

Spread Offense

Created by Dennis Relf

Philosophy

This offense is designed to spread out the defense out man at the point of attack, offer options based on defensive fronts & back configuration while creating confusion for the defense. Both the Pistol & Pro formations offer flexibility and dimension that can create different defensive problems within the same offensive series. This offense offers a simple system with tremendous expansion possibilities. Get the ball to your most valuable assets, give your offensive line a leverage advantage and keep the defense guessing. Easy to teach and easy to execute.

Terminology

- Pro** – QB under centre, Insertion of a power back in a two back set
- Renegade** – Formation featured in both Pistol or Pro sets
- Jag** – Formation featuring in both Pistol or Pro sets
- Cobra** – Formation featured in both Pistol or Pro sets
- Pro** – Formation featuring a balance of receivers each side of the formation & 2 backs
- I Formation** – Formation featuring a balance of receivers each side of formation & 2 backs
- Off Set** – Formation featuring 2 backs offset to right or left of formation – create strength and out man position
- Option** – The Quarterbacks' call based on the situational defense presented
- Change Motion** – Motion involving two players exchanging positions on the same side of the formation
- Zoom Motion** – Motion moving a back or receiver across the formation from one side to the other
- Re-Zoom** – Motion moving a back or receiver across the formation to centre then returning to original side
- Zip Motion** – Motion moving a back wider on the same side of formation into a receiver position
- Re-Zip Motion** – Motion moving a back wider on the same side of formation then back to original position
- PA (Play Action)** – The simulation of a running play with a fake hand off
- Bump** – A pass pattern run to the flats by a back
- Arrow** – A pass pattern run down a middle seam by a back

Spread Offense (Positional Details)

Positional Identification

(X) Left Wide Out

(C) (Cowboy) – Slot Back L or R

(Z) Right Wide Out

(1) Quarter Back

(3) Tail Back / Slot Back Left

(2) Full / Ace Back

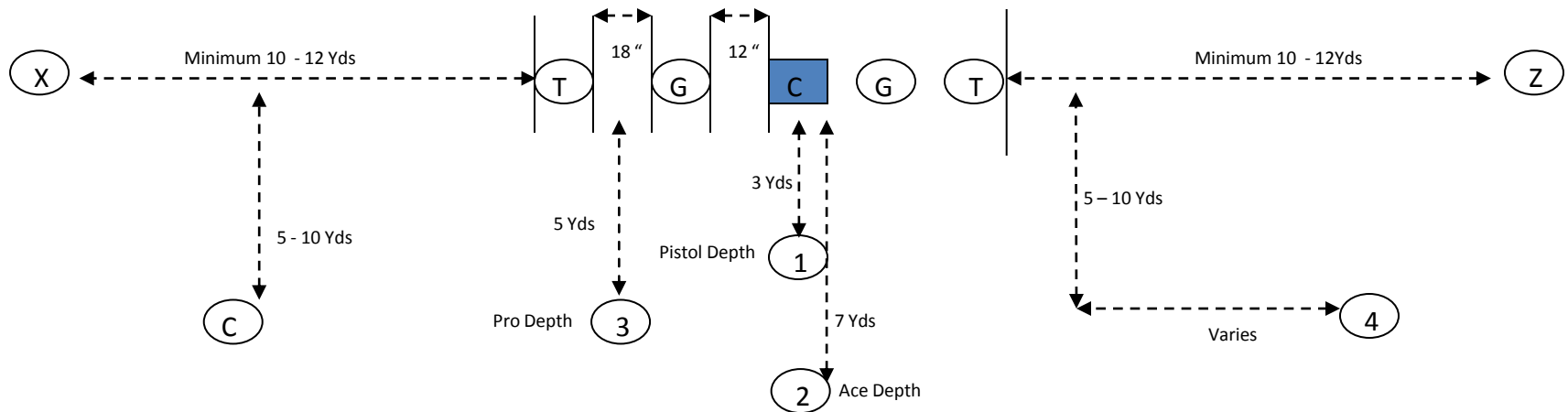
(4) Slot Back - Right

(C) Offensive Line Centre

(G) Offensive Line Guard

(T) Offensive Line Tackle

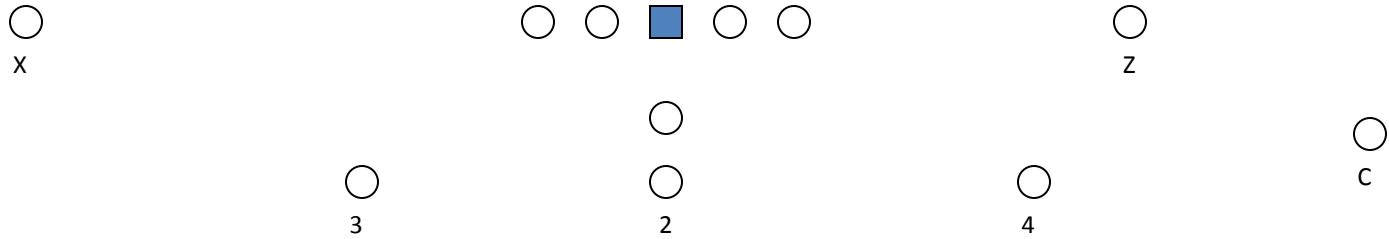
Positional Depths & Spacing



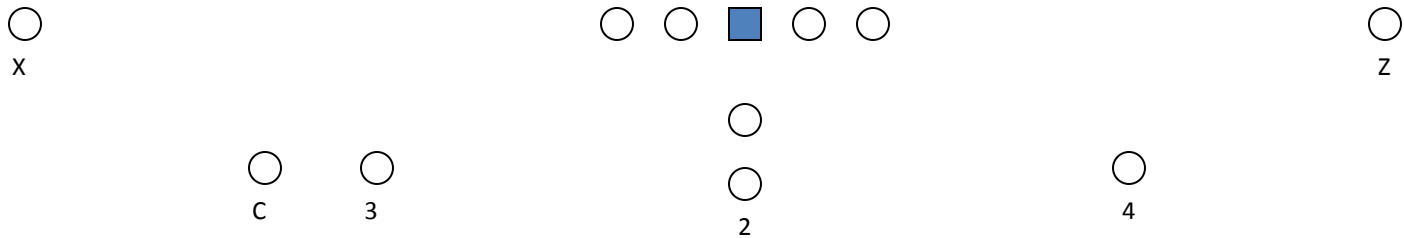
Spread Offense (Formations)

Formations

➤ Renegade – (Pistol/Under)



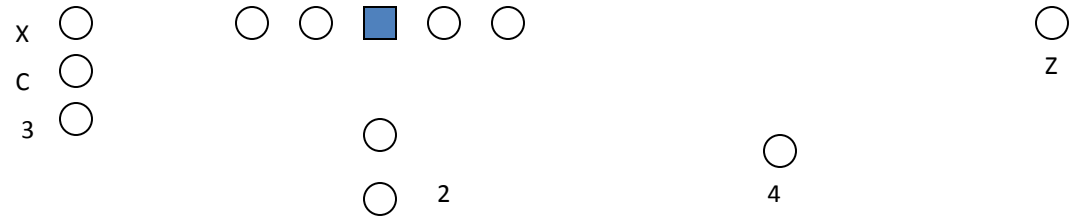
➤ Jag – Pistol – (Pistol/Under)



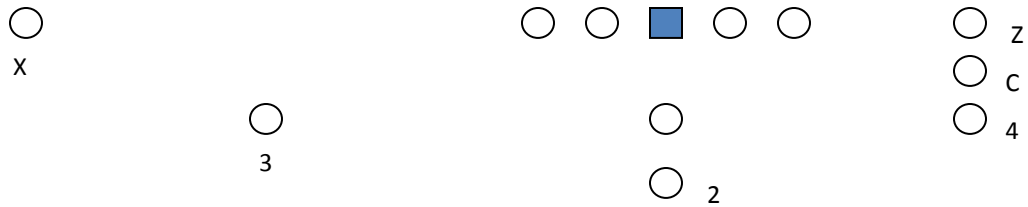
Spread Offense (Formations)

Formations

➤ Stack Left (Pistol/Under)



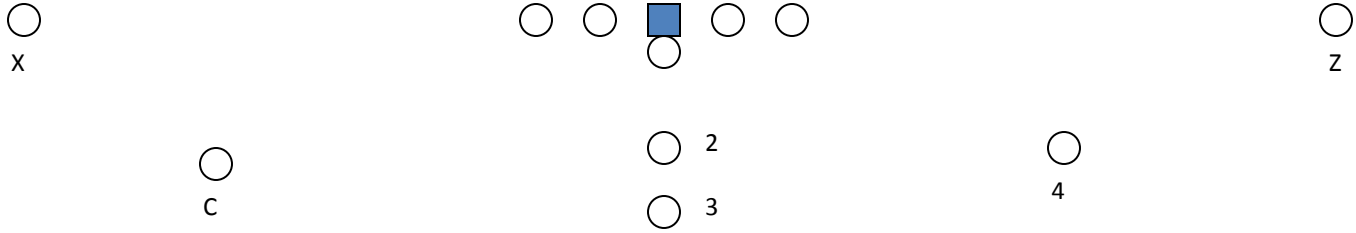
➤ Stack Right (Pistol/Under)



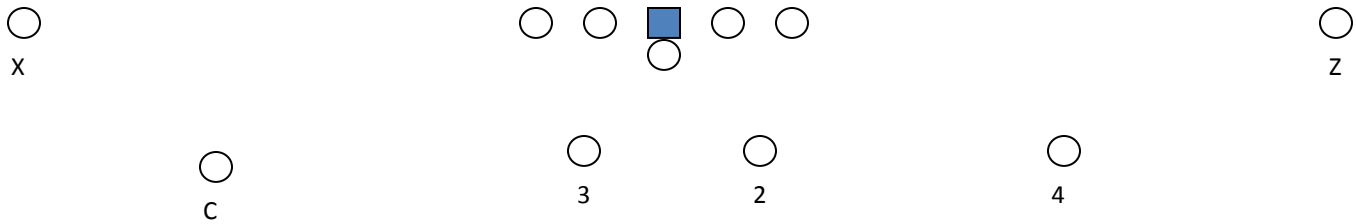
Spread Offense (Formations)

Formations

➤ I Formation



➤ Pro Set



Spread Offense

RUNNING GAME

➤ Play Options

1) Renegade:

- i. Inside Zone – Indiana Right
- ii. Inside Zone – Indiana Left
- iii. Outside Zone – Oklahoma Right
- iv. Outside Zone – Oklahoma Left

2) Jag:

- i. Inside Zone – Indiana Right
- ii. Inside Zone – Indiana Left
- iii. Outside Zone – Oklahoma Right
- iv. Outside Zone – Oklahoma Left

3) Cobra:

- i. Inside Zone – Indiana Right
- ii. Inside Zone – Indiana Left
- iii. Outside Zone – Oklahoma Right
- iv. Outside Zone – Oklahoma Left

4) Stack:

- i. Inside Zone – Indiana Right
- ii. Inside Zone – Indiana Left
- iii. Outside Zone – Oklahoma Right
- iv. Outside Zone – Oklahoma Left

5) Off Set Right:

- i. 24 Lead
- ii. 30 Trap
- iii. 40 Zoom - Disco Left
- iv. PA 35 Lead – 48 Counter
- v. 30 Zip – Indiana or Oklahoma Right

6) Off Set Left:

- i. 25 Lead
- ii. Inside Trap
- iii. 40 Zoom - Disco Right
- iv. PA 34 Lead – 49 Counter
- v. 30 Zip – Indiana or Oklahoma Left

7) Pro Formation:

- i. 25 Lead / 34 Lead
- ii. 20 Trap / 30 Trap
- iii. 20 Zip – Indiana or Oklahoma Right
- iv. 30 Zip – Indiana or Oklahoma Left

8) I Formation:

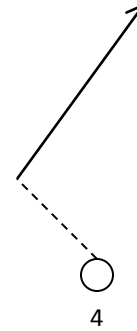
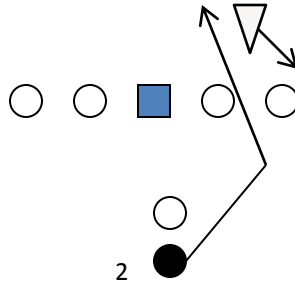
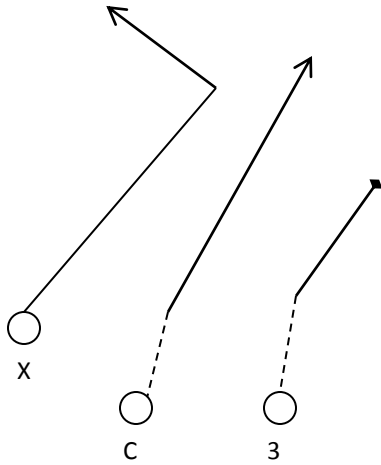
- i. 35 Lead / 34 Lead
- ii. 20 Zip – Indiana Right/Left
- iii. 20 Zip – Oklahoma Right/Left

Jag

**** Play can also be run Left****

Indiana (Inside Zone) Right (Left)

Also Available Motion; 40-Zoom, Z-Zoom, 30-Zoom

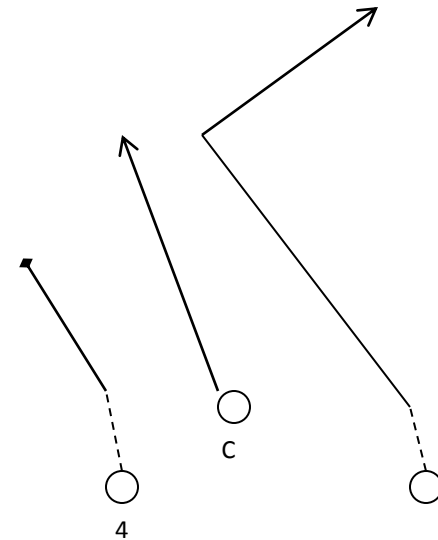
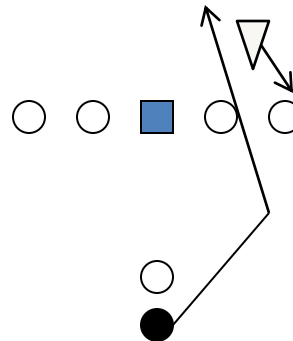
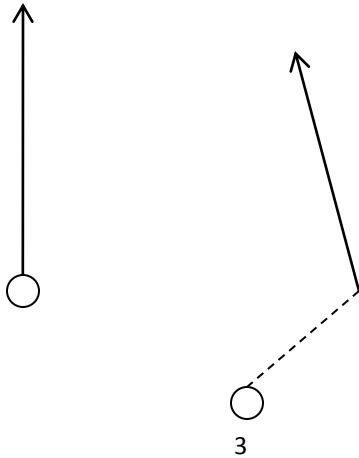


Renegade

**** Play can also be run Left****

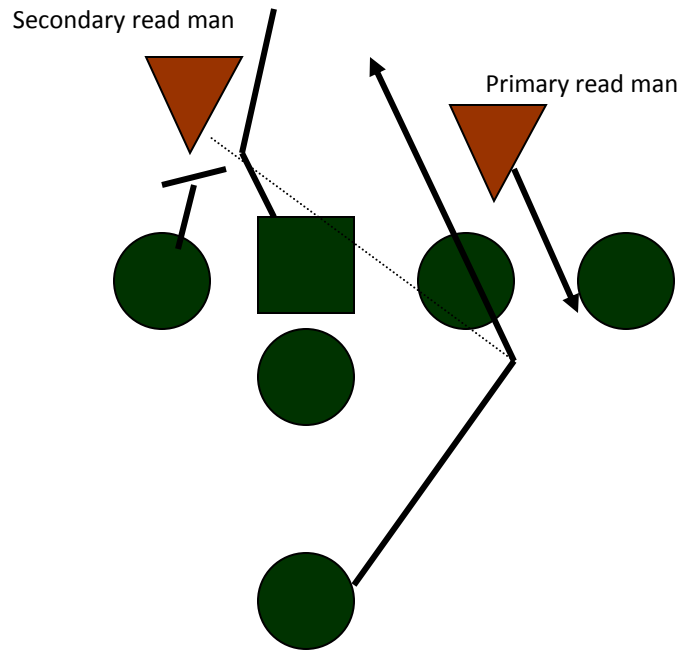
Indiana (Inside Zone) Right (Left)

Also Available Motion; 40-Zoom, Z-Zoom, 30-Zoom



Running Back Read

Coaching Points – Inside Zone



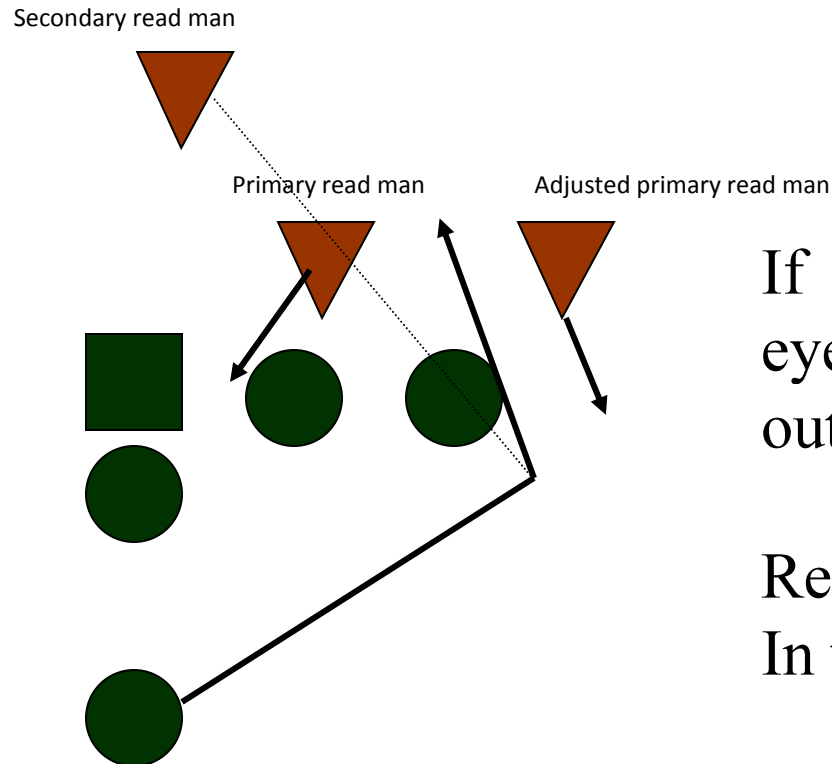
Unless your read man pinches, your eyes should be going to your secondary read.



Play Direction

Running Back Read

Coaching Points – Inside Zone



If your read man pinches, your eyes should be going to the next outside DL for Primary read.

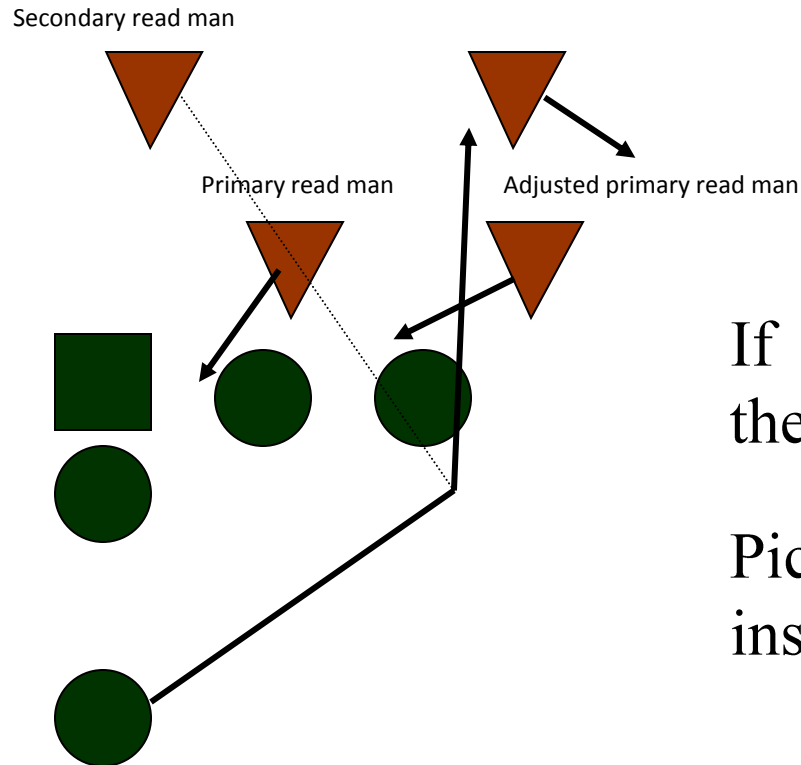
React to what he does.

In this example - Cut inside.

Play Direction

Running Back Read

Coaching Points – Inside Zone



If both read men pinch, follow the second pinch up the lane

Pick up your secondary read inside

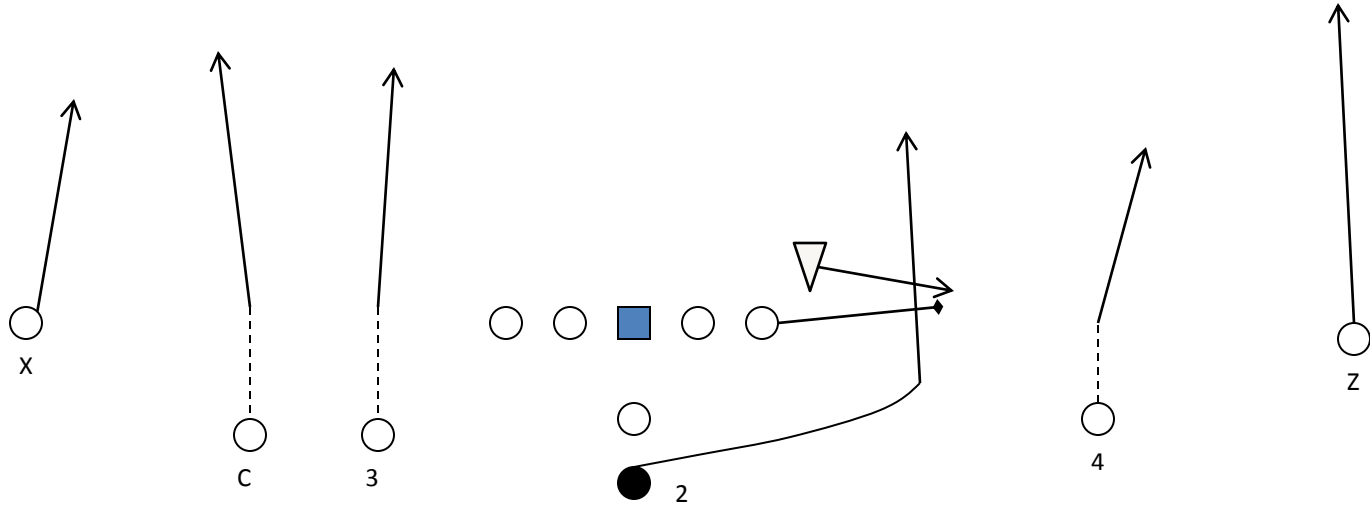


Play Direction

Jag

**** Play can also be run Left****

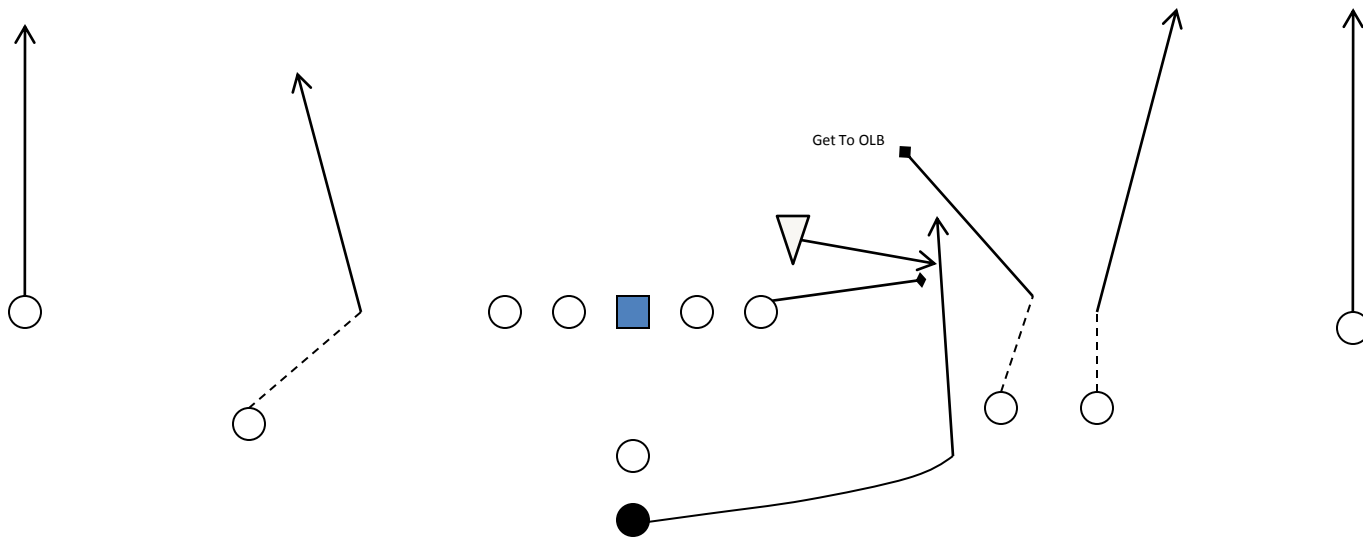
Oklahoma (Outside Zone) Right



Renegade

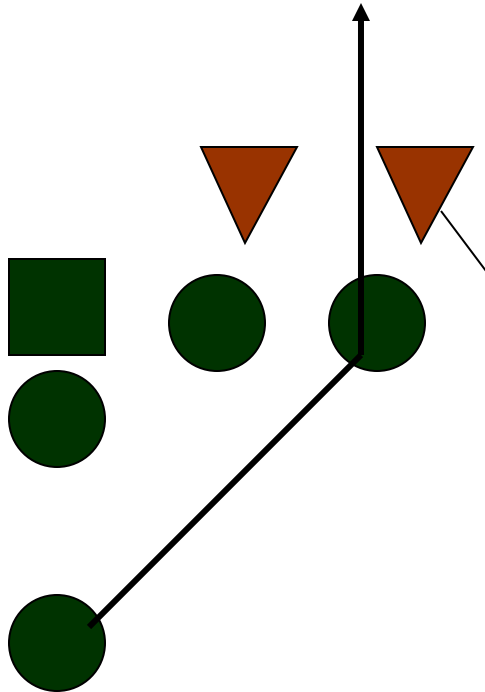
**** Play can also be run Left****

Oklahoma (Outside Zone) Right



Running Back Read

Coaching Points – Outside Zone



Read the outside hip of the end man on LOS play side.

React to what he does.

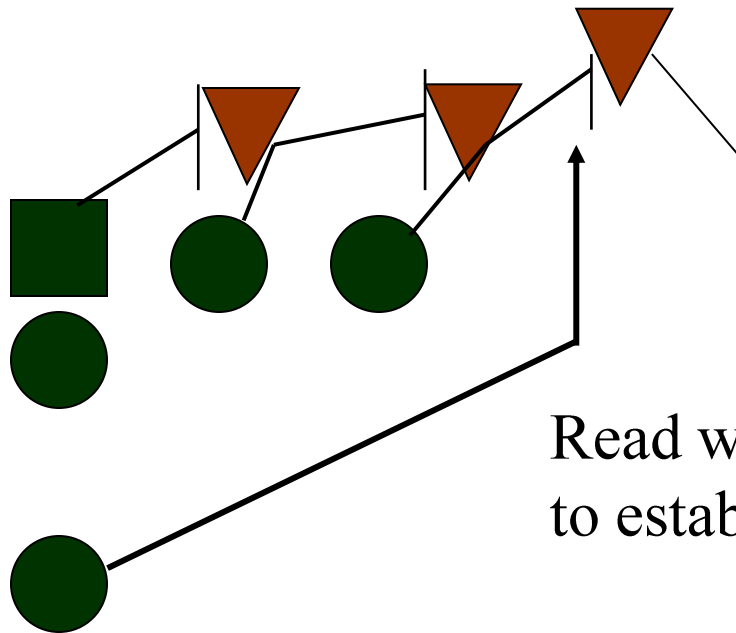
In this example - Cut up inside.



Play Direction

Running Back Read

Coaching Points – Outside Zone



Read who the LB position after snap
to establish contain defender.

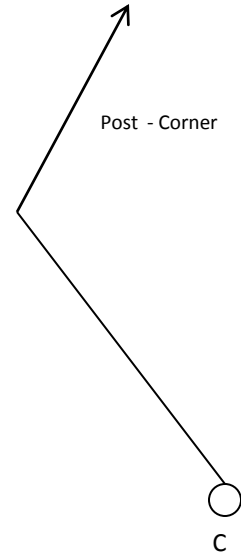
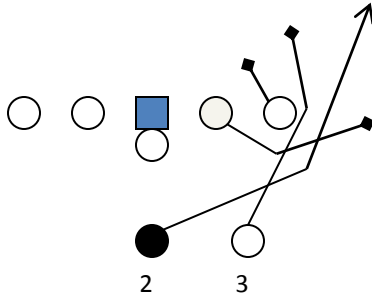
React to what he does.
In this example - Cut inside.



Play Direction

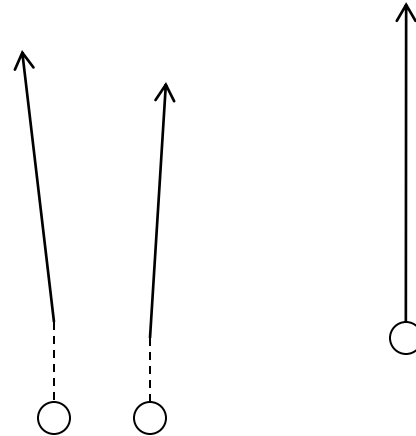
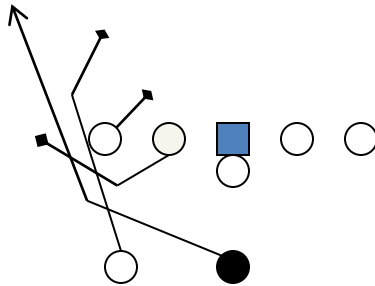
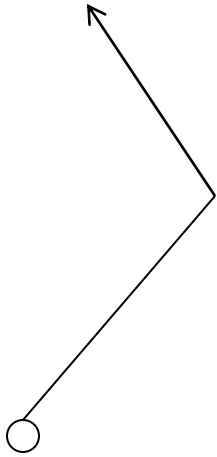
Off Set Right

24 Lead



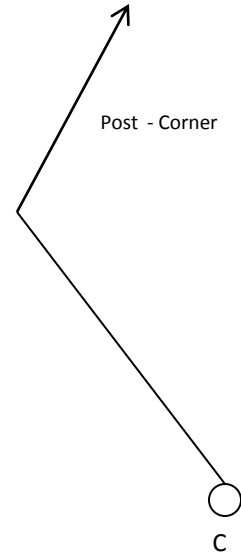
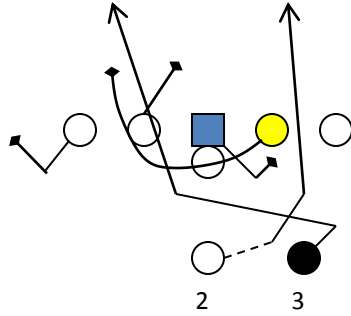
Off Set Left

25 Lead



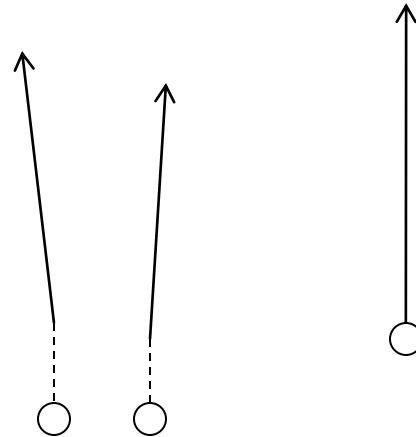
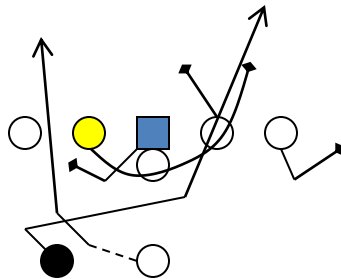
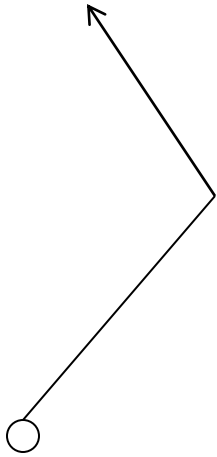
Off Set Right

30 Trap



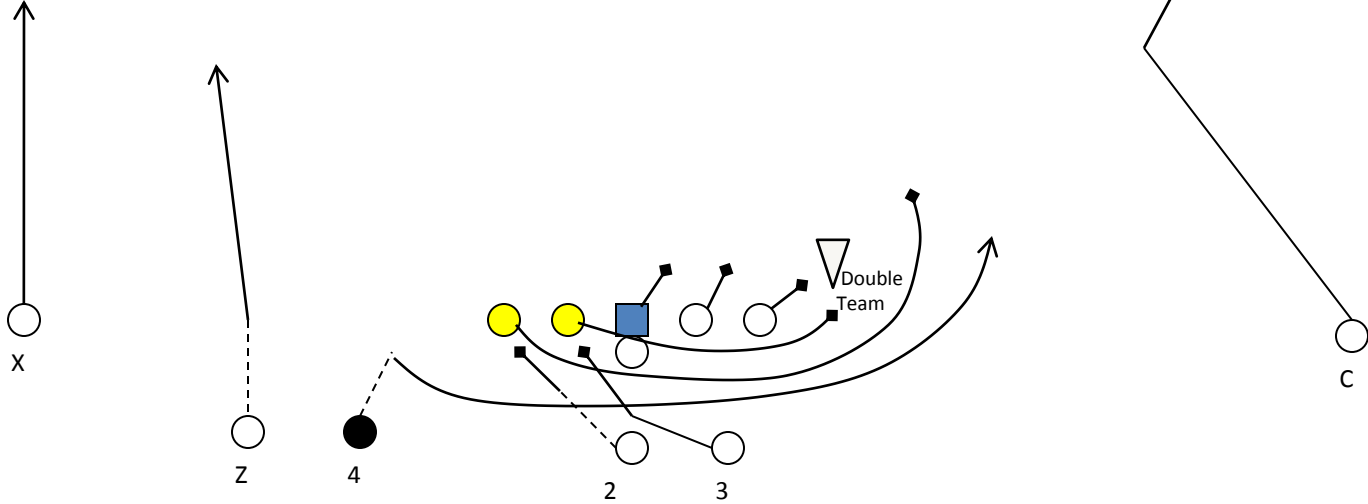
Off Set Left

30 Trap



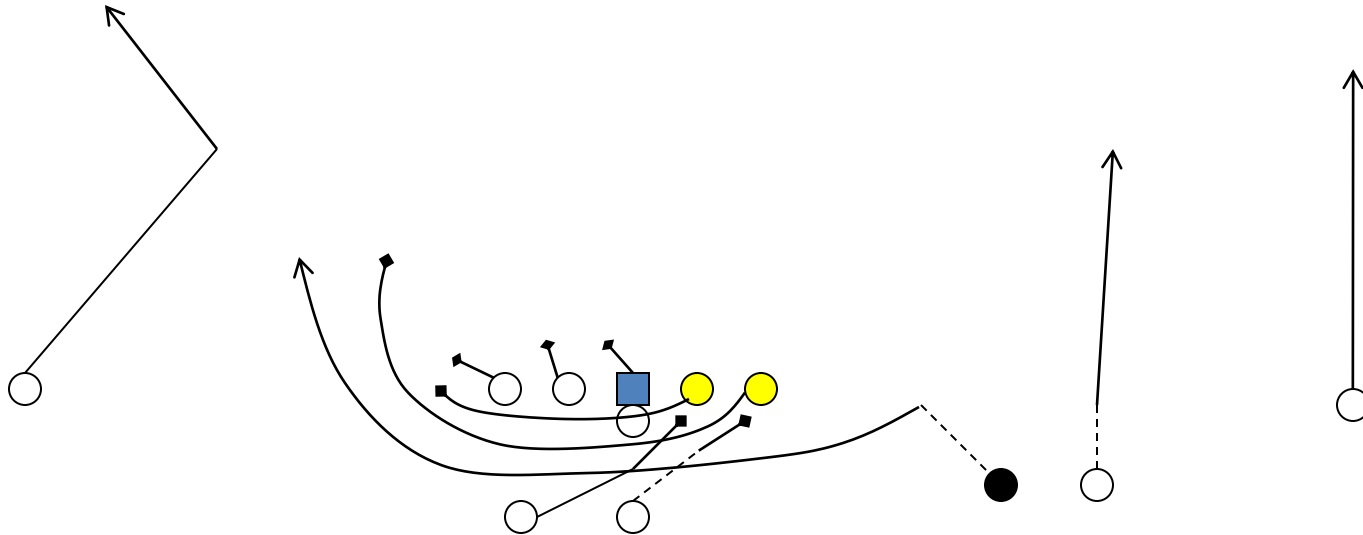
Off Set Right

PA 35 Lead – 48 Counter



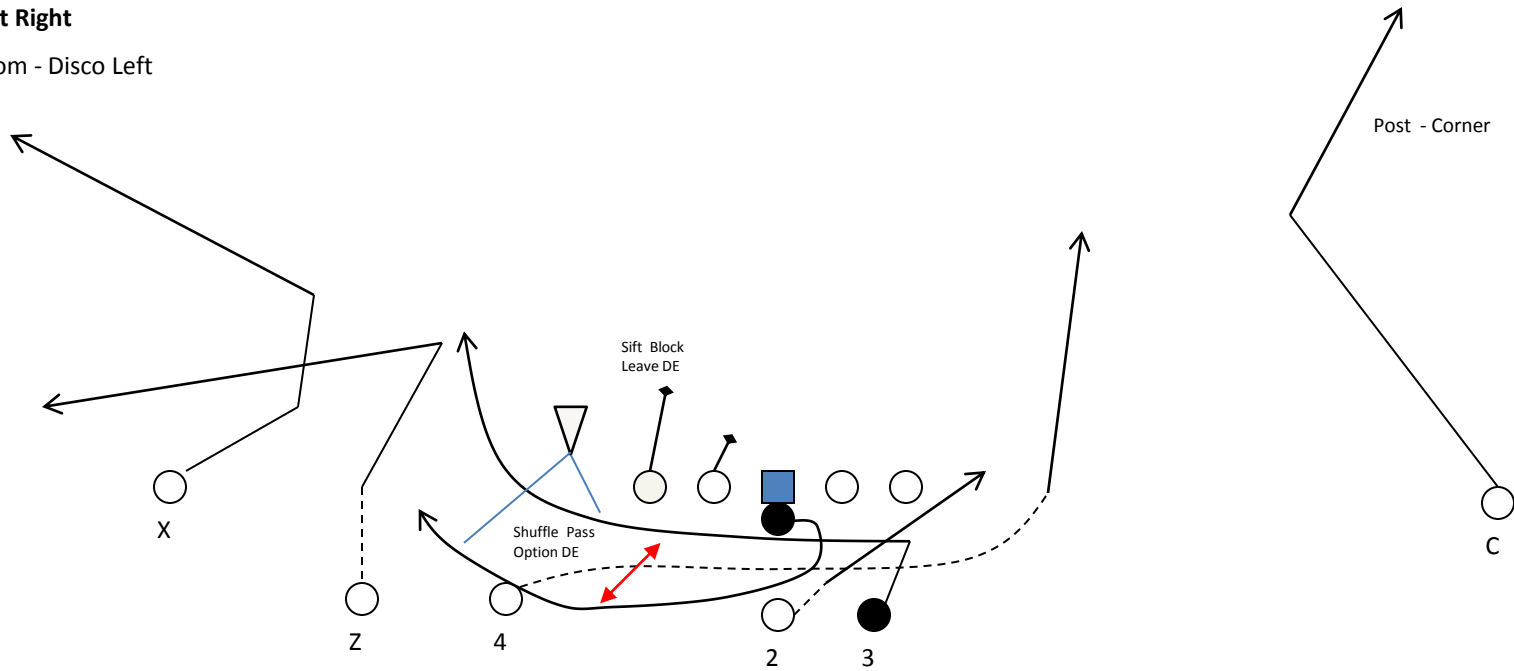
Off Set Left

PA 34 Lead – 49 Counter



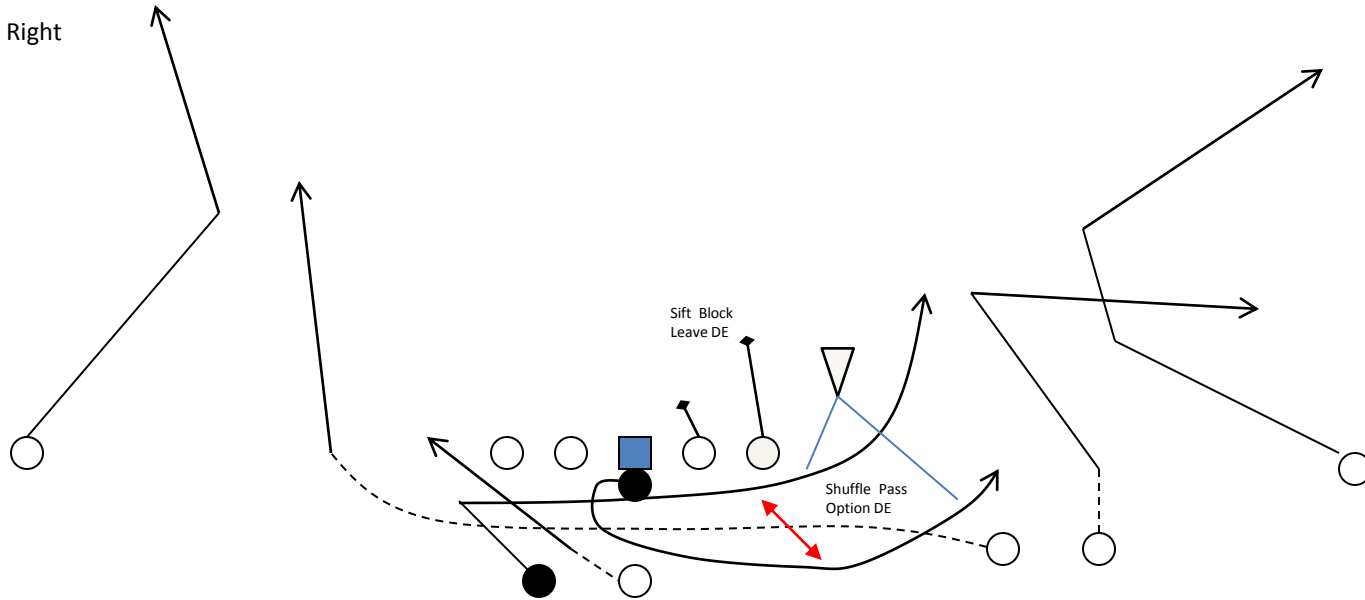
Off Set Right

40 Zoom - Disco Left



Off Set Left

40 Zoom - Disco Right



Spread Offense

OPTION SERIES

➤ Play Options

1) Renegade:

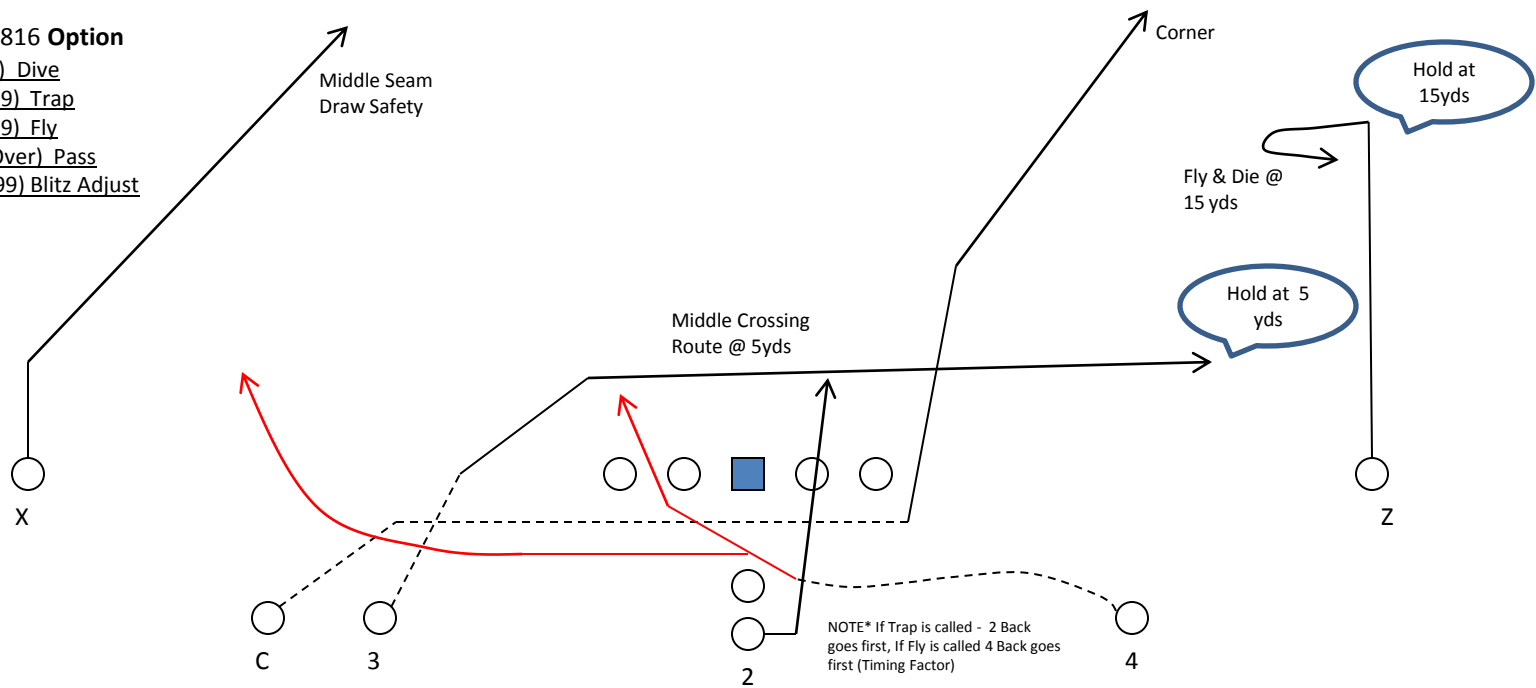
- i. 22 Dive – Audible 1-10
- ii. 43 Trap – Audible 13-19
- iii. 49 Fly – Audible 20-29
- iv. Pass Option – Audible 30's, 50's (Left side MAN COVERAGE patterns)
- v. Pass Option – Audible 40's, 60's (Right side ZONE COVERAGE patterns)
- vi. Blitz Recognition – Audible 80's Right Inside Receiver Quick Slant / 90's Left Inside Receiver Quick Slant
- vii. PA 24 Dive – 77548 QB Read Option Right

2) Jag:

- i. 22 Dive – Audible 1-10
- ii. 43 Trap – Audible 13-19
- iii. 49 Fly – Audible 20-29
- iv. Pass Option – Audible 30's, 50's (Left side MAN COVERAGE patterns)
- v. Pass Option – Audible 40's, 60's (Right side ZONE COVERAGE patterns)
- vi. Blitz Recognition – Audible 80's Right Inside Receiver Quick Slant / 90's Left Inside Receiver Quick Slant
- vii. PA 25 Dive – 85477 QB Read Option Left

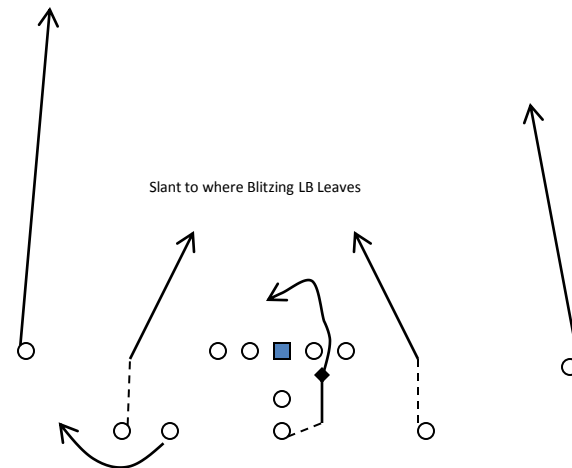
Jag - C Zoom 7816 Option

- 1) (Audible 1-10) Dive
- 2) (Audible 11-19) Trap
- 3) (Audible 20-29) Fly
- 4) (Audible 31-Over) Pass
- 5) (Audible 80-99) Blitz Adjust



Reads:

1. Defensive Line positioning – Identify bubble for “DIVE” option
2. “MAC” linebacker and DL alignment for “TRAP” option
3. Safety position IN/OUT of “box” and positioning for depth & coverage
4. Motion reaction by defensive players – MAN or ZONE coverage
5. Back Side Defensive End & Will LB for “FLY” Option
6. Blitz with LB’s – Identify location of threat, move RB for max protection and Audible for Quick Hot Routes
7. Audible call – Colour/Number (1-10) (13-19) (20-29) Etc.



Spread Offense

- PRIMARY RECEIVER
- SECONDARY RECEIVER
- THIRD – SAFETY RECEIVER

PASSING GAME

➤ Play Options

1) Renegade:

- i. 4C Change – 39939 Over Under
- ii. 4C Change – 96969 FDOB
- iii. 40 Zoom – 96271 Out
- iv. 40 Crack – 96137 Triple Cross
- v. 30 Zoom – 76990 Hitch
- vi. 4C Change – 71209 Cowboy Bubble Screen

2) Jag:

- i. 30 Zoom – 71286 Out
- ii. 40 Zoom – 96527 Out
- iii. 30 Zoom – 71875 Corner
- iv. C Zoom – 97259 Arrow
- v. C Zoom – 1709 Cowboy End Around
- vi. C Zoom – PA C/B End Around 48917 Boot Left

3) Cobra:

- i. 78477 – Double Slant
- ii. 79469 Sprint Out Right
- iii. All Go – 20 Draw
- iv. 90920 – 30 Middle Screen or Z Hitch
- v. 34 Zoom – 95271 Out
- vi. 71193 – 20 Bump

4) Stack Right:

- i. 30 Zoom (Protect) – 30178 Double Cross
- ii. 71850 - Z Hitch
- iii. **Stack Left:** 40 Zoom (Protect) - 17803 Double Cross
- iv. **Stack Left:** 85017 Hitch

5) Pro / Off Set :

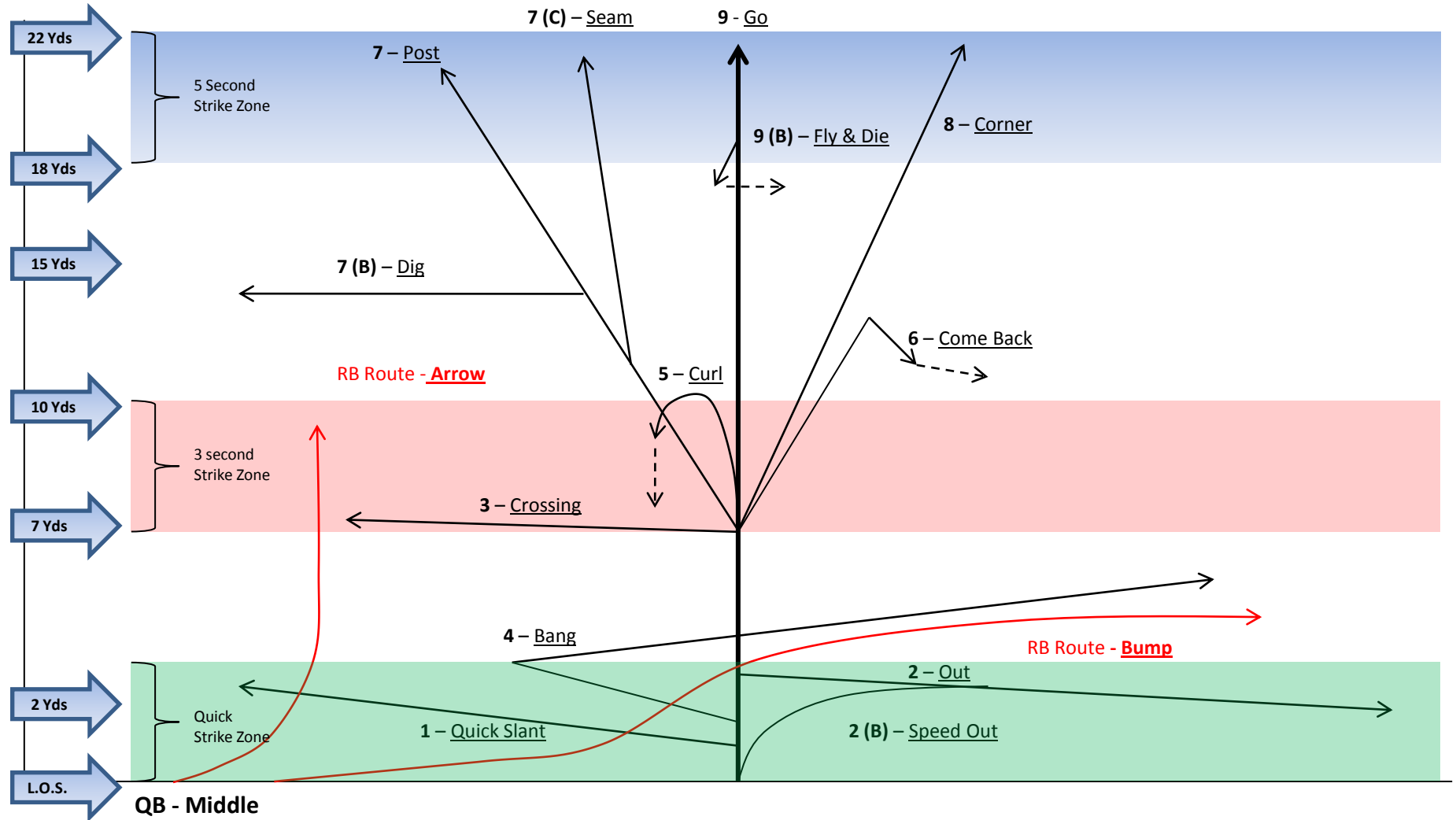
- i. 30 Zip – 57810 Corner
- ii. 30 Zip – 07829 Fly & Die
- iii. 8138 - 3 Arrow & 2 Bump Left
- iv. PA 25 - 7145 Boot Right
- v. C Zoom – 6680 39 Swing / 2 Back Bump
- vi. PA 34 – 5417 Boot Left

6) I Formation / Off Set:

- i. PA 35 – 9637 Double Bump
- ii. PA 35 – 7145 Boot Right
- iii. PA 34 – 5417 Boot Left

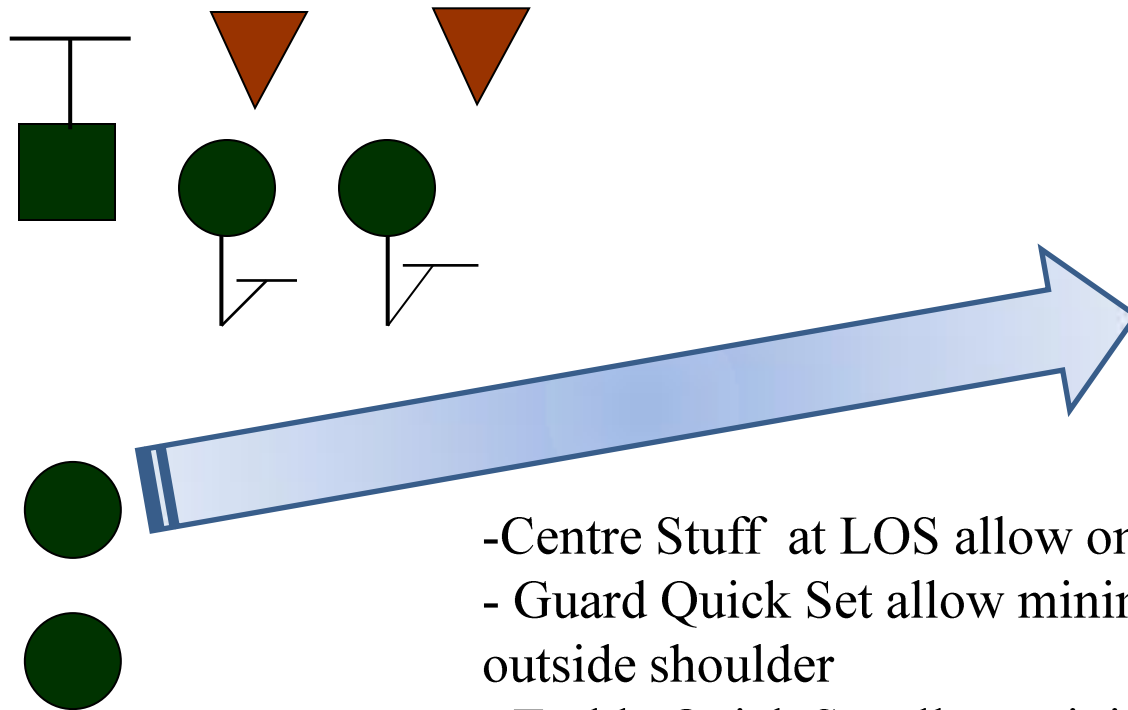
Spread Offense

PASSING TREE



Pass Blocking – Passing Lanes

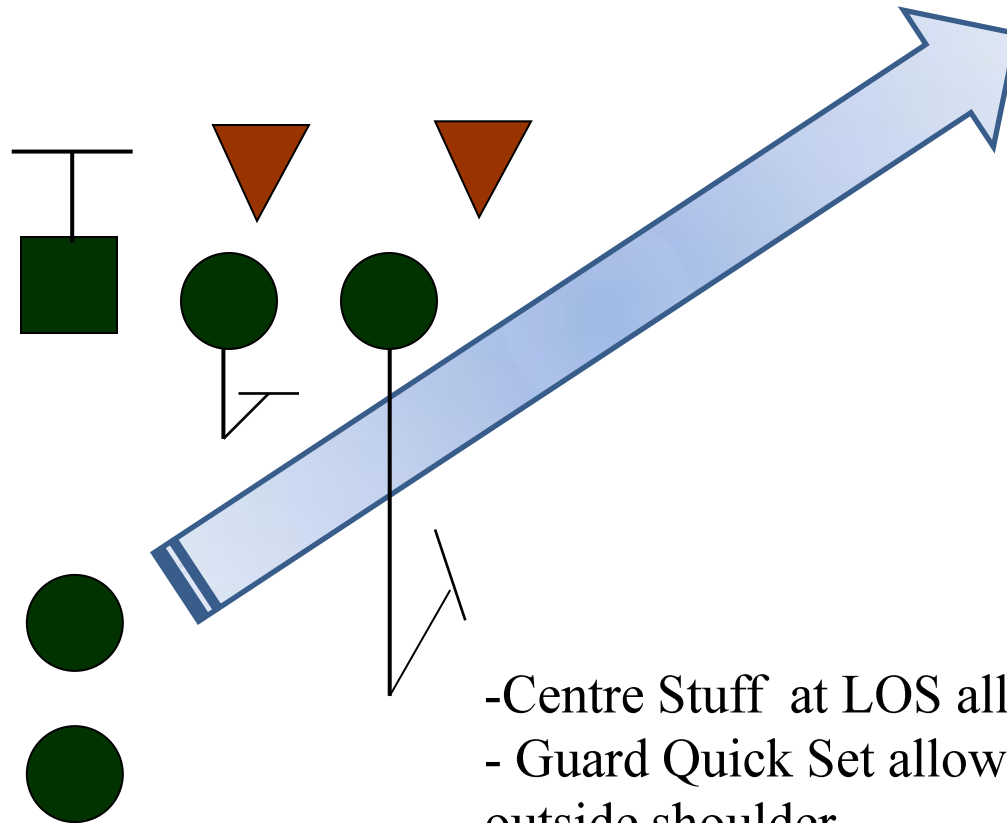
Coaching Points – 1 Step Quick – “Hitch & Slant”



- Centre Stuff at LOS allow only straight push
- Guard Quick Set allow minimum push to outside shoulder
- Tackle Quick Set allow minimum push to outside shoulder

Pass Blocking – Passing Lanes

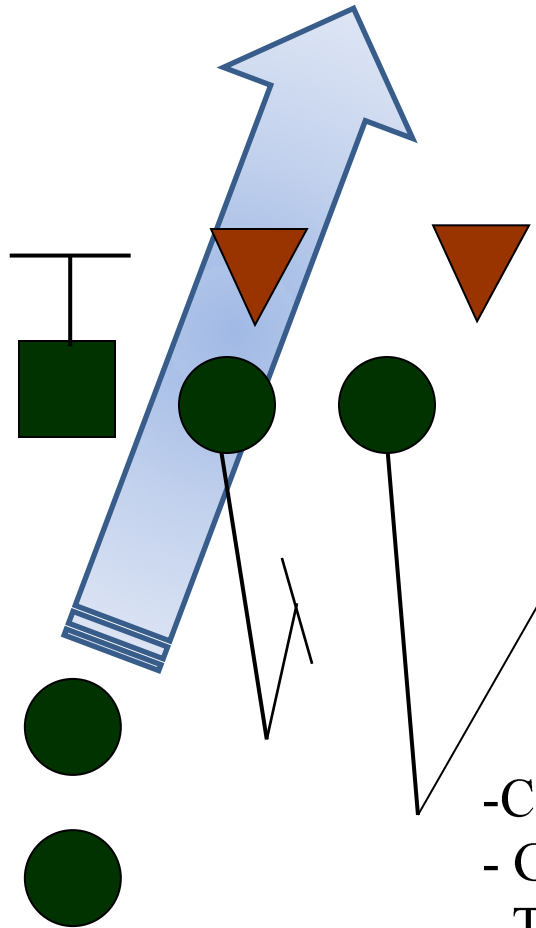
Coaching Points – 3 Step Quick – “Outs”



- Centre Stuff at LOS allow only straight push
- Guard Quick Set allow minimum push to outside shoulder
- Tackle kick step, run defender past QB set point

Pass Blocking – Passing Lanes

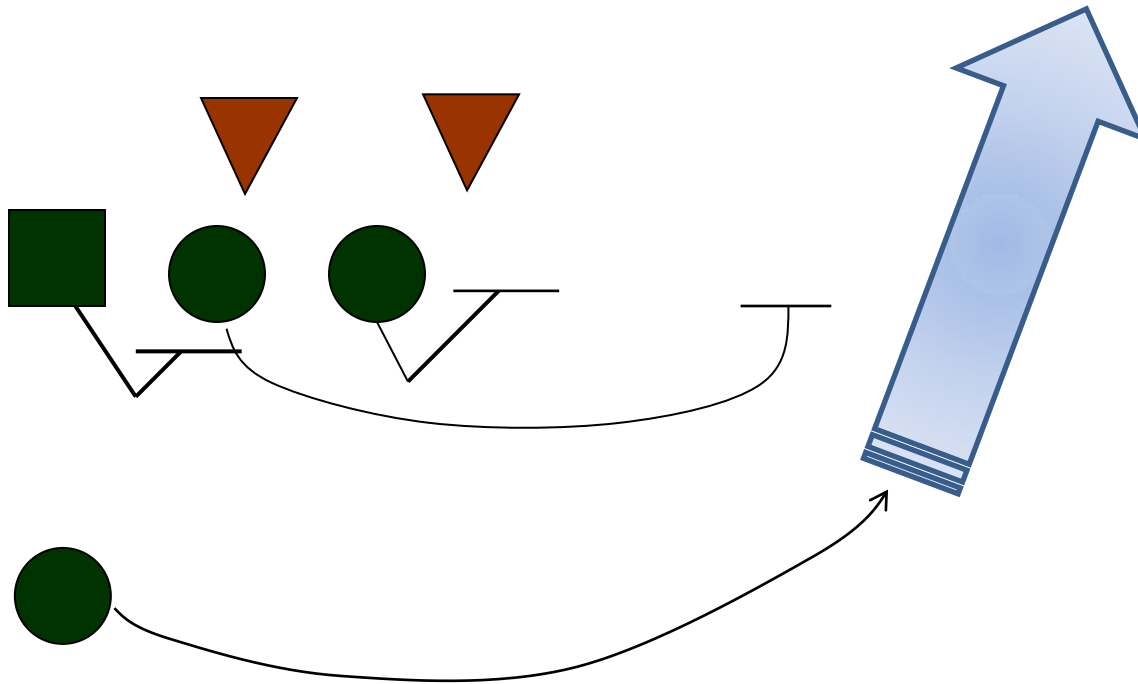
Coaching Points – 5 & 7 Step – “Deep & Middle”



- Centre Stuff at LOS allow only straight push
- Guard kick step, run defender past QB set point
- Tackle kick step, run defender past QB set point

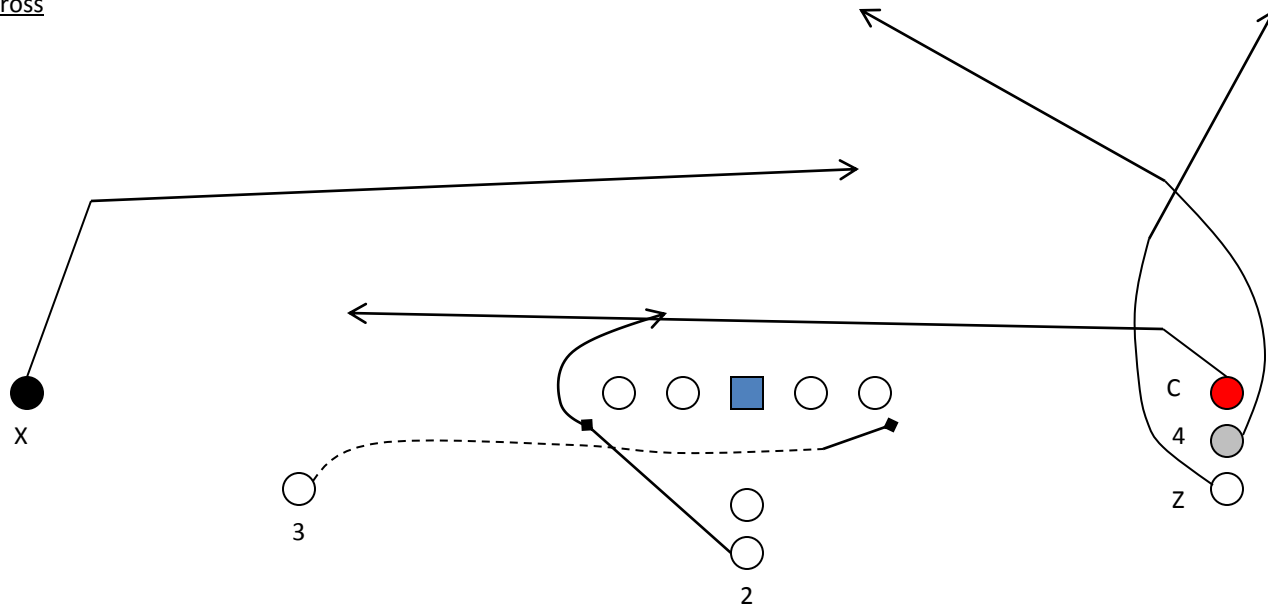
Pass Blocking – Passing Lanes

Coaching Points – Boot or Sprint Out – “Pass on the Run”

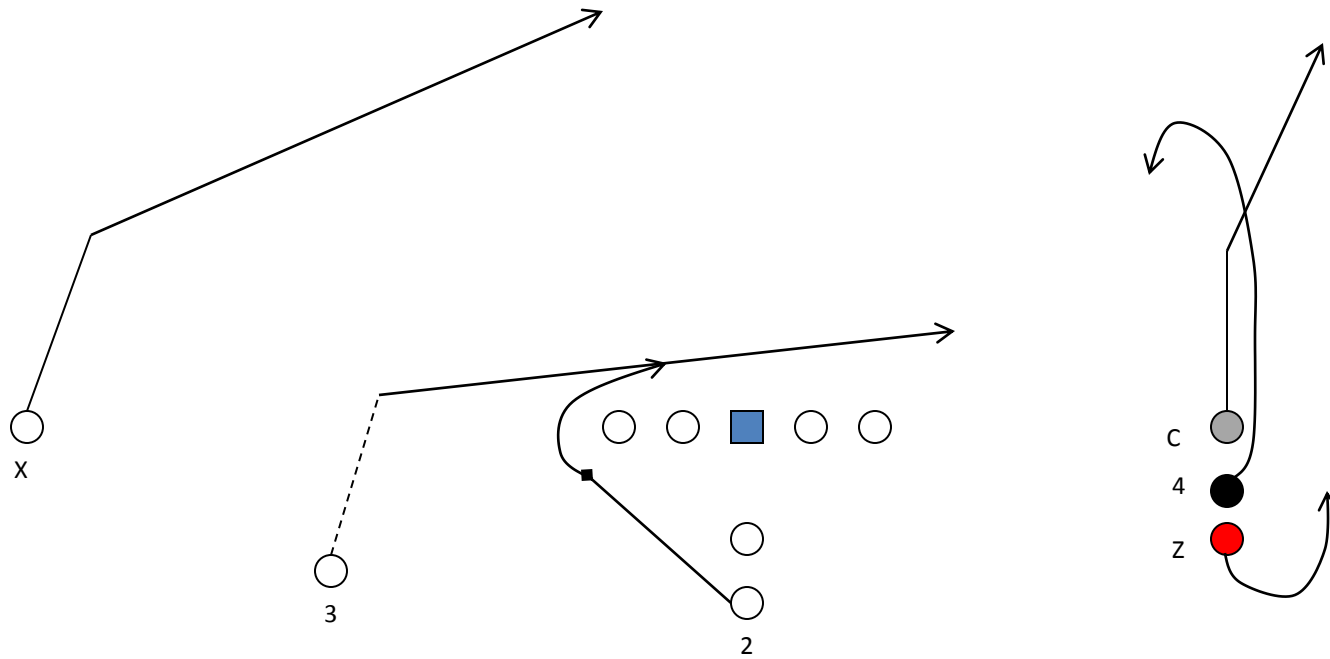


- Centre retreat block – control penetration & move down LOS
- Guard long pull out to pick up threat – do not cross LOS
- Tackle retreat block – control penetration & move down LOS

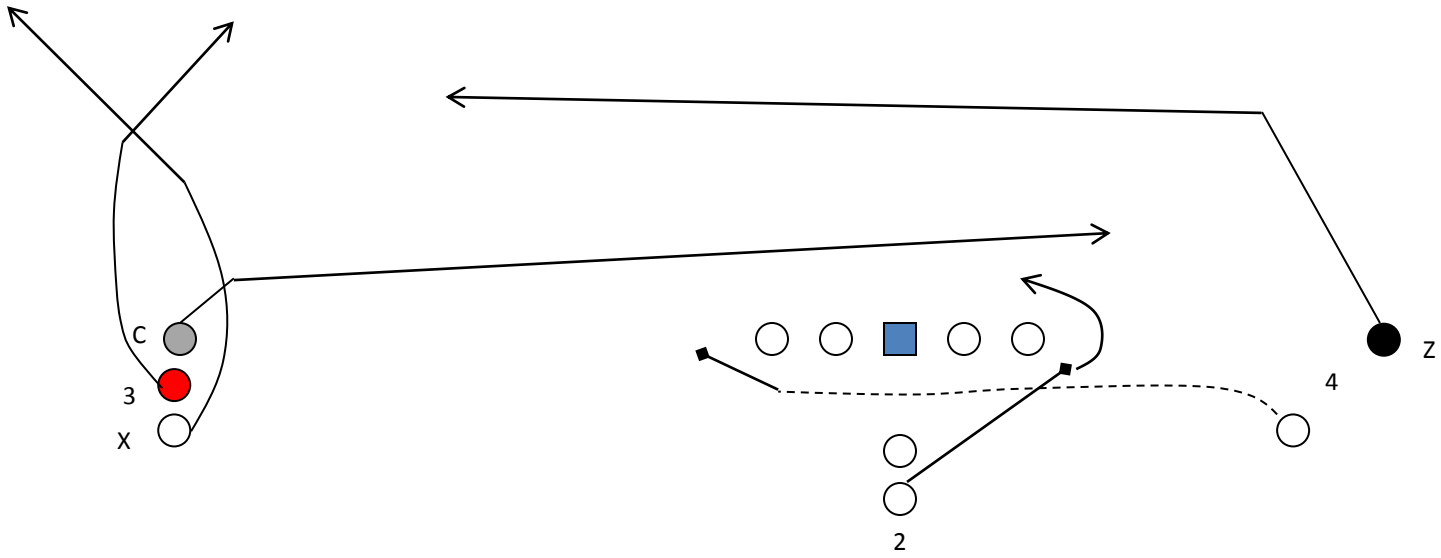
Stack Right – 30 Zoom Protect
30178 Double Cross



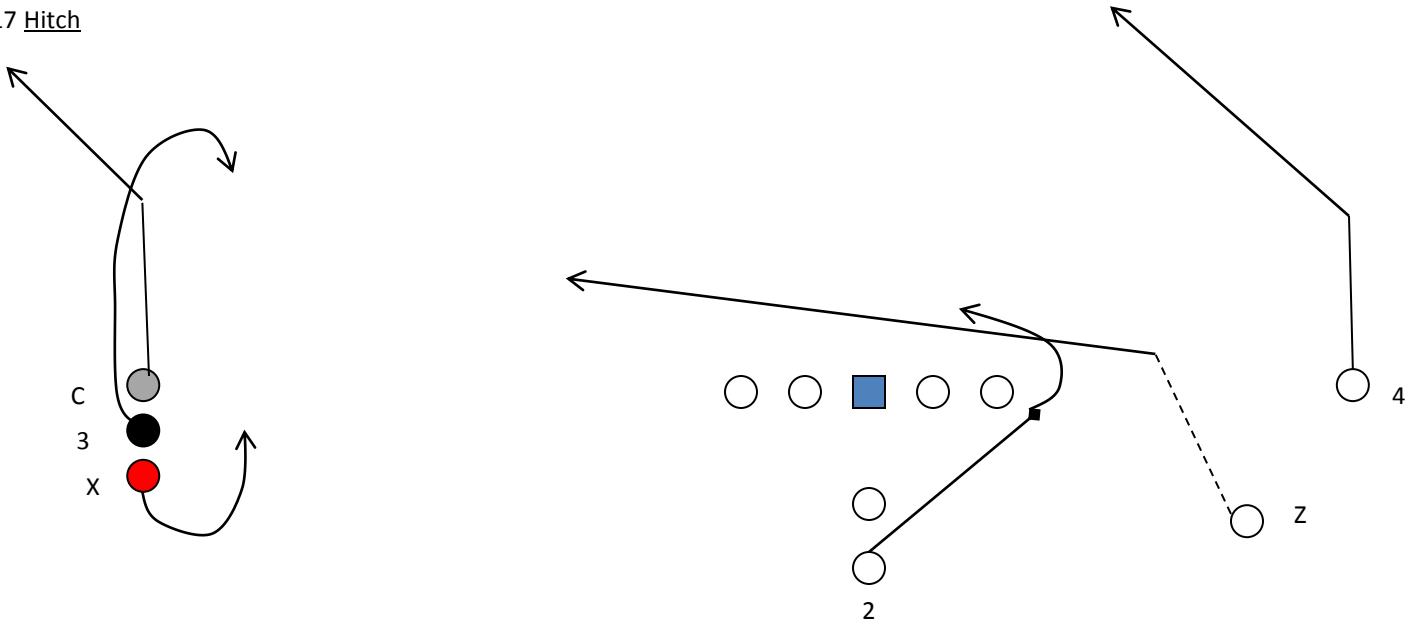
Stack Right
71850 Hitch



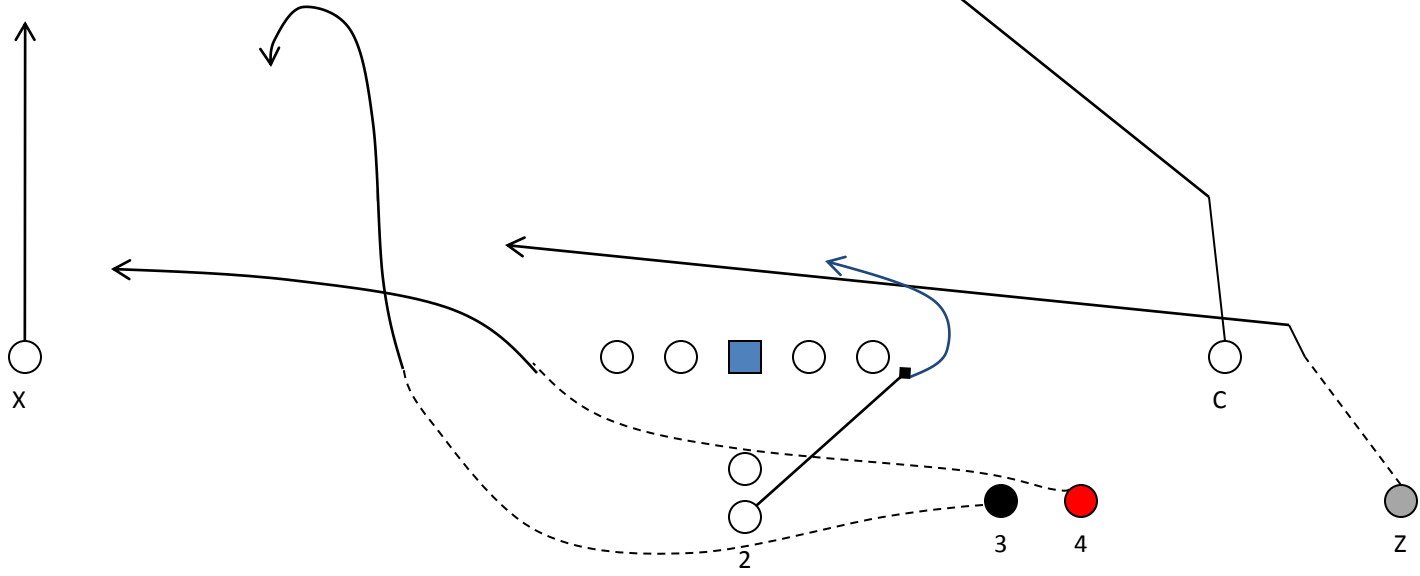
Stack Left – 40 Zoom Protect
17803 Double Cross



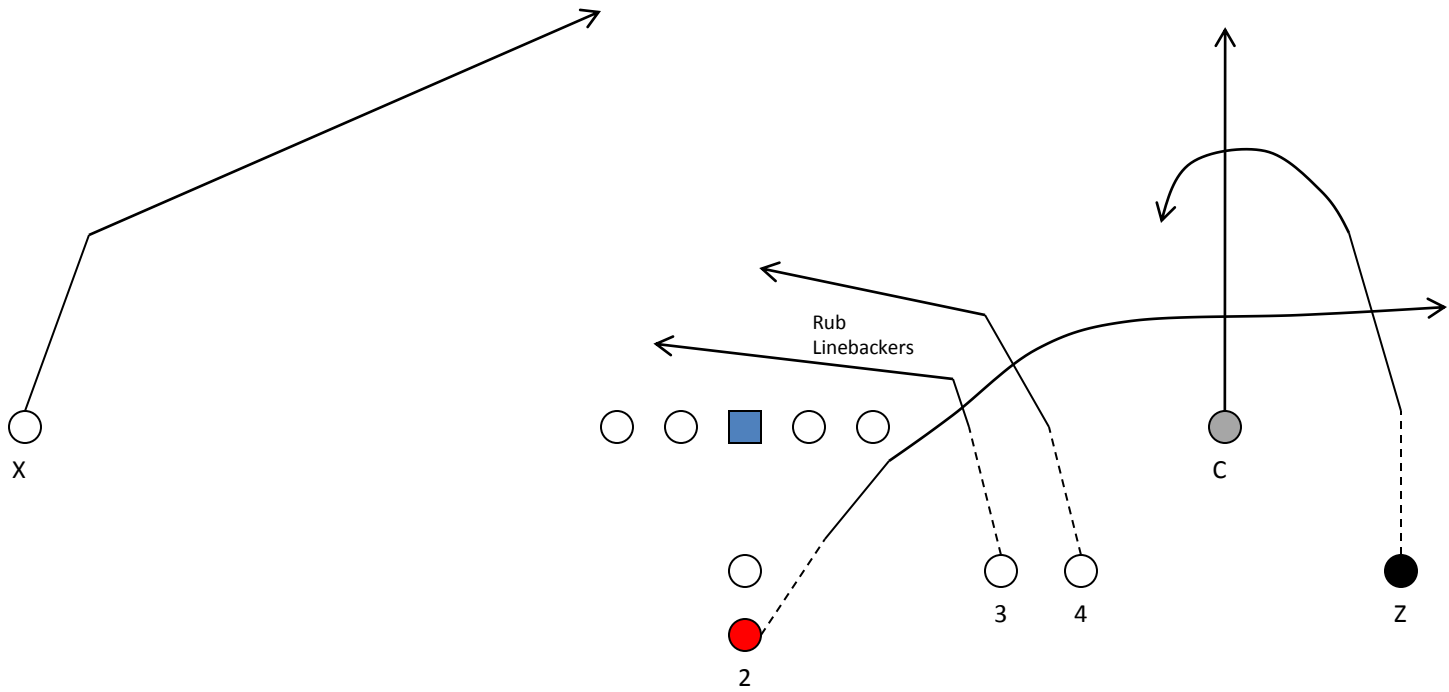
Stack Left
85017 Hitch



Cobra – 34 Zoom
95271 Out

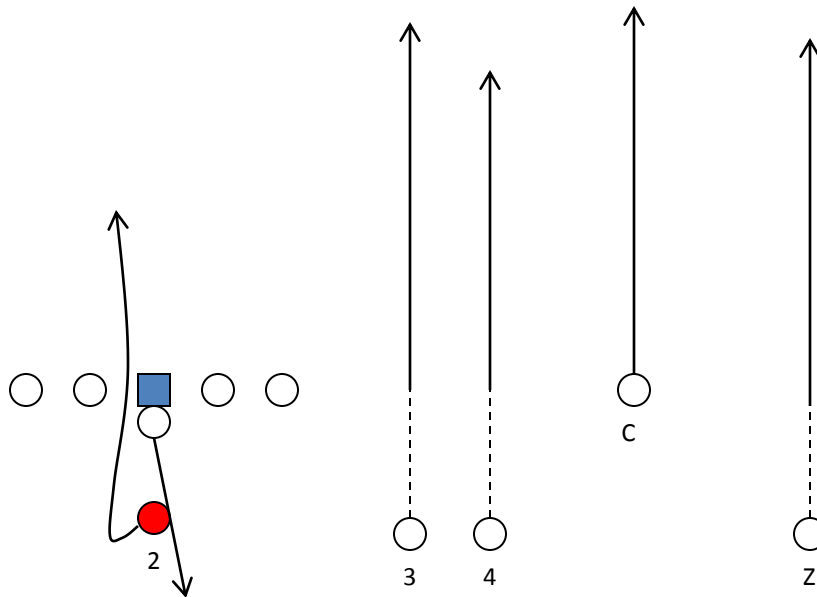


Cobra
71193 20 Bump



Cobra

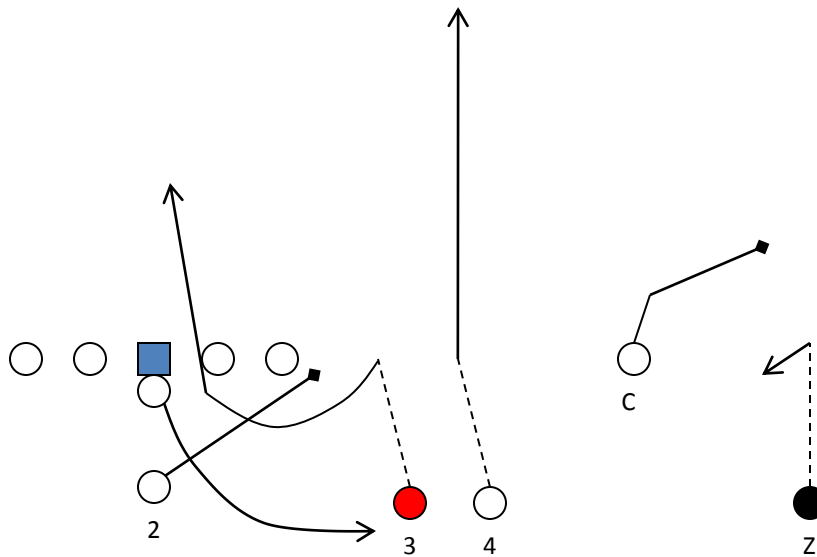
All Go 20 Draw



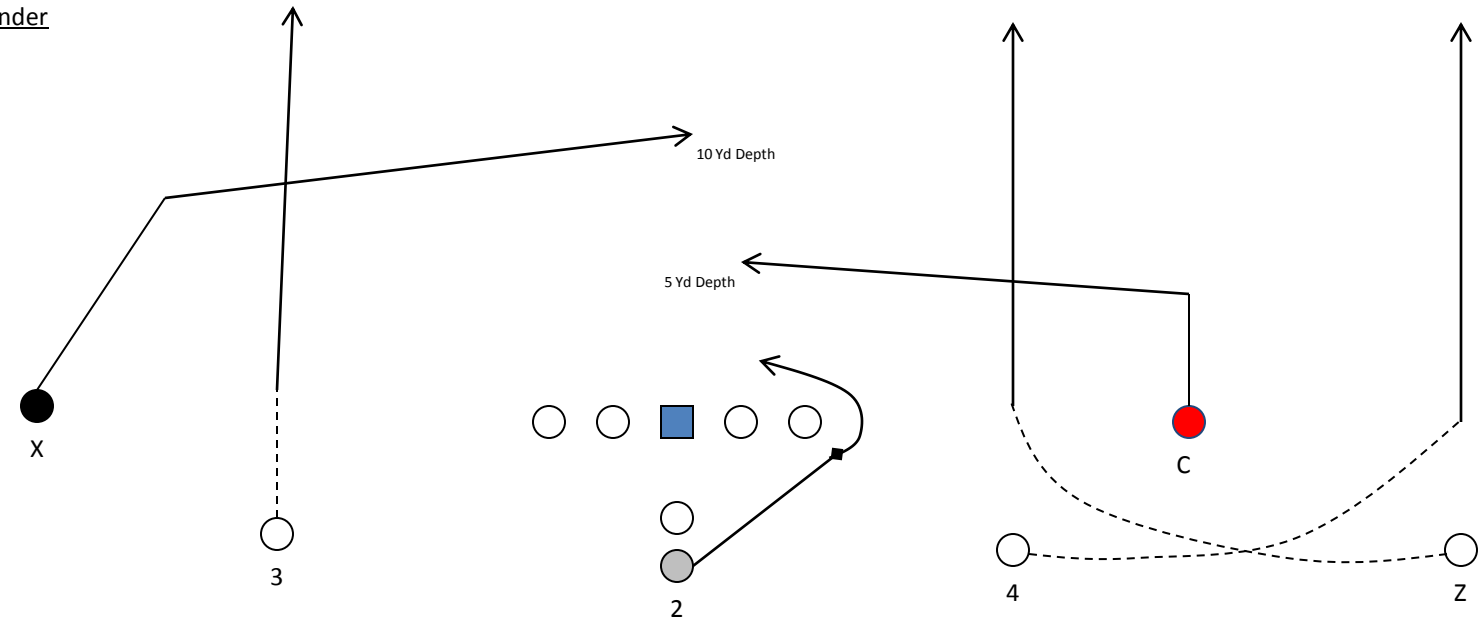
Cobra

90920 30 Screen or Z Hitch

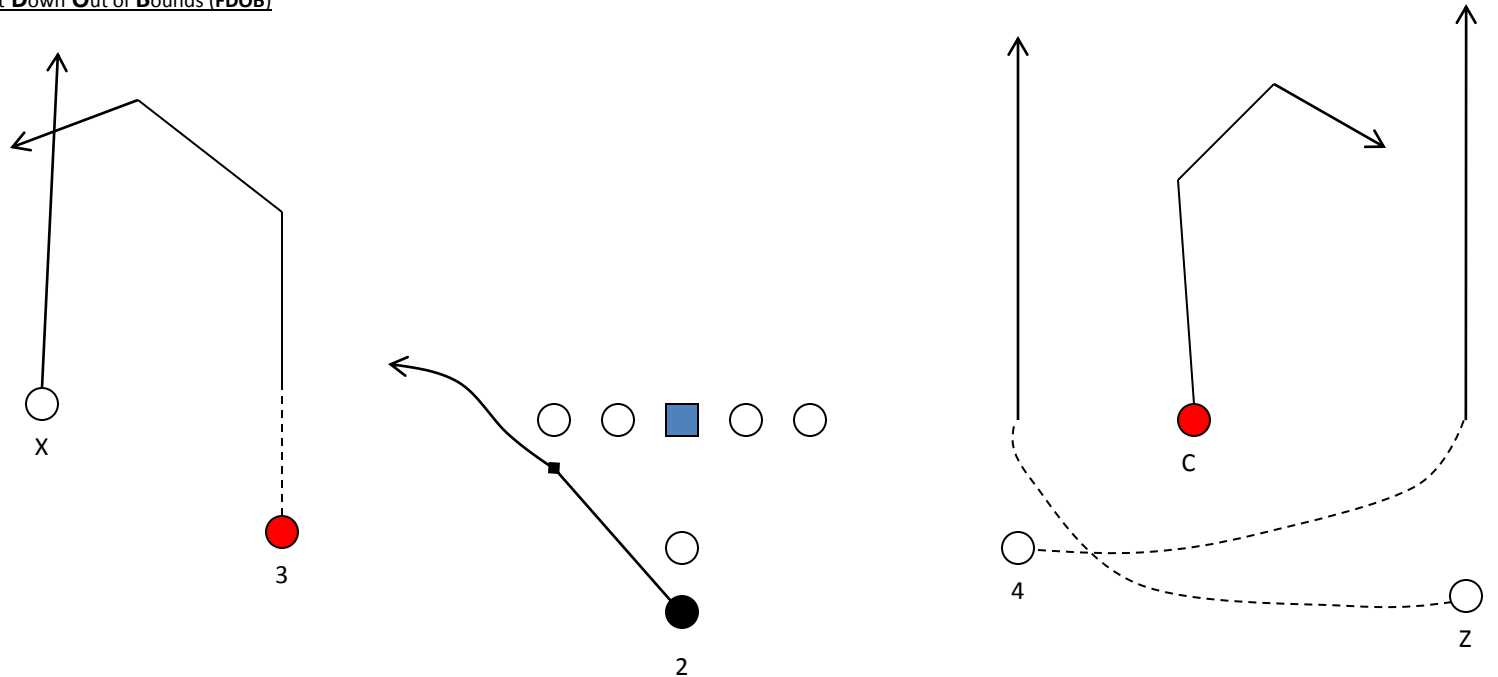
***Note: QB to check Corner depth for read



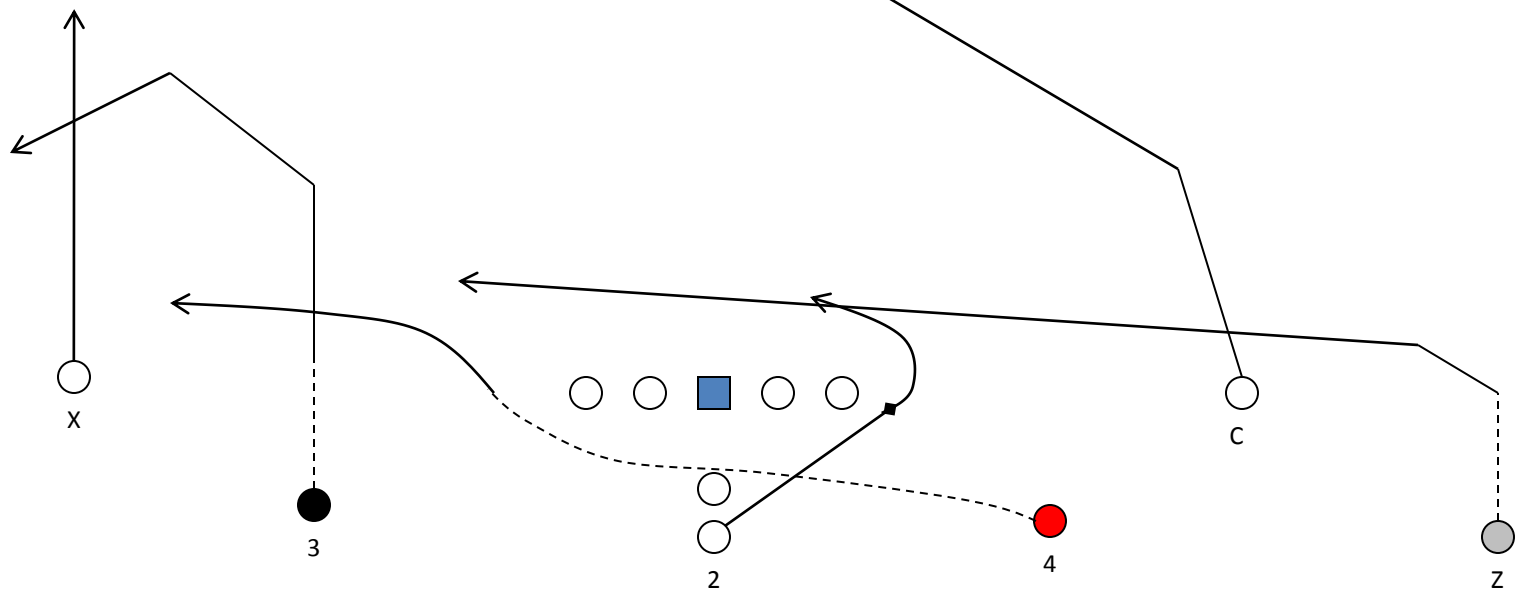
Renegade – 4Z Change
 39939 Over Under



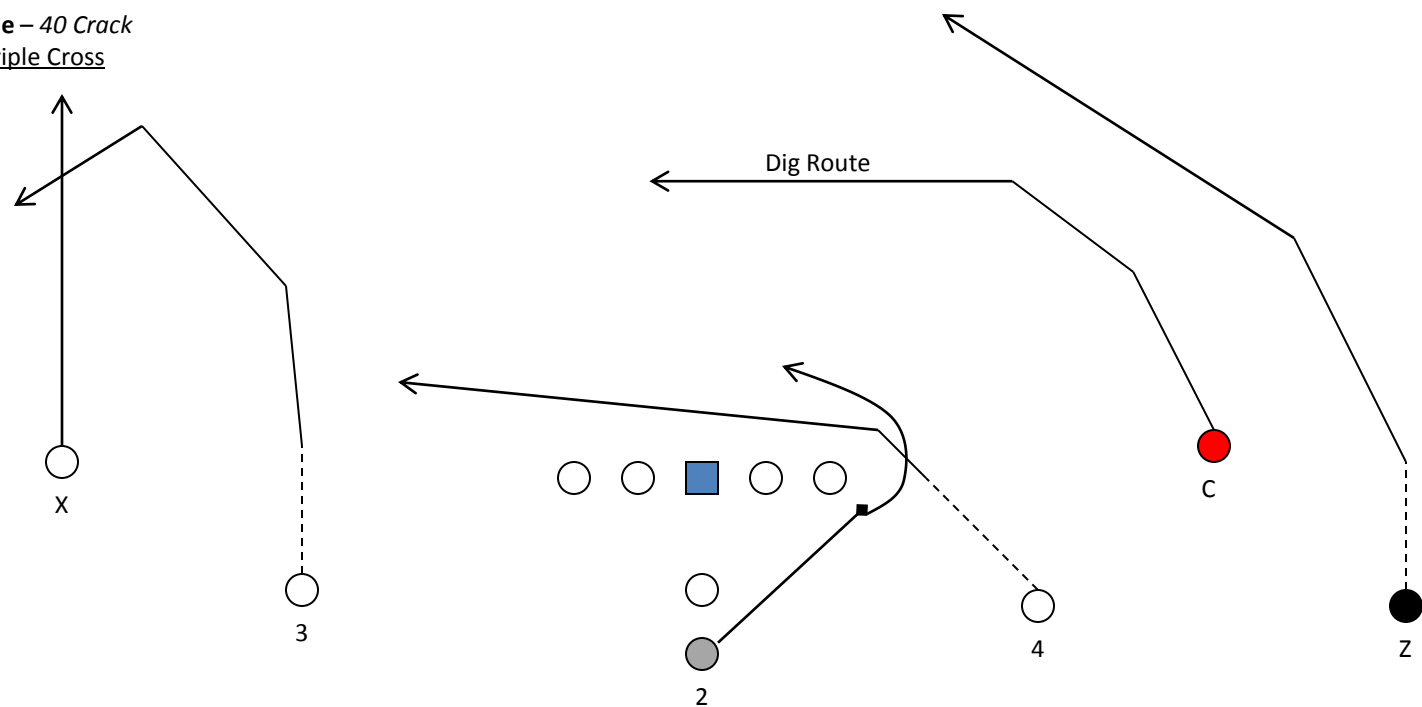
Renegade – 4Z Change
 96969 First Down Out of Bounds (FDOB)



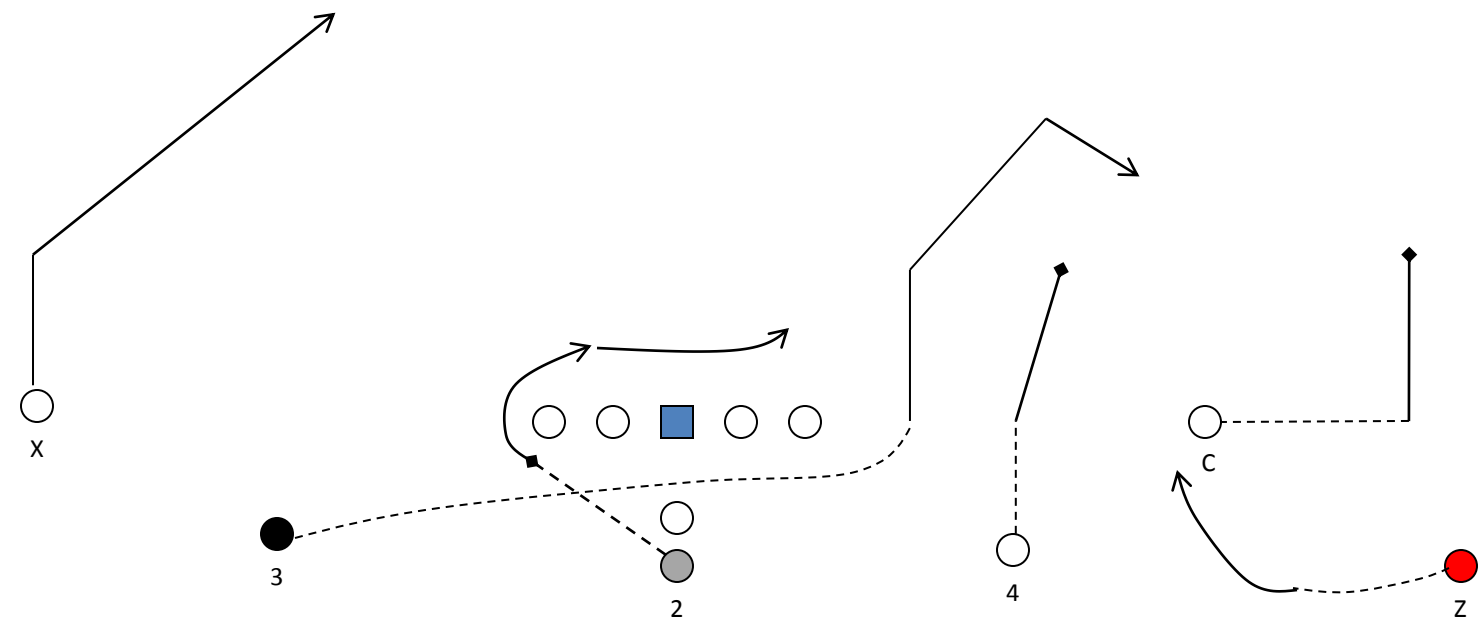
Renegade – 40 Zoom
96271 Out



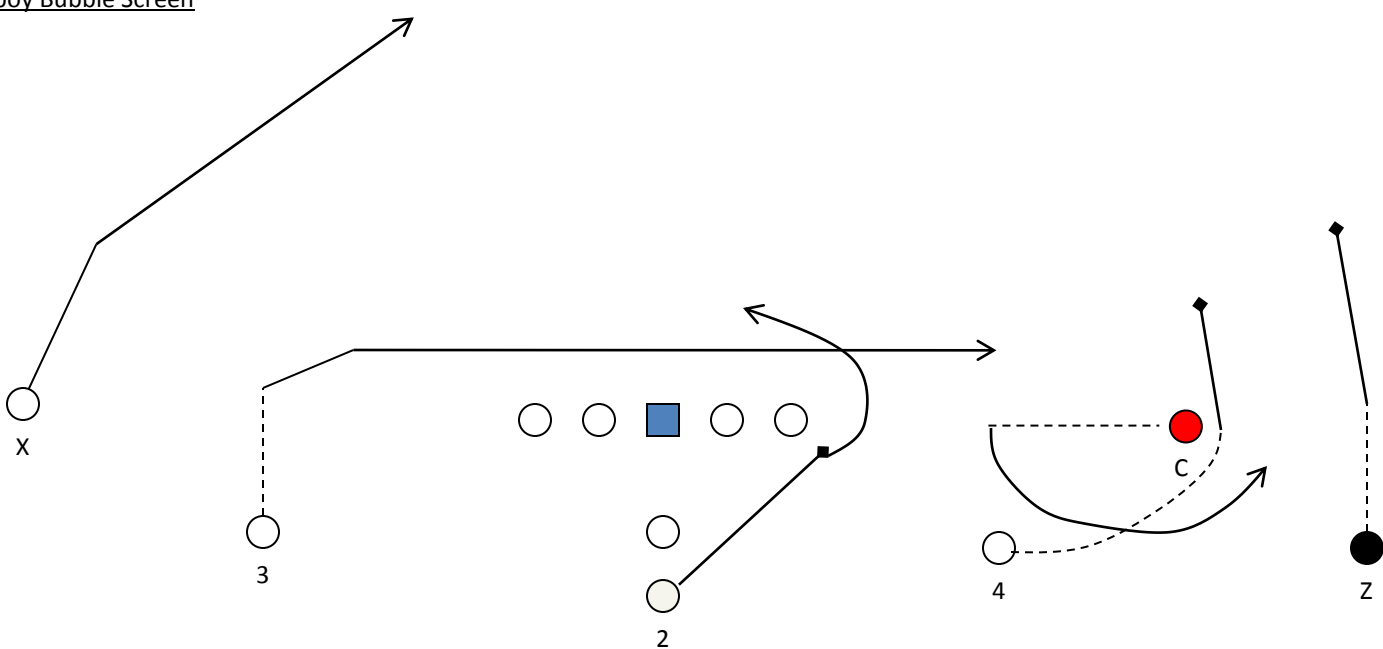
Renegade – 40 Crack
96177 Triple Cross



Renegade – 30 Zoom / CZ Change
76990 Hitch

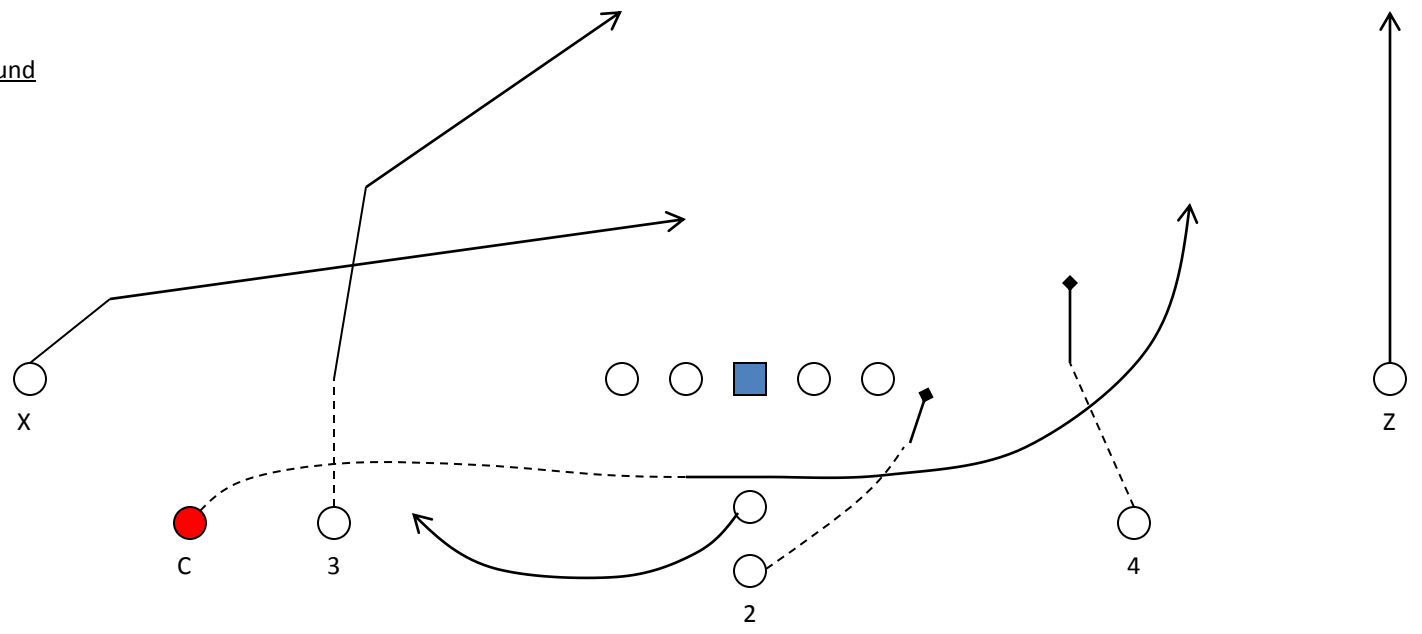


Renegade - 4C Change
71209 Cowboy Bubble Screen

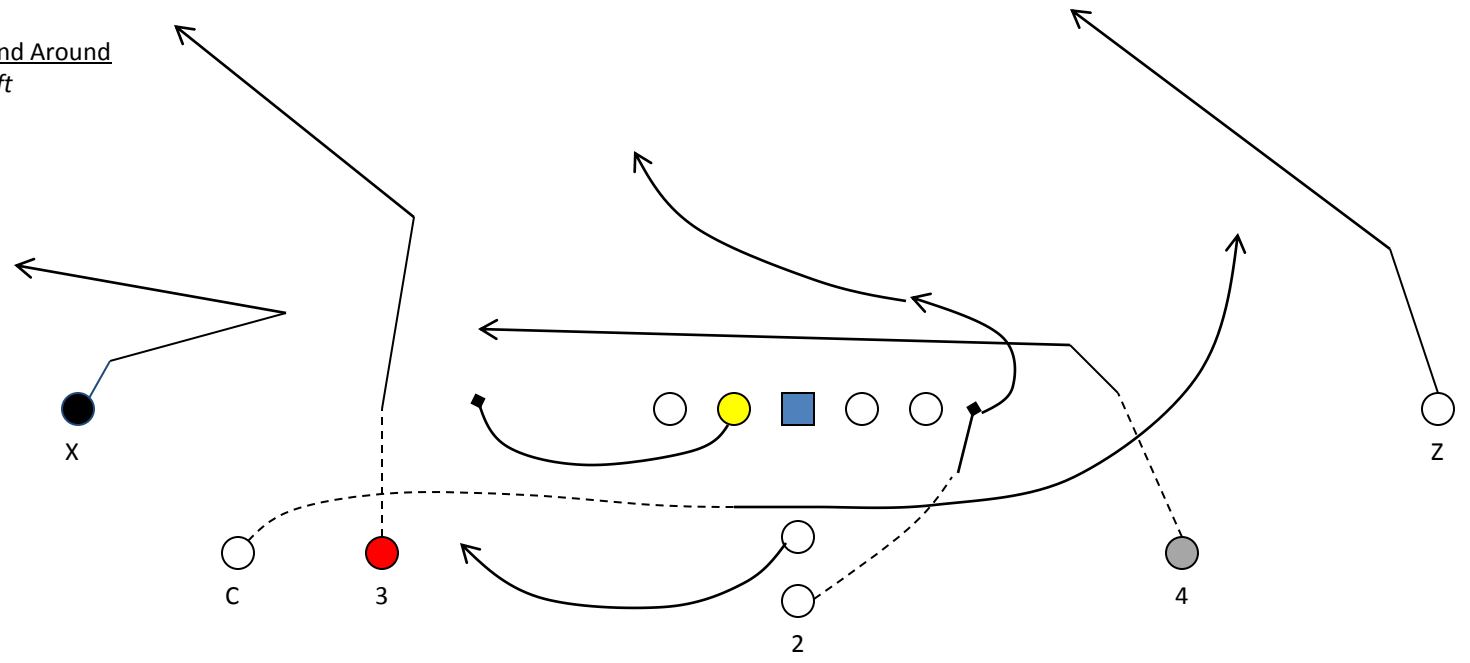


Jag – C Zoom
Cowboy End Around

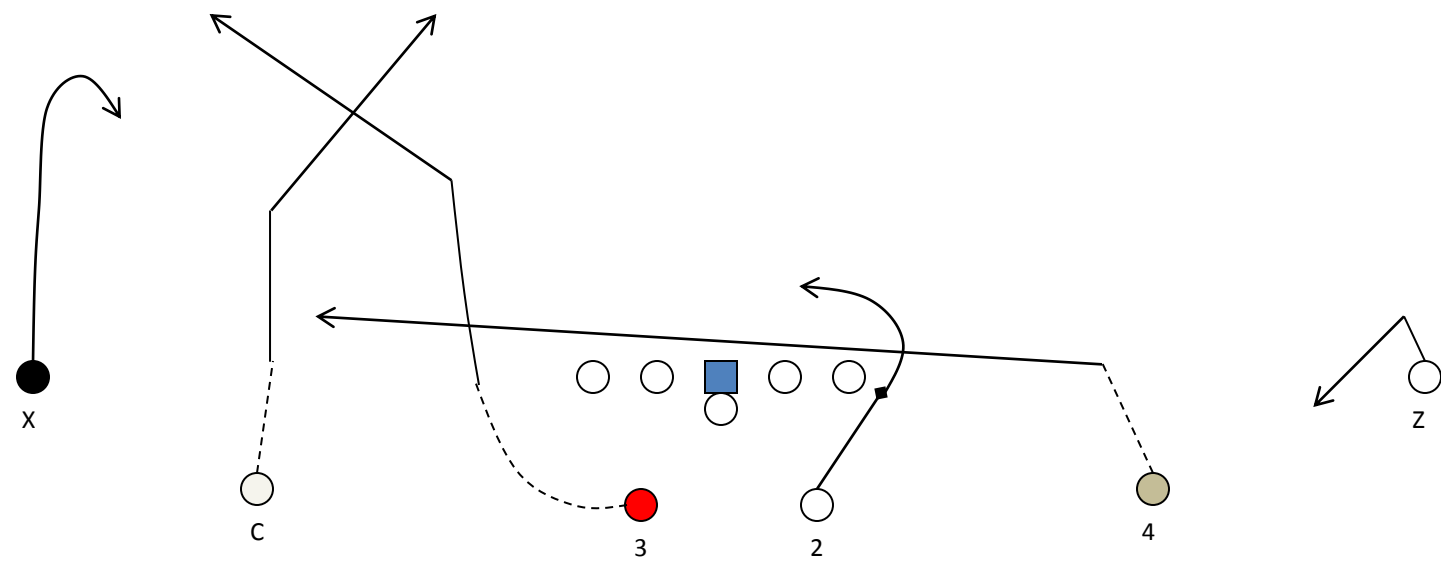
(NOTE: Cadence on "SET")



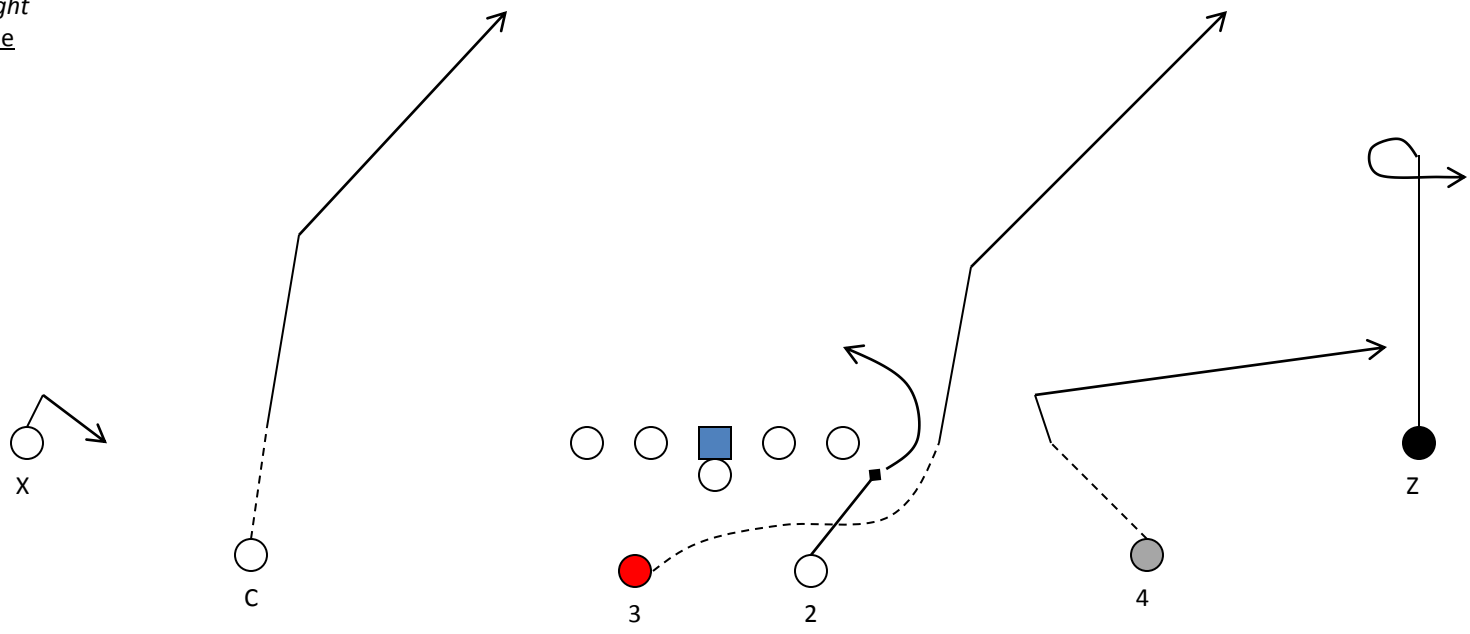
Jag – C Zoom
PA- Cowboy End Around
48917 Boot Left



Pro – 30 Zip
57810 Corner

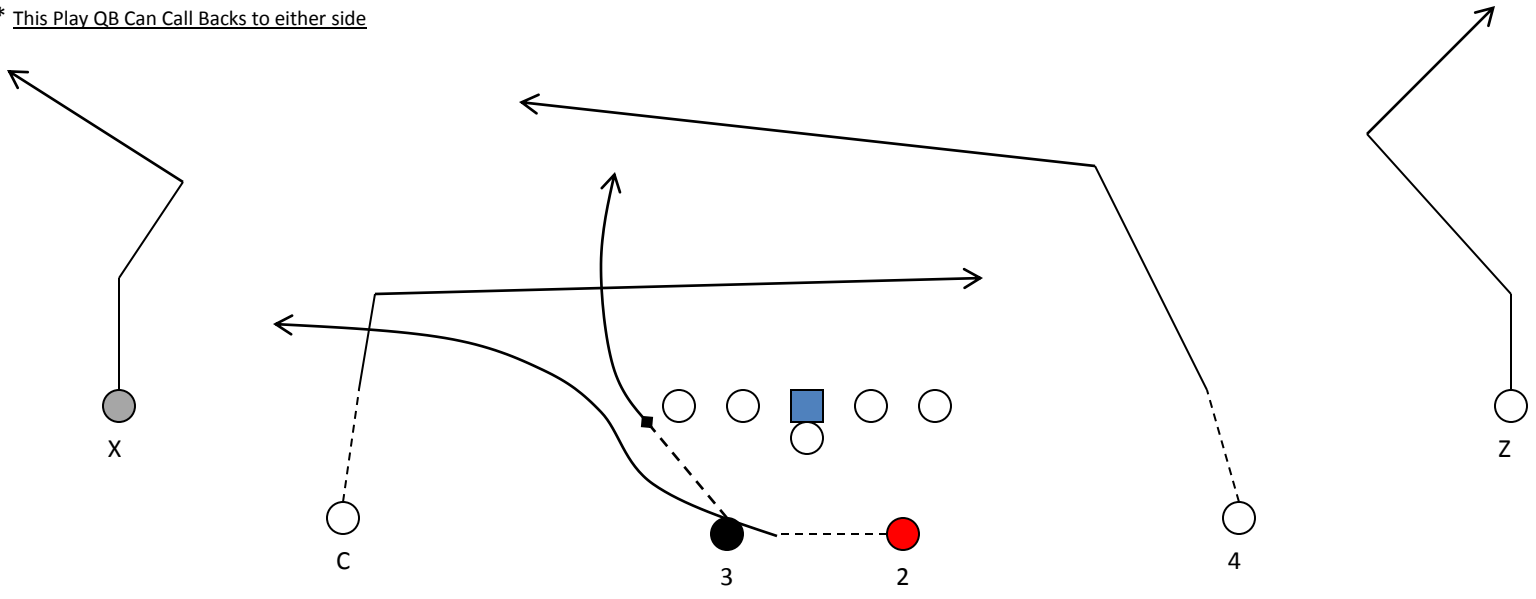


Pro – 30 Zip Right
07829 Fly & Die



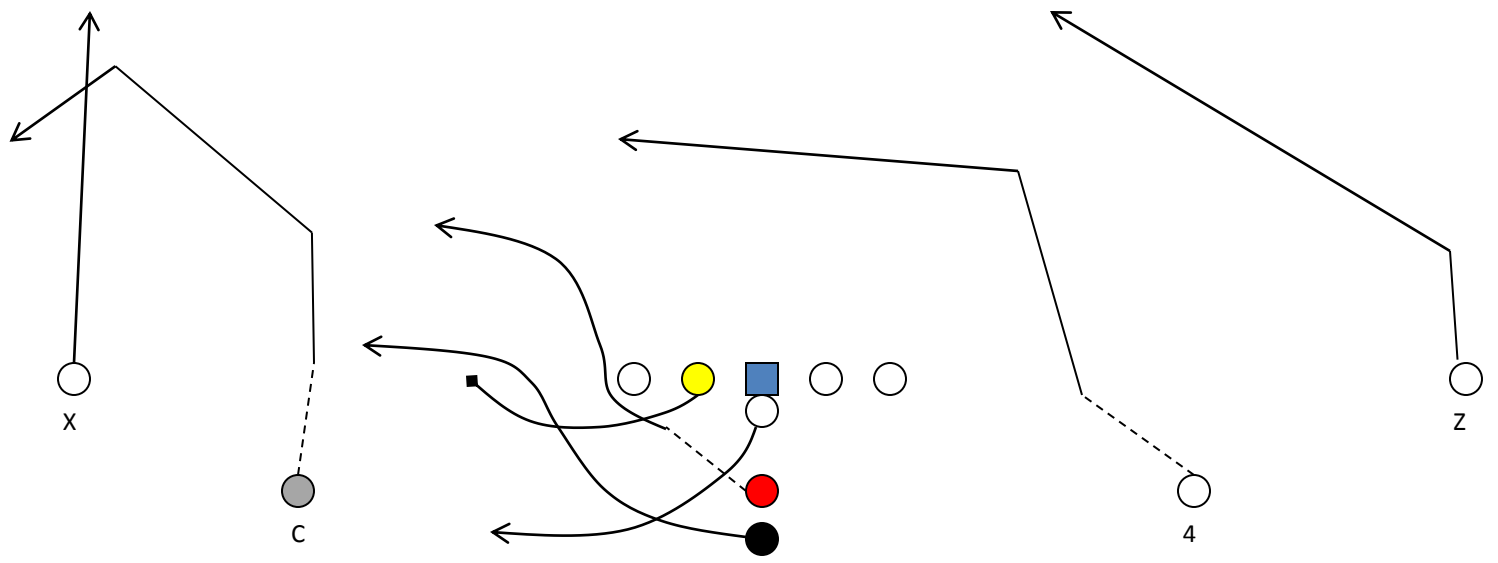
Pro or Off Set Left – 3 Arrow / 2 Bump (Left)

8138 ****** This Play QB Can Call Backs to either side

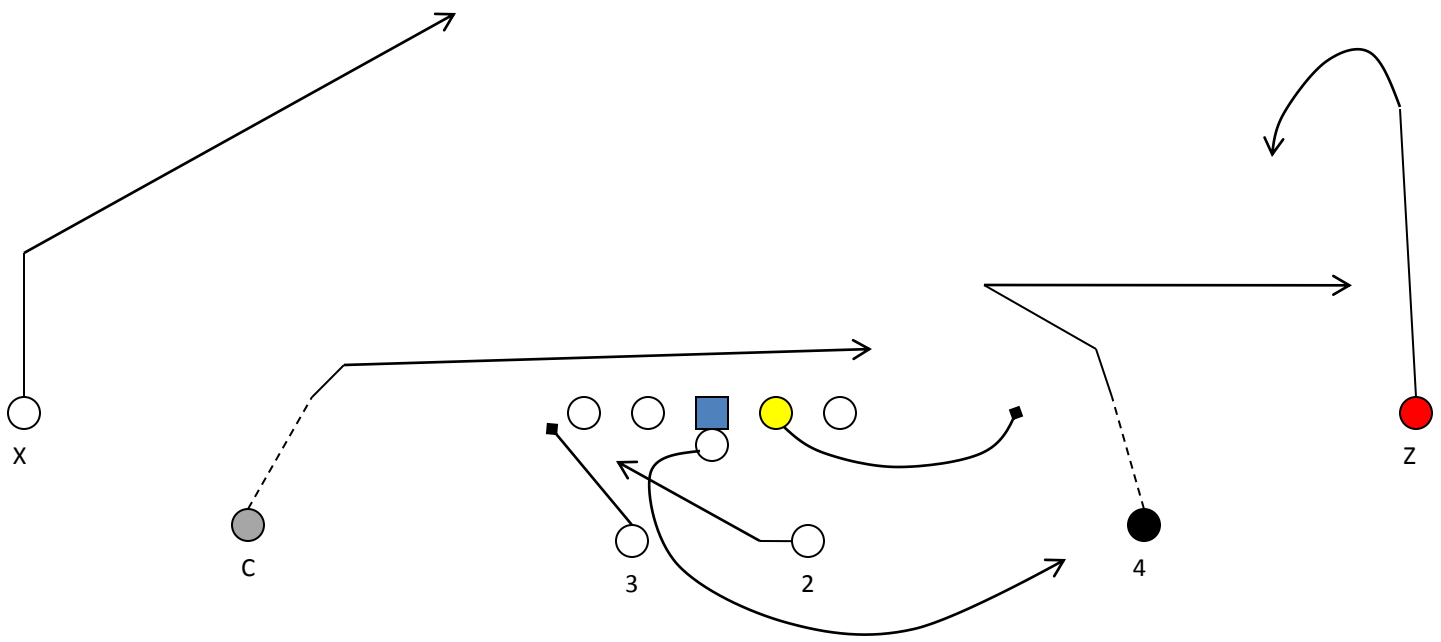


I Formation – PA 35

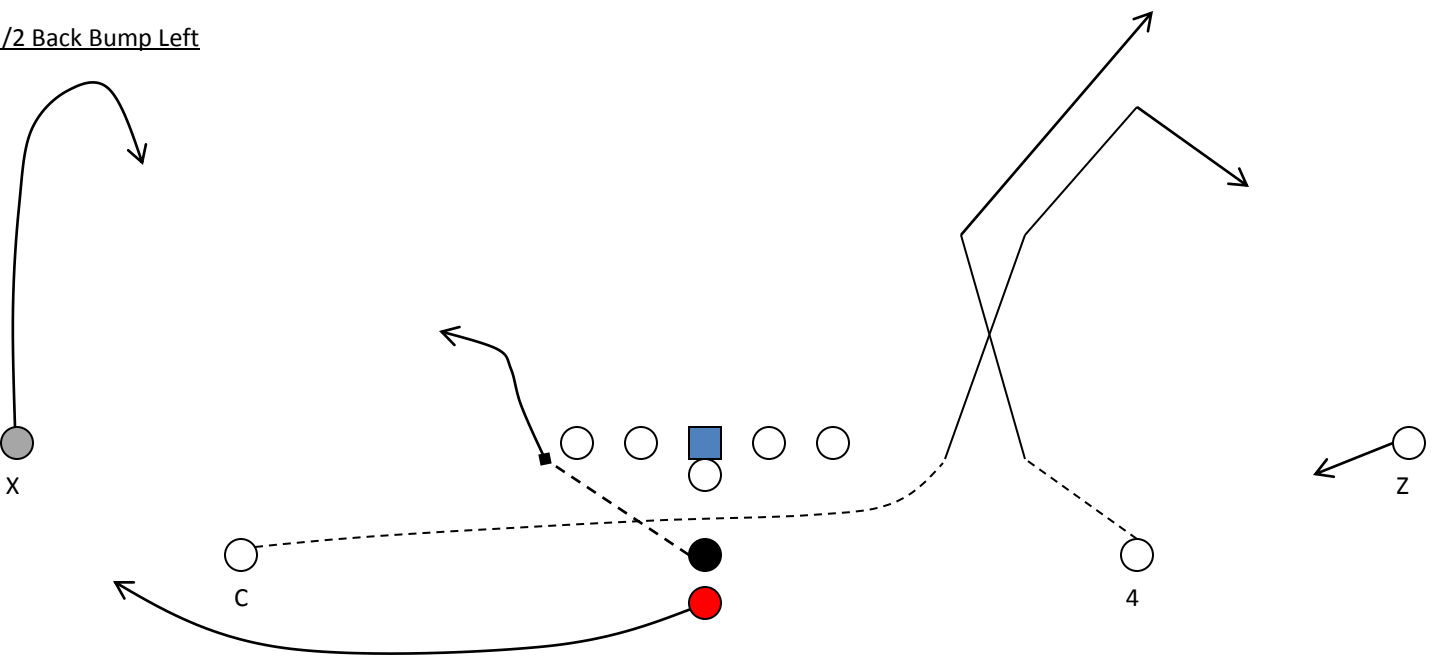
9637 Double Bump – Sprint Out



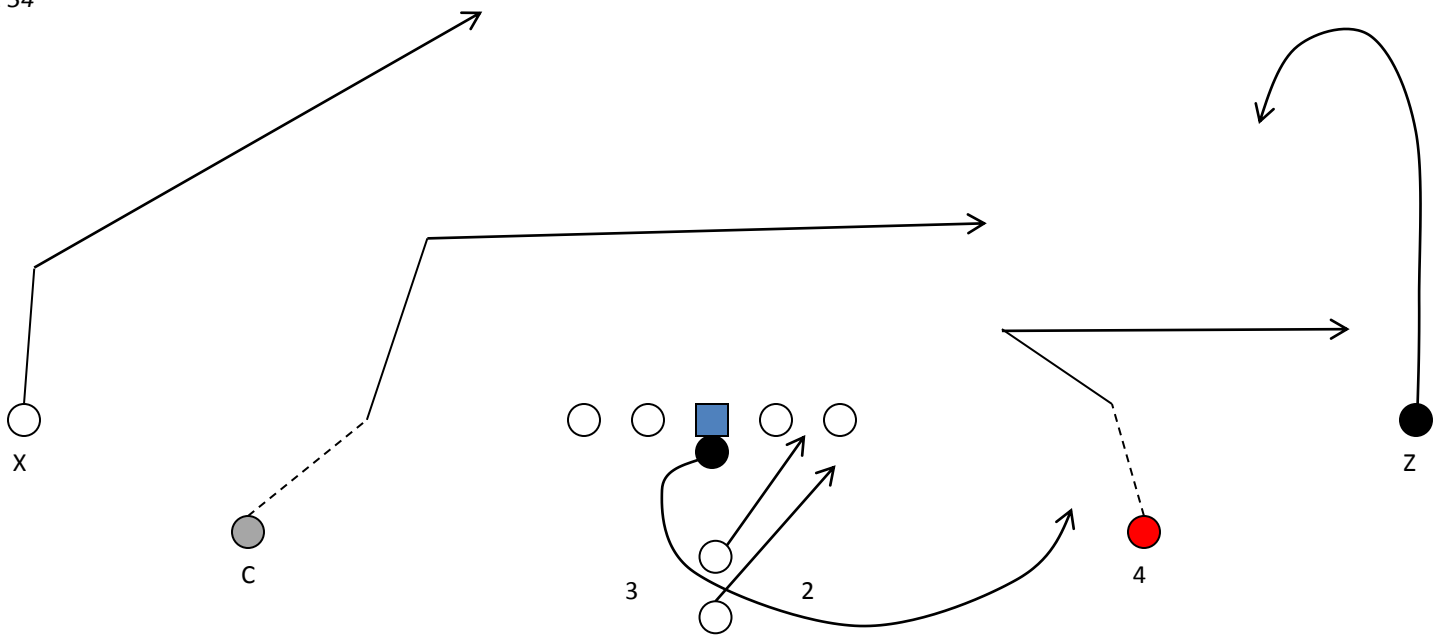
Pro - PA 25
7145 Boot Right



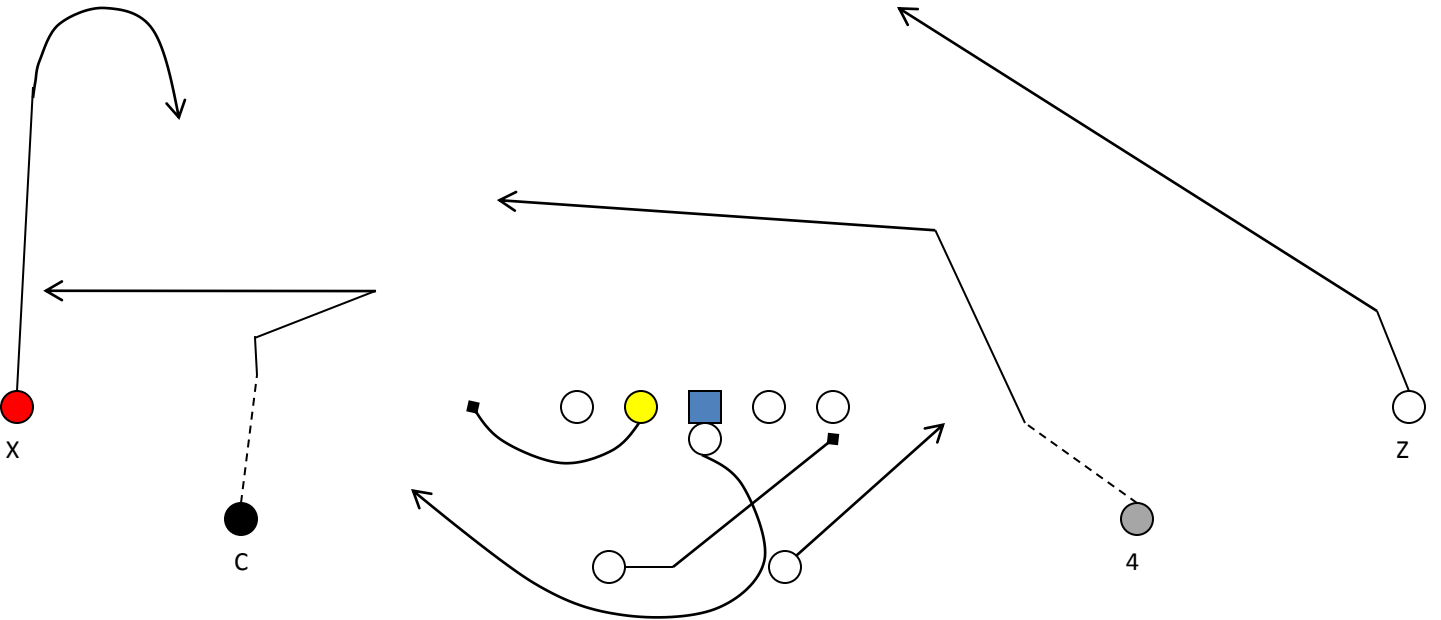
Pro - C Zoom
5680 39 swing /2 Back Bump Left



I Formation – PA 34
7345 Boot Right



Pro – PA 34
5437 Boot Left



Line Play – Blocking Schemes & Terminology



Offensive Line Play

The following instructions for offensive linemen including Tight End

MUST – Be confident, know your assignment and snap count

MUST – Be aggressive, beat your man to the point of attack

➤ Steps & Coaching Points

1. First step – Base step
 2. Second explosion step to gain body position
 3. Shoulder level – Under pad height of opponent
 4. Good hard “punch” followed by good arm extension
 5. Maintain “power” position
 6. Wide base drive with power with short strong steps
 7. Finish **only** when the whistle is blown
 8. Kick & Post Pass Blocking
- Accelerate off the L.O.S.
 - Short steps, no long steps, don’t overstep
 - Stay balanced weight should never get out over your toes
 - “Pop” your hips on contact, use all your power
 - Maintain pad level and leverage throughout your block
 - Heels in and toes out with feet firm on the ground
 - Stick to your block, become part of the tackle
 - Quick Set @ Guard & Centre positions Tackles Ride Past QB’s Set

➤ Terminology

1. Leverage
 2. Front door/Back door
 3. Square to L.O.S.
 4. Block & Run
 5. First/Second/Third level
 6. Stretch
 7. Landmark
 8. Zone
 9. Counter
 10. Trap
 11. 20/21/30/50/80/81/10/11
- Body position with your head on play side of block
 - Defenders position in relationship to play
 - Shoulders square to the line of scrimmage (Closed door)
 - Gain pad control of defender and run him onto his heels
 - The three levels of play – 1st level is L.O.S. / 2nd level is linebacker level / 3rd is DB level
 - Run the defender down the L.O.S. play side to create open lanes
 - Aiming point for head target to achieve leverage
 - Space of control along the L.O.S.
 - Indicates a Double Pull by backside Guard/Tackle combination
 - Indicates a combination Fold Block to “trap” an over committed defender
 - Pass blocking calls – 20/21/slide right or left 30–3 Step Pocket 50–5 step pocket - 80/81 sprint out or Boot 10/11-Chop or Cut

Offensive Line Calls

The following instructions for offensive linemen including Tight End

MUST – Be confident, know your assignment and make the correct call for the play called

MUST – Understand your roll, block to the whistle every play

➤ BASE BLOCK

1. Straight “one on one” blocking situation

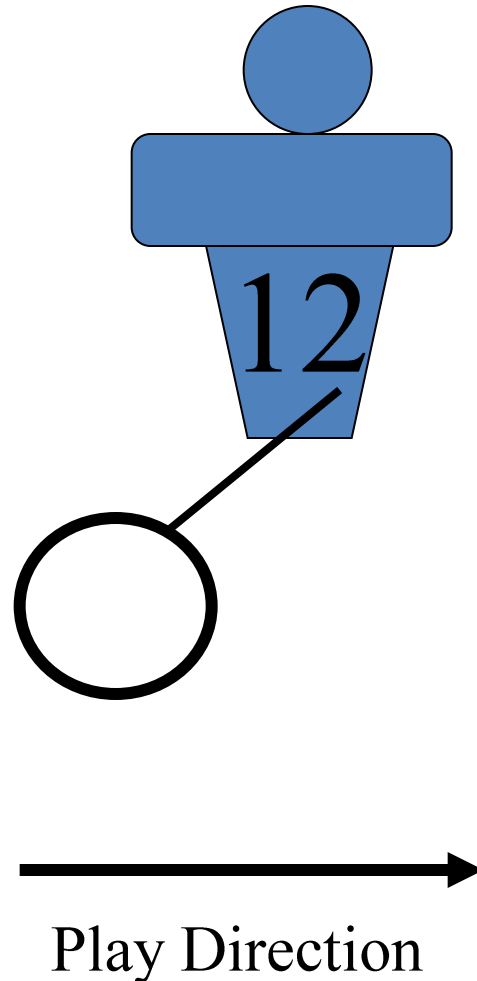
- Lineman has option of moving the defender whatever way defender wishes to go the key is to get movement and block to the whistle
 - Establish your landmark and hit your target
 - Stay square to L.O.S. and do not open any doors. This should force the defender to take a side enabling you to create a lane for the back to read
-

➤ ZONE BLOCK

1. Blocking an area to prevent penetration, create movement at level one and seal off the outside linebacker

- Starts with inside out double team, as movement begins either blocker will gain control
- Both blockers control level one block, move the LOS, when second level block is reached the second blocker can come off the block and proceed to that second level linebacker
- a) ACE Block – Combo between Centre & Guard RAM (Right guard) LION (Left Guard)
- b) DEUCE Block – Combo between Guard & Tackle
- c) TREY Block – Combo between Tackle and Tight End
- d) GEORGE Block – Back Side Guard/Tackle Double Team
- e) CHARLIE Block – Back Side Centre/Guard Double Team
- f) SIFT Block – Backside blocking directly to second level
- g) BASE Block – Single One on One (Man Block)

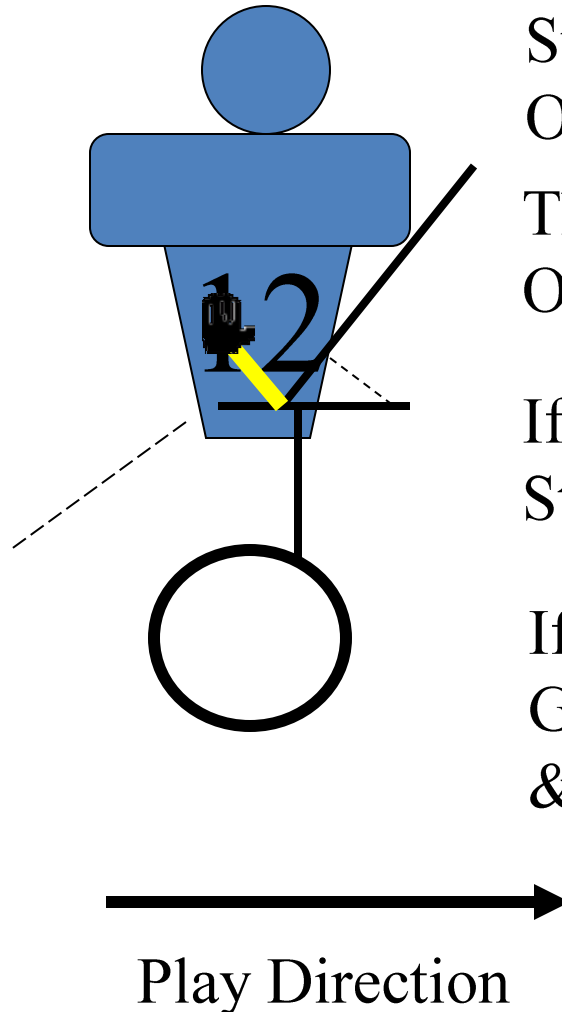
DL Outside Technique (3)



Step at 45 degrees with
The outside foot at the
DL's outside #.

Most likely he is outside
Gap responsible, so we
Want a hat on his outside #.

DL Head Up Technique(2)



Step is straight ahead with the Outside foot at the outside #.

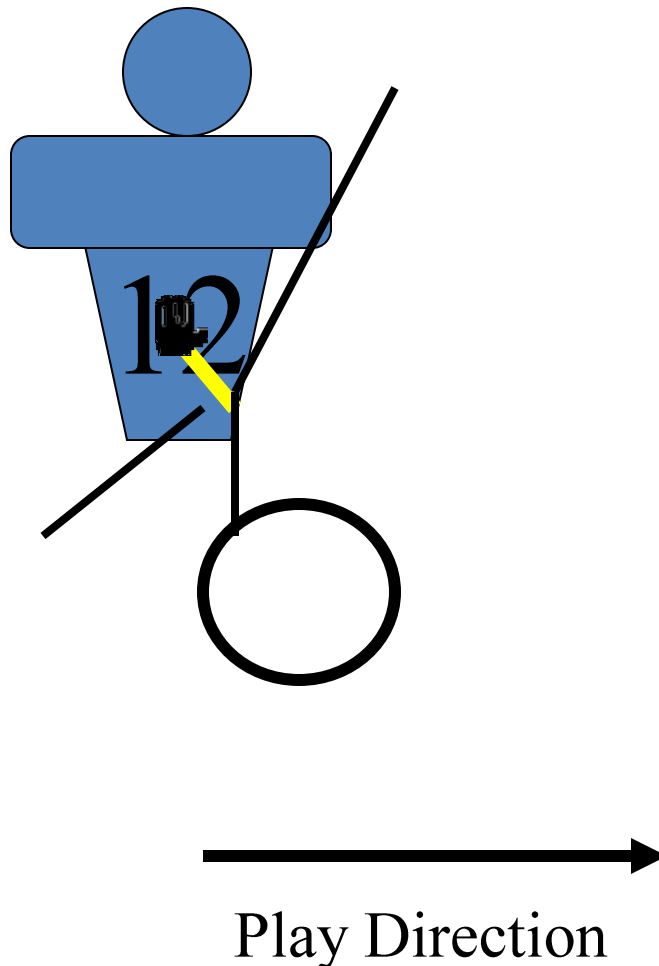
The DL has a 2-way go, but the OL is outside gap responsible.

If he comes outside the OL will Still have outside leverage.

If he goes inside, it is not the OL's Gap responsibility. He will punch & go to level 2.

DL Inside Technique (1)

(Uncovered Pry Technique)



Come off the ball with the Inside foot to the outside # Landmark. Do not allow Penetration.

One hand punch until help From the inside gets there.

This DL technique rarely Will come across to the Outside gap, so OL will Be working up to level 2.

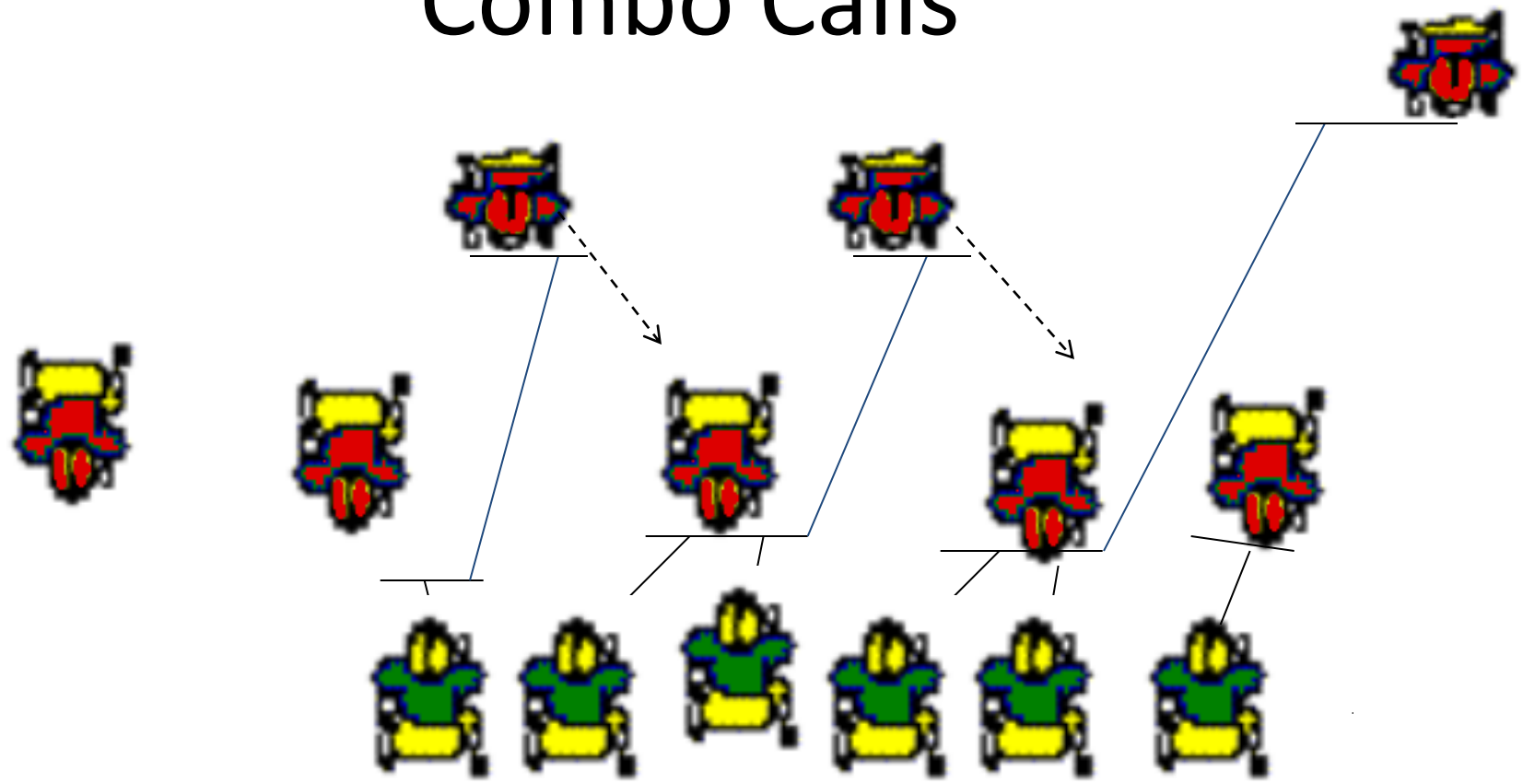
Frontside Combo Calls

- “Ace” Call by the Guard for the Center to combo with him. Made if there is a 2 or 1 (Ram=Right or Lion=Left Guard).
- “Douce” Call by the Tackle for the Guard to combo with him. Only vs. 50 (2 or 3)
- “Tre” Call by the Tight End for the Tackle to combo with him. Vs. 2 or 3.

Backside Combo Calls

- “Charlie” Call between C & BSG to give BSG help on the shade(1 technique)
- “George” Call between BSG & BST
- “Tom” Call between BST & BSTE (if there is a TE backside only)
- “Base” for man up backside coverage
- “Sift” Automatic 2nd level penetration

Combo Calls



“Charlie”

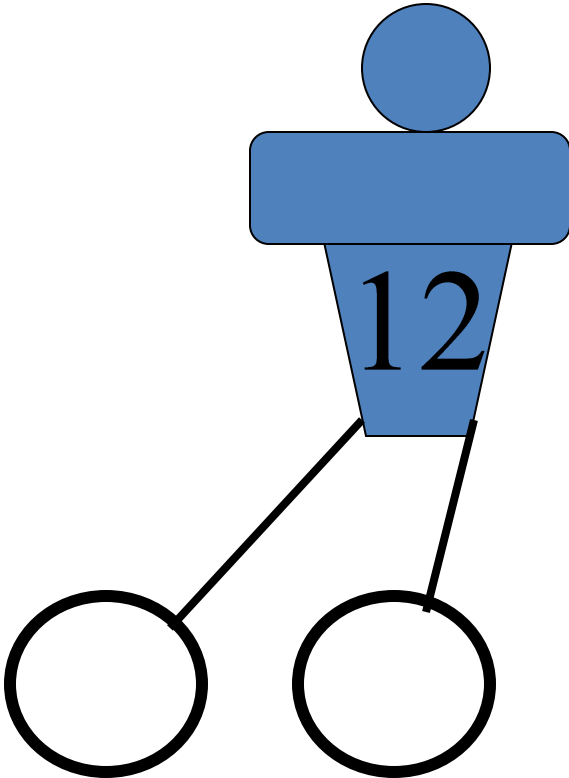
“Douce”

“Base”



Play Direction

Combo Blocks



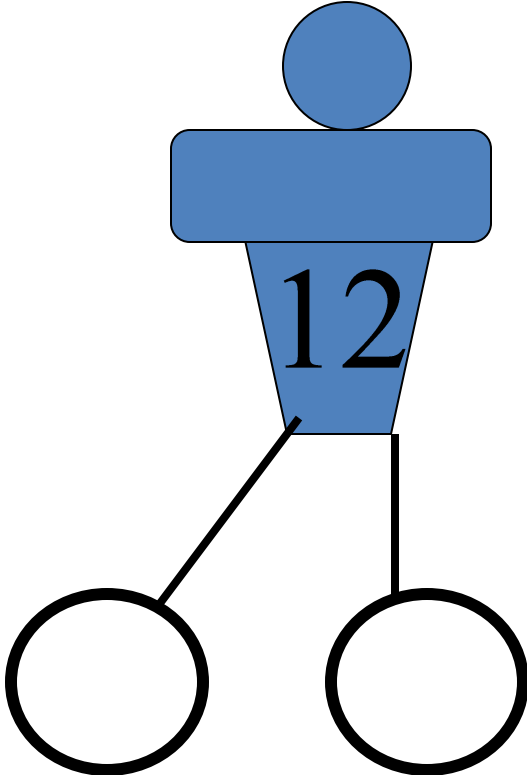
Landmark inside hip outside #
push to second level

Landmark outside # gain
control and push to 2nd level



Play Direction

Combo Blocks



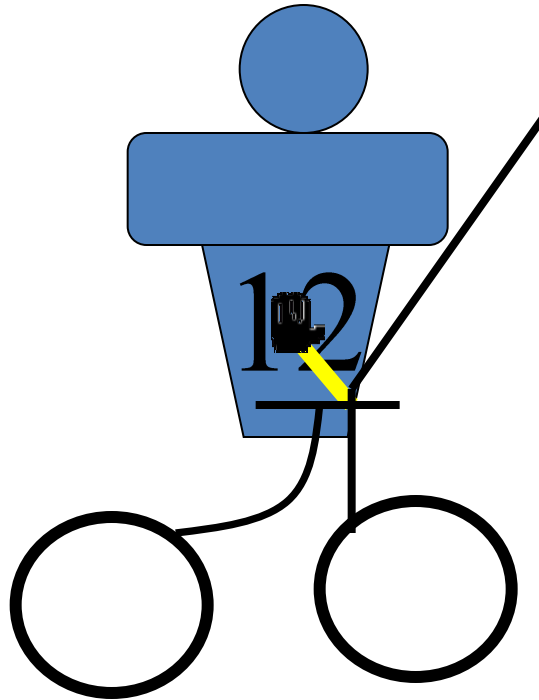
Landmark inside hip work across face to outside # gain control

Landmark outside # maintain push to 2nd level



Play Direction

Backside Scoop Technique



Punch to buy time &
Get off to gap responsibility

Scoop & get head
In front to prevent
Penetration.

Dip& rip, grab grass get the shoulder underneath. The T is trying to scoop him or drive him down the line if he can not get him scooped. The guard takes a short step but does not get too occupied with 3 technique. Worst case scenario should be a stalemate.

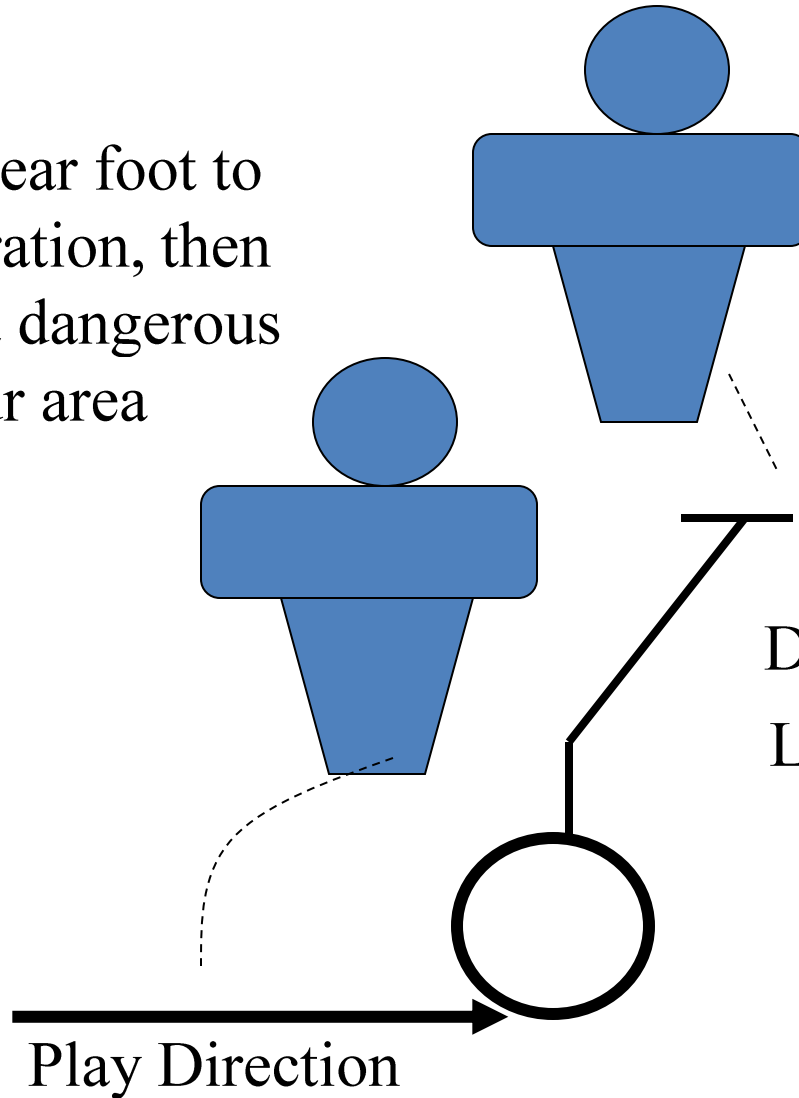


Play Direction

Uncovered Backside Tackle

(No George Call from BSG) = Sift Tech.

Step with near foot to
Stop penetration, then
Block most dangerous
Man in your area

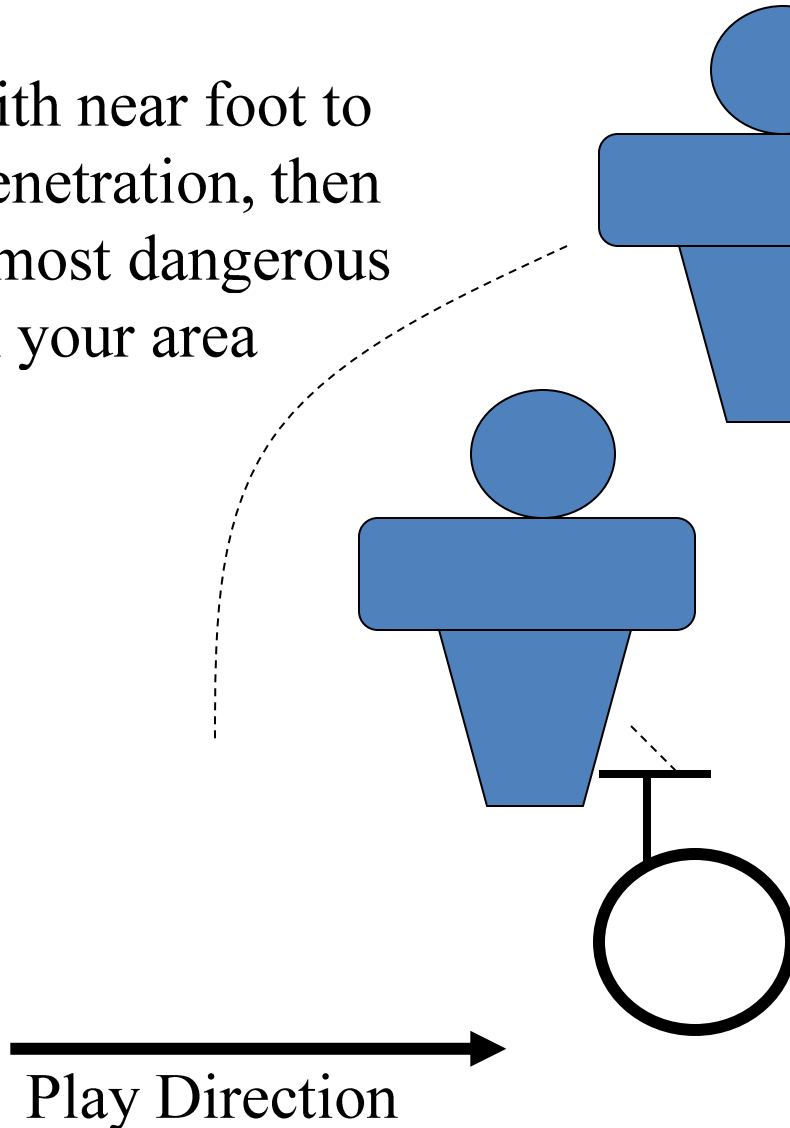


DE moves away from play.
LB becomes most dangerous.

Uncovered Backside Tackle

(No George Call from BSG) = Sift Or Base Technique

Step with near foot to
Stop penetration, then
Block most dangerous
Man in your area



DE slants to play.

DE becomes most dangerous.

Now becomes “Base” Technique

Outside Zone or Stretch Play Coaching Points

- Distinct Read especially on down & distance situations (*know how much you need*)
- 1st step “play side foot” is open and 2nd is at landmark. Get Shoulders pointed to sideline. Make the LB’s react and move.
- You will have a primary and secondary read.
- Goal is 3.5 yards minimum every play.
- Adjust aim point based on Front or Hole called.

Outside Zone or Stretch

(No double call necessary) = Base Technique **with help**

