

# **7 STEP REVIEW and RENEW**

## **#1 - PEOPLE & PROGRAM RESEARCH**

Triangle-O Football System - by Paul Hefty

**STEP 1 – Program Research**

**GOAL – assess program (Review) and determine specific deliverables to Evolve (Renew)**

**SCHOOL:**

**DATE:**

**HFC:**

*\*provide brief notes and points for each area – use to determine deliverables (Renew)*

### **PEOPLE & PROGRAM REVIEW-RENEW**

**HFC strengths and improvement goals:**

**Staff strengths and improvement goals:**

**NEW Player strengths and improvement goals:**

**Past years strengths (overall program – big picture – leadership – culture):**

**Past core offensive + defensive + special team schemes-concepts:**

## PEOPLE & PROGRAM REVIEW-RENEW = DELIVERABLES

*\*MARK specific areas to focus research + notes for clarity or questions*

<b>Leadership</b>	<b>Mark</b>	<b>Notes</b>
<ul style="list-style-type: none"> <li>*Culture</li> <li>*Leadership Development</li> <li>*Practice Methodology</li> <li>*Game Methodology</li> <li>*Quality Controls</li> </ul>		
<ul style="list-style-type: none"> <li><b>No Huddle Design</b></li> <li>*Tempos</li> <li>*Communication</li> <li>*Structure</li> </ul>		
<ul style="list-style-type: none"> <li><b>Spread Structure</b></li> <li>*Alignments</li> <li>*Structure</li> <li>*Communication</li> </ul>		
<ul style="list-style-type: none"> <li><b>Triangle-O Mechanics</b></li> <li>*Play calling</li> <li>*Play communication</li> </ul>		
<ul style="list-style-type: none"> <li><b>Triangle-O Signals</b></li> <li>*Visual &amp; Verbal</li> </ul>		
<ul style="list-style-type: none"> <li><b>Zone RPO's</b></li> <li>*Split Inside Zone</li> <li>*Swipe Mid Zone</li> <li>*Stretch Outside Zone</li> </ul>		
<ul style="list-style-type: none"> <li><b>Inside Gap RPO's</b></li> <li>*1 back Power</li> <li>*Backdoor Power (Opp HB)</li> <li>*Counter Trey</li> <li>*Iso (Blast)</li> </ul>		
<ul style="list-style-type: none"> <li><b>Outside Gap RPO's</b></li> <li>*Pin &amp; Pull Sweep</li> <li>*Backdoor Power (Opp HB)</li> </ul>		
<ul style="list-style-type: none"> <li><b>Triangle-O Pass Game</b></li> <li>*SPO's</li> <li>*PAP waggles &amp; pocket</li> <li>*Quick Pass</li> <li>*Drop Back Pass</li> <li>*No Back – Empty Pass</li> </ul>		
<ul style="list-style-type: none"> <li><b>Special Teams</b></li> <li>*Swinging Gate PAT</li> <li>*Offensive Kick teams</li> <li>*Defensive Kick teams</li> </ul>		
<ul style="list-style-type: none"> <li><b>Defense</b></li> <li>*43 Front</li> <li>*Cover 4</li> <li>*Variations</li> <li>*Adjustments</li> <li>*Blitzes</li> </ul>		