

HEADSETS



WRITTEN FOR COACHES BY COACHES

VOLUME 3: ISSUE 1

offensive DRILLS

7 REASONS
WHY YOU NEED A
COACHING PORTFOLIO

WHAT'S YOUR OFFENSIVE
PHILOSOPHY

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Kenny Simpson
 Author/Coaching Consultant
 HC - Southside, AR
[@fbcoachsimpson](https://www.facebook.com/fbcoachsimpson)
FBCoachSimpson.com

We are so glad to run Headsets season three! It has been unbelievable to have so many coaches willing to contribute their time and efforts to the coaching community. A special thank you to the writers this season as we have a great line up in store covering:

- Head Coaching 101
- Special Teams
- Defense
- Offense
- Drill Work
- And More...

As you go through the articles, there are many live links to recommended materials, articles and videos.

If you would like to contribute to Headsets, email Coach Simpson: FBcoachsimpson@gmail.com and let him know.

Also, please help us spread the word via social media and email about our Magazine as it is our hope to help as many coaches as possible.

Thank you, 

CLICK ON ANY TITLE TO GO STRAIGHT TO ARTICLE



JAMESIMPSONDESIGNS
SPORTS GRAPHIC DESIGN

RURAL FOOTBALL REFLECTIONS

HAVE A PLAN FOR OFF-SEASON



Kevin Swift
Retired AD/HC
Gold Beach HS - OR
[@kdawgswift](#)
[Football Tool Chest](#)

In my 35 plus years of coaching the off season was by far my favorite time of the year! Why? Well I loved it for the following reasons; no weekly test on Friday Nights so less urgency, a time to develop relationships more in depth and not just football based with our athletes and football staff, and it is during this time were we can make are greatest strides in becoming the football PROGRAM we want to be not just a seasonal team at a school. So below is the Off Season Plan we used at Gold Beach for 20 years. Please remember some things we do may not be allowed in your state's association.

Gold Beach Panthers Football

“Pride & Poise”

Off Season

- Plan
- Expectations
- Goals
- Schedule

I) December, January & February - Reflections & Evaluations

A) Head Coach's Responsibilities

1) Evaluate past Season's Team

a. Review each game's

1. Game plan & notes taken
2. Game films & notes taken
3. Season's record & notes taken
4. Season Notebook created with notes included to serve as a future reference.

b. Leadership and discipline issues

c. Senior exit interviews

d. Provide guidance and expertise in recruiting of our athletes

2) Evaluate all coaches in the program

a. Season ending interviews and evaluations

3) Self Evaluation of Head Coach and Program

a. Staff changes or additions

b. Staff changes or additions in terms of responsibilities.

4) Create January to January calendar for team and coaches

a. excellent fundraiser

5) Clinic and Spring Practice Visitation opportunities and schedules

B) Assistant / Position Coaches Responsibilities

1) Exit Interviews with each underclassman with in your position group on all levels (Varsity, JV and /or freshman)

2) Self Evaluation of

a. Your performance as a staff member

b. Each player in your position group

c. Coordinators evaluate all players on your respective side of the ball.

3) Season ending Interview / Evaluation with Head Coach

C) Coaching Staffs Responsibilities

1) Academic Progress of all team members

a. Semester grades out in late January

b. Position coaches provide head coach with team members

1. Ineligible players and why

2. Endanger of becoming ineligible players and why

c. Tutoring and Study Hall schedules created

d. Team Grade Checks every two weeks turned into coach responsible for academics (Varsity Coordinators)

2) Off season workouts' goals set

a. Staff meetings to prepare for January start.

b. Preliminary cycles and routines determined to accomplish off season goals.

3) All Equipment inspected, inventoried and storied properly

a. all helmets scheduled for inspections and recertification

b. a list of all equipment needs are created for the head coach

1. If possible most of the equipment needs for the following year should be made in January to take advantage of manufacture and dealer discounts.

c. special care in disinfecting and cleaning before storing

4) All staff obligations to boosters, charity, or fundraising responsibilities fulfilled.

a. Staff and Booster holiday party

b. Season ending banquet to honor team and individual achievements

c. Two to three Christmas Families adopted and truck loads delivered by 12/23

D) Players Responsibilities

1) ACADEMICS -Grades are the key to your success and the teams' success

a. hand in grade checks every two weeks to coach responsible for academics (Varsity Coordinators)

b. be honest with the coaches on your academic standing so they can properly help you achieve academic success

2) Participate and be on time to off season workouts starting after holidays break

3) Self Evaluation of

a. Your performance as a team member

b. Your performance as a position group member

c. Off Season individual goals.

4) Meet with position coach for season ending interview

5) Participate in other co curricular activities

6) All team obligations to boosters, charity, or fundraising responsibilities fulfilled.

II) March, April and May - Bigger, Faster, and Stronger, Oh and Smarter

A) Head Coach's Responsibilities

1) Monitor and Evaluate Off Season Workouts

a. Testing every four weeks

1. March - Endurance Emphasis

2. April - Quickness & Strength Emphasis

3. May - Speed, Endurance & Strength Emphasis

b. Modify or tweak to insure off season goals are being met

2) Lead Staff Meeting twice a month

a. discuss off season workouts

b. personnel changes discussed and made

1. Head Coach meets with affected players

c. off season and pre spring ball depth charts

d. offensive and defensive schemes refined and polished

e. academic progress of student-athletes

f. student - athletes who could be recruited

g. any other relative issues

h. preparation for Spring ball in May (according to Governing Body's Regulations)

i. create Summer Workout Goals in late May

3) Select Captains and start monthly Leadership Dinners

4) Clinic and Spring Practice Visitation opportunities and schedules

B) Assistant / Position Coaches & Staff Responsibilities

1) Monitor and Encourage your position players' academic progress

2) Regularly attend Off Season workouts

a. to monitor and encourage your players

1. kids today are going to value and respect what you DO, not necessarily what you SAY.

b. create better relationships with your players

3) Professional Development - Get Better as a personally and professionally.

a. attend clinics or seminars to improve your ability to teach and coach

b. take care of yourself and loved ones, because of the sacrifices made by them during the season

4) Attend Staff Meetings twice a month

5) All staff obligations to boosters, charity, or fundraising responsibilities fulfilled.

C) Players Responsibilities

1) ACADEMICS -Grades are the key to your success and the teams' success

a. hand in grade checks every two weeks to coach responsible for academics (Varsity Coordinators)

b. be honest with the coaches on your academic standing so they can properly help you achieve academic success

2) Participate and be on time to off season workouts

3) Participate in other co curricular activities

4) All team obligations to boosters, charity, or fundraising responsibilities fulfilled.

5) Participate in Spring Ball in May

III) June, July and August (1st 2 weeks of August are DEAD period) - Pre Competition Body & Mind Workouts

A) Head Coach's Responsibilities

1) Summer Workouts overall philosophy in a letter to parents

a. 4 days a week 2.5 hours daily (AM is desirable time)

b. mandatory

c. hard work but kept FUN

d. teaching, learning and repetitions to create depth

e. compete with no pressure because scores and records mean nothing in the summer

2) Look at Football calendar before school release for:

a. any changes

b. Pass League and other competitions scheduled

c. dates for collegiate and combine camps

d. preliminary letter concerning retreat sent to all prospective varsity team members

3) Monitor and Evaluate Summer Workouts

a. Testing every four weeks

1. June - Endurance Emphasis

2. July - Quickness & Strength Emphasis

3. August - No Testing / Fall Season starts end of August

b. Modify or tweak to insure summer goals are being met

4) Lead Staff Meeting once a week

- a. discuss summer workouts
 - b. personnel changes discussed and made
 - 1. Head Coach meets with affected players
 - c. Summer depth charts
 - 1. Later before August Dead week a Fall depth chart
 - d. offensive and defensive schemes taught and repetitions
 - e. position and unit fundamentals and techniques taught and repetitions
 - f. student - athletes who could be recruited attend camps & combines (all sanctioned and approved by governing bodies)
 - g. Pass League and other contests for each week reviewed
 - h. preparation for upcoming Season
 - i. preparation for 5 day retreat for Varsity only last week in July
 - 1. Varsity Retreat preparation and schedules built
- 5) Captains continue monthly Leadership Dinners

B) Assistant / Position Coaches & Staff Responsibilities

- 1) Monitor and Encourage your position players' athletic and mental progress
- 2) Regularly attend Summer workouts & Summer competitions
 - a. to monitor and encourage your players
 - 1. kids today are going to value and respect what you DO, not necessarily what you SAY.
 - b. create better relationships with your players
- 3) TEACH
 - a. position, unit or scheme teach the fundamentals and techniques that equal success
 - b. a bad rep is better than no reps; teach on the run with a sense of urgency
- 4) Attend Staff Meetings once a week
 - a. Varsity staff must attend 5 day retreat with team in late July
- 5) Upgrade all Football related boards by 7/30
 - a. Skills and Lifting Boards
 - b. Game Boards with Schedules
- 6) All staff obligations to boosters, charity, or fundraising responsibilities fulfilled.

C) Players Responsibilities

- 1) Summer Workouts & Competition are the key to your success and the teams' success
 - a. Be There
 - 1. If family obligation comes up - Go to family obligation
 - 2. Schedule work around workouts, calendar and updates allow for this
 - 3. relatives in town, bring them with you
 - b. be coach able and a good teammate
- 2) Participate in Summer Competitions
- 3) Varsity participate in team retreat in late July
 - a. mandatory for varsity
- 4) All team obligations to boosters, charity, or fundraising responsibilities fulfilled.
- 5) Participate in Football starting with 2 A Days in late August

SPREAD OFFENSE

UTILISING THE H BACK IN THE SPREAD OFFENSE

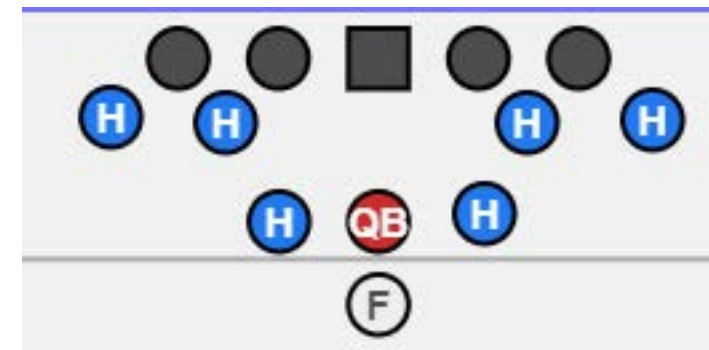


Danny Haddad Jr
OC Bellingham HS, MA
[@CoachHaddadJr](#)

The H-back has become one of the most utilized positions with the advancement of the modern day spread offense. The versatility that the position holds

makes it one of the most dangerous positions on the field. The H-back is mostly a TE type- bigger body- who can catch and also block inside the box on a mix of different zone/gap schemes as well as multiple different RPOs.

There are a variety of different ways that you can mix and match H-back alignment with formations, motions and shifts. The H-back also doesn't always have to be that big TE type body that it is normally portrayed as. You can very easily put a speed player in the back field and have him run routes vs a LB, slice across the formation to gain numbers on one side of the formation and get very creative with certain screens.

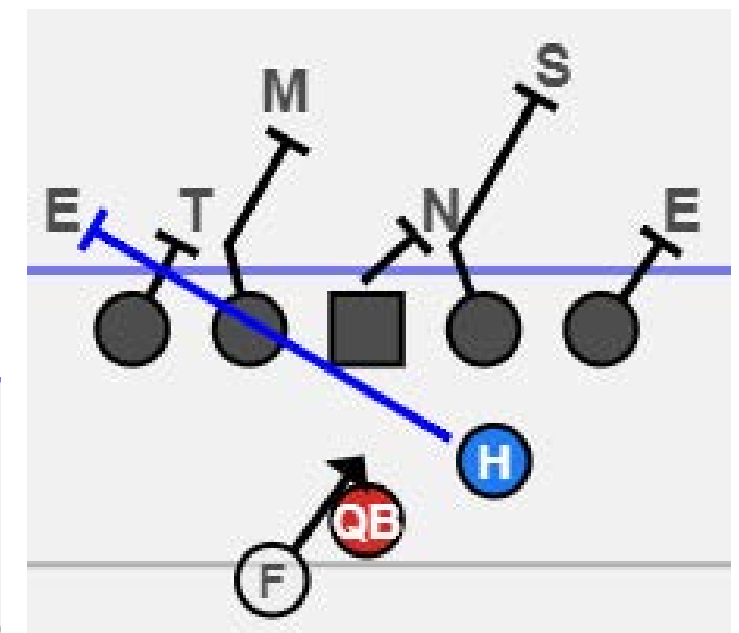


Run Game Tags

Spicing up your run game with different H-back tags is an awesome way to keep defensive coordinators guessing. Adding tags to your specific run scheme will keep the job easy for the OL and make it seem like you are running multiple different schemes, when really it is 1 scheme with the H-back dressing it up 3-4 different ways. Here are 3 run game tags you can use:

Split

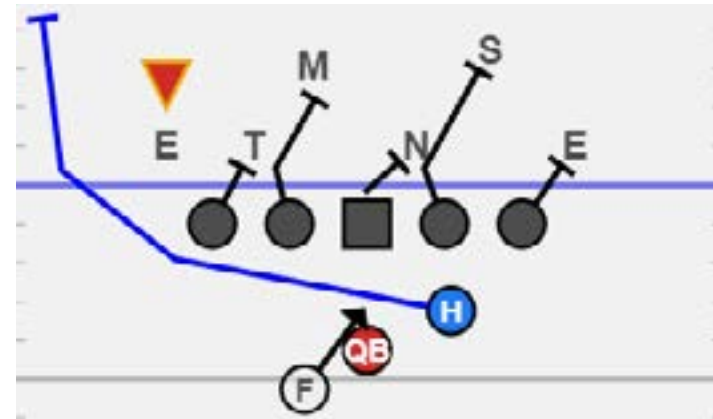
The split is used when the H-back goes backside (away from the play) and cuts off the backside C-gap defender. This tag is utilized with zone schemes to add that extra man in the blocking scheme and to open up the backside cutback lane for the RB.



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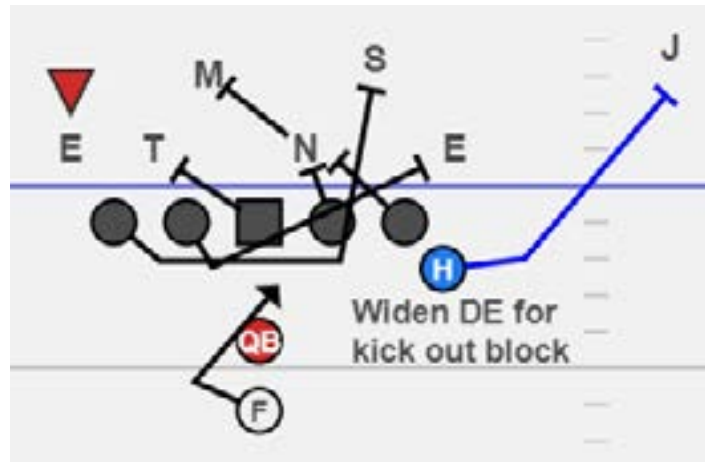
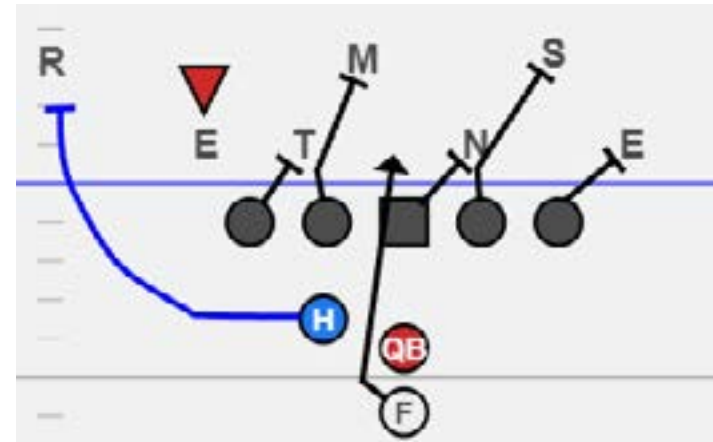
Wrap

Wrap is used to have a lead blocker for the QB on zone schemes or any BSDE read and adds a wrinkle for teams who are disrupting or "logging" the split tag or any pullers. Wrap is a great tag to add to any Zone scheme as well as on the back side of any gap scheme. (GT Counter)



Arc

Arc releasing the H-back is a great way to manipulate defenders in the box and to get a body on a 2nd level defender in space. You can use the Arc tag with gap schemes or Zone schemes while utilizing it on the front side or the back side. The examples here on the left- is a way to utilize the arc on the back side of the zone scheme with a lead blocker for the QB on a zone read if the QB decides to keep. The example on the right is how you can incorporate it on the play side by manipulating that DE to widen which will widen the hole for the kick out block on GT Counter.

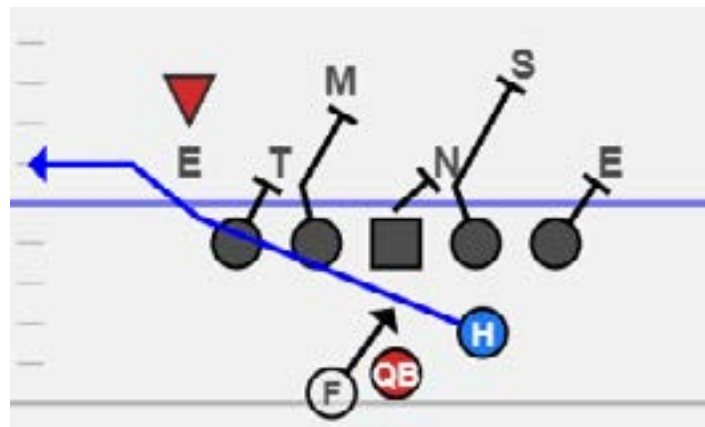


Pass Game/RPO

The pass game with the H-back is going to be a compliment off the run game. The types of tracks need to look the same as they would with the run game tags. That is what will give the most separation and most space for the H-back to perform. Here are 3 tags you can add to your pass/RPO game:

Slice

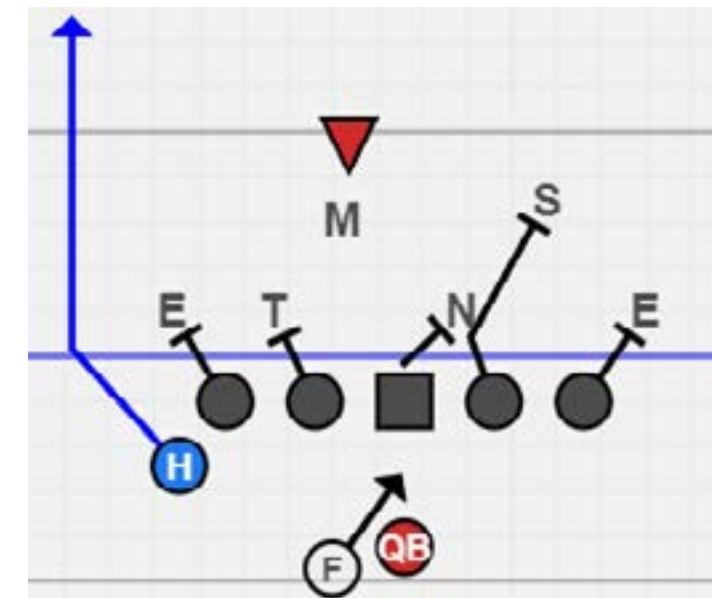
Slice is a compliment off split zone with the same track and departure angle as split/wrap. Slice is a great route to use within an RPO while reading the BS C gap defender or to utilize to bust man coverage looks with play action concepts.



Arc Release Seam

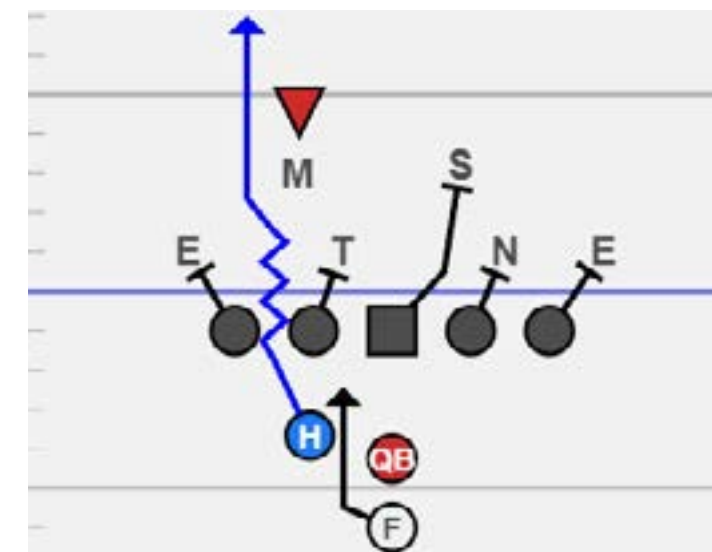
The seam route is a great compliment off arc releasing the H-back. This release itself will put

constant pressure on second level defenders attempting to fill their run fit. The Arc release will give the H separation from linebackers which will give a clearer window for the QB.



Insert Pop

Pop is a great wrinkle to add to any type of iso scheme or zone lock scheme to encourage the LB to attack the lead blocker with the lead blocker releasing around the LB into the middle of the field.



“There are a variety of different ways that you can mix and match H-back alignment with formations, motions and shifts.”

JOB SEARCH PREP FOR COACHES

SEVEN REASONS WHY YOU NEED A COACHING PORTFOLIO



Bill Vasko
Head Softball Coach,
Frostburg State University,
NCAA DII/Former College
Football/Baseball Coach
CEO: [The Coaching Portfolio](#)
[@xo_coach](#)

When coaches ask me what they can do to stand out in the job search process, I ask

them if they have their coaching portfolio prepared. Many coaches aren't sure what a portfolio consists of, let alone have one prepared! The coaching portfolio is a tool that provides a potential employer insight on you as a coach and a person. It can answer a lot of questions for a potential employer before an interview even takes place. It can also be the difference between getting the interview or having your resume placed at the bottom of the stack.

Here are 7 reasons why you need a coaching portfolio:

- Gives you a reason to follow up after submitting your resume/application.
- Gives primary hiring person more detailed information about you beyond the resume.
- Demonstrates your organizational skills and attention to detail.
- Gives you something to hand out to committee at the interview.
- Helps structure your philosophies/ideas for building a program and developing your staff.
- If you lack experience, provides an opportunity to demonstrate your abilities.
- Prepares you for those "tough" interview questions.

The portfolio should be a direct reflection of you and your philosophies on building a quality athletic program. Even if you are applying for an assistant coaching position, your portfolio should provide a look at how you would build your own program if you were the head coach. Not only is the coaching portfolio a critical tool for the job search process, it is also an invaluable tool for you as a coach--it contains information that you should be using every day with your program, your team, and your coaching staff!

So what does a coaching portfolio involve? In this article, I am going to give a few examples of things that can be included in your portfolio.

Though the coaching portfolio should provide background on you and your philosophies, it should also contain information that shows the potential employer how you fit into their program or institution. What does that mean for you? It means you can elevate your chances of being hired if you tailor your portfolio to show that you are familiar with the school, the program, the history, the traditions, the players, the community, the current philosophies..... It doesn't mean that you make up stuff just to gain favor in the eyes of the search committee--it means that you do your homework to show that you have a sincere interest in the coaching opportunity.

Ideas for things to include in your portfolio:

- Career highlights--achievements, accomplishments, improvements
- Core values / mission statement
- Program / player / culture development
- Program standards
- Dealing with parents / boosters
- Recruiting plan for college coaches
- How you will assist your athletes in college recruitment for HS coaches
- Staff expectations and development
- Fundraising

- Academic progress plan
- Community involvement
- A plan for success

One recommendation that I make is that you develop your portfolio as individual files instead of creating one static document. This will make it easier to add or remove things from your portfolio as you apply for different jobs. You will be able to make multiple copies of the portfolio and you can then insert pages that are customized specifically for the job you are applying for.

Another recommendation that I make is to develop the portfolio with the school that you are applying to in mind - create a cover page with the name of the school, the mascot, and the school colors. On any of the custom documents that you create, try to input the school's name where it makes sense. This shows that you have given thought and consideration to the preparation of your portfolio and didn't just deliver a carbon copy of your portfolio.

The portfolio should also reflect the job you are applying for - for example, if you are applying for a position at a school that is struggling financially, a "fundraising" section may be important to include. Whereas if the school is financially well-off, fundraising may not be an important topic. If you are applying for a position with a high school program that has perennially produced several college athletes in the past, it may be important to include a section about college recruiting. Don't include too much information in the portfolio--let the portfolio provide a glimpse into key areas of your program and philosophies. The interview is where you want to expand upon these key areas.

Finally, another tip that I recommend--if you are really interested in a job, and it is within driving distance, hand deliver your resume and portfolio

to the person in charge of the search process. This provides the opportunity to meet in person, make a good first impression, and ask questions. However, in this day and age of technology, I have actually turned my portfolio into a website--a digital portfolio if you will. Now, when I apply for a job, I send an email to the hiring director that includes a link to my online portfolio. This is a great way to make yourself stand out from the other candidates.

If you would like to learn more about developing a coaching portfolio, you can purchase [The Coaching Portfolio Guide](#) for \$49. [The Coaching Portfolio Guide](#) is an instructional, membership-based [website](#) that helps you develop a personalized portfolio. Each section of the portfolio guide provides detailed instructions on how to organize your portfolio in a professional manner. The guide also provides sample documents for each section of your portfolio that you can copy, modify, and add to your personal portfolio. Visit www.coachingportfolio.com to purchase the guide.

“The coaching portfolio is a tool that provides a potential employer insight on you as a coach and a person. It can answer a lot of questions for a potential employer before an interview even takes place.”

O-LINE DRILLS

BUILDING OFFENSIVE LINEMEN FUNDAMENTALS WITH EDDs



Michael Fields
La Grande HS, OR
JV Head Coach/OC
[CoachTube](#)
[@CoachMichaelF](#)

Offensive linemen are critical to the success of any football team, at any level of play. If the RBs, QBs and other

skills players cannot get the ball in their hands, your offense will not have much success, and the linemen are the ones who ensure there's room to run with the ball. To be a good lineman the key to success is to be the most fundamentally sound as you can be. Yes, size and strength are good, but smaller, undersized athletes, can be successful by having great technique.

To be fundamentally sound linemen must have good footwork, hand placement, understand the scheme, and perform these skills without being able to think, they must just do it. Developing these skills comes from practicing them every day. The success come from everyday drills (EDDs) and working specific techniques on a regular basis.

At times players will dread the EDDs, but as the coach you must reinforce the "why" of the importance of these drills. Show them film, highlight the good and the bad. Then keep doing them! Offensive linemen EDDs should always include footwork. For the big, strong

athletic player, and the smaller not as strong player, footwork is perhaps the most important skill for linemen. If at a minimum they can keep their body in the way of the defender, the defender cannot tackle the ball carrier. When I was younger and more fleet of foot, I would demonstrate this by having a player stand behind me, challenge the best defensive lineman to get to the "runner". I would just use my feet, hands behind my back, and move around not letting the defender reach the runner. Then they understood the need to have good footwork.

For EDD footwork, I recommend having your most needed steps practiced daily. For example, we are a gap-based blocking scheme (GDB), our first and number play is buck sweep, so daily we work on drive steps, down block steps, and pull steps. We include kick steps for pass blocking as well, but we know each of our linemen have to use different depths for pass pro, so we usually rep this in a separate session focused on pass protection.

The drive step for us is a heal replaces the toe, heal strikes the ground first step. We do this with a five yard "duck walk" or heal step for five yards. We go down leading with the right foot stepping first, then come back with the left leading first.

Next, we go through the down block steps, again first leading right foot, back with the left. For us, the down step can be at various depths and distances based on the front we block that week, but for the purpose of the EDDs we go

with about a 45-degree angle and distance of 6 inches. We emphasize getting the hips square on the second step and again heal step for 5 yards at the 45-degree angle.

The pull step is our final daily step of EDDs for run blocking. We use the bucket step for our pulls. For this we want the first step to be a drop of about 4-6 inches and step two swings the opposite foot through and continues to drop until they reach about a yard deep, then turn up field at the point of attack. We change the depth and angle as we need based on fronts, but rep this each day and each direction.

Once we spend about 2-3 minutes repping these steps on air, with all of our linemen (freshman to varsity starters), we then move to partnered EDDs. In this practice period we start with our starting 5 linemen partnered with their backups across the line from them. The partner is a "blocking dummy" in a two-point stance providing a good target to strike. Now we incorporate proper hand strike and placement into the footwork we just practiced.

For the drive step the partner is directly across from their partner. For this, while footwork is still important, we work the hand strike and placement, thumbs up, palms forward striking the chest plate, uncoil the hips and drive for five. In the drive step the hand placement is critical so this can be slowed down the first few weeks of practice to more of a "bird dog" on the whistle step by step drill. The drive step and strike can be done with the defender offset or shaded to each direction as well.

"Offensive linemen are critical to the success of any football team, at any level of play. If the RBs, QBs and other skills players cannot get the ball in their hands, your offense will not have much success, and the linemen are the ones who ensure there's room to run with the ball."

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For the down block we offset the partner of the offensive linemen about a yard to the direction we are blocking. For our GDB blocking scheme we down block on many plays, so this is a critical block for us. Our aiming point is the hip of the defender. We actually teach this as a shoulder block, to turn the defenders' hip away from the hole. This can be done as a hand strike block as well with the aiming point of the offensive linemen's near-side hand to the ribs and far side hand to the hip of the defender creating the same turn we want to achieve. In a zone-based blocking scheme the aiming point may be different.

For our pull steps we offset the defenders about 3-5 yards from their partner. For this drill the purpose is just to have an aiming point as we have two main pulls we use, the pull-kick and the pull-wrap. For this drill we want their footwork and what we call dip and rip with the backside shoulder as the main focus. This gets them clear of traffic on the line and gets their eyes on their target for either pull-kick or pull-wrap. The partner defender is to have a target to get to with their feet. As the season progresses you can have the defender move up field or lateral to work on reaching their point of attack. These are our ever day footwork and hand placement drills that we do. There are additional steps we do or add in depending on the needs of our install schedule. If you use other blocking techniques, you will want to include those steps in daily. This could include reach blocks, scoops, folds, combos, double teams, and pass protection steps. For pass pro you should use all the different kick steps, for example a 3 step

drop and 5 step drop would use different depths and number of kick steps by linemen. Also, the tackle may have to get deeper than the guard or center, so rep those in your EDDs to match your passing game.

Since our system utilizes two main pulls, pull kick and pull wrap, we have a separate pod or group O session that we work on the full pulls at least twice a week. In future articles I will discuss these additional drills. To build good linemen, you have to begin with footwork. This builds the foundation for what they will need in their toolbox to be good in game situations. Repping these EEDs will make the linemen's feet something they don't have to think about, the muscle memory will be there, and they will use the steps without thinking. Good footwork and hand placement will create good linemen giving your team a high chance of success of gaining positive yards and getting first downs and touchdowns.

DRILLS

ATTACKING THE OFF SEASON: HOW TO PREP YOUR PLAYERS FOR CONTACT



Chris Haddad
Bellingham HS - MA
Defensive Coordinator
[Coach Tube](#)
[@chrisvIQtory](#)
[@vIQtorySports](#)



For many high schools across the country, they are extremely limited in what they can do in the off-season: no footballs, no spring ball (for some schools), and absolutely no pads.

Any of use the above items will result in some sort of disciplinary action from the school or state governing body.

While other sports like baseball, basketball, and hockey can play year-round, football players are tasked with training for 8 months of the year and only playing for about 3 ½ months.

For those 8 months of training, how do you become a better football player? More importantly, how do you prepare your player's body for contact?

We talked to the University Of Rhode Island's strength and conditioning coach Scott Leech, who walked us through how youth, high school, and even college teams can get the most out of their off-season.

Scott detailed 5 drills that can help your body become acclimated to contact so when the season rolls around, it's ready.

These 5 drills are:
Bear Hold
Partner Shoulder Push
Wrap & Run Drill
Hip To Hip Drill
Competition Drill

Each of these drills requires 1 other person and can be done on any service. No longer do you need to wait until August to prep your player's body for contact.

[Watch On YouTube](#)

If you have any questions for me or Coach Leech - feel free to reach out to us on Twitter [@chrisvIQtory](#) or [@ScottLeech72](#)

DEFENSIVE LINE BASICS

PLANNING YOUR DEFENSIVE LINE INDIVIDUAL DRILLS IN SEASON



Quint Ashburn
Defensive Line Coach: Searcy High School - AR
[Defensive Line Coaching Group on Facebook](#)
[@CoachAshSearcy](#)

During the football season coaches only get a precious few minutes each day to go through important individual drills where they work with their players on specific skills or fix issues to improve their performance on game day. It is vital that these drills have a purpose and show up each week with planning ahead of time.

This article is going to focus on how to plan daily drills that will be used throughout the season as well as how to choose what to do during individual time based on the opponent your defensive linemen are facing the next week.

Daily Drills:

For each position group there are drills that need to be done on a daily or weekly basis in order to keep the players in that group conditioned to the weekly requirements of the position. For defensive linemen, two major skills come to mind:

- 1) Escape Moves
- 2) Block Destruction

Escape Moves:

Escape moves will be used each week no matter what offense the opposition runs. Every position group on the defensive side of the football needs to be able to be proficient at using some type of escape move to finish getting off of a block and run to the football. Escape move drills will be planned and used in my individual time every week of the season. The three escape moves I work each day are the rip, swim, and throw. The breakdown for those escape moves are in an earlier Headsets issue.

Block Destruction

Defensive linemen will always need to be able to get off blocks each week in order to make their defense successful. The only part that would change would be the type of blocks they would face.

Setting up block destruction drills for each day of the week is as simple as finding out what types of plays the opposing offense runs, how they block the front that your defense lines up in, and running those blocks against the defensive linemen in practice.

When running these block destruction drills, I use pods of two to three defensive linemen to act as offensive linemen to give the defensive linemen a look where they have to read and react to the blocking combination that is run against them. I will include an example of a cheat sheet I make to refer to in the block destruction portion of my individual time. I change it every week based on what the opposing offense does.

(SEE DIAGRAM FOR EXAMPLE)

Planned Drills:

It is important to be efficient with your individual drill planning during the football season. Drills should be planned based on the opposing offense that will be seen each week. When planning drills for defensive linemen, coaches should consider a few questions before planning individual drills:

- What is the run/pass percentage?
- Will my defensive linemen get a lot of cut/scoop blocks?
- Does the opposing team use a tight end?
- Will my defensive linemen see a lot of double teams?
- Will my defensive ends get a lot of down blocks?
- Is the opposing team a heavy zone team with a lot of reach blocks?
- Will my defensive line match up well with the opposing line or will we need to move the front more?

There are many more questions that could be added to this as well. Based on how these questions are answered can determine how individual drill time is used. For example, if the opposing offense is run heavy and only passes in the rarest of occasions, it may be good to leave out a lot of pass rush drills and insert more time for

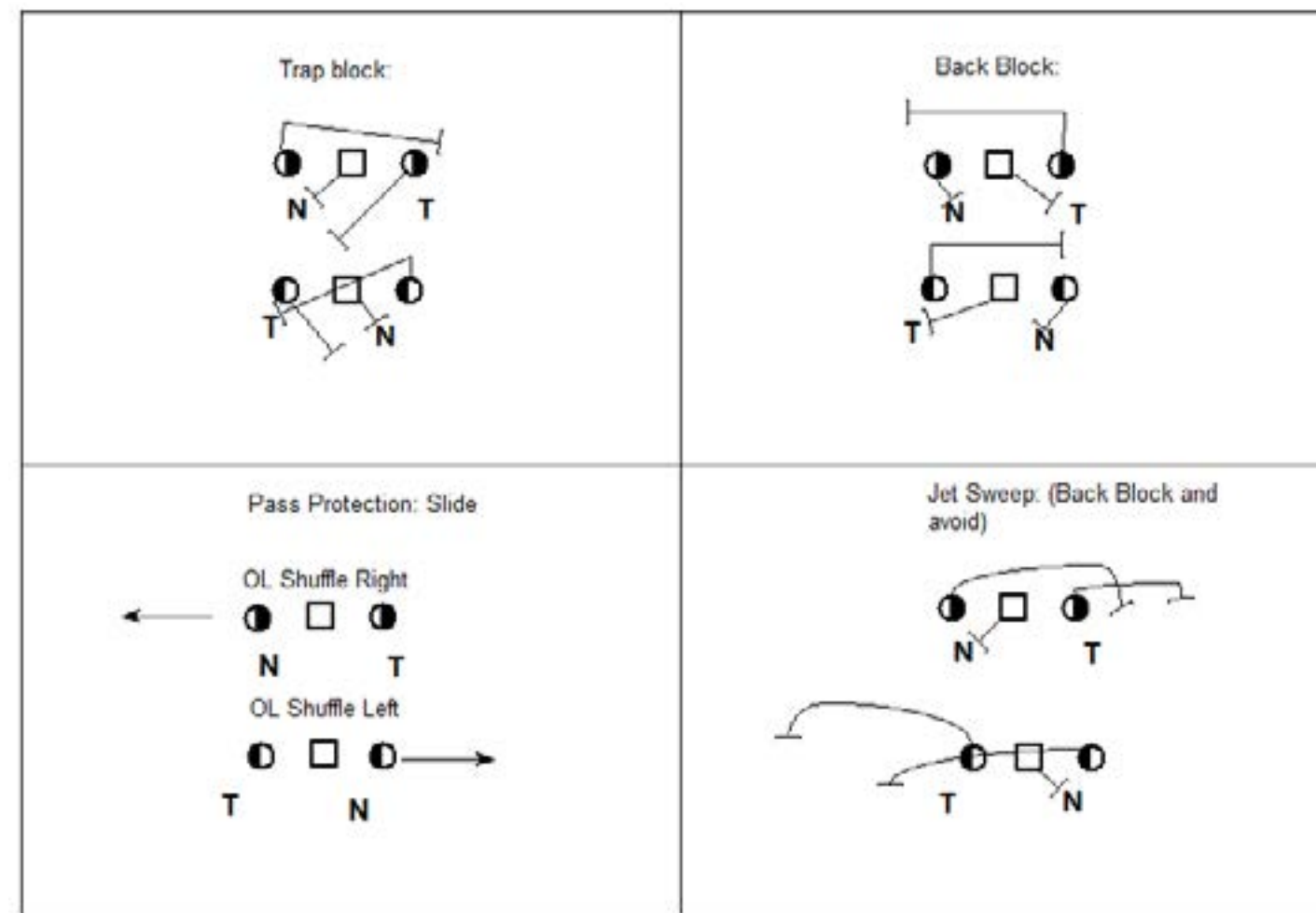
work against run blocks or escape moves. If the team has a physical offensive line and is a mismatch for a smaller defensive line, it may be good to work moving the front with drills that work a defensive lineman pinching or L-stepping through their assigned gaps.

Once you find out which drills are necessary for that week of individual drilling time, you need to plan out how much time you allot for each drill. The best way to ensure that each drill is executed smoothly is to go over it with the defensive linemen before practice in position group meetings to make sure they have an idea of how to execute the drills beforehand. If there is any film of the specific drill, show that as well. Many players are visual learners.

In all, individual drill time is vital to the success of defensive linemen and, honestly, all positions on both sides of the ball. Taking time to plan and implement the correct drills to your individual time can really help to improve the performance of your defensive linemen on game days. Make a list of questions to answer each week after scouting your offensive opponent and go from there.

“THIS ARTICLE WILL FOCUS ON HOW TO PLAN DAILY DRILLS THAT WILL BE USED THROUGHOUT THE SEASON AS WELL AS HOW TO CHOOSE WHAT TO DO DURING INDIVIDUAL TIME BASED THE OPPONENT YOUR DEFENSIVE LINEMEN ARE FACING THE NEXT WEEK.”

Defensive Tackles and Noses:



OFFENSIVE TALK

WHAT IS YOUR OFFENSIVE PHILOSOPHY?



Chip Seagle
Retired Full Time Coach
OC Heritage School, Newnan,
GA
[@ChipSeagle](#)
[Football Talk](#)
seagle.chip@gmail.com

First and foremost, all offensive coordinators should strive to be prepared for all opponents. When we do not have an answer, it is time to tip our hats to the bunch across the field, load up the bus, and head to the house. Preparation is a coach's greatest weapon, and we must do this through hours of film study.

A coach must have an offense that can take advantage of what the defense gives him. A successful offense must be proficient at their base plays and that comes from hours of practice and preparation. The coach must have an idea about how the defense will react to their offense and have a plan.

Get the ball to playmakers in space. I have used Jets, Rockets, Fast Screens, Quick Passes, Options, and any other play that gets the ball outside, and in space, in a hurry. Sometimes you must create space with your offensive line (OL). For instance, if you have a back that can really tote the mail, he is your playmaker, and you need your offensive line to gash the defensive front; that is what we called creating space back in the day.

Think players, NOT plays. To paraphrase Oprah, "You have a playbook, I have a playbook, we all have a playbook." I am sure your playbook is full of plays that work, and so is mine. The plays do not amount to a hill of beans if we do not have the players that can bring those drawings to life and animate them. We can help our playbook grow legs by thinking of players, not plays. Cater your attack and play calling to your players, not your system. We need to have an offensive system that can be flexible from year to year (week to week, even) based on the players we have on our

roster. That is why a system is the best way to go; a system, not an offense, will give you flexibility year in and year out. We must build our offense around our better players. We must also build our game plans around our better players. If we have a player that is good at running a play, we should note that on our call sheet so that when we call that play, we are reminded to get that player in the game or in a position to help him and our team to be successful. Remember, build the offense around the better players.

A good offense should be able to stretch the field, vertically or horizontally. A great offense can do both. We can do that through formations, motions, and play calling. We can stretch the field pre-snap by aligning in wide formations that stretch from almost sideline to sideline. Remember it does not matter if your guys cannot catch a cold buck naked in Alaska, the defense will still cover them. We can spread, or stretch, the defense with wide offensive line splits, ala Mike Leach. We can also stretch the defense post-snap with the plays we run. Jets, Rockets, and Now Screens will stretch them horizontally. Fades, posts, and other deep routes will stretch them vertically.

NOTE: I have often been asked how wide our splits are on the offensive line. I am not trying to be coy when I say, "As wide or tight as they need to be." The answer is that we are going to take the kind of splits that allows our OL to do what we ask of them and to be successful. If they can be effective with REALLY wide splits, that is what we will do. If we need to go foot-to-foot then we will do that.

Regardless of whether the offense is Air Raid or Double Wing, the goal should be to get first downs and move the chains. The more an offense stays on schedule (ahead of the chains) the better their play caller will be. If the play caller finds themselves constantly calling plays on third and long, sooner or later the defense is going to win. "Shot plays" should be well thought out and planned, not called with a flippant 'what the hell' mindset. First down after first down can demoralize your opponent and it gives your defense a break. Explosive plays are great, but a long clock-eating drive that involves multiple first downs can destroy an opponent's morale and it leaves no doubt you kicked their butts; whether you drive it down their throats with three yards and a cloud of dust or eat away at them with quick passes and fast screens. If we find ourselves calling shot

plays when we 'have' to instead of when we 'want' to, we are probably going to find ourselves on the wrong side of the score at the end of the game. Take what you are given. An effective offensive philosophy should have the ability to find the weakest defenders and attack them. We have our OL coach identify the weakest defensive lineman before we meet as a staff and lay out our game plan. I also have the running back (RB) and wide receiver (WR) coaches do the same respectively for the linebackers and defensive backs (DB). The idea is to figure out where we can attack along their front. Where is the honey hole? We also want to know where the linebacker is that we can isolate or lead block and where is the DB that we can beat deep or throw underneath on.

Never let it be said that I did not state the obvious. A major part of an effective offensive philosophy must have a plan to score touchdowns in the Red Zone (RZ). Your mindset should change the deeper you are in the RZ because the defense will change since they do not have as much real estate to defend. You may need to bring more, and bigger, people into the Box; the defense will. I am not saying an offense must completely change, but the offensive coordinator had better have a plan for the deep RZ. A spread team may want to stay spread to counteract the bigger slower defenders that the defense brings into the game. In 2017, the Patriots scored a TD on 70% of their trips to the Red Zone. The rest of the NFL only scored a TD 53% of the time. The Pats won the Super Bowl that year.

An effective offensive philosophy has a way to put the defense's better defenders in conflict with reads and traps. There is an old axiom that I have lived by for the better part of my 38-year career. "If you can't block them, you better be able to read them or trap them." This has been a very successful philosophy for me since for over 20 years of my career we were either Wishbone/Flexbone (WB), Split Back Veer (SBV), or Wing-T (WT). All three of these offenses give a coach the ability to either read or trap a defense's better players. The advent of the Air Raid and the Spread Gun attacks have not made the axiom obsolete, on the contrary; it has made it even more effective and important. These two offenses have given offensive coaches even more opportunities to separate the better defensive players from their teammates by putting them on an island and reading them. The WT calls them 'conflict players.' I like to say, "We

"A coach must have an offense that can take advantage of what the defense gives him. A successful offense must be proficient at their base plays and that comes from hours of practice and preparation. The coach must have an idea about how the defense will react to their offense and have a plan."

continued on next page

want to put them in a bind." We try to use their coaching and technique against them. Do not run away from a stud defensive end (DE), do not block him, and run right at him – READ him, and make him wrong. This is the old WB and SBV's triple option mindset being used as Zone Read from a spread gun attack. If a linebacker (LB) is a dude, use a Run Pass Option (RPO), and make his aggressiveness a negative for him and a positive for you. Coach Leach and Hal Mumme used the Mesh concept to put a defense's best run defender, the MLB (Mike), in a bind with his pass coverage responsibilities. If run properly, the Mesh will leave Mike not knowing whether to scratch his watch or wind his butt. Remember, a hard-to-block defender is not a bridge too far if you have a plan.

Treat big plays like sudden change. I love to go super-fast tempo after an explosive play and run our best play immediately, while the defense is tired and reeling. Your best two or three plays should have one-word names so you can line up and run them immediately. This must be practiced; do not just do it during the game. When you get a big play in practice – DO IT! I have found that this is a great spot for a shot play.

A great way to control game tempo is by always practicing fast. There are two great reasons to practice fast: 1- you get more reps in practice, and 2- it is great conditioning for your team. Dictating tempo in this way keeps the defense off balance and on their back foot. I have been asked how we can go slow when we need to if we are always practicing fast. That is simple; the play caller will not give the offense the play until deeper in the play clock. You can practice this once a week, so your kids are not freaked out by going super slow. Another good way to control game tempo is to have an automatic call on third and short. For instance, if your best short-yardage play is Power right, have a call or signal for it. As soon as the referees blow the whistle at the end of the second down and you see that it is third and two, call or signal the play. Your kids should rush to the line and get lined up in a predetermined formation and run the play as soon as the refs are out of the way. This can be very disheartening for the defense.

Eliminate turnovers by stressing it year around. Most successful high school programs average over 60 workouts from January until practice starts in late July or early August.

That is over 60 opportunities to incorporate and emphasize ball security drills during stretching, agility drills, speed training, weightlifting, etc. Ball security, like anything else, will not matter to the kids until they know it matters to you. Keep penalties to a minimum by stressing it year around. Do all your weight training, speed work, conditioning, etc. on a whistle or your actual snap count. If they start early, throw a flag on them; have consequences for the entire group, just like a game. An overwhelming percentage of penalties are from a lack of discipline or focus, like illegal motion. Another example is if a kid has their hands too wide on Close Grip Bench, the coach throws a flag and penalizes the entire weight room with consequences. If we want to teach tight hand placement to avoid holding penalties during the season, we should be teaching and stressing that during January and February. Tight hand placement can reduce holding penalties on your offense. On the field discipline and focus can be taught and learned in the off-season through repetition. Make what matters to the coaches matter to kids.

Because I have a tremendous grasp of the obvious, let me leave you with what should be the most important part of your offensive philosophy; score enough points to win. A 62 – 48 win in a shootout counts the same as a 3-0 win in a defensive slobber-knocker. It might not be pretty, but if winning matters, you will take it.

I hope this has been helpful and informative. Please, check out my [YouTube channel](#).

If you have any comments or questions, please feel free to contact me at seagle.chip@gmail.com

SPECIAL TEAMS

CREASE AND PUNCH KICK OFF RETURN



Stephen Mikell
Offensive Coordinator and
Offensive Line Coach
Stuarts Draft High School
Stuarts Draft, VA

Last year in "Headsets", I shared a few of my thoughts on special teams organization and drills that

we have used to help increase our success in special teams. This year, I am going to primarily focus on specific schemes that our teams have used since 2006 to gain an advantage in special teams. It's often said that special teams play makes up one third of a football game. This is not true. In a typical high school football game, your offense will be on the field for 50-60 plays and your defense will have around that same number. Your special teams units will only be on the field 10-20 plays depending on the game. However, special teams can account for one third or more of the yardage and field position in the game. Winning those yards can be crucial in your team's success on Friday nights.

In this issue, I would like to take a simple and very effective KickOff Return Scheme that we have used through the years that's been very good to us. I'll cover the basics in this issue. In the next issue, I'll share some of the adjustments we've made to the scheme to account for different kicks we expect to see, and, finally, I'll share some drills we use to ensure its success.

Basic Concept:

The central idea of this KO Return is to create blocking angles for your blockers, and to use those angles to create a crease in the coverage team. Then,

a wall of blockers will penetrate though the crease to "punch" and clean up any remaining members of the coverage team. Offensively, we're a gap scheme team, so this meshes well with creating angles for blockers.

What makes this concept successful?

We used this return for three reasons.

1) It allows you to create blocking angles in the return game. We aren't asking a kid to simply "drop back and hit someone." We're giving him a specific job, and man to block.

2) It works. Regardless of your personnel, if your front line blocks correctly and uses good technique, they will put the returner in position for a good return, regardless of his speed.

3) We have found that a natural seam is created when the front line crosses. If the returner can get to the seam behind his wall, he will have a chance for a BIG return.

Alignment:

Our base KO return formation has four players aligned on the 50 yard line. The guards are 2-3 yards inside the hashes, and the tackles are on the tops of the numbers about 9-10 yards from the sideline. The two ends, X & Y, are aligned on or 2 yds outside the hashes on the -43 to -44 yard line. The 2 up backs, T & Z, are on the -33-34 yard line, just inside the tackles. The Center is on the 25 yard line in the middle of the field, while the two deep men are 3-5 yards inside the hashes on the 10-15 yard line. We can adjust the alignment of the 3rd and 4th row men slightly from week to week depending on the depth of the KO and where we expect the ball to be kicked. The alignment of the front line can also be adjusted based on the specific scheme that we are using for the week to give our players the best angles.

Scheme Overview:

We base our rules and assignments on a counting system. The blocking assignments will be determined by counting five men from the left and five men from the right, not including the kicker. The alignment of the kicker WILL NOT affect the counting, we do not count the kicker. The system is drawn below.

SEE IMAGE 1 ON NEXT PAGE

The rules for our base return are very simple and easy to follow. We use a scheme that crosses the front 6 men, and makes a wedge with the back 4 in front of the return man. We may vary the scheme slightly from week to week, but we will always try to create a seam in the KO team with our front set of blockers, and "punch" through with the wedge. The rules and diagram for our base return are below. Blocking assignments are given above the position players on the diagrams.

Base Middle Cross Return

SEE IMAGE 2 ON NEXT PAGE

Tips / Lessons Learned:

We have used this system off and on since 2006, and it has been very kind to us. We've only moved away from the scheme if our HFC wanted to try something different, like the old Starburst Return or if there was another coach in charge of the KOR. Our returners have had a wide range of talents in that time, so we have learned some things to help adjust.

- Regardless of where your opponent kicks the ball, tell your returners to get the ball back to the middle of the field. They must gain ground at all times, but they cannot run to the sideline. They have no protection there.

- If the KO team starts kicking away from your

returners, you can switch the deep men with the T and Z backs. This will not change your scheme at all, only who is carrying the ball.

- On a very short kick, we will have the front row simply adjust their drop and pick a man to block. We have the kids make a "SHORT" call when this happens. We will change their blocking assignments to account for the short kick.

- The front lines should wait as long as possible before making contact on their blocks. They also do not need to make kill shots. An early kill shot is an ineffective block, b/c it will allow the cover man time to get back up off the ground to make a play.

- Do not waste 2 blockers on one cover man. The players must communicate. If someone is blocking your man, find someone else.

Additional Resources:

You can see film of the [Crease and Punch Kickoff Return from 2008](#) by following the hyperlink. If you would like to see more of this return or any of our other special teams, please don't hesitate to reach out to Abe Mikell at smikell@augusta.k12.va.us.

IMAGE 1

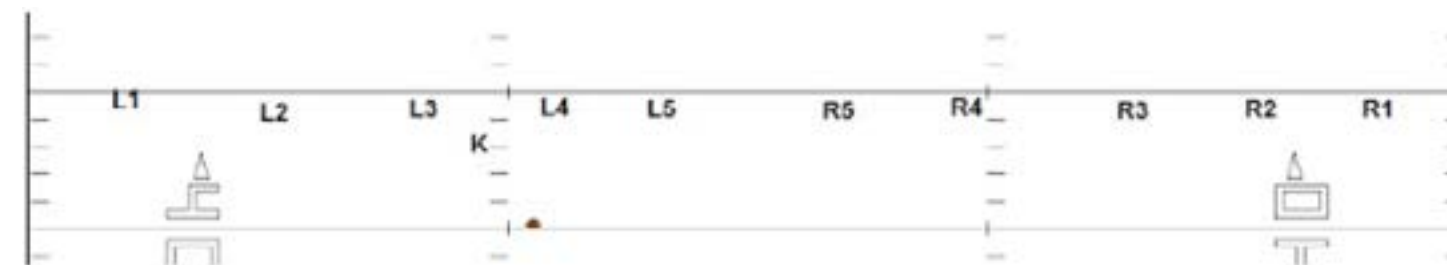
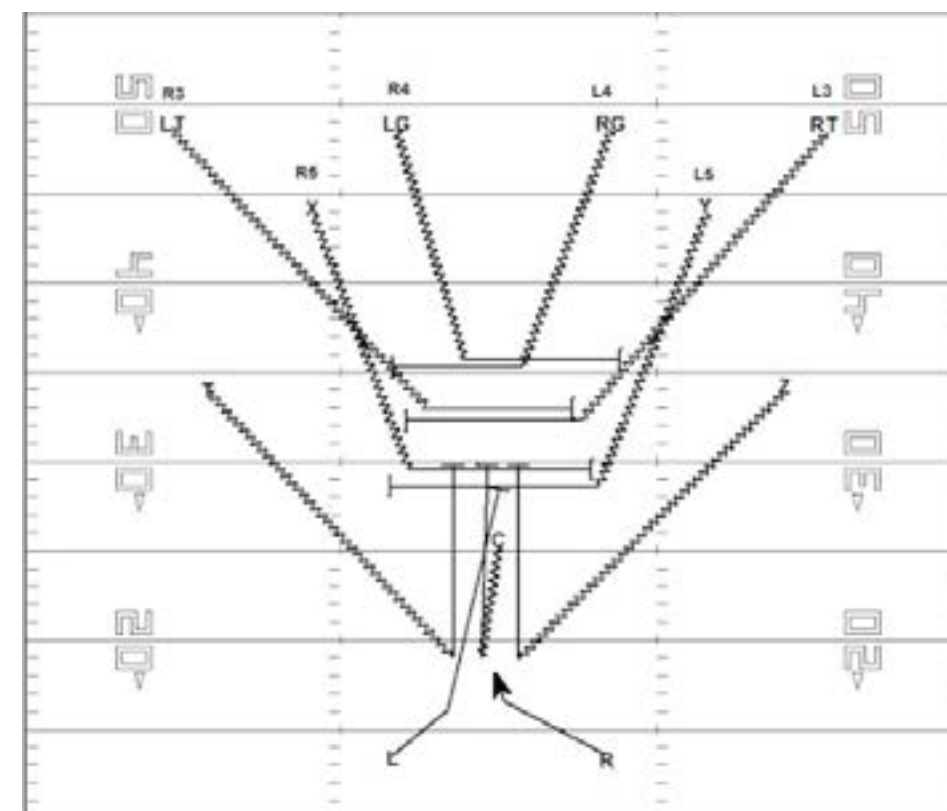


IMAGE 2



Pos	Drop	Assignment
X	25 – 30 yd line	Cross field & Kick out R5
LT	35 yd line	Cross field & Kick out R4
LG	35 yd line	Cross field & Kick out R3
C	10 yds in front of ball	Call and form a wedge. When the wedge is set, make a go call, and block the first threat.
RG	35 yd line	Cross field & Kick out L3
RT	35 yd line	Cross field & Kick out L4
Y	25 – 30 yd line	Cross field & Kick out L5
T	To C	Form wedge w/ C. Block first threat on go.
Z	To C	Form wedge w/ C. Block first threat on go.
L	Return ball or 25 yd to T	Return ball or form wedge, w/ T. Block first threat on go.
R	Return ball or 25 yd to Z	Return ball or form wedge, w/ Z. Block first threat on go.

FLAVORS OF GT COUNTER

AN IN DEPTH LOOK AT THE GT(H) PLAY



Keith Fagan
 Master Coach: NZone Football System
 OC Yonkers Brave, NY
[@KF21WR](mailto:kf21wr@gmail.com)
kf21wr@gmail.com

In this series of articles, I will discuss how we run the GT(H) Counter Play with the Yonkers Brave. The Yonkers Brave is a cop-op team, composed of student athletes from Saunders Trade & Technical High School, Lincoln High School, Barack Obama School for Social Justice High School, and Palisade Prep High School, all located in Yonkers, NY, which borders the Hudson River to the West, and New York City to the South. In this first article, we will discuss and display how we install the play, with subsequent articles discussing some of the one hundred and ten ways we can run the counter play.

Why GT?

With all the run schemes out there to choose from, why do we run the counter play? We only run three run schemes (Inside Zone Read, Power Read, and GT(H) Read), so we need a play that is able to attack the C/D gaps opposite the back, as the other two run schemes allow us to attack either A gaps, and the B gap to/opposite from the back. We believe that in order to be sound in the run game, you need to be able to attack every run gap on either side of the center. We are not a pistol team, so we need plays that are able to go to and away from the back with the same scheme. We feel those three schemes give us that ability. However, when you only run three schemes, you need variants of those schemes, and multiple formations from which to run those schemes in order to effectively attack defenses. We believe we have all of those components.

"In-down" responsibility philosophy

The first thing we need to discuss is our general offensive philosophy of "in-down" responsibility. That is, who is

responsible for doing what after the snap of the ball. Our base philosophy is that we want to make it as simple as possible for the largest unit on the field that must work together, without failure, in order for a play call to succeed. If you examine each unit of the offense; quarterbacks, running backs, receivers and lineman, you'll find the max breakdown results in 1, 3, 5, 5 respectively. Therefore, the largest unit on any given play are the receivers (5) and the lineman (5). Here's the difference. If any one (or more) of the receivers do not execute their responsibility within the down, the play still has a chance for success. If, for example, the #2 receiver to the field runs the wrong route, attempts to block the wrong defender, or fails to execute either of those, chances are the play will still gain yards. If any one of the five lineman attempts to block the wrong defender, or fails to block a defender, chances are the play will lose yards. So, the largest unit on the field on most downs is the only unit on the field that must work together within the down for a play call to have a chance for success. Therefore, we want to make it as simple as possible for the lineman, and put our players in the best position possible for success on every play call.

Read Key

When discussing the blocking rules of the play, the first thing that must be understood is that we are a "read" team. We will read the end man on the line of scrimmage (E.M.O.L.) in all three base schemes. There will be times where we block the EMOL, but that is only when the defense presents a 5 man box (we have 5, they have 5, no need to read a box defender), or on one of the variants to the base mentioned earlier (and will be discussed in a future article.) Therefore, the rules are all based on the fact that we will block the 5 (or 6) most dangerous defenders to the point of attack (P.O.A.). We believe our rules are simple, once explained and understood by our lineman. Also, in-line with our base philosophy of attempting to make everything as simple as possible for the lineman, there is tremendous continuity in our techniques within the three blocking schemes we utilize.

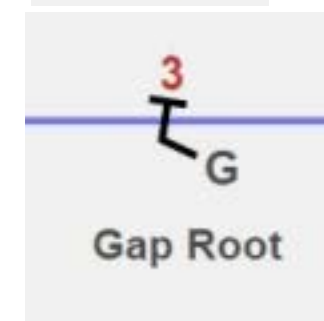
Blocking Rules - Base GT

Our blocking rules for base GT are as follows: Playside OG and OT = Gap/Down/Backer, OC = On/Backside/Slam, Backside OG and OT = Pull and kick or log. There are coaching points to be made with each rule, but for

the individual player, once the "word" is explained (what does "Gap" mean, etc.) it becomes a simple binary "yes/no" series of questions the player must ask prior to the ball being snapped.

Gap

"Gap" simply means there is a defender lined up head up or to the playside gap. For the guard, a "yes" answer would be a 2, 3 or 4i technique. For the tackle, a "yes" answer would be a 4 or 5 technique but only if there were a defender lined up on the line of scrimmage immediately outside the player lined up on the tackle. If not, then we are going to utilize the backside guard or tackle to block that 4 or 5 tech. Therefore, in most box counts, the playside tackle will answer "No" to the Gap question. If the answer is "Yes" to the Gap question, the lineman will execute a "Root" block, which is the same root block we use when blocking inside zone or power (continuity), with one subtle difference (with an inside zone root the lineman is attempting to achieve lateral movement from the defensive lineman, with a gap root block the lineman is attempting to achieve vertical movement from the defensive lineman). Anytime a lineman receives a "No" answer, they move on to the next word.



"Why GT?"

With all the run schemes out there to choose from, why do we run the counter play? We only run three run schemes (Inside Zone Read, Power Read, and GT(H) Read), so we need a play that is able to attack the C/D gaps opposite the back, as the other two run schemes allow us to attack either A gaps, and the B gap to/opposite from the back. We believe that in order to be sound in the run game, you need to be able to attack every run gap on either side of the center. We are not a pistol team, so we need plays that are able to go to and away from the back with the same scheme. We feel those three schemes give us that ability. However, when you only run three schemes, you need variants of those schemes, and multiple formations from which to run those schemes in order to effectively attack defenses. We believe we have all of those components."

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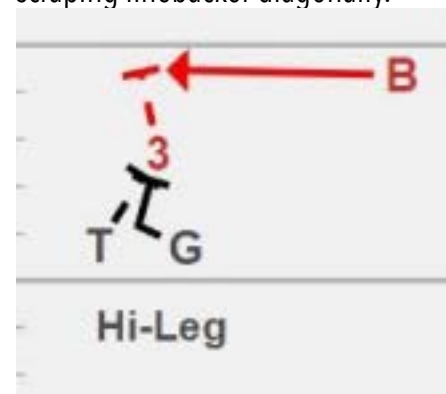
Down

"Down" means there is a defender lined up to the inside of the lineman, or the outside shoulder of the lineman immediately to the inside (playside guard for playside tackle, center for playside guard). In that case, the lineman will execute a traditional down block (head across the front, opposite shoulder from direction - blocking left = right shoulder block, blocking right = left shoulder block). However, if the "Down" lineman is getting help from the inside (because that lineman's answer to "Gap" was "yes" - the tackle is getting help from the guard, the guard is getting help from the center), then the down block becomes a "high-leg" block (same high-leg technique used in inside zone and power), to the second linebacker in the box.



Backer

If the answer to the first two questions is "No" (no one in gap, no one to block down on - which would be the case for the playside tackle with a 4/5 tech and a 2, 2i or shade to the playside), then the lineman would high-leg directly to the second linebacker in the box. The coaching point there is for the hi-leg lineman to slow play the block to the linebacker, protecting the inside gap and climb vertically to the scraping linebacker as opposed to attacking the scraping linebacker diagonally.



On

"On" means the Center has a defensive lineman head up (zero nose), and there is only one defensive lineman to the backside of the play. In that case, the center would execute

a gap root block (and will receive help from the playside guard in most zero nose fronts).



Backside

"Backside" means there is no defender lined up head up to the center. In that case, the center will block "back" on the first defensive lineman to the backside of the play (backside shade, 2i, 2, 3, 4i, 4 or 5).



Slam

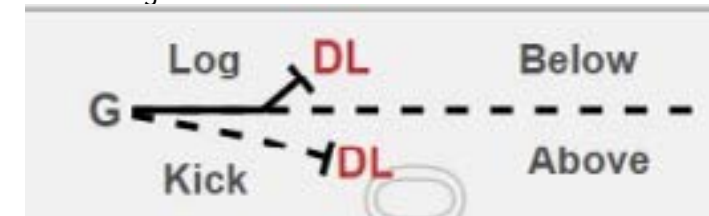
"Slam" means the Center has a defender "On" (Zero Nose), and two defensive lineman backside. In this case, we will either utilize an "H" Back (Y-Off) and handle the second backside defensive lineman with the backside tackle (variant off the base GT play), or we will "Slam" the Center. The technique employed by the center is to jab the zero nose with the playside arm and hold up the nose just long enough for the playside Guard to down block on the nose, freeing the center to leave the nose and block back on the first defensive lineman to the backside of the play. This technique is usually employed vs the "bear" or "mint/tite" front that is so popular in today's defensive football.



Pull and kick or log

"Pull and kick or log" means the backside guard and tackle will pull in unison, and each will block the first "bad color jersey" that shows. Whether the linemen will kick or log that defender will be based on the leverage of that defender as the point of contact occurs. If the defender is

below the midpoint of the lineman's body (the verbage we use is above/below your nose, with "above" meaning closer to your offensive backfield, and "below" being closer to their defensive backfield), then the lineman will "log" the defender (work the shoulder towards the line of scrimmage). If the defender is above the midpoint of the lineman's body, the lineman will "kick" the defender (work the shoulder away from the line of scrimmage). With both blocks, the lineman is making first contact with the same shoulder as the direction they are moving (moving right hit with right shoulder, moving left hit with left shoulder). Usually, due to the defenses run fit gap responsibilities, a sound defense will result in the opposite blocks occurring. That is, if the guard logs, the tackle will kick, and if the guard kicks, the tackle will log. That is not always the case, but we introduce our lineman to that concept so the tackle has a better understanding of what block to expect as he reads the guards block in front of him.



It is important to note that all rules stop at the adjacent lineman's nose, and all rules exist until contact.

Backfield footwork

The backfield footwork required of the quarterback and running back is deliberate and unique to the play. The quarterback, upon receiving the snap, will extend the ball back towards the running back and "close down" the playside foot, creating a 45 degree angle with his shoulders to the line of scrimmage. His eyes will immediately go to the secondary on the backside of the play, reading any potential RPO throw, while keeping the EMOL in his field of vision (very similar to the technique linebacker coaches teach linebackers to "see the back through the guards"). The running back has several options with his feet, but all require the proper timing. The back has to assure that the linemen have time to pull and make their blocks before the back enters the hole. This is accomplished in various ways, but we give the back three options. Option one is to pause in their stance for a beat, and then open towards the quarterback with their playside foot. Stepping at a 45 degree angle, the backside foot will follow suit and that

path will continue through the mesh point. Option two is for the back to pivot in their stance so both feet are facing at a 45 degree angle to the quarterback, and then run at that angle through the mesh. The third option is to drop step with the backside foot as the playside foot pivots to 45 degrees, and then continue that path through the mesh. We have had backs utilize any of the three options with great success. When speaking with Matt Drinkall (@DrinkallCoach), co-offensive coordinator for Army Football, he explained the timing of the play this way: "As the two lineman are making their blocks, and the running back is hitting the hole, there should be a whap-whap-whoosh sound, in that order, with a split second between sounds". We have found that explaining the timing of the play that way to our backs allows them to visualize the timing better, and has resulted in a smoother transition from mesh to POA.



In the next article, we will demonstrate how we utilize variants in the GT scheme to combat the various ways defenses will attempt to circumvent our success with the play.