

# **THE FLEXBONE OFFENSE**

**A Multiple Option System**

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# WHY THE FLEXBONE OPTION?

## Why the OPTION?

- Blocking angles
- Defensive Conflict
- Assignment Football for the Defense
- Neutralize a dominant defender
- Fast break offense
- Only system in which the offense wins

## Why the FLEXBONE?

- Uses the whole field
- Scout Team Nightmare
- Defense should balance
- Offense looks balanced
- All options can be run to both sides
- Quality play action game

# OFFENSIVE PHILOSOPHY



- **Run multiple options**
- **Take what they give**
- **Use the whole field**

# DEFENSIVE ALIGNMENTS

7 6 6i 5 4 4i 3 2 2i 1 0 1 2i 2 3 4i 4 5 6i 6 7



# COUNTING IN THE OPTION GAME

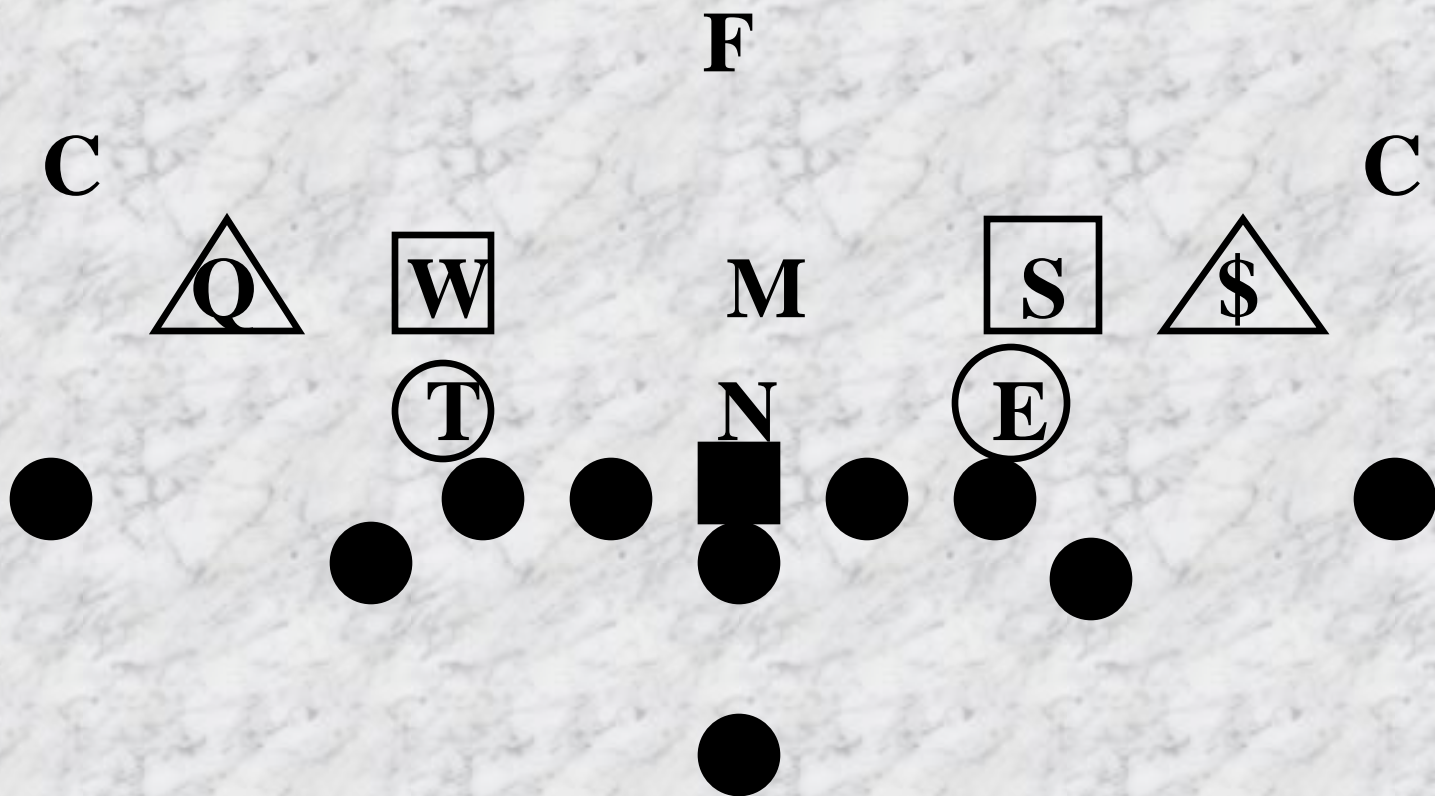
- #1 is the first DL on or outside the PST
- #2 is the first defender stacked/outside #1
- #3 is the next defender stacked/outside #2 within 5 yards of the LOS

○ = #1

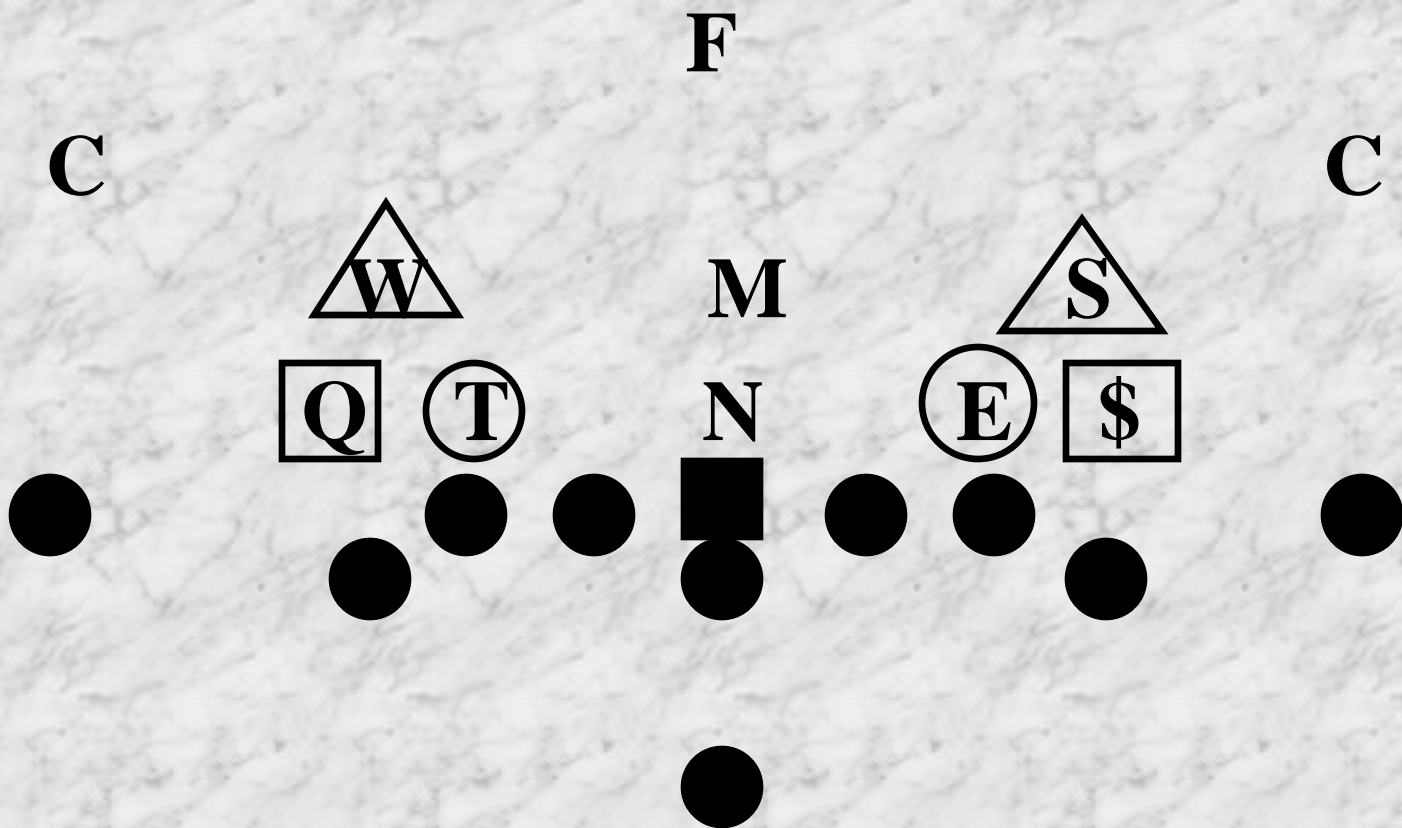
□ = #2

△ = #3

# 30 DEFENSE (STACK)

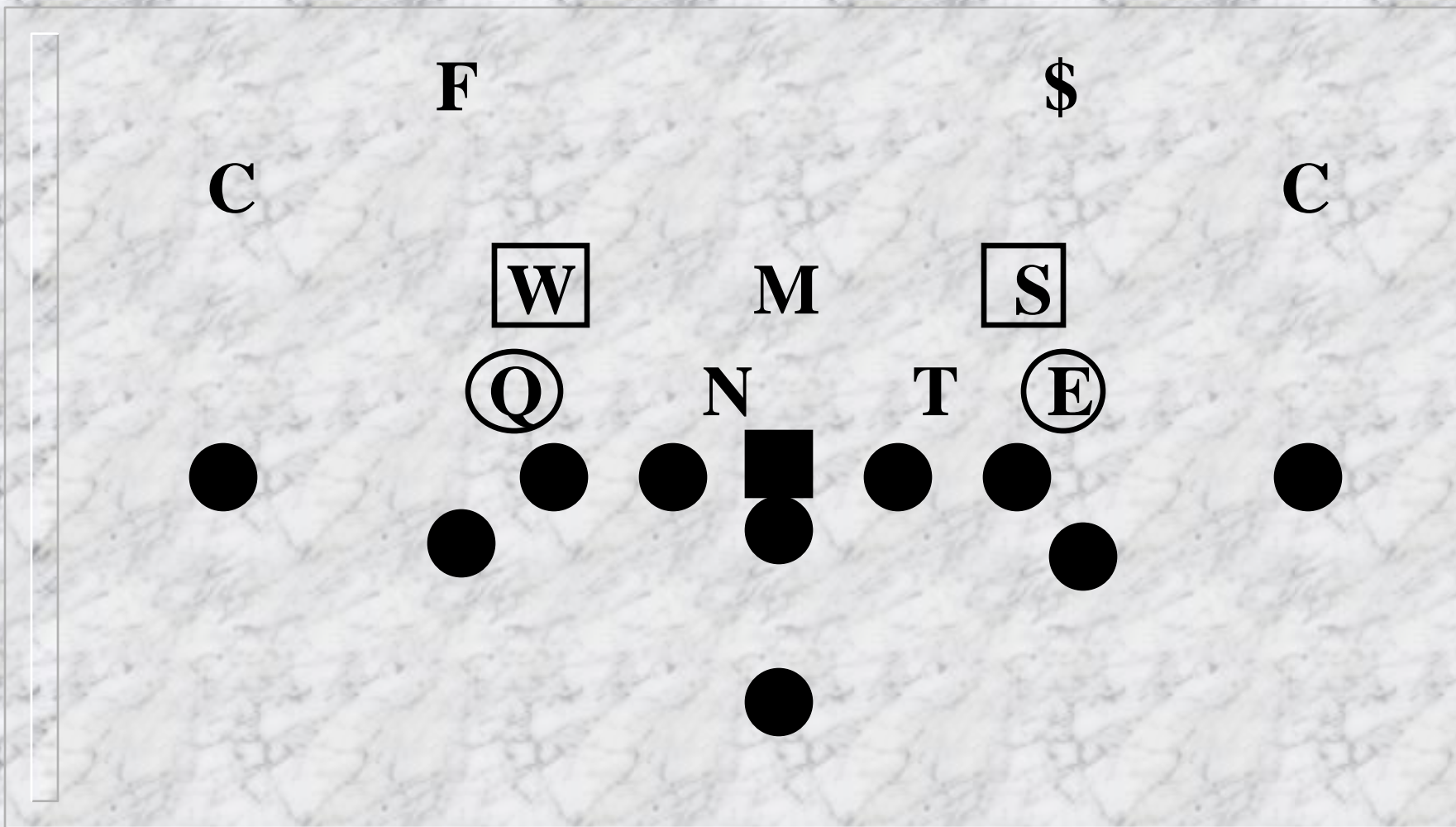


# 30 DEFENSE (STACK)





# 40 DEFENSE (PRO)





# 40 DEFENSE (PRO)

F

\$

C

M

C

W

Q

N

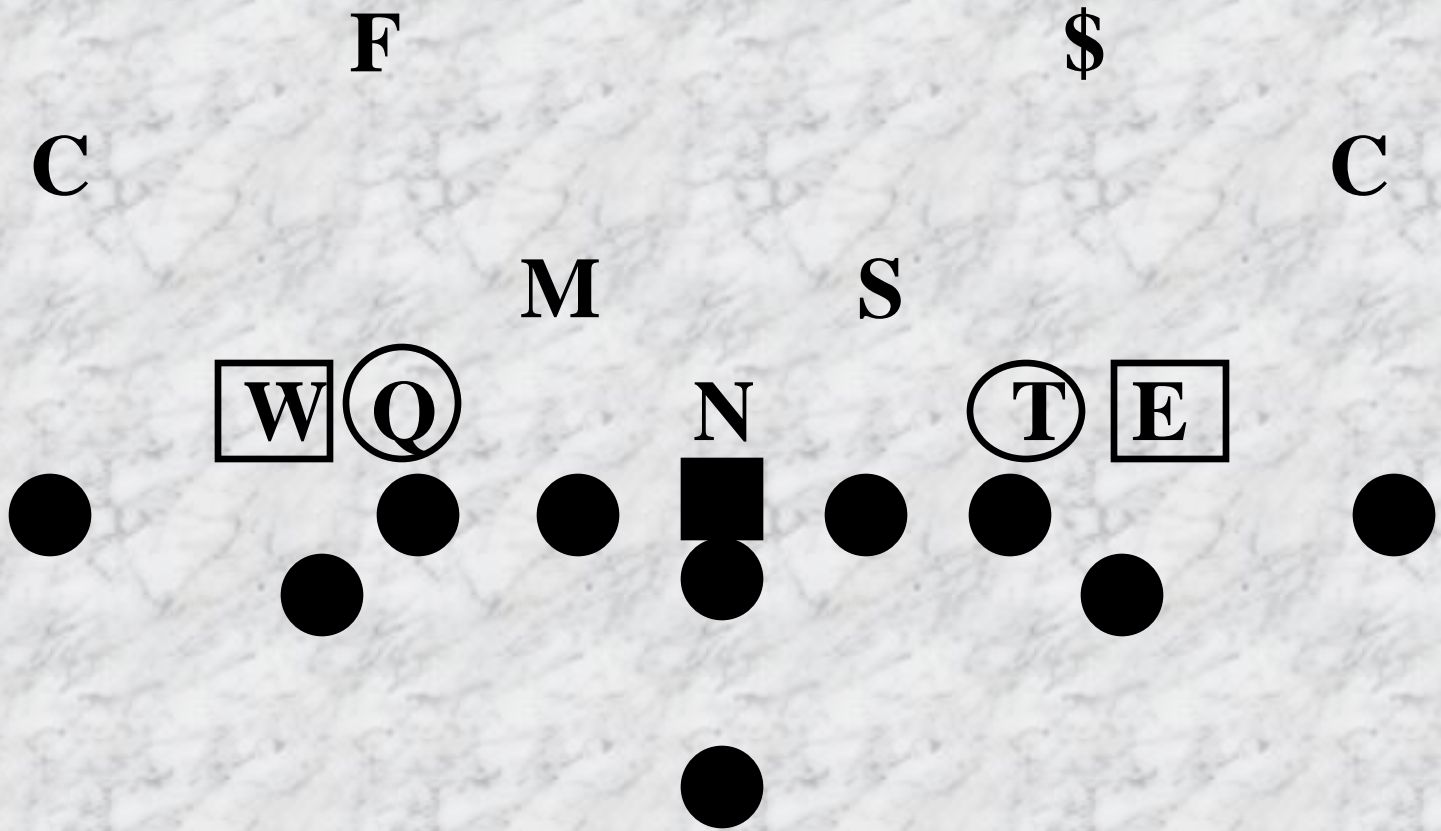
T

E

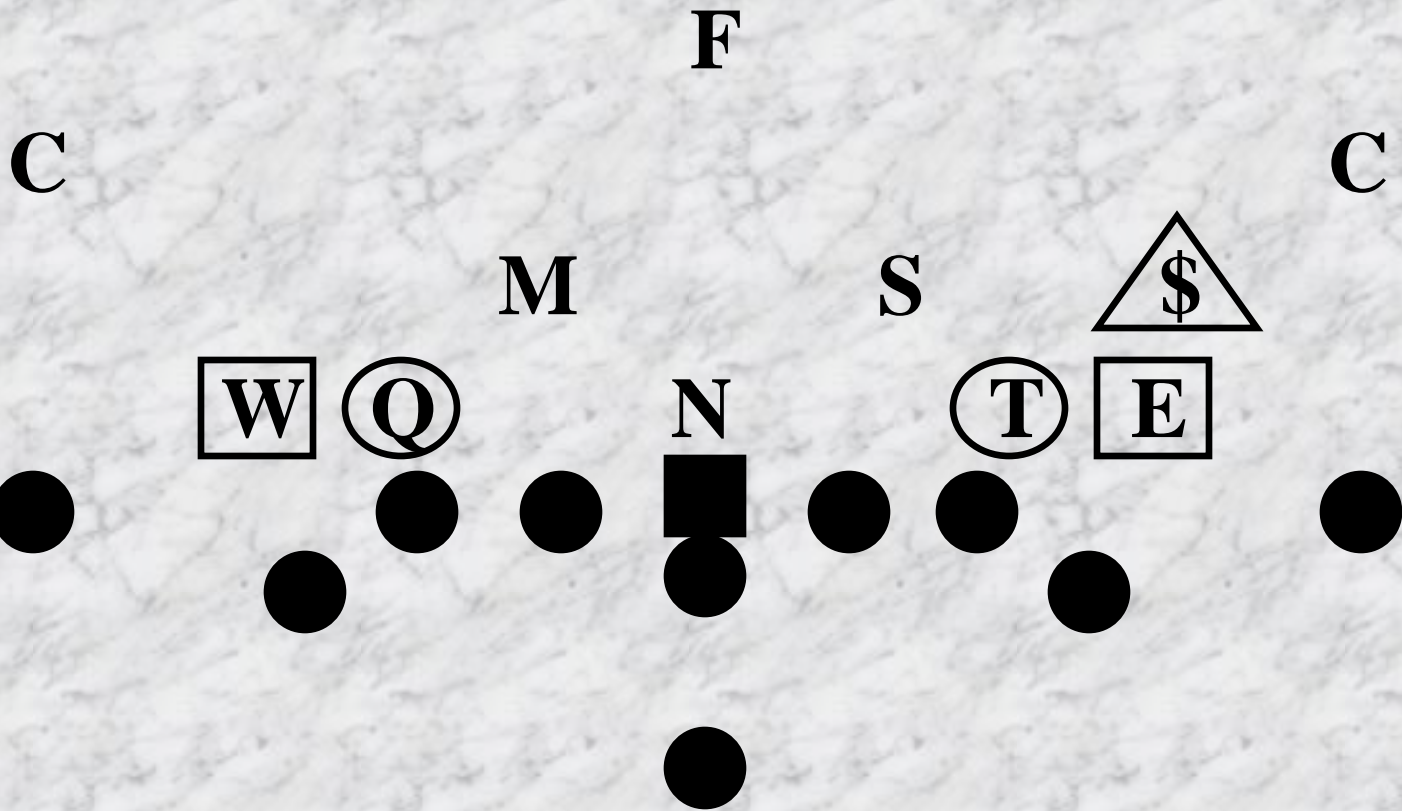
S



# 50 DEFENSE (ODD)



# 50 DEFENSE (ODD)



# 50 DEFENSE (ODD)

F

\$

C

C

M

S

W

Q

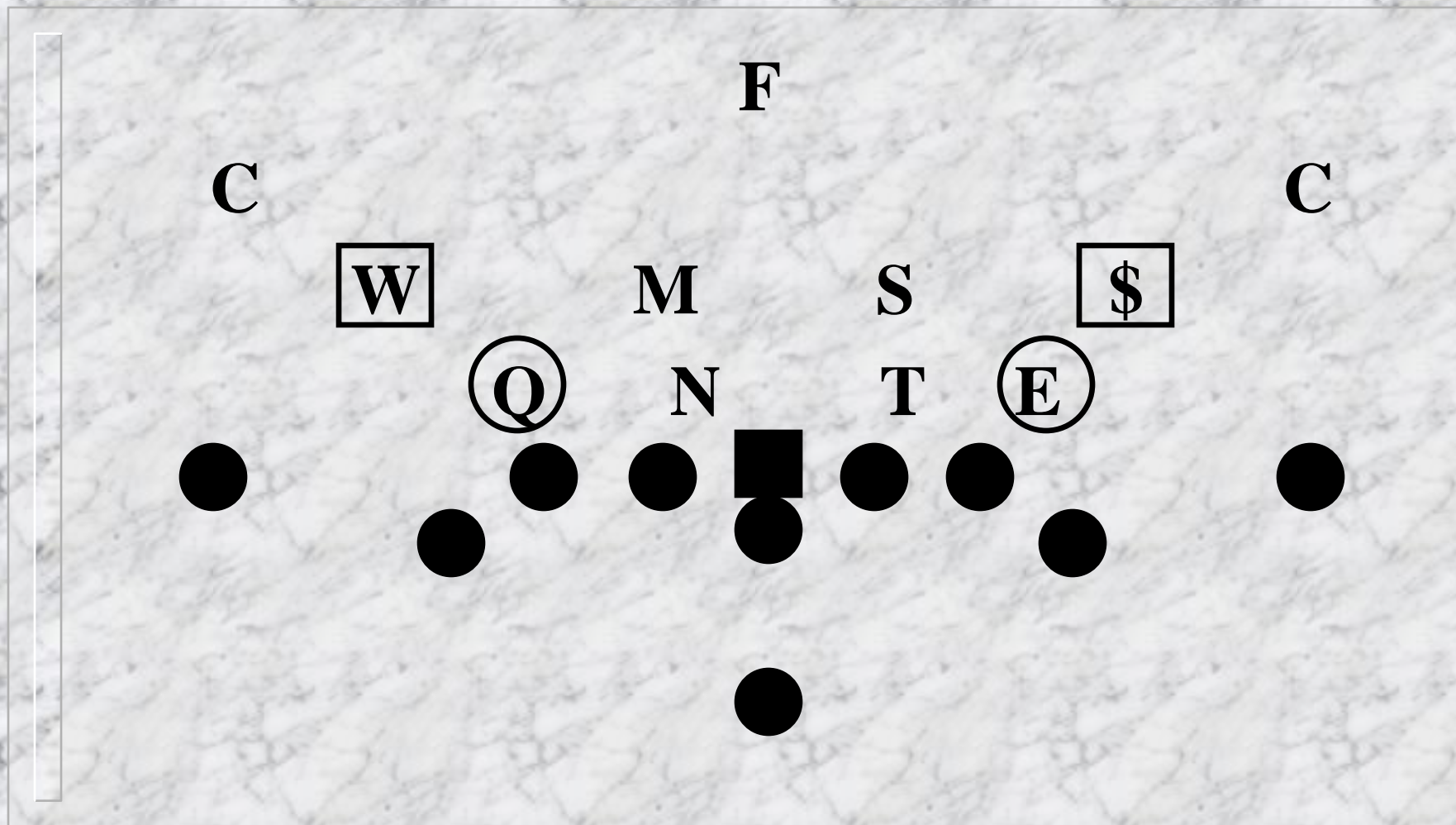
N

T

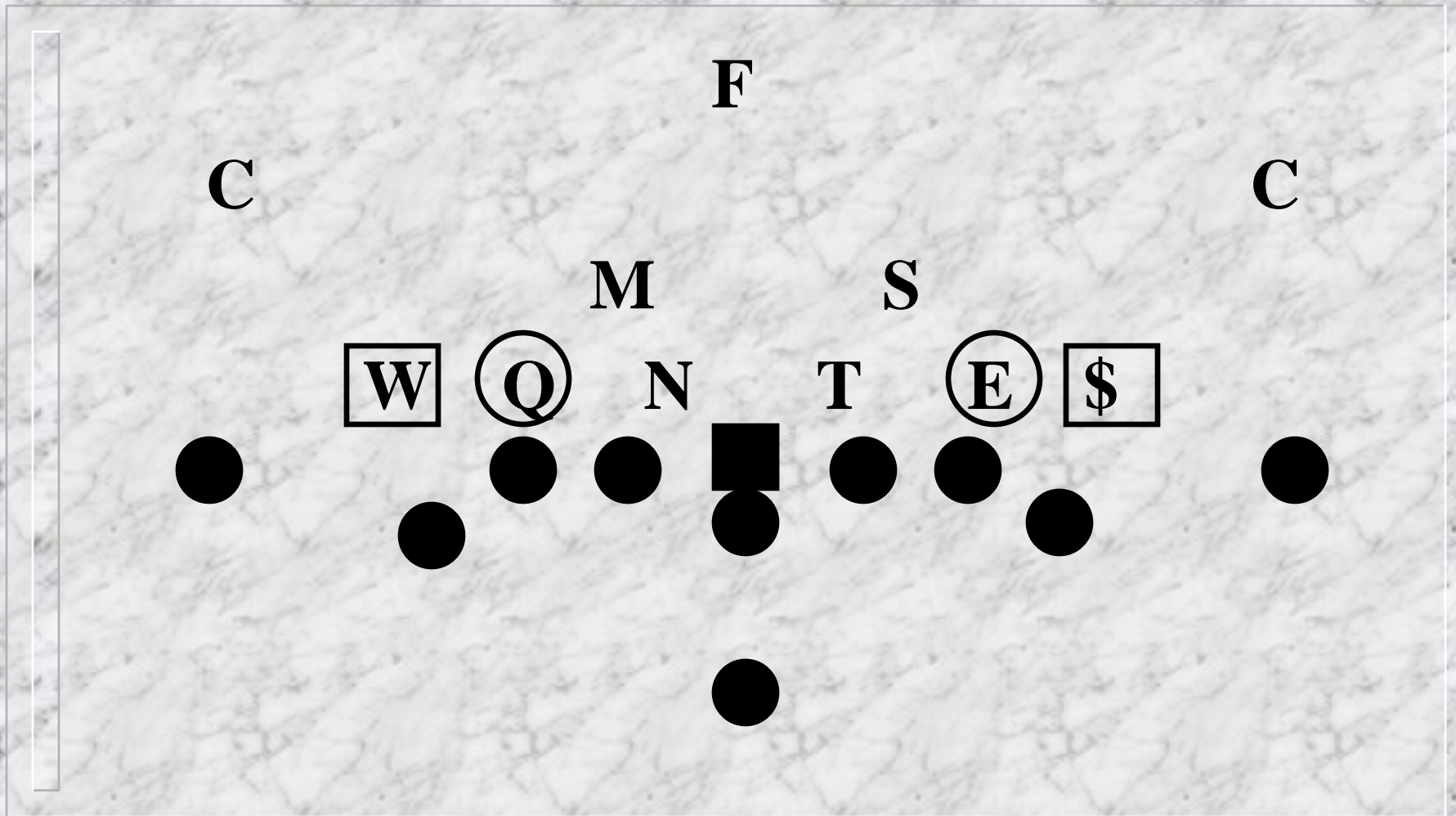
E



# 60 DEFENSE (EVEN)



# 60 DEFENSE (EVEN)





# **INSIDE VEER**

**The Original Triple Option**

# INSIDE VEER



## OL Rules

**PST: Inside**

**PSG: 1st DL**

**C: Reach, on, backer**

**BSG: Scoop**

**BST: Scoop**

# INSIDE VEER

## Perimeter Rules

- **PSWR: Stalk CB**
- **PSHB: Stalk vs. 2  
Wall vs. 1**
- **BSWR: Stalk CB**

## Backfield Action

- **BSHB: Orbit, 7x1**
- **RB: Near hip of  
PSG; Veer, Square,  
Cutback**
- **QB: PS foot at 3  
o'clock; BS foot at 3  
o'clock; ride and  
decide**

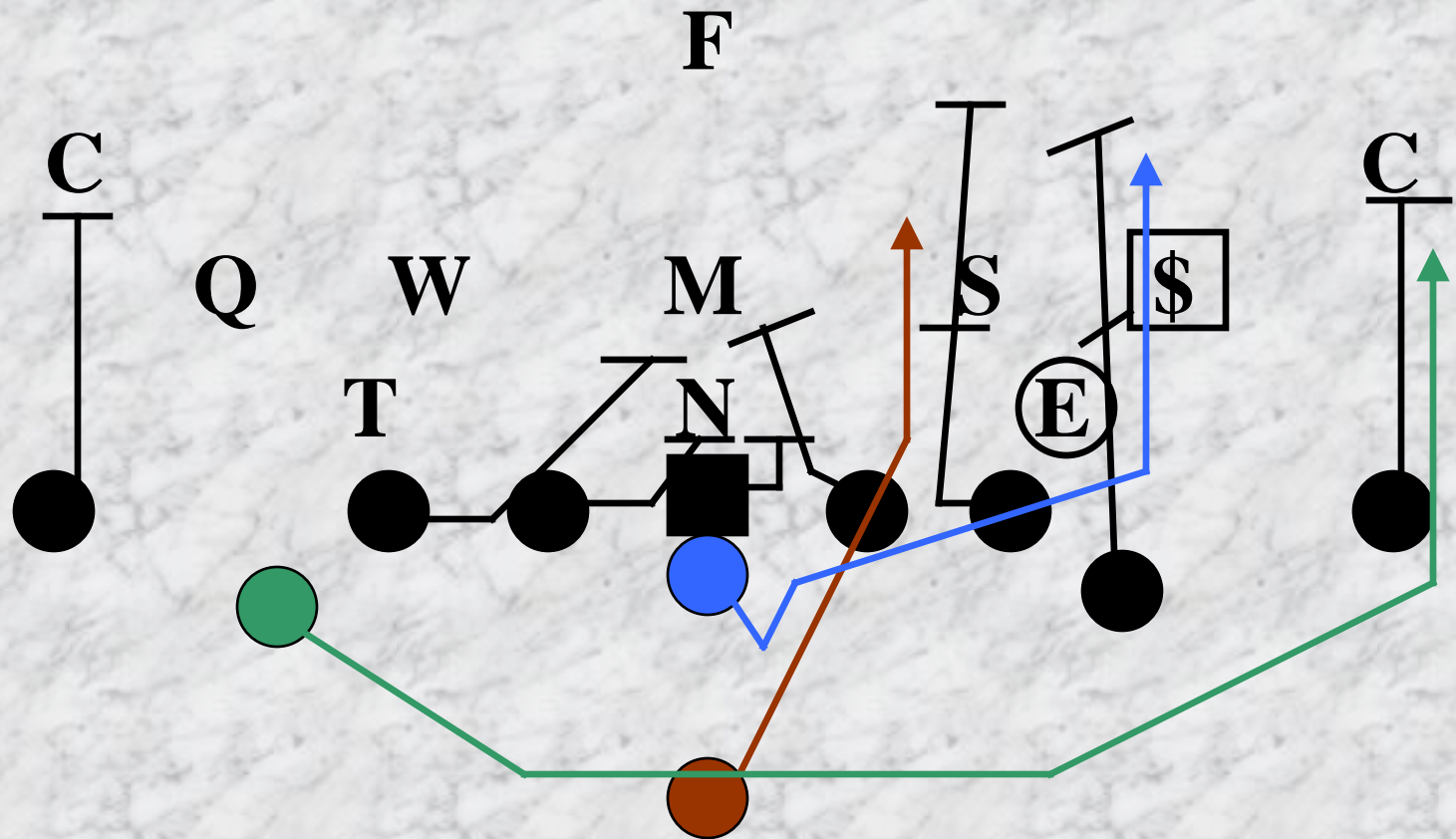
# INSIDE VEER



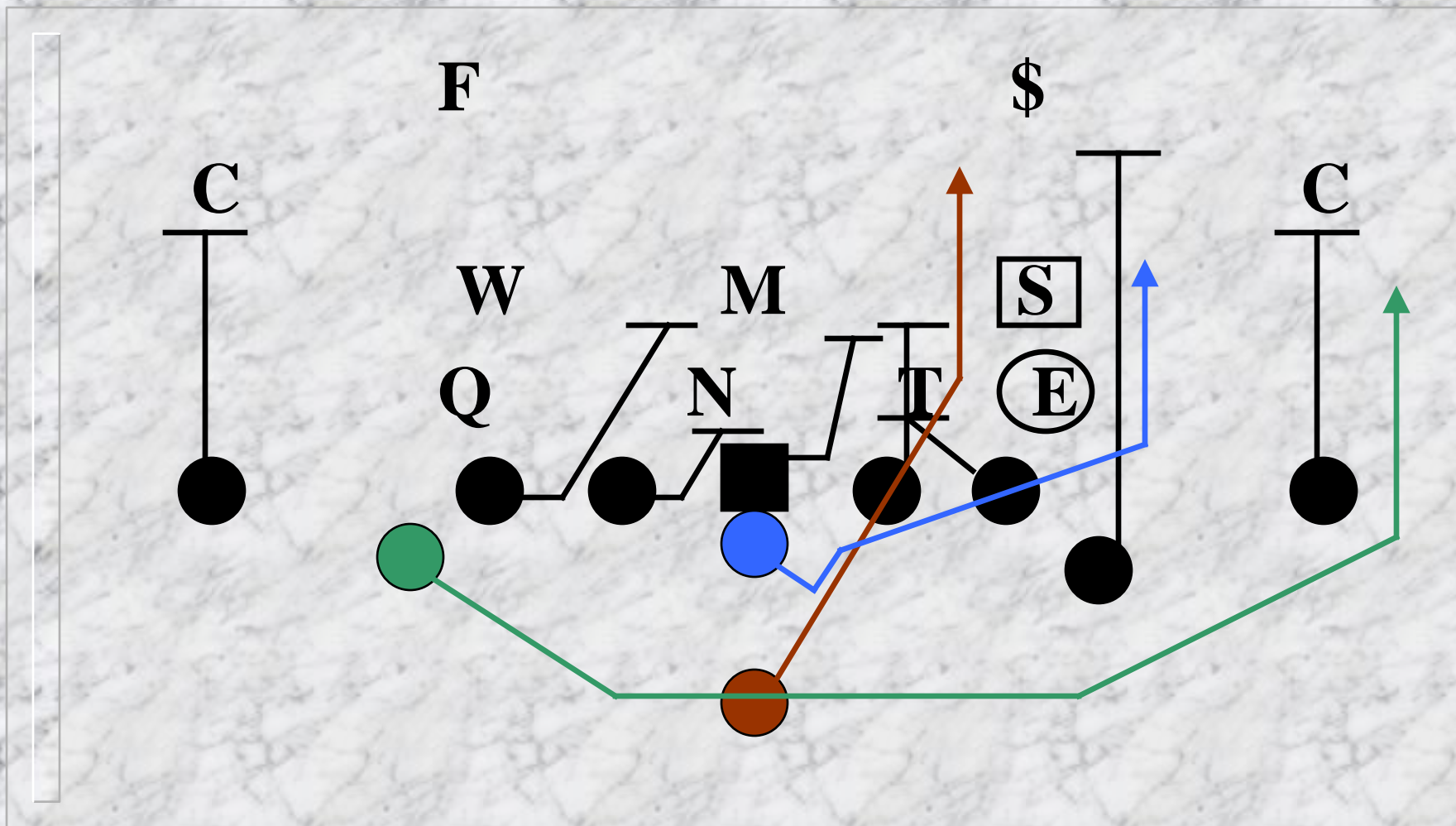
## QB Reads

- **Dive key (#1):** give unless #1 pinches flat on the LOS
- **Pitch key (#2):** square and keep unless #2 commits to you

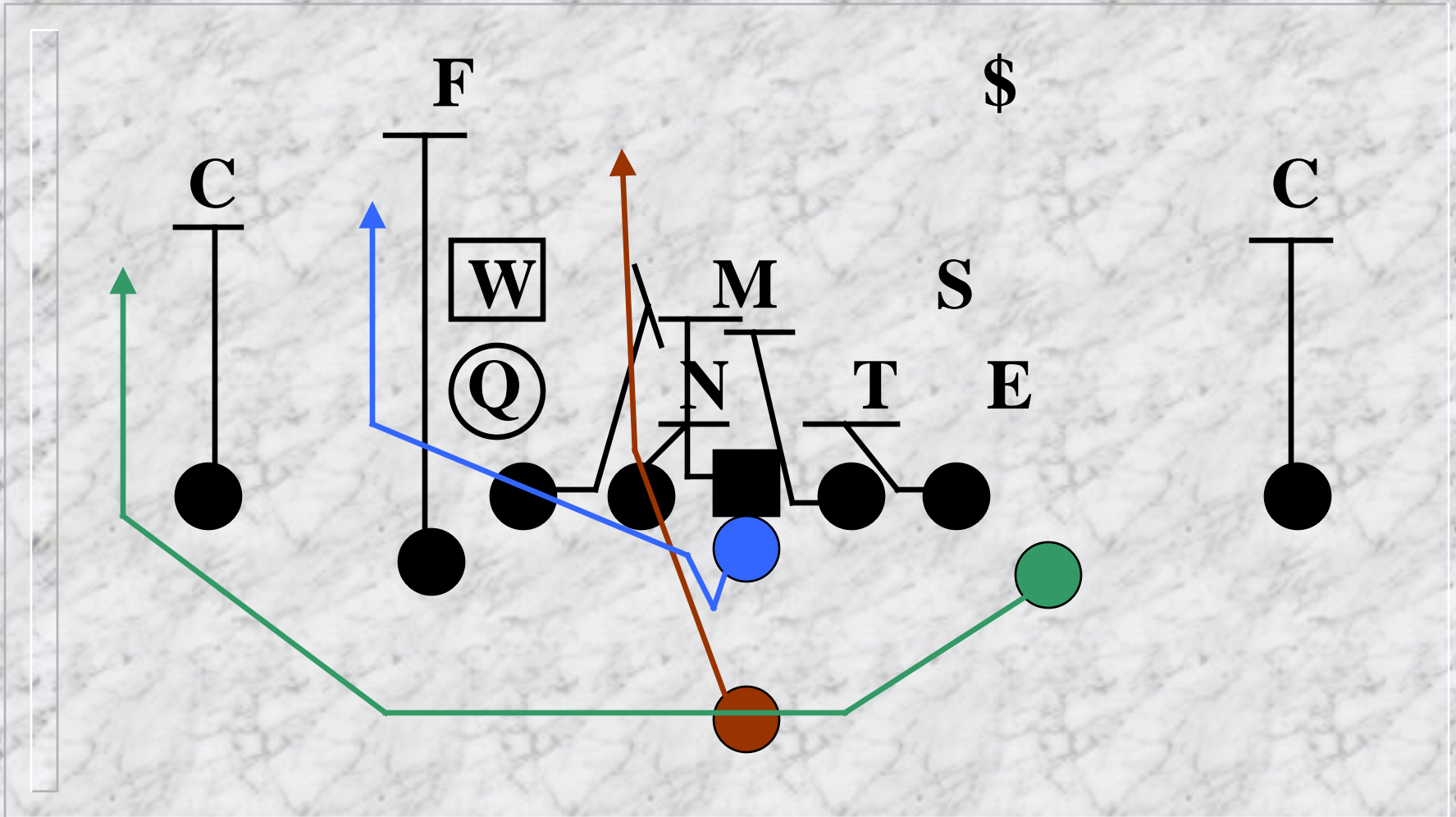
# 30 DEFENSE (STACK)



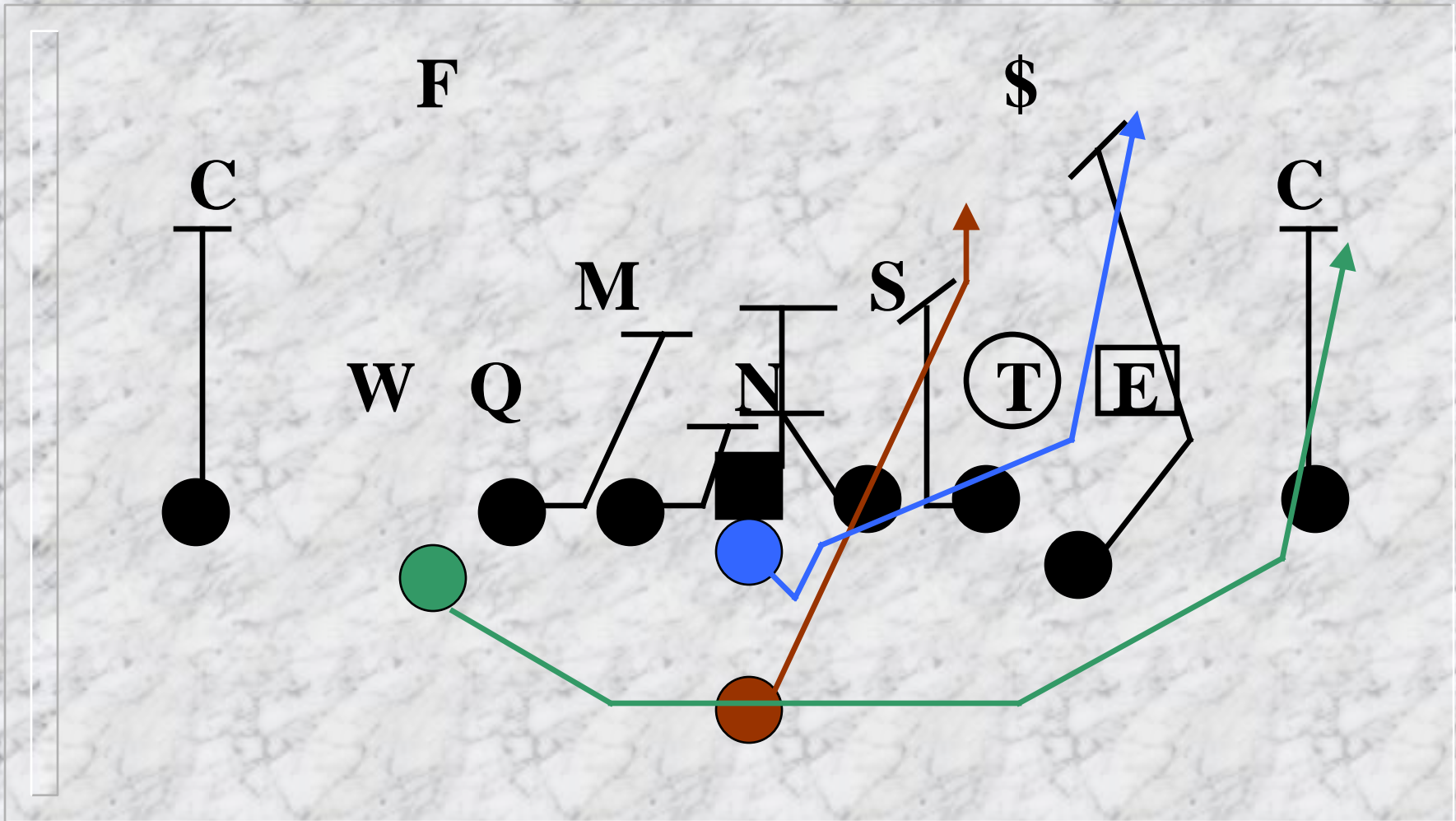
# 40 DEFENSE (PRO)



# 40 DEFENSE (PRO)

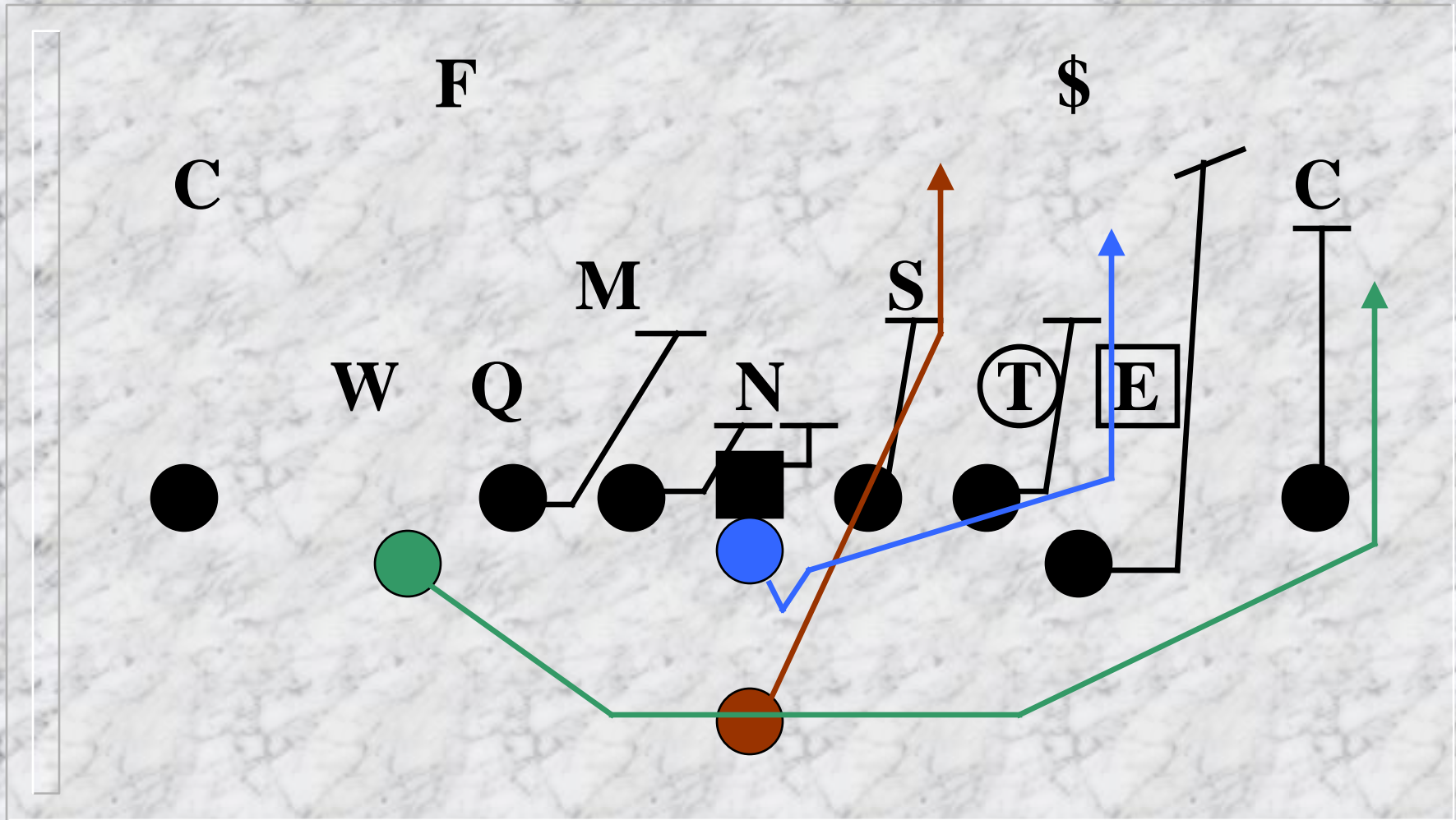


# 50 DEFENSE (ODD)

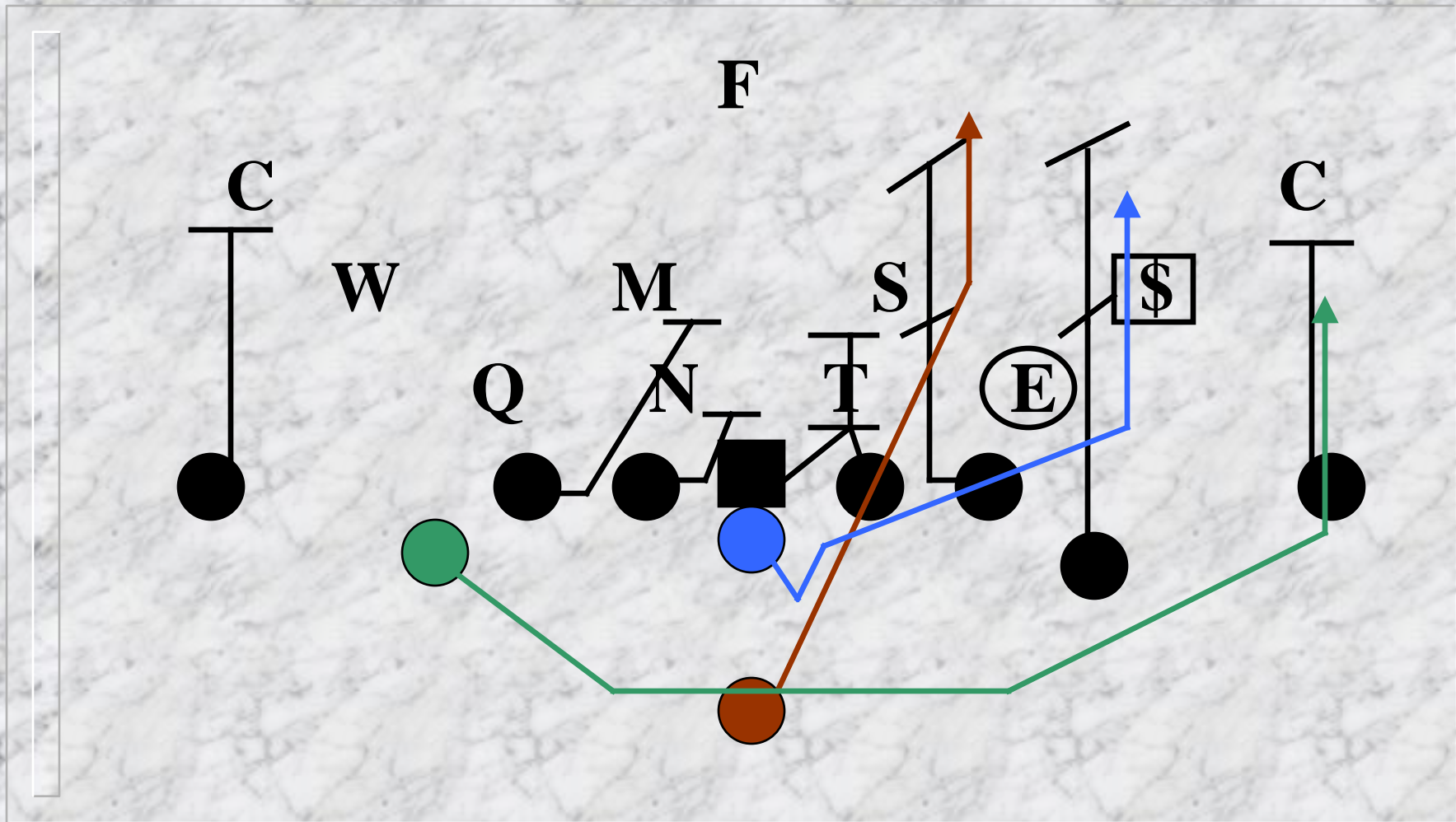




# 50 DEFENSE (ODD)



# 60 DEFENSE (EVEN)



# **OUTSIDE VEER**

**A Complementary Triple Option**

# OUTSIDE VEER

## OL RULES

- **PST: Inside**
- **PSG: 1st DL**
- **C: Reach, on, backer**
- **BSG: Scoop**
- **BST: Scoop**

## Perimeter Rules

- **PSHB: Inside**
- **PSWR: Crack vs 2 safeties, Stalk vs 1 safety**

# OUTSIDE VEER



## Backfield Action

- **BSHB:** orbit, get 7x1
- **RB:** aiming point is outside hip of PST, square after the mesh
- **QB:** four steps to the mesh and sit down, get 1 foot of depth

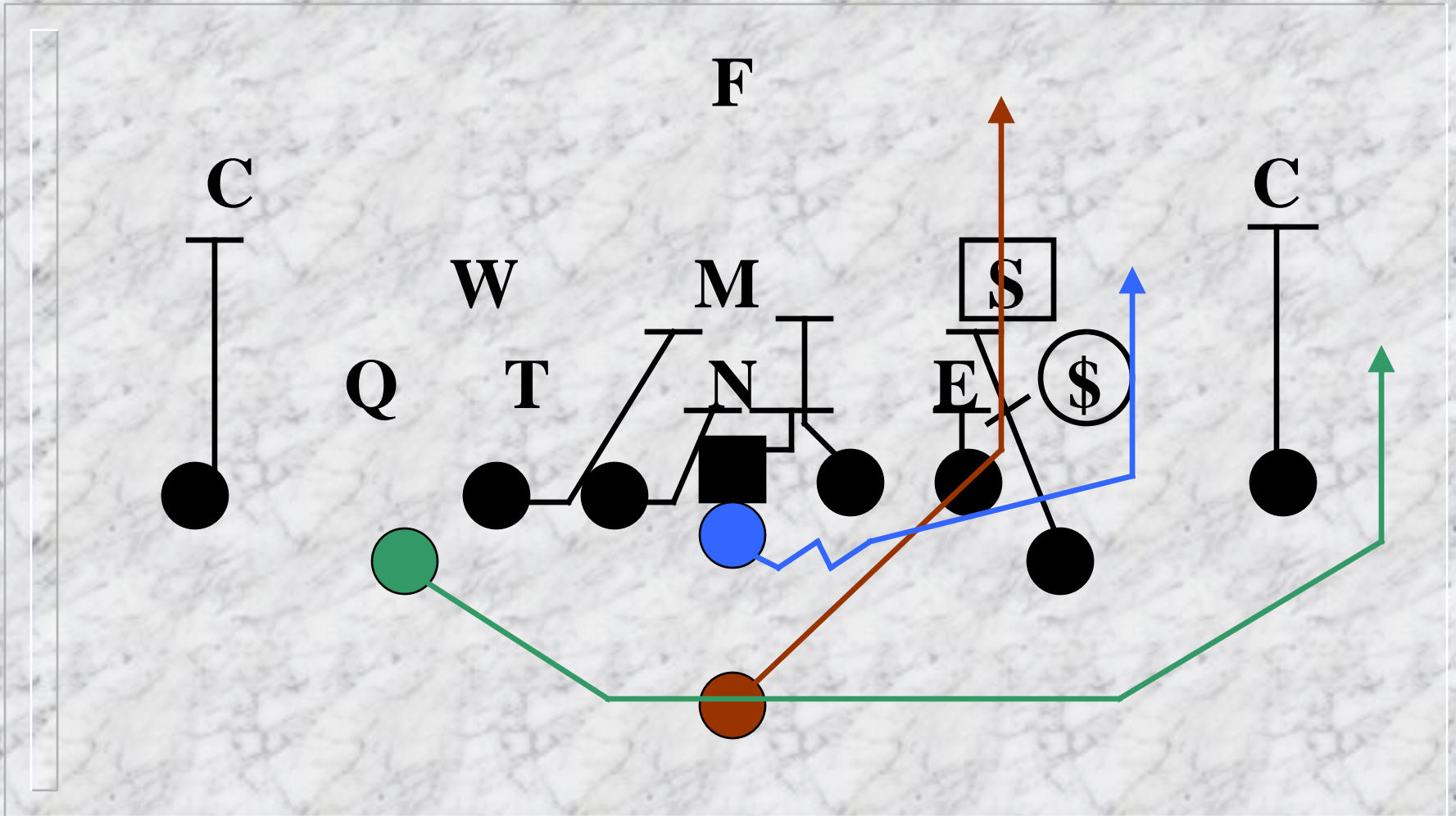
# OUTSIDE VEER



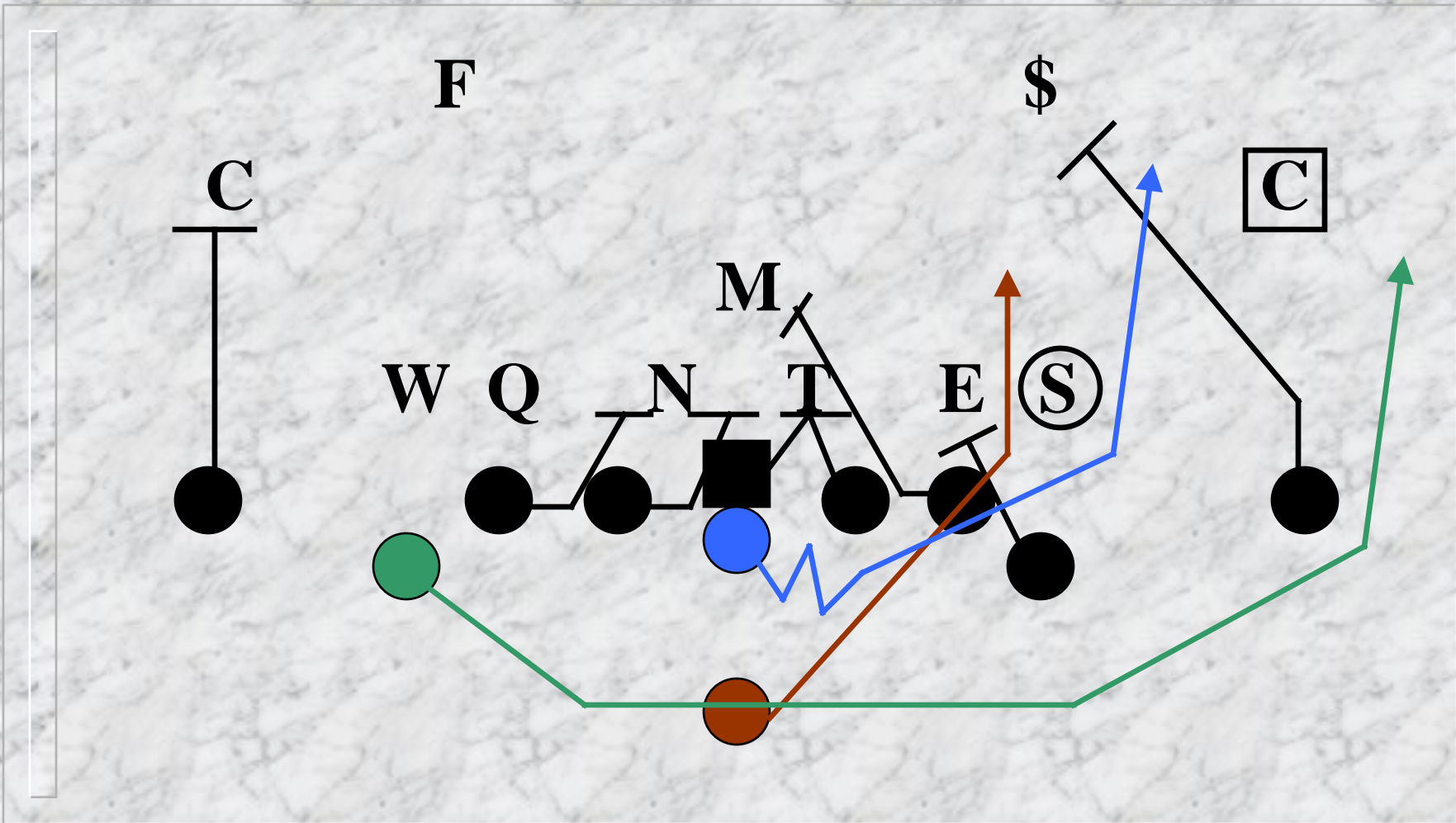
## QB Reads

- **Dive key (#2):** give unless #2 pinches flat on the LOS
- **Pitch key (#3 or CB):** square and keep unless pitch key commits to you

# 30 DEFENSE (STACK)

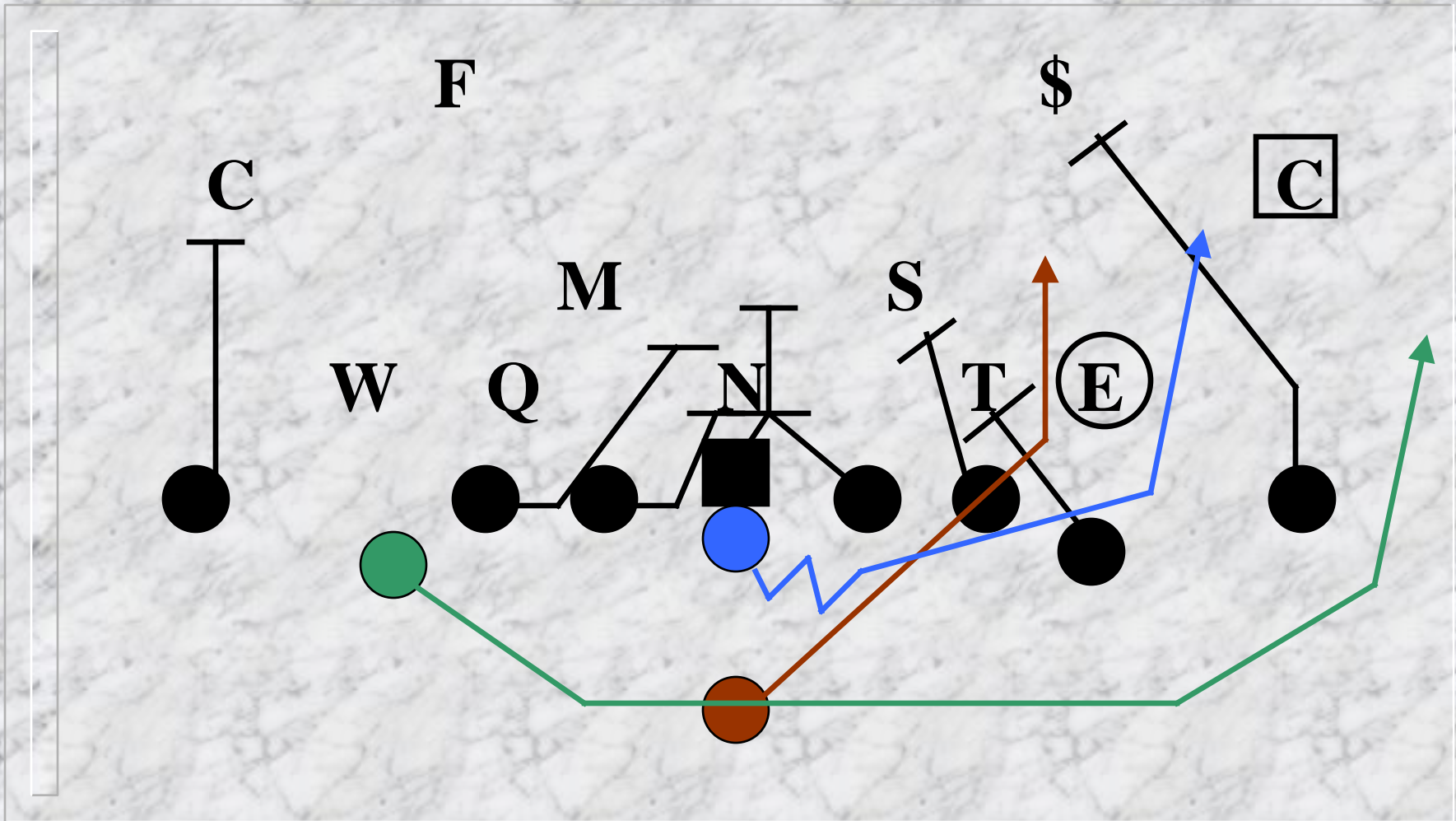


# 40 DEFENSE (PRO)



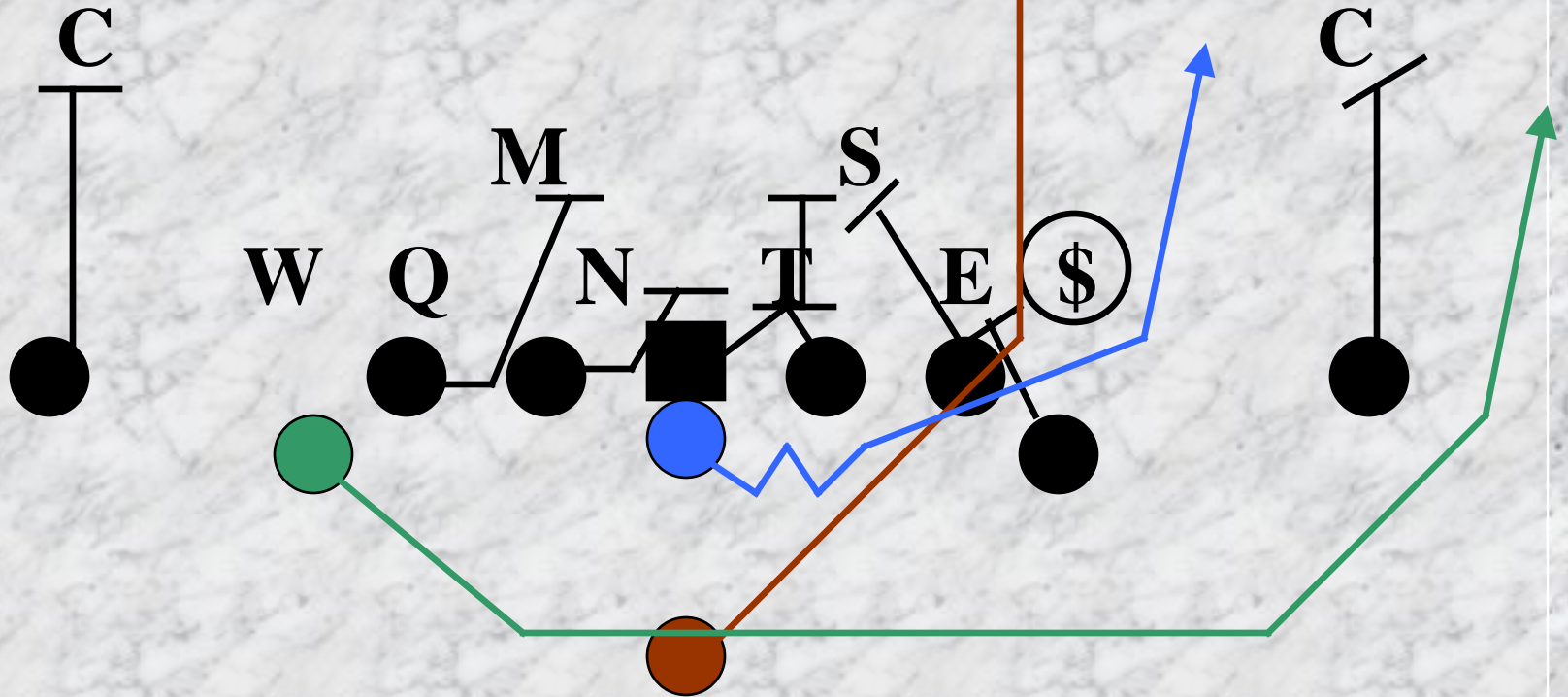


# 50 DEFENSE (ODD)



# 60 DEFENSE (EVEN)

F



# **MIDLINE**

**A Complementary Double Option**

# MIDLINE



## OL RULES

- **PST: 2nd DL**
- **PSG: Inside**
- **C: BS 1 or 2**
- **BSG: BS 1 or 2**
- **BST: Seal and hinge**

# MIDLINE

## Backfield Action

- **PSHB: orbit, lead**
- **BSHB: pitchback**
- **A-back: run on the midline, slide to the playside**
- **QB: clear the midline, ride, duck in B-gap on a pull**

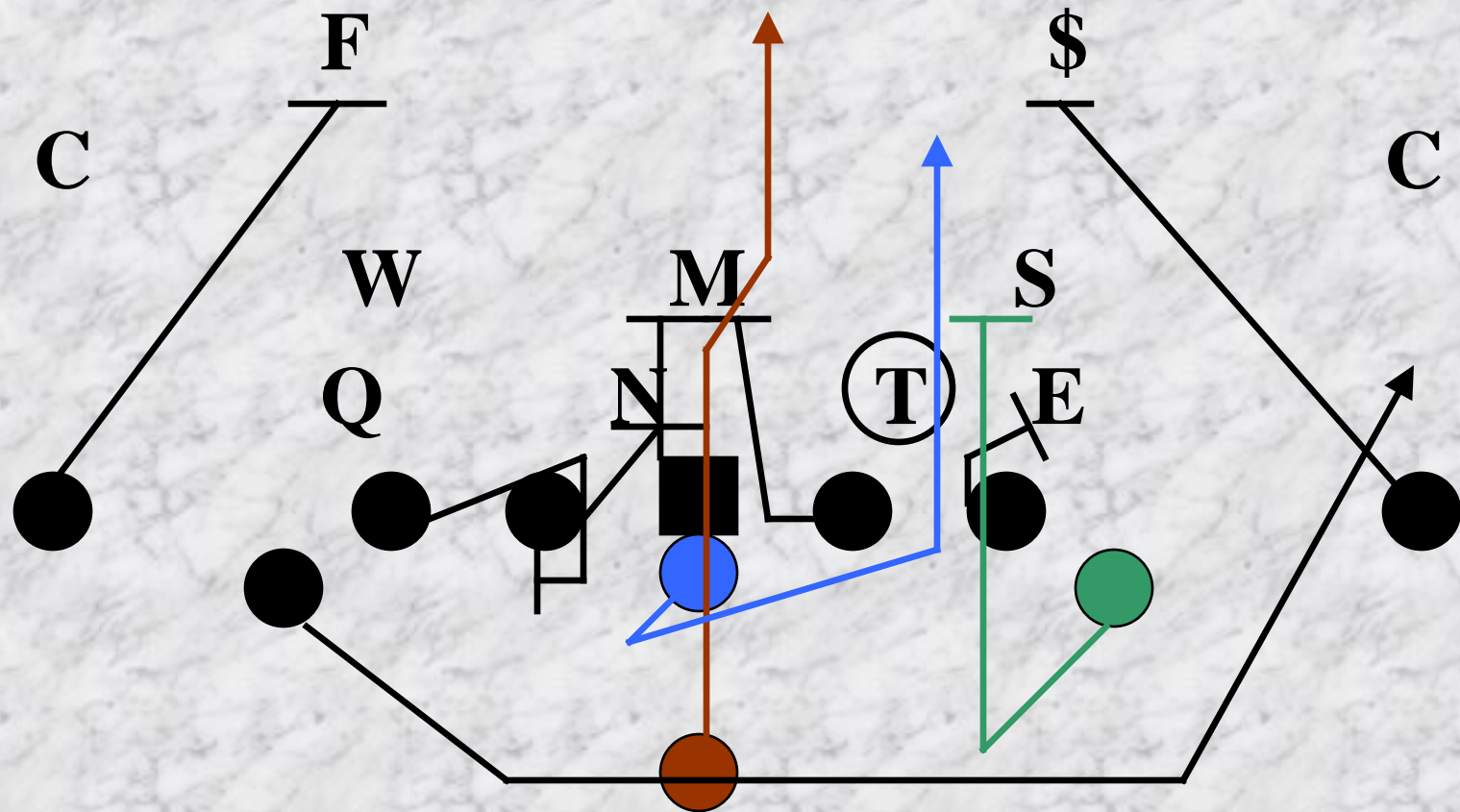
## Perimeter Rules

- **Both WR: crack near safety**

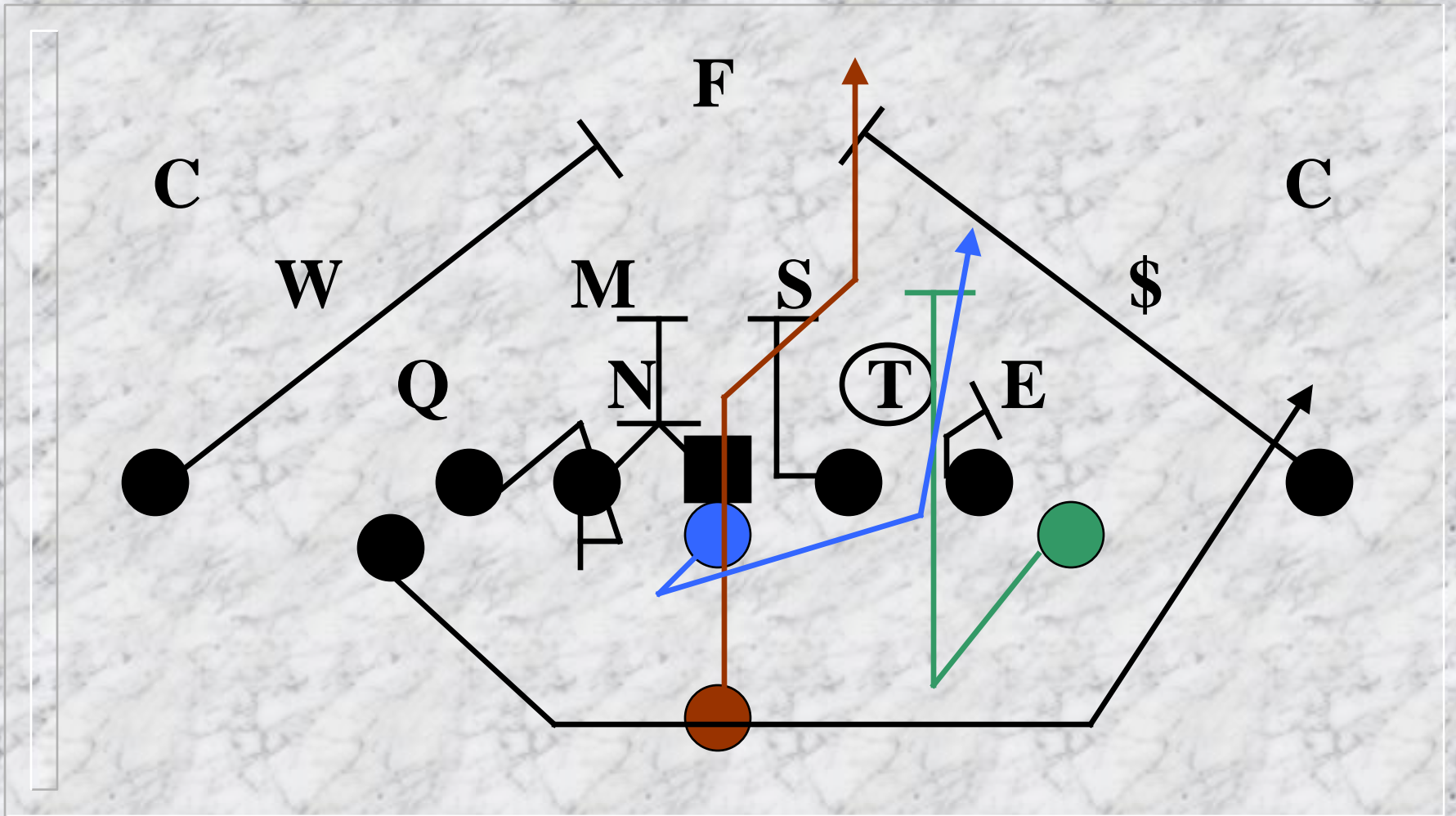
## QB Read

- **Give unless 3-technique pinches flat on LOS**

# 40 DEFENSE (PRO)



# 60 DEFENSE (EVEN)



# **PLAY ACTION**

## **The Primary Pass Game**



# OFF-GAP PROTECTION

## Pass Protection Principles

- **Never lose inside**
- **Know where your help is coming from**
- **Know where the launch point is**
- **Engage the man in your gap or...**
- **Engage the near DL with eyes on your gap**

# OFF-GAP PROTECTION



## Pass Pro Rules

**PST: C-gap**

**PSG: A-gap**

**C: BS A-gap**

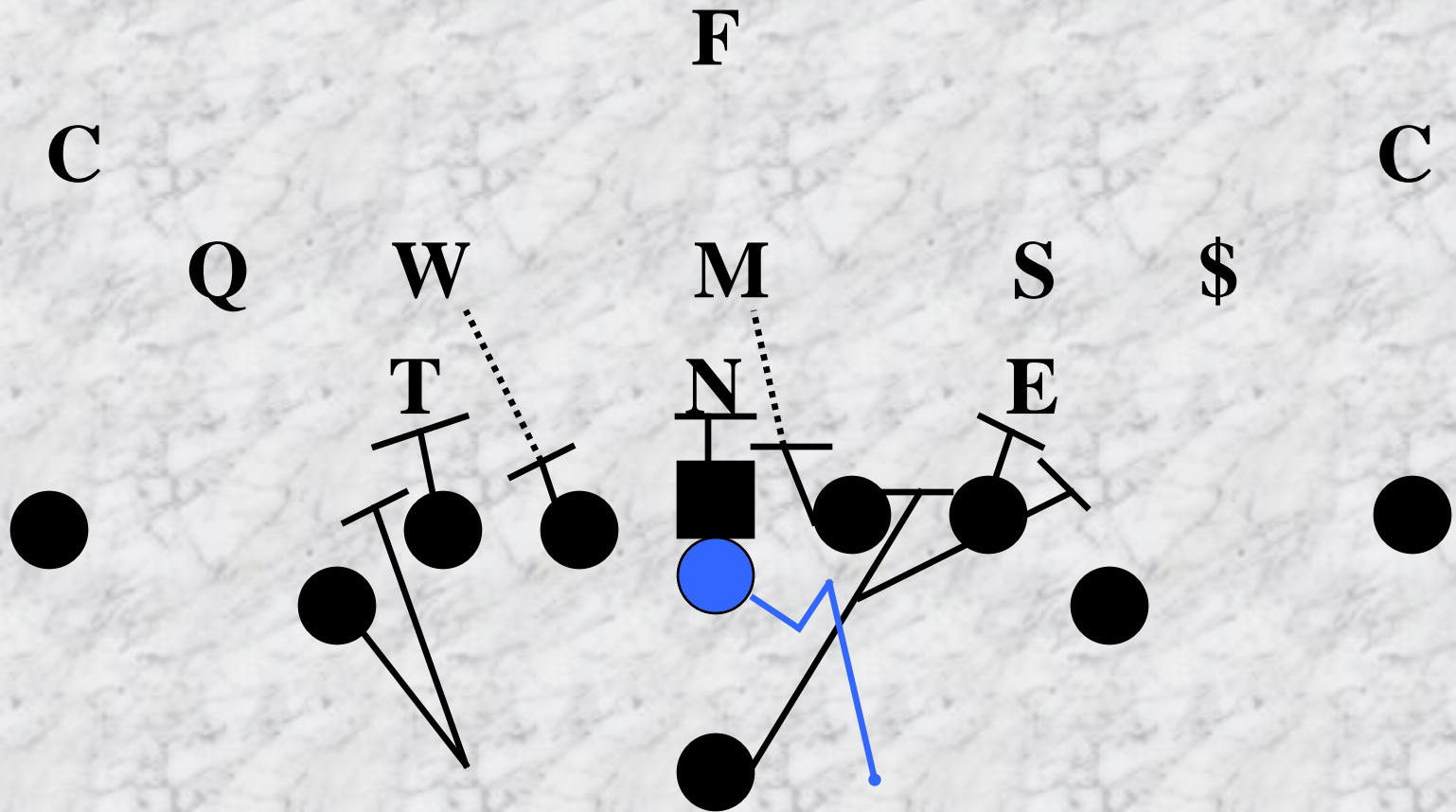
**BSG: B-gap**

**BST: C-gap**

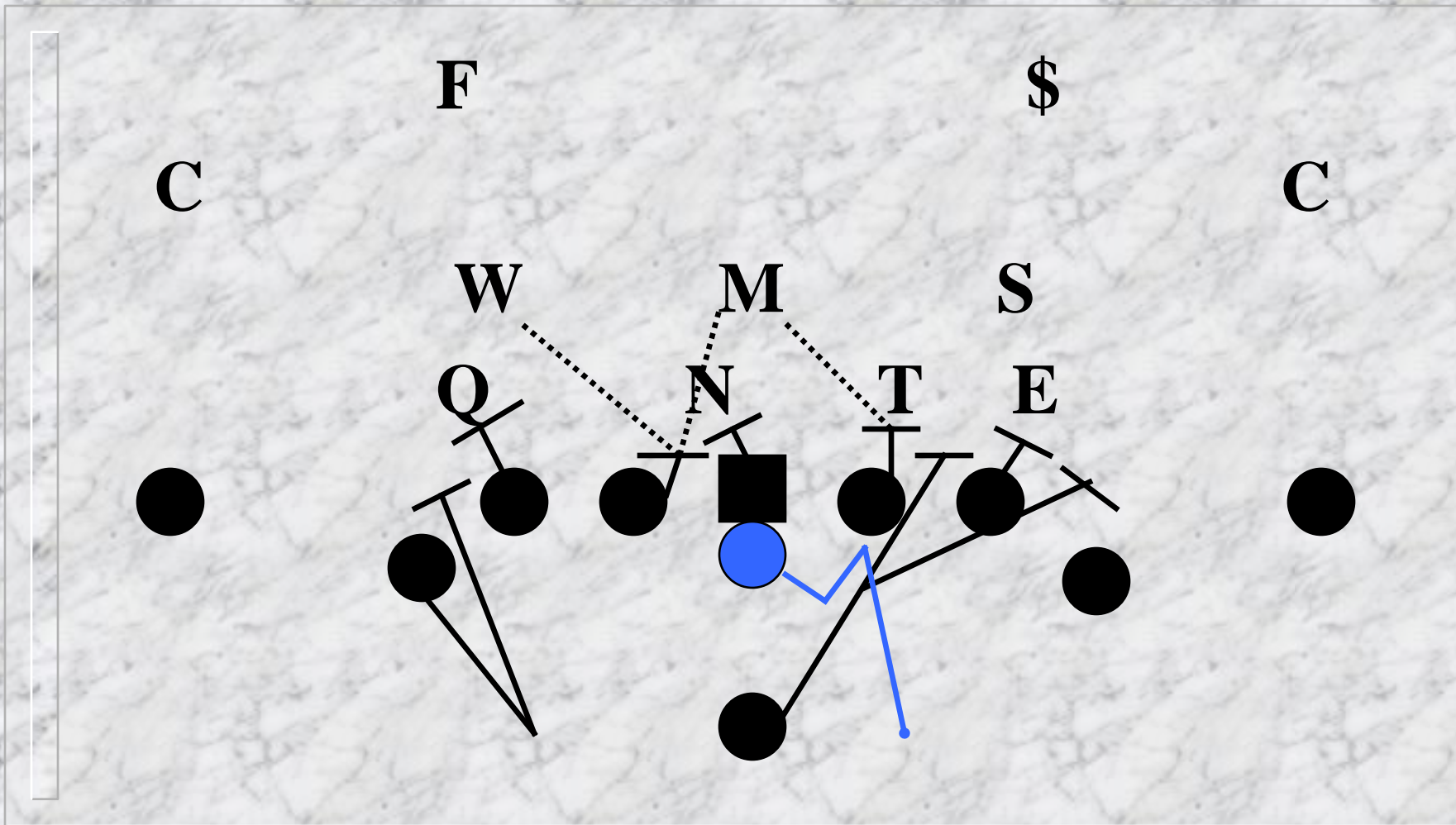
**RB: PS B to D-gaps**

**BSHB: BS D-gap**

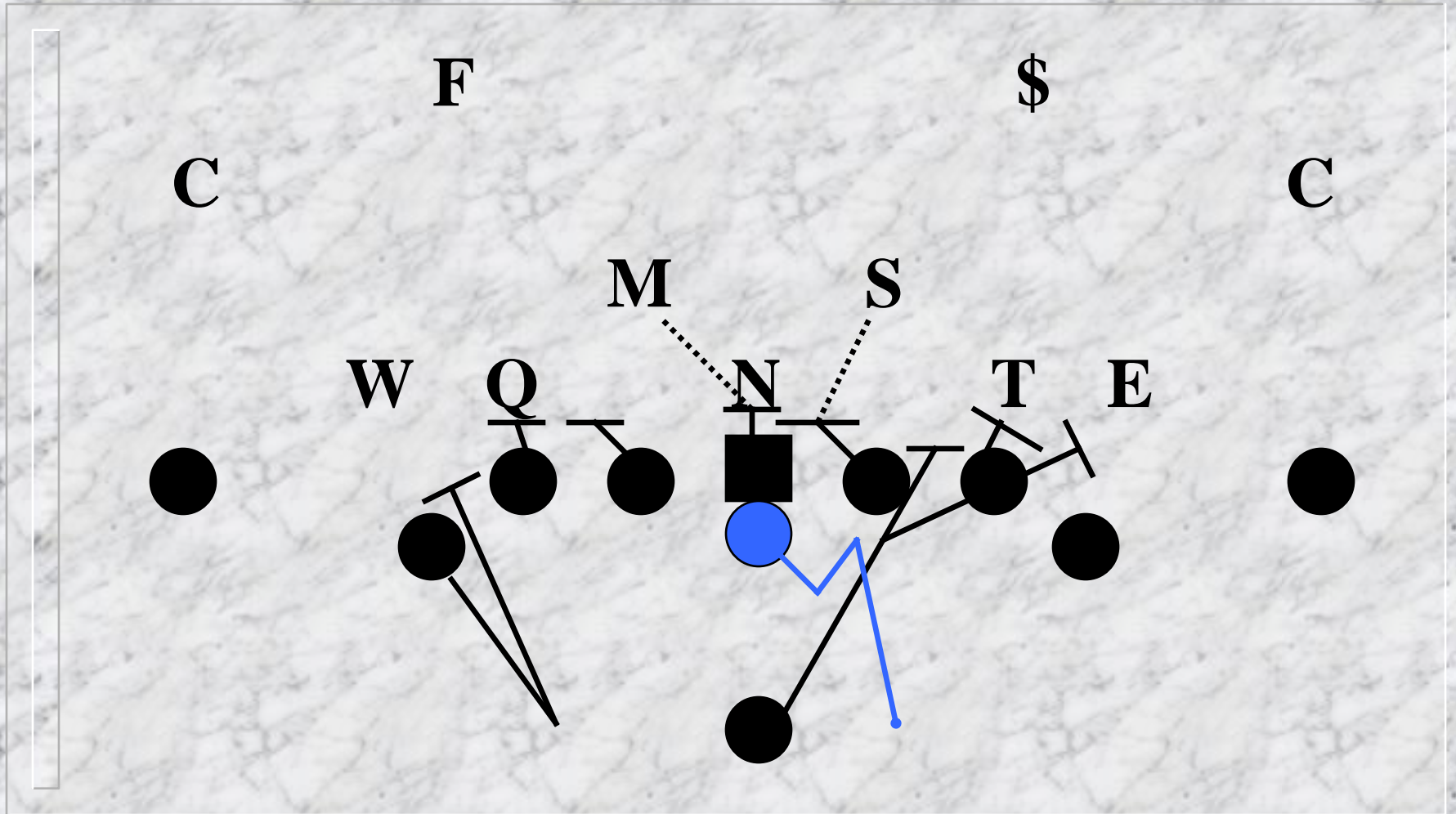
# 30 DEFENSE (STACK)



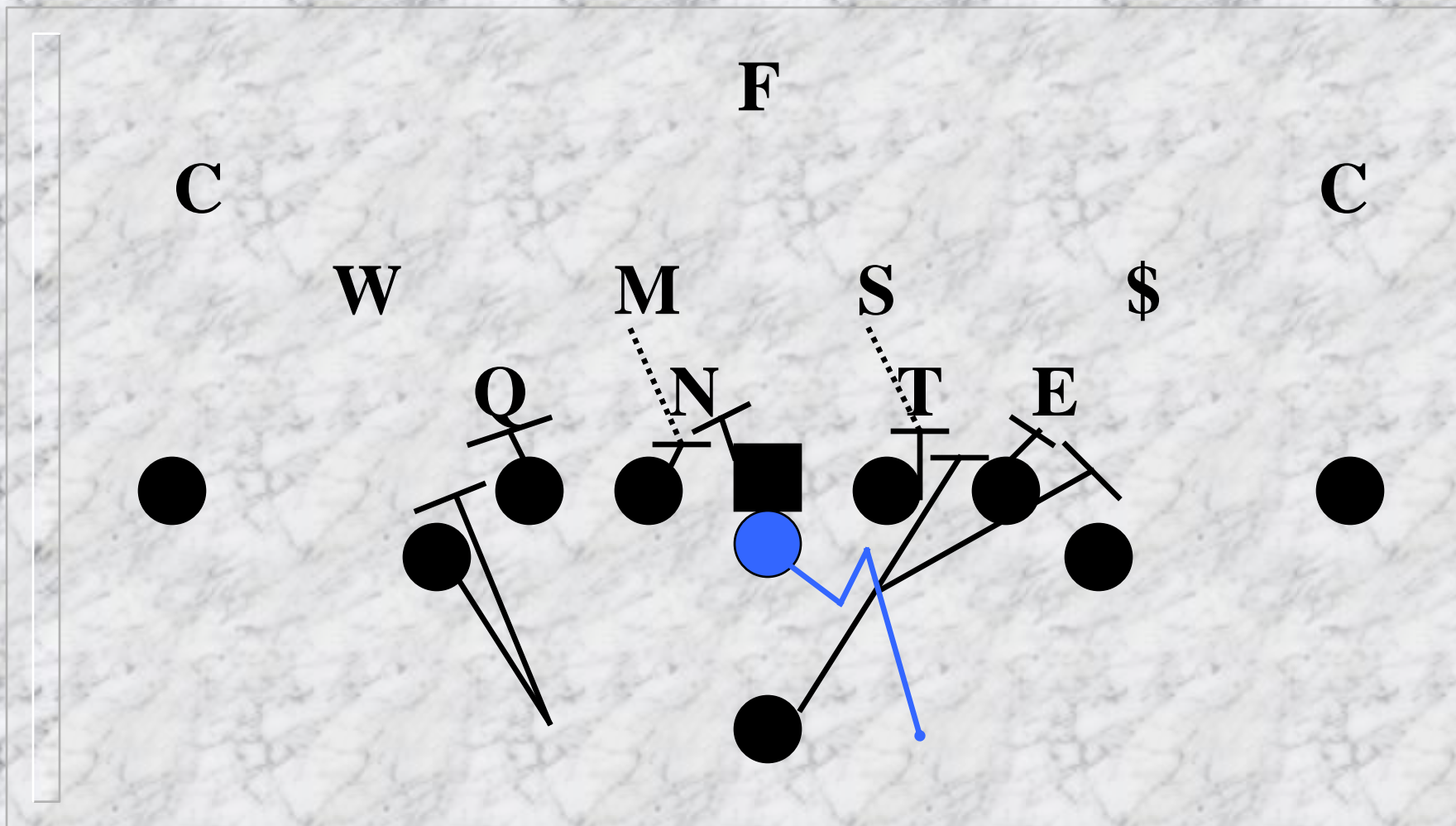
# 40 DEFENSE (PRO)



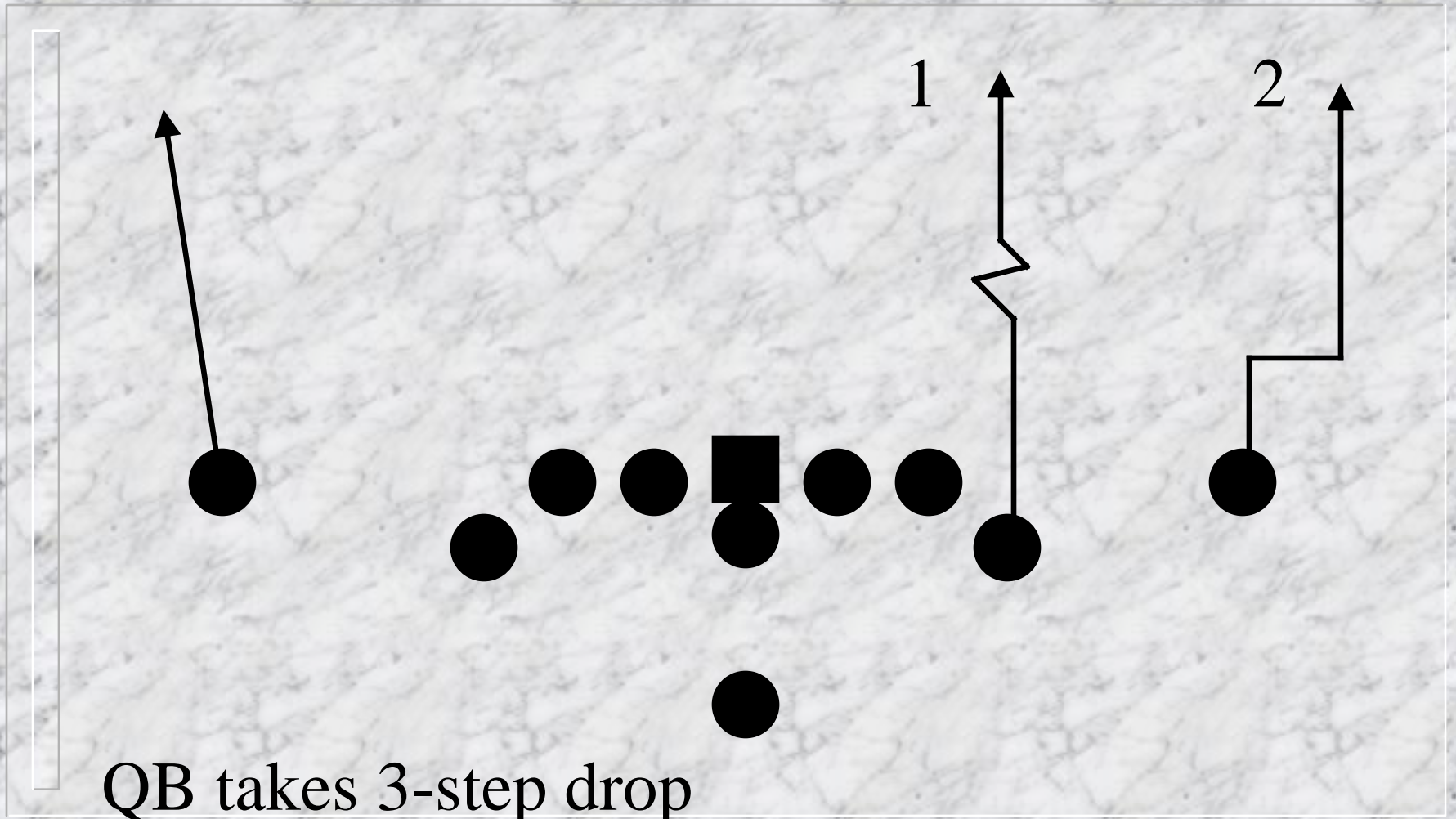
# 50 DEFENSE (ODD)



# 60 DEFENSE (EVEN)

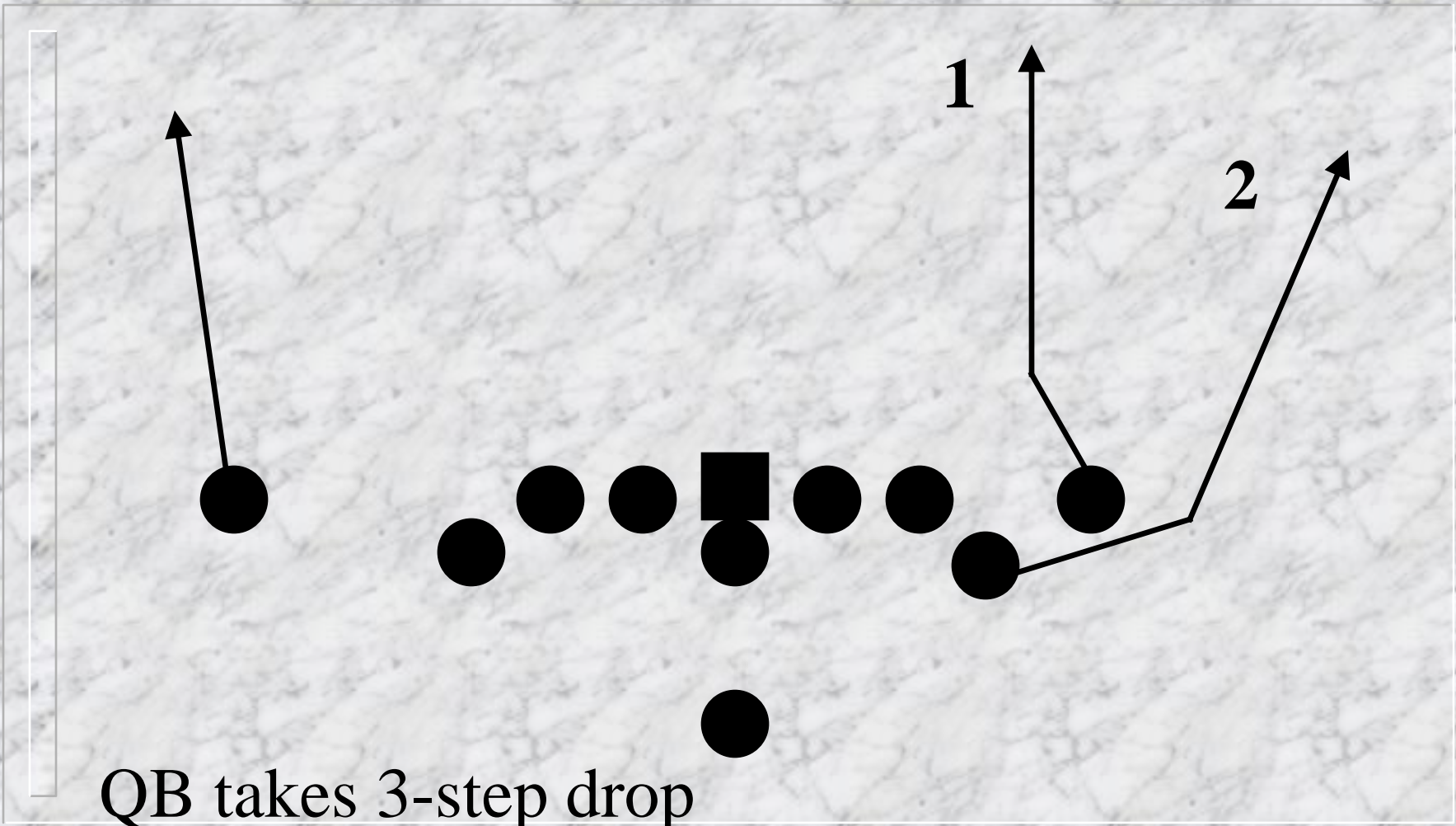


# SEAM



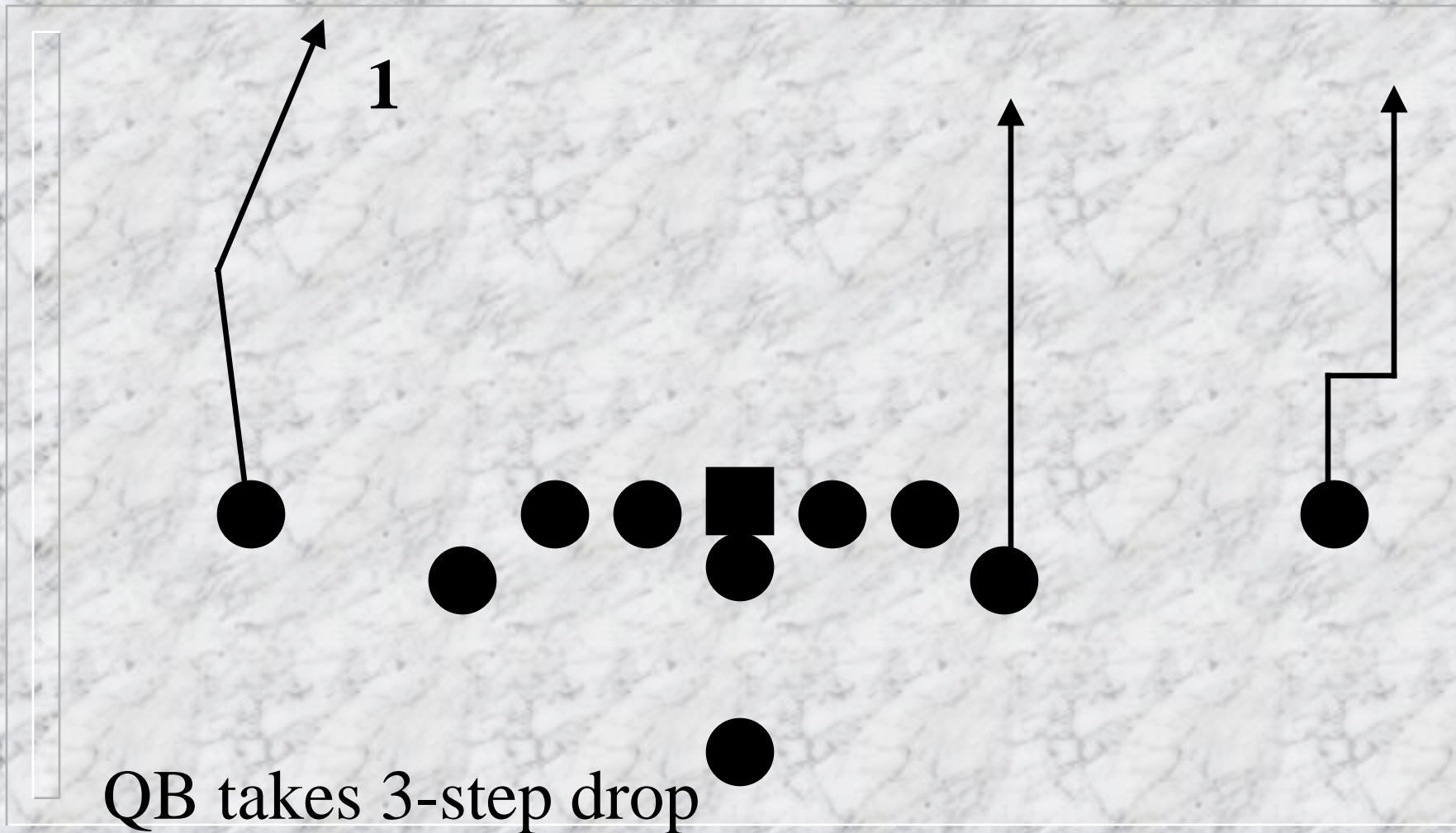
QB takes 3-step drop

# WHEEL

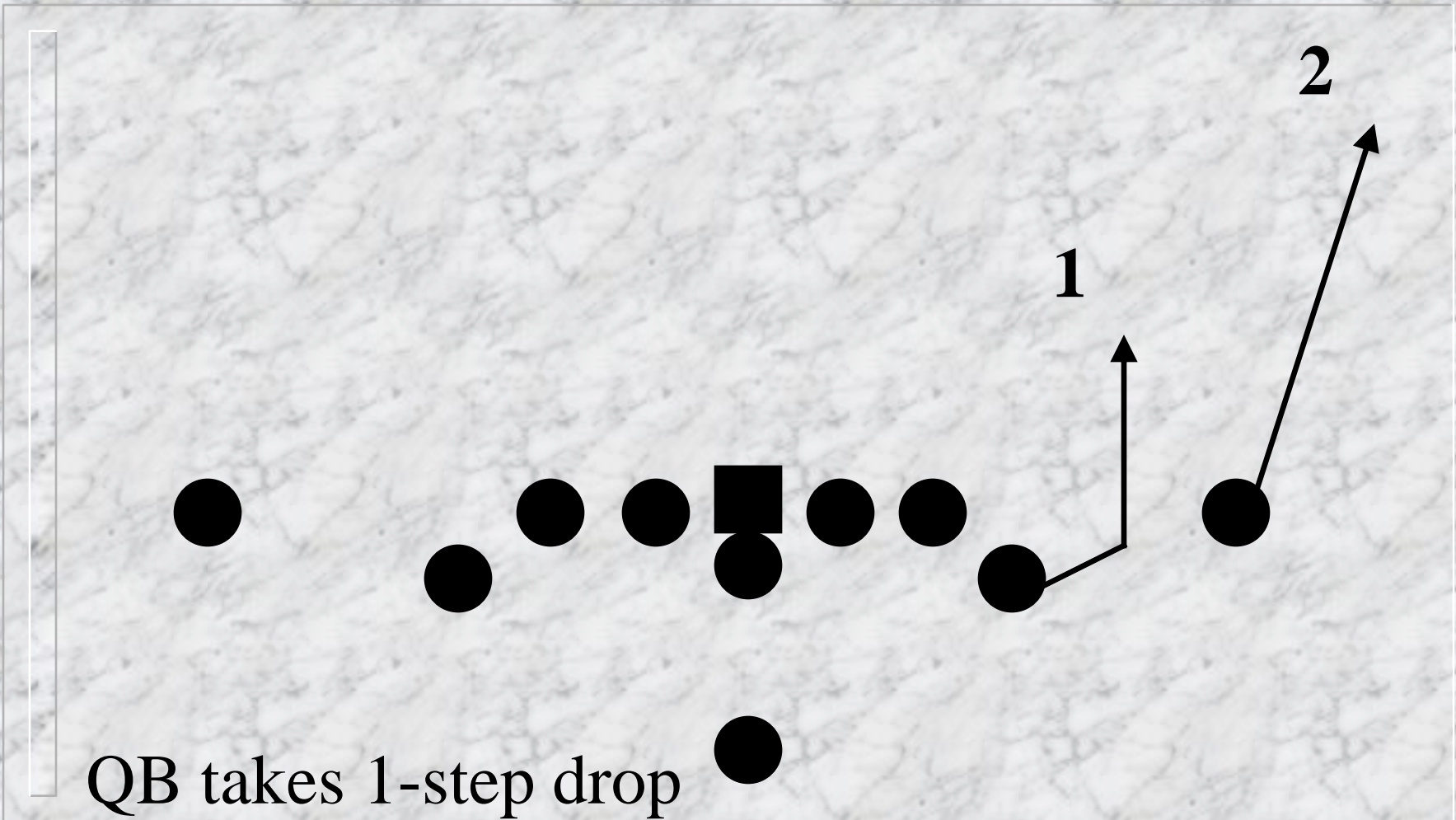




# B-POST



# POP



QB takes 1-step drop

# B-SLANT

