

DAY #1: Zone Runs

Front	Coverage	Line Movement	Pressures
Over Under	<p style="text-align: center;">Base: 4/2 Read</p> <p style="text-align: center;"><u>3x1</u></p> <p>1 Man - Black (2 Man) Press (Cov 2)</p> <p>3 Man - Stress Special Kick</p> <hr/> <p style="text-align: center;"><u>Empty</u></p> <p><i>Stress</i> Cloud <i>Special</i> Sky</p>	<p>1 Man - Tackle-to-"A" DE Rip Nose Cross Pinch Full Line Movement</p>	<p>Single-Dog Pressures Zone Blitz ("America") Empty Pressures</p>

DAY #2: Gap Runs

Front	Coverage	Line Movement	Pressures
Solid (attach Sam)	<p>Wk Roll Trap (Single WR) Zero</p>	<p>Int. Line Movement Pirate (DE-T Pinch) DE-T/N Twists Int. DL Twists</p>	<p>Gap Plug Cross-Dog 6-Man Pressures</p>

DAY #3: Reads/Options

Front	Coverage	Line Movement	Pressures
Okie (5-Sh-4i) Buck (505)	<p>Spin Bail Cover 1</p>	<p>4 Man Games</p>	<p>Nickle/Dime Pressures</p>

DAY #4: Screens/Draws

Front	Coverage	Line Movement	Pressures
Rework Base Fronts	<p>Drop Coverages Bluff</p>	<p>3-Man Full Line Movement 3-Man Games</p>	<p>Bait (Single-Dog Show) Bluff (All-Out Show)</p>