

CHAPTER 7: DOUBLE PULL POWER

DOUBLE PULL POWER: the smash-mouth play of the Tex-Bone

The Origin of Double Pull Power

Double Pull Power traces its roots to the Double Wing Power Toss. The Double Wing was first credited to Pop Warner in the 1910s. Many other offenses (the Wishbone, the Flexbone, etc.) were developed around this formation in the years to follow. The Double Pull Power (often called “Super Power” at the youth level) features a play side double team with two pullers from the backside. The guard and tackle pull from the backside when “Super Power” is ran out of the double wing (Figure 75).

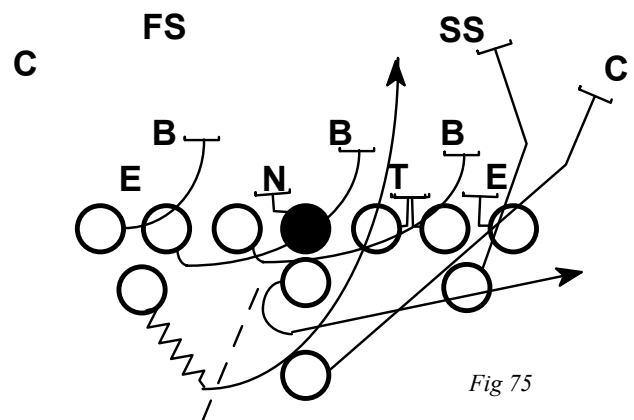


Fig 75

Tex-Bone Double Pull Power

To goal of Double Pull Power is to get a strong play side double team. For this reason we refer to it as the smash-mouth play of the Tex-Bone. The two pullers allow for a play side double team and vertical displacement. Most of the displacement in the Tex-Bone is horizontal along the line of scrimmage. This allows for an open area at the point of attack where pullers are able fit their blocks appropriately. In Double Pull Power we use a heavy double team to create a cratered line of scrimmage at the point of attack that the ball is run behind.

Benefits of Double Pull Power

The benefits of Double Pull Power are many. First, there are multiple ball carriers. Illustrations later in the chapter show some of the different ball carrier options.

There are multiple formations options for Double Power Pull.

Double Power Pull features built in play-action protection. (Play action combinations accompanying Double Power Pull are detailed in later chapters.)

Double Pull Power is good against every defensive front. There is no need to check the play to something else because blitzing linebacker protection is built in.

Double Pull Power is a rule based play (similar to many others in the Tex-Bone). Players effectively handle all defensive formations, line movements, and blitzes once they understand the rules of the play.

Quarterback Double Pull Power (with or without a Tight End)

Figure 76 shows Double Pull Power with a tight end. The play side tackle leads the combination block with the guard or the tight end against the nearest defensive lineman. The combo is with the guard against a 3-technique. Against a 5 or 7-technique defensive end the combo is with the tight end. In Double Power Pull the tackle is involved in a double team block whenever possible—regardless of the defensive alignment. There is always a double team with a tight end.

The play side guard block depends on the situation. Options include (1) solo blocking the A-gap or (2) combo blocking against a B-gap 2 or 3-technique defender (as detailed above). The center then back blocks the first player he encounters, the backside guard pulls for the play side linebacker, and the backside tackle works inside-out man-to-man on the defensive end. These center, backside guard, and backside tackle rules are fixed for all power run plays. The play is base blocked or a hinge blocked based on who your tackle is and who he is playing against. The critical factor to remember is that on the backside of the offensive line this play is identical to all other Tex-Bone Power plays. This familiarity breeds confidence and aggression.

The play side of the Double Pull Power features some adjustments from the base Power set. The adjustments are made with the intent of executing a double team on an inside player whenever possible. As the name implies this Power play features a second puller comes from the backside. The illustration shows the backside wing in the second puller role. (Depending on the formation another second puller option is the running back.) The backside wing pulls around for the backside linebacker while the play side wing takes either the play side outside linebacker or the defensive end (depending on the location of the double team).

In tight end formations the tight end blocks the defensive end. This block is either a single man-on-man block or a double team based on what the tackle faces inside. The tight end blocks the defensive end man-on-man if the tackle is working inside to double team the defensive tackle.

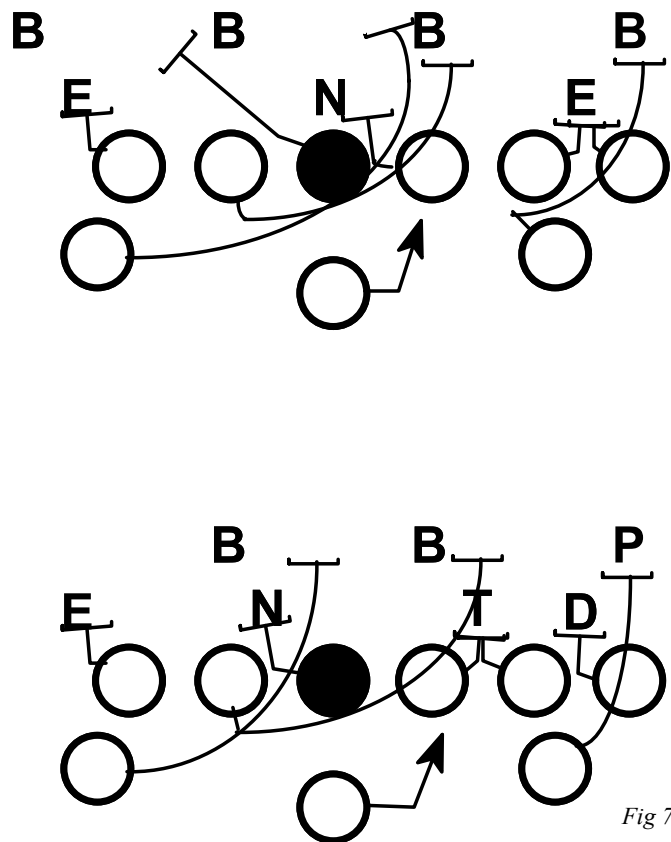


Fig 76

Figure 76 of Quarterback Double Pull Power with a Tight End features two different scenarios for the double team block.

Scenario one: the tackle and tight end double-team if there's a 5 or 7-technique defensive end. Scenario two: the tackle and guard double-team if there is a 3 technique or a 2-technique defensive tackle. The play side guard follows normal Power rules (covering A-gap to backside linebacker) when he is not executing a double team.

The backside is standard Power football. The center back-blocks the nearest defender while the backside guard pulls for the play side linebacker and the backside tackle blocks inside-out man-to-man on the defensive end. An offense chooses a base block or hinge block based on their offensive strengths and opponent weaknesses.

The second puller to the play side is the backside wing. This pull is done by a running back depending on the formation. The backside linebacker is not accounted for by offensive linemen because of the play side double team.

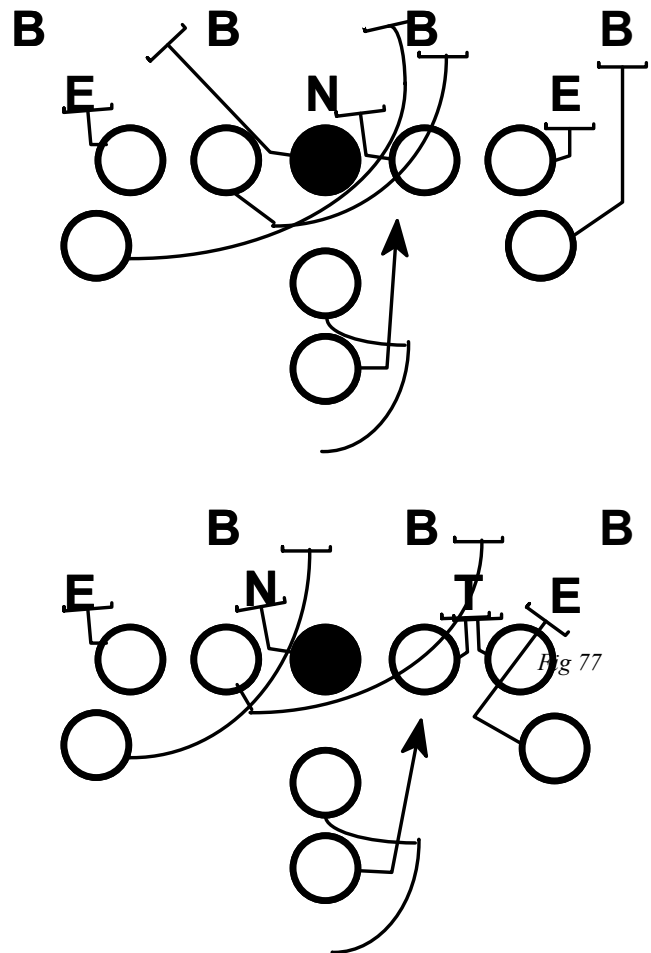
In tight end formations the play side wing is always assigned to the play side outside linebacker. These rules potentially change when there is no Tight End. In those cases the play side wing is usually assigned to the defensive end.

Figure 77 explores the play side rules of Double Pull Power with no Tight End. The play side wing works opposite of where the tackle blocks. The tackle still blocks a hypothetical double team even without the Tight End. (In tight end formations the tackle double-teams with him on the defensive end.)

The bottom of the illustration shows a tackle double team against the 3-technique with the guard. The wing then picks up the defensive end as the tackle works inside to execute the double team. To do so the wing must identify or get a call from a tackle indicating where the block is going. This contrasts with the wing taking the outside linebacker when the tackle blocks the defensive end in the top diagram.

Both illustrations show Fullback Double Pull Power. The quarterback reverses out to get the ball to the fullback quickly. He then faces the line of scrimmage and set up as if to pass.

The ball carrier takes a side step regardless of whether it's the fullback or the quarterback. This



side step serves two purposes: (1) it gets the ball carrier behind the double team—this allows the ball carrier to work downhill, cutting off the defensive movement created by the double team and (2) it creates time for the pullers coming from the backside guard and wing to locate the inside linebackers.

Double Pull Power vs. Blitz

Defensive pressure is not a huge concern in Double Power Pull because all linebackers are accounted for. A check to speed option is always a good option if desired. Figure 78 shows speed option checks from typical Double Pull Power looks.

The fullback becomes the pitchman depending on the formation. A team is able to bring the wing around to become the pitchman if there is no fullback in the game. Changing to a speed option is always a good choice regardless of the formation. By no means does a team need to check into speed option when facing pressure however.

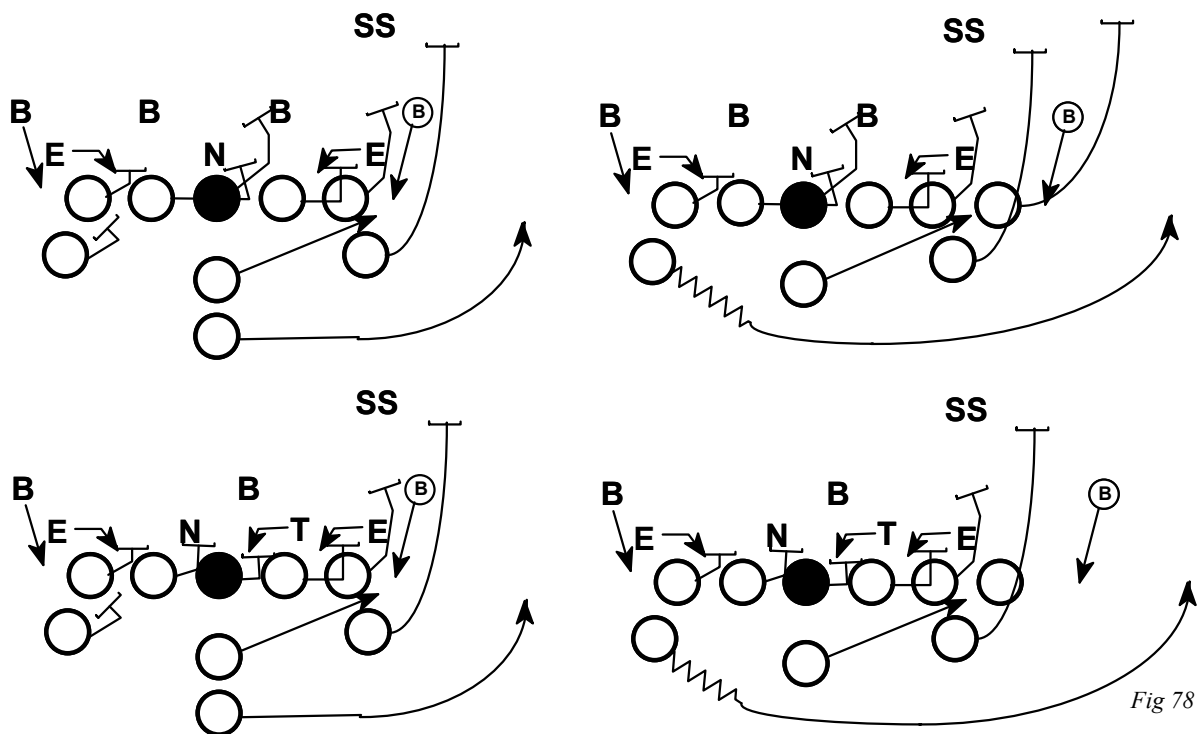


Fig 78

THE EMPTY FORMATION THAT CAN'T BE (or shouldn't be) BLITZED

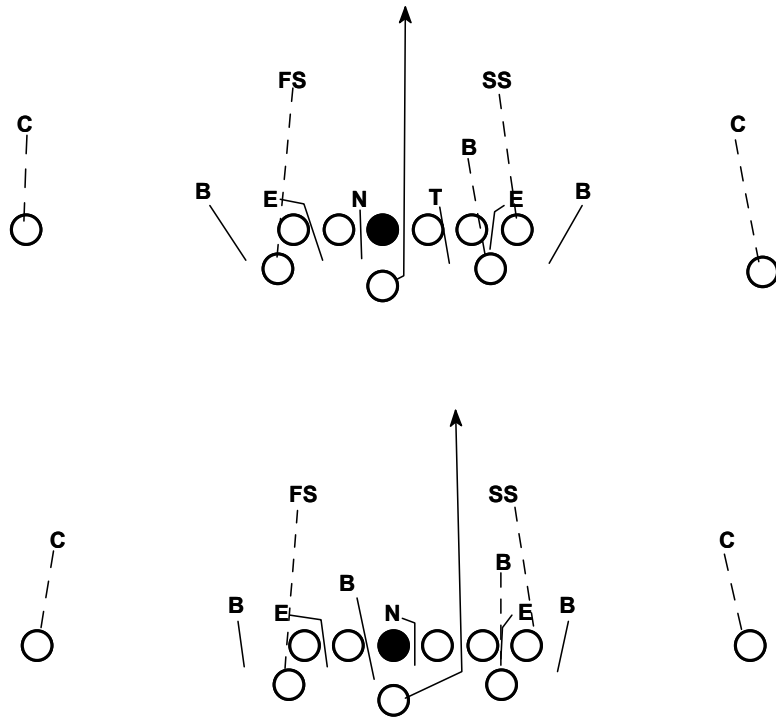


Fig 79

“Empty” Double Pull Power formations are a natural dissuasion for the blitz. The Tight End double wing empty formation in particular is one that defenses want to avoid blitzing. Here’s why...

There are six players left to account for gaps in the run defense *after* they account for the five eligible receivers (two split ends, two wings, one tight end). This leaves an open gap. Figure 79 shows a double edge blitz with the A-gap left open. If the defensive tackle pinches to play the A-gap it leaves the B-gap open. This shift creates an open gap in the run fit that the offense is able to take advantage

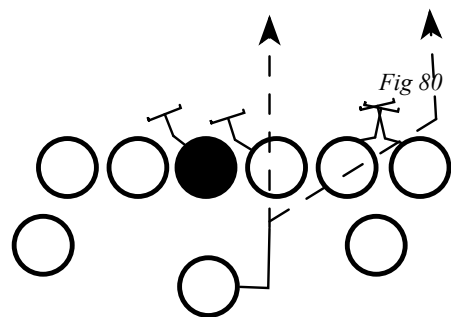
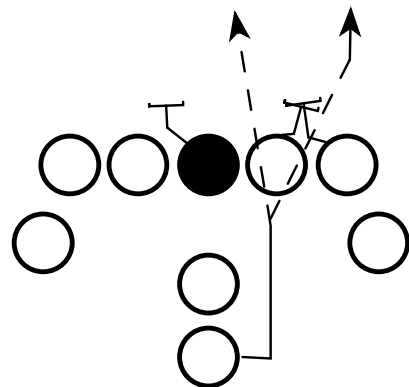
of.

Defensive coaches might counter this problem by assigning a linebacker to both gap protection in the run game and vertical pass coverage. This dual role for the LB is extremely challenging—and exploitable. The linebacker is then left with a difficult choice. Running with an offensive player releasing vertically downfield opens a gap for the run game. Blitzing or committing to his run gap responsibility gives the offensive player a free release downfield. Committing to the blitz creates an even greater problem by weakening run gap protection *and* giving free release to eligible receivers. Blitzing this formation is extremely risky for the defense. That is precisely why we utilize it frequently.

POSITION FUNDAMENTALS

Ball Carrier Fundamentals

The first step for the ball carrier is a slide towards the A-gap. The slide step achieves the goals of timing the ball carrier’s entry at the point of attack while keeping him square to the line of scrimmage. The ball carrier is able to effectively read the double team once he is in the right place, at the right time, and facing the proper direction.



The double team against the 3-technique is detailed in Figure 80. The bottom of the illustration shows the double team against the defensive end. The ball carrier stays inside the double team for both blocks unless the block washes down into the path of the ball carrier.

Remember, the point of the double team in smash-mouth Double Pull Power is getting vertical displacement. This contrasts with other Tex-Bone plays that are designed to wash defenders horizontally down the line of scrimmage. The proper path for the ball carrier is inside the vertical push of the double team so he is running towards the end zone instead of turning his shoulders and running to the sideline.

In other cases the ball carrier bounces the play outside the double team when the 3-technique is washed down the line of scrimmage. These cuts do not go “against the grain” (a drastic change in direction) as much as they initially appear however. The lateral distance of this cut is a much shorter in person than they look on paper. This cut by the ball carrier happens when the double team washes down to the inside.

Play Side Wing Fundamentals with No Tight End

Previous sections explained that the tight end always blocks the defensive end. But what happens when there is no tight end? Without a tight end the play side wing identifies where the tackle blocks. The wing then takes the defensive end if the tackle blocks inside (top of Figure 81). The scenario flips when the tackle blocks outside (bottom of Figure 81).

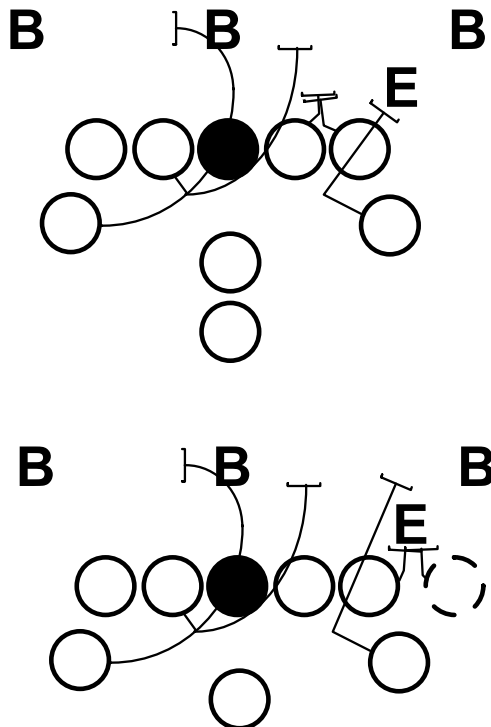


Fig 81

Blocking properly without a Tight End appears difficult on the surface. A simple call by the tackle makes sure the wing blocks the correct defender. Wings learn their blocking assignments relatively quickly through repetitions in practice.

The first step of the play side wing is always inside. This establishes a position allowing the blocker to work inside-out to the outside number of the intended target. The goal is to run the ball inside. If the wing were to work outside first he would run the risk of allowing a defender to get inside of him. This is why we want the wing to work inside first. It is not likely that the outside backer becomes a threat to the play if he fills off the edge—especially if the wing adjusts his path to get to the linebacker late.

Playside Wing Fundamentals with a Tight End

The play side wing works to the play side outside linebacker whenever a Tight End is aligned to the play side of the formation. The wing knows he is able to bypass the defensive end because it's always the tight end's job to block him.

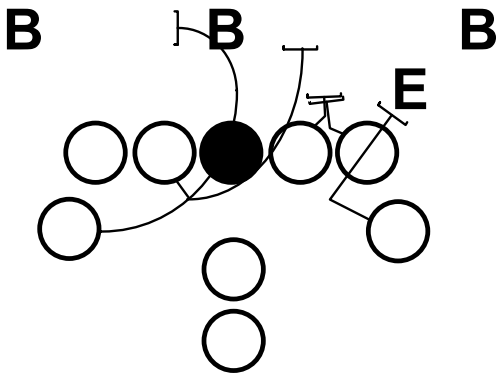
The wings in Figure 82 steps down inside first. This allows him to establish a position with the ball behind him as he works inside out to the linebacker.

Backside Wing Fundamentals

The backside wing then pulls for the backside linebacker. It is important that the backside wing gains ground with the first step and stays square to the line of scrimmage. Some of our wings even pick up the skip pull technique that our guards execute.

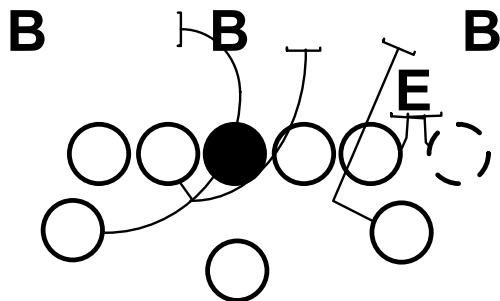
The top of Figure 82 shows the backside wing's movement without a Tight End. The bottom of Figure 82 shows his movement with a Tight End.

Double Team Fundamentals



The double team always occurs on the first player outside the guard. This rule makes it simple for the tackle to understand his assignment. Both players step together on the double team. We coach our players to get their hips together and make a vertical push. This again is a departure from other Tex-Bone plays where the intent is to get movement horizontally down the line of scrimmage. On this play we're looking for vertical displacement.

The top portion of Figure 82 shows the double team without a tight end. The bottom portion shows the double team with a tight end.



The outside player comes off the double team when facing a slanting or pinching defender. The guard stays with a 3-technique that is attempting to slant to the A-gap and takes him down inside. The tackle then blocks base Power and works up to the second level backside linebacker.

WILDCAT DOUBLE PULL POWER

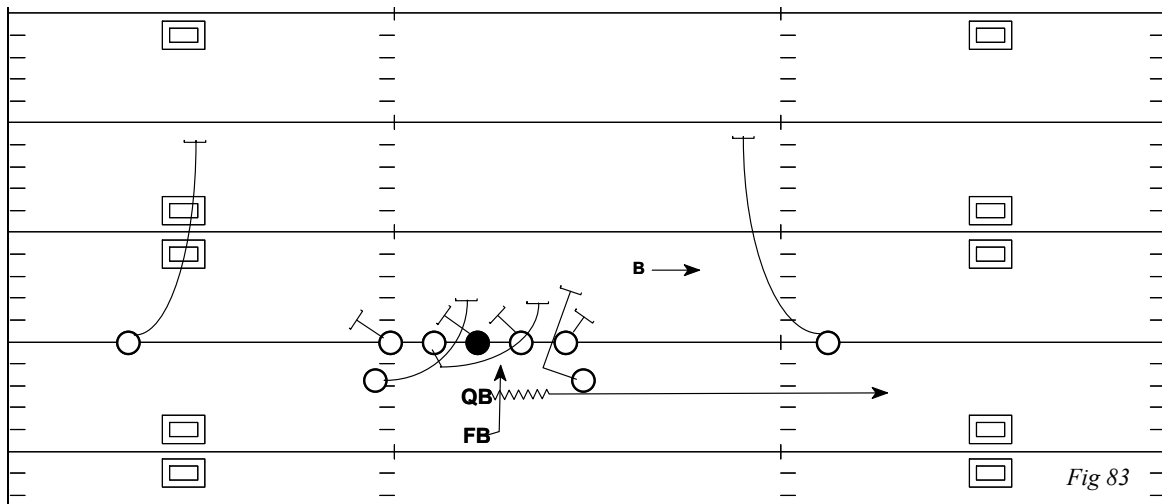
Figures 83 and 84 show some fun variations to the Double Power Pull scheme.

Double Pull Power works well as a wildcat formation. Starting the quarterback in the backfield before fast motioning him to the slot right before the snap is one way to execute Wildcat Double Power Pull. This motion draws attention from everyone outside the box by pulling the outside linebacker and safety out wider. The defensive shift gives the fullback a nice seam to run through once he reaches the second level.

Fig 82

Another option is to lineup in empty. The quarterback in this set lines up in the slot where he draws defensive attention as a double pass threat. Bubbling the quarterback to the boundary creates an advantage by displacing a linebacker and drawing the attention of the safety. Bubbling also keeps the quarterback out of harm's way during the play.

Empty Double Wing Power Pull is not a set bound to the wildcat exclusively. Teams are able to run it with a quarterback if desired. Run it out of wildcat if that creates an advantage or use your quarterback if that creates an advantage. Both looks work effectively when used with your best personnel.



JET MOTION DOUBLE PULL POWER

The Tex-Bone also likes Double Pull Power with Jet motion (Figure 84). The addition of Jet motion creates two specific advantages: (1) Linebackers are forced to move laterally when the ball is snapped instead of working downhill and (2) Jet motion induces rolling coverages and other pre-snap defensive movements that distract secondary defenders. Defenders moving laterally or rotating at the snap creates an instant advantage when running a smash-mouth Power play. This split second confusion or change in movement gives the offense a head start downhill.

