

BUCK 30-X EXAMPLE

Let's start by looking at a 3-4 defense. Now I'm an old guy and I still call it a 50, but it's the same thing.

The center rule is Post/Lead and in this defense, he does have somebody to post. The right guard then will follow his rules and his rule number 1 is Lead and he has a defender to Lead on so he now will lead. Right tackle has his rule of first LB from Center. (Fig 5-15).

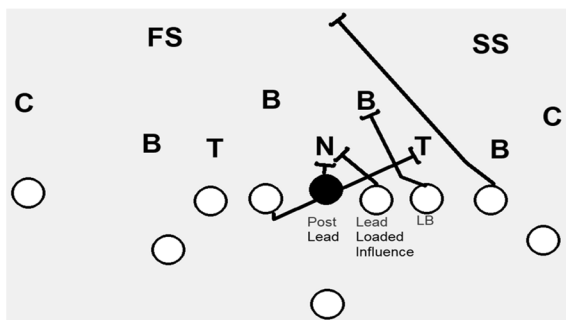


Fig 5-15: BUCK 30 X vs 50 FRONT

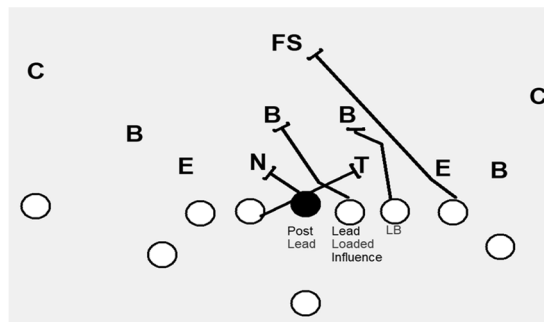


Fig 5-16: BUCK 30 X VS SPLIT 4

Fig 5-16 shows the same play versus the old split four defense. Our center's number is zero and he will not have anyone to Post so he goes to his second rule which is Lead. Now this is a zero X play so the playside guard rules are going to be Lead, Loaded or Influence. Versus a split 4 defense, is there anybody for him to lead on? No. How many linebackers are between the call man and the two adjacent men? There are two and he had that rule built in for zero and nine X, which is called Loaded. If it's loaded, he goes to the backside linebacker. The right tackle will follow the rule of the 2nd man from Call Man and block 1st LB from center.

Now let's take a look at a 4-3 defense. The center will follow his rules (1) Post and (2) lead. He has no one to Post so he then goes to rule #2 and lead blocks. The Right guard first rule is to Lead but since he has no one to lead he goes to Rule #2. It is not Loaded since there are not 2 LB's from call man and each adjacent man so he follows Rule #3, which is influence. What's the right tackle's rule? The second man past the call man has got one rule which is linebacker. The first linebacker from the call, that's who he has.

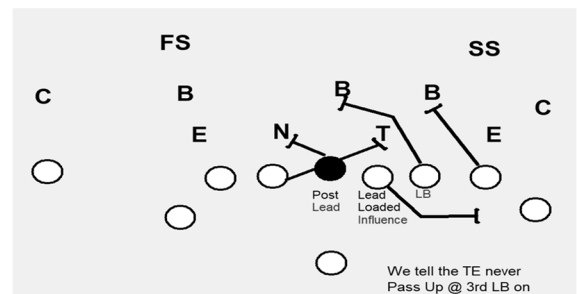


Fig 5-17: BUCK 30 X VS 4-3

Since the 3-4 is a two-linebacker defense, the tight end will go block the middle third defender. The Split 4 is a two-linebacker defense; so he blocked the safety (Fig 5-15 & 5-16). However, the 4-3 is a three Linebacker look and we never want to pass up the third linebacker. So, the Tight End releases underneath and tries to get to the third Linebacker. If the Linebacker scrapes outside, then the TE continues to the middle third defender.

The playside guard is letter "G" and the backside guard is letter "X". Since this play is called "30-X" the backside guard pulls and traps the first man outside of zero, which is the right cheek of the center.

When we're playing this football team whose five-technique or four-technique reads the hat very, very well. My tackle's trying to release underneath him and climb to the backer and that defender is playing great with his hands and puts

