



Crusader Flexbone: The 5 Base Runs

I. Why the Flexbone?

II. Inside Veer

- A. Dive read
- B. Pitch read
- C. Veer - slip
- D. Base
- E. Diagrams and film

III. Midline Double

- A. Dive read
- B. Veer
- C. Fan
- D. Center
- E. BSG & BST scoop
- F. Things to consider
- G. Diagrams and film

IV. Midline Triple

- A. Things to consider
- B. Diagrams

V. Rocket Toss

- A. Blocking rules
- B. Things to consider
- C. Diagram
- D. Film

VI. Zone Dive - B Back Iso

- A. Many ways to run
- B. How we run it
- C. Blocking rules
- D. Diagram with variations
- E. Diagram
- F. Film