

CHAPTER 13: G LOAD PASSES

G LOAD PASS PROTECTION

G Load Pass Protection looks identical to G Load run. Everything mirrors the run scheme on the play side in particular. The fold combination comes between the play side tackle and play side guard. If the play side tackle faces no gap threat he looks for a linebacker filling on the play side. Whenever running any G Load scheme we pull with the intent of logging the contain player. The guard reacts when the defensive end forces a kick out. The two diagrams of Figure 159 show G Load Pass Protection.

The primary difference between G Load Pass and G Load Run is on the backside of the play we do not work downfield to the second level. The bottom illustrations shows the uncovered linemen (the center or backside guard) accounting for the backside linebacker. Essentially this protection is a two-for-two block by the center and the backside guard against the backside linebacker and the nearest defensive lineman. The fullback then blocks the play side linebacker off the dive fake. This linebacker is likely filling to the play. The fullback meets him near the line of scrimmage.

The quarterback presses the fake along the line of scrimmage after the dive mesh occurs. Most of the routes we pair with G Load Pass Protection allow the quarterback to press the fake a significant distance along the line of scrimmage before setting up to deliver the pass. The quarterback's ability to press the fake laterally greatly enhances the play-action influence of this protection. His lateral press puts greater pressure on outside linebackers.

If the quarterback keeps the ball outside the pocket it forces outside linebackers to fill and vacate their pass zones. This action induces similar reactions by safeties with primary run support duties (safeties in Cover 4 schemes specifically).

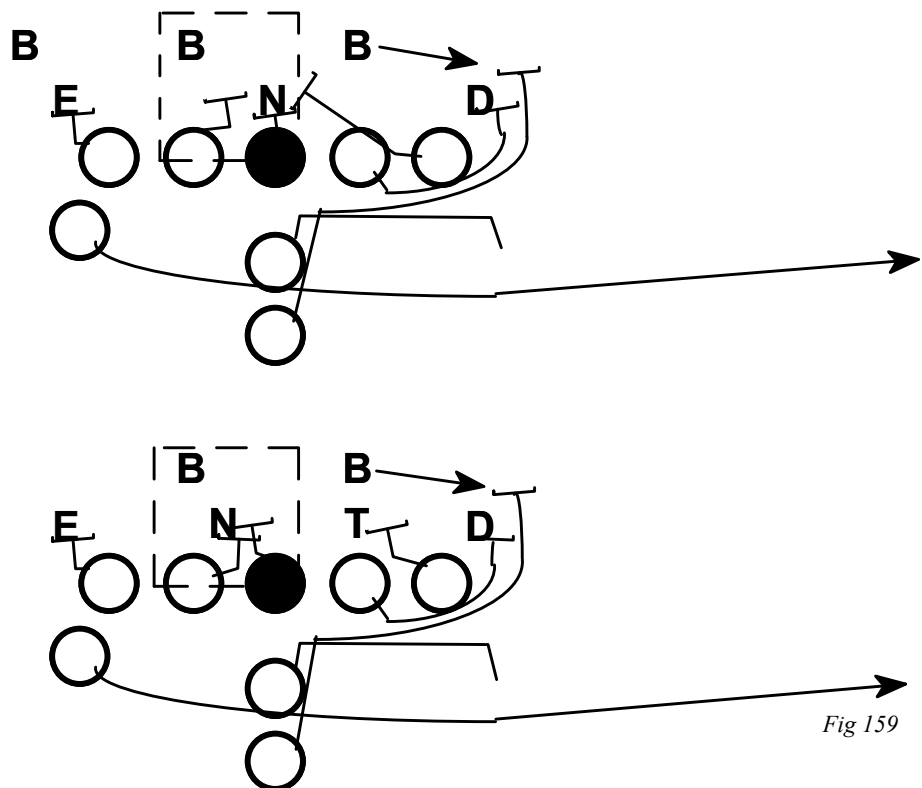


Fig 159

G Load Pass Protection vs. Blitz

G Load Pass Protection accounts for pressure situations effectively. Figure 160 demonstrates how the protection accounts for a linebacker blitzing off the edge. This is achieved through blitz awareness/pickup with the fullback. The protection is virtually unchanged for all other players against the blitz.

The guard and tackle fold block versus an edge blitz actually becomes easier in this case. The dive key usually works down to the B-gap against an edge blitzer. This creates an easy log block for the pulling guard. The play side tackle stays with the 3-technique slanting inside to the A-gap.

Against an edge blitz on the backside there are three players to block three gaps. The center, guard, and tackle protect the A-gap, B-gap, and C-gap respectively.

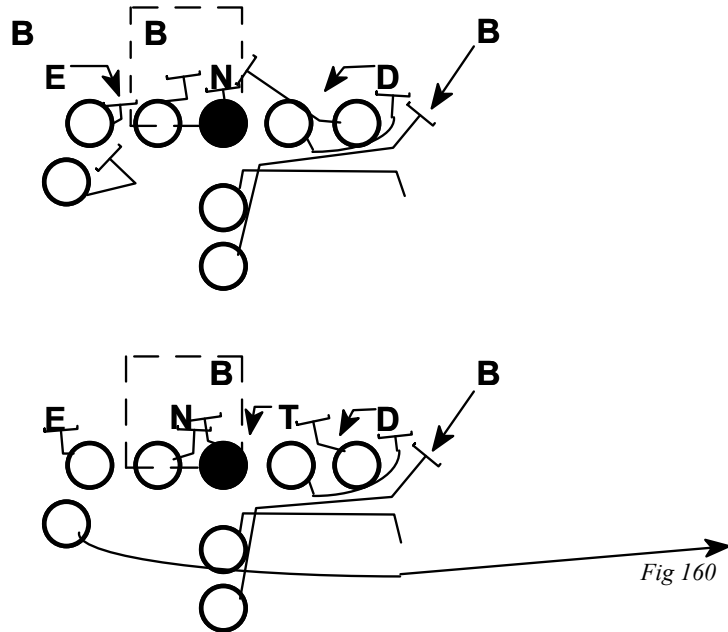


Fig 160

INTERMEDIATE & DEEP ROUTES

G Load pass plays push the ball downfield in search of large gains. The following sections detail how receivers get into the right position to maximize big play potential.

Base Blocks & Vertical Releases

The most effective way to push the ball downfield is to sell the base block before releasing into a vertical route. Play side receivers start by releasing as if they are blocking the safety and corner before getting vertical.

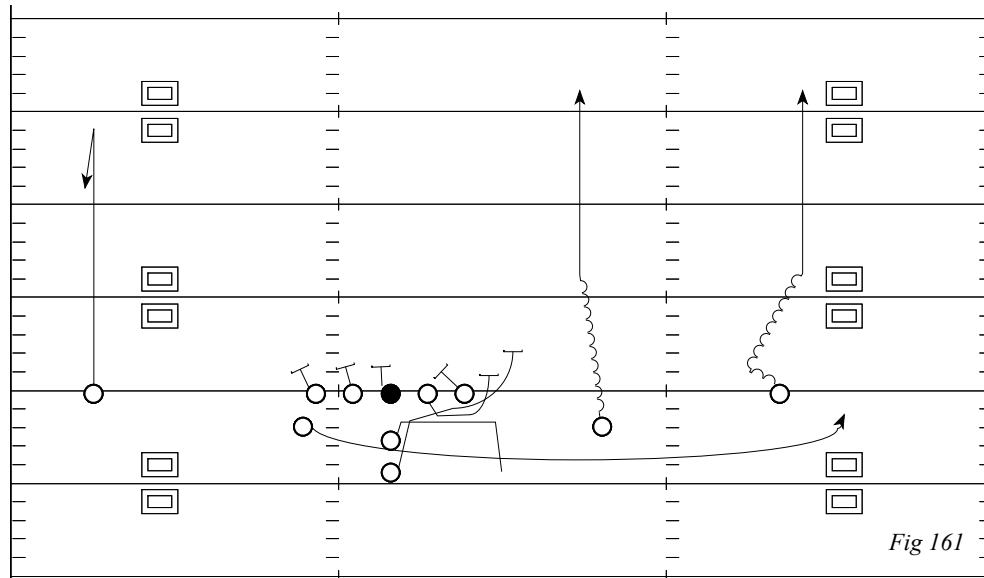


Figure 161 shows the play side outside receivers releasing vertically and stacking over the top when the safety and corner fill to cover the run. On the backside of the play we tag a timing route so the quarterback knows where to deliver the ball safely versus man coverage. (G Load Pass builds in a timing route to account for blitzes and other situations when vertical routes are not open).

While there are a number of backside timing route choices the one we use most frequently is a comeback. Check down options for the quarterback also includes the flat stretch if neither the corner nor safety fills to cover the run.

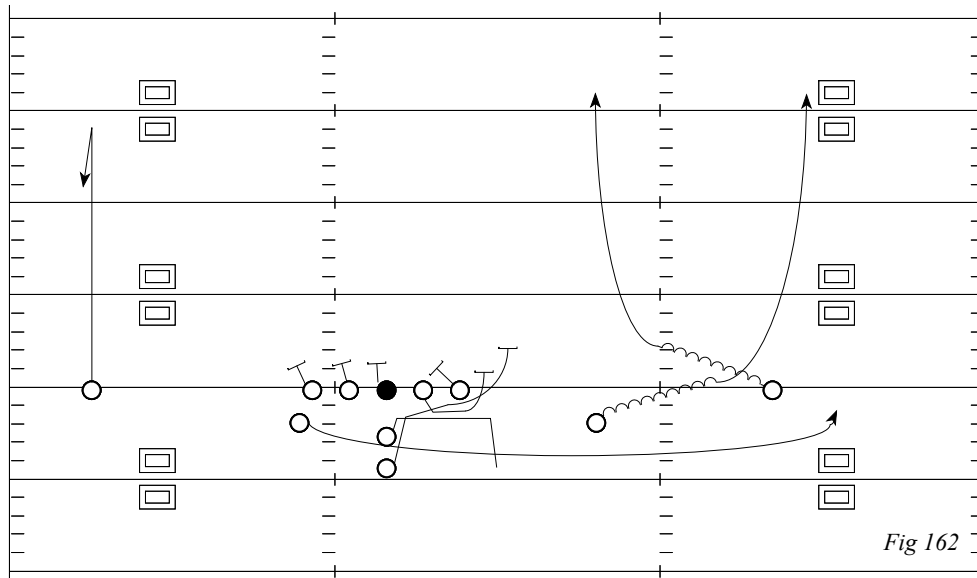
An important aspect of selling the run on G Load Pass plays is the quarterback pressing the fake toward the edge of the defense. Our G Load Pass Protection routes typically take longer to develop than our Power Option Pass routes. Selling the fake to the edge helps hold defenders long enough for pass routes to get open in space.

Cross Blocks & Vertical Releases

Cross blocks with vertical releases are another combination well suited for pushing the ball downfield. As show in Figure 162, cross blocks create an advantage in terms of blocking leverage and timing when blocks are made in relation to when the ball arrives at the point of attack (cross blocks are extremely effective at selling the run before becoming a pass). Cross blocking is the best method for engaging outside defenders as the ball arrives at the point of attack.

It's logical for the Tex-Bone to place high emphasis on cross block play-action pass routes because Tex-Bone run plays throughout the entire offense employ cross blocks on the outside.

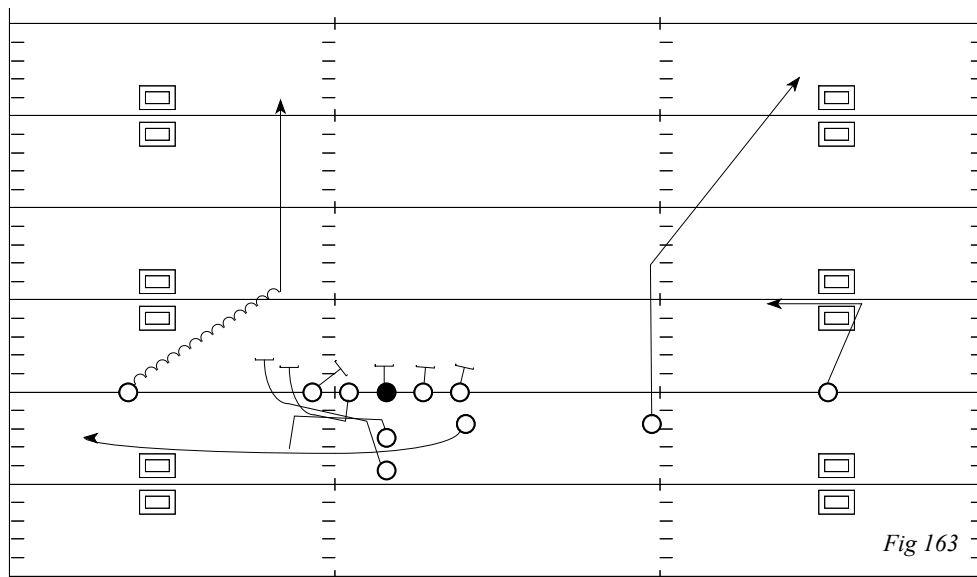
Big plays in the pass game often come from cross blocks and vertical releases. A downfield void is left in the space a defender vacates when the corner or safety fills downhill to cover the run. This void becomes the point of exploitation.



Crack Block & Vertical Releases

Crack blocks that transition into vertical releases are highly effective as well. We often crack block our split end and leave the corner as the pitch player when running triple option to the boundary. This action creates a tremendous play-action opportunity.

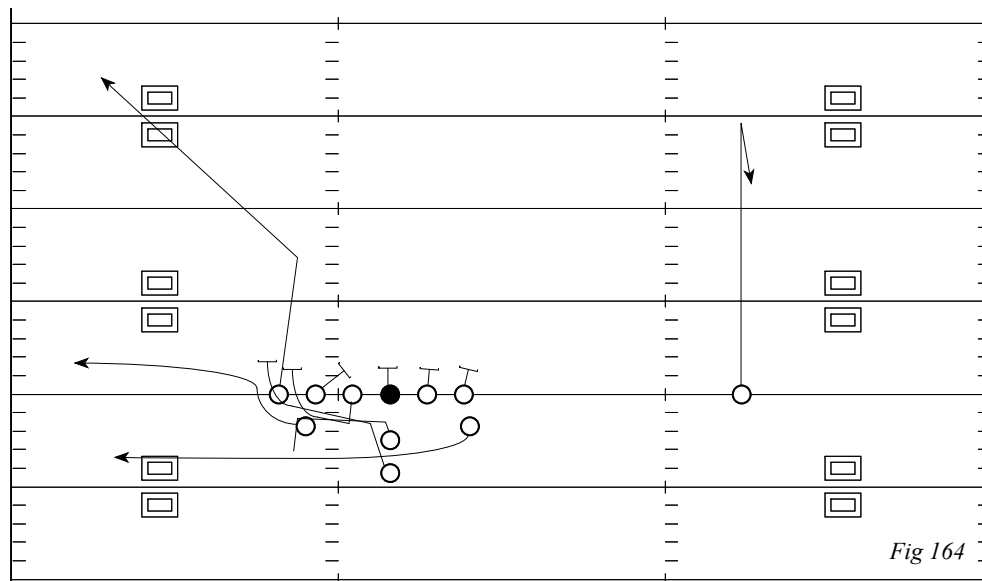
Figure 163 shows the play side split end crack blocking before releasing vertically up field. In execution he patiently releases inside to sell a run block on the safety. The split end releases vertically into the vacated area when the safety fills to cover the triple option run.



Tight End Flood

There are a variety of Flood patterns available out of G Load triple option play-action. Tight End Flood in particular is highly effective. More than just a Flood, this is an opportunity to target the tight end in a one-on-one situation.

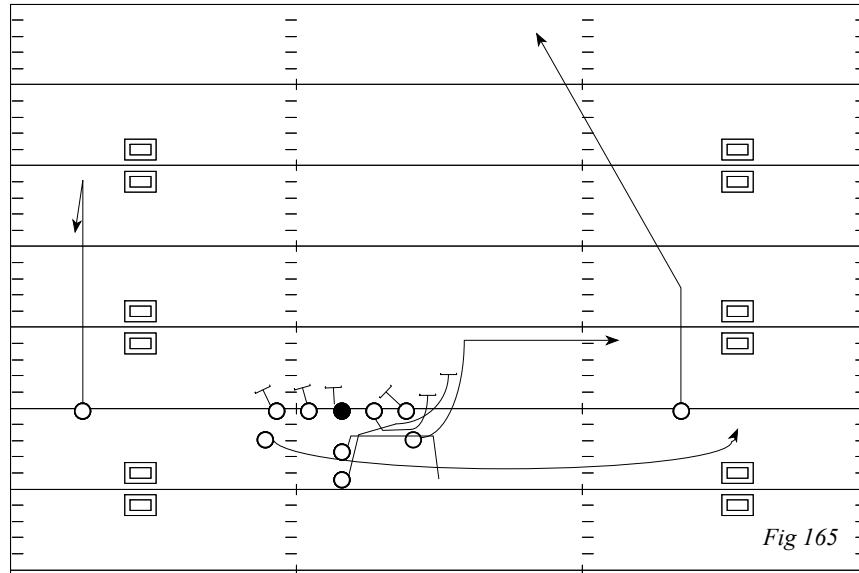
Figure 164 shows the Tight End releasing to sell a block on the deep coverage aligned over the top of him. This defender is usually a safety. The Tight End runs a corner route when the deep coverage squeezes down to fill the run. In a check down situation the quarterback looks to underneath routes if the deep coverage does not commit to the run fill. The near wing is generally the first option and the backside wing is usually the second check down option.



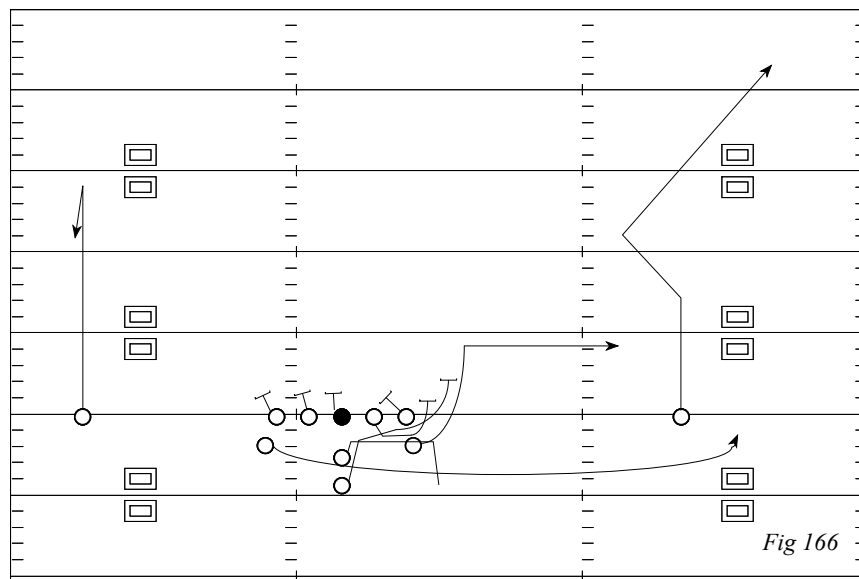
Single Wide Receiver Isolations

G Load Pass Protection also provides the opportunity for single wide receiver isolations. These opportunities are available from a variety of formations. The next two illustrations show single wide receiver isolations out of the Shotgun Flexbone formation.

Figure 165 tags a post route to the G Load Pass Protection.



The natural complement in Figure 166 is the outside receiver running a post-corner route.



Timing and man-to-man pass patterns are also built in to single receiver isolations. We like to run timing routes on the backside of pass plays that let the quarterback know where to throw if he doesn't like his front side options. This route is often a 14-yard comeback for.

There are many other good route choices too. Standard check down options are automatically built into the play. Both the front and backside wings are available if the man-to-man isolation route does not develop.

We also like using stop routes as play side timing routes. Stops effectively build in the complimentary stop-and-go and double stop-and-go routes shown in the next Figure (167). G Load Option Pass Protection typically affords ample time to support double move routes. This additional time is achieved by using a six-man pass protection scheme with a quarterback stretch along the line of scrimmage.

