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SPREAD COAST EVOLUTION – ADAPT, DON'T ADOPT!

Spread

Zone Read
Quick Screens
All Skinny Bodies
Up-Tempo
Minimal Run Concepts
Many Pass Concepts
Auto Horizontal Stretch

West Coast

Power Run Game
Quick/Intermediate Routes
Pro Personnel
Ball Control
Many Run Concepts
Specialized Pass Concepts
Post-Snap Horiz. Stretch

Spread Coast

Power Read
Combine the two
Personnel dictate formation
Depends on your defense!
IZ, OZ, Power & Iso
Multiple Pass Concepts
Work both Horizontal & Vertical

QB Qualities

1. Tough
2. Intelligent
3. Competitive
4. Sense of Humor
5. Gym Rat
6. Smooth Feet
7. Accurate (give the receivers a chance)
8. Escapability
9. Mechanics
10. Maturity

QB Notes

7 Causes of Interceptions - Know the cause and fix it!

1. Accuracy
2. Route Error
3. Great Coverage
4. Decisions
5. Drop Mechanics
6. Deflection
7. Pressure

Practice

1. 2 Skelly sessions per practice
2. Average practice is 110 minutes & usually in shells
3. Alignment/Assignment is still a jog through
4. Coach off the film!
5. Defensive Assassins
6. 12 minute team session - 18 seconds per play
7. Inside vs our defense
8. Blitz Pick-up in the Red Zone
9. MMA/Grappling
10. Championship Time

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Football Notes

1. QBs don't slide - you are a football player first and foremost!
2. 1st Down past the 50
3. Play the percentages!
4. Hero!!!
5. M/M Beaters
6. Settle or Run
7. Move the pocket!
8. Love the hitch!
9. Screen on 1st down
10. Teach in concepts
11. Progress through your concepts by QB read
12. Have fun!
13. Teaching it or allowing it!
14. Plus-One Football
15. Division of Labor - Kids will surprise you!
16. Don't be perfect, be efficient and effective!
17. Take what the defense gives you...
18. Recognize your match-ups
19. Scramble Drill
20. Two-off the edge
21. Call plays for QB success!
22. Keys to the passing game...
 - Timing + Protection = Efficiency
 - Timing + Spacing = Completions
 - Timing + Ball Placement = Yards After Catch
23. Protect the QB from B-to-B and get hit from C
24. Full-slide in the Red Zone
25. Bear front - have your checks
26. Attack their coaching!
27. Beat the nose!
28. Do what you do!
29. Balance/Load
30. Find the fish!!!
31. Get the ball to your dudes!!!

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Load/Balance Principle

X O O O O O Z
 Ea R Q E

X O O O O O Z
 Ea R Q E

X O O O O O Z
 Q Fa E
 R

X O O O O O Z
 Q Fa E
 R

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VERTS W/DIG-SWING



STICK W/VORTEX

UTAH SWAP

DURANGO

SPRINT-OUT

HITCH-NAKED