

Adjusting Routes vs. Man and Zone Coverage

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Coaching Points for Receivers



- Identify coverage pre snap
- Determine number of safeties, alignment of corners

Option Route



- Pre Snap: Identify Coverage
- Sell vertical off the LOS
- Keep your head up as you run your route
- If man, get to six yards and burst out
- If zone, get to six yards and find the open area

Angle Route

- Used as the intermediate route of a flood concept
- Sell vertical off the LOS
- WR will push up to 10 yards
- If man, burst out at an angle to 12 yards
- If zone find the void and settle

Vertical Stem Route: Outside Receivers

- Identify coverage pre snap
- Sell vertical to 10 yards
- If you do not have defender beat by 10, push to 12 and come back down the stem
- Qb's job to throw you open
- If you have the defender beat by 10, stack

Vertical Route: Inside Receivers

- Identify coverage pre snap
- If middle closed (cover 1 or 3) run seam
 - Land mark=2 yards inside the hash
- If middle open (cover 2, 4, or 6), the tagged slot has a “bender” option
 - Slot must beat the defender with his release and gradually bend his route into the void
 - QB must beat the safety with the throw

Access Route

- Used in any 4x1, 3x1, or 2x1 formations
- Exploit the 1 on 1 matchup with your best WR
- QB-WR option
- If DB is aligned 5 yards and in: Vertical, Skinny Post
- If DB is aligned past 5 yards: Hitch, Hitch and Go,

Goal Line Fade and Fade-Stop



- QB-WR option
- If coverage is pressed up to 3 yards off=Fade
- Anything beyond 3 yards=Fade Stop

- Fade-Stop
 - WR comes off LOS hard for 3-5 steps
 - Show a hand and sell fade
 - Stick a foot and break to the pylon
 - QB should lead the WR to the pylon with the throw