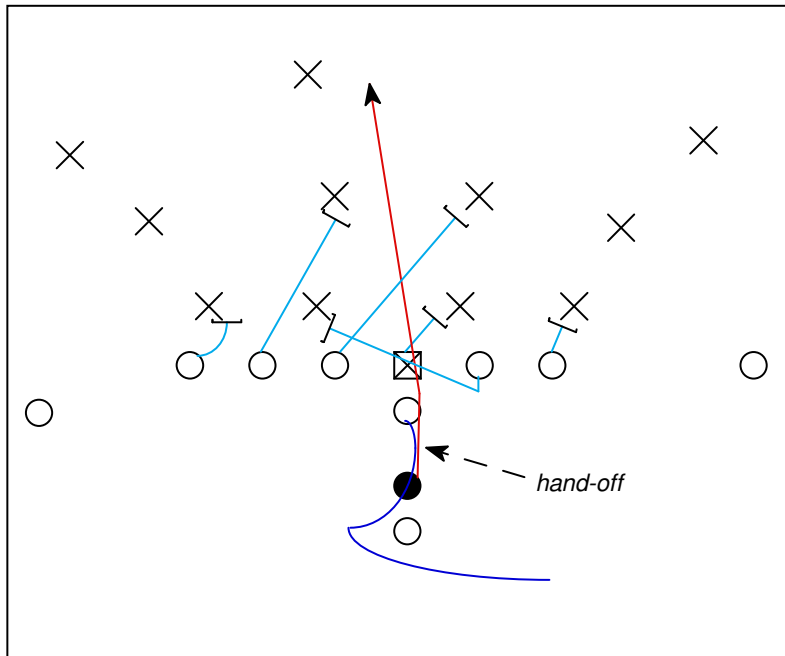


# Episode 04 - Basic Running Game (part 2)

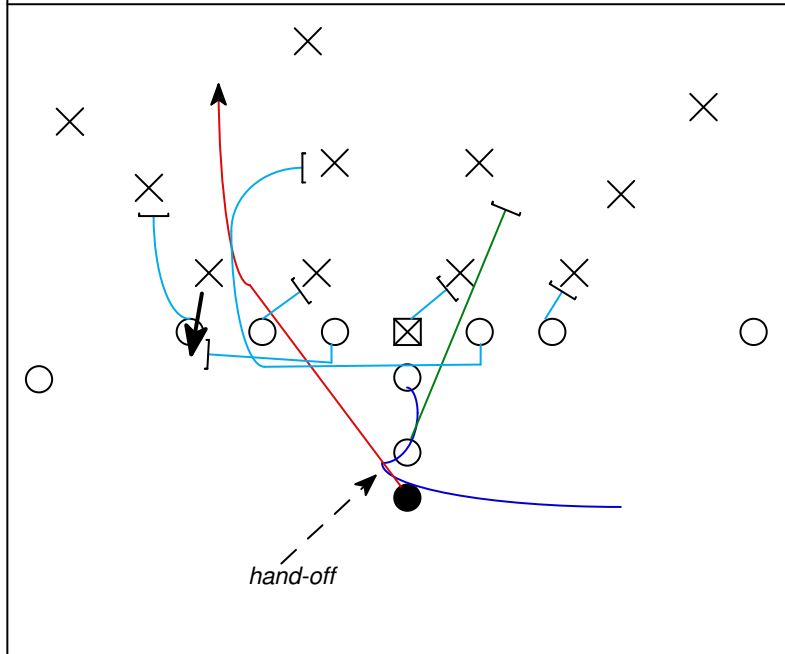


## Inside Trap

The Fullback (solid black) will take the handoff from the QB and run up the middle between the Center's block and the "pulling" Right Guard. The Right Guard comes out of his stance, turns to his left, and charges down the Line of Scrimmage (LOS) to the man over top of the Left Guard. The Left Guard leaves him untouched, and goes to the "second level" to block a Linebacker.

This play is a big part of many offenses. It is a great inside running play.

In most numbering systems, the hole called here would be the "1" Hole - the gap between the Center and Left Guard. It could also be run to the "2" Hole, between the Center and Right Guard.

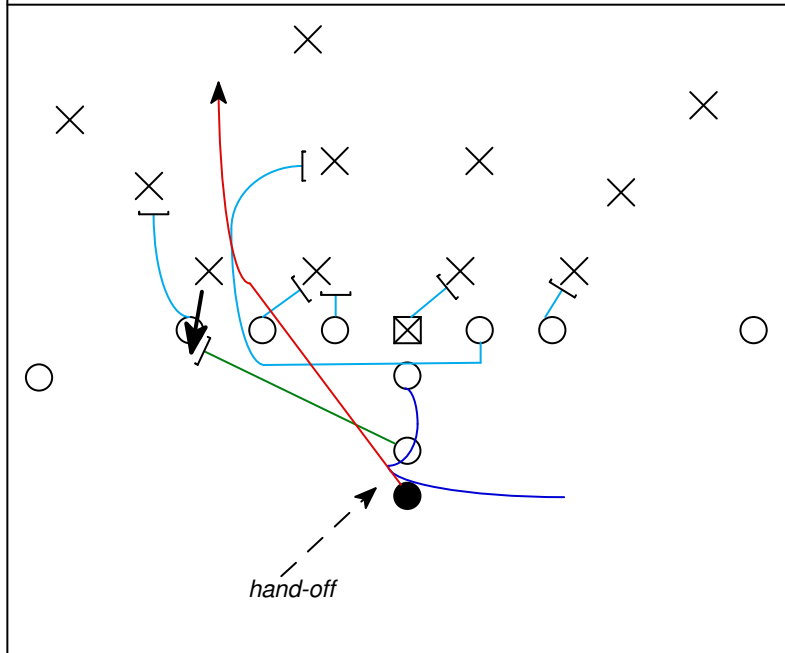


## Outside Trap

The Left Guard and the Right Guard will be pulling to the left on this play. In this case, the Tight End has a Defensive End over him. In the Outside Trap, the man being "trapped" is the first player *outside* of the offensive Tackle. As the Tight End releases to block a LB, he leaves the End unblocked. The End rushes upfield, thinking he has been forgotten! The Left Guard executes a "Kick-out" block on the End. The Right Guard turns upfield off the butt of the Left Tackle's block. The Tailback (solid black) takes the hand-off and follows the block of the Right Guard.

This is a very effective "Off-Tackle" Play. Notice that the running back is running right off the butt of the Tackle when he makes his block.

In most systems, this is being run to the "5" hole, and can also be run to the "6" hole on the other side.



## Power

The Power play is run almost the exact same as the Outside Trap. It is an off-tackle play and changes the assignment of only two players. The Fullback now takes the responsibility that was the Left Guard's (if the play is being run to the left). He will "kick-out" the Defensive End (first man outside of the Offensive Tackle). The Left Guard's blocking assignment will change, and he will be responsible for either a defensive lineman for a linebacker. Everyone else executes the play in the same manner.

Notice that the Quarterback's footwork does not have to change for any of these three plays. They are all basically the same to him!