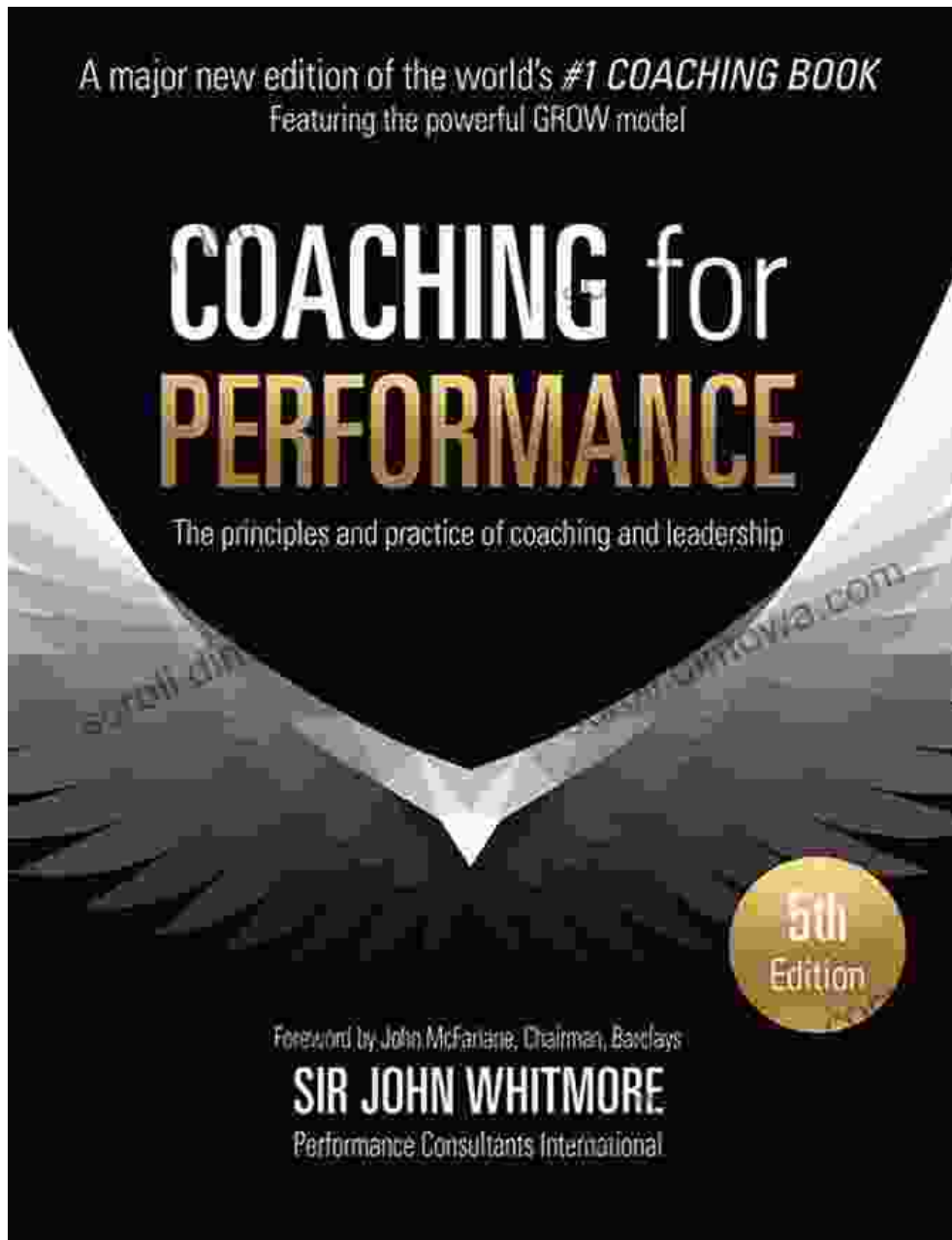


# Coaching The Option By The Experts: Master the Play Call That Revolutionized College Football and Beyond



**Coaching the Option: By the Experts** by Richard Worth

★★★★★ 5 out of 5

Language : English



File size	: 5084 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 331 pages
Lending	: Enabled
Screen Reader	: Supported



## The Option Offense: A History

The option offense is a football play that gives the quarterback the option to hand off the ball to a running back or keep it himself. It was first popularized in the 1950s by coach Bud Wilkinson at the University of Oklahoma. The option offense has since been adopted by many teams at all levels of football, and it remains one of the most effective offenses in the game.

The option offense is based on the idea of creating confusion for the defense. The quarterback reads the defense before making his decision, and he can choose to hand off the ball to a running back if the defense is overplaying the pass, or he can keep the ball himself if the defense is overplaying the run. This makes it very difficult for the defense to stop the option offense.

## Coaching The Option Offense

Coaching The Option By The Experts is a comprehensive guide to the option offense. The book features insights from top coaches and players, and it covers everything from the basics of the offense to advanced techniques.

The book is divided into three parts:

1. **The Basics:** This section covers the fundamentals of the option offense, including the different types of options, the blocking schemes, and the quarterback reads.
2. **Advanced Techniques:** This section covers more advanced techniques, such as the zone read, the triple option, and the speed option.
3. **Game Planning:** This section covers how to game plan for the option offense, including how to choose the right plays and how to adjust to the defense.

Coaching The Option By The Experts is an essential resource for any coach who wants to learn more about the option offense. The book is packed with valuable information, and it is written in a clear and concise style.

## **Benefits of the Option Offense**

There are many benefits to running the option offense. Some of the benefits include:

- **It is a very effective offense.** The option offense is one of the most effective offenses in football. It is difficult to stop because it forces the defense to make quick decisions and to adjust to the quarterback's reads.
- **It is a versatile offense.** The option offense can be used to attack any defense. It can be used to run the ball or pass the ball, and it can be used to score points from anywhere on the field.

- **It is a fun offense to play.** The option offense is a lot of fun to play because it gives the quarterback a lot of freedom to make plays. It is also a very exciting offense to watch.

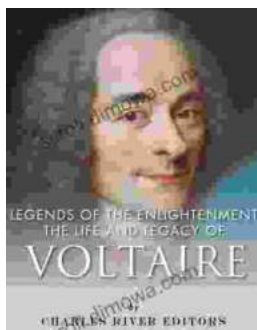
Coaching The Option By The Experts is a must-read for any coach who wants to learn more about the option offense. The book is packed with valuable information, and it is written in a clear and concise style. If you are looking to improve your team's offense, then I highly recommend that you check out this book.



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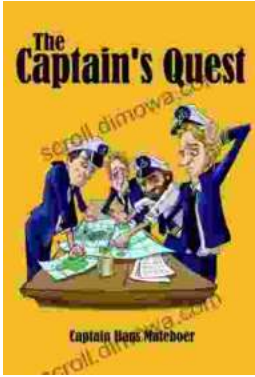
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