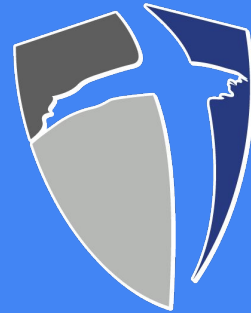


The Tribe O'Brien



www.coachg.us/obrien



TRIBE
ATHLETICS

The last guy holding
the chalk wins!



TRIBE
ATHLETICS

“It’s not the size of the dog in the fight,
it’s the size of the fight in the dog”

- Mark Twain

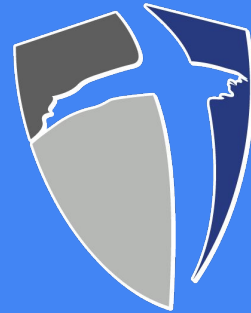


Why the O'Brien



- Unique and tough to game plan
- Type and athleticism of athletes
- Sweep, Dive, Play Action, Counter, Reverse
- Clock management
- Play at the next level

THE BACKFIELD



TRIBE
ATHLETICS

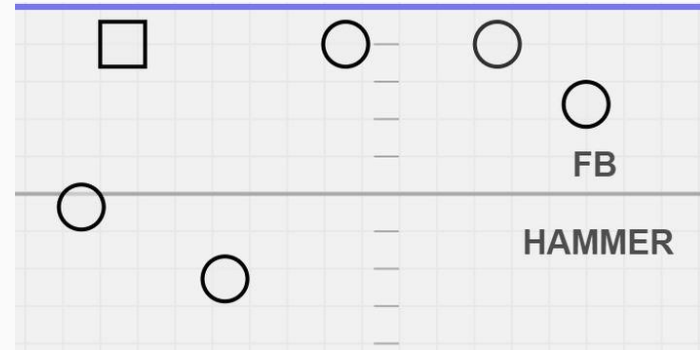
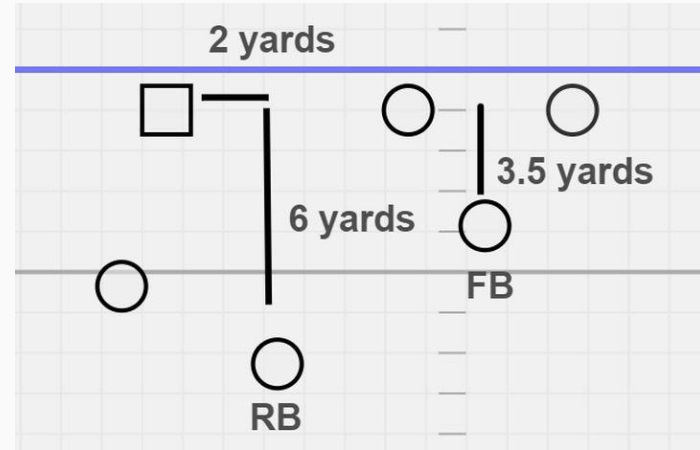
The QB

- Better blocker than passer
- Fast
- Smart (audibles)
- Great hands
- Lead the RB
- Throw to space



The Running Backs

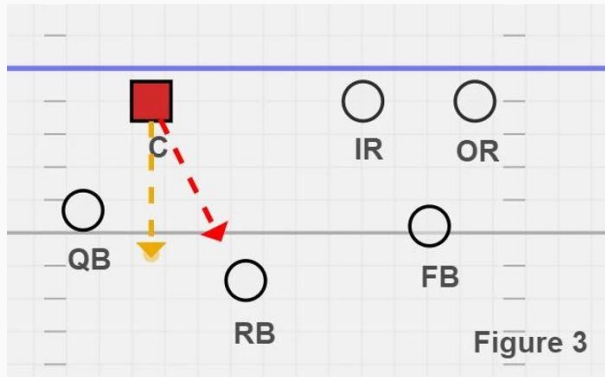
- RB is one cut and go
- RB follow the block of Q
- RB might be thrower
- FB quick and/or blocker
- FB not a pass catcher
- Alignment



The Snap



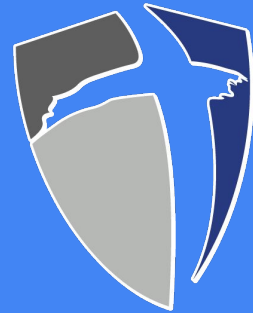
- QB is in motion
- Aim point the RB on sweeps & dives
- Aim point straight back on counters
- Speed



Sample Running Back and Fullback plays



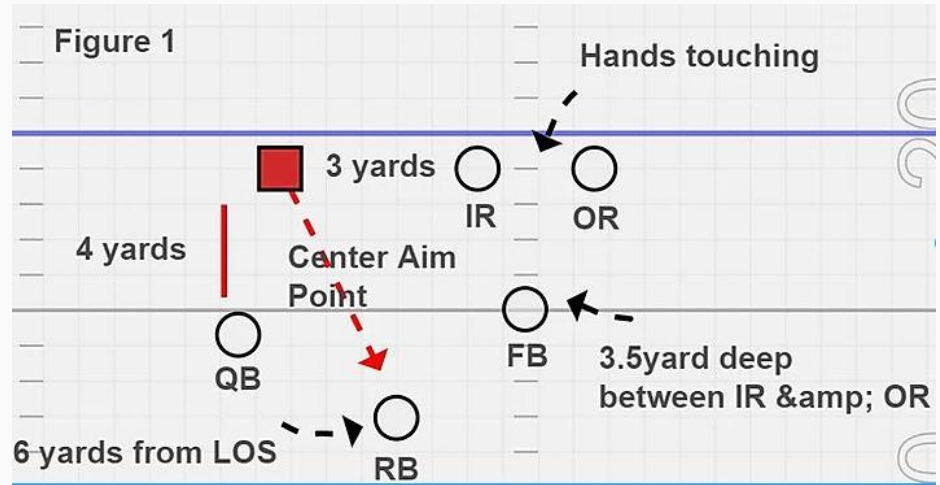
OFFENSIVE LINE & BLOCKING



TRIBE
ATHLETICS

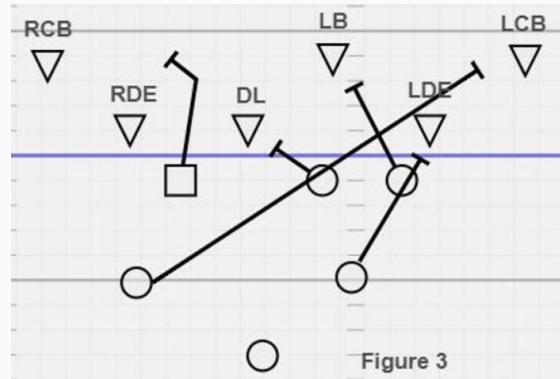
The Offensive Line

- Center
- Inside Receiver (IR)
- Outside Receiver (OR)

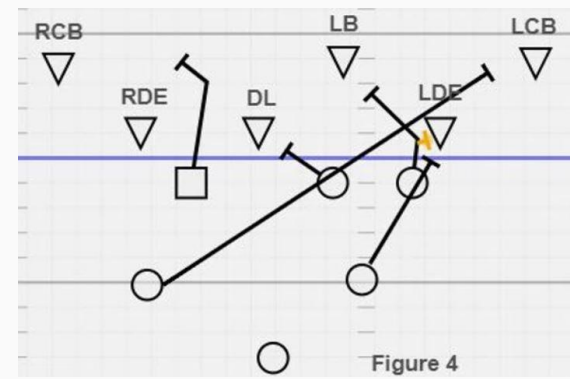


Blocking

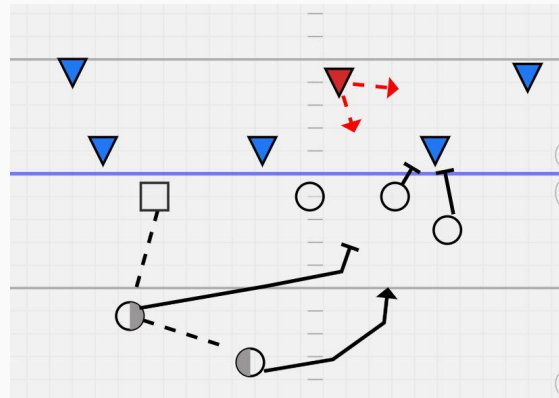
- GOD
- Love / Hate
- Stick and Scrape
- Trapping



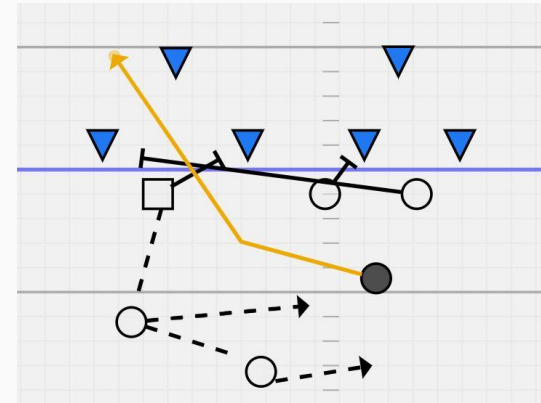
GOD



Stick & Scrape



Love / Hate



Trap





SWEEP



HAMMER SWEEP

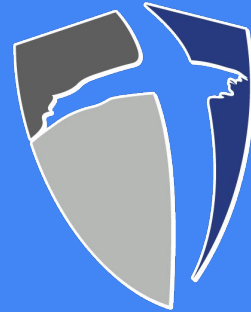


COUNTER



PLAY ACTION

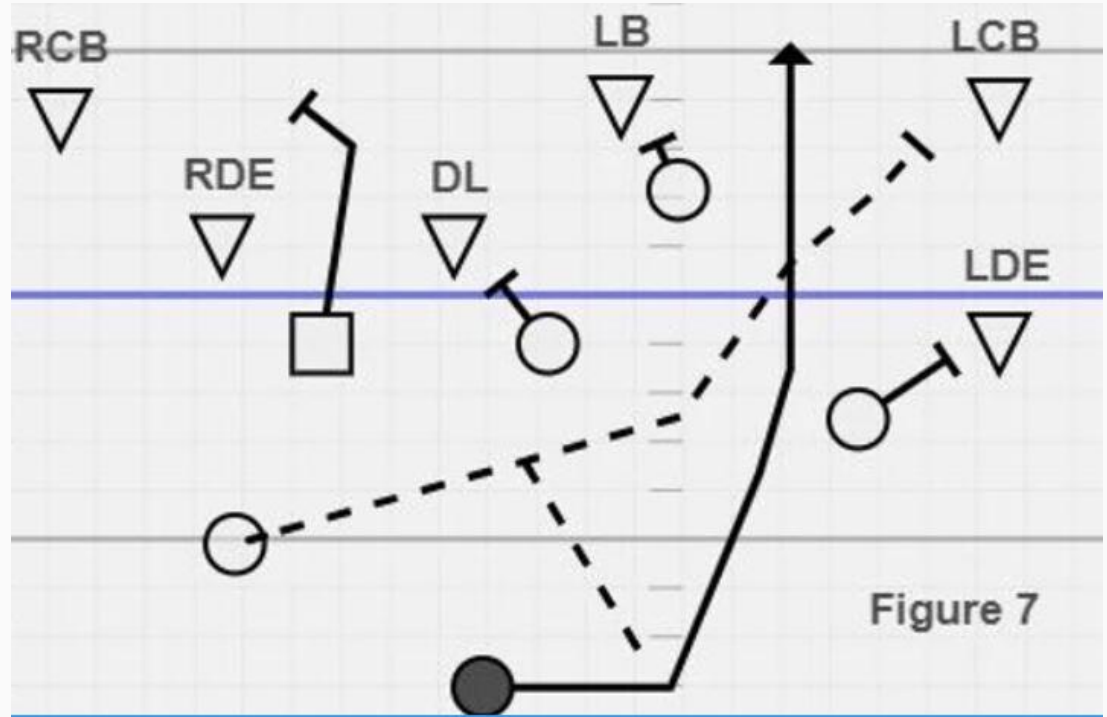
BASE PLAYS



TRIBE
ATHLETICS

Base Plays

- **Sweep**
- Dive
- Counter
- Reverse
- Play Action



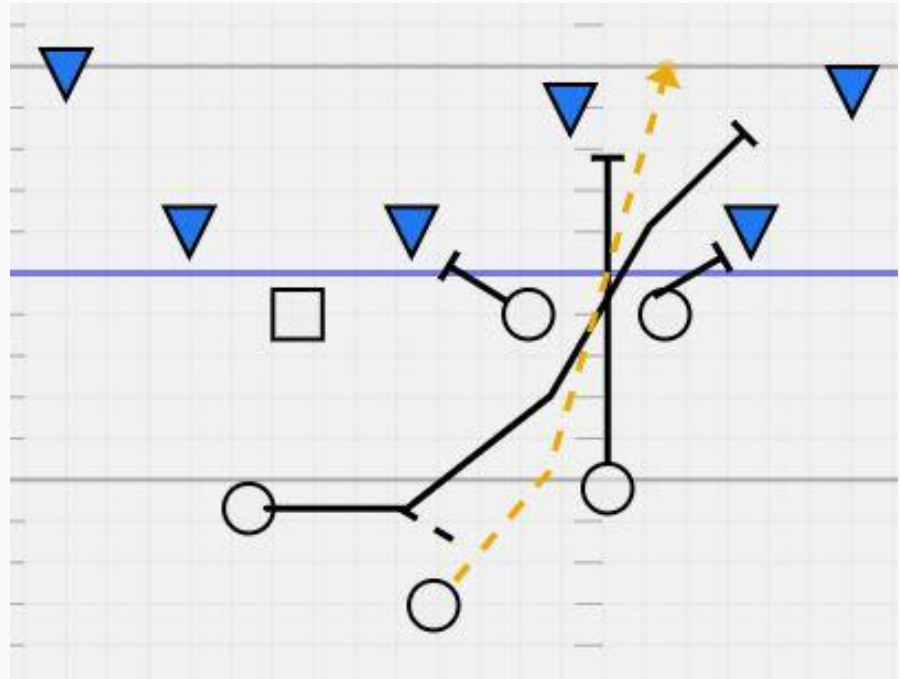
Base Plays

- **Sweep**
- Dive
- Counter
- Reverse
- Play Action



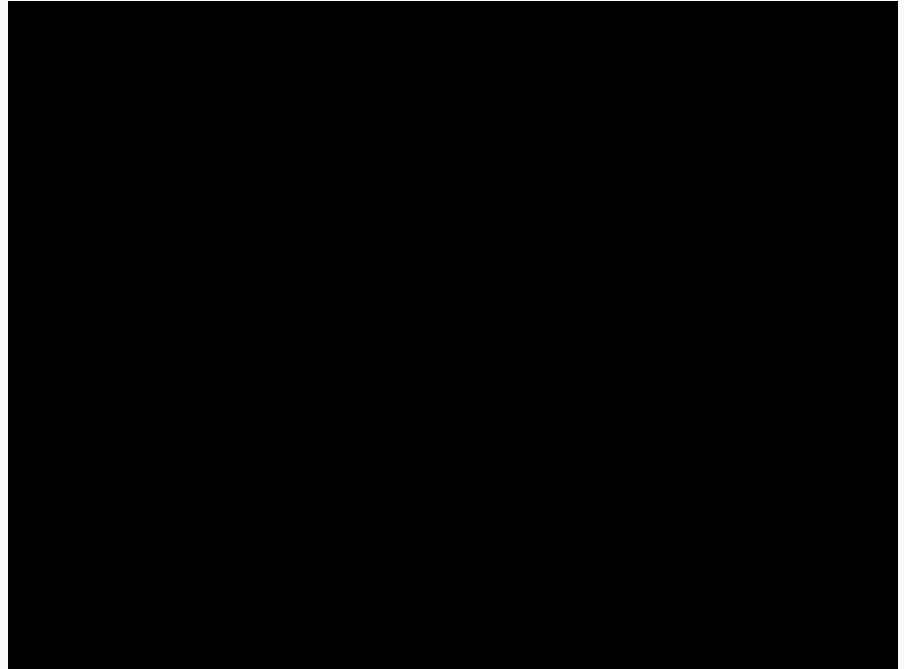
Base Plays

- Sweep
- **Dive**
- Counter
- Reverse
- Play Action



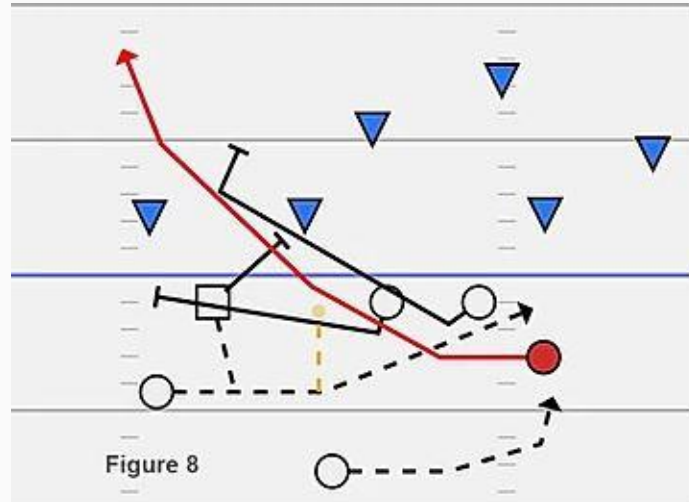
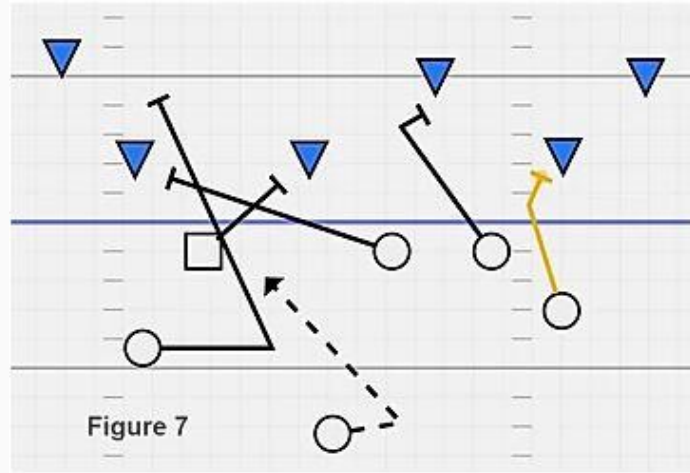
Base Plays

- Sweep
- **Dive**
- Counter
- Reverse
- Play Action



Base Plays

- Sweep
- Dive
- **Counter**
- Reverse
- Play Action



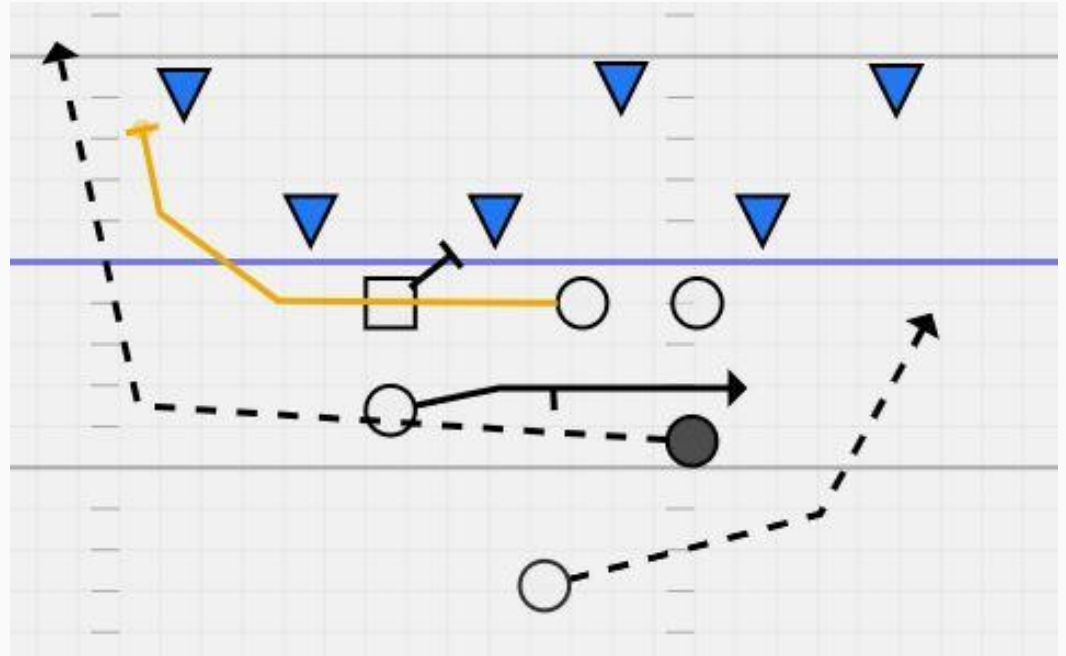
Base Plays

- Sweep
- Dive
- **Counter**
- Reverse
- Play Action



Base Plays

- Sweep
- Dive
- Counter
- **Reverse**
- Play Action



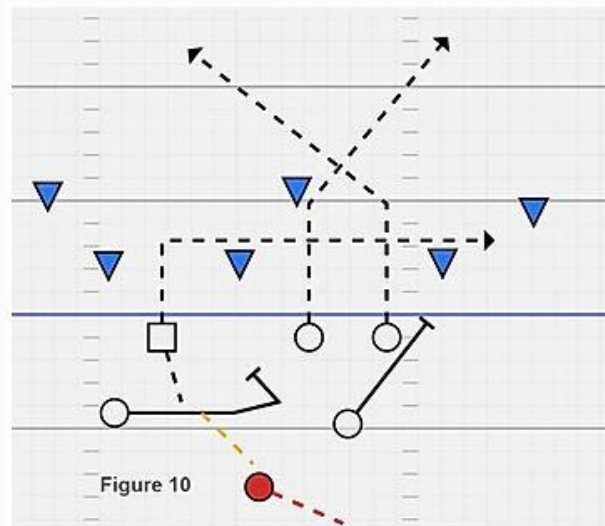
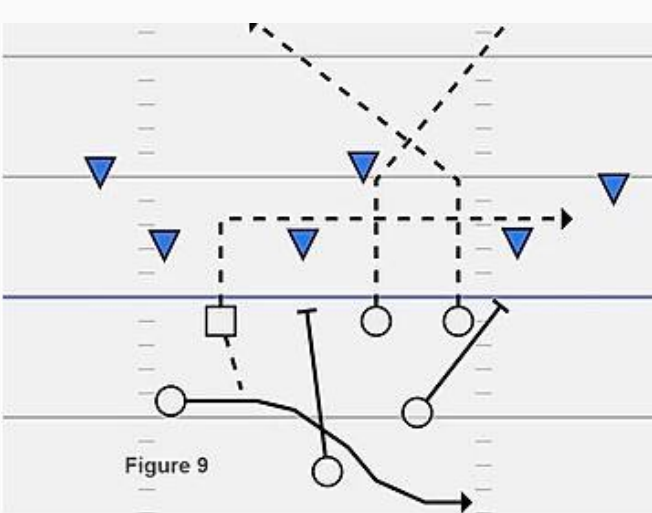
Base Plays

- Sweep
- Dive
- Counter
- **Reverse**
- Play Action



Base Plays

- Sweep
- Dive
- Counter
- Reverse
- **Play Action**



Base Plays

- Sweep
- Dive
- Counter
- Reverse
- **Play Action**



DRILLS



Backfield Drills



This snap is caught by the QB and the aim point or the center is the inside shoulder of the RB

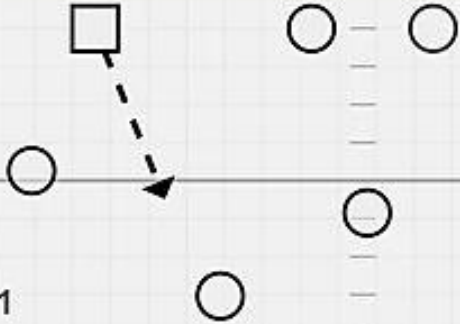
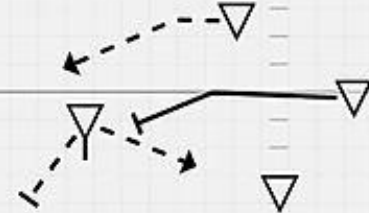


Figure 1



Pitch & Dive drill

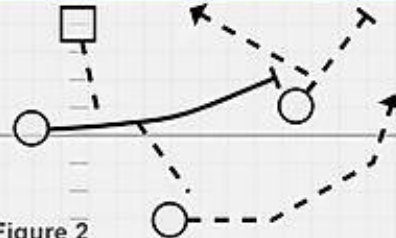
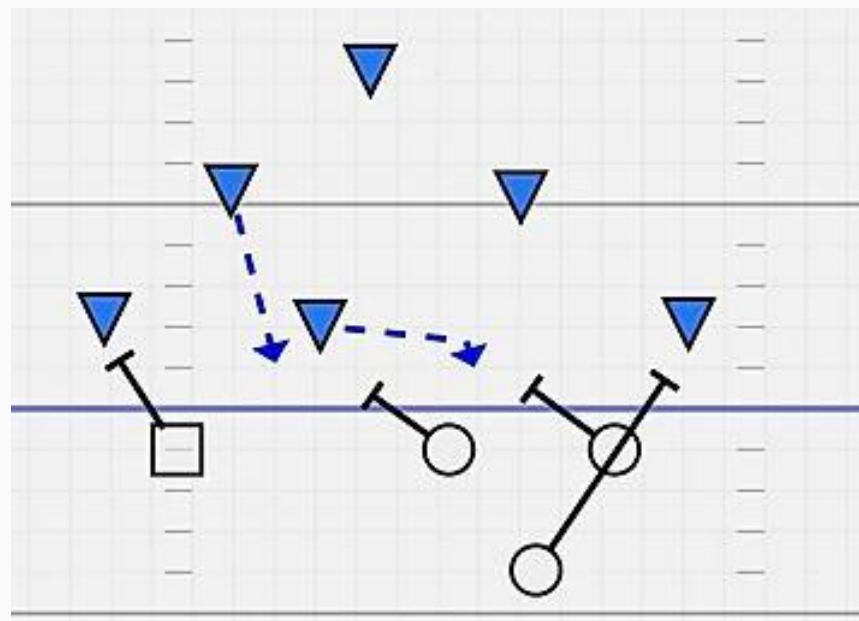
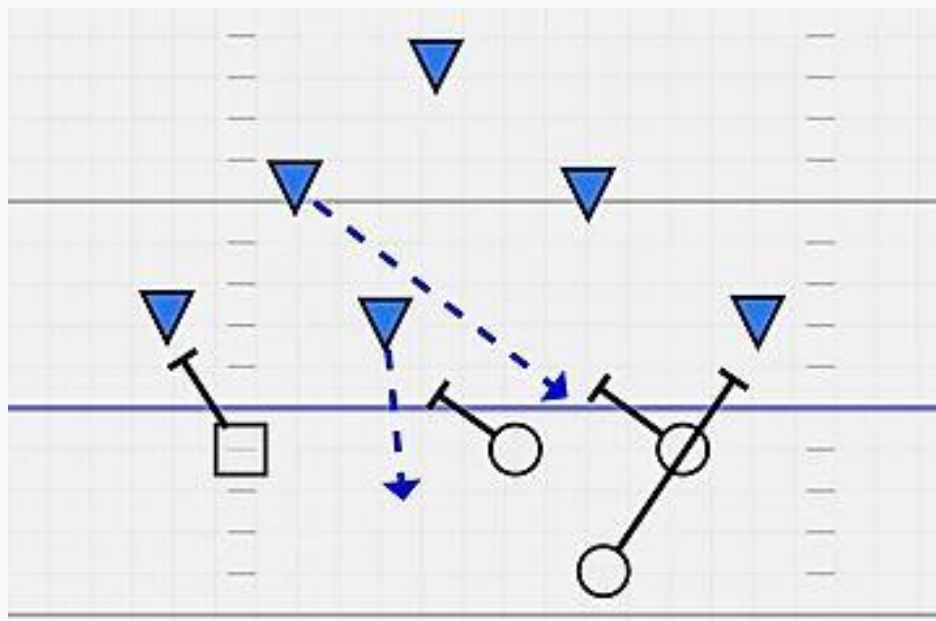
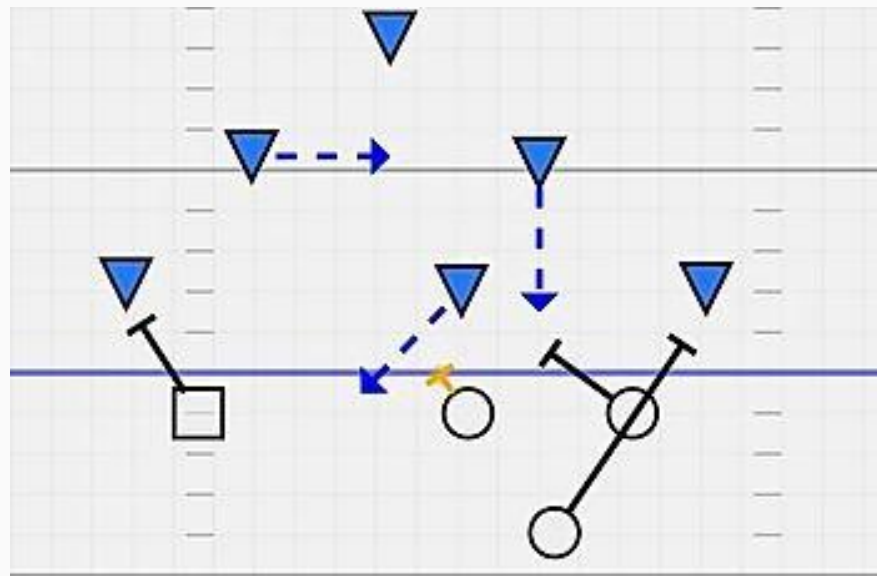
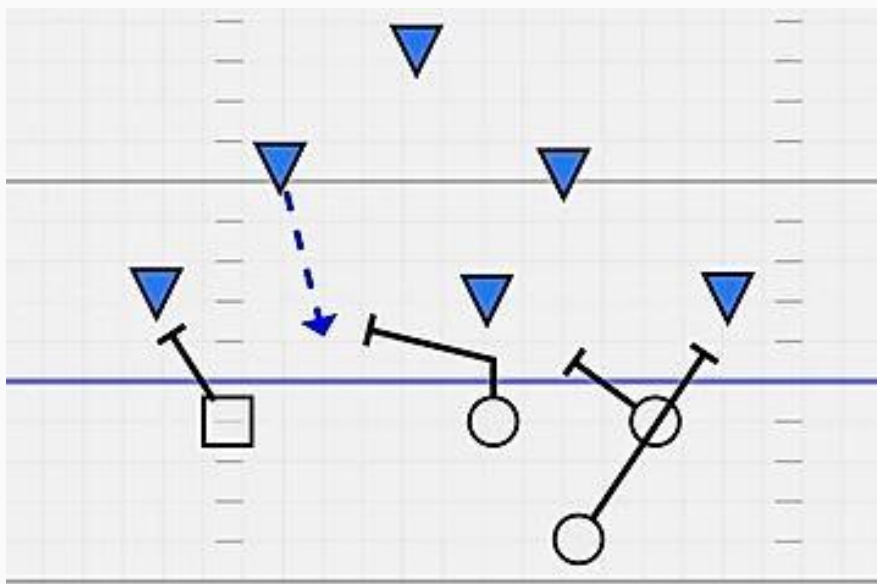


Figure 2

Blocking Drills



Blocking Drills



Brent Golemon

coach@coachg.us

512-695-2718

www.coachg.us/obrien

