

RonMcKieFootball.com presents:

Spread One Back Power Manual

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Presents

One Back Power Manual

By Ron McKie

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Disclaimer: I am not an expert. If you think this is an expert's guide to scoring a thousand points from this play then you will be disappointed. What I can tell you is that this play as been good to our offense and I think it will be good to yours. And if you somehow do score a thousand points off of this play then I am going to take credit. Sorry. That's how I roll.

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Introduction

Why Write this eBook?

We've all been there. Sitting on our couch, watching a college football game when we see it. That play. That beautiful play were it looks like a run, but it was a pass. Was it a play action pass? Did the quarterback mean to throw the ball? Why didn't he hand the ball off? And what is the announcer talking about Run Pass Option for? That isn't a thing, is it?

Yes.

Yes it is.

The Quarterback did mean to throw that ball. And it was an option. He could've handed the ball to his running back or thrown it to his wide receiver.

I know how to run one of those plays. I know how to install one of those plays. And I want you – as an offensive coach – to be able to install this play in your offense.

I think this is one of the better plays in football and it can greatly increase your offensive production.

That's why I've written this eBook.

Chapter 1: Ask yourself these questions

1) Why do you want to run this play?

This is an important question. There are a 1,000 plays you can choose to run in a football game. Why did you choose this play? Is it because you think it's cool? Is it because you saw your

favorite team running it and you want to run it? Or is it because you think this will give you an advantage over your opponent?

If you answered YES to any of those questions then that's okay. In fact, any answer you gave to those questions is okay. You just need to know why you are running this play. Because this isn't a play you can run once in practice and then decide you are an expert at it.

No.

This is a play that you will need to rep. Every day. At every practice. And even during pre-game.

You want to drill it into your quarterback's head what he is supposed to do. You have to set aside practice time and drill it. The quarterback needs to be able to make his read while he is asleep.

So you need to really understand why you want to run this play.

2) Do I run my offense from the shot gun and/or pistol?

If you run your offense under center and you want to run this play then I have some bad news for you. You can't do it.

Well, you might be able to do it, but I'm not smart enough to tell you how to do it. Sorry.

But the good news. If you are a shot gun and/or pistol team then you shouldn't have a problem with this play.

In fact, if you are a shot gun and/or pistol team then I would employ you to run this play. It's simple to install. Simple to rep. And the results will be amazing for your team.

3) Do I already have the blocking scheme installed already?

If I was a betting man, then the answer to this question is YES! The power scheme is as old as the game of football itself. So it's a reasonable bet that you have this blocking scheme in your playbook already.

Why is this important?

Because you won't have to do any extra teaching on your part. The kids should already know how to block the play.

4) Do you like to score points?

You do? Great. Because this play will increase your point scoring by at least a touchdown per game.

That's right.

A TOUCHDOWN PER GAME!

Chapter 2: What's your opponent's offensive style?

Do the teams in your region/conference/league run RPOs? You may not think this is an important question, but it is.

The reason why is because if you are the only team in your area that runs this type of play then your opponents won't know how to defend it. They will only see it from film, and they will probably think the play is some form of play action.

If that's the case then this play could double or triple your scoring.

Your opponent has to devote time to covering this play throughout their week of practice. That's time they could be using to perfect their kicking game or passing game or tackling.

Remember, the more time your opponent is worried about you then the less time they have to spend on getting better. That means you are gaining an advantage over your opponent and you haven't even played the game yet.

I don't know about you, but I love knowing my opponent is worried about what we are doing more than what they are doing.

Chapter 3: Blocking Schemes

The blocking scheme is super simple for our One Back Power RPO. Let's say we are running the One Back Power to the Right. The rules for the linemen are as followed:

Right Tackle: You will block anyone head up to outside of you.

Right Guard: You will block anyone head up to outside of you. If there is no one head up you or in the B gap then you will block the A gap defender inside of you.

Center: If you have someone in the play side A-gap then you will be pulling to the front side linebacker. If you have someone in the back side A-gap then you will be blocking that man and the backside guard will be pulling for the front side linebacker.

Left Guard: If you have someone in the A gap then the center will be blocking back on him and you will be pulling for the front side linebacker. If you have a man in the B gap then you will be base blocking him. If you have no one in the A or B gap then you will secure the A gap then climb to the middle or back side linebacker. (This is against Odd man teams.)

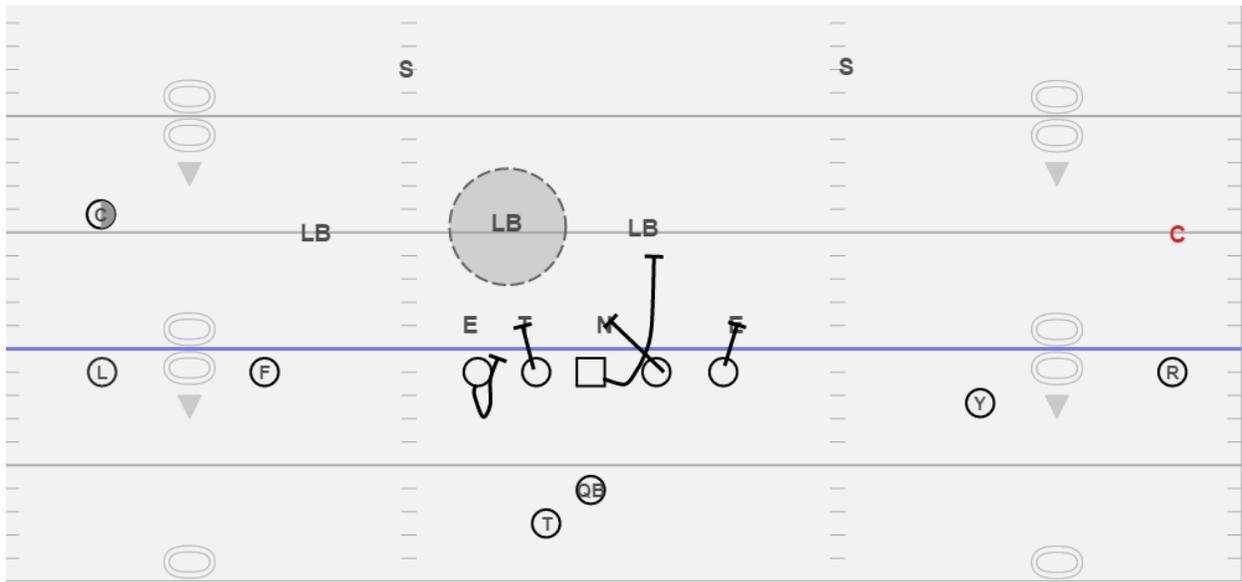
Left Tackle: You will hinge and seal the backside B gap. Nobody, and I mean NOBODY, gets through that B gap.

That's it. That is the blocking scheme. The rules are the same when you run it to the left.

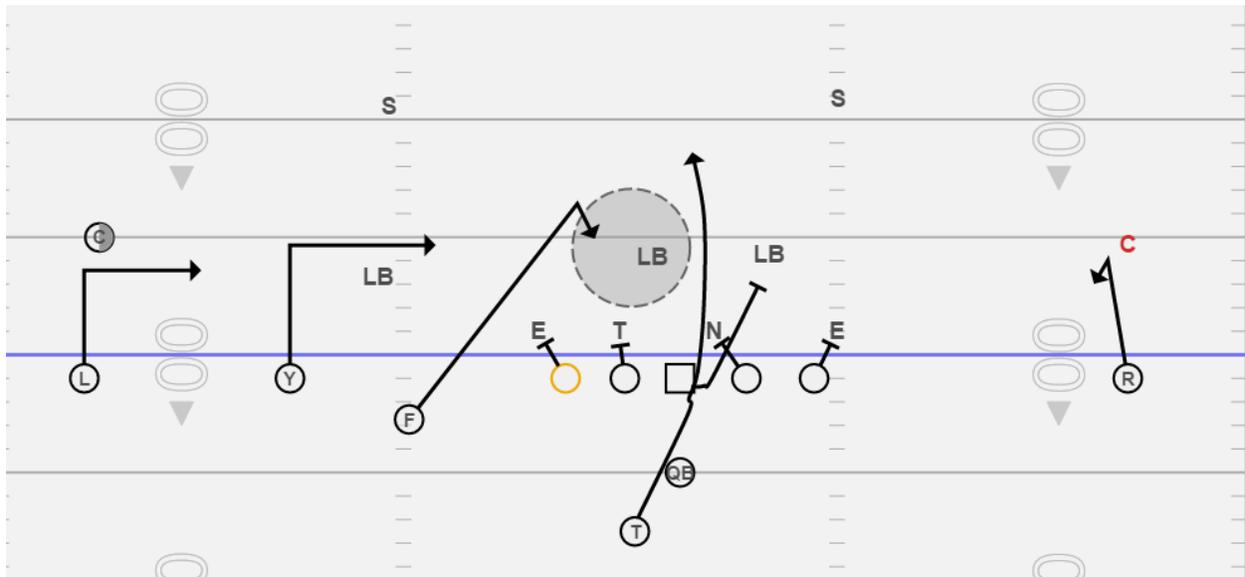
I know you all like to see pictures so here is the One Back Power RPO drawn up against an Even, a 50 front, and a 3-3 Stack.

Note: The gray circle over the LB is the quarterback's read defender.

Under Front (Even Man Front with the Shade opposite the running back.)



Here's the 3 x 1 RPO Route for our One Back Power to the right:



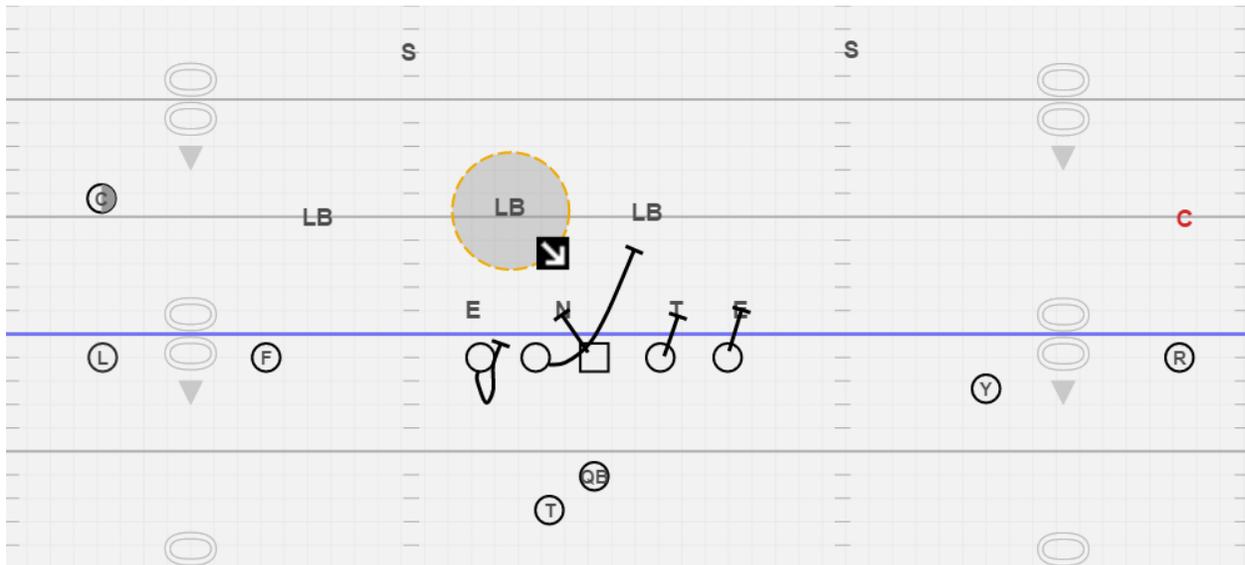
Note: You can run anything you want on the front side of the play. Our standard rule for 2 x 2 is the front side will run a bubble screen to the slot receiver. Out of 3 x 1 then the single receiver will run a three step hitch.

Chapter 5: Quarter Back Reads

The Quarter Back will be reading the backside inside linebacker on this play. The general rule we use is:

- If it is an EVEN front then you are reading the SECOND linebacker away from the side the play is going too.
- If it is an ODD front then you are reading the THIRD linebacker away from the side the play is going too.

For Example:

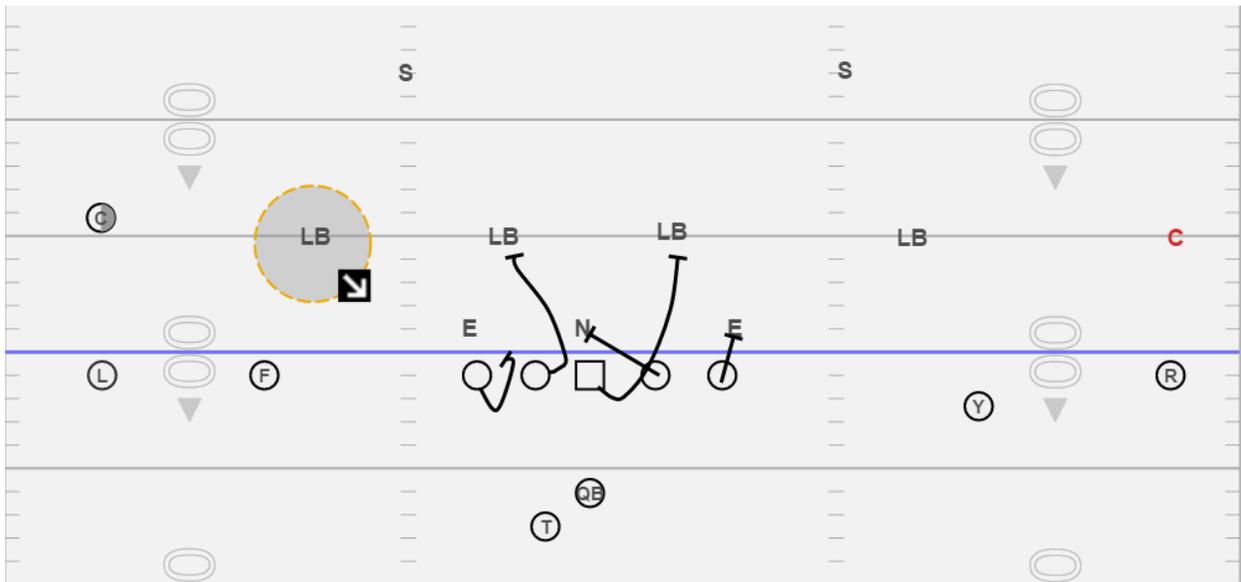


The quarterback has to know that this is an even front. He will count the first linebacker in the box without the circle over him as one and the linebacker with the circle over him as two.

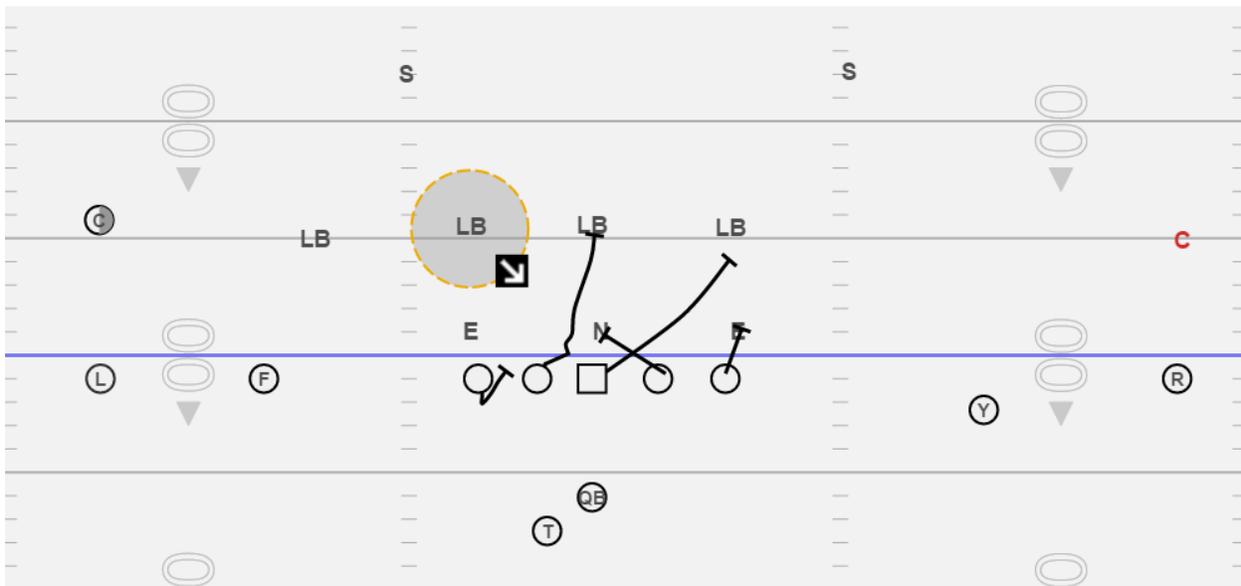
The reason why he will read the backside linebacker and not the front side linebacker is because the guard and/or center will be blocking the front side linebacker. The quarterback is responsible for the unblocked defender – the second linebacker in the box.

Now the Odd front will be a little more challenging and you need to that front with your quarterback. I will go over the number one drill you need to use for this play later on in this eBook. The two Odd fronts that your quarterback will read are down below.

Here's an example for the 3-4:



Here's an example for the Stack:



I know what you are thinking: Coach, how can I help my quarterback decide when the defense is in a 3-4 or a stack?

What I tell my quarterback is this:

- If the center is COVERED and there are TWO linebackers in the box then it is a 3-4.
- If the center is COVERED and there are THREE linebackers in the box then it is a STACK.

Don't worry if your quarterback doesn't get it at first. This is something you will have to rep every day at practice.

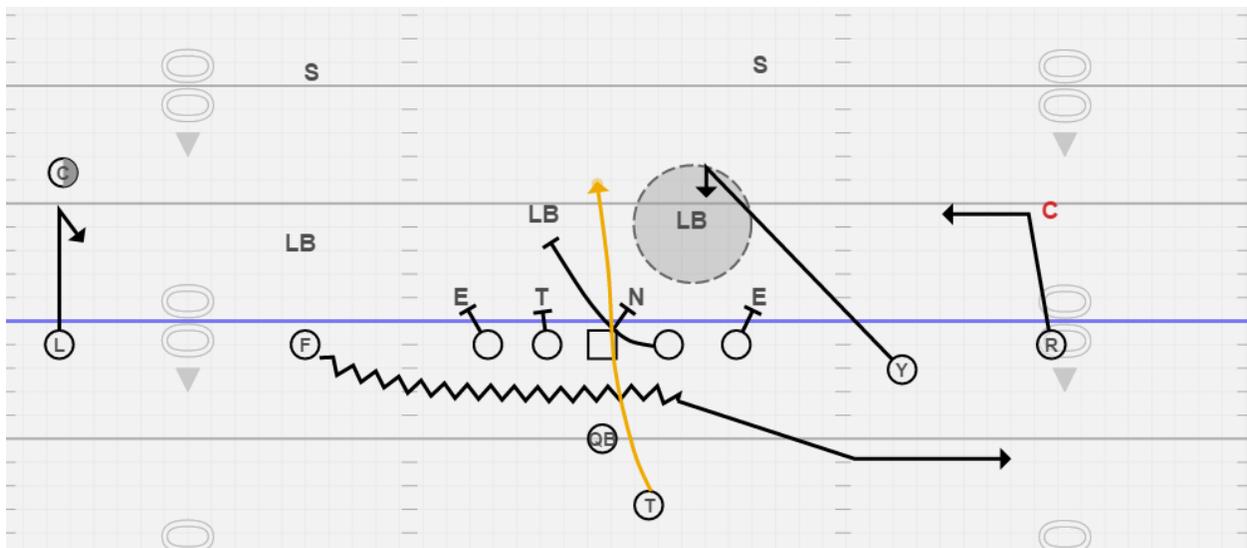
Chapter 6: Window Dressing the Play

Defensive Coordinators are smart guys. They will catch on to what you are doing if you line up in the same formation and run the same play at the same down and distance. But, if you add in a little bit of motion, or switch up the routes of the wide receivers, then they will lose their freaking minds.

So here are a couple of ways you can dress up the One Back Power play with motion and create a 'new' way of running the play.

(Note: All of these plays are drawn up against an even front. If you need to see how to block it against an odd front then refer back to chapter 3. The blocking always stays the same. Even when you introduce motion into the play. Motion does not mean it's a new play.)

Fast Motion with our wide receiver

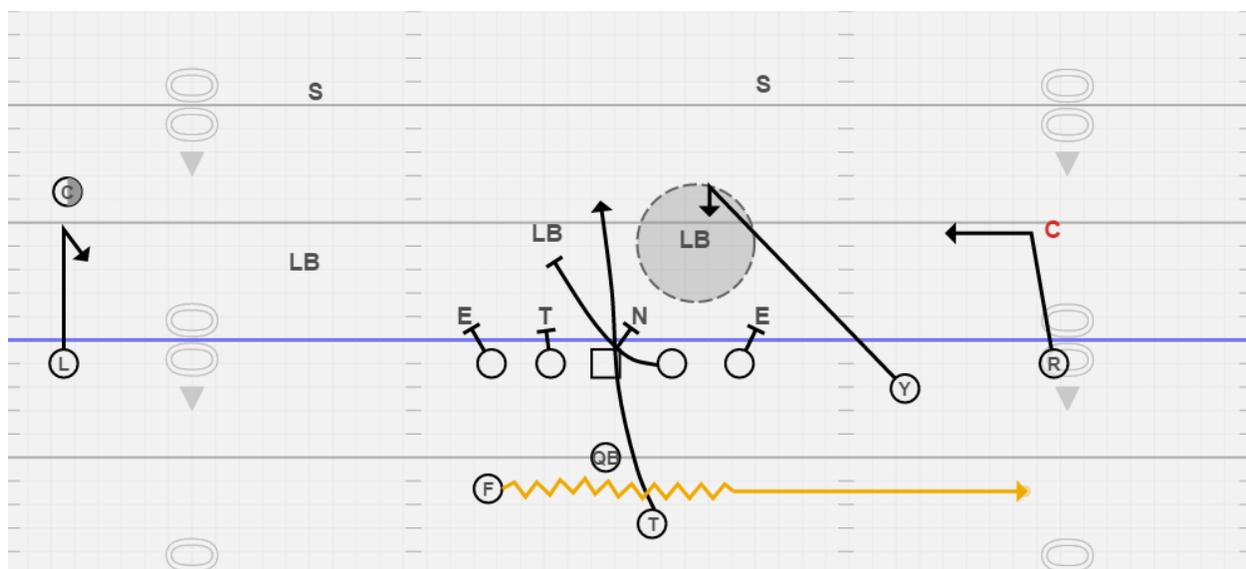


The first way we change up the play is by getting in our 2 x 2 set and using speed motion with our F receiver. You can call this motion either Fast motion, Quick Motion, Boy Motion, or Get-Your-Ass-Over-To-The-Other-Side motion.

Whatever you call it you must make sure the quarterback snaps the ball when the F receiver is in the backside B gap – or if the F receiver is really fast then snap the ball when he gets behind the tackle. The F receiver will then bubble out once he passes the quarterback.

The quarterback is still keying the second linebacker in the box since it is an even man front. If the linebacker fills then he will drill the ball into the Y receiver's hands.

Two Back Formation

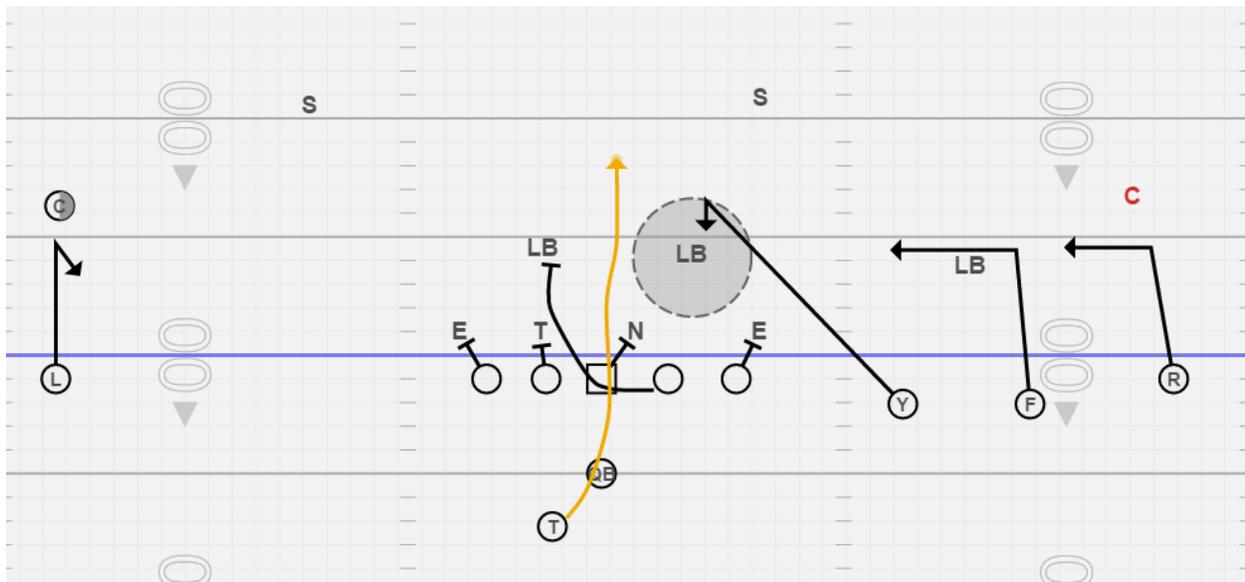


The next wrinkle we put in is our Two Back power play.

We get in our Green formation – Y to the Right and F on the left in the backfield – or Blue – Y to the left and F on the right in the backfield. When the quarterback gives the signal the F receiver will go in towards the two receiver side.

The play then turns into the same play we went over before. All we did was change the look of it. The quarterback is still reading the second linebacker since it is an even man front. If the linebacker fills then the quarterback will drill the ball into the Y's hands.

3 x 1 with a 'Flip' tag.



The last wrinkle we use is our 'Flip' tag. Flip tells the running back and quarterback that they are going to be running the play from the opposite side.

For instance, in the diagram above I have drawn up our One Back Power to the left. Normally the back would be lined up on the right side and then running the play to the left.

But since I have tagged the play with Flip the running back and quarterback know they are running the play from the opposite side.

The read for the Quarterback is still the same. He is reading the second linebacker in the box because it is an even front.

Granted, this change up takes a little bit of time to get used to for the quarterback and running back. But when you rep it every day then it will become second nature.

Chapter 7: Drilling the Play.

If you want to get good at the One Back Power RPO then you must practice the reads every day. How do you practice the play? Do you run nothing but Inside Period during practice? Do you do nothing but Team periods?

No.

You do this drill every day for ten minutes.

Let me repeat that.

YOU. DO. THIS. DRILL. EVERY. DAY!

Set Up:

You need two coaches, a center/manager to snap the ball, wide receivers, and two PVC pipe stands.

Running the drill:

The two coaches will be the read key. The first coach will be the Read LB and the second coach will be the Cloudy LB/Corner. The Read LB has two movements: step up and fill or drop back. The Cloudy LB/Corner has two movements: chase the snag route or drop back into the fin route.

At the snap of the ball the quarterback will open up, stick the ball backwards at the running back and look at the Read LB. If the Read LB drops back then he hands the ball off to the running back and then FAKES THE THROW.

If the Read LB fills then he pulls the ball and looks to drill the slot WR running the slant. If he sees the Cloudy LB/Corner chasing the snag route then he will flip his hips and throw the fin route.

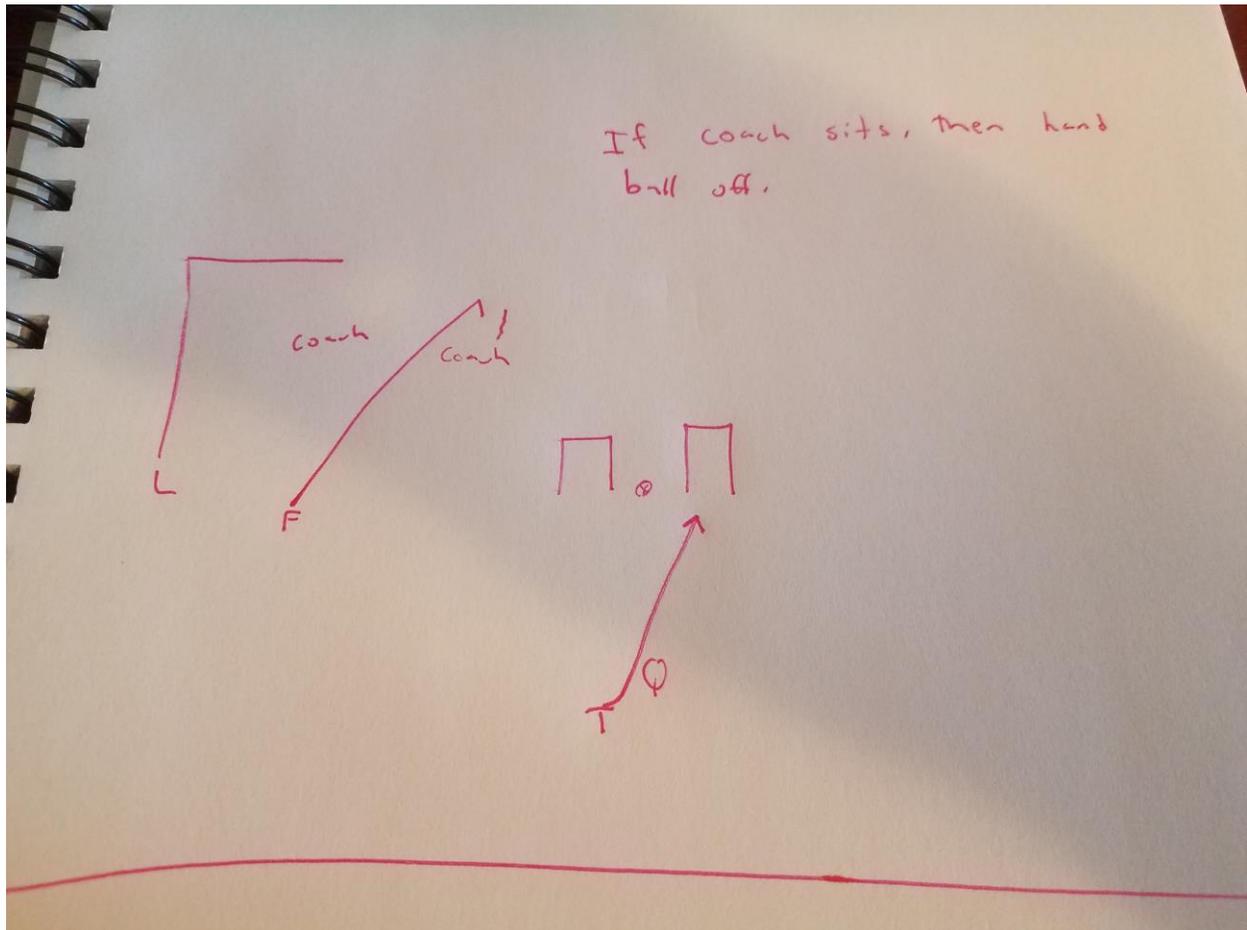
That's the drill.

Once everyone does it from the left side then you have the receivers do it on the right.

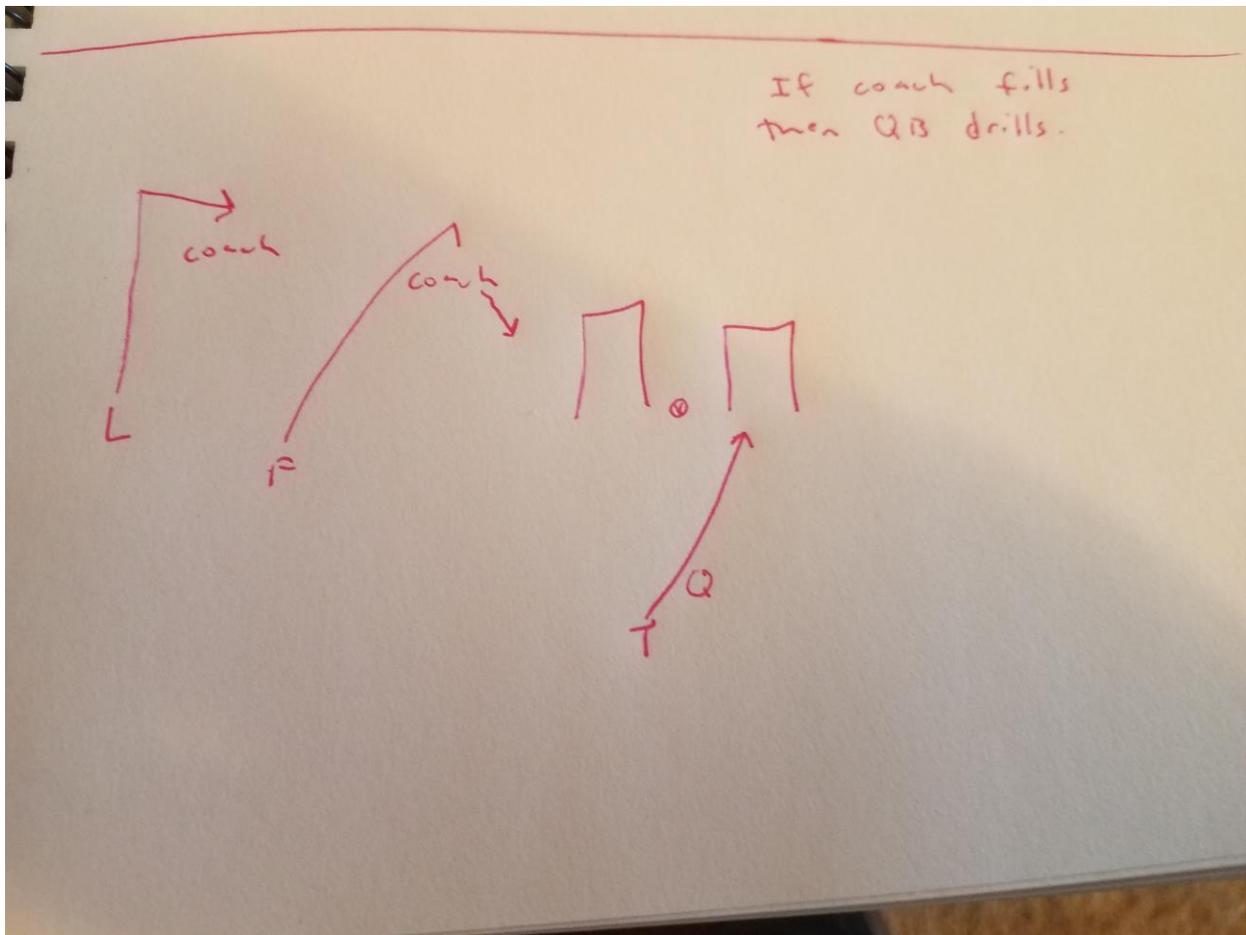
Simple.

I've drawn some pictures for you to further illustrate the drill.

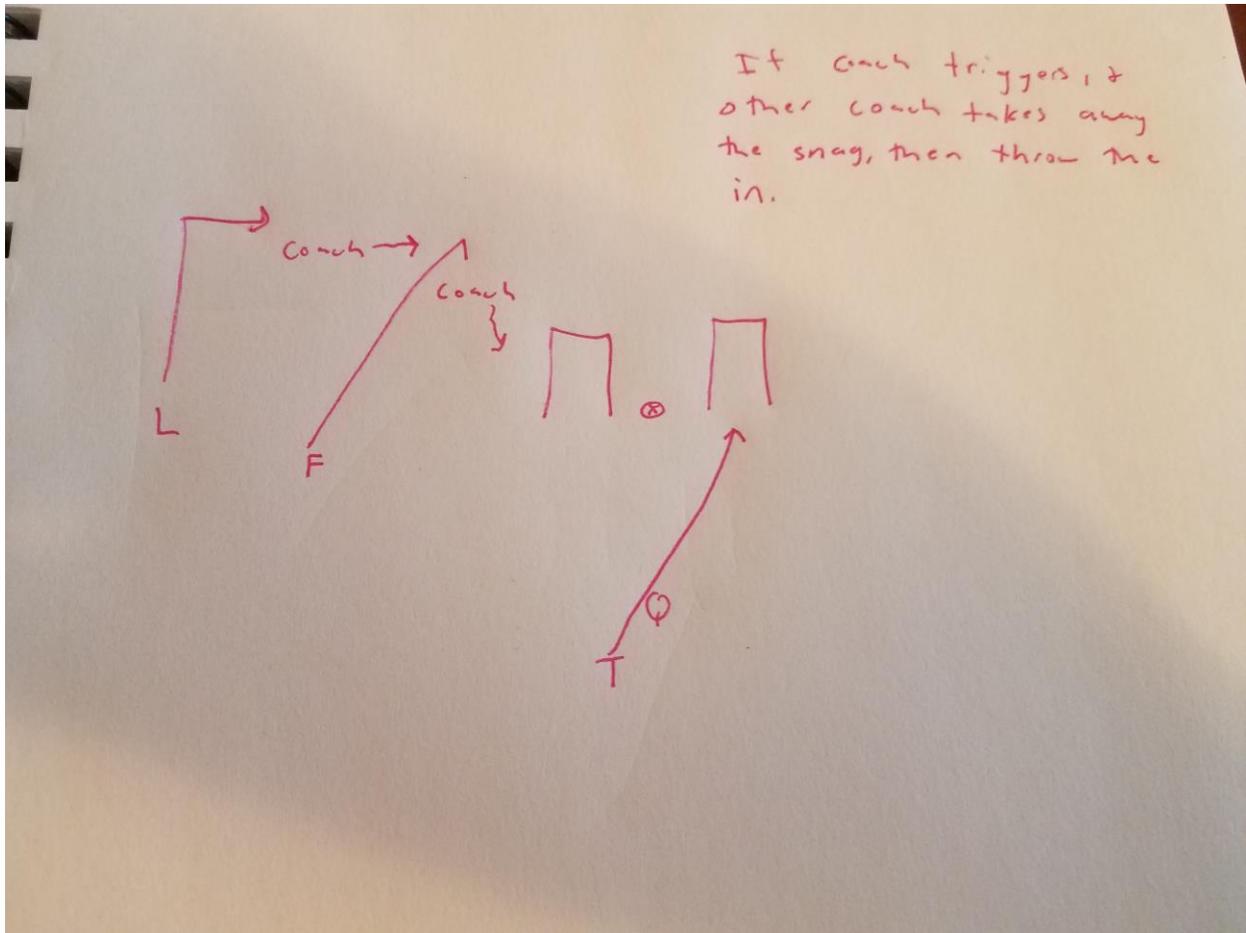
Note: I will hunt you down and stomp on your big left toe if you laugh at my crude drawings. You have been warned.



The Read LB drops back so the quarter back hands the ball off and then FAKES THE THROW.



The Read LB fills so the quarterback pulls the ball and drills the F running the snag route. Why doesn't he throw the ball? Because the Cloudy LB/Corner doesn't follow the snag.



The Read LB fills so the quarterback pulls the ball looking to drill the F running the snag. The Cloudy LB/Corner follows the snag however, so the quarterback flips his hips and throws the final route.

I promise you – if you do this drill every day then you will master the One Back Power RPO and carve up opposing defenses with ease.

Chapter 8: That's it.

That's the end of my eBook. Hopefully you find it helpful. Please email me at rsmckie@gmail.com if you have installed this play. I would love to know how it has helped your offense.

If you haven't subscribed to my YouTube channel – where I talk about all things Spread Offense – then please subscribe at www.youtube.com/c/coachmckie

Follow me on Twitter. My handle is @CoachMcKieJr.

And until next time coaches, let's continue to Master the Spread, Score Points, and Have Fun!