



912/913 (914/915) CRUNCH

- **6 MAN PROTECTION**
- **HARD SELL PLAY ACTION PASS OFF OF CRUNCH ACTION**

<u>POS</u>	<u>RULES/CALLS</u>	<u>TECHNIQUE</u>	<u>COACHING POINT</u>
<u>PST</u>	-SELL 12/13 BUT DO NOT GO DOWN FIELD.	- HARD SELL RUN TO THE CALL	- HARD SELL RUN ACTION, DO NOT CHASE RETURN ACROSS YOUR FACE. - BLOCK A RIFLE AND MAKE OUT CALL TO ALERT OTHERS OF MOVEMENT
<u>PSG</u>	-SELL 12/13 BUT DO NOT GO DOWN FIELD.	- HARD SELL RUN TO THE CALL	- HARD SELL RUN ACTION, DO NOT CHASE RETURN ACROSS YOUR FACE.
<u>C</u>	-SELL 12/13 BUT DO NOT GO DOWN FIELD.	- HARD SELL RUN TO THE CALL	- HARD SELL RUN ACTION, DO NOT CHASE RETURN ACROSS YOUR FACE.
<u>BSG</u>	-SELL 12/13 BUT DO NOT GO DOWN FIELD.	- HARD SELL RUN TO THE CALL	- HARD SELL RUN ACTION, DO NOT CHASE RETURN ACROSS YOUR FACE.
<u>BST</u>	-SELL 12/13 BUT DO NOT GO DOWN FIELD.	- HARD SELL RUN TO THE CALL	- HARD SELL RUN ACTION, DO NOT CHASE RETURN ACROSS YOUR FACE.
<u>TE/FB</u>	- RUN CRUNCH FLAT (2-3 YARDS) - INFLUENCE CRUNCH - READ BSDE FOR RELEASE	- DEEPEN ALIGNMENT - TIGHT DOWNHILL COURSE TOWARDS BSDE - IF BACKSIDE – SELL CRUNCH CUT-OFF WITH HAT PLACEMENT	-INFLUENCE BSDE TO WRONG ARM AND RELEASE OVER TOP DE -VS. HIGH CONTAIN BSDE RELEASE UNDER TO ROUTE
<u>TB</u>	- HARD 12/13 PLAY FAKE. - BLINK 1 PAST CENTER'S ID TO ROUTE.	- GREAT FAKE - ARMS ON BODY	- HARD SELL RUN ACTION TO INFLUENCE DEFENDERS.
<u>QB</u>	- RUN ACTION BREAK CONTAIN PASS PROTECTION USED TO COMPLIMENT OUR STRETCH ZONE RUN GAME - ALWAYS UNDERSTAND WHAT YOU ARE GETTING TO THE SIDE YOU NAKED TO. - DECEPTION IS CRITICAL. ULTRA CLEAR, CONFIDENT, AND CRISP BALL HANDLING. (SPECIFIC GUN AND SPECIFIC STACK TECHNIQUES)	- BE READY FOR THE FOLLOWING: + CLEAN BREAK CONTAIN + BREAK CONTAIN RE TRACE PULL UP THROW BY ATH. DE + PULL UP OVER DRAG THROW (RIFLE) + CHASE TECHNIQUE	



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