The San Francisco 49ers are headed to the Superbowl a year after finishing 4-12 in the 2018 season. The NFL is a copycat league, meaning that other franchises will try to replicate the winning teams’, like the 49ers, strategies with their own teams. Unfortunately for them, not everyone has an innovative head coach like Kyle Shannahan or a defense as dominant as the 49ers. However, the 49ers displayed some things that everyone can learn from.

Be patient with your head coach.

Over the past two seasons alone, the New York Giants, Cleveland Browns, Denver Broncos and Arizona Cardinals all fired their head coaches less than three seasons after hiring them. After going 10-22 in his first two seasons, the 49ers could have determined that Shannahan wasn’t fit to be a head coach. Remember, the two prior 49ers head coaches didn’t even make it past their first season. The 49ers roster was not good enough to win in Shannahan’s first two seasons, but it was this season and Shannahan showed what he can do. Unless your head coach show that he is completely incompetent, I would not consider firing him immediately.

Invest in your pass rush.

It’s extremely hard to play cornerback in today's NFL due to the limited amount of contact defensive backs are allowed to make with wide receivers. With that being said, the most surefire way to have a good defense is to be able to get after the quarterback. This past offseason, the 49ers made a significant effort to improve their pass rush and it paid off. After giving pass rusher Dee Ford a 5 year 85-million-dollar contract and selecting Ohio State defensive end Nick Bosa with the 2nd overall pick in the NFL draft, the 49ers arguably had the best defense in the entire NFL. Being able to consistently pressure the opposing quarterback without blitzing would be invaluable for any defense.

Running the football matters.

Teams are throwing the football more than ever in today’s NFL. Despite that, running the ball still matters. The 49ers were only one of two teams this past season that ran the ball more than they passed it, the other being the Baltimore Ravens. In the NFC championship game against the Packers, the 49ers ran for 285 yards on 6.8 yards per carry. Jimmy Garoppolo only threw eight passes in the same game. It’s not that the 49ers don’t trust Garoppolo, it’s the fact that they realized they couldn't be stopped running the ball so they kept handing the ball off. All those rushing yards are great, but running the ball also improves your play-action passing game and slows down the opposing team’s pass rush. The 49ers reminded everybody that having a good running game is a formula for success.