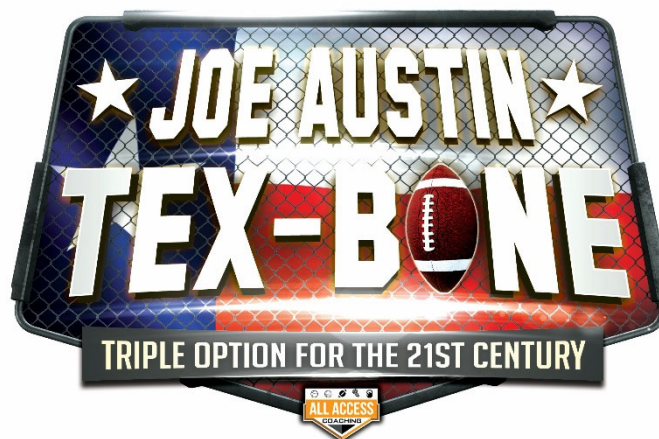

SECTION THREE

PASS GAME

- 12. Power Option Pass
- 13. G Load Pass
- 14. Double Pull Power Pass
- 15. Power Read Pass
- 16. Iso Pass



CHAPTER 12: POWER OPTION PASS

POWER OPTION PROTECTION

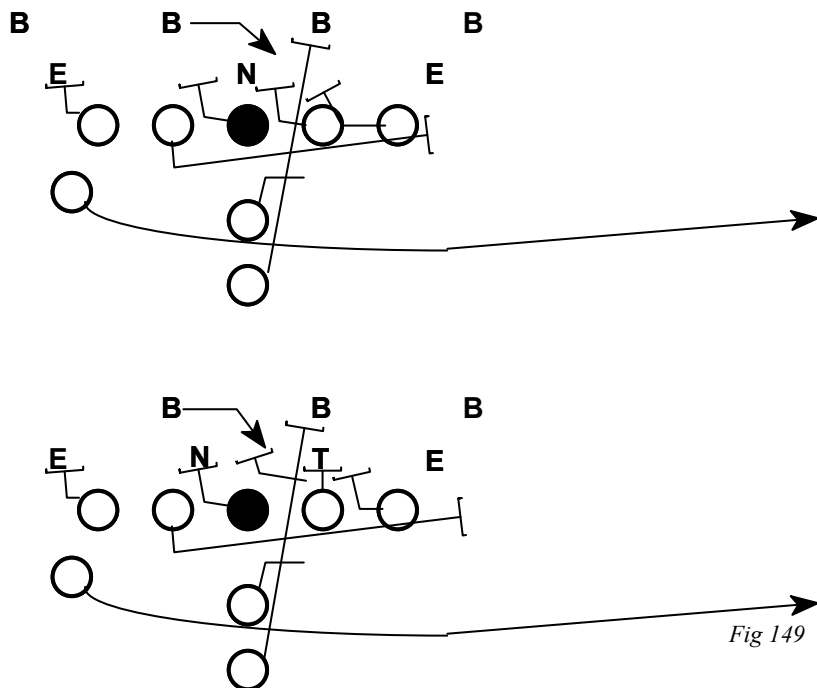
Power Option Protection looks identical to Power Option Run with the pulling guard taking the play side C-gap (edge) and the fullback blocking the play side linebacker. All other assignments are identical to Power Run otherwise.

Figure 149 shows how Power Option Protection looks like its running counterpart up to the point where the pulling guard clears the play side guard. The pulling guard in Power Option Protection continues flat down the line of scrimmage to block the C-gap defender instead of turning up field (like in a Power run).

The complete picture of the play side looks like this: the guard takes the A-gap, the tackle takes the B-gap, and the pulling guard takes the C-gap.

The fullback blocks the play side linebacker in Power Option Protection. There's a high probability the play side linebacker is filling on the play. There's also a high probability the backside linebacker is scraping because the backside gap is removed by the play side guard pull. The backside linebacker then gains the potential of joining the pass rush. This rush is delayed if the linebacker is scraping however. The uncovered play side guard or tackle gets an opportunity to pick up this delayed rusher coming from the backside.

Coaching point: remember that everything in Power Option Protection looks just like Power Run. The quarterback does everything the exact same. The demeanor of the offensive line is the exact same. The fullback's path through the mesh is identical to the run—even though his job is now pass blocking.



Power Option Protection vs. Blitz

The only thing that changes against a blitz is the quarterback assigns the play side tackle to block the defensive end man-to-man. This allows the pulling guard to account for any blitzing defender—whether it comes to the B or C-gap.

The play side linebacker is still accounted for by the fullback. The backside wing (normally working over the top of the quarterback to get into a pass pattern) must vacate the option fake to stay home and protect the backside edge. In Figure 150 the wing comes off his option path and secures the backside edge if he feels there is a backside threat on the play—even if he already started into his option path. His job is to work inside to establish leverage against the outside blitz wherever it appears.

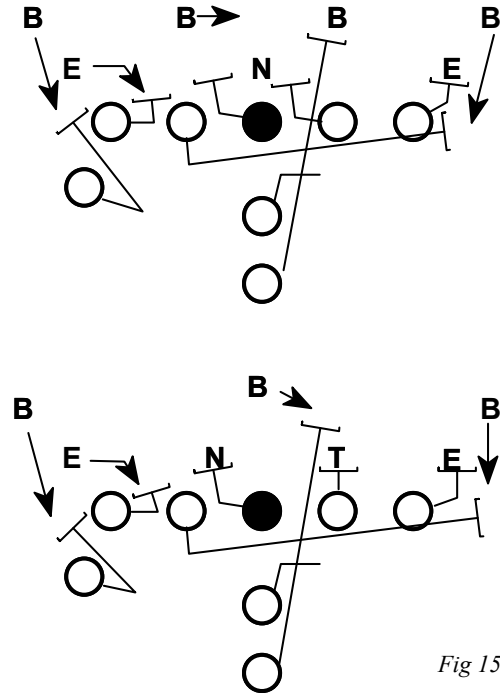


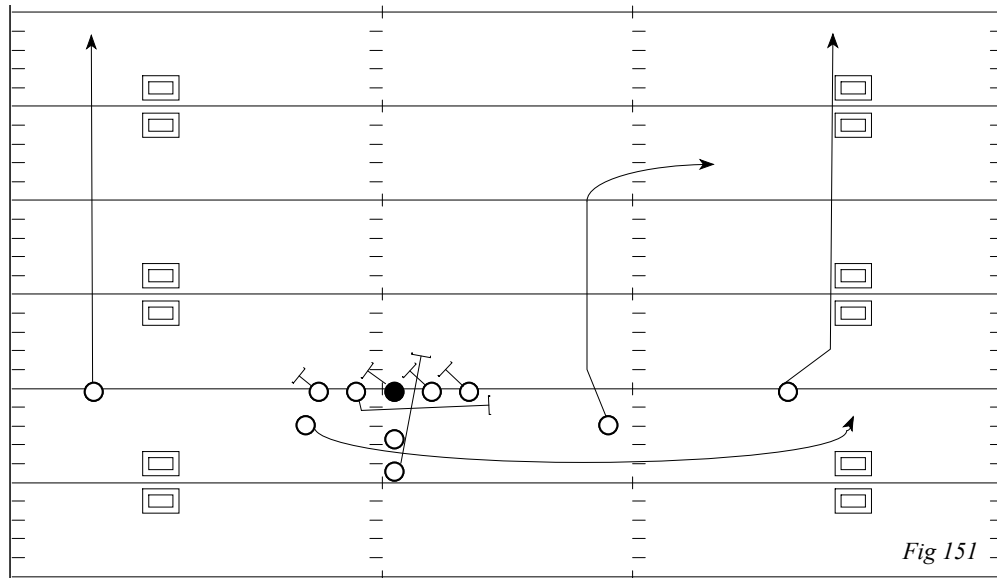
Fig 150

SHORT & INTERMEDIATE PASS PROTECTION & ROUTE COMBOS

All of the pass plays in the following sections are available with a variety of formations, protections, and backfield actions. Our examination looks at these pass plays from 2x1 Spread formations with a wing aligned to the weak side. The 2x1 Spread formation serves as a common Tex-Bone formation example.

Flood

There's nothing magical about the Tex-Bone Flood—it is the same as all other Flood passes in football. The Flood in Figure 151 is a three-level pass play. There's always a deep stretch (in this case by the outside split end). There is also an intermediate-level out route by the slot receiver. The slot receiver gets the most beneficial play-action influence by stemming inside as if he is blocking the linebacker or getting leverage to block the safety. After this stem he stretches vertically to 10 yards before bending his out route to 12 yards. The flat stretch comes from the backside wing coming over the top of the quarterback as if he's the pitch player. Rather than turning up to receive a pitch he continues to stretch into the flat.

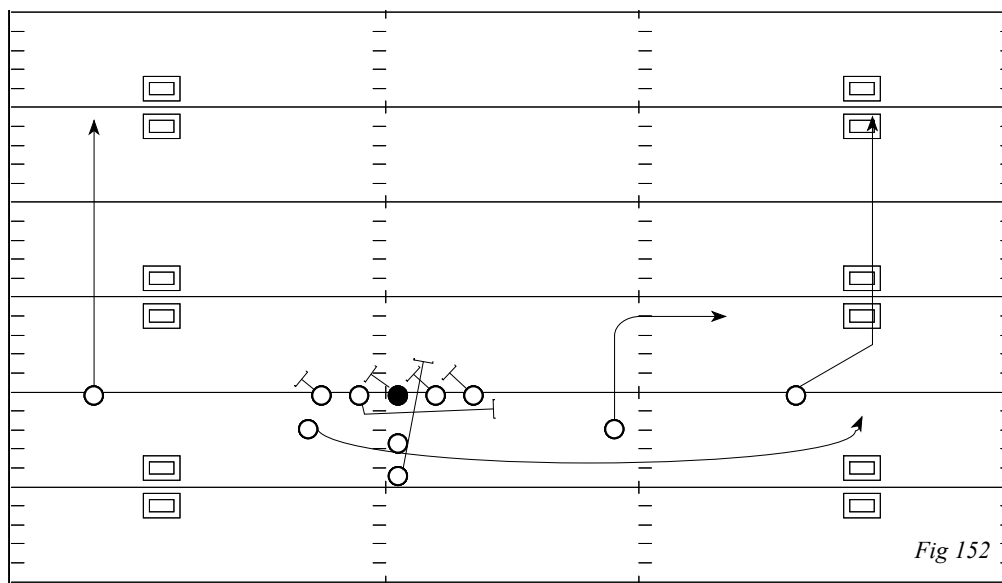


Flood is intended to take deep coverage vertical. This sets up a two-on-one advantage against the curl-to flat-defender.

The purpose of the run action is to get pass defenders (such as the curl defender) to trigger on the run. The ball is then easily delivered to the out route for a sizeable gain when the defender exposes the curl zone.

Quick Flood

A cousin of the Flood pass is the Quick Flood pass. The Quick Flood creates a similar stretch—only the play develops quicker. The Quick Flood requires a change in terms of the defender the quarterback reads. The corner is read in this case instead of the curl defender.



The outside vertical release and the quick out route in Figure 152 create a fast developing high-low on the corner. The ball goes to the out route if the corner commits to the vertical release. The vertical down the sideline then opens up if the corner sits in the flat and covers the out route.

The wing works over the top of the backfield into the flat as a third option if the high-low on the corner fails to develop. Coaching note: the throw to the out route in the flat is a quick decision—not a last second dump off.

Dig

The next Power Option Pass is the Dig. Our outside split end runs the Dig route in the Tex-Bone. This route is a Speed Dig rather than a traditional post-dig. Figure 153 shows the receiver pressing his route stem to 10 yards before rounding inside at about 12 yards. The inside wide receiver presses vertically fast enough to entice the deep coverage to carry him down the field. Underneath the flat stretch comes from the backside wing. This wing works over the top of the quarterback to the flat if he is not needed in pass protection.

The Dig is a curl/flat read working the opposite of Flood. A deep vertical stretch inside still pulls the coverage, a route still enters the curl zone at 12 yards, and a wing still stretches to the flat.

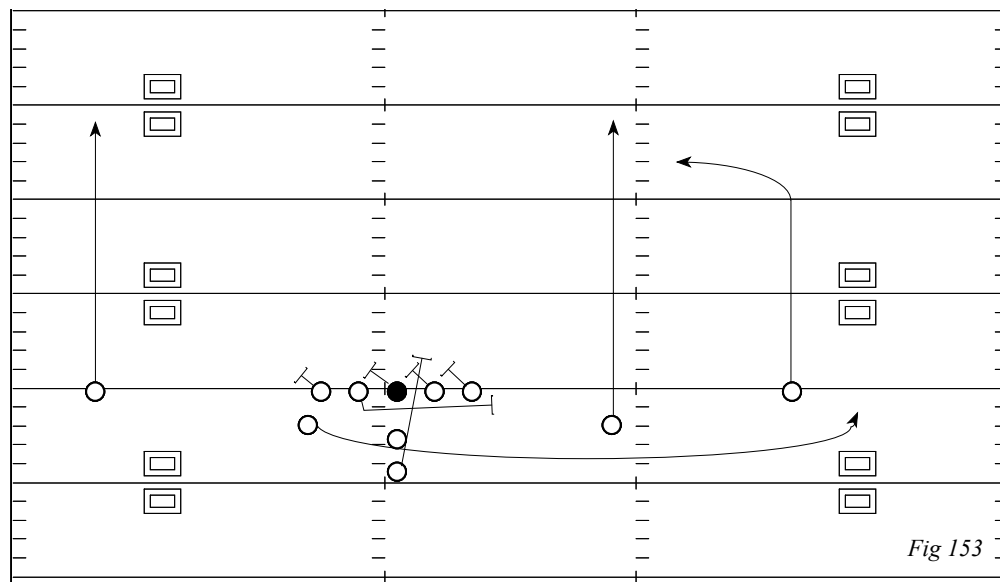


Fig 153

The objective of the Dig is to put the curl-to-flat defender in a situation where he cannot cover all the space assigned to him. Ideally a curl defender triggers at the snap to cover Power Option Run—leaving the curl and flat zone vacated. Zone defenders that trigger to the run cannot cover passes effectively. Any delay in the defensive back read provides an advantage.

Quick Dig

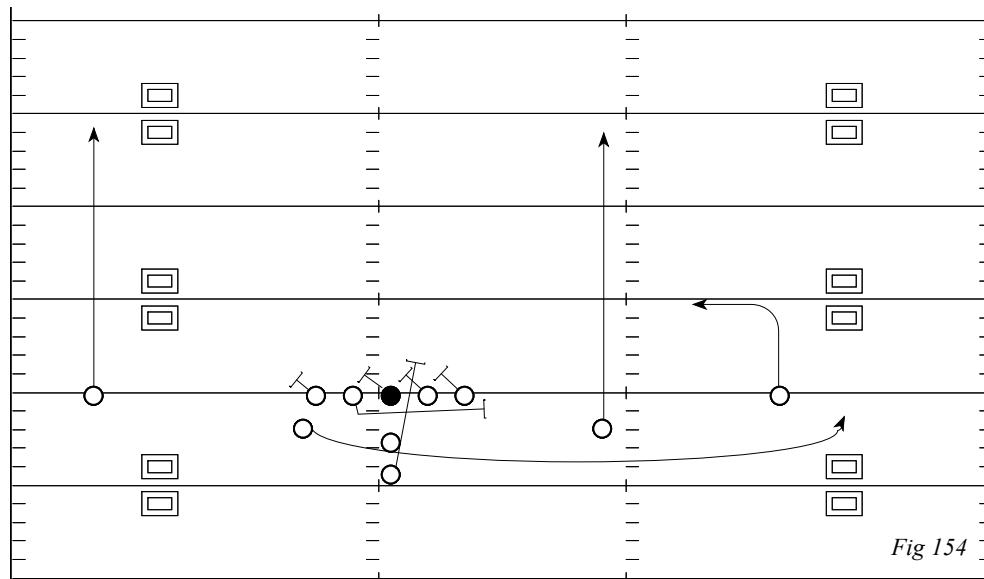
The Quick Dig is a nice compliment to the Speed Dig. It resembles the Speed Dig, only quicker (at a more shallow depth—five yards instead of 12). We look for the same vertical stretch by the slot receiver. The

outside quick dig opens up if the curl defender covers the inside vertical or triggers toward the line of scrimmage to cover the run.

Figure 154 shows an opportunity to hit the vertical seam as it passes through the curl zone if the outside linebacker triggers to cover the Power Option run play and vacates the curl zone all together. We consider the vertical pattern passing through the curl zone the “curl route” and the quick dig is considered the “flat route.”

The wing working on top is a check down option if the play goes sideways. In most cases the ball goes to the vertical seam or the quick dig before the wing gets to the flat however.

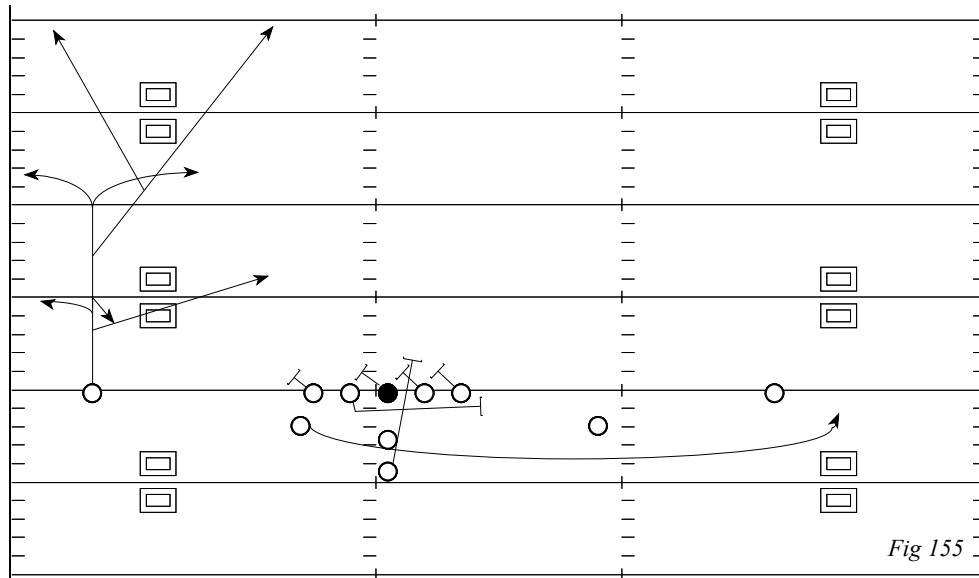
We want the throw predicated on the initial movement of the curl/flat defender. The seam route is our first read/look. The second option is the Quick Dig. The third option is the wing in the flat.



Backside Isolations

Single receiver routes are something we tag frequently. Figure 155 shows how various routes in the Tex-Bone system look as a single-receiver isolation. In-breaking routes including stop routes, slants, digs, or posts are available to the inside. Out-breaking routes including quick outs, deep outs, and post corners are also available.

We look to tag these routes when there is no safety helping the corner on the backside of the play. One-on-one situations with no safety help are great opportunities to tag a single wide receiver route.



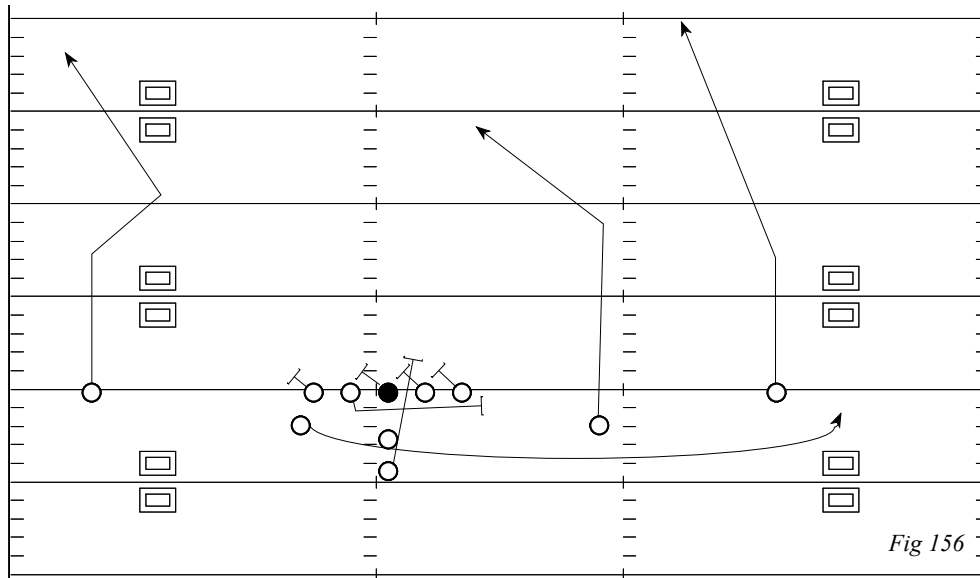
Downfield Shots

Downfield shots are pre-built into the Tex-Bone system. We select the ones that best fit our needs when game planning for an upcoming opponent. One of our favorite built-in downfield shots is the Double Post. Figure 156 shows how the Double Post to the play side sets up a variety of options based on coverage.

The quarterback looks to the double post side against any two high safety defenses. Against a half-field safety to the double post side the quarterback looks to high-low the safety with the Double Post. The Double Post essentially turns into two man-to-man post routes against quarters coverage. The quarterback then throws to the better of the two man-to-man matchups.

The Double Post combo is not a good choice against a single high safety because the inside post is covered by the free safety in the middle and the outside post is covered by the corner in the deep third. In situations like this we look to target the backside post-corner. Our intent is to leverage the corner inside on the post move and beat him to the edge of the field on the corner move.

The wing stretching to the flat is a suitable check-down if downfield reads do not develop. This check-down is available against any coverage.



ADDITIONAL BACKFIELD ACTIONS

A valuable Tex-Bone element is the ability to use Power Option runs and Power Option passes from a variety of formations and multiple backfield actions. Chapter 1 detailed twelve ways to accomplish this in the run game. The previous pages showed several different passing combinations in the Tex-Bone.

Starting in 2x2 Open with motion from slot to a wing is one example of how formations and movement are used to get players into the desired alignment. Figure 157 shows this by starting in 2x2 Open and motioning the slot receiver down to the wing position.

