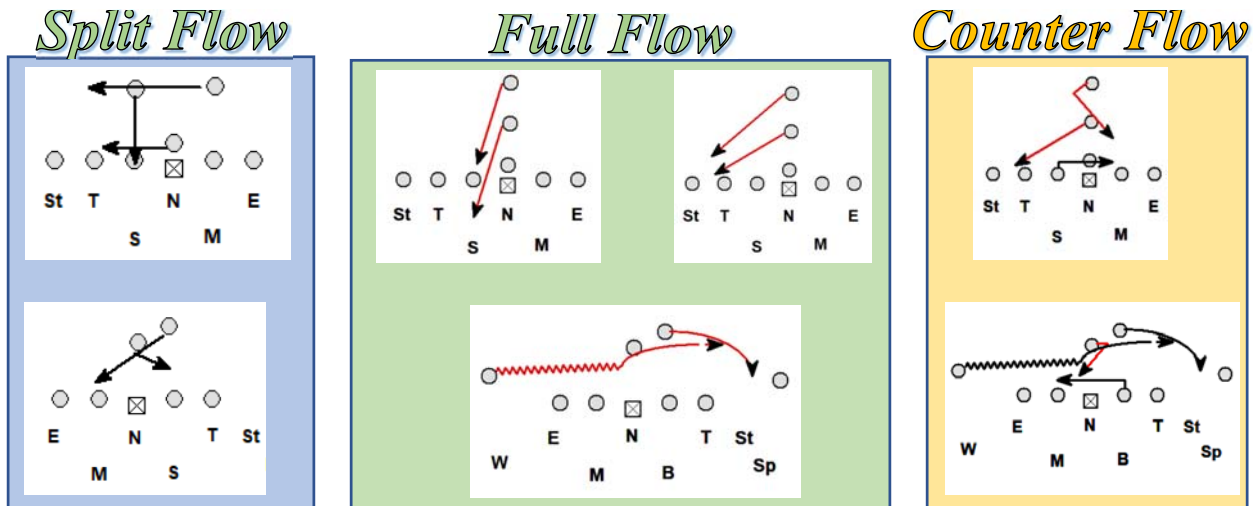


# PUT IT ALL TOGETHER

## TYPES OF RUN PLAYS

To keep things simple for our kids, we try to put all run plays into one of THREE boxes:



In everything we do, from strength training, to offense, to defense, we always start with the very simple to our kids grasp basic, important concepts. I call it “Pouring the Concrete”. We are very careful to not WHAT-IF our kids early in their learning. Once they have the basics down, then we add important wrinkles in the pre-season. I call this “Framing the House”. We wait to add unique exceptions to the rules the week we play that team. (Quads, Stack Trips, Single Wing, etc). These changes/additions are easy if our kids have a very solid understanding of our overall scheme. I tell our coaches: POUR THE CONCRETE and FRAME THE HOUSE...we can always change the curtains every week.

My point of is that when we first introduce the defense, we base all of our run fits on the three scenarios listed above. Now, understand, “FULL FLOW” could be I-Back Iso, WingT Down Play, or Inside Zone out of 1-back sets. “FULL FLOW” outside the Tackle box could be Jet, Toss, or Speed Option. “SPLIT FLOW” is primarily option, but by definition is when the running backs are going in different directions. “COUNTER FLOW” is when backfield is deceptively trying to look like Full Flow, but a back goes in the opposite direction.

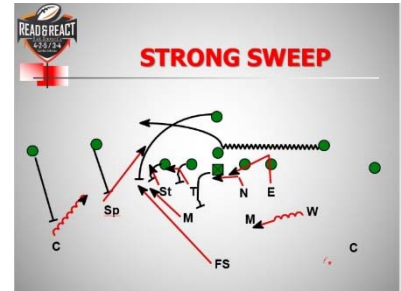
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 DEFEND FULL FLOW
 

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Full Flow teaching starts with Jet or Fly Sweep.

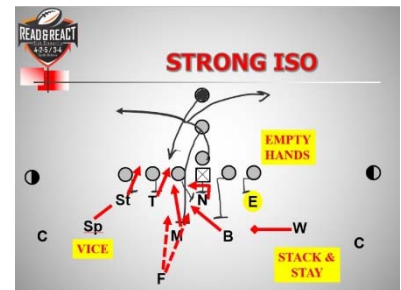
- Reach Step by EMOL.
  - Stud or End have to mirror step and defeat.
    - If 3-point stance, push off inside foot first-step.
    - Drive blockers outside shoulder upfield, moving laterally down the LOS.
  - Inside LB fits tightly off the Ends outside butt cheek...unless...
    - End strings it out so wide that an “OPEN WINDOW” occurs and the ILB can fit inside. **FAST FLOW**
  - FALCON will fit tightly outside of ILB or END. **ADJUSTER**
  - SPUR / WILL come upfield, 2yds past LOS to turn the RB back inside. **SQUEEZE ALLEY**
    - Vs Crack Block, step towards sideline and rip with inside arm...unless...
      - If the SPUR or WILL can shoot inside the crack block and make the play, that is OK, but they have to be 100% sure and have to make the play.
- Reach Step by other O-Line, possibly pull.
  - First step gets everyone moving in right direction, but now all eyes are on flow after reading 1<sup>st</sup> step by OL
  - DT and NG have to cross face and chase down the defensive side of the LOS
- CBR (Counter – Boot – Reverse)
  - Backside SPUR or WILL have **STACK & STAY**, looking for Wing Counters and WR reverses.
  - Backside END has **EMPTY HANDS**, looking at QB for naked boots.



This would also apply on quick pitches, tosses, and sweeps.

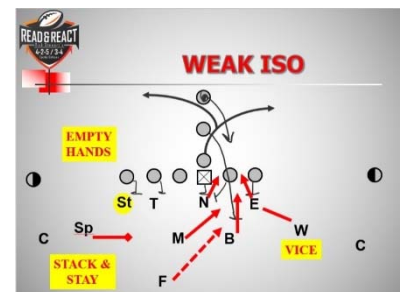
Full Flow also includes ISO plays that are inside the tackle box.

- Guards will aggressively attack LB or Double NG since they are uncovered.
  - MIKE rips thru with right shoulder.
  - BULL crosses **TOUGH MIDLINE** using his right shoulder.
  - FALCON will fit tightly off the ILB's. **ADJUSTER**
  - SPUR is in **VICE** and WILL is **STACK & STAY**.
- On Blocks by other O-Line.
  - DT sits aggressively in that B-gap.
  - NG crosses face of Center or **HELMET IN CRACK** of double team
  - STUD squeezes down and has RB
  - Backside END has **EMPTY HANDS**, looking at QB for naked boots.



Full Flow weakside ISO play and just the opposite.

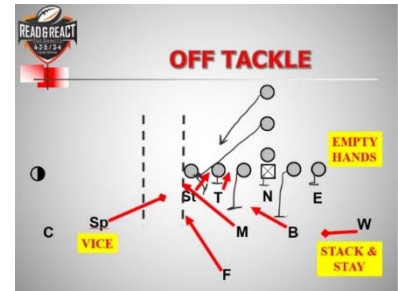
- Guards will aggressively attack LB or Double NG since they are uncovered.
  - BULL rips thru with left shoulder.
  - MIKE crosses **TOUGH MIDLINE** using his left shoulder.
  - FALCON will fit tightly off the ILB's. **ADJUSTER**
  - WILL is in **VICE** and SPUR is **STACK & STAY**
- On Blocks by other O-Line.
  - NG crosses face of Center or **HELMET IN CRACK** of double team
  - DT steps in B-gap and pursues down the line, possibly crossing the LOS.
  - END squeezes down and has RB
  - Backside STUD has **EMPTY HANDS**, looking at QB for naked boots.



## SECTION FIVE

Full Flow off-tackle plays can have a couple of variations. They can lead block with FB, pull & kick with playside Guard, or Pull Up Through the hole with backside Guard. We take on lead blockers with NEAR SHOULDER.

- Double Team by Tight End and Offensive Tackle.
  - D-Tackle is at disadvantage since he already stepped inside.
    - Push off the right foot, try to get **HELMET IN CRACK** of double team or “grab grass.”
  - STUD should **squeeze**. Right hand on TE right shoulder, left hand on TE left hip. Push him to the NG.
    - This squeezing action might cause the kickout block to run right past him.
  - NG **crosses face** and END has **EMPTY HANDS**
- BACK SIX run fits:
  - MIKE **scrapes** and fits outside the STUD.
  - BULL crosses **TOUGH MIDLINE** using right shoulder.
    - A-gap if backside pull.
  - FALCON fits outside MIKE. **ADJUSTER**
  - SPUR is in **VICE** and WILL is **STACK & STAY**



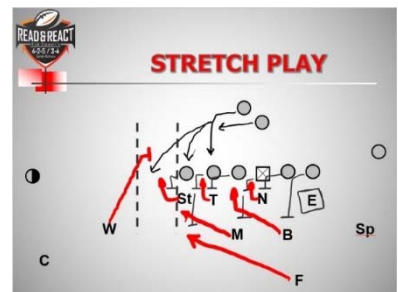
The Zone Block Stretch play is also a Full Flow play.

Starts with all blockers reach steps.

- STUD mirror steps and fights the Reach Block
- DT and NG cannot let Guard cross their face.
- END has **EMPTY HANDS**

Back six run fits:

- WILL/SPUR crosses LOS to **SQUEEZE the ALLEY**
- MIKE fits outside or inside off STUD.
- FALCON fits tight outside.
- BULL has gap between NG and DT.



## DEFEND SPLIT FLOW

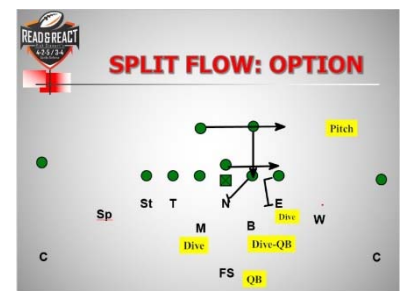
Let's start with old school split back veer.

Starts with all inside release by Left Tackle & Double of the NG.

- END **squeeze**. Left hand on LT left shoulder, right hand on left hip. Push him to the NG. END has the Dive Back, NOT the QB.
- NG **Helmet In Crack** of double team. Has Dive Back.
- STUD and TACKLE pursue down the line on defensive side.

Back six run fits:

- PITCH: Will crosses LOS to **SQUEEZE the ALLEY**, but has the pitch man. Slow Play the QB.
- DIVE: Mike crosses TOUGH MIDLINE and has Dive Back.
- QB: Falcon has Quarterback.
- DIVE to QB: Bull first priority is Dive, but gets QB when he is 100% sure that Dive Back does not have handoff.



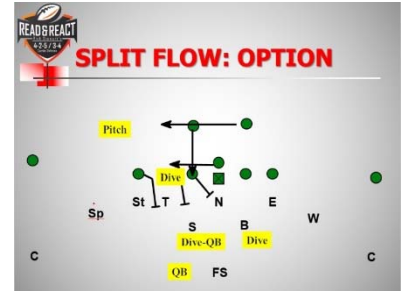
Now let's look at Dive/Veer Option towards the Tight End:

The Right Tackle & Tight End could release inside or double the D-TACKLE.

- STUD **squeeze**. Right hand on TE right shoulder, left hand on right hip. Push him to the NG. Has Dive.
- D-TACKLE **squeeze or fight** double team.
- NG **Helmet In Crack** of double team. Has Dive Back.
- END pursue down the line on defensive side.

Back six run fits:

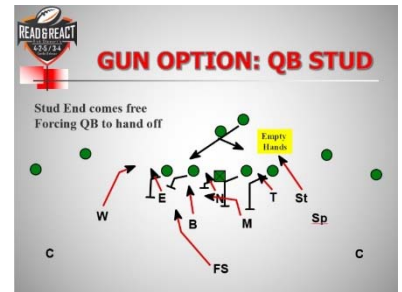
- PITCH: Spur **SQUEEZE the ALLEY**, slow play QB and has pitch man.
- DIVE: Bull crosses TOUGH MIDLINE and has Dive Back.
- QB: Falcon has Quarterback.
- DIVE to QB: Mike first priority is Dive, but gets QB when he is 100% sure that Dive Back does not have handoff.



Now let's look at Option out of SHOTGUN:

If the **QB is a stud** and we want him handing off:

- STUD is in **Storm** alignment coming flat off the edge in QB face.
  - This is also good vs RPO teams.
- D-TACKLE **squeeze**, pushing LT to the NG.
- NG crosses face of Center Reach.
- END cannot get reached, but has the gap between TE and DT.



Back six run fits:

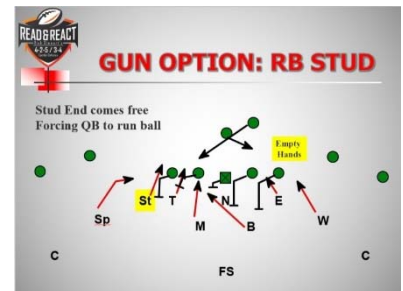
- BULL fits off inside hip of End, but adjusts to RB path.
- MIKE fits between NG and End.
- WILL hybrid will **SQUEEZE the ALLEY**
- SPUR hybrid is **STACK & STAY**, but we like to run man-to-man versus RPO teams.
- FALCON has QB, he starts right but he knows that our alignment should cause the QB to handoff the ball, so he is prepared to fit off the BULL towards the RB.

If the **RB is a stud** and we want the QB keeping the ball:

- STUD is in **Storm** alignment coming flat off the edge.
- D-TACKLE **cross face**, the reach block. Do not let RG cross his face.
- NG crosses face of Center Reach. Do not let LG cross his face.
- END has **Empty Hands**, expecting the QB to keep the ball.

Back six run fits:

- MIKE follows RB path, either scraping over Tackle & Stud or filling any **open window** inside the D-Tackle.
- BULL fits between NG and DT.
- SPUR hybrid will **SQUEEZE the ALLEY**
- WILL hybrid is **STACK & STAY**, but is ready for QB to keep the ball.
- FALCON has QB, goes to his right since our alignment should cause the QB to keep the ball.



## DEFEND COUNTER FLOW

Now let's look at Counters towards the Tight End:

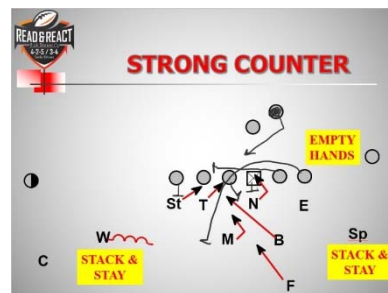
The Right Tackle & Tight End will release inside and RG will double our NG.

- STUD & TACKLE **squeeze**. Puller should pull past them.
- NG **Helmet In Crack** of double team or grab grass. Sees the pull.
- END has **Empty Hands**.

Since we read O-Line to backfield, the pullers:

- Spur & Will **STACK & STAY**,
- Bull sees pull. **“He Pulls Away, I Have A”**.
- Mike fills in B-gap off double team or **“scrapes closed doors”** off squeezing Stud.
- If he goes with flow, the Bull yells “Counter, Counter” so MIKE can redirect
- Falcon sees pull and **adjusts** off the Mike & Bull

Counters to our D-Tackle do not work. Never has.



Now let's look at Counters away from the Tight End:

The Left Tackle will release inside and LG will double our NG.

- END **squeeze**. Puller should pull past him.
- NG **Helmet In Crack** of double team or grab grass. Sees the pull.
- D-TACK gets in hip pocket of pullers and should make play in the backfield.
- STUD **squeeze**.

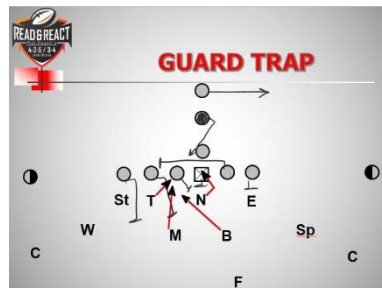
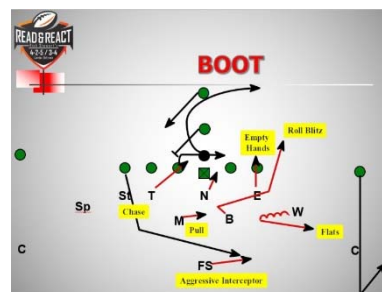
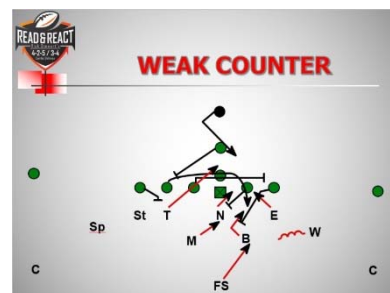
Since we read O-Line to backfield, the pulling RG and RT:

- WILL & SPUR **Stack & Stay**,
- MIKE sees pull. **“He Pulls Away, I Have A”**.
- BULL fills in B-gap off double team or **“scrapes closed doors”** off squeezing End
- If he goes with flow, the MIKE yells “Counter, Counter” so Bull can redirect
- Falcon sees pull and **adjusts** off the Mike & Bull

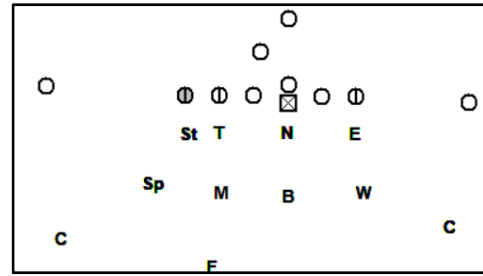
This D-Tackle should makes the play in backfield.

Our Ends have **BOOT**. They have to be very good at seeing when the QB has the ball. The **Stack & Stay** player is also right there, but CANNOT come up to get QB because he has to guard the flats. We want both Inside Backers to flow hard to the run. If the LB sees the pull, this a “Read Blitz” and that ILB will pressure the QB along with our End.

**GUARD TRAP** will not work if our D-Tackle squeezes hard and NG makes a pile. The NG cannot be driven back into the BULL's lap (“a lapdance”) because the BULL has A-gap. **“He Pulls Away, I Have A”**. The MIKE rips thru ½ a man with his right shoulder. FALCON is our adjuster if either ILB gets blocked.

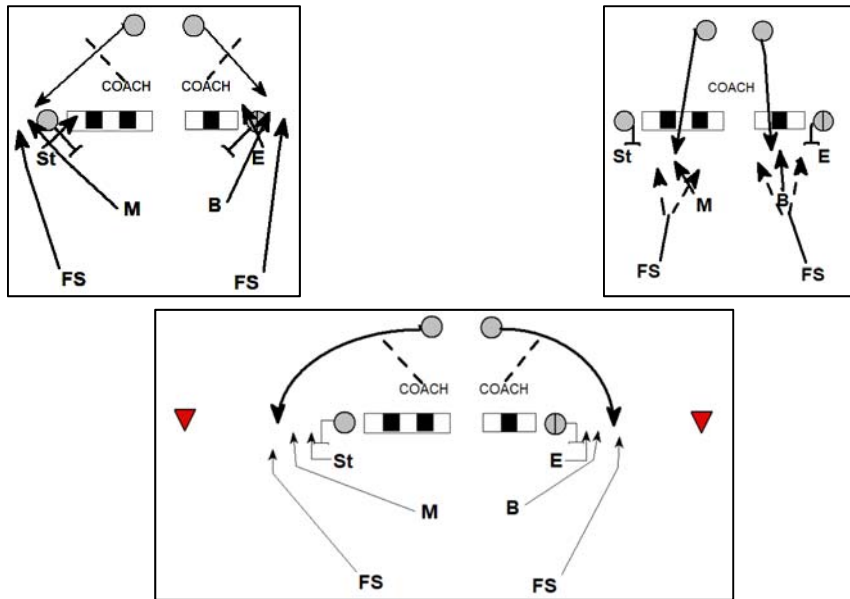


Versus 2-back, 1-TE teams (21 personnel), you could play man and really focus on the run, but the READ & REACT would play Cover 3 due to lack of talent. A strategy that TCU uses vs 21 personnel is “sliding” their ILB towards the TE, bringing the WILL up in the box, and running Cover 3 Robber to the strong READ side. If the off fullback sets to the TE side, the offense has overloaded to that side. The WILL moves up and makes a “slide” call. The MIKE ILB moves over the offensive tackle in a 50 or 50i alignment and the BULL ILB is head up on the Center. The DL are not affected. The robber cover on the strongside is not affected.

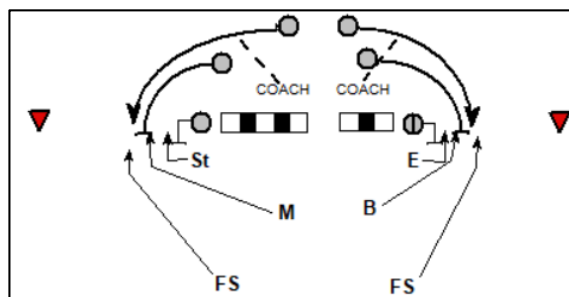


# DRILLS

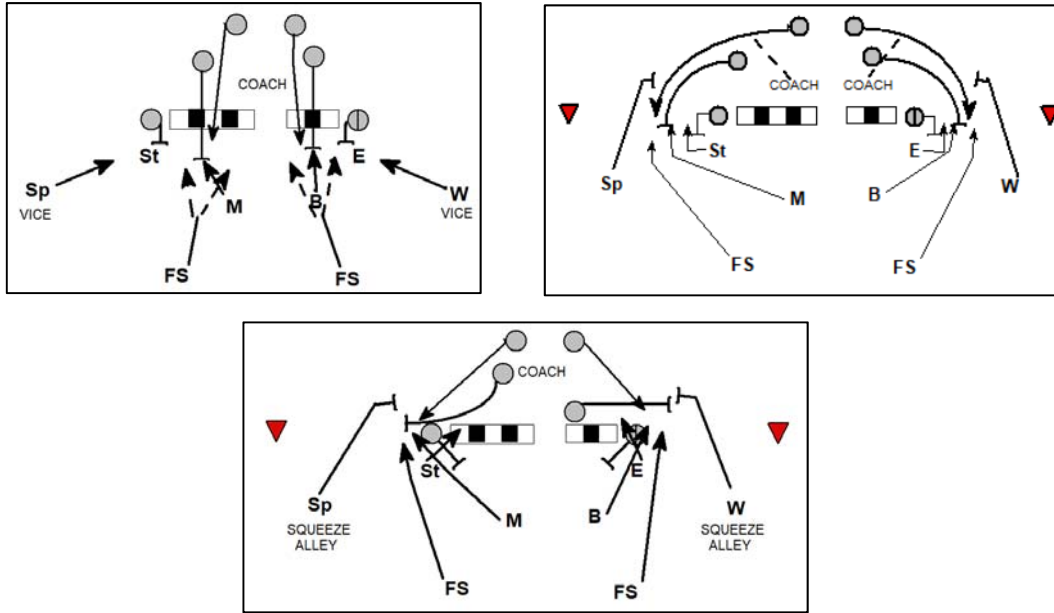
## 3-Man Perimeter Fit



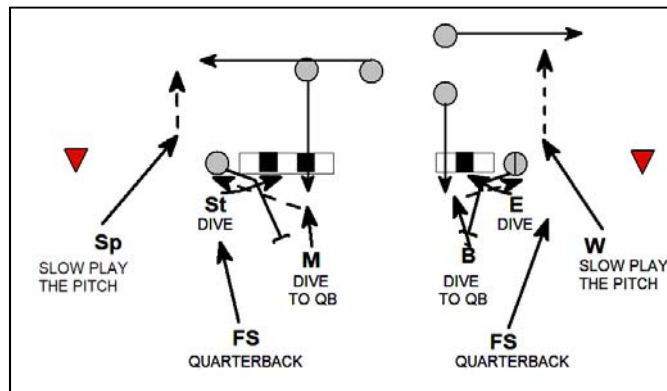
## 3-Man Perimeter Fit with lead blocker



### 4-Man Perimeter Fit with lead blocker



### Perimeter Option Drill



We eventually add the CB to the Perimeter drills, but initially they are getting more INDY time while we do these drills.

We also do HALF LINE RUN drills, which are really good for schools with small rosters. This allows your starters to block other starters. If you have enough players, then add the Corners, but it is more important to make sure you have best on best blocking.

Also, let the SPUR & WILL do all of these drills (Perimeter, option, & half-line) versus a slot receiver so they can learn how to run fit from a different angle while being blocked.

