

# CHAPTER 14: DOUBLE PULL POWER PASS

## DOUBLE PULL POWER PASS: seven and eight man protection with five receiver patterns or single receiver isolations

### Double Pull Power Protection

Double Pull Power pass protection looks identical to Double Pull Power run blocking. Both the run and pass variants provide seven or eight-man protection with blitz pick up built in. Double Pull Power pass protection also supports five receiver patterns or single receiver isolations.

Figure 168 shows the Double Pull Power Protection. In all Tex-Bone play-action passes we want the play to look the same as a run. An important aspect in this sell is that all players execute run blocks—not pass blocks.

Both plays provide opportunities for as many as an eight-man protection. The plays in the two illustrations specifically use five linemen, one wing, and a fullback protector. Everything on the front side is blocked man-to-man. The play side guard is man-to-man on the near defensive lineman. The play side tackle next to him is man-to-man on the defensive end because we don't want the wing taking on the defensive end alone and we want to release the play side wing into a pass pattern if possible.

Everything on the backside of Double Pull Power pass protection is identical to Power Run. The center back blocks the first defender encountered and the backside guard pulls for the play side linebacker. The backside tackle is inside out man-to-man on

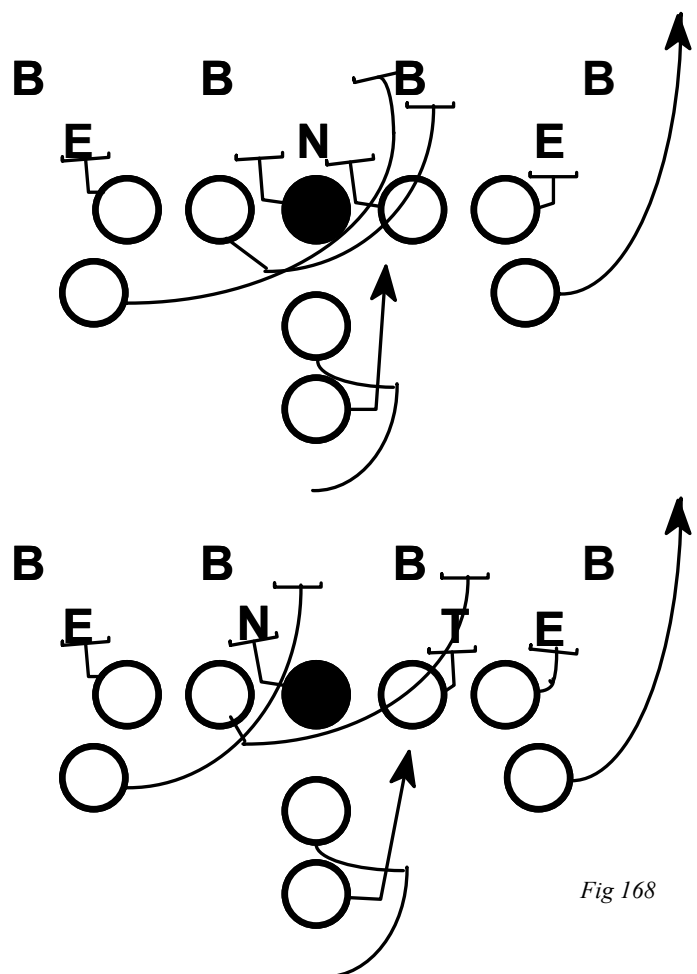


Fig 168

the defensive end and the backside wing pulls for the backside linebacker. These are the same blocks used in Double Pull Power run. Combined they neutralize both inside linebackers.

The quarterback makes the same reverse out as Double Pull Power run. He sets up to pass behind the center after faking to the fullback. The fullback helps clean up on the inside by looking for the play side linebacker first. The play side wing releases into the pattern unless we make a tag for him to stay and protect on level one.

### Double Pull Power vs. Blitz

Double Pull Power remains man-to-man on the play side against the blitz. Figure 169 shows the tackle staying with the defensive end inside with the pulling guard taking the edge rusher while the fullback picks up the play side linebacker. The backside wing's primary responsibility is accounting for any backside edge blitzers. He transitions to pulling around and looking for the backside linebacker if there is no backside blitz coming. In total there are three protectors for three gaps covered by the center, tackle, and wing on the backside.

### Execution Points of Emphasis

Maximizing the effectiveness of play action passes requires making everything look identical. Pre-snap identification of defensive pressure is important for ensuring effective protection. This read helps the guard decide if he is pulling to the play side linebacker or kicking out the blitzing player off of the edge. Communication also helps the backside wing correctly identify what he is doing.

This protection can become a nine-man protection when the tight end and play side wing are kept in to block. There is also an option for five immediate vertical pass routes if the wing vacates pass protection immediately. Vertical pass routes are explored in greater detail later in the chapter.

## SINGLE RECEIVER ISOLATIONS

### Go

The most basic and effective route choice for Double Pull Power is a vertical "Go" route on the fake side of the play. We complement this "Go" with a timing route (usually a comeback) on the opposite side. The

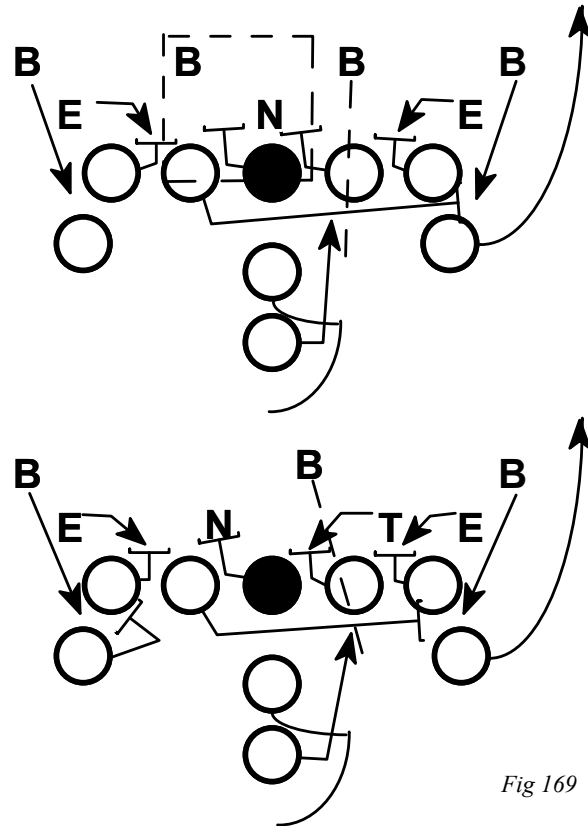
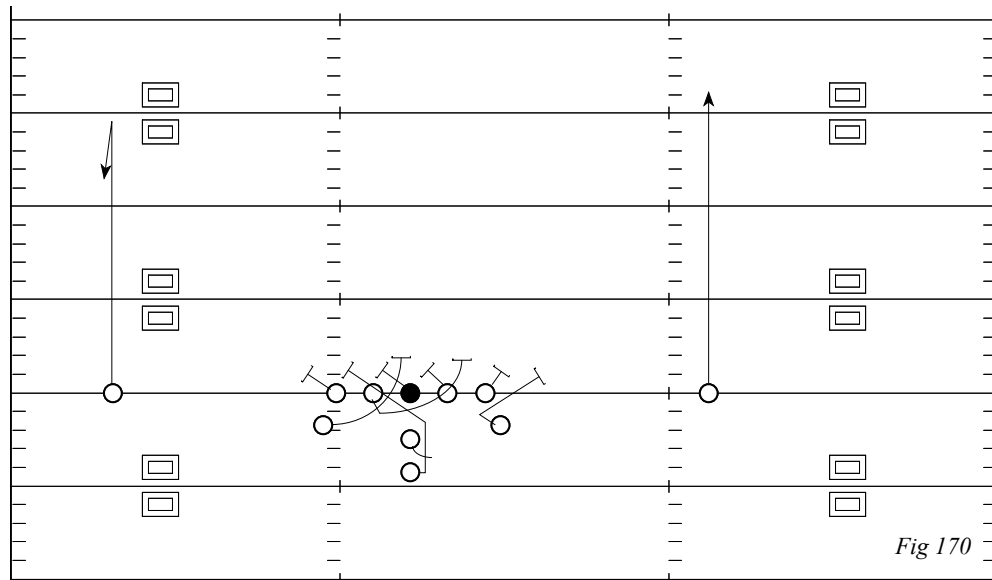


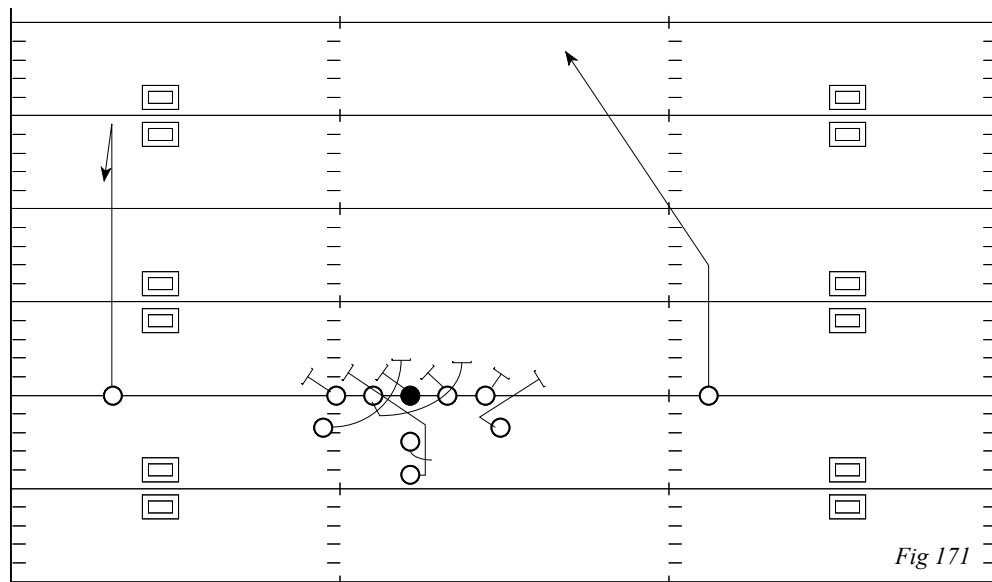
Fig 169

quarterback read progresses from the Go route to the timing pattern on the backside in the play illustrated (Figure 170).



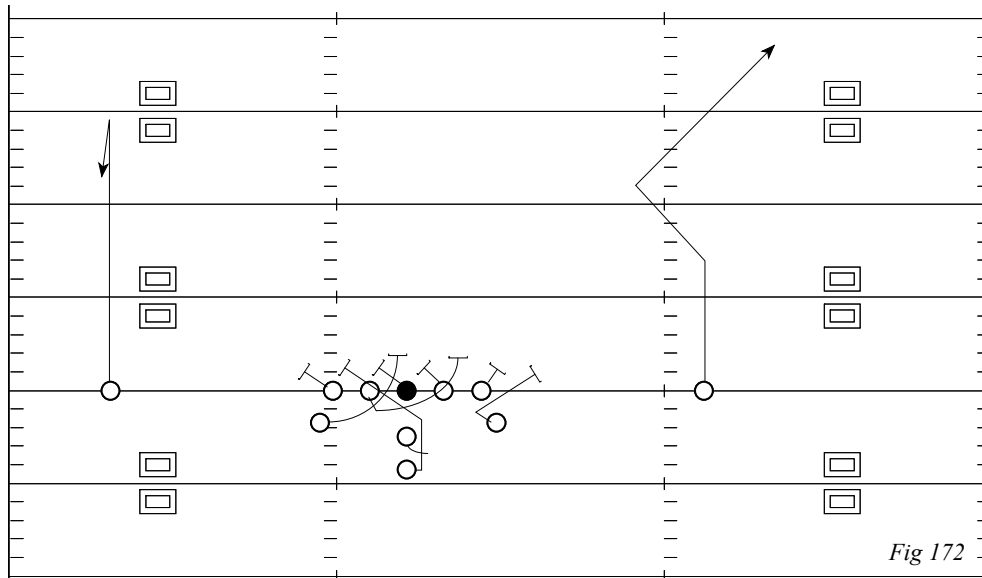
### Post

The Post is a second receiver isolation choice. The post route in Figure 171 is highly effective against multiple coverages as well as man-to-man.



### Post-Corner

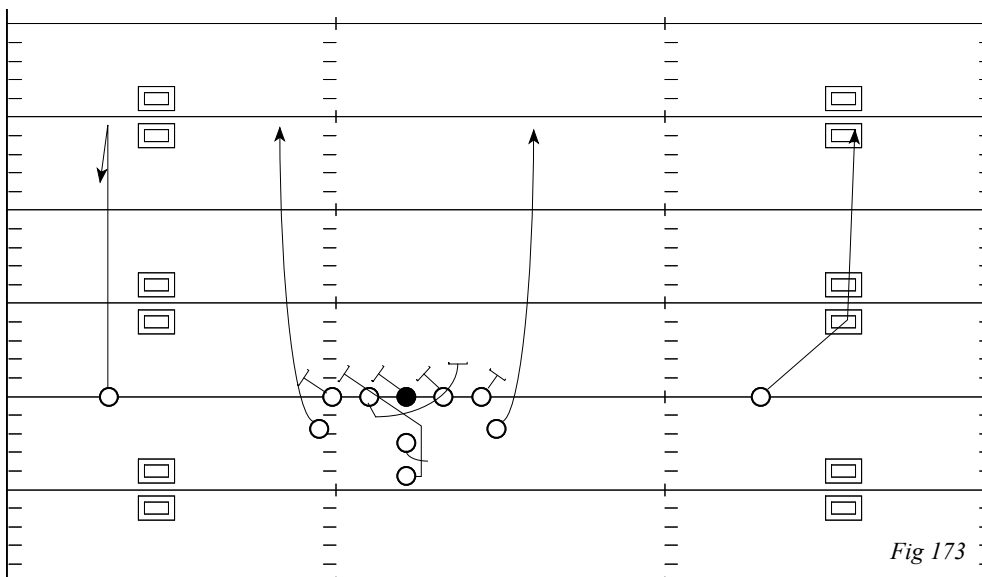
The third single receiver isolation is a Post-Corner. The Post-Corner becomes more advantageous once the offense sets up the defense with a few standard post routes. The post-corner illustrated (Figure 172) is particularly good against Cover 3 or man-to-man.



## FOUR & FIVE RECEIVER PASS PATTERNS

### Inside Seams

Figure 173 shows a four wide receiver combination with inside seams. When executing this play we try to target one of the inside seam routes. The seam we choose is based on the movement of the middle safety. While this combination works best against a single high safety defense it is also a good choice against two high safety coverages because of the timing route to the boundary.



## Quarterback Double Pull Power Protection

So far we have examined Double Pull Protection with a fullback exclusively. The Double Pull Power Protection is also available without a fullback (Figure 174). Removing the fullback makes the play a five-man pass protection scheme with a wing staying home as a potential sixth man.

The plays in the following sections feature five immediate pass receivers and vertical pass routes. The backside wing is not wrapping for the backside linebacker in a five-receiver scheme. He instead releases vertically.

Changes to the blocking scheme are not required in this pass protection however. There is man-to-man blocking on the play side and Power blocking on the backside. Running a pure Power Pass Protection package is also an option with the play side down blocking to the backside linebacker and the pulling guard blocking the C-gap on the play side.

Generally we choose to stay man-to-man on the front side so the pulling guard is able to wrap for the play side linebacker. Against some opponents we find it advantageous for the pulling guard to block off the front side edge. The quarterback follows the same action as the fullback path in a four or five-receiver set. He slide steps to the A-gap and presses downhill toward the line of scrimmage to make sure the play side linebacker triggers on his run fit. The quarterback then delivers the pass after he induces the linebackers to fill.

## Five Verticals

Coaches are surprised to learn how much we love Five Verticals. The next illustration (Figure 175) is one of our favorite plays using quarterback Double Pull Power Protection. Notice how the double pull vacates as the backside pull releases to a vertical route. We're relying on the quarterback run action to entice the defense into their run gaps and leaving unhindered access to vertical seams.

Most coaches are familiar with four verticals. Everyone is not familiar with Five Verticals however. We like Five Verticals because it takes advantage of any coverage presented.

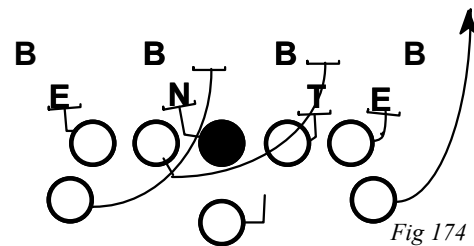
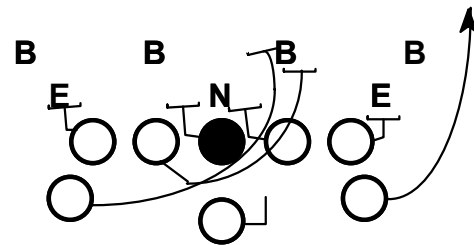
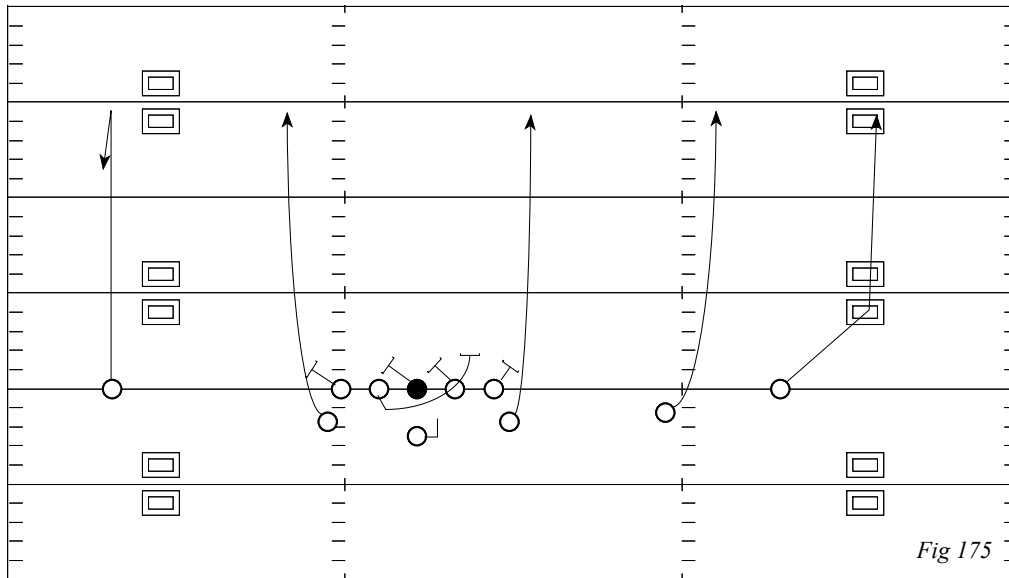


Fig 174



Defenses in Cover 4 assign a linebacker to one of the verticals—typically a wing. This is a difficult job for a linebacker tasked with covering an inside run gap and a wing releasing into a vertical pass route. The result is at least one mismatch against Cover 4 defenses.

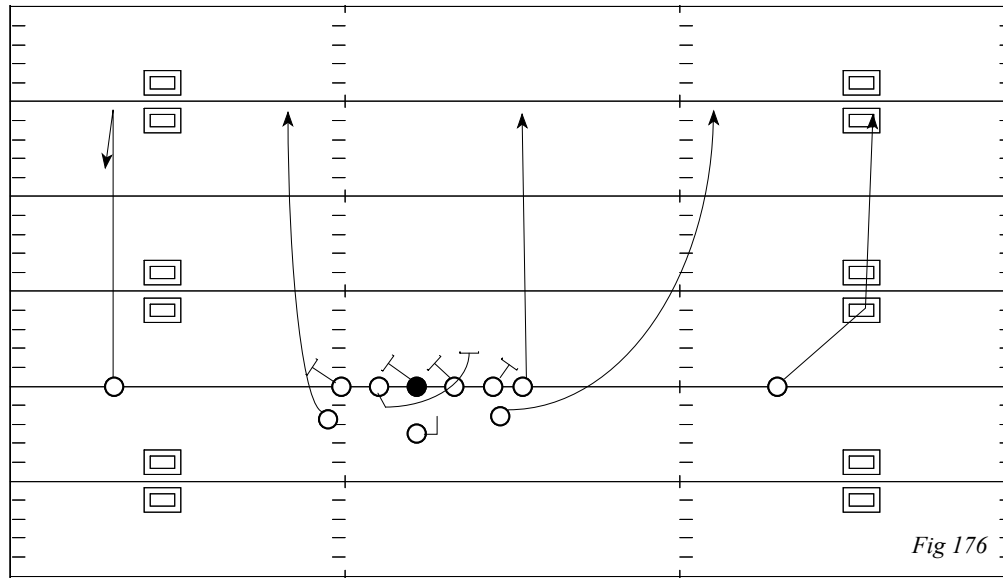
We also like Five Verticals against Cover 3 because one of the two verticals down the hash is likely open. Corners are prone to taking the outside verticals away while the free safety accounts for the vertical coming down the middle of the field. It is unlikely in this scenario that the linebackers are able to cover both verticals down the hash marks.

Attacking the middle of the field is still a viable option against Cover 2 (or Tampa 2) by drawing in pass dropping defenders with the run fake.

The same advantage is true across any defensive coverage. Five Verticals (1) create a personnel mismatch for the offense, (2) create open space by spreading the defense, or (3) allow receivers to reach open space by holding the defense with the run fake.

### **Five Verticals with a Tight End**

Figure 176 shows Five Verticals with a Tight End from a personnel grouping of two split ends, two wings, and one Tight End. Five Verticals is not limited to Double Wing formations exclusively. Spread formations work equally well.



### In-Out Route

The “In-Out” Route is a simple play-action pattern. The next illustration (Figure 177) shows the slot receiver releasing inside to sell the block on the outside linebacker. The slot receiver then works outside to the flat once the outside linebacker triggers his run fit. Quarterbacks must get the ball to the slot before anyone else converges on the route. On his read the quarterback throws to the sideline vertical route if the corner comes inside to cover the in-out route. (This read is similar to the one made on Quick Flood.)

