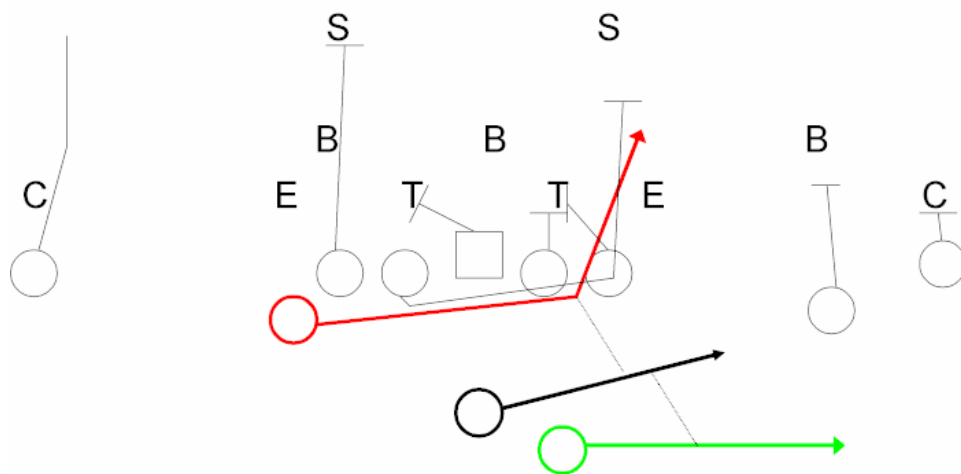


The Loco Option
Steve Lewis, Head Coach
The Chattanooga Locomotion
Women's Semi-Pro Football
Chattanooga, Tennessee

Loco Series

The Chattanooga Locomotion has been running the Double Wing for 2 seasons and had a fair amount of success with it. Coming into this past season we were looking at ways to use double wing principles out of different sets to utilize a pair of gifted wide receivers. The shotgun spread option offense popularized by Urban Meyer had some intriguing aspects we felt could utilize our personnel, yet keep some of our double wing blocking schemes. One of Urban's signature plays is the shovel option.

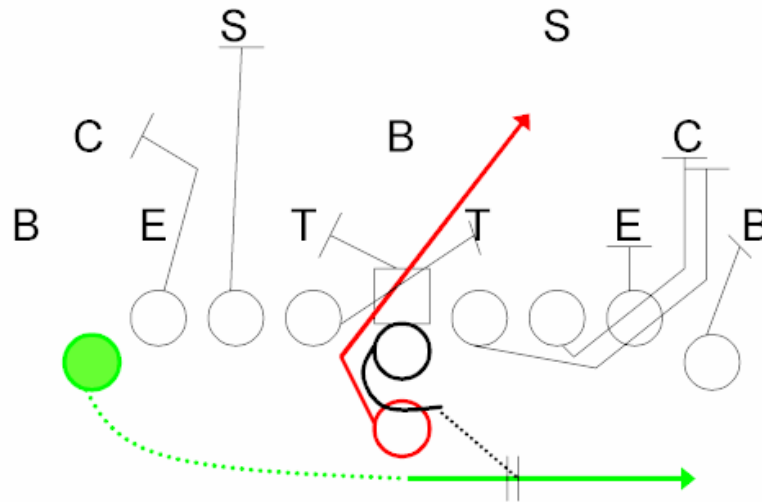
Shovel Option



After suffering injuries to players, key to our ability to run a shotgun spread offense, we had to go back to running the double wing 100% of the time. I did not mind losing some aspects of the shotgun spread (wider splits, shotgun snap, lack of TEs and a need to pass to keep the defense honest,) but I had grown to love the shovel option. It had been a very safe and productive play for us (the defense rarely played the shovel pitch, and if it is dropped, it is an incomplete pass.)

Once we went back to the double wing 100%, we looked at adding some plays outside of the four we had run up to that point (Power, Counter, FB Trap and Wedge.) We always have undersized linemen, but they are great at pulling and fairly good at blocking in the open field, so we wanted to add a sweep. After comparing the buck sweep and rocket sweep, we felt the rocket sweep was more suitable for our backs, we wanted to get them up to full speed when they received the ball.

Rocket Sweep



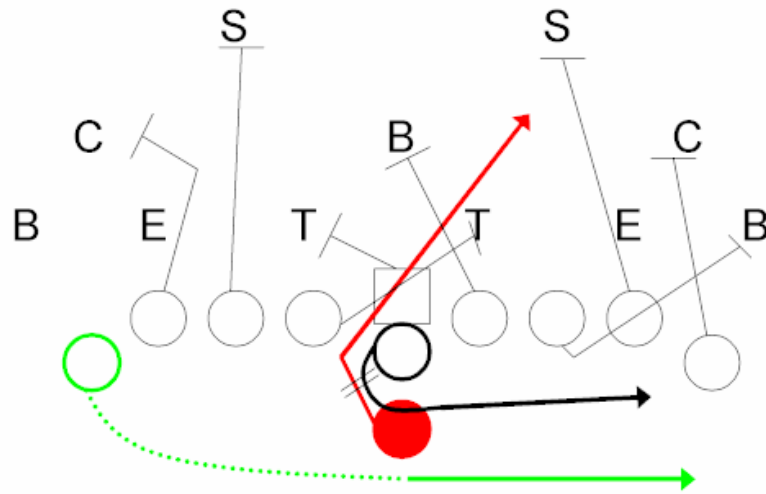
We taught our playside wing to attack the first defender outside of them. If they crash inside playing the Power play, the wing just log blocks them inside. If they play outside, the wing should just block them outside. We pull both the playside guard and tackle. The tackle's job is to first read the block of the playside wing. If they are log blocking, the tackle leads the play outside. If the wing has pushed the defender outside, the tackle turns up and leads the play inside that block.

We have our backside wing (the ball carrier) go in full sprint motion on down, we want them behind the fullback when the ball is snapped. They immediately get their eyes on the ball coming from the quarterback and secure it. Next, the ball carrier gets their eyes on the pulling guard and reads whether to cut inside or outside.

We knew the fullback had to get out of the way of the pitch, so we had them step like our fullback trap. To complete the FB trap fake, we had the backside guard go ahead and trap to the playside and had the QB spin before making the toss to the ball carrier. This helped freeze the inside linebackers and safeties.

The next step was to run our FB Trap with rocket motion.

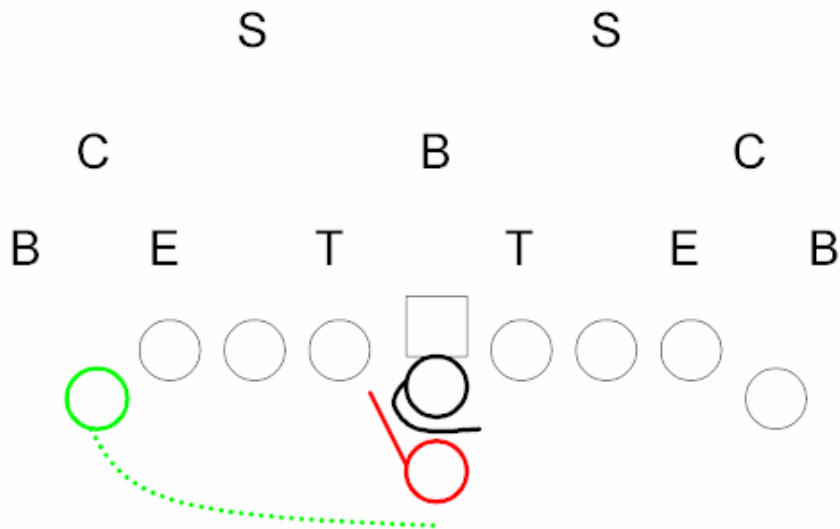
FB Trap



The only adjustment we made from our normal FB Trap, was to have the playside tackle pull as if we were running the rocket sweep. Since QBs have a habit of watching the play after their handoff, we decided to have the QB show an option run to help pull the playside safety and linebacker outside.

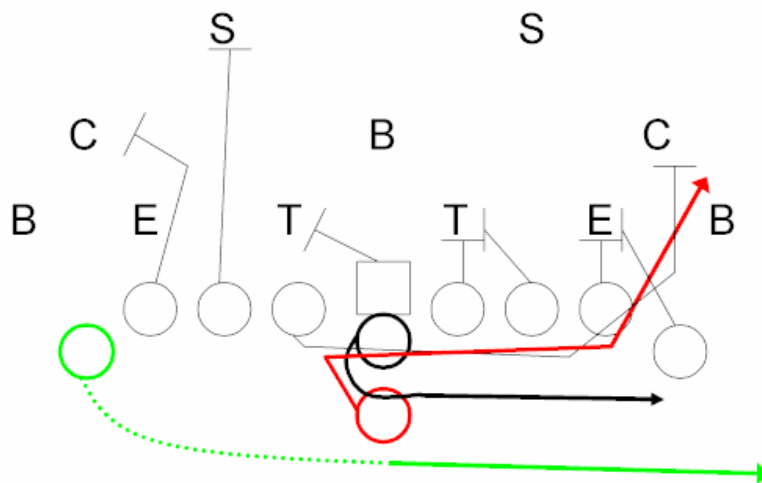
I have always loved option football, but with the double wing's sniffer fullback and tight splits, any true triple option is not realistic. With the defenses we normally face, I knew we could not run a double option to the outside due to the inability to create a numbers mismatch. When preparing for our next opponent, I was looking at how the rocket sweep and the complimentary FB trap would work against their defense and come to a realization. We could run option football!

We can run the shovel option with the same first couple of steps from our QB, FB and WB that they use on the rocket sweep and rocket FB trap.



Our offense line simply uses their power blocking scheme, and the FB runs a shovel pitch track. The QB will come out of their spin and gain a little bit of depth from the line of scrimmage. The motioning WB runs an outside option track.

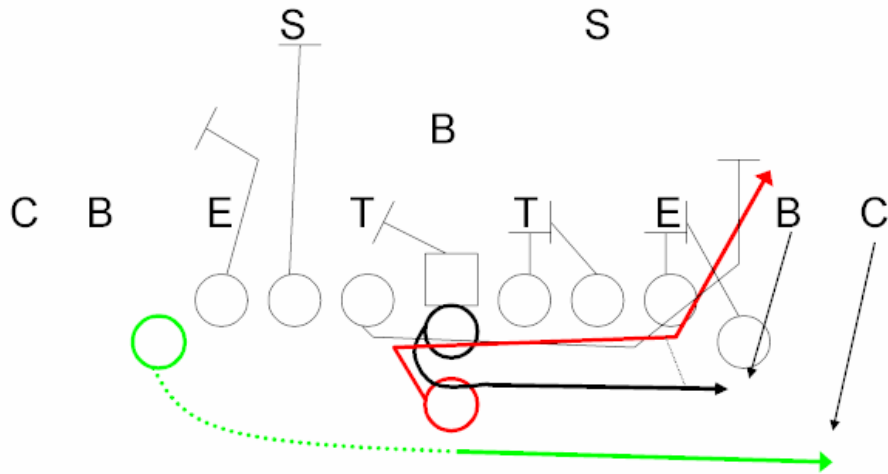
Shovel Option



One of the biggest concerns when running option football is getting the QB to make a proper read. The advantage to this play is that the read is primarily pre-snap. We tell our QBs to read the number of defenders outside of the playside WB. Our playside WB is taught to crash down on any defender from their inside eye to the inside eye of the tight end. So the QB looks to the playside and counts each defender from head up on the

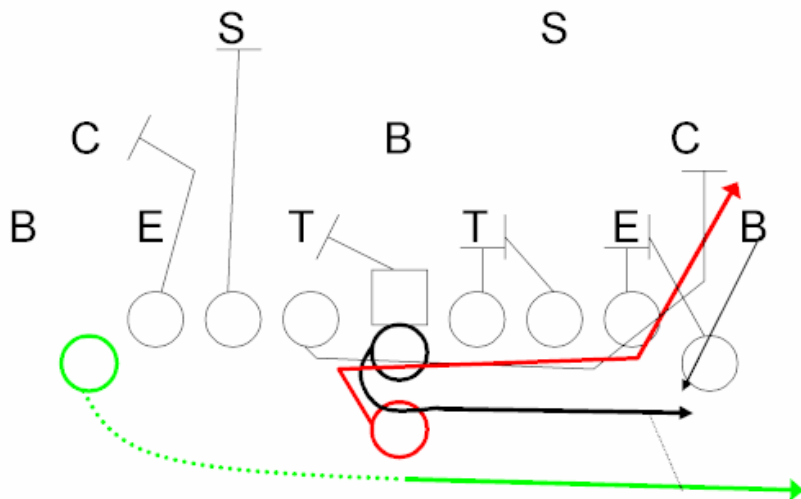
playside WB. If there are two defenders outside the WB, the shovel pitch to the FB should be open.

Shovel Option - FB



If there is only one defender outside the playside WB, the QB should carry out the option to the outside and pitch off the single outside defender.

Shovel Option – Option Outside



The QB must be made to understand that the first defender outside of the playside WB will be responsible for the QB on any option. Therefore the QB must run at the defender and make them decide what they are going to do. We tell our QBs, if you are ever in doubt, pitch the ball into the FB's feet. It will be an incomplete pass.