

Pistol Option Football

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Topics

- **Why Pistol Option**
- **Rules and Technique**
- **Formations**
- **Plays**

Why Pistol Option?

- **Gain an advantage by leaving someone unblocked**
 - **Force that person to make a decision (always the wrong one)**
- **Keep the defense playing assignment football**
- **Force secondary to get involved in the run game**
- **Get the ball to our playmakers multiple ways**
- **Run plays to either direction out of the same formation**

QB

- Athletic*
- Leader
- Tough
- **Identify Option Player**
- **Mesh**
- **Read**
 - Eyes on option player
 - Read shoulder/hole (be flexible)
 - Be decisive
 - Ball security
 - A bad read is a great read next play



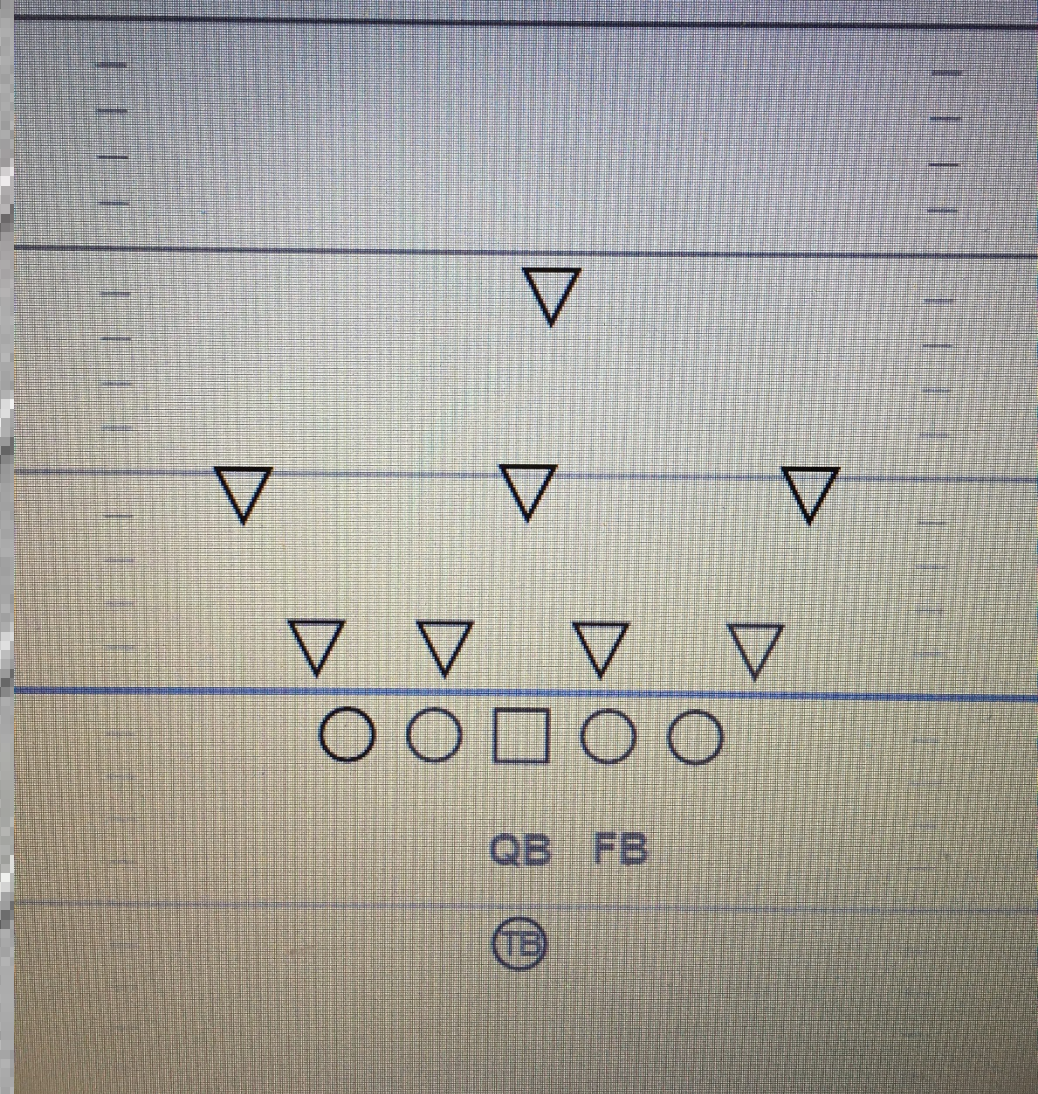
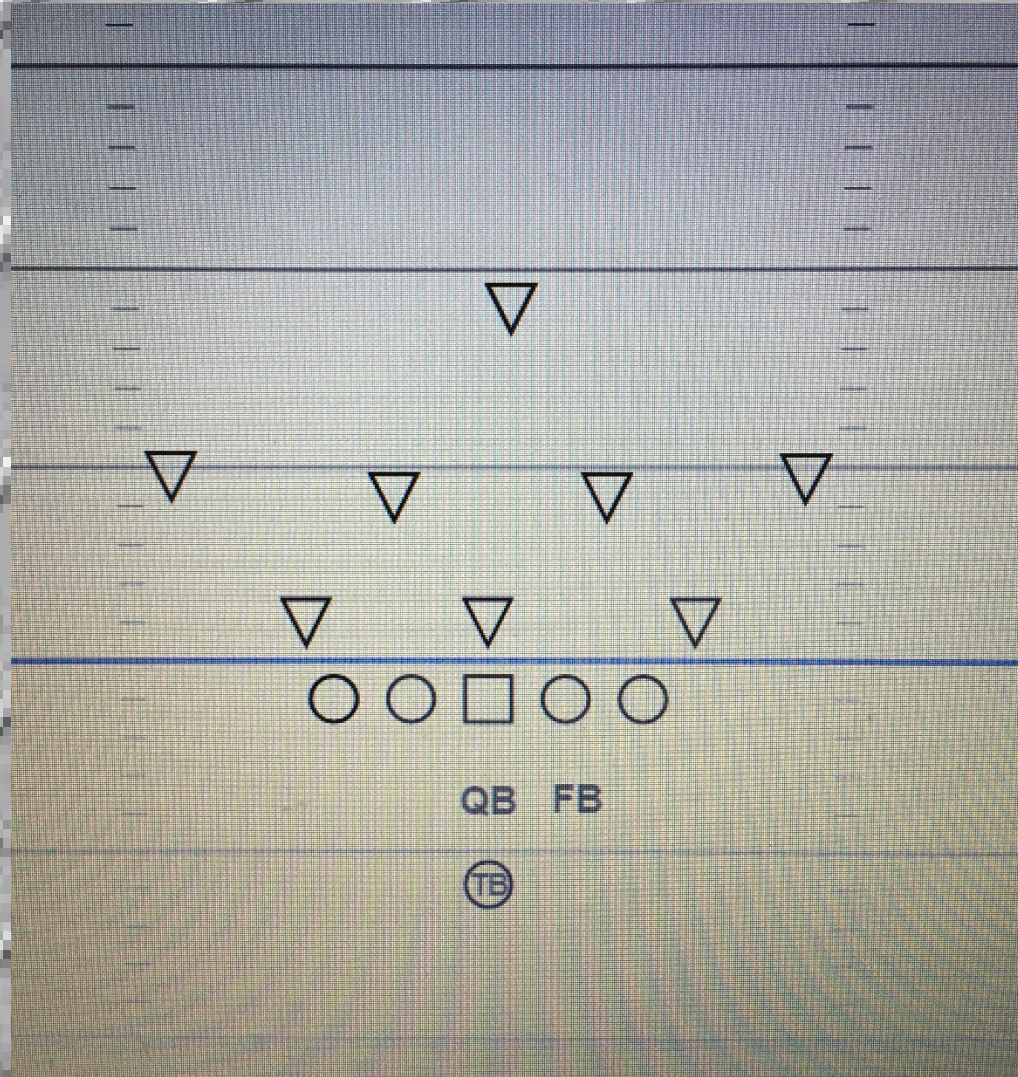
RB

- **Attack the Mesh**
- **Expect to get the ball every play**
- **Consistency between plays**
- **Carry out fake if QB pulls**

O-Line

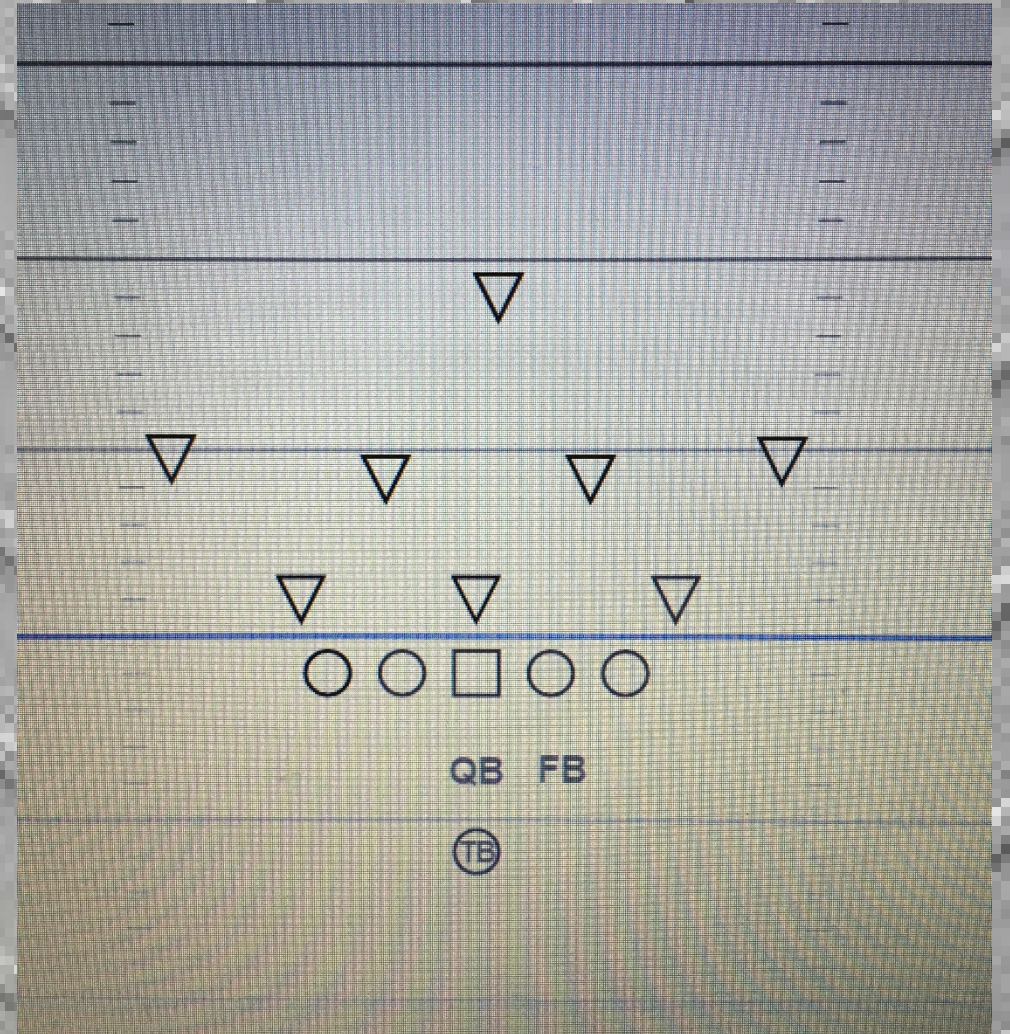
- **Identify front**
- **Identify option player**
- **Tackle for loss vs Tackle for gain**
- **Double and climb**
- **Cross blocks***

Identify Front and Option Player



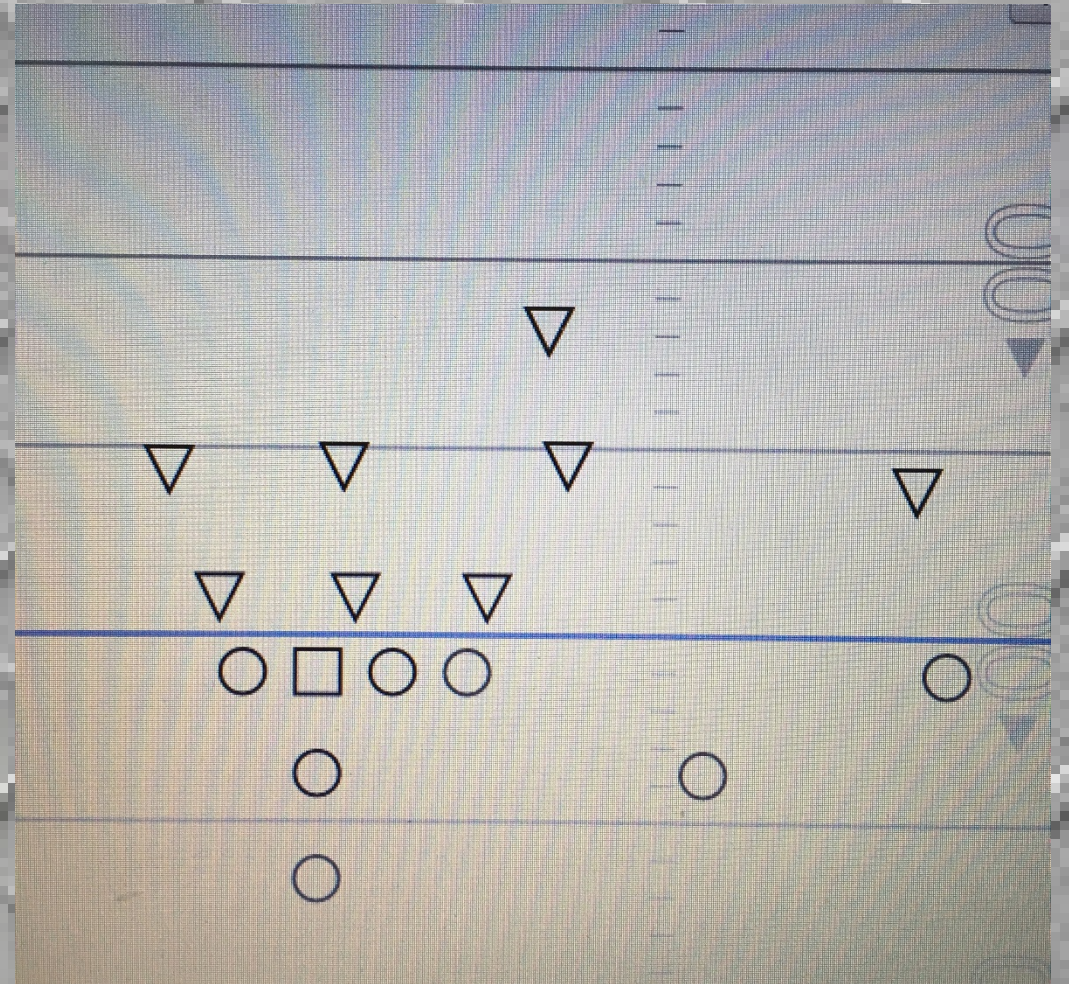
Pistol

- QB 3 yards
- FB beside QB
- RB adjust depth for timing
- Get downhill
- Plays



Zeer

- QB 3 yards
- Power line to the spread side
- Why overload?
- Plays



Other Plays

- Leads
- Traps
- Motion