

Inside Veer @7 (Triple Option)

First of all, I think the greatest offensive play is the one the defense is least expecting. With that said, the triple option has the potential to be the greatest offensive play during the course of a game. Unlike the Wing-T's traditional option plays 82 Down option, 24 Trap option and the 91 Speed option; the triple option adds the element of a third potential ball carrier as opposed the traditional two.

Let's take a look at the basic 100 Formation:

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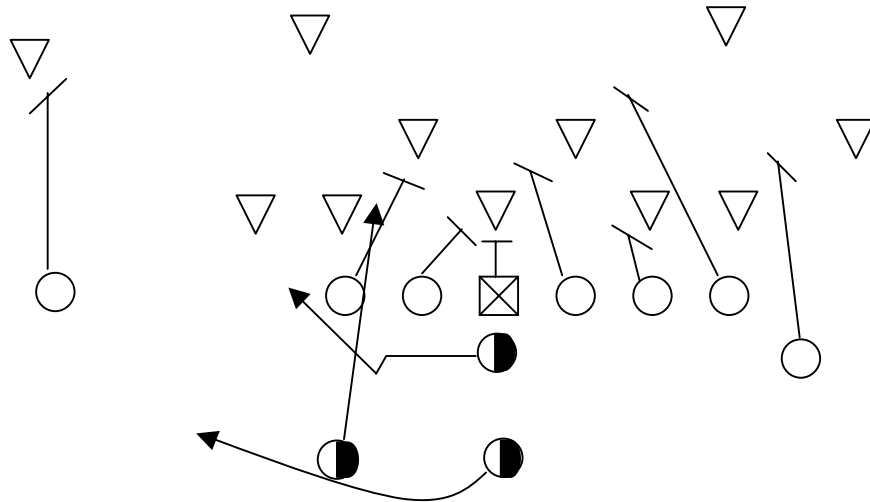
      8           7 6 5 4 3 2
      X           T G C G T Y
                   Q           R
                   L   F
  
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This is the Wing-T's most basic look. What creates conflict here is the presence of the wingback (Labeled "R"). The defense must account for his presence. If the defense doesn't adjust to the wingback we can run 121 Down and have it be a very successful play. Our goal with the Inside Veer @7 is to:

- 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)

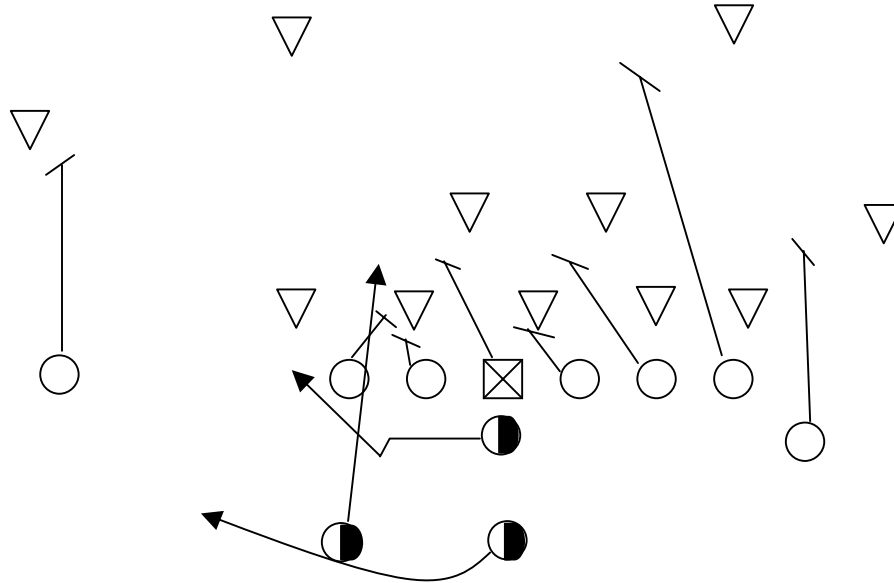
Let's look at the Inside veer vs the Oklahoma 50 and the 50 strong:

Inside Veer @7 vs Oklahoma 50.



As you can see, the play can be successful even if the defense doesn't adjust. The reads would need to be quicker. But it has true devastating proportions with the defense ready to stop anything on the strong side.

Vs 50 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: Spread: stalk CB

Tight: gap – down – backer

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 stalk block. But if we had a presence, to block to the inside so that 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 87XB 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.