



Offensive Formations

Determine Defensive Alignment

5 Wide ATTACK Offense

Responsibility

Offensive formations dictate where the defense can or cannot line up. The defense cannot act independent of the offensive formation. They must defend the player positions and the formation the offense presents them. Thus, it is the responsibility of the offense to not allow the defense to do what they do best. If defenses are blitzing, stunting and disrupting your offense then your formations and offensive plays or players do not threaten them adequately or allow them to align in their pressure defensive alignments. If you get blitzing, stunting and chaos from the defense and you allow it to continue, it is your fault.

Defensive Alignment Options

The defense has a limited number of alignment options depending on the formation we, the offense, give them. The use of a tight end in the formation gives the defense more defensive alignment options than when the tight end is not in the formation. The 5 wide attack, which does not use a tight end, maximally limits the alignment of the defense and allows us, the offense, to predetermine certain parts of their alignment, the front/box, and practice against exactly what we will see during the game.

Attack or Passive

“Spread Offense” formations are the offensive version of the defensive blitz. They pressure the defense the way the defense pressures the offense with the blitz. So, you have to decide whether you want to attack or be passive. If you want to attack then use some form of a spread formation. The 5 Wide “Attack” Offense is the best spread offense version to limit a defense to only it’s basics. It makes the defense defend 5 pass receivers regardless of pass or run call on every down limiting the box numbers and coverage numbers.