

101 RPO Plays Rich Hargitt

By Rich Hargitt

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The run-pass option (RPO) is one of the most popular and effective offensive plays in football today. It allows teams to attack the defense with a variety of run and pass options, making it difficult for the defense to predict what is coming.

In 101 RPO Plays, Rich Hargitt provides a comprehensive guide to running play-action from any formation. This book covers everything from the basics of the RPO concept to the most advanced RPO plays.

101 RPO Plays by Rich Hargitt

★★★★☆ 4.1 out of 5

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Enhanced typesetting	: Enabled
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Whether you are a coach or a player, 101 RPO Plays will help you take your offense to the next level.

Chapter 1: Understanding the RPO Concept

The RPO concept is simple but effective. It involves the quarterback reading the defense pre-snap and then deciding to run or pass based on the defense's alignment.

There are two main types of RPOs:

- **Run-first RPOs:** These RPOs are designed to look like a run play, but the quarterback has the option to pass if the defense is overplaying the run.
- **Pass-first RPOs:** These RPOs are designed to look like a pass play, but the quarterback has the option to run if the defense is overplaying the pass.

The key to running successful RPOs is to keep the defense guessing. The quarterback must be able to read the defense quickly and make a decision on whether to run or pass.

Chapter 2: Building an RPO System

Once you understand the RPO concept, you can start building an RPO system for your offense. This involves selecting the right RPO plays and installing them into your playbook.

When selecting RPO plays, it is important to consider your team's strengths and weaknesses. You should also choose plays that are easy to install and execute.

Once you have selected your RPO plays, you need to install them into your playbook. This involves teaching your players the plays and how to execute them.

Chapter 3: Installing RPO Plays

Installing RPO plays into your playbook is a multi-step process. The first step is to teach your players the basic RPO concept. Once your players understand the concept, you can start teaching them the specific RPO plays.

When teaching RPO plays, it is important to focus on the following:

- **The pre-snap read:** The quarterback must be able to read the defense pre-snap and determine whether to run or pass.
- **The quarterback's decision:** The quarterback must make a quick decision on whether to run or pass.
- **The execution of the play:** The players must execute the play correctly, regardless of whether they are running or passing.

Chapter 4: Calling RPO Plays

Once you have installed RPO plays into your playbook, you can start calling them in games. The key to calling RPO plays effectively is to keep the defense guessing.

When calling RPO plays, the coach should consider the following:

- **The game situation:** The coach should consider the game situation when calling RPO plays. For example, RPOs can be effective in short-yardage situations or when the defense is overplaying the run or pass.
- **The defense's alignment:** The coach should also consider the defense's alignment when calling RPO plays. For example, if the defense is overplaying the run, the coach may call a pass-first RPO.
- **The quarterback's comfort level:** The coach should also consider the quarterback's comfort level when calling RPO plays. The quarterback must be comfortable reading the defense and making quick decisions.

Chapter 5: Coaching RPO Plays

Coaching RPO plays is essential to their success. The coach must be able to teach the players the plays and how to execute them. The coach must also be able to make adjustments to the plays based on the game situation and the defense's alignment.

When coaching RPO plays, the coach should focus on the following:

- **Teaching the basics:** The coach must first teach the players the basic RPO concept. Once the players understand the concept, the coach

can start teaching them the specific RPO plays.

- **Providing feedback:** The coach must provide feedback to the players on their execution of the RPO plays. This feedback should be both positive and negative.
- **Making adjustments:** The coach must be able to make adjustments to the RPO plays based on the game situation and the defense's alignment.

The RPO is a powerful offensive weapon that can help you take your offense to the next level. By understanding the RPO concept, building an RPO system, and installing and calling RPO plays effectively, you can improve your team's chances of winning games.



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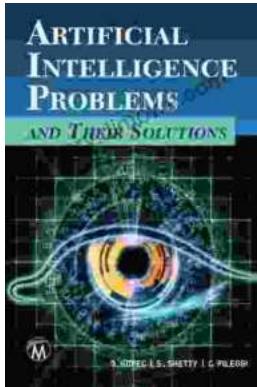
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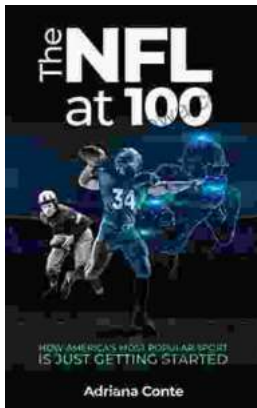
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