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PhD Football: Offense (Volume 1)

Mr. Michael J. Lowry

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During the past few decades, dating back to the 1970s, success on the offensive side of the football has been predicated on a handful of fundamental and foundational concepts. As the years have passed, more emphasis and weight has been placed on the passing game through a variety of advanced strategies. The past 30 to 40 years have been witness to an array of innovative offensive methodologies affording the world of football a diverse spectrum of approaches comprised of various brands, styles, and trademarks when discussing football offense. Throughout the 1970s we saw the universal implementation of traditional option and veer offenses, all leveraging powerful ground attacks with the passing game acting in a supporting, ancillary role. In the 1980s, the Pro-I offense was used on a widespread basis while the west-coast offense was introduced with tremendous efficacy and popularity. By the end of the decade, numerous one-back systems were implemented at all levels of football. As the decade of the 1990s opened, the run-and-shoot offense surfaced, producing some of the most prolific quarterbacks, backs, and receivers in the history of the game. And, in the past 15-20 years, shovel-pass, zone-read, and hurry-up systems of offensive football have become ubiquitous standards throughout all tiers of the game. Whatever style of offense coaches and teams utilize and implement, a handful of key building blocks remain the foundational base for any successful football program. Further, a core nucleus of underlying concepts underpin the ability of a coaching staff when designing, teaching, implementing, and assessing today’s complex and sophisticated offensive structures. These building blocks and concepts have remained consistent throughout the decades, from three-back power sets to spread formations, from triple-option schemes of the 1970s to contemporary zone-read schemes, and from ball-control west-coast offense systems to today’s no-huddle hurry-up brand. No matter the official brand, title, style, or type of offensive system implemented, success on the offensive side of the ball manifests through a rigid football paradigm involving a tightly defined ideology of gridiron concepts and structures. Become a Football Offense GENIUS with PhD Football: Offense! Order your copy now!

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