



# SEAHAWK FOOTBALL

Counter/Trap Attack

NHSCA Coaches Clinic

July 26, 2023



# SEAHAWK OFFENSE



- Thanks for the Opportunity.
- Talk about Seahawk Offense
- We love to run the football
- Same offense for 44 years – (35 years of nine man)
- If it's not broke why fix it

# What expect from Seahawk O'

Power Run Game

Ball Control

Field position

Physical play

Execution every play

Throw ball when we want. Much easier.

# OFFENSIVE PHILOSOPHY

- RUN – RUN – RUN
- POWER – COUNTER
- & TRAPS

# COUNTER ADVANTAGES

- Can run Counters out of any Offense
- Easy to install
- Out Number the Defense on Counter side
- There are countless ways to run
- Offensive linemen has leverage
- Freezes D' just long enough

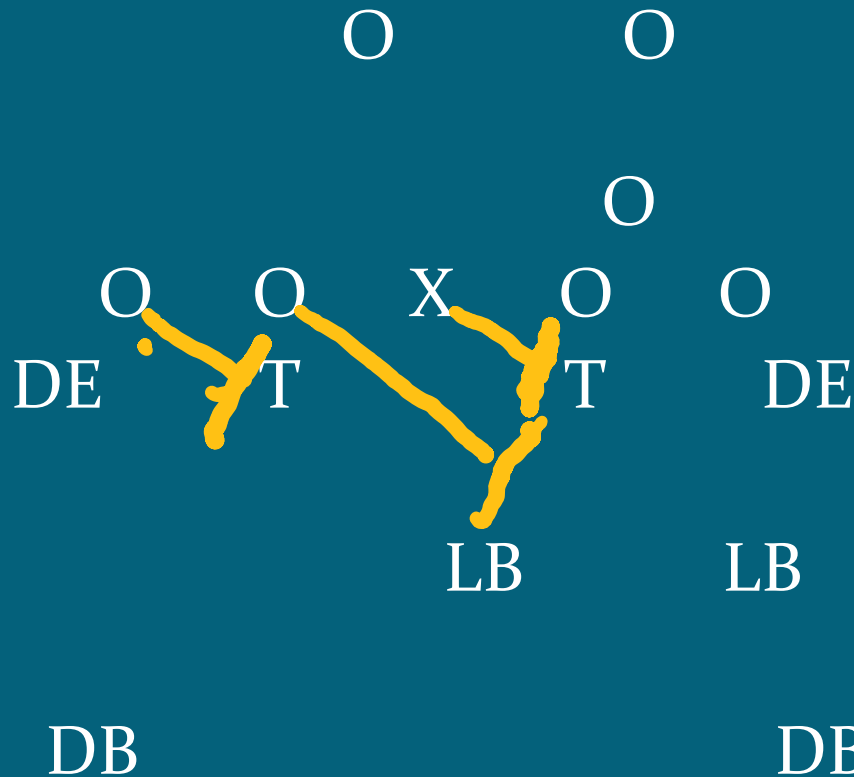
# Counter Two Main Elements

- 1. Wall/Gap
  - a. No Holes/Water Tight
- 2. Pulls
  - a. Head on Proper Side
  - b. Shoulder Dip

# Counter Wall/Gap

- # 1 Rule: Don't let D' beat you across your face
- Hard down step getting head across D' man
- Must get shoulder to shoulder with O' blockers
- Leave no gaps
- G must Dip & Rip to get away from DT
- Line blocks a gap & not a man but will become man
- Inside shoulder dipped

# Counter Trey Wall/Gaps





# Pulling Guard's Responsibilities

- Open Door pull Hard and Low
- Dip inside shoulder & works towards line for J block
- Attack the inside half of the DE's body
- Must get DE's shoulder turned by getting head across the body.
- Attack belly button thru nose
- Run thru block and stay with it
- Force DE to step around outside
- KEY Block on Counter

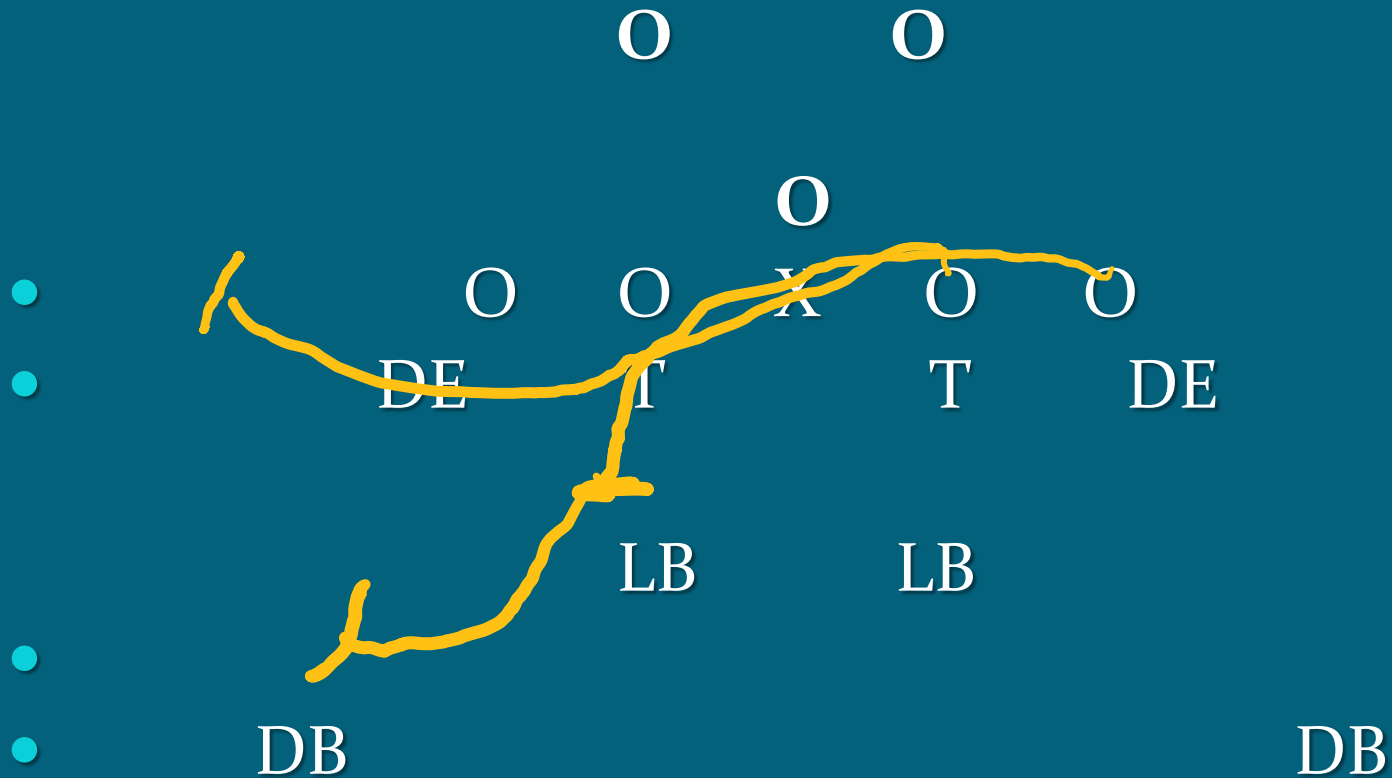
# Pulling TE Responsibilities

- Opens and pulls hard & low
- Follows G until he can run the fence
- Must have his inside shoulder dipped
- Turns up TIGHT and looks to pick up MLB/LB
- Can leave a seam for the LB to run
- Can hook or kick out depending on LB's location
- If no one there he dips outside shoulder and kicks out

# B' Gap Pressure vs. Trey

- B' gap pressure creates problems
- Run a Counter instead of Trey and have TE chop
- Go I' formation and have FB chip block C' gap man
- Depending on NG - Center takes & G goes to MLB
- TE knows Fence is going to be shorter

# Guard & TE Pull



# RB's Responsibility

- He takes a pull step and bubbles behind the TB
- He must go hard showing sweep left plus look for ball
- MUST get himself into pitch man relationship
- Has to sell run going left.

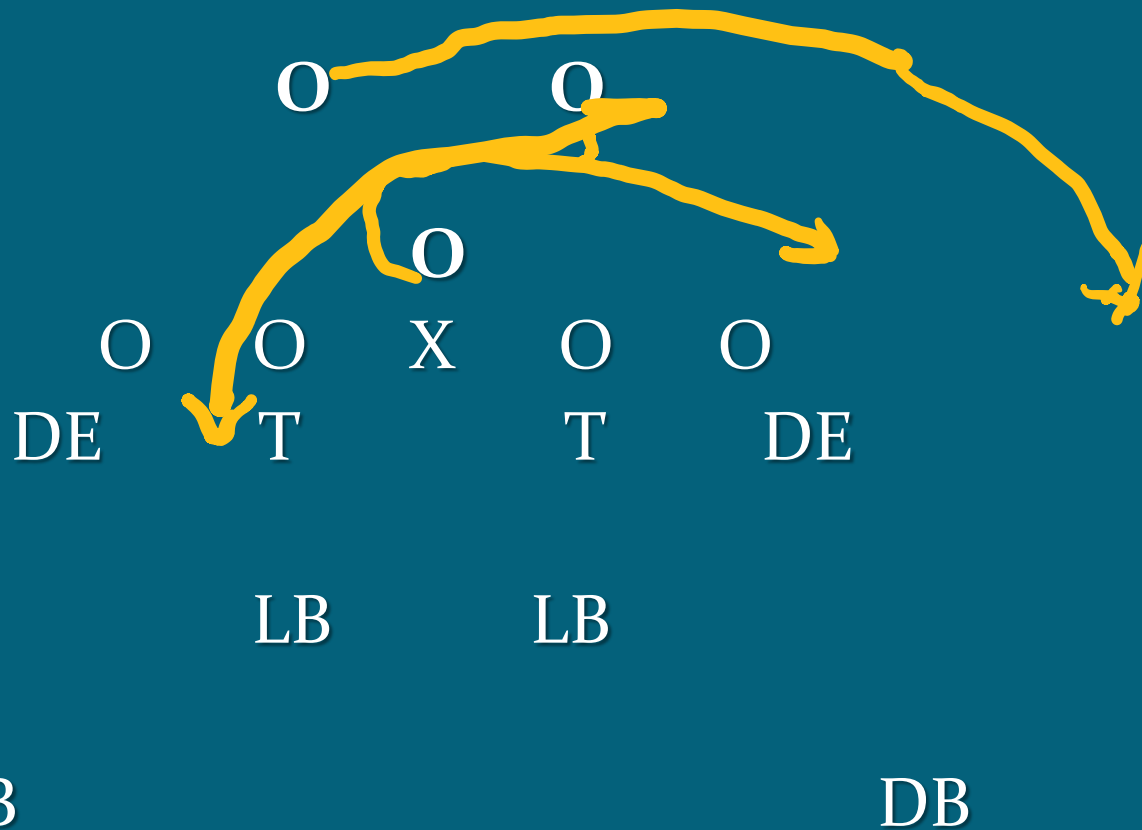
# TB Responsibilities

- Takes a jab step turning his shoulders square out
- Then turns and comes back for ball
- The handoff is to his inside
- Can help set up DE but plays is designed to go inside
- Cuts off butt of G and follows TE up thru line
- Reads TE block looking for an opening to kick it out

# QB Responsibilities

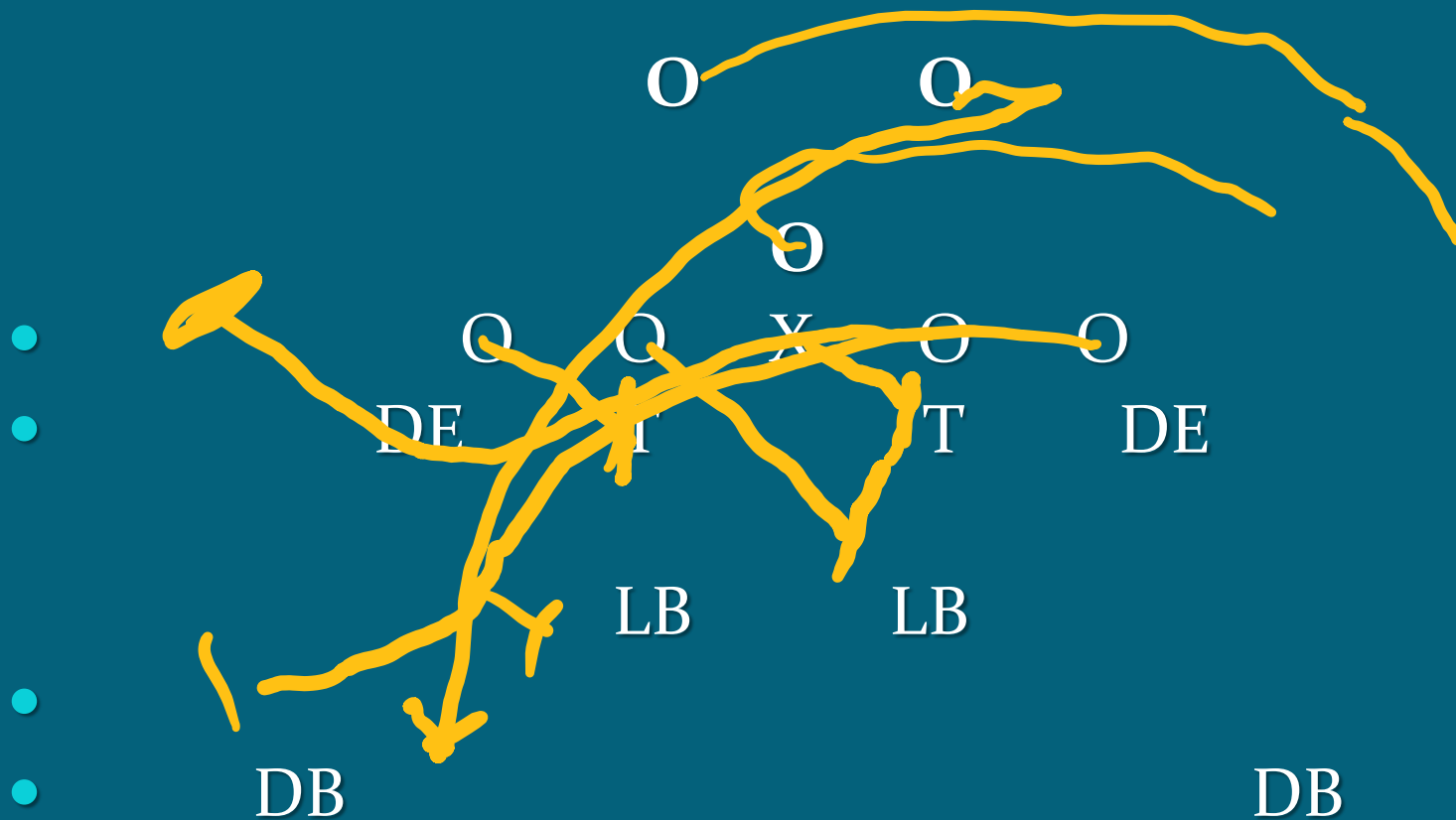
- Reverse spin getting depth to get out of way
- He makes it look like QB sweep left
- Takes ball to TB and hands off to his outside
- He continues faking out sweep.

# COUNTER TREY (Right)

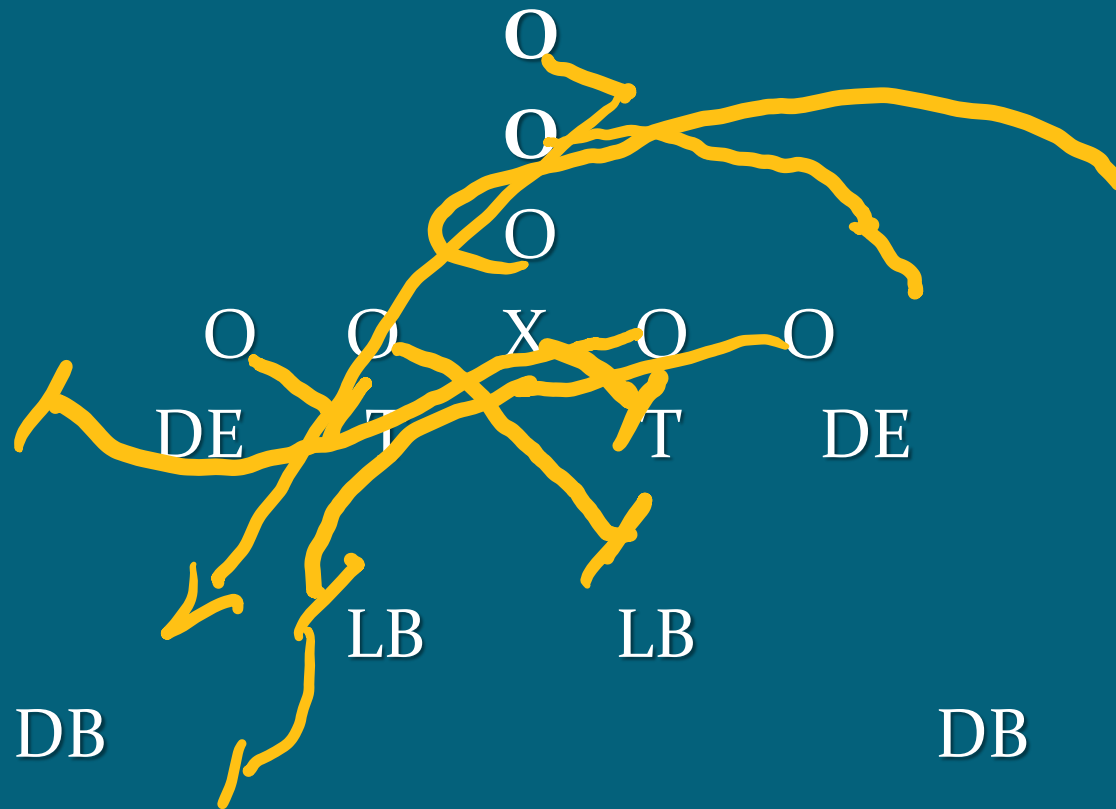




# Counter Trey (Right)



# I' Counter Trey (Right)



Counter Trey

**QUESTIONS ?????**

# 34 Counter

O

O

O

- O O X O O
- DE T T DE

LB

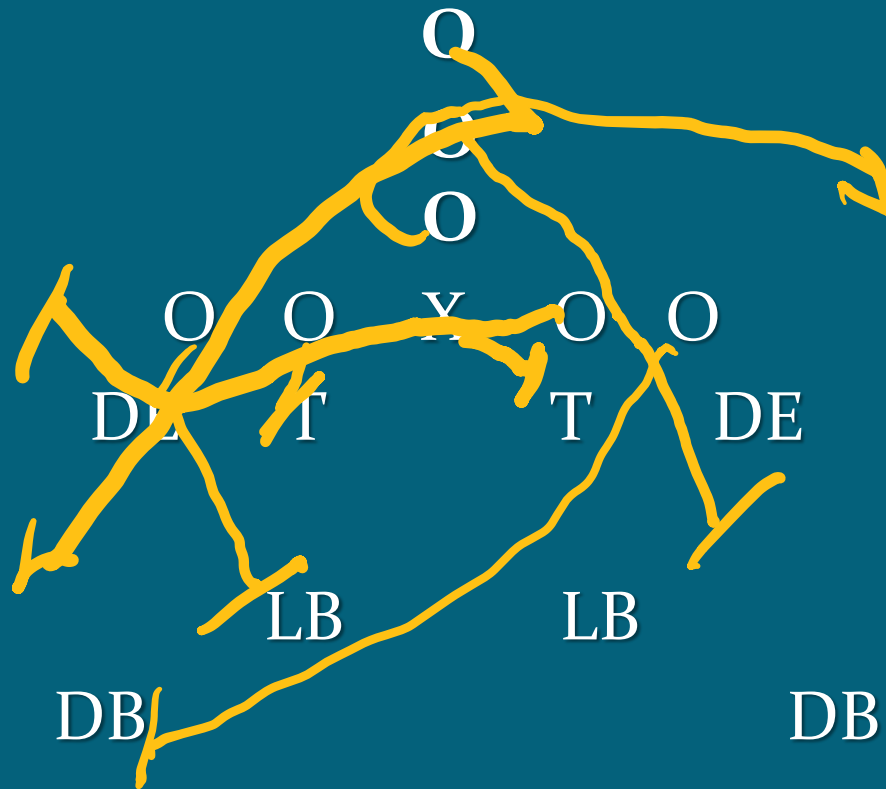
LB

- DB DB

# Responsibilities on Counter

- PS TE is a brush DE & SLAM on LB
- Center – Down to keep Backside DT from chasing
- BS TE - take gap & get to PS DB if possible
- BS G – Opens door and pulls to kick out DE
- TB – jab step with an inside hand off
- QB – reverse spin, handing off outside & fakes sweep

# 34 Counter



# Complimentary Plays

- Option Left
- QB Sweep Left
- Bootleg Left
- Bootleg Pass left
- Screen

# Inside Traps

- |  |    |    |   |    |    |
|--|----|----|---|----|----|
|  |    | O  |   | O  |    |
|  |    |    | O |    |    |
|  | O  | O  | X | O  | O  |
|  | DE | T  |   | T  | DE |
|  |    | LB |   | LB |    |
|  | DB |    |   |    | DB |
- 
-



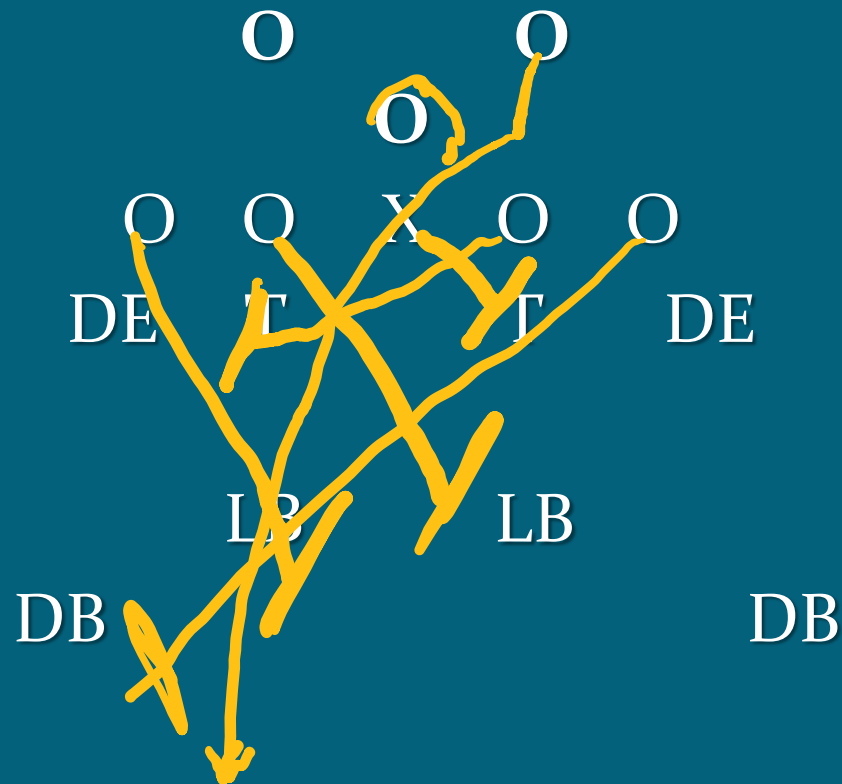
# 32 Trap

- Center – Blocks down on DT
- PS G – Dips & Rips to get released from DT and to get to LB
- Pulling guards steps right at the Centers ankle bone then J blocks DT with head to D' side.
- QB reverse spins & gives an inside hand off
- Back jab goes right at outside cheek of pulling G
- PS TE goes reads & gets PS LB
- Some teams reads G pulls and send LB's to B' gaps

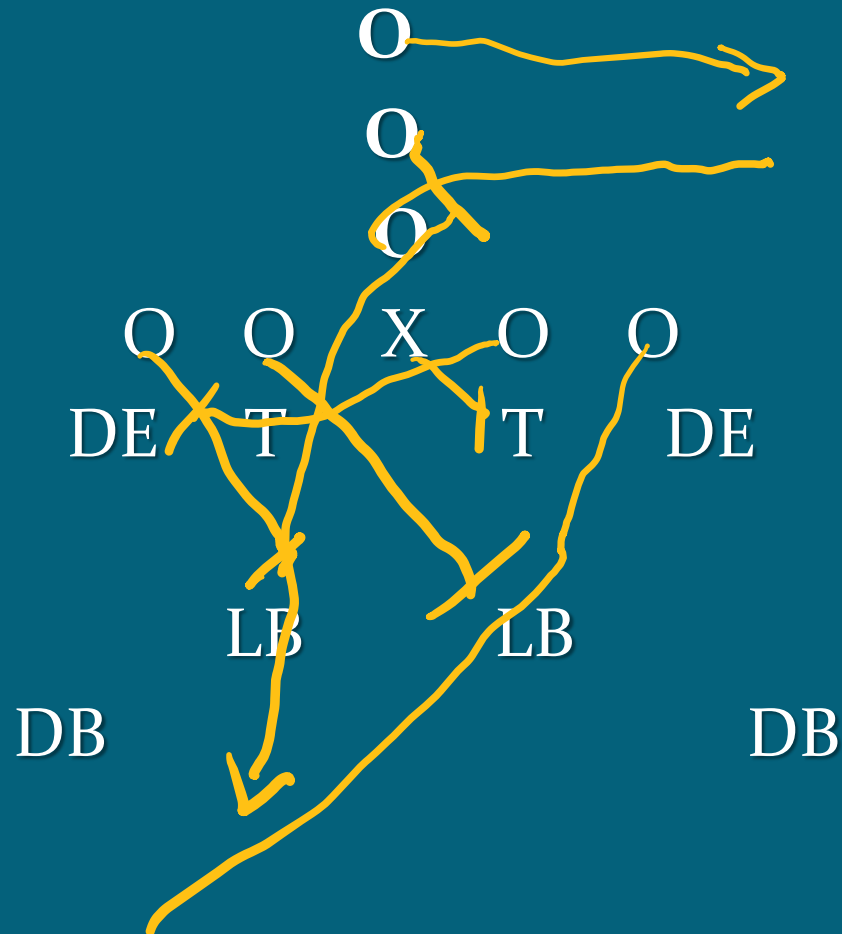
# Execution Keys

- PS G – MUST Dips & Rips to get released from DT & seals LB
- Pulling guards first step MUST be right at the Centers ankle bone in order to be able to J blocks DT
- QB reverse spins and gets an inside hand off
- RB jab goes right at outside cheek of pulling G
- Cuts off pull G's butt. Play goes up middle
- PS TE reads PS LB in case he's shooting B gap

# 32 TRAP



# I' FB Trap Right



# INSIDE TRAPS

QUESTIONS ????

Great vs.  $B'$  gap pressure

# 36 POWER

This is one of our bread & butter plays

It out numbers the Defense

Bringing the house -- 7 play side

Creates a lot of seams to make a BIG play

Sets up our traps and counters

Pulling Guards cause to confuse LB

# 36 Power Responsibilities

Center down blocks

PS G cross blocks with TE

BS G pulls & turns up in a TIGHT B' gap

Mujst have shoulder Dipped

RB leads up off the butt of cross block

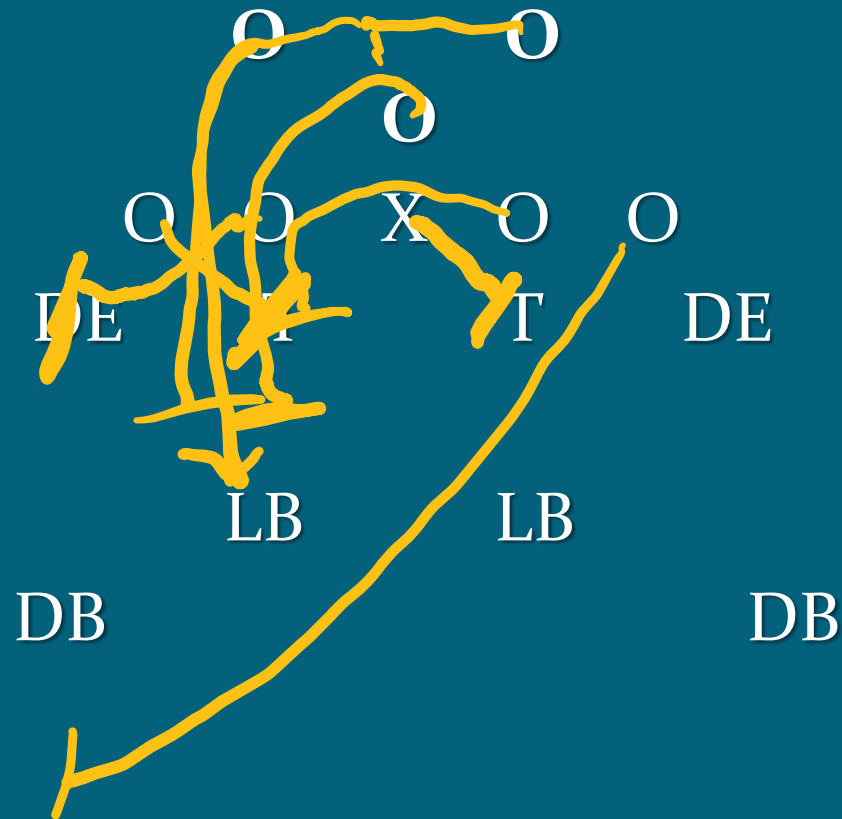
BS TE takes B' gap to play side DB

QB reverse spins & tosses ball to RB then turns up into B gap

RB shows sweep to stretch D'

Turns up into B' gap and follows his blockers.

# 36 Power





# Slants/Lead Dives

O  
O O X O O  
DE T T DE  
LB LB

DB

DB

# Program

- Practice
- Off –Season -- Camps
- Weight Program



# Questions



- [jeff.vanleur@k12.sd.us](mailto:jeff.vanleur@k12.sd.us)
- 605-449-4271