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## **CHAPTER 6**



### **7 Ways to Run Buck Sweep**

If you're looking to be a Wing-T football coach, there are a couple of things to me that you need to understand about this offense. Whenever you're running this offense plays are put in by series. We want to teach the Buck series, we want to teach the Belly series, the Ride series, and the Counter series. We want to teach all the different types of series. What happens in the Wing-T is, there's always a point in the middle of that series where there are three or four different plays that you run in that series that they all look the same and then the ball disperses.

The second thing I think is important in understanding the Wing-T is, from a blocking standpoint, you're always looking for a down block one direction, and somebody kicking out in the other direction and a lineman leading through the hole. This is the basic philosophy in Wing T Blocking

Let's take a look at the Buck Series, which is a staple series in the Wing-T offense. The plays that we're going to go over are the run plays in the Buck series, which are:

1. the Bucksweep,
2. Fullback Trap,
3. Counter Criss-Cross.
4. Bootleg / Waggle

In this chapter we are going to examine the Buck and Trap in this chapter. Counter Criss Cross is covered in Chapter 11 and Boot/Waggle is covered in the Play Action Pass chapter 15. We're going to talk about technique and the backfield actions. We're going to talk about play variations, different ways to block, and the reasons why I would use those scenarios.



The Bucksweep forces the defense to cover all the areas in the field. You've got a play that's off tackle in the Bucksweep, the Fullback Trap that hits up inside, the Counter Criss-Cross, which is basically the off-tackle play to the weak side, and lastly, you've got the bootleg pass so you can attack the flank. The whole series fits together and that's part of the Wing-T philosophy.

## KEYS TO SUCCESSFUL BUCK SERIES

When you talk about the Buck series, when everything is happening along the mesh point, what you're looking at is you've got your Fullback hitting the A-gap, and you're Halfback appearing to be running outside. You've got the Trap, the Bucksweep, the Counter Criss-Cross, and the bootleg. In the middle of this play, the defense still does not know whether we're attacking A-gap, Playside C-gap, Backside B-gap, or outside with the bootleg. Deception is a huge part of the Wing-T, so your backfield steps and your actions are all a huge part of trying to make this thing where you want.

On the Buck series, the key to making the Buck series successful: every back has to carry out their *fakes*. If you want to be successful running the Wing-T, having kids that are willing to carry out their fakes is very important. We tell our Running Backs, and this is something that we want them to believe in, when you're running a play fake, we expect every player on our football team to throw a block on every play.

We want *every player to have a block* on every play. The Running Back's look at your kind of funny and they say "throw blocks?" Well then you look at them and you say, "What's the purpose of a block?" A good block keeps a defender from being able to make the tackle. If I carry out my fake on the Bucksweep and I'm forcing the Corner or the Defensive End to honor the fake, he's not making the tackle. If you're not willing to carry out your fakes, which essentially is the same as a great block, then don't be fussing with your offensive lineman if you don't think they're getting the blocks done when they need to be. Everybody's responsible for a block.

*Timing* is essential to being a good Wing-T football team. The action, the smoothness of the plays, the ability for the timing and the motion, all of those types of things are keys in making that happen. We already talked about where each player's responsible for a block on every player. A great fake is the same as a good block. You need all four plays in this Buck series to make it successful.

Then for us, like from week to week, we feel like you've got to have *different blocking variations* in order to keep the Bucksweep an effective play, to be able to keep the defensive team you're facing from just honing in on one particular thing and being able to take the Bucksweep away from you.

### Why the Buck Series

1. The Buck Series forces the Defense to cover all areas of the field on each play with the threat of a play in each area of the field when the ball is snapped.

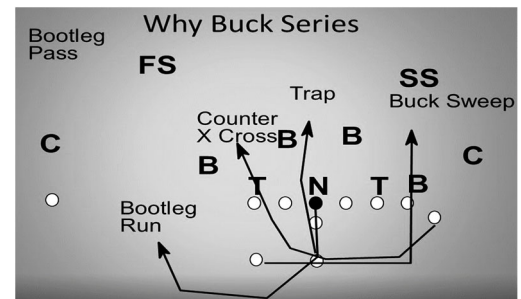


Fig 4-1: DECEPTION OF THE BUCK

### Keys to Successful Buck Series

1. All backs must be willing to carry out all backfield fakes.
2. Timing is essential to backfield action being effective.
3. Each player is responsible for a "block on each play"
4. You need all four plays in the series to slow down the Defense.
5. You need to have blocking variations for each play to be effective week to week.

Fig 6-2: KEYS TO SUCCESS



Here is one thing that I've gotten into over the years. There were a lot of people when the Jet Sweep became a play in the Wing-T offense, people quit running the Bucksweep. People started getting away from running the Bucksweep because they felt that the Bucksweep was too expensive. It was a play that requires a lot of individual attention to get it right. The problem is being able to run the Bucksweep also enhances your ability to run the Belly and the Down play. You've got to keep the Bucksweep in your offense to be an effective Wing-T football team.

Our Bucksweep is run a little bit different than the traditional Delaware play. A lot of people have gone away from the Bucksweep. You do not want to go away from the Bucksweep. Now there are times when the Bucksweep is a great play for your football team and there are times when it's not as good of a play for your football team. You need the Bucksweep in your offense if you're a Wing-T football team.

Don't let the Speed Sweep take place because the plays are designed to go totally two different things. Here's the next thing. The Bucksweep is not an outside running play. The Bucksweep is an off-tackle play. We run it a little different than Delaware and we'll talk about it. As with all our plays, you need multiple ways to block it in order to keep that play as part of your staple offense.

### Buck Sweep Philosophy

1. People have gone away from this play for some reason (speed sweep etc.) and I believe you are hurting the down series by doing so.
2. The Buck Sweep is not an outside running play but an off tackle play in our thought process.
3. We run this play a little different than the true Delaware way and will discuss it as we go.
4. As with all our plays we believe one blocking scheme and no variations will allow defenses to make it a hard play to be successful with.

## BLOCKING

We teach two types of down blocks and two different techniques. A down block means we are going to block the first man all the way inside of us. What we want to do and determine through our film studies is, are they a penetrating defensive front or are they a read front playing on the line of scrimmage?

What we want to teach is this: penetration is what you have to cut off. If they are a penetrating front, we want to use a gap technique. All that means to our alignment when we talk gap technique is head in front on the down block to cut off penetration. If they are backed off the football, they are a read team, then we want to use our down technique, which means we place our head behind the defensive line, on his butt side. Gap, heads on the front side, a down block, and hands on the back side.

We feel like that's important in coaching your kids a gap technique or a down technique. We thought we were playing somebody this week on all of our film studies. They're penetrate, penetrate and penetrate. We get in the game and they're back off the ball and they're reading. All our offensive line coach has to tell his linemen is, from now on, if your rule is down, instead of using gap technique, use your down technique and put your head behind.

### Gap & Down Blocking

1. We teach 2 types of down blocks.
  - Gap (head in front) or Down (head behind)
2. We try to give our players information as to what we anticipate needing during practice that week based on film study. Then we are able to adjust as the game goes as to which is needed.
3. Normally a DL on the LOS normally penetrate (Gap Technique) and those backed off will read and react (Down Technique)



## PLAYSIDE BLOCKING RULES

Down to us means first defender all the way inside of you. A 7-technique is not down to a Tight End. You have to go all the way to the first man inside.

The Playside Guard is going to pull and he's always responsible for kicking the first defender that's outside of our Wingback's block. We're going to talk about their technique a bit later in this chapter.

Center: We teach our Center to reach through the playside A-gap. That's his rule. We have been able to understand with the 4-3, the weak shades, those types of things, we had some problems. When the Center steps through the playside A-gap, the weak shade 1-technique, was blowing up the field. The Fullback was not able to get his head inside and keep that person from chasing the play down from the inside out.

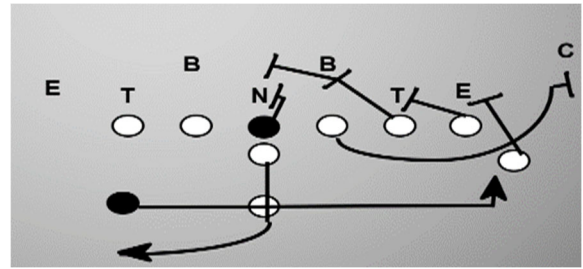
For us now, our Center goes to the line of scrimmage and we're running Bucksweep. If he has a weak shade to a 1-technique, our Center looks to see if there is a threat of a Mike A-Gap blitz. If not, he will immediately call 'switch'. What we're doing is switching the responsibilities of the Fullback and the Center.

The Center blocks back on the weak shade, the Fullback faking his trap, will now bend and we expect his fake to hold the Mike backer. We try to coach our Center this: in high school football, and this holds very true. Levels underneath high school, I guarantee you it's the same thing. Linebackers will show you pre-snap

when they're going to blitz. They will change their stance. They will stagger a foot. We try to pick it up on film on Sundays, are they tipping the blitzes off? If they are, we will ask our Center to stay with the front side A-gap because of the threat of the blitz and just hope that our Fullback will be able to dig the backside A-gap defender out.

## Pulling Guards

I want to talk about our Playside Guard for a minute and in a little more detail. University of Delaware's thought process was you want that Frontside Guard to be two and a half yards deep when he's behind the Playside Tackle. What Delaware's emphasis is, we're going to throw open, step flat, push off, and when the third foot hits the ground, you're going to be at that spot, which is two and a half yards deep behind the tackle. The minute that foot hits here, they would turn him back downhill hard to come tight it off the Wingback's down block, and then he would work to dig inside-out to kick out the edge support.



### PLAYSIDE Blocking Rules

1. TE: Block Down on first defender all the way inside.
2. PST: Block down on first defender all the way inside
3. PSG: Pull to kick out 1<sup>st</sup> defender to show outside wingbacks block

## CENTER Blocking Rules

1. Reach through playside "A gap" when covered by a nose or does not have a weak shade or 1 technique weak side.
2. Must also be aware of threat of strong side "A gap Blitz" and work to the second level if he doesn't engage the nose
3. Vs weak shade or weak side 1 tech. he will make a call and he will take weak side "A" and FB will be responsible for front side "A gap"



We use Coach Herschel Moore modification of what Delaware taught their Guards. When our frontside Guard gets two and a half yards deep behind the Tackle, he continues working flat for at least two more steps to put the edge defender in conflict. This edge defender is reading your Wingback and to not let the ball outside. The minute he sees Wingback block down, he's coming to set the edge and will try to meet the Guard head on if he is pulling straight at him. But if he see the guard pulling flat, he thinks the Guard is trying to take the football outside. Now your edge setter will be softer and wider and now able to turn up and go kick him out.

## PULLING GUARDS

1. We want our front side guard to reach a depth of 2 ½ yards behind the OT and continue flat to LOS for 2 steps to force the run supporter to widen.
2. We believe the corner setter will not allow the OG to gain outside leverage. If he comes to far inside, then log him and we will take the ball outside.
3. Our objective is to kick him out!!
4. It is of utmost importance that the backside guard pull tight around the block of the wingback and not drift in the hole.

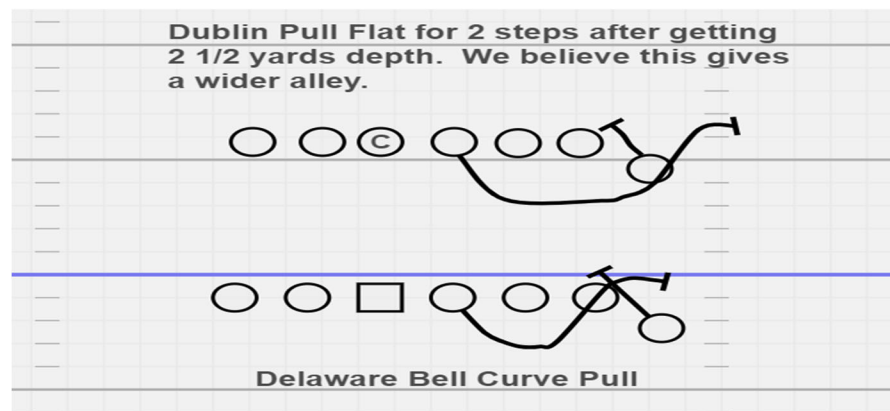


Fig 6-2: DELAWARE vs HERSCHEL MOORE

So the Frontside Guard gets to a spot two and a half yards deep behind the tackle, continuing flat for the first two steps, and how that forces the support guy to be wide. If the force player squeezes, then we log him & the ball carrier will bounce it outside.

## BACKSIDE BLOCKING RULES

**Backside Guard:** first step is a lead step straight down the line. When his second step hits the ground, it's going to put him basically behind the Center. From here, he needs to gain enough depth to clear the Playside Wingback's block. and we use the term speed skate steps because it looks the speed skaters on the Olympics when their legs are crossed.

We want him to drive and push to get his depth. When he gets to a point behind the Playside Tackle, he should be two and a half yards deep. His eyes on the wing by the time he has his second step, and when he's hitting his skate steps. I want his eyes on our Wingback because that's where he needs to turn into the hole is right at the Wingbacks tail.

It is very important for the Backside Guard to pull tight and hug up underneath, right off of the butt of that Wingback. The term that we talk about is "don't drift in the hole". When the Backside Guard turns up, he wants to squeeze as tight as he possibly can, no space in between. Shoulders square up into the line of scrimmage and pin the Inside



Linebacker who's coming inside-out. Kick out the LB who overruns the hole.. Kick him out and we expect our back to read the Guard's block to cut off of.

We do not teach out Backside Guard, or any Guard for that matter, to skip pull. I know many people are doing it, several colleges are doing it. We do not do it; we do not teach it. If you feel that is effective and something you can teach, that's your call. Not saying it is wrong to skip pull, that's just not what I teach.

**Backside Tackle:** His rule is to feel for a run through Linebacker. If there's no run through, we want him to continue across the field and we want him to block the outside third defender, that is the touchdown block. If you can get the Backside Tackle across to the deep outside third defender, you got a chance to take it to the house. Now, please love the heck out of those Backside Tackles when they get that block. Love them, hug on them, make it a big deal because they can get there. I don't care how big they are; they can get there. If you ever get them to where that something they love to do, and it's going to pay major dividends for you as you go.

### BACKSIDE Blocking

1. BSG: Pull flat for first 2 steps to clear Center he should then push to gain enough depth to clear the wingbacks block and pull through the hole looking for inside scraper then downfield.
2. BST: Fill through the Backside "B Gap" climbing to second level. Continue across field to pick up the deep 1/3 defender on the playside. This is the Touchdown Block!!

## BACKFIELD

**Fullback:** On the Buck Series our FB heels are at four yards. However, we will adjust this if our Fullback is exceptionally quick, and is hitting the Trap too fast, or when we have a tall QB with long strides. In those situations, we will adjust and put our Fullbacks heels at four and a half yards.

Our Fullback knows he is not getting the football, but we want him to roll his arms and his shoulders just like he's getting the handoff to run the Trap. Every player is responsible for a block and a great fake holds a defender better than a block. If our timing is good and we cannot tell who's got the ball.

After faking trap, the Fullback has backside A-gap. If no D-Lineman shows, then he looks for backside Linebacker. If no Linebacker appears, don't stop. Continue down field and look for the Free Safety. Don't just fake up in there and stop. Keep working all the way down field trying to get to Safety.

Remember that the Center will block back in the weak A-gap vs a shaded Nose. This is a 'switch' call and then the FB is going to bend to the front side A-gap. Center makes that decision.

**Playside Wingback:** The Wingback is taught to block the first man aligned anywhere or outside the Tight End. We do not tell him to block down because down means first man all the way inside. For us, you block the first on the Tight End to his outside. The Wing would block a defender head up on him if the next D-Lineman was inside the TE.



When coaching our Wingback on his block for the Bucksweep we teach the following: I want his first step to be with his inside foot at the Tight Ends heel allowing him to be in a position cut-off penetration. While the WB is stepping his eyes should be on the hip of the defender he is blocking. If the hip of the defender is not penetrated, he's going to continue and he's going to put his head on my outside hip with a left shoulder block. While taking my first step, I will see the hip of the defender moving to the line of scrimmage and know he is penetrating. I will place my head in front to cut-off penetration.

Ball Carrier. When running the Bucksweep the RB shouldn't be looking for the handoff. His eyes are on the butt of that Wingback just like the Guard. The handoff should be right on the midline and we want him to stay at four yards depth parallel to the line of scrimmage until he reaches the outside hip of that Wingback. That's paramount.

The Wingback down block cues the Halfback when to cut. As he runs parallel to the line of scrimmage, it's very important he does not outrun the Backside Guard. When he gets to the outside hip of the Wingback executing his down block, he puts his foot in the ground and makes a 90-degree cut. We do not want them cutting back or cutting out until they've cleared the line of scrimmage.

Quarterback: The QB has to place the ball in the hands of the running back, not his chest. Put the ball on his belt. We do not hand fake to the Fullback on Bucksweep. The Quarterback should keep the ball tucked to his belt as the Fullback passes. No hand extensions. We just want the Fullback with his proximity right next to the Quarterback to be able to carry out his fake by swimming the arm nearest to the QB and then doubling over to hide the ball, eyes on that A-gap.

The handoff occurs at four yards and the QB immediately turns opposite to fake the Boot/Waggle. His eyes are down field and we want him to be six yards deep when he gets to the Tackle. Then he rotates his shoulders, carrying out his fake, acting like he's running the bootleg pass.

This is key to us. The Bucksweep to us is an Iso. It's an Iso hitting right off the outside hip of that Wingback. It needs to be run with that mentality. If you've ever coached Iso, you're telling your back, don't dance in the hole. Hit the hole downhill. If you're going to make a cut, when do you make your cut? Once you've cleared lane one defenders. Get through the line of scrimmage. Now you can cut outside, straight ahead or back across the grain. Took many times the Halfback on the Bucksweep gets antsy, he wants to try to bounce this play outside and out run everyone to the edge. The blocking is not set up for that to happen.

## BALL CARRIER

1. The HB carrying the ball runs directly through the FB alignment. We want him to place his hands on his belt to receive the ball. We want him to continue to a point of the WB alignment and cut at 90 degrees directly behind the WB block.



## DRILLING THE BUCK SWEEP

One of the main drills for us in Bucksweep is our Cone Drill, which is a 5-yard drill ran by the Running backs as part of their pre-practice warm up. They're taking the football, they're coming across. We're trying to teach them how to sink their hips, plant, push off their outside foot, and make 90-degree cuts.



It helps with everything that we do, but it's very important for our kids to learn to plant off the outside foot and make a 90-degree cut. We can also incorporate that drill where kids learn to change the ball from one arm to the other. We do it on Mondays.

You must run the one and two drill if you are going to run the Bucksweep. All we do is stretch our spacing hose. We take a fire hose, it has our line splits on it, which are two, three, and three feet. 2 feet between the Center and Guards., 3 feet between Guards and Tackles and 3 feet between Tackle and Tight End.

We set the Wingback in his normal alignment. We have a cone set behind where the Tackle would be at two and a half yards deep. In this drill you are using all the backs, the Center and the two Guards.

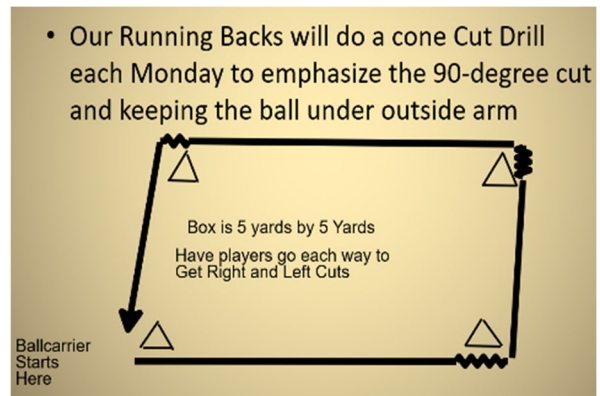


Fig 6-3: CONE CUT DRILL

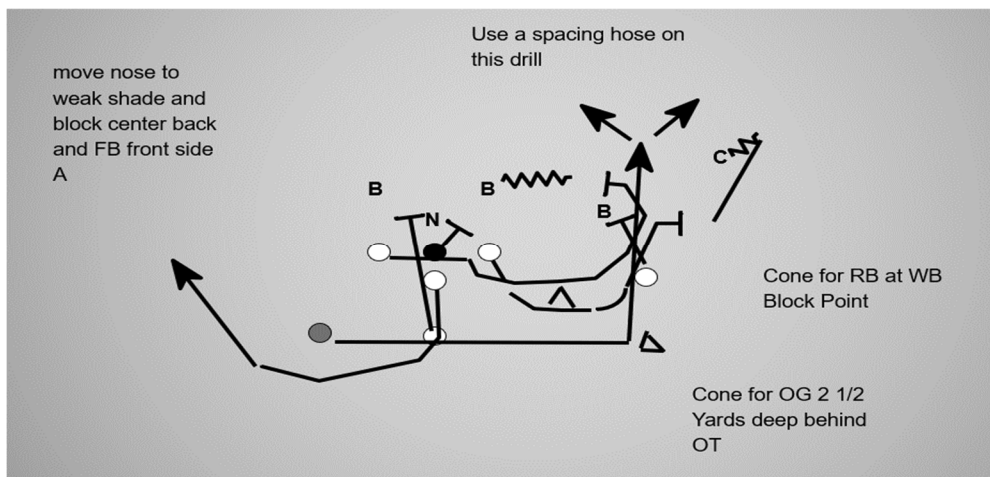


Fig 6-4: ONE & TWO CUT DRILL

To setup the defense for this put the number two Center at nose or backside shade. The number two Left Guard is the edge defender and is the man the Guard will kick out. The number two Right Guard is the Playside backer. The number two wing-back is the Defensive End on his side. We put the number two Fullback at the backside Backer. Makes rotations quick because players know to “replace the bag you hit”.

We put a cone at two and a half yards behind the Playside Tackle, and we put a cone and at four yards because we want to make sure that our back is parallel to the line of scrimmage at four yards. We use the drill to develop the timing of the backs with the Guards. It is important that you emphasize the backside Guard to turn up tight off the Wing Backs block and that the HB cut at 90 degrees when he reaches the butt of the WB on his down block. We would like to have our HB to be slightly outside the backside guard as they go into the line of scrimmage and to be trailing the Guard by 1-2 yards so he can react to the block of the Guard.

This drill is without question, a must. We run this drill after we get the play installed and we get the execution. We'll run this drill probably 10 minutes a week, in our individual period.





## BUCK SWEEP VS ODD FRONT

Our basic Bucksweep is Buck 42 Special. Center reaches through the Playside A. Here's a huge coaching point. What do we do when the nose slants weak? Your Center should continue through Playside A and pick up the Backside Linebacker. Don't chase a nose who slants away. If the nose slants away, he becomes the Fullback's guy. The Center and Fullback have a gap responsibility and not a man.

Now all of a sudden, we've got people that are reading Playside Guards. We have a couple of answers to that by pulling the playside tackle or Tight End instead of the playside Guard.

For us, in our blocking system, we can go to T and X, Buck 42 Tex, which means the frontside Tackle pulls instead of the Frontside Guard. Everybody else is the same.

The only difference is the Playside Guard now is in man reach. Wingback's rule doesn't change. He still blocks the first man from Tight End-out.

We're able to take the 50 Linebacker off his normal read where he's keying Playside Guard. Great, great, great scheme against the 50.

Our next adjustment to look at is Buck 42 EX. Now the playside Tight End pulls, which is what the letter "E" tells him to do. If the TE pulls, the Playside Guard and Playside Tackle are now man reaching in our blocking system. "X" tells the Backside Guard to pull.

The reason to call is TEX instead of EX, is when there is a 4i pinching down inside trying to create a problem for our trap and midline. We don't want to pull the G because of the reading Linebacker and if we pull the tackle, then the pinching 4-tech penetrates freely. So we pull the Tight End.

Again, we removed the guards read for pulling. We've got the same play, but we've got a different blocking variation to handle the things that the defense is doing to take other plays away from us.

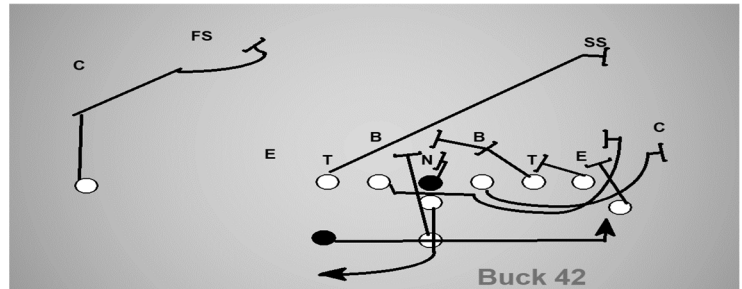


Fig 6-4: BUCK 42 SPECIAL

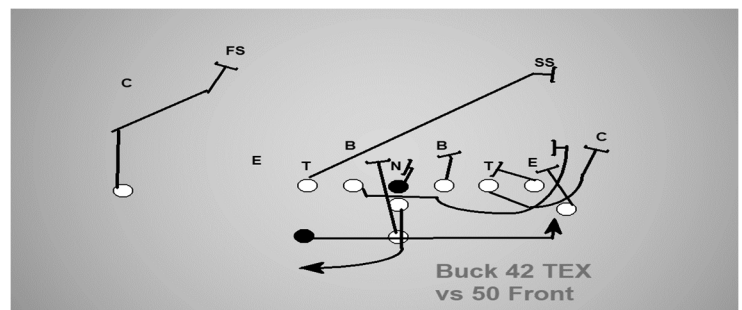


Figure 5-5: BUCK 42 TEX

### Buck vs Even Front

Against a 4-3. Basic rules, everybody does are the same. Special means both guards pull, that's special technique. "Y" means our Fullback will also lead and kick. Haven't done it a lot. Really the way that play came into existence was our Fullback screwed up one night and it actually turned out to be a great play. The Fullback led and kicked out on the support player and both Guards ended up leading through the hole, but it would be a variation but it's not one that we do very often.



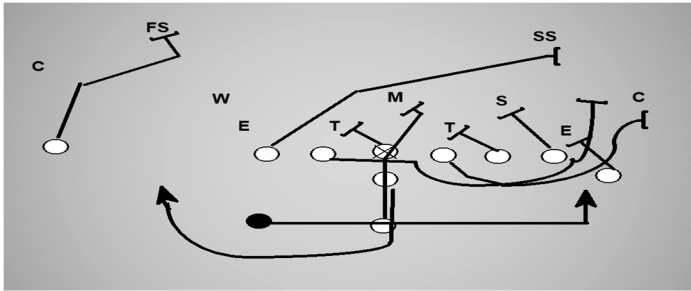


Fig 6-6: BUCK 42 SPECIAL vs 43 DEFENSE

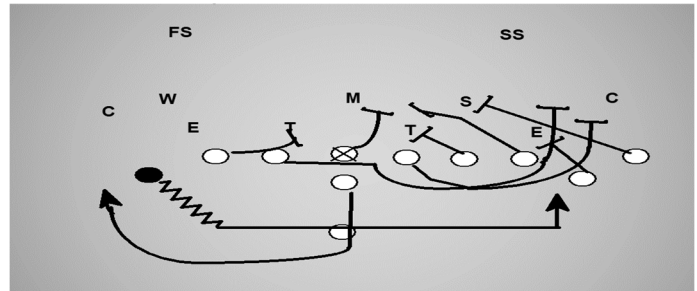


Fig 6-7: RIGHT NORTH BUCK 42 Y SPECIAL vs 4-3

Because defenses believe that penetration is key to stopping the Wing T and because sometimes, we are not able to achieve the down block we want due to the physical differences in our Wingback and the DE he is trying to block. We don't want to eliminate the Bucksweep from our offense. Because of the misdirection and things that come off of it.

We use our GX tag to take care of a hard penetrating D-End or when we have a mismatch, and our Wing cannot block their D-End. We still pull the Playside Guard and Backside Guard, G and X, but it's not called special because the pulling Guards are not doing the steps described earlier in this chapter.

A G call tells our playside Guard to pull flat down the line, the same as he does on the Down play. He is kicking out the first man past the Tight End on a G-call. This is normally the Wing's man on a Special call but now we are in a situation where the Wing can't make that block.

The ball carrier hears 6-hole instead of 2, so he knows as soon as he gets the ball, he is ready to get in the hole. It's a quick play. We tagged our Wingback and we told him to go B.O.S.S. (**B**-ack **O**-n **S**-afety **S**-upport). It's Bucksweep, everything's the same, but it's hitting one hole tighter. Good variations against the 4-3.

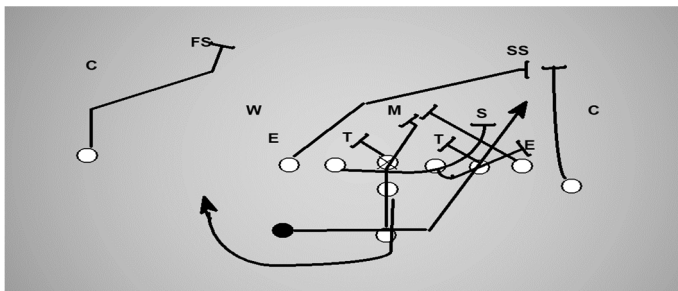


Fig 6-8 BUCK46 GX BOSS VS 4-3

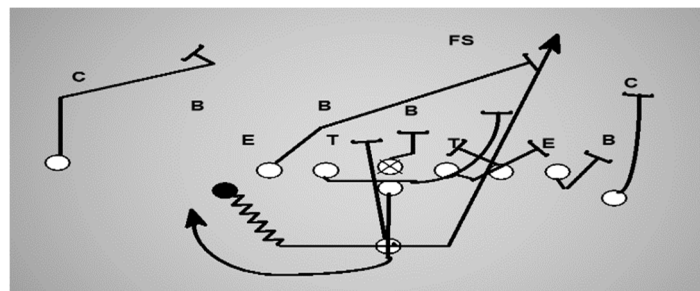


Fig 6-9 DALLAS RIGHT BUCK 46 GX VS 46

Now we're going against the eight-man front. Buck 46 GX. It was the same play. Remember we had 46 GX -against the 4-3. This is 46 GX against the eight-man front. The Tight End's rule on six blocking is Lead-Influence. Well, there's nobody for him to lead on. We're able to influence and turn out. We draw the eyes of the 7-technique. We're able to trap him with G, pull the Backside Guard through the hole. A very, very solid play for us against the 8-man front, fits with our Bucksweep series.

