

WAYNE STATE COLLEGE

**POWER: THE KEY
TO RUN GAME
SUCCESS**

DAN MCLAUGHLIN



RUN GAME FUNDAMENTALS

1. STANCE

A. BALANCED!

B. EXPLOSIVE!

I. WE MUST BE ABLE TO MOVE IN FOUR DIFFERENT DIRECTIONS WITH VERTICAL LEVERAGE AND EXPLOSIVENESS.

C. FEET ARMPIT WIDTH

D. INSTEP/TOE STAGGER

E. ELBOWS ON THE KNEES

F. OUTSIDE HAND DOWN!

I. INSIDE (POST FOOT) UP – ALWAYS

G. HIPS LOWER THAN SHOULDERS (ROLL THE EGG)

H. EYES UP!

I. STRAIN THROUGH THE EYEBROWS

I. SHOULDERS SQUARE

J. 20% WEIGHT ON HAND

K. ALIGNMENT VARIES WITH THE PLAY. BEGIN ON CENTER'S BELTLINE



RUN GAME FUNDAMENTALS

2. PERFECT FIT

A.LEVERAGE (PAD UNDER PAD – P.U.P.)

B.HAND PLACEMENT

I. ELBOWS IN – STAPLED TO THE NIPPLES

II. THUMBS UP

III. DRIVE THE CAR – GRAB THE STEERING WHEEL

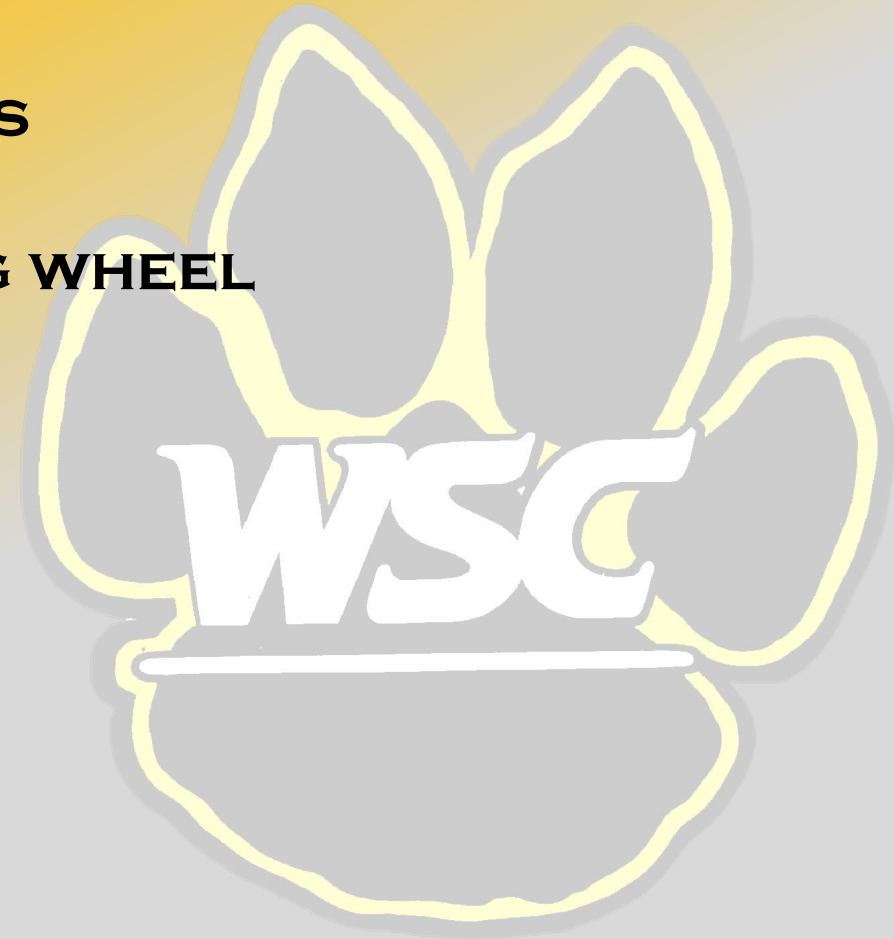
C.POWER ANGLES

I. Z'S IN THE KNEES – ANKLES, HIPS

D.EYES UP

I. NOSE UNDER CHIN

E.WEIGHT ON THE INSTEPS



RUN GAME FUNDAMENTALS

3. EXPLOSION

A.6 POINT EXPLOSION DRILLS

- I. SHOOT THE HANDS**
- II. KEEP THE EYES UP UP**
- III. EXPLODE THE HIPS – KEEP THE HEAD BACK**
- IV. DON'T CATCH YOURSELF WITH THE HANDS OR ARMS**

B.4 POINT EXPLOSION DRILLS

- I. WITH HARNESS AND 45 LB PLATE**
- II. SLED**
- III. VIOLENT HANDS**



RUN GAME FUNDAMENTALS

4. BASE BLOCK

A. LANDMARK

- I. POINT OF AIM – TARGET**
- II. HANDS – FEET**

B. FIRST STEP

- I. 6”**
- II. TOE POINTED TOWARD TARGET**
- III. HANDS IN FRONT – DO NOT “DRAW YOUR GUNS”**

C. SECOND STEP

- I. MOST IMPORTANT STEP!**
- II. MAN WHO GETS 2ND STEP DOWN FIRST WINS!**
- III. STICK THE HEEL IN THE GROUND – NO DANGLING FEET!**
- IV. BE VIOLENT WITH THE HANDS!**

D. PERFECT FIT

E. WIDE BASE

- I. RUN WIDE!**

F. SHORT, CHOPPY STEPS (CHOP THE BOARD!)



RUN GAME FUNDAMENTALS

4. BASE BLOCK

G. CROSS THE "T"

I. FIT THE BODY, NOT THE FACE

H. MARRY YOUR HIPS

I. FINISH!

I. THROUGH THE ECHO OF THE WHISTLE

II. HAVE A WHISTLE AT EVERY DRILL



RUN GAME FUNDAMENTALS

5. DOUBLE TEAM – GAP

- A. COVERED MAN STEPS TO THE CROTCH**
- B. EXECUTE BASE BLOCK TECHNIQUE**
- C. UNCOVERED MAN DRIVES THE HIP OF THE TARGET**
- D. DROP YOUR HIPS AND DRIVE**
- E. HEELS IN THE GROUND – NO DANGLING FEET!**
- F. 4 HANDS – 4 EYES**
- G. BLOCK ANY RUN THRU**
- H. NEVER LEAVE TOO SOON**
- I. MAKE THE LB COMMIT BEFORE YOU COME OFF**



RUN GAME FUNDAMENTALS

6. PULLS

- A. OPEN AND PULL FLAT TO BLOCK FORCE PLAYER**
 - I. THROW THE ELBOW**
 - II. HIPS AND SHOULDERS LOW**
 - III. RUN AT THE UPFIELD SHOULDER OF THE TARGET**
 - IV. LET THE RB MAKE YOU RIGHT**
- B. SKIP PULL ALL INSIDE PLAYS (LB)**
- C. KEEP SHOULDERS SQUARE**
- D. EYES ON THE TARGET**
- E. GET UPFIELD AT FIRST OPPORTUNITY**
- F. DRIVE THE CHEST**
- G. STRIKE AND SMOTHER**



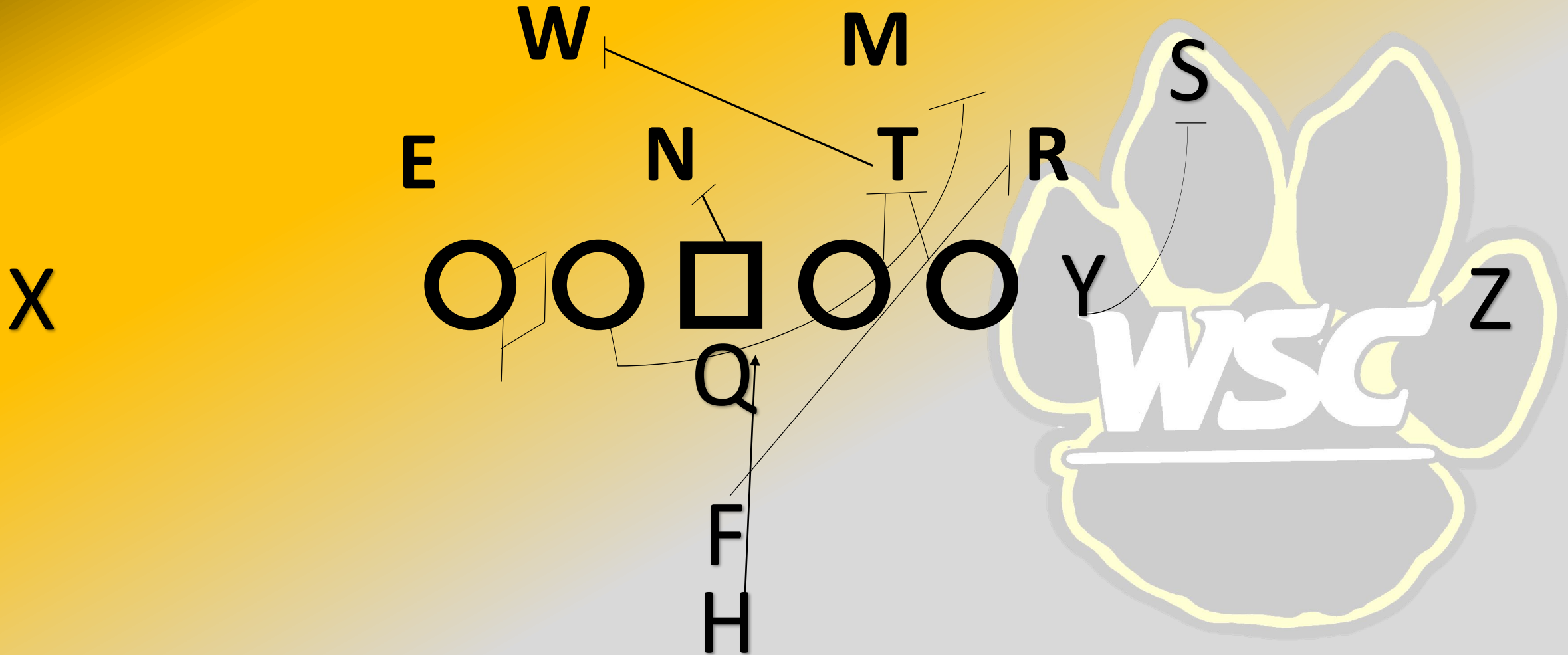
POWER

1. DOUBLE TEAM AT THE P.O.A.
2. KICKOUT/READ THE E.M.L.O.S.
 1. OUTSIDE PAD TO INSIDE PAD
3. SEAL VS SPILL
 1. INSIDE PAD TO OUTSIDE PAD
4. PULL THE B.S.G. FOR THE P.S.L.B.
5. “DOWN/DOWN/BACK/AROUND”
6. RB HIT STRAIGHT DOWNHILL – B.S.L.B. – A/B/C
7. RUN TO DAYLIGHT



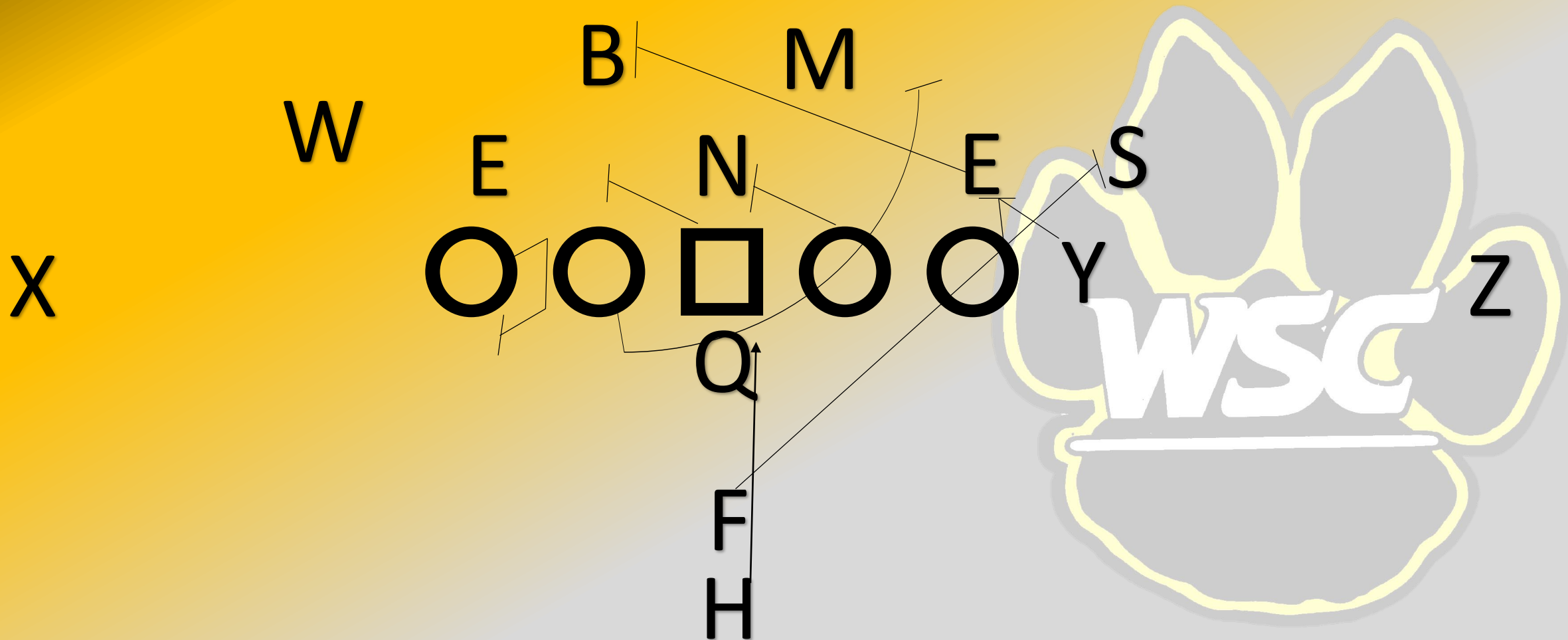
POWER

2 BACK POWER VS 4-3



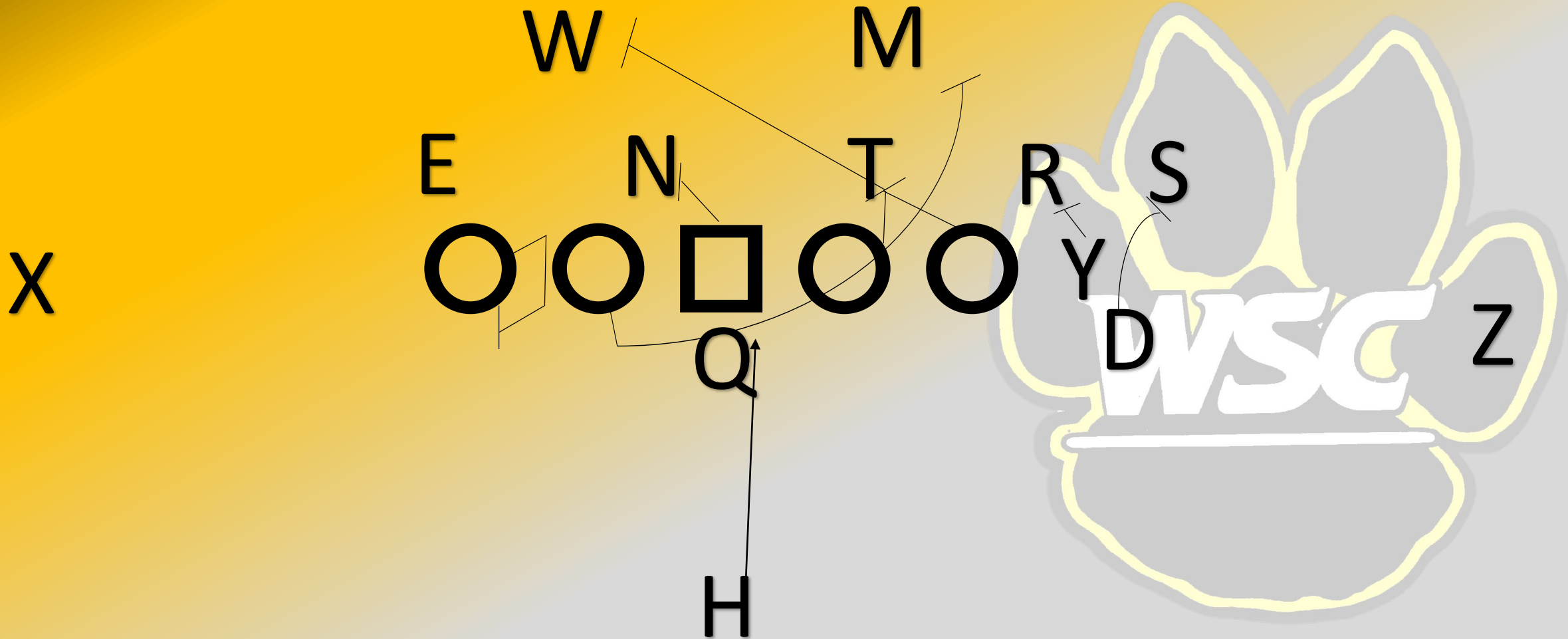
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2 BACK POWER VS 3-4



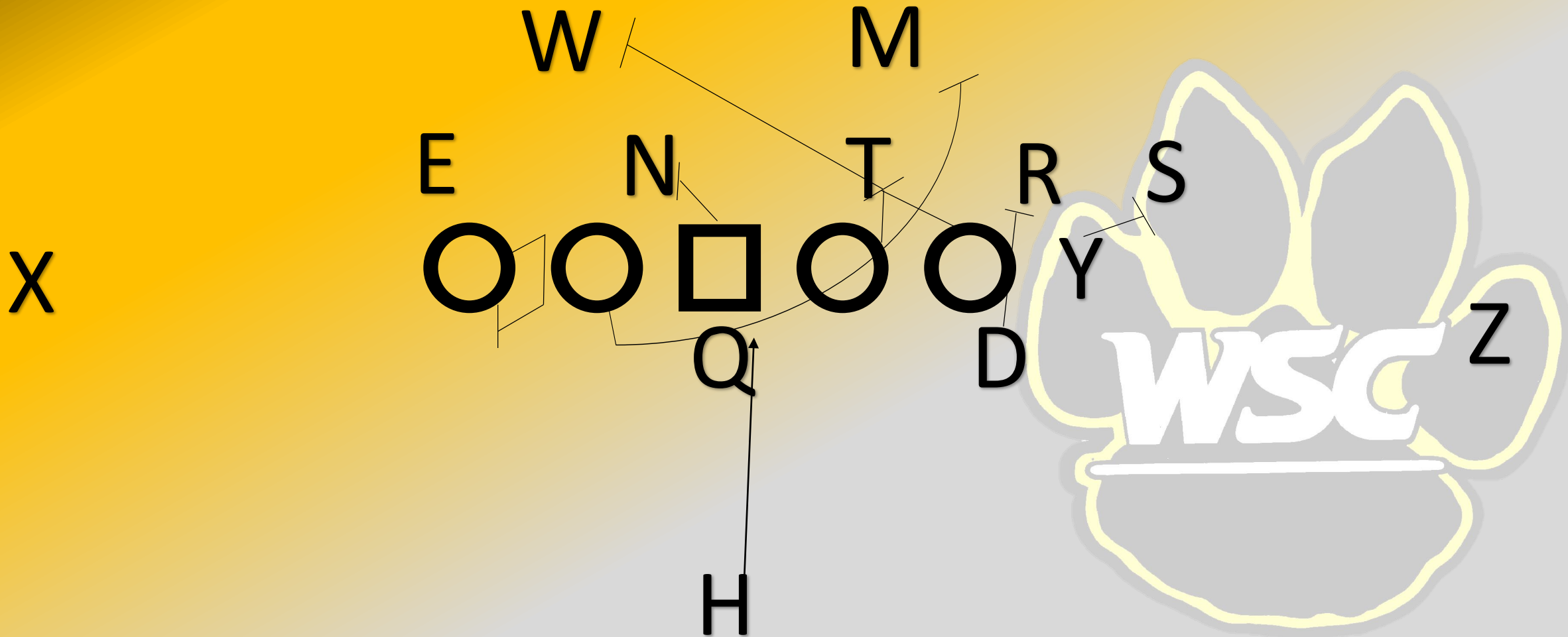
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2 TE POWER VS 4-3



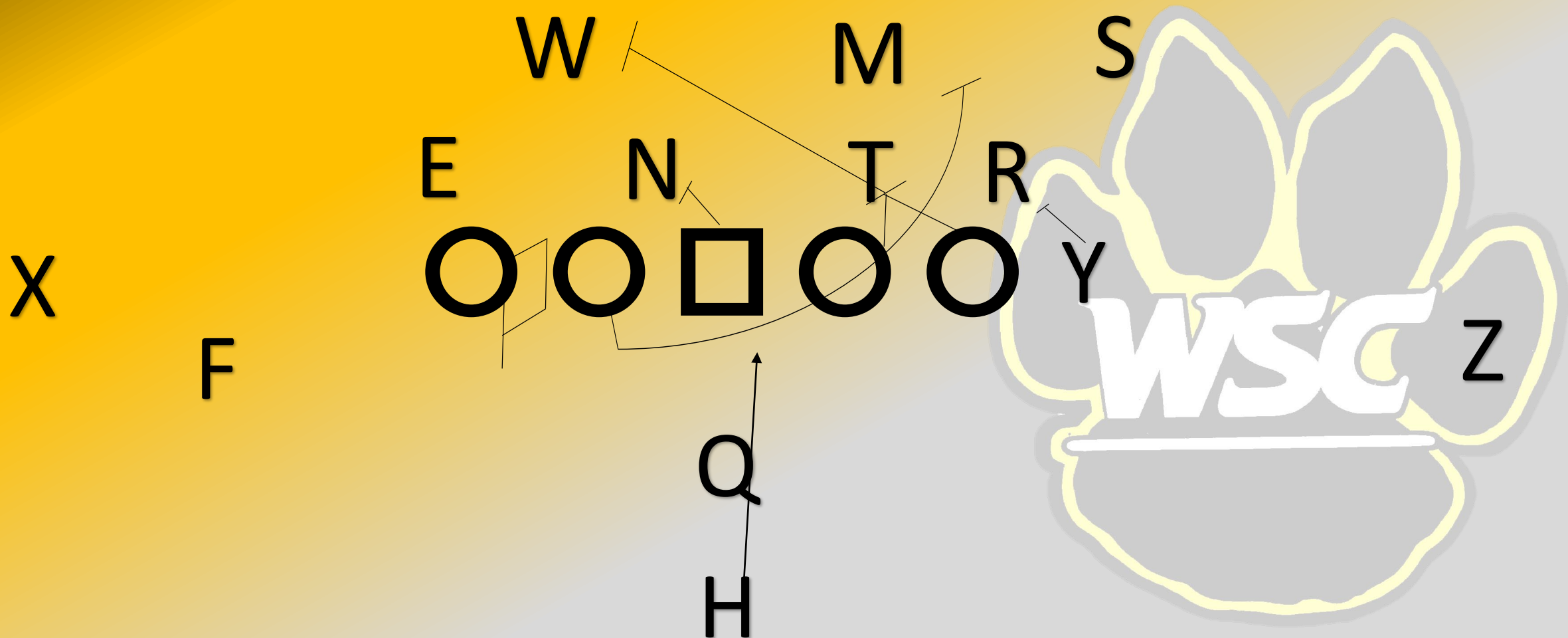
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2 TE POWER VS 4-3



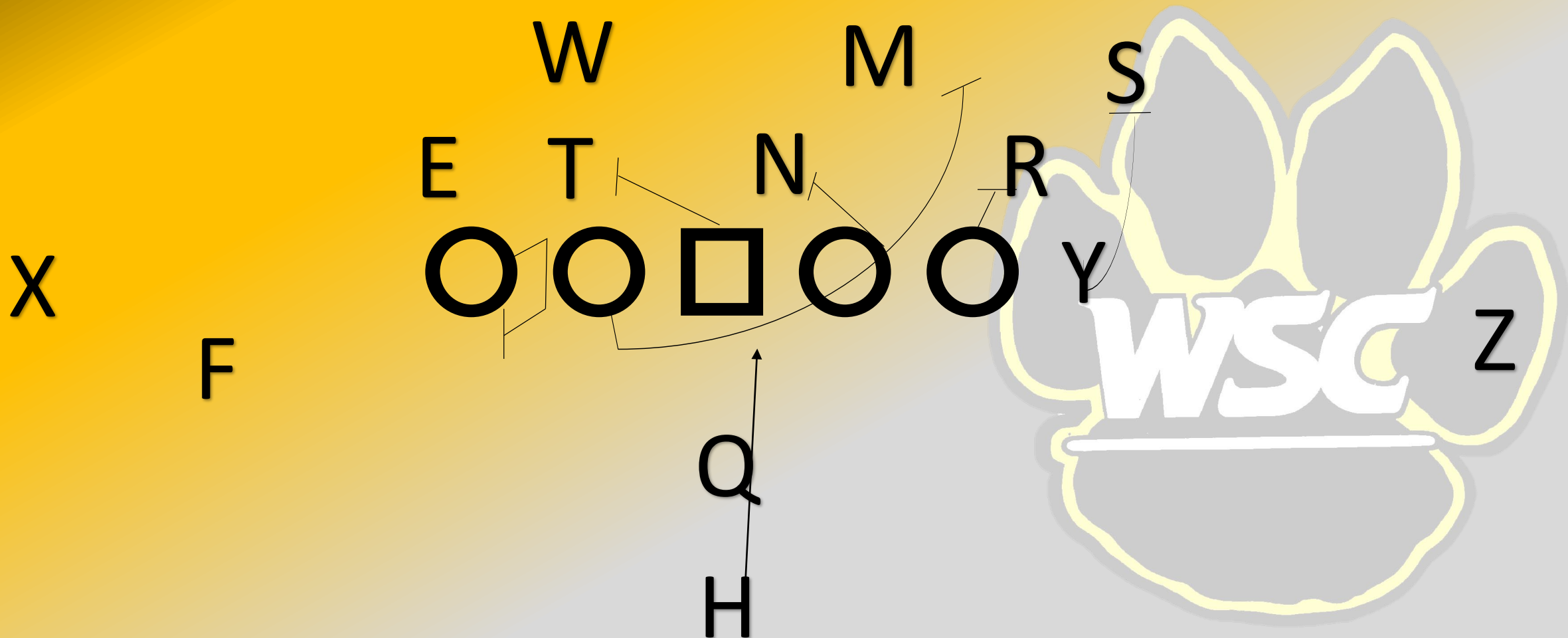
POWER

1 BACK POWER VS 4-3



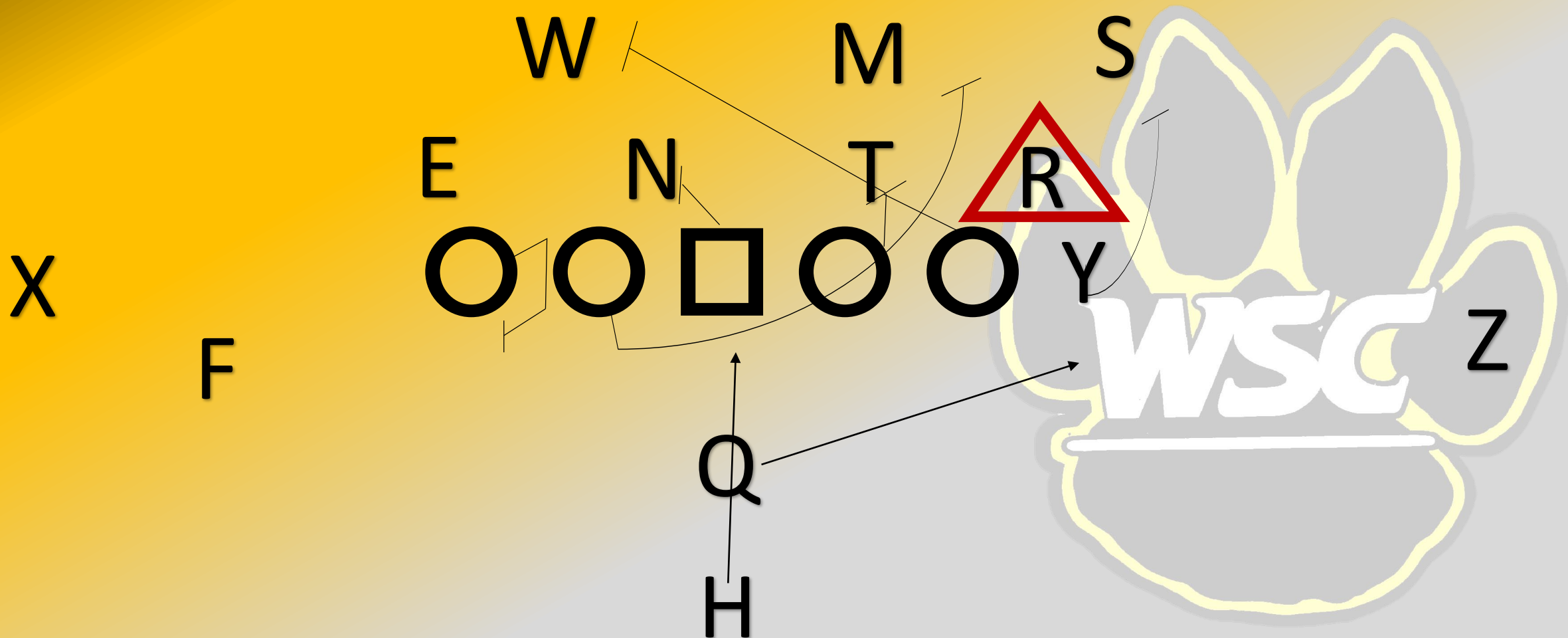
POWER

1 BACK POWER VS 4-3 UNDER



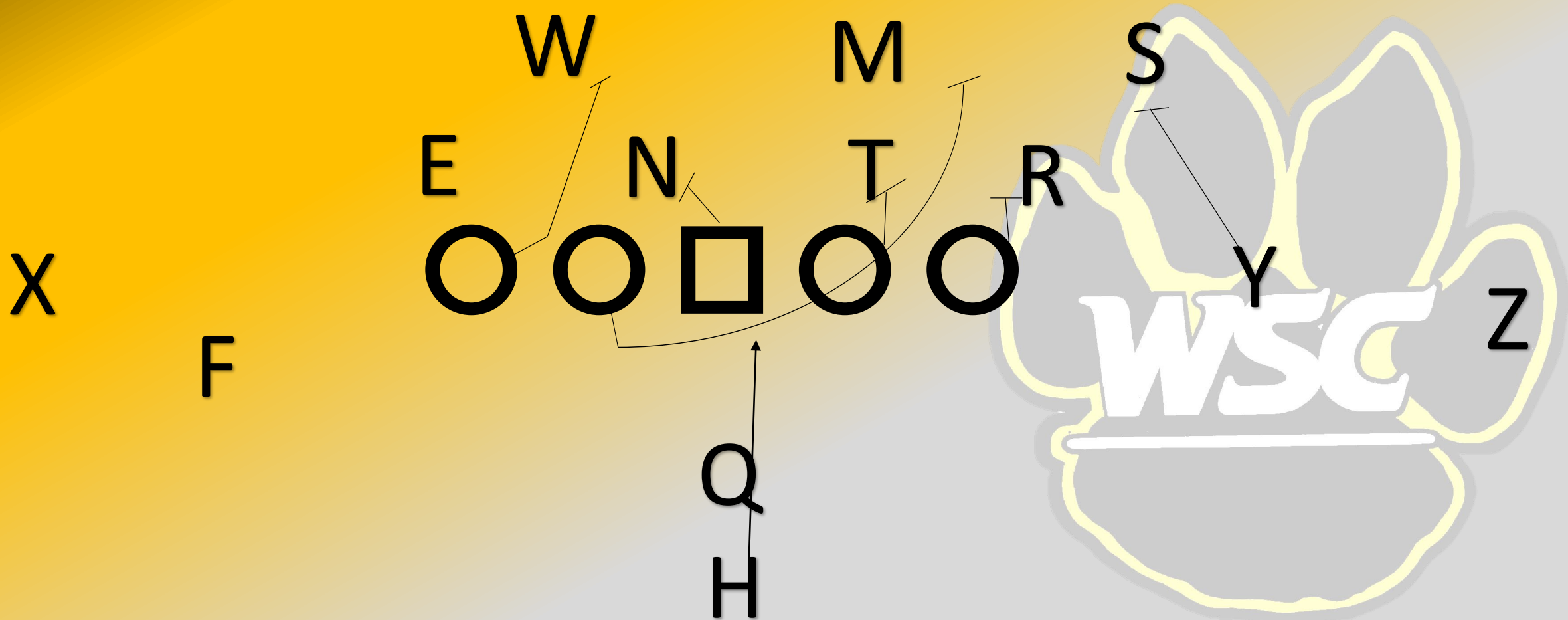
POWER

1 BACK POWER (READ) VS 4-3



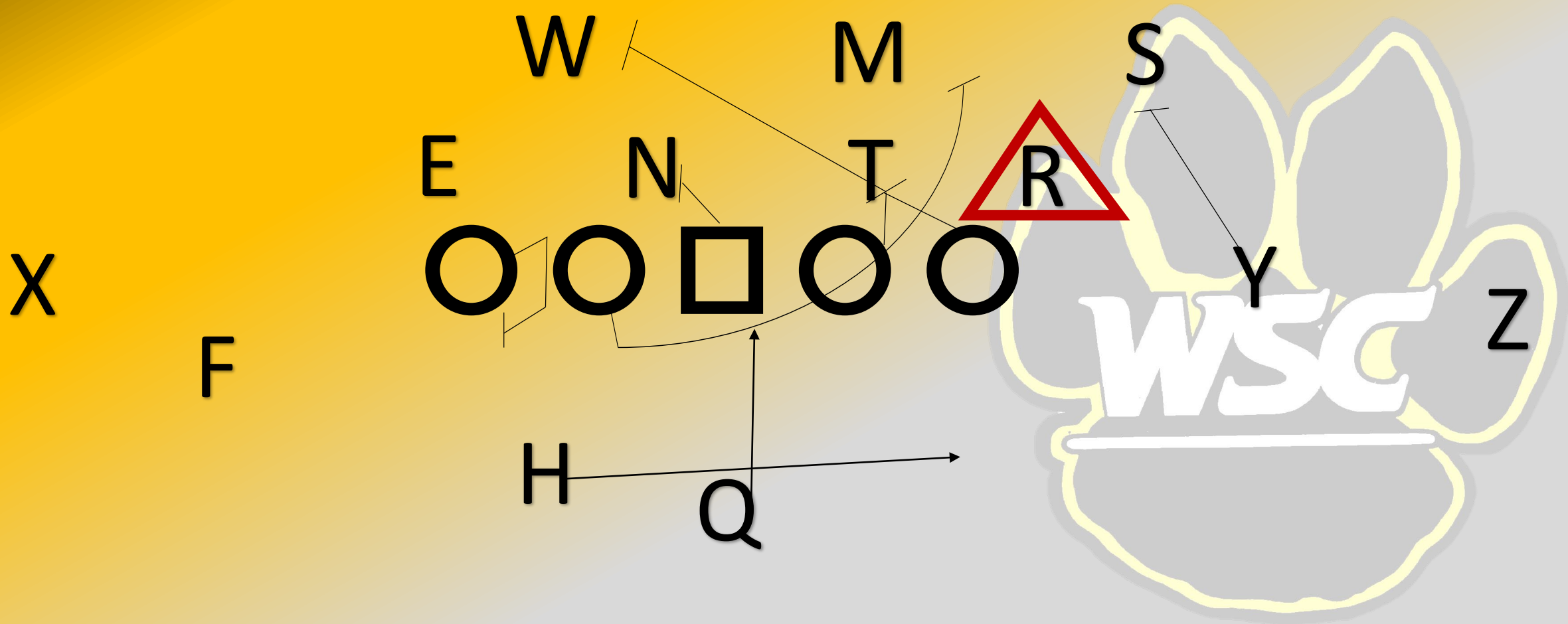
POWER

10 PERSONNEL POWER VS 4-3



POWER

10 PERSONNEL POWER (READ) VS 4-3



DRILLS

SIMPLICITY – REPETITION – E.D.D.

- A. DEMAND PERFECTION**
- B. DO NOT WASTE A REP!**
- C. FINISH!**
- D. BOARD DRILL – SHOOT THE HANDS!**
 - a. Perfect Fit
 - b. Cross the 'T'
 - c. Grab the steering wheel
 - d. Push off the surface
 - e. Chop the board
 - f. FINISH!
 - g. Echo of the whistle



DRILLS

E. GAP DOUBLE TEAM

- a. Ace/Deuce/Trey
- b. Covered/Uncovered
- c. Base/Post
- d. Drive the hip

F. PULL DRILLS

- a. Flat Pull for Force – Open your hips and Run!
- b. Skip Pull for LB – Get depth – Shoulders square – Upfield at first opportunity

K. STRIKE & SMOTHER DRILL (LB)

L. COMMUNICATION!



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