

WING-T & DOUBLE WING

Both of these offenses make a living off of 17-year old kids who will not do what their coaches taught them. They are going to prey on the kid who tries to find the ball rather than read their keys. The difference between the offenses is the physicality of the Double Wing and the Misdirection of the Wing T.

The Double Wing is going to pull two linemen and lead with both the fullback and Quarterback into a hole. This puts six blockers at the point of attack and once the defense puts all of its defenders there, they will hit you with misdirection. Most double wing coaches have no desire to throw the ball and when they do, they aren't very successful at it because they never practice it.

The Wing T is going to put a defender in conflict by having several plays that have the same blocking scheme or the same backfield action. This is called the "Look-A-Like" concept and makes it hard for teenagers to figure out which play is being ran since the two plays are going to look identical. Once the isolated defender makes a decision, the Wing T will use that decision, or technique against the player. In other words, when the defender goes right, the Wing T is going to the left.

DOUBLE WING

1. Power Toss
2. Sweep
3. Guard Trap
4. Counter
5. Play Action Pas

WING T

1. Buck
2. Belly
3. Down
4. Jet

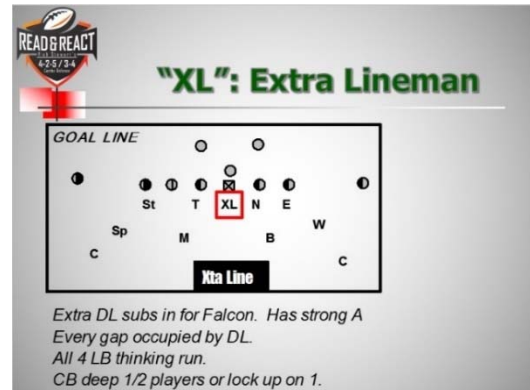
While both offenses will have variations such as the double handoff, midline, veer, etc, it has always been our belief to take away what they do best and make sure that their best players do not beat you.

SPECIAL FRONTS

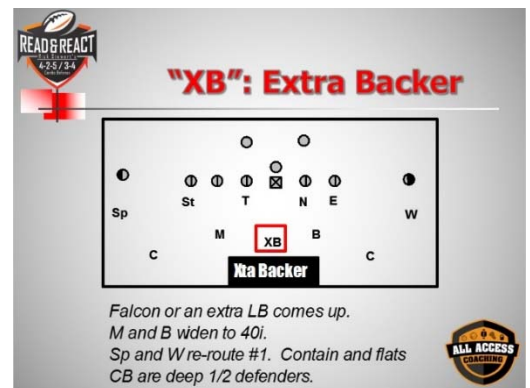
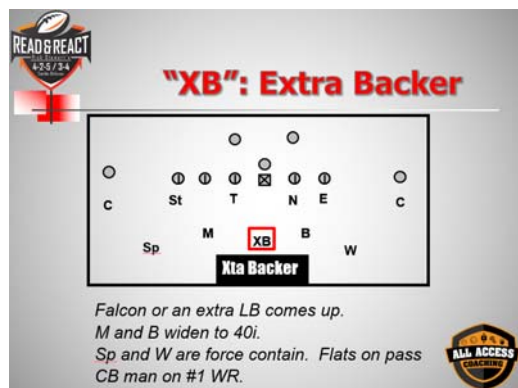
We want to leave their Center uncovered so that our XL (or Falcon) can go opposite of the Center's block. We also want to be in head-up alignment to minimize their angles. Our SPUR & WILL are not worried about pass.

Our two favorite defenses to run in short yardage situations are XL and XB. XL is just what the name says: an extra D-Lineman subs in for one of the Corners. At times we will flex the XL Nose Guard a yard off the Center so that he can pursue laterally. We run an Over Shaded front so the XL has the strong A-gap. If the offense is balanced with 2 TE and 3 RB, then the NG and T will get in a SPLIT alignment which puts both of them in a 3-tech.

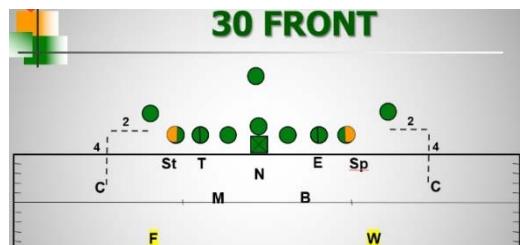
The Inside Linebackers, MIKE & BULL, are at 2 1/2 to 3 yard depth and in the B-gaps. While this drawing has the STUD and the END inside shade (Stick and Eye), we still often times leave them in 2-point stances head up on the Tight End to mirror step. The CB are in man-to-man.

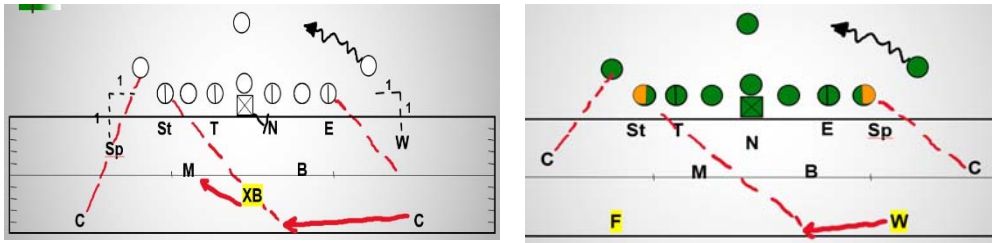


If we don't want the Center covered, we will get into our XB. We really like this vs Double Wing teams since the Center almost always blocks away from the play. So if the Center blocks to his left, our XB starts shuffling his left. All 3 backers (MIKE, BULL, and XB) will all slide with motion.



We will also run our 30 front so that they cannot make adjustments to our 40 Front and then pound us. Our NG will "flex" off the LOS by 1 yard and go in the direction of the Guard Pull. Our 3rd best OLB will sub in at one of those Cornerback spots.



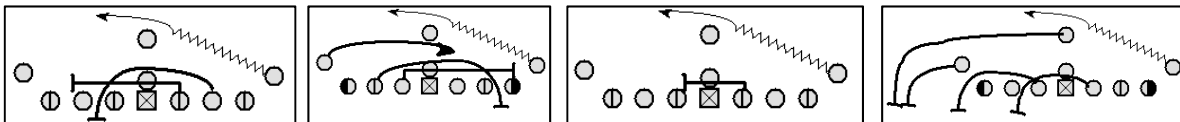


Any team that has two wings will be forced to go in motion on most run plays. This motion only leaves one eligible receiver on the backside, so we will quickly rotate our safeties for run support. In both the EVEN and ODD fronts the WILL rotates over but gets his eye on the opposite wing for counter. If that Wing blocks, then the eyes are on that TE looking for pass routes.

DOUBLE WING

Before examining actual plays, your coaches and players should be familiar with FOUR basic concepts of DOUBLE WING.

- Backside pull in direction of motion
- Counter pull opposite of motion
- Guard Trap pull in direction of motion
- Both Guards pull to the outside



POWER TOSS

F.B.I: first backer inside

G.O.O.D.: gap-on-outside-down

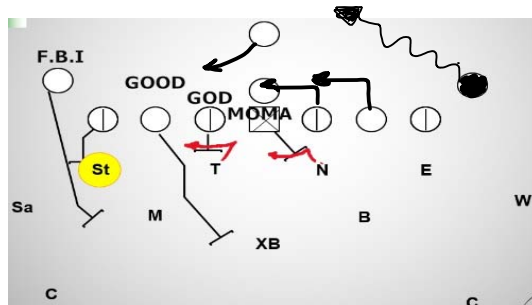
G.O.D.: gap-on-down

G.D.B.: gap-down-backer

Right Tackle use GOD rules if man is inside him.

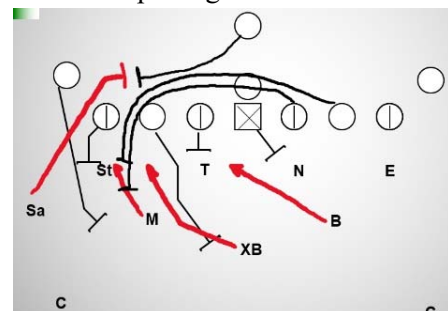
He uses GDB rules if man is outside him

M.O.M.A.: man on, man away



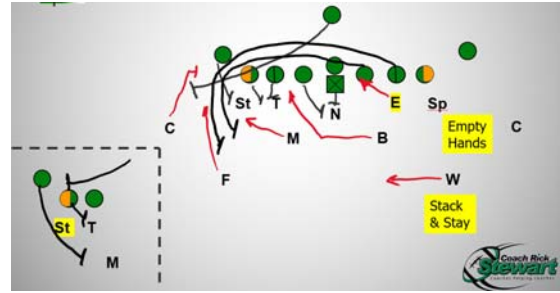
The NG and DT have to cross-face the down blocks. The backside BULL knows whether it is Guard Trap or Toss based on that backside Tackle pulling. Backside END can't leave until the QB gets rid of the ball, but this happens pretty quickly since the QB is going to pitch it to the motion man. We want our END to come down the line and try to catch the RB at the hole on the LOS.

The Double Wing teams will want to try to double team our STUD end, so he cannot get moved. The SPUR has to attack the lead blocker and “squeeze the alley” so the RB and pulling lineman have a very narrow window. The MIKE and XB have to scrape hard and beat the Wing and Pullers to the hole. If those pullers get up in the hole before the LBs, then the defense is screwed.



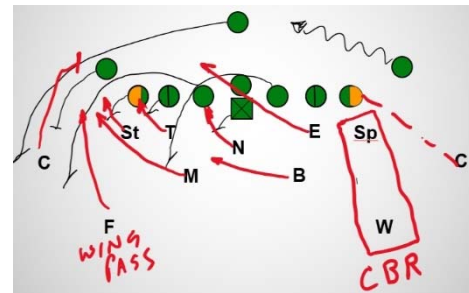
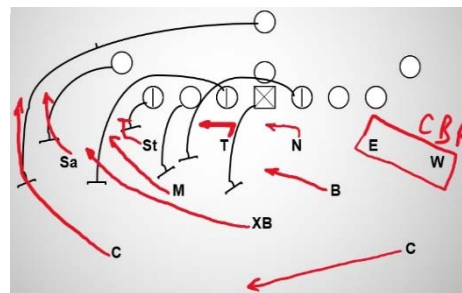
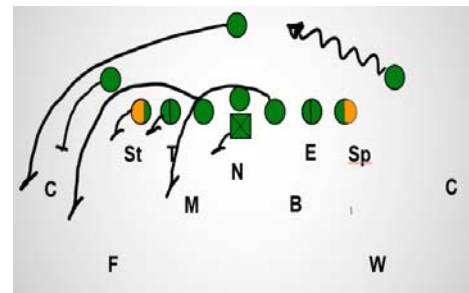
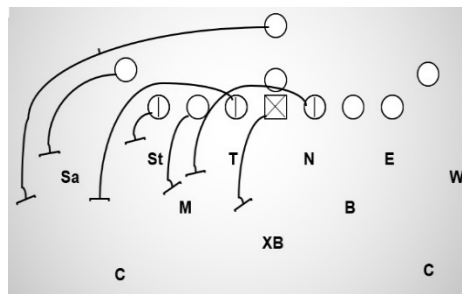
SECTION FIVE

In the ODD front, the flexed NG should not get double teamed. Also, the backside END has a chance to get the RB from behind since the TE can't scoop him. The DT cannot get moved under any circumstance. The STUD is going to squeeze that double team and possibly take out the pullers by getting into their path.



SWEEP

This is like the Wing-T Buck Sweep with two pulling Guards except the Double Wing teams are trying to get outside. We would treat this the same as Jet Sweep, with everyone fighting those reach blocks. Again, the key is that the MIKE beats the pulling guard.

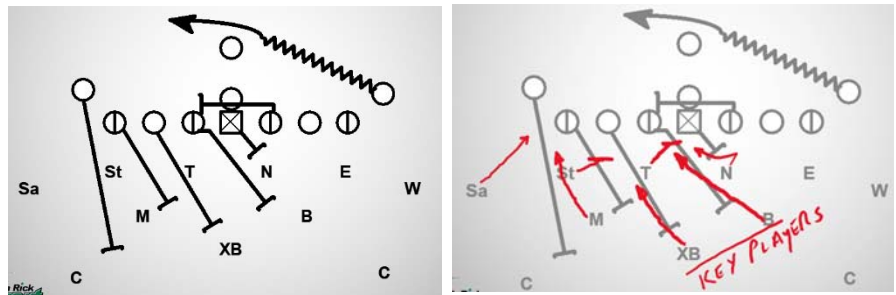


Our challenge in our ODD front is that the CB has to “squeeze the alley” and turn the play back in. Corner’s are lettuce eaters and not very physical.

The Corner in the ODD and the SPUR in the EVEN cannot get hooked by the Wing or FB. In the EVEN, the Corner comes up late, making sure that the Wing does not continue on a pass route. The FALCON looks for the same thing in the EVEN.

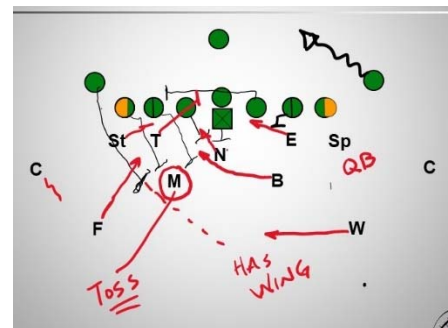
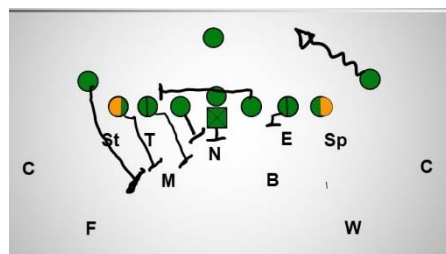
GUARD TRAP

This is tough to defend because it looks so much like the Toss play. The BULL and NG can play it tough because they see the backside Tackle stay home. Also the DT squeezes since he is not being down blocked.



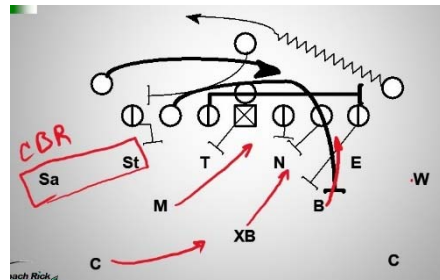
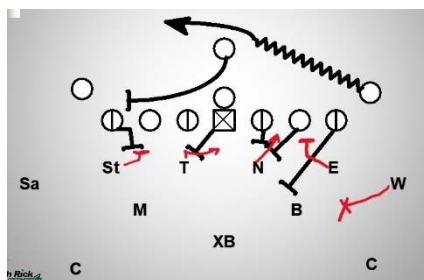
The MIKE has a tough assignment on this one because his O-Line reads tell him to scrape over the top to the C-gap. Hopefully the MIKE can see the handoff instead of the pitch and also “feel” that the DT in front of him is not being blocked. If the MIKE scrapes to the C by mistake, the XB, DT, NG, and BULL should be able to stop the play as long as the STUD and DT kept the blockers from escaping 2nd level.

We feel that the Guard Trap is an easier play for the offense to run versus the ODD front.



COUNTER

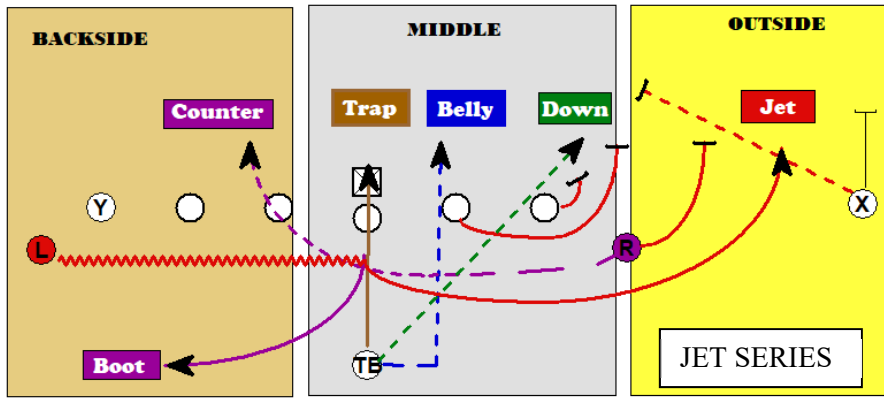
The backside END and WILL should see this all the way, since their eyes are on the QB and Wing with the motion. But, the playside MIKE, XB, and CB should be screaming “counter-counter” when they see the pull. We also feel that the STUD end can get inside the scoop block and chase the wing from behind.



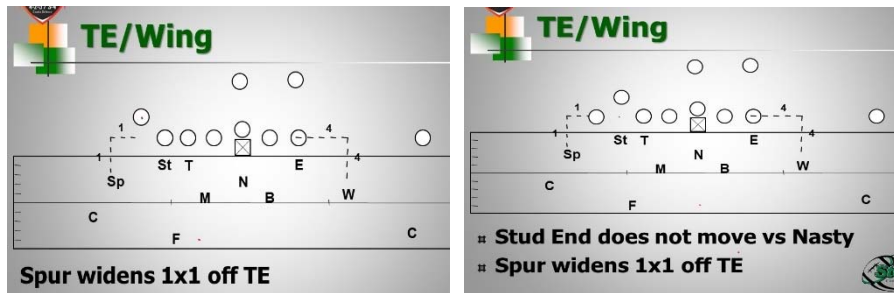
The SPUR has to stay home in case the QB decides to keep the ball on a naked boot.

PLAY ACTION PASS

The TE pop pass off the Dive fake and sneaking the Wing or TE on a corner route after faking the Toss are our biggest worries. This is why the CB opposite the motion can't come up to soon: “Don't Go Till You Know”. Also if the safeties rotate to hard, the TE can run past him to the middle of the field, which neither CB can guard if the offense sends to other routes to the sidelines.



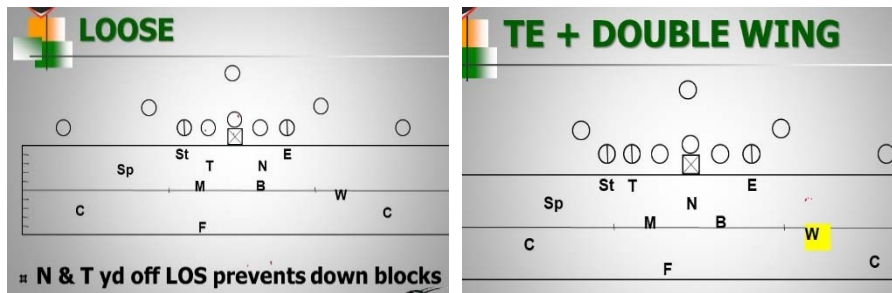
ALIGNMENTS



This is the 100 formation and if they flip TE/Wing to other side it is 900.

Our SPUR will always be 1x1 off the TE, even when they flex him out, as long as he is in a 3-point stance. The reason for the tight alignment is so that the SPUR can attack the pulling guards in the backfield, which really screws up the WingT mesh points.

FALCON is a C-8 player and WILL is 4x4 since the backs in the Wing-T will release to flats on that side on Belly Pass and Waggle. Although I am recommending bringing the SPUR up, the defensive coordinator has to be OK with moving the D-Line back off the ball, loosening up the WILL in a 4x4 or even a 6x4. There is validity to the SPUR backing up also. Moving your guys closer to the ball makes it easier for the offense to block you and run around you.



This is the Red formation. Blue is the opposite.

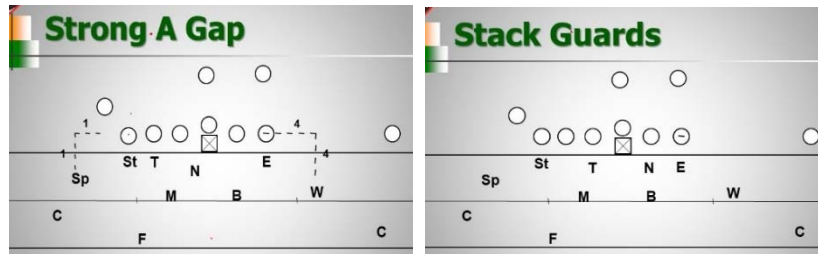
When there are two Wings, the offense has the threat of 4 verticals. Our WILL moves back to 6 yards and the FALCON slides into the strong A-gap. If the slot wing opposite the Tight End goes in motion, then the WILL and FALCON rotate back into their C8 and 4x4 alignments, respectively.

We will check to our "GEE" alignment if there is no TE, which puts our NG and DT head up on the Guards. We also flex them off the LOS so that they can pursue laterally versus any pulling action. If the NG and DT are very large, this is even better because Guard Trap, Tackle Trap, and Midline are taken away.

SECTION FIVE

Stacking head up on the Guards gives Wing T problems because it is very hard for the Guards to escape to backer on traps & counters. On the weakside this forces the cross block on belly, which allows the End to squeeze the down block by the LT, which leaves no hole for the running back to go through. Being headup on the Tight End also gives the Wing-T the most problems.

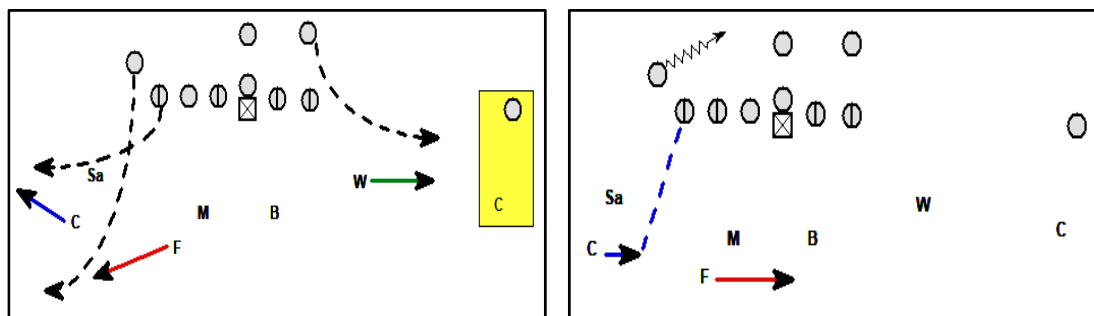
Any type of A-gap pressure gives Wing-T problems. By occupying the play side A-gap, the NG can shoot through every time the RG pulls away from center (Buck & Down). The Center is supposed to scoop him and the RT is supposed to down block him, but if the NG is quick, he will beat these blocks and be in the backfield.



PASS DEFENSE

For each series, we're going to look at a base play, a counter play and a play action pass off of it.

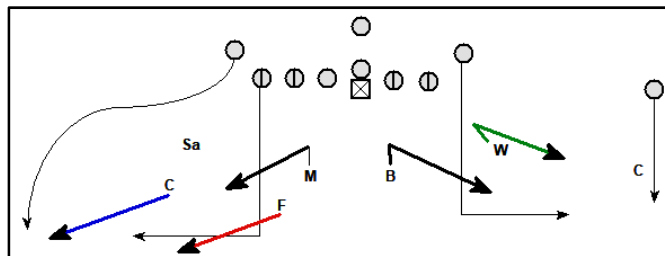
We're going to use a Cover 3, but it really changes to a man as soon as they go in motion. We can also use our Cover 5 on the TE/Wing flank since Wing-T always has a route to the flats.



The Front doesn't matter, whether we are in our Base, Stack the Guards, or line up in strong A-gap (NAIL). The FALCON is a C-8 player reading strong Guard. If he gets a high hat read or a pull, his eyes snap to the Tight End/Wing. If they are blocking, he finds backfield flow. If they go out, he back pedals and takes the deepest route. He does NOT use any Robber concepts.

The CB reads End-Man-On-Line-Of-Scrimmage. He takes any routes into the flats, which is our Cover 5. If both the Wing and the TE go deep, the CB has the outside quarter and the FALCON has the inside quarter. On wing motion, the CB is man-to-man on the TE. Falcon rotates to the weak A-gap reading weakside Guard. The FALCON is primarily thinking run at this point.

The SAM, MIKE, BULL, and WILL will take care of back out. They are thinking run first. The FB will go into the flats off Belly & Down Play Action fakes and the SAM & WILL will take him. The weakside running back will hit the flats on Belly Pass and the WILL will take that.

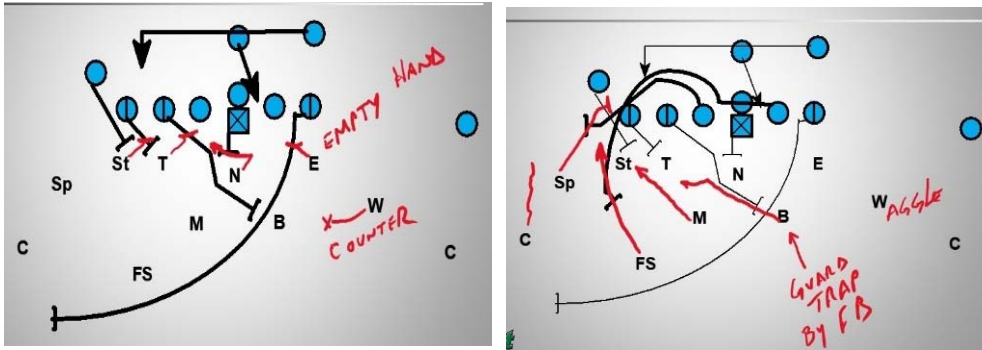


Since the Corner has flats on multi-WR side, he would take all wheel routes – a popular route for Wing-T. Linebackers will drop under all out routes. Wing-T teams run lots of flood routes since they see so much Cover 3.

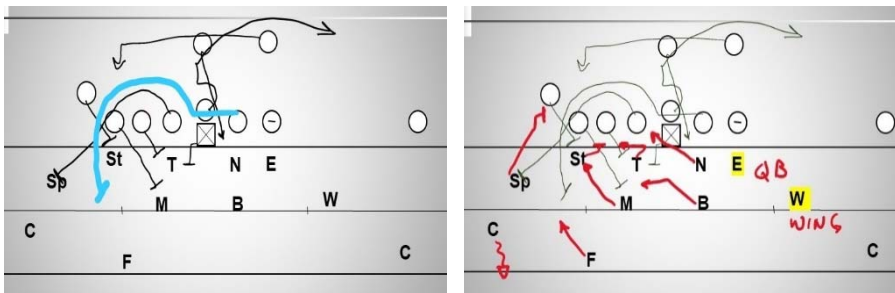
BUCK SWEEP

The initial action on this play are down blocks to create a wall so the pulling Guards have something to pull around. Two very subtle differences: The FB does not have midline on Buck because he has to block the backside A-gap, but on GUARD TRAP the FB will come straight up the middle. Also, the Wing has to block the STUD end on Buck but on Down will track to the inside backer.

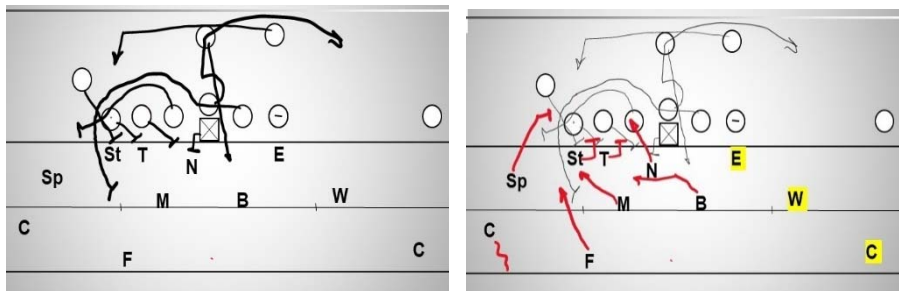
So the first step in stopping Buck (and most of the Wing-T plays) is to make sure your D-Line are incredible squeezers who refuse to let O-Linemen escape to backer. The Right Tackle should never get off the line. Also, the flexed NG can quickly cross the Center's face.



MIKE, BULL, and FALCON are focused on the Guards. The Bull has to make sure that the FB does not get the ball on Guard Trap. Mike and Falcon go straight to the C-gap fitting off the squeezing STUD end. Another thorn for Wing T teams are when the SPUR can collision the puller in the backfield. This will close the hole for the backside puller and ball carrier.



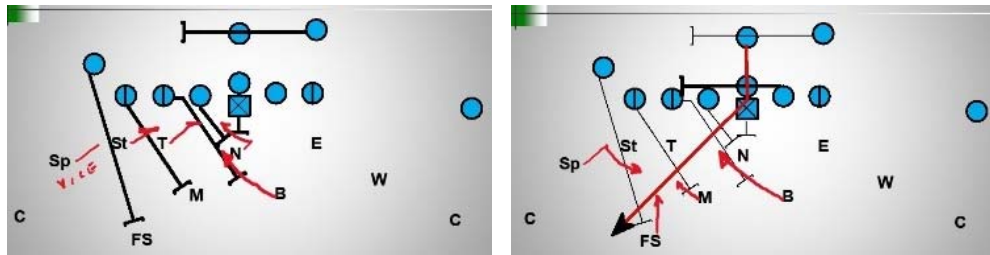
Stacking the Guards forces the RT to down block and he cannot block a Linebacker. The STUD should squeeze on the TE down block on the D-Tackle, but he should quickly penetrate and try to knock the Guards off track. He might be able to tackle the ball carrier since a Wing should not be able to block him. As with the Double Wing, the MIKE has to beat the Guards to the hole.



Putting the NG in the A-gap may look like he gets double teamed on paper, but in reality, the NG can shoot that A-gap before the C can scoop him. Also, the RT does not get there if the D-Tackle is doing his job and attacking the breast plate.

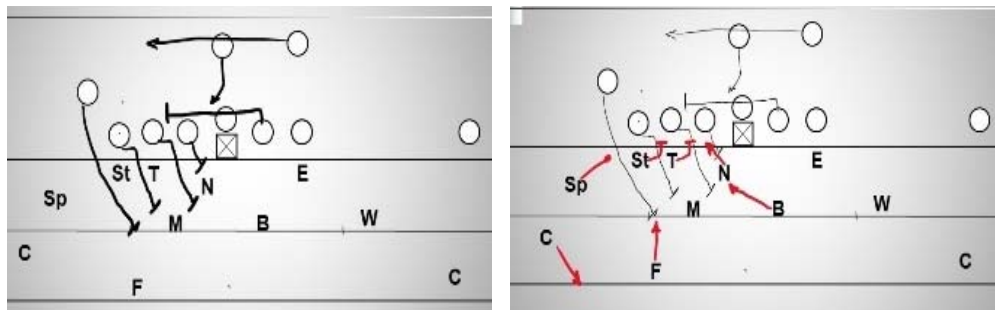
FB GUARD TRAP

This play hits so fast, that your defense has to be well drilled on reacting. You can't just start teaching these techniques the week you play a Wing T or Double Wing Team.

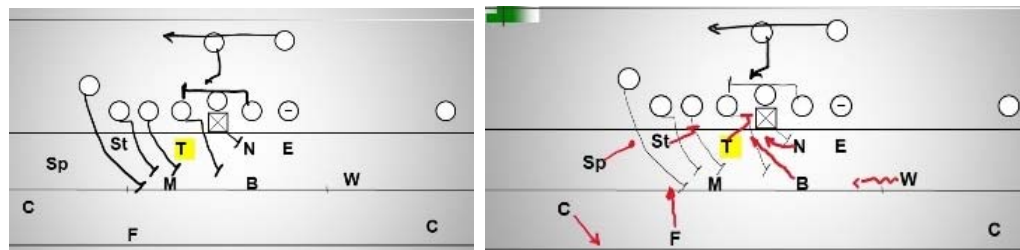


Once again this starts with the STUD and D-Tackle attacking their man and not letting the TE or RT build their wall on the Inside Linebacker. The Wall is critical to this play being successful, so don't let them build it !!! Often times the pulling Guard will get past the D-Tackle because he sees his hands on the offensive lineman and assumes he is being blocked. The DT and BULL should blow this play up.

The flexed NG will make it difficult to double team. He cannot let them move him backwards because the BULL is fitting off of him. The MIKE should fill any open window when he sees the double team on the Guard, but will **“scrape closed doors”** if the D-Tackle squeezes all the way down. This is important because the FB will try to bounce this play to the B, possibly C-gap. The SPUR is in his **“vice”** technique in case this happens of the QB fakes and runs speed option at him.



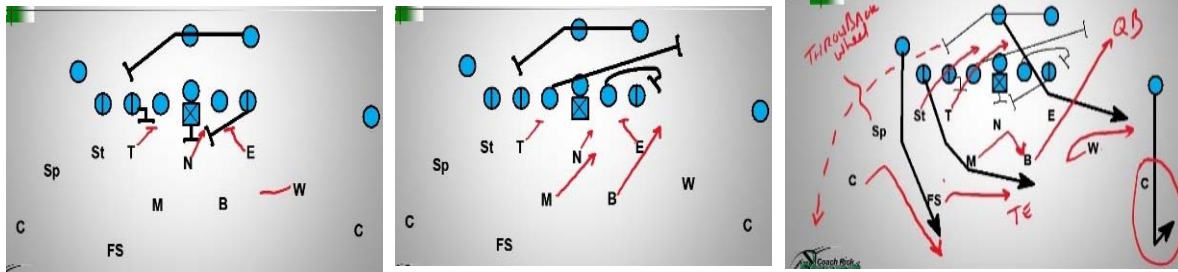
Occupying the A-gap pushes the FB a little wider, which is hard since he has to go straight on the midline and cannot cut to his right until after he passes the QB. This does however give the Center a straight shot on the BULL, but this can be prevented if you put the END in the B-gap, forcing the Center to block back. If the END is quick and gets in the hip of the pulling Left Guard, he will blow the FB up as he gets the handoff.



The RG cannot release to Backer if you stack in double 2-techniques. The RT can escape to MIKE, but who cares since the D-Tackle and BULL will not be free to blow the play up. Escaping to backer versus head up alignments is one of the hardest techniques to teach a Wing T offensive lineman.

WAGGLE / BOOT

The only play in the Wing T when the Guards pull in the opposite direction of the motion is Waggle.

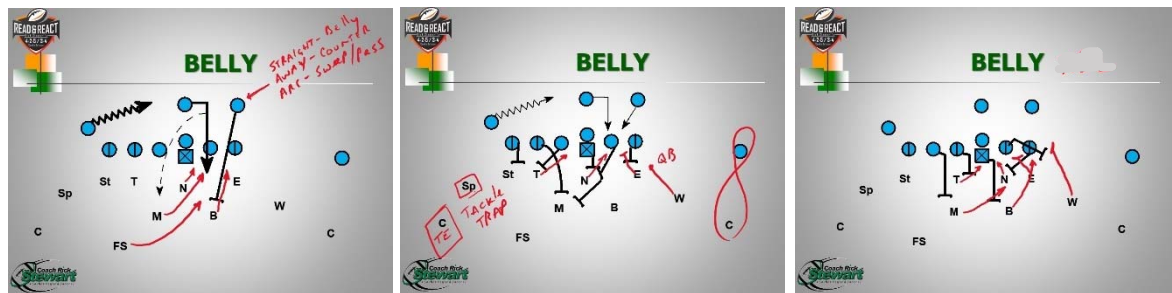


The down block by the LT should cause the End to squeeze and make it hard for the FB to release to the flats. Also the D-Tackle should beat the scoop block by the RT and cause problems in the backfield. The NG should beat the Center's scoop block and if he follows the pulling LG, he will end up exactly where the QB wants to setup. The WILL initially **“stack & stays”**, which puts him in position to take the FB on the pass.

The BULL is on what we call a **“read blitz”** and pressures the QB. The MIKE follows his **“pull away, I have A”** rule, but needs to turn and drop to the TE drag as soon as he realizes it is a pass. The SPUR has any wheel by the running back who faked the Buck Sweep.

The FALCON takes #2 (TE) on the drag. The two players with the toughest job are the Corners. The deep comeback on the sideline is very tough to defend, so hopefully the DT, NG, and BULL get in the QB face.

BELLY



Belly is the weakside ISO play of the Wing-T and is very similar to Inside Zone. The FB can hit either A-gap, weak B-gap, or even bounce it to the C-gap. Although we read linemen before backfield flow, the Left RB behind the LT will only move in 3 directions: Towards TE, straight ahead (belly), or widen out (pass or option). Since they will cross block on belly, pass, & option, this key helps our WILL.

One of the keys to this play is how the weakside Guard will block: He will either cross-block with the tackle or double the Nose. If our NG is doubled, he splits or grabs grass. The use of 2 blockers means one less blocker on our Linebackers.

In the middle picture I show them cross blocking, which they will definitely do if the NG is stacked in a 2-tech. I prefer because I can dictate their blocking and teach the reads. Plus, the down block by their Left Tackle will squeeze our End down, neutralizing the Guard kickout, and closing the hole for the FB to run in. Additionally, the lead blocking RB has no hole to get to our BULL.

SECTION FIVE

If the LT on blocks and LG doubles the NG, the End fights inside since he has inside gap vs run. WILL does his vice technique to handle FB bounce or QB keeps. BULL takes lead blocker on with INSIDE (Left) shoulder. MIKE and FALCON fit inside this block. On the backside, the STUD has QB boot and SAM is “stack & stay” looking at the far back for counter (Tackle Trap).

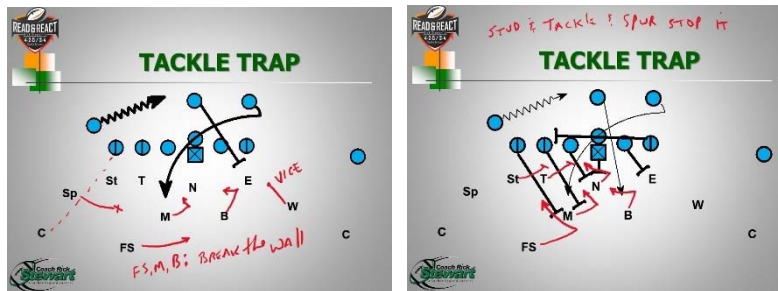
On the cross block, BULL fits outside off the squeezing END. NOSE has weak A-gap and slips off the Centers block. The MIKE has to fit on the left of the NOSE to handle the FB wind back. He cannot scrape over the Centers block. The TACKLE and STUD on the backside scrape down the line, cross-facing all scoop blocks. I cannot emphasize enough how dangerous the FB windback is on Belly.



If the NOSE is in the strong A-gap, you have to slide the END into a 4i tech otherwise the LG blocks MIKE and lead back blocks the BULL. If they don't fold block the Center and the RG on the NOSE, the RG will never block the MIKE. Versus the cross block, the END fights but canNOT cross-face. This will mess up the run fits by the BULL (outside the End) and the MIKE (inside the End). The FALCON fits off whichever Linebacker whom the lead blocking running back attacks.

TACKLE TRAP

The counter to the Belly is the Tackle Trap play. This is a play that requires trusting the keys. The LG blocking out brings the BULL forward 1-2 steps into the weak A-gap as his eyes find the backs. Hopefully the BULL also sees the pulling tackle and flow of the left RB. If he cannot shoot the weak A-gap to tackle the back for a loss (TFL), then he must scrape over the block on the NOSE and rip thru the RG block with his right arm.

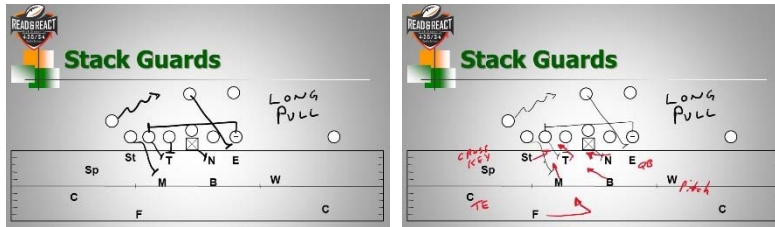


The END has to wait until he sees QB “empty hands” and the NOSE has to quickly cross-face the Center after his initial step into the weak A-gap. The TACKLE cannot let the RT escape to backer and putting his hands on the RT often times confuses the puller, who will go by the TACKLE and try to kick out the STUD. When this happens the TACKLE is free to make the tackle.

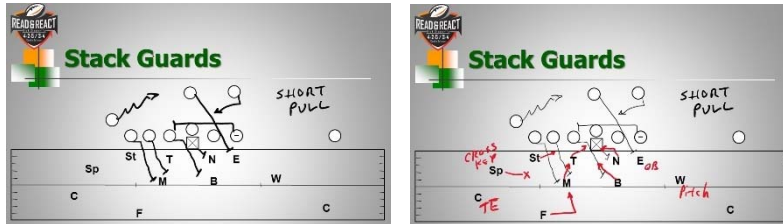
If the RT does not escape then the MIKE is free to “fill his open window” created by the path of the RG towards the BULL. Remember, the blocker keys only get the backers moving in the right direction. The LB eyes should be on backfield flow by their 2nd read step.

If either the BULL or MIKE are blocked, the FALCON (the “adjuster”) must replace them in their run fits. Also the SPUR will be in on the tackle because this is WHY he does the “stack & stay” technique – to stop this play.

If you are stacking the Guards, the offense has TWO choices: Double the TACKLE and kick out the SPUR (long pull) or escape under and kick out the TACKLE.



The TACKLE and NOSE must split those double teams. Both the BULL and MIKE will read those double teams and scrape over the top of them. The STUD has to squeeze and not let the TE off the LOS.

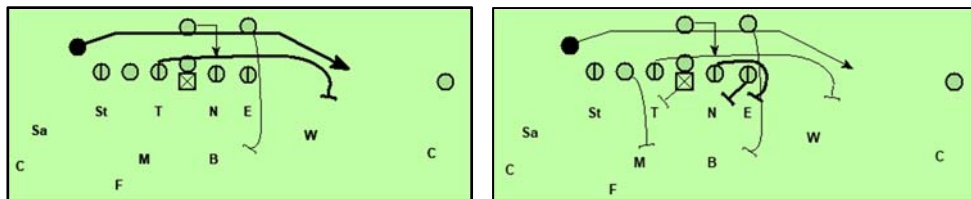


If they are trying to short pull, the TACKLE cannot let the RG escape to backer, same as the STUD. The MIKE must fight the block of the RT with his left shoulder while aggressively moving to the LOS, fitting outside the TACKLE and not getting pushed laterally by the RT.

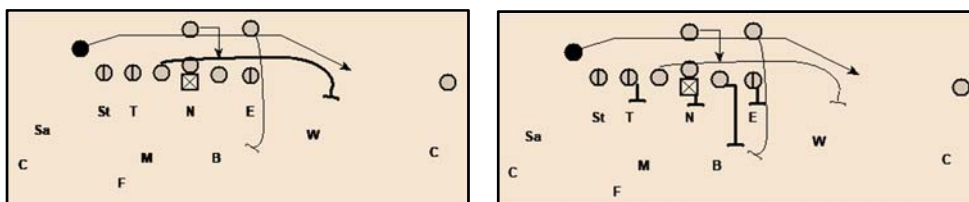
BELLY SWEEP

Stacking the Guards is the best way to stop this play. The NOSE and END will have a tough time defending this play. This is classic Wing-T where they put players in conflict who are doing the correct technique. Since the cross block is also belly, the NG & E have to play it the same as belly. BULL scrapes to the C-gap off the End since LG pulls. The MIKE moves to A-gap with the RG pull, but continues to scrape.

As long as BULL and WILL take blocks on with inside (left) shoulders, they should defend this play.

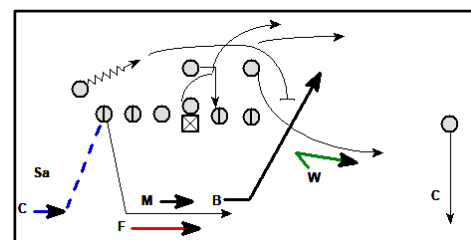


This is a tough play to defend in the Base defense. The END will play tough and has inside gap. The BULL will attack LG with inside shoulder but give up leverage to the blocking RB. The NOSE will cross the Center's face and if the FB fake is bad, he should continue to scrape down the line to make the tackle. The MIKE will scrape since his key (RG) pulls. If the FB makes a great fake, the only player to stop this play out of base is the WILL.



BELLY PASS

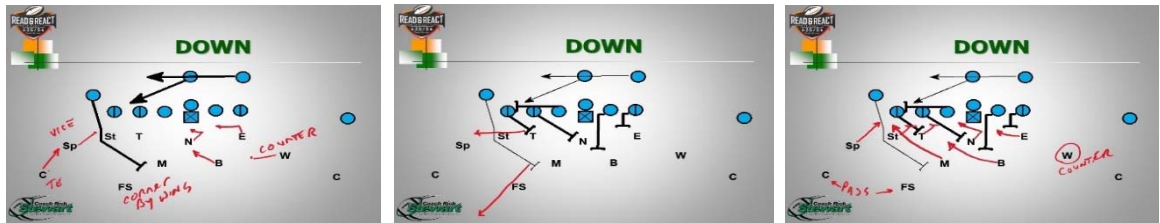
RG & RT will pass block. LG and LT will cross block. WILL should not be fooled as this is the only play that the RB takes this path to the flat. CB and FALCON have TE drag.



DOWN

SPUR vices down with down blocks and flow inside the tackles. END has QB “empty hands” and WILL has “stack & stay”. FALCON will fit outside the SPUR, but has to be sure that the TE/Wing are not going out for a pass. MIKE scrapes hard to C-gap with the RG pull, but will have to rip thru the block by the Wing. BULL also scrapes hard.

If the TACKLE and SPUR squeeze down hard like they should, the pulling Guard will run by both of them, leaving the SPUR standing there for an easy tackle. The hard squeeze also closes down the running lanes for the FB, and the MIKE and SPUR will clamp down on that FB.

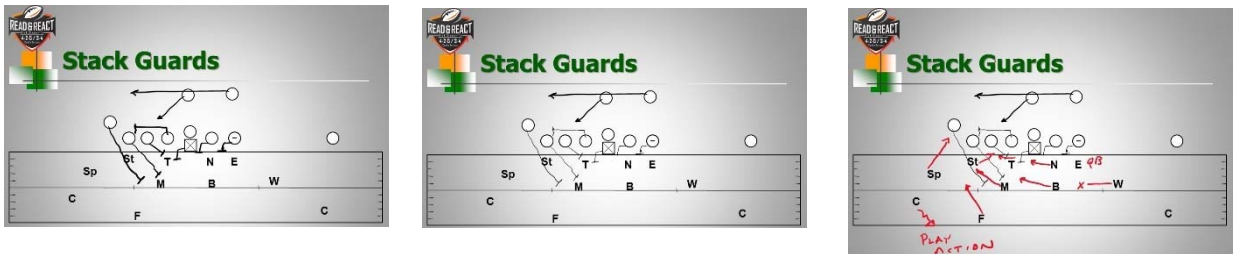


No techniques change by putting the NG in the strong A-gap except the NOSE who should shoot thru for a Tackle For Loss.

The Strong A-gap NG stops the Down and the Buck Sweep. However, this alignment does leave the defense very vulnerable to the weak side.



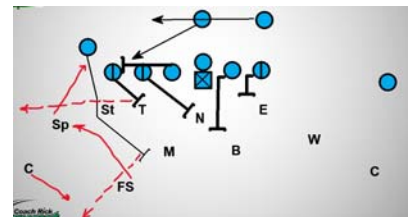
Stacking the guards could free up the TE to escape to backer whereas the TE has to down block the TACKLE in base. Other than that, stacking the Guards doesn't offer any more advantage or disadvantage over base. Stacking the Guards is better vs the Belly family and Guard Trap.



DOWN PASS

The Wing-T puts players in conflict with “Look-A-Like” plays. There is no difference other than the backside LG and LT will pass block. These reads being similar to the Down run play is why the FALCON and CORNER cannot come up early.

Coaches need to watch film to see if the TE puts hands on the ILB before releasing to the flats and the RW runs his down block path before breaking off the corner route. TE's and Wing's who do this make it even more difficult to defend. However, most teams have TE and Wings who make it obvious when they are going out for a pass.

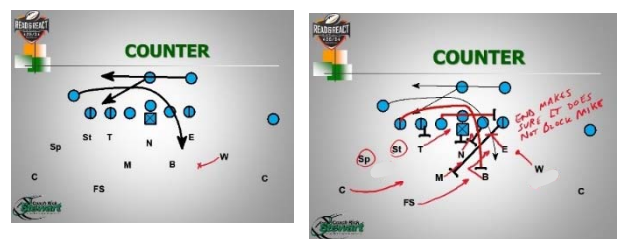


DOWN COUNTER

NG split double team. END squeeze hard making sure LT does not escape to BULL. WILL stack & stay. STUD has “empty hands” and SPUR has pitch.

The BULL will fill the “open window” from the LG double team. MIKE & FALCON should see the pulls. M, F, T, Stud scream “counter”.

Our experience is that the TACKLES shoots thru and makes the tackle for loss.



FLEX BONE

This can be called the “double slot” or Flexbone. Just as with the Double Wing, we eliminate or minimize our flopping so that each position gets really good at defending their side of the ball. So our STRENGTH calls are primarily LIZ and RIP.

Don't get too creative or do too much with blitz, movements, stunts.

Make sure each player and position coach understands his position assignment/key

Don't be outnumbered one way or the other pre-snap (need +1 each way)

Make the QB execute all of his reads (get it pitched)

Win 1st down/get it to 2nd Long/3rd medium

Understand that they will gain rushing yards. Don't panic.

Find a way to get this practiced throughout the season, not just during game week (bye week, pre-season).

Secondary covers pass first.

Discipline eyes thru entirety of the play. Trust the keys.

Block recognition of the slot

Defend the crack block.

ALIGNMENTS

Create a mirror image of what they want to do. Our XB ensures that we are always +1 to whatever they do. Our XB can be our SPUR or FALCON, but he has to be very athletic and very good at reads.

- XB at 7 yards. Headup on Center
- MIKE/BULL at 3.5 yards. 41 technique slightly inside the offensive tackles.
- WILL/FALCON: Headup to slightly outside shade of the wings.
- CORNERS: Press alignment. Defend the crack blocks

ASSIGNMENTS

We don't tell our guys who has dive-QB-pitch since good triple option teams will give different looks. Our stimulus-response keys will take them to the player that they should have.

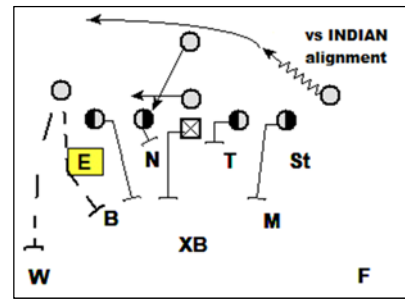
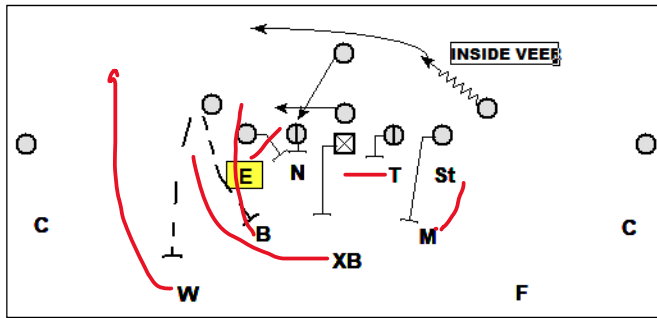
- MIKE: keys the FB. Goes where he goes. Only one play (rocket-toss) that will take him in the wrong direction. He has QB to pitch player. This doesn't mean he has the FB, all the FB does is get him moving in the right direction.
- STUD/END: Hands on tackles. (escape or reach).
- NOSE/TACKLE: Have the easiest job. Hands on Guard. Key Center, if he blocks AWAY, they cannot let the Guard cross their face and cut them off.
- BULL/MIKE: Key Tackle. If he blocks down, they go around. If they block out, they go in. The one change is taking on the Wing's insert blocks with outside shoulder.
- WILL/FALCON: Has the pitch if action comes towards you. Has flats on pass.
 - Key/match the path of the slot.

▪ Arc = pitch	▪ Insert = wide dive
▪ Pin = QB	▪ Release = Cover
- CORNERS: Deny the crack with inside leverage. Stack the outside release to play fade.

INSIDE VEER

The END is their dive key and whomever the Wing doesn't block is the pitch key. There are different variations with the motion (twirl, stop)

Very important that TACKLE cannot get reached and let the LG cross his face. The FB can cut back behind the Center.

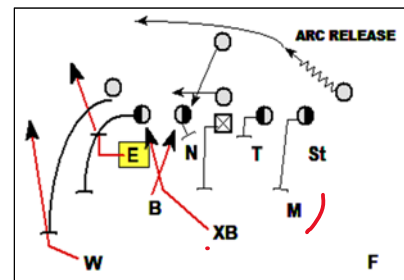


The END is going to squeeze hard with RT escape steps. The goal is to push the RT into the Center and never let him get to BULL. The NOSE cannot get moved. He has to split the double or grab grass. Out of his Indian alignment he should “bench press” the RG and drive into the FB or at the very least make it a stalemate. He can cross-face the down block but cannot back up or “loop around”.

The END tackles the FB. The BULL fits tightly off the END and tackles QB. The XB fits off the BULL to take QB to pitch. The WILL attacks the pitch man. All of them rip thru all blocks with inside (right) arm.

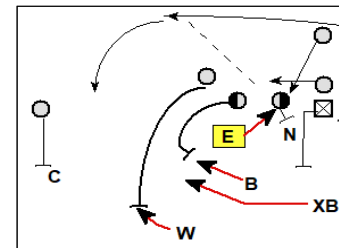
On the backside, the TACKLE comes so hard down the line that he should collision the FB. The MIKE will be late to this play because he has to trust his key: “LT goes down, I go around”. So his first 2 steps will be in wrong direction before he re-directs left.

The arc release is an example of why we don’t tell our player who has dive-QB-pitch. The arc release of the RT will take our END out so he now has pitch. We cannot change a players stimulus-response each week and our END/STUD are taught to mirror step end-man-on-line-of-scrimmage. He still has pitch help from WILL.



The BULL has the dive because his rule is: “Tackle blocks out, I go in”. The XB still has QB.

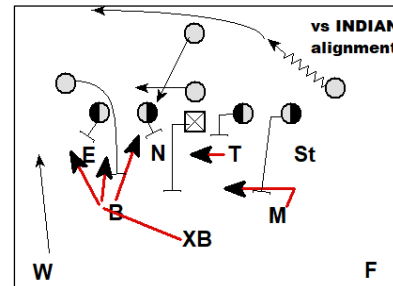
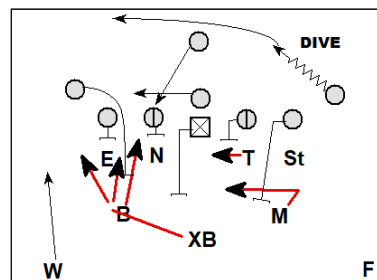
If the End crashes and tackles FB, they have a wing and RT to block the BULL and WILL and our XB will not be able to get to the pitch.



DIVE-ISO

This is a predetermined give to FB. This play hits very fast and the FB doesn’t have a lot of time or room to cutback or bounce. The NOSE and END bench press the on blocks and collapse also. The END will follow the inside path of the wing’s insert block. The TACKLE comes down the line hard in case the NOSE hits the B-gap prematurely.

BULL collisions the FB, taking on the insert block by the wing with his outside shoulder. The XB has QB, but fits over the top of the BULL and will tackle the FB if he runs between the BULL-END crease. The MIKE will get there late if the LT inside releases, but if LT on blocks the STUD, then MIKE will be able to help BULL sooner.

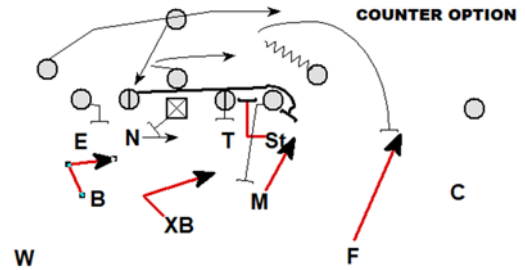


COUNTER OPTION

The QB is the dangerous guy because he may find a crease to turn up in when somebody gets blocked or doesn't do his job.

NOSE cross faces and chases puller. TACKLE holds his ground in Indian or defeats LG/LT double team from his head up "G" alignment. Both END and STUD squeeze. The STUD stays square to the LOS and takes on pulling guard with his near shoulder. Wrong shoulder will shorten the edge and takes himself out of the play.

Both the BULL and MIKE will go around since tackles block down. The BULL will see flow and re-direct to chase after 1-2 steps. MIKE will be in QB face. XB might hesitate or take a step to his left, but he needs big eyes and see the Guard pull. He will fit between the MIKE and FALCON, who has pitch.



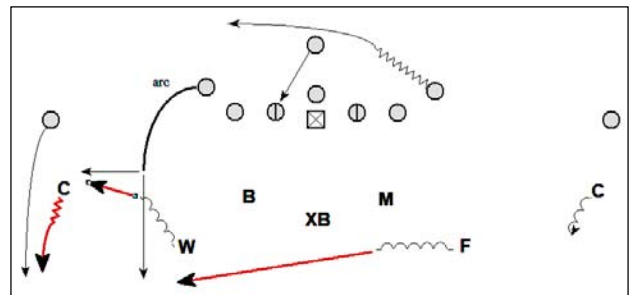
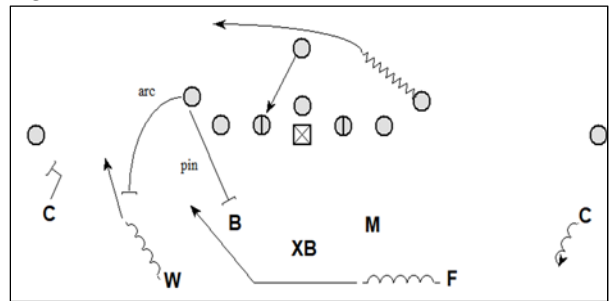
SECONDARY (back 4)

Playside corner stops the receiver from crack blocking. Backside (right) corner pivot-pedals to create a cushion to defend post.

Motion to WILL gets him and the FALCON shuffling in that direction. Both safeties match the arc release and both have the pitch. The wing trying to block the BULL (pin) means the far safety (FALCON) has QB.

Play all pitches at the line of scrimmage. Do not attack across the LOS to where the pitch player is.

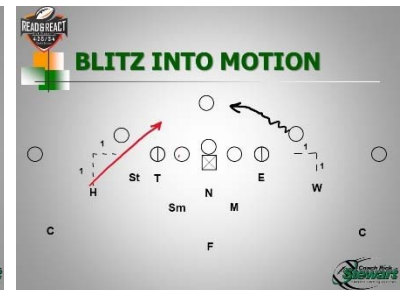
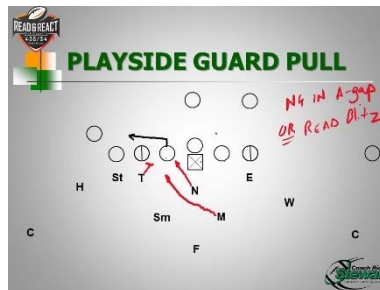
If wing goes out for pass, WILL has flats/outs/wheel and FALCON runs with the wing on seam routes.



PRACTICE & PREPARATION

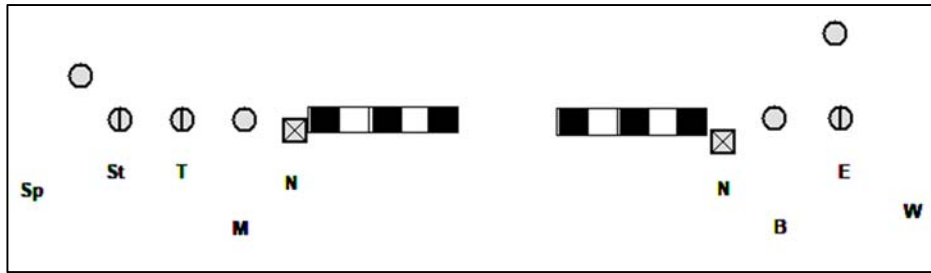
A couple of variations that give Double Wing & Wing-T problems. Flexing the NG off the LOS or placing him in the A-gap will let him take advantage of the playside Guard pull on Down and Buck.

Blitzing into the motion will disrupt the backfield action. The Wing-T requires a very precise backfield. This blitz also knocks pulling guards off their tracks.

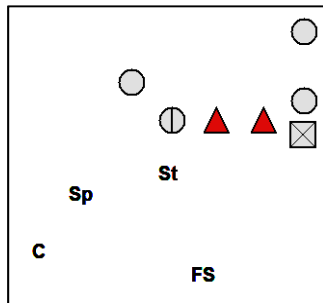


POD WORK

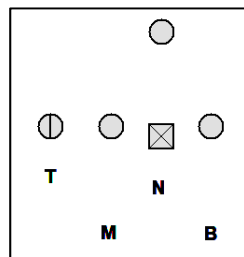
First introduce the Wing-T to your defense in small chunks. This lets each player see his 3 or 4 keys before putting 11 players in front of him, running in different directions.



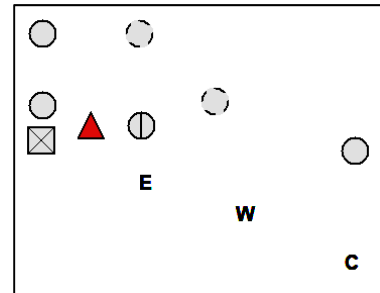
- Down – Buck – Tackle Trap
- Belly – Counter – Inside Veer



- Down Pass – Jet Sweep



- Guard Trap - Midline



- Belly Pass – Jet Sweep – Waggle

PRACTICE

- MONDAY: Pods without a football. Team without a Ball (belly, buck, down, Jet)
- TUESDAY: Pods no football. Team no ball (Tackle & Guard Trap, Counter, Pass)
- WEDNESDAY: Team with ball.

When practicing team without a ball, give the running back a Quarter. When whistle is blown, everyone freezes and defense points to who they think has the ball. Really gets the kids to understand how to read their keys.