

# CH 6: G LOAD OPTION

## G LOAD OPTION: the Swiss Army Knife of the Tex-Bone

**G** Load (“Belly” as it is known to some) began life as part of the original Delaware Wing T offense developed by coaches Dave Nelson and Tubby Raymond in the 1950s. It began as a lead before becoming a triple option play. As a lead-blocked play the “G Load” was a precursor to the earliest speed option sets. The diagram in Figure 63 shows the G Load block—a fold block between the play side guard and tackle taking place on the front side of the play. It is called a “load” play because the guard lead-blocks on the defensive end after pulling.

Early versions of Belly featured a dive fake that influence and accounted for the play side linebacker. In these plays the pitch phase worked to the play side linebacker specifically.

### Tex-Bone G Load Option

G Load Option is the Swiss Army Knife of the Tex-Bone. I refer to this play as the Swiss Army Knife of the offensive because the dive player is always blocked. This effectively combats defenses that make the dive read difficult or play the dive in multiple ways. The G Load is tool to handle any technique a defense uses to defend the dive. The pressure to make the right ball distribution decision is removed from the quarterback because the play side guard is always blocking the dive key.

The play also slows backside linebacker pursuit because there is no backside guard pull. This is a contrast to Power Option where a puller is always added to the front side of the play.

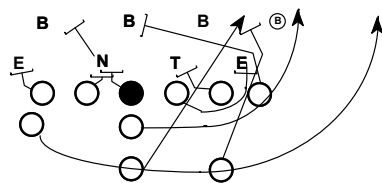
### Benefits of G Load Option

G Load Option is good against every front or blitz so there are no checks required, ever.

G Load Option is a rule based play. Slanting defensive linemen, multiple defensive fronts or structure, multiple blitzes, etc. do not throw players off once they internalize the rules of the scheme. This play produces success in all situations once your players understand the rules and techniques of G Load.

G Load Option offers natural play-action progressions. A quarterback carrying out the G Load Option fake creates an enticing situation for defensive players. Play action passes become available once defenders are sucked in by the option fake. Tex-Bone play action plays are discussed in greater detail later in the book.

### G Load Option Assignments



The play side tackle's assignment in Figure 64 is B-gap to backside linebacker. If there is a 3-technique defensive lineman in the B-gap he takes it. The tackle works to the backside linebacker if there is no defensive tackle aligned in the B-gap and no player slants to the B-gap.

The play side guard pulls for the contain player. This is the load-block that gives the play its names. The goal is to always log the dive key, every play. If the puller is unable to log the defensive end he reacts and kicks the defensive end out. The fullback and quarterback follow this visual cue and react to the kick out.

The center blocks the play side A-gap to the backside linebacker. The backside guard is the opposite A-gap player. This center/guard combo manages the A-gaps and the backside linebacker.

The backside tackle is inside-out man-to-man on the defense end. A team is able to man block or hinge block this defensive end. The decision is based on offensive personnel strengths and the opponent. An important consideration in game planning is how a defense potentially reacts to both the base block and the hinge block.

Just like any other triple option play the fullback dives to the A-gap. After the dive mesh the fullback picks up the filling or scraping play side linebacker on the outside.

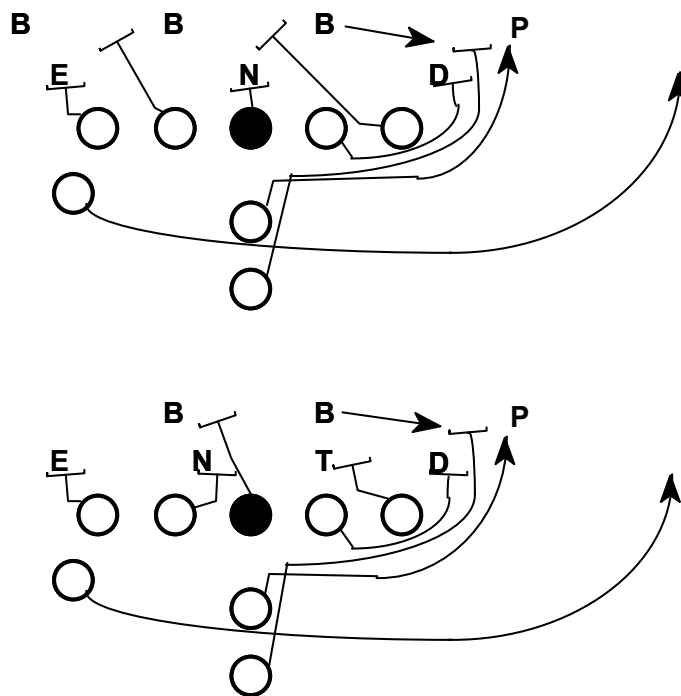


Fig 64

The backside wing is a pitch back option for this play. A front side wing or front slide slot receiver is also able to serve as the pitch back option.

The quarterback rides the fullback through the dive mesh. Naturally there is no dive to read in terms of giving or keeping the ball. The quarterback looks at the dive key regardless. This is done because the dive key tells the QB whether he is taking the ball underneath the kick out block or around a log block by the play side guard. The fullback then takes the same path as a response to the guard's block. Essentially the quarterback follows the fullback as the play progresses toward the pitch player.

It is important to remember that the fullback is always a blocker on this play when the dive serves as token fake. There is no decision made by the quarterback in terms of whether the ball is given to the fullback or not.

## G Load vs. Blitz

Nothing changes when a team faces defensive pressure in Figure 65. The G Load becomes easier to execute against an edge blitz because the log block is simplified for the pulling guard. All of the rules are the same across the offensive front. The play side tackle want to avoid getting caught up on the defensive tackle that is spiking to the B-gap. The goal is to get the tackle through his gap to the backside linebacker (who is likely coming towards the tackle in an attempt to cover the fullback). When the defensive dive key takes the inside gap away it creates an easy log situation for the pulling play side guard.

This also creates an easy opportunity for the fullback to release to the play side linebacker off the dive fake.

It's not necessarily a problem if the tackle gets caught up with the pinching dive key. The tackle stays on the dive key while the guard works to level two in search of any defender coming from the backside. This on the fly adjustment essentially becomes an assignment trade between the guard and tackle.

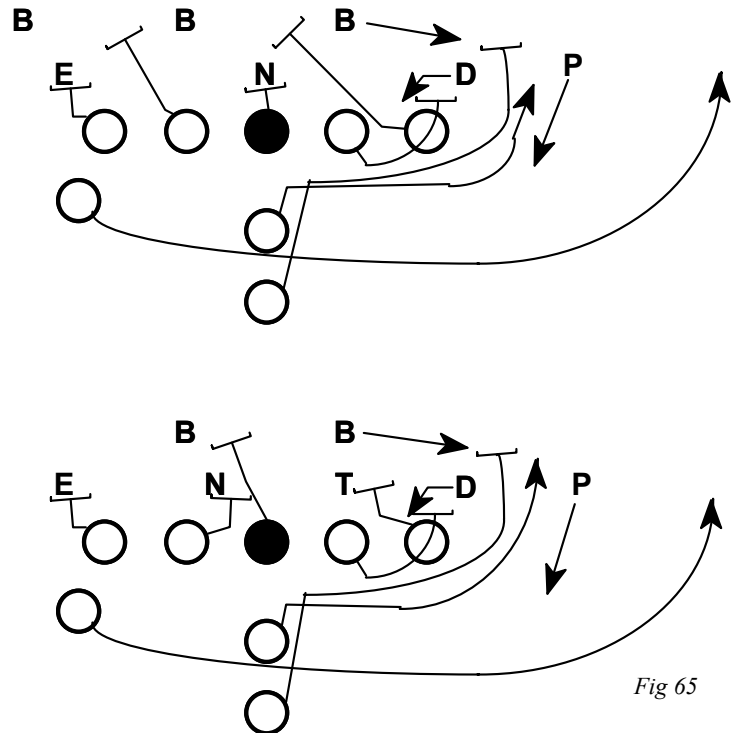


Fig 65

## POSITION FUNDAMENTALS

### Fullback Fundamentals

All dives feature an A-gap aiming point for the fullback. The fullback in Figure 66 starts by stepping with his play side foot to make sure he doesn't run into the quarterback. The fullback follows this aiming point until he gets through the mesh point and is clear of the quarterback's front foot. The fullback then reacts to the play side guard once the fake is completed. He works around the end if the guard is able to log the dive key. If the guard kicks out the fullback makes an adjustment to come underneath on his way to the play side linebacker.

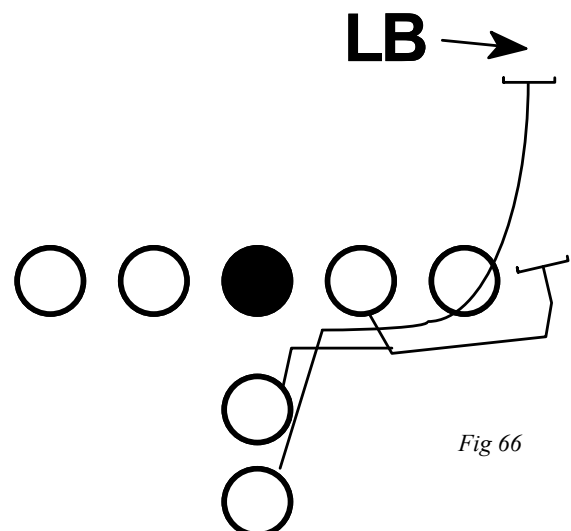


Fig 66

### Quarterback Fundamentals

The Quarterback reads and reacts to the guard's block the same way as the fullback in Figure 67.

Quarterback fundamentals for G Load are identical to those for Power Option. The first step is to the outside leg of the center with the second step bringing the QB square to the A-gap and the fullback's path.

The quarterback's feet and demeanor need to match the fullback's demeanor as he approaches the A-gap. The quarterback first meshes with the fullback and carries out the fake as if he is making a ball distribution determination (even though it is token). The quarterback then puts the ball on the fullback's stomach as the fullback reaches his back hip. In the third phase the quarterback then rides the fake all the way to his front foot.

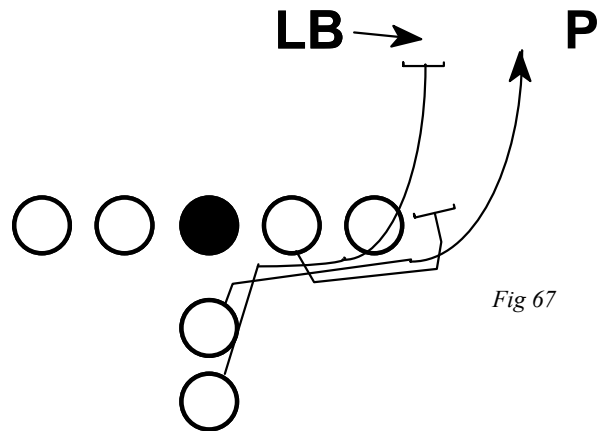


Fig 67

The quarterback always gets to the pitch phase on G Load because the pull is prescribed. On G Load the quarterback (like the fullback) anticipates the guard logging the dive key and reacts to a kick out. The quarterback then attacks the alley and keeps the ball unless his path is impeded by the pitch key. This rule is constant for all triple option plays in the Tex-Bone.

Figure 68 shows the play side guard executing a kick out block on G Load. Both the fullback and the quarterback react to the kick out block to take the ball underneath. Ideally the dive key is always logged. This is not always a possibility however.

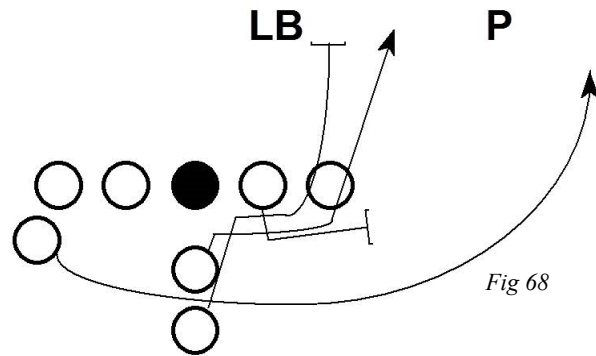


Fig 68

The kick out doesn't mean the pitch phase is dead. A pitch to the back is possible even if the ball is taken underneath.

### Pitch Fundamentals

Pitch fundamentals for G Load are the same as all option plays. When coming from the backside the pitch player gains ground with his first step. In the Tex-Bone it is important to remember that the pitch player is not motioned before the snap to get him in relationship. Some Tex-Bone plays actually motion the pitchman away from the pitch key before the ball is snapped. For this reason it is essential

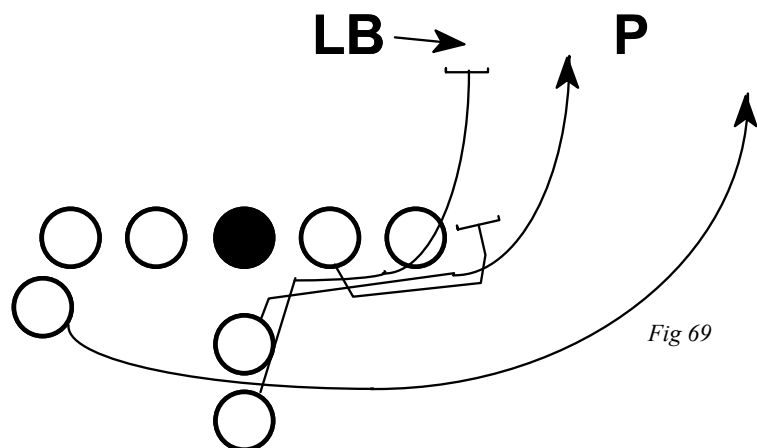


Fig 69

that the pitch player gain ground on this first step and aim for quarterback's feet. At the snap the quarterback steps down hill and out of way out of the pitch player coming around to get into proper pitch relationship. The pitch player needs to attain the adequate width needed as fast as possible in order to work downhill and receive the pitch while working through the line of scrimmage and towards the end zone. The pitch player needs to be four (but no more than five) yards away from the quarterback when the ball is delivered to him (see Figure 69).

### Playside Wing/Slot Fundamentals

It is important to remember that blocking rules stay the same regardless of whether the front side player is a wing or a slot. In the Tex-Bone the front side blocker immediately releases to the safety against two safeties high (as in Figure 70). We do this to keep the play side safety from running unchecked against the option.

The play side blocker (whether a wing or slot) is responsible for a linebacker scraping from inside the box before releasing to the safety in the middle of the field versus a one high safety defense.

The illustration below shows the Flexbone against a two high safety defense. The play side wing is shown releasing directly to the play side safety accordingly.

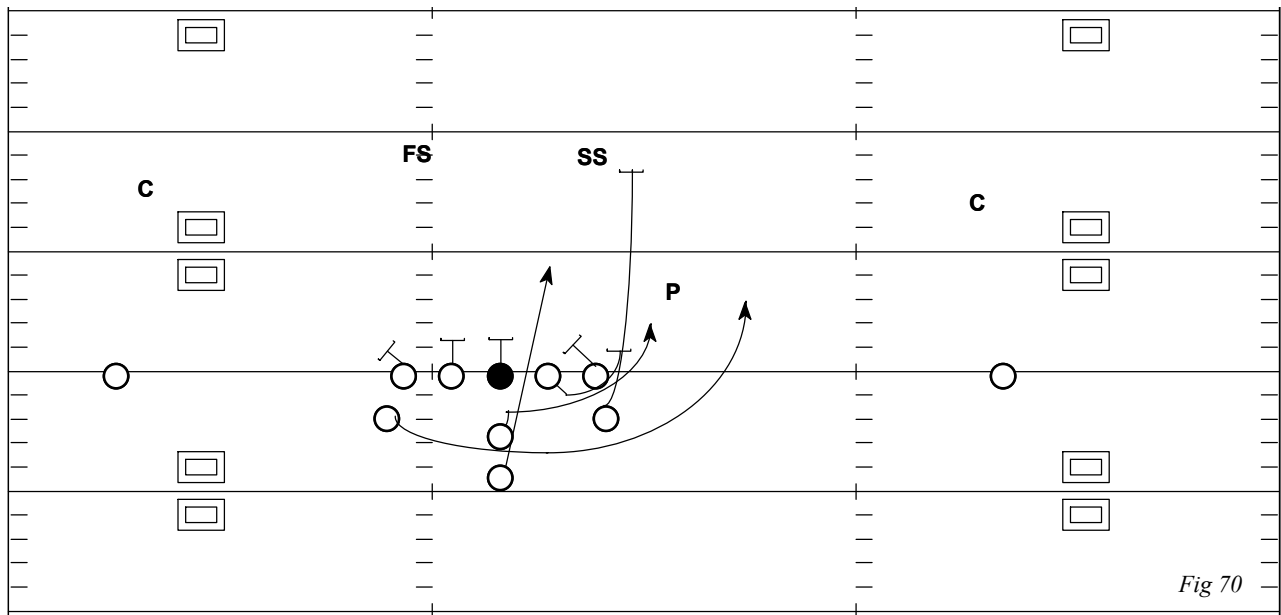
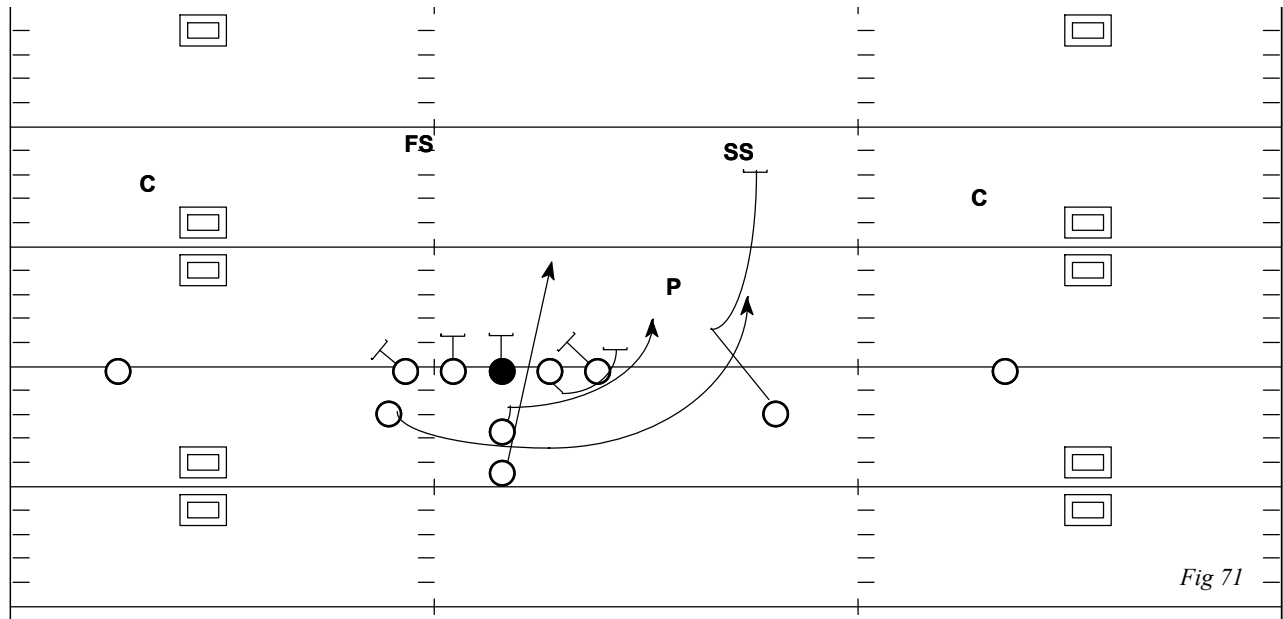
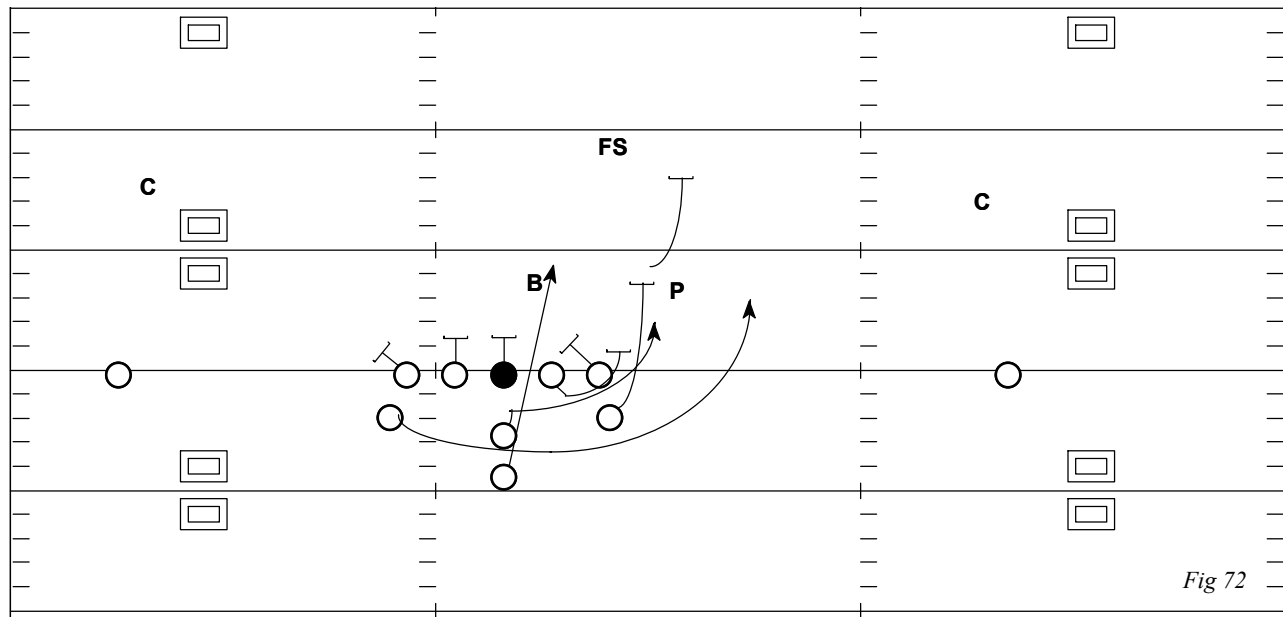


Fig 70

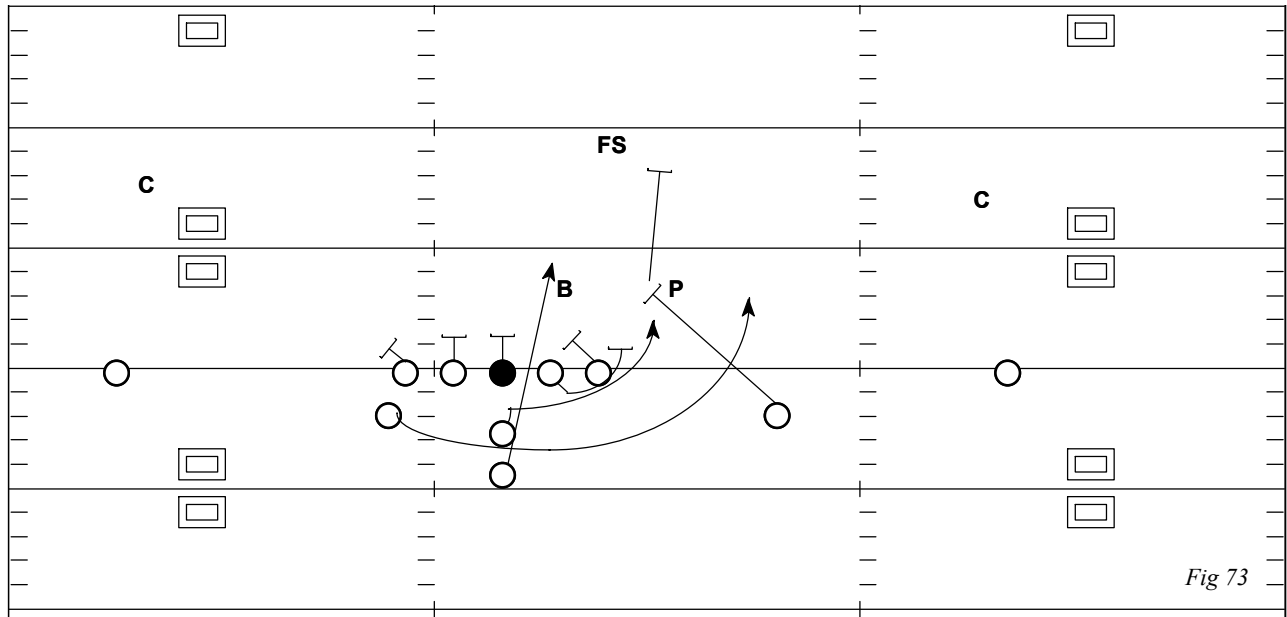
The release is executed the same way if the offense is in a spread formation. Notice how Figure 71 does not show the slot player working to block the pitch player first. It shows the slot player working to gain leverage on the safety while getting the ball behind him before working to the outside number.



There is a chance the play side linebacker scrapes over the top to reach the point of attack against a one-safety look. In Figure 72 the wing is able work to the single middle safety after checking the linebacker.



A similar situation occurs when running from the spread. The slot receiver in Figure 73 first looks for a scraping linebacker coming out of the box before working to the single middle safety if there is no linebacker to account for.

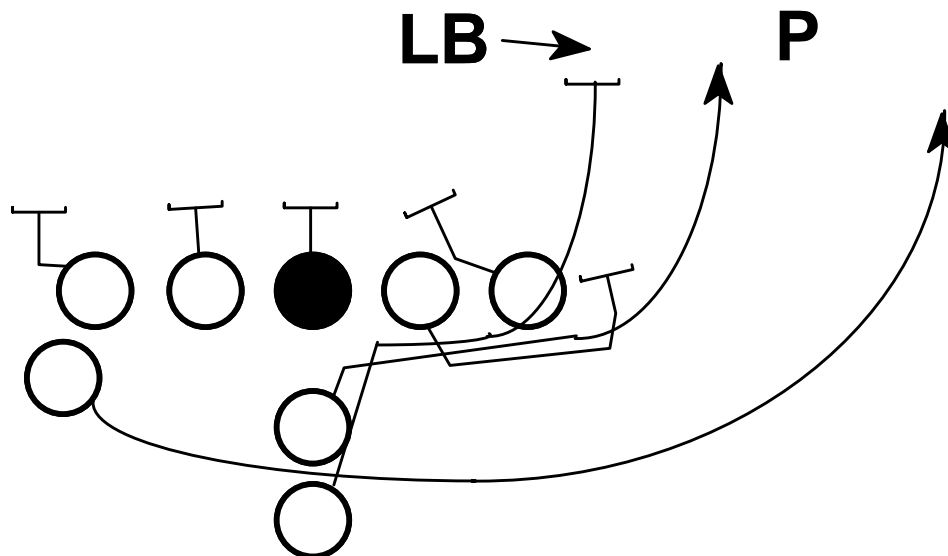


### Offensive Line Fundamentals

The study of offensive line fundamentals begins with a look at the frontside fold block in Figure 74.

The tackle's primary emphasis is gap threat by alignment and any player looping to his gap. From there the emphasis transitions to blocking the backside linebacker. He is first and foremost a B-gap player.

The tackle's assignment is easy if he faces a 2 or 3-technique defender. He begins by down blocking the defensive tackle with the goal of attaining as much lateral movement down the line of scrimmage as possible. If the tackle has no immediate defensive tackle to block he looks for a looping 0 or 1-technique defender. The 0 or 1-technique is then blocked if encountered. If nothing materializes the tackle takes an angle towards level two—anticipating that the linebacker may scrape towards him. Note that the tackle is not waiting around to see what happens. If he has no threat by alignment and no threat by a looper he stays on track to level two.



The guard simultaneously works to log the dive key. We always want to log this player. If the dive key releases wide and outside we react to this on the fly to locate and kick out. The center is working with the backside guard and tackle. They

combine to reach the near play side or backside defensive tackle while also accounting for the backside linebacker and defensive end. This creates an advantageous three-on-three scenario. The tackle is thinking man-to-man against the defensive end unless a blitz forces him to commit to protecting the B-gap on the inside.