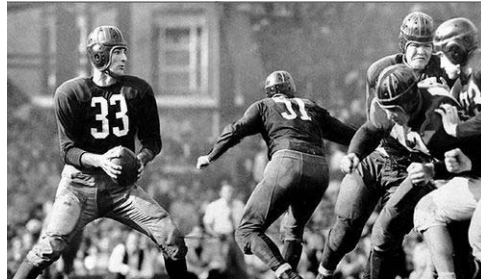

CHAPTER 12



Play Action

The Wing T offense has the best play action pass attack of all the high school offenses. Not only are they more effective if you have a powerful run game, but the threat of Play Action actually helps the run game be more effective. Play action passes can be used for deception as a change-up for a powerful running attack or a surprise attack after a sudden turnover. They are high percentage passes, making them an effective ball-control weapon. The play action pass is also excellent for teams with average sized linemen or less than average throwing quarterback.

The backfield and blocking action looking like the companion run play makes it very hard for the defense to make run/pass reads. Therefore the key to successful play action passing is for the linemen to “flat back” and fire out on the playside. The stance, cadence, formation, and first three steps must make the defense think “run”.

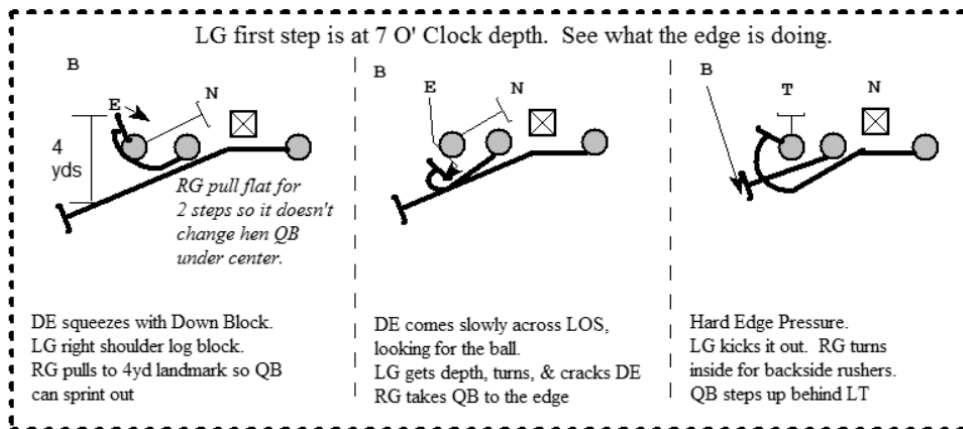
- GO PASS
 - We can pull both guards (G.O.), backside guard (G), or no guards (max).
 - QB & Guard pulls go in opposite direction of backfield action.
- POWER PASS
 - We pull the backside Guard. QB flows in same direction of backfield flow.
- BELLY PASS
 - Always pull playside Guard so Tackle has flat back down blocking action.
 - QB sprints out in same direction as Belly Fake, but we do have a “Belly Boot Pass” that is opposite flow.
- DOWN PASS
 - Always pull playside Guard so Tackle has flat back down blocking action.
- ARMY & BAYLOR PASS
 - Flat back, fire out ON blocks. Even perform the double team block as in the run play.



GO PASS

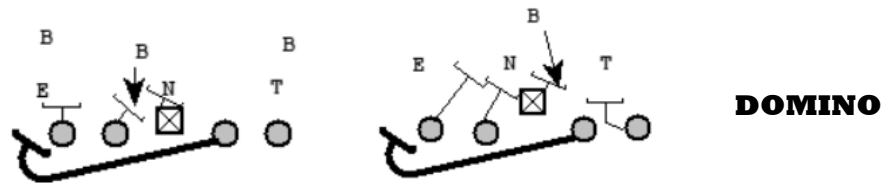
BOTH GUARDS PULL

As described in Chapter 6 in the section on “deep pulls”, both guards pull using the “back-back-flat” paths. The playside guard is aiming 4 yards just past the tackle, but can wrong shoulder log block as soon as an inside threat presents itself. Since we still have our center directly under center in certain situations, the backside guard pulls flat for first 2 steps, then retraces the playside guards “back-back-flat” path. The backside guard always kicks out.



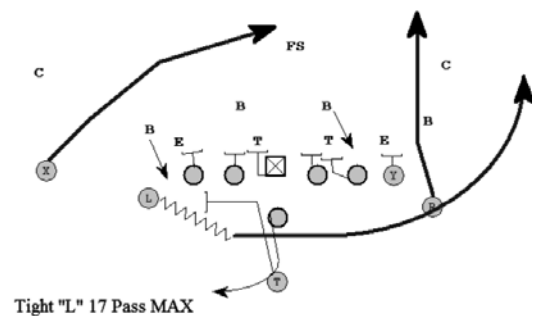
ONLY BACKSIDE GUARD PULLS

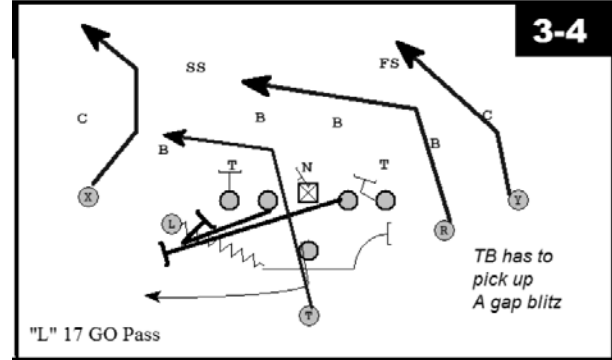
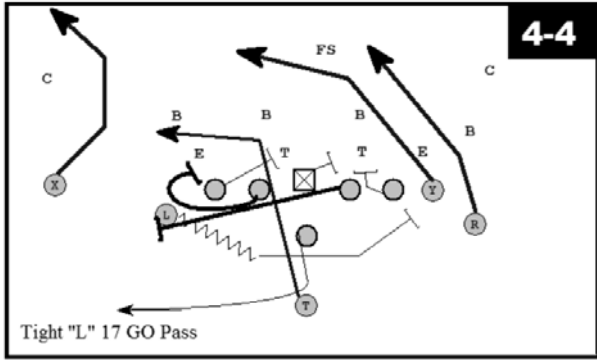
If an A-gap threat presents itself then the frontside guard will stay and not pull. He will also stay vs an odd front with a backside Agap blitz, which is a “DOMINO” call by the center.



MAX PROTECT

If we just call “17 Pass” and leave the letters “G” and “O” out of the playcall, this tells both guards to not pull. When we do this we will tag the play with “STAY”, which tells the TE to stay in and block, or “MAX” which tells the Tight End and Tail Back to stay in and block.





RT—Reach step inside with the left foot, hinge, and create a cup with the right guard and center. He must pass protect.

RG—Pull and kickout.

C—Reach step left, secure the playside A gap. If both A gaps are threatened, then call “Domino”. If C blocks on or away and a late A-gap blitz comes, the TB picks it up.

LG—Pull and log the first defender to show outside of the left tackle's area. Stay if A-gaps are threatened.

LT—Down block all way to NG. If covered and there is B-gap threat, then down block. Let LG log the 4 -tech.

BLOCKING

LT	On - Gap - Down
LG	Pull & Log if no blitz threat
C	Reach - On - Away
RG	Pull & Kick out
RT	Pull Check. B gap - On - Backside

BACKSIDE PROTECTION

The backside Tackle is by himself on the backside. He has to get a headup 2-tech on the Guard as well as B-gap penetration. His first step is a very long, almost a “hop” with his inside foot. He is attempting to replace the pulling guard. Remember, since the linemen are 1-2 yards off the LOS, he has some time to get his head across the inside defender.

The motion man who fakes the Buck Sweep (26 or 45 G.O.) must slide down immediately after passing the QB. He cannot round his fake because he is replacing the Tackle. This presents the following challenges:

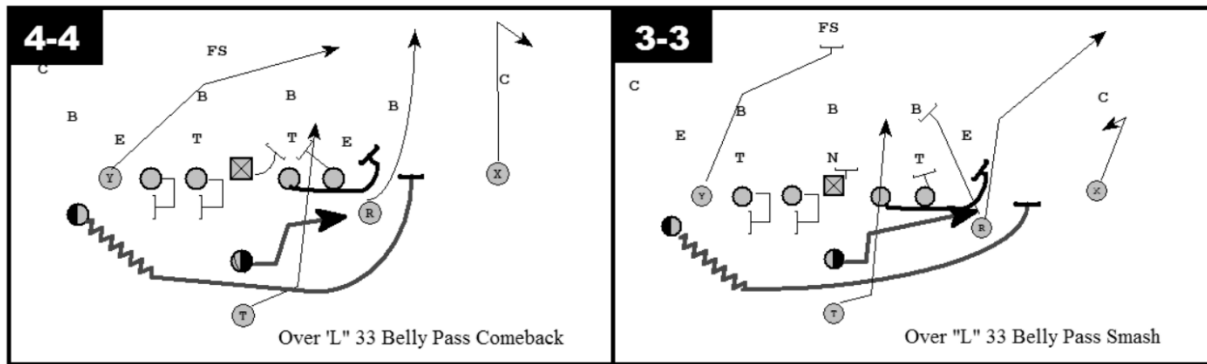
1. The rushing defensive end is stronger than the Wing and overpowers him on his way to the QB;
2. They rush 3 on the backside versus your two blockers;

The first answer is to make sure your QB is sprinting out and not setting up prematurely behind the playside tackle. The QB first option on this play is to run the ball, especially since you should be calling play action passes on 1st and 2nd down. The other solution is to leave your TE in to block the backside. Great fakes and hiding the ball will also slow down the rush. If the QB immediately opens up looking to throw and all of your linemen jump into pass protection stance, then of course the defense is going to Tee off.



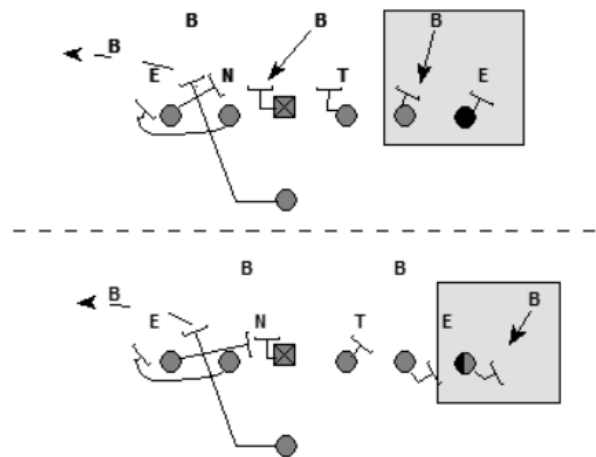
BELLY PASS

We always pull the playside guard and ask the playside tackle to down block to make the play look a run. Defensive backs will come up when they see the Tackle down block. Linebackers will step up & scrape when they see the pulling action. It is very hard to tell the difference on the playside between Belly, G.O., Belly Pass, and GO Pass.



BLOCKING

LT	On - Gap - Down
LG	Pull & log (the pull is critical to run deception)
C	Reach - On - Away
RG	Reach A gap - On - Step & Cup
RT	Reach B gap - On - Step & Cup



*Playside G always pulls to look like Belly.
TE can stay home if 3 rushers.*

EDGE PROTECTION & INSIDE BLITZ

There are scenarios when the playside guard will not pull. If there is a 3-tech and a NG, then the playside Guard would have to make a “STAY-STAY” call if ILB shows a blitz in the playside A-gap.

The defense can also try to outman you on the backside by sending 3 rushers vs your Guard and Tackle or 4 rushers vs your G, T, and TE. It is step & cup zone protection on backside with the priority being inside gaps. Again, the QB should be sprinting to the edge after faking to the TB and not setting up to get killed.

On the playside edge, the motion man is a blocker. He has to get in front of the QB and attacks the LOS just past the logging guard.

Remember to call play action passes on 1st and 2nd down when defenses are less likely to pin their ears back.

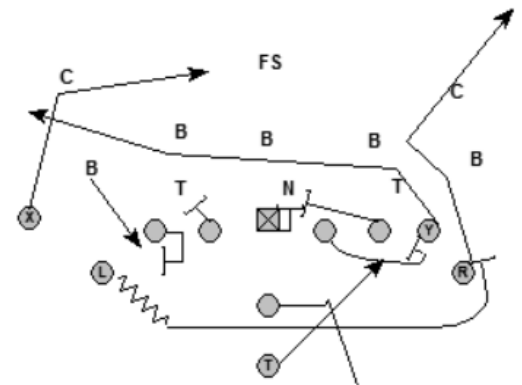


DOWN PASS

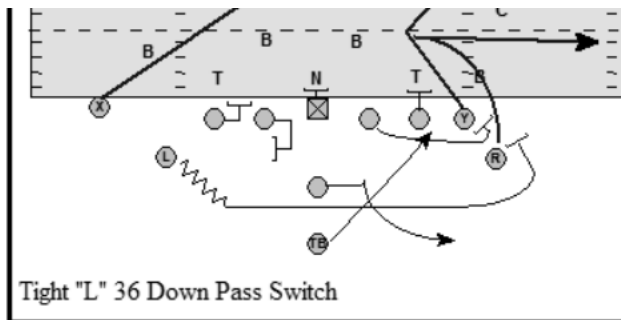
We will also pull the playside guard and down block with the playside tackle on Down pass for the same reasons as GO Pass and Belly Pass. We need the defense to make run reads and come upfield so we can sneak receivers past them.

BLOCKING

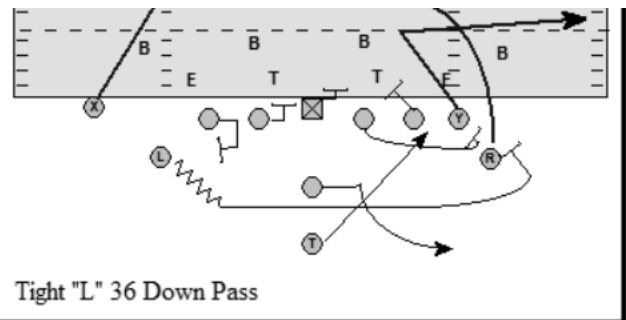
LT	Reach B gap - On - Step & Cup
LG	Reach A gap - On - Step & Cup
C	Reach - On - Away
RG	Pull & log (the pull is critical to run deception)
RT	On - Gap - Down



36 Down Pass Y Drag is a great play. Run this when blitzing backside. QB drops back after fake, does not sprint out



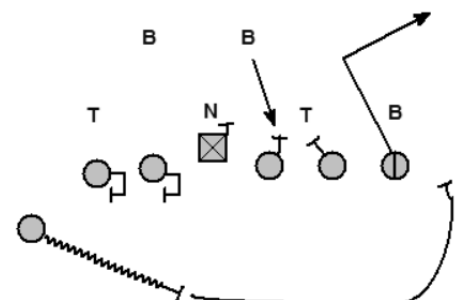
Tight "L" 36 Down Pass Switch



Tight "L" 36 Down Pass

The key block here is the playside Tackle's down block. He is responsible for B and A-gap penetration. The tough one is A-gap blitzing. While we try to give him help from the center, this is tough if there is a NG in an odd front. Since often times the LB is quicker than the tackle, the tackle's down block path needs to be very lateral. If the offense anticipates a lot of this (say from a 3-4 man front), then the tackle can narrow his splits.

The really tough block on both Down 36-0 the run play and 36 Down pass is the A-gap blitz when the D-Line is in a 0 and 3-tech, like shown here. This is the rare case where the Guard has to make a "STAY" call.



ARMY-BAYLOR PASS

We want to fire out and basically “PURPLE PROTECT” on Army & Baylor passes. Again, we want the defense to see flat back, aggressive firing out action.

