

This is Grand Valley State University's Shotgun No-Huddle:

- Why?
- What are the advantages?
- What are the fundamentals?
- What are my objectives?
- What are my concerns?

Why?

Execution: Efficient use of practice time with increased practice repetition resulting in exceptional execution. (Standard practice session is 24 periods x five minutes per period.) Just one five-minute period can rep a scripted sequence, situation or scenario of plays 15-20 times or more. Rule of thumb, three plays per minute.

Physical and Mental Toughness: The practice pace creates a level of conditioning with your players that will never be duplicated by your opponent. No need to use precious practice time to condition. This knowledge creates a mental edge that benefits your players psyche in a competitive arena. "The mental is to the physical as 2 is to 1." "Fatigue makes cowards of us all."

What are the advantages?

- Multi-purpose offensive weapon.
- Encourages intensity and hustle.
- Controls tempo and creates rhythm.
- Cleans up box reads.
- Masters a difficult skill (two minute).
- Discourages defensive movement and stunts.
- Fatigues your opponents.
- Hinders defensive substitution (Sub personnel).
- Eliminates defensive huddle and comfort zone.
- Players love it.

What are the fundamentals?

- **Cadence and Snap Count:** Non-rhythmical, first sound, on one, two, three freeze etc.
- **Communication and Signals:** Run/Pass/Protections/Checks
- **Tempo and Pace:** Green/Yellow/Red
- **Skilled requirements:** Shotgun and direct snap.

What are my objectives?

1. Out score our opponents.
 - A. Red-zone scoring efficiency of 85percent touchdowns (50/58 86 percent).
 - B. Seven Big Chunk Plays
Runs (+15) Pass (+25) (11 avg.)

C. No turnovers (three int.) (six fumbles) (+1.8 T/T) Second in nation
2. One hundred percent Sudden Change Conversion

A. All plus field possessions result in a score.

B. All minus field possessions result in two first downs.

3. One hundred percent success ratio of our running/passing game in third and fourth down (1-3).

4. Average 5.0 yards per game on first down.

5. Convert on two out of three third and seven or more situations.

6. No drive stopping penalties.

7. Sixty percent Passing game efficiency per game (69.4 percent).

What are my concerns?

- Protection checks
- Three down fan to tight end
- Four down fan to split end
- Five down gap, gap max or 725/726
Max depending on which five down front
- A or B gap protection concerns.
Gap or gap max
- Tight end side protection concerns.
Gap max called to split end side.
- Four to split end protection concerns.
Check solid right or left vs four down or stay if both guards uncovered.
- No back protection concerns.
Gap max to tight end side.
- Running game checks.
- Find the A gap with zone, thunder and G-pull.
Find the three technique with 31/32 trap.
- Versus five down 52 under four technique find the uncovered guard to run 25/26 or 33/34.
- Versus five down double eagle check 11/12 option to boundary or away from alley defender.
Also, tight end will base if called to a tight end.

**Notify the
AFCA Office of
Any Change of
Address**

The Lakers Shotgun No-Huddle



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