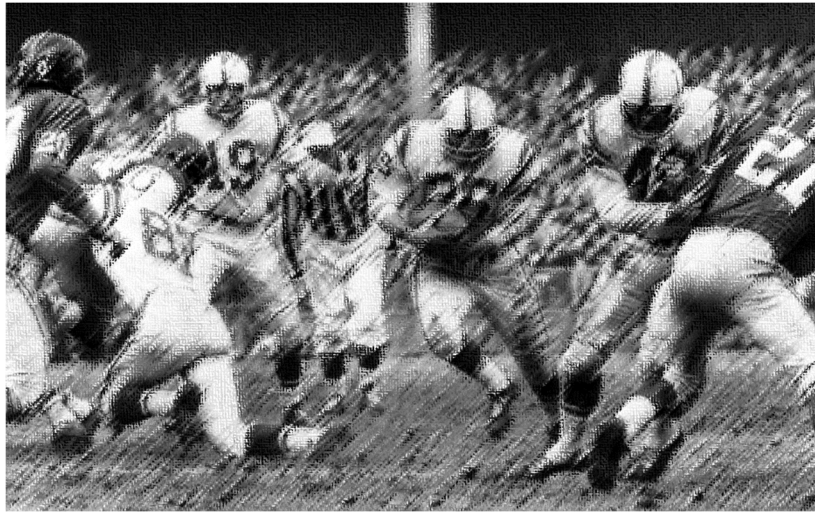

CHAPTER 8



Strongside Down Series

RUNNING THE BELLY (DOWN)

The Belly play for us is what Delaware referred to as 82 Down. In our system Belly is Down and is a strongside off-tackle play to the FB to the Tight End side. Our Belly-Ride is similar to Delawares Belly play, which is a weakside Iso play to the Fullback. The Belly-Ride will be covered in the next chapter.

We will run the Belly vs all defenses, but we prefer to run the Belly vs some type of odd front. We prefer our Ride series vs even fronts. When we are playing teams that run both odd and even with balance, we will often package these plays together and we will check to the Belly or Ride at the Line of Scrimmage

The Belly play is the most effective play in our offense when our BuckSweep is a good football play. You know the whole theory behind the Wing-T is to create conflict for the people on the defensive side of the football. With the Tight End blocking down on the Belly, and the 9-technique is squeezing hard down inside, obviously it makes it very easy for our Wingback to block down on him and allows us to run the Bucksweep. When the Bucksweep is an effective play, now the 9-technique is worried about getting caved in by the Wingback. Now he starts ignoring the down block out of the Tight End and that opens up the Belly.

That's why these two plays go together as well as they do. I think it's very important that our Fullback knows that he must stay on his track. The times when your Fullbacks get in trouble is when they want to bounce the Belly play outside. It is a play that's designed to hit off the outside foot of the Offensive Tackle in his basic alignment and in his stance.

Running the Belly (Down)

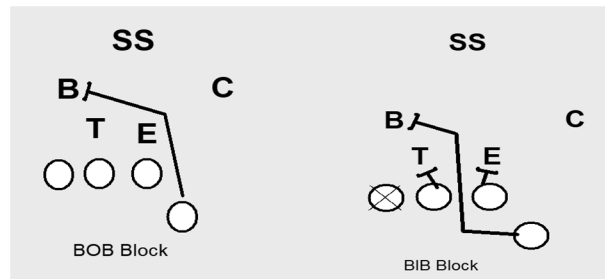
1. The Down play is most effective when the Buck Sweep is part of your playbook. It creates conflict for the 9 technique.
2. The FB must stay on his tract and not try to bounce the play to the outside.
3. The QB should reverse pivot 180 degrees and not gain depth into the backfield. The handoff should occur just behind the LOS.
4. You need the Belly Keep and Pass as part of this series to keep the DB's from getting involved with stopping the fullback.



BACKFIELD ACTION

We call this play Belly 34 G-Bob, which tells the Playside **Wingback** to release outside the End in order to block Linebacker and prevent him from scraping outside. He actually does not go around the End. His aiming point is the near hip and he stays on this path so when the End moves after the snap he has a straight shot at the Inside Linebacker.

Our **Fullbacks'** heels are at 4 (yards) when we're running the Belly series. He will be aligned in a three-point stance. When we're going to the right, he will step with his right foot first and his aiming point is the inside foot of our Tight End. It's a direct step; it is not lateral. It is a lead step at the inside foot of our Tight End. His second step is at the inside foot of the Tight End, and his third step is at the inside foot of the Tight End. When that third foot hits the ground, he will shift his weight by pushing off his right foot, we want him to square his shoulders to the line of scrimmage and hit the hole with his shoulders square going north and south.



- Playside WB will release for playside LB. We want to place our head on playside shoulder.
- FB: Lead step with playside foot with aiming point the inside foot of the TE. He will take 3 steps and push off the outside foot and square shoulders to hole. He should hit off the outside leg of the OT. After clearing the level 1 defenders he will cut off the wingbacks block on the LB.

We try to coach the Fullback to believe the hole is going to be there, the timing is going to be there. By getting his shoulders square to the line of scrimmage, once he pops level one, we want him to understand and coach him on who will be blocking the play side linebacker. That is the Wingback coming from outside in. Once he clears the Level 1 defenders, he can look to escape and bounce it outside or cut it back across the grain if the linebacker overruns the play.

The Backside Halfback is our motion guy. He's going to be in motion before the snap to ensure that he's in a proper pitch relationship. Our pitch relationship is we want him at least five yards from the Quarterback in distance. We want him in a position that's two yards behind the Quarterback. We do not want to pitch the football to our pitch man in the backfield five yards deep. We want him when he catches the pitch, he is already headed north and south and he's gaining yards as quickly as possible.

When aligned as a Wingback he will leave in motion on the S in "SET" and if he is aligned as a Dive Back he will leave on the 31 in our rhythmic snap count. "# SET 31-2"

Quarterback: Remember that the Quarterback is in a staggered stance, so on Belly Right, his right foot will be back. When he receives the snap he's going to reverse pivot all the way around 180 degrees on his first step. He will be facing the sideline on his his second step, and when his third step hits the ground, he wants to extend the ball and ride the Fullback.

He will reverse pivot down the line of scrimmage, do not get depth on the down belly play. The QB should ride the Fullback into the line of scrimmage and then gain enough depth to clear the DE that is being kicked out by the OG and carry out his option fake and pitch off the # 4 Defender.



When we talk about our ride series later on, that is a handoff that occurs deep in the backfield.

When the DE is closing hard to defeat the kick out from the OG then we immediately know that we can log him and run the belly keep. Our next progression when we see the # 5 Defender being forced to come take the pitch is when we look to run the Belly Pass. We will cover the Belly Pass with our other Play Action Passes.

BLOCKING RULES

Tight End: Rule is Down: in our terminology means first defender aligned all the way inside of you. Playside Tackle, first defender all the way inside, which is 'block down'.

Playside Guard: He will pull with his normal trap technique up into the line of scrimmage and he's going to kick out the first defender past our Offensive Tackle.

Center: He is considered playside and behind the puller so will man reach. Everyone on the backside will scoop. A scoop block for us is we're telling our offensive linemen we want them to cut off the first defender that is aligned completely inside of you.

Blocking Rules for Belly G (Down)

1. TE: First defender all the way inside
2. PSOT: First defender all the way inside
3. PSG: Pull with trap technique and kick out first defender past our OT
4. Center: Scoop
5. BSG: Scoop
6. BST: Scoop

BELLY VARIATIONS VS. A 50 FRONT

We talked about the rules for Belly 34 G-Bob. Tackle and Tight End are both down. Guard's pulling and trapping the 9-technique.

The Center is considered to be on the play side and will work to reach a nose and if he can climb to the LB level and hopefully be able to cut off the backside LB. Because our backside Guard is scooping 1 man removed this allows him to scoop the nose. However, if we are playing a team that is slanting strong or shading the nose strong then our Center will have a tough time cutting him off. When this is the case, we allow the Center to make a DOLL call and this will tell our playside OT to now block down on LOS and not first man inside.

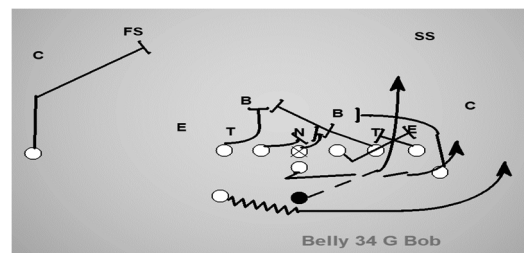


Fig 8-1: BELLY 34 G BOB VS 50 FRONT

The next way of running Belly against the 50, when the playside linebacker is reading the Guard, and he is pulling to run the Belly on 34 G Bob. For us, we simply have to go to Belly 34 T-Bob.

Belly 34 T-Bob, that means the Tackle is pulling to trap. The Tight End is down. The Guard now is man reach, to keep the linebacker from getting a quick scrape. We still scoop the backside. Same play with a different blocking variation from the offensive line. This takes the read away from the playside Linebacker.

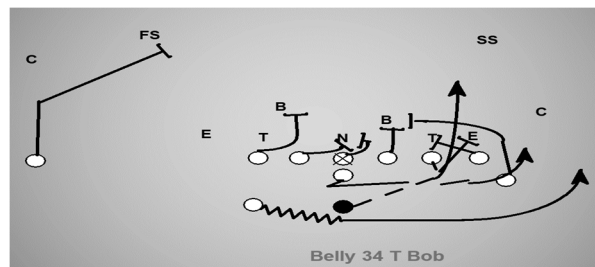


Fig 8-2: BELLY 34 T BOB



The next variation is run with a dive back and this is from Texas Right. That means the dive back is on the play side. K-blocking for us means the linemen are man blocking. We like this versus teams with double A-Gap defenders and often on Goal Line situations.

Guard rule is number one. Tackle is two. Tight End any time he hears the word or the play that is a 3-K or 4-K play. If you've got a K-play that means we're going to kick out the end man on the line. The Tight End's rule on a 4-K play: find the end man on the line and block the first man inside.

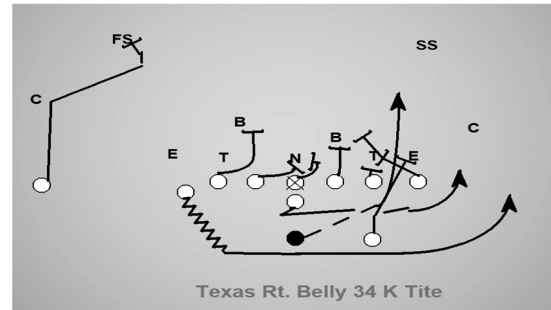


Fig 8-3: TEXAS RT BELLY 34 K TITE

We tagged it with the word 'Tite'. which tells our Tight End, Tackle blocks tackle, End blocks backer. Fullback uses the same steps one, two, three, shoulders squared downhill. Our Halfback now will aim at the outside leg of six, and kick out the end man on the line scrimmage.

This Belly is a better Belly on goal line. It is a better Belly against people that have a 1-technique. It gives us a way to continue to run the play and execute it without having to pull a guard inside if we're not able to get a good down block on an exceptionally quick 1-technique.

This one's been pretty good for us. Now we're in Texas. Our Diveback is on the Tight End side. We've got our H Back in hike motion. He's coming across in extended motion. That means we would go on our 'go' snap count. Now we got Belly 34-K lead.

As our HB comes across in motion, he will be the near back and will become the K Block. Our ZB will then lead through the hole looking for LB to Safety. This gives us essentially a play on the goal line like we are aligned in the Power I Formation.

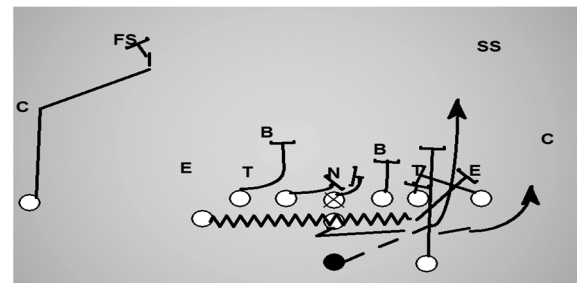


Fig 8-4: TEXAS RT HIKE BELLY 34 K LEAD

BELLY VARIATIONS VS 4-3

Now we're looking here, we've got a 4-3 look. Another variation for us against a 4-3, is Belly 34-M, tells everybody to block man. Actually, this should be tug, not gut. Because the Tackle is on the down lineman, and the Guard is folding around. It's been a really good look for us against a 4-3 because the 9-technique we can turn him out. We're still running the Belly steps. We're hitting it up inside. We still have a BOB block.

When the SLB is filling and not scraping we can use our BIB call and allow the ZB to go inside for LB.

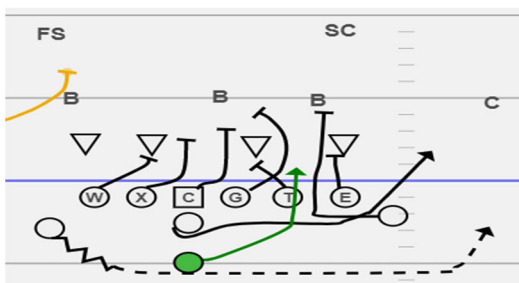


Fig 8-6: BELLY 34 M TUG BIB

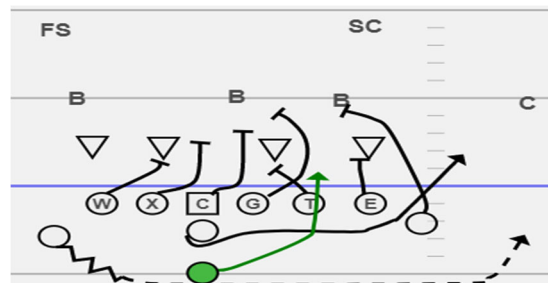


Fig 8-5: BELLY 34 M TUG VS 4-3



BELLY KEEP (DOWN OPTION)

The Down Option takes advantage of a squeezing 9-technique, which takes the Down away. That would be the next progression in your play calling. If the 9-(technique) is squeezing, we should be able to run the Down Keep.

The Tackles rule when we run Belly 34-G Keep is automatically down on the line. We do not worry about him climbing to linebacker back depth. Tight Ends' rule is down. The guard's pulling to log the first defender from the TE out.

Now the most important thing is the guards' pull, as he has to make it look exactly like he's running the Down. If that Guard pulls and he gets depth and shows that 9-technique he's trying to log him, it's not very good.

We coach our kid we're going to take our normal step just like we're running the Down, and we're up into the line, inviting the guy to close. All we do at the last second instead of putting our head inside, we stick our head to the outside hip and reverse our tail to pin the 9-technique inside.

In most defenses the # 3 defender is responsible for QB on options and the # 4 defenders are responsible for QB. With this understanding we will arc our WB on number # 5 when we are running the Belly Keep (unless tagged to do different). If we are able to log # 3 then we are putting number #4 in conflict. If he goes to his pitch responsibility the QB will have a nice run alley. If he comes to QB we will pitch and our ZB is blocking # 5. Also, by arcing the ZB we are able to hold # 5 for threat of pass and his reaction to pitch is much slower. When we see # 5 is aggressively going to pitch then the Belly Pass is there.

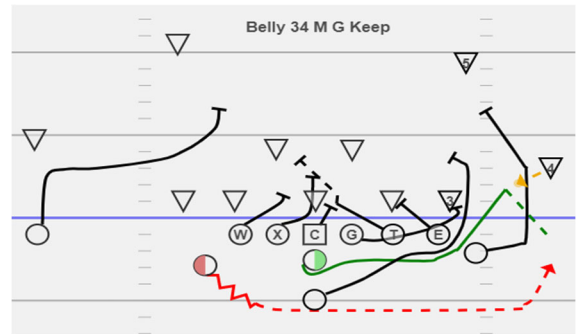


Fig 8-7: BELLY 34 M G KEEP

BLOCKING RULES

TE: Down

Playside OT: DOL = Down on the line, if nose is secured by Center the OT can climb for LB.

PSG: Pull and Log # 3 Defender

Center: Reach through playside A gap. If engaged, stay on block. If not engaged, climb to Linebacker.

BSG: Scoop

BST: Scoop

SE: Go to Cutoff

ZB: Arc on 5 unless you have a tag added.

FB: First 3 steps like belly, bubble around # 3 defender and block LB. (block safety if BOB call).

HB: Motion and get into pitch relationship 5 X 2 yds.

QB: Use Belly steps and ride FB, gain depth to get around log block and attack up field ASAP forcing # 4 defender to make a decision to take QB or take Pitch. React with keep or pitch off the # 4 defenders' reaction.



