

SECTION THREE

PASS GAME



12: Routes, Footwork, & Play Action

13: Screens & Draws

14: Short Passing Game

15: Deep Passing Game

EX NFL QB A WING-T CONVERT

Former NFL quarterback Brian Sipe threw for career highs of 4,132 yards and 30 touchdowns for the Cleveland Browns in 1980. He would have scoffed at the notion of running the Wing-T.

"I always thought the best chance we had to win was to come off the bus throwing the ball," Sipe says.

He tested that philosophy on the high school level in his first year as offensive coordinator at Santa Fe Christian (Solana Beach, Calif.), about 20 miles north of San Diego, in 2000.

"I installed a basic NFL drop-back passing game - and got the quarterback killed," Sipe says. "We had open receivers, but our quarterback was on his rear end."

Sipe first glimpsed the Wing-T by happenstance in the late 1990s. His daughter attended San Diego's Torrey Pines High, where the Falcons run the Wing-T. He went to games to "screen the boys sitting with my daughter" but took notice of the offense.

"Frankly, I was frustrated that I couldn't follow the ball. But they ran it to perfection," says Sipe, who thought back to the Wing-T when he became head coach at Santa Fe Christian in 2001.

"We're a small school, and we could not physically man up with some of the other schools in our section. I realized our best chance to win was with the Wing-T. Kids don't care how you win. They just want to win."

In Sipe's first year as head coach, Santa Fe Christian went 12-0.

"I stumbled onto the answer for small-school football success," Sipe says. "After that first game that season, I told my wife, 'Honey, it's just like being back in uniform.' I love calling this offense. After that season I was absolutely convinced that this was the most direct route to becoming one of the top 10 schools in our section regardless of size."

Santa Fe Christian is 66-8 since Sipe took over and has won four section titles in six years.

"What I discovered is that I could beat bigger, faster teams with discipline," Sipe says.

"People always raise an eyebrow when they find out my background and realize I was slinging it around in Cleveland. I just point to the four section championships.

CHAPTER TWELVE

While I believe that the Wing-T offense is the best high school offense, I also agree with the criticism that it can lack a passing game. But it is not the Wing-T system that lacks a passing attack, it is the coaches that are running it refusing to pass. This stubborn refusal stems from one of three reasons:

1. Their personalities were attracted to the toughness and secure run game of the Wing-T, and this character trait forces them to continue pounding the ball into a defensive wall.
2. A lack of understanding of the passing game;
3. Not enough practice time to devote to both the run and pass game;

There are a couple of things that you should do to transition to a point where you will be a dual threat offense that passes the ball more. I devote entire chapters on these suggestions in my “Practice & Drills Manual”.

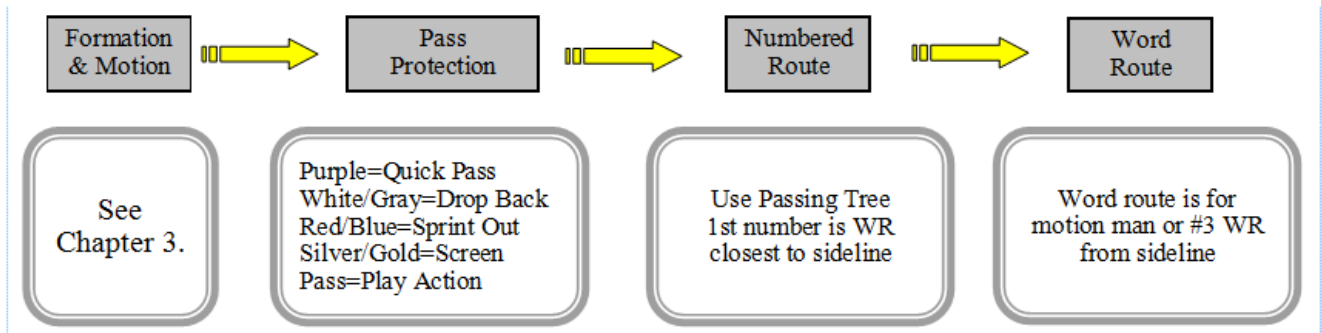
- Use “hidden time” to work on routes, this can be during special teams, dynamic warmup, inside run periods. Use the summer efficiently since you probably do not have pads on anyways. Does your QB have to practice handing the ball off? Let your backup do that while your QB throws. Does your QB have to do high knee & carioke stretching? Wouldn't full speed drop back & sprint out passing drills also get blood flow to his legs and hips?
- Use passing drills as part of conditioning. Running your 2-min drill or run all of your screens up and down the field a couple of times are great conditioning drills. So is running fade & 15 yd comeback routes for 10 minutes.
- Put passes in opening script. I personally have a 2 run: 1 pass ratio.

The beauty of being in Pistol with two wing backs is that you can now run a sophisticated 4-man pass game.

- ◆ Three screen concepts that can go to any of your 5 players out of 12 formations;
- ◆ One step perimeter quick pass game giving your athletes the ball in space;
- ◆ Drop back passing attack putting 4 receivers in routes; In Pistol this is 3-step instead of 5-step.
- ◆ Sprint passing game off Jet motion putting linebackers in conflict with the QB run threat. There is a different concept to attack Cover 1, 3, 2, 4, and man coverage.

The pass protection schemes are simple so that there is very little teaching for the linemen. There is Fire Out protection for Quick passing game (Purple); Cup protection for drop back passing game (White & Gray); Sprint protection (Red & Blue); and our screen package (Silver & Gold).

PASS GAME TERMINOLOGY



Play Action Pass Examples

X/Y	Backs	Motion	Family*	Back	Hole	Protection	Route	
Nasty	---	"L"	---	1	7	GO Pass	out	Fig 33
Tight	Right	---	---	3	6	Down Pass	---	Fig 34
---	Slot Left	"R"	---	3	3	Belly Pass	Scat	Fig 35

*no family required on play action

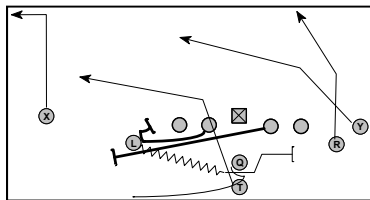


Fig 33: Nasty L 17 GO Pass

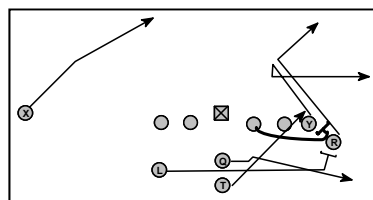


Fig 34: Tight Right 36 Down Pass

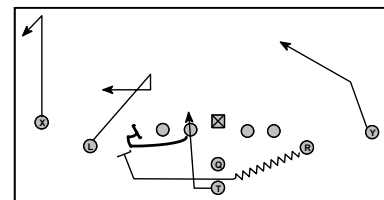


Fig 35: Slot Left R 33 Belly Pass Scat

Play Action passes do not use a color because of our SNAP COUNT rule: all colors are on SET. Since we want Play Action to look like run, the SNAP COUNT is on READY for Play Action. Also, by not using a color, it reinforces to the linemen that we need run blocking aggression.

Pass Examples

X/Y	Backs	Motion	Blocking	#1 WR	#2 WR	#3 WR	
---	Bunch Left	---	Blue	7	5	Flat	Fig 36
Over	Trips left	---	Blue	7	5	Flat	Fig 37
---	---	Rip	Blue	7	5	Flat	Fig 38

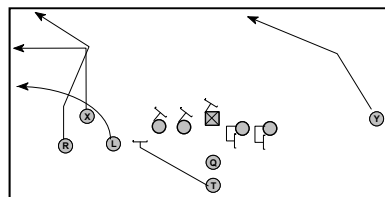


Fig 36: Bunch Left Blue 75 Flat

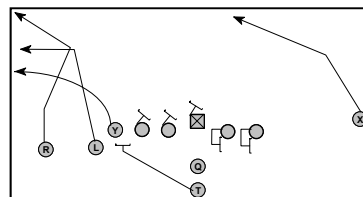


Fig 37: Over Trips Left Blue 75

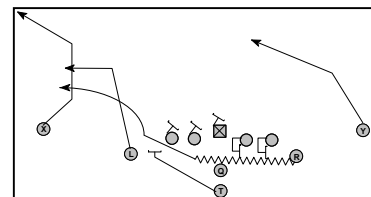
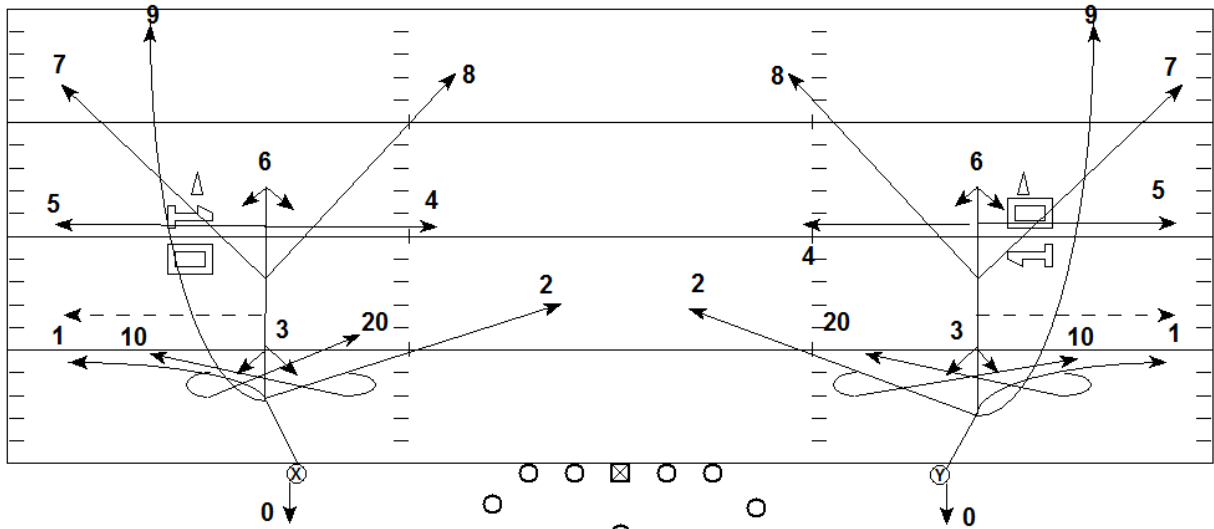


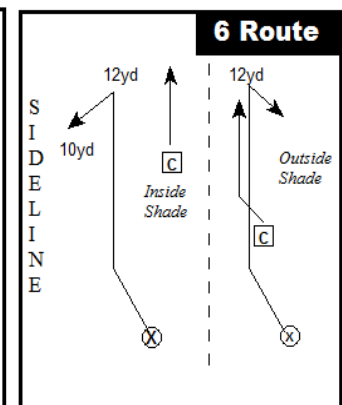
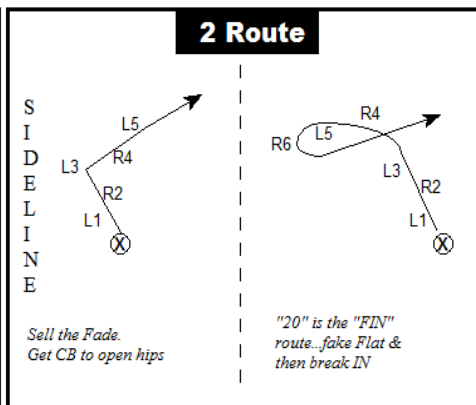
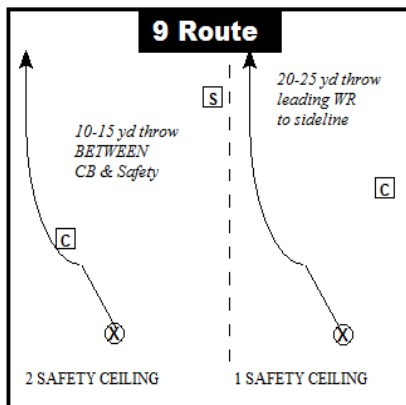
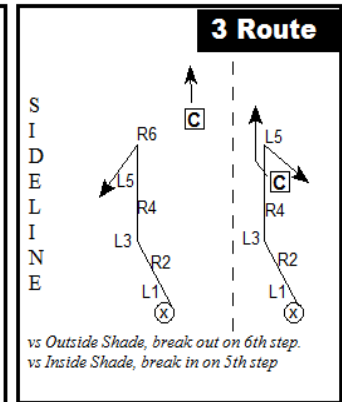
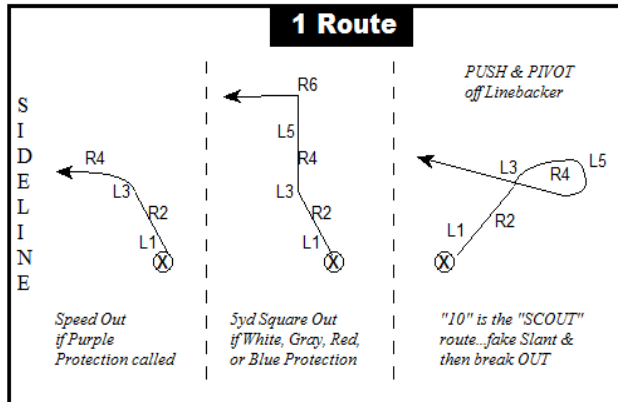
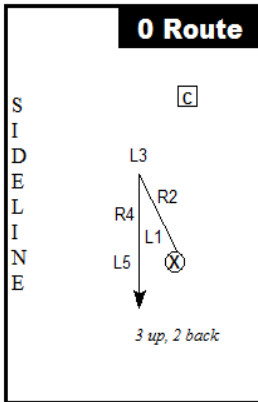
Fig 38: Rip Blue 75 Flat

Routes & Footwork

PASSING TREE

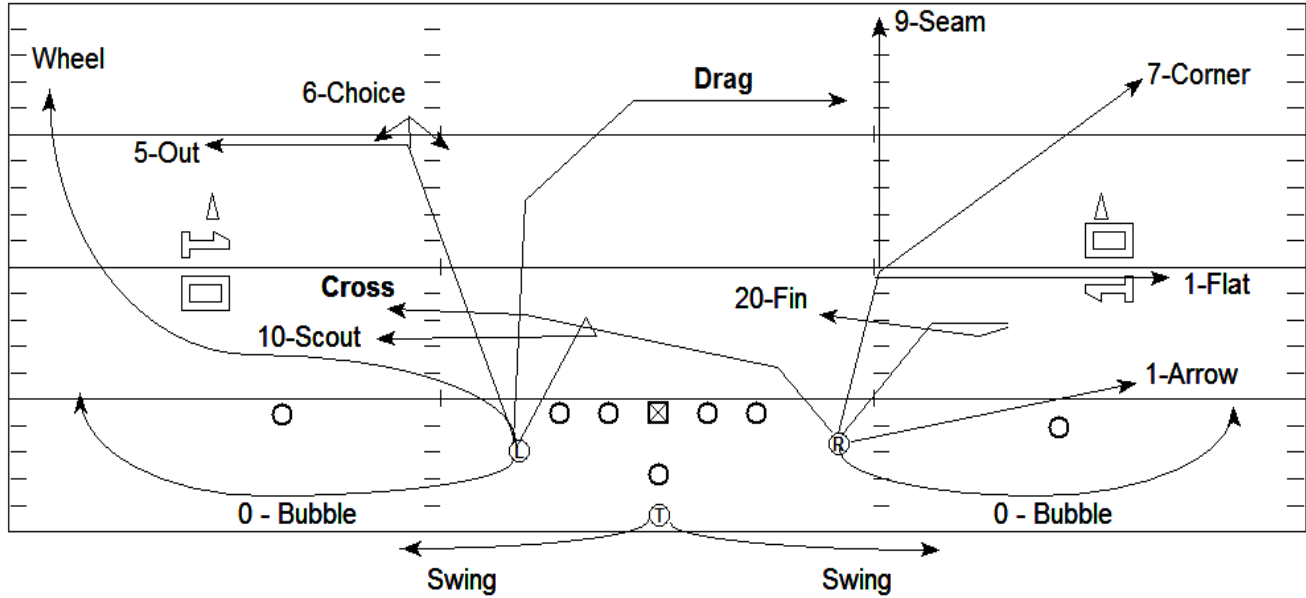


RECEIVER has inside foot up.
First 3 steps are always the same

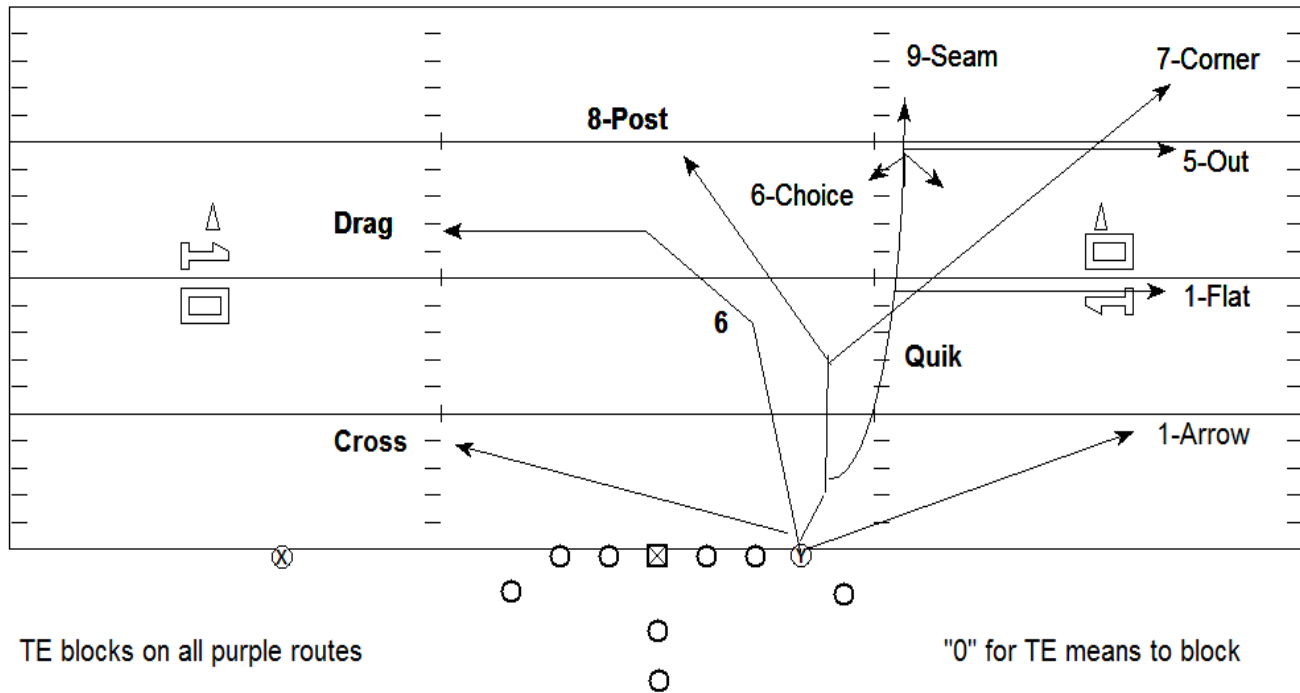


PASSING TREE

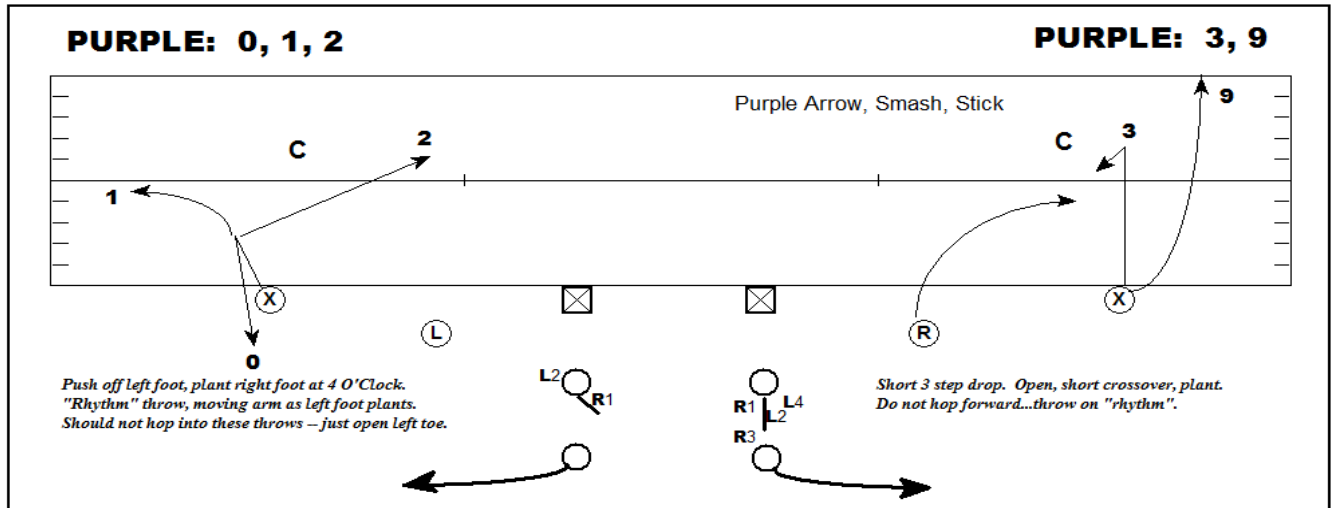
RUNNING BACK



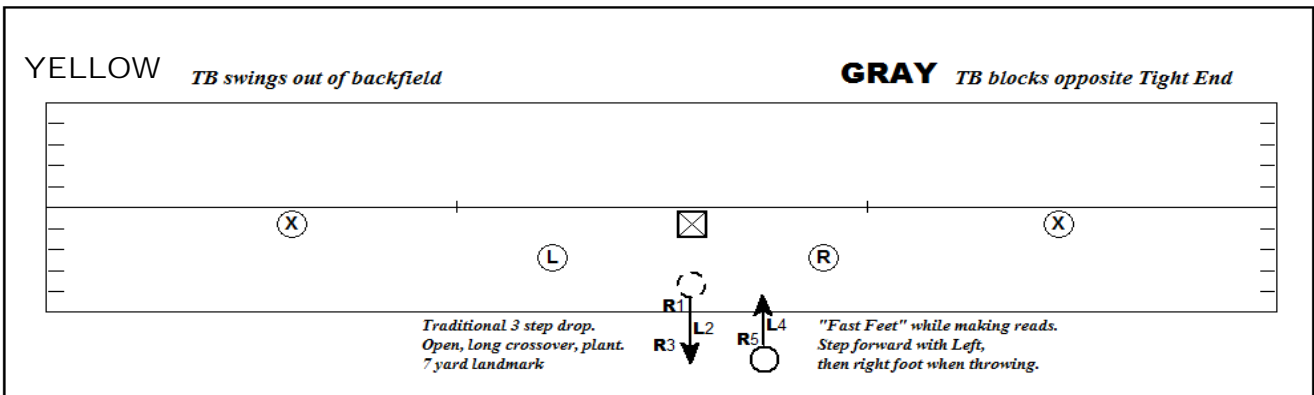
TIGHT END



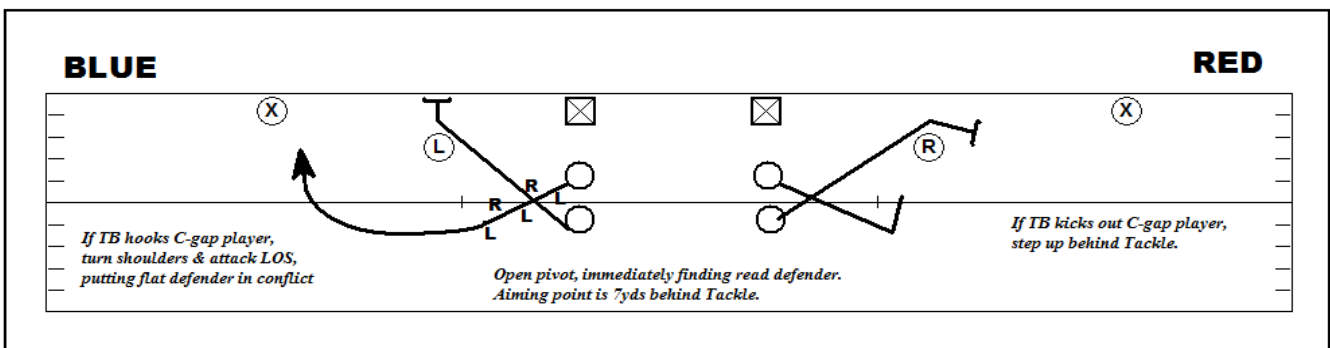
QB FOOTWORK



Purple protection with routes 3 or greater require very short 3-step drop. Right handed QB does not cross left foot over the right. He opens & plants right foot, bringing the left foot under his body to gather his balance. Maintain "fast feet" he simply opens left toe when ready to throw.



White & Gray protection are traditional 3-step drop back for QB. Right handed QB pushes off left foot, hopping back as far as possible. Left foot crosses over as right foot plants to gain more depth. Right foot parallel plants in ground and QB maintains "fast feet" until ready to throw. QB will short hop forward while throwing the ball since these throws will be 10-20 yards down field.

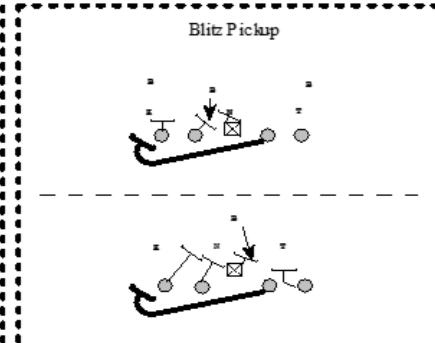
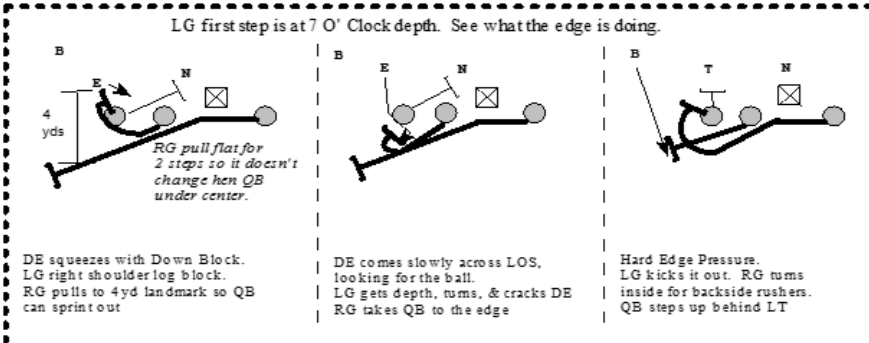
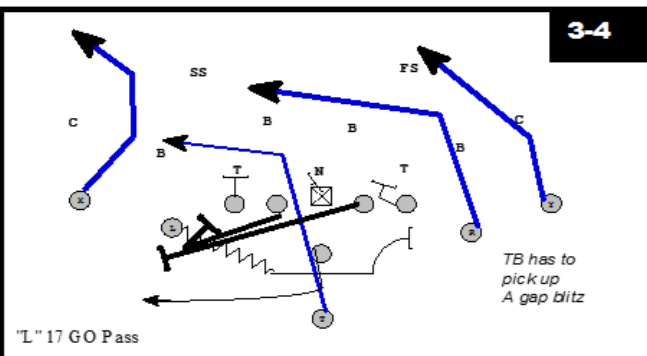
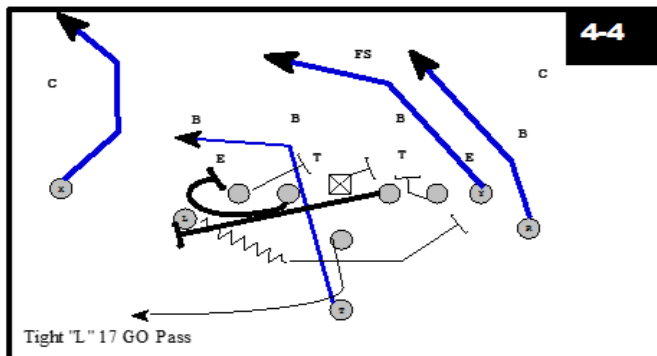


GO FAMILY

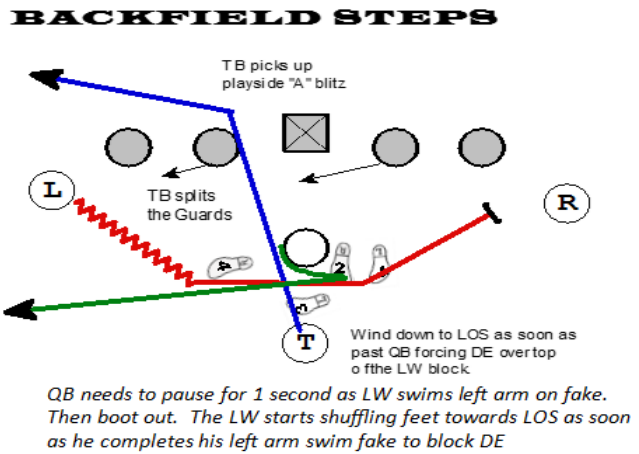
Code Word:
BULLDOG 29

17GO Pass

Snap Count:
READY



RT	Pull Check
RG	Pull & lead QB. Kick or seal Force contain
C	On - Away
LG	Pull Log 1st man past tackle; "take a picture"
LT	Gap - Down - On
Y	Run route
X	Run route
HB	Run route;
TB	Release through 1-hole into flats. Split the Guards
Z	Make a great fake & block backside
QB	Open to motion, Fake TB, then HB, pause, roll out



QB READ PROGRESSION:
Run the ball;
SE → Flats → Drag by TE or HB

Run Naked boot to TB. Guards pull like 6 G.O. Run at TE/Wing & switch routes. Also bring X all the way across vs Cover 4

ADJUSTMENTS

QB READ PROGRESSION:
X receiver to flats to TE drag to run.
Run naked boot with Guards pulling opposite of the QB.
Run at TE / Wing flank.
Backside G always pulls. Playside do not pull vs blitz

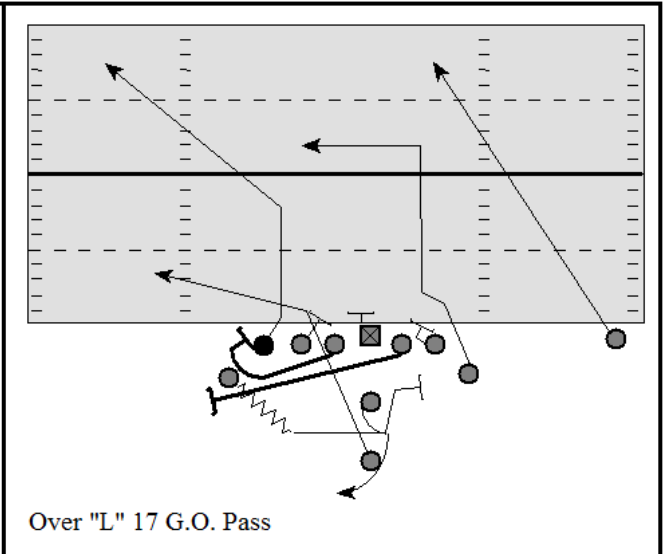
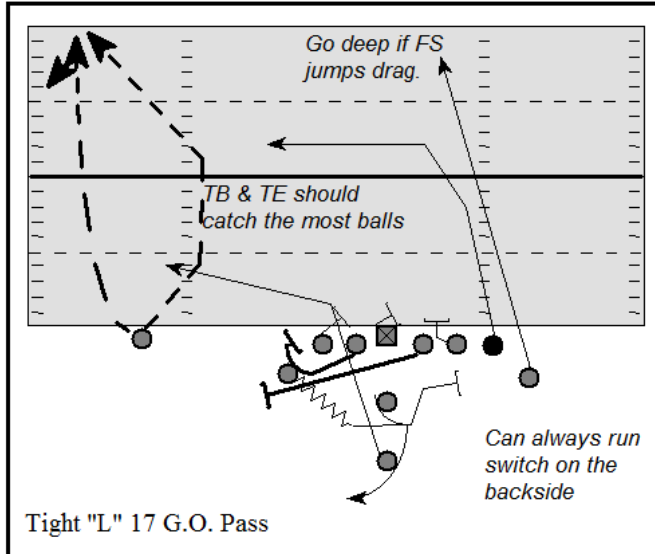
DEFENSIVE CONFLICTS

Run on 1st and 2nd down, do not wait until 3rd and 10.
If the OLB is blitzing behind motion or attacking pulling guards, TB will be wide open in flats.
If running GO Pass Naked, the TE drag will be open.

Code Word:
BULLDOG 40

GO PASS

Snap Count:
READY



ROUTE ASSIGNMENTS

X	Post-Corner: Sell the block on safety. Tags: Fade, Dig, or Comback (19yd back to 15yd)
Y	BACKSIDE: 12yd drag. Post if in Loose. PLAYSIDE: Corner route
L	Flat or "L" motion. Block backside edge pressure
R	TIGHT: Skinny Post LOOSE: 12 yd drag
T	Do not fake. Get thru B gap and into flats. If LG misses a blitz, stay & block

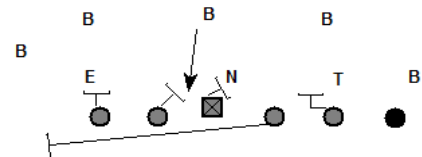
QB READ PROGRESSION

Pause for 1-count as LW fakes past.
Goal is to sprint out & put flat defender in conflict, but might have to step up behind kick-out block

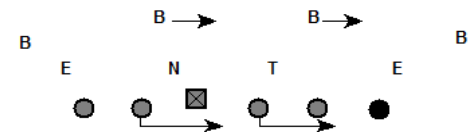
Read X to TB flats to TE drag.
Run if nobody open

BLOCKING

LT	On - Gap - Down
LG	Pull & Log if no blitz threat
C	Reach - On - Away
RG	Pull & Kick out
RT	Pull Check. B gap - On - Backside



Playside G stay home vs blitz.
Backside G always pulls



Run Naked. Guards pull right like 6 G.O.

GO PASS

WRINKLES

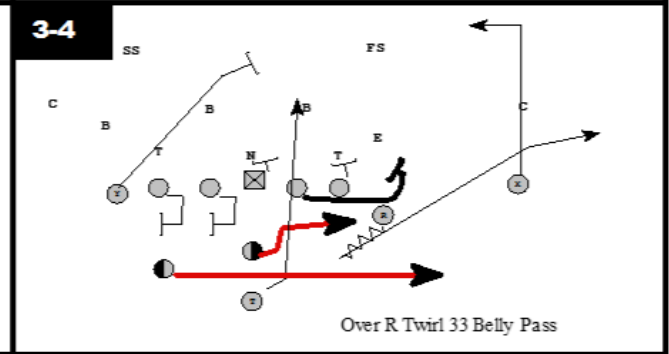
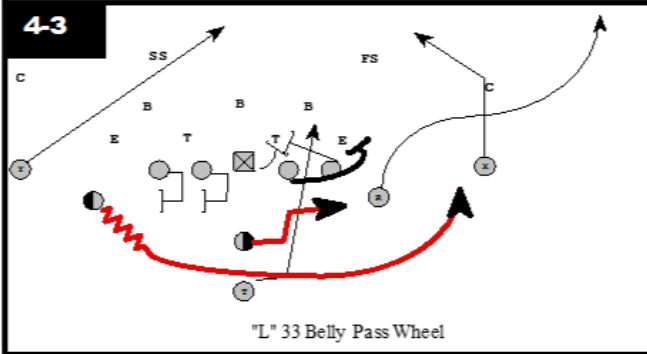
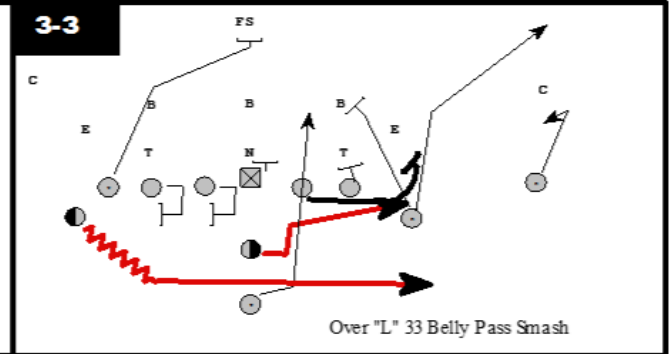
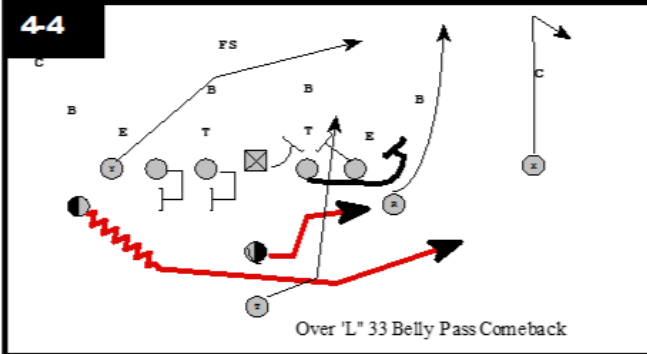
<p><i>TE reads FS & streaks by the FS if he cheats & tries to jump the drag route. The HB runs the CB off.</i></p> <p style="text-align: center;">Over "R" 18 G Pass Choice</p>	<p style="text-align: center;">Over "R" 18 G Pass Choice Switch</p>
<p style="text-align: center;">Over "R" 18 G.O. Pass Throwback</p> <p style="text-align: center;"><i>You can max protect by not saying "GO"</i></p>	<p style="text-align: center;">SOLID BLOCKING: Don't put the "G" or "O" after the number</p>
<p style="text-align: center;">"R" 18 G.O. Pass Y Cross</p>	<p style="text-align: center;">"R" GO 18 G Shovel Pass</p> <p style="text-align: center;"><i>LH take 1-second delay</i></p>
<p style="text-align: center;">Over "R" 18 G.O. Pass Throwback</p> <p style="text-align: center;"><i>You can max protect by not saying "GO"</i></p>	<p style="text-align: center;">SOLID BLOCKING: Don't put the "G" or "O" after the number</p>

BELLY FAMILY

Code Word:
BRONCO 40

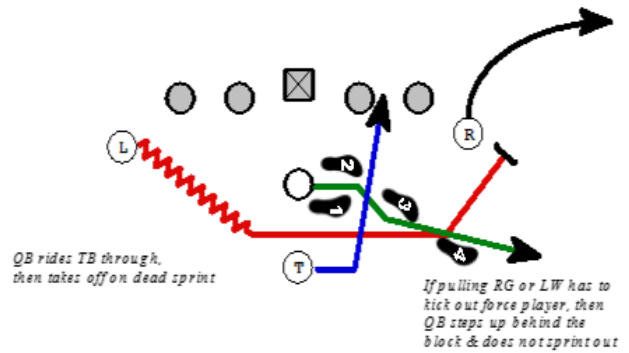
34 Belly Pass

Snap Count:
READY

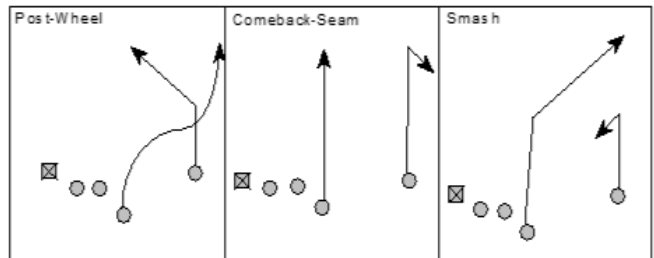


RT	Gap - Down - On
RG	Pull & Log first man past Tack's block
C	Reach on side gap - Fire block
LG	Step & Cup
LT	Step & Cup
Y	PLAYSIDE: Corner, BACKSIDE: 12yd drag
X	12 yd dig if no TAG route
R	Arrow Route
T	Lateral 34 Belly Steps
L	Hook block any edge pressure
QB	Open, ride TB, Sprint Right

BACKFIELD STEPS



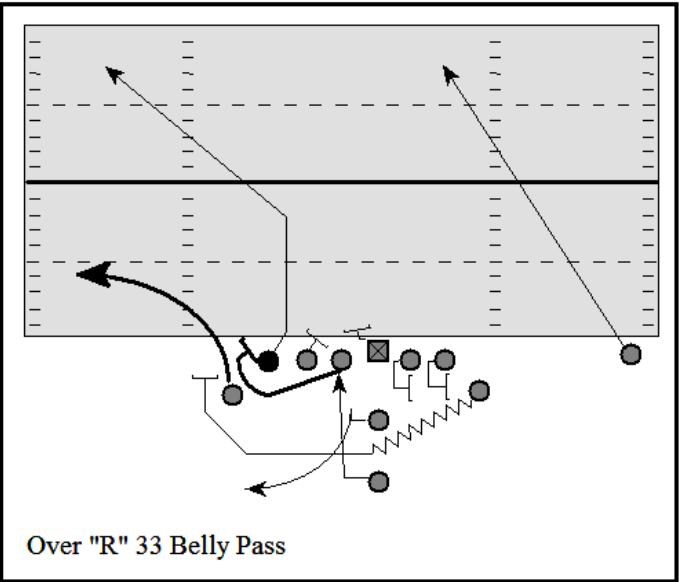
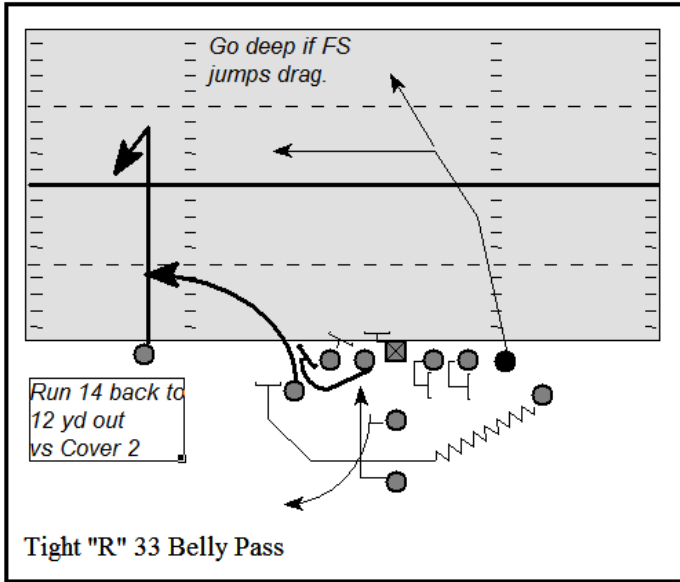
*This is a Run-Pass Option.
Read Progression is Deep - Flats - TE Drag - Run*



Code Word:
BRONCO 29

BELLY PASS

Snap Count:
READY



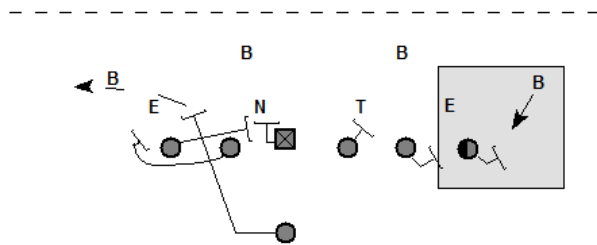
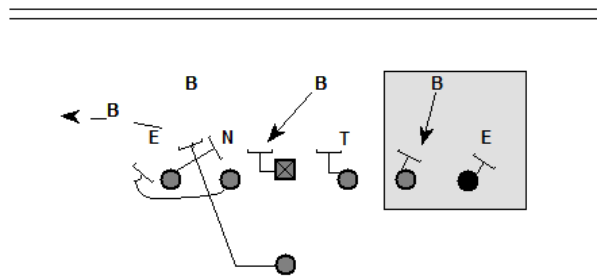
ROUTE ASSIGNMENTS

X	Dig route if no TAG Tags: Post-Wheel; Comeback-Seam
Y	BACKSIDE: 12yd drag. Post if in Loose. PLAYSIDE: Corner route
L	Arrow route if no TAG Tags: Post-Wheel; Comeback-Seam
R	Flat or "R" motion. Block edge pressure
T	Do lateral belly steps Great fake into B gap & break left.

QB READ PROGRESSION

Ride TB as long as possible. Do not shuffle feet into LOS.
Goal is to sprint out & put flat defender in conflict, but might have to step up behind kick-out block

Read X to TB flats to TE drag.
Run if nobody open



*Playside G always pulls to look like Belly.
TE can stay home if 3 rushers.*

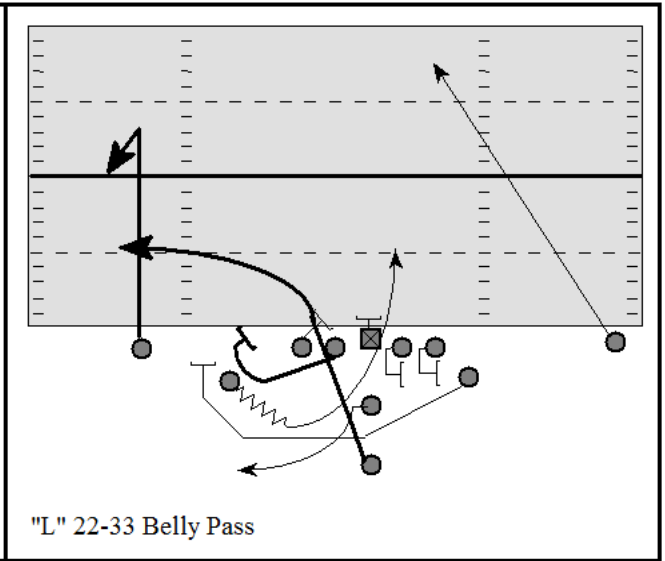
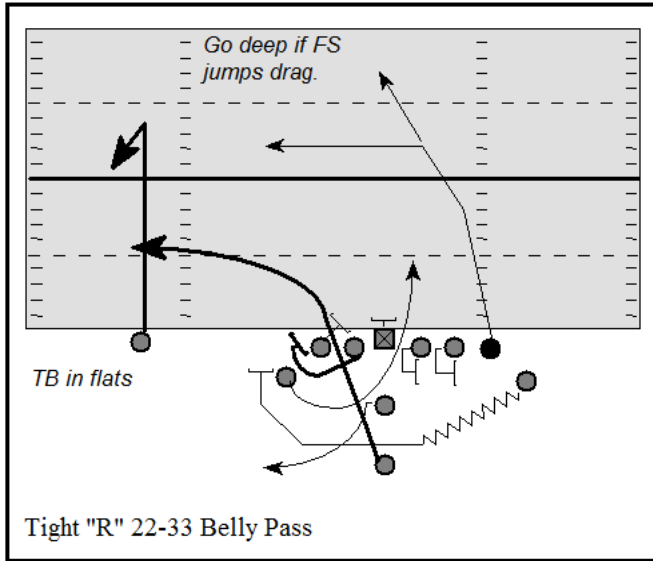
BLOCKING

LT	On - Gap - Down
LG	Pull & log (the pull is critical to run deception)
C	Reach - On - Away
RG	Reach A gap - On - Step & Cup
RT	Reach B gap - On - Step & Cup

Code Word:
LONGHORNS 29

BELLY TRAP PASS

Snap Count:
READY



ROUTE ASSIGNMENTS

X	Dig route if no TAG Tags: Post-Wheel; Comeback-Seam
Y	BACKSIDE: 12yd drag. Post if in Loose. PLAYSIDE: Corner route
L	Fake 22 Tackle Trap
R	Flat or "R" motion. Block edge pressure
T	No lateral belly steps Make bad fake & get to the flats

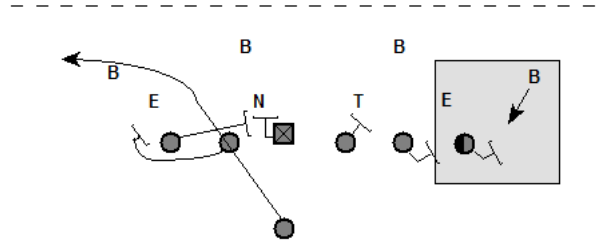
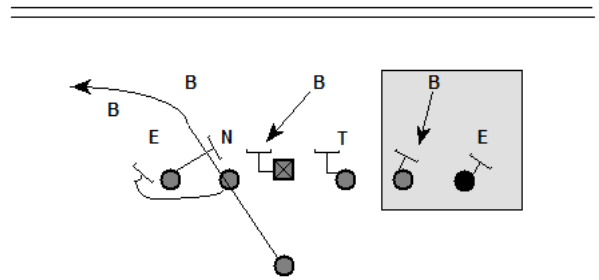
QB READ PROGRESSION

Do not fake to TB. Hide ball on left hip.
Do not fake to LW running trap fake.
Do not shuffle feet into LOS.
Goal is to sprint out & put flat defender in conflict, but might have to step up behind kick-out block

Read X to TB flats to TE drag.
Run if nobody open

BLOCKING

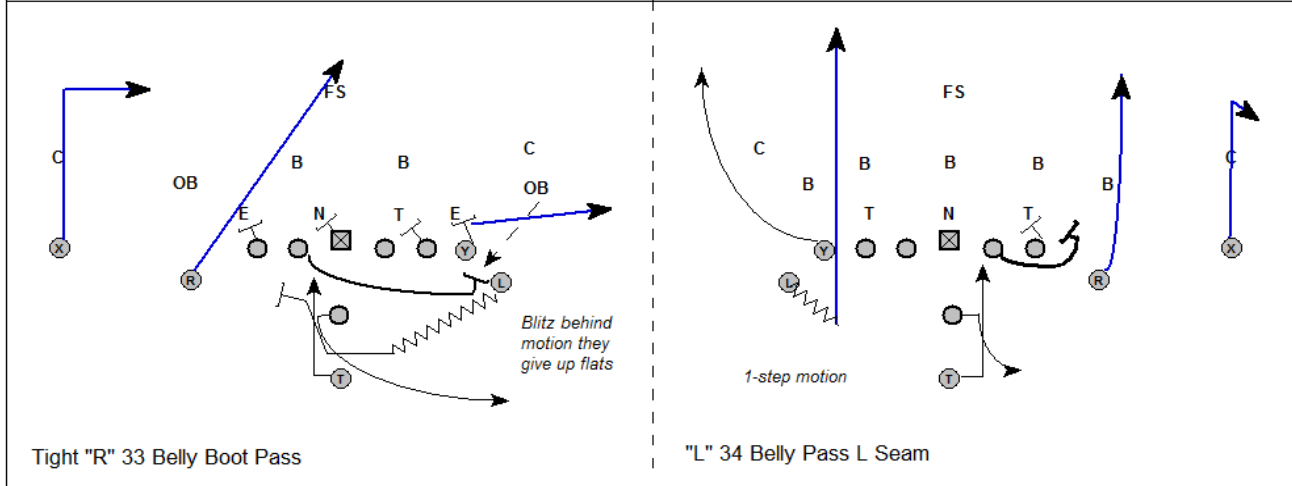
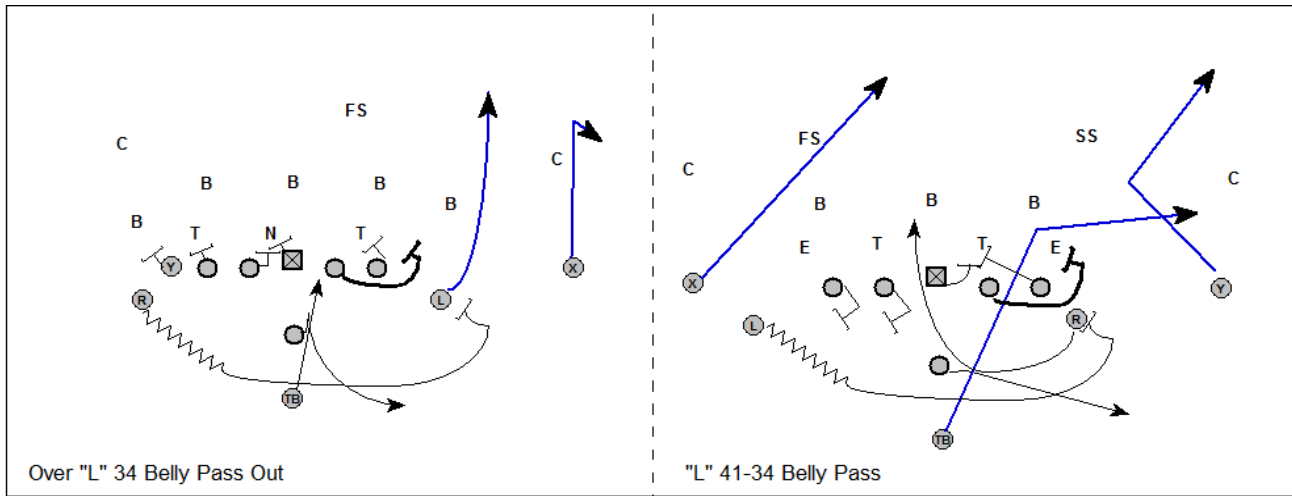
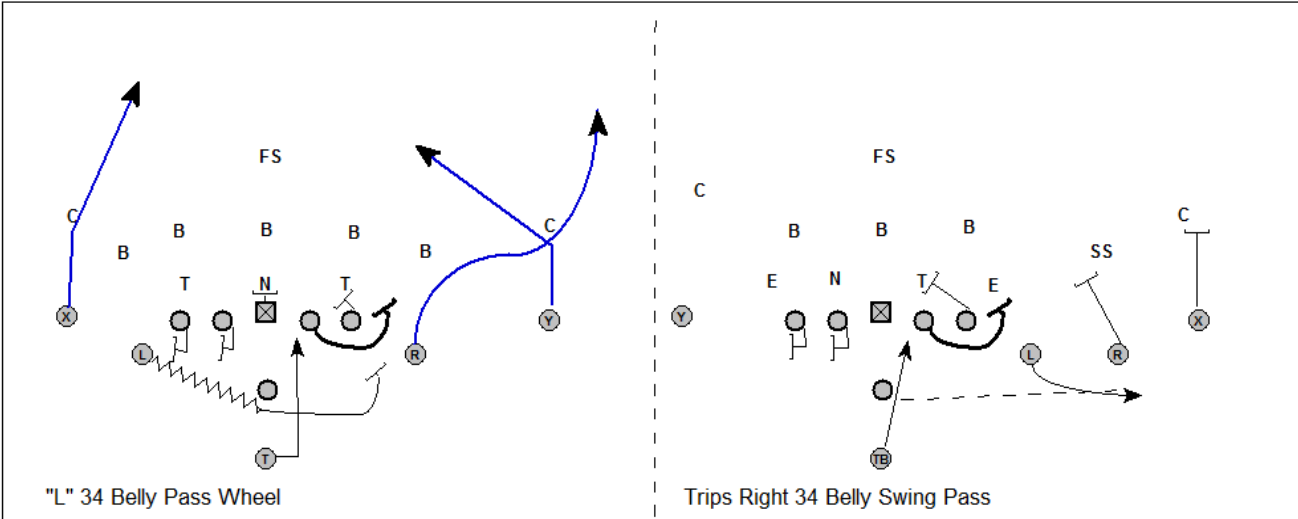
LT	On - Gap - Down
LG	Pull & log (the pull is critical to run deception)
C	Reach - On - Away
RG	Reach A gap - On - Step & Cup
RT	Reach B gap - On - Step & Cup



Playside G always pulls to look like Belly.
TE can stay home if 3 rushers.

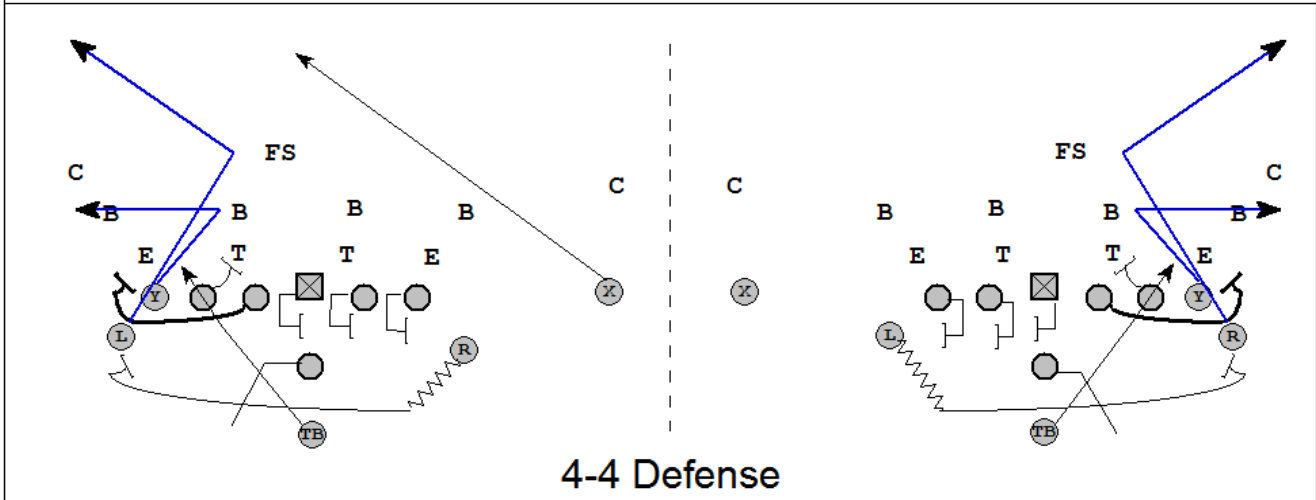
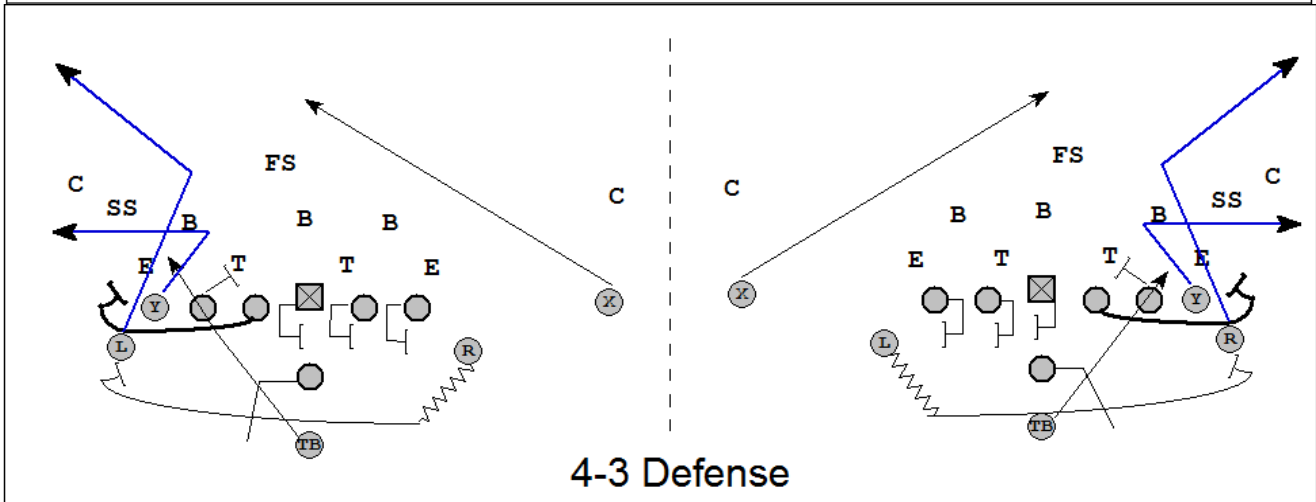
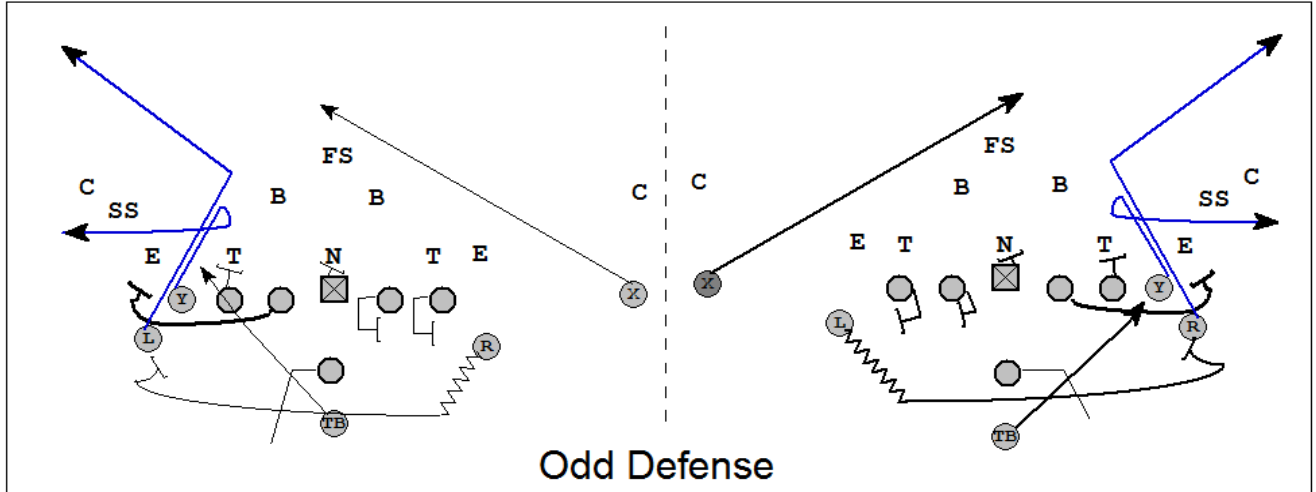
BELLY FAMILY

BELLY PASS OPTIONS



DOWN FAMILY

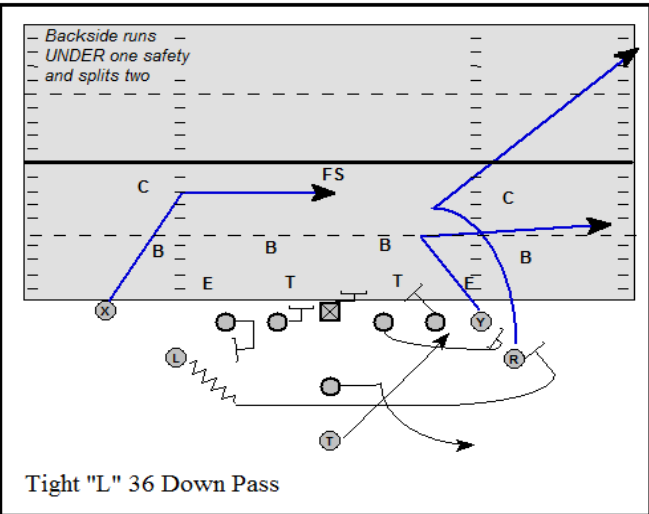
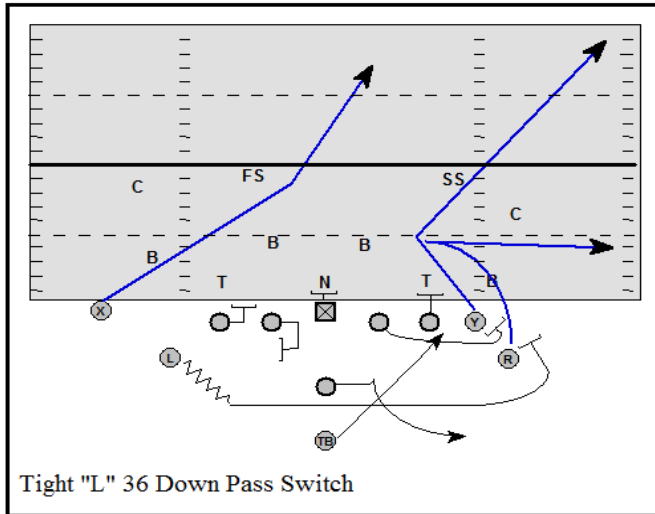
DOWN PASS



Code Word:
BLUE DEVIL 40

DOWN PASS

Snap Count:
READY



ROUTE ASSIGNMENTS

X	Dig under 1 safety. Split two safeties
Y	4 steps at ILB before SCOUT route to flats
L	Flat or "L" motion. Block edge pressure
R	4 steps at ILB before Corner route
T	Down fake at inside leg of TE. If not tackled after 5 yards, turn around & find QB

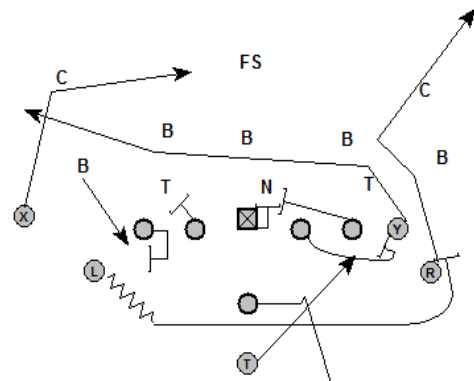
QB READ PROGRESSION

Ride TB as long as possible. Do not shuffle feet into LOS. Goal is to sprint out & put flat defender in conflict, but might have to step up behind kick-out block

Read Corner to TE flats to backside.
Run if nobody open

BLOCKING

LT	Reach B gap - On - Step & Cup
LG	Reach A gap - On - Step & Cup
C	Reach - On - Away
RG	Pull & log (the pull is critical to run deception)
RT	On - Gap - Down

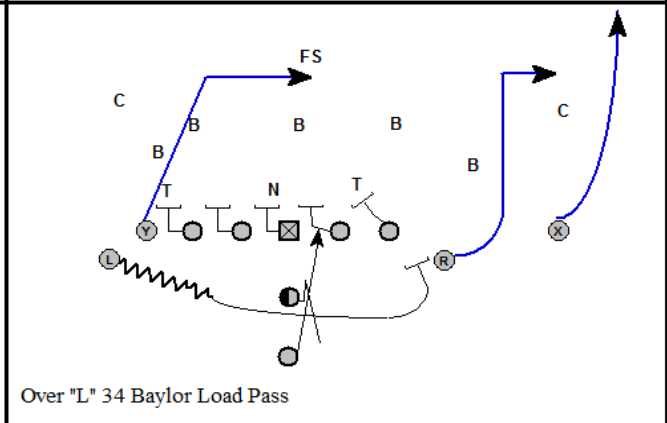
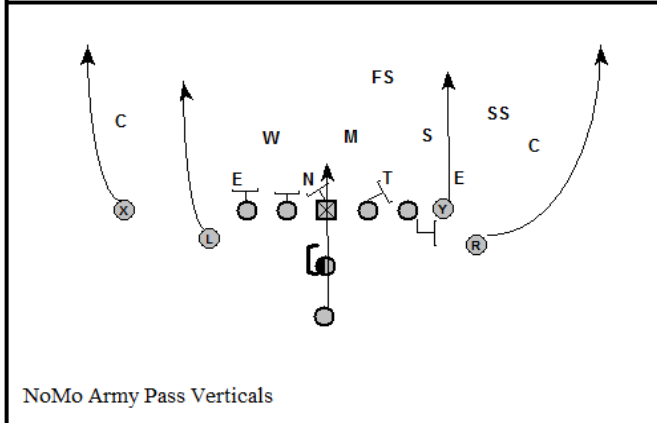
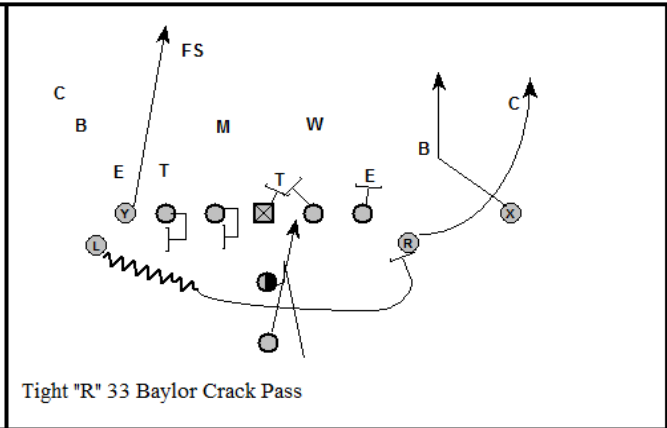
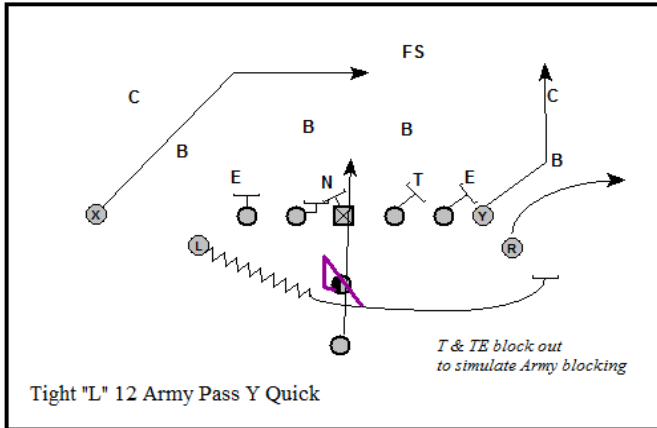


*36 Down Pass Y Drag is a great play.
Run this when blitzing backside.
QB drops back after fake, does not sprint out*

Code Word:
SOLDIER 40

ARMY/BAYLOR PASS

Snap Count:
READY



SOLDIER BLOCKING

LT	Reach - On - Away
LG	Reach - On - Away
C	Reach - On - Away
RG	On - Out
RT	On - Out

BEAR BLOCKING

LT	Reach - On - Away
LG	Reach - On - Away
C	On - Gap - Down
RG	On - Gap - Down
RT	On - Gap - Down