Stick



Stick Concept

Our stick concept is part of our quick game package and is used with a no-drop delivery by the quarterback. The stick concept is used primarily against zone coverage and also as a check to get the ball to an "uncovered" slot receiver.
Here is how we will call the Stick concept in 2019

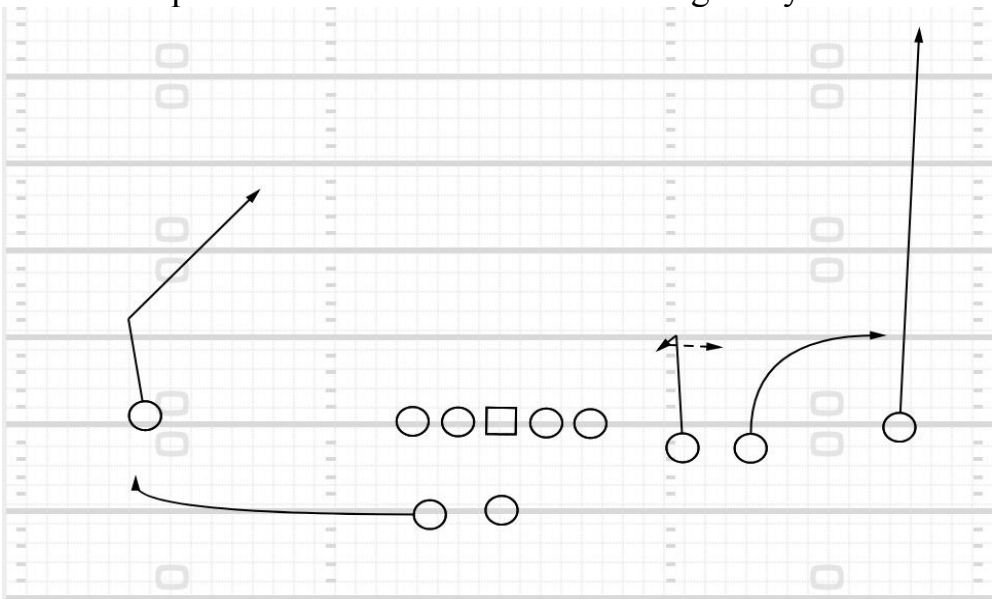
Concept	Code Words	Signal
Stick	Mustang, Honda, Ford, Dodge	Both Hands Extended Like Holding Steering Wheel

We will run stick from multiple formations and personnel groups. The stick will always be run to the strong side of the formation (Trips side or 2x1 side in Deuce). The base concept of the route will be a forced outside release by the outside receiver (FOR). The outside receiver will align on the top of the numbers and releases at the bottom of the numbers with no conversion to sit the route down. The next receiver to the inside will run either a 3 step quick out route to the sideline building to 5 yards depth or a swing/shoot route if coming out of the backfield.
The inside receiver will run the 3 step stick route. The receiver will push vertical for 3 steps and stick inside expecting the ball on his outside shoulder. The stick route should slide outside vs. an area inside defender sliding out towards him to try and take the route away.
We will only run this concept vs. Zone coverage categories and we will work the backside of the route vs. man to man coverage or check out of the play. We will often use this play as a pre-snap check to get the ball out of your hands quickly vs. Zone coverage.

The pre-snap read for the quarterback on Stick will be the playside Area Outside (A.O.) defender. This is the defender commonly known as a "Flat" defender and is typically the defender who is closest to the line of scrimmage from the sideline.



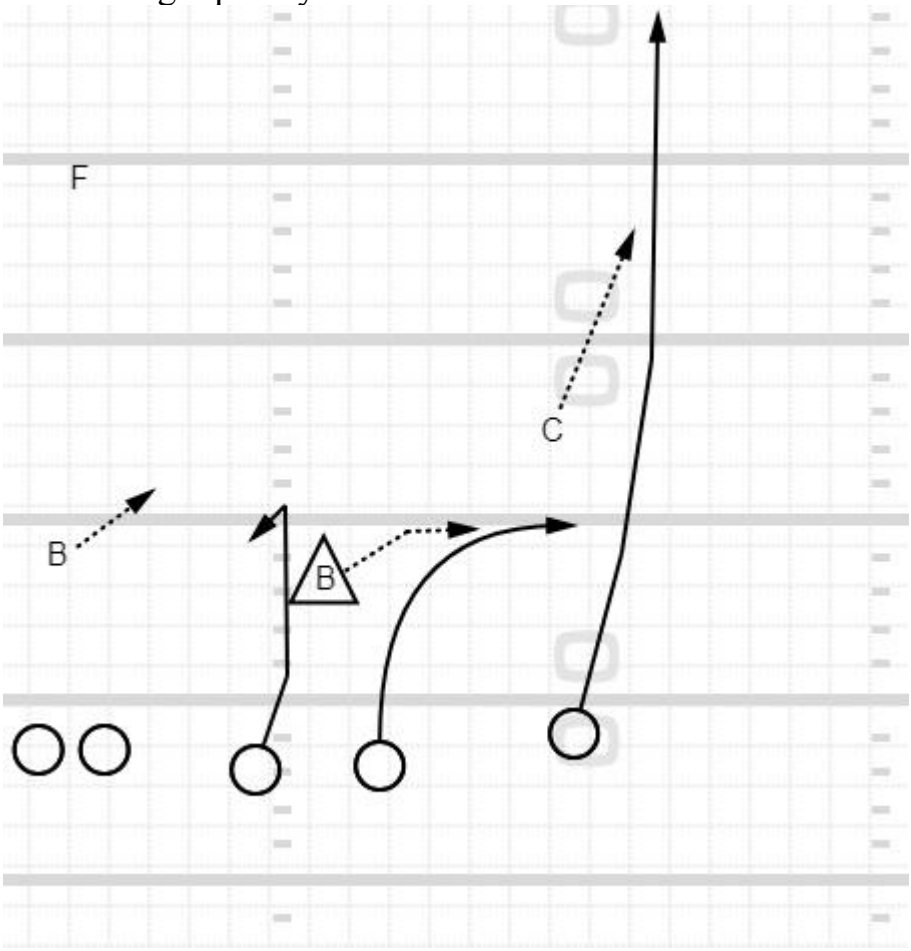
The above diagram illustrates the pre-snap "Area Outside" defender read on the Stick concept. We will key this defender for his initial reaction and the stretch of our stick route and quick out will force him to be wrong every time.



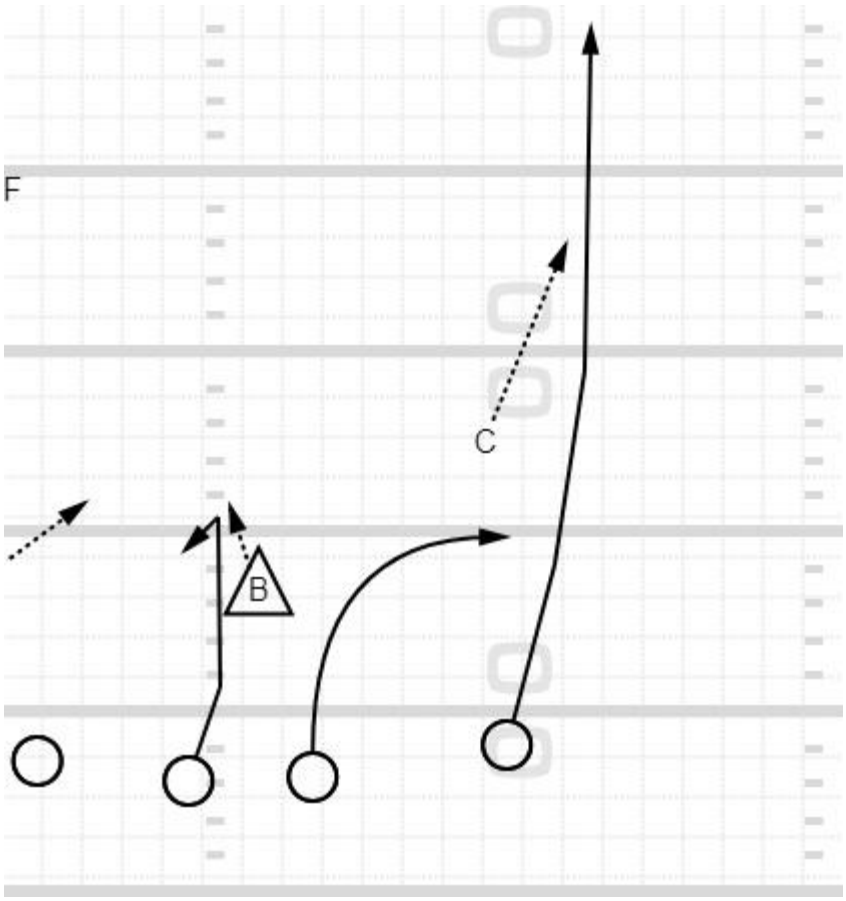
Trips Rt Mustang

Lets take a look at the initial read for our quarterback and potential defensive reactions. First off it is important as the QB receives the snap in the no-drop situation to keep his eyes on the initial reaction of the Area Outside defender. Whichever way he reacts we should be immediately throwing opposite. This ball must come out quickly and on-time to the frontside. In the diagram below you will

see the Area Outside defender expand or drop with the quick out route. In this situation the ball will go quickly to the stick route outside shoulder.

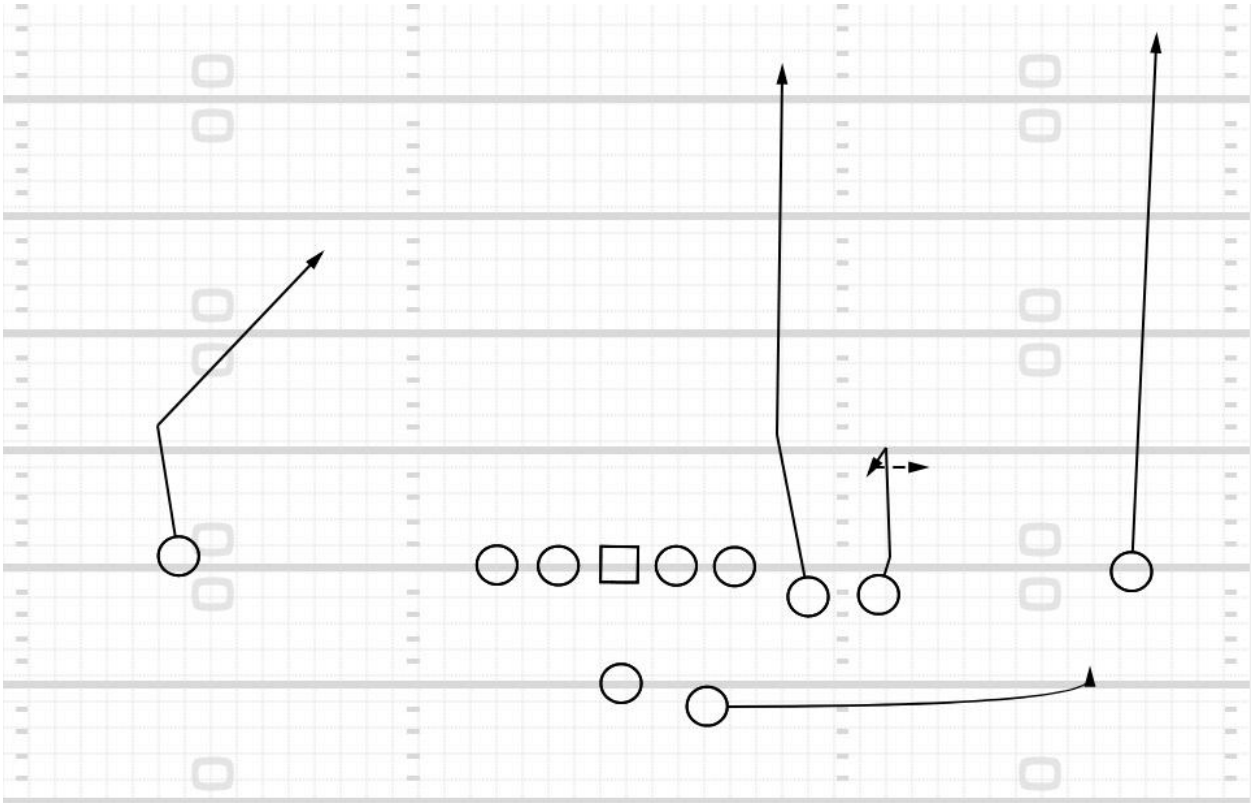


If the area outside defender stays inside and attempts to collision or wall-off the stick route. The ball should go immediately outside to the quick out (See Below Diagram). We can not miss with this pass inside the ball placement needs to be on the body or outside of the receiver.



You can see the bind that this concept places on this “Flat” area defender as he essentially will be quickly flooded with two receivers in his zone and he will only be able to quickly cover one of them.

An important coaching point for the quarterback pre-snap is to indentify the potential area outside defender. If the cornerback is in a tighter or press alignment he could very well be the flat defender in a Cover 2 look where he is responsible for the area outside zone. It is important the we eyeball the corner if he is in a tight alignment. If he jams and squats he is the area outside defender and the ball must go vertical outside to the FOR route in the hole along the sideline. If the corner is in a tight alignment and then bails out we will move our eyes to the next defender inside as our read key.



Variation- Trips Rt Ford “Split” (RB will have automatic Florida Call to the Trips Side)
The above diagram details a variation to the stick concept out of trips used primarily against a Two high safety zone coverage. We add the Tag “Split” that will tell the inside receiver to run a Split route (Locked Vertical inside the hash splitting the 2-high safety shell or directly at a 1-high safety shell). This route will not be in the progression other than to potentially serve as a pick on the area inside zone dropper and to hold the safety over the top from trying to get downhill on the stick route. We can have have the same stretch and read on the Area Outside Defender by the quarterback with the Stick route and the immediate swing by the running back out of the backfield. (Diagram Above)
This concept can also be utilized to quickly attack a hole in the Area Inside Coverage area (See Below Screen shot) caused by a defender blitzing or attacking the Stick route.

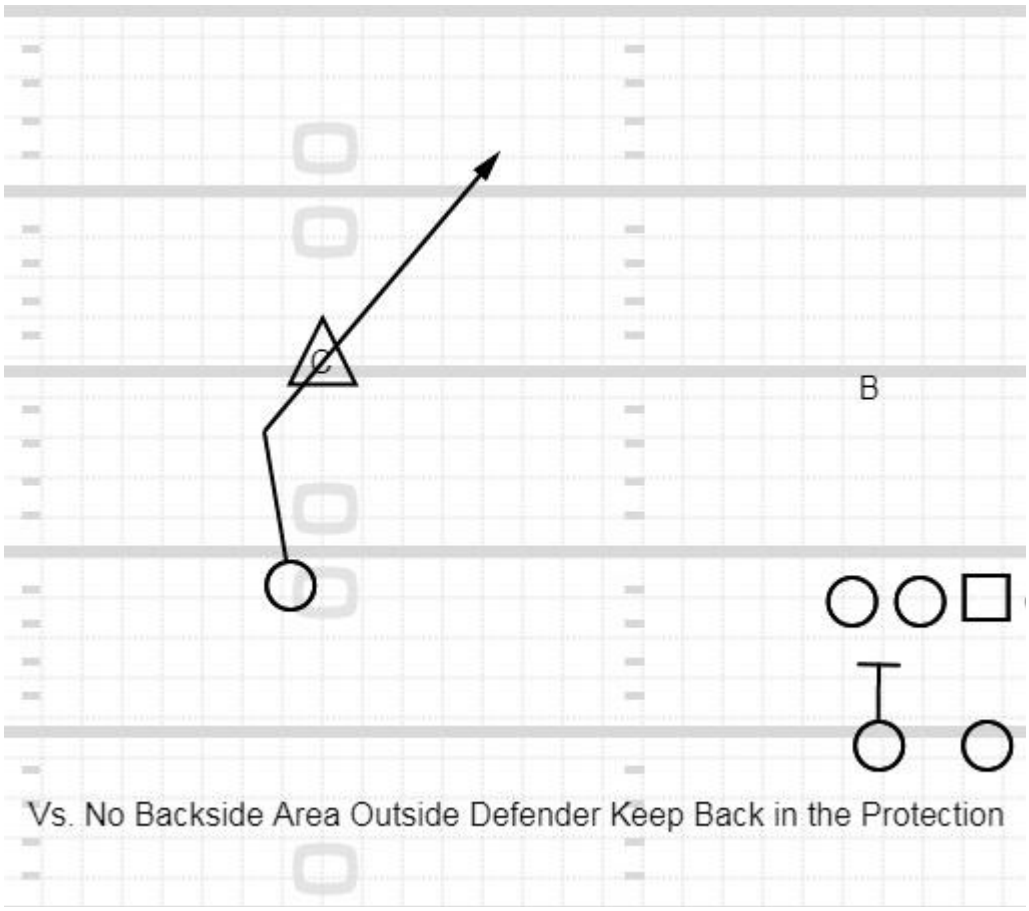


Attacking the Backside of Stick

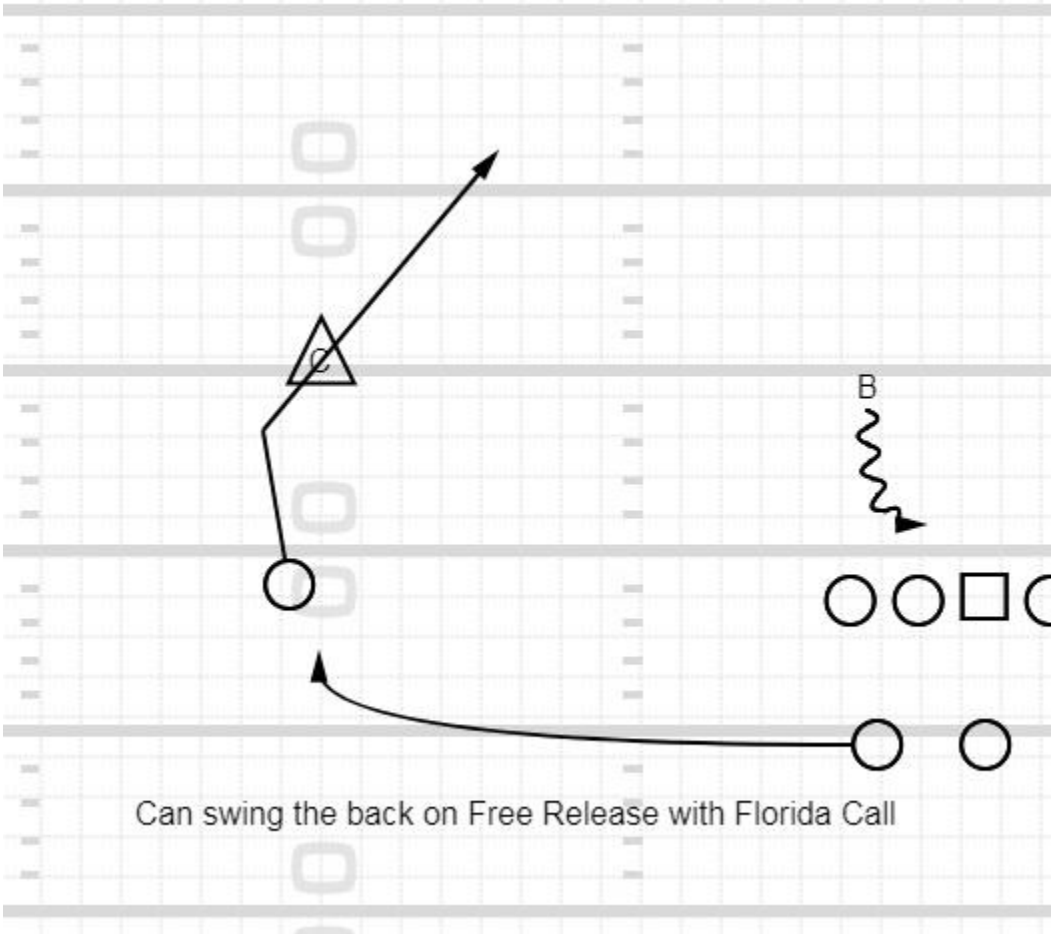
If as you work through your pre-snap progression of the stick concept either due to defensive alignment or a potential man coverage situation we can exploit potential defensive weakness to the backside of the concept. Our backside receiver will have a split on the bottom of the numbers and will run our 3-step skinny slant vs. a loose corner. Against a press corner he may need to flatten his slant a bit to create seperation.

So as a check sheet if you feel man coverage frontside get eyes immediately to the backside

1. What does the matchup look like
2. Is there an Area Outside Defender Present



Vs. No Backside Area Outside Defender Keep Back in the Protection



If there is no area outside defender present we want to keep the back into the protection as a general rule. The quarterback does have the option to put the back on a “Florida” call giving him a free release to the backside (See Diagram Above).