



Offensive Success at the Youth Level

Run The Same Play with
Different Offensive Looks

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2/22/2020

You can't account for every play on the field



Offense is Built on Three Basic Principles

1. Multiplicity
2. Moving The Chains
3. Relentless Attack



Multiplicity

- Attack with multiple personnel groups, formations, and movement.
- Gain leverage, create good matchups and blocking angles.
- Make full use of all skilled players, showcase what they do best!



Moving The Chains

- Control and dictate game tempo by sustaining first down after first down with consistent, relentless play.
- Use a complete “toolbox” that allows us to capitalize on any defensive weakness and play “downhill” with high-percentage plays.
- Understand each situation and play smarter than our opponent.



Relentless Attack

- Expect to score each time we take possession of the ball!
- Dictate to the defense, make them uncomfortable!
- Use all parts of the field, sideline to sideline, short and deep. Make use of a complete arsenal that includes Power, Misdirection, Perimeter runs, Screens, Play Action, and Tricks.



The Huddle - A Brief, Efficient Business Meeting

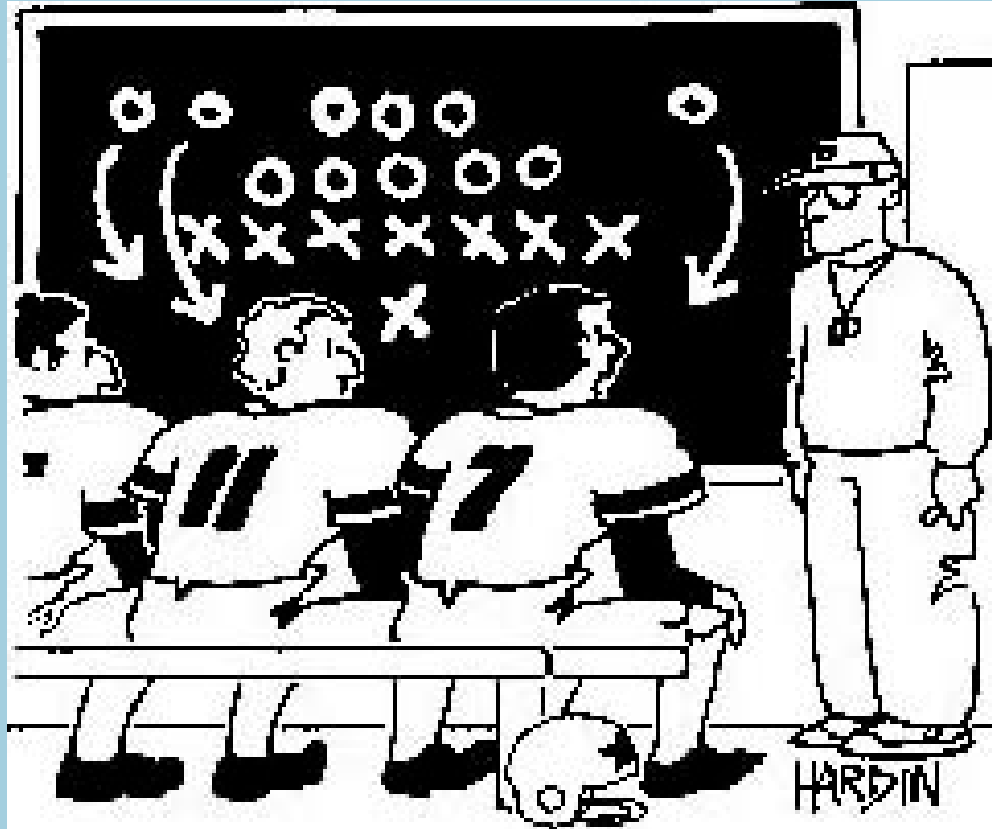
- How we conduct and break the huddle sets the tone for how we will play once the ball is snapped...it must be disciplined, focused, and unified.
- The Center sets the location of the huddle, then calls the business meeting to order by giving the down and distance situation.
- Sprint to it and out of it - Create TEMPO!
- Once the quarterback enters the huddle, he assumes COMPLETE control of the business meeting. NO ONE else should talk!



The Huddle - The Six Second Rule

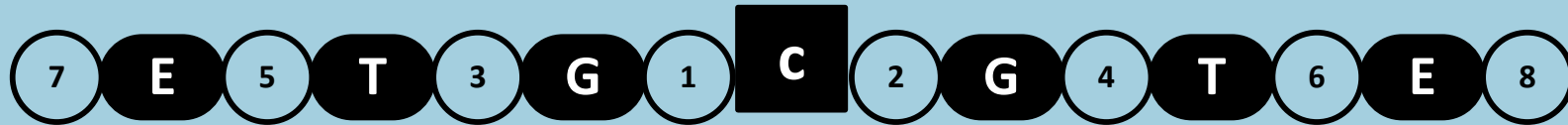
- The most important six seconds of a football play happen BETWEEN the huddle and the line of scrimmage...how you prepare yourself during this time will determine the success of the play.
- “The Six Second Rule” is a simple mental routine that each position has that allows them to do their thinking before the play so that they can be prepared, confident, and aggressive once the play begins, and be ready for anything that might happen.
- The actual routine varies by position, but its basic elements are:
 1. WHAT IS MY JOB (or basic assignment) on this play?
 2. What, if anything, should I do with my ALIGNMENT to help me do this job?
 3. What is the DEFENSE’s basic alignment?
 4. Based on the defense I see, what will my FIRST 2-3 STEPS off the ball be?
 5. What ADJUSTMENTS might I have to make, based on the defense, to get my job done?





"Excuse me, Coach, but are we the kisses or the hugs?"

Step 1 - Teach the Holes (to EVERYONE)



Step 2 - Defensive Confusion is an Offenses Best Friend

UNIQUE FORMATIONS

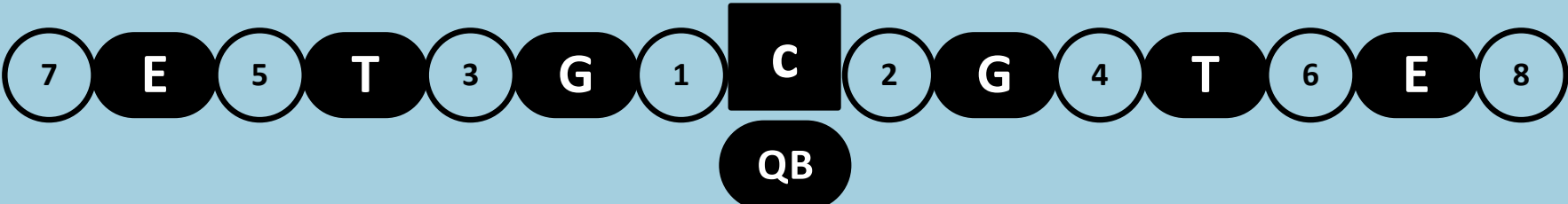
- “I”
- Wing
- Double Wing
- Spread
- Aces
- Wildcat
- Pistol

Under Center or Shotgun

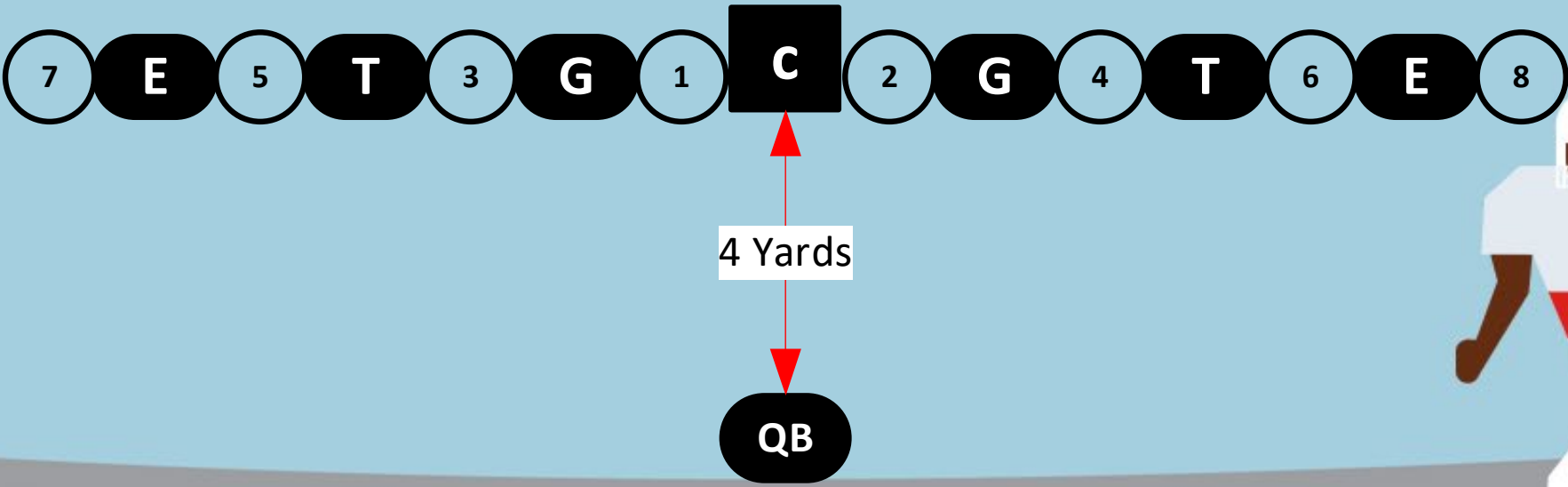


Under Center versus Shotgun

Under Center

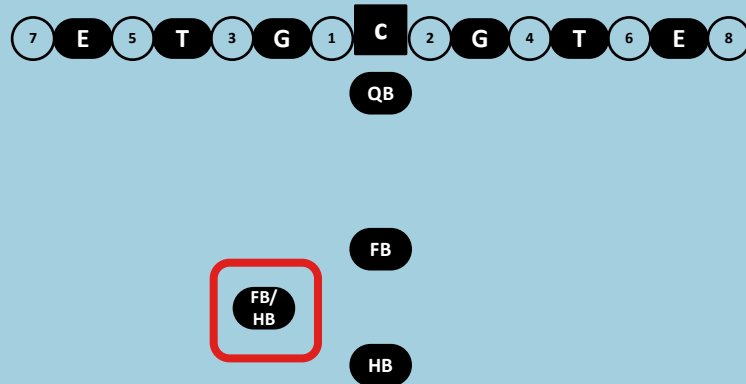


Shotgun

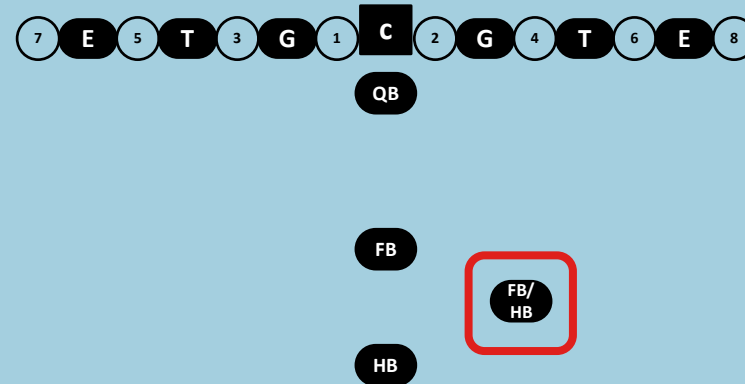


“I” Formation

“I” LEFT



“I” RIGHT



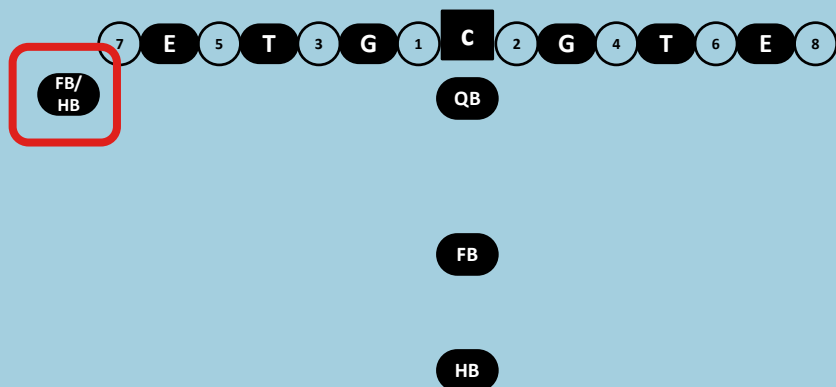
Why the “I” Formation

Most youth football plays are sweeps and powers. The power play is the trademark of the “I” formation offense. The power play is a simple, but very effective play in youth football. The I formation offense allows the offense to get double teams at the point off attack on power plays.

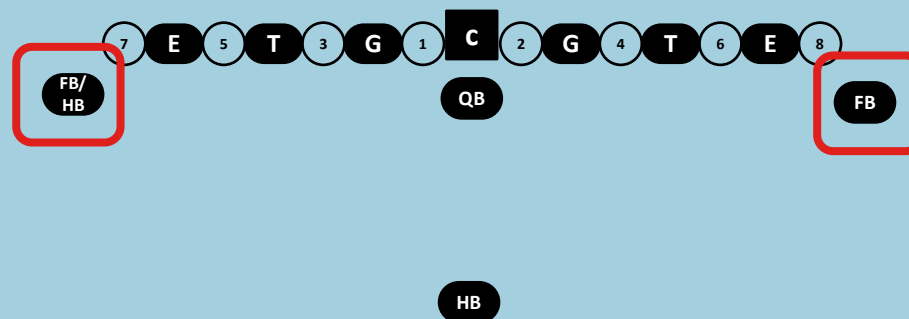


Wing & Double Wing Formation

Single Wing



Double Wing

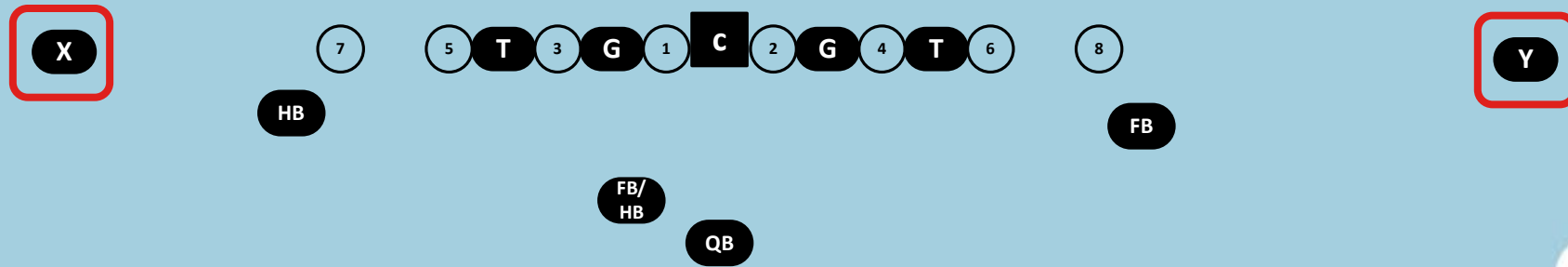


Why the Wing Formation

Teams who have extra offensive linemen worthy of starting, including multiple tight ends, or teams who have multiple running backs and a receiver who are strong in the blocking game.



Spread Formation

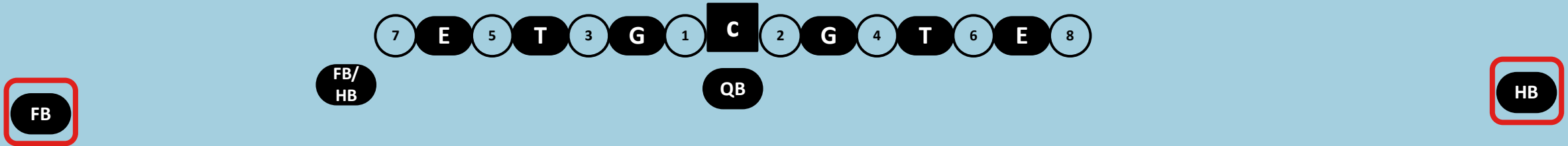


Why the Spread Formation

The spread offense creates mismatches. You can create gaps and openings and run it up the middle. Teams have a very athletic QB.



Aces Formation

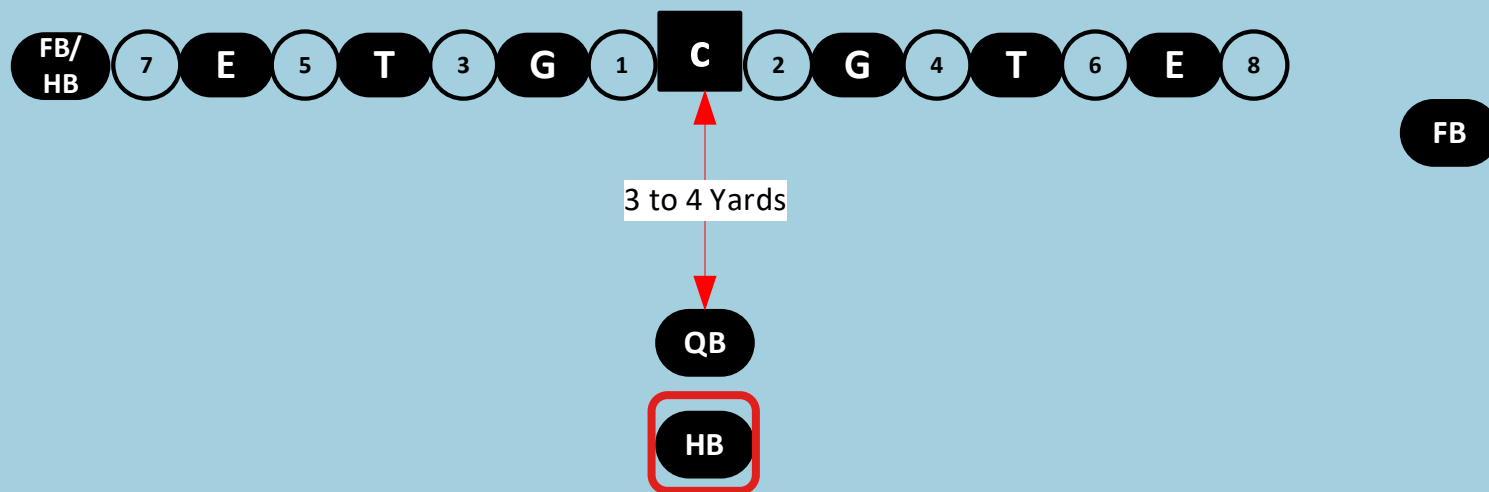


Why the Aces Formation

Speed kills - Most teams play man to man coverage so in theory (unless they bump the defenders over) the defender covering your motion player needs to follow him wherever he goes.



Pistol Formation

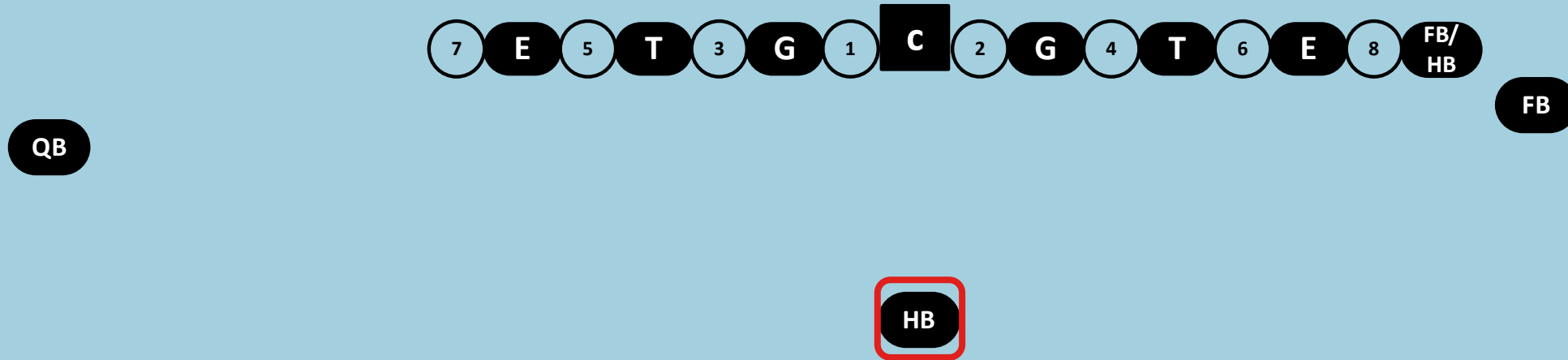


Why the Pistol Formation

The formation strives to give the quarterback the ability to analyze the defense by moving him back from behind center while keeping him close enough to the line of scrimmage to make a quick play. Pistol formations tend to rely on a higher number of option plays and runs than other formations.



Wildcat Formation



Why the Wildcat Formation

The quarterback is generally replaced in the backfield by a running back or receiver who takes a direct snap from the center. The wildcat offense is a formation often used in football to capitalize on mismatches created by the shifting of skill players.



Formation Tips

- Determining the right number of offensive formations for your youth football team depends on the age and experience level of your specific team.
- A formation which is different from your base formation gives your team an advantage, thus it may make sense to have an additional formation or two.
- Formation advantages could include getting better blocking angles for specific plays, isolating a back or receiver on a weaker defender, adding more punch to the point of attack, decoying the defense or taking a dominant defender out of the play.
- Unbalanced formations in youth football are very effective. The funny thing is that half the time the defense does not even notice our formation is unbalanced. I have gone interior games without the defense adjusting to my unbalanced. When defenses do not align properly you can take advantages of blocking match ups and numbers.



The 10 Youth Football Commandments

1. Do not teach a play until they get it right, but until they can't get it wrong.
2. Your QB should not be your best player, but your 2nd or 3rd best player.
3. You DO have to teach kids to be leaders, so make sure you teach them to be respectful leaders.
4. You're not coaching against the NFL, College, or even High School players. Use their inexperience against them.
5. Be willing to give up the inside run to stop the outside run.
6. Never line your defensive backs or linebackers 5 - 10 yards deep between the 5-yard line and the goal-line.
7. Always assign sideline coaches a specific job on game days.
8. Have fun and laugh at practice it bonds your players together.
9. Teach your coaches the proper drills first, watch them to ensure they understand.
10. Do not allow an assistant coach to bad mouth the head coach to any parent.



Bonus: Make the kids who do not see a lot of playing time your coin flip captains.

Questions?



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