

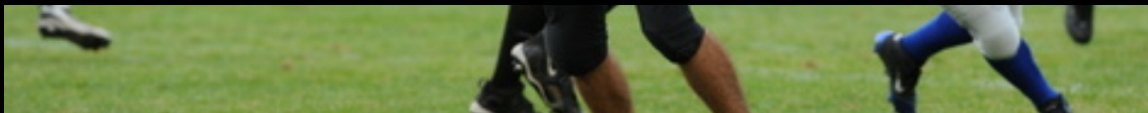


Installing Tempo and RPOs

Mike Rowe



RPOs in the Spread System



Contact Information

Mike Rowe

Head Football Coach

Rocori High School

@coachmikerowe

rocorifootball@gmail.com

Spartan Spread Philosophy

- Ball security
- Tempo and playing fast (85 snaps a game)
- Control the defense
- Get the ball to our best athletes
- Get the ball into space: Quick game, and Screens
- Think players not plays

Why is the Spartan Spread so SUCCESSFUL?

- Simple=Play fast
- Communication-Hand Signals, Signs, and Numbers
- Attack the defense
- QB Friendly offense
- Hat for a hat-Gives out guys a chance on every play
- Spread the ball horizontally and vertically
- Force the defense to open field tackle in space
- Create energy: Fun, Fast, Finish!

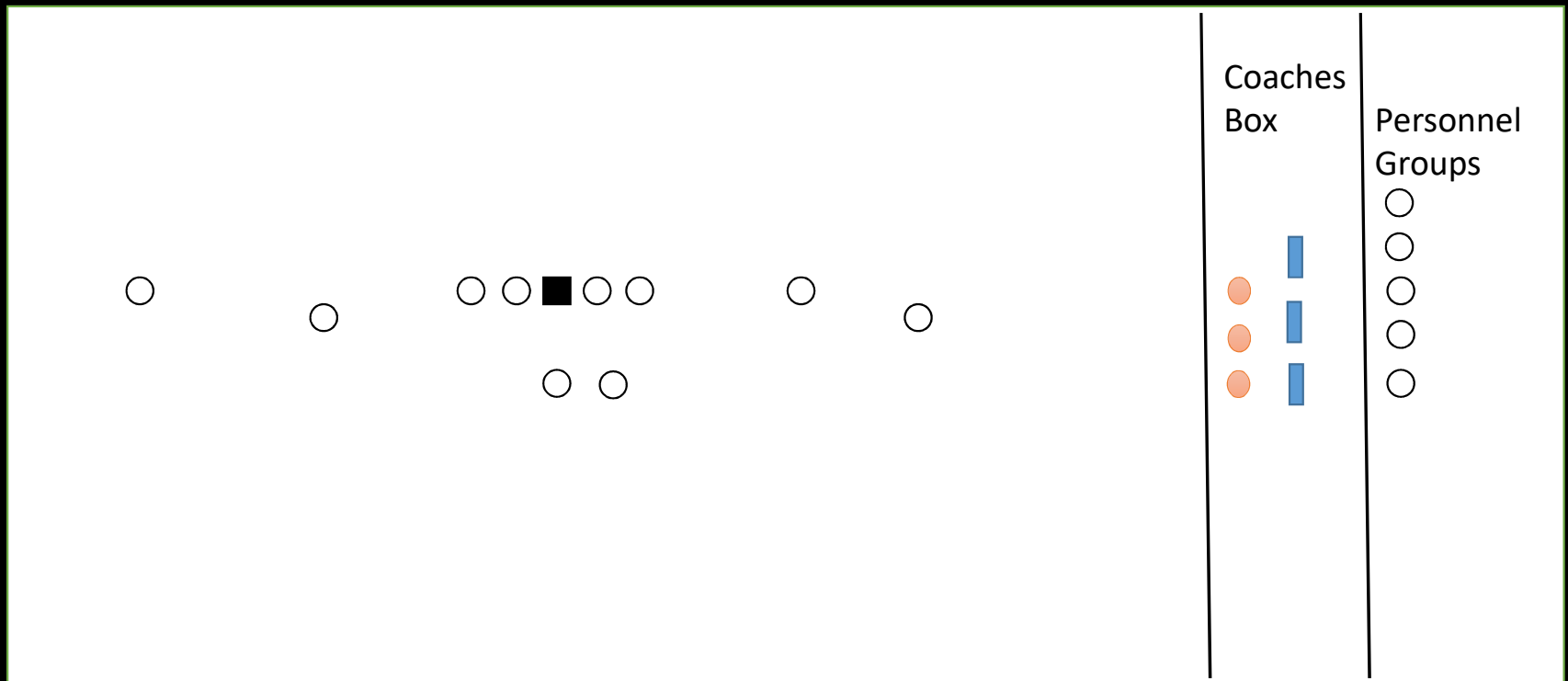
Why Use Tempo and RPOs?

- Tempo is a weapon to keep the defense off balance.
- We can speed up and slow down our tempo.
- Prevents defense from keying on formation and personnel tendencies.
- Forces the defense to use more base calls.

Tempo Procedures

- When the play is whistled dead, all 11 offensive players must look at the sideline to get the call.
- Everyone should run to the ball. OL will get set and receivers must address the defense.
- You must force the defense to align and get into a call.
- If we “Chill” the Quarterback must communicate to the Offensive line to “relax”.
- When the new play is sent in the quarterback and running back will communicate to the offensive line.

Tempo Procedures



Tempo Procedures



-Attack/NASCAR: As fast as we can go.
One word plays/RPOs, go on first sound.

-ARMY/NAVY: 3 Play that are predetermined on a wristband. Usually best pass, run, and screen.

-Sugar: When our offensive line huddles, but the receivers lineup in their spots.

-CHILL: Line up fast, but don't snap the ball.

-Siberia: Line up fast, but try to make the defense jump off sides.

Tempo Board



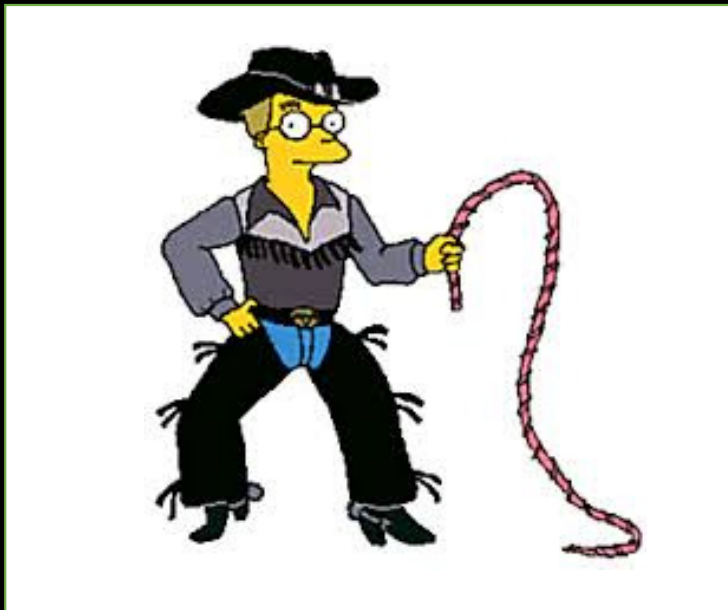
ATTACK

Every player must look at the tempo.

This sign is always LIVE!

These signs tell us how fast we are playing, and when the ball will be snapped.

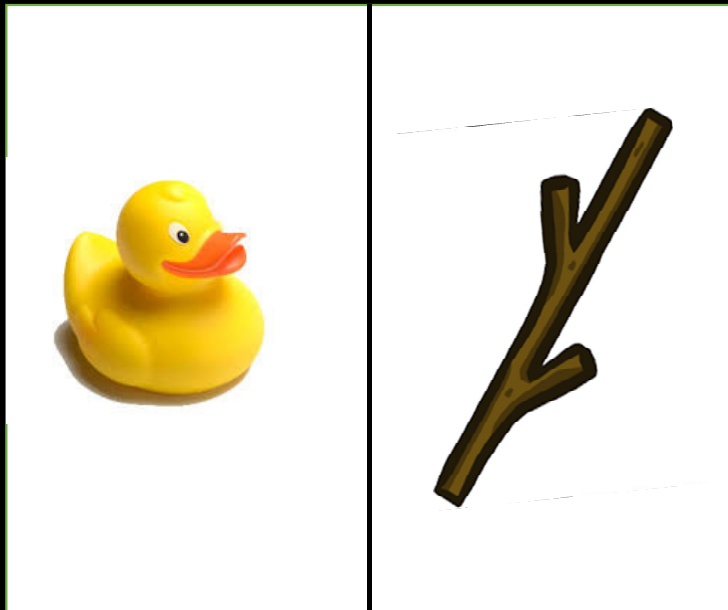
Single Picture Board



This sign is live or dead
depending on the tempo.

This single picture will tell our
players what formation and
play we are running.

Double Picture Board



This sign is live or dead
depending on the tempo.

We use this with our RPOs.

This is how we package plays.
The players will know the run
play and the pass concept.

Formation Signaler



This sign is live or dead depending on the tempo.

We use three coaches.

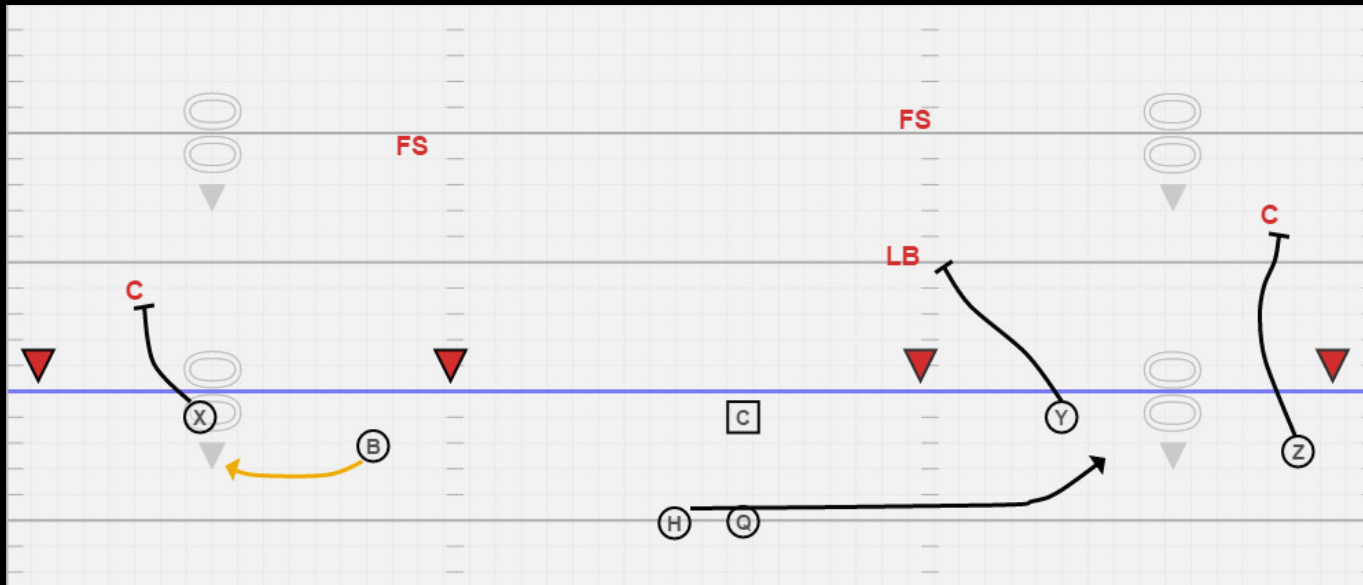
- 1 Coach tells the formation.
- 2 Play that we are running.
- 3 Calls mean nothing.

Coaching Tempo

- Monday is Tempo Day
- We will practice tempo three ways:
 - Drills and individual time.
 - Team offense on air.
 - 11 on 11 Team Good against good.

Practice Drills

- If you are going to be good at tempo, it needs to be done every day.



Practice Film

