



O'Fallon Panthers Football

Option Routes & Route Conversions

Joe Metzka



O'Fallon Panthers Football

**Passing Game
within our
Team Concept**

Team Concept at OTHS

- **Defense** wins championships
 - We practice defense first every day in practice
 - We limit offensive learning as needed
 - “If you stop people, you’re always in the game”
- Keith Albers:
 - “Pattern read” clinics @ “Coaches Choice”

Team Concept at OTHS

- **Run the ball** to finish off games
 - We install our outside zone series day 1 in summer practice
 - Vs. each week's opponent, we address our running game needs first
 - Receivers: “must block if you want the rock”

Team Concept at OTHS

- **Balanced Offense**

- For us, “balance” is not any specific ratio
- “Be able to do what you need to do to win”
- Play-calling adjusts per opponent

- **2009: 34% pass, 66% run**
- **2010: 47% pass, 53% run**
- **2011: 40% pass, 60% run**

Passing Efficiency

- We focus on **efficiency**, not so much passing volume statistics.
- **2011:**
 - 10.44 passing yards per attempt
 - .63% completions
 - 7 interceptions (15 TDs)

Pass Protection at OTHS

- We believe the protection scheme *must* compliment each route pattern
- 2009: 7 sacks allowed in 12 games
- 2010: 12 sacks allowed in 10 games
- 2011: 1 sack allowed in 12 games



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Concept of Option Routes

Concept of Option Routes

- It's difficult to anticipate blitzes & coverage
- We ask kids to take some on-field ownership of the passing game
- Kids really “buy in” when they have input

For Option Routes to be Successful:

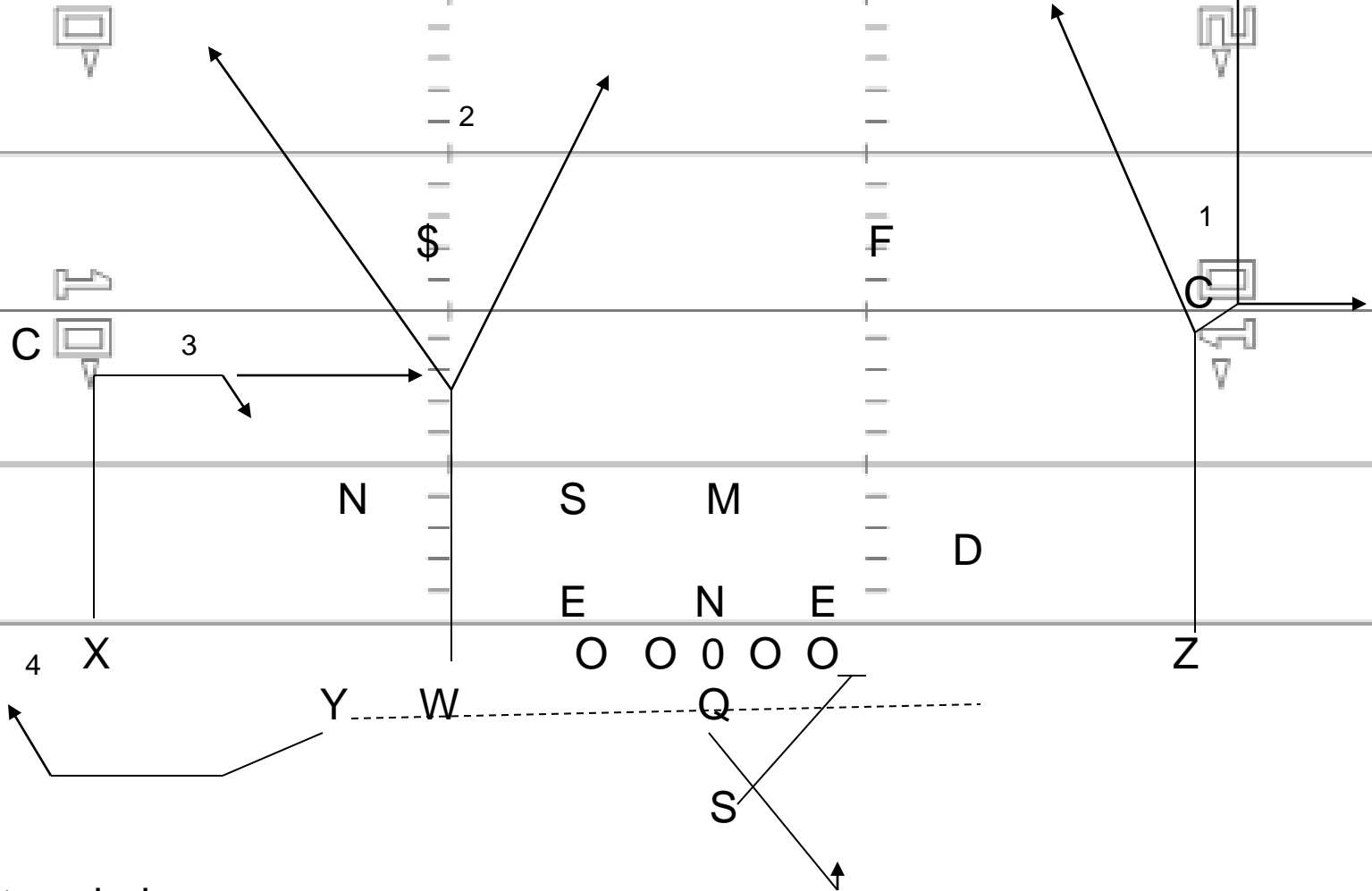
- Limit concepts & learning
 - We had 5 core patterns with options in 2011
 - Each receiver learned only 1 position
- Teach in specific detail:
 - Decide: audible, sight adjust, hand signal
 - Make the option “binary”
 - Practice it efficiently; maximum reps



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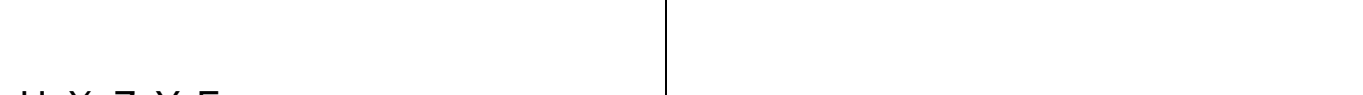
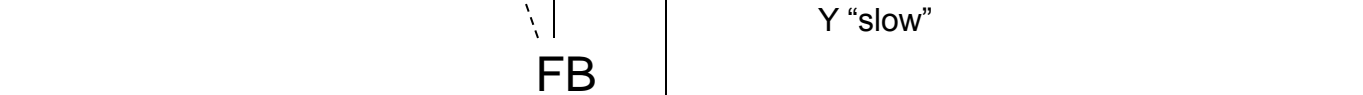
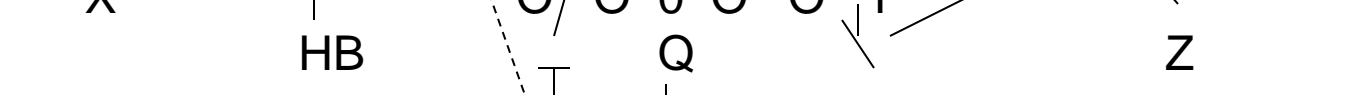
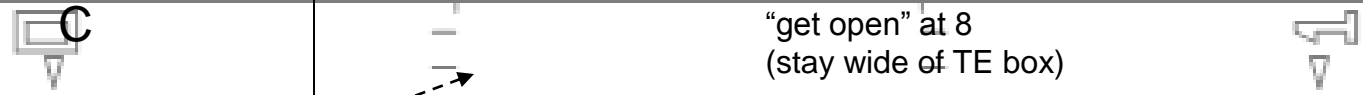
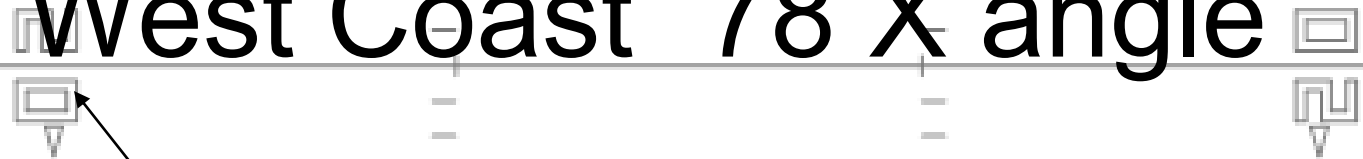
“Choice” Concept

Run & Shoot “Load 60 Z choice”



Z: 7 step choice
Z...W, X, Y

West Coast "78 X angle"

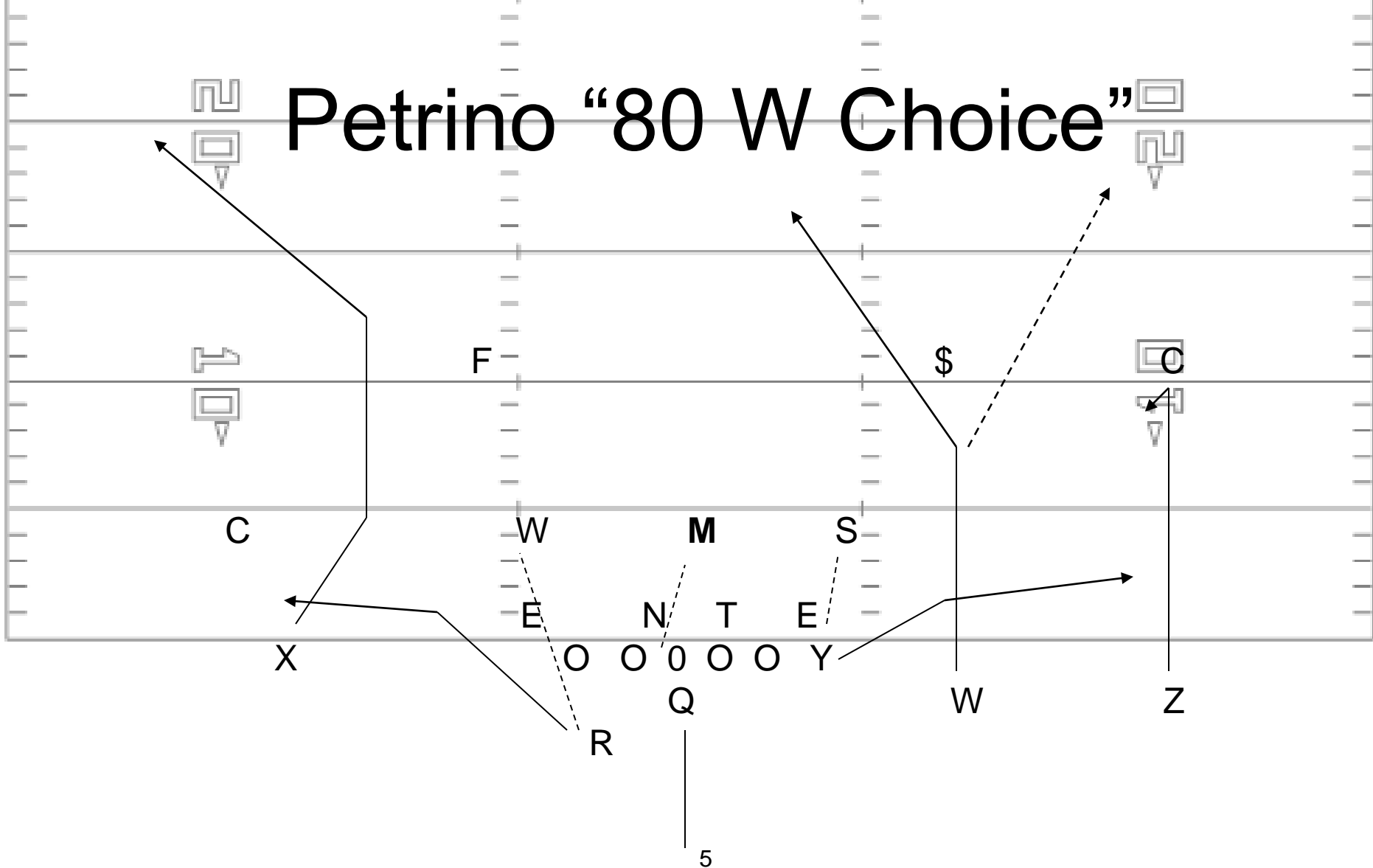


"get open" at 8
(stay wide of TE box)

Y "slow"

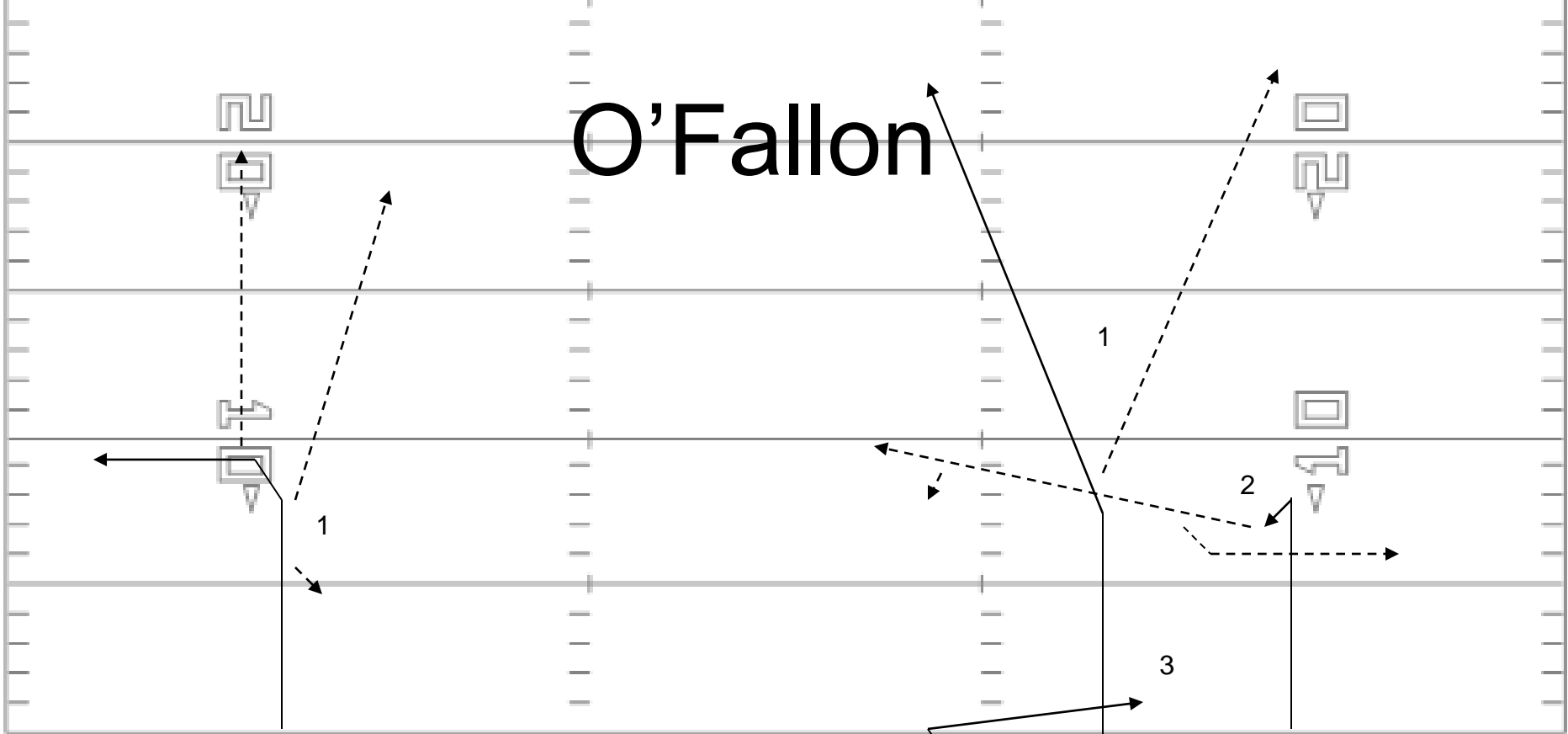
Progression: H, X, Z, Y, F

Petrino "80 W Choice"



HR: X/W
1 high: Z, Y
Cover 2: X, R

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O O O O O

X Y F Z
H Q

Reads:

- X, H
- F, Z, Y
- X, F, Z, Y/H

Now for X hitch conversion
3 hold for X
Reset for "fork" read

“Choice”: pass protection

- **7 man protection scheme**
 - Usually declare toward a 3 technique (by game plan)
 - Declare toward trips vs. even front
 - (Compatible with 2 RB or 4 WR with a 6 man “hot”)
- **Y:**
 - Protection with PST & G; key ILB for blitz
 - Check 2; release late to flat if all is set
 - (We kept our kid in a 2 point this year; undersized)
- **HB:**
 - Slide toward: Check 1; flare/swing if all is set
 - Slide away: Check 2; flare/swing if all is set

“Choice”: route conversions

- **X:**
 - 6 step speed out at 10-11 yards (WCO = 12 yards)
 - “Take the out unless it’s covered”
 - **Convert to:** fade, glance or hitch
- **F:**
 - “Fork” route (post or corner). Attack the defender over you.
 - “Take the post unless it’s covered”
 - **M.F.O.:** split the safeties & stay skinny
 - **1 high:** corner at high angle
- **Z:**
 - “Stop” route at 7-8 yards; stop or slide for a window
 - **Vs. Man:** stay moving; angle and run away from defender
 - May **Convert** and retrace back down stem or toward sideline



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“Slots option” Concept

New England Patriots "Opeq"

14

6

X

H

O O O O O

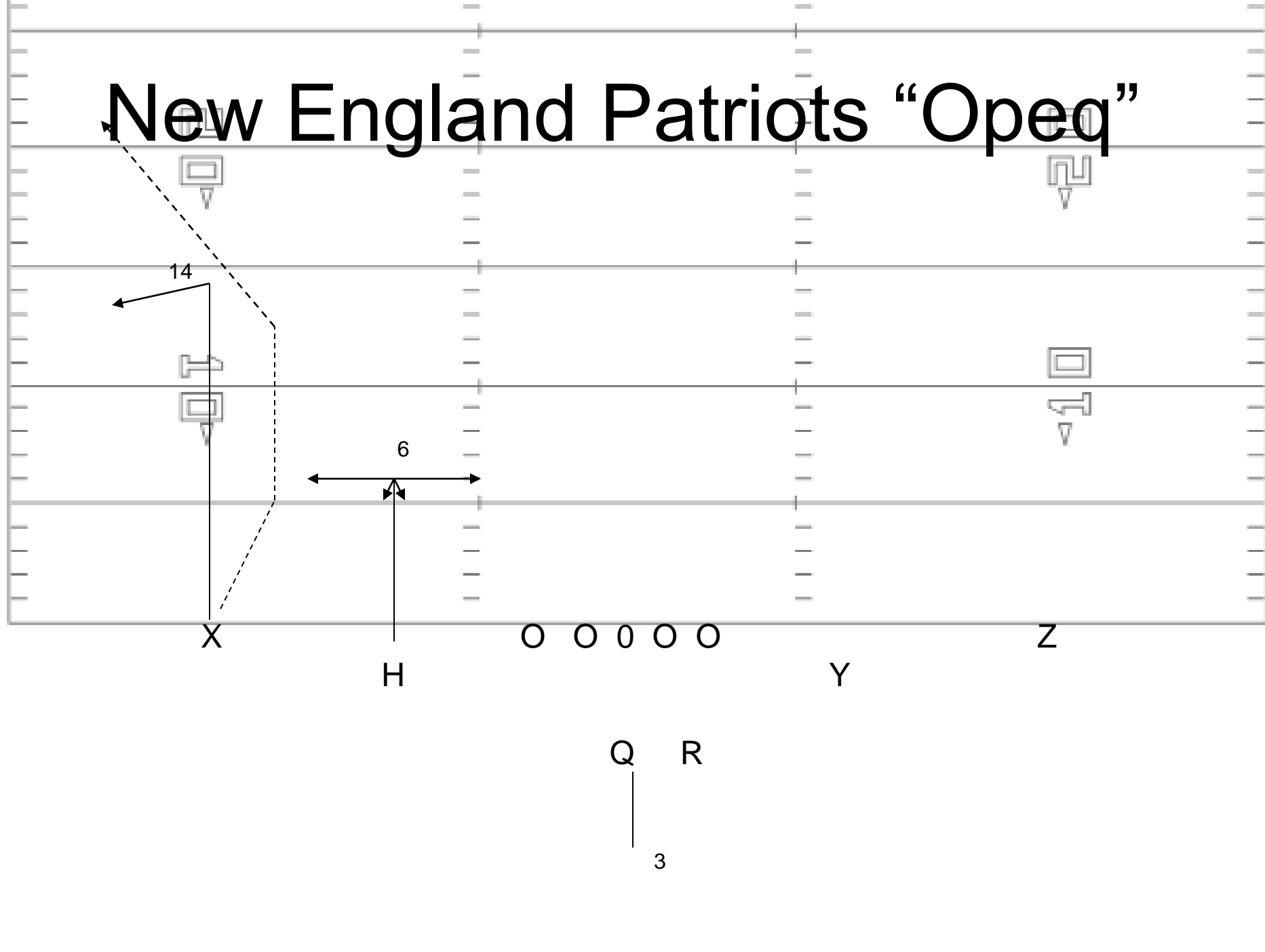
Y

Z

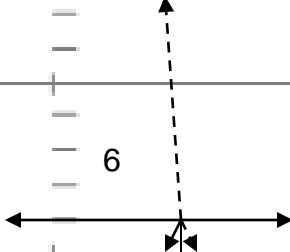
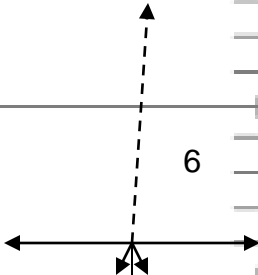
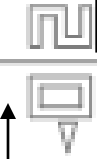
Q

R

3



Petrino "Lima 90 Grey"



X

W

O O O O O

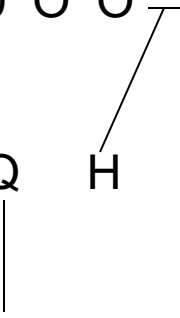
Y

Z

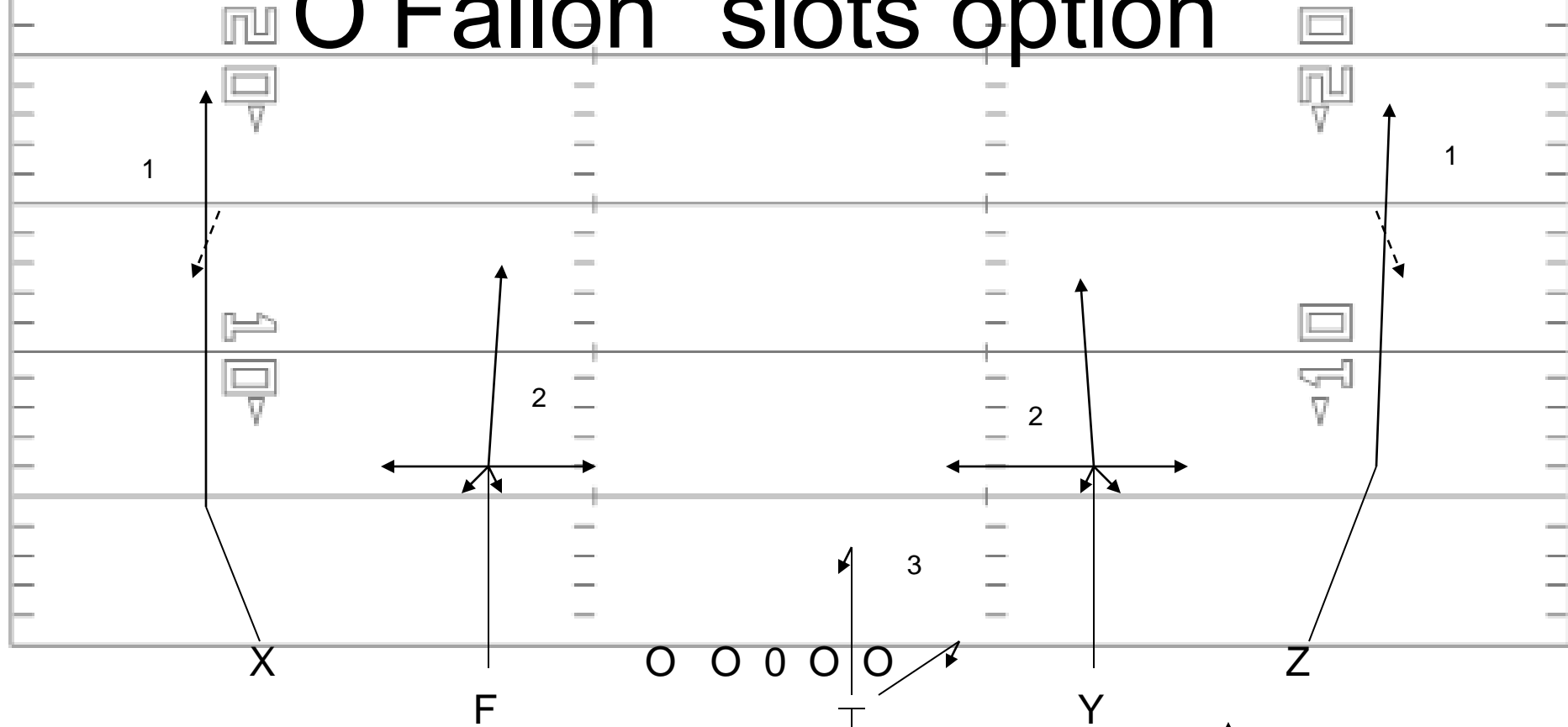
Q

H

3



O'Fallon "slots option"



- Read:**
- 1) Homerun (or fade stop)**
 - 2) Slot option**
 - 3) Check down (scramble)**

Q

H

3 hold

3

3

O O O O O

“Slots Option”: protection

- 6 man protection scheme
 - Typically set HB toward a 3 technique (by game plan)
 - Set HB away from throw side if possible
- HB: check 2 backers & check down
 - Has the whole box after checking protection
 - May hitch or hook (best vs. cover 2)
 - May swing (best vs. 4 across)

“Slots Option”: routes

- #1: Outside go route
 - Forced outside release and track the bottom of the #s
 - May **convert** to fade stop (or the throw may stop you)
- Slot: option route
 - Break at 6 yards (better deeper than shallow)
 - **1 high**: hitch, out or seam
 - **M.F.O.**: glance, out, hook



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