

Wake Forest hopes to win 4AA title game with Wing-T

Despite winning 101 games in eight years – Saturday’s game is the fourth time the Cougars have reached the N.C. High School Athletic Association 4AA final game – Wake Forest is no stranger to criticism of its old-fashioned “Wing-T” offensive system.

But this year’s playoff run has, for now, quelled one of the biggest complaints of the run-based offense: Wake Forest has rallied past opponents after falling behind early, no small feat when the Cougars run the ball more than three times the amount they have thrown this year. They scored in the fourth quarter to beat Laney 7-6 in the second round, rallied past a 14-0 deficit to win its third round game, and in the East final won 20-17 in overtime.

When Earl Smith retired after the 2008 season, Lucas wanted to keep the Wing-T even though many of Smith’s assistants left. He brought in new assistants who knew the offense well.

“I didn’t want to change the offense, because it was working,” Lucas said. “We stayed traditional under center for a few years but in 2012 switched to the PISTOL Wing-T which allowed us to throw the ball more.”

The earliest known use of the Wing-T was 1938, a mix of the single wing and T-Formation. It uses misdirection and power. The linemen do a lot of pulling and the running backs must either carry the ball, block or carry out a fake on every play.

“I hear the question about, ‘Well, coach, you run the Wing-T, it’s not as glamorous,’ but at the same time, we have two good running backs,” Lucas said. “And when that Wing-T is working we can put some points up on the board.”

Wake Forest is more balanced than in years past. In 2010, the runner-up Cougars got to the title game with quarterback John Conyers having only attempted 64 passes. Chris James has attempted 121 passes at the same stage.

By comparison, Saturday’s opponent, Page High from Greensboro, runs the spread offense and has just one running back with more than 97 carries and has thrown the ball 373 times.

“I’m sure they’re going to give us the same look as last year, try to penetrate up the middle and stop us on the edge,” Lucas said. “Page is a team where, if you get behind them, they want to keep it going. So we’re going to have to control the ball, score when we can and limit those big plays.”

The Wing-T has won a lot of state titles – Rocky Mount is going for its second straight 3A championship on Saturday – but the largest division, 4AA, has mostly gone to teams that throw the ball around since it was created in 2002.

WAKE FOREST won the 2016 title in North Carolina’s largest classification

CHAPTER THIRTEEN

Screens & Draws

The PISTOL WING T philosophy in regards to screens is to teach two basic concepts: A perimeter screen, which we call Silver, and a middle screen, which we call Gold. Our definition of a screen is linemen blocking for a 2-count and then releasing to where the screen is being thrown.

We have some quick perimeter passes that we throw to our Wings, which we call “Swings” or “Bubbles”, which we do not consider as screen passes because linemen are not being released. These fall into our PURPLE quick passing game and are not screens because of the blocking assignments.

SILVER

We want to run one screen concept out of lots of formations and thrown to 3 or 4 different players so that our opponent thinks that we have an elaborate screen passing game. For example, SILVER tells our Guard and Tackle to release to the perimeter after blocking for 2 seconds. This never changes. But we might throw an X-Silver, a TE-Silver, a Wing-Silver, or a TB-Silver. We can do this out of Tight, Over, Trips, Loose formations and with or without motion.

Although it is possible to run Silver to both the right and left sidelines, I never have in 14 years running this offense. Since we only run 2-3 screens a game, I never wanted to waste that much practice time perfecting the timing to run both directions, so I only run Silver to the left.

GOLD

This is a middle screen that releases both Tackles and both Guards after blocking for a 2 count. They make a wall 3-4 yards downfield. We can throw it to our TE, our TB, or one of our Wings.

WRAPAROUND SALLY

This is the play that you MUST PUT IN. If nobody in your league or conference is running this play, this will be your homerun hitting play. We usually average 20-30 yards each time we run it. A common mistake is coaches try to “save” it for that special situation, but not me. Against an aggressive team I will run it 5-10 times a game, even on the goal line.

WRAPAROUND SALLY

This is my signature play that has given us a lot of yards and touchdowns. Let's break this play down:

The Handoff

The QB holds the far tip of the ball in his right hand as he sprints to his left, selling the defense on a Blue Pass. The TB or Wing receiving the ball sets up in a 45-degree tilt, left arm up, looking downfield, 3 yards from the LOS somewhere between the LG and LT. The QB runs BEHIND the back, sliding the ball into his belly. The back clamps down on the ball with his left arm and runs to the backside 2, 4, or 6 hole.

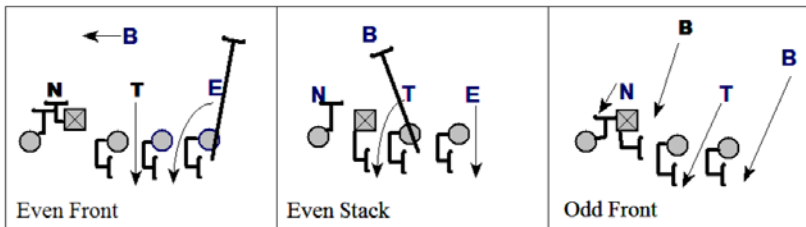


Backside Blocking

If faking sprint left, then the SALLY play is actually being ran to the right. So the RG, RT, and possibly the TE “step inside & hinge”, selling the defense on cup protection passing. The RG is responsible for the B-gap, RT has C-gap, and TE has the edge. If any defender crosses their face while coming upfield in their gap, they push the defender upfield towards the goal line. If a defender lines up in the B-gap but twists to the A-gap, the RG does not chase or try to block him. Same with tackle and tight end. Only block defenders that come thru your assigned gap. If nobody crosses their face, then release upfield and find a Linebacker.

The weakness of this play is in the A-gaps. The center takes care of both. He solid blocks threats in the A-gap in the

direction that the QB is sprinting. He cannot let the NG upfield. Versus a 1-tech NG on the side that the RB is attempting to run to, he does the exact same technique as described for the RG, RT, and TE.



However, if he has a NG he needs to wait to see what the NG does. Ideally he wants the NG to slant with QB and Wing Liz/Rip motion. He solid blocks this action. If the NG slants away from motion, then let him go upfield and then push him in the back towards the goal line.

Playside Blocking

The blockers that are in front of the handoff need to solid protect since the ball is not being held very securely. In this example, the LG and LT would solid ON block, protecting inside gaps first.

Receivers

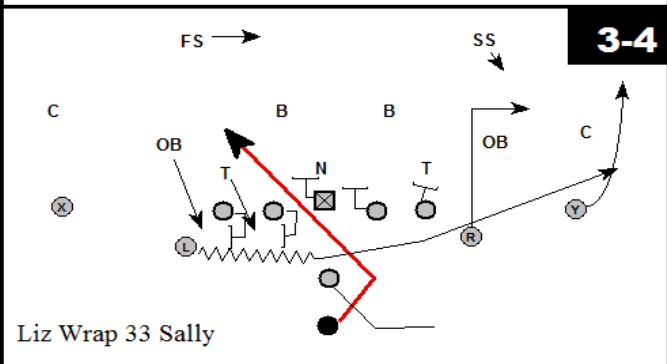
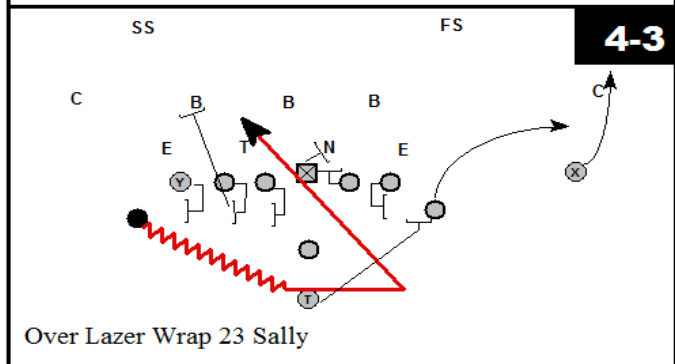
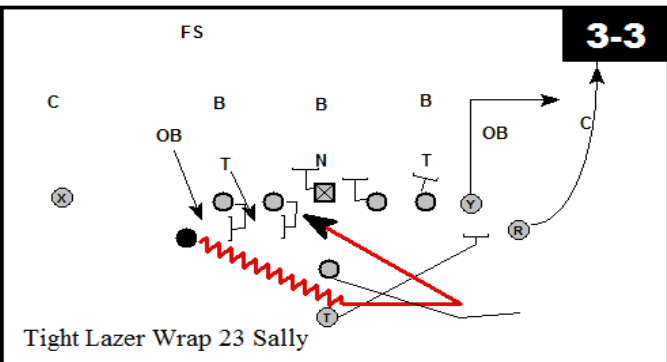
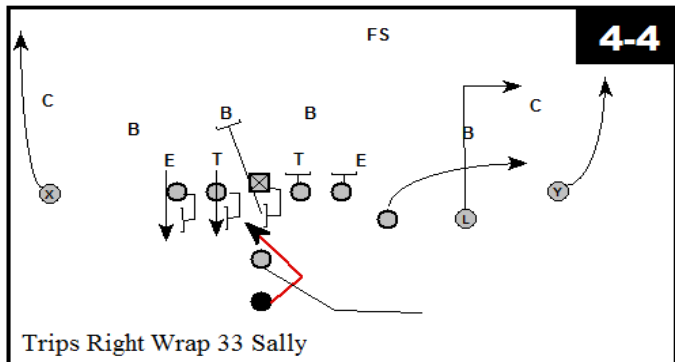
All receivers run blue or red 75 Flat on all screens and sally plays.

Code Word:
GIRL 40

WRAPAROUND

Snap Count:
SET

SIGNAL: Wrap arms around mid section



RT	Step & Cup. Push any C-gap rusher towards sideline
RG	Step inside, protecting A-gap at all costs. If no A-gap threat, pivot and push any B-gap rushers towards sideline
C	Push NG or right A-gap defender away from 3 hole. If NG or 1-tech attack centers left A-gap, push him upfield. Do not give ground.
LG	Step & Cup. Only block B-gap rushers, but do not block until cross the face. If nobody crosses his face, release to nearest Linebacker
LT	Step & Cup. Only block C-gap rushers, but do not block until cross the face. If nobody crosses his face, release to nearest Linebacker
Y	PLAYSIDE: Step & Cup. Block D-gap rushers after crossing his face. If nobody crosses his face, release to nearest Linebacker
X	Fade route
R	Route towards sideline
T	2 steps & lift rt arm on 3-Wrap. Lift Lt arm on 4-wrap
L	BALL CARRIER: Lazer motion, lift right arm & wait for ball inserted into belly. If TB is ball carrier: run route towards sideline
QB	see notes

WRAPAROUND HANDOFF

3 Wraparound: Put cone of ball in left hand. Sprint right, going behind TB. TB has taken 2 steps, stop, lifting Rt arm. QB puts ball in belly under TB right arm. with his left hand. Continue sprinting out.

4 Wraparound: Put cone of ball in right hand. Sprint left, going behind TB. TB has taken 2 steps, stop, lifting Lt arm. QB puts ball in belly under TB left arm. with his right hand. Continue sprinting out.

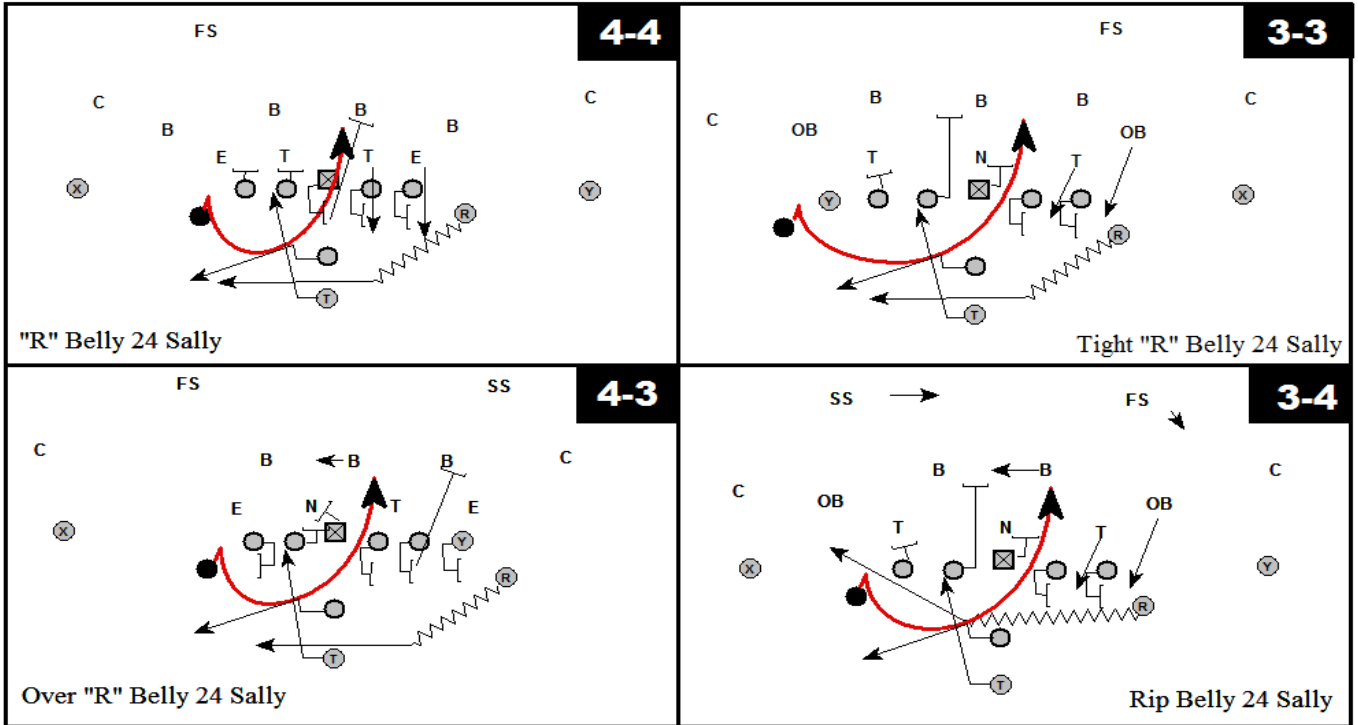
Sally Blocking

vs Odd Front

Code Word:
GIRL 40

DRAW

Snap Count:
SET



RT	Step & Cup. Only block C-gap rushers, but do not block until cross the face. If nobody crosses his face, release to nearest Linebacker
RG	Step & Cup. Only block B-gap rushers, but do not block until cross the face. If nobody crosses his face, release to nearest Linebacker
C	Push NG or right A-gap defender away from 4 hole. If NG or 1-tech attack centers left A-gap, push him upfield. Do not give ground.
LG	Step inside, protecting A-gap at all costs. If no A-gap threat, pivot and push any B-gap rushers towards sideline
LT	Step & Cup. Push any C-gap rusher towards sideline
X	Fade route
Y	PLAYSIDE: Step & Cup. Block D-gap rushers after crossing his face. If nobody crosses his face, release to nearest Linebacker
L	2 steps fwd, hop, 3 step L motion, inside handoff, find hole.
T	Fake 33 Belly
R	Motion. Fake Option
QB	Ride 33 Belly then run option inside handoff with right hand as LW passes by

SALLY

Wraparound-Sally and Belly-Sally are blocked same way.

Belly-Sally is very slow developing play. Belly fake to TB as long as possible.

Inside handoff to LW who traces same path as his "L" motion after the 2-step fwd hop.

Sally Blocking

vs Odd Front

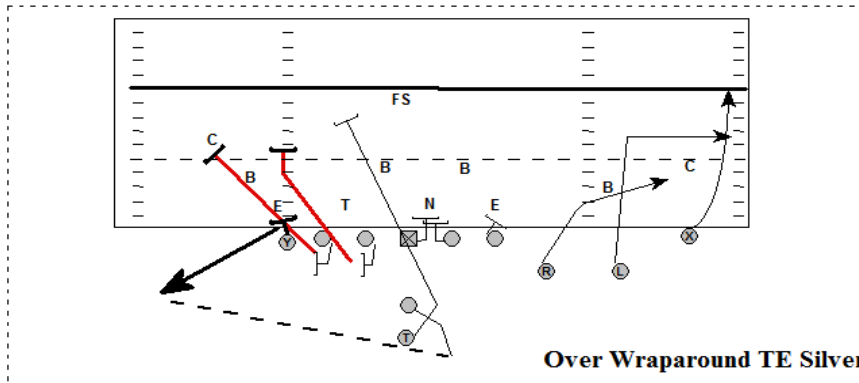
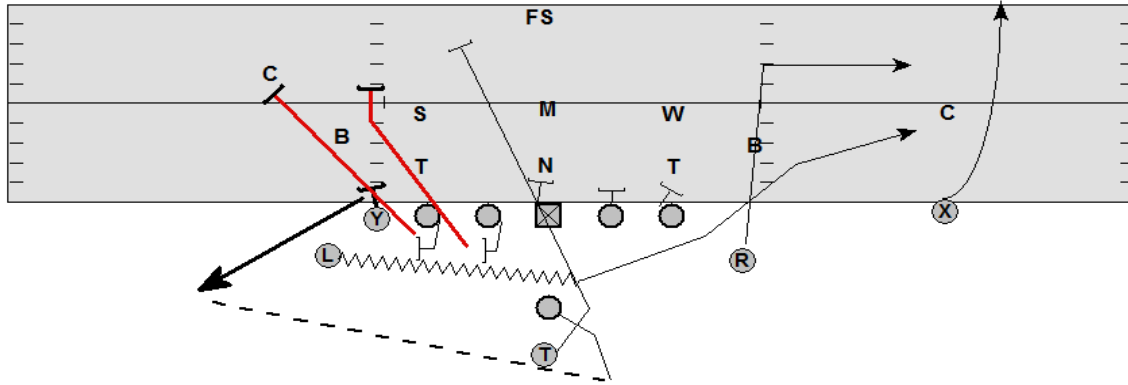
Code Word:
SILVER 29

TE SCREEN

Snap Count:
SET

SIGNAL: Cross arms across chest like setting a basketball screen
Then form sideways "T" which is signal for TE.

Over Liz Wraparound TE Silver



RT	Step & Cup
RG	Step & Cup
C	Playside A - On - Away
LG	Step & Cup. Release after making contact with DL. Get 2nd ILB to the left of Center
LT	Step & Cup. Release after making contact with DE. Kick out CB. If LH kicks out CB, get 2nd man from LOS
X	Run Fade
R	10 yard out
L	PLAYSIDE: Kick out CB. MOTION: run arrow.
T	Fake Wraparound. Block 1st ILB to the left of the center
QB	3-step rollout setting up behind RG. Fake Wraparound, throw to TE

vs Cover 3

Silver Protection

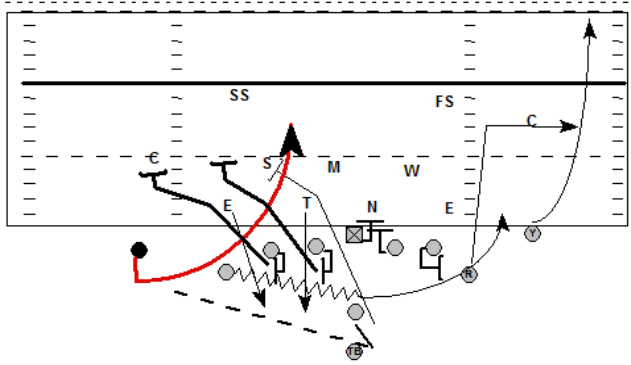
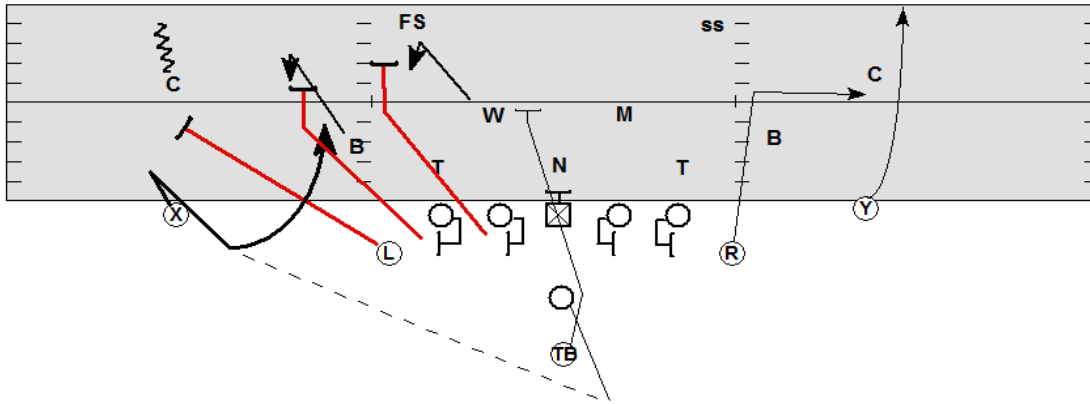
Code Word:
SILVER 29

X SCREEN

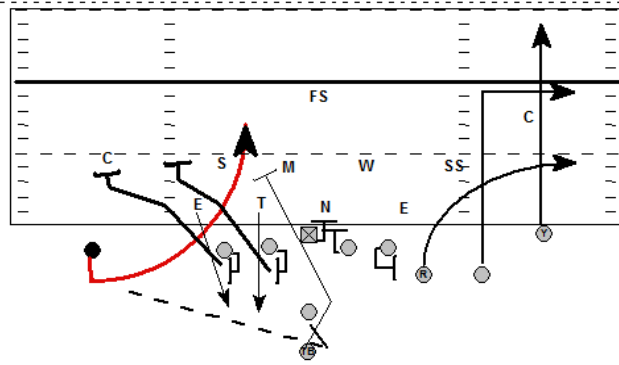
Snap Count:
SET

SIGNAL: Cross arms across chest like setting a basketball screen
Then form an "X" with hands

X Silver



Liz X Silver



Trips Right X Silver

RT	Step & Cup
RG	Step & Cup
C	Playside A - On - Away
LG	Step & Cup. Release after making contact with DL. Get 2nd ILB to the left of Center
LT	Step & Cup. Release after making contact with DE. Kick out CB. If LH kicks out CB, get 2nd man from LOS
X	3 up, 2 back, then run at LOS. Get behind LT, LG kick out blocks
Y	Run Fade
L	PLAYSIDE: Kick out CB. MOTION: run arrow.
TB	Block 1st ILB to the left of the center
R	10 yard out
QB	Slight 3-step rollout setting up behind RG. Lead X so he can cut behind RG

NOTES

TB first 3 steps to the right to look like wraparound

Always run 95 Arrow on any Silver or Wraparound

vs Cover 2

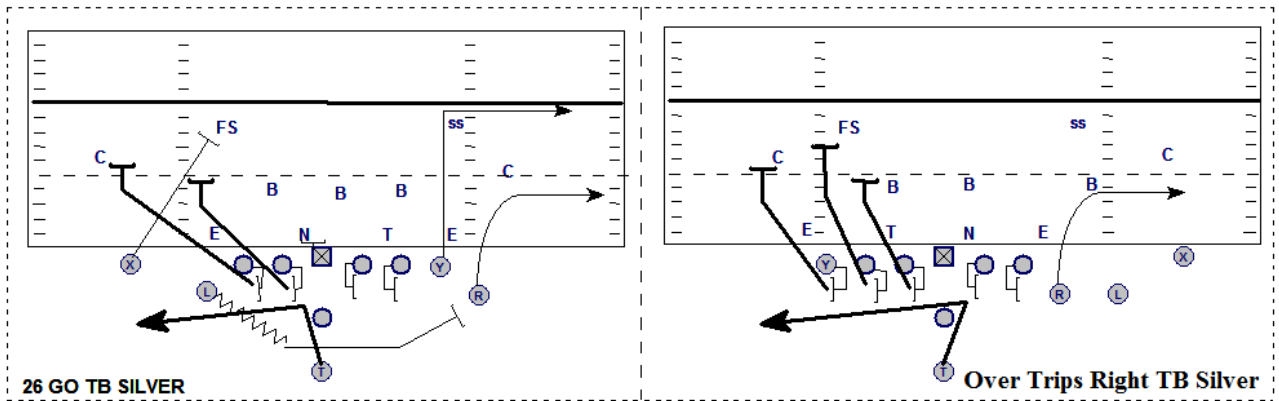
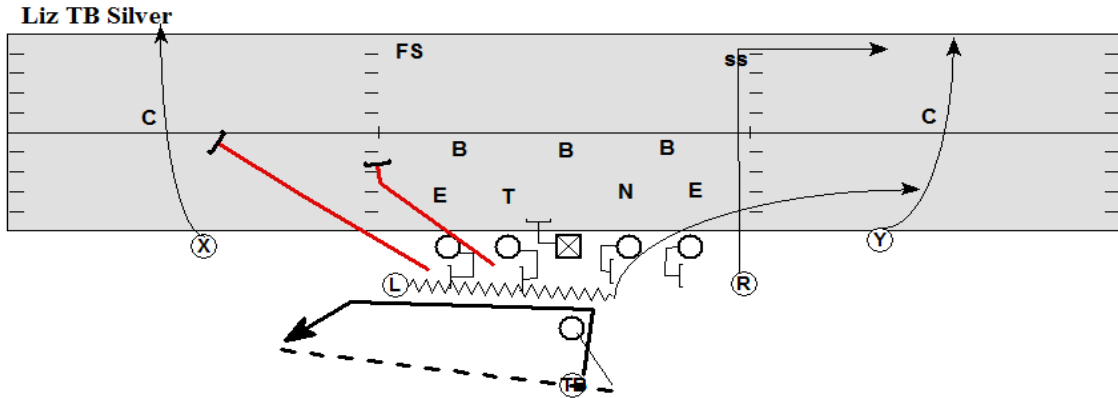
Silver Protection

Code Word:
SILVER 29

TB SCREEN

Snap Count:
SET

SIGNAL: Cross arms across chest like setting a basketball screen
Then put hands behind back which is signal for TB.



RT	Step & Cup
RG	Step & Cup
C	Playside A - On - Away
LG	Step & Cup. Release after making contact with DL. Get 2nd ILB to the left of Center
LT	Step & Cup. Release after making contact with DE. Kick out CB. If TE kicks out CB, get 2nd man from LOS
Y	PLAYSIDE: Kick out the CB. BACKSIDE: Run Fade
X	PLAYSIDE: Crack Safety. BACKSIDE: Run Fade
L	MOTION: run arrow.
T	Go to right of QB and sprint to sideline, staying 2-3 yds behind LOS
R	10 yard out or arrow
QB	Slight 3-step rollout setting up behind RG. Throw to TB.

vs Cover 4

Silver Protection

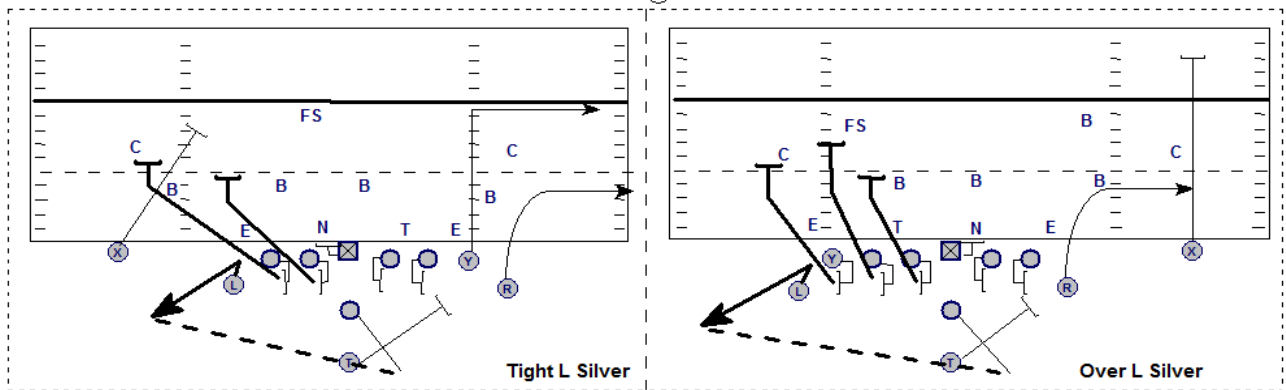
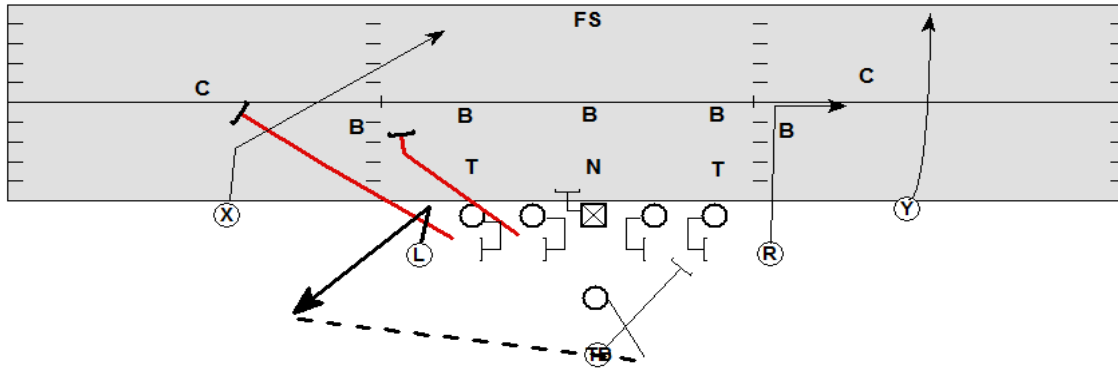
Code Word:
SILVER 29

WB SCREEN

Snap Count:
SET

SIGNAL: Cross arms across chest like setting a basketball screen
Then make Loser sign with Left Hand.

L Silver



RT	Step & Cup
RG	Step & Cup
C	Playside A - On - Away
LG	Step & Cup. Release after making contact with DL. Get 2nd ILB to the left of Center
LT	Step & Cup. Release after making contact with DE. Kick out CB. If TE kicks out CB, get 2nd man from LOS
Y	PLAYSIDE: Kick out the CB. BACKSIDE: Run Fade
X	PLAYSIDE: Crack Safety. BACKSIDE: Run Fade
L	2 forward, hop, then run towards sideline getting behind LOS
T	Block right just like on Red protection
R	10 yard out or arrow
QB	Slight 3-step rollout setting up behind RG. Throw to TB.

vs Cover 3

Silver Protection

2B football: Clay Ashworth, Okanogan hangs on to beat Napavine for title

Originally published December 5, 2015 at 8:22 pm

By [Matt Massey](#) Seattle Times

TACOMA – Clay Ashworth stood and watched with a fracture in his left foot as his teammates on the Okanogan High School football team brought home the 2B state championship in 2014.

It was a bittersweet view.

A healthier Ashworth at quarterback proved his worth a year later and was a difference maker. The senior went out in style.

Ashworth more than carried his share with 133 yards on 20 carries and fired for 173 yards passing and three touchdowns as fourth-ranked Okanogan turned back sixth-ranked Napavine 36-34 on Saturday in Class 2B state championship at the Tacoma Dome.

Okanogan (13-1) beat Napavine 17-14 in last season's 2B state title game. Both games were back-and-forth thrillers with this season's coming down to a 1-yard touchdown plunge by Greyson Fields with 2:54 left in the game that erased a 34-30 deficit.

"It was really tough last year," said Ashworth, who gained most of his rushing yards on option runs. "I mean I had a lot of emotions going and I couldn't be with my team. They got it done. This year, it kind of built that fire in me. I wanted to be here [in the Tacoma Dome] ever since I was a little kid.

"We made it happen together. We deserved it."

Senior defensive back Payton Staggs make a leaping interception at his team's 46-yard line and the Bulldogs ran out the final 1:44 after a couple of timeouts by Napavine (11-3). That meant Okanogan, which now has three state titles in football, rallied from a 13-point hole late in the third quarter.

The Bulldogs got momentum back on their side with a safety with 2:29 to go in the third quarter off a bad punt snap that went out the back of the end zone for the Tigers.

Okanogan has never been known as a football power but that all changed when head coach Clay Judd took over. He installed the time-tested wing-t offense which is popular in the Seattle area due to Bellevue High School's national success.

"When we saw Clay coming in as a freshman, we knew he was going to be special and we didn't want him just handing the ball off all the time. However since we play in cold weather, we also didn't want to switch to the spread offense." Judd explains, "So we found the Pistol Wing-T and it was perfect. We could still have the powerful running game that we had become known for, but also allow Clay to run and throw the ball."