


# QUARTERBACK OPERATING SYSTEM

# QDOS



## MODULE 3

SYSTEM OVER CHAOS  
HEATH ALLEN

A COMPLETE FRAMEWORK  
FOR BUILDING A QB-  
CENTERED OFFENSIVE  
SYSTEM

# **CORE SYSTEM ARCHITECTURE**

**WHERE SCHEME MEETS STRUCTURE**

**THE BLUEPRINT FOR HOW THE OFFENSE IS ORGANIZED, TAUGHT, AND EXECUTED**



**EVERY CONCEPT, FORMATION, AND TAG USED IN THE SYSTEM IS BUILT ON THE STRUCTURE OUTLINED IN THIS SECTION**



**THE GOAL IS TO ELIMINATE COMPLEXITY FOR PLAYERS WHILE MAINTAINING FLEXIBILITY FOR COACHES**

# 3.1 MASTERY-BASED CONCEPT PHILOSOPHY

WE DO NOT CARRY PLAYS. WE CARRY CONCEPT FAMILIES.

A **CONCEPT FAMILY** IS:

- A PROGRESSION STRUCTURE
- A PROTECTION PAIRING
- A COVERAGE STRESS TOOL
- A RULE SET



FORMATIONS, MOTIONS, SPLITS, AND TAGS ARE PRESENTATION.  
THE PROGRESSION STAYS INTACT.

THIS ALLOWS:

- COGNITIVE MASTERY FOR THE QB
- TECHNIQUE MASTERY FOR RECEIVERS
- COMMUNICATION MASTERY FOR OL
- TEMPO CONTROL WITHOUT CHAOS



# 3.1 MASTERY-BASED CONCEPT PHILOSOPHY

## WHY ONLY 6 CORE FAMILIES?

### BECAUSE:

- PRACTICE REPS ARE FINITE
- COGNITIVE BANDWIDTH IS LIMITED
- FRIDAY NIGHT PRESSURE EXPOSES A WEAK INSTALL

MASTERY CREATES SPEED  
SPEED CREATES CONFIDENCE  
CONFIDENCE CREATES PRODUCTION

### SIX FAMILIES ALLOW:

- DEEP TEACHING
- FULL-SPEED REPS
- DEFENSIVE COUNTER ANSWERS
- FORMATION MULTIPLICITY WITHOUT MENTAL OVERLOAD

# 3.2 THE CORE 6 CONCEPT FAMILIES

EVERYTHING FITS INTO ONE OF THESE

YOUR OFFENSIVE ARCHITECTURE CONSISTS OF:

1. QUICK GAME FAMILY
2. INTERMEDIATE PROGRESSION FAMILY
3. VERTICAL STRESS FAMILY
4. MOVEMENT PASS FAMILY
5. ZONE RUN FAMILY
6. GAP RUN FAMILY

EVERYTHING FITS INTO ONE OF THESE  
IF IT DOESN'T — YOU DON'T CARRY IT



# 3.3 QUICK GAME FAMILY

RHYTHM. BOX CONTROL. EARLY CONFIDENCE.

## PURPOSE

- ESTABLISH TIMING
- PUNISH SOFT COVERAGE
- FORCE LB EXPANSION
- SLOW PRESSURE

QUICK GAME BUILDS EARLY RHYTHM FOR THE QB

## BASE CONCEPTS

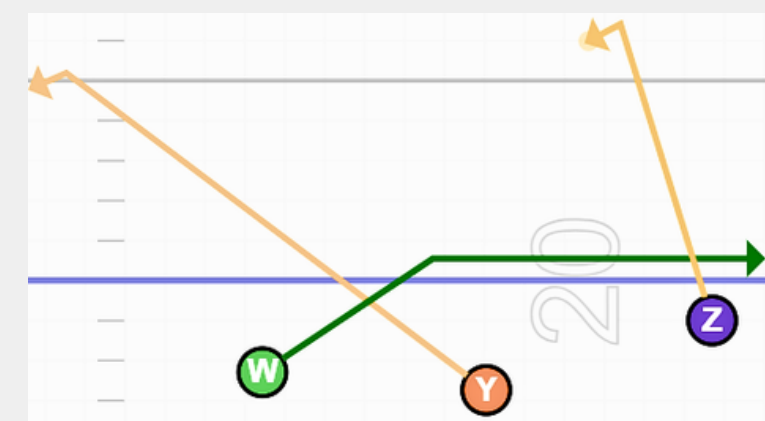
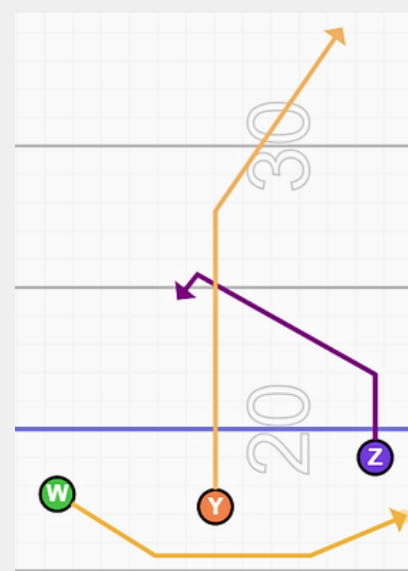
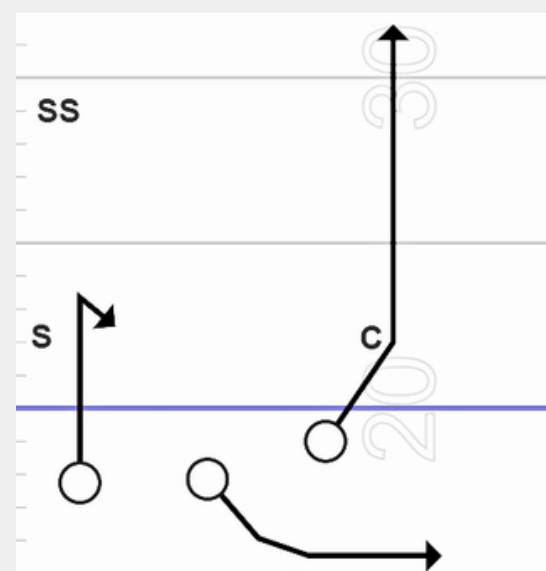
- STICK
- SNAG
- SPACING

ALL ARE LEVERAGE-BASED

## PROGRESSION STRUCTURE

MOST QUICK GAME IN YOUR SYSTEM FOLLOWS:  
PICK A SIDE & PLAY IT  
1 → 2 → CHECKDOWN

BUT DECISION IS FAST  
THE QB IS READING LEVERAGE, NOT WAITING  
FOR DEEP ROTATION



# 3.3 QUICK GAME FAMILY

RHYTHM. BOX CONTROL. EARLY CONFIDENCE.

## PROTECTION PAIRING

PRIMARY: GAP-SOUND (BACK OUT)

WHY?

- BALL OUT QUICKLY
- BACK INVOLVED IN ROUTE
- FORCES QB HOT DISCIPLINE

ADJUSTMENT:

IF FACING HEAVY INTERIOR PRESSURE → FULL SLIDE

VARIATION

## INSTALL ORDER

WEEK 1:

- STICK VS 2-HIGH
- STICK VS 1-HIGH
- BOX COUNT IDENTIFICATION
- PRE-SNAP LEVERAGE RULES

DO NOT RUSH THIS FAMILY

QUICK GAME IS YOUR STABILIZER

# 3.3 QUICK GAME FAMILY

RHYTHM. BOX CONTROL. EARLY CONFIDENCE.

## DEFENSIVE STRUCTURES IT ATTACKS

- SOFT COVER 2
- OFF-MAN
- LB WIDENERS
- LIGHT BOX TEAMS

## MULTIPLICITY WITHOUT NEW TEACHING

RUN STICK FROM:

- 2X2
- 3X1
- COMPRESSED SPLITS
- MOTION TO TRIPS
- BACK EMPTY

**SAME PROGRESSION - DIFFERENT PICTURE**  
**THIS IS YOUR MASTERY PRINCIPLE IN ACTION**

# 3.4 INTERMEDIATE PROGRESSION FAMILY

FULL-FIELD OWNERSHIP BEGINS HERE

THIS IS THE CORE OF YOUR SYSTEM

THIS FAMILY TEACHES QUARTERBACKS TO:

- READ ACROSS THE FIELD
- MANIPULATE HOOK DEFENDERS
- THROW WITH ANTICIPATION

BASE CONCEPTS

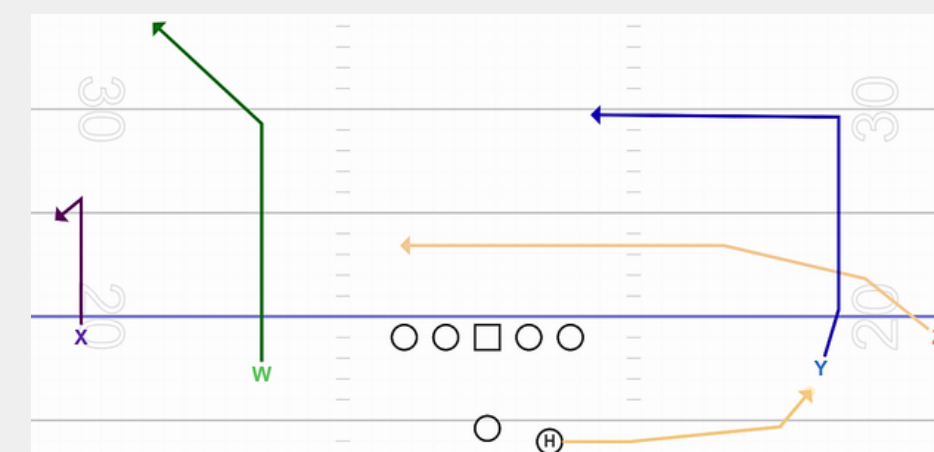
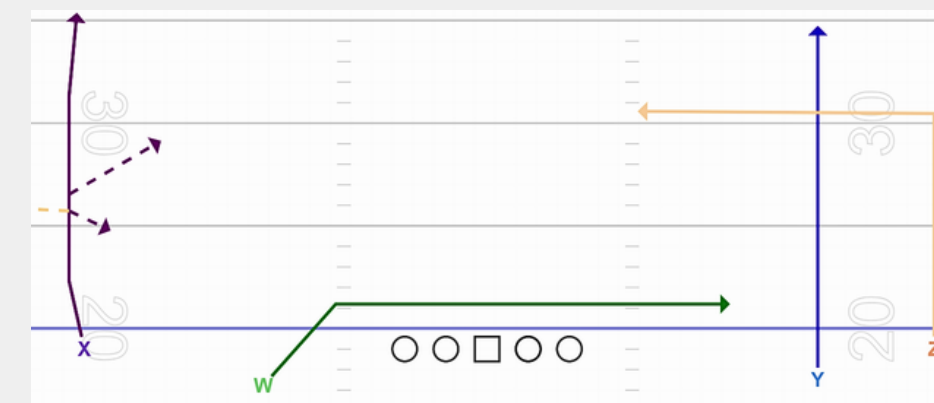
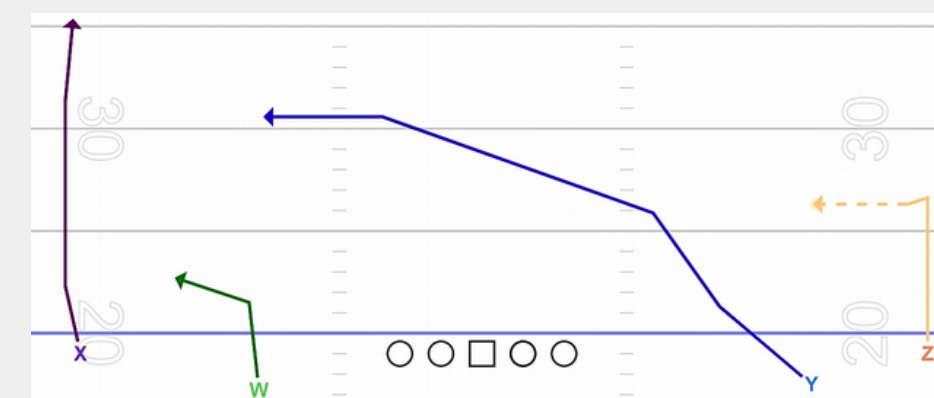
- Y-CROSS
- DAGGER
- DRIVE

All contain:

Horizontal stretch

Vertical stress

Defined checkdown



# 3.4 INTERMEDIATE PROGRESSION FAMILY

FULL-FIELD OWNERSHIP BEGINS HERE

## PROGRESSION PHILOSOPHY

EXAMPLE: Y-CROSS

- VERTICAL CLEAR
- OVER ROUTE
- OPPOSITE DIG / SIT
- BACK CHECKDOWN

## FOOTWORK:

HITCH = READ ADVANCEMENT

NO DRIFTING

NO GUESSING

## TEACHING EMPHASIS

- DO NOT STARE AT FIRST READ
- MOVE DEFENDERS WITH EYES
- RESET FEET ON PROGRESSION SHIFT
- THROW ON TIME, NOT OPEN



# 3.4 INTERMEDIATE PROGRESSION FAMILY

## FULL-FIELD OWNERSHIP BEGINS HERE

### PROTECTION PAIRING

PRIMARY: FULL SLIDE (BACK IN)

WHY?

- LONGER-DEVELOPING ROUTES
- CLEAN INTERIOR POCKET
- ENCOURAGES QB CLIMB  
DISCIPLINE

ADJUSTMENT:

GAP-SOUND VS SOFT PRESSURE

TEAMS

### DEFENSIVE STRUCTURES IT ATTACKS

- COVER 3 HOOK DEFENDERS
- QUARTERS SAFETIES
- PATTERN MATCH  
MISCOMMUNICATION
- LB RUN CONFLICT

# 3.5 VERTICAL STRESS FAMILY

**STRETCH THE DEFENSE. MANIPULATE SAFETIES**

## BASE STRUCTURES

- FOUR VERTICALS
- SWITCH VERT
- POST-DIG

## PURPOSE

- STRESS MOFO/MOFC
- FORCE SAFETY CONFLICT
- PUNISH AGGRESSIVE CORNERS
- CREATE EXPLOSIVE PLAYS

## QB COACHING POINTS

- IDENTIFY SHELL PRE-SNAP
- CONFIRM POST-SNAP ROTATION
- HOLD SAFETY WITH EYES
- THROW ON LANDMARK, NOT REACTION

# 3.5 VERTICAL STRESS FAMILY

STRETCH THE DEFENSE. MANIPULATE SAFETIES

## PROTECTION PAIRING

- FULL SLIDE PRIMARY
- BACK SECURES EDGE
- IF PROTECTION UNCERTAIN →  
REDUCE CONCEPT TO 3-MAN  
VARIATION

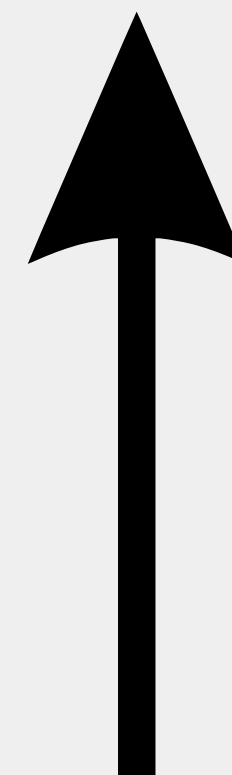
## SHOT TIMING RULES

YOU CALL VERTICALS:

- AFTER RUN EFFICIENCY
- AFTER QUICK GAME SUCCESS
- AFTER DEFENSIVE SUBSTITUTION STRESS
- ON MIDFIELD PLUS TERRITORY

NOT ON 3RD AND 8 FROM BACKED-UP FIELD  
POSITION

**DISCIPLINE DEFINES  
EXPLOSIVE SUCCESS**



# 3.6 MOVEMENT PASS FAMILY

CHANGE THE LAUNCH POINT WITHOUT ABANDONING STRUCTURE

## STRUCTURES

- SPRINT-OUT PROGRESSION
- HALF-ROLL PROGRESSION
- CONTROLLED BOOT (NON-RUN DEPENDENT)

## WHY IT EXISTS

- SLOW EDGE RUSHERS
- CHANGE QB LAUNCH POINT
- SIMPLIFY HALF-FIELD READS TEMPORARILY
- REGAIN RHYTHM IF POCKET SHAKY

## TEACHING EMPHASIS

- SHOULDERS DOWNHILL
- RESET BEFORE THROW
- CLEAR PROGRESSION RULES
- NO DRIFTING THROWAWAYS UNLESS NECESSARY

**MOVEMENT IS A TOOL — NOT AN IDENTITY**

# 3.7 ZONE RUN FAMILY

## STRUCTURE THE DEFENSE

### INSIDE ZONE

BASE RULE:

COVERED → BLOCK MAN

UNCOVERED → COMBO TO LB

RB READ:

PLAY-SIDE A → B → CUTBACK

QB READ OPTIONAL DEPENDING ON  
ATHLETE

### SPLIT ZONE

ADDS:

- EDGE INFLUENCE
- COUNTER FLOW PICTURE
- PROTECTION OF BACKSIDE  
DE

### WHY ZONE SUPPORTS THE QB

ZONE FORCES:

- SAFETY SPIN
- LB FLOW
- DEFINED BOX COUNT

IT MARRIES PERFECTLY WITH  
PROGRESSION PASS

# 3.8 GAP RUN FAMILY

## PHYSICAL ANSWER TO LIGHT BOX

### POWER

DOWN BLOCK + KICK + WRAP

CREATES:

- VERTICAL DISPLACEMENT
- HARD DOWNHILL PICTURE

### COUNTER

- MISDIRECTION  
COMPLEMENT
- PUNISHES AGGRESSIVE LB  
FLOW

### WHY GAP MATTERS IN A QB-CENTERED SYSTEM

WHEN DEFENSES:

- LIGHTEN BOX
- WIDEN FOR QUICK GAME
- SIT IN TWO-HIGH

GAP PUNISHES STRUCTURE  
RUN GAME PROTECTS PROGRESSION  
GAME

# 3.9 FORMATION & MOTION PHILOSOPHY

## PHYSICAL ANSWER TO LIGHT BOX

WE CARRY LIMITED CONCEPTS

SO YOU MULTIPLY WITH:

- 2X2
- 3X1
- COMPRESSED SPLITS
- BUNCH
- EMPTY
- MOTION TO TRIPS
- ORBIT / JET INFLUENCE



BUT THE PROGRESSION NEVER  
CHANGES

DEFENSE SEES VARIETY

OUR PLAYERS SEE FAMILIARITY

THAT IS SYSTEM MATURITY

# **MODULE 3 SUMMARY**

**BY THE END OF MODULE 3, THE COACH UNDERSTANDS:**

1. THE SIX STRUCTURAL PILLARS
2. WHY EACH FAMILY EXISTS
3. HOW PROTECTION PAIRS WITH CONCEPT.
4. HOW MULTIPLICITY IS CREATED WITHOUT OVERLOAD
5. HOW SCHEME SUPPORTS QB DEVELOPMENT

**THIS IS ARCHITECTURE, NOT PLAY COLLECTION.**