

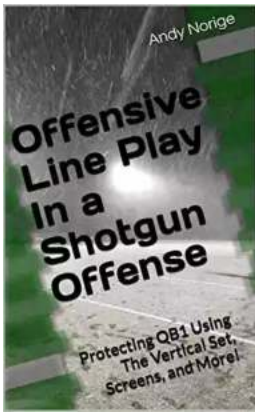
# Protecting QB1 Using the Vertical Set Screens And More



The quarterback position in American football is one of the most crucial and demanding roles on the field. The QB1, as the starting quarterback is commonly referred to, bears the responsibility of leading the offensive unit, making split-second decisions, and executing plays effectively to move the team toward victory. Protecting QB1 is vital for the success of any offensive team, and one effective strategy for enhancing this protection is using the vertical set screens.

## Understanding the Vertical Set Screens

The vertical set screens provide an additional layer of protection to the QB1 by manipulating the defense's pass rush lanes. The purpose of these screens is to force the opposing defensive linemen to take wider angles to reach the quarterback, therefore allowing the offensive linemen to use their leverage more effectively and prevent the defense from collapsing the pocket.



## Offensive Line Play In a Shotgun Offense: Protecting QB1 Using The Vertical Set, Screens, and More! by Avneet Kumar Singla(Kindle Edition)

★★★★★ 5 out of 5

Language : English

File size : 9300 KB

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By using the vertical set technique, the offensive linemen establish their initial pass set at a slightly deeper depth. This allows them to engage the defensive linemen while maintaining a wider perspective of the field. As the play develops, the offensive linemen adjust their sets and footwork to mirror the maneuverings of the defense, ensuring the quarterback has a clean pocket from which to throw.

### Benefits of Vertical Set Screens

The utilization of vertical set screens provides several benefits to protect QB1:

1. **Improved pass protection:** The QB1 is provided with more time in the pocket, enabling them to survey the field and locate open receivers with better accuracy. This enhances the chance of successful plays and reduces the risk of interceptions or fumbles caused by hurried throws or strip-sacks.
2. **Increased options for the offensive play-caller:** When QB1 is well-protected, the offensive coordinator gains the ability to call a wider variety of plays without worrying about immediate pressure on the quarterback. It opens up the playbook and allows for more creative and strategic play-calling.

3. **Enhanced offensive rhythm and momentum:** A clean pocket provided by vertical set screens allows QB1 to develop rhythm and build momentum throughout the game. With decreased pressure, the quarterback can make accurate throws and establish a strong connection with the receivers, ultimately leading to better offensive performance.
4. **Improved offensive line play:** Vertical set screens require the offensive linemen to have detailed knowledge of the defense's alignment, stunts, and blitzes. This leads to improved communication and coordination amongst the offensive line, setting a foundation for overall enhanced performance in pass protection.

## Other Strategies for Protecting QB1

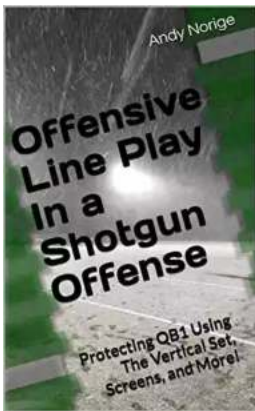
While vertical set screens are an effective means of safeguarding the QB1, there are other strategies that can be employed to provide additional protection:

1. **Using play-action passes:** Incorporating play-action passes into the offensive game plan keeps the defense guessing and slows down the pass rush, allowing QB1 more time to make decisions. The threat of a strong running game can freeze linebackers and defensive linemen, reducing their aggressiveness in reaching the quarterback.
2. **Implementing quick passing concepts:** Employing quick passing concepts can disrupt the defense's timing and prevent immediate pressure on QB1. These involve short throws to receivers who are likely to be free from tight coverage, reducing the need for the quarterback to hold the ball for an extended period.
3. **Utilizing rollouts and bootlegs:** By incorporating rollouts and bootlegs into the offensive scheme, QB1 can buy extra time and maneuver away from the rush. These plays force the defense to move laterally and create

opportunities for the quarterback to either make a throw on the run or scramble for positive yardage.

4. **Continuous improvement of offensive line technique:** Consistent practice and refining of offensive line technique are essential for protecting QB1. Techniques such as hand placement, footwork, and leverage can make a significant difference in neutralizing the opposing defense's pass rush.

Protecting QB1 is of utmost importance in American football, as the quarterback's performance directly impacts the success of the offensive unit. Utilizing strategies like vertical set screens, play-action passes, quick passing concepts, and rollouts can enhance the quarterback's protection and maximize the potential for offensive success. By continuously improving offensive line techniques and maintaining effective communication, teams can ensure the QB1 has the necessary time and space to make accurate and impactful plays.



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If you run a shotgun-based offense and want to PROTECT YOUR QB, BREAK MORE BIG PLAYS, SCORE MORE POINTS, and WIN MORE GAMES, this is the book for you!

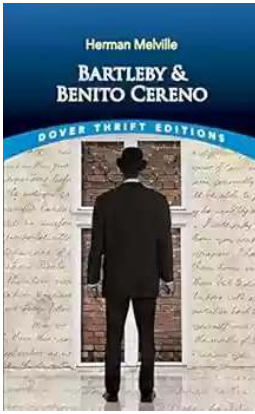
This quick read is right to the point, with no fluff or filler. Inside you'll learn:

- How and why to Vertical Set.
- Simple, effective protection schemes.
- How to Eliminate the Edge Pass Rusher with 2 easy drills!
- Simple Roll-out Pass Protection techniques and scheme.
- Drill descriptions, diagrams, and cues.
- Rules and Calls to simplify your run game and screen game.
- Rules, cues, and tips for achieving more with lesser athletes.

Coach Norige gives you the drills, techniques, and cues he uses to help his players achieve success on Game Night. With More than a decade of experience coaching the offensive line in a shotgun offense, Coach Norige has found many ways to increase efficiency and decrease confusion for his players. This short book falls right in line with his philosophy of making the information easy to understand and fast to digest.

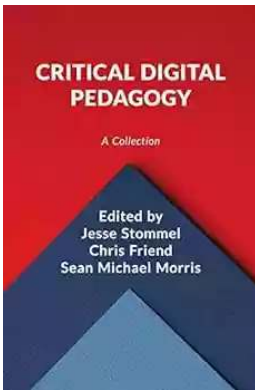
Even coaches who “will not vertical set under any circumstances” can find an idea or two that can help their players to be more successful on the field — from getting a reach block, to pass protection techniques, to increasing efficiency and getting more practice reps, to a great O-Line Pride Building exercise, to faster pre-snap communication.

The information in this book can help you Break More Big Plays, Protect QB1, Score More Points, and Win More Games! .



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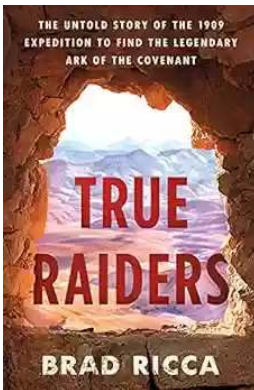
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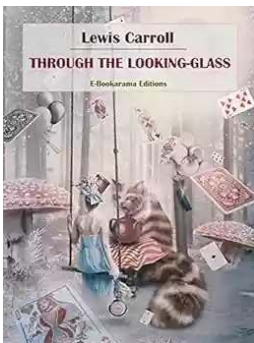
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