

QUARTERBACK OPERATING SYSTEM

QDOS



MODULE 6

SYSTEM OVER CHAOS
HEATH ALLEN

A COMPLETE FRAMEWORK
FOR BUILDING A QB-
CENTERED OFFENSIVE
SYSTEM

THE PLAY CALLER OPERATING SYSTEM

STRUCTURED AGGRESSION - PATTERN RECOGNITION - EMOTIONAL CONTROL

OPERATIONAL PLAY CALLING

NOT GUESSING

NOT RANDOM

A SYSTEM BUILT TO WIN



6.1 THE ROLE OF THE PLAY CALLER

IF THE QB-CENTERED SYSTEM IS THE ENGINE - THE PLAY CALLER IS THE DRIVER

THE OC IS NOT A PLAY SELECTOR

THE OC IS:

- THE EMOTIONAL REGULATOR OF THE OFFENSE
- THE STRUCTURAL DIAGNOSTICIAN
- THE PROTECTOR OF THE QB
- THE MANAGER OF MOMENTUM
- THE ARCHITECT OF PRESSURE



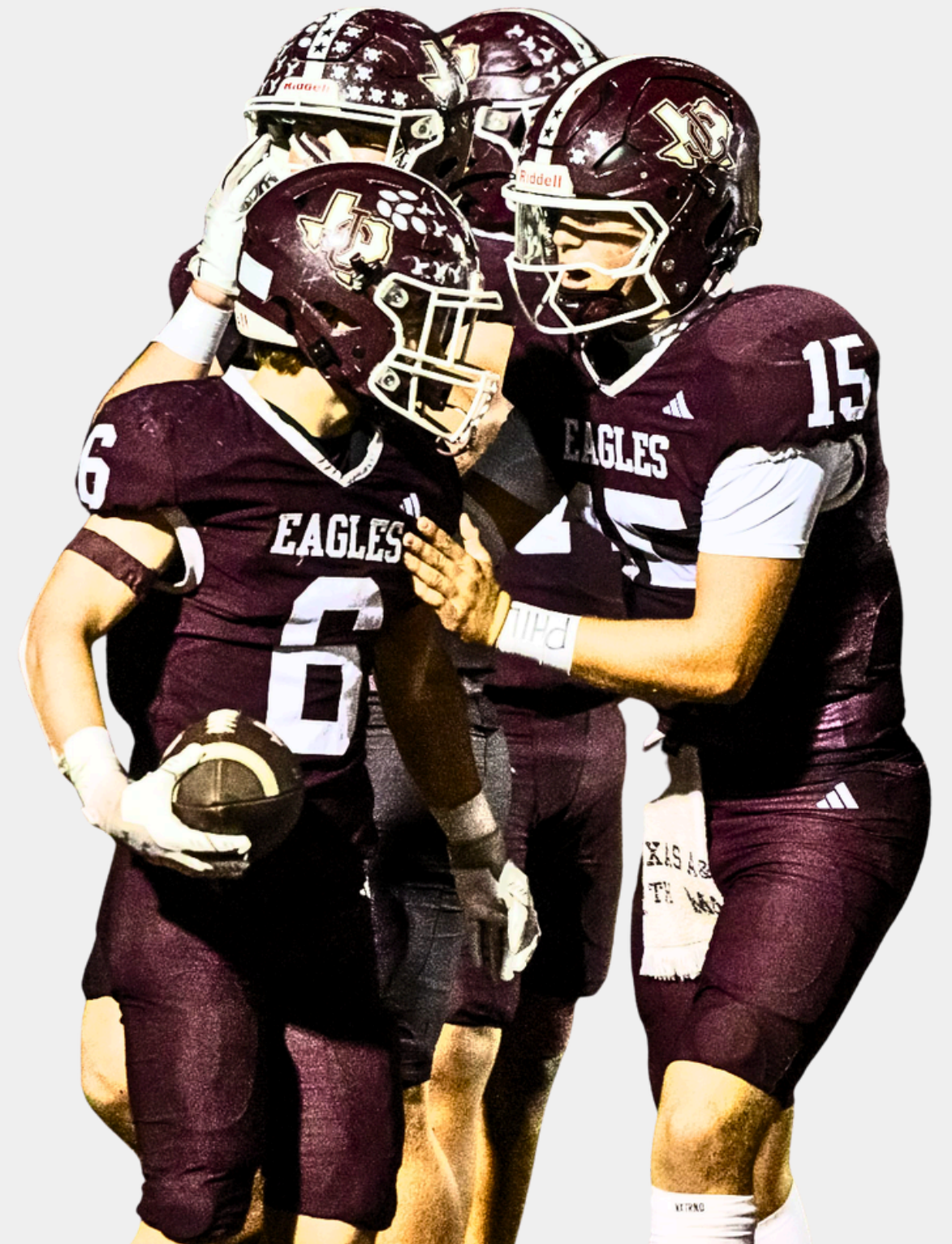
6.2 THE PLAY CALLER'S HIERARCHY OF PRIORITIES

BACK IN PROTECTION

EVERY CALL MUST ANSWER THIS HIERARCHY:

1. PROTECT THE QB
2. MAINTAIN STRUCTURE
3. STRESS COVERAGE RULES
4. PRESERVE EMOTIONAL RHYTHM
5. CREATE EXPLOSIVE OPPORTUNITY

EXPLOSIVES ARE LAST — NOT FIRST



6.3 THE OPENING SCRIPT PHILOSOPHY

YOU ARE NOT SCRIPTING PLAYS - YOU ARE SCRIPTING INFORMATION

SCRIPT GOALS (FIRST 10-12 PLAYS):

1. IDENTIFY COVERAGE STRUCTURE (MOFO/MOFC)
2. IDENTIFY PRESSURE IDENTITY
3. TEST FLAT DEFENDERS
4. TEST HOOK DEFENDERS
5. SEE HOW THEY FIT ZONE
6. IDENTIFY CORNER TECHNIQUE (OFF, PRESS, BAIL)

YOU MUST LEAVE THE FIRST 2 SERIES KNOWING:

1. ARE THEY A 1-HIGH OR 2-HIGH STRUCTURE TEAM?
2. DO THEY SPIN POST-SNAP?
3. ARE THEY BLITZ HEAVY OR SIMULATED PRESSURE?
4. ARE THEY PATTERN MATCHING?

THE SCRIPT IS A DIAGNOSTIC TOOL

6.4 COVERAGE HUNT SYSTEM

YOU DON'T GUESS - YOU HUNT

INSTEAD OF LISTING PLAYS,

YOU ORGANIZE BY:

- VERSUS 1-HIGH
- VERSUS 2-HIGH
- VERSUS PRESSURE
- VERSUS DROP 8
- VERSUS MAN

WHEN YOU IDENTIFY STRUCTURE,

YOU SHIFT INTO HUNT MODE

EXAMPLE:

IF THEY LIVE IN 2-HIGH:

- STRESS MIDDLE HOOK
- ATTACK SEAM DEFENDERS
- FORCE SAFETY CONFLICT
- LIGHT BOX RUN CHECKS

IF THEY LIVE IN 1-HIGH:

- HIGH-LOW THE CURL/FLAT DEFENDER
- ATTACK OUTSIDE LEVERAGE
- FORCE SAFETY TO CHOOSE BETWEEN POST/CROSS



6.5 SERIES ARCHITECTURE MODEL

EACH SERIES HAS A BUILT-IN RHYTHM

PHASE 1 - ESTABLISH

- BASE CALL
- SIMPLE PROTECTION
- FULL-FIELD READ

PURPOSE: SET TONE

PHASE 2 - DIAGNOSE

CALL SOMETHING THAT
FORCES COVERAGE
DECLARATION

- MOTION
- EMPTY
- FORMATION

VARIATION

PURPOSE: FORCE

COMMUNICATION

PHASE 3 - STRESS

ATTACK IDENTIFIED WEAKNESS

- SAME FAMILY
- DIFFERENT PRESENTATION

PURPOSE: COMPOUND STRESS

PHASE 4 - FINISH

- SHOT
- CONSTRAINT
- CONVERSION CALL

YOU DON'T RANDOMLY

CALL A SHOT

YOU BUILD TO IT

6.6 SHOT TIMING LOGIC

SHOTS ARE EARNED

SHOTS ARE CALLED THEM WHEN:

- DEFENSE SPINS LATE
- CORNERS START SQUATTING
- SAFETIES OVERPLAY CROSSERS
- BOX GETS HEAVY
- AFTER EXPLOSIVE PLAY
- ON 1ST & 10 NEAR MIDFIELD

YOU AVOID CALLING SHOTS:

- AFTER SACK
- WHEN QB RATTLED
- WHEN PROTECTION STRUGGLING
- IN LONG YARDAGE VS EXOTIC PRESSURE

SHOTS ARE EMOTIONAL MULTIPLIERS

USE THEM STRATEGICALLY

6.7 PROTECTION OWNERSHIP & ADJUSTMENT PROTOCOL

2 PROTECTION SYSTEM

OPERATE TWO PROTECTION STRUCTURES:

1. FULL SLIDE (BACK IN)
 2. GAP-SOUND (BACK OUT)
-

AS PLAY CALLER

IF PRESSURE ESCALATING:

- MOVE TO FULL SLIDE
- CONDENSE MENU
- PROTECT QB RHYTHM

IF DEFENSE PASSIVE:

- RELEASE BACK
- STRESS THEM HORIZONTALLY
- EXPAND PROGRESSION FIELD

PROTECTION DICTATES AGGRESSION LEVEL

6.8 DOWN & DISTANCE DECISION MATRIX

YOU SIMPLIFY DECISIONS BY PRE-DEFINING YOUR APPROACH

1ST DOWN

OBJECTIVE:

1. STAY AHEAD
2. AVOID NEGATIVE PLAY
3. GATHER STRUCTURAL INFO

CALL TYPES:

1. BASE RUN
2. FULL-FIELD PROGRESSION
3. RPO CONSTRAINT
4. QUICK CONCEPT

2ND & MEDIUM (4-6)

THIS IS OUR LEVERAGE DOWN

OPTIONS:

1. TAKE CALCULATED SHOT
2. ATTACK COVERAGE RULE
3. RUN TO STAY ON

SCHEDULE

2ND & LONG

PROTECT STRUCTURE

CALL:

1. HALF-FIELD PROGRESSION
2. SCREEN
3. CONTROLLED RUN
4. HIGH PERCENTAGE QUICK GAME

WE ARE PROTECTING THE SERIES

6.8 DOWN & DISTANCE DECISION MATRIX

YOU SIMPLIFY DECISIONS BY PRE-DEFINING YOUR APPROACH

3RD & MANAGEABLE (3-6)

OBJECTIVE:

1. HAVE 3-4 "OWNED" CALLS

YOU TRUST

2. DO NOT GET CREATIVE

HERE

3. RUN YOUR BEST SPACING

CONCEPT

3RD & LONG

PROTECTION FIRST

OPTIONS:

1. MAX PROTECT SHOT VS

MAN

2. 3-MAN FLOOD

3. SCREEN

4. QB MOVEMENT

YOU'RE TRYING TO:

1. CONVERT OR

2. FLIP FIELD SAFELY

6.9 RED ZONE OPERATING SYSTEM

FIELD SHRINKS - WINDOWS TIGHTEN - MENU SHRINKS TOO

INSIDE THE 20:

1. ELIMINATE LONG-DEVELOPING CONCEPTS
2. EMPHASIZE LEVERAGE ROUTES
3. CONDENSE FORMATIONS
4. FORCE RUB COMMUNICATION

INSIDE THE 10:

OPTIONS:

- 2 PROTECTION STRUCTURES ONLY
- 3 ROUTE CONCEPTS MAX
- 2 RUN STRUCTURES

MASTERY BEATS CREATIVITY

6.10 2-MINUTE SYSTEM

IN A HURRY BUT UNDER CONTROL

RULES:

1. PROTECTION = FULL SLIDE
2. CALLS FROM QUICK MENU ONLY
3. SIDELINE ROUTES EMPHASIZED
4. CLOCK AWARENESS TRAINED WEEKLY
5. QB OWNS SPIKE DECISIONS

YOU PREDEFINE:

- 4 BOUNDARY CALLS
- 2 MIDDLE FIELD CALLS
- 1 SPIKE PROTOCOL
- 1 CLOCK BLEED CALL

NOTHING IMPROVISED

6.11 HALFTIME NARROWING PROCESS

WE DON'T CHANGE WHO WE ARE AT HALFTIME

AT HALFTIME WE ELIMINATE:

- ANY CONCEPT UNDER 60% SUCCESS
- ANY ROUTE SPACING BEING SQUEEZED
- ANY PROTECTION STRUGGLING VS PRESSURE

WE LEAVE HALFTIME WITH:

- 4 PASS CONCEPTS
 - 1 SHOT
 - 2 RUN STRUCTURES
 - 1 CONSTRAINT
- WE DOUBLE DOWN

6.12 EMOTIONAL CONTROL OF THE PLAY CALLER

PLAYERS FEEL YOUR CALLS

IF WE PANIC - THEY PANIC

IF WE GET RECKLESS - QB GETS RECKLESS

IF WE ABANDON RUN - DEFENSE PINS EARS BACK

WE MUST:

- CALL FROM STRUCTURE
- STAY WITHIN SYSTEM IDENTITY
- AVOID CHASING EXPLOSIVES
- AVOID ABANDONING BASE

DISCIPLINE BUILDS

CONFIDENCE



6.13 THE 4 CARDINAL SINS OF PLAY CALLERS

MISTAKES THAT SINK AN OFFENSE

WHAT WE DO NOT DO:

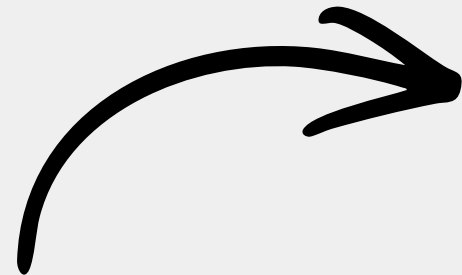
1. CALLING PLAYS TO PROVE INTELLIGENCE
2. ABANDONING BASE TOO EARLY
3. FORCING SHOTS WITHOUT STRUCTURAL SETUP
4. EXPANDING MENU UNDER STRESS

6.14 THE OFFENSIVE OPERATING LOOP

STICK TO THE SYSTEM

EVERY DRIVE:

1. DIAGNOSE STRUCTURE
2. ATTACK RULE
3. PROTECT QB
4. STRESS SAME WEAKNESS AGAIN
5. FINISH



REPEAT

NO RANDOMNESS
NO EMOTIONAL SWINGS



MODULE 6 SUMMARY

BY THE END OF MODULE 6, THE COACH UNDERSTANDS:

1. SERIES ARCHITECTURE
2. EMOTIONAL REGULATION
3. PROTECTION-DRIVEN AGGRESSION
4. DIAGNOSTIC SCRIPTING
5. HALFTIME NARROWING DISCIPLINE
6. SHOT TIMING LOGIC

THIS IS OPERATIONAL COACHING