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## **CHAPTER THREE**

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# **BACKFIELD FOOTWORK**



**Chapter 8 : Buck Sweep Family**

**Chapter 9 : Belly & Down Family**

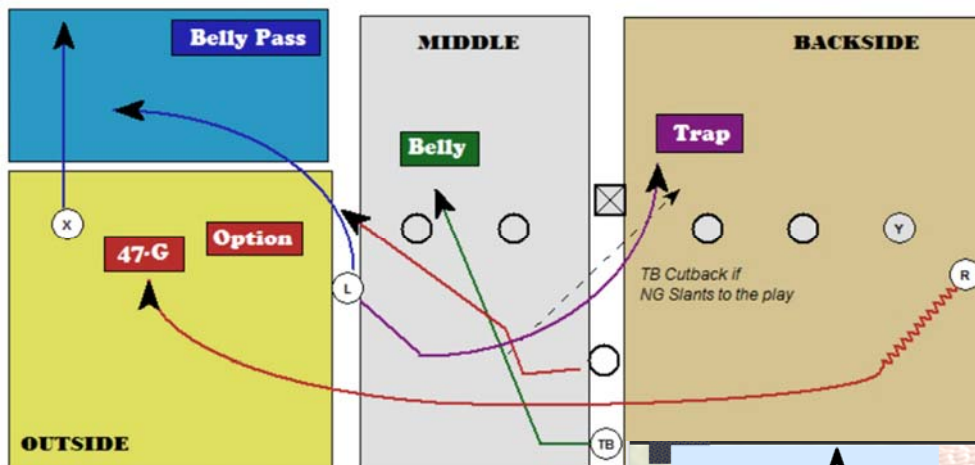
**Chapter 10 : Jet, Midline, Veer Family**

# BELLY & DOWN FAMILY



The BELLY series is the weakside iso play focusing on the tailback. Many wing-t coaches consider this the best series in the entire offense because there are so many things that you can do out of it. It is the Wing-T version of inside zone because the Tailback can hit the backside A-gap, playside B-gap, or bounce it.

The tailback will be a 1,000 yard rusher every year because of belly. The counter play pulls a tackle instead of a guard which is tough to read for the linebackers. The belly pass and belly sweep puts the outside linebacker in conflict and slows down his inside help on the TB belly play.

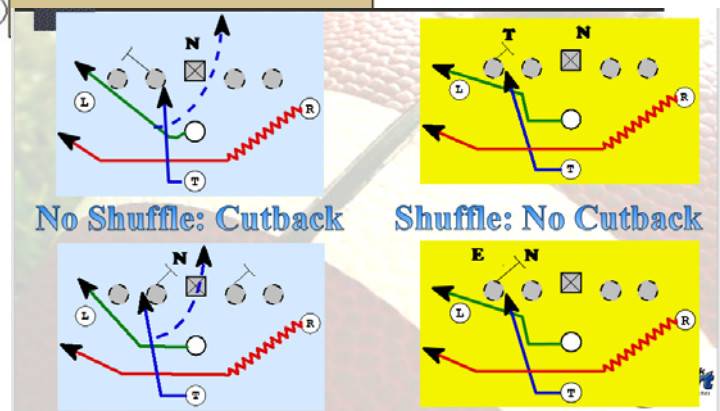


## QB Shuffle or no shuffle

"OPEN & RIDE" Open pivots on play-side foot (right foot on 34 Belly), bring the other foot square to LOS.

Do not shuffle into LOS if there is a NG so that the TB can have his cutback lane vs slanting NG.

Cannot ride into the LOS on Belly Pass, Tackle Trap, or Belly Sweep.



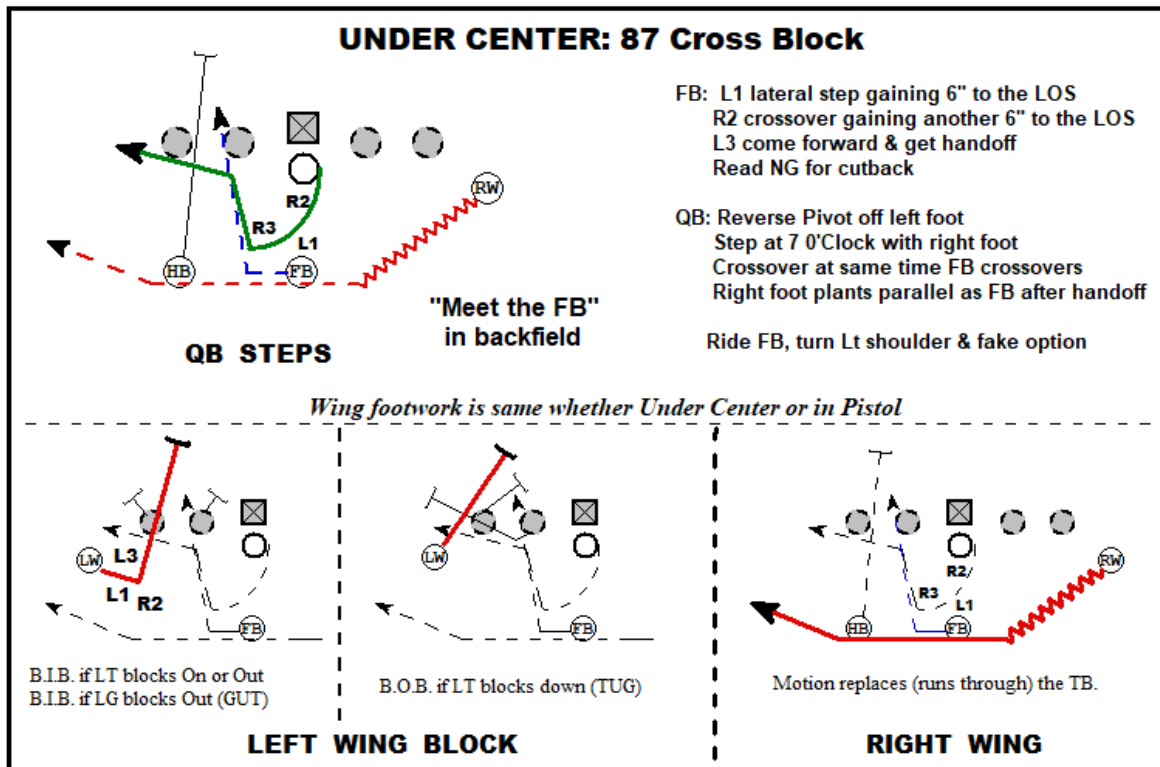
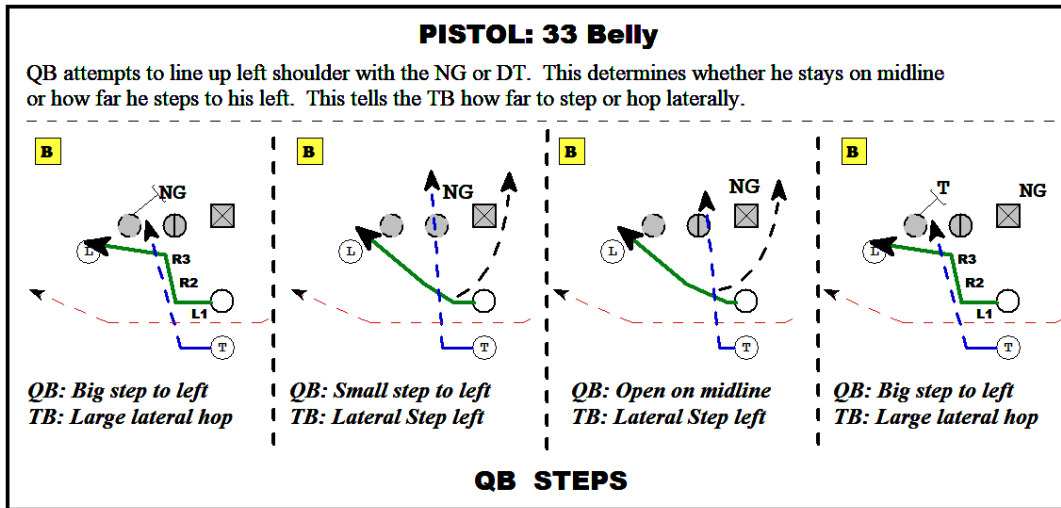
### 87 Cross Block or 33 Belly

All 3 Backs footwork is the same Under Center and in Pistol. Our TB prefer "hopping" laterally, but the Wing T Bible states to lateral step left, crossover, come forward. You WANT the TB/FB windback versus DL who slant or cross-face.

The motion man runs straight at the FB/TB, replacing him as he moves laterally. Ball is snapped when the wing is at the outside foot of the Right Guard. The Left Wing "hops" laterall towards the Center if B.I.B. blocking. Regardless where Left Wing lines up, he blocks the F.B.I. (First Backer Inside)...BIB'ing or BOB'ing.



There is a simultaneous read by QB & TB. TB reads for slanting NG for windback and QB reads the hang player. If handing off, the QB only removes his front hand and leaves his back hand pressed against TB belly. If QB is pulling for option, he jerks both hands out. The rubbing action of the QB's back hand against the TB belly tells him that the QB is keeping the ball.



### 34 Counter or 22 Trap

Call this play when the back side LB makes the tackle on 33 Belly. This is ONLY play in Belly Family that FB/TB does not lateral step/hop. The QB will not shuffle into the LOS.

If the ball carrier is the Left Wing, he will open, crossover, gather step and receive an inside handoff from the QB. If ball carrier is a Dive Back, he has to jab step with left foot. Make sure you put the ball carrier in motion (R 33-22 Trap) to stop defensive tendencies.

PISTOL. The QB must hide ball on left hip and TB hides the handoff to the LW. The Left Wing splits the QB and TB and they need to be as close together as possible. The motion man is also in a straight line of sight. We say that we should be able to "SHOOT ALL 4 WITH ONE BULLET" as the LW is getting the handoff.

*QB read unblocked DE*

**QB STEPS**

**PISTOL: 33-22 Trap**

QB open, put ball in front of left hip.  
Do not fake to TB, hide ball.  
The TB hides the handoff to the LW.  
Quickly put in LW belly with right hand while sprinting past him.

LEFT WING first step and crossover are slightly back, gaining depth, allowing the TB to pass.

LW left shoulder should almost brush against TB back

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**WING STEPS**

*No lateral steps by TB*

**TB STEPS**

**QB STEPS**

**UNDER CENTER: 34 Counter**

QB reverse pivot out, hiding ball in belly.  
Right foot at 7 O'Clock  
Do not fake to TB, hide ball.  
Quickly put in LW belly with right hand while sprinting past him.

BALL CARRIER has to square shoulders to Goal Line and HUG THE WALL. He is really aiming to run behind the Center, not the A-gap

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**HALF BACK STEPS**

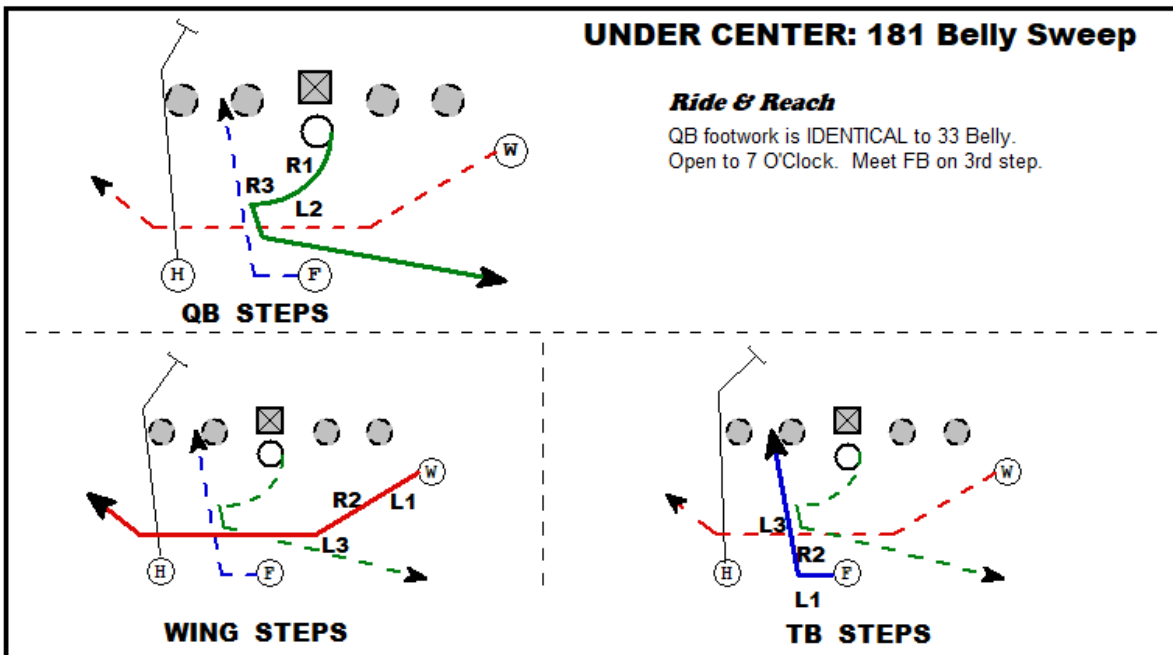
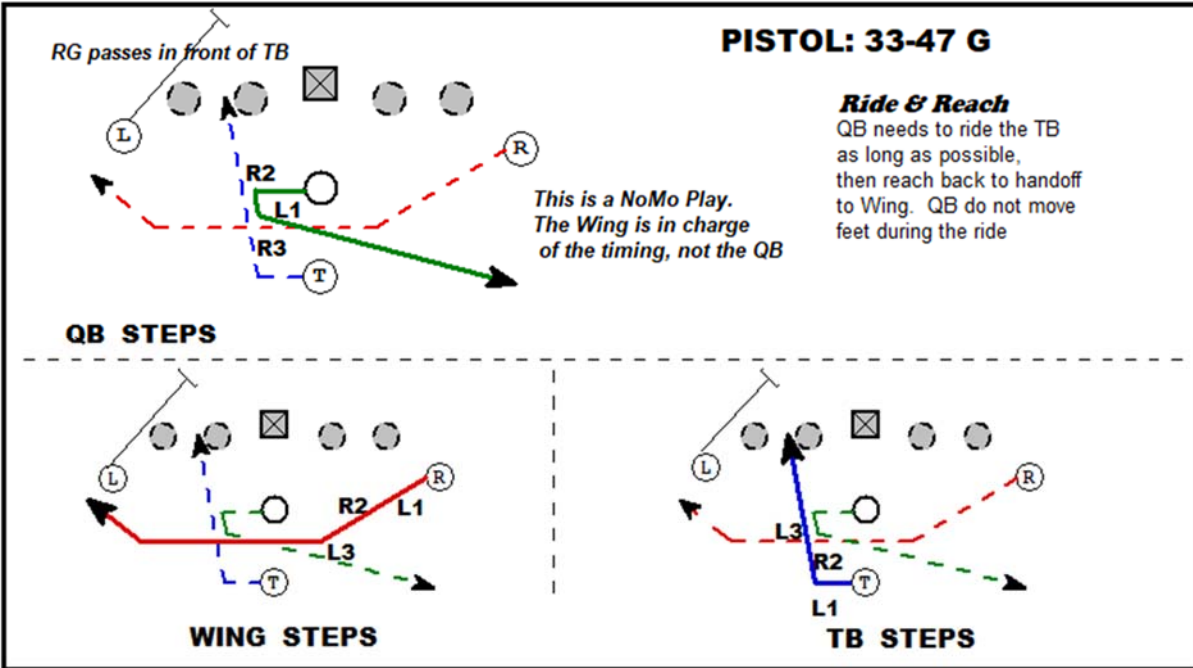
**LEFT WING IN MOTION**

## 81 Belly Sweep or 33-47 G

A GREAT play on the Goal Line. Belly Sweep is a play that puts the weakside OLB player in conflict. When 33 Belly is effective the force player to that side of the formation gets drawn into the middle of the defense losing contain on the edge. It is also a NO MOTION play which removes a defensive tendency.

Tailback and Quarterback footwork is identical to 33 Belly. The QB needs to ride the TB/FB as long as possible. The Left Wing B.O.B. to FBI no matter what because the LT and LG are reach-on blocking,

The ball carrier, Right Wing, needs to haul A to get there and time it up so he takes the ball just as the QB is reaching back for him. This timing is entirely up to the Right Wing, who adjusts his split from the RT .

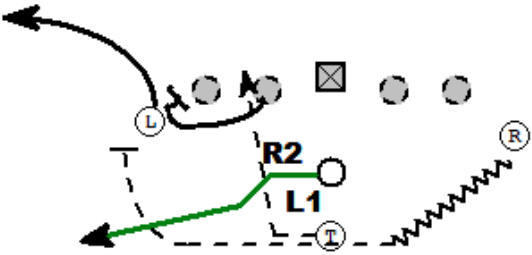


## 81 Belly Keep Pass or 33 Belly Pass

The playaction pass that comes off of 33 Belly is Belly Pass. For this play to be effective the backfield action must be the same, a great fake between the QB and TB is very important. The footwork is once again identical but the QB cannot shuffle into the LOS. The wing in motion must protect the frontside of the QB.

As with all play action pass plays, the QB first option is to run since play action should be called on 1<sup>st</sup> or 2<sup>nd</sup> down. "THROW THE FLATS" until you can't, the QB read progression if he doesn't run is Flats-Comeback-TE drag. The Comeback is 14 back to 12, but we tag Belly Pass with Post-Corner, Wheel, and Smash.

We believe it is important to cross block the LT and LG to make it look like Belly.



**QB SPRINT OUT**

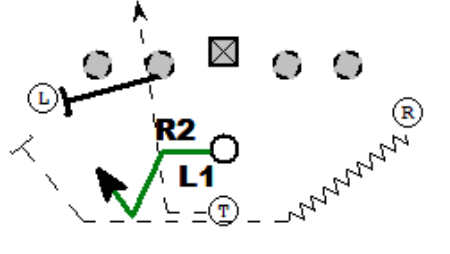
### PISTOL: 33 Belly Pass

*This is a Run-Pass Option.*  
Read Progression is Run-Flats-Comeback - TE Drag

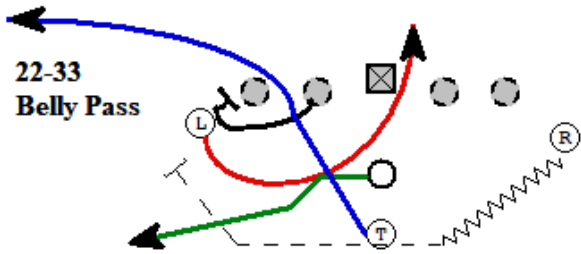
QB rides TB through,  
then takes off on dead sprint

If pulling LG has to  
kick out force player, then QB steps up  
behind the block & does not sprint out

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**QB STEP UP IN POCKET**

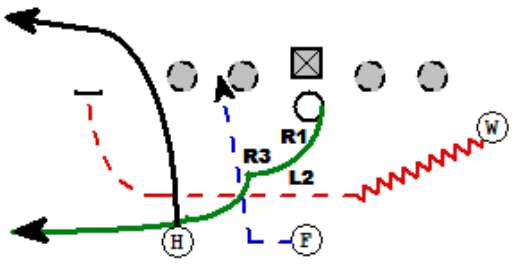


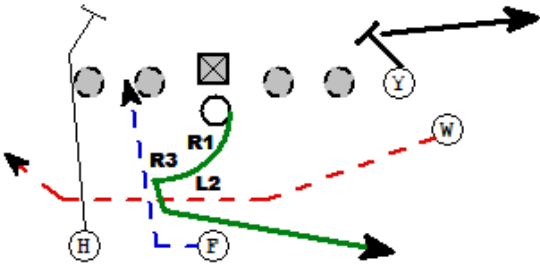
**22-33  
Belly Pass**

**TB IN FLATS**

### UNDER CENTER: 87 Belly Boot Pass

QB steps same as 87 Belly Cross Block



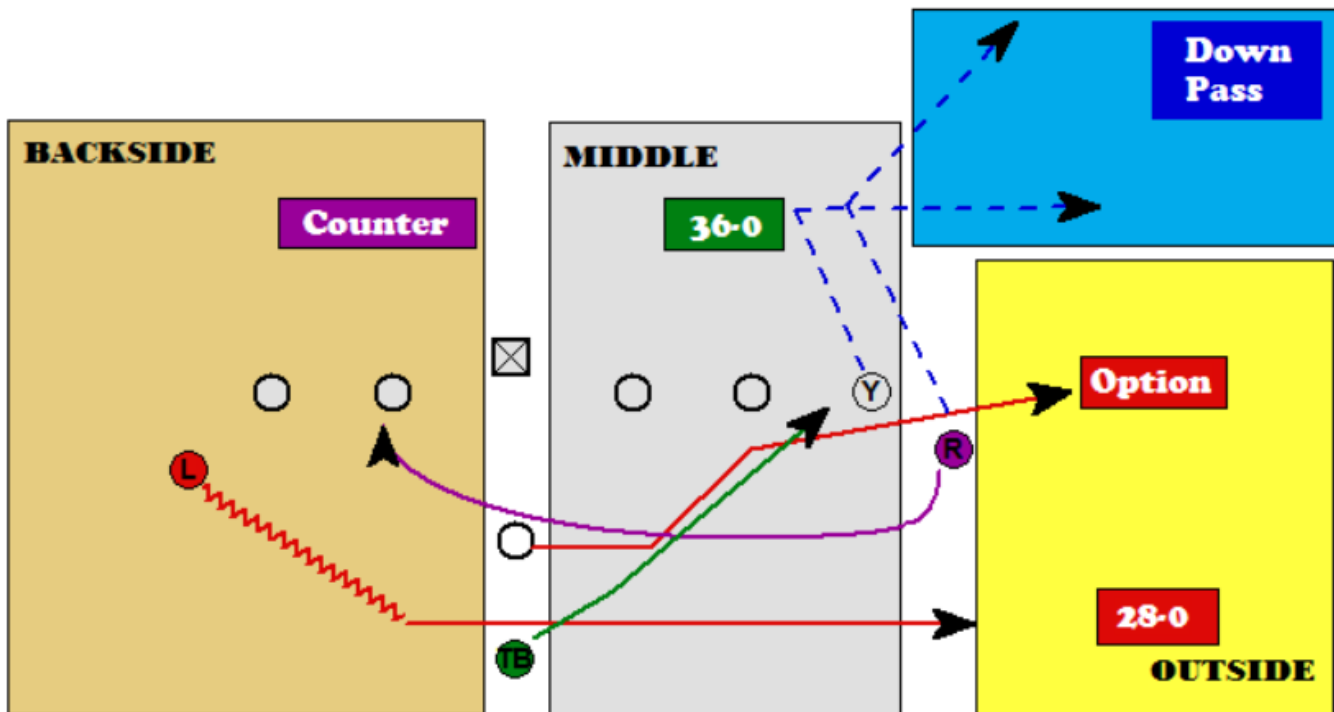


**UNDER CENTER: 81 Belly Boot Pass**

## DOWN FAMILY

The DOWN series is the off tackle play that complements Buck Sweep. Running both plays puts the End in conflict: if he squeezes down with TE down block, you run Buck, or 26 G.O. If he comes upfield you run Down. Many Wing-t coaches have Down placed inside the BELLY series because it is basically Belly to the tight end side. I do not believe in doing this because our playside blocking rules for BELLY are different than DOWN. So if we run Belly to the TE side, we still call it 33 or 34 Belly.

The counter play in this family is blocked EXACTLY as 26-43 counter in the GO family and Criss-Cross Counter. We also have a Down Sweep play that is similar to Belly Sweep, however we pull the playside guard on Down Sweep. If you have a Tight End who can catch, then the Down Pass will be a good play for you.



### QB Footwork

QUARTERBACK "OPEN - CROSSOVER - PLANT & RIDE"

Open pivots on playside foot (right foot on 36 "O"), crossover other foot, plant playside foot, and ride into the LOS. Two heel clicks into LOS

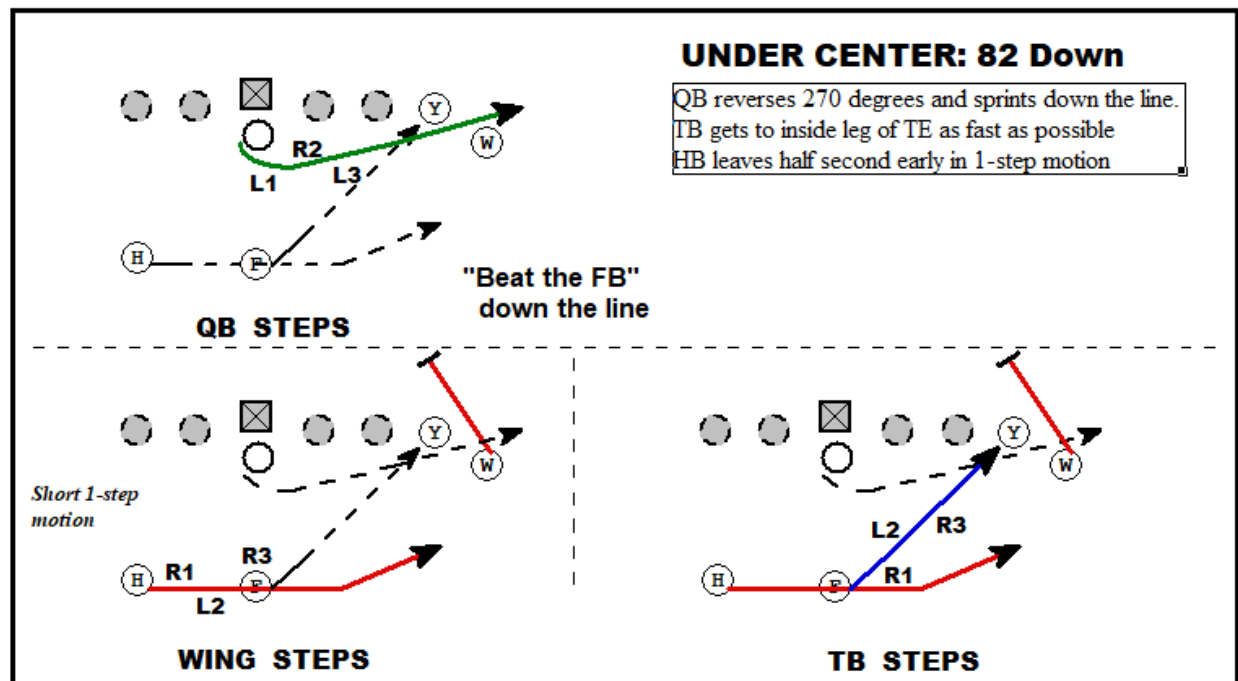
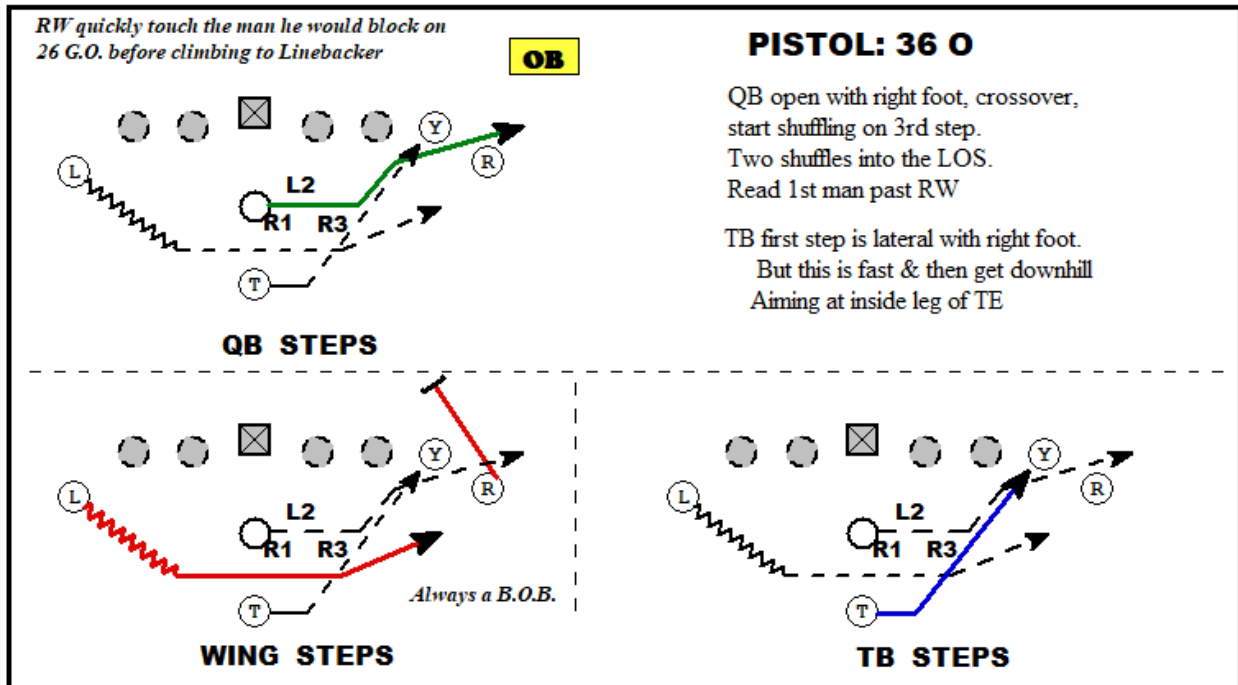
Do not reverse pivot. Cannot ride into the LOS on Pass or Counter.

## 82 Down or 36-0

Down is the strong side lead play. This play is effective against a penetrating DE when you want the TB to carry the ball. This is not a good play if the DE is squeezing down when unblocked.

DIFFERENCE: Pistol QB open pivots on his playside foot, sprinting towards sideline to meet the TB in the C-gap, riding him into the LOS reading the OLB. If the OLB squeezes down to tackle the RB, the QB will pull it and run option. Under Center QB reverses and sprints down the line. No shuffle.

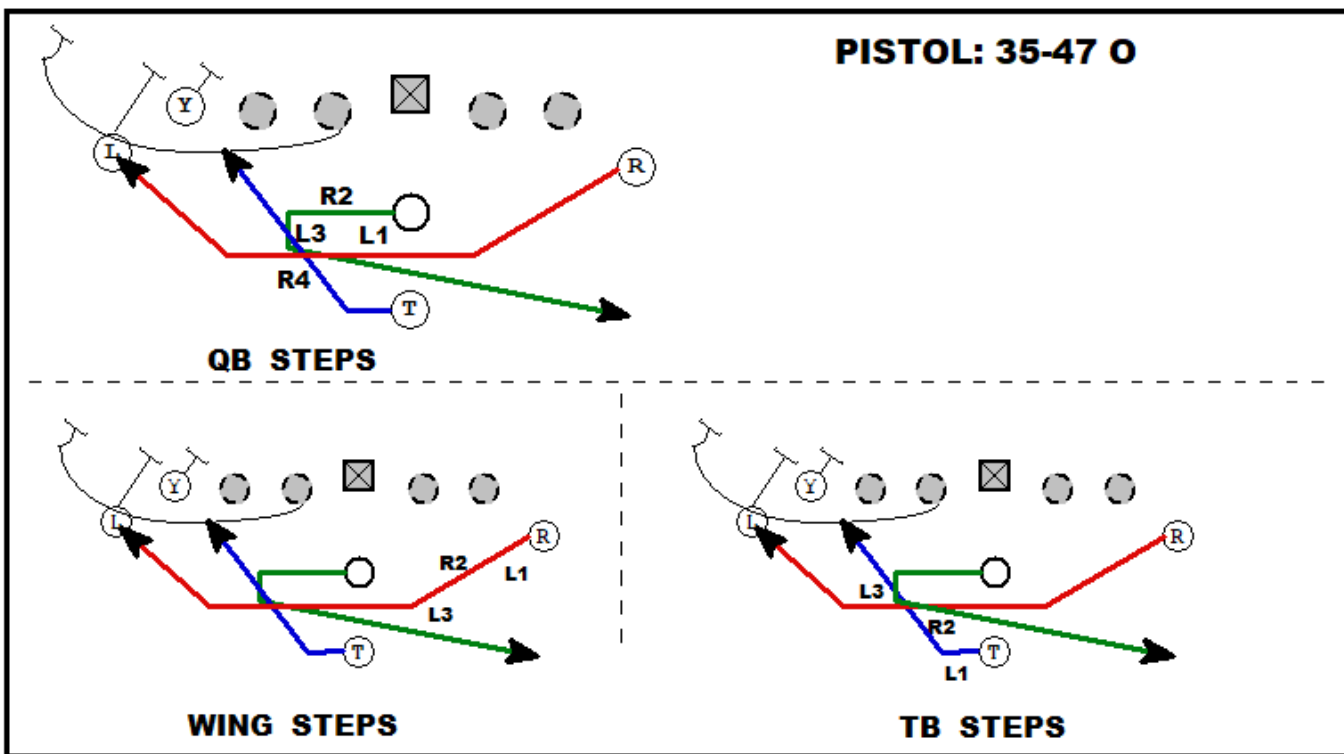
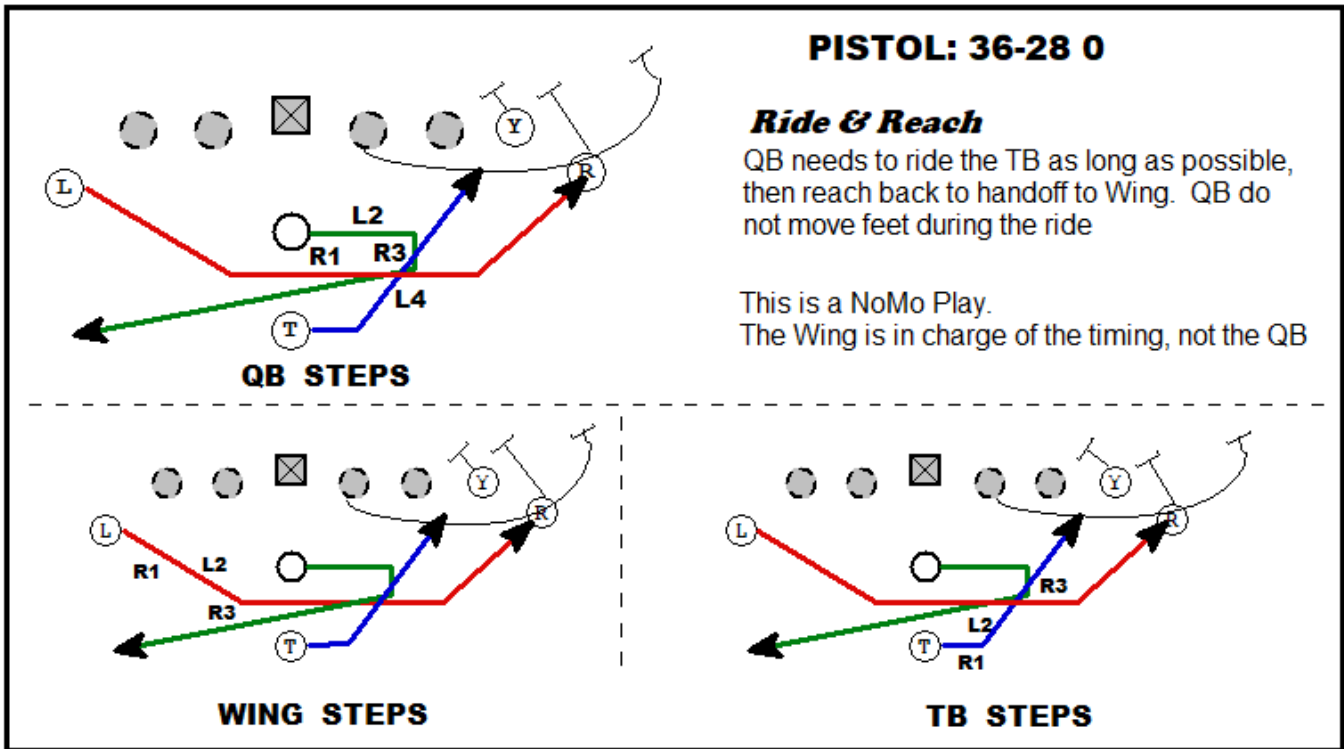
Unlike Belly, the lateral step by the TB in pistol is fast. But the QB has to meet the QB behind the tackle. The most common mistake is the QB / TB meeting in the B-gap.





36-28 O ("DOWN SWEEP")

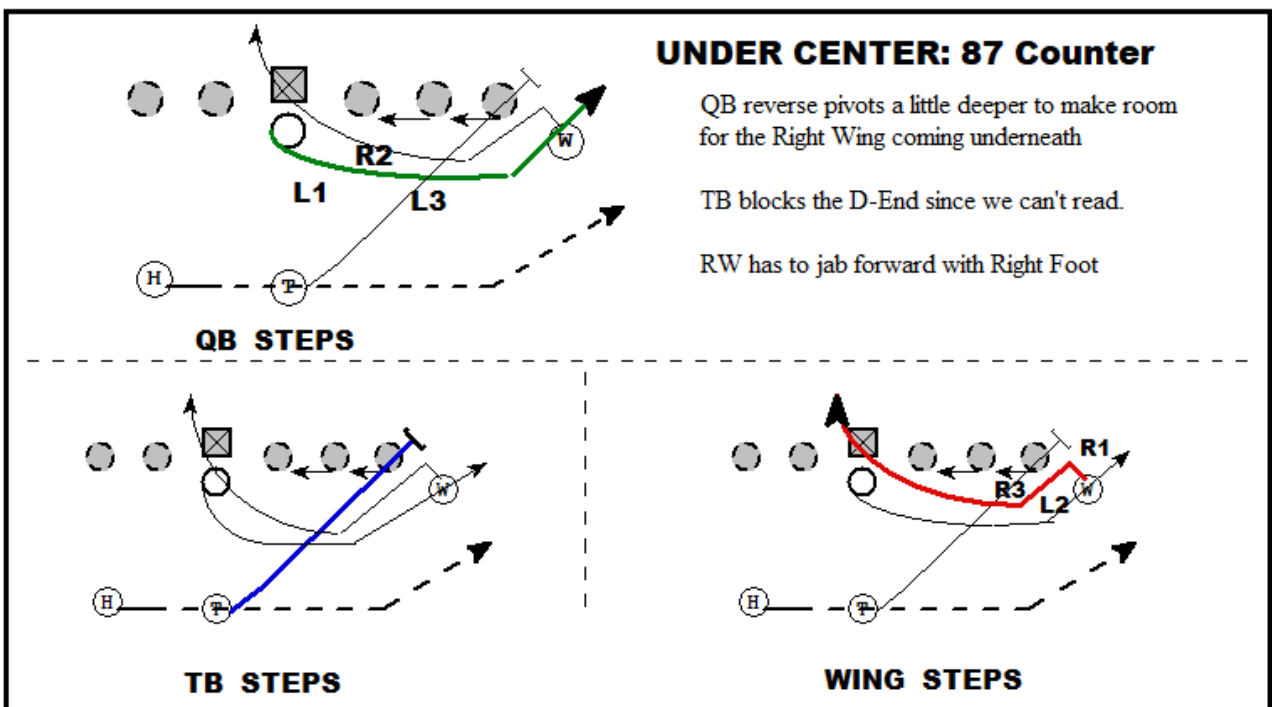
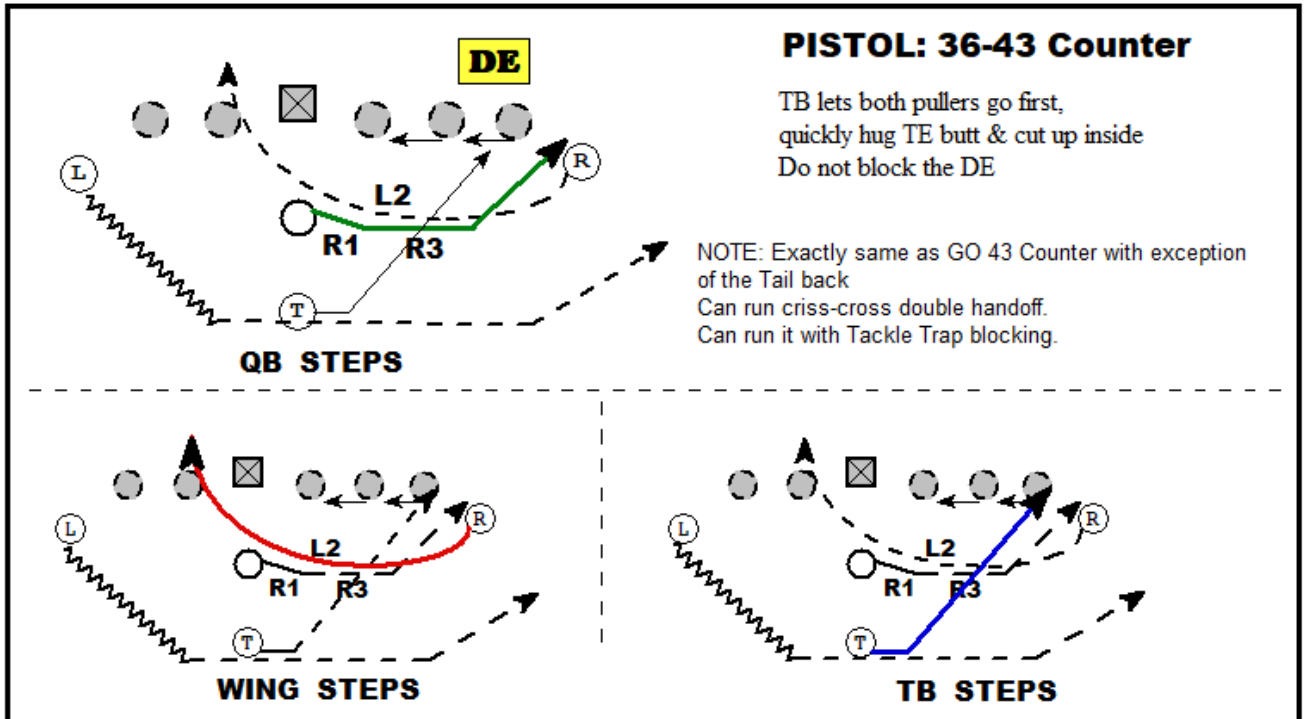
Similar to Belly Sweep, the QB & TB do the exact same steps as in Down. QB "ride & reach" to hand off to a No-Mo Left Wing. The only difference is pulling the front side guard to log block the hang player. The TE and Right Wing have to take care of D-End and Inside Linebacker.



## 87 Counter or 36-43 Counter

Counter will attack the backsie LB when they are aggressive due to the motion and the Down play. As they come over the top with the motion and backfield action this will create running lanes for the wing to run in. The TB has to make sure he is wide enough to not get in the way of the pulling TE, but the TB/FB passes in front of the Right Wing.

DIFFERENCE: Pistol Right Wing first step is left foot back, then crossover to meet the QB. Under Center RW has to first jab step with right foot, then open with left foot.



### 36 Down Pass

The playaction pass that comes off of 36 Down is Down Pass. As different players are asked to defend 36 Down this play allows the offense to attack where the defense has become weak. For this play to be effective the backfield action must be the same, a great fake between the QB and TB is very important.

The QB must sprint out to put the OLB in conflict, will he cover or come up on the QB? If he covers, the QB can take off and get us five. If he attacks the QB, we can hit the Tight End in the flats and he is off to the races. We also have a deep corner from the Right Wing on this play.

Just like in Belly, the motion man helps block edge pressure. The pulling right guard has the D-End, whether he is in a 7, 8, or 9-technique.

The key to this play is the Tight End and Right Wing traveling 4 yards on a path directly at the Inside Linebackers. We tell our TE to try to touch the ILB, then "punch & pivot". He would pivot on his right foot, opening his left shoulder so that he is facing the QB while pivoting. Then head to the flats, never getting deeper than 5 yards. The Right Wing cannot break off into his Corner route until he has hit the 4yd mark past LOS.

