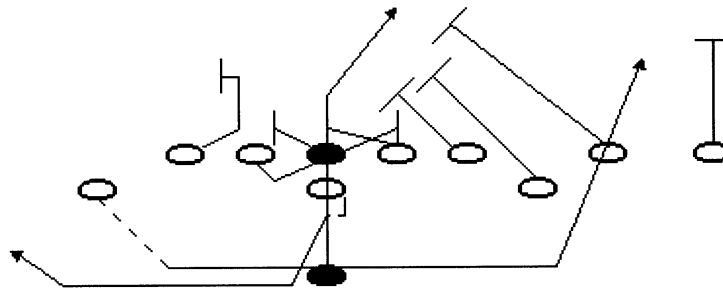


We run the Wing - T at Salve Regina University. We call it the "SRU Wing - T". The advantage of offense over defense is knowing from what formation, how, where the play will attack, and when the ball will be put in play. This of course, requires a numbering system which clearly communicates an entire play simply and quickly.

The signal system used by the "SRU Wing-T" to communicate information necessary for a play to be executed is combined into a three digit numbering scheme. These three-digit play numbers may be preceded by a term altering the formation. The first number indicates the formation, the second number indicates the series, which tells us what we are doing, the third number indicates the point of attack. A suffix following the last digit indicates a modification in the play.

Play calling example: Rip 524 trap

Alteration of Formation	Formation	Series	Point of Attack	Modification of Play
Rip	500	20	4	Trap

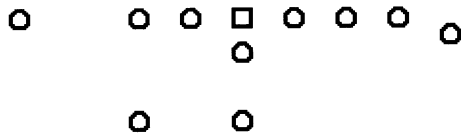


THE FIRST DIGIT

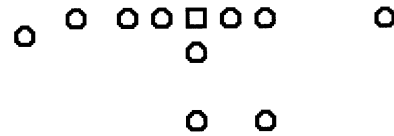
There are several formations in the "SRU Wing-T" and they are always described by the first of three digits or by a word. The split end automatically spreads away from the wing or flanker unless specifically requested to modify this position. The normal width of the split end is wide enough to force a four deep defense to invert to the flexed side. The wings are 2 yards outside the last man on the line of scrimmage and 2 yards off the ball. The guards and tackles are normally spaced 2 feet apart while the TE is spaced 3 feet. The TE may widen to 6 feet, and the G and T widen an additional foot, if there is a man on them. The fullbacks toes are at 4 yards from the ball, the dive back is parallel with the fullback and thatches the outside foot of the tackle. In a one back formation the FB may put his heels at 5 yards from the ball.

Our formations are as follows:

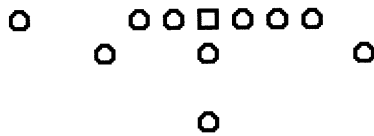
100



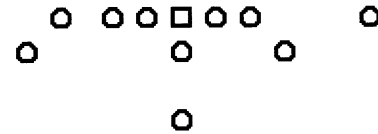
900



400

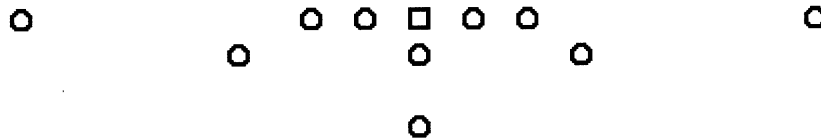


600



500 - This is our Primary Formation

We will vary the splits of the SE's depending on the play called. The splits may
anywhere from 6 to 25 yards.

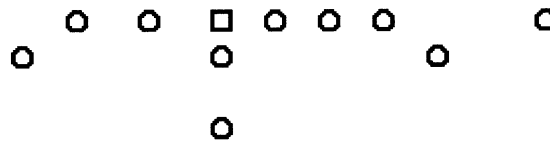


FORMATION ADJUSTMENTS

A word preceding the 1st digit is a formation adjustment.

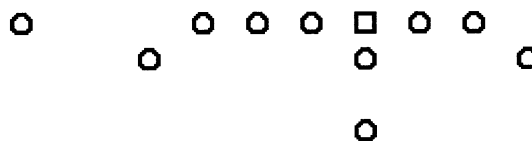
RIGHT - Tells the SE to align on the right side of the formation, his split may vary from 6 to 10 yards from the TE. This forms an unbalanced formation.

EX: Right 400



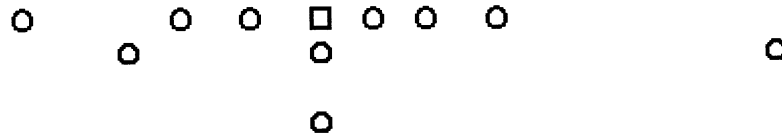
LEFT - Tells the SE to align on the left side of the formation, his split may vary from 6 to 10 yards. This forms an unbalanced formation.

EX: Left 600



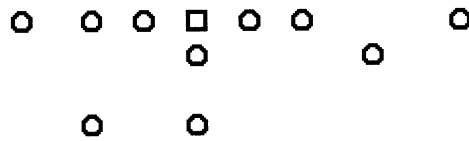
PRO - Tells the wing back to align as a flanker at a split of 12 to 18 yards from the TE.

EX: Pro 400



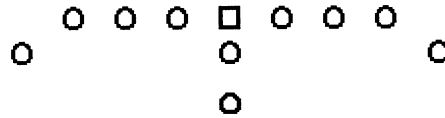
SLOT - Tells the wing back and the SE to align on the same side, the TE will align on the opposite side of the formation. The split of the SE is 6 to 8 yds.

EX: Slot 100



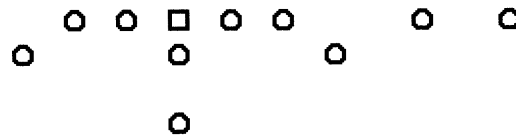
[TIGHT - Tells both Ends to align as TE's .

EX: Tight 500



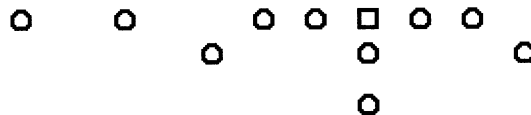
RIP - It is an unbalanced formation. It tells both ends to align in a loose alignment on the right side. The right end will align at a split of 8 to 10 yards from the tackle and the left end will align 2 to 3 yards inside of the right end, both will be on the line of scrimmage. The half backs will take their normal wing alignment.

EX: Rip



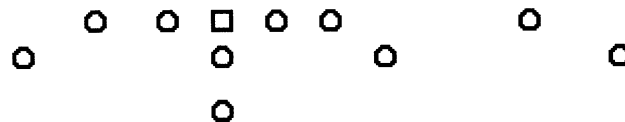
LIZ - It is an unbalanced formation. It tells Ends to align in a loose alignment on the left side of the formation. The left end will align at a split of 8 to 10 yards from the tackle, and the right end will align 2 to 3 yards inside of the left end both on the line of scrimmage. The half backs will take their normal wing alignment.

EX: Liz



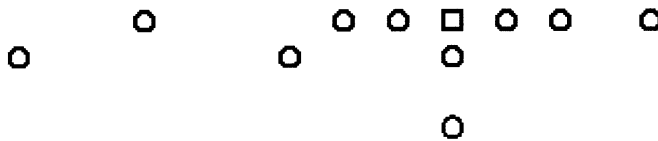
RAM - It forms a trips formation. It is very similar to RIP. The right end will take his normal split of 12 to 18 yards, he will align 1 ½ yards off the line of scrimmage. The left end will align on the right side at a split of 8 to 10 yards from the tackle on the line of scrimmage. The RH will take his normal wing alignment, while the LH will align on the line in his normal wing back stance.

EX: Ram



LION - It is a trips formation. It is very similar to LIZ. The left end will take his normal split of 12 to 18 yards. He will align 1 ½ yards off the line of scrimmage. The right end will align at a split of 8 to 10 yards from the tackle on the line of scrimmage. The LH will take his normal wing alignment, while the RH will align on the line in his normal wing stance.

EX: Lion



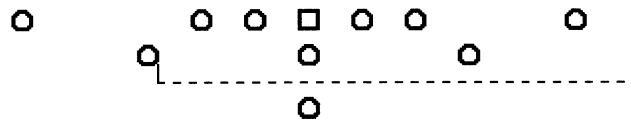
MOTION CALLS

Motion will be called prior to the 1st digit or after a formation modification of the play. We have three types of motion that we use in the "SRU Wing - T". They are Fly (Roger & Lucy), Z and Zap motion.

ROGER & LUCY - It is extended motion across the formation from a wing alignment.

Roger is motion to the right and Lucy is motion to the left.

EX: Roger motion

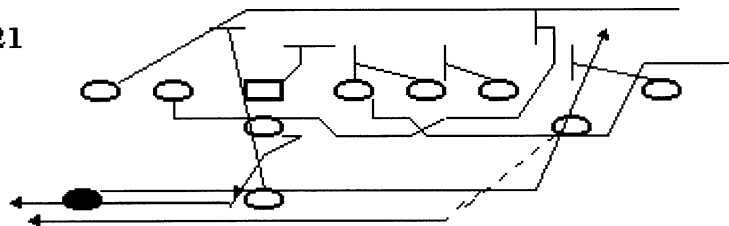


EX: Lucy motion



Z Motion - Tells the HB not carrying the ball to go in 3 step motion in opposite direction of the play called.

EX: Right Z 121



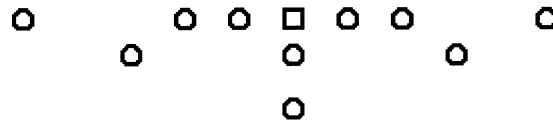
SHIFTING

We have two shifts that we in the “SRU Wing - T” . The shifts are called prior to play being called. They are called “Shift to” and “Slide to”.

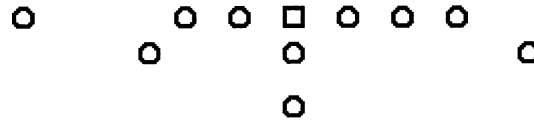
Shift To - We will align in a 500 formation as a pre shift alignment, then shift to the formation called.

EX: Shift To 400

From



To



Slide To - We will align the mirrored formation of the formation called, then slide to the formation called.

EX: Slide To 400

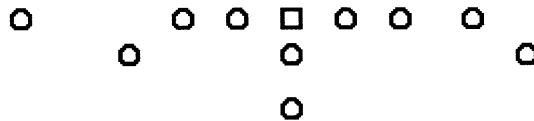
From



Slide To

EX: Slide to 400

To



We will align in a 600 and slide to a 400 formation or from a 400 to a 600 formation. In both shifts the only people moving are the Ends.

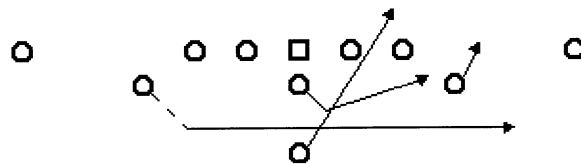
THE SECOND DIGIT

Backfield Series

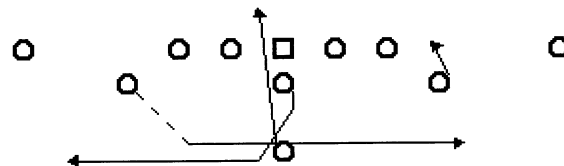
The second digit tells us what we are doing. It indicates the pattern of the backs, which in turn assigns the ball carrier and the blocking schemes. All of the series can be run with or without motion and from any formation.

The backfield series are as follows;

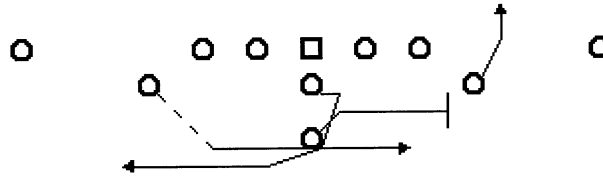
Teen Series - It is our veer option series. It is full flow dive options, with all four backs going in same direction.



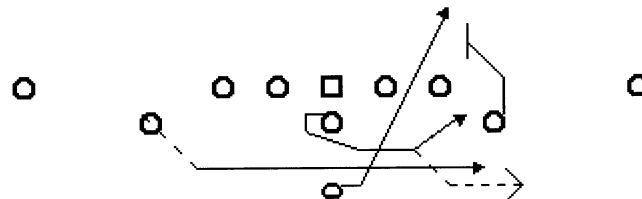
Twenty Series - It is our Buck sweep, misdirection series. It tells us that the Fullback dives up the middle and the Halfbacks run at the flank called. The QB will bootleg away from flow of the halfbacks.



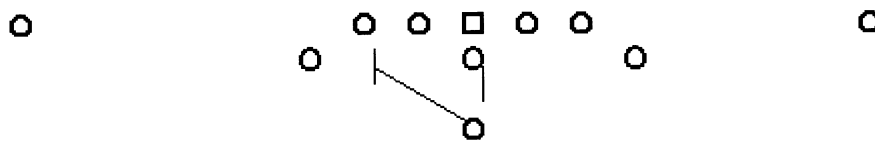
■ **Thirty Series** - It is our power series. We will also run most of our counter plays from the Thirty series. It has all the running backs going toward the point of attack. The QB will bootleg away from flow.



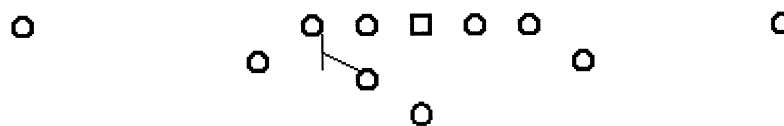
Forty Series - It is our belly series. It has the FB running at the inside leg of the tackle of the called play side. The HB's are going the same direction of the play called. The QB will either give the ball to the FB, fake to the FB and continue on option or pass to the flank of the side called. It is a full flow series.



Fifty Series - It is our quick passing series. It has the QB setting up with a 3 step drop. The FB will always block the QB's backside.

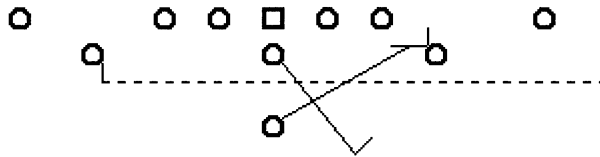


Seventy Series - It is our straight drop back series. The QB will set up in a 5 to 7 step drop behind the center. We will also use the shot gun snap in this series. The FB will always block the backside of the QB.



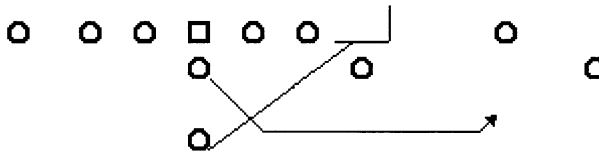
Eighty Series - It is our half roll passing series. The QB will set up at a depth of 7 yards behind the called side. The FB will block the playside DE. In this series Roger or Lucy motion may be automatic to the call side.

EX: 581



Ninety Series - It is our true full sprint out passing series. It has the QB running a full sprint out to the flank call with pass or run option. The FB will block to the call side.

EX: Ram 591



THE THIRD DIGIT

Point Of Attack

The third digit is the point of attack. There are nine points of attack numbered from right to left. With the exception of the two flank areas, the holes are numbered over the seven offensive linemen. The linemen are referred to by these numbers for teaching and communication. With the third digit being 1 through 4 the direction of the play is to the right, being 6 through 9 the play is to the left.



— A word following the last digit indicates a modification in the play. It could be a modification in the blocking scheme or a pass route scheme.

Normally the flow of the backs is toward the last digit. When the word “counter” follows the last digit, all the backs but the ball carrier run away from the direction of the point of attack.

STARTING CADENCE

In the “SRU Wing -T” we use a simple cadence. We can snap the ball on Sound, First Go, Second Go and Check Cadence.

Sound - The ball will be snapped on the first sound the QB makes.

First Go - The ball will be snapped on the first go.

Second Go - The ball will be snapped on the second go.

Check Cadence - The ball will be snapped on the first go after the word check.

Our cadence goes as follows: SET -sound

SET GO -first go

SET GO GO - second go

SET GO GO GO GO CHECK SET GO - check cadence.

Any audible will indicated by a two digit number of the play being changed to prior to the word “Set” of our cadence. If we are going on “Sound” we can not change the play.

The linemen will get into their stances right away. The QB will start any motions or shifts by looking in the direction of the shift or the back going in motion. We want a quick simple cadence so we shift then get ball snapped before the defense can adjust.

HUDDLE

The use of a numbering system requires that the team be given the information in an organized manner that will prevent the opposition from hearing the signals. This requires a huddle. The huddle we will use will be 8 yards from the ball, the center will call the huddle. The guards will stand next to the center with the tackles next to the guards. They will flex slightly at the knees and waist with their hands resting on their knees. They will all be looking at the QB. The FB will stand behind the center, the HB's will stand next to the FB, and the ENDS will be next to the HB's.

The QB will be in the front of the huddle facing the team. Everyone should be watching the QB for the play call. He WILL BE the ONLY one to speak in the huddle. The call will be repeated twice. When the huddle breaks we will sprint to the line and get right into our stances being ready to go at any time.

The huddle will look like this:

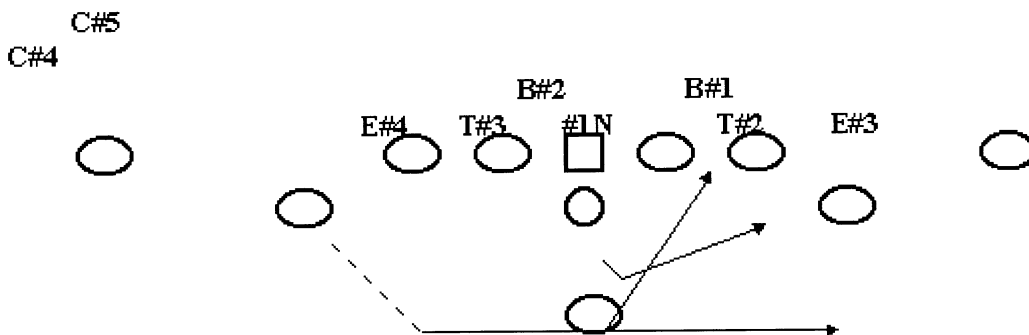
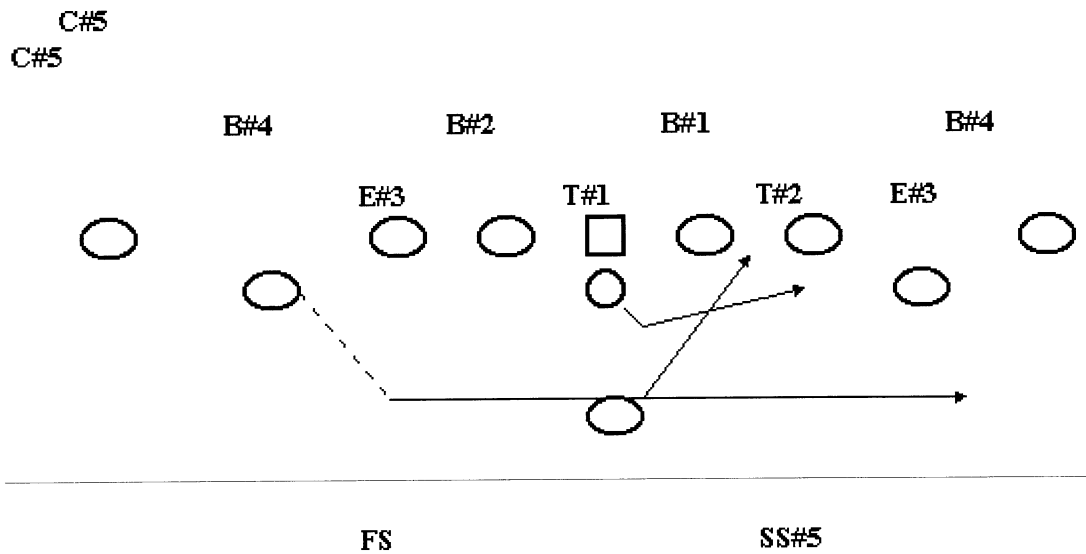
E HB FB HB E
T G C G T
QB



Numbering Of Defensive Personnel

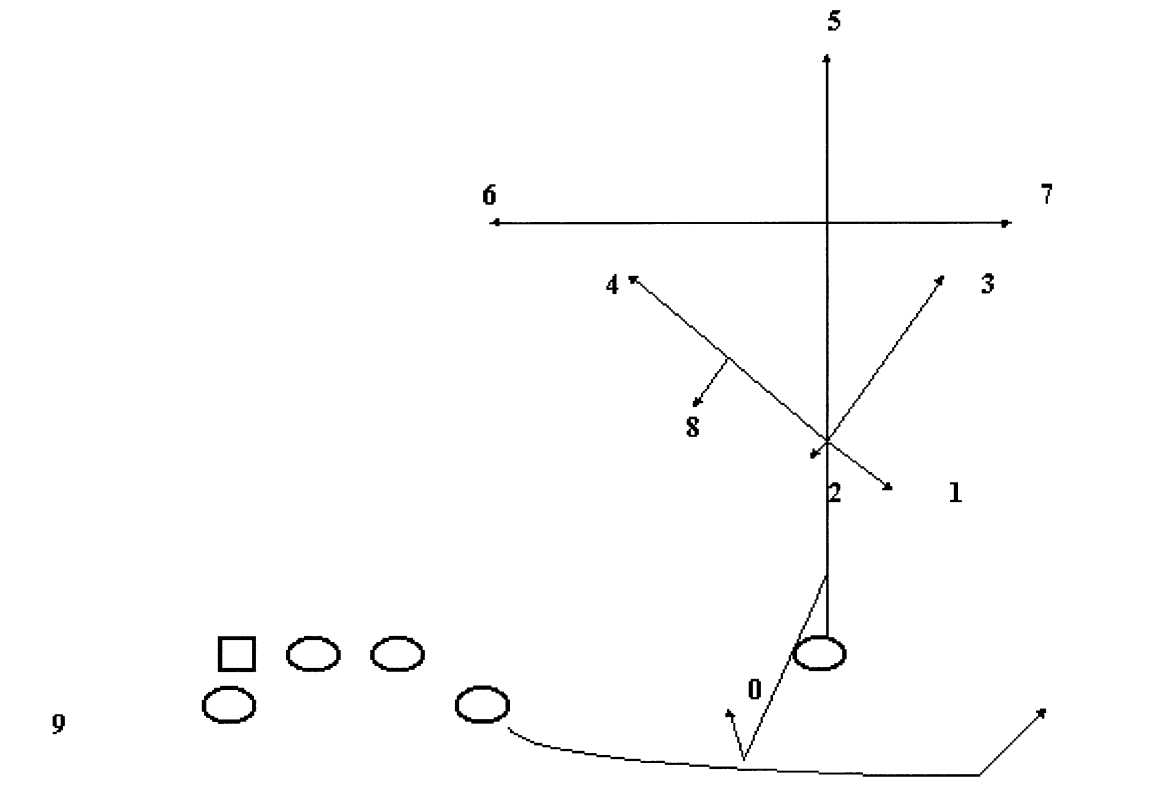
In the "SRU Wing-T" although we use rule blocking it is conducive to number the personnel defensively for teaching theory and communication. The numbering system we employ originates at the playside guard, center gap and extends through the flank. The backside originates on the center and extends back.

S



PASS PATTERNS

To keep our passing game simple we use numbers to determine the route or combination of routes.



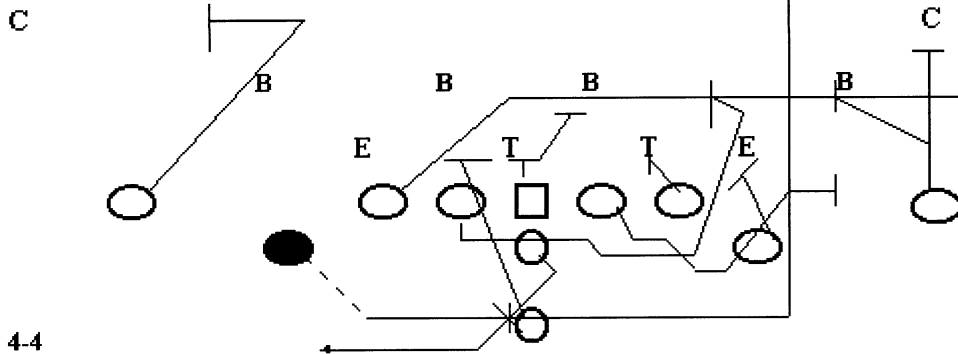
The depth of the patterns is determined by the series called. The 50 series patterns are short, breaking into cut at 5 to 7 yards.

The 70's, 80's and 90's series patterns are deeper patterns, breaking into the cuts after 10 yards.

NOTE: In our 70 and 80 series we will use words to determine combo routes.

TRAP SWEEP

S



2. 6 to 8 yds. Split - Crack -Wide split- Stalk
 3. Gap - Down - Backer
 4. Pull, kick out 1st man outside of RH's block.
 5. Reach - Away
 6. Pull, wall off
 7. Cut off
 8. Cut off
- QB - Reverse pivot, flash hand to FB, cross mid-line hand off to LH, bootleg at 9

RH - Block 1st free man inside on or off the line.

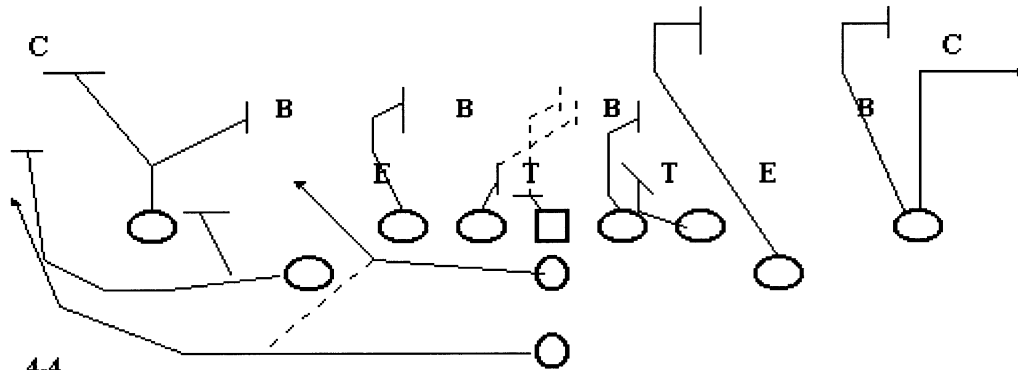
LH - Carrier: Leave in early motion, receive hand off, read 4 man's block.

FB - Dive for left foot of 5, fake 24, block anything off 6 man's tail.

Speed Option

PLAY 509
FORMATIONS ALL

S



4-4

2. Cut off - 1 cut

3. Reach

4. Reach

5. Fire - On - Backer

6. Fire - Bump lead - Gut

7. Fire - Bump lead - Gut

8. Crack # 4 - Stalk # 5

QB - Open flat, option DE, run or pitch

RH - Cut off

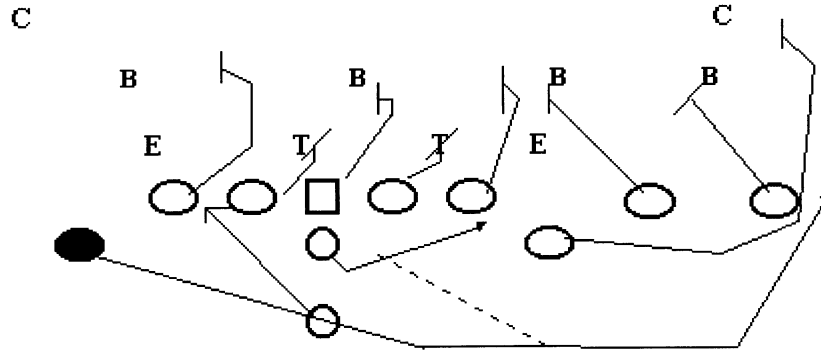
LH - Arc block # 5 - If # 4 steps up block # 4

FB - Align with toes 5 yds from ball, get in pitch path, look for pitch.

Counter Option

PLAY Rip II
FORMATIONS 500-600

S



2. Crack

3. Fire - On - Backer

4. Fire - On - Backer

5. Fire - On - Backer

6. Reach

7. Reach

8. Crack

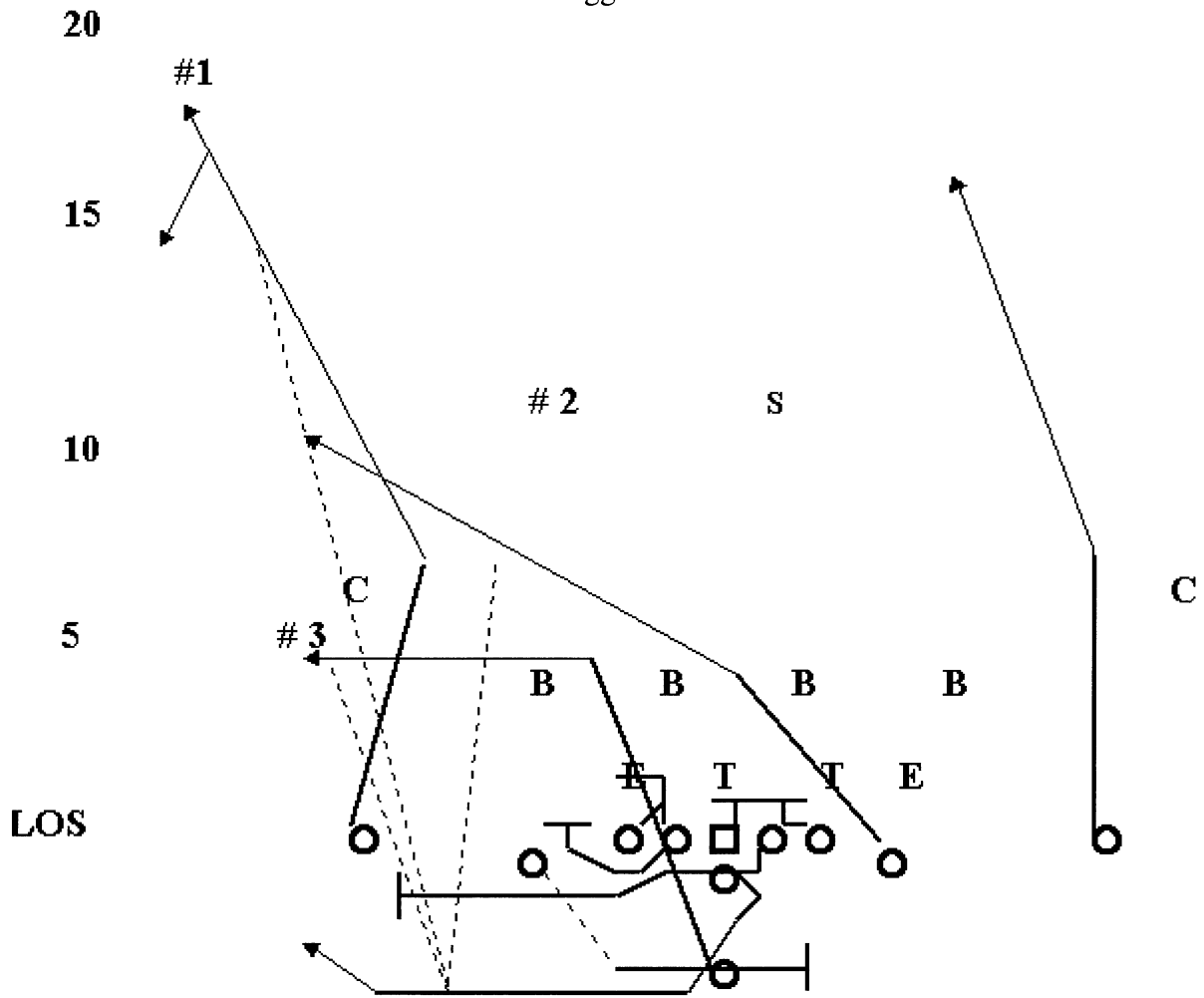
QB - Open to call side, pitch to LH early
continue down line fake option

RH - Arc block outside defender

LH - Ball carrier, leave in early motion,
get to far side of FB, look for pitch.

FB - Dive opposite call side at the outside
leg of the 6 man.

Waggle



2 - 4 Cut

- 3 - Pull check
- 4 - Pull read 6's block , block out.
- 5 - On - Area
- 6 - Pull , hook or log DE
- 7 - Gap - Down - On

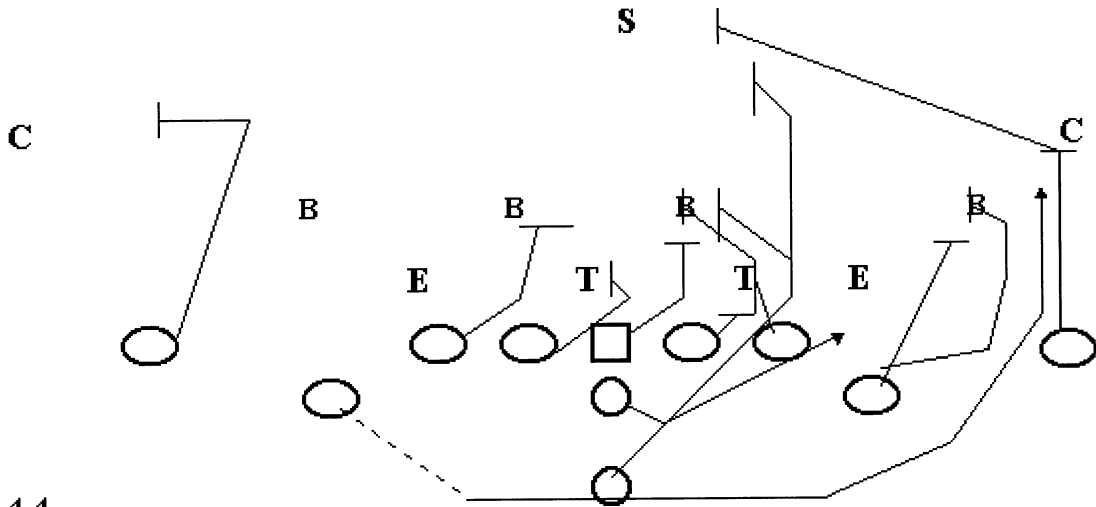
8 - 3 cut; If DB drops off break pattern off to sideline at 15 yds.

QB - Reverse pivot, fake to LH threaten flank.
Pass or run option.

RH - Drag pattern
LH - Leave in early motion, fake 21 ,block
1st man outside of 3 Block
call, block like 29.
FB - Dive for inside foot of 6, fake 24,
block area slide into flat.

Double Option

PLAY 512 Option (Double)
FORMATIONS All



4-4

2. Stalk - Crack

3. Gap - On - Fire - Bump lead

4. Gap - On - Fire

5. Fire - On - Backer

6. Reach

7. Reach

8. Cut off

QB - Open to side of call, flash ball to FB, option # 3

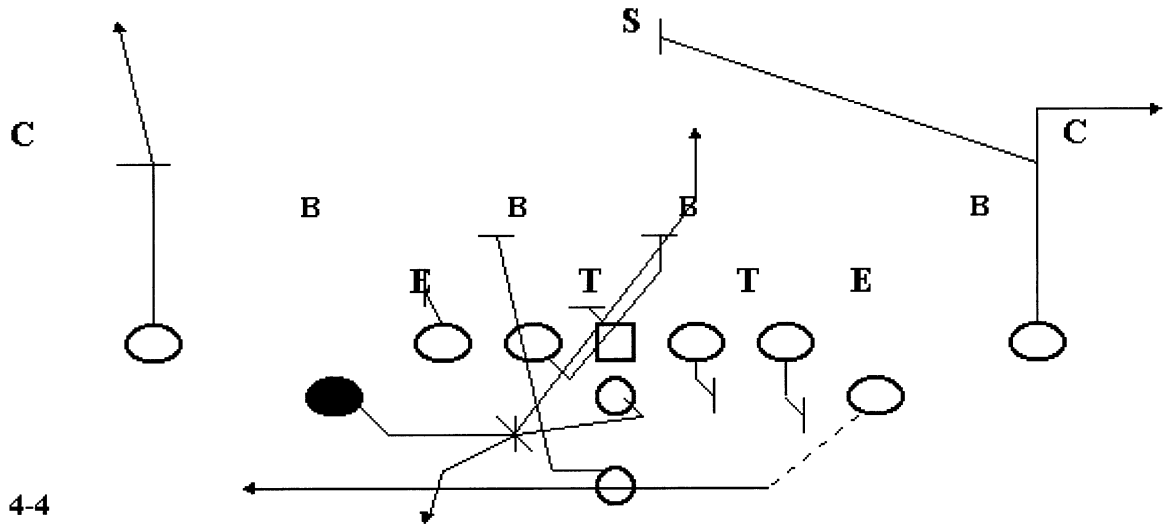
RH - Arc release, block # 4

LH - leave in early motion, get into pitch path, be ready for pitch

FB - Dive for tail of 3, block level 2 to level 3

Sally

PLAY 534 Sally
FORMATIONS ALL



2. 1 Cut - Crack

3. Pass set, Block On - Outside - Delayed to Backer

4. Pass set, Block On - Outside - Delayed to Backer

5. Pass set, Block On - Right ; may Gut backside.

6. Gap - On - Outside; may Gut vs gap player.

7. On - Outside

8. 3 Cut - Stalk

QB - Reverse pivot, hand ball off inside to LH, set up to throw outside of 7 man

RH - Leave in early motion, run at 9

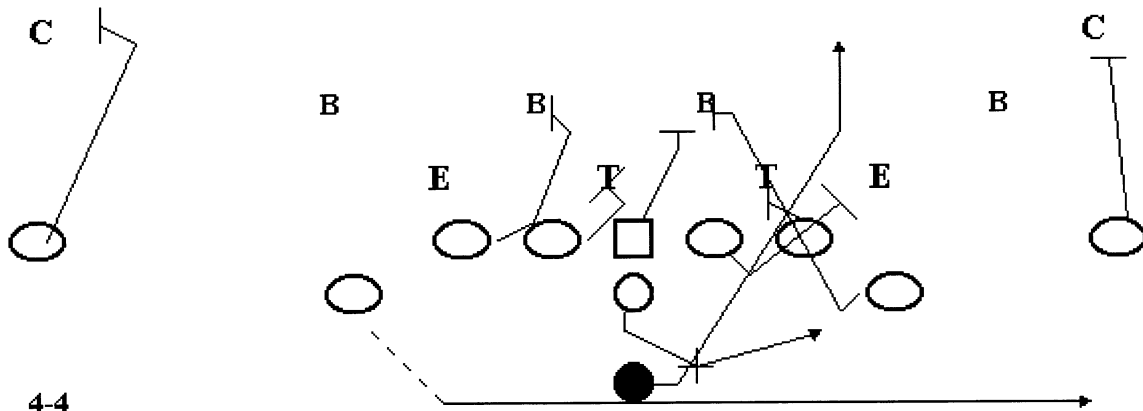
LH - Carrier ; open step to inside, receive hand off on inside of QB, read 5 man's block.

FB- Fake 47, Block Area

Belly

PLAY 543
FORMATIONS All

S



2. Stalk - Crack - 3 cut

3. Gap - Down - On - Outside

4. Gap - Pull, kick out

5. Fire - On , may Gut backside

6. Reach ; may Gut on backside vs Gap
player.

7. Reach

8. Cut off

QB - Reverse pivot, give ball to FB, continue
option fake.

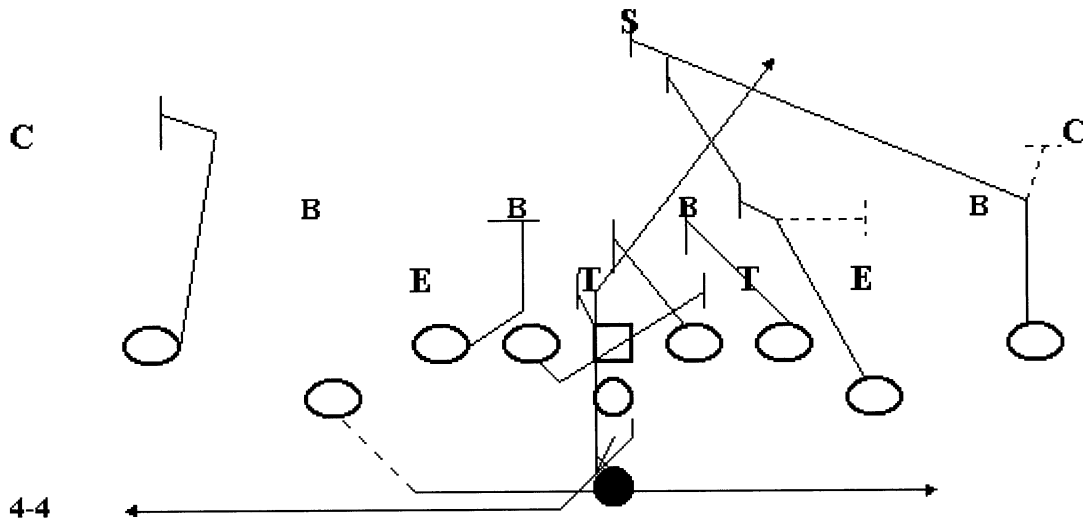
RH - Fire through hole, block Lber.

LH - Leave in early motion, fake 41

FB - Carrier: one lateral step, bend path for
inside leg of 3, receive ball, read 3's
block.

Trap

PLAY 524 Trap
FORMATIONS All



2. Tight split - Crack Wide split - Stalk

3. 1st Backer from 5

4. Lead - Backer

5. Post - Away

6. Pull, kick out 1st man on or outside of 4

7. Pull check

8. Cut off

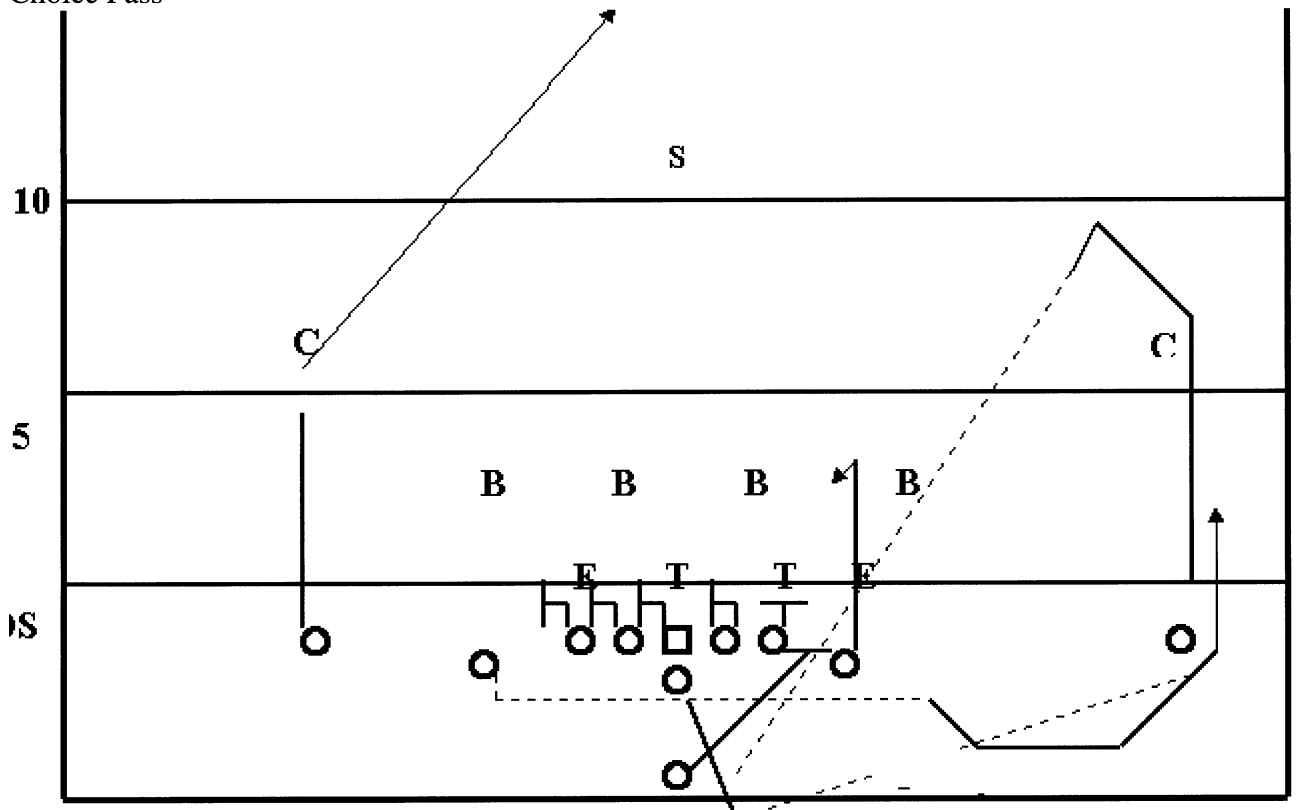
QB - Reverse pivot, get off the mid-line, give
ball to FB, bootleg at 9

RH - Fake 21 block, block level 2 to level 3

LH - leave in early motion, fake 21

FB - Carrier; dive for left foot of 5, receive ball
cut off 6's block

Choice Pass



2 - 8 cut

3 - 80 protection

4 - 80 pro

5 - 80 pro

6 - 80 pro

7 - 80 protection

8 - 4 cut

QB - Set up behind 3man, 5 to 7 step drop,
read # 4, if he goes to flat

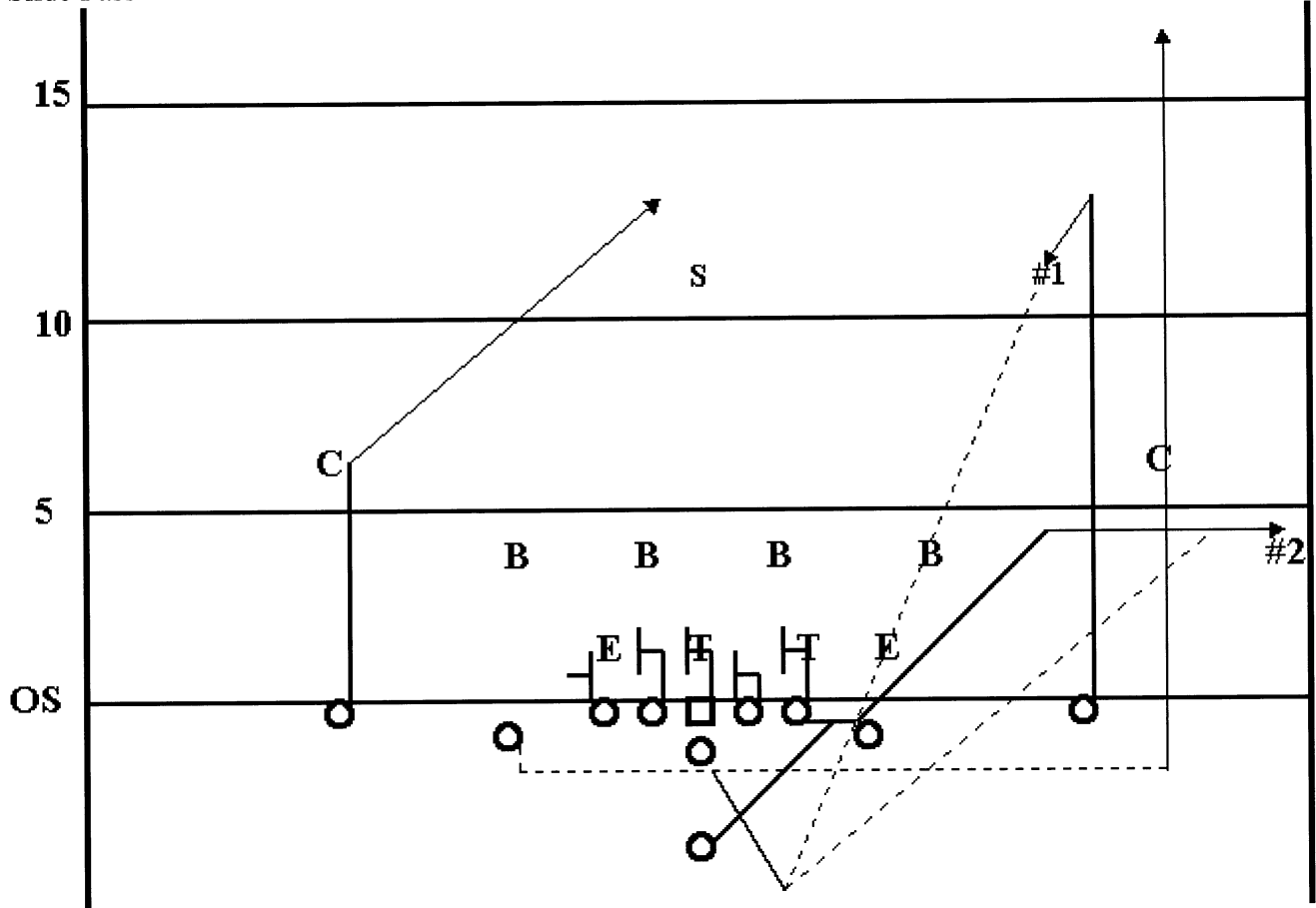
9 cut
throw to 8 cut, if he drops throw to

RH - 2 Cut at 5 to 6 yards

LH - Roger motion, 9 cut

FB - 80 protection

Slide Pass



2 - 2 cut

- 3 - 80 protection
- 4 - 80 pro
- 5 - 80 pro
- 6 - 80 pro
- 7 - 80 protection

8 - 4 cut

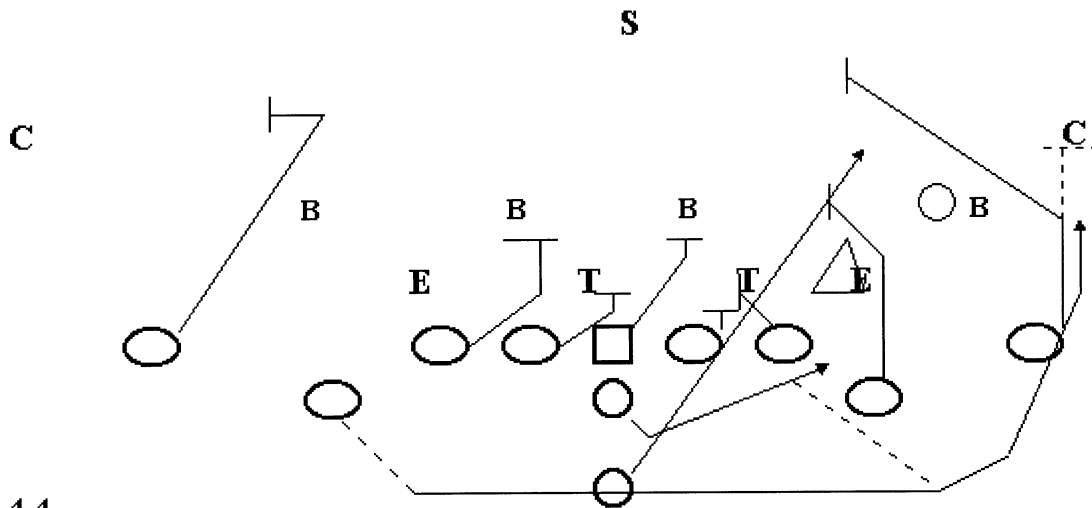
QB Set up behind 3 man, 7 step drop, read C,

look for 2 or 1 cut

- RH - 1 cut
- LH - Roger motion, 5 cut
- FB - 80 protection

Triple Option

PLAY 514 T Option (triple) FORMATIONS All



4-4

2. Crack - Stalk

3. Gap - Bump Lead

4. Gap - On - Post

5. Fire - On - Backer

6. Reach

7. Reach

8. Cut Off

QB - Open to call side, ride ball to FB, read # 3
option # 4

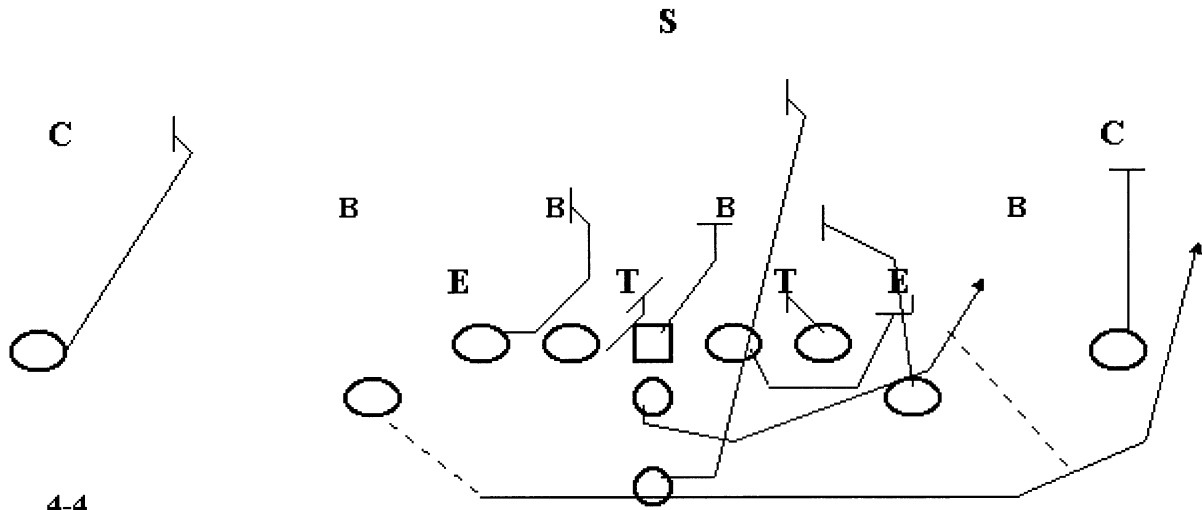
RH - Seal block to inside

LH - leave in early motion, get in pitch path, be
ready for pitch

FB - Dive for tail of 4, be ready to receive ball

Belly Option

PLAY 541
FORMATIONS All



4-4

2. Stalk

3. Gap - Down - Backer vs shade nose down to nose.

4. Pull, Log 1st man on or outside of 3

5. Fire - On - Backer

6. Reach

7. Reach

8. Cut off

QB - Reverse pivot, ride ball to FB, continue to outside, option # 4.

RH - Seal block, 1st man inside off the line.

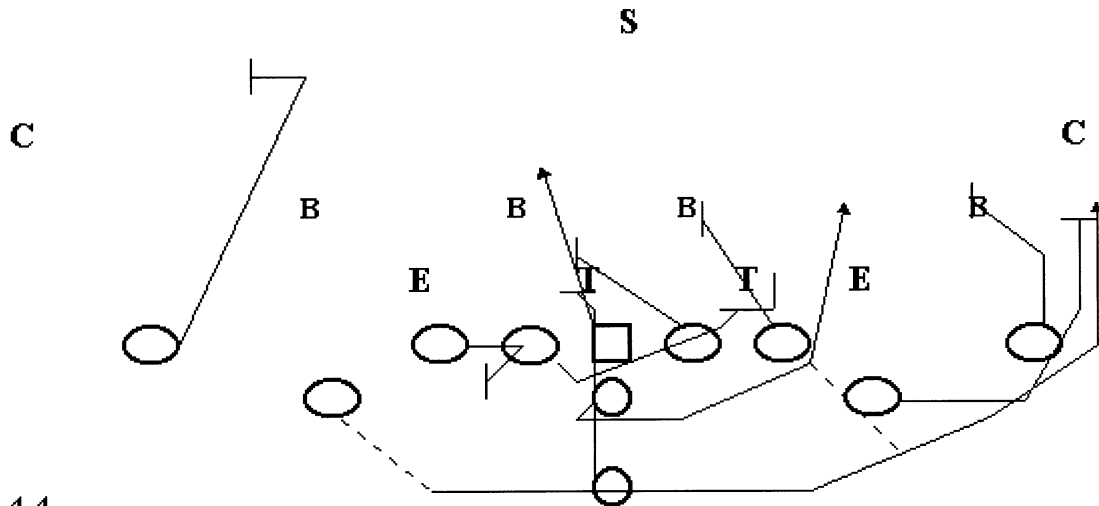
LH - Leave in early motion, get into pitch path, look for pitch.

FB - Fake 43, block LB to Safety.

Trap Option

|

**PLAY 521 Trap Option
FORMATIONS ALL**



4-4
2. Crack - Stalk

3. 1st backer from 5

4. Lead - Backer

5. Post - Away

6. Pull, log 1st man on or outside of 4, no man
there turn up block LB

7. Pull check

8. Cut off

QB - Reverse pivot, fake to FB, come all the way
around, down the line, execute option on
3

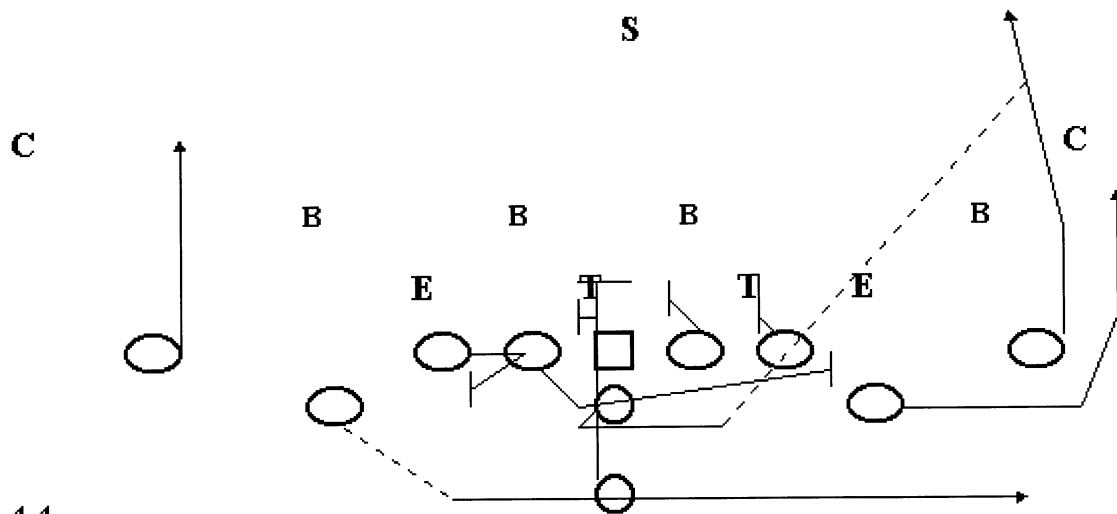
RH - Arc release, block # 5

LH - Leave in early motion, get in pitch path,
be ready for pitch

FB - Fake 24 block area

Trap Option Pass

PLAY 521 Trap option Pass FORMATIONS All



4-4

2. Skinny 4 cut

3. Gap - down - on

4. Gap - down - on

5. On - area

6. Pull, block out on 1st man outside of 3's block

7. Pull check

8. 5 cut

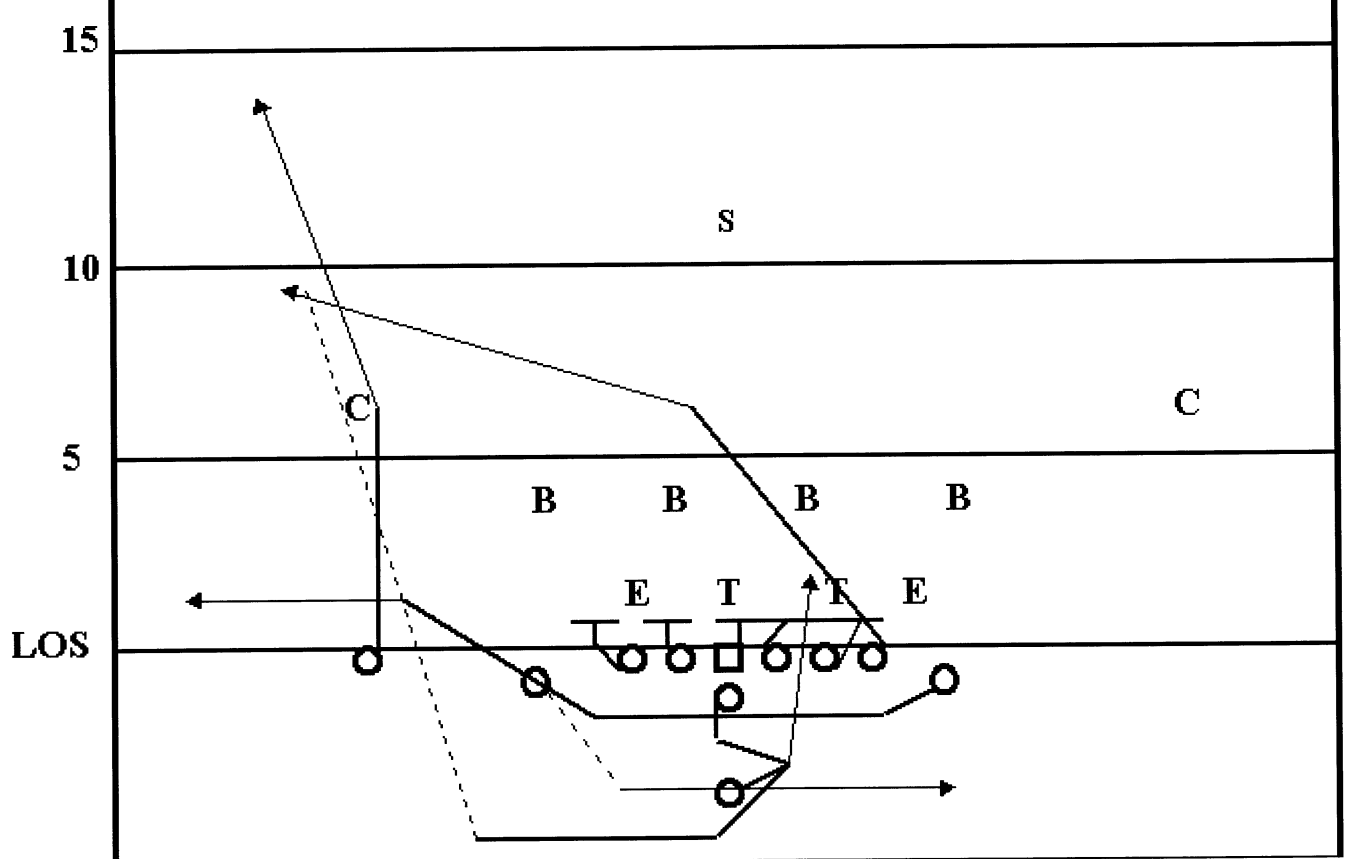
QB - reverse pivot fake to FB, come around,
down the line look to throw to SE

RH - Arc release, fake 21 Trap option

LH - Leave in early motion, fake 21 trap option

FB - Fake 24 block area

Sally Pass



2 - Crossing pattern at 10 to 12 yards

3 - Outside

4 - On - Area

5 - On - area - away

6 - Area

7 - Step outside, invite DE to inside, block

him to inside

8 - 3 cut

QB - Reverse pivot, fake 36 Sally, bootleg at

9 look for crossing

pattern

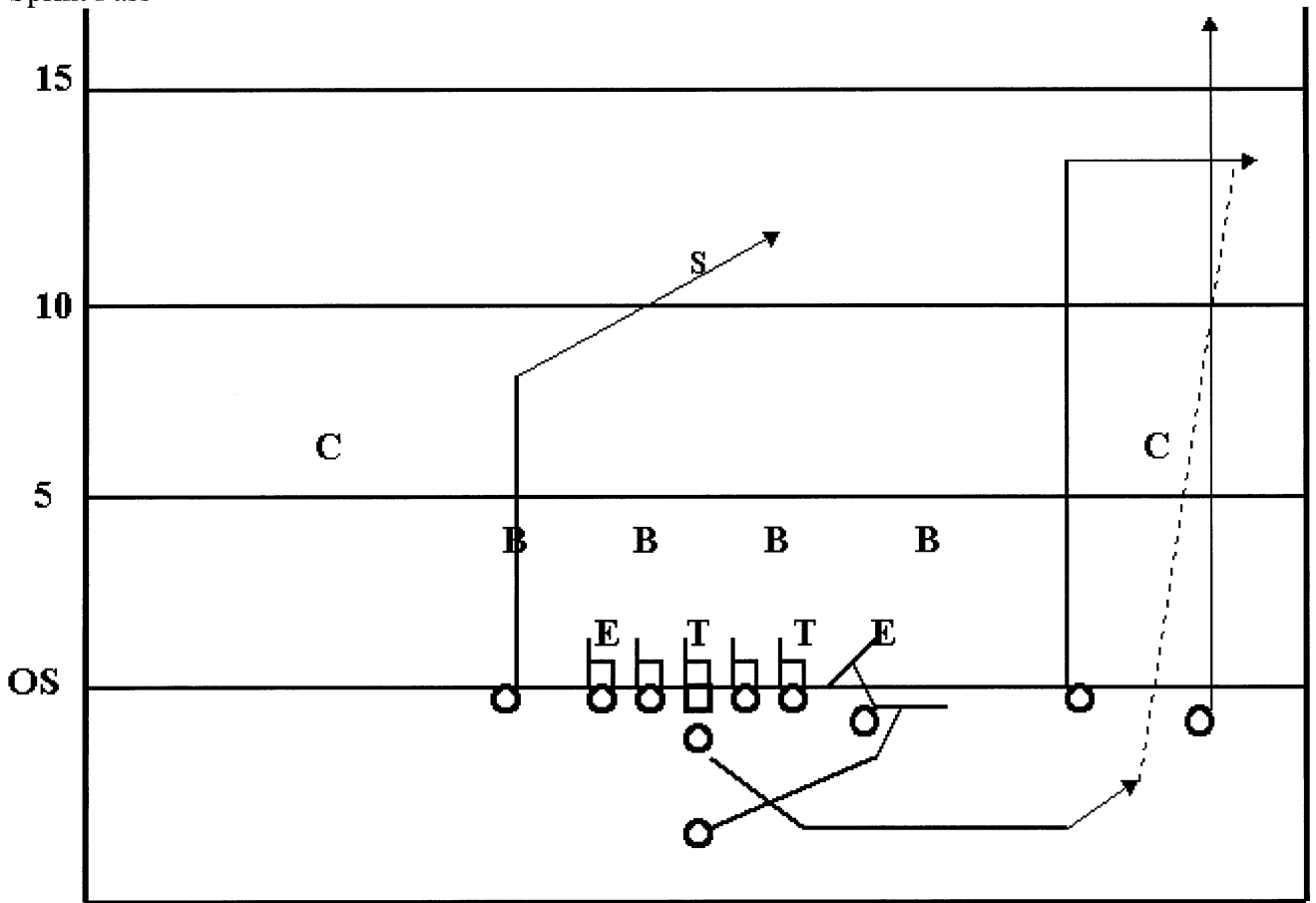
RH - Fake 36 sally, continue behind line, into

opposite flat

LH - Leave in early motion, fake 36 Sally

FB - fake 43

Sprint Pass



- 2 - 7 Cut
- 3 - 90 protection
- 4 - 90 pro
- 5 - 90 pro
- 6 - 90 pro
- 7 - 90 pro
- 8 - 5 cut
- QB - Sprint out at 1, pass - run option
- RH - Block inside on 1st man inside
- LH - 4 Cut
- FB - 90 protection