

# **CHAPTER 9**



## **Types of Blocks in Each Family**

It is very, very important to understand that Wing-T plays are grouped together into families based on Look-A-Like backfield action and Look-A-Like blocking. Coaches new to this offense fail to truly understand the system of putting defenders in conflict and fall into the trap of changing blocking schemes or adding stand alone plays.

Some of the mistakes I see in this regard are: (1) using Inside Zone blocking scheme on Belly; (2) Not pulling the playside Guard on Belly and Down Pass; (3) Double teaming with Tackles and Tight End when playside Guard is pulling (G.O. and Down). This is discussed in great detail at the beginning of the PISTOL WING-T playbook and this book, but the general synopsis is that when a coach makes changes like I just described the offense loses its Look-A-Like deception and is no longer putting players in conflict. This offense that has stood the test of time for over 50 years and been ran by many, many very smart coaches, so be very cautious about making changes.

<b>GO</b>	<b>BELLY</b>	<b>DOWN</b>	<b>JET</b>	<b>OPTION</b>	<b>SHORT YARD</b>
26 / 45 G.O.	33 / 34 Belly	35 / 36 Down	28 / 47 O	11 / 12 Army	Tubby
26 / 45 G-Lead	22 / 41 Trap	43 / 24 Down Counter	28 / 47 Reach	13 / 14 Baylor	Thumper
32 / 32 G	47 / 28 G	47 / 28 O	28 / 47 COG	15 / 16 Cal	
43 / 24 GO Counter	33 / 34 Belly Pass	33 / 34 Down Pass	28 / 47 Toss		
17 / 18 GO Pass					

While there appears to be 20 running plays in this offense, in actuality that number can be dwindled down to 14 different blocking schemes.

Tackle Trap (22-G) and Guard Trap (32-G) are very similar plays, the only difference being who pulls. Also the Counter play in the GO and Down families are identical blocking as the changes are in the backfield. Same with Down and Belly Pass. Baylor and Cal have the same rules, just the attack holes are different. Tubby, Thumper, and Joker are actually just fomation changes because the plays that ran out of each formation are the same as in the other families. For example: Tubby 22 Trap or Thumper 43 Counter.

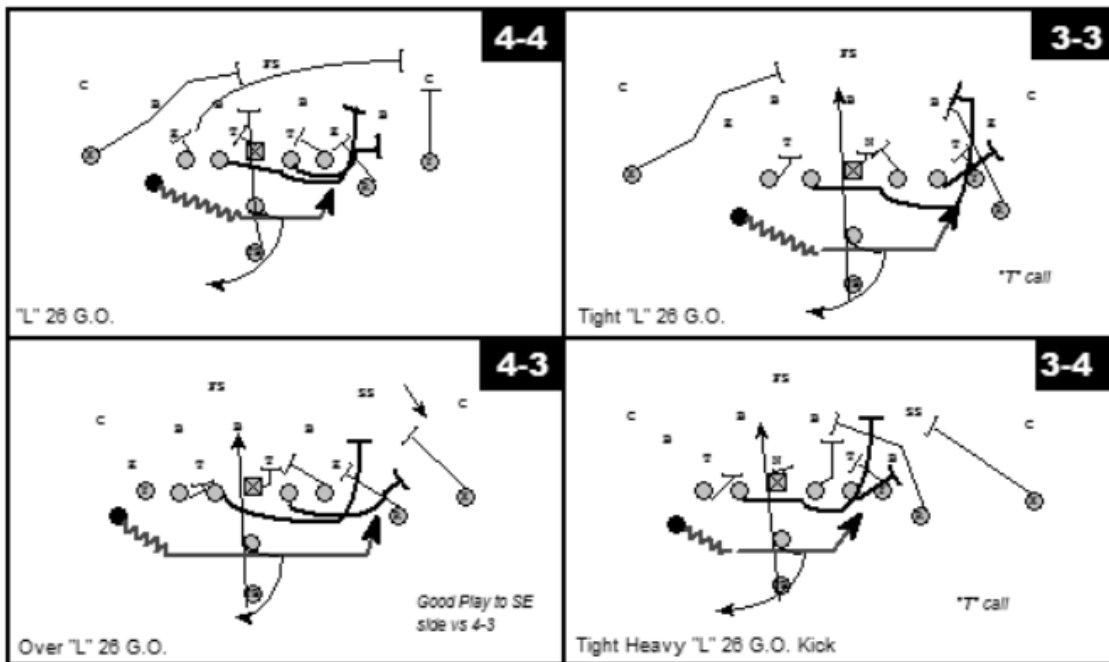


## GO FAMILY

This is a series of plays that includes two off tackle plays: Buck Sweep (26 G.O.) and Power (26-G Lead). There is a Guard Trap up the middle (32 G) and a boot pass, or waggle play (17 GO Pass). There is a counter play (26-43 Counter) off the Buck fake and a double handoff counter play (criss-cross 43 Counter) off the Power fake.

### 26 AND 45 G.O. (BUCK SWEEP)

This is the play that is identified with the Wing-T and the same play that Vince Lombardi's superbowl Packers ran in the 60's. When ran correctly it is a very difficult play to stop and wears defenses down. It is also a very "Expensive" play because it takes a lot of practice time to perfect so a coach has to weigh out the amount of practice time needed versus how much the play will be ran in the game. Coaches must have patience and be very detailed in their instruction. The biggest thing that hurts this play is penetration.



**Fig 9-1: 26 G.O. versus Four Fronts**

TE: Down-Backer. Tee Pull vs odd fronts.

Variations: Out Block (see next page)

RT: Down-Backer. Tee vs odd fronts

Down all way to NG. If Center's helmet between NG and RT, then go to backer.

1<sup>st</sup> step critical for TE & RT. Flat pull step if expecting penetration.

RG: Pull and kick out force. Backer on Tee call.

Reason for deep pull because D-Line might cross LOS versus RT down block.

Can make a "STAY" call vs blitz with 3-tech.

C: Reach-On-Away Will get help on Reach block from RT.

LG: Pull and seal ILB. Scrape paint off Wing's block.

If ILB blitzes thru B-gap, turn up early and block him.

If playside Guard makes STAY call, become force kickout player since RG is blocking the LB.

LT: Pull Check. Right foot land in the crotch of LG. Cannot go crossfield in Pistol.



## Tackle – Tight End versus odd fronts

The **TEE** call is a cross block by the Tackle and Tight End that we use vs odd fronts who give us problems with “read blitzes”. This is a blitz that is triggered by the motion and playside Guard pull (Fig 9-2). Our tackle’s down path was supposed to pick up this blitz, however, a hard pinching 4-tech D-Tackle was tying up our offensive tackle and this blitzzer was coming through untouched. The TEE cross block has been a great adjustment for us, however, if your offensive tackle can rip through the D-Tackle it is still better that he down blocks. One of the reasons is when we are playing a great NoseGuard, that tackle coming down and hitting him from the side while he is occupied with the center definitely rattles the NoseGuard and slows him down (Fig 9-3). We like this down block on the NG by the offensive tackle on both G.O. and Down.

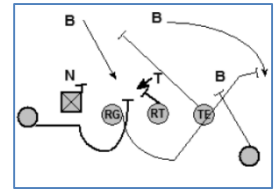


Fig 9-2

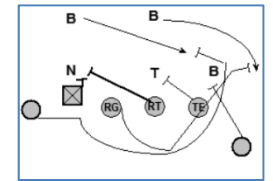


Fig 9-3

## Backside Release

When running 26 G.O. under center the **backside tackle releases** and comes across the field to cutoff a safety or corner trying to fill or tackle the back (Fig 9-4). However, in the Pistol, you need to look at the backside tackle staying home and blocking. Depending on your offenses speed and the opponent’s backside End, you still might be able to release the backside tackle. Of course, if the End is coming down the line that hard, the 17 GO Pass (waggle) will hurt them.

## Tight End versus Even Fronts

**Tight End** must be very aggressive versus defensive ends who try to hit the TE hard to keep him off the linebackers (Fig 9-4). To escape an aggressive squeezing end, the Tight End must 45-degree down the line with his inside foot and rip through with his outside arm. Think of it as a lateral escape to backer move talked about in Chapter 6. He should get the playside ILB versus a 4-4 or 4-2-5 defense and will get the Mike Backer vs a 4-3 defense. If the End is inside 7-tech, then TE down blocks him and the Wing gets playside ILB.

Realize that an outside shade D-End squeezing down makes it very easy for the Wing to block the larger End down the line. If running 26 G.O. without a TE, then the Wing has the Tight End rules.

## Center Blocking Back

My thoughts on the **center’s block** goes against traditional Wing-T rules, which has the center responsible for the playside A-gap and the TailBack responsible for the backside B-gap. Traditional Wing-T assigns the center to this A-gap even when the NG is a 1-shade in the backside A-gap. It has already been stated that these rules have been around for 50+ years and developed by coaches

much smarter than myself, but let me explain my philosophy on this. Our playside tackle has never needed help on a 3 or 2-tech D-Tackle. We also emphasize that our backs fake on every play and the Tail Back cannot make a great fake if he is blocking the NG in the backside A-gap. So our center’s rules are playside A, then On, then backside A-gap. This allows our Tailback to make a great fake and not have to block until he gets to Linebacker level (Fig 9-4).

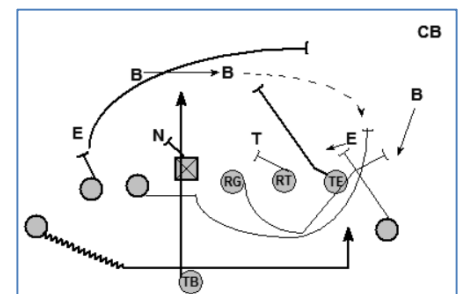
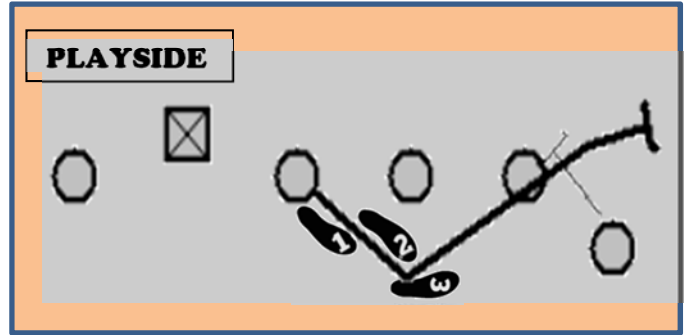
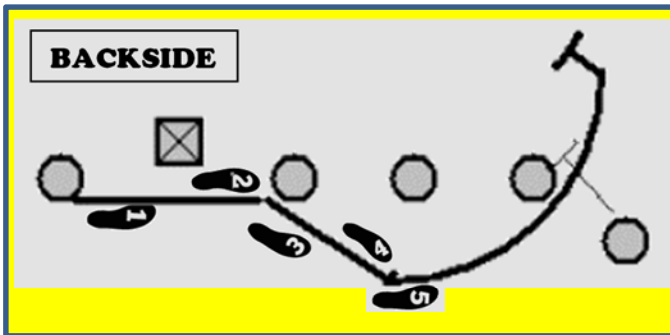


Fig 9-4: 26 G.O. versus Even Front



**Guard Steps on G.O.**



**PLAYSIDE GUARD: Back-Back-Flat-Flat Attack**

Pull with right foot at 45-degree angle back. Crossover with Left Foot.

Third right foot step should be parallel to line of scrimmage at 4 yard depth behind Tackle.

Push off right foot and attack LOS. Do not round this path off!!!

Kick out force player (OLB, SS, or CB) with right shoulder but aim one man inside.

This kick out player cannot cross the face of the pulling Guard.

If running to a non-TE flank, get flat on 2<sup>nd</sup> step and attack LOS on 3<sup>rd</sup> step.

**BACKSIDE GUARD:**

First two steps are flat, even in Pistol.

When QB is under center, these flat steps ensure that the pulling Guard does not trip the QB.

After those first two steps, re-trace the path of the Playside Guard.

Immediately start tracking the Inside Linebacker.

If that ILB runs through the B-gap, then the pulling backside Guard has to pick this up.

If no B-gap run through, pull tightly around the Wing's down block.

Kick out a very aggressive scraping ILB who gets to the LOS at same time as backside Guard.

**COACHING POINT:** Both Guards should clear the TB, who will narrowly miss the backside pulling Guard.

**G.O. variations**

I would advice against RT-TE double teams on G.O. The playside ILB can shoot thru b-gap window. A great variation to use when their D-End is stronger than your wing is to make a "SHORT" call (Fig 9-6). The back carrying the ball will have to adjust his steps since the hole is off tackle now.

Another variation that we use is a "OUT" call, which tells the Tight End to block out and kick out the force player that the Right Guard normally blocks out. This call is made when the D-End is great at mirror stepping or shadowing the Tight End. The Out path by the Tight End will take the D-End out and the Right Guard kicks out the D-End. The Right Wing would B.O.B. to the Inside LB.

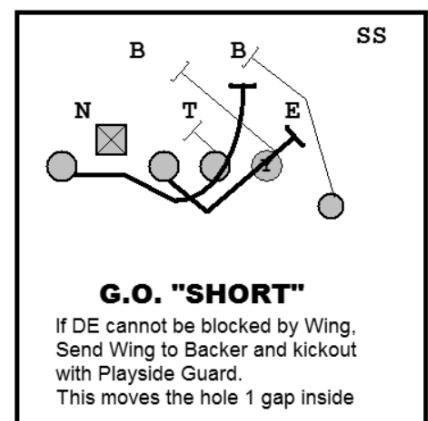
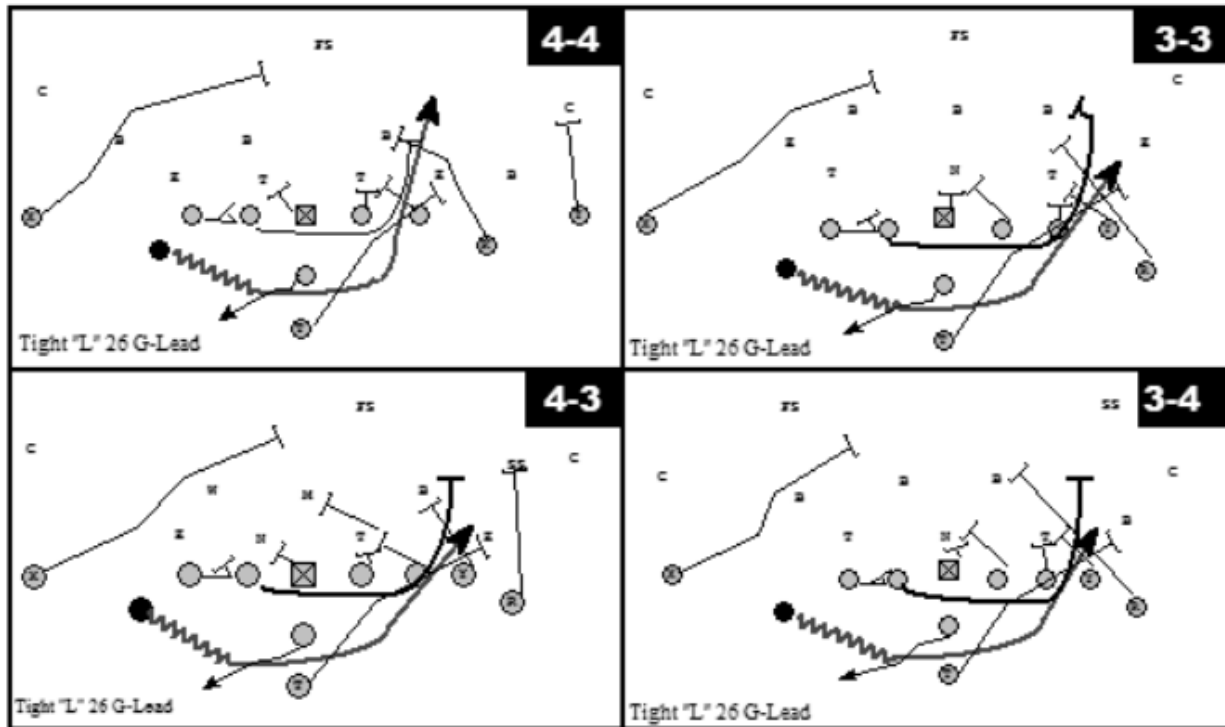


Fig 9-6: 26 G.O. Short

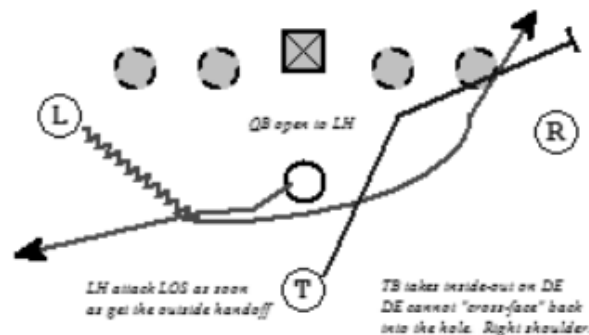


26 AND 45 G-LEAD (POWER)



SS	On-Gap-Down-LB (Post w/Y if on; Lead w/G)
SS	On-Gap-Down (Post w/T if on; Lead w/C)
c	On - Away (double straight up NG)
SS	Pull flat; gain ground; around RW, track ILB
SS	On - Pull Check (clip a lineman)
x	Post-Gap-Lead (Post w/RW; Lead w/T)
x	BACKSIDE: Cutoff Safety; PLAYSIDE: Crack 2 shell safety; Stalk 1 shell CB
SS	Gap - Lead-LB if 2 outside TE; SS if 3 outside TE
T	BALL CARRIER: Hug double team
R	Kick out Force Player (inside - out)
QB	Open to HB, outside handoff, fake 17

**RACKFIELD STEPS**



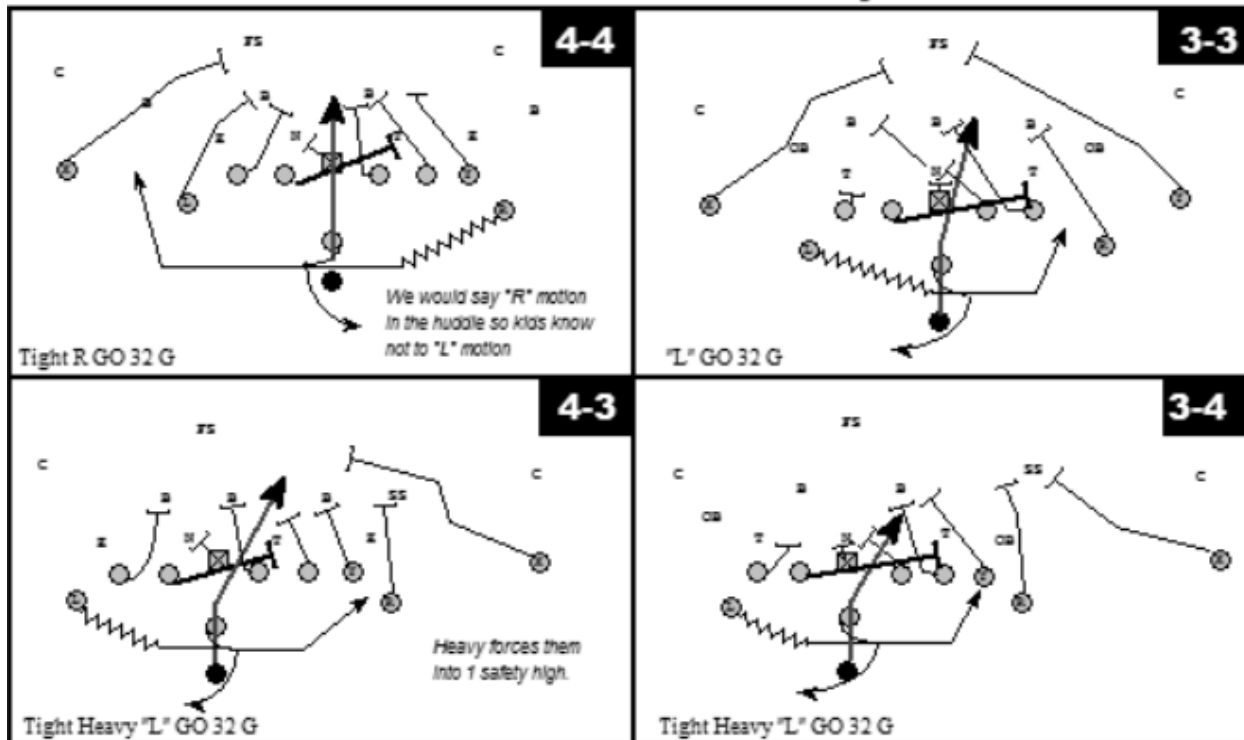
*This play is very similar to 26 GO but we do not pull the playside guard. Good Play if they are blitzing alot*

This play follows all the steps and techniques described in 26 G.O. The Right Guard stays home and blocks one of the inside backers. This is a good adjustment when a team is blitzing their ILB a lot. The Tail Back kicks out the force player that the Right Guard blocks on 26 G.O. Backside Guard assignments is still the same. This play does allow a RT-TE double team if you have a really good DT lined up as a 4-tech.



31 AND 32 G (GUARD TRAP)

The coaching point here involves two areas: The Guards assignments blocking the interior and the setting of the wall by the playside Tackle, Tight End, and Wing. Let's start with describing the Wall because it is easier.



The most important thing about making the wall is to not have any gaps for defenders to run through. On 32-G the Right tackles left hip/left forearm should almost “touch” the right hip/right forearm of the Right Guard. Same with the Tight End and Wing. Their inside hips/forearms should be very tight on the adjacent linemen. One reason that this does not happen is when they curve their path to “chase” a LB who is going around, or over the top of the wall.

The Right Tackle will escape step and release inside versus a 5-tech. Versus a 3-tech he should not try to go around but should “replace” the 3-tech as he goes up field. If he has a headup 4-tech defender, his first step will be an inside lateral step with the goal of doing an ESCAPE TO BACKER move. However if the 4-tech pinches hard into the B-gap, the Right Tackle will do a “swim” move on him. He will jam the defender with his outside arm, pushing the defender towards the center. He will swim, or actually punch, with his left arm through the defenders left ear/shoulder. (Fig 9-10)

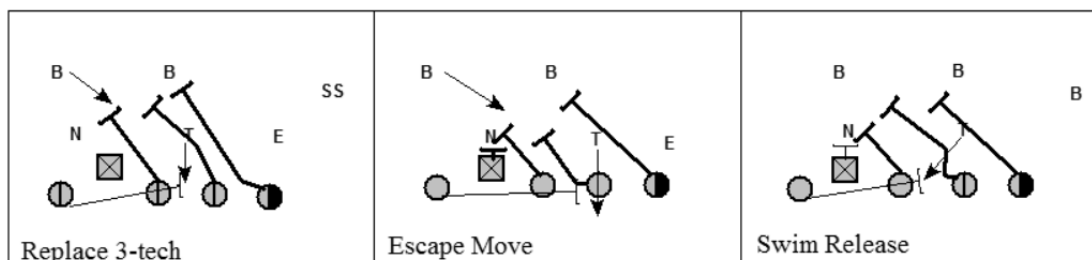
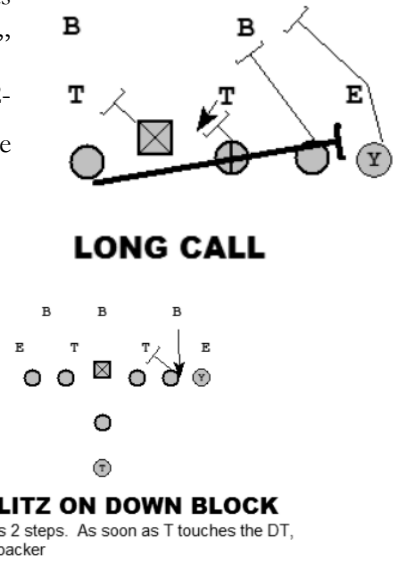
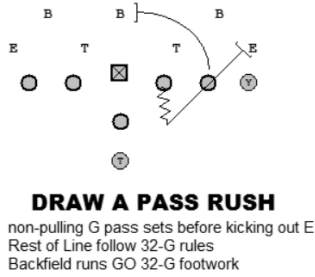


Fig 9-10: Right Tackle Releases on 32-G

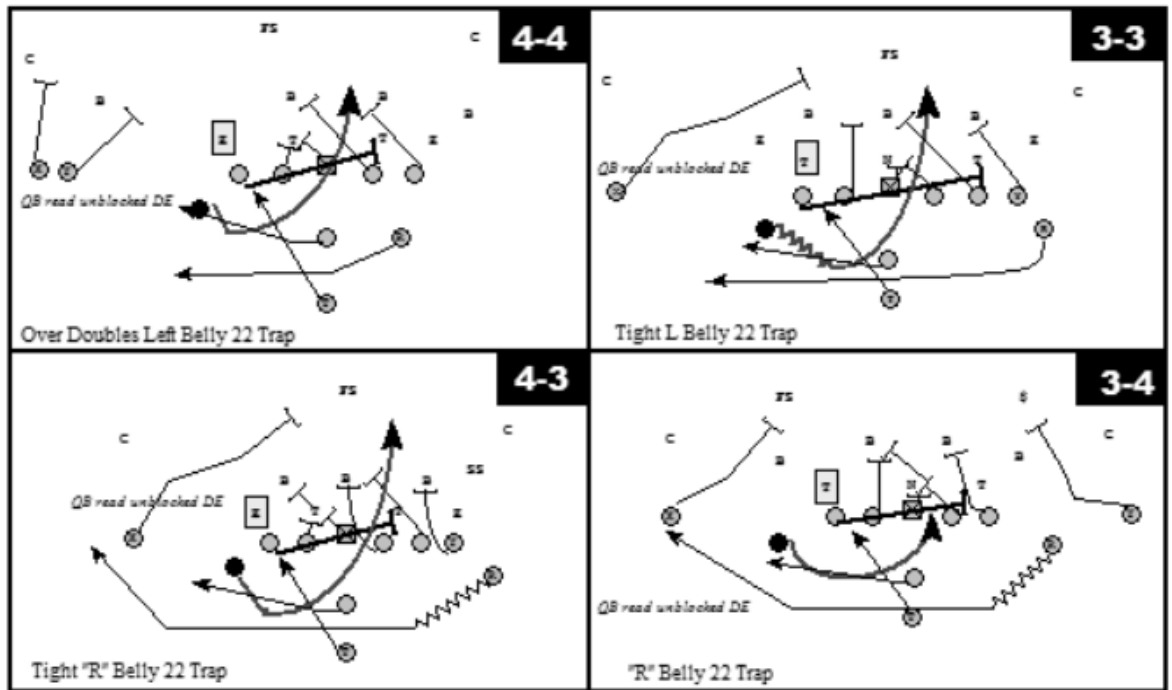


We have already talked about all of the intricacies of the Guard action that is used on 32-G. The flat pull steps was described in Chapter 5 and 6. The Double team with the center on the NG was described in Chapter 7. Fig 8-4 in the previous chapter talks about the “DOMINO” calls that might be required. If the Guard is trying to escape release under a headup 2-tech D-Tackle, he will have to block the defender down when he pinches hard into the A-gap. We call this a “WASH” and it triggers a Long Pull by the kickout.

Some other wrinkles to run on Guard Trap are shown below.



22 AND 41 TRAP (TACKLE TRAP)



I put this play here because Guard Trap and Tackle trap follow all the same rules, techniques, and guidelines, the only difference being who is the puller. Still set the wall, still make DOMINO calls, and still make LONG pull calls.

Remember if the QB is going to read the backside end, then the bakside Guard scoops with the center to LB vs a 1-tech and blocks out vs a 3-tech.

22	"Set the Wall" on first LB past center;
26	Gap - Down (NG) - Linebacker (Set the Wall)
c	On - Away - Reach
16	On - Away - Reach
12	Pull & Trap inside out
x	PLAYSIDE: "Set the Wall" on LBack'er BACKSIDE: Outoff safety



## BELLY FAMILY

### 33 AND 34 BELLY

The word "BELLY" triggers a set of combo blocks that are shown below in Fig 9-11. The one that we have struggled with over the years is how to block odd fronts. Many coaches, including us, cross blocked odd the fronts (TUG block). The playside tackle takes the headup defender down into the b-gap and the playside guard pulls to kick out the hang player. This opened up holes for blitzers in the A and B-gaps. It also was tough to predict when the 4-tech D-Tackle was going to pinch into the B-gap, so our tackle wasn't always able to block him down.

We really like the TUG block on both the playside and backside vs odd fronts. This puts both tackles and the wing on the linebackers. Our center also blocks the NG in any direction he wants and the Tail Back reads it. This is a win-win for the center, especially versus a stud NG.

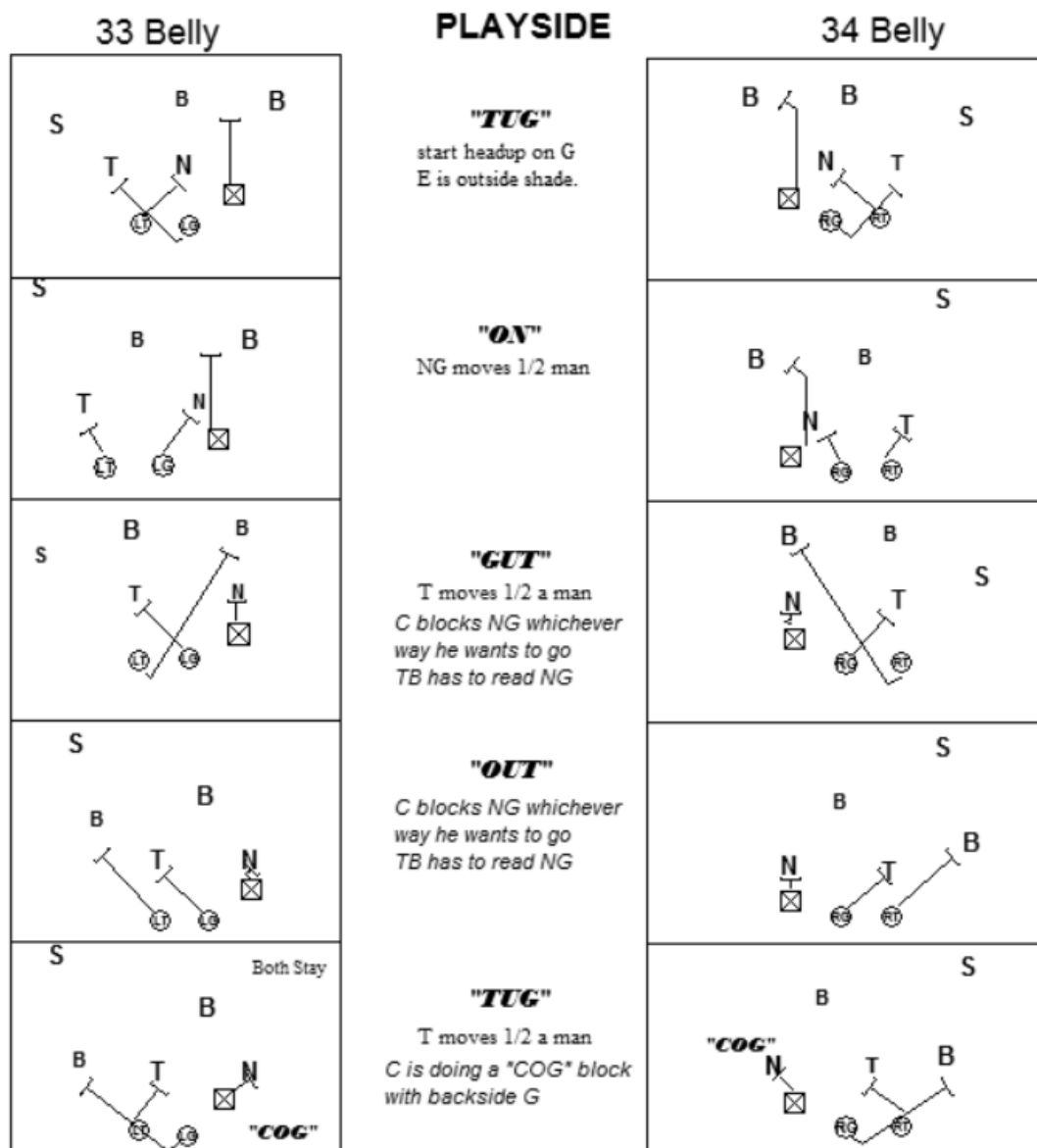
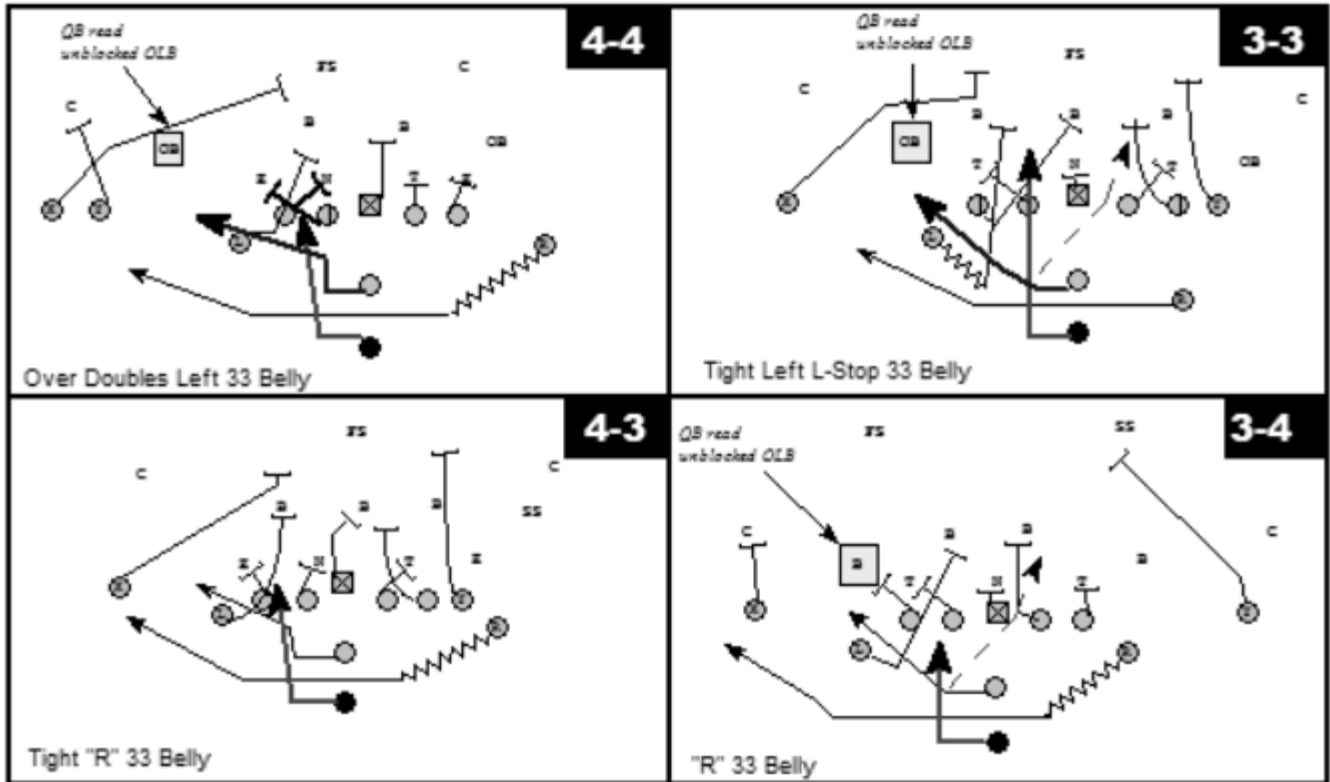


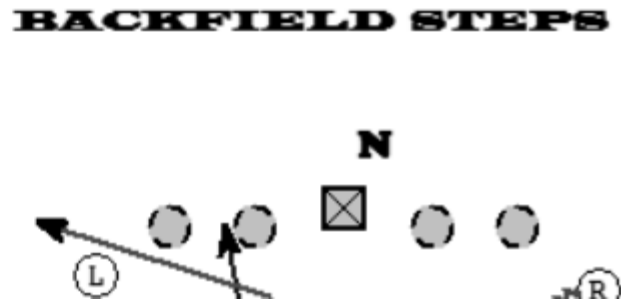
Fig 9-11: Playside Belly Blocking Rules







SS	4 tech: GUT; 5 tech: AWAY
AS	2i tech: COG; 2 tech: ON; 3 tech: AWAY; 4 tech: GUT
c	On - Away - LB
SS	NG: GUT; 1 tech: FAN; 2 or 3 tech: TUG
SS	1 & 5 tech: FAN; 0 & 4 tech: GUT; 2 or 3 tech: TUG



The toughest thing to teach in regards to rules is the backside of belly. What we told our players was to block on versus headup defenders and to “fold” block inside shades (COG, GUT, TED). Fig 9-12 shows all the backside blocking scenarios for 33 Belly. You could also easily scoop block but we never did because our linemen were too small.

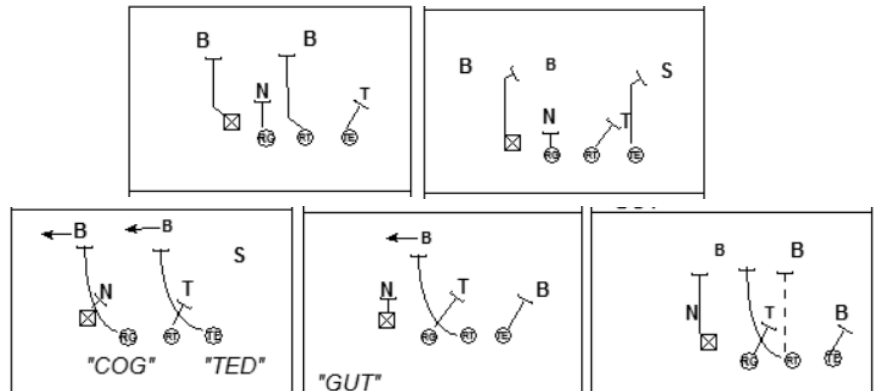


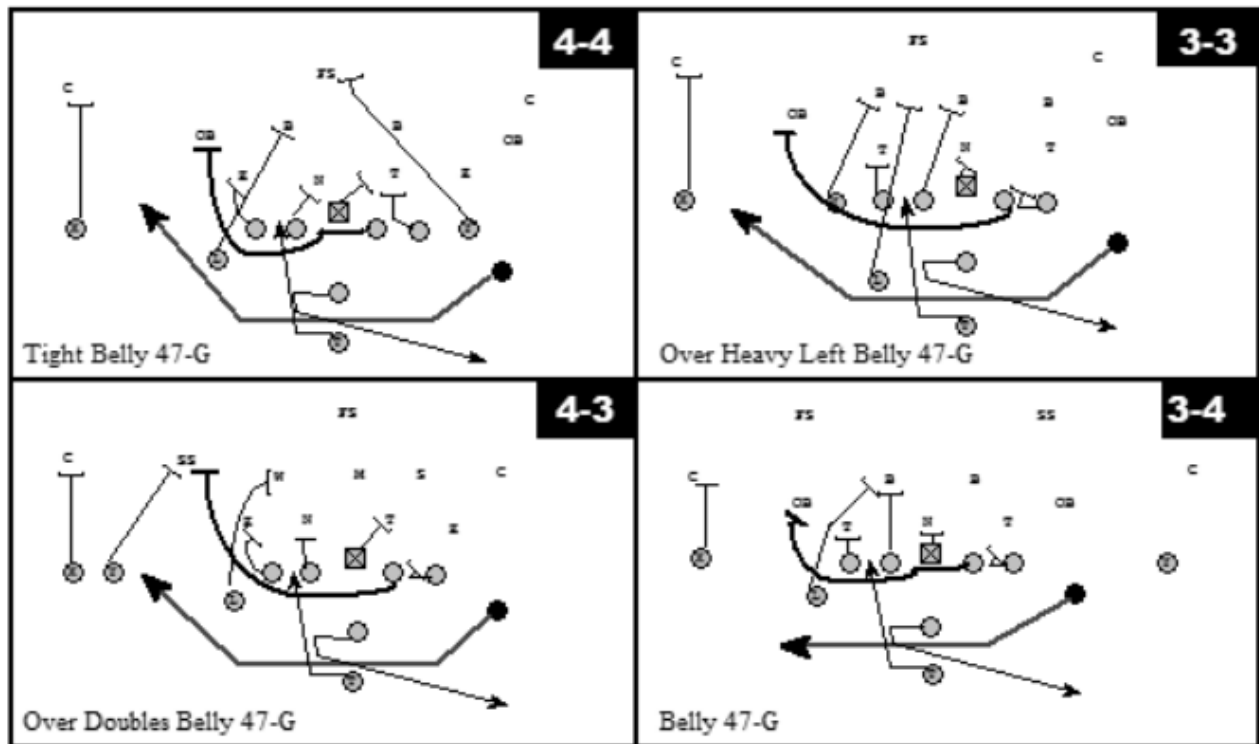
Fig 9-12: Backside Belly Blocking Rules



## 28 AND 47-G (BELLY SWEEP)

This is a great football play, especiall on the goal line. Pretty much all reach blocking with backside Guard pulling to log the playside force player (OLB or Safety in a 4-3). The pulling guard should pass in front of the TB who is faking in the B-gap. There are two coaching points on this play: the playside tackle and playside guard.

The playside tackle is REACH-ON-DOWN....but if he reaches to far, then the play will not look like Belly and he will bring defender to the edge. We told our tackle to only reach if he could reach out and touch the end, so in other words, the end had to be a tight 5-tech. However, if the TB makes a really great fake, the end might take a step inside which will allow the tackle to reach block him.



SS	Fill for Puller,
OG	Pull & Log outside LB
C	On - Reach - Away
LG	On - Gap - Backer
LT	On - Gap - Reach
Y	Cutoff Safety

The playside guard in my opinion should not pull, which is contradictory to most of the wing t coaches running this play. The reason for pulling is to make it look like Belly and also to take care of a wide aligned D-End. When we pulled however, the action of both guards pulling made the play look like 45 G.O. (Buck Sweep) which took all the linebackers to the C-gap. When our playside Guard aggressively ON blocks a 1 or 2-tech or fires out at the Linebacker, it freezes him long enough for the wing to block him.

Another solution is to let the pulling guard log block the End and crack or load block the OLB/Safety force player with the Wide Receiver and Wing. Of course all problems are solved if your Tail Back buys into making great fakes!!!



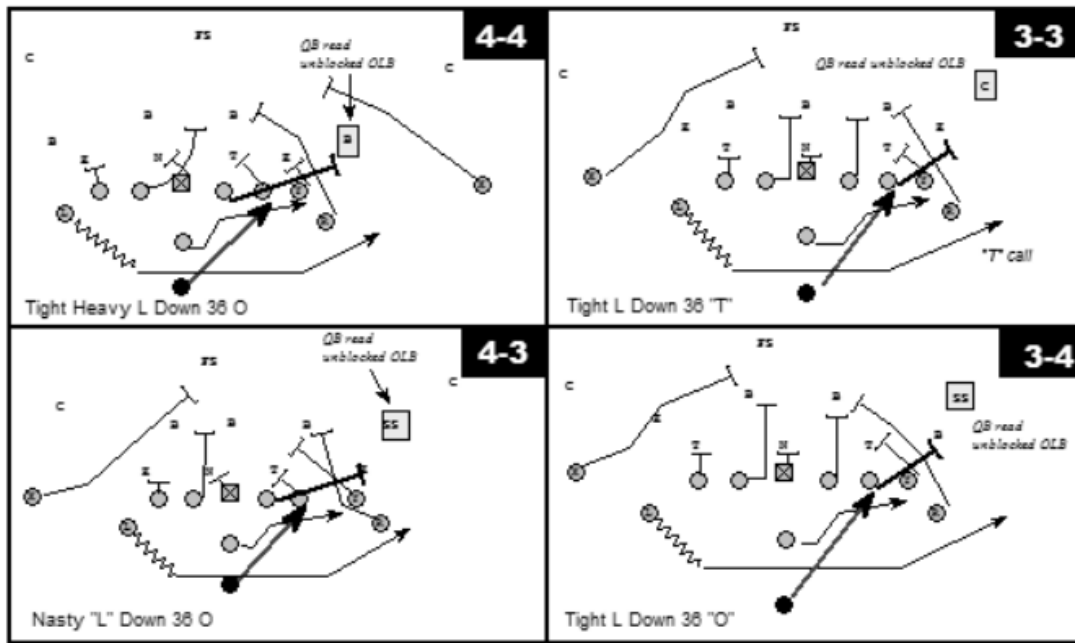
## DOWN FAMILY

### 35 AND 36-0

The key to this play is the Tackle, Tight End, and Wing staying very aggressive on their down paths. The Right Tackle will not block a headup 4-tech. He down blocks anybody in the B-gap, headup on the Guard, in the A-gap, and possibly the Nose Guard. If the Center can get his helmet on the playside of the 1 or 0-tech NG, then the tackle gets the backside Linebacker. We tell him to do this if he can see the center's helmet. While on this down path however, if a blitzing LB tries to shoot thru the B-gap, the tackle would pick this blitz up if he didn't have a 4i or 3-tech D-Lineman.

The Tight End has the same path. He blocks anybody shaded inside of him or headup on the offensive tackle. If the End is shaded outside and the next D-Lineman is inside the tackle, then the TE gets the playside Linebacker. The backside players have "GAP HIGHWAY" as described in the previous chapter.

There are two defensive fronts that gives this plays problems: The odd front with a hard pinching D-Tackle which allows the playside ILB to shoot the B-gap untouched. Also the 4-4 defense that gets headup 2-tech on the playside Guard and the End is shaded inside the TE. The Tackle has to down block the 2-tech DT and the TE has the inside shade D-End. This leaves nobody to pickup B-gap or C-gap blitzing LB.



WT	Gap - Down - Backer
WG	Pull and kick or log first man past TE's block
C	Reach - On - Away
LG	Reach - On - Backer ("gap highway")
LR	Reach - On - Backer ("gap highway")
Y	Gap - Down - Backer
X	Cutoff the near safety

We solved the odd front problem with our "TEE" call, shown in the examples above vs the 3-4 and 3-3 fronts. The only solution to the 4-4 team that is stacked on the offensive Guards is to have the Wing work down the Line instead of B.O.B. blocking to pickup the C-gap blitzing LB.



The other scenario that needs repetition in practice is when the End is inside shade of the Tight End, which forces the playside Guard to block the same man that the QB is reading. This isn't a problem as long as both the QB and Guard follow these rules:

If Hang Player (OLB) shoots up field: Guard kicks out and QB hands off.

If Hang Player folds inside: Guard wrong shoulder logs and QB keeps the ball.

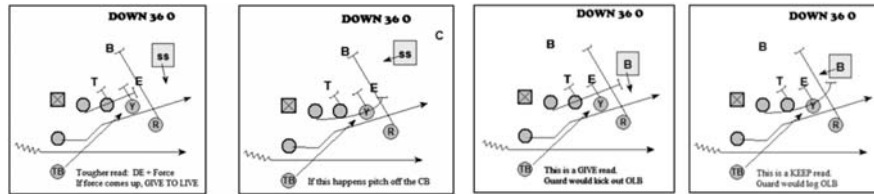


Fig 9-13: Down Read of OLB

### 24 AND 43 COUNTER

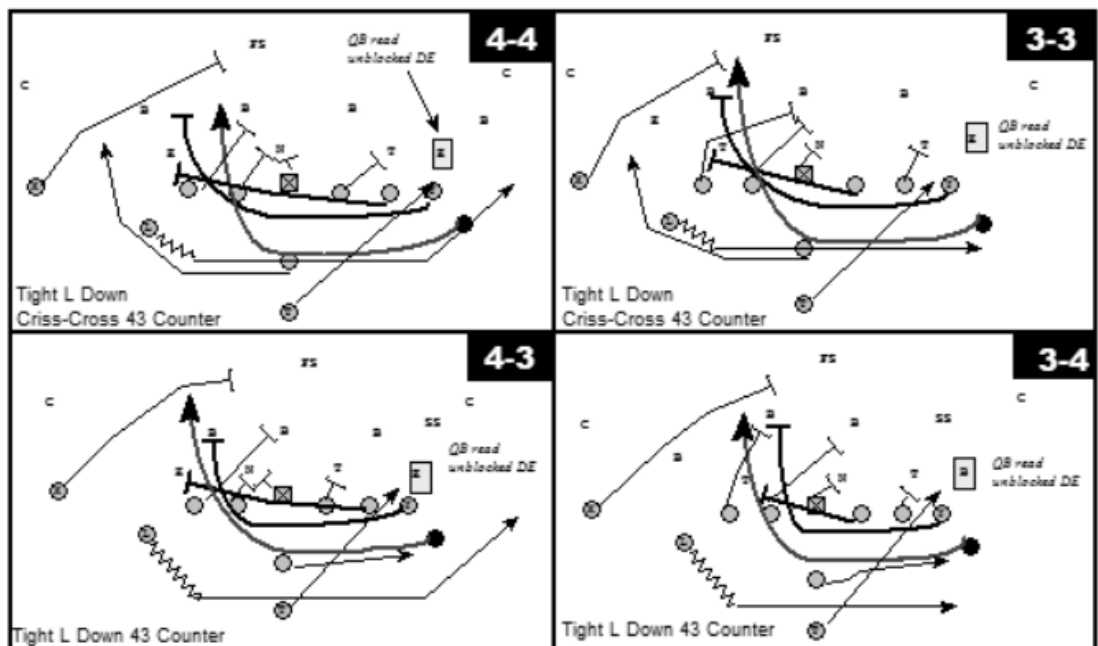
Traditional Wing-T blocking rules are to pull the Tight End and the backside Guard or Tackle, whomever is uncovered. We prefer to pull the Tackle whenever possible because high school Line Backers only read Guards. The only scenario in which we pull the backside Guard and Tight End is when there are A and C-gap players, such as when an odd front shifts one gap towards the Tight End. Versus this type of front, the angles are better for the Tackle to block away on the C-gap player, so we pull the Guard.

On the trap side, the coaching staff needs to make some decisions of who to trap. We want to be consistent with 41-Trap and 31-G which is to kick out the first man past the Guards nose. However, if you want to kick out the last man on the LOS, it allows

RT	Pull & trap last man on LOS
RG	On - Away - Reach
C	On - Away - Reach
LG	Gap; On; Double with center
LT	Gap; Double; LineBacker
Y	Pull thru hole on hip of pulling G & wall of LB

a great double team on that interior D-Tackle if he is headup 2-tech on the Left Guard.

Also, just like on Tackle Trap, we are now leaving the End alone so that the QB can read him if he wants to get in the hip pocket of the pulling Tackle.



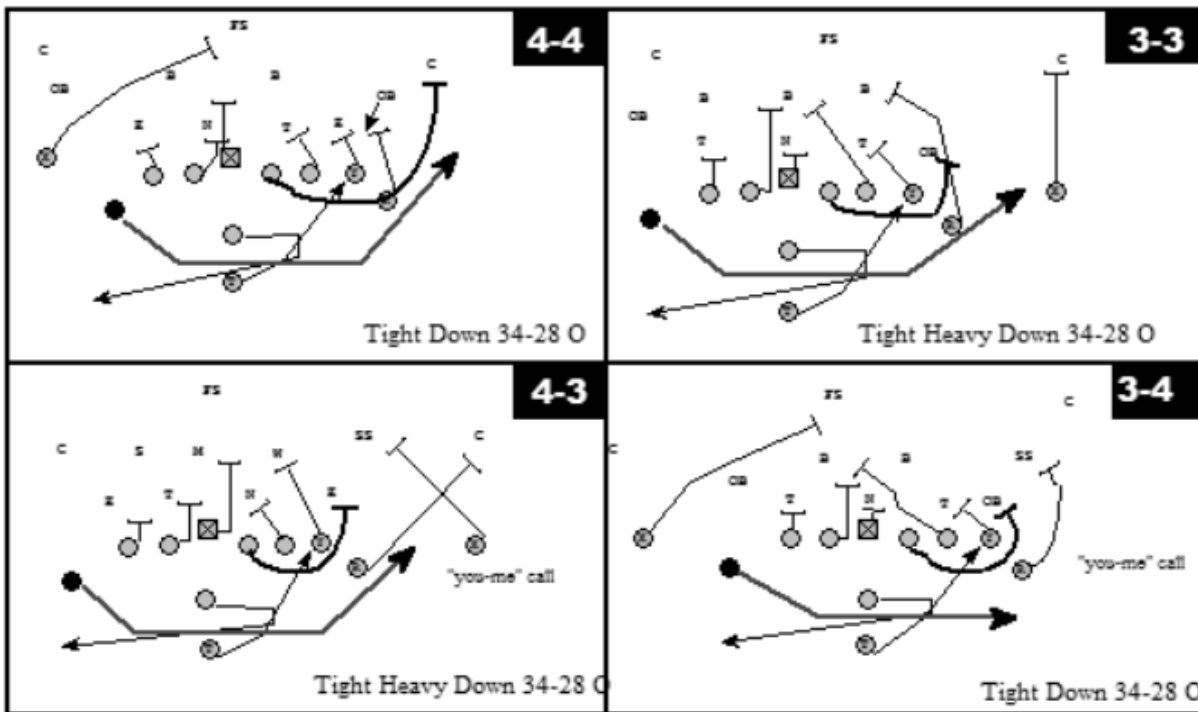
28 AND 47-0 (DOWN SWEEP)

Just like Belly Sweep, this is a great football play and needs to be in your arsenal. Both the Belly Sweep and Down Sweep have replaced the Belly & Down Option in our playbook. The playside pulling Guard puts the defense in conflict:

- Playside Guard pulls & kicks the End on Down;
- Playside Guard pulls & logs the End on Down Pass;
- Playside Guard pulls past the End on G.O.;
- Playside Guard pulls past the End on Liz 28-0

So basically what happens is that the End and the OLB are constantly seeing he playside Guard pull at them but are never sure if the play is going inside or outside of them. Furthermore, on this play the OLB and secondary are still seeing flat back down blocking action from the Tackle, Tight End, and Wing. Compound this with a great TB fake into the C-gap and there will be nobody on the edge to tackle the Wing coming around.

The last thing that makes the Down & Belly Sweep great plays is that there is no motion, which takes one of the main defensive keys away.



zz	Down-Backer
zs	Pull & Log
c	On - Reach - Away
za	Scoop-On-Away
zq	Scoop-On-Away
x	Down-Backer
y	PLAYSIDE: You-Me Call; BACKSIDE: Cutoff S

The same dilemma that existed on Belly Sweep in regards to reaching the End also exists here. We don't want to reach wide aligned Ends because the key to this play is the flat back down blocking action. The answer is to wrong shoulder log block the End and crack the force player.



## JET & ROCKET FAMILY

The plays in the JET family start with Liz or Rip motion and the QB makes reads which allows him to pull the ball and run up the middle to places vacated by over pursuing LineBackers or Ends. On two of the plays the TailBack is a lead blocker and on the third play the backside Guard COG's around the center to lead block. The three plays are as follows:

1. Pulling the playside Guard and the QB reads the playside ILB, who will probably follow the pulling Guard;
2. Everyone reach blocks and the QB reads the playside End;
3. Fold the backside Guard around the center (COG) and QB reads the playside ILB.

The key for the offensive linemen is understanding which hole, or where the bubble will exist, that the QB will run through. The following terminology is recommended to achieve this goal:

- Liz 28-11 "O" tells the O-Lineman that the QB will hit the backside A-gap if he keeps it;
- Liz 28-16 "Reach" tells the OL that the QB will hit the playside C-gap if he keeps it;
- Liz 28-12 "COG" tells the OL that the QB will hit the playside A gap if he keeps it.

This type of terminology tells the TailBack that he is a blocker and does not make any fakes.

### If JET replaces Buck (G.O.)

We advocate that schools that are brand new to running the Wing T use the JET family to replace the GO family. Basically Liz 28 and Rip 47 replace 26 G.O. and 47 G.O. If your school decides to do this, then you have fake Liz and Rip motion to run Guard Trap, GO Pass (Waggle), and either tackle trap or counter. If you are going to do this, then make sure that your terminology is crystal clear in distinguishing when there is a QB run option and when there is not.

The way that we recommend doing this is to give the motion, Liz or Rip, followed by the play you want to run:

- Liz 32-G and Rip 31-G
- Liz 41 Trap and Rip 22 Trap
- Liz 17 GO Pass and Rip 18 GO Pass
- Liz 43 Counter and Rip 24 Counter

On these plays the Tail Back is either getting the ball or faking Guard Trap up the middle.

### Pulling Technique for Playside Guard

The footwork on the deep pull was explained in Chapter Six, however, on Liz 28-0 and Rip 47-0, the pulling guard needs to react off the Wings block, as shown in Fig 9-14. If the Wing can hook the edge defenders (OLB or DB), then the Guard pulls around that block and finds the next defender. If the Wing is blocking out on either the edge defender or the CB on a "Me-Me" call, then the Guard pulls up inside of that block and looks inside for scraping ILB or safeties filling the alley.

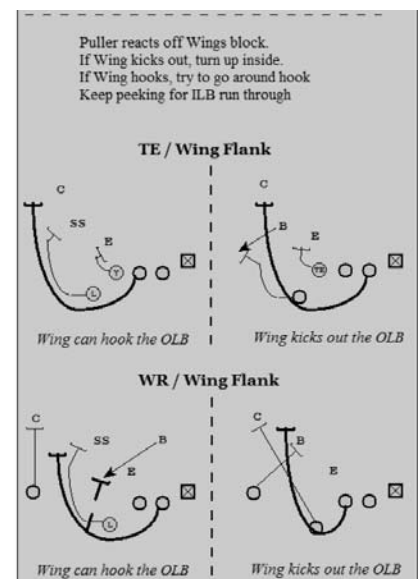
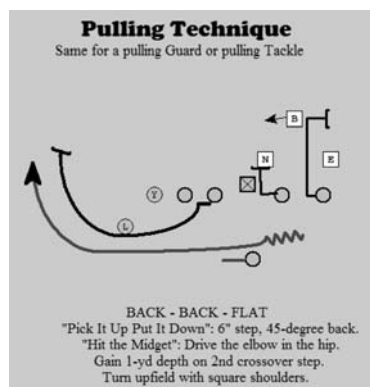


Fig 9-14: Pulling Guard Reading Wing Block



28 AND 47 "O" (ON-SIDE PULL)

Let's start with the blocking rules for everyone except the pulling guard. The End Man on Line of Scrimmage (EMOL) rule is REACH-ON-DOWN. He really needs to make that reach block and if the End is too wide, he makes a "you-me" call with the wing, which tells the wing to down block the End and the tackle will pull, or fold around the wing's block (Fig 9-14). However, if the End is this wide, you should be running Rip 47 Reach instead.

The Center and backside Guard have to open the backside A-gap up for the QB, which means the center is going to actually push his defender towards the Jet/Rip sweeper. We will always assume that a headup 0-tech NG will go in the direction of the motion and if he doesn't then the QB & TB will have to adjust to that. The backside Tackle rule is ON-AWAY-BACKER.

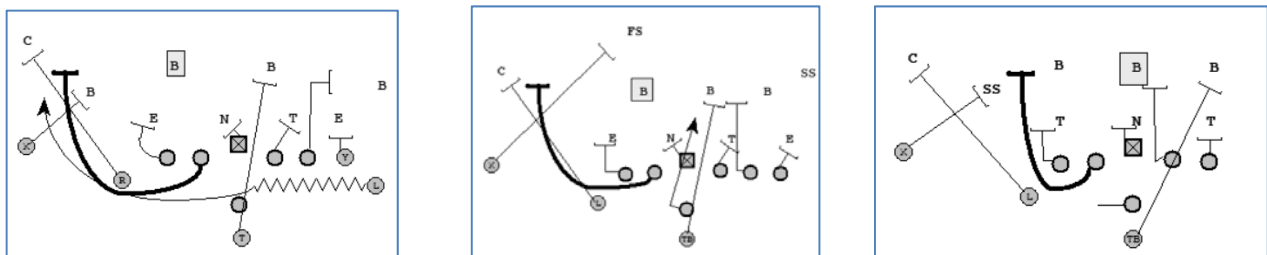


Fig 9-15: Preferred Ways to Run Rip 47-0

Also, do not run the Liz/Rip motion towards the 3-tech. As Fig 9-16 shows, there is no good way to block the 3-tech if the QB keeps the ball. Run the motion away from Tight End as shown in Fig 9-15.

This play is hard to run versus a 4-4 front that stacks the guards. Fig 9-17a shows that the Tailback can block the lone remaining Linebacker vs a 4-3 defense, however the 4-4 teams have an extra Linebacker unaccounted for. We could fold (COG) the backside C-G to fix this problem but the playside D-Tackle must chase the pulling Guard (Fig 9-17b). Or we can cancel the pull and ON block, however, the Inside Linebacker will probably not flow so the QB will be handing off all the time (Fig 9-17c).

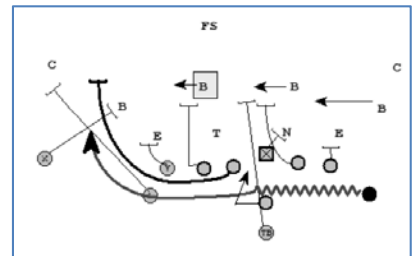


Fig 9-16

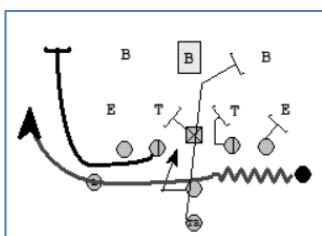


Fig 9-17a: versus a 4-3 defense

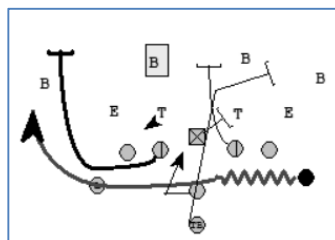


Fig 9-17b: COG the backside

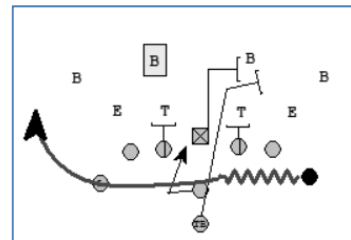


Fig 9-17c: On Block



## 28 AND 47 REACH

This play is entirely dependent upon the READ-REACH block made by the end man on the line of scrimmage (EMOL). This block was explained at the end of Chapter 8. All the other linemen's rules are REACH-DOWN-BACKER. We can easily run this strongside or weakside versus even fronts (Fig 9-18).

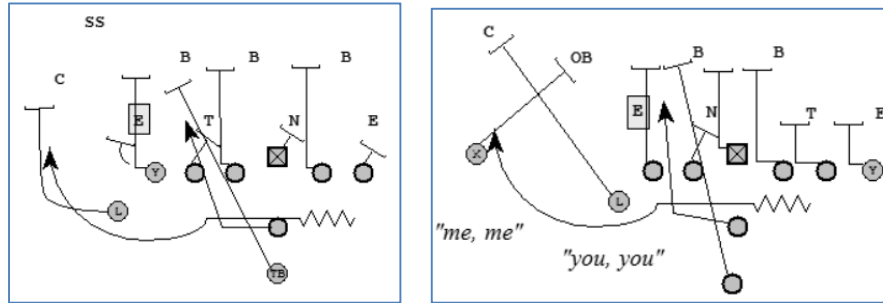


Fig 9-18: Versus Even Fronts

However, versus odd fronts this play can be hard to run if there is no Tight End (Fig 9-19). The key is whether the Center can reach the NG because if he can't, the NG will move with motion and tackle the QB. By running this at a Tight End versus the odd fronts (Fig 9-20), the hole moves wider and the NG is not a factor even if the Center cannot get a clean reach block on him.

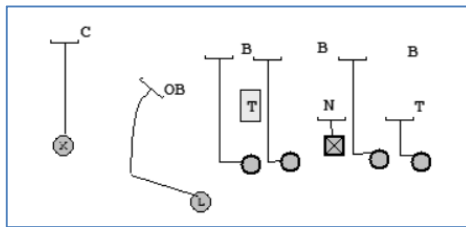


Fig 9-19: No TE vs Odd Front

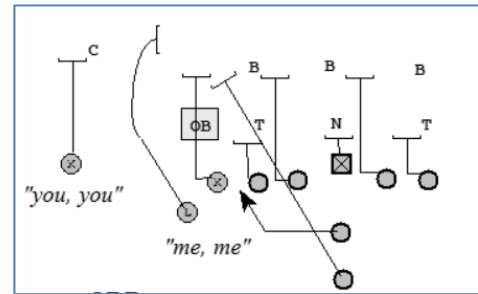


Fig 9-20: TE vs Odd Front

## 28 AND 47 COG

We have a hard time running 28-0 and 47-0 at the 3-tech so versus even fronts we always have to motion away from the Tight End. In situations when we want to motion TOWARDS the tight end, we make a COG call (Fig 9-21). Since playside Guard is not pulling, the lead blocker in case we hand off is the TailBack and the folding backside Guard lead blocks for the QB.

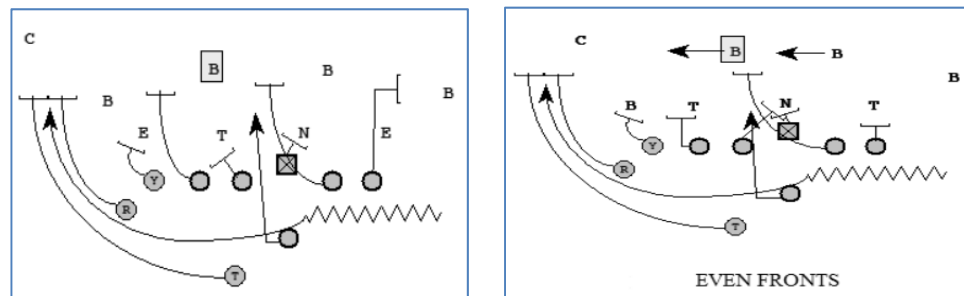


Fig 9-21: COG blocks vs both fronts





## OPTION (Midline & Veer)

We use the same blocking concepts for our Midline (Army), Inside Veer (Baylor), and Outside Veer (Cal).

**A**rmy is “A” gap, **B**aylor is “B” gap, and **C**al is “C” gap.

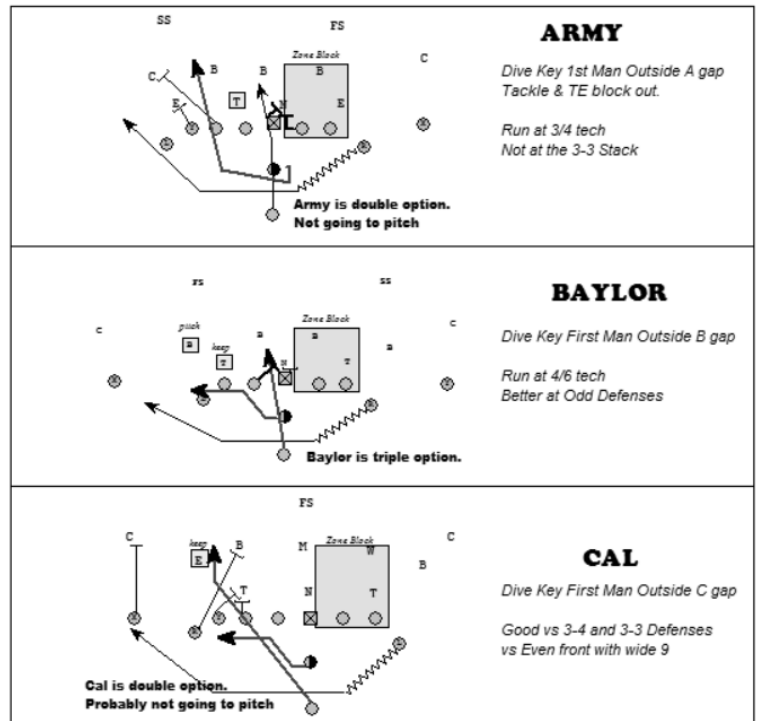
Double First Man Inside the Gap

- Army: double 1<sup>st</sup> man inside A-gap
- Baylor: double 1<sup>st</sup> man inside B-gap
- Cal: double 1<sup>st</sup> man inside C-gap

Do Not Block First Man Outside the Gap

- Army: double 1<sup>st</sup> man outside A-gap
- Baylor: double 1<sup>st</sup> man outside B-gap
- Cal: double 1<sup>st</sup> man outside C-gap

The other key blocking rule is that the playside Tackle and Tight end aggressively down blocks or escapes to backer on Baylor and Cal. However, on Army the Tight End always blocks out. The Tackle blocks out if there are 2 defenders outside the TE or blocks ILB if only 1 defender is outside the TE. We tell our Tackle & TE: **“ARMY IS THE ONLY PLAY IN THE PLAYBOOK THAT YOU BLOCK OUT.”**



**ODD FRONTS**  
vs 4, 5 tech: Run Baylor  
vs 3, 4i tech: Run Cal

**EVEN FRONTS**  
vs 3 tech: Run Atlanta  
vs 1,2+7 tech: Run Baylor  
vs 9 tech: Run Cal

Backside linemen follow the “gap-highway” concept: REACH-ON. If a defender lines up inside, the reach block has to be made, often times we use the “SUPERMAN” technique shown on page 78. If the defender shoots that gap he will definitely hit the QB who is standing still trying to make his read. Those backside inside gaps are critical on these plays.

### Running versus Different Fronts

We only run Army vs even fronts, Cal vs odd fronts, and Baylor against both. The reason we do this is to minimize the blocking rules for the linemen. Remember, we still have all the Wing-T blocking rules to learn along with pass protections, so our philosophy is to just run the bare minimum in this family. Run just enough where the opponent’s D-coordinator has to spend part of his M-T-W repping these plays instead of the Wing T paly.

Another rule of thumb is to run Army to the TightEnd because we want to run at the 3-tech. Run Baylor away from the Tight End because we want to run at the 1-tech. Finally, we run Cal at the Tight End flanks to gain an extra blocker versus 3-3 stack teams.

If a defense attempts to stop these plays with “gap-exchange” or other sound option stopping techniques, then we will run our Wing T attack because a specially designed option stopping defense cannot also stop the Wing-T. Gap exchange is when they tell the D-Lineman to tackle the RB and an ILB is assigned to the QB or vice versa. The DL waits for QB, which is a give read, and both ILB commit to tackling the running back.



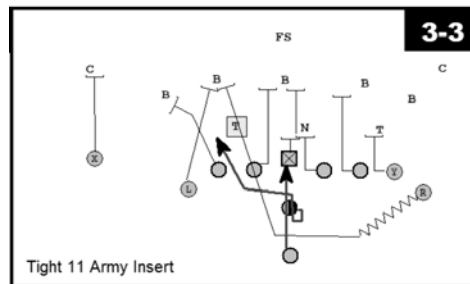
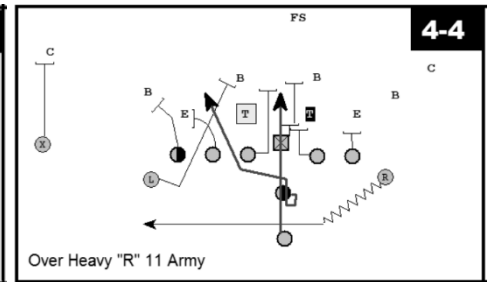
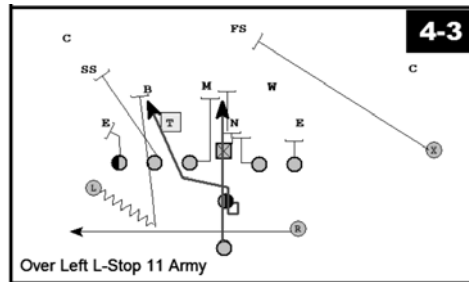
### 11 AND 12 ARMY

The easiest way to run this play is versus a 1 and 3-tech. The backside double team is a scoop block described in Chapter 7 with the Center and backside Guard. The Guard wants to get his helmet across the 1-tech so the Center can climb to backer.

If the read man is headup 2-tech on playside Guard, then the

escape step is crucial. This is shown in the 4-4 front example. Letting the headup DT put hands on the Guard as he escapes to the linebackers will give the QB a “cloudy” read, which is confusing.

The blocking vs the 3-3 front is a scenario when this play is ran away from a Tight End and versus an odd front. Since the defense shifted their O-Line, we run away from TE because we want to run Army at a 3-tech.



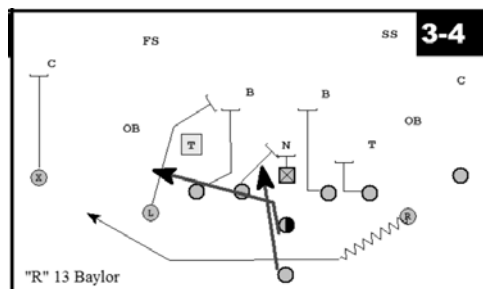
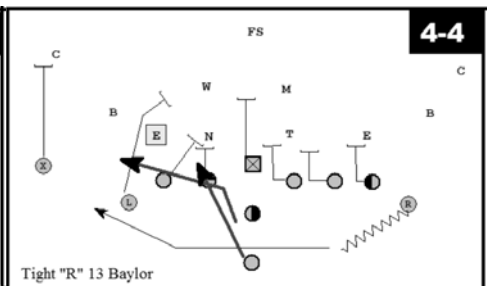
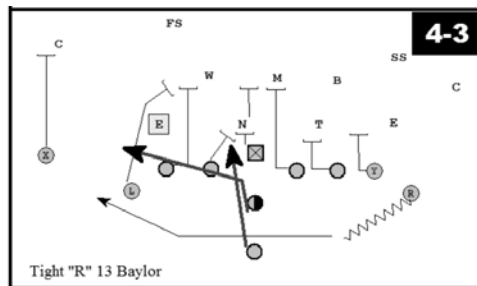
RT	Reach - On - Away
RG	Reach - On - Away
C	Reach - On - Scoop
LG	Down - Backer
LT	Block Out
Y	Block Out

### 13 AND 14 BAYLOR

Rules here are pretty easy. Left Tackle will double with Left Guard or escape to Backer. Left Guard’s rule is ON (which will trigger down help from Tackle), DOWN (a-gap to double with center), BACKER. The Center will reach vs playside 1-tech, which will become a scoop block with the Left Guard. He will ON block a NG but get double team help from the Left Guard. Backside blockers are gap highway and those inside gaps are critical.

The two problems are when the Left Tackle has a headup 4-tech or when the defense surprises you and lines up in the B-gap (remember you don’t run Baylor at 3-techs).

The Left Tackle escape steps need to be very good versus the headup defender. Same as the Left Guard on 11 Army. If there is a D-Lineman in the B-gap, then the Left Tackle and Left Guard need to scoop him out of there.



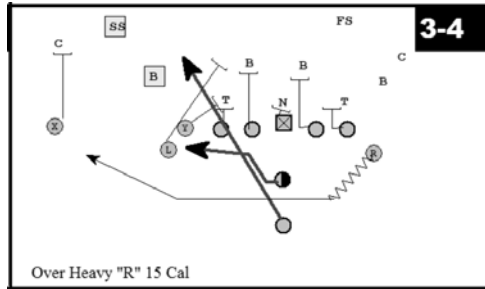
RT	Gap Highway
RG	Gap Highway
C	Reach - On - Away
LG	On - Down - Backer
LT	Down - Backer
Y	Reach - On - Away



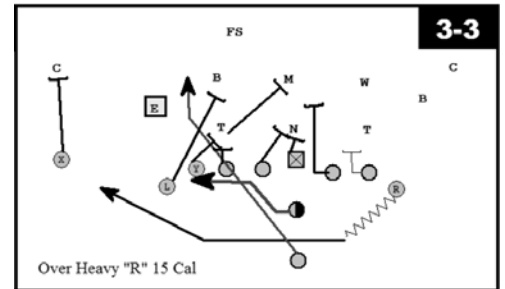
### 15 AND 16 CAL

Cal and Down have a lot of similarities. The flexbone guys who run Midline and Veer as their base offense call the Wing-T Down play “Veer kick”. In the PISTOL WING T we use Cal instead of Down when playside LB blitzes are giving us problems. Basically the only difference is that the QB reads the man that the Guard would have kicked out on Down.

The only problem in Cal is when the defense surprises you with a defender inside of the Tight End in the C-gap. The TE and Tackle need to double team/scoop him out of that C-gap. Same thing when they line up in the B-gap. The Tackle and Guard will scoop block him out of that gap. These gap problems are one of the reasons we prefer to run Cal at headup aligned, odd fronts.



RT	Gap Highway
RG	Gap Highway
C	Reach - On - Down
LG	Reach - On - Down
LT	On - Down - Backer
Y	Down - Backer



### TUBBY SHORT YARDAGE

The ultimate goal is to get double teams on the line and let the Wings block the inside backers. So our playside blocking rules are: DOWN – ON – REACH. The Tight End is DOWN-ON-AWAY because he will never get help on headup or outside shade defenders.

So if a blocker has a headup defender and someone in their inside gap, they would block DOWN before they block ON. Their teammate would DOWN block their headup defender.

<p>C: On RG: Down RT: On LT: Down TE: On</p>	<p>C: Reach RG: Down RT: Reach LT: Down TE: Out</p>	<p>C: Reach RG: Down RT: Down LT: Reach TE: Down</p>

The crazy exception is when a blocker has a headup defender and some one in both their inside and outside gaps. He would have to ON block because the blocker next to him is down blocking the gap defender.



# TUBBY RULES

Blocking Rule is ON - GAP - REACH.

If nobody on you, block down. If nobody on or in gap, double outside gap.

If nobody on or in either gap, go to Linebacker

