

Spread Gun Run: Man Blocking & Adding Pass/Screen Options

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- Needs in a Passing Offense: Make it look like pass, keep it simple
- Run Plays Used...
 - Man-On
 - Trap
 - Power
 - Sweep
 - Draw
 - Only use 3-4 each season
- What types of Fronts do we see?
 - Odd: 60%
 - Gap: 20%
 - Even/Split: 15%
 - Bear/Double Eagle: 5%
- How we Practice Run Game
 - All three teams together
 - Period 0: Jump Ropes, Obstacle course progression
 - Periods 1 & 2: Vs Cans on a grid
 - Periods 3: Drive/Power Hop, Chute,
 - Period 4: Combos: DOTS, Folds, Traps, Pulls, Release
 - Period 5: Six Pack (Tempo, multiple fronts)
 - Period 6: Run Timing vs Self-Serve, one perfect rep per play, varied front
- Identifying the Point
 - Guards have 1, Tackles have 2, free to switch as needed
- Fitting Pass & Screen Options for WR's to Personnel
 - All-Hitch
 - Trips Stick
 - Spread Curls
 - Screen "rules"
- Pre-Snap Run/Pass Options
 - Eliminate the need for post-snap "read"
 - Stick/Draw: Empty w/running QB
 - Albatross: Short-side Sweep, wide-side Flood
 - Penny: Tackle over, short side Power, wide side Innies Screen

