





This is the 124 Pop pass diagrammed against a few defenses. You could call it 120 Pop pass instead. I'm numbering it 124 only because the fullback fakes like a 124 Quick. The other way would be 926 Pop, or 920 Pop. You might want to keep "Pass" in the name to remind the kids in the interior line not to go downfield before it, but they shouldn't get the idea the pass protection is supposed to be with them "setting up"; they're supposed to fire out to make it look like the run.

This play is to be set up by the Quick play, and to some extent by Rocket sweep. It should not be called against a 3-deep defense if the safety's just been sitting despite being a target of blocking, because as you can see, the ball would be thrown practically to his lap. If it should ever happen that a safety is sitting there, the end should try to catch the pass in front of him or at least knock it away.

All effort should be made to put front side rushers on the ground, ridden deep, or at least get their hands down. If the fullback's not needed for blocking, when he gets to where he'd normally accept a handoff in the Quick play, he should dive to the ground as if he'd stumbled or was recovering a fumble; this keeps him out of the quarterback's sight lines. Blockers must remember the object is not to gain a lot of time for the passer. Cut and crab techniques may be used.

The quarterback opens with the turn as if for Quick (2 steps), but looks where the tight end starts. If he still sees the tight end there, that means he got no release, and the quarterback then throws to the wingback, who's gone 3 steps and squared out, just slightly past the line. If he doesn't see the tight end being held up, then he throws over the middle as indicated.

The halfback, if not needed for back side protection, starts motion to fake Rocket. This puts the cornerback on the play side in conflict, and makes the secondary receiver almost as much a touchdown threat as the primary.

The center doesn't have to call the number of players on the defensive line, but the offensive linemen on each side, as well as the halfback and fullback, need to count the number from the guard out on their side of the line.

The play may be varied by having the tight end run a fly, streak, or whatever you call a straight route now.