

Dan Mullen - The Spread Offense Running Game

Introduction: Dan Mullen, Quarterbacks Coach, University of Utah. (Would move on to the University of Florida as the OC. Currently the Head Coach of Mississippi State University)

Philosophy: The theory behind the offense is to attack the defense every play. Force the defenders to cover the entire field, protecting against the run and pass.

Base Run: The base run play is the inside zone, which branches into the zone-read option. The basis of the option attack is to provide the threat of a run, with the deception of the pass. Also force the defense to spread across the field, defending sideline to sideline with multiple formations and sets.

Number of Safeties = Success: The number of safeties will alert the offense to where they can be successful. If a defense shows a two high safety look, then the offense knows the matchups in the box are in their favor. If the defense shows one safety high, then the quarterback will his reads and runs to account for the extra defender in the box. If the defense has no safeties high, than the offense has to be a decent pass team, to take advantage of matchups.

14/15 Read

With the inside zone play being the base play, most of the run plays use the same blocking schemes. Therefore base zone rules are used.

PST - Base block the 5-tech

PSG/C - Combo the 3-tech to the mike, the Center can make his reads and scoop directly to the Mike.

BSG - Base on Nose

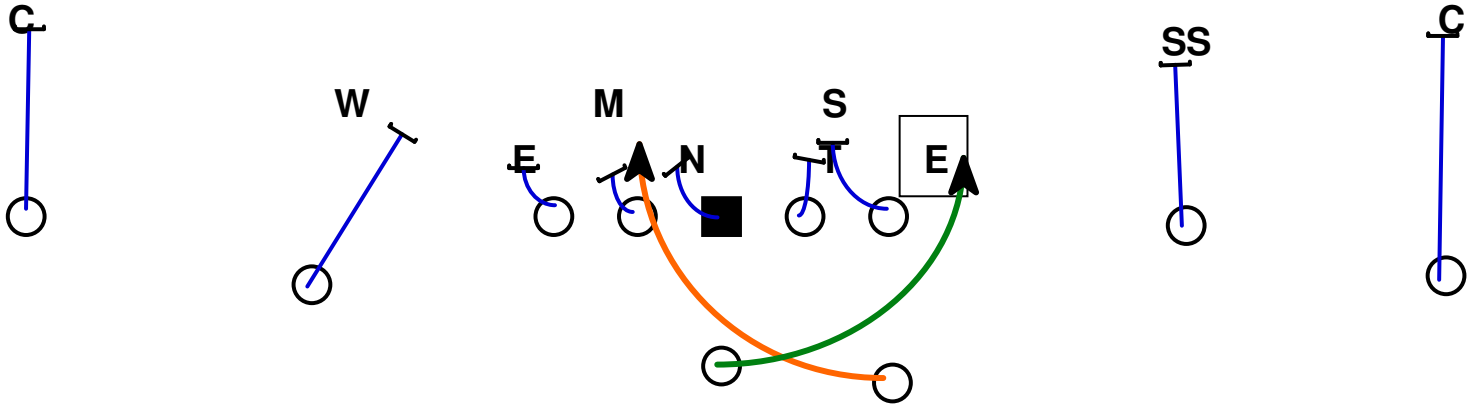
BST - Has to block the B-Gap defender. He may make a "man" call which will block through the DE to Sam.

TB - Aiming point is the outside leg of the PSG, reading the 1st DL passed the Center

QB - Open and read backside C-gap defender. If End is blocked give, then carry out fake.

Receivers: If on frontside of play, blocks as if the play were inside zone. Meaning block nose to inside number. If on the backside of the play, block as if the Q keeps.

FS



15 Read vs. Six Man Box

10/11 Trap

10/11 Trap is not always used as a weekly play. It depends on the defense each week. Either way it is designed to be a quick hitter. It can be run to either the 3-tech side or the shade.

To the 3-tech:

C - Blocks back

PST - Rip through the inside shoulder of end, to the playside linebacker

PSG - influence pulls to the DE

BSG - Traps the 3-tech

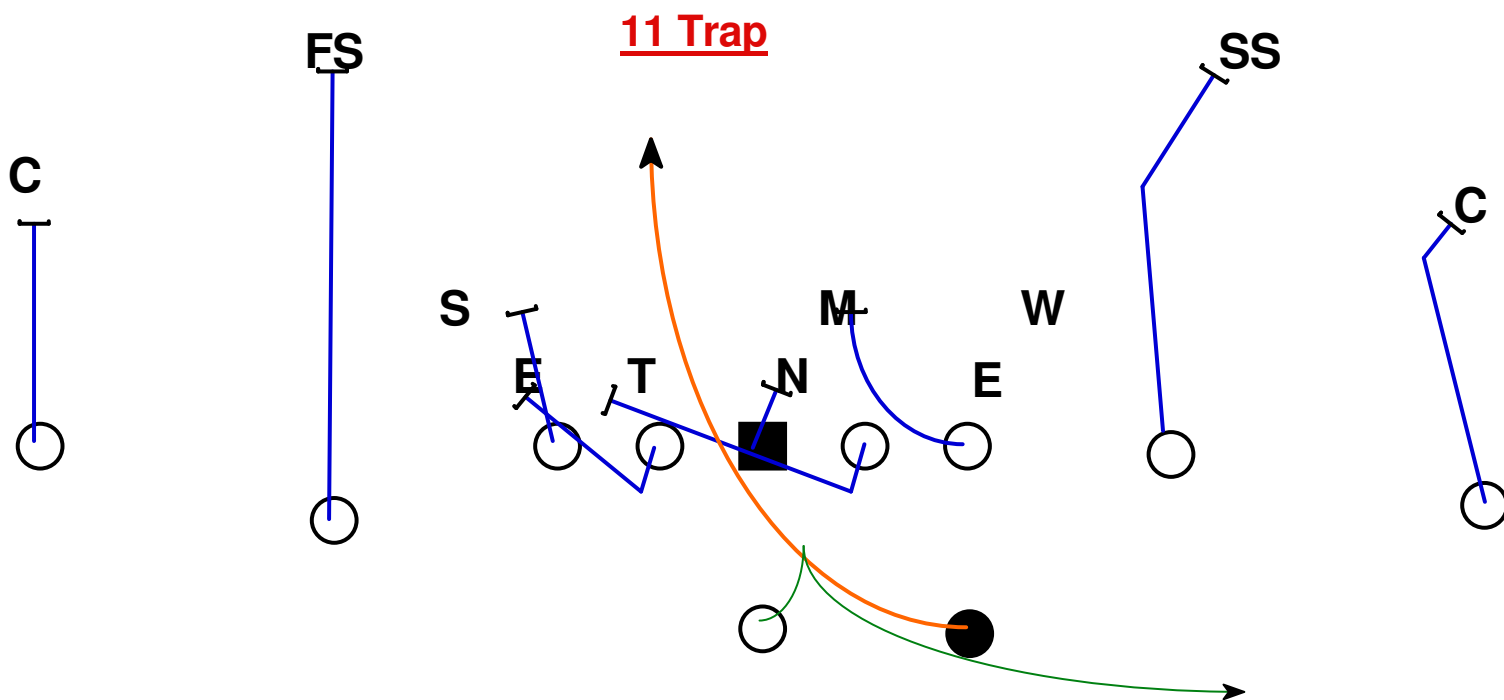
BST - sifts up to Mike

QB - step up and make exchange and naked away, no need to run-fake away, the naked will hold the end

TB - step up and at the center's near leg, run downhill and take handoff, reading trap block.

WR - block man on with inside zone rules

Typically the QB & TB cheat up their alignment slightly.



6/7 Shovel

This is triple option play.

PST - wants to come and block the middle to BS backer

PSG - goes down on Nose

Center - Gap-Back

BSG - Pull to frontside LB

BST - Hinge

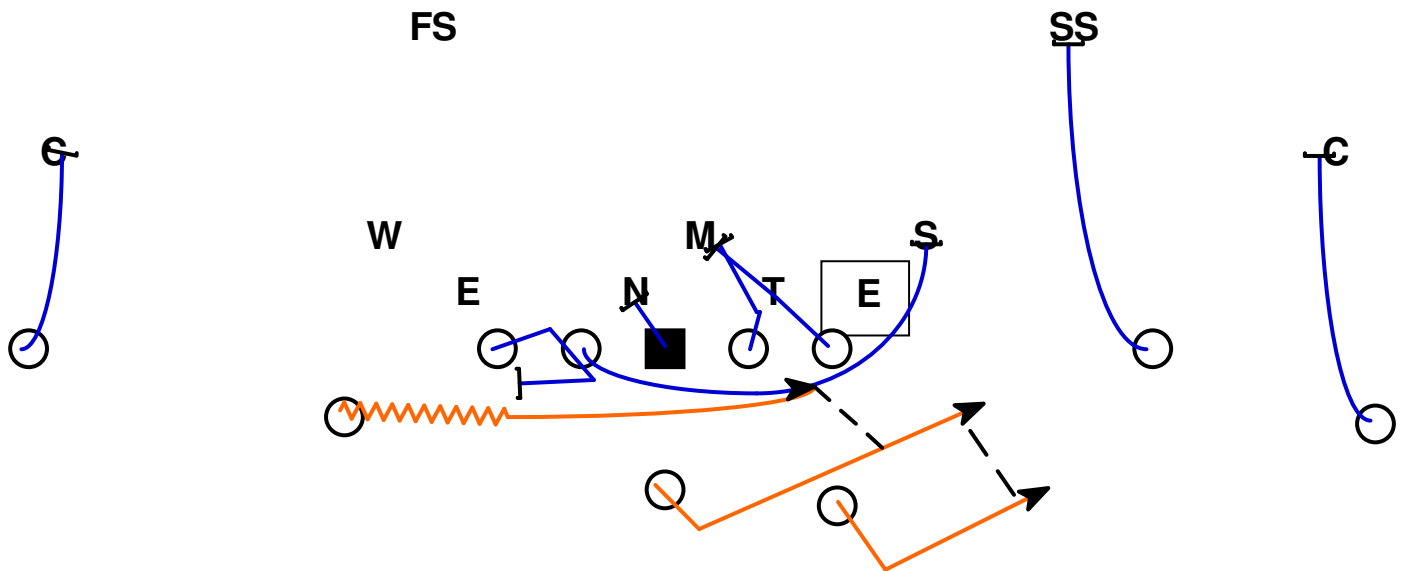
QB - Shovel/Pitch off of the C-gap defender; If defender squeezes down to take shovel away then run speed. If defender is upfield, shovel underneath.

Shovel Player - Needs sprint flat down the line

TB - keep pitch relationship, may receive pitch.

The pitch man could be the frontside WR, getting into to position via kick-back movement at snap, or a WR in motion from the backside.

7 Shovel



QB Wrap

This play is the counter to the base zone read play. It is a gap scheme to the frontside.

PST - Base DE

C & PSG - Combo shade to backer

BSG - Base 3-tech

BST - Pull to frontside backer

TB - Come across and give good zone fake, block backside DE

QB - Give quick fake to TB, follow tackle through the hole

QB Wrap

