

QUARTERBACK OPERATING SYSTEM



QDOS

MODULE 4

SYSTEM OVER CHAOS
HEATH ALLEN

A COMPLETE FRAMEWORK
FOR BUILDING A QB-
CENTERED OFFENSIVE
SYSTEM

THE TWO-STRUCTURE PROTECTION SYSTEM

CLARITY FOR THE LINE - OWNERSHIP FOR THE QUARTERBACK

MOST HIGH SCHOOL OFFENSES FAIL IN PROTECTION BECAUSE THEY CARRY TOO MANY ANSWERS

THEY INSTALL:

- FULL SLIDE
- HALF SLIDE
- BIG-ON-BIG
- MAN
- DUAL READ
- SIX VARIATIONS OF EACH

BY WEEK 5:

- THE OL IS CONFUSED.
- THE QB BLAMES PRESSURE.
- THE COORDINATOR PANICS.



OUR PHILOSOPHY IS DIFFERENT

4.1 PROTECTION PHILOSOPHY

CARRY TWO STRUCTURES - MASTER THE RULES - TIE THEM TO CONCEPT FAMILIES

KEEPING TWO STRUCTURES GIVES:

- COMMUNICATION CLARITY
- PRACTICE REPETITION
- REDUCED MENTAL OVERLOAD
- INCREASED QB CONFIDENCE



**YOU ARE NOT TRYING TO BLOCK EVERYTHING
YOU ARE TRYING TO BLOCK IT PREDICTABLY**

4.2 STRUCTURE A - FULL SLIDE PROTECTION

BACK IN PROTECTION

PRIMARY USE:

INTERMEDIATE PROGRESSION

CONCEPTS

VERTICAL CONCEPTS

SHOT PLAYS

LONG-DEVELOPING ROUTES

CORE PRINCIPLE

- THE OFFENSIVE LINE MOVES AS ONE UNIT IN THE SLIDE DIRECTION.
- THE BACK HANDLES THE BACKSIDE EDGE OR SCANS OPPOSITE.

THIS CREATES:

INTERIOR POCKET INTEGRITY

CLEAR CLIMBING LANES

PREDICTABLE PROTECTION SURFACE

4.2 STRUCTURE A - FULL SLIDE PROTECTION

BACK IN PROTECTION

PRE-SNAP PROCEDURE

1. QB IDENTIFIES THE MIKE
2. SLIDE DIRECTION DECLARED
3. OL ECHOES SLIDE
4. BACK CONFIRMS SCAN

RESPONSIBILITY

NO SILENT ASSUMPTIONS

COMMUNICATION MUST BE

AUDIBLE AND REPEATED

4.2 STRUCTURE A - FULL SLIDE PROTECTION

BACK IN PROTECTION

OFFENSIVE LINE RULES (FULL SLIDE)

TERMINOLOGY EXAMPLE: "RITA RITA"

PLAY-SIDE TACKLE

RESPONSIBLE FOR PLAY-SIDE C GAP

IF NO DEFENDER, HELP INSIDE

BACKSIDE GUARD

STEP PLAY-SIDE

PROTECT INSIDE GAP

NEVER CHASE WIDE RUSHER

PLAY-SIDE GUARD

B GAP FIRST

IF UNCOVERED, COMBO INSIDE

BACKSIDE TACKLE

STEP INSIDE

PROTECT B/C GAP INSIDE FIRST

DO NOT OVERSET FOR WIDE RUSH

CENTER

A GAP FIRST

WORK TO MOST DANGEROUS

INTERIOR THREAT

KEY RULE:

INSIDE THREAT FIRST

DEPTH IS QB'S RESPONSIBILITY

4.2 STRUCTURE A - FULL SLIDE PROTECTION

BACK IN PROTECTION

RUNNING BACK RULES (FULL SLIDE)

TERMINOLOGY EXAMPLE: "RITA RITA"

PRIMARY RESPONSIBILITY:

- BACKSIDE EDGE
- MOST DANGEROUS
UNACCOUNTED RUSHER

COACHING EMPHASIS:

- STEP UP IN POCKET
 - SQUARE SHOULDERS
 - STRIKE, DON'T CATCH
- MAINTAIN INSIDE LEVERAGE

IF NO IMMEDIATE THREAT:

- SCAN ACROSS FORMATION
- CHECK OPPOSITE A GAP
LATE

BACK MUST BE DECISIVE

HESITATION CREATES FREE RUNNERS

4.2 STRUCTURE A - FULL SLIDE PROTECTION

BACK IN PROTECTION

QB COACHING RULES (FULL SLIDE)

TERMINOLOGY EXAMPLE: "RITA RITA"

THE QB MUST:

- TRUST INTERIOR PROTECTION
- CLIMB VERTICALLY
- NEVER DRIFT BACKWARDS
- STEP UP VS EDGE PRESSURE

PROTECTION IS USELESS IF THE QB BAILS INTO PRESSURE.

WE TRAIN POCKET DISCIPLINE WEEKLY



ADJUSTING FULL SLIDE VS ODD / EVEN FRONT

BACK IN PROTECTION

EVEN FRONT (4 DOWN)

- SLIDE HANDLES INTERIOR
 - BACK HANDLES BACKSIDE
- END
- WIDE 9 RUSHERS MUST BE
RUN PAST QB

ODD FRONT (3 DOWN)

- CENTER WORKS TO SHADE OR
HEAD-UP NOSE
- GUARDS PROTECT B GAPS
- SLIDE MUST ANTICIPATE INTERIOR
GAMES

COACHING EMPHASIS:

FULL SLIDE REDUCES MENTAL COMPLEXITY VS MOVEMENT FRONTS

IT GIVES CLARITY

4.3 STRUCTURE B - GAP-SOUND PROTECTION

BACK IN ROUTE

PRIMARY USE:

- QUICK GAME
- RHYTHM CONCEPTS
- 5-MAN PROTECTION
- RPO TAGS

CORE PRINCIPLE:

- EACH LINEMAN IS RESPONSIBLE FOR HIS INSIDE GAP FIRST
- IF COVERED → BLOCK MAN
- IF UNCOVERED → PROTECT INSIDE GAP, THEN HELP OUT
- NO SLIDING AS A UNIT

THIS STRUCTURE REQUIRES:

- COMMUNICATION
- DISCIPLINE
- QB AWARENESS

4.3 STRUCTURE B - GAP-SOUND PROTECTION

BACK IN ROUTE

PRE-SNAP PROCEDURE

1. QB IDENTIFIES MIKE
2. OL COUNTS BOX
3. IDENTIFY POTENTIAL SIXTH
RUSHER
4. QB KNOWS HOT ANSWER

**GAP-SOUND DOES NOT PROTECT
EVERYONE**

IT PROTECTS STRUCTURE

4.3 STRUCTURE B - GAP-SOUND PROTECTION

BACK IN ROUTE

OFFENSIVE LINE RULES (GAP)

TERMINOLOGY EXAMPLE: "BOB"

COVERED LINEMAN

- BLOCK DEFENDER HEAD-UP OR SHADED
- MAINTAIN INSIDE LEVERAGE

UNCOVERED LINEMAN

- PROTECT INSIDE GAP FIRST
- IF NO THREAT, HELP ADJACENT

NEVER ABANDON INSIDE GAP

PRESSURE INSIDE IS FATAL

HANDLING BLITZ IN GAP-SOUND

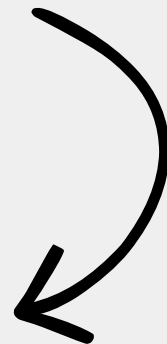
IF DEFENSE SENDS MORE THAN FIVE:

- QB REPLACES BLITZ WITH BALL
- HOT ROUTE MUST BE DEFINED
- NO LATE HESITATION



**PROTECTION AND CONCEPT
MUST BE MARRIED**

**YOU DO NOT CALL SLOW-
DEVELOPING CONCEPTS
FROM GAP-SOUND**



4.2 STRUCTURE A - FULL SLIDE PROTECTION

BACK IN PROTECTION

QB RESPONSIBILITIES IN GAP-SOUND

TERMINOLOGY EXAMPLE: "BOB"

THE QB MUST:

- IDENTIFY EXTRA RUSHER
- KNOW HOT IMMEDIATELY
- THROW WITH CONVICTION
- NEVER DOUBLE-CLUTCH HOT

IF HE HESITATES, PROTECTION FAILS

THIS STRUCTURE ACCELERATES QB GROWTH



4.4 MARRYING PROTECTION TO CONCEPT FAMILY

PROTECTION IS NOT RANDOM

QUICK GAME → GAP-SOUND PRIMARY

BECAUSE:

1. BALL OUT QUICKLY
2. BACK PART OF CONCEPT
3. FORCES BLITZ DISCIPLINE

INTERMEDIATE & VERTICAL → FULL SLIDE PRIMARY

BECAUSE:

1. ROUTES DEVELOP DEEPER
2. INTERIOR INTEGRITY REQUIRED
3. ALLOWS HITCH TIMING

MOVEMENT PASS → PROTECTION BASED ON DIRECTION

SPRINT-OUT:

1. HALF-ROLL PROTECTION RULES
2. EDGE SEALED
3. INTERIOR PROTECTED PLAY-SIDE

BOOT VARIATION:

1. PROTECTION MIRRORS ACTION
 2. BACKSIDE CUT DEFENDER
- ACCOUNTED FOR

4.5 PRESSURE MANAGEMENT SYSTEM

YOU DO NOT SOLVE PRESSURE BY ADDING PROTECTIONS

YOU SOLVE PRESSURE BY:

1. ADJUSTING CONCEPT
2. ADJUSTING TEMPO
3. KEEPING BACK IN
4. CHANGING LAUNCH POINT

PROTECTION EXPANSION IS LAST RESORT

SIMULATED PRESSURE HANDLING

TEACH QB:

1. IDENTIFY CREEPERS
2. CONFIRM POST-SNAP
3. TRUST HOT RULES
4. AVOID PANIC THROWS

WHEN TO KEEP THE BACK IN

SITUATIONS:

1. 3RD AND LONG
2. SHOT CALL
3. FACING ELITE EDGE RUSHER
4. AFTER QB HIT

KEEPING THE BACK IN IS NOT FEAR

IT IS CALCULATED SUPPORT

4.6 COMMUNICATION STANDARDS

SILENCE IS UNACCEPTABLE

PROTECTION BREAKDOWNS USUALLY STEM FROM:

1. SILENT LINE CALLS
2. UNCLEAR MIKE
3. RB UNSURE OF RESPONSIBILITY
4. QB ASSUMING OL KNOWS



OUR STANDARD:

1. EVERY PROTECTION CALL IS ECHOED
2. EVERY TIME

4.7 INSTALLATION PROGRESSION

SILENCE IS UNACCEPTABLE

WEEK 1:

- FULL SLIDE BASE
- GAP-SOUND BASE
- WALKTHROUGH HEAVY

WEEK 2:

- ADD BLITZ PICKUP RULES
- ADD SIMULATED PRESSURE REPS

WEEK 3:

- FULL-SPEED PRESSURE PERIOD
DAILY

PROTECTION IS DRILLED MORE THAN VERTICAL ROUTES

BECAUSE NO CONCEPT WORKS IF QB IS HIT

MODULE 4 SUMMARY

BY THE END OF MODULE 4, THE COACH UNDERSTANDS:

1. WHY TWO STRUCTURES ARE ENOUGH
2. HOW TO TEACH EACH RULE CLEARLY
3. HOW TO MARRY PROTECTION TO CONCEPT
4. HOW TO INCREASE QB OWNERSHIP WITHOUT CHAOS
5. HOW TO MANAGE PRESSURE WITHOUT OVERINSTALLING.

STRUCTURAL STABILITY BUILDS QUARTERBACK CONFIDENCE