

Inside Veer @ 7 (Triple Option)

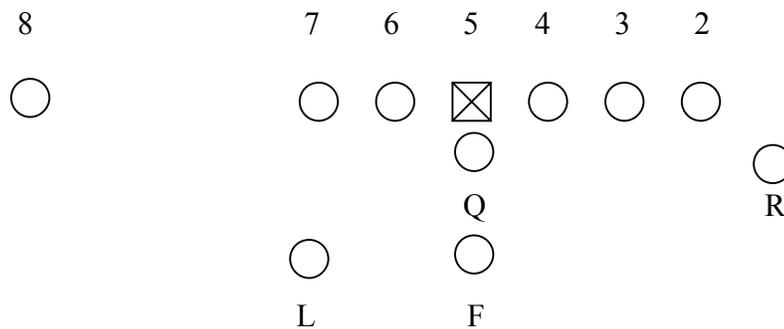
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One of the things that make the wing-t a great offense is the use of misdirection. The theory is that by having three different points of attack on their base series the offense keeps the defense honest.

The same can be said about the triple option. Triple option football forces defenses to play assignment football. One missed assignment can mean the difference between a one-yard gain and a ninety-yard touchdown.

By using one of these schemes to complement the other, we can still run our favorite plays while giving the defense one more thing to worry about.

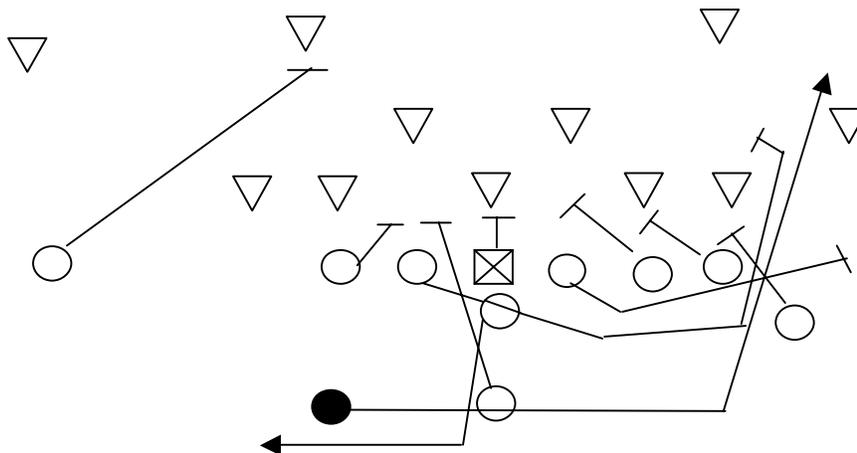
Let's take a look at the Delaware Wing-T's basic formation - the 100 formation:



A brief explanation of the diagram: Each player on the line of scrimmage is numbered 2-8 starting from the right. The holes are labeled 1-9 starting from the right. So, the 1 hole would be just outside the wingback (labeled "R"). The two hole would be outside the TE (labeled "2"); and so on and so on to the 9 hole, which is in the area between the left tackle and the split end.

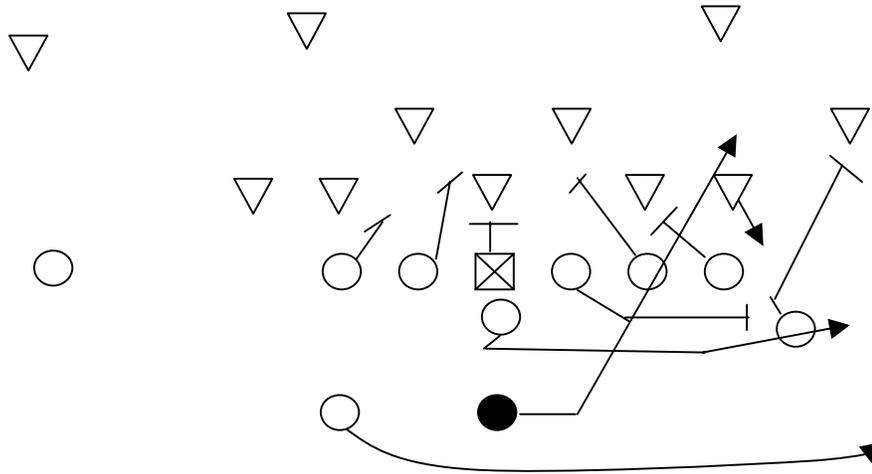
What makes the 100 Formation go is the fact that the wingback puts the DE in conflict. How does he put the DE in conflict? He does so by outflanking the DE even though he's responsible for contain. This forces the CB to come up and have contain responsibility.

The Delaware Wing-T's 121 Down exemplifies how best to take advantage of this conflict. The next diagram will show us 121 Down (100 formation, 20 series "buck", 1 hole).

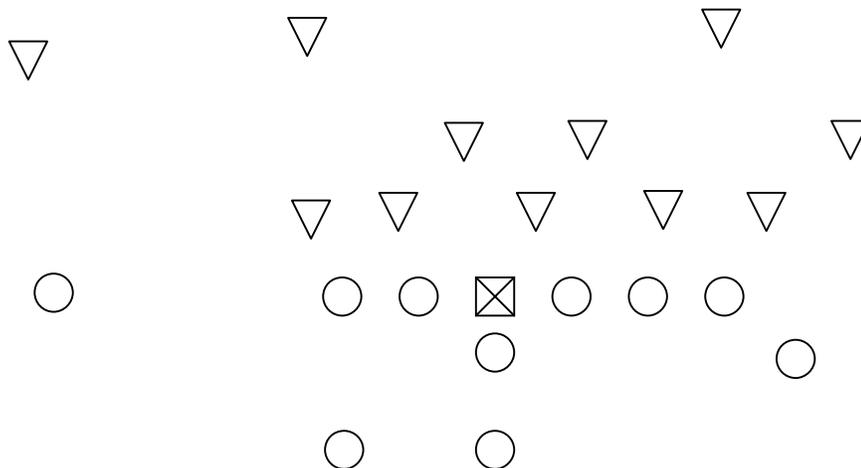


As you can see, if using a normal pro-formation, the defensive end would be able to keep his outside arm free. The wingback, having outflanked him, forces the cornerback to come up and face the pulling guard's force. The wingback's job is to physically punish the DE with a shoulder block. Our teaching technique for this block is to keep the head in front, put the shoulder at hip height and drive through.

If successful, the DE should decide to fight this shoulder block with force or by looping out or by adjusting to a wider technique. If any of these things start to happen, it would open a companion play, the 182 Down. The 182 Down is a belly play not unlike anyone else's belly. The diagram below explains 182 Down.

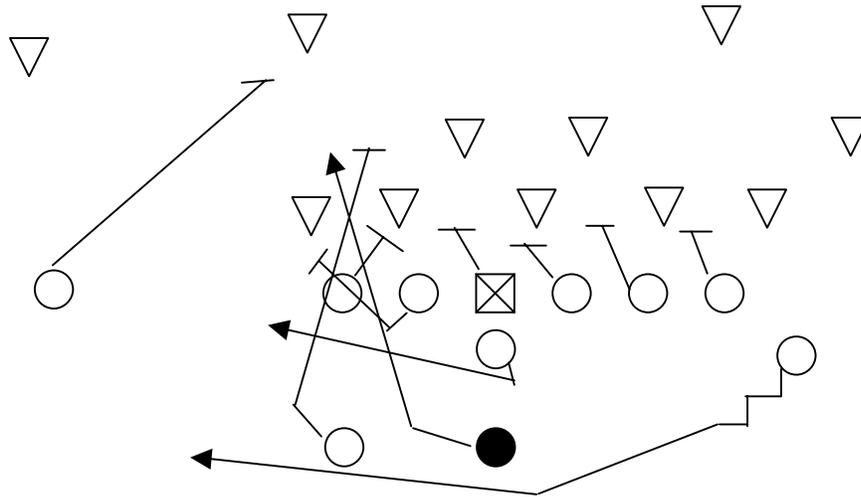


Now, it's starting to get fun. Another common adjustment defenses may try to make is over loading to the wing side or sliding to the running strength. Here's one possible defensive alignment.

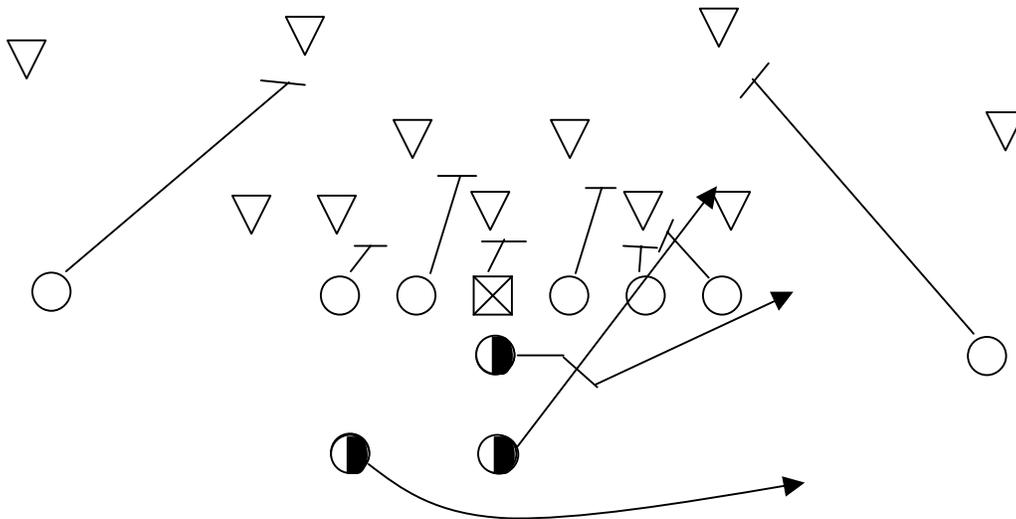


We have forced the defense to align differently. They are so concerned with covering the 121 Down and the 182 Down, that they have shifted towards our wingback. Now, that we dictated a new alignment, we're going to put them in more conflict. We're

going to call our 187 XB. This is a basic belly iso lead. The halfback is going to lead through the hole and block while the fullback follows through.



Let's put the wing-t's defensive conflict aside for right now and let's look at the advantages of the outside veer (142). The outside veer forces the defensive end to tackle the fullback. The cornerback now has the responsibility for the pitchman. This forces the safety to come from his deeper alignment to cover the QB and fight through the flanker's block. Let's look at the diagram below that illustrates this description.



Once again the DE is placed into conflict. If he makes a habit of biting for the FB, the QB will keep and option the CB. With little support from the safety and DE, this two on one situation creates the big play opportunity.

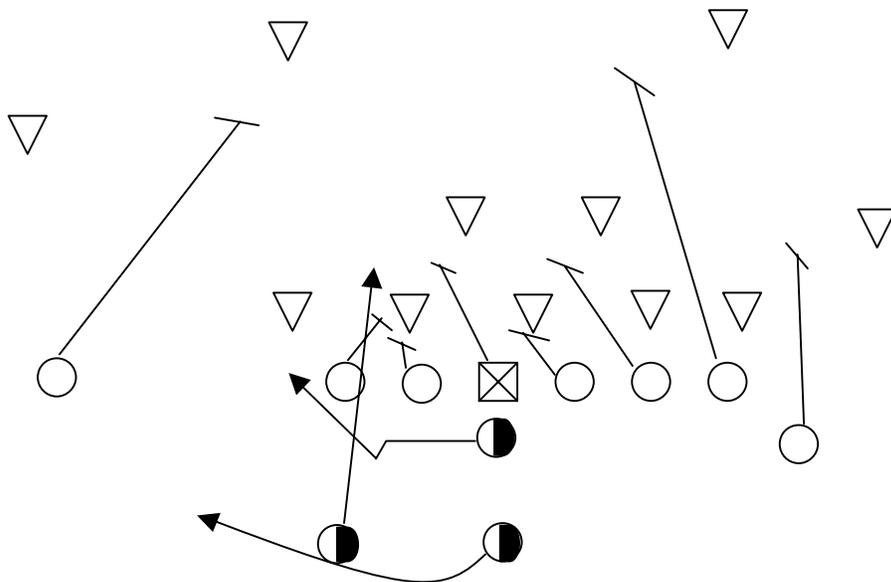
Most wing-t coaches would like the motion the wingback to get this same effect to the weak side with an inside veer. However, that is not the goal of the inside veer at 7. What we want to accomplish is:

- Give the defense a reason not to adjust to the wing
- Not to “give a play away” with the use of motion
- Threaten multiple points of attack on the weak side.
- Create a second inside threat with the halfback (as opposed to the fullback)
- Attack an already weakened perimeter
- Complement the 87 XB (belly iso)

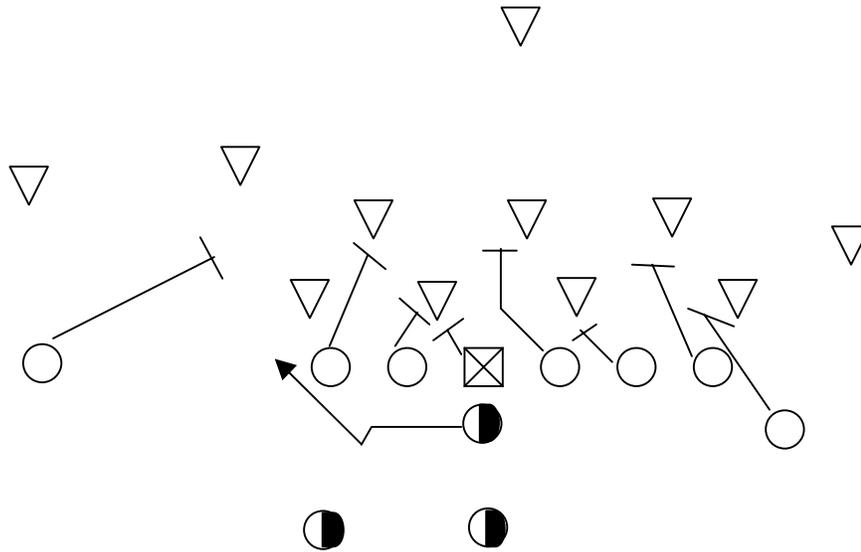
We've already seen what could happen to the defense if they over shift to our wing side. Also, you've seen that motion can predict the use of our 87 XB. With the 87 XB we could attack the off guard hole, or attack the outside flank if we were to call the 87 option. The inside veer at 7, allows us to attack both points of attack on the same play. The inside veer at 7 to the weak side also has the same effects as the outside veer does to the strong side. With teams expecting to see the fullback get most of the inside carries, the halfback gives them one more player to key. The inside veer at 7 will be used to attack the weak side weakened perimeter because of the adjustments they are making to the running strength. And lastly, since the halfback already leads through this hole on the 87 XB, it's a great complement to go through the same hole by being a running threat.

The diagram below shows the inside veer at 7 versus an over shifted defensive front.

Versus 50 Strong



Versus 4-3 Monster Strong



The blocking rules are simple:

- | | |
|--------------------------|---|
| 2: Cut off safety | RHB: Cut off Corner |
| 3: Cut off backer | FB: Run option: stay 4 x 3 from QB |
| 4: Reach left | LHB: Dive to inside foot of 7 |
| 5: Reach – Post – backer | QB: Read Defense #3: If he tackles the LHB keep, anything else, give. |
| 6: Post – lead – backer | If keep: attack and read #4: If goes to tackle you, pitch, if he goes for FB, go! |
| 7: Gap – lead – backer | |
| 8: crack SS | |

We still insist that linemen use their shoulders when blocking. We teach them to put backside ear to the defender's playside hip.

The QB has two reads on this play, but every once in a while, the defense might do something not seen in practice. We give our QB one simple rule to things he might not have seen: When it doubt – give.

We teach the QB upon the snap of the ball to take the ball in and step at 9 o'clock. With eyes on the LHB, place the ball in the HB's gut with both hands on his second step and ride him in on his third step. Once the ball is in the LHB's gut, the QB's eyes should be on #3. Two things are going to happen; either #3 goes to tackle LHB or not. If he should attempt to tackle LHB, the QB will pull the ball out on his fourth step. If #3

doesn't attempt to tackle the LHB, the QB will push the ball into the LHB's gut to signal the LHB that he's the ball carrier (since it's being ridden the LHB doesn't feel ball pushed into him).

If the QB cannot give, the second read needs to be made. The QB will now attack and read #4. The reason we'll attack #4 is because we want our FB to get the ball; that's how we'll get the ball out to the perimeter. We'll attack #4 to force him to choose QB. As soon as #4's shoulders are square to the QB, the QB will take off with the ball. If #4 chases after the FB, the QB will take off with the ball. If #4 does decide to go after the QB, the QB will pitch.

There are a couple of other coaching points. We teach the LHB that if he doesn't get the ball, he has a blocking assignment. He must block second level pursuit. If there's no one at the second level, the look to the third level.

X has to crack the SS. By blocking to the inside when and if the Fullback gets the ball, he can run outside.

This play is not meant to replace your favorite wing-t plays. What happened here was that our LHB would block really well on 87 XB that I wanted to add a little wrinkle to it. It's a change of pace play that forces the defenses to play honest and not overload one side, opening up 121 Down and 182 Down.