

One of the first things to note about the run and shoot system is it is just that — a system. It is something that has quietly been evolving for half a century.

As much as some view it as relatively new, it really has been around since the 1950's. It is not anything that we advocate as the answer or something others need to do. Those of us around it enjoy it and have fun with it, but we do not presume to tell others what they should do. It is for those coaches and programs that really enjoy throwing the football. Its influence is felt in that virtually every NFL team and many college teams have a four wide personnel grouping in their playbook. We just happen to do it on every snap.

A good part of what success has surrounded this offense is a belief by those who run it, a commitment to recruiting to it, and a steadfast determination to never venture away from it. It is a system first and foremost, which is one of the reasons it has stood the test of time.

There are certainly detractors in and amongst both the coaching fraternity and the general public. Much of the criticism centers around several assumptions in the offense.

The first concern is the productivity inside the red zone. While the Houston Oilers and Atlanta Falcons were both running four wide out offenses from 1992-1994, Houston finished third and Atlanta fourth in the NFL in touchdowns inside the Red Zone. The Detroit Lions were No. 1 throughout most of 1990 and in 1991 they finished with a 59 percent touchdown rate.

As far as Hawaii is concerned, over the last four years inside the Red Zone the offense has a touchdown production rate of 57.4 percent. The last four years have looked like this:

	Red Zone	TD	Percentage
1999	47	27	57.4%
2000	33	18	54.5%
2001	66	36	54.5%
2002	70	43	61.4%

Four wide receivers still spread defenses even on the goal line. Additionally, the three-step quick release out of shotgun helps as well as the uncertainty of whether run or pass is coming. By and large you still confront six- or five-man fronts.

The second concern is the lack of a running game. Because the offense by its very nature spreads the field horizontally, you usually end up with five or six in the box. The running backs don't run as often but their production is surprisingly good. Because you often face five or six defensive backs and defensive

fronts who are more upfield conscious, the yards per carry is formidable.

At the professional level, every run and shoot team had either a 1,000-yard rusher or league-leading rusher including Barry Sanders' first two years in the NFL. In his rookie years he set the rookie rushing record and in his second year he led the NFL in rushing. This past season in Hawaii the three running backs with the most carries statistical breakdown as such:

	Att	Yds	Avg	TD
John West	594	51	7.6	5
Thero Mitchell	583	52	6.1	11
Mike Bass	523	11	6.0	1

When you throw in sacks and losses and all individuals who carried the ball, the team still averages 5.0 yds per rush. Over the last four years the runningbacks have averaged 5.4 yds per carry.

The third usual concern is protecting a quarterback without a tight end and additional running back. Included in this situation are defensive fronts who are given a green light to go after the quarterback and defensive coordinators who design every dog, stunt and blitz known to man.

Given these variables, you can understand the concerns. The Run-and-Shoot counters with a largely shotgun approach with quick releases and pass protection techniques and concepts that occupy 90 percent of the practice schedule. In addition, the quarterbacks are taught where the quickest release is for all routes and it is practiced daily. Linemen are recruited for their strength, feet, flexibility in their hips, knees and shoulders. They tend not to be the taller, stiffer athlete, but smaller, quicker athlete. Again, the statistics indicate that the quarterback is pretty well protected.

	Ratio of sacks to		
	Att	Sacks	pass attempts
1999	577	24	1/24
2000	609	10	1/60
2001	570	34	1/17
2002	731	27	1/27

Over the four years Hawaii has thrown it 2,487 times with 95 sacks or one sack every 26 pass attempts. It is generally considered that one sack every 26 throws is very good.

The quarterback is the centerpiece of the offense and clearly has to be special. We are fortunate there is a nice interest in our program. We have received over 100 unsolicited tapes from all over the country.

The things we look for in that quarterback are accuracy first and foremost, arm strength and release, how his feet are

For Those Who Like to Throw the Football



Dan Morrison
Quarterbacks Coach

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Honolulu, Hawaii



Mike Cavanaugh
Offensive Line Coach



Chalk Talks

Wednesday, January 8

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underneath him, his personality and football intelligence. There is also an undefined quality that is simply referred to as, "He is a quarterback." He is not an athlete playing quarterback, he is a quarterback. It is probably a summation of the above characteristics.

Watching where a quarterback is looking, how he slides around in the pocket, how his release and feet are coordinated and the decisions he makes. All these factors can be enhanced once they are with you, but it is important that they possess many of the things you need before they arrive in your program. As an example of enhancing a quarterback's skills, we spend a lot of time with accuracy.

Simply making quarterbacks follow their receivers with their eyes after they release the ball improves accuracy. Quarterbacks like to follow the flight of the ball, particularly long balls. Always have, always will. You need to stand in front of them and keep on them to keep their eyes on the receivers until they catch the ball. Their eyes train their brain and their brain trains their arm where the ball needs to be. It can make an accurate thrower of virtually all quarterbacks. It is a simple trick but difficult to break quarterbacks of it without a concerted effort.

I think the other aspect of the system or what the system naturally creates is a unique practice schedule. Our two-hour practice looks like this:

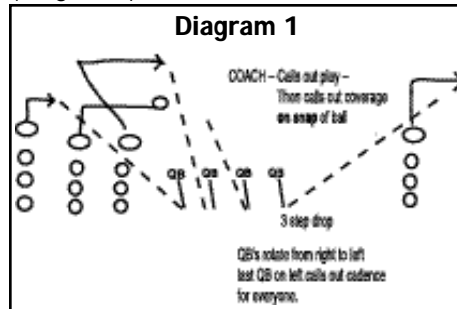
(Pre-Practice) 10 Min. — Ball Handling
 10 Min. — Catching Drills (Special Teams)
 15 Min. — Individual vs. Air
 10 Min. — Blitz Pick-up vs. Scout
 10 Min. — 7 on 7 vs. Scout
 15 Min. — 7 on 7 Ones vs. Ones
 5 Min. — Special Teams
 10 Min. — One on Ones WRs vs. DBs
 25 Min. — 11 on 11 Scout
 10 Min. — Team Pass One vs. Ones

The first uniqueness of our practice is that we practice from seven to nine in the morning. Second, we practice in shoulder pads, helmets, and shorts the entire season. No cutting of players, no taking to the ground of runningbacks/receivers. Third, virtually the entire practice is without conventional drills and focuses only on what we do Saturday. Fourth, there is a 90 percent focus on passing the ball. The things that are done throughout the practice are closely tied to the game time experience.

Forty-five minutes is spent each day versus all the dogs, blitzes, fronts, and coverages we will see. We spend 25 minutes going against our defense with competitive

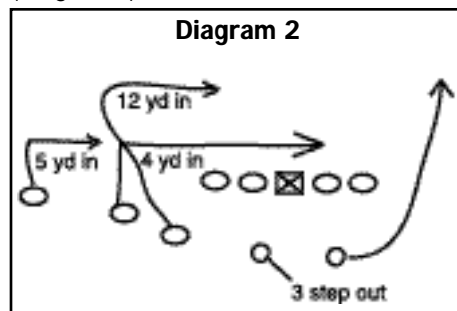
ones vs. ones. The defense does whatever they want to compete at a high, fast-paced level. Fifteen minutes each day is spent with four receivers and four quarterbacks going against air with the coverages being called out at the snap of the ball.

The quarterbacks rotate every throw and get rapid fire work on several routes to different receivers against different called coverages (i.e. two deep, three deep, man free, blitz, etc.). Over the course of a season, quarterbacks and receivers throw and catch thousands of balls vs. all coverages (Diagram 1).



Probably one of the more important sections is Blitz-Pickup. It is 11-on-11 scout look with ten throws a day. Being able to recognize four across man with seven coming is very important. The blitz breaks vary depending on the route called and everyone needs to be good at seeing it. It varies each day how many snaps are actually four across man. This helps all to look every time. If you run all blitz looks in this period, the players begin to stop looking for their keys to four across man and just run blitz breaks. Being able to recognize blitz has helped us on many occasions to make big plays.

Lastly, we can look at one simple route to show how quarterbacks see things. The route is called Levels and looks like this: (Diagram 2).



It starts with a premise we spoke of earlier: Having places to go quickly if the quarterback feels a breakdown in the protection. It is also out of the quarterbacks hand quickly. The quarterback first looks to the five-step out. If he likes it, he throws it. If he feels a rolled up corner, a pressed corner, a will backer possi-

bly underneath, he is immediately backside to the Mac linebacker or the hook to curl player.

The route is thrown off the hook to curl player as a front/back decision. If for any reason both are covered, he has the back side wide receiver settling or running depending on man or zone coverage. It is important that the slot receiver running the top half of the front/back decision widens first so as not to be covered up by the under receiver. If the quarterback feels he doesn't have the out, he need not even look there. By the third step, his decision is made.

If pressure comes, he has three places to get it out quickly. If you get a three deep look, the quarterback has the option to go to the runningback in the seam. However, the quarterback has to know the runningback does not have a free release and he might lose him in the route to protection. This route has been very good for us over the last four years and is adaptable to a tight end offense.

We hope we have dispelled some of the myths and concerns of the Run-and-Shoot as well as given you some idea of how we practice it and what we look for in putting this offense together. It's a fun offense for coaches, players, and fans; but most importantly, it is an effective offense in both moving the ball quickly and scoring.

Mike Cavanaugh, Offensive Line

Developing the Pass Protector

I would like to thank the American Football Coaches Association for the opportunity to represent June Jones and the University of Hawaii's football program at the National Convention in New Orleans.

We keep it very simple when it comes to pass protection. Basically we have three types of pass protection: Dual Read, Slide and Turnback. Every program has their own system that works for them.

First and foremost, pass protection starts with communication. We need to all be on the same page. Our center identifies who we have in on protection scheme. So there is no confusion, we have our guards echo his call.

Communication

1. Identify the front.
2. Identify who we have.
3. Echo the call.

Secondly, we emphasize Believe What You See. Basically this is anticipatory management. Every defense has tendencies on how they stunt or how they blitz, etc. There are certain tips to help you identify what is coming before the snap.

Believe What You See

1. See the field.
2. Anticipate Stunt Tendency.
3. Anticipate Blitz Tendency.

Most importantly, we constantly strive to our offensive linemen. Trust your technique. It does not matter what they do on defense as long as you are sound with your technique.

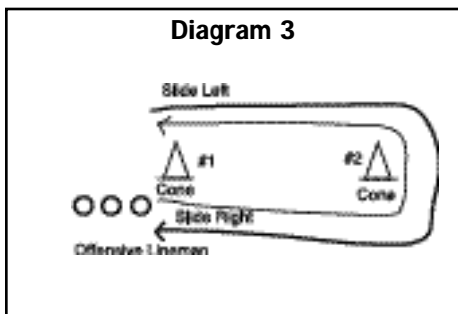
Trust Your Technique

1. Trust your footwork.
2. Trust your body posture.
3. Trust your hand carriage.
4. Trust your punch.

We believe repetition is the greatest teacher. At the University of Hawaii, we believe in certain drills to develop the skills necessary to become good, solid pass protectors. These drills help develop the feet, eyes, hands and body posture in a pass protector. The following drills we are about to watch on film help develop what I believe are essential to becoming proficient at the skill of pass protection.

Slide Drill: Develop proper foot relationship with the ground on lateral movement.

Coaching Points: Player No. 1 will slide right. Player No. 2 will slide right when player No. 1 reaches second cone. After all players slide right, they will slide left. Looking for good posture, good hand carriage and heavy back foot on slide (Diagram 3).



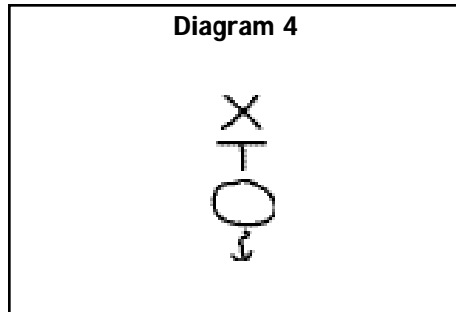
Punch Drill: Develop proper punch technique.

Coaching Points: Players will partner up, defender will face offensive blocker. On command, defender will patiently walk at offensive blocker. Offensive blocker will execute six punches. We will execute two sets of six punches. The first set, we will quick set our right foot. The second set we will quick set our left foot. Emphasize good quick set, good posture, good hand carriage and good punch technique. We would like a slight upward punching motion to gain separation from the defender (Diagram 4).

Fast Hands Drill: Develop feet, eyes and hands (punch).

Coaching Points: Players will line up in

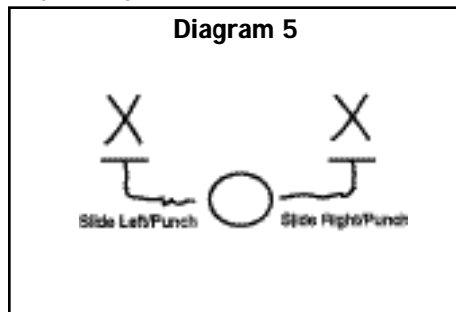
Diagram 4



three groups, two defenders will line up approximately four yards apart on the same plane. The offensive blocker will straddle the two defenders. On command, the offensive guards and right offensive tackles will always start to the target on the right.

Left offensive guards and left offensive tackles will always start to the target on the left. Centers will alternate between the left and right targets. We are looking for good posture, good hand carriage and a heavy back foot when we are sliding from target to target (Diagram 5).

Diagram 5

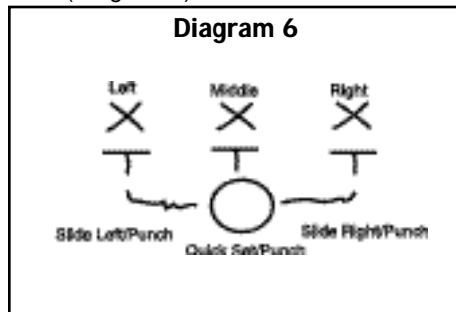


Three Bag Fast Hands Drill: Develop feet, eyes and hands (punch).

Coaching Points: Players will line up in two groups, three defenders will line up approximately one yard from each other on the same plane. Right offensive guards and right offensive tackles will quick set and execute a punch to the middle target, slide to the right and execute a punch to the right target, slide back to the middle and execute a punch to the middle target.

Left guards and left tackles execute the drill in the opposite manner. We are looking for good posture, a good slight upward punch and a good heavy back foot on the slide (Diagram 6).

Diagram 6



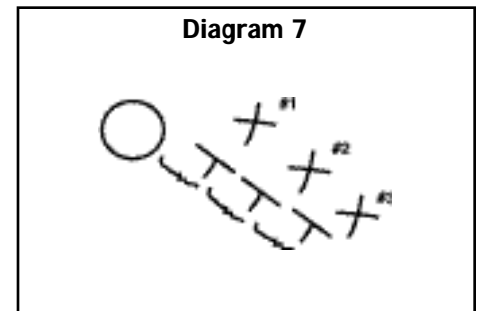
Angle Set Drill: Develop feet, eyes, and hands on tackles angle set.

Coaching Points: Players will line up in two groups, three defenders will line up approximately one yard from each other on a 45 degree angle. Right offensive guards and right offensive tackles will line up to the right, left offensive guards and left offensive tackles will line up to the left.

On command, the offensive blockers will execute an angle set and punch each target down the line.

Variation 2: Offensive blockers will execute an angle set and punch the first two targets, slide back to the first target and execute a punch, then proceed to punch the targets down the line. We are looking for good posture, good hand carriage, good slight upward punch and a good heavy back foot on the slide (Diagram 7).

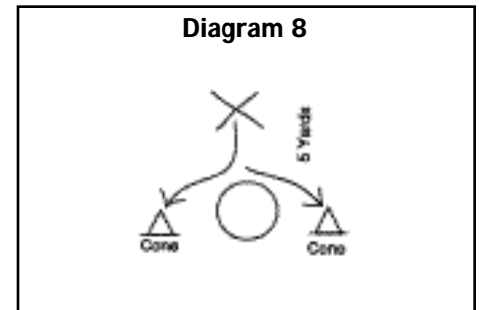
Diagram 7



One move Drill: Develop separation between defender and protector.

Coaching Points: Players will partner up into three groups. Offensive blocker will line up three yards in front of two cones spread out six yards apart. Defender will line up approximately five yards facing the offensive blocker. On command defender will run under control and break for either cone to the right or to the left of offensive blocker. We are looking for patience, good posture and good hand carriage. Offensive blocker should drop step to the direction of the target, punch and work his pressure arm and pressure leg to the direction of the target. (Diagram 8)

Diagram 8



Patience Drill: Develop feet, eyes and hands. Develop timing of punch.

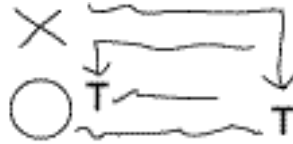
Coaching Points: Players will partner up.

Defender will line up perpendicular to offensive blocker. On command, defender will jog to the left and to the right to move offensive blocker. Offensive blocker will execute a slight upward punch when the target comes towards him. Offensive blocker should execute four punches during this drill. We are looking for patience, good posture, good hand carriage and a good heavy back foot while sliding to the target (Diagram 9).

Quick Set Drill: Develop quick set and punch along with lateral movement to pressure.

Coaching Points: Players will partner up. Defenders will line up facing offensive blocker approximately two feet apart from one another straddling white chalk line.

Diagram 9



Variation 1: On command, Defender will quick swim to his left or to his right. Offensive blocker will quick set with his right foot and execute a slight upper punch to the defender and work his pressure arm and pressure leg to the direction of the target (Diagram 10).

Diagram 10



Variation 2: On command, defender will quick rip to his left or to his right. Offensive blocker will quick set with his left foot and execute a slight upward punch to the defender and work his pressure arm and pressure leg to the direction of the target.

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1. Members of the AFCA are represented by a strong national leadership organization which protects the football coaching profession's best interests — your best interests — and strives for the highest possible professional standards, as outlined in its Constitution, Bylaws and Code of Ethics.

2. AFCA membership enhances your professional growth and gives you an opportunity to contribute to the improvement of your profession.

3. It provides new contacts, a line of communication and a forum for the exchange of ideas and information within your profession.

4. Active members (those coaches associated with a four-year collegiate coaching staff) are eligible to vote for the AFCA Coach of the Year Award.

5. Members are eligible to attend the AFCA convention as well as the AFCA Kickoff Luncheon and Awards Luncheon. Members can attend the Coach of the Year Banquet.

6. AFCA members receive a subscription to *The Extra Point*, the official newsletter of the Association.

7. AFCA members have access to AFCA On-Line, the Association's World Wide Web site.

8. Each year, AFCA members receive the three primary publications of the AFCA:

The AFCA Proceedings Manual contains a com-

plete summary of the Association's national convention, including all speeches given at the Coaching Clinic.

The AFCA Summer Manual contains coaching articles by some of the nation's outstanding coaches, keeping you in touch with the most current trends in the game of football.

The AFCA Directory contains a complete listing of the AFCA membership, providing you with the names and addresses of those in the profession who are vitally interested in the future of the football coaching profession and its improvement.

If you know someone on your staff who is not a member, encourage him to get in touch with the AFCA office today.

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