

First Edition

Wing-t DRILL & PRACTICE Manual



COPYRIGHT

Wing-T Drills & Practice Manual
First Edition, January, 2019
ISBN (XXXXXXXXXXXX)
Copyright © 2019 by Rick Stewart

All rights reserved. No part of this book may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of Rick Stewart. For permission requests, write to Rick Stewart at the address listed on his website: www.allaccesscoaching.com.

Certain other noncommercial uses are permitted under Fair Use in United States Copyright Law, Title 17, Chapter 1, Section 110. Reproductions and displaying of sections of this book, including charts and diagrams may be reproduced by individual coaches for their teams and coaching staff if it is in a classroom setting for educational use. No parts of this book can be displayed online for public viewing or sent electronically, for example via email. If there is an admission fee being charged (i.e. clinics) then the law states that as NOT being an educational classroom setting.

Ordering Information:

Special discounts are available on quantity purchases by corporations, associations, and others, especially educational uses for faculty, staffs, and schools. Special editions or book excerpts can also be created to meet specific needs.

Printed in the United States of America

All Access Coaching
2232 S. Maselli St
Visalia, CA 93277

Websites

www.allaccesscoaching.com

Videos

- Pistol Wing T Offense: Complete Installation
- Pistol Wing T: 20 Core Run Plays
- Pistol Wing T: Four Phase Passing Game
- Pistol Wing T: Combo Packages & Trick Plays
- Pistol Wing T: Complete Backfield Drills
- Pistol Wing T: Complete Passing Game Drills
- Coaching the Wing T Quarterback
- Pistol Wing T: Complete Offensive Line Drills
- Pistol Wing T Offense: Year-Round Installation & Practice Plans
- Pistol Wing T: Attacking 3-3 and 5-3 Defenses
- Pistol Wing T: Attacking the 4-3 defense
- Pistol Wing T: Attacking the 3-4 and 5-2 Defenses
- Pistol Wing T: Attacking the 4-4 and 4-2-5 Defenses
- Pistol Wing T: No Huddle and Post Snap Reads

Printed in USA by:

TABLE OF CONTENTS

Dedication	iv
Acknowledgments.....	v
Preface	vi

SECTION ONE: PHILOSOPHY

1. Overview of the Wing-T	3
2. Good Coaching.....	15
3. Practice Philosophy.....	27

SECTION TWO: DRILLS

4. Quarterback	39
5. Receivers & Tight Ends.....	61
6. Running Backs	79
7. Offensive Line	97

SECTION THREE: BACKFIELD FOOTWORK

8. Buck Sweep	113
9. BELLY & DOWN FAMILY	121
10. Option, Jet, Rocket.....	131

SECTION FOUR: ORGANIZATION FOR SUCCESS

11. Overall Practice Structure	141
12. Group Drills	155
13. Team & Practice Plans	165

SECTION FIVE: APPENDIX

14. Evaluating Players	179
15. Organizing Coaching Staff	187

Dedication

First and foremost, I would like to thank my family, especially my wife of 33 years for supporting my passion to coach football and change young men's lives. My wife, Cruzita, has been my biggest fan and sacrificed a lot of her goals and desires for both myself and our children. There are no words that can describe my appreciation and love for this woman.

The other person whom I would like to dedicate this book to is my youth and high school coach, Jeff Munter, from Lindsay, CA. Coach Munter is the reason I became a teacher and coach and he embodies all the characteristics that every coach should have: character, compassion, integrity, and dedication.

Acknowledgments

On a professional note I learned almost everything in this book from coaches smarter than myself and it is an honor to pass it along to you. There are few original ideas in this great game of football and most of the concepts in this book were learned from my mentors, videos, and clinics.

My first exposure to the Wing T was as a player watching Woodlake High School, led by 400-win coach Leo Robinson and then as a coach under Mike Snow in Bakersfield, CA. A few years later, as a first year, struggling head coach I reached out to Randy Blankenship and Mike Crews, both of whom spent many hours tutoring me and answering my calls. The rest of my knowledge was gained from videos and clinics, primarily conducted by Dennis Creehan, Tubby Raymond, and Bruce Cobleigh.

It was at Porterville that I surrounded myself with coaches who were dedicated to not only learning the offense, but reaching a point to ask questions. Dennis Moody, Ruben Rodriguez, Marshall Chairez, and Larry Duran played huge roles in developing much of the information in this book. It was this dedicated staff and the players from the 2011 Porterville Panther football team that helped evolve this dynamic offense. This group gave up several Saturdays in the spring filming so that we could dissect all the steps and changes necessary.

With the success of the PISTOL WING T video series, God has blessed me with the opportunity to travel all over the country installing the offense and speaking at Glazier Clinics. There are so many great changes that we have made to the offense as many, many coaches across the country have collaborated on its improvements.

- Tony Flaig of Badin HS in Ohio
- Jason Stock of East Union HS in CA
- Anthony Mazzolla in Franklin MA
- Matt McFadden of Cody WY
- Hancel Phipps of Wake Forest HS, NC
- Dennis Moody of Vancouver, WA
- Will Sally of Madera CA
- Matt Stafford of Black River HS in Ohio
- Marcello Portillo of Wickliffe HS in Ohio
- Eddie Ashworth of Okanogan HS in Washington
- Phil Marino of Columbus, GA
- Farhan Luigi of Vancouver, Canada

If there is any way that I can help you both personally and professionally, my cell phone is 559-723-1211 and my email is rick@allaccesscoaching.com

Preface

Coach Stewart has taken three losing programs to the playoffs within his first two seasons at the helm. Since none of these schools **had any scholarship players on their roster**, Stewart's system gave his players a chance to be successful versus superior talent.

- McFarland, a small, agricultural school of 600 students with no weight room, had lost 21 games in a row. Stewart served as offensive coordinator and went 8-2 with a playoff berth.
- Stewart returned to McFarland as head coach and took a 1-19 program to playoffs in Year 2;
- Broke an 0-27 losing streak at 900-student Corcoran, winning an undefeated league title in Year 2;
- Porterville, a large, rural school of 2,000 students, won 40 games in 5 years, including back-to-back section runner-up's after only winning 8 games in the 5 years prior to his arrival.

With 27 years total high school experience, 12 as a head coach, Stewart started out as running an under center, traditional Wing-T offense before evolving to the Pistol formation which opened up the passing game. The powerful running game has Buck, Belly, Down, and Jet along with Midline and Veer. Built into every run play are QB reads of unblocked defenders which accentuates the "defense is never right" philosophy of the Wing-T.

The versatile passing game has 1 and 3-step drop back passing which involves smash, stick, mesh, and Hi-Low concepts. The sprint out attack has a cover 3 beater that looks like 24 different plays to the defense! There are also a 2-safety and man beater concepts. The passing attack wraps up with perimeter and middle screens, as well as Stewart's signature wraparound sally draw play.

A Message From Coach Stewart

You can have the most complete, well thought out offensive system that football has ever seen and none of it will matter if YOU CAN'T TEACH IT TO YOUR PLAYERS!!!

***"The scariest offense is the one that practices 1 play
a thousand times instead of practicing 1,000 plays***

The purpose of this book is to show you how to maximize your practice time. Practice fast, efficient, and physical. Not only put them in, but rep them enough times to be really good at running them. This requires a very organized coaching staff who can "coach on the fly" and run practices at high tempos. It also requires "MASS TEACHING" where players are constantly getting reps and not standing in lines.

As you take in all of these techniques and drills...please remember the most important job that you have as coach: To teach your players to be better sons, husbands, and fathers. As hundreds of coaches will testify on my behalf, I enjoy giving back to this great game and am always available to answer questions at

rick@allaccesscoaching.com.
GOOD LUCK!!!

SECTION ONE

PHILOSOPHY



- Chapter 1 : Overview of the Wing T**
- Chapter 2 : Good Coaching**
- Chapter 3 : Practice Philosophy**