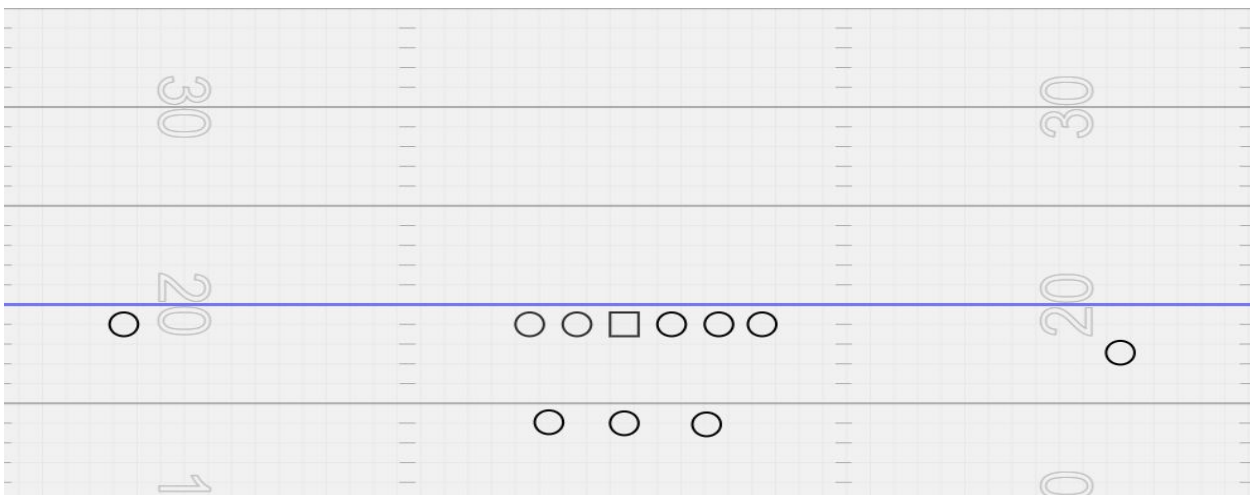


Whether you run a shotgun spread offense, under center pro style, triple option, two tight "I", or any other offense you can think of, there are easy ways to tag formations that allow your H to move around. These tags can be very simple.

In our offense we base out of 2x1 with split backs if there is no H alignment tag, our base formation is called "Hulk". Hulk tells the WRs that we are in a strong right formation (All formations are understood to be strong right unless "Left" is called). When we call "Hulk Left" we would put the 2 Wrs to the Left and single Wr to the right. This is an example of "Hulk".



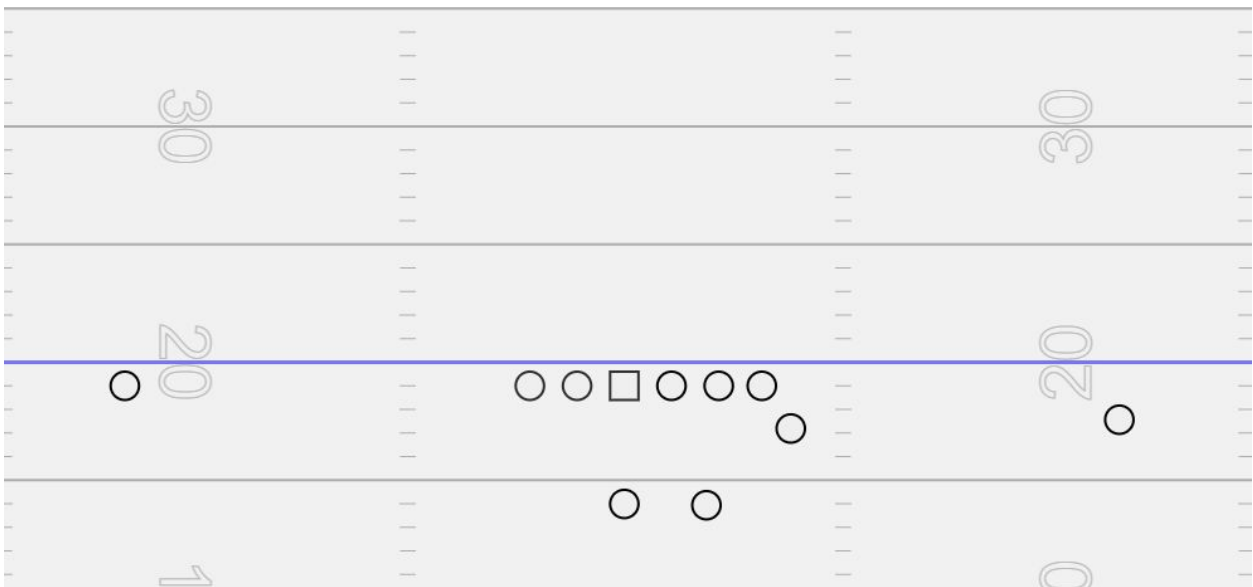
We did not use a TE last season but if we would have our backfield rules would have been the same. If there is not tag then we base out of split back. This would be our "Pro" Formation



One place to move the H back is to put him in a slot or a wing. To do this we tag “Strong” or “Weak” after the formation call. Strong tells the H to go to the formation strength. Weak tells the H to go away from the formation strength. For example, if we wanted to put the H in a slot to the twins side in Hulk we would call “Hulk Strong”. Below is an example of “Hulk Left Strong”. The H’s rule when he hears strong or weak is that he is 1x1 (distance changes based off of play) off of the end lineman on the line of scrimmage.

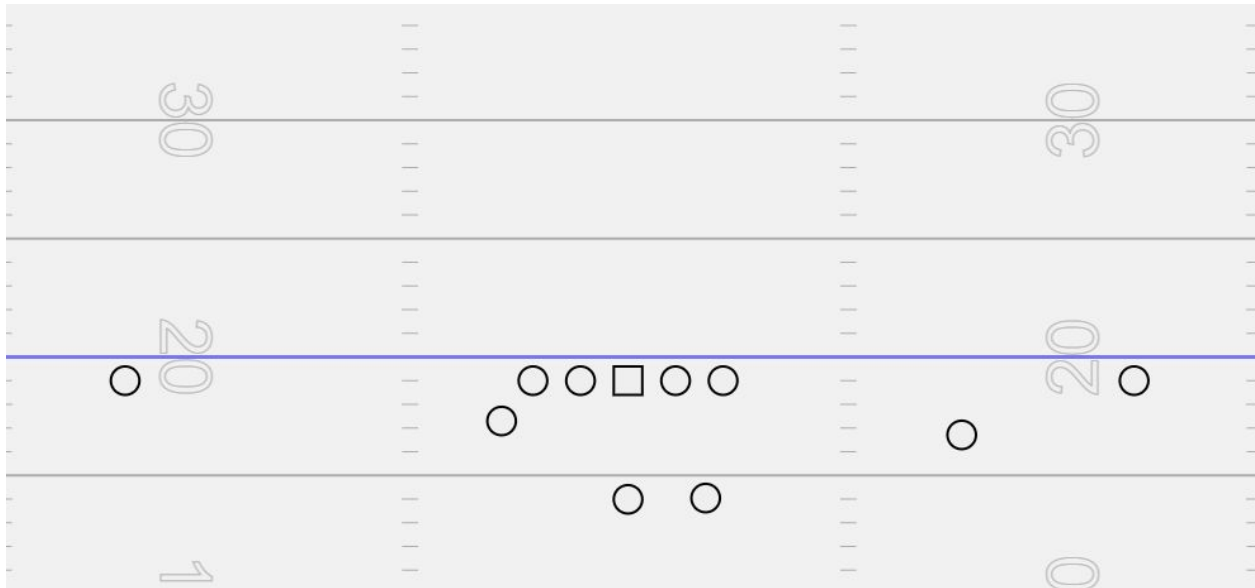


We could do the same thing out of Pro, if we wanted to put the H in a wing we would call “Pro Strong” and he would line up 1x1 off of the TE.

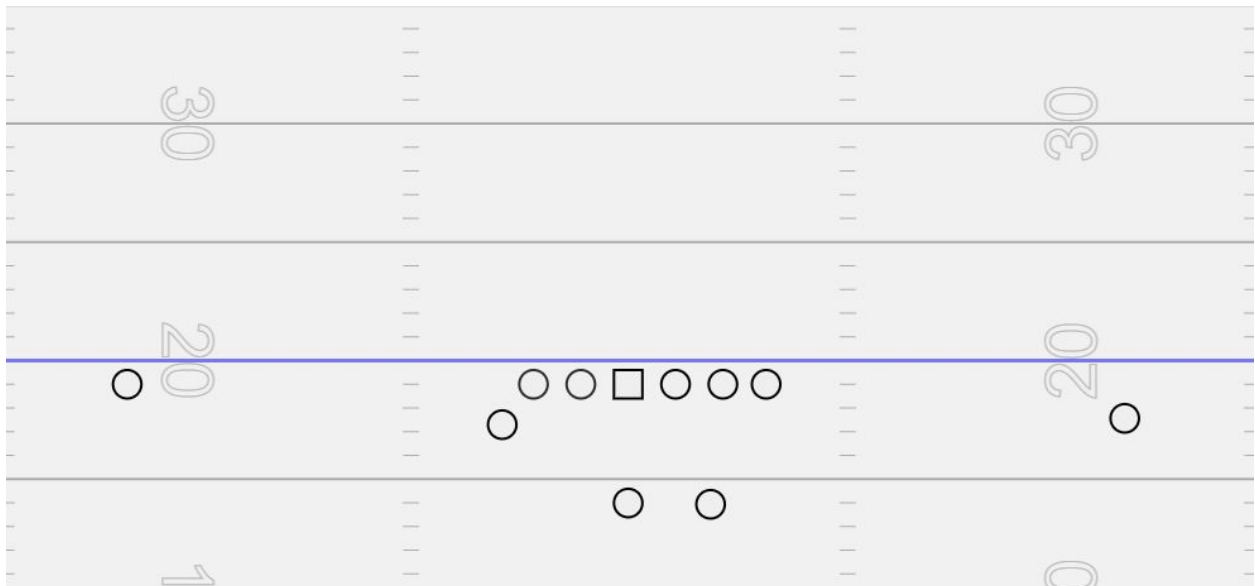


To Tag the H away from the formation strength we would tag “Weak” after the formation.

Below is “Hulk Weak”

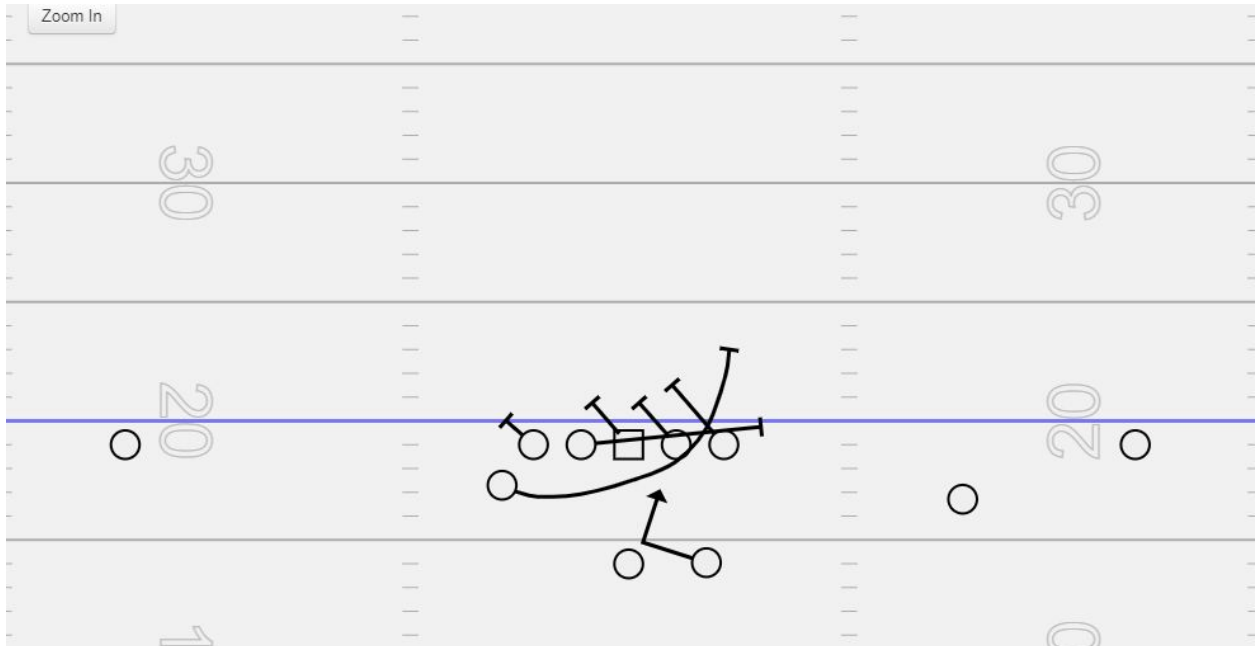


Below is “Pro Weak”



We could use these tags with any 2 back formation to put the H in a slot or a wing. The rule for the running back is that he will align based on the play. Most of the time he will align opposite of the play and cross the QBs face, but we can tag “Same” to tell him to get a same side hand off.

Below is an example of a same side handoff running counter H out of Hulk weak



Advantages to creating slot and wing formations are that you force the defense to commit numbers to the run game on that side. The defense feels like it can get out flanked so they have either set their strength to the slot/wing side or commit a second level defender to that side of the formation. Being off the LOS allows for better pulling angles for the H back and also allows for pre snap shifts and motions to gain numbers once the defense shows their strength.