

“Five Man Out Pass”
(Precursor to the Shotgun)
Invented by Carmine Cifaldi in 1940

As the Shotgun is presently used, it was not representative of my best use of such designation.

Rather than enumerate what is wrong with the Shotgun, I will tell you how and why, my (5) man out pass is superior to the Shotgun, as it is currently being used.

1st, I will give you, with my designations the formation with some uses naming the participants, that I used as a football player. I used this play into my 20’s in “sandlot” football, specifically, a “middleweight” team in an organized league, in Paterson, N.J. I was a fullback, who also was the passer and also captain of the team(s) until I gave it up.

Formation:

	LE	LT	LG	C	RG	RT	RE	
	LWB				HB			RWB
1 – 2 yards outside of end,				QB				1 – 2 yards outside of end,
				5 – 7 yards behind center				

As you can see, the “Left Wing Back” is 1 to 2 yards outside of the Left End, he is also positioned 1 to 2 yards behind line.

Naturally, the Right “Wing Back” is situated outside the Right End some 1 to 2 yards right and 1 to 2 yards back from line (depending upon defense reaction to such offensive positioning). HB 1 yd behind R G or L G ; QB, 5 to 7 yards behind center, Either Q Back or H Back could receive ball from the center.

For the sake of argument, let us make several assumptions.

- 1). This is the only formation to be used in the entire game.
- 2). The defense has a tremendously talented, speedy quarterback “killer” like Lawrence Taylor (in my opinion, the best that ever was).

1st problem for Taylor and the defense; “is this a pass or a running play”?

2nd problem, he could, and many times did get around the end so quickly, that many, many, times, the end illegally moved to get positioned to keep Taylor from sacking the QBack. This now does away with most, if not all, illegal movement penalties by the end, JUMPY, because of Taylor’s speed & power. (either side – offensive Left End/Right End).

Now Taylor cannot line up 1 or 2 yards wider than the end, because he would then be confronted by the Wing Back. His speed would not be as great a factor, because the Wing Back is already positioned in-between Taylor and the Q Back.

This automatically puts Taylor further away from the QBack, albeit, only some 2 or 3 yards. More importantly, he will be confronted by a force-meets-force problem. By that, I mean, that the Wing Back will not back up in blocking Taylor, but instead will attack Taylor before he gets a full head of steam. Even if it is a 180 lb Wing Back going up against a 240 lb linebacker, the “attacking” Wing Back will force Taylor to dispose of him, rather than getting to the Q Back, which for the sake of argument takes 2 or 3 seconds?

After Taylor disposes of Wing Back, Wing Back is automatically positioned to receive a pass where Taylor got “rid” of him.

When desirable, the Wing Back “brushes” Taylor and moves into the secondary. At that point, the H Back now must attack Taylor, forcing Taylor to stunt, evade, overcome, H Back, where H Back is then positioned for receiving a pass where Taylor disposed of him (I prefer offense to line up as close as possible to attack defense “sackers” – normally, except where Wing Back is slated for other uses/plays/pass reception routes, but one of numerous scenarios for Offensive plays.

Something should be clear from this point, at no time is the Offensive line to back up in Defense to protect the Q Back. The Offensive line is to pick someone to “attack”, at or behind the line of scrimmage as if it was going to be a running play. In fact the Offensive line is always going to attack, never back up.

This takes away numerous “stunting” actions employed by the Defense. No “jailbreaks” allowed.

In the case of an obvious “blitz”, the QBack will preface signals with a simple code – say 25 – this lets the entire line, or those within earshot, that a (2) man blitz is coming from the left side. The code 24 signals an obvious (2) man blitz coming from the right side of line.

Or code 140, or 250, a (1) man or (2) man blitz is coming up the middle, or a delayed, covert blitz, are to be handled extemporaneously.

Wing Backs, positioned just outside of Ends as heretofore described also are aware of intentions of defense and different plays may be employed based on 25 – 24 – or 150 or 250 designated signals. (I have a number of different plays in mind, if anyone is interested). I am now (72) years old. I love the game of football. I have been a Giant fan since my childhood.

One year, one game, when I was about (17) years of age, I completed 31 out of 34 passes, 3 touchdowns and was never “sacked” once! The average time, I had to pass was about (8) seconds!! In all my years being the Q Back, I was never sacked once!! I passed approximately (30) times a game, in an (8) game season (240 passes X 10 years = 2,400 passes – never sacked once ! – and I was always the slowest guy on the field) but because of the “attack” mode of my line that gave me unlimited time to pass –

sometimes as much as (20) seconds!! No back up by lineman, just my 160 lb guys

against their 160 lb guys. Either no one knew how to play or the defense/offense was not as we see it today!

I am well aware that the game has changed to the point where a 240 – 300 pound offensive lineman, might have a 300 lb or a 400-pound lineman as an adversary. Our offensive lineman has a much better shot of tying up the heavier guy, when the defense is not picking up speed and (mass), because our linemen are not backing up, forcing the defensive linemen to fight, at the line of scrimmage, to get past our linemen to get to the Q Back, or put up his hands from the line of scrimmage to block the pass. In the meantime, the Q Back is always looking forward to see what is happening, he doesn't have to run back, stop, step up, spot his receiver(s) and expose his back to a "blind side" bone – crusher – no surprises for my Q Back, because he never has a "blind" side. Incidentally, Q Back is never allowed to "float" a pass, unless it is a called play, culminating in the coffin corner (end zone), so that our receivers do not get "creamed" by an aggressive defensive back, who gets up a "head of steam" to "kill" our receiver.

Since our receiver is concentrating on catching the ball, thrown to him rather than who is going to separate him from the ball or intercept the floater, this means less wear and tear on great receivers, and better concentration on catching the ball.

The Shotgun arrangement as practiced today, almost always signifies a pass play. In contrast, is the "(5) man out pass" play, a running play or a passing play (more later on a few running situations)? I have plenty passing/running offensive scenarios.

However, the versatility of the (5) man out pass is that next time, it is a (4) man out pass, or a (3) man out pass, or a (2) man out pass. Would you believe a (1) man out pass (my personal favorite)? Who is the lucky guy? 99% of the time he is the H Back, but it can be, to a mismatch of our best guy covered by an inadequate defensive back. This can be determined by our offensive guy saying I can beat my guy deep or short!

The H Back, many times appears to be and is blocking for the Q Back, but he is going to "screen" – my definition of running along behind the left or right side of our linemen. He may also be "popping" over the middle. Such play in the huddle was simply called "me to you"!

I have not yet even begun to discuss who goes where, in the actual (5) man out situation, for the (2) Ends and the (2) Wing Backs and the H Back There are many interesting offensive, passing/running options.

With (6) or (7) seconds (or more), Q Back should have no problem finding a "loose" offensive receiver and therefore will then be crushed far times less, by some one twice his weight!! – Very important, ask any Quarter Back).

Now since the defense does not know if it is a pass or run, where do they set up their defensive positions? Close to the line of scrimmage – (10) yards back – (20) yards back? How wide do they set up. Shotgun – the offense may have (5) yards to sideline.

On what or whom does the defense set up close to the line of scrimmage. Too close he may get stung by a “fly” pattern. Get back too far from the line of scrimmage you have potentially (5) men who might challenge (3) linebackers short to medium ((5) man out pass).

Line up in too narrow a formation, open up the sideline passes. Line up too wide and here comes a running play and the defensive 2nd tier defensemen can’t help defense too much, on running plays, from (20) to (30) yards back from the line of scrimmage. Forget delayed blitz’s, because the line is all packed up (just like what happens on an extra point). No one tries to sack the kicker, because the offense is in an attack mode, just like the way, this document recommends, every pass play to be executed.

When the defense plays a passing zone defense, when defending against a running play is not too smart especially, when linemen are targeting you/whoever in the defensive secondary – linebackers first. The defense will soon learn a zone defense can seldom be used.

Blitzing defensive 2nd tier defense, with “rolling” pass defense, uncovers an area. The area they just left, leaves a hole somewhere. Q Back –WHO WILL NOT BE SACKED, will gain confidence, that sacking will not really be a problem with an “offensive” defensive line. This system has many options including H Back “draw” play or QBack “sneak”.

Since Q Back will not get sacked/manhandled “killed” every game, such will lengthen the time of injury – free games, where your offense goes to pot, because the heart of your offense, your star Q Back (Vinny Testaverde), gets knocked out of the game(s)/season, because a 400 lb defenseman tries to maim him.

Besides, without having his ankle/leg broken, he remains more mobile than what he would be, when he gets mauled/intentionally put out of the game, or worse yet, a career ending injury – Theisman, etc., we know them all. How about Testaverde for the Jets being out all of 1999 season, they went from Super bowl contenders to Cannon Fodder.

At this point, let us discuss my favorite running play. Pulling guard to the right side, (Green Bay Packers bread and butter play for their Champion years, under Vince Lombardi).

Pulling Guard – No!! Pulling Left Wing Back or pulling End – yes!! When opposing defensive player/linebacker spots “pulling” guard, he knows where the play is going and immediately reacts to such scenario.

When “pulling” Left Wing Back is moving right, is he moving right as a pass receiver or is he moving right as a blocker? Or is he moving right as a ball carrier? Or is he moving right, to clear the area or deception for H Back to receive my definition of a screen pass? Or is it the start of an end around using W Back or a reverse/double reverse! Who can the defensive secondary key on? Is it a running play or is it a passing play?

Indecision takes time! Who is going to go after Q Back, when another backfield man is moving behind an attacking lineman? Don’t expect too much support from the

defensive deep secondary because they have to help each other defend on long passes/gainers!!

A good alert linebacker will almost always spot the setting up of the NFL's version of a "screen" play – not the way, I would run it either. However, lets stick to (5) man out options.

In a play, an off-tackle slant, with H Back leading the play, or as being the ball carrier, when Left Wing Back is playing "pulling guard" OR is H Back the "pulling guard" for Wing-Back carrying the ball? Right Wing Back has a good angle on center line backer, while Left Wing Back/Q Back has a good angle on defensive left line backer. Left End/Right End is to pick a man in the defensive secondary (not line backer) to continue long gainer? Or (9) to (10) yard gain? To block an inadvertent secondary being in the wrong place at the wrong time. He is right where we expect the play to go, but he doesn't have a clue as to what's happening because he still is not sure, if it is a running play or a passing play.

That is the beauty of what I term a "double wing" alignment using (5) man out as the offensive game plan.

The defense gets the same offensive look all the time – pass or run?? Who (is/are) the potential recipient(s) who is going to take the snap from center, Q Back or H Back. The defense cannot ignore a possible "Flea Flicker". Incidentally, both Q Back and H Back should receive a snap from center from a "3 point" position, so defensive secondary people are not immediately aware or sure who did receive the snap! Needless to say, offensive lineman should be frequently substituted to maintain "attack" mode!

There are many running plays to be run off this (5) man out, double wing offense.

While I don't expect you to embrace a play that a non-professional player dreamed up. I am asking you to take a look – in practice, what a (14) or (15) year old, refined over (10) years, who never once got sacked or blind-sided. I can only remember (1) or (2) interceptions of my passes in the (10) or (12) years, I (we) employed said formation.

Be a leader, don't be a follower, take a look at my concept. Give my play to the 2nd team in a scrimmage practice, but don't tell the 1st team what the 2nd team is going to do and see what happens!! Give 1st team a bonus for touching/sacking, Q Back before he throws the ball.

DO NOT allow offensive linemen to back up to defend the Q Back – attack the man in front of them, give the Q Back (3) to (7) seconds to spot a receiver or run off a running play, with a "frozen" defense. If no one is in front of you, watch for delayed blitz or stunt

If anyone is interested, I would be glad to assist (hands-on) any offensive coach into the

Page 5

intricacies of my (5) man out passing/running options. I will give you passing routes for different plays/situations for the Wing Backs, Ends and Q Back, as well as running

plays!! It could turn your team into a scoring machine. If an other team starts using it against you, it will be your worse nightmare.

**Sincerely
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