

## Senior Raider's Double Wing System

The Grand Prairie Raider's double wing is a work in progress. I have worked on simplifying the offense so that even our youngest teams can understand the system without getting confused by numbers or things they really don't need. This package is our basic philosophy derived from the two major schools of theory on the double wing; Coach Don Markhem's and Coach Hugh Wyatt's and elements of the Spread philosophy to act as a change up. The double wing originally was run from the I formation but as Coach Markhem developed his system he went to the tight formation since it afforded him better power and misdirection. He ran only a few plays out of this formation to perfection. The plays he ran were 26/47 Pitch (power), 26/47 Counter (counter), 31/32 Cut Trap (trap), 28/49 Sweep (a wing-t buck fake sweep with both guards pulling) (we use sweep off of wedge action) and Near TE and Far TE bootleg passes. His system is simple and effective and requires you to have good athletes at all the back positions and the guard positions. Coach Wyatt really improved upon the offense by implementing elements of the single wing and more of the wing-t into the offense. He also went to a simplified numbering system that told where the FB (B-back) is going even when he is not getting the ball, which is very helpful in a misdirection system. He added the single wing wedge to the offense, outside FB (B-back) trap called 6 or 7 G (we call it G right/left), and other elements of the wing-t to include its passing game. He also improved upon the line and back techniques, which in turn improved how the offense works as well. Since the double wing offense is a system with roots from the I formation, single wing, and the wing-t it takes the best parts of these running packages and puts them into one cohesive system that is easy to use and understand. The double wing uses all of these approaches to good effect to create an offense that couples power, misdirection, and good play-action passing game into one system that creates as much confusion in the defensive backfield as possible. Although the double wing uses the wing-t passing game in the offense at the younger ages it is not feasible to put a lot of receivers into patterns since most teams send 8 to 9 players at the offense every play. We send only one receiver into a pass route in our compressed formations (tight and double) and when we have split ends and slots the backside receivers are used to run off defenders. Our philosophy is then to widen a defense out horizontally in a balanced front and force them to cover every receiver. If they don't then we must be able to pass to that open receiver using simple pass patterns. We do this by using some of the spread philosophy that has become so popular lately. It allows us to not only spread a team out but also still attack them with our primary running plays. The system requires repetition at your base plays and a demand for perfection. The team must become experts at their base plays and force defenses to stop those plays. Once they do stop those plays they are now playing unsound defense and can be attacked using the rest of the offense. The offense is geared around one primary formation, one unbalanced formation, and two formations that spread the defense out. All them, except for the Loose formation, use all of the base plays. The offense is a balanced power running attack that uses misdirection and a play action passing game to create defensive confusion and frustration.

This past season was my fourth year coaching the double wing and my first coaching it to ten and eleven year olds. We had our struggles and I think we often didn't teach enough of the offense to really be able to beat the better teams in our league. With that year behind us we need to make sure we have the full offense in gear and ready to go by playoffs. We have to make every player recognize the importance of striving for perfection on each play and being aggressive from start to finish. It is not enough to beat the teams you are supposed to beat. You have to be able to beat the good teams in your league to be successful.

### **Two goals for this offense this upcoming season:**

Score 15 points in each half; we had a problem finishing off the better teams in the second half. Every loss we suffered we had the lead in the first half and did not finish off our opponent. We must be more aggressive and have a "Finish Them Off Attitude".

Throw the ball 8 times and work on a completion percentage above 60%. It is not enough to just throw the ball we have to throw the ball well and force teams to respect that part of our game. A passing game can change the way a defense responds to you. Most youth defensive coaches do one of two things; they play passive and try to defend the pass, or they go after the passer with every thing they have. Both are usually unsound but at this level it is successful normally due to the lack of passing and receiving fundamentals.

### **Game Strategies and tactics**

The primary focus of our philosophy is three base plays; the wedge, power, and counter. These plays form the nucleus of our offense and we must be able to attack any team any where on the field with these three plays. The wedge and the power form the power attack while the counter is the misdirection attack of our base offense. The wedge was our primary play last year and it really did well unless teams started stacking the line of scrimmage with eleven players. Because of the mechanics of the wedge there is only three ways to truly stop it; the defensive line submarines the offensive line, the defensive line stacks the middle, or the defense goes to 8 gap slanting attack to the middle. We saw a lot of stacked lines due to the lack of an effective passing game. The power and the counter require precision so you must spend a lot of time getting it perfected for it to work. Last year we were 50%; half the time we executed it to perfection and the other half we did not and the teams stopped it for a loss. The back side shoeshine blocks are a big factor and if you have backside penetration look there first. The kick-out block is very important to the power play so it has to be solid every play.

When deciding how to attack a defense look at two places; the middle of the defense for the wedge and the defensive ends for the power. The linebackers and defensive backfield is the key to the counters; if they over pursue to the power and wedge than they can be attacked with misdirection. If they play disciplined run defense than the play-action pass is the best way to misdirect the defense.

### **Questions to ask yourself:**

1. Can I wedge the middle of the defense? Is the center or the guard the best focus for the wedge?
2. What technique is the end man on the line of scrimmage (EMLOS) playing? Can he be kicked out effectively?
3. What formations of the four we use will best attack this defense using our base plays?
4. Does the defense over pursue or over commit to the power and wedge? If so they can be countered.
5. Does the defense play strict run assignment defense? If so the play-action pass is the best way to attack since it puts them in position of having to make a choice.

### **A few other things to note about the base offense**

1. We use the same base blocking schemes through out our formations. The one major adjustment we have is when there is no tight end on the play side we have the play side wing back replace the tight end's block. He blocks down instead of sealing the play side linebacker because that block forms the nucleus of the power scheme (inside seal and outside kick-out). The pulling guard who is one of our better blockers must block the play side linebacker now.
2. Do not confuse size for mobility and blocking ability at the guard position. It is better to place a running back that hits and blocks well at the guard position then to place an oversized lineman that cannot move laterally or up the field.
3. Our focus this year is to become good at four formations and three base running plays. That doesn't mean we will only run three plays the truth is we will run several other plays based on our base plays that take advantage of what the defense is doing are is not doing.
4. Our counter will be much easier to run this year since it will not include the double handoff but instead the counter handoff by the quarterback to improve the timing and increase the hitting speed of the play at this level.
5. The Tight formation is our base offense but the Split, Double, and Loose will provide us with a different look and a different way to pressure a defense. For example:
  - a. The Split formation features two split ends in lieu of two tight ends. These wide receivers split out six yards to force two defenders to cover them. This also widens the area the defense must defend horizontally and improves our ability to attack with our base plays which are all between be the D gaps. This formation is also a better passing formation due the split ends isolating two defenders.
  - b. The Double formation features two tight ends on one side (Double meaning double tight end). It is an unbalanced formation in a balanced offensive scheme. This gives us a great power attack advantage on the over-loaded side that allows the power to work much better due to the additional blocker on the edge.
  - c. The Loose formation features the two split ends pushed out eight yards and the two wingbacks pushed out 6 yards. It forces a defense to send four and sometimes five defenders into the secondary to cover perimeter players. This improves the wedge and the trap but it takes

away the power and the counter of our base offense. What it takes away is a portion of our running game but it improves our passing by giving us the ability to attack using a possession type passing attack (short passing game/high percentage passes). The pass patterns mixed with an easy one and two-step drop by the quarterback makes this an easy passing game to install and an easy passing attack to protect.

### **Reasons to pull only the backside guard**

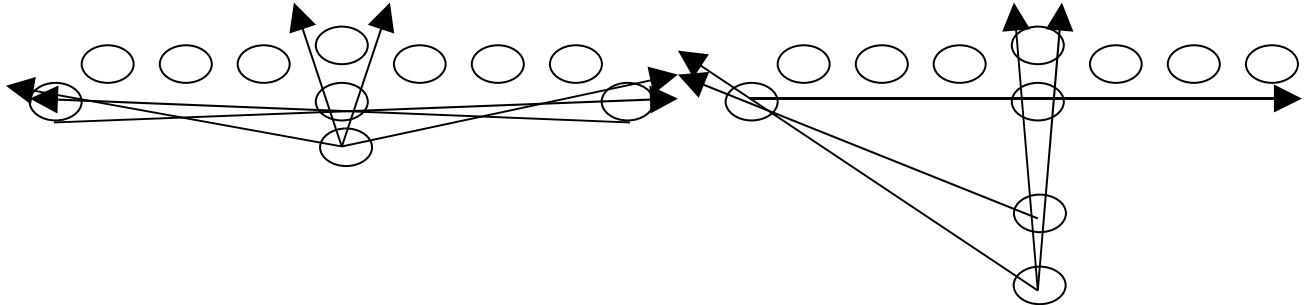
This season we plan to run the majority of our counters and super powers using O and K calls. The reason is the types of defenses we are facing and really nothing more than that. These are reason why you might want to adjust to the O or K call:

1. Backside Penetration – a defender being in or near the B gap and penetrating while the BST pulls causes this. In most cases it is because the BSTE already has a man inside of him that he is shoeshining (the defense is playing a Gap 8, 10-1, or some sort of STACK/Blitz defense) so to stop it you have the BST shoeshine as well.
2. BST to slow – the BST tackle is not drop stepping and getting to the hole fast enough and causing the play to slow down. I would rather pull my BST and find someone else that can get to the hole than adjust for this reason but sometimes you have no choice.
3. No BSTE – If you don't have a BSTE because you are in a Split, Loose, or weakside of the Double formation than you will need to use the O or K adjustment so that you seal the backside.

## An explanation of Lines of Force in the Running Attack

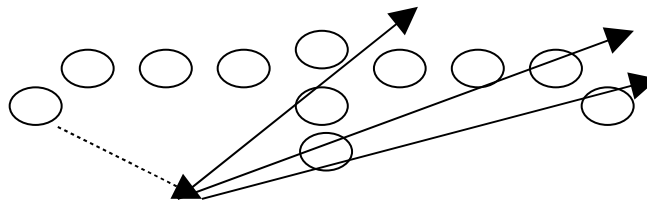
One of the major reasons this offense works well is due to the different lines of force it creates compared to some of the other offensive systems used at our level. Looking into the backfield and drawing a line between any two or three backs creates a line of force at the LOS. A line of force can be defined as the strongest point of attack an offense has due to the power that can be placed directly at the LOS/gap by the offensive formation.

An example of this using the standard I-wing and the Double-wing will explain what I mean.



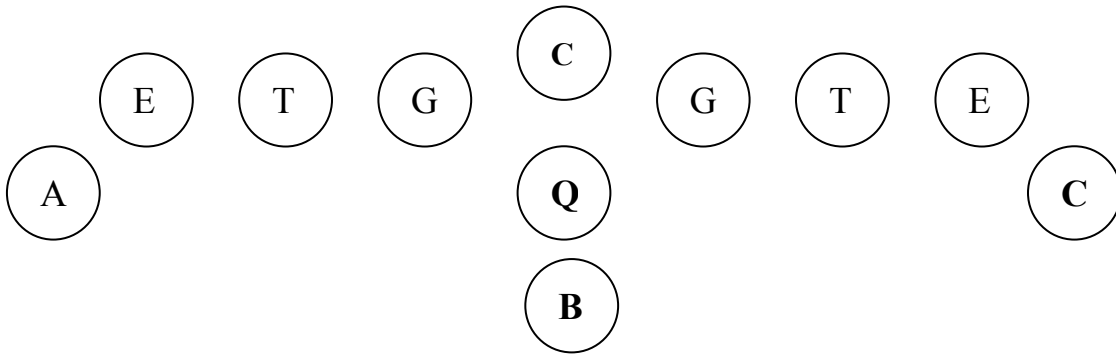
Looking at these two formations the I-Wing formation has five lines of force two of those being with three backs right up the middle. The one problem with this formation is that it does not have a balanced lines of force and this reduces its ability to be an effective misdirection offense and has a limited power attack. It also places its major lines of force at the strength of the defense. Look at the Tight formation of the Double-wing it has six lines of force balanced throughout the formation. It also has two major lines of force but they are directed at the D gaps instead of the A gaps which means the main focus of this formation is pointed at the main weakness of most defenses. It also has one additional line of force compared to the I-Wing formation due to the balanced attack.

By using motion we can also alter the lines of force to point at the C gap or the B gap as well. Of course the I-wing can do this as well but not as effectively and not to both sides.



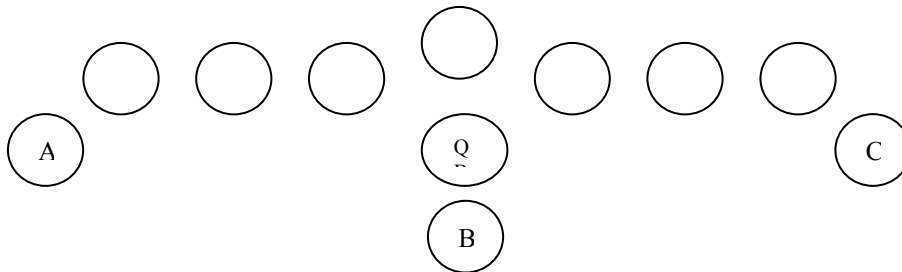
By using our Rip and Liz motion we can alter the lines of force to take advantage of what the defense is not protecting.

## The Double-Wing Play calling System



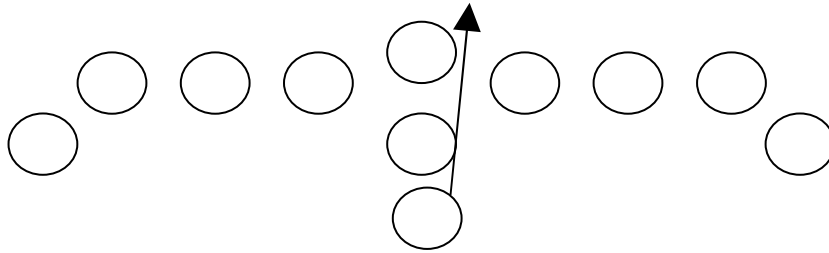
We are not going to number our offense instead we are going to keep it very, very simple. Our play calling will state the formation, motion, and the play, which will also be the blocking call, the direction, and finally the snap count.

At the older age groups we can and should use motion to help our misdirection game. Any call that uses motion can also be made without it by simply taking the motion call out. Rip (motion right) and Liz (motion left) look like a shuffle step by the A (Rip) or C (Liz) backs aimed at the near hip of the B-Back. He must remain parallel to the LOS.



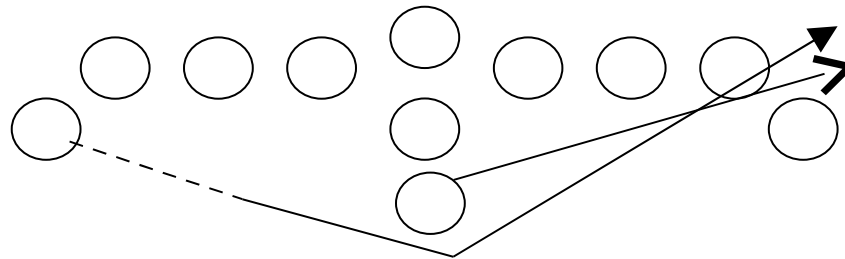
All of the backs are identified with letters except for the quarterback. If the quarterback is involved in a running play the term “KEEP” is attached to the end of the play. If one of the tight ends is involved in a running play than “END” is attached to the end of the play. This will be explained in detail latter. The A back is the Right Wing back and is your main run threat. The B back is your full back; he is mainly a blocking back. The C back is your quickest and fastest back of the three. He is your counter back. Although this is a balanced offense the strength is going towards the right side (A back) while the countering is setup towards the left side. That means the B back becomes a very effective force up the middle of the offense.

For example –Tight Wedge Right will state the formation, the play to include the blocking, and the side of the formation it is being ran on.



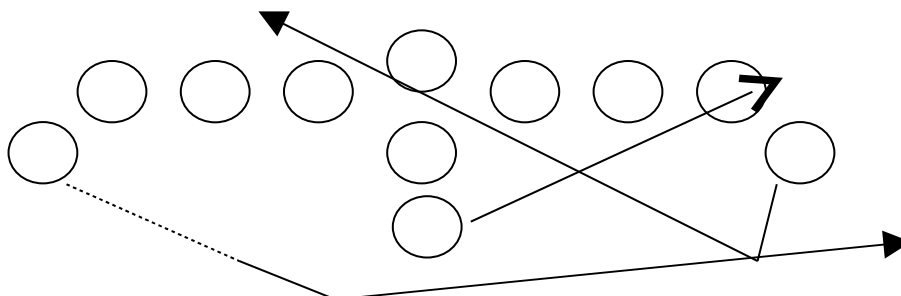
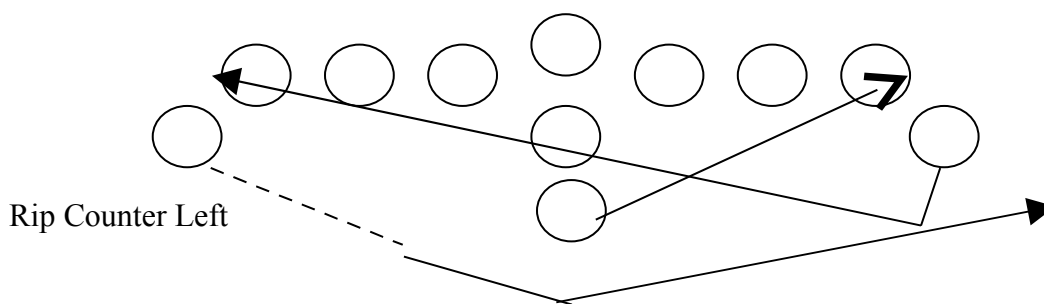
### Wedge Right

If the play is a Power Right that means that we are using Power blocking and that the B back is kicking out the EMLOS (Past the End on the play call side). For example – Tight Rip Power Right.



### Rip Power Right

If we call the counter play it will be called Tight Rip Counter Left. This tells the B back to block the EMLOS on the back side.



## Rip Tackle Trap Left

Note that the opposite back to the counter is in motion and that he is running the Power look to pull the defense.

Using Keep in a play tells the QB and the normal ball carrier that the QB will be the ball carrier. For example, Power-Keep Right tells the A back that he is faking the Power wide and that the Quarterback will keep the ball and hit the intended hole. Another example would be Wedge-Keep Right, the B back Kick-out blocks the EMLOS on playside while the QB runs wedge with the ball essentially exchanging roles. Using END is the same as keep but the Tight end opposite of the man/hole is getting the ball. For example, Rip END Trap Right tells the A back he is faking the Power and that the left end is getting the ball and going to the right side.

Placing QB at the front of a called play alters the play as well. For instance; if I call Tight Rip QB Power Left it would be a power left with the QB running the ball and the wingbacks faking the power going the other way. If I add BB left or right or QB left or right at the end of a play that signals that player he will have the ball. For example; Tight Sweep Right BB Left tells the offense they running sweep but the BB is keeping it and we are faking sweep.

Using SUPER means that the QB will block the CB/Run Force on the playside by using a TOSS to the wing back and then completing the spin and getting into the hole.

As a rule the guards to tight ends get in a 3-point stance with the inside hand down and inside foot back. This puts them in a good pulling position since the majority of all our pull and traps come from the backside, the only exception being the G call which is the play side guard kicking out the EMLOS and the Sweep call which has the play side tackle pull and cutoff the first man outside. The center gets in a two-point or three-point stance depending on what fits him best. We use zero to 6 inch line splits since pulling and protecting the inside gap are our main concerns.



## The Offense's Line Concept is:

- 1) Protect the inside gap
- 2) Pull from the backside
- 3) Wedge Block
- 4) Pull across the field
- 5) Release inside

We do this by teaching our lineman to:

- 1) Get in a three-point stance with their inside hand down
  - a. The down hand is directly in front of the back foot
  - b. Their feet are no wider than shoulder width apart
  - c. There is very little weight on the down hand
  - d. Their eyes are up and tails are down
  - e. It also might be helpful at the very young age to put them in a 2-point stance. Often the defensive line at the 6 to 8 age brackets are so slow at a coming out of their stances that the 2-point stance blows them off the line.
- 2) The lineman are back off the LOS as much as legally possible
  - a. The rule, for being on the LOS, is top of the helmet must be even with the center's waist.
  - b. If the ear hole is in line with the hip pad of the center then the guard is usually right on the money. We have the guards, then tackles, then tight-ends align in that order to stop the bowing effect.
  - c. We use zero to six-inch line splits (about the size of a dollar bill). Start with zero line splits and adjust if you have too.
  - d. Don't be afraid to move them up or adjust to make the play more effective. At the younger ages these things have to be done in order to succeed.

The backs set up using the system below:

### 1. B-Back (FB) Stance

- 3-point stance one hand down and same side foot back (numbers on the knees)
- Down hand is directly in front of the back foot
- Feet are no wider than shoulder width
- Very little weight on the down hand 50 to 60% of weight on front foot (bend at the knees and then place the hand down)
- Their eyes are up, tails down
- Have them get into a four point stance then move foot back and hand down

### 2. B-Back Position

- Line up directly behind QB
- Should be able to almost touch the QB if you stretched your arm out
- In a 3-point stance, this helps to hide the BB and makes the deception game better.

### 3. A and C-Back Stance (WB's)

- 2-point stance with knees bent
- Feet shoulder width apart and on line with one another
- Hands resting on the knees
- Head and eyes up
- A three-point stance can also be used to create more deception or slow down a WB who is prone to jumping. The stance has his inside foot back and inside hand down.
- No forward lean and the heels must be on the ground

### 4. A and C-Back Position

- Angled inward at 45 degrees and looking at the tight end's outside hip
- Just able to reach out and touch the tight end's outside hip. One yard off the LOS and one yard outside of the tight end
- Do not lean forward
- Sit into your stance

### Quarterback's Stance

- Feet back as far as possible with arms fully extended to avoid colliding with pulling linemen (guards).
- Narrow stance with toes pointed in (pigeon toes) to make pivoting easier.

### 5. Taking A Handoff

- Make a pocket using arms and hands
- Ball side arm is parallel to the ground and just above the chest
- Ball side arm is pointed outward towards the handoff location
- Palm and forearm is facing down
- Away side arm is parallel to the ground and just below the belly button
- Away side elbow is point to the opposite side of the handoff
- Palm and forearm is facing upwards
- Ball is place into the midsection and away hand secures it in a 4 point contact
- Palm – forearm – bicep – midsection
- Ball side palm is place in top of it and gives it a 5-point contact for security

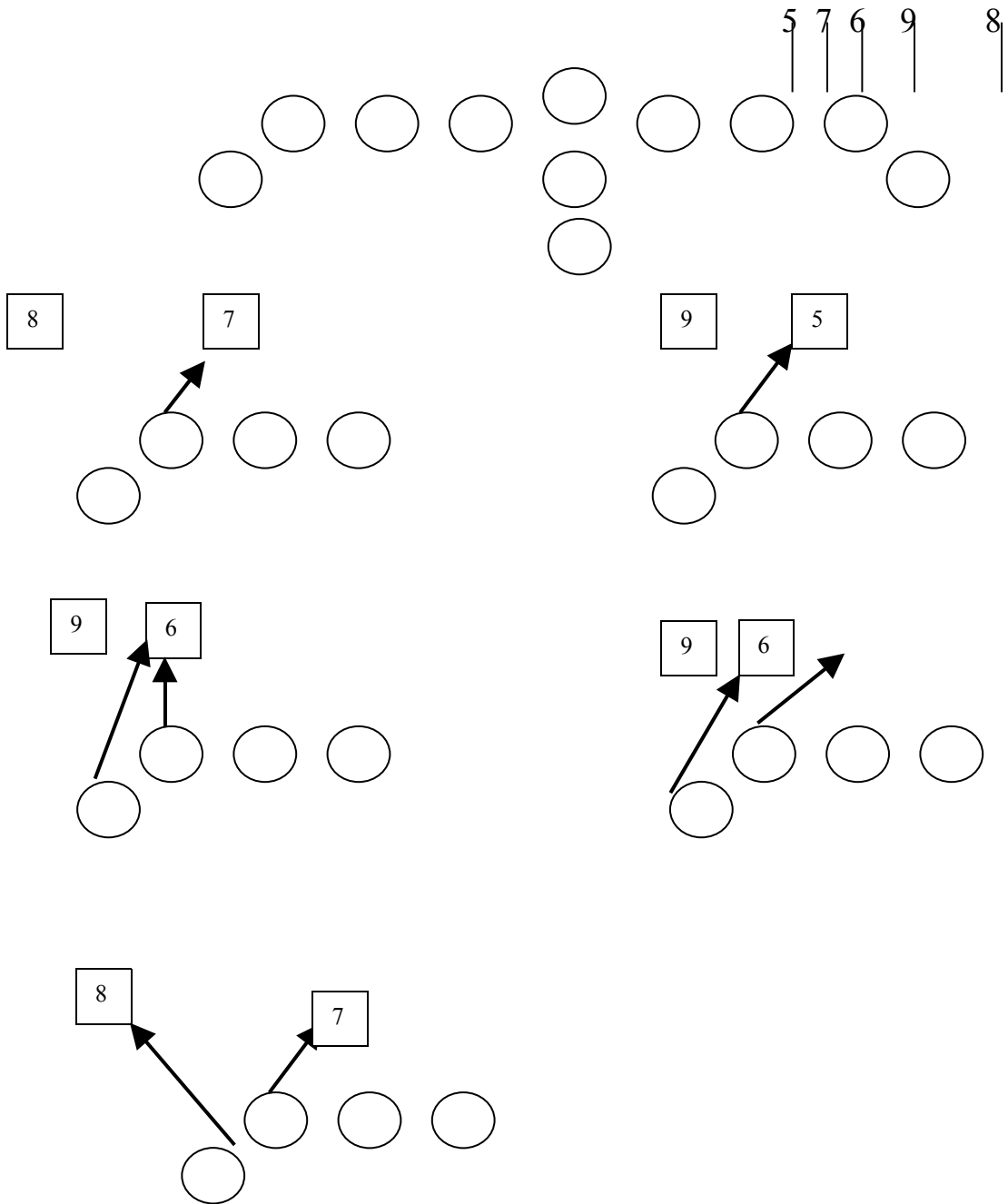
### 6. Making A TOSS Handoff

- Step with the Toss side foot towards the wingback.
- The toe should be pointed at the wingback.
- As you step you toss the ball from the waist to the wingback lightly.
- The ball should fly directly into the belly button of the wingback with the point of the football that is away from the quarterback.
- As the QB steps out and tosses the ball he then steps out with is opposite foot and spins towards the hole to seal the first outside defender he comes too.

## The Defensive End is the main point of attack for the Double Wing

These are blocking adjustments that can be made against different defensive end/line techniques you will face when running Power and Counter.

|   |  |  |  |   |
|---|--|--|--|---|
| 5 Tech DE<br>PSTE follows base rule of GD | 7 Tech DE<br>PSTE follows base rule of GD. | 6 Tech DE<br>BB kicks out or Dingo (TE+WB double team) or Tiger (WB blocks down) | 9 Tech DE<br>BB kicks out. This is the basic look we see from DE's | 8 Tech DE<br>BB kicks out or Lion (WB seals to outside) |
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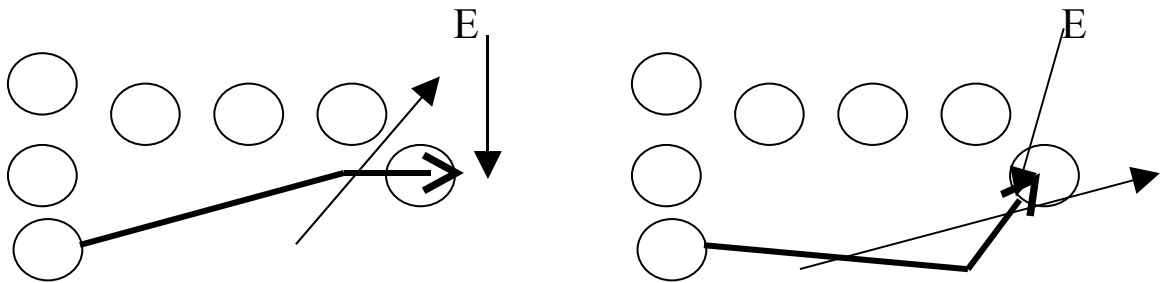


## Some Tips for the DW.

1. If you have not noticed I do not teach a Classic Sweep play to attack the outside of the D gap. There is a reason for this. If I want to get outside then I simply teach my B-back to LOG the DE inside instead of KICKING him out. I also will use a Sweep off the Wedge play that is essentially a buck fake sweep with the BB faking wedge to the backside A gap.

Kick Out (take an inside banana path and attack the inside shoulder of the DE and kick him outside.

Log (take an outside banana path and attack the outside shoulder of the DE and seal him to the inside.



By simply teaching this adjustment and telling the Backside line and runner to follow the butt of the FB this adjustment turns the Super Power into an effective sweep play.

The number one area that youth offenses attack is the outside because of this the number one area youth defense defend is the outside D gap. In order to do this they must give up another hole somewhere in the line. Usually that hole is the inside D gap or C gap (oftackle). This is the Achilles heel of most youth defenses and should be the main area of attack. Once you attack this hole defenses adjust one of four ways.

1. They move the outside defenders in tight and the DE pinches to stop the oftackle run. Time to LOG that DE and bounce the play outside.
  2. They move an inside defender (A or B gap ) into the oftackle hole. Time to wedge or trap since those guys are probably coming hard to stop the oftackle play.
  3. They move the backside over in a shift by following motion. This is simple to beat, either don't motion and run the same play or run counter.
  4. They move up the secondary in an effort to put more men in the box. Time to pass or run a powerkeep. Both attack the defense by forcing them to respect the power and still hit them in the same exact hole.
2. The counter should be the Big Bang play. It is like fishing you don't want to pull to fast to early are you won't set the hook. Be patient and keep hitting them with super power/ until you see them over compensating then attack the backside with counter. This will assure you big yardage and a homerun play. It also makes the base plays that more successful because now they have to respect the entire front and not just motion side.
  3. Super Power Keep and Wedge Keep are very good plays to install because they require only an adjustment to the QB and you have two additional plays to attack the defense with. Since most teams get tuned into trying to stop the base runner the QB usually gets big time yardage.
  4. Teach the Super Power, Wedge, and Counter first and stress the importance of these as the plays that will win the yardage for the team. Everything else is icing on the cake but you must master these plays and be able to run them on any defense.

## **Counter Handoff - Coaching Point**

Example is Tight Rip Counter Right.

QB steps to the left with his left foot at 7 o'clock and then his right foot follows stepping at 7 o'clock as well. That second step is a short step so that the QB clears the path of the pulling guard.

As soon as he makes the second step he shoulder fakes the handoff and the A back fakes the handoff and carries out a power fake.

As soon as he makes that shoulder fake he steps back towards the center with his left foot landing in line with the center's butt (where the center is at the beginning of the play). At the same time he makes the handoff into the C-backs plate.

The C-back aims for a path just behind the center and in front of the QB while looking for the hole on the opposite side. We tell our C-back that he hits the first daylight he sees once he gets the handoff. This accounts for the defense setting on the counter since a gap is usually opened at the C gap or even the B gap on the backside of the powers due to over pursuit.

## **Toss Handoff – Coaching Point**

Example is Tight Rip Super Power Right

The Toss is more of a spinning pitch, a soft pitch, at the wingback's chest.

The QB's stance is pigeon toed with the feet about six inches apart. It is important to keep the feet close and pointed inwards since this makes the spinning easier. Watch for false steps these leads to problems with the QB clearing out of the area for the pulling lineman and will also cause problems with him getting into the hole first to seal the runforce off.

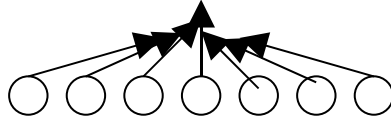
Quick, short motion- call for the ball quickly. Tuck the ball into your chest vertically (nose up and down) with your hands wrapped around the ball and the thumbs up and in between the ball and breast plate. Spin and toss the ball as you "fall backwards" in the direction of the playside end. Step first with the left foot to 4 o'clock and pivot with your right foot at the same time. Spin & toss a soft ball at number height – but no higher. Use the thumbs to push the ball straight out softly towards the wingback. The ball should go straight to the wingbacks hands which should be in between in chest with pinkies touching and fingers spread. The wingback must take two shuffle steps on the R of "READY" towards the nearside butt of the B-Back. On "HIT" he gets his hands up and takes to additional shuffle steps. This allows the QB and pulling lineman to clear the runner then get into the hole and it keeps the runner square so that he attacks the hole at full speed facing north/south.



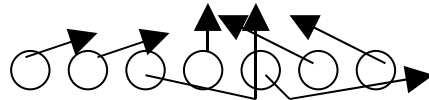
**X** – Tackle goes first and blocks down on the #1 defensive lineman while the Guard goes next and kicks out the #2 defensive lineman.



**WEDGE** – We concentrate all of our linemen on to one defensive line man, the NT or the center of the defense if it is an even front.

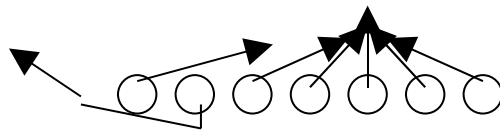


**G** – This is a playside guard trap essentially. Playside Guard kicks out the first man past the PSTE. The PSTE and PST – GD, the Center – MOA, BSG – fold blocks and seals the playside A gap, BST and BSTE shoeshine.



**Sweep** – Since this is a two-pronged attack for us we have the guard become the center of the wedge on the backside with the BST and BSTE forming one side and the Center and the PSG forming the other side of the wedge. The PSTE blocks GD (Down) trying to blow the inside defender straight down the LOS. The PST pulls and cuts-off the first defender he comes to. The object is to seal the inside off and force the defense to stop the wedge. We can run wedge or sweep out of this blocking call.

Even Front (Sweep)



**Additional blocking calls that can be made for straight on (Base) blocking.**

**BASE** – Gap – On – Backer (GOB) entire front.

**BASE LEAD** – Gap – On – Help Out on the front side

Normal Play side rules –

**GOD** – (Gap – On – Down) Play side except man over hole

**GD** – (Gap – Down) Man over hole

**MOA** – (Man Over – Away) (Down) Center only

Basic blocking rules – (Center Call's)

**ODD** – If center has a DL man over him (NT) and no DL man is over guards. The play side rule blocks. Center/PSG double NT and PST/PSTE double DT.

**EVEN** – If center sees a DL man over both guards (head up/ inside shade/ outside shade). Play side Center to PSTE blocks down.

**TNT** – If center sees a NT and two DL man over guards. Center to PSTE blocks down.

**BANDIT Call** – This is an audible by any player or coach to indicate that the ODD call needs to change to an EVEN call due to a blitz or a safety moving up.

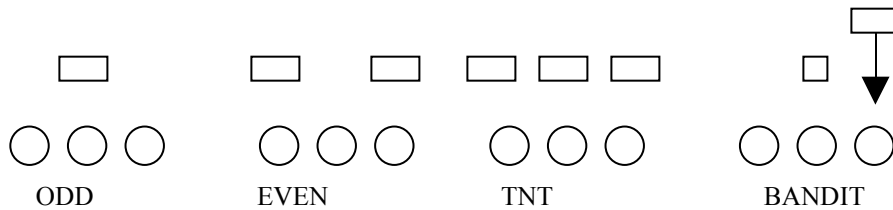


### Center Calls and Reads -

Center comes to the line yells "DOWN" to set the offense at that time he reads his box and barks out a signal.

- 1 in the box = NT = "ODD" = rule block
- 2 in the box = 2x DT = "EVEN" = down block
- 3 in the box = DT/NT/DT = "TNT" = down block
- 4 if the line sees blitz (linebackers moving up) = "BANDIT" = down block

This helps to reduce blocking rule mistakes and reinforces what the blockers are seeing.



### Blocking Notes

I teach my linemen that a backer is GAPPED or ON if he is 1 yard or closer to the line of scrimmage. Most youth defenses already have their kids at 3 to 5 yards. I also show my linemen how backers show blitz. Often they are not in a square stance but are pointing to the gap they are blitzing by already stepping towards it.

On our GOD rules -

GAP = the man on the LOS and in the inside gap.

ON = the man on the LOS and head up.

DOWN = the next man on the LOS and inside he is usually the man over the next inside blocker or the first linebacker coming from the backside.

Use the blockers inside hand as his guide.

In practice, and during games if he needs to, he takes his inside hand and points to the front of the next man's facemask. If a man is in the gap then he is pointing at his target (GAP). If no one is there he then points to his front and a defender is head up on the LOS then that is his man (ON). If no one is there he points again to the front of the inside blocker's face mask and if a man is on the LOS and over him then he is pointing at him and he is his man (DOWN), if there is no one head up then the hand will actually point to the position he needs to be at to seal the linebacker on the backside and that is his down block target (DOWN) sealing him off from the play side. If that backer blitz's on the backside then he is caught by the shoeshine of my TE and tackle since I only pull my PSG.

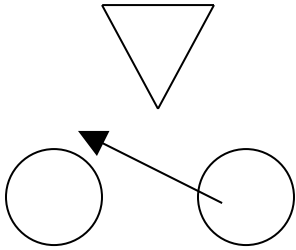
If for instance the PSOT has a LB head up and sees that his

We also stress to the lineman making double teams that we want them to drive the defender into the second level and clog the linebacker's pursuit lane and not take the defender down the line of scrimmage.

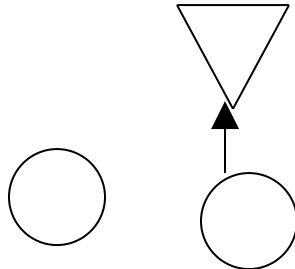




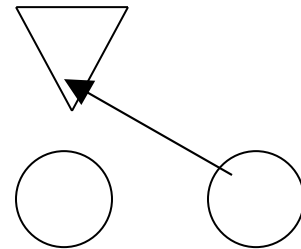
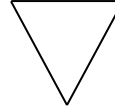
## Using the lineman's hands to guide him to his block. (GOD rule)



Hand is pointed at the man in the gap. (GAP) = down block that man.



Hand is pointed at the man headup. (ON) = drive block that man.



Hand is pointed at the man head up on the inside blocker. (DOWN) = down block that man. No man there then hand will point at the position to seal the LB and you down block him, seal him to the inside. (DOWN)

## Center – Quarterback exchange

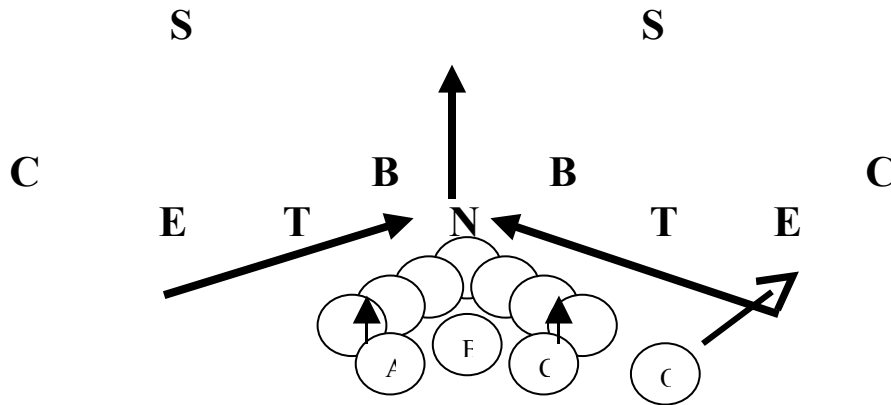
Parallel snap from center: (if the league allows you to use it – it is illegal under NF and NCAA rules but most youth leagues allow this snap are don't police it)

This season we will use a parallel snap; the center turns the ball so that it points down the LOS and holds the ball by the points (if his hands are big enough he can use one hand on the center of the ball side opposite of the laces). The ball is placed so the laces strike the quarterback's hands on the exchange.

The center must get in a good stance with his tail/back level and his head up. He snaps the ball and moves at the same time but he has to keep his tail down as he takes his first step. A quick snap is essential to center's ability to block.

The quarterback has his hands positioned (right handed) with the right hand pressed right between the thighs of the center with the hand spread open. The hand must be pressing just below the tailbone and the base of left hand's thumb should be against the base of the right hand's thumb to form a V that the ball will be placed in. The quarterback must learn to keep the V open, fingers spread, and relaxed. As the ball is snapped the center brings the ball directly from the ground into the V in a straight upward motion. If it is done right the hands of the quarterback will close around it securely.

**TIGHT Formation**  
**Play WEDGE RIGHT**



|   |  |   |  |  |   |   |
|---|--|---|--|--|---|---|
| <b>LTE</b><br>Step inside drive Rt. Shldr into tackle's ribs. Maintain contact and drive upfield. | <b>LT</b><br><b>Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.</b> | <b>LG</b><br><b>Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.</b> | <b>C</b><br>1)Drive Man On<br>2) <b>Double with PSG 1<sup>st</sup> man playside.</b> | <b>RG</b><br>1)Drive Man On<br>2) <b>Double with Center 1<sup>st</sup> man playside.</b> | <b>RT</b><br>Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield. | <b>RTE</b><br>Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield. |
|---|--|---|--|--|---|---|

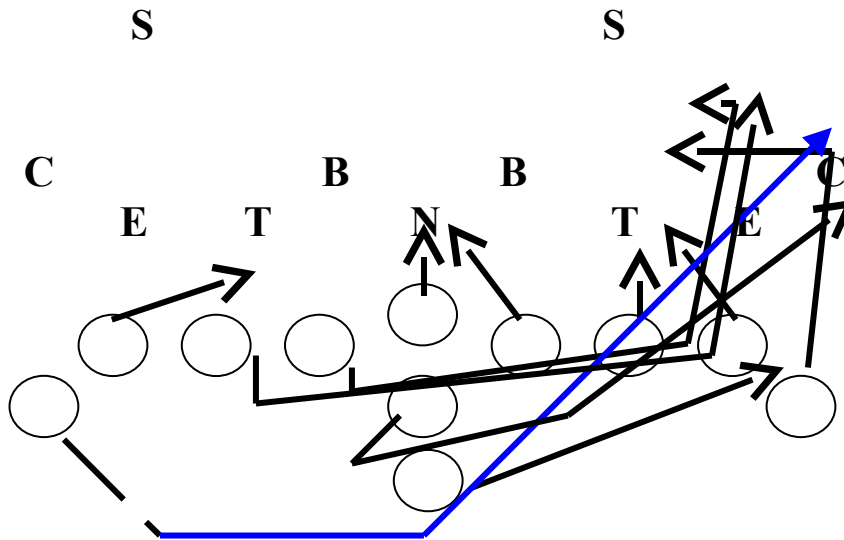
|   |   |  |  |
|---|---|--|--|
| <b>QB</b><br>On "GO", make sure everyone is set. Step out of the B-Back's path with your right foot. Nothing fancy, just hand him the ball and Kick-out the play side EMLOs (DE). | <b>B-Back</b><br>HIT QUICKLY WITH NO DELAY.<br><br>Be prepared to dive over the pile if things stack up. Otherwise push the wedge. Take lots of short, choppy, steps with the knees high. Keep your eyes open for daylight. | <b>A-Back</b><br>Hustle inside and block YOUR TACKLE. Push him in the back and keep your feet moving. You must NEVER attempt to push the ball carrier, this could result (PENALTY). This could happen if you move to slow. PUSH THE TACKLE UPFIELD | <b>C-Back</b><br>Hustle inside and block YOUR TACKLE. Push him in the back and keep your feet moving. You must NEVER attempt to push the ball carrier, this could result (PENALTY). This could happen if you move to slow. PUSH THE TACKLE UPFIELD |
|---|---|--|--|

**Notes: The man at the point of the wedge (The center) and the people on both sides of him are only men likely to actually hit an opponent. Everyone else must avoid opponents. First contact must be made with a teammate to their inside. (Failure to do so is likely to result in penetration of the wedge.) They must stay together and keep their feet moving.**



# TIGHT Formation

## Play RIP SUPER POWER RIGHT



|                         |                             |                            |                      |                       |                       |                       |
|-------------------------|-----------------------------|----------------------------|----------------------|-----------------------|-----------------------|-----------------------|
| <b>LTE</b><br>Shoeshine | <b>LT</b><br>Wall off(pull) | <b>LG</b><br>Walloff(pull) | <b>C</b><br>MOA rule | <b>RG</b><br>GOD rule | <b>RT</b><br>GOD rule | <b>RTE</b><br>GD rule |
|-------------------------|-----------------------------|----------------------------|----------------------|-----------------------|-----------------------|-----------------------|

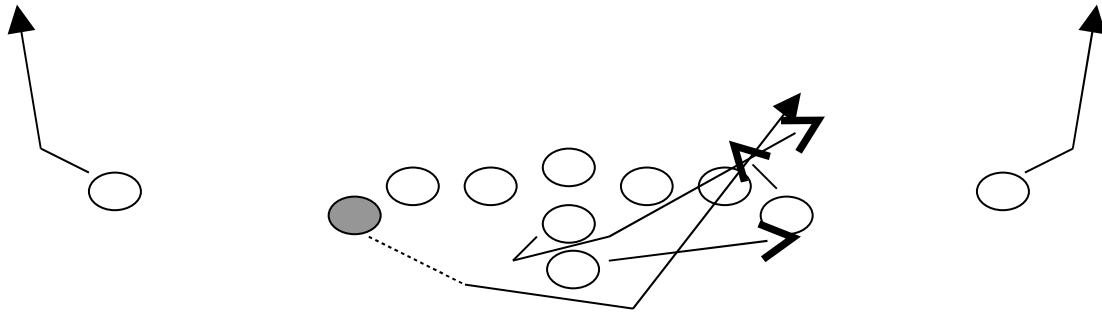
|   |  |   |   |
|---|--|---|---|
| <p><b>QB</b><br/>Quick, short motion- call for the ball quickly. Spin and toss the ball as you “fall backwards” in the direction of the playside end. Step first with the left foot and pivot in your right foot, so that the left foot lands about 3 o’clock. Spin &amp; toss a soft ball at number height – but no higher.</p> <p>Get your eyes around to playside and make sure B-Back is KICKING OUT his man.</p> <ul style="list-style-type: none"> <li>If he is, run inside his block and seal CB to outside.</li> <li>If he LOGS or is jammed inside you take next man outside.</li> </ul> | <p><b>B-Back</b><br/>KICK-OUT first defender to show. This usually the EMLOS (DE). KICKOUT = Aim at the defenders inside shoulder and blow him up and out of the hole with the wishbone block.</p> <p>If the defender sits in the hole and tries to wrong shoulder you than LOG him inside.</p> <p>LOG = attack the outside shoulder and try to seal him towards the inside by hitting the outside shoulder and rotating your hips inside.</p> | <p><b>A-Back</b><br/>Fast motion towards the BB’s heels. Never take your eyes off the ball until you have caught it. Catch it and get in the wake of the pulling backside lineman.</p> <p>Run inside the block of the B-Back and if necessary push on the backs of the lineman; Once through the hole, be prepared to cut back if it is there.</p> <p>If the B-Back LOGS or turns upfield, than bounce outside.</p> | <p><b>C-Back</b><br/>Your action depends on what the inside gap looks like between you and the tightend.</p> <p>If the gap is filled you block down. GD just like the TE.</p> <p>If the gap is clean then Seal block the playside line backer. Moving out and clearing the line and then immediately back inside to seal the PSLB to the inside of the tightend.</p> <p>Any formation with out a TE you GD automatically.</p> |
|---|--|---|---|

**TIGHT LIZ Power Left. This play can be run without motion as a change up. Simply leave out the motion call (Tight Super**

**Power Right). The backside shoeshine must go across the LOS and not towards the defensive line.**

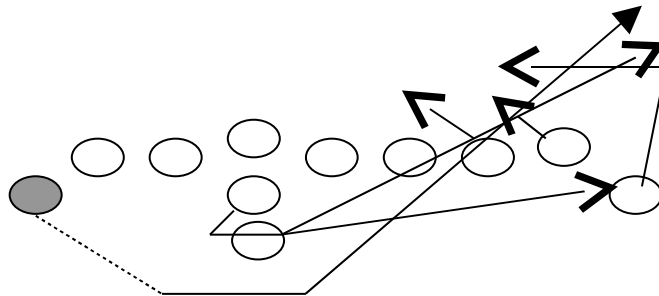
**(Adjustment is the “O” call for BSG to pull and BST to shoeshine)**

The Super Power play in multiple formations



#### Split Rip Super O Right

The split ends run fade routes to pull the corner backs deep. The play side wingback blocks down (GD) automatically. The B-back must look for the kick-out target quickly due to the shorter distance to the hole. The back side guard pulls and must seal the take the PSLB on. You can also have the QB seal the PSLB as well. After the kick out and the down block the seal is the next important block playside. This play hits a lot faster due the shorter distance of to the hole. We don't use power blocking on the split formation.



#### Double Right Rip Super O Right

This is a great formation to run power out of due to the extra tight end blocking down (GD). The inside tight end still blocks down (GD). The B-back must stay low and get a good kick-out even with the longer space. BSGD must move quickly into the hole and find a defender to block. The A-back must not linger in the backfield to long are you lose the advantage you have with the over load see a hole and hit. Again we O block this due to the lack of a backside TE to shoeshine.

Not ran out of the Loose formation.

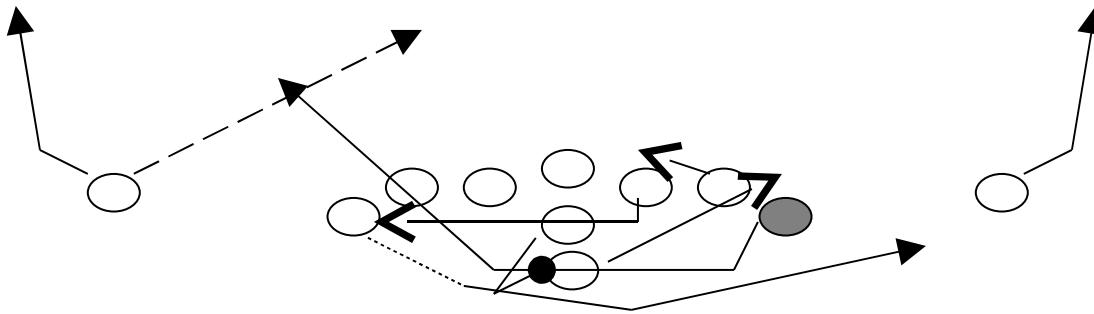




|   |  |   |   |
|---|--|---|---|
| <p><b>QB</b><br/>Reverse and spin and make an INSIDE handoff.</p> <ol style="list-style-type: none"> <li>1) Step around with the left foot to 7 o'clock. STAY LOW AND HIDE THE BALL.</li> <li>2) Take on additional step with the right foot to 7 o'clock then pivot to the inside on your right foot and step towards the center with the left foot.</li> <li>3) Make a good fake to the A-back then tuck the ball as you come towards the center the C-back will be to your inside.</li> <li>4) You must watch the ball in and make a good hand-off.</li> </ol> | <p><b>B-Back</b><br/>KICK-OUT first defender to show. This usually the EMLOS (DE).<br/>Aim at the defenders inside shoulder and blow him up and out of the hole with the wishbone block.</p> | <p><b>A-Back</b><br/>Rip motion – SL-O-O-OWLY as if running POWER; DON'T TAKE IT TO DEEP!</p> <ol style="list-style-type: none"> <li>1) Fake the Toss action the attack the hole as if running power. Run for 10 yards and drive off any defender coming to tackle you.</li> </ol> <p>Be Physical!!</p> | <p><b>C-Back</b><br/>Drop-step, take inside handoff, cut inside the guard's kick out block, break outside.</p> <ol style="list-style-type: none"> <li>1) Take one deep drop step with your inside foot – don't turn your shoulders away from the line and DON'T TAKE A COUNTER STEP</li> <li>2) DO NOT DELAY – head for the tightend with your path between the QB and the center.</li> <li>3) The handoff will come from the backside. Secure the ball and hit the hole fast. DO NOT CUT BACK INSIDE.</li> </ol> |
|---|--|---|---|

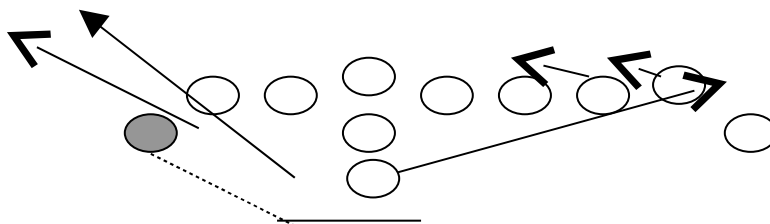
**SPECIAL INSTRUCTIONS: PSTE must never block a man on him. Tight Liz Counter Right goes to the opposite side. This can be call without motion as well. (Adjustment is the K block to send only the BSG and to have the BST shoeshine.)**

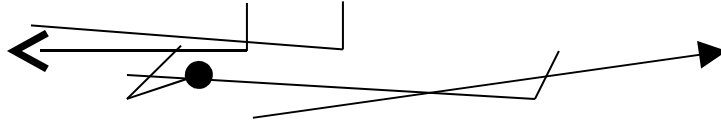
The Counter Right in multiple formations



Split Right Rip K Left

This is a much faster play than in the tight formation so the QB's timing with the C-back must be perfect. The B-back must take a direct angle at the BST's outside hip so that he does not interfere or run in to the C-back as he drops and goes towards the hole. The split ends run fade routes. As an adjustment you can have the play side end move inside to seal the Free Safety off. This is a good formation to run the counter with out motion due to the shorter distance to the hole. We use the adjustment block on this so that the BST shoeshines the backside.





### Double Right Rip Counter Left

This is a great play to call if the defense is overloading the strong side to stop the power and the wedge on the unbalanced side. The ISTE and OSTE on the BS shoeshine to seal the backside. The B-back must take a direct angle to the BSOE's but so he doesn't interfere with the C-back's path.

Not ran out of the Loose formation.

### Support Plays

These plays enhance our base plays and take advantage of what the defense is doing or not doing to our offense. At some point the defense will stop your base offense and the only thing you can do is change to a different look or try something different against them.

This is a list of support plays that we will use: (they also go the left side)

Tight Wedge Keep Right  
Split Wedge Keep Right  
Double Right Wedge Keep Right  
Loose Wedge Keep Right

Tight Wedge Pass Right (C-back runs a Look-In Route)  
Split Wedge Pass Right (Rt SE runs a Fade route)  
Double Right Wedge Pass Right (C-back runs a Look-In Route)  
Loose Wedge Pass Right (C-Back runs a Now Route)

Tight Rip Trap Right  
Split Rip Trap Right  
Double Right Rip Trap Right  
Loose Trap Right (no motion)

Tight Rip G Right  
Split Rip G Right  
Double Right Rip G Right

Tight Sweep Right (BB Left/ Keep Left)  
 Split Sweep Right (BB Left/Keep Left)  
 Double Right Sweep Left (BB Right/Keep Right)

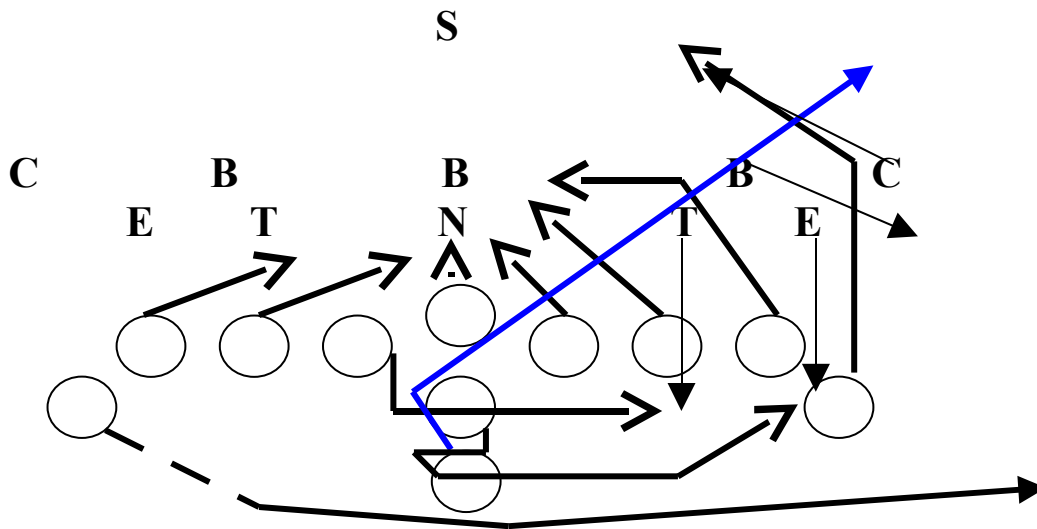
Tight Sweep Pass Right (C-back runs a Behind Route)  
 Split Sweep Pass Right (Rt SE runs an Out Route)  
 Double Right Sweep Pass Left (Lt OT runs a Front Route)

Tight Bootleg Pass Right (off sweep action) (Rt TE runs a Front Route)  
 Split Bootleg Pass Right (Rt SE runs an Out Route)  
 Double Right Bootleg Pass Right (Rt TE runs a Behind Route)

This looks like a lot of plays but it is actually only seven additional plays run out of our four base formations. The passing plays use different routes due to who the primary receiver is so this takes very little time to teach. I don't see us using a lot of support plays out of the double formation but we have them available if we need them. The one double formation play that I like out of the support plays is the Double Right Sweep Pass Right. Since the primary receiver is the tackle this is a really good goal line/ 2-point play. Since we have weight restrictions we have to place an eligible player in that position and notify the ref that he is eligible. But if we run several wedges and powers along with a counter out of the double the last thing the defense is thinking is that OT is eligible.

**TIGHT Formation**

**Play TRAP RIGHT**

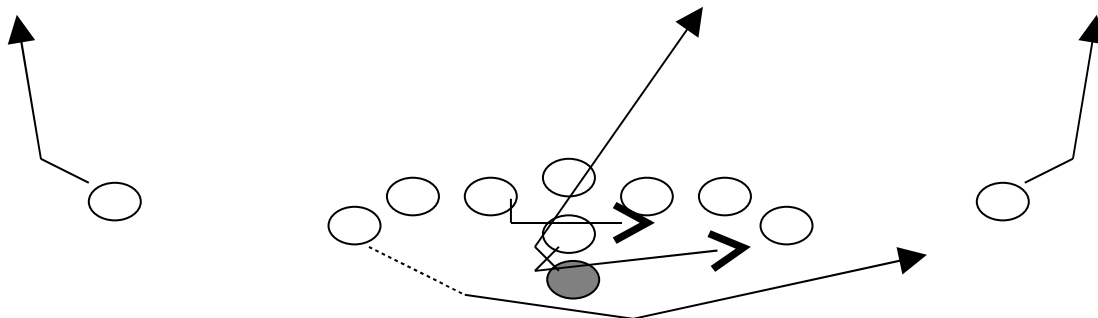


|                         |   |  |                      |  |   |                         |
|-------------------------|---|--|----------------------|--|---|-------------------------|
| <b>LTE</b><br>Shoeshine | <b>LT</b><br>Shoeshine<br>(NOT the<br>Center's man) | <b>LG</b><br>Pull to Trap<br>first man on<br>center's PS.<br>Run through<br>center's feet. | <b>C</b><br>MOA rule | <b>RG</b><br>1)GD rule<br>2)"G" block<br>to influence<br>& trap first<br>LB to OS. | <b>RT</b><br>1 <sup>st</sup> Lber<br>Inside | <b>RTE</b><br>Lber Away |
|-------------------------|---|--|----------------------|--|---|-------------------------|

|  |  |   |  |
|--|--|---|--|
| <p><b>QB</b></p> <p>Step with the left foot to 7 o'clock and handoff ball to the b-back. Step with the right foot to 6 o'clock to clear the B-back then spin and move to seal the EMLOS.</p> | <p><b>B-Back</b></p> <p>Go from a 3-point stance to a crouch 2-point. Take ball then hesitate until QB and BSG clear then hit hole low and fast.</p> | <p><b>A-Back</b></p> <p>Rip motion like Power. Fake Power action for 10 yards.</p> <p><b>If no motion 2 shuffle steps towards near hip of B-back.</b></p> | <p><b>C-Back</b></p> <p>Wall off first DB inside</p> |
|--|--|---|--|

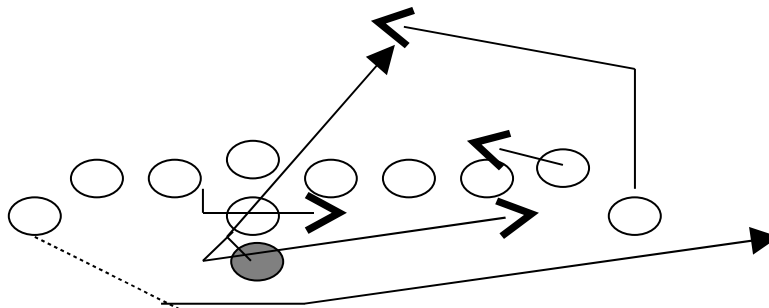
**Notes: This is the Inside Trap when the first defensive lineman on playside can be trapped. The opposite call is TIGHT LIZ TRAP LT.**

The Trap Right in multiple formations



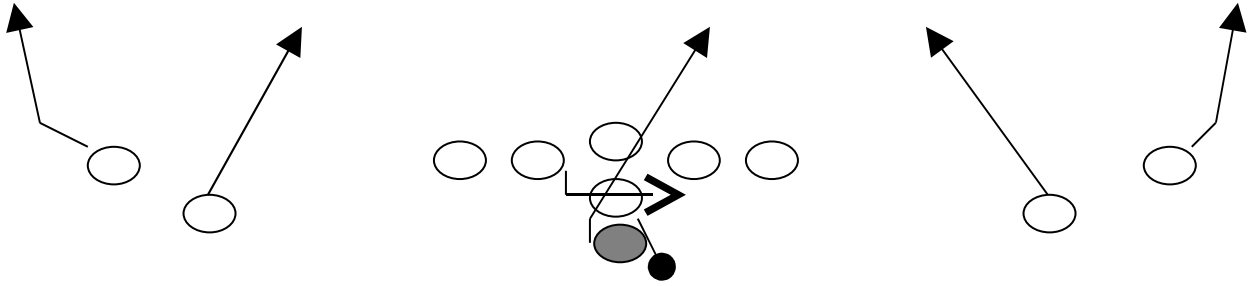
Split Rip Trap Right

The split ends run fade routes to pull the secondary coverage downfield. The inside seal of the linebacker by the PST and PSTE are very important in this formation.



Double Right Rip Trap Right

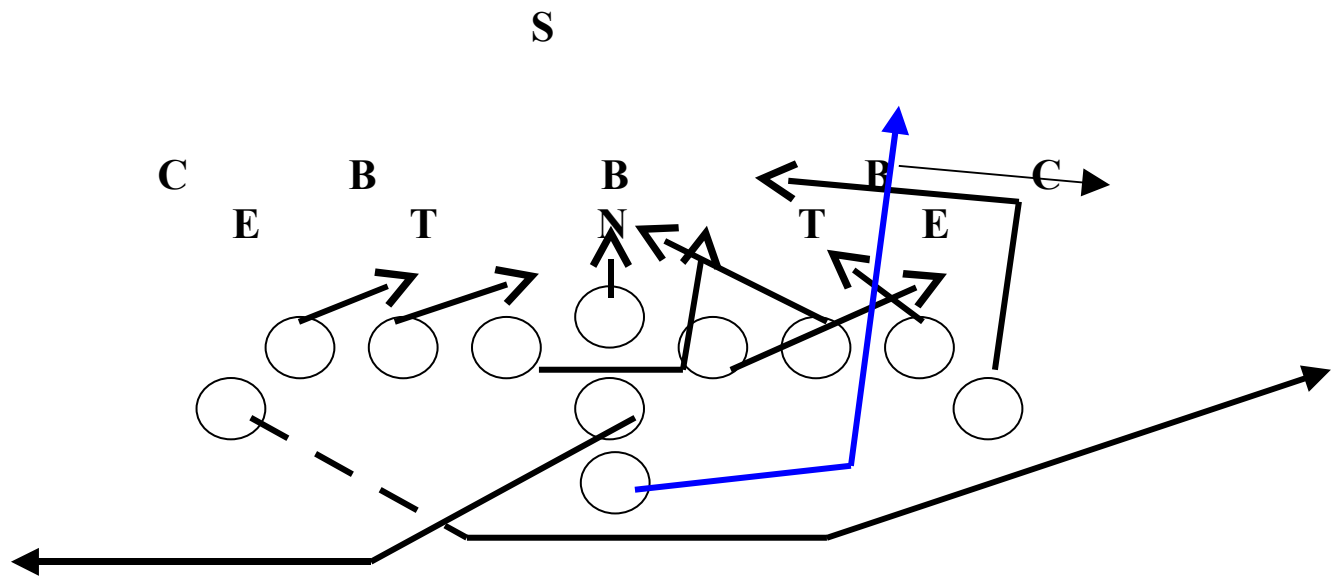
The inside TE and the PST seal the inside linebacker while the outside TE shoeshines. This play is worth running if they are attacking the power in the double by shooting the gaps in the middle.



**Loose Trap Right**

This formation does not use the power or counter so we adjust this to look like a one step drop pass (Draw Trap). The QB steps with the right foot and keeps his head facing the slot receiver to the right. At the same time he place the ball in the B-back's pocket with his right hand. The B-back must adjust to the QB and then wait for the guard to clear.

**TIGHT Formation**  
**Play RIP G RIGHT**



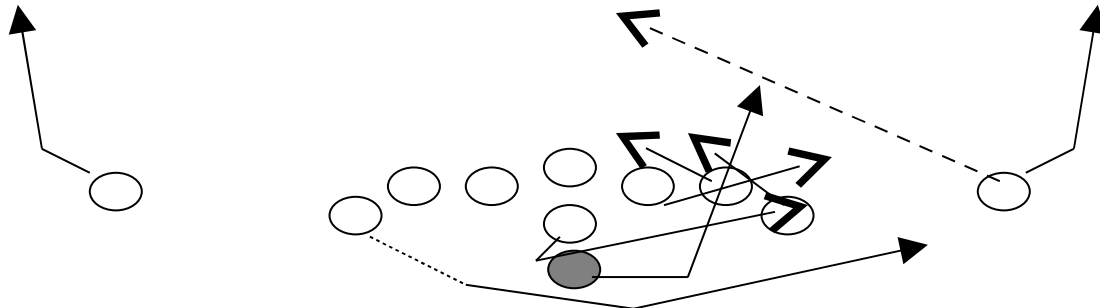
|                  |                 |  |              |   |                                      |                |
|------------------|-----------------|--|--------------|---|--------------------------------------|----------------|
| LTE<br>Shoeshine | LT<br>Shoeshine | LG<br>Fold around center. An adjustment is to have him | C<br>MD rule | RG<br>G-Kickout on 1 <sup>st</sup> defender past the TE | RT<br>DOWN all the way to the center | RTE<br>GD rule |
|------------------|-----------------|--|--------------|---|--------------------------------------|----------------|

|  |  |   |  |  |  |  |
|--|--|---|--|--|--|--|
|  |  | shoeshine as well but only into the inside gap. |  |  |  |  |
|--|--|---|--|--|--|--|

|   |  |   |   |
|---|--|---|---|
| <p><b>QB</b><br/>Step with the left foot to 7 o'clock and handoff ball to the b-back. Step with the right foot to 6 o'clock to clear the B-back then spin and move to seal the EMLOS.</p> | <p><b>B-Back</b><br/>Be PATIENT – not to big of a hurry. Remember: OPEN – CROSSOVER - Hit the hole square. Take an open step, followed by a crossover step while looking at the blocking; by now you should have the ball, so hit the hole square, alert for the three-way cut possibilities. The greatest potential of this play is the cutback, and you can't cut back if you don't hit the hole square.</p> | <p><b>A-Back</b><br/>Drop step like power. Help the QB sell the option by getting – and staying – in pitch relationship (4 by 4 yards). Make sure to turn upfield when the QB does and fake for 10 yards.</p> | <p><b>C-Back</b><br/>Wall off first Lber to your inside; threaten the DE if you can (helping to set him up for the guard) but do NOT touch him! Go underneath him or over him but DO NOT TOUCH HIM. Stay shallow, and if the near Lber goes over the top of you, continue on down to the backside Lber as long as no one crosses your face.</p> |
|---|--|---|---|

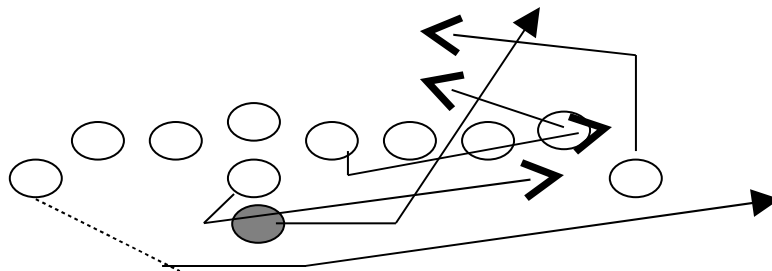
**Notes: It will help the RG to set his shoulders correctly and get him on the correct course if he will reach out with his right hand and touch the RT's right hip as he takes his first step. This is used against a PSDE who is stepping out expecting the FB kickout and trying to turn the Power back inside. Tight Liz G Left is the opposite call.**

G Right ran from multiple formations



Split Rip G Right

The one major adjustment is that the C-back now blocks down instead of sealing. The split ends run fade routes but as an adjustment you can have the play side split end move and seal the safety to the middle.



Double Right Rip G Right

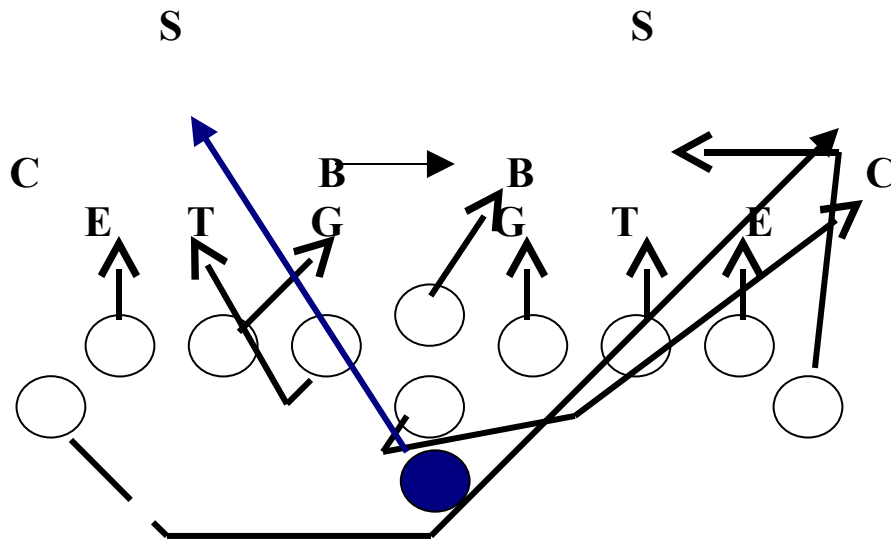
The inside and outside TE both must block down and drive the defender as far to the inside as possible. The C gap should be a big hole with this formation which means that the G play is a big hitter in this formation.

Not used in the Loose Formation.

A good adjustment if the backside A gap /spot over the BSG guard is being penetrated is to have the BSG shoeshine in the A gap. The one key note on this is to make sure he does not continue on into the center's path. This will get a illegal blocking call or worse injure a player.

## TIGHT Formation

Play RIP X Left



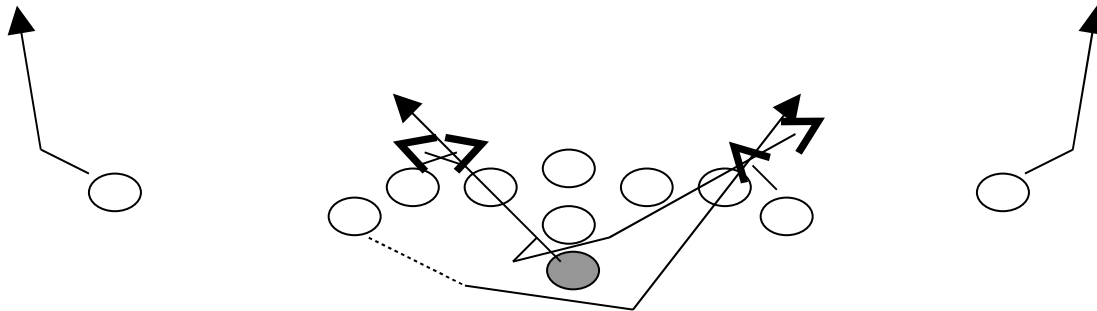
|            |  |   |          |           |           |            |
|------------|--|---|----------|-----------|-----------|------------|
| LTE<br>MOA | LT<br>X block 1 <sup>st</sup><br>DL inside (1) | LG<br>X block 1 <sup>st</sup> DL<br>outside (2) | C<br>GOB | RG<br>GOB | RT<br>GOB | RTE<br>GOB |
|------------|--|---|----------|-----------|-----------|------------|



|  |  |   |   |
|--|--|---|---|
| <p><b>QB</b><br/>Quick, short motion- call for the ball quickly. Spin with the left foot to 6 o'clock and H/O the ball as you "fall backwards" in the direction of the playside end to the B-back. Step first with the left foot and pivot then your right foot, so that the left foot lands about 6 o'clock.</p> <ul style="list-style-type: none"> <li>• Get your eyes around to playside and make sure B-Back has the ball..</li> </ul> | <p><b>B-Back</b><br/>Lead step into the B gap and take the hand off with your hands formed into a plate. Hit the hole fast and hard and be ready to drive into the hole.</p> | <p><b>A-Back</b><br/>Fast motion towards the BB's heels. Fake all the way past the LOS.</p> | <p><b>C-Back</b><br/>Your action depends on what the inside gap looks like between you and the tightend.</p> <p>If the gap is filled you block down. GD just like the TE.</p> <p>If the gap is clean then Seal block the playside line backer. Moving out and clearing the line and then immediately back inside to seal the PSLB to the inside of the tightend.</p> <p>Any formation with out a TE you GD automatically.</p> |
|--|--|---|---|

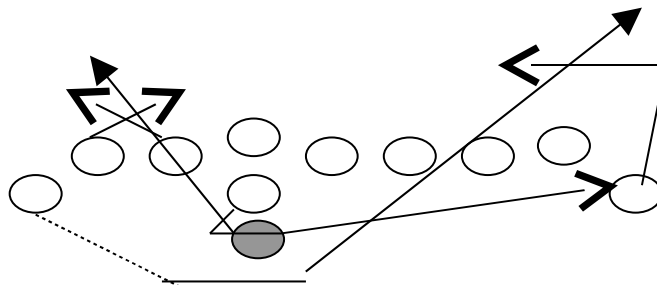
**Notes: The play going the other way is TIGHT LIZ X Right. This play can be run without motion as a change up. Simply leave out the motion call (Tight X Right).**

The X play in multiple formations



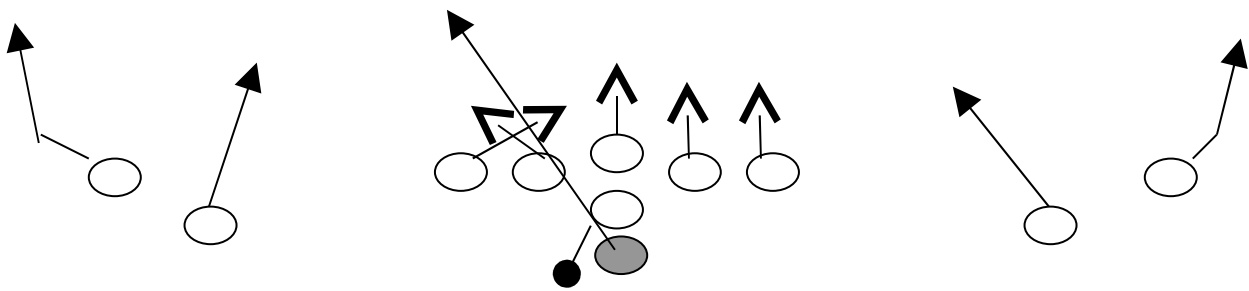
**Split Rip X Left**

The split ends run fade routes to pull the corner backs deep. The play side wingback blocks down (GD) automatically. The B-back must look for the hole in the B gap quickly.



**Double Right Rip X Left**

This is a great call against teams that overload on the unbalanced side. The B-back must stay low and hit the hole fast.

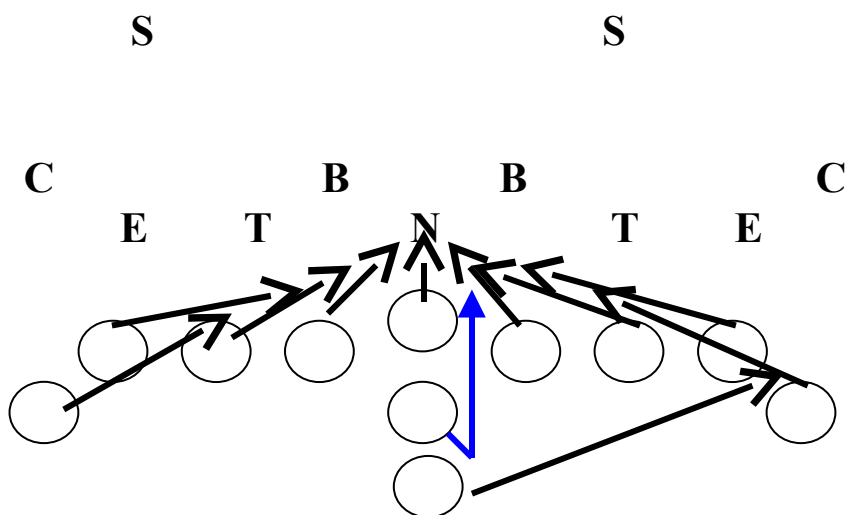


### Loose X Left

This is based off the two step drop of the quarterback in the loose formation. The QB steps with the left foot to 6 o'clock hands the ball off and then drops as if passing for two steps. The B-back has to hit the hole fast.

## **TIGHT Formation**

**Play Wedge Keep Right**

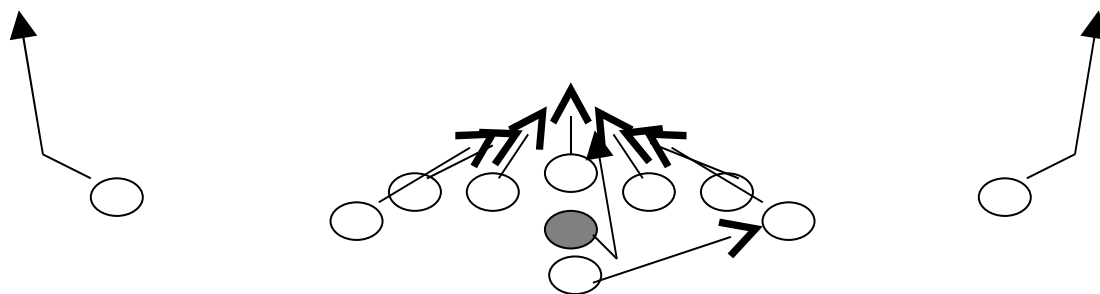


|   |  |   |  |  |   |   |
|---|--|---|--|--|---|---|
| <b>LTE</b><br>Step inside drive Rt. Shldr into tackle's ribs. Maintain contact and drive upfield. | <b>LT</b><br><b>Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.</b> | <b>LG</b><br><b>Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.</b> | <b>C</b><br>1)Drive Man On<br>2)Double with PSG<br>1 <sup>st</sup> man playside. | <b>RG</b><br>1)Drive Man On<br>2)Double with Center<br>1 <sup>st</sup> man playside. | <b>RT</b><br>Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield. | <b>RTE</b><br>Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield. |
|---|--|---|--|--|---|---|

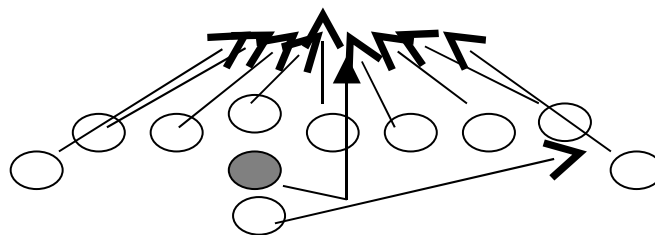
|   |   |   |   |
|---|---|---|---|
| <b>QB</b><br>On "GO", make sure everyone is set. Pivot out and step to the right with the right foot and fake then step into the wedge.<br>Be prepared to dive over the pile if things stack up. Otherwise push the wedge. Take lots of short, choppy, steps with the knees high. Keep your eyes open for daylight. | <b>B-Back</b><br>KICK-OUT first defender to show. This usually the EMLOS (DE).<br>KICKOUT = Aim at the defenders inside shoulder and blow him up and out of the hole with the wishbone block. | <b>A-Back</b><br>Hustle inside and block YOUR TACKLE. Push him in the back and keep your feet moving. You must NEVER attempt to push the ball carrier, this could result (PENALTY). This could happen if you move to slow.<br>PUSH THE TACKLE UPFIELD | <b>C-Back</b><br>Hustle inside and block YOUR TACKLE. Push him in the back and keep your feet moving. You must NEVER attempt to push the ball carrier, this could result (PENALTY). This could happen if you move to slow.<br>PUSH THE TACKLE UPFIELD |
|---|---|---|---|

**Notes: The man at the point of the wedge (The center) and the people on both sides of him are only men likely to actually hit an opponent. Everyone else must avoid opponents. First contact must be made with a teammate to their inside. (Failure to do so is likely to result in penetration of the wedge.) They must stay together and keep their feet moving.**

Wedge Keep Right ran in multiple formations.

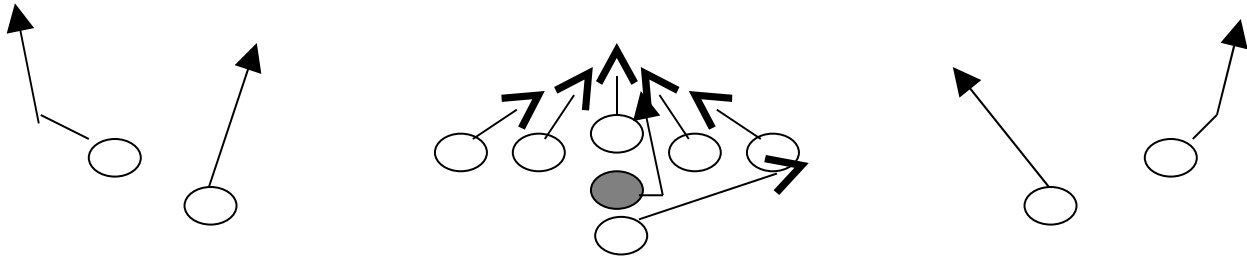


Split Wedge Keep Right  
Split ends run fade routes to pull secondary deep.



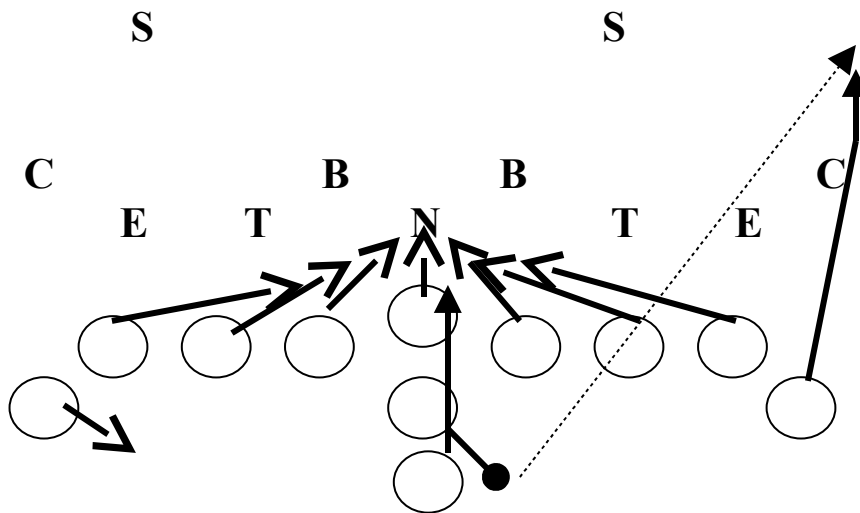
Double Right Wedge Keep Right

Take one extra step towards the B-back then hit the wedge.



Loose Wedge Keep Right

**TIGHT Formation**  
**Play Wedge Pass Right**

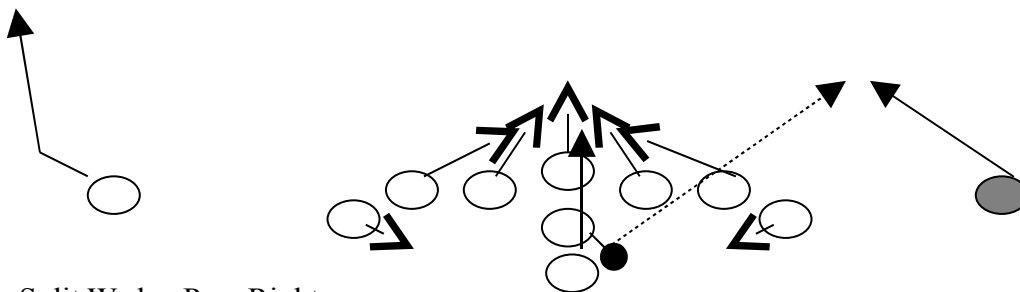


|   |  |   |  |  |   |   |
|---|--|---|--|--|---|---|
| <b>LTE</b><br>Step inside drive Rt. Shldr into tackle's ribs. Maintain contact and drive upfield. | <b>LT</b><br><b>Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.</b> | <b>LG</b><br><b>Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.</b> | <b>C</b><br>1)Drive Man On<br>2) <b>Double with PSG 1<sup>st</sup> man playside.</b> | <b>RG</b><br>1)Drive Man On<br>2) <b>Double with Center 1<sup>st</sup> man playside.</b> | <b>RT</b><br>Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield. | <b>RTE</b><br>Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield. |
|---|--|---|--|--|---|---|

|   |   |  |  |
|---|---|--|--|
| <b>QB</b><br>On "GO", make sure everyone is set. Pivot out and step to the right with the right foot. Keep the ball in your stomach and look at the b-back. Stop set your feet and find the C-back and throw. Do not hold on to the ball.<br>Holding ball = SACK! | <b>B-Back</b><br>KICK-OUT first defender to show. This usually the EMLOS (DE).<br>KICKOUT = Aim at the defenders inside shoulder and blow him up and out of the hole with the wishbone block. | <b>A-Back</b><br>Turn on your inside foot and seal the inside off from any penetration first. Block the first man you see from inside out. | <b>C-Back</b><br>LOOK IN ROUTE<br>Release outside with an outside step. Get past the second level (Linebackers) and look for the ball. If they are stacked then release and look as you get by the first level (D-line). |
|---|---|--|--|

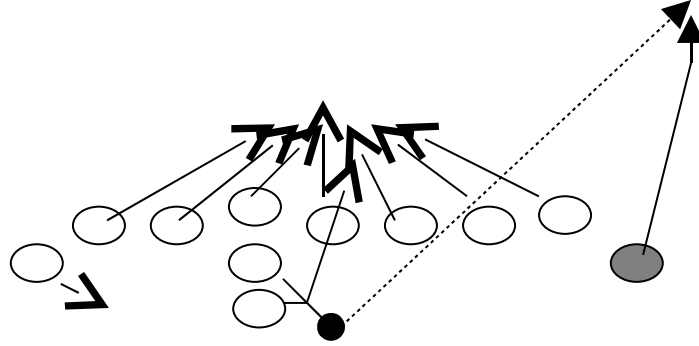
**Notes: Lead the receiver and throw the ball to his outside. If he doesn't get it no one will. This is a fast throw off play-action so a good fake is key to this pass working. It will not work if the secondary/ linebackers are looking for pass are not reacting to the wedge.**

Wedge Pass Right ran in multiple formations.



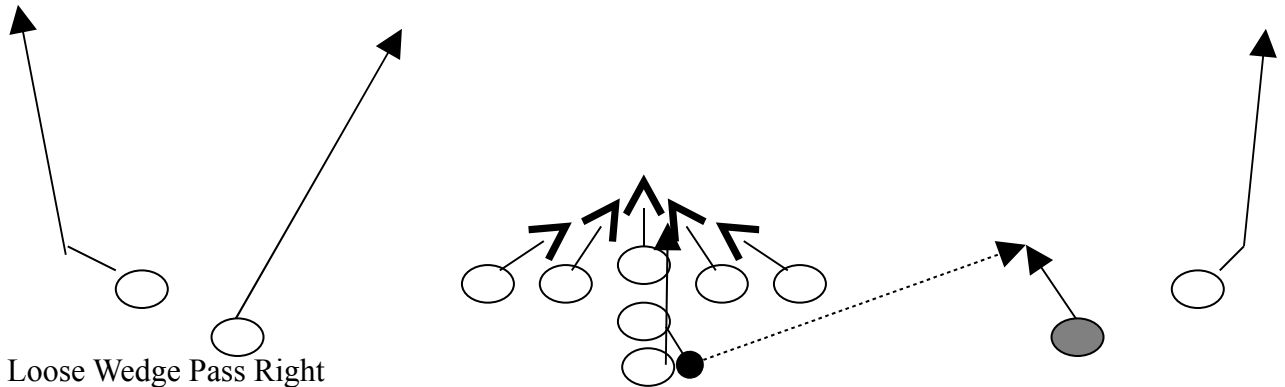
### Split Wedge Pass Right

After running fade routes off running plays the defender will be doing one of two things; playing the fade and backpedaling in expectation to run with the receiver or moving up to play the run. Either way the quick slant coupled with the one step play-action drop can kill the defense that is over-defending the run. When passing off wedge action and in a compress formation we want to hit past the line backer level (2<sup>nd</sup> level). When we attack out of a split formation or loose formation we want to attack the perimeter of the defense were they often are soft due to defending the wedge.



**Double Right Wedge Pass Right**

Basically the same as the tight Wedge Pass the b-back needs to step to the right and then hit the hole.

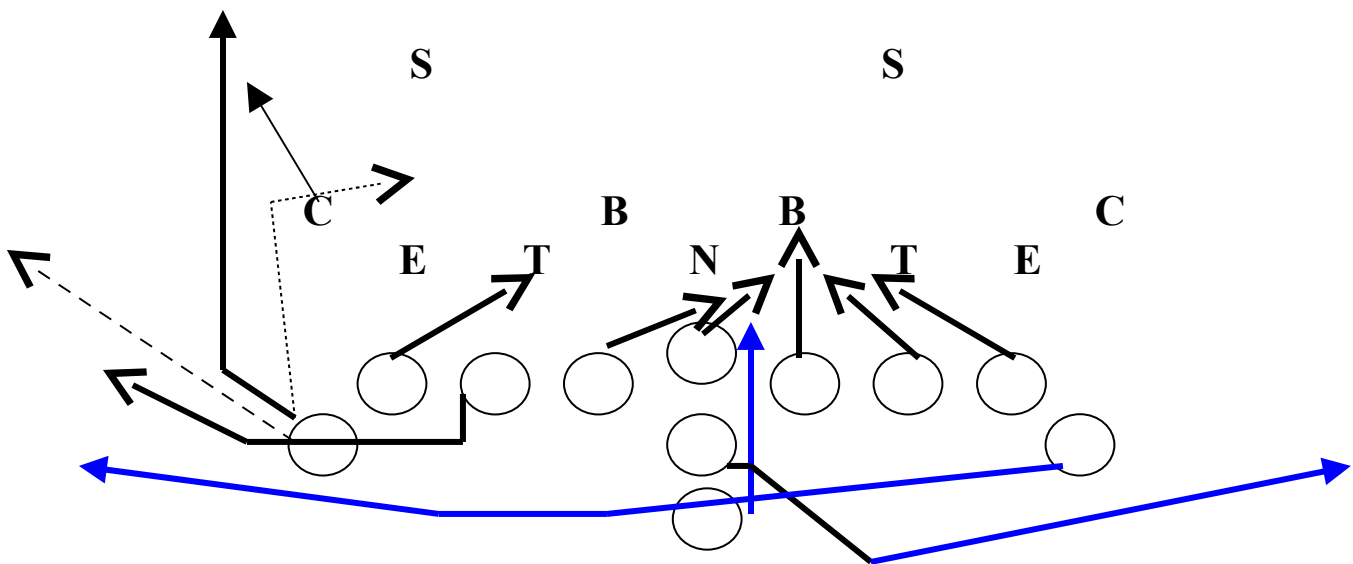


**Loose Wedge Pass Right**

Like the split formation we want to attack the immediate perimeter of the defense (the flat). The reason why is that the defender will either play soft expecting the Hash route, step up and sit on the run, or go inside trying to get to the runner. All of these are prime for the Now route. The route is an immediate release and look for the ball "NOW". Hands are up and you should shield the inside off to the defender. The receiver should be seen as going deep which means he initially drops his head and pumps on initial release. The ball is thrown to the middle or lower part of the receiver a high ball is an interception.

**TIGHT Formation**

**Play Sweep Right (BB Left/QB Left)**

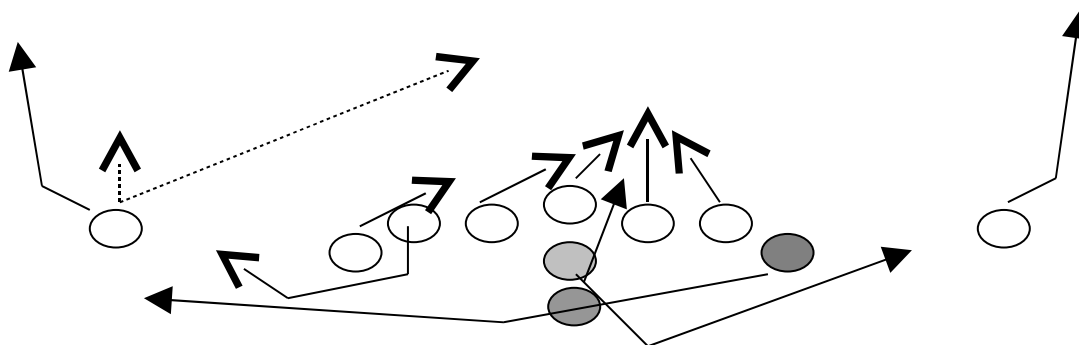


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|---|--|--|--|--|---|---|
| <b>LTE</b><br>GD – Block down and drive the man all the way inside. | <b>LT</b><br>Pull and get enough depth to clear the WB. Cutoff the first man that shows to the inside. | <b>LG</b><br>Step inside drive Rt. Shldr into center’s ribs. Maintain contact and drive upfield. | <b>C</b><br>Step inside drive Rt. Shldr into center’s ribs. Maintain contact and drive upfield | <b>RG</b><br>1)Drive Man On. Get distance quickly. | <b>RT</b><br>Step inside drive Lt. Shldr into guard’s ribs. Maintain contact and drive upfield. | <b>RTE</b><br>Step inside drive Lt. Shldr into tackle’s ribs. Maintain contact and drive upfield. |
|---|--|--|--|--|---|---|

|   |   |  |   |
|---|---|--|---|
| <b>QB</b><br>On “GO”, make sure everyone is set. Pivot back from the B-backs hole Fake to the B-back (hand off to B-back if the BB Right is tagged. Move to 5 o’clock and handoff to the C-back (fake if BB or QB tag). Bootleg to outside for 10 yards or keep ball if QB Right is tagged. | <b>B-Back</b><br>HIT QUICKLY WITH NO DELAY .<br><br>Be prepared to dive over the pile if things stack up. Otherwise push the wedge. Take lots of short, choppy, steps with the knees high. Keep your eyes open for daylight | <b>A-Back</b><br>Release outside and run a seam route to pull the secondary deep.<br><br>Alternate 1 – Arc block to the outside and attack the first secondary man outside.<br><br>Alternate 2 – Seal block the first linebacker inside. | <b>C-Back</b><br>Immediately head towards the QB’s near hip and look for the Ball or Fake.<br>Ball – gain two to three steps of depth as you pass the b-back then get outside. As soon as you see daylight get upfield.<br>Fake – for 10 yards. |
|---|---|--|---|

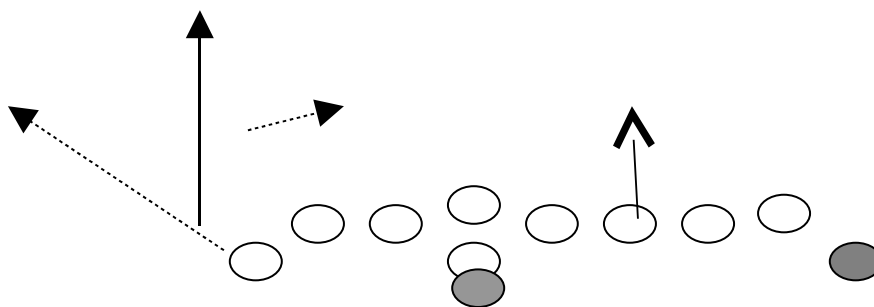
**Notes: This is actually three plays in one the primary play being the sweep and the secondary play being the b-back wedge at the backside guard. The bootleg is only used if you have a burner at QB and they are giving the backside up (slanting DE).**

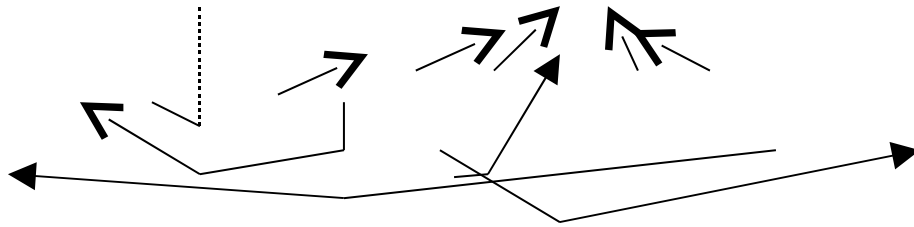
Sweep right in multiple formations



Split Sweep Right

The A-back reverts to the GD rule with no tight end in place; down block the man all the way inside. The split ends run fade routes. An alternate this is to either have the play side SE to stalk block the CB or seal the secondary off to the inside. This is a better formation to run the bootleg out of due to the widening of the defense.

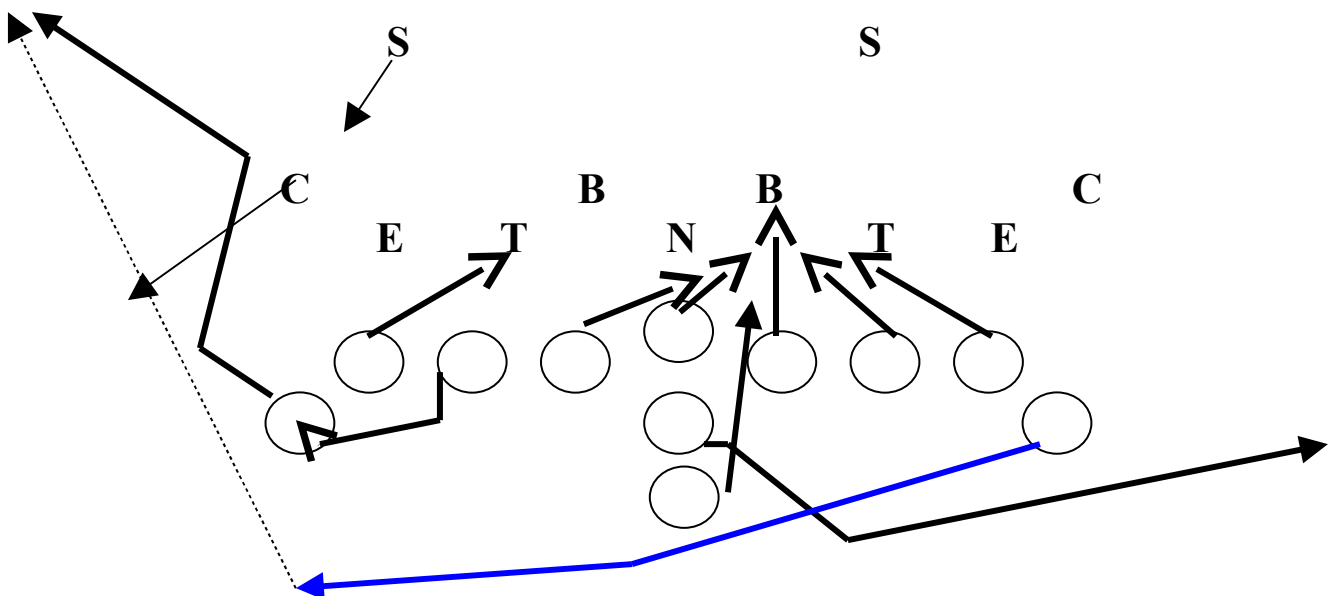




**Double Right Sweep Right**

The additional tight end on the right side makes the left guard the cutoff man and the tackle the down blocker. The overload on the backside makes this a big hitter if the defense shifts to the unbalanced side. The wedge is on the tackle and is very effective with five blockers but the bootleg is not good out of this formation due to running naked into an overload.

**TIGHT Formation**  
*Play Sweep Pass Left*



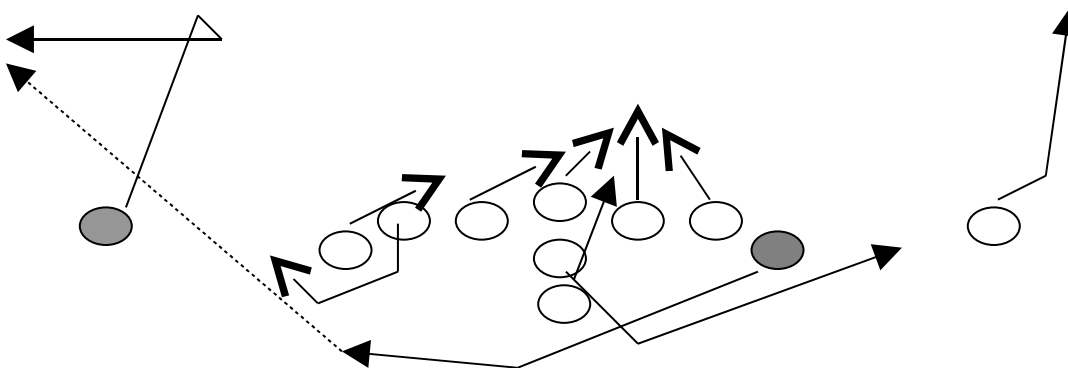


|   |  |  |  |  |   |   |
|---|--|--|--|--|---|---|
| <b>LTE</b><br>GD – Block down and drive the man all the way inside. | <b>LT</b><br>Pull and gain depth and look to cutoff block the first defender you see. Cutoff by aiming you inside shoulder at the outside leg's inner thigh. | <b>LG</b><br>Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield. | <b>C</b><br>Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield | <b>RG</b><br>1)Drive Man On. Get distance quickly. | <b>RT</b><br>Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield. | <b>RTE</b><br>Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield. |
|---|--|--|--|--|---|---|

|  |  |  |  |
|--|--|--|--|
| <b>QB</b><br>On "GO", make sure everyone is set. Pivot back from the B-backs hole Fake to the B-back. Move to 5 o' clock and handoff to the C-back. Bootleg to outside for 10 yards. | <b>B-Back</b><br>HIT QUICKLY WITH NO DELAY.<br><br>Perform a good fake to suck in as much of the interior defense as possible. | <b>A-Back</b><br>Release outside and run a Behind route.<br><br>Behind route – release and get behind the linebacker level then cut bend to the outside and look for the ball. | <b>C-Back</b><br>Immediately head towards the B-back's near hip and look for the Ball then gain depth three to four step and look for the A-back to clear on the outside. Throw the ball so he goes after it to the outside. |
|--|--|--|--|

**Notes: This is a nothing more than a wingback pass. We want to set this up by running sweep several times to that side and when the secondary pushes up to defend the run we will hit with the sweep pass. If the C-back doesn't see the receiver then run the sweep.**

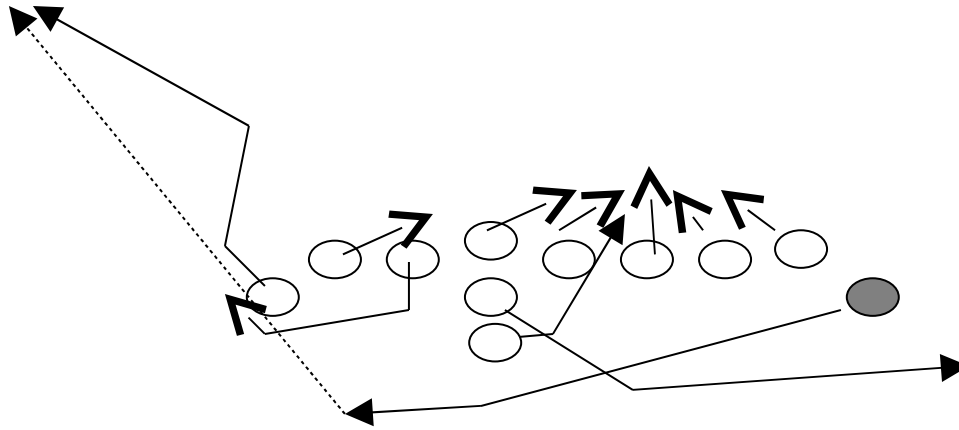
Sweep pass right ran in multiple formations



#### Split Sweep Pass Right

The backside split end runs a fade route the front side split end runs an Out route using a wheel technique see below. The C-back must be ready to throw the ball as soon as he gets due to the short area on the front side. He must get depth so that he has time to throw the ball.

Wheel Technique – Receiver release inside for seven steps then jams outside foot and spins towards the inside until he his facing the sideline and the gets flat and separates from the defender heading towards to sideline.



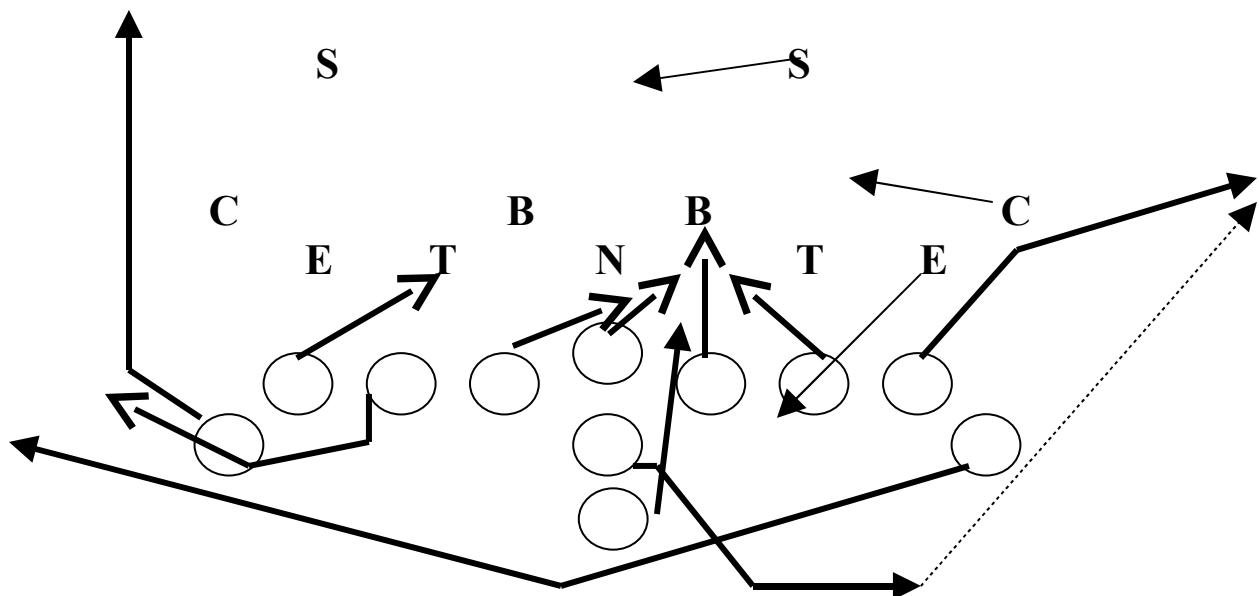
### Double Right Sweep Pass Left

The A-back runs a Behind route. The left tackle down blocks and the left guard pulls and cuts off. The c-back has good protection since the front is unbalanced to his side so should have time to get depth and get a good pass off.

Not used in the Loose formation.

### **TIGHT Formation**

#### **Play Bootleg Pass Right**

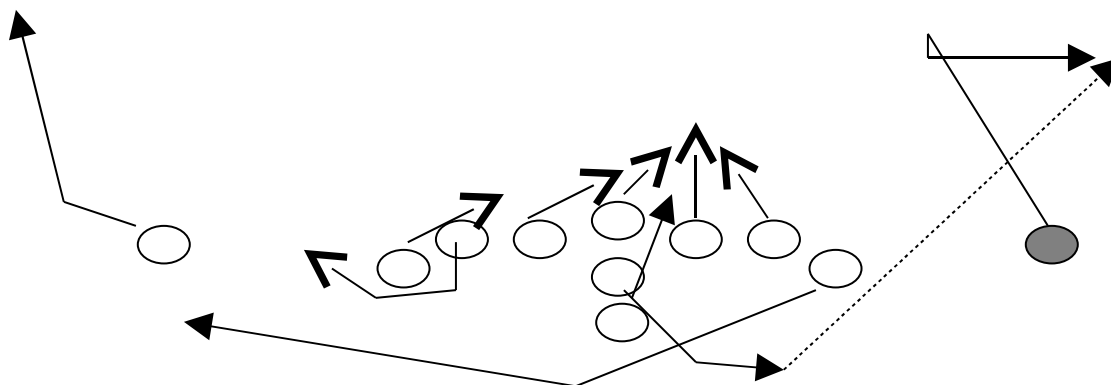


|   |  |  |  |  |   |  |
|---|--|--|--|--|---|--|
| <b>LTE</b><br>GD – Block down and drive the man all the way inside. | <b>LT</b><br>Pull and gain depth and look to cutoff block the first defender you see. Cutoff by aiming you inside shoulder at the outside leg's inner thigh. | <b>LG</b><br>Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield. | <b>C</b><br>Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield | <b>RG</b><br>1)Drive Man On. Get distance quickly. | <b>RT</b><br>Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield. | <b>RTE</b><br>Release outside. Run a Front route. Front route – Get past the LOS and gain depth while turning upper body towards line. |
|---|--|--|--|--|---|--|

|   |  |   |   |
|---|--|---|---|
| <b>QB</b><br>On "GO", make sure everyone is set. Pivot back from the B-backs hole Fake to the B-back. Move to 5 o'clock and fake to the C-back. Gain depth at 5 o'clock and bootleg out. Has soon has the Front route shows throw the pass. | <b>B-Back</b><br>HIT QUICKLY WITH NO DELAY.<br><br>Perform a good fake to suck in as much of the interior defense as possible. | <b>A-Back</b><br>Release outside and run up the seam to pull the secondary back.<br><br>We want to pull the FS to the seam route so that if the Front route clears the 1 <sup>st</sup> and 2 <sup>nd</sup> level he can go for big yardage. | <b>C-Back</b><br>Immediately head towards the B-back's near hip and look for the fake hand off and then run a fake sweep for ten yards. |
|---|--|---|---|

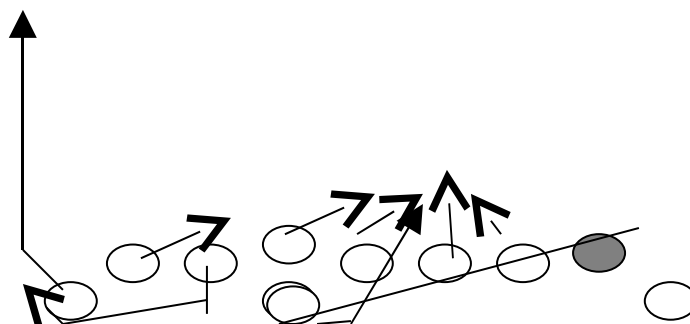
**Notes: The QB has to gain depth fast. Normally the DE will slant to the inside to try and get to the b-back in the wedge or chase the c-back. The front route is used so that we can get the ball off fast since the QB is not protected. This play works well if the DE is banging the TE then going into contain. That gives the QB the needed time to gain depth and get the pass off to the TE.**

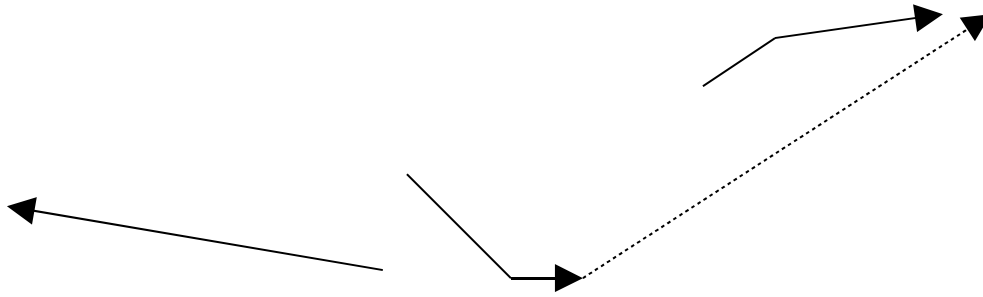
Bootleg Pass in multiple formations



Split Bootleg Pass Right

A-back blocks down and must take the man all the way inside. Right split end runs an out route using the wheel technique. The QB must get depth fast and make the throw if he holds the ball he will be sacked. The best way to teach the drop is as soon as he fakes the handoff he gains two additional steps of depth sets and throws.





### Double Right Bootleg Pass Right

The guard pulls and cuts off and the tackle blocks down on the backside otherwise this is the same as the tight formation. The QB has more time due the unbalanced line.

### Loose formation pass plays:

These plays are used in the loose formation to attack the perimeter of the defense. We want to attack the team horizontally with short high percentage passes that are fairly easy to throw and will give us a chance to get a receiver open on the outside for a big yardage gain. This is not a vertical passing attack which means we don't need a strong armed quarterback instead we need a passer that can throw an accurate 10 to 15 yard pass and a receiver that can follow instruction and run a good route.

This formation affords us several other advantages as well.

- 1) It allows us to place our "STUD" players on the perimeter where they face a minimum amount of defenders or a defender isolated against a stud.
- 2) It allows us to funnel "SILVER" players into the split end position and wear down the perimeter defender (CB) by constantly running him off with GO and FADE routes. This includes the Split formation as well.
- 3) It is a complete change from our base attack of a compressed power/misdirection running game that gives us a different look to show a defense that has stopped or nullified our base attack.
- 4) Since we believe we can run wedge (and Trap if installed) out of any formation the defense must respect the middle of our offense at all

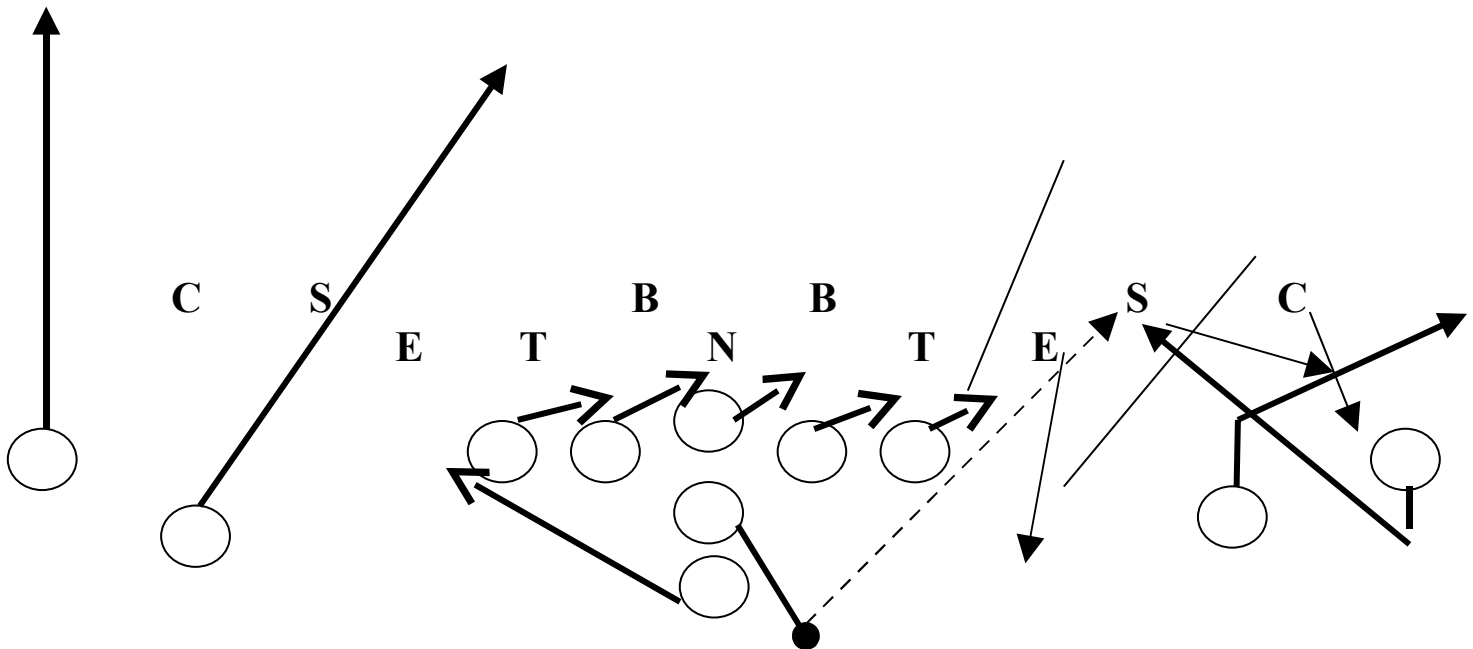


|  |                        |                        |                       |                        |                        |                                 |
|--|------------------------|------------------------|-----------------------|------------------------|------------------------|---------------------------------|
| <b>LSE</b><br>Release and run a GO route to pull BSCB away from play | <b>LT</b><br>Shoeshine | <b>LG</b><br>Shoeshine | <b>C</b><br>Shoeshine | <b>RG</b><br>Shoeshine | <b>RT</b><br>Shoeshine | <b>RSE</b><br>Run a Fade route. |
|--|------------------------|------------------------|-----------------------|------------------------|------------------------|---------------------------------|

|   |   |   |   |
|---|---|---|---|
| <b>QB</b><br>Two-step Throw the ball as the C-back sets his foot to pivot. Set turn find the RSE. Throw ball at mid-section or lowering and lead him. | <b>B-Back</b><br>Kick-out EMLOS (DE) on the back side (Left side) | <b>A-Back</b><br>Release inside and into a Hash route | <b>C-Back</b><br>Quick out using wheel technique. Three steps. Catch ball and get up field. |
|---|---|---|---|

**NOTES – This is a good pass against bump and run teams defending the inside. Also a good pass against teams playing man to man soft and the corner turns shoulder to direction of route. We aim to get 2 to 4 yards of the catch and the rest is yards after catch. If the outside defender sits on the inside route the fade is a prime route to go to for 6 to 10 yards.**

**Loose Formation  
Play\_ Rub Pass Right**





|  |                        |                        |                       |                        |                        |   |
|--|------------------------|------------------------|-----------------------|------------------------|------------------------|---|
| <b>LSE</b><br>Release and run a GO route to pull BSCB away from play | <b>LT</b><br>Shoeshine | <b>LG</b><br>Shoeshine | <b>C</b><br>Shoeshine | <b>RG</b><br>Shoeshine | <b>RT</b><br>Shoeshine | <b>RSE</b><br>Release inside and run a slant route. Look for the ball right of the line. Shield the ball to the inside. |
|--|------------------------|------------------------|-----------------------|------------------------|------------------------|---|

|  |  |   |   |
|--|--|---|---|
| <b>QB</b><br>Two-step Throw the ball as the RSE releases. Set turn find the RSE. Throw ball at mid-section or lowering and lead him. | <b>B-Back</b><br>Kick out the EMLOS (DE) on the back side (Left) | <b>A-Back</b><br>Release inside and run a Hash route. | <b>C-Back</b><br>Cross over to the outside run parallel to the los under the SE and as you go by turn up field and into a fade route. |
|--|--|---|---|

**NOTES – This is a great pattern against man to man or zone when we have attacked the interior flat and want to hit the fade. Since we are using are better player at the receiver spot (A and C back). We also have the slant against teams that are blitzing/playing soft on the slot.**

The Loose Passing Strategy -

This is not a vertical passing attack or our primary offensive scheme. Instead it is an alternate way of attacking a defense if they start to compress on the power and misdirection running game. We look to spread the defense out horizontally to loosen the second layer of the defense and to attack the perimeter of it. The flat is our primary area in this passing attack due to the fact that our main running attack is straight up the middle with the wedge and the trap. Often at the youth level a defense will use its slot defender to blitz or play run on either occasion this leaves the wingback (slot) open. It also forces the outside defender (CB) into a quandary because he now has to defend an area instead of a man in most cases because of the uncovered receiver. We want to use these two things against a defense by making short high percentage throws that get the ball into the hands of the receiver so that he can get up field behind the defense. The other reason we need to use this type of passing attack is that a corner back is normally put into a position of also playing run containment on the perimeter that means he has a dual role. That dual role should be used against him and in our offense it is by using a play action type passing scheme. If the cornerback is looking inside the fade route will be there more so if he is squatting on the flat when you are having success throwing to the inside of him. The tendency for that corner is to bump the receiver and then sit on the flat and wait for the inside receiver to get the ball. We take advantage of that flaw by throwing to the fade using a “SIMPLE KEY”. The key is the outside defender (Corner back) and all of our passes are set up so the QB can read the corner and throw based on what he does at that moment.

An easy adjustment to this offense that makes it more vertical is to have the quarterback make his normal drop and then throw to the hash route being ran by the backside wingback (slot). Often the defense’s free safety is coming up to play run or is mirroring the QB’s drop to defend the deep play side pass or the short pass so he is giving the middle of the field to the hash route. Defenses also tends to not use a free safety at this level and instead opt to put seven defenders in the box to match up with the offense to take the wedge and trap away. Either way it leaves that backside slot receiver open in the middle if he is getting inside of his defender.



We made this offensive scheme simple in its protection, drops, and patterns so that it was something we could use without interfering too much with our primary attack in the double wing.

Individual technique, fundamentals, and drills will be forthcoming.

These are some very good references on the double wing

<http://www.coachwyatt.com>

<http://forums.delphiforums.com/dwingers/start>

<http://www.doublewing.org>

<http://www.geocities.com/coachdanielsdw/>

<http://www.eteamz.com/coachcabrera/>

<http://www.coachmarkhem.com>

<http://fbforyouth.com>

These are great sites for coaches to get questions answered

<http://infosports.net/football/>

Coaches that have been a big help online

DumCoach/Boomfart – Coach Clark Wilkins (He is neither Dum nor an old fart and a great wealth of knowledge.)

Coach Wade – A very dedicated youth and high school coach that has a wealth of knowledge.

Coach Malcolm Robinson – a good source of football knowledge in general.

Coach Shine

Dipper

Coach Jack Gregory

Grand Prairie Senior Raiders (NTPWF)

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