
SECTION FOUR

ORGANIZATION FOR SUCCESS



Chapter 11: Overall Practice Structure

Chapter 12: Group Drills

Chapter 13: Team Drills & Practice Plans

CHAPTER FIFTEEN

Team & Practice Plans



We are not a big fan of 11 on 11. The Wing T Racehorse philosophy demands that every coach is coaching the entire 2-hour practice. Most teams running the Wing T are doing so because they don't have the genetics of some of the teams on their schedule, so precision, timing, and being master technicians is of paramount importance. Wing T teams don't have the speed that makes up for mistakes. We don't have the D-1 athlete who we just give the ball to and let him make the coaches look like genius'.

To run this offense and this type of practice, your coaches have to really enjoy the process. They have to be really good at breaking things down into minute detail. They have to be master teachers.

With all of that being said, there is still a need for your entire team to run drills together.

- Team Tempo (perfect play / DTF) at beginning of practice would be considered a team drill
- We do 10min of Live Pass Pro every practice. It is filmed so we can coach our line via HUDL
- Counter and Tackle Trap needs to be practiced in a team setting.
- We love Half Line Drills. This is 30min of Tuesdays practice
- Odd-Even has replaced the traditional 11on11 time at end of practice.

DEFENSE

Although this is an offensive book, we feel that it is important that philosophy of practice should be the same for all 3 phases of the game (offense, defense, and special teams).

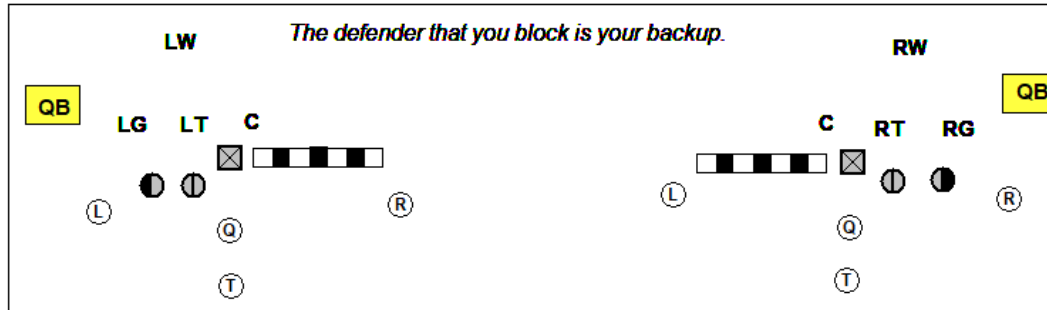
- We start every defensive practice with tackling. No lines. Lots of movement.
- After tackling we do "shotgun alignments". Two offenses lining up in formations so our defense can practice alignments & checks vs 20 formations in 5 minutes.
- Our entire defensive practice has a "double whistle". All 11 defenders have to be near the ball before a 2nd whistle is blown.
- We have adapted our Odd-Even drill to be ran on defense
- We end every practice with a pursuit drill

Half Lines

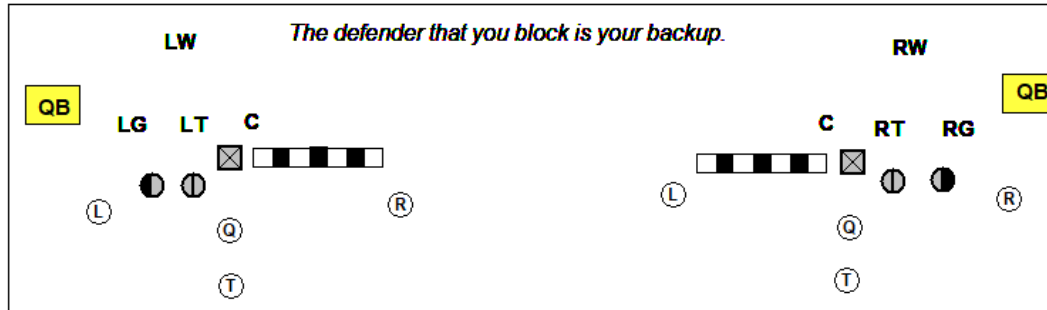
Belly / Down

Summer and early August, the linemen are doing the HALF LINE drill described on Page 180 to 183 in the O-Line Manual at the same time that the backs are doing FULL BACKFIELD. As soon as our August scrimmage is over, Belly & Down HALF Line are done with Backs & Line together.

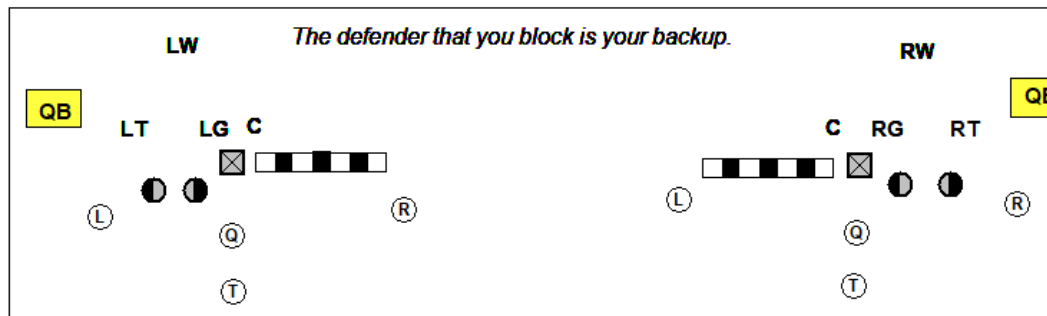
33 Belly



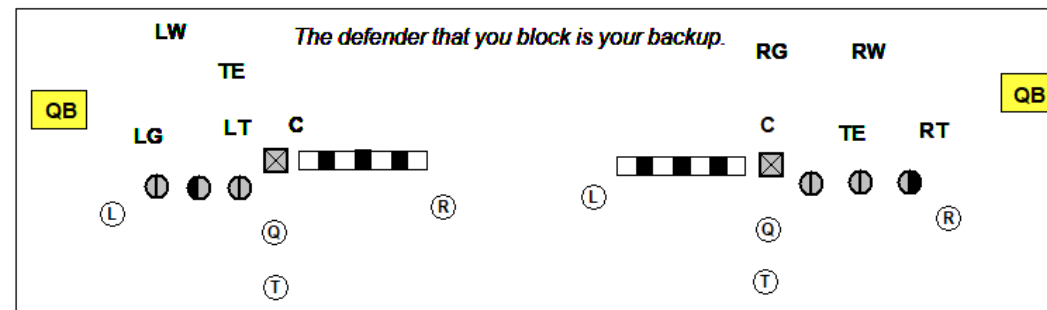
34 Belly



35 Down



36 Down



There are 6 fronts that we rotate through and starters/backups each rep one play vs each front, so we run Belly 12 times, Baylor 12 times, and Belly Pass 12 times. After 6 reps, our backs will switch sides. Then the Tight Ends come over and we run 12 Down, 12 Cal, and 12 Down Passes. Again, backs switch sides after 6 reps on each play.

72 plays in a 30-minute period

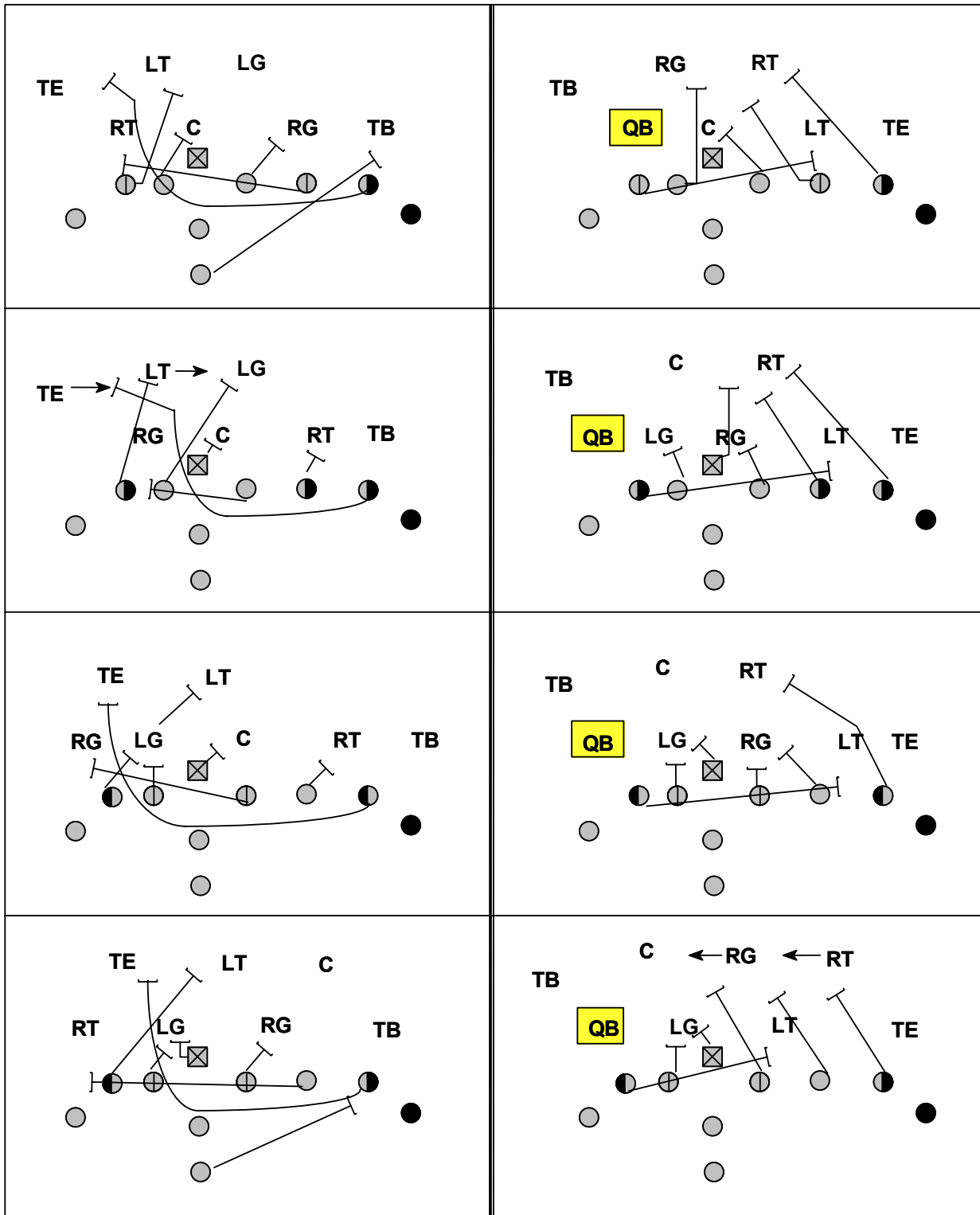
Notice that the backup QB or the QB coach is the read man. He should be holding a ball. If the QB hands the ball off, he runs at that person, takes their ball and still pitches. If the QB pulls the ball then he just pitches the ball he already has. Regardless, we pitch a ball on every play.

If your roster is big enough, you can have two varsity units on each half. Or JV can be on one hash and Varsity on the other. You could also have the right hash run Down/Cal/Down Pass using your Tight End and the left hash run Belly/Baylor/Belly Pass.

Counter, Tackle Trap, Belly Sweep

Once the HALF LINE drill is over, we bring the two Half Lines together in the middle of the field. We start in an odd alignment and keep sliding the D-Line towards the Tight End. Again, the scout defenders have to know their blocking assignments and move to the appropriate places.

COUNTER / TACKLE TRAP



Pass Protection

During summer and early August, our “backs” and “skinnies” will be running pass routes on one end while the O-Line is working their pass protections. Then we bring them all together because it is very important that the QB learn to feel comfortable throwing with a pass rush. REMEMBER: No receiver runs a route without a ball being thrown the them and there are pushups for any ball touching the ground.

A center, two guards, and two tackles will work against the defensive line and a set of linebackers, so the linebackers can get work on pass rush with the defensive line. The offensive line coach will want a realistic rush and will want all defenders to work in the gaps or in the confined areas they normally do during games.

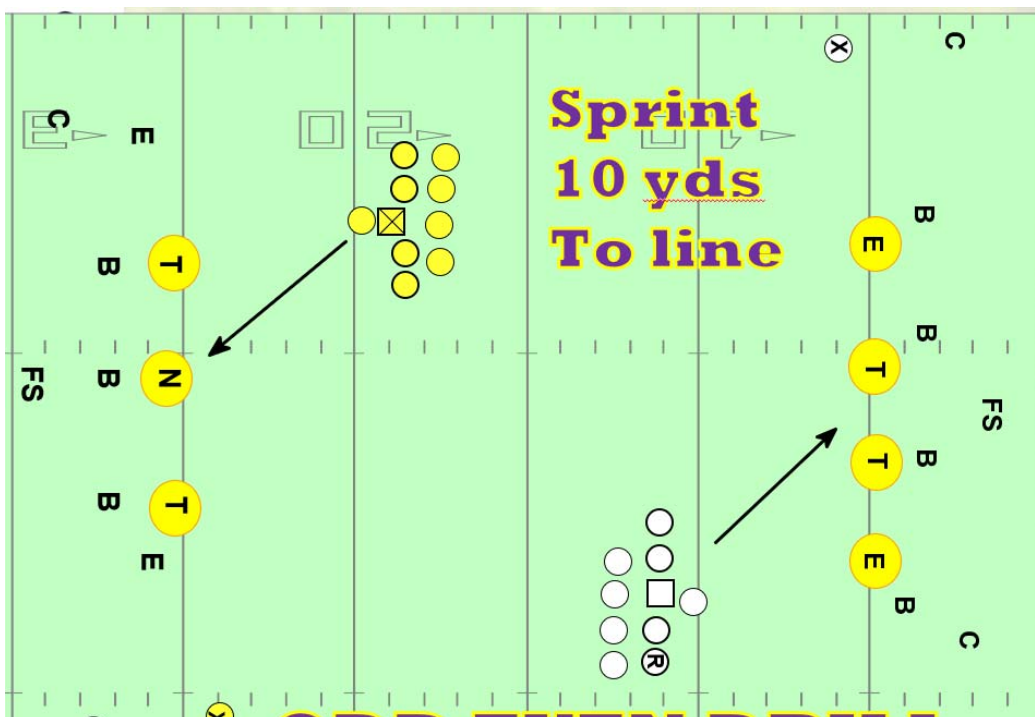
We always film this with the endzone camera and want our line right under the camera. Our O-Line coach uploads this immediately after practice and puts notes for the line to read that night before going to bed. If time permits, he will also meet with them the next day during lunch or right after school to correct glaring mistakes.

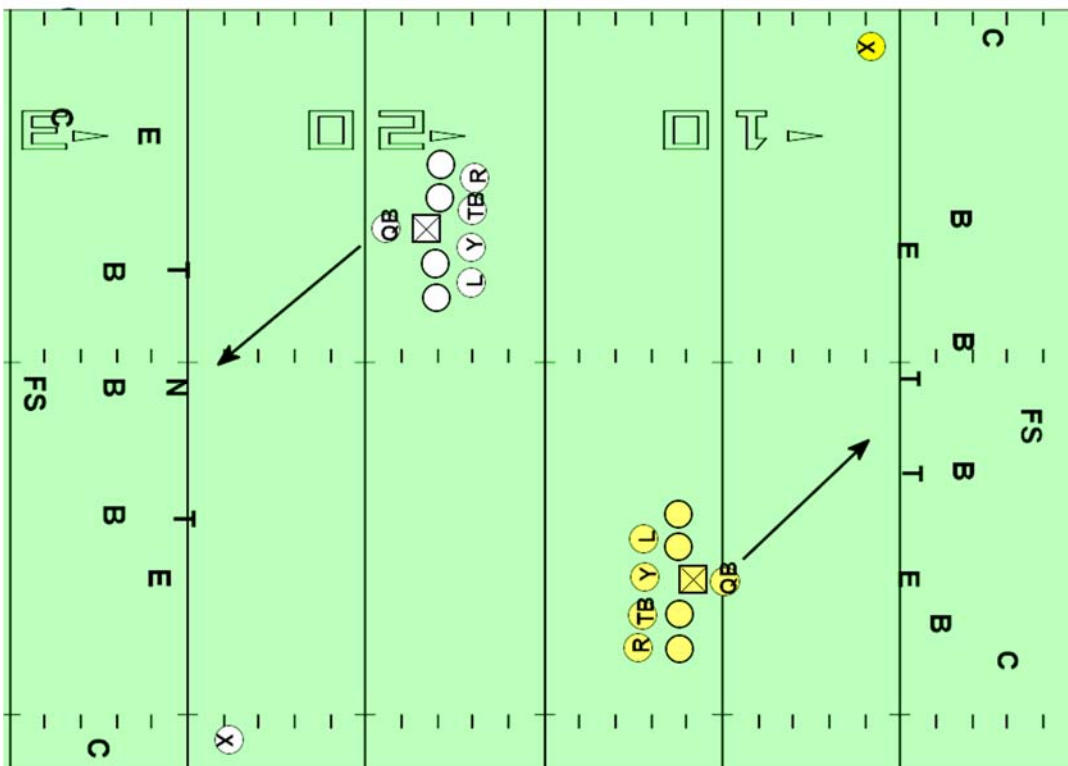
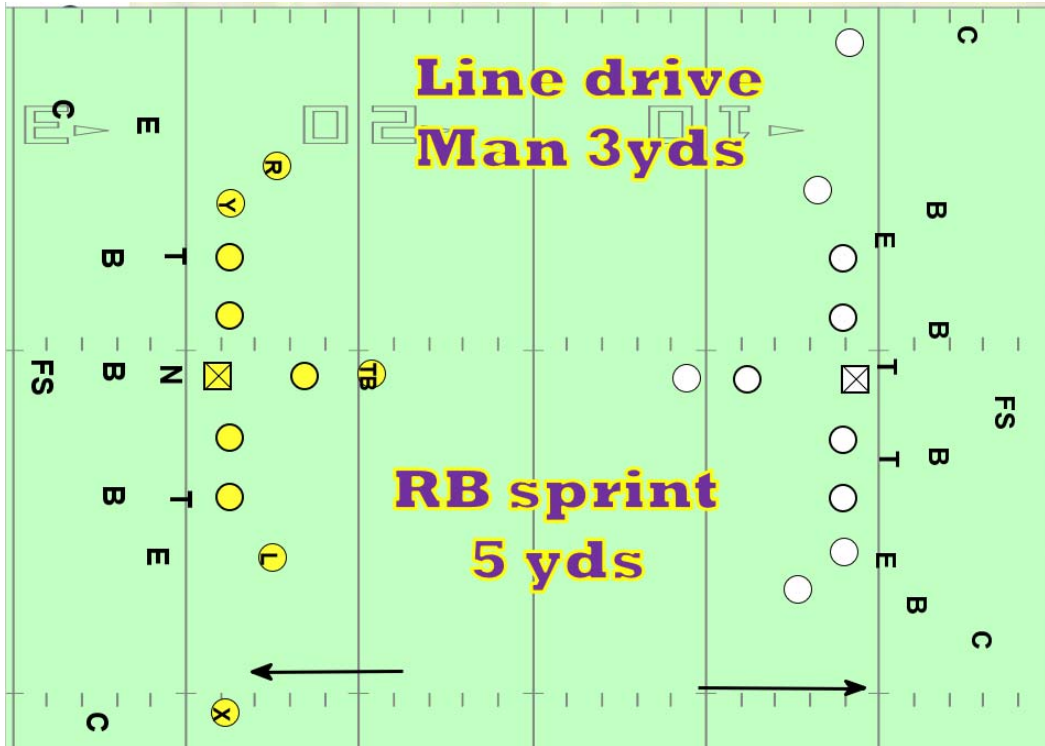
11 vs 11

Odd even team drill

We end every practice with a unique twist to team period. We put the offense at 50yd line with odd defense facing them on the 40yd line and an even defense facing them at the other 40yd line. They can run any tempo and you can run or signal plays in...but they run that play TWICE, one time at each defense. This is very good review of blocking schemes. Defense can be live or holding bags.

To make it fast and a conditioning period, they sprint 10 yards to the odd defense. Backs have to fake 5 yards. They sprint back to the 50 (or to the even defense if No Huddle tempo) and run the play again, backs still have to fake 5 yards. Then they sprint back to the 50 and are back at the beginning. That is 40 yards of sprinting for the line and 50 yards of sprinting for the backs on one play. We can easily run 2 plays per minute in this drill.





SMALL ROSTERS? Run the drill without Corners and Safeties (38 players). No X receivers (36 players). Only run one offense (26 players). Replace D-Line with trash cans (19 players).

Send in plays from sideline the same way as Friday nights. Signals, wristband, or run them in.

SECTION FOUR: Organization

On each play, the running backs are sprinting a total of 80 yards and linemen 60 yards. If you run 3 plays per minute for a 10-minute period, the backs will have sprinted a total of 2,400 yards and the linemen 1,800 yards.

We run the Odd-Even Drill many different ways. Versus cones, trash cans, vs bags, thud tempo, and live.

Cones / Trash Cans

When we are not in pads or really want all of our offensive players to get a lot of reps we will basically go versus air. Red cones and/or trash cans are placed where the defense should line up. When a blocker gets to a cone, they chop their feet until an offensive coach tells them to huddle back up. If they are assigned a trash can, they pick up the can, carry it for 3 steps, put it down, and chop their feet. In order to get maximum reps the coach or Inside Linebacker on that scout defense puts the cans back in place while the offense is sprinting to huddle up again.

Bags

We prefer that all 8 defenders in the box have hand shields because it is a more realistic fit. However, if the big round bags are used for D-Line, our blockers tend to get more physical on their down blocks. Regardless of the type of bag used, do NOT let your blockers get lazy and use their hands. DEMAND that the blockers violently use their shoulders versus bags.



The only problem is that bags don't move a whole lot. Bags are not good for blocking line stunts. Therefore, the offense will look really sharp versus bags, which makes them great to use the practice before a game to help promote confidence. Bags are great for review before the players are allowed to wear full pads and we will use them every practice at end of season when our players are banged up.

Thud Tempo

The offense will block live and full speed. But we will never cut block a teammate or take a running back to the ground. If a D-Lineman is going to be cut, we warn them beforehand. Tacklers will either wrap up the ball carrier or later in the season, might just to let them run by without touching them. We always demand that everyone sprints to the football so that coaches analyze the blocking scheme and solve any problems. It also promotes the pursuit angles and effort we want from our defense during games. Lastly, Thud Tempo takes away a lot of the hits on the running backs.

Live

Live Tempo uses the chains, make first downs, keep score, and conduct the period like a game. Our first week of August in California has a lot of hitting restrictions and we cannot even go full pads until practice #4. We will go Live Tempo on Saturday of our first week, then Tue, Thur, and Saturday of the second week. The second Saturday is our intra-squad scrimmage, we have fans in the stands, use the scoreboard, and have a lot of fun.

The third week we go Live Tempo Mon and Wed or Tue and Thur depending on whether our scrimmage is on Friday night or Saturday. We will continue using Live Tempo every Tuesday for the first few games because players do need to scrimmage. They need to know what game speed feels like. They need to block and tackle where they have to take somebody to the ground. We have never had more than five Live, Full speed scrimmages once we have played game 1. We never use Live Tempo once league starts.

When I had large roster teams of 35-40 juniors and seniors and another 25-30 sophomores, we would let our backup varsity players scrimmage once per week vs our sophomores (JVs). Our backups weren't as beat up as our starters so this was good for them. It also gave our JVs some great competition.

Practice Plans

The development of practice plans begins by listing all the things you want your team to know for the first game. We then do a “big picture” installation schedule working backwards from the first game. Coaches cannot use the excuse of not having had enough practice time when things are not getting done on game day.

Spring

In California we get 10 spring practices but use the 10th practice to have a game simulated scrimmage. Each practice is 55 minutes of offense and 55 minutes of defense. We allow 10 minutes for transitions.

We do not condition during spring since our players have zero period strength class, which involves plyometrics, cones, and ladders during month of May. (see my S.S.X. 52-week Strength & Conditioning program). Group Periods are basically splitting the QB up between backs and receivers. Also, Guards will be separated from Tackles/Tight Ends since techniques are different. Centers are always snapping to the Quarterbacks. Our O-Line coach loves having the linemen for 40 minutes

Spring 1		Spring 2	
5	WARMUP – Team Agilities	5	WARMUP – Team Agilities
20	INDO	10	TEMPO
	See pgs 149 - 152		Perfect Plays – Liz/Rip 28/47 “O”
10	GROUP PASS	10	INDO
	Purple 1,2,3,,4,9		QB p. 149 WR p. 151
	OL Continue Injdy		RB p. 152 OL p. 153
10	GROUP RUN	20	GROUP PASS
	Teach Liz/Rip Drill		17/18 GO Pass; Purple Quik
15	TEAM	15	TEAM
	Teach Odd-Even Drill		Install Liz/Rip 28/47 Reach
	Install Liz/ Rip 28 / 47 “O”		Review 28/47 “O”
60		60	

Spring 3		Spring 4	
5	WARMUP – Team Agilities	5	WARMUP – Team Agilities
10	TEMPO – Perfect Plays	5	TEMPO – Perfect Plays
	28/47 “O”; 28/47 Reach		Run play already installed
10	INDO	10	INDO
	See pgs 149 - 152		See pgs 149 – 152
20	GROUP PASS	25	GROUP PASS
	Install Purple Swing		Install Purple Stick / Smash
15	TEAM	15	TEAM
	Install Lazer/Rocket 28/47 Toss		Install 33/34 Belly + Belly fdfdPass
	Review all others		Review all others
60		60	

Spring 5		Spring 6	
5	WARMUP – Team Agilities	5	WARMUP – Team Agilities
5	TEMPO – Perfect Plays	5	TEMPO – Perfect Plays
10	INDO	10	INDO
25	GROUP PASS	25	GROUP PASS
	Install Red/Blue 75 Flat		Install Red/Blue 95 Choice
15	TEAM	15	TEAM
	Review all others		Install 35/36 Down + Down Pass
60		60	

SECTION FOUR: Organization

Spring 7		Spring 8	
5	WARMUP – Team Agilities	5	WARMUP – Team Agilities
5	TEMPO – Perfect Plays	5	TEMPO – Perfect Plays
10	INDO	10	INDO
25	GROUP PASS	25	GROUP PASS
	Install Red/Blue 67 Out		Install Yellow Y/R/L Cross
15	TEAM	15	TEAM
	Review all others		Install 31/32 G
60		60	

Spring practice #9 and #10 are reserved for scrimmages. Even without pads, our defense will hold hand shields. After Practice #10 we will have Hamburgers and Hot Dogs for the boys. Note that Offensive Line are not part of Group Pass, so they get 35 minutes of individual time. New formations are installed during Group Pass. All previous plays installed are always reviewed during TEAM Odd-Even Drill after the new play has been bird dogged and installed.

Summer

Our summer practices are very slow paced with alot of emphasis on teaching. We are not stressed out about getting the play perfect. We need the language & big picture understanding so that we can become perfect in August. Also, the players have to learn how to set up and run all drills to eliminate explaining in August.

In California we are limited to 3 hours per day on field instruction and must insert a 14-day “dead” period that involves no contact between coaches and players. We lift 4 mornings per week, but only practice 2 nights per week, which allows us six 2-hour offensive practices in during the summer. We might throw 7on7 vs another school on a 3rd night and attend two weekend 7on7 tournaments. Linemen are in the classroom during 7on7.

Summer 1		Summer 2	
5	WARMUP – Team Agilities	5	WARMUP – Team Agilities
10	TEMPO – Perfect Plays	10	TEMPO – Perfect Plays
	28/47 “O” Reach Toss		26/45 GO; 31/32 G; 17/18 GO pass
30	INDO p. 149-152	30	INDO p. 149-152
30	GROUP PASS	30	GROUP PASS
	Review entire passing game		Review entire passing game
15	TEAM LIVE PASS	15	TEAM LIVE PASS
	Install Purple protection		Install Red/Blue protection
15	GROUP RUN	15	GROUP RUN
	Teach 26/45 G.O. Drill		Teach G, GO Pass Drill
15	TEAM – Odd Even	15	TEAM – Odd Even
	Entire GO Family		Entire GO Family
120		120	

*GROUP PASS: 10min Purple, 7min Red, 7min Blue, 5min Yellow
If you are NOT installing GO, still need 31/32 G and 17/18 GO Pass off the Liz/Rip Action*

Summer 3		Summer 4	
5	WARMUP – Team Agilities	5	WARMUP – Team Agilities
10	TEMPO – Perfect Plays	10	TEMPO – Perfect Plays
30	INDO p. 149-152	30	INDO p. 149-152
30	GROUP PASS	30	GROUP PASS
15	TEAM LIVE PASS	15	TEAM LIVE PASS
	Install Yellow protection		Install Silver/Gold
15	GROUP RUN	15	GROUP RUN
	Install 22/41 Trap; 47/28 G		43/24 Counter; 36-28/35-47 “O”
15	TEAM – Teach Half Line Drill	15	TEAM – Teach Half Line Drill
	Entire BELLY Family		Entire DOWN Family
120		120	

Summer 5		Summer 6	
5	WARMUP – Team Agilities	5	WARMUP – Team Agilities
10	TEMPO – Perfect Plays	10	TEMPO – Perfect Plays
30	INDO p. 149-152	30	INDO p. 149-152
30	GROUP PASS	20	GROUP PASS
15	TEAM LIVE PASS	25	TEAM LIVE PASS
	Install Sally		Review 7 protections & Sally
15	GROUP RUN		
	Install Army, Baylor, Cal		
15	TEAM – Odd Even	30	TEAM – Odd Even
	Entire ABC Family		Complete Review
120		120	

AUGUST

We never did Two-A-Days since so many of our players worked in the fields. And new California rules limit football to 3 hours per day of practice. If you are allowed Two-A-Days but cannot do the Spring/Summer schedule that I have prescribed, then use the Two-A-Days to catch up on installations.

Until school starts, our team would follow this schedule:

3pm	Weight Room (M-Th)	7pm	Defense
4:30	Offense	8:30pm	Conditioning
6pm	Classroom **		

***Players get fruit & Gatorade in classroom. No classroom time on Fridays.*

	M - Th		FRI		SAT
5"	Perfect Plays	5"	Perfect Plays	9am	Team Offense
20"	Indo Period	15"	Indo Period	9:30am	Tackling
20"	Group Run	15"	Group Run	10am	Scrimmage
10"	Group Pass	10"	Team Pass Pro	Noon	Done
10"	Team Pass Pro	15"	Odd-Even		
20"	Odd-Even				
90min		60min		90min	

Warmups are Team Agility Stations. Part of Weight Room

Group Run Period

INSTALLING GO (Buck)

Mon	20min	GO Drill
Tue	10min	GO Drill
	10min	G Drill
Wed	5min	G Drill
	15min	GO Pass Drill
Thur	5min	GO Drill
	5min	G Drill
	10min	GO Pass Drill
Fri	5min	GO Drill
	5min	G Drill
	10min	GO Pass Drill

NOT INSTALLING

Mon	20min	Liz/Rip Lazer/Rocket Drill
Tue	5min	Liz/Rip Lazer/Rocket Drill
	15min	Half Line Army
Wed	5min	Half Line Army
	15min	Half Line Baylor
Thur	5min	Half Line Baylor
	15min	Half Line Cal
Fri	5min	Liz/Rip Lazer/Rocket Drill
	5min	Half Line Army
	5min	Half Line Baylor
	5min	Half Line Cal

Once school starts, our schedule for next two weeks:

7am	Weight Room	5:05pm	Defense
3:30	Special Teams / Hidden Time **	6:35pm	Conditioning
3:40	Offense		

***QB throw or work option with TB and Linemen are in the chutes during special teams*

	M - Th		FRI		SAT
5"	Special Team	5"	Special Team		
5"	Position Warmups	5"	Position Warmups		
5"	Perfect Plays	5"	Perfect Plays	9am	Team Offense
15"	Indo Period	10"	Indo Period	9:30am	Tackling
20"	Group Run	15"	Group Run	10am	Scrimmage
15"	Group Pass	10"	Team Pass Pro	Noon	Done
10"	Team Pass Pro	15"	Odd-Even		
20"	Odd-Even				
90min		65min			

Regardless of what you install the first week of August (GO family or Liz/Rip Family), the second week of August is devoted to Belly. Make sure everyone understands how to rotate in the Half Line Drills.



Group Run Period

AUGUST WEEK 2

AUGUST WEEK 3

Mon 20min Half Line 33/34 Belly
20min Odd-Even: Only 33/34 Belly

Mon 20min Half Line 35/36 Down
20min Odd-Even: Only 35/36 Down

Tue 10min Half Line 33/34 Belly
10min Half Line 33/34 B. Pass
15min Odd-Even: Belly, B. Pass
5min Odd-Even: Review Prev Wk

Tue 10min Half Line 35/36 Down
10min Half Line 35/36 D. Pass
15min Odd-Even: Down, D. Pass
5min Odd-Even: Review Prev Wk

Wed 10min Half Line 33/34 Belly
10min Full Line 22/41 Trap
10min Odd-Even: 22/41 Trap
10min Odd-Even: Review rest of Belly

Wed 10min Half Line 35/36 Down
10min Full Line 24/43 Counter
10min Odd-Even: 24/43 Counter
10min Odd-Even: Review rest of Down

Thur 10min Full Line 22/41 Trap
10min Full Line 33-47/34-28 G
5min Odd-Even: 33-47/34-28 G
15min Odd-Even: Review rest of Belly

Thur 10min Full Line 24/43 Counter
10min Full Line 35-47/36-28 O
5min Odd-Even: 35-47/36-28 G
15min Odd-Even: Review rest of Down

Fri 15min Half Line Belly, Baylor, B. Pass
15min Odd-Even: Review Belly Family

Fri 15min Half Line Down, Cal, D. Pass
15min Odd-Even: Review Down Family

This is a pretty intense schedule and only works if you have got all your passing game and formations installed during Spring & Summer. In the summer (6 practices + 7on7) we commit to technique and teaching the drills. Players have to know how to setup and rotate during the Half Line, G, GO, GO Pass, and Liz/Rip Drills.

When all the plays are re-introduced in August, you can add the advanced stuff such as formation shifts, Twirl/Stop Motion, NoMo, etc. NASCAR and check with me are not added until August Week 4.

IN SEASON

	GO + YELLOW DAY			BELLY/DOWN + PURPLE / SILVER			LIZ / ABC + RED / BLUE / SALLY		
5"	Special Teams		5"	Special Teams					
5"	DTF		5"	Perfect Plays		5"	Perfect Plays		
10"	INDO PERIOD		10"	INDO PERIOD		10"	INDO PERIOD		
	OL/TE	Bag Work		OL	Sled		OL	Shields	
	RB	Blocking		RB	Pass Receive		RB	Zig Zag/Gauntlet	
	QB	0,1,2,3,9 routes		QB	55 Knee Drill		QB	Dodge/Over Bag	
	X			X	Cone Drills		X	Concentration	
10"	GROUP		10"	GROUP		10"	GROUP		
	T/TE	Double tm, counters		OL	TUG, GUT, COG		OL	Combo Blocks	
	C/G	GO, G Drill		C/G			C/G		
	WB	GO Drill		WB	Fool Me Drill Pitch Drill		WB	Liz/Rip Drill	
	TB	G Pass Drill		TB			TB		
	QB	Choice Routes		QB	Catching/C.O.D.		QB	Block Liz/Rip Drill	
	X/TE			X/TE			X/TE		
10"	GROUP RUN		25"	GROUP RUN		15"	LIVE PASS PRO		
	T	Trap & T pulls	25"	X/TE	Hands, Gauntlet Deep Ball, W.I.N.	8"	Red + TB Sally		
	C/G	GO PASS DRILL	15"	HALF LINE		8"	Blue + WB Sally		
	WB				Belly, Baylor, B. Pass				
	TB			10"	HALF LINE				
	QB				Down, Cal, D. Pass				
	X/TE								
5"	Half Line					10"	ODD-EVEN		
	Army								
10"	LIVE PASS PRO		10"	LIVE PASS PRO		5"	Goal Line		
	Yellow R, L, Y, Double Cross			Purple Quik, Swing, Stick, Silver to TE, TB, LW, X Gold			Starting O five plays vs best D Best O five plays vs starting D		
10"	ODD-EVEN		10"	ODD-EVEN		5"	DTF		
							NASCAR		
						5"	Special Teams		
							Kickoff		
65"			75"			65"			

We are big believers in scripting our practice. This helps assistant coaches to watch the right players, makes sure that we run everything we want, and gives us reference points to go back to look at. I make notes on my scripts and go over them on Thursday nights. This is what the back of every practice schedule looks like.

DRILL DIAGRAMS			

NEW PLAY DRAWINGS			

PASSING SCRIPT			
1		11	
2		12	
3		13	
4		14	
5		15	
6		16	
7		17	
8		18	
9		19	
10		20	

ODD-EVEN SCRIPT			
1		14	
2		15	
3		16	
4		17	
5		18	
6		19	
7		19	
8		19	
9		19	
10		20	
11		21	
12		22	
13		23	