

Explode Your Offense with RPO Concepts

COACHING FOOTBALL

Installing Explosive RPO Concepts Into Any Offense



BY JAMES VINT

Are you looking to take your football team's offense to the next level? If so, installing explosive Run-Pass Option (RPO) concepts into your playbook might be just what you need. RPOs have become increasingly popular in recent years due to their ability to keep defenses off balance while creating explosive plays. In this

article, we will explore the benefits of RPOs and provide you with a step-by-step guide on how to integrate them into any offense.

Understanding RPOs

RPOs are a type of play where the quarterback has the option to either hand off the ball to a running back or pass it to a receiver based on the pre-snap or post-snap read. This unique design puts the defense in a bind as they have to simultaneously defend the run and the pass.



Installing Explosive RPO Concepts Into Any Offense by James Vint(Kindle Edition)

★★★★☆ 4.6 out of 5

Language	: English
File size	: 3373 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 134 pages
Lending	: Enabled
Screen Reader	: Supported
X-Ray for textbooks	: Enabled
Paperback	: 88 pages
Item Weight	: 4.5 ounces
Dimensions	: 5.83 x 0.21 x 8.27 inches



The success of RPOs relies on deception and quick decision-making from the quarterback. By making split-second reads, the quarterback determines whether to give the ball to the running back or pull it back and throw a pass. This makes it extremely difficult for the defense to react effectively, creating big play opportunities for the offense.

Benefits of RPOs

1. **Keeping Defenses Off-Balance:** RPOs force the defense to respect both the run and the pass, preventing them from stacking the box or dropping too many defenders into coverage. This makes it easier to exploit mismatches and open up running lanes.
2. **Creating Explosive Plays:** The combination of a run and a pass option allows offenses to attack the defense in multiple ways. If the defenders commit to stopping the run, the quarterback can quickly throw a pass behind them, resulting in big gains. On the other hand, if the defense drops back to defend the pass, the quarterback can hand off the ball to the running back for an open running lane.
3. **Simplifying Reads for Quarterbacks:** RPOs simplify the decision-making process for the quarterback. Instead of having to go through multiple progressions, they only have to read a specific defender or area. This reduces the mental load on the quarterback and allows them to make quick, instinctive decisions.

Integrating RPOs into Your Offense

Now that we understand the benefits of RPOs, let's dive into the steps involved in integrating them into your offense:

Step 1: Evaluate Your Personnel: Before implementing RPOs, assess the strengths and weaknesses of your players. Consider their skill sets, athleticism, and ability to make quick decisions. This evaluation will help you tailor the RPO concepts to your team's capabilities.

Step 2: Establish a Core Running Game: RPOs work best when they are complemented by a strong running game. Develop a set of foundational running

plays that your offense can execute effectively. This will keep the defense honest and create opportunities for successful RPOs.

Step 3: Identify Key Defenders: To determine the read options in your RPOs, identify the defenders who are critical to stopping the run or covering the pass. These defenders will be the ones quarterbacks key on to make their decisions. The choice to hand off or throw will be based on their movements.

Step 4: Implement RPO Concepts: Start with a simple RPO play and gradually expand your playbook as your team becomes more comfortable. Begin by incorporating inside zone runs with quick pass options. Once your team masters the basics, introduce more complex RPOs that involve multiple routes and read progression.

Step 5: Practice and Repetition: Like any new play, RPOs require practice and repetition for your offense to perfect their execution. Create drills and situational scrimmages to simulate game-like scenarios. This will help your players develop the necessary chemistry and timing to execute RPOs successfully during actual games.

Implementing explosive RPO concepts into your offense can revolutionize your team's ability to create big plays and keep defenses guessing. With careful evaluation, proper training, and practice, you can integrate RPOs seamlessly into any offense. So, go ahead and take advantage of this innovative approach to elevate your team's performance on the football field.

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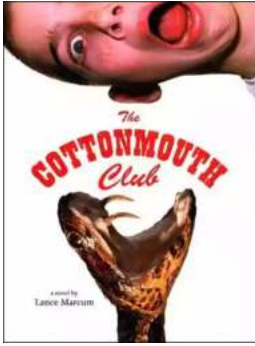


This book gives you a simple, systematic process for installing multiple RPO concepts into any offense. Coach Vint has been using RPO's in some form or fashion dating back to 2001. Over the years he has evolved his RPO's into a simple system that forces the defense to defend 53 yards of the field and all of your skill players on every snap. He demystifies the process of installing RPO's and shows how they can greatly enhance your offense. Coach Vint will show you how to build RPO concepts into your offense, regardless of what system you run. This book is direct, to the point, and focused on giving you specific strategies to become more explosive on offense! Regardless of what system you run, this is a book you need for your coaching library!



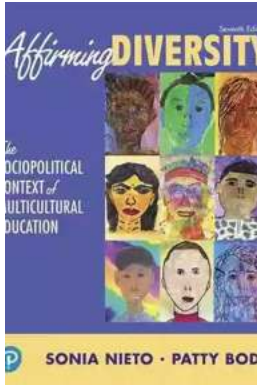
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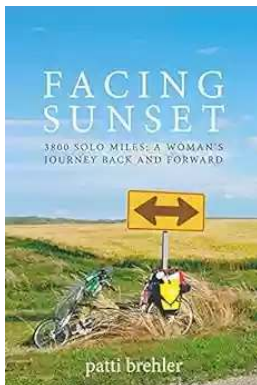
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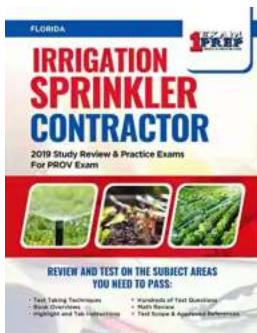
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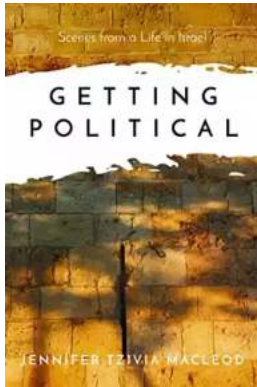
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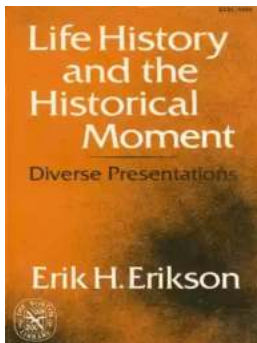
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