
SECTION FOUR

ORGANIZATION FOR SUCCESS



Chapter 11: Overall Practice Structure

Chapter 12: Group Drills

Chapter 13: Team Drills & Practice Plans

CHAPTER FIFTEEN

CHAPTER ELEVEN

Overall Practice Structure



The Wing T practice plan is unique and proven over 50 years to be very successful. I really feel like Wing T coaches truly enjoy coaching and love the details. This offense is not for the lazy coach. There is so much to cover in a short period of time.

Unfortunately, coaches cannot use the excuse of not having had enough practice time when things are not getting done on game day. Be about solutions instead complaining about problems. Figure it out and “Get R Done.” Hopefully this chapter will help you.

Chapter Three talked about teaching your players every **DRILL** you are going to run during summer and spring. Do not waste time in practice setting up drills. When we open camp in August, our players can setup the drill, know what equipment is needed, and understand how to rotate. Setup happens before practice and every player on our roster has a clear assignment of tasks.

A lack of repetitions in practice is often due to lack of organization and forward thinking on the part of the coach, not the players. Having an understanding of the actual drills and coaching points involved will increase the efficiency of practice.

PRACTICE PLANS. Players will move slowly, and time is wasted in transition when they are unsure of what comes next. Our players can write out our practice schedules to the minute because we don’t change the flow.

I do not believe in the Two-Platoon system, although there is no doubt our players would be a lot better at their craft. The reason I am opposed is due to team building. I want every player completely bought into the team concept and be enthusiastic about helping in all 3 phases of the game. I also am fearful of “finger pointing” after a loss: “We would have won if the offense would have scored. Defense did its job.”

Practicing JV and Varsity together also supports team building. Not only does a player have the same position coach for 3 years, it strengthens the bonds between players and coaches since a kid will have the same position coach all 4 years. The JV’s also feel part of the family instead of being a second-cousin. They also have a comfort level transitioning to varsity, pulling up a sophomore is not a big deal.

SECTION FOUR: Organization

We try to avoid seniors hitting 9th and 10th graders at all costs. If our roster is over 50, we have separate fields: a DEFENSIVE and an OFFENSIVE FIELD. We assign our coaches as follows:

- DL Coach
- LB Coach
- DB Coach
- OL Coach
- RB Coach
- WR/QB Coach

Those coaches stay on their field and never leave. They setup all their drills for two practices and only scout one side of the ball. On Monday and Wednesday, we would send our JVs on the offensive field for one hour and our Varsity would go defense for an hour. The JV head coach would follow his team to each field and the Varsity head coach would follow his team to each field.

If you are at school that also has a freshman team, then there is a different staff for them. We always hired four coaches to run that program. Our freshman games were on Thursdays, so they watched film on Fridays and those coaches supported us on Friday nights.

Ideally, we wanted a 4th coach on each field. Defensively we need to separate our D-Ends from our Tackles and our OLB from our ILB. On Offense we need two O-Line coaches. If we didn't have the 4th coach, then the head coaches would take certain positions off separate to fine-tune techniques.

Season Practice Time Allocation						
	Spring	Summer	Aug 1	Aug 2	Aug 3	Season
Special Teams				10	10	5*
Position Warmup	5	**	**	5	5	5
Tempo Period		10	5	5	5	5
Individuals	10	30	20	20	15	10
Group Run		15	20	15	10	10
Group Pass	30	25	10		10	10
Live Pass Pro		25	10	10	10	10
Odd-Even Drill	15	15	20	20	20	10
Total time	60	120	90	90	90	65

**Summer Warmups are Agility Drills.

*We do 10min Special teams M, T, W
We charge 5min to offense and 5min to defense

Our basic premise is to have our entire passing game installed, including all the formations and motions during summer. In August, our passing game just gets a quick review. We will install our core run game in summer, but only out of our base formations and one motion. In August, we will install one run play per day, but really spend the time to go over all the blitz pickups, different fronts, audibles, shifts, and motions.

EQUIPMENT

- **Bags:** *Do not try to save money buying lighter, cheaper bags. This offense uses the round, cylindrical bags a lot and you need the 70 to 80-pound bags. The Rogers bag you want are: "Big Block Pro", "Delaware", or "Delaware Pro" These large bags allow linemen to develop explosion and violent impacts, however, bags do not move.*
 - We need 1 bag for every two linemen. 16 linemen on roster = 8 large round bags. Need a minimum of 7 for ODD-EVEN drill.
- **Hand Shields:** *Hand shields give a realistic feeling of fitting on a defensive reaction. But hand shields slide to the side of the defender leading to poor technique.*
 - Need 1 hand shield for every two linemen and two backs. 16 linemen + 6 RB = 11 shields.

- **Trash Cans:** Large rubber 55-gallon trash cans to substitute for D-Linemen
- **Boards:** Wood. 1 foot wide by 12 foot long. 3/4-inch thick. This allows us to run HALF-LINE drills on each hash or get in 3 groups. The “roll-out tape” does not allow this and are a hassle getting out and putting away.



Fig 11-1: Spacing Boards

- **Sled:** Great teaching tool but do not use the sled before mastering footwork and technique on the bags. Valuable teaching time can be lost keeping the sled straight and setting it up. Also, do not use the sled for conditioning.
- **Chutes:** Great for teaching linemen to stay low but you can only get 3 or 4 linemen going at once so there is a lot of standing around. I prefer the large trap chutes (Fig 42), but at McFarland we made our chutes using 1-inch schedule 40 PVC pipe (Fig 49). Another low budget solution is to have the linemen fire out under an outstretched hose or rope. I have also seen homemade trap chutes using 8-foot sections of chain link fence.

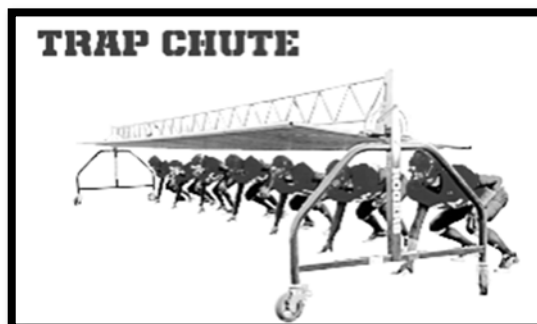


Fig 11-2: Trap Chute or “FUNHOUSE”

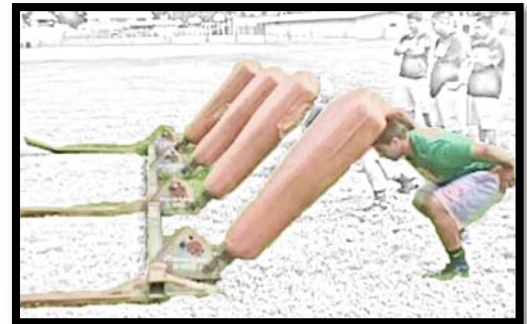


Fig 11-3: Rogers PowerLine Sled

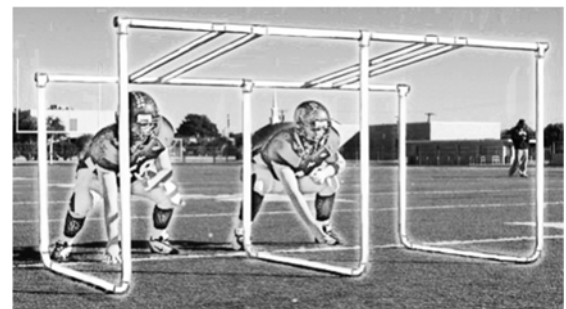


Fig 11-5: Homemade PVC chutes

- **HOMER DAIRY:** This is a great organizational tool for the offensive linemen. Basically we paint 5-yard by 5-yard squares at one end of our practice field

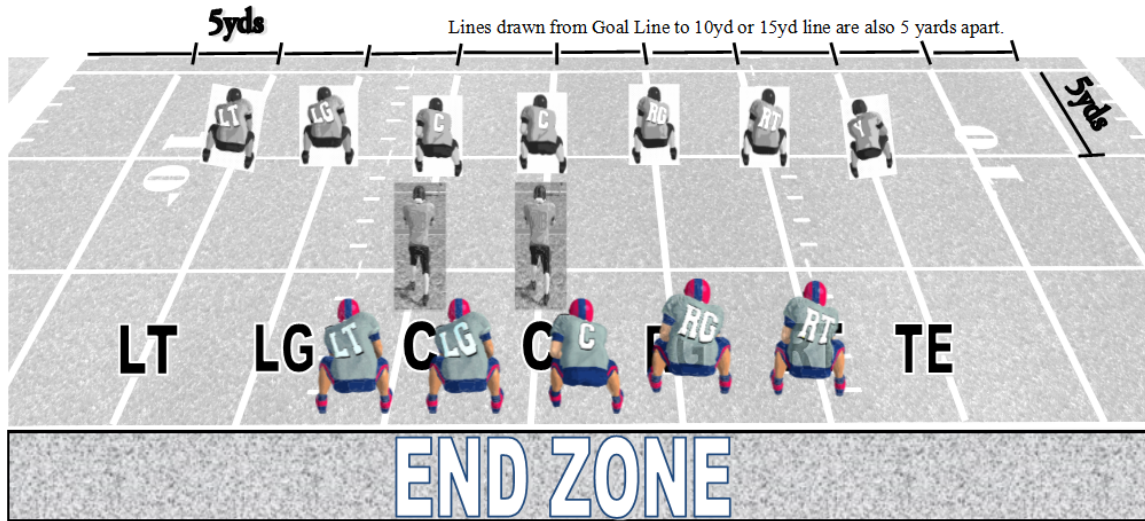


Fig 11-6: Homers Dairy

Themed Practices

Focusing on specific families allows our position coaches to only teach drills that apply to the plays that will be taught/ran during team.

- GO DAY + Drop Back (Yellow/Gray/White)
- BELLY/DOWN + Quick Pass (Purple) + Silver/Orange/Black/Gold Screens
- ABC + JET + Sprint Out Pass (Red & Blue) + Sally

Teams and staffs that have very little Wing T background should not mess with G.O. (Buck) in Year One. I strongly recommend just running Jet (Liz/Rip), Belly, Down, Midline, and Veer. If you go this route, then the “DOWN” family gets its own day. So, an easier option is to the following:

- BELLY + BAYLOR DAY + Drop Back (Yellow/Gray/White)
- DOWN + CAL + Quick Pass (Purple) + Silver/Orange/Black/Gold Screens
- ARMY + JET + Sprint Out Pass (Red & Blue) + Sally

Establishing a routine also allows your practices to go fast. Not only do all of our players have the setup of every drill memorized, but they also know the sequence of our practice schedule. During the season GO day is Monday, Belly/Down day is Tuesday, and ABC/Jet Day is Wednesdays. However, let’s say that the first week of August we want to get the entire GO Family installed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GO SCHEDULE	GO SCHEDULE	GO SCHEDULE	GO SCHEDULE	GO SCHEDULE
Install G.O.	Install G	Install GO Pass	Install Counter	Review

Normally we would spend 5min on 31/32 G, 5min on 26 GO, 10min on GO Pass and run all the plays in that family during team. But if we are installing, we would spend 20min on perfecting 45/26 G.O. and during team we would only run that play. On Tue we would spend 20min perfecting 31/32 G and only run that play during team. But we would follow the same order, so our players and coaches memorized the sequence of drills any time we say “Today is a GO Schedule.”

PRE PRACTICE

We feel that is very important to meet with your team just prior to taking the field. Players are expected to pay attention, sit upright with their feet on the floor—not lounging all over their chairs—and make eye contact with the coach. During those meetings, you go quickly, talk fast, and repeat everything one time.

You get announcements out of the way, collect paperwork, and quickly go over the practice schedule. Draw any new plays/drills on the board. If film is going to be shown, it is only a couple of clips. These meetings could be as short as 5 minutes but never longer than 30 minutes. But it made sure the boring stuff (paperwork) wasn't dealt with on the field, removed the distractions of cars/other people that occur outside, and got our team focused before we hit the field.

Warmup

Most teams in California have stopped doing dynamic warmups to begin practice. The boys have lifted weights and walked around campus, so their joints are loose. Players didn't take it seriously and we felt that there was very little chance of injury to a muscle that had been used all day. That 5 minutes was replaced with fast moving, position specific drills that still got blood flowing to the muscles.

- OL do get-offs in the chutes
- RB do agilities (cone/bags/ladder)
- WR run through passing tree
- QB sprint progression
- DL do ball-on-a-stick get offs in the chutes
- LB do pass drops
- DBs do back pedal drills
- QB “down-the-line” drills

We alternated days, so one-week offense would do their drills M & W while defense did their drills on Tuesday. Then next week we flipped it. I give my position coaches a lot of latitude as to what drills they do, as long as the players are moving and there is no standing around or coaching lectures.

START OF PRACTICE: Tempo Period

Timing of motions, snap counts, and tempos are very, very important and practiced every day. To practice fast, you have to start fast.

Perfect Plays

A review of what has already been taught and is ran against air. Cones are set up where defenders would be. Offense has to run 4 perfect plays in under 1 minute. They huddle up and OC yells out the first play. QB says it one time, sprint to the line, run the play. All linemen chop their feet at the cone of who they should be blocking, all backs have to fake/carry ball for 5 yards, and QB fakes to LOS.

The RB coach is standing on defensive side of ball at 5-yard depth and as soon as all 3 backs sprint by him he yells “BACK”. As they are all huddling up, the OC yells out the 2nd play, QB repeats, sprint out of huddle, run the play, and wait for the “BACK” call. This is repeated for the 3rd and 4th play.

The clock stops as soon as everyone is back in the huddle after the 4th play. Not only should they be under one minute, all 3 position coaches have to give a “thumbs up”. This means the position coach was happy with all of his players on all four plays. But if the Guard forgot to pull on play #2 or a running back had a crappy fake on play #4, then they get a “thumbs down” and they have to do it again. PERFECT.

We give them a goal of 4, 8, or 12 perfect plays and they run them in groups of four, after which they catch their breath while being quickly critiqued by position coaches.

Add to the pressure by having two offenses competing at the same time. Coaches will stand in centralized locations. If two teams go at the same time, they will need to face each other, approximately 20 yards apart. Of one team goes while the other watches and learns. Then they switch.

Perfect Plays can also be ran from the 10 or 5-yard lines. The offensive line gets off the ball as fast as they can, crossing the goal line. The backs also run their assignment across the goal line. The repetition sends a psychological message: “Across the goal line, across the goal line, across the goal line.”

DTFs

Our “Down-The-Field” tempo period is running from one goal line to the other goal line. As the players get really good at these 3 tempos, we will add one LOOK, FREEZE, or CHECK tempos.

- ◆ NO HUDDLE tempo: Ball goes from hash to middle to hash and back to middle. Great to practice QB code words, signals, and snap counts. Signals come from the sideline
- ◆ NASCAR tempo: Run each of our three NASCARs in order while ball is moved downfield.
- ◆ MUSTANG tempo: Run our MUSTANGS while ball is moved downfield.
- ◆ SCREENS: Run all of our screens and sally plays while ball is moved downfield.

In early August we will just focus on one tempo, but as players get good we will run NO HUDDLE for 100 yards, then NASCAR back other way for 100 yards, then combinations of MUSTANG and SCREENS for the final 100 yards.

A typical in-season is NASCAR & MUSTANG on Monday, Perfect Plays on Tuesday and Wednesday, NO HUDDLE + opening script on Thursday.

Because you have done all of your shifting during team tempo, when you go to mixed group work or to team period, you do not have to work on your shifts. Times might exist when you will need to include one shift during some other part of practice, but, for the most part, shifting gets practiced in team tempo period. Over the course of an entire practice, working on shifting during team takeoff saves time and allows for maximum reps during the other phases of the practice plan.

Individual Period

The next phase of practice is the individual part of practice. The actual practice plans are in the APPENDIX and you get all the editable Excel sheets with this book. Obviously, each coach will have to consider factors such as practice schedule, number of athletes, coaches on staff, and equipment and facilities. Please understand that it would be impossible for me to give you practice plans to fit your needs. Some states have spring ball. California JV games are on Friday nights, other states play JV on Mon or Tue. Small rosters, big rosters....so many variables made writing this book very difficult.

My NUMBER ONE caution is to avoid lines! Avoid standing around. I want to play the team who sets up their drills like the players on the left.



QUARTERBACKS

The QB is provided copies of the 2-disc “TRAINING THE WING T QB” DVD.

In Chapter 4 we mentioned that we try to find classroom time during the spring to teach our QB leadership skills and how to read coverages. We also hope to get him on the field one day per week for stance, grips, and throwing mechanics. If our QB is a spring sport athlete, then we make sure we find time during the summer. The on-the-field can be done right before or after the classroom instruction.

It is so important that your QB find time outside of regular practice to really focus on Hand, Wrist, and Elbow. They cannot do these drills during their Indy time because they won't have time to warmup their arms. Since we practiced Mon and Wed nights for 6 weeks during summer, our QB stayed for 1-hour on Thursdays after our weight workouts.

	QB Workout 1, 2	QB Workout 3, 4	QB Workout 5, 6	QB Workout 7, 8
15min	Hand Drills (p. 46) Wrist Drills (p. 47) Elbow Circles (p. 48) Knee (p. 48 & 49)	Hand Drills (p. 46) Wrist Drills (p. 47) Elbow Circles (p.48) Knee (p. 48 & 49)	Hand Drills (p. 46) Wrist Drills (p. 47) Elbow Circles (p.48) Knee (p. 48 & 49)	Wrist Drills (p. 47) Elbow Circles (p. 48) Knee (p. 48 & 49) Ft Fwd, Parallel, Boxer, Potatoe (p.50)
5min	Foot Fwd Parallel Boxer, Hot Potato (pg 49-50)	Over Goal Post Dodge Defender (page 50)	Foot Fwd Parallel Boxer, Hot Potato (pg 49-50)	Over Goal Post Dodge Defender (page 50)
10min	1-step, 3-step (pg53) Drops-on-a-line	Throw on Run (p 52) 5min drill	1-step, 3-step (pg53) Drops-on-a-line	Throw on Run (p 52) 5min drill
10min	Over Bag Rollout Line-2-Line (p. 51)	Sprint Out (p. 52) 15min drill	Over Bag Rollout Line-2-Line (p. 51)	Sprint Out (p. 52) 15min drill
5min	Pitch Down Line (p.54)	Throw Down Line (p54)	Pitch Down Line (p.54)	Throw Down Line (p54)

The sprint out drill covers Belly, Down, and GO Pass footwork in addition to Red & Blue.

In California we are allowed 10 spring practices as soon as baseball is over. We would go Mon-Thur for two weeks. During summer we would have 2-hour offensive practice on Monday nights for 6 weeks. The 2-hour defensive practices were on Wednesday nights.

INDO	Spring W1	Spring W2	Summer 1	Summer 2
5min	Knee+Straight Arm	Knee+Straight Arm	Knee+Straight Arm	Knee+Straight Arm
5min	1-step, 3-step Drops	Sprint Progression	Foot Fwd Parallel Boxer, Hot Potato	Over Goal Post Dodge Defender
5min			Line-2-Line	Throw Down Line
15min			1-step, 3-step Drops	Sprint Progression

INDO	Summer 3	Summer 4	Summer 5	Summer 6
5min	Knee+Straight Arm	Knee+Straight Arm	Knee+Straight Arm	Knee+Straight Arm
5min	Foot Fwd Parallel Boxer, Hot Potato	Over Linebacker Dodge Defender	Foot Fwd Parallel Boxer, Hot Potato	Over Linebacker Dodge Defender
5min	Over Bag Rollout	Throw Down Line	Over Bag Rollout	Throw Down Line
15min	1-step, 3-step Drops	Sprint Progression	1-step, 3-step Drops	Sprint Progression

Often times we will have our receivers join the QB for the last 15minutes. They run 0 (quik), 2 (slant), and 3 (hitch) while QB work 1-step mechanics. When QB moves to 3-step mechanics, our receivers run 4 (dig) and 5 (out) routes. Also, our “8-back-to-5” comebacks using in our “Brothers-Crossing” pass concept. During sprint out drill, receivers run Belly (14-back-to-12) and GO Pass (19-back-to-15) comebacks.

SECTION FOUR: Organization

Once we open August camp, the entire passing game has been installed, along with all formations. The QBs have had a total of 12 hours of work on mechanics. Plus 10-15 seven on seven competitions.

INDO	MON	TUE	WED	THUR
Aug W1	Knee+Straight Arm (5)	Knee+Straight Arm (5)	Knee+Straight Arm (5)	Sprint Progression (10)
	Foot Forward (5)	Hot Potatoe (5)	Dodge Defender (5)	Over Bag Rollout (5)
	Parallel Toes (5)	Over Linebacker (5)	1-step Drops (5)	Line 2 Line (5)
	Boxer Drill (5)	Over Bag Rollout (5)	3-step Drops (5)	
Aug W2	Knee+Straight Arm (5)	Knee+Straight Arm (5)	Down the Line (10)	Down the Line (10)
	Down the Line (10)	Down the Line (10)	1-step Drops (5)	3-step Drops (5)
Aug W3	Foot Forward (5)	Sprint Progression (10)	Down the Line (10)	1-step Drops (5)
	Over Linebacker (5)			3-step Drops (5)

Once the season starts, our QB do Down-The-Line and Sprint Progression as their pre-practice dynamic warmup. Remember, this took the place of an old-school, traditional entire team lined up doing butt kickers & hi knee type drills.

IN SEASON	WARMUPS	SPECIAL TEAMS	INDO	GROUP
MON	Over Bag Rollout	QB-TB exchange ->wraparound ->midline Army ->veer Baylor Cal	1-step Drops (5) 3-step Drops (5)	Choice routes to WR
TUE	Down the Line (pass & pitch)	QB-TB exchange	55 Knee Drill	Fool Me Option Drill
WED	Sprint Progression	QB-TB exchange	Dodge Defender Over Bag	Liz/Rip

RECEIVERS

All of the formations have to be installed before August practice begins. Stance and reading Corners/Safeties are also completely taught during summer. And the passing route tree gets repped during pre-practice warmups, which stance gets emphasized. Since team agilities are a big part of our summer conditioning program, receivers do not do agility drills on page 65 until 2nd week of August.

INDO	Spring W1	Spring W2	Summer 1	Summer 2
5min	Stance & Read (p.64)	Passing Tree	Hand Drills (p.64)	Hand Drills (p.64)
5min	Passing Tree	Formations	2-Line Catching	2-Line Catching
5min			Turn Around/Sideline	Gauntlet/Deep Ball
5min			Stance & Release (TE/WR)	Stance & Release (TE/WR)
5min			Distraction	Take A Hit
5min			Pass Route Tree	Pass Route Tree

INDO	Summer 3	Summer 4	Summer 5	Summer 6
5min	Hand Drills (p.64)	2-Line Catching	2-Line Catching	2-Line Catching
5min	Cones	Turn Around/Sideline	Cones	Gauntlet/Deep Ball
5min	C.O.D.	Distraction	C.O.D.	Take A Hit
15min	Routes with QB	Routes with QB	Routes with QB	Routes with QB

Tuck & Cover is emphasized every time a receiver catches a ball. It is taught with Hand Drills.

One of our biggest challenges is balancing the amount of time that the Tight Ends spend with receivers and offensive linemen. Another advantage of players knowing the practice sequence is that the Tight Ends know which stations to be at on each day.

The WARMUP during week 1 of August is not position specific. We do team agility stations.

Week 1	MON	TUE	WED	THUR
Aug W1 Indo	2-Line Catch (5)	2-Line Catch (5)	2-Line Catch (5)	2-Line Catch (5)
	Blocking (10)	Blocking (10)	Releases (5)	Releases (5)
	Hands (5)	Hands (5)	Routes w/QB (10)	Gauntlet/Deep Ball
Aug Group	Liz/Rip Drill	Liz/Rip Drill	Blocking (10)	Blocking (10)

When working on releases, the Tight Ends use different releases.

If your team roster is over 30 players then you have enough players to service Inside Run, Perimeter Run, and Half Line drills. The larger roster schools can get more receiver work in during group periods focusing on the run game. Small school rosters will have to grab their 2-3 receivers to play scout defense.

Week 2	MON	TUE	WED	THUR
Warmup	Agility 6,7,8, 9 (5)	Defense	Agility 6,7,8, 9 (5)	defense
Aug W2 Indo	4 & 6-cone drill (5)	X-Drill & Triangle (5)	4 & 6-cone drill (5)	X-Drill & Triangle (5)
	Gauntlet/Deep Ball (5)	Toe Tap / C.O.D. (5)	Routes w/QB (10)	Deep Ball (5)
	Distraction (5)	Take-A-Hit / W.I.N. (5)		Toe Tap / C.O.D. (5)
Aug Group	Blocking (10)	Blocking (10)	Blocking (10)	Belly/Down Pass

Week 3	MON	TUE	WED	THUR
Warmup	2-Line Catch	Defense	2-Line Catch	defense
Aug Indo	4 & 6-cone drill (5)	X-Drill & Triangle (5)	4 & 6-cone drill (5)	Routes w/QB (10)
	Gauntlet/Deep Ball (5)	Toe Tap / C.O.D. (5)	Distraction (5)	
Aug Group	Comeback w/ QB	Comeback w/QB	Comeback w/QB	GO Pass

Once the season starts, the WR warmup is to run routes at full speed. We line them all up along a line and they sprint through every route on the coach's command. However, agility bags can be ran if WR coach feels that routes are precise. Wednesday is 2-Line catching.

	WARMUPS	INDO	GROUP
MON	Route Review Agility Bags	1 & 3 step routes with QB.	Choice routes with QB
TUE	Defense	Cone Drills	Catching Drills/C.O.D.
WED	2-Line Catching	Concentration	Blocking in Liz/Rip Drill

Make sure you have enough footballs to avoid long lines of receivers. If six to eight receivers are in the group, they will be able to complete two or three different drills every day during a five-minute period. Towards end of the season, five-minute segments might be cut down to three minutes, which forces everyone to really hustle. Good stances, releases, and Tucking ball away are emphasized in every drill. Many drills, the next receiver in line can jump out in front of the receiver to simulate press & jam coverages.

Receivers have to understand that blocking is the most important skill they need to learn. Some of the receivers may not want to hear that, but no matter what position you play in the wing-T, players will have to block.

BACKS

Just like with the receivers, formations, stance, and passing game for the backs is completely installed before beginning August camp. Running back warmups are the agility drills listed on pages 86 to 88 of Chapter Six, which start 2nd week of August.

INDO	Spring W1	Spring W2	Summer 1	Summer 2
5min	Ball Handling (p.84)	Zig Zag (p84)	Agility-Bag (p 86)	Agility-Cones (p87)
5min	Pass Receive (p94)	Pass Routes (p95)	Zig Zag (p84)	Gauntlet (p 89)
5min			Faking (p90)	Faking
5min			Pass Catch (p94)	Pass Catch
10min			Pass Routes (p95)	Pass Routes

INDO	Summer 3	Summer 4	Summer 5	Summer 6
5min	Zig Zag	Faking	Gauntlet	Faking
5min	Pass Catch	Pass Catch	Pass Catch	Pass Catch
5min	Pass Routes	Pass Routes	Pass Routes	Pass Routes
15min	Routes with QB	Routes with QB	Routes with QB	Routes with QB

Turnovers and faking are the most important things we want our backs thinking about. They do pushups for any fumble in practice and for not faking for 5 yards.

The WARMUP during week 1 of August is not position specific. We do team agility stations.

Week 1	MON	TUE	WED	THUR
Aug Indo	Faking	Faking	YAC/Pop Ups (p85)	Sideline/Monkey (p88)
Aug Indo	Break Tackle (p89)	Break Tackle		
Aug Indo	Block-Shield (p.90)	Block-Shield	Block-Sled (p91)	Block-Sled
Aug Group	Liz/Rip Drill	Liz/Rip Drill	Full Backfield ABC	Full Backfield ABC

Week 2	MON	TUE	WED	THUR
Warmup	Agility-Bag (p 86)	Defense	Agility-Cones (p87)	Defense
Aug Indo	Fool Me Drill	Fool Me Drill	Fool Me Drill	Fool Me Drill
Aug Indo	Blocking (p92)	Blocking	YAC/Pop Up	Sideline/Monkey
Aug Group	Half Line Belly/Down	Half Line Belly/Down	Half Line Belly/Down	Half Line Belly/Down

Week 3	MON	TUE	WED	THUR
Warmup	Agility (Bag)	Defense	Agility (Cones)	defense
Aug Indo	Blocking/Pop Ups	Zig Zag/Gauntlet	YAC/Sideline/Monkey	Pass Catch
Aug Group	G, GO, GO pass	G, GO, GO pass	G, GO, GO pass	G, GO, GO pass

Once the season starts, the RB warmup are agilities. Block on Mon, Pass on Tue, Ball Handling on Wed.

	WARMUPS	INDO	GROUP
MON	Agility Bags	Blocking (p92)	G, GO, GO Pass Drills
TUE	Defense	Pass Receiver (p 94-95)	Fool Me/Option Drills
WED	Ropes/Sideline (p88)	Zig Zag/Gauntlet	Liz/Rip Drill

Make sure you have enough footballs to avoid long lines. They do not need leather balls. Our RB and D-Line use rubber balls that PE classes use. Also, make sure you have one hand shield for every 2 backs.

OFFENSIVE LINE

This is a Summary of the O-Line Manual. This section is intended for the HC/OC, while the O-Line coach should be looking at the O-Line Manual.

Offensive linemen are the ultimate team warriors in the ultimate team game. These players get very little recognition and stats. An offensive lineman has no statistics, so make sure to give the offensive lineman a grade every week. Make sure to foster in them a feeling of pride in your total offense. The team can have great backs, but great backs can do only so much without good blocking for them.

The line coach will always need more indo time. Don't limit him to just the offensive Indo period. The efficient line coach will do more individual work during 7on7, Perimeter Run, and during special teams. After Indo time we have two types of Group Periods in practice: Linemen Only and Lineman + Backs.

To make these drills go fast we have a simple rule: **REPLACE THE BAG THAT YOU HIT.** So if I am the backup right guard I should be standing on defense in whatever position that the right guard blocks on that play. Then when I get blocked, he takes the bag from me and I sprint into the Right Guard position. Not only does this make things go fast, but it also forces the bag holders to learn their plays because they have to know who their position blocks on that play. A RG on belly will be a 1-tech NG when ON blocking and then become the D-End when TUG blocking.

REMEMBER: When we teach every block in this progression:

Bird Dog 2 Steps → Strike & Freeze → Rapid Fire

Warmups

Linemen do Get-Offs as their warmup, either in the Chutes or on Homer Dairy. Pg 189-190 in OL Manual.

Spring & Summer

Since our focus is on the passing game, the linemen get extra indo time. We do not use the linemen in the summer when we are doing "Group Pass". It is so, so important that the technique is mastered, and every drill is taught how to setup and how to rotate.

The numbers in parenthesis are the pages in the OL Manual.

INDO	Spring W1	Spring W2	Summer 1	Summer 2
5min	Stance/Feet (41)	Bag On/Down	On Block	On/Down
5min	Bag On/Down (60)	Reach/Escape (72)	Down	Reach/Escape
5min			Reach	Pulls (77)
5min			Escape	
10min			Pass-Hand Punch (135)	Pass-Hand Punch
10min			Pass-Footwork (138)	Pass-Footwork
10min			Pass-Stance to Start(143)	Pass-Stance to Start

INDO	Summer 3	Summer 4	Summer 5	Summer 6
10min	On/Down/Reach/Escape	Down/Reach/Pulls	Down/Reach/Pulls	Down/Reach/Pulls
10min	Pulls	Combo Blocks (89)	Combo Blocks	Combo Blocks
10min	Pass Technique	Pass Technique	Pass-1on1	Pass-1on1
10min	Pass-1on1 (145)	Pass-1on1	Pass-2on2	Pass-2on2
10min	Pass-2on2 (148)	Pass-2on2	Pass-Half Line (150)	Pass-Half Line

SECTION FOUR: Organization

August

Week 1	MON	TUE	WED	THUR
Aug Indo	Bird Dog All Blocks Shoulder Skills On/Down	Bird Dog All Blocks Shoulder Skills Reach/Escapes	On/Down Reach/Escapes Pulls	On/Down Reach/Escapes Pulls
Aug Group	Sled	Sled	Half Line ABC	Half Line ABC

Week 2	MON	TUE	WED	THUR
Warmup	Get Offs	Defense	Get Offs	Defense
Aug Indo	Down/Pulls Combo Blocks	Double Teams Combo Blocks	Double Teams Combo Blocks	Double Teams Combo Blocks
Aug Group	Half Line Belly/Down	Half Line Belly/Down	Half Line Belly/Down	Half Line Belly/Down

Week 3	MON	TUE	WED	THUR
Warmup	Get Offs	Defense	Get Offs	defense
Aug Indo	Escape/Pulls	Escape/Pulls	Escape/Pulls	Escape/Pulls
Aug Group	G, GO, GO pass	G, GO, GO pass	G, GO, GO pass	G, GO, GO pass

In-Season

Each practice day is broken down in Ch 17 of the O-Line Manual, but here is a brief overview:

GO DAY	BELLY DAY	JET DAY
G + Army Drill	½ Line Belly/Baylor/Belly	Combo Blocks
GO Drill	½ Line Down/Cal/Down Pass	
GO Pass Drill		

Teams and staffs that have very little Wing T background should not mess with G.O. (Buck) in Year One. I strongly recommend just running Jet (Liz/Rip), Belly, Down, Midline, and Veer. If you go this route, then the “DOWN” family gets its own day. So, an easier option is to the following:

JET DAY	BELLY DAY	DOWN DAY
G + Army Drill	Sled Day	Combo Drills
GO Drill		
GO Pass Drill	½ Line Belly/Baylor/Belly	½ Line Down/Cal/Down Pass

	INDIVIDUAL	SMALL GROUP	LARGE GROUP
GO-Yellow Day:	Bags on Homer Dairy	G, GO, GO Pass Drills	Yellow Pass Pro
Belly-Down-Purple Day:	Sled	Tug, Gut, Cog, Tee	½ Line Drill Purple Pass Pro
Jet/ABC-Red/Blue:	Shields on Homer Dairy	Combo Blocks	Perimeter Run Red/Blue Live Pass

Pass Pro

We really only have time to focus on technique during our 10min Live Pass Pro.

With all of these drills to do, coaches must be very thoughtful in deciding how much time is necessary for each period and exactly which drills to use each day. As season progresses and indy time decreases, important techniques are emphasized in group drills.

Wing-T coaches are very proud of their practice plan because their players get so many repetitions—so much so that practice itself becomes a conditioner. Players hardly need to do extra conditioning after practice. The players get a lot of reps and a lot of practice on the techniques they will use in a game. Such practice builds mental toughness; it also results in character and promotes proper execution. Players must be able to think and execute when they are tired. That process is the racehorse philosophy and wing-T practice plan.

How The Plays Get Installed

Our belief with installation is to start with easy and progress to hard because there is so much more that the players are having to learn in regard to tempo, discipline, snap count, conditioning, etc. We will sneak in some install time at the very end of weight training if there is time. We also meet with the linemen and QB one day per week during the early spring for valuable class room time.

After we return from Easter break, we will get our O-linemen on the field one day per week. The focus is on footwork and technique, not play installation. Our linemen tend to not play baseball or run track. Depending on spring sports, we try to get our QB throwing twice per week.

Spring Practice.

- ◆ Heavy Pass emphasis since there are no pads and we have summer 7 on 7.
- ◆ Ran at a slower pace, allowing teaching to go on. Maximum reps is not a priority.
- ◆ Play install is not perfection. We just want to introduce so we have a base.
- ◆ Plays will get perfected as techniques are perfected in summer. August is time to fine tune.

Summer

- ◆ Still heavy pass emphasis. Passing game is to be perfected before August.
- ◆ Lots of individual time with position coaches so techniques can be taught.
- ◆ We will give our position coaches at least 30min per practice of individual time.
- ◆ Don't forget to teach players HOW to setup and run the drills so no time is wasted in Aug.
- ◆ We have as much classroom time as possible using film and PowerPoints.

August

- ◆ Goal is to perfect the run game. Blitz pickup and blocking calls at LOS.
- ◆ Passing game will continued to be practiced but will take up fraction of practice time.
- ◆ Individual time with position coaches will slowly decrease as group time increases.

When The Plays Get Installed

There are two schools of thought. Install the easy plays first and build up to complicated or install the harder plays first. There are a lot of veteran coaches who I respect immensely who install the harder plays first so that they get more reps to perfect all the answers you need to defensive maneuvers. I would agree with this philosophy if I was not installing the offense for the first time. In our 3rd year, our players were very familiar with the effort and tempo that we expected, along with how we communicated. So we installed the GO (Buck) family first, then Belly/Down, then Army-Baylor-Cal, and saved Jet (Liz/Rip) for the end of August.

However, if you are only in your 1st or 2nd year, there are much bigger “fish to fry”. You are changing the way you practice, the huddle, formations, snap count, etc. Install easy plays first so that you can focus on these culture changes. Also, save plays that require pulling and combo blocks so that your O-Line coach can just focus on technique and is not rushed.

SECTION FOUR: Organization

DATE	MOTION	FORMATION	RUN PLAY	PASS PLAY	TEMPO
SPR 1	Liz & Rip	Loose	28 & 47 "O"	Passing tree	Huddle Sprint
SPR 2	"L" & "R"	Tight & Over	28 & 47 "T"	Purple 1,2,3,4, 9	
SPR 3		Trips	17 & 18 GO Pass	Purple Quick	
SPR 4			33 & 34 Belly	Purple Swing	
SPR 5			Belly Pass	Purple Stick/Smash	
SPR 6	Lazer/ Rocket	Spread	Review	Red/Blue 75	No Huddle
SPR 7			35 & 36 "O"	Red/Blue 95	
SPR 8			Down Pass		
SPR 9				Gold concepts	
SPR 10					
SUM 1		Empty	26 & 45 G.O. to TE	Yellow Concepts	
SUM 2		Bunch	31 & 32 G		
SUM 3			11 & 12 Army		
SUM 4			33 & 34 Baylor		
SUM 5			35 & 36 Cal		
SUM 6		Near & Far	28 & 47 G (Belly Sweep)		
SUM 7		Left & Right			Nascar
SUM 8					Check
SUM 9	Stop Motion				Look
SUM 10	Twirl Motion				Freeze
SUM 11	Flop				
SUM 12	Move				
AUG 1		Doubles	26 & 45 G.O. to SE side	Screen Left	
AUG 2	Up	Heavy	Guard trap off Liz/Lazer	Screen Right	
AUG 3	Explode		26/45 G-Lead	Wraparound	
AUG 4	Shift		17 & 18 GO Pass vs blitz	Purple protection	
AUG 5			11 & 12 Army		
AUG 6			13 & 14 Baylor	Gold protection	
AUG 7		Nasty	15 & 16 Cal	Blitz pickup	
AUG 8			Down off Liz/Lazer motion	Yellow protection	
AUG 9			35 & 36 "O" & "T"	Blitz pickup	
AUG 10			Down Counter	Hot Reads	
AUG 11			Down Pass vs blitz		
AUG 12			Belly off Liz/Lazer motion	Red protection	
AUG 13			33 & 34 Belly & Wham	Blue Protection	
AUG 14			Belly Pass vs blitz		
AUG 15			Belly Option & Pass w/trap		Jet
AUG 16			B. Sweep		
AUG 17		Lion/Ram	Tackle Trap & G.T.		
AUG 18	Tail & Tar	Tubby	Tubby Package		
AUG 19		Joker	Joker packages		
AUG 20		Wildcat, Raider	2 minute offense		