

Clinics

Rick Torbett Offense

Drills to install
Read & React
Offense

Read and React Drills

Part-1



Rick Torbett And React Offense

Rick Stewart



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Actie Reactie Basketball Carl Vranken, 2014-08-18 De Actie Reactie offense ook wel motion offense of passing game genoemd is geen spelpatroon Het een kader dat spelers toelaat georganiseerd basketbal kunnen spelen Spelers leren hoe ze dienen te bewegen en begrijpen ook waarom In dit boek wordt de aanval stap voor stap opgebouwd niveau per niveau Op die manier komen spelers snel tot een spontane manier van basketbal spelen Het is uitgewerkt met tal van drills en spelvormen zodat de jeugdtrainer of seniorcoach onmiddellijk aan de slag kan *Read and React* 425 Rick Stewart, 2021-01-12 High school defenses face very different offensive attacks week in and week out The challenge is not changing your defense every week in order to defend pass happy formations and smashmouth running attacks The answer is to combine the strengths of a 4 man front with the PASS strengths of two safety coverages that can be ran with the players walking the high school hallway And due to low football IQ and limited film study time the high school defense must be easy to learn The strength of the 4 2 5 is the conversion of traditional OLBs to SAFETIES because you have 5 DBs to adjust to all the formation and motion changes in today s high school football HEAD UP ALIGNMENTS by a 0 tech NG and a 4 tech DT who slants weak putts them in the same position as traditional 1 and 3 techniques once the ball is snapped Blockers don t know which gap they are going to slant in easy transition from 4 man to 3 man front and uncovered guards give clean run pass reads DIVORCED FRONT and SPLIT FIELD separates run pass strengths allowing multiple looks while being simple to learn Splitting formations in half reduces every offensive formation to 8 alignments Split Field narrows teaching 4 coverages vs only 8 alignments and follows the 1 rule EVERY DAY DRILLS EDDs for every position RUN FIT DEFENSE forces the RB into a narrow alley outnumbered him 3 to 1 Everyone s job remains the same in both the 3 4 4 2 fronts ILB read uncovered guards for clean reads and aggressive reactions DL keeps the offensive lineman off the linebackers Secondary provides the force alley and contain players GAME PLANNING and SCOUTING EDITABLE DROP BOX FILE Editable playsheets wristbands scouting reports practice schedules drills and Powerpoints

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