

# Training Football IQ: Developing Decision-Makers

Align practice and installation within your sequencing + RPO constraint system so everything centers on a clear progression: conflict identification → decision → feedback loop. When that structure is consistent, learning accelerates and carries over.

Here are methods that consistently produce faster, smarter players on Friday nights:

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## 1. Train the System, Not the Play

Your players shouldn't learn plays; they should learn **your sequencing logic**.

**What this looks like:**

- **Every install** is framed as:
  - “This is the answer to THIS defensive behavior”
- Group plays in families:
  - Base Play (DUO, Zone, Counter, Power) → Constraint (Numbers-Leverage-Reaction) → Counter (Marry to a 2<sup>nd</sup> Base Play) → Shot (Play-Action Pass)
  - Initial installation: this process should be a base alignment; later in the process think about adding choreography (shift and motion)

**Example (your world):**

- DUO → Glance RPO → Counter with Bubble/Now RSO → Play Action Shot

**Coaching point:**

“We're not just calling plays.”

✓ ***IQ jump: Players start anticipating the next call based on structure.***

**Variable Walk-Throughs (Not Static)**

Most walk-throughs are too clean.

**Fix it:**

- Change the defensive look every rep
- Move players late
- Force communication

**Add:**

- Mid-rep coaching questions:
  - “Safety just spun—now what?”

✓ ***IQ jump: Builds adaptability instead of memorization.***

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## 2. Build “Conflict ID” as the First Skill

Before assignment, before technique—what/who is the conflict defender?

### Daily drill (5 min, no ball needed):

- Show front + coverage (card, film, or scout look)
- Players must immediately answer:
  - Box count
  - Apex players
  - Conflict defender
    - You can help this by adding a color pullover jersey with the initial process
    - Remove the jersey once the kids show ‘ownership’ in the process
  - Where is the ball supposed to go?

### Standard language:

- “Who is wrong?” or “Who are we distorting?”
- “Where is the stress?”
  - ✓ ***IQ jump: Processing speed increases dramatically because the picture simplifies.***

## 3. RPO Decision Training (Constraint-Based Reps)

Most teams *talk* RPO reads... few actually train them properly.

- **Daily drill (7-8 min Group Crossover period – Tag w/ball)**  
**Film it – Teach**

### How to structure it:

- Half-line or pods (QB/RB/WR vs 3–4 defenders) (Numbers-Leverage)
  - If you’re an ‘Option’ based team – (this would be Reaction)
- Defense rotates post-snap (late movement)
- QB must:
  - Declare pre-snap thought (Leverage: Access/Gift/Boss)
  - Execute post-snap decision (Numbers-Reaction)

### Critical rule:

- Grade the **decision**, not the result
  - ✓ ***IQ jump: Players stop guessing and start trusting reads.***

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## 4. “If-Then” Automation (Your System Language)

This is the bridge between scheme and execution.

### Build a system like:

- If apex widens → hand the ball
- If the overhang defender squeezes the BOX → throw the NOW screen
- If apex triggers → throw glance
- If safety inserts → take the shot

**How to structure it:** Two places – Install and Film session

### Coaching rule:

- No paragraphs (wordy) – Don’t **STOP** the drill to teach one player
- No grey area
- One trigger → one answer

✓ ***IQ jump: Eliminates hesitation = faster football.***

## 5. Script → Diagnose → Adjust (Make Players Part of It)

This is where your system can separate.

### During games (and practice):

- Script = **information gathering** (See our game script – attached to this lesson)

#### Our Process

##### ○ Pre-Game:

1. Formation breakdown / Field Zone Breakdown (tendencies)
2. Opening Script Development (1x12) – Build Rep Base
3. Sequencing Script Development (2x12) – Build Rep Base
4. Field Zone Script Development (4x3=12 Hash-Middle-Hash)  
– Build Rep Base

##### ○ In-Game: Adjustment Workflow

1. Series 1–2: Opener Script – Check GP & Identify structure
2. Series 2–3: Confirm tendencies
3. Series 3+: Attack weakness repeatedly (Sooner if it’s there)

#### Between series:

- What are they doing to stop us?
- Where is the conflict now?

### Train it during the week:

- Coach speak = Ask players what they saw
- Your Goal= Get PLAYERS to suggest the next call

✓ ***IQ jump: Players begin thinking like coordinators.***

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## 6. Film = Active Problem Solving

If your film sessions are passive, you're wasting reps.

### Structure it like this:

- Pre-snap freeze:
  - "Call it"
- Post-snap:
  - "Did it match?"
- Then:
  - "What should we run here?"

### Key shift:

- Set the expectation
- No STUPID responses – No fear of FAILURE
- Players must *answer*, not just watch

✓ ***IQ jump: Transfers directly to Friday because it mirrors real decisions.***

## 7. Situational Intelligence (Where IQ Shows Up)

### Must-train buckets:

- 3rd & medium (conflict throws)
- Red zone (tight windows, faster decisions)
- 2-minute (clock + boundary awareness)

## 8. Player-Led Ownership (Force Clarity)

If they can't explain it, they don't own it.

### Weekly:

- QB presents coverage ID
- OL presents front structure
- Skill presents RPO decisions

### Standard:

- Draw it
- Teach it
- Answer questions