

SECTION THREE

KEEPING DEFENSE HONEST



CH 11: COUNTER SERIES WITH UNLIMITED BLOCKING

CH 12: ATTACK THE EDGE WITH SPEED & ROCKET

CH 13: MIDLINE AND VEER IN THE WING T

CH 14: PLAY ACTION PASS, INCLUDING DRAW

CH 15: SPRINT & DROP BACK PASS PLAYS

CH 16: EASY TO INSTALL PASS PROTECTIONS



FOLLOW ALONG WITH VIDEO

Every chapter in this section literally goes word-for-word.

Just have the book open while you watch the video

And Coach Holmes will take you thru each Chapter and all the drawings.

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CHAPTER 11



Counter Series with Unlimited Blocking

I love the Tackle Trap and it has been the play in our Offense that has offered up the most big plays over the years. I relate this to several things but number one is the fact that we place our best home run hitting back at our HB as mentioned earlier in our selecting personnel chapter. We know you must be able to run between the tackles to keep the defense honest and we want to be able to do this with our best back.

It also gives us some misdirection in our offense and this helps slow down pursuit naturally.

We are determined to have answers in all we do but the Counter Series has forced us to have answers for almost every problem we face and we want to be able to adjust quickly on Friday Nights to what we are facing.

Now as you look over this chapter you must understand that we first must understand our base blocking rules and they are solid for any front but based on how the defense chooses to play their techniques will create problems. We obviously will not go in to any game practicing all the variations we are going to cover but by film study we are able to predict what front we will see and have an idea of their personnel and technique they will play and we will add the needed adjustments for that game plan.

BASIC BLOCKING RULES FOR COUNTER 40 W, TACKLE TRAP TO THE RIGHT:

- Tight End: Middle deep 1/3 defender, never pass up a 3rd LB in a 3 LB'er Defense.
- Right Tackle: First LB'er from the Center
- Right Guard: Lead / Influence
- Center: Post / Lead a 1 or 2 technique only. If you have a 3 step to lead anticipating a slant inside. If slant does not occur climb to back side LB'er.
- Left Guard: Area (block a 1, 2 or 3 technique) / Pop (take a short 6-inch step into line with both feet. If no one slants into your gap, then climb to Linebacker.
- Left Tackle: Pull and trap the first defender past the 0 hole (right cheek of center).
- Split End: Cutoff Block



BACKFIELD TECHNIQUES FOR TACKLE TRAP:

QB: The QB will reverse pivot on this play. We want him to reverse pivot and his foot should come down on the Mid Line. He should continue to move toward the HB on his second step and aiming at the heels of the HB. The handoff will occur as the HB has taken his second step and is headed downhill to the line of scrimmage. This handoff will occur with an underneath hand off. We want the QB to continue carrying out the fake for the Counter Pass and he should be at a depth of 6 yards behind the Tackles original position in his alignment. When handing the ball to a player leaving from a Wingback alignment we want the QB to reverse pivot like he is running the Rocket Sweep. He will fake a pitch but we want him to make sure his arms do not go above his shoulders as this will allow the defense to see the ball was not pitched better. He will gain the need depth on his second step to hand the ball underneath to the Wingback.

Fullback: The block of the Fullback is a key to the success of the Tackle Trap. The Fullback will align with his heels at 4 yards deep on the Counter Series in his three-point stance. We tell our Fullback when he hears Counter it means for him to go opposite. So on Counter 40 W and with the '0' play going to the right he knows to fill to the left. It is essential that the Fullback be able to get his head inside a 4 or 5 technique defender when our Tackle pulls. With this understanding we teach him to aim for the inside heel of the pulling Tackle. If we are having trouble getting this done, we will need some of our variations which we will show you later in this chapter.

HB (Ball Carrier): The most important thing to understand is the HB must hit this hole with his shoulders square and going north and south when he receives the handoff. When we see this play not successful it is normally due to the HB's track. He must be north and south and not going at an angle to the line of scrimmage.

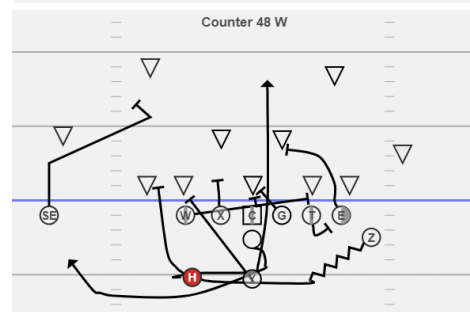
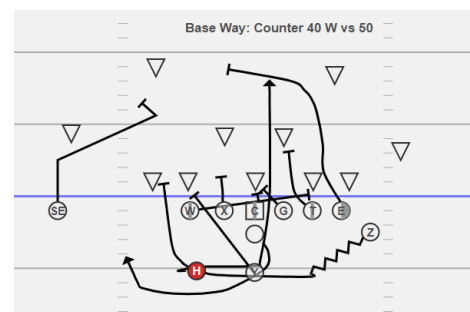
The HB steps are: take a short six-inch step with your outside foot. We say pick it up and set it down. When the foot is placed on the ground we tell him to steal second base like in Baseball for 2 steps. He will lead with his right foot on his first step, then he will crossover with his second step continuing to go parallel to the line and at 4 yards' depth. When his second step hits the ground we want him to roll over the inside foot (Left Foot) and squaring his shoulders to line. He will attack from this point and have the ability to adjust to the hole. The QB will be handing the ball off from the backs right side.

When receiving the ball from starting in a Wingback alignment we want our ball carrier to take 2 shuffle/hop steps toward the alignment they would be as a dive back. They will not be able to get their shoulders perfectly square to line when running the play from the wingback alignment but we have still had much success over the years. With that thought we seldom will run the Sally that Delaware uses. We will use our Tackle Trap blocking instead.

WB: (Non Ball Carrier) We ask the wing to leave in motion on the "S" in set and he will come through the heels of the Fullback. As he reaches the position the ball carrier was aligned in he will turn up to the LOS and log block the end man on the line of scrimmage as he does on counter pass.

Counter 40 W vs 50 Front with Variations

We want this when the 4 technique is doing a great job of squeezing our OT down and spilling of defeating our trap block. With our 8 rules this means our TE will go to LB. It is normally import that the LB is aligned at least 4 ½ yards deep for our TE to be able to get there and make his needed block.



COUNTER 48 W I

The “I” tag refers to the call man (8) and the man outside of him. It means the covered man will Influence and Block out and the one uncovered will go to LB. If both are covered the call man will influence and the outside man will go to LB. As I mentioned on the previous play that if the LB was tighter than 4 ½ yards it would be hard for the TE to get the block. The concern here is the Center must handle the Nose by himself, but this is not real hard with full flow starting to the left. We need this call when 50 teams are pinching the DTs consistently to handle trap & midline or use it when LBs are tighter than 4 yards.

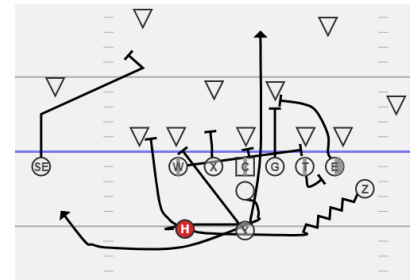


Fig 11-3: COUNTER 48 W I

COUNTER 40W X FAN:

If we are having trouble with our FB being able to block the backside 4/4i because he is pinching inside, we can run any of the front side schemes previously mentioned and tag X fan. Backside Guard will block 1 on line of scrimmage and the Fullback on his second step will go to block the 1st linebacker backside. This is same as Counter 40 W and keeps the DT from following our W puller down inside.

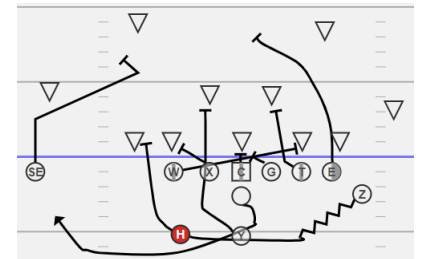


Fig 11-4: COUNTER 40W X FAN

COUNTER 40 W NOSE:

This has been great vs a 50 team that is reading up front or slanting to the TE side. If they are trying to slant with our motion, we simply will call this play with no motion in the huddle. The Left Guard is able to cutoff a slanting DT or 4i. There are some different rules for your lineman that are not tagged so here are the rules for Counter 40 W Nose.

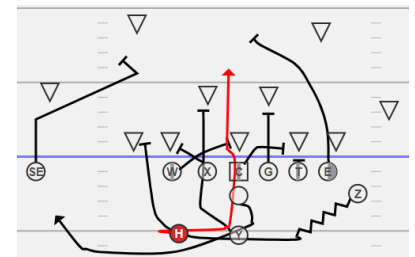


Fig 11-5: CTR 40 W NOSE

- Right Tackle: Man
- Right Guard: LB
- Center: Reach to the right on a Noseman. If he slants strong take him that way. If he is reading as you reach influence you will block down the LOS to cut off a pinching 4 technique.
- Left Guard: Block # 1 defender on the line of scrimmage
- Left Tackle: Pull and block the Nose.
- Tight End: Middle 1/3 defender, don't pass up a 3rd LB'er in a 3 LB'er D going to middle 1/3
- Ballcarrier: We want him to take the same steps but we tell him to shorten his strides on his 2 steps. He will hit the hole on the left cheek of the center (9) hole.



COUNTER 40 WHAM WRAP FAN VS 50 DEFENSE:

This play puts the Z-Back in motion like speed sweep and on the snap we are going to wham the 50 nose. We create a double team on the Nose with the ZB and Center. We tell the W man instead of trapping, which would be 'W', he's wrapping so he's able to lead up in the hole. We've told the Playside Guard and Tackle to 'fan' which means block number one and two. If we're having trouble with 50 pinch teams, they want to pinch down inside to the Tight End-Wing, we're going to fan the front side, we'll wham to double the nose. Now we're able to pull the Tackle through and handle the Playside Linebacker. Guards rule on the backside is number one on the line. Fullback is still able to ICE up in there. It's been a decent scheme for us at times.

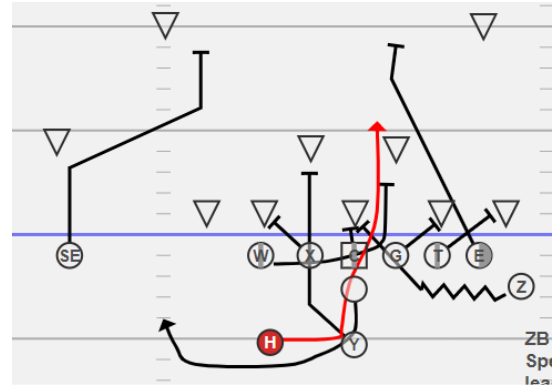
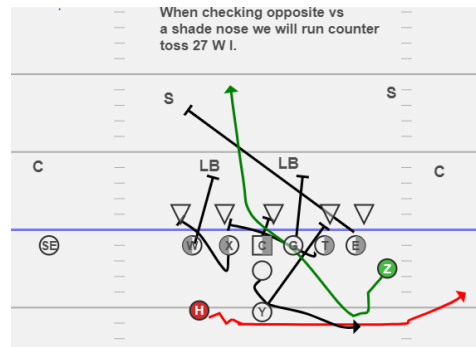
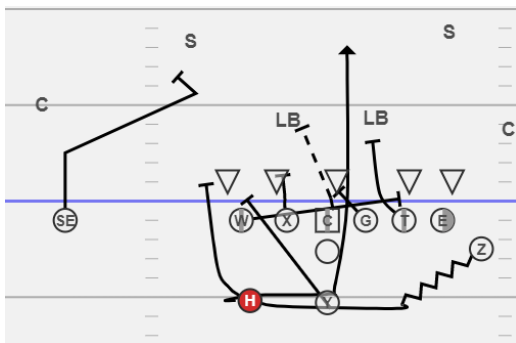


Fig 11-6: COUNTER 40 WHAM WRAP FAN

COUNTER 40 W VS SHADE STRONG 50:

Let's take a look at the Shade Strong 50 Defense. We have many teams that like to shade the front to our TE and we often will simply go to using two TE sets to force them to balance up. However, we can still get things accomplished by using our base rules or variations. Everyone's rules are the same as Counter 40 W. We want to double team on the shade to drive him into the backside LB'er.



Also we often will go into a game and tell our QB to always run any trap to the 3 technique if the defense is using a shade or 1 technique.. Many times we go into a game with the plan to check opposite and trap the 3-tech with Counter Toss action. We will also go away from a shade nose and we will use Counter 27 W I as our alternative vs a Shade Strong look.

COUNTER VS 50 SHADE STRONG:

As a steady rule vs shade strong 50 teams we will go to 2-TE sets. This makes it hard for our FB to handle a 4i if they adjust like in Fig 11-8. When

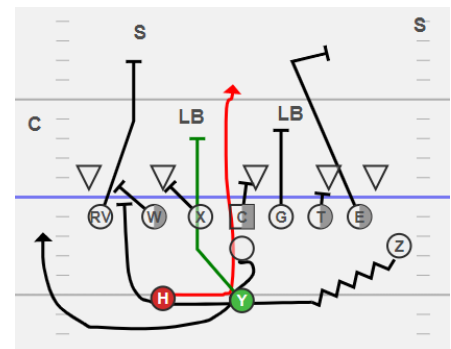


Fig 11-8: Counter 40 M Ice X W Fan



facing a Shade Strong 50 that is not reducing on the back side we will M the play side and fan the back side because our Fullback cannot cut off the 4i defender. We will fan the back side and Ice the Linebacker.

COUNTER 40 W SHORT:

We will call this when we know we are getting a steady diet of Shade Strong. Our Center is taught we can only run this when the Nose is shaded the direction the play is going. When he gets' this he will make a "Short" check and we will trap the shaded Nose. If we call short in the huddle and we get a head up Nose he will call check regular and follow our normal counter 40 rules. Our blocking rules on Short are:

- TE: Middle 1/3 defender
- RT: Man
- RG: Man
- Center: Go block the backside Linebacker
- LG: Block # 1 Defender on line of scrimmage
- LT: Pull and trap nose.

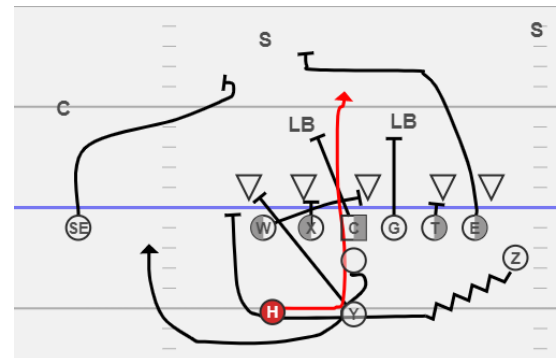


Fig 11-9: COUNTER 40 W SHORT

COUNTER 40 W vs 4-3

Now let's take a look at Counter 40 W versus a 4-3. Using our normal rules. Center is post-lead on a 1- or 2-tech. Weak shade is in a 1 so we're leading on him and he tries to drive the 1-tech to cutoff the Weakside Linebacker. The Left Guard can chip after they get movement on the 1-tech. Right Guard's rule is lead-influence. Nobody to lead, he influences. Next man always has backer. This is a very, very good play.

We love the Tackle Trap against the 4-3 or any type of 6-1 look. Versus teams with one Middle Linebacker inside, this is a heck of a play for us. Because generally, the Mike is tracking the Fullback. So he runs himself out of the play as it happens. We have several variations against the 4-3 to take advantage of things teams are doing in their 4-3 to defeat this play and we will look at each of them.

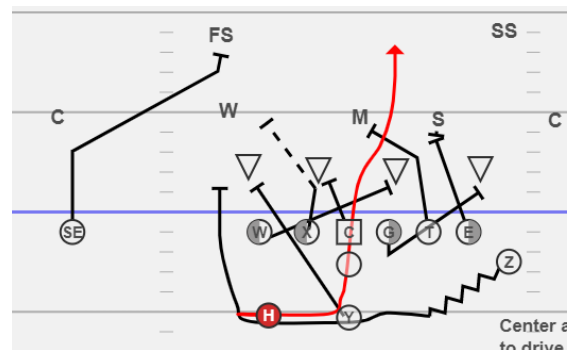


Fig 11-10: COUNTER 40 W Influence

COUNTER 40 W GOLD VARIATION

Our first problem with the 4-3 is when the MLB is aligned at 3 yards or closer to the line of scrimmage and our OT cannot get to him to make the block. When this happens we can go with our "Gold" tag. This tells the PSG to forget his rule and go to first LB from Center and the PST block the # 2 LB'er from Center.

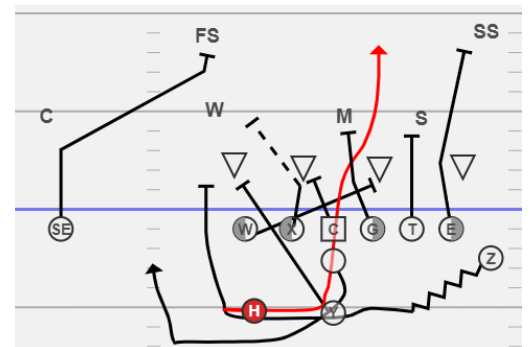


Fig 11-11: CTR 40 W GOLD



COUNTER 40 M WRAP VARIATION:

Gold is a great scheme if the DT is not squeezing our inside release by the OG. When the MLB is tight and the 3 technique is a reader and squeezing to spill our trap blocker we will use our Counter 40 M Wrap. This allows the Guard to base the 3 and wrap the OT to the MLB. The MLB will often be tracking the FB and recovers late.

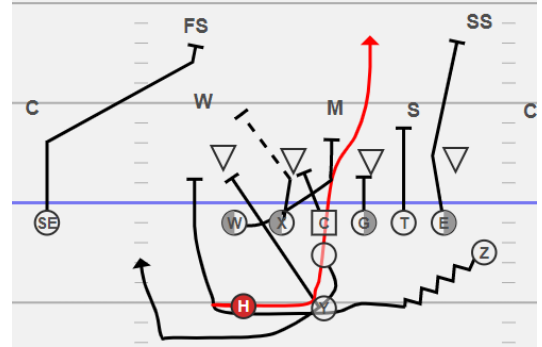


Fig 11-12: COUNTER 40 M WRAP

COUNTER 40 SUCKER Z VARIATION:

We have teams that will key our play side Guard in their 4-3 with the Sam Linebacker. The DL are all penetrating and trying to get in the hip pocket of all pullers. We actually came up with this scheme in the middle of a scrimmage one year and because of our system our players were able to execute it to perfection and we scored the first time we ran it from about 60 yards out. When the backside Guard and Tackle both pull this is a “Z” pull in our system. The tag “Sucker” tells our play side Guard to pull like running Speed Sweep. So this play is Counter 40 Sucker Z.

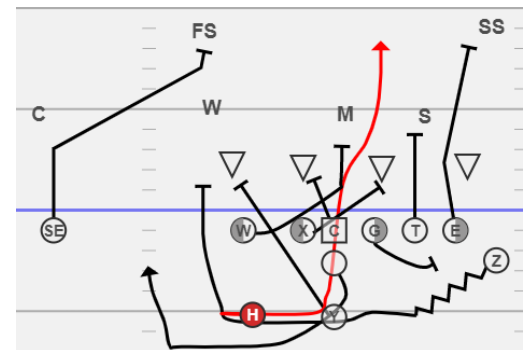


Fig 11-13: COUNTER 40 SUCKER Z

FULLBACK IS THE TRAPPER.

We often will have problems with our Fullback being able to block the 5 technique vs even fronts because he is closing so hard to stop our Inside Veer or trying to get in the hip pocket of W if he pulls we have come up with this answer. We will align in Right Empty Left and allow our W man to block the 5 technique to stop penetration and our FB will come from a wing alignment and trap or lead through hole for LB. It is also great because if looks like the formation we run our Speed Sweep from a great deal. You can use this vs any defense even the 50 front.

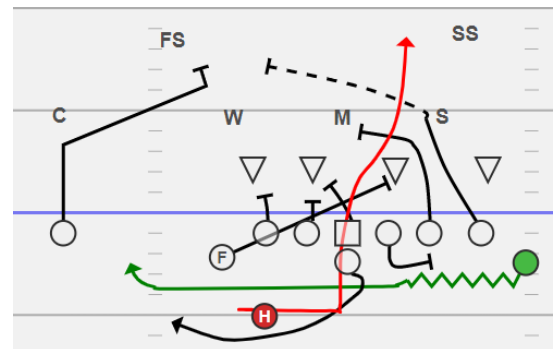


Fig 11-14: Right Empty Left Speed Counter 40 Fox

If our Fullback is having problems with a 5 technique chasing our puller we will go to empty and allow the W to base the 5 and use our FB to trap or wrap. You can use this with any of the other blocking variations. It also gives us a misdirection play from 1 of our Speed Sweep tendency formations

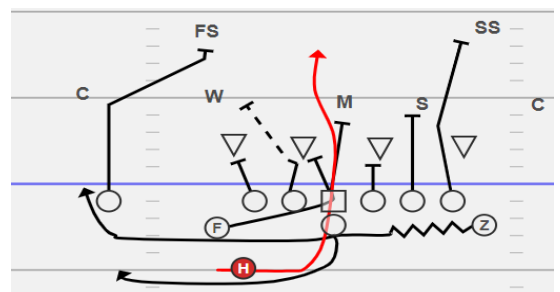


Fig 11-15: Counter 40 Fox M Lead



Attacking a true 4-4 or 46 front is very similar to going against a 4-3. I want to look at some problems we often face against a 4-4 and give you the variations we have built into our system to take advantages of these issues.

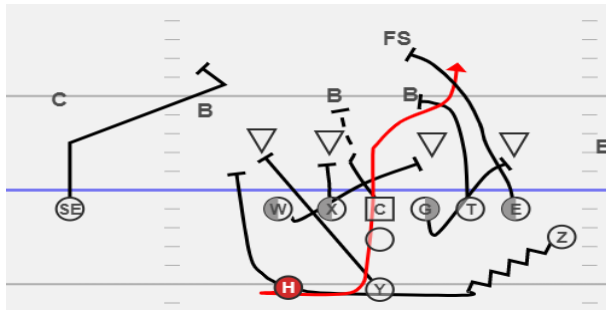


Fig 11-16: Counter 40 W vs 4-4

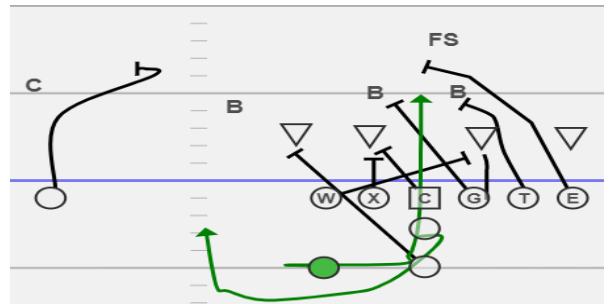


Fig 11-17: Counter 40 W "Green"

Lets look at Fig 11-17. Used when playside 3 tech is not squeezing to spill and instead is blowing up field. Inside LB'ers are at least 4 yards deep and backside LB is flowing with pulling tackle. The center can pick him up and play side OT can get to play side LB'er.

Counter 40 W Gold: Used when the play side Linebacker is only about 3 yards off ball and our play side OT cannot get to him. We will tag with "Gold," this tells our PSG to forget his base rule and go to 1st LB play side. Our OT will go to 2nd LB play side if there is one or he will help double when only 1 Linebacker. If Linebacker fits downhill quickly then OT will go downfield.

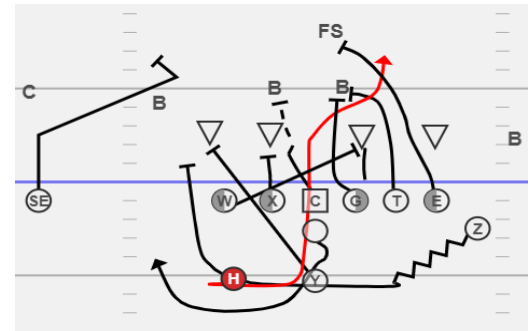


Fig 11-18: Counter 40 W Gold

Sometimes you will play versus a 3 Technique that is a great reader and cannot be influenced, wrong shoulder and spilling the trap block instead. Also used when the play side Linebacker is close to line of scrimmage, making it hard for your tackles to get him.

HOW TO HANDLE BLITZING LINEBACKERS:

When facing teams that show a blitz on the play side we will make a backer call and trap the blitzing Linebacker. The play side Guard or Tackle which ever one is covered will base block and the other will follow their rule. Against the 4-4 the Guard will base the 3 technique and the OT will release to the LB but since he has blitzed he will continue downfield.

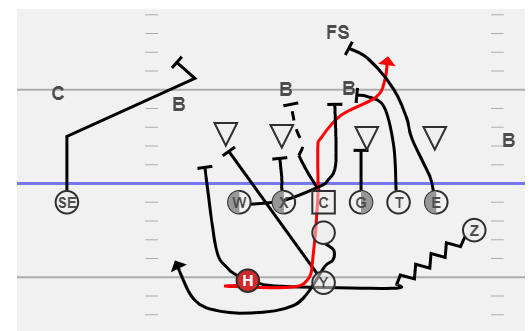


Fig 11-19: Counter 40 M Wrap

If we were seeing a 50 look the Guard would be uncovered and use his lead rule and the OT would base the tackle and we would trap the Linebacker play side.



Blocking the 3-5 as we mentioned is sometimes difficult on inside running plays because they have you out numbered 6-5 from Tackle to Tackle. We still have success but often we will use unbalanced formations to make them adjust. You can learn more about this in our chapter about Game Planning.

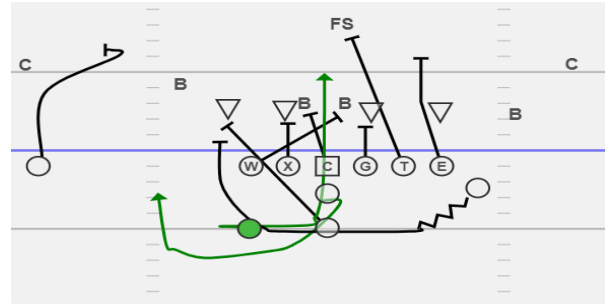


Fig 11-20: HANDLE BLITZER

COUNTER VS 3-5 DEFENSE:

Using base rules it is hard to block all 6 in the box vs 3-4 but we have had success with variations

A variation to Fig 11-21 is **“COUNTER 40 W PEG & GOLD”**. As you have learned earlier when you hear “Gold” this tells our play side Guard to block first Linebacker from the Center and the OT will block the 2nd Linebacker from the Center. “Peg” tells our Guard to step and make contact on his Lead block and then climb to LB. This gives us the numbers we need to run inside but of course our Center must be able to handle the Nose when the Guard chips to the MLB.

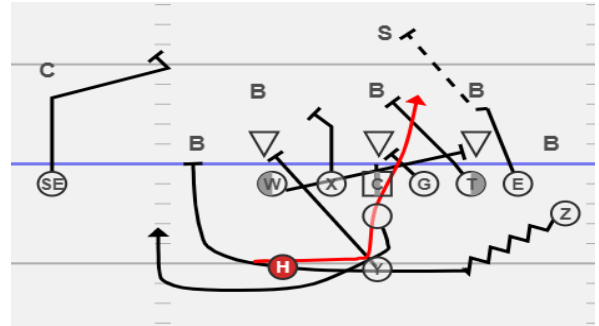


Fig 11-21: Counter 40 W

COUNTER CRISS-CROSS HANDOFF DRILL

Another drill we’d like to do with our back early in the season and this is for the Counter Criss-Cross. We want to take our handoff with our hands placed right on our belt. We’ll use our spacing hose so our backs are lined up where the Wingback would be on both sides of the formation.

When the back is running this play, he’s going to open and he’s not going to leave until I see the ball placed in the Bucksweep man’s hands. All I want my guys to do for timing purposes is they’re just going to stand until the Wingback running the drill puts it in his hand. When he puts it in his hands, that’s when he leaves. We usually have three guys on each side so we can keep it rolling. We start off slow to begin the year, but like to run this drill at full speed.

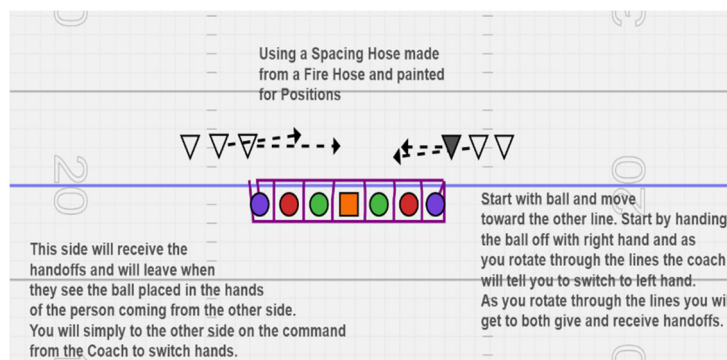


Fig 11-22: COUNTER CRISS CROSS DRILL



We're going to take the nose of the ball and I'm going to lay the ball into the backs hands and look it in. He's coming across on his Bucksweep. He looks the ball into his belt. As soon as, he sees the handoff here, the next guy would go. Look the handoff into the pocket. Don't raise the ball up. It's straight out and the ball should be in one hand. We'll go right hand for a few and then left hand for a few. We can run this play and execute this handoff going both ways.

The Counter Criss-Cross (4-27 Y Reverse) is not a gimmick play. This needs to be a base play in your Wing-T offense. It's not something that you run to fool people. It is a play that brings the misdirection, slows the defense down to what you're doing

We do some things a little bit different. Here's some coaching points that we think are important. See if you want the defense to bite, when you're running the Bucksweep, if you remember we talked about the steps. Everything is reverse pivot, and we want the ball hidden. Does the Fullback get it or does the Halfback in? Everything is happening on that midline for the deception.

When we run the reverse, as our Quarterback reverse pivots, we want him to immediately extend the ball right now toward the Halfback. We want the defenders to see us hand the ball to the Halfback, hopefully that gets them flowing a little bit quicker. That to us is a big coaching point.

The Wingback is running the ball. Here's the steps that we want to teach him. He's aligned at a 45-degree angle. I'm the Right Wing, we're running the Counter Criss-Cross back to the left. His feet are in his normal staggered alignment. All we want them to do is drop step his inside foot so that his shoulders are perpendicular to the line of scrimmage.

As he drops step, he is looking for the Quarterback to place the ball in the hand of the Halfback. When he puts it in his hand is when he leaves. He's sitting there and when the timing is right, it's going to be about like this: drop step, count 1000 and go.

He has to know it is his job to go meet the Halfback, the person that's handing the ball to him. He doesn't want to turn up into the hole. It's very important that the guy who's getting the initial handoff, the one that looks like he's running the Bucksweep, continue to stay parallel to the line of scrimmage, and 4 yards deep. Just like he's running the Bucksweep. The Wingbacks job is to come meet him.

We asked the back to receive both handoffs by putting their hands on their belt. This play, because it is a staple play, cannot be a fumble play. A lot of people don't want to run it because they think you're going to fumble the football. We do a ball handling drill with that cut drill on Mondays during the warm up period. We'll talk about the drill in a few minutes.

We believe the key to not making this play a fumble play is the way we teach our backs to take handoffs when they are going parallel to the line of scrimmage. If our Halfback is taking the handoff like normal, arm over and arm under he's got to get the ball unwound and back in his hand in order to give it to the Wingback. That's what creates most of your fumbles is the timing of getting it out. As long as, we take the handoff by just placing our hands at our belt and the ball is placed in our hands it is much simpler to hand the ball back to the other back, all we have to do now is to extend our hand, and hand the football off. His hands on the belt. This is the reason because it is a staple play in the Wing-T and it helps us eliminate turnovers.



I want to emphasize that it is of most importance that our back receiving the ball from the QB remains at his 4-yards depth until he hands the ball to the Wingback running the ball. We tell our Quarterback, once he hands the football off, that we want him to continue to carry out his bootleg fake. If the QB is hustling, he will get down the field and you will actually be a lead blocker for your Wingback. You'll actually see if the play hits properly, there's only one defender left. He's an outside third defender in the secondary. If you can get outside on your bootleg, you could throw the touchdown block.

Now for us this is different. Our normal Counter Criss-Cross, our Fullback is our trap block. We do not pull Guard and Tight End as our base way of running it. Our Fullback traps and the Tight End pulls through the hole. Like all of our other plays, we think you need multiple blocking schemes to make this place successful.

Here's our base play. This is 4-back gets the ball then hands it to our 2 back. The 2 back is aiming at the seven call. That's our Left Guard, he's our seven-man. "Y" means our Fullback does the trap block. He's going to aim at seven and then he kicks out the first man past the hole. In the seven blocking, the Playside Guards' rule is post-lead, the Playside Tackles' rule is lead-influence. Against the 3-4 it's a really good scheme.

Here's what we like best about it. It looks like Bucksweep. Fullback is not coming to the strong side. The Guard is not pulling to the Playside to bring that Linebacker with him. It looks just like Bucksweep.

Coaching point, we coach any uncovered lineman, if the man on you is a Linebacker, we want you to pop up, with 2 six inch steps to secure a run through by a slanting defensive lineman, and then go to the backer. Don't fire straight out to the Linebacker immediately. What happens when he fires out immediately? If the 3-4 Tackle runs a slant down inside real hard, he can give us a bad play. For our Guards, what we're talking about on pop. The ball is snapped, I want two quick, short, six-inch jab steps; that helps secure the gap.

What will the Linebacker see? He will see the ball placed in the hands of the Halfback. By the time he takes one shuffle step, Guard release up field, and he'll have his head on the playside. Reverse for us means the Tight End pulls through the hole. He'll lead up inside for the Backside Backer.

That is our base way. I get asked this question a lot: "Well coach who blocks the 9-technique?" The answer to that is nobody. If we run this play 50 times a year, one time a year the 9-technique will get into the hip pocket of our pulling TE and make the play. I can tell you this, when we pull that Guard, that 50 Linebacker is over here in the hole making the tackle a bunch of times, so we don't worry about that 9-technique. He doesn't make the play.

Well if our scouting report says he's going to chase the TE we'll go back and run it the Delaware way. Now, it becomes X reverse and the Fullback will fill for the pulling Tight End, which is the same way as the University of Delaware. He's heavy in the V of the neck chase squeezing so hard with our Tight End, we will try to go with X reverse, and that sends the Fullback to fill for the TE.

We believe that this play has tremendous importance to the Wing T being successful and as with many things you will see we do it with a little different basic way than the men from the University of Delaware. During my time with Coach Moore I often would ask him why he liked using 2 Tight End sets and he would reply that he felt it helped with this play. We were playing a game one night and our Fullback went the wrong way to fill for the pulling TE and ended up kicking out the man we were trying to trap and the Backside Guard ended up pulling through the hole along with the Backside TE. This got me thinking and we have adjusted our base way of running the Counter Criss Cross.



I told you some variations off of it. If we pull the Guard and trap and the Fullback fills because we think the 9-technique will be a chaser. That for us is 4-27 Y Reverse.

When running this play against the 3-5 look, we really like to run this play more out of two tight ends, and it goes one hole wider. We want to trap the 9-technique. We can do it either way. We can go “Y” Reverse with the Fullback trapping and Tight End through, or we can go X or W reverse, whichever one fits your scheme the best.

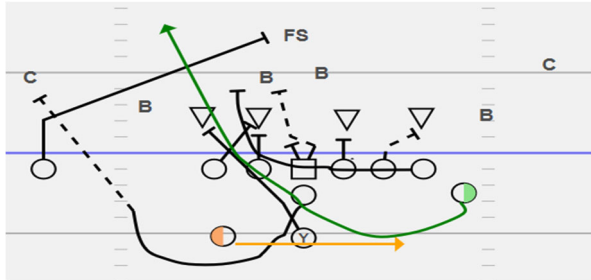


Fig 11-23: 4-27 Y REVERSE vs 44

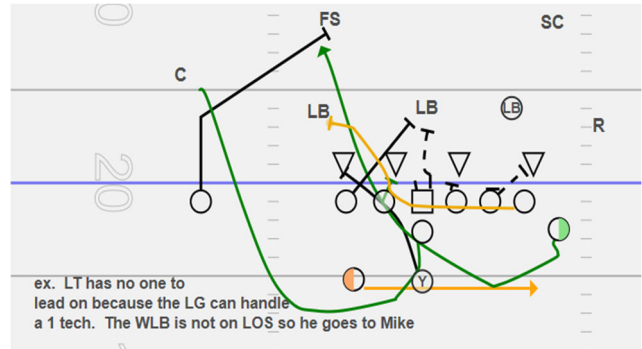
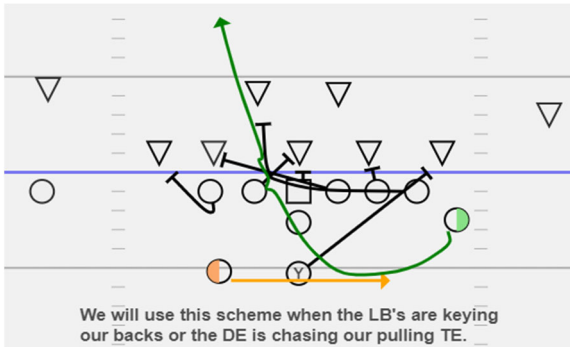


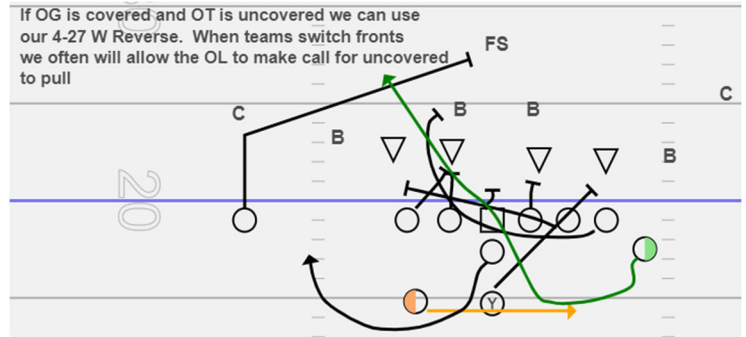
Fig 11-28: 4-27 Y REVERSE VS 4-3

Our Center and Right Tackle are both uncovered and will Pop and then go to LB. Right Tackle will secure for the DE chasing the TE when he Pops. If our Film Study shows the linebackers are reading and flowing with our backs we will then run the following variations of our 4-27 X Reverse.



We will use this scheme when the LB's are keying our backs or the DE is chasing our pulling TE.

Fig 11-29: 4-27 X REVERSE



If OG is covered and OT is uncovered we can use our 4-27 W Reverse. When teams switch fronts we often will allow the OL to make call for uncovered to pull

Fig 11-30: 4-27 W REVERSE

When we know we are facing an even front and the guards are covered and the tackles are uncovered we will pull the tackle. If teams are switching defenses we will call in the huddle 4-27 X or W reverse and allow the Guard to make the call at LOS.

We will run our Counter Criss Cross from 2 TE's and simply move the hole into the c gap with a 5 call. 4-25 Y Reverse. As with our 4-27 when we know the LB's are flowing with our backs or the DE is chasing our TE we will go to X or W blocks and our Fullback (Y) will pull for the pulling TE. Whether we pull X or W is often determined by pulling the uncovered lineman.

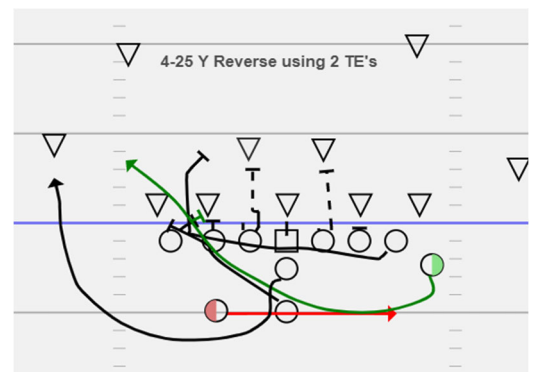


Fig 11-31: CRISS CROSS with TWO TE



We believe that this play has tremendous importance to the Wing T being successful and as with many things you will see we do it with a little different basic way than the men from the University of Delaware. During my time with Coach Moore I often would ask him why he liked using 2 Tight End sets and he would reply that he felt it helped with this play. We were playing a game one night and our Fullback went the wrong way to fill for the pulling TE and ended up kicking out the man we were trying to trap and the Backside Guard ended up pulling through the hole along with the Backside TE. This got me thinking and we have adjusted our base way of running the Counter Criss Cross.

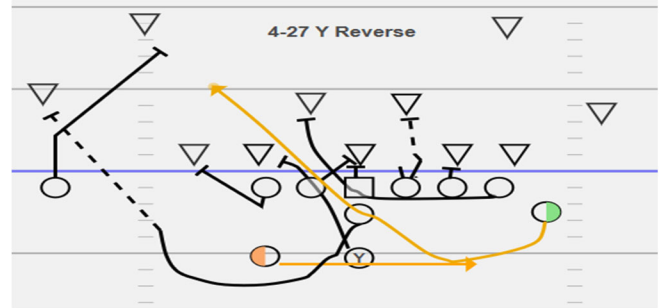


Fig 11-32: 4-27 Y Reverse

the pulling TE and ended up kicking out the man we were trying to trap and the Backside Guard ended up pulling through the hole along with the Backside TE. This got me thinking and we have adjusted our base way of running the Counter Criss Cross.

COACHING THE 4-27 Y REVERSE

BACKFIELD

QB: We want him to open just as running the Bucksweep. We want the QB to extend the ball far away from his body so the defenders will see him place the ball in the HB's hands. We do not want the handoff to occur on the midline. We want the QB as the FB clears to come off the midline and get the ball to the HB as soon as possible. The QB should continue on his bootleg fake and he is responsible to block the outside $\frac{1}{3}$ defender. His block will be the one that allows the play to go to the house.

Fullback: As you see our FB (Y) is doing our trap block on the first man past the LG (our 7 man). Our FB will step on his first step at the butt of our 7-man (which looks almost like his buck track) and then will adjust and use a left shoulder block going left and kick out the first down lineman past our 7-man. The Offensive Line will use their Post Lead Rules because it is a Y Block.

H Back: HB will receive the ball like running Bucksweep and we want to make sure that he stays parallel to the LOS and places the ball Z Backs hands, the handoff should occur behind the right OT, if the timing is correct. He will continue to carry out the Bucksweep Fake after handing the ball off.

Z Back: He is our ball carrier and we tell him to take the inside foot in his stance and open so his feet are perpendicular to the LOS. As he sees the ball placed into the HB hands he will leave and go to meet the HB for the exchange. He should receive the ball behind the OT on his side and then turn into the LOS behind the 7-man.

BLOCKING

TE: Pull and lead through hole.



RT: Man/Pop, what this means if covered by a defensive lineman you will man block him. If you are uncovered, you will step with your inside foot 6 inches and then outside foot 6 inches to make sure if a defensive lineman is stunting though your gap you can cut him off. If no one shows, then proceed to LB.

RG: Man/Pop, what this means if covered by a defensive lineman you will man block him. If you are uncovered, you will step with your inside foot 6 inches and then outside foot 6 inches to make sure if a defensive lineman is stunting though your gap you can cut him off. If no one shows, then proceed to LB.

Center: Man/Pop, what this means if covered by a defensive lineman you will man block him. If you are uncovered, you will step with your inside foot 6 inches and then outside foot 6 inches to make sure if a defensive lineman is stunting though your gap you can cut him off. If no one shows, then proceed to LB.

LG: Post/ Lead

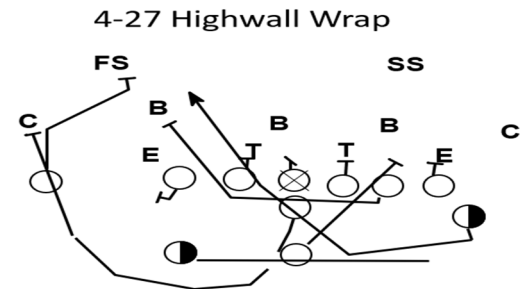
LT: Lead/Influence/Linebacker. What we mean by Linebacker is some front 4/3 you may have a 1 tech on your LG and he can block him by himself and does not need your help with a lead. If this is the case you will look to determine if you have someone for you to turnout on if you influence (WLB walked up on LOS) if you do not have a person to turnout on you then will go to LB instead of Influence

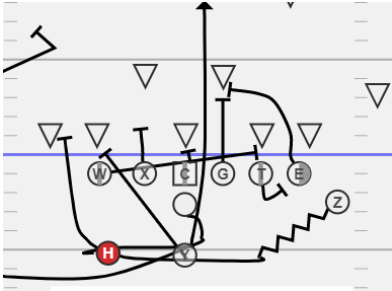
HIGH WALL TRAP

One of our variations in our Counter Criss-Cross that we haven't talked about yet, is the High Wall Wrap. What happens is we're running 4-27 Y Reverse. The open side Defensive End, when we block down to double team, he squeezes the heck out of it to spill and wrong shoulder the trap. If we can give him a high hat, a pass set, that Defensive End will run upfield.

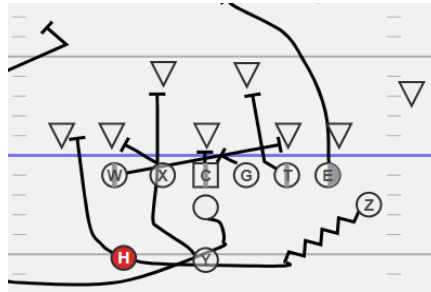
For us, the High Wall Wrap, meaning the W man is pulling, but instead of trapping, he's wrapping up inside with the linebacker. The

Counter Criss-Cross is all the same. Counter let's our Fullback know to fill for the pulling Tackle. The Tight End is able to stay at home against the 9-technique, and now that 9-tech can't chase. This is a play that's in our game plan when we're playing a 4-3 team. We're able to base the 9-technique so he can't chase, were able to base the 3-technique inside. We asked the Center to pop and secure any type of inside stunts. When we hand the ball to the Halfback, we'll usually get the Mike Linebacker with a one and a half step flow before he sees the counter, which now gives our Center a chance to climb and cut off the Mike. If they Defensive End runs up field, now we're in a position for our Backside Tackle to lead through and he's sitting in the perfect spot to pick off the backside Will Linebacker. Another great way of running the Counter Criss-Cross, our 4-27 Y Reverse when you're facing a 4-3 look.

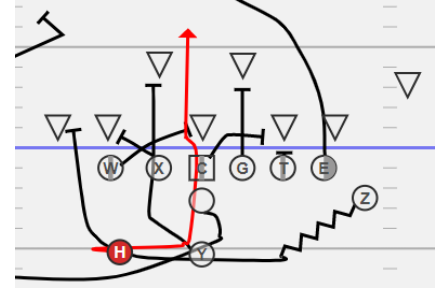




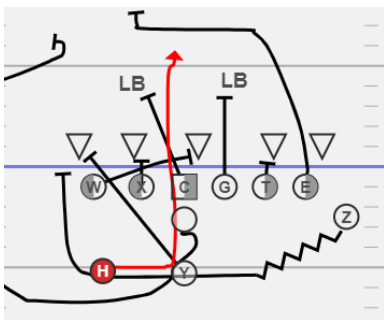
48 W I



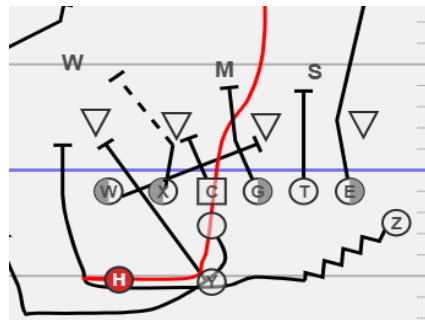
40 W X FAN



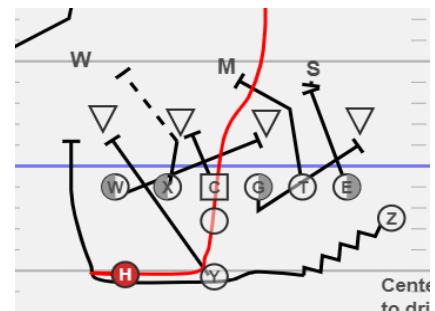
40 W NOSE



40 W SHORT

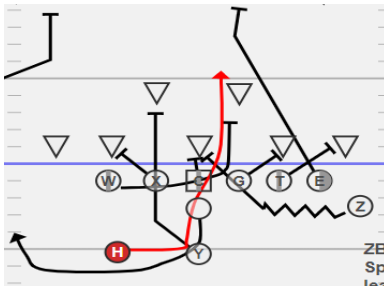


40 W GOLD

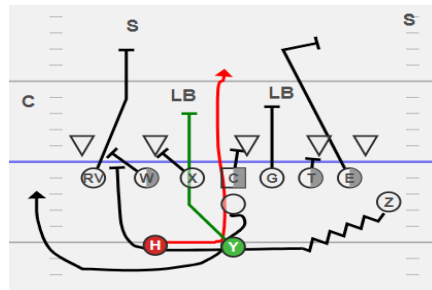


40 W Influence

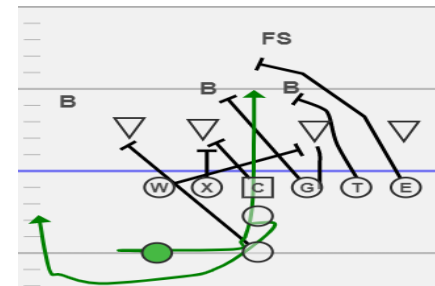
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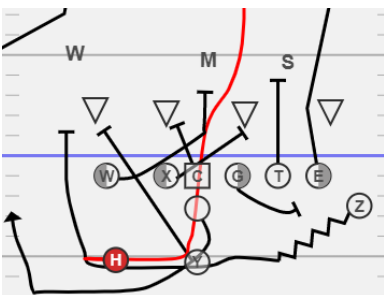
40 WHAM WRAP FAN



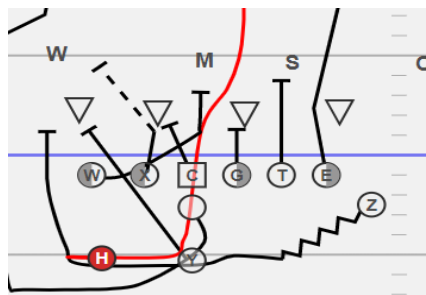
40 M Ice X W Fan



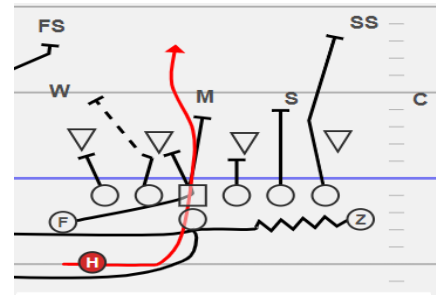
40 W "Green"



40 SUCKER Z



40 M WRAP



40 Fox M Lead



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