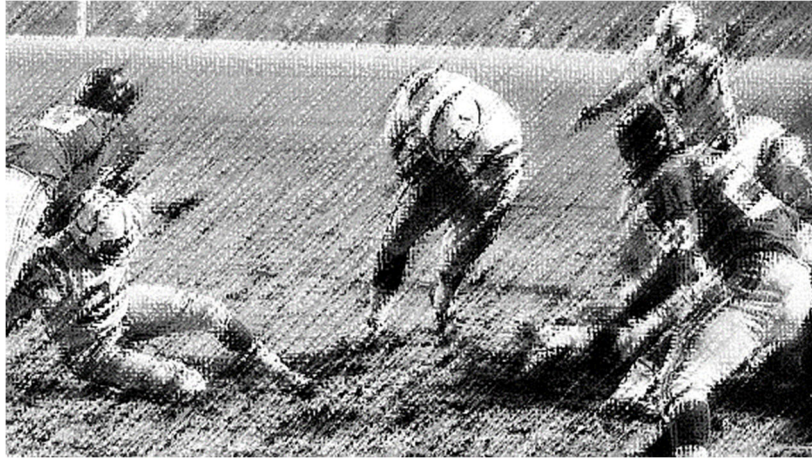

CHAPTER 7



7 Ways to run Guard Trap

IMPORTANCE OF MIDLINE PATH

If you're a Wing-T person and trying to run this offense, you want to coach your players that everything has to do with the Midline. A Midline is an imaginary line that runs from the nose of the ball straight through the Center and straight back through the Fullback, that's the Midline.

The Fullback, when he lines up in his stance needs to look at the defense and determine whether there's a nose or not. He has the Midline if there's no Nose man. This means he should be hitting straight up the Midline when we run the Trap. He makes his cut once he clears the two Defensive Tackles. Don't start bending it in the backfield when there's not a Nose man. If there is a nose, the Quarterback has the Midline. The Fullback will have to start his bend in the backfield to cut behind the Nose.

- FB has midline if there is NOT a noseguard
- QB has midline if there is a NoseGuard.

The Fullbacks footwork is something that we stole from Tom Osborne at Nebraska, who did a great job of running the Trap in their I-Back offense.

Say we're going to run Trap right, so our Left guard is pulling right to kick out first man past the Right Guard. The Fullback will step with his right foot first because he will receive the handoff on his second step, which is going to be his left foot. Now he can push off his left foot and bend behind the Nose to his right. On Trap Left, his first step is with his left foot. Small coaching points that could pay a lot of dividends. If there is a Nose then his first step is at the inside leg of the pulling guard, which would be the Left Guard on Trap Right.



Quarterback

If there is not a NoseGuard, then the Quarterback will reverse pivot off the Midline to get out of the Fullback straight ahead path. When there is a Nose, the Quarterback reverse pivots on the Midline because the Fullback is going to be a little bit wider off the midline.

It is important to teach your Quarterback to pull the point of the ball to his belt as he receives the snap and hold it there as he reverse pivots. We don't want the ball out wide. The QB must completely reverse pivot on all plays in the Buck Series so that his back is to the defense and that ball has to be tight against his belt.

This action by your QB will hide the ball from the defender. The ball should be at my waist. As the Fullback comes, all the Quarterback is going to do is extend his arm and hopefully, his elbow is still at his hip or his rib cage. Anything we do in this offense where the Quarterback has to extend his arm out, the deception is being reduced, so keep it tight on the Trap. The handoff should occur just as your QB is completing his pivot.

FB IDENTIFY BLOCKING SCHEME

The Fullback always needs to be aware of who's blocking the Linebacker. When we think about our Trap series, 30X, Center is post-lead, so he's blocking the nose and the Right Guard is lead- load-influence, so he's doubling the Nose. The Right Tackle's up on the Linebacker. If the Tackle's up on the backer, when that Fullback makes that bend on that second step, he should anticipate making his cut behind that Offensive Tackle, so he needs to know who's got Playside Linebacker.

The Fullback should always be aware of who is blocking the Linebacker to the play side.

Our Fullback will take the handoff with the arm over and under technique and is told to cover the ball with 2 arms until he has cleared the Linebacker level.

If no nose the FB will hit moving straight up the midline and if there is a nose, he will step with playside foot aiming at the inside foot of offside guard.

Taking the Handoff

Let's talk about how we teach taking the handoff on any play in our system. If the back is going parallel to the line of scrimmage, such as Buck or Jet, then he takes the hand off just with hands at the belt, palms up. If the ball carrier is going into the line of scrimmage, we want to take the handoff in the traditional football way where the inside elbow is up, bottom hand is down, and we roll across the top.

The reason for taking the handoff with palms up at the belt when running parallel to the line of scrimmage, it's less ball handling. In the traditional way, the ball carrier must unwind the ball to bring it high and tight. Furthermore, as long as you're going parallel to the line of scrimmage, you're not worried about getting hit at the same time you're getting the handoff and putting the ball on the ground.

I had never heard anybody teach it like that before going to work for my mentor Coach Moore.



WHAT QB DOES AFTER HANDOFF

The Quarterback, after he hands off the football on Trap, immediately sticks his hand back into the FB belly, and takes one more step down the Midline to meet the Halfback at 4-yards depth. It is very important that the QB does not hesitate after handing off to the FB. The QB will stop for a second as the Halfback makes his fake past the QB, rolling his inside elbow as if receiving a handoff. The QB does not extend his arm toward the back because the defense will see that the QB didn't give him the ball, but instead quickly flashes his hand at the Halfback's belt as the HB crosses the midline.

The HB should continue to carry out his bucksweep fake and the the Quarterback snaps his head around after the fake. His eyes goes to the deep third defender and he continues to carry out his fake for the Bootleg Pass to a depth of 6 yards when he is behind where the Tackle. We teach our QB to grab the side of his hip with his off hand.

HALFBACK ON GUARD TRAP

We already explained the Halfback fake of the Buck Sweep as he passes the Quarterback at 4-yard depth. Prior to the fake, the Halfback who's sitting right behind the Tackle, if he's not in motion, is going to turn and point his toes straight through the hip of the FB, and he is running directly through the hip of the Fullback. The Fullback will be gone before he gets there. We want him to continue parallel to the line of scrimmage until he cuts up to fake the bucksweep.

The Playside Wingback's rule is outside third defender. Now, the Tight End's rule is middle third defender but never pass up a third linebacker in a three-linebacker defense. So, the Playside Wing on the Tight End side is responsible for the outside third defender since the TE will block the middle third defender. However, if we're running it to the Split End side, the Wing now is responsible for the middle third defender.

GUARD TRAP EXAMPLES

The specific techniques for the linement are covered in Chapters 18 – 20, but we will cover Trap versus several fronts. Let's start with our normal trap versus a 50 Front (Fig 7-1). We're going to post-lead with the Center, lead-influence with the Playside Guard, and block first playside linebacker with the Playside Tackle.

The QB has midline since there is a nose so the Fullback will take his first step with his right foot at the inside leg of the Left Guard and cut off his left foot to bend behind the double team on the Nose. We coach our Split End, to work to cut off the backside third defender. If the Free Safety rotates to the middle third, he'll turn back and get the backside third.

The key to breaking Trap for long runs is downfield blocks. In every play, every player is responsible for a block.

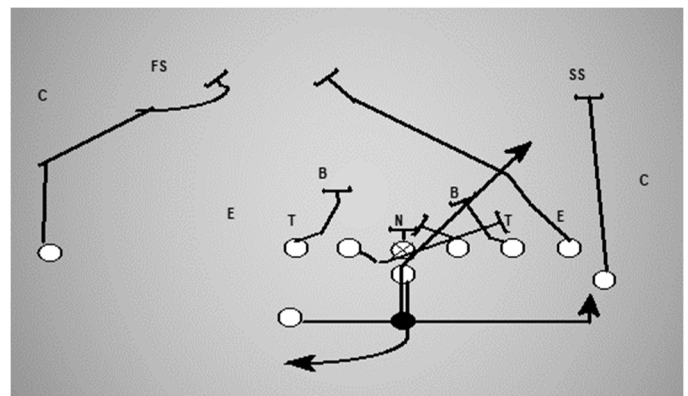


Fig 7-1: BUCK 30 X VS 50



GUARD TRAP VS ODD FRONTS

The next variation, we're playing against the 50 teams and that Defensive Tackle is a dang good player. That DT does a great job at reading and he's not going to let you get down inside to the Linebacker. We feel like our best alternative is to be able to influence him.

By our blocking system, we need to make the Tackle the call man and he is the #8 blocker so we Buck 38 X instead of 30 X. Now the three back's getting the ball, but my eight man is the call man.

Now it means the Playside Guard's rule is post-lead, but there's nobody to post so he leads. The Right Tackle's rule is lead, but there's nobody for him to lead on so he influences and blocks the next man. The Tight End is the second man from the call, so he's on LB.

Just because the 4-technique is a heck of a football player doesn't mean we have to stop running Trap. We have a variation by going to eight blocking and everybody simply follows their rules. The kids don't know it, but I'm using an influence scheme, they just follow their rules.

The next one is a good football play, Buck 30 M. Man blocking, buck action, three man is getting the ball, aiming at our zero man and we're going to man block it. Everybody's man, all we're asking the Center to do is put his hand in the numbers of the Nose and whichever way he works, take him that way. Fullback cuts off of his block.

We will call this with wedge blocking sometimes and everyone will step to create a wedge at the Center. We will have to cut our splits down some on 30 M Wedge.

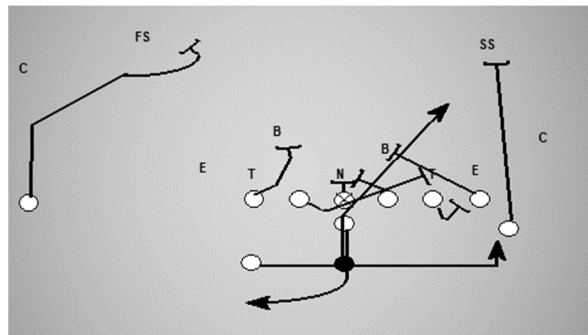


Fig 7-2: INFLUENCE BLOCK

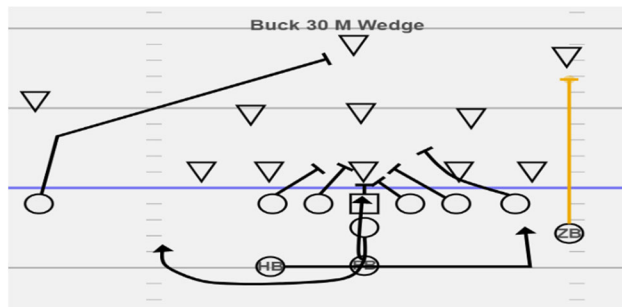
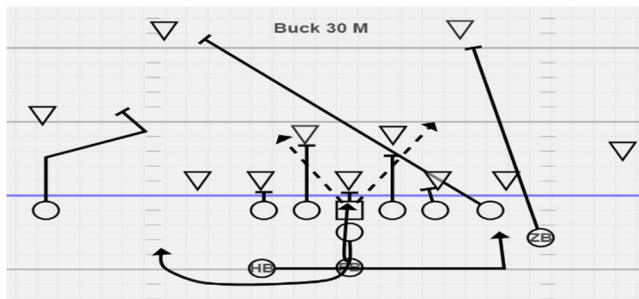
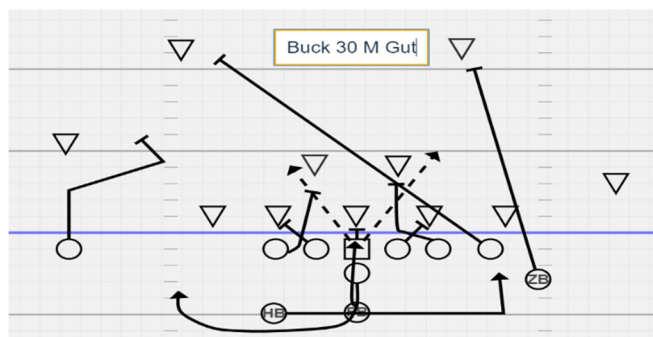


Fig 7-3: MAN BLOCKING ON TRAP

The next one is Double Gut, which means the guards are turning out because they're in double 4i technique. The tackles are folding around, G-uard U-nder T-ackle. It's a man blocking scheme.



This next one has been something that's been okay for us over the years. Buck 30 M Sucker Cog, everybody's blocking man. The Sucker tag means we hope the Linebacker is reading our Guards, so he's going to pull outside like we're running Bucksweep, making the Linebacker be a "sucker" and follow him.

There is a COG, so Center blocks man and Guard pulls around up on the Linebacker. Hopefully, what we get, this Playside Linebacker is flying, and he's chasing the Playside Guard. The Backside Linebacker sees the Backside Guard pull, he's over the top, the Backside Guard actually gets that backer, and the Playside Linebacker runs himself out of the play.

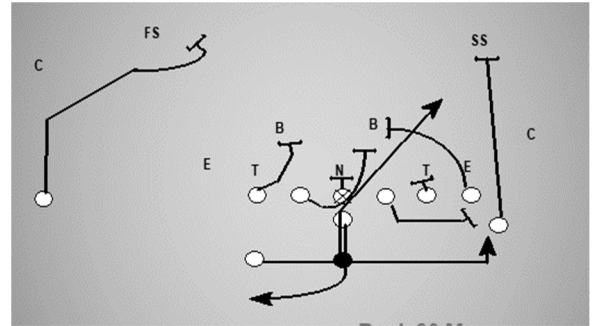


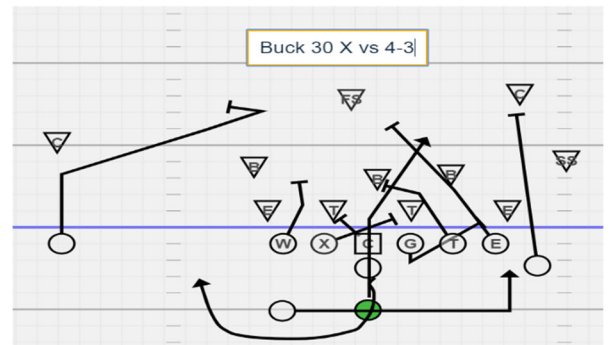
Fig 7-4: BUCK 30 M SUCKER COG

Another variation against the 50 teams that are doing a great job of reading your guards and they're flying out of there like crazy with the guards.

GUARD TRAP VS EVEN FRONTS

Those were our variations if we know we're playing a 3-4 team. Now we'll be playing a 4-3 team. Centers has nobody to post, so he leads. The Right Guard's rule is lead, but nobody is there and it's not loaded, which means there are not two backers in the box. So he is going to influence and block out on the next man.

Right Tackles rule is to go to Mike. Tight End rule is middle third defender unless it's a three linebackers defense and if it is, never pass up the third linebacker on your way to middle third defender. Backside Guard will pull and trap.



There is no Nose so our Fullback hits straight downhill and QB gets off the midline. The FB cut now has to occur on the defensive side of the football, finding the tackle block on the linebacker.

The next variation when we're playing against the 4-3 and the Defensive Tackle is not a reader. He's an up-field, chase the football, penetration kind of guy. Obviously, we want to trap that so we call Buck 30 X and tag it with a "Gold" call. This tells the playside Guard to veer release to the first linebacker, head up to backside. We let the Defensive Tackle run himself up the field, and we're able to trap him. If the Guard has the first backer, Tackle now has the second backer. Good scheme against the 4-3 when people aren't going to read and play with hat and hands.

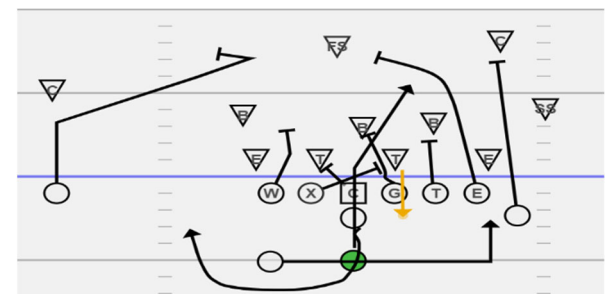


Fig 7-5: BUCK 30 X GOLD



This next example (Fig 7-6), the 3-technique is a reader. He won't let us 'Gold' trap him, but he's not flying up field. This is a pretty darn well coached team. The best way to get him handled is we can try to influence him, which again, Buck 30 Sucker COG.

Sucker tells the Guard to pull like Sweep. Center blocks back, Backside Guard pulls for the Mike Linebacker, we've got a Fullback Trap there, hoping that the 3-technique is reading the outside pull and he's trying to get in his hip pocket. As long as you have good splits, you're not going to have any problems with that.

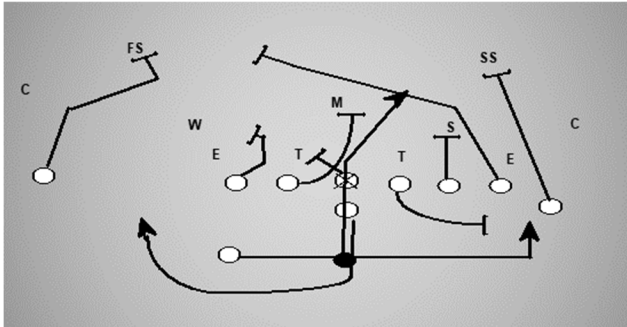


Fig 7-6: BUCK 30 SUCKER COG

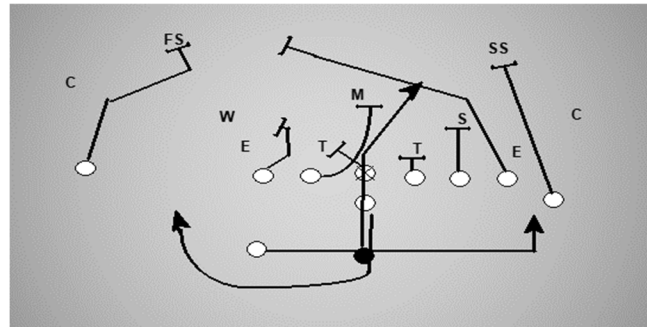


Fig 7-7 Buck 30 M COG

Fig 7-7 is Buck 30 M COG, which is a good play when the 3-technique won't take the sucker. You pull outside and he's looking inside, but he's a 3-technique. He's coached if you get a base block, keep the outside arm free. We can come up; we can base block with our head inside. Center blocks back, fold the Guard up on the Mike, that's Buck 30 M. Everybody's blocking man and the Center and Guard are using a COG scheme, another good variation against the 4-3.

SUMMARY

- FB has midline if there is NOT a noseguard
- QB has midline if there is a NoseGuard
- Buck 30 X: *traditional Guard Trap*
- Buck 38 X: *Tackle Pulls vs headup 4-tech*
- Buck 30 M: *Man or Wedge block*
- Buck 30 M GUT: *Double G.U.T. both sides.*
- Buck 30 M Sucker COG: *Guard Influence pull.*
- Buck 30 X GOLD: *Playside Guard veer releases to LB instead of Influence*
- Buck 30 SUCKER COG: *Playside Guard influence pull. Backside COG to LB*
- Buck 30 M COG: *Playside Guard man blocks kickoff man. Puller COG to LB*

