

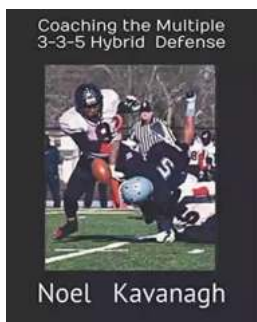
# **Unveiling the Strategies: Terminology Blitz Packages Defending The Triple Option Disguised Coverages**

The world of football is ever-evolving with new strategies and techniques being developed year after year. One such complex and intriguing strategy is the use of terminology blitz packages to defend against the triple option disguised coverages. In this article, we will explore the intricacies of this defensive tactic and how it has revolutionized the way teams counter the triple option play.

## **Understanding the Triple Option**

The triple option is a deceptive offensive play that has been used since the early days of football. It involves the quarterback reading the defense and deciding whether to hand off the ball to a running back, keep it for themselves, or pitch it to another player. This play puts tremendous pressure on the defense as it requires split-second decision-making and disciplined coverage assignments.

Traditionally, defenses countered the triple option by assigning specific defenders to key players in the offensive backfield. However, offenses have become increasingly creative in disguising their intentions, making it challenging for defenses to react in time effectively. This is where the terminology blitz packages come into play.



**Hybrid 3-3-5: Terminology, Blitz Packages, Defending the Triple Option, Disguised Coverages, Nickel Package, IEP Wristbands, Off-Season Training, Creating a Positive Family Atmosphere in Your Program** by Oliver Kramer(Kindle Edition)

★ ★ ★ ★ ☆ 4.8 out of 5

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## The Terminology Blitz Package Advantage

The terminology blitz packages provide a cohesive and adaptable approach to defending the triple option. Instead of assigning individual defenders to specific offensive players, coaches use terminology to communicate specific roles and assignments to the entire defensive unit. This allows for easier adjustments and rapid response time.

By utilizing the terminology blitz packages, coaches can confuse the offensive line and quarterback by disguising defensive coverages. The objective is to create hesitation and uncertainty in the offensive team, forcing them into making mistakes and turning the tide in favor of the defense.

## Breaking Down the Terminology Blitz Package

The terminology blitz package is composed of several elements that work in unison to disrupt the triple option play. Let's break down these elements to understand their significance:

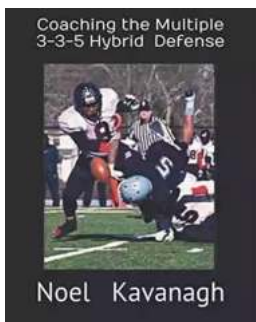
1. **Terminology Assignments:** Each defender is assigned a specific role based on the offensive formation and tendencies. These assignments often change from game to game or even within the game itself.
2. **Pre-Snap Movements:** Defenders perform pre-snap movements to confuse the quarterback and the offensive line. This can involve shifting positions, disguising blitzes, or adopting disguising coverages.
3. **Delayed Blitzes:** Blitzes are timed to disrupt the triple option play after the offense has committed to a specific action, leaving them vulnerable to pressure and potential turnovers.
4. **Zone Coverage Drops:** Defenders drop into specific zones to take away passing lanes and provide support against potential pitch options. This ensures that the defense can effectively cover both run and pass options.
5. **Man-to-Man Assignments:** In certain situations, defenders are assigned man-to-man coverage assignments to closely guard specific offensive players, negating their impact on the play.

## Other Considerations

While the terminology blitz package provides significant advantages in defending the triple option, it requires careful practice and understanding of offensive tendencies. Coaches must scout and analyze the opposing team's offensive strategies to create effective blitz packages.

Additionally, communication amongst the defensive personnel is crucial to ensure everyone understands their assignments and adjustments. Miscommunication can lead to disastrous breakdowns in coverage and leave the defense vulnerable to big plays.

The terminology blitz packages have revolutionized the way teams defend against the triple option. With its adaptable nature and ability to disguise coverages effectively, it has become an invaluable tool for coaches looking to disrupt the offensive play. However, it is important to remember that executing this strategy requires thorough preparation, communication, and understanding of offensive tendencies. With the right approach and attention to detail, the terminology blitz packages can neutralize the triple option and provide a decisive advantage to the defense.



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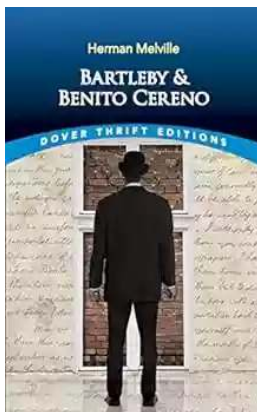
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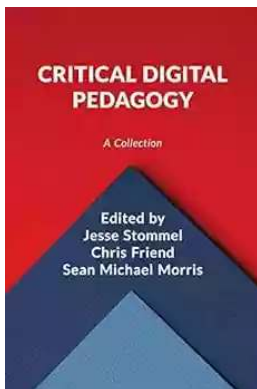
Coaching the Multiple 3-3-5 Hybrid Defense will give coaches the ability to install Terminology, Blitz Packages, Defending the Triple Option, Disguised Coverages, Nickel Package, IEP Wristbands, Off-Season Training, Practice Routines and

Drills, and learn how to Creating a Positive Family Atmosphere in Your Program. This book will highlight different looks to use in long down situations, defend against RPO teams, and give coaches an opportunity to use multiple looks with simple rules and terminology. This book can be a guide for how to run this defense or how to implement some of the ideas into a defense you already have. This book also highlights some great teams and players that I have built relationships with through coaching football at Mater Dei (NJ), Fairleigh Dickinson University, Averett University, Freehold Boro, Neptune, Saint John Vianney and Lakewood HS.



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