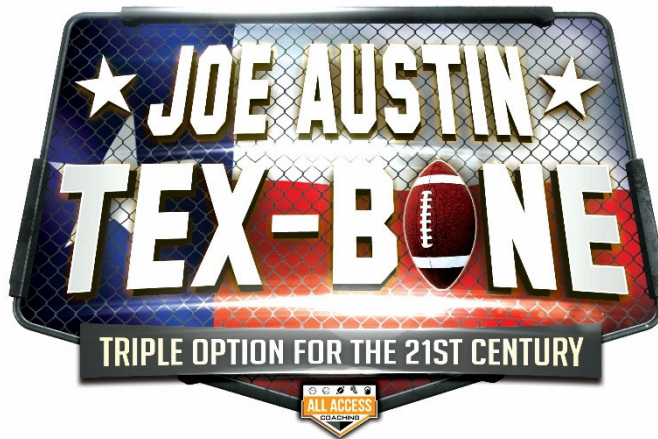

SECTION TWO

RUN GAME

- 5. Power Option**
- 6. G Load Option**
- 7. Double Pull Power**
- 8. Speed Option**
- 9. Power Read**
- 10. Veer Option**
- 11. Isos & Counters**



CHAPTER 5: POWER OPTION

POWER OPTION: the foundational play in the Tex-Bone

The Tex-Bone is the first option system to feature Power run as its primary scheme.

Power was first introduced at the University of Michigan by head coach Fielding Yost in 1905. Yost won 16 national championships during his tenure at Michigan. Between 1901 and 1905 his “point a minute” squads outscored opponents 2821 to 40 while posting a 55-1 record.

The Basic Power Play

The basic Power play uses two lead blockers—typically the backside guard and fullback. The front side of the play uses down blocks working through to the backside linebacker. Multiple permutations of this play include Counter Trey, H-Back Counter and Power Read.

Figure 45 shows an “I” Formation Power play.

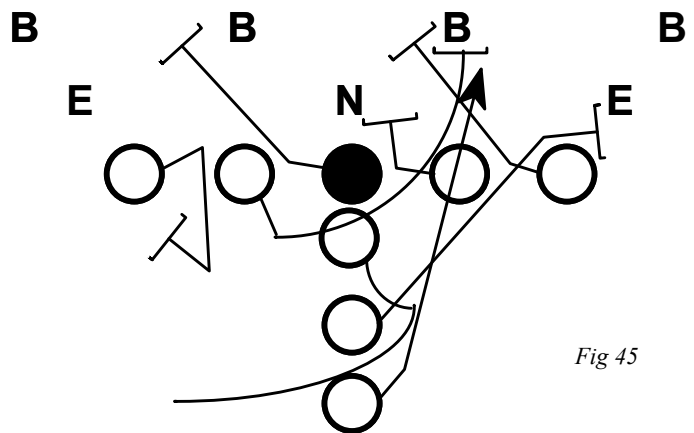


Fig 45

Tex-Bone Power Option

Tex-Bone Power is the cornerstone of the 21st century triple option. Using Power as the base of the Tex-Bone offers several benefits detailed throughout the chapter.

Power creates horizontal and vertical defensive displacement first and foremost. Some Power teams rely on vertical displacement via double teams on defensive tackles to open space for the ball carrier. Other Power systems (the Tex-Bone specifically) use horizontal stretch to open running lanes.

The rationale for grounding the Tex-Bone in a foundation of Power football is rooted in two distinct advantages. First, there is never a need to “check” out of Power. A coach calls Power and is able to run it. Power is a rule based play. Offensive players aren’t thrown off by concerns over blocking assignments when the defensive front changes. If players are well versed in the rules of the play they know what the appropriate response to any changing alignment is. Slanting alignments, twisting line schemes, etc. are not difficult to deal with.

Second, Power Option easily pairs with play-action passes. Play-action from Power is something that most coaches are likely aware of already. Power Pass (a play-action three level flood) is nearly a century old. Teams potentially know this play as “Spider 2, Y-Banana” or another variation of the name.

Figure 46 details Tex-Bone Power Option against two fronts. Our analysis begins with the play side tackle. The play side tackle is the B-gap player. His assignment is to block any player aligned in his gap or any player that loops or blitzes to his gap. The play side tackle works to the backside linebacker if a defender does not appear in the gap.

The play side guard is then the A-gap player. Like the tackle, his assignment is to block any

player aligned in the A-gap or any other defender that loops or blitzes to his gap (similar assignment rules to the play side tackle). The play side guard also works to the backside linebacker if a defender does not appear in the gap. Combined the guard and tackle usually account for the playside defensive tackle and backside linebacker.

The center always back blocks the first player nearest him in Power. This backblock covers the space needed for the backside guard to pull and isolation block the play side linebacker. The pulling guard enters the line of scrimmage through the first open gap he finds. The pulling guard then works inside-out to the outside number of the play side linebacker (reach block).

The backside tackle works inside-out to block the defensive end. Figure 46 shows the tackle base blocking the defensive end. A backside tackle is also able to use a hinge block to reach the same result. Our block choice depends on the team we are playing and how they respond to the presentation of each block respectively. We also consider the strength of defensive personnel during the game planning process when deciding on a base or hinge technique. If the pulling guard is covered by a defensive tackle we will likely choose to hinge as this will aid the center with his back block.

The fullback is aligned behind the quarterback in the Power diagram (Figure 46). Our Power option dives the fullback to the A-gap (explained in greater depth later in the chapter). The wing is the pitch player. His alignment straddles the outside leg of the offensive tackle. The quarterback then reads the dive key first and the pitch key second. The dive key is the defensive end and the pitch key is the first linebacker outside of the box.

Power Option vs. Blitz

Nothing really changes when Power Options is ran against a blitz. Figure 47 shows Power Option against edge blitzes. The pitch key (shown as blitzing off of the edge) will be responsible for the pitch player or the

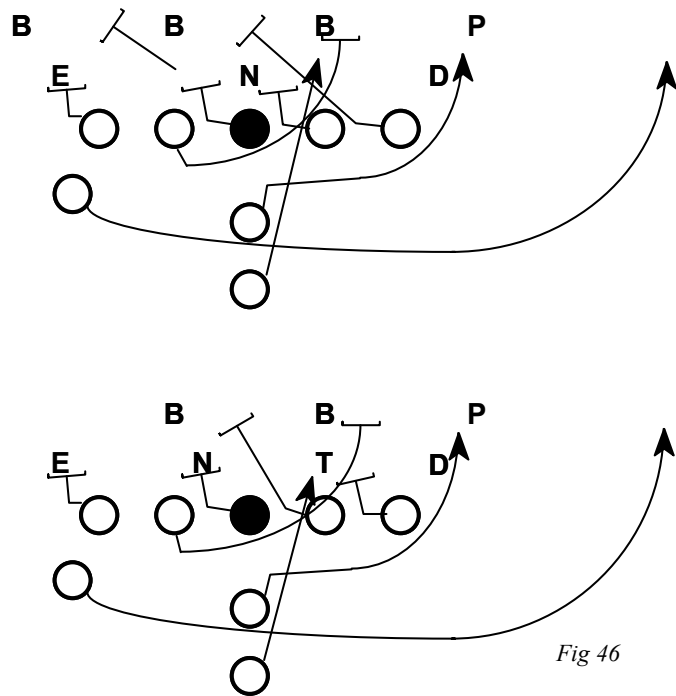
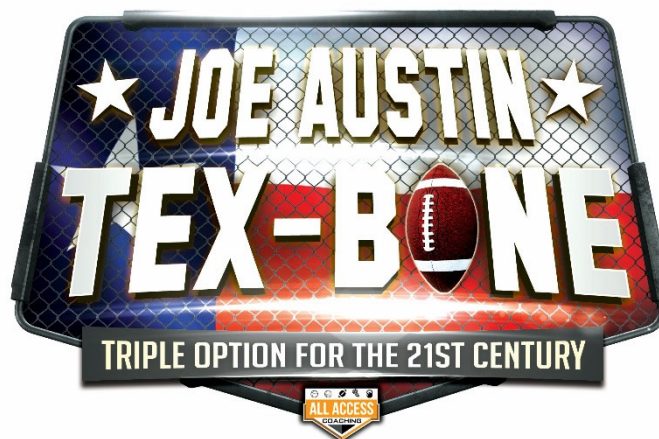


Fig 46

SECTION THREE

PASS GAME

- 12. Power Option Pass
- 13. G Load Pass
- 14. Double Pull Power Pass
- 15. Power Read Pass
- 16. Iso Pass



CHAPTER 12: POWER OPTION PASS

POWER OPTION PROTECTION

Power Option Protection looks identical to Power Option Run with the pulling guard taking the play side C-gap (edge) and the fullback blocking the play side linebacker. All other assignments are identical to Power Run otherwise.

Figure 149 shows how Power Option Protection looks like its running counterpart up to the point where the pulling guard clears the play side guard. The pulling guard in Power Option Protection continues flat down the line of scrimmage to block the C-gap defender instead of turning up field (like in a Power run).

The complete picture of the play side looks like this: the guard takes the A-gap, the tackle takes the B-gap, and the pulling guard takes the C-gap.

The fullback blocks the play side linebacker in Power Option Protection. There's a high probability the play side linebacker is filling on the play. There's also a high probability the backside linebacker is scraping because the backside gap is removed by the play side guard pull. The backside linebacker then gains the potential of joining the pass rush. This rush is delayed if the linebacker is scraping however. The uncovered play side guard or tackle gets an opportunity to pick up this delayed rusher coming from the backside.

Coaching point: remember that everything in Power Option Protection looks just like Power Run. The quarterback does everything the exact same. The demeanor of the offensive line is the exact same. The fullback's path through the mesh is identical to the run—even though his job is now pass blocking.

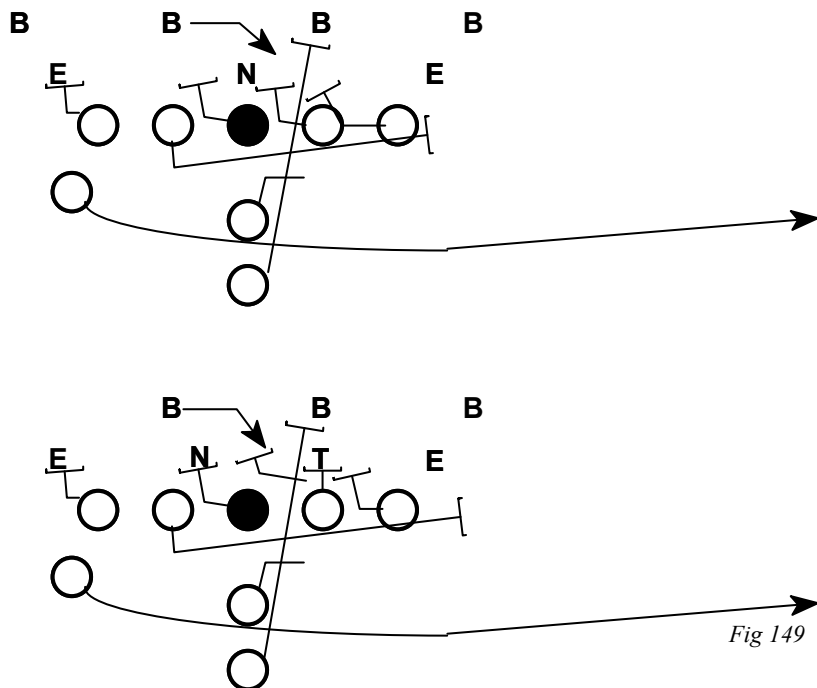


Fig 149

Power Option Protection vs. Blitz

The only thing that changes against a blitz is the quarterback assigns the play side tackle to block the defensive end man-to-man. This allows the pulling guard to account for any blitzing defender—whether it comes to the B or C-gap.

The play side linebacker is still accounted for by the fullback. The backside wing (normally working over the top of the quarterback to get into a pass pattern) must vacate the option fake to stay home and protect the backside edge. In Figure 150 the wing comes off his option path and secures the backside edge if he feels there is a backside threat on the play—even if he already started into his option path. His job is to work inside to establish leverage against the outside blitz wherever it appears.

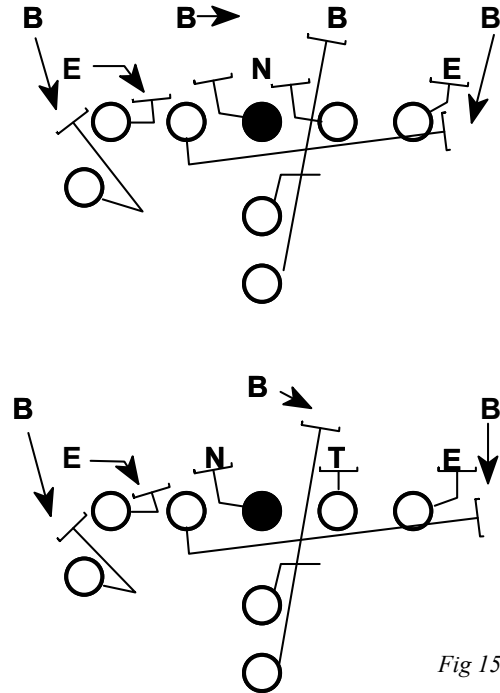


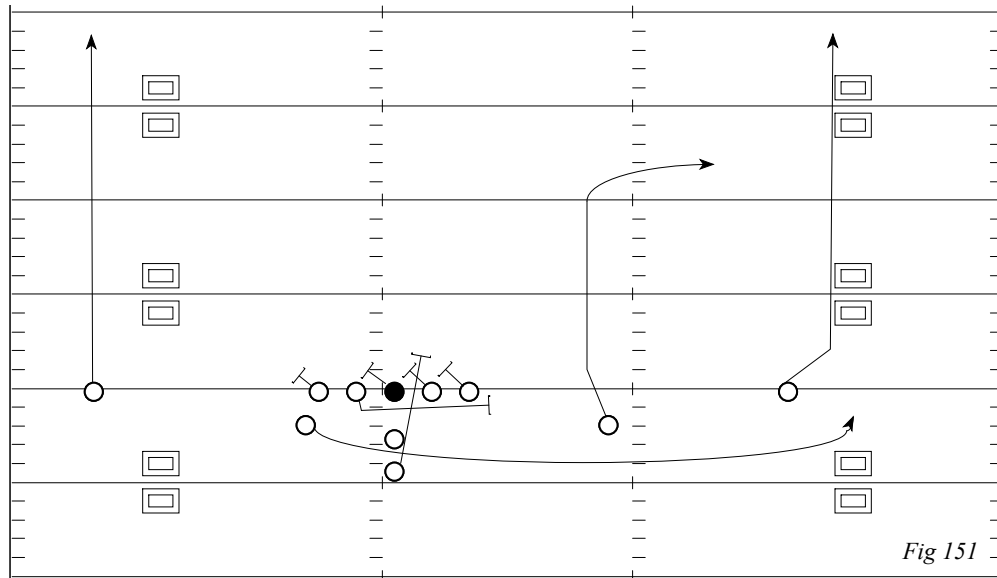
Fig 150

SHORT & INTERMEDIATE PASS PROTECTION & ROUTE COMBOS

All of the pass plays in the following sections are available with a variety of formations, protections, and backfield actions. Our examination looks at these pass plays from 2x1 Spread formations with a wing aligned to the weak side. The 2x1 Spread formation serves as a common Tex-Bone formation example.

Flood

There's nothing magical about the Tex-Bone Flood—it is the same as all other Flood passes in football. The Flood in Figure 151 is a three-level pass play. There's always a deep stretch (in this case by the outside split end). There is also an intermediate-level out route by the slot receiver. The slot receiver gets the most beneficial play-action influence by stemming inside as if he is blocking the linebacker or getting leverage to block the safety. After this stem he stretches vertically to 10 yards before bending his out route to 12 yards. The flat stretch comes from the backside wing coming over the top of the quarterback as if he's the pitch player. Rather than turning up to receive a pitch he continues to stretch into the flat.



Flood is intended to take deep coverage vertical. This sets up a two-on-one advantage against the curl-to flat-defender.

The purpose of the run action is to get pass defenders (such as the curl defender) to trigger on the run. The ball is then easily delivered to the out route for a sizeable gain when the defender exposes the curl zone.

Quick Flood

A cousin of the Flood pass is the Quick Flood pass. The Quick Flood creates a similar stretch—only the play develops quicker. The Quick Flood requires a change in terms of the defender the quarterback reads. The corner is read in this case instead of the curl defender.

