

Direct Snap Plays: Power

As long as the fullback's going to be offset to the wing side and we have rocket series halfback motion, that sets up plays where the ball can be snapped thru the quarterback's legs to either the halfback or fullback. Here I've diagrammed some Power runs like that. The halfback just barely starts Rocket motion and the ball is snapped softly straight back, with the snapper's head always up.

We've seen Timmy can easily crab block a nose in a 0 tech slanting toward an A gap, and I'm sure as a right-hander he could easily crab someone who's shaded to the left of him, but crabbing to his right after making a soft snap could be too much, which is why I show different blocking for him in those cases. The snap has to be repped enough to be natural when there's someone over the center, because we want to avoid at all costs an "adrenaline snap" that's rifled back hard. Still, the HB will get to the ball soon enough that the DE on that side has no chance to catch him from behind. (In double tights, the TE on that side will release immediately.)

Given the speed of the run, there's no way anybody we've had at guard would be able to get ahead of it from the back side, because they weren't even doing it in our regular sweeps and powers. So the back side G is going to either release to cut off a pursuing LB or do that bucket-stepping deep pull they practiced with the high schoolers. The pull's to clean up a nose shaded the "wrong" side of C.

Rather than give up the T-TE double team, if the play side G counts 3 in the box illustrated, he'll block the innermost. A DL to the inside of his inside gap as shown will be dealt with by the back side G. If there are only 2 defenders in the box shown, the front side G pulls thru the hole to a LB.

The FB's going to kick out the DE, as was called for in the 2015 NBYFL book. The forward adjustment I'm giving him gives him a better angle for that block and keeps him out of the snap's way.

The QB's a lead blocker but will probably wind up on the CB unless the corner's a complete chicken who doesn't threaten to cross his face.

