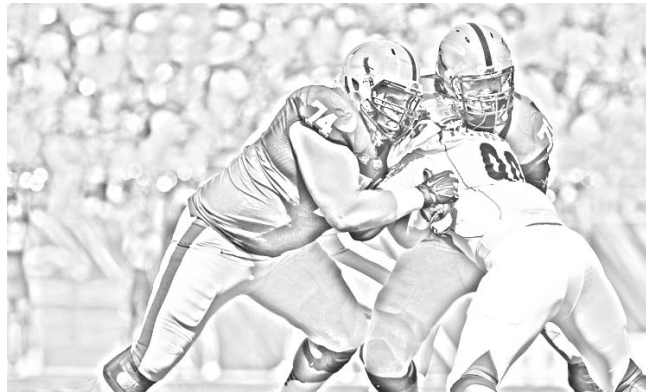


# CHAPTER 7



## Combination Blocks

Combination blocks are when two offensive linemen both block one or 2 defenders. Although each man is actually performing some variation of an individual blocks described in the previous chapter, the success of the play depends on the combined actions of the blockers involved. These blocks are common in the Wing-T, especially on Belly, Army (midline), Baylor (inside veer), and Cal (outside veer). This chapter will cover the following combination blocks:

### BELLY CROSS BLOCKS

- TUG: *Cross Block Tackle first*
- GUT: *Cross Block Guard first*
- COG: *Cross Block Center first*

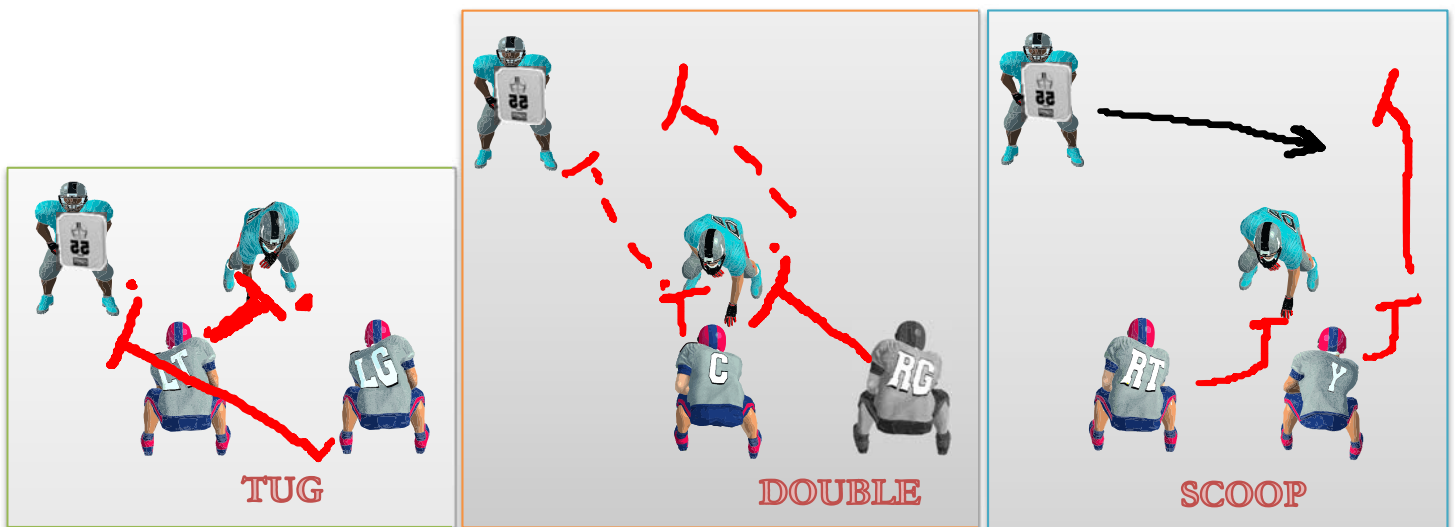
### DOUBLE TEAM BLOCKS

- CONVENTIONAL
- CONDITIONAL

### SCOOP BLOCKS

- Tight 2-man Reach
- Wide 2-man Reach

As the combination blocks initially are set up and organized, the line coach should organize the linemen in pods or subgroups (Fig 63). When first teaching combo blocks, cross-train all the linemen, but as the season progresses, organize them by specific positions. It is important for them to drill side by side during the season.



## CROSS BLOCK

The cross-block scheme is one of the most basic combinations in not only the wing-T offense, but in most other offensive packages as well. This combination features two individual blocks at the point of attack and is characteristic of the man blocking schemes seen throughout the offense. The cross block allows undersized, quicker linemen to have success by blocking defenders on an angle as opposed to straight off the ball.

The cross-blocks are not the only way to block Belly. There are defensive alignments that trigger ON blocks (Fig 68). However, cross-blocking can be held for a shorter time than the traditional on block and the angle block allows smaller linemen to be successful. It is important to note that blocking axioms still apply: **"Pull Left, Hit Left"**; **"Opposite Foot, Opposite Shoulder"**.

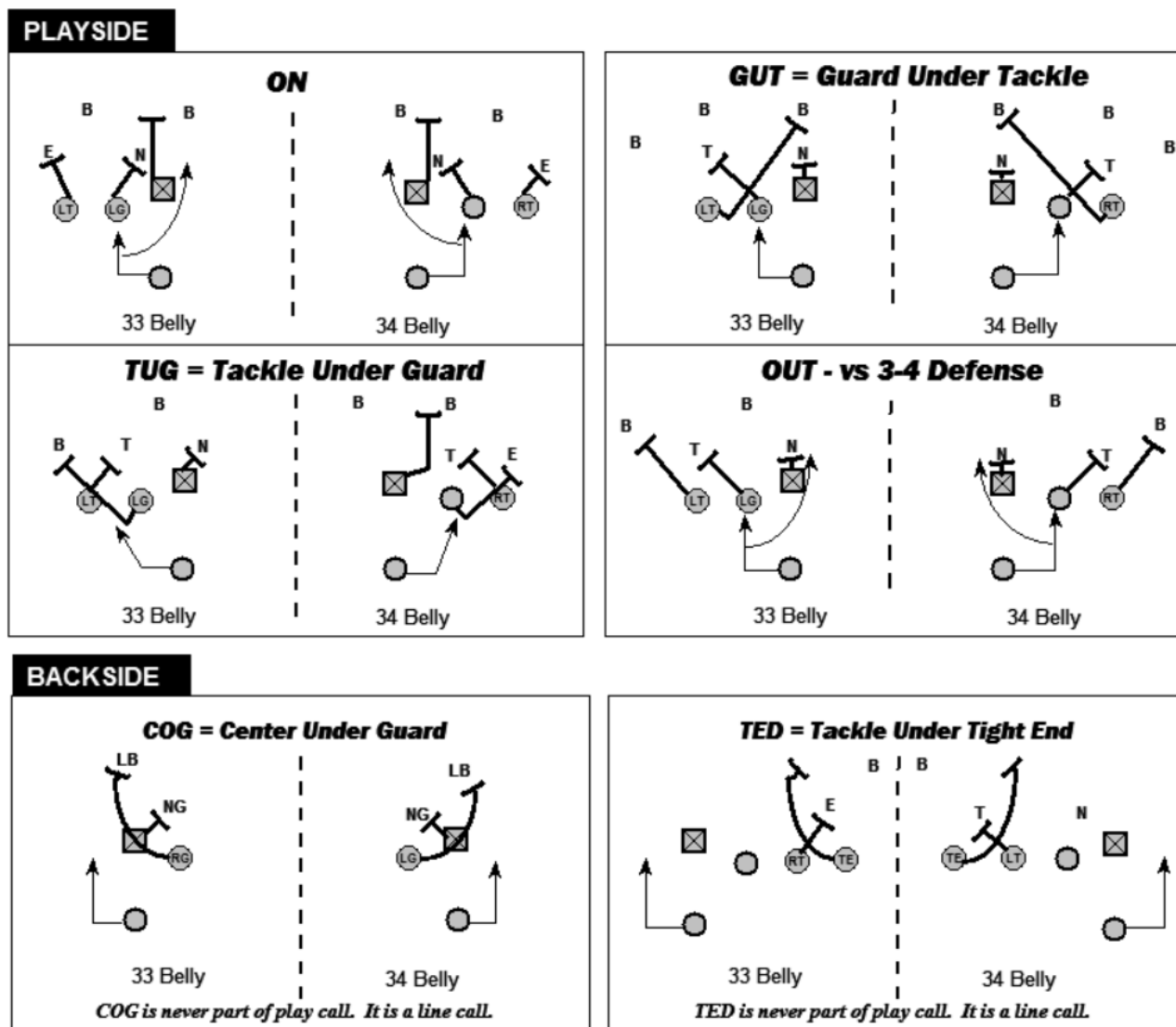


Fig 68: All Blocks on Belly Play



## TUG CROSS BLOCK

This is what the Wing-T purists call the cross block but we call it the TUG block, which is always a playside block. This section and its rules apply to 33/34 Belly and 35/36 Down. **T-U-G** is easier to learn because it reminds the **T**ackle that he goes first, or **U**nder the **G**uard. The Down block by the Tackle still follows the rules: head in front of a penetrator with left shoulder block; head in back of a reader with right shoulder block. The Guard is going to execute a Flat Pull, although he might have to take a slight drop step so that the Tackle can pass first. It is important that the Guard rubs the Tackle's tail pad. If a collision happens, it is the Guard's fault.

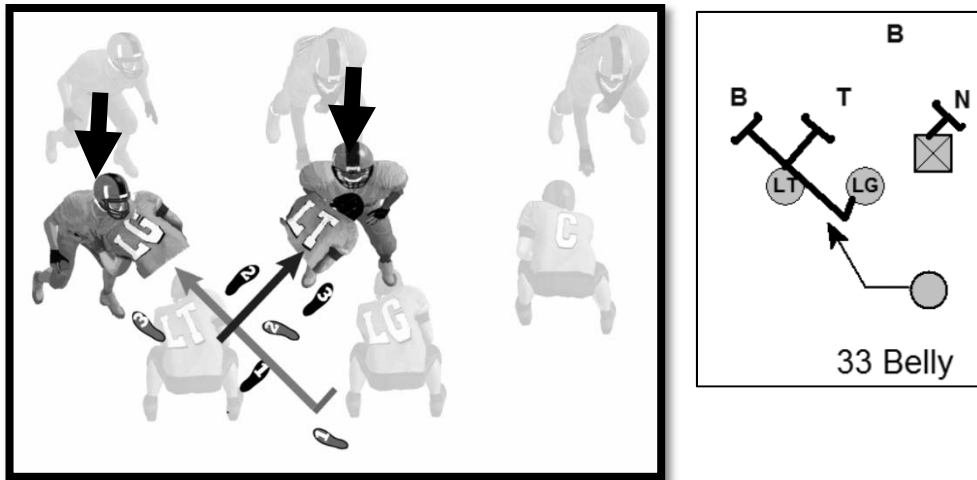


Fig 69: T.U.G. Cross Block Steps on 33 Belly

### PISTOL WING-T CROSS BLOCK ALMOST NON-EXISTENT.

The traditional Wing-T formation with only one wing and two backs in the backfield will see defensive alignments that require the TUG cross block. The PISTOL Wing-T formation however puts defenses in severe conflict versus Belly if they put a D-Lineman in the B-gap. If the put a DE inside the Wing, he can get crack blocked. Roll an OLB up to the LOS and give up weakside flats. If odd front slides D-Linemen towards TE, then it is really an Under Front. Odd stacked fronts that are cross blocked leaves LB unblocked.

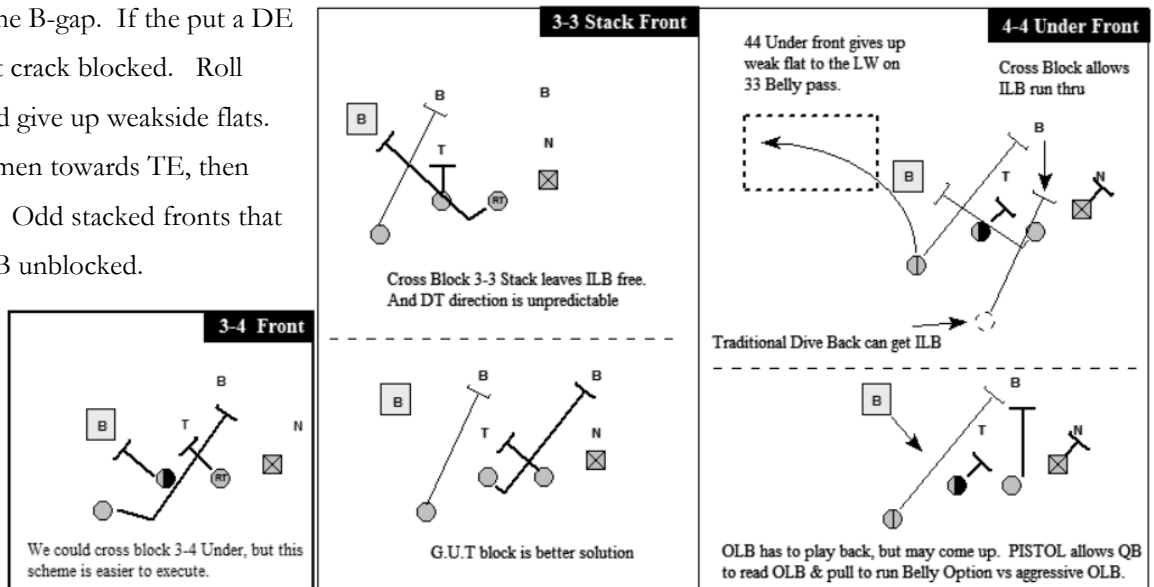


Fig 70: Reasons to not TUG Cross Block



## TUG CROSS BLOCK SCENARIOS

The PISTOL Wing-T forces defenses to play OLB/DE outside the wing while also allowing the OLB to be unblocked because QB can read him. This only leaves 3 scenarios that a TUG cross block is used:

- 1) Versus Even front that stacks both DT on the guards;
- 2) Versus Bear Fronts
- 3) Down 36-0 vs any defense that is not a stacked odd front.

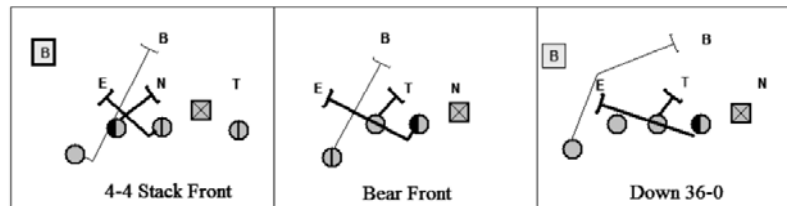


Fig 71: TUG Cross Block Scenarios

## DRILLS

To follow our philosophy to cross-train, we will use four reps per defensive alignment. Our rule in practice is to always replace the bag you hit, so in Fig 68, the Tackle replaces the DT and the Guard replaces the DE. The DT jumps in at Guard and the DE becomes the Tackle. To maximize reps half of our line is going to their left (33 Belly / Down 35-0) and other half of the line is going to the right (34 Belly / Down 36-0). There are only two defensive alignments in which we TUG cross block, which is a total of 4 reps if you count backups switching. Using our rule of thumb of 3 reps per minute, we can get 8 reps going one way and another 8 reps going the opposite way in a 5 minute period.

Around mid-August we have solidified our positions and this drill only takes two reps as the Tackle & DT switch spots as do the Guard and the DE. This drill is replaced by Belly Half Line once games begin (Chapter 11).

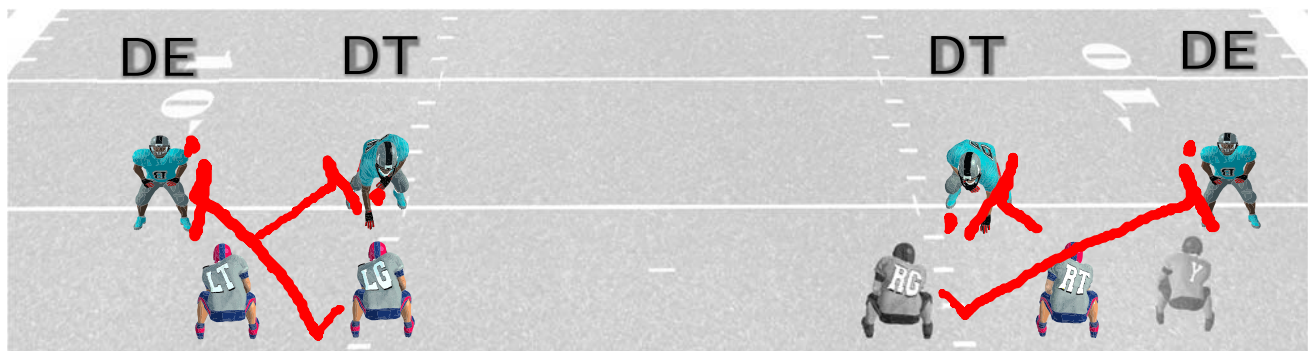


Fig 72: TUG Cross Block Drill

## Coaching Points

1. DE lines up in 9-tech off imaginary TE (Bear front & Down 36-0 in Fig 71 are same technique)
2. DT gets anywhere in the gap between Tackle & Guard.
3. After everyone has blocked this scenario twice, the DE gets in 5-tech off Tackle and DT head up on Guard.
4. We block that scenario twice and then players switch to the opposite hashmark.



## GUT BLOCK

The gut block is used both backside and playside. While traditional offenses will scoop the backside and zone the playside on their ISO plays, the angle of the GUT block is more effective for smaller, quicker linemen. This block is our #1 option on Belly playside vs odd defenses, and is Belly backside block vs 3 or 4i-technique. **G-U-T** is easier to learn because it reminds the **G**uard goes first, or **U**nder the **T**ackle. The out block by the Guard is a WRONG SHOULDER, Reader block so the Guard first step is with his Left foot, but he will make contact with his Left Shoulder and place his helmet in the back of the defender. The Tackle is going take a Flat Pull Step to his inside, same as 22 Trap. He then “folds” behind the Guard, rubbing his forearm against the Guards butt. If a collision happens, it is the Tackle’s fault. The tackle will block a linebacker.

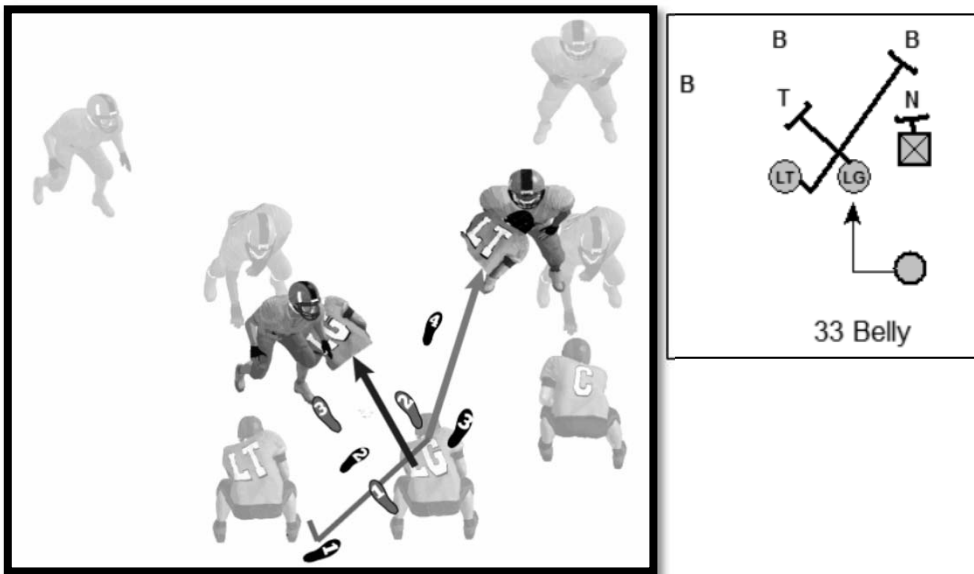
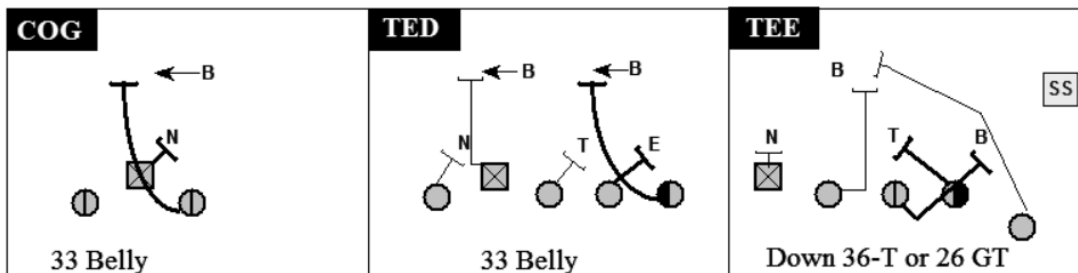


Fig 73: GUT Steps

## COG, TED, & TEE CROSS BLOCKS

The remaining cross blocks are COG, which is **C**enter **U**nder **G**uard, but “CUG” is awkward to say so we call it COG. It is as a backside block vs any A-gap threat. TED is **T**ackle-**E**n**D** exchange and is also a backside block. TEE is a playside Tackle-TE cross block that we use on Down and G.O. versus odd fronts. Pulling the playside Guard left us vulnerable to playside Inside Linebacker run throughs.



The COG block can be used on the backside of Belly. If the NG shades the backside of the center or lines up in backside A-gap, the center is blocking back using a Reader or Penetrator technique. Whether the Guard “folds” around the center to get to Linebacker or just fires straight out at the LB is up to the Guard. He has to make that decision every Friday night depending on defensive alignment and Linebacker quickness. If the DT is headup on the Guard, then the Guard makes the COG call, again based on what has been happening during that game. The Guard could call “ON”, which send the Center directly to Linebacker or the Guard can call “COG” which tells the center to block back on the DT and the Guard will get the LB. A “COG” call versus a headup 2-tech DT is made if they anticipate an A-gap pinch.

There are two Tackle-Tight End combination blocks. The TED block follows the same scenarios as the COG, the TED call depends on what has been happening that Friday night. Both the TED and the COG blocks follow the same footwork as the GUT block.

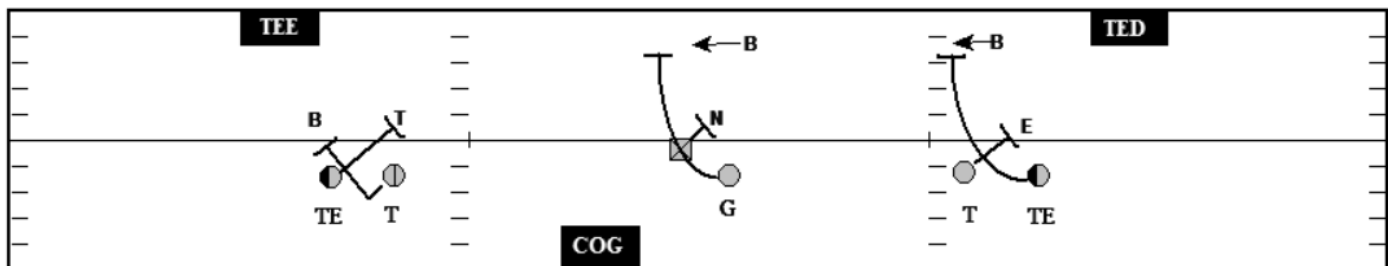
The “TEE” call is a cross block that follows all the footwork described in the TUG section, however, it is called versus odd fronts that play the Defensive Tackle in a headup 4-tech on the Offensive Tackle. We used to send our Offensive Tackle down to the NG and the TE down blocked the 4-tech, but ILB blitzes were being missed by the tackle and the defense was making plays in the backfield.

**DRILLS**

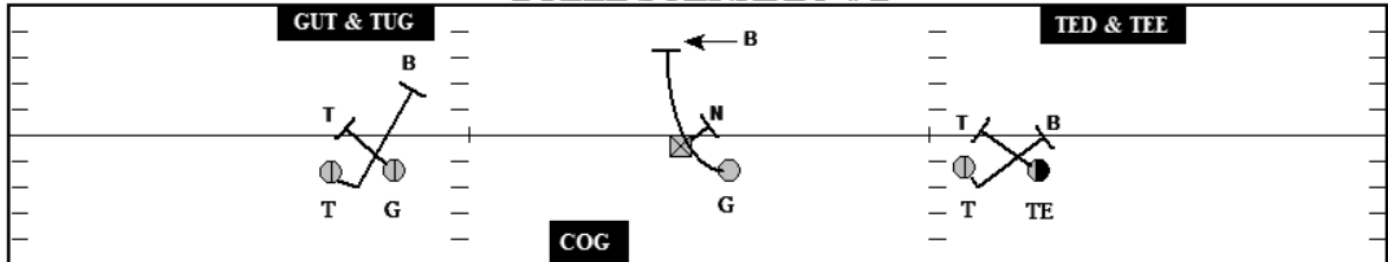
We stay in the same setup as described in Fig 68 and rep the GUT block right after the TUG block. This is a second 5-minute period. The Outside Lineback in Fig 69 is not present during the drill but is drawn here to show that the PISTOL Wing-T allows for him to be unblocked since the QB can read & react off his reaction. Also, normally we do not have the Center & NoseGuard present, however, it is perfectly fine to include them.

There are a couple of options to rep the COG, TED, and TEE cross blocks, depending on your roster size.

**DRILL SCENARIO #1**



**DRILL SCENARIO #2**



## DOUBLE TEAMS

Double team blocking is essential for power and is the most solid block in football, including the wing-T schemes. Although the double team is basically just two blockers moving one defender, coaches can make this confusing for players by using a bunch of clinic talk such as “Duece”, “LPIO”, “post”, and “lead”. These terms have more meaning for the coaches than they do for the players. The terms “post” & “lead” does not apply to different types of double teams, but to different defensive alignments. If double teams are taught with a bunch of technical terms, confusion will arise, slowing down your players as they have to think:

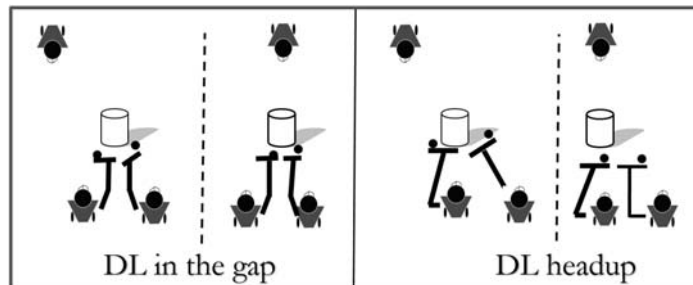
***“Am I the post man or the drive man on this block?”***  
***“Do I use a power block or do I chip to backer?”***

Traditional offensive linemen terminology refer to the post man as being the blocker who is covered up by the D-Lineman and the lead blocker being the uncovered linemen. This is confusing versus shaded fronts. We use a more simplified terminology to make learning easier and communication clearer:

- **INSIDE Man:** is the man inside of the attack hole. *This would be the POST in traditional terminology*
- **OUTSIDE Man:** is the man nearest the attack hole. *This would be the LEAD in traditional terminology*

While the best double team is to simply drive the D-Lineman back into the Linebacker, we do have to coach which man is responsible for the linebacker based on the four possible alignments:

DL in gap; LB inside;                  DL in gap; LB headup                  DL headup; LB inside;                  DL headup; LB headup



**Fig 74: Double Teams vs Four Defensive Alignments**

Regardless of defensive alignment, there are two things that are constant in all of our double teams: blockers must **squeeze the hips** and keep their eyes up looking for blitzing linebackers. Our buzzword is: **Hip to Hip, Shoe to Shoe, Shoulder to Shoulder.** The differences that we must teach our players is helmet placement and footwork:

	DL gap; LB inside	DL gap; LB stacked	DL headup; LB inside	DL headup; LB stacked
INSIDE Man	Foot nearest DL, 45° Helmet outside	Foot nearest DL, 45° Helmet across chest	Backside foot, 90° Helmet outside	Backside foot, 90° Helmet across chest
OUTSIDE Man	Foot nearest DL, 45° Helmet outside	Foot nearest DL, 45° Helmet outside	Foot nearest DL, 90° Helmet outside	Foot nearest DL, 90° Helmet outside

When first teaching double teams start with 2 blockers versus 1 defensive lineman and no linebacker. The blockers have to get a “feel” for each other and work as a team before introducing the linebacker.



### ***D-Lineman HEADUP***

The headup D-Lineman can slant in either direction, so both players take a 45<sup>o</sup> reach step with their backside foot (right foot in Fig 75a and 75b) to handle any slanting action. The Outside man (LG & TE) blocks with his inside shoulder, keeping his helmet outside to handle the scraping linebacker. 2<sup>nd</sup> step is at the middle of the DL, placing him on the outside half of the defender.

The Inside man's helmet changes depending on the linebacker. If the LB is stacked, inside man fights to get the helmet across the chest of the D-Lineman (Fig 75b), "bumping" the outside man off to the linebacker. If LB is not stacked (Fig 75a), then he uses his playside shoulder and keeps helmet outside the double team since LB is greater threat to fill inside.

If the LB shows inside blitz before the snap, inside man yells "Domino" to tell outside man that double team is off and to just down block.

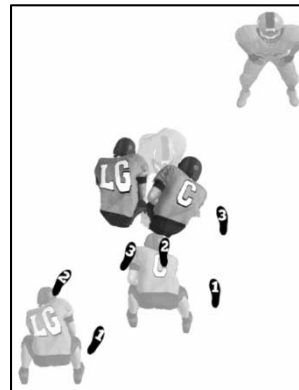


Fig 75a

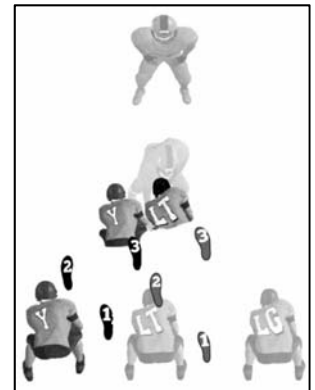


Fig 75b

### ***D-Lineman IN THE GAP***

As the threat of slanting into a gap decreases, both players take 45<sup>o</sup> reach steps with foot nearest the lineman. Our line coach reminds them by yelling "inside feet", although technically it is the playside foot of the Inside man and backside foot of the Backside man. The Outside man blocks with his inside shoulder because he is responsible for the scraping LB, but do not leave too early.

Once again the alignment of the LB dictates the Inside Man's helmet placement. Fight to get the helmet across the DL if the LB is stacked (Fig 75d) and using his playside shoulder with helmet outside the double team if LB is inside (Fig 75c). He still makes a domino call if LB shows inside blitz before the snap.

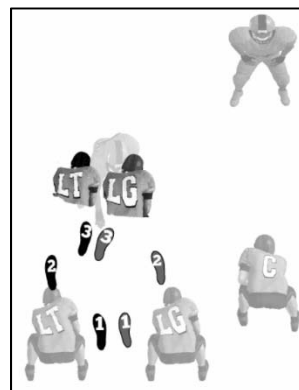


Fig 75c

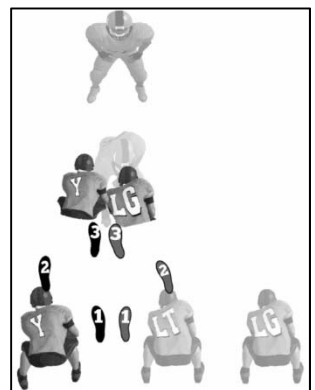


Fig 75d

### ***D-Lineman BACKSIDE***

If the double team is happening on the backside, all the rules, steps, and helmet placement are the same as if the D-Lineman was in the playside gap. Fig 75c and Fig 75e are the same, as are Fig 75d and 75f.

### ***Leaving the Double Team***

When the LB is not stacked, we would rather both blockers drive their man backwards, forcing the LB to scrape over the top. This is better than the outside man leaving the double team because the inside man will lose the DL due to his helmet placement. The Outside man has to leave if LB blitzes the attack hole, however. If the DL "grabs grass" and falls, the Inside blocker falls on him, allowing the outside blocker to climb to Linebacker.

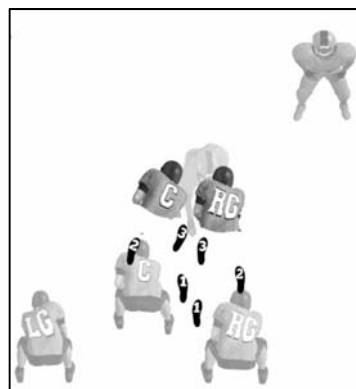


Fig 75e

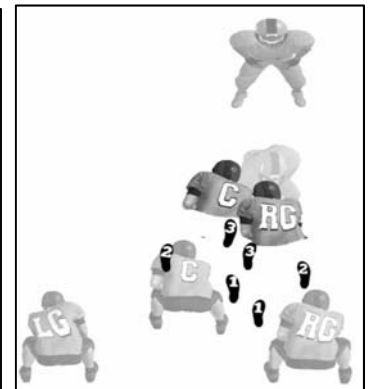


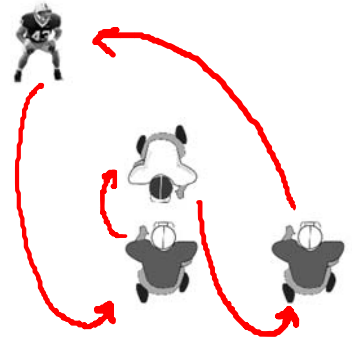
Fig 75f





DRILLS

As you practice double teams against the 4 looks, you rotate each lineman using our rule: **Replace the bag you hit.** The Inside blocker replaces the D-Lineman and the Outside blocker replaces the LB. The DL becomes the Outside blocker and the LB becomes the Inside blocker.



As stated previously we start the teaching of double teams with a simple 2 vs 1 drill to teach **Hip to Hip, Shoe to Shoe, Shoulder to Shoulder.** We teach this with both headup DL and gap DL so players learn how to fit regardless of which foot and shoulder is being used.

Once the comfort level is high, then we introduce the Linebacker (Fig 76).

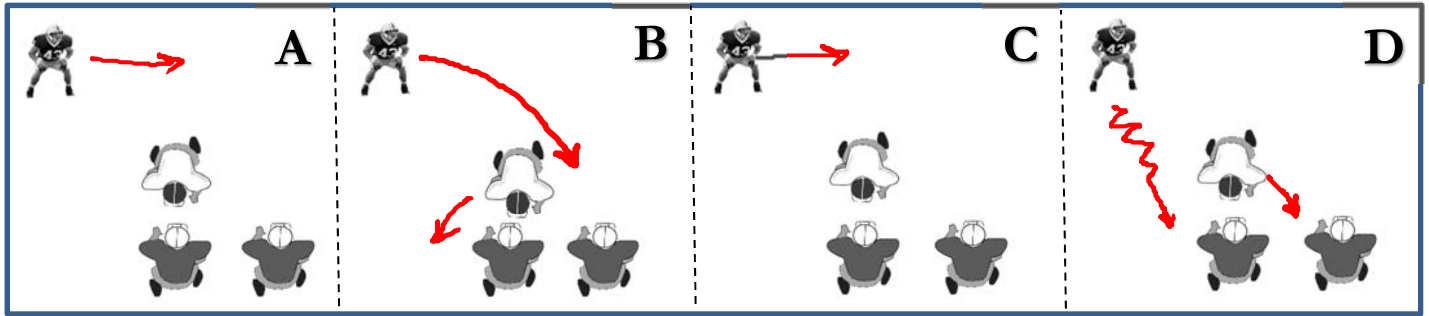


Fig 76: Different scenarios 1

All four scenarios the Outside man uses Left Foot, Left Shoulder.  
 Inside Man uses Left Shoulder in A & C; Right Shoulder in B & D.

- Fig 72-A) DL does not slant. Drive man backwards into the LB;
- Fig 72-B) This is why inside man reach steps with backside foot. He puts helmet in front to not allow penetration. The Outside man eyes the DL hip, immediately going to LB when he sees DL hip leaving.
- Fig 72-C) This is why Outside man 90° reach steps and not 45°. Has to stop penetration. We found that DL can split double team when Outside man steps 45° degree. Must square the shoulders of the DL so that the inside man can get his head across and still “bump” the Outside man to LB.
- Fig 72-D) Domino Call. Both blockers execute “Penetrator” Down Block with helmet across chest.

Once the players have mastered Fig 76, repeat the drill with the LB stacked behind the DL. Then repeat the drill a third time with the DL in the gap and a fourth time with the LB stacked behind the gap DL. Fig 74 show these alignments but in all the scenarios simulate the possible movements and blitzes as shown in Fig 76.

We introduce double team blocking versus movement by telling the blockers where the movement will occur. In other words they know which way the DL is going to slant before the snap. Obviously the final progression is the blockers not knowing. The OL coach stands behind the blockers and give hand signals to the defenders.



## SCOOP BLOCK

This block is two offensive blockers versus one D-Lineman and one Linebacker. This scheme is used whenever the blocking assignment is Reach-On-Backer. One of the two blockers is going to reach block the defensive lineman on the line of scrimmage and the other blocker is going to come upfield to block the linebacker. Both blockers are reading and reacting to the D-Lineman to determine who is going to climb to linebacker.

The different blocking schemes in which a scoop block is used as opposed to a double team is this. We use a double team if we have another blocker (pulling guard or TB lead) kicking out at the point of attack. We use Scoop block when the two blockers have to seal the edge and are getting no help from a kick-out or lead blocker. Most of the time we use double teams when the point of attack is interior playside (A, B, or C-gaps) and use Scoop blocks when we are trying to get to the edge. We also use Scoop blocks a lot on the backside. The PISTOL WING-T playbook calls it “Gap Highway”.

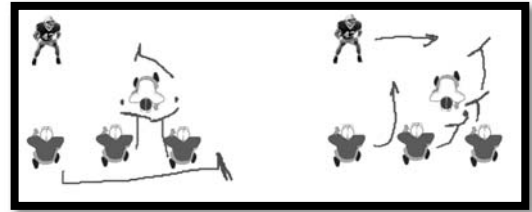


Fig 77: Double Team vs Scoop

### Coaching Point

- The "opposite foot, opposite shoulder" theory applies to this block.
  - If scoop right is being performed, both linemen step right and make contact with the left shoulder.
- Outside or covered blocker takes a 45-degree reach step.
  - Rips through play side armpit of the defender, eyes on the LB and runs his feet up the field.
- Inside or uncovered man takes a 90-degree reach step.
  - Drives for play side armpit of defender. work in front of the DL, pushing outside blocker to the LB.
  - Will climb to LB if the DL is n longer there due to playside slant.
- If D-Lineman slants inside: Inside man reach blocks him, Outside man punches DL to LB
- If D-Lineman works straight ahead or slants outside: Inside man to LB

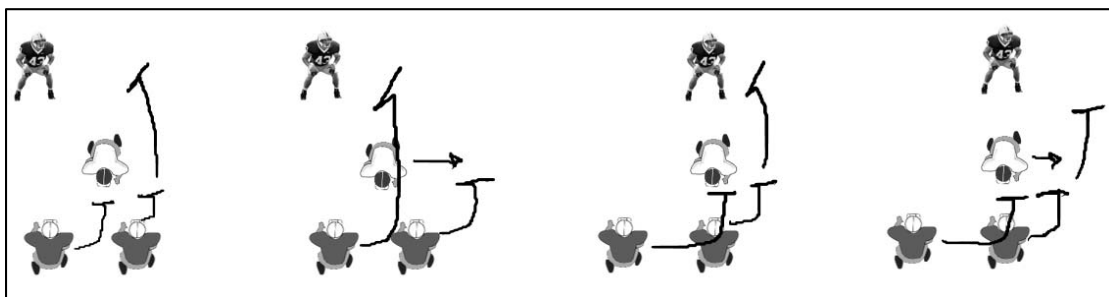


Fig 78: Different Scenarios of Scoop Block

### DRILLS

We use shields when practicing this drill because it gives a more realistic feel.

The tight scoop drills are taught with four different defensive scenarios diagrammed on the next page. (Fig 79 – Fig 81). Just like teaching the double team, we start with just the D-Lineman and then add the Linebacker.



### Scoop Scenario # 1

The D-Lineman plays a firm inside shade technique on the outside man and does not slant. He plays his base assignment into his aligned gap, mirror stepping with the blockers. The backer flows over the top in the direction of the scoop, making a read to that direction as if reacting to a full-flow scheme (Fig 79).

The outside linemen are the LT in Fig 79-A and the TE in Fig 79-B. They both 45° angle step with their outside feet and rip throw their inside arm into the D-Lineman while getting their second foot down. They maintain a wide base and square shoulders as they climb to the second level to block the Line Backer with their inside shoulder. A momentary double-team will be placed on the D-Lineman.

The inside lineman 90° lateral steps with his playside foot, attempting to replace the inside foot of his partner. The inside lineman must execute a reach block and get his inside shoulder on the defender. This is the Left Guards right shoulder in Fig 79-A and the Right Tackles left shoulder in Fig 79-B. The inside lineman is fighting to get his helmet across the DL chest, since the LB did not attempt to shoot inside of the reach block on the D-Lineman.

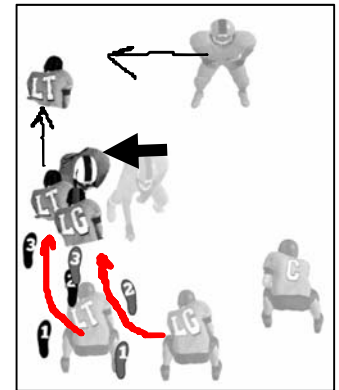


Fig 79-A

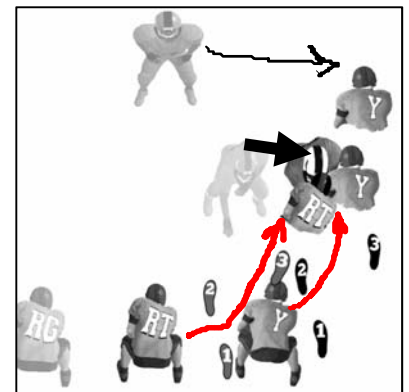


Fig 79-B

### Scoop Scenario #2

The down lineman, who can be aligned head-up, executes a slant in the direction of the scoop. The backer switches gaps with the down lineman and comes downhill quickly inside of the D-Lineman (Fig 80). This movement helps teach the linemen to trust their footwork and not guess who they are going to block.

The outside lineman (LT in Fig 80-A and TE in Fig 80-B) 45° angle step with his outside foot and rips his inside arm into the down lineman while getting the second foot down. The lineman will feel the defender working across his face and ends up staying on the defender executing a reach block.

The inside lineman (LG in Fig 80-A and RT in Fig 80-B) 90° lateral steps with his outside foot. His second foot is aimed for the middle of the defender as in the previous drill, however, the down defender will no longer be there, since he slanted away from the play. The blocker will continue on his path and reach block the linebacker on the second level with his left shoulder as he climbs laterally and vertically up the field.

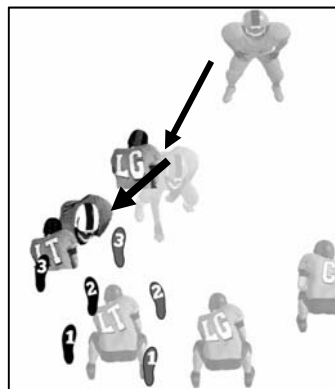


Fig 80-A

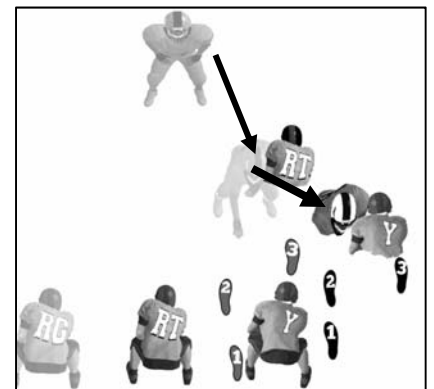


Fig 80-B



### Scoop Scenario #3

This scenario is a split-flow line slant scenario. The down lineman executes a hard line slant away from the direction of the play. The backer flows to the direction of the scoop, but is in more of a downhill attack angle (Figure 81). Again, because the defense is showing line movement, any guessing and abbreviating of footwork will create undesirable gaps across the offensive front.

The outside lineman 45° angle steps with his outside foot and throws his left arm toward the down lineman while getting the second foot down and keeping the shoulders square. He will quickly sense the defender moving away and will not be able to block him. By keeping the shoulders square, the blocker will continue to climb on a lateral path to intersect the flowing linebacker over the top.

The inside lineman reach steps with his playside foot. The D-Lineman will quickly show in the lap of the offensive lineman because of the hard inside slant angle. The previously uncovered lineman will end up fire blocking the slanting defender with his backside shoulder. Make sure the slanting defender works downhill. If the D-Lineman works strictly laterally, then he may overrun the block and not give a realistic look to the offensive lineman.

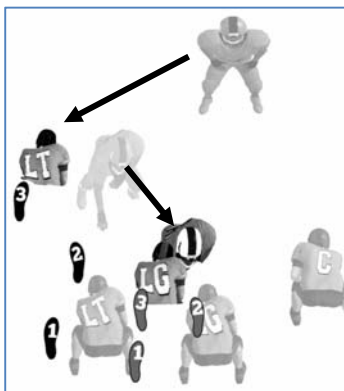


Fig 81-A

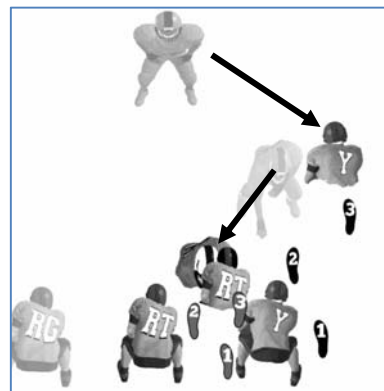


Fig 81-B

