
CHAPTER 10



Power Series including Roll Option

The Power Series for us is a valuable addition to our Wing T System. We often get ask about handling A gap defenders and this is the first thing we will go with to assist if A gap penetration is causing us problems on the Bucksweep. Obviously, it has a full flow backfield action if LB's are keying our backs and not guards, but it also helps us when our Wingbacks are not able to win with their down blocks on the Bucksweep. It allows us to have a double team block at the point of attack.

When teaching this play, we use the term Sweep to teach the backs their steps and backfield action. The first example is 44 YX. Understanding our terminology then this means the HB (4 back) is receiving the ball and will turn up at the butt of the 4 man (TE). Our FB is our Y in the blocking terminology and will aim at the 4 man (TE) and kick out the first defender outside of our 4 man. X means out backside Guard will pull and lead through the hole. We tag the play with Double and as mentioned in our blocking chapter means we will have a Double Team Block between the TE and WB.

We no longer will add the X to our play call. We teach our Guards any time you here Y then X automatically will pull on any play that is a 5 or 6 play or wider.

Now we tell all of our kids when we are talking about double teams, if we put two guys on one, we want him moved. Also on this play for us, we're trying to get vertical movement on that double team. It's not your typical Wing-T, double team, where as soon as you make contact, you're trying to turn the guy and drive him down the line of scrimmage.

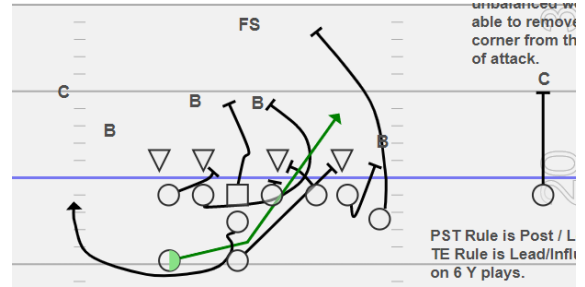
The Guard and Tackle on the play sides rule is man-reach. One of the things that we coach hard on the guard or the tackle if you're going to get a Linebacker and the Linebacker over scrapes you, do not chase him. Do not chase him to the outside, turn back and pick up the backer coming across.

The Center's rule for us on the sweep is reach playside, block backside. What this means is if the defense has anyone that is a threat in the play side A Gap like a Nose or a LB walked up the Center will reach that defender. If for example you have a 4-4 with a 3 front side and 1 backside and the LB is aligned deep, we will have our Center block back. The Center



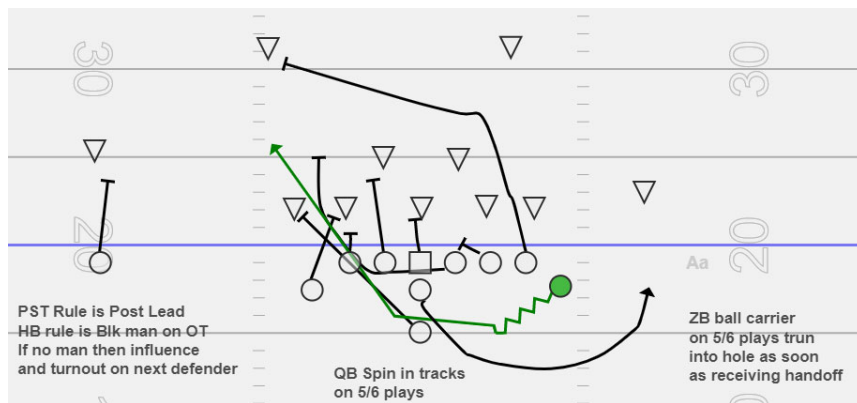
SWEEP 46 Y BOSS VS 4-4

You can see this give us the ability to influence the 7 technique using our base rules and also allows us to double the 3 technique. Playside tackle is Post/Lead and Tight End rules is Lead/Influence on 6 Y plays. As you see on this drawing by going to our Northern Formation we are able to remove the CB from the point of attack.



RUNNING THE POWER SWEEP TO THE SE SIDE.

We want to look at Sweep 25 Y BAT which is our weak side Power Sweep call from Right Formations. Since we are using our Post / Lead rules and we know this because of the letter Y being used our OT is the 5 man and his rule will be post / lead. The Center and Guard are both play side as we learned earlier so their rule will be man reach. As with all sweeps the Center if no threat in the A gap will make a back call and block back. His call is important to our backside OT so we do not end up with a chop block between him and the Center.



The new term we have introduced is “BAT” this means Back at Tackle. If our play side OT has a defender aligned on him he will call “BAT” and this tells the wingback to block down and they will double team the defender on the Tackle. If no one is aligned on the OT he will call “No BAT” and the wingback will influence and turnout on the next defender.

We must coach the OT & WB on this double team to turn it down the LOS to slam the door and force the LB to scrape across the top and no be able to run through the B Gap.

Any time we run a 5 or 6 play with the Wingbacks they will start downhill as soon as they receive the handoff from the QB. We want our QB to only spin in his tracks and not force the WB wide and not allow him to get into the hole quickly.

As mentioned if we have a bat call we want the double team to drive the block down the line of scrimmage and take away any run through lanes for Linebackers. We need to force them to scrape across the top and this will allow our backside Guard to pick them up as they lead through the hole.

No we can also use a “Plus Call” or “Solid Call” tag with these plays. Plus, tells the Center and PSG to zone reach through the plays side gap. Solid tells the play side to block down and we always tell our play side Guard that a 1 technique is down with a solid call.



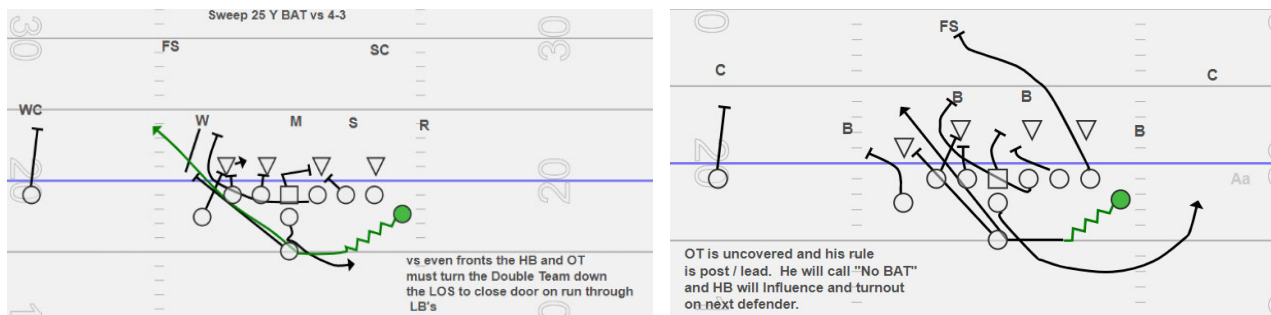
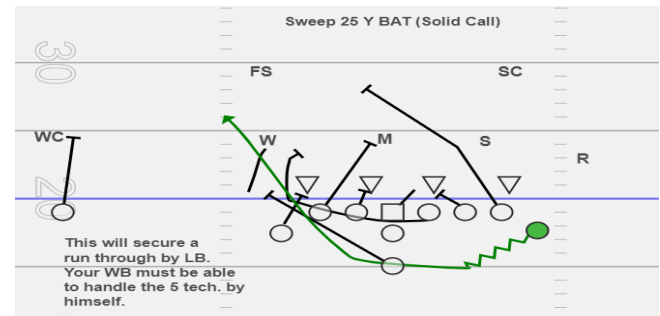
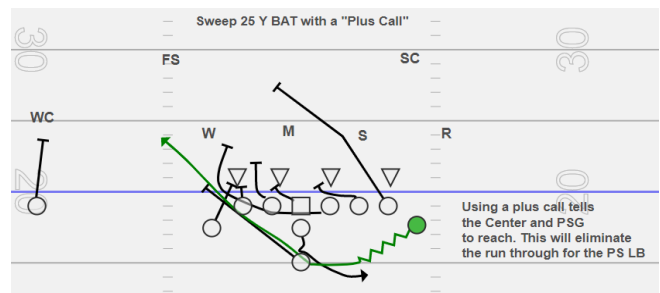


Fig 10-7: SWEEP 26 Y BAT vs 4-3

PLUS / SOLID CALL:

We use this example when we anticipate a run through linebacker from the inside. We will use a slam technique from our Center and Guard to slow penetration from the 1 technique.

We will use this if we know our HB is physical enough to block the DE by himself. We get a much better secure block on the MLB. Again the problem is having a HB that can keep the 5 technique from getting penetration and forcing the play to bounce outside.



GOAL LINE VS 6-5:

When we face a 6-5 or a 6-2 look on the Goal Line we have to make sure we are sound against teams that like to run the Line Backers through on Blitzes or just when they see flow play side. We will use our Plus or Solid calls on the Goal Line. As with the weak side Power Sweep above the choice of Solid or Plus is determined by our ZB's ability to block down on the DE and not allow penetration. If he can we will call solid. If he is not capable of blocking him by himself, we will call plus and keep our Double Team between the TE and ZB.

