

**Coaching
the
Option Quarterback**

A Quarterback Clinic

**by
Coach Larry Beckish**

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INTRODUCTION

After retiring in April of 1989 I wrote a book on the trap option titled, “The Trap Option – 40 Plus 60 Equals Option.” The trap option was developed in 1978 when I was the quarterbacks coach and offensive coordinator at my alma mater, Wichita State University. The 190 page book was written to help coaches teach this unique option concept.

Ten years later I wrote a second book, “I Believe in Cream, Apples, and Football,” a collection of lessons learned over nearly four decades as an assistant football coach at Clemson, the University of Miami, Wichita State, East Carolina University, the University of Minnesota, Ole Miss, and Duke. The book outlines what I believe about being a coach and what I believe about coaching kids – regardless of age – regardless of sport.

My third effort is, “Coaching the Option Quarterback,” a subject dear to my heart, especially after having the honor of coaching great option quarterbacks like, Prince McJunckins at Wichita State University, Kevin Ingram at East Carolina University, and Ricky Foggie at the University of Minnesota.

“Coaching the Option Quarterback,” is a collection of thoughts gathered over the years from coaching and observing quarterbacks in colleges, high schools, and football camps. This manual was written as a guide to aid coaches in teaching the mental and physical fundamentals essential for developing an option quarterback.

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