124 Quick diagrammed vs. various defenses

4-4

124 Quick
from double tights

5-3 over

124 Quick

6-2

double A gaps
(worst scenario)

BSG crabs to
keep hole open

124 Quick
from double tights

5-3 under

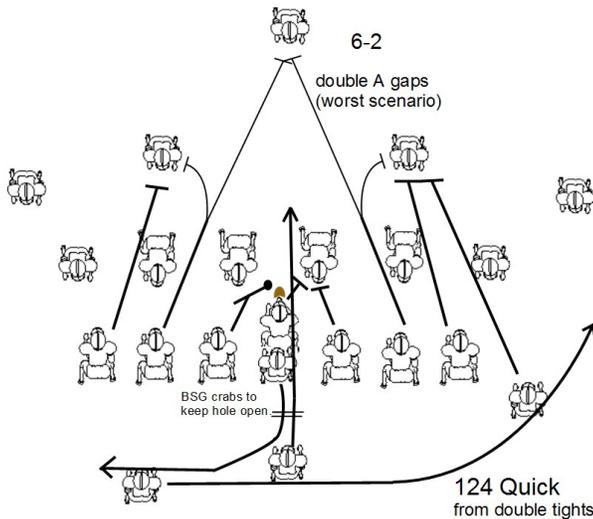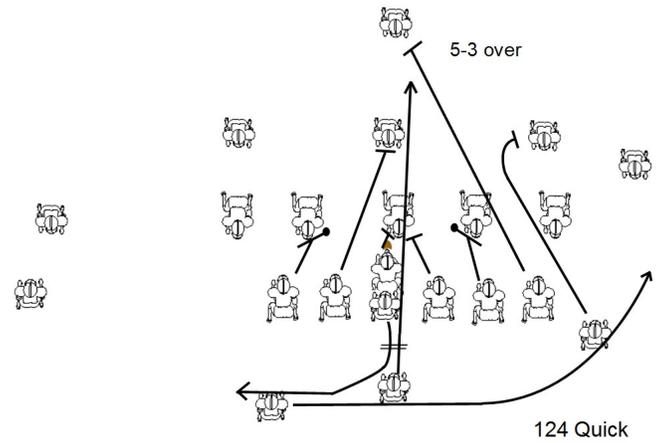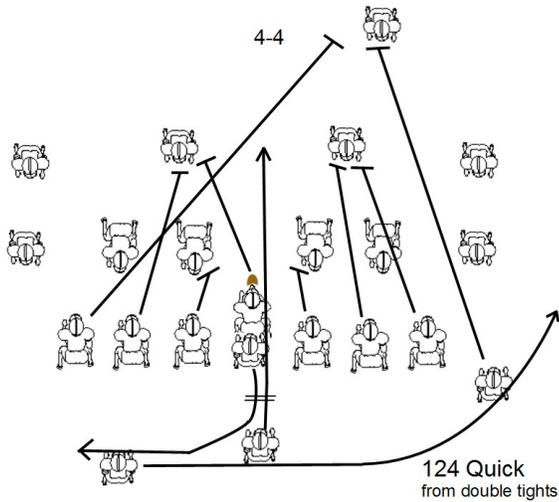124 Quick

No DL outside a 3 tech (B gap) gets blocked. From the OT's nose wider, don't go after them. OT releasing inside will be enough to get in a 4 tech's way if he slants inside.

TE: FBI (first 'backer inside), safety.
ST: gap (crab), FBI, safety. Let nobody cross face from outside in.
SG: on, gap, down.   Team with C if possible. If solo, butt to ball if possible, otherwise crab.
C: on, play side gap, away gap, 'backer.
WG: on (butt to ball), gap (crab), FBI.
WT: gap (crab), FBI, safety. Let nobody cross face from outside in.
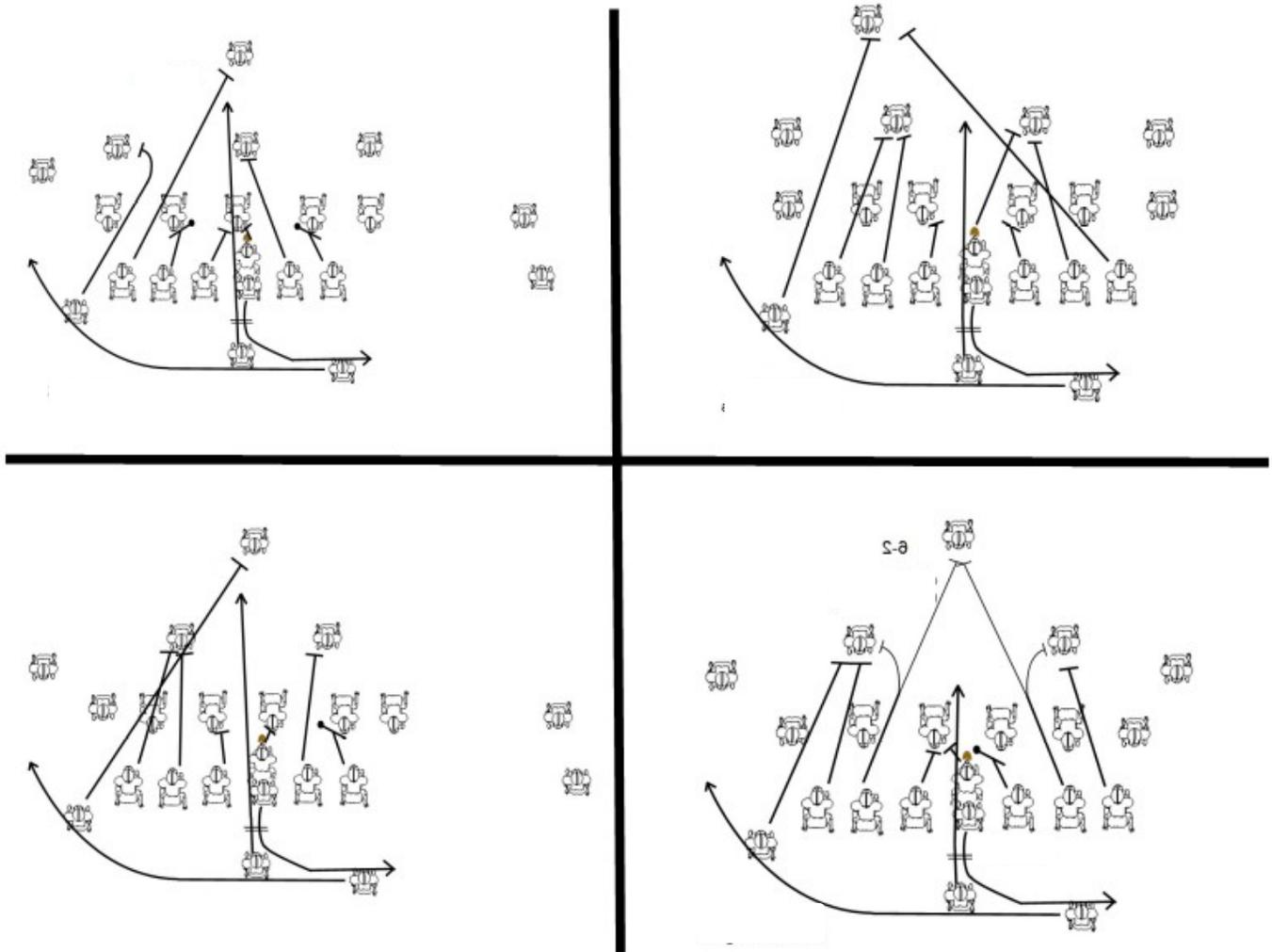WE: As TE, FBI, safety. As SE, run any route.
QB: Take snap, strong side foot to 7 o'clock, pivot to give handoff, continue HB and keep fakes.
WB: FBI, safety.
FB: Burst onto handoff, hole is behind butt of C or strong G, whoever's closer.
HB: Sweep fake with QB.

926 quick diagrammed vs. various defenses

QB steps to 5 o'clock for 926 Quick.

Use 124 and 926 Quick to get opposing LBs to fill quickly, to encourage interior DL to try to penetrate fast, and to encourage a middle guard or nose tackle to try to read the FB and the QB's steps. Against teams where ILBs flow well, this will slow down their pursuit of the 121 and 929 sweeps better than the traps will; where ILBs just sit, using Quick a lot will give our OL more confidence to get into the second level. (I also have a drill that's good to practice release to block FBI, and also for defense to beat second level blocking outside-in. One team I coached took to it well, but another just couldn't get the idea quickly enough.) Once Quick gets DL to penetrate, they'll be trappable. If an opposing nose manages to read the Quick, I have an idea for a 126/924 Keep to counter that, and, even more sophisticated, a 125/925 Option to read the nose DL — the QB and FB dive opposite A gaps, instead of crossing paths as most hand-or-keep options do, and the C lets the nose defender go whichever way he wants.