

**VERTICAL DOUBLE TEAM TECHNIQUE ON “POWER”/”COUNTER”  
 (“DUECE”/”TREY”)**

**COACHING POINT: GET HIP TO HIP WITH KNEES WORKING NORTH & SOUTH;  
4 HANDS ON DLM & 4 EYES ON LBer.**

I. **“POST” (INSIDE BLOCKER):** GAIN VERTICAL LEVERAGE (YOUR PADS LOWER THAN DLM’S PADS). FIRST STEP DEPENDS ON HORIZONTAL LEVERAGE OF DLM ON YOU. IF HE IS TIGHT ON YOU - TAKE A 3” LATERAL STEP WITH YOUR INSIDE FOOT. IF HE HAS A WIDER SHADE ON YOU – PICK UP INSIDE FOOT & PUT IT RIGHT BACK DOWN (DON’T STEP AWAY FROM “LEAD” BLOCKER” – GIVE HIM “BODY PRESENCE”). LANDMARK = NEAR (INSIDE) PEC OF DLM. SECOND STEP = DRIVE OUTSIDE KNEE UPFIELD PLACING IT IN CROTCH OF DLM (GET SECOND FOOT IN THE GROUND AT OR BEFORE CONTACT). TWO HAND PUNCH TO NEAR PEC (TRYING TO LIFT THE DEFENDER) & EYES LOOK INSIDE IMMEDIATELY FOR LBer RUN THRU. DO NOT LET INSIDE FOOT GO BEYOND OUTSIDE FOOT – SO YOU CAN COME OFF INSIDE. WHOEVER COMES OFF FOR BS/LB AIM FOR INSIDE # OF LBer (SO HE MUST GO OVER THE TOP).

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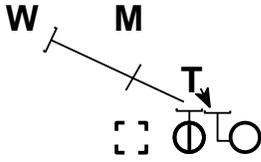
II. **“LEAD” (OUTSIDE BLOCKER).** GAIN VERTICAL LEVERAGE (YOUR PADS LOWER THAN DLM’S PADS). FIRST 2 STEPS ARE A QUICK “HOP” INSIDE (IN ORDER TO GET HIP TO HIP WITH “POST” BLOCKER). LANDMARK = NEAR (OUTSIDE) PEC OF DLM. THIRD STEP =

DRIVE INSIDE KNEE UPFIELD PLACING IT IN CROTCH OF DLM (GET THIRD STEP IN THE GROUND AT OR BEFORE CONTACT). 2  
HAND PUNCH TO NEAR PEC & STAY SQUARE (TRYING TO LIFT THE DEFENDER) & EYES LOOK IMMEDIATELY FOR LB COMING OVER THE TOP. BOTH POST & LEAD BLOCKER STAY HIP TO HIP & SHOULDER TO SHOULDER. DO NOT LET OUTSIDE FOOT GO BEYOND INSIDE FOOT – SO YOU CAN COME OFF OUTSIDE. WHOEVER COMES OFF FOR BS/LB AIM FOR INSIDE # OF LBer (SO HE MUST GO OVER THE TOP).

**COACHING POINT: STAY ON DOUBLE TEAM AS LONG AS POSSIBLE (UNTIL YOU ARE “FORCED” TO COME OFF FOR A LB) & DRIVE THE DLM BACK INTO THE LAPS OF THE LBers.**

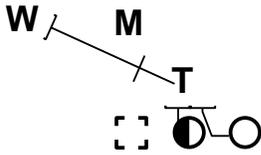
## DEUCE/TREY DOUBLE TEAM DRILL

### "DEUCE"

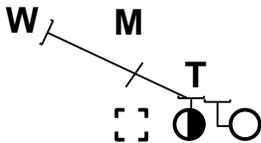


50-50 as to who is going to abort to W LBer as the DT could slant in or out. If DT slants out, inside blocker will abort to W LBer. If DT slants in, outside blocker will abort to W LBer. If the MLBer crosses the face of the inside blocker on his track to W LBer, he blocks him. If DG slants to "A" gap & M LBer goes to "B" gap, the outside blocker would abort the double team and block MLBer.

Optional: Include Center to block back on 2I, 2 or 3 technique.



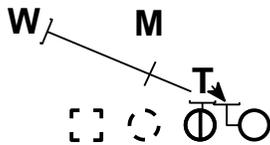
90% that the outside blocker will abort to W LBer. If DT would spike to "B" gap the inside blocker would abort to W LBer.



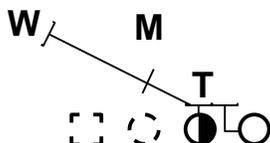
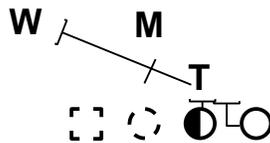
90% chance that the inside blocker will abort to W LBer. If DT would spike to "A" gap, outside blocker would abort to W LBer.

### "TREY"

Same rules apply for "Trey" double team as above.



A 50-50 chance on who would abort to the W LBer if the DT is head-up. In the illustration to the left, the inside blocker would abort to W LBer as the DT is slanting out.



## **QB/RB TECHNIQUES ON POWER/COUNTER (SAME)**

**QB:** REVERSE TO 5 O'CLOCK (ON POWER OR COUNTER LEFT) OR 7 O'CLOCK (ON POWER OR COUNTER RIGHT). TAKE BALL DEEP TO RB. MEST POINT ON 3<sup>RD</sup> STEP. THE 4<sup>TH</sup> STEP BEGINS NAKED MECHANICS. GOOD FAKE OF NAKED AWAY – DRIVE FOR 5-STEPS. NO PEEK BACK – FINISH!

**RB:** TOES AT 7 ½ YARDS. FOOTWORK: HEAVY LATERAL JAB STEP AWAY FROM THE P.O.A. (LOOK LBers OFF TO AWAYSIDE). HIT DOWNHILL FOR LANDMARK - PLAYSIDE B GAP. READ: GET ON BACK HIP OF LAST PULLER – READ HELMET OF MAN BEING DOUBLED (KNOW YOUR DOUBLE TEAM). LOOK FOR YOUR CUT FROM INSIDE-OUT (YOU TAKE 1<sup>ST</sup> DAYLIGHT BUT DO NOT GO OUTSIDE BLOCK OF LAST PULLER).

## **POWER/COUNTER BLOCKING RULES:**

### **ON Y/H:**

1. ON T UNCOVERED – THRU TO MLB AREA.
2. ON T COVERED & ON G UNCOVERED – DOUBLE WITH ON T (TO BS/LBer).
3. ON G & CENTER BOTH COVERED – GAP BLOCK.

NOTE: "SPECIAL" VS. 7 TECHNIQUE – INFLUENCE 7 & ARC BLOCK NEXT MAN OUTSIDE (G OR H WILL TRAP THE 7).

### **ON T:**

1. ON G UNCOVERED – DOUBLE TEAM WITH TE (TO BS/LBer).
2. ON G COVERED – DOUBLE TEAM WITH ON G (TO BS/LBer).
3. ON G & CENTER BOTH COVERED – GAP BLOCK.

### **ON G:**

1. CENTER UNCOVERED – DOUBLE TEAM WITH ON T (TO BS/LBer).
2. CENTER COVERED – BLOCK DOWN ON NOSE.
3. CENTER & YOU BOTH COVERED – GAP BLOCK NOSE.

### **CTR:**

1. BLOCK BACK ON 1<sup>st</sup>. MAN ON LOS AWAY FROM POINT OF ATTACK (ALERT FOR LBer RUN THRU).

**TRAPPER (OFF G ON COUNTER/H OR Y ON POWER):**

1. EMLOS PLAYSIDE. (?1<sup>st</sup> MAN OUTSIDE ON T?)

**WRAPPER (OFF G ON POWER/H OR Y ON COUNTER)**

1. PULL & TURN UP TIGHT TO DT - WRAP PS/LBer.

**OFF T:**

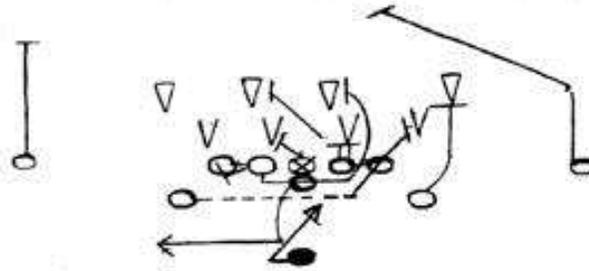
1. SQUEEZE B GAP – HINGE ON EDGE RUSHER

**WR'S:**

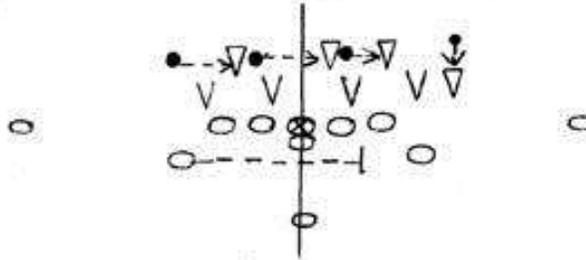
1. BLOCK SAFETIES

**EXAMPLE OF USE OF POWER/COUNTER SERIES:**

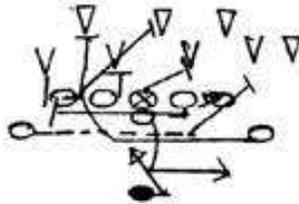
Our "lead" play is the "POWER". Using the "4-4" defense as one example - we will run the "Power" as long as the LBers don't slide with motion:

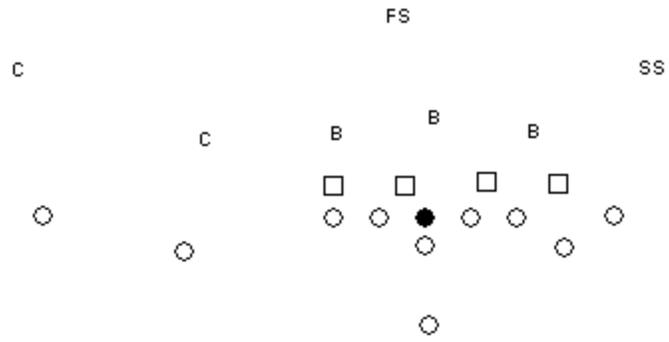


When the LBers slide with motion to stop the "Power" - they now have 5 men to the motion side & only 3 men away from the motion side:

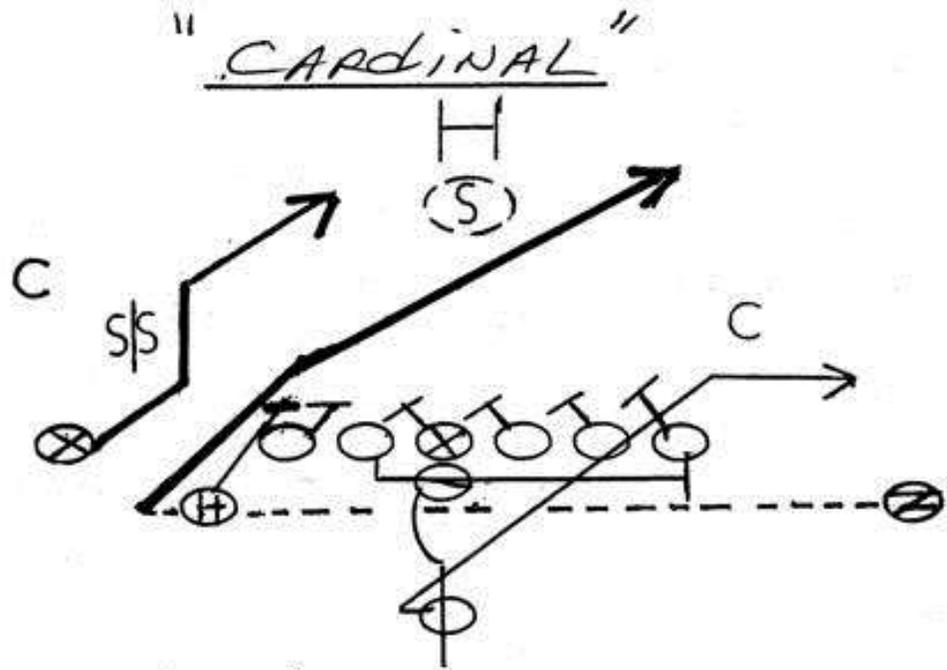


This will tell us to call the "Counter" away from the motion side:





Alabama's "Hump" Formation



This is how we used it.

1. QB = Key F/S (MOF). WORK FROM **X** TO **Z** OFF F/S. (S/C will come up with TE blocking, & FAKE to his side). RB = outlet in FLAT.
2. X = SEAM RELEASE - RUN post' (motion across)
3. Z = SEAM RELEASE - RUN TO FAR CORNER (PYLON)