

THE MIDWEST EXPRESS OPTION OFFENSE.



***SYSTEM
OVERVIEW***

A Coach Mike Cross Presentation
COACH MIKE CROSS LLC.



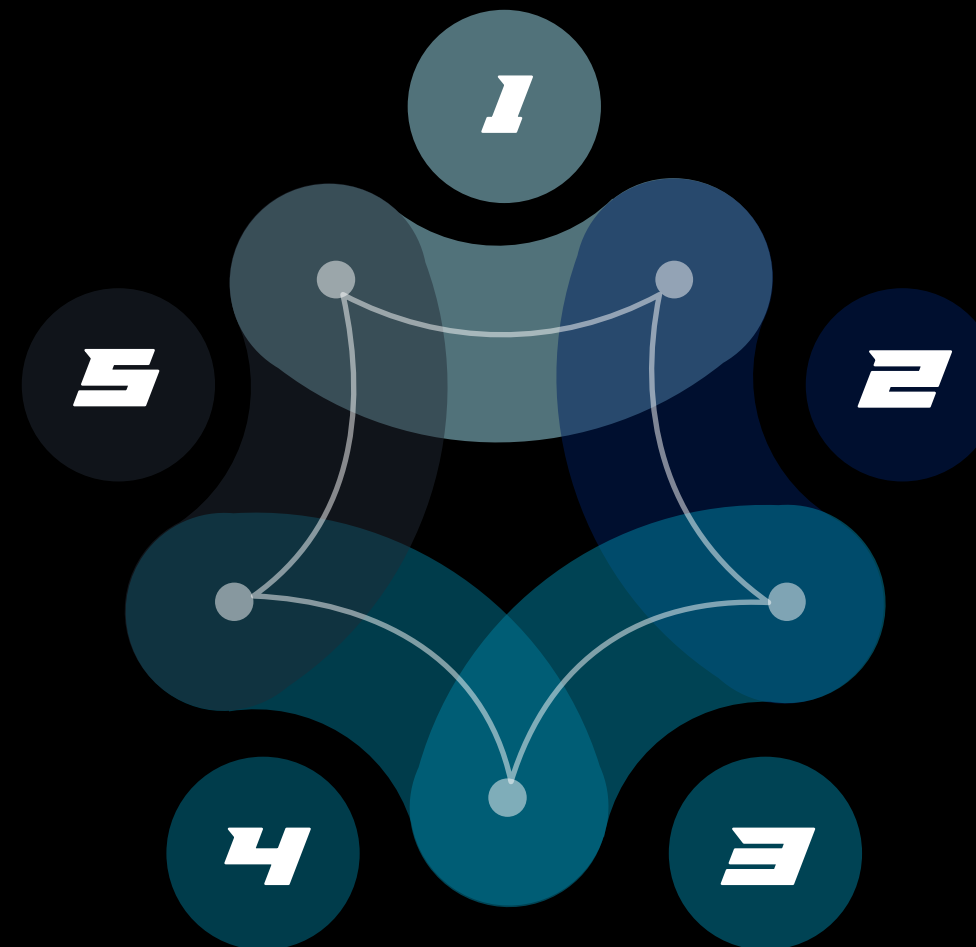
COACH MIKE CROSS

OFFENSIVE PHILOSOPHY

The Midwest Express Option Offense prioritizes clarity through detail, adaptability, and player maximization, to create a framework for efficient play execution and ongoing offensive innovation.

COACHING ROLES

- Head Coach
- Offensive Coordinator
- Position Coach
 - QB (2)
 - OL (8)
 - LB (1)
- Graduate Assistant



PROGRAM LEVELS

- High School
- Junior College
- College (D3)
 - Otterbein University

EDUCATION

- Undergraduate Degrees
 - BA – Sports Management
 - BA – Business Administration
- Graduate Degree
 - Masters – Business Administration

COACHING SETTINGS

- Team Sizes
 - 23 – 110
- Environment & Enrollment
 - Rural Farming Community - 275
 - Inner City – 3000+



CLINIC OBJECTIVE

The following presentation is an overview of the Midwest Express Option Offense, offering insights into its structure, flexibility, strategic elements, and execution principles.

The goal is to equip coaches with a deeper understanding of this offensive system, emphasizing its effectiveness, adaptability, and strategic advantages on the field.

Key focus areas: play calling system, tempo/cadence, formation naming, run schemes, passing concepts, and motions.



The Midwest express is a versatile and dynamic offensive system crafted to optimize player capabilities.



It emphasizes a systematic learning approach and ensures adaptability from season to season.

PLAY CALLING

- The purpose of the play call is to strategically coordinate the actions of players to exploit the opponent's weaknesses, advance the ball, and ultimately score points.
- A clear and structured play calling system ensures efficient communication, reducing confusion and enhancing team execution.
- Learning a play calling system is like learning a new language. Both involve understanding specific terms, interpreting signals, and developing fluency to communicate effectively within a unique context.





PLAY CALL STRUCTURE



WR

Formation

Dictates the positions of wide receivers on the field before the snap.

TE

Set

Specifies the positioning of tight ends in relation to the offensive line.

RB

Backfield

Determines the arrangement of the running back/s in the backfield of the formation.

QB

Depth

Determines whether QB starts the play Under Center, in the Pistol, or from the Shotgun.

MO

Motion

Describes any movement or shift by players before the ball is snapped.

P#

Play Number

Utilizes a three-digit system to convey information about the type, concept, and direction of the play in both the run and pass game.

TAG

Improvisations

Additional instructions or adjustments to the base play call, providing flexibility and adaptability based on defensive alignment or other factors.

CALL SHEET

Base Runs				Base Passes				1st Down (+10)						
RNGRS	NSCR 1	Dbls Snp R H Rkt 35 IN	NSCR 6	Dbls Snp L H Shttl 34 IN	RNGRS	NSCR 11	Dbls OMA			Personell	LH		RH	
RNGRS	NSCR 2	Dbls Snp L YRkt 34 IN	NSCR 7	Trps R Snp R 35 IN	RNGRS	NSCR 12	Dbls DNVR			RNGRS	ML 16	Trps L Snp R Memphis	ML 16	Trps L Snp R Memphis
RNGRS	NSCR 3	Dbls Snp L 25 Y IN	NSCR 8	Trps R Snp L H Rkt 34 IN	Quicks				RNGRS	ML 17	Trps R Snp L Memphis	ML 17	Trps R Snp L Memphis	
RNGRS	NSCR 4	Dbls Snp R 24 H IN	NSCR 9	Trps L Snp R H Rkt 35 IN	Personell	LH		RH		RNGRS	NSCR 2	Dbls Snp L Y Rkt 34 IN	NSCR 2	Dbls Snp L Y Rkt 34 IN
RNGRS	NSCR 5	Dbls Snp R Y Shttl 35 IN	NSCR 10	Trps L Snp L 34 IN	DBLS				SEALS	BL 11	Twns R Wing 35 Kick	BL 11	Twns R Wing 35 Kick	
RUN S				DBLS				1st Down (10)						
Personell	LH		RH		RNGRS	NSCR 11	Dbls OMA	NSCR 11	Dbls OMA	Personell	LH		RH	
	DBLS				RNGRS	NSCR 12	Dbls DNVR	NSCR 12	Dbls DNVR	RNGRS	NSCR 2	Dbls Snp L Y Rkt 34 IN	NSCR 2	Dbls Snp L Y Rkt 34 IN
RNGRS	NSCR 1	Dbls Snp R H Rkt 35 IN	NSCR 1	Dbls Snp R H Rkt 35 IN	RNGRS	TL 11	Dbls Bstn	TL 11	Dbls Bstn	SEALS	BL 11	Twns R Wing 35 Kick	BL 11	Twns R Wing 35 Kick
RNGRS	NSCR 2	Dbls Snp L Y Rkt 34 IN	NSCR 2	Dbls Snp L Y Rkt 34 IN	RNGRS	TL 12	Dbls Char	TL 12	Dbls Char	RNGRS	NSCR 8	Trps R Snp L H Rkt 34 IN	NSCR 10	Trps L Snp R H Rkt 35 IN
RNGRS	NSCR 3	Dbls Snp L 25 Y IN	NSCR 3	Dbls Snp L 25 Y IN	RNGRS	TL 13	Dbls Hstn	TL 13	Dbls Hstn	RNGRS	NSCR 8	Trps R Snp L H Rkt 34 IN	NSCR 10	Trps L Snp L 34 IN
RNGRS	NSCR 4	Dbls Snp R 24 H IN	NSCR 4	Dbls Snp R 24 H IN	Personell	Trps				RNGRS	BL 19	Trps R Snp R 35 IN H Brn Flat	BL 18	Trps L Snp L 34 IN H Brn Flat
RNGRS	NSCR 5	Dbls Snp R Y Shttl 35 IN	NSCR 5	Dbls Snp R Y Shttl 35 IN	RNGRS	TR 12	Trps R Char	TM 14	Trps L Char	1st Down (5)				
RNGRS	NSCR 6	Dbls Snp L H Shttl 34 IN	NSCR 6	Dbls Snp L H Shttl 34 IN	RNGRS	TR 13	Trps R Dnvr	TM 15	Trps L Dnvr	Personell	LH		RH	
Trps				Trps				Redzone Runs						
RNGRS	BL 19	Trps R Snp R 35 IN H Brn Flat	BL 18	Trps L Snp L 34 IN H Brn Flat	RNGRS	TR 14	Trps R H Bstn	TM 16	Trps L H Bstn	Personell	LH		RH	
RNGRS	NSCR 7	Trps R Snp R 35 IN	NSCR 9	Trps L Snp R H Rkt 35 IN	RNGRS	TR 15	Trps R Hstn	TM 17	Trps L Hstn	RNGRS	NSCR 1	Dbls Snp R H Rkt 35 IN	NSCR 1	Dbls Snp R H Rkt 35 IN
RNGRS	NSCR 8	Trps R Snp L H Rkt 34 IN	NSCR 10	Trps L Snp L 34 IN	RNGRS	TR 16	Trps R Oma	TM 18	Trps L Oma	RNGRS	NSCR 2	Dbls Snp L Y Rkt 34 IN	NSCR 2	Dbls Snp L Y Rkt 34 IN
Twns				Twns				Redzone Passes						
SEALS	MR 18	Heisman Option Sweep L	MR 18	Heisman Option Sweep L	RNGRS	TR 17	Trps R Snp L Fst Oma	BR 19	Trps L Snp L Fst Oma	Personell	LH		RH	
SEALS	MR 19	Heisman Option Sweep R	MR 19	Heisman Option Sweep R	RNGRS	TR 18	Trps R Snp L Swing Dnvr	TM 19	Trps L Snp L Swing Dnvr	RNGRS	NSCR 1	Dbls Snp R H Rkt 35 IN	NSCR 1	Dbls Snp R H Rkt 35 IN
SEALS	MR 20	Twns R Sting 34 Kick	MR 20	Twns R Sting 34 Kick	RNGRS	TR 19	Trps R Snp R Fst Oma	BR 20	Trps L Snp R Fst Oma	RNGRS	NSCR 2	Dbls Snp L Y Rkt 34 IN	NSCR 2	Dbls Snp L Y Rkt 34 IN
SEALS	BL 11	Twns R Wing 35 Kick	BL 11	Twns R Wing 35 Kick	RNGRS	TR 20	Trps R Snp R Swing Dnvr	TM 20	Trps L Snp R Swing Dnvr	SEALS	MR 18	Heisman Option Sweep L	MR 18	Heisman Option Sweep L
SEALS	BL 12	Twns L Sting 34 Kick	BL 12	Twns L Sting 34 Kick	RNGRS	ML 11	Trps R Z Bstn	TR 11	Trps L X Bstn	SEALS	MR 19	Heisman Option Sweep R	MR 19	Heisman Option Sweep R
SEALS	BL 13	Twns L Wing 35 Kick	BL 13	Twns L Wing 35 Kick	Personell	Empty				Redzone Passes				
SEALS	BL 14	Twns R Offset L 34 Kick	BL 14	Twns R Offset L 34 Kick	RNGRS	TL 19	Empty R Bstn	TL 14	Empty L Bstn	Personell	LH		RH	
SEALS	BL 15	Twns R Offset R 35 Kick	BL 15	Twns R Offset R 35 Kick	RNGRS	TL 20	Empty R Char	TL 15	Empty L Char	RNGRS	NSCR 1	Dbls Snp R H Rkt 35 IN	NSCR 1	Dbls Snp R H Rkt 35 IN
SEALS	BL 16	Twns L Offset L 34 Kick	BL 16	Twns L Offset L 34 Kick	RNGRS	TM 11	Empty R Dnvr	TL 16	Empty L Dnvr	RNGRS	NSCR 2	Dbls Snp L Y Rkt 34 IN	NSCR 2	Dbls Snp L Y Rkt 34 IN
SEALS	BL 17	Twns L Offset R 35 Kick	BL 17	Twns L Offset R 35 Kick	RNGRS	TM 12	Empty R Hstn	TL 17	Empty L Hstn	RNGRS	NSCR 3	Dbls Snp L 25 Y IN	NSCR 3	Dbls Snp L 25 Y IN
Opponent Specific Runs				Opponent Specific Passes				Redzone Passes						
3rd Army	MR 18	Heisman Option Sweep L	MR 18	Heisman Option Sweep L	SEALS	MR 14	Twns R Offset L Dlls F Swing	MR 14	Twns R Offset L Dlls F Swing	Personell	LH		RH	
3rd Army	MR 19	Heisman Option Sweep R	MR 19	Heisman Option Sweep R	SEALS	MR 15	Twns R Offset R Dlls F Swing	MR 15	Twns R Offset R Dlls F Swing	RNGRS	NSCR 4	Dbls Snp R 24 H IN	NSCR 4	Dbls Snp R 24 H IN
3rd Army	GP 7	Falcon 1 - Q Draw L	GP 8	Falcon 2 - Q Draw L	SEALS	MR 16	Twns R Sting Dlls H Flat	MR 16	Twns R Sting Dlls H Flat	RNGRS	NSCR 5	Dbls Snp R Y Shttl 35 IN	NSCR 5	Dbls Snp R Y Shttl 35 IN
Opponent Specific Passes				Opponent Specific Passes				Redzone Passes						
SEALS	MR 14	Twns R Offset L Dlls F Swing	MR 14	Twns R Offset L Dlls F Swing	SEALS	MR 17	Twns R Wing Dlls	MR 17	Twns R Wing Dlls	RNGRS	NSCR 6	Dbls Snp L H Shttl 34 IN	NSCR 6	Dbls Snp L H Shttl 34 IN
SEALS	MR 15	Twns R Offset R Dlls F Swing	MR 15	Twns R Offset R Dlls F Swing					SEALS	MR 18	Heisman Option Sweep L	MR 18	Heisman Option Sweep L	
SEALS	MR 16	Twns R Sting Dlls H Flat	MR 16	Twns R Sting Dlls H Flat					SEALS	MR 19	Heisman Option Sweep R	MR 19	Heisman Option Sweep R	
SEALS	MR 17	Twns R Wing Dlls	MR 17	Twns R Wing Dlls										
Specials				Specials				Redzone Passes						
Personell	LH		RH		Personell	LH		RH		Personell	LH		RH	
	GP 2	Continental 2 = X Boston	GP 1	Continental 1 = Dbl Pass		MM 17	Empty R Ori	MM 14	Empty L Ori	RNGRS	MM 17	Empty R Ori	MM 14	Empty L Ori
	GP 3	Continental 3 = 34	GP 3	Continental 3 = 34		MM 16	Empty R Nshv	MM 13	Empty L Nshv	RNGRS	MM 16	Empty R Nshv	MM 13	Empty L Nshv
	GP 5	Rebel 3	GP 4	Rebel 1		MM 15	Empty R Dlls	MM 12	Empty L Dlls	RNGRS	MM 12	Empty R Hstn	TL 17	Empty L Hstn
			GP 6	Rebel 4		MM 16	Empty R Nshv	MM 13	Empty L Nshv	RNGRS	TL 17	Empty L Hstn	TM 12	Empty R Hstn
						MM 17	Empty R Ori	MM 14	Empty L Ori	RNGRS	TR 18	Trps R Snp L Swing Dnvr	TM 19	Trps L Snp L Swing Dnvr
3rd Army	GP 7	Falcon 1 - Q Draw L	GP 8	Falcon 2 - Q Draw L					RNGRS	TR 20	Trps R Snp R Swing Dnvr	TM 20	Trps L Snp R Swing Dnvr	
Opening Script				Opening Script				Goal Line Runs						
3rd Army	MR 18	Heisman Option Sweep L	MR 18	Heisman Option Sweep L	SEALS	MR 14	Twns R Offset L Dlls F Swing	MR 14	Twns R Offset L Dlls F Swing	Personell	LH		RH	
3rd Army	MR 19	Heisman Option Sweep R	MR 19	Heisman Option Sweep R	SEALS	MR 15	Twns R Offset R Dlls F Swing	MR 15	Twns R Offset R Dlls F Swing	DELTA	GL 1	Tw L Thndr Str Un 32 A Y Flat	GL 2	Tw R Ltng Wk Un 33 A Y Flat
3rd Army	GP 7	Falcon 1 - Q Draw L	GP 8	Falcon 2 - Q Draw L	SEALS	MR 16	Twns R Sting Dlls H Flat	MR 16	Twns R Sting Dlls H Flat	3rd Army	GL 3	Heisman Goal Line L	GL 3	Heisman Goal Line L
RNGRS	NSCR 2	Dbls Snp L Y Rkt 34 IN	NSCR 2	Dbls Snp L Y Rkt 34 IN	SEALS	MR 17	Twns R Wing Dlls	MR 17	Twns R Wing Dlls	3rd Army	GL 4	Heisman Goal Line R	GL 4	Heisman Goal Line R
Compos				Compos				Goal Line Runs						
Personell	LH		RH		Personell	LH		RH		RNGRS	NSCR 2	Dbls Snp L Y Rkt 34 IN	NSCR 2	Dbls Snp L Y Rkt 34 IN
	DBLS					DBLS				Passes				
RNGRS	ML 14	Dbls Snp L Memphis	ML 14	Dbls Snp L Memphis	RNGRS	ML 14	Dbls Snp L Memphis	ML 14	Dbls Snp L Memphis	Personell	LH		RH	
RNGRS	ML 15	Dbls Snp R Memphis	ML 15	Dbls Snp R Memphis	RNGRS	ML 15	Dbls Snp R Memphis	ML 15	Dbls Snp R Memphis	RNGRS	BL 19	Trps R Snp R 35 IN H Brn Flat	BL 18	Trps L Snp L 34 IN H Brn Flat
RNGRS	ML 18	Dbls Flgstff	ML 19	Dbls Phnx	RNGRS	ML 18	Dbls Flgstff	ML 19	Dbls Phnx	RNGRS	NSCR 7	Trps R Snp R 35 IN	NSCR 9	Trps L Snp R H Rkt 35 IN
RNGRS	ML 19	Dbls Phnx	ML 18	Dbls Flgstff	RNGRS	ML 19	Dbls Phnx	ML 18	Dbls Flgstff	RNGRS	NSCR 8	Trps R Snp L H Rkt 34 IN	NSCR 10	Trps L Snp L 34 IN
Personell	Trps				Personell	Trps				RNGRS	ML 11	Trps R Z Bstn	TR 11	Trps L X Bstn
RNGRS	ML 16	Trps L Snp R Memphis	ML 16	Trps L Snp R Memphis	RNGRS	ML 16	Trps L Snp R Memphis	ML 16	Trps L Snp R Memphis	RNGRS	TL 14	Empty L Bstn	TL 19	Empty R Bstn
RNGRS	ML 17	Trps R Snp L Memphis	ML 17	Trps R Snp L Memphis	RNGRS	ML 17	Trps R Snp L Memphis	ML 17	Trps R Snp L Memphis	RNGRS	TL 12	Dbls Char	TL 12	Dbls Char

BEAT NV

CALL SHEET

2nd Down (+1 to +3)				3rd Down (+1 to +3)				4th Down (+1)						
Personell	LH		RH		Personell	LH		RH		Personell	Runs		RH	
RNGRS RNGRS	NSCR 2 NSCR 4	ICE Dbls Snp L YRkt 34 IN Dbls Snp R 24 H IN	NSCR 2 NSCR 4	ICE Dbls Snp L YRkt 34 IN Dbls Snp R 24 H IN	RNGRS RNGRS	NSCR 2 TR 15	ICE Dbls Snp L YRkt 34 IN Trps R Hstn	NSCR 2 TM17	ICE Dbls Snp L YRkt 34 IN Trps L Hstn	RNGRS RNGRS 3rd Army 3rd Army SEALS SEALS	NSCR 1 NSCR 2 GL 3 GL 4 BL 13 BL 16 BL 17	ICE Dbls Snp R H Rkt 35 IN Dbls Snp L YRkt 34 IN Heisman Goal Line L Heisman Goal Line R Twns L Wing 35 Kick Twns L Offset L 34 Kick Twns L Offset R 35 Kick	NSCR 1 NSCR 2 GL 3 GL 4 BL 13 BL 16 BL 17	ICE Dbls Snp R H Rkt 35 IN Dbls Snp L YRkt 34 IN Heisman Goal Line L Heisman Goal Line R Twns L Wing 35 Kick Twns L Offset L 34 Kick Twns L Offset R 35 Kick
2nd Down (+4 to +6)				3rd Down (+4 to +6)				Passes						
Personell	LH		RH		Personell	LH		RH		Personell	LH		RH	
RNGRS RNGRS RNGRS RNGRS RNGRS	TL 11 ML 14 ML 15 ML 18 ML 19	ICE Dbls Bstn Dbls Snp L Memphis Dbls Snp R Memphis Dbls Flgstff Dbls Phrx	TL 11 ML 14 ML 15 ML 19 ML 18	ICE Dbls Bstn Dbls Snp L Memphis Dbls Snp R Memphis Dbls Phrx Dbls Flgstff	RNGRS SE ALS SE ALS	TL 11 ML 12 ML 13	ICE Dbls Bstn Twns L Split R Dnvr Swings Twns R Split L Dnvr Swings	TL 11 ML 12 ML 13	ICE Dbls Bstn Twns L Split R Dnvr Swings Twns R Split L Dnvr Swings	RNGRS RNGRS RNGRS RNGRS RNGRS	TL 11 TL 13 BL19 NSCR 7 NSCR 8 ML 11 TL 14 TL 12	ICE Dbls Bstn Dbls Hstn Trps R Snp R 35 IN H Brn Flat Trps R Snp R 35 IN Trps R Snp L H Rkt 34 IN Trps R Z Bstn Empty L Bstn Dbls Char	TL 11 TL 13 BL18 NSCR 9 NSCR 10 TR 11 TL 19 TL 12	ICE Dbls Bstn Dbls Hstn Trps L Snp L 34 IN H Brn Flat Trps L Snp R H Rkt 35 IN Trps L Snp L 34 IN Trps L X Bstn Empty R Bstn Dbls Char
2nd Down (+7 to +9)				3rd Down (+7 to +9)				4th Down (+2 to +5)						
Personell	LH		RH		Personell	LH		RH		Personell	LH		RH	
RNGRS RNGRS RNGRS RNGRS RNGRS RNGRS	MR 11 TR 14 NSCR 1 NSCR 2 NSCR 4 TL 14 TR 14	Trps R D lls Trps R H Bstn Dbls Snp R H Rkt 35 IN Dbls Snp L YRkt 34 IN Dbls Snp R 24 H IN Empty L Bstn Trps R H Bstn	MM 18 TM16 NSCR 1 NSCR 2 NSCR 4 TL 19 TM16	Trps L D lls Trps L H Bstn Dbls Snp R H Rkt 35 IN Dbls Snp L YRkt 34 IN Dbls Snp R 24 H IN Empty R Bstn Trps L H Bstn	RNGRS RNGRS SE ALS SE ALS	TL 13 TR 20 ML 12 ML 13	Dbls Hstn Trps R Snp R Swing Dnvr Twns L Split R Dnvr Swings Twns R Split L Dnvr Swings	TL 13 TM 20 ML 12 ML 13	Dbls Hstn Trps L Snp R Swing Dnvr Twns L Split R Dnvr Swings Twns R Split L Dnvr Swings	SEALS RNGRS	BL 13 NSCR 2	ICE Twns L Wing 35 Kick Dbls Snp L YRkt 34 IN	BL 13 NSCR 7	ICE Twns L Wing 35 Kick Trps R Snp R 35 IN
2nd Down (10+)				3rd Down (10+)				<p style="text-align: center;">AHEAD BY</p> <p>1 GO FOR 2</p> <p>2 KICK</p> <p>3 KICK</p> <p>4 GO FOR 2</p> <p>5 KICK</p> <p>6 KICK (MAYBE 2)</p> <p>7 KICK</p> <p>8 KICK</p> <p>9 KICK</p> <p>10 KICK</p> <p>11 KICK</p> <p>12 KICK</p> <p>13 KICK</p> <p>14 KICK</p> <p>15 KICK</p> <p>16 KICK</p> <p>17 KICK</p> <p>18 KICK</p> <p>19 KICK</p> <p>20 KICK</p> <p>21 KICK</p> <p>22 KICK</p> <p>23 KICK</p> <p>24 KICK</p> <p style="text-align: center;">BEHIND BY</p> <p>1 KICK</p> <p>2 GO FOR 2</p> <p>3 KICK</p> <p>4 KICK</p> <p>5 GO FOR 2</p> <p>6 KICK</p> <p>7 KICK</p> <p>8 KICK</p> <p>9 KICK</p> <p>10 KICK</p> <p>11 KICK</p> <p>12 GO FOR 2</p> <p>13 KICK</p> <p>14 KICK</p> <p>15 KICK</p> <p>16 GO FOR 2</p> <p>17 KICK</p> <p>18 KICK</p> <p>19 KICK</p> <p>20 KICK</p> <p>21 KICK</p> <p>22 KICK</p> <p>23 KICK</p> <p>24 KICK</p>						
Personell	LH		RH		Personell	LH						RH		
RNGRS RNGRS RNGRS RNGRS SEALS SEALS	NSCR 2 TL 13 TL 11 NSCR 8 ML 17 ML 12 ML 13	Dbls Snp L YRkt 34 IN Dbls Hstn Dbls Bstn Trps R Snp L H Rkt 34 IN Trps R Snp L Memphis Twns L Split R Dnvr Swings Twns R Split L Dnvr Swings	NSCR 2 TL 13 TL 11 NSCR 8 ML 17 ML 12 ML 13	Dbls Snp L YRkt 34 IN Dbls Hstn Dbls Bstn Trps R Snp L H Rkt 34 IN Trps R Snp L Memphis Twns L Split R Dnvr Swings Twns R Split L Dnvr Swings	RNGRS SE ALS SE ALS RNGRS RNGRS	NSCR 2 ML 12 ML 13 TL 13 ML 17	Dbls Snp L YRkt 34 IN Twns L Split R Dnvr Swings Twns R Split L Dnvr Swings Dbls Hstn Trps R Snp L Memphis	NSCR 2 ML 12 ML 13 TL 13 ML 17	Dbls Snp L YRkt 34 IN Twns L Split R Dnvr Swings Twns R Split L Dnvr Swings Dbls Hstn Trps R Snp L Memphis					
Front 1				Front 2										
○○□○○				○○□○○										
TAKE A KNEE CHART				Opponent Ball										
				Opponents Time Outs										
				0 1 2 3										
D	1	2:08	1:28	:46	:06									
O	2	1:26	:46	:06	:06									
W	3	:44	:04	:04	:04									
N	4	:00	:00	:00	:00									
TAKE A KNEE CHART				Our Ball										
				Opponents Time Outs										
				0 1 2 3										
D	1	2:48	2:08	1:28	:48									
O	2	2:06	1:26	:46	:06									
W	3	:44	:04	:04	:04									
N	4	:02	:02	:02	:02									

TEMPO

01



AUTO – Fastest Tempo: Reserved for situations where we aim to accelerate the pace, especially effective when repeating a successful play. This tempo aligns with the philosophy of "if it ain't broke, don't fix it," making it ideal for scenarios where repetition is key.

- **Cadence: "SET HUT"**

02



NASCAR – No-Huddle Tempo: Employed for the six core plays that our players should be intimately familiar with. This tempo facilitates a quick-paced, no-huddle approach, emphasizing a streamlined execution of our fundamental plays.

- **Cadence: "Clap -> SET HUT"**

03



WRISTBAND – Basic Tempo: Primarily employed when executing plays off the wristbands. This tempo is the go-to choice, offering players the necessary time to thoroughly absorb and execute the play call with precision.

- **Cadence: "Ready -> Clap -> SET HUT"**

04



HUDDLE – Strategic Tempo: Employed to exert considerable influence on the game's pace while simultaneously keeping an aggressive defense on its toes.

- **Monday - "Ready -> Clap -> SET HUT"**
- **Tuesday - "Ready -> Clap -> SET HUT -> SET HUT"**
- **Wednesday - "Ready -> Clap -> SET HUT -> SET HUT -> SET HUT"**

05



ICE – Tactical Tempo: Employed as our "zombie" or "check with me" pace, designed to catch defenses off guard and potentially induce defensive penalties.

- **Cadence: - "Ready -> Clap -> SET HUT -> SET HUT -> Eye Coach -> SET HUT"**

#	Play	#	Play	#	Play
1	Dbls Snp R H Rkt 35 IN	5	Dbls Snp R Y Shttl 35 IN	9	Trps L Snp R H Rkt 35 IN
2	Dbls Snp L Y Rkt 34 IN	6	Dbls Snp L H Shttl 34 IN	10	Trps L Snp L 34 IN
3	Dbls Snp L 25 Y IN	7	Trps R Snp R 35 IN	11	Dbls OMA
4	Dbls Snp R 24 H IN	8	Trps R Snp L H Rkt 34 IN	12	Dbls DNVR

TOP

11	Dbls Bstn	11	Trps R Oma	11	Trps L Indnpls
12	Dbls Char	12	Trps R Snp L Swing Dnvr	12	Trps L Miami H Bstn
13	Dbls Hstn	13	Trps R Snp R Swing Dnvr	13	Trps L Oma
14	Dbls Huntsville	14	Trps R Sttl H Bstn	14	Trps L Snp L Swing Dnvr
15	Dbls Indnpls	15	Trps R Y Bstn	15	Trps L Snp R Swing Dnvr
16	Dbls Miami	16	Trps R Z Bstn	16	Trps L Sttl H Bstn
17	Trps R Snap R Fast Indnpls H Seam	17	Trps R Snp L Fst Oma	17	Trps L X Bstn
18	Trps R Snp L Fst H Bstn Z Go	18	Trps R Snp R Fst Oma	18	Trps L Y Bstn
19	Trps R Char	19	Trps L Snap L Fast Indnpls H Seam	19	Trps L Snp L Fst Oma
20	Trps R Dnvr	20	Trps L Snp R Fst H Bstn X Go	20	Trps L Snp R Fst Oma
21	Trps R H Bstn	21	Trps L Char	21	Empty R Bstn
22	Trps R Hstn	22	Trps L Dnvr	22	Empty R Char
23	Trps R Indnpls	23	Trps L H Bstn	23	Empty R Dnvr H Seam
24	Trps R Miami H Bstn	24	Trps L Hstn	24	Empty R Hstn

#	Play	#	Play	#	Play
1	Continental 1 = Dbl Pass	4	GAME PLAN PACKAGE	9	GAME PLAN PACKAGE
2	Continental 2 = X Boston	5		10	
3	Continental 3 = 34	6		11	

MIDDLE

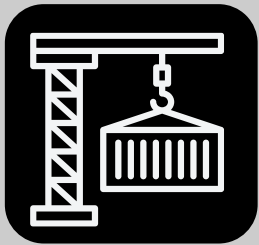
11	Empty R Miami H Bstn	11	Quads R Miami H Seam	11	Twns L Thndr Split Char
12	Empty R Oma H Seam	12	Quads R Oma H Seam	12	Twns L Thndr Split Dnvr
13	Empty R Sttl H Bstn	13	Quads L Char H Seam	13	Twns L Thndr Split Hstn
14	Empty L Bstn	14	Quads L Dnvr H Seam	14	Twns L Thndr Split Indnpls
15	Empty L Char	15	Quads L Hstn H Seam	15	Twns L Thndr Split Miami
16	Empty L Dnvr H Seam	16	Quads L Indnpls H Seam	16	Twns L Thndr Split Oma
17	Empty L Hstn	17	Quads L Miami H Seam	17	Dbls Flag (Flood R)
18	Empty L Miami H Bstn	18	Quads L Oma H Seam	18	Dbls Phnx (Flood L)
19	Empty L Oma H Seam	19	Twns R Ltng Split Char	19	Dbls Snp L Memphis
20	Empty L Sttl H Bstn	20	Twns R Ltng Split Dnvr	20	Dbls Snp R Memphis
21	Quads R Char H Seam	21	Twns R Ltng Split Hstn	21	
22	Quads R Dnvr H Seam	22	Twns R Ltng Split Indnpls	22	
23	Quads R Hstn H Seam	23	Twns R Ltng Split Miami	23	
24	Quads R Indnpls H Seam	24	Twns R Ltng Split Oma	24	

#	Play	#	Play	#	Play
1	Wildcat	4	Goal Line's	7	Goal Line's
2	PAT	5		8	
3		6		9	

BOTTOM

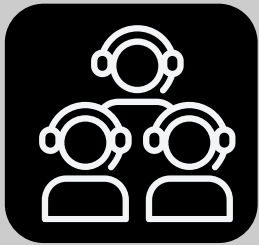
11	Trps L Snp R Memphis	11	Trps L I 35 Indy R Oma	11	Twns R Ltng Split 32 Ld A
12	Trps R Snp L Memphis	12	Trps L I 34 Indy L Indnpls	12	Twns R Ltng Split 32 Ld B
13	Twns L Thndr Split Flag	13	Trps L I 35 Indy R Indnpls	13	Twns R Ltng Split 33 Ld C
14	Twns R Ltng Split Phnx	14	Trps R Snp R 25 H IN	14	Twns R Ltng Split 33 Ld A
15	Twns L Thndr Split Memphis	15	Trps R Snp R 35 IN H Brn Flat	15	Twns R Ltng Split 33 Ld B
16	Twns R Ltng Split Memphis	16	Trps R Snp R H Shuttle 35 IN	16	Twns L Thndr Split 32 Ld A
17	Dbls I 34 Indy L Oma	17	Trps L Snp L 24 H IN	17	Twns L Thndr Split 32 Ld B
18	Dbls I 35 Indy R Oma	18	Trps L Snp L 34 IN H Brn Flat	18	Twns L Thndr Split 32 Ld C
19	Dbls I 34 Indy L Indnpls	19	Trps L Snp L H Shuttle 34 IN	19	Twns L Thndr Split 33 Ld A
20	Dbls I 35 Indy R Indnpls	20		20	Twns L Thndr Split 33 Ld B
21	Trps R I 34 Indy L Oma	21		21	QUICKS
22	Trps R I 35 Indy R Oma	22		22	COMBOS
23	Trps R I 34 Indy L Indnpls	23		23	SPEED OPTION
24	Trps R I 35 Indy R Indnpls	24		24	RPO'S
25	Trps L I 34 Indy L Oma	25		25	RUNS

WAISTBANDS



TOP SHEET

- Nascar Series
 - 12 plays designed for rapid execution, with an emphasis on familiarity. Practiced daily.
- Open Spaces



MIDDLE SHEET

- Gadget Series
 - Trick and Gadget plays, practiced weekly with one new play introduced weekly based on the gameplan.
- Open Spaces

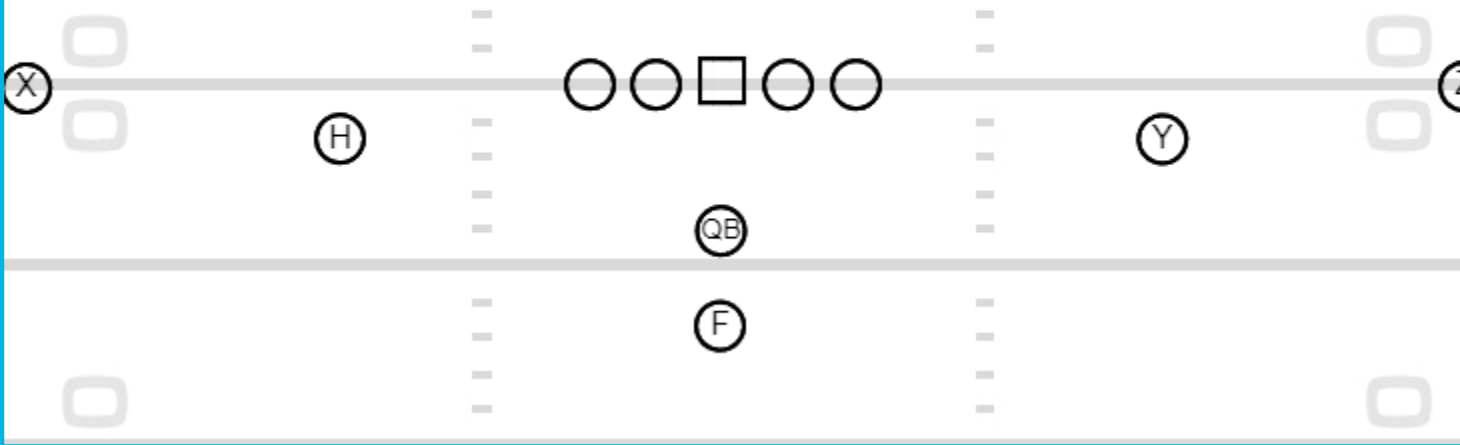


BOTTOM SHEET

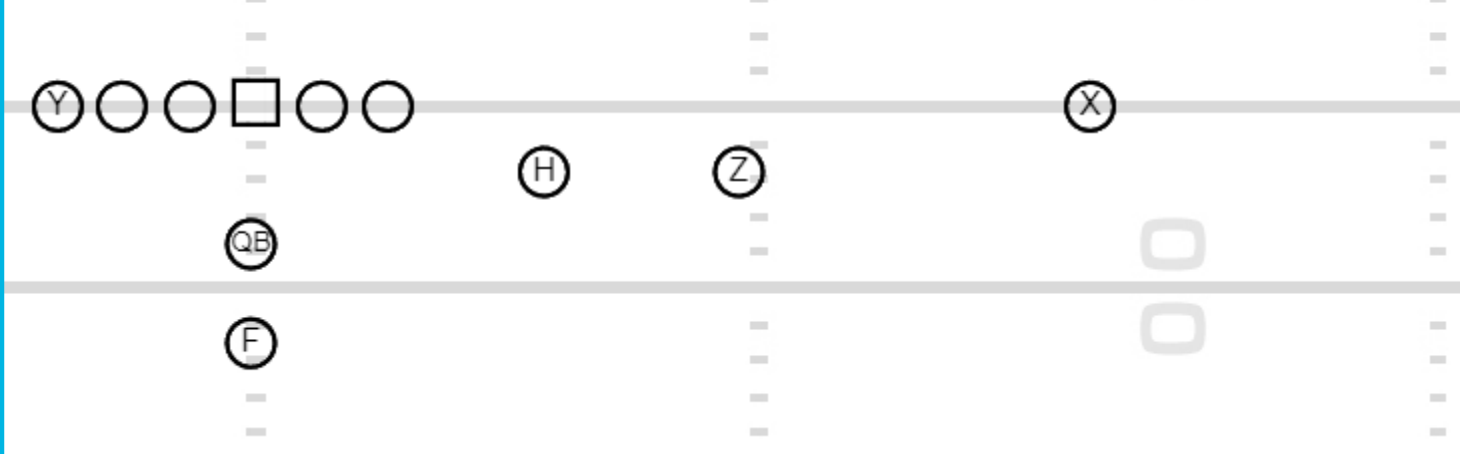
- Goal Line Series
 - Focuses on goal-line situations, practiced twice a week for precision.
- Open Spaces

FORMATION BUILDING

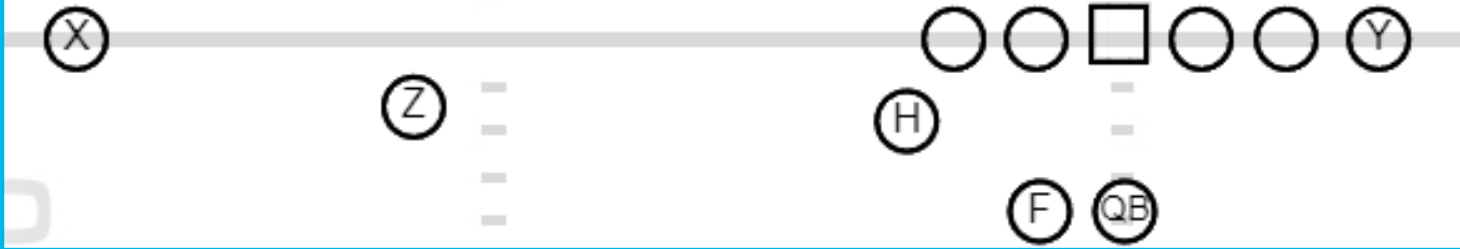
DBLS



TRPS R LTNG



TWINS L THNDR WHAMMER



WR Alignments

Uno	1X1 L/R on
Duo	2x1 (2 On the line)
Twins (3rd Installed)	2x1 (2 Receiver side 1 on 2 off)
Twins Flex	2x1 (2 Receiver side 1 off 2 on)
DBLS (1st Installed)	2x2 (2 Receiver side 1 on 2 off)
Trips (2nd Installed)	3x1 (1 On 2 Off 3 Off)
Trio	3x1 (1 Off 2 On 3 Off)
Trey	3x1 (1 Off 2 Off 3 On)
Empty (4th Installed)	3x1 (1 On 2 Off 3 Off) F to the 1 WR Side
Quads (5th Installed)	4x1 (1 On 2 Off 3 Off 4 Off) F Closest to QB / Bottom of Diamond

Possible Formation Tags

Bunch
Stack
Flex = Moves #2 on or off the LOS / Flipper = TE + wing

RB Alignments

TE Alignments

RB Alignments		TE Alignments	
Sting (1)	H Stack on RT / F offset L	Ace (3rd Installed)	1x1 2 TE Attached
Stinger	H Wing R / F offset L	Ace Flex / Ace Flex R/L	1x1 2 TE Wings
Wing	H Stack on LT / F offset R	Thunder (1st Installed)	2x1 TE Right Attached
Winger	H Wing L / F offset R	Thunder Flex/Flipper	2x1 TE Right Wing
Slam	H Stack on RT / F offset R	Lightning (2nd Installed)	2x1 TE Left Attached
Slammer	H Wing R / F offset R	Lightning Flex/Flipper	2x1 TE Left Wing
Wham	H Stack on LT / F offset L	QB Alignments	
Whammer	H Wing L / F offset L	Under	Under Center
Y&yer	Y Stacks Infront of F	Gun (Standard No Call)	4 Yards Behind Center
Strong	H Stack on RG / F I	Scan	7 Yards Behind Center
Weak	H Stack on LG / F I		
Snap	F starts in I form then shifts to L/R		
Snap Wing	F starts in I form then shifts to L/R Wing		
I	F &/Or H stacked behind QB		
Split L/R	L (H - F) R (F - H)		
Offset	H & F to L/R of QB		
T, Bone, Clubs	T, Wishbone, & Inverted Wishbone		

BASE RUN CONCEPTS

Inside Zone

- Covered Uncovered Rules
 - “I have from head up to the backside eye of my playside teammate.”

ISO (Split Zone)

- Same rule as Inside Zone but a “split point” is added to make room for an inserting blocker.

Counter

- Trey (GT)
 - Down -> Down -> Down -> Kick -> Pull
- Yert (GY)
 - Down -> Down -> Down -> Kick -> Down -> Pull

Long Trap

- Inside Zone Rules PST becomes backside kick out block.

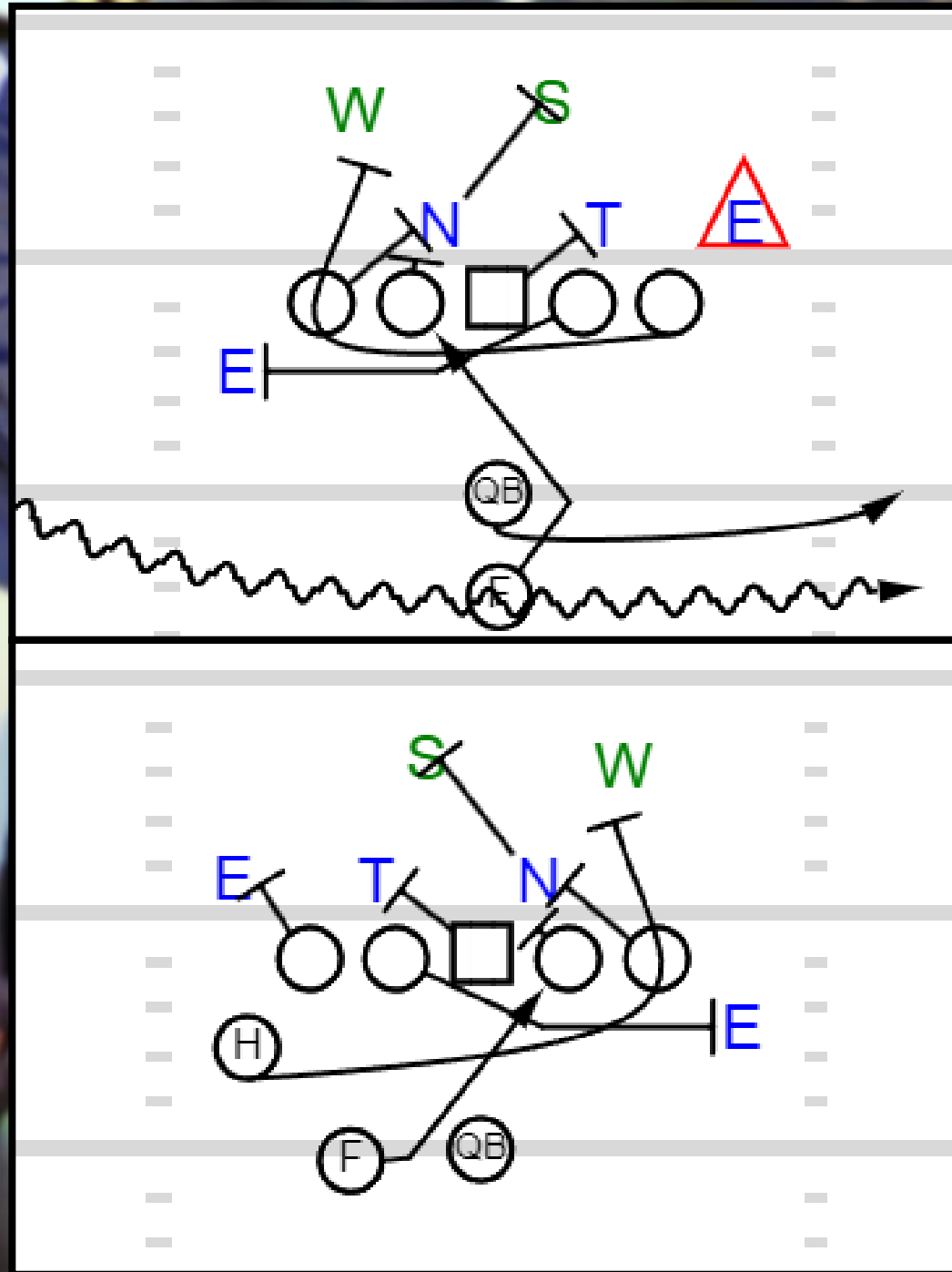
Speed Option & Sweep

- Blocking rules are same as Inside Zone for the OLine.



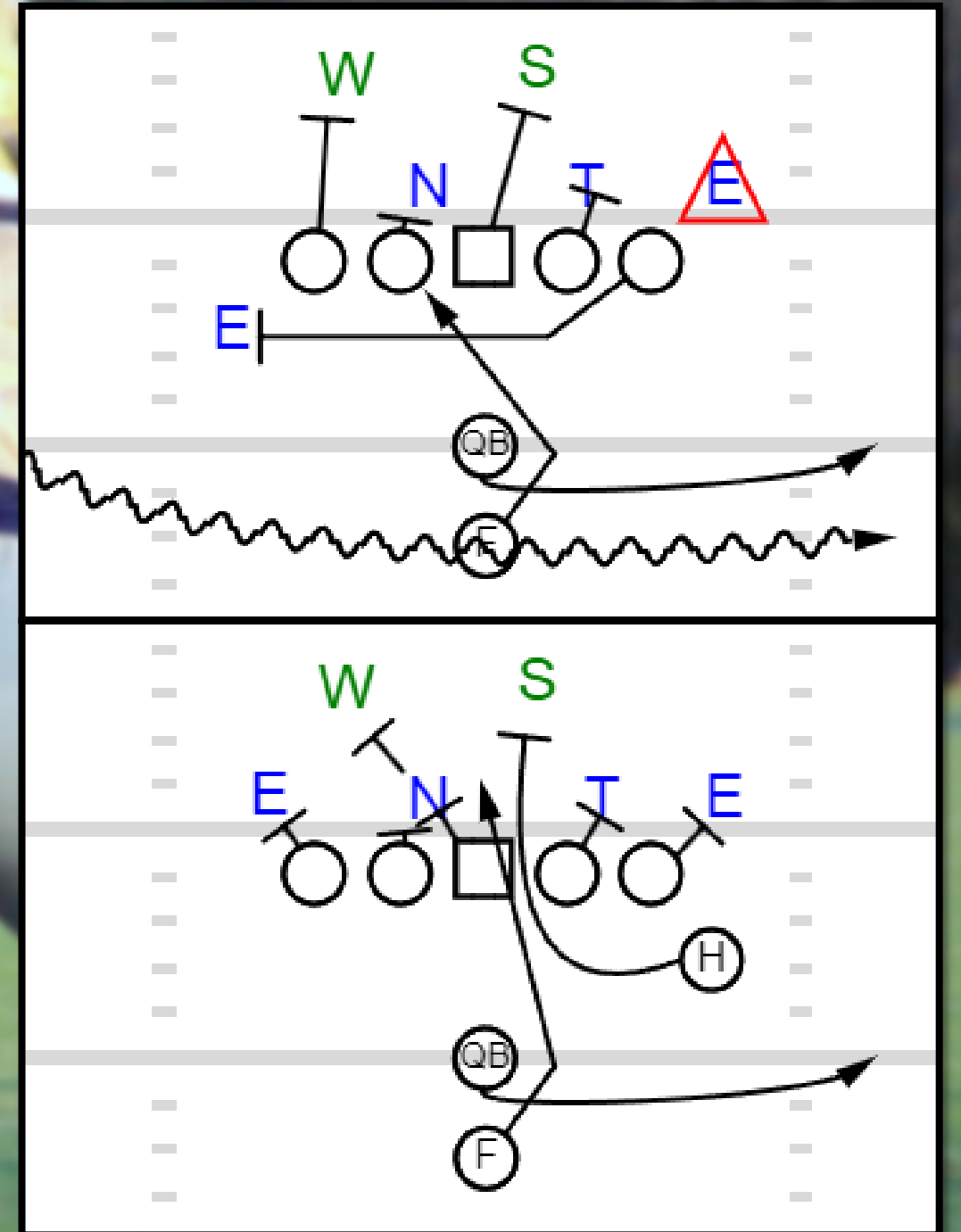
GT

COUNTER

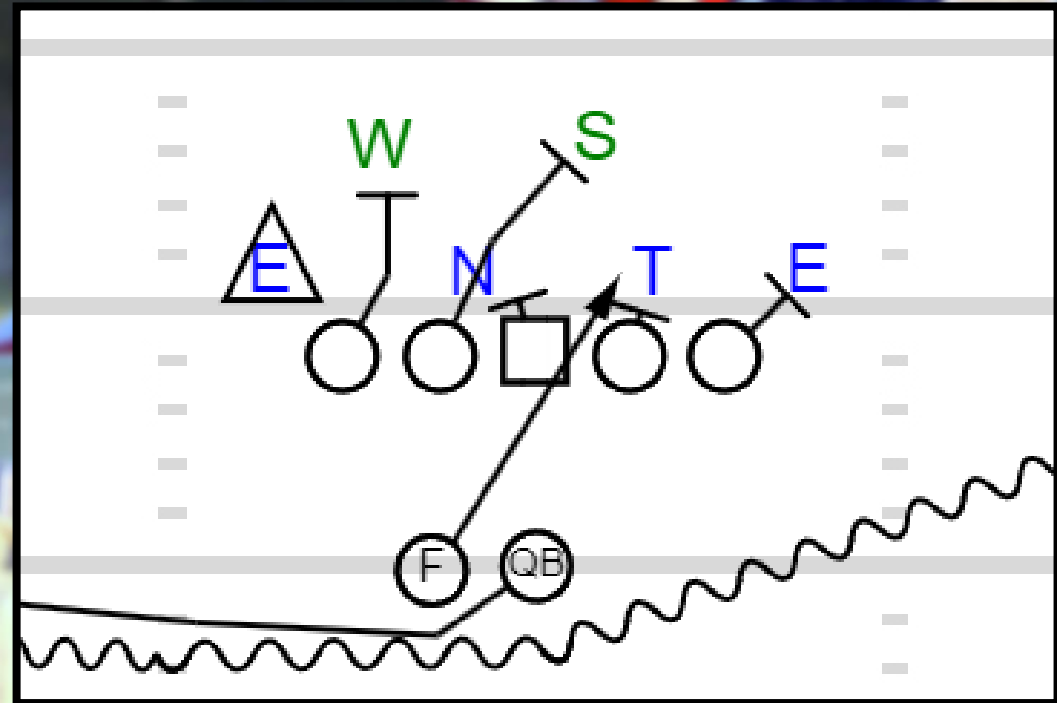


GH
COUNTER

TRAP



ISO



INSIDE
ZONE

RUN GAME

PLAY NUMBERS

200's – Base Runs 300's – RPO 400's – Play Action	0/1 Inside Zone	2/3 Counter	4/5 ISO	6/7 Trap	8/9 Speed Option
QB Runs – 10's	10/11	12/13	14/15	16/17	18/19
HB Runs – 20's	20/21	22/23	24/25	26/27	28/29
FB Runs – 30's	30/31	32/33	34/35	36/37	38/39
WR Runs – 40's	40/41	42/43	44/45	46/47	48/49

PASSING GAME

Quicks

Short-to-intermediate route combinations, these plays are strategically designed for a rapid ball release, featuring 2-4 second plays with mirrored routes.

Drop Backs

Comprising strategic route combinations tailored for a traditional quarterback drop step, these plays unfold over 4-6 seconds, targeting intermediate-to-deep areas of the field with mirrored routes.

Combos

Combos strategically intertwine diverse routes, aiming to confound defenses, create exploitable openings, and provide the flexibility to adapt and capitalize on defensive reactions.

Play Actions

Used to open pass opportunities or confuse defenses. The offensive line and running backs simulate a run.

RPOs

Option game numbered and tagged to create read keys for passes while on the move.



PASS GAME

PLAY NUMBERS

Individual route concepts change the single digit number in the pass game. When passes are called it's important that the route runners know what concept is being run. Initially I start them out with 3-4 concepts per passing segment (Quicks, Drop Backs, Combos, Sprint Out)

500's – 5 Man

600's – 6 Man

700's – 7 Man

800's – Sprint/Boot

**50's
Quicks**

**60's
Drop
Backs**

**70's
Combos**

**80's
Screen**

**90's
Roll
Outs**

550

560

570

580

590

650

660

670

680

690

750

760

770

780

790

850

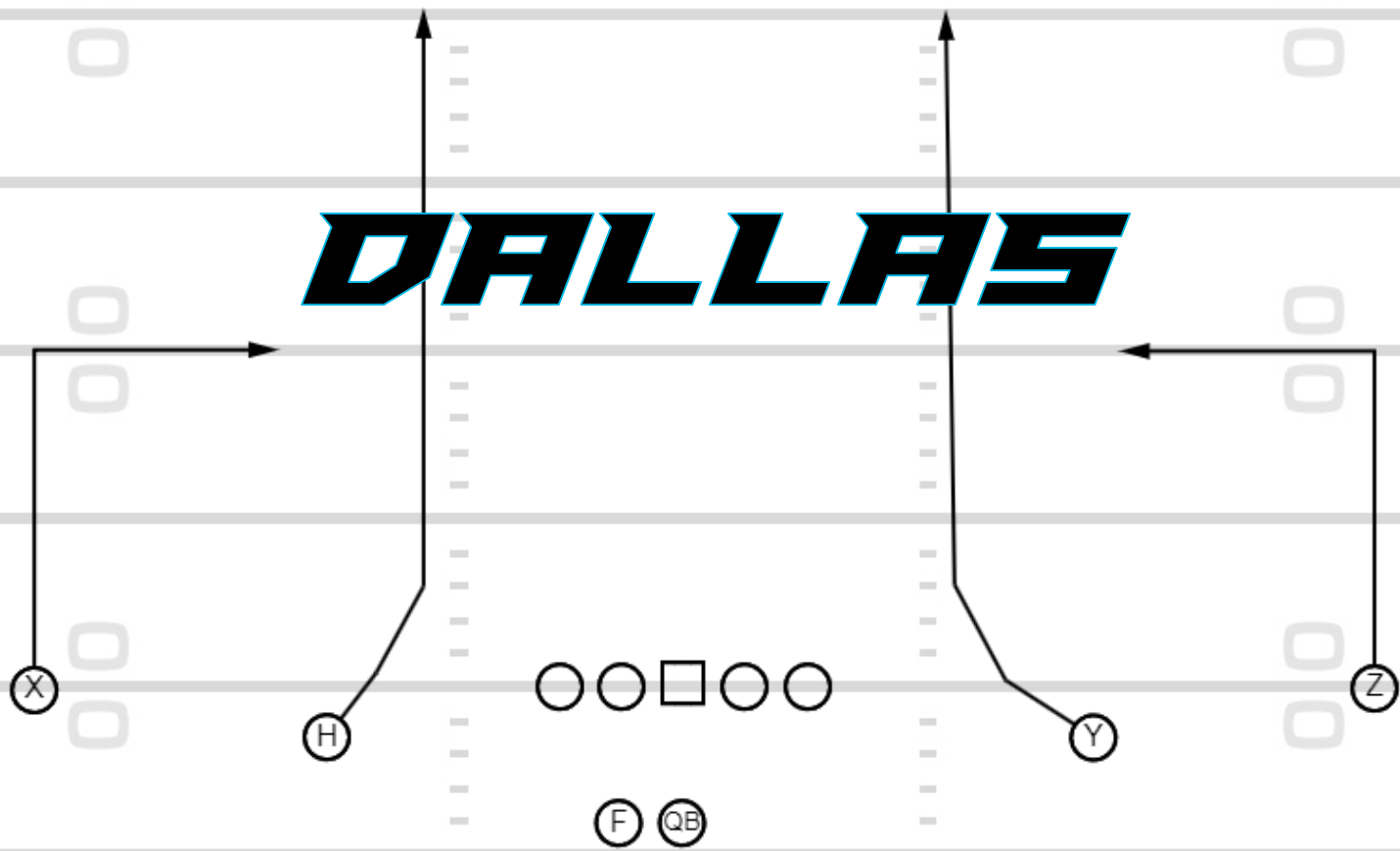
860

870

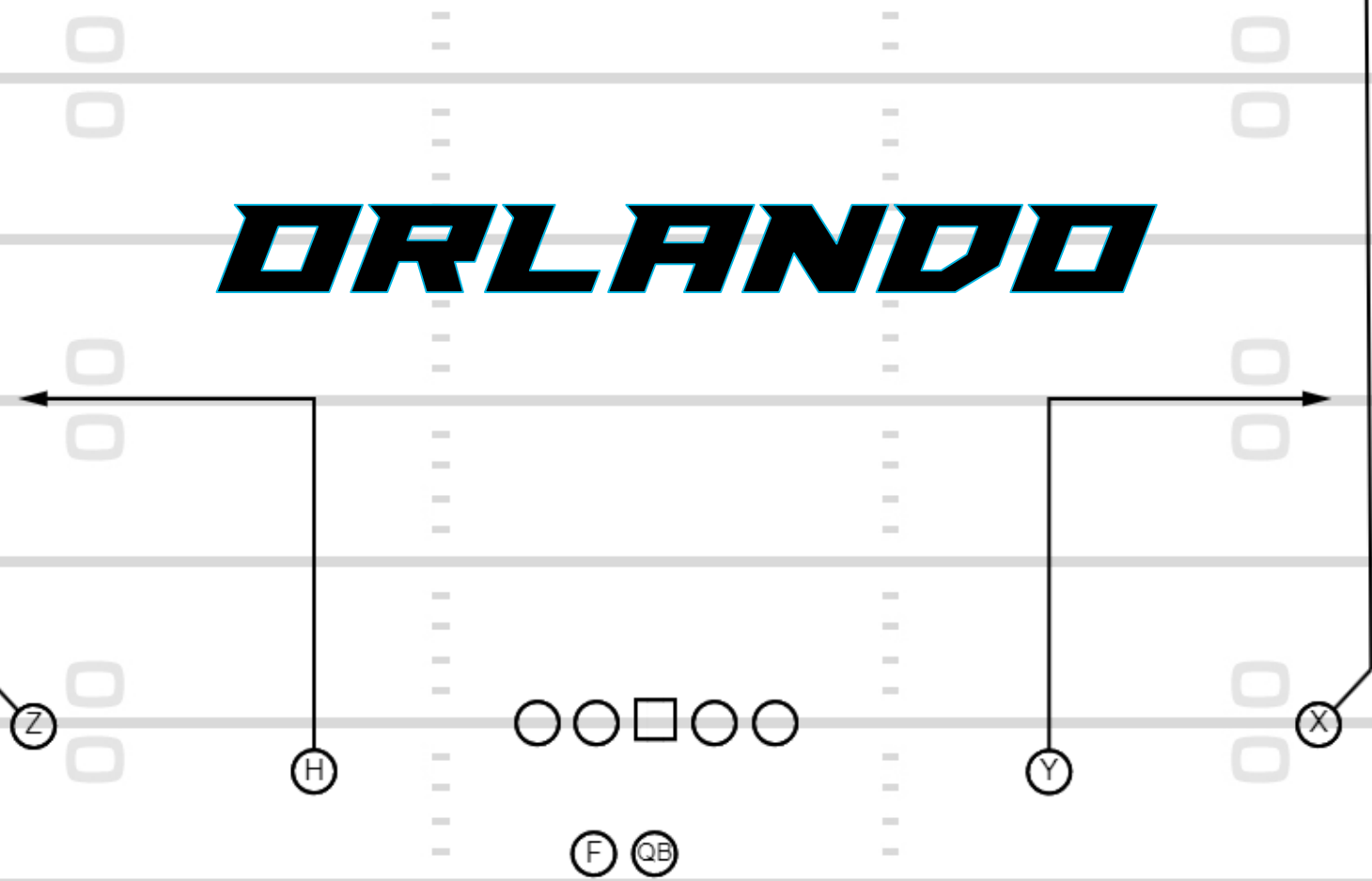
880

890

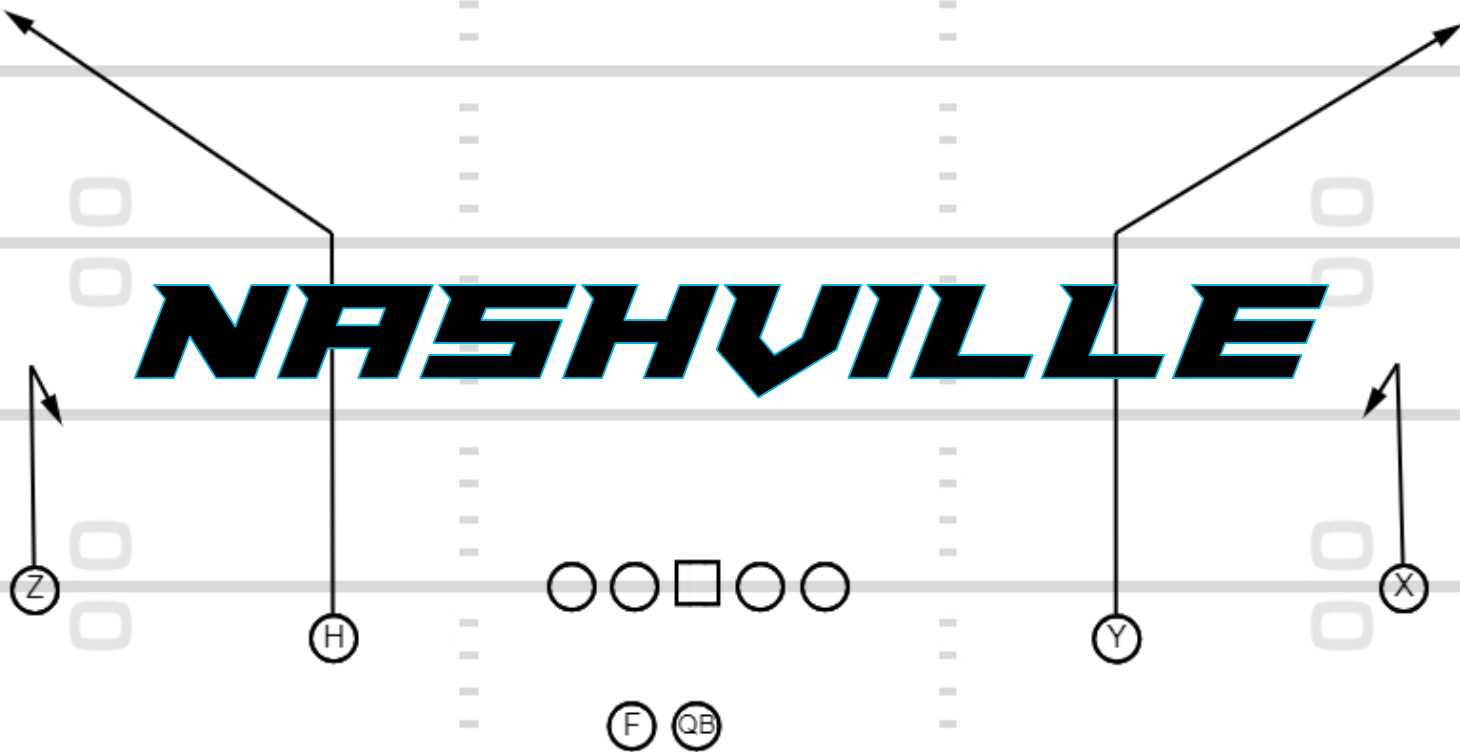
DALLAS



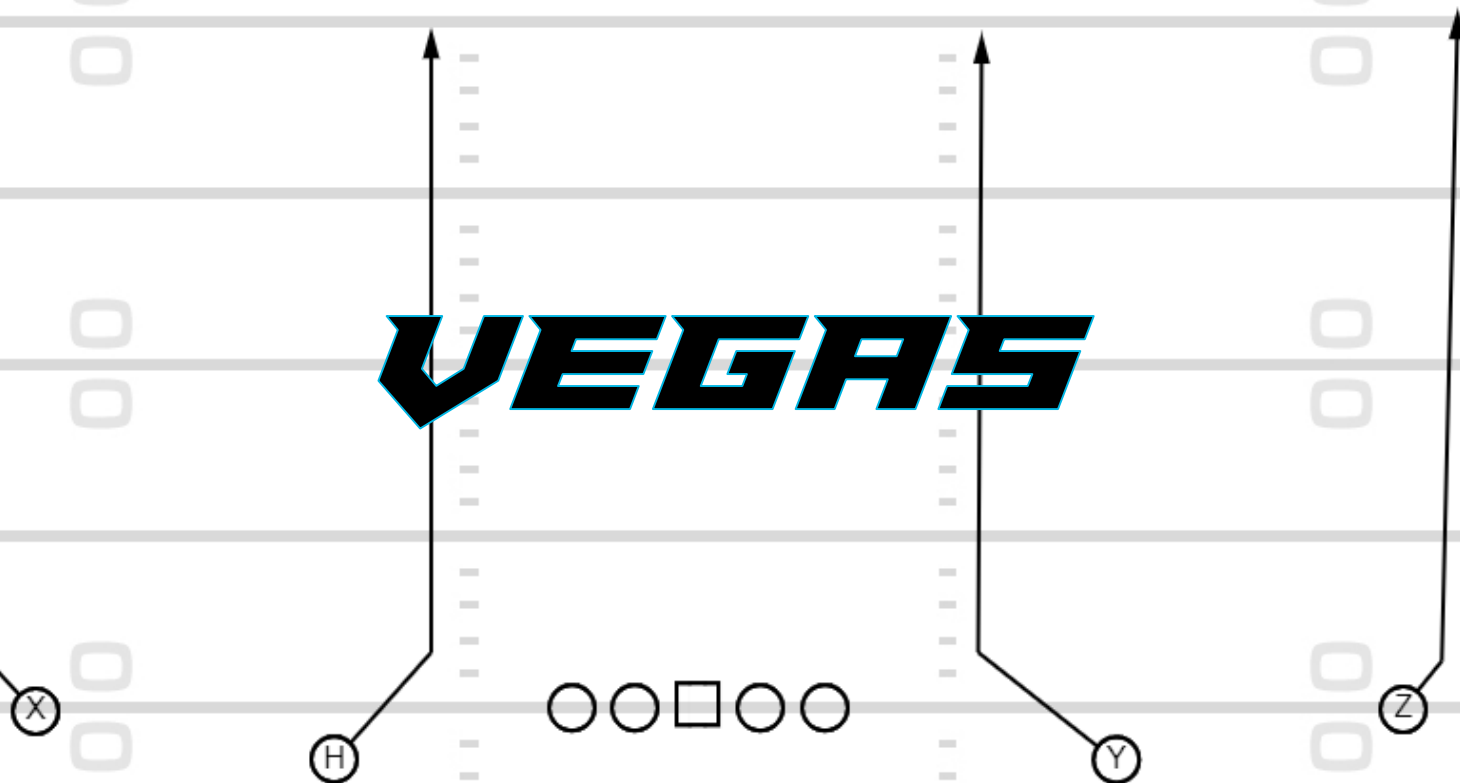
ORLANDO



NASHVILLE

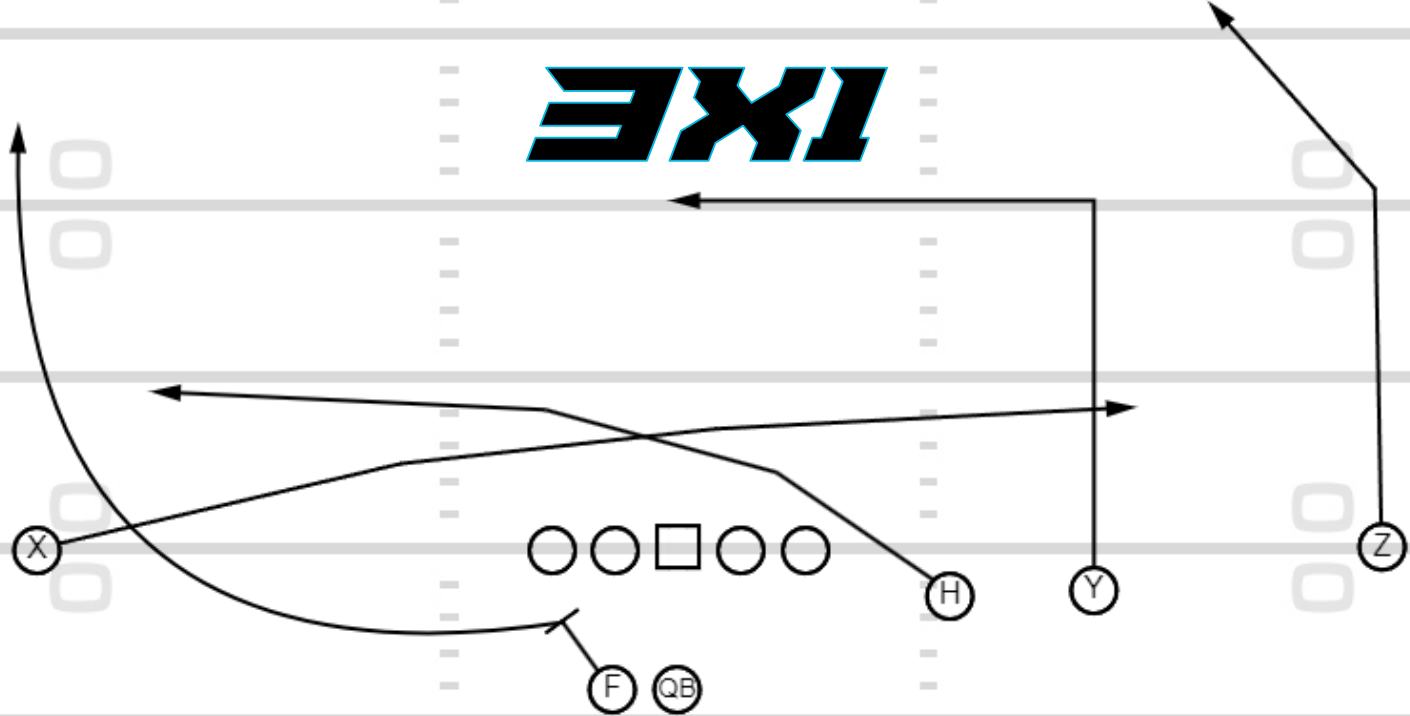


VEGAS



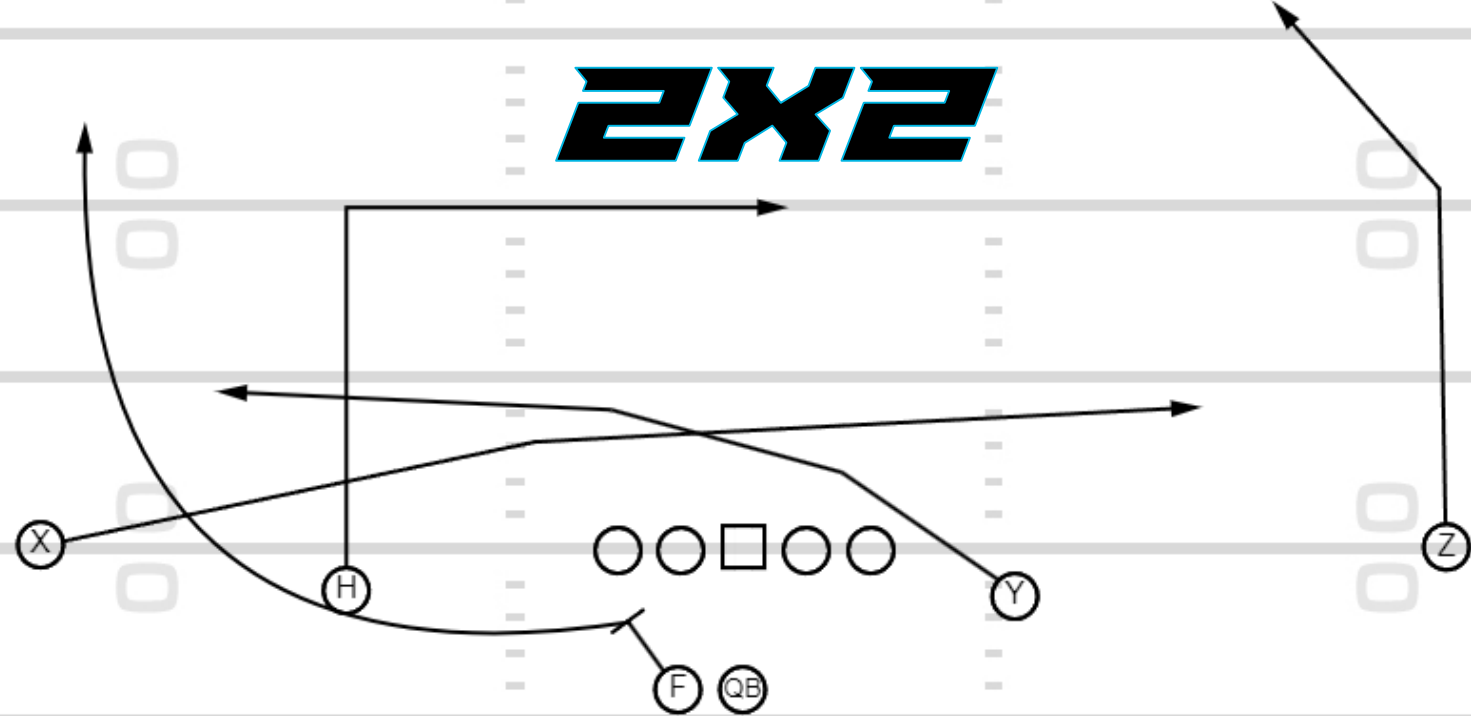
MEMPHIS

3X1

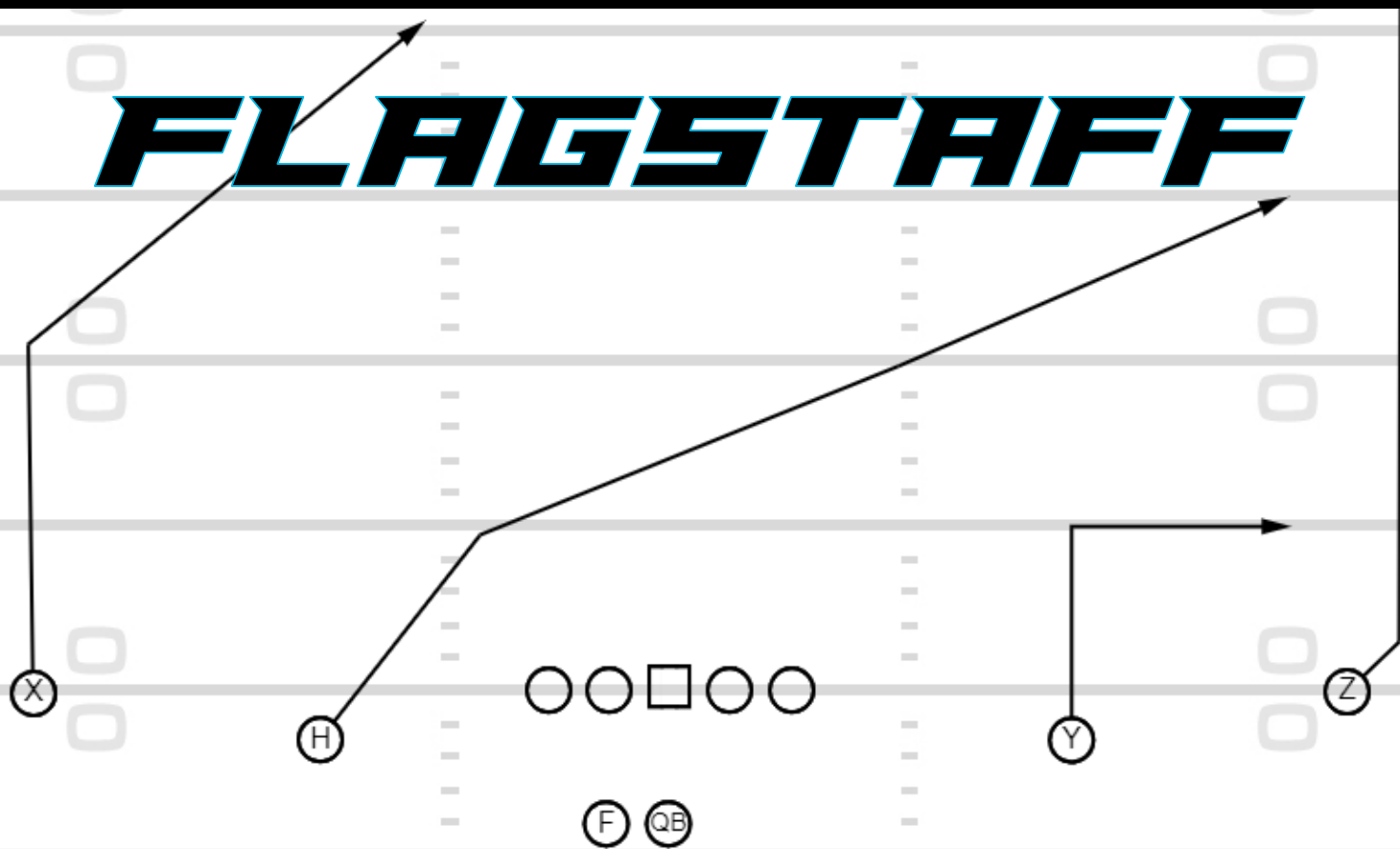


MEMPHIS

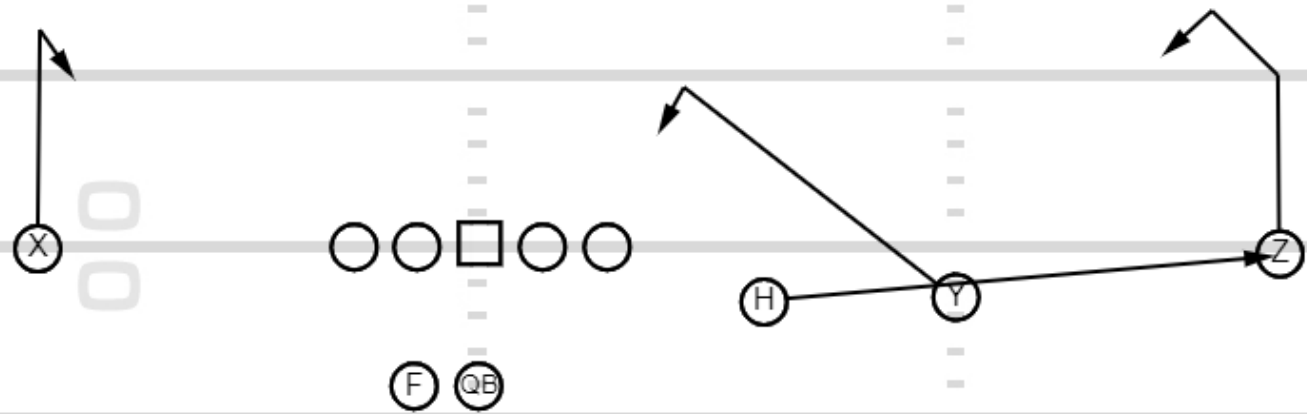
2X2



FLAGSTAFF

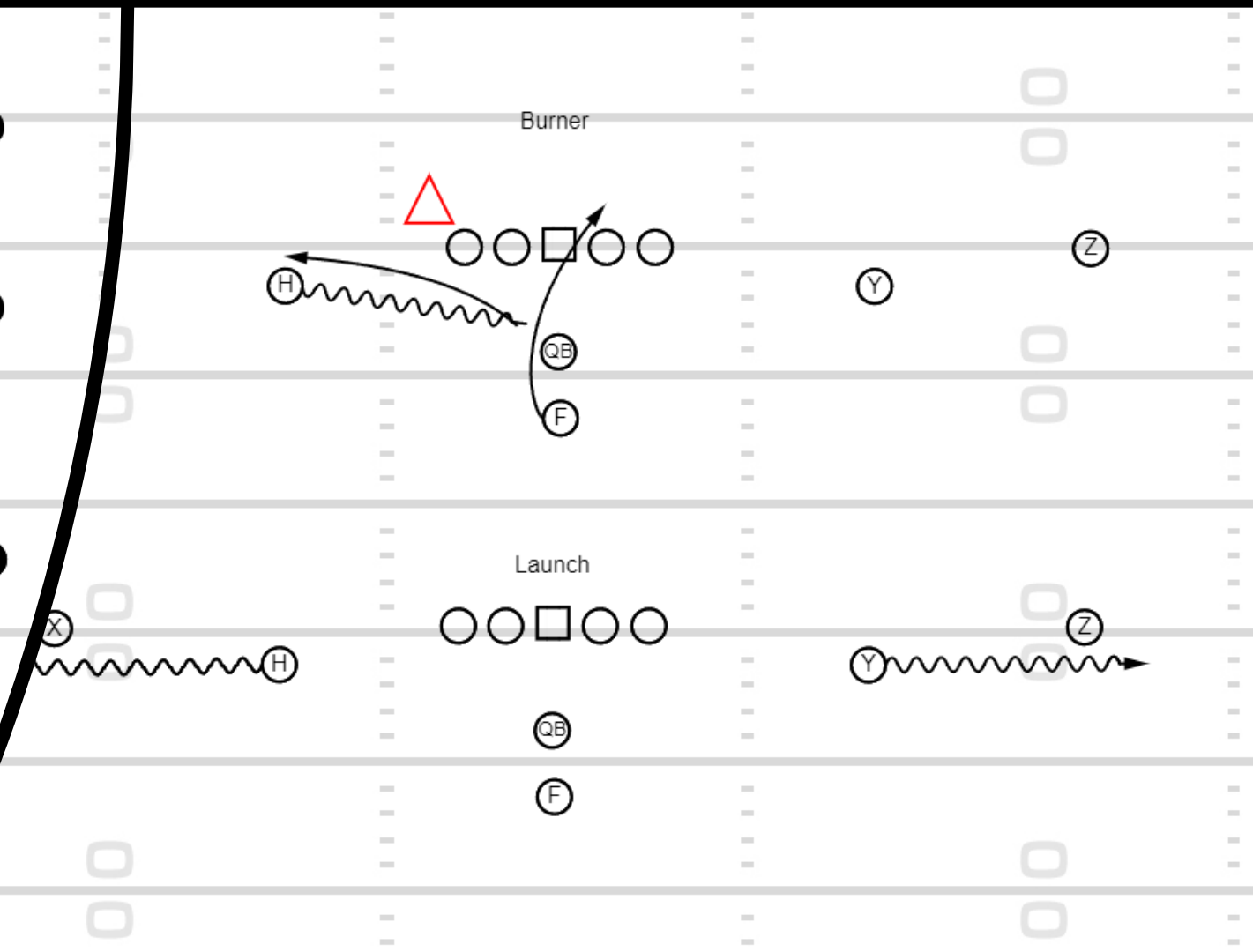
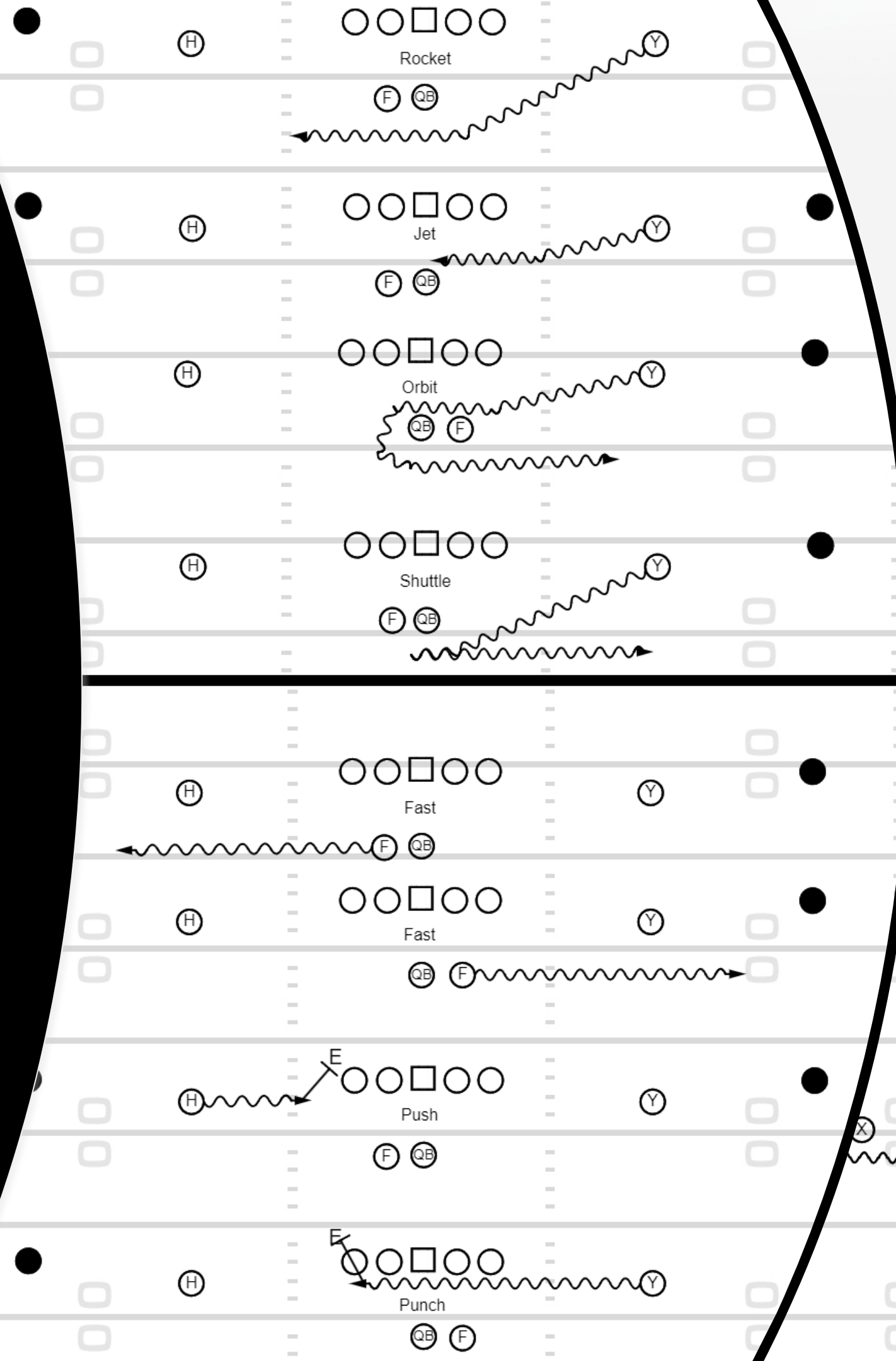


SYRACUSE



MOTIONS

- **Pre-snap Confusion:** Creates complexity in offensive formations, inducing uncertainty in the defense before the play begins.
- **Information Gathering:** Forces defensive adjustments, unveiling details about coverage schemes and potential blitzes.
- **Mismatch Creation:** Exploits defensive weaknesses and enhances the probability of favorable matchups.
- **Unpredictability:** Elevates overall play calling unpredictability for a more dynamic attack.





CONTACT



TO SET UP A CONSULTATION

Text: +765-267-3833

Email: coachmikecross@gmail.com

MidwestExpressOffense.com



COACH MIKE CROSS LLC.

THE INDIANA RAPD



**CORNERSTONE
PLAY**

A Coach Mike Cross Presentation
COACH MIKE CROSS LLC.
[Blog Link](#)



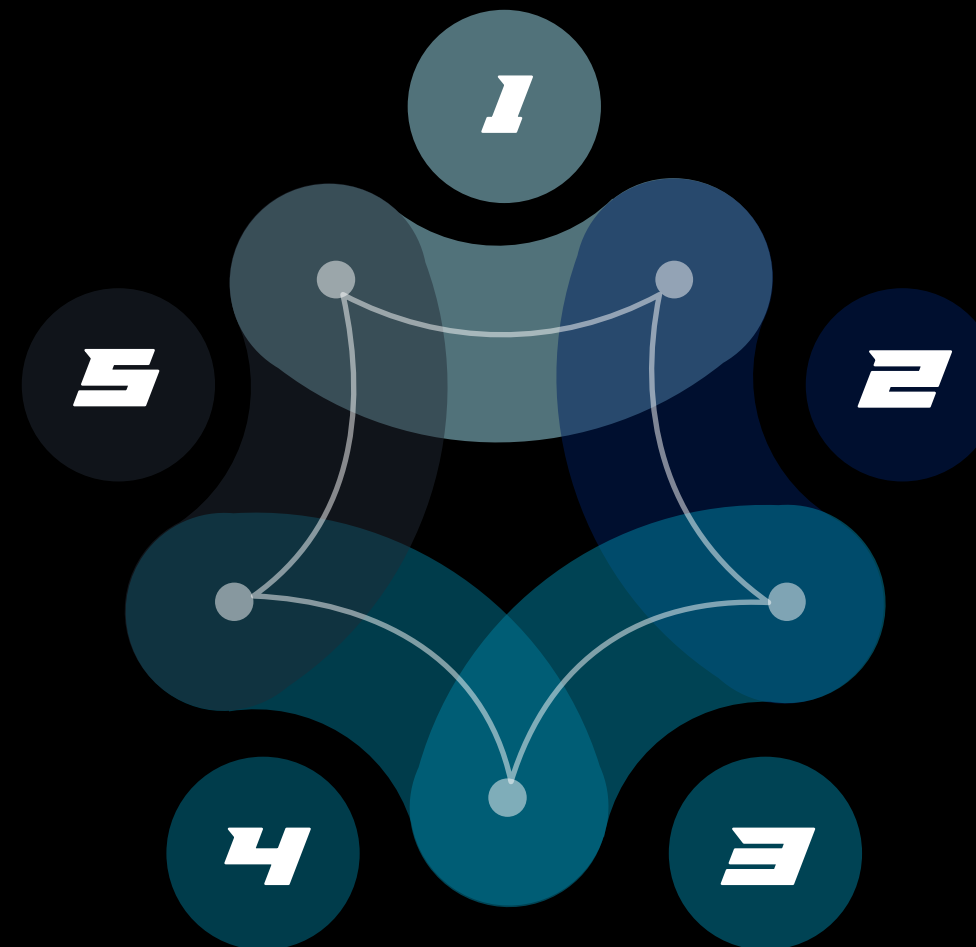
COACH MIKE CROSS

OFFENSIVE PHILOSOPHY

The Midwest Express Option Offense prioritizes clarity through detail, adaptability, and player maximization, to create a framework for efficient play execution and ongoing offensive innovation.

COACHING ROLES

- Head Coach
- Offensive Coordinator
- Position Coach
 - QB (2)
 - OL (8)
 - LB (1)
- Graduate Assistant



PROGRAM LEVELS

- High School
- Junior College
- College (D3)
 - Otterbein University

EDUCATION

- Undergraduate Degrees
 - BA – Sports Management
 - BA – Business Administration
- Graduate Degree
 - Masters – Business Administration

COACHING SETTINGS

- Team Sizes
 - 23 – 110
- Environment & Enrollment
 - Rural Farming Community - 275
 - Inner City – 3000+



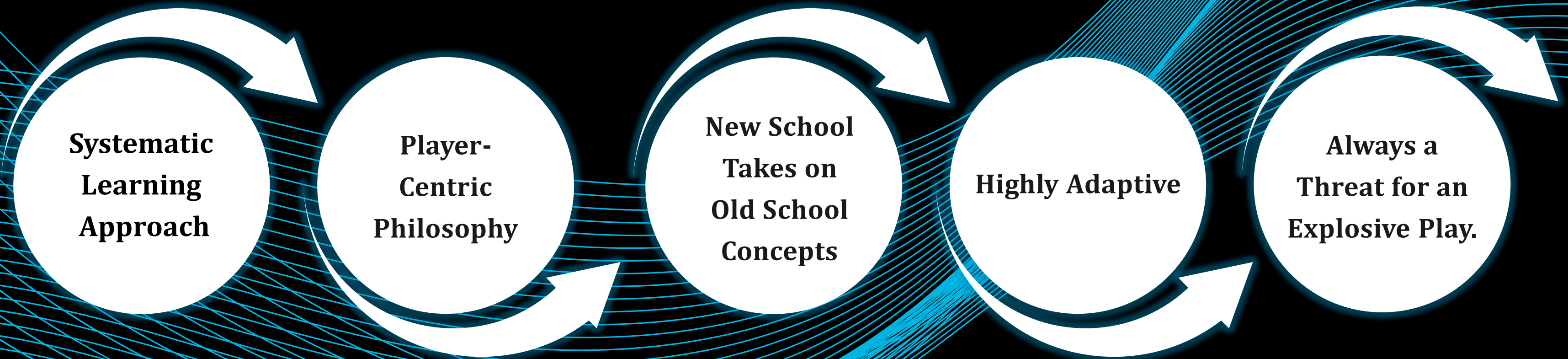
CLINIC ***OBJECTIVE***

- The following presentation is a comprehensive overview of the Indiana RPO offering insights into its structure, strategic elements, and flexibility.
- The goal is to equip coaches with a deeper understanding of the Indiana RPO, delving into its key components, decision-making processes, and strategic applications.
- Key focus areas: implementing this versatile offensive scheme effectively and enhancing QB decision making to exploit defensive vulnerabilities.

MIDWEST EXPRESS

OPTION OFFENSE

A streamlined and effective offensive system that prioritizes quick decision-making and dynamic playmaking. It features a diverse set of plays and formations, emphasizing adaptability to exploit defensive weaknesses while providing a solid foundation for player success.





WHY RPO

Run Pass Options (RPOs) add a layer of complexity to your offensive strategies, keeping defenses guessing and creating mismatches. RPOs also capitalize on the defense's reactions, allowing for adaptable and unpredictable offensive plays.

CREATING ADVANTAGES

RPOs provide several advantages for an offense.

1. They allow teams to exploit defensive mismatches by reading and reacting to the defense's movements, creating opportunities for favorable matchups.
2. The element of uncertainty introduced by RPOs keeps opposing defenses on their toes, making it challenging for them to remain disciplined in their defensive responsibilities.
3. This adaptability maximizes offensive potential by dynamically responding to the defensive scheme presented on each play.



FIVE PHASES OF THE INDIANA RPO



Pre-Snap



Give



Pull Keep

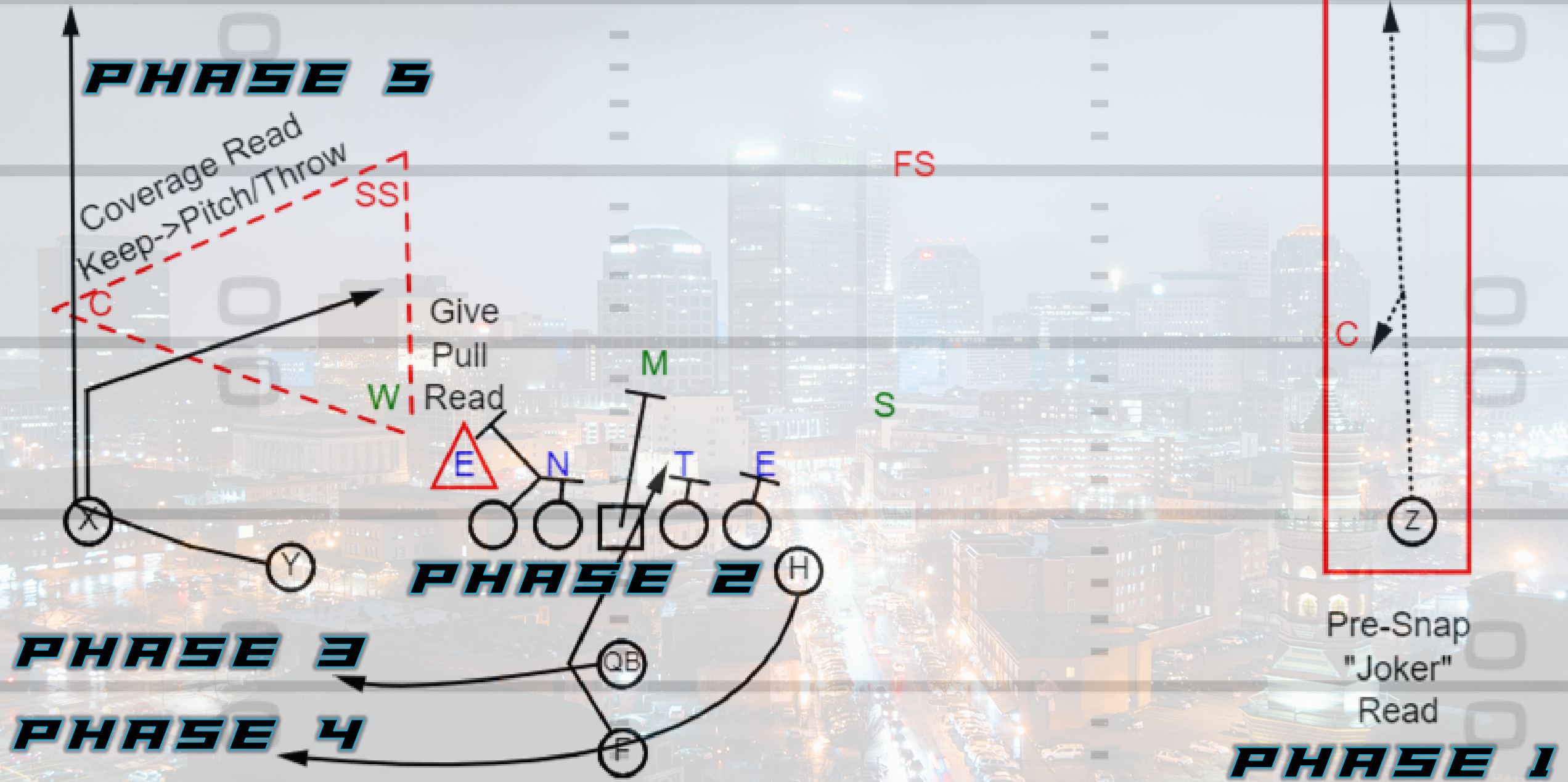


Pull Pitch



Pull Throw

EXAMPLE





EXECUTION
&
EFFECTIVENESS



IMPLEMENTATION CHALLENGES

- **Adaptation Period:** Coaches and players may face challenges in adapting to the unique decision-making processes and tempo of the Indiana RPO.
- **Communication:** Ensuring clear and efficient communication among players during high-tempo situations can be a challenge.
- **Defensive Recognition:** Players need to quickly recognize defensive structures to make effective decisions, which may require additional training.
- **Consistency:** Achieving consistent execution of the intricate components of the RPO can be challenging, requiring focused practice and repetition.
- **Opponent Awareness:** Adapting to varied defensive strategies and adjusting RPO calls accordingly poses an ongoing challenge for coaches and players.

SUCCESS FACTORS

- **Quarterback Decision-Making:** The quarterback's ability to make quick and accurate decisions based on defensive reads significantly influences the success of the RPO. Intelligent decision-making leads to optimal play outcomes. This is something that can be drilled and practiced daily!
- **Consistent Execution:** Regular and focused practice is crucial for consistent execution of the RPO. Players need to rehearse the various components to ensure smooth implementation during games.
- **Receiver Route Precision:** Receivers must run precise routes and make quick adjustments based on the quarterback's decisions. Sharp route running and awareness contribute to successful execution of the Indiana RPO.
- **Adaptability:** The offense's ability to adapt to different defensive strategies and adjust RPO calls accordingly contributes to overall success. Flexibility in play-calling enhances the offense's effectiveness.





CONTACT



TO SET UP A CONSULTATION

Text: +765-267-3833

Email: coachmikecross@gmail.com

MidwestExpressOffense.com



COACH MIKE CROSS LLC.