

# 7 STEP REVIEW and RENEW - #3 RPO & OFFENSIVE ANALYSIS

## STEP 3 – Program Research

**GOAL** – assess programs past strengths and weaknesses + new needs and wants

**TEAM:**

**DATE:**

\***FIRST** – list your core concepts from past year + assess

\***LAST** – list your NEEDS and wants in the evolution of offensive system (*next year*)

<b>INSIDE RUN + RPO concept (WHAT) and Strength – Neutral - Weakness (explain)</b>
<b>OUTSIDE RUN + RPO concept (WHAT) and Strength – Neutral - Weakness (explain)</b>
<b>QUICK POCKET PASS (WHAT) and Strength – Neutral - Weakness (explain)</b>
<b>SPRINT PASS (WHAT) and Strength – Neutral - Weakness (explain)</b>
<b>DEEP PASS + Back FREE RELEASE (WHAT) and Strength – Neutral - Weakness (explain)</b>
<b>PAP – POCKET AND WAGGLE - (WHAT) and Strength – Neutral - Weakness (explain)</b>
<b>SCREEN GAME (WHAT) and Strength – Neutral - Weakness (explain)</b>
<b>BLITZ BEATERS (WHAT) and Strength – Neutral - Weakness (explain)</b>
<b>OFF-PERSONNEL ASSESSMENT (NEW-WHAT) and Strength – Neutral - Weakness (explain)</b>
<b>NEEDS &amp; WANTS of Offensive Evolution (next year)</b>

# OFFENSIVE RPO EVOLUTION PROCESS

## #1 – ALIGNMENTS & TEMPOS

1. People vs Plays = match formations to best personnel
2. Complex but Consistent = recs consistent rules + field calls
3. Spread Pistol Shift = 1 back Pre Set Pistol & shift to sidecar (short tempo)
4. Tempos = use mix to control and gain offensive-game rhythm & clock

## #2 – TEACHING & LEARNING PROGRESSION

1. Communication is the key = less is more (simplify – not dumb down)
2. Skills-Signals and Line-Verbal Cues = Visual learning is most effective
3. “Saying nothing – means something” = core concepts automatic

## #3 – BALANCE OF INSIDE & OUTSIDE RPO's

1. Inside Run Core + RPO's = Built-in Blitz Beater + Compliments Outside Run
2. Outside Run Core + RPO's = Built-in Blitz Beater + Compliments Inside Run
3. RPO's serve as quick pass game (Alert) and PAP (North)

## #4 – BALANCE OF QUICK POCKET & ROLL PASS

1. Four Verts = Core quick pocket and build off of
2. Sprint Out = Core quick roll pass
3. Waggles = Core counter roll pass

## #5 – BLITZ BEATERS SIMPLIFIED

1. Outside Run Core = Short Pistol Toss or OZ + Speed Option
2. Outside Pass Core = Sprint out Snag
3. Screen Game = Quick and Slow
4. Quick Crossers = Mesh and Drags
5. Hot Pass = 5 man pro + Bback Free release + Hot's

## #6 – SITUATIONAL & TRIANGLES

1. Short Yardage
2. 3<sup>rd</sup> Down
3. 4<sup>th</sup> Down
4. Black Zone
5. Red Zone
6. 2 minute O
7. 4 minute O
8. Triangles using Tri-O principles