

OFFENSIVE FORMATIONS CHEAT SHEET

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FORMATION	PERS.	PLAYERS ON FIELD	WHAT TO EXPECT
UNDER CENTER			6 formations
I-Formation	21	2 RB, 1 TE, 2 WR	Power running; FB leads for HB through A/B gaps
Strong I	21	2 RB, 1 TE, 2 WR	TE aligned to strength; run-heavy to strong side
Weak I	21	2 RB, 1 TE, 2 WR	TE opposite RB alignment; misdirection runs
Singleback / Ace	11	1 RB, 1 TE, 3 WR	Balanced run-pass; most versatile under-center set
Pro Set	21	2 RB, 1 TE, 2 WR	Split backs flanking QB; quick play-action
Goal Line	23	2 RB, 3 TE, 0 WR	Short yardage power; extra blockers at the point
SHOTGUN			5 formations
Shotgun Spread	11	1 RB, 1 TE, 3 WR	Most common NFL look; QB reads + RPO
Shotgun Trips	11	1 RB, 0 TE, 4 WR	3 WR one side; overloads zone coverage
Shotgun Empty	10	0 RB, 0 TE, 5 WR	Pure pass; max route runners, quick release
Shotgun Twins	11	1 RB, 0 TE, 4 WR	2x2 WR split; balanced horizontal stretch
Shotgun Bunch	11	1 RB, 1 TE, 3 WR	3 WR clustered; rub routes + short concepts
PISTOL			2 formations
Pistol	11	1 RB, 1 TE, 3 WR	RB directly behind QB; hybrid run/pass flexibility
Pistol Trips	11	1 RB, 0 TE, 4 WR	Spread run game + 3-WR overload to one side
MULTI-TE / HEAVY			4 formations
12 Personnel	12	1 RB, 2 TE, 2 WR	Versatile; run or pass without substitution tells
13 Personnel	13	1 RB, 3 TE, 1 WR	Power run; 8-man front with TE as extra blocker
22 Personnel	22	2 RB, 2 TE, 1 WR	Heavy run; FB/TE create double teams at POA
Jumbo / Goal Line	23+	2 RB, 3 TE, 0 WR	Extra OL reports as eligible; pure power

PERSONNEL KEY

1st digit = # of RBs, 2nd digit = # of TEs. Remaining skill players are WRs.

11 = 1 RB, 1 TE, 3 WR

12 = 1 RB, 2 TE, 2 WR

13 = 1 RB, 3 TE, 1 WR

10 = 1 RB, 0 TE, 4+ WR

21 = 2 RB, 1 TE, 2 WR

22 = 2 RB, 2 TE, 1 WR

23 = 2 RB, 3 TE, 0 WR