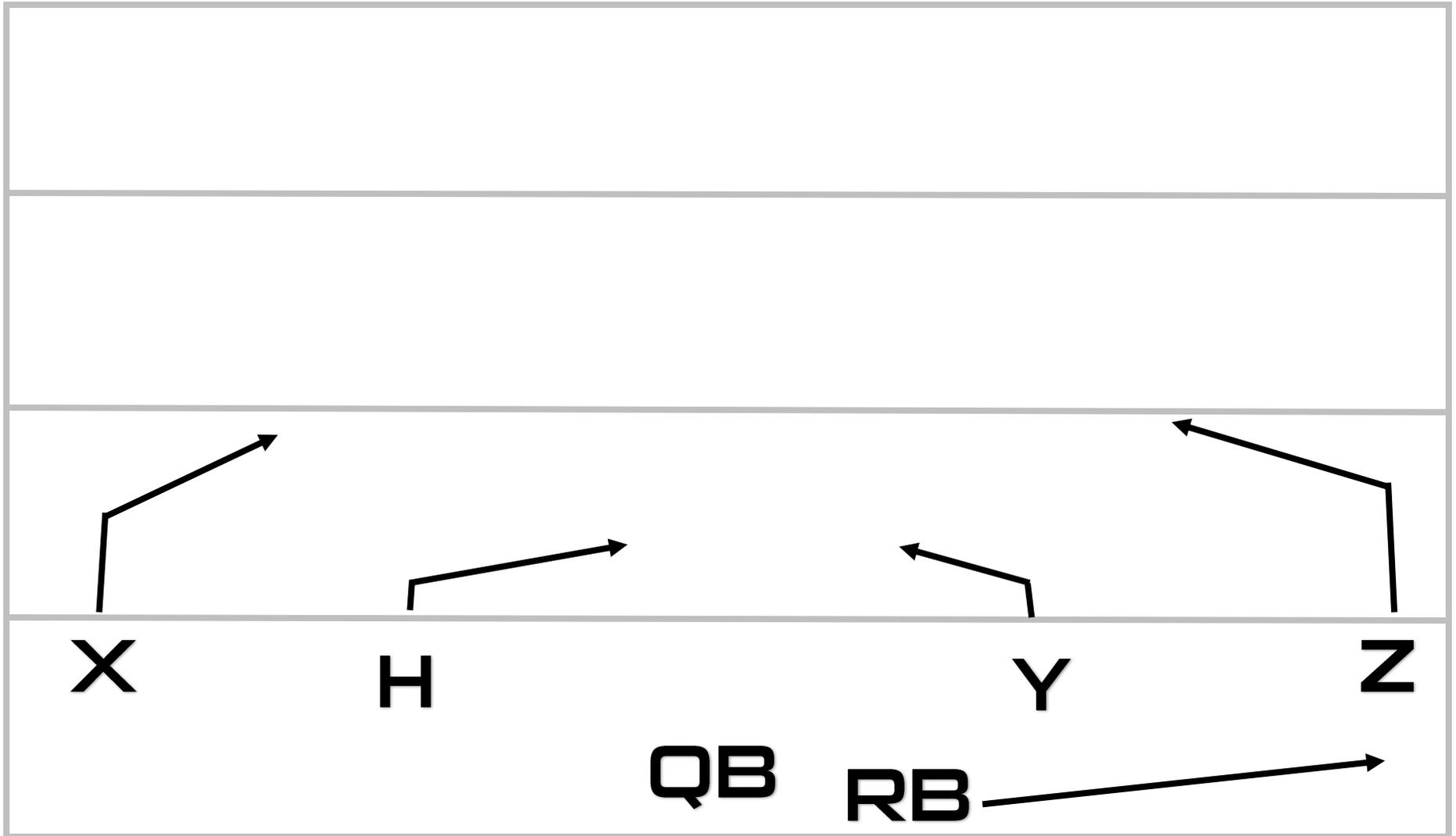QB PROGRESSION: HIGH LOW (POST, DIG, SHALLOW) LOW HIGH (SHALLOW, DIG, SWING)

X   H   Y   Z

QB   RB

SLANTS
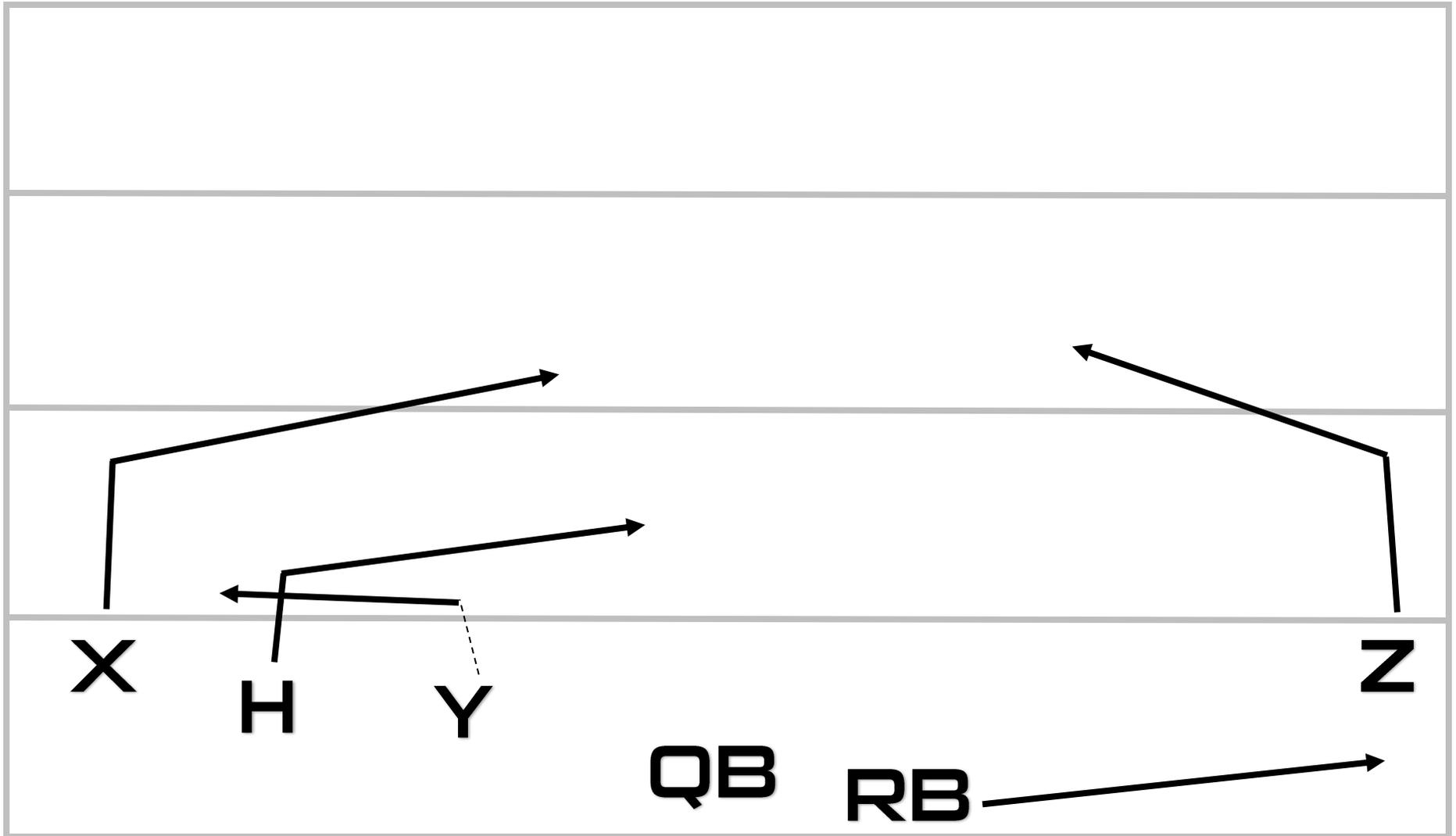
QB PROGRESSION: INSIDE SLANT TO OUTSIDE SLANT TO SWING
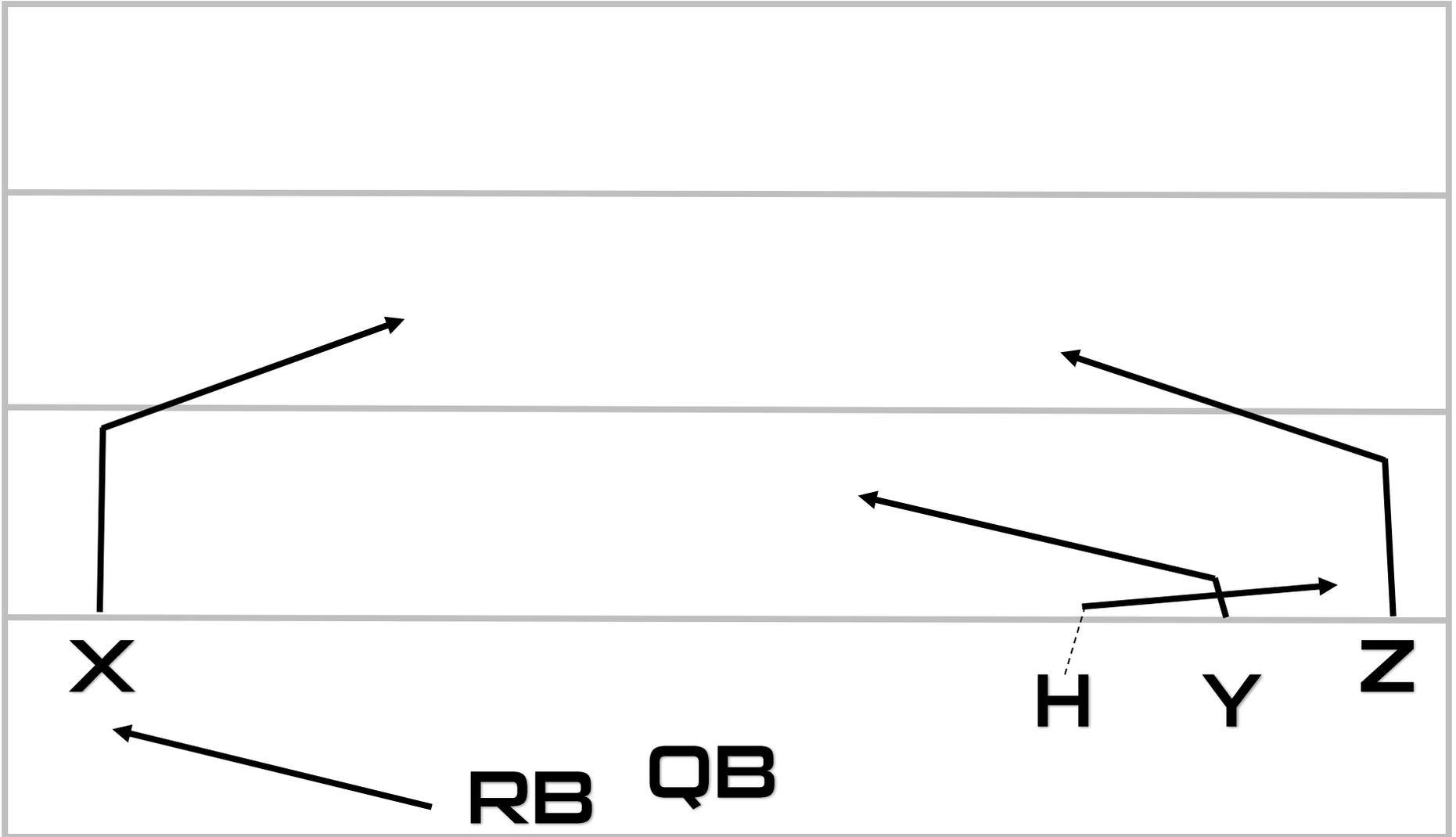

X   H   Y   Z

QB   RB

TRIPS LEFT DELAY

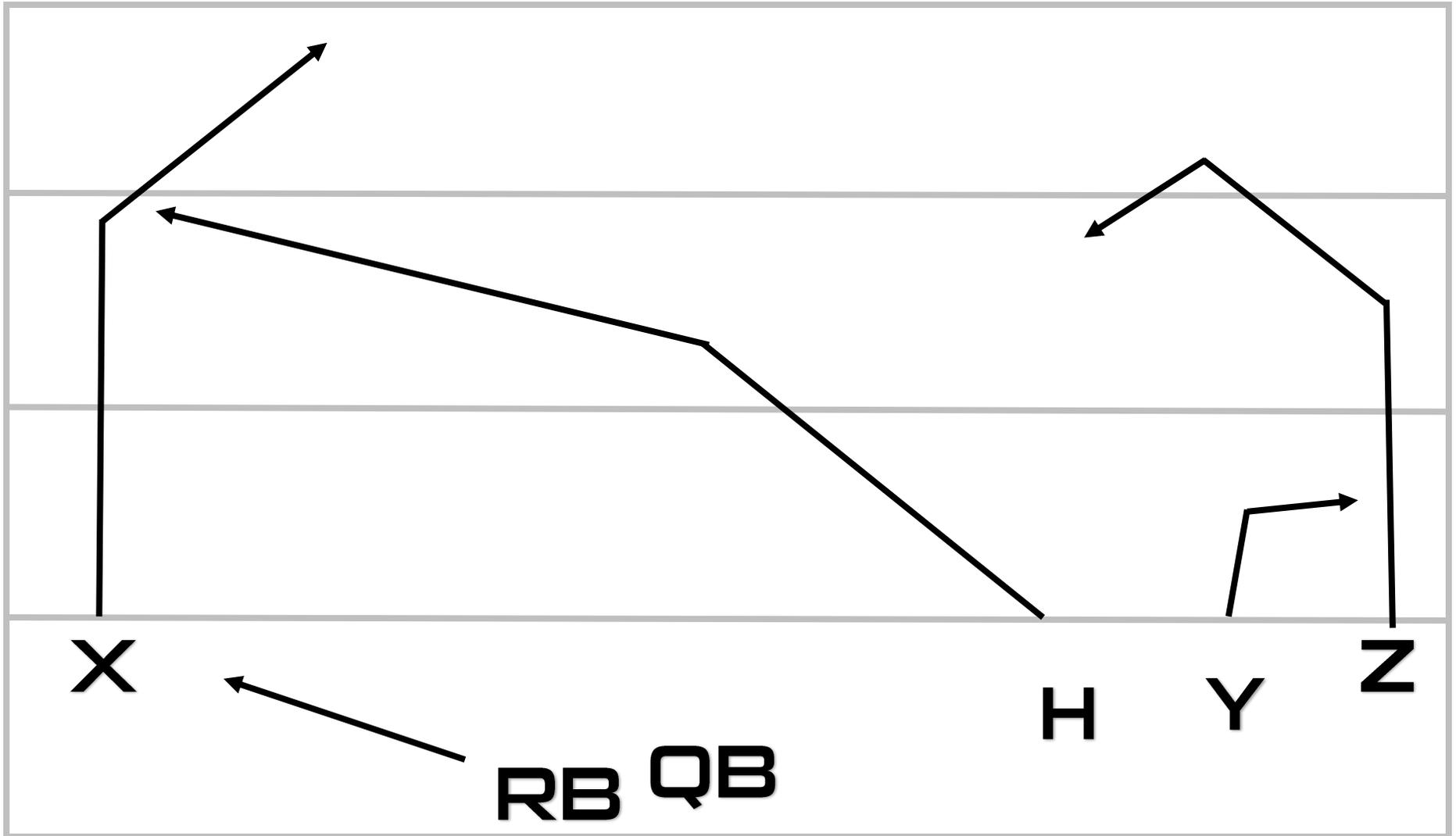*QB PROGRESSION: PUMP SLANTS AND LOOK DELAY TO SWING*

X   H   Y   Z

QB   RB

TRIPS RIGHT DELAY

QB PROGRESSION: PUMP SLANTS AND LOOK DELAY TO SWING
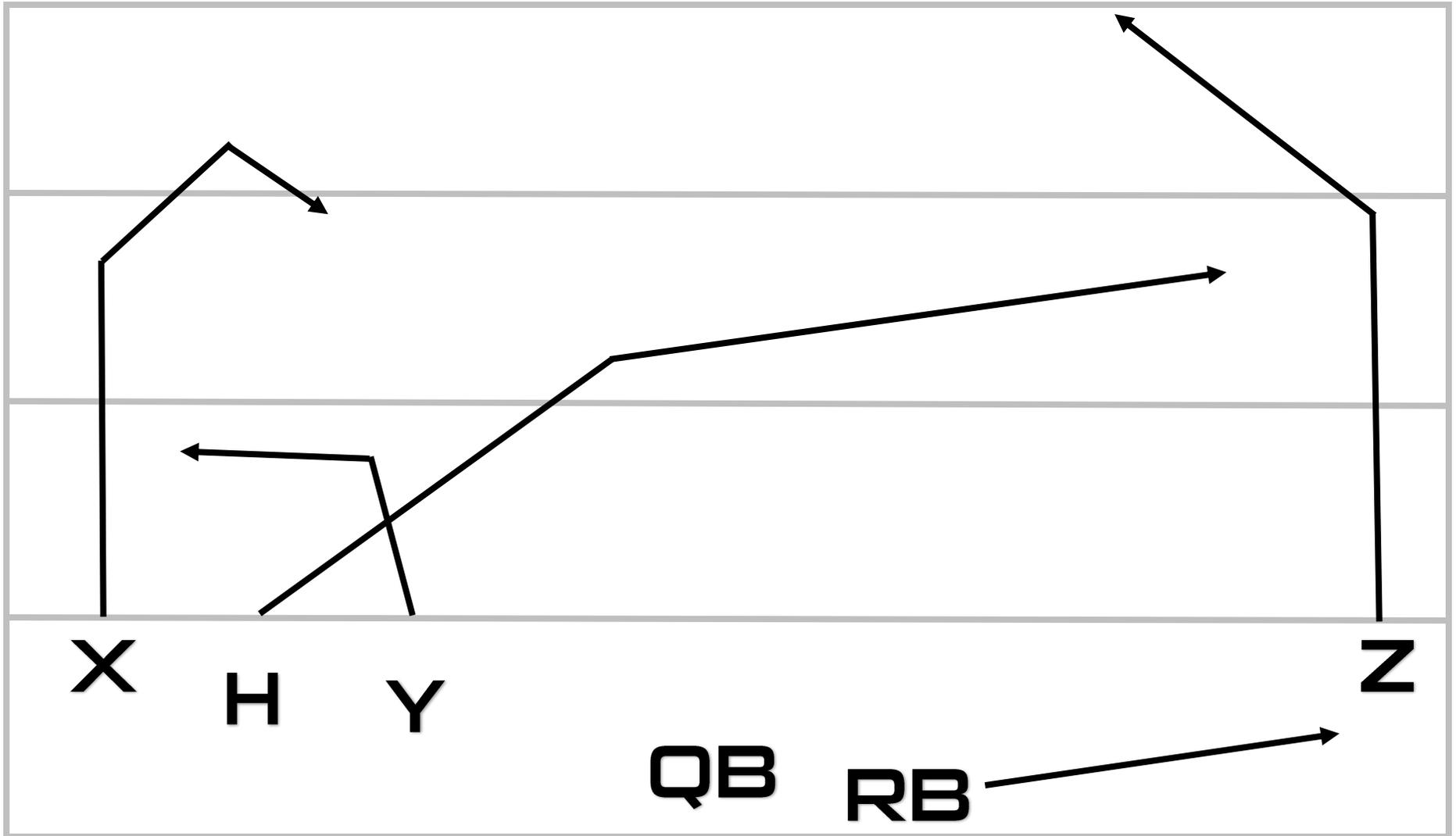
X

H Y Z

RB QB

TRIPS RIGHT CROSS

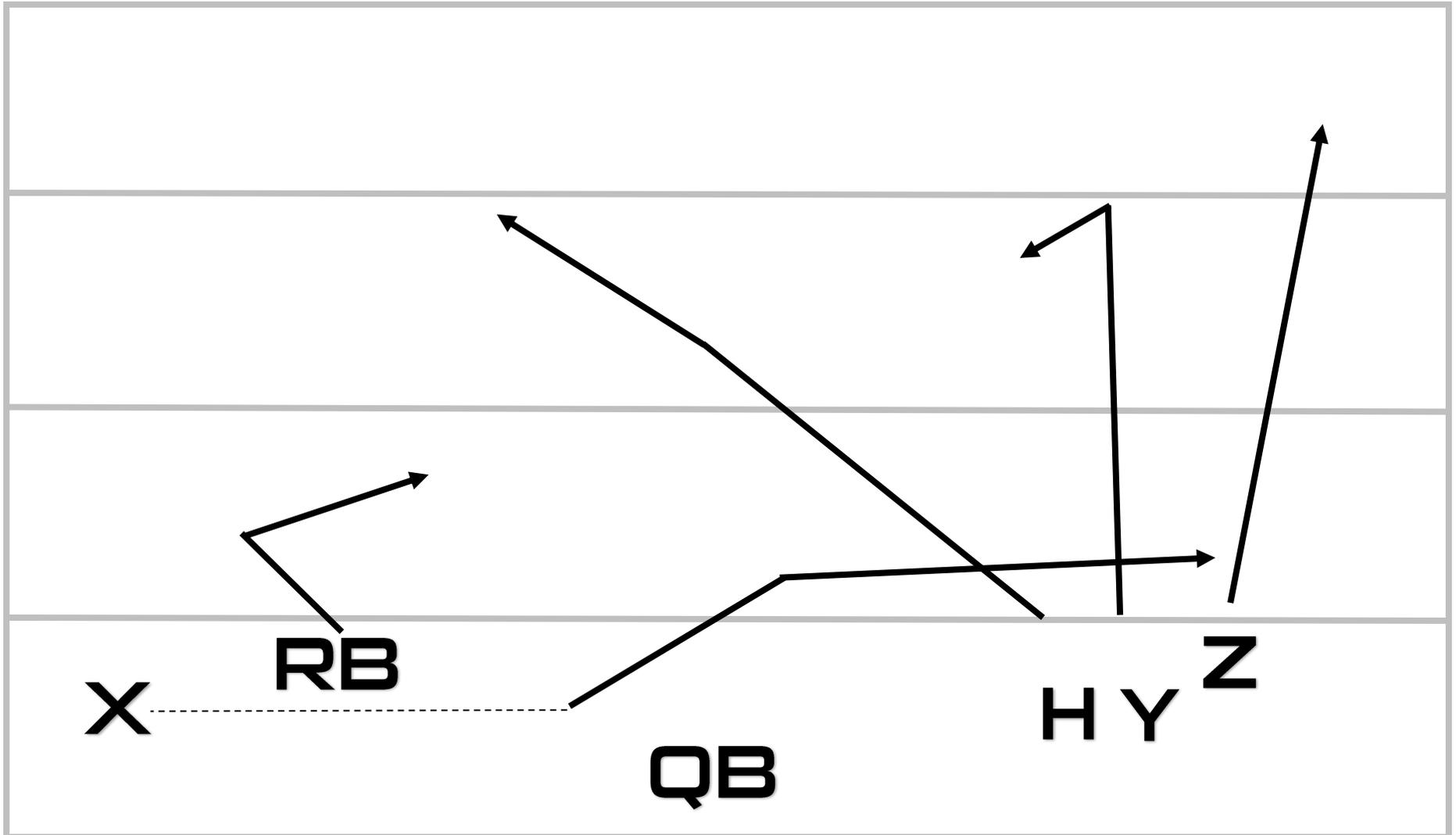QB PROGRESSION: PEEK POST, SWING, CROSS, POST CURL, SPEED OUT

X

RB QB

H Y Z

TRIPS LEFT CROSS
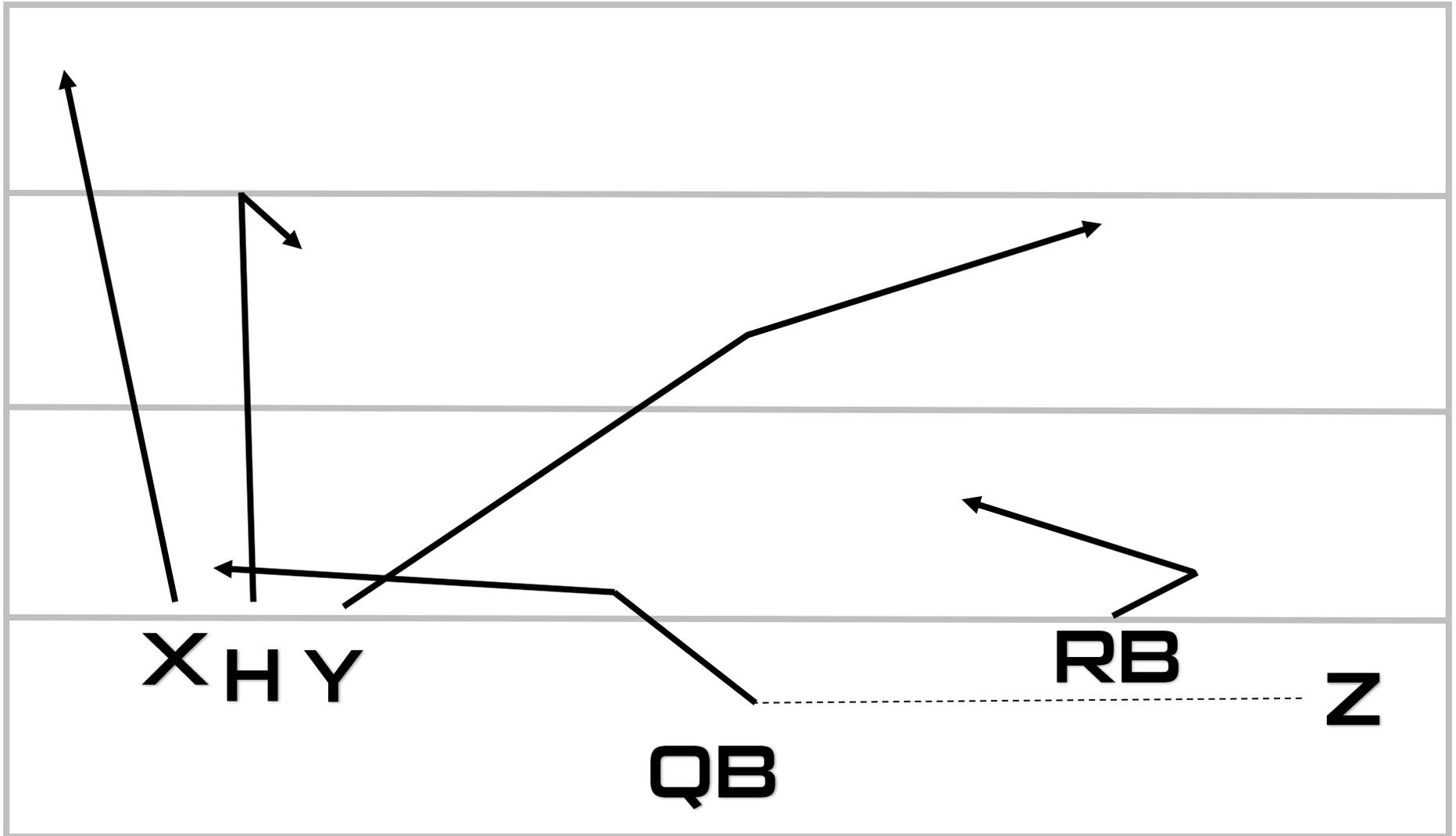
QB PROGRESSION: PEEK POST, SWING, CROSS, POST CURL, SPEED OUT

X

H   Y

QB   RB

Z

TRIPS RIGHT BUNCH
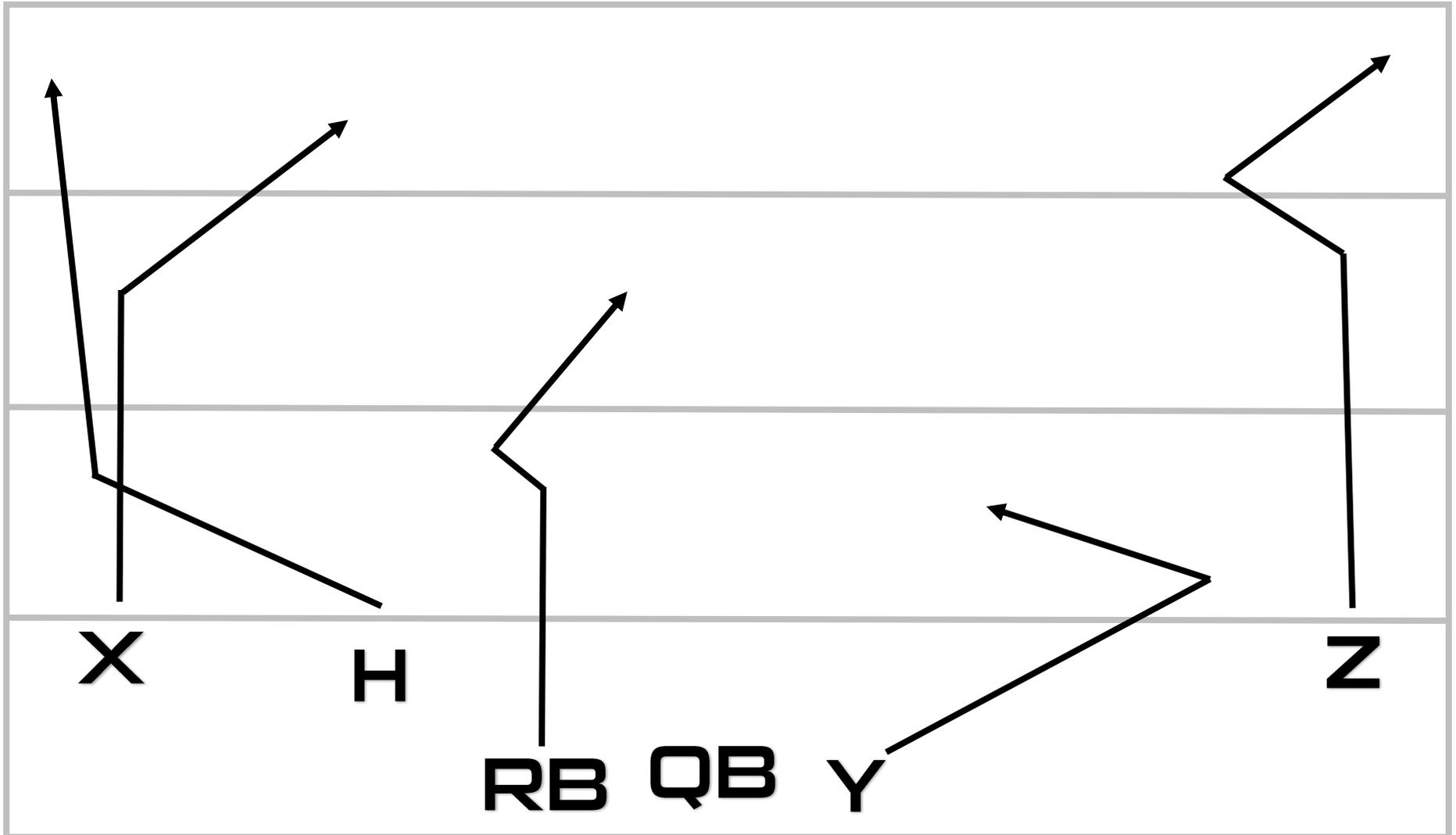
QB PROGRESSION: SHALLOW, CROSS, CURL, RB

RB

X

QB

H Y

Z

TRIPS LEFT BUNCH

QB PROGRESSION: SHALLOW, CROSS, CURL, RB

X H Y

RB

Z

QB

FLEX CHILL

QB PROGRESSION: PUMP Z, LOOK X, TO Y

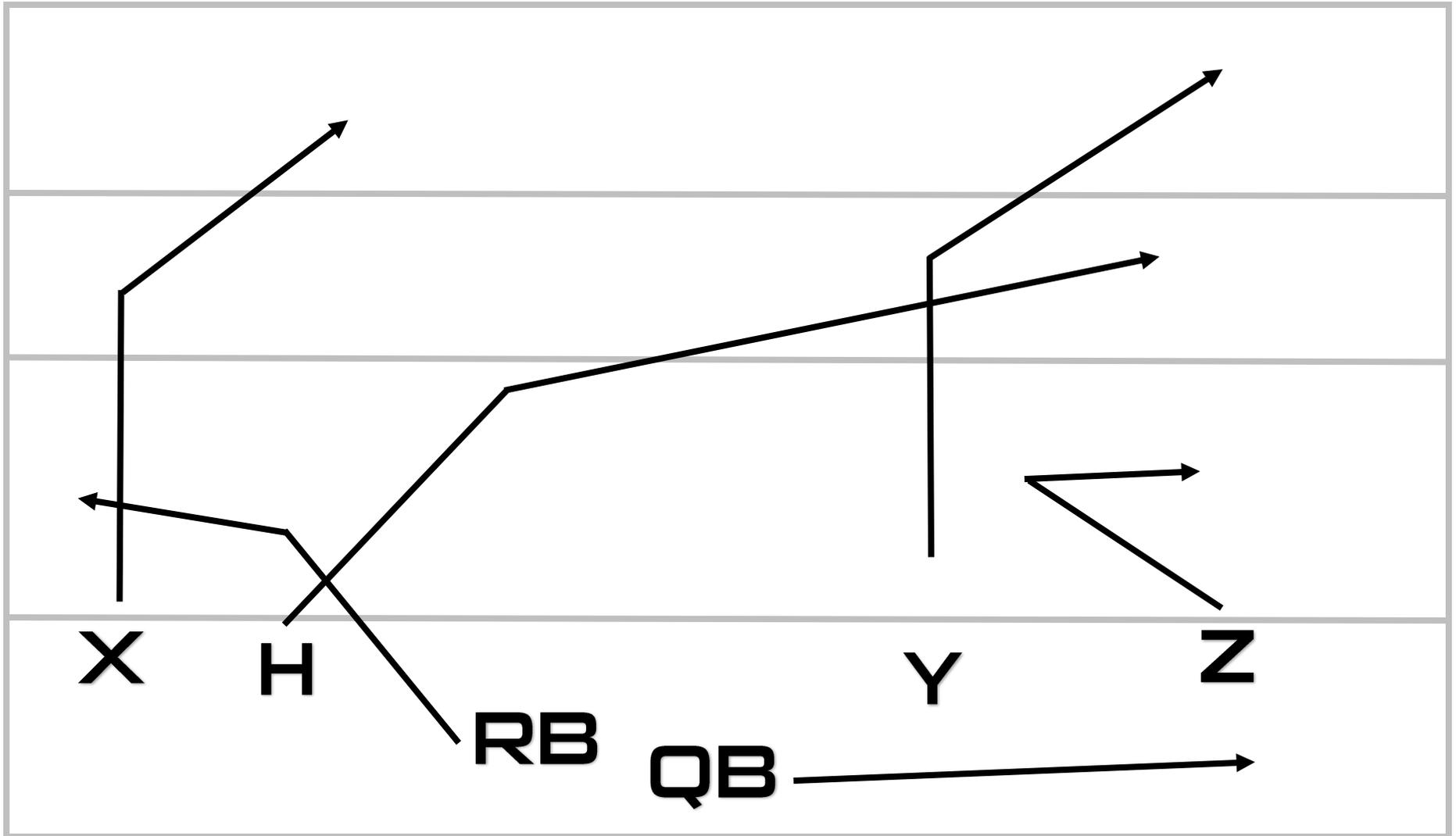X   H   RB QB   Y   Z

FLEX SWITCH

QB PROGRESSION: LEFT TO RIGHT (H, X, RB, Y, Z)

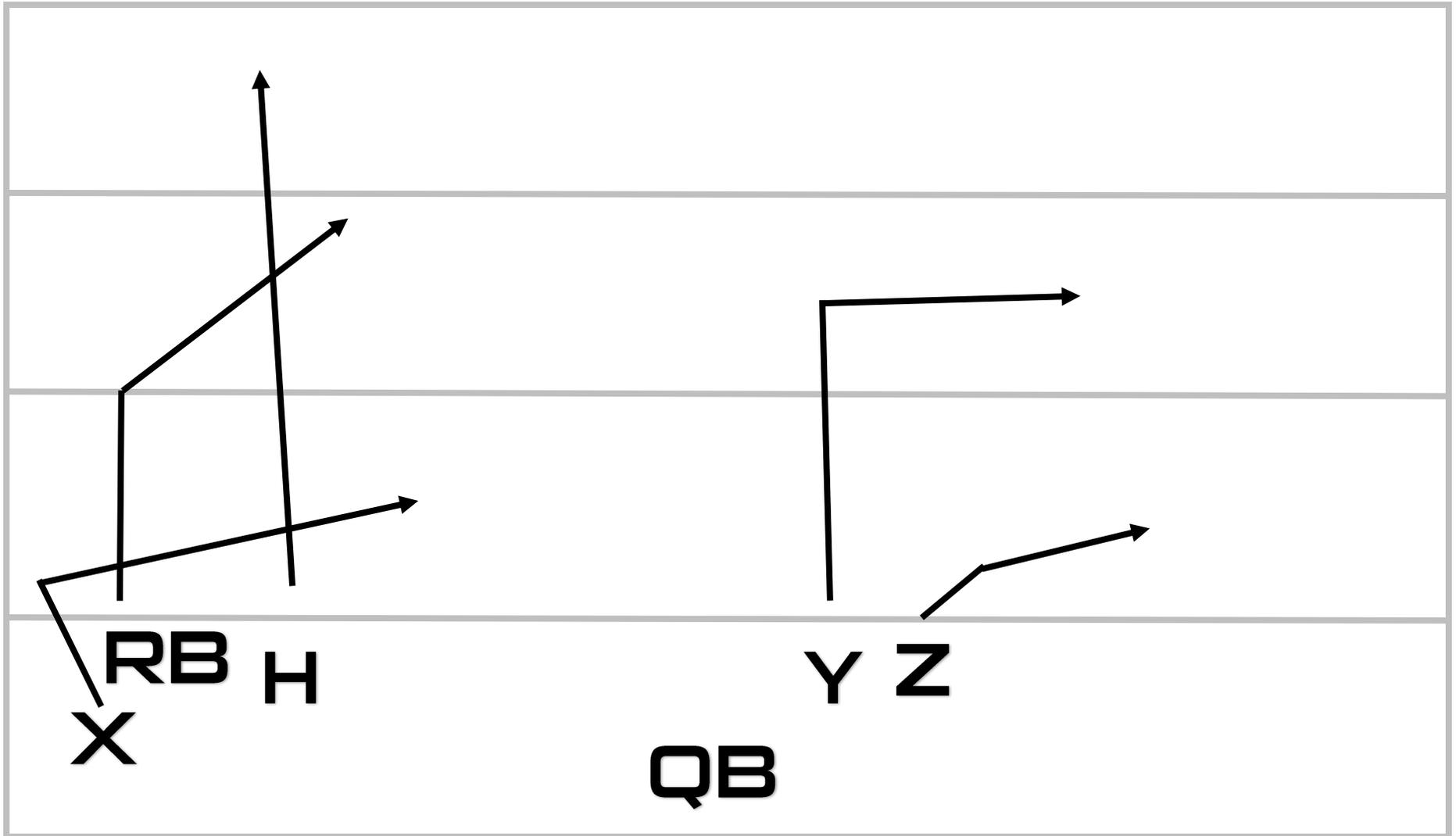# FLOW

QB PROGRESSION: Y CORNER, Z ZIG, BACKSIDE X POST)

X   H   Y   Z

RB   QB

STACK

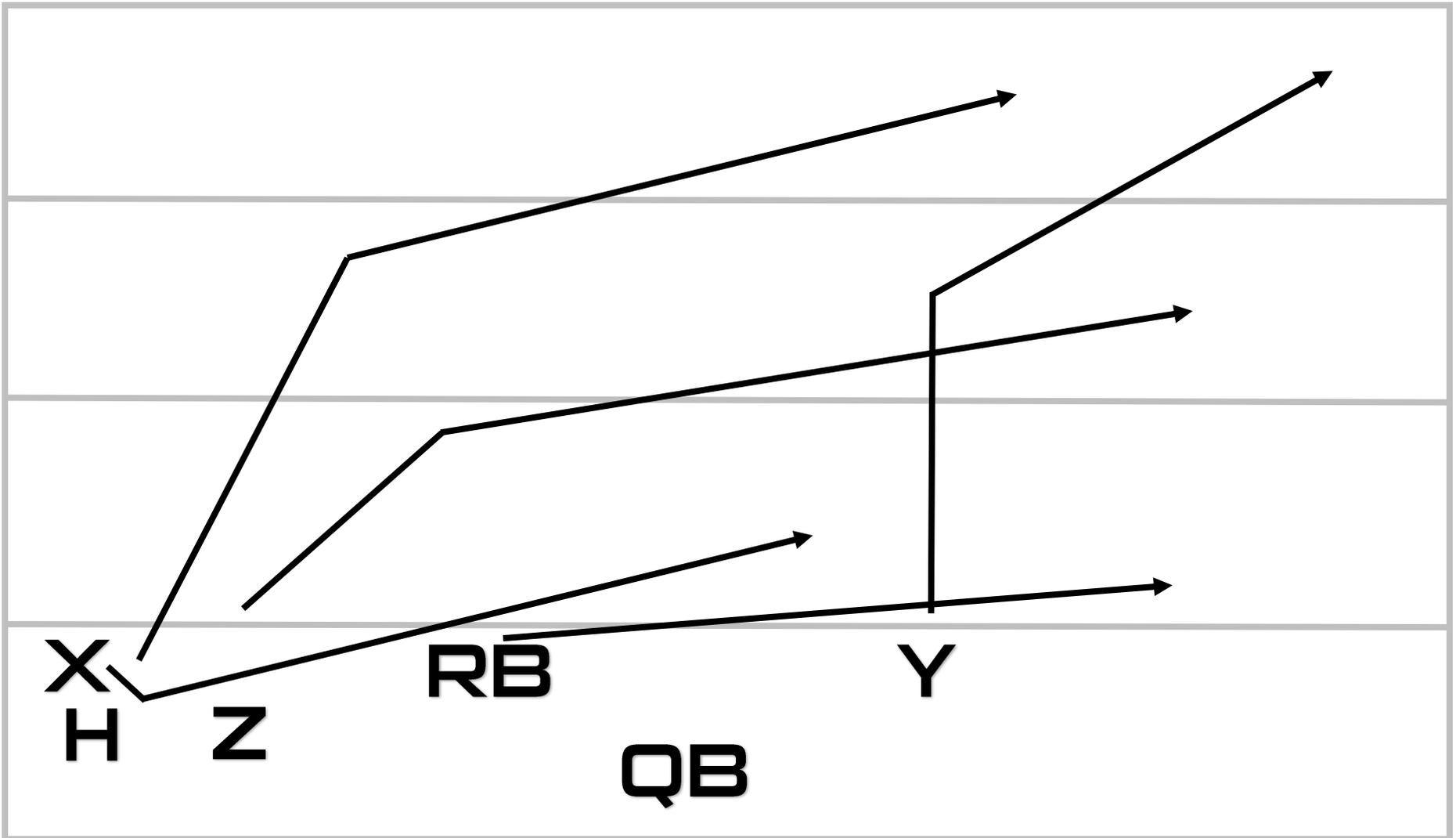QB PROGRESSION: X UNDERNEATH (WIDE OPEN EVERY TIME) Y TO THE OUT

RB H

X

Y Z

QB

QUADS

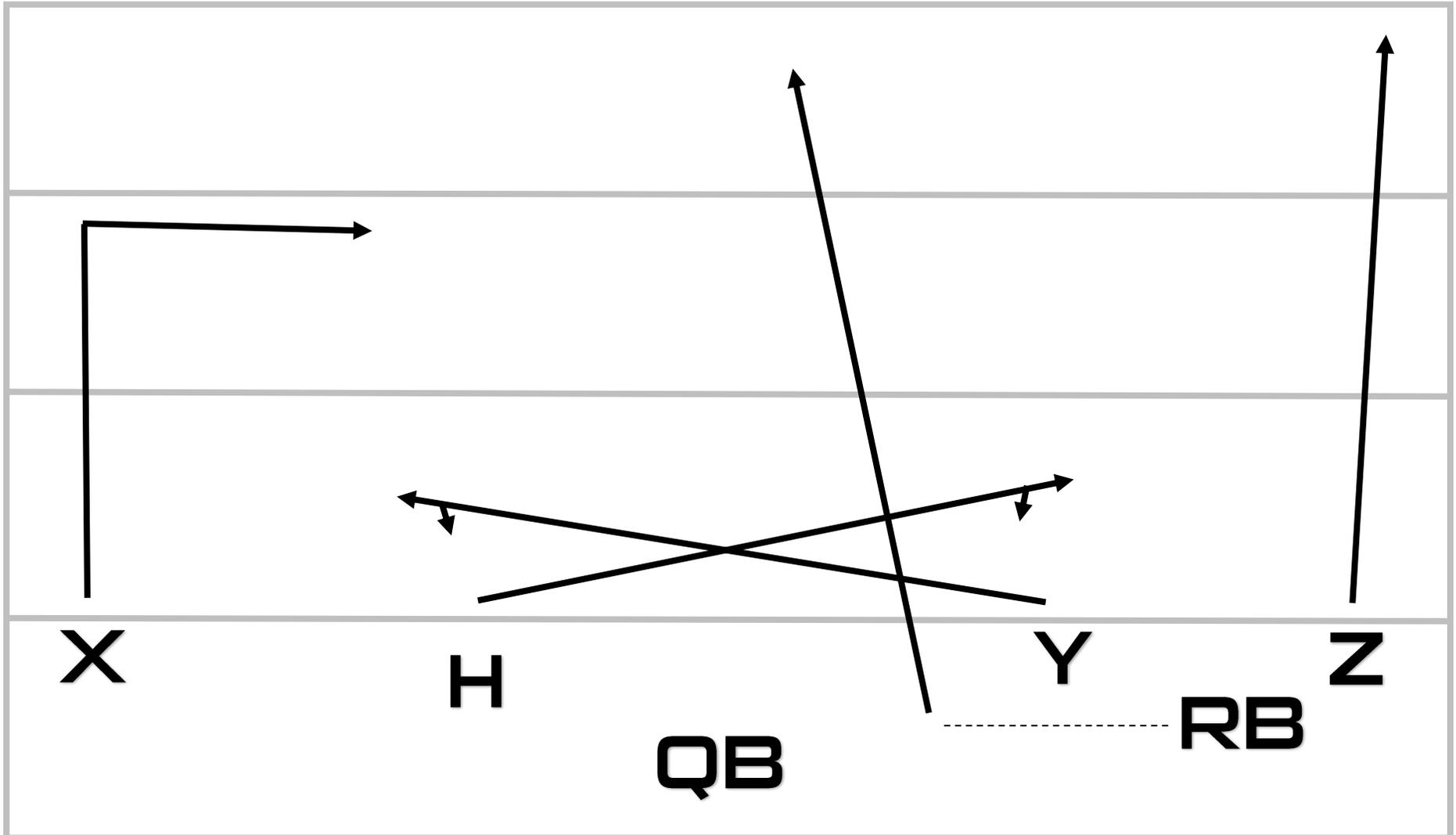QB PROGRESSION: LOOK AT X, STRAIGHT TO THE Z

X

H   Y   RB   Z

QB

UNDERNEATH

QB PROGRESSION: X UNDERNEATH, Y TO RUNNING BACK

X

H

Z

RB

Y

QB

MESH

QB PROGRESSION: LOOK Y TO H, PEAK RB, X FINAL READ

X   H   QB   Y   RB   Z

RB UNDER

QB PROGRESSION: LOOK FOR RB TO X UNDERNEATH

X

QB RB H Y Z

THUNDER
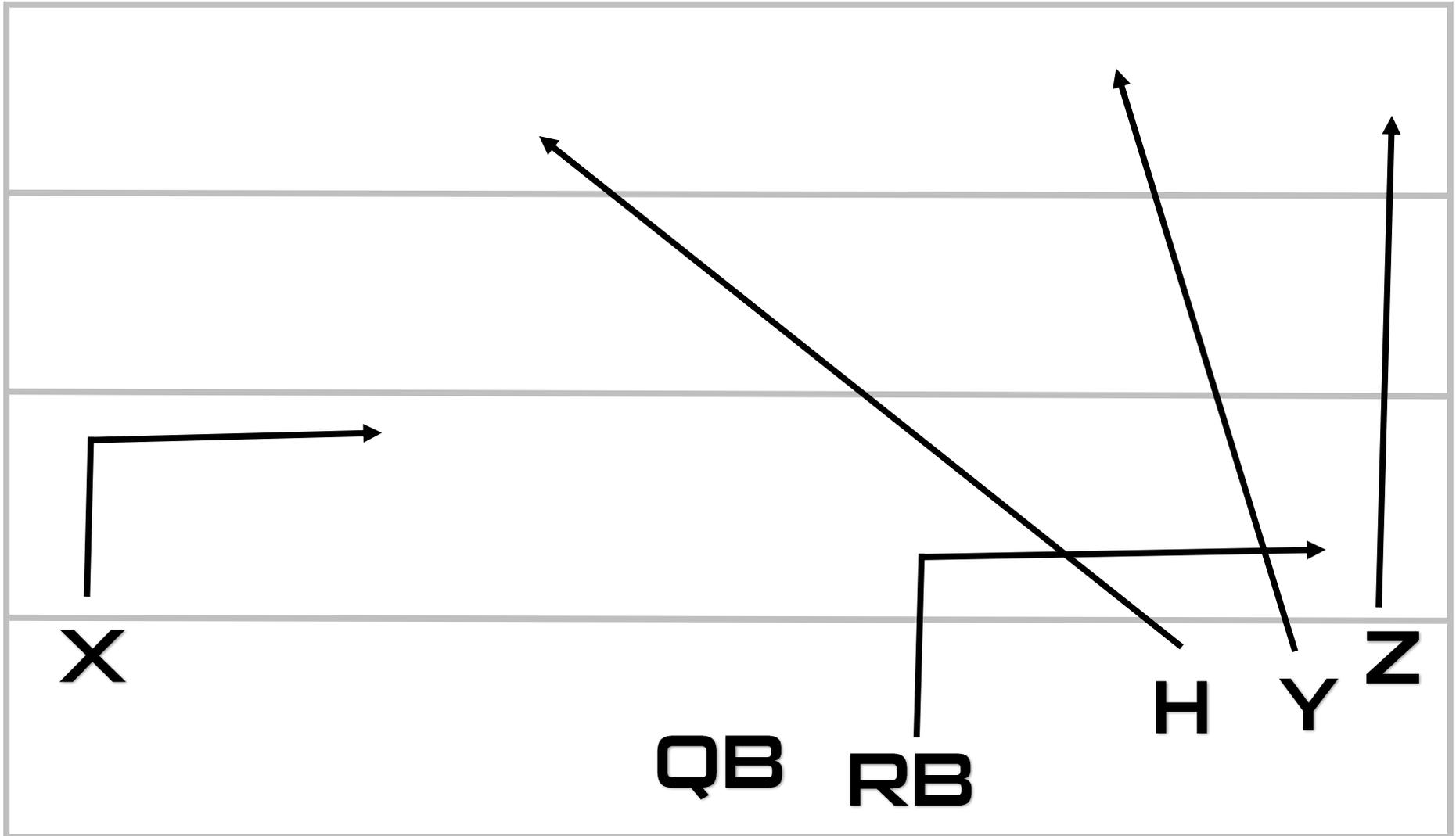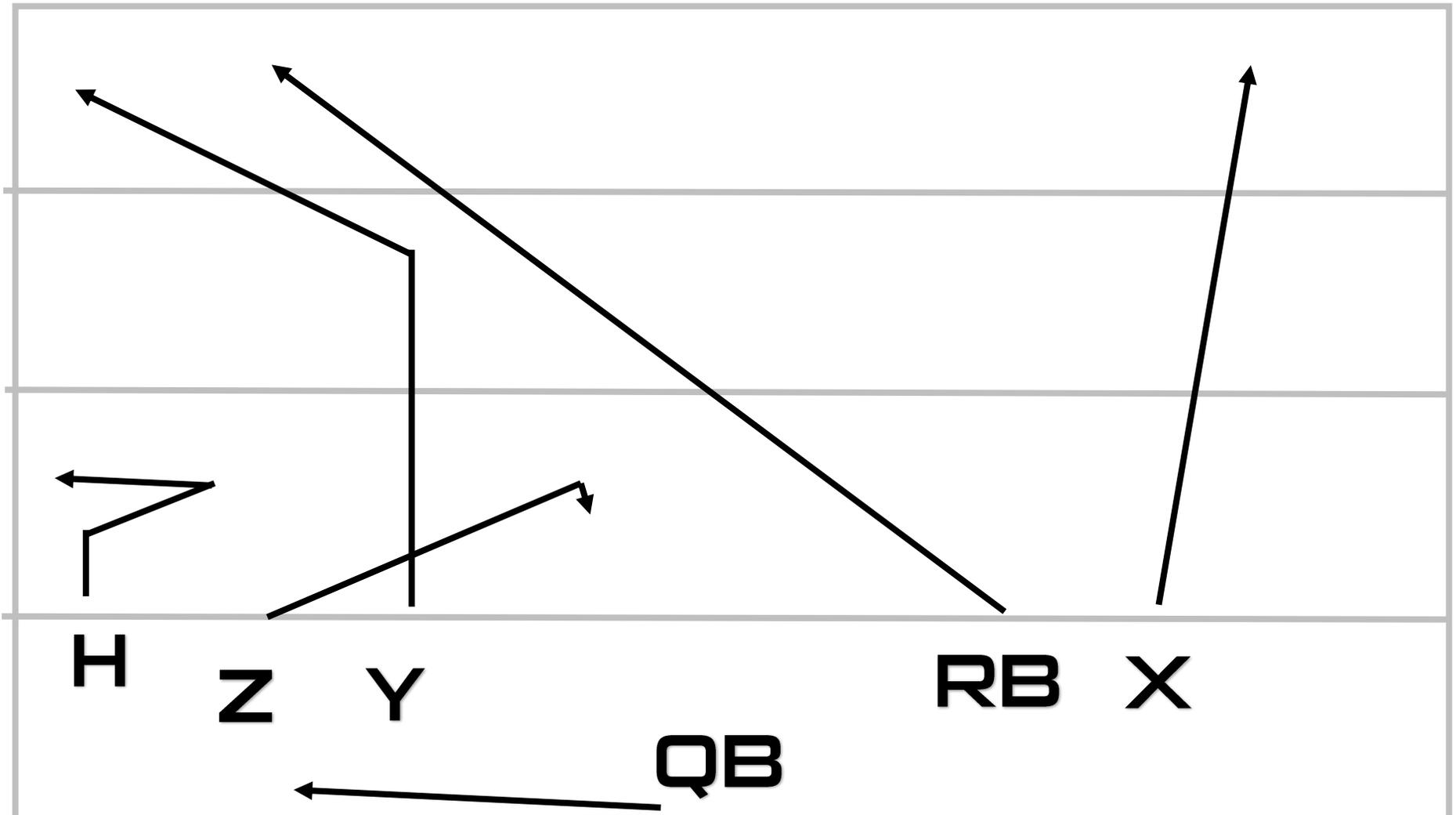
WHEEL

QB PROGRESSION: LOOK FOR Y, CHECKDOWN TO RB

X   H   Y   RB   Z

QB
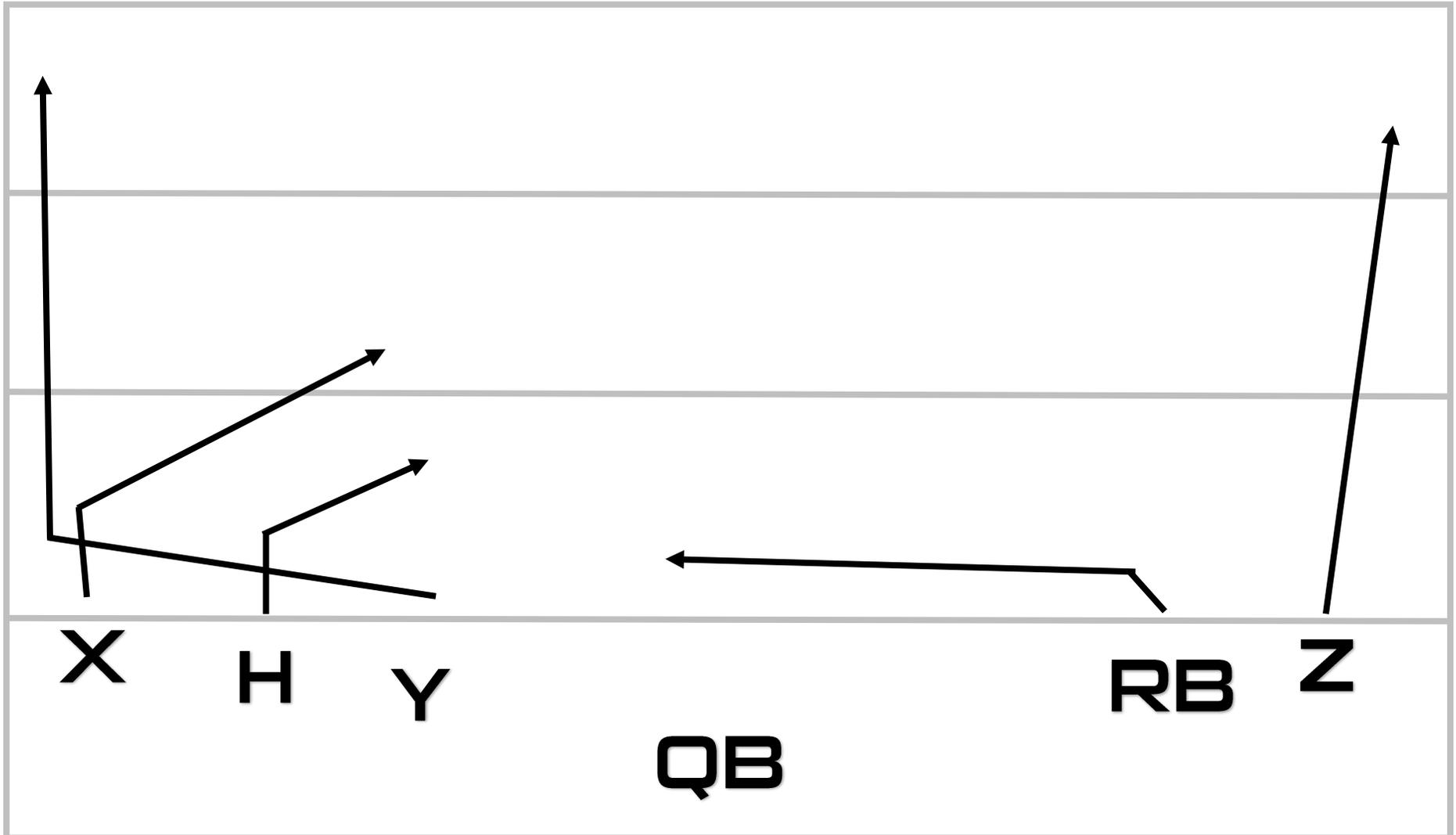
FLOW LEFT

QB PROGRESSION: ROLL OUT LEFT AND READ LOW TO HIGH

H   Z   Y   RB   X

QB

GOALLINE

QB PROGRESSION: LOOK FOR RB IN FLATS, THEN X TO Y
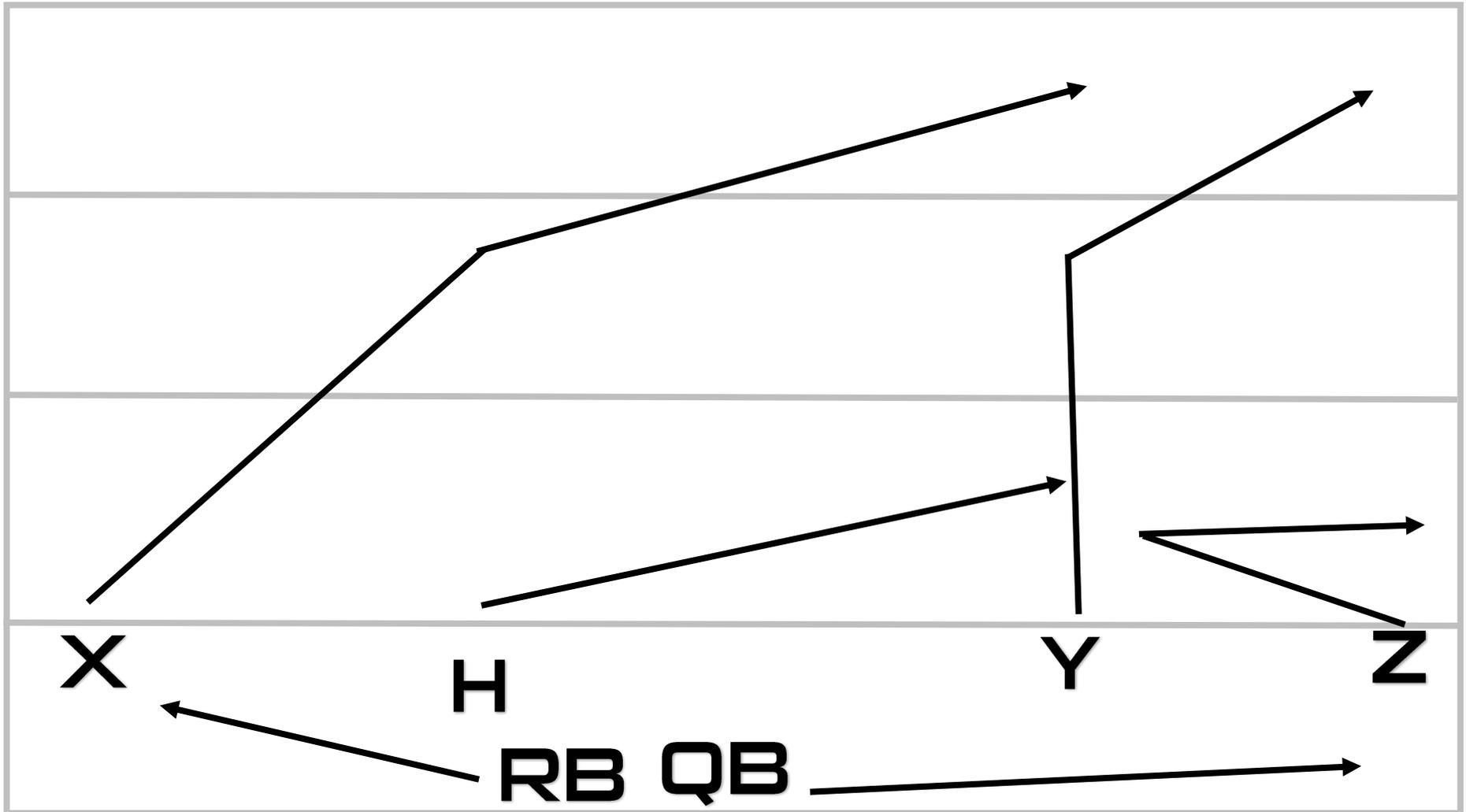
X   H   Y   Z

RB   QB
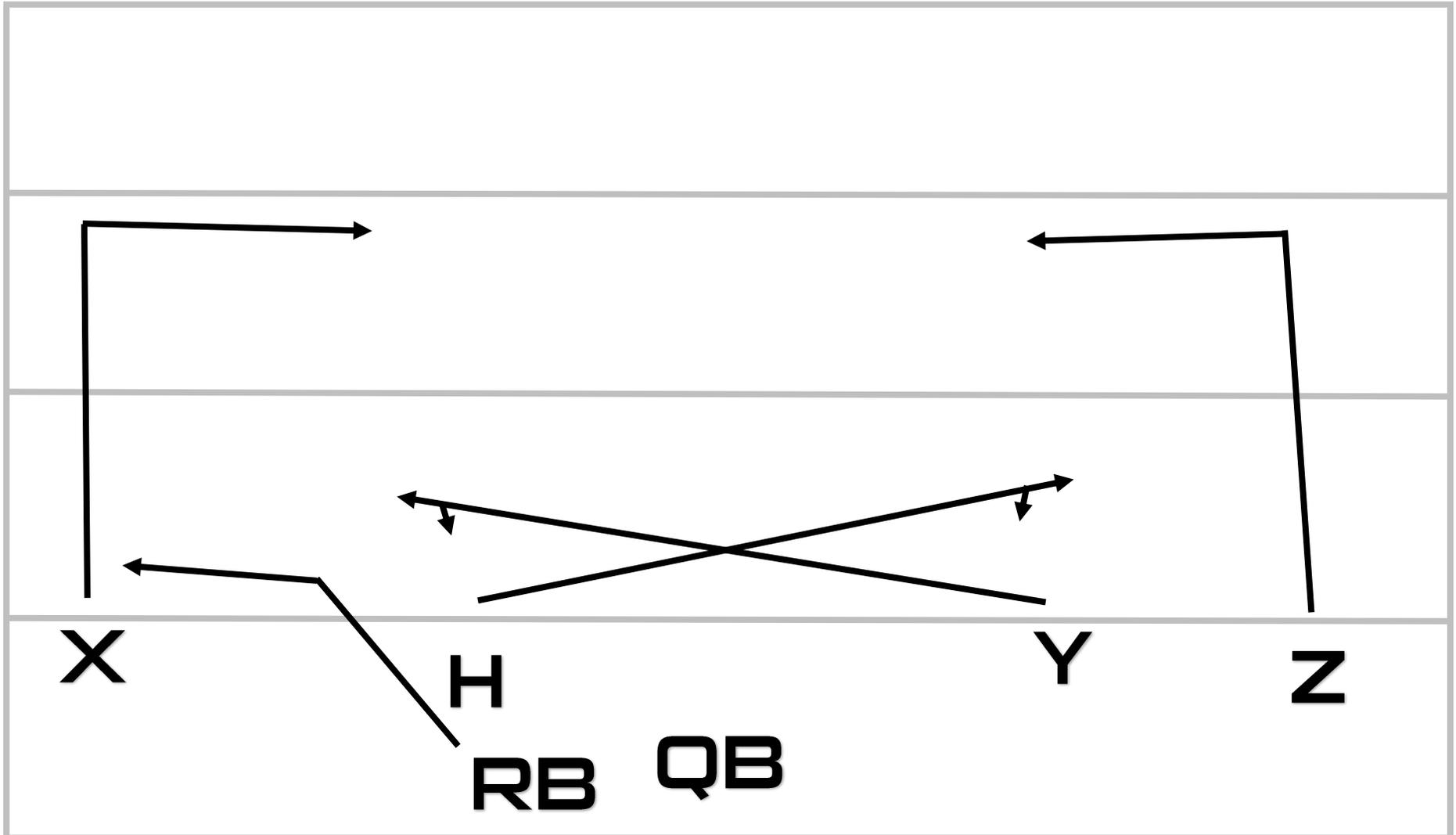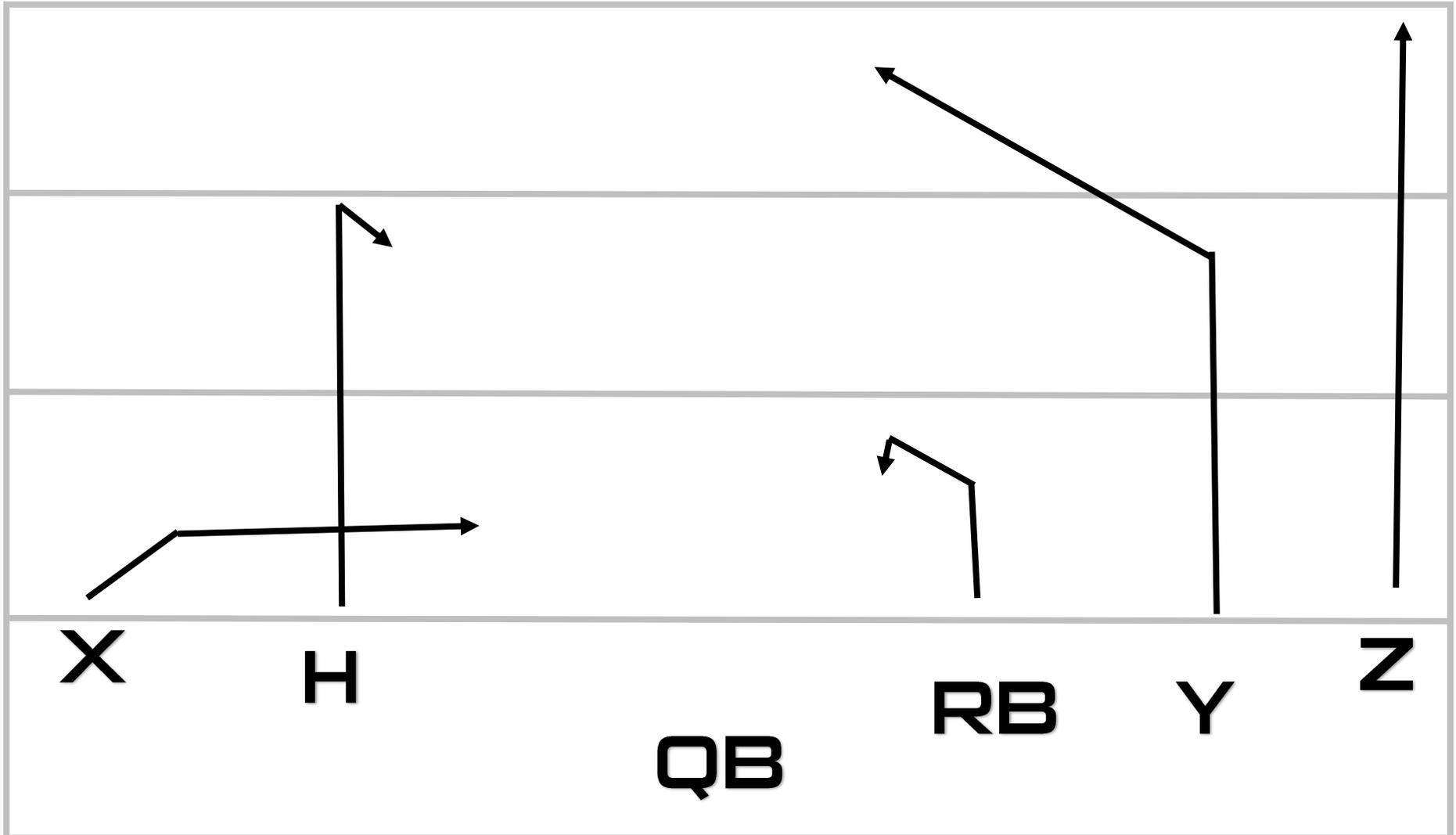
FLOW RIGHT

QB PROGRESSION: ROLL RIGHT AND READ LOW TO HIGH

X   H   Y   Z

RB QB

POST

QB PROGRESSION: READ Y POST TO RB TO H CURL, CHECK DOWN TO X

X   H   RB   Y   Z

QB

ANGLE

QB PROGRESSION: LOOK RB FIRST TO Y TO X

X   H   Y   RB   Z

QB

TAGGED ROUTES

FADE   POST   WHEEL   CURL   WHIP   QUICK OUT   POST CORNER
                CORNER   COMEBACK
        SLANT RETURN   SLANT   POST CORNER POST

QB
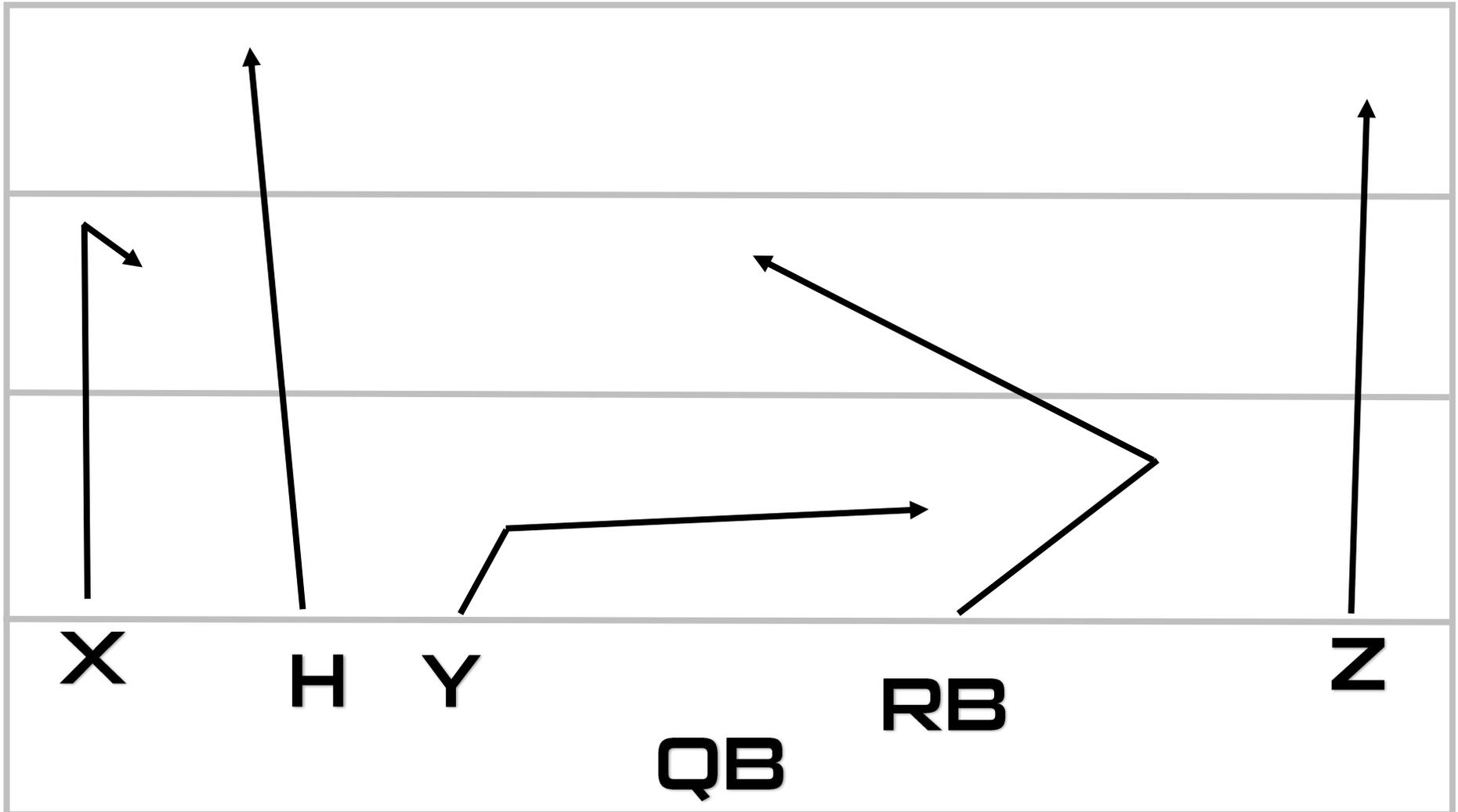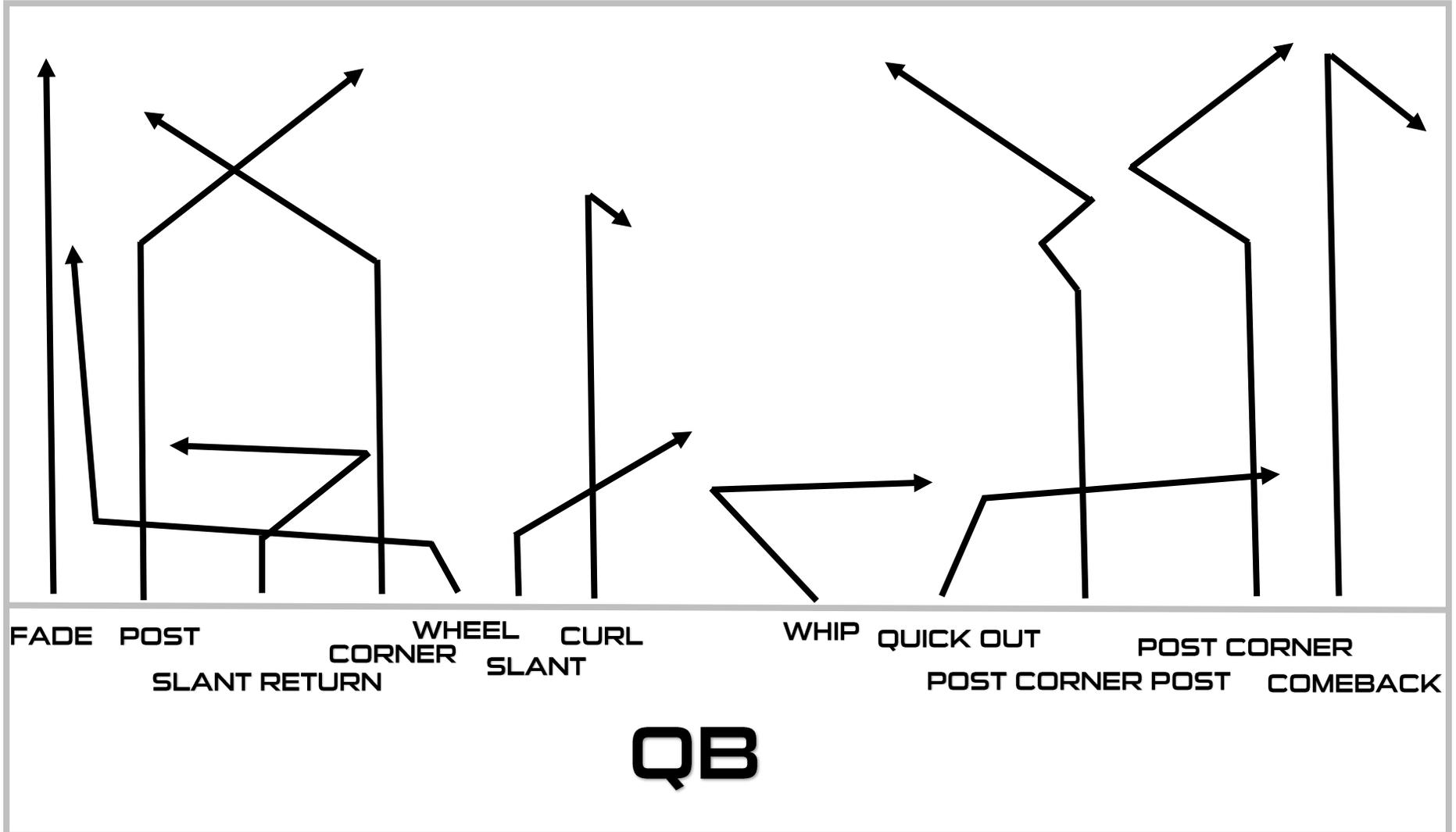
SCRIPT

OPEN PLAYS
CROSS (1)
SMASH (3)
BOX (4)
TRIPS LT CROSS (10)
WHEEL (21)
CROSS (1) / CROSS FLIP
MESH (19) Z OR X OUT /
BACKSIDE DIG
CROSS X POST (1)
SMASH (3) *PIPE

SHORT YARDAGE PLAYS
TRIPS RIGHT DELAY (ROLL) (8)
GOALLINE (23)
MESH (Z SLANT RETURN) (19)
BOX ROLL (Z POST CORNER - Y
FIND)
RB UNDER (20)
BOX ROLL H RETURN BACK

3RD & LONG PLAYS
SMASH (Y CORNER POST) (3)
TRIPS LEFT CROSS Z POST (10)
TRIPS RIGHT CROSS X POST (10)
WHEEL (21)
CHOICE (2)

COVER 3 PLAYS
CHOICE (4 VERTS)
BOX X OR Z COMEBACK
MESH Z OR X OUT

R = REPEAT PLAY
F = FREESTYLE
C = CROSS
B = BOX
S = SMASH
STRIKE = 5 YARD STOP

COVERAGES
COVER 4
ROLL (COVER 3 WITH A ROVER)
SUPERMAN (COVER 2 MAN)
ROLL MAN (COVER 1 MAN FREE
WITH A ROVER)