
CHAPTER 23



Game Planning with Balanced & Unbalanced

Keeping the Wing-T ahead of Defensive Adjustments

- You must have multiple variations in your blocking schemes.
- Use multiple formations, both balanced and unbalanced.

The third area I think is essential to be successful in the Wing-T is **finding a soft edge**. Again, find the edge where one of the defenders is not only responsible for setting the edge, but he's also responsible for defending the deep third. If you can put a guy into that scenario, now you've got a situation to place that Defender in conflict and his conflict is where you can create a soft edge and that's where you want to run the football. We attempt to do this by using formations and play conflict.

The fourth thing in the key to being successful in Wing-T is I believe you have to be able to do one of two additional things. You either have to be able **to run the option**, which is the veer and the midline, or you have to be able to **throw the football**. Now the key is, what can your quarterback do? If you've got a quarterback who can throw the football, but he doesn't run very well, you can still be successful in this offense because you can keep the secondary backed off because of the threat of the play-action pass.

If he can't throw the football very well, but he can run the option, again by having the inside veer, mid-line and the load option you are able to keep people's secondary from being able to walk up into the box by playing man coverage, because all you do is run off the people that are responsible for the pitch contain.



Keeping the Wing-T ahead of Defensive Adjustments

- Find ways to establish a soft corner.
- Either run the triple option or throw the football. If you can do both then the offense will flourish.

Game Planning when running the Wing T Offense to me is different than game planning for other type of offenses. For us we often will get teams that change from their normal defensive alignments and often will not have the same philosophy on how to defend the Wing T as opposed to other Offenses. It used to be much easier to determine or predict what you would see as you would have in your film exchange 1 or 2 teams that ran the Wing T, however today you are lucky if your opponent has faced the Wing T at all that season. Now that can be to your advantage also as they are trying to adapt their defense to something their team has not seen in a 3-day work week. We will certainly go back and study film from our previous meetings if we have any history vs the opposing Head Coach or the Defensive Coordinator.

If you are a Wing T Coach already and you understand the Offense, then you are aware that calling plays in this system is about taking advantage of how the defense is reacting to your series. It is about creating conflict for a defender and then taking advantage of how he reacts. Example would be when the 9 tech. on the TE side is squeezing hard with the down block of the TE on the Belly G, then you will want to run the Belly Option and log the 9 technique. Now you are putting the Pitch Contain player in conflict as he is responsible for the pitch and now must take the QB. When you see this you know the deep defender must be taking the pitch and you go to the Belly Pass.

The point I am trying to make is we don't break down film on down and distance tendencies for the opposing Defense as many teams do and we do not come up with a play sheet that is broken down with offensive calls base on down and distance based on our break down of the defensive tendencies we have gathered in our film breakdown. We do use this part of the breakdown to anticipate when the defense may change to a short yardage look or blitz based on down and distance.

These are the things we are looking for and I will try to explain why each is important.

- 1) Are they basing their Defense from an Odd or Even Front?
- 2) We want to determine are they working from an Eight man or 7-man front. This tells us if they are running a 3 deep secondary - cover 3 or man coverage.
- 3) We want to know if they are a 3 deep or 4 deeps secondary.
- 4) Do they flip their personal with a strong side and weak side. If they do, we will shift and trade to force them to play both sides of their defense vs all our offense. It also allows us to run plays at defenders who are less physically prepared
- 5) Do they slant and in which direction? (strong, field, or with motion).



- 6) We must determine regardless of odd or even front are they a balanced defense or unbalanced defensive look. If you draw a line right down the middle of their formation, do they have more defenders on one side of the formation? Most 8-man fronts are balanced and most 7-man fronts are unbalanced with the extra defender from the secondary aligning on the strength side. Our philosophy is we run UN-balanced formations at a balanced defense, and BALANCED formations at an unbalanced defense. We also will check plays at the line of scrimmage and run to the side where they have the least number of defenders.
- 7) How do adjust to unbalance? It is hard for the defense to have multiple ways to defend multiple unbalanced looks. For example if you use 2 to 4 unbalanced (East) and different SE over unbalanced looks (North, Northern, Delaware etc) and then on top of that now you go unbalanced and offset your backs to or away from unbalance.

ADJUST TO UNBALANCED

I have found over the years that teams will only adjust to unbalance in one of the following ways and we will develop our play sheet based on the way the defense chooses to adjust. The 5 ways are as follows.

SPLIT END OVER

The minute they block down that safety is downhill in the run game and you cannot block him because the scheme does not account for a safety. Then you must use **Northern and Southern** formations. This will bring the wide receiver over and the defense will have to adjust and bring either the safety or corner out over the wide receiver. Even if they do bring the corner out now the safety's responsibilities have changed.

