

G-H COUNTER RUNS

RULES & PHILOSOPHY



INTRODUCTION

The G-H Counter run scheme is designed to attack defensive gaps by using mis-direction and precision blocking schemes. Typically, the backside guard (G) and backside H-back or tight end (H) pull across the formation to lead block for the running back.

For quarterbacks, understanding the blocking assignments of the offensive line is crucial because it affects the timing and execution of the play. Additionally, identifying the most dangerous linebackers—the defenders most likely to disrupt the run—is essential for making pre-snap adjustments or audibles. Knowing whether the defense is aligned in a 3-down (three defensive linemen) or 4-down (four defensive linemen) front provides critical insight into potential weaknesses in the defense's alignment.

This knowledge helps quarterbacks make informed decisions to maximize the play's effectiveness and attack the defense where it's most vulnerable.

ACTION

We're making available the methods and tools we use to get young athletes more comfortable understanding run game scenarios. Check the information at the end of this guide for directions on how to download our tools and access our quarterback development programs..

***"WE DONT JUST PLAY QUARTERBACK,
WE ARE QUARTERBACKS."***

RULES VS 4-DOWN FRONT (EXAMPLE)

OLINE BLOCKING

- **Playside Tackle:** If the backside gap is filled, down-block with potential double from play-side guard towards the ID. If the backside gap is uncovered, secure B-gap and work to the ID. The ID in a 4-down front is the linebacker directly backside of the play-side linebacker.
- **Playside Guard:** If the backside gap is filled, down-block A-gap defender.
- **Center:** Secure backside A-gap via down-block if filled. If facing a backside 3-technique, the center must take an appropriate angle to secure A-gap defender and prevent penetration.
- **Backside Guard:** Pull flat working to the end man on the line of scrimmage's (EMOLS) downfield shoulder for kick-out. Aim for first defender outside of playside tackle.
- **Backside Tackle:** Help to seal pursuit from the end.
- **Tight End:** Pull behind the playside guard and work to the +1 defender.
- **X, A, Y, Z:** Block most dangerous man (MDM) unless you are tagged with a concept or a single route.

TRY TO IDENTIFY THINGS QUICKER

The whole purpose of learning to review film is to get better and faster at identifying things during an actual game. So, while watching film try to identify the blocking assignments, groupings, and cues quicker each time you review a play.

INCORPORATE THE FILM NOTES INTO YOUR TRAINING

Use your game film to correct your mistakes and to help prepare your training and game preparation strategies.

KEY TALKING POINTS



- The counter scheme entails two offensive players pulling across the formation to the opposite side. What two players those are doesn't really matter as far as the scheme itself is concerned.
- The initial track of the running back should be at the play-side A-gap.
 - Their track will adjust to aim for the hip of the puller.
 - Running backs must stay tight to pullers.
 - There is no cutback.
- WR's block the most dangerous secondary defender.
- With a Tight End involved as a puller in the counter scheme, the offense now has 6 offensive players to block 6 defensive players, which opens up many different RPO plays behind the run that could be 2nd or 3rd level throws.



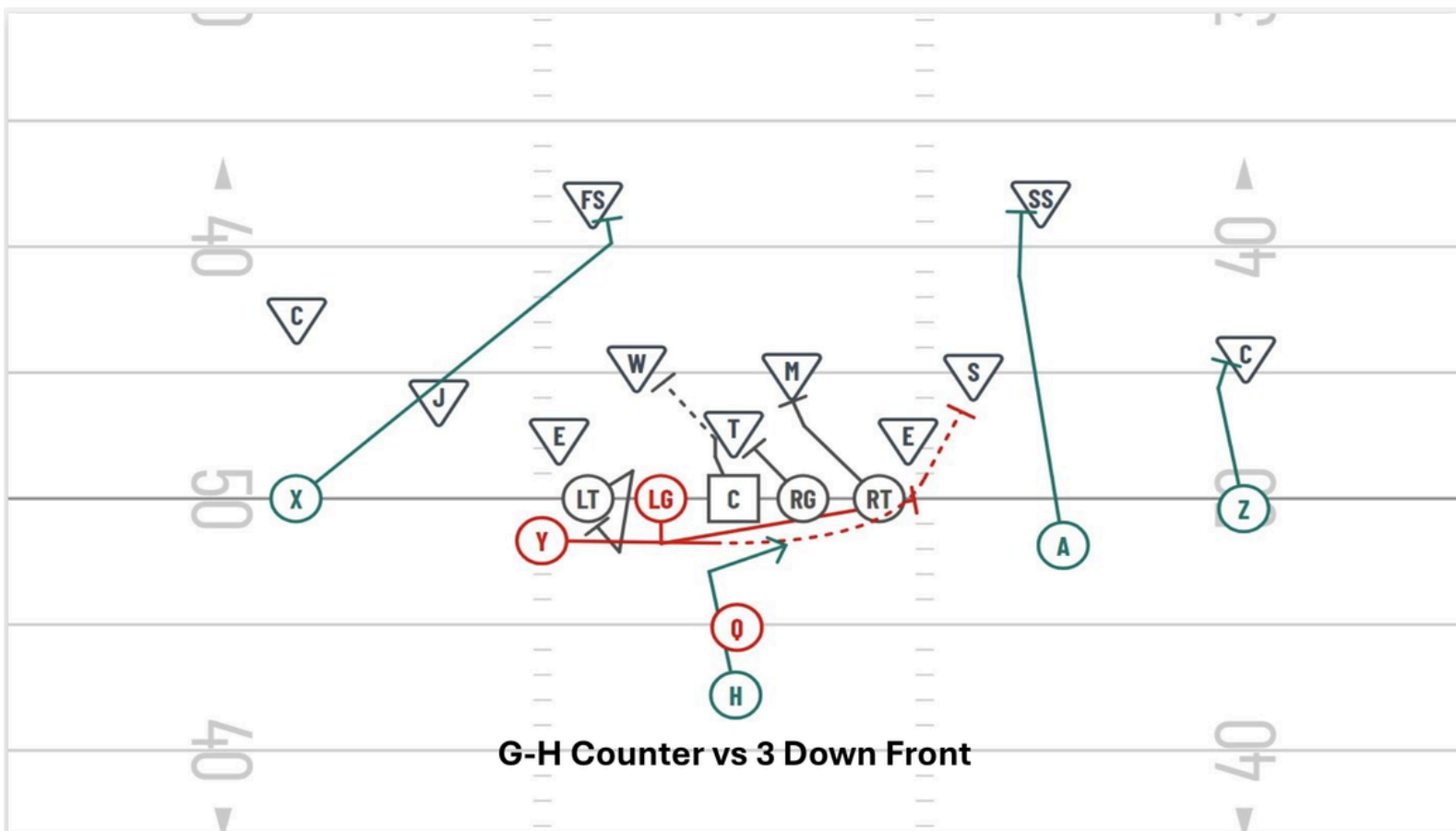
RULES VS. 3-DOWN FRONT



- **Playside Tackle:** Secure B-gap and work to first ID (backside linebacker).
- **Playside Guard:** If the backside gap is filled, down-block with potential double team from Center towards 2nd ID (backside linebacker). If the backside gap is unfilled, secure A-gap and work to 2nd ID.
- **Center:** Secure the backside A-gap via down-block if filled. If facing a O-technique, the center must secure A-gap and work to 2nd ID.
- **Backside Guard:** Pull flat working into the end man on the line of scrimmage's (EMOLS) downfield shoulder for kick-out block. Aim for the first defender outside of playside tackle.
- **Backside Tackle:** Help to seal pursuit from the end.
- **Tight End:** Pull behind the playside guard and work to the +1.
- **X, A, Y, Z:** Block MDM



G-H COUNTER VS. 3-DOWN FRONT



G-H Counter vs 3 Down Front



KEY TALKING POINTS



- In an odd-front, there will be 2 second-level workups coming from the playside tackle and the playside guard or center depending on where the O-Technique goes or if anyone walks up on the line of scrimmage.
- The initial track of the running back should be at the play-side A-gap
 - Their track will adjust to aim for the hip of the puller.
 - Running backs must stay tight to pullers.
 - There is no cutback.
- WR's have the most dangerous secondary player (corner/safety).
- With a Tight End involved as a puller in the counter scheme the offense now has 6 players to block 6 defenders which opens up many different RPO plays behind the run that could be 2nd or 3rd level throws.

NEXT STEPS

We have provided this guide to help athletes gain a basic understanding of run schemes. Tuck it away and refer to it often on your journey to becoming a top flight football player.

Email us if you would like more information on our quarterback development program or to get access to our online QB School and QB Skills Training content. (info@qbcityonline.com)

See you guys around. And, remember to Play Fast!

