The Power Spread Offense

Old School power football with the new school spread.

A system designed to Spread the field and Run or Pass based upon the talent you have

The origins of this offense come from the split back misdirection offense that we ran while I was a player under coaching great, Dale Mueller at Highlands High School. When I was hired at Dayton High School in 2004, I tried to install the system and found that the rules and blocking schemes were very difficult for my kids to learn and began studying the wing-t and double wing blocking schemes. After spending numerous hours studying and trial and error, I turned our blocking system into an acronym based system and this simplified our rules greatly. Another key resource was the West Virginia playbook, which I used to develop our formation system as well as our play calling system.

After year one, I was also looking for an edge to give our guys the best chance to be successful. This was during the beginning of the shotgun boom and we installed the shotgun in order to give our team an opportunity to outnumber teams at the point of attack. It was during this time, that I was also developing our passing game and fell in love with the ease and progression reading system of the Air Raid offense. I did not feel we could run the Air Raid offense exclusively, but we adopted many of the concepts to create a comprehensive menu of offense that we could run and adapt each year, based upon the talents of our players. This was the beginning of the offense that we continue to run today with good success. The offense can be run from under center and I recommend doing it from under center in the youth leagues.

Acronyms to know while reading

LOS = Line of Scrimmage

LM = Lineman

MDM = Most Dangerous Man

The Positions

Skill Positions

Y = Tight End

H = Slot Receiver/ 2nd Running back

X = Best Receiver. Weak side receiver

Z = Possession Receiver. Strong side receiver in base formations

F = Best Running Back

Q = Quarterback

Offensive Line

Tackles – Our Tackles stay Right or Left. They do not switch sides. These are bigger guys that need to be able to run so they can pull on certain plays, but can be less athletic than the Guards.

Guards – Our guards stay Right or Left. They do not switch sides. These can be smaller guys, but need to be able to run because they will be pulling on a lot of plays.

Center – Needs to be able to shotgun snap.

COACHES NOTE - We use pre-practice each day and EVERY lineman works on shotgun snapping. I learned this from Coach Rich Rodriguez when studying his system. We will never be in a situation where we cannot get the snap because all of our lineman work on snapping the football daily.

The Formation System

The formation is a system of tags off of our base formations that are simply named Left and Right.

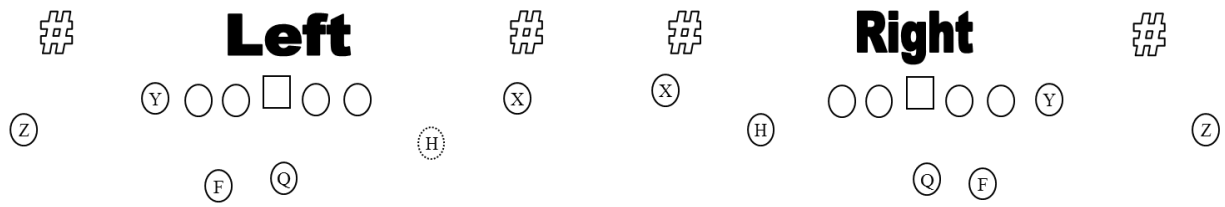
Y – To the call. Inside Receiver. ON the LOS

Z – To the call. Outside Receiver. OFF the LOS

H – Away from the call. Inside Receiver. OFF the LOS.

X – Away from the call. Outside Receiver. ON the LOS

F – Lines up according to the play unless tagged to be in a specific spot. (This is rare)

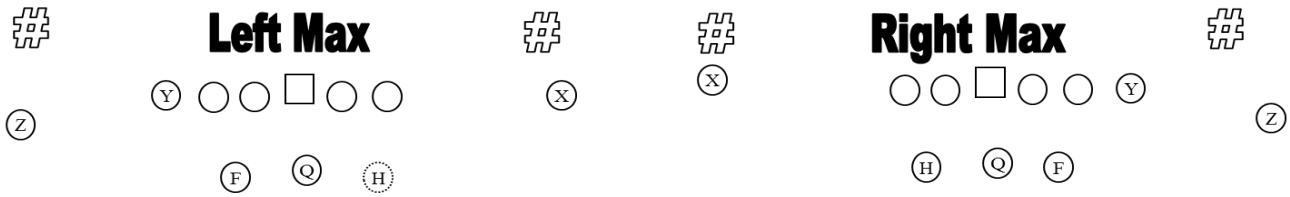


The formation system is arranged around where our Y (Tight End) and our X (Best Receiver) line up. The Y is always TO the direction call and the X is always AWAY from the direction call. The H (Slot) and the Z (Possession Receiver) are floaters when tagged, but the base rule is Z goes strong with the Y and H goes weak with the X.

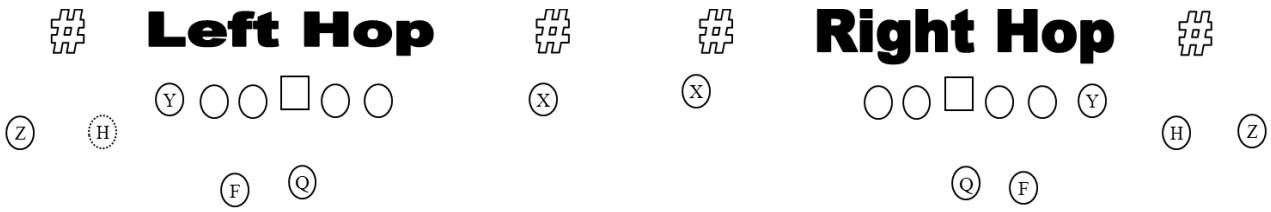
From the base Left and Right formations are a number of Tags that tell different people where to line up. Our receivers do line up on both sides due to the passing game that we run and the QB's progression reads.

Base Formation Tags for the H

MAX – This tells the H to line up in the backfield. If your H is a true receiver type of kid, you can insert a 2nd back when using a MAX set. ****THIS IS CONSIDERED THE BASE FORMATION OF THE OFFENSE****



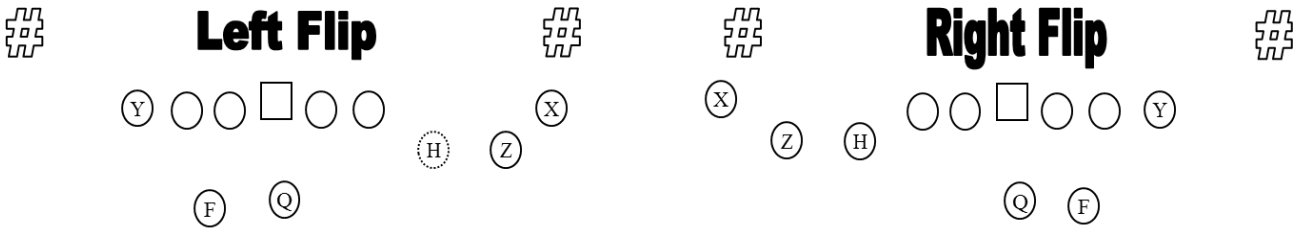
HOP – The H will line up OPPOSITE his base rule.



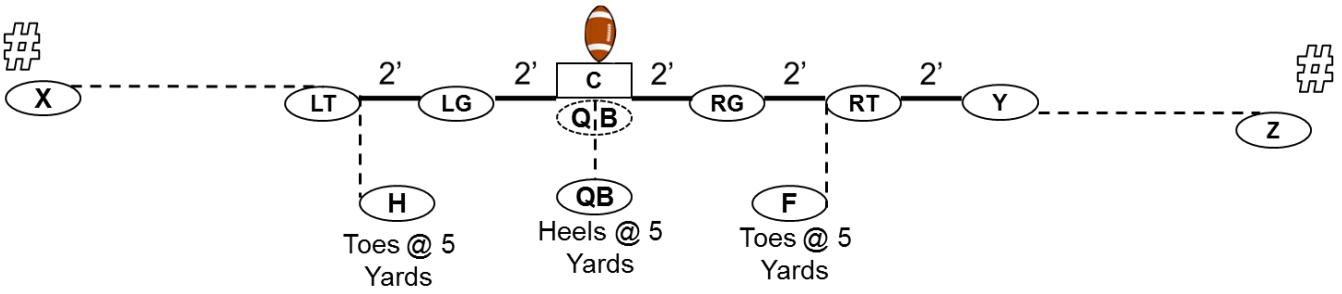
As you can see, everyone else lines up with normal base rules and only the H moves.

Base Formation Tags for the Z

FLIP – This tells the Z to line up OPPOSITE his base rule and INSIDE the X.



Player Alignment At the Line of Scrimmage (LOS)



At the Line Of Scrimmage

- The W.R.'s will come up to their position in a two point stance.
- The backs, offensive lineman, and tight ends will come to their position in a two point stance.
    - When under center, the backs can utilize a 3 point stance at the coaches discretion.

Basic Splits and Alignments

- The lineman splits generally remain the same while the backs and receivers will vary depending on upon the formation.
        - Guards: 2 feet with head/Facemask aligned on centers hip.
        - Tackles: 2 feet with feet aligned on the Guards.
        - Tight Ends: 2 feet with feet aligned on Tackles

Coaching Point – By Rule, the head of all linemen need to break the plane of the Center's hips. The depth is needed to create separation for pulling plays.

Base receiver split rules:

- Ball on hash
    - Outside Receiver to field = +5 from hash
    - Inside Receiver to field = -1 from hash
    - Outside receiver to boundary = +5 from sideline.
    - Inside receiver to boundary = split the difference
- Ball in Middle of the field
    - Outside receivers = On numbers
    - Outside Receivers = Split Difference
- ***Reo/Leo – Outside Receiver to field (Z) = Bottom of Numbers
    - #2 Receiver to the field (Y) = Split difference
    - #3 Receiver to the field (H) = + 5 Off Tackle

Running Backs

- Outside foot should be aligned on the inside foot of the OT. Toes at 5 Yards. The RB and the QB should basically split the line.

Quarterback

- Heels at 5 yards and directly behind the center.

The Running Game

The Base run game consists of 7 Running plays in order to create comprehensive attack and forces the defense to defend every hole on the field. These plays are designed to look like each other in order to create deception and conflict in the defense.

The plays consist of:

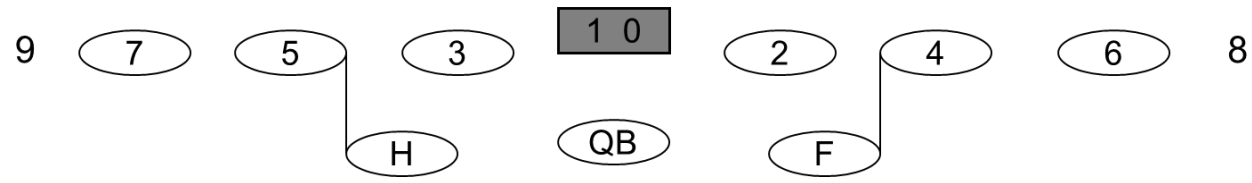
- Dive
- Trap
- Belly
- Counter
- Power
- Slam
- Sweep
- Toss

The Basics

Hole Numbering

The holes are numbered for the purpose of providing a target for each play. In order to do this, we number the man and not the gap. The truth of the matter is the hole will normally end up where the man is lined up anyway when he blocks in or out, so we use the physical LM as our aiming point.

- The Center is split in half: Left side of center 1 and Right side of center is 0.
- Even Numbers are the lineman to the Right
- Odd Numbers are the lineman to the Left



Run Blocking Rules and Acronyms

Gap = Inside Gap – Defender is in the gap between you and your inside lineman.

On = Man on – Defender is "on" the LOS and his helmet is between the shoulder pads of the blocker. You will be the post man on the double team. **Keep eyes inside and get hips tight to down blocker.**

Outside = Outside gap – Defender is lined up between you and the lineman to your outside.

Down = Defender is "On" the first man to your inside and no further. Drive block hard to the inside. If defender slants away, DO NOT CHASE! Continue on track to the next level.