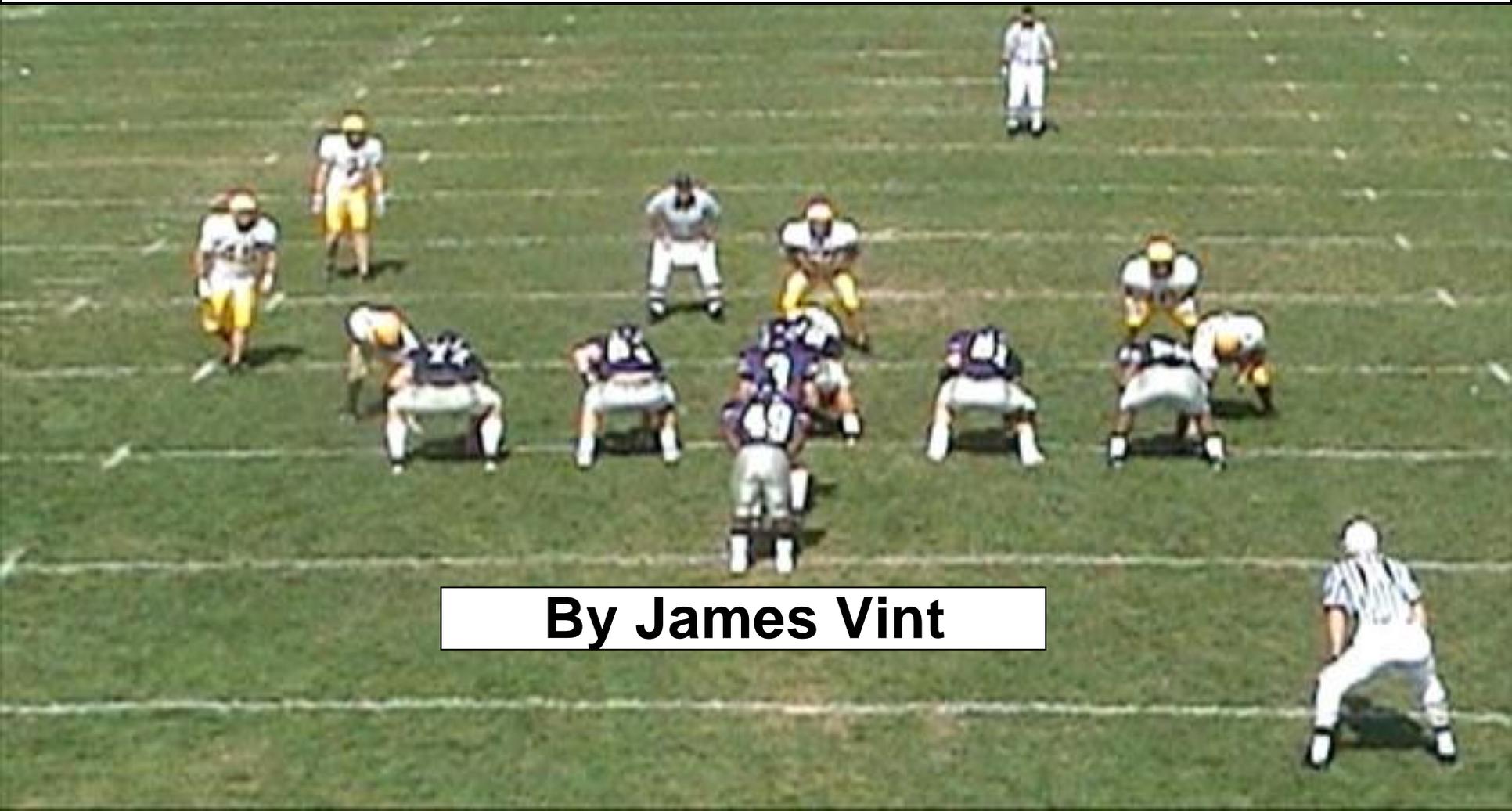


Basic Concepts For The Pistol Offense



By James Vint

“If You Have A Systematic Way To Teach An Offense, Your Kids Will Have A Systematic Way Of Learning The Offense”

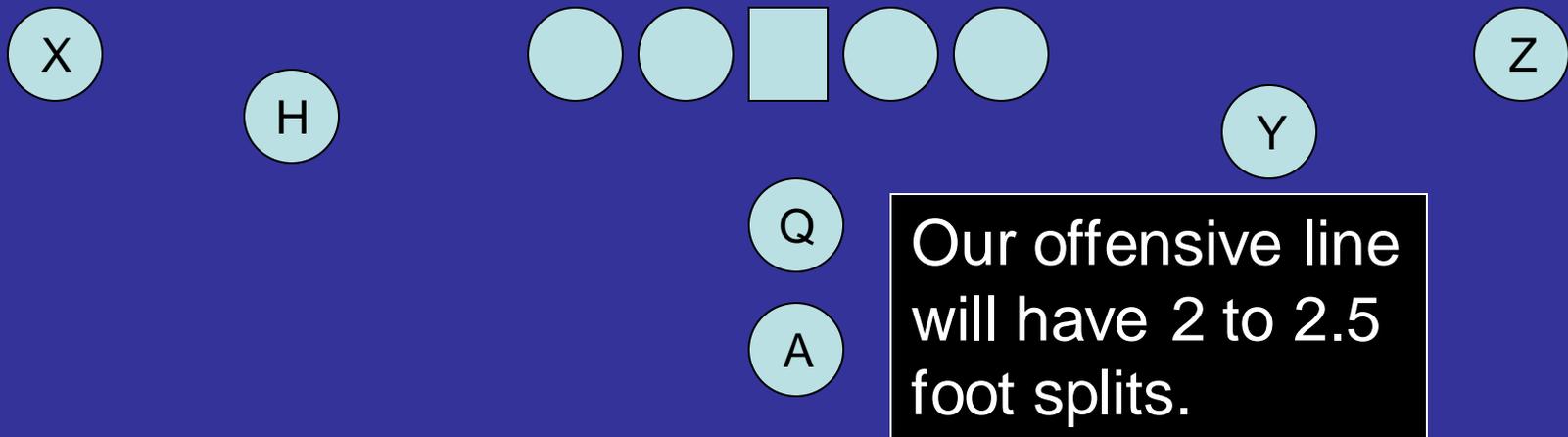
Topics We Will Cover

- Formation Identification
- Motion Rules
- Inside Run Game
- Outside Run Plays
- Misdirection Game
- Play Action Passes

Why The Pistol?

- Allowed us to eliminate some tendencies with our zone read game
- We could balance up and force defenses to do the same
- We could run our entire option package!
- We could flip plays without flipping our running back
- Allowed us to run our base two back offense from the gun
- Created conflict within the defense

Our Base Formation



- X and Z Align 12 to 15 yards outside the tackle.
- Our H and Y align 5 to 7 yards outside the tackle.
- Our QB aligns 3.5 yards behind the center.
- Our A Back aligns 6 to 7 yards off the football.

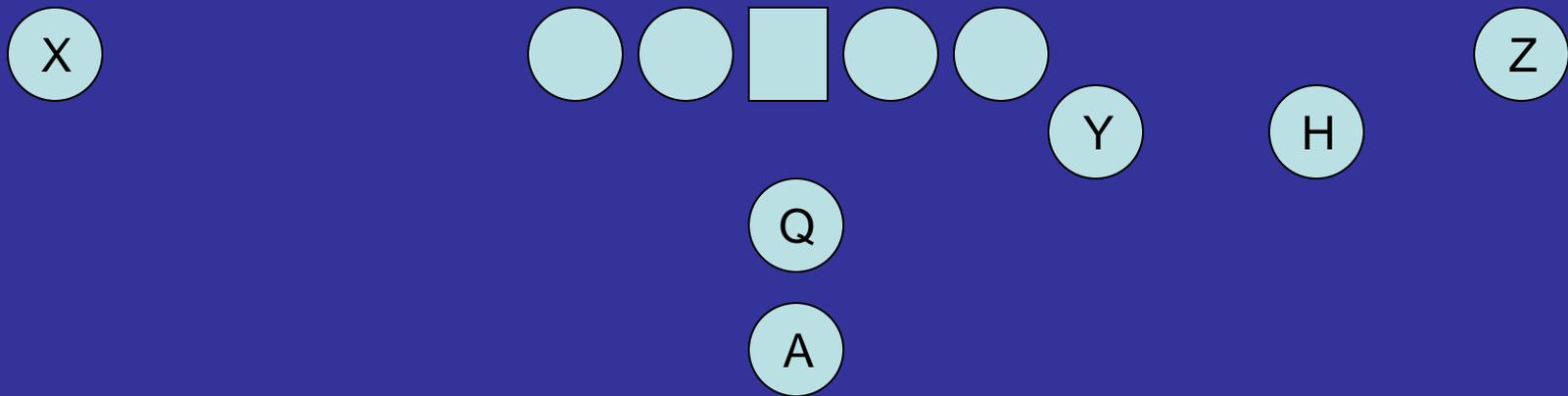
Our Pistol Set Illustrated



Pistol Base (Wide)

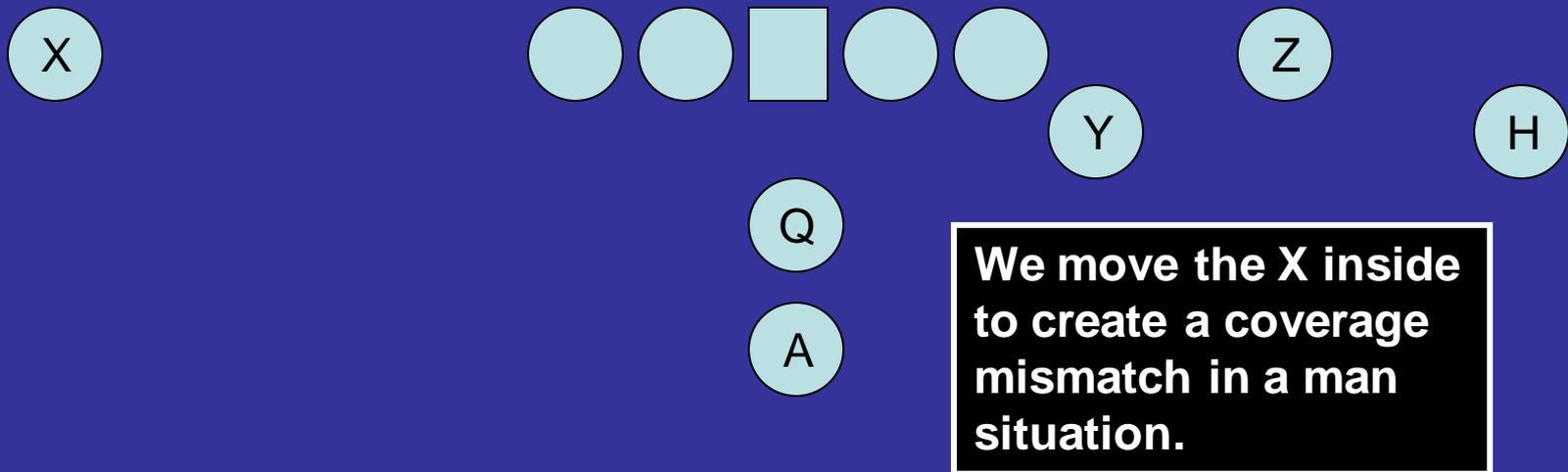


Trips Set



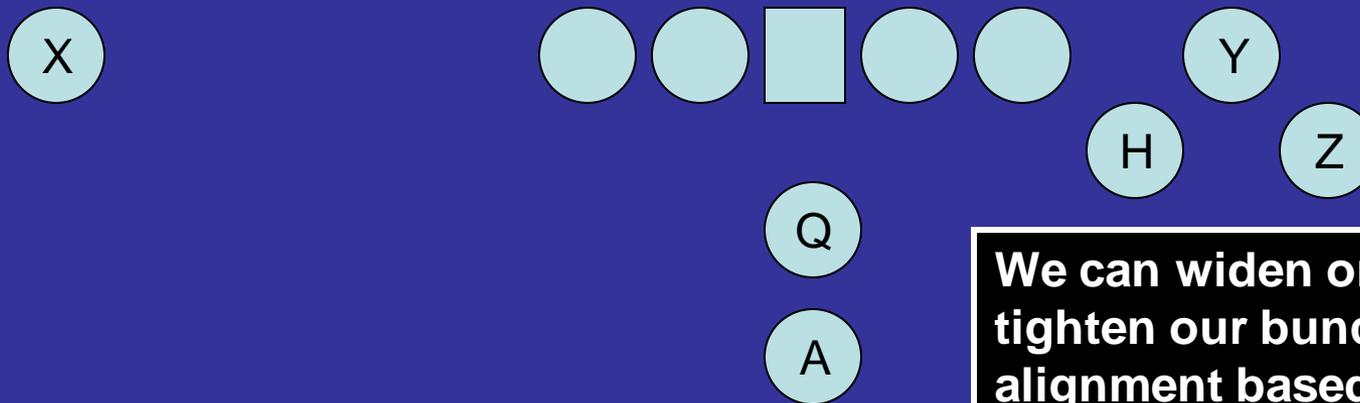
- In Trips, our Y lines up 2 yards outside our tackle, 1 yard off the LOS.
- Our H will align splitting the distance between the Z and the Y, and he will also be one yard off the LOS.
- We want our H and our Y to press the line of scrimmage. We want them as tight as they can be without getting penalized.

Trips Z



- Our Z will line up on the line, 5 yards outside our Y.
- Our H will line up 1 yard off the ball, 12 to 15 yards outside the tackle.

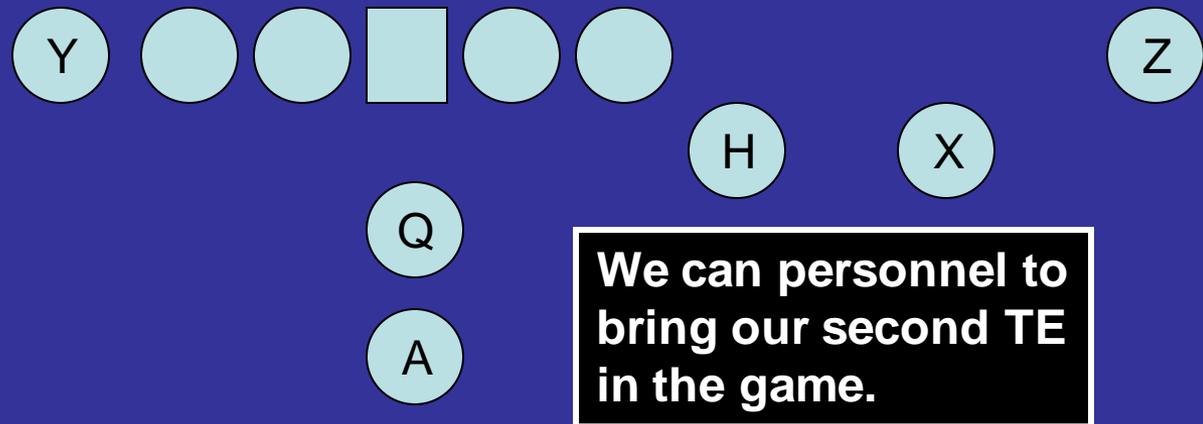
Trips B (Bunch)



We can widen or tighten our bunch alignment based on the concept called.

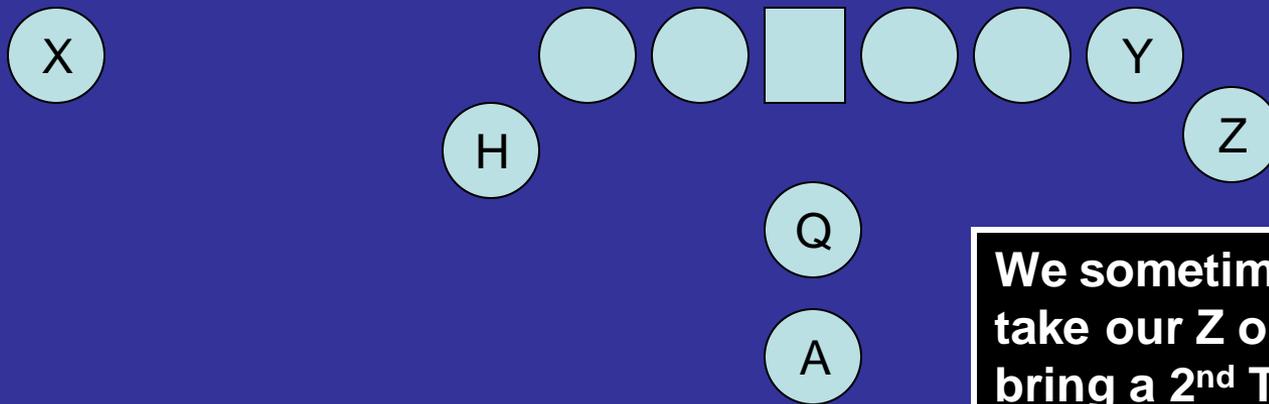
- Our Y will line up 2 yards outside the tackle on the LOS.
- Our H will line up 1 yard off the ball, splitting the distance between the tackle and the Y.
- The Z will line up 1 yard outside Y, and 1 yard back.

Trips C (Closed)



- Our Y will line up with a 3 foot split in a 3 pt. stance.
- Our H will line up 2 yards outside our tackle to the trips side.
- Our X will split the distance between the Z and the H.
- The Z will line up 12 to 14 yards off the football.

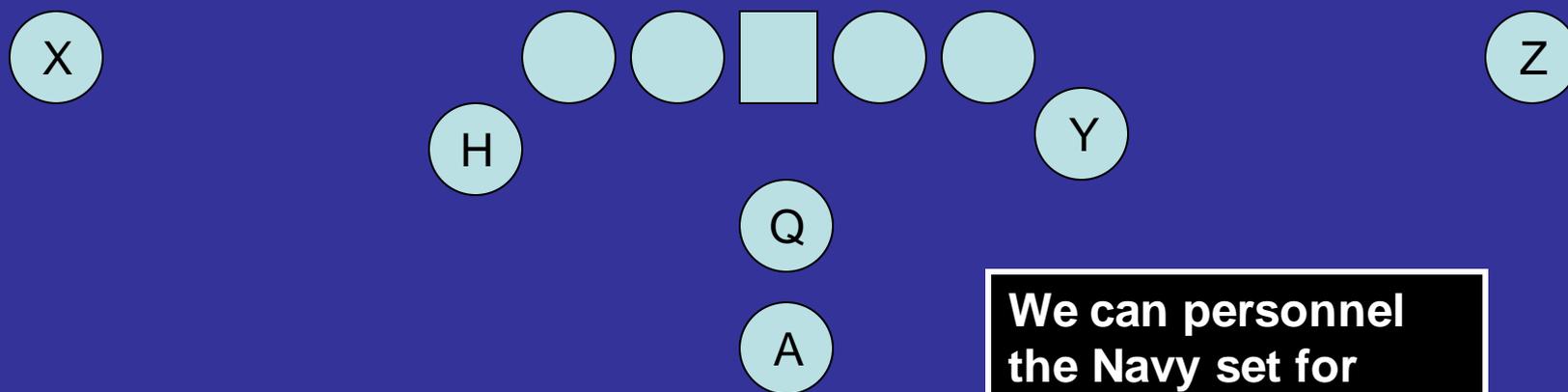
Ace Tight



We sometimes will take our Z out and bring a 2nd TE into the game.

- **Z and H line up 1x1 from the EMOL.**
- **We can motion our Z back out, or across the formation to create a coverage mismatch.**

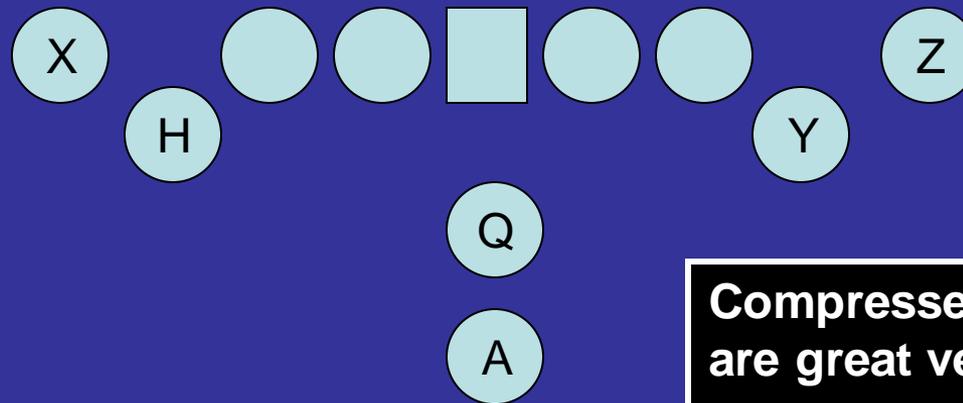
Navy



**We can personnel
the Navy set for
different concepts.**

- **Z and H line up 1x1 from the EMOL.**
- **We can motion our Z back out, or across the formation to create a coverage mismatch.**

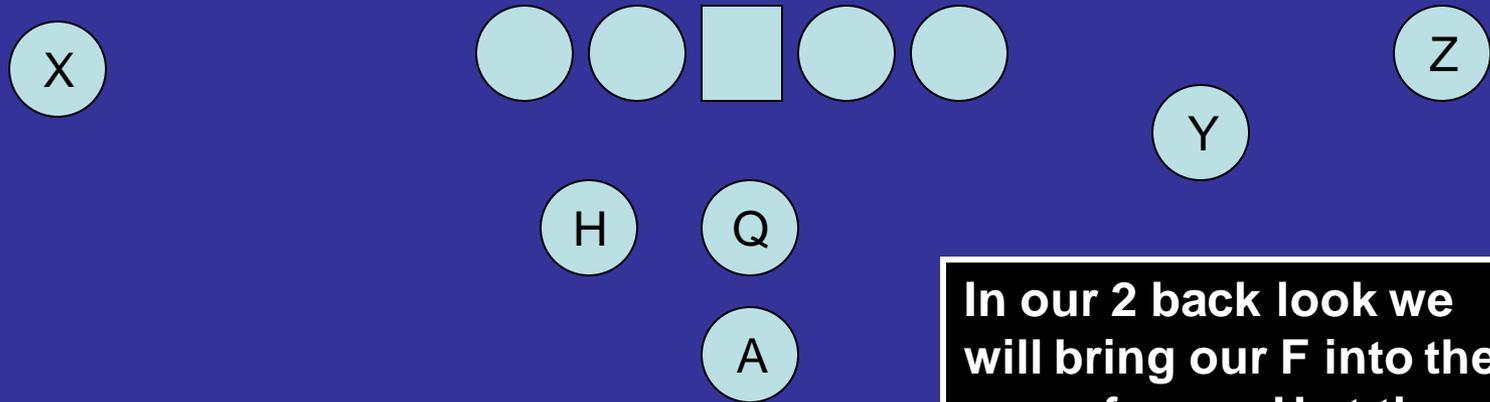
Navy B



**Compressed formations
are great versus man
coverage.**

- **Z and H line up 1x1 from the EMOL.**
- **Our X and Z close down and line up 2 yards outside the Y and H.**

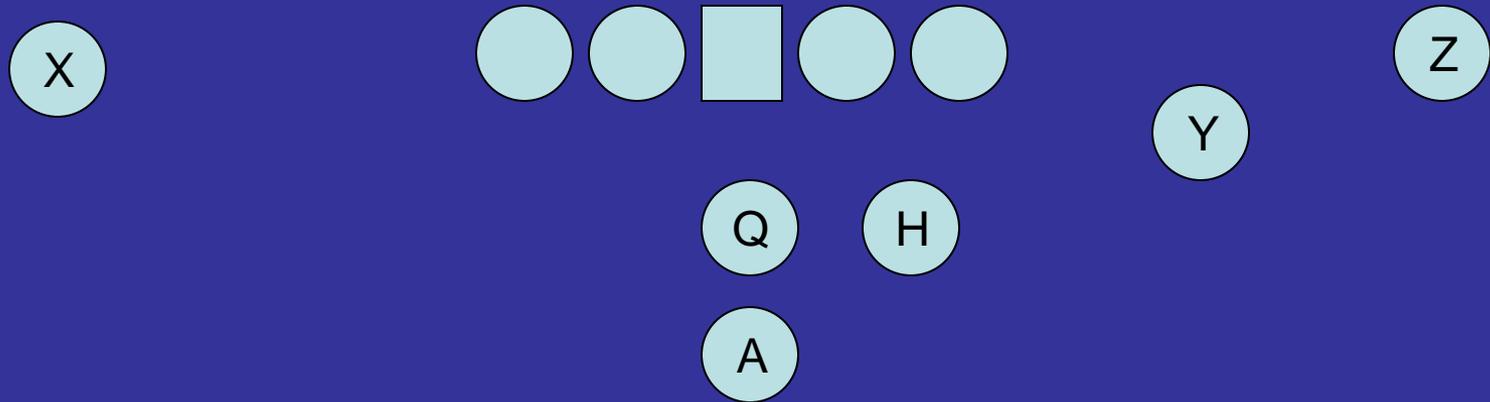
Queen



In our 2 back look we will bring our F into the game for our H at times.

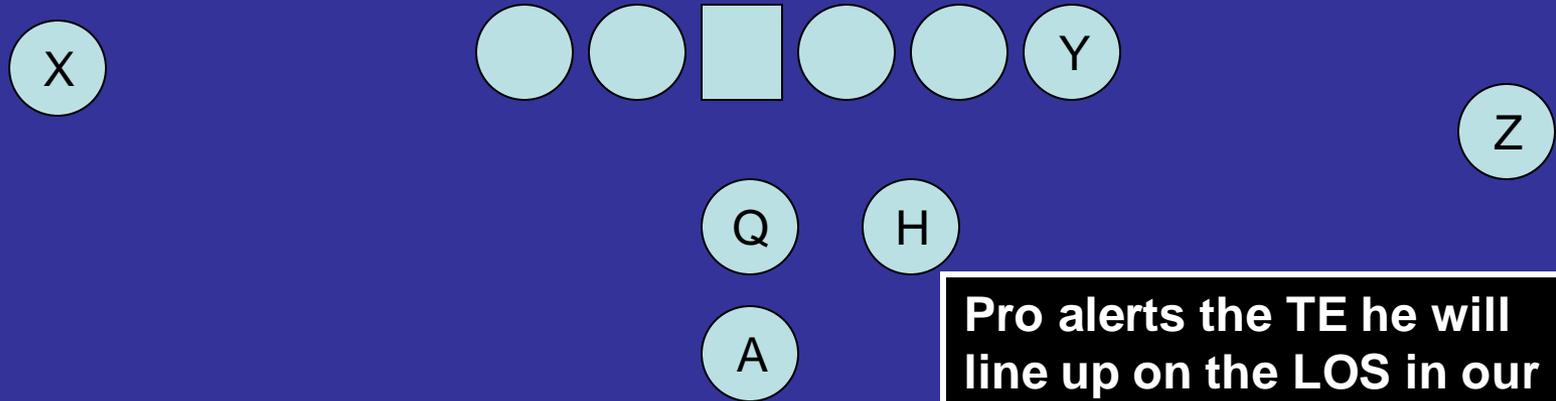
- **The Y lines up in his base alignment.**
- **The H lines up on the outside leg of our guard.**
- **Queen alerts the H he will line up away from our Y.**

King



- The Y lines up in his base alignment.
- The H lines up on the outside leg of our guard.
- King alerts the H he will line up on the same side as our Y.

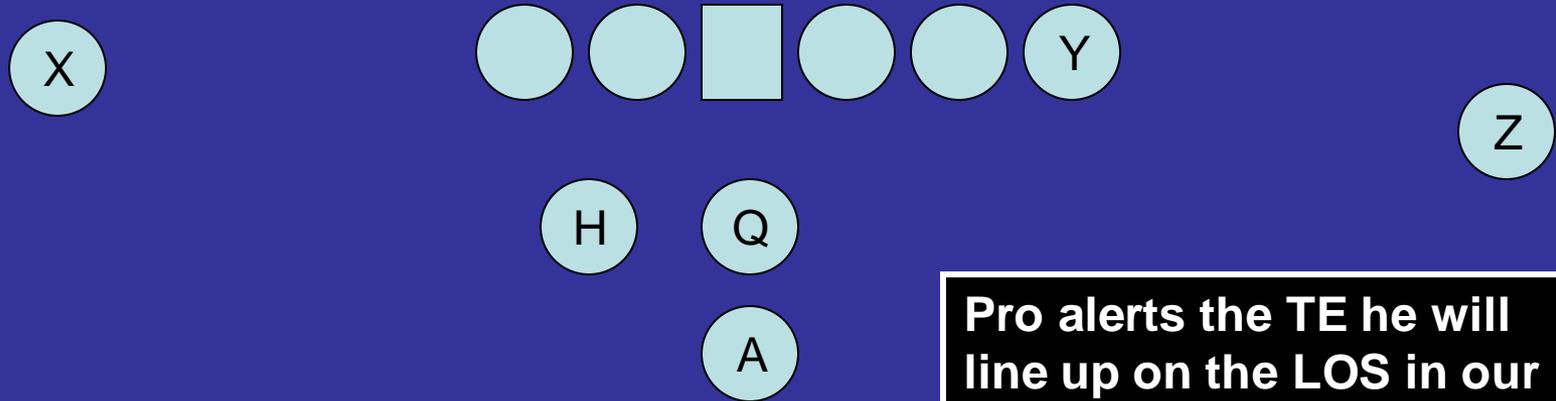
King Pro



Pro alerts the TE he will line up on the LOS in our King and Queen Sets.

- **The Y lines up in a 3 pt. stance 2.5 feet from our tackle.**
- **The H lines up on the outside leg of our guard.**
- **King alerts the H he will line up on the same side as our Y.**

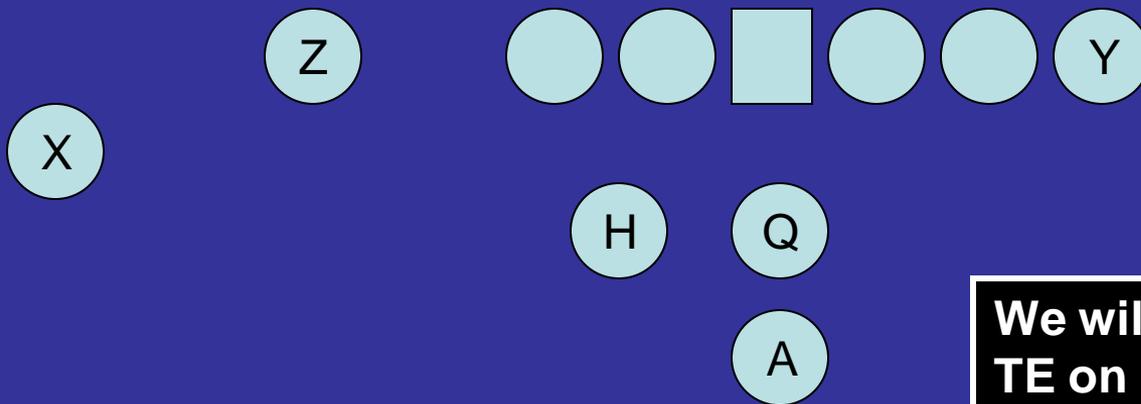
Queen Pro



Pro alerts the TE he will line up on the LOS in our King and Queen Sets.

- **The Y lines up in a 3 pt. stance 2.5 feet from our tackle.**
- **Queen alerts the H he will line up opposite the TE.**

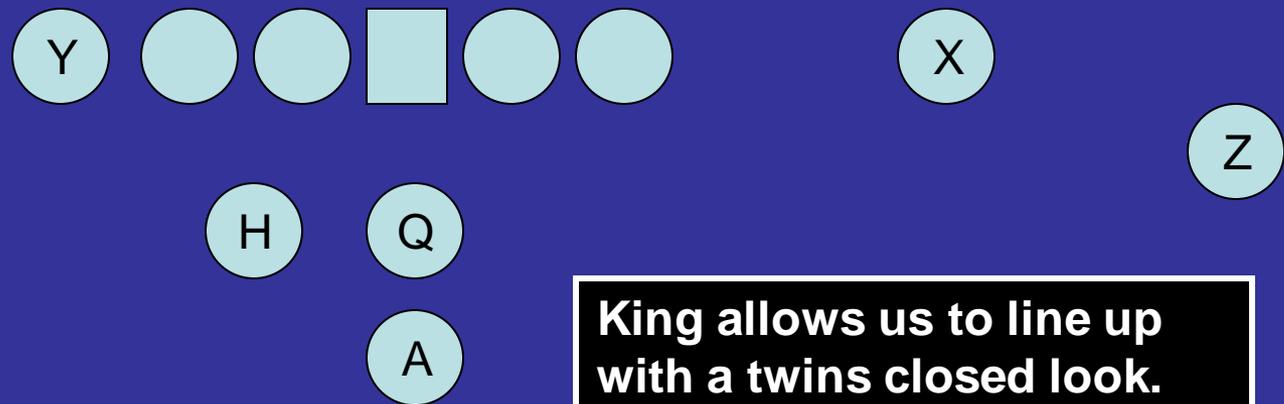
Queen C (Twins Closed)



We will line up with our TE on line, and twins opposite the TE.

- **Our #2 receiver is on line 6 yards from the tackle.**
- **Our #1 receiver lines up 12 yards from the tackle and 1 yard off the ball.**

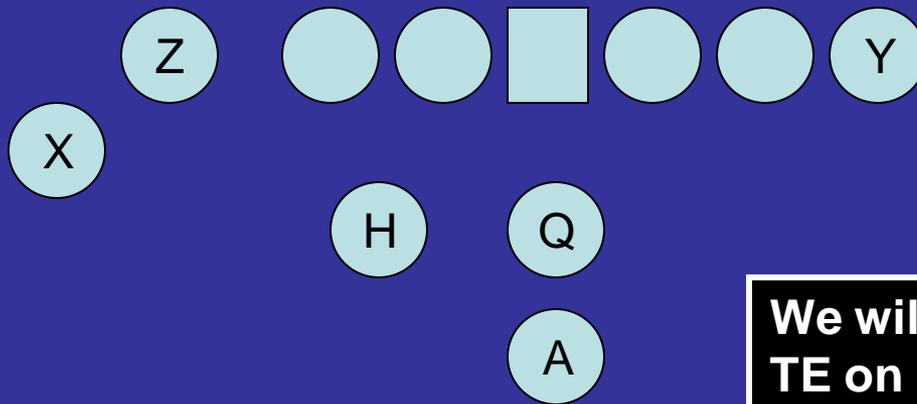
King C (Twins Closed)



King allows us to line up with a twins closed look. Our FB is offset with the Y.

- **Our #2 receiver is on line 6 yards from the tackle.**
- **Our #1 receiver lines up 12 yards from the tackle and 1 yard off the ball.**

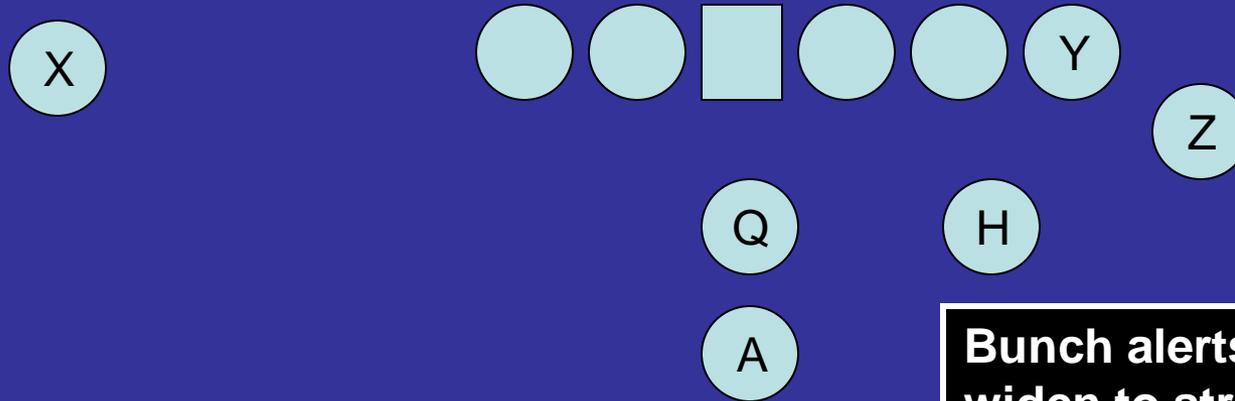
Queen B (Twins Closed)



We will line up with our TE on line, and twins opposite the TE.

- Our Z lines up 2 yards outside the tackle.
- Our X lines up 1x1 on the Z.
- Our H lines up straddling the IS leg of the tackle.

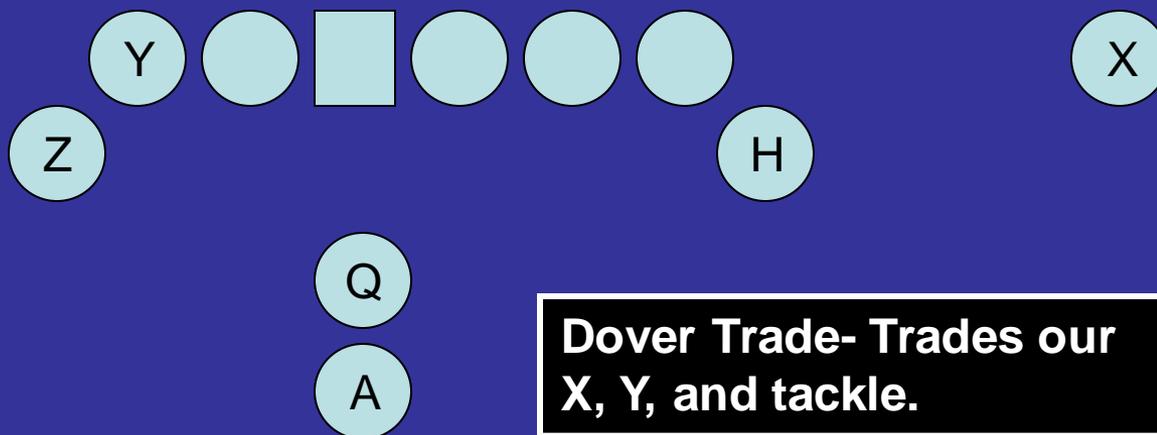
King Pro Bunch



Bunch alerts the H he will widen to straddle the outside leg of our tackle.

- **The Y lines up in a 3 pt. stance 2.5 feet from our tackle.**
- **Our Y lines up 1x1 on the TE.**
- **Our H will widen his alignment.**

Dover Trade



➤ We will usually personnel this with another back coming in for the Z.

Motion Concepts

- We use motion to gain an advantage at the point of attack
- We want to remove a defender
- We want to gain leverage
- We want to change the strength
- We want to make a coverage determination

Receiver Motion

- Zip- #1 into the formation
- Zap- #1 away from the formation
- Zoom- #1 across the formation
- Rip- Left IS Receiver across the formation
- Liz- Right IS Receiver across the formation
- Motor- Right IS WR motions out past the #1 WR
- Motel- Left IS WR motions out past the #1 WR
- Tom- Y shuffle motion to the play
- Ted- Y Shuffle motion away from the play
- Hop- H Shuffle motion to the play
- Hip- H Shuffle motion away from the play
- Jet- Motion to mesh with the QB as on Jet Sweep

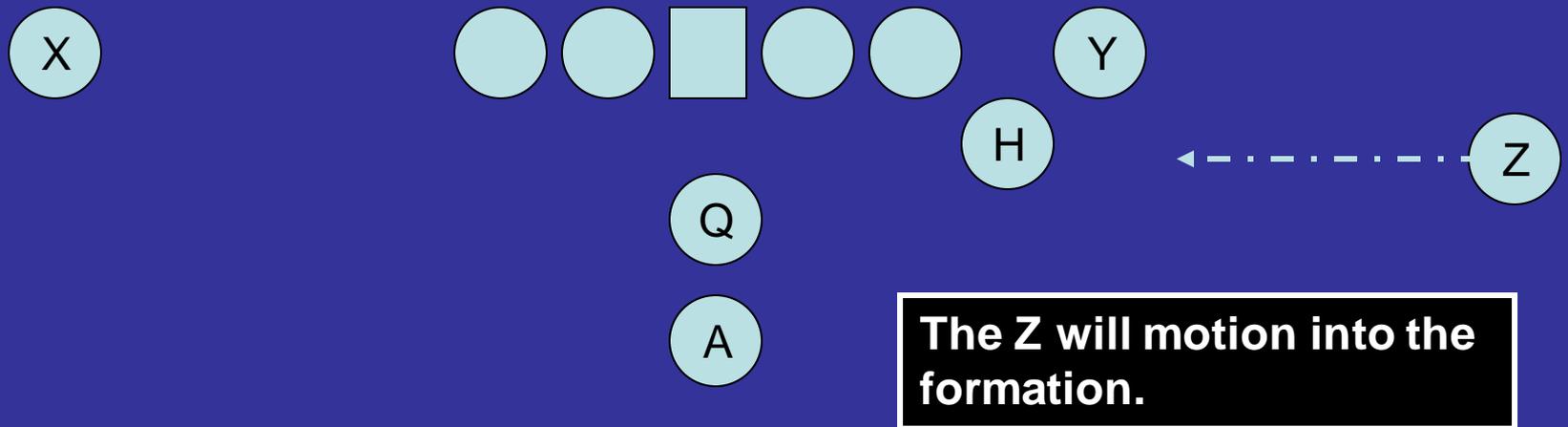
RB Motion

- Hump- A Back to the TE
- Jump- A Back away from the TE
- Away- H (in the backfield) away from the TE
- To- H (In the backfield) to the TE
- Orbit- Motions our H or A back into the backfield

Adding Re to any motion brings the player back

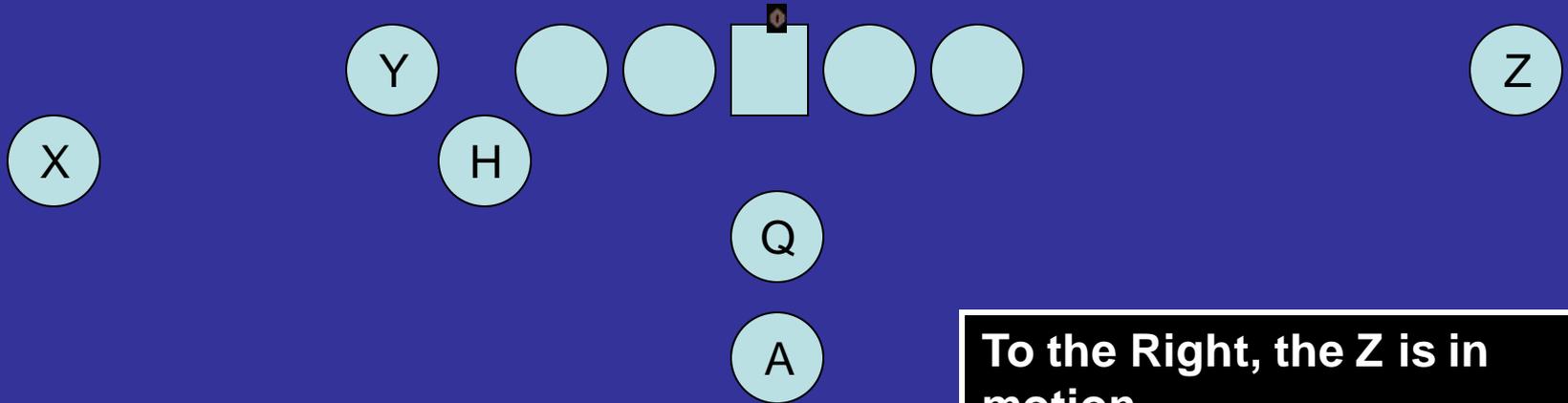
Adding slow to any motion slows the player down

Example of Zip



- The ball will be snapped when the Z is 2 yards outside the Y.
- If we flip the formation, the X would be in motion.

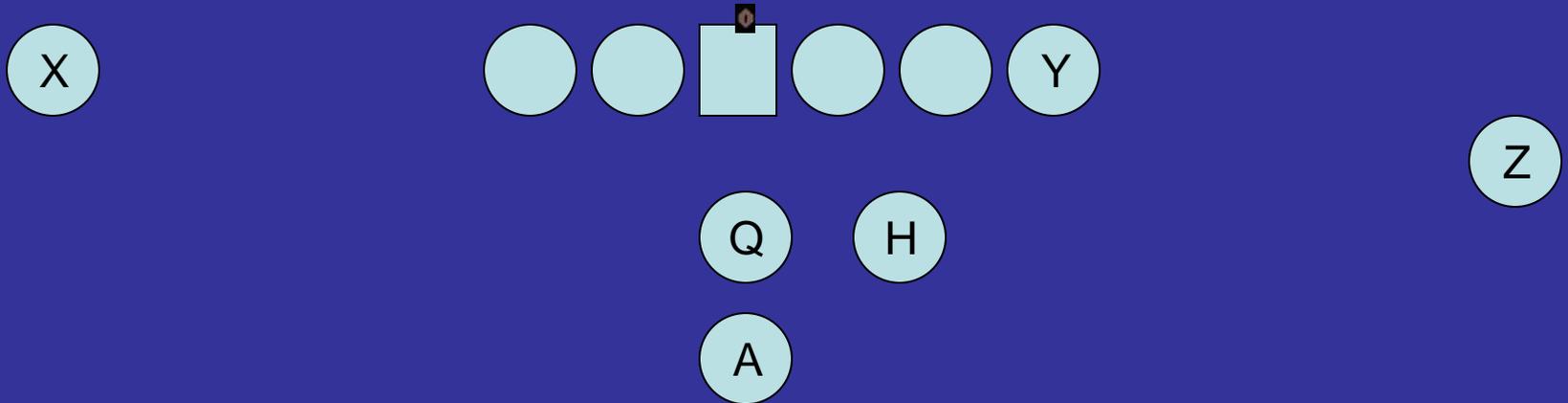
Example of Zip



To the Right, the Z is in motion.

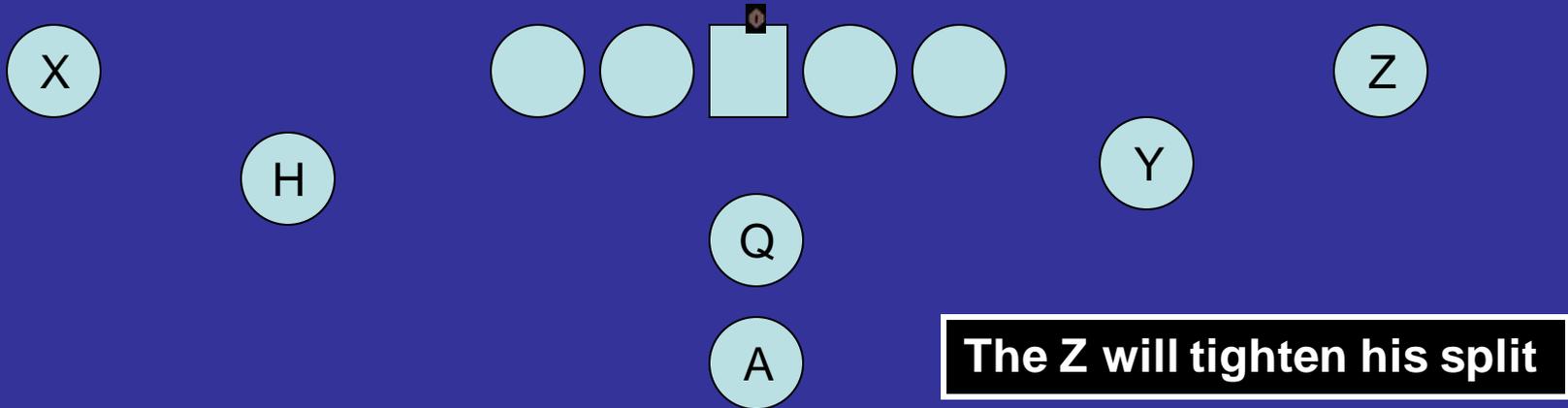
➤ **The ball will be snapped when the X is 2 yards outside the Y.**

Example of Zip from King



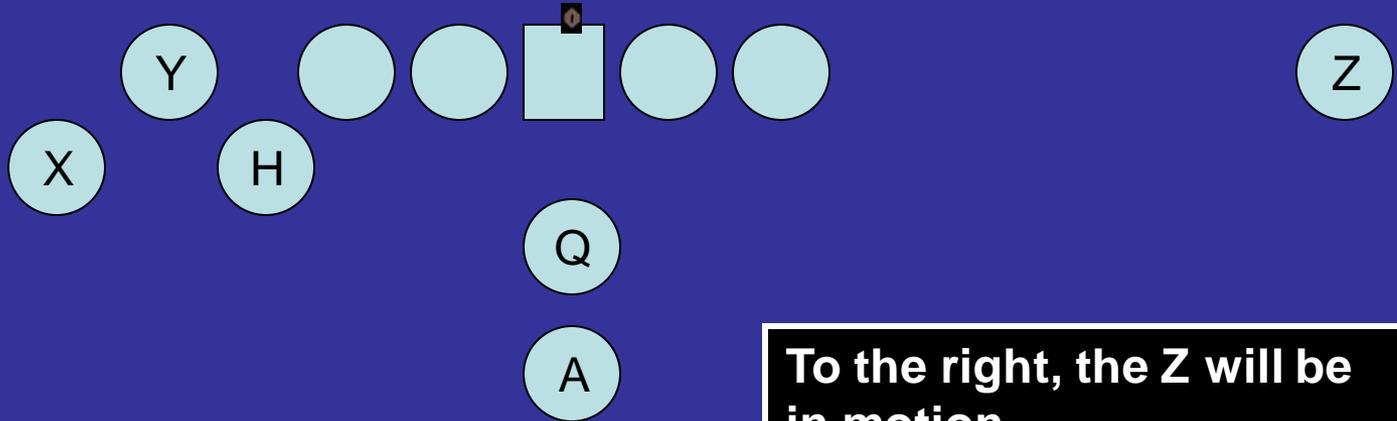
We can motion our Z back to the formation from our King Look as well.

Example of Motor



- The Y will motion outside the Z.
- If we called MOTEL, the H would motion outside the X.
- The QB snaps the ball when the Y is 4 yards outside the Z.
- We are trying to create a match-up advantage.

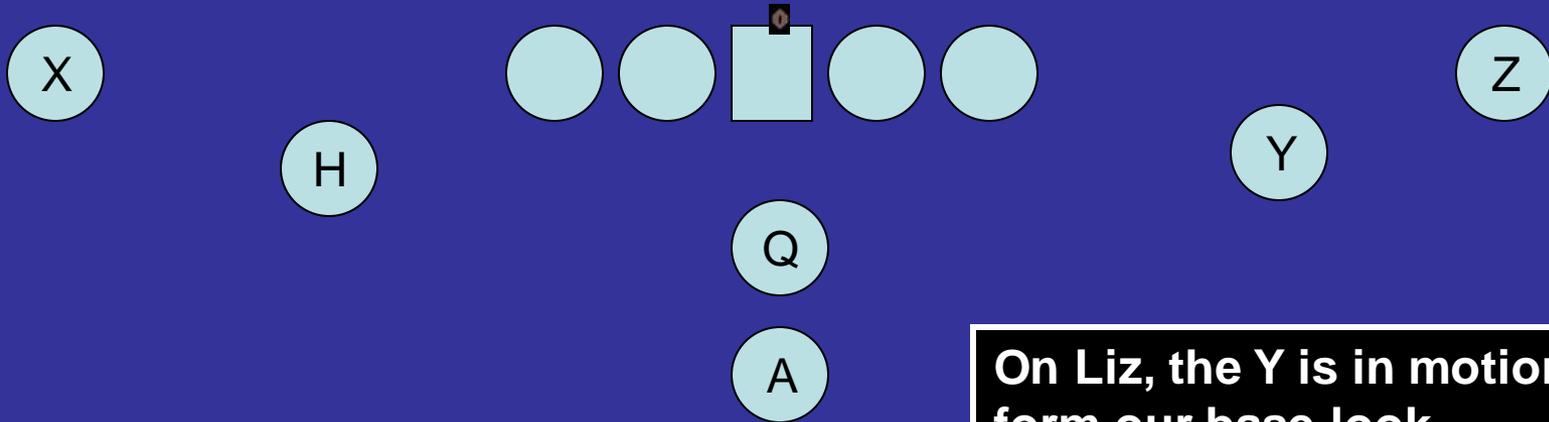
Example of Zap



To the right, the Z will be in motion.

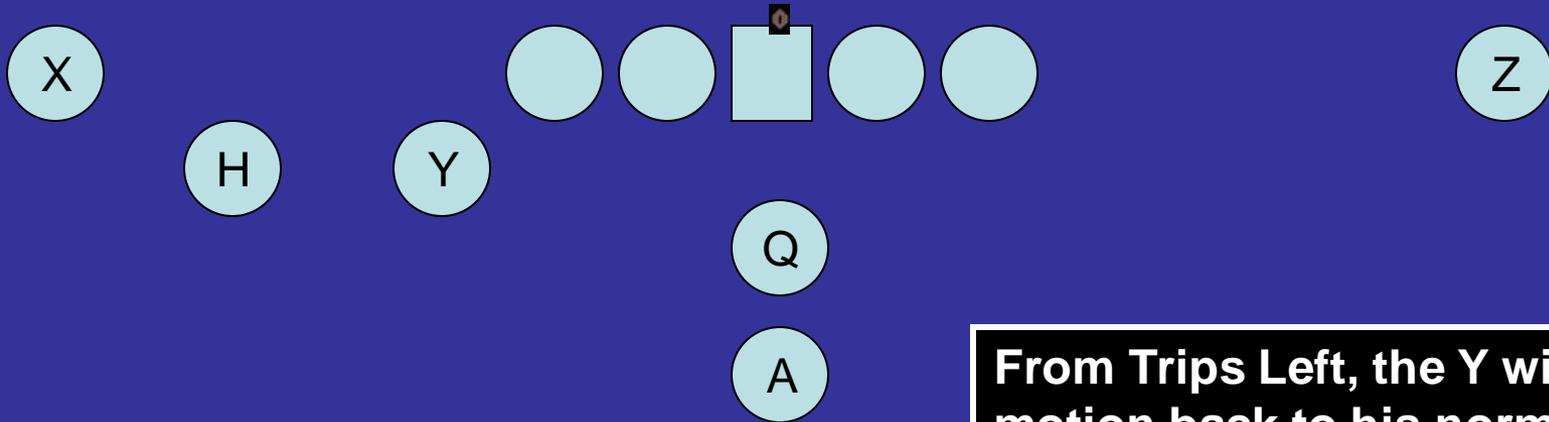
➤ The ball will be snapped when the X is 2 yards outside the Y.

Example of Rip



➤ The ball will be snapped when the H is 2 yards outside the tackle.

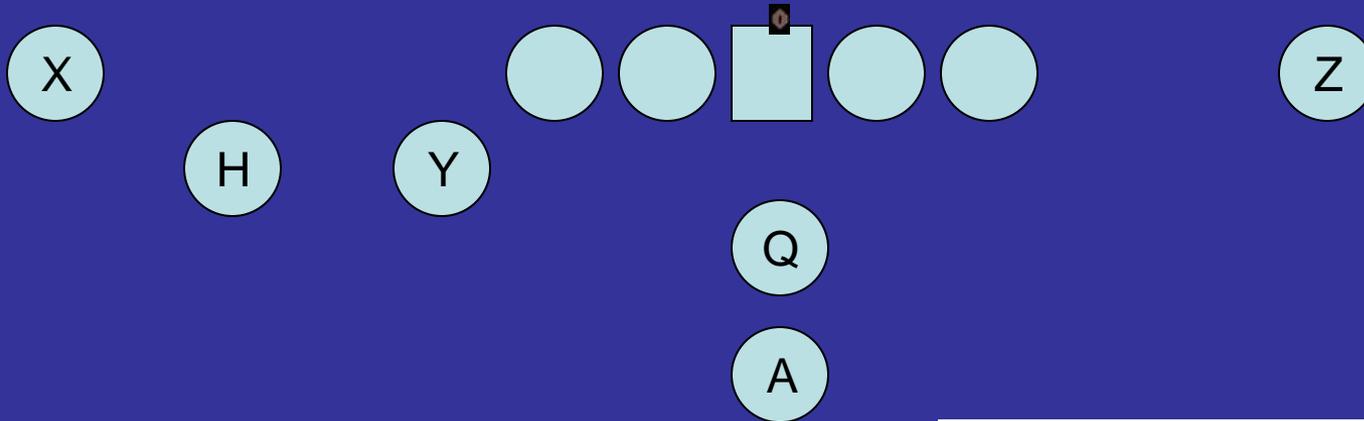
Example of Rip From Trips



From Trips Left, the Y will motion back to his normal alignment.

➤ **If we are in trips right and want to motion back to our base 2x2 look, the H would be in Liz motion.**

Example of Jump



The WR to the motion side will close his split down to 8 yards.

➤ **Hump tells the A back he will motion away from the Y.**

Installing Our Inside Run Game

- Frontside Inside Zone
- Downhill Concept
- Trap
- Counter
- Power

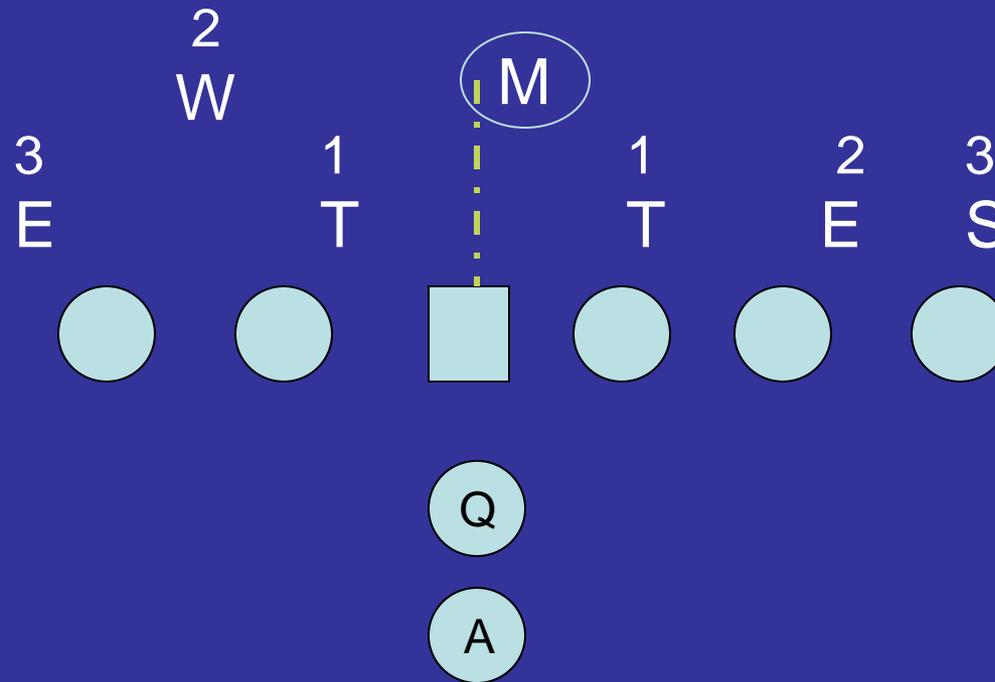
Our Inside Zone and Variations

- 42-43 Inside (Traditional IS Zone)
- 42-43 Seal (Split Flow Zone)
- 42-43 Wash (Designed Cutback)
- 42-43 Custard (Backside Iso)
- 42-43 Inside Read (Reading Backside End)

Inside Zone Rules

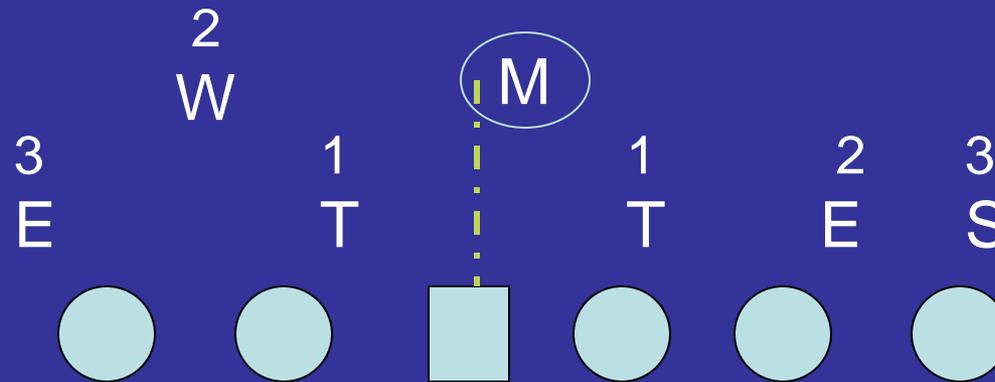
- Center: Playside A Gap (0)
- PSG: Playside B Gap (1)
- PST: Playside C Gap (2)
- BSG: Backside A Gap (1)
- BST: Backside B Gap (2)
- TE: Frontside D Gap #3
- H: Frontside #3 or #4 or Backside #3
- Our landmark is the playside Jersey number.

Inside Zone Count System



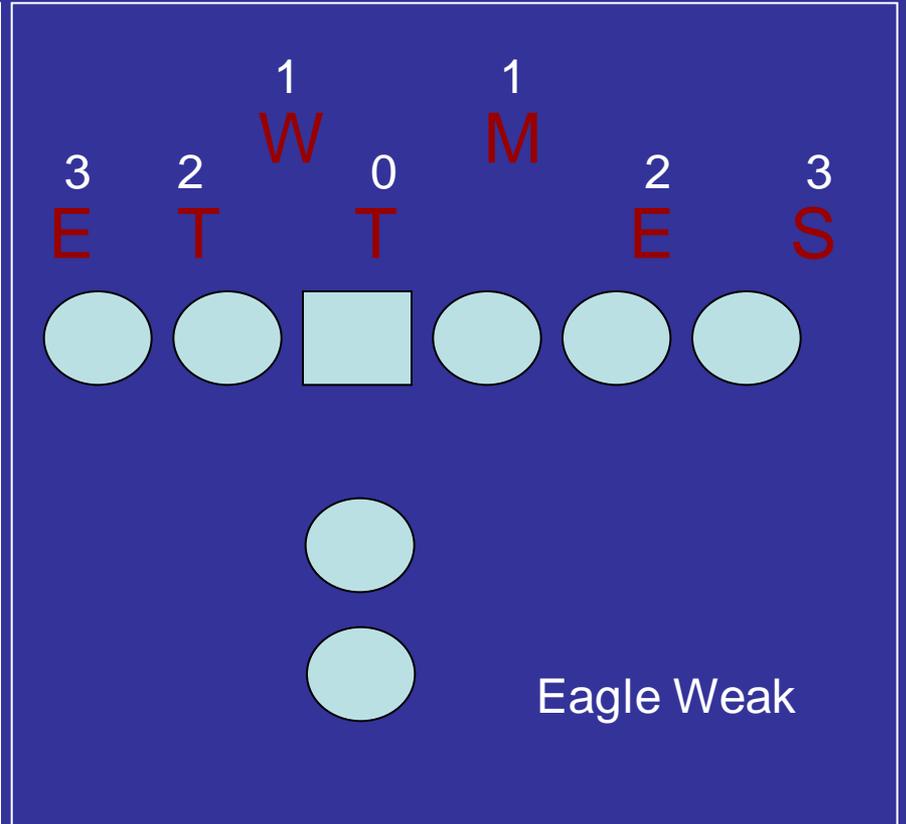
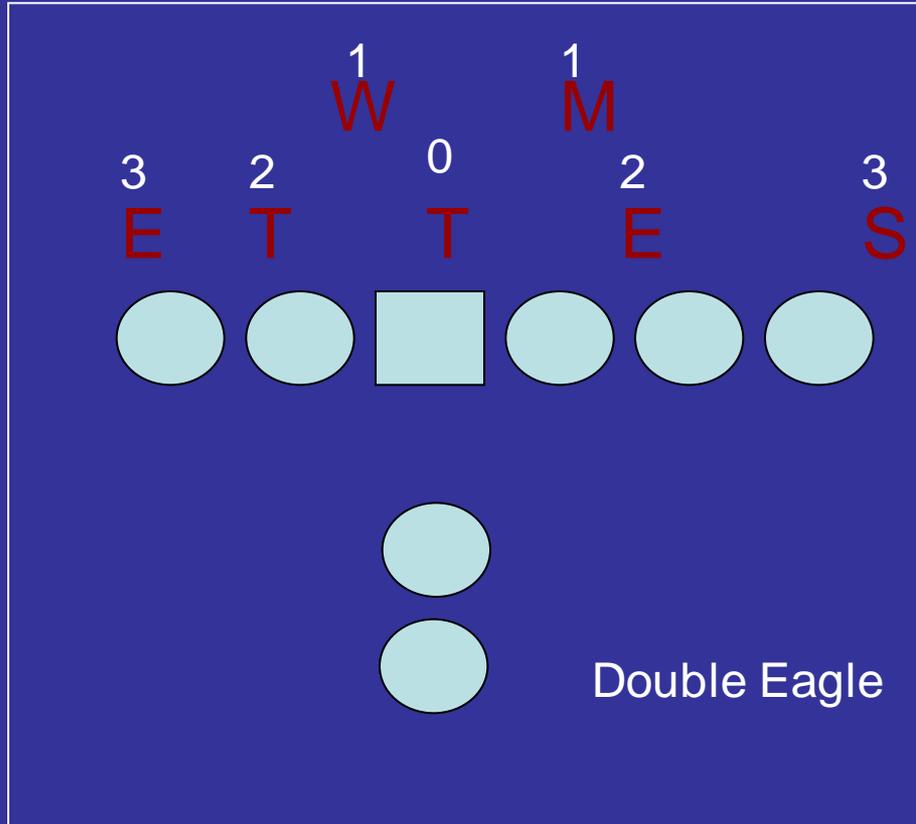
- Uncovered and Covered lineman will work combination
- They will track the down lineman to the linebacker
- We will make a solid call if everyone is covered

Inside Zone Count System

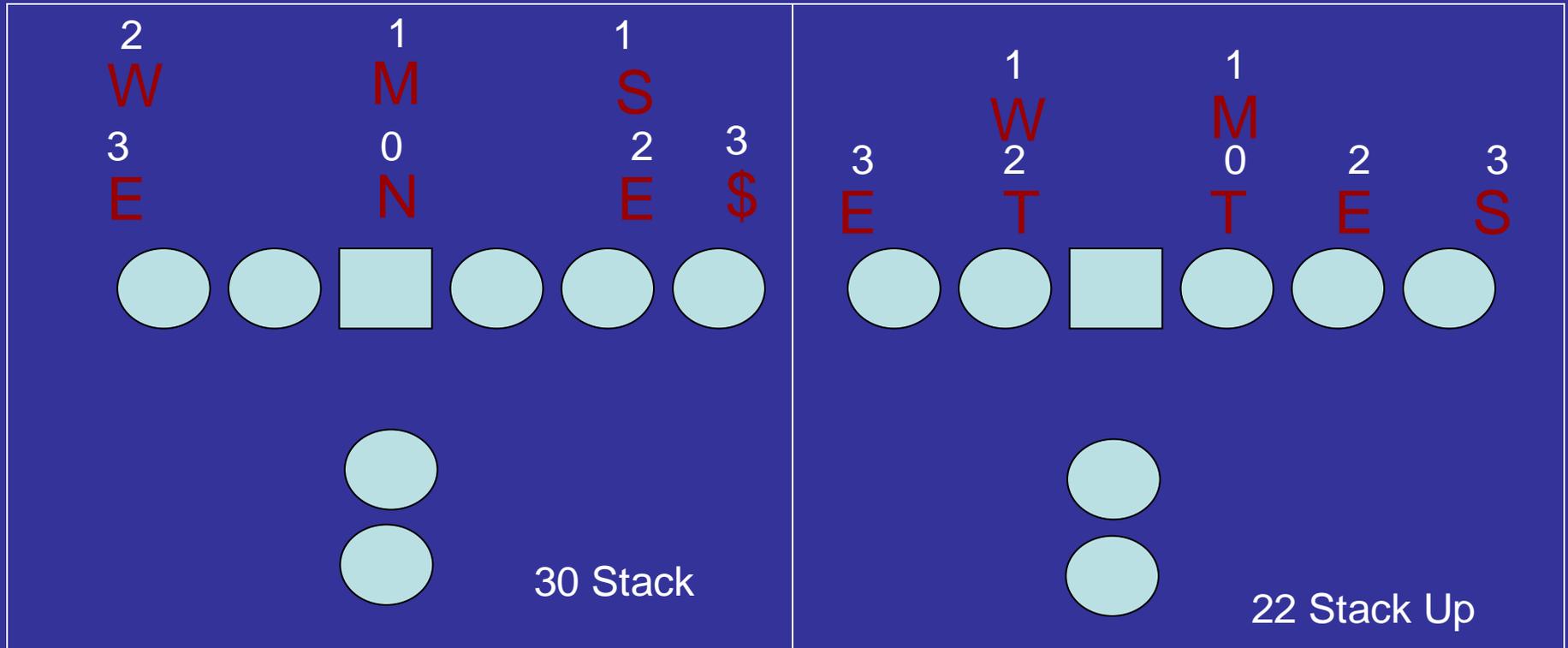


C	Identify Mike as 0, Combo with RG, combo 3 Tech to Mike
LG	Covered, Listen for combo call, DT is 1, combo 1 tech to Will
LT	Identify Will as 2, make combo call, combo 1 tech to Will
RG	Identify 3 Tech as #1, listen for combo call, combo 1 tech to Mike
RT	Covered by #2, make solo call, you have 2 to yourself
TE	Covered by #3, make solo call as you and RT are covered

Inside Zone Numbering Versus Fronts Zone To The Right

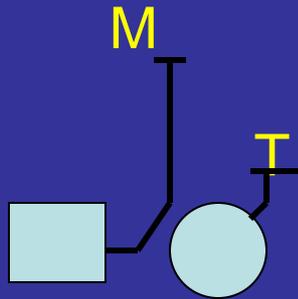


Inside Zone Numbering Versus Fronts Zone To The Right

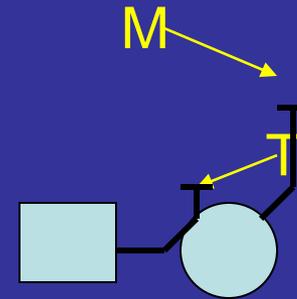


We number our stack by game plan. Whenever we face a stack defense, we go back to our gap rules. We have our gap first.

Covered/Uncovered Zone Concept



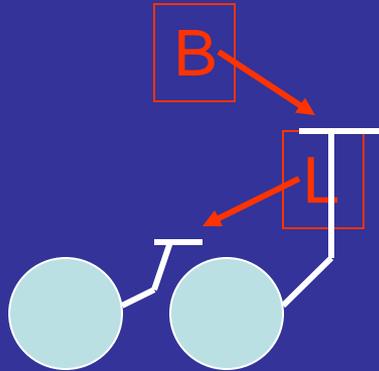
This is an example of an Ace call on 42 IS. The RG is covered with a 3 tech, and the Center is uncovered with a man over. The RG and Center take their playside zone step with eyes to their gap.



The uncovered player must have his eyes in his PSG. In the case above, the 3 Tech slanted inside and the Center has to pick him up. The RG sees him go away and now works to the player filling the B gap.

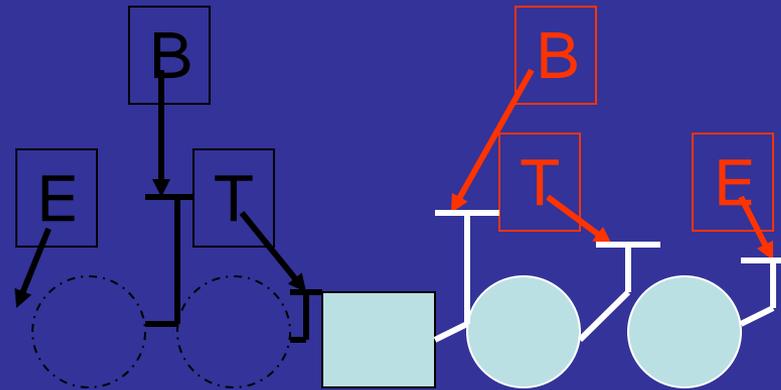
If the Mac were to step up to blitz, the Center would make a base call. This would eliminate the Arizona call and put both lineman on a base block.

Handling Stunts



This is a two-on-two drill working two offensive lineman vs. a defensive lineman and a backer. This is a generic drill where we will put guards with tackles and centers with guards. We want this to be a game speed drill once the initial teaching is done.

You must work against twists, slants, and loops!



This is our three on three drill we do a lot because of stacked fronts. We get head up tackles that will slant. We work this drill with the frontside, then the backside. We get our eyes up and this teaches the kids to be able to work an inside threat. We teach patience in this drill and we follow a very strict rule, "Don't Chase Backers."

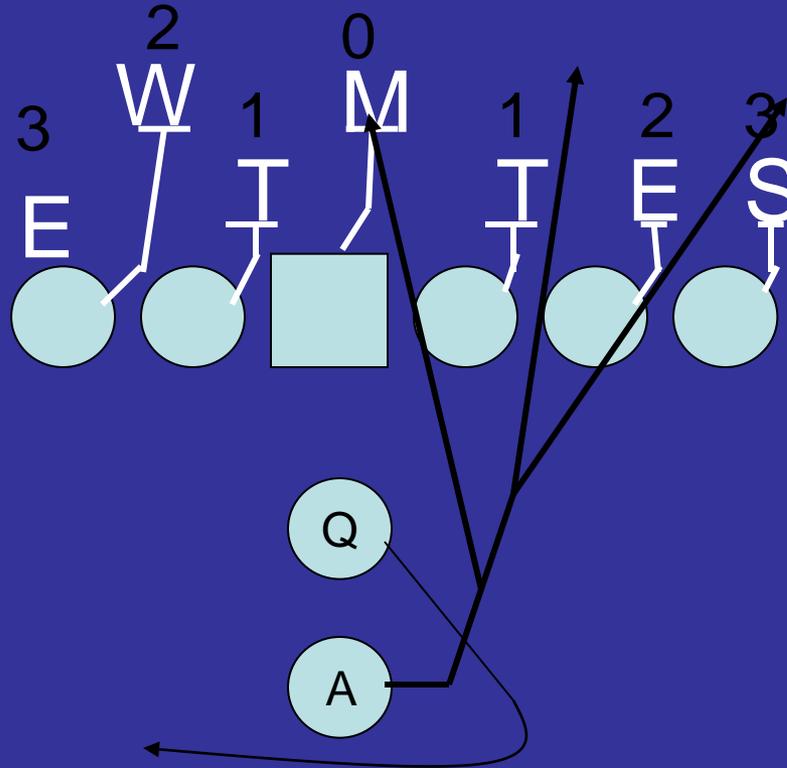
Inside Zone Rules QB FW

- QB will take the football through the 3rd hand, open at 45 to the call side, and reach the ball deep.
- The QB is responsible for the handoff reaching the navel of the running back.
- The handoff must be 2 inches below the sternum.
- We tell the QB to step at 45 and roll it back.
- The QB will boot fake after giving the football.

Inside Zone Rules TB Footwork

- The Tailback will take a zone step to the playside and ensure the QB secures the snap.
- The tailback will rolover his outside foot and make a deep soft pocket with his top palm out.
- The tailback's eyes are reading the flow of the first frontside combo
- We tell the TB to read A to B to go, but with patience.
- The tailback must burst to first daylight.

Our Inside Zone Play

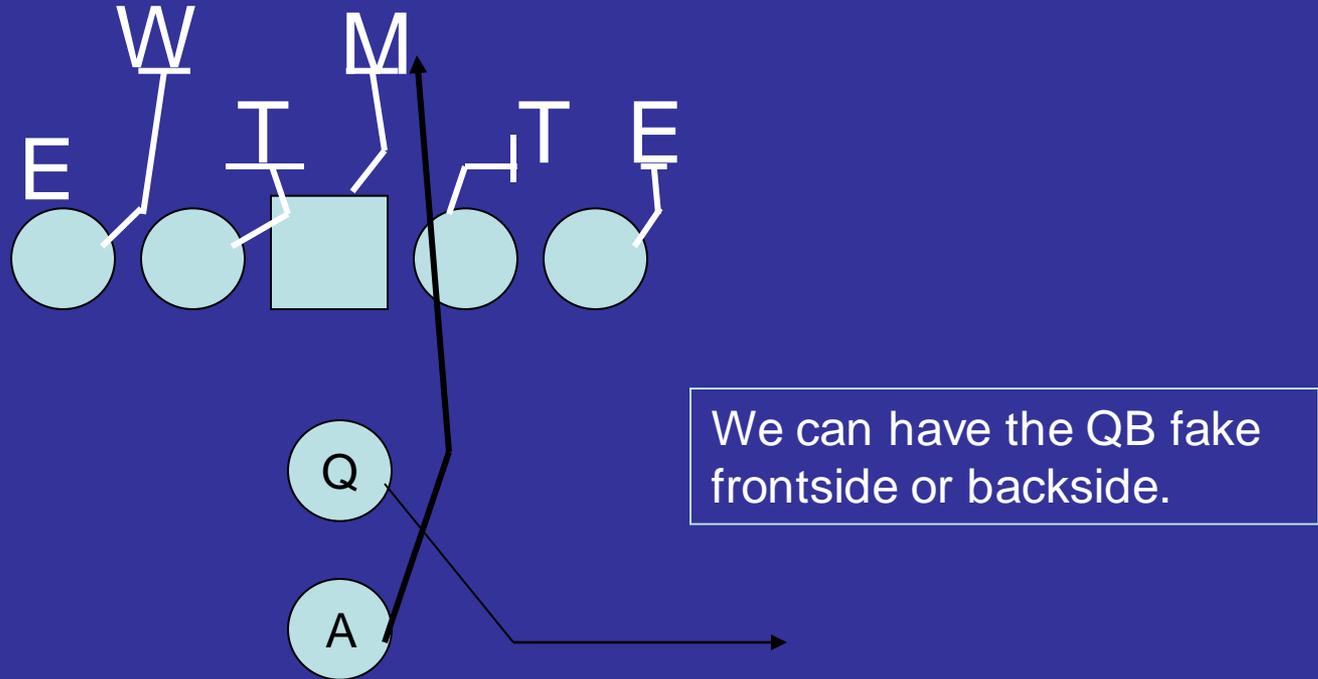


- The Tailback Takes A Zone Step To The Play Side Keeping His Shoulders Parallel To The LOS
- He Then Works Downhill At The Inside Hip Of The PST
- He Reads Inside To Outside, Looking For His Lane
- If The Mike Flows, Hit The A Gap, Then To B, Then To C

The Downhill Concept

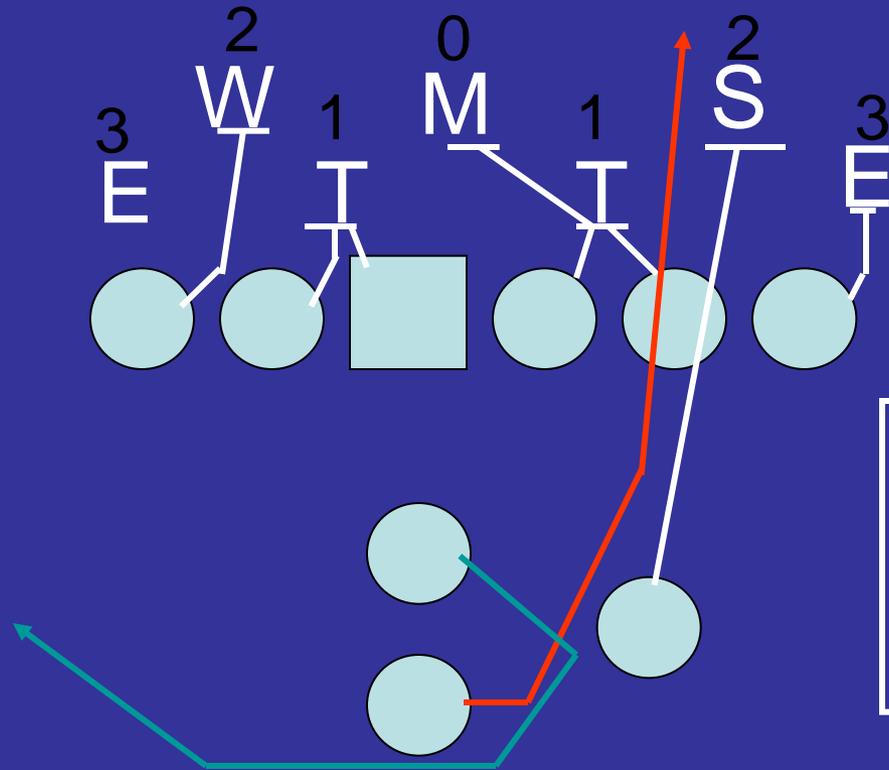
- Attack the A and B Gaps of the Defense
- Get the ball downhill quickly
- Allows us to be physical up front
- Takes advantage of read and react defensive line
- Can be run versus any front

Downhill Concept Illustrated



- Tailback takes a hard downhill step with his playside foot.
- Her works downhill to the Void
- TB must be prepared to win a 1 on 1 battle with the LB
- OL can incorporate fold schemes to eliminate leverage!

42 Inside Combo BOB

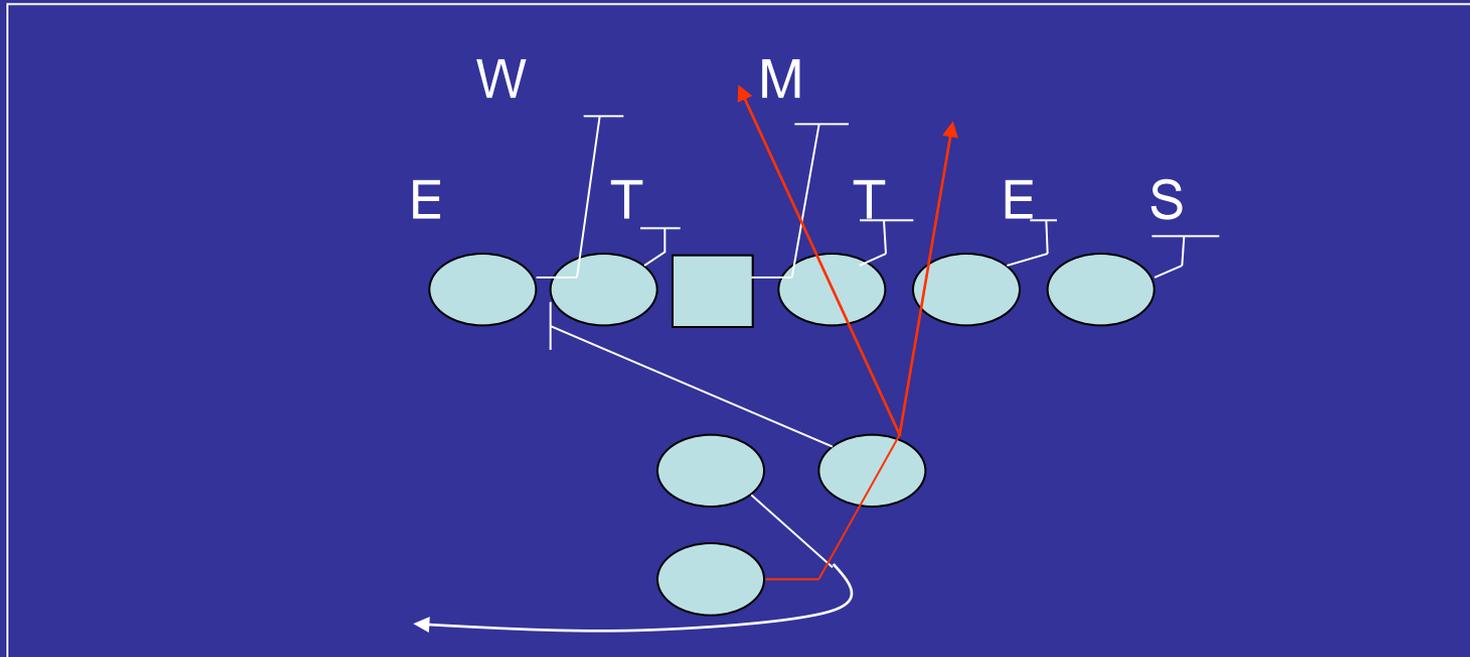


- BOB Tells The H He Has The PSLB (Back on Backer)
- We Combo The 3 Tech To The Mike With 4 Eyes To Backer
- The BST Has #2 By Rule, and We Can Adjust Him To Stay On 3 and Change The Double On The One To A Zone Combo To The Will

Split Flow Zone

- One advantage of the pistol is being able to run the split flow zone in a more traditional matter.
- Our H has backside number 3 by rule.
- Because we are sealing the backside, we have opened up a better chance for the cutback.
- We can run the split flow zone from multiple pistol formations.

Split Flow Zone



- ✓The split key will slow the pursuit of the linebackers.
- ✓The fullback will be responsible for the backside C gap.
- ✓If the backside C gap play comes upfield, work to the backside cutback player.

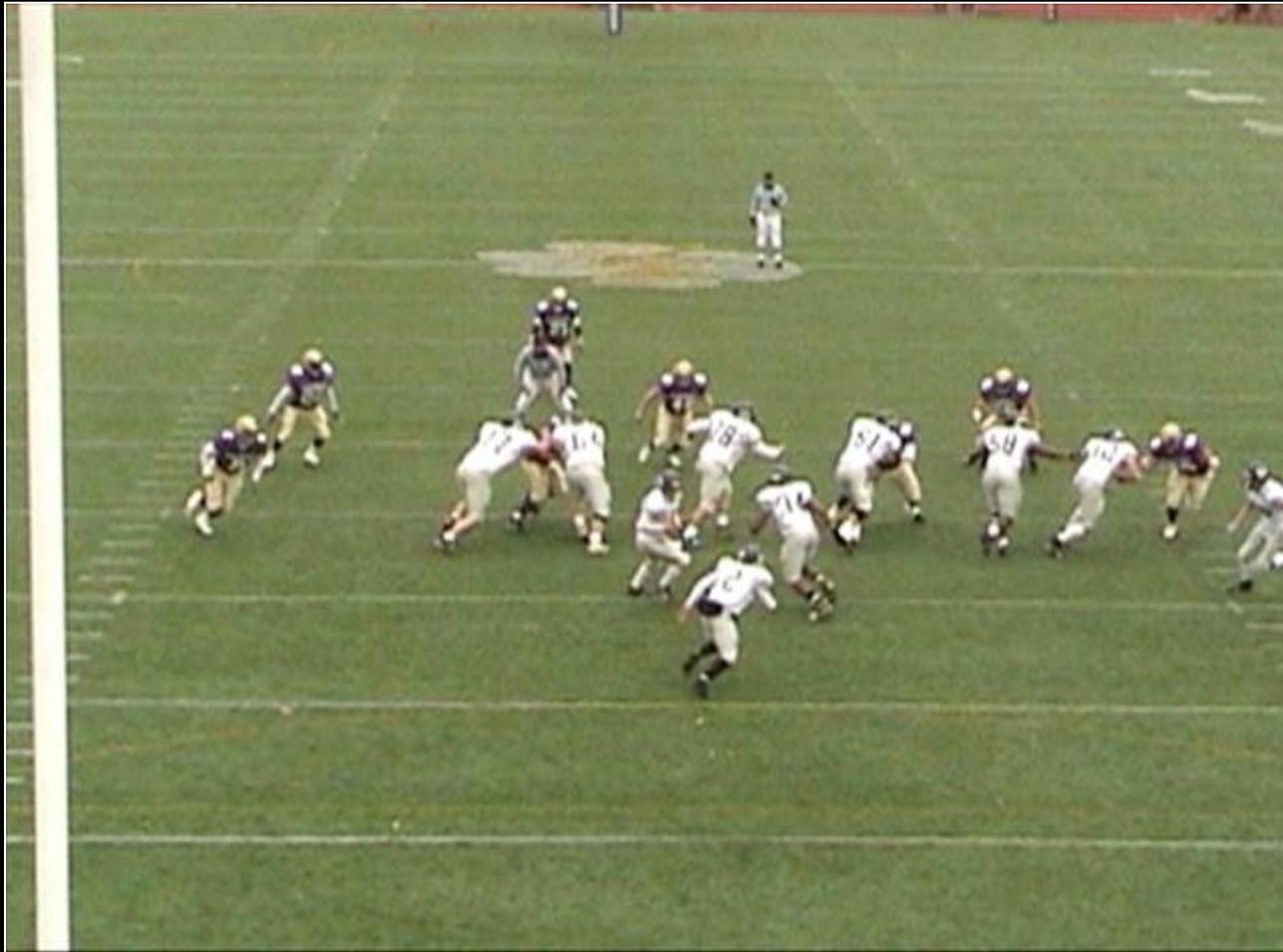
Creating Misdirection

- We can create false flow keys for the linebackers.
- We can use misdirection with our Zone, Counter, and Trap game.
- We can run multiple looks with essentially one concept.

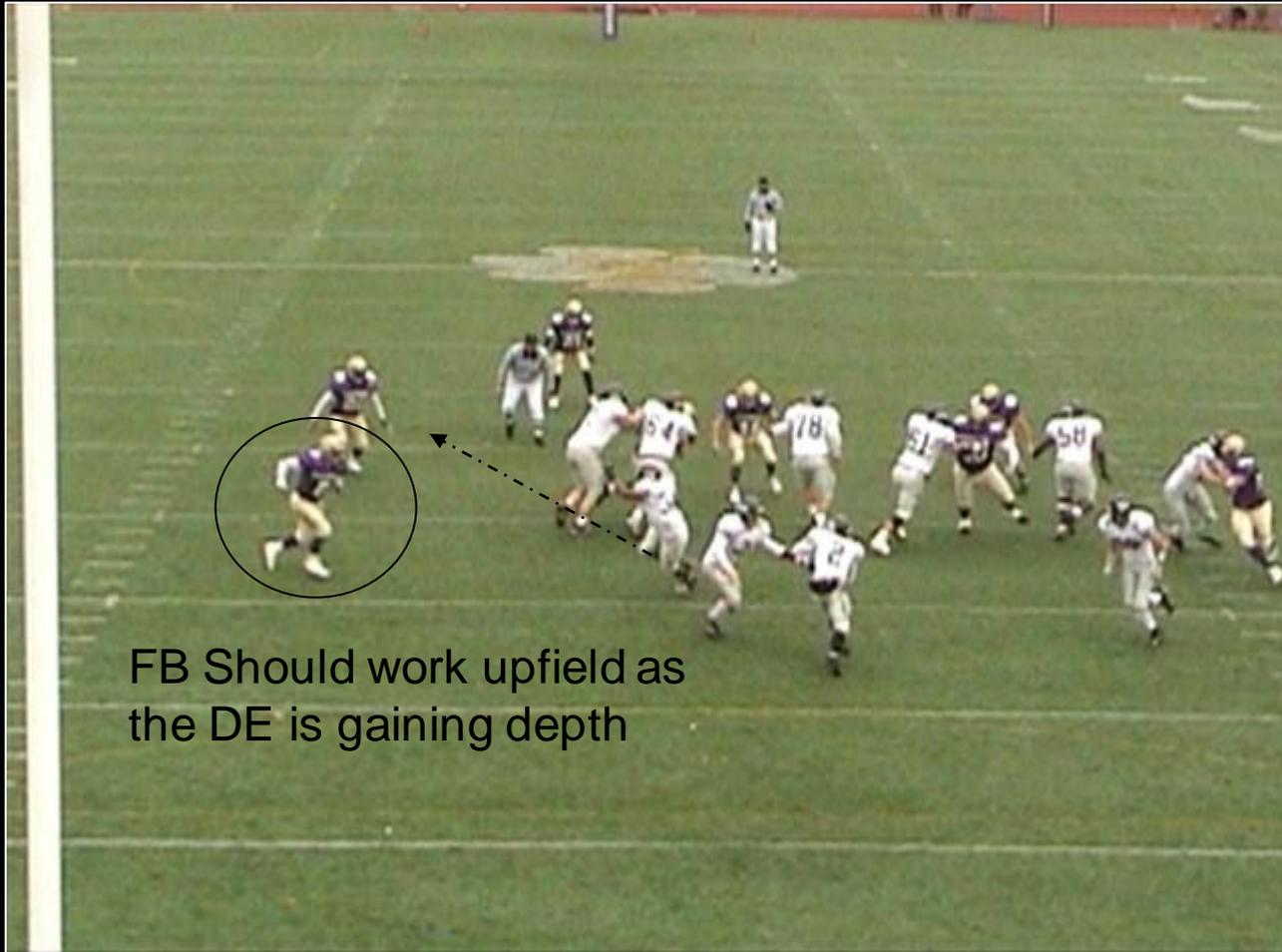
42 Inside Seal Fake Z PreSnap



42 IS Seal Fake Z



42 IS Seal (Mesh)

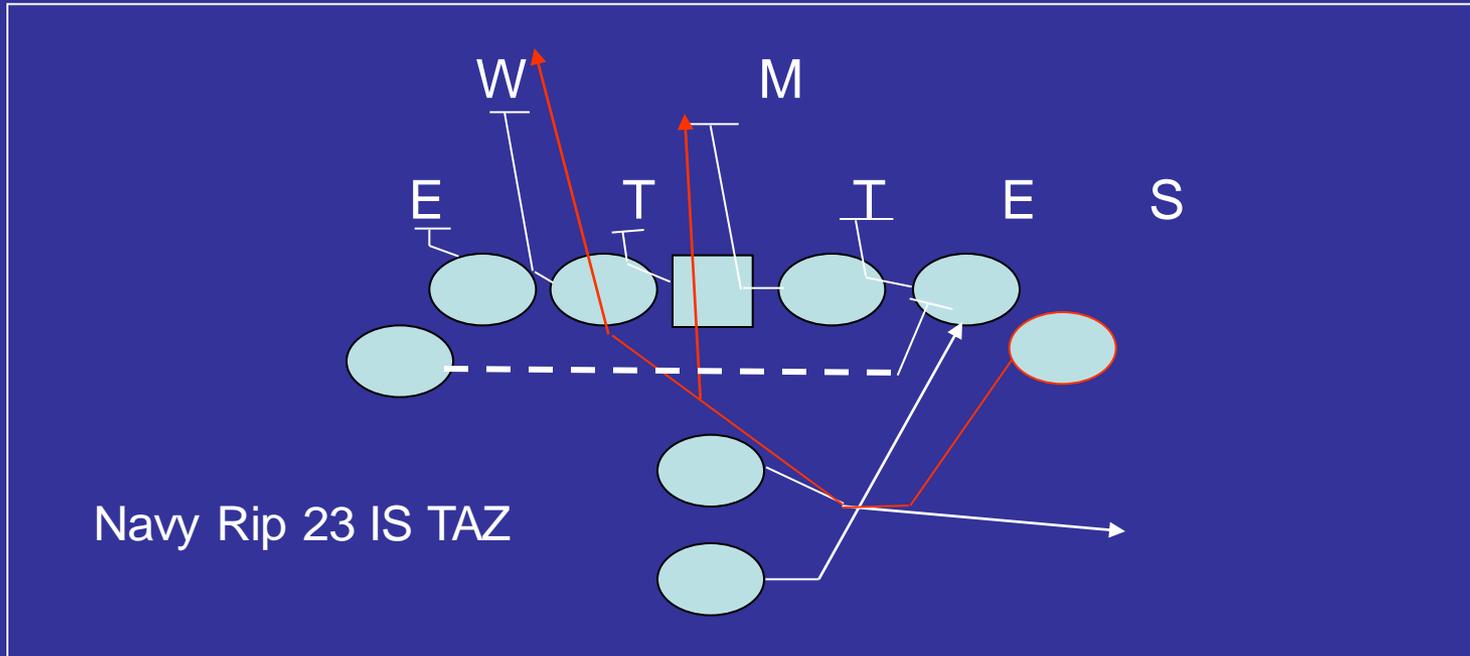


FB Should work upfield as
the DE is gaining depth

42 IS Seal (Burst)



Incorporating our TAZ Mesh

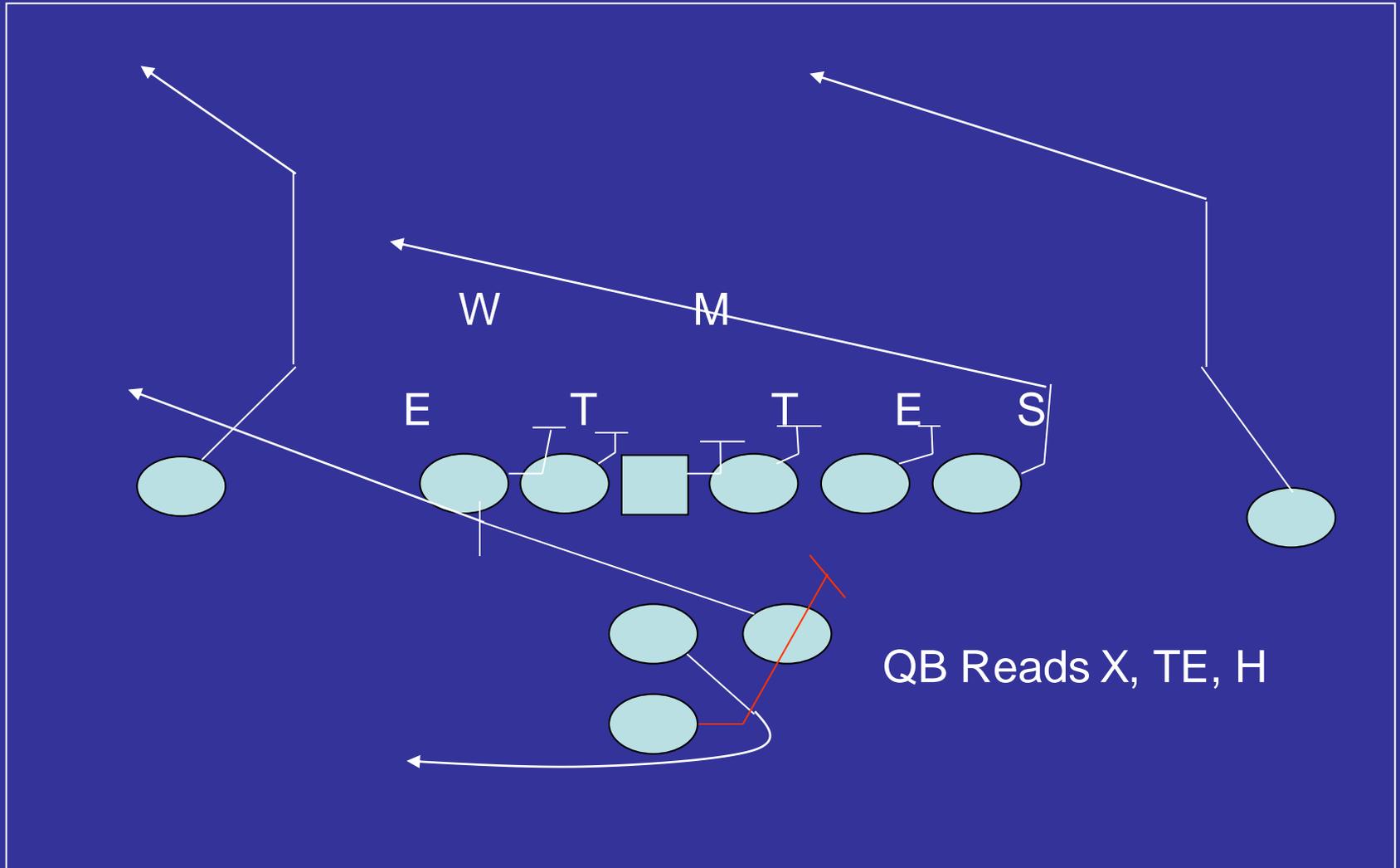


- ✓ We will open up and fake the ball to the A back. The QB will reach the ball in front to the slot. The slot will work inside the QB.
- ✓ The offensive line blocks inside Zone left.
- ✓ We can also give to the A back and fake to the 2 back.

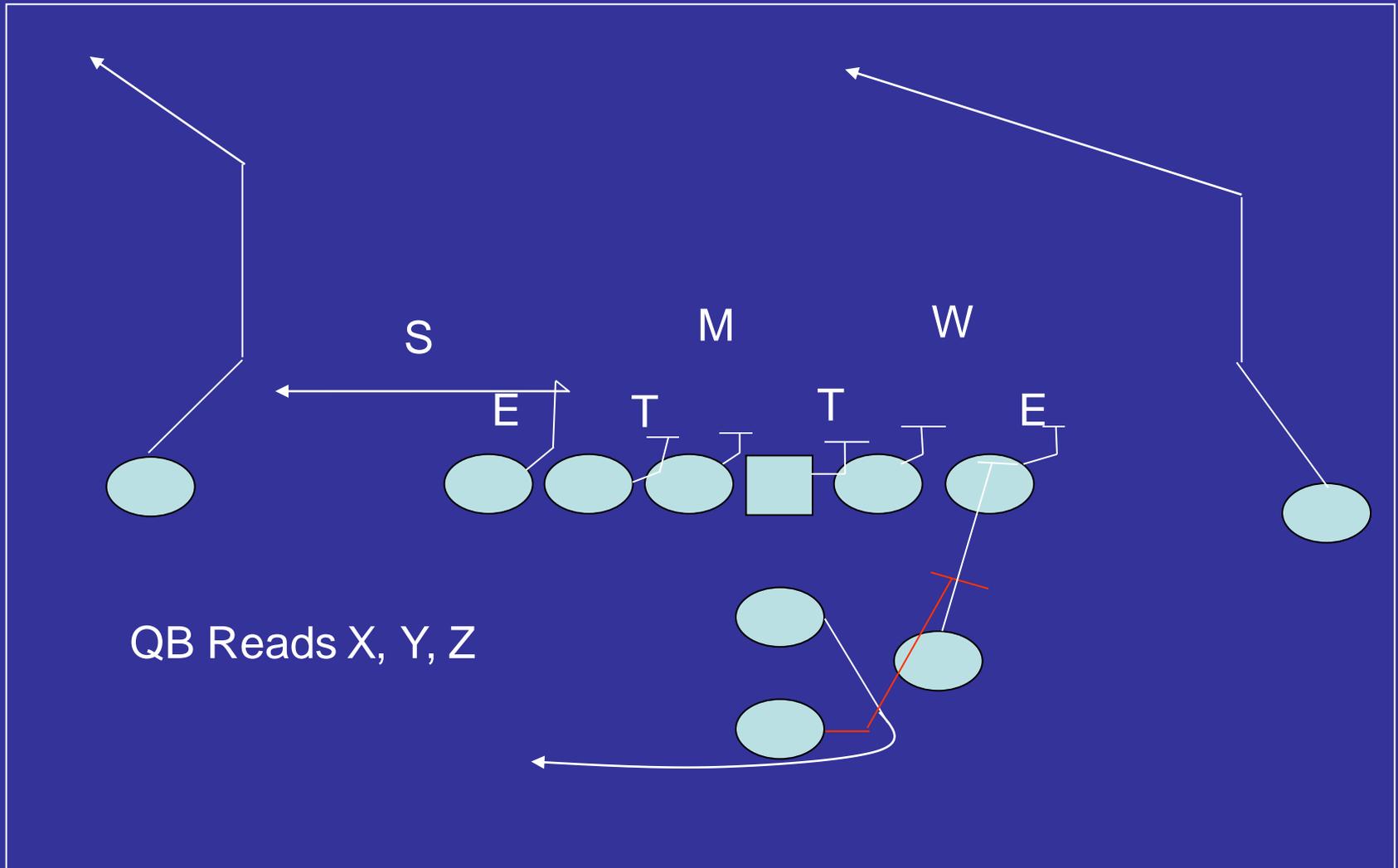
Incorporating the PAP of the Zone

- 42-43 Boot
- 42-43 Naked
- 42-43 Chip
- 42-43 XZ Go
- 42-43 Y Stick

King 142 Chip



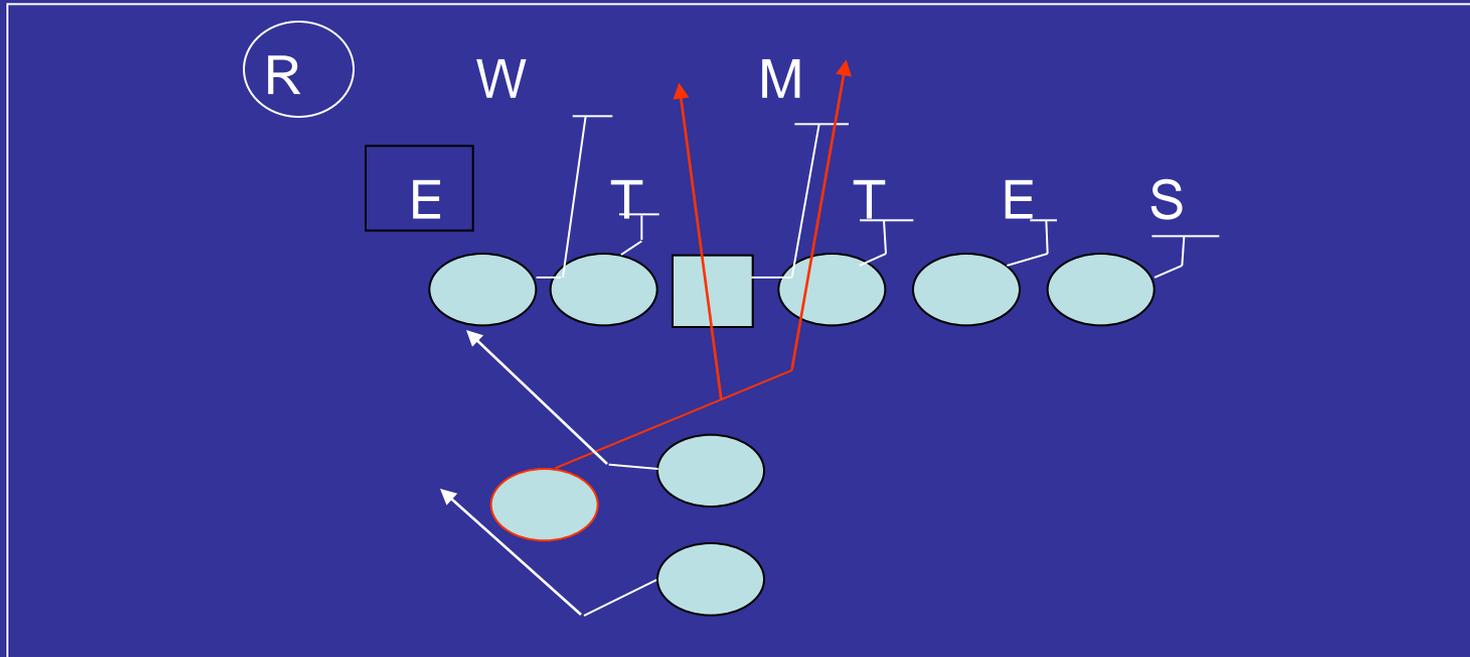
Queen 142 Lead Naked



Our Inside Read Game

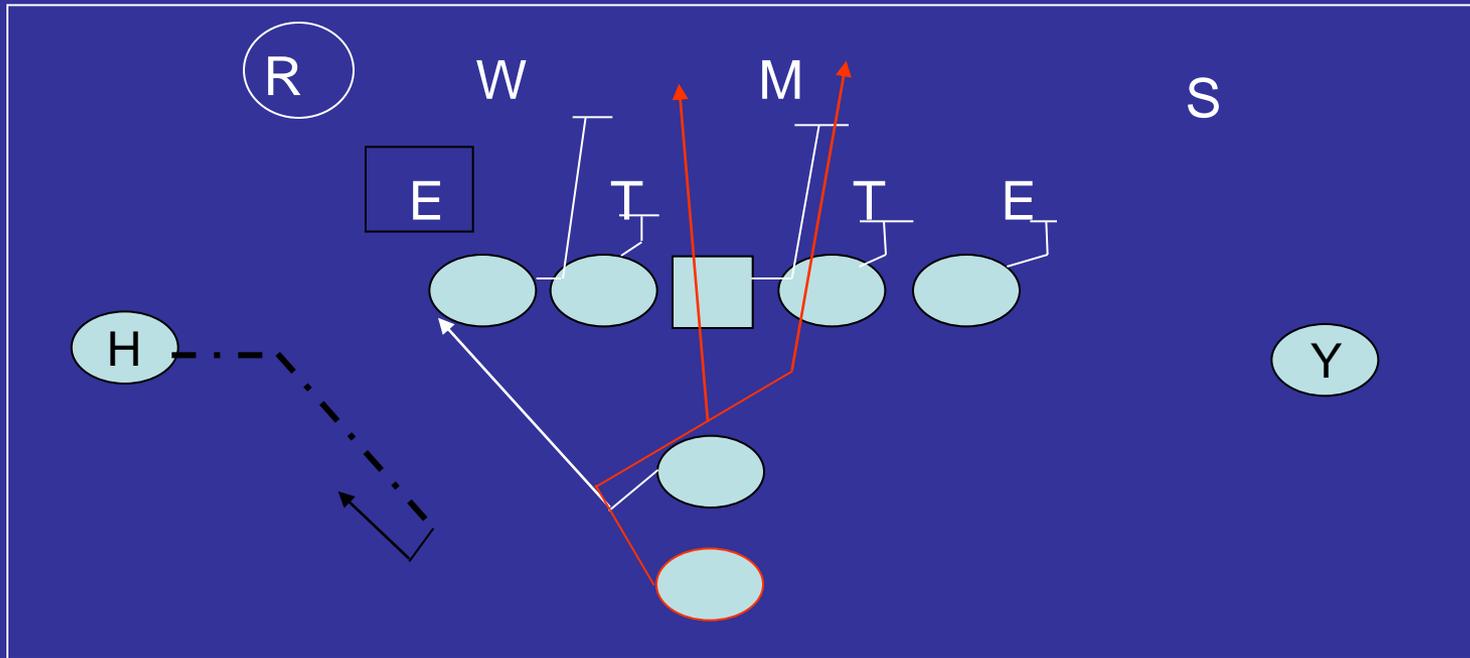
- We will run our inside read and inside read option concepts.
- We can run both concepts from a 1 and two back set.
- We can read the backside or the frontside.
- Our Zone read with the H back is our base play in the two back set.

32 Inside Read Option



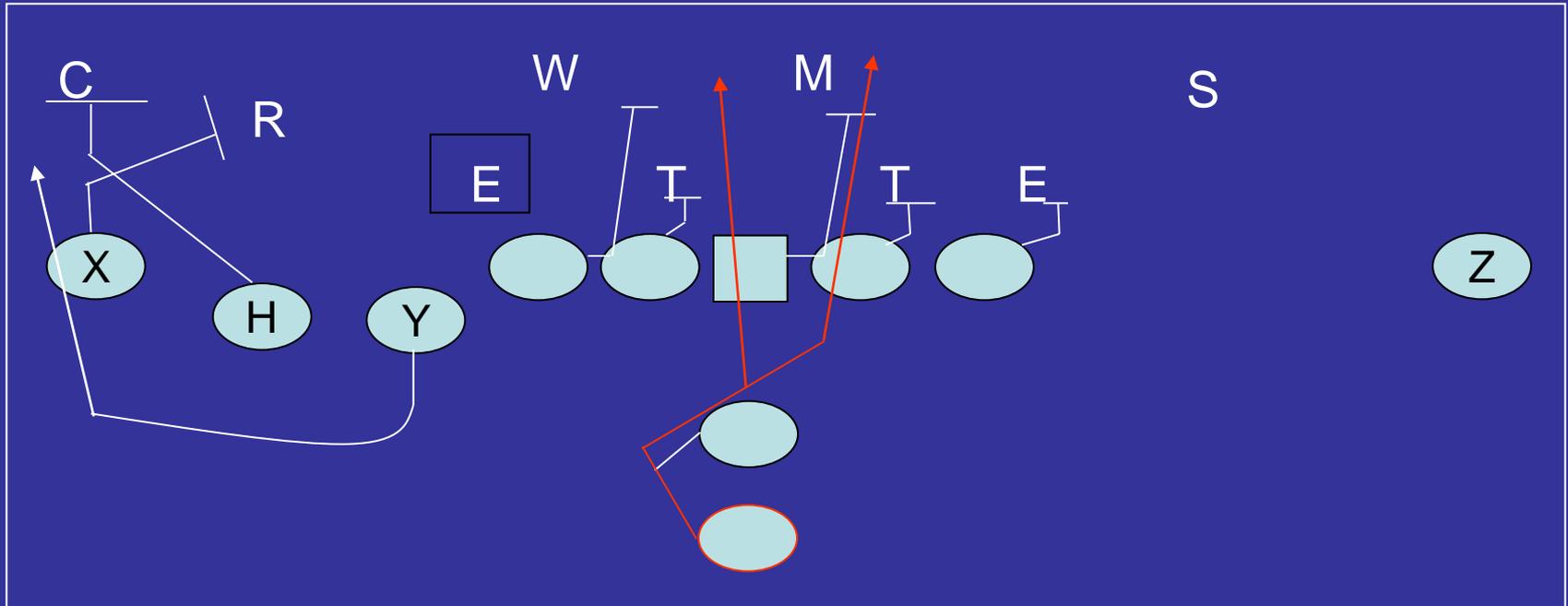
- ✓The Offensive Line will execute their inside zone rules.
- ✓The TB will dropstep and get into pitch relationship
- ✓The QB will read the backside 5 tech for his give/keep read. He will pitch off the next defender.

Pistol Orbit 42 IS Read Cowboy



- ✓The Offensive Line will execute their inside zone rules.
- ✓The TB will execute his backside mesh footwork.
- ✓The QB will read the backside 5 tech for his give/keep read. He will pitch off the next defender.

Trips Left 42 IS Read Y Bubble

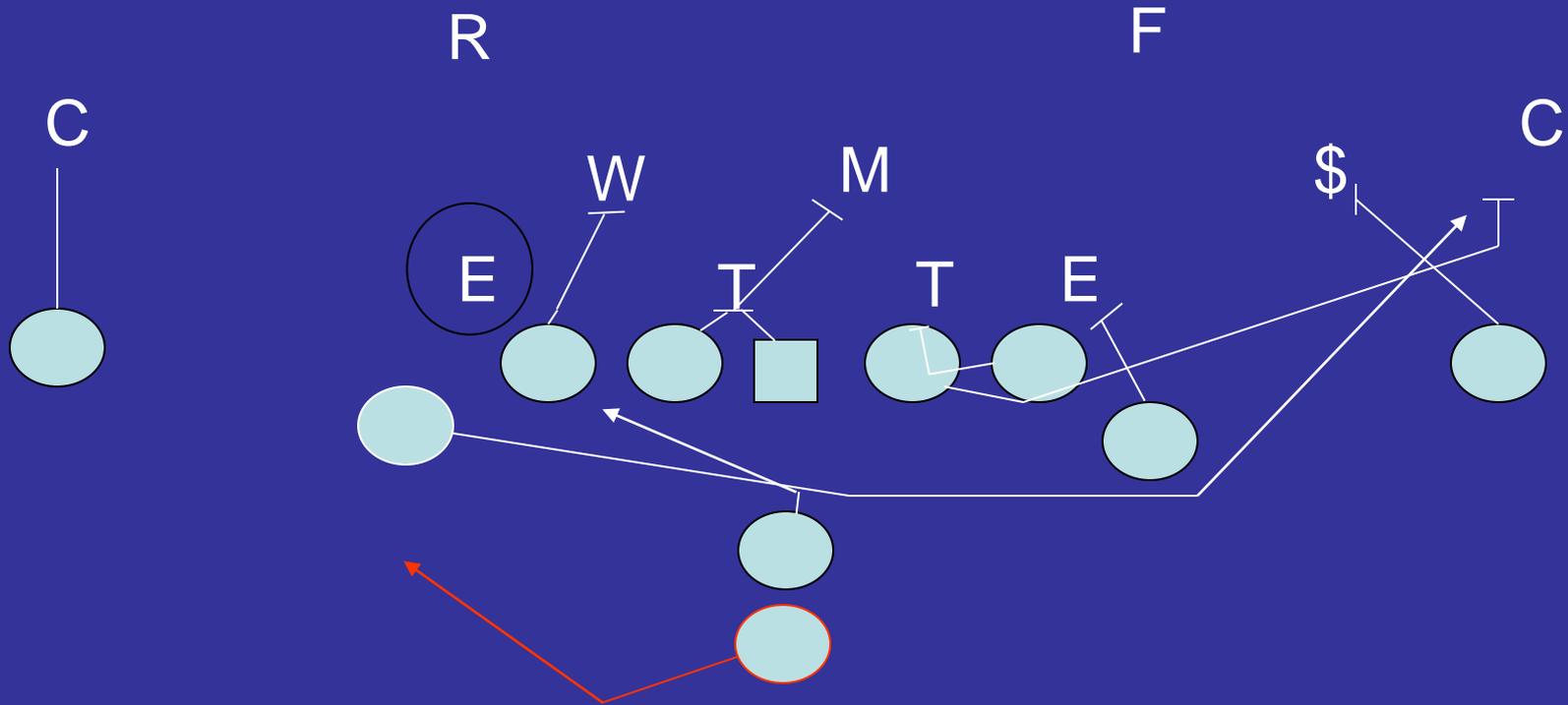


- ✓ QB will read the end for his give/keep read
- ✓ The Y will run a bubble path
- ✓ The X and H will run a switch scheme if the R has leverage.

Jet Sweep Series

- Jet Concept
- Jet Trap Concept
- Jet Speed Concept
- Jet Zone Concept

Navy Jet 19 Speed



The QB will ride the jet and run a speed path out the back door.
We will block speed on the frontside.