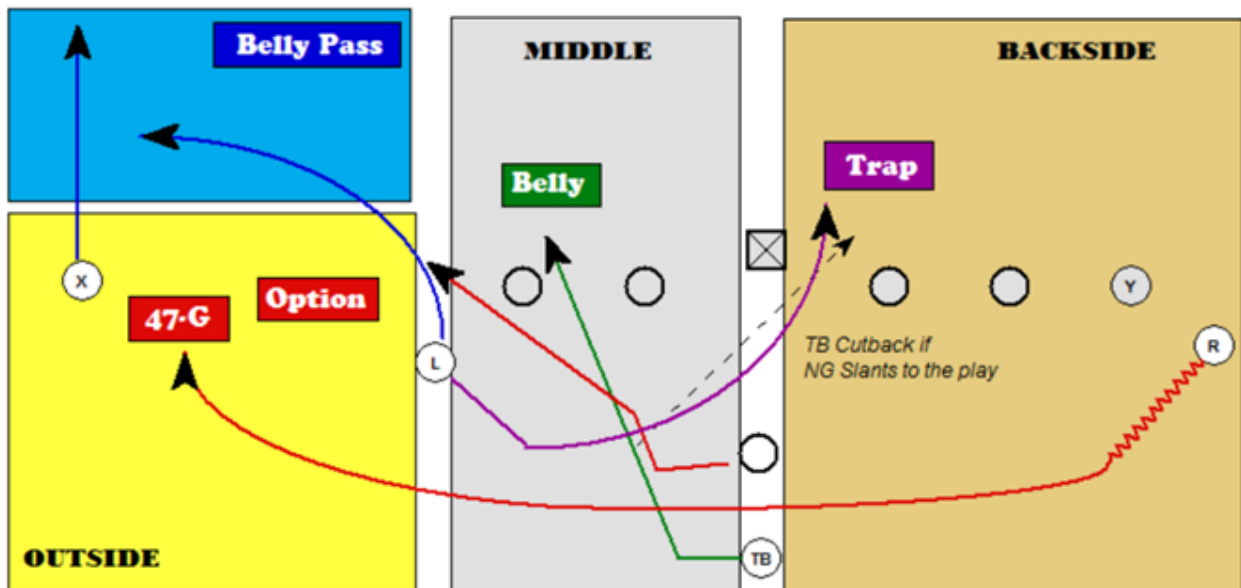


CHAPTER SEVEN

Belly Family

Iso Lead	33 / 34 Belly
Counter	41 / 22 Trap
Option.....	47 / 28 Option
Belly Sweep	47 / 28 G Belly
Play Action Pass	33 / 34 Belly Pass
Belly Trap Pass	41-34 Belly Pass
	22-33 Belly Pass
Belly Trap Option	41-28 Belly Option

In the BELLY series is the weakside iso play focusing on the fullback. Many wing-t coaches consider this the best series in the entire offense because there are so many things that you can do out of it. The tailback will be a 1,000 yard rusher every year because of belly. The counter play pulls a tackle instead of a guard which is a tough read for the linebackers. The belly pass and belly sweep puts the outside linebacker in conflict and slows down his inside help on the TB belly play.



FOOTWORK: BELLY FAMILY

QUARTERBACK "OPEN & RIDE"

Open pivots on playside foot (right foot on 34 Belly), bring other foot square.

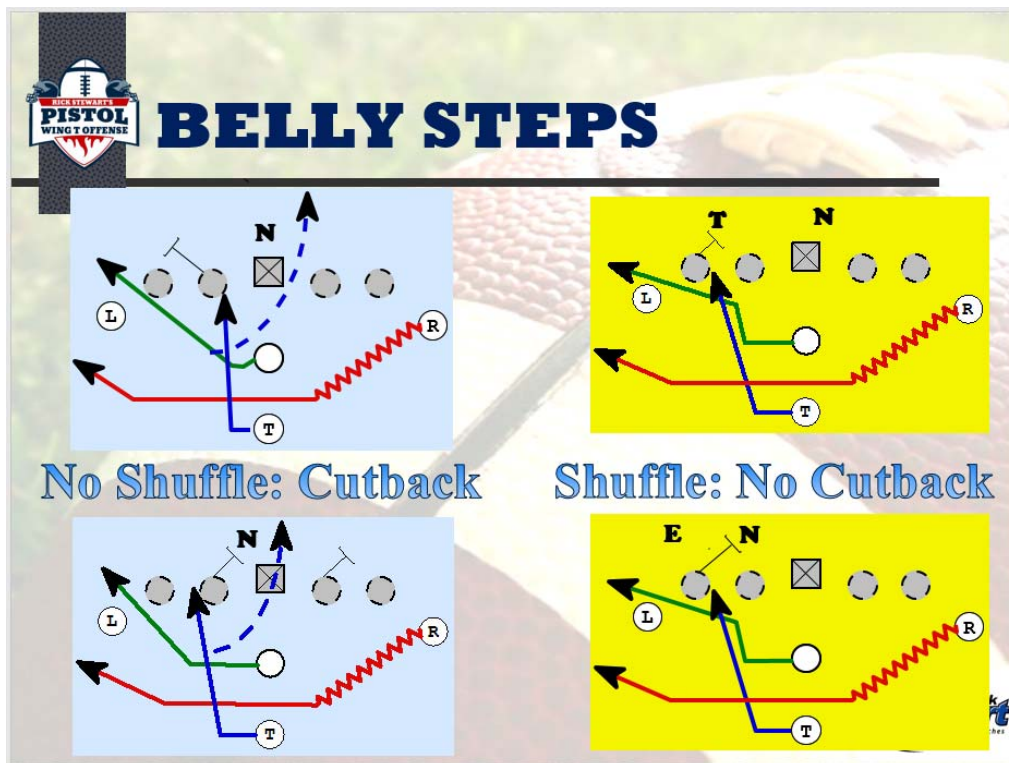
Do not shuffle into LOS if there is a NG so that the TB can have his cutback lane vs slanting NG.

Cannot ride into the LOS on Belly Pass, Tackle Trap, or Belly Sweep.

TAILBACK Shuffle step laterally. Eyes go from NG to offensive tackles butt.

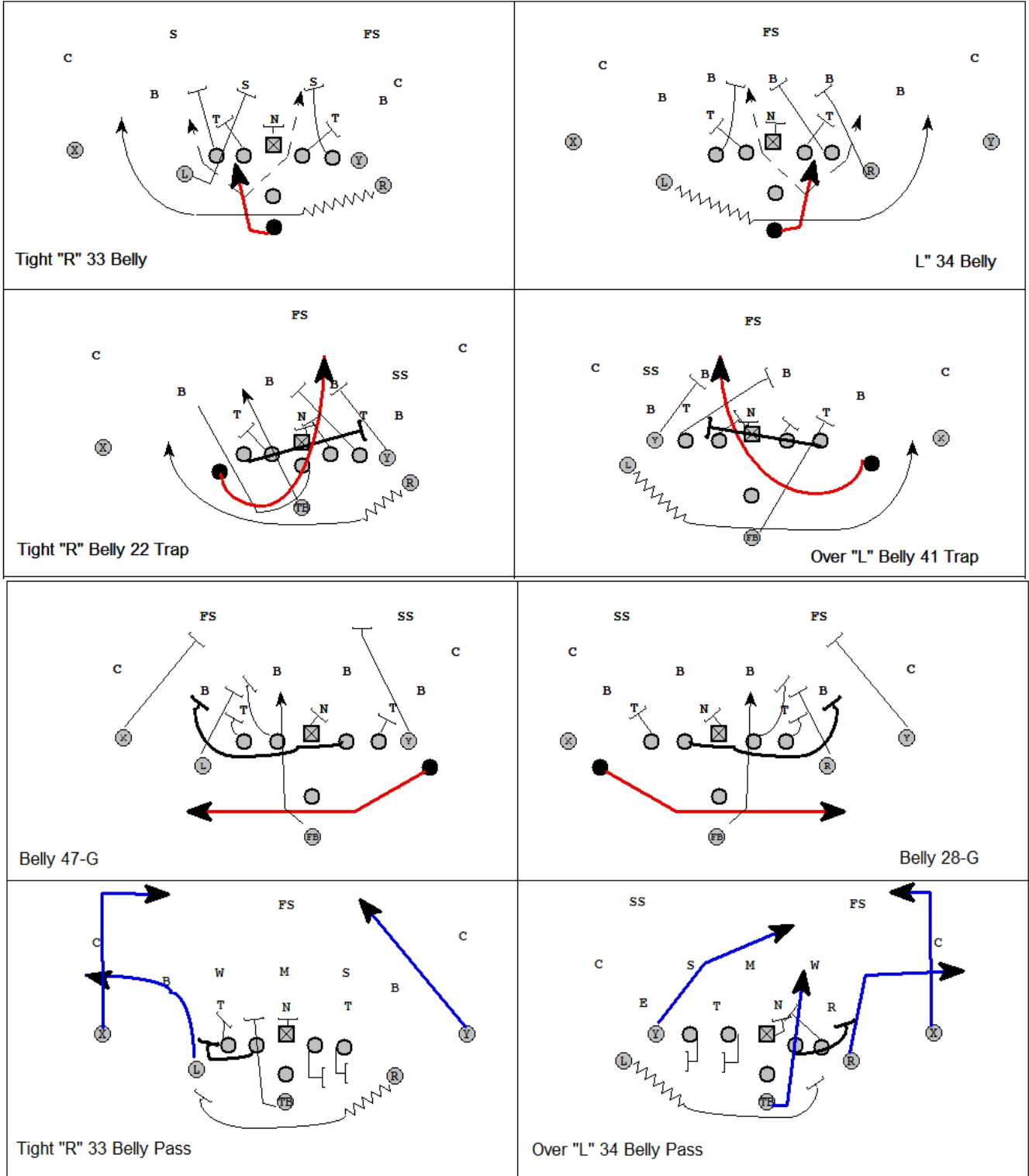
If NG/1 tech is slanting towards Belly hole, then going to cutback (1 hole on 34 belly) as soon as gets ball. On 2nd & 3rd step of the shuffle step, read the playside tackle butt and hit the 4 or 6 hole depending on his block angle.

HALFBACKS L or R three step motion aiming for 4 yard landmark. Goes by QB after the TB.
Liz or Rip motion on Belly Pass...coming underneath the QB to block playside perimeter.



PISTOL WING T

BELLY FAMILY

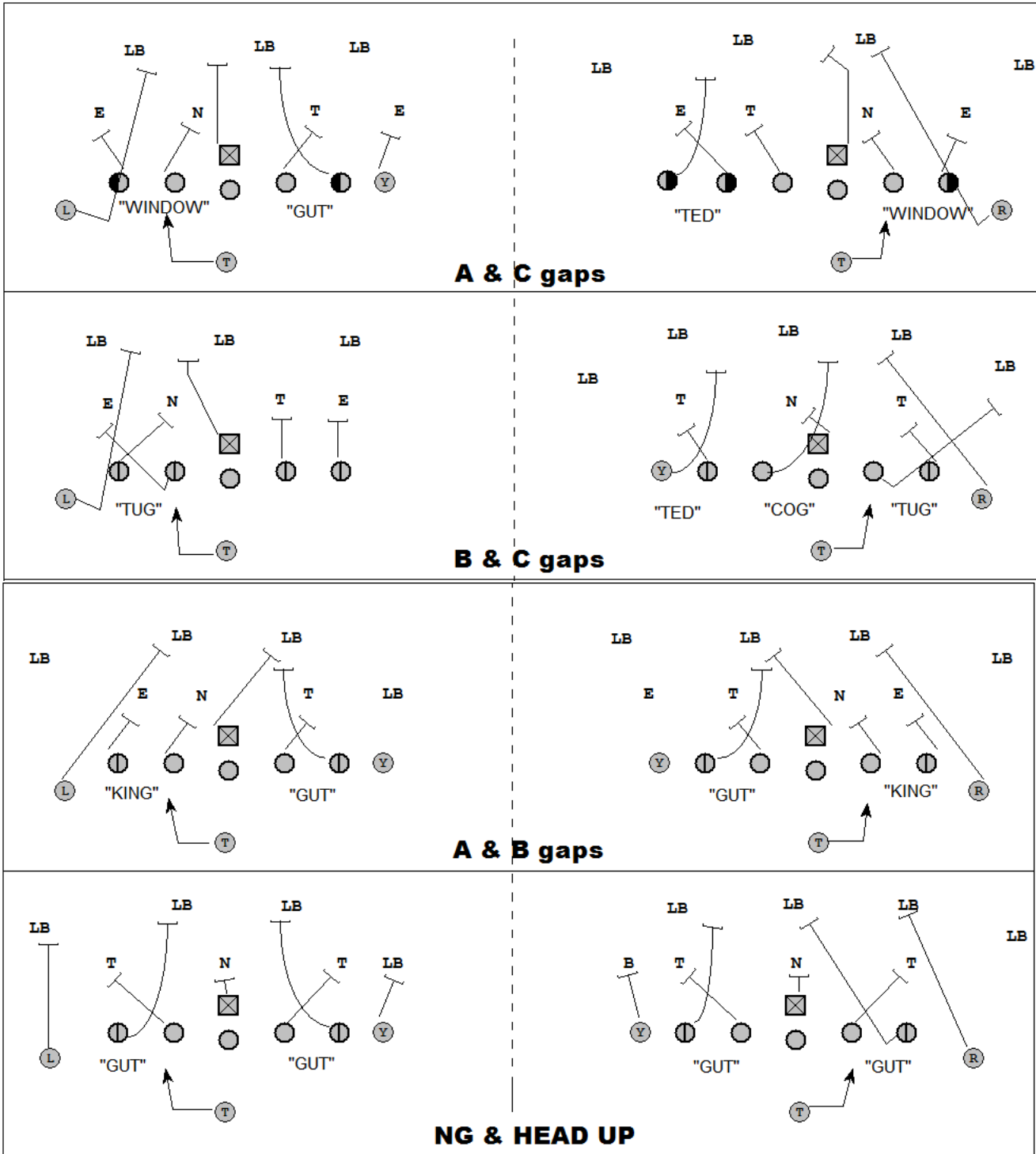


BELLY FAMILY

33 BELLY

BELLY BLOCKING

34 BELLY



GUT = "Guard Under Tackle" TUG = "Tackle Under Guard"

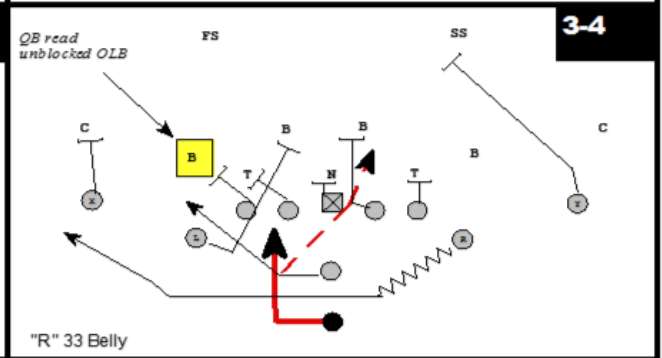
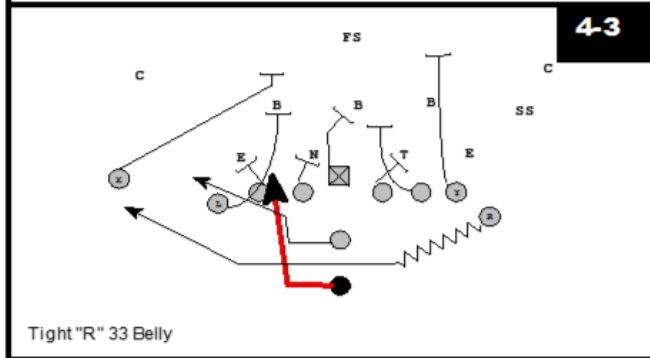
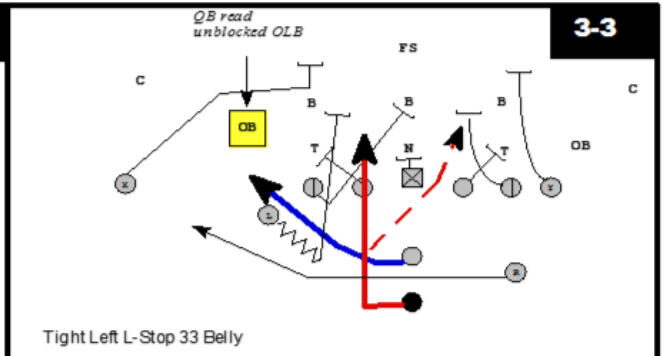
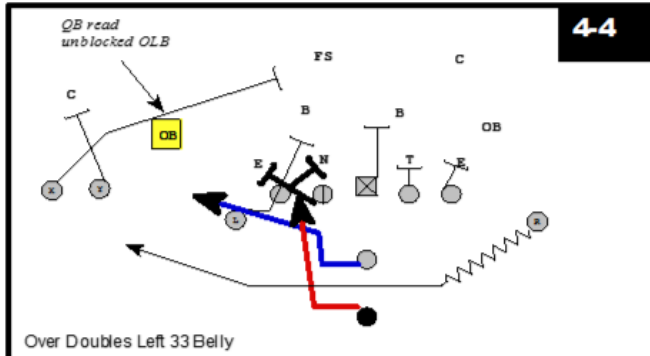
BELLY FAMILY

Code Word:
BOISE 29

33 Belly

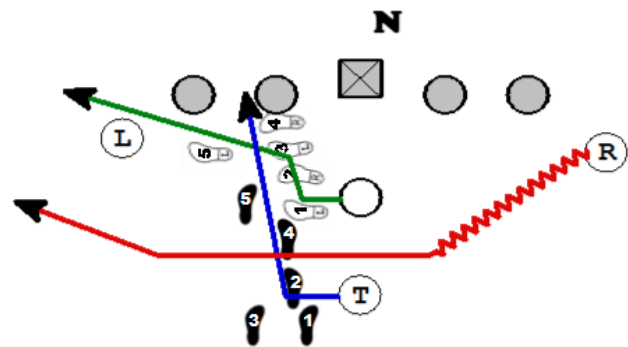
SIGNAL
Rub Belly

Snap Count:
READY



RT	4 tech: GUT; 5 tech: AWAY
RG	2i tech: COG; 2 tech: ON; 3 tech: AWAY; 4 tech: GUT
c	On - Away - LB
LG	NG: GUT; 1 tech: FAN; 2 or 3 tech: TUG
LT	1 & 5 tech: FAN; 0 & 4 tech: GUT; 2 or 3 tech: TUG
y	Release to Safetylooklike pass route
x	Stalk
L	B.I.B.
FB	BALL CARRIER. Lateral step; Read NG to LT
R	Short motion; maintain pitch position (5 x 2)
QB	Reverse pivot in place; ride TB 2 steps in LOS. Read unblocked OLB

BACKFIELD STEPS



TB right foot crossover step. 3rd lateral step with left foot.
Push off left foot to cutback vs slanting NG or cut off LT block

vs 1 or 2-tech the QB will shuffle into the LOS. No windback.

ADJUSTMENTS

Cross block (TUG) anybody between nose bridge of LG and nose bridge of LT.
TB vision and cutback/bounce ability will ensure that defense is never right.
Center blocks NG in direction he wants to go.
Can run "Belly 33-18 G Pass" and hit TE in flats

DEFENSIVE CONFLICTS

Slant with motion; run Trap but won't need double team by RG & Center.
Backside ILB makes tackle = run trap.
Safety or CB makes tackle = run belly pass.
Outside Linebacker make tackle = QB keep ball

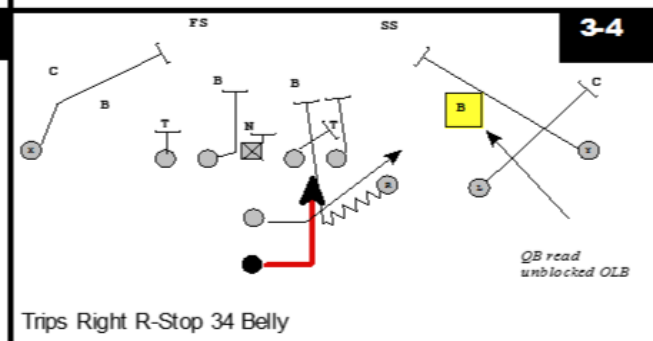
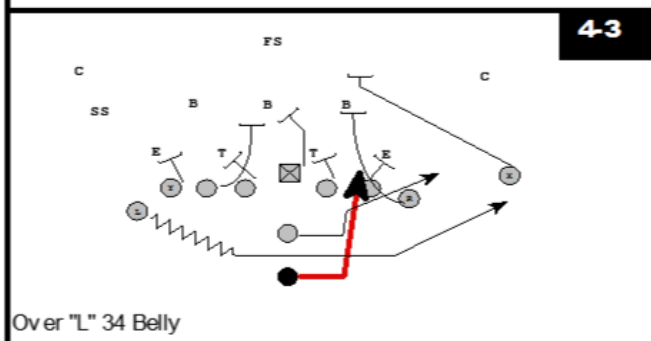
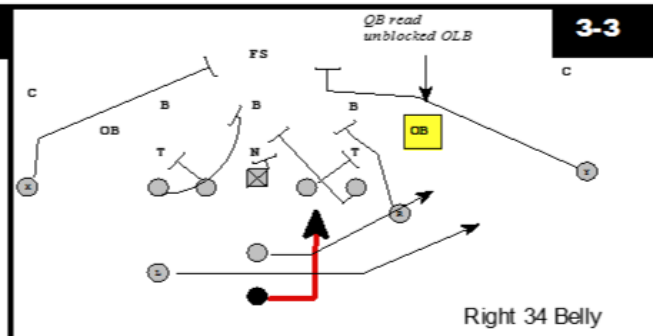
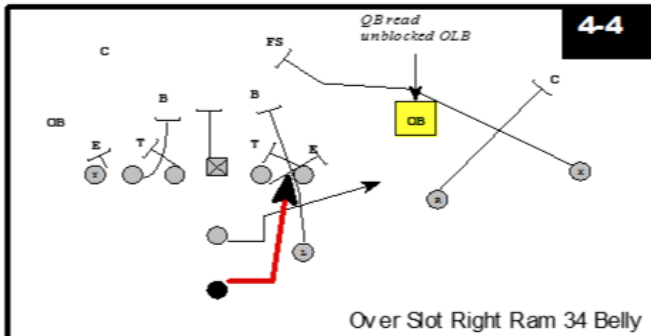
BELLY FAMILY

Code Word:
BOISE 40

34 Belly

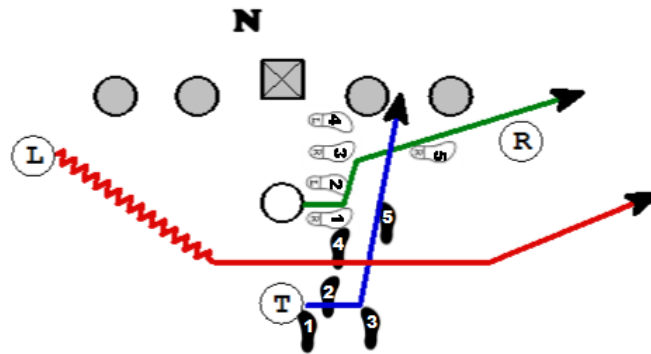
SIGNAL
Rub Belly

Snap Count:
READY



RT	1 & 5 tech: FAN; 0 & 4 tech: GUT; 2 or 3 tech: TUG
RG	NG: GUT; 1 tech: FAN; 2 or 3 tech: TUG
C	On - Away - LB
LG	2i tech: COG; 2 tech: ON; 3 tech: AWAY; 4 tech: GUT
LT	4 tech: GUT; 5 tech: AWAY
I	Release to Safety/looklike pass route
X	Stalk
R	B.I.B.
T	BALL CARRIER. Lateral step; Read NG to LT
L	Short motion; maintain pitch position (5 x 2)
QB	Reverse pivot in place; ride TB 2 steps in LOS. Read unblocked OLB

BACKFIELD STEPS



*TB right foot crossover step. 3rd lateral step with right foot.
Push off right foot to cutback vs slanting NG or cut off RT block*

vs 1 or 2-tech the QB will shuffle into the LOS. No windback.

ADJUSTMENTS

Cross block (TUG) anybody between nose bridge of RG and nose bridge of RT.
TB vision and cutback/bounce ability will ensure that defense is never right.
Center blocks NG in direction he wants to go.
Can run "Belly 34-17 G Pass" and hit TE in flats

DEFENSIVE CONFLICTS

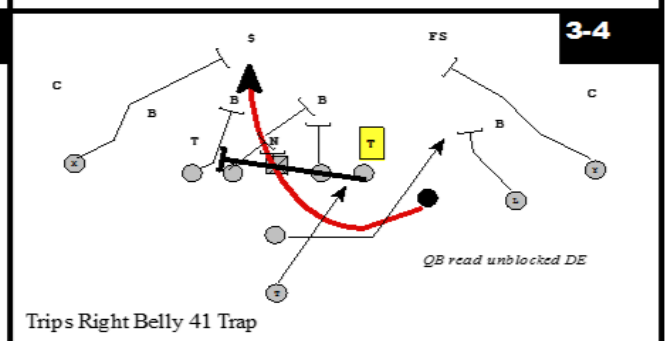
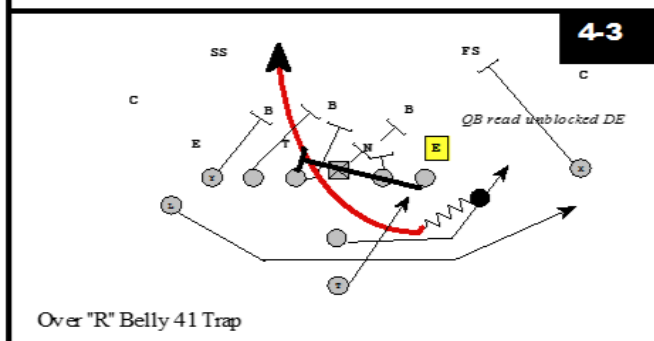
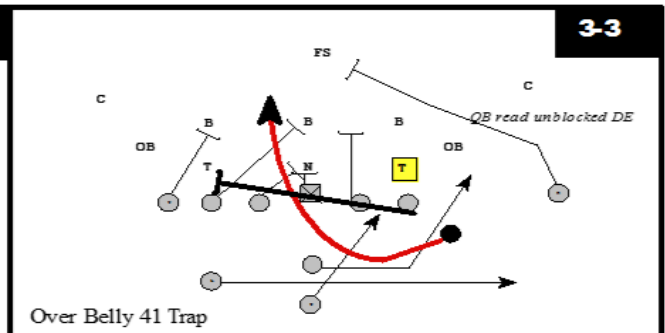
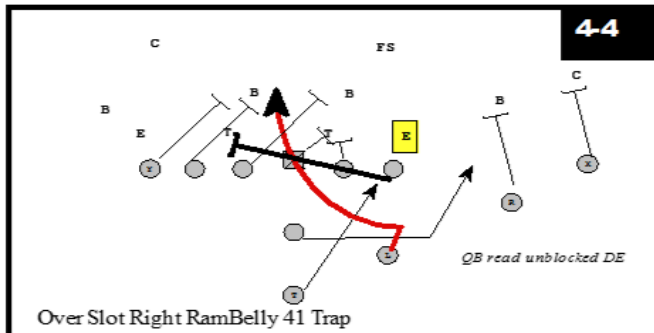
Slant with motion; run Trap but won't need double team by LG & Center.
Backside ILB makes tackle = run trap.
Safety or CB makes tackle = run belly pass.
Outside Linebacker make tackle = QB keep ball

BELLY FAMILY

Code Word:
TEXAS 29

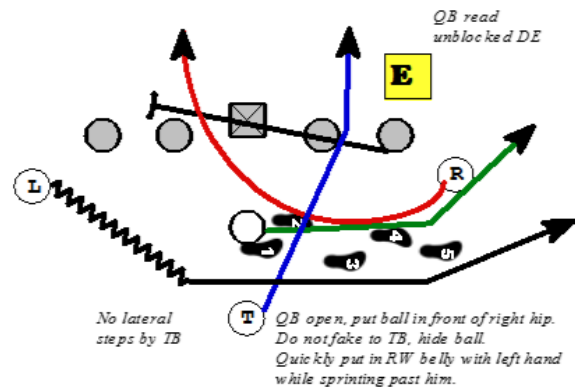
41 Trap

Snap Count:
READY



RT	Pull & Trap inside out
RG	On - Away - Reach
C	On - Away - Reach
LG	Gap - Down (NG) - Linebacker (Set the Wall)
LT	"Set the Wall" on first LB past center;
I	PLAYSIDE: "Set the Wall" on LBacker BACKSIDE: Cutoff safety
x	Cutoff the near safety
L	Fake 28 Option
T	Fake Belly (no lateral steps), do not block DE
R	Inside handoff, square shoulders, hug the wall
QB	Hide Ball. Do Not Ride Belly, Inside handoff. Read unblocked DE

BACKFIELD STEPS



QB first two steps are small as let the TB pass.
The mesh occurs when handoff to RW happens directly behind the TB. Linebacker should see straight line of players: TB, RW, QB, and LW running option route over the top.

ADJUSTMENTS

Kick out 1st man past bridge of LG nose.
LG has to decide if a 2-tech DL is going to slant a gap, in which case LG blocks him & "long trap" the next DL.
If LG thinks he can "escape to backer" then RT kicks out the 2-tech.
Domino call used in 31-G still applies.

DEFENSIVE CONFLICTS

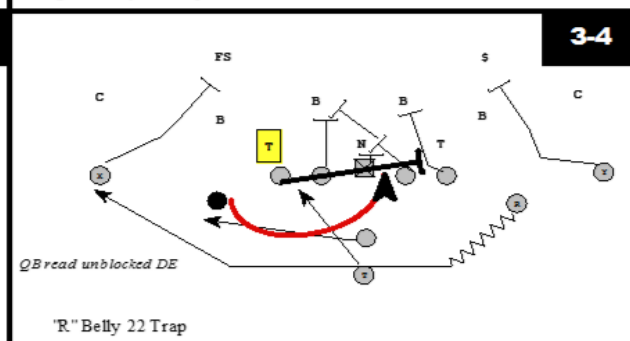
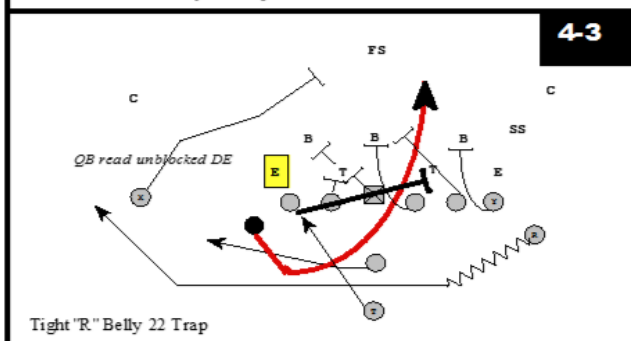
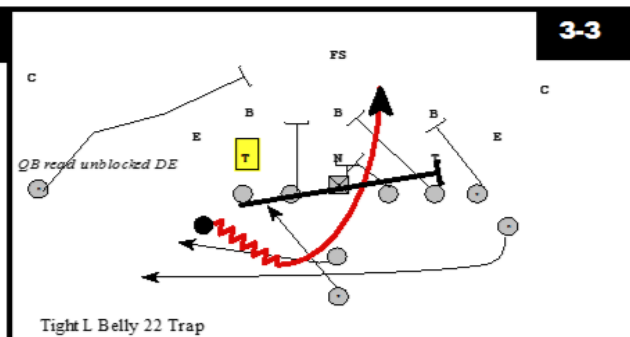
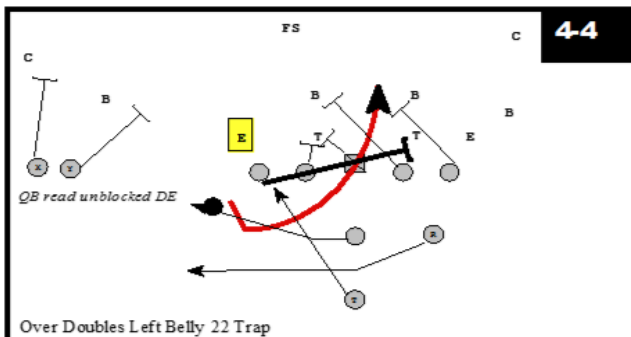
This play slows down the backside ILB.
If DE chases pulling tackle, QB keeps the ball.

BELLY FAMILY

Code Word:
TEXAS 40

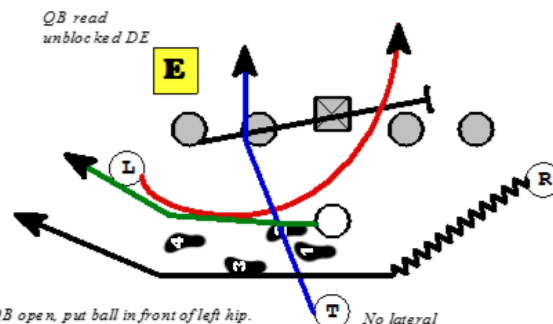
22 Trap

Snap Count:
READY



RT	"Set the Wall" on first LB past center;
RG	Gap - Down (NG) - Linebacker (Set the Wall)
C	On - Away - Reach
LG	On - Away - Reach
LT	Pull & Trap inside out
X	PLAYSIDE: "Set the Wall" on LBacker BACKSIDE: Cutoff safety
Y	Cutoff the near safety
R	Inside handoff, square shoulders, hug the wall
T	Fake Belly (no lateral steps), do not block DE
L	Fake 47 Option
QB	Hide Ball. Do Not Ride Belly, Inside handoff. Read unblocked DE

BACKFIELD STEPS



QB open, put ball in front of left hip.
Do not fake to TB, hide ball.
Quickly put in LW belly with right hand
while sprinting past him.

QB first two steps are small as let the TB pass.
The mesh occurs when handoff to LW happens directly behind the TB. Linebacker should see straight line of players: TB, LW, QB, and RW running option route over the top.

ADJUSTMENTS

Kick out 1st man past bridge of RG nose.
RG has to decide if a 2-tech DL is going to slant A gap, in which case RG blocks him & "long trap" the next DL.
If RG thinks he can "escape to backer" then LT kicks out the 2-tech.
Domino call used in 32-G still applies.

DEFENSIVE CONFLICTS

BELLY FAMILY

BELLY BACKFIELD

Belly

vs NG, the QB will NOT shuffle into the LOS so the TB can cutback vs a slanting NG. QB turns on Midline

The QB still reads the OLB and can keep the ball on option.

The exchange and dual read by TB & QB takes repetition

Trap to Motion

Run this vs DL who slant with motion or invert secondary. LW has to get 4x1 from LT so timing works.

We have to say / signal the LW motion to break what we normally do.

vs backside 1-tech the QB will shuffle into the LOS. This is the largest left foot open step by the QB. No windback. The TUG crossblock tells TB to hug off the down block by the Tackle.

DRAW A PASS RUSH

non-pulling G pass sets before kicking out E. LG has to pick up ILB that RG normally blocks

vs 1 or 2-tech the QB will shuffle into the LOS. QB takes a very small left foot open step. No windback. TB cuts off the LT block: could be a "B" or "C" gap run

Belly Swing

Could run out of Trips. Would lose the RW motion

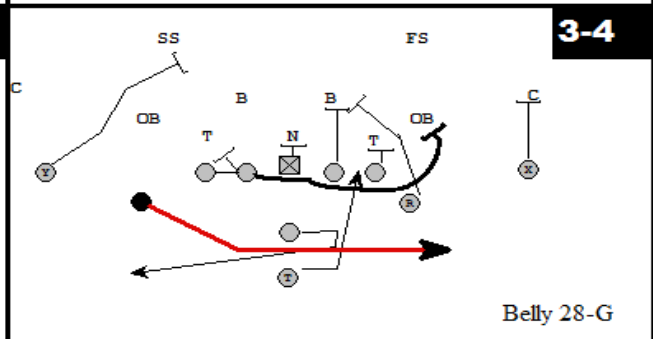
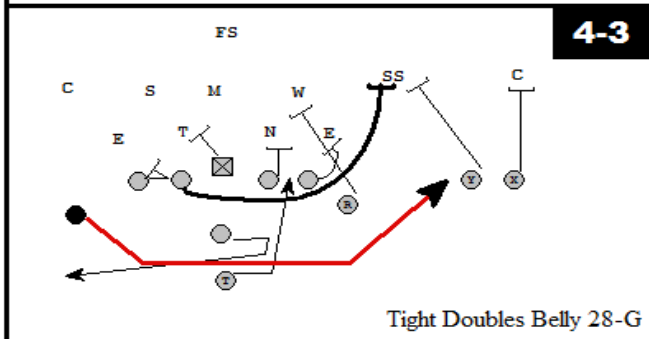
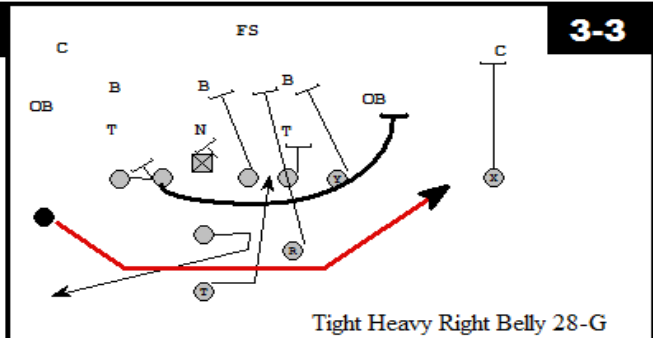
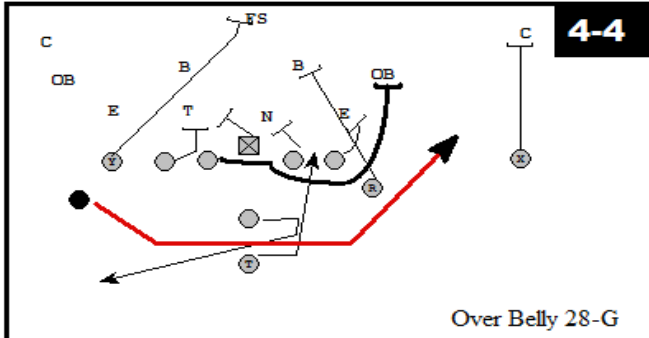
QB PRE-Snap read OLB for X-Quik after very quick Belly fake. If TE covered, run Belly and POST snap read OLB for give / keep. SE (x) sets for crack block if QB keeps ball.

BELLY FAMILY

Code Word:
GEORGETOWN 40

Belly 28-G

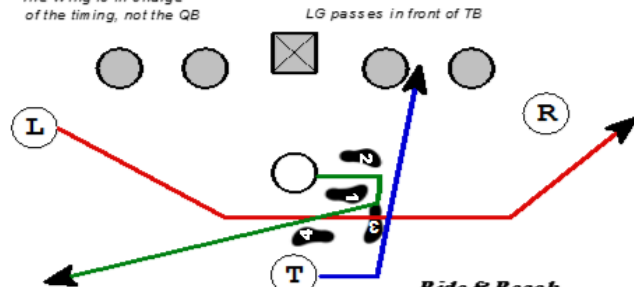
Snap Count:
READY



RT	On - Gap - Reach
RG	On - Gap - Backer
C	On - Reach - Away
LG	Pull & Log outside LB
LT	Fill for Puller,
Y	Cutoff Safety
X	Stalk
R	Inside LB
T	Belly Steps; Make Great Fake
L	No Motion. Outside Handoff after Bellyfake
OB	Ride TB. Outside handoff to LW

BACKFIELD STEPS

*This is a NoMo Play.
The Wing is in charge
of the timing, not the QB*



TB does his lateral steps or lateral hop.

ADJUSTMENTS

*Backside guard pulls no matter what.
RW should not B.I.B. but B.O.B. play side ILB.*

DEFENSIVE CONFLICTS

Think of this as option with a handoff. Call if OLB is tackling TB on Belly. Pulling backside G to log folding OLB does not take play side ILB to the play. Very important that RW blocks whomever he has been blocking on 34 belly exactly the way he has been blocking on 34 belly. Cross blocking will take the playside ILB to the C/D gap

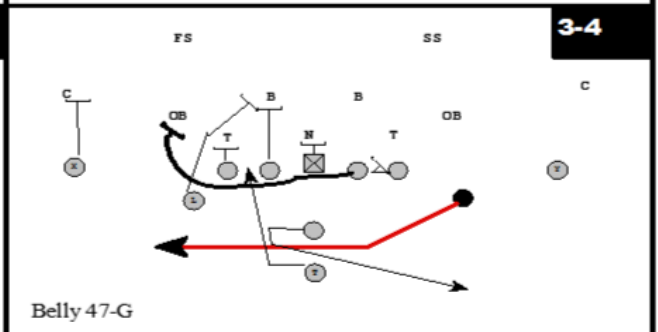
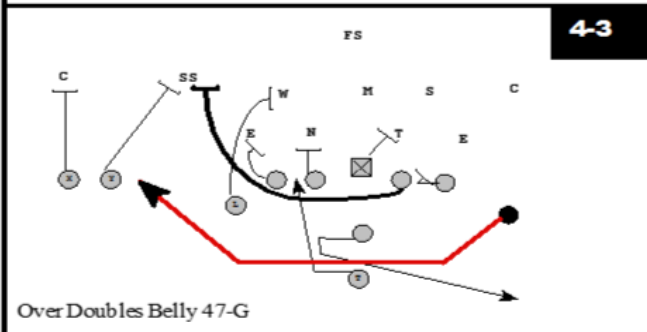
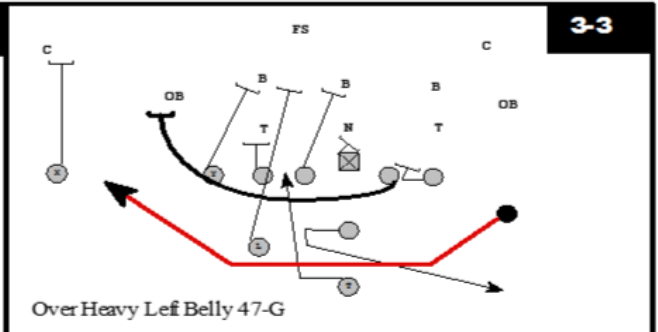
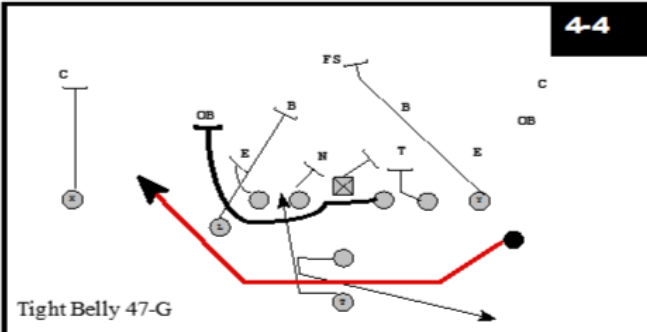
BELLY FAMILY

Code Word:
GEORGETOWN 29

Belly 47-G

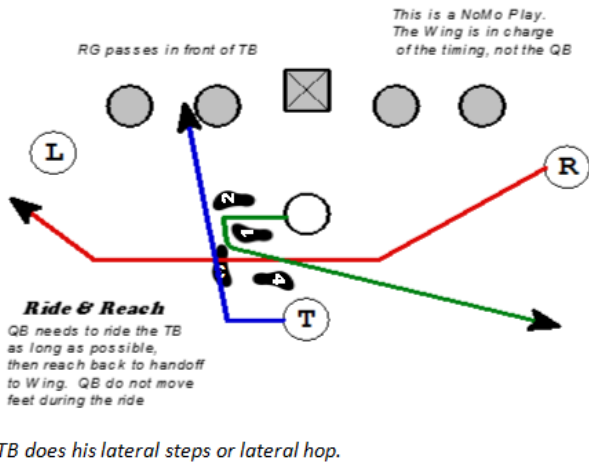
SIGNAL
Flex in bulldog stance

Snap Count:
READY



RT	Fill for Puller,
RG	Pull & Log outside LB
C	On - Reach - Away
LG	On - Gap - Backer
LT	On - Gap - Reach
R	Cutoff Safety
X	Stalk
T	Inside LB
L	Belly Steps; Make Great Fake
I	No Motion. Outside Handoff after Bellyfake
QB	Ride TB. Outside handoff to RW

BACKFIELD STEPS



ADJUSTMENTS

*Backside guard pulls no matter what.
LW should not B.I.B. but B.O.B. play side ILB.*

DEFENSIVE CONFLICTS

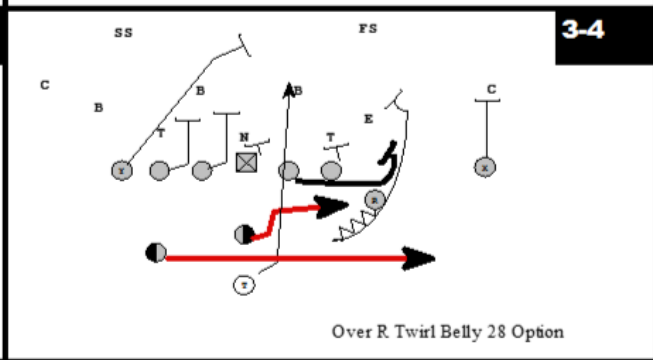
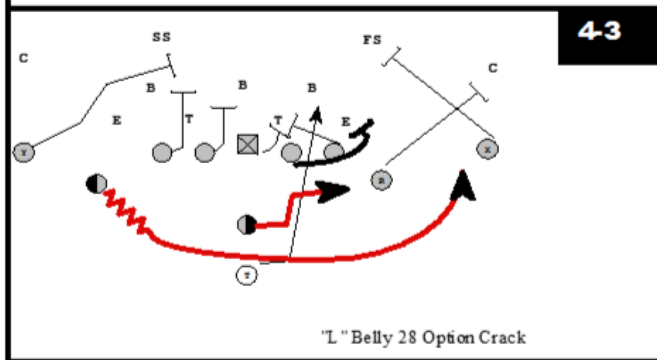
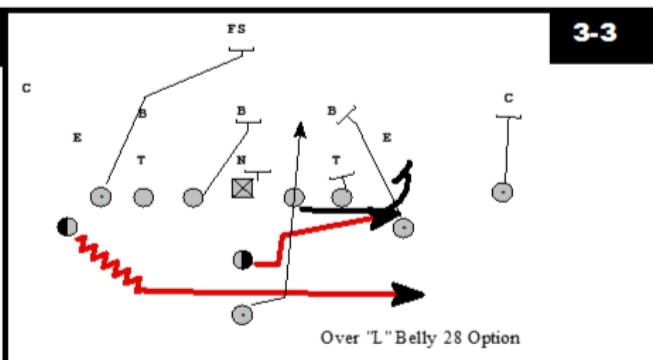
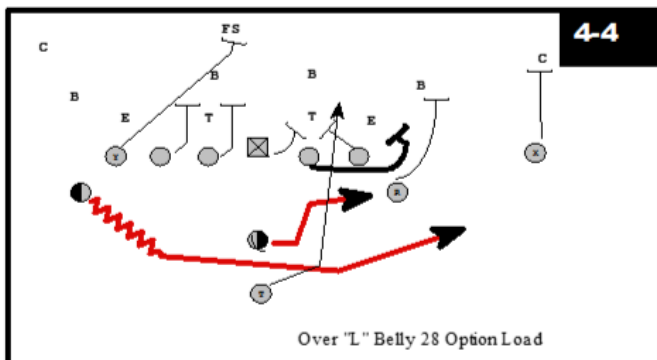
Think of this as option with a handoff. Call if OLB is tackling TB on Belly. Pulling backside G to log folding OLB does not take play side ILB to the play. Very important that LW blocks whomever he has been blocking on 33 belly exactly the way he has been blocking on 33 belly. Cross blocking will take the play side ILB to the C/D gap and he might make the play if LW misses him.

BELLY FAMILY

Code Word:

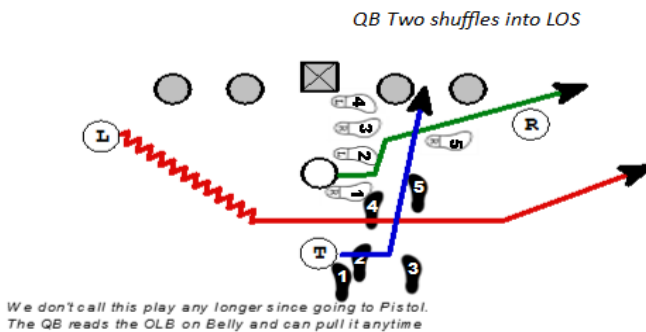
Belly 28 Option

**Snap Count:
READY**



RT	Gap - Down - On
RG	Pull & Log first man past Tackle's block
C	Reach outside gap - Fire block
LG	Reach - On - Backer ("gap highway")
LT	Reach - On - Backer ("gap highway")
Y	PLAYSIDE: Stalk; BACKSIDE: Cutoff FS
X	Stalk
R	Inside LB; "Crack" get CB; "Load" get OLB
T	Lateral 34 Belly Steps
L	Pitch position with the QB (5 x 2)
QB	Open, ride TB 2 steps into LOS, then option #3

BACKFIELD STEPS



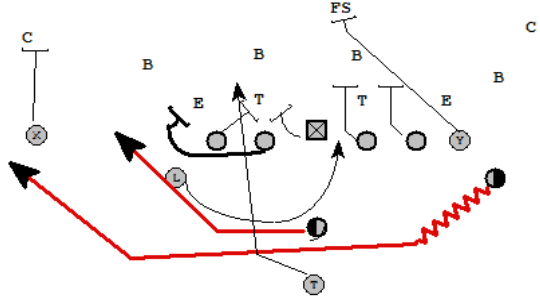
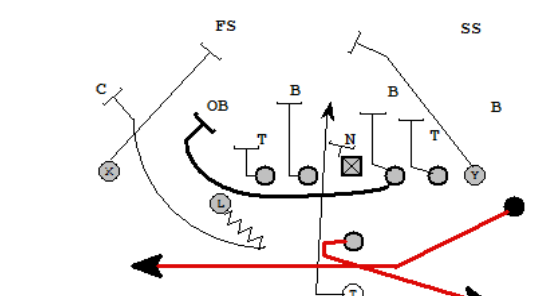
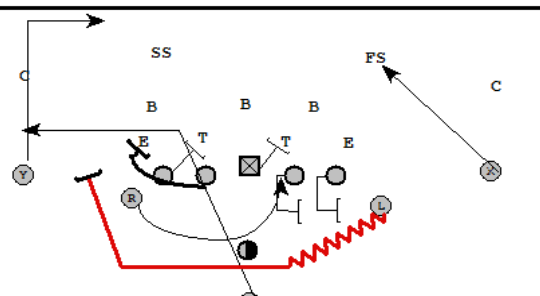
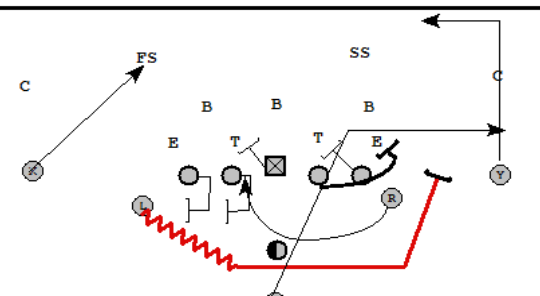
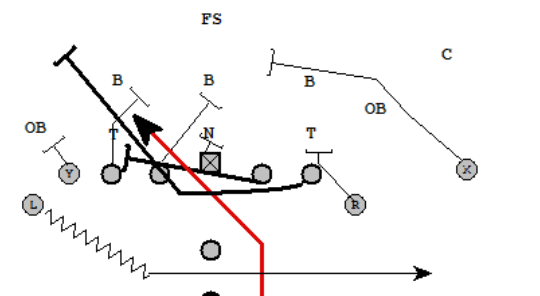
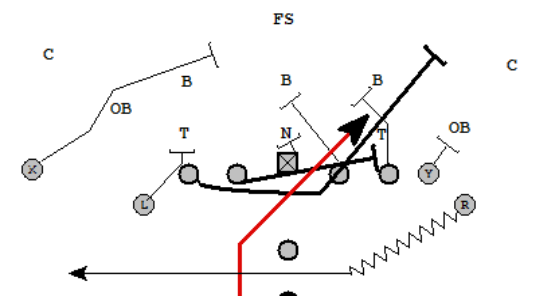
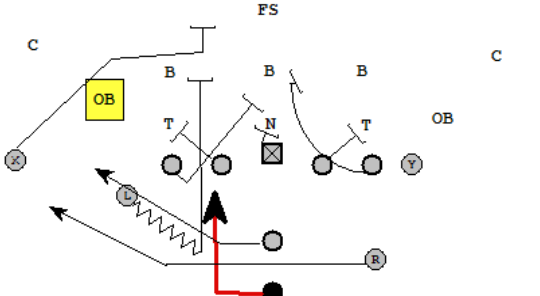
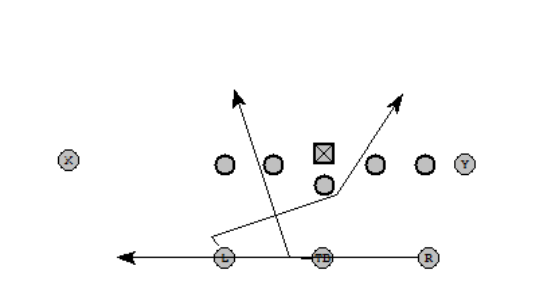
We don't call this play any longer since going to Pistol. The QB reads the OLB on Belly and can pull it anytime. Pitch man yells "ball ball" entire time so QB knows where he is at. Stay 5 yards deeper than QB, 45° degrees in front of QB. If G or RW logs pitch man, then QB probably going to run with ball or pitch off Corner

ADJUSTMENTS
G does not pull: If blitz or A gap threat, Guard does not pull & QB pitches off the man that Guard would have log blocked.
Arc block: RW & X block 1st two from sideline if 3 defenders outside the wing.
Crack block: CB cracks OLB if no G pull; otherwise crack the safety. Wing kicks out the CB.
Load block: RW blocks OLB and G does not pull.

DEFENSIVE CONFLICTS
 Run this if OLB tackles TB on Belly. Since our QB reads the OLB on Belly, we do not need a separate Belly Option play. If running this play the pulling play side guard cannot bubble his path in order to LOG block. Go straight at defender but "wrong shoulder" block with left.

BELLY FAMILY

WRINKLES

 <p>22-47 OPTION</p>	 <p>L-TWIRL</p>
 <p>22-33 BELLY PASS</p>	 <p>41-34 BELLY PASS</p>
 <p>33 Belly GT</p>	 <p>34 Belly GT</p>
 <p>L-STOP</p>	 <p>TEE Formation stops cross read keys</p>

BELLY FAMILY

BLOCKING RULES

PLAY	END	LT	LG	C	RG	RT	END
33 Belly	2 nd ILB	Tug-On-Gut	Tug-On-Gut	LB-On-Cog	Cog-On-Away-Gut	Gut-Ted-LB	Release to S
34 Belly	Release to S	Gut-Ted-LB	Cog-On-Away-Gut	LB-On-Cog	Tug-On-Gut	Tug-On-Gut	2 nd ILB
33-22 Trap	Release to S	Pull Right	Scoop-On-Away	Scoop-On-Away	On-Down-LB	Set the Wall	Set the Wall
34-41 Trap	Set the Wall	Set the Wall	On-Down-LB	Scoop-On-Away	Scoop-On-Away	Pull Left	Release to S
33-47 G	Reach-On-Down	Down-On-Reach	Down-On-Reach	On-Away-Scoop	Pull Left	Pull Check-On-Away	Release to S
34-28 G	Release to S	Pull Check-On-Away	Pull Right	On-Away-Scoop	Down-On-Reach	Down-On-Reach	Reach-On-Down
33-47 B Option	2 nd ILB	Down	Log Pull	Scoop-On-Away	Scoop-On-LB	Scoop-On-LB	Release to S
34-28 B Option	Release to S	Scoop-On-LB	Scoop-On-LB	Scoop-On-Away	Log Pull	Down	2 nd ILB
33 Belly Pass	Corner Route	Down	Log Pull	Scoop-On-Away	Scoop-On-Away	Scoop-On-Away	10 yd drag
34 Belly Pass	10 yard Drag	Scoop-On-Away	Scoop-On-Away	Scoop-On-Away	Log Pull	Down	Corner Route

PLAYSIDE BELLY: “Tug” is traditional cross block. This is called if DL is between the nose bridge of the Guard and Tackle. We “On” block vs 1-tech (A-gap) player. We “Gut” vs odd front teams. The “Out” call is a special call for 3-4 teams who walk the weakside OLB up to the LOS.

BELLY PASS: We always Tug block to make the defense think it is a run play and also to get the DE to squeeze versus the Tackle’s down block .

BELLY SWEEP: We used to Tug block it, but we stopped because it was taking the ILB to the play.

BELLY OPTION: We no longer run this play since our QB reads the OLB. If your QB cannot read the OLB, then you will need to rep and call Belly Option when the OLB is squeezing inside to tackle the TB.