

CHAPTER 16: ISO PASSES

ISO PASSES: quick game & drop back pass combos

Iso pass protection must also look identical to Iso runs. Iso pass is a six-man protection regardless of the formation or personnel grouping a team uses. Iso pass protection is **THE** ultimate answer to defensive pressure because it accounts for all six inside gaps through a half man-to-man, half zone scheme.

QB ISO PROTECTION

Figure 187 shows three examples of QB Iso Protection. The play side is man-to-man (common across all Iso protections). The play side guard blocks the near defensive tackle and the offensive tackle is man-to-man on the defensive end. On the backside, the center, guard, and tackle block the A, B and C-gaps. The running back completes the protection by blocking the open gap to the play side. Versus a 3-

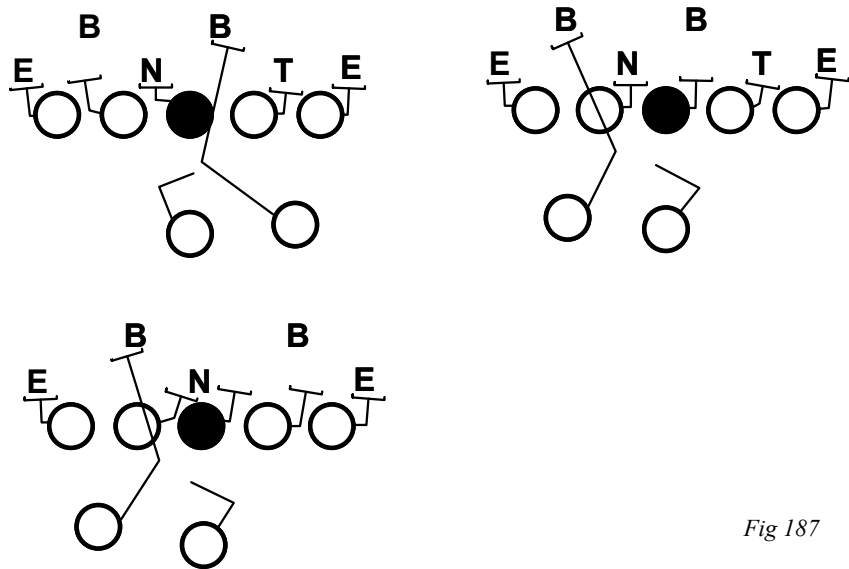


Fig 187

technique to the play side the running back is responsible for the A-gap and against a 1-technique he takes the B-gap. Against an odd front this block is typically also the B-gap.

The quarterback fakes an Iso run at the snap by working downhill for two steps towards the backside A-gap. After that he takes two steps back to the middle of the pocket before setting up to throw.

QB Iso Protection vs. Blitz

QB Iso protection is sound against defensive pressure. The backside maintains three players for three gaps while the guard and tackle stay man-to-man on the play side. The offensive guard and tackle stay with the defensive end and defensive tackle that are slanting inside. Their responsibility is to follow the defensive end and defensive tackle no matter where they go on the play (passing off defensive line twists are also an option). The running back picks up the linebacker in whatever gap he shows in. Figure 188 shows the linebacker coming off the edge.

Remember, Iso Pass protection is a half man and half zone with three blockers on both sides of the protection that account for all six inside gaps. We keep Iso protection with run influence against pressure unless the quarterback calls it off and changes to a straight pass protection. If the

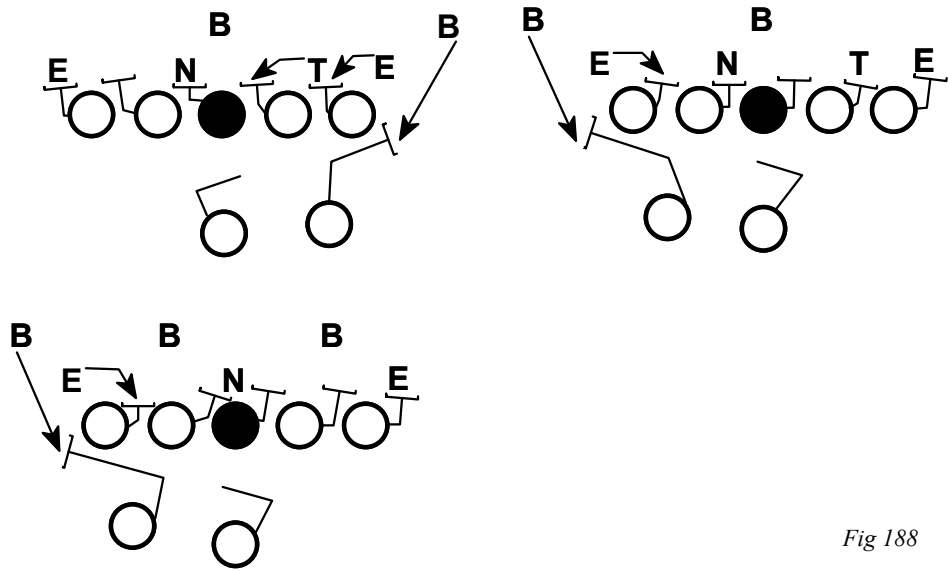


Fig 188

quarterback does not check to a pass protection the offensive linemen still execute their blocks with run demeanor.

We stick with Iso run action against all defenses except Cover 0. Zone dropping players are susceptible to play-action influence. The advantage comes when they vacate space by filling their run gaps.

DIVE ISO PROTECTION

Dive Iso Protection is nearly identical to QB Iso Protection. The difference in backfield action is the running back becomes the Dive Iso instead of the quarterback. Dive Iso action (like quarterback Iso action) is designed to entice linebackers into filling without a change in the blocking scheme. The next illustration (Figure 189) shows the back working off the dive path to block the play side linebacker working through the open gap. The open gap sometimes changes if the defensive line moves. The running back must then adjust to find the linebacker after completing the dive action.

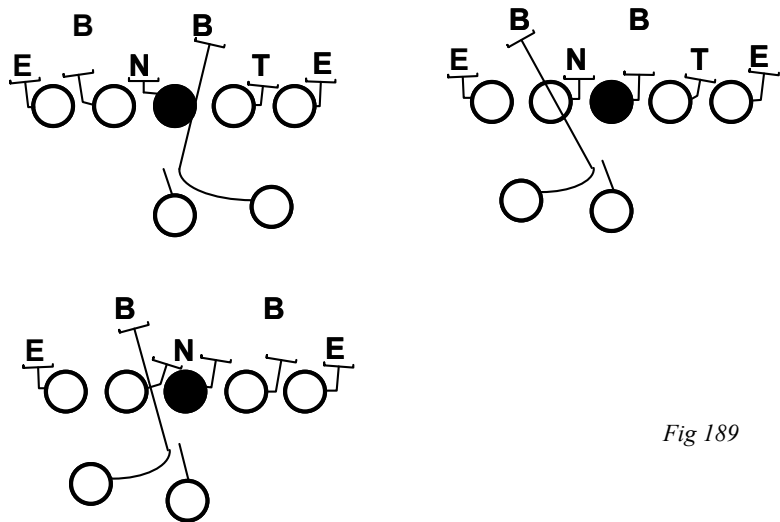


Fig 189

Dive Iso Protection vs. Blitz

The running back works to find a linebacker if the quarterback keeps the dive fake after the mesh occurs. This still leaves three players for three gaps on the backside and three players for three gaps on the play

side. Figure 190 shows the straight gap protection scheme on the backside and the man-to-man scheme on the play side.

As previously mentioned, the quarterback is able to call off the run action at any time and check into a straight pass protection. Doing so sends the running back directly where he's needed to pass protect without executing any sort of run fake.

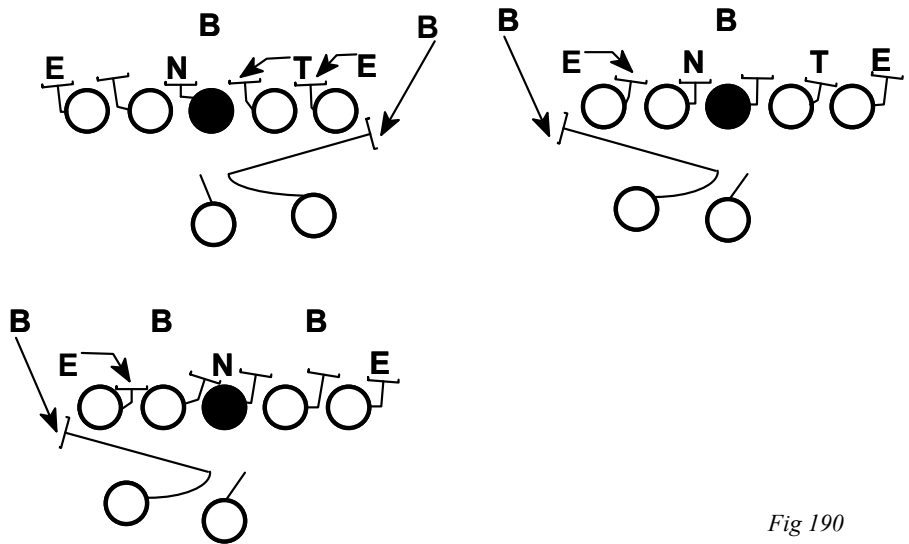


Fig 190

QUICK GAME COMBOS: paired with Quarterback or Dive Iso Protection

We often pair Dive Iso with QB Iso or Power Protection schemes. Changing to Power Protection gives you a different menu of backfield actions to choose from.

Stick

Stick is a staple of the West Coast offense. Figure 191 shows how we slightly modify the outside routes to our preference. The run action holds the inside linebacker and the quarterback reads the outside backer. We take the inside route if it is open every time. If the inside route is not open the quarterback will read the corner as he would on Quick Flood.

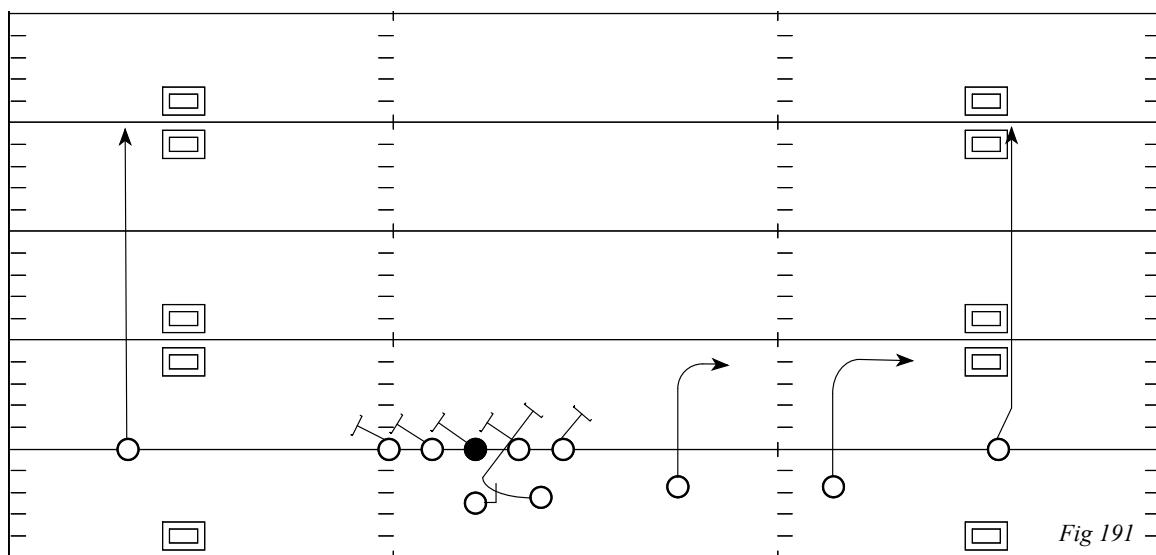
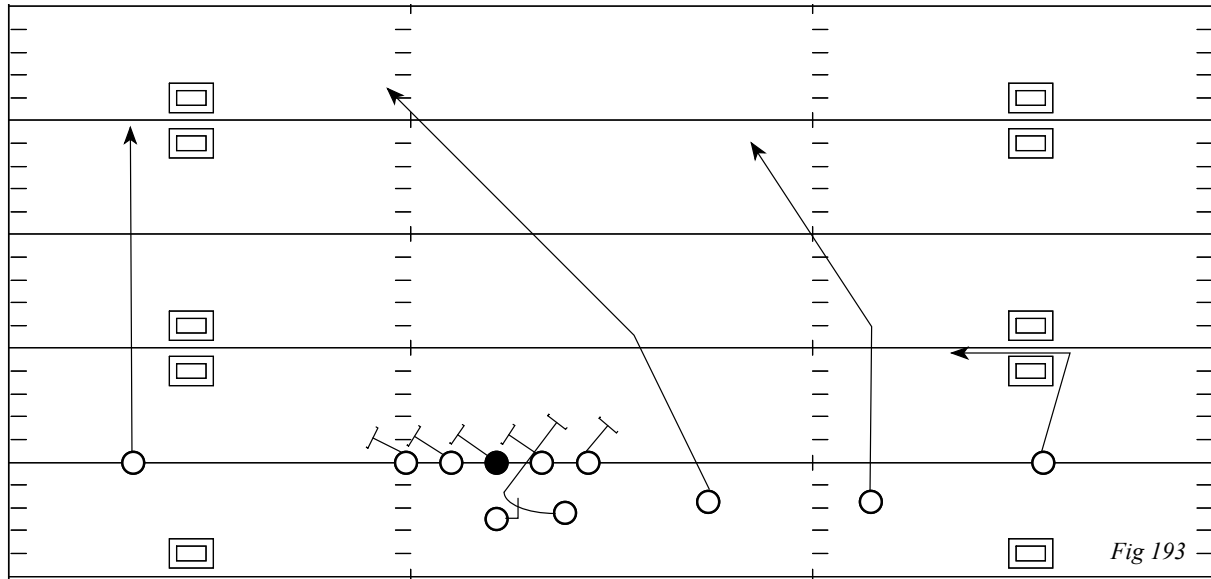


Fig 191

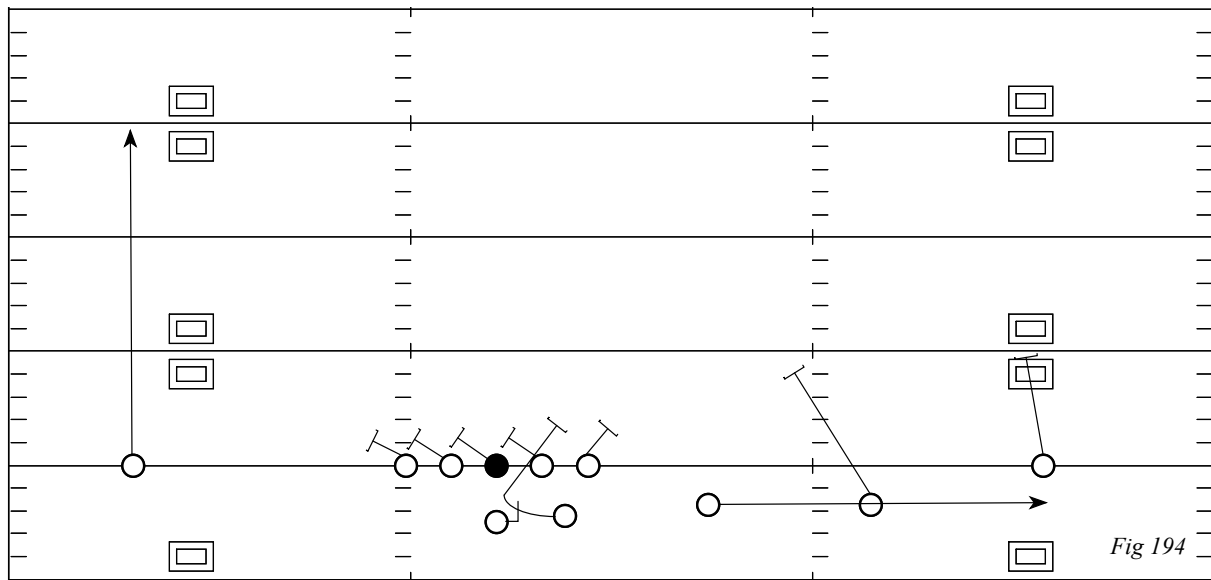
Outside High-Low

The stretch created by the Inside High-Low and Outside High-Low is virtually the same—in this case a high-low on the curl to flat defender (see Figure 193). This high-low stretch is created by a quick dig from the outside receiver and a route working vertically through the curl zone by the middle receiver.



Bubble Screen

The Bubble Screen is one of our favorite plays. It is fast developing, high-speed tempo makes it extremely advantageous. We like to use the Bubble Screen any time there are three-on-three perimeter matchups. Figure 194 shows Bubble Screen out of a 3x1 Open formation to the wide side of the field. We sometimes run this play out of a 2x2 formation as well.



Bubble Vertical

The Bubble Vertical is frequently used as a complement to the Bubble Screen. When the corner or outside linebacker gets aggressive at the line of scrimmage to take away the bubble it leaves a vertical void in the vacated area as shown in Figure 195. There are times that hard charging outside linebackers or corners are difficult to block in the bubble game. In these situations the defense is primed for the Bubble Vertical attack.

