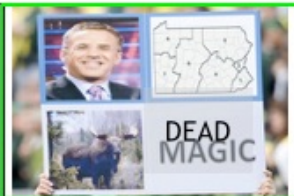
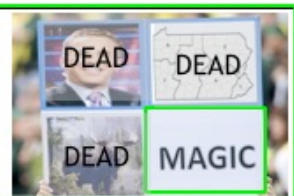


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Faster



The Faster Tempos eliminate three of the communicators in the communication process. The Tempo board communicates which communicator will give the live signal, and all of the other communicators are dead. The chart below give an over view of the Faster Tempos and which communicator is live.

	Tempo Card	Personnel Card	Formation/Mo.	Wristband	Picture
INDY	IOWA IDAHO	*default Patriot personnel	DEAD	First 10 plays on wristband	DEAD
PICTURE	PARMA PITT	*Falcon, Viking or Jaguar. Personnel will already be on field	DEAD	DEAD	
OPENERS	AZ ALASKA	Personnel listed on Opener Wristband	(CONFIRM) ON OPENER WRISTBAND	PLAY LISTED ON OPENER WRISTBAND	DEAD
WORD	WASH. WYOMING	By Game Plan	DEAD	DEAD	 *The word is Live
SAME/SIGNAL	SEATTLE SPOKANE	*Any group. Personnel does not change.	SIMPLE PLAY SIGNAL GIVEN	DEAD	DEAD

Indy Tempo

“Indy” is used in reference to the race “Indianapolis 500.” This tempo is primarily used as a two-minute tempo. Our offense’s pace is like a two-minute drill at times. We’ve had seasons in which about 50 percent of our scoring drives were possessions of less than two minutes, using our base personnel and a small set of plays.

But when we get into two-minute mode, plays are designed to stop the clock and move the chains with chunks of yardage. It requires a different thought process because defenses will play a certain set of coverages and personnel, and we know through studying our opponents that we want to do certain things against them based on how they play in those situations.

Our two-minute offense goes from fast to very fast. Because the clock is a major concern, we want to limit the amount of information being signaled from the sideline. Our players are looking for one signal only if the clock is moving. Also, our receivers will stay on one side of the field, eliminating the time needed to switch to an alignment across the field.

It is best to limit the amount of plays that you run for this situation. As a general rule of thumb, we will never carry more than 10 plays, and we've limited that to as few as six. When we use six, we have receivers and quarterbacks look at the coverage structure, allowing for one route to be adjusted.

Obviously, most of the plays in this menu are pass plays, but adding a screen or draw or even a short-yardage run can be effective in this set of plays. With the passes, they should have the ability to get intermediate routes open or throw underneath and allow a receiver to pick up yards in space.

Indy General procedures:

Backs and receivers must always work to get out of bounds. Unless they are able to get a first down, they should sacrifice an extra yard or two to get out of bounds and stop the clock.

The quarterback should do everything possible to avoid a sack, and he should understand where his outlet is, where his escape path is in the protection and the rules of grounding.

The team must line up quickly and look (to signalers) and/or listen to the quarterback.

Picture Tempo

There are several ways to use picture boards. We utilize three of the four quadrants on the board for this tempo. The fourth quadrant contains a word. The word means nothing in picture tempo.

Word Tempo

We utilize the word on our picture board to communicate the play.

Order (Opener) Tempo

With the data you have about your own team and your opponents, establishing an opening sequence of plays may work well to set your game plan and get your offense into an early rhythm.

Bill Walsh mastered the opening sequence. In his early days, Paul Brown would ask him for a few plays. Walsh expanded that list to 10 to 12 plays when he was with the San Diego Chargers. The list grew to 20 at Stanford University and finally 25 with the San Francisco 49ers. Walsh believed:

“Your ability to think concisely, your ability to make good judgments is much easier on Thursday night than during the heat of the game. So we prefer to make our decisions related to the game almost clinically, before the game is ever played. ... Without question you can make more objective decisions during the week as to what you would do in the game than you can spontaneously as the game is being played. To be honest with you, you are in a state of stress, sometimes you are in a state of desperation and you are asked to make very calculated decisions. It is rarely done in warfare and certainly not in football; so your decisions made during the week are the ones that make sense.”

Walsh makes a compelling argument for scripting the beginning of the game. I have heard the opposing argument as well, that offense needs to flow and that cannot always be predicted.

Having used both the “feel” method and Walsh’s “openers” method, I say there is more validity in going into the game with a specific opening sequence rather than trying to get into a flow by feeling it out.

My first use of the scripted method was in my first year as a head coach. We scripted 12 plays and scored three times against an opponent who on paper was bigger, faster and stronger than us. We knew we had to tire out their big two-way linemen, and we did that by running our plays off of a wristband at a high tempo. The set worked so well that we repeated it. The score at the end of the first quarter was 28-0, and we went on to win, 53-0. I instantly became a believer in scripting the openers, and I have done that throughout my career.

In using this method, I stayed pretty close in replicating Walsh’s method. Although I never went more than 15 plays – typically I used 10 – I was able to get the information I needed early in the game in order to confirm or adjust our game plan based on what the opponent was showing us.

According to Walsh, the points **in bold** are the reasons for scripting openers.

1. **Establish formations.** This is a valid reason for using openers. Within our openers, I typically use six to eight different looks to see what the opponent may be doing. Typically, these are our base formations and any formational wrinkle we may have added. I also try to mix in four to six personnel groups in the opening sequence as well.
2. **Base offense.** Obviously, you want to establish your base plays early in the game. The openers are great opportunities to see what the opponent is going to do to stop your base play. The assistants are looking for variations from what they saw on film and what has been established in the game planning process.
3. **Set up certain things.** If there is a wrinkle or constraint play to be used later in the game, setting it up early is a good practice.
4. **Specials.** I always make it a point to use a special play or a play action shot at some point in the openers. Typically this is a little later in the sequence or to be in an ideal

spot on the field, we might move that play to the first time we get into the opponent's territory. We usually will not use that if we are backed up.

5. Establish sequence. Many offenses are set up with counters and play action off of base runs. Establishing some of the base and creating that sequence in the openers are good practices.

When to break from the script

Starting with 10 plays, as a play caller when we get to a certain situation such as third down in the red zone, I will determine if we keep rolling with the script or go to the third down calls. If we do break the script, we go back if we make the first down.

If we break for red zone plays, we will pick up the sequence with the openers on the next series.

When we get to a new series, I may choose to start a few plays from where we left off or skip a play or two to get to something I feel better about starting a series with. The openers don't have to be a hard set of rules by which to call plays but rather provide a good starting point.

Putting Openers Together

One option is to have every offensive coach list his openers on the board. We try to do this independent of each other, not looking at what has already been written. We will then go through and briefly discuss why each coach listed his plays. From that, we have a good idea of what belongs and how we want to begin the game. This is done by us after practice on Wednesdays so that we can set our openers and practice them on Thursdays (helmets and shoulder pads) and Friday walkthroughs.

Below are two examples of our opening sequence. The first one is for an experienced team in Week 10. We used seven personnel groupings in eight different formations. We were able to get a look at exactly what the defense was going to give us against just about every look we had planned. We started this game with a touchdown drive and put up 45 points on the day.

The next example was the opening script in a game in which we were starting a sophomore at quarterback. We wanted to develop a plan in which he could be successful with his abilities, especially his running skills. After opening with a seven-play scoring drive, we went back to No. 1 and ran the script again. The script of the opening sequence is below. The first 7 plays of the sequence which led to a touch down are in the Further Review section as well as a voice over explanation in the hyperlink next to the script.

Two/Three Tempo

Two/Three Tempo gives us a potent weapon in our offensive arsenal. We like a Run-Run-Play Action sequence the best in this situation, but we have used other variations. This tempo is something that every team should think about utilizing.

We have used this tempo to begin a drive, and we have also utilized it in the middle of drives. When we can mix it in after a successful fast tempo play, we can really put the defense on their heels. The defense gets conditioned to think they are seeing a certain play, and then by the time they realize what is happening, they are out of position.

The first example shows us utilizing a two play sequence out of a time out. We have just run a series of six plays. We started with counter, went Again, Again, Same (switching to outside zone), Again, and Again, and the defense called time-out. We decided on second and goal to give them one more look at outside zone and following it quickly with naked. The defense was so used to seeing the same play when we aligned and snapped that quick, that everyone including the corner was fitting on the run.

Same Tempo

Same Tempo, like many of our tempos, was created from feedback from a player. He came to me and said, "Coach, what if we have a board that tells us to look at play signal-ler only if we are in the same personnel and formation. The "S" boards were on the field that day, and we implemented it. The Same tempo became a great counter to teams that thought they could cheat on us aligning so quickly and snapping the ball because they thought we were running the same play again.

The Faster Tempos create tools that have a definite purpose and create advantages for the offense in attacking the defense. The plays move at a very fast pace, but one more set of tempo procedures allow us to move even faster.

OPENERS			
Left Hash		Right Hash	
#	(Personnel) Formation/Play	#	(Personnel) Formation/Play
1	(Brown) Rip6 65 Takeoff	1	(Brown) Liz7 65 Takeoff
2	(Brown) Rip6 Sweep Rt	2	(Brown) Liz7 Sweep Lt
3	(Viking) North4 Bunch Truck Rt	3	(Viking) South5 Bunch Truck Lt
4	(Patriot) North66 Bunch 55 Spacing Y-Spot	4	(Patriot) South77 Bunch 55 Spacing Y-Spot
5	(Patriot) North6 Lead Draw	5	(Patriot) South7 Lead Draw
6	(Raven) Liz0 Z-4 V-Power Rt	6	(Raven) Rip1 Z-5 V-Power Lt
7	(Jet) North7 55 Spcng Y-Spot/Drive	7	(Jet) South6 55 Spcng Y-Spot/Drive
8	(Bengal) West00 Jo-Fly Sweep Rt	8	(Bengal) East11 Jo-Fly Sweep Lt
9	(Lion) Condor F-2 Truck Rt	9	(Lion) Eagle F-3 Truck Lt
10	(Raven) Liz0 Z-4 Oz Rt Mike	10	(Raven) Rip1 Z-5 Oz Lt Mike

OPENERS WRISTBAND EXAMPLES

OPENERS			
Left Hash		Right Hash	
1	Jaguar Rob8 Power Rt Read	1	Lou9 Power Lt Read
2	Jaguar North7 Bunch U-4 Dash Rt	2	South6 Bunch U-5 Dash Lt
3	Jaguar North7 Bunch Power Rt Read	3	South6 Bunch Power Lt Read
4	Jaguar Rob8 Y-Zn Lt Split Naked Rt Stay	4	Lou9 Y-Zn Rt Split Naked Lt Stay
5	Patriot North6 Zone Lt Split	5	South7 Zone Rt Split
6	Patriot North6 Stick Draw	6	South7 Stick Draw
7	Patriot North6 Zone Lt Screen Rt	7	South7 Zone Rt Screen Lt
8	Falcon Rip0 Flight F-Zone Lt Split	8	Liz1 Flight F-Zone Rt Split
9	Falcon Rip0 F-Power Rt	9	Liz1 F-Power Lt
10	Falcon Rip0 Flight F-Ctr Lt	10	Liz1 Flight F-Ctr Rt
11	Jaguar North7 Bunch Power Rt Read J-Pop	11	South6 Bunch Power Lt Read J-Pop
12	Jaguar North7 Bunch Zone Rt /Now	12	South6 Bunch Zone Lt /Now

Situational Consideration: Practicing Two-Minute Offense



A tight game often can come down to what happens in the final minutes. It's at this time your players need to have laser-like focus on accomplishing a task.

With this being the era of hurry-up, no-huddle offenses, it would seem that teams don't need to carry a separate set of plays or concern themselves about execution in this situation since they do it all the time.

Why have a two-minute procedure when you already run fast?

Our offense's pace is like a two-minute drill at times. We've had seasons in which about 50 percent of our scoring drives were possessions of less than two minutes, using our base personnel and a small set of plays.

But when we get into two-minute mode, plays are designed to stop the clock and move the chains with chunks of yardage. It requires a different thought process because defenses will play a certain set of coverages and personnel, and we know through studying our opponents that we want to do certain things against them based on how they play in those situations.

Our two-minute offense goes from fast to very fast. Because the clock is a major concern, we want to limit the amount of information being signaled from the sideline. Our players are looking for one signal only if the clock is moving. Also, our receivers will stay on one side of the field, eliminating the time needed to switch to an alignment across the field.

How much should you build into a two-minute drill?

It is best to limit the amount of plays that you run for this situation. As a general rule of thumb, we will never carry more than 10 plays, and we've limited that to as few as six. When we use six, we have receivers and quarterbacks look at the coverage structure, allowing for one route to be adjusted.

Obviously, most of the plays in this menu are pass plays, but adding a screen or draw or even a short-yardage run can be effective in this set of plays. With the passes, the concepts should have the ability to get intermediate routes open or throw underneath and allow a receiver to pick up yards in space.

General procedures:

Backs and receivers must always work to get out of bounds. Unless they are able to get a first down, they should sacrifice an extra yard or two to get out of bounds and stop the clock.

The quarterback should do everything possible to avoid a sack, and he should understand where his outlet is, where his escape path is in the protection and the rules of grounding.

The team must line up quickly and look (to signalers) and/or listen to the quarterback.

Practicing two-minute:

The first installation of any two-minute offense should be a walkthrough. This allows coaches to explain the procedures as the team is moving and lining up.

On our Monday practice, we utilize a 10-minute period with receivers on air to align at a fast pace and work through the steps.

During special teams period – the majority of our receivers are only on the kick return unit – we will work the same steps again.

During a 10-minute pre-practice period on Thursdays, we include the offensive line on air and move the ball downfield.

At the end of Thursday's practice, we will work against the defense. We give a specific situation that we vary each week. For example, we could put 1:40 on the clock with one time out, ball on the offense's 35-yard line, and we need a touchdown. We mix up the variables over the course of the season to expose our unit to just about any situation they may face.

For this period, we use a practice procedure we call "pro bowl." This tells the defense that they should rush and cover full go, but as soon as a defensive lineman or blitzing linebacker is contacted and fit by an offensive lineman, he should throttle down his speed and stay blocked. Likewise, once the ball is in the air, we want the receiver to have right-of-way, so we do not contest the ball in the air with a defender. We do not want players getting tangled in the air and getting injured while twisting to the ground to make a catch or break up a pass. The defender can stay in phase running and distracting, but we do not allow a play on the ball in "pro bowl."

We also work our "last plays," of which we include three. We have a "middle victory pass" and a "left/right victory pass" based on the hash. Those are our Hail Mary passes when our quarterback is close enough to reach the end zone. We also include a play called "rugby," which involves an inside hook at 10 yard with a lateral to another receiver. At that point, everyone is working toward a pitch phase – including lineman – spreading them-

selves down the field. The rule is do not get tackled. Fumble if you need to keep the play alive.

Get it on video

The practice situations are just the beginning. Getting a two-minute drill on video allows you to study it with your players and make coaching points. If you can, alert your videographer to leave the camera running during this segment so you can analyze the time and procedures between plays.

Final thoughts on two-minute

Two-minute drills are situations that require a specific set of procedures and plays. Set your team up for success by accounting for the two-minute situation in your practice plans, and find ways to work it live in games.