

A photograph of the Brooklyn Bridge, showing its massive stone towers and suspension cables. The bridge spans across a body of water, with a city skyline visible in the background under a clear blue sky.

BROOKLYN POWER I

A YOUTH BASED COMPLETE OFFENSE

JOE CIANFLONE

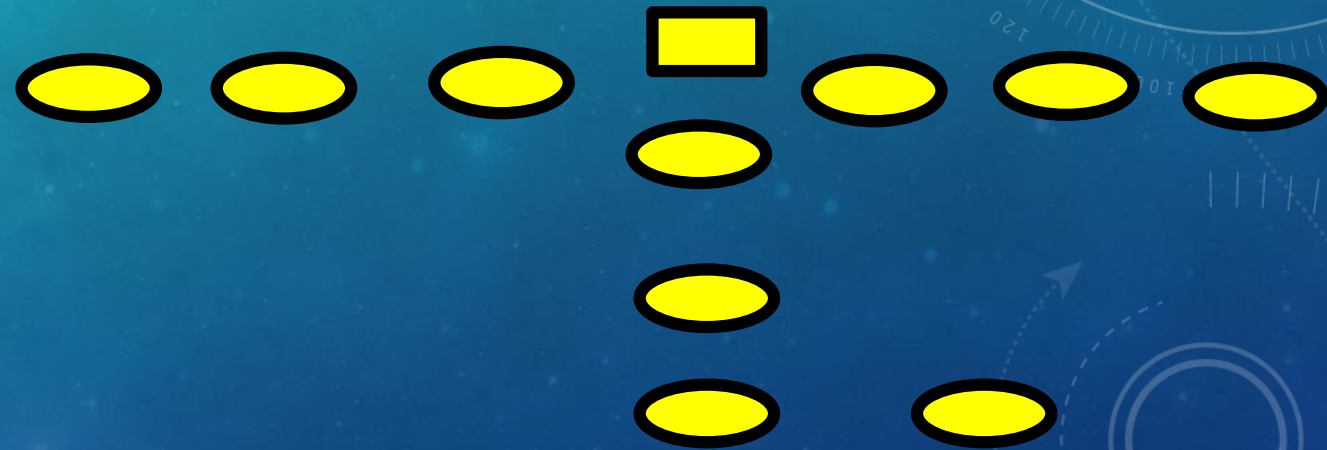
ORIGINS OF THE OFFENSE:

This offense developed over a period of years. The main influences were from Full House T, & a basic I offense. We changed & adapted things along the way to evolve to the form it is today. One of the bonuses has always been the spacing & alignment. Since it works off arm's length & steps it never has to be adjusted to fit the age of your players. It is truly a plug & play offense.

While each play has it's own unique blocking scheme, the general concept is to block down at the point of attack, & kick out with the Fullback. I will go through the blocking schemes & variations, the main thing is to keep things simple & execute better than your opponent.

POSITIONS:

POSITION:	DESCRIPTION:
Right Guard	Best puller, quick & tough.
Left Guard	Second best puller
Right Tackle	Best Lineman, he is the one to run behind.
Left Tackle	Needs to be able to block down.
Left End	Needs to block in space
Right End	Most athletic Lineman.
Center	Most dependable Lineman.
Quarterback	Needs to be able to handle the ball.
Fullback	Best blocker on the team.
Tailback	Best runner on the team.
Wingback	Second best runner on the team.



Lineman Spacing & Hole numbers:

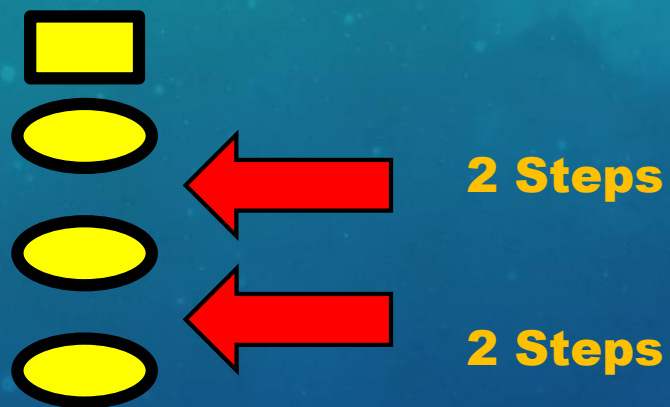
After breaking the Huddle the Center will get over the ball, the QB will get directly behind him & extend his arms. The Guards will be finger tip away from the QB, Tackles from the Guards, & Ends from the Tackles.

The Holes are directly over the lineman & not the gaps. Even to the right odd to the left.



Back Spacing & Alignments:

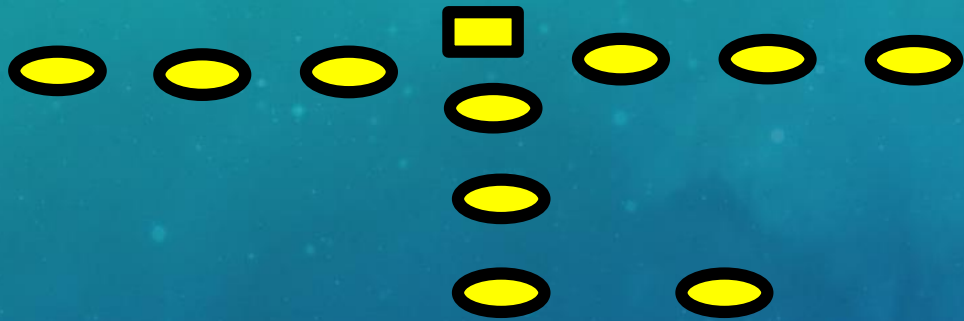
After breaking the Huddle the Center will get over the ball, the QB will get directly behind him & extend his arms. The Fullback will place his palm on the QB's back & take 2 steps straight back. The Tailback will do the same from the Fullback once he is position.



The Wingback will align according to the formation called. I will diagram the basic 3 formations.

Formations & Alignments:

The Wing back will always align to the direction called. In Pack he is even with the Tailback aligned over the inside leg of the Tackle to the side called.



Pack Right



Pack Left

Formations & Alignments:

The Wing back will always align to the direction called. In Wing he is 1yd outside & 1yd behind the Tight End to the side called.



Wing Right

Wing Left



Flank Right



Flank Left

Formations & Alignments:

The Wing back will always align to the direction called. In Flank he is 10 yds outside & 1yd behind the Tight End to the side called.

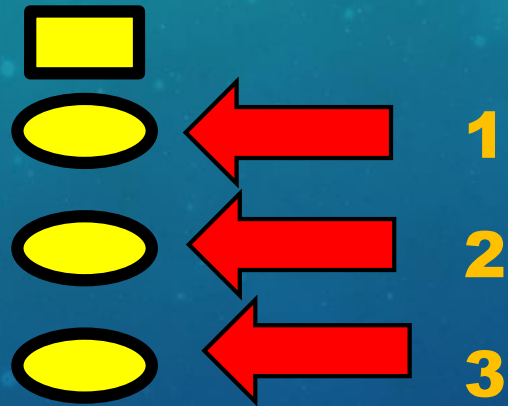
Back Numbering & Play calling :

Quarter back is 1

Fullback is 2

Tailback is 3

Wingback is 4



All running plays are called by the back's number first & then the hole he running to. The word following is the blocking scheme. All Fakes are called so it can get a little wordy, but there is no confusion on exactly everyone's assignment.

PLAYS:

RUNNING PLAYS:

GIVE 21 FAKE 36 / GIVE 22 FAKE 35

31/32 ISO

35/36 WHAM

FAKE 43 GIVE 35 / FAKE 44 GIVE 36

37 / 38 TOSS

43 / 44 WHAM

FAKE 32 43 COUNTER / FAKE 31 44 COUNTER

PASS PLAYS:

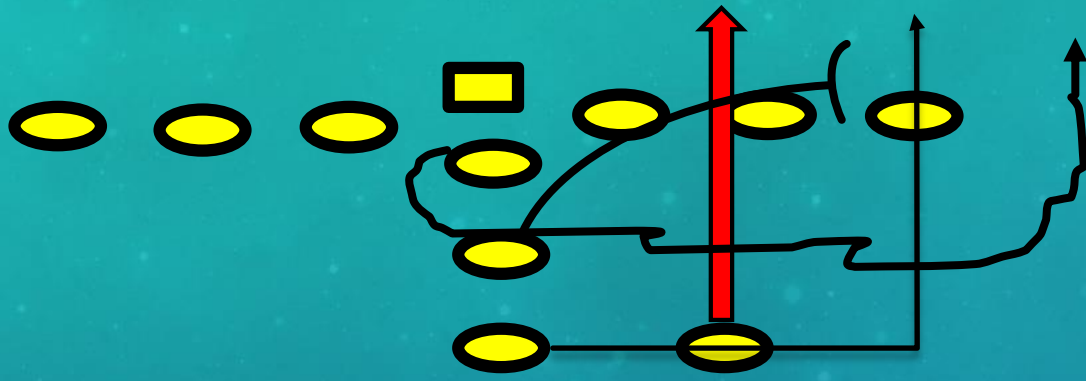
7 / 8 END POP PASS

43 / 44 WHAM PASS

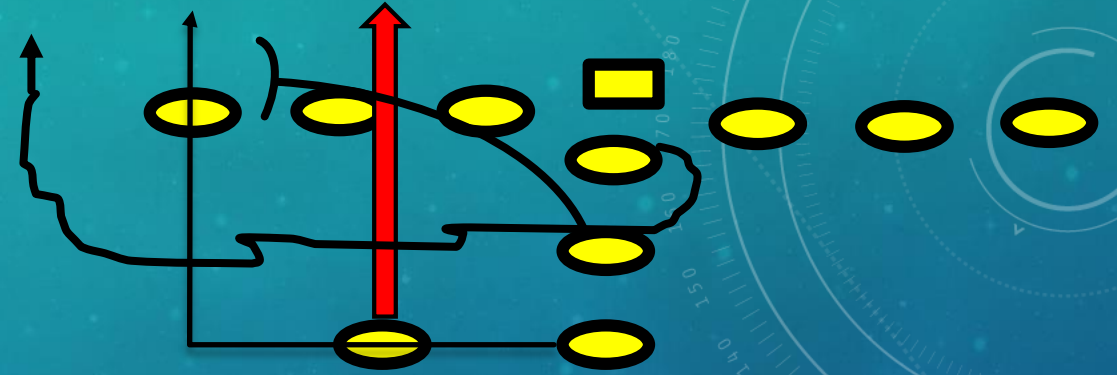
35/36 WHAM PASS

31 / 32 BOOT PASS

37 / 38 KEEP PASS



Pack Right 44 Wham

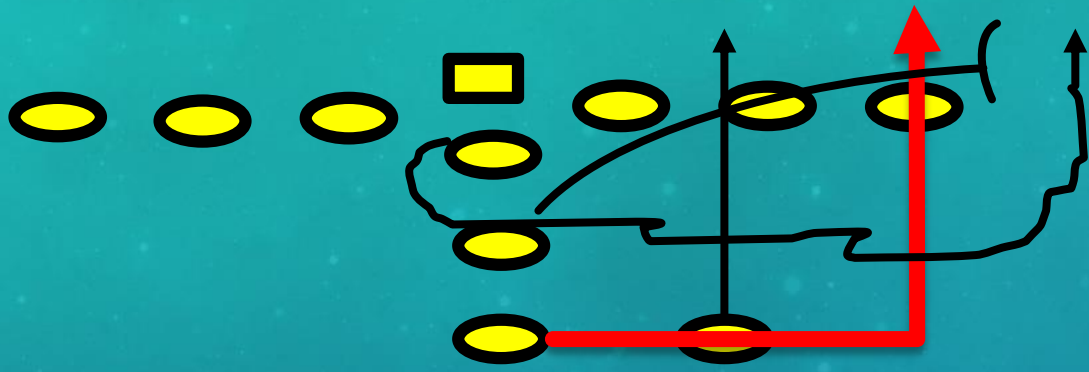


Pack Left 43 Wham

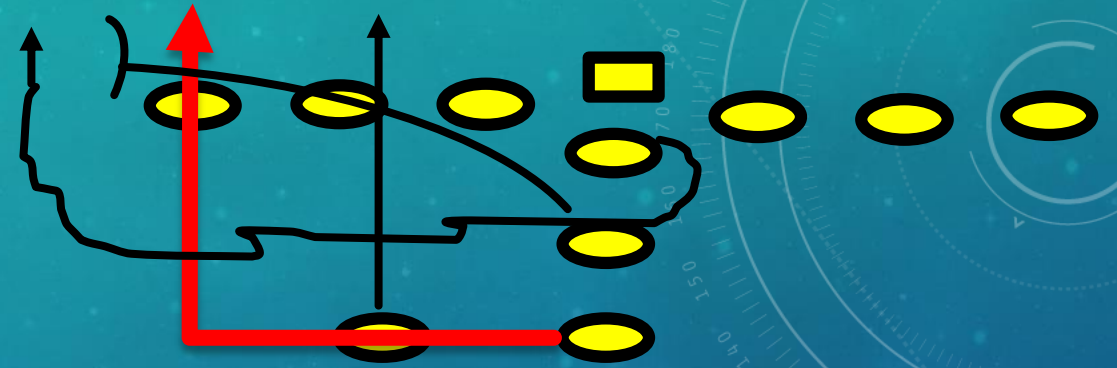
Pos:	Blocking Assignment:
ASE	MIDDLE 1/3
AST	STEP TO THE CALL
ASG	STEP TO THE CALL
C	STEP TO THE CALL
PSG	GAP DOWN BACKER
PST	GAP DOWN BACKER
PSE	ON OUT

Pos.	Assignment :
QB	REVERSE PIVOT FLAT DOWN THE LINE. AFTER THE HANDOFF CONTINUE DOWN & FAKE TB
FB	WHAM INSIDE OUT FROM HEAD UP TACKLE
TB	FAKE 36 OPEN CROSSOVER PLANT
WB	RUN STRAIGHT AHEAD

This is always the first play we teach & run. It was always our first play of the game.



Pack Right Fake 44 Give 36



Pack Left Fake 43 Give 35

Pos:	Blocking Assignment:
ASE	MIDDLE 1/3
AST	STEP TO THE CALL
ASG	STEP TO THE CALL
C	STEP TO THE CALL
PSG	GAP ON OVER
PST	GAP ON OVER
PSE	GAP DOWN BACKER

Pos.	Assignment :
QB	REVERSE PIVOT FLAT DOWN THE LINE. FAKE TO THE WB & CONTINUE DOWN & GIVE TB
FB	WHAM INSIDE OUT FROM HEAD UP END
TB	RUN 36 OPEN CROSSOVER PLANT
WB	RUN STRAIGHT AHEAD & FAKE

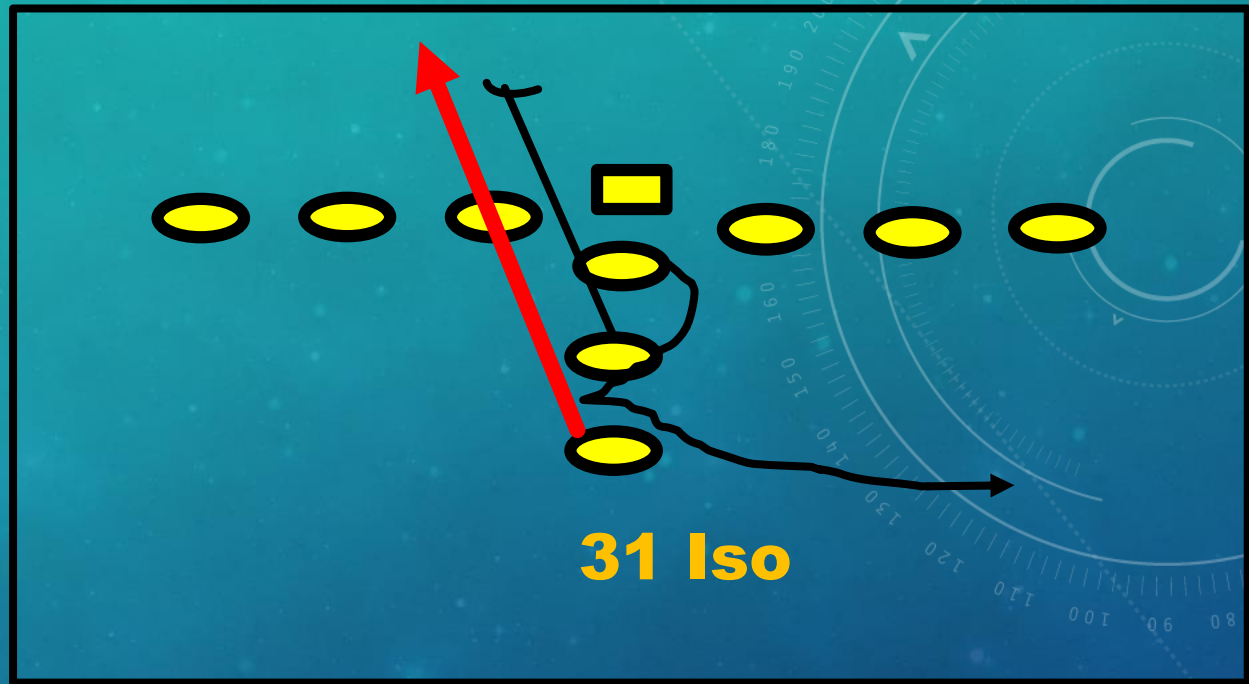
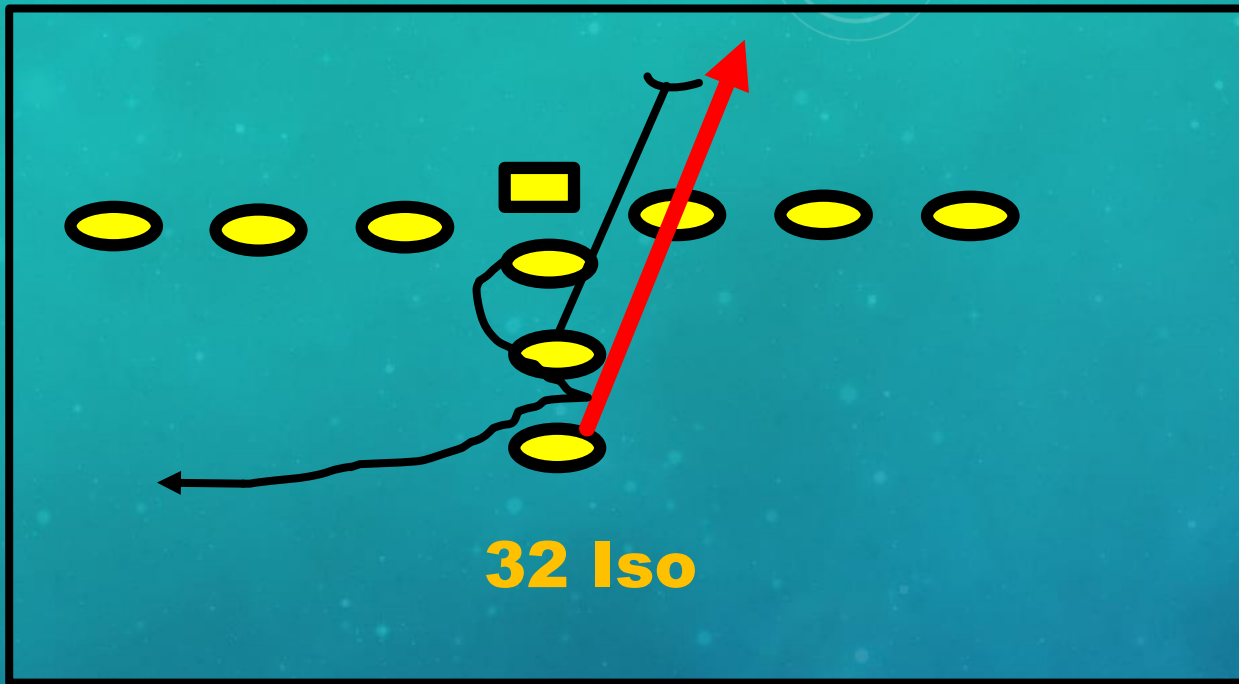
**This is our double dive play.
It is a great goal line play.**



Pos:	Blocking Assignment:
ASE	MIDDLE 1/3
AST	STEP TO THE CALL
ASG	STEP TO THE CALL
C	STEP TO THE CALL
PSG	GAP ON OVER
PST	GAP ON OVER
PSE	GAP ON OVER

Pos.	Assignment :
QB	REVERSE PIVOT & SLIDE THE BALL TO THE FB THEN FAKE TO TB
FB	RUN HOLE CALLED
TB	FAKE 36 OPEN CROSSOVER PLANT
WB	ARC FOR 36

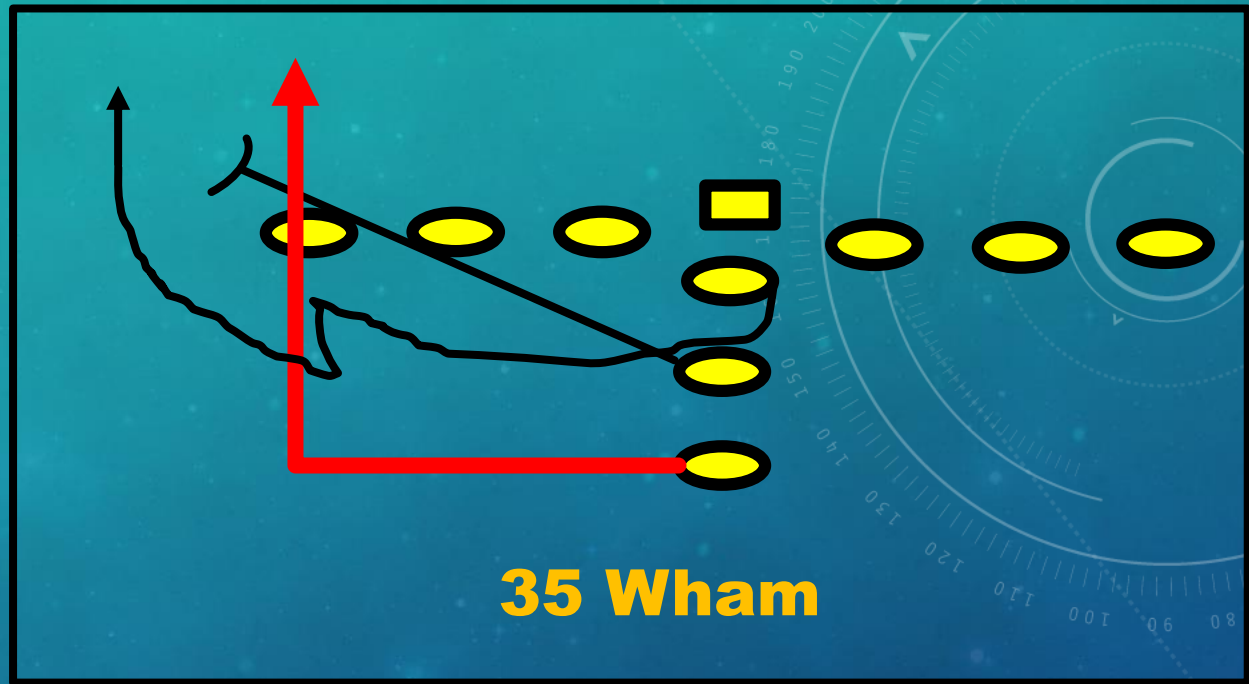
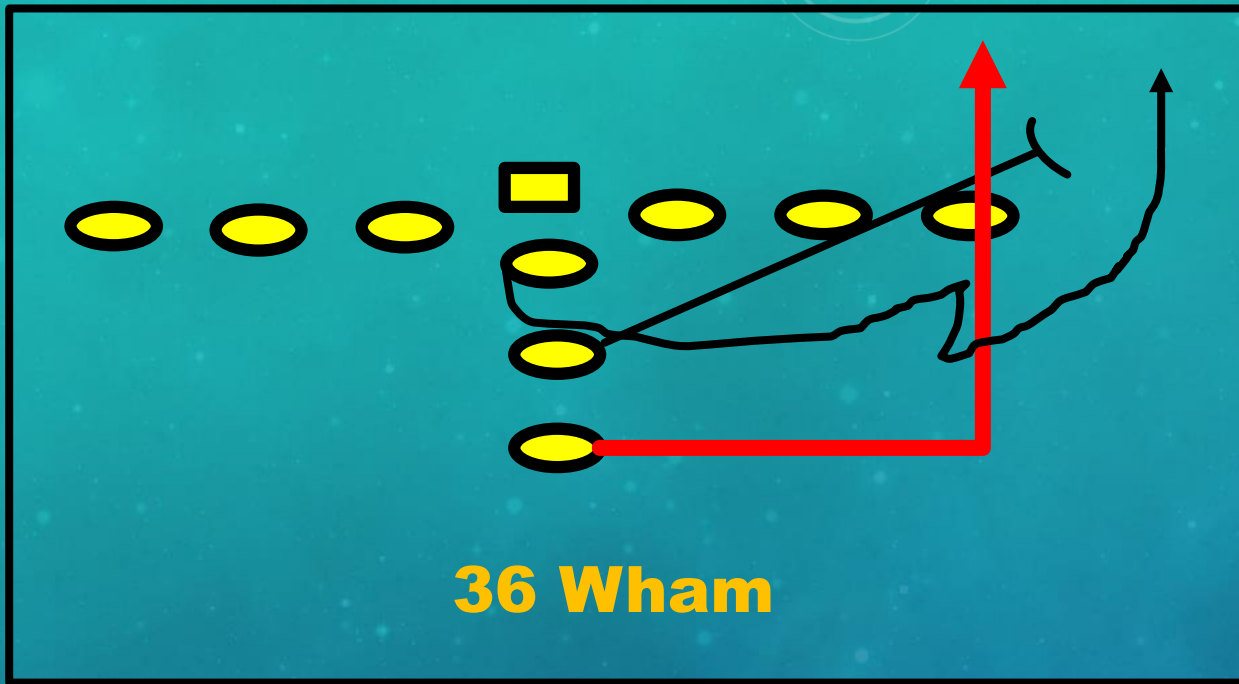
This is the only play for the FB he is mostly a blocker.



Pos:	Blocking Assignment:
ASE	MIDDLE 1/3
AST	STEP TO THE CALL
ASG	STEP TO THE CALL
C	STEP TO THE CALL
PSG	GAP ON OVER
PST	GAP ON OVER
PSE	GAP ON OVER

Pos.	Assignment :
QB	REVERSE PIVOT & SLIDE THE BALL TO TB
FB	BLOCK FIRST ILB
TB	RUN THE HOLE CALLED
WB	PLAY TO BLOCK FIRST DEFENDER PLAY AWAY RUN TO MIDDLE 1/3

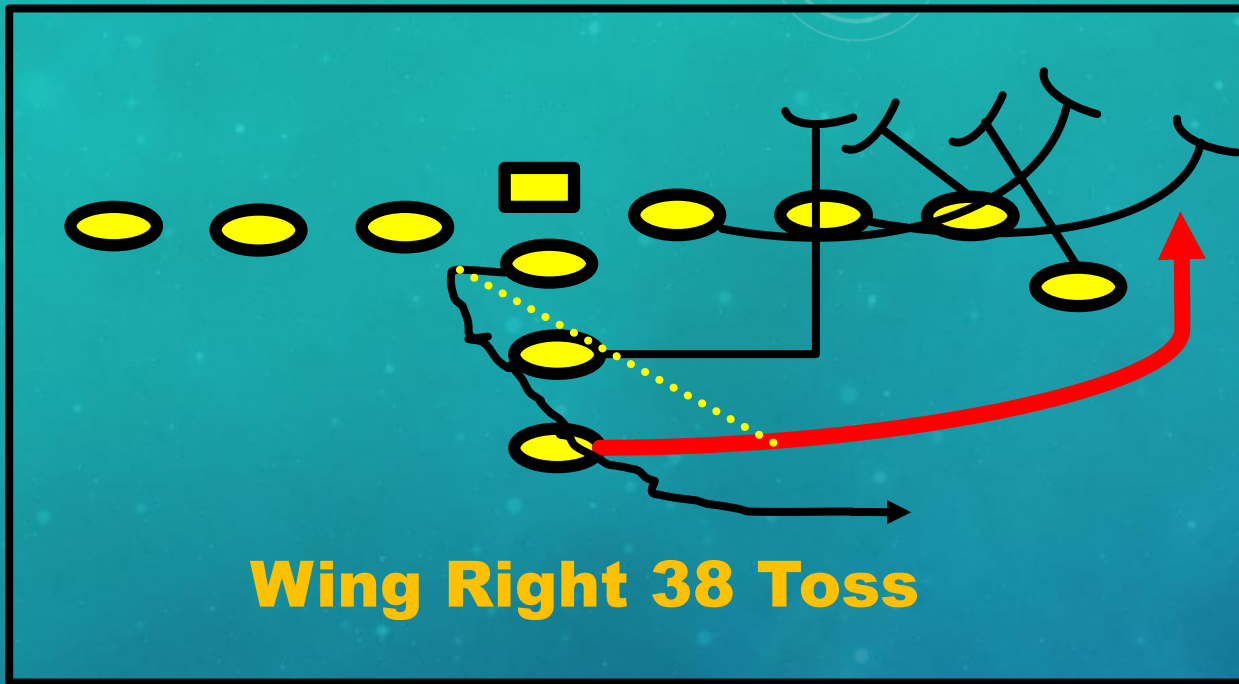
TB PLAYS CAN BE RUN FROM ANY FORMATION.



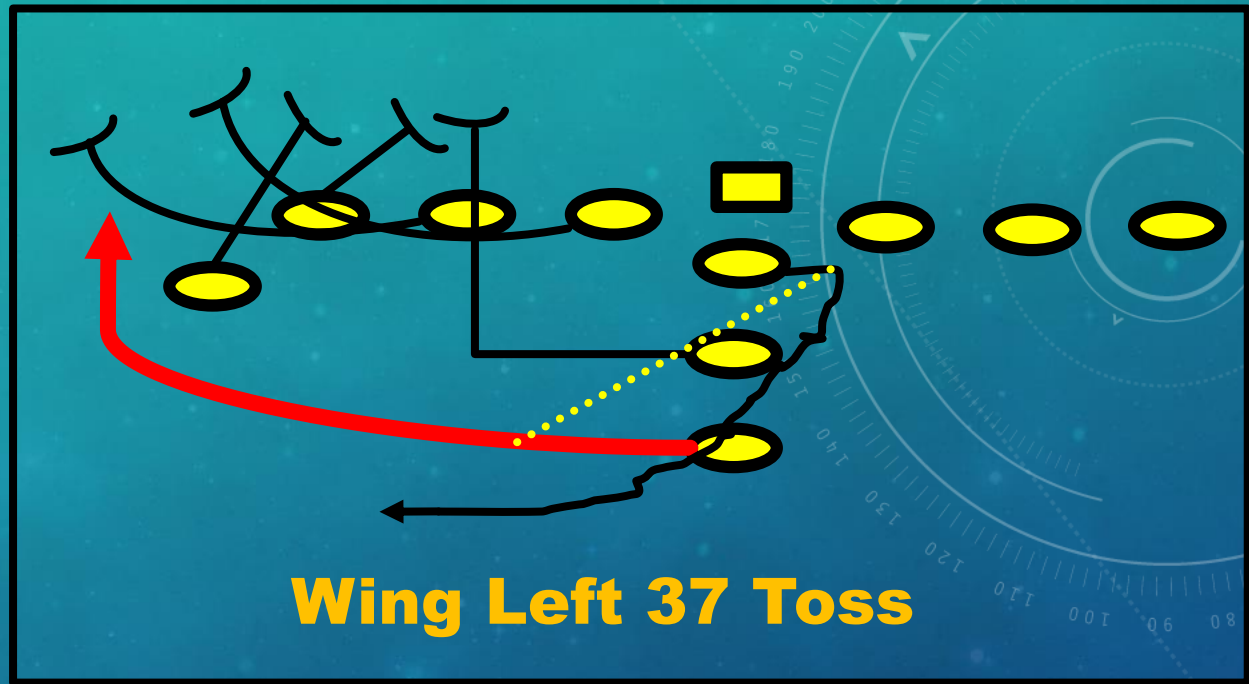
Pos:	Blocking Assignment:
ASE	MIDDLE 1/3
AST	STEP TO THE CALL
ASG	STEP TO THE CALL
C	STEP TO THE CALL
PSG	GAP ON OVER
PST	GAP ON OVER
PSE	GAP DOWN BACKER

Pos.	Assignment :
QB	REVERSE PIVOT & COME DOWN TO THE 6 HOLE GIVE TO TB
FB	BLOCK FIRST MAN OUTSIDE OF TE
TB	OPEN CROSS OVER PLANT GET VERTICAL.
WB	PLAY TO BLOCK FIRST DEFENDER PLAY AWAY RUN TO MIDDLE 1/3

TB PLAYS CAN BE RUN FROM ANY FORMATION. THIS IS OUR BEST PLAY.



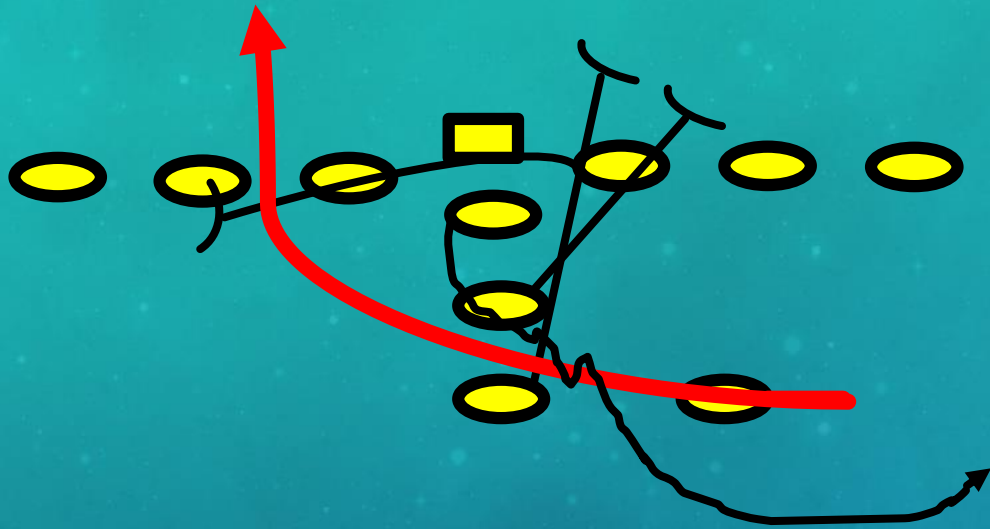
Wing Right 38 Toss



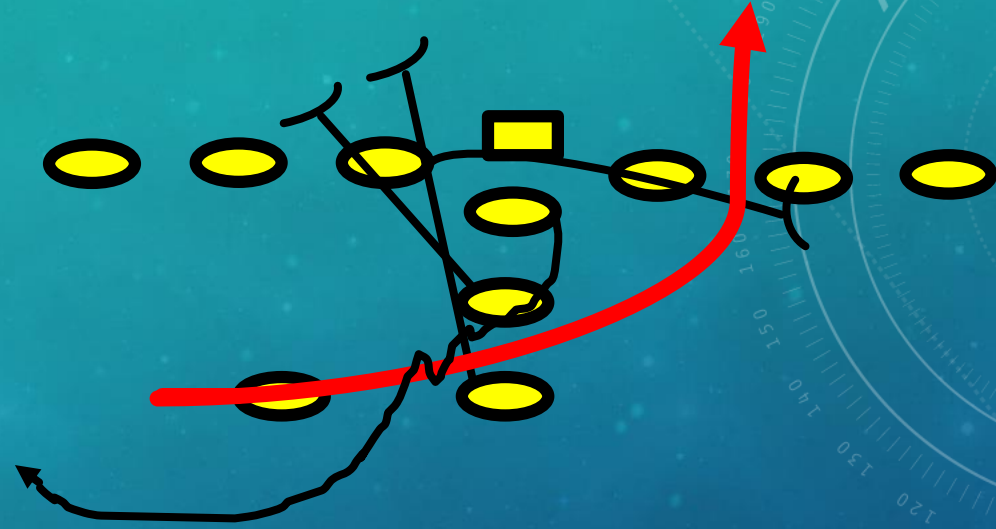
Wing Left 37 Toss

Pos:	Blocking Assignment:
ASE	MIDDLE 1/3
AST	STEP TO THE CALL
ASG	STEP TO THE CALL
C	STEP TO THE CALL
PSG	PULL OUTSIDE WB's DOWN BLOCK
PST	PULL FOR WIDEST DEFENDER
PSE	GAP DOWN BACKER

Pos.	Assignment :
QB	REVERSE PIVOT & TOSS THE BALL TO THE TB THEN TAKE A KEEP PATH
FB	TAKE 3 FAST STEPS TO CLEAR THE TOSS 7 BLOCK FIRST DEFENDER
TB	OPEN HIS HIPS GET WIDE FIRST
WB	GAP DOWN BACKER



Pack Right Fake 32 43 Counter

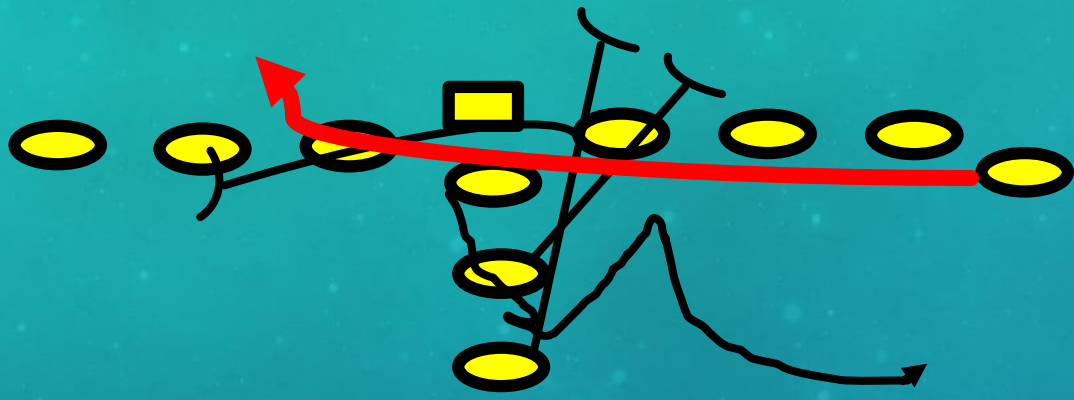


Pack Left Fake 31 44 Counter

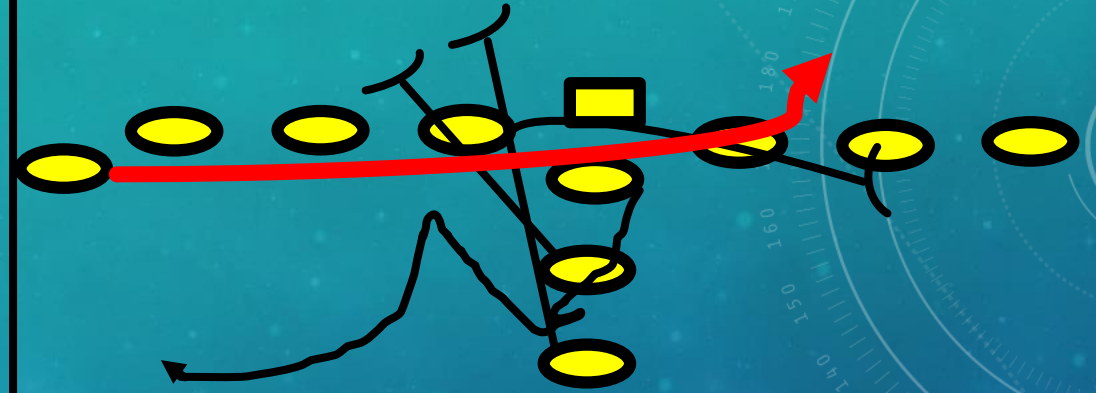
Pos:	Blocking Assignment:
ASE	MIDDLE 1/3
AST	STEP TO THE CALL
ASG	PULL & TRAP FIRST MAN PAST THE TACKLE
C	STEP TO THE CALL
PSG	GAP DOWN BACKER
PST	GAP DOWN BACKER
PSE	ON AWAY

Pos.	Assignment :
QB	REVERSE PIVOT & FAKE TO THE TB THEN GIVE TO WB
FB	FILL & BLOCK OUTSIDE LEG OF GUARD
TB	FAKE ISO & FILL INSIDE LEG OF GUARD
WB	COUNTER STEP & OUTSIDE HANDOFF

This is the a home run play, so we run it 2 ways.



Wing Right Fake 32 43 Counter

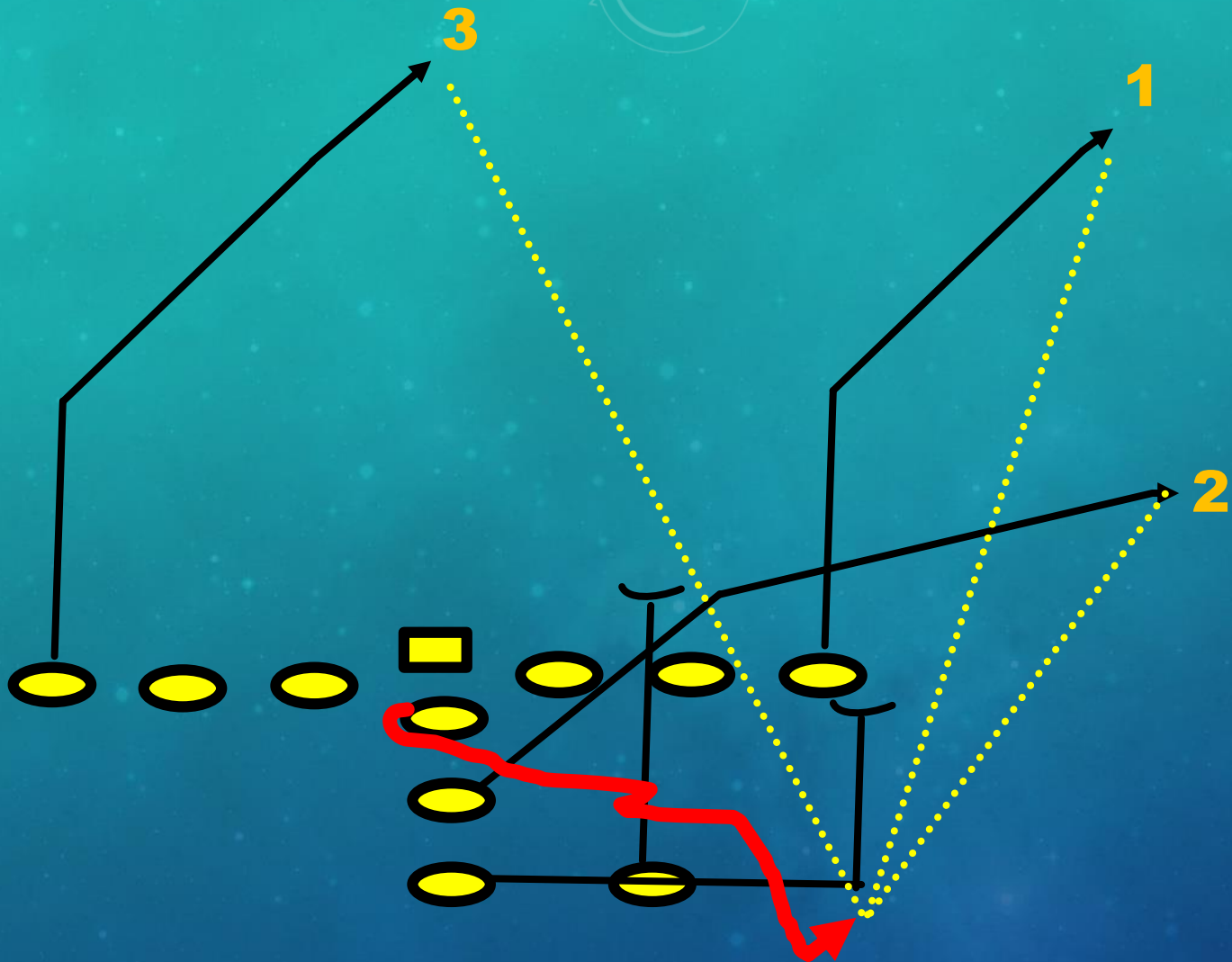


Wing Left Fake 31 44 Counter

Pos:	Blocking Assignment:
ASE	MIDDLE 1/3
AST	STEP TO THE CALL
ASG	PULL & TRAP FIRST MAN PAST THE TACKLE
C	STEP TO THE CALL
PSG	GAP DOWN BACKER
PST	GAP DOWN BACKER
PSE	ON AWAY

Pos.	Assignment :
QB	REVERSE PIVOT & FAKE TO THE TB THEN STEP DOWN TO GIVE TO WB
FB	FILL & BLOCK OUTSIDE LEG OF GUARD
TB	FAKE ISO & FILL INSIDE LEG OF GUARD
WB	STRAIGHT DOWN THE LINE & AN INSIDE HANDOFF

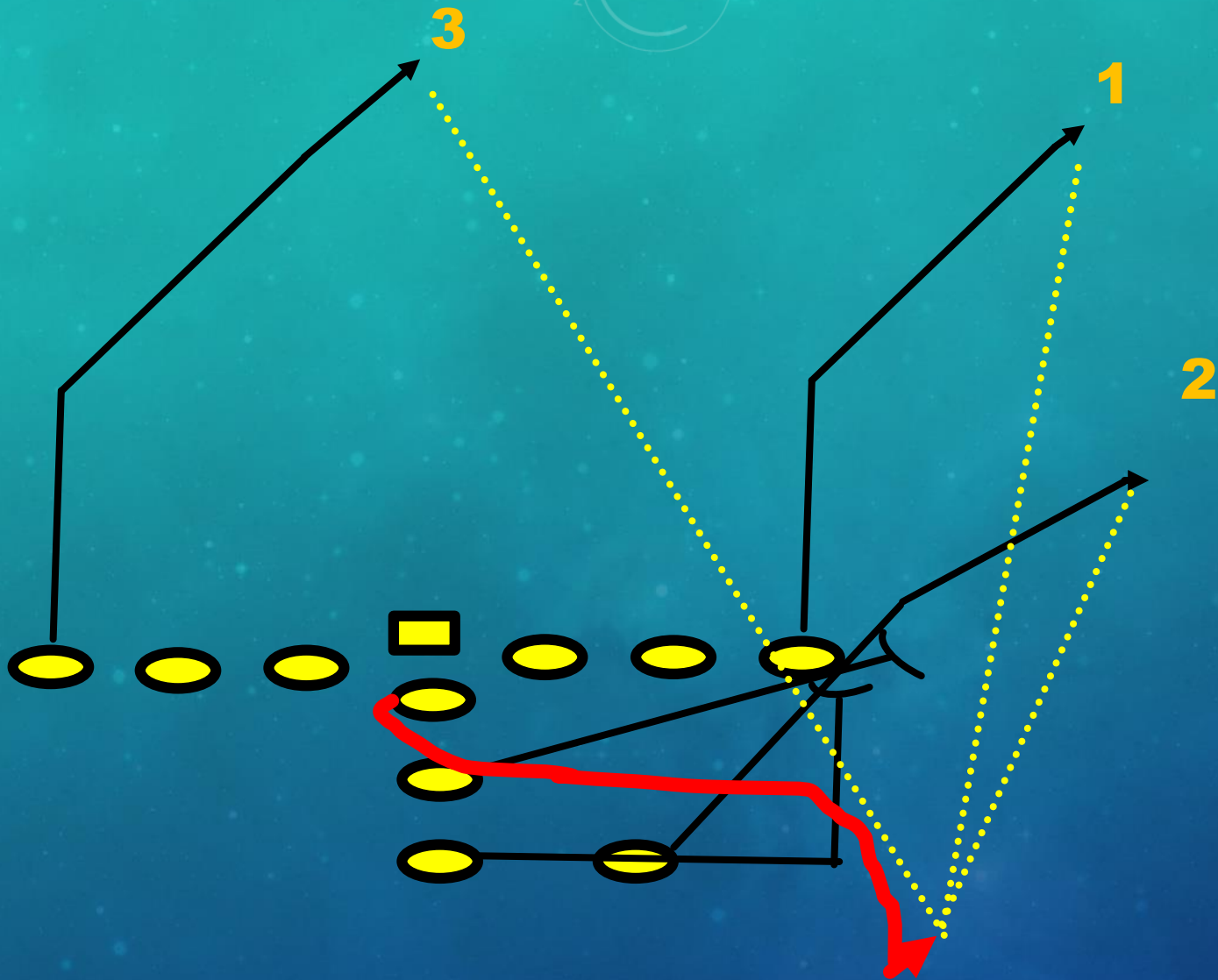
This is the a home run play, so we run it 2 ways. This is the way that we like the best.



Pos.	Assignment :
QB	REVERSE PIVOT & FAKE TO THE WB THEN TAKE A 3 STEP DROP
FB	GO THROUGH THE LINE THEN RUN A 5 YD BENCH
TB	BLOCK THE OUTSIDE EDGE
WB	FAKE 44 & BLOCK

Pos:	Blocking Assignment:
ASE	RUN A 7 YD POST
AST	STEP & HINGE
ASG	STEP & HINGE
C	STEP & HINGE
PSG	STEP & HINGE
PST	STEP & HINGE
PSE	RUN A 7 YD CORNER

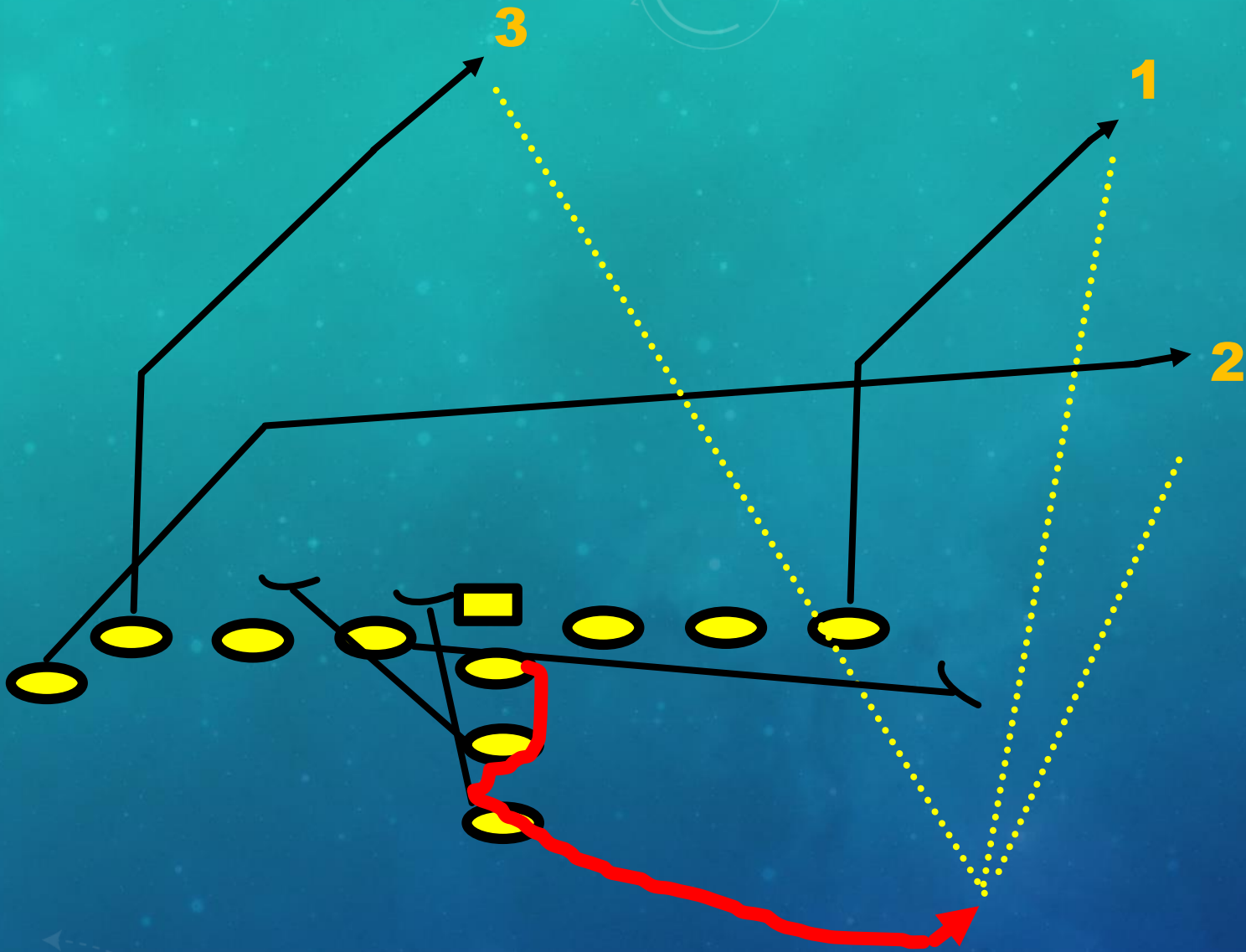
Pack Right 44 Wham Pass



Pos.	Assignment :
QB	REVERSE PIVOT & FAKE TO THE TB THEN TAKE A 3 STEP DROP
FB	BLOCK OUTSIDE EDGE
TB	FAKE 36 THEN BLOCK
WB	GO WIDE THEN RUN A 5 YD BENCH

Pos:	Blocking Assignment:
ASE	RUN A 7 YD POST
AST	STEP & HINGE
ASG	STEP & HINGE
C	STEP & HINGE
PSG	STEP & HINGE
PST	STEP & HINGE
PSE	RUN A 7 YD CORNER

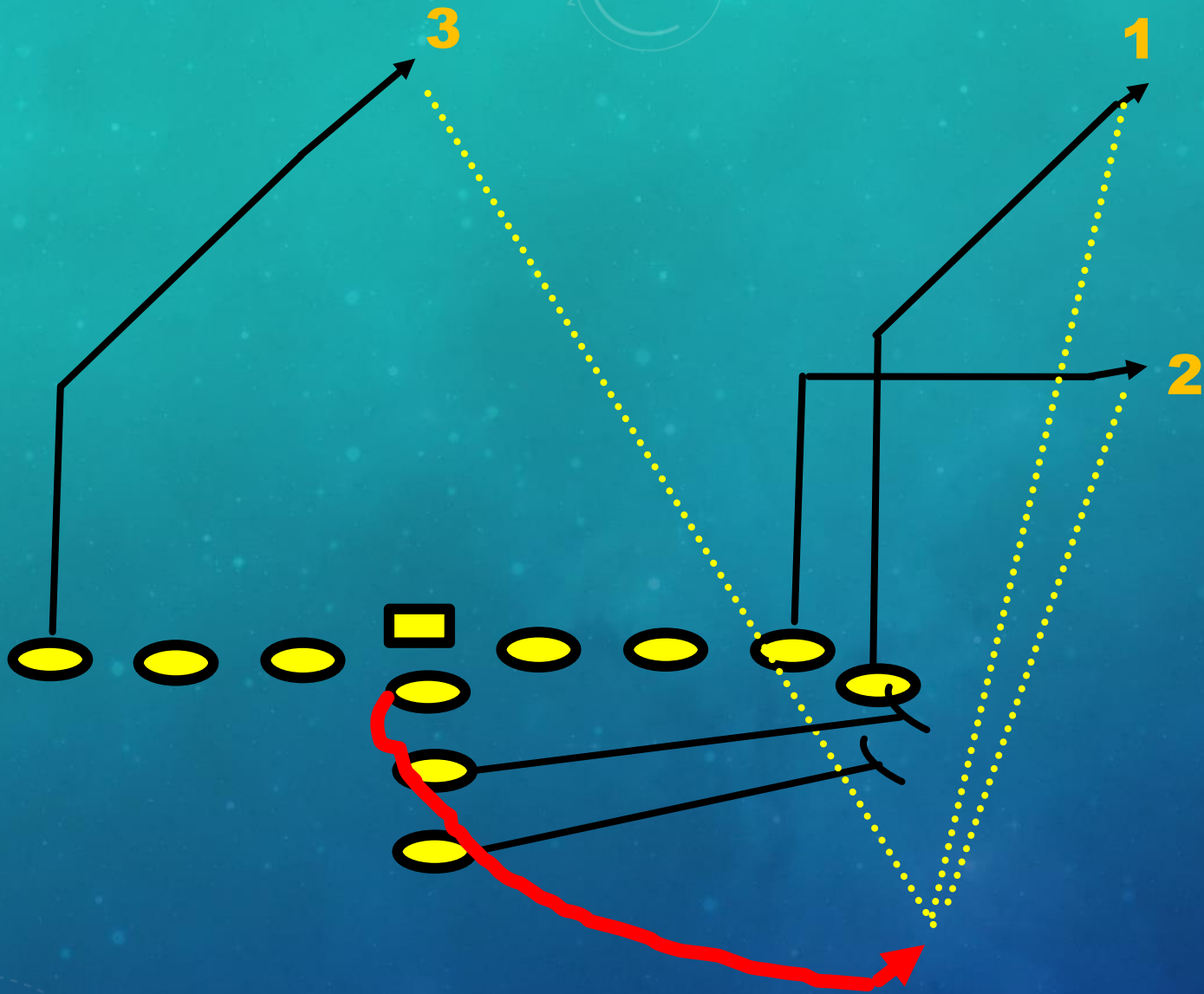
Pack Right 36 Wham Pass



Wing Left 31 Boot Pass

Pos.	Assignment :
QB	REVERSE PIVOT & FAKE TO THE TB THEN BOOT TO THE RIGHT
FB	BLOCK OUTSIDE LEG OF THE GUARD
TB	FAKE 31 THEN BLOCK
WB	RUN A 5 THEN ANGLE ACROSS

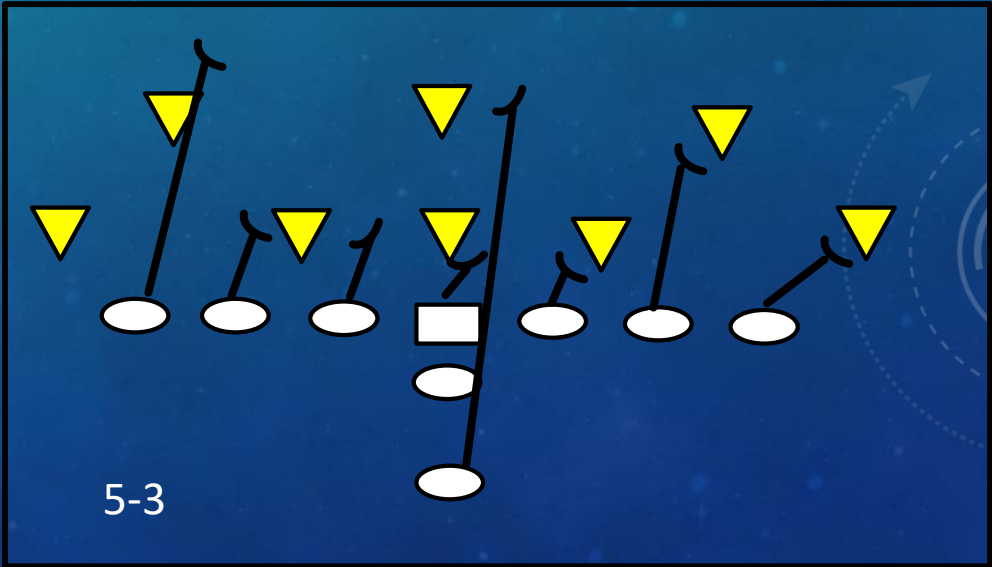
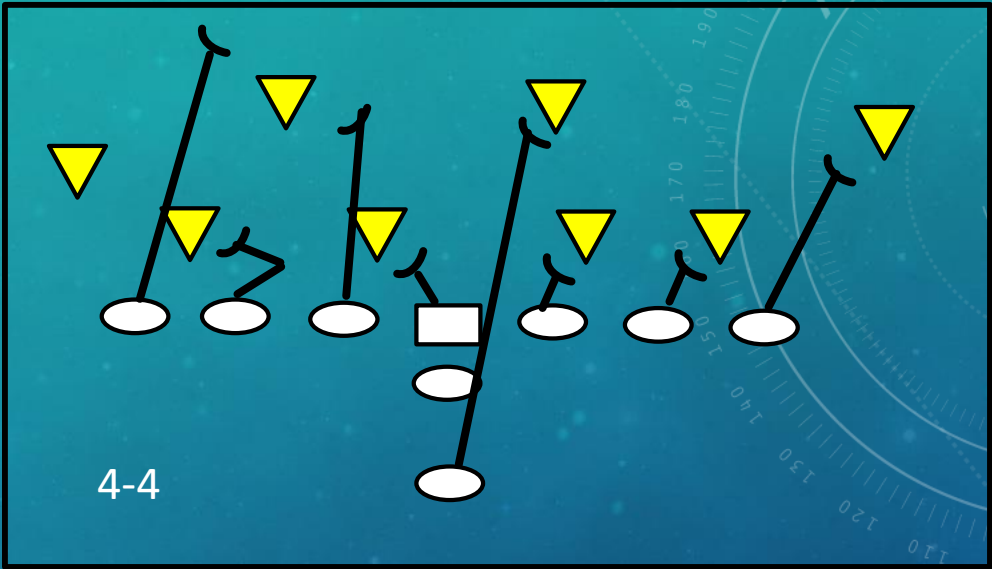
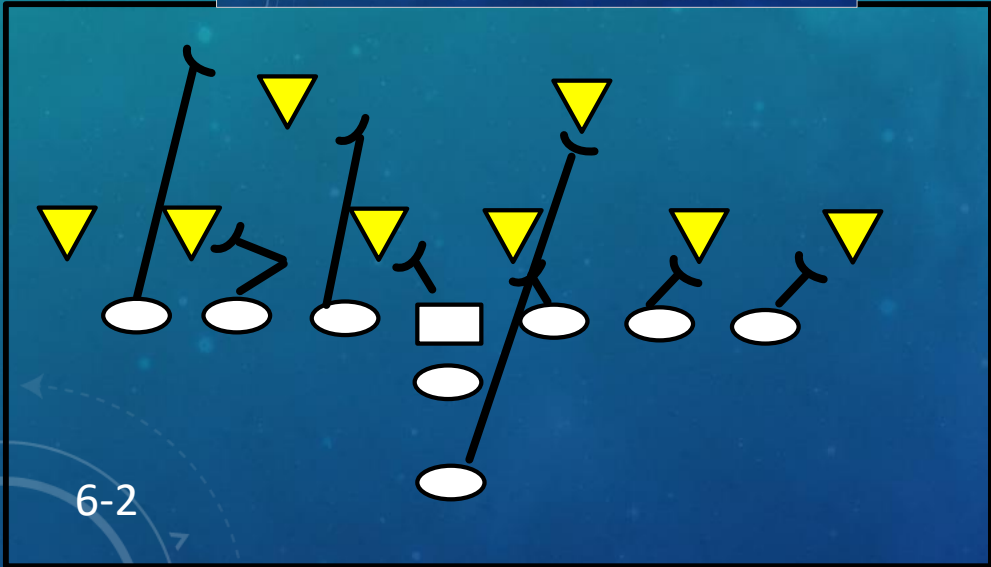
Pos:	Blocking Assignment:
ASE	RUN A 7 YD POST
AST	STEP & HINGE
ASG	PULL & BLOCK THE EDGE
C	STEP & HINGE
PSG	STEP & HINGE
PST	STEP & HINGE
PSE	RUN A 7 YD CORNER



Pos.	Assignment :
QB	REVERSE PIVOT & FAKE TO THE TB THEN BOOT TO THE RIGHT
FB	BLOCK OUTSIDE EDGE
TB	FAKE 38 THEN BLOCK
WB	RUN A 7 YD CORNER

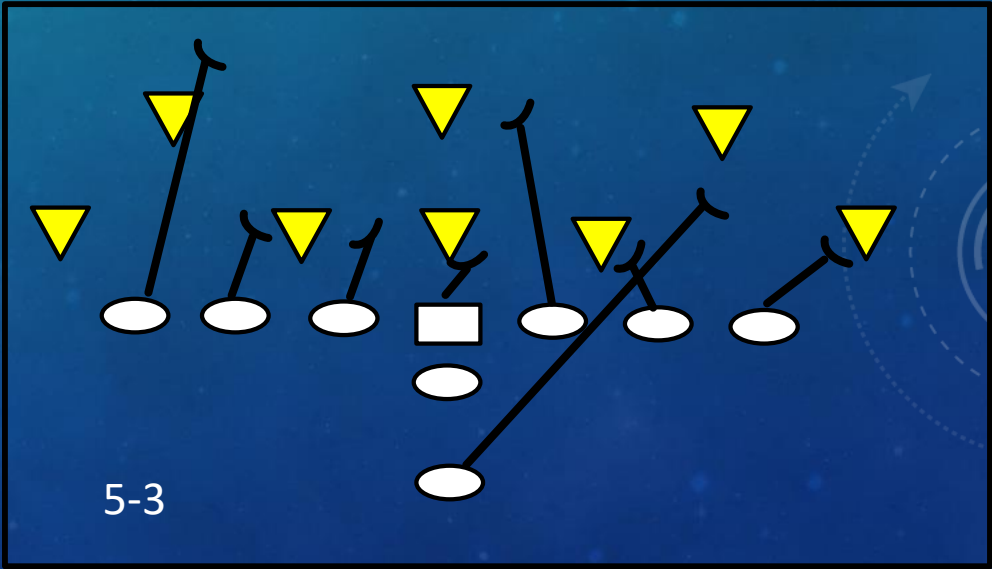
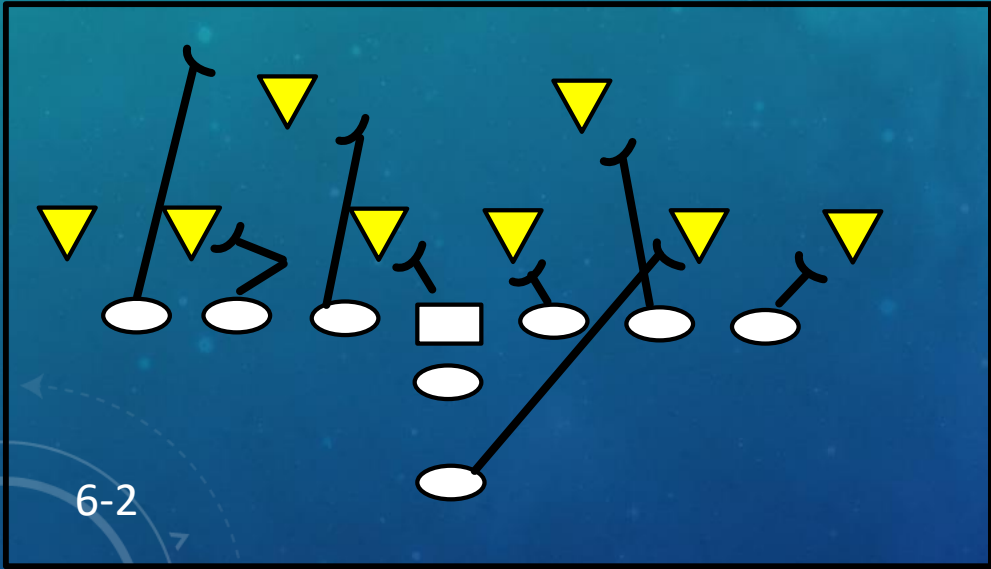
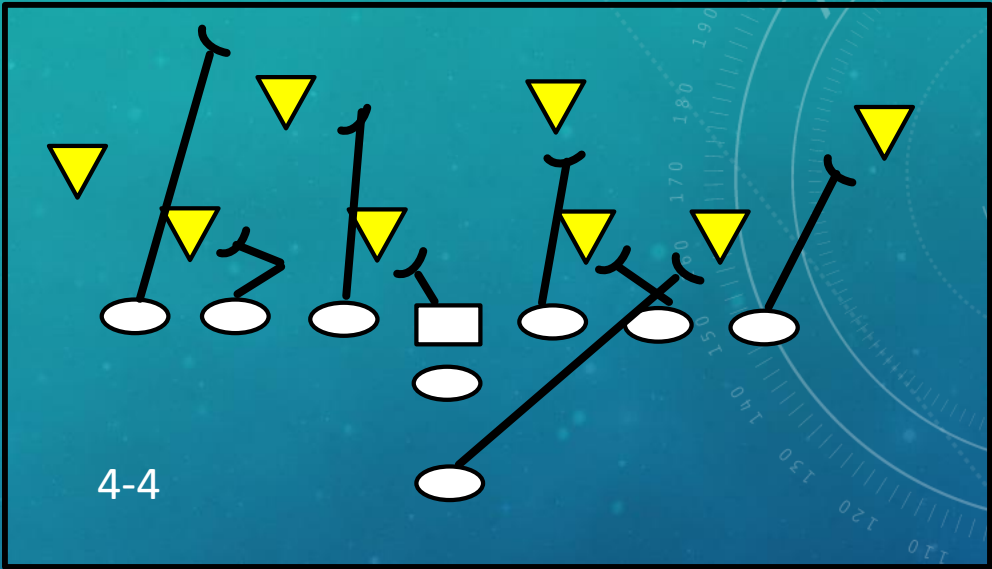
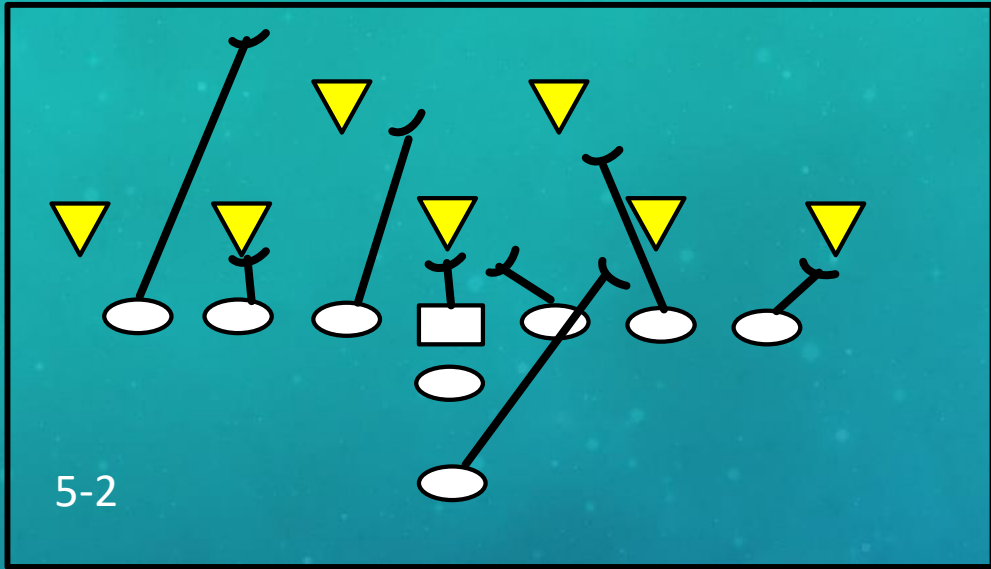
Pos:	Blocking Assignment:
ASE	RUN A 7 YD POST
AST	STEP & HINGE
ASG	PULL & BLOCK THE EDGE
C	STEP & HINGE
PSG	STEP & HINGE
PST	STEP & HINGE
PSE	RUN A 5 YD OUT

Wing Right 38 Keep Pass



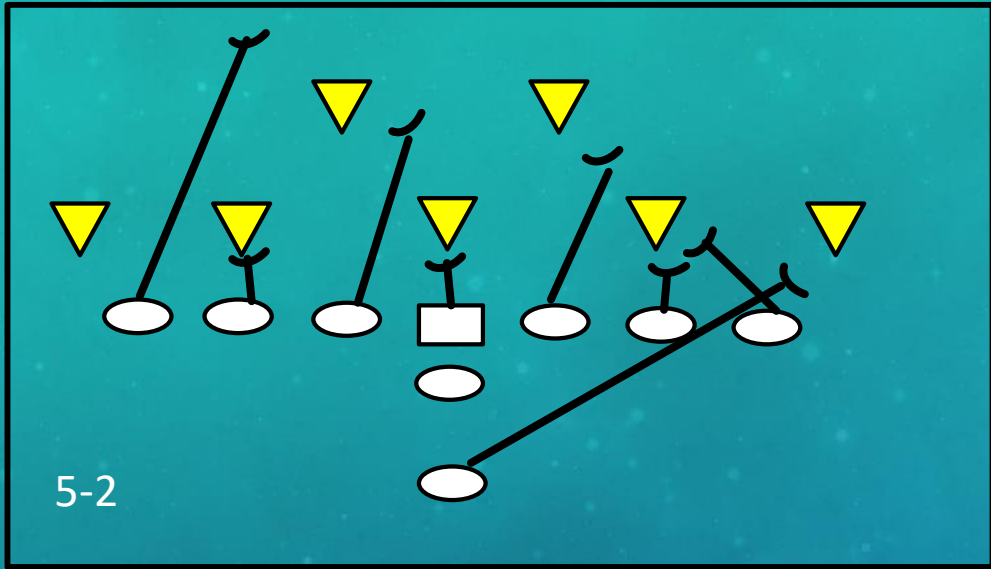
32 Iso

Here we show the play vs several common Defenses



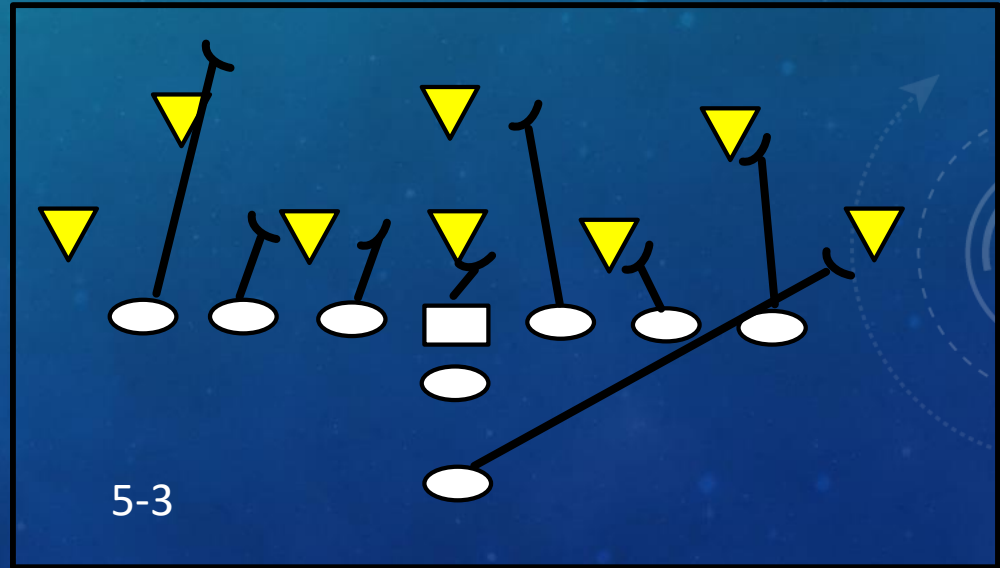
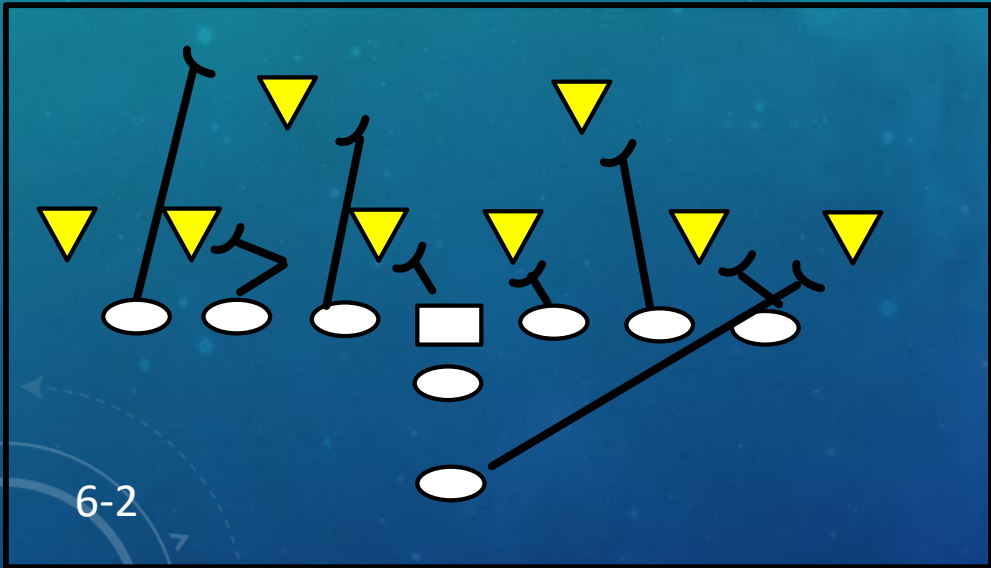
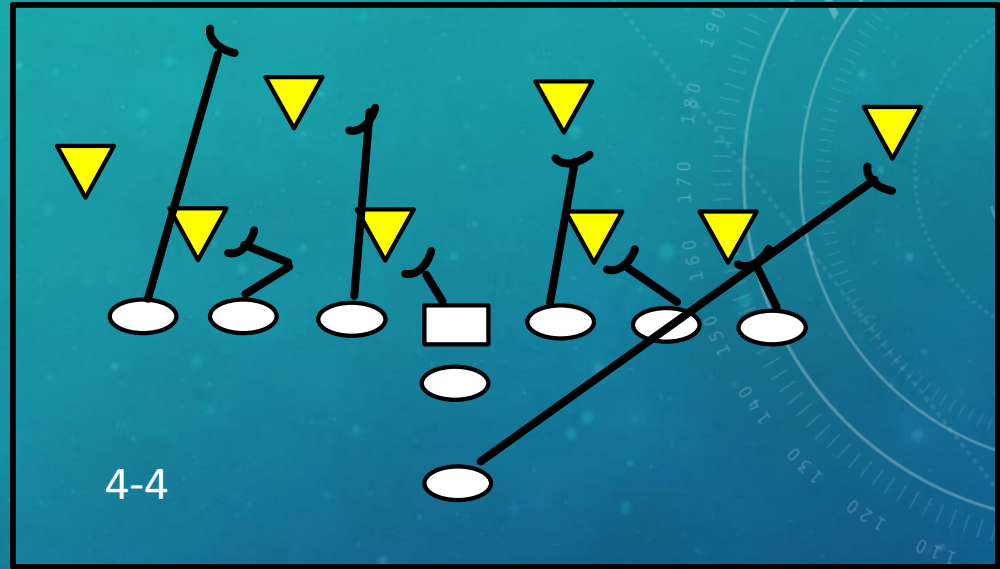
44 Wham

Here we show the play vs several common Defenses



36 Wham

Here we show the play vs several common Defenses



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