

Using "Blast" tag with your toss play

* This article is primarily for Coaches at the high school level however I do encourage youth coaches to use some sort of b gap lead play (ICE or Blast)

The Tag "Blast" for Calande Double Wingers means that we are running the toss play (typically called "power") with a big on big, back on backer, "Part the Seas" concept at the point of attack rather than using down blocking and a kick-out by the fullback.

It is as simple as this:

"Ray 32 Blast" tells the offense that we seek to part the seas at the B gap between the guard and tackle. We want to run the ball at the 2 mans hip. The offensive line will use BIG ON BIG /BACK ON BACKER (b.o.b) blocking fanning the defenders away from the Bubble. Now, if the 2 man is covered he may decide to use a cross block call with the tackle and simply exchange assignments. The tackle then blocks down on the 2 mans defender while the 2 man then drop steps and kicks out on a very short x block parting the seas.

The backfield looks nearly identical to the power play except the fb is going to lead thru the hole AND we also have the play-side wing lead thru while all of the other toss play assignment stay consistent. Ie, we pull the bsg, bst and the qb thru the hole. Another option other than using the x block when the guard is covered is to use the wing to WHAM down on the 2 mans defender while the 2 man posts him for a crushing double team. (I just love this)- this allows the tackle to fan out on a big dt.

Interestingly we can call 32 blast, 34 blast and even 36 blast (which would be identical to a "Tunnel" call that some double wingers use) - The cool thing is that you can use a simple "check with me" system by just calling "Blast" and the qb can then call the hole at the los. (or call the gap "auto" for a gap, "bingo" for b gap and "crash" for c gap for example) This alerts the pullers where the bubble is. The defense has no idea which side the offense is attacking and its easy enough to have the qb use those calls on any down when you are not running Blast so as not to give it away.

In addition, if a "32 blast" was called in the huddle and there is a defender in the B gap, the qb can simply say "OUT" and everyone knows its now a 34 blast. He can also say "WAY OUT" and move the play to a 36 Blast (I have never had that happen or Id be running powers not blasts.)

worst case scenario is that the blast isnt there at all because there are NO BUBBLES in the front so the qb can a) change the play or b) call time out or c) run it anyhow and let the overwhelming number of blockers at the poa MAKE SOMETHING OUT OF NOTHING. You can also simply say "opposite" and run the Blast play to the other side of the defense if that is where the bubble is. The Blast check system was a staple for 4 time state champion Central Bucks West and North Penn Hs when Mike Pettine jr (ravens) was there.

Now, if the qb sees that there is a bubble in the A gap (ie vs an even front) we would probably want to check to run GUT as its not so easy to toss and get the wing into the A gaps vs an even front.

Does it make sense to have a way to toss at the B gaps or use bob and fan at the C gaps? absolutely! How many posts have you seen over the years where coaches complain about defensive ends that are tilted and attacking the fullback. By simply using BLAST as the blocking tag rather than POWER you have changed the read and effect on the defensive line and de. Now there is no fullback at the point of attack to cut, the de is fanned out and walled off before he can even cross the line of scrimmage.

- Coach Calande