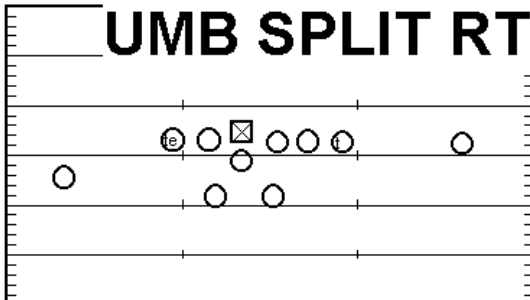
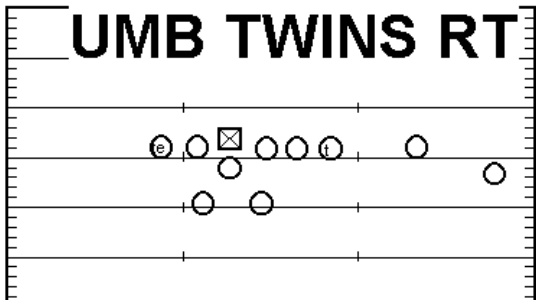
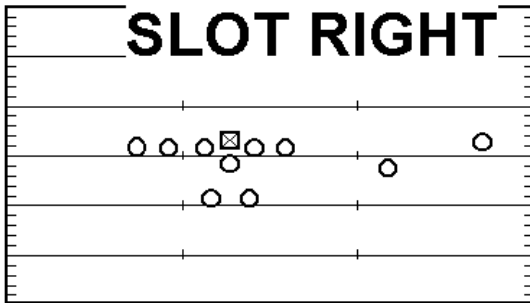
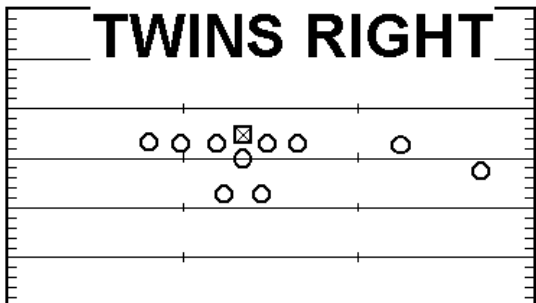
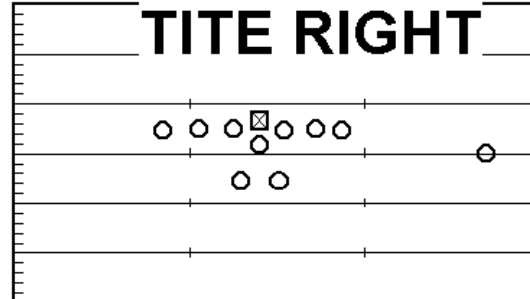
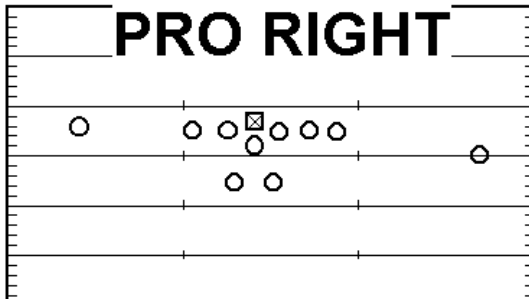
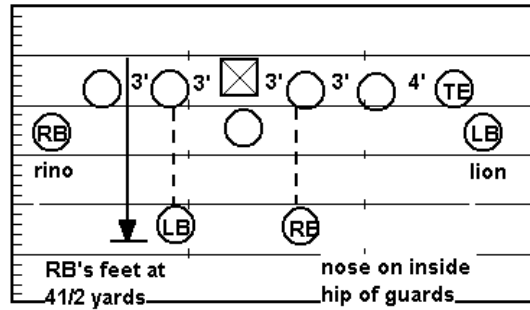


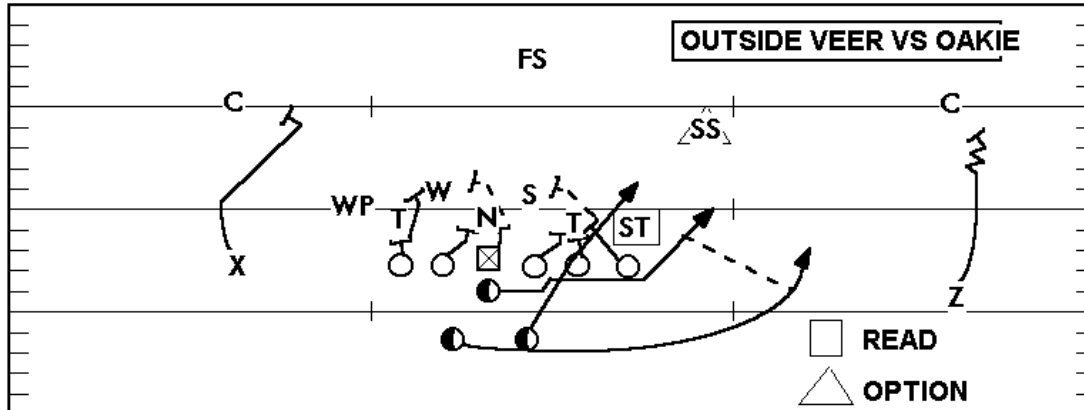
FORMATIONS

The options plays at this site can be ran out of many different backfeild sets. (Bone,wing,l,etc.) Over the years, we have played with them all. We eventually decided to stick entirely to split backs to increase reps and reduce turnovers. We will also put a back out on wing or motion him occasionally. We find split backs gives us great angles and lightning quickness. Which ever set(s) you chose, keep it basic and rep it,rep it, rep it.



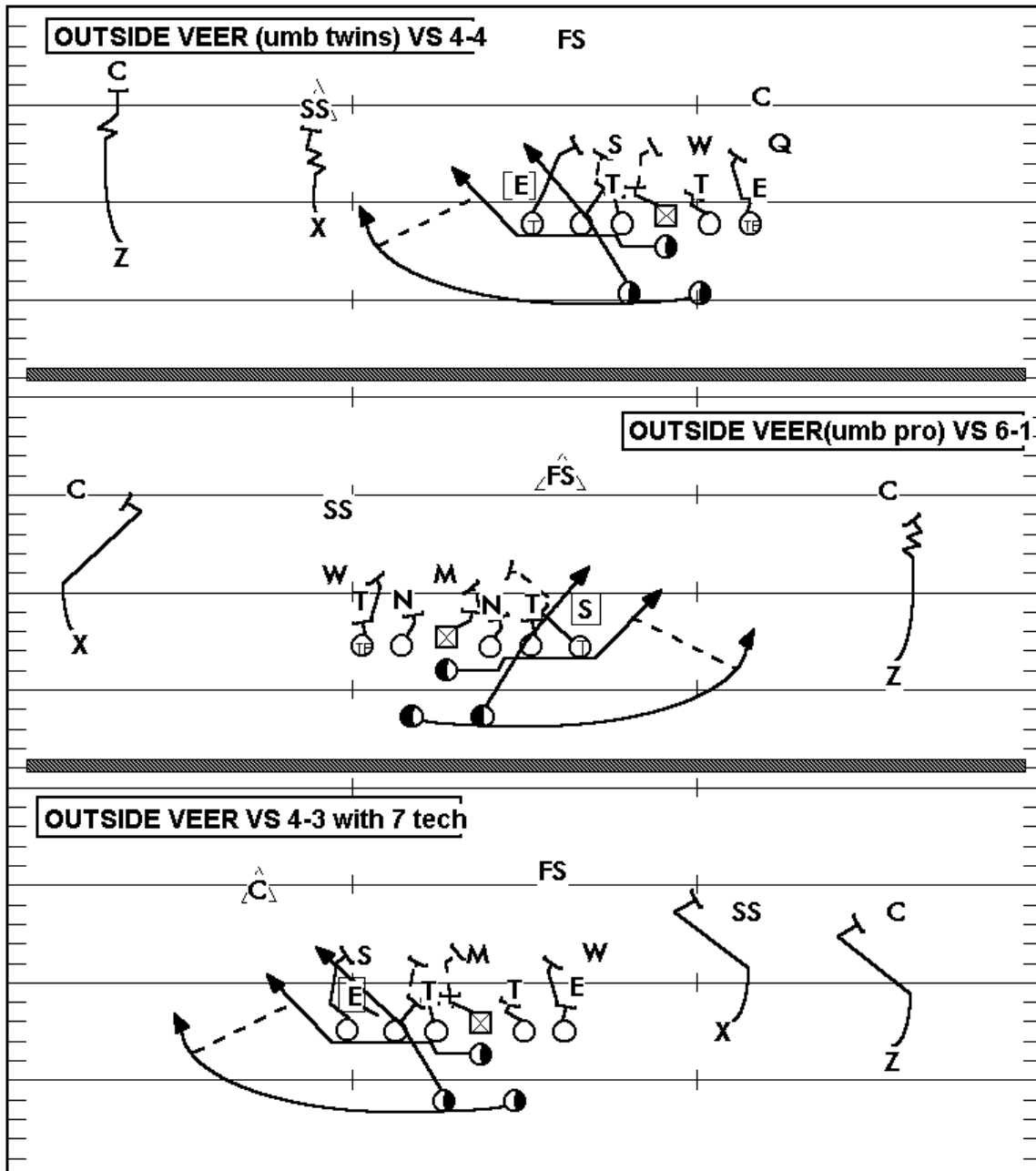
OUTSIDE VEER

Every offense has its signature play. For us, it's the outside veer hitting off tackle very quickly while numbering the defense on the perimeter. The play is a triple option but we end up giving it to the diveback 80% of the time. We will read the DE and try to seal everyone inside of him. Teams we face will make different adjustments such as playing a 5 tech. (then we run inside veer) or play the end on a 7 tech (then we run more load option). Again, the play hits with lightning quickness and therefore the qb must take proper steps to get a good mesh and the pithback must sprint for good pitch-relationship. It is crucial for us to get the LB's sealed on the outside veer but we must also get movement on the down-linemen. Ideally, we would like to have our triple-team drive the down defender deep enough to cut off the LB's and create a pile. The OUTSIDE VEER has been a mainstay in our offense and is the primary reason we use split-backs.



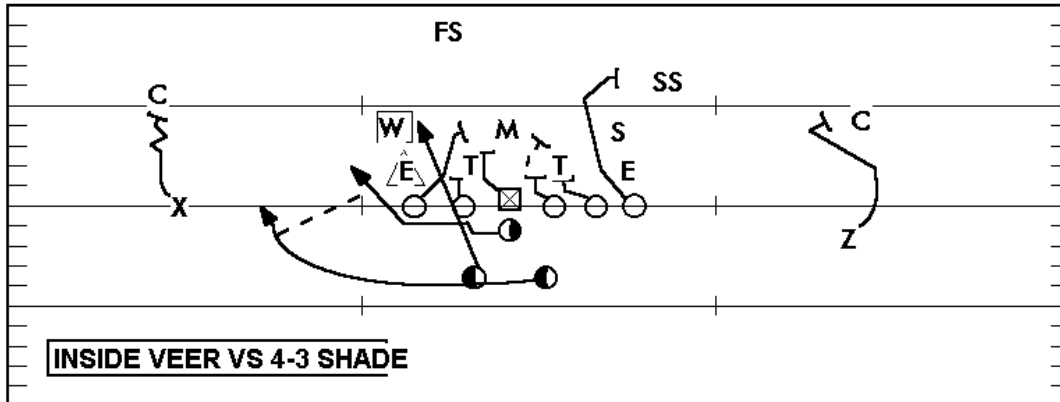
- QB** - must act quickly to get to the mesh point while reading the DE. We have him step at 3 o'clock with a 30" step followed by two 10" gather steps to get him to the inside hip of the tackle. His 4th step will ride downfield with the mesh. Unless the DE crashes down, he will give to the diveback. We tell him to think dive unless the DE closes hard where he will pull the ball and turn upfield and option the next defender.
- RB's** - PLAYSIDE back will hit the inside hip of the tackle and mesh with the QB. It is important for him to hug the triple team and not get too wide. If the DE closes and takes dive, he must drag him with him. BACKSIDE back must sprint hard for sideline to get good pitch relationship.
- LINE** - we will combo block the first down defender inside the TE. It is important to get movement on the down man and then have one of the blockers get off to LB. Ideally, the triple team will cut off the LB's.
- WR's** - will execute their stalk-blocks.
- TE** - if tackle is covered.....
 - 4 tech - te will combo down with tackle and slide off to LB
 - 5 tech - te will double with tackle and guard will slide off to LB
 if tackle is not covered.....
 - 6 tech - te will release inside and seal playside LB
 - 7 tech - te will release outside and seal playside LB

OUTSIDE VEER (cont)



INSIDE VEER

With all of the even defenses out there now, the inside veer has once again become a big play in our offense. In years past, the fifty defenses gave us problems with quick double reads for our QB. The even defenses don't pose that threat for us so we have been going back to it more and more. We read it as a triple option but unlike the outside veer, the inside veer will generally be a QB or Pitch Play. Any play that can get our ponies outside, makes this a very explosive offense. The play is much like that of the outside veer except we read the first down defender on or outside the tackle and attempt to seal everyone lined up inside that defender. The play is ran as a triple option and can be ran to just about any formation. It has been a good play vs defenses who make adjustments to stop the Outside Veer. You may find the play one of your harder ones to teach and execute, but will go a long way in making your package complete.



QB will mesh with the DB at the outside hip of the guard. His first step should be a 30" step at 3 o'clock with his second step riding with the mesh. He will read the first down defender on or outside the tackle. If he closes down on the diDB, The Qb will pull and sprint downhill to option the next defender. Against a stack when the defense is twisting, we have him read the stack. This can be difficult for the young QB and

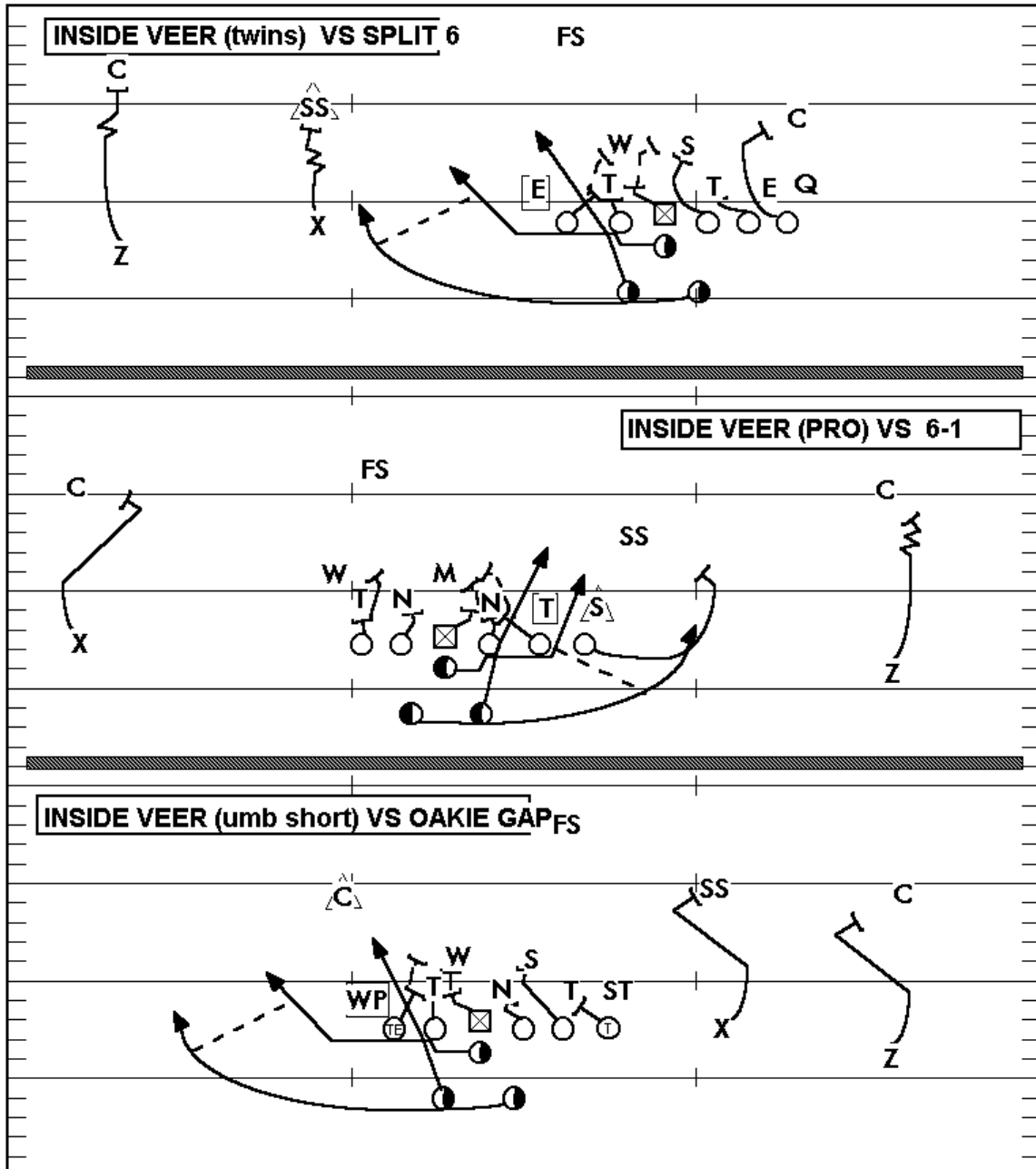
RB's you may chose to run the dive and dive-option and not read it as a triple-option
PLAYSIDE back will hit the outside hip of the guard and mesh with the QB. It is important for him to hug the triple team and not get to wide. If the DE closes and takes dive, he must drag him with him.
BACKSIDE back must sprint hard for sideline to get good pitch relationship.

LINE Our blocking rules are to read the first down defender on or outside the tackle and seal all other inside defenders by using combo and zone blocking. Remember, on all veers, we want to get movement and stop pursuit.

WR's will execute their stalk-blocks.

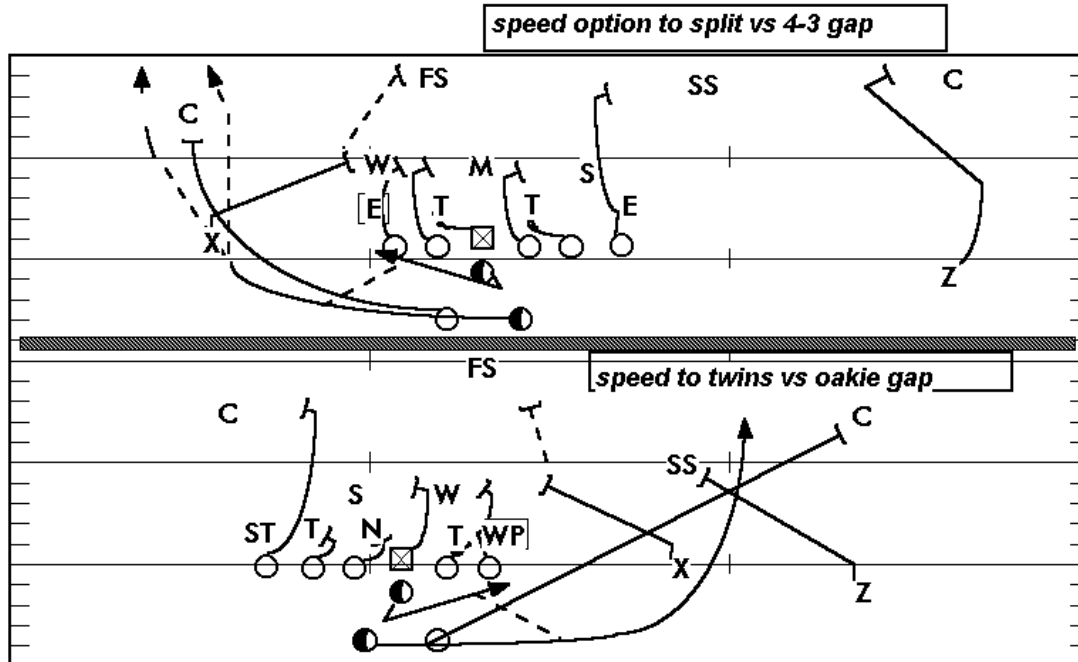
TE when playside, will arc release and block force. When arc releasing, the TE wants to get width and not depth. We have him pull (slowly with his shoulders square to the LOS) while losing a yard. He wants to execute the block near the LOS unless he gets a GO-GO call by the PB. If he is too far out in front, he will need to sustain the block for too long. The TE makes contact on the outside shoulder and tries to seal him to the inside.

INSIDE VEER (cont)



SPEED OPTION

We have never had a size or strength advantage over an opponent, but have made up for it with speed and quickness. Our best play, for taking advantage of our speed, is the speed option. Even when we can't seem to get the front blocked, we have been able to get to the perimeter with the speed. The play is a double option for us between the QB and pitchback. We end up pitching the ball 90% of the time which is what we prefer. We have found it to be a simple play to execute and a good addition to even non-option offenses. We generally have our wide outs crack block.



QB - will open step with his playside foot at 6 o'clock. He then pushes off with that same foot directly for the end. We have him anticipate the pitch and ask him to do so unless the end stretches wide or jumps the pitch, where he will turn it up hard.

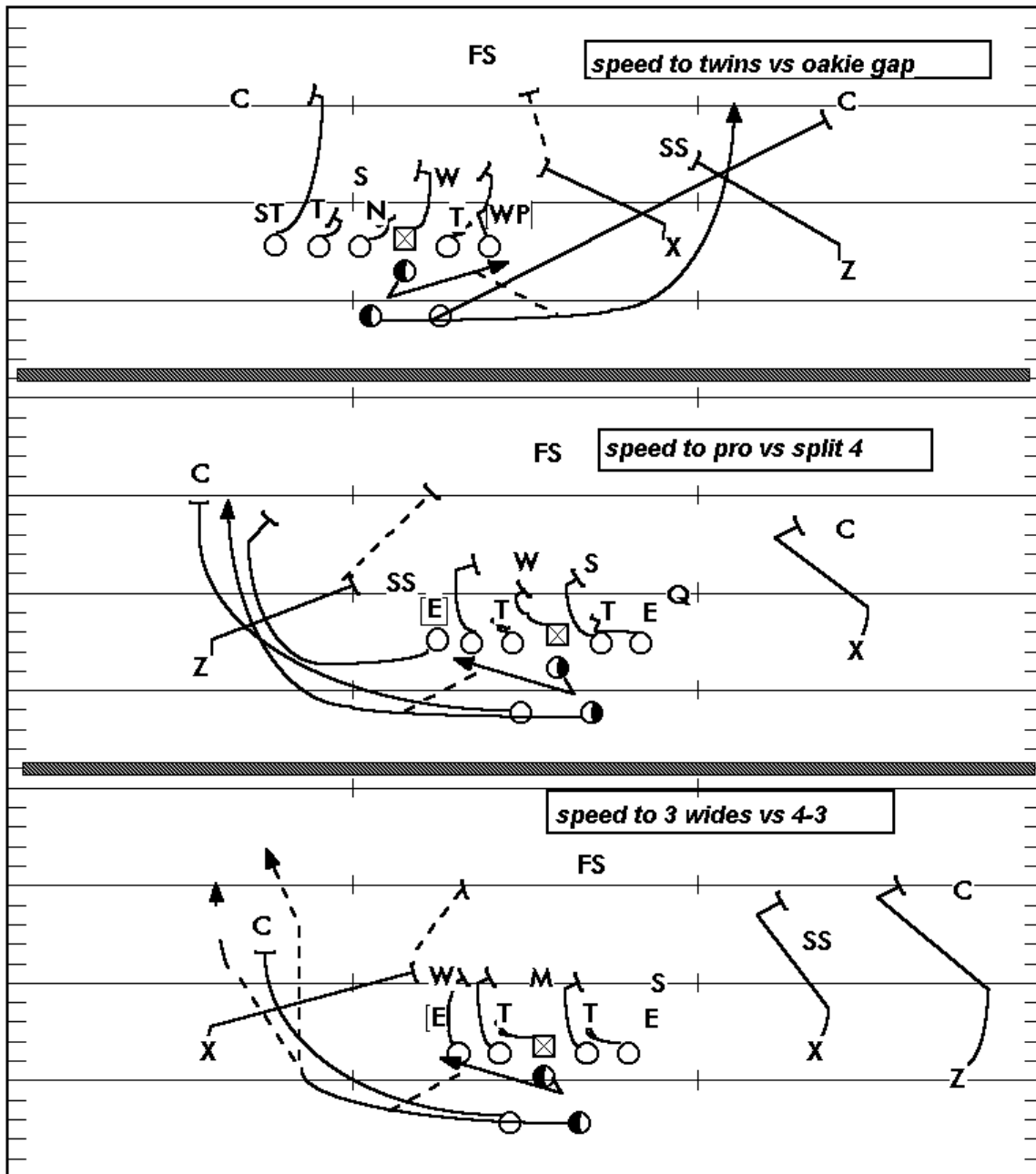
WR's - Playside WR's will crack on first defender off the LOS to show (backer, backer, free).

LINE - we will option the end man on the LOS. We will scoop and cut the down defenders unless they are shaded playside. The linemen with down people across from them will scrape off and seal LB.

RB's - PLAYSIDE back will sprint to the side line and aim for the inside shoulder of the corner. With good relationship with the pitchback we can use an aggressive block. If the corner has collapsed down inside, we will seal him and run outside. Pitchback will sprint hard for good pitch relationship (PR) and read lead backs block.

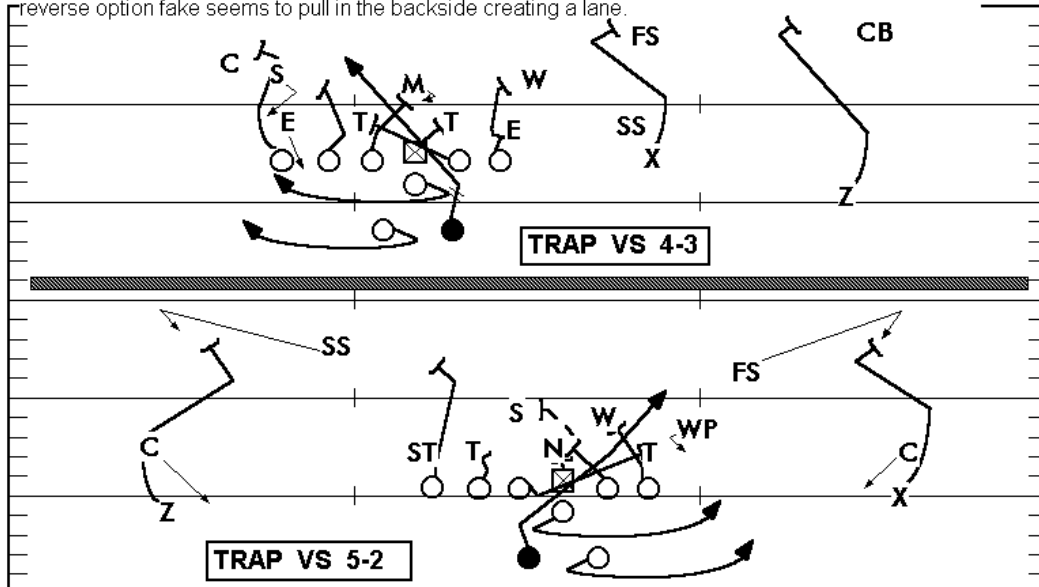
TE - will arc release block when playside.

SPEED OPTION cont.



TRAP

Pursuit and penetration can stop any offense, but especially an option team. The trap has been a good play to counter those techniques. Most of our plays give away direction with the first step of the backfield. This gives the LB's a quick read for flow and when we don't get to the LB's we don't get the big plays. The trap will settle the LB's down or break open if they don't. We used to run our trap by handing the ball off and continuing to fake the option in the same direction. While we got the LB's to flow, most of the tackles were made by the backside DE and LB. WE now use the reverse spin by the qb and pitchback. The 2 steps are enough to get the LB's moving and the reverse option fake seems to pull in the backside creating a lane.



QB - steps back at 5 o'clock and gives the ball deep and quick (no mesh). It is important for him not to crowd the RB. After the handoff, the QB will reverse pivot and carry out an option fake in the opposite direction.

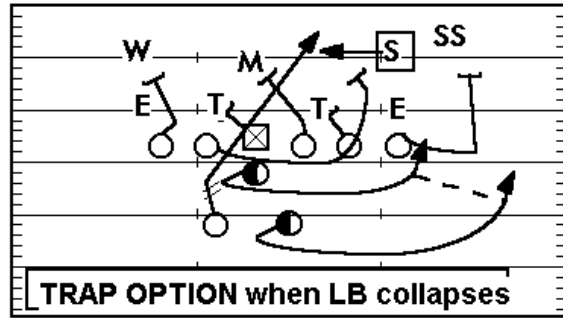
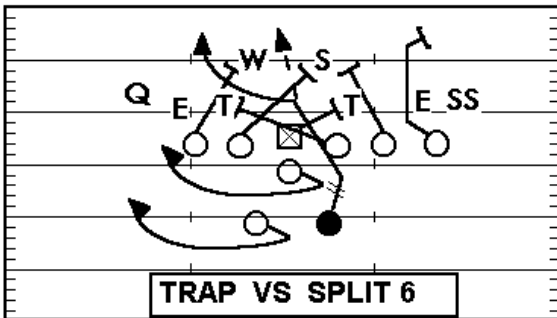
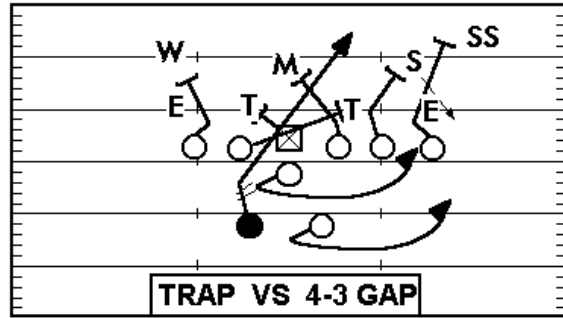
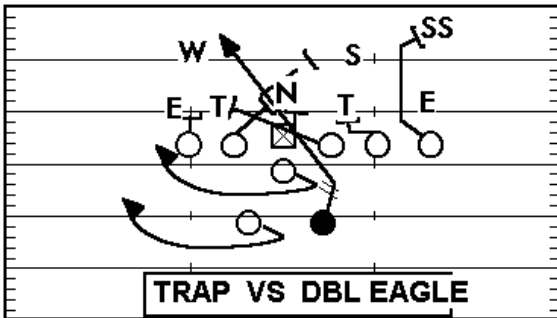
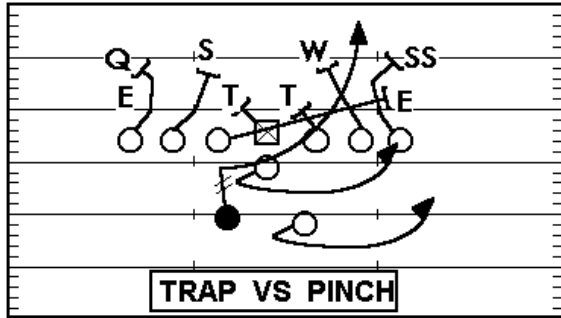
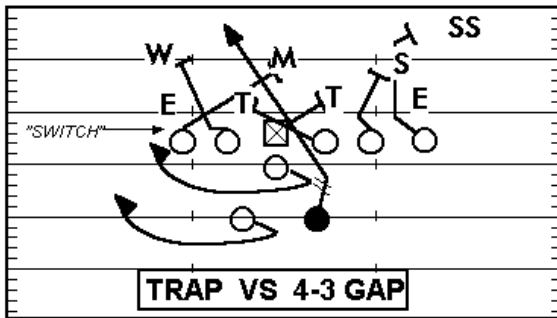
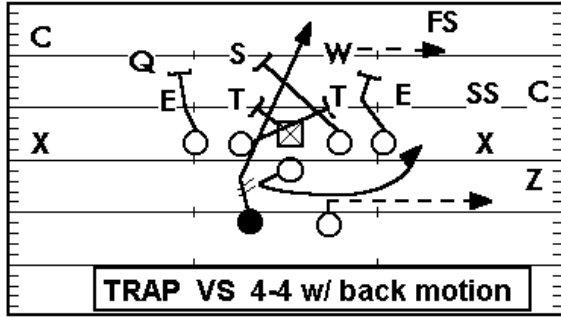
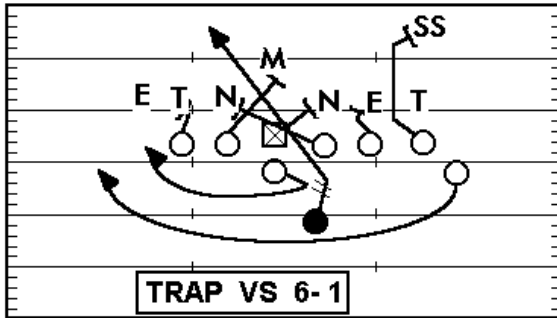
RB's - PLAYSIDE back will step with his inside foot headed for the 4hole. On his second step, he will cut and follow behind the guard reading his block. The guard will generally kick the DT out in which our running lane will be inside that block. Occasionally, you will face a good DT that will squeeze down inside where we tell our guard to log him and we will run farther outside. BACKSIDE BACK will open up and take a step towards play, then reverse pivot and sprint option fake with the QB.

LINE - We will trap the first down lineman on or outside the backside guard. Center will block playside gap. Playside guard will pull quickly heading upfield. He wants to aim for the DT's upfield shoulder and log him if he squeezes. backside guard will block down. Tackles will base block.

WR's - will execute their stalk-blocks.

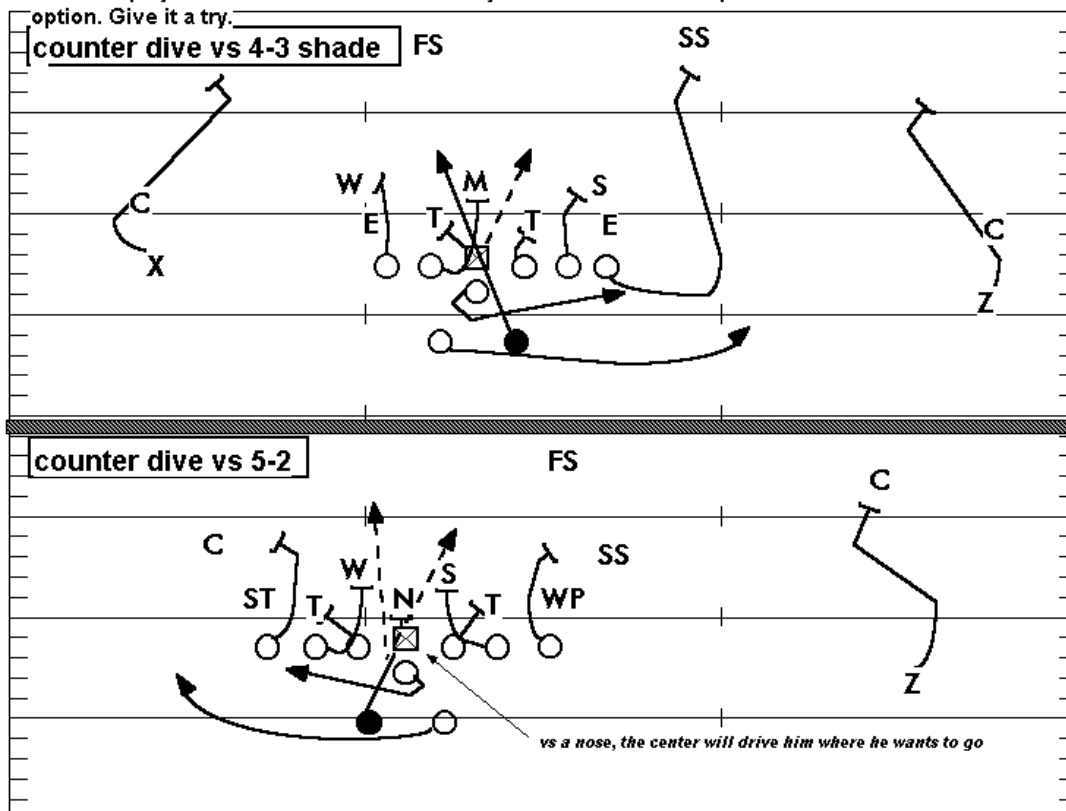
TE - will rip inside and kick out the SS

TRAP (cont)



COUNTER DIVE

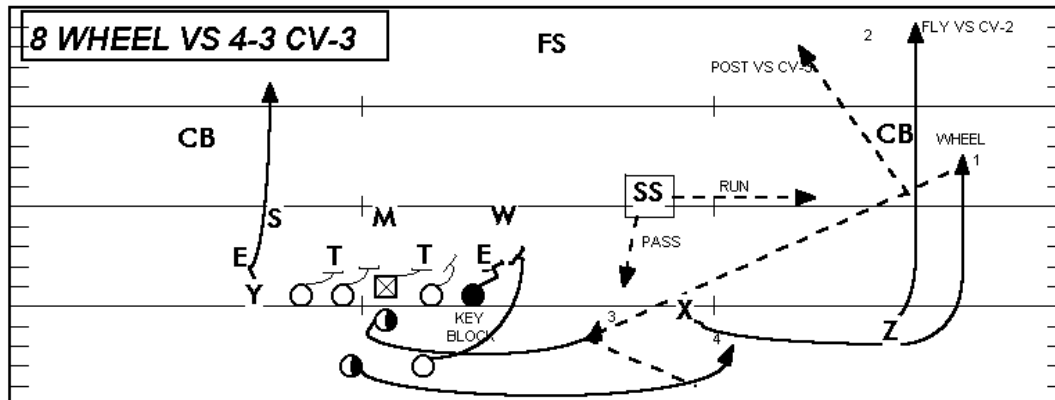
The "COUNTER DIVE" has recently become our best inside play. The play is predetermined and hits over the center with lightning quickness. The key for the CD, is that while it is a counter play, the RB's do not take countersteps, making it a very explosive and consistent. The reverse spin-out by the QB does enough to freeze the LB's, while the angles by the RB's make it impossible to both collapse on the CD and defend the "CD option". We try to use some sort of fold blocking on the CD or can wedge or base block it. The CD can be a simple yet very effective play and should be considered for your veer offense complimented with the CD option. Give it a try.



- QB** will reverse spin and hand off the ball just behind where he lined up. It is very important the QB not crowd the DB, giving him plenty of room to cut back if needed. QB must then sprint out option fake with the PB.
- LINE** We will try to create a fold block either with the C & G's or G's & T's. We can also base block or wedge block it but the folds give us great angles. We have the T's leave the DE's alone. Against a even front, we like the C to fold with the G on the 1 tech side. If no 1 tech, fold backside.
- RB's** Playside back will aim directly for the centers tail. He hits the hole at about 90% speed allowing him to make a cut.
 Backside back will sprint hard on his pitchroute.
- WR's** Will inside stalk

SPEED OPTION PASS

As mentioned earlier, SPEED OPTION is one of our best plays. When we can get the Lbs and secondary blocked effectively, the play becomes explosive. Teams that we face generally will play their Strong Safety or Rover in an aggressive fashion to help on the pitch, or often will use a COV-2 with the corners rolled up. Our speed option pass series, is designed to take advantage of that type of player and loosen them up. We picked the package up from the North Dakota State staff and it contributed to us winning a state title the very next season. We live off the principle that, we try not to lose yardage on any play even if things go wrong. With the speed option pass, we have a deep threat at best, and a pitch to our rb at worst. With other pass plays, if all of your receivers are covered, you sometimes can scramble, but the rest of the time, you are throwing incompletes, INT's, or getting sacked. On These plays, you have several options to make positive to great yardage.



QB - will take his normal speed option steps. We have him belly back about one yard so he can get around the block on the end as well as square his shoulders before throwing. He is reading the SS the whole time, keying whether he is coming up for force or retreating for pass. If the SS comes up for support, the wheel should be open. We don't focus on the outside receiver, but have thrown to him when they ignore him. If the SS widens with the split then the QB turns it upfield with the option.

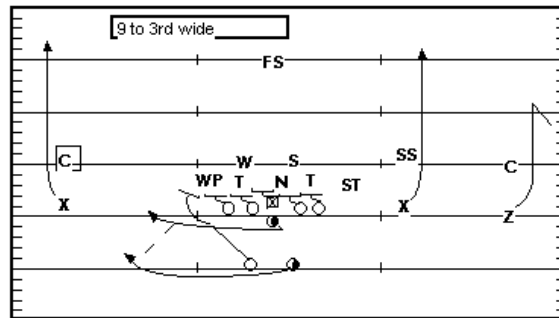
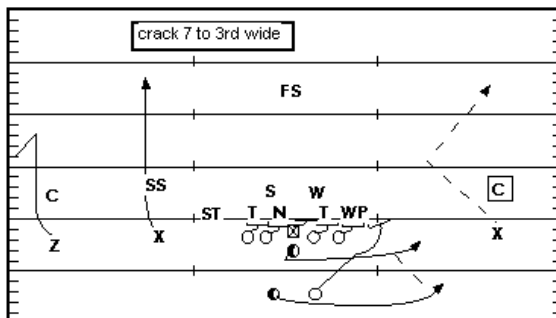
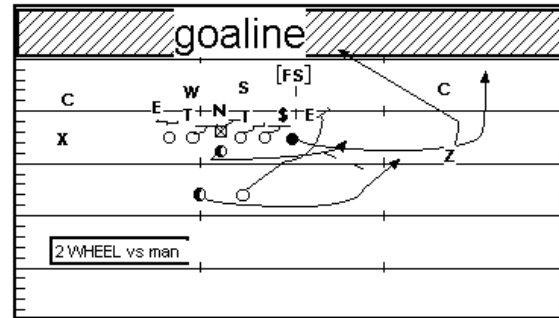
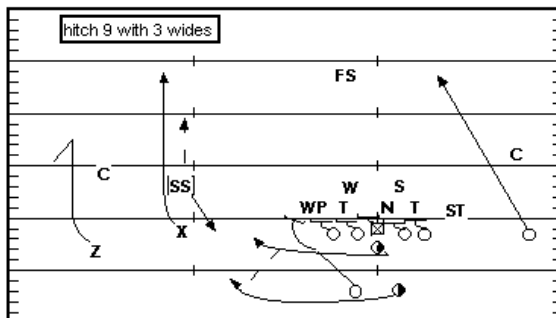
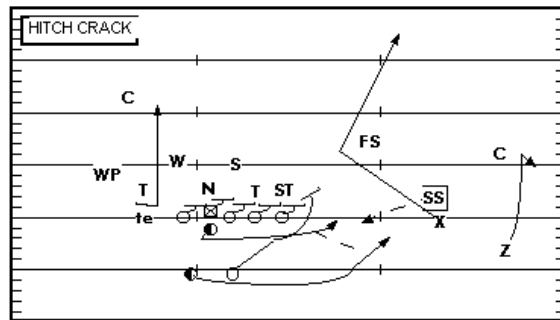
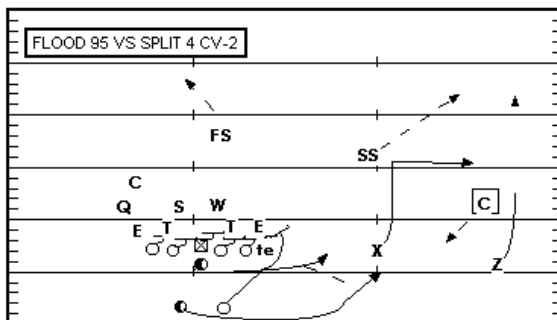
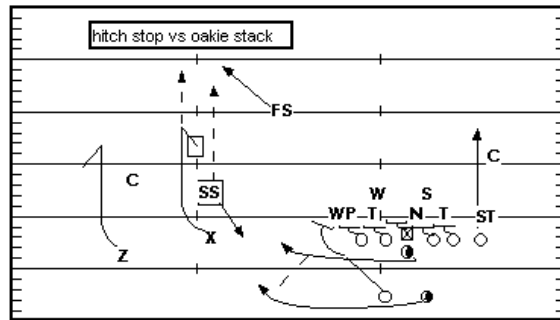
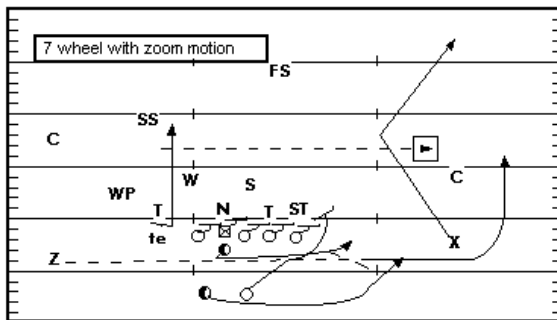
WR's - OUTSIDE receiver will run either a 2, 8, or nine depending on coverage.
 INSIDE receiver will run a wheel route losing 1 yard sprinting hard for sideline. It is important that we have separation between the receivers. We have him start tuning it up where the flk lined up.

LINE - will scoop block with cutting action. We want a lot of piles for the LB's to have to jump over. Playside tackle has the very important job of cutting and sealing the end. He will have help from the Rb if needed.

RB's - PLAYSIDE back will aim for outside hip of the end. If the tackle has sealed him, rb goes to next level.

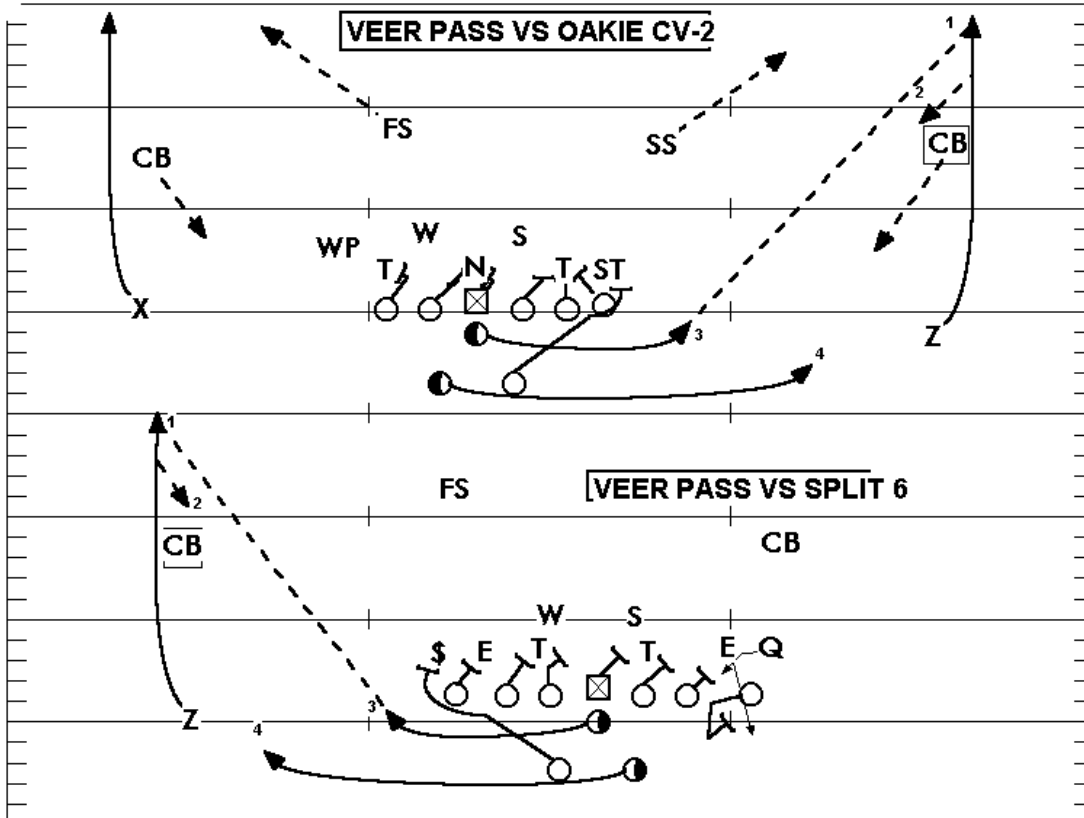
TE - will run a backside 9 to keep the FS home.

SPEED OPTION PASS (cont.)



VEER PASS

Our veer pass is a 1 receiver route to the flanker (z). It's a simple play to execute and can be very effective vs aggressive corners. In our system, the wideouts execute the stalk block on at least 60% of the plays. We find that the threat of this pass not only keeps the corner (or S on cv-2) honest, making his block much easier to execute, but rewards him for all the hard work getting our ponies outside. We have found that even a corner in soft tech can still be reeled in when he sees the QB get outside with a pitchback behind him. If he still gives a cushion, the Z will simply turn his fly into a 10yrd hook. If the Z still can't get open, we carry out the option with the pitchback.



QB starts down the line keying the corner the whole time. He fakes the mesh as much as possible, but the dive backs angle is wider so you won't get a great fake. He then keys the corner the same as the Z. If Z can get open, he throws to him. If not, he carries out option with pitchback.

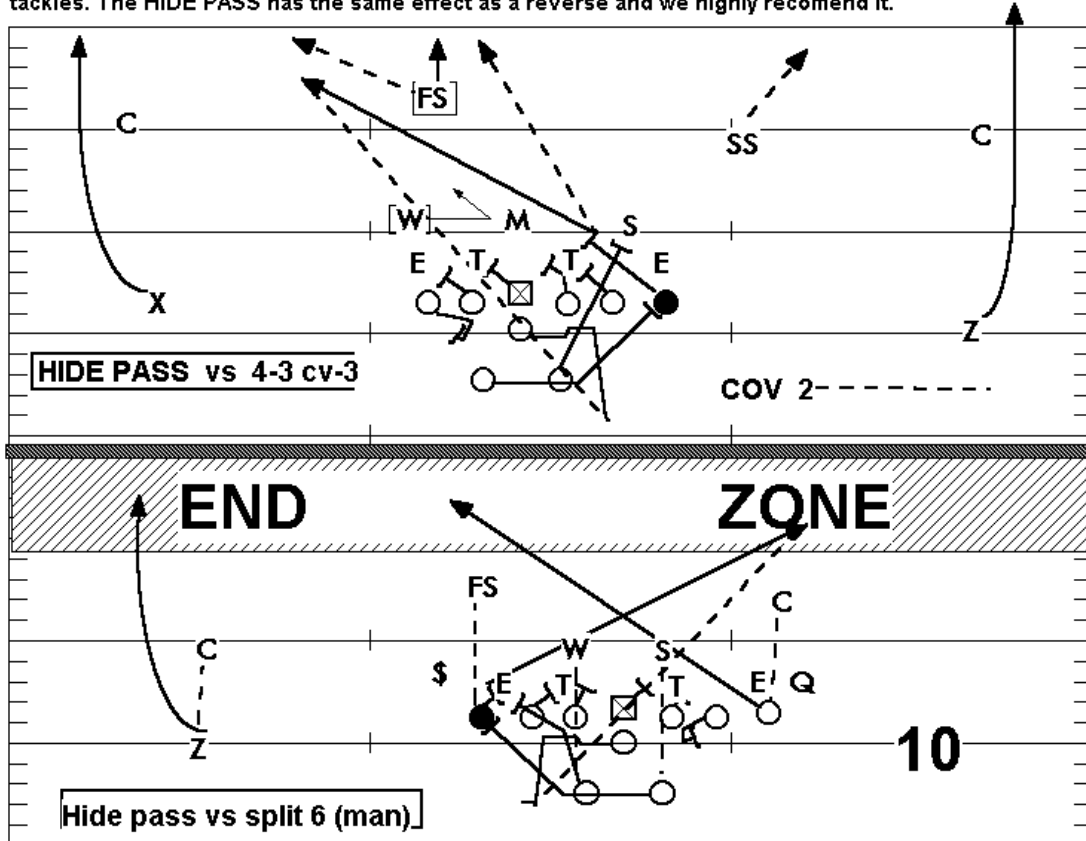
LINE & te will execute the same blocks they would on the outside veer, being careful not to get downfield too far.

RB's Playside back will fake a mesh while aiming for outside hip of DE and seal him. This block is key. Backside back will sprint hard on his pitchroute.

WR's The flanker comes off the ball hard to the outside as always on a fly. At 8 yds, if he is even with or past the corner, he continues. If not he will stop at 10 and come back to 8 expecting the ball.

HIDE PASS

The HIDE PASS is a good compliment to the inside and outside veer especially when defenses are using fast pursuit to the ball. It is a 1 receiver route for us involving the TE. The hide pass will generally attack the defense in the trail to fold area, an area many teams give up to stop the veer. When we break down film, we find the backside LB and safety making a high percentage of the tackles. The HIDE PASS has the same effect as a reverse and we highly recommend it.



- QB** fakes the mesh with the DB behind the guard. He must keep his head down as not to key the secondary. After the mesh, the QB will take a three step drop, finding the tight end on his delayed drag route. If the TE does not get open, the QB will tuck it and run.
- TE** will down block as he would on an outside veer. After delaying for 2 counts, he will release on a 12 yrd drag while reading flow. He will find the open area, 10-17 yrds deep. If he reads 2 deep, he will turn up between the FS & SS.
- LINE** will execute their backside gap protection (see play-action protection)
- RB's** will execute their backside gap protection (see play-action protection)
- WR's** will run fade 9's to spread the secondary.