

Keys to a Successful Offense

Have an identity – PHYSICAL PLAY/TRIPLE OPTION

Have a “philosophy”

- Run the ball
- Control the clock – Limit opponent’s offensive opportunities.
- Pass for big plays (throw it over their heads)
- Have a “system”
- Practice the “system” every week – players will get good at it
- Simple for us, complex for them

Have a “package”

- We are a triple option team first and foremost
- Everything we do comes off the triple option
- Complementary plays: Give, Toss, Midline, Mid Triple, Belly/Option
- Counter plays: Counter Option, Trap, Counter Dive, Cross Buck, Reverse, Waggle/Wobble
- Key premise – we’ll take what they give us -Numbers/Angles/Field
- Multiple formations – ability to run the same plays out of most of them
- Play-action passing game that mirrors our running game
- Sprint-out package – fits our QB
- A simple goal line package
 - Goal line to goal line offense- run base plays

Have a “package” you can fix

- Early adjustments – Formations/Tags/Motions
- During a series and between series
- NOT on Sunday mornings!
- To do this – play caller and offensive assistants must watch specific parts of the defense.
- General game plan but no script. Determine how they are playing the triple and have answers!! – be prepared for anything
- Entire Offense must be on the same page – speak same language/vocabulary
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- Examples of a “fix-it” during the game
 - can’t block 3 tech or a good 5 tech
 - read him
 - double team him
 - trap him
 - vs. 4-3 defense – cannot get the MLB blocked
 - go to close formation
 - loop the FST to him
- Be specific in your fix-its – focus on one thing at a time – for example:
 - work on the ILB
 - work on the FS

Keys to a Successful Offense

Play-Calling Philosophy – Attacking the Defense

- Good defenses will limit what they do (too much will hurt them) – prep time is short
- Defense must play balanced
- We saw basically 4 fronts in a given year (4-3/6-1, Okie, Stack, 8-man front)
- Basically 3 coverages (2 high, 1 high, Man Free)
- No nickel or dime coverages, no exotic blitz schemes.
- Secondary must read run/pass (high hat, low hat, etc.) yet still handle cut blocks
- What we check for (in order):
 - Numbers advantage
 - Different formations help us get this
 - Start in Base
 - Then go unbalanced
 - Jacks – 3x1 formation
 - Over (WR over – ineligible inside receiver)
 - Right Base/Left Base – 3 Man surface-OT or TE(ineligible).
 - Blocking angles (usually to the smaller technique, i.e. shade vs. 3 tech)
 - 2 on 1 blocks if at all possible
 - To the field (example – double 2Is have no technique advantage)
 - Play-action passes (P.A.P.) to hurt specific defenders on the field – this is why we must sell the run on PAP.
 - vs. 8-man front – the free safety (alley player)
 - vs. quarter coverage – whomever the run support is
 - vs. cover 2 – the roll corner
 - Other passing game elements (especially if vanilla coverages)
 - 1-on-1 routes (since usually ‘man’ coverage)
 - 7-man protection allows for “backside deep routes off of this.”
 - Possible BS routes: post, Post, Seam, Ghost to #2, In, Dig.
 - Find a way to get the ball to our WR’s – Flash, Reverse, Tunnel Screen.

Keys to Implementing a Successful Offense

- Be committed
- Be patient

Cadence:

- Set, number, number, Ready-Set Hit – Set Hit is one word.
- We also use
 - Hard count
 - H back freeze motion

Formations:

- Base

Keys to a Successful Offense

- Jacks -3 X 1 Under Center
- Over- (both WRs on one side – inside WR ineligible)
- Rt/Lt Base- (unbalanced to see how defense adjusts, no adjustment we have numbers)
- I formation/Gun package-(change up look, way to get the ball in hands of H back and take some of the read pressure off QB)
 - X OVER RT & LT, GUN FLEX RT & LT, & GUN FAR RT & LT

Splits:

- O-line = 3 feet
- H backs = inside foot in line with outside foot of OT and 1 yd. back – In the box.
- WRs = basically on the numbers of the field when the ball is in the middle
- FB = heels at 5 yards from the tip of the football (3 yards from QB's feet) – will vary slightly based upon FB speed

Stances:

- O-line = narrow stance, lots of weight forward, feet under armpits. Tackles will have hips higher than shoulders, Guards will have flat backs. Center may use 4 Point stance to facilitate low pad level