

POWER RUNS

RULES & PHILOSOPHY



INTRODUCTION

Power is a gap scheme run that creates movement with double teams at the point of attack while wrapping a lineman to the play-side to create a numbers advantage.

The power scheme uses the backside guard to pull and either kick out the end man on the line of scrimmage or wrap through and onto the second level. There are many variations of power that can change with different personnel groupings, formations, and defensive alignments.

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

- **DOUBLE AT POINT OF ATTACK FROM PLAYSIDE AND PULL TO +1**
- **Playside Tackle:** Responsible for playside B-gap. Double team at the point of attack.
- **Playside Guard:** Responsible for playside A-gap. Double team at the point of attack.
- **Center:** Dual responsibilities. Responsible for backside A & B gaps.
- **Backside Guard:** Pulls to the +1 defender. Path depends on the block by the tight end.
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- **Backside Tackle:** Responsible for backside B & C-gaps. Hinge End Man On Line of Scrimmage (EMOLS)
- **Tight End:** Kick out C-gap defender or log him.
- **X, A, Y, Z:** Block most dangerous man (MDM).

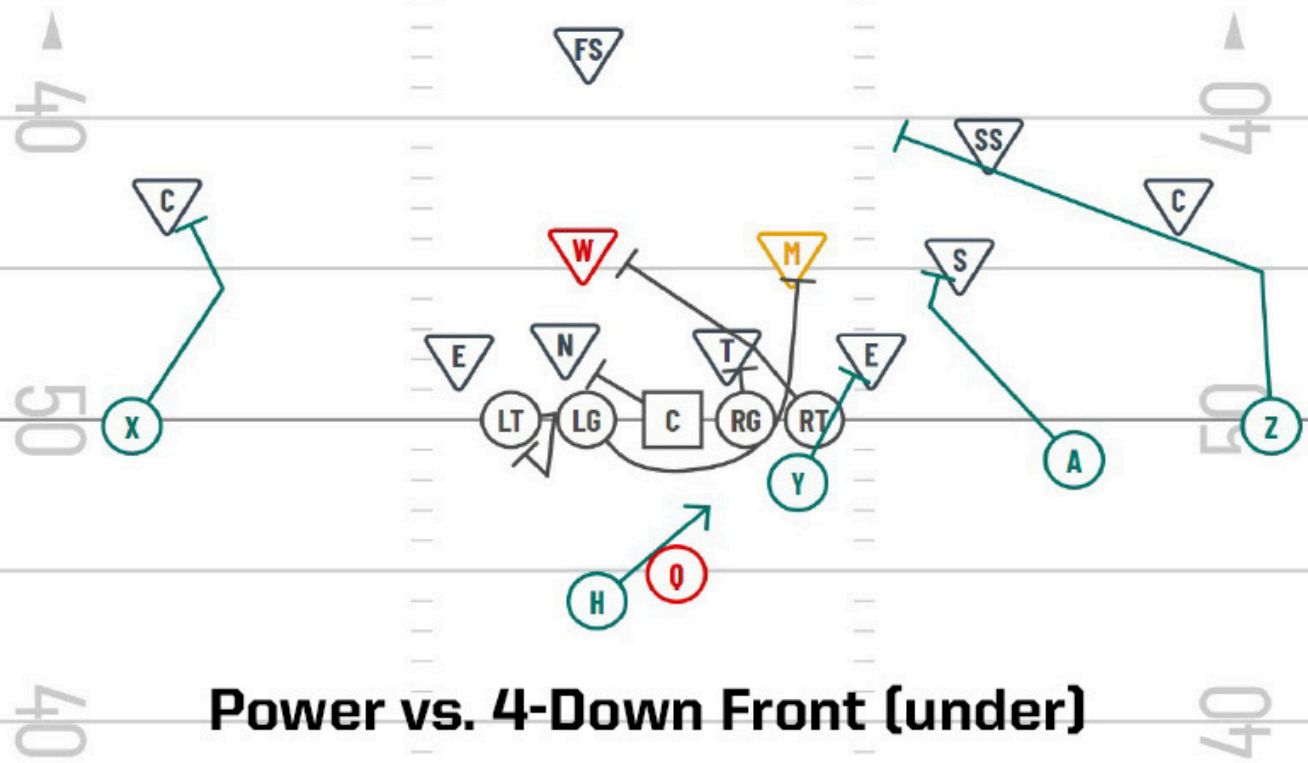
TRY TO IDENTIFY THINGS QUICKER

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.

POWER VS. 4-DOWN FRONT (OVER)



RULES VS 3-DOWN FRONT (EXAMPLE)

OLINE BLOCKING

- **DOUBLE AT POINT OF ATTACK FROM PLAYSIDE AND PULL TO +1**
- **Playside Tackle:** Responsible for defensive end.
- **Playside Guard:** Responsible for playside A-gap. Double team at the point of attack.
- **Center:** Responsible for nearest down lineman. Double team at the point of attack.
- **Backside Guard:** Pulls to the +1 defender. Path depends on the block by the tight end.
- **Backside Tackle:** Responsible for backside B & C-gaps.
- **Tight End:** Kick out End Man On Line of Scrimmage (EMOLS).
- **X, A, Y, Z:** Block most dangerous man (MDM).

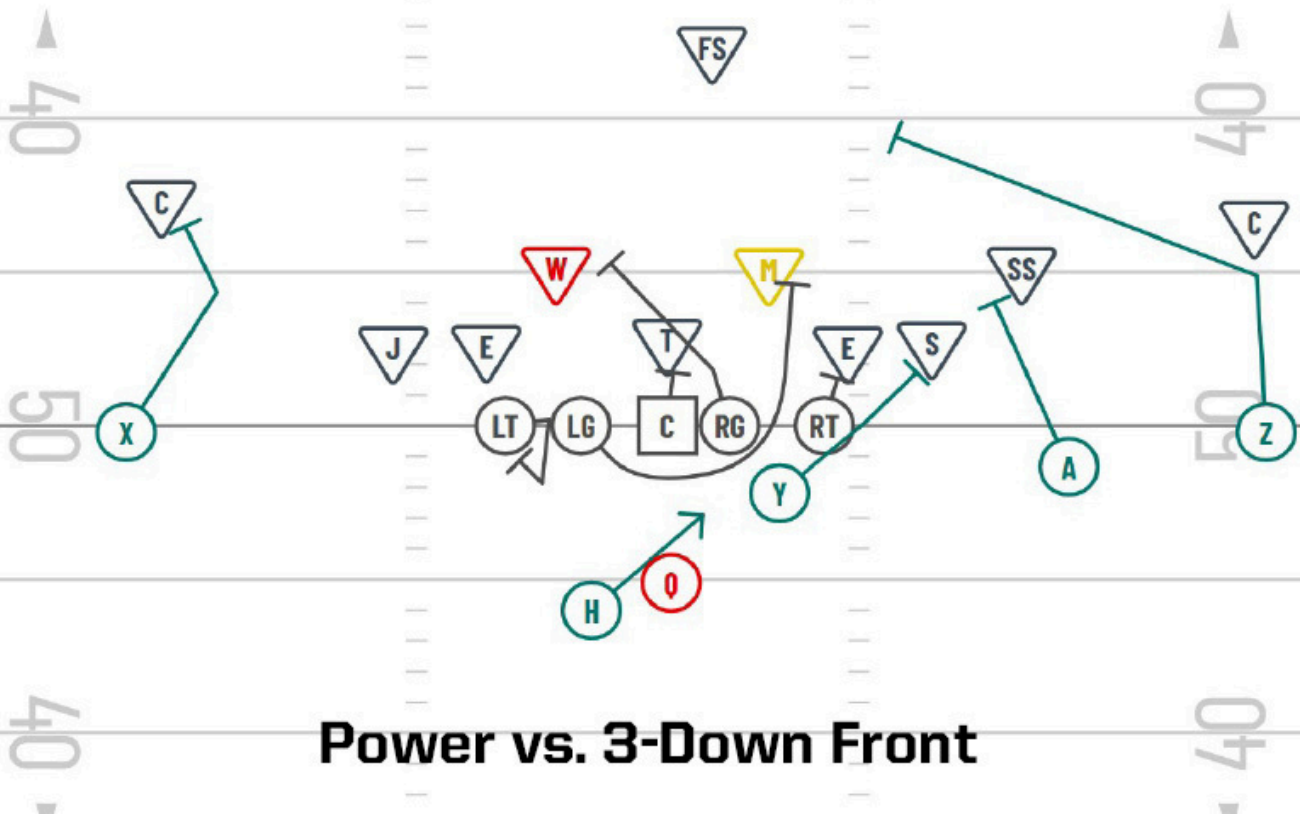
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POWER VS. 3-DOWN FRONT



Power vs. 3-Down Front

