Wes Elrod
Offensive Line Coach
Cumberland University
Lebanon, Tennessee

“Edge”

Blocking The Edges

.........a blocking system for Wing-T & beyond
"Blocking The Edges"
by Wes Elrod

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"The Alphabet Attack" - Putting it all together

* Note - In 100 Set (3-Stack); #2 (Up Back) is usually a FB

*Can replace End as Rev

Figure 1-7a

Figure 1-7b
BUILDING THE BLOCKS

"Blocking the Edge"

1.) The backside Guard will pull and trap.

"The Alphabet Blocks"

The letter or word that follows the "edge" number will determine who will trap or pull. See Figure 1-6a & 1-6b (page 1-4)

1.) **X-Block** - The backside Guard will pull and trap.

Figure 3-3a

Figure 3-3b

Figure 3-3c

Figure 3-3d

Figure 3-3e

Figure 3-3f

Figure 3-4a

Figure 3-4a
CALLING THE PLAY/BLOCK

“Edge” Blocking Rules cont.

0 X vs 4-3

Set: NORTHERN

JET 30 X

* note: bold italic is applied rule

7 - 

5 - Odd (C-covered) Fill for G (#3); Even (C-uncovered) Block Lber.

(X) 3 - Pull & trap 1st defender on LOS past “0” edge.

C - Post “Ace” n/t block back on first LOS defender

2 - Lead on “Ace” n/t loaded Lber n/t allow T (#4) to clear & block next outside defender on or off

4 - Block 1st Lber on the square.

6 - Running lane; block F/s (3 deep) ½ field S (2 deep)

Coaching points vs 4-3

a.) If Mike Lber walks up; PSG (#2) must make Mike call for PST(#4). PSG blocks Mike; PST block next outside defender.

b.) If “A” stunts out; PSG(#3) must block Mike.
Chapter 11 - THE JET SWEEP

The Jet Sweep has become the latest and most talked about Wing-T addition for some time. Many Wing-T teams and some non-Wing teams are running some form of the Jet package. The Jet Sweep is based on the full sprint motion from one of the two wing backs crossing the formation directly behind the quarterback while incorporating many zone type blocking schemes. The back in motion places the defense in even greater conflict because of the speed of the motion.

This chapter will focus on the Sweep portion of the package and will feature running the Sweep from several formations. The Sweep attack is further amplified by running the plays form a wide variety of formations. One of the first teams to feature the Jet package at the college level is Cumberland University in Lebanon, Tennessee. The Cumberland attack is based on the "Edge Blocking System" behind a multitude of formations.

**JET SWEEP COACHING POINTS**

a) - Do not block anything from the 3 technique back! They cannot stop the play.

b) - Coach the Jet back to take it to the sideline. This is a wide play!

c) - The Jet back's path on the sweep is Hash, Numbers, Sideline
Coaching Points

a.) QB has full sprint to outside after jet fake
c.) Jet back will “set down” at the end of flat route
d.) SE and PS Wb’s aim spot is 14-15 yds down field

e.) PS WB starts on his normal block track then up field
f.) SE takes the top off the defense (angle then fly)
g.) Progression is WB (flag) to Jet back (flat)

Coaching Points

a.) Lake is FB line up left; River is line up right
b.) Progression is TE (flag) to SE (drag) to FB (flat)
c.) Block is GX (both G’s); alt. Block is G (PSG only)
d.) Set is regular BLUE with FB flanked left (LAKE)