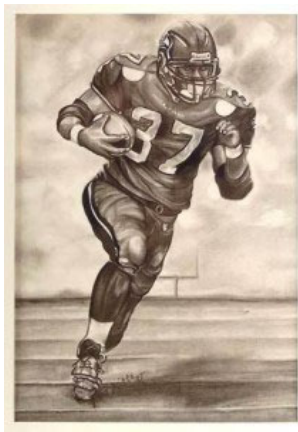


CHAPTER 9



Weakside Belly Ride Series

The Ride series in my offense is the Belly Series in the Delaware system. It is a play that we normally will run to the weak side, away from Tight End. As I mentioned in our Down chapter, I said we like to run the Ride Series vs even fronts but have had good success with the Ride Series vs all Defensive Fronts.

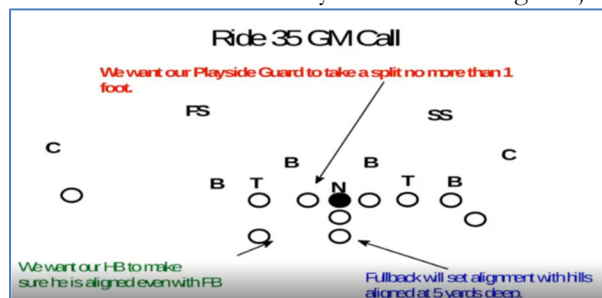
We will talk about the Ride, Ride Option and Ride Sweep in this chapter. We will give you looks at variations we like vs certain defenses. We will cover our Passing Game in our Play Action Chapter.

We've learned a lot about this play from the years when I was a young Wing-T coach sitting in the clinic rooms, listening to Ted Kempkie from the University of Delaware, probably one of the greatest Wing-T minds ever to coach this game. And he used to talk about the odd and even calls and used to talk a great deal about how this play has to have a draw mentality. It is not a fast, downhill play. This play has to have the ability to bend, to cut back.

For me in the Wing-T, the Ride series is the Inside Zone. I would like to talk about why we never did a great job with that early on in my coaching career and how defenses have evolved in their style and approach over the years. And everybody that runs the Inside Zone understands that it can cram inside, it can bounce outside, it can cut back. So this is our version of the inside zone play.

One of the first things I determined on this play was our **Playside Guard**, should reduce his split to one foot or maybe even as tight as six inches. The next very important thing is the **Fullback**, setting his depth from 4yards in the Buck series to heels at 4 in our Ride Series. As already mentioned, the Halfback sets his depth same as the Fullback. So we do not have any stagger between the depth of the Fullback and the Halfback. All of our other Offensive Linemen we're asking them to take their normal split.

Alright, so what we're talking about now, this play for us is Ride. That's our backfield action. We're gonna run 35, is the three back who's hitting at the 5 hole, the inside leg of the tackle. We're making this a GM call. And we'll explain how the calls work. Main point, we want our Playside Guard to reduce his width no more than



- ### Backfield Action
- **Alignment:** Tell your FB to have heels at 5 yards.
– Draw concept...Take it slow and let blocks develop
 - **Have your FB read first playside DL. Make cut off of him**
 - **First Step:** 6 inch lateral step
 - **Second step:** Cross over
– Be gaining slight ground to LOS
 - **Third step:** Square shoulders and get N/S
– FB should be directly behind the HB



one foot. Fullback sets the alignment, heels at five yards deep. Make sure that your Halfback aligns exactly level with the Fullback,

The **Quarterback** uses his staggered stance with his pivot foot, so Ride series to the left side would place his left foot back. As the Quarterback receives the snap, he will reverse pivot. He has to reverse pivot to get barely past the Midline on his first step. His second step is a crossover step. And we want his toes pointing at the near heel of the Fullback. Now this is part of the reason why we call it Ride. Once our Quarterback meshes up with the Fullback, we want his arms extended. The key to the play, I tell them I have a wall built between me and the Fullback. And there is a slot cut that my hands and arms are through the wall and my body is on the other side. When we mesh on the Ride, our hands are through the slot, we tell our Quarterback hit the wall. In other words, I'm running and I'm hitting the wall. I cannot continue to move forward. I want to mesh with the Fullback and I ride the Fullback with my arms only until he clears me.

- QB will reverse pivot with his first step hitting on the midline. His second step will continue to gain depth and come around to 7 O'clock.
- As he meshes with the Fullback we want his feet to remain in place and only his arms will ride the FB (hit the wall). It is a must he allow the Fullback to clear him so he can cut back if necessary.
- After the Fullback clears the QB we want him to fake the Ride Option by attacking the LOS.

That part of the play made it so good for us in the sense that's what allows our Fullback to be able to make the bend and cut it if he needs to go all the way behind a 50 nose. Many times, our Quarterback wants to get in a hurry and does not hit the wall, he pushes the Fullback wide. He's not able to bend the thing back. Once I've extended through the ride and the Fullback is clearing me, now he attacks the edge for the option.

Halfback, he's the lead blocker. This is an Iso play. Our Halfback, who's in the backfield if we're doing it from there, and we'll also talk about how we do it from the Wingback. We want him to take a six-inch jab step. All he's going to do is pick up his play side foot and take a six-inch jab step outside. The purpose of this step is to allow for timing if you have any type of cross blocking with the OL. If we are running this with our HB aligned in a Wing position, we will have him shuffle inside for two steps and this will allow the cross blocks to occur and he will be able to clear any pullers. It is important that he does not shuffle toward the LOS as he will get caught in trash of pullers.

The Fullback and H Back are both reading the first defensive lineman playside. They will react off his movement. The H Back will be responsible for the 1st LB playside or must adjust for first threat.

We do teach the Cross Block in our rules but have found over the years that this has become our most difficult scheme to execute with consistency. We have started to run more man schemes and react to the defender and we will show these variations as we proceed through this chapter.

BLOCKING THE PLAYSIDE ON RIDE:

Offensive Line Blocking Rules will be determined by the playside Guard:

- **GM CALL:** If the Guard is uncovered, he will pull and trap the first defender outside our Tackle and the OT will block man on him. We want our OT to step with his inside foot to place his head inside his man so he can wash the defender inside if he slants inside. HB and FB key the 4-tech: if our tackle get his head inside, attack the b-gap. If NG slants hard towards the pulling guard, the FB bends it to opposite A-gap.

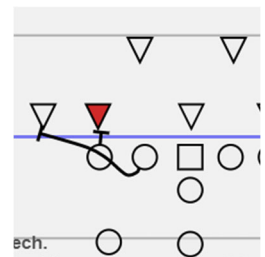


Fig 9-1: GM CALL



- MAN-SLAM CALL:** If the playside Guard has a 1 technique, he will make a man call and he blocks # 1 play side, and the OT will block # 2. The Playside Guard will make a call to the center to overtake the 1 technique and he will climb to LB. The HB will look for the WLB which is the first LB playside.
- Our guard will always make a slam call vs a 1 technique and the coaching point is he must attack the 1 technique with a shoulder block and allow the Center to step to him. We want the Center to place his helmet on the hip of the Guard and when the Guard feels this contact, he can release to level 2 and the Center will overtake the one with his head on the playside. We believe if you do not do this the Center will not be able to cut off the MLB and they will have the WLB and MLB to fit the Ride and the HB can't block both. This is the main reason we use the maximum 1-foot split on the play side.

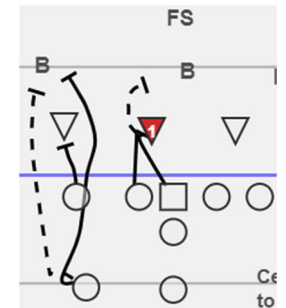


Fig 9-2: MAN-SLAM CALL

Most defenses that have a 1 technique will have a scrape linebacker from the inside that will flow over the top to the B Gap. The 1 technique by his alignment will keep the Center from having the needed angle to cutoff the MLB. By taking a 1 foot split the 1 technique basically becomes a shade on the Center and he is able to reach him and allow the Guard climb to the Linebacker with a better angle to cut him off.

- G CALL:** If the playside Guard has a 2 or 3 technique, he will call G and the OT will block down on # 1 Defender and the Guard will pull and trap # 2 Defender. We do use this call but more times than not we will go with the M Stretch technique and allow the HB and FB read the block of our OG. If he gets the reach, then attack the B Gap and if DT fights outside vs reach block, then bend it back.

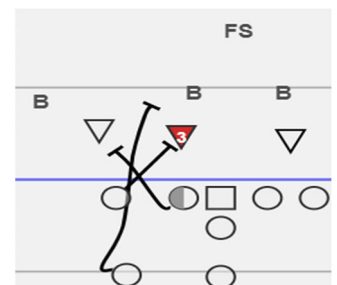


Fig 9-3: G CALL

BLOCKING THE BACKSIDE OF RIDE 35

Blocking the Backside of the Ride is essential to the ability of the Fullback being able to bend the play back when needed. We always want to have the ability for our offensive line to cut off the # 1 Defender on the line of scrimmage from slanting into the play.

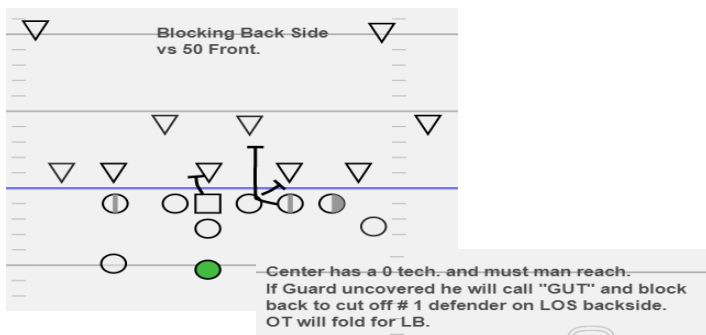


Fig 9-4: BACKSIDE vs 50 FRONT

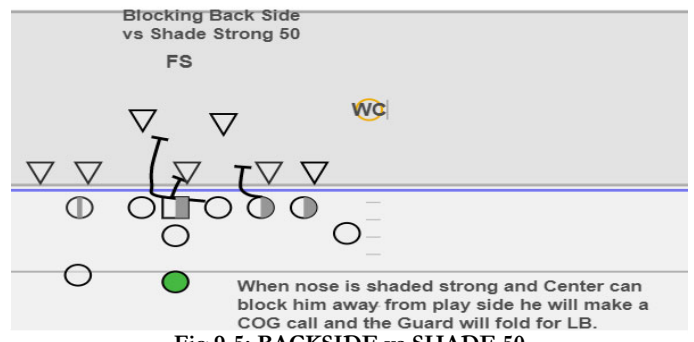


Fig 9-5: BACKSIDE vs SHADE 50



BACK SIDE BLOCKS ON RIDE 35 VS. 4-4 FRONT

Our Guard is covered by a 3 technique and will call “G” or M Stretch. The Center can block backside on a 1 or 2 technique. If we have a 3 technique back side, he will reach play side for a run through LB. And we will “GUT” and allow the BSG to base the 3 technique and the OT to fold inside for the LB.

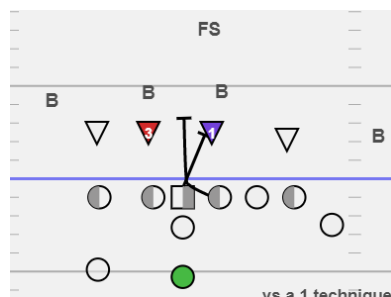


Fig 9-6: COG CALL

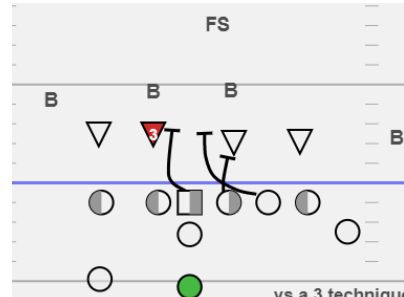


Fig 9-5: CENTERGUT CALL

If the Center has a 1 technique on the back side, he will call “COG” and block back on the 1 and the BSG will fold inside for the LB.

RIDE 35 GM CALL VS 4-3 BACKSIDE BLOCKS

Our calls vs a 4-3 should be the same as going against the 4-4. When we have a 1 technique play side the call will be M from the PSG and he will make a slam call to the Center. We would “GUT” the back side and the Guard will base the 3 technique and the OT will fold inside for LB (Fig 9-7).

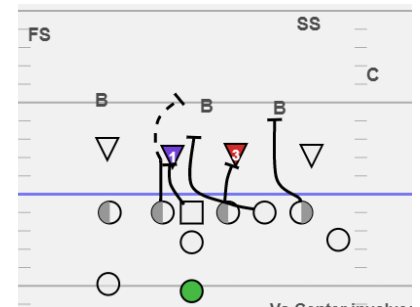


Fig 9-7: GUARD GUT CALL

FULL SCHEME FOR RIDE 35 GM VS A 50 FRONT

Again, make sure the HB & FB are reading the 1st down lineman play side which is the 4 or 5 technique on a 50. The Left Tackle steps inside with right foot, trying to get his head inside. If Left Tackle gets his head inside the HB/FB attack B-gap (Fig 9-8), if DT beats our blocker inside then Left Tackle washes him down towards the center and HB/FB bounce to c-gap (Fig 9-9), and if the NG slants hard towards pulling guard, the Fullback winds back (Fig 9-10)

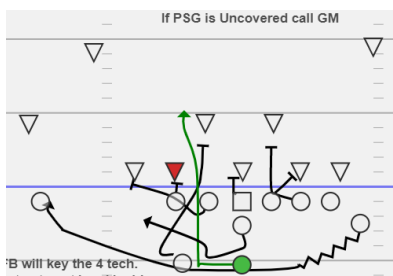


Fig 9-8: ATTACK B-GAP

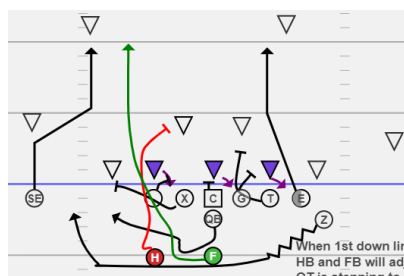


Fig 9-9: BOUNCE C-GAP

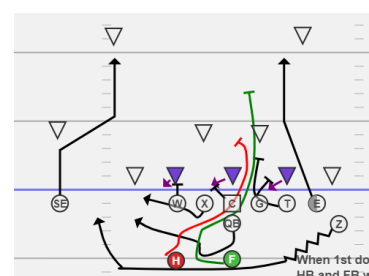


Fig 9-10: WIND BACK



The windback has been very good for us over the years and the key to this happening is the fact that the FB heels are at 5 yards. The QB must hit the wall and ride with his arms only and allow the FB to clear his front hip before the QB moves. If your FB does not have a Draw mentality, he can't make this cut.

RIDE 35 VARIATION VS A PINCHING 50 DEFENSE:

This variation in Fig 8-11 has been good vs teams that are doing a lot of slanting or pinching their DT's inside to stop our Mid Line and Traps.

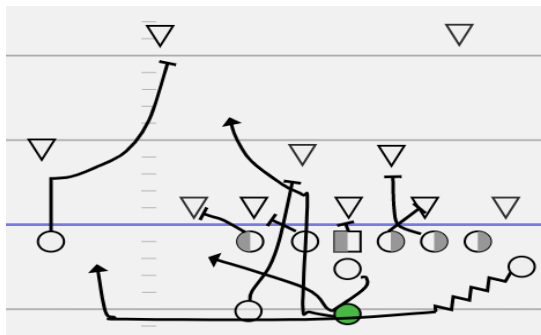


Fig 9-11: RIDE 35 ICE FAN

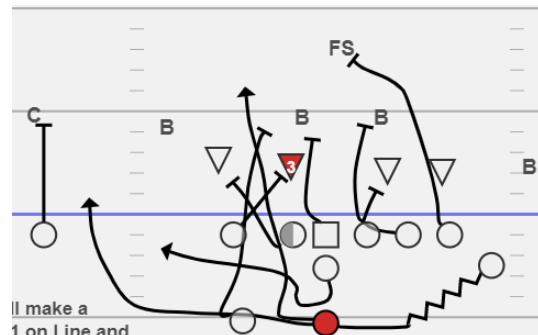


Fig 9-12: RIDE 35 G CALL

Our base call vs a 2 or 3 technique will be a G call from the Guard (Fig 9-12). It means the OT will block down and the OG will pull and trap # 2 on LOS. We have found this block to be difficult for us to consistently execute due to the fact of the Veer in our offense and the Tackle Trap series the 5 techniques will squeeze very hard when our DT blocks down and this forces the ball to bounce outside.

BLOCKING VARIATION FOR RIDE 35 GM vs 4-4

Because of the difficulty mentioned above with our G call we have become more consistent by simply reaching with our OG & OT. We call this play Ride 35 M Stretch. The HB & FB still read the first down lineman play side. If the OG is able to reach the DT we will continue into B Gap. If the DT fights the reach and works across the head of our OG's reach block the Fullback will bend the ball back behind the DT into the A Gap. This play is perfect for us using our Dallas Right formation and using speed sweep motion. We really like it with flat speed motion.

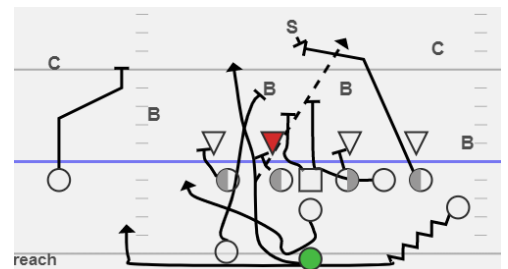


Fig 9-13: RIDE 35 M STRETCH

VARIATIONS (RUNNING IT TO THE TIGHT END SIDE) VS A 4-4 DEFENSE.

We really like running the Ride to the Tight End side vs a 4-4 Look (Fig 9-14). Our TE's rule is: Influence and turn out on the next defender. This often makes the 7 technique step up field and regardless of if we are M Stretching the play or using a G Call the seam is open. Our WB will shuffle inside and read the # 1 defender play side and react to the block



on him. When facing teams that use both odd and even fronts, we will often package the Belly 34 G Bob and Ride 36 GM Turnout and allow the QB to check the play at the line of scrimmage. If our OT is covered then we will run Belly and if he is uncovered, we will run Ride.

FULL SCHEME FOR RIDE 35 GM CALL VS 4-3 FRONT

The Ride vs a 4-3 is a very good play but the difficulty is getting a blocker to the MLB. Most of the time the MLB is reading your FB and the WLB is reading your HB. When both go to ISO they are met by both LB's.

When we take our normal 2 foot splits and we have a 1 technique aligned on our Guard our Center would get cut off by the alignment of the DT and could not get the proper angle need to cut off the MLB from scrapping over the top.

We have determined that if we cut our split to maximum of 1 foot that the Center and Guard can combo and the Center will overtake the 1 technique and the Guard will climb with a good angle and be able to handle the MLB (Fig 9-15). This allows our HB to block the WLB. Basically, using a 1 foot split vs a 4-3 will give you the look of a weak shade on the Center at all times. The tighter split does not matter when the Guard needs to call GM or G.

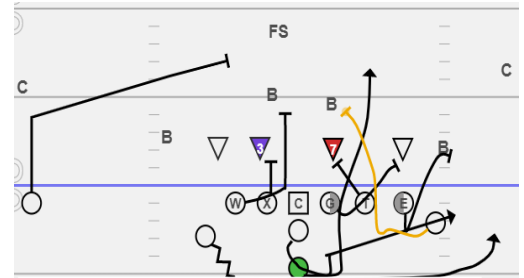


Fig 9-14: RIDE 35 GM TURNOUT

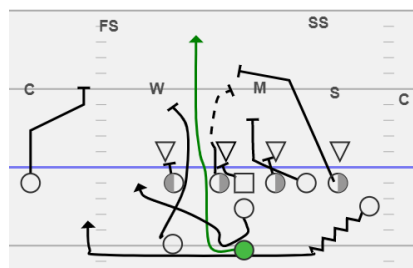


Fig 9-15: RIDE 35 GM vs 4-3

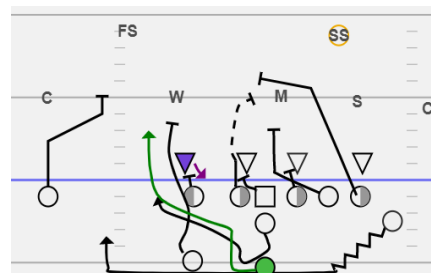


Fig 9-16: DT PINCHES INSIDE

As the OT bases the 5 technique and he runs a stunt inside (Fig 9-16) the OT will wash him and the HB & FB will bend to C Gap. If the HB sees the WLB walk up on the line of scrimmage he will immediately go to kick him out.

VARIATION VS 4-3 FRONT: RIDE 35 C

The variation we use against a 4-3 is we simply make a C call, and the Center will pull and trap the first thing past our 5 man. Since the pulling Center is play side each player outside knows they will block down. We would want this when we know the 5 technique is getting up field hard and not closing when our OT is blocking down.

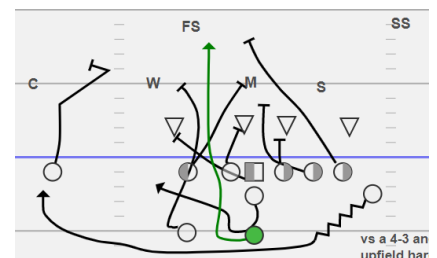


Fig 9-17: RIDE 35 C



RIDE 35 GM vs 3-5

I do not really like our base rules for the Ride vs the 3-5. The Playside Guard is uncovered so he will call “GM”, the HB/FB read the first DL playside and can bounce, attack B, or windback. Not to say we don’t have success but by scheme it is not best because they have both a MLB and OLB to fit inside and we only have one person to block if the both fill. If we want to stay with our base rules we will go to different unbalance looks and force them to adjust by sliding the front or by pulling their LB’s to a 3-4 look.

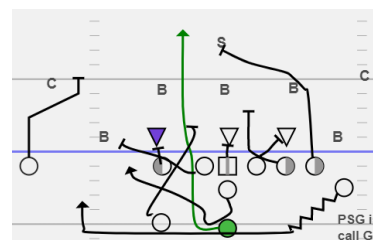


Fig 9-18: RIDE 35 GM vs 3-5

VARIATION VS 3-5 DEFENSE: RIDE 35 M COMBO

This has been our best adjustment to the 3-5. Our OG & OT on both side are responsible for the stack aligned over our OT’s. They will M or Gut based on the alignment of the DT on their side. We ask our Center to reach his head to the play side to reach the nose. If the Nose beats the reach block, then the Center will simply wash him down the line. The HB must step straight to the Centers tail and read the block on the nose. The HB is responsible for the MLB. Our FB will only take his 1 lateral step and get downhill on Combo. He is now reading the Nose and can go play side or bend it back depending on the Centers block on the Nose.

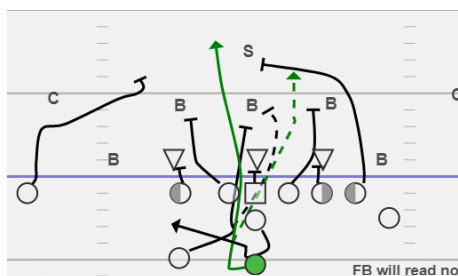


Fig 9-19: RIDE 35 M COMBO

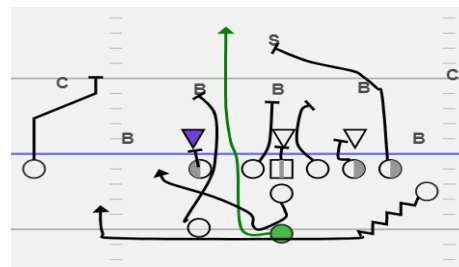


Fig 9-20: RIDE 35 M

Ride 35 M is a variation that will allow you to bet a hat on both MLB and the OLB but when the 4 technique works inside and the ball is forced to bounce outside you will be one block short as the Pony and OLB will be there to fit.

Ride Option vs Inside Veer

We always install the Ride Option, but it is not often a major play in our offense. The University of Delaware used to say that if you run the Veer, you don’t need the Ride Option. The reason we have the same belief is because when we call this play, we are guessing how the DE is going to react before the snap and assume he will be closing. Obviously when we are making this call on 3rd and 3 or 4 yards and anticipate our QB getting to the edge to pitch the ball and the DE gets up-field we are looking at a bad play. Now by running the Veer we give our QB the opportunity to make us right.

However, some years we do not have a QB who can make the Veer Read. and we tend to run the Ride Option more.



We run Ride Option with two blocking schemes: M or G call from our Guard. If he is uncovered or has a 1 technique, he will call M and we will man block. If he has a 2 or 3 technique, he will call G and our OT will block down on # 1 on the line of scrimmage and he will pull to log # 2. We always scoop the backside of all options with our line.

PERIMETER BLOCKING FOR OPTION

We will call our perimeter blocking with the play in the huddle. Our calls will be:

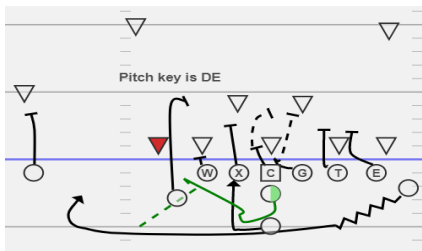


Fig 9-21: STALK & BOB

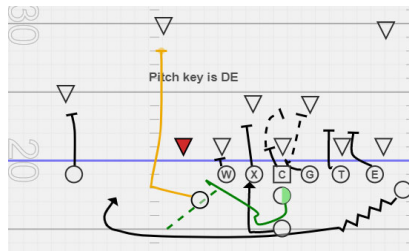


Fig 9-22: STALK & BOSS

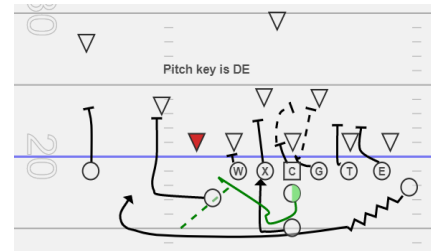


Fig 9-23: STALK & ARC

Stalk & Bob: If ½ field Safety is not active in run game.

Stalk & Boss: Good vs a LB that does not scrape outside well or teams are in man coverage.

Stalk & Arc must be used versus an inverted safety to the SE side.

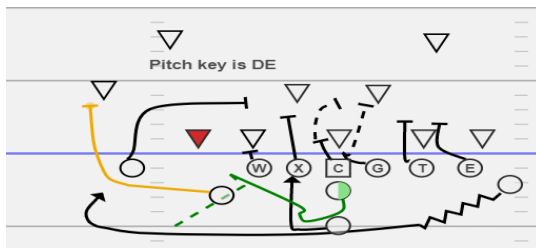


Fig 9-24: CRACK & ARC

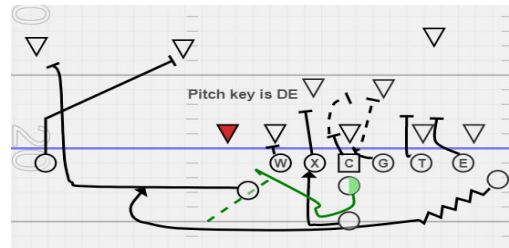


Fig 9-25: CRACK ARC vs Qtr-Qtr-Half

Crack & Arc: Good vs Cover 2 and LB is active scraping outside.

Push Crack and Arc: We will use this vs teams playing Quarters on our SE side.

On these calls the first word tells our SE how to block and the second if for our near back.

Ride Sweep

I want to give credit to a great friend Coach Bob Altsuler from the state of Washington. Coach came to visit with Coach Moore and myself while I was coaching in Tennessee to learn our system and joined my staff in Georgia after a stint as a head coach. Coach kept telling me about this play he learned from Bellevue High School in the state of Washington.

Altsuler was talking about the Belly Sweep, which we now call the Ride Sweep. It was very easy to install because the blocking was exactly the same as how we ran the Ride. The Ride Sweep has been a tremendous asset to us mainly because it gives us a great outside running play to the Split End side without needing any pre-snap motion.



The only difference from Belly Ride is we scoop the backside and did not fold anyone. I know many teams pull the back side Guard, but we have not found the need for that in our system. One thing we found to be an asset on this play is we will not ask our play side OT to reach with his man block even with the ball going outside. We ask him to step like he is base blocking and hope the defender will fight the pressure of the block with the Fullback faking inside and the OT will then reverse his tail to the outside when he feels the defender fighting the pressure.

Our HB will not take his normal timing step (6 inch outside jab with play side foot) needed on the Ride for timing. We simply tell him to take 2 steps like he is going to ISO the LB and then bubble to the outside and look to pin the outside Linebacker to his side.

The fullback will only take one slide step and attack downhill to LOS. We do not want him to use his second crossover step as this will slow the play down. We tell him as he hits the hole to bend back opposite the play direction unless of course the LB is meeting him in the hole.

The QB will reverse pivot just like on the Ride and he must place the ball in the Fullbacks pocket and ride his fake with his arms. Failure to sale the ride hurts the play. He will disconnect and then must pivot turning his belly to the side of the Fullback and extend the fall for the Wingback coming around to receive the handoff. The QB should not have to gain any depth to hand the ball to the Wingback.

Wingback (ball carrier): He will leave on the snap and should be aiming for the hip of the Fullback in his stance. He will be running parallel to the line of scrimmage as he comes through a spot that is where the butt of the Fullback was aligned pre-snap. As he receives the handoff, he should look to take the ball wide and only cutup if forced to do so by the defense.

Versus a 50 Front, our blocking call will be a GM and the Guard will pull to log the DE. Versus a 4-4, we will use a G call vs a 2 or 3 technique.

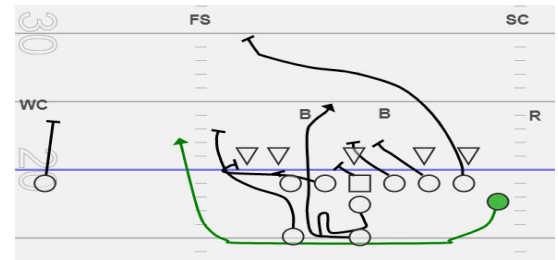


Fig 9-26: Ride 35 ZB Sweep vs 50

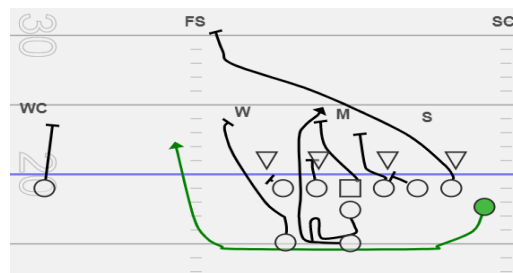


Fig 9-27: M CALL vs 44

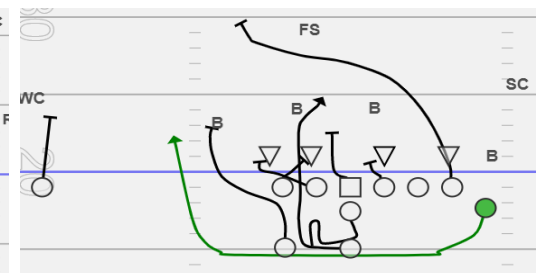


Fig 9-28: G CALL vs 44

Ride 35 ZB Sweep

vs a 4-3: we will use a M Call and Slam the Guard to the MLB. The OT will base the 5 and allow him to fight the pressure and then work our tail to the outside.

Because of the difficulty of logging the DE in a 50 defense we will sometimes do this from two Tight Ends still us a GM call. This allows our Guard to lead outside and the OT and TE will man block.

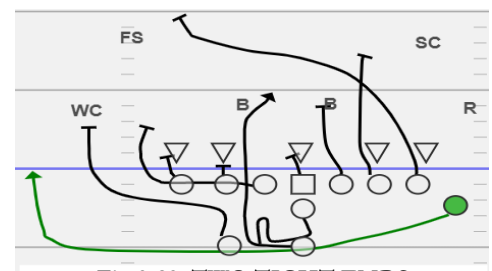
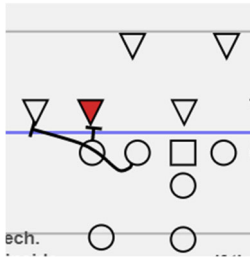
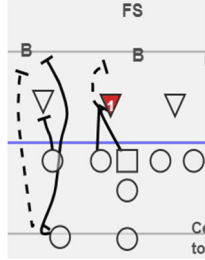


Fig 9-29: TWO TIGHT ENDS

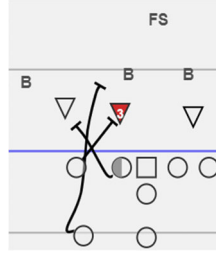




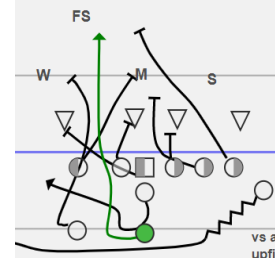
GM CALL



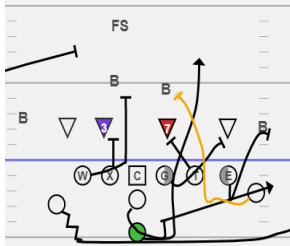
MAN-SLAM



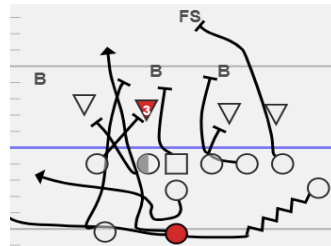
G CALL



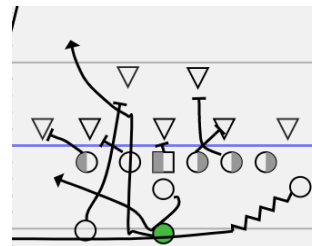
RIDE 35 C



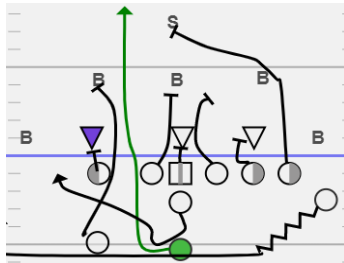
RIDE 35 GM TURNOUT



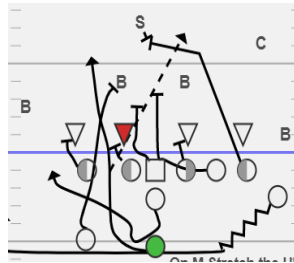
RIDE 35 G CALL



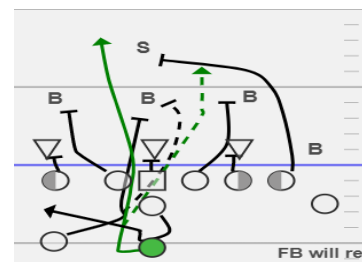
RIDE 35 ICE FAN



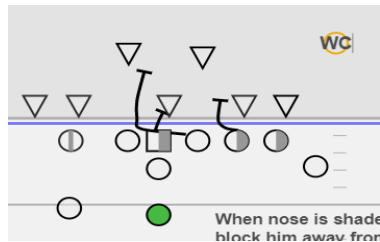
RIDE 35 M



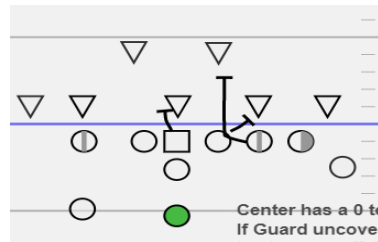
RIDE 35 M STRETCH



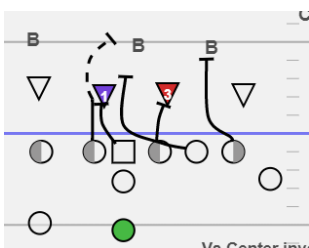
RIDE 35 M COMBO



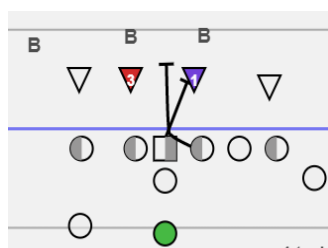
BACKSIDE vs SHADE 50



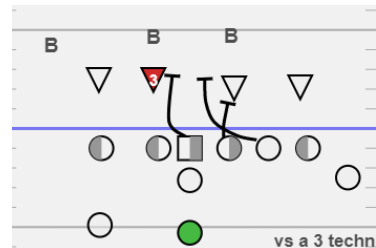
BACKSIDE vs 50 FRONT



GUARD GUT CALL



COG CALL



CENTER GUT CALL

