



The Spread Offense - Running Game

When people hear "spread" they think of the death game. The reality is that the spread running game can be lethal. A few years ago I coached at a college that made a run to the Texas high school state championship match. We put the spread rather than because we believed we would dominate from the passing game but because we knew that the team would be a good running team.

The spread is now the fastest growing crime at the high school level. I wonder how many truly understand all facets of the offense. When done correctly it can be like a complete court [run 4 game](#) and it will gradually wear another team down. The running game is an integral part of becoming a complete crime. Coaches need to rep running just as much or more than the passing game and a few understand this.



There are 3 basic schemes for the crime line to learn inside zone, outside zone, and also the counter trey. On some level this may seem simple. Unfortunately all three concepts are tremendously different and frequently offense lines will struggle to be good at all three. The running back usually is set away from playside. So by way of example if a team is operating "2-Base" then the back will be aligned to the quarterback's left and will crossover and

then assault the 2 hole and is always trying to find a cutback lane. The trunk should be thinking bang or bend and has to read on the run. Frequently the hole will develop backside and as result no participant should believe that they can take a playoff. Many times a back might end up backside and if the interior receiver is not doing his job his man will earn a touchdown saving tackle!

The foundation of the spread's running game is the zone read. Since the rear crosses across the quarterback's eyes are on the backside end. If the end closes the quarterback will pull on the ball and run out the door. If the end remains disciplined or slow plays then it's an automatic supply. Within this column I will concentrate on the duties of the quarterback and Trainers and I will discuss lineup play in a subsequent article.

Again repetition is crucial. Many quarterbacks will guess. They have to read on the conduct and respond to what the defense is giving the crime. 2/3 base is the base running play for its spread offense. The quarterback counter trey works off of foundation and should be learned together with 2/3 base.

Quarterback counter trey will seem like 2/3 base but there is not any read. The quarterback does not need to ride the ball to back, only let him cross. Backside guard and handle will tug. The guard will kick the playside end along with the handle will seal on the linebacker. Playside linemen will down block. Allow me to say here that head up "4" techniques are difficult to counter because it's hard to execute a downward block.

One of the most frequent errors by the quarterback will be for him to try and run wide. I guarantee this drama will not function if the QB isn't disciplined. If 2/3 base have successful the QB counter will be successful also.

Today 4/5 counter could be conducted by the trunk as well. Frequently as soon as the backside defensive end sees backside linemen pulling he will close along with the QB will have an chance to pull the ball. If a team would like to be prosperous in the disperse running game they need to become efficient in the counter. It's a miss route drama which keeps the backside honest.

Often inside linebackers will cross key. Tendencies for most disperse teams show that a majority of time in the event the back is away the running drama is coming to you. Align the rear playside on counter some. But if your team runs counter nicely this can hurt them keying crossover tendencies.

The third running scheme is external zone. Outdoor zone retains defensive ends honest. And just as indoors counter and zone work together so can counter and outside zone. Some teams will not extend the end but will use an outside linebacker to divide the difference between an inside receiver and the handle. (This is the place where the bubble is important).

Having achievement running outside zone will lead to defensive ends to expand making them prime targets to be pumped by pulling guards when running counter. The toughest kind of outside zone play along with the toughest to time is the jet sweep.

The QB will start the interior receiver in movement and before he arrives at the QB ball will probably be snapped and handed to him running full rate. After this drama is perfected it opens up many other possibilities in both racing game and passing game. Offensive linemen will cut backside and stretch playside. It is simple for offensive line coaches to coach this. Teach your linemen to function into the playside arm pit and stay engaged! It's a fast play and comprehension is about the one thing that may result in problems. Playside receivers play a massive role in the success of the play.