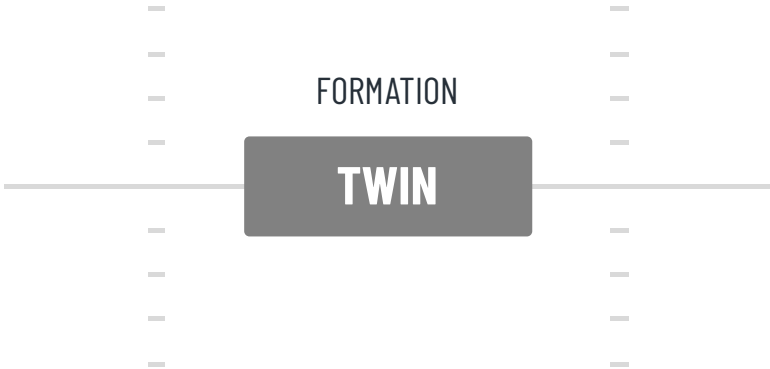




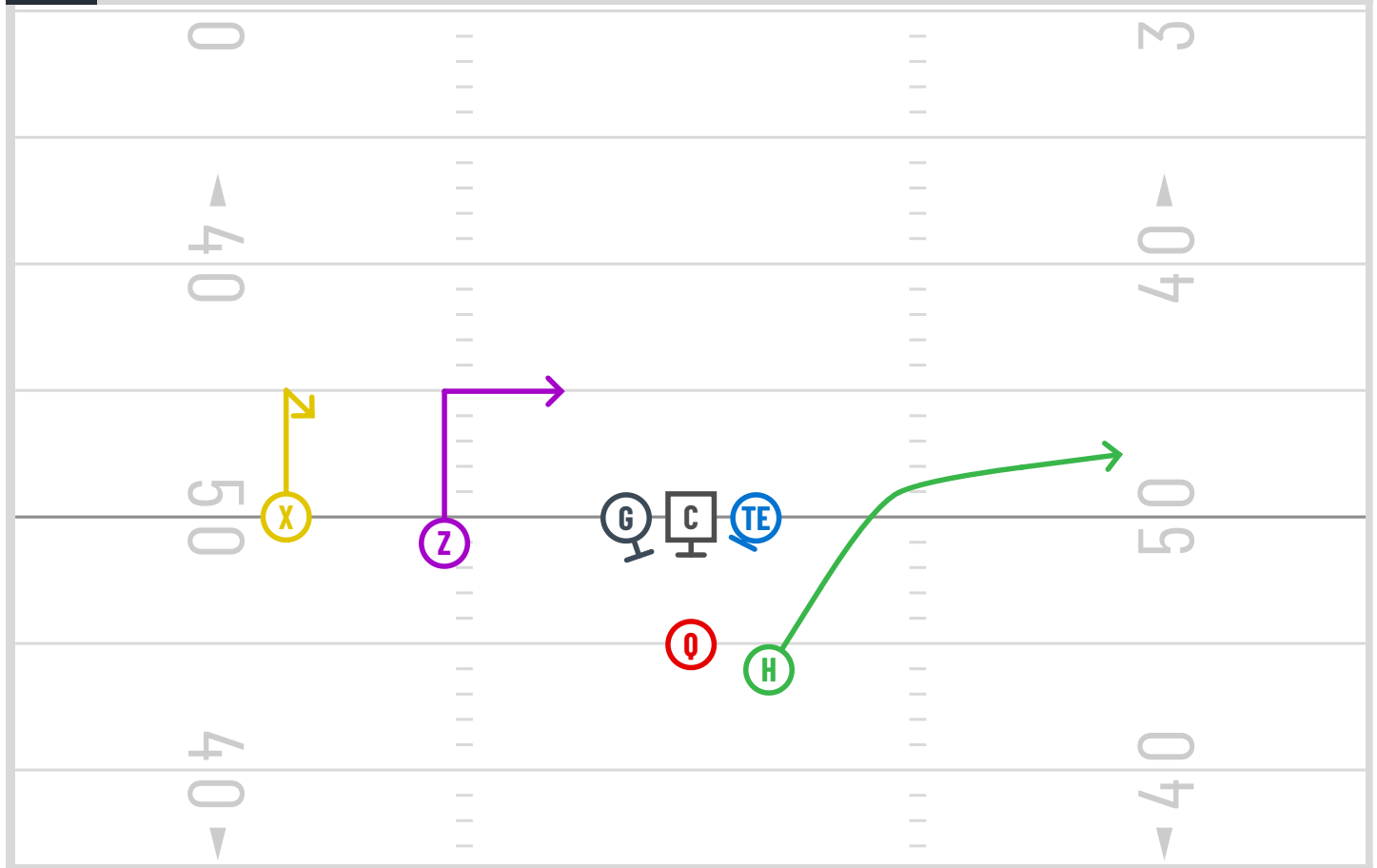
LIGUE NOUVELLE AQUITAINE

OFFENSE



1

Twin Quick



X hitch

Z quick in

G protection passe

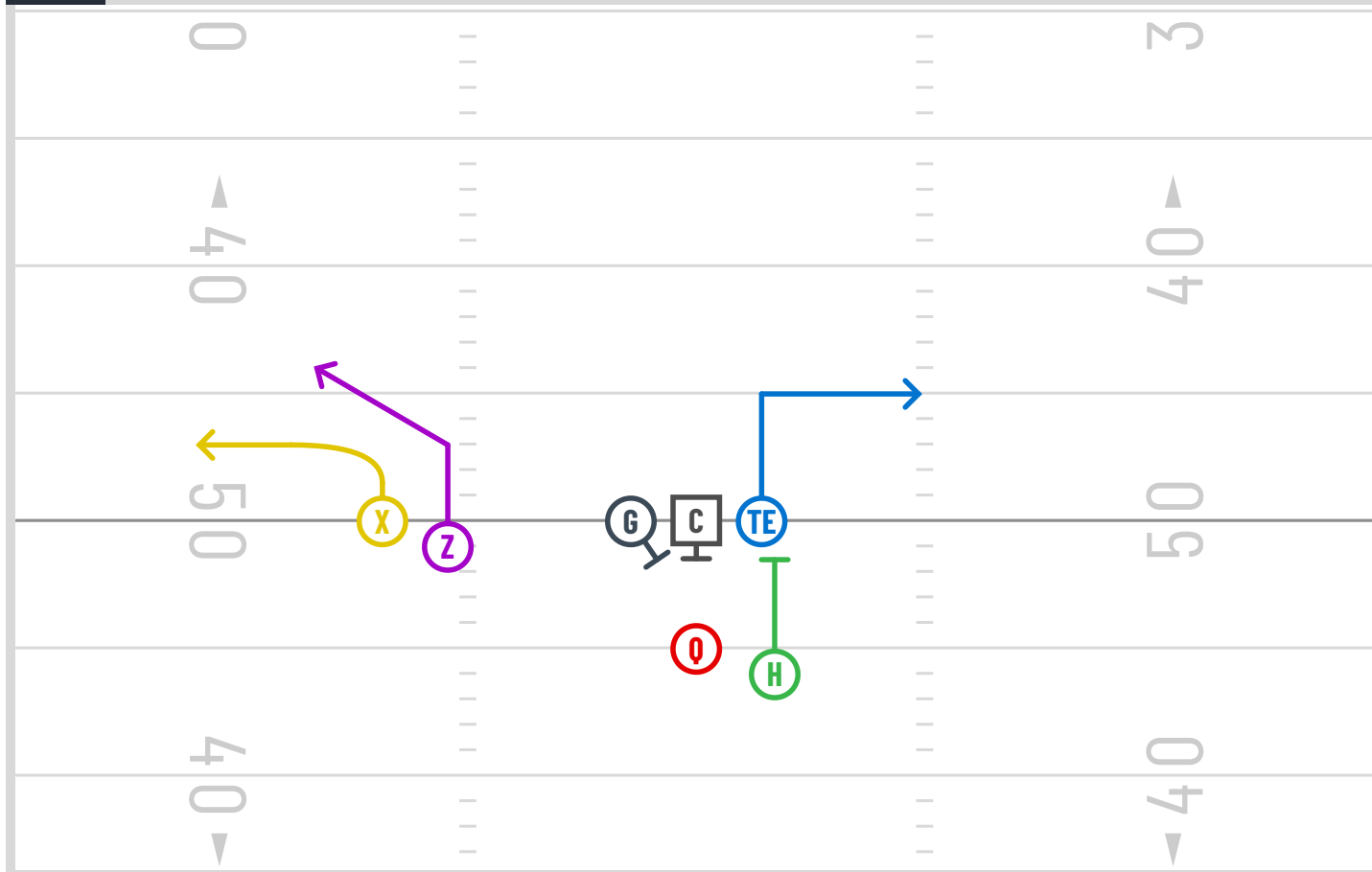
H Flat

TE protection passe

C protection passe

2

Twin Bench



X Flat

Z Slant

G protection passe

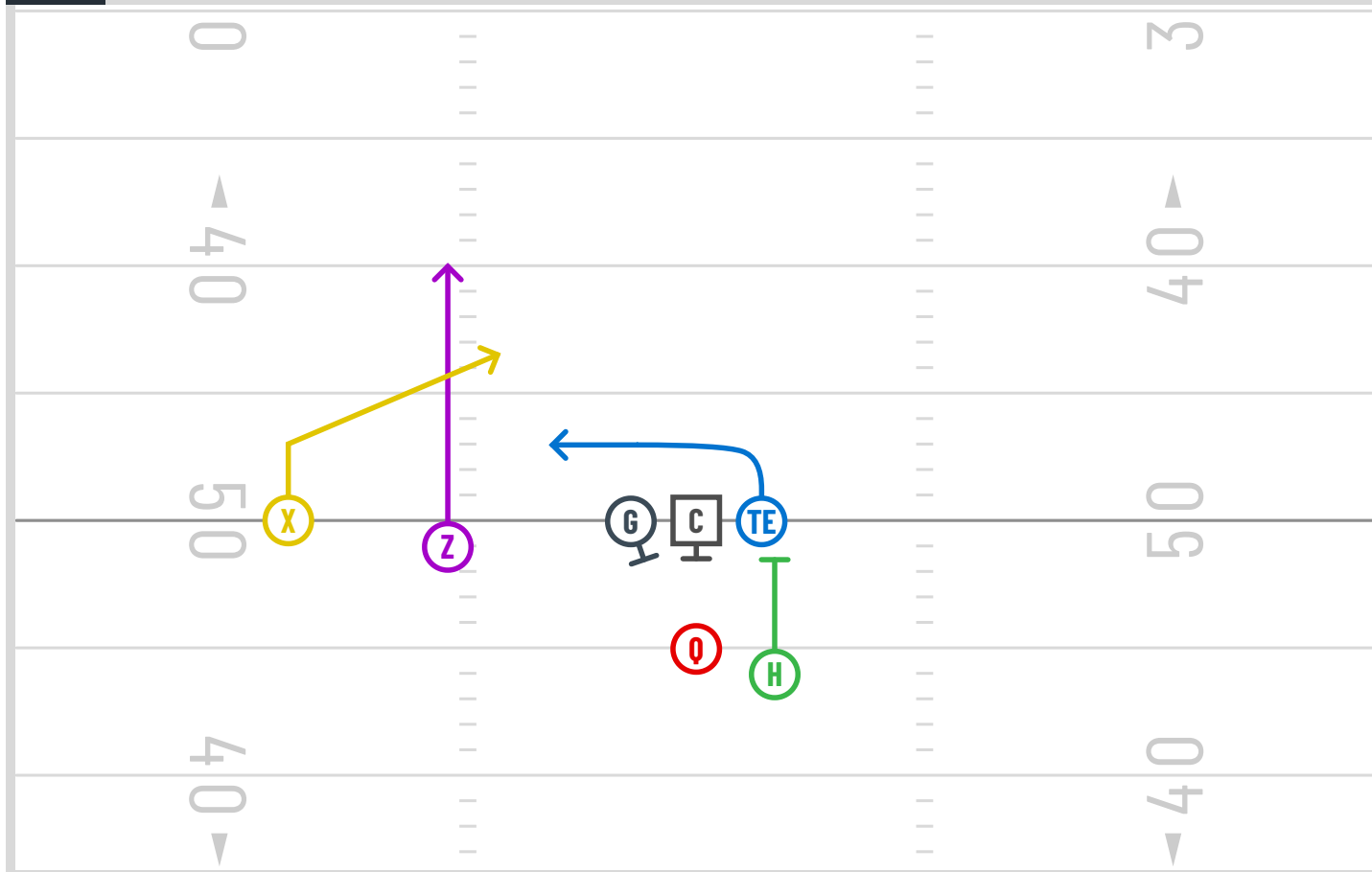
H protection passe

TE Quick Out

C protection passe

3

Twin Knife



X Slant

Z Go

G protection passe

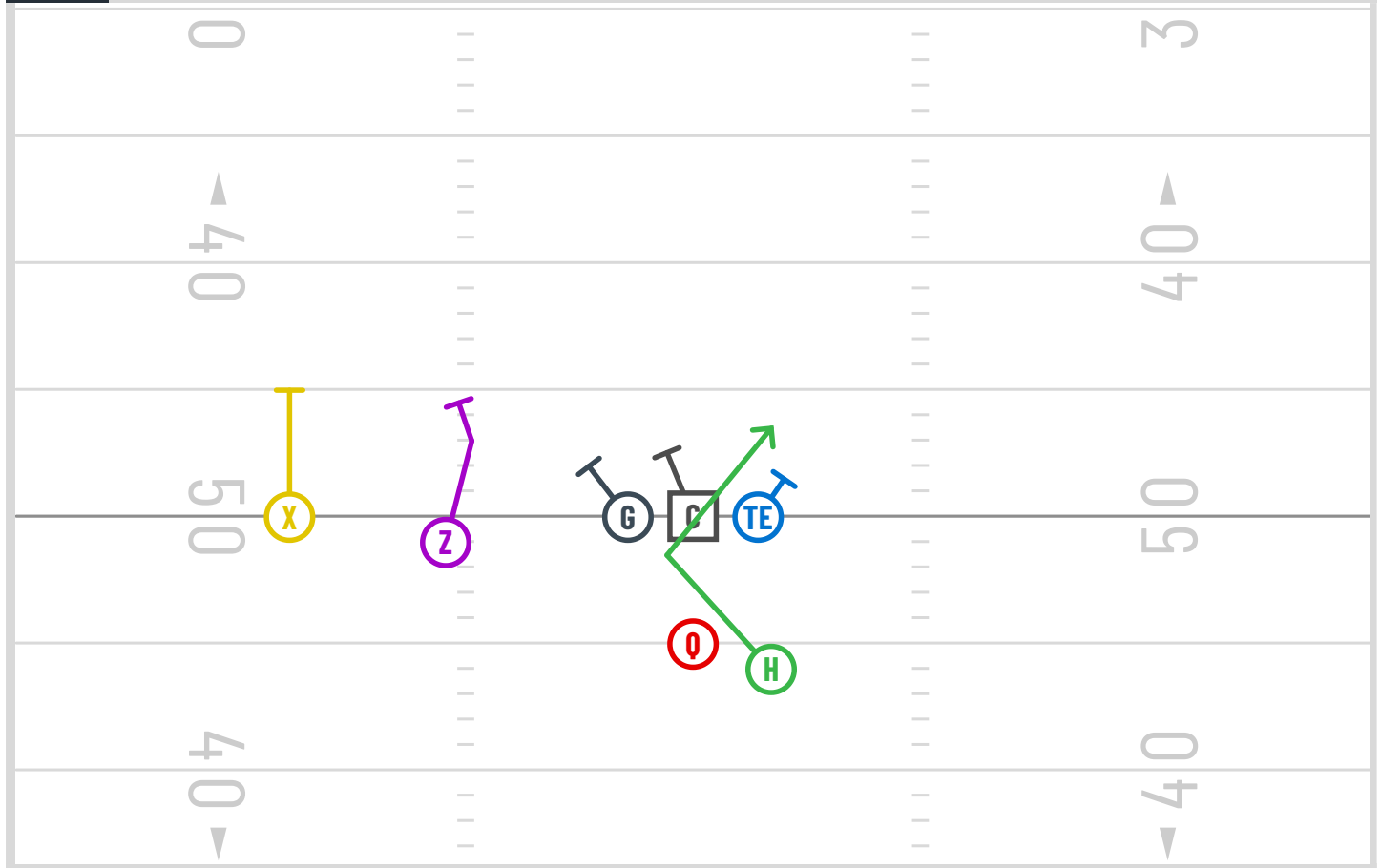
H protection passe

TE Drag

C protection passe

4

Twin Counter



X block course

Z block course

G Down block Odd

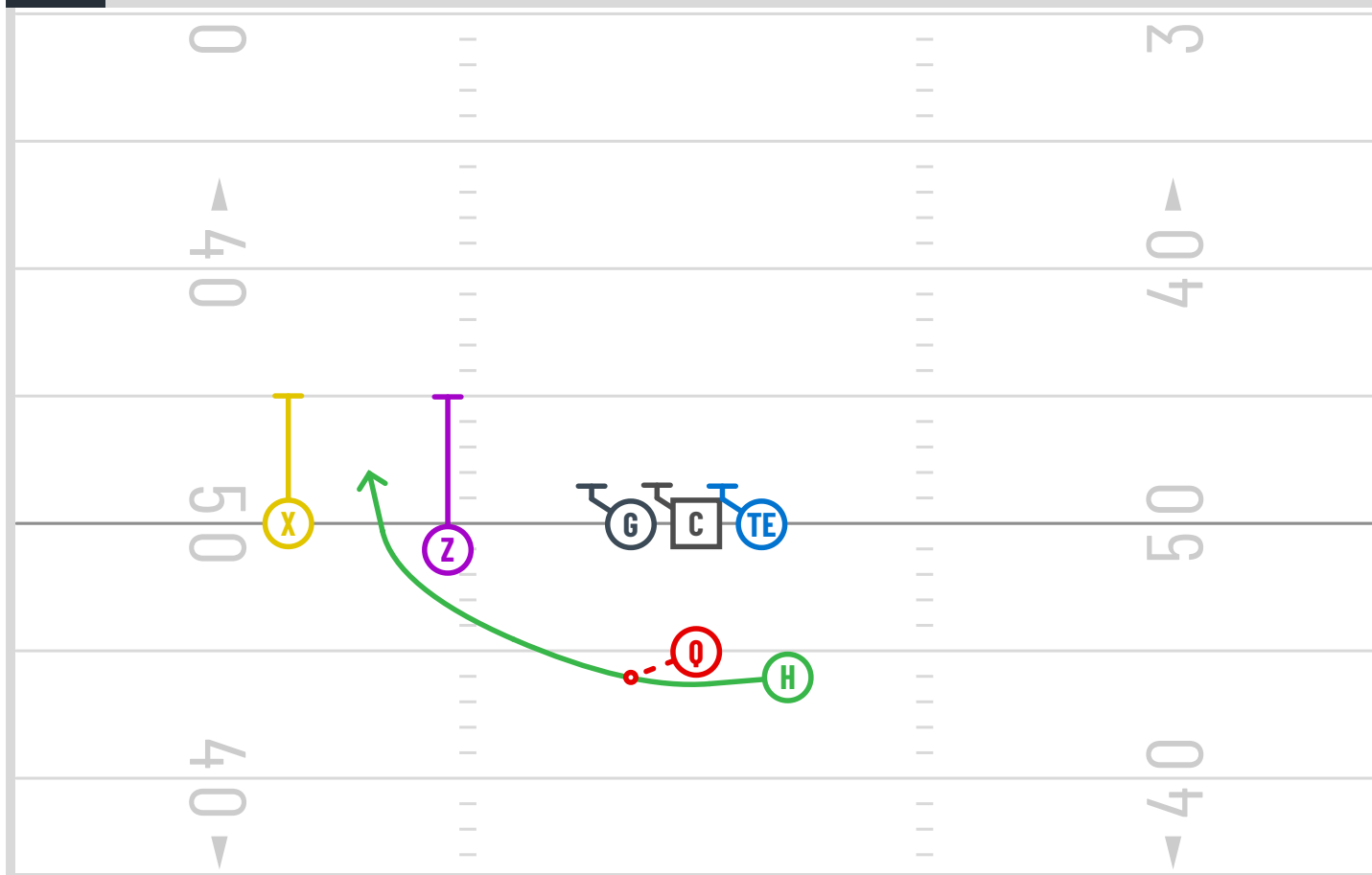
H zone inter puis décalage Even

TE Down block Even

C Down block Odd

5

Twin Outside zone Strong



O transmission pitch

X block course

Z block course

G block course

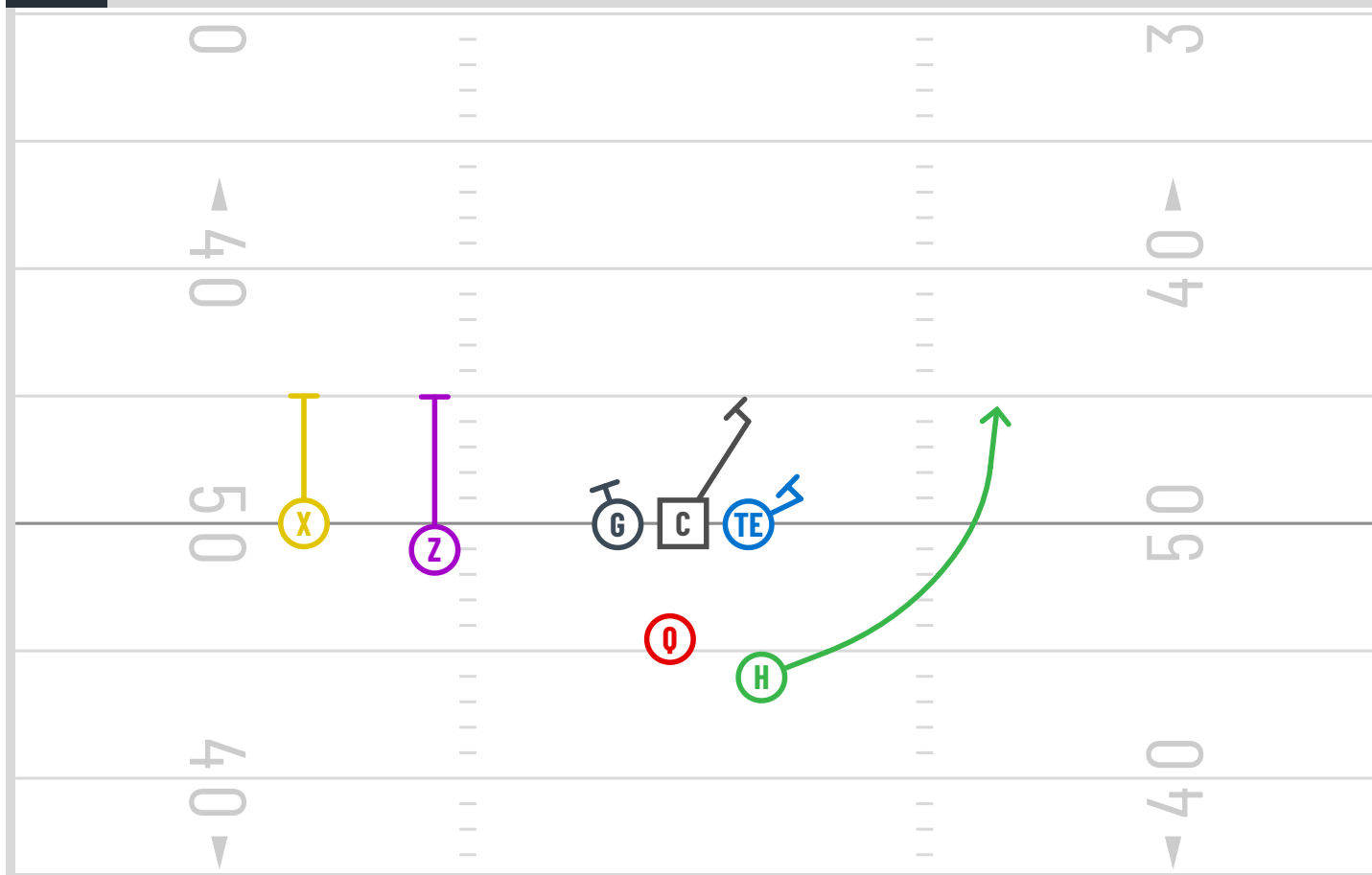
H course exterior Odd / transmission en Pitch

TE block course

C block course

6

Twin Outside Zone Weak



O transmission pitch

X block course

Z block course

G block course

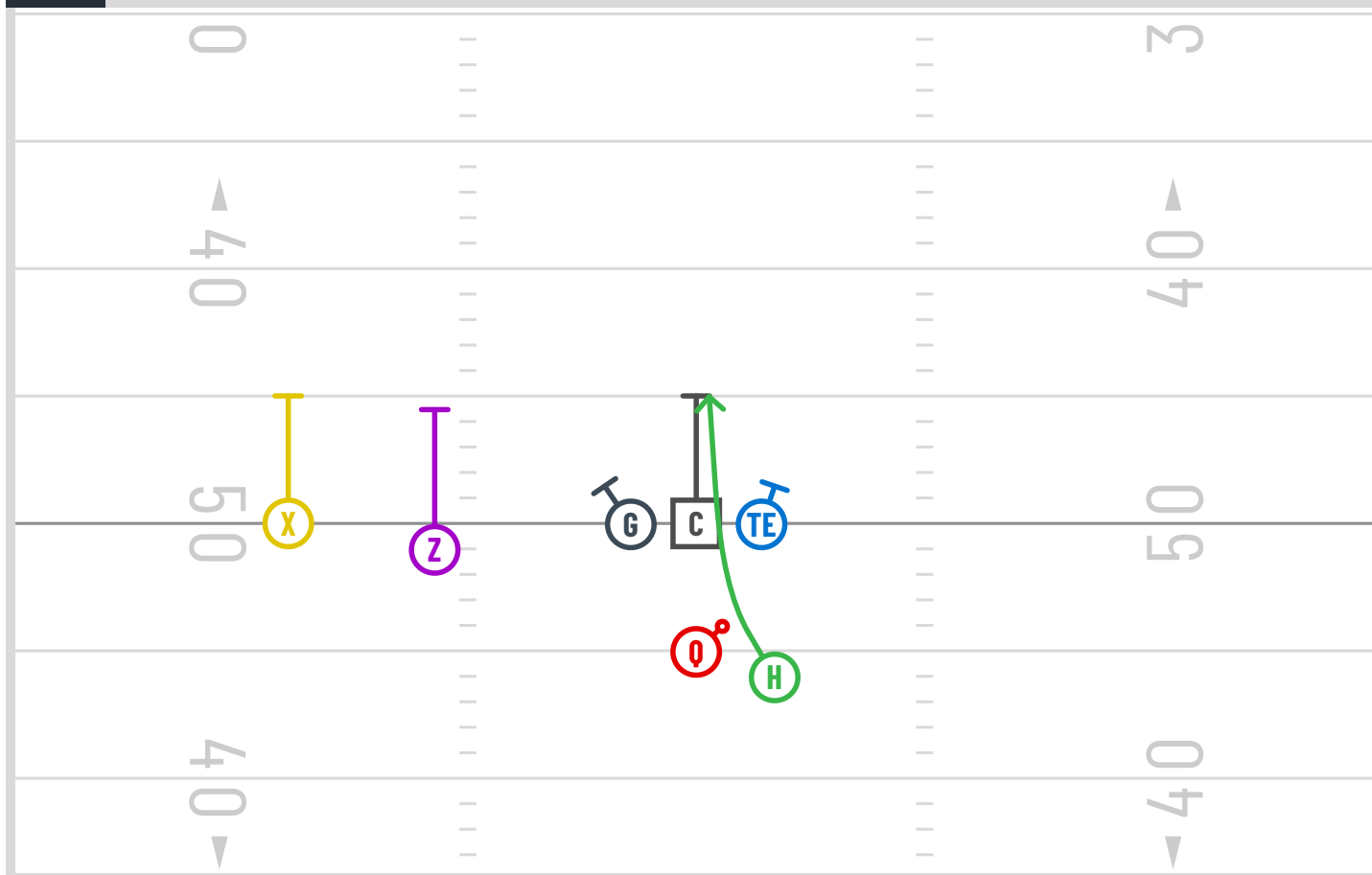
H course zone extérieur faible / transmission pitch

TE block course

C block course

7

Twin Inside Zone



⓪ transmission direct

ⓧ block course

Ⓩ block course

ⓖ block course

ⓗ Course interieur

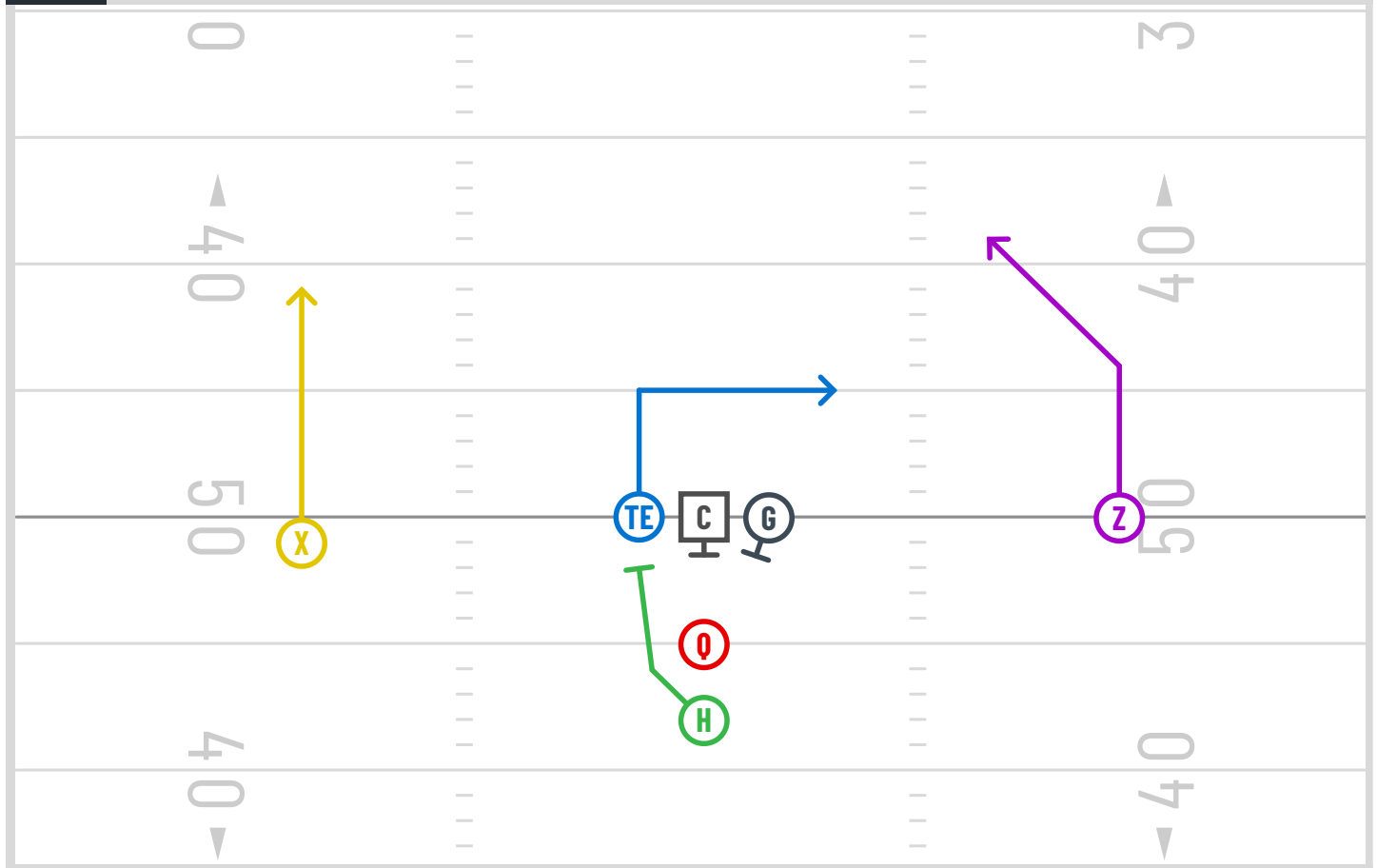
Ⓣⓔ block course

Ⓢ block course



8

Ace Deep



X Go

Z Post

G protection passe

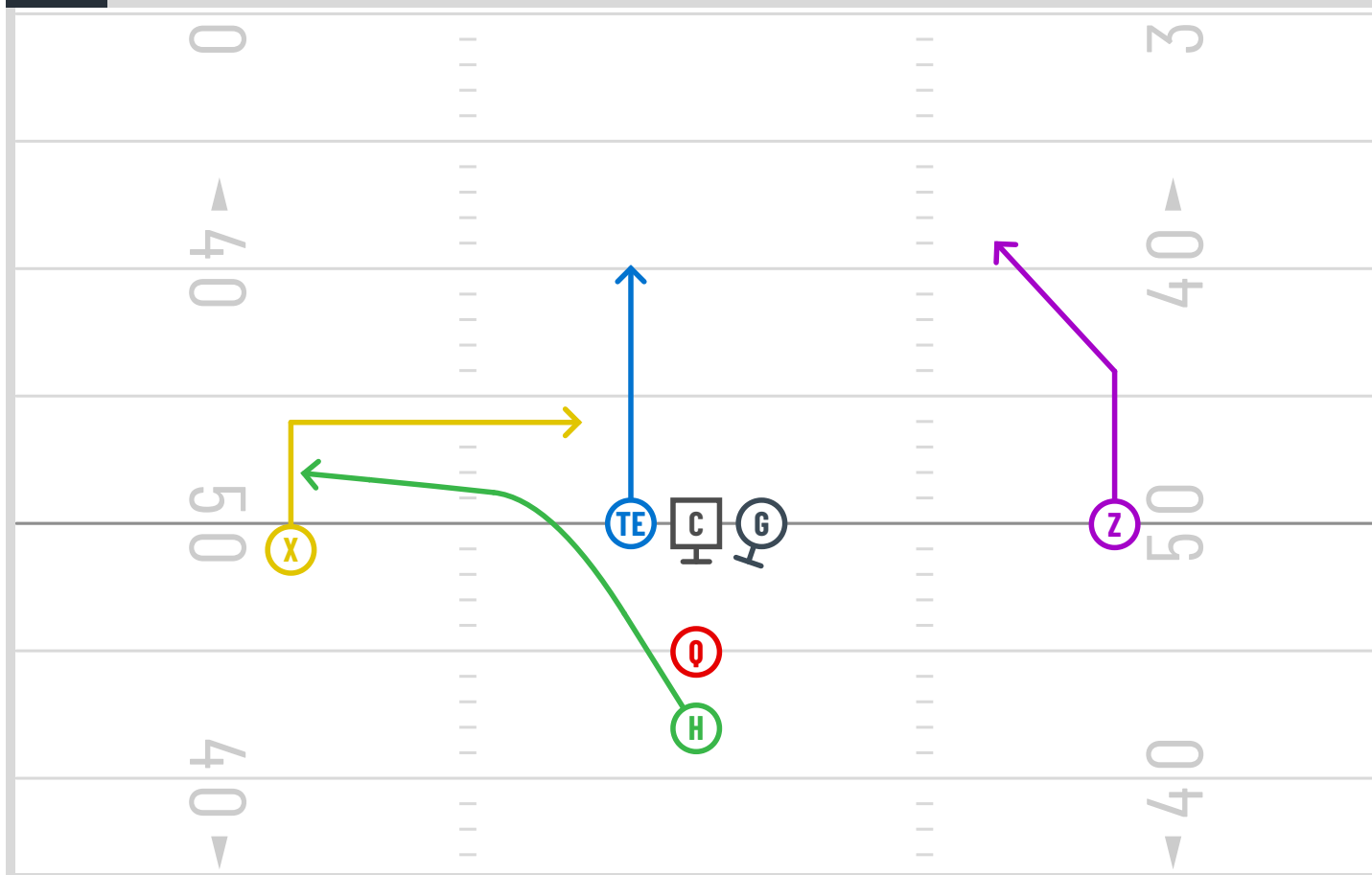
H protection passe

TE Quick In

C protection passe

9

Ace Dagger



X Quick In

Z Post

G protection passe

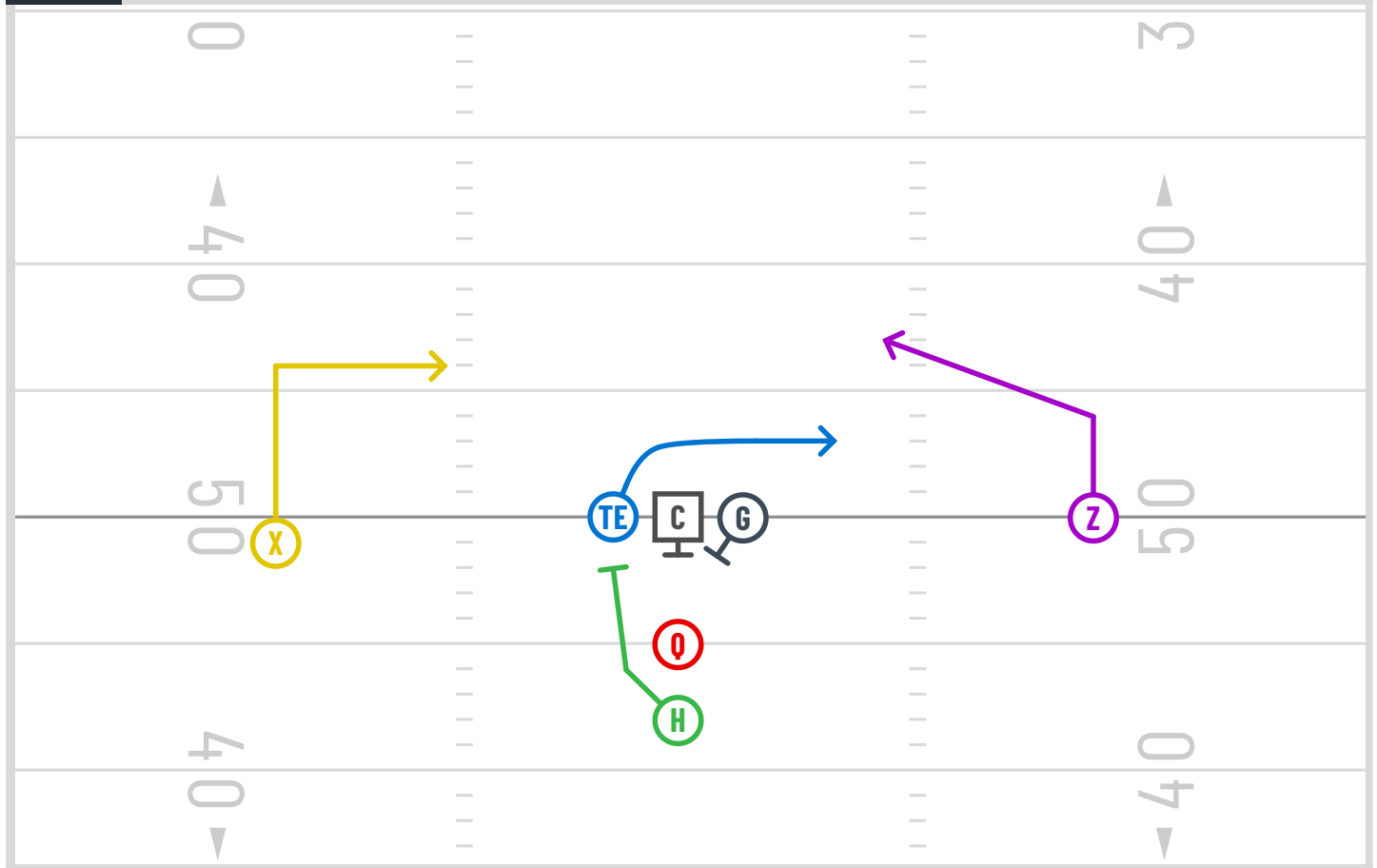
H Slant

TE Go

C protection passe

10

Ace Levels



X Deep In 7Y

Z slant

G protection passe

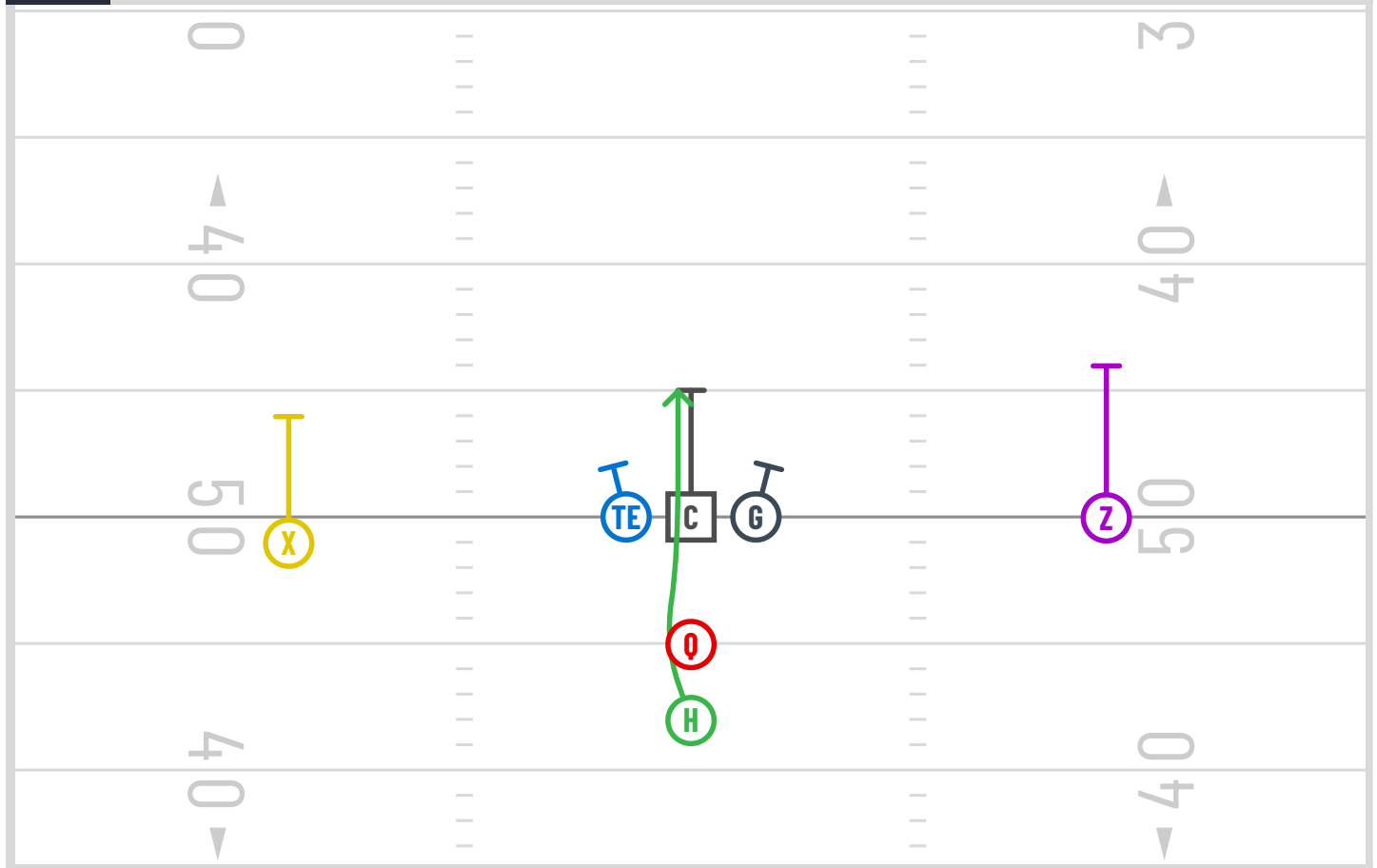
H protection passe

TE Drag

C protection passe

11

Ace Inside Zone



Q transmission direct

X Block Course

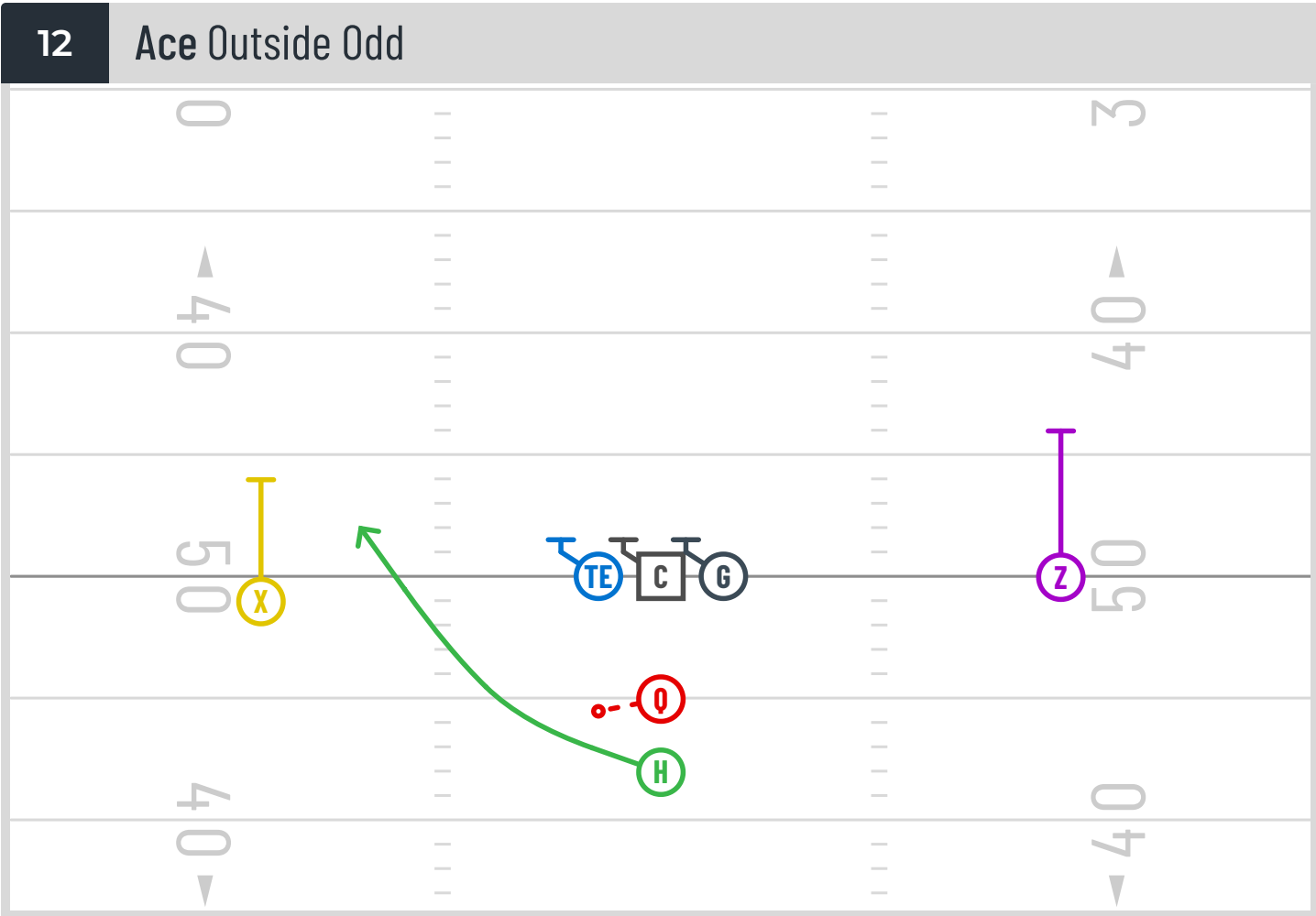
Z Block Course

G Block Course

H Course interieur

TE Block Course

C Block Course



Q transmission pitch

X Block Course

Z Block Course

G Block Course

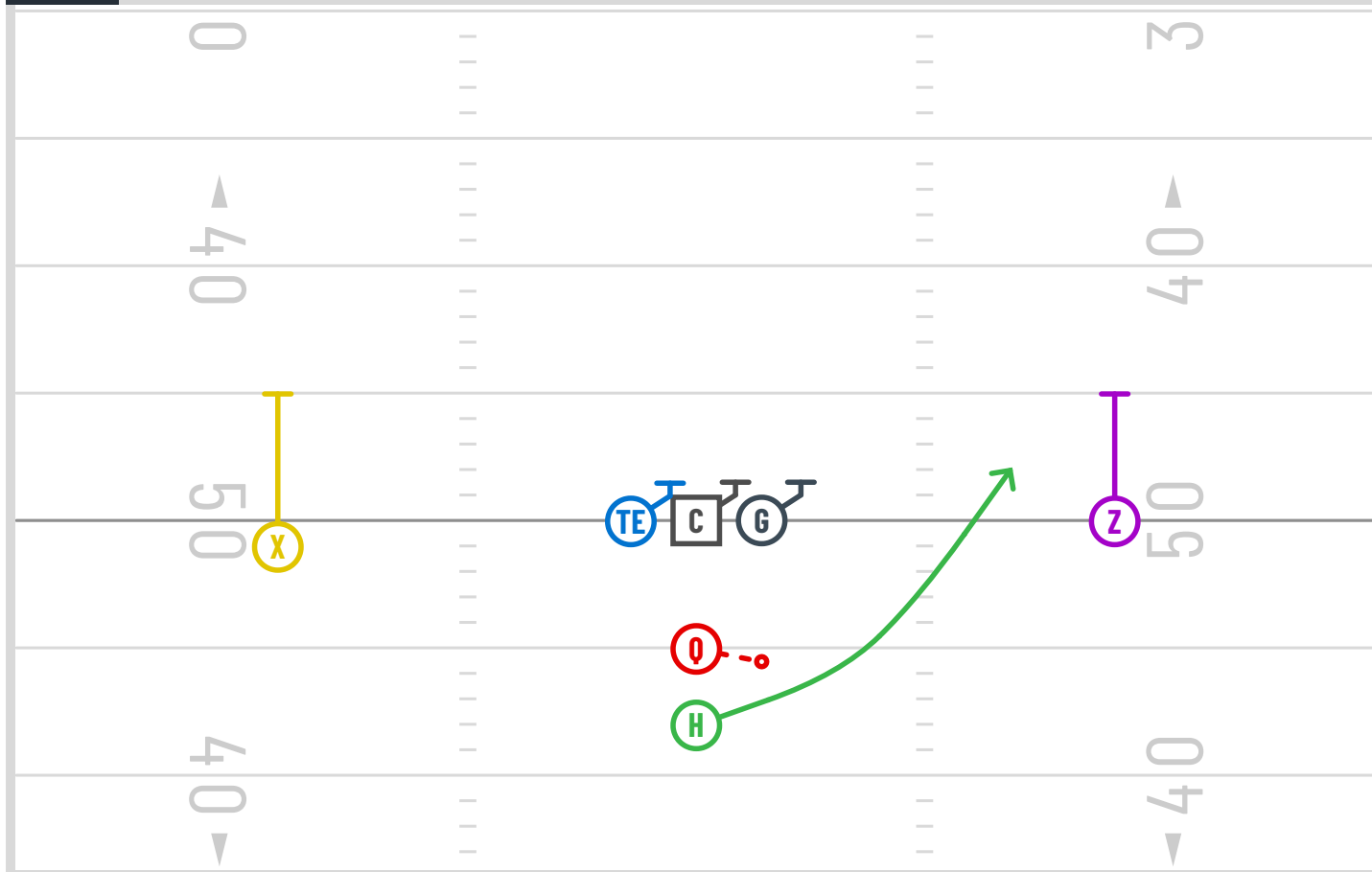
H Course Zone Odd / Transmission pitch

TE Block Course

C Block Course

13

Ace Outside Even



Q transmission pitch

Z Block Course

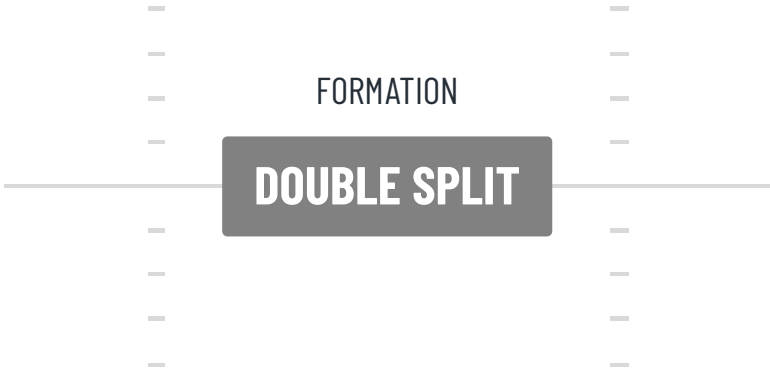
X Block Course

TE Block Course

H Course Zone Even / Transmission pitch

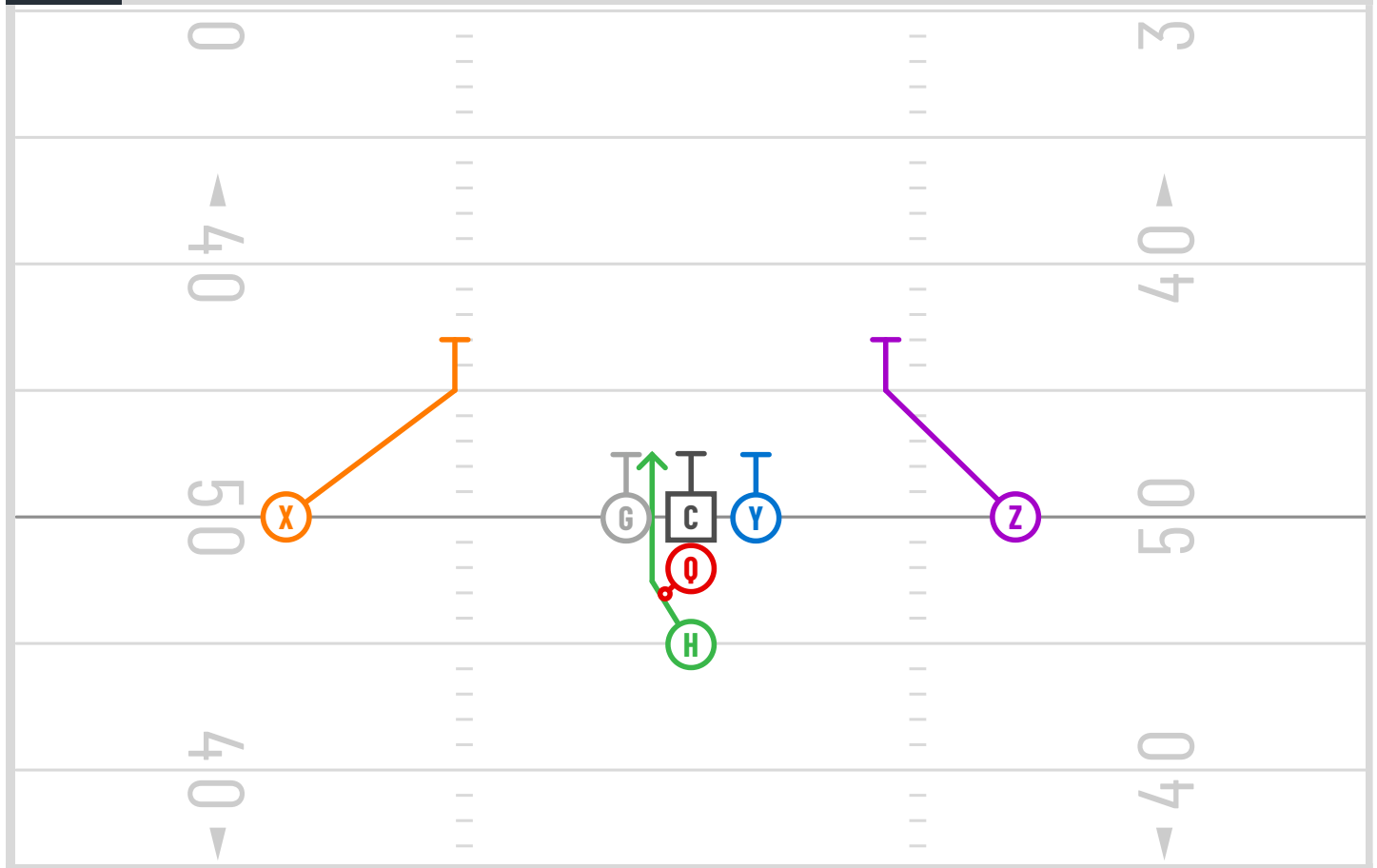
G Block Course

C Block Course



14

Double Split Dive



O Transmission direct Run

X Block course inter

Z Block course inter

G Drive block

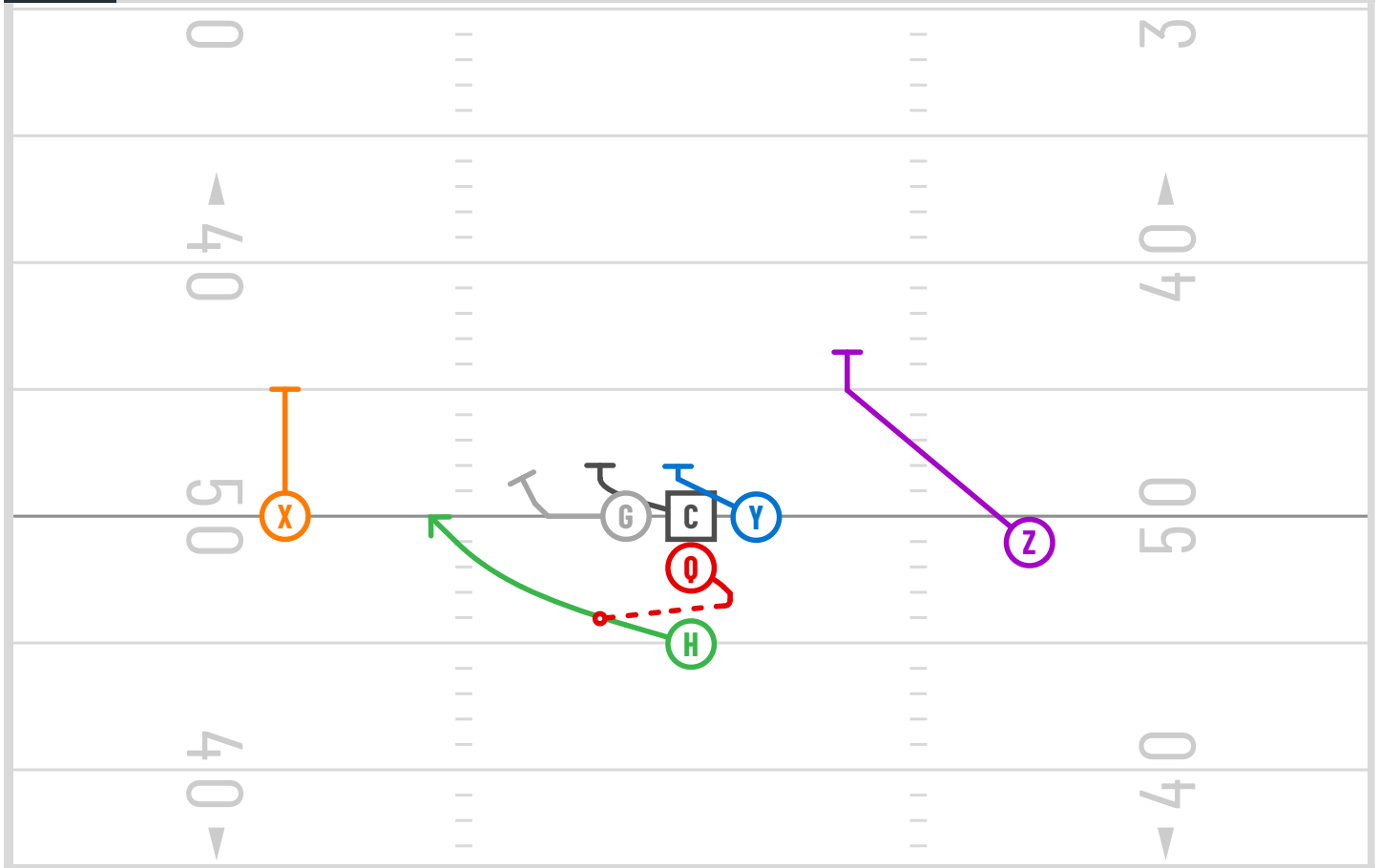
H Course entre garde et centre

Y Drive block

C Drive block

15

Double Split Toss



Q Transmission Toss

X block course

Z block course

G Down Block

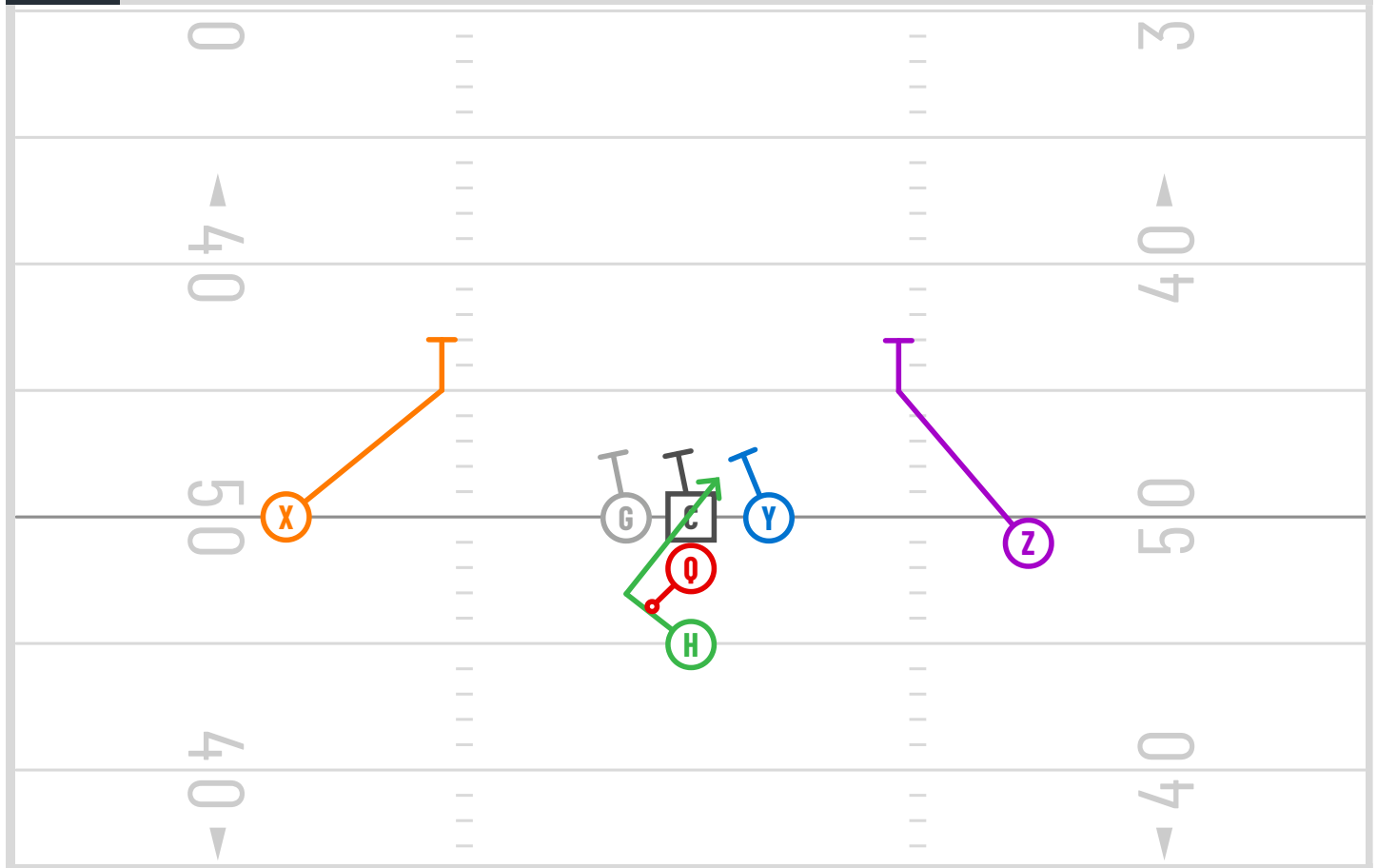
H Course extérieur dos du WR

Y Down Block

C Down Block

16

Double Split Counter



Q transmission direct

X block course

Z block course

G Drive block gauche

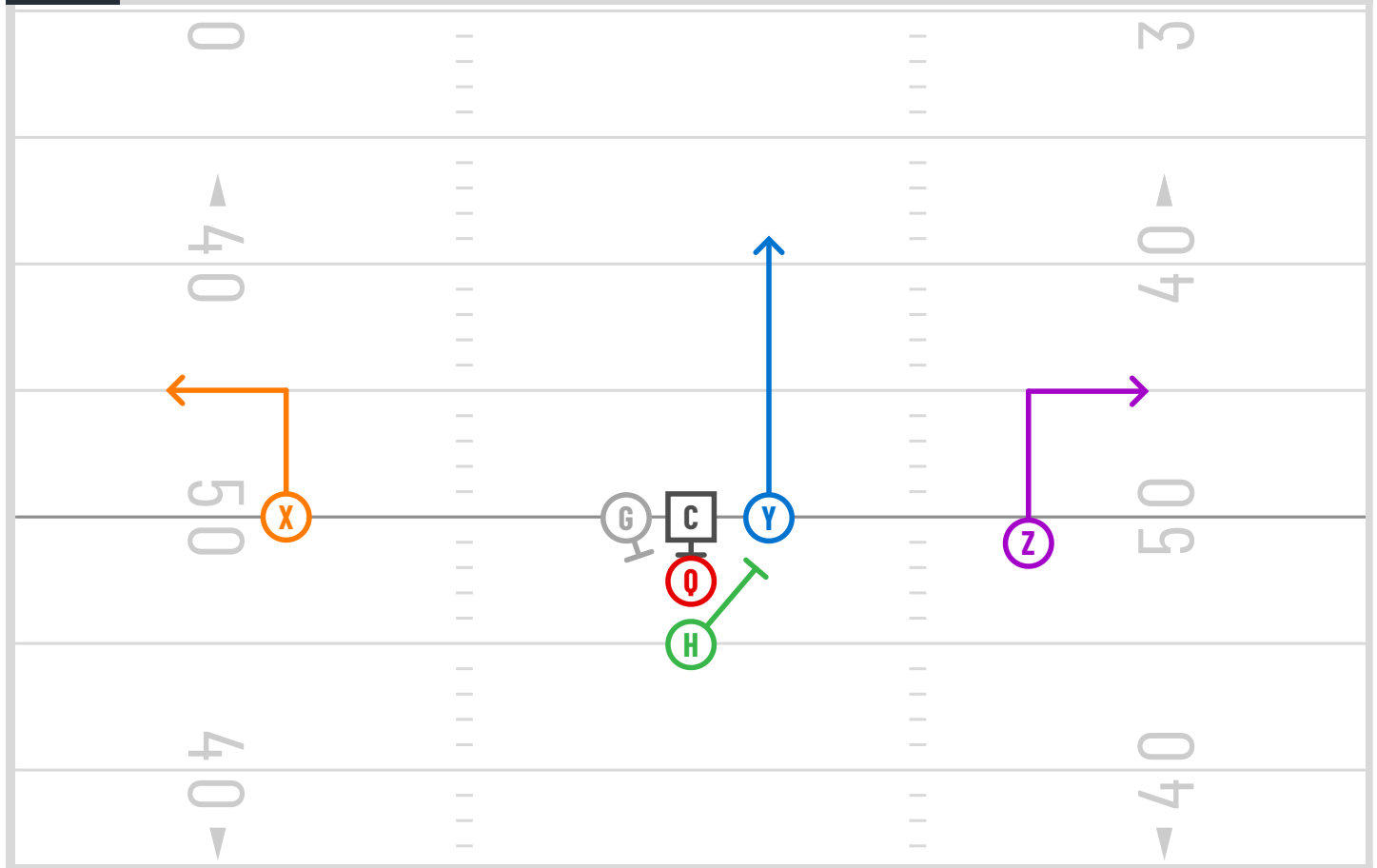
H départ course gauche puis Cut droite

Y Drive block gauche

C Drive blockGauche

17

Double Split Angle Y



X Quick Out

Z Quick Out

G protection passe

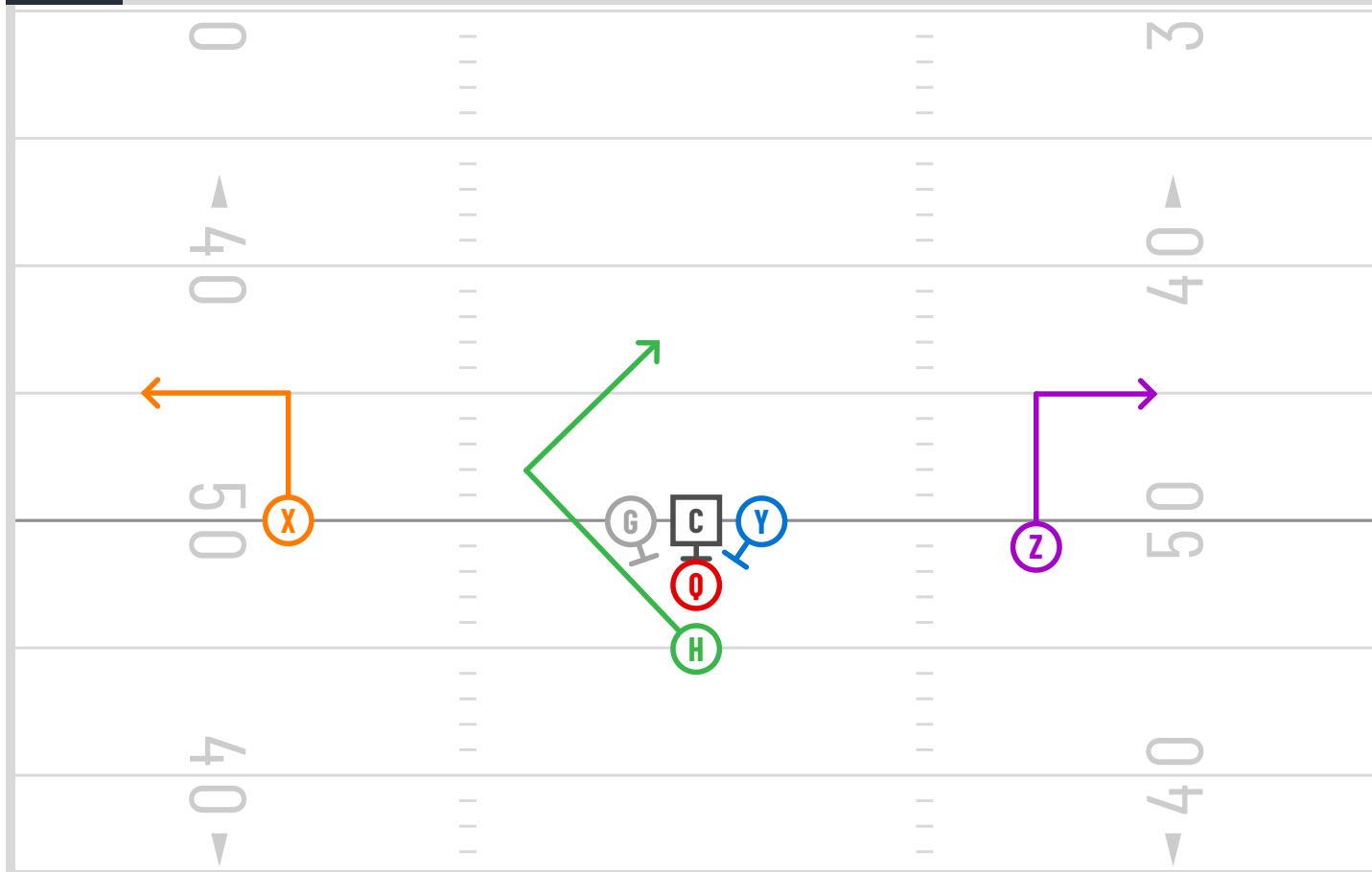
H protection passe

Y Go

C protection passe

18

Double Split Angle H



X Quick Out

Z Quick Out

G protection passe

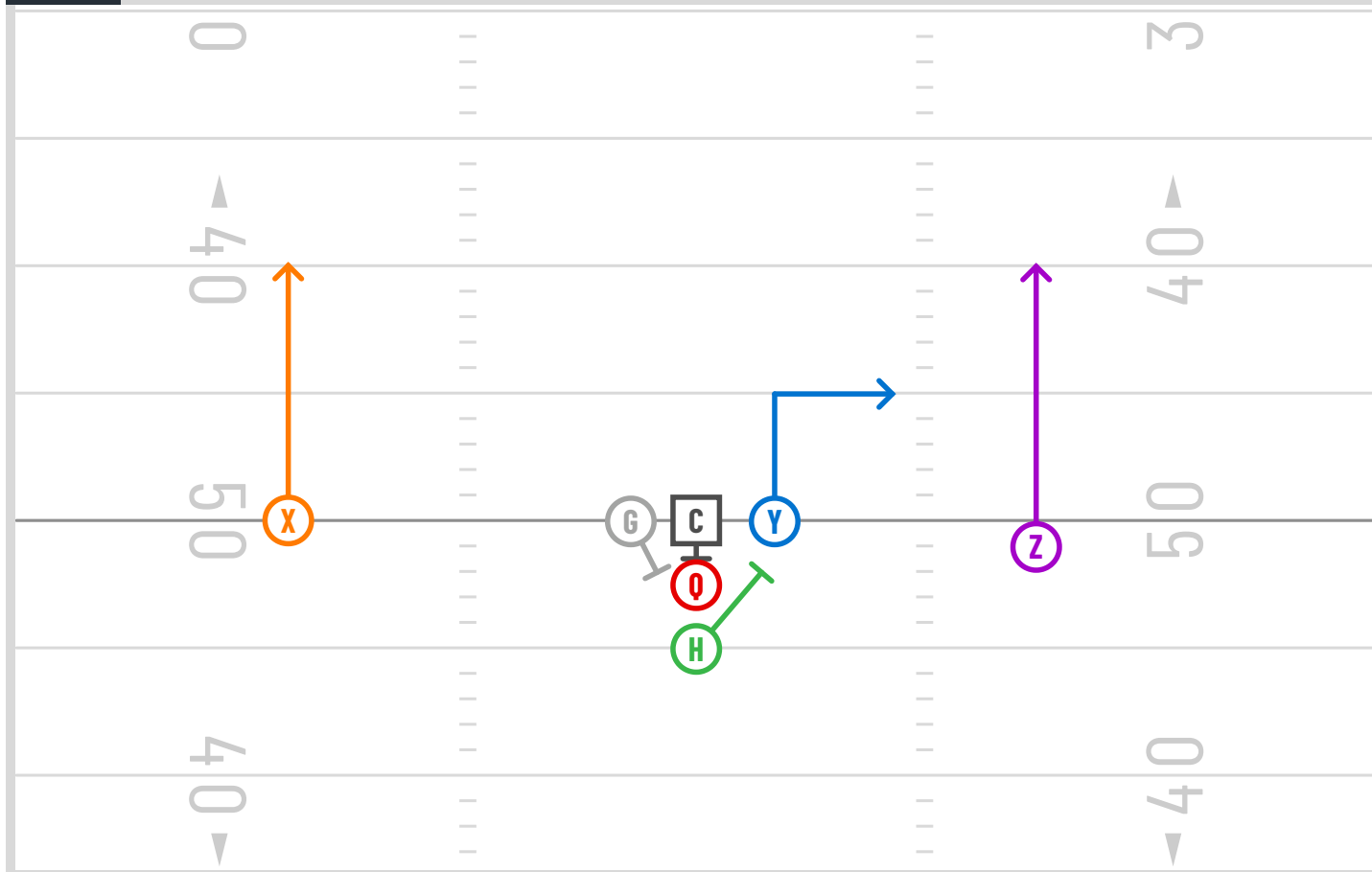
H Angle

Y protection passe

C protection passe

19

Double Split Fade Y



X Go

Z Go

G Protection passe

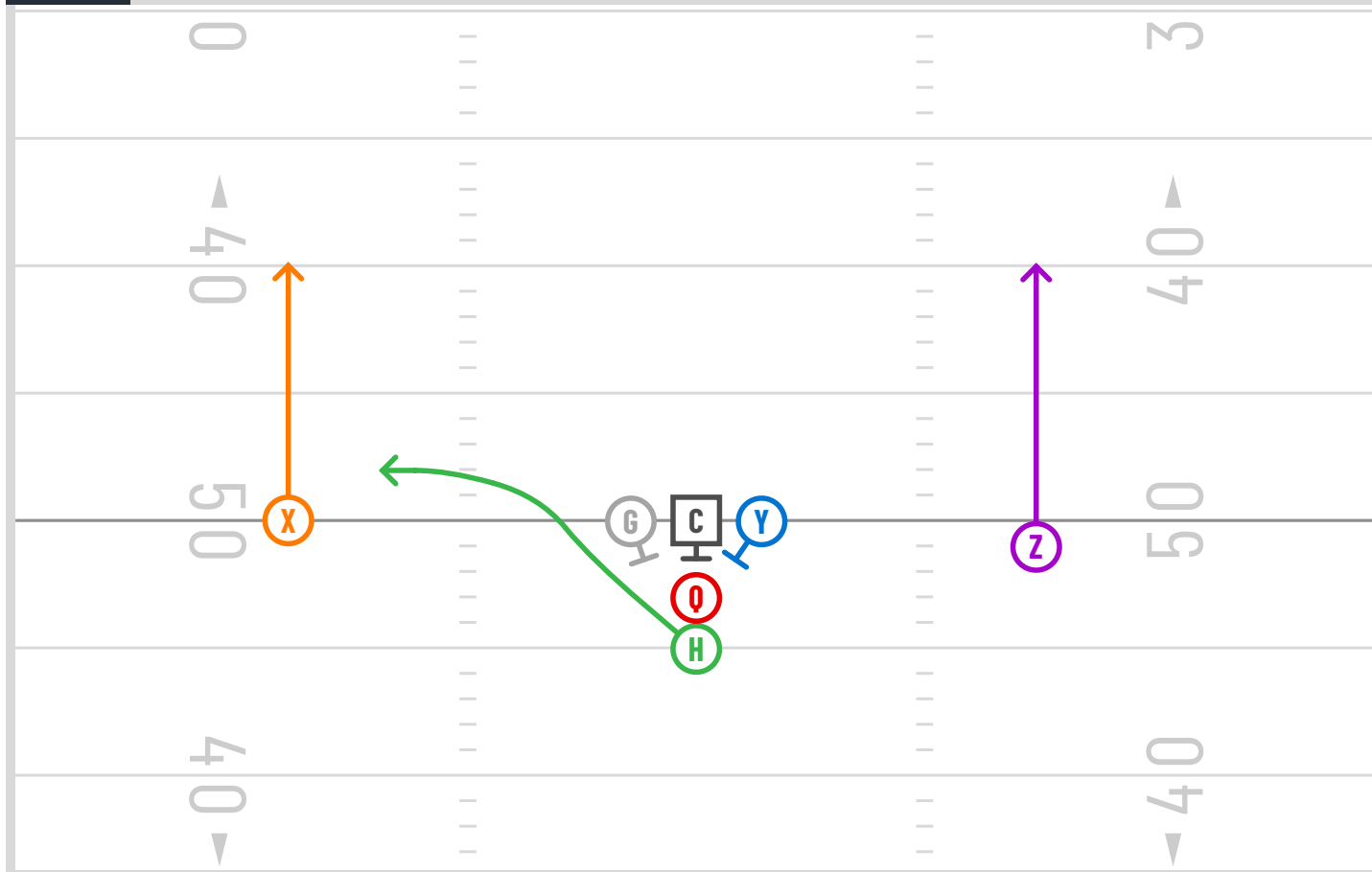
H Protection passe

Y Quick Out

C Protection passe

20

Double Split Fade H



X GO

Z Go

G Protection passe

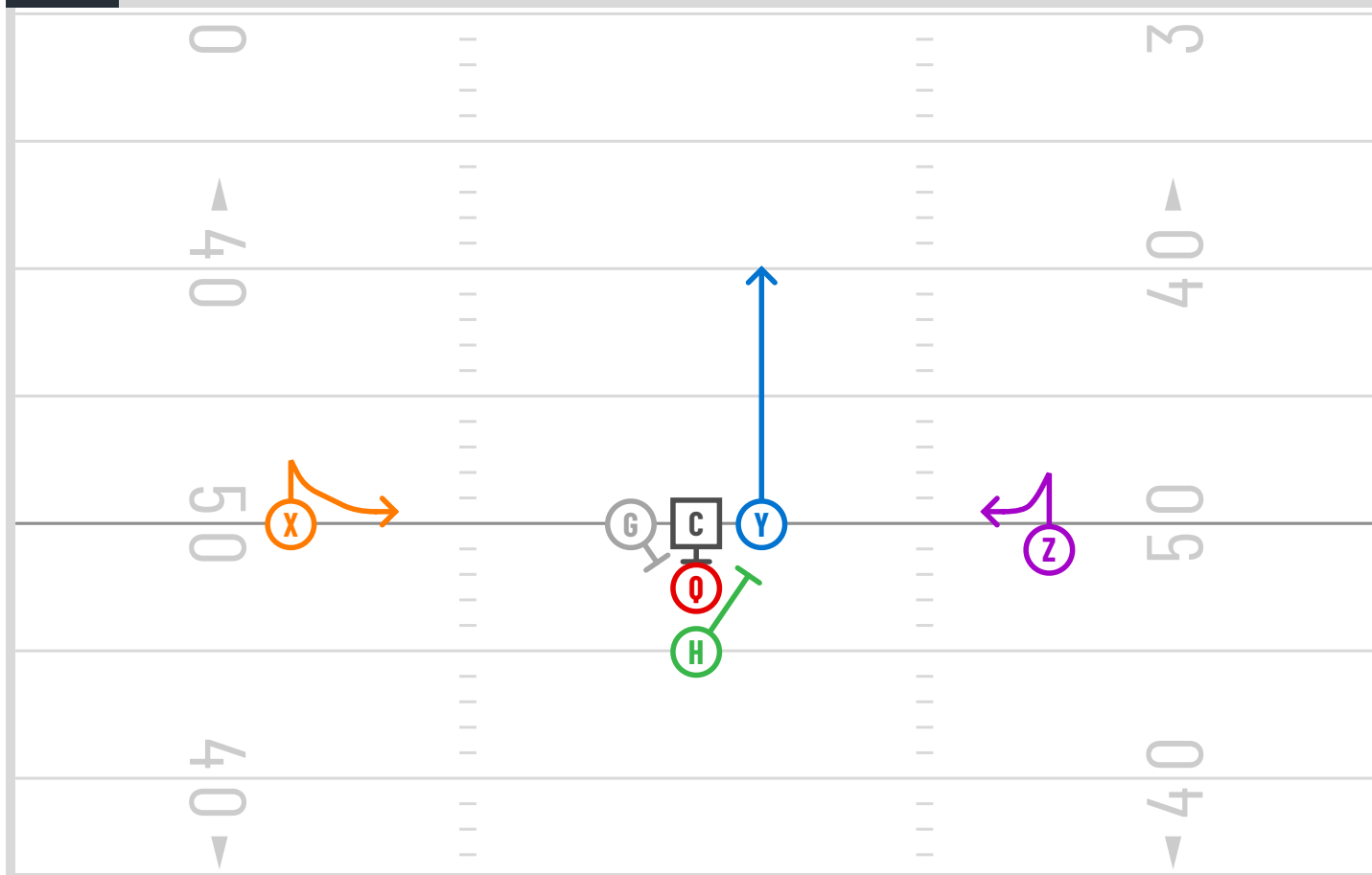
H Flat opp Y

Y Protection passe

C Protection passe

21

Double Split Freez Y



X Freez

Z Freez

G Protection passe

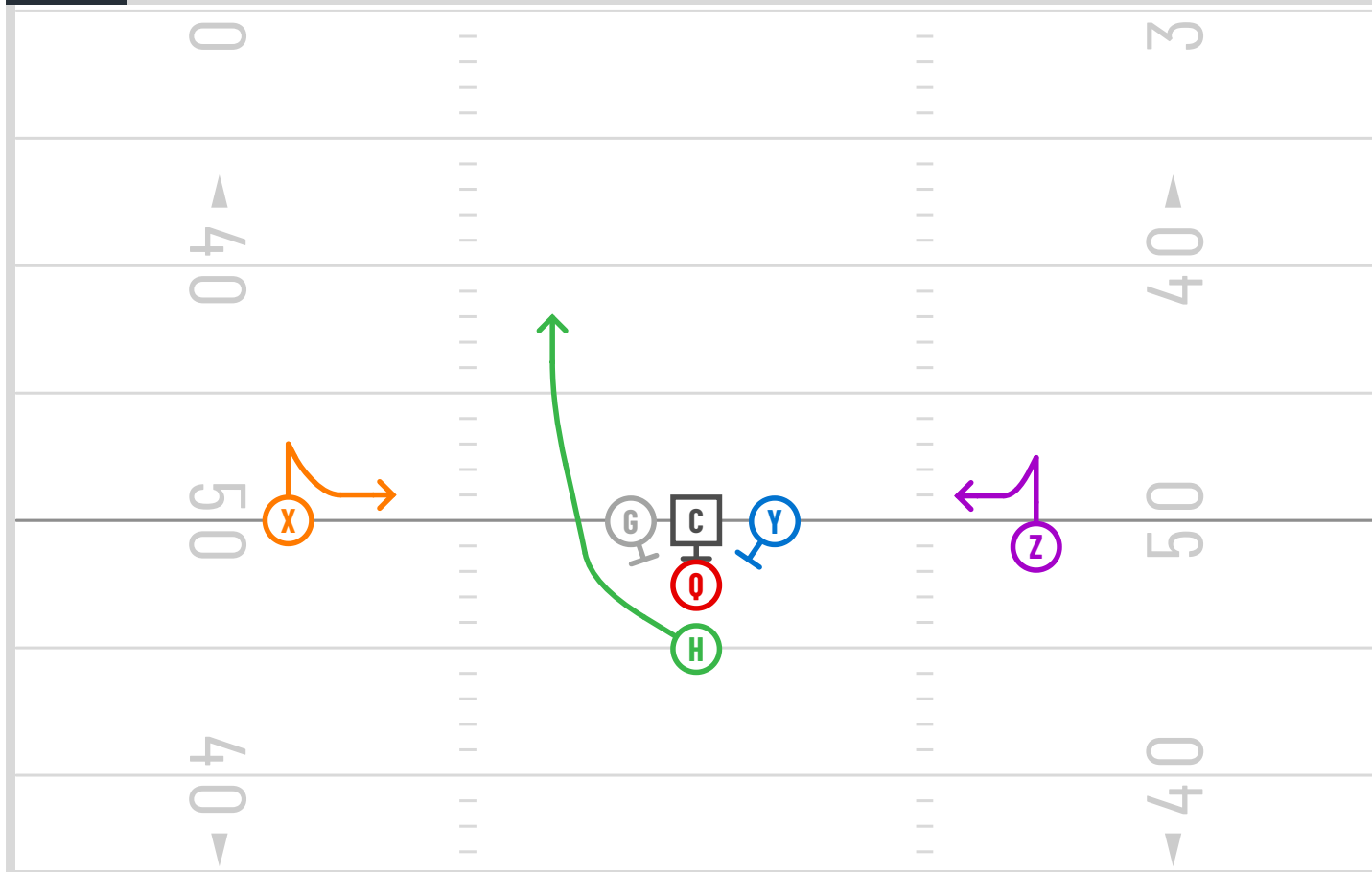
H Protection passe

Y Go

C Protection passe

22

Double Split freez H



X Freez

Z Freez

G Protection passe

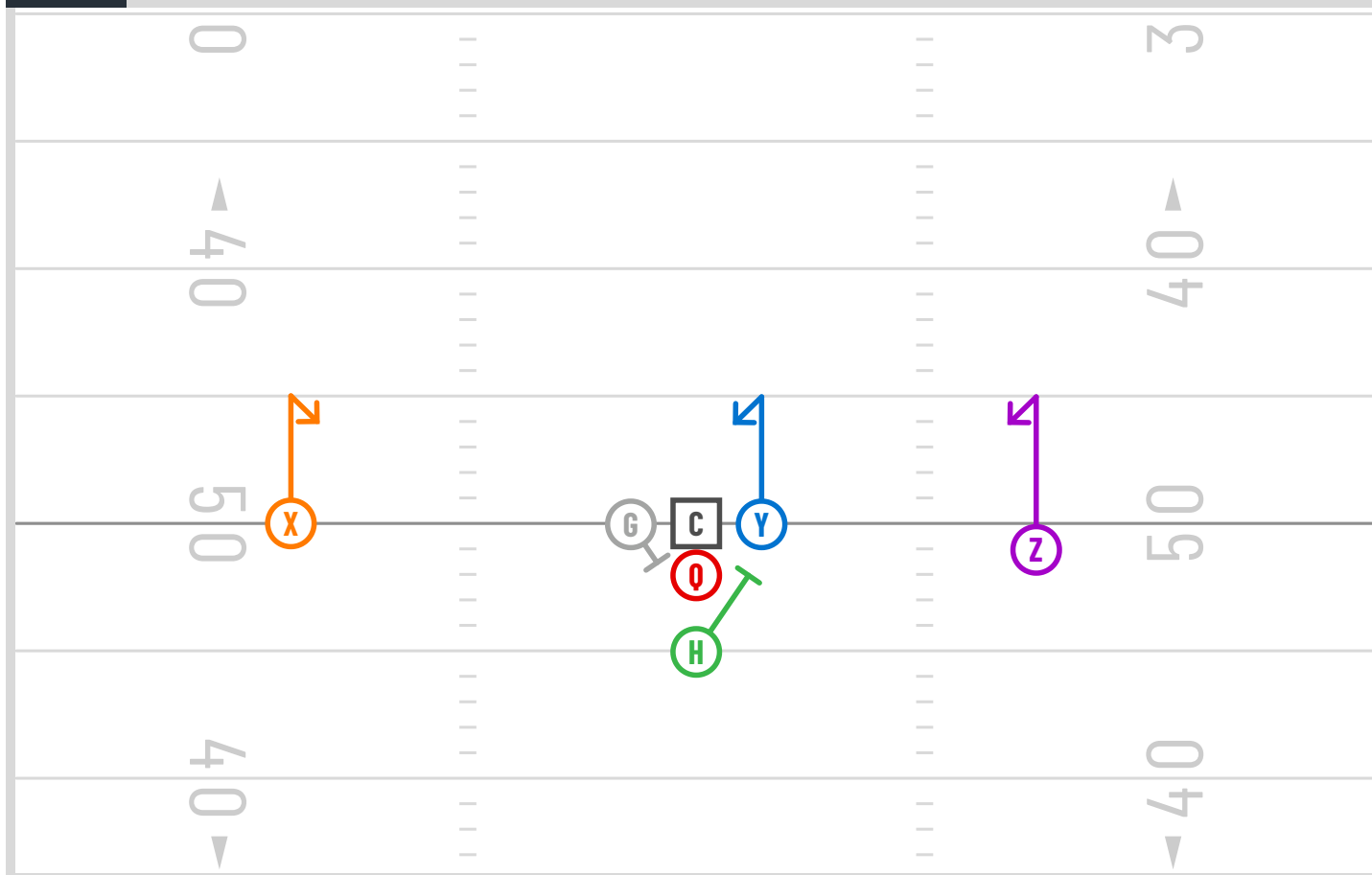
H go

Y Protection passe

C Protection passe

23

Double Split Hitch Y



X Hitch

Z Hitch

G Protection passe

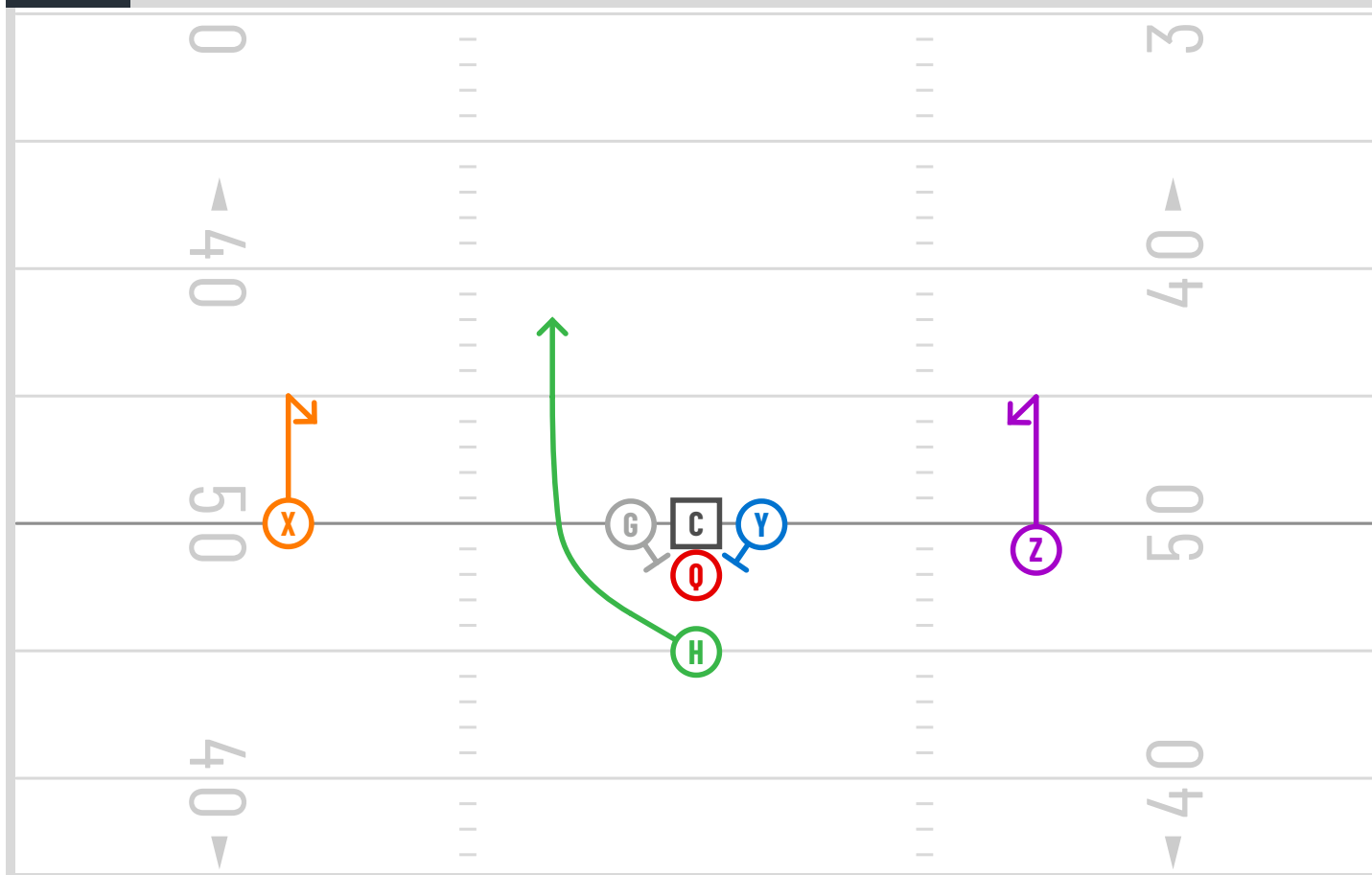
H Protection passe

Y Hitch

C Protection passe

24

Double Split Hitch H



X Hitch

Z Hitch

G Protection passe

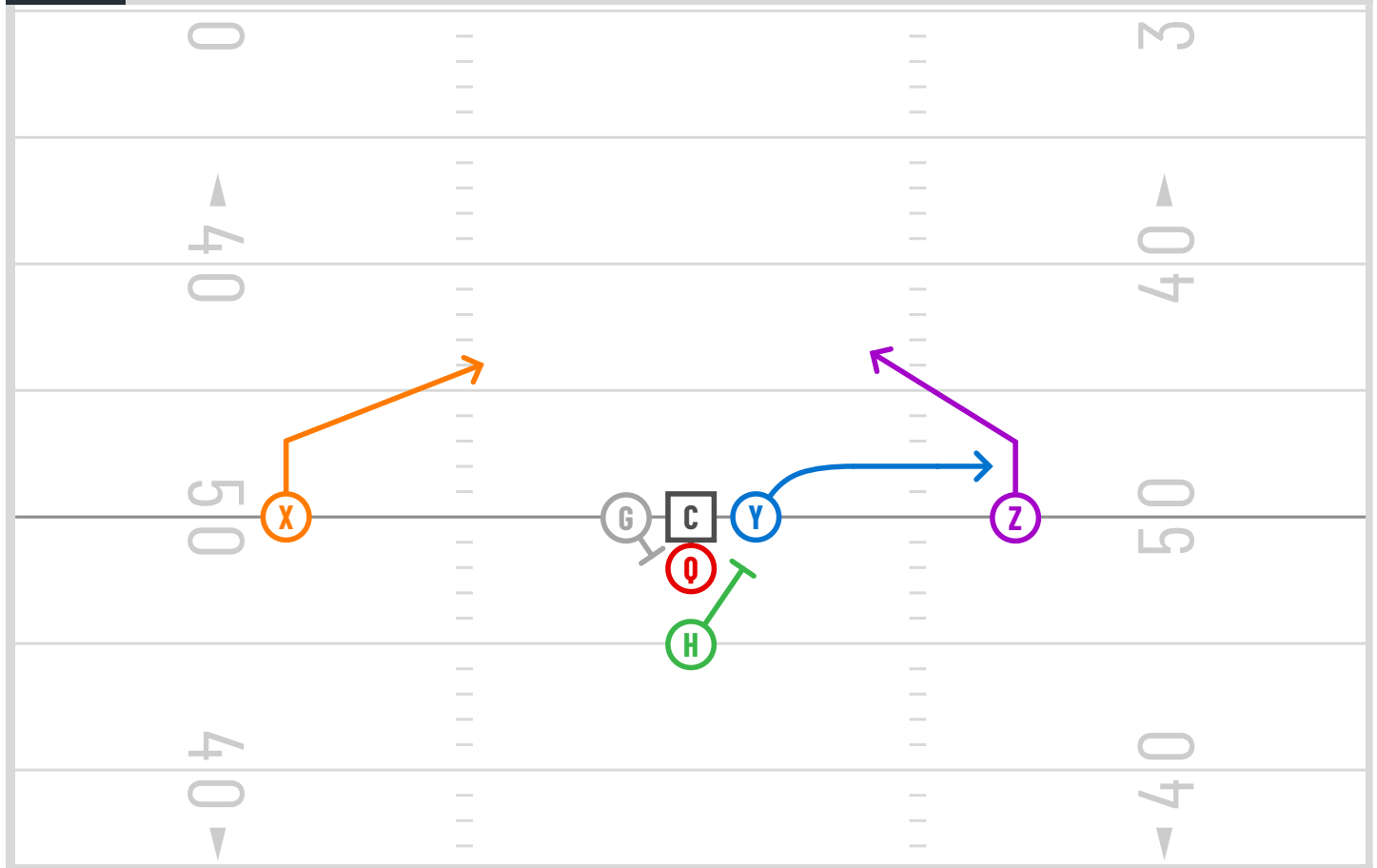
H Go

Y Protection passe

C Protection passe

25

Double Split Slant Y



X Slant

Z Slant

G Protection passe

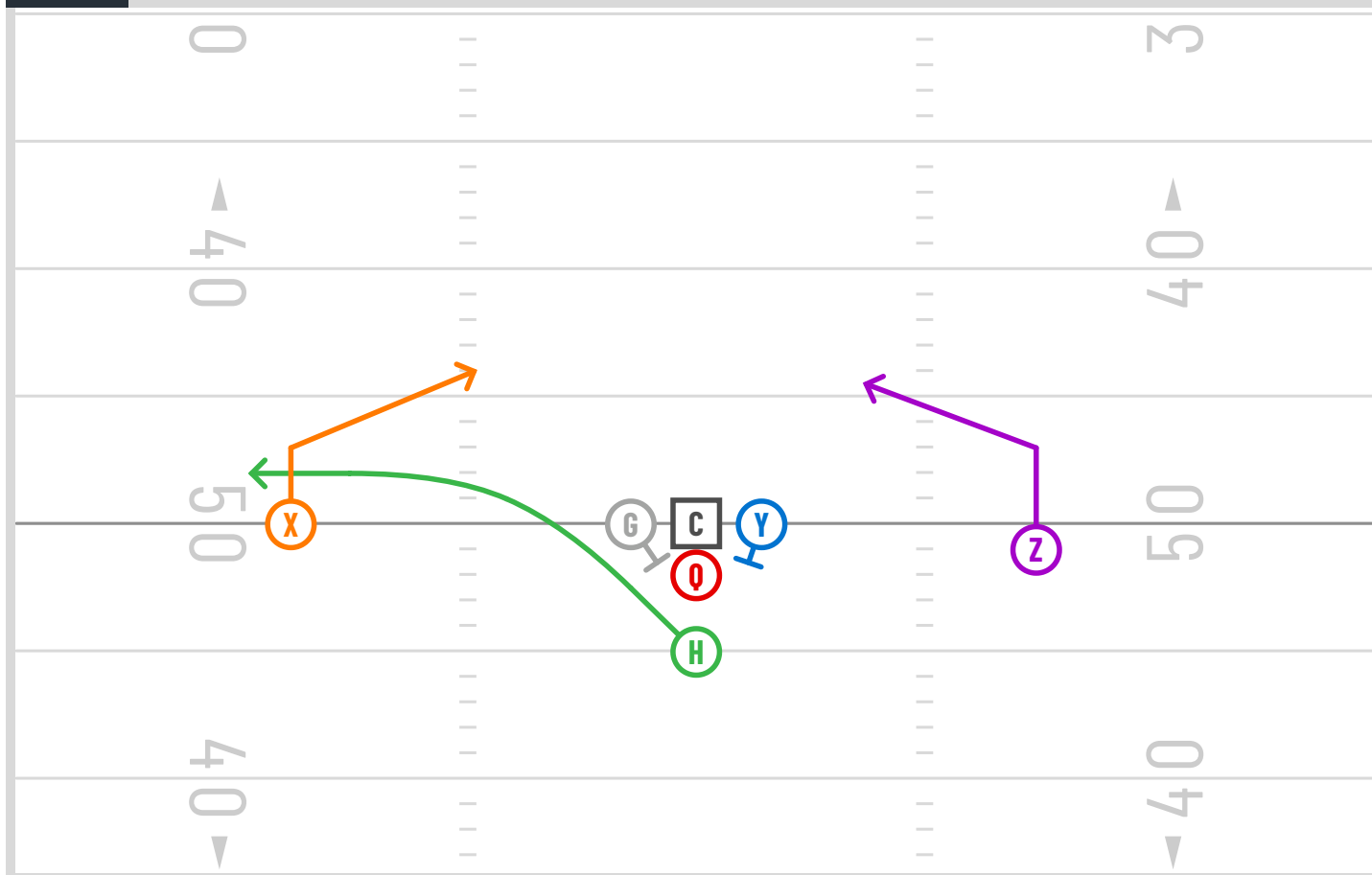
H Protection passe

Y Flat

C Protection passe

26

Double Split Slant H



X Slant

Z Slant

G Protection passe

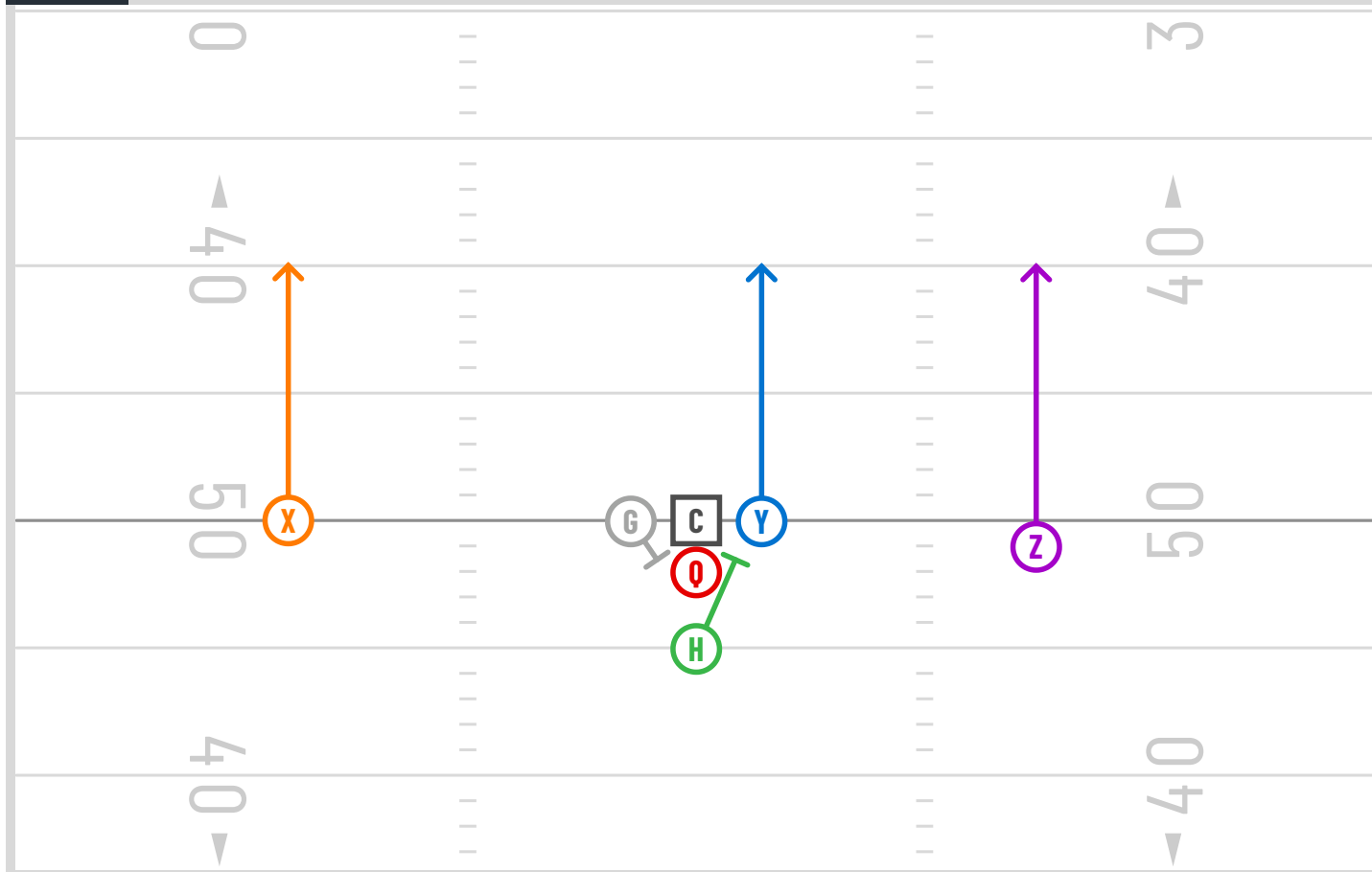
H Flat

Y Protection passe

C Protection passe

27

Double Split Vertical Y



X Go

Z Go

G Protection passe

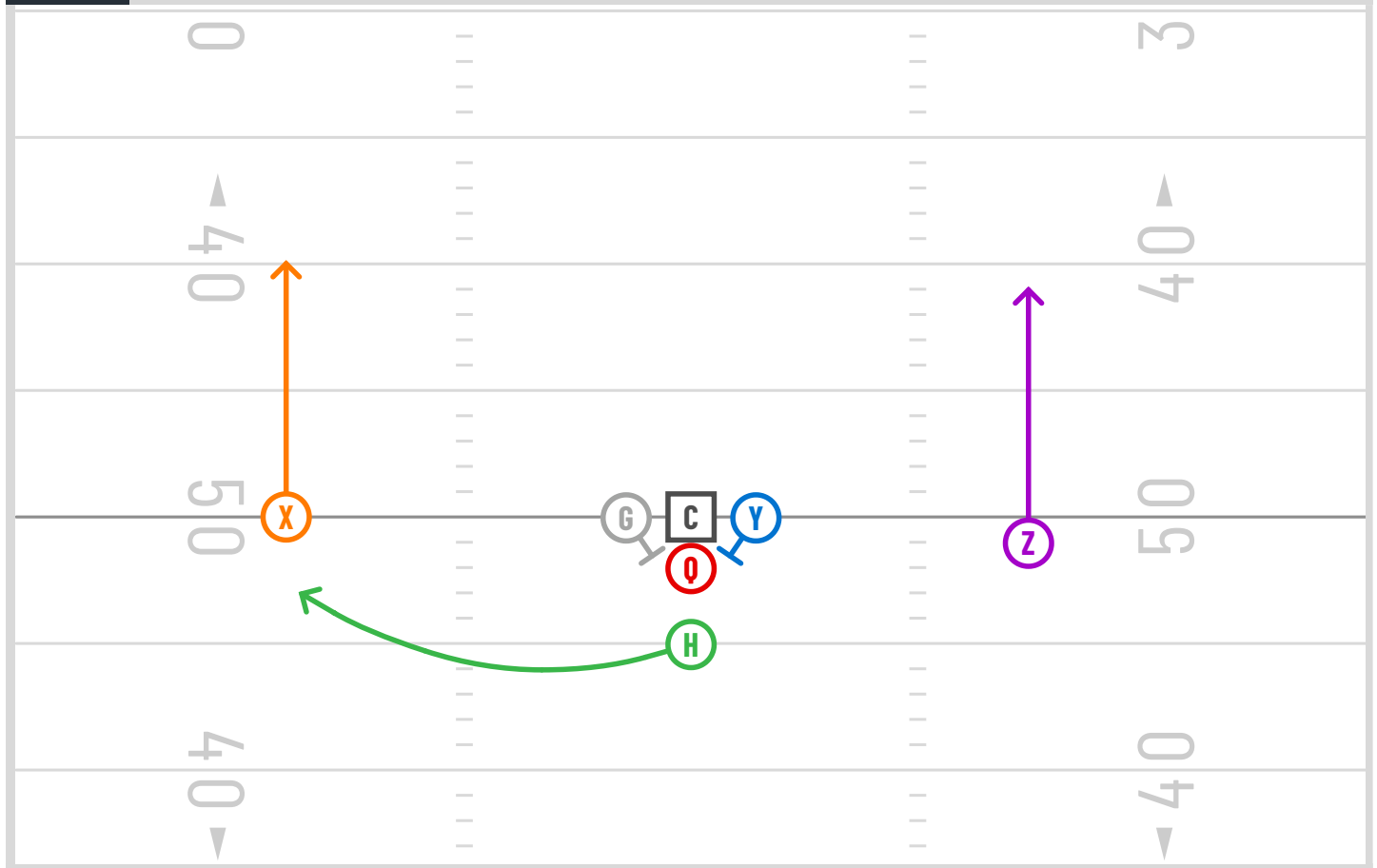
H Protection passe

Y Go

C Protection passe

28

Double Split Vertical H



X Go

Z Go

G Protection passe

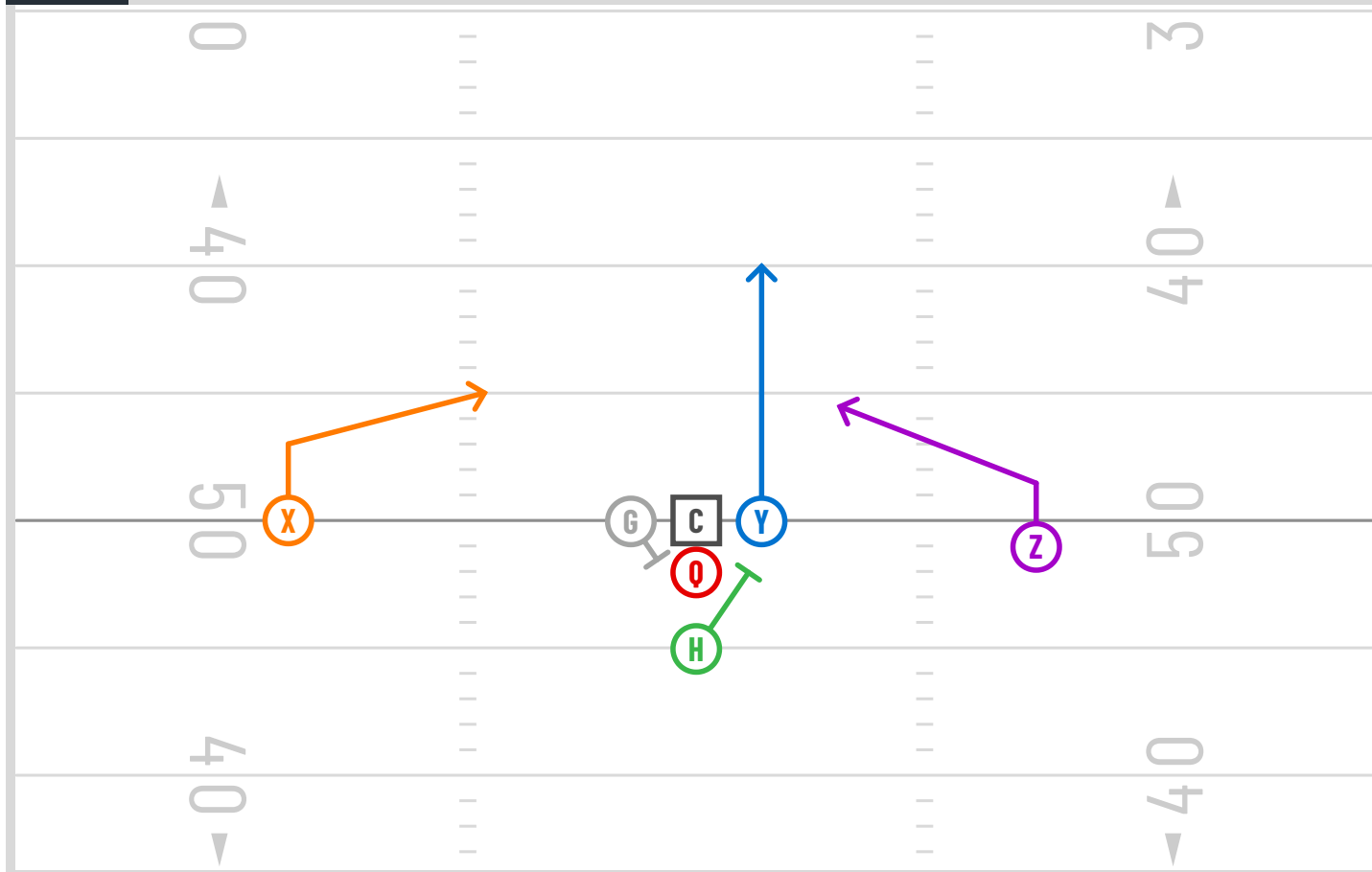
H Screen

Y Protection passe

C Protection passe

29

Double Split Dart Y



X Slant

Z Slant

G Protection passe

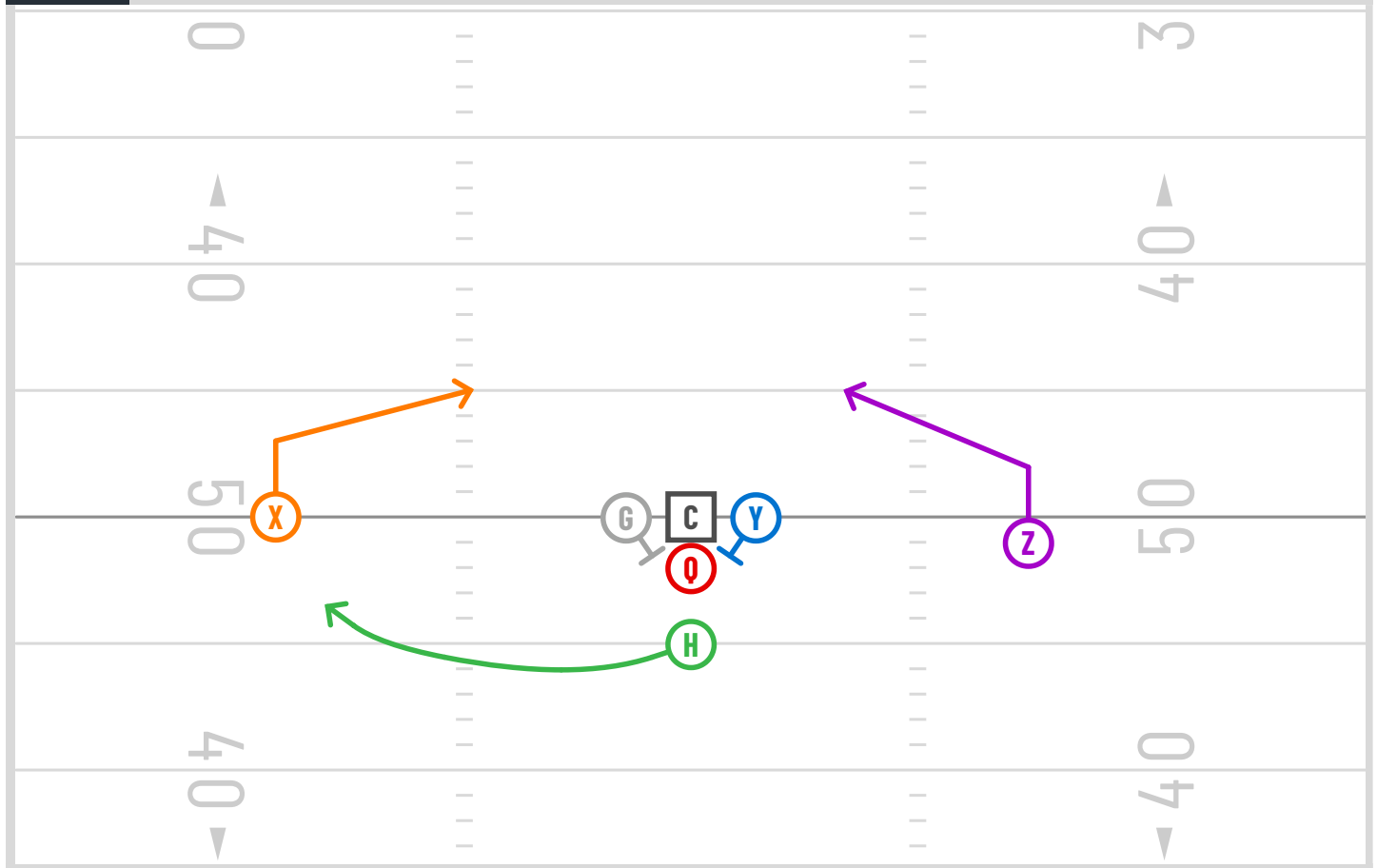
H Protection passe

Y Go

C Protection passe

30

Double Split Dart H



X slant

Z Slant

G Protection passe

H Screen

Y Protection passe

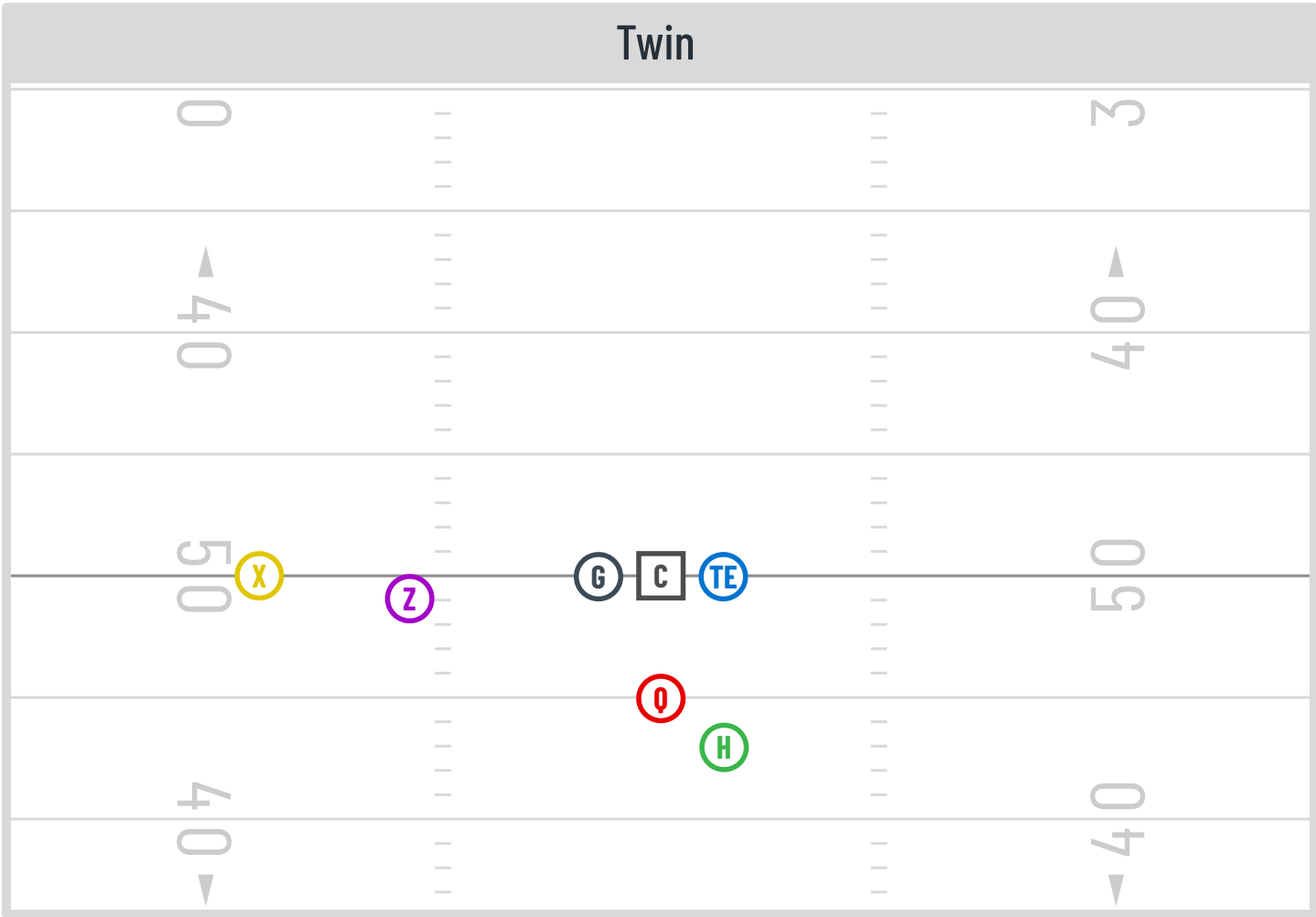
C Protection passe



LIGUE NOUVELLE AQUITAINE

OFFENSE

FORMATIONS



Q 5y du Centre

X Aligné 5y d'écartement avec le Z

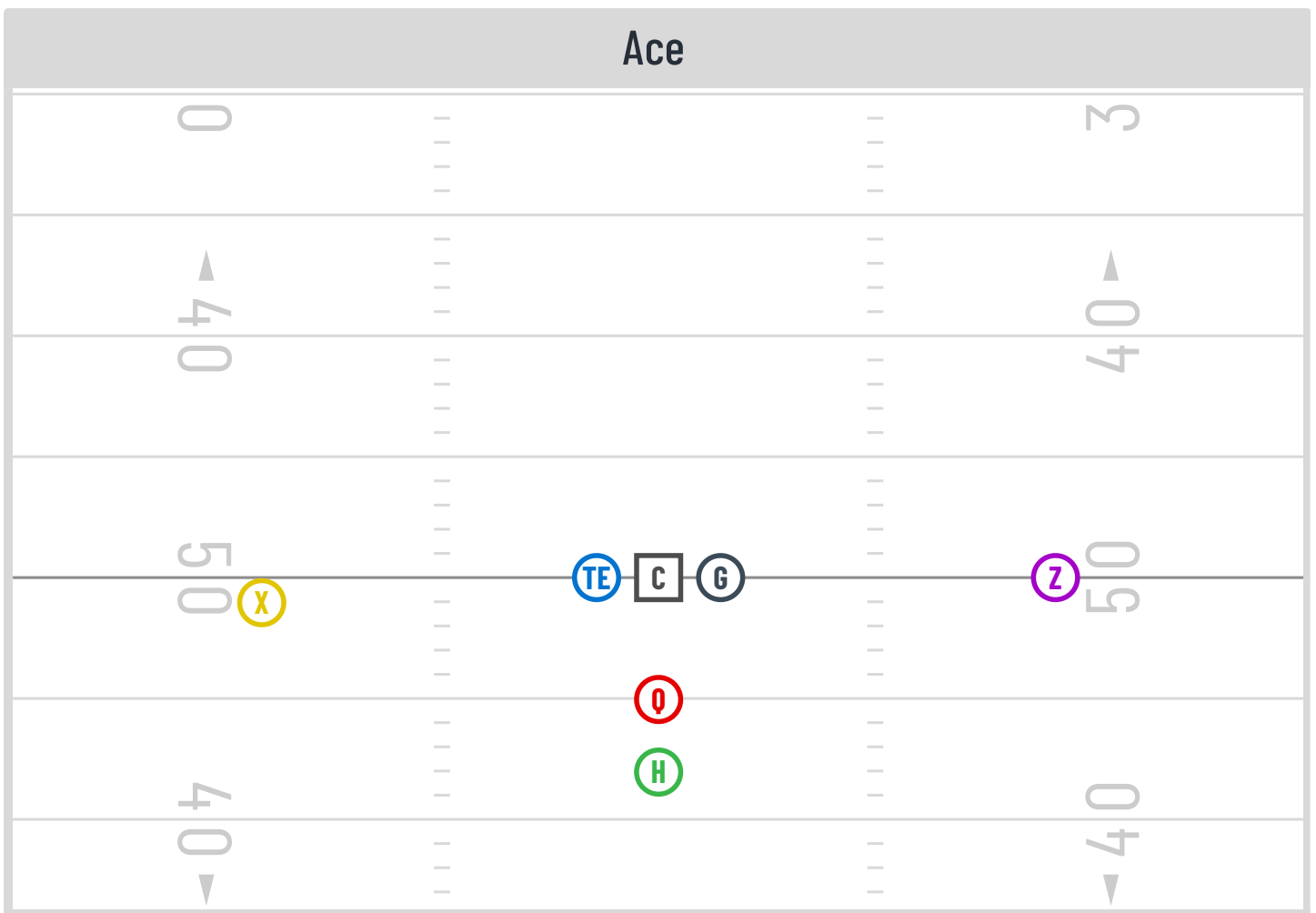
Z Non Aligné 5y d'écartement avec le G

G 1y d'écartement avec le C

H dans l'axe du TE 2y en arrière du QB

TE Aligné 1y d'écartement avec le C / Doit se signaler

C Snap Shotgun



Q 5Y derrière le Centre

X Non Aligné 5y d'écartement mini avec le TE

Z Aligné 5y d'écartement mini avec le G

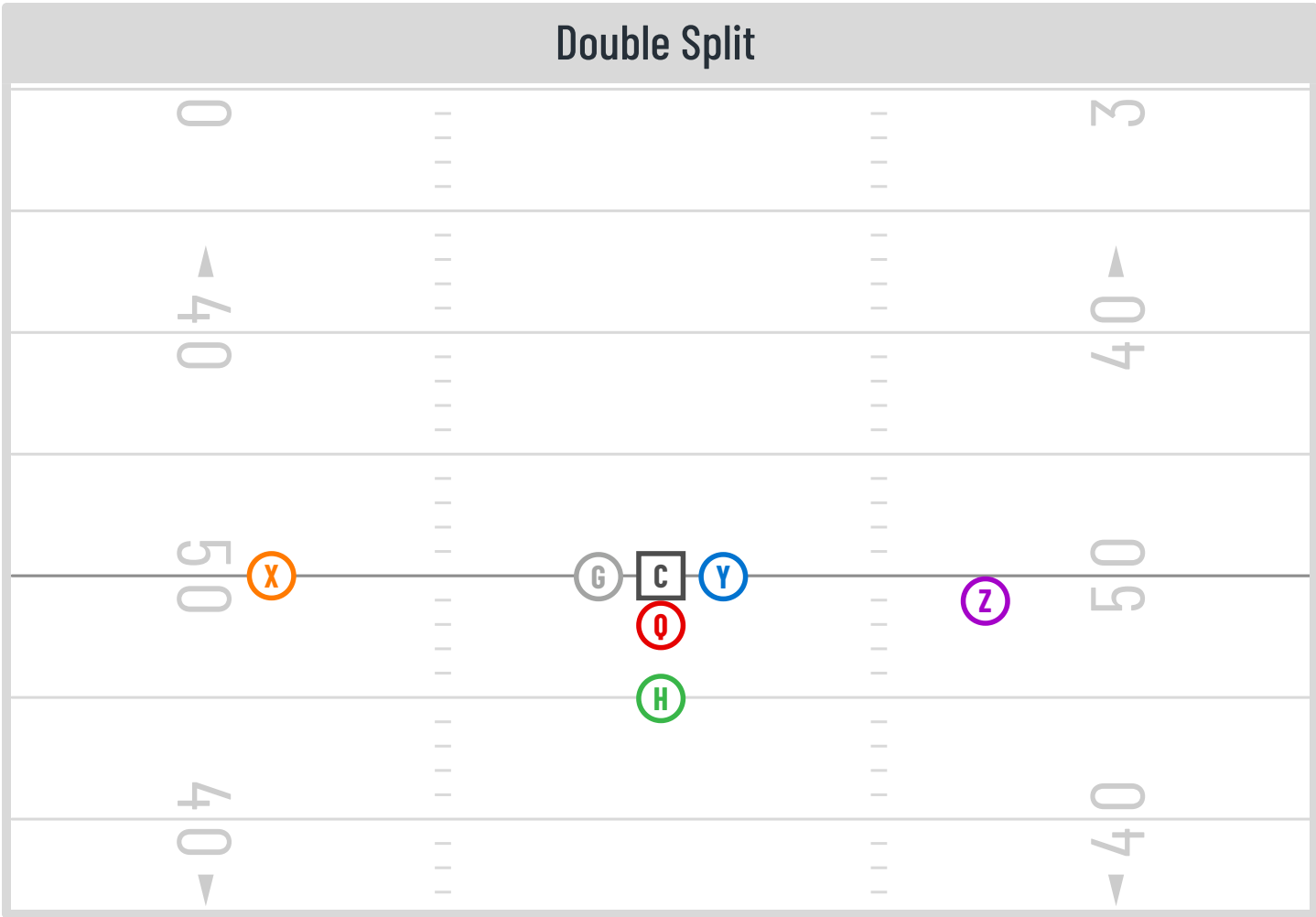
G Aligné 1y d'écartement avec le C

H 3Y derrière de QB

TE Aligné 1y d'écartement avec le C / doit se signaler

C Snap Shotgun

Double Split



Q au "cul" du C

X Aligné 5y d'écartement mini avec le C

Z Non Aligné 5y d'écartement mini avec le C

G Aligné 1y d'écartement du C

H 5y derrière / Dans l'axe C et QB

Y Aligné 1y d'écartement du C / Doit se signaler

C Snap direct (au "cul")



Ligue Nouvelle Aquitaine

Offense

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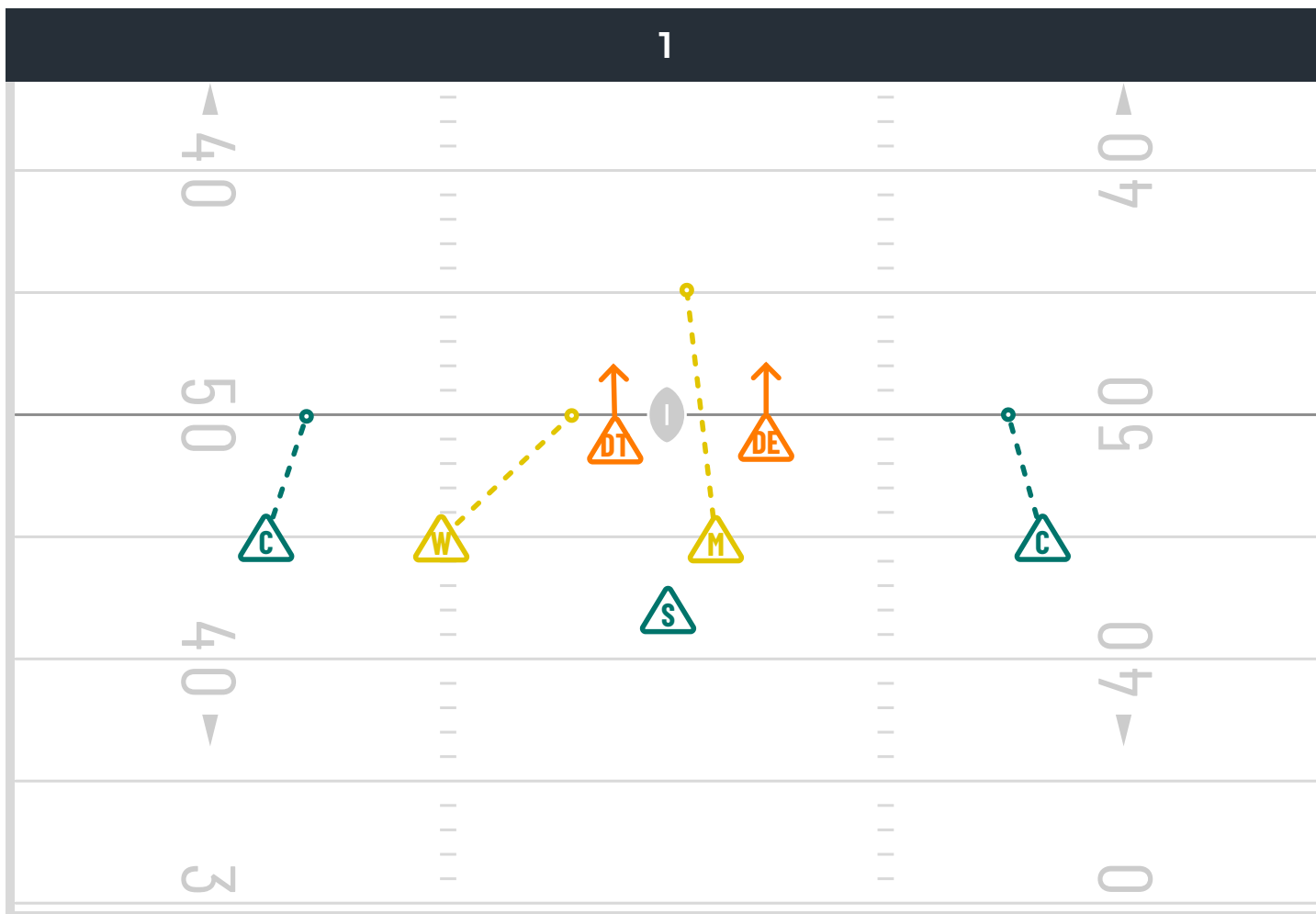
1 Twin Quick	2 Twin Bench	3 Twin Knife	4 Twin Counter
5 Twin Outside zone Strong	6 Twin Outside Zone Weak	7 Twin Inside Zone	8 Ace Deep
9 Ace Dagger	10 Ace Levels	11 Ace Inside Zone	12 Ace Outside Odd
13 Ace Outside Even	14 Double Split Dive	15 Double Split Toss	16 Double Split Counter
17 Double Split Angle Y	18 Double Split Angle H	19 Double Split Fade Y	20 Double Split Fade H
21 Double Split Freez Y	22 Double Split freez H	23 Double Split Hitch Y	24 Double Split Hitch H





LIGUE NOUVELLE AQUITAINE

DEFENSE



Responsable du H



Lecture QB



Responsable WR du vis à vis



Responsable WR du vis à vis



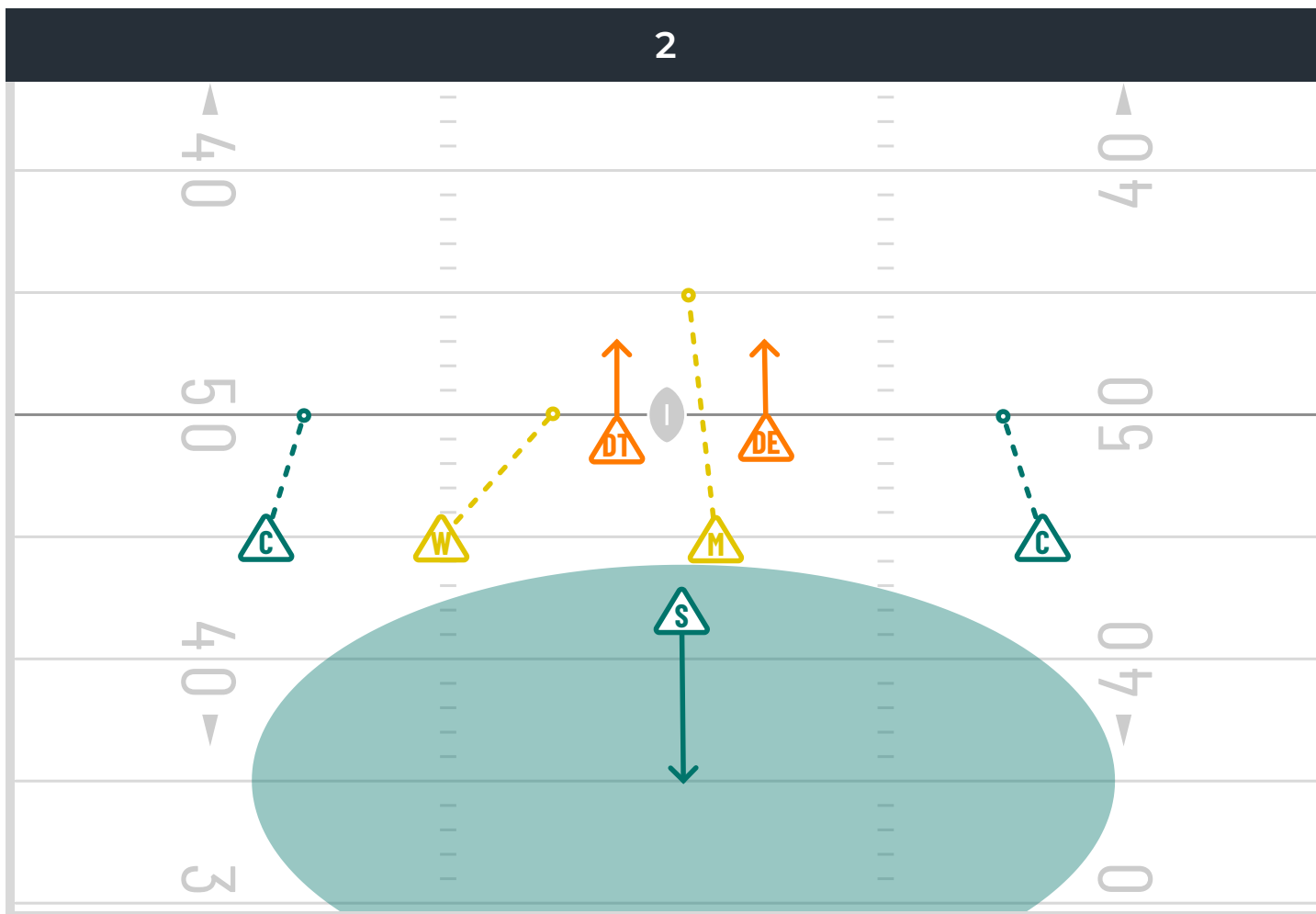
Pression QB



Pression QB



Responsable du TE



Responsable du H



Zone Deep



Responsable du WR face



Responsable du WR faceResponsable du WR face



pression QB



pression QB



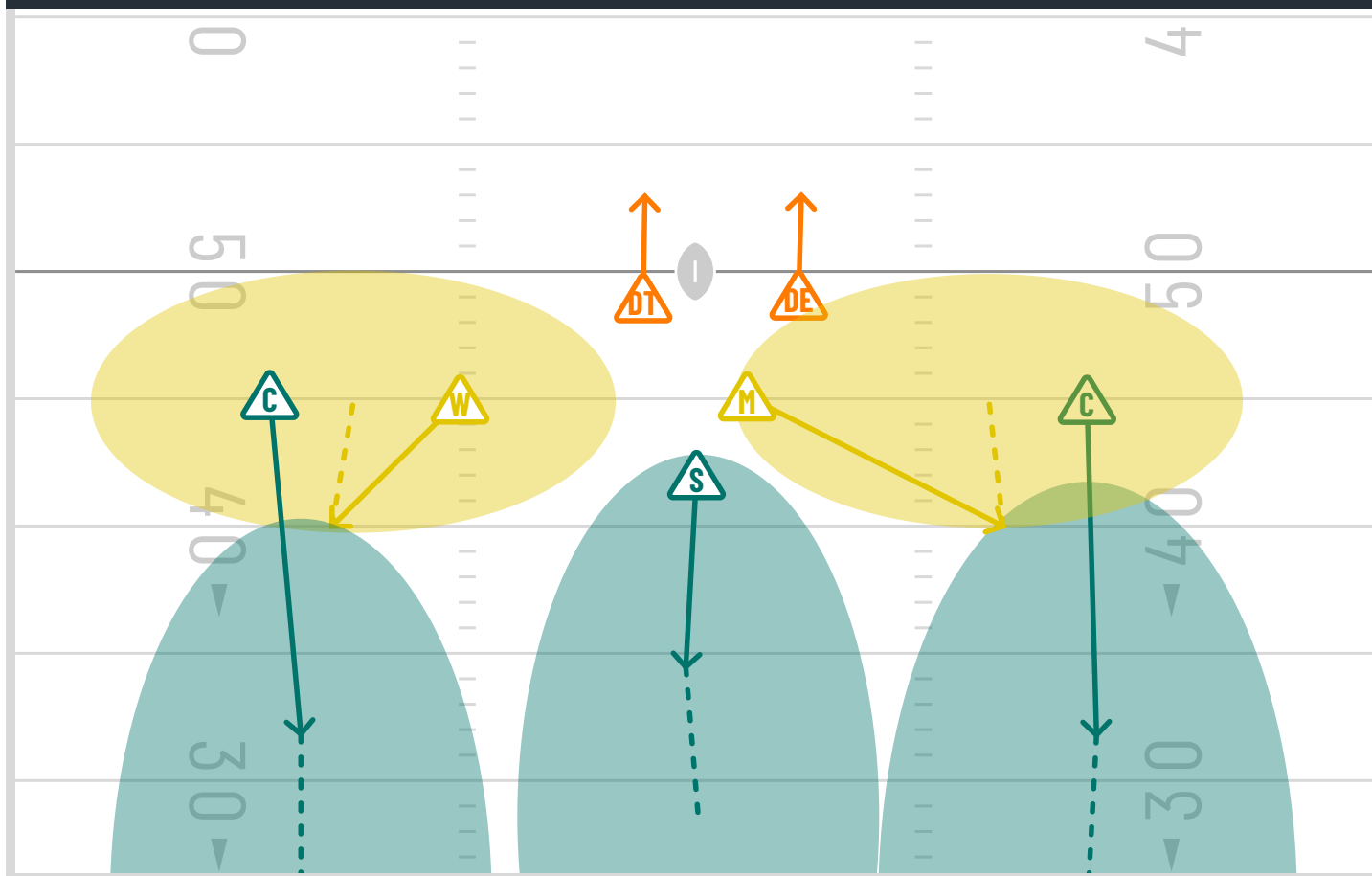
Responsable TE

 Zone 1/2 Deep

The diagram shows a 4x4 grid with four colored regions: two yellow regions (top-left and top-right) and two teal regions (bottom-left and bottom-right). The grid is labeled with '4' at the top and '0' at the bottom. The nodes are labeled as follows: 'C' (top-left), 'W' (top-middle), 'M' (top-right), 'S' (bottom-middle), 'DT' (bottom-left), and 'DE' (bottom-right). Arrows indicate connections: a yellow arrow from 'C' to 'W', a yellow arrow from 'W' to 'M', a yellow arrow from 'M' to 'C', a dashed yellow arrow from 'C' to 'M', a teal arrow from 'C' to 'S', a teal arrow from 'S' to 'DT', a teal arrow from 'S' to 'DE', and a teal arrow from 'M' to 'S'.

 Zone Flat/curl

5



M Zone Flat/curl 1/2 Hole

S Zone 1/3 deep

C Zone 1/3 deep

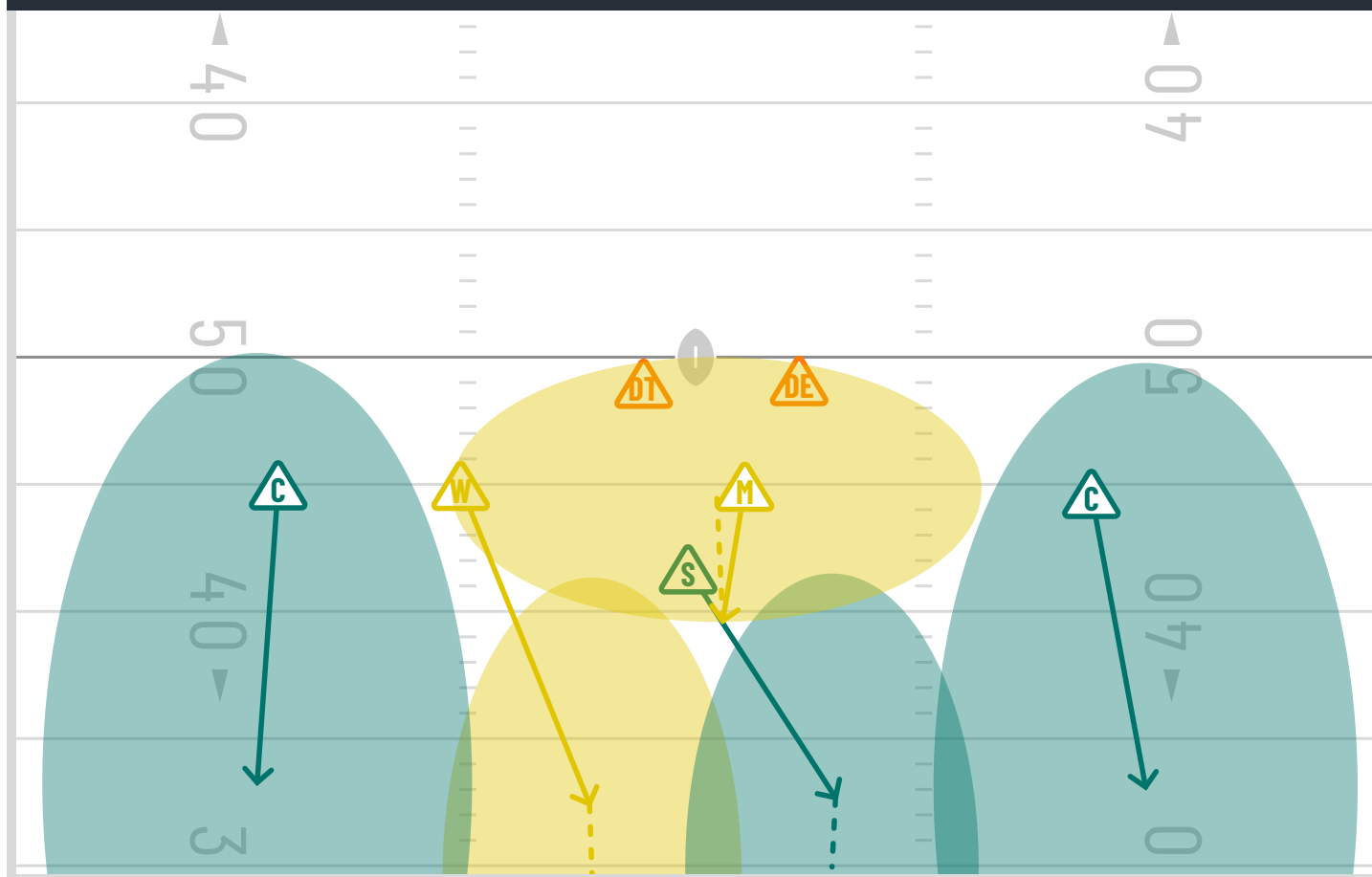
C Zone 1/3 deep

DE Pression QB

DT Pression QB

W Zone Flat/curl 1/2 Hole

6



M Zone Hole

S 1/4 Inter Deepp

C Zone Flat/curl et 1/4Deep

C Zone Flat/curl et 1/4Deep

DE Pression QB

DT Pression QB

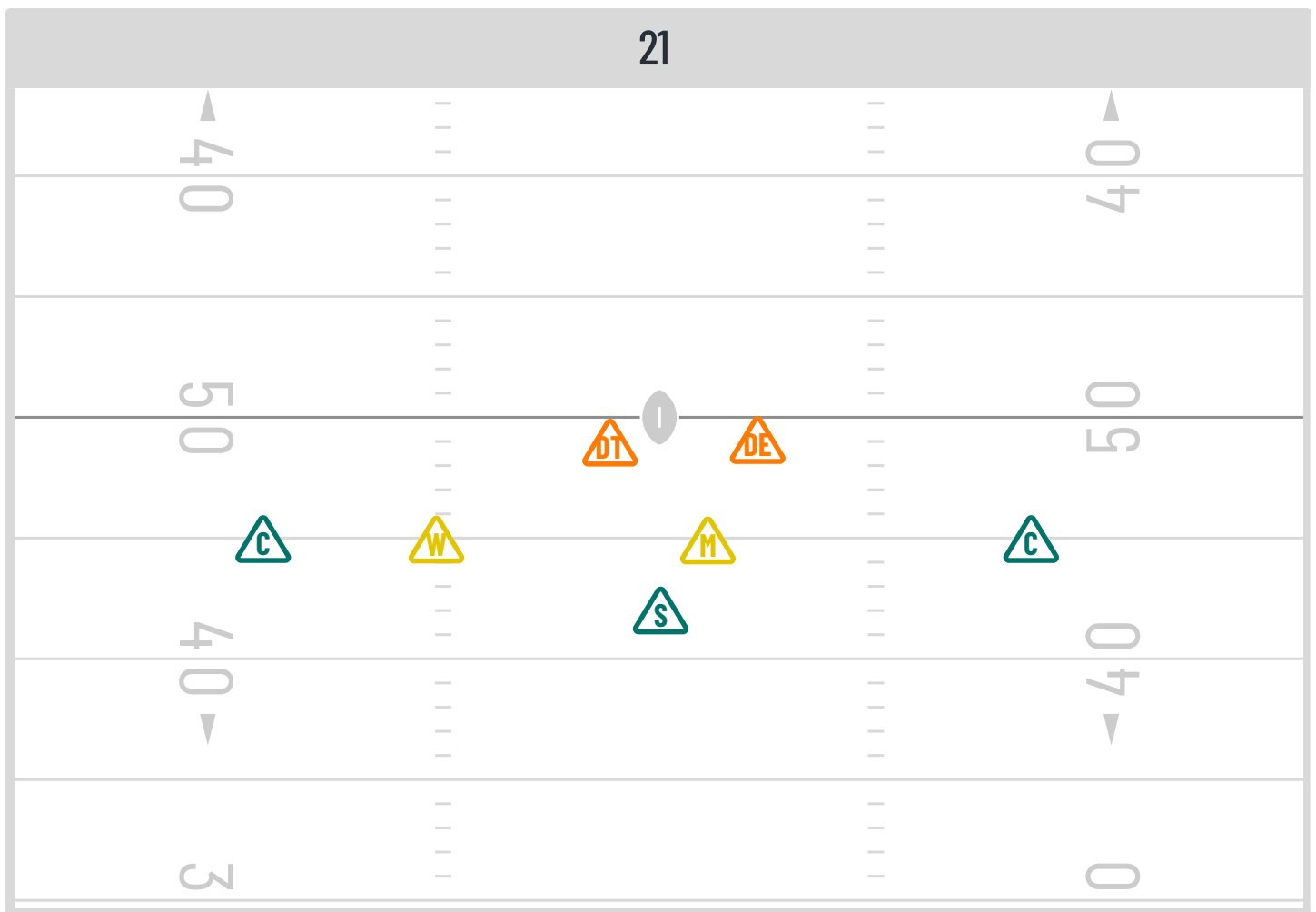
W 1/4 Inter Deepp



LIGUE NOUVELLE AQUITAINE

DEFENSE

FORMATIONS



 5y Epaule Intérieur G

 8y Face au C

 5y Epaule Extérieur WR

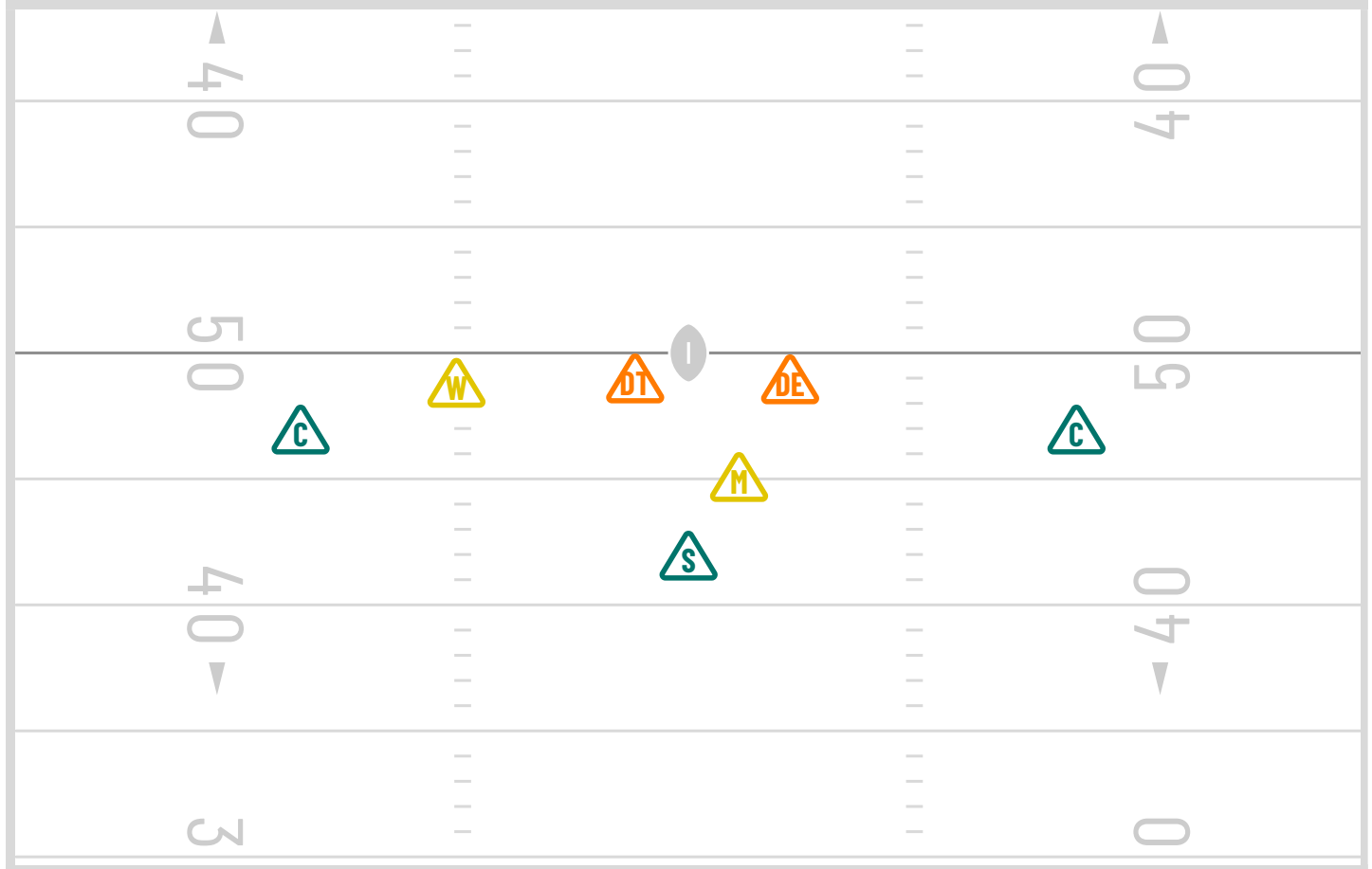
 5y Epaule Exterieur WR

 Epaule Exterieur G

 Epaule Intérieur TE

W 5y Décaler Coter TE

21 Goal Line



 Face au C

 Décaler coté TE

 2-3Y Epaule Extérieur WR

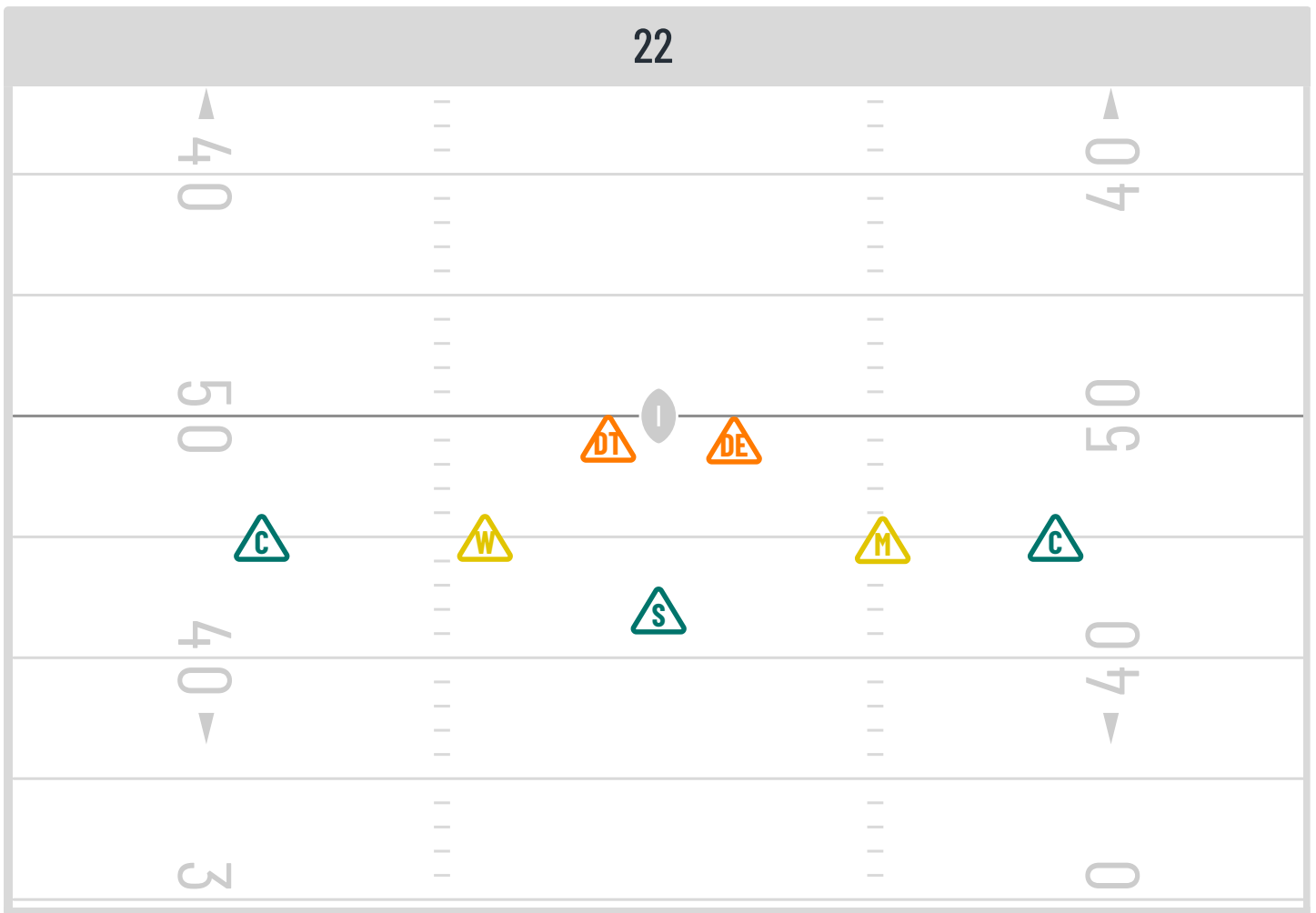
 2-3Y Epaule Extérieur WR

 Epaule Extérieur G

 Epaule Intérieur TE

 5Y Epaule Intérieur G

22



8y face au centre

5y décaler ext coté TE

5y Epaule Extérieur WR

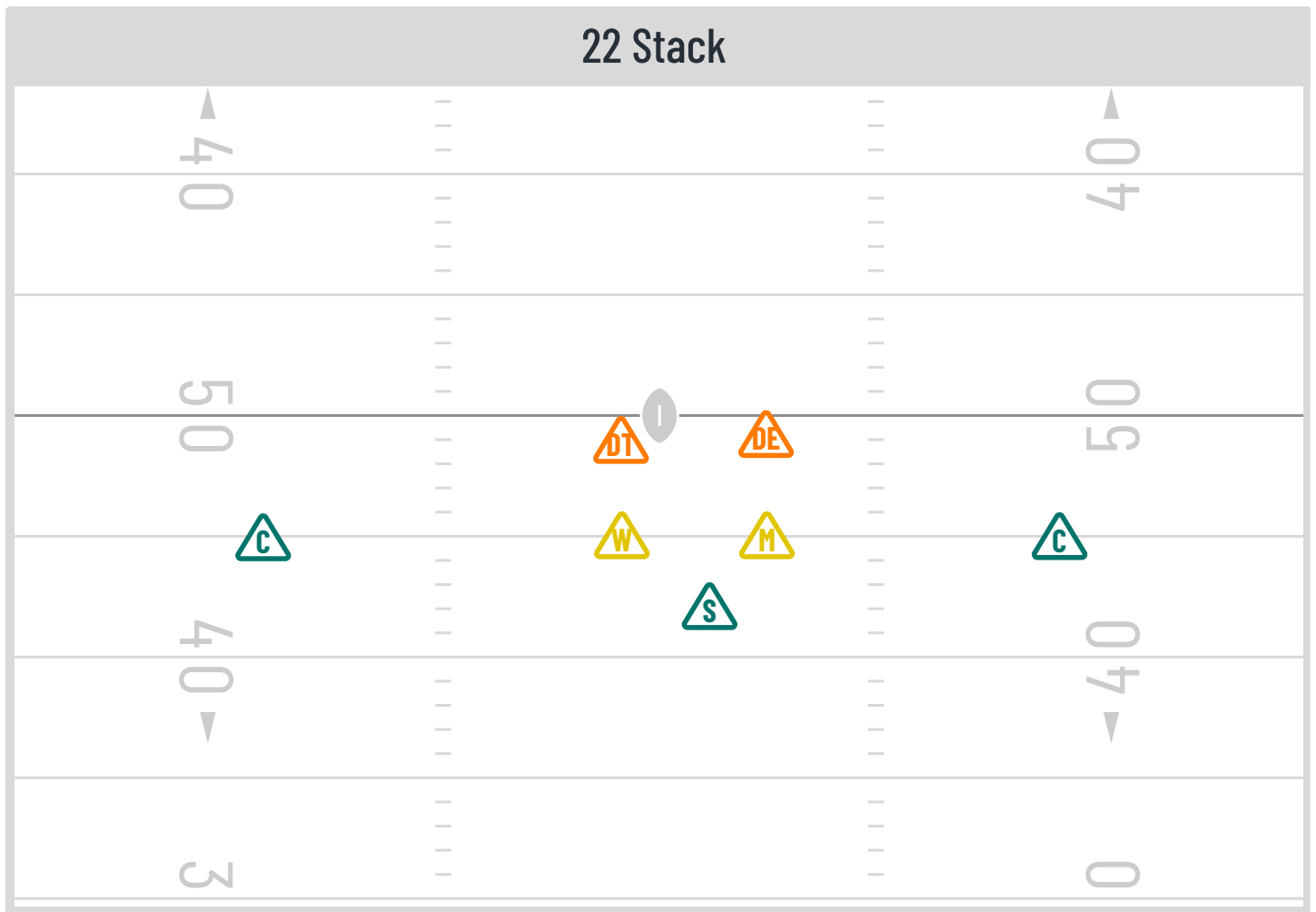
5y Epaule Extérieur WR

Epaules Intérieur G

5y décaler ext coté G

Epaules Intérieur TE

22 Stack



 8y Epaules Intérieur G

 5Y Dans le Dos du DT (Epaule Intérieur TE)

 5y Epaule Extérieur WR

 5y Epaule Extérieur WR

 Epaule Extérieur G

 5Y Dans le Dos du DE (Epaule Extérieur G)

 Epaule Intérieur TE



Ligue Nouvelle Aquitaine
Defense

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