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IGWTt

MOTION JET OFFENSE

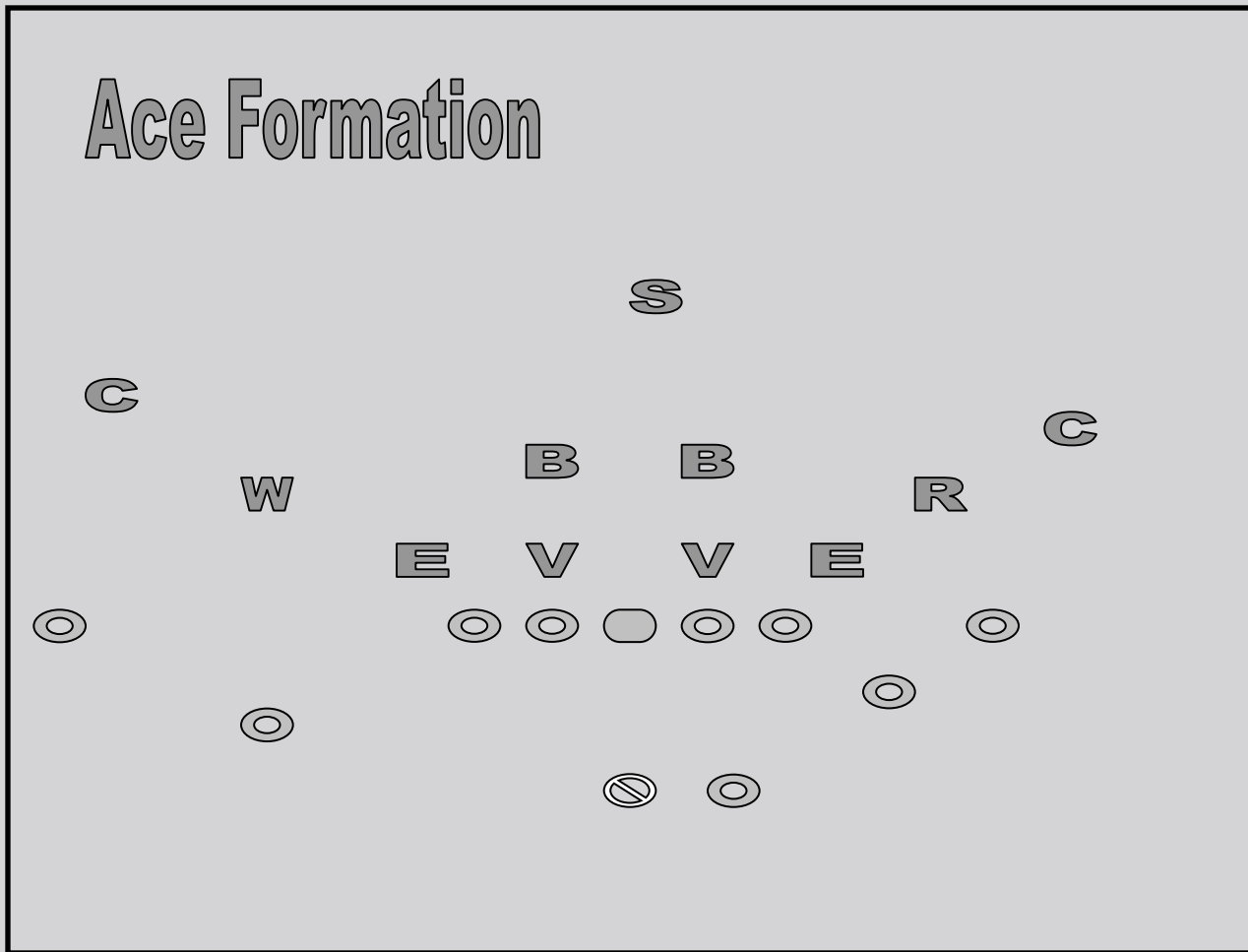
ACE FORMATION

Middle School Edition

Introduction to the Ace Motion Jet Offense

❖ The Ace Motion Jet is a simple and great way to spread the field with young players.

❖ This Offense has been successful with players from elementary through varsity.



Ace Formation Advantages

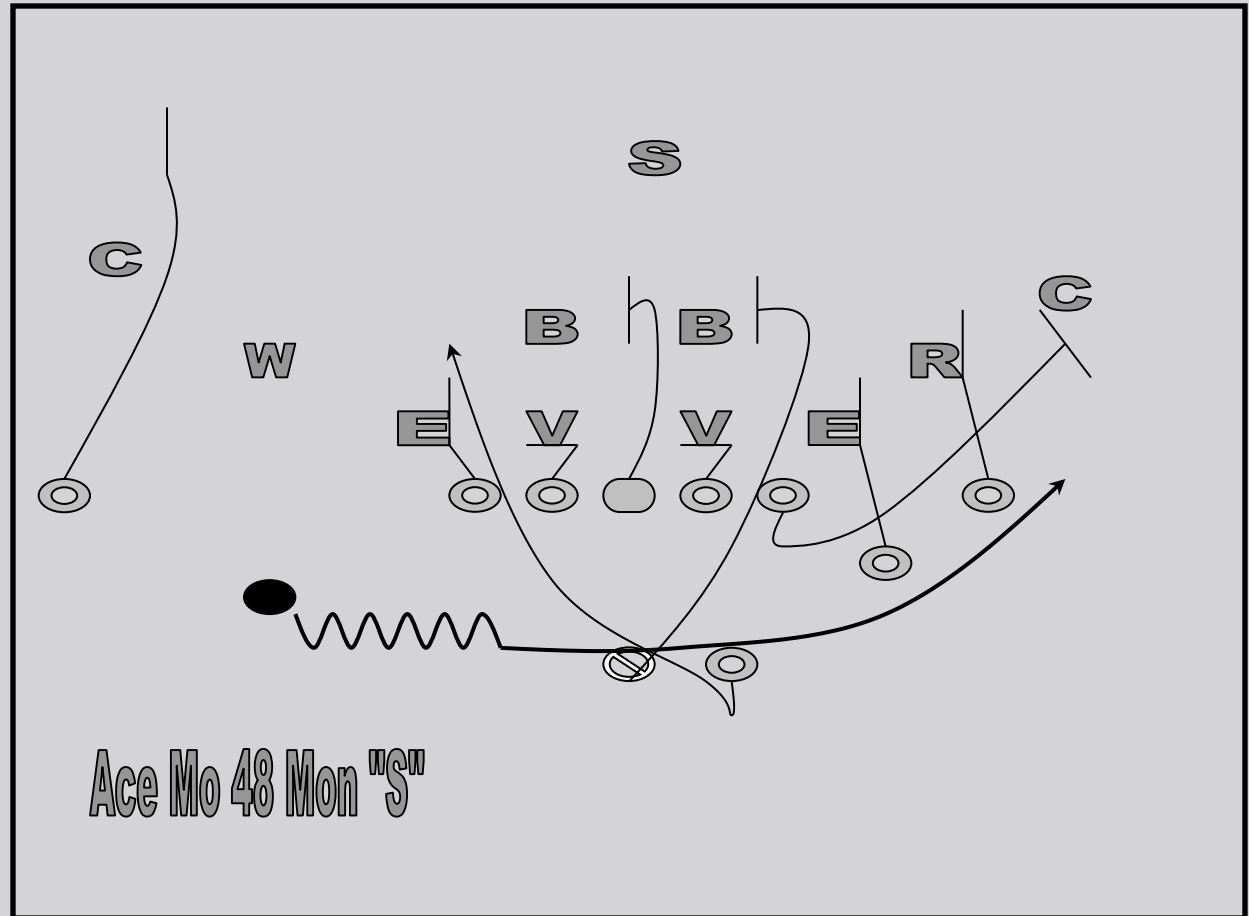
- ❖ The Ace gives you a better chance of being successful with smaller players and linemen.
- ❖ The Ace makes it easier to get the ball to your playmakers without getting them bogged down.
- ❖ The Ace makes the blitz much more predictable.
- ❖ The Ace forces the defense into certain formations to remain sound.

Ace Formation Advantages

- ❖ The Ace Formation is fun for your players to run without getting away from fundamental football.
- ❖ The Ace Formation is very complicated to prepare for but simple to coach.
- ❖ Basic blocking principles apply to any front the defense presents.
- ❖ The Ace attacks the entire field.

The Scheme

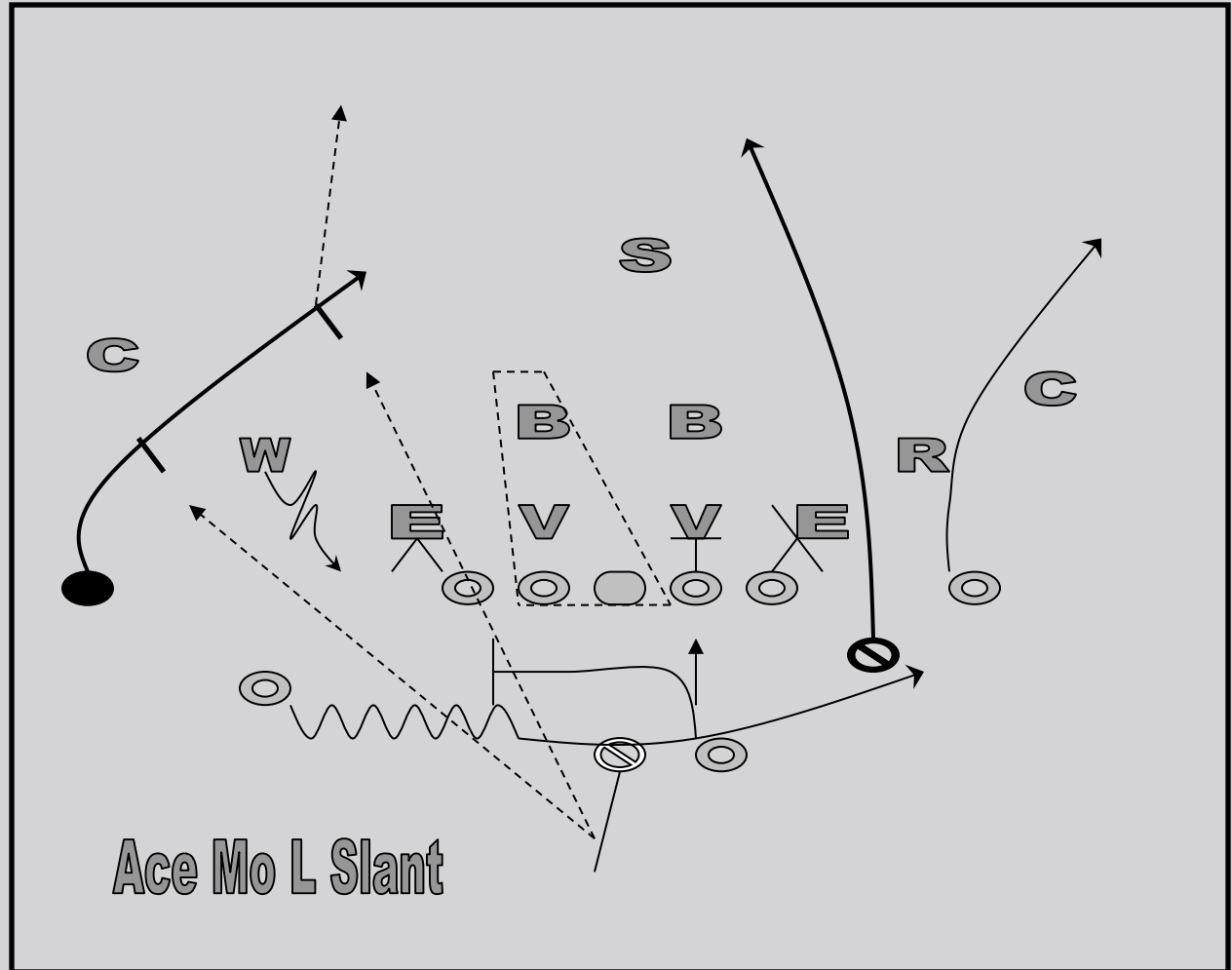
- ❖ The entire Ace scheme is based on the jet sweep off motion and the many counter plays (run and pass) off the sweep play.
- ❖ The origins of this offense are in the Wing T, Single Wing, and old Cross Buck series.



The Scheme

- ❖ The addition of some simple modern day passing elements makes this scheme extremely hard to defend.
- ❖ Many defensive coaches choose the blitz as the first and sometimes only weapon against spread concepts.

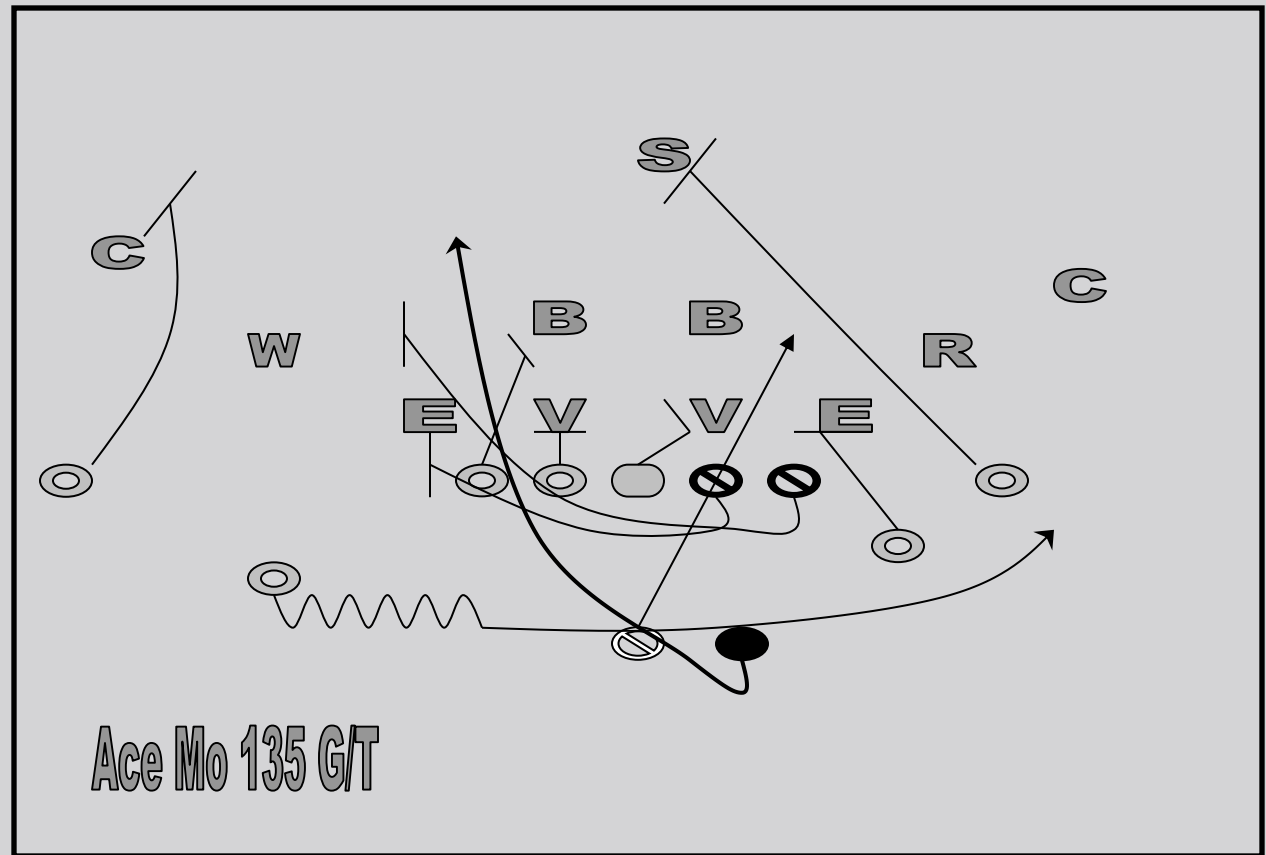
Example of a Motion Blitz



The Scheme

- ❖ The sweep play, from this formation, is so lethal that it really opens the door to an almost endless number of counters.
- ❖ The reason the Ace makes a great youth spread formation is because there are so many run and pass counters.
- ❖ Blocking schemes can be adjusted for your age groups easily.

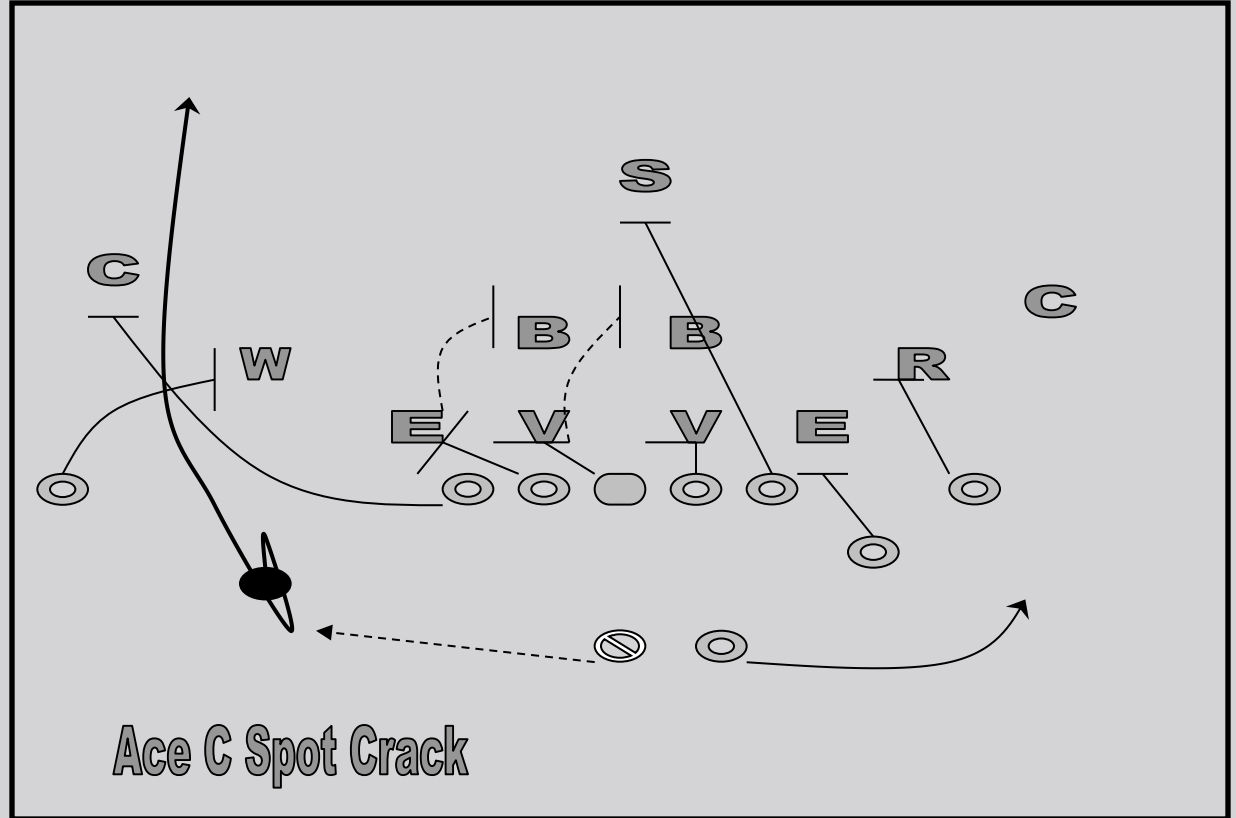
Example of a run counter



The Scheme

Stand Alone Pass Play

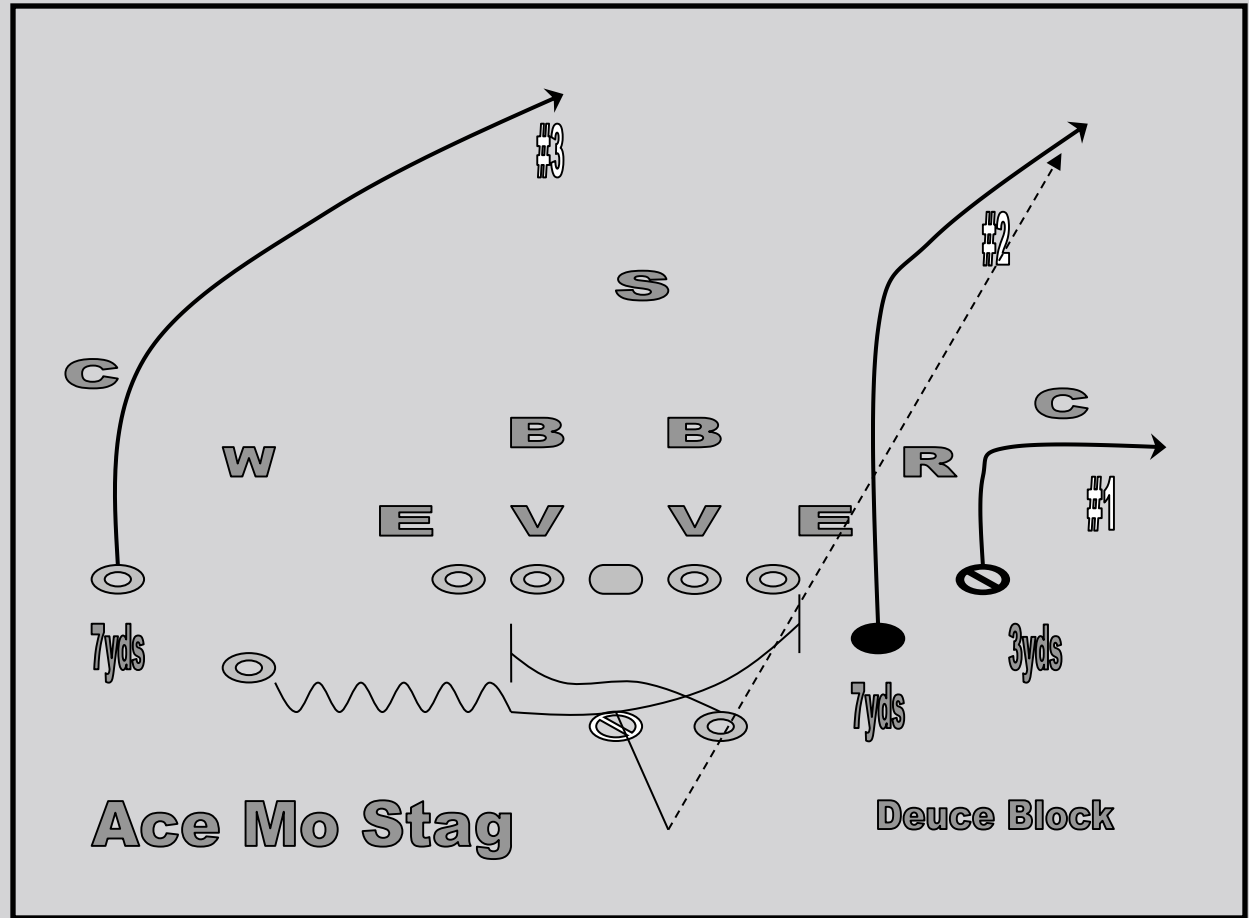
- ❖ There are some really good “Stand Alone” plays. This means that you can run them without any motion.
- ❖ These “Stand Alone” plays hit the defense quickly, it gets them out of their rhythm, and there are even more counters off these plays.



Pass Play with three reads

The Scheme

- ❖ When coaching youth you want to make any reads you have quick and simple. You also want to give as much pass protection as possible and still attack the field.
- ❖ You need plays that compliment the formation and that can lead to scores.



Running the Ace

- Attack with the sweep, and never get too far from it.
- Be ready for the blitz because it's coming.
- Don't try to run everything, run what's right for your team.
- If your team is too young or challenged cut the complex blocking and exchange it for simplified base blocking.
- The defense will tell you everything you want to know by how they try to stop the sweep.

Terminology for the Ace

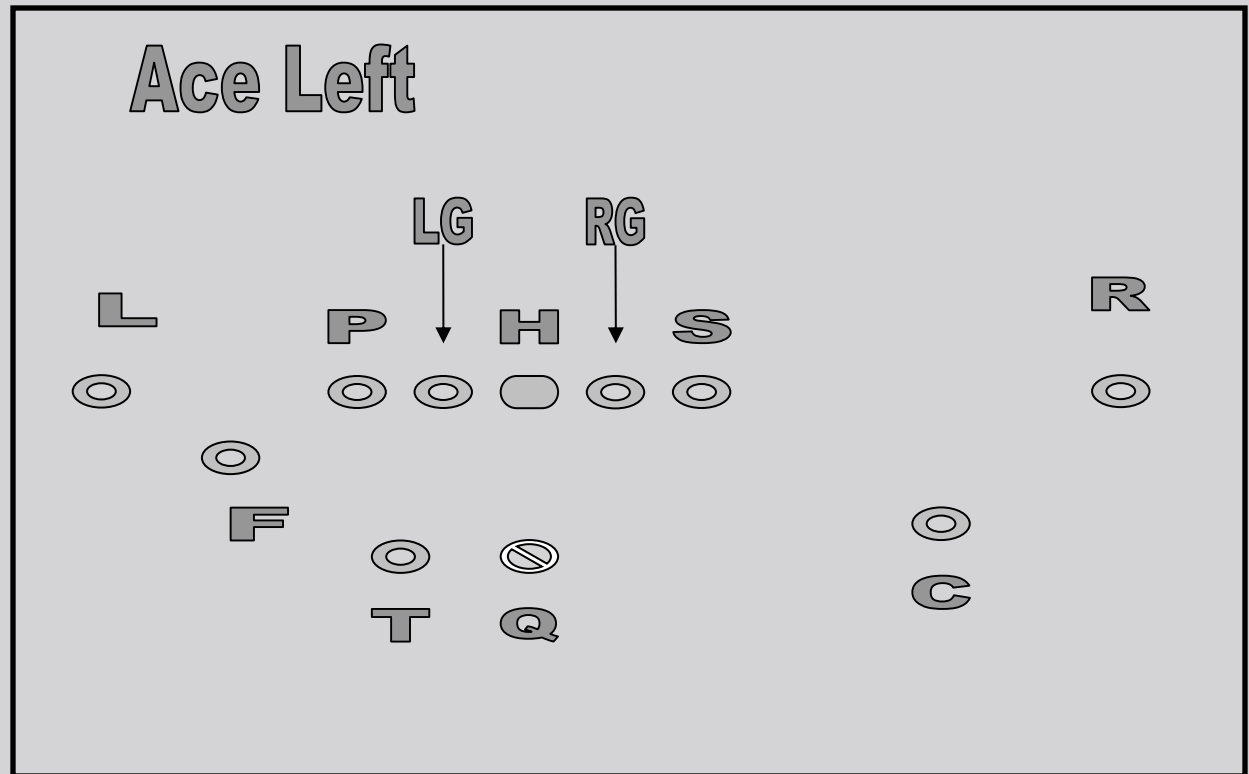
Breakdowns in communication have lost more football games than turnovers.

- ❖ Make your terminology easy for your players to understand.
- ❖ It doesn't matter how much football you know, what matters is that you can communicate with your team in the heat of battle.
- ❖ Be as positive and patient as possible. Remember that your players have a lot of things going on in their lives and you want their football experience to be fun.

Terminology

- ❖ We designate a letter for each position. This makes it much easier for team communication.
- ❖ We try to flip as few players as possible. If we call Ace Left only the F, C, and T will flip positions.
- ❖ Ace Left has the “Nasty Slot” on the left side.

Letter designation for players

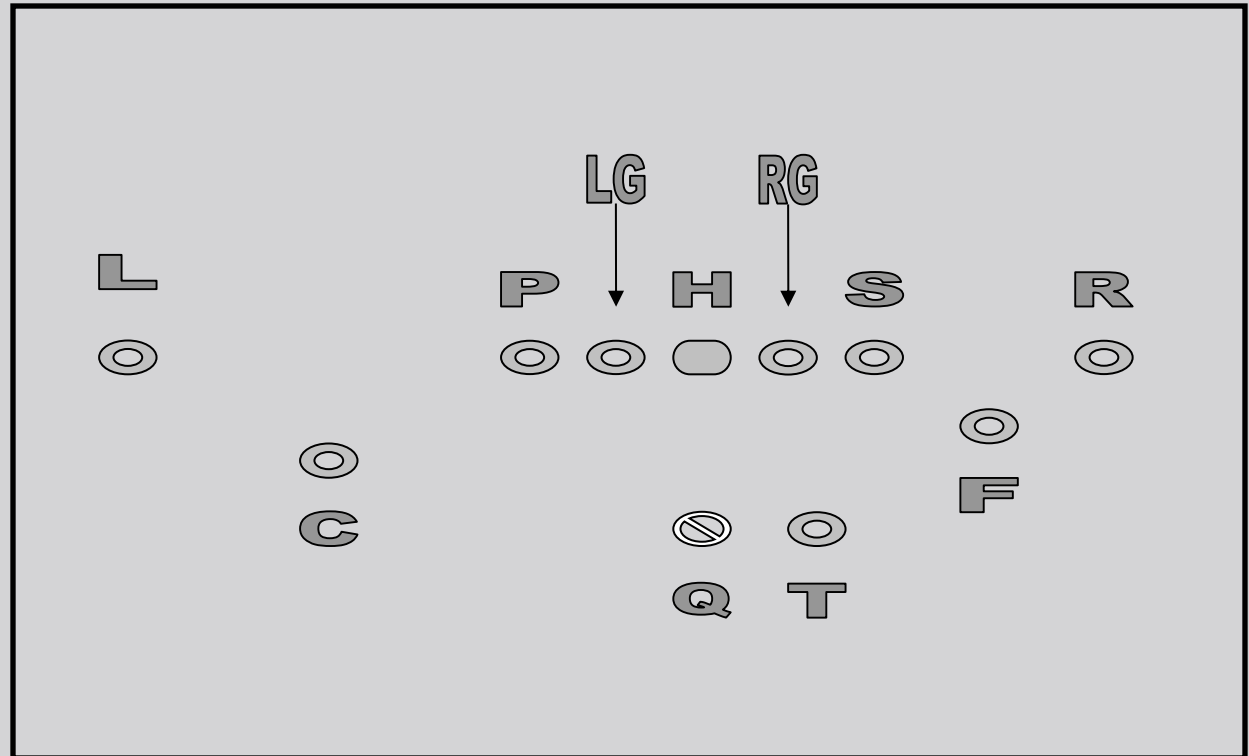


Terminology

R & L Qualities

- ❖ Good blockers
- ❖ Decent Hands
- ❖ Speed helps but they don't need to be super fast.
- ❖ They will be doing a lot of running and it helps if they are patient.
- ❖ They need to understand that they will get their opportunities.

The R & L Positions

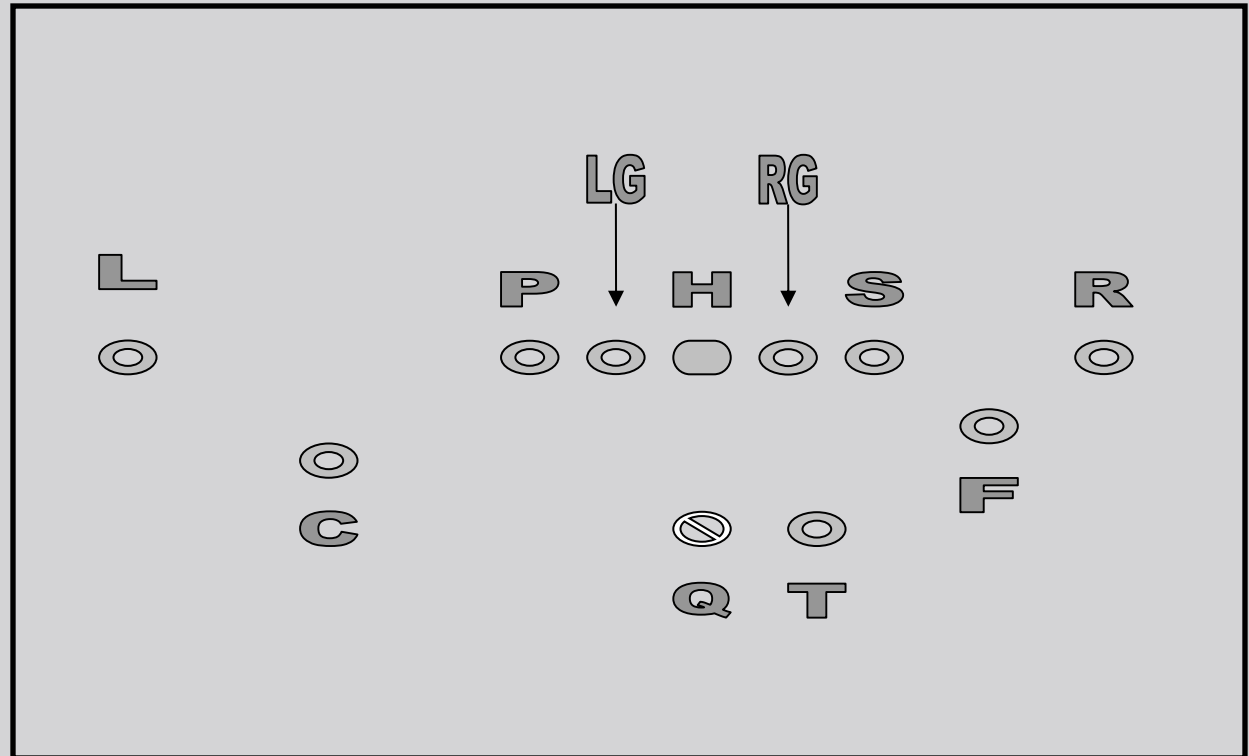


Terminology

P& S Qualities

- ❖ Good Blockers
- ❖ Good Pullers
- ❖ Quick Feet
- ❖ They don't need size
- ❖ The P stands for "Power" and is usually a little bigger than the S.
- ❖ The S stands for "Speed" and is on the right where we run the sweep more often.

P & S Tackles

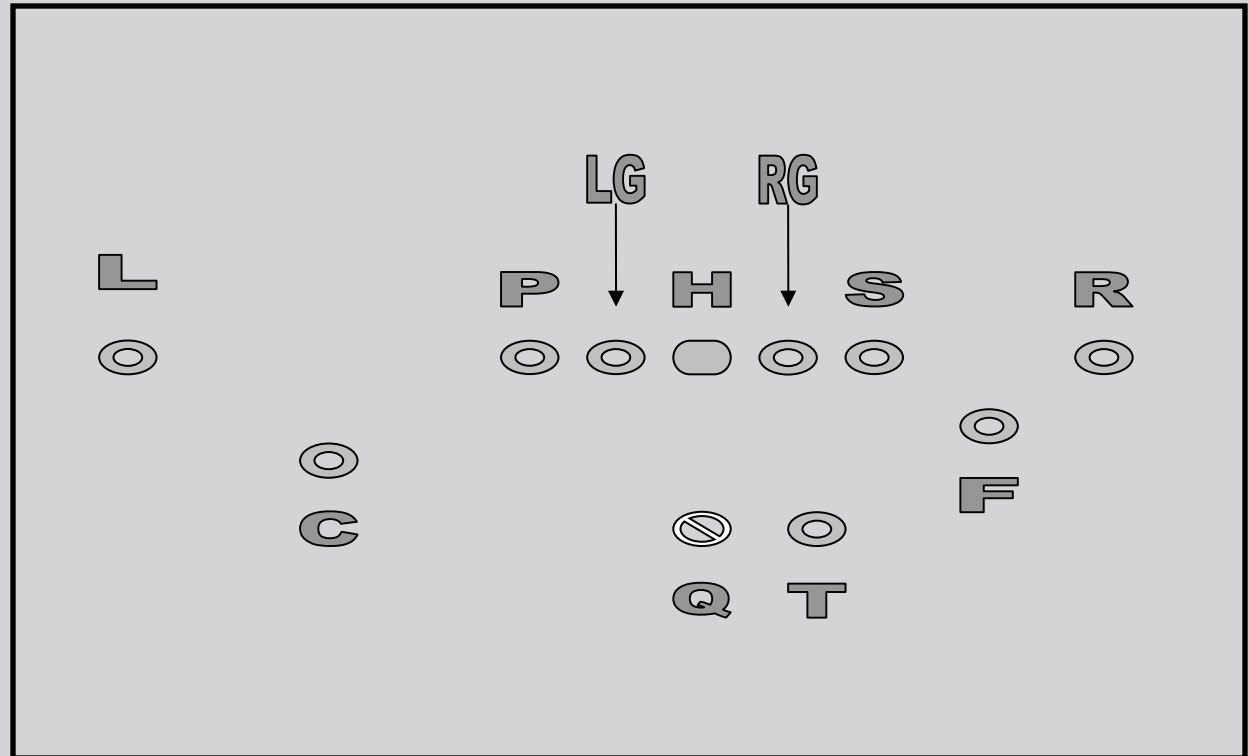


Terminology

The LG and RG (Guards)

LG & RG Qualities

- ❖ Bigger blockers at these positions.
- ❖ It helps for the Guards to be quick footed but we usually put our slower blockers here.
- ❖ Aggressiveness is much more important for Ace linemen than ability or size.



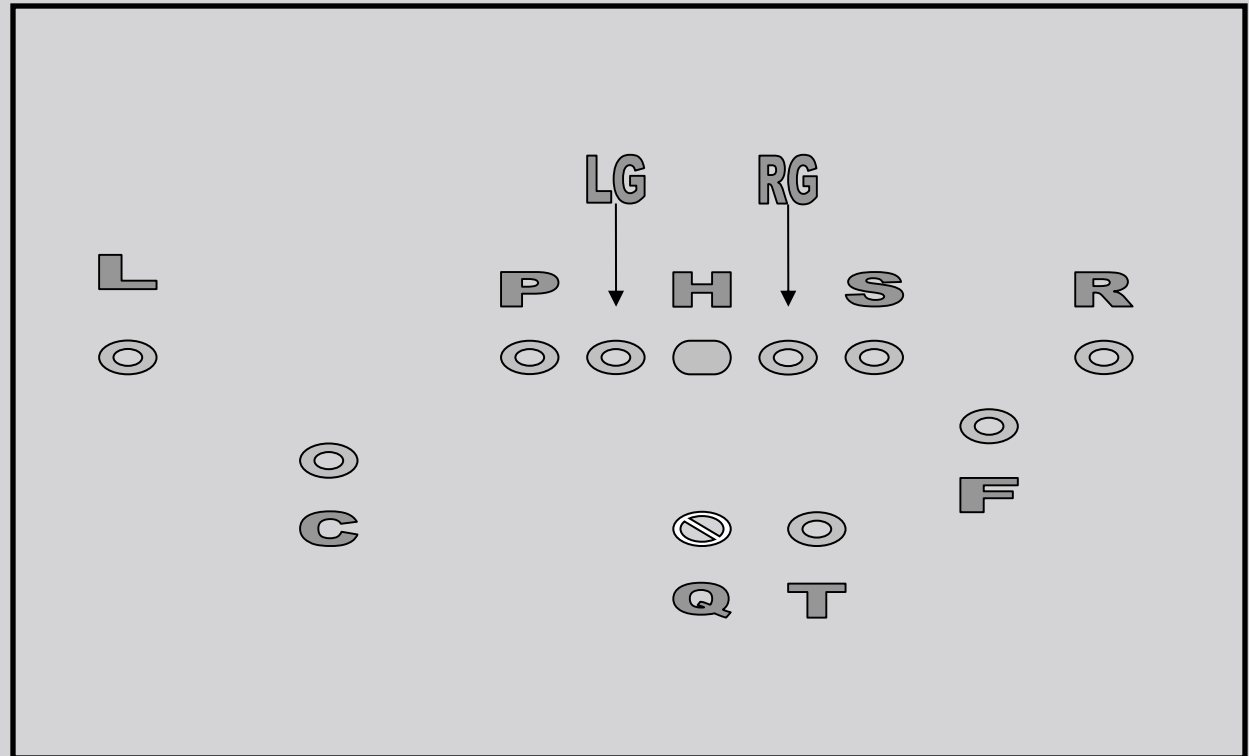
Terminology

The H (Hiker or Center)

The H Qualities

❖ This is one of, if not the, most important position on the field. If your team can't get the ball to the Q in a consistent manner the offense will just sputter.

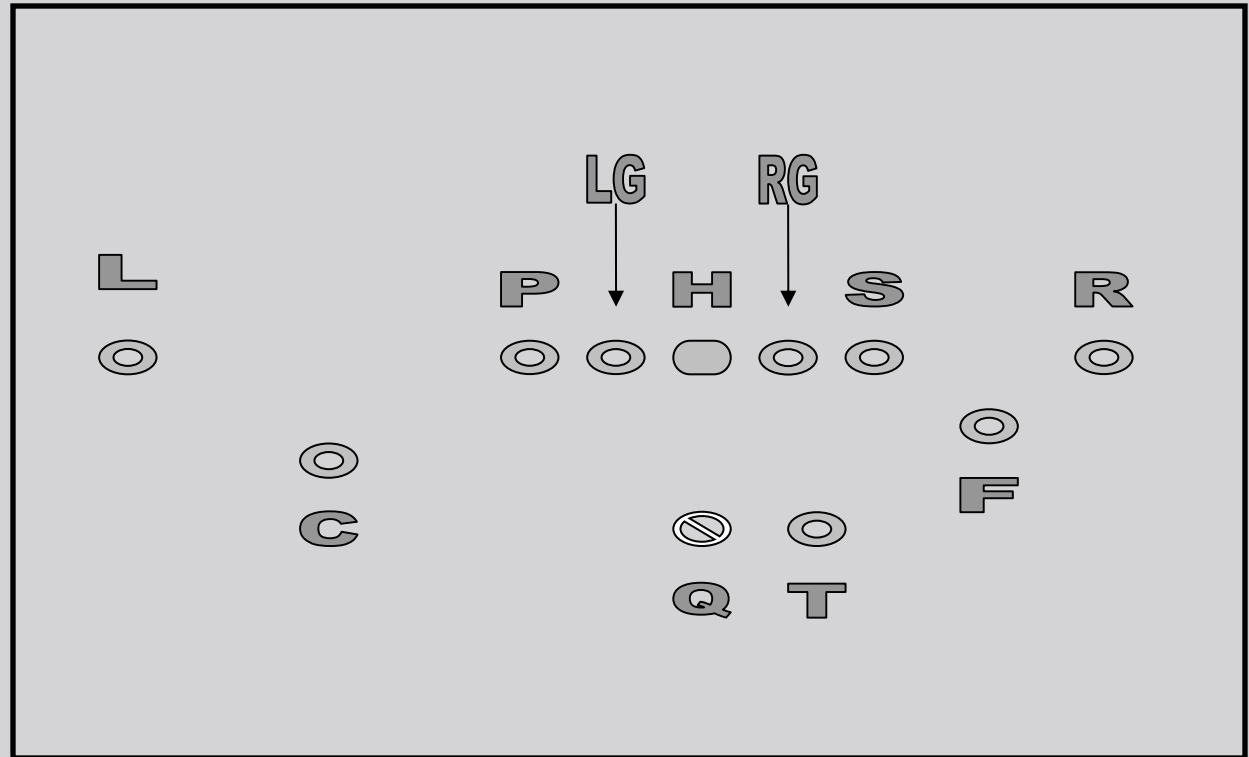
❖ the center needs to know how important his job is to the success of the team.



Terminology

- Qualities for the T
- ❖ We call this back the T as in Tail but he really does not have to have a lot of speed.
 - ❖ This player is much like the old Fullback. He needs to be a good blocker, have decent hands, and have no problem taking the ball up the middle on the trap.
 - ❖ He needs patience.

The T Back (Tailback)

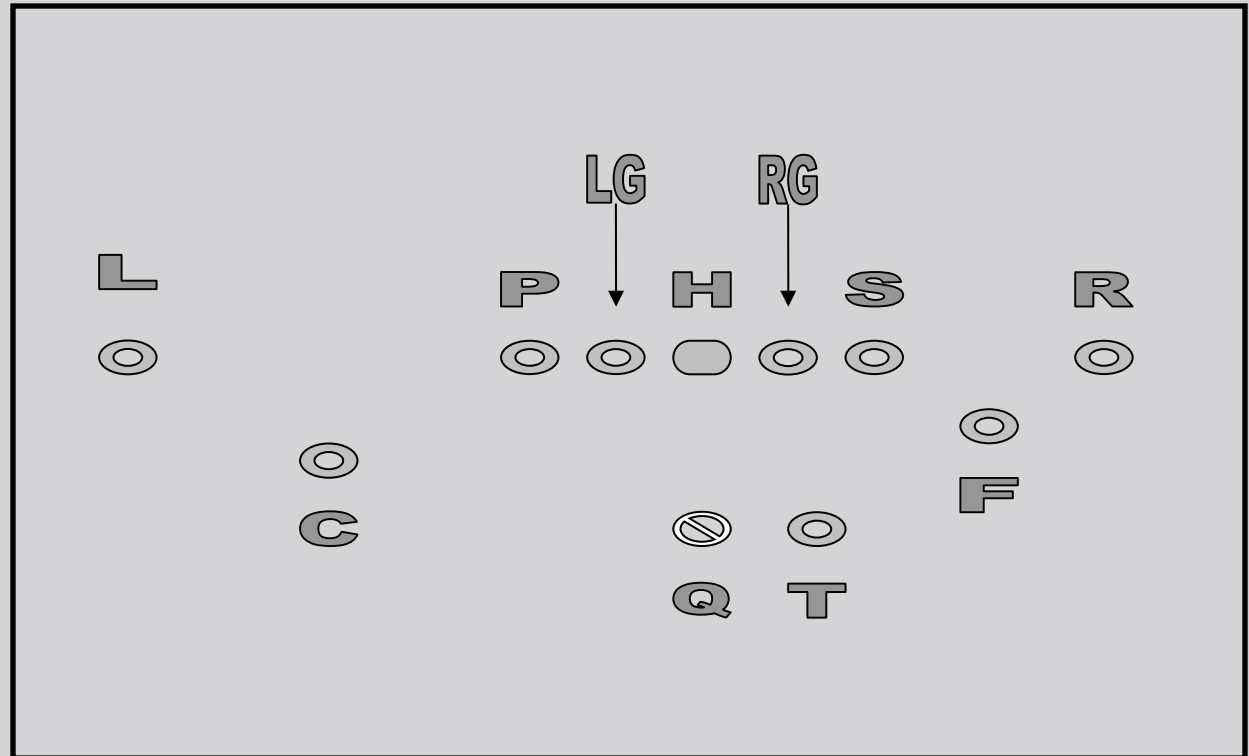


Terminology

Qualities of the F

- ❖ The F Back in this offense is really a slot but we call him the Fullback because he needs those qualities.
- ❖ He needs to be a good blocker, decent hands, average speed.
- ❖ The F is the primary receiver on several pass plays and the carrier on the reverse.

The F Back (fullback)

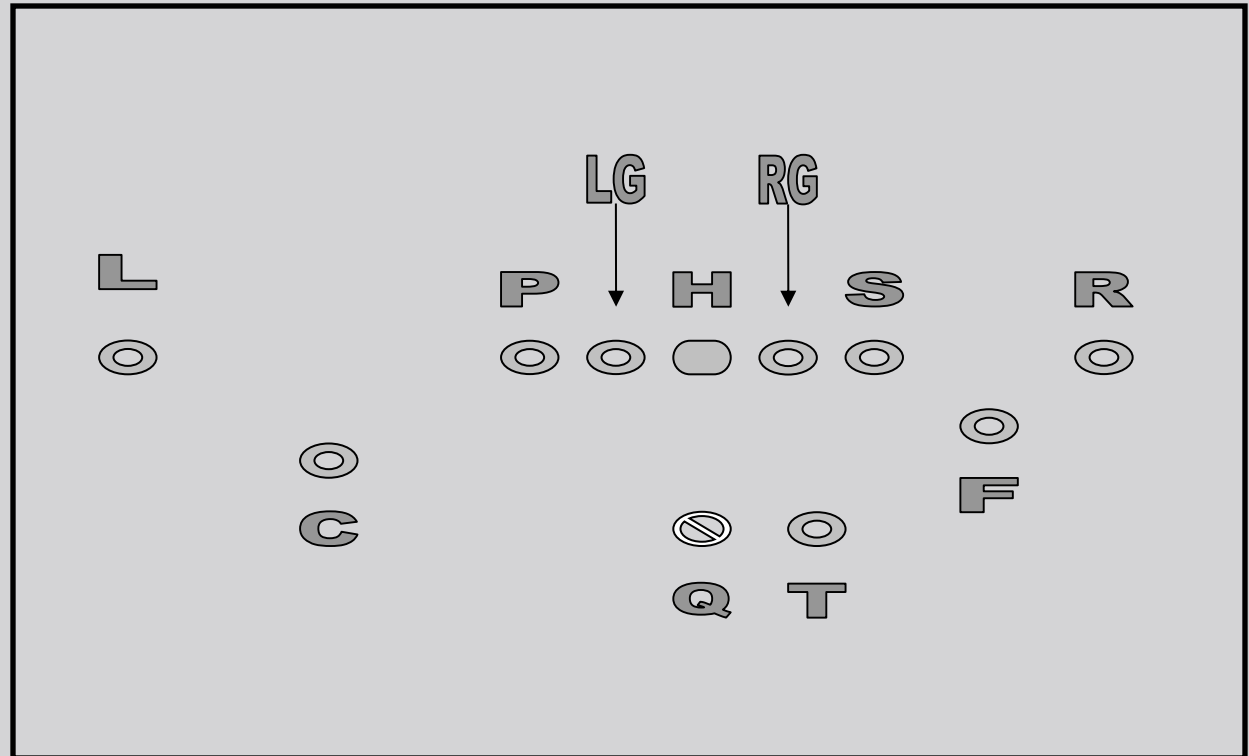


Terminology

The C Back (Cutter)

Qualities of the C

- ❖ The Cutter is our primary ball carrier. He is usually the fastest kid on the team.
- ❖ The Cutter needs to be the kind of athlete the defense has to stop.
- ❖ He must realize that he will cut up field almost as often as he gets the corner.

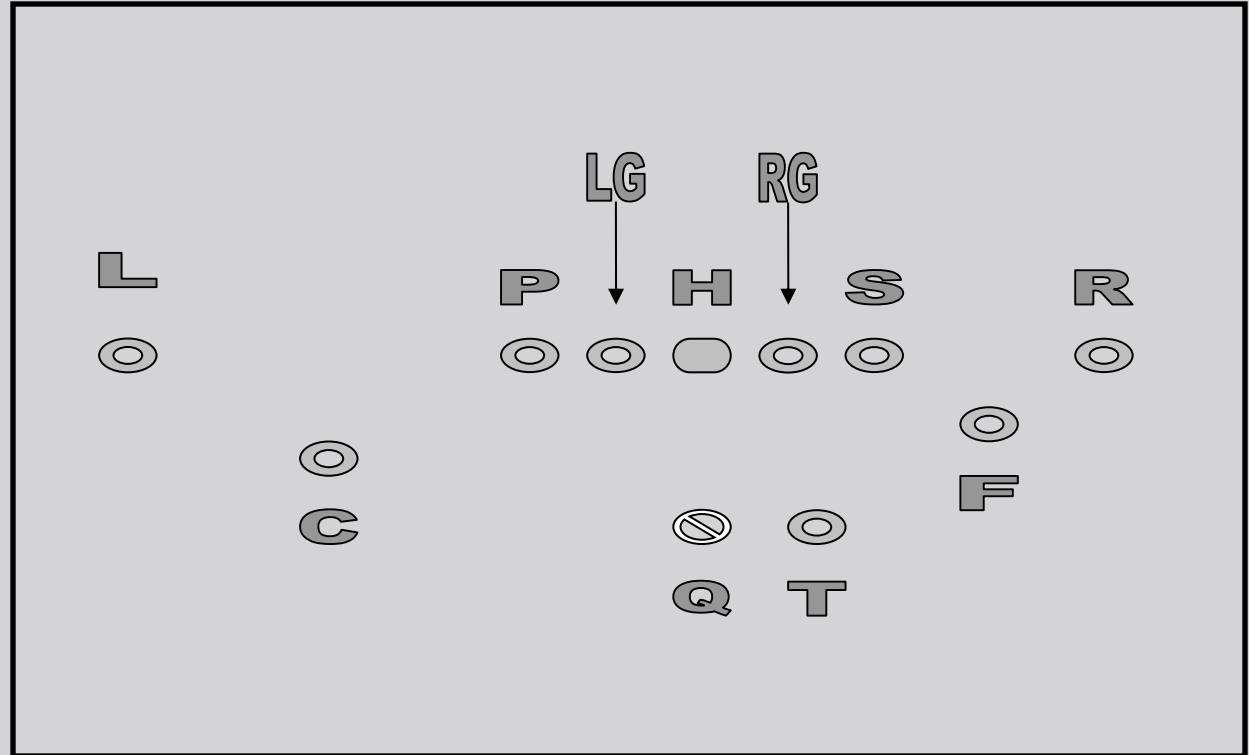


Terminology

Qualities of the Q

- ❖ The ability to take the ball up the middle is as important for the Q as his ability to pass.
- ❖ The Q needs to be ready to run the middle, a decent arm, a cool head, and he needs to work quick.
- ❖ Quick thinking and aggressiveness outweigh ability here.

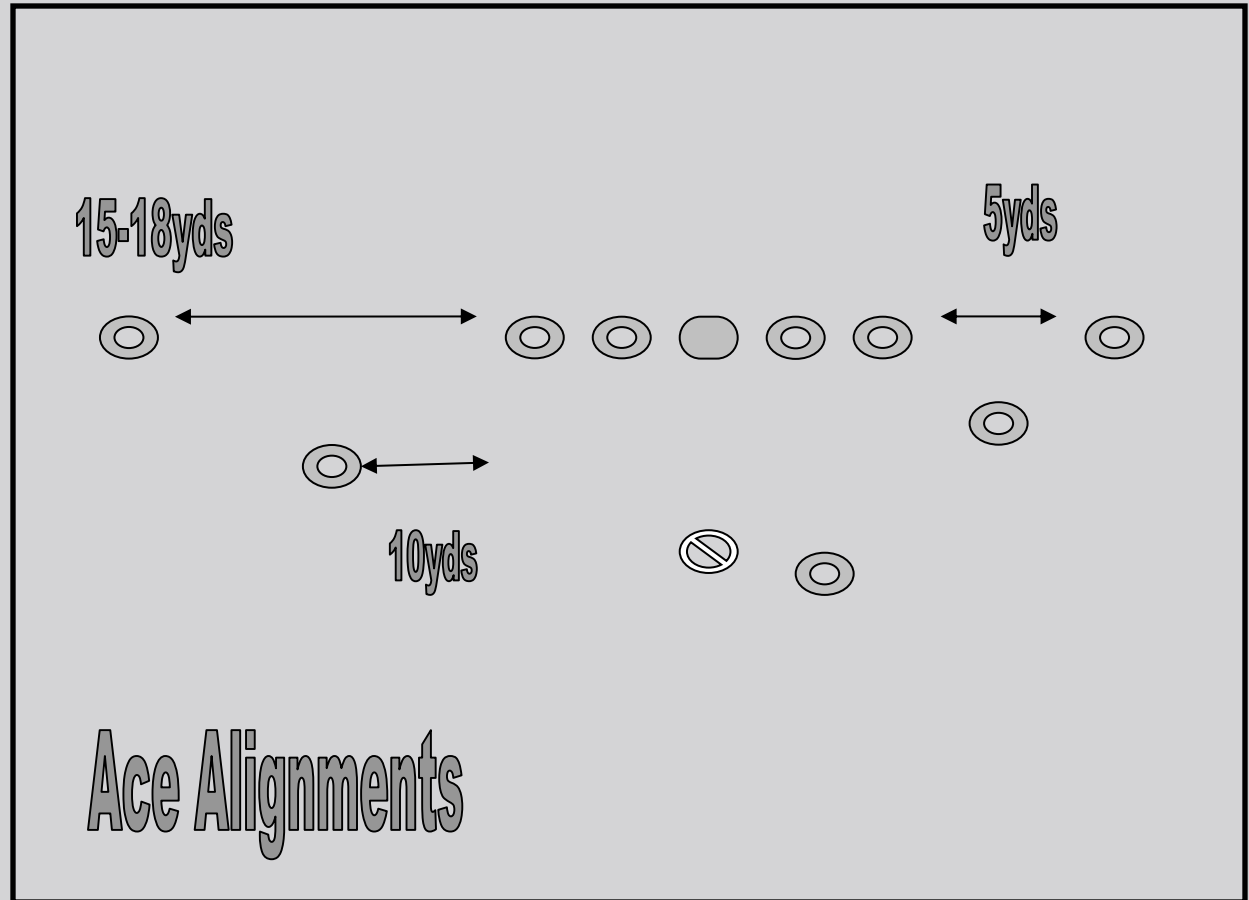
The Q Back (Quarterback)



Alignments

- ❖ The Nasty Side End (R or L) needs a 5-6yd split. This puts him in a great position to crack the OLB or kick him out.
- ❖ The Wide Split needs to be between 15 and 18yds depending on the hash.
- ❖ The C Back will be about 10yds from the tackle. This sets up for motion.

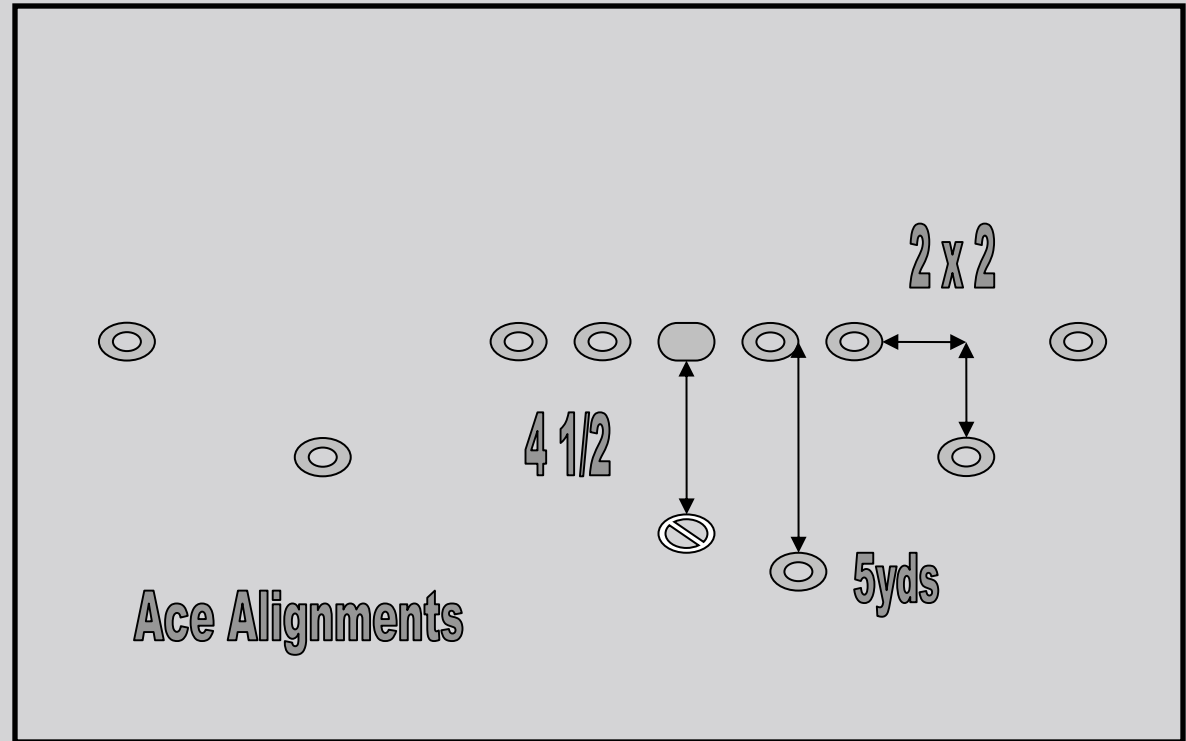
R, L, & C Back



Alignments

- ❖ The Q is $4\frac{1}{2}$ yds from the center.
- ❖ The T Back is 5yds from the LOS with his crotch on the outside foot of the G.
- ❖ The F Back is about 2yds outside the Tackle and 2yds off the tackle's butt.
- ❖ We allow for some adjustment on splits to make sure we get our players in position to make their blocks

Q, T Back, & F Back

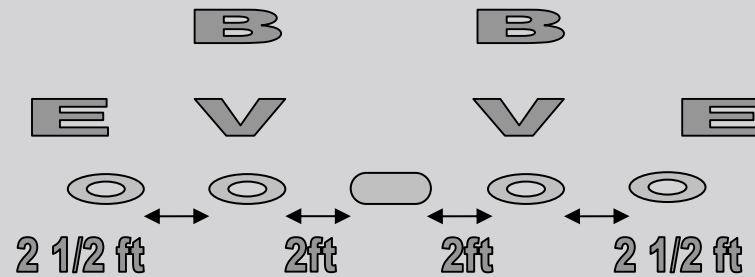


Don't hesitate to make adjustments to alignment to make plays smoother or because of player size. That is just part of being a good coach.

Alignments

- ❖ You may have to cut these down for smaller and younger players but we like 2ft splits with the interior linemen and 2 ½ ft splits with the tackles.
- ❖ High school splits with the linemen usually go 2 ½ inside and 3ft for the tackles.
- ❖ All teams slowly cut down their splits. This jams up traps.

Guard and Tackle Splits



Line Splits

We like to have our linemen in a two point stance (squatting). We tell them that just because they are not down doesn't mean they can be high. We like them to "Z" their knees down low with their outside foot slightly back. You can run your linemen from a down position without any trouble if you so choose.

Motion Jet Ace Basic Playbook

There are four basic types of plays in this offensive scheme.

- 1) Runs
- 2) Passes
- 3) Counters
- 4) Blitz Passes

The basic Playbook contains

- 4 Running Plays
- 4 Passing Plays
- 3 Counter Plays
- 3 Blitz Busters

Of course you don't have to run all these plays and you may want to swap one for another.

Also keep in mind that you can simplify the blocking if you need to by choosing different blocking schemes many of which are included in this book.

Basic Playbook

48/49 Monster Sweep

58/59 Monster Lead

QB Iso

134/135 G/T (rt/lft)

Alternate names

Jet (rt/lft)

QB Sweep (rt/lft)

Q Dive (rt/lft)

Trap (rt/lft)

Basic Runs

❖ The Jet Sweep is the basic play in this scheme. It is the play that you want to be able to run the very best. It is important that your players know how to block for it. This is the play that you run the most and even if teams slow it down you need to keep running it because it sets up so many other great plays.

❖ The Iso (QB Lead) and the G/T (guard tackle trap) are actually counters to the Monster Sweep (Jet).

❖ The Monster Lead is optional for you to run but the blocking is identical to the Sweep play. This play does not require motion which allows it to hit quick and disrupts the motion blitz.

Basic Playbook

Basic Pass Plays

3 Blades

Stag (rt/lft)

C Spot Crack

C Spot Pump

- ❖ Even though the Blitz Busters are picked specifically to kill the blitz all four of these plays are designed to do the same.
- ❖ 3 Blades quickly attacks several levels of the field. This play is easy to run and attacks the back side of the Ace Formation.
- ❖ Stag stands for Speed Out & Flag. This is a type of a smash route that is especially good vs. teams that attack the short or “nasty” side of the Ace.
- ❖ C Spot Crack is quick hitting. It forces the defense to guard the wide side of the Ace.
- ❖ C Spot Crack represents the best “Homerun” play. It can be altered and ran anywhere on the field.

Basic Playbook

48/49 Reverse
58/59 Reverse
154/155 G/T

Alternate Names

F Reverse

F Reverse (no
motion)

154/155 Cross Trap

Basic Counters

- ❖ The counters for this scheme are awesome plays and more advanced plays actually counter these counter plays.
- ❖ The Reverse play is the main way to get the ball into the hands of the F Back other than the pass. It requires a good deal of practice.
- ❖ 58 & 59 Reverse are basically the same play but without the motion. This play counters the QB Sweep.
- ❖ 154 & 155 G/T (guard tackle trap) require a little more time to run than most of the running plays in the scheme but represent a new way to run the old cross buck series.

Basic Playbook

Blitz Busters

L/R Slant

❖ L or R Slant is run with motion. This play does a good job against teams that want to “motion blitz.”

L/R 3x2
(three by two)

❖ The 3x2 takes a little more time to run but counters the Slant with a “homerun” type threat.

Ace Over OU
(rt/lft)

❖ The OU play is another awesome way to counter the motion blitz and is good whether the motion blitz comes or does not. However, because this play requires an adjustment to the Ace formation and a true read by the QB you may consider it a more advanced type Ace play.

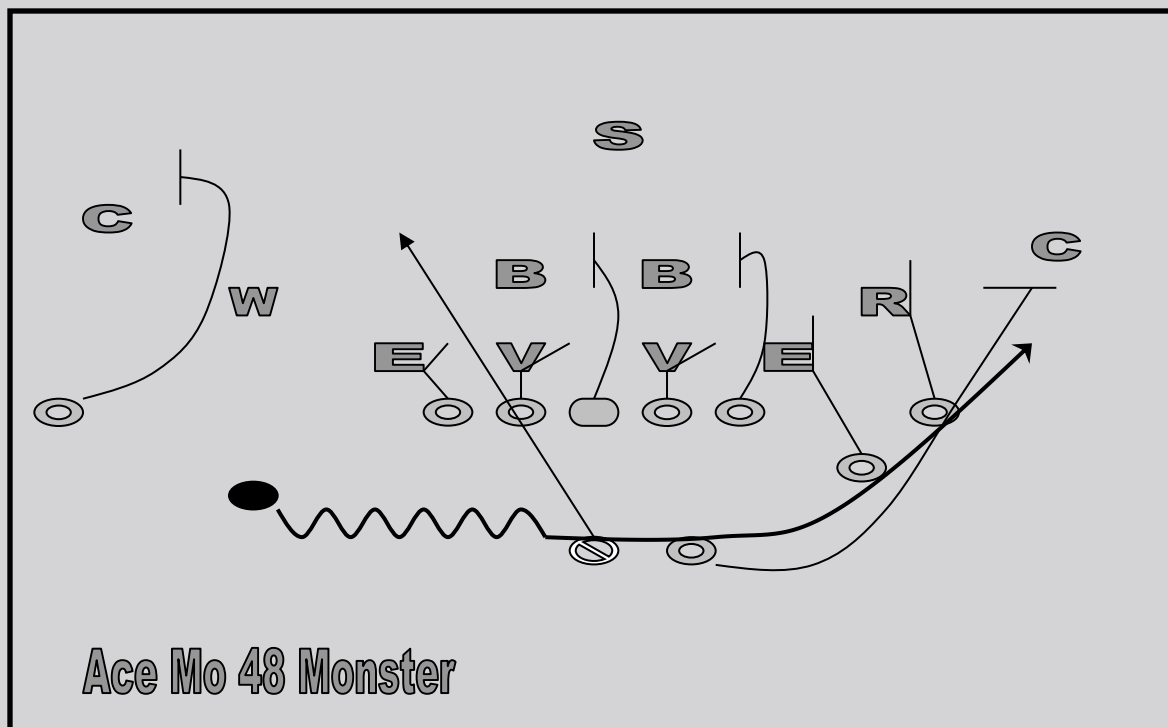
Basic Playbook

- ❖ The 13 plays in the Basic Playbook Section more than complete this offense. However, the best thing about this offense is that you can continue to add plays to its flexible nature.
- ❖ The Ace formation is well balanced to give you a great combination of the speed game, the power game, short passing, and deep routes with maximum protection.

Basic Runs

- ❖ The QB needs to snap the ball when the motion reaches the area just outside the tackle.
- ❖ The F Back and R need to be in position to crack or “wall out” their defenders.
- ❖ The C Back needs to be at full speed when he gets the ball and ready to cut in if the situation calls for it.

Ace Motion 48 Monster



It is very important that the QB carry out his fake. This detains the LBs from getting to the play. He can also fake to the play side to simulate the Iso.

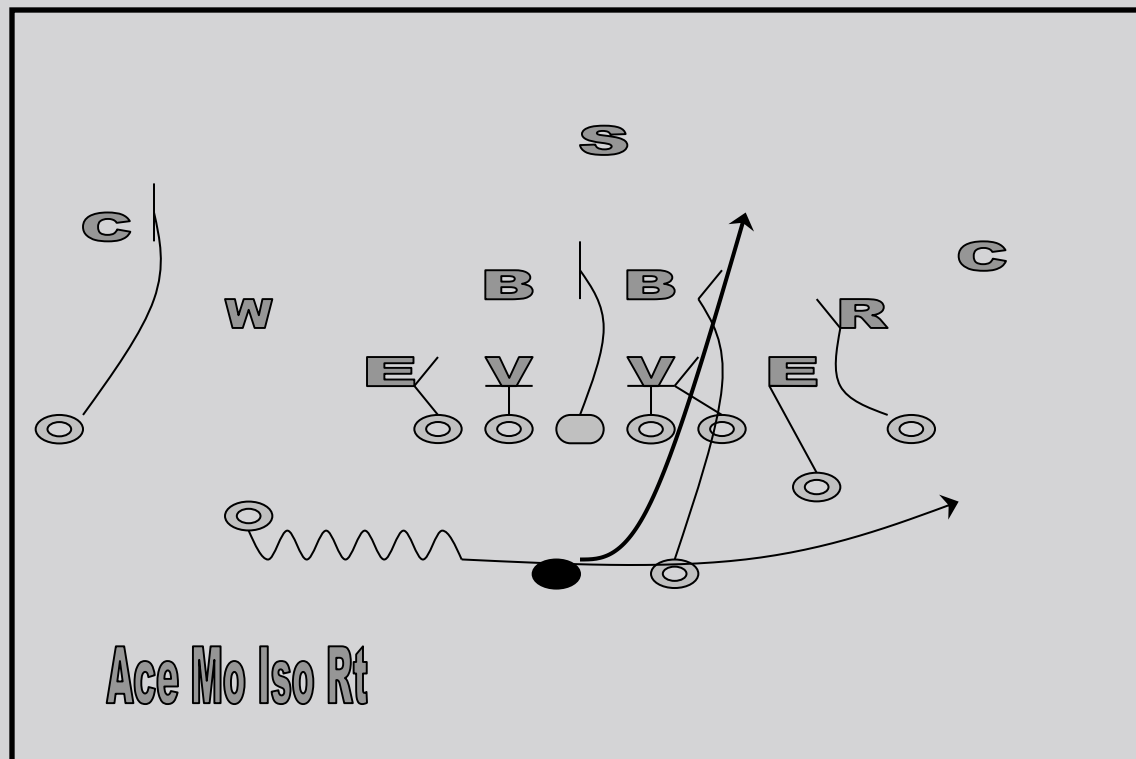
Basic Runs

❖ The "Iso" play is actually a QB lead play where the T Back (we sometimes call him the "Ace Back") leads on the near side LB.

❖ This play is a great counter to the sweep and simulates it even in the initial blocking scheme.

❖ Tough, aggressive QBs will rule this play.

Ace Mo Iso Rt



If your G can handle the DT one on one the OT (S tackle) can kick the DE out. This simple adjustment lets you get a double on the inside LB with the Slot.

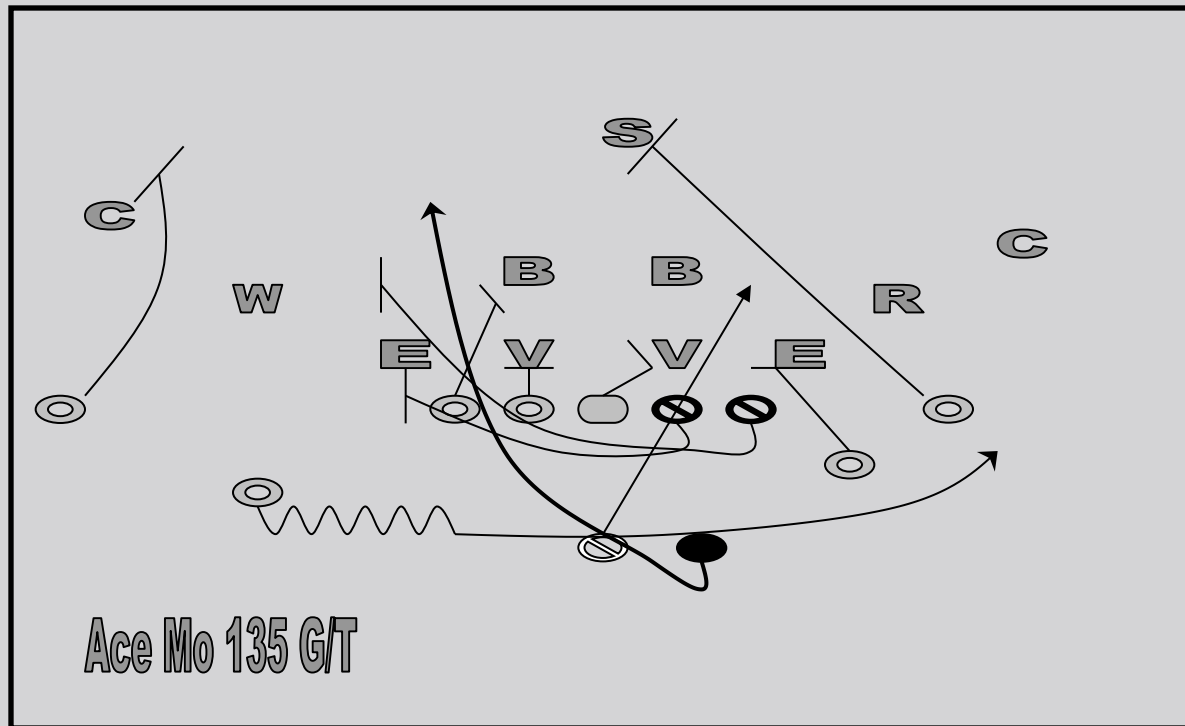
Basic Runs

❖ This is a more complex play and I will show alternative blocking for it in other sections but this play is a killer.

❖ The G/T ,run in this manner, is a throw back to the old wing T Crossbuck trap.

❖ We tell our G&T that if they hear a 5 at the end the pull is to the left. A 4 would be to the right.

Ace Mo 135 G/T

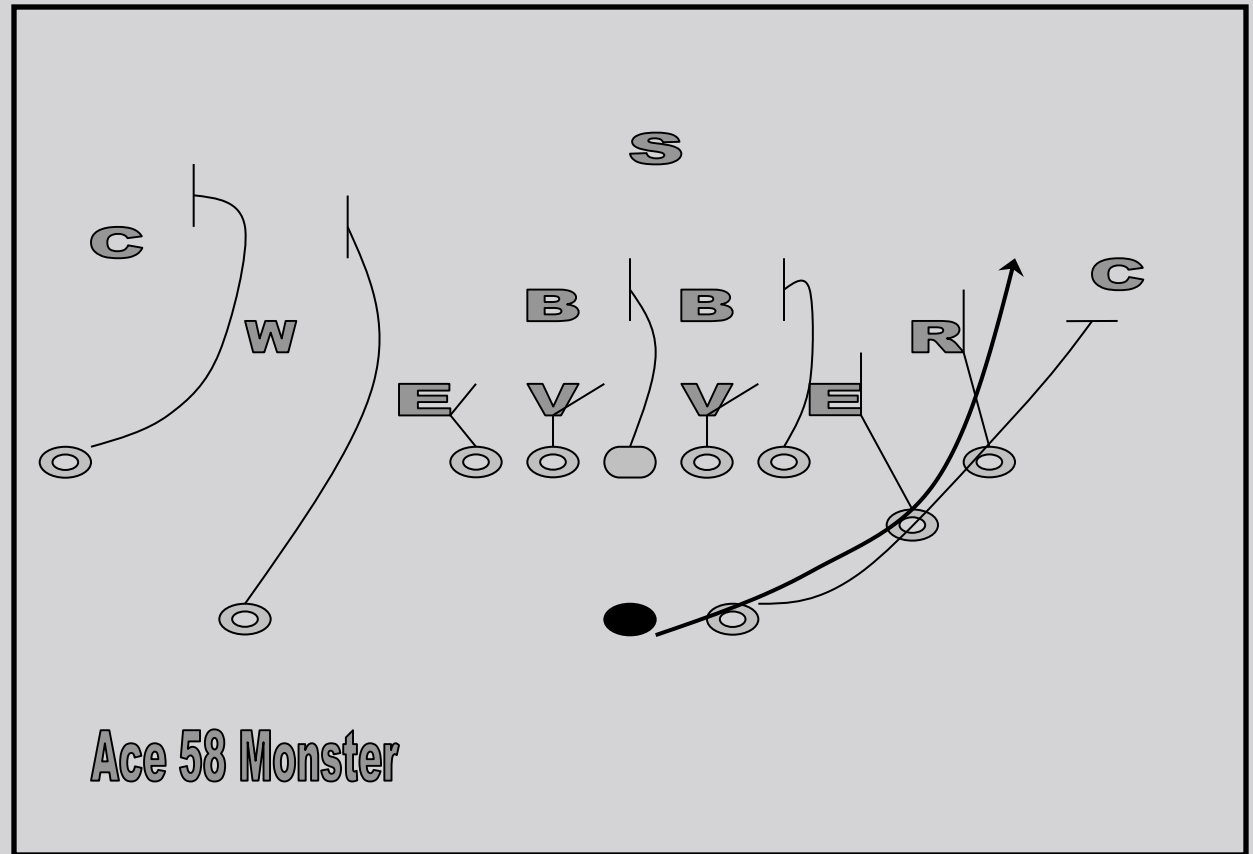


With younger players you may also refer to this play as "G/T right" or "G/T left." "Trap right or trap left may also work well.

Basic Runs

- ❖ Here we have the same “Monster” crack blocking scheme as the Monster Sweep play but w/o the motion and with the QB on the carry.
- ❖ Sealing the LBs and forcing the perimeter players to commit inside or outside is what makes these plays work.

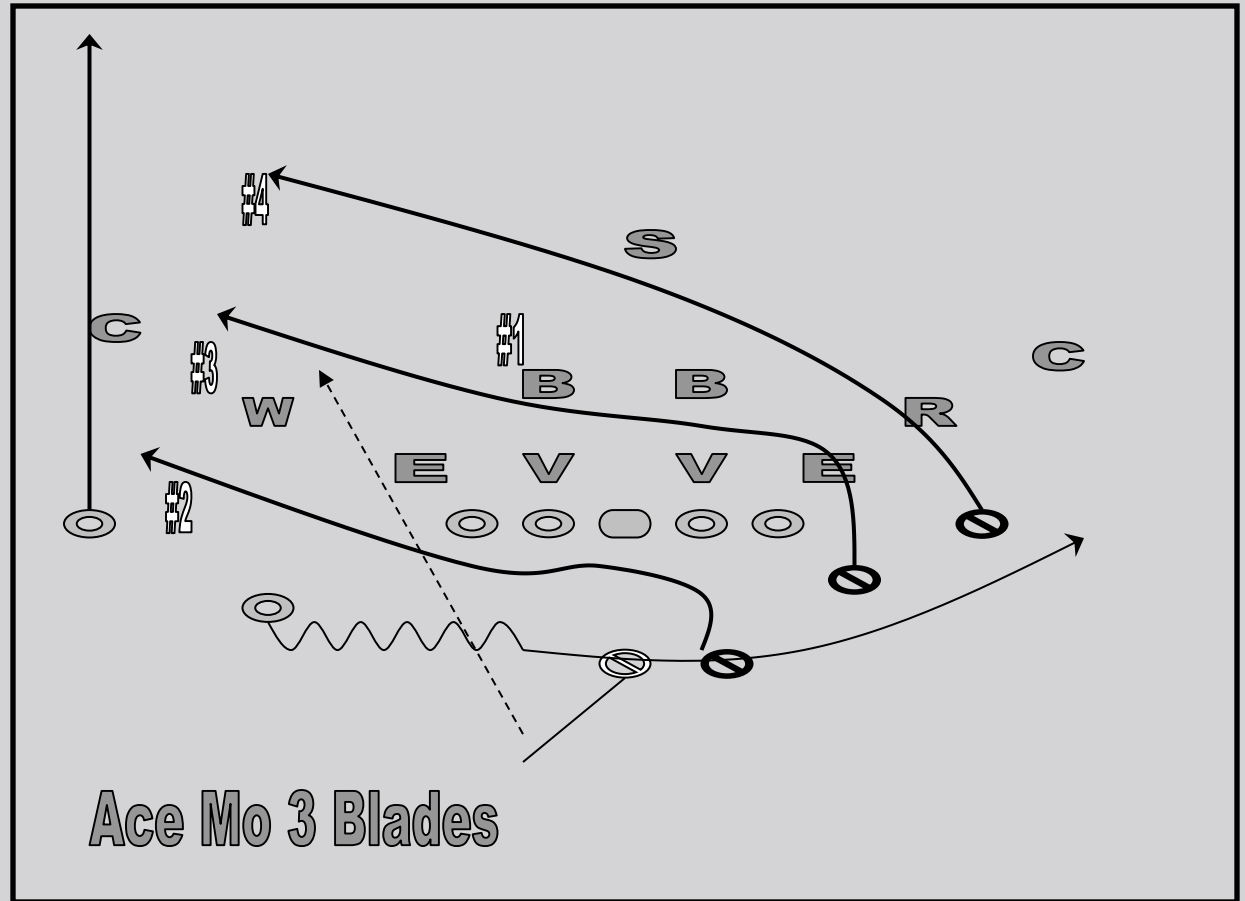
Ace 58 Monster



Basic Pass Plays

- ❖ With younger kids we try to get about 7yds of separation between each receiver.
- ❖ The T runs a "Flat"
- ❖ The F runs a "Drag"
- ❖ The R runs a "Over"
- ❖ With a Jr. High QB you can have him check for a blitz and dump on #1. With younger QBs you may just have them throw to the open man on a semi roll (3-4 steps)

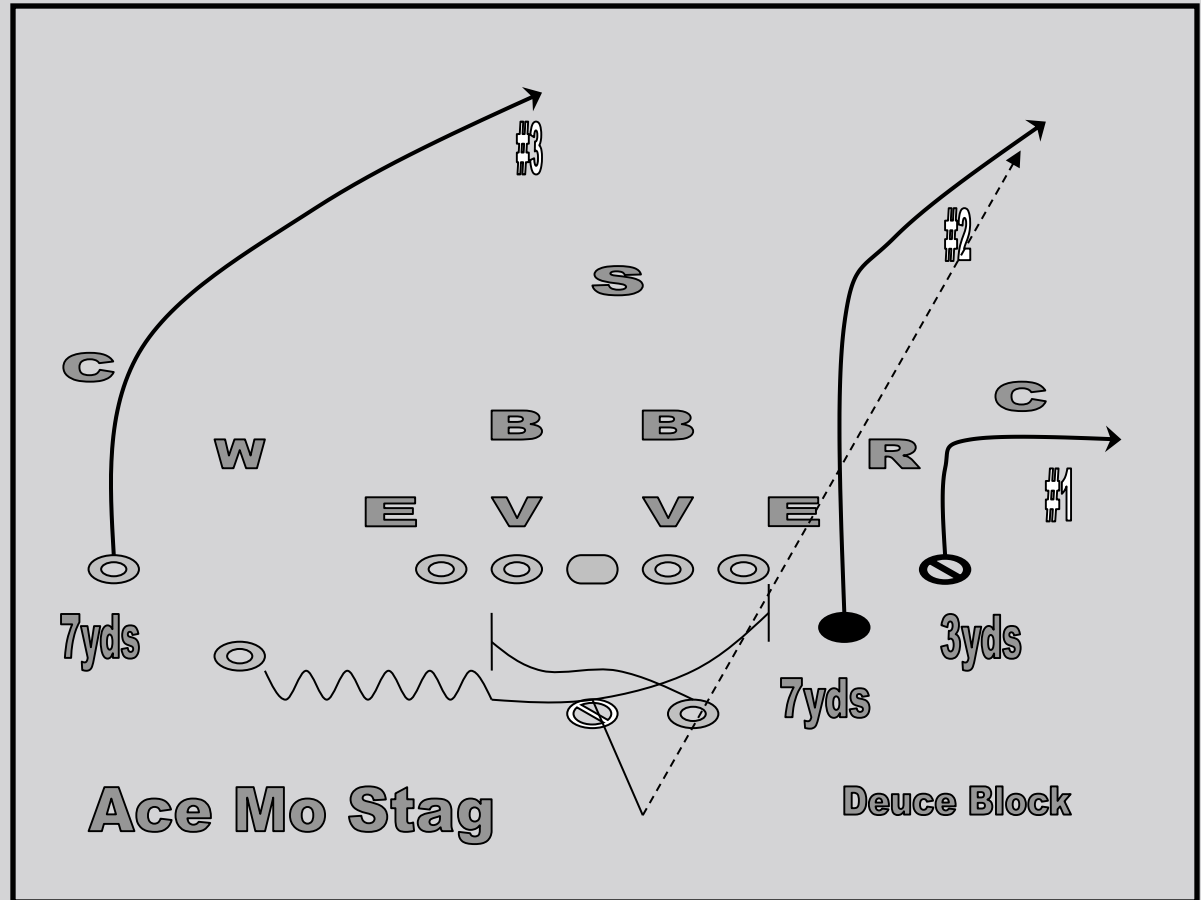
Ace Mo 3 Blades



Basic Pass Plays

- ❖ Stag supplies plenty of blocking as well as play action off the sweep.
- ❖ Having the QB check short 1st and reading deeper makes the play quicker.
- ❖ Instead of reading the "Over" route (3) you may just want to call it when it is open
- ❖ This is a "smash or combo" type of play.

Ace Mo Stag



Basic Pass Plays

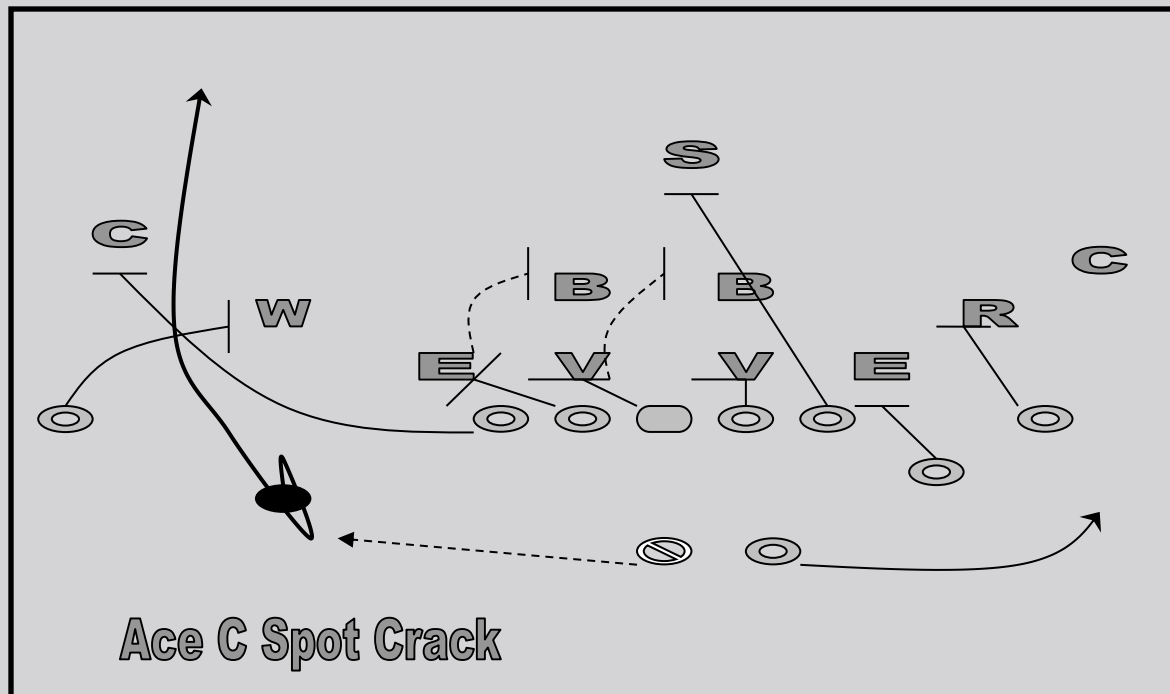
❖ This play is a quick hitting way to get the ball into the C Backs hands w/o motion.

❖ You can block this play several different ways and with youth kids you may not need to pull the play side Tackle.

❖ Coaching points

- 1) Get the ball to the C quickly.
- 2) Get a good crack
- 3) Seal those LBs

Ace C Spot Crack

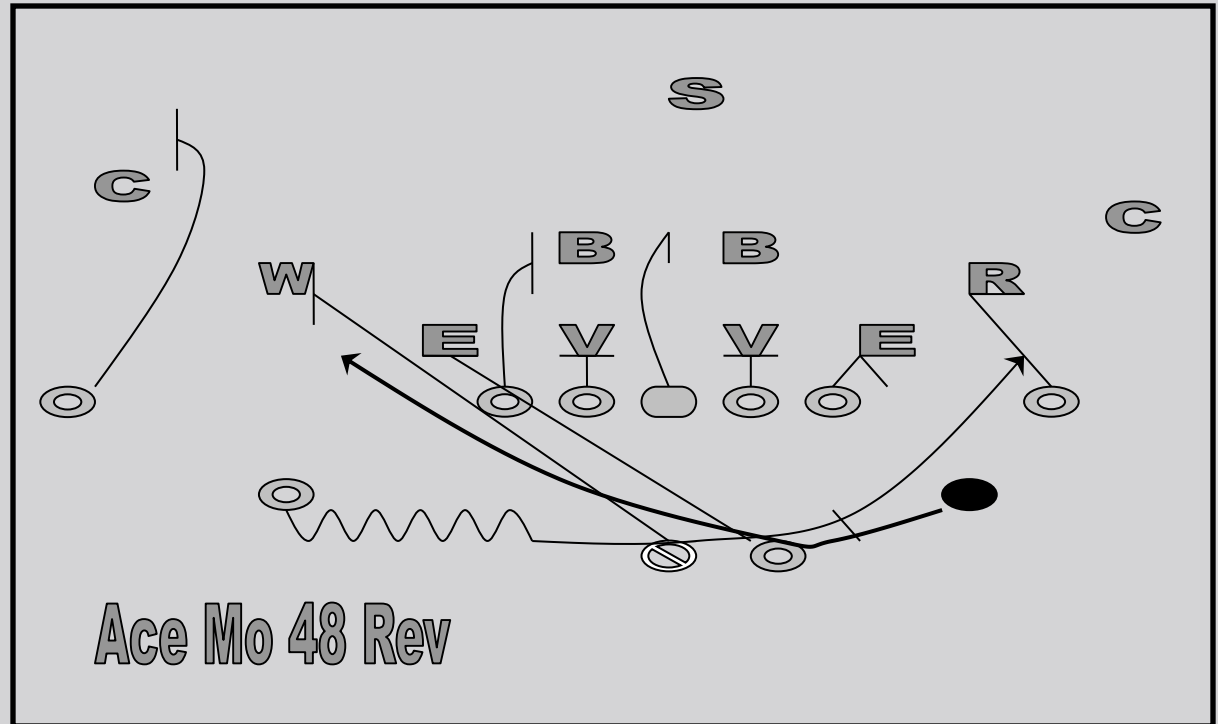


The C Back will take one step forward and two steps back prior to making the catch. This gives him the timing that it takes for the QB to catch the snap and throw it to him.

Basic Counters

- ❖ This play is much simpler to run than it looks diagrammed.
- ❖ The QB leads on the OLB while the T leads on the DE.
- ❖ The handoff can be made to the inside or the outside. Make sure it is understood which one you choose. We run it as an inside handoff.
- ❖ Having your F line up farther out will help with the timing.

Ace Mo 48 Reverse

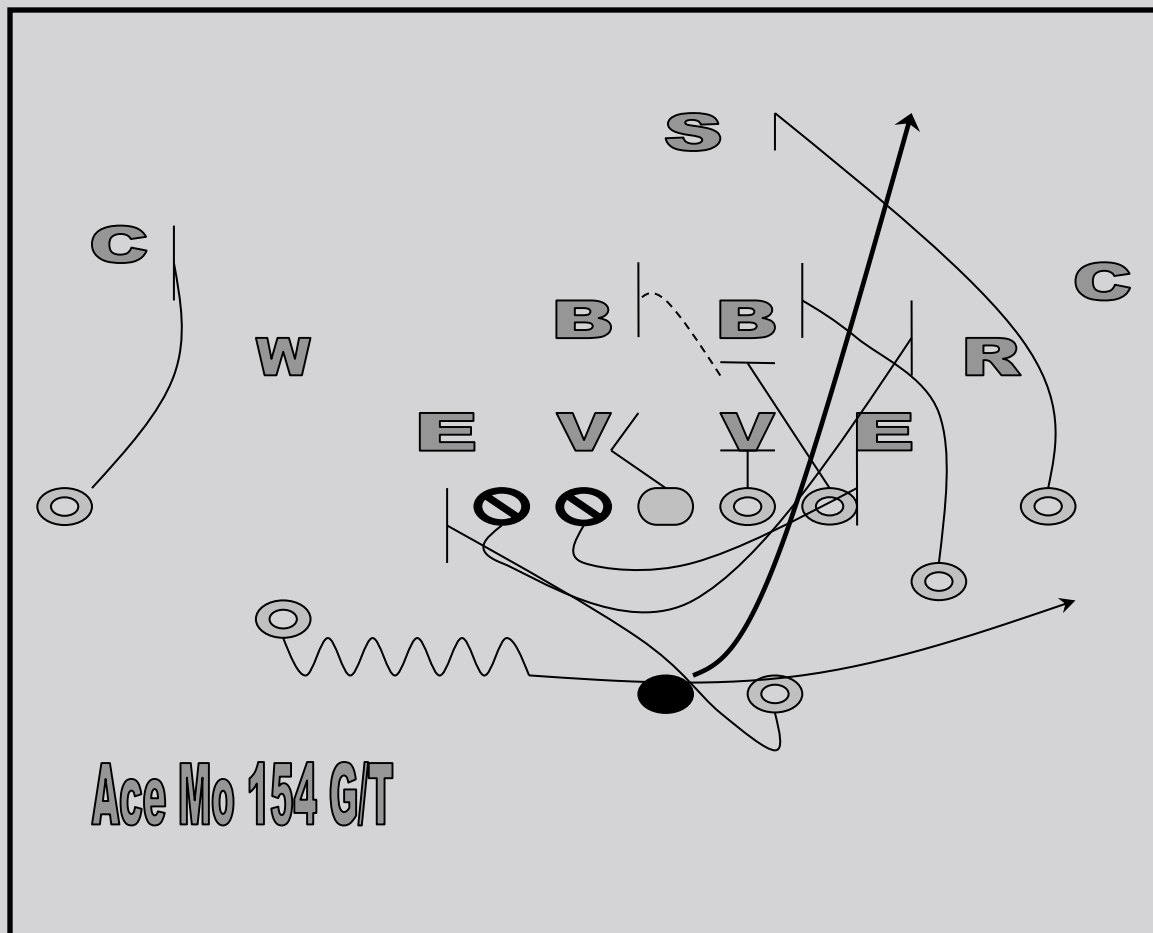


The reason we like the inside handoff a little better is because the reverse usually gets turned up rather than going wide. It is easier for the back to turn up after the inside handoff.

Basic Counters

- ❖ Before we ran the Iso play this was one of the basic runs.
- ❖ This play takes a little more time to develop and it is more complex than the Iso.
- ❖ This completes the "3 way" of the old trapping series.
- ❖ Pulls need to be executed well.
- ❖ Playside and backside blocking is critical.

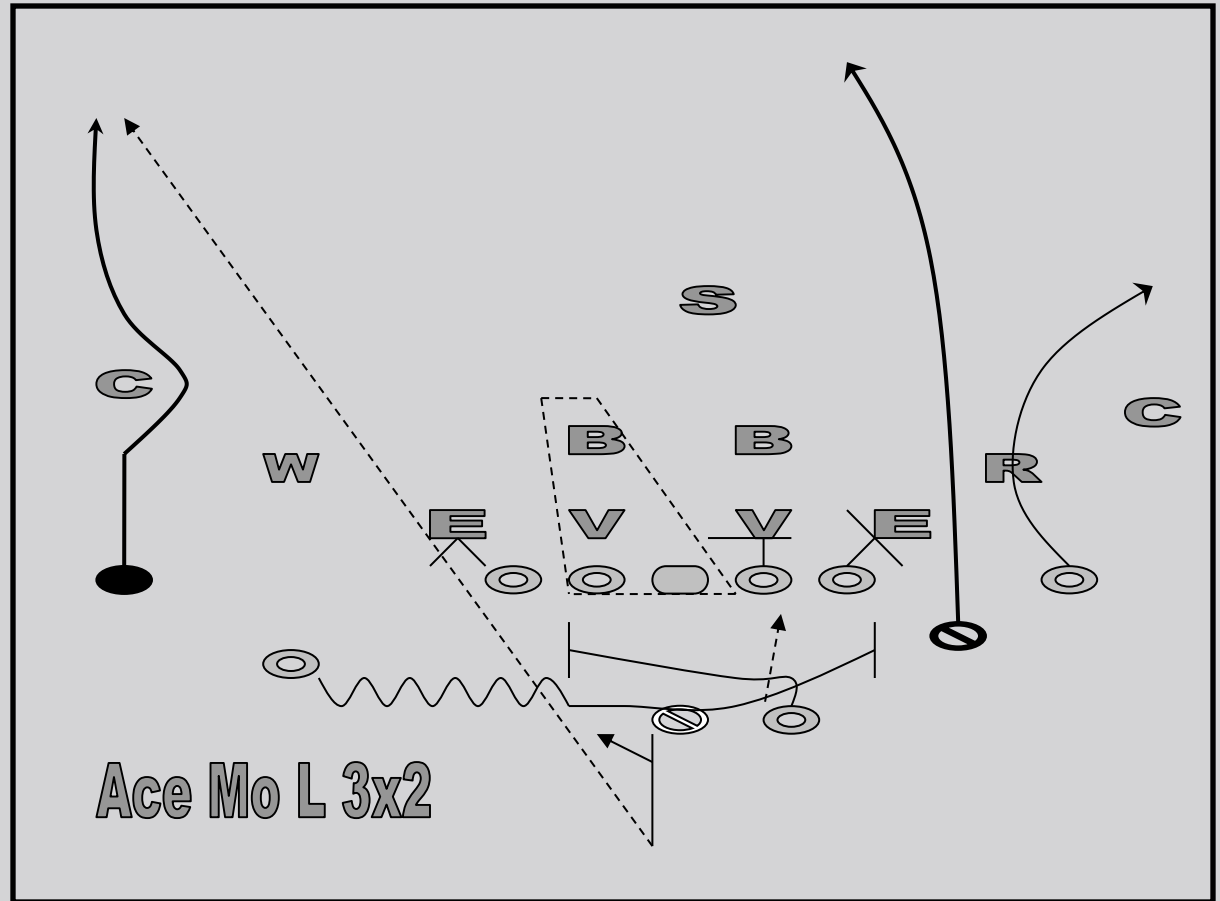
Ace Mo 154 G/T



Blitz Busters

- ❖ This play is another deep “homerun” type play to the L.
- ❖ The 3x2 counters the Slant Play.
- ❖ This takes a little more time and requires a deeper drop by the QB as well as longer blocking.
- ❖ The T will pick up the motion blitz while the C blocks for left blitz.
- ❖ The L runs 3 steps then 2 steps into the slant turns it up.

Ace Mo L 3x2

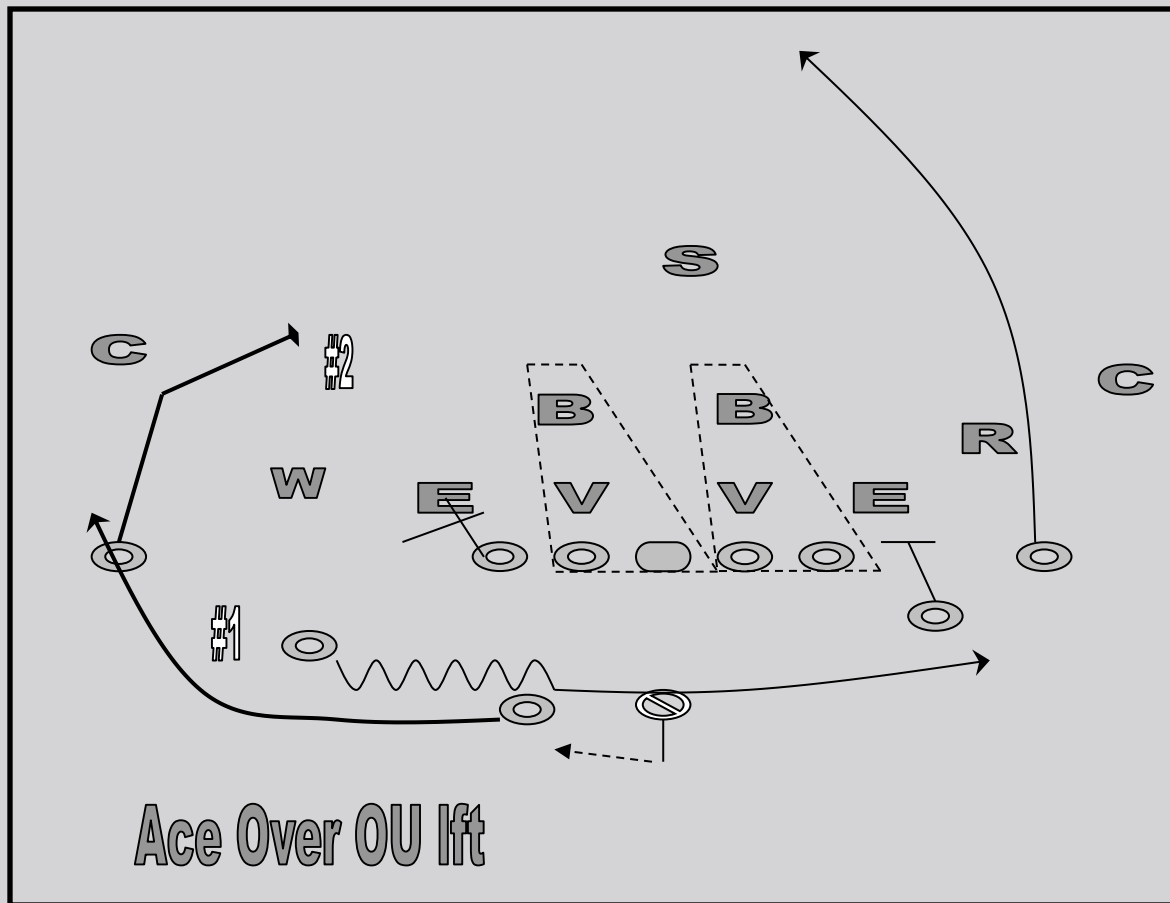


Blitz Busters

❖ This play breaks the original Ace look but it really kills the blitz so we included it with the Blitz Busters.

❖ We tell our young QBs to make the “Whip” (OLB) wrong. If he blitzes we throw the swing, if he drops we throw the swing, if he comes up we throw the sit down to the L.

Ace Over OU (over & under)



Blocking for the Ace Offense

This section includes alternate blocking for different fronts including odd defensive fronts. Also included is a simplified pass blocking segment.

Blocking for this scheme is pretty basic. The trapping game is almost always considered more advanced when it comes to younger players but you can still teach these players more advanced blocking concepts if you do not try to run too many different types of plays.

As a coach it is of utmost importance for you to choose offensive plays that have the most potential for the success of your players. After that you need to make sure that you have counters to those plays that will take advantage of the adjustments that defenses will undoubtedly make. Attacking the field is important but having your players prepared to block multiple fronts in a simplified manner can be crucial to your season.

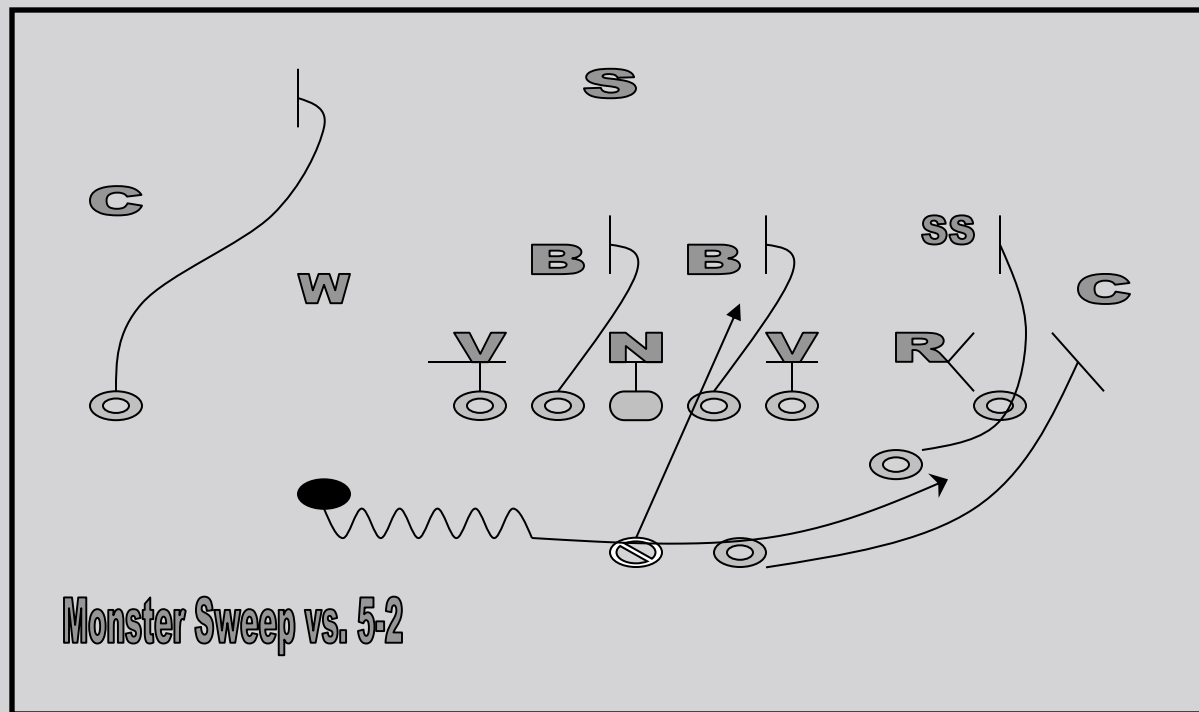
Ace Blocking

❖ There are several different ways to block these plays. This diagrams contains one of the most popular ways to sweep block the odd.

❖ Remember if the odd isn't stacked into some 3-3 or 3-5 defense there will be an extra S (strong safety).

❖ The play side OLB (R in this case) MUST get blocked. Even if you have to double him.

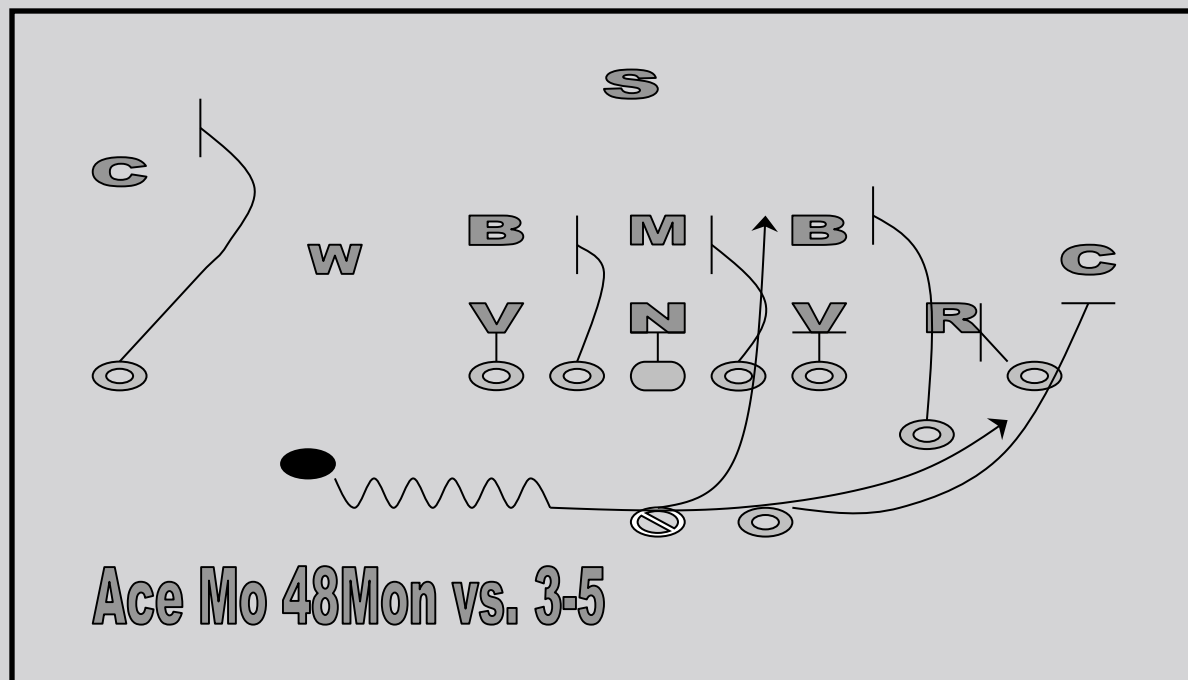
Monster Block vs. 5-2



Ace Blocking

- ❖ The 3-5 Defense is very susceptible to the Jet Sweep with the Monster Blocking.
- ❖ Because of their alignments the defenders at the point of attack are being blocked from the outside. This is an advantage.
- ❖ If the Rover lines up too far outside for the R to crack he must shield him to the outside.

Monster Block vs. 3-5

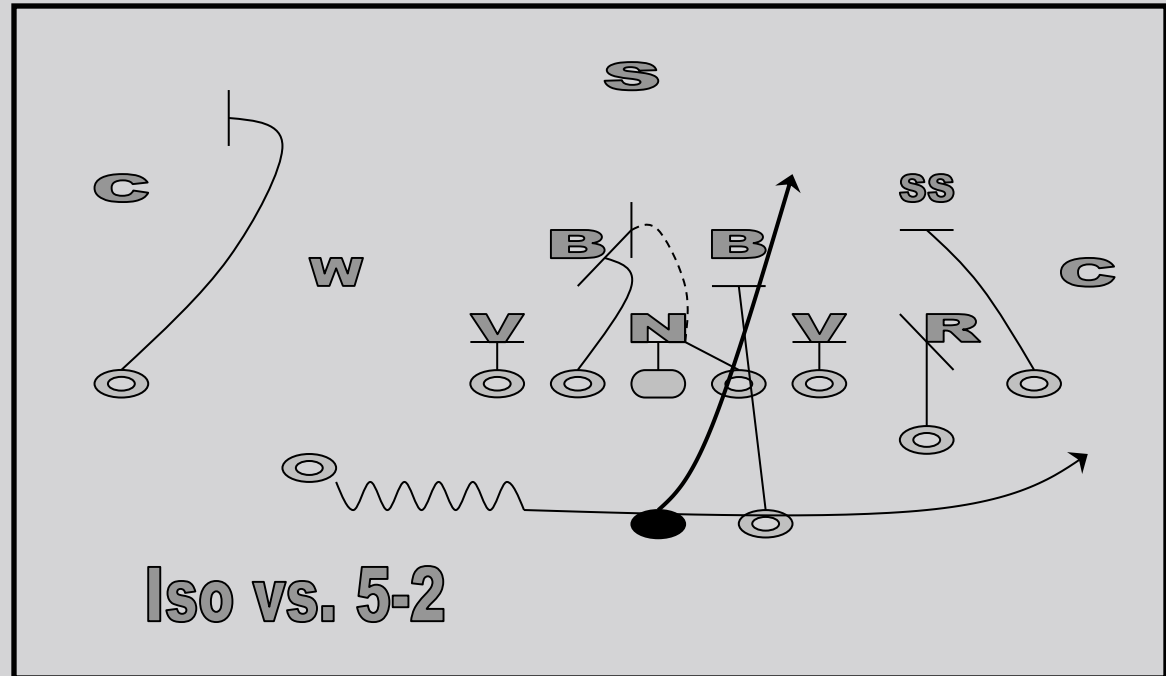


If the play side LB blitzes the F and S Tackle must team block him and the DT. To do this the F will take the outside man and the S the inside man. This is an easy adjustment but very important.

Ace Blocking

- ❖ The Iso relies on the LB block by the Ace Back (T).
- ❖ This play also requires a chip to the backside LB by the Guard.
- ❖ The Ace Back (T) will go hard to the LB. He will actually go prior to the C Backs fake. The timing works well for this and there is very little adjustment.

Iso Block vs. 5-2 or 3/4

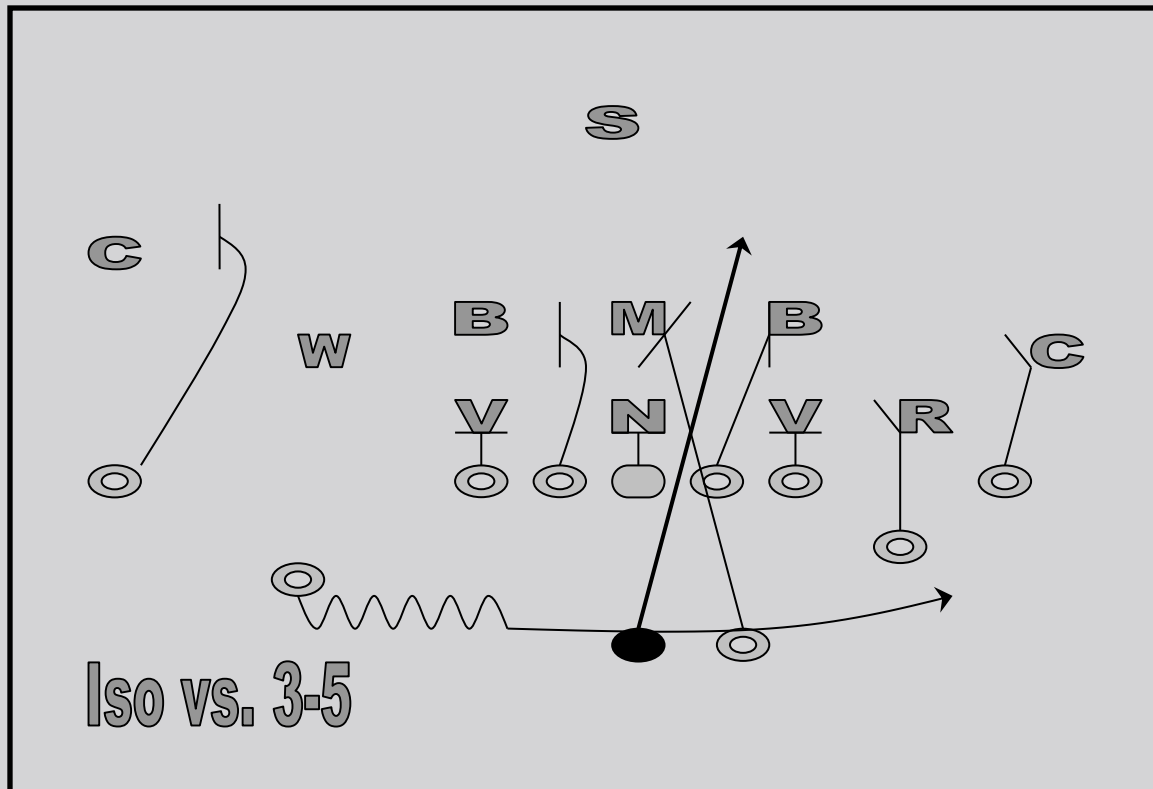


The Iso play is a great counter to the Jet Sweep or Monster Sweep. However, the Ace Back (T) needs to bring the fight right to the LB.

Ace Blocking

- ❖ There are not a lot of youth teams that run this defense but there are a few and most of the ones that do crowd the LOS and blitz.
- ❖ The basic straight forward blocking of the Iso is easy to understand but the play MUST hit quick.
- ❖ The longer these blocks take the less likely success will be.

Iso Block vs. 3-5



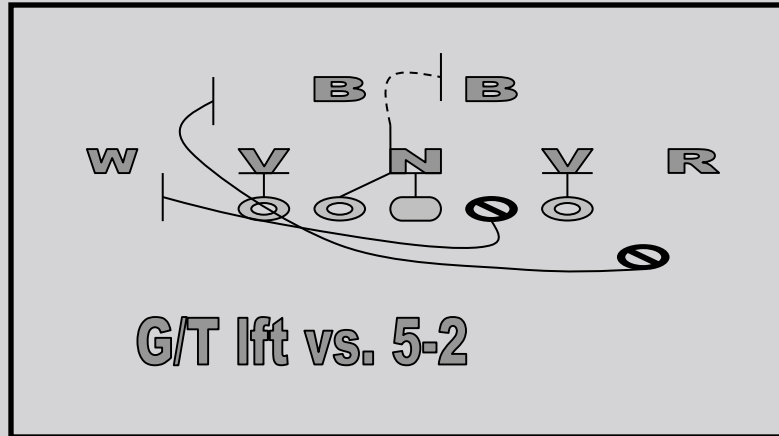
If the MLB blitzes the left the H may have to hand his man off to the T Back.

Ace Blocking

❖ One of the biggest questions we have had over the years is how to adjust the G/T blocking for odd fronts.

❖ On an odd front we will pull our slot instead of the OT. We can cut his split down a little but in general the slot will get to the party as long as he does not have to slow down for the pulling G.

G/T Blocking vs. Odd Front



We call this a “Longbow” block.

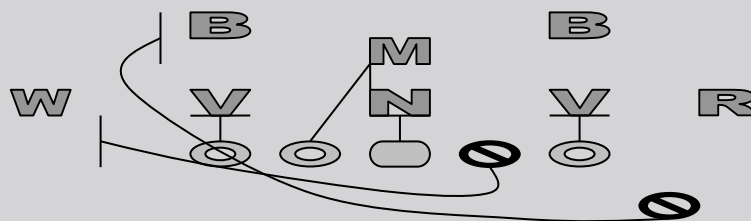
A basic rule against an odd front is that “tackles block tackles.” We will take the onside tackle the direction he wants to go. The pulling G will read the block in or out. If it is out he will “Duck” under and the slot will follow. If the tackle takes his man down the G will trap outside and the slot will look to seal inside on the 1st threat he sees.

Ace Blocking

- ❖ Against the 3-5 most of the same blocking rules apply. Tackles block tackles and the slot pulls instead of the back side tackle.

- ❖ In general the slot will call the “longbow” but sometimes the linemen will make the call. They may even develop fake longbow calls.

G/T Blocking vs. 3-5



G/T lft vs. 3-5

Here again the pulling G will read the block of the playside tackle. If the block is made to the outside the pulling G and slot will “Duck” under.

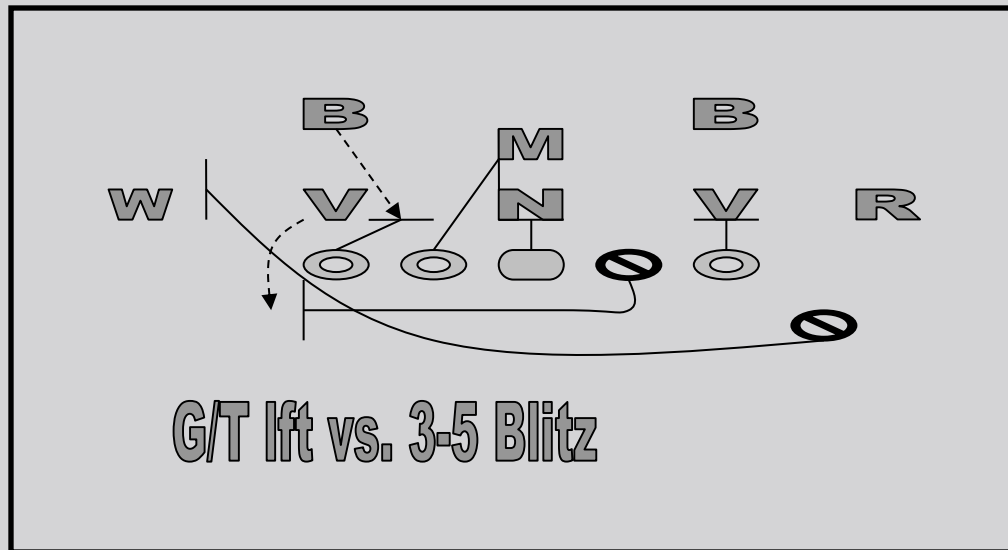
The play side tackle must know that he can take the DT either direction but he must do it HARD! If the DT doesn't go either direction we tell them to go outside with the trap.

Ace Blocking

❖ There are few exceptions to the rules in this scheme. However, this is one of them.

❖ Here a play side blitz occurs to B gap. The P tackle sees it and picks it up. The pulling RG sees the P leave his man to the outside so he traps him and the pulling slot cuts under to the Whip (OLB).

G/T Blocking vs. 3-5 Blitz



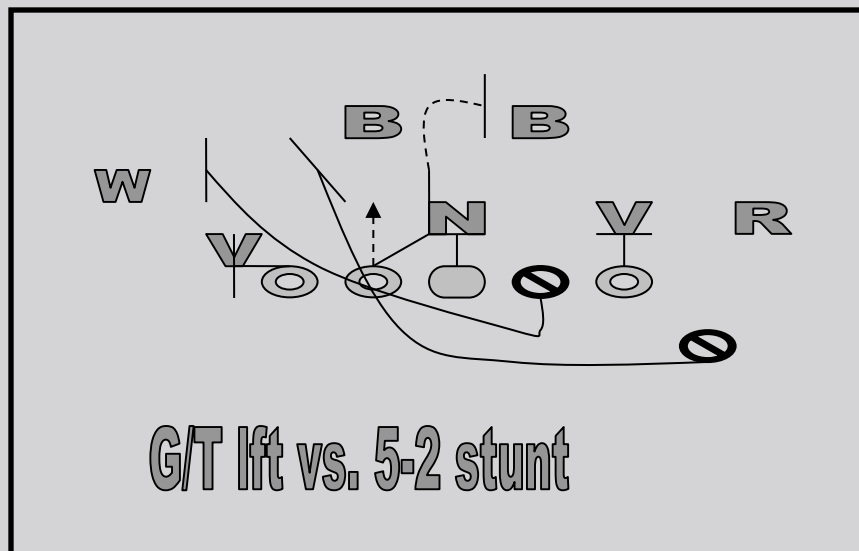
Like most coaches you probably don't like exceptions to the rules but in youth football defenses are going to bring the heat. If the play side tackle does not block this threat it jams up and confuses the blocking scheme.

Ace Blocking

❖ It is a rare thing for the DT to play an outside technique vs. the Ace formation but it will happen from time to time. This is one of the reasons behind the idea that tackles block tackles.

❖ The pulling G reads an outside block and cuts under him with the slot following to block cleanup.

G/T Blocking vs. 5-2 Stunt

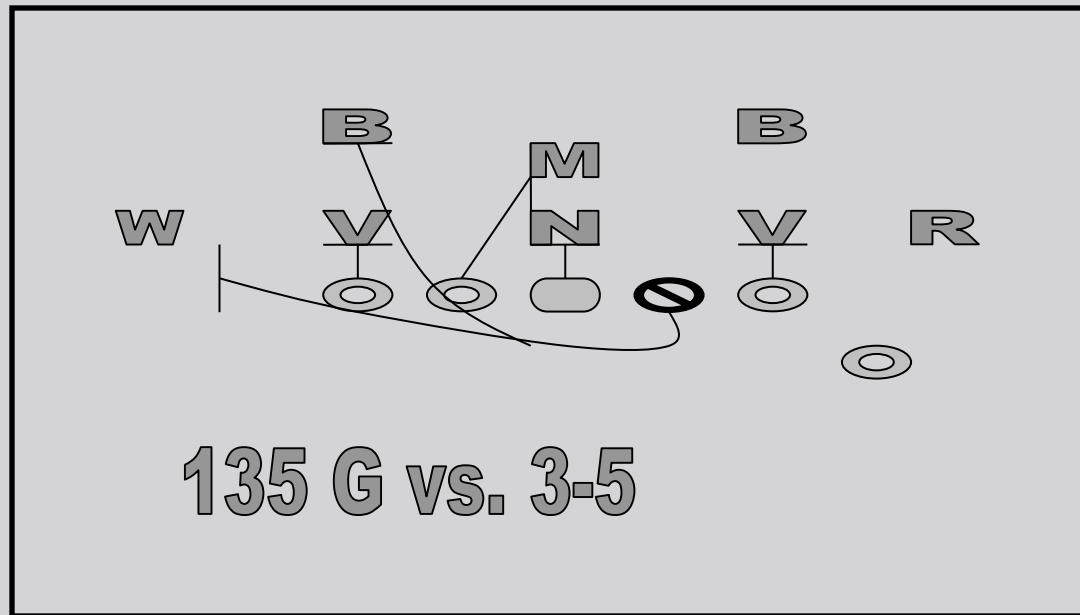


The LG (play side Guard) will check for a blitz, then chip the nose to the back side LB.

Ace Blocking

- ❖ This is a more basic way to block the 135 counter play to the T Back.
- ❖ Here you pull only one lineman instead of two. It is easier to teach and works ok for younger teams but with older teams it is not a good idea to leave people un-blocked.

135 G vs. 3-5

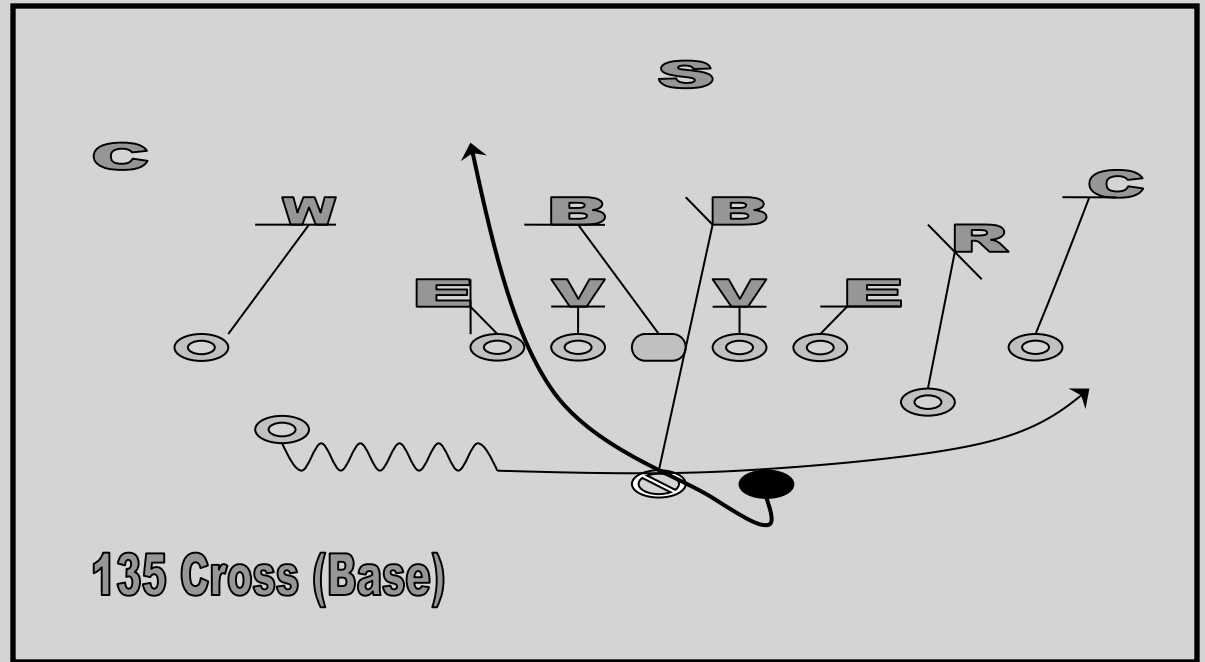


G will read the block of the tackle just like a regular G/T block. If the tackle takes his man out he will duck under. If the tackle takes his man down he will block first threat passed (OLB or LB). The ball carrier will also have to find the hole and possibly make a defender miss prior to getting a good gain.

Ace Blocking

- ❖ This is one way you can base the counter G/T. This would just be a cross play without any pulls.
- ❖ You want to set up this play with the sweep and the QB Iso. Running these plays first will get the LBs to moving and this makes the block for the H much easier.

135 Cross Base Block

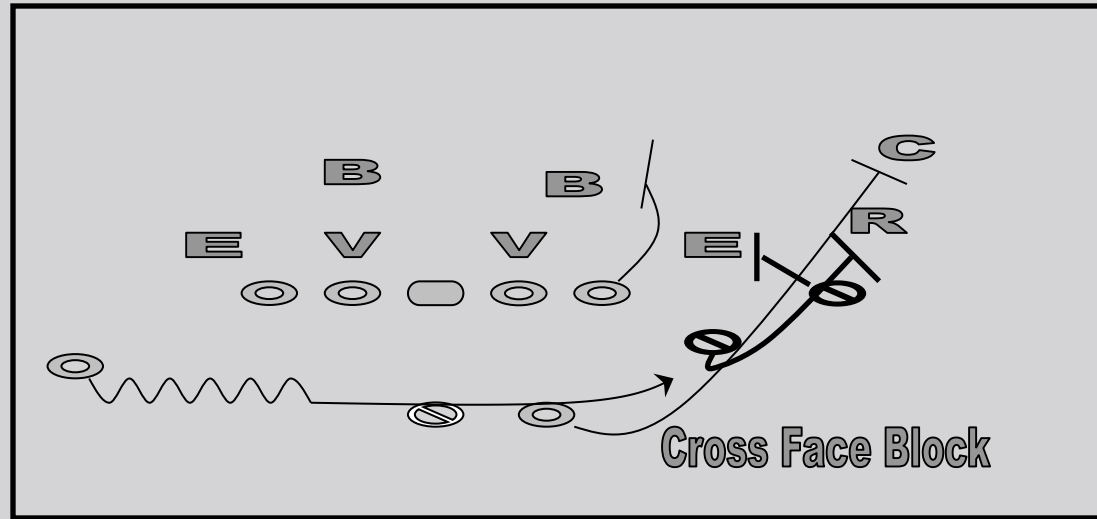


This type of blocking scheme will often work with younger players but with older players you will probably have to run at least the G pull and more likely the G/T to make this play work consistently.

Ace Blocking

- ❖ Cross Face Blocking is a great adjustment to teams that want to stop the sweep by moving people wide or “Facing” our outside players. By this we mean that they are up in our face or crowding the LOS.
- ❖ Usually the slot will call the “Cross Face” if he is not in a position to crack his man.

Cross Face Call



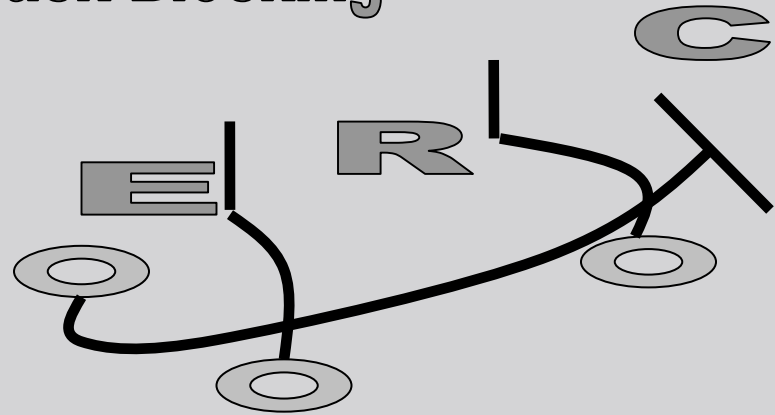
Simply put, the Cross Face Block (X Face) has the two outside blockers trade defenders. If the blocks are made correctly it will split the defense allowing the ball carrier and another potential blocker to exploit the crease. These can be big plays if the ball carrier has good, quick judgment.

Ace Blocking

- ❖ Crackback blocks are blocks made by outside players on inside defenders.
- ❖ From time to time defenders are not ready for these blocks but it won't take much time for them to get prepared.
- ❖ We teach our players to anticipate the players forward motion and aim for the armpit.

Crackback Blocking

Crackback Blocking



Some coaches will teach their players to put their backs to the blocker. When we see this we simply have our players break down and block them as they turn. It will be hard for defenders to get up field fast enough to make plays with their backs turned anyway.

Ace Blocking

❖ Crackback blocks are not hard to teach. These types of blocks are thought to be illegal by some but if they are made correctly they are perfectly legal.

❖ The two things to remember when coaching them is 1) never hit a defender in the back and never crackback below the waist.

Crackback Blocking

When teaching Crackback blocking a very important point to make is the block has to be made. Blockers must understand that even if they get whipped by the defender they are successful if they detain him long enough for the back to get passed.

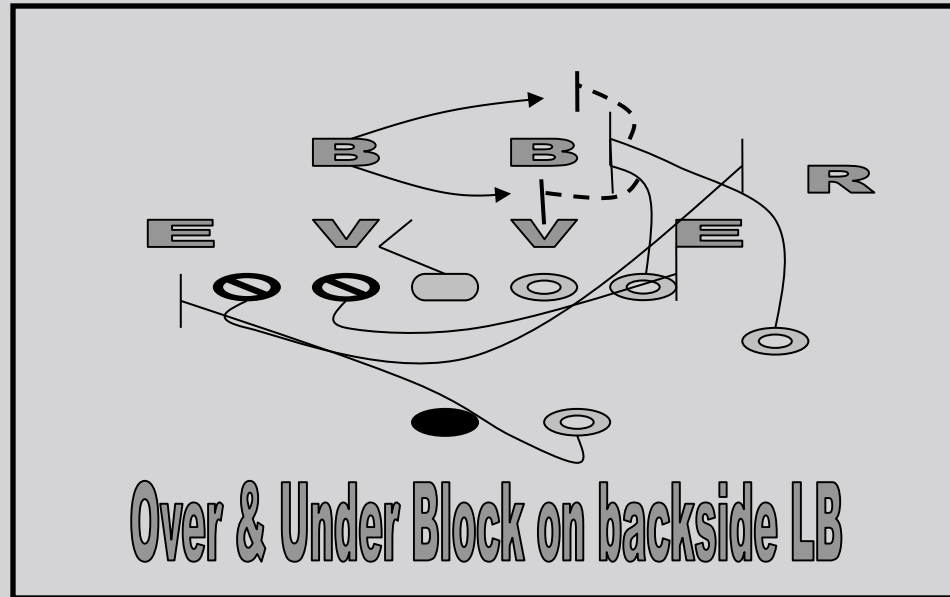
If our blocker can't get a good shot on the defender we have him aim at the armpit and life the defender. He must have his feet ready to move and he must be ready to fight for the block.

If the blocker must release the defender he needs to make sure the defender goes upfield and not laterally or back. After a good fight the defender will never make the play going upfield on our backs but we can't allow him to run laterally and stretch the play to the sideline.

Ace Blocking

- ❖ Not to be confused with the OU play this "Over & Under" block is made against a backside LB on a G/T.
- ❖ This is a little more complex blocking scheme but if you run some G/T with Jr. High kids you will most likely want them to know it.
- ❖ This adjustment limits the pursuit of the backside LB.

Over & Under Block for G/T



Here the slot and the S tackle double the play-side LB. If the backside LB tries to come over the top the slot comes off and if he tries to go under the tackle gets him. We have also called the a "High Low Block."

Coaching Points to Alternate Blocking

- ❖ We put a lot of additional information in the blocking sections but it is very important for you as a coach to remember to choose the ones your team can execute during a game. Teams are going to throw different fronts at you from time to time and your team needs to be ready.
- ❖ Before the season starts you should have the plays you plan to run ready and blocking schemes for the even front and odd front chosen. Give the kids simple rules to follow and drill them. It is easy to get in a rut when your team starts to get comfortable blocking a certain front. Your scout team defense needs to throw a curve at them because someone during a game will definitely test your blockers.
- ❖ 5th and 6th graders can learn the G/T pulls and after some practice can recognize the front (odd or even) and adjust the blocking accordingly. However, some teams are different than others and may need a much more basic approach.

Ace Pass Blocking

- ❖ Rico- help is to the right on the outside defender .
- ❖ Lucy- help is to the left on the outside defender.
- ❖ Notta- No help at all
- ❖ Mike- help is in the middle on blitzing linebackers. Mike help can also be directional. Mike right means the T Back will pass block the right LB.

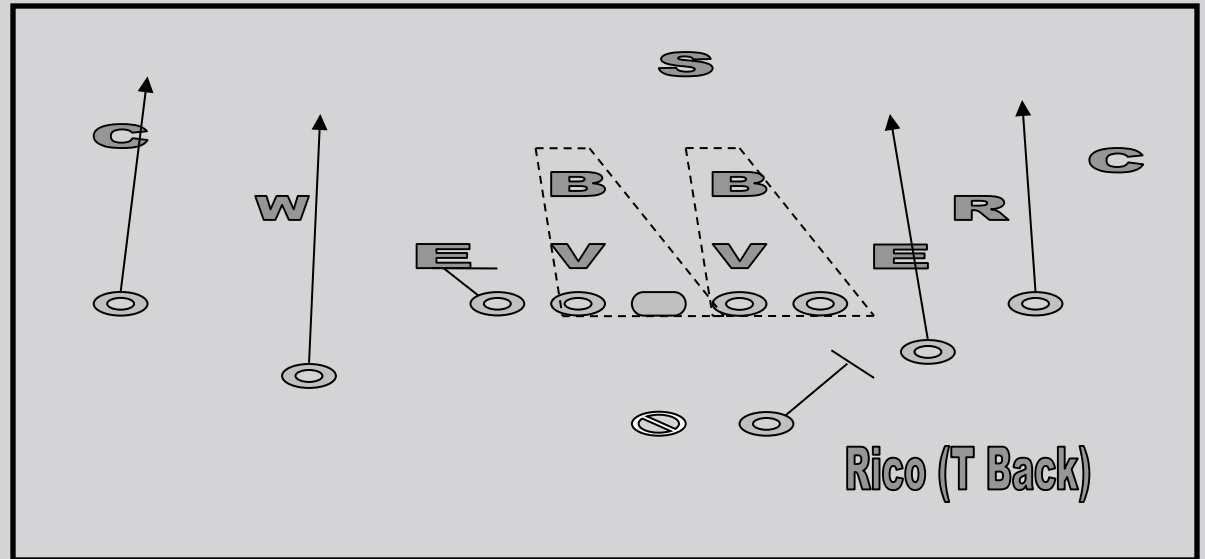
If you decide that you are going to come up with a way to block every possible defensive alignment and every possible threat that each one poses you are going to be up a lot of nights worrying about things that are far out of your control. Your time would be much better spent deciding what type of pass plays you will run and the best way to block for them versus an even and odd front. After that teach it to the kids and work it hard.

Ace Pass Blocking

❖ Rico and Lucy blocks are identical and can be run with many different players. We like to have the player giving help to one side or another announce it prior to leaving the huddle.

❖ If your team uses wristbands you can put the route or help on the individual's panel.

Rico vs. Even Front



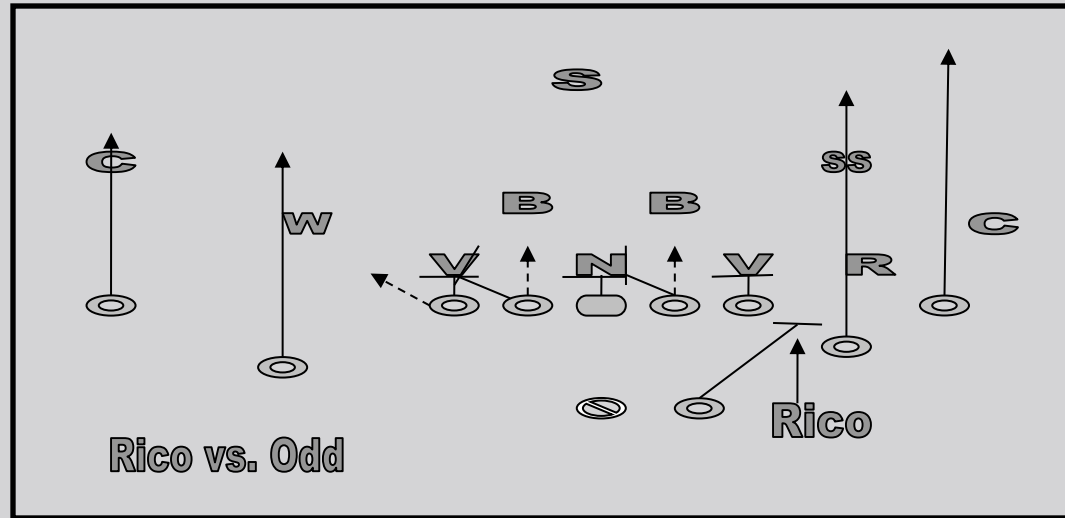
This diagram has the T Back helping on the right DE. In a "Lucy" block he would block the left DE. The T Back taking out the DE allows the RG and S to "team block" their two guys and the H and the LG team block their two guys.

Ace Pass Blocking

❖ Versus odd fronts we always assume that the outside man will be coming. He may not but by assigning someone to him we don't get surprised when he does come.

❖ The Rico and Lucy blocks are identical. Rico is made on the right and Lucy on the left.

Rico vs. Odd Front

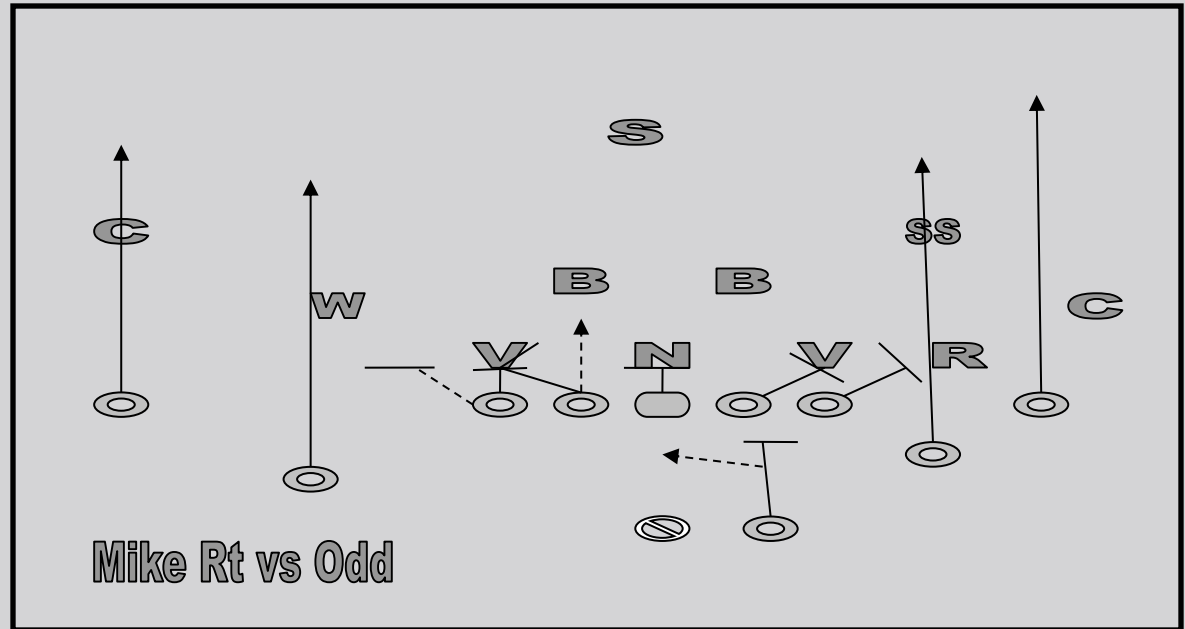


Rico and Lucy blocks can be made by many different players. You can even motion the C Back into a position to Rico or Lucy. In the diagram above the arrows stand for players checking for blitz prior to going to their secondary blocks. However, teams may delay blitz. It is a little rare but can wreak havoc on a quarterback.

Ace Pass Blocking

- ❖ Mike blocks are made on inside LBs.
- ❖ Mike blocks can be on a single or both inside LBs.
- ❖ There may be a secondary block to be made if the inside LB does not blitz.
- ❖ The player making the Mike block needs to remember that he also has to get out of the way of the QB's view.

Mike Rt vs. Odd



In this diagram the T Back (Ace Back) is checking the inside LB on the right for a blitz. If it does not come he will then help over the left side in case a double blitz to that side occurs. We often tell our Ace Back to check his man first then help with anyone that shows from the opposite side.

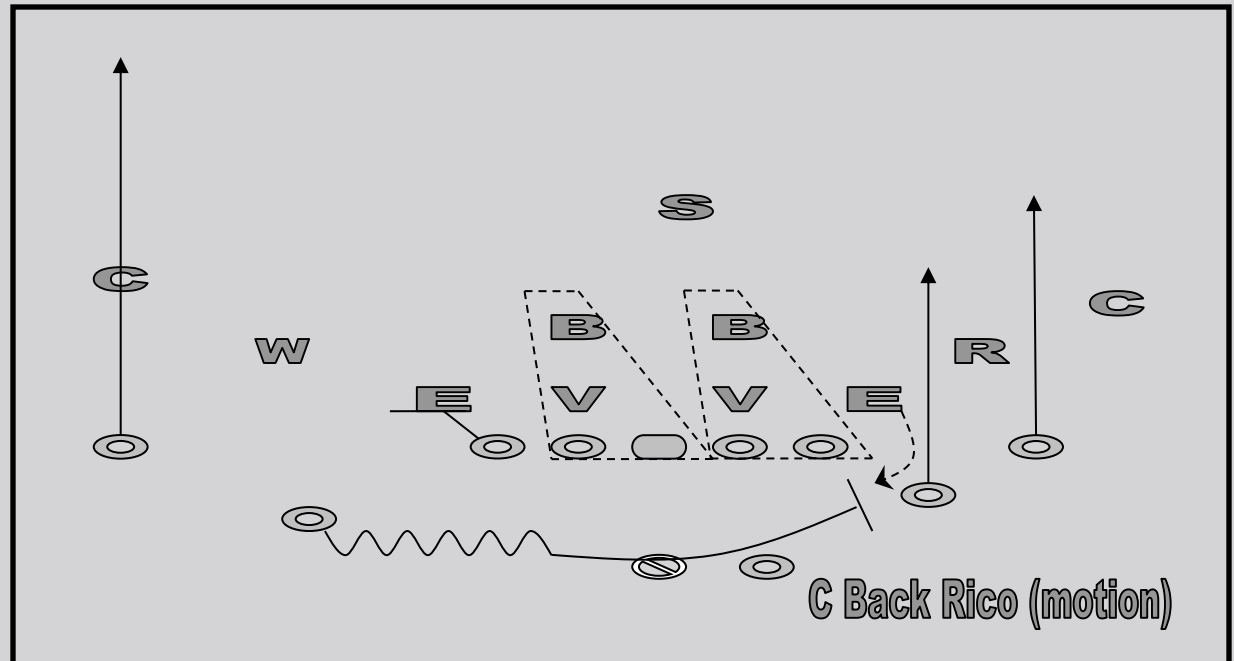
Ace Pass Blocking

❖ This diagram shows the C Back motion to a Rico. Most of the time there would also be a fake prior to the Rico Pass Block.

❖ The player blocking on a Rico or Lucy will be blocking the outside defender.

❖ Blocking with a motion man usually works well because the defender does not know if he has the ball or not at first glance.

Motion to a Rico Block

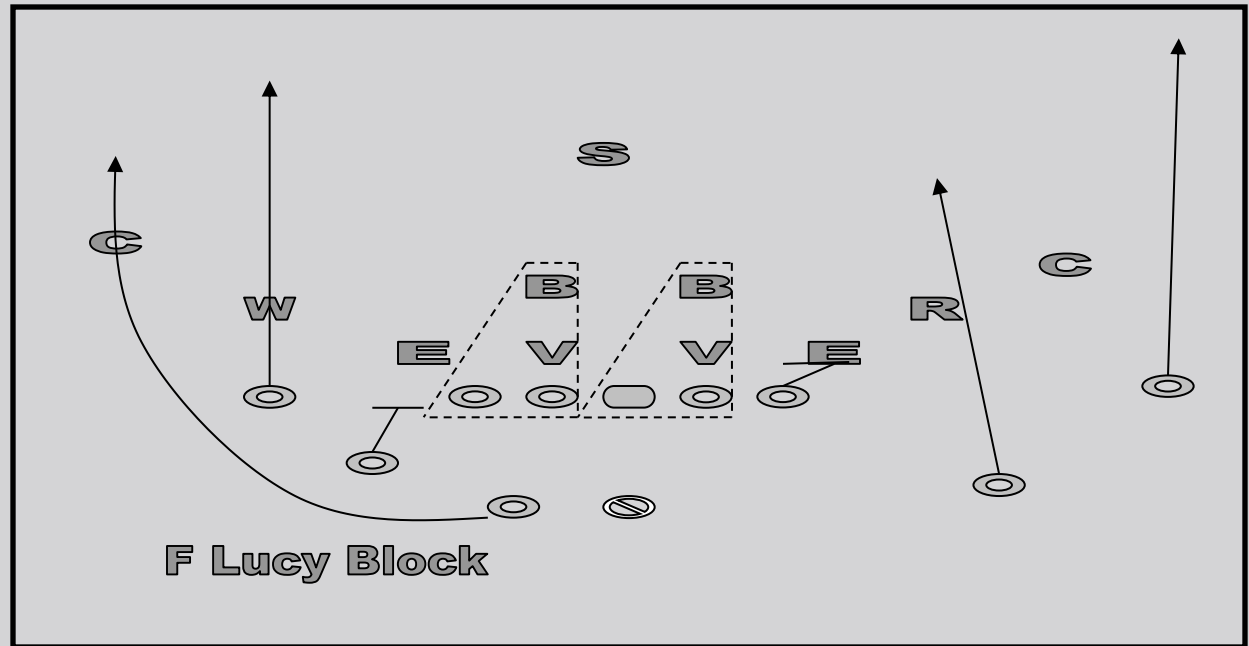


You can also see a team block on the right side with the S Tackle and the RG. They will block that area just as the H (center) and the LG team block the left side. The backside Tackle (P in this case) should be ready for a motion blitz as well.

Ace Pass Blocking

- ❖ This diagram simply shows a “Lucy” block on the left side DE by the F Back .
- ❖ The Rico call and Lucy call will account for most of the possible blitzes that the defense will bring.
- ❖ As mentioned previously the Rico and Lucy blocks can be made by several different players including tightends if you use them.

Lucy Block



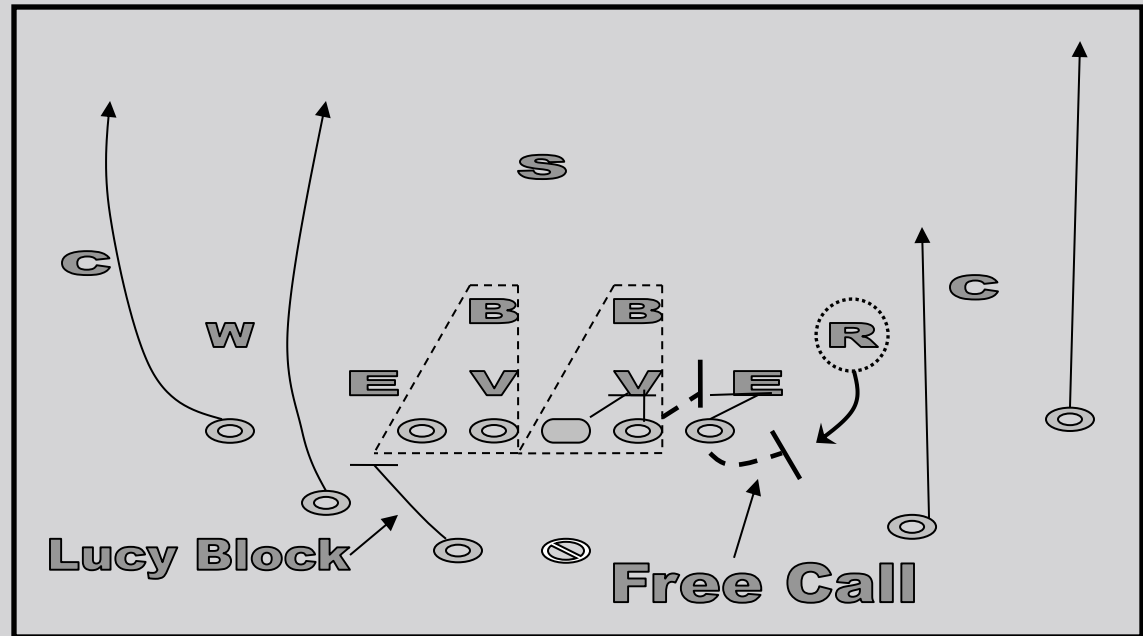
In the diagram above you see that the team blocks are exactly opposite as they were with the Rico block. Here the S Tackle and the LG team and the H (center) and the RG team. There could still be a possible “free” call if the Rover backer comes.

Ace Pass Blocking

❖ Most of the pass plays in this book are designed with two extra blockers. Blocking with just one is a more advanced concept.

❖ If you want to run several plays with just a single "Lucy" or "Rico" you will need to teach the backside players the "Free" Call.

Free Call vs. Blitz



When a P or S tackle calls "Free" during a play it is because the OLB is blitzing away from help. The tackle will release his man and pick up the blitz. The guard on that side will scoop over and pick up his man. It is rare that teams send the OLB and LB on the same side.

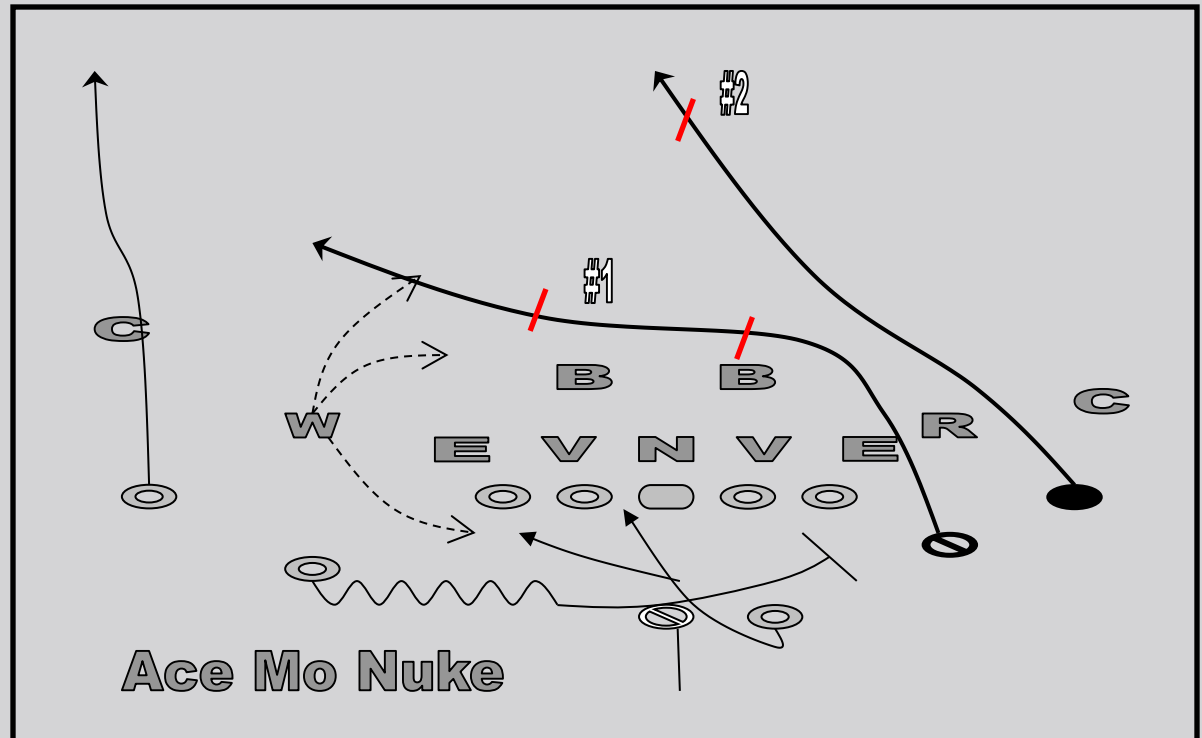
Attack Defenses

- ❖ Attack defenses are the type that crowd the L.O.S. and come to get you on the snap of the ball. These types of defenses come in a variety of alignments but most of them share the same qualities. They have a lot of players at the L.O.S. and the backers are coming hard.
- ❖ One of the easiest ways to achieve superior numbers at the L.O.S. is to take the Safety from the middle of the field. Most varsity coaches refuse to do this but it happens fairly often in youth football.
- ❖ It is always good to be prepared. Having a secret weapon is always better than not having one.
- ❖ This section is dedicated to helping you attack the attack style defenses that teams will throw at you.
- ❖ Block as many people as you can as early in the play as possible and make your QB's reads quick and easy. Remind him that he **MUST** work fast against attack fronts.

Special Ace Plays

❖ Attack defenses like the one in this diagram usually pull the safety from the middle of the field. This cuts down dramatically the amount of time your team will have to execute the play but it also opens the door for a huge play that could mean the difference in the game.

Attack Defenses



The Nuke play provides seven blockers (that may still not be enough) and a "low to high" read. If there is a vacant spot for the QB he hits the low man but if possible he will launch the ball to "over" route.

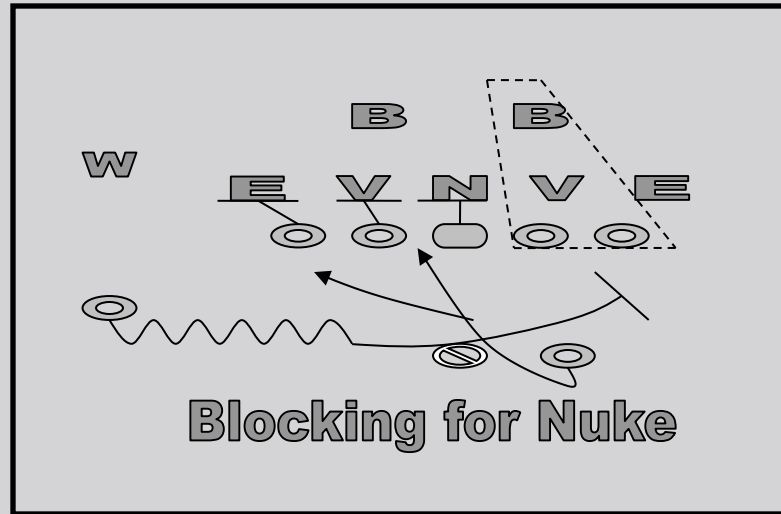
Special Ace Plays

❖ Blocking attack fronts is never easy at any level. This will require extra time in practice to be effective.

❖ If you see a good number of these types of fronts over the year you will really need to get your team prepared for them.

❖ Your receivers and QB need to work fast. This helps the line do their job.

Blocking the Nuke Play

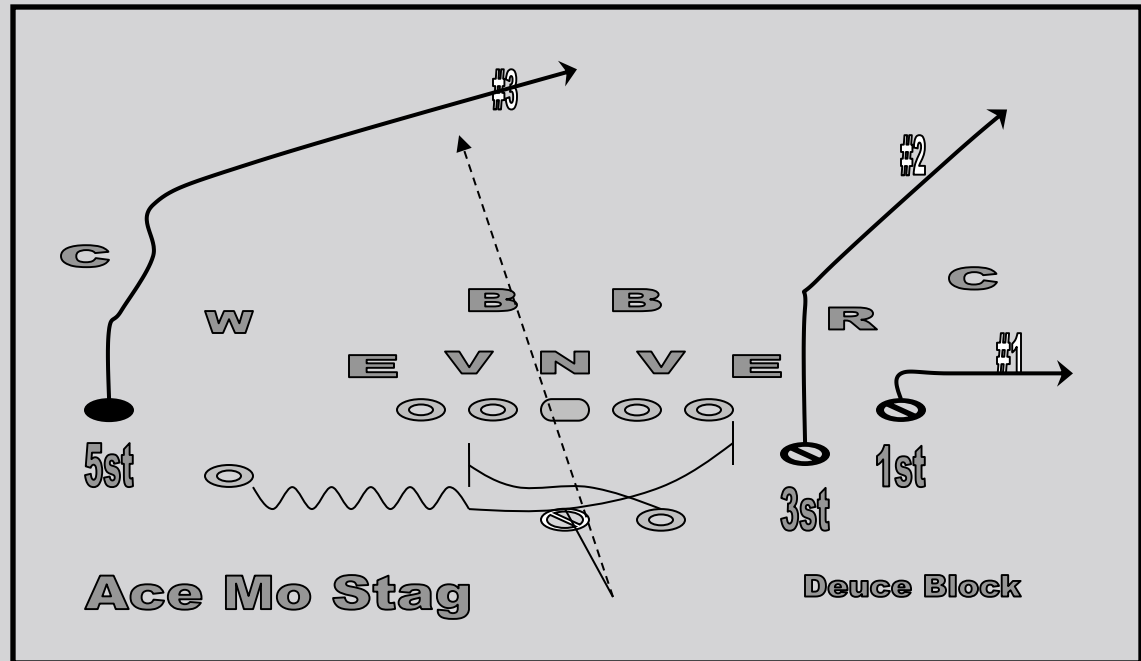


This play uses a Rico by the C Back (from motion) and a Mike left by the T (or Ace Back). This puts 7 blockers on the defense. The T Back will look first for a LB blitz and second for a motion blitz from the Whip. The Rico on the DE allows for a Team Block on the right side and base blocks on the left. It is important not to waste any blocks.

Special Ace Plays

- ❖ Once you have the blocking down you could put in several different plays against the Attack style defensive fronts.
- ❖ Stag is a play that is good vs. the attack front on its own but here you see we have modified it slightly (not the blocking).
- ❖ We have “Squashed” it.

Stag vs. Attack (squashed)



To “squash” this play we simply cut down the depth of each route. You can also squash plays to run on the goal line. Here we changed the emphasis of the primary receiver to the “over.”

Advanced Ace Plays

- ❖ If you wanted to you could draw plays to run with the Ace formation and the Ace Over formation all day long. Every one of them would probably be good plays to run. However, you only have so much time to work with your players and football is just one part of a kids life.
- ❖ Pick plays that are fun and useful.
- ❖ There is a time and place for Trick Plays as well but it gets harder and harder to trick defenses. Trick plays are usually pretty volatile and can lead to scores one way or the other.
- ❖ The following plays are not trick plays. Some of them we run almost every year. Some we put in for certain games to take advantage of what the defense is going to do.
- ❖ These advanced plays are awesome and can add a new dimension to what you are trying to do but they are rarely necessary at the youth level. The original 13 plays attack the field very well.

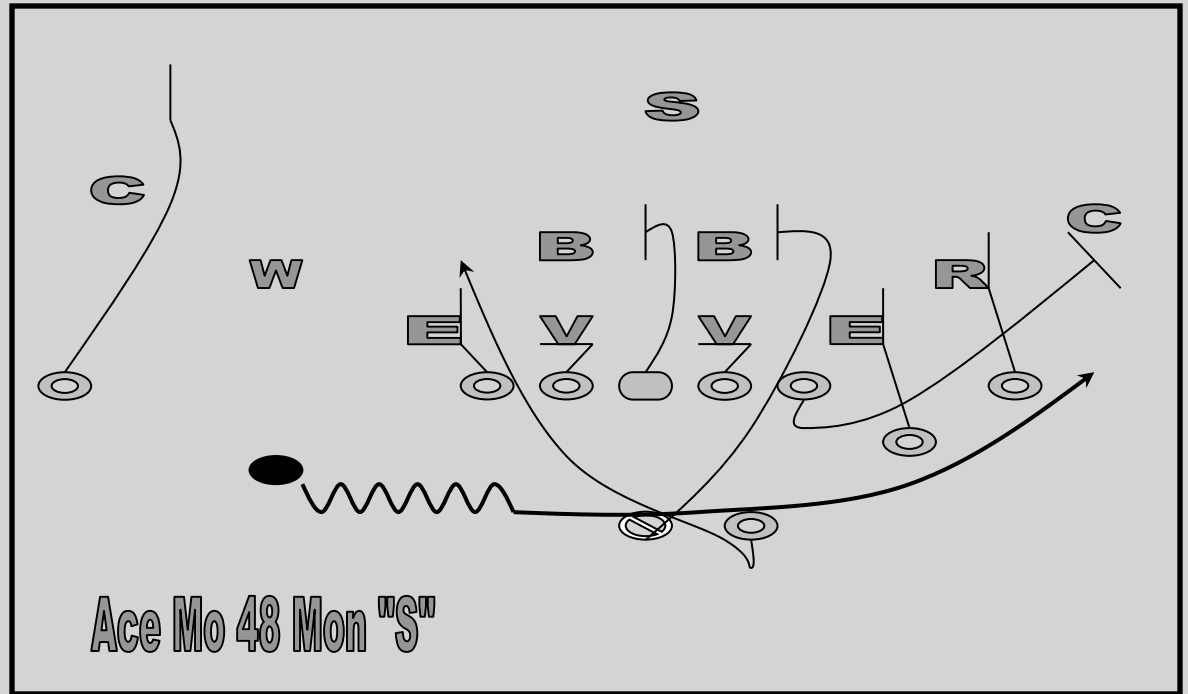
Advanced Playbook

Ace Mo 48 Monster "S" (S Tackle Pull)

❖ This play really is not an advanced play. This is the way we used to run the "Monster Sweep" all the time.

❖ The main difference here is that we pull the S Tackle and fake the Cross with the T Back.

❖ The QB completes the Cross with a fake G/T to the right.

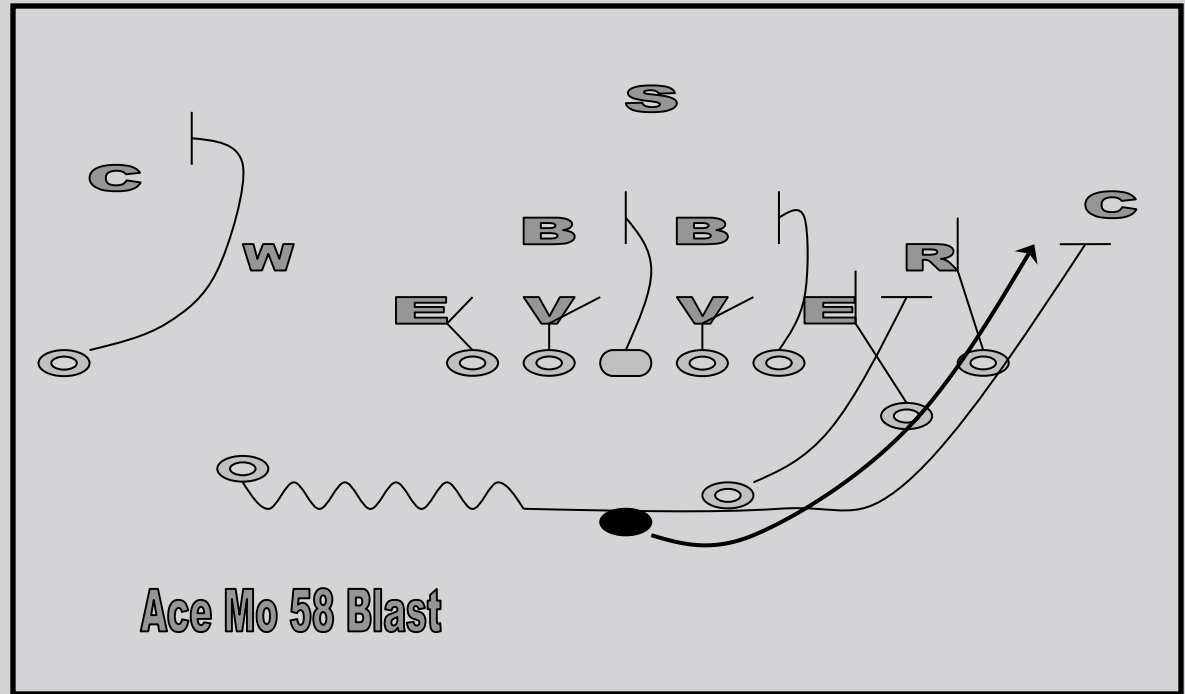


When we run this play as a part of our basic package we will call it the Monster "S" and the regular 48 becomes the "Monster Lead." If you have some quick Tackles the play really gets it.

Advanced Play Book

Ace Motion 58 Blast

- ❖ This play is not complicated but it is fun to run and easy to block.
- ❖ This is a throwback to the old "Overload" plays.
- ❖ Here the motion man gets added to the blocking mix with a Monster Crack and lead by the T Back.
- ❖ This is a good short yardage and goal line play.

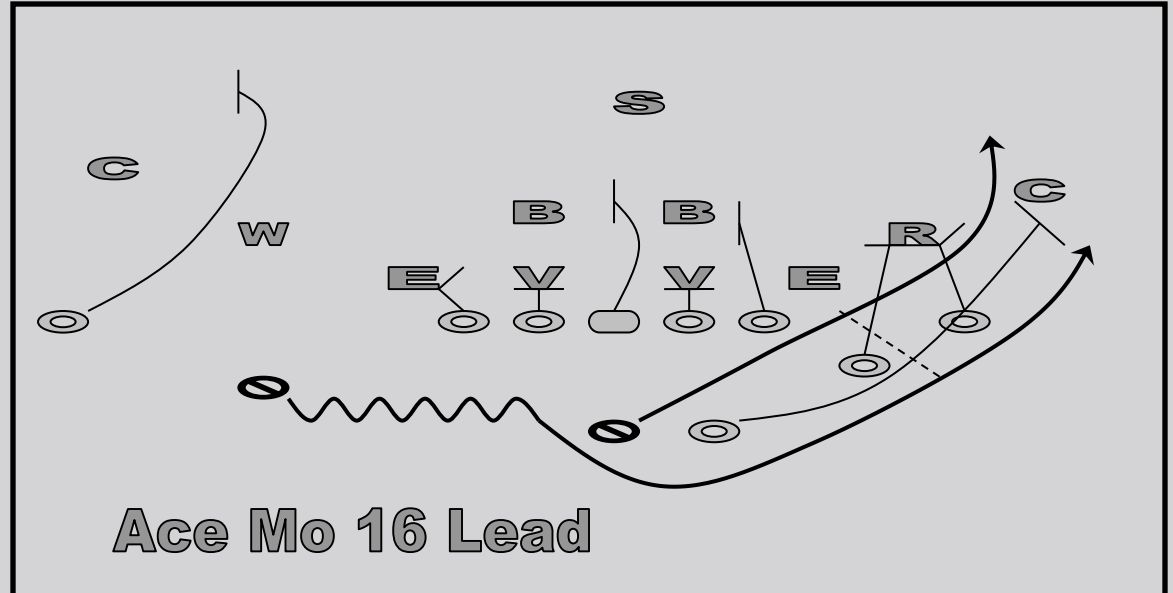


Advanced Play Book

❖ Adding the option to your playbook can really put the defense in a bind. However, the option takes a decent amount of time in practice.

❖ The option is a killer play but it is also very volatile. If you don't get the repetitions in practice the option could hurt your team more than help it.

Ace Motion 16 Lead

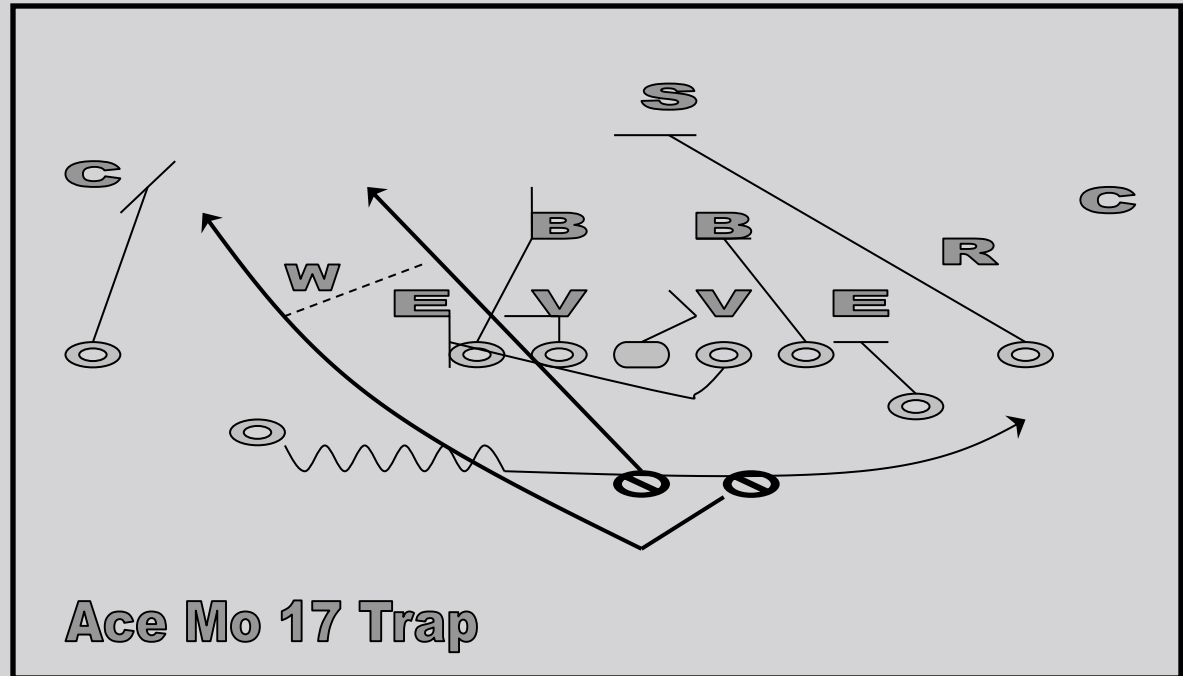


The Lead Option is sometimes referred to as the Power or Load Option. It is a "Speed" type option with no dive read. The only read here is on the DE. We tell our QB to force the DE to take him or turn it up. Aim point is one yard outside of where the DE lined up prior to the snap.

Advanced Play Book

Ace Motion 17 Trap

- ❖ This is a much more complex play. Here we add the trap to the backside option.
- ❖ Pulling the RG gives the QB the option to run the trap or the option.
- ❖ The T Back needs to get in a good pitch relationship with the QB. The T Back takes three steps at an angle then aligns himself for the pitch.

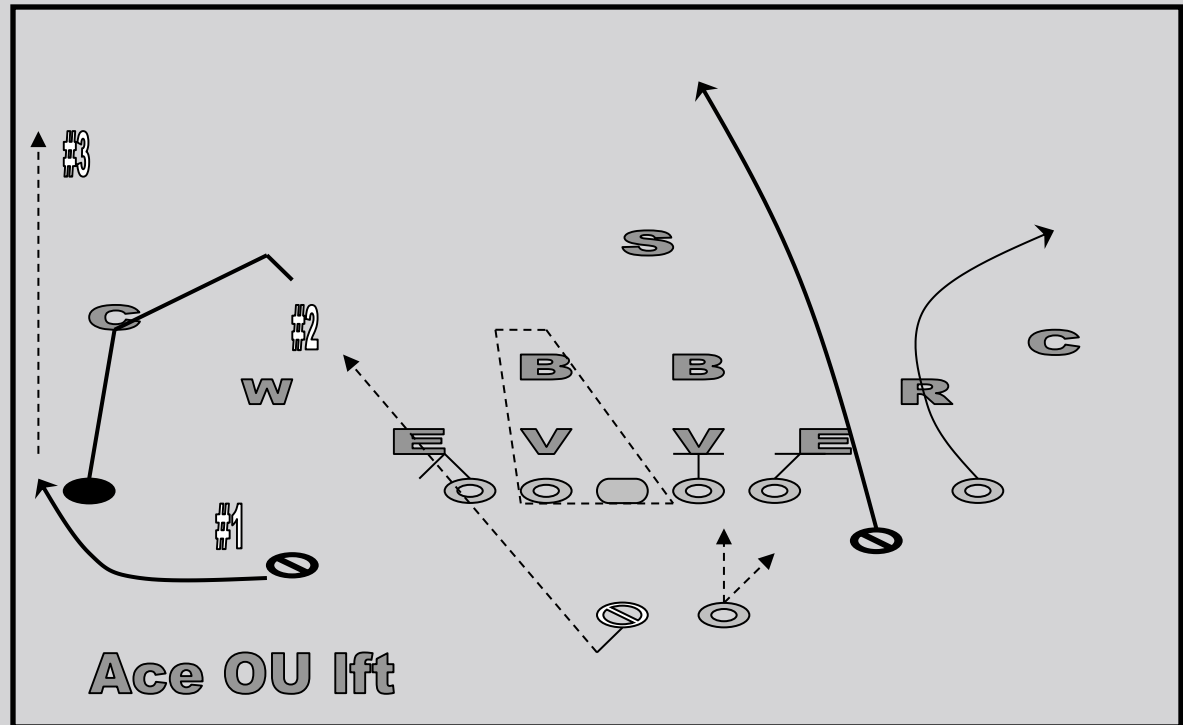


If the DE tries to go inside the P tackle will have to take him down. In this case the pulling G would either turn up field (looking for first threat) or kick the LB out if he is on a blitz.

Advanced Play Book

Ace OU Left (over & under)

- ❖ The OU play (over & under) is a simple read by the QB.
- ❖ To run this play correctly you must get some reps in practice as well as practice the two major routes when doing pass drills.
- ❖ With Youth teams we usually teach a 3x3 sit down by the L. Older groups run a 5x5 sit down. 5 steps straight, 5 steps post, and sit.

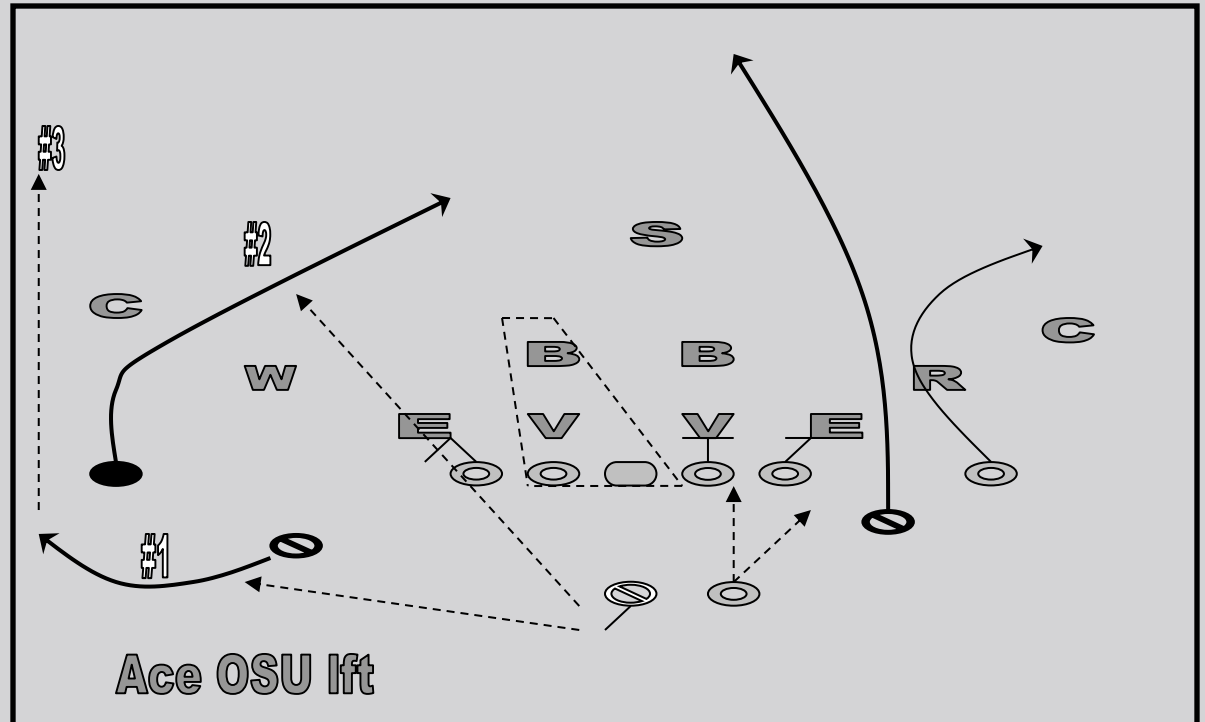


The OU play does not require motion and can be blocked several different ways. You can Rico with the Slot or the T-Back or you can "Mike" block with the T Back.

Advanced Play Book

Ace OSU Left (over, under, slant)

- ❖ The OSU play is the sister play (or brother play if sister is too feminine) to the OU play.
- ❖ The L will run a 2 to 3 step slant instead of a sit down.
- ❖ The QB simply reads the Whip (OLB). If the Whip does not go wide with the swing we throw the swing. If he drops back we throw the slant.



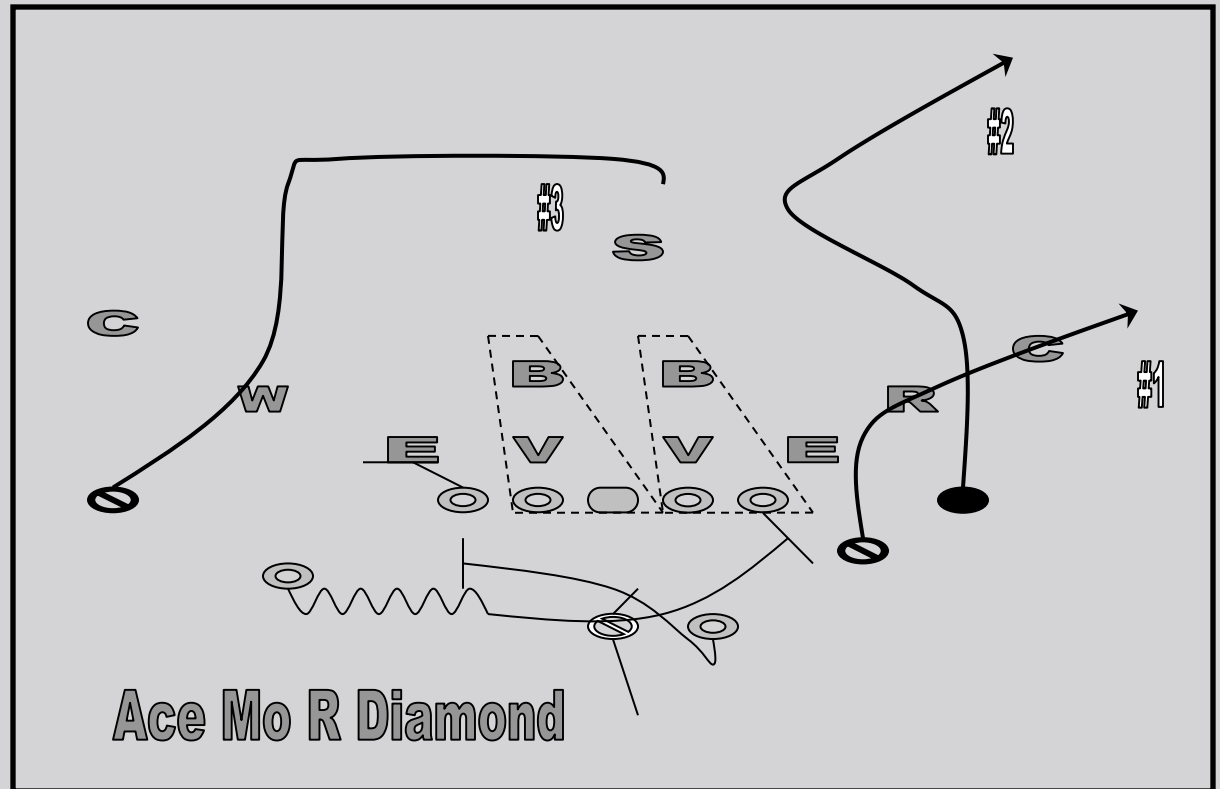
As with the previous OU play we simply tell our QB to make the Whip or OLB wrong. If the Safety starts to shade that direction the QB can always throw the "over" route to the F Back.

Advanced Play Book

❖ This play incorporates some crossbuck play action with the motion fake and the 134 fake prior to the drop. This also gives the receivers time to get downfield and in a position to make the play.

❖ The steps for the R will be either a 3x3 and corner or a 5x3 and corner.

Ace Mo R Diamond

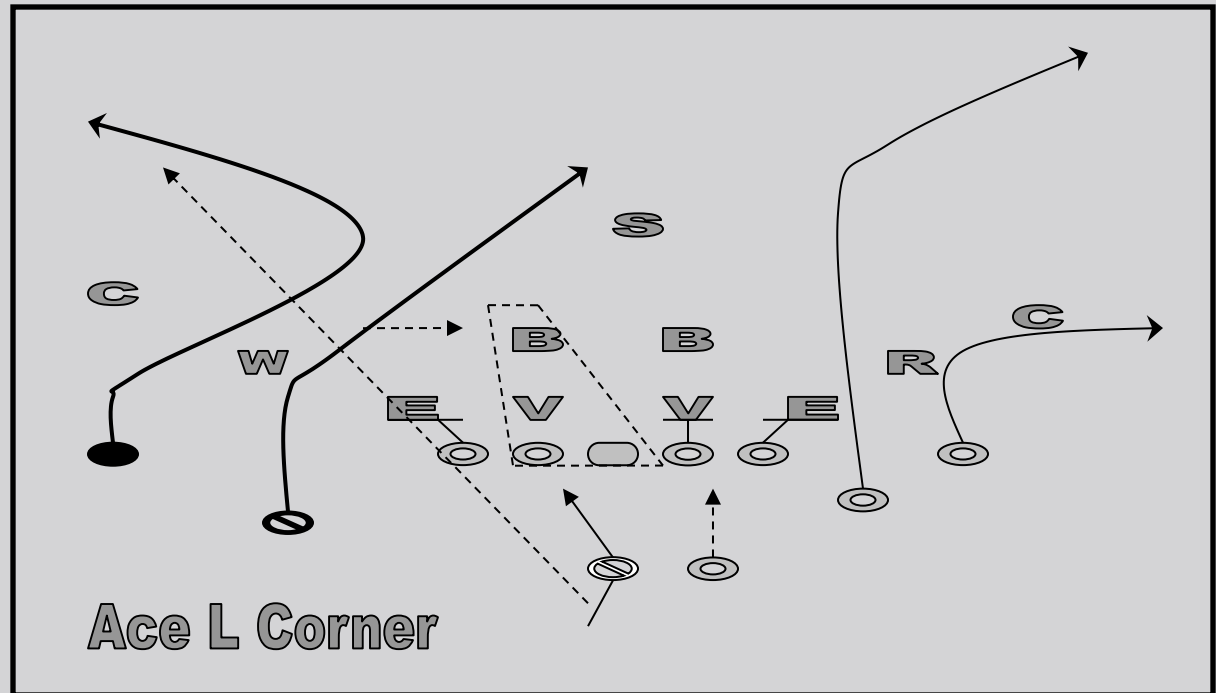


The backside route (by the L here) is simply to tie down the Safety. Good play-action fakes will confuse the defense and give the QB more time.

Advanced Play Book

Ace L Corner

- ❖ This route is designed for the goal line or short yardage.
- ❖ The QB can check for a left side blitz first. The C Back should be looking for one and alters his route if it comes.
- ❖ The L takes two steps than slants for 3-4 steps before running hard to the corner.
- ❖ The corner route is the primary. Younger QB's will not need to check for blitz.



Blocking uses a Mike Rt. with a team left. There should not be any motion blitz b/c there is no motion. The QB throws the ball high into the corner where only his man can make the play. In practice have the QB work on the timing of the throw.

Using Fox 2 as a Strategy

- ❖ Fox 2 is simply going on a two count. Doesn't sound like much but it can really be a game saver if you use it at the right place and time.
- ❖ When you motion and snap the ball you get the defense in a rhythm to expect the snap at a certain time in the motion and count. When you run the Jet Sweep a good deal and most of your plays play-action off it the defense really wants to get a jump on the play. Problem is the offense does the same thing. Even varsity players are hard to discipline to going on two in a motion jet offense.
- ❖ The only way to do this is to develop discipline to the snap count and the only way to do that is to work on it in practice. We work on it in our "Team" portion of practice as well as during our conditioning.
- ❖ Just to remind our players at the L.O.S. that we are going on two we will often have a series of simple calls. For example we might use certain reptiles as a base. If we call a lizard, iguana, or Gecko we are going on a two count. You can have your QB make calls that don't mean anything from time to time just to throw the defense off.

Using Fox 2 as a Strategy

Here is the sequence for Fox 2:

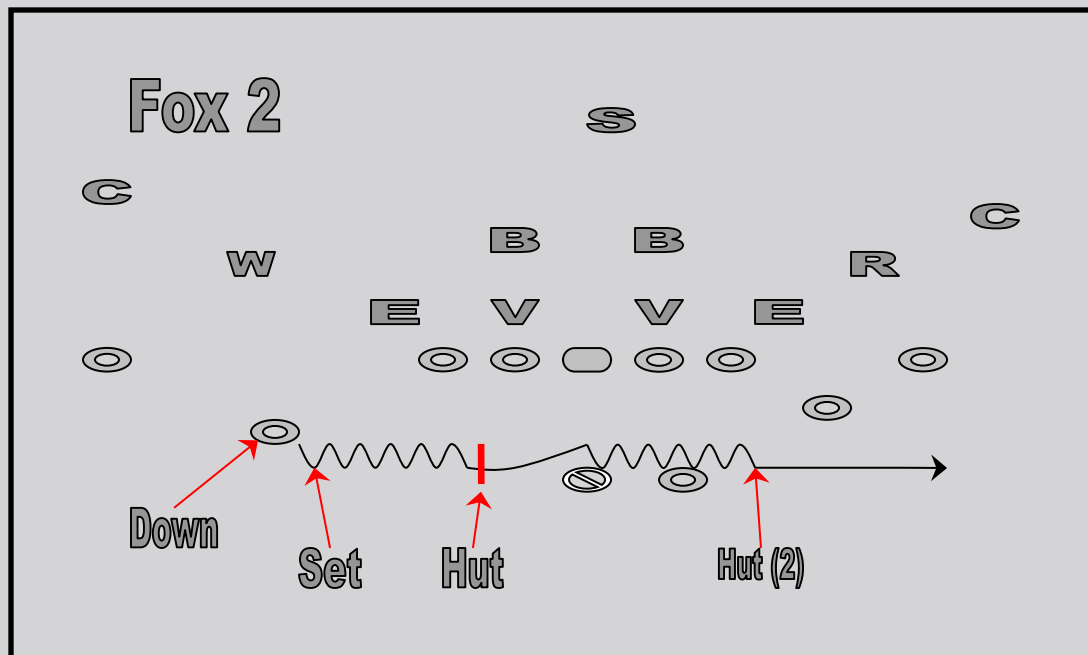
1. QB says "Down" and everyone gets set.
 2. QB waits for a 2 count then says "Set"
 3. At "Set" the C Back goes in motion as usual.
 4. When the C Back gets into the exact position where you snap the ball for a Jet Sweep the QB will say "Hut" hard.
 5. The motion man will put his hands in a position to cradle the ball but motions through the formation.
- ❖ It is important that you use certain plays that work with the Fox 2 concept. Backside plays to the R or L are good as well as QB running plays such as the "Blast" or "Iso." The cross trapping plays using the GT's for the QB and T Back are also really good for this.

Fox 2

❖ This diagram just shows visually what was explained about "Fox 2."

❖ Here the C Back goes in motion at "Set" and the 1st "Hut" comes when it usually does but the offense needs to stay put. The 2nd "Hut" activates the play.

Motion to a Fox 2 (2 count)



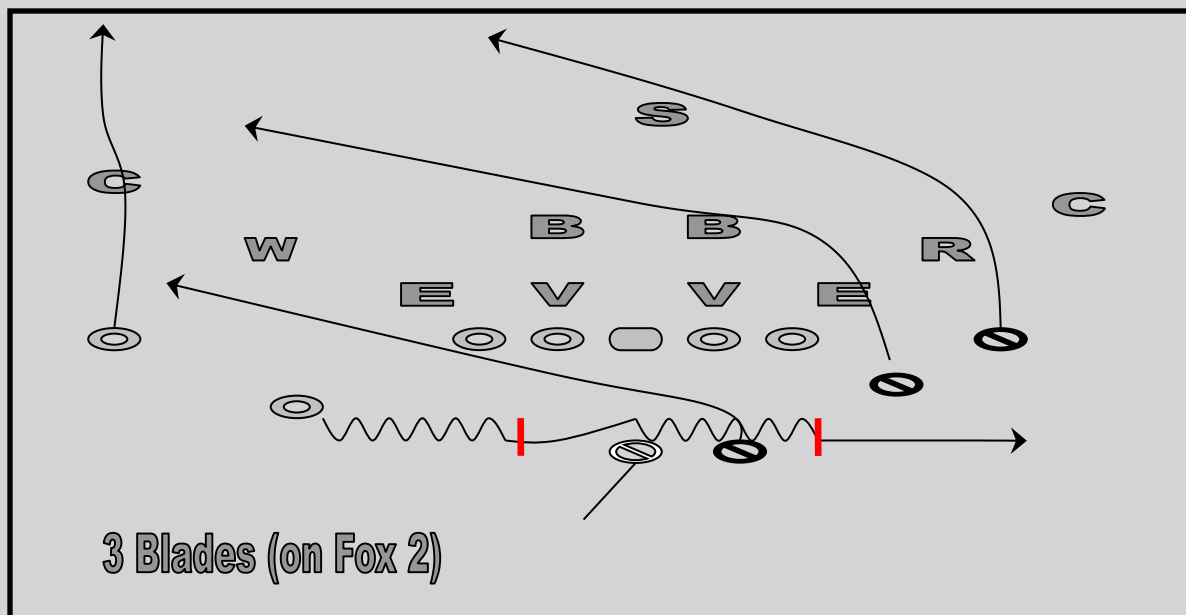
Prior to the play the QB can alert the Offense again that the count is on two by yelling one of the key words before he starts the count.

Fox 2

❖ With a minimum of adjustment several plays can be used with the "Fox 2."

❖ This diagram is of the 3 Blades play. If the defense does not jump the offense will simply run the 3 Blades.

3 Blades with Fox 2 Call



Best times to run Fox plays:

1. When you need a 1st down or want to make the distance manageable.
2. Short yardage situation.
3. The Defense is jumping the count.
4. Overtime or when your out of timeouts.

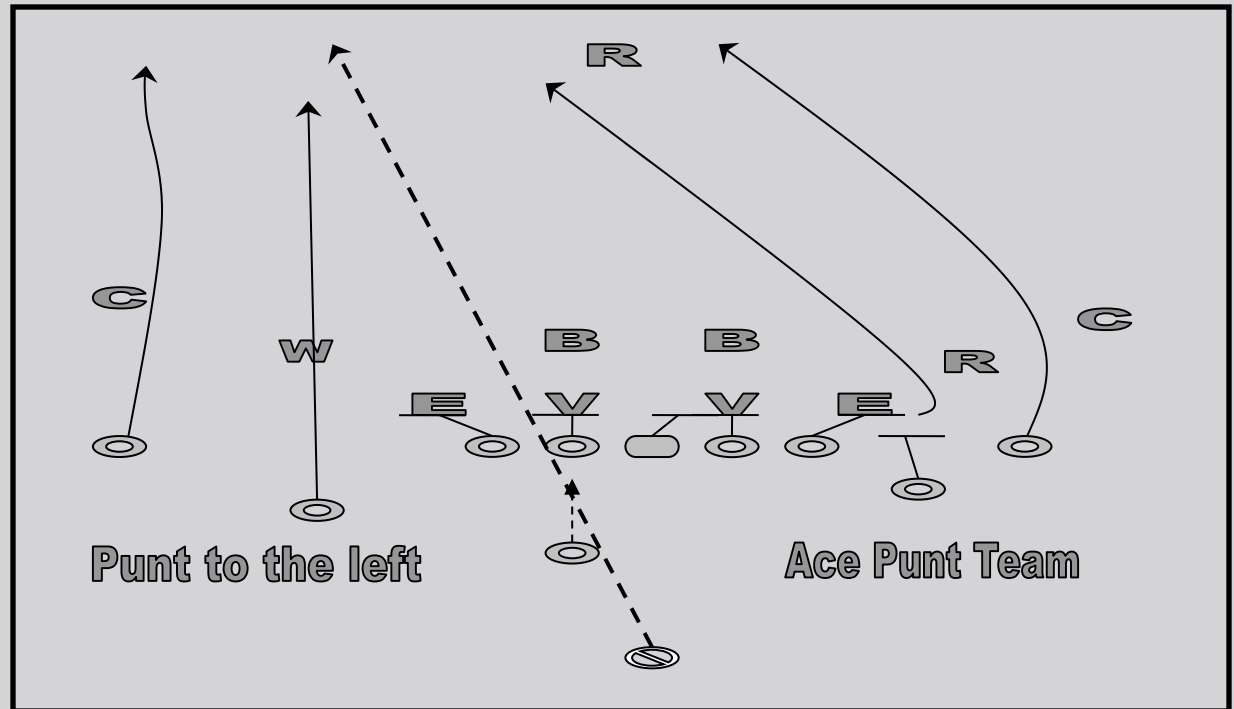
Ace Punt Formation

- ❖ When it comes to punting the Ace formation is already a very good formation for that with very little adjustment.
- ❖ You will have to decide which direction you want to punt and put the wide split to that side because it is the wide side that you want to punt to.
- ❖ Fakes from the Ace formation are pretty easy to learn and you can incorporate plays your team already knows if you want to.
- ❖ Don't assume that your center will be able to snap for punts just because he is also a good shotgun snapper. It is a different thing to snap for punts and some kids have it and many don't.
- ❖ You will want to cut your line splits down. We usually cut ours down to 6 inches but you could go even closer than that if you need to.
- ❖ Your blockers will want to block inside out. In other words they each protect the gap to their inside first then look outside if there is no threat inside.

Ace Punt Team

- ❖ The R and L are both contain players. Their job is to contain any return but they need to get down the field in a hurry.
- ❖ The C and the F go directly to the ball carrier but the F has to get a shot on the outside defender to his side first. The rest of the punt team leaves at the thud of the punt except the Punter who is the safety on the play.

Ace Punt (direction left)



One of the only differences in this formation and Ace is that the T Back is in the "Over" position for extra blocking on the front side. You can run your punt from Ace or Ace left depending one where you want to kick the ball.

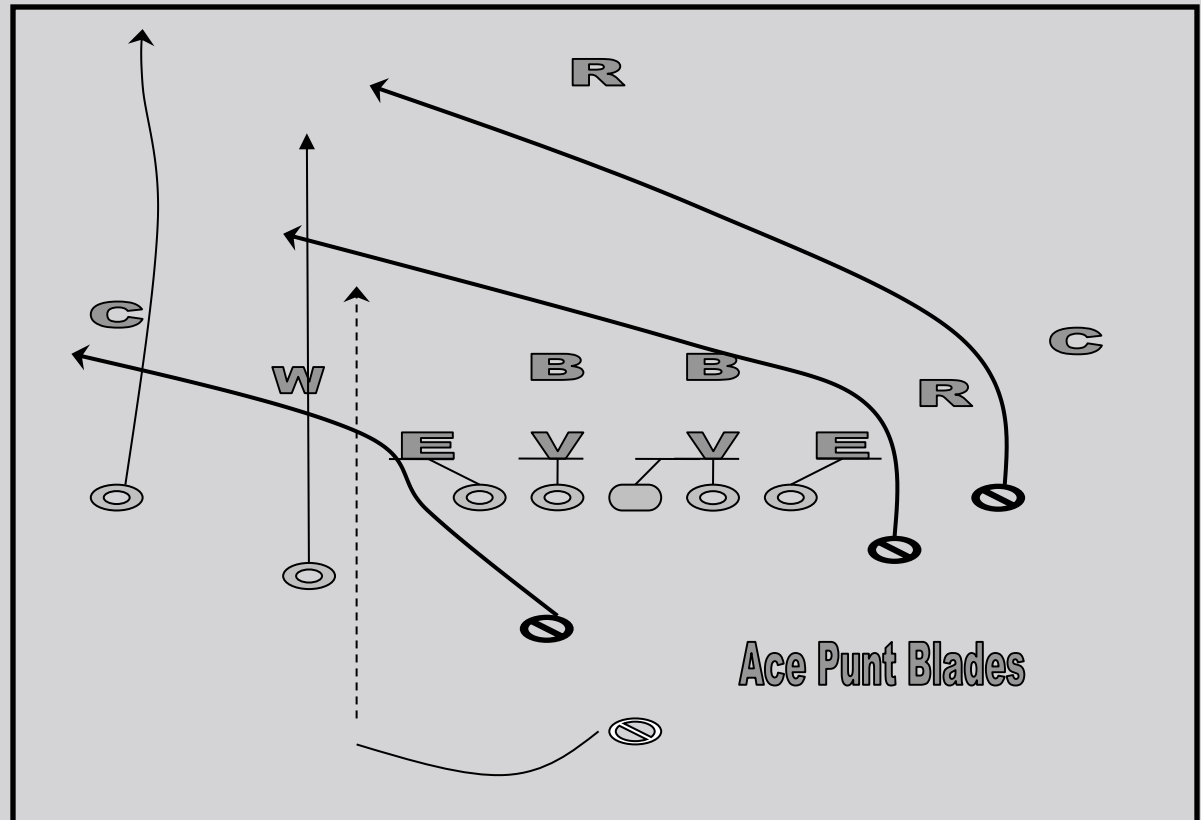
Ace Punt Team

❖ As mentioned earlier, it is not hard to incorporate regular plays into your fake when your punt formation is almost exactly the same as your base.

❖ Here we use the 3 blades play as a fake punt.

❖ The backside drag is usually the primary on this play and we tell him to make sure he gets behind the sticks for a first down.

Ace Punt Blades (Fake)



I know that most teams like to get their punter back deeper but we like to put ours at 9-11yds. It is much easier to get the ball to him from the snap.

Additional Formation Adjustments

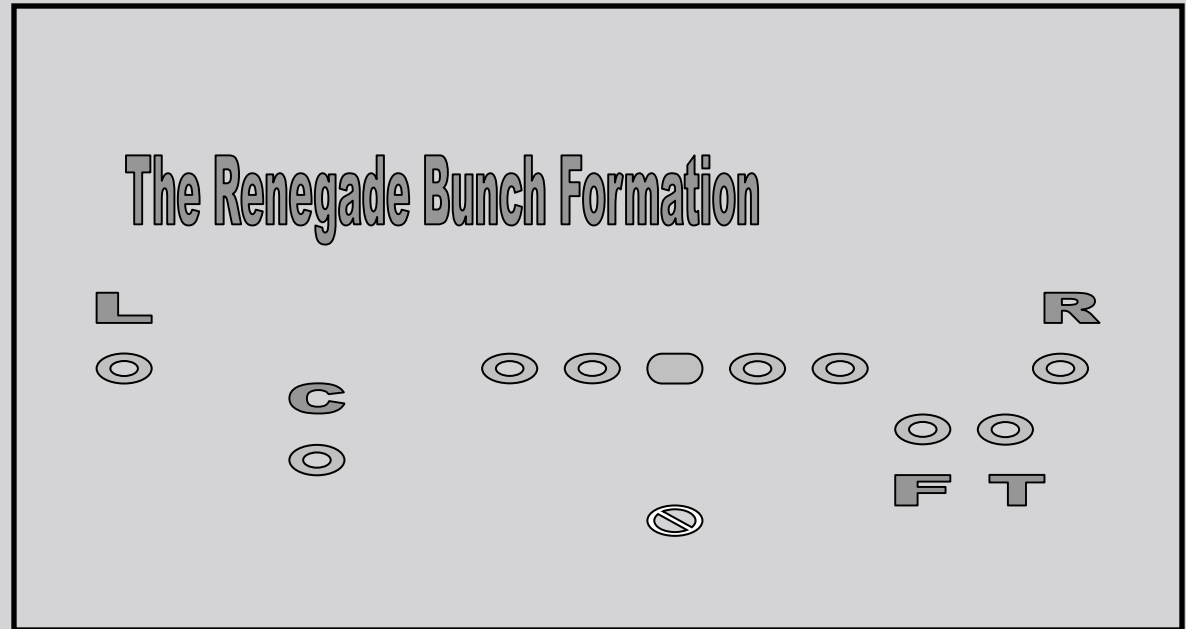
Renegade Bunch, Renegade, and Ace Over

- ❖ The Ace Formation is complete just how it is and there are so many things you can do out of it. However, if you decide you want to incorporate more formations into your offensive scheme there are already some that go hand in hand with the scheme.
- ❖ The easiest to use is the Renegade Bunch formation. Almost all of the plays from Ace can be used with a minimal amount of adjustment from the Bunch set.
- ❖ The Renegade is an empty set that was used to develop not only this offense but several others as well. Many Ace plays will work with it as well.
- ❖ Ace Over has already been discussed but allows you to do attack the backside of the field a little better than Ace does and it makes the entire offense even less predictable than it already is.

Additional Formations

- ❖ The Bunch set is created by simply moving the T Back from the Ace position to the 1st or 2nd slot formation.
- ❖ The adjustment was very subtle but it allows the offense to out flank and power the outside.
- ❖ Most plays from this formation include motion from the C Back.

Renegade Bunch Formation

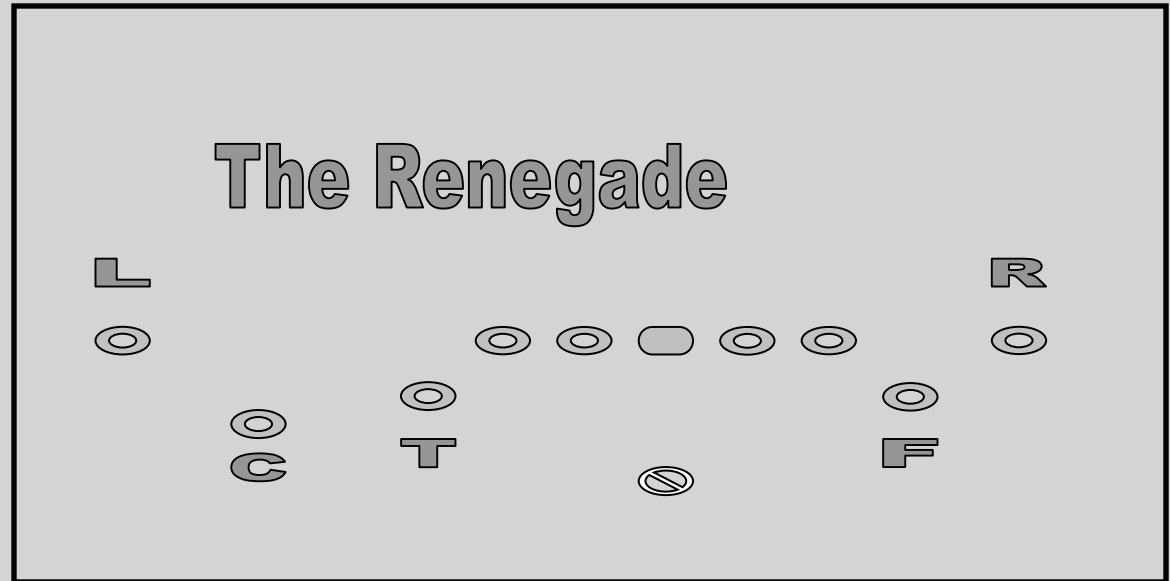


An entire playbook from this formation is available at www.BigN2Football.com

Additional Formations

- ❖ The Renegade formation is a very dynamic formation that puts an enormous amount of pressure on the defense especially when you add motion.
- ❖ The Renegade has a basic playbook but also a much more complex one as well.
- ❖ Most teams that run it are Jr. High or High School level but several have had success with it with younger teams as well.

The Renegade Formation

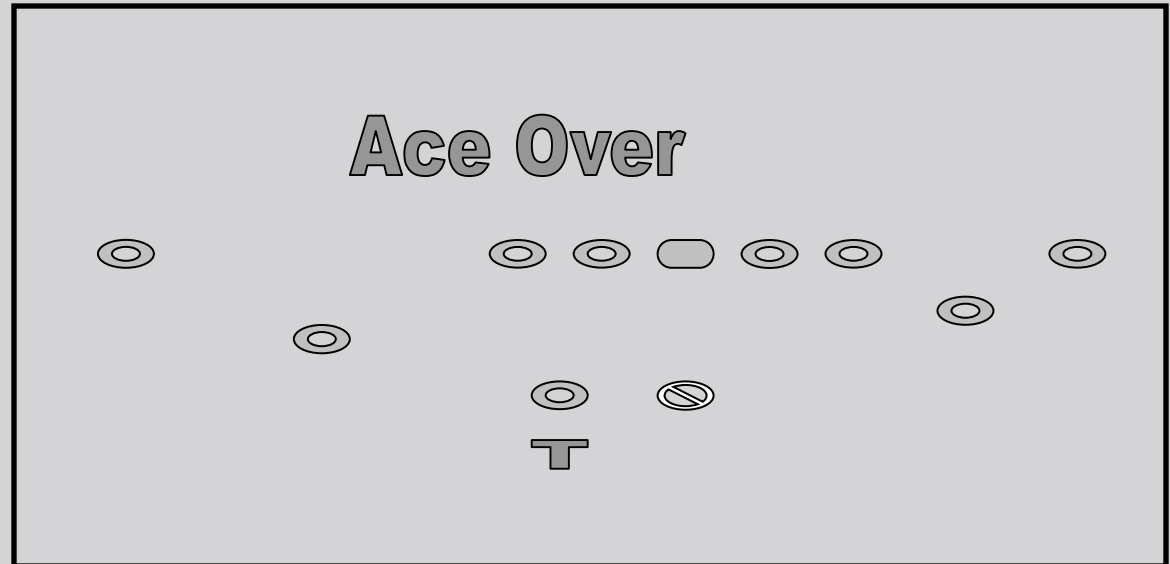


You can get the entire Renegade Spread Playbook from www.BigN2Football.com

Additional Formations

- ❖ The only real difference between Ace and Ace Over is that the T Back is lined up to the other side.
- ❖ Moving the T Back to the other side makes several plays possible or at least much easier to run. It also allows you to take advantage of the motion blitz.

The Ace Over



Plays made possible from this adjustment:
Motion Iso left, Motion 134 G/T, Motion 155 G/T (cross action), Motion 17 Option, Motion OU or OSU lft, Motion 59 QB Sweep, 48 Monster S w/o motion (to the T Back).

Wrap Up

The Ace Formation for Youth Football

I hope that you got some good ideas for your football team and can utilize some of this information for your team to be successful and to have some major fun. There is nothing easy about football and that is one of the main reasons I love the sport. Something that is bought with hard work, determination, and teamwork always feels better than things that come easily.

The Ace Formation is a really dynamic set. When we first started using it in our Renegade Scheme it was because we had a good FB that I wanted to get the ball to more often and couldn't as much from the empty sets. We realized that it was a good set for younger kids and I thought that it would eventually be our base offense with the younger teams. However, as the years went on the advantages to running it at all levels became very apparent. Ace is a great formation for youth but it is also a great formation period.

Wrap Up (continued)

The Ace Formation for Youth Football

I truly believe that offensive sets like the Ace will continue to advance and are the future of our sport. They make it more exciting and make it possible for smaller teams to be successful.

Putting these playbooks and schemes together is a major undertaking. However, I always enjoy doing it and it is very rewarding to hear the success stories from those of you that use it in any capacity. Please continue to contact me with questions and advice to make this and all our schemes better.

God Bless You, Your Family, and Your Team,
Robert B. Babcock
IGWT t

www.FBCoaches.com
update 2023