

ATTACKING DEFENSES **WITH RUNS FROM BUNCH** **FORMATIONS**

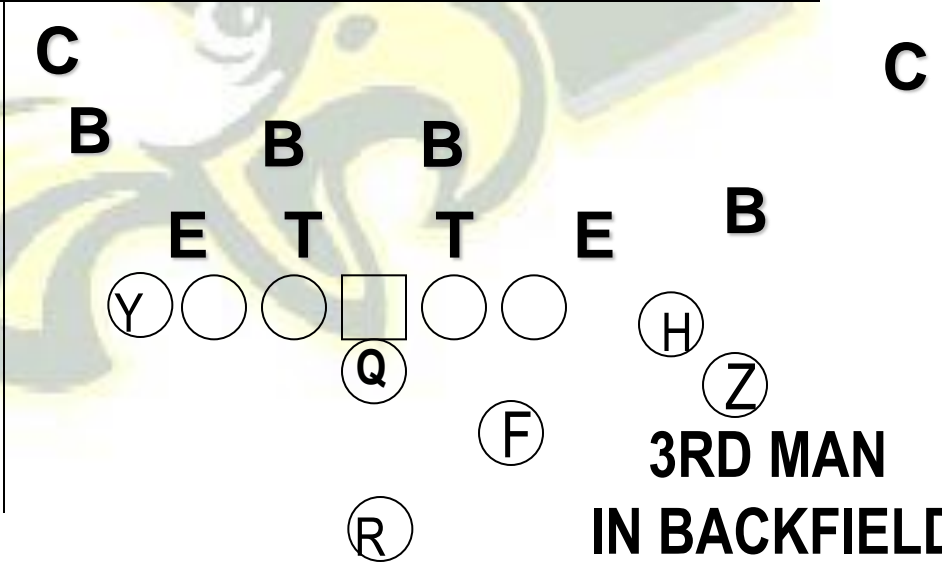
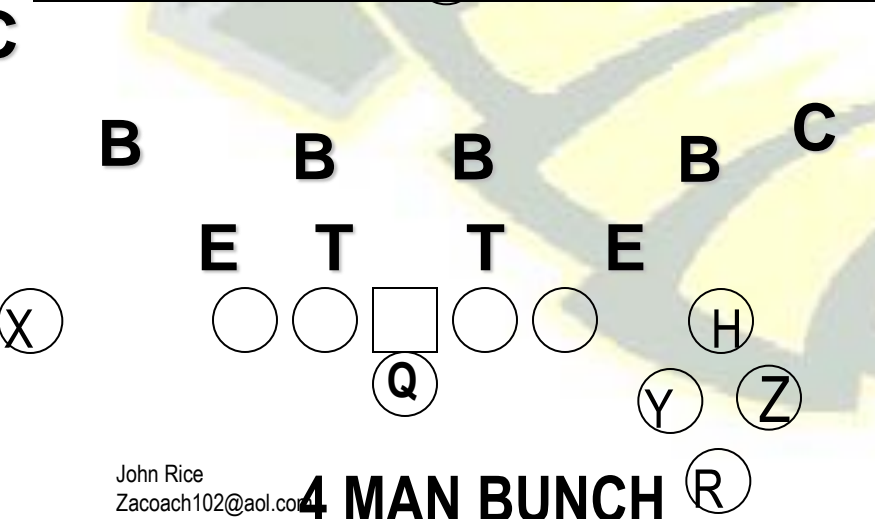
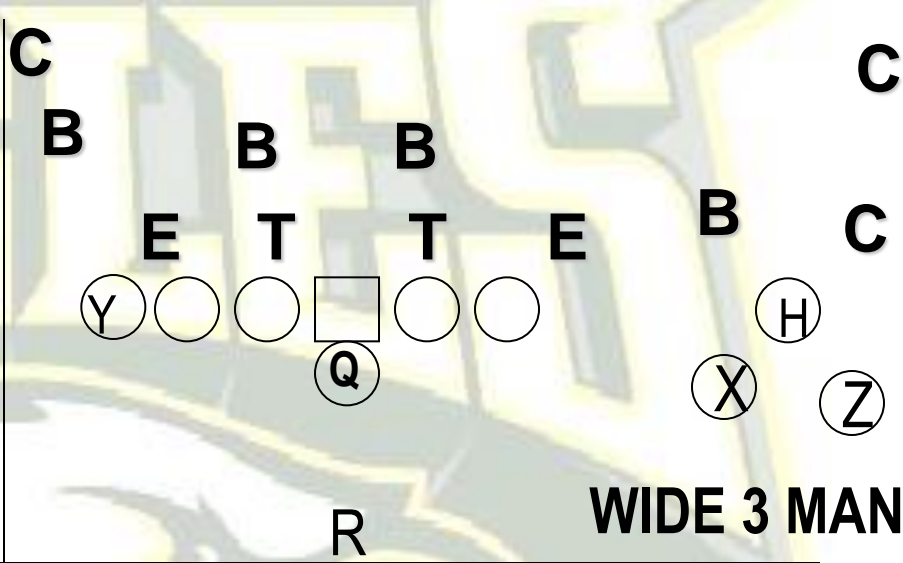
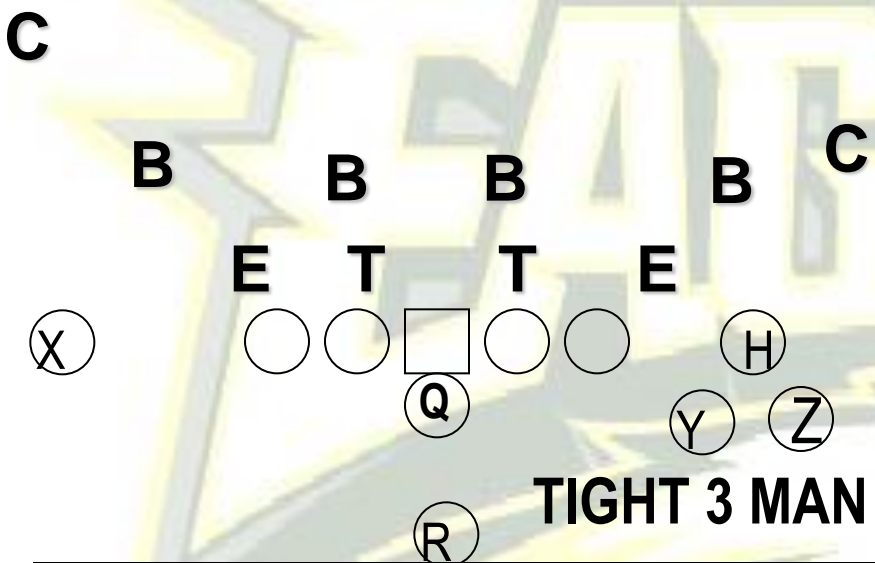
JOHN RICE
HEAD COACH
EISENHOWER HS, RIALTO, CA
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POWERPOINT PRESENTATION
AVAILABLE FOR \$5 ON CD

DVD CUTS AVAILABLE FOR \$10

DEFINITION OF BUNCH:

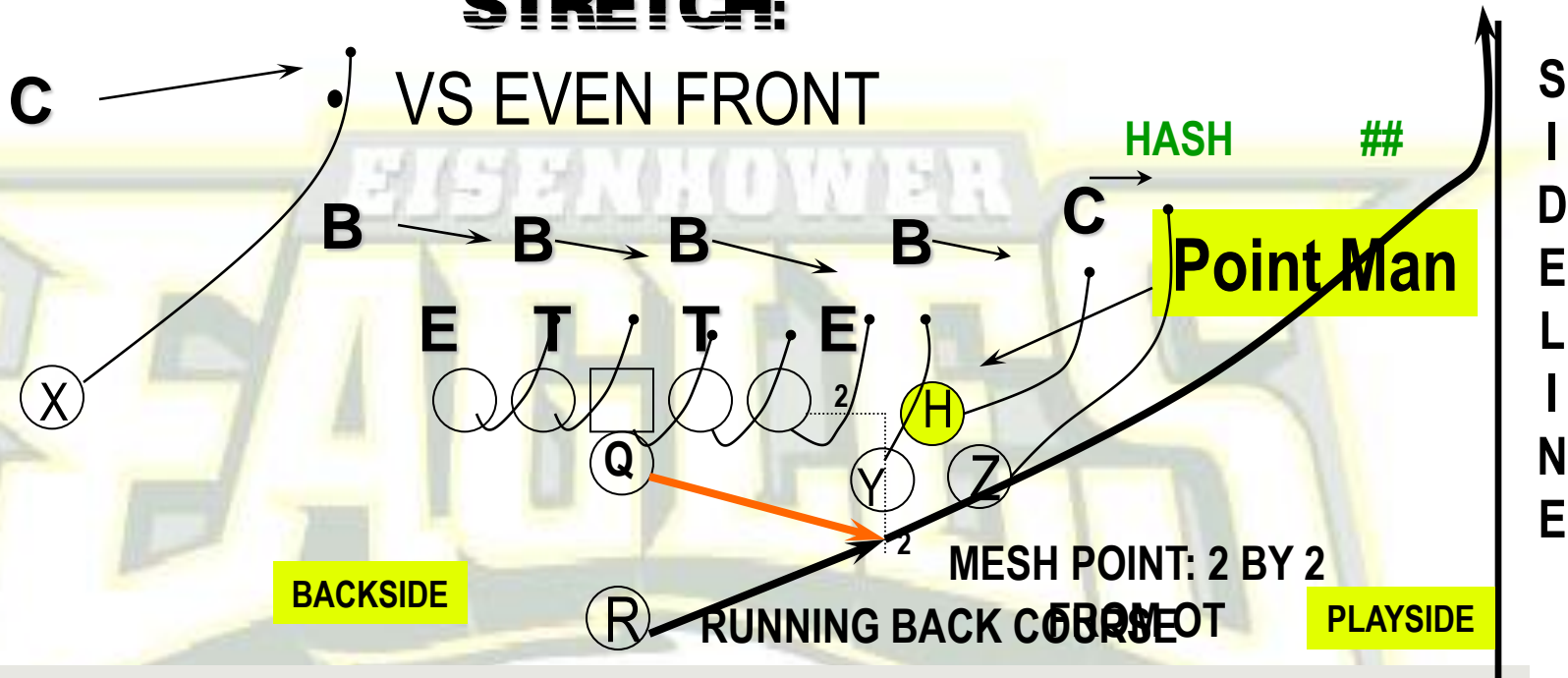
- 3 OR MORE RECEIVERS PLACED WITHIN 5 YARDS OF EACH OTHER



RUN CONCEPTS TO COVER

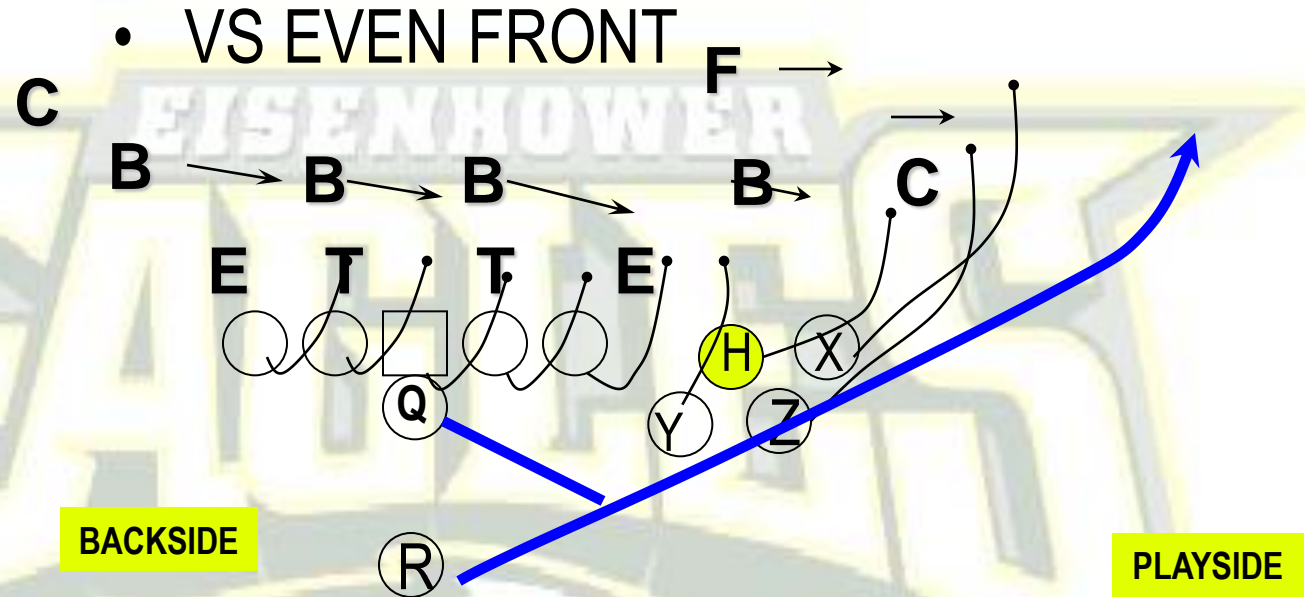
- TOSS
- STRETCH
- INSIDE ZONE
- F COUNTER
- QB COUNTER
- COUNTER TOSS
- WHAM/ISO
- QB DRAW/TRAP FROM 4 MAN (DIAMOND) BUNCH

STRETCH:



- Coaching Points
- Run from a tight bunch
- Outside Zone blocking principals: “reach & overtake man outside you” (playside)
- Point man and outside man in bunch responsible for combo on #1 & #2
- Inside man in bunch (y) combo with OT on #3 & #4
- C & G Combo on #5 & 6
- Backside T seal off backside b gap
- QB responsible for mesh (2 by 2) off OT playside
- RB on “railroad track” (no bow inside!); course is “HASH...NUMBERS...SIDELINE)

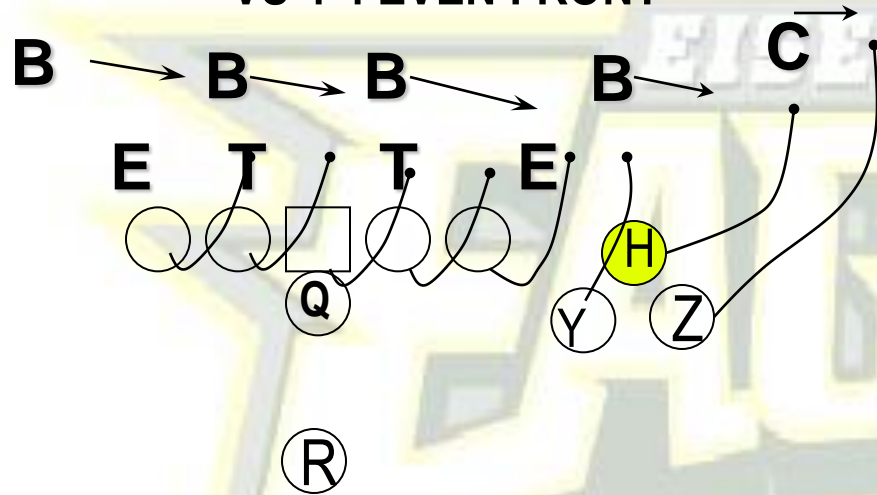
STRETCH VARIATION: X OVER



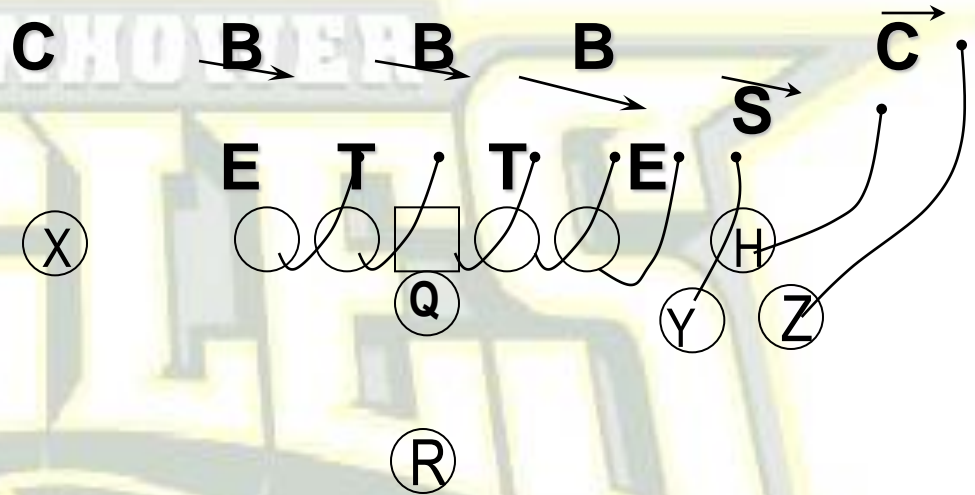
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RUNCH STRETCH VS. ODD & EVEN FRONTS

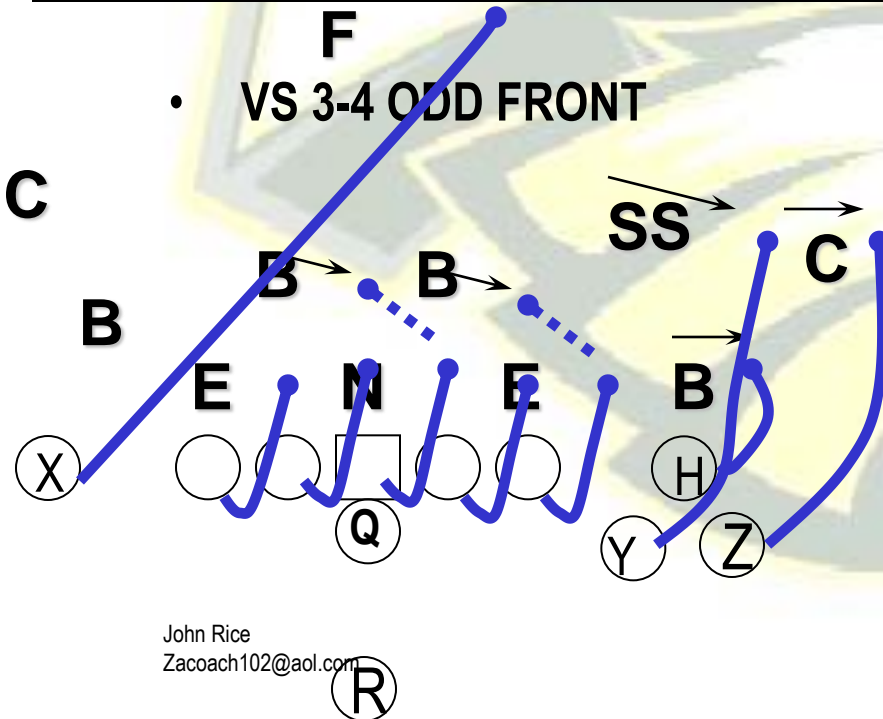
• VS 4-4 EVEN FRONT



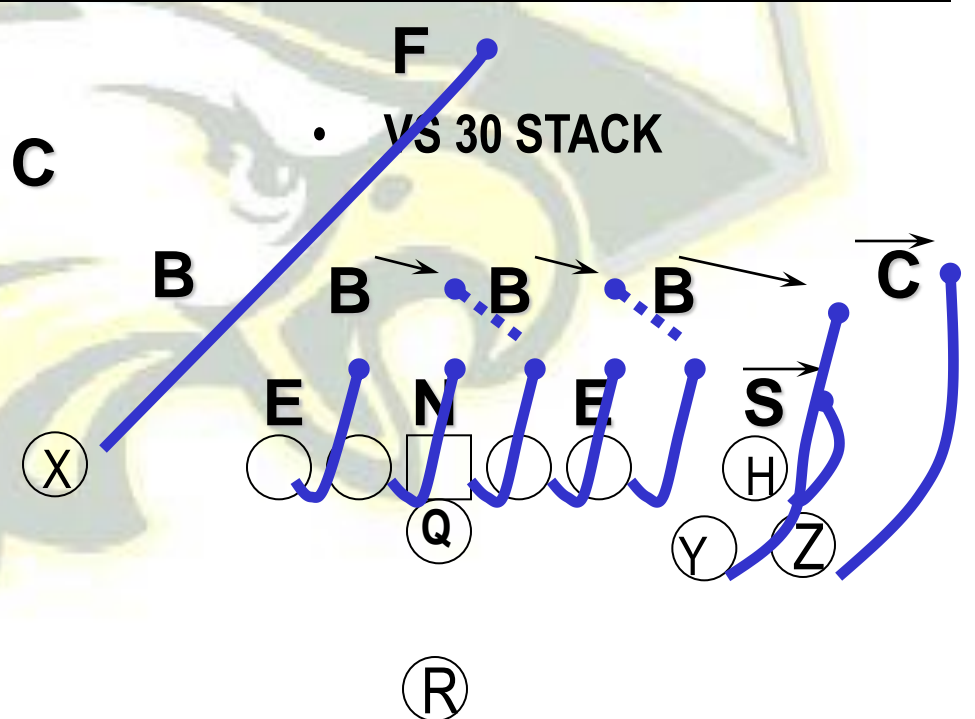
• VS 4-3 EVEN FRONT



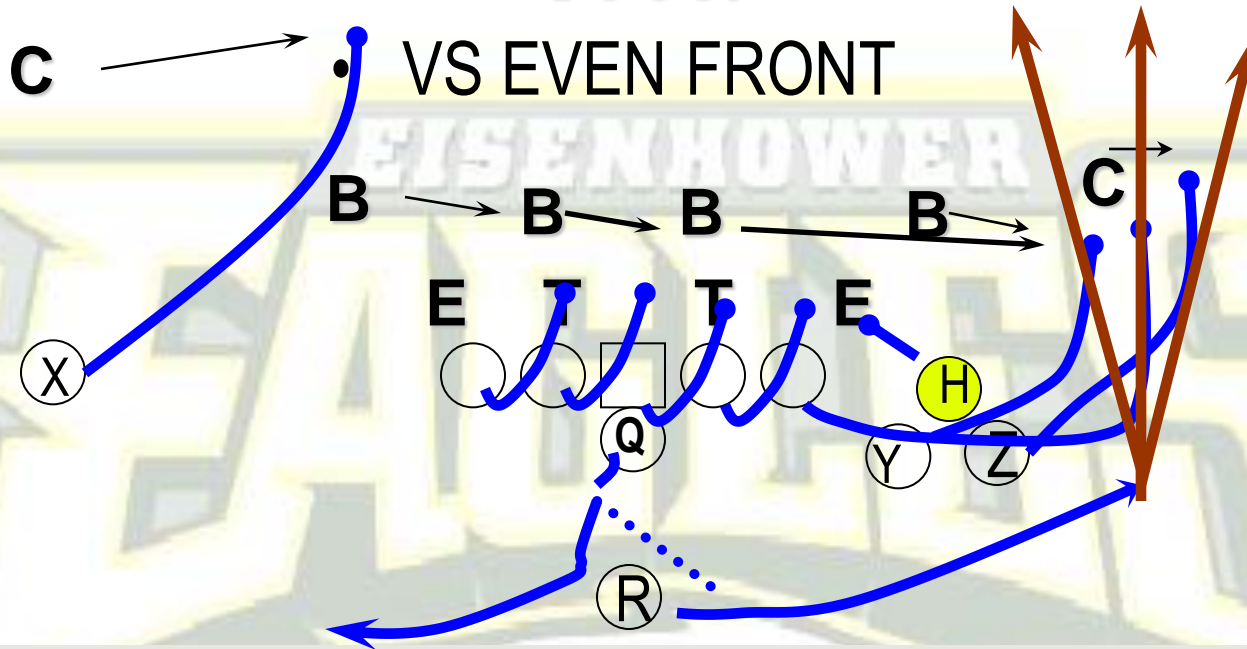
• VS 3-4 ODD FRONT



• VS 3-0 STACK



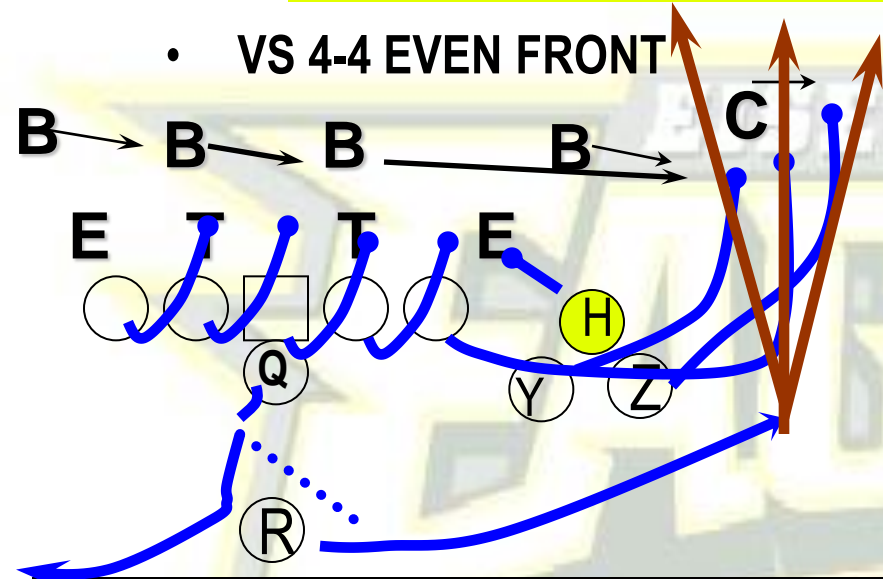
TOSS:



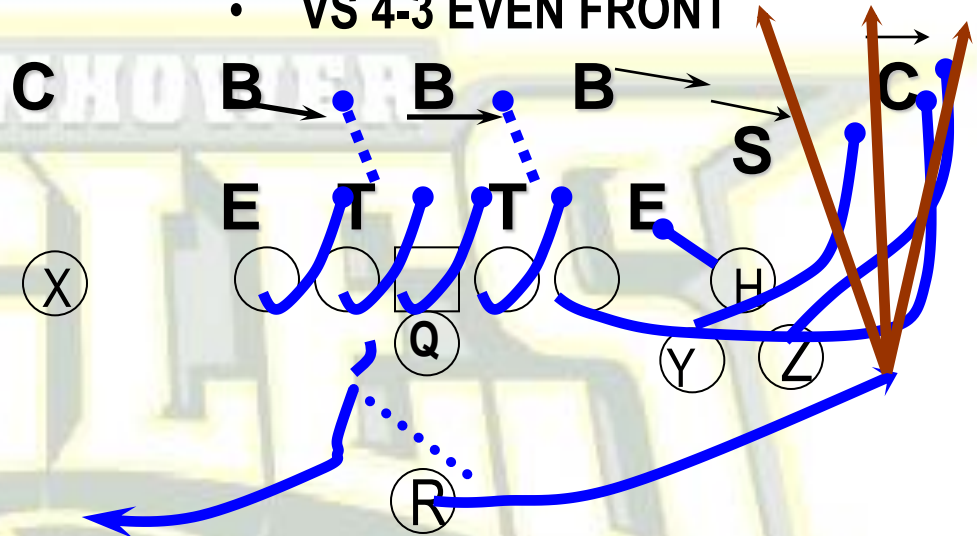
- Coaching Points
- Run from a tight bunch
- Point man and outside man on bunch responsible for #1 and #2
- Inside man on bunch cracks on Defensive End
- Playside offensive tackle pulls to perimeter; block first man who shows
- Playside G and the Center Combo
- Backside G & T seal off backside gaps
- QB reverse out & pitch; carry out boot fake
- RB sprint to outside and find a seam

RUNCH TOSS VS. ODD & EVEN FRONTS

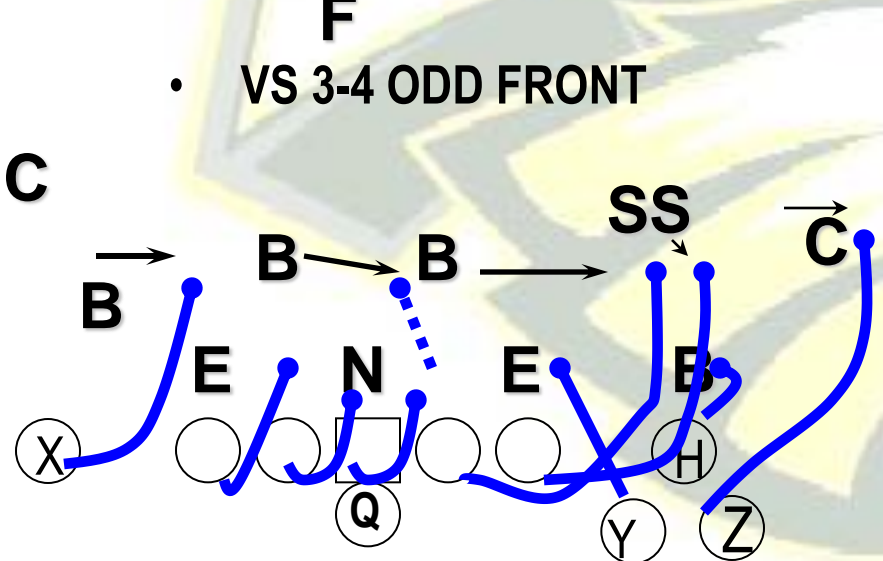
• VS 4-4 EVEN FRONT



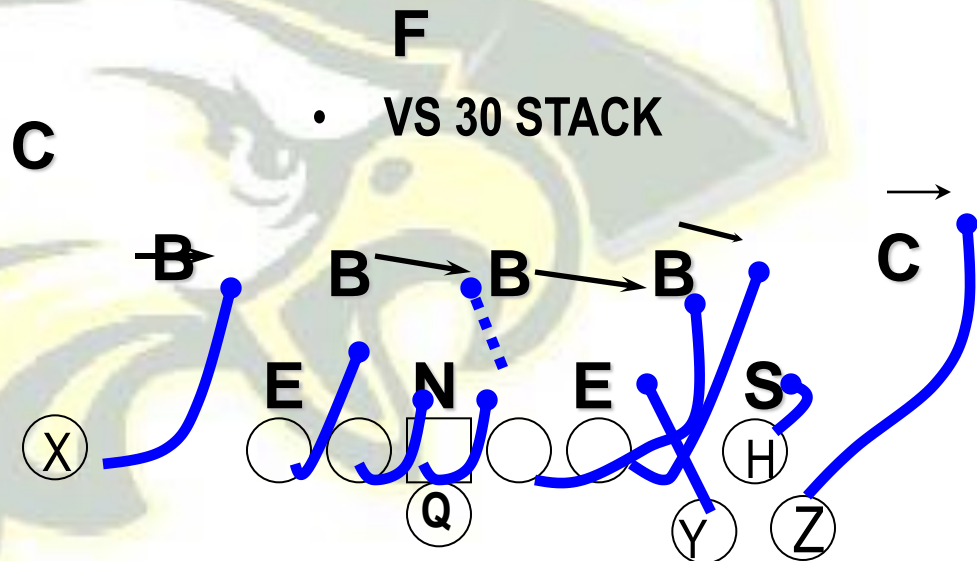
• VS 4-3 EVEN FRONT



• VS 3-4 ODD FRONT



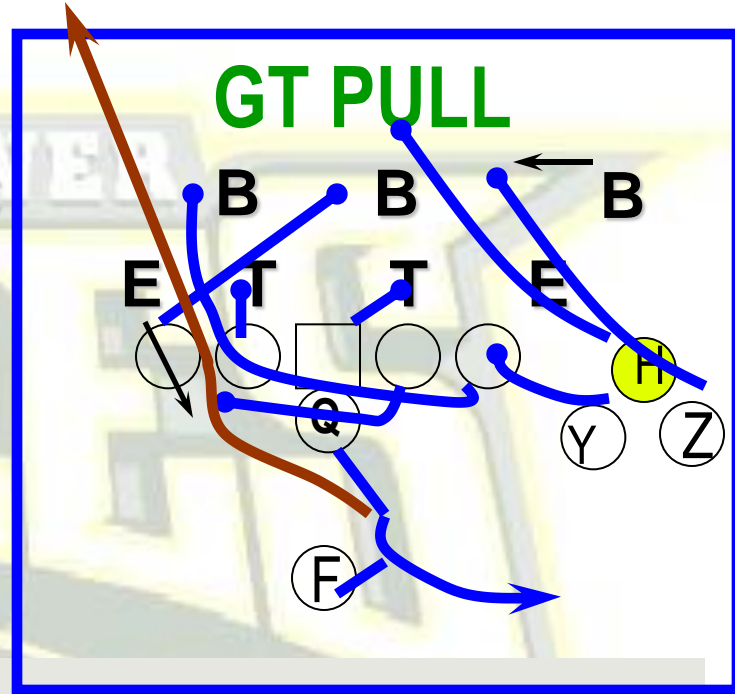
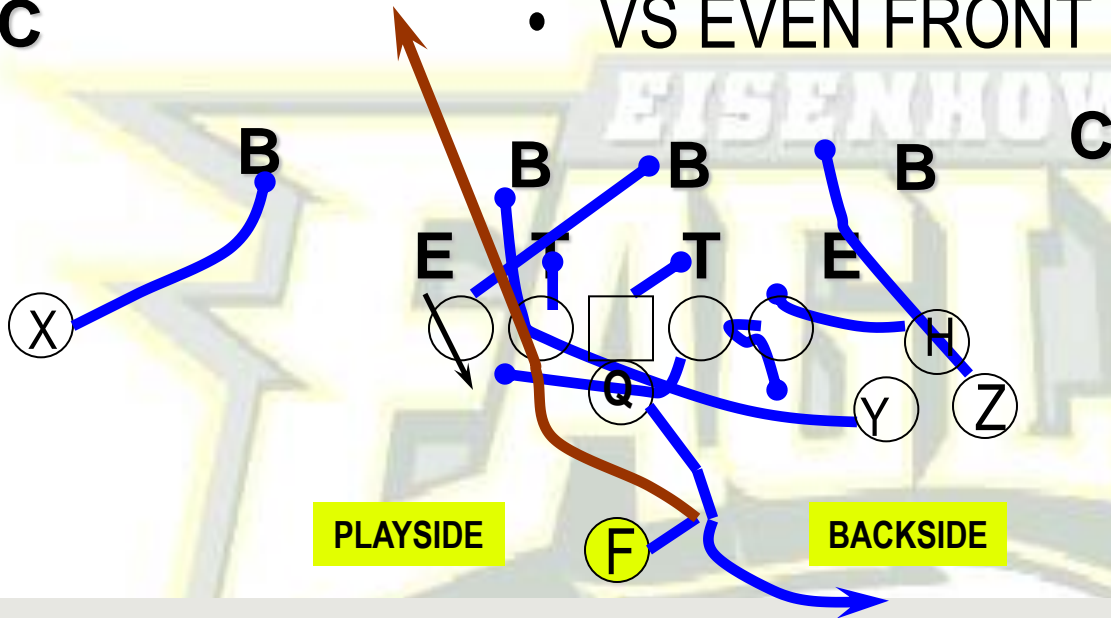
• VS 3-0 STACK



F COUNTER:

C

• VS EVEN FRONT

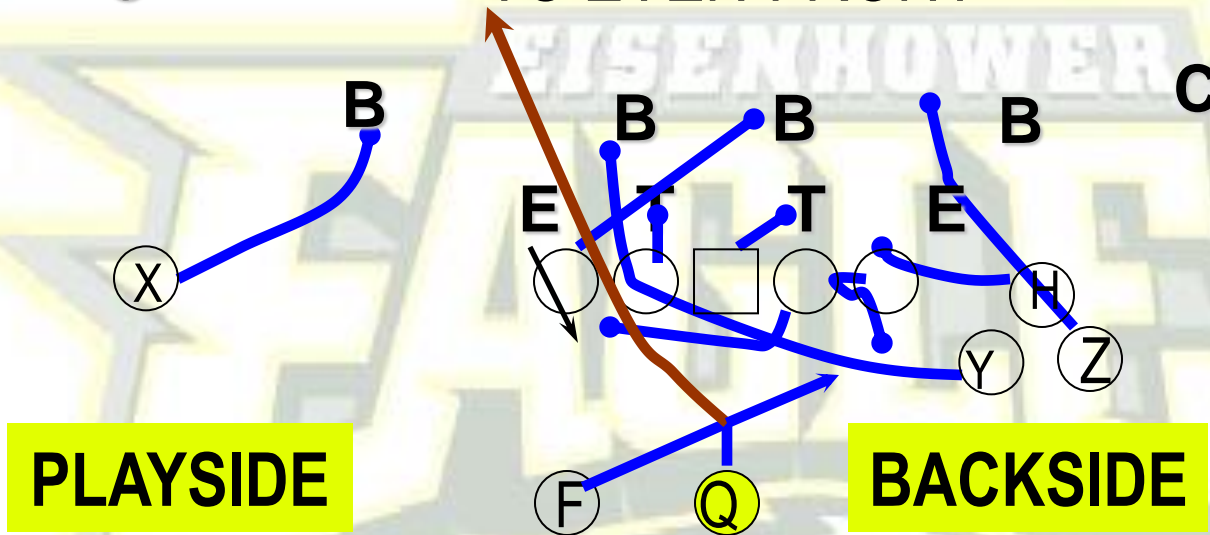


- Run from a tight bunch
- Playside tackle to far inside linebacker
- Playside guard block down (single block)
- Center block back for pulling guard
- Backside guard pull and kick out first man to show (should be 5 technique)
- Backside tackle seal backside b gap; step and hinge technique
- Inside man on bunch pull across formation & to 2nd level tight to PS guard's block; block onside LB whichever way he wants to go
- QB reverse out, hand off & carry out boot course; F counterstep; take ball & cut up

QUARTERBACK COUNTER:

C

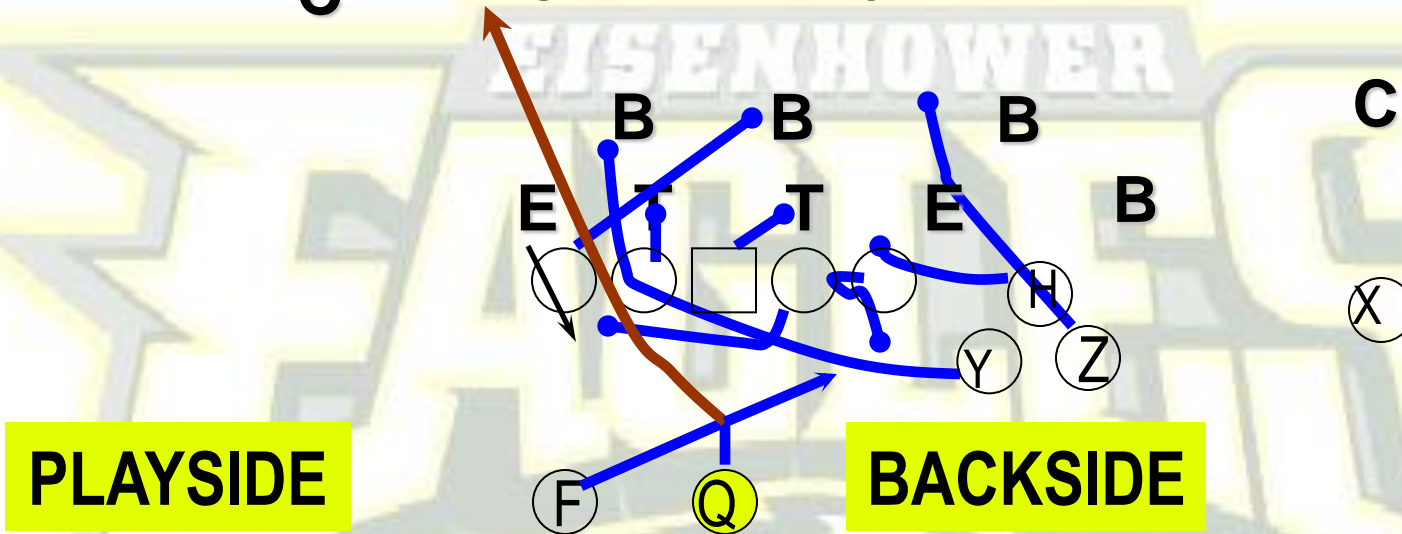
• **VS EVEN FRONT**



- Run from a tight bunch
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- Playside guard block down (single block)
- Center block back for pulling guard
- Backside guard pull and kick out first man to show (should be 5 technique)
- Backside tackle seal backside b gap; step and hinge technique
- Inside man on bunch pull across formation & to 2nd level tight to PS guard's block; block onside LB whichever way he wants to go
- QB reverse out, hand off & carry out boot course; F counterstep; take ball & cut up

VARIATION: X OVER

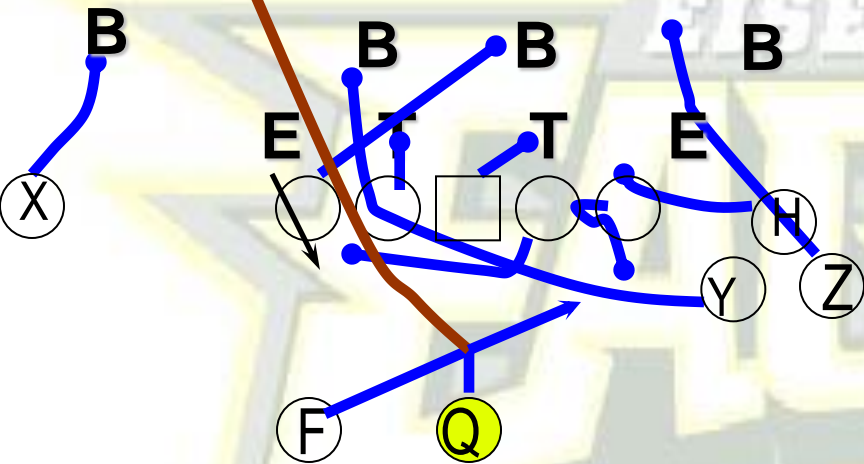
C • VS EVEN FRONT



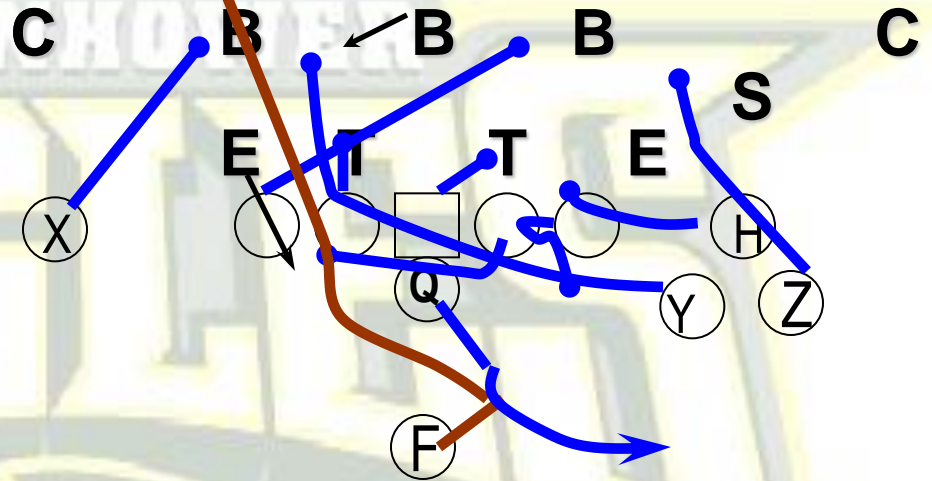
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- Center block back for pulling guard
- Backside guard pull and kick out first man to show (should be 5 technique)
- Backside tackle seal backside b gap; step and hinge technique
- Inside man on bunch pull across formation & to 2nd level tight to PS guard's block; block onside LB whichever way he wants to go
- QB reverse out, hand off & carry out boot course; F counterstep; take ball & cut up

RUNCH COUNTER VS. ODD & EVEN FRONTS

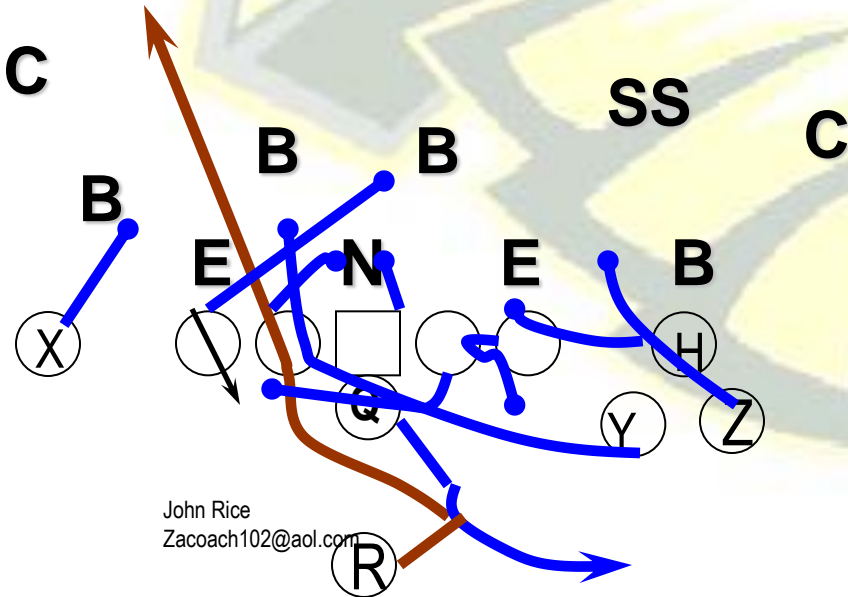
• VS 4-4 EVEN FRONT



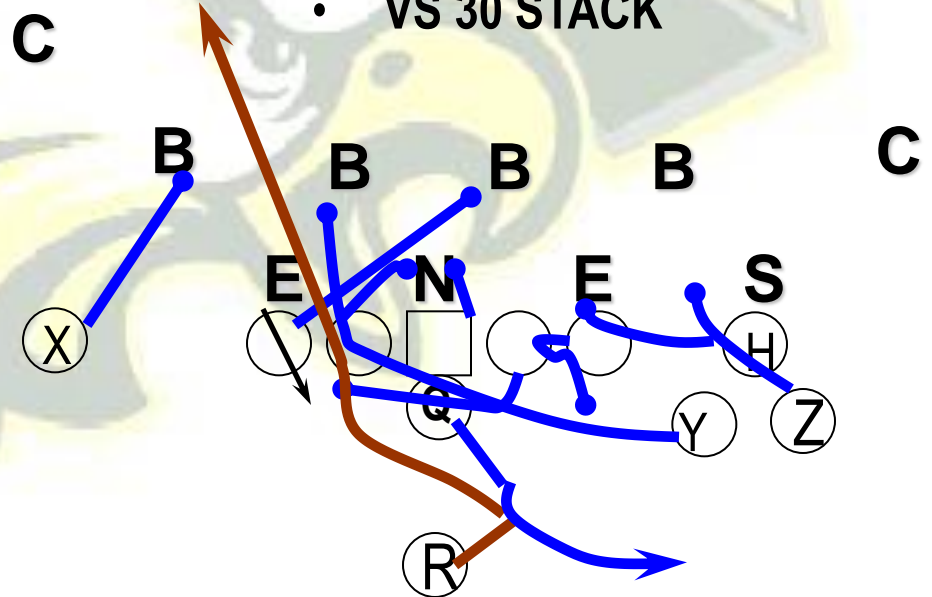
• VS 4-3 EVEN FRONT



• VS 3-4 ODD FRONT

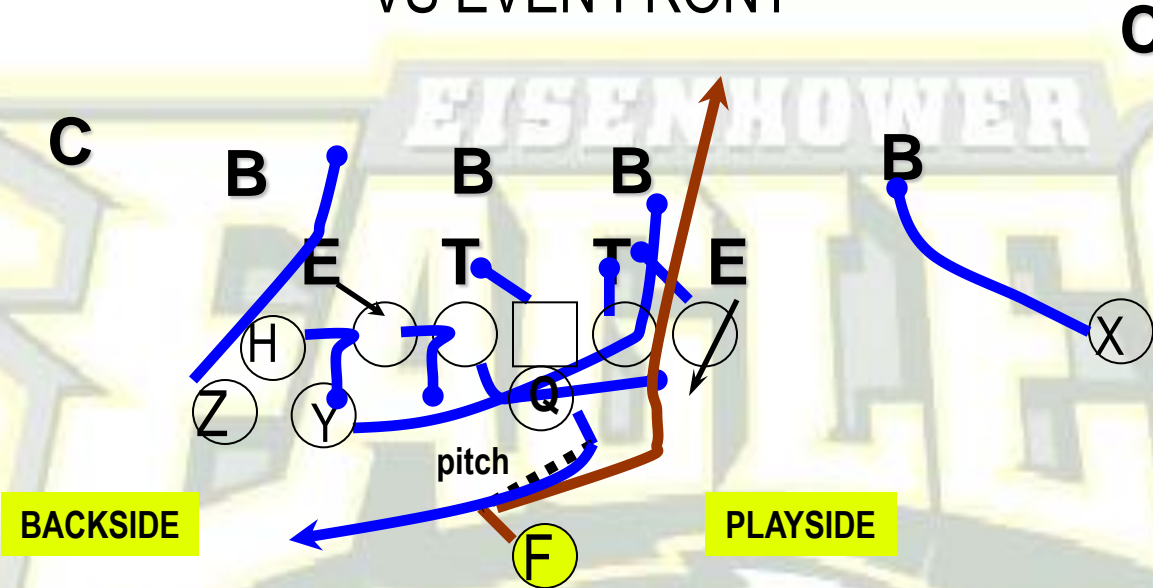


• VS 30 STACK



COUNTER TOSS:

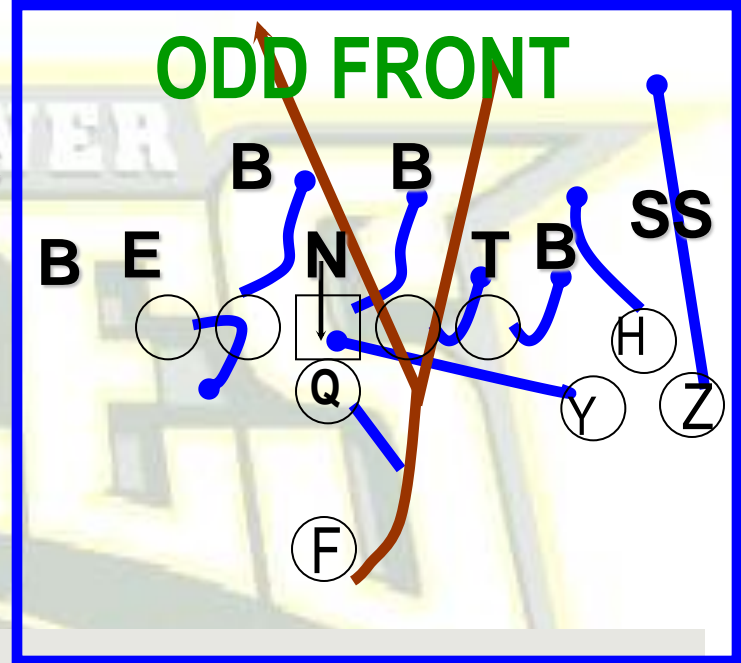
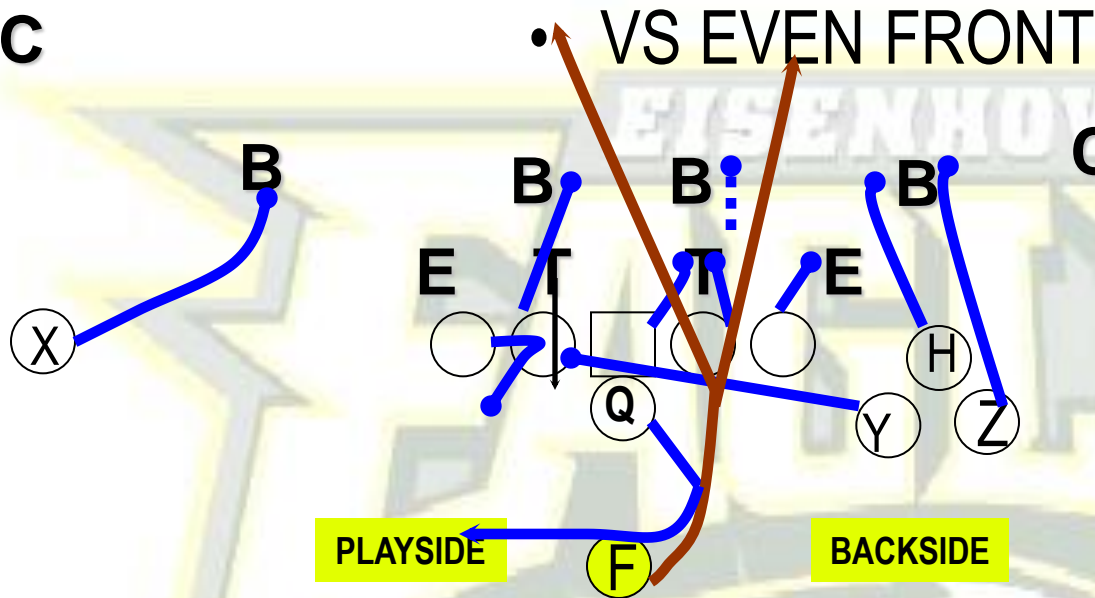
- VS EVEN FRONT



- Run from a tight bunch
- Playside guard and tackle double team defensive tackle
- Center block back for pulling guard
- Backside guard pull and kick out first man to show (should be 5 technique)
- Backside tackle & point man seal backside b & C gaps; step and hinge technique
- Inside man on bunch pull across formation & up to 2nd level tight to PS double team block; block onside LB whichever way he wants to go
- QB reverse out, pitch & carry out boot course; F counterstep; take pitch & cut up

WHAM:

C

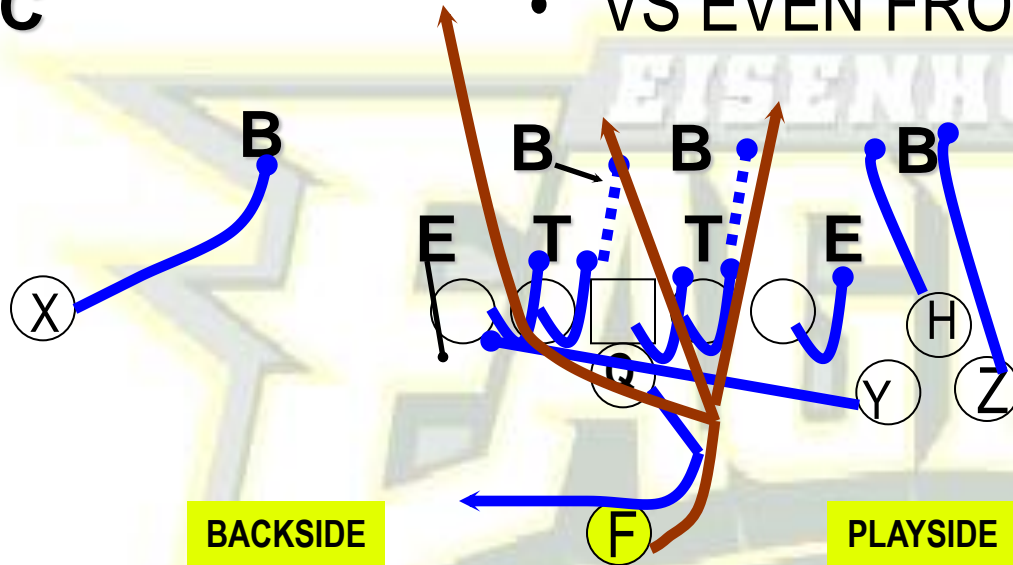


- Run from a tight bunch
- Playside pointman man on head up defender
- Playside tackle block out on DE
- Center and playside guard double team playside DT to near LB
- Backside guard up to backside inside linebacker
- Backside tackle seal backside b gap; step and hinge technique
- QB open playside & seat ball in RB pocket; boot out away
- RB inside zone course (to hip of PSG) take ball and make a cut accordingly

INSIDE ZONE:

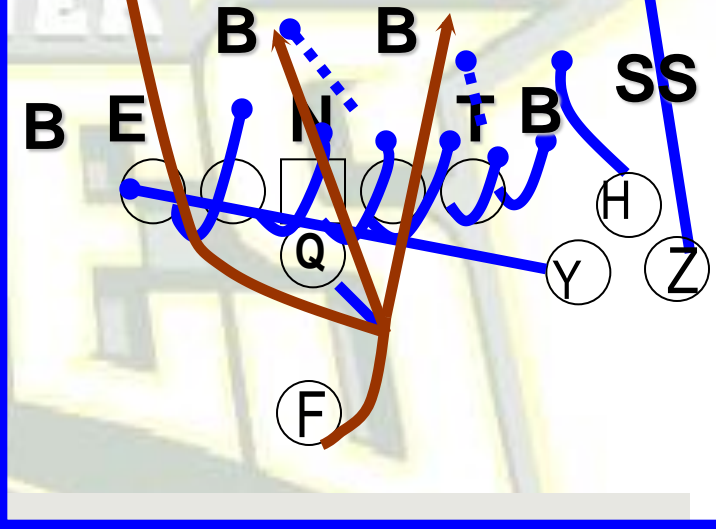
C

• VS EVEN FRONT



C

ODD FRONT

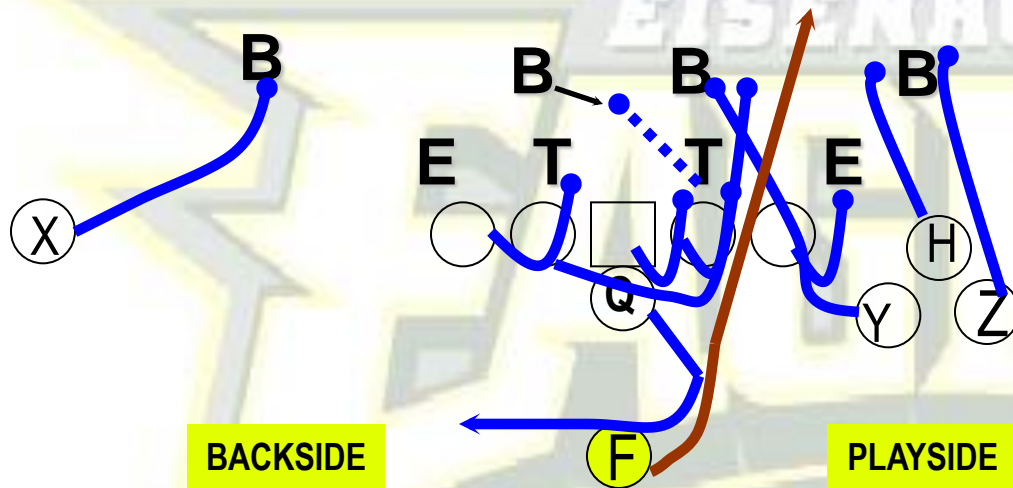


- Run from a tight bunch
- Playside pointman man on head up defender
- Playside tackle block out on DE
- Center and playside guard double team playside DT to near LB
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- Backside tackle seal backside b gap; step and hinge technique
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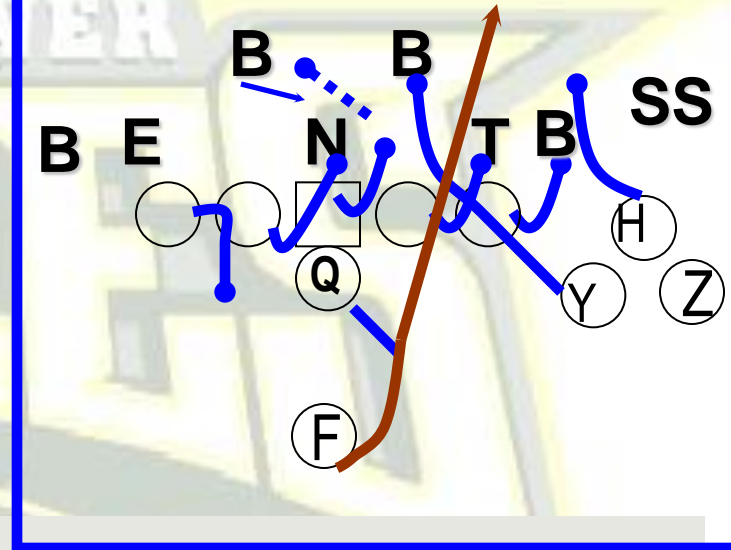
ISO/G:

C

• VS EVEN FRONT



ODD FRONT

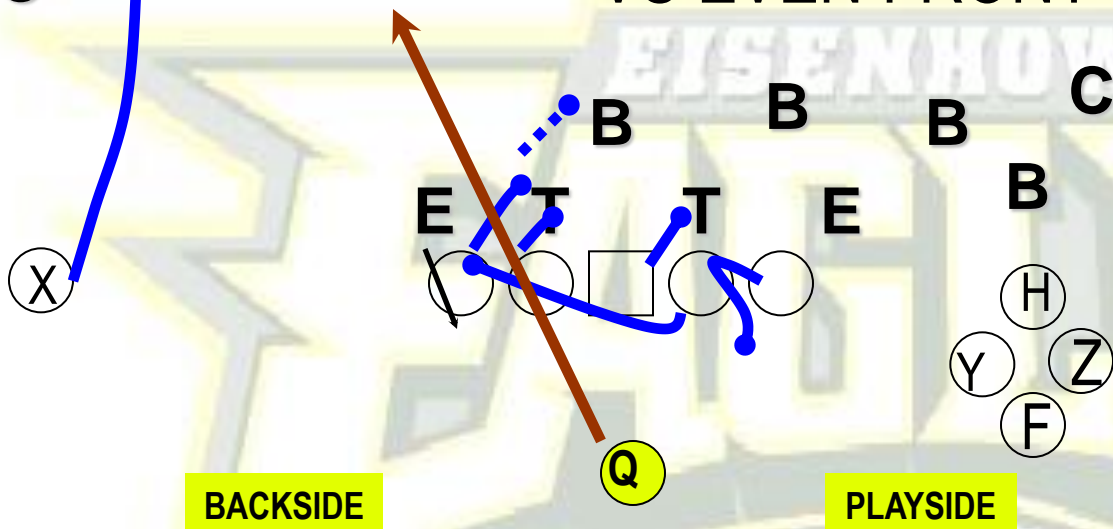


- Run from a tight bunch
- Playside pointman man on head up defender
- Playside tackle block out on DE
- Center and playside guard double team playside DT to near LB
- Backside guard PULL up to backside inside linebacker
- Backside tackle seal backside b gap; step and hinge technique
- QB open playside & seat ball in RB pocket; boot out away
- RB inside zone course (to hip of PSG) take ball and make a cut accordingly

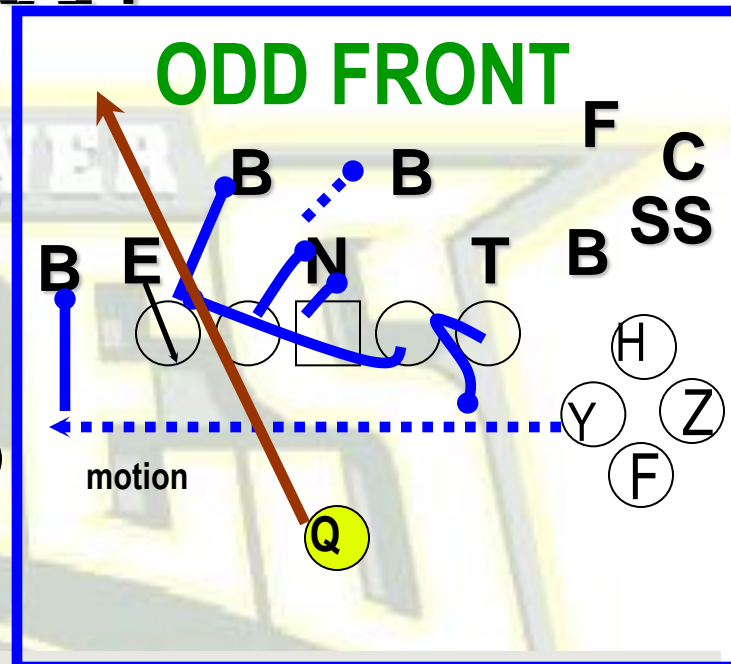
DIAMOND OR TRAP:

C

• VS EVEN FRONT

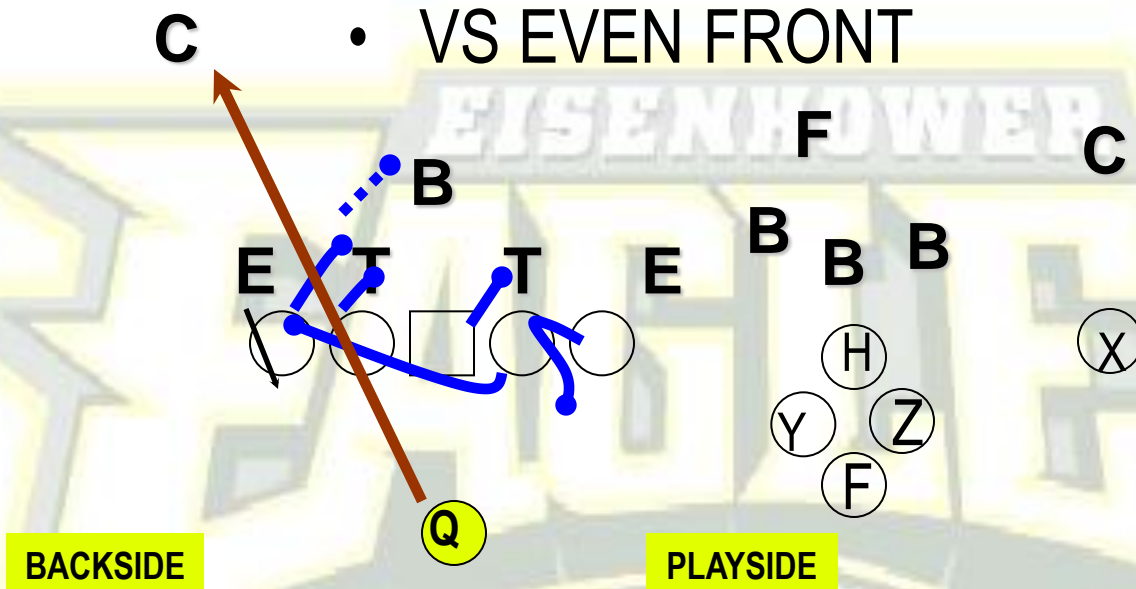


ODD FRONT



- Run from 4 Man “diamond” bunch is decoy; block first man inside
- Frontside tackle and guard double playside DT to near backer
- Center block backside & seal A gap; no penetration!
- Center and playside guard double team playside DT to near LB
- Backside guard PULL & kick out playside DE
- Backside tackle seal backside b gap; step and hinge technique
- QB in gun, take snap and sprint inside pulling guard’s kickout block

VARIATION: DIAMOND X OVER Q TRAP:

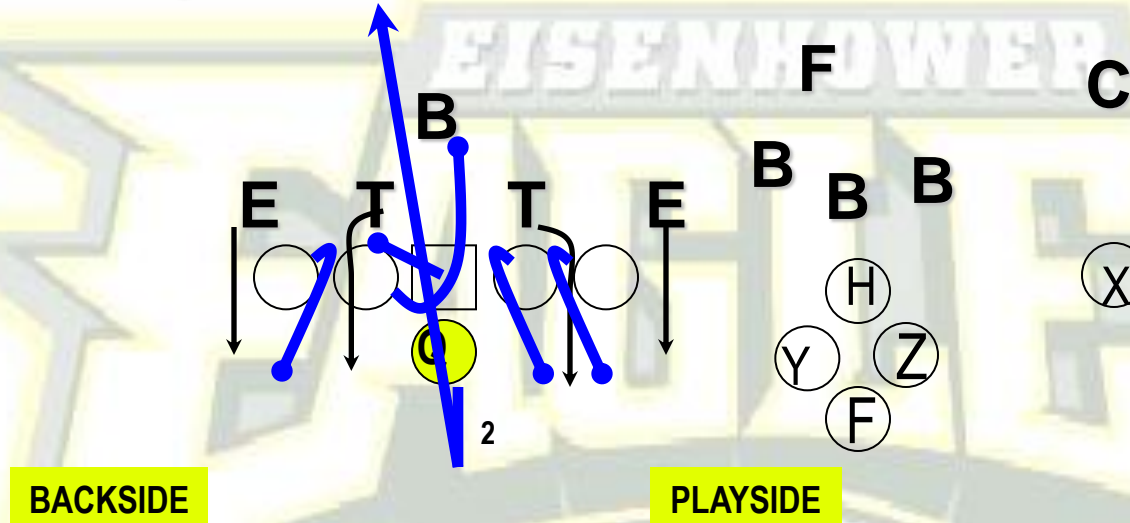


- X aligns over to bunch side at top of numbers
- Run from 4 Man “diamond” bunch is decoy; block first man inside
- Frontside tackle and guard double playside DT to near backer
- Center block backside & seal A gap; no penetration!
- Center and playside guard double team playside DT to near LB
- Backside guard PULL & kick out playside DE
- Backside tackle seal backside b gap; step and hinge technique
- QB in gun, take snap and sprint inside pulling guard’s kickout block

DIAMOND X OVER Q DRAW:

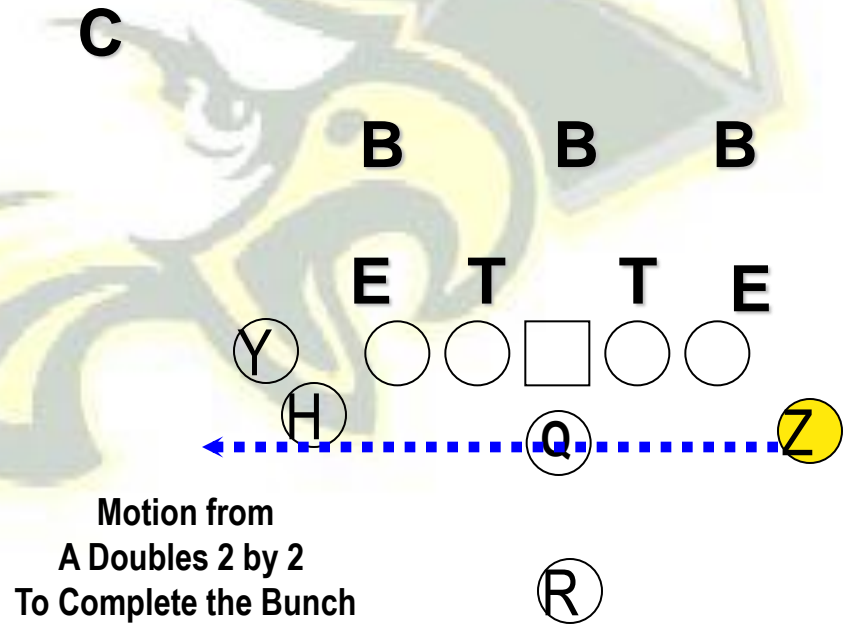
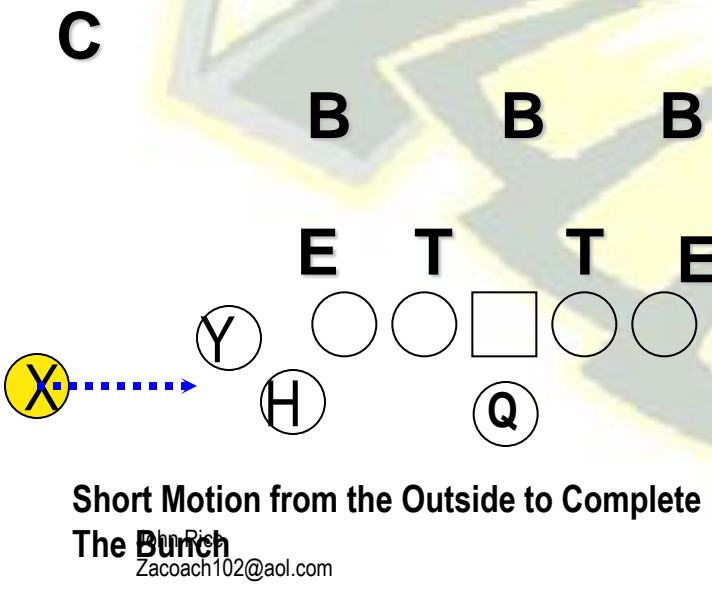
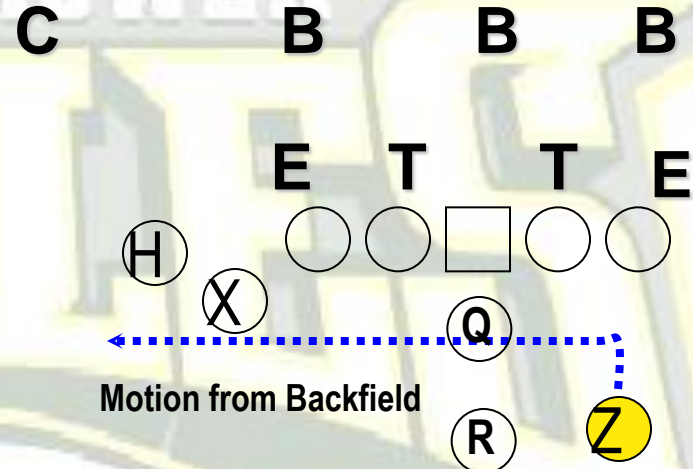
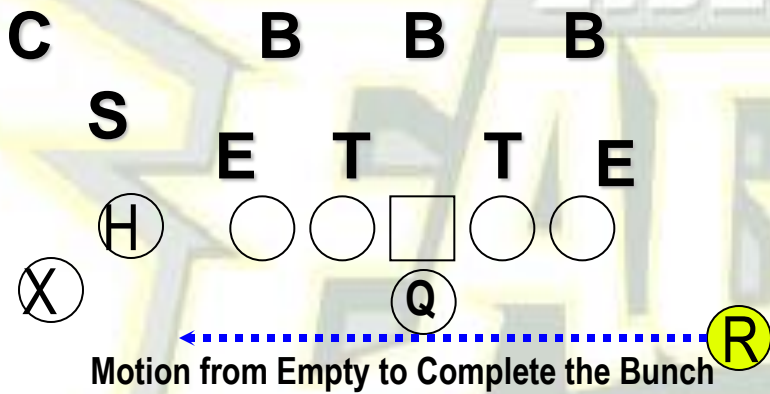
C

• VS EVEN FRONT



- X aligns over to bunch side at top of numbers
- Run from 4 Man “diamond” bunch is decoy; block first man inside
- Frontside tackle step inside & hinge; give DE outside pass rush
- Center block playside DT
- Playside guard wrap around the center up to MLB
- Backside guard step inside & hinge; give DT B gap pass rush
- Backside tackle step inside & hinge; give DE outside pass rush
- QB under center; take snap and drop 2 steps, follow playside guard upfield

USING MOTION TO GET TO BUNCH FORMATIONS



VIDEO CUTS-DVD

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