

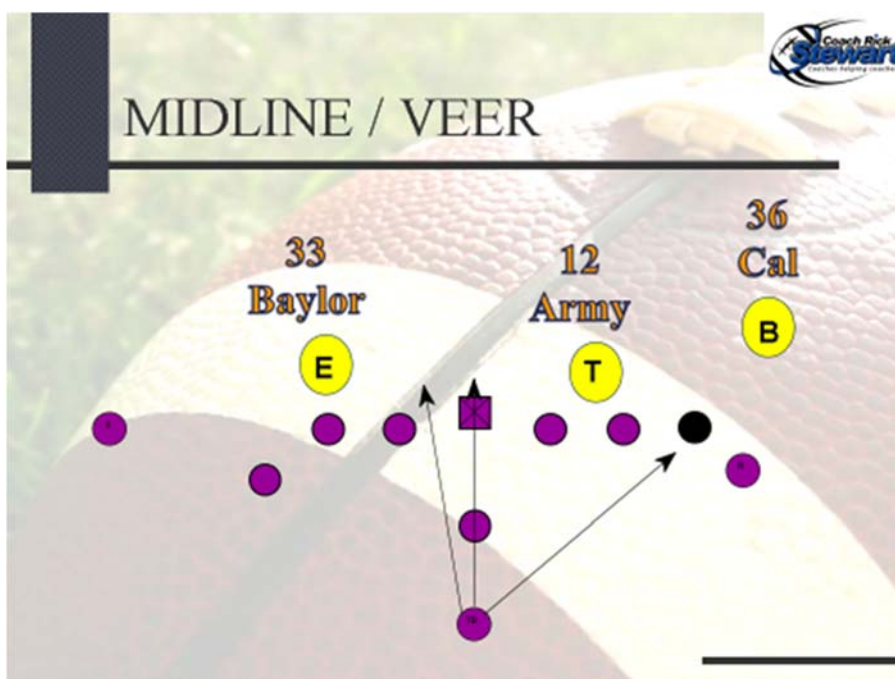
Option Family

Midline.....	11 / 12 Midline
Inside Veer	13 / 14 Baylor
Outside Veer	15 / 16 Cal

The OPTION series is Midline, Inside Veer, and Outside Veer. These plays fit so well with Wing T because the offensive line techniques are the same and the plays still put defenders in a conflict. Wing-t teams are not option teams, and won't have the depth of blocking schemes that true option teams due. Adding it to your wing-t offense allows you to exploit what the defense is giving you in yet one more way, without adding a whole new offense.

The Midline, which we call "ARMY" still allows us to run our TB up the middle versus a 3-technique who is squeezing really hard to stop our guard trap (32-G). Inside Veer is called "BAYLOR" and gives a play that attacks the same hole as BELLY but with different blocking scheme. Outside Veer is called "CAL" and is Down without the pulling guard. This is good versus teams that are blitzing the inside gaps a lot.

Option coaches will swear to you that you have to spend 30 minutes a day to be good at option. This is not true for us because these plays are complementary plays for us. If this was your base offense, then that would be true because you would have multiple reads and many variations in your blocking scheme.



FOOTWORK: MIDLINE/VEER

MIDLINE Open pivot on backside foot, basically stepping back so TB can come downhill on midline.

3/4 VEER Identical to Belly.

5/6 VEER Identical to Down.

On all 3...ride the TB into the LOS (two heel clicks)

OPTION BLOCKING RULES

PLAY	END	LT	LG	C	RG	RT	END
12 Army	Never Backside	Reach-On-Away	Reach-On-Away	On-Away-Backer	Gap-Backer	Block Out	Block Out
11 Army	Block Out	Block Out	Gap-Backer	On-Away-Backer	Reach-On-Away	Reach-On-Away	On-Away
14 Baylor	Reach-On-Away	Gap Highway	Gap Highway	Reach-Post-Away	On-Gap-Lead	Backer	Never Playside
13 Baylor	Never Playside	Backer	On-Gap-Lead	Reach-Post-Away	Gap Highway	Gap Highway	Reach-On-Away
16 Cal	Never backside	Gap Highway	Gap Highway	Reach-Post-Away	Reach-On-Away	Post-Gap-Lead	Lead-Gap-Backer
15 Cal	Lead-Gap-Backer	Post-Gap-Lead	Reach-On-Away	Reach-Post-Away	Gap Highway	Gap Highway	Pull thru 3 hole

PISTOL WING T

OPTION FAMILY

**Army is double option.
Not going to pitch**

ARMY

*Dive Key 1st Man Outside A gap
Tackle & TE block out.*

*Run at 3/4 tech
Not at the 3-3 Stack*

Baylor is triple option.

BAYLOR

Dive Key First Man Outside B gap

*Run at 4/6 tech
Better at Odd Defenses*

**Cal is double option.
Probably not going to pitch**

CAL

Dive Key First Man Outside C gap

*Good vs 3-4 and 3-3 Defenses
vs Even front with wide 9*

ODD FRONTS

vs 4, 5 tech: Run Baylor
vs 3, 4i tech: Run Cal

EVEN FRONTS

vs 3 tech: Run Atlanta
vs 1,2+7 tech: Run Baylor
vs 9 tech: Run Cal

OPTION FAMILY

QB - RB Mesh

Army is great play to break motion tendencies

MOTION MAN

Open & Reach with inside foot
Get depth with 2nd crossover step
Snap ball on 3rd step in B gap

Keep flat path. Don't bow.
Get 45 degree in front of QB
Be 5 yards deeper than QB
When QB turns shoulder you turn

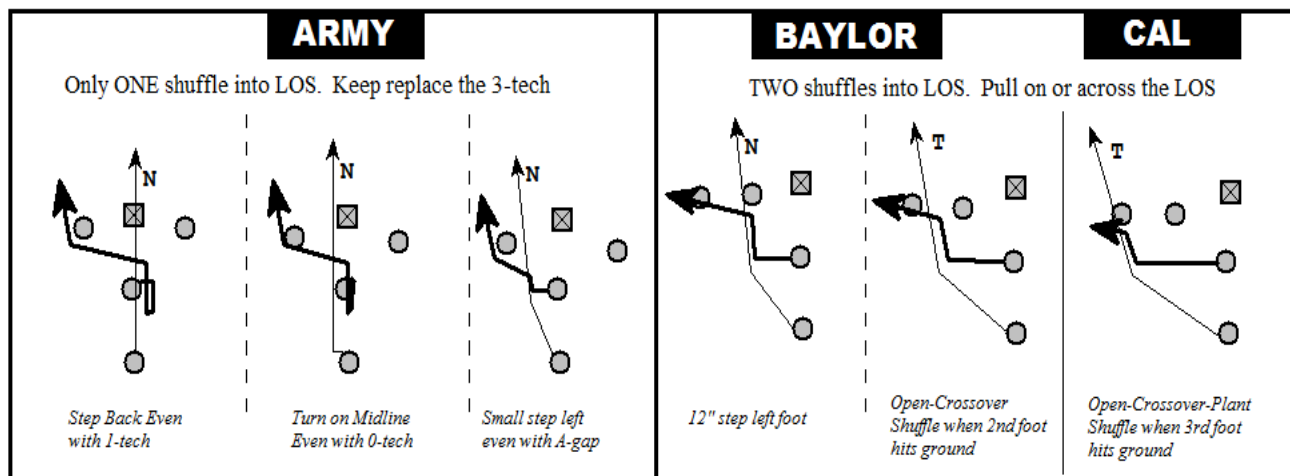
Yell "Ball, Ball" entire time so QB knows where you are

TAIL BACK

On Army, Baylor, & Cal Hug double team
Aim at outside leg of D-Line getting doubled vs NG: at crack of center & read the block.

TB create a "soft pouch".
TB is reading Dive key also & should know if QB is going to give or pull

MESH POINTS



QUARTERBACK FOOTWORK

EXTEND BALL	RIDE & READ	PITCH
Ball back as far as possible. Eyes are on Dive key. Don't look back. Ball height is middle of numbers TB is in charge of finding the ball & getting an angle where ball is in his belly	Outside shoulder of Dive key. This shoulder commits, keep it. Weight transfers forward. Decision made done before ball gets to QB front hip Jerk ball out on keep decision "Give to Live" if in doubt	Attack outside shoulder of pitch key Stop, turn, step to pitch man Pitch chest to chest 1 1/2 rotations, no spirals Eyes lead the pitch Step & "chase the pitch"

Better to be Early & Wrong than Late & Right. Make decision quickly & live with it.

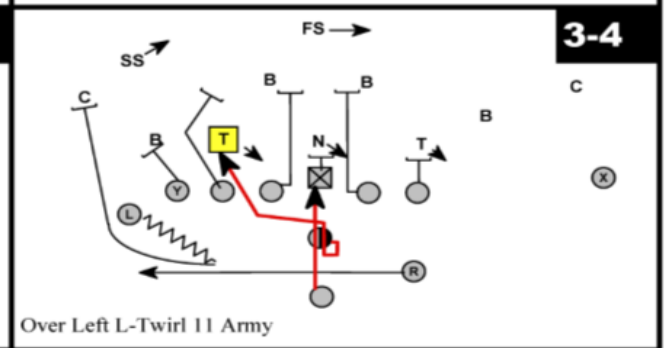
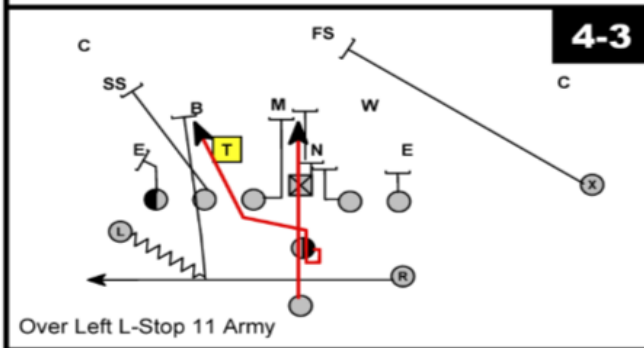
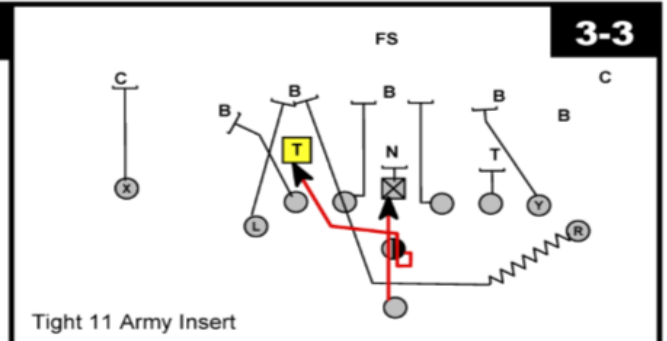
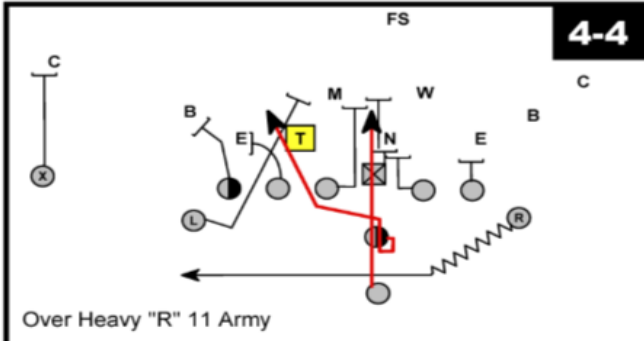
GIVE TO LIVE if in doubt

OPTION FAMILY

Code Word:
ARMY 29

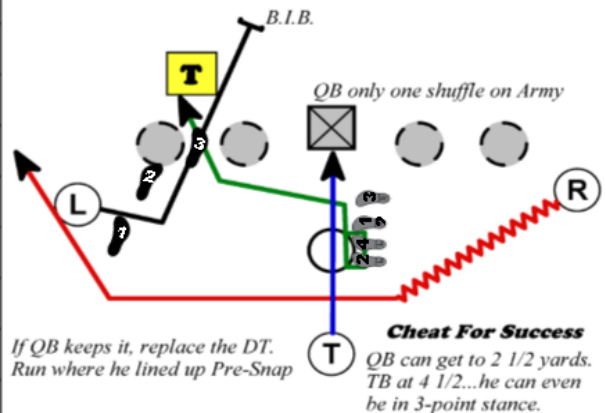
11 Army (Midline)

Snap Count:
2nd HIT



RT	Reach - On - Away
RG	Reach - On - Away
C	On - Away - Backer
LG	Gap - Backer
LT	Block Out
Y	Block Out
X	Stalk
R	R motion Maintain Pitch Relationship
L	B.I.B. inside Tackle to Playside Backer
TB	Straight & Hug Double Team
QB	Open, Ride, read 1st man past A gap. 1 shuffle

BACKFIELD STEPS



ADJUSTMENTS

Most of time this is QB keep.

"B.I.B." blocking: Back Inside to Backer

DEFENSIVE CONFLICTS

Use Twirl & Stop motion to break defensive keys

SIGNAL

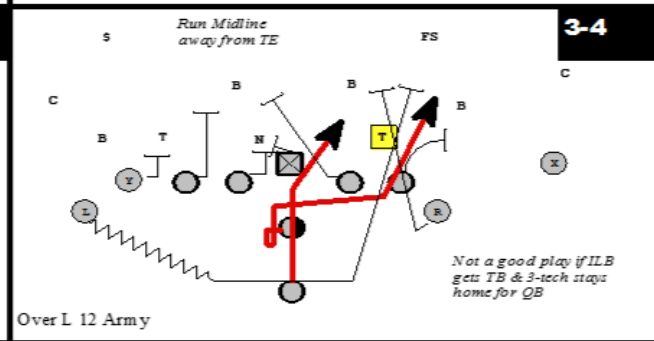
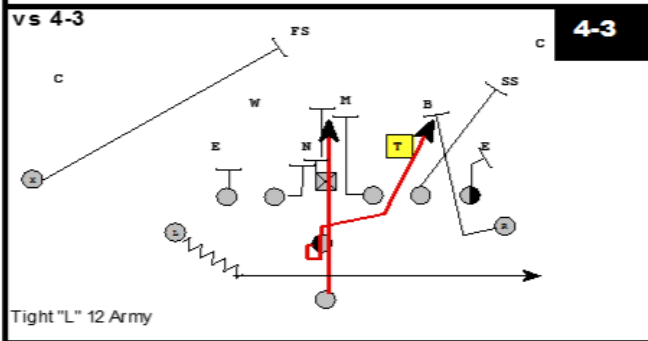
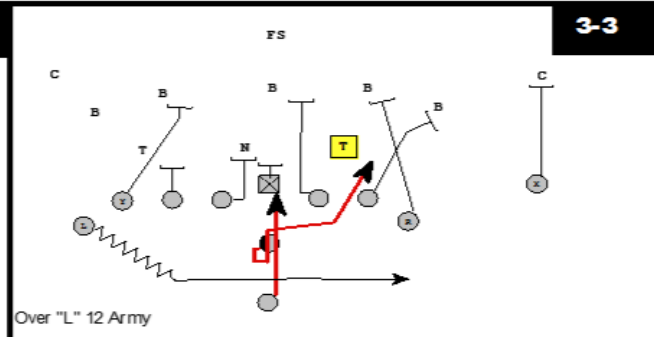
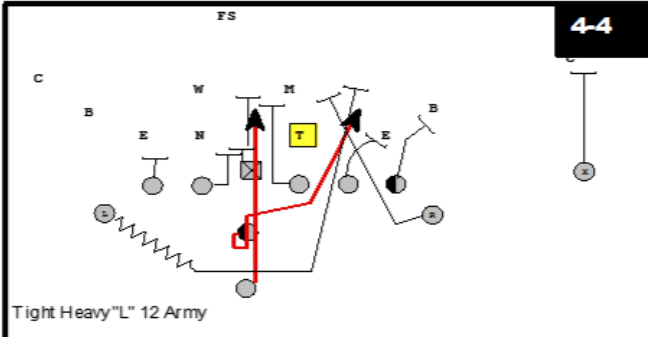
Hands over head, form an 'A'

OPTION FAMILY

Code Word:
ARMY 40

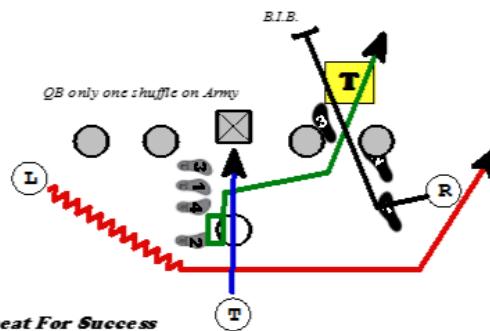
12 Army (Midline)

Snap Count:
2nd HIT



RP	Block Out
RG	Gap - Backer
C	On - Away - Backer
LG	Reach - On - Away
LT	Reach - On - Away
T	Block Out
X	Stalk
L	L motion Maintain Pitch Relationship
T	B.I.B. inside Tackle to Playside Backer
R	Straight & Hug Double Team
QB	Open, Ride, read 1st man past A gap. 1 shuffle

BACKFIELD STEPS



Use R-Stop Motion to get NG slant away
Use Insert to run away from Tight End

ADJUSTMENTS

*Use R-Stop motion to get NG to slant away from hole.
Use Insert motion to run away from Tight End*

DEFENSIVE CONFLICTS

Run vs a dominant 3-tech.

SIGNAL

Hands over head, form an 'A'

OPTION FAMILY

Army Terminology

Army is great play to break motion tendencies

defeat OLB fold players

INSERT

also allows you to run Army away from TE

Backside Wing lead block on fold player instead of running option route

defeat slant & rolling safeties with motion

STOP MOTION

LW 3-step motion. Plant 3rd step on snap & lead on playside ILB

defeat slant & rolling safeties with motion

TWIRL MOTION

If no TE, LT gets ILB & pitch off DE

LW 3-step motion. Turn away from defense on 3rd step & arc block OLB

Control Fold Player by Formation

Over Doubles takes fold player out but you still have option man

Could also call "Army Pitch" as Fold player fills the B gap

ARMY at A-Gap Defender

Automatic QB keep.

Called 11 Army thinking 3-tech would be on TE side. But they called "UNDER" & suprised us.

Army Check With Me

*QB gives LEFT direction with "BLACK-40" call
He could also say "Army 29"*

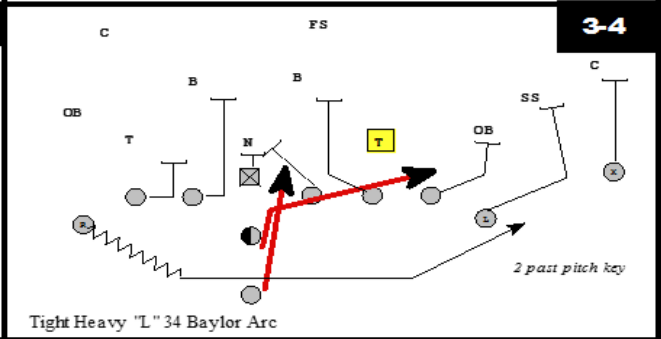
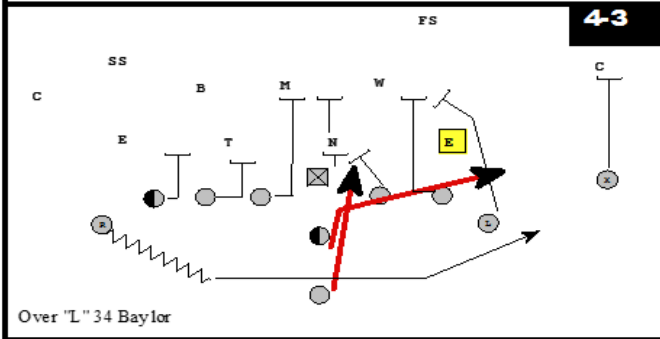
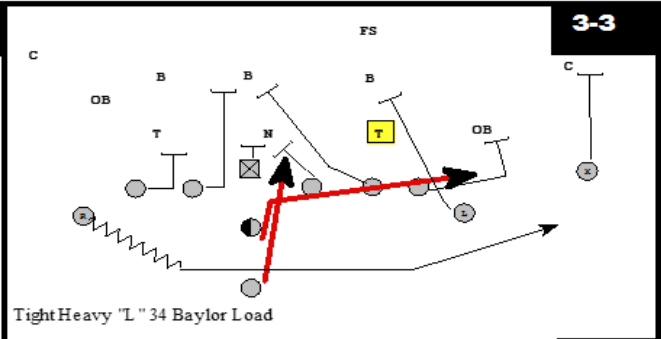
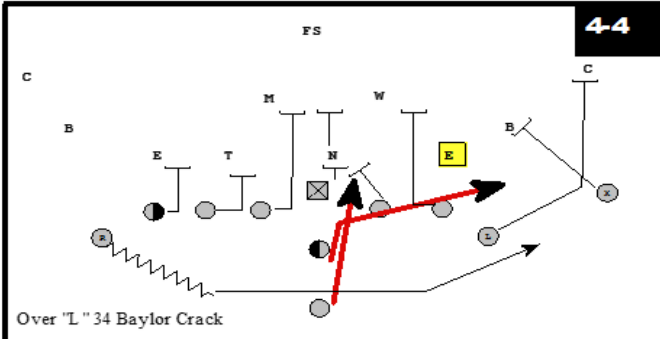
*QB gives RIGHT direction with "BROWN-29" call
He could also say "Army 40"*

OPTION FAMILY

Code Word:
BAYLOR 40

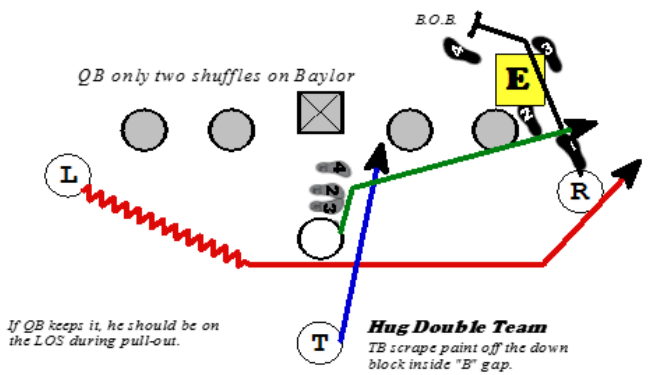
14 Baylor (Veer)

Snap Count:
2nd HIT



RT	Backer
RG	On - Gap - Lead (C)
C	Reach - Post (G) - Away
LG	Gap Highway
LT	Gap Highway
Y	Reach - On - Away
X	Stalk if 1 safety, Crack if 2 safeties
L	Run Option Path
T	B.O.B. to safety, Arc if 2 outside pitch key
R	Hug Double Team
OB	Open, Ride, read 1st man past B gap. 2 shuffle

BACKFIELD STEPS



Leave 1st Man In or Outside "B" Gap alone

Do not run at 2 or 3 tech.

ADJUSTMENTS

B.O.B. = Back Outside to Backer

DEFENSIVE CONFLICTS

Do not run at 2 or 3 tech

SIGNAL

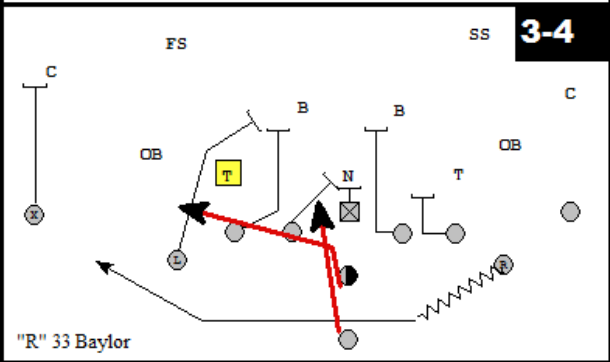
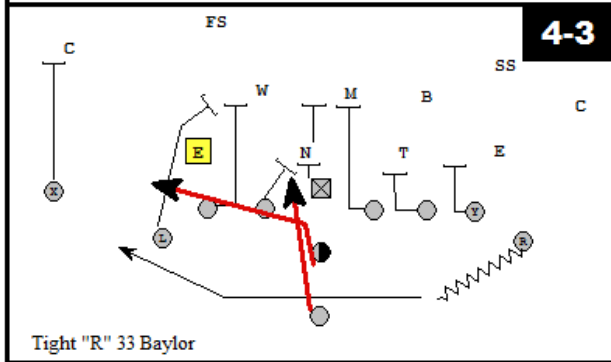
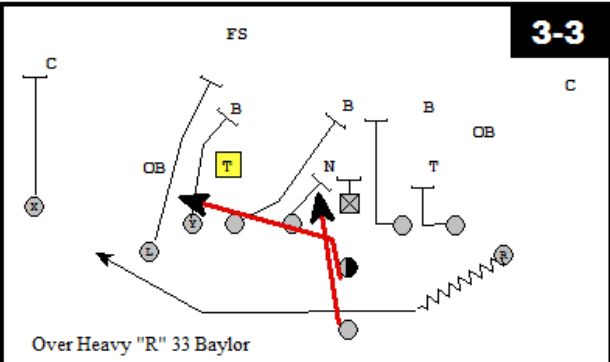
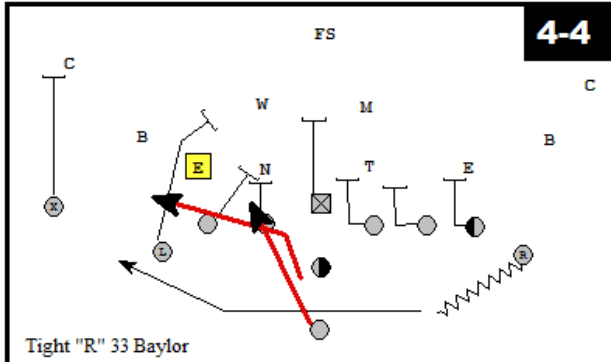
2 OK signs with both hands

OPTION FAMILY

Code Word:
BAYLOR 29

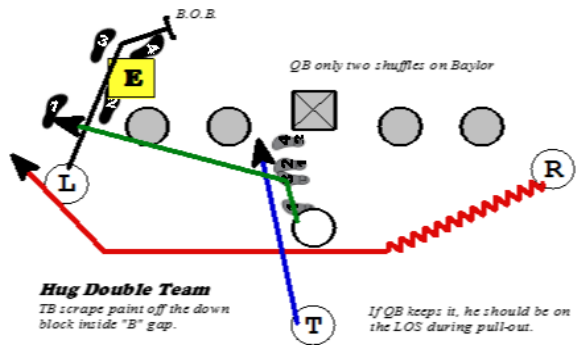
13 | Baylor (Veer)

Snap Count:
2nd HIT



RT	Gap Highway
RG	Gap Highway
C	Reach - Post (G) - Away
LG	On - Gap - Lead (C)
LT	Backer
T	Reach - On - Away
X	Stalk if 1 safety, Crack if 2 safeties
R	B.O.B. to safety, Arc if 2 outside pitch key
T	Run Option Path
L	Hug Double Team
QB	Open, Ride, read 1st man past B gap. 2 shuffle

BACKFIELD STEPS



Leave 1st Man In or Outside "B" Gap alone

ADJUSTMENTS

Arc Block if 2 men past the pitch man;
Crack or Load the pitch key if you want QB to run the ball or give the Wing a clear path after the pitch.

DEFENSIVE CONFLICTS

SIGNAL
2 OK signs with both hands

OPTION FAMILY

Baylor Blocking

Remember from Belly Section: B.O.B. is "Back Outside path to Backer". B.I.B. is "Back Inside path to Backer"

B.O.B. to SAFETY *If only 1 man past pitch key, Backer to Safety*

B.O.B. tight around DE tracking ILB.
If Tackle can get ILB, climb to Safety.

If LB scrapes to QB, block him.
Tackle climbs to safety.

ARC BLOCK
If there are 2 men past pitch key, reach block 1st man past pitch key

Wing pulls flat for 3 steps before turning upfield to attack force player

Block the Pitch Man

CRACK BLOCK

Crack the Pitch Key with X.
Either Give to TB or QB run.

LOAD BLOCK

Block Pitch Key with Wing or TE. Makes QB a runner.

Pitch key is next man outside (CB)
Use if Pitch key is coming right after pulling ball.

BAYLOR at B-Gap Defender

Automatic QB keep.

Called 34 Baylor thinking we get a weak 1-tech.
Suprised us with "SHIFT" call.

Defense Forcing Your Decisions

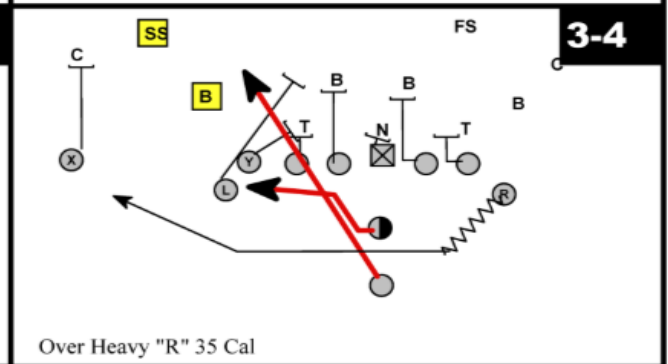
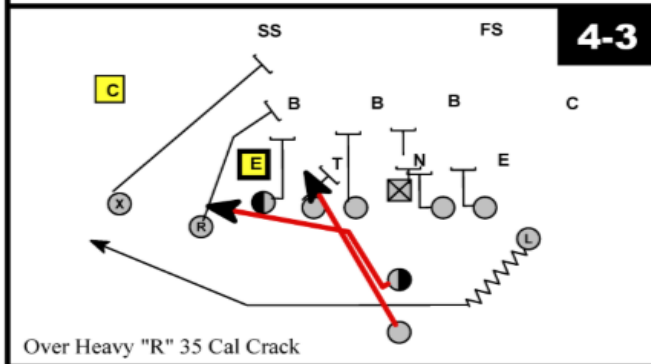
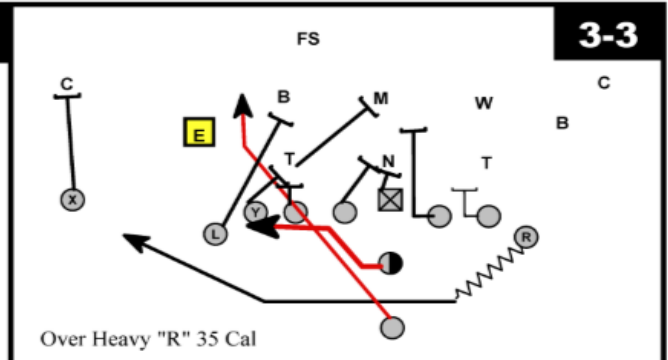
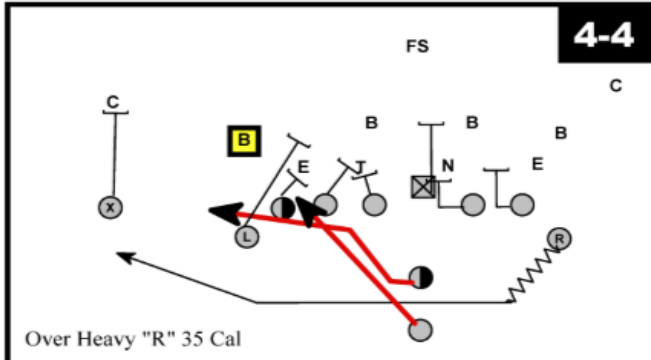
- | | |
|---|---|
| <p>FORCE THE PITCH</p> <ul style="list-style-type: none"> Arc Crack Load on TE side | <p>FORCE THE KEEP</p> <ul style="list-style-type: none"> Load |
|---|---|

OPTION FAMILY

Code Word:
CAL 29

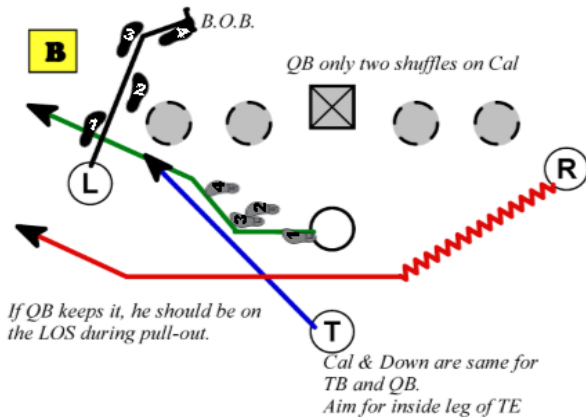
15 **CAL**

Snap Count:
2nd HIT



RT	Gap Highway
RG	Gap Highway
C	Reach - Post (G) - Away
LG	Reach - On - Away
LT	Post (TE) - Gap - Lead (G)
Y	Lead (TE) - Gap - Backer
X	Stalk if 1 safety; Crack if 2 safeties
L	Run Option Path
R	Hug Double Team
T	B.O.B. to safety; Arc if 2 outside pitch key
QB	Open, Ride, read 1st man past C gap. 2 shuffle

BACKFIELD STEPS



ADJUSTMENTS

DEFENSIVE CONFLICTS

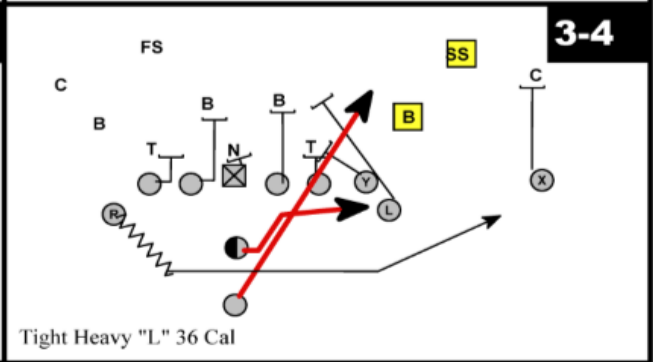
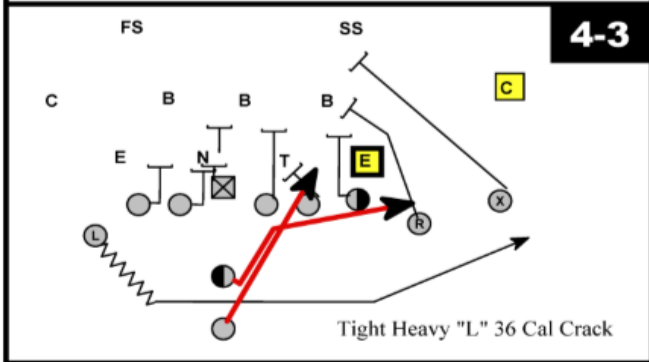
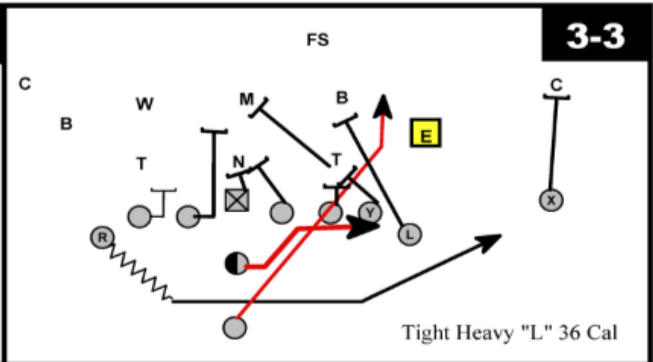
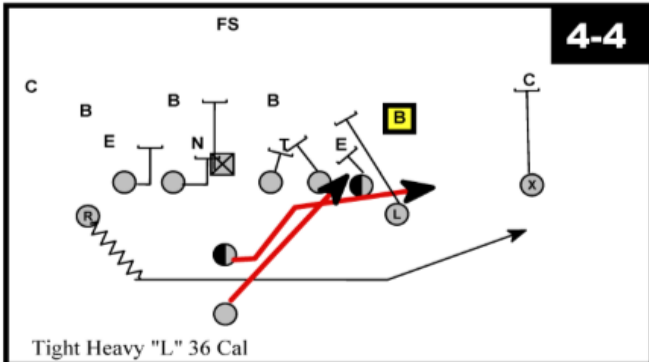
Run vs 3-man fronts who don't bring OLB up on TE.
Run vs 4-man fronts with a 7-tech.

OPTION FAMILY

Code Word:
CAL 40

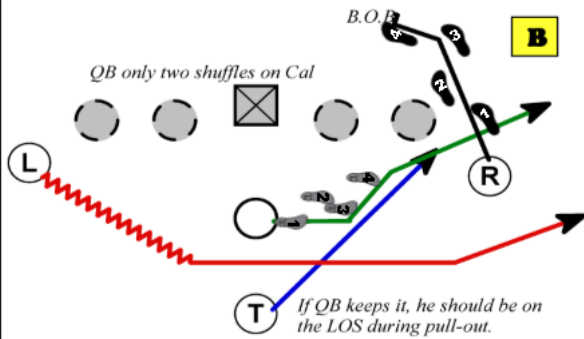
16 **CAL**

Snap Count:
2nd HIT



RT	Post (TE) - Gap - Lead (G)
RG	Reach - On - Away
C	Reach - Post (G) - Away
LG	Gap Highway
LT	Gap Highway
Y	Lead (TE) - Gap - Backer
X	Stalk if 1 safety; Crack if 2 safeties
L	Run Option Path
TB	Hug Double Team
R	B.O.B. to safety; Arc if 2 outside pitch key
QB	Open, Ride, read 1st man past C gap. 2 shuffle

BACKFIELD STEPS



*Cal & Down are same for TB and QB.
Aim for inside leg of TE*

ADJUSTMENTS

SIGNAL

"C" cup with both hands

DEFENSIVE CONFLICTS

Run vs 3-man fronts who don't bring OLB up on TE.
Run vs 4-man fronts with a 7-tech.