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## CHAPTER THREE

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# BACKFIELD FOOTWORK



**Chapter 8 : Buck Sweep Family**

**Chapter 9 : Belly & Down Family**

**Chapter 10 : Jet, Midline, Veer Family**

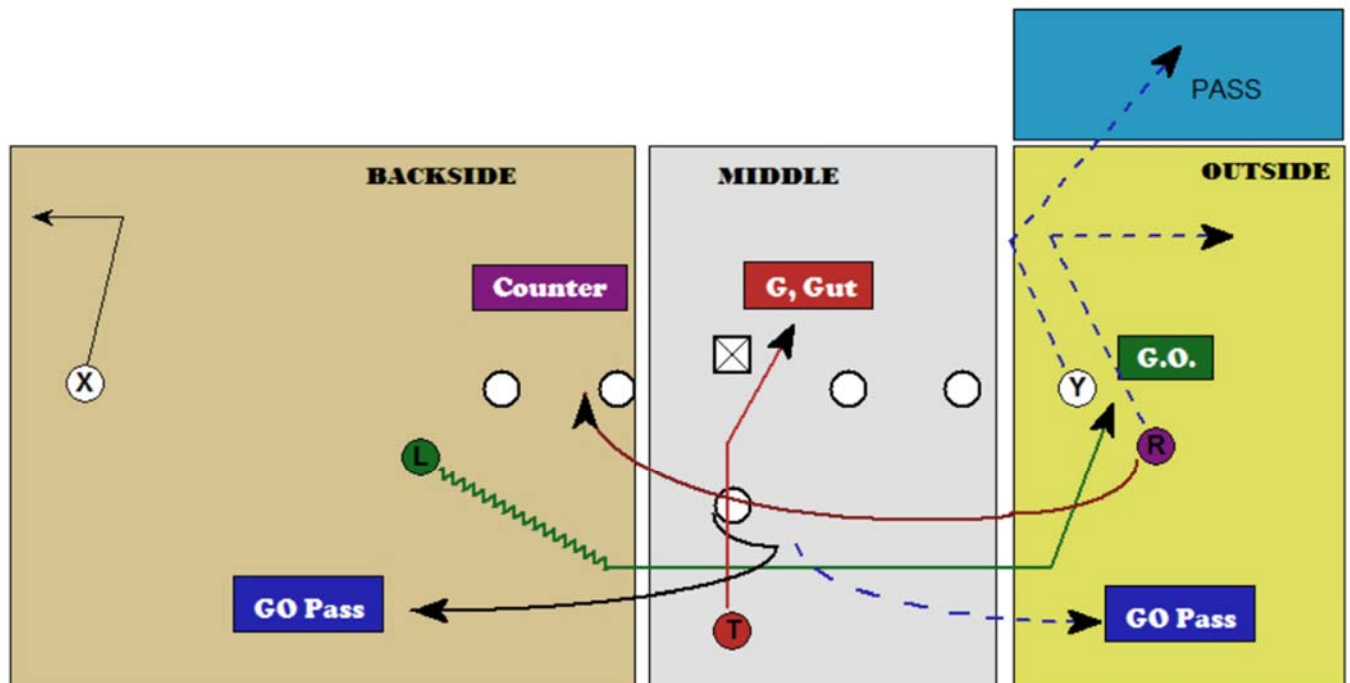
## Buck Sweep



In the BUCK or GO series the basic action in the backfield is the tailback diving for one side of the offensive center, with the wingback crossing the backfield and attacking the edge of the opposite side. The QB attacks the edge away from the direction that the halfback is attacking. To run this series, the fakes from the two backs not carrying the ball must be great enough to slow down the linebackers so that the offensive line can have time to block them.

This play attacks the defense across the whole field, with a sweeper, an inside trap, and a counter all coming off the same basic backfield and line action. The “Buck” in Delaware told the TB/FB to fake dive. The word “sweep” told the HalfBack to follow two pulling guards.

### BUCK SWEEP or GO FAMILY



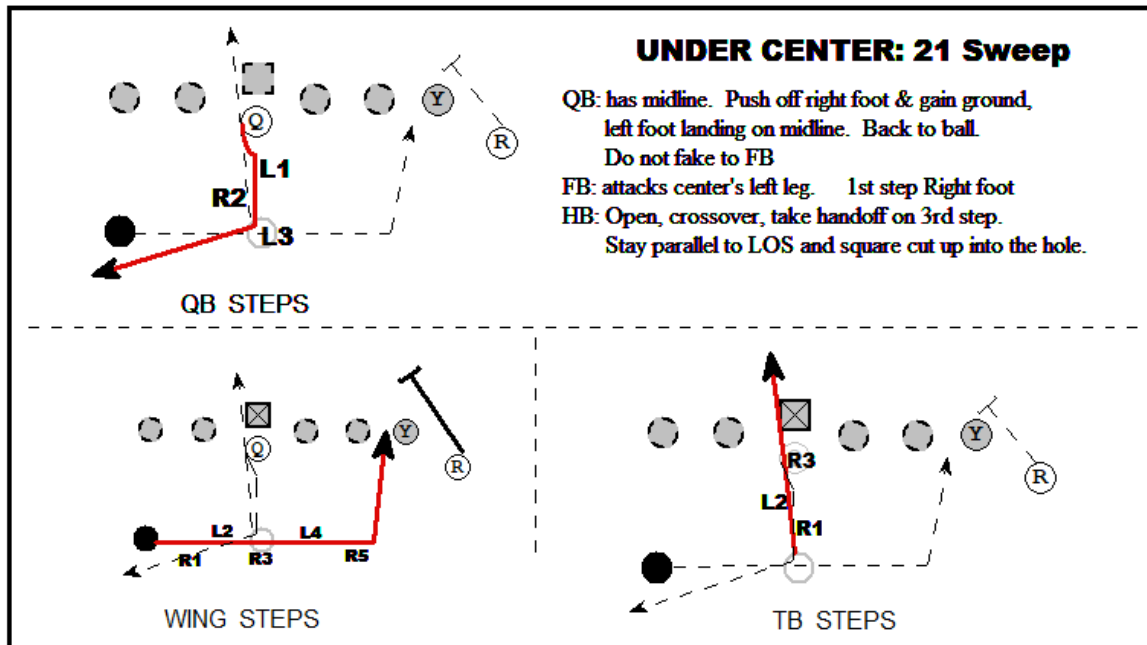
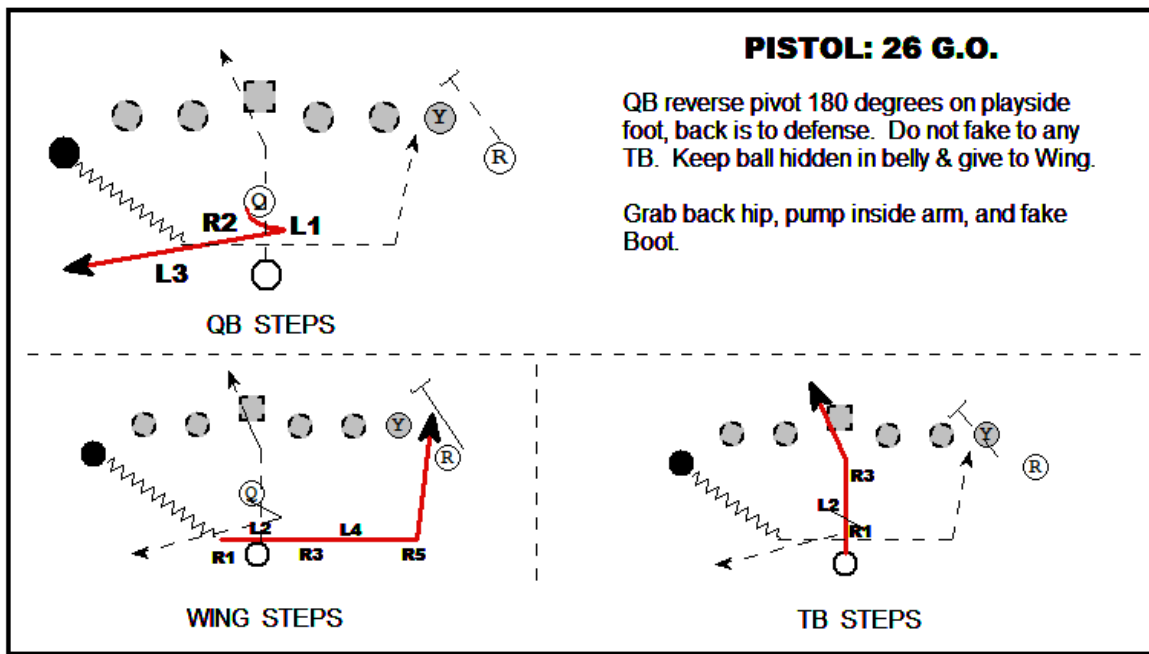
## 21 Sweep or 26 G.O.

The ball needs to be snapped when the WB is at the outside leg of the guard. The TB passes the QB first followed by the WB. The QB will hand the ball to the wing quickly, DO NOT show the defense his left hand after handing the ball off. He then boots away from the play to make the backside respect the waggle pass.

The ball carrier needs to take at least 2 more steps flat towards the sideline to sell Jet Sweep before square cutting up into the hole. DO NOT ROUND OFF! The wing will follow the backside guard through the hole, almost touching his back. The blocking right wing torpedo blocks the D-End, who should be squeezing down vs the Tight End down block.

In both formations, the TB has to pick up backside A-gap blitzes and center has playside A-gap. Versus traditional 1 and 3-tech shades, the center can block back vs the 1 if he is sure that there is no blitzers. The TB would fake right up the gut to occupy/block the backside ILB.

DIFFERENCE: Pistol QB will pivot off the midline with the foot closest to the hole turning his back to the defense. With both feet parallel, he stands there for 1-second. Under center QB takes 3 steps on the midline. Pistol TB has the midline, while under center FB veers off the midline.

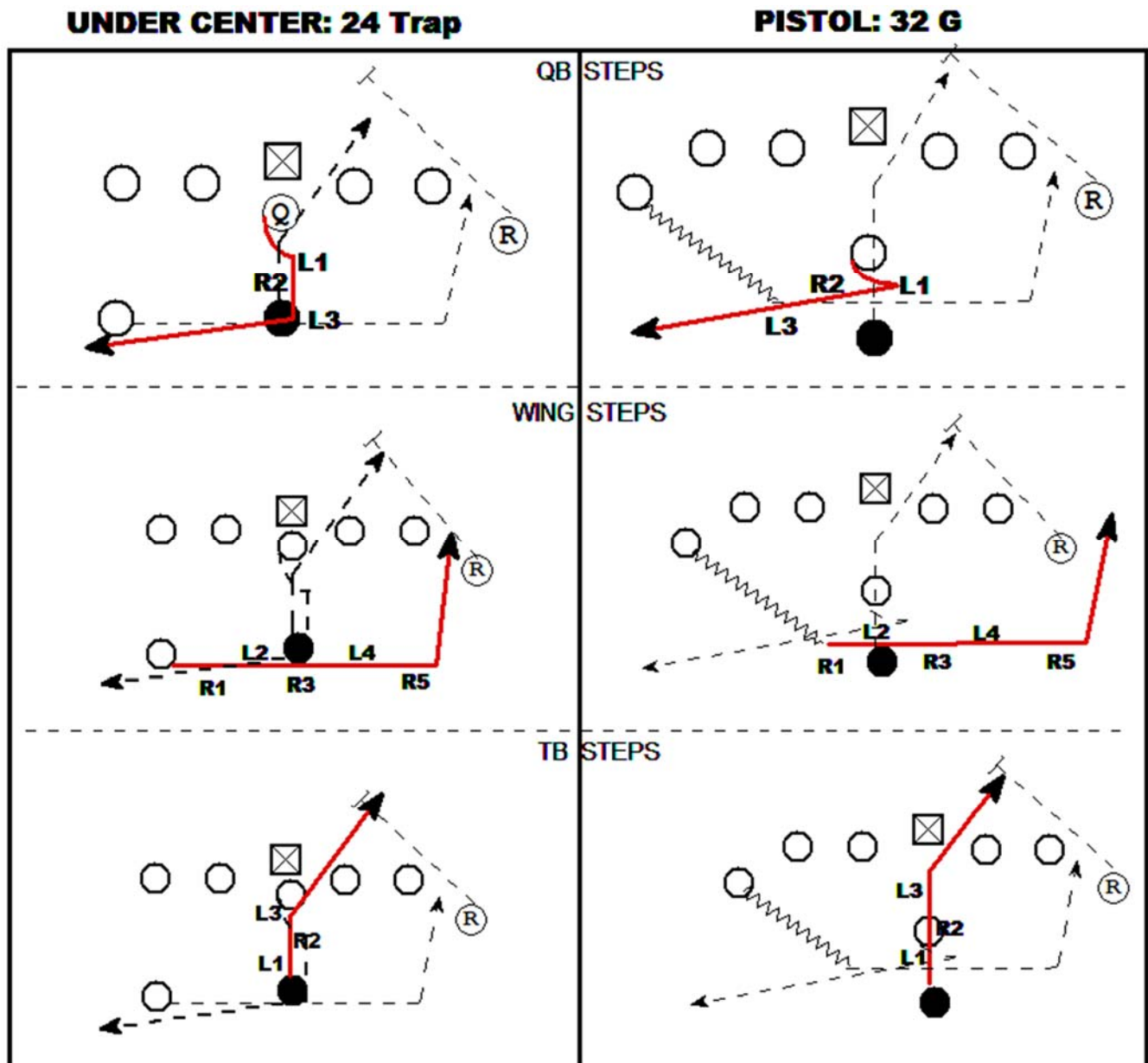


## 24 Trap or 32 G

This play should initially look just like 21 Sweep/26 GO. The ball is to be snapped when the WB is at the outside leg of the guard. As the QB pivots off the midline, he quickly gives the ball to the TB/FB with his right hand, lets the Wing fake over the top of him, and then does his Waggle/Boot fake. The TB will pass the QB first followed by the WB passing after, exactly like the sweep.

Upon receiving the handoff, the TB veers to his right, looking for the block of the WB that did not motion. FIND THE WALL. TB footwork is straight down the line, left-right-left. Do not "bow" or "bend" around the QB. The fake by the Left Wing is swim with left, grab right hip, and pump the left arm.

DIFFERENCE: Pistol QB just turns and waits as both TB and Wing go by him. Under center QB takes two more steps to meet the faking wing. DEALING CARDS. The QB keeps his right elbow tight to his ribs when giving ball to TB and immediately pulls the empty right hand back into his belly button to make a cusp with his left hand. He does NOT fake to the Wing. He grabs his left hip and pumps his right arm on Waggle/Boot fake.

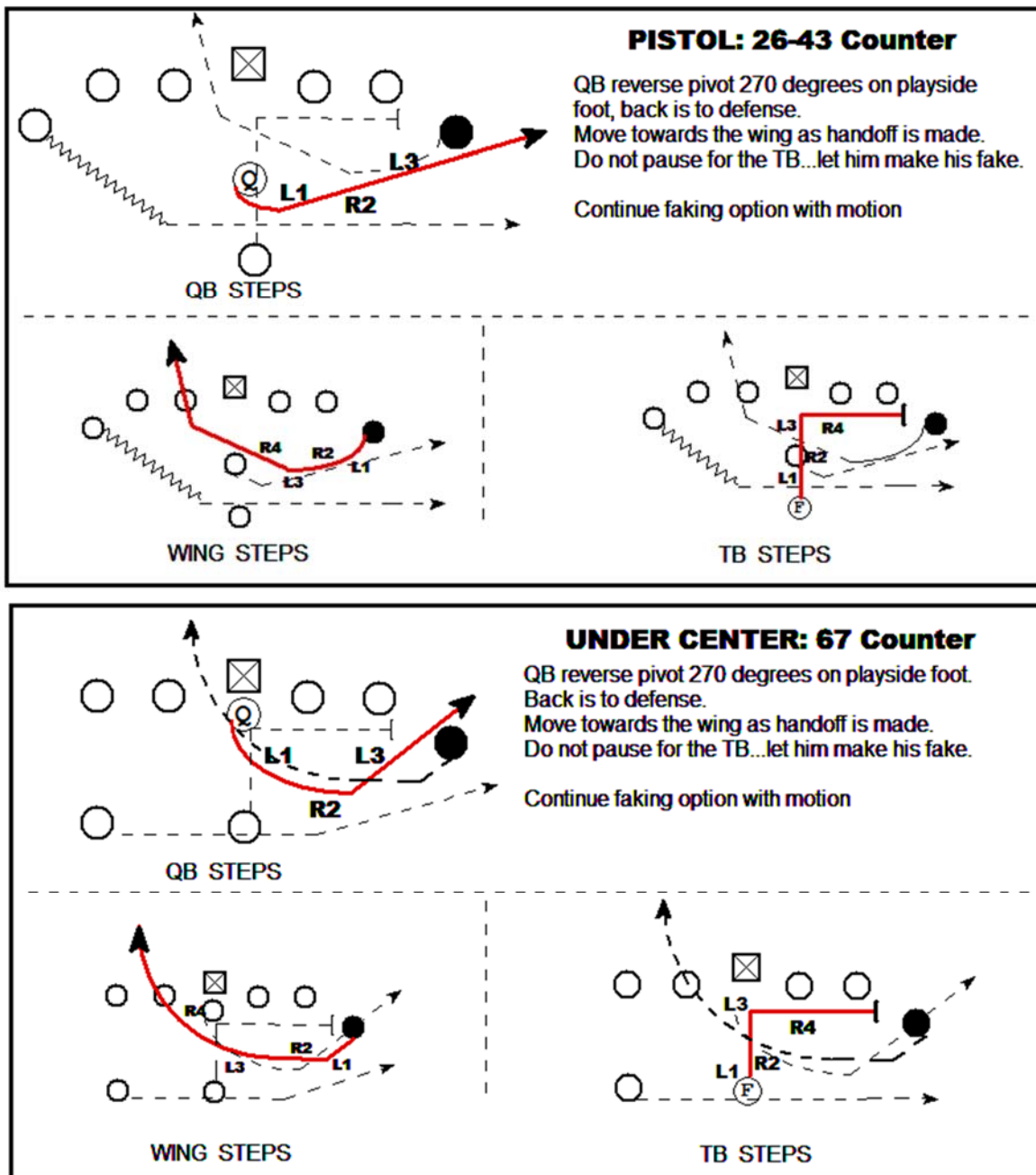


### 67 Counter or 26-43 Counter

This play should initially look just like 21 Sweep/26 GO. The ball is to be snapped when the WB is at the outside leg of the guard. QB will pivot on the foot closest to the hole turning 270 degrees towards the right wing. The QB will not worry about a fake to the TB or Wing but continue his pivot and make the play look like option with the Wing in motion.

The TB comes straight down the midline for his fake, pumping his left arm as he veers away from the hole looking block the backside End. The WB not in motion takes deep left foot step, crossover, and gets the ball on his third step. He will be between the QB and the TB allowing for an inside handoff from the QB.

You can see how easy it would be to fake to the Right Wing and run a naked option with QB and Left Wing. There is 26-43 off GO backfield action, 36-43 off DOWN backfield action, and CRISS-CROSS 43 Counter. The "26", "36", and "criss-cross" tells the TB where to go.

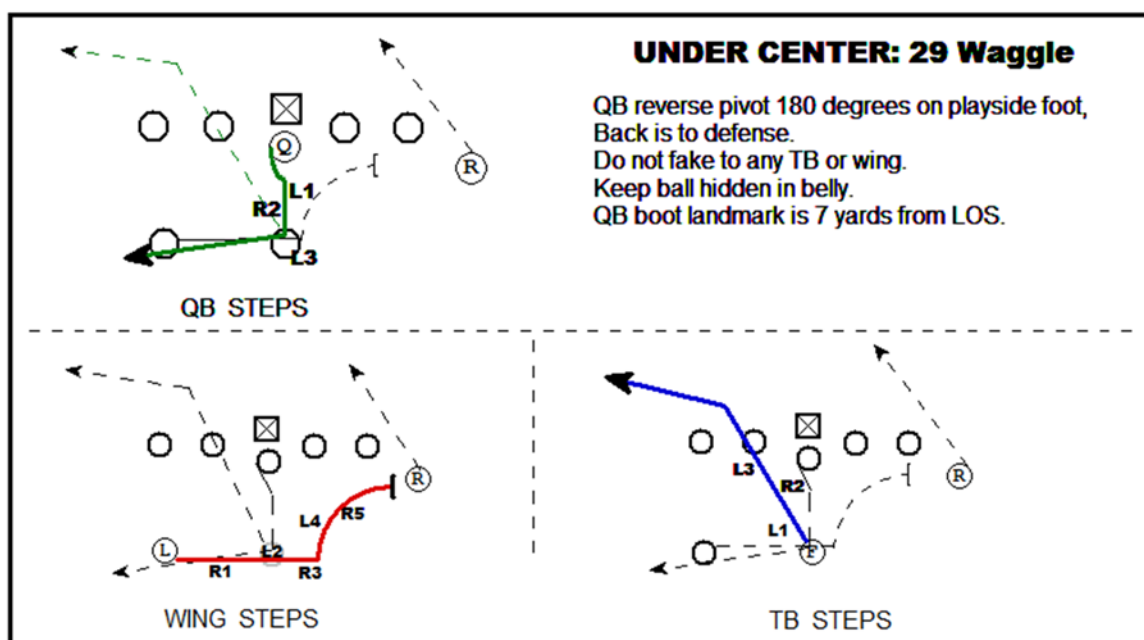
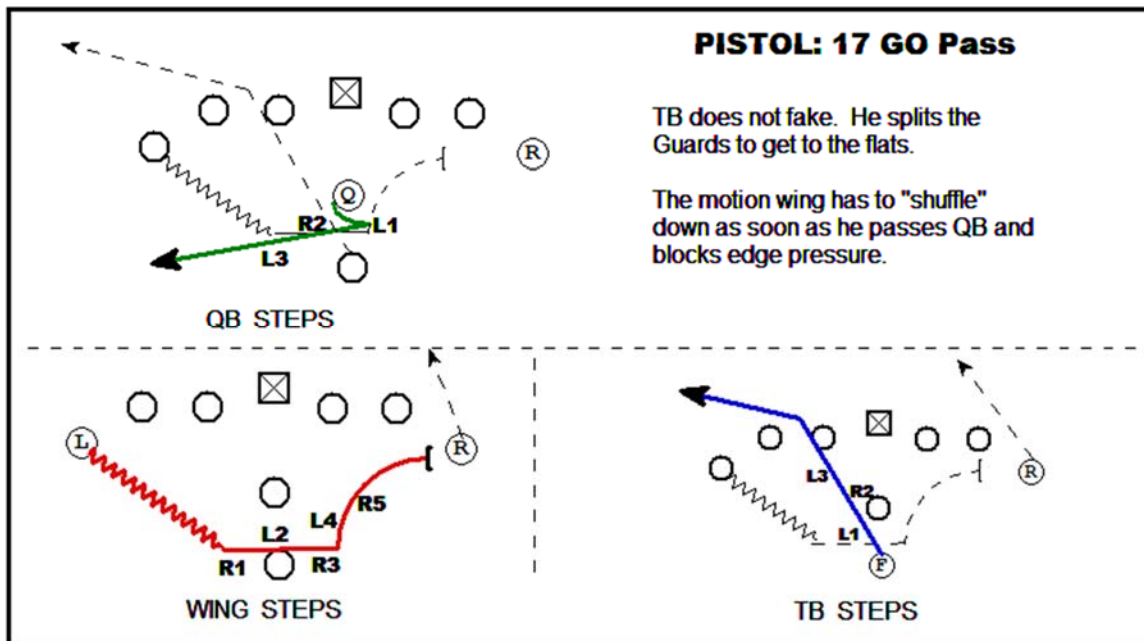


## 29 Waggle or 17 GO Pass

Waggle or GO Pass is the play action off of the Sweep/GO run play. The backfield action needs to look exactly like that of Sweep/GO to put the linebackers in conflict. The QB will have the TB in the flats, a deep comeback (19 back to 15) by the receiver, and TE drag. His read is: RUN-FLATS-COMEBACK-TE

The TB/FB does not fake since we do not want him to get tackled or draw attention away from the Wing. He splits the two pulling guards, going in front of the Right Guard on his way to the flats. The QB has to pause for 1-second, back to defense, ball tight against belly button to give the pulling Left Guard time to hook the End. If the QB rushes out to quickly, the End will chase him.

The wing must protect the backside and block the DE so he can not chase the QB down and make a play. As soon as he "swims" his left arm, he shuffles down to the LOS, trying to fit off the right hip of the RT.

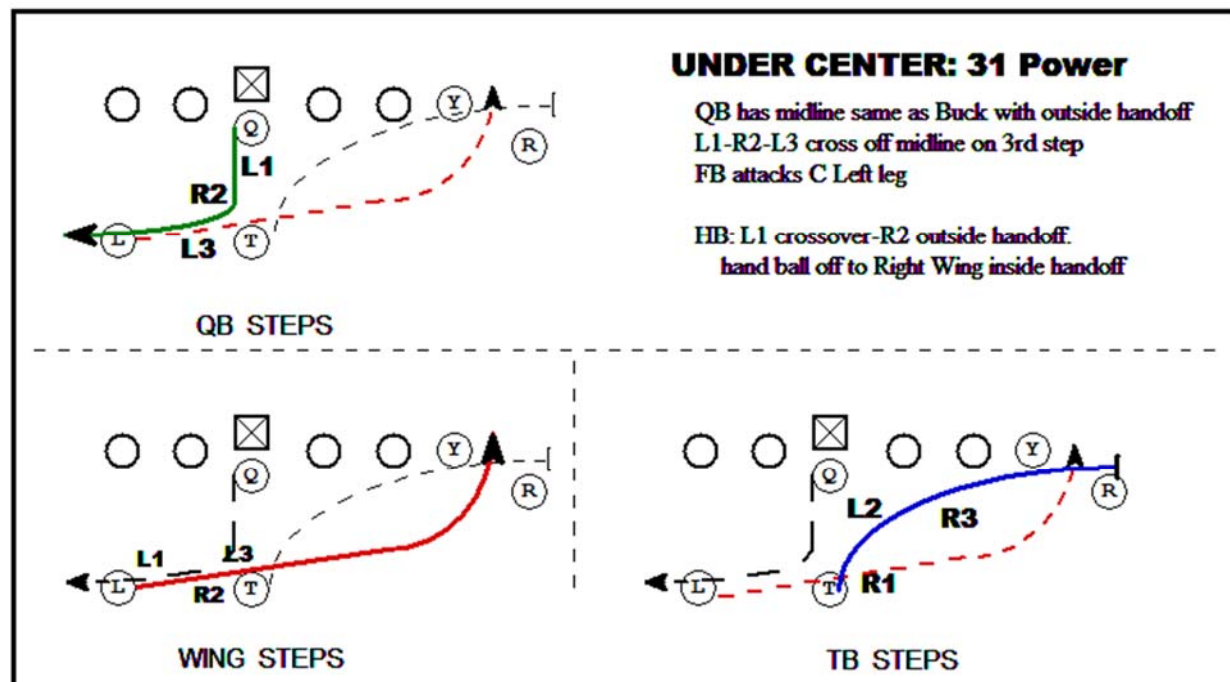
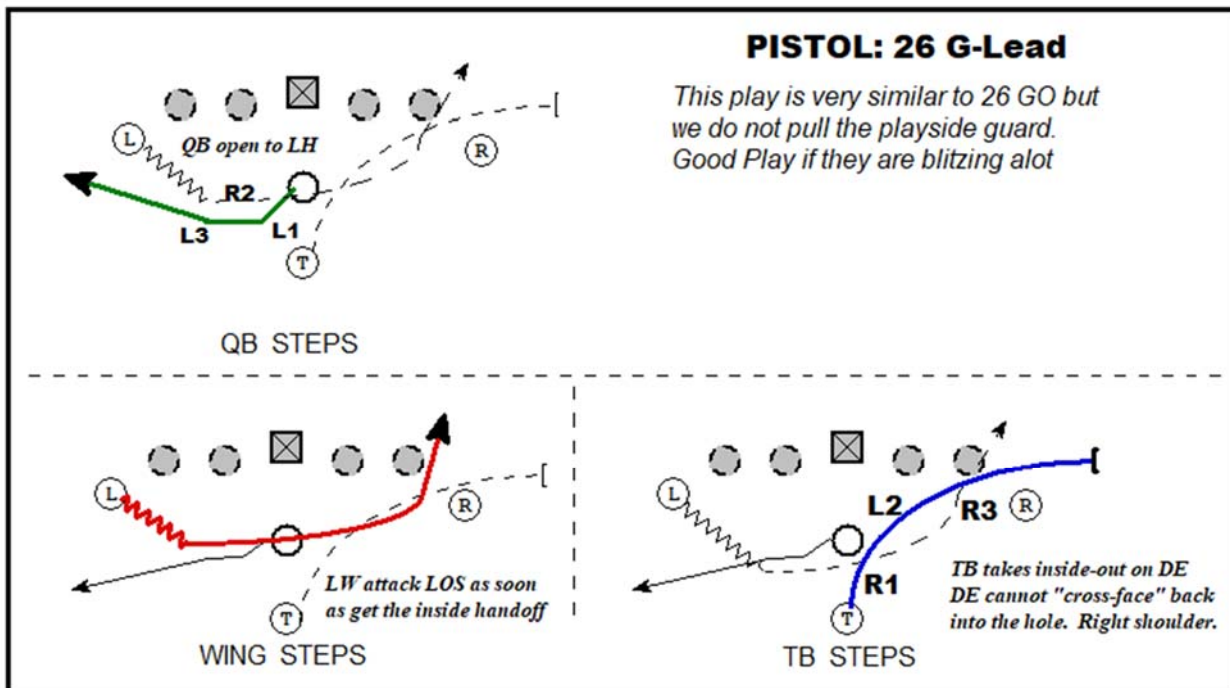


### 32 Power or 26 G-Lead

This play should initially look just like 21 Sweep/26 GO when the wing is in motion. QB open to the wing so it looks like Buck Sweep. The TB will take the place of a frontside pulling Right Guard and block the force player. The WB still follows the backside guard through the hole after the TB blocks the force defender.

DIFFERENCE: Inside handoff out of Pistol. Outside (over top) handoff when under center.

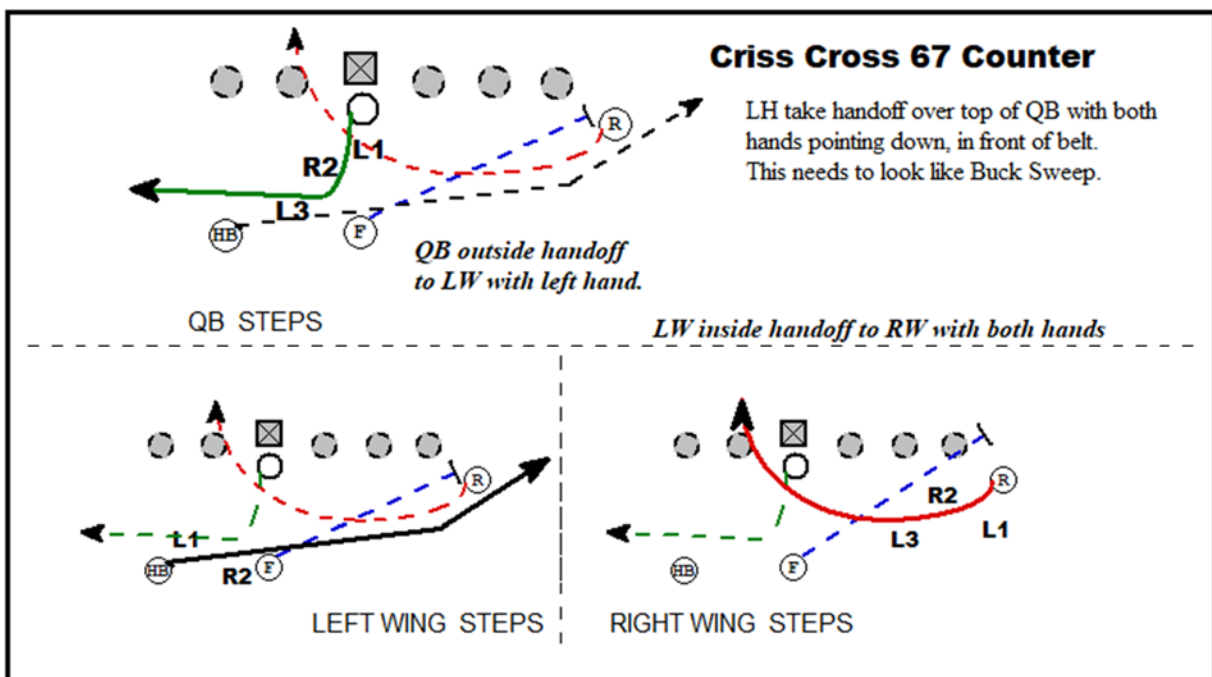
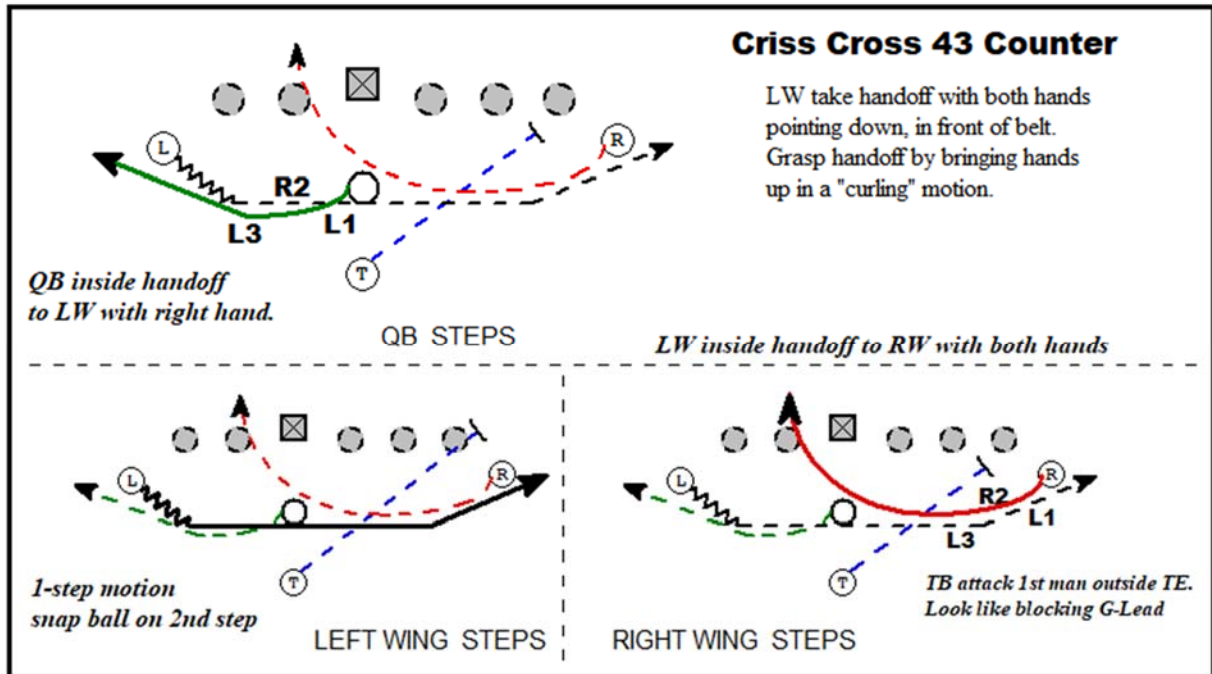
This play allows for A, B-gap blitzing linebackers to be picked up by the line while still getting a kick out block and another puller. It also sets up criss cross counter.



## Criss-Cross 43 Counter

Criss-Cross Counter is a double handoff. It is made to look like Power/G-Lead in the backfield. TB/FB still takes the same path, going in front of the Right Wing, blocking the D-End. Right Wing steps are the same as 26-43 and 36-43 Counter. "BACK-CROSSOVER-FLAT".

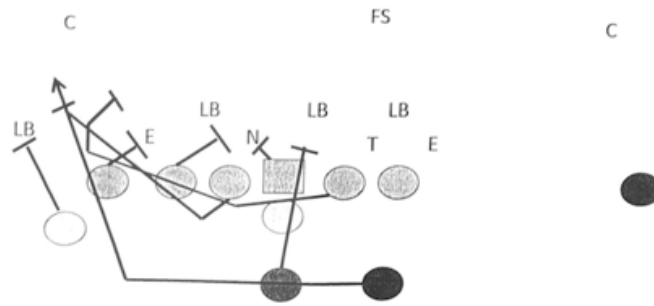
THE DOUBLE HANDOFF. Left Wing has both hands at belt buckle, fingers pointing down. He takes ball with both hands under the ball, right hand can be on the cone. He immediately "pushes" or "slides" the ball across his belly, inside towards the Right Wing. The Right Wing can take the handoff traditionally with left elbow up, but often times the left elbow hits the Left Wing, who is leaning inward to make the handoff.





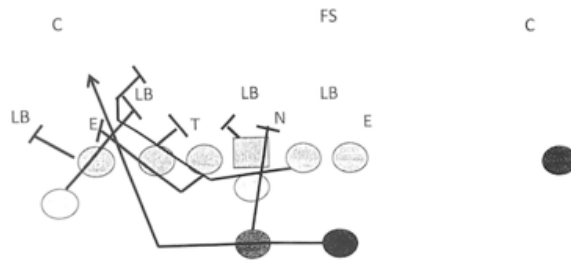
## Buck Sweep Variations

### Buck Sweep Arc



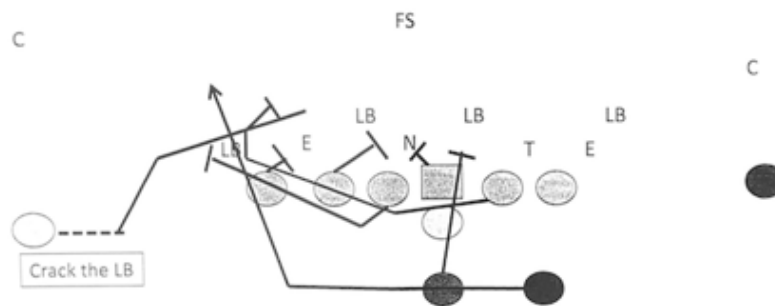
Run this when there is a player coming hard off the edge that is hard for the wing to handle. Wing instead kicks out the force player and the play-side guard will kick out the squeezer.

### Buck Sweep Fold



Run fold against a strong defensive "read" team. The DE will step out when the TE arc releases and the play-side guard will kick him out. The wing will fold under the TE's arc release and go to linebacker.

### Buck Sweep Wham



When a LB is scraping hard to C gap and the wing doesn't have a good blocking angle, move the wing out to flanker and motion-crack with him.