
CHAPTER 3



Formations

Our ability to align in so many formations without teaching much at all is what I believe makes our Wing-T System. We are going to have 15 to 20 running plays with our base blocking rules and then each of those will have a minimum 4 of blocking variations. We will have about 15 pass plays in our system that have about 5 total concepts. But the reality of it is, we're going to run everything we've got and by the time we get through all of our formations, we're looking at somewhere around 95 to 105 different formations that a defensive coordinator got to put on this board. By using so many formations and forcing the Defense to prepare for all these looks often will cause them to simplify their game plan and limit the things our players will see on Friday nights.

This is a funny story, but it's a true story. When I first moved to Dublin, Georgia, I had a coach that was a friend of mine. I've known him for a long time, he was coaching at a school that was on our schedule and he called me up and asked if we were going to exchange films. I of course said no problem. He then says "Coach, do you mind if we go ahead and trade all eight games?" I said, "Coach, you really don't want to do that. You probably want to just trade the last three." He replies, "No, I want to trade them all." I said, "We can trade them all if you want to, but at the end of the day, you might not be really happy with that." What ends up happening is he walks up to me before the game starts, and he said, "Coach, I know now why you told me I didn't want to trade more than three games." He said we had 97 different formations that we had to look at.

We've all got tendencies in what we do, that's part of coaching. If you can give them enough formations, you can give them enough looks, it's too much information for them to transfer to their kids in a scouting report and for the players to be able to handle. The other thing you get when you use all of these unbalanced formations is forcing them into scenarios. We're going to talk here a little bit after we get through it and show you what we think creates some conflict. We're going to classify all of our formations as we go into this. They're either balanced formations, or they're unbalanced formations.

For me, the key to this is, if they are in an unbalanced defense, a shade-50 front, a four deep secondary that likes to play in cover three shell or whatever, I want to give them balanced formations most of the night. If they are a team that uses balanced defenses like a true 4-4, wide tackle 6, a true balanced looking defense, I want to give them unbalanced formations most of the night.

If Defense is Unbalanced, Get in Balanced Formations If Defense is Balanced, Get in UN-balanced Formations

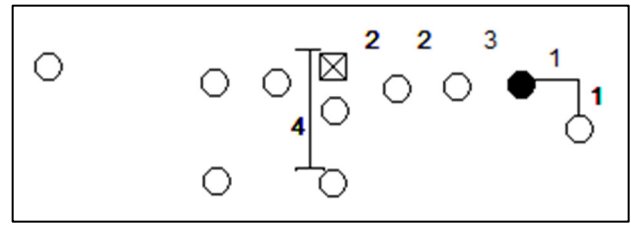
FLOPPING LINEMEN

Before we begin, I want to mention that we do not flip-flop our line, as in a strong side or weak side. We don't do that for a few reasons.

- Mainly it may tip off where you're running strong side plays and weak side plays. The defense can identify your strength by your offensive line placement.
- Lose the ability to shift and trade.
- Allows the defense to work in practice in defending only half of your plays.
- Can't play your third best Guard or Tackle on either the Right or Left because he is only familiar with plays that go strong or weak.
- Makes it very difficult to run all the formations that we run.

SPLITS

HB/FB toes are 4 yards from Line of Scrimmage (LOS) on the Belly-Ride Series. We move them up slightly on the Buck Series to heels at 4 yards. The linemen down hands are aligned with the center's toes. The top of their helmets are aligned with the bottom of the centers numbers.



BACKFIELD STANCES

I see too many Wing-T teams that will tip off their play by the alignment of backs. For example, they're running Weak Side Belly, the Fullback might cheat a little deeper and the Halfback is cheated up in front of them. They're giving the play away before it's ever run. Or sometimes in the Tackle Trap series, the Fullback is cheated up a little bit and the Halfback is cheated back a little bit deeper.

FB: 3PT VS 2PT STANCE

Our Fullback sets the depth of the backfield, and our Fullback is in a three-point stance. Delaware put theirs in a two-point stance and when you asked them "Why?" the answer to them was "because I want his vision." In a 2-point stance, he's able to see the defensive side of the football and their alignments.

We agree with that and would probably keep him in a two-point stance, but we since Inside Veer & Midline are a huge part of our system, we put him in the 3-pt stance. Our Fullback has to hit the hole quickly for those two plays, so we gain more by putting him in a three-point stance than we would having his vision be a little bit better by being in a two-point.

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. He always has his heels at 4 ½ yards in the Belly-Ride Series.



We want the Full Back feet to be just a little bit wider than shoulder width apart, because certain series are going to force them to take a lateral step on their first step. We do not want all of his weight forward because all they can do is go straight ahead and then it makes it hard for them to run the plays where they have to take a lateral step to start out with. We want his heels touching the ground.

1. The Fullback will set the alignment for depth of our backfield on each series.
2. On the "Buck" series he will align his heels at 4 yards and the HB if in the backfield will align at his depth.
3. If the Fullback is exceptionally quick to the hole, he may set the depth at 4 ½ yards or if our QB is exceptionally tall he may move to 4 ½ yards.
4. We place our Fullback in a 3-point stance and all other backs in a 2-point stance, because we believe our Fullback can hit the hole faster on the Mid-Line and Veer from a 3-point stance.

Fig 3-1: FULL BACK STANCE

HALF BACK & WING BACK

Our other two Halfbacks are in two points stances, cocked in a 45° angle with the outside foot up. We tell them to close their hands, put their thumbs right in the bend in their hips, with their fingers closed and not weighing down and pushing down on their legs, making it hard to go. We want knees bent, ankles bent, thumbs set in the V and hands set right in the V. If our Halfback is aligned in the backfield in what we would call Right or Left formation, or Texas, he's in a Diveback position in the backfield, we tell him to align directly behind the Tackle, splitting the outside leg of the tackle.

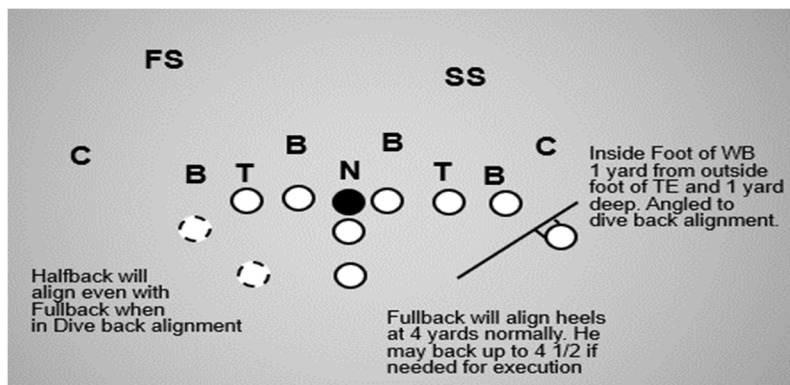


Fig 3-2: HALFBACK & WING STANCE

We align our Wing one yard from the end man on the line. If he's on a Tight End side, he's one yard outside the Tight End. If he is on the Split End side, he's one-yard outside the Tackle. I know there are people that go ahead and align him to the weak side just like he's on a ghost Tight End. Their reason for that is they want his timing to always be the same.

We found that it makes it extremely hard for us to run the Weak Side Bucksweep by putting him one yard outside a ghost TE. It makes it hard to get back inside and run the Weak Side Belly when he is a yard outside a ghost Tight End.

Our Wing uses a staggered stance, with his outside foot one yard outside the Tight End. His inside foot is at a 45-degree angle. His inside foot is cocked, so that if we laid a straight edge right through the tip of your toes, that straight edge would end up at the spot where you would motion to if you lined up as a Diveback.

Half Back Alignment

- If the Halfback is aligned in the backfield, we will align him directly behind the Offensive Tackle.
- If he is aligned as a wing, we will place him 1 yard from the end man on the line of scrimmage and 1 yard deep in the backfield with his inside foot.
- We will cock our wings inside at an angle so if you draw a line from his outside toes through his inside toes the line will go to the place his outside foot would be in the dive back position.



Now, there's been lots of conversation about whether we should cock him inside or keep him square to the line of scrimmage? You're going to gain something; you're going to lose something with whichever one you choose to do. We simply feel like for our down block on the Bucksweep by being cocked a little bit, it allows our Wingback to get a better angle for his down block on the Bucksweep. We feel like it gives him the opportunity, when he goes in motion, all he has to do is point his toe straight through the spot where he's heading.

QB STANCE & FOOTWORK

The Quarterback stance, if you go all the way back to the original Wing-T book written by Evashevski and Nelson, they taught their Quarterbacks to use a staggered stance. I've had people ask "Well do you tip off plays?" Well, I don't know because the Bucksweep going over outside, the Trap is going up the middle, the Counter Criss-Cross is going opposite the stagger, and the bootlegs going outside the other way. What I'm telling you is we want whichever foot the Quarterback is pivoting off of staggered back. So, if we're running Bucksweep to the right his right foot staggered back, knees bent, arms extended so that there is space between my elbow and my stomach.

We do not want to get up underneath the Center in there tight with bent elbows. When your Quarterback's feet are right up even up underneath the Center and your Quarterback reverse pivots, there is no space for the pullers to pass in between. That's why we teach a staggered stance. My Quarterbacks go off to Quarterback camps, they come back, and everybody has changed their stance to a balanced stance. Now I tell them before they go, "Don't worry about it, let them teach you whatever stance they want, they don't run the Wing-T and when we get back, we'll stagger."

Quarterback Stance

1. Quarterback will use a staggered alignment with his feet with his pivot foot back.
2. Quarterback will extend his arms to gain distance away from the center.
3. Both of these techniques will allow space between the OL and the QB for pulling linemen.

BALANCED FORMATIONS

This is our base Wing-T formation: **Right Formation**. The Tight End goes with the direction of the formation call. If we say "Right", then we're talking to the Tight End, we're telling him to go to the right. The Split End knows to always go opposite the calls in balanced formations.

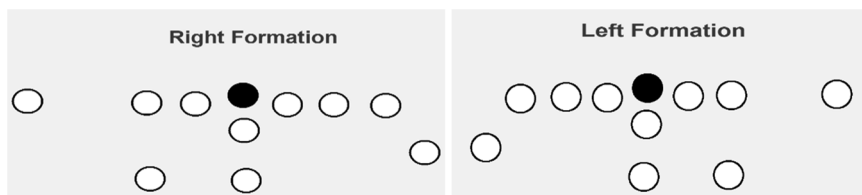


Fig 3-3 BASE FORMATIONS

The Wingback, which is our Z-back, is now aligned as a Wing on the right side. The Fullback is in his normal position and our H-back is in the backfield. Obviously, the base formation which would be the Right Formation.



The next formation, flip it over, simply becomes Left. The Tight End heard “Left” he goes to the left and the Split End knows to go opposite. Now our H-back becomes the Wingback and my Z-back is in the backfield. Some people ask, do you have just a Wingback and a Halfback? For us, the answer to that is no.

When I first started coaching, the team that I first started with, which was a Wing-T team, we had a Wingback, and we had a Running back, so the wing was always the wing. Here’s where we had a problem. People would line up, if this was your wing, well that was because he was your dominant running back. They took the front immediately and they started slanting toward the Tight End because 90% of his running plays of the Wing-T would be on this side. Or they brought edge pressure off of the Tight End-Wing side. We didn’t want people to be able to determine where my best Running back is. So, we have a Left half and a Right half which is H-back and Z-back.

MOVING WINGS AROUND

Now occasionally, we want the Tight End and the dive back on the same side. This became Texas Right. The wing on the Tight End side is actually the guy who’s in the backfield. The Z-back is in the backfield and the H-back is aligned as a wing. What we’ve found as we started going through this is defensive football teams’ start declaring their strength to the Wingback. If you remember what we talked about in our session about the blocking system and the philosophy, we’re looking for a soft edge. If they are a four-deep scheme, we’re getting the invert to this side (Split End side). Which now means the Corner on the backside is not only responsible for setting the edge, he is also responsible for the deep outside3rd. We’ve got conflict for that guy, and it gives us a soft edge. Opposite then of Texas Right would simply flip over and it becomes Texas Left.

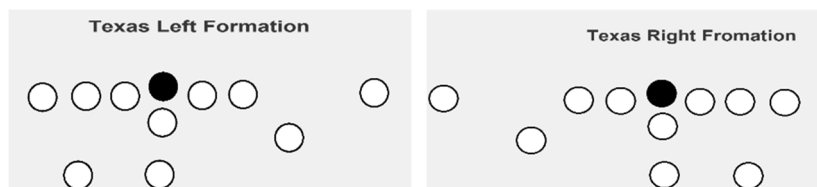


Fig 3-4: WING OPPOSITE THE TIGHT END

As we move on to the next one, we came up with this a long time ago. We decided we wanted to have what we call ‘**Dallas Right**’. That’s kind of where the ‘Texas’ came from, it was really from Dallas Right. What we did, we started out in Right formation and we wanted our Halfback up here (in Wingback formation). What I did for all us old-timers out there, Tom Landry, Dallas Cowboys, used to line up in a formation, and he would walk one of his backs to a different position. What we do is we simply take our kids and we said, this is Right, and when we would say shift, he would walk up to the left half. This formation for us because we related to the Dallas Cowboys, became Dallas Right.

The Tight End knows he goes to the right because it’s a Right formation. The Split End goes to the left; he’s going opposite the call. Then obviously if we’re going opposite of Dallas Right now is going to be Dallas Left. The same formation simply flipped over, the Tight End goes left, and the Split End goes away (from the call).



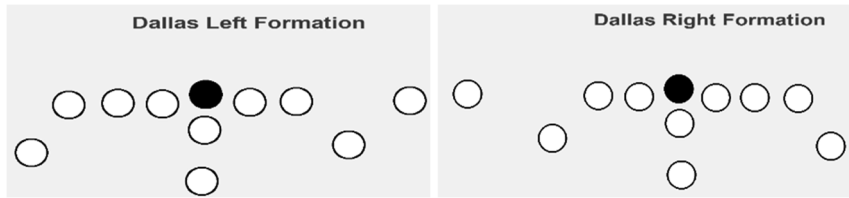


Fig 3-5: TWO WINGS START WITH LETTER “D”

The next look, we wanted to get into some three-step passing game, and use it in our 2-minute offense, but we wanted mirrored routes. We simply took our Wingback and moved him further away and we called this **Denver** because it started with the Letter “D” and anything that starts with the letter D is a double wing alignment. Now we can still throw our two-man routes, quick passing game, out of this formation. We simply take our Z Back and move him out like another Split End on the same side of the Tight End, but off the line of scrimmage. Right told the Tight End where to go to the right. Obviously, the opposite of that would have been Denver Left.

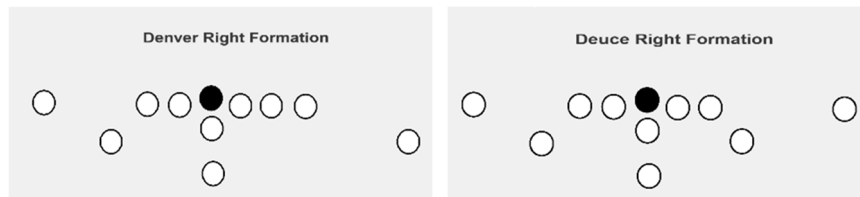


Fig 3-6: TWO WIDE RECEIVER LOOKS

Then we wanted the formation which was really good for our triple option. Maybe your Tight End is hurt, if you didn’t have a good Tight End that year, I wanted two Split Ends in the game, for us that simply became **Deuce**. Why did we come up with Deuce? Because it’s a double-wing and anything that’s a double-wing formation, the formation starts with the letter D, so that’s Deuce, double wing.

We have found times when it is necessary to align our WB outside in a Flanker Position and even motion him inside to use his rules to force the defense to align how we want them to. We call this formation Flank Right and of course opposite to the left is Flank Left.

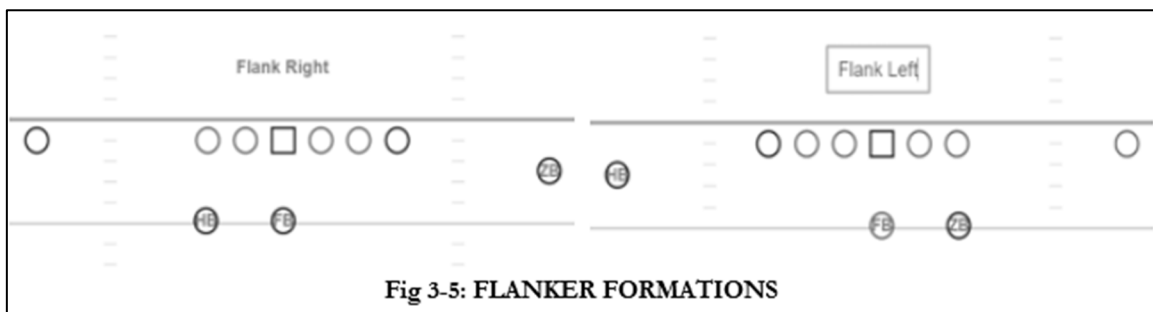


Fig 3-5: FLANKER FORMATIONS



TAGS

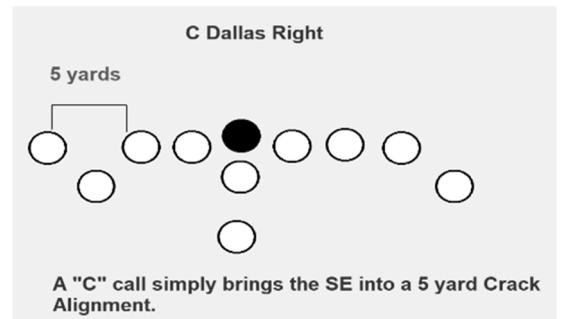
Formation TAGS

- **“C”** This will move the SE from his normal alignment to a crack alignment.
- **“Tight”** This means we will not have a SE in the Formation and will use two TE’s.
- **“PRO”** means the FB will cheat to the Strong Side behind the Guard or Tackle.
- **“Con”** means the FB will cheat to the Weak side behind the Guard or Tackle.

- **“Empty”** this moves the FB to a wing on the designated call side.
- **“Empty Wide”** this moves the FB to the Call side as a slot receiver.
- **“Flex”** this will move a TE to an alignment that is 5 yards from the OT.
- **“Bunch”** this will bring the SE’s into an alignment that is 5 yards from the OT’s.

Let’s see how we use our tags with the 8 formations we have discussed so far:

1. Dallas: *Two Wings*
2. Denver: *Wing is a Wide Receiver*
3. Texas: *Wing opposite the Tight End.*



MOVING SPLIT ENDS AROUND

We want to take our Split End and bring him from his normal alignment down into a **crack** alignment., which is our “C” TAG. So, we would call this C Right, C Dallas Right, and C Texas Right. That just added three more formations that for the defensive coordinator are different. You flip it over to the left, you’d have C Left, C Dallas Left, and C Texas Left. C Dallas simply means the Split End aligns with his crack alignment.

Anytime we add the word **tight**, the Split End is out of the game and we’re bringing in a second Tight End. If I’m standing on the side lines, and I holler, “tight, tight, tight”, the number two Tight End knows I’m going into the game. He goes onto the field, he’s yelling, “tight, tight, tight”, that means Split End is out, we’ve got two Tight Ends in the game. So we can have what? Tight Double, Tight Right or Tight Left. You wouldn’t have Texas because you got two Tight Ends, they wouldn’t know which guy comes back.

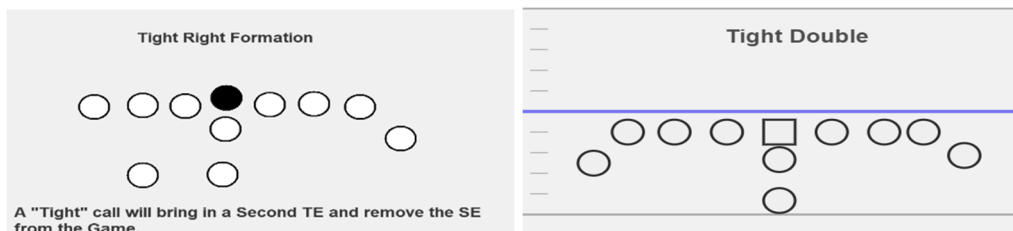


Fig 3-8: TWO TIGHT END FORMATIONS



MOVING FULLBACK AROUND

Now we want to start moving our Fullback around and we'll get into this stuff in our series when we start talking about the jet sweeps, and some of that type of stuff. To us 'Pro' and 'Con' are going to move my Fullback, it's going to bump him around. Pro means you're strong, con means weak. I call Dallas Right and I wanted to cheat the Fullback to the strength and sit him in the B gap. I would call Dallas Right Pro. The Fullback simply offset to the call side. Pro means you're with it.

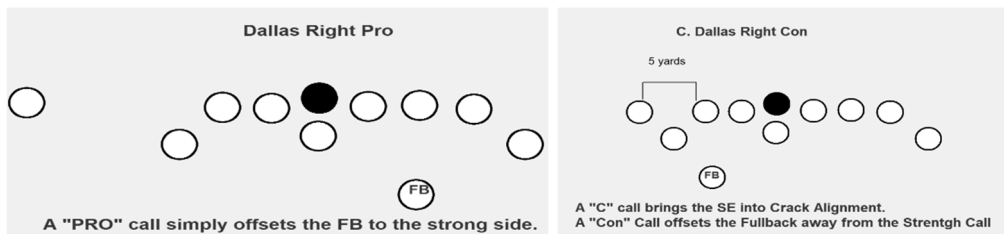


Fig 3-9: PRO & CON FORMATIONS

I want to offset the Fullback to the weak side, it would be Dallas Right Con. The Fullback, sliding in the backfield from directly behind the Quarterback, if we offset him to the strength, we tag it with a 'Pro'. If he offsets away from the strength, he is tagged with 'Con'. 'Pro' Fullback will offset the strength. It's a right formation, so Pro tells him to offset to the strength, the right. Con, this is C Dallas Right Con. It told the Split End to come to crack alignment and told the Fullback offset to the weak side, C Dallas Right Con.

EMPTY

When we talk about Empty, now the Fullback will move out of the backfield and align where a Wingback would align. Let's call the Dallas formation. I want to take my Fullback, which we do a great deal with the Speed Sweep. I say 'Empty', he will move to a Wingbacks alignment, Dallas Right Empty Right. Dallas Right Empty Left sets the Fullback one by one, one yard outside the Wingback. So Pro and Con offset the Fullback in the backfield; Empty takes the Fullback and moves him to a Wingback alignment.

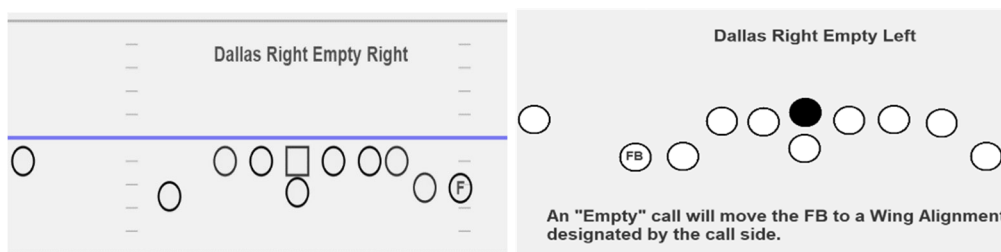


Fig 3-10 EMPTY

Dallas Right tells the Tight End and Wing to align right and we're going **Empty Left**. Great Speed Sweep formation, allowing your Quarterback to check at the line of scrimmage on the jet sweep stuff, and we'll talk more of that when we get into jet sweep talks.



The **Right Empty Left** formation is a great formation for us because it hides some personnel. By combining the “Right” formation with the “Empty” TAG, we have our Halfback in the backfield and can run all the plays he knows how to run, such as Tackle Trap. Now it’s looks like a jet sweep formation, but it’s hidden between which guy is up and which guys are cheating. Now you say well, we’ll figure that out on the field, yes, you can. Let’s see how quick your kids can figure that out in 20 seconds and which kid is where and this and that. They’re lucky enough if they determine where the strength is. Oh, oh the Fullback is offset, let’s make our check to the Fullback being offset, and now it’s not the Fullback, it’s the Halfback, because the Fullback is in Empty.

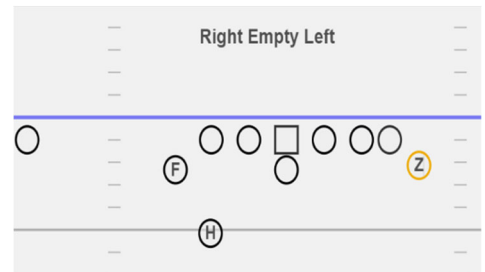


Fig 2-11: RIGHT EMPTY LEFT

In our **Empty Wide** formation, all we do with that is the Fullback now goes to a flanker position or a slot receiver position, so he is wide. He’s removed like a Wide Receiver, so you’ve got two Wingbacks, but you got Twins, or unbalanced, or Trips with the Fullback creating empty sets. I think we can show you something really good in our Buck Series that has really helped us by using some empty sets with the Fullback.

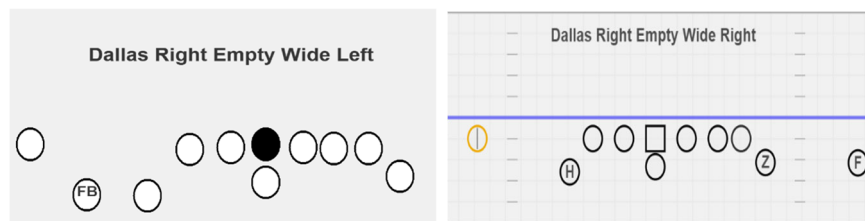


Fig 3-12: EMPTY WIDE TAG

Again, what are we trying to accomplish? We’re trying to use formations to get us a soft edge. Okay, so when we take the Fullback and go Empty, especially against certain fronts, we’re going to get an inverted safety over here (offenses’ left). We’re going to get a cover three shell. If we get a cover three shell to the Split End side, they now have a soft edge over on the Tight End and we can still run the Bucksweep, the Speed Sweep, and the Rocket Sweep back into where they’ve got the soft edge.

Dallas Right Empty Wide Right will often get a Cover 3 look from the secondary with a Safety rotated down to the TE trips side and this will allow us to have the soft edge we want to the SE side for perimeter run games.

FLEX TIGHT END

Okay, so now we already talked about the Tight formation, where we replaced our Split End with a second Tight End. Remember, we called it **Tight Right** and **Tight Left**. If we want two tight ends and two wings, then we call that **Tight Double** with the “D” word meaning Double Wing Alignment.

The opposite of two tight ends is to not have a tight end. However, we may not want to sub in another split end for our tight end because the press box will see this personnel change, so we just want to move our tight end out, or

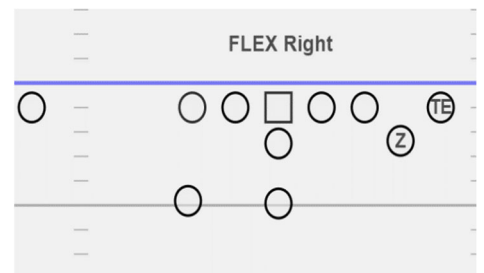


Fig 3-13: FLEX FORMATION



“flex” him out. We call this **Flex Right**. All that happens is the Tight End will flex out five yards. It looks like he’s in a C alignment, which is our crack alignment for the Split End. But it’s not my Split End, it’s my Tight End. Which if you’re wanting him to crack a lot of times he has a little more lead in his shorts when he’s coming down inside as opposed to the Split End.

Remember we want to use our balanced formations as our base plan of attack vs teams that use a 4 deep secondary philosophy or like to use some type of shade defense or a reduced package to one side.

UNBALANCED FORMATIONS

I think you need to understand why we use unbalanced. It is also important to understand that we’re dealing with high school kids. We do not believe that we can outsmart the defensive coaches, but we don’t have to outsmart them. All we have to do is fool the 17-year-olds they got out there playing for them.

We only run unbalanced formations for a purpose. We’re not going to use unbalanced formations to fool the defense, because the person that gets fooled is us. If you only jump into unbalanced every now and then, the problem is the defense may not even recognize and there is no adjustment. Now our kids are unsure of who to block.

As we have mentioned we want to use multiple formations to get the defenders to align where we want them. We want to take the basic adjustments that teams use vs. formations and use what they are teaching and use it against them.

Understand that every defensive scheme invented was developed to stop offenses that are in balanced formations. So every defense has to have a philosophy on how they’re going to handle unbalanced looks. When we give them unbalanced looks, we are forcing the defense to align in ways that they are not designed; therefore, they are giving us an advantage on the offensive side if we have enough in our system to take advantage of their adjustment.

There are only five things that a defense is going to do when they face unbalanced.

1. DON’T DO ANYTHING

Number one, they don’t do anything. If they don’t do anything to an unbalanced formation, we gained an extra blocker to the one side of the side of the field where we’re unbalanced.

2. SLIDE DOWN ONE MAN

We believe that we are going to score a lot of points versus any defense that slides down a man. This is because all the fits and responsibilities they were taught out of their odd front now have to be ran from an even front and vice versa. For example, if an odd front Nose has to slide over our Guard, he probably has not been taught how to play the trap. So we’re going to influence trap him, veer release trap him, and we’re going to double him. We’re going to give that guy a lot of looks if we ever get him to move.

The other thing that happens is when you have the veer offence in your system, when they move down one guy, the inside veer becomes outside veer and all option responsibilities, you know, change when you face in the outside veer.

3. YOU MOVE ONE, THEY MOVE ONE

This happens a great deal against eight man fronts, such as the 3-5 and the 4-4. When we bring a split end over, they bring an outside backer over and now they’ve lost their pitch contain guy back to the weak side.



4. ROLL SECONDARY

Some defenses will not slide their front or move a player over. They roll their secondary instead. Whether they roll their three deep secondary by bringing a corner up or bring a safety down from a four deep look, now they have one less deep outside defender on the outside and they have one less run support guy on the weak side. This gives us an advantage on the edge and we like the speed sweep which is talked about in Chapter 11.

The addition of the Jet Sweep has also made tremendous conflicts for defenses. It forces them to choose between defending the split end side run game by alignment or by adjusting to motion. This will give you a soft edge to attack on the TE Side.

5. MOVE LINEBACKERS

The last defensive adjustment is to leave both the front and secondary alone and slide the linebackers. When they start pulling the rope with linebackers it once again changes their run fits. For example, it is hard to run between the tackles versus a 3-5 team because they have you out numbered 6 to 5. But when they have to pull the rope with those linebackers, they're now in a 5-2, all the fits are different. All the alignments are different. And now we're back five on five between the tackles.

When a split 4 defense pulls the rope, now they're in a 4-3 and it messes up the fits because one backer is over the head of the center and the other is in the B-gap.

In our system, there are two ways to go unbalanced: Move the Split End over or put four linemen on the same side of the center. Technically trips is also an unbalanced formation.

1. North/South: *Split End 5 yards from Tight End*
2. Northern/Southern: *Split End is 12 yards or more from Tight End*
3. Delaware: *Tight End subbed out for a second Split End..*

What you are doing is, you're setting yourself for about 100 looks and formations. That is a nightmare for a defensive staff to try to get broken down and figure out what you're doing.

MOVE SPLIT END TO THE STRONG SIDE

North/Northern/Delaware Right are all unbalanced to the right and South/Southern/Delaware Left are unbalanced to the Left. Our TE knows anything that is North or Northern he goes right and South or Southern he will align to the left. The backfield will use the same three alignments they used in the balanced formations and they are: Right, Texas Right, or Dallas Right or Double to the Right and to the left the alignments are Left, Texas Left or Dallas Left along with Double. Then you can start using your tags to create unlimited looks.



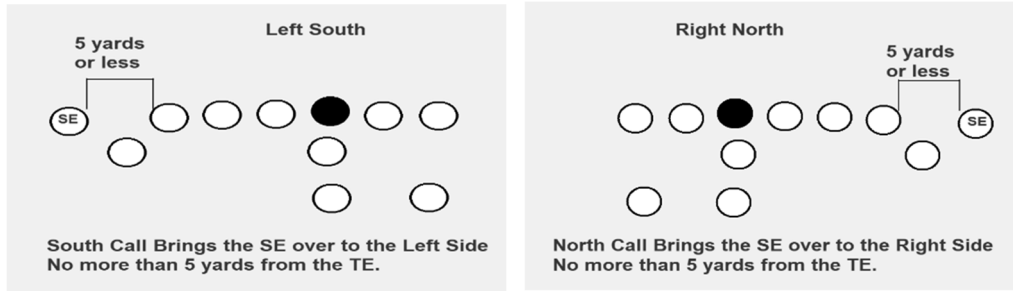


Fig 3-14: NORTH / SOUTH

We like the North / South alignment anytime we can't block the Playside backer and we want to run outside the tackle. Since the Split End's rule is to crack, this gives us an extra hat on that linebacker. We'll get into it a little bit more in our game planning chapter 22.

Remember, we ran our Texas formation to put our Wing opposite the tight end and force the defense to decide how to call their strength: to the Wing or to the Tight End. Adding the North or South TAG brings the Split End in as an additional blocker opposite the Wing.

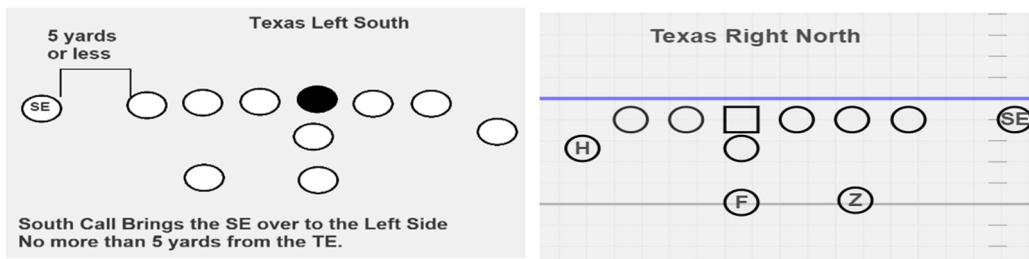


Fig 3-15: CRACK OPPOSITE THE WING

Remember anything that starts with the letter D is double wing, South is a crack-left formation, and North is a crack-right formation. So Double South puts the Split End in crack alignment with two wings.

Northern and Southern means the Split End will align in his normal SE alignment based on where the ball is on the field. You will again use your 3 backfield alignments to set the backs. The Northern & Southern looks will remove a DB from the box and force the defense to adjust in the secondary. Northern, Double Northern and Double Southern. Again, what can you do with your Fullback? Pro and Con, Empty, Empty Wide etc. to create unlimited looks for the defense.

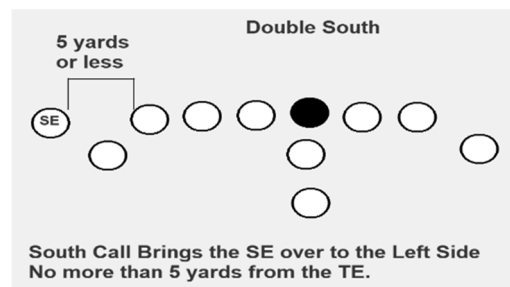


Fig 3-16: DOUBLE SOUTH

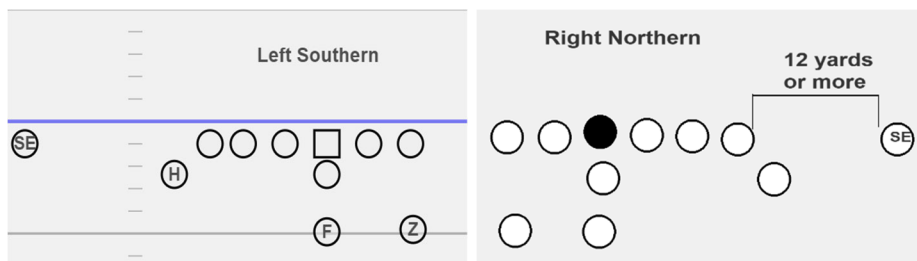


Fig 3-17: GET A DB OUT OF THE BOX



Double Northern simply puts us in double wings. The North is right, Northern is right and the Split End knows that I'm out wide. Opposite to Double Northern is Double Southern:

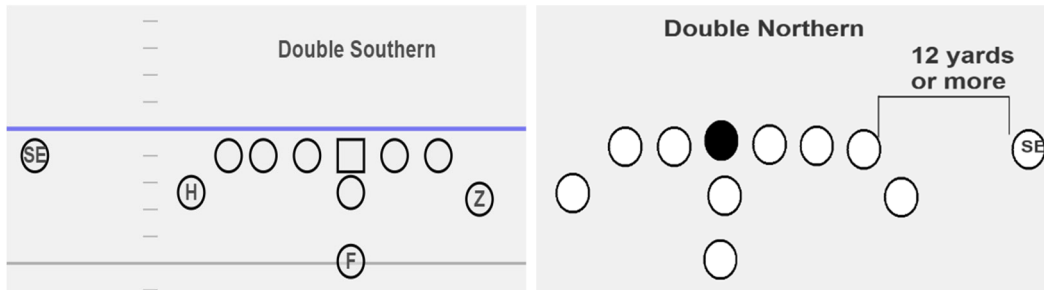


Fig 3-18: DB OUT OF BOX PLUS DOUBLE WING

Remember, all we want to do is confuse those 17-year-olds lined up opposite of us. As soon as we can figure out how they are calling their strength, then we can use that to gain an advantage. If they are declaring strength to our Wing, they will put more players to our 3-man side and we will have more blockers on their weakside.

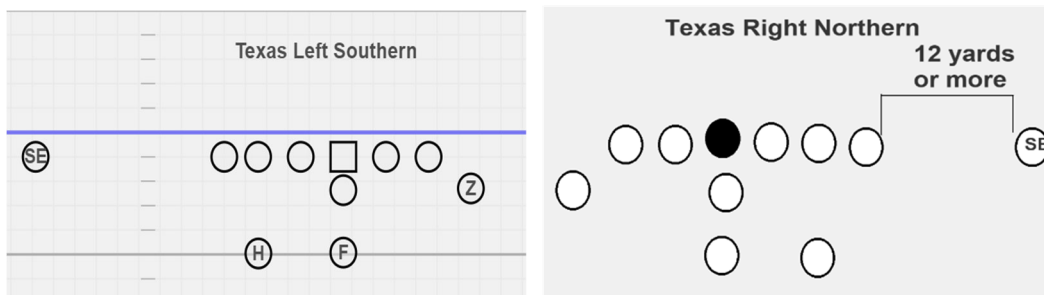
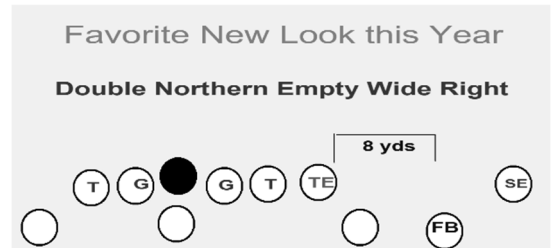
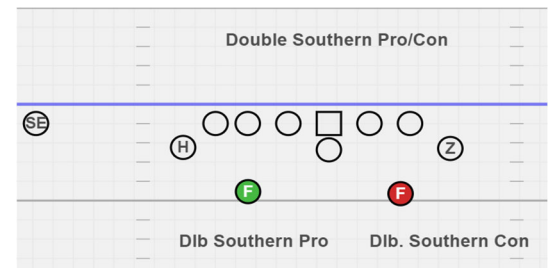


Fig 3-19: WING AWAY FROM UNBALANCED

Now let's start using TAGS that our Fullback already knows: Pro or Con, Empty Left, Empty Right, Empty Wide Right, and Empty Wide Left. We also will use Flex with our TE. When you start moving those guys around, to a defensive coordinator, every one of those is a different formation, that they're drawing on their board.

Let's take Double Northern Empty Wide Right: This is a trips Formation to the offense and if they are a 4 deep secondary the SS is taught to leverage to the # 2 receiver which is our Fullback. By him leveraging to our # 2 he now is removed 8 yards from our WB and is not in a position to restrict the running lane for the Buck or Power Sweep.

We want to use multiple formations to get the defenders to align where we want them. We want to take the basic adjustments that teams use vs. formations and use what they are teaching against them.



USING A FOUR MAN UNBALANCED LINE FORMATION:

We will take the Split End out when we are going to our four-man unbalanced line and bring in our #3 Offensive Tackle. He will be the person that will move to the strength and leave our Tackles in their normal spots. There have been years where our #2 TE is better than our #3 OT and when this is the case, we will create our unbalanced look by putting both TE's on the same side.

We're not changing any of these five Offensive Linemen because we don't want to change any of our blocking rules. We're bringing in a sub in and East is a four-man unbalanced side to the right, two men side is to the left. The opposite of the east is what? West. If the four-man sides to the left, it's West.

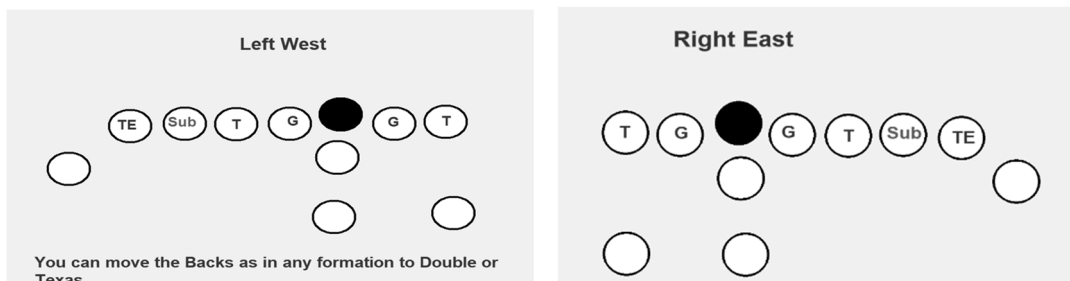
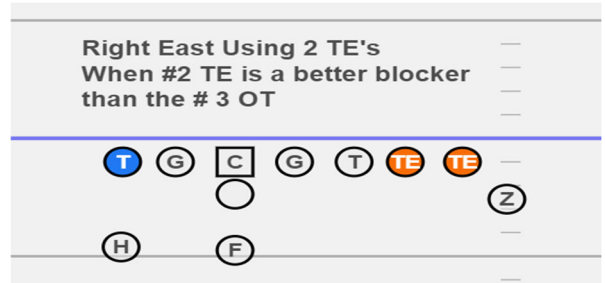


Fig 3-20: BASE FOUR MAN UNBALANCED

A good question to examine is why not put the TE on the 2-man side and make the defense honor him as a receiver? The reason we do not do this is because a great deal of our offense is ran to the 2-man side based on their adjustments to the unbalanced. By keeping our OT in positions, they are comfortable with, we do not have to teach the TE all the OT rules. Also we have only found a couple of sound pass routes to the 2-man side that we can protect with consistency, so expecting the defense to honor a Tight End opposite the unbalanced is a mute point if we cannot protect the Quarterback.

Here's your Double East and then we got Texas Right East.

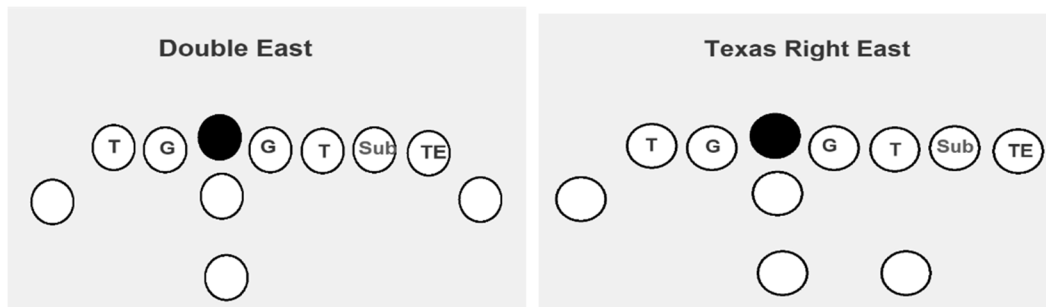


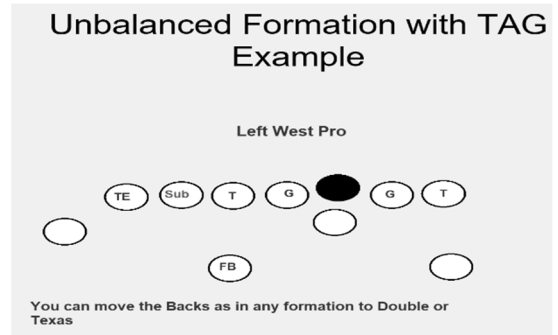
Fig 3-21: UNBALANCED WITH TWO WINGS



Where do they get to declare the strength here? Again, you'll be surprised at the number of people that are going to declare the strength to the Wingback. Folks, we got an extra blocker to the other side. Now they adjust to the unbalanced and we have them outflanked back to the back to the boundary, or to the nub.

Going back to our backfield looks: Right, Texas Right and Double gives us three different looks to force the defense to have to adjust. Then we can use our tags like: Pro/Con, Empty Right and Left or Empty Wide Right or left and you have multiple looks from our East and West Formation

Now Left West Pro looks like split-backs now. Obviously one of the easiest plays just to think off the top of my head is the Power Sweep, but their guys are having to align to what looks like split backs. We're not adding plays, we're not adding new assignments, and we're trying to deceive the eyes of those kids that are lined up having to defend us on the defensive side.



A formation that University of Delaware made popular was putting two split ends on the same side. They called it Loose but since everything for us that involves Double wings had to start with letter D, so we simply call it Delaware. This is a Tight End out of the game and two Split Ends in the game. This Split End (inside receiver) is on the line of scrimmage, he's covered up. He's covered, but that for us is Delaware Right.

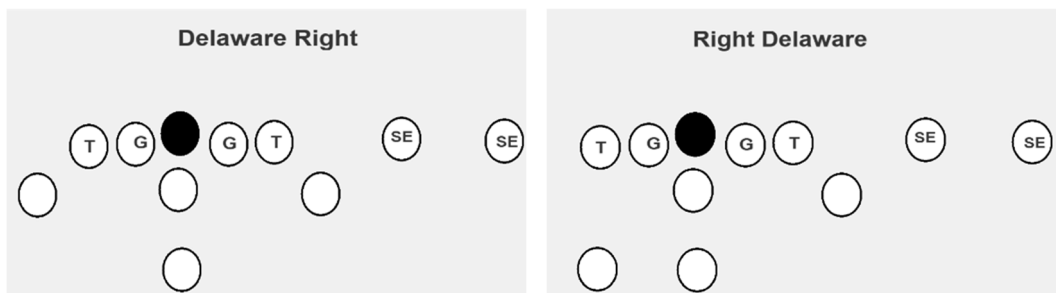
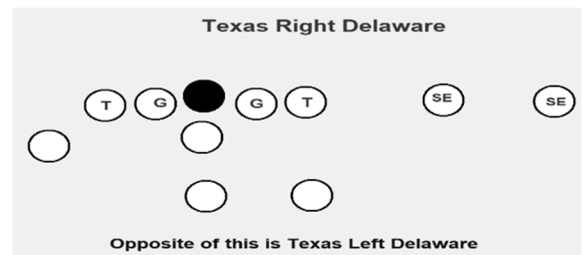


Fig 3-22: SPLIT ENDS ON SAME SIDE

The next one: see the backs, Texas Right. That means the guy to the strength becomes the Diveback. We're unbalanced over there (offenses right) and they're declaring the strength to the Tight End. We can run Buck or Power to the weakside and have them completely outnumbered.



By using your Fullback Tags you can add as many as 6 looks to your Delaware formation. When you flip over to Delaware Left and add the Tags you now have 12 looks from your base Delaware look.



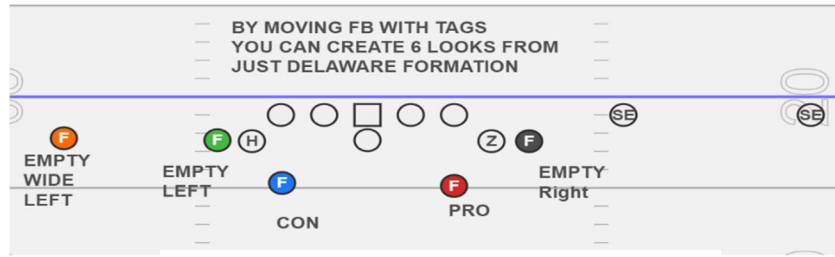
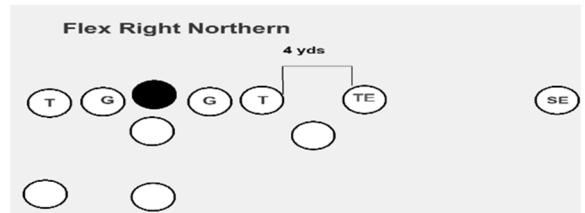


Fig 3-23: FULLBACK TAGS

Having the Personnel on the field you need is important to what you are trying to do. When we need our inside guy to crack on certain plays, we will simply go to Flex Right Northern so that our bigger body TE is coming inside to crack. This is a good look when aligned into the boundary.

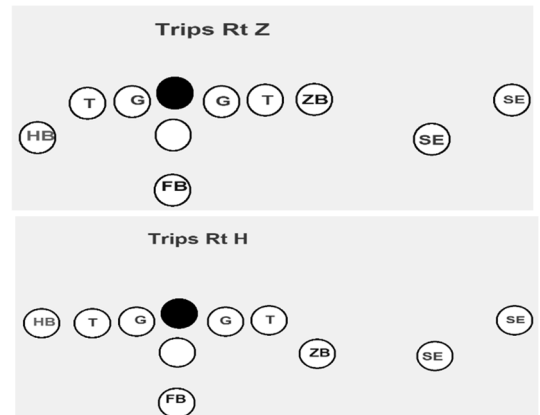


TRIPS

Now what happens is when you start using a lot of the Delaware formation, people assume that the inside Split End is always on the line of scrimmage. They will quit walking out and covering down on him because they think he's covered up. Our answer is to put one of our Wings on the line and make that inside Split End eligible. Whoever we tag, the Z or the H, puts them on the line in a three-point stance.

Another thing we like to do is "Step To" shifting. "Step to Trips Right H" is when we line up in Delaware and right before the snap we have the inside receiver step off the LOS and the H or Z steps on.

If a team over adjusts to Trips Right Z, then we like running the veer. That's a big reason the veer is in this offense.



If we want to go to Trey, we take the Fullback out of the game. We want to bring in an extra Split End. It helps us with our Sprint-Out passing game and it also gives us a chance to rest the Fullback. The Trey set is a three-receiver set, but the Tight End is in the game when we go to trips. Now maybe my Fullback is banged up or he needs a blow, but we still want the same look all we have to go to is the Trey.

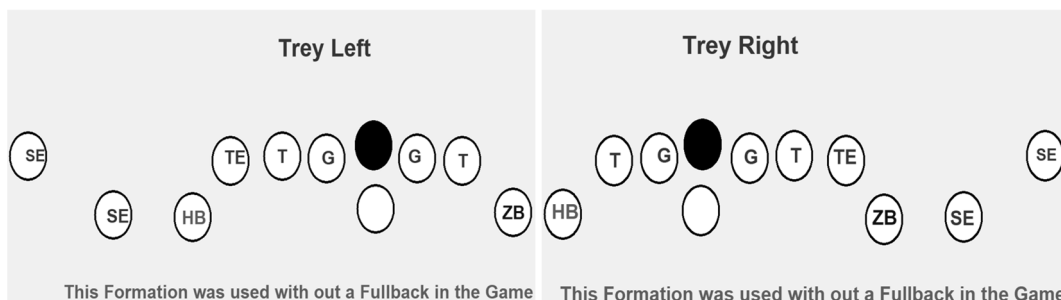


Fig 3-24: TIGHT END TRIPS



SHOTGUN

We don't use a lot of Shotgun but when we do, all we do is add the term 'Gun'. In the example to the left of Fig 3-21, Denver is our formation that puts the Wing out as a receiver and Pro offsets the FB to the TE side. In the example on the right, we use "Flank" instead of Denver. Both put the Z-back out as a receiver, but "Flank" keeps our Halfback in the backfield so now we're in a two back Gun to run some of our Wing-T offense.

Gun Double Northern. Northern everybody's the same, we told the Quarterback to go what? Gun. We told the Fullback to go Con. So Gun Double Northern Con.

Obviously, I haven't given you every formation we do. I didn't try to draw them all up. I tried to mention, when you start to offset your Fullback in Pro/Con, Empty/Empty Wide, all of the different combinations. What you are doing is, you're setting yourself for about 100 looks and formations. That is a nightmare for a defensive staff to try to get broken down and figure out what you're doing.

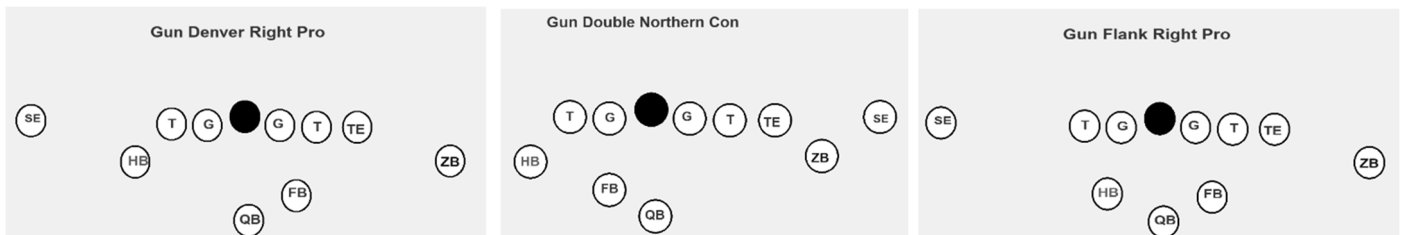


Fig 3-25: SHOTGUN

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