



POWER RUNS PLAYBOOK

10

**SIMPLE AND EFFECTIVE
FOOTBALL PLAYS**

 PDF

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Contents

Title	Page	Title	Page
Power Runs 101	4	Play Action Passes	15
Inside Runs	5	Play Action Power-O Waggle Left	16
Power-O	6	Play Action Split End Curl	17
Power-O Weak	7		
Fullback Dive	8		
Halfback Iso	9		
Outside Runs	10		
Off Tackle Run	11		
Counter Weak	12		
Crack Toss	13		
G Lead	14		

Introduction

Power Run football is as old as football itself, and while the game may have shifted more towards the pass in recent years, it will always be at the heart of the game. The philosophy is simple – I'm going to overwhelm you at the point of attack with big, physical blockers, and dare you to try and stop me.

Not every running back is best suited to try and get around the edge and use their speed – sometimes keeping everything between the tackles and allowing him to use his power to take the most direct route to the end zone is the most suitable course of action. As far as the rest of your personnel, you want the players who are both the strongest and most effective blockers at every position – from fullback to wide receiver.

Best paired with a dominant defense, this play style revolves around possession management, allowing you to eat clock while you tire out the opponent's defense and allow yours to rest.

It takes grit, it takes toughness, and it takes a willingness as a coach to remain patient with a steady bevy of 3-5 yard rushes. But once the defense begins to cheat up, until they're all packed in the box to try and stop your rushing attack, you can flip to the back of this playbook and pull out one of the play action passes at your disposal to hit them for huge gain.

Inside Runs

I Form – Power-O

Setup

Here we'll run the Power O from a classic I formation, with two receivers, a tight end, a fullback, and a halfback on the field.

Play Objective

The Power O has been around for a long time in football, and will be around for a lot longer. This is a play that should be in every playbook, drilled hard and often so that your team is ready to use it in whatever situation they may need to. This is a good running play on 1st and 10 or 2nd/3rd and short when you want to pick up a couple yards, trusting the strong side of your line and your running back to get them for you.

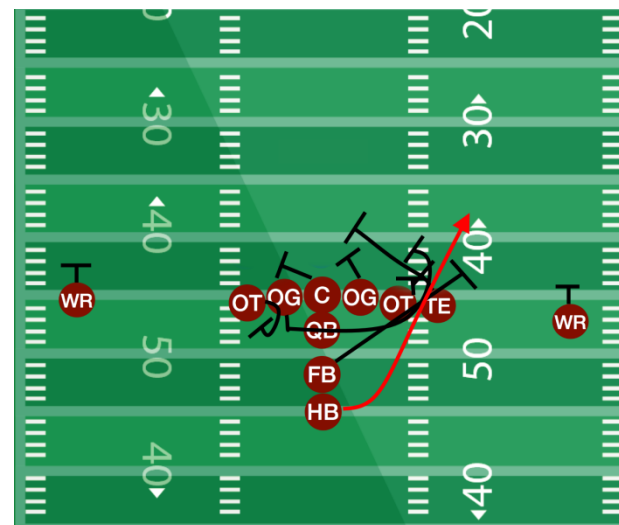


Figure 1: Power-O

Positional Assignments

Offensive Line – The exact blocking assignments can vary based on the defensive front and alignment, but the general concept will stay the same (however, this is why it's so important to practice this play often, so that regardless of front or alignment, your team is prepared.)

The backside tackle will protect the backside of the play, taking away any defenders chasing from behind the play. The backside guard will pull, coming across the formation to come up through the hole and block a linebacker. The center and playside guard will double team the nose tackle, with the playside guard just offering a chip block for moving up to the next level to pick up a linebacker. The playside tackle will block hard down on the edge.

Tight End – The tight end will also block on the edge, double teaming the playside end with the offensive tackle.

Wide Receivers – The receivers will block the corners away from the play, looking to get downfield and help at the next level if possible.

Running Backs – The halfback will take the handoff, giving the fullback and guard enough time to line up their blocks before hitting the hole hard and looking to break a big run downfield.

Quarterback – The quarterback will open up to the playside, hand the ball off, and roll out to the weak side.

I Form – Power-O Weak

Setup

This play is run from a classic I formation, with a receiver on either side of the line, a tight end on the play side, and a full back and halfback in the backfield.

Play Objective

The Power O is a great play, whether you're running it to the weak or strong side of the formation. Here is the blocking design for the weak side variation, a play that, like its strong side variant, is a great call on 1st and 10.

Positional Assignments

Offensive Line – The backside guard will pull, coming over to the weak side and leading the halfback through the hole. The backside tackle and tight end will angle block, pushing their men to the backside. The center and playside guard will both also block the men to their inside, pushing them away from the hole. The playside tackle still goes up and block a linebacker at the next level, pushing him inside.

Tight End – The tight end will block his man, pushing him to the backside, away from the play.

Wide Receivers – The receiver will both block their men, pushing them out to the sidelines.

Running Backs – The fullback will kick out, blocking the edge man and setting the outside of the hole for the halfback. The halfback will take the handoff, aiming to come up the playside guard's outside hip and following his blocks up through the hole.

Quarterback – The quarterback will open up and hand the ball off to the halfback, bootlegging out after to keep the cutback defenders busy.

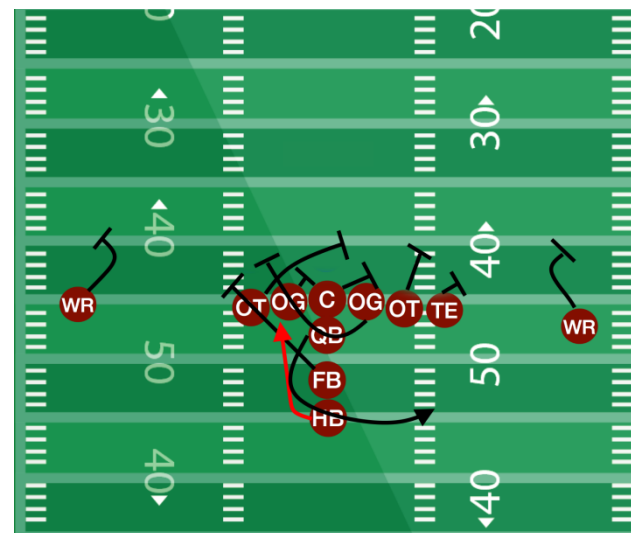


Figure 2: Power-O Weak

I Form Big – FB Dive

Setup

This play is run from a classic I formation, with a receiver on either side of the line, a tight end on the play side, and a full back and halfback in the backfield.

Play Objective

A quick hitting play right up the gut of the defense, this is a great playcall when you absolutely need to pick up a couple inches – but not much more. For example on the goal line, or on a 3rd or 4th and inches.

Positional Assignments

Offensive Line – The backside guard and center will double team the nose tackle, with the guard chipping before moving up to block the Mike backer. The rest of the offensive line will execute kick out blocks, with the offensive line pushing their men away from the hole.

Tight End – The tight end will head up to the next level and put a block on the Sam backer.

Wide Receivers – The receivers will block the corners out towards the sidelines.

Running Backs – The fullback will take the handoff right up the strong side A gap, putting his head down and picking up a tough couple yards. The halfback will fake as if receiving a pitch out to the weak side after the fullback has taken the handoff.

Quarterback – The quarterback will hand the ball off to the fullback, then complete the reverse pivot and fake a pitch out to the halfback on the weak side.

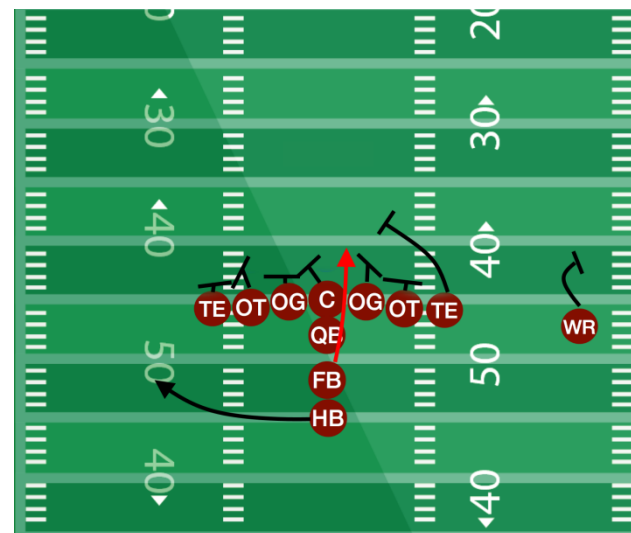


Figure 3: FB Dive

Strong I TE Twins – HB Iso

Setup

The offense will line up in a Strong I with twin tight ends aligned to the strong side, with the receiver lined up on the weak side.

Play Objective

A quick hitting play that attacks the inside of the defense, this is one of the most popular power run plays for a reason – because it works.

Positional Assignments

Offensive Line – This is a simple downhill blocking scheme for the offense. The center and weak side guard will double the nose tackle while the strong side guard and tackle double team the defensive tackle over top of them. Both the left guard and right tackle will work up to the next level after their initial blocks, looking to get a block on a linebacker.

Tight End – The tight ends will double team the edge defender.

Wide Receivers – The receiver will block his man, pushing him downfield or towards the sideline and taking him out of the play.

Running Backs – The fullback will lead the halfback, heading right through the hole on the right guard's inside hip. The halfback will follow suit, reading the fullback's block on the middle linebacker and making a cut based on that read.

Quarterback – The quarterback will snap the ball, pivot, and hand it off to the running back.

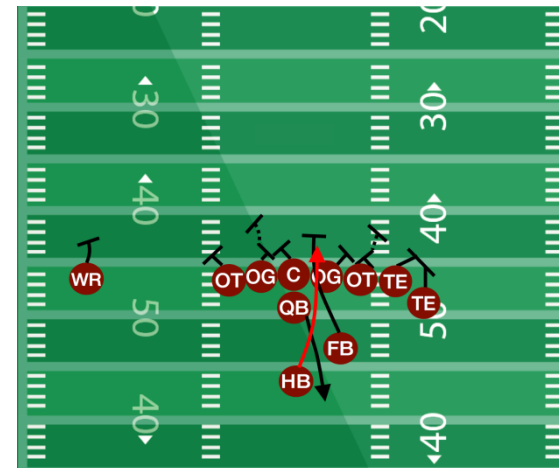


Figure 4: Halfback Iso

Outside Runs

I Form Big – Off Tackle Run

Setup

This play will be run from the class I Formation, with a receiver on either side of the line, the tight end on the play side, and a full back and halfback in the backfield.

Play Objective

The off tackle run is designed to do exactly what it's name says. You hand the ball off to the running back, and let him run off the tackle's block. This is a good classic playcall, that is especially effective with a speedier running back with the ability to get around the edge consistently. This is a good playcall in any running situation, like 1st and 10 for example.

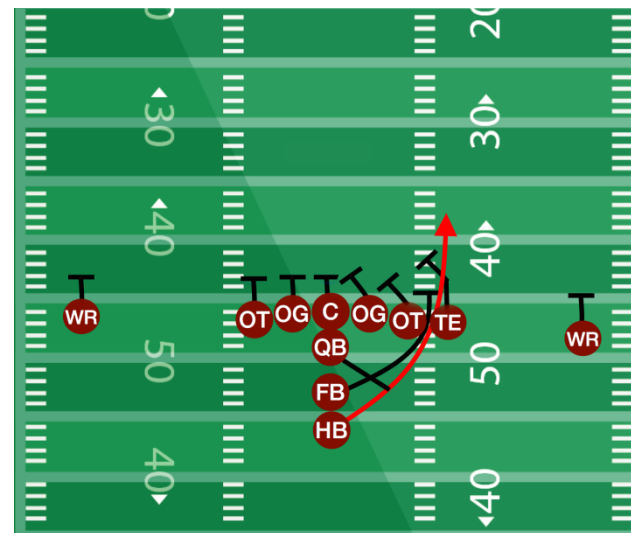


Figure 5: Off Tackle Run

Positional Assignments

Offensive Line – The offensive line will all be angle blocking, pushing the defenders inside them to the backside so that the halfback can get to the edge. It is especially important that the playside guard and tackle block their men effectively, as a missed block from either of them can mean a big loss on the play.

Tight End – Depending on the defense's alignment, the tight end will either double team the edge defender with the tackle or move up to the next level and set the edge there.

Wide Receivers – The receivers will block downfield, keeping their defenders engaged and heading to make a block at the next level if possible.

Running Backs – The fullback will lead the halfback up off the tackles block, then kick out the edge defender to create a clear lane for the halfback. The halfback will follow the fullback, then getting vertical and sprinting through the hole to the next level of the defense.

Quarterback – The quarterback will open up, reverse pivoting, hand the ball of the halfback, then run a bootleg out to the backside of the play to keep the cutback defender occupied.

Strong I TE Twins – Counter Weak

Setup

We're going to run this play from a Strong I, with twin tight ends on the strong side and the lone receiver on the weak side.

Play Objective

When defenses start to load up and anticipate the run to the strong side, call this counter play to use the defense's aggressiveness against them, faking to strong side before attacking the back side of the defense.

Positional Assignments

Offensive Line – The offensive linemen will all block down on the weak side edge, getting leverage and pushing their men over to the strong side. The weak side guard will chip on the right end before moving up to block the middle linebacker at the next level. The strong side tackle will also be chipping on the end before moving up to the next level, with his assignment being the Sam backer. And lastly, but perhaps most importantly, the strong side guard will pull on the snap, heading over to the weak side to give a kick out block on the weak side linebacker.

Tight End – The inside tight end lined up next to the right tackle will double team the lineman over him with the right tackle, with the tackle then moving to the next level while the tight end handles the block solo. The outside tight end will kick out on the defensive end, sealing the strong side edge.

Wide Receivers – The receiver will release inside and block his man downfield and toward the sidelines, staying engaged for as long as possible.

Running Backs – The fullback will release immediately to the weak side on the snap, acting as the half backs lead blocker up through the hole, right off the left tackles outside hip. The halfback will fake the run to the strong side, taking a counter step to the strong side, planting and cutting back to the weak side to receive the handoff.

Quarterback – The quarterback will open with a reverse pivot, opening up to the strong side before handing off to the halfback headed back to the weak side.

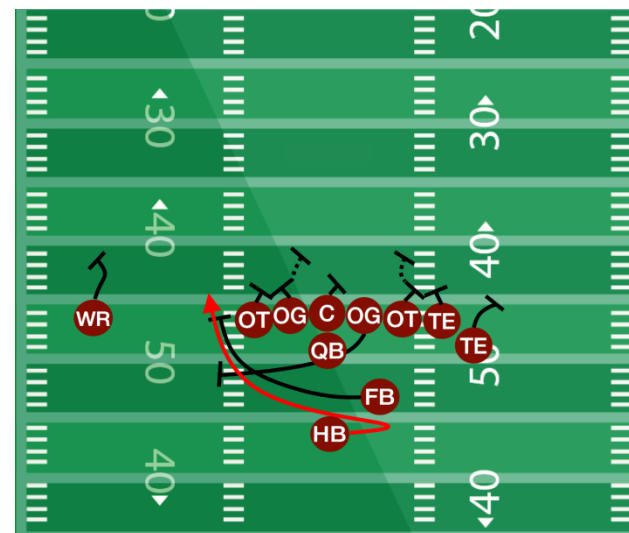


Figure 6: Counter Weak

Strong I TE Twins – Crack Toss

Setup

The lone receiver will line up on the weak side, with both tight ends on the strong side of the formation. The fullback will be offset to the strong side as well, leaving the offense in a Strong I formation.

Play Objective

A play that uses crack blocks from our tight ends, blocking down on the edge and forcing a member of the secondary to become the primary run defender on the edge with a tackle barreling down his way – which is always a matchup win for your offense. This is a great play to use when you want a running play with a good chance to break for big yardage – like 3rd and a couple yards for example.

Positional Assignments

Offensive Line – The offensive line will block down on the edge, but most of them won't be able to have much of an effect on this play. The key player for the offensive line is the strong side tackle. He will be pulling, getting out in front of the running backs and looking to lay a block on the corner/safety forced to come up in run support.

Tight End – Both tight ends will crack block inside, with the inside tight end cracking on the defensive end, and the outside tight end hitting the strong side linebacker with a crack block.

Wide Receivers – The receiver will engage the corner, blocking him out of the play.

Running Backs – The full back will get outside, letting the right tackle kick on in the edge and heading downfield to pick up the first blocker from the second level of the defense to present a threat. The halfback will follow his fullback, reading the blocks and looking to get the edge and head downfield.

Quarterback – The quarterback will snap the ball, pivot, and pitch it to the halfback.

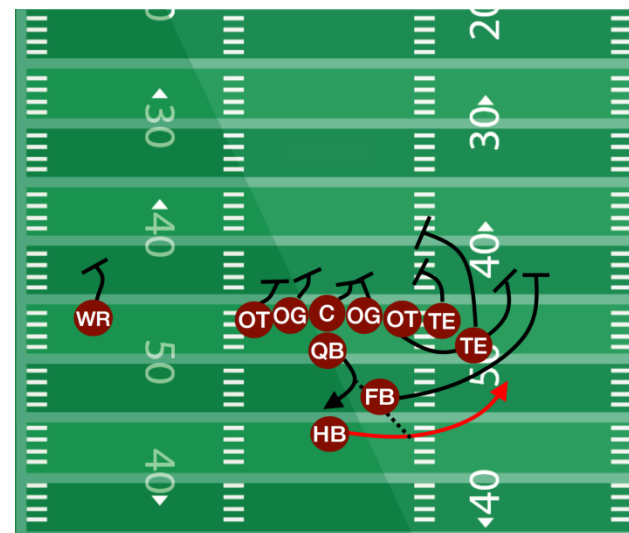


Figure 7: Crack Toss

Strong I TE Twins – G Lead

Setup

The offense will come out in the Strong I, with a receiver lined up to the weak side and twin tight ends on the strong side.

Play Objective

The G Lead is another power run concept, this time pulling the playside guard to provide a kick out block, allowing our tight ends and fullback to make blocks on linebackers at the next level. While it's a lot of ground for the guard to cover in a short amount of time, if you have the type of guard who can make this block, this is a very effective playcall.

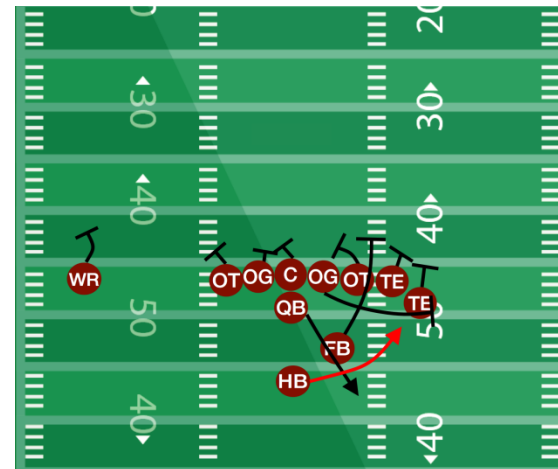


Figure 8: G Lead

Positional Assignments

Offensive Line – The center and weak side guard will double the nose tackle, while the left tackle kicks out on the cutback defender and the right tackle blocks down on the defensive tackle lined up over the right guard. The right guard will pull on the snap of the ball, getting out to the edge to kick out on the strong side edge defender, likely the strong safety.

Tight End – The tight ends will double the defensive end, with the outside tight end just chipping before heading to block a linebacker at the next level.

Wide Receivers – The receiver will block his man downfield and to the sideline, keeping him out of the play.

Running Backs – The fullback will keep his eyes on the Sam linebacker as he works over to the strong side, coming up off the right tackle's hip to lay a block on him. The halfback will take the handoff, flowing to the strong side and looking to square his shoulders and head north inside of the right guards kick out block.

Quarterback – The quarterback will snap the ball, pivot, and hand it off to the halfback.

PlayAction Passes

I Form Big – Playaction Power O Waggle Left

Setup

This play is run from a Big I, with just one receiver lined up on the strong side, a tight end on either side of the line, and a fullback and halfback in the backfield.

Play Objective

Once you've beaten the defense down with your power running game, its time to take advantage of those safeties creeping up to the line and hit the defense with a playaction pass. This particular pass has a bunch of big targets available for the quarterback, with two tight ends running right across his face, while also giving him the option of putting his head down and just carrying the ball himself. This is a great call when you know the defense is going to sell out on the run and you want to make them pay – a 3rd and short in the red zone for example.

Positional Assignments

Offensive Line – The offensive line will not be in normal pass protection. Because they don't know if the quarterback will run the bootleg or pass the ball, they need to block to the playside and give him as much time as possible to make that decision. The tackles and center will step over to the playside and block at the line, while the guards will both pull out to the weak side and block for the quarterback.

Tight End – The weak side tight end will run a wheel route as the primary option on the play. The strong side tight end will run a drive route across the field as a more shallow option for the quarterback.

Wide Receivers – The flanker will run a post route, taking the top of the defense.

Running Backs – The halfback will fake taking the handoff to the strong side, stepping up to help in pass protection once he's sold the fake. The full back will slide out to the weak side in the flat, ready to either catch a pass as the hot read or turn around and act as a lead blocker for the quarterback as he comes down the field.

Quarterback – The quarterback will fake the handoff to the halfback, then bootleg around to the weak side with the protection of both guards and the fullback. He'll look first to the weak side tight end, then next to the strong side tight running the shallow drive route. The fullback is his 3rd option and hot read, and he has the flanker deep as his 4th option. However there is one more option. If he doesn't like what he sees down the field, or there is simply just a ton of open field in front of him, the quarterback and keep rolling out and carry the ball himself. This is particularly effective near the end zone, where a defender will often have to choose whether to come up and take away the run or take away a pass, and if the quarterback makes the correct read, it should mean a touchdown.

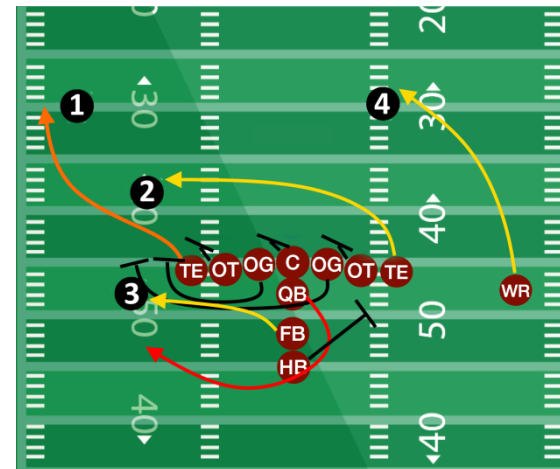


Figure 9: PlayAction Power-O Waggle Left

I Form – Playaction Split End Curl

Setup

The offense will be in I Formation, with a tight end and a fullback on the field, as well as two receivers and the halfback.

Play Objective

This next play is designed to bait the defense into crashing hard on the run, so that the offense can get the ball out for a short completion. This play is best used on 3rd and short, or any other situation where the defense is going to be doing everything they can to stop a run up the middle.

Positional Assignments

Offensive Line – The offensive line must sell the initial run fake before dropping back into pass protection.

Tight End - The tight end will run a curl route.

Wide Receivers – The split end will run a curl route, while the flanker will run a post route, looking to catch a deep pass if the safety comes up to help on the tight end.

Running Backs – The fullback will step up, selling the run fake by blocking hard to the weak side. The running back will take the handoff, faking a run to the weak side before settling in to help with pass protection.

Quarterback – The quarterback will take the snap and pivot out as if about to hand the ball off to the halfback, before tucking it against his hip and finishing his drop back. He'll then look to his first read, the split end on the weak side. His reads will continue to the right, looking at the tight end and then next at the flanker on the post..

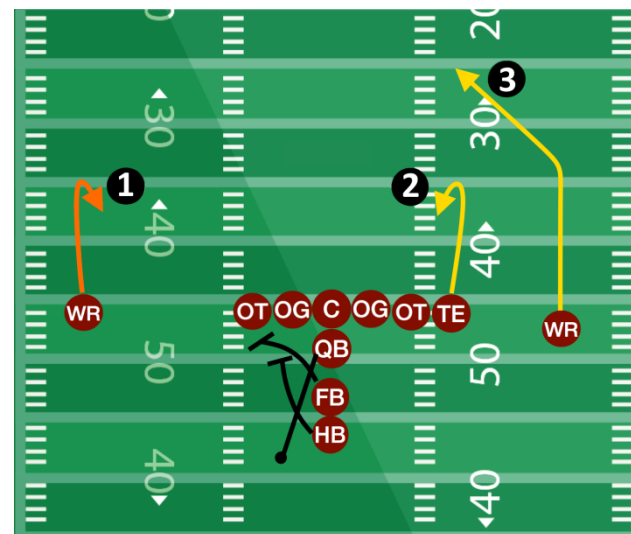


Figure 10: PlayAction Split End Curl

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