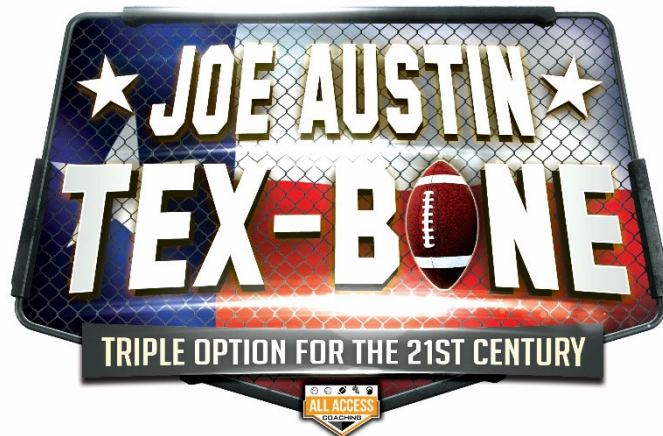

SECTION FIVE

GROUP DRILLS

- 13. Triple Option Drills**
- 14. Backfield Drills**
- 15. Perimeter Drills**
- 16. Warm-Up Drills**
- 17. Cool Down & Static Stretching**
- 18. Core Training Drills**
- 19. Neck Training Drills**

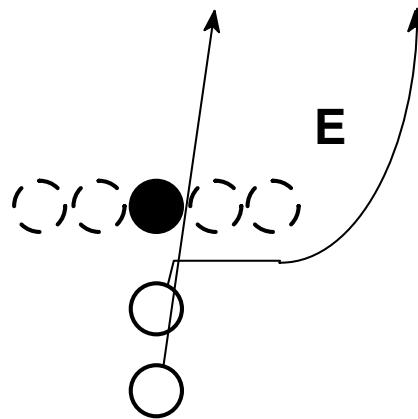


CHAPTER 13: TRIPLE OPTION DRILLS

#116 DIVE PHASE DRILL

PURPOSE: Splitting the triple option into smaller component parts is important when first installing the Tex-Bone offense. The first element to teach is quarterback and fullback coordination.

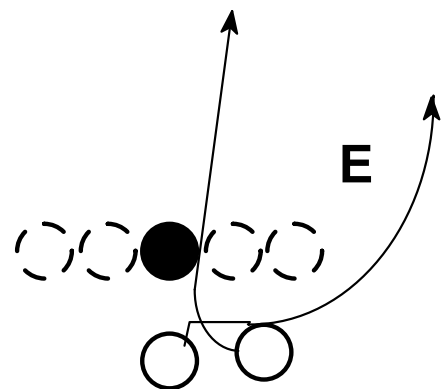
SET-UP: We begin this chapter with teaching the dive path without any reads. This allows the quarterback and the fullback to learn how to step without any external distractions. The dashed line players in the illustrations are excluded from the drill and all the solid line players are included in the drill. We like to use a commercially bought offensive line spacers for our placeholders.



#117 DIVE KEY DRILL

PURPOSE: Once the quarterback and fullback are comfortable with the mesh we add in the dive key. Coaching point: additional parts of the play are not added at this time. We practice the dive key from both pistol and offset running back alignments.

SET-UP: The quarterback is learning to make the decision to keep the ball or give to the fullback at this stage of progression. Coaching point: remember, the fullback gets the football unless they are going to get tackled by the dive key.

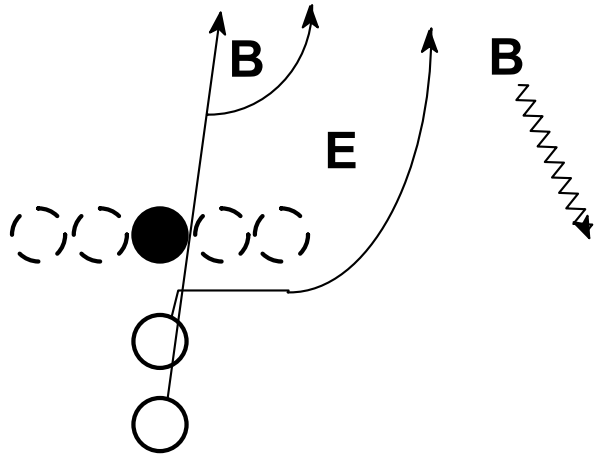


#118 PITCH PHASE DRILL

PURPOSE: The pitch key is introduced once the dive phase is performed well by the quarterback and the fullback.

SET-UP: This drill does not use a pitch back—the quarterback runs through the alley each time because the pitch key is told to always cover the pitch. Coaching point: this phase of learning is an important piece of quarterback development. We are teaching the quarterback to attack the alley after he pulls the ball from the dive. The quarterback must understand that in the pitch phase they will keep the ball unless threatened by the pitch key.

The fullback learns to cut off of the block after they receive the ball on the dive. Coaching note: instruct the dive key to mix up the read keys. They cannot always give a pull key to the quarterback. The quarterback must learn to transition his eyes from the dive key to the pitch key. Adding a secondary read for the fullback is also an option. This secondary read is the block on the play side linebacker.

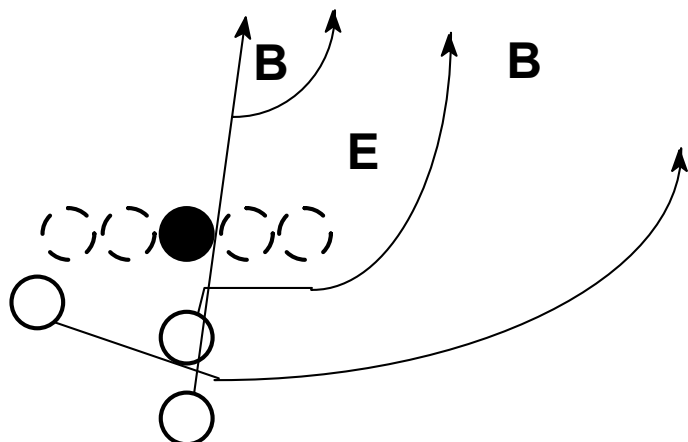


#119 PITCH KEY DRILL

Introducing the pitch back is the next step after the quarterback understands how to read the dive key and gets their eyes on the pitch key. Adding the pitch back allows you to run a full triple option play with both a dive phase and the pitch phase.

The illustration shows the pitch player as a wing on the backside of the play. Coaching point: there are many more options in terms of pitch player alignment for the Pitch Back drill.

The drill begins with the fullback and quarterback dive mesh. The quarterback reads the dive key for a give or pull read. The fullback then reads their secondary key in terms of cutting off the play side linebacker at the second level. The quarterback attacks



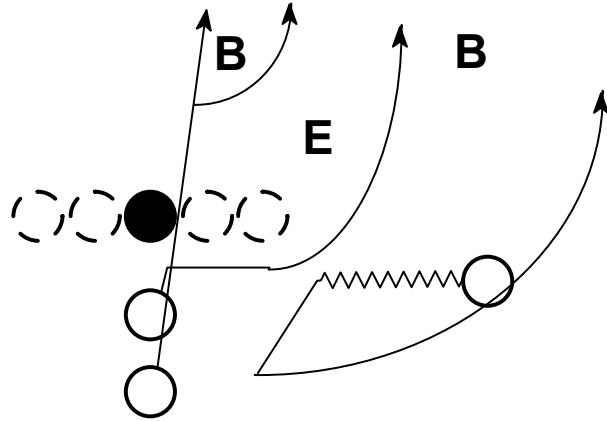
the alley if they keep the ball after the dive phase.

Coaching point: in this drill the pitch key either widens to take the pitch back or runs to the alley and forces the quarterback to make the pitch.

#120 PITCH PLAYER MOTION DRILL

PURPOSE: Adding various backfield actions and motions are possible once your players are proficient at the full triple option drill detailed previously.

SET-UP: The preseason is a great opportunity to put in some of the actions you anticipate running throughout the season. This gives you practice time for backfield actions and motions during game week as opposed to losing time teaching individual skills.

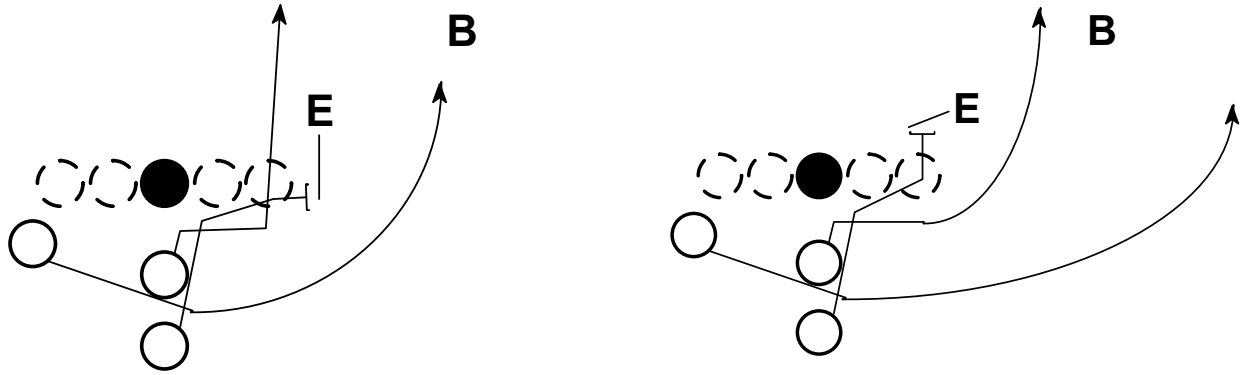


Coaching point: the coaches or players that serve as the dive key and pitch key in all of our triple option drills receive explicit instructions as to what they do. Allowing dive and pitch keys to randomly develop is also an option. Coaches are best served to instruct players to execute specific keys when practicing for a specific opponent overall.

#121 FULLBACK LOAD DRILL

PURPOSE: The next practice progression is to run the Full Triple Option drill with a fullback load. Our fullback load assigns the fullback to block the dive key. We enter the pitch phase of triple option once this happens.

SET-UP: The quarterback takes the ball around the edge into the pitch phase if the fullback is able to log or cut block the dive key. If the fullback is forced to kick out, the quarterback reacts and comes underneath the dive key to the second level. Coaching point: the quarterback coming underneath does not mean the pitch phase is eliminated. Quarterbacks must learn to keep sight of the pitch even after the play is forced up field and underneath the kick out block.



#122 FULLBACK LEAD DRILL

PURPOSE: In the Fullback Lead drill we assign the fullback to block the play side linebacker.

SET-UP: The fullback pulls around to the linebacker if the pulling guard is able to log block the defensive end. When the pulling guard is forced to kick out, the fullback reacts and comes underneath to reach the play side linebacker.

