

“Using Triple & Midline in the Wing-T”

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Triple/Midline in the Wing-T

- **Advantages of Mixing Triple with Wing-T**
 - Similar philosophies (building walls)
 - Put specific defenders in a bind
 - Complimentary Plays
- **Disadvantages**
 - Practice Time – must be efficient to get quality reps
 - QB must be able to read option plays

Triple/Midline in the Wing-T

Why do we mix the option and the Wing-T?

– Adjust to our personnel

- Could change from year to year who gets ball most

– Discipline

- Try to make discipline our advantage
- Make them play Wing-T reads and Option reads

– Toughness

- Both styles are physical and aggressive – more conducive to our athletes

Triple/Midline in the Wing-T

What do we look for in:

- **Quarterbacks** – must be a leader, our smartest football player, able to make great reads and carry out great fakes
- **Tailbacks** - Usually best athlete – want to get him the ball on Triple/Trap
- **Wings**– most difficult position in the offense – must be able to Run the ball, block, catch, and fake
- **Receivers** – must be able to block first, run great routes next
- **Offensive Line** – take quickness and toughness over size

Triple/Midline in the Wing-T

Complimentary Plays (Option & Wing-T)

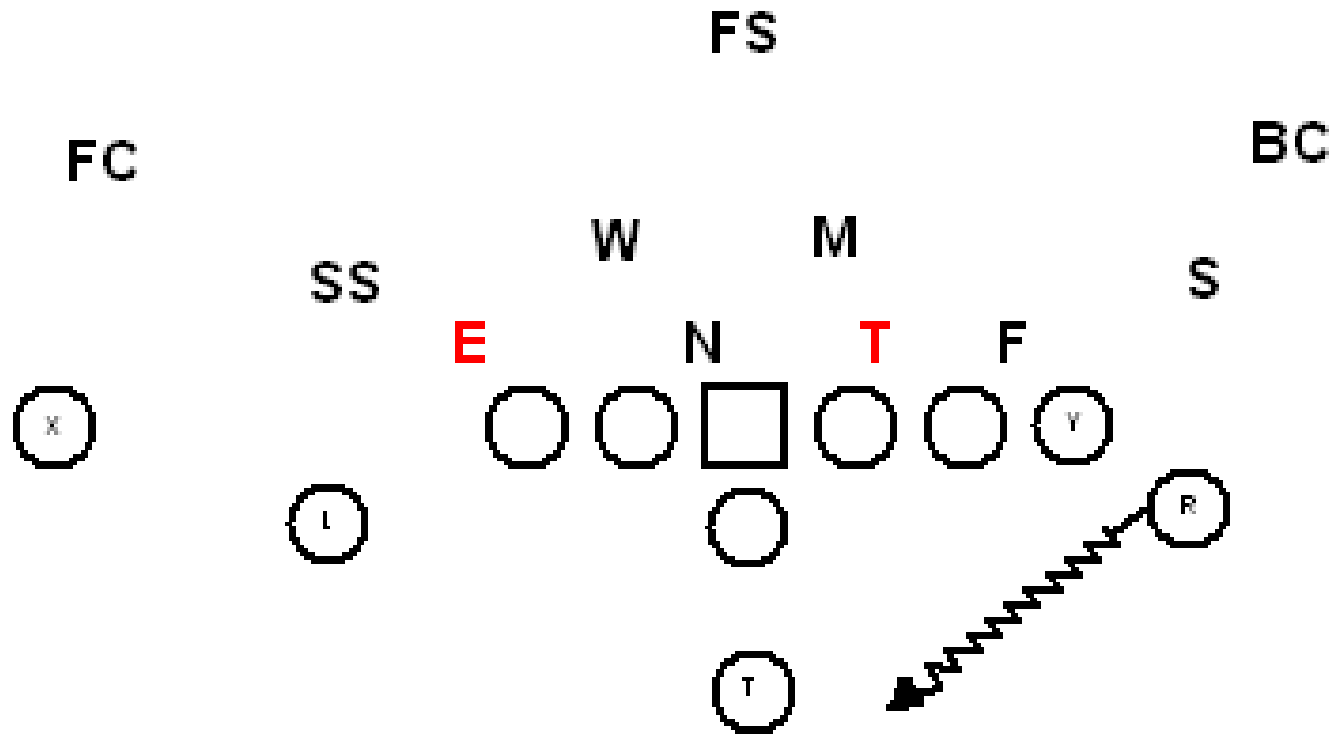
– You control the Midline read

- If team is squeezing trap = Pull
- If team is not squeezing trap = Give

– You control the Triple read

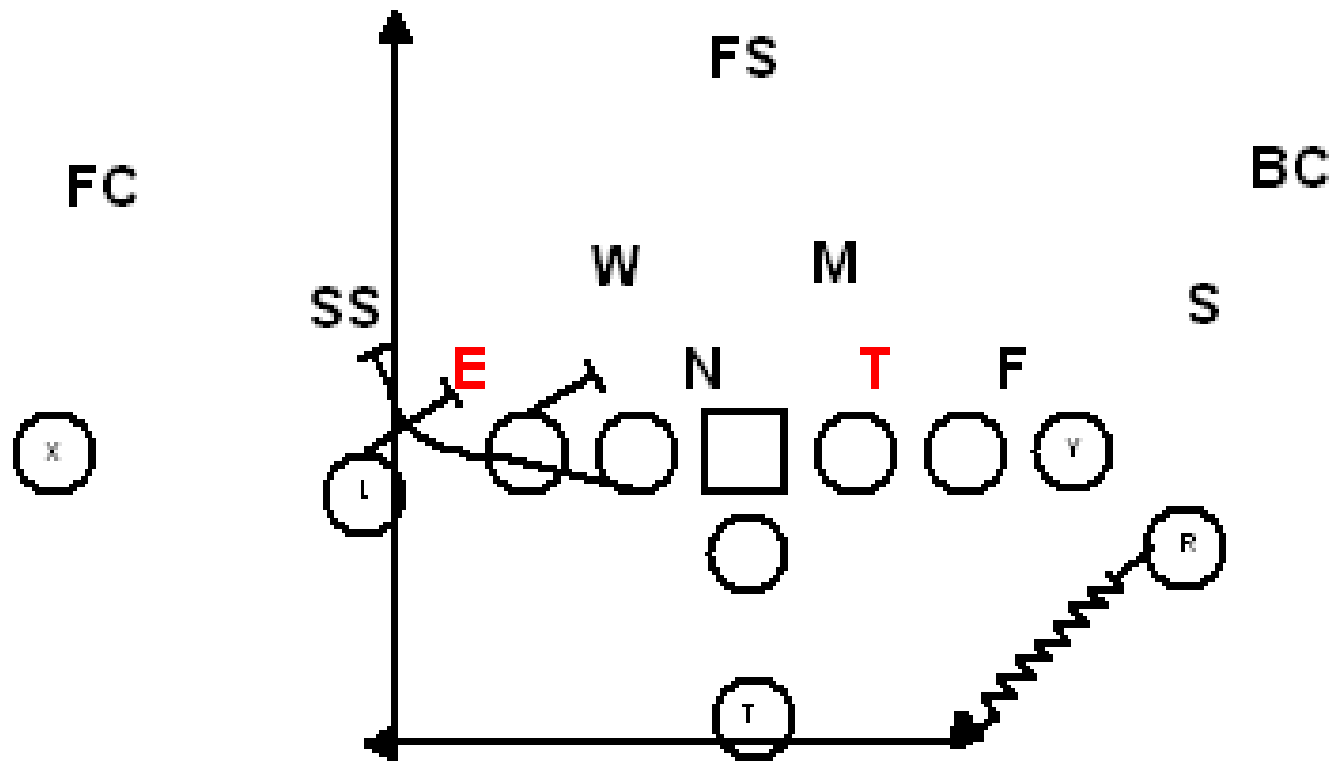
- If team is stepping out on Buck Sweep = Give
- If team is squeezing on Buck = Pull

Put reads on Triple/Midline in bind



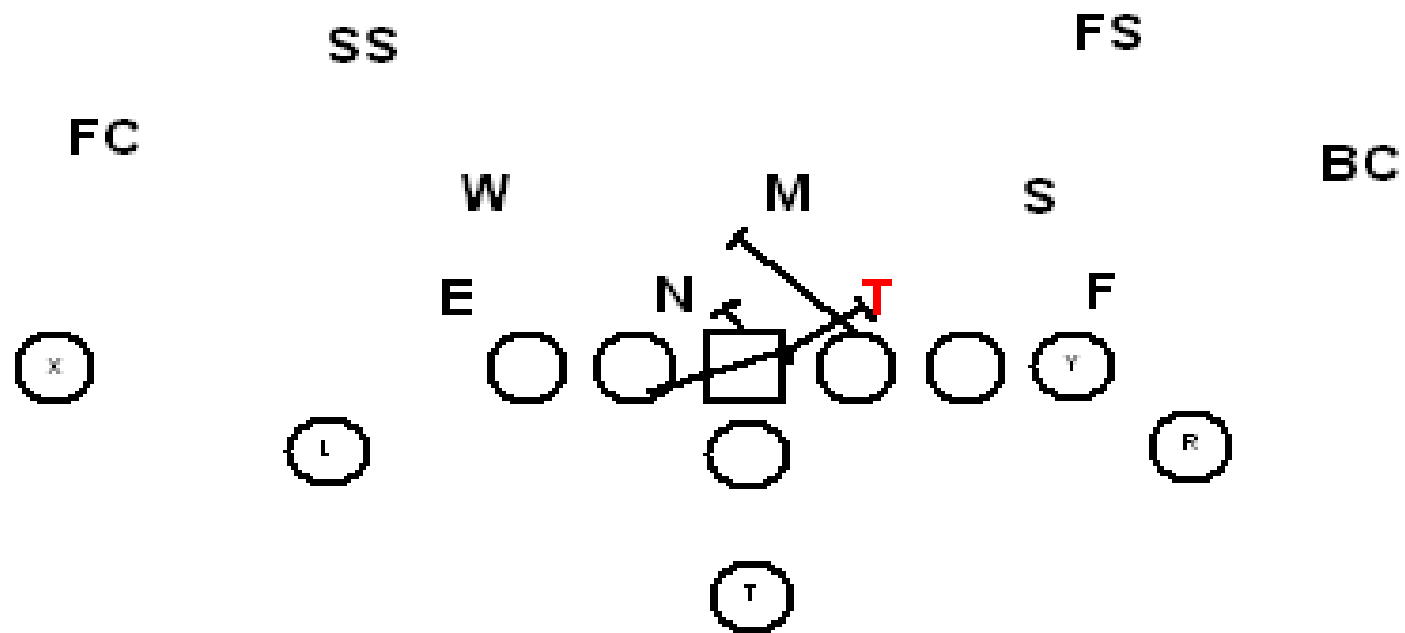
Triple/Buck Sweep Combination

Split Side Buck vs. 4-4



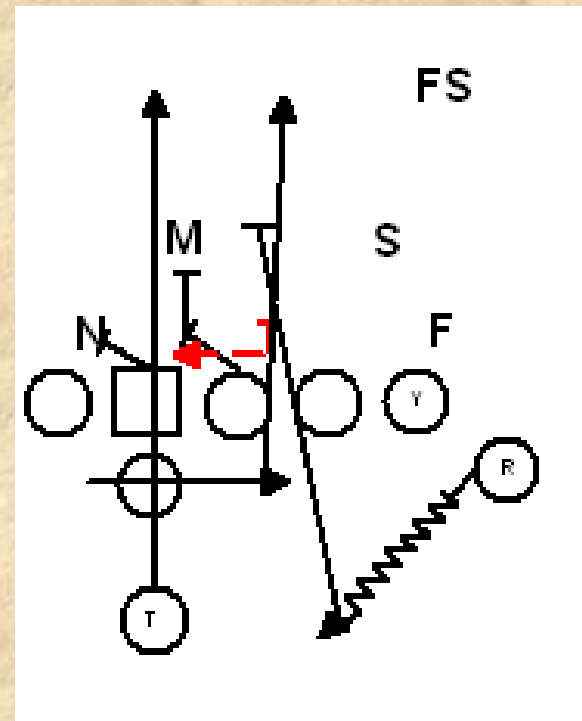
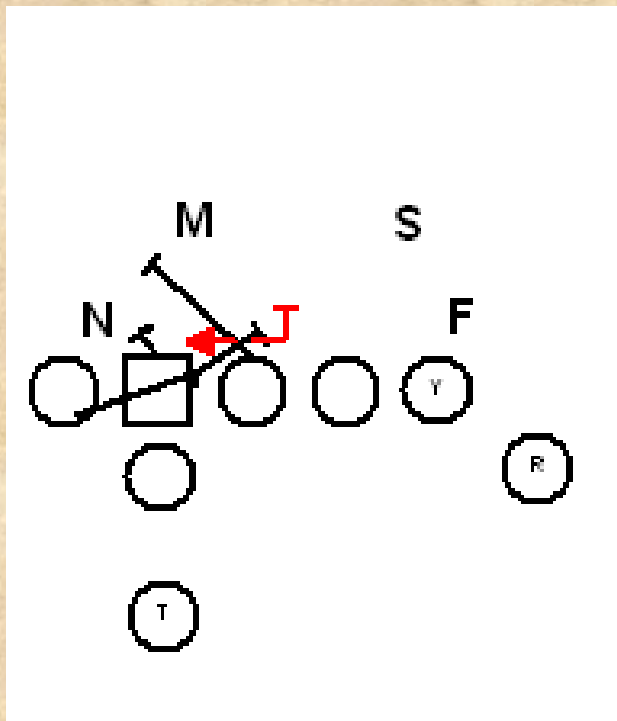
Trap/Midline Combination

Trap vs. 4-3



Using Trap to run Midline

If Defense is squeezing for Trap, QB should be able to keep on Midline



Midline vs. 4-3

