

# Ultimate Run Offense

Created by Dennis Relf

## Philosophy

This offense is designed to out man at the point of attack, offer options based on defensive fronts & back configuration while creating confusion for the defense. By utilizing multiple sets the defense is easily manipulated and out manned at point of attack. This offense can be utilized by teams with a small but mobile offensive line as it utilizes many blocking and leverage points and simple but effective techniques. Get the ball to multiple backs, confuse the defense and give your offensive line a leverage advantage. Easy to teach and easy to execute.

## Terminology

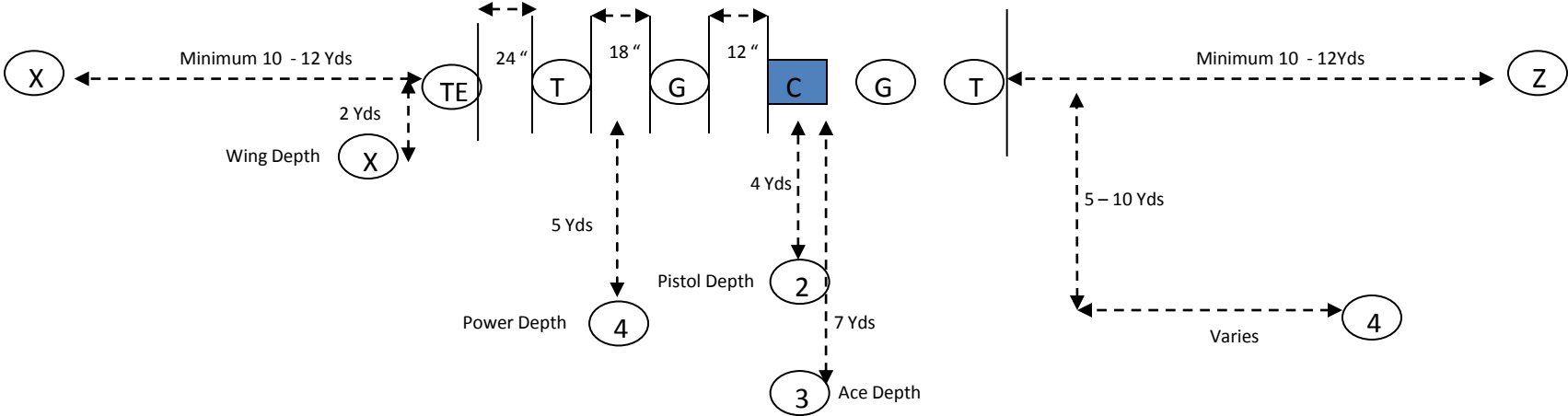
<b>I</b>	- 2 Backs in "I" Formation behind QB at 4 & 7 yds ( <b>Power I</b> ) 3 Backs @ 3,5,7
<b>TE (Y)</b>	- Tight End, down line position 24" split from respective Guard
<b>Ram</b>	- Backs in "I" Formation, Tight End Right "4 Back" in Power position <b>Right</b>
<b>Lion</b>	- Backs in "I" Formation, Tight End Left "4 Back" in Power Position <b>Left</b>
<b>Renegade</b>	- Backs in "I" Formation, Tight End Right "4 Back" in Power Position <b>Left</b>
<b>Lucky</b>	- Backs in "I" Formation, Tight End Right "4 Back" in Power Position <b>Right</b>
<b>Eagle</b>	- Spread formation, Ace Back
<b>Trips</b>	- Three receivers split out to one side of formation, opposite to TE
<b>Wing</b>	- Formation involving a wing back
<b>Ace</b>	- Single Back Formation
<b>Deuce</b>	- Double Tight End Formation
<b>Bunch</b>	- Formation involving receivers grouping
<b>Full House</b>	- Three Back formation
<b>Change Motion</b>	- Motion involving two players exchanging positions on the same side of the formation
<b>Zoom Motion</b>	- Motion moving a back or receiver across the formation from one side to the other
<b>Zip Motion</b>	- Motion moving a back wider on the same side of formation into a receiver position
<b>PA (Play Action)</b>	- The simulation of a running play with a fake hand off
<b>Bump</b>	- A pass pattern run to the flats by a back
<b>Arrow</b>	- A pass pattern run down a middle seam by a back

# Power Run (Positional Details)

## Positional Identification

- X Left Wide Out
- 1 Quarter Back
- C Offensive Line Centre
- TE Tight End (Y-Designation)
- 3 Tail Back / Slot Back Left
- G Offensive Line Guard
- Z Right Wide Out
- 2 Full Back
- T Offensive Line Tackle
- 4 Power Back

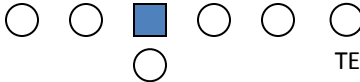
## Positional Depths & Spacing



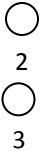
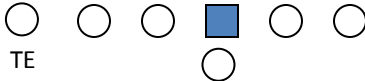
# Power Run (Formations)

## Formations

➤ I Right



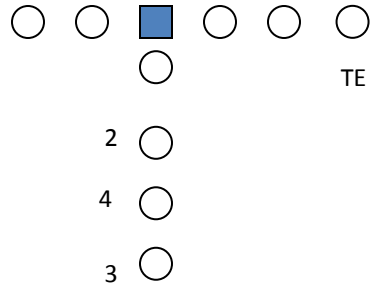
➤ I Left



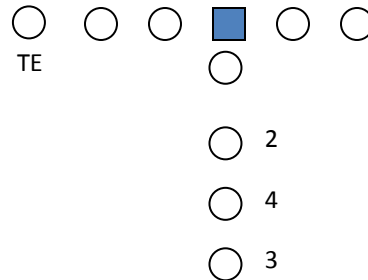
# Power Run (Formations)

## Formations

### ➤ Power I Right



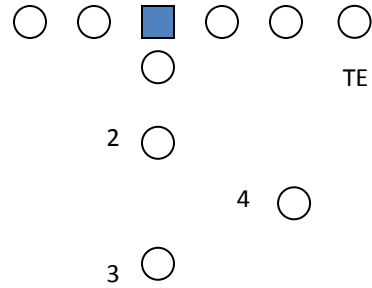
### ➤ Power I Left



# Power Run (Formations)

## Formations

### ➤ Ram



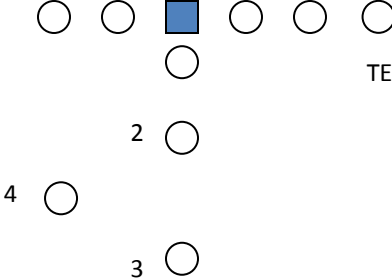
### ➤ Lion



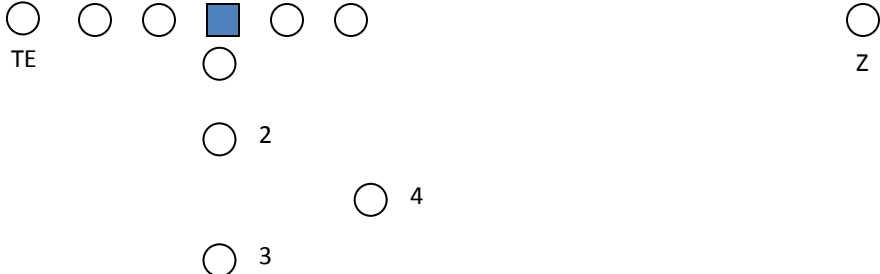
# Power Run (Formations)

## Formations

➤ Renegade



➤ Lucky



# Spread Offense (Formations)

## Formations

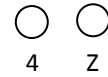
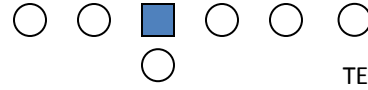
### ➤ Eagle Right



X



3



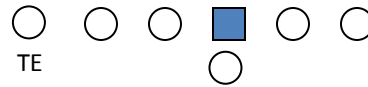
### ➤ Eagle Left



X



3



Z

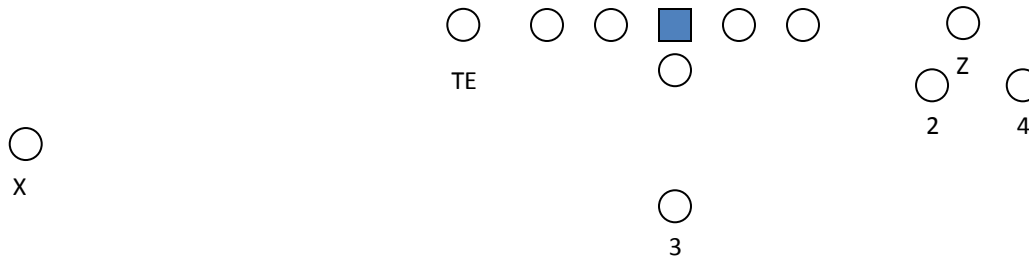


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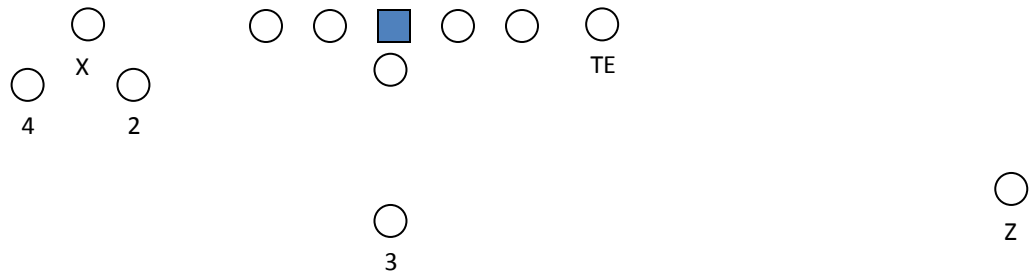
# Spread Offense (Formations)

## Formations

### ➤ Bunch Right



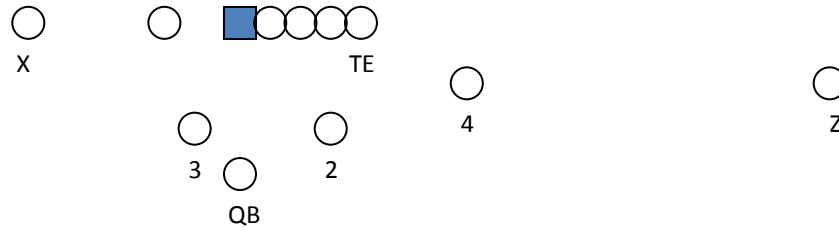
### ➤ Bunch Left



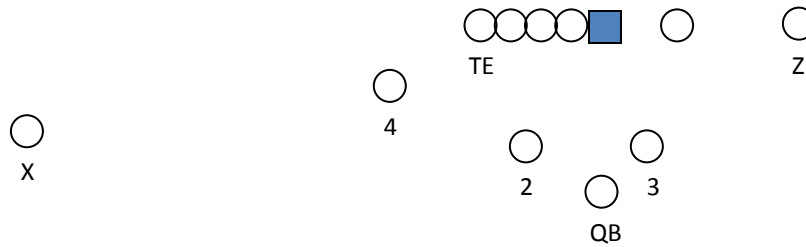
# Spread Offense (Formations)

## Formations

### ➤ Wing Right



### ➤ Wing Left



# 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

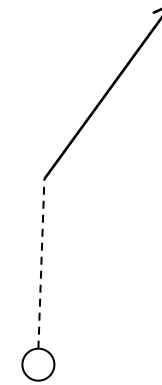
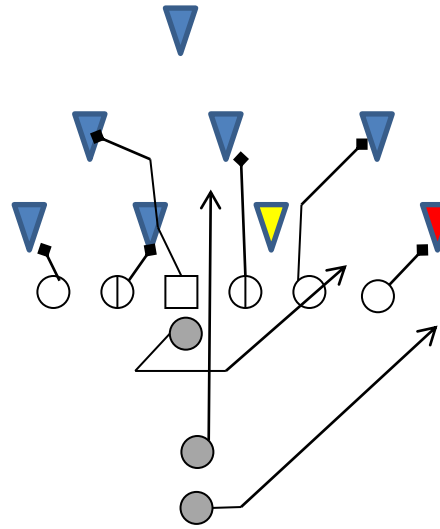
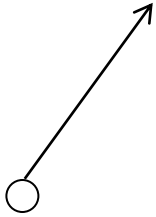
#### 8) I Formation:

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

**I - Right (10/11)**

**VS 4-3 Over Right**

Middle Veer Option



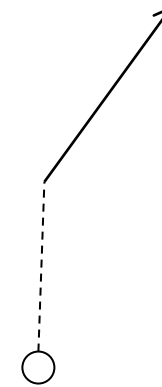
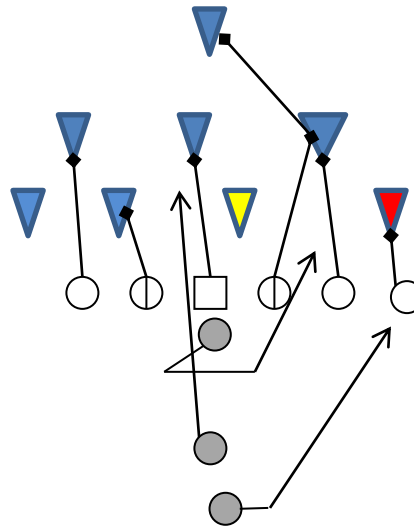
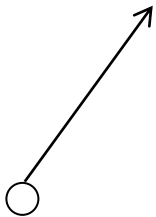
**NOTE: 10 Veer VS 4-3 Strong Right – Nose Alignment**

- 1) Audible – Red 10
- 2) First Read Strong DT – watch shoulder angle, if square give to 2 Back
- 3) Read DE for pitch / Run - read pursuit steps

**I - Right (10/11)**

**VS 4-3 Over Left**

Middle Veer Option

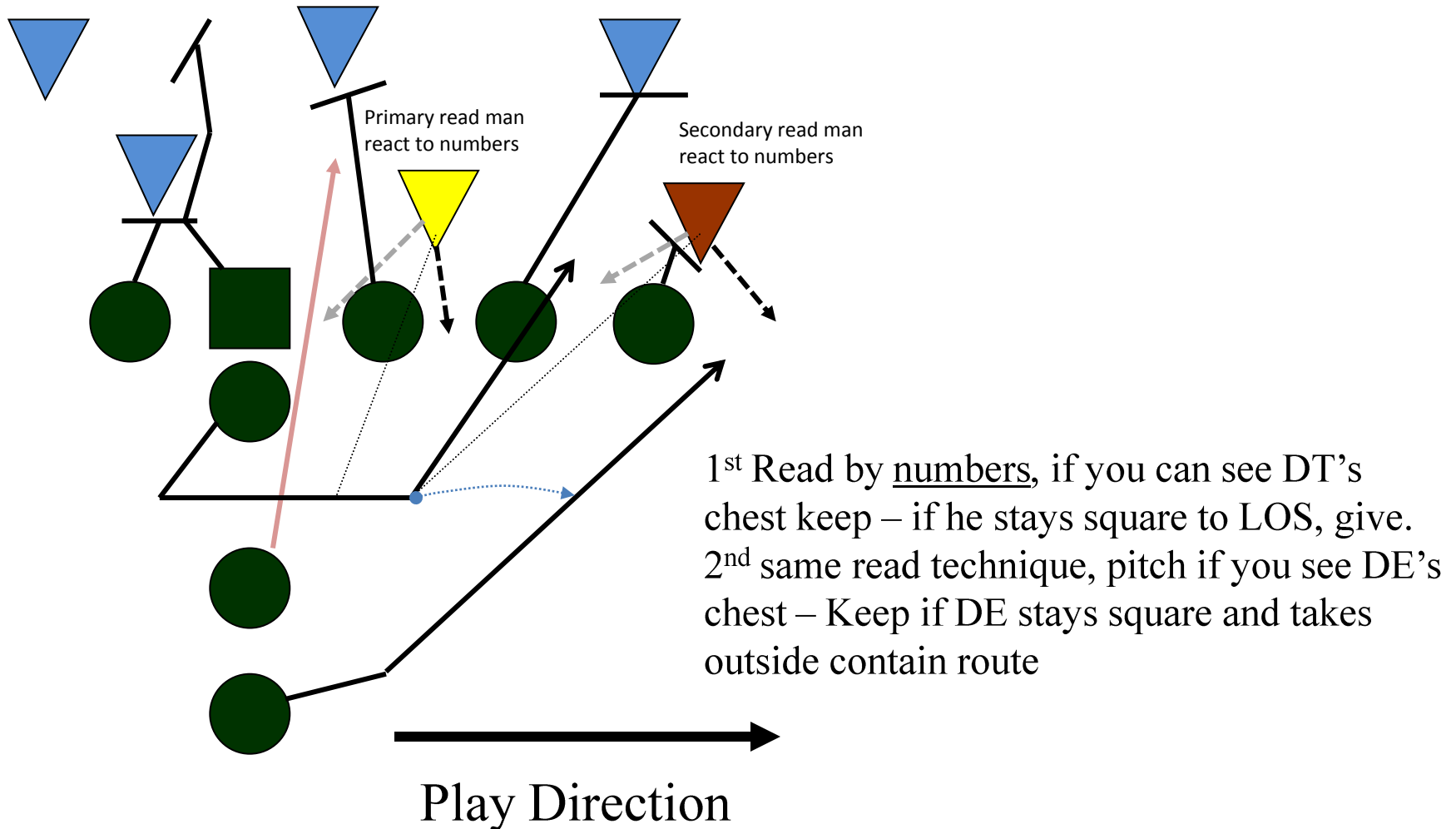


**NOTE: 11 Veer VS 4-3 Strong Left – Nose Alignment**

- 1) Audible – Red 11
- 2) First Read Nose Guard – watch shoulder angle, if square give to 2 Back
- 3) Read DE for pitch / Run - read pursuit steps

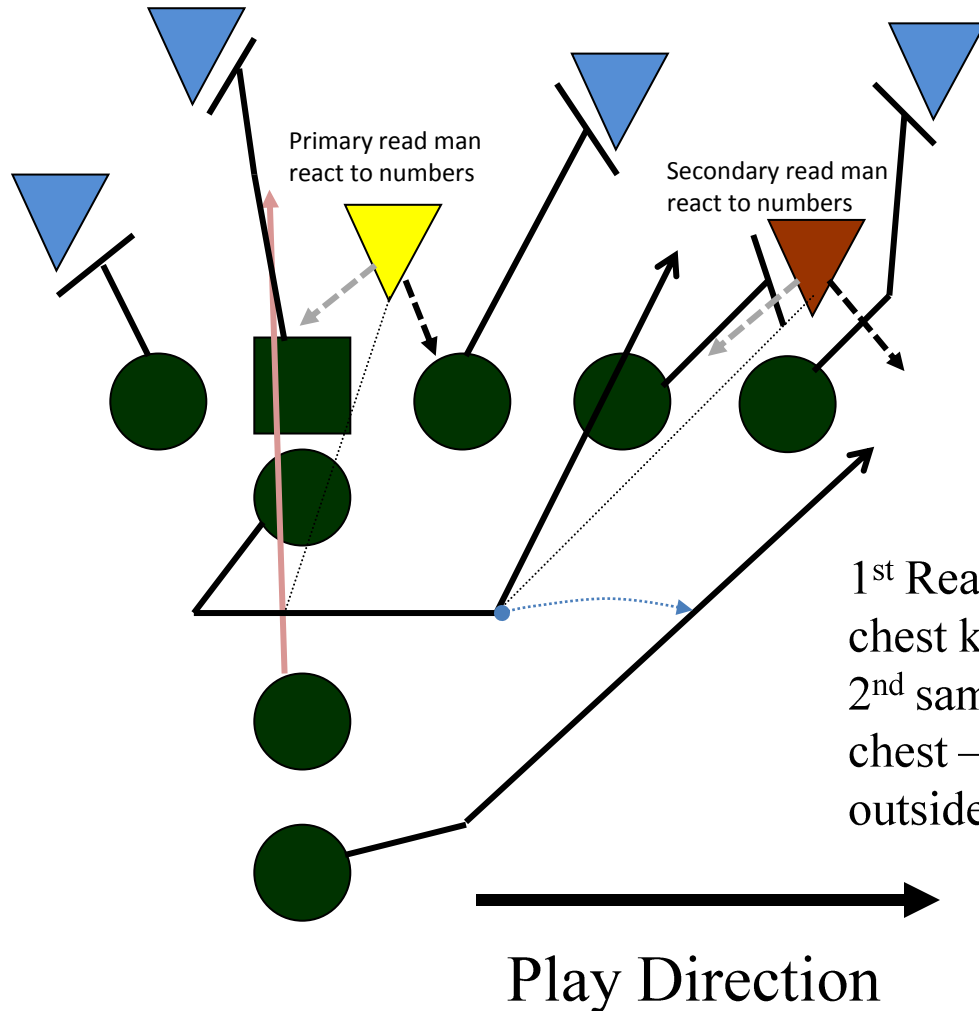
# Veer Option QB Reads

## Coaching Points – 10 Veer VS 4-3



# Veer Option QB Reads

## Coaching Points – 11 Veer VS 4-3

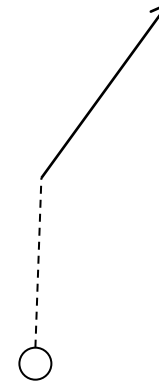
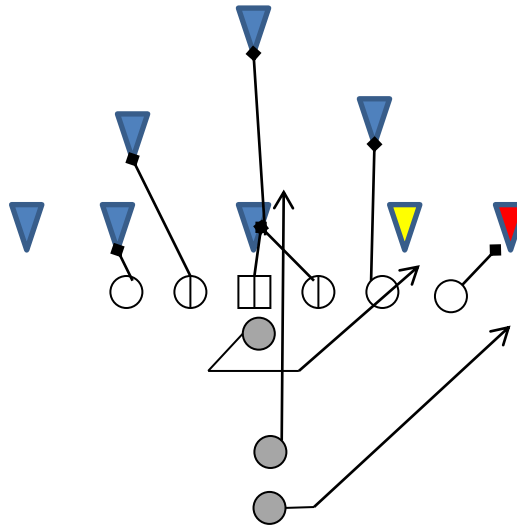
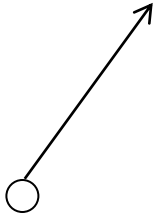


1<sup>st</sup> Read by numbers, if you can see ND's chest keep – if he stays square to LOS, give.  
2<sup>nd</sup> same read technique, pitch if you see DE's chest – Keep if DE stays square and takes outside contain route

I - Right (10/11)

VS 5-2

Middle Veer Option



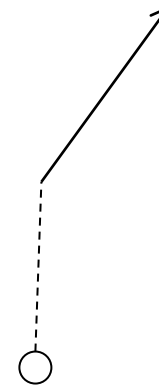
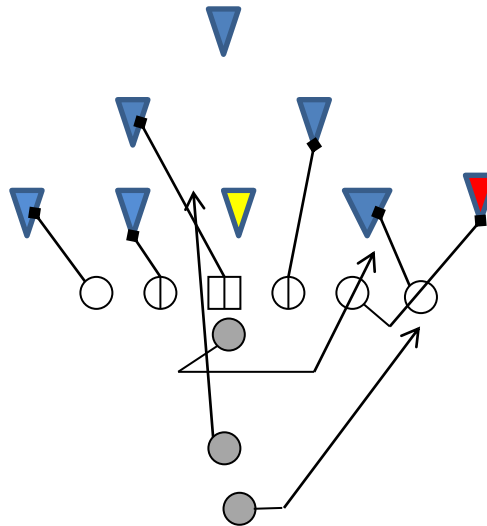
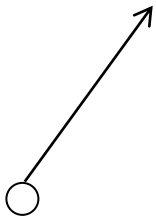
NOTE: **10 Veer VS 5-2 - Nose Shade Left**

- 1) Audible – Either Side \* Read Nose Shade
- 2) First Read Play Side DT – watch shoulder angle, if square give to 2 Back
- 3) Read DE for pitch / Run - read pursuit steps

I - Right (10/11)

VS 5-2

Middle Veer Option

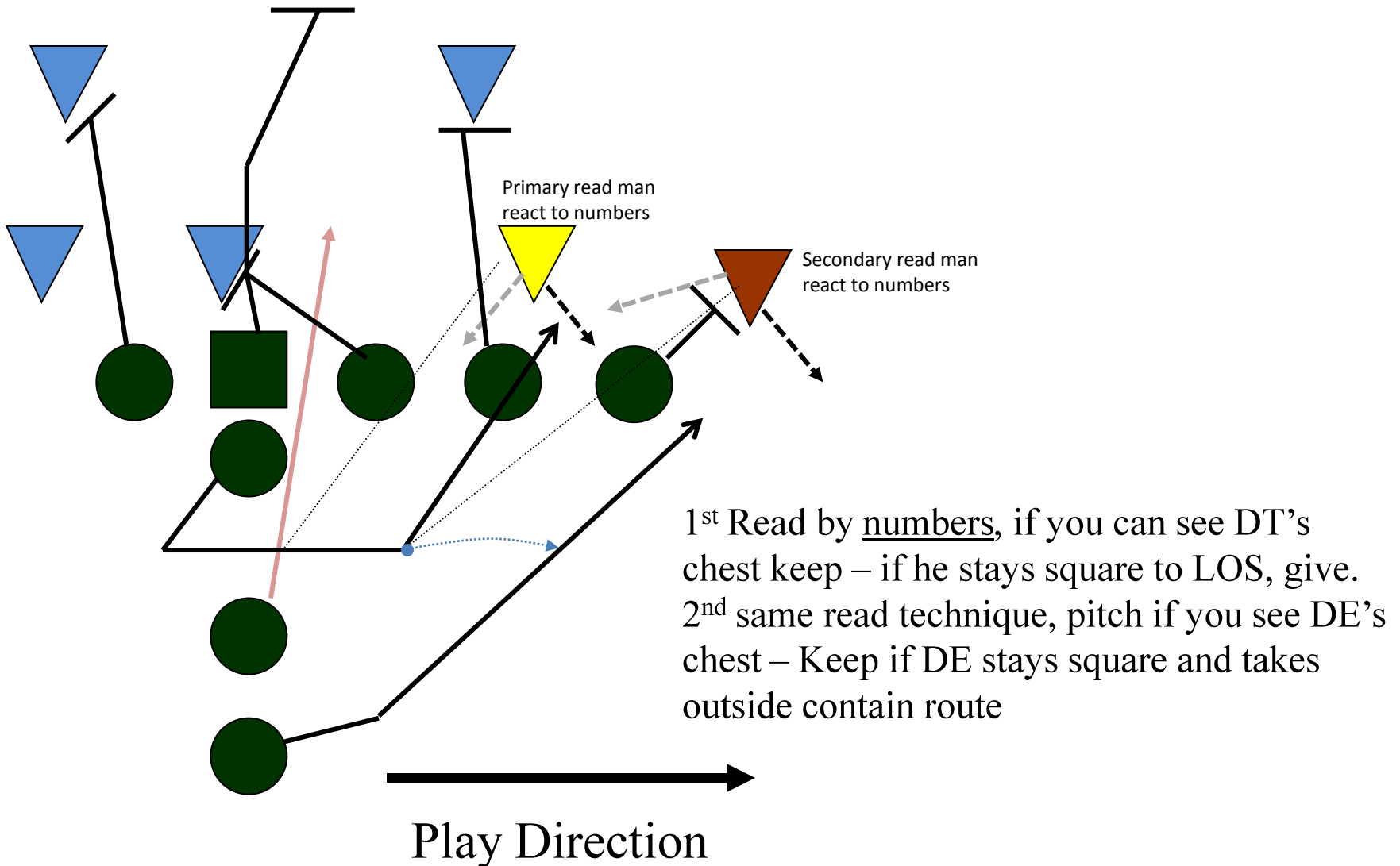


NOTE: **11 Veer VS 5-2 - Nose Shade Right**

- 1) Audible – Red 11
- 2) First Read Nose Guard – watch shoulder angle, if square give to 2 Back, be aware of play side DT
- 3) Read DE for pitch / Run - read pursuit steps

# Veer Option QB Reads

Coaching Points – 10 Veer VS 5-2

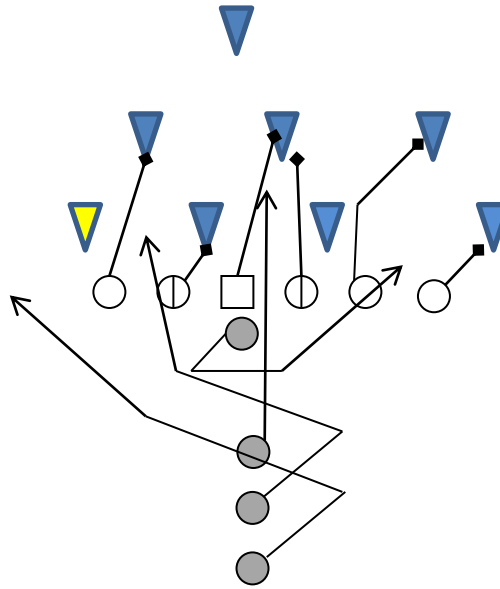
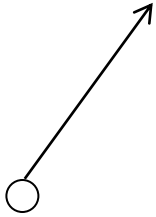




**Power I - Right (10/11)**

**VS 4-3 Over Right**

Counter Option



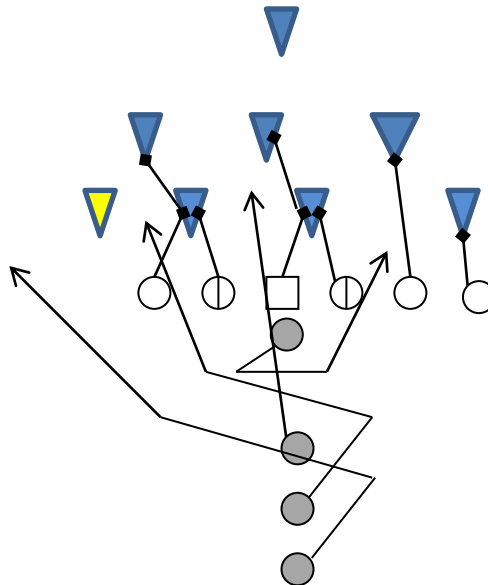
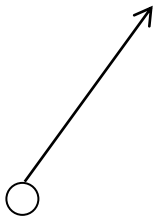
**NOTE: 10 Veer VS 4-3 Strong Right – Nose Alignment**

- 1) Audible – Red 10
- 2) Fake Dive – Give Counter
- 3) RB - Read DE for pitch / Run Option  
read pursuit steps

**I - Right (10/11)**

**VS 4-3 Over Left**

Counter Option



**NOTE: 10 Veer VS 4-3 Strong Right – Nose Alignment**

- 1) Audible – Red 11
- 2) Fake Dive – Give Counter
- 3) RB - Read DE for pitch / Run Option  
read pursuit steps

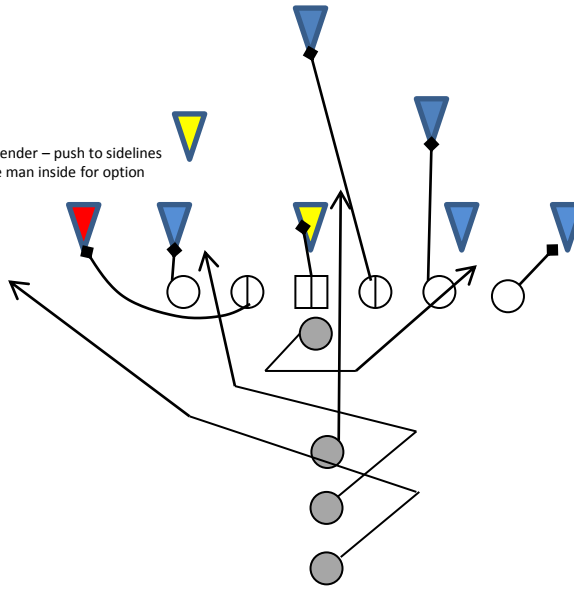
# I - Right (10/11)

## VS 5-2

Counter Option



**Blocking Rules Play side** – VS 5-2  
 (Guard) Pull to most outside contain defender – push to sidelines  
 (Tackle) Take the man outside, leave the man inside for option



### NOTE: **11 Veer VS 5-2 - Nose Shade Right**

- 1) Audible – Red 11
- 2) First Read Nose Guard – consider dive if NG cheats to Outside Eye of Centre
- 3) Read LB for pitch / Run - read pursuit steps
- 4) Pitch Man read pulling guards block

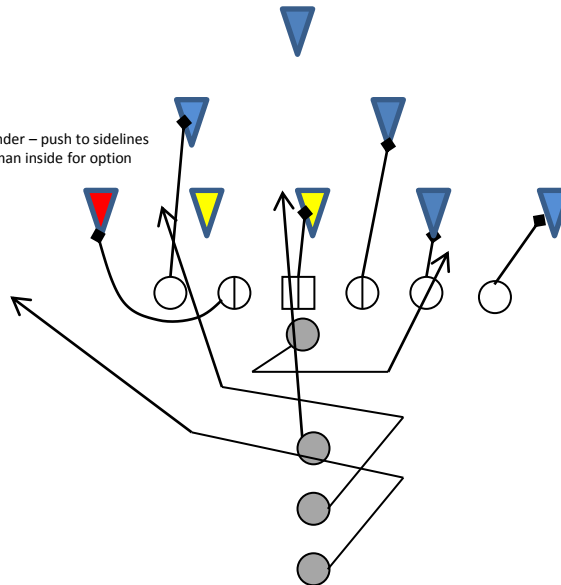
# I - Right (10/11)

## VS 5-2

Counter Option



**Blocking Rules Play side** – VS 5-2  
 (Guard) Pull to most outside contain defender – push to sidelines  
 (Tackle) Take the man outside, leave the man inside for option



### NOTE: **11 Veer VS 5-2 - Nose Shade Right**

- 1) Audible – Red 11
- 2) First Read Nose Guard – consider dive if NG cheats to Outside Eye of Centre
- 3) Read Play side DT for pitch / Run - read pursuit steps if he follows dive, keep it
- 4) Pitch Man read pulling guards block

# Spread Offense

## OPTION SERIES

### ➤ Play Options

#### 1) Renegade:

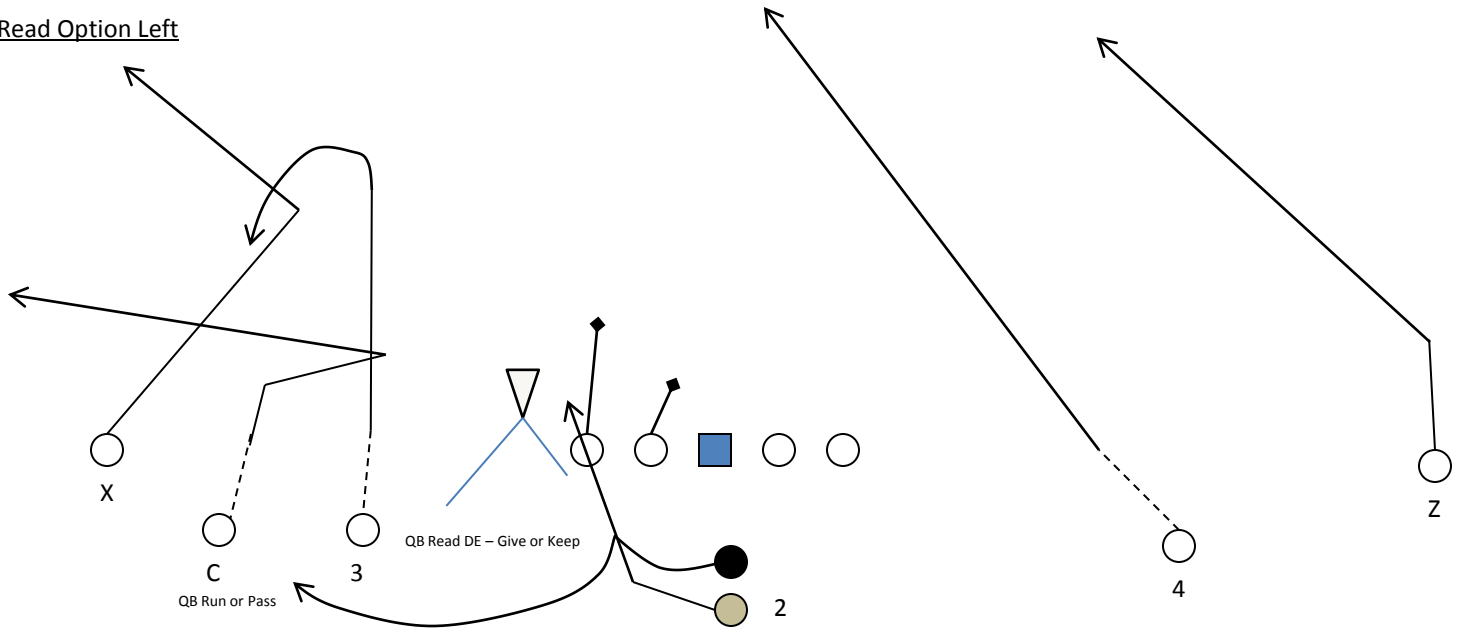
- i. 22 Dive – Audible 1-10
- ii. 43 Trap – Audible 13-19
- iii. 49 Fly – Audible 20-29
- iv. Pass Option – Audible 30's, 50's (Left side MAN COVERAGE patterns)
- v. Pass Option – Audible 40's, 60's (Right side ZONE COVERAGE patterns)
- vi. Blitz Recognition – Audible 80's Right Inside Receiver Quick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

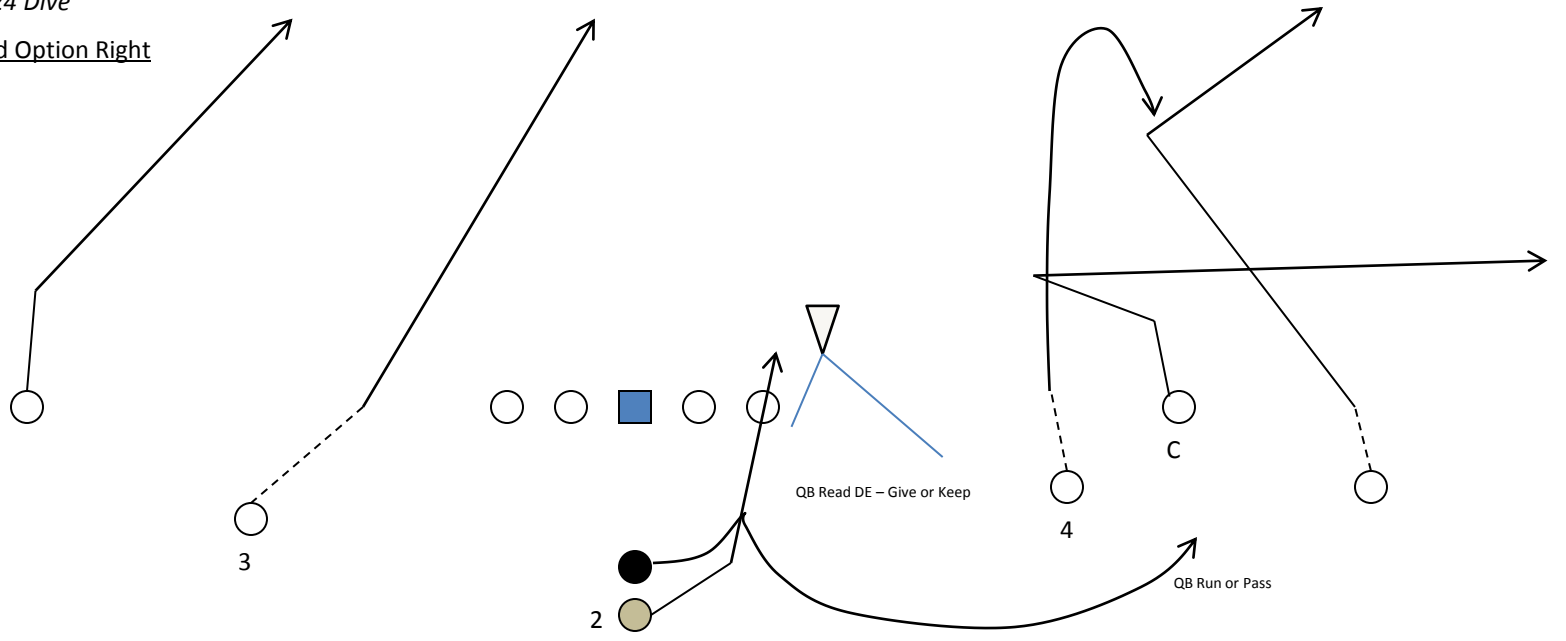
**Jag PA 23 Dive**

84577 - QB Read Option Left



**Renegade PA 24 Dive**

77548 - QB Read Option Right



# 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 :

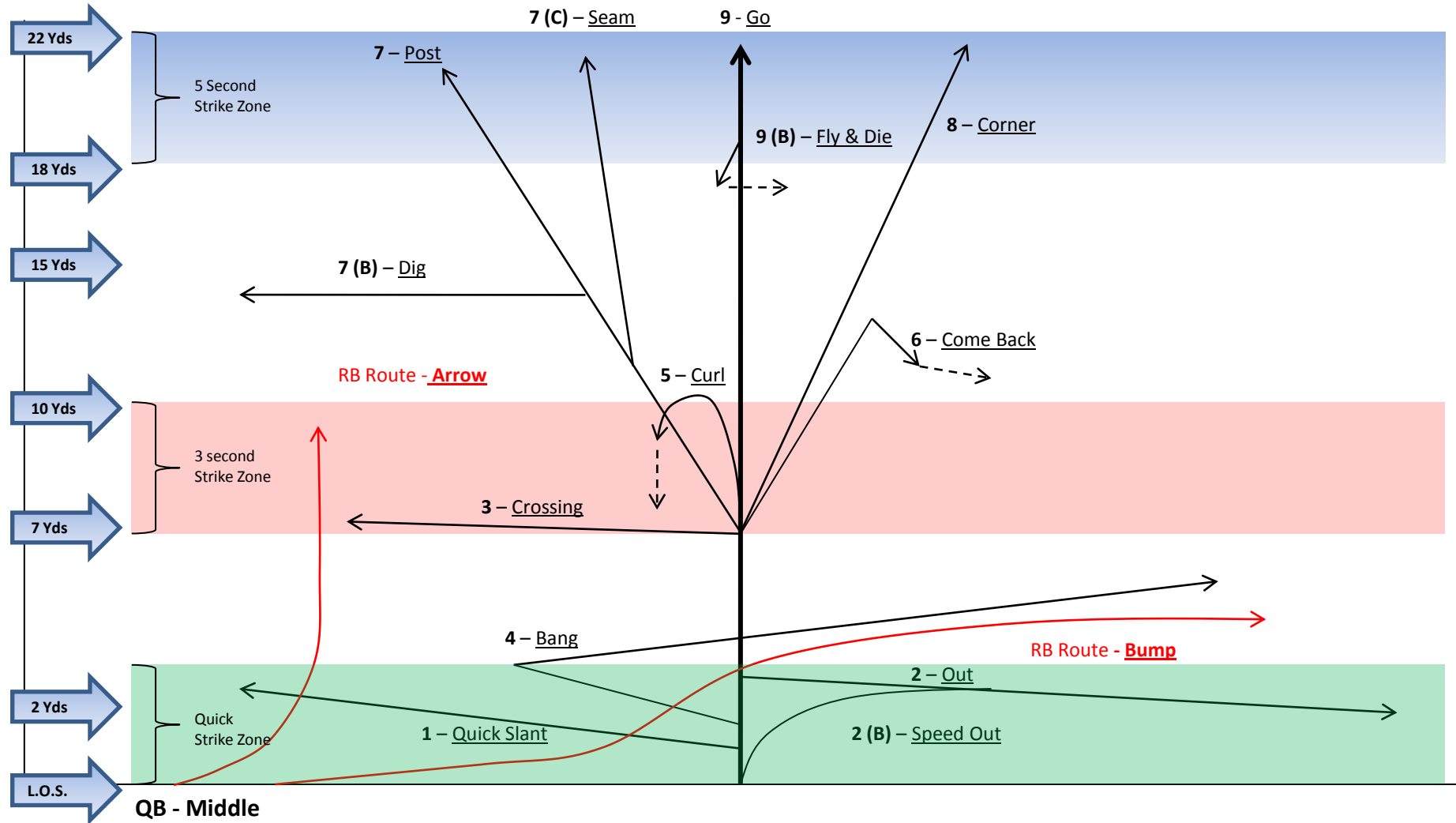
- i. 30 Zip – 57810 Corner
- ii. 30 Zip – 07829 Fly & Die
- iii. 8138 - 3 Arrow & 2 Bump Left
- iv. PA 25 - 7145 Boot Right
- v. C Zoom – 6680 39 Swing / 2 Back Bump
- vi. PA 34 – 5417 Boot Left

#### 6) I Formation / Off Set:

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

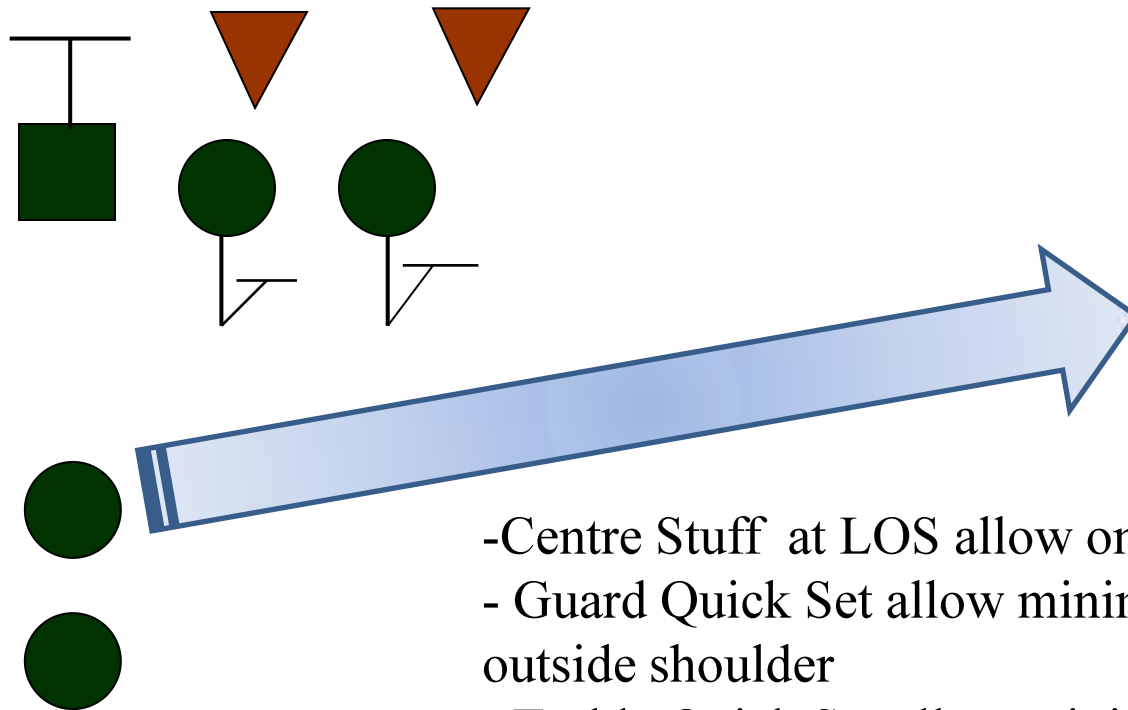
# Spread Offense

## PASSING TREE



# Pass Blocking – Passing Lanes

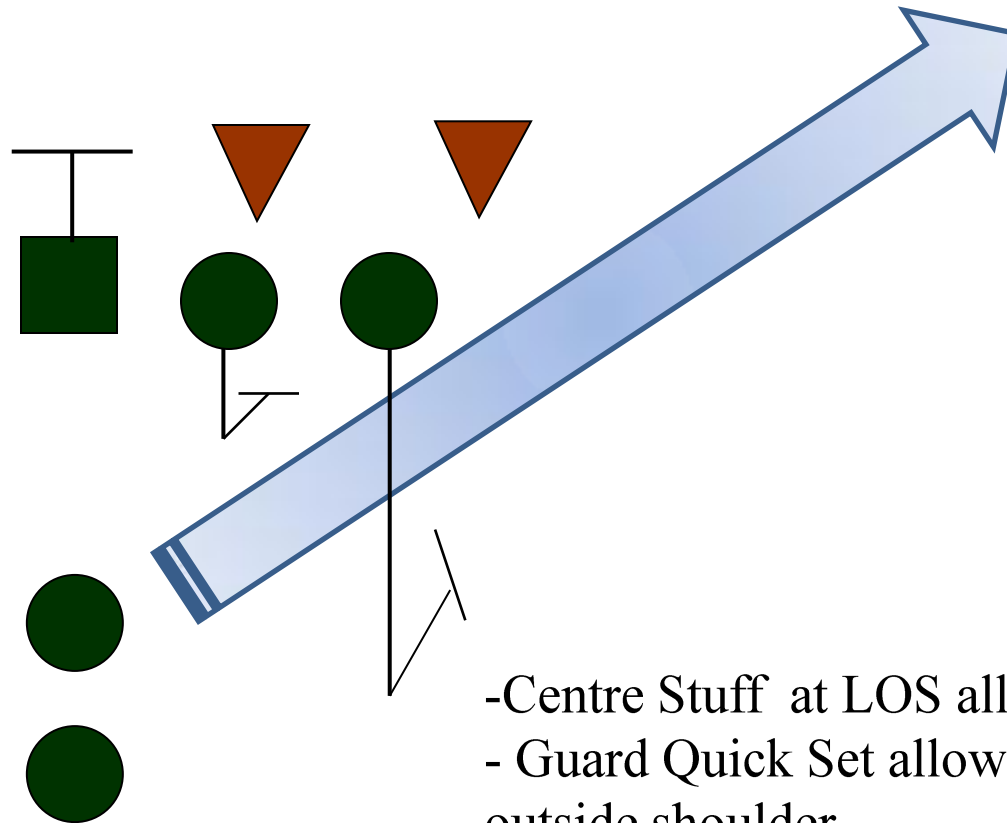
Coaching Points – 1 Step Quick – “Hitch & Slant”



- 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

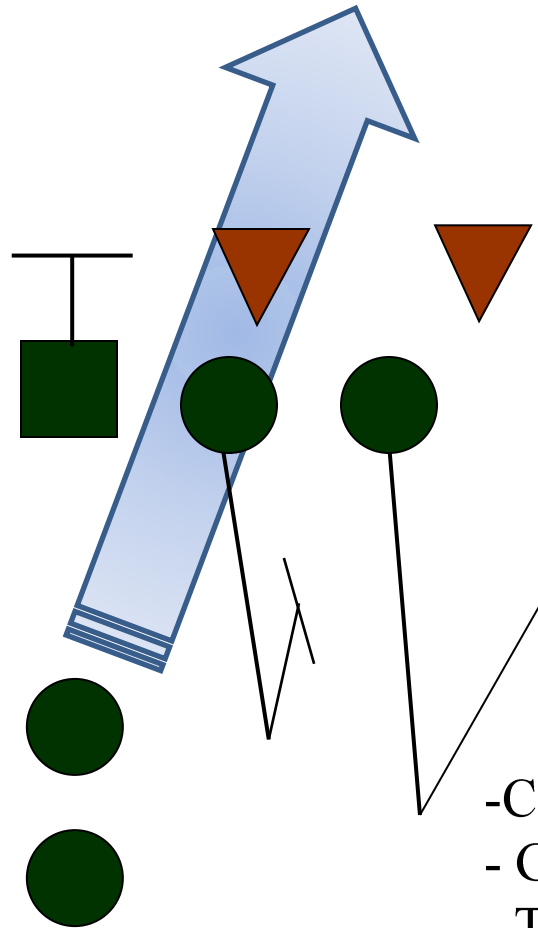
Coaching Points – 3 Step Quick – “Outs”



- 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

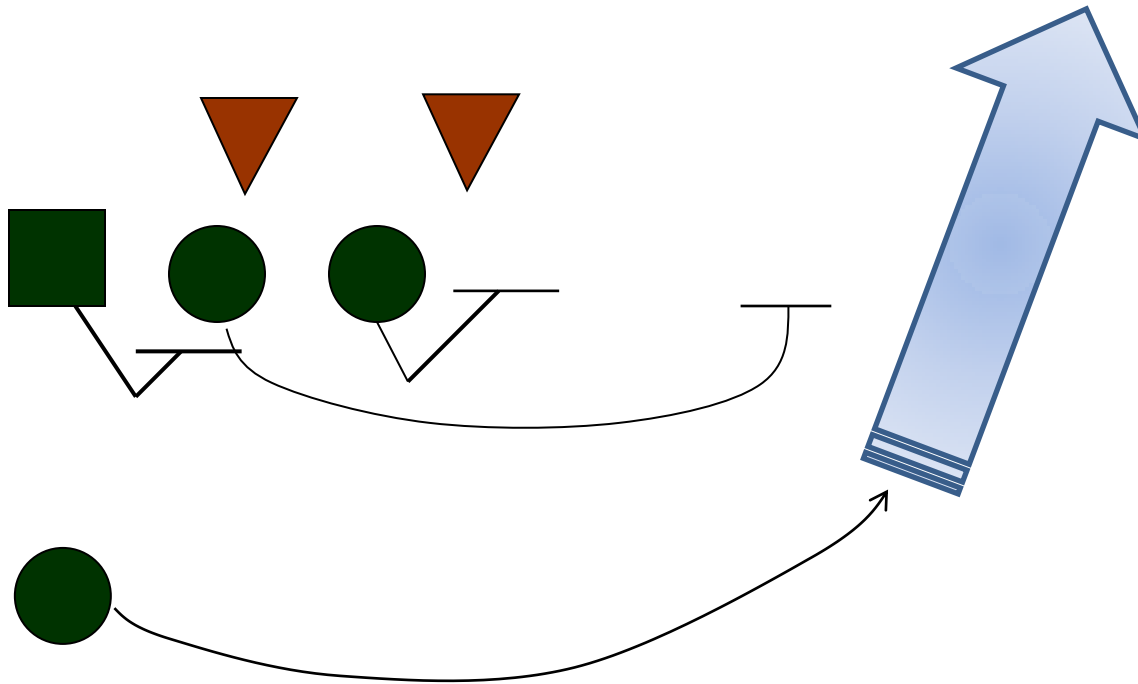
Coaching Points – 5 & 7 Step – “Deep & Middle”



- 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

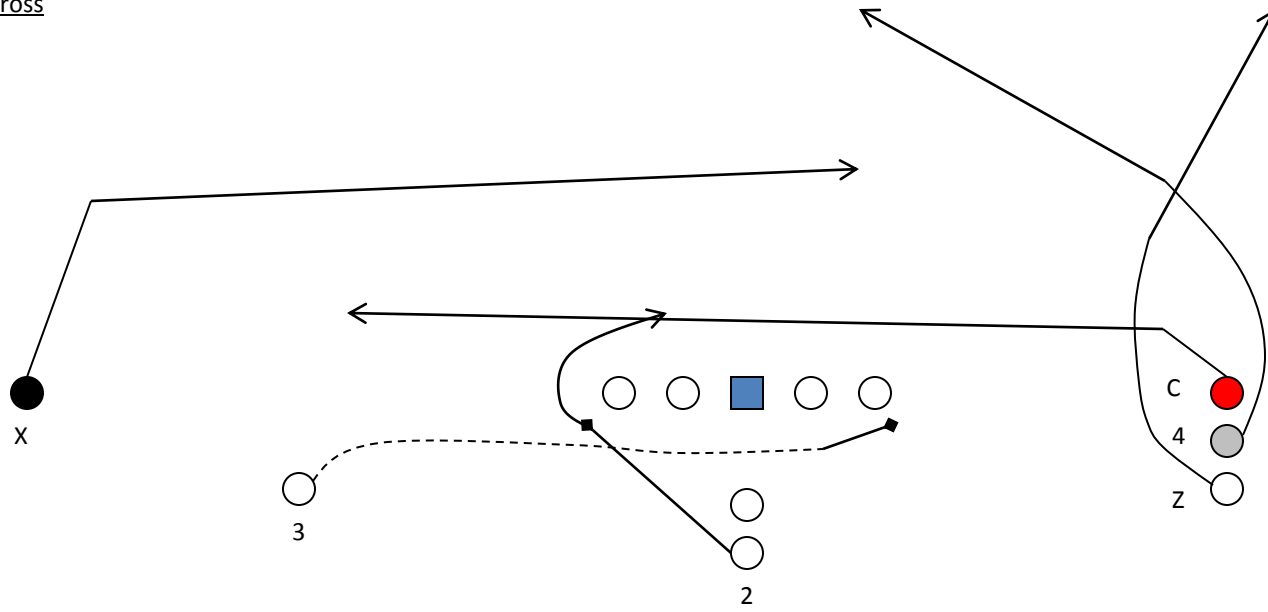
# Pass Blocking – Passing Lanes

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

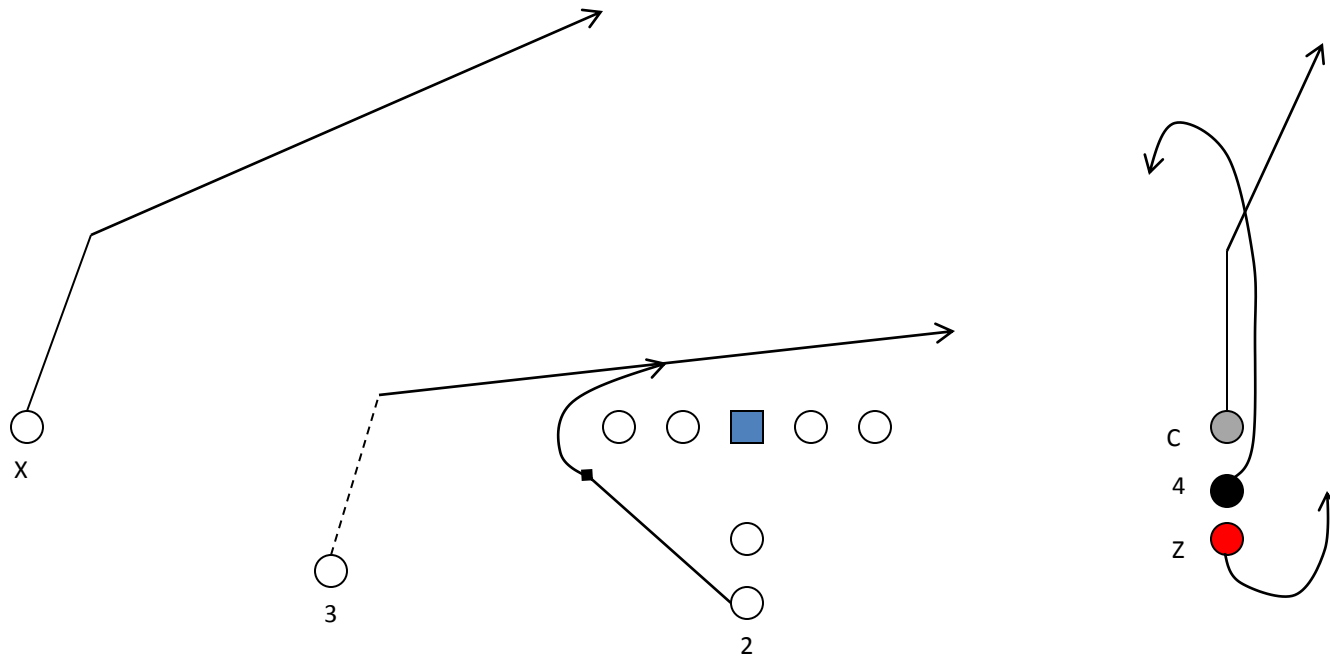


- Centre retreat block – control penetration & move down LOS
- Guard long pull out to pick up threat – do not cross LOS
- Tackle retreat block – control penetration & move down LOS

**Stack Right – 30 Zoom Protect**  
30178 Double Cross



**Stack Right**  
71850 Hitch



# 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**

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### ➤ 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

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### ➤ 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 – 1<sup>st</sup> level is L.O.S. / 2<sup>nd</sup> level is linebacker level / 3<sup>rd</sup> 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**

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### ➤ BASE BLOCK

1. Straight “one on one” blocking situation

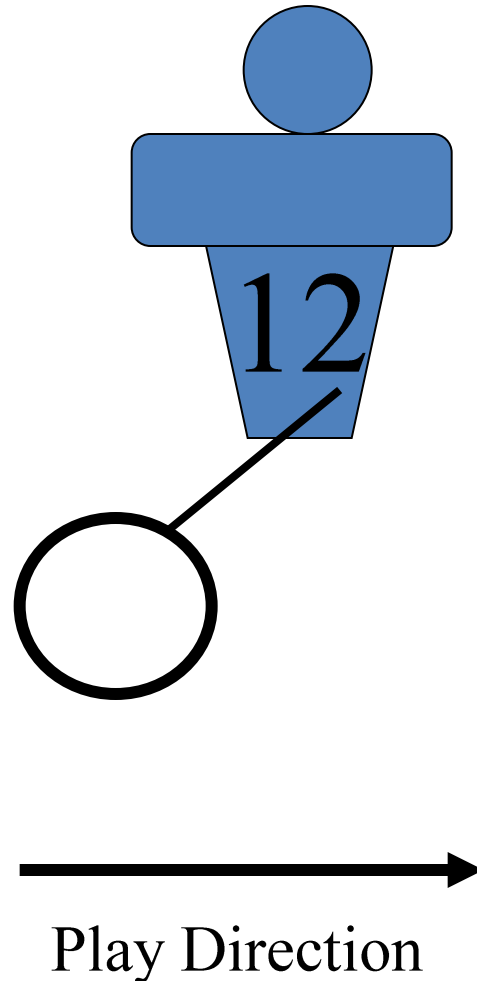
- Lineman has option of moving the defender whatever way defender wishes to go the key is to get movement and block to the whistle
  - Establish your landmark and hit your target
  - Stay square to L.O.S. and do not open any doors. This should force the defender to take a side enabling you to create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

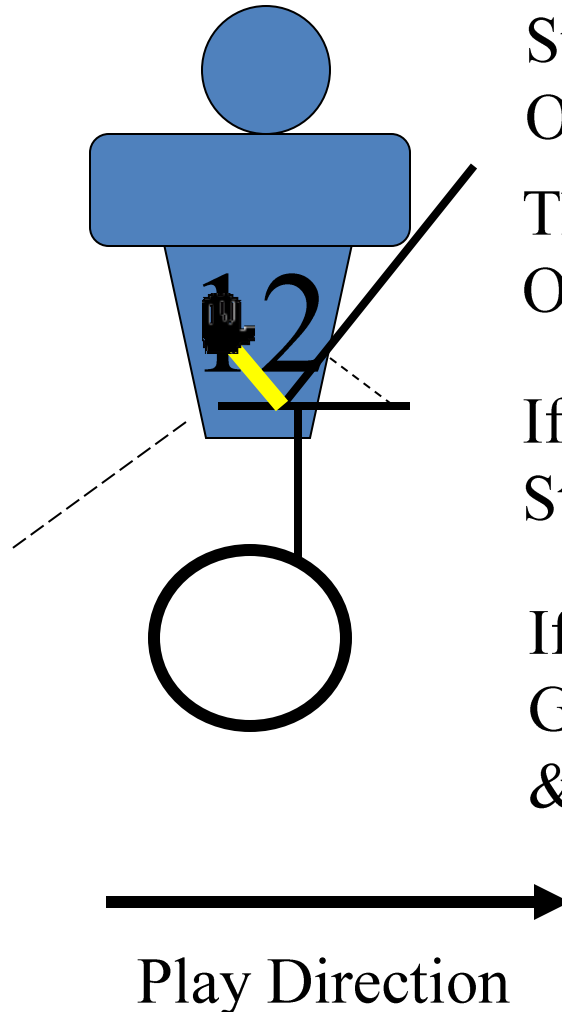
# DL Outside Technique (3)



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 #.

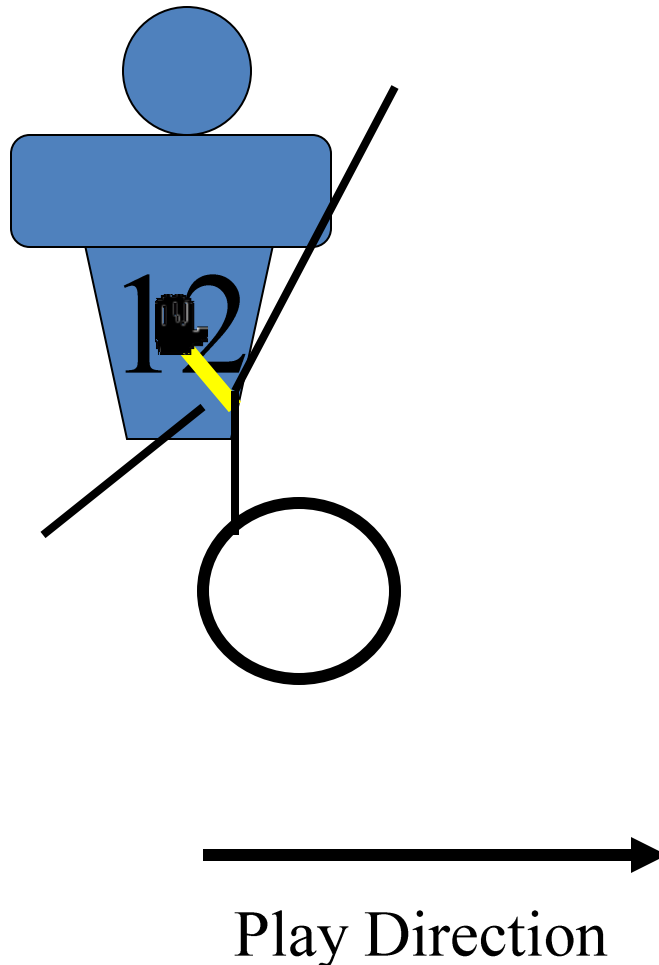
The DL has a 2-way go, but the OL is outside gap responsible.

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.

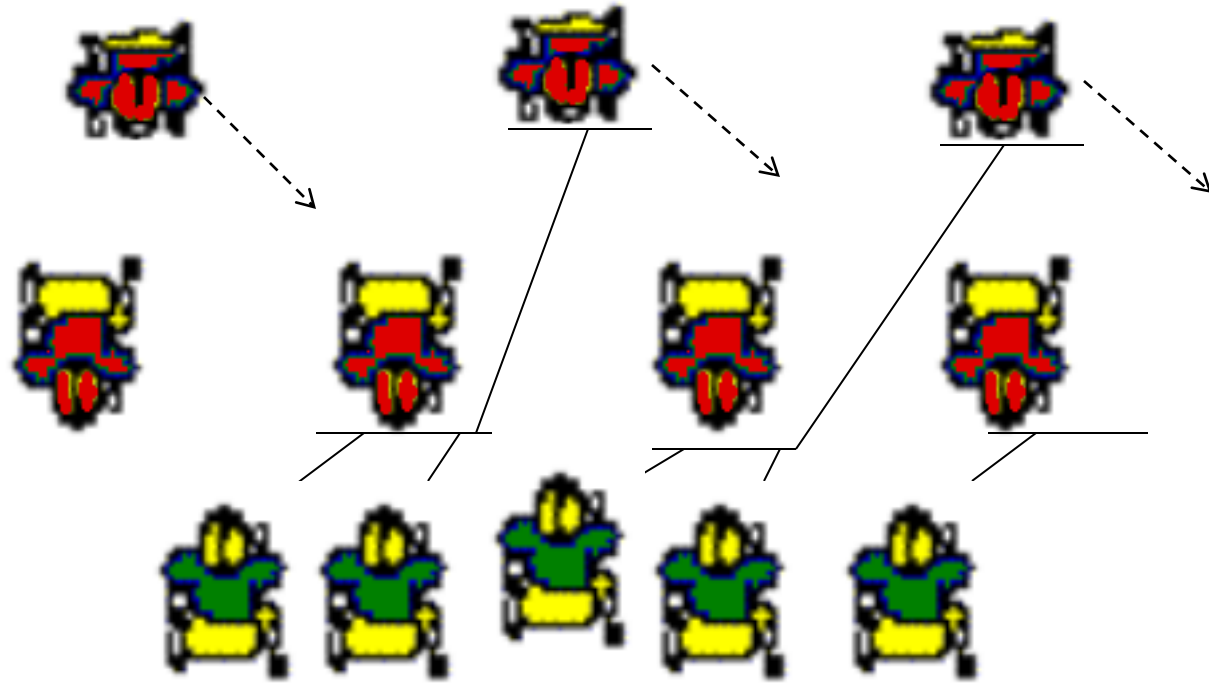
# Frontside Combo Calls

- “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



“George”

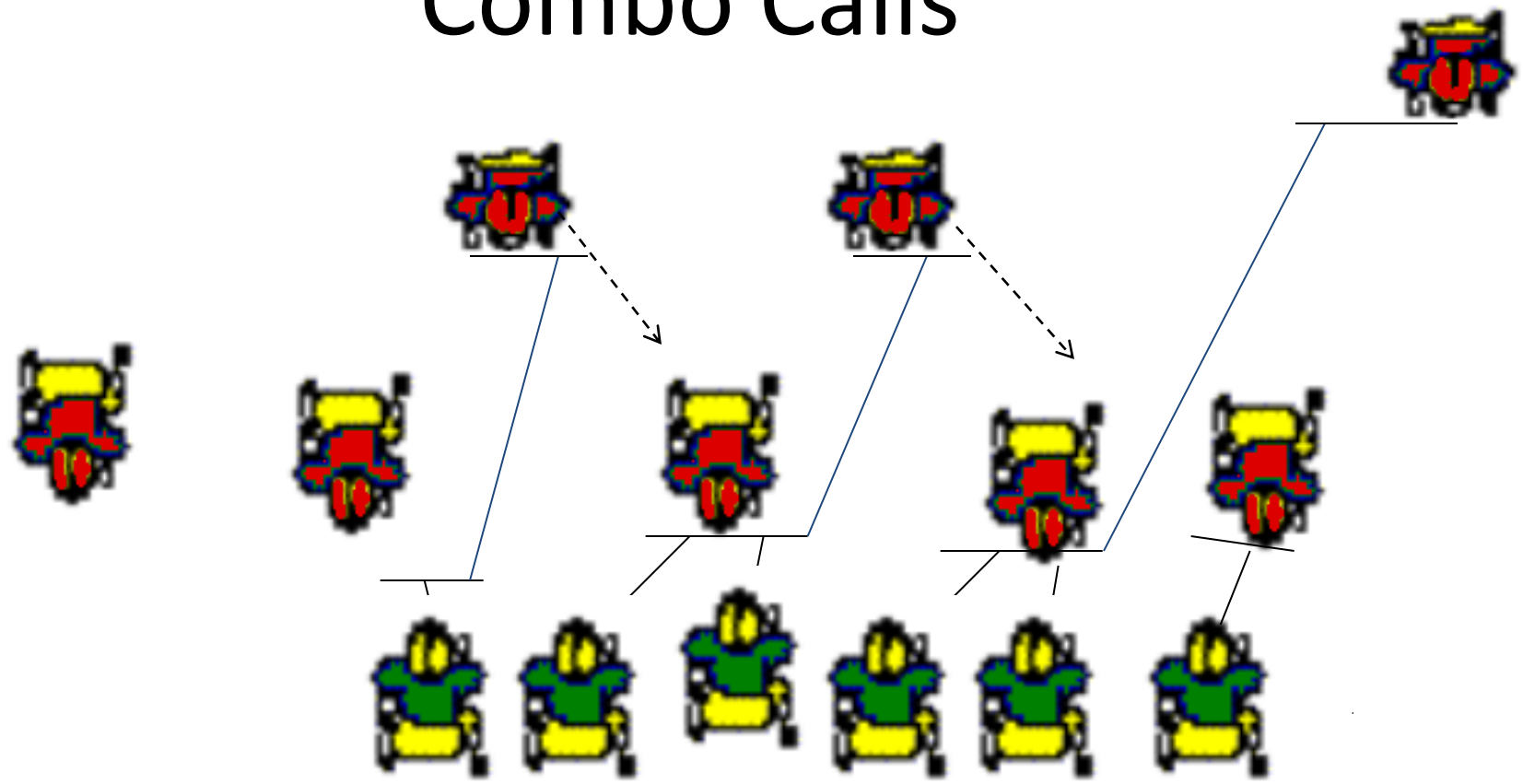
“Ace”

“Base”



Play Direction

# Combo Calls



“Charlie”

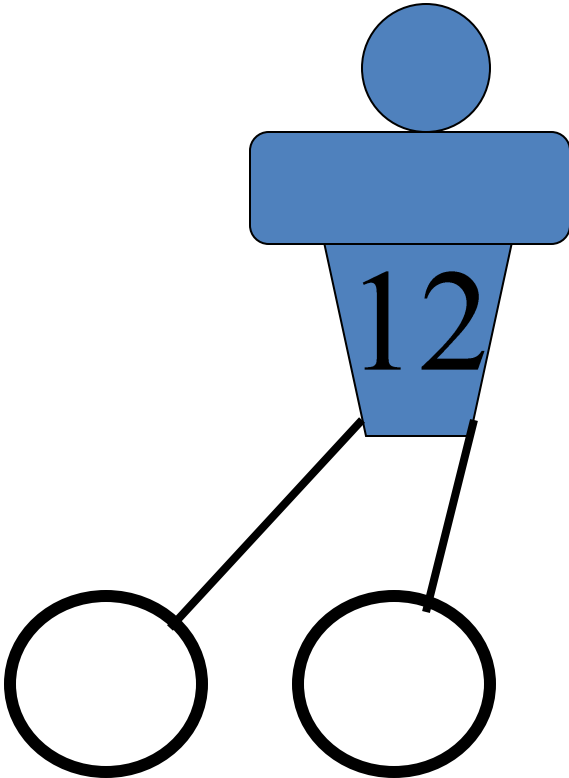
“Douce”

“Base”



Play Direction

# Combo Blocks



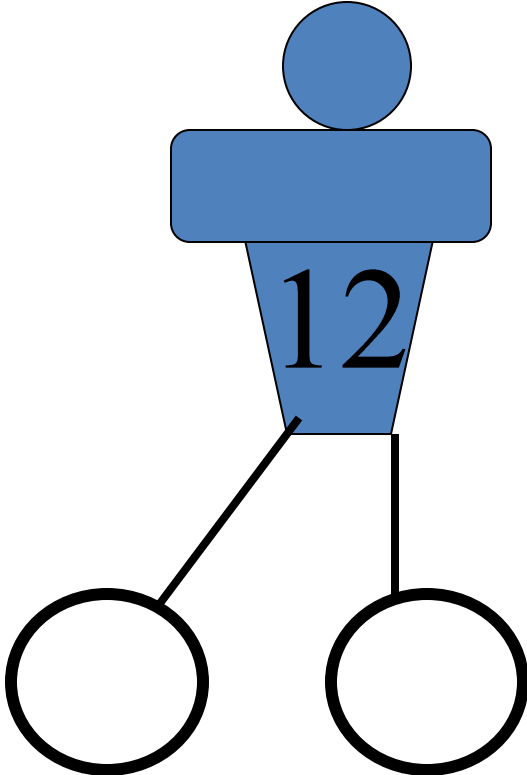
Landmark inside hip outside #  
push to second level

Landmark outside # gain  
control and push to 2<sup>nd</sup> level



Play Direction

# Combo Blocks



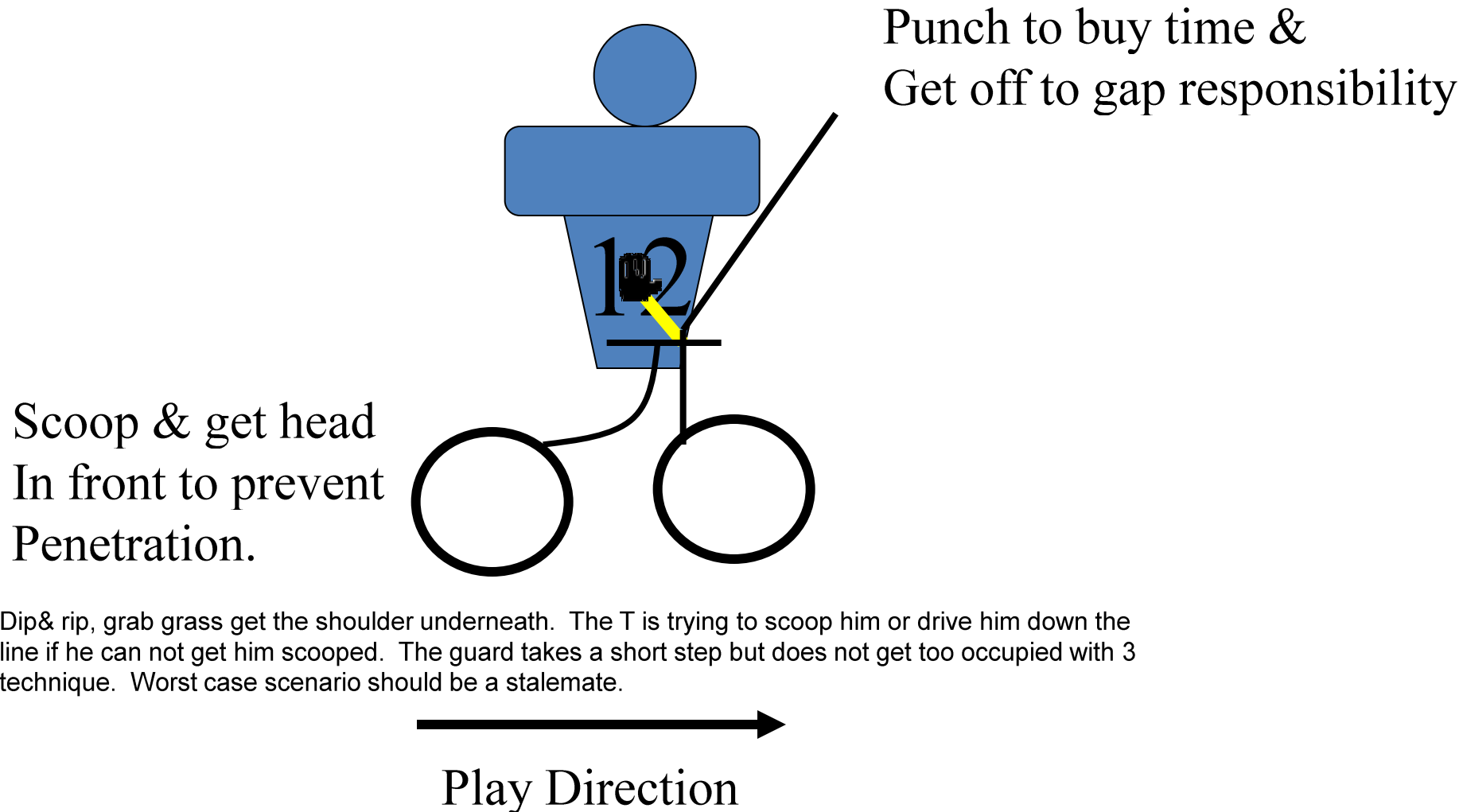
Landmark inside hip work across face to outside # gain control

Landmark outside # maintain push to 2<sup>nd</sup> level



Play Direction

# Backside Scoop Technique

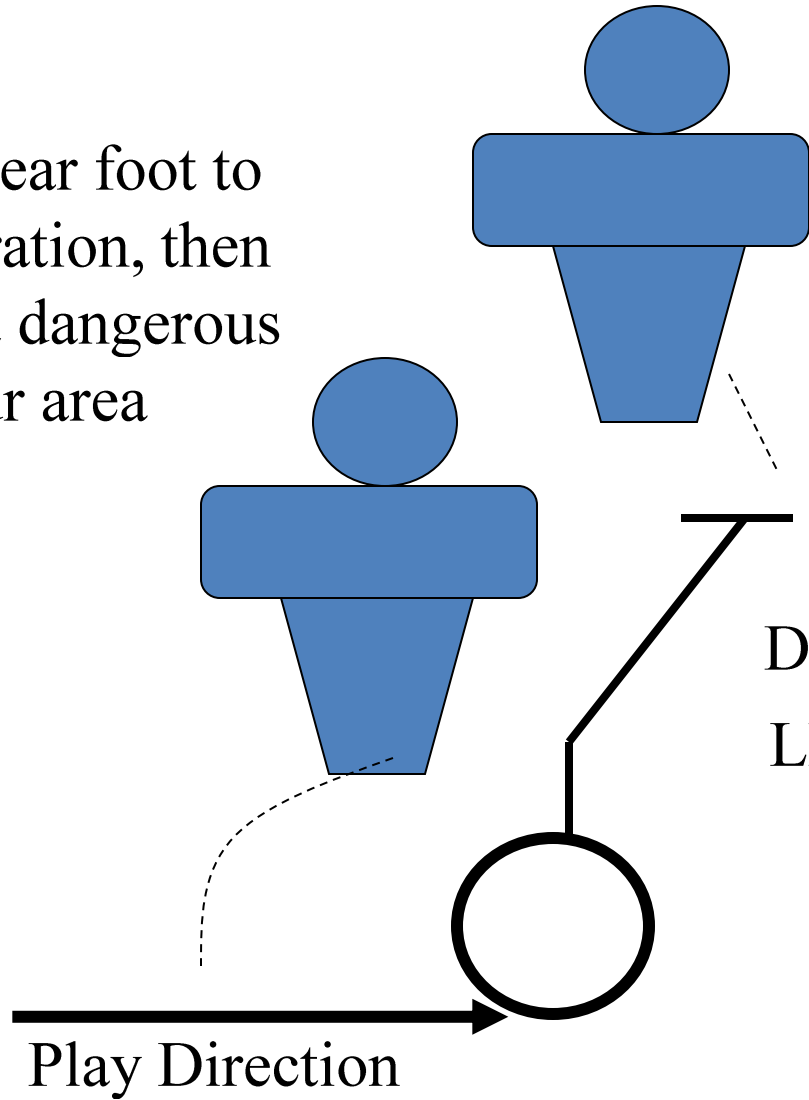


Dip& rip, grab grass get the shoulder underneath. The T is trying to scoop him or drive him down the line if he can not get him scooped. The guard takes a short step but does not get too occupied with 3 technique. Worst case scenario should be a stalemate.

# 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

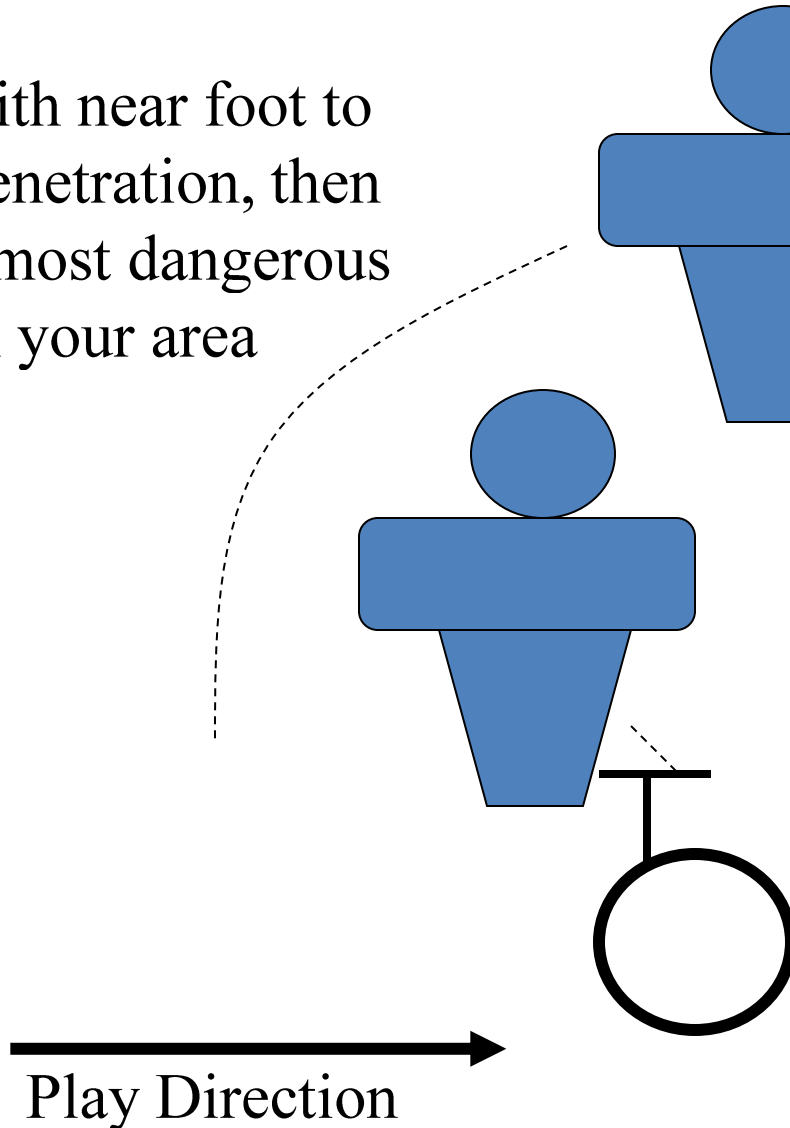


DE moves away from play.  
LB becomes most dangerous.

# 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**

