

The "Power" Running Game (COUNTER/POWER SERIES)

The "Power" running series, popularized by Joe Gibbs' Washington Redskins, is still dominant in the NFL and Division I colleges today.

The leading single game rusher in Super Bowl history is Timmy Smith (Redskins) who ran for 204 yards and 2 TD's in Super Bowl XXII, ALL of it on the "Counter", which is the key play in the "Power Series". The third leading single game rusher in Super Bowl history is John Riggins (Redskins) who ran for 166 yards and 1 TD in Super Bowl XVII (in the same offense).

In teaching offensive line play in this series, the following must be stressed:

1. "WHO" (who to block), and
2. "HOW" (how to block)

You must spend as much time on "WHO" as you do on "HOW", because a poor block on the right man is better than a good block on the wrong man! (*Quote from Russ Grimm*).

Teaching the "WHO" aspect in the "Power Series":

The blocking on all 5 plays is constant from ON TACKLE to OFF TACKLE. Only the TE (Y) , HB, & OFF GUARD change men according to the play.

Rules for ON TACKLE to OFF TACKLE are as follows (assignments of TE, HB & OFF G will be listed with each play):

- ✓ **ON TACKLE & ON GUARD:** 1. If inside teammate uncovered - combo with your outside teammate from man on YOU to backside LB. 2. If your inside teammate is covered - combo with him from man on him to backside LB (OR: gap block vs. "solid" look).
- ✓ **CENTER:** Block first man on LOS away from P.O.A.
- ✓ **OFF GUARD:** On "Counter" pull & trap EMLOS. On all other plays in the series pull & turn up thru first daylight to seal playside Lber (if he runs thru trap him).
- ✓ **OFF TACKLE:** Squeeze B gap and hinge back on pursuit.

Following are the 5 plays in the "Power Series". Each will be shown vs. an "OVER" (reduced strong) and an "UNDER (reduced weak) look, which constitute about 75% of what you will see on most levels. **On any of these plays H can go in motion.**

NOTE: Ball handling & steps for QB & RB = same on all 5 plays!

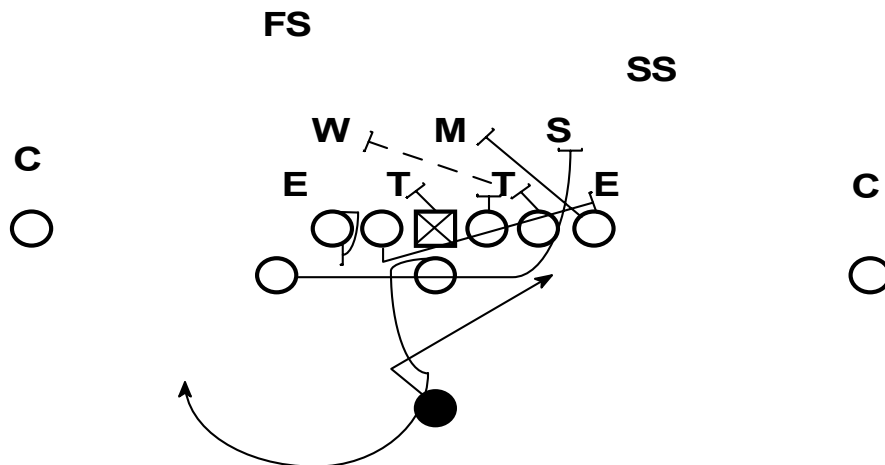
"60 COUNTER"

TE = If the ON TACKLE is covered, down block DE. If the ON TACKLE is uncovered, go thru to the offside LB.

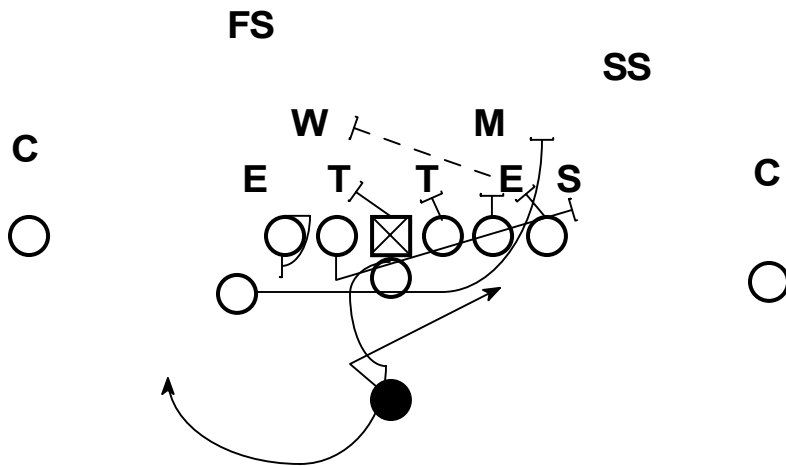
HB = Pull & turn up to seal playside ILB - if he runs thru trap him.

OFF G = Pull & trap EMLOS.

60 COUNTER v OVER



60 COUNTER v UNDER



"60 KIK"

Everything is same as "Counter" EXCEPT: OFF GUARD & HB trade blocks.

H will motion to the callside. He should be throttled down, under control behind the onside tackle at the snap. If H is in an offset (to PS) FB position, he doesn't need to motion.

"60 POWER"

Everything is same as "60 Counter" & "60 Kik" EXCEPT:

TE = Block DE wherever he lines up (stops "wrong-shoulder" or "spill" technique).

HB = Block playside ILB.

OFF GUARD = Pull & seal thru first daylight looking inside.

60 POWER v OVER

A schematic diagram of a football play labeled "60 POWER v OVER". The diagram shows a line of seven offensive players represented by circles. From left to right, they are labeled W, T, M, S, T, E, and C. Above the line, the letters FS and SS are positioned. A black circle representing the center is located below the line, with an arrow pointing to the right. A curved arrow indicates the path of the ball carrier, starting from the center and moving towards the right side of the line. A dashed line connects the center to the right side of the line.

60 POWER v UNDER

A schematic diagram of a football play labeled "60 POWER v UNDER". The diagram shows a line of seven offensive players represented by circles. From left to right, they are labeled W, T, M, S, T, E, and C. Above the line, the letters FS and SS are positioned. A black circle representing the center is located below the line, with an arrow pointing to the right. A curved arrow indicates the path of the ball carrier, starting from the center and moving towards the right side of the line. A dashed line connects the center to the right side of the line. A zigzag line is drawn below the line of players, representing a defensive front.

40 BIM (HB ON EMLOS)

Everything is same as "60 Counter", "60 Kik", & "60 Power" EXCEPT:

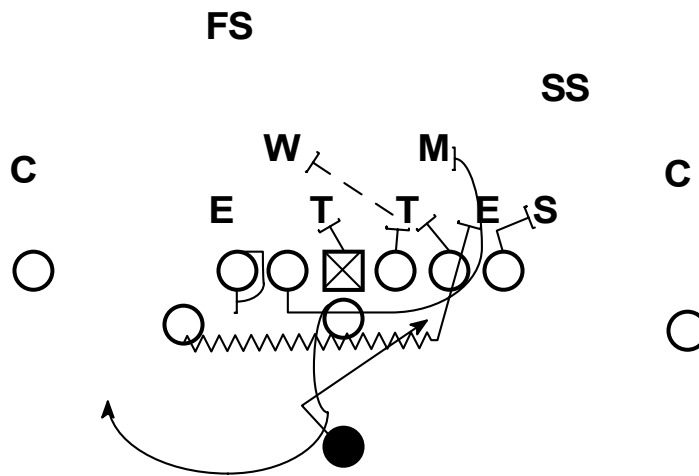
TE = Bluff DE & turn out on OLB.

HB = Block emlos.

OFF GUARD = Same as "60 Power".

NOTE: This play used almost exclusively vs. a 7 technique that TE can't block.

60 BIM



"GREAT PLAY" = "60 POWER/LOAD". YOU GET IN BEHIND TWO DOUBLE TEAMS!!!!

60 POWER-LOAD (#1 short yardage & goal line play)

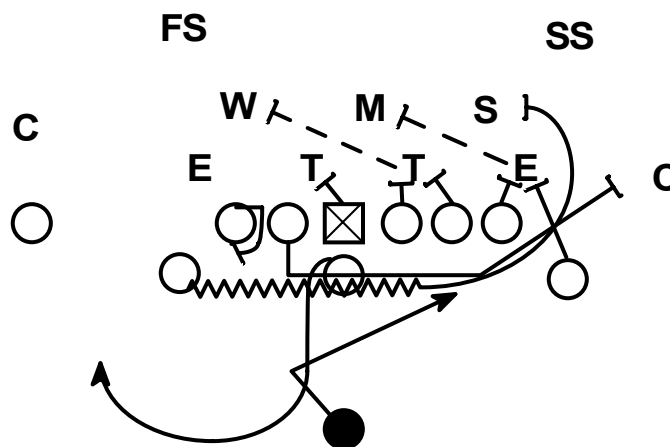
Everything is same as "60 Power" EXCEPT:

FLANKER (sub TE - in a Wing formation) = Block emlos (if ON TACKLE uncovered you & TE combo from DE to offside LB).

HB = Kick out run support.

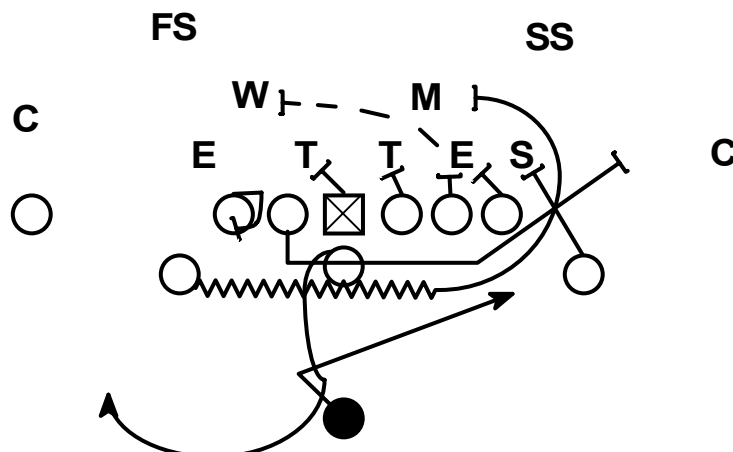
NOTE: (Off G-HB-RB) play will hit a tad wider.

60 POWER-LOAD



PATHS OF H & G ARE IDENTICAL: G WRAPS AND SEALS; H KICK OUT RUN SUPPORT

60 POWER-LOAD v UNDER



PATH OF H & G IS IDENTICAL: G WRAPS AND SEALS; H KICK OUT RUN SUPPORT

Conclusion: These 5 plays have been drawn from "Double" & "Trips" formations, but can be run from ANY set (1 back or 2 back). Along with the "ZONE SERIES" (inside & outside zones), it gives you a simple & complete running game.

POWER/COUNTER BLOCKING CALLS:

1. "ACE" = DOUBLE TEAM BY ONSIDE G & CTR FROM DLM ON CENTER TO BACKSIDE LB
2. "DUECE" = DOUBLE TEAM BY ONSIDE G & T FROM DLM ON GUARD TO BACKSIDE LB (WHEN THERE IS A BUBBLE OVER CTR – OR CTR & ON T)
3. "TREY" = DOUBLE TEAM BY ONSIDE T & H/Y FROM DLM ON TACKLE TO BACKSIDE LB (WHEN THERE IS A BUBBLE OVER ON G)
4. "FOUR" = DOUBLE TEAM BY ONSIDE Y & Z (2nd TE) FROM MAN ON Y TO NEAR LB
5. "GAP" = ALL PLAYSIDE BLOCKERS BLOCK FIRST MAN INSIDE (WHEN CTR & ON G COVERED)
6. "OFF" = BLOCK USED BY CENTER AWAY FROM POA. CENTER BLOCKS 1st MAN ON LOS.
7. "LOAD" = BLOCK PERFORMED BY WINGBACK ON EMLOS – USED ON "COUNTER-LOAD".
8. "BLUFF" = BLUFF TECHNIQUE USED BY WINGBACK ON EMLOS.

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