

Gregory Double Wing Playbook

Edition 1

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Chapter 1 – The Philosophy of the System

My double-wing system is a different from the classic Wyatt or Markham systems. I have worked on tailoring this offense for kids and feel that the system itself is pretty easy for kids to not only understand but to execute as well. I have also found that the double-wing is easily adaptable to any type of youth league whether it is weight restricted or backfield/line restricted. This playbook is a conglomeration of lessons learned while running the double wing for six seasons at the youth level. I have taken these lessons learned from the last six seasons running the system, watching our lower level teams run it, and listening to other coaches that run the system and tried to correlate this into one effective system that any of our coaches could apply to their team and have success with it. Our main emphasis is always on the fundamentals first; stance, breakdown stance, explosion, blocking, handing the ball off (or tossing), running with the ball, faking, passing, and catching. All of these are important for an offense to be successful and has to be reinforced at each practice.

Some Key Points to our System:

- 1) We want to run the ball using power and deception. We do this with our core plays out of various formations to take advantage of what the defense is showing us. We excel in these three plays as they allow us to branch out to other plays that feed off of the base system.
- 2) We will use misdirection, play action passing, and a perimeter passing game to attack defenses that over pursue or over defend our base offense.
- 3) Keep our system simple and try to paint a mental picture for our players to follow as we teach each formation, scheme, and play to them.
- 4) We use Severe Angle Blocking vice the classic double team systems of GOA, GOD, or GOL and the Markham/Valloton Odd/Even system.

The Base Offense:

- 1) To tailor our offense for young players we base it on three core plays from which we derive our complete offensive playbook, the BB Wedge, the Super Power, and the CB Counter. We utilize numerous variances from these core plays to counter the defensive reaction.
- 2) At the youth level it is very important that you have a play that you can always go to that will sustain the drive. When a coach first starts installing this offensive system the first play to master is the BB Wedge as it will get you through the lean times while the team learns the nuances of the other two plays. As they master the other two plays and become more proficient with this system their dependence on the wedge decreases but is not eliminated. The Wedge provides you with the ability to settle your offense and drive down the field as they gain confidence in themselves if something goes wrong or you need to calm the team down.
- 3) Wedge is a simple teamwork play that is a portion of our power offense. It is based on the old single wing wedge. In our system we always have the center be the focus of the wedge unless we are in one particular formation and then it goes to the play side guard. Either way this play is about your line working as one unit driving one or two guys off the ball as the running back gets in behind the wedge. There are many ways to run this play and we have several variations that we use.
- 4) The Superpower is the other portion of our power running game. Where the wedge is power in the middle the Super Power is our power play at the edge of the offense or

- the classic off tackle hole. We have several ways to adapt this play to the defense that is being run at us; this allows us to run our base offense even while the defense adjusts to stop it.
- 5) The counter play is our main misdirection play against the defense when they start to over react to the super power/power. We have other misdirection plays but this play is the heart of our misdirection and it allows us to attack a defense that is looking to stop or super power/power with over pursuit from the backside.
 - 6) The double wing uses all of these approaches to good effect to create an offense that couples power, misdirection, and good play-action passing game into one system that creates as much confusion in the defensive backfield as possible. The play action pass must be off actions the defense will see a lot and you are going to be successful at. So we use actions off the wedge, super power/power, and counter to force the defense to defend run as we pass. This reduces the pressure on the passer and receiver and allows us the cushion we need to succeed at completing the passes we throw.
 - 7) The key to this offense is to know what the defense is doing and then attack it with the understanding of what will work against it.

Offensive Goal for Success:

My main goal is to control the ball and control the clock while scoring more points than the opposition. I do not consider my offense successful if I score a touchdown in one or two plays and then allow my opponent to score in a few plays. I want to push the ball down the field while running the clock out and wearing the defense out. That doesn't mean I won't score from anywhere on the field if I see the opportunity. It simply means I want to maximize the amount of time my offense is on the field. I like to see the offense get five to ten plays each series.

I consider this offense a four down offense and in most situations we will gear our strategy towards the use of all four downs in achieving a first down and driving the ball down the field. This lends to my strategy of ball and clock control as well. We keep our strategy simple; if we are having success running a play to a side we will keep running that play until the defense stops it. We will use our counters and playaction passing to attack a defense that over adjusts or over pursues against a play.

Anytime my offense gets past our twenty-yard line I consider us in four down territory. This gives us a cushion in achieving the yardage we need to get a first down. If you only have three downs that means you need 3.4 yards a down to achieve a first down in three downs while in four downs you only need 2.5 yards a down. If I am under my twenty-yard line then we are in a three down situation and I will consider quick kicking on either the second or third down to take advantage of the defense not being prepared for it.

Each year I set specific goals for our offense based on these criteria:

- 1) Talent level of our team (both physical and mental ability)
- 2) Talent level of our opposition
- 3) Coaching Staff Support & Parent Support
- 4) Attendance of key and support players (health, external functions)
- 5) Amount of Minimum Play Players

I set the goals for both short term, long term, and end of season. I do this by using a simple system:

I ask myself this question every time I set a goal for my team:

S.M.A.R.T =

Specific (is it specific and straight forward)

Measurable (can we measure the success of this goal)

Achievable (can we achieve our goal based on the above criteria)

Realistic (is it a realistic goal for our team in its current and possible future condition)

Time Specific (define short term as week to week or a game, I define long term as 3 to 4 weeks or 3 to 4 games, and I define end of season as by the last game played.

Tactics of the Double Wing

To reiterate once more the primary focus of our philosophy is three base plays; the wedge, super power, and counter. These plays form the nucleus of our offense and we must be able to attack any team any where on the field with these three plays. The wedge and the super power form the power attack while the counter is the misdirection attack of our base offense. With these three plays you can begin to develop your preference of offense. I prefer misdirection enhanced by power but with that being said I will run a play until a defense shows me that they can stop it.

Note: It is essential that teams get good at the base offense first. Younger teams and teams new to the double wing should invest the time at getting good at the wedge as it will give them a simple power play while they refine the super power and counter.

When deciding how to first attack a defense look at two places; the middle of the defense for the wedge and the defensive ends for the super power. The linebackers and defensive backfield is the key to the counters; if they over pursue to the super power and over load on the wedge than they can be attacked with misdirection. If they play disciplined run defense than the play-action pass is the best way to misdirect the defense.

Questions to ask yourself:

- 1) Can I wedge the middle of the defense? Is the center overloaded if so can you wedge at the guard in an unbalanced formation?
- 2) What technique is the end man on the line of scrimmage (EMLOS) playing? Boxing? Reading/Slow playing? Pinching? or Sliding? Can he be kicked out effectively? Or does he have to be logged?
- 3) What formations will give our base offense the best advantage attacking this defense using our base plays? Can we widen the defense and run our base plays? Do we stay in compressed formations since they are defending the sweep and/or pass? Do we use a loose set to isolate a playside linebacker and then have the slot/wingback crack to the inside?
- 4) Does the defense over pursue or over commit to the super power and wedge? If so they can be countered or misdirected.
- 5) Does the defense play strict run assignment defense? If so the play-action pass is the best way to attack since it puts them in position of having to make a choice.
- 6) Is the defense over playing the outside run and the base running game? If so we can attack with a perimeter passing game.

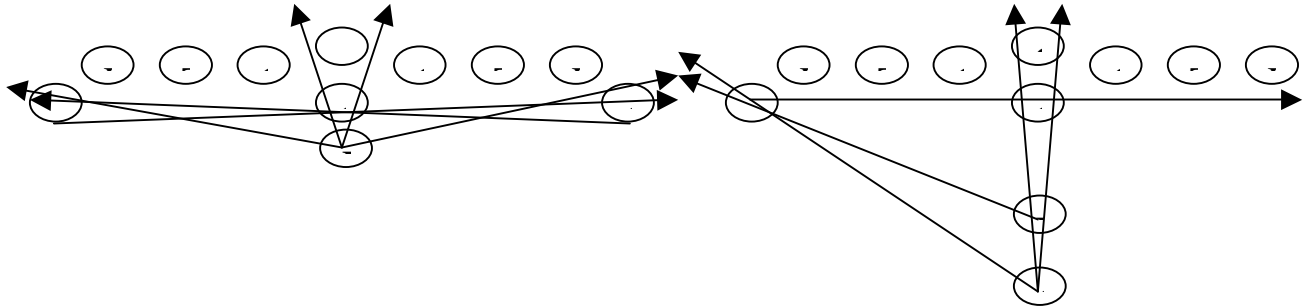
Note: At the younger ages question 3), 5), and 6) should be avoided are simplified. At the younger age groups less formations is more effective unless you have the time to prepare your team for using them and lining them up correctly. At the younger age groups (6 to 9) a passing game is really not needed to be effective but if you can work on making one play-action pass effective it can open your offense up dramatically.

Note: This offense is a four back offense and it becomes more effective if you get your QB fully involved in the running game. You can do this in a variety of ways. By simply calling keeps on the super powers you create some playside misdirection. You can call QB wedges off the Buck and SP action as well. The best way to do it is get him moving outside with a run/pass option like Buck Waggle or SP Flood passes.

An explanation of Lines of Force in the Running Attack

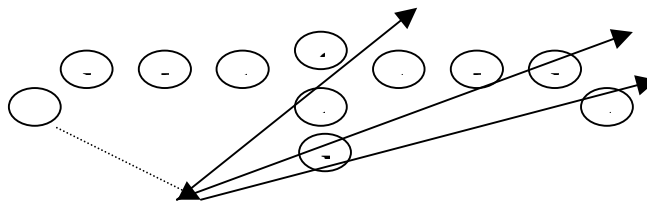
One of the major reasons this offense works well is due to the different lines of force it creates compared to some of the other offensive systems used at our level. Looking into the backfield and drawing a line between any two or three backs creates a line of force at the LOS. A line of force can be defined as the strongest point of attack an offense has due to the power that can be placed directly at the LOS/gap by the offensive formation via two or more backs hitting that hole/gap. This is one reason that the Wing-T, Single Wing and the Double Wing are so effective. They create multiple lines of force and allow the offense to attack with strength at the defense.

An example of this using the standard I-wing and the Double-wing will explain what I mean.



Looking at these two formations the I-Wing formation has five lines of force two of those being with three backs right up the middle. The one problem with this formation is that it does not have a balance lines of force and this reduces its ability to be an effective misdirection offense and has a limited power attack. It also places its major lines of force at the strength of the defense. Look at the Tight formation of the Double-wing it has six lines of force balanced through out the formation. It also has two major lines of force but they are directed at the D gaps instead of the A gaps which means the main focus of this formation is pointed at the main weakness of most defenses. It also has one additional line of force compared to the I-Wing formation due to the balanced attack.

By using motion we can also alter the lines of force to point at the C gap or the B gap as well. Of course the I-wing can do this as well but not as effectively and not to both sides.



By using our Rip and Liz motion we can alter the lines of force to take advantage of what the defense is not protecting.

(Thanks to Coach Clark Wilkins (aka Dum Coach) for explaining his Lines of Force theory in football.)

Explanation of Misdirection

When we say misdirection football what we are talking about is forcing the defense to react to one look while we do something else. Sounds generic but I did this for a reason. I personally think there are different forms of misdirection and having a good understanding of the different types and how to use them can only make you a better coach in my opinion.

- 1) Immediate Misdirection – The offense at the snap of the ball executes several actions in the backfield (normally going in different directions or changing directions in mid step) forcing the defense to commit early to protecting their area of responsibility and isolating the area, gap, and defender that they are actually attacking. Several examples of this are: a cross buck action out of a split backfield, the spinner series out of Single Wing, and the buck lateral out of the single wing. Each of these forces the defense to immediately respond and attack.
- 2) Developing Misdirection – The offense runs a base play forcing the defense to respond to that action and then counters off that action. A good example is the Criss-Cross of the Wing-T, the lead-draw of the I formation, and the infamous double wing counter. Each forces the defense to sit and wait while the base play develops which in turn forces the defenders at the point of attack to stop the base play by themselves as the rest of the defenders sit reading the counter off that action.
- 3) Play action passing game – Yes this is a form of misdirection. You are faking a run action and forcing the defense to respond to that run-action all the while attempting to throw behind the defense or to the perimeter of the defense.

Chapter 2 Terms

A-Back – Left Wing Back; normally your most dependable power running back

B-Back – Full back; best blocking back, tough, mean, hard pounding inside runner

C – Back – Right Wing Back; normally your fastest running back We call him our Counter-back.

Center – the offensive lineman snapping the ball.

Counter - Wingback opposite of motion gets the ball with an INSIDE handoff. This is also our blocking scheme for counter as well. Backside guard kicks out the EMLOS while the playside severe down blocks.

EMLOS – End Man on Line Of Scrimmage.

End – the last man on the line of scrimmage on each side of the ball.

Guard – the offensive lineman lined up each side of the center.

Inside Handoff – The wingback receives the ball from the QB while in between the LOS and the QB. Used in a counter play.

Keep – The QB follows his same path but KEEPS the ball and becomes the runner as the primary ball carrier fakes.

Lead – B-back leads into the hole and blocks first linebacker he comes to.

LOF – Line of Force; the imaginary line created when you take two or more backs and line them up in a manner that points them to the area you plan to run at.

LOS - Line of Scrimmage; the imaginary line that runs down the width of the field to indicate the placement of the ball.

Motion – Movement of one player who is not on the LOS after the other members of the offense are set. He may continue his motion during the snap of the ball but must not simulate the snap of the ball or head towards the LOS.

Motion-Back – This is our version of A-back. He always carries out WB motion and is the primary play called ball carrier.

Outside Handoff – The QB hands off the ball to the wingback as he goes away from the LOS and under or behind the QB and not inside the QB. Used in a Reverse play.

Power - This is our basic blocking and running scheme. The playside severe down block while the backside reaches hard to playside to seal off leakage.

Tackle – the offensive lineman lined up on the outside of the guards.

Tight End – the End lined up to the outside of the tackle or near the tackle.

Trap – Blocking scheme where the Back Side Guard (BSG) pulls and kicks out the first defender on the opposite side of the center. The Playside Tackle and End if there release and seals the first linebacker to the inside. Primary ball carrier is motion wingback.

Reverse – Uses an outside handoff and is run just like counter except the backside guard logs the EMLOS instead of kicking out.

SAB – Severe Angle Blocking. This along with Wedge blocking are our primary blocking schemes.

Shifting – Movement of one or more players for the offense sets. All players must come to rest and not move for one second before the ball is snapped or any motion occurs.

Slot – The Wing back who moves out to 8 yards in a receiver stance.

Snap Count – GO – READYYYYYY-HIT is our snap count. We can add additional hits by saying on two or three.

Split End – the End lined up away from the tackle or split away from the line.

Super - Tells QB to spin out as he tosses and seal the run force (CB).

Sweep – Tells all pulling lineman and BB to log block and PSWB to reach block.

Wedge – A form of blocking that has the offensive line collapse onto one defender, normally a nose tackle or defensive guard while forming a wedge that drives him back as if forms a

pocket in the defense for the BB to run through. This is the only call that tells the BB he is getting the ball.

Wingback – The back lined up to the outside of the tight end or the offensive tackle and tilted inside in a two-point stance. The actual term for wing back is a player off the line of scrimmage and on the outside of a tight end but in our system it applies to player off the line of scrimmage and near the last lineman on his side.

Chapter 3 Formations and Motions

Formations

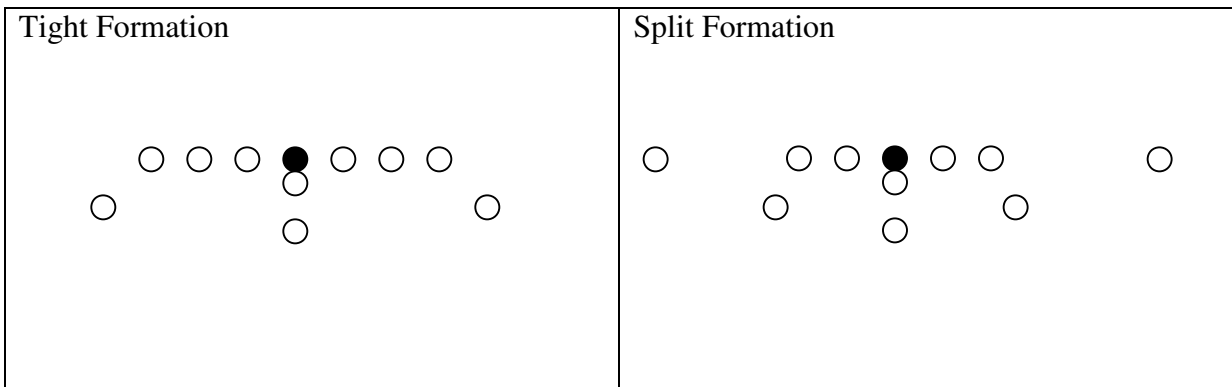
We use a balanced and symmetrical approach to our formations. Balanced meaning there are an even amount of players on each side of the center (5.5 on each side) and symmetrical meaning that both sides of the center are mirrored. The reason for being balanced is two fold really; one it allows us to easily see what a defense is doing as far as formation and coverage, two it means the defense must align on us balanced are they will have a weakside giving us an advantage in numbers on one side. Both of these means we are dictating to the defense what they will do and whenever you can force a defense into doing what you want you have already begun to win the game. We also use non-symmetrical formations as well to move defenders around so that we can attack them more effectively. We also use unbalanced and nonsymmetrical looks as well as a change up to our balanced/symmetrical look. This allows us to overload a side or isolate a defender while still achieving a balanced attack on one side.

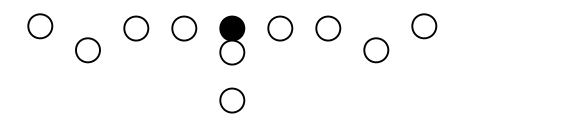
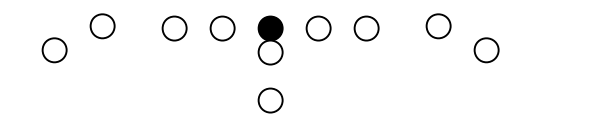
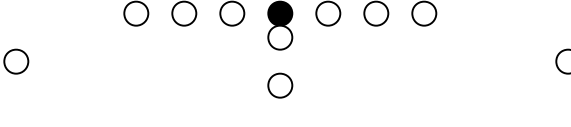
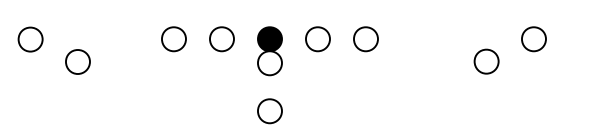
In our offensive system we use a set of formations that have the ability to adjust the defense into the look that we want so that we can most effectively attack it. We do this by moving the ends and wingbacks into different looks that force the defense to adjust or leave a player open. Our base formation is the Tight formation and it is how we derive are base attack and what we will use to base our formation adjustments on. We also have some basic formations that we adjust to as well.

We change our formations before we change our blocking. If we can alter a defensive front in a way that it is not used to playing then we have the advantage.

BASIC FORMATIONS

These formations provide us with the nucleus of our ability to morph into different looks. We do this take for several reasons. One it gives us the ability to move defenders away from our attack point. Secondly it gives us the ability to attack defenders in a different way but still use our same rules. A good example of this is going from a tight to split so that the SE can crack block inside and extend the CB outside allowing us to open the hole



<p>Slot Formation</p> 	<p>Nasty Formation (TE splits 1 yard)</p> 
<p>Pro Formation</p> 	<p>Loose Formation</p> 

Tight formation – Base formation; zero to six inch line splits, tight end on each side, wingback in two point stance facing inwards at a 45 degree angle, QB under center, BB two feet behind the QB in a three point stance. Called Tight due to a tight end being on each side of the formation. Balanced/Symmetrical

Split formation – same as the tight formation but the ends split out 8 to 10 yards and the wingbacks move in near the tackles. We use this formation to isolate the cornerbacks are move them away from our base running game. This leaves the defensive end and outside linebacker alone with no run support from the cornerback against our base attack. Called Split due to a split end being on each side of the formation. Balanced/Symmetrical.

Slot formation – same as the tight formation but the ends and wingbacks exchange positions creating a nasty type split that the DE must respect. We use this formation to pry a hole open. Called slot due to the end moving outside and the wingback moving inside as a slot back. Balanced /Symmetrical.

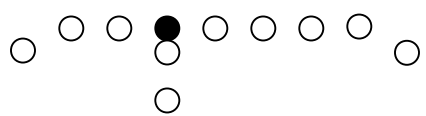
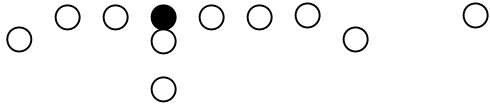
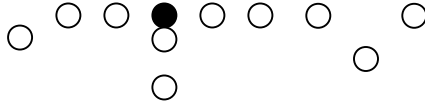
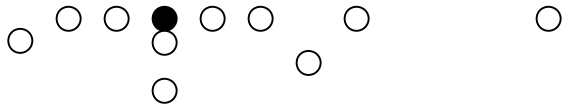
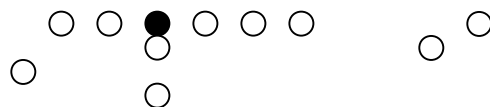
Nasty formation – same as the tight but the tight end and the wing back split out to 1 yard creating a nasty split. This is another way of prying open a C gap hole for us. Called nasty because the TE and WB perform nasty split. Balanced/Symmetrical.

Loose formation – this is a spread formation with a split end 10 yards out and a slot receiver 8 yard out and one step back off the LOS. This formation is used to widen a defense out horizontally and to create isolation on the defenders covering the split ends and slots. It is a balanced/ symmetrical formation. Called Loose because it is the opposite of the tight formation.

Pro formation – the same as tight formation except the wingbacks are split out 8 to 10 yards. This allows us to get a superior athlete on the perimeter. It is a balanced/symmetrical formation.

UNBALANCED FORMATIONS

These formations allow us to take advantage of an opponent that does not adapt to unbalanced formations or allows bubbles to be created in their defense.

<p>Double Rt Formation (Lt)</p> 	<p>Over Rt Formation (Lt)</p> 
<p>Double Slot Rt Formation (Lt)</p> 	<p>Over Slot Rt Formation (Lt)</p> 
<p>Wide Rt Formations (Lt)</p> 	

Double Right formation – this is nothing more than a tight formation with the left tight end moving over to the outside tight end position on the right side. Giving you an unbalanced /non symmetrical look that appears symmetrical if the defense is not paying attention to the player count on each side. We use this to create an overload or a bubble on the strong side of the offense and to force an overload so that we can attack the backside with misdirection. Called Double Right because we doubled the tight ends on the right side by moving one over. Unbalanced/Non-Symmetrical (appears symmetrical).

Double Slot Right formation – this is a double tight with a wingback in between the double tight ends. It allows us to overload the strong side and create a bubble at the C gap. It is Unbalanced/Non-Symmetrical.

Over Right formation – this formation has a split end out 8 to 10 yards (backside end) and a wingback and a tight end on one side forcing the cornerback to extend out and cover the split

end. This is an unbalanced/non-symmetrical formation that offers a split side look on the backside without a receiver. Call Over Right because the back side tight end is Over on the other side as a split end.

Over Slot Right formation - this formation is an overloaded slot on the strong side. It forces the cornerback to move out and it widens the C gap hole. It is an unbalanced/non-symmetrical. Called Over Slot due to the over end and the slot wing back.

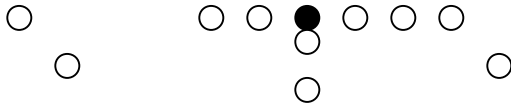
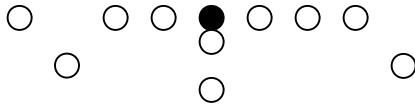
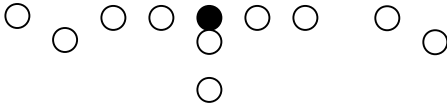
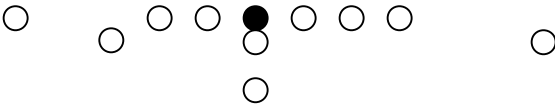
Wide Right formation – is an unbalanced loose formation with a TE on that same side of the loose look. This gives us the ability to run super powers to a TE side with the loose look. Called Wide due to the Loose look and the TE on one side.

Using our base formations to get multiple looks

If you look at are six basic formations all of these formations are balanced and symmetrical allowing us to instantly see if a defense is playing us balanced and symmetrical. If not we know that the defense is giving us a weak side. With that being said there are times when you want to give the defense a different look on each side to take advantage of weaknesses or remove problems that defense is presenting. We do this by simply using our basic looks in combination with each other. The TIGHT formation is our base formation so if we want to only alter one side then we simply call that side and everyone knows that the other side is TIGHT.

An example is if we call SPLIT LEFT. The formation is Tight right, Split left which allows us to extend a defense out on the left side and still keep our compressed look on the right side.

We can also alter both sides by simply calling both sides of the formation. SPLIT LEFT – SLOT RIGHT. This gives us a split look on the left side and a slot look on the right side. Using these six formations like this gives us a multitude of different looks to throw at the defense but still use our base offense and corps plays.

<p>Loose Left formation</p> 	<p>Slot Left formation</p> 
<p>Nasty Right Slot Left Formation</p> 	<p>Pro Right Split Left</p> 

Drilling your team and how they can learn formations quickly -

An important point to note about teaching our plays in multiple formations is the offense is c only six basic looks and four unbalanced looks. Now I would not try to teach every possible formation. Instead I pick three or four basic formations and one or two unbalanced formations as well. I then begin teaching the basic looks and then how to go to a tight look on one side and an other looks on the opposite side. I then show them how to create multiple looks from those basic looks.

Flash Card Drill – Half Circle – Create flash cards of the basic formations, tight formation on one side and basic formations on the other side, different looks on each side, unbalanced formations. Start with just the basic formations and the tight side formations. Run through the cards a few times quizzing the team and then each player.

Get In It!!! Drill – 11 players – start from a huddle – Get them in a Tight formation and then go to each basic formation going back to tight between each one. Then start calling the basic look to each side going back to tight in between each one. You can then do unbalanced and multiple looks as well.

Formation Tags and Alternate Formations

The Double Wing was originally conceived by Don Markham while running the I at the youth level. He the began to perfect this offense by going to one and then two wings and thus was the beginnings of the Double Wing as we know it. The beauty of this philosophy is that it can be applied to a multitude of formations and systems.

I am not an I formation fan and I prefer not to use it as it does not afford me any advantages that I perceive as reliable. Instead I would rather use alternatives do the basic formation system above.

TAGS –

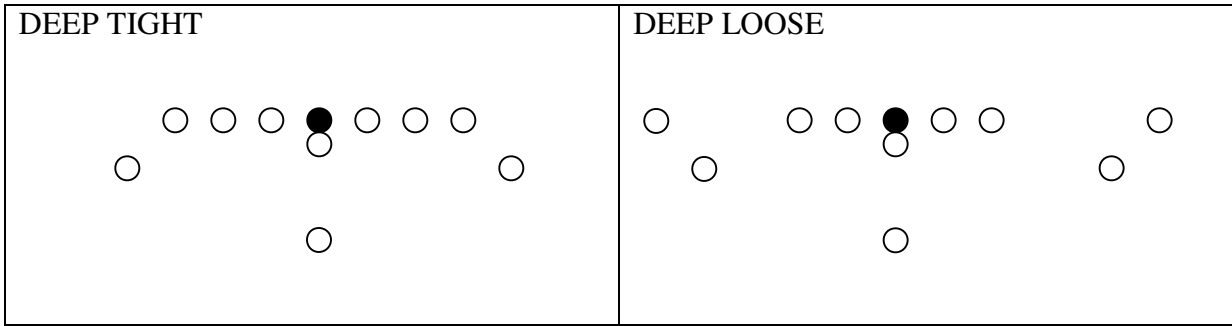
The first thing we can do is TAG our formation with an adjustment to take advantage of a defense or enhance a particular formation against a defense.

These tags, as discussed above, are prefix of the formation and tells a back to adjust accordingly.

B-Back TAGS

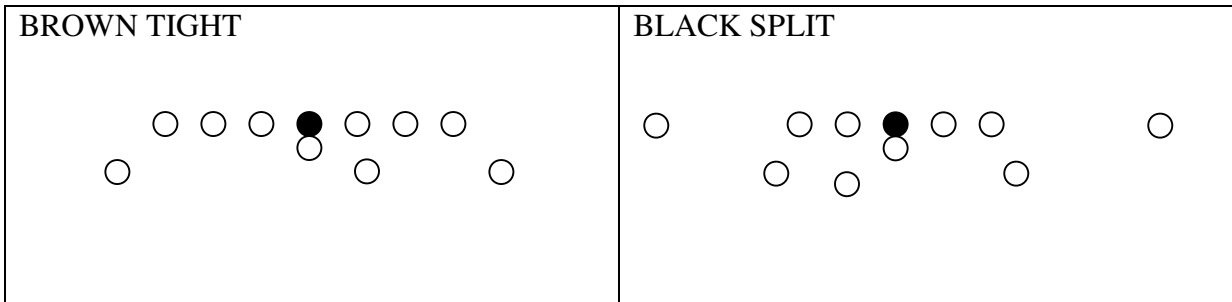
DEEP – this tag tells the B-back to align 5 yards deep instead of directly behind the QB. This allows us to use him in the power running game and run uphill at the gaps. Can be used to enhance a good runner at the B-back spot.

EXAMPLE – DEEP TIGHT or DEEP LOOSE



BLACK/BROWN – this tag tells the B-back to move laterally to the left (BLACK) or right (BROWN) behind the guard. This allows us to move our B-back closer to his kick out target or get him closer to the perimeter and use him in the passing game. It also enhances ability to move back to the backside on misdirection plays like trap or counter and hides him better on leads to the back side as well and gets him in the hole faster on play side leads.

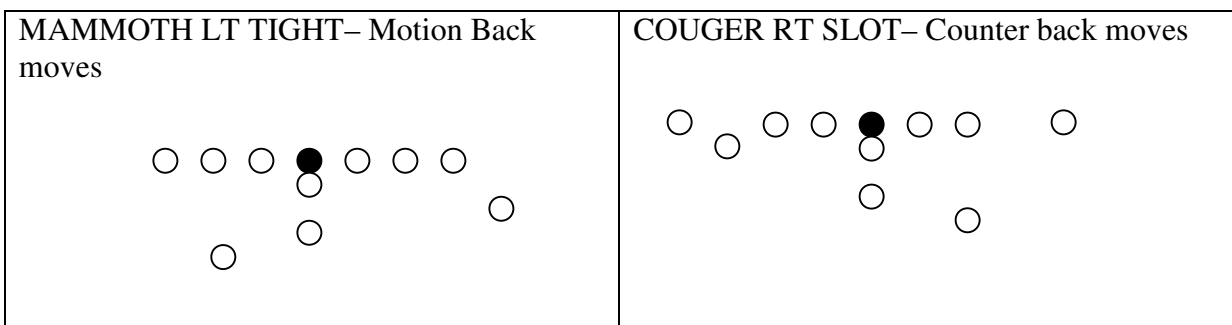
EXAMPLE – BROWN TIGHT or BLACK SPLIT



Wing Back Tags –

These tags allow us to move our wing back into different areas and run our same offense.

MAMMOTH/COUGER – this tells whatever wingback called to move to 2 yards behind the tackle. You must indicate the side with this call as the MB and CB can be on either side. Although the MB is basically on the right and the CB is on the left.



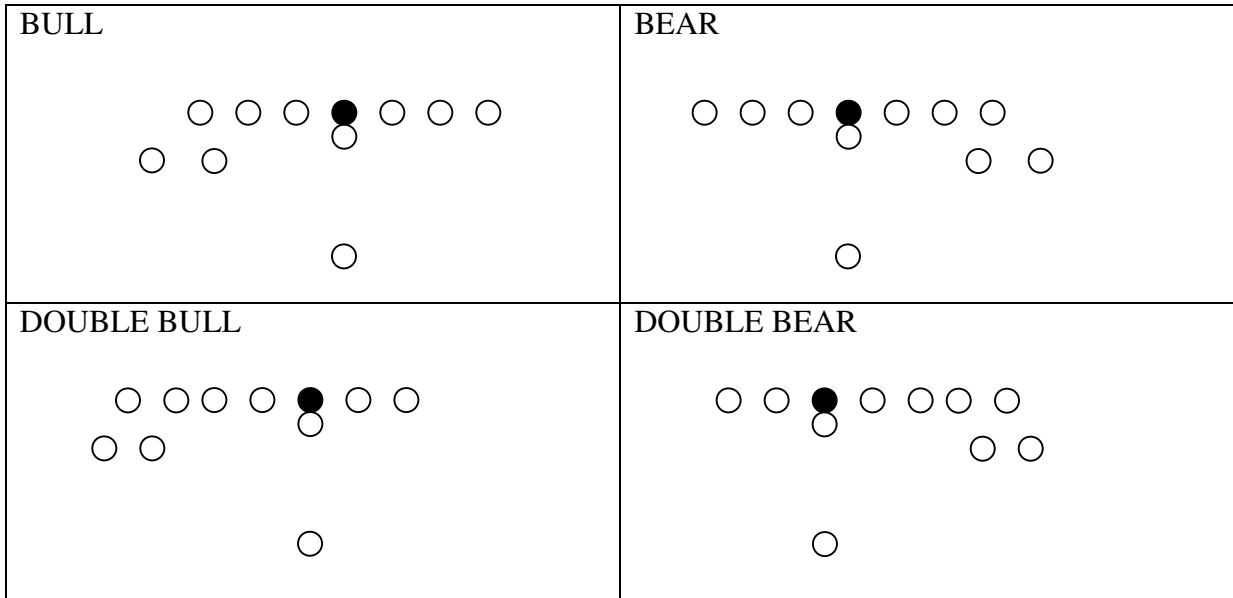
NOTE: Don't try to use all of these tags or even all of the formations. Instead pick out a few formations and one or two tags if time and team allow and use them in conjunction to create multiple looks and still run the base offense.

Alternative Formations –

These formations offer us different looks and different ways to attack a defense using the same offensive philosophy.

BULL and the BEAR

These formations moves the MB to the 6 yards deep position and the BB to the inside of the CB who are both in three point stances facing towards the LOS and 1 yard off the LOS. This is our indirect snap beast formation. It allows us to run super powers, counters, wedges, and traps just as we would in our basic offense. It also is a great bunch passing formation to one side.

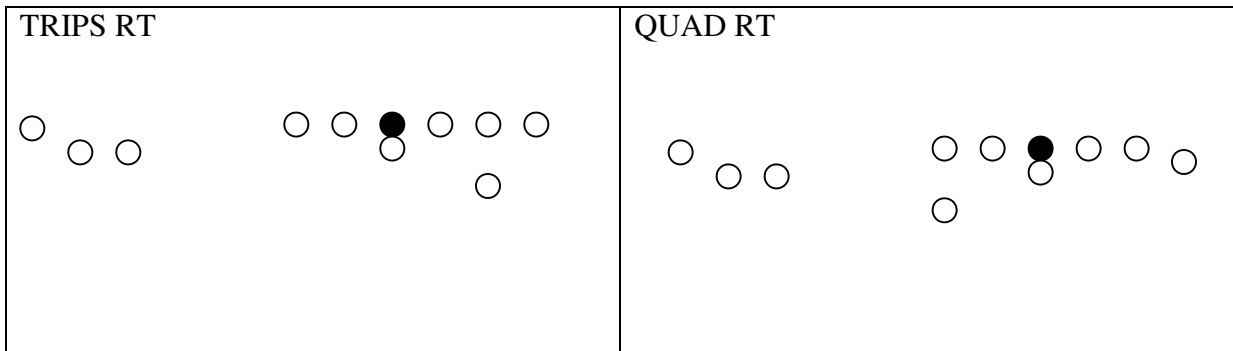


RHINO and LION

This is similar to Bull and Bear but instead of the MB being the single back seven yards deep it is the B-back who lines up five yards deep while the MB lines up on the outside and the CB lines up on the inside in a 3-pt stance 1 yard deep. CB in the C gap and the MB on the outside shoulder of the TE. This allows us to take advantage of a good running B-back and a good blocking MB. SAME formation as BULL and BEAR above except the B-back is at five yards. Double Rhino and Double Lion are used as well.

TRIPS and QUAD

Trips for us is when the BB and CB split out 6 yards to one side and the MB shifts to 5 yards under tackle on the same side. We can go normal trips and double trips to over load that side. This has a lot of versatility as a core formation and passing formation but it is a running formation first.



Snap Count

Before motion is discussed we need to have a clear understanding of the snap count we use in our system. This snap count is designed to make defenses react and to signal our offense what is coming.

The center is always in charge of our team at the LOS. He sets and when he sees everyone get to the LOS he calls DOWN to set the offense. At that point the QB is now in charge of the team.

GO – READYYYYYY – HIT is our base snap count.

- All no motion plays go on the G of GO
- All motion plays go on the H of HIT; motion begins on R of READYYYYYY.
- We can go on R of READYYYYYY and second HIT as we become more experienced.

Motion

Wing Back Motion

Motion in the Double Wing is very important to the misdirection aspect of the double wing. Since we motion on almost every super power the defense becomes fixated on the motion as a prelude to the super power. As they see it time and again they start to accept that the super power is coming “this way” since the motion is coming “this way”. This makes our counters to the backside and our traps in the middle much more effective since it deceives them visually and they must commit to the super power are the defenders at the POA will be overwhelmed.

I call this motion a PRE FLOW; what I mean by this is that it tells the defense we are going in that direction or flowing in that direction when we run super power. This pre flow is very important as it sets up the majority of our misdirection in this offense. When the QB and BB move to the playside this sets up the FLOW and establishes the illusion that power is going to be ran which sets up or counter play and other misdirection plays.

We will use three types of motion and one of them is our base motion that we use most often.

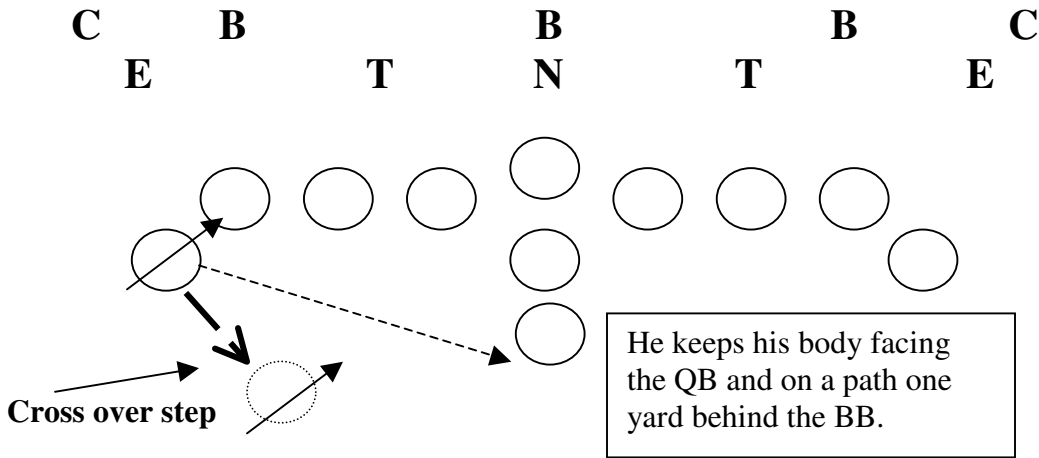
Rip/Liz – (WB is at 45 degrees facing EMLOS’s outside hip) – two shuffle steps aiming along the 45 degree track. Should be aiming 1 yard behind the B-back.

Rex/Lex – (this is our jet motion) – (WB as above) – cross over step and on a path aimed two feet behind the QB’s near hip. It is straight and at a sprint. Used for Jet plays.

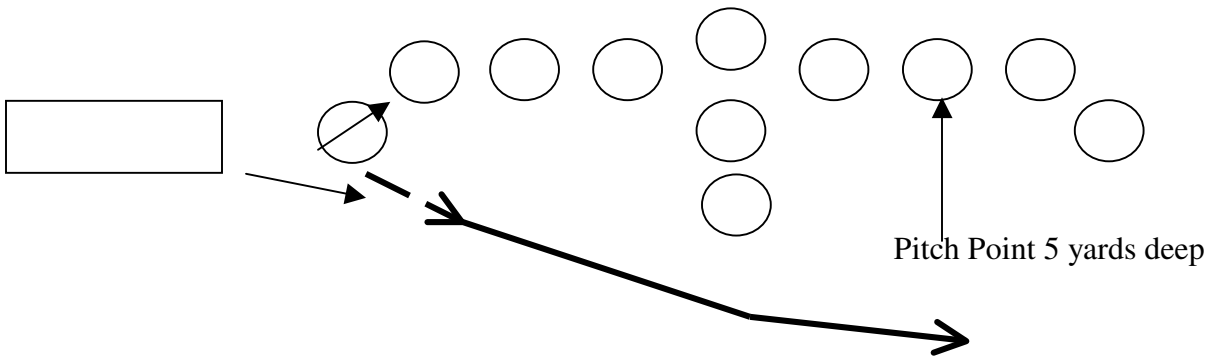
Rocket/Laser – (this is a wing-t rocket motion) – (WB as above) – cross over step and sprint along same track looking at QB as he passes B-back. It is on the 45 degree arc and at a sprint. Used for Rocket plays

RIP example

S



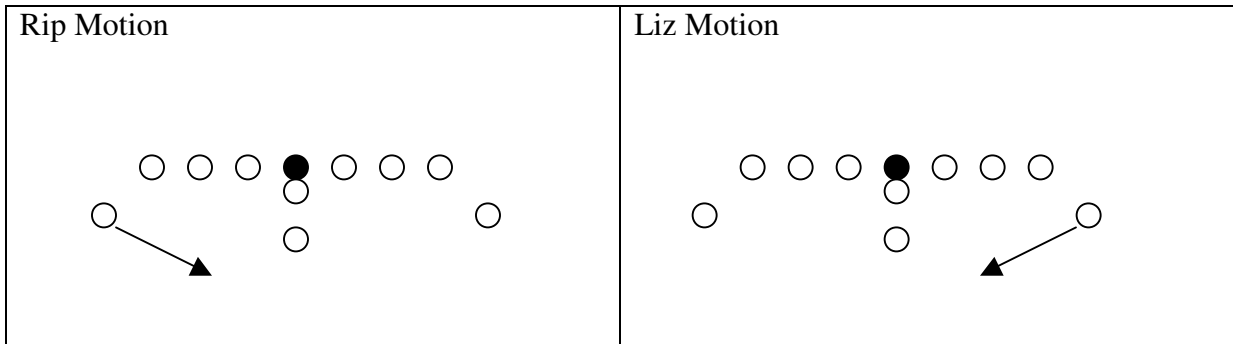
Rocket example



With Rip/Liz motion he takes two quick shuffle steps on the R of READYYYYY. His path is along the same 45-degree line which should place them on a track one yard behind the B-back. a yard behind the near hip of the B-Back and he is still facing in the same direction as when he started. On Hit he takes one additional shuffle steps as he his receiving the toss handoff then he fires into the hole. We tell him to continue along the path he was following and to stay aligned with the LOS and stay square to the LOS as much as possible. The reason for the additional shuffle step after Hit is to force the wingback not overrun the hole and to take the toss without rushing it. Secondly it allows the backside linemen the time to pull and clear the wingback. We emphasize to the wingback (runner) that he must let the backside guard and tackle cross his face before he hits the hole. The post shuffle step gives them that time to cross his face. It also forces the wingback to stay as square as possible to the LOS as he hits the hole we want this so that he has a cutback to the inside or the outside as well as driving forward. One other note is that the deep motion forces the backside defense end to get depth to chase the wingback this opens the backside up to counter.

Note: If “STOP” is added to the end of the motion this informs the motion man that he is stopping his motion action on the take off side. So Rip Stop or Lex Stop on the snap of the ball he will stop on the opposite side of the call or the side he started on. We do this because it is assumed the motion man is getting the ball unless we tag another back. So if we want him to actually stop his motion and change his assignment we say Rip-Stop this informs him his base assignment has changed.

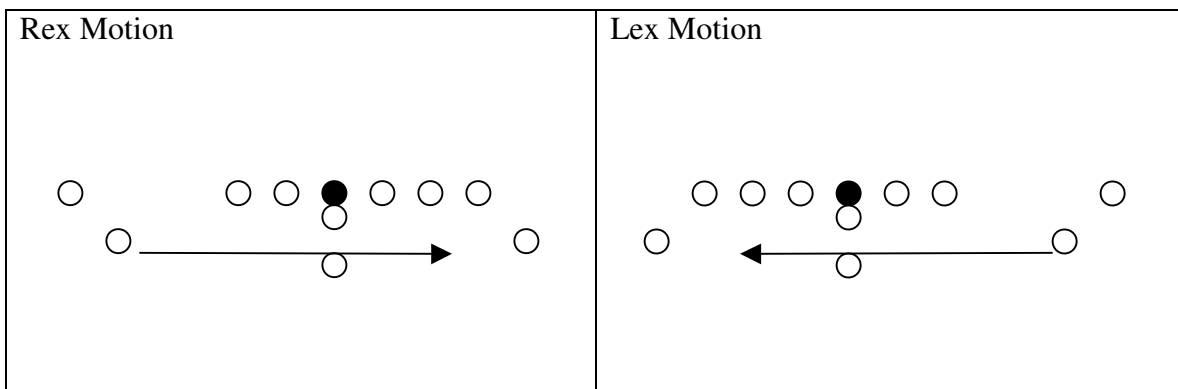
We can add STOP to any of the motions to stop them in place. For Rip/Liz and Rex/Lex this stops the motion right before the snap.

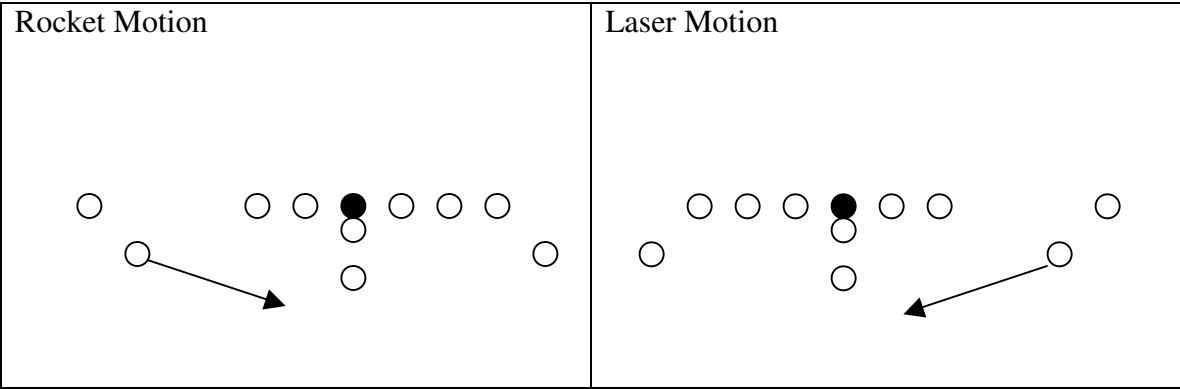


Advanced Motion in the Double Wing –

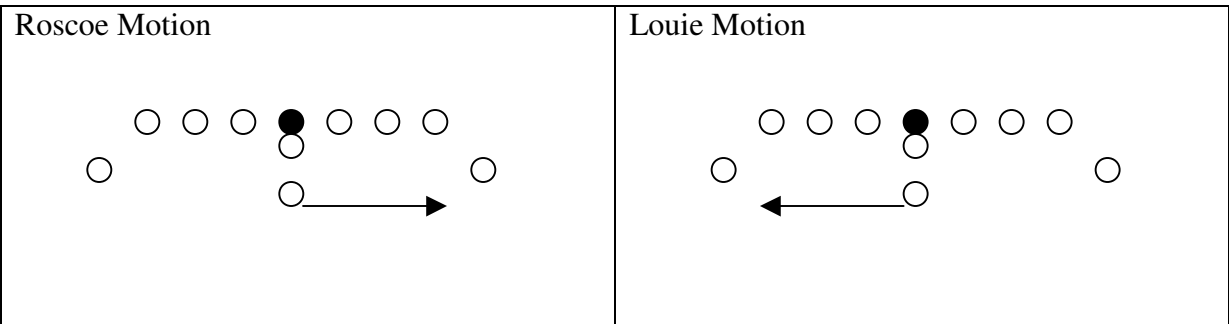
Wing back JET Motion - We also use Jet motion which we call Rex/Lex. This is fast sprint motion right at the bottom of the QB’s butt. We use this motion in the Jet series of our offense. This is a fast motion parallel to the LOS used to get the motion man to full speed and across the formation. It is just as deceptive as the above motions but where the above motion is used to position a player and lull the defense this motion forces the defense to react or respond immediately.

Rocket/Laser he sprints (fast deep motion) – he crossover steps and stays on the rip/liz path to gain depth for the Rocket package. It is basically a orbit around the QB and BB.



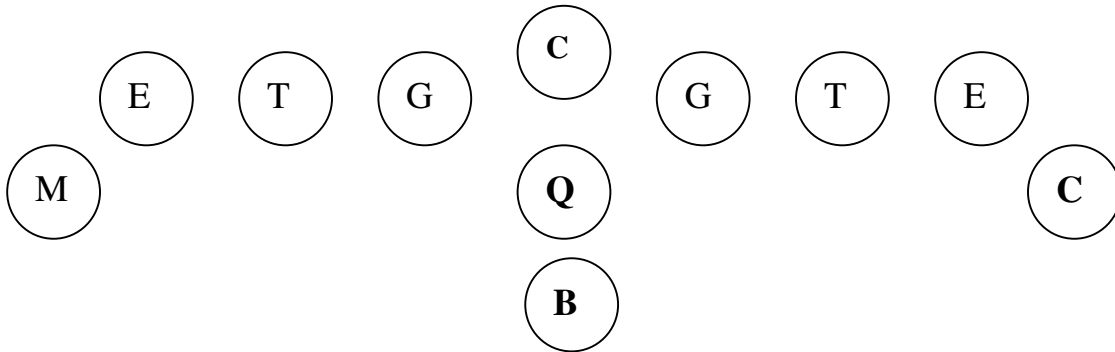


B-Back Motion – We also can fast motion our B-back as well. We call this Roscoe/ Louie motion with the R and L indicating right and left. This allows us to move our BB fast just below the outside shoulder of the EMLOS. This allows us to either get him in the flat faster for passing or to get him closer to his blocking target. This also can force a defense to shift to the motion if they are keying our B-backs movement and run away from the motion. With the rule this allows us to motion him to either the OT or Split end as well so if we want him more involved in the passing game (bunch) then we can have him motion to the split end (EMLOS).

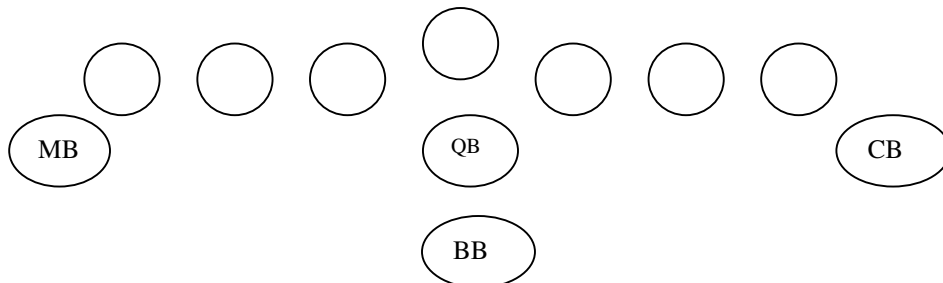


Chapter 4 – Calling the System

The Double-Wing Play calling System



We are not going to number our offense instead we are going to keep it very, very simple. Our play calling will state the formation, motion, who is running the ball, and the play; which will also be the blocking call, the direction, and finally the snap count. Numbers tend to confuse some kids and having them try to sort out even and odd numbers for right and left just adds to the confusion of it all so we use words in phrases that paint a clear picture of what we want them to execute. I firmly believe we have to use a system that our lowest common denominator can use. What I mean by that is at some point you are going to come across a kid that is a really good athlete but cannot understand a numbering system or struggles with his left or right. We do this by using a word system that paints a picture or impression for each player so that they can understand their part within a play.



Our primary running back is the motion back. He carries out all wingback motion. This ensures that both backs will not go in motion. So if we run Super power with motion our MB will run it and if we decide to run it without we use our CB or MB. If we do not tag a back it is assumed that the MB is getting the ball. Otherwise we tag another back to indicate that he is carrying the ball.

First we need to discuss how we communicate what we want from our offense. We do not use a numbering system. I have found that numbers just get in the way of allowing a youth player to fully grasp what you are trying to achieve, as he has to decipher what you are saying through a system of numbers and then recall what he has to do. Instead I want him to draw a mental picture from what I say that allows him to easily understand what he has to do. Each word has a specific meaning and the words grouped together tell the players what they have to do so that the team can execute the play.

When a play is called the first thing that is told to the offense is the formation. We give each formation a specific name that defines what the formation will look like; again a word

picture. Example Tight meaning we have a tight end on each side; Split we have a split end on each side; Loose right meaning we have the right side in a loose look while the left side is in a tight look. We can also place a modification tag on the formation in front of it as well. This can move a particular player in the formation. We will discuss this later on.

Example –

(1) TIGHT (Formation)

Next if motion is being used we call the motion. The will also tell the offense the snap count unless we go on an extended count. If we not using motion then we are using BUCK action and that is added. No motion is on GO and motion we go on HIT. We can go no motion and not call BUCK and the WB's will hinge block for BB or QB wedge as well.

(2) TIGHT RIP (Motion) TIGHT BUCK (no Motion)

Next if one of the other backs is getting the ball we tag the runner here or if the motion back is getting the ball we leave it empty.

(3) TIGHT RIP (motion back is getting the ball) or TIGHT RIP CB (c-back is getting the ball) TIGHT BUCK BB (b-back is getting the ball)

Next we call the play, which includes any special adjustment and the blocking/backfield action.

TIGHT RIP SUPER POWER (SUPER POWER = Off-tackle blocking scheme and back field action w/ QB leading)

TIGHT BUCK RT BB WEDGE (BB gets the ball in the WEDGE)

Next we call the side that the play is going to.

TIGHT RIP POWER RIGHT (Going to the right side)

Next we tell them what the play is on.

TIGHT RIP POWER RIGHT On Hit (Going on the H of Hit). As the season progresses we stress that any play that does not have motion is on GO and any play with motion is on HIT.

This is the basic format for calling our plays in our offense. We constantly reinforce this terminology to our players and get it ingrained into them that all they have to do is take the part that applies to them and create a picture of what they have to do. We have some rules and adjustments on our playing calling so that each player and coach understands what is going on from play to play as well.

All play calls are assumed to go to the motion wingback unless we tag the QB, BB, CB, LE, or RE to get the ball.

Secondly if we are not using motion we are using BUCK action and if we are using motion the motion indicates what type of action we are using...IE RIP/LIZ = SUPER POWER, and

ROCKET/LASER = ROCKET action, and REX/LEX = JET action, and BUCK RT/LT = BUCK action. So if we have someone else getting the ball the motion man must carry out his faking action off that motion. If no motion the runners must carry out the buck faking action. Faking is a key component of this offense and a back that carries out a good fake is worth his weight in gold.

Play Adjustment Tags in the play calling:

There are six possible ball carriers in this offense if you include the ends.

QB = Quarter back
BB = Blocking back
MB = Motion back (primary runner – not called)
CB = Counter back
LE = Left End
RE = Right End

We can tag are plays to signify who will carry the ball. This allows us flexibility in how we call plays.

We can also us these tags to alter the play as well –

KEEP = tells the offense that the play is the same except the QB is keeping the ball and hitting that hole while the primary ball carrier in that play fakes away from the hole.

EXAMPLE – TIGHT RIP SUPER POWER KEEP RT

FOLLOW = tells backside end that he is going to follow the play and get the hand off. He can be either a tight or split end.

TIGHT RIP SUPER POWER RT FOLLOW

LEAD = tells the offense that the play is the same except the BB is counter stepping and then leading into the hole. If BSG is pulling he lets the BSG cross his face and then he leads into the hole. If no BSG then he steps and leads fast into the hole.

TIGHT RIP CB COUNTER LEAD LT

SWEEP = tells the offense that the runner will take it outside so the perimeter blockers should reach their defenders and/or kickout the run force (Corner). This tells kick out blockers as well to log their target. Any pullers must go under the log and reach blocks and seal off any defender. Looking Outside/In (reach or kickout).

TIGHT BUCK RT WEDGE SWEEP RT

Note: Specifically this tells the WB to reach/seal block the EMLOS and then as the runner goes by work to seal off the next level. If we have a corner that is presenting a problem or the runner needs and additional blocker in front to seal off a run force the TE (if on that side) can fold around and reach/seal the run force. (**FOLD** can be used to communicate this)

TIGHT BUCK RT WEDGE SWEEP FOLD RT

Reach/Seal – If the EMLOS is slow playing or sitting outside then reach him (get your head on the outside of his outside shoulder and your far shoulder into his outside shoulder and punch into his chest) then work up. If the EMLOS is pinching or slowing playing inside seal him in by shoving/pressing him down the LOS and then work up and seal off the first linebacker coming playside.

CRISS CROSS – Tells the wing back to hand off to the inside to the other WB coming inside. This is a double handoff.

REVERSE – Tells the wing back to hand off to the outside to the other WB coming outside taking the ball outside. This is the same as a SWEEP call for the line and blocking backs.

CRACK = You can Split the end and have the end either stalk block the run force or run him off with a fade release. If you need to seal of the inside better you can also have the SE crack block to the inside. (FADE/STALK/CRACK could be added to communicate this). Note that if no call is made then FADE is automatic. In the case of the loose look it is hash and fade routes by the slot and end.

Normally if in a split or loose look our End and Slot would execute a runoff by running fade and hash routes respectively. When Crack is added to split or loose this tells the first person inside and split out to seal the first linebacker coming play side. If in loose it tells the slot as he is the first person inside.

DOUBLE CRACK = In a loose look it tells both the split and the end to crack inside. The Slot takes the first linebacker coming play side and the end takes the free safety or next man coming.

SPLIT RIP SUPER POWER SWEEP CRACK RT

TAG = tells the offense that the BST will pull and block any leakage he comes to and block inside outside. This allows us the ability to pull both the BSG and BST if we have the ability to do so.

TIGHT RIP SUPER POWER TAG RT

SUPER = tells the offense that the QB is going to lead block outside inside on the play.

TIGHT RIP SUPER POWER RT – tells the offense that the QB is leading into the hole.

DINGO – Tells the PSWB to move up to the LOS on DOWN and SAB IN.

TIGER – Tells the PSWB to move up to the LOS on DOWN and SAB OUT.

MOMA – Tells the Center to block MAN ON MAN AWAY (to block a good NT).

DOUBLE – Tells the QB and BB to double kick out a good EMLOS Defender.

Chapter 5 – Base Package and Adjustments

The Base package:

The premise of our system is to run with power and misdirection and then to take advantage of the defenses inability to stop the base offense or the way the defense is stopping a particular play within our base system.

We use two base actions to setup our base plays and these actions are the staple of our offense. One is the Rip/Liz motion action and the other is the Buck action and both are used in conjunction with each other to confuse the defense.

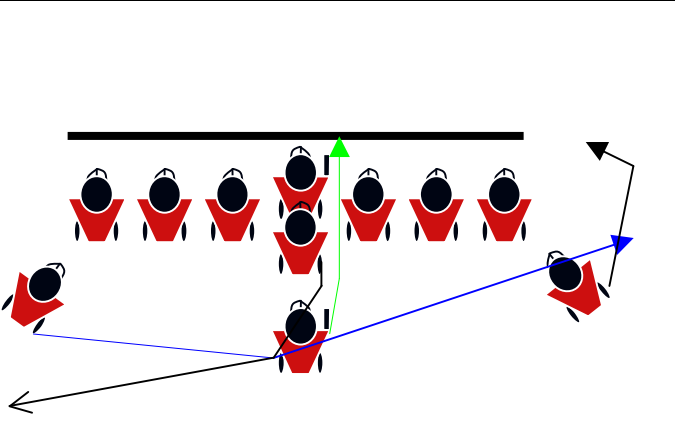
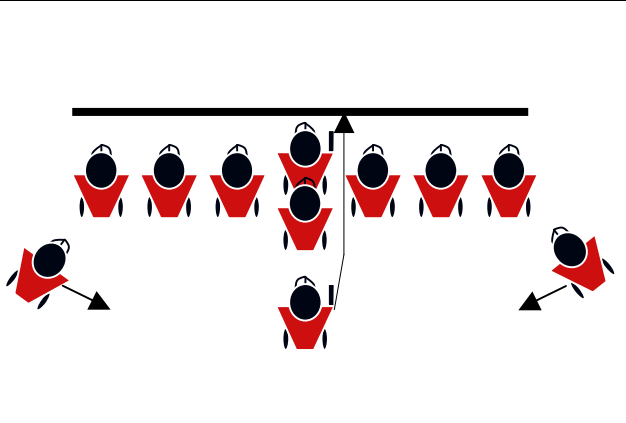
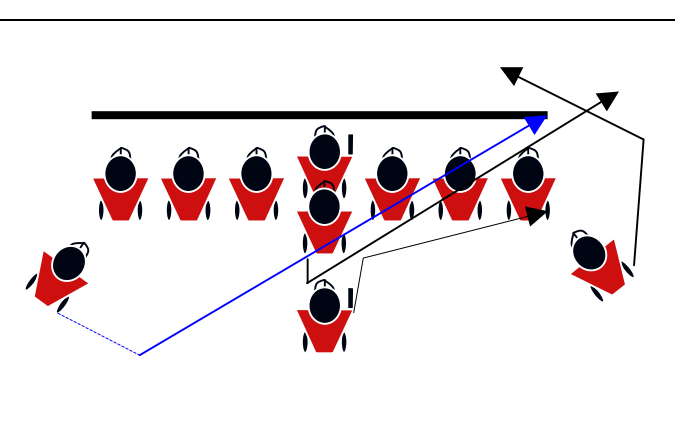
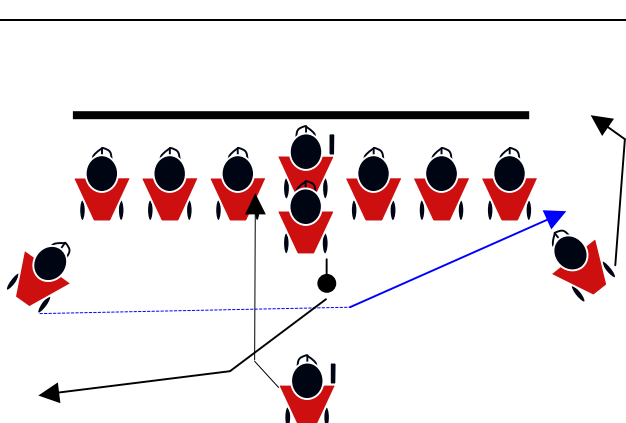
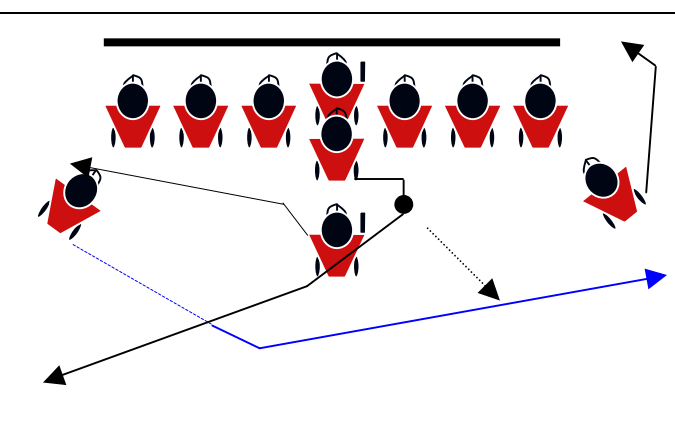
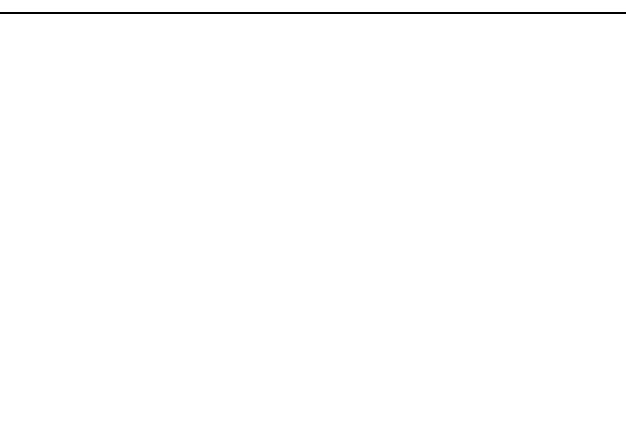
We use three plays in our base; super power, wedge, and counter. For the younger age levels power often replaces super power if the team is having a difficult time mastering the toss aspect of the super power. The super power provides us with a motion off tackle power play that sets up our counter play, which goes to the opposite side of the super power and motion. The wedge is a middle power play based on the single wing wedge blocking. We can use several variations of it with or without motion and different backfield actions. This year we are using a no motion wedge with buck action behind it and a motion wedge with counter action from our super power as these always seem to be the most effective for us. If you have noticed we do not have a pass play or a sweep play in our base package and the reason for this is really simple; these three plays if executed well will afford us the opportunity to move the ball effectively and setup other support plays in our offense. Everything we do as an offense is based on these three plays and forcing defenses to respond to these three plays.

Some comments about this system compared to other double wing systems:

- At the youth level we find that as a game progresses and the season progresses we find more and more teams stacking the LOS with 9, 10, and 11 defenders. We find that more teams blitz and stunt near the LOS and get their more talented kids on the interior or the perimeter depending what they think is key to stopping us.
- We are often faced with talent miss matches, especially in the size/athletic ability area. I have always had lesser talented lineman then my opponents. Due to this disparity we want to increase their quickness and agility. First we are going to a severe angle blocking system. We will discuss this in detail in the blocking chapter but what it provides us with is the ability to increase our lineman's quickness and agility by using a much more aggressive and less rules intensive system. This is to reduce the amount of thinking our lineman have concerning blocking rules and they're by making them less tentative and more aggressive. LESS THINKING = QUICKER ACTION.
- Secondly because of the way we teach offensive blocking (WEDGE, SAB, and PULLING) it gives us the ability to use either standard BSG/BST pulling or BSG only pulling dependant on what types of defenses we face week in and week out and the talent level of our tackles. We have found that a lot of defenses will throw 11 defenders at us and we have to be able to adapt to this and have a system in place to reduce the pullers. This might appear unsound to a double wing coach but the concept keeps with the philosophy in my opinion. Our main goal is to keep our system simple but highly effective for our kids. We don't use double teams for that reason instead we use SAB and Wedge in unison.

Our Basic Actions:

If we run a play with no motion it will use BUCK action as the base of the offense. This is to place some misdirection into our no motion offense instead of just using wedge with hinge blocking to pummel teams and then let them concentrate on stopping a one-aspect attack. Now they have to deal with an action while we concentrate on attacking them with our primary play (BB WEDGE) and then hit them with other plays as they adjust or over compensate to stop that play.

<p>No Motion – BUCK ACTION</p>  <p>A diagram showing a football offense in a no-motion setup. The offensive line is aligned in a standard three-point stance. A running back is positioned in the backfield. A blue arrow indicates the primary play path from the running back to the right side of the line. A green arrow points upwards from the center of the line, indicating a secondary play path. Black arrows show the movement of the offensive line and the running back.</p>	<p>No Motion - HINGE</p>  <p>A diagram showing a football offense in a no-motion setup. The offensive line is aligned in a standard three-point stance. A running back is positioned in the backfield. A black arrow points upwards from the center of the line, indicating a play path. Black arrows show the movement of the offensive line and the running back.</p>
<p>Motion – SUPER POWER ACTION</p>  <p>A diagram showing a football offense in a motion setup. The offensive line is aligned in a standard three-point stance. A running back is positioned in the backfield. A blue arrow indicates the primary play path from the running back to the right side of the line. Black arrows show the movement of the offensive line and the running back.</p>	<p>Motion – JET ACTION</p>  <p>A diagram showing a football offense in a motion setup. The offensive line is aligned in a standard three-point stance. A running back is positioned in the backfield. A blue arrow indicates the primary play path from the running back to the right side of the line. Black arrows show the movement of the offensive line and the running back.</p>
<p>Motion – ROCKET ACTION</p>  <p>A diagram showing a football offense in a motion setup. The offensive line is aligned in a standard three-point stance. A running back is positioned in the backfield. A blue arrow indicates the primary play path from the running back to the right side of the line. Black arrows show the movement of the offensive line and the running back.</p>	 <p>An empty diagram box with a black border, intended for a diagram illustrating a play action.</p>

The Wedge Play

Why we run the Wedge:

- The Wedge is a very simple blocking scheme that can be built into a highly successful series of plays.
- It builds offensive line unity and teamwork.
- It sets up other plays in the series. When the defense sells out on the wedge it opens up other plays.
- Lineman become interchangeable in the wedge scheme.
- It can be a power or deception play. It is surprisingly deceptive.
- It can used with smaller or weaker players (MPPs).
- It is demoralizing to the other team.
- It is always an offensive line and team favorite.
- Weaker backs can run in the wedge. The backs become interchangeable.

Wedge is a play that we can go to at anytime and anywhere on the field as it is a safe and efficient power play.

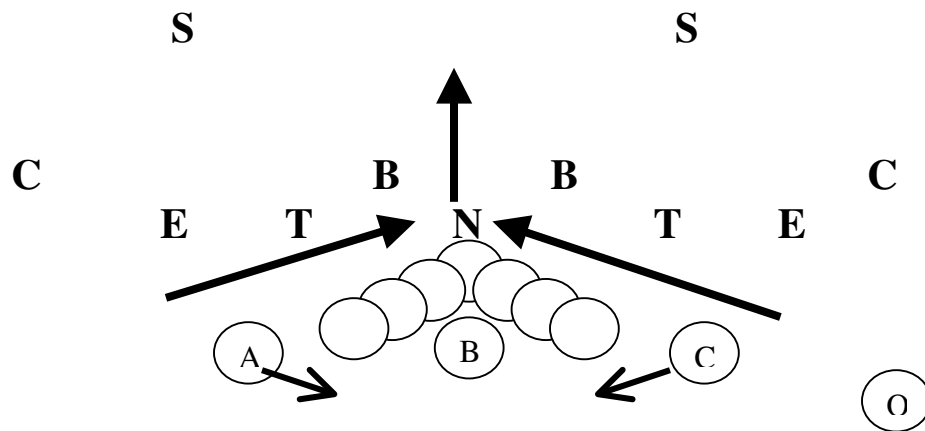
Wedge as a Base Play:

- Wedge with BB getting the ball.
 - WB's can either move up field and block second level. QB boots to either side.
 - WB's can hinge block to stop perimeter penetration. QB boots.
 - Fake Super action.
 - Fake Buck action.
 - Counter action (my favorite).
 - Jet or Rocket Sweep Action.

Complimentary Plays:

- QB Keeper.
 - BB fakes fumble while WB's hinge block.
 - Buck Action with BB leading into hole.
 - Super Action with rest of backfield faking super power action.
 - Counter action with rest of backfield faking counter. QB spinner.
 - Jet or Rocket Sweep Action with BB kicking out to backside.
- Counter Back play
 - Fake super action and inside handoff to CB.
 - Fake super action with shovel pass to CB (incomplete pass). Allows the defense to see QB in space with ball. Really draws the perimeter defense up field.
- Wedge Sweep – with MB (AB) getting the ball and the CB reaching.
- Jet motion with motion back coming back inside and getting the ball.
- QB Bootleg – to either play or weak side with near WB reaching or going out for pass.
- Wedge Pass.
- Use Wedge as a play action pass protection scheme for quick passing to the perimeter

TIGHT Formation
Play BB WEDGE RIGHT HINGE



<p>LTE Step inside drive Rt. Shldr into tackle's ribs. Maintain contact and drive upfield.</p>	<p>LT Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>LG Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.</p>	<p>C 1) Drive forward if NT drive him back if not then a MLB should be your target as you drive forward.</p>	<p>RG Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield</p>	<p>RT Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RTE Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield.</p>
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<p>QB On "GO", make sure everyone is set. Step out of the B-Back's path with your right foot. Nothing fancy, just hand him the ball and Then take three steps to gain depth and bootleg around the right side as if you have the ball. A good fake can pull several defenders off the Wedge.</p>	<p>B-Back HIT QUICKLY WITH NO DELAY. Be prepared to dive over the pile if things stack up. Otherwise push the wedge. Take lots of short, choppy, steps with the knees high. Keep your eyes open for daylight and get in it and while in the wedge stay low.</p>	<p>M-Back Hinge Block – pivot on inside foot and block inside out. Make any defender go around your outside shoulder.</p>	<p>C-Back Hinge Block – pivot on inside foot and block inside out. Make any defender go around your outside shoulder.</p>
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Notes: This is a basic wedge play with the WB's hinge blocking to seal off perimeter pressure inside out. It is the simplest form of wedge we run. It is a straight forward power play.

Notes on the Wedge:

In order for your wedge to be successful you must teach the line to work together and move together as one otherwise the wedge will not work effectively.

When we teach the wedge we use a progression drill to first teach the fundamentals and secondly enhance and strengthen our wedge scheme.

Progression Drill:

Base

- Formed Wedge on NT. Shows them how the wedge looks and moves.
- Formed Wedge Eyes Wide Shut. Center's eyes are opened. Teaches them to stay together by feel.
- From LOS (five or seven man line) – Get into the wedge and freeze.
- From LOS (5/7) – Full speed on NT. Work for 5 then 10 yards and then as far as it will go.
- From LOS (5/7) – Full speed on NT Eye Wide Shut.

Knees and Feet Up

- Two blocking bags lined up horizontally on LOS with top at the guards outside hip and the extending towards tight ends.
- Stress getting the Legs and Knees up for entire group to include runner when running full offense.

Explode Drill

-From LOS (5/7) – Full speed on NT. Again work for 5 to 10 yards and coach blows whistle as he sees the wedge break apart or he sees daylight. 15 yards out there are three to five defenders with shields. When the coach blows the whistle the wedge blockers explode out and block a defender as they come at the wedge on the whistle blow. The runner must explode up field into daylight. The key to this is getting the wedge unit to the point of being able to explode out just as the coach blows his whistle.

I always start teaching the wedge with it already formed and me holding a shield in front of the center and on GO it moves forward. I start off just trying to get them to move me five yards and still stay together as they surge forward. We work on this until they can move me ten yards down the field.

After that I have them setup in formation and just work on getting into the wedge and surging forward. After that I combine the two and work on refining footwork and increasing the speed of the forming and the surge.

The other thing that I like to do is to place dummies parallel to the line of scrimmage with the tops on the outside leg of the guards. This gives you the alley that the wedge has to get into and forces the lineman to slide and get their feet the knees and feet up. Getting the feet and knees up is the key to beating the submarining defensive lineman. After a NT or DT has been stamped once or twice they often stop the submarining all together no matter how much their coach is yelling at them to do it.

Once the wedge unit is proficient in forming and moving up field we work on getting and keeping the knees up.

Once the basics of the wedge is mastered we work on the home run hitting aspect of this play by developing the explode aspect of it.

Coaching Points

- Center must fire out on a NT and drive up field.
- If there is no man over the center he aims for the endzone. Fires out and then takes a half step and lets the rest of the line form and drive him up the field. (we don't shift our wedge from odd to even fronts – Center/PSG).
- The Guards out to the Ends (if you have TE's) must step inside (slide inside) and get their inside shoulder into the near rib cage and their outside hand on the near shoulder pad while the inside hand presses on the lower back. It might take the tackle and ends two steps to get fit.
- As soon as they fit they move up field. It should be one instant movement. Slide and up field.
- If the wedge slows or breaks apart all the blockers must target a defender and block him. Like an explosion of blockers with the runner breaking through to daylight this is the key to getting the wedge to be a home run hitting play.
- The ball carrier must get into the pocket of the Guard-Center-Guard and get his ball shoulder into the center's back and drive and feel. As soon as the wedge slows are cracks he must get in an open seam (daylight) and get up field (explode up field). This is what makes the Wedge a home run hitter.
- The ball carrier must learn to feel and not "turkey look". If he puts his head up and starts looking up field instead of staying small and feeling the wedge and looking for daylight the defense will sniff out the play.

The Center is key to the success of your wedge play. If your wedge is breaking down fast look at your center because more than likely he is not charging forward and engaging the NT but standing up and he has to fire out and get going forward to allow the wedge to form as it moves forward otherwise it will just turn into a log jam. Also if the center is not slide stepping and allowing the rest of the line to push him on an even front then he will cause the wedge to break apart before it forms. I always try to place a kid at center that can do both well and has some smarts and will fire vice a big kid. The better your center the better your wedge will be.

The Wedge Fit is very important to the success of the wedge as well. It allows the unit of blockers to move as one and allow no penetration. The fit is achieved by having the exterior lineman (those outside of the center or pivot man) slide inside (not forward) and fit their inside shoulder into the inside man's ribcage as they get their inside arm up and their hand pressing on the lower back. This locks the players in as they work up field they must work to get their outside hand onto the inside blocker's shoulder pad (on the near back).

Keys to the Wedge

- 1) Forms quickly as it moves forward and the blockers must stay low as they move forward and keep their legs and knees up.
- 2) Makes contact with as few defenders as possible as it forms and begins to move.
- 3) It must not allow penetration. – Penetration stops the wedge!
- 4) It must not stop moving forward. – Stopping allows the defenders to stop the wedge from behind!
- 5) The runner must stay small behind the wedge.
- 6) If the runner feels the wedge breaking up he must get into the first daylight (crack) and burst up field.
- 7) The runner never stops or tries to go around the wedge.

The wedge is a very effective play but you have to stress the little things for it to work. The blockers must slide inside and behind the center and lock shoulders quickly as they drive forward. The fewer defenders they engage as they move inside and forward the better off the wedge is of working. They must lock there inside shoulder to the outside rib cage of the center and allow no penetration to occur. The wedge must always be moving forward once it stops the play is dead in the water. If the runner feels the wedge slowing he has to find a crack of daylight and get in it and burst up field. While in the wedge the runner must drive into the back of the center and stay small behind him. This reduces the chance of him being seen by the defense and enhances play actions and misdirection of the wedge action.

The footwork is essential for the wedge. The blockers must take a slide step and engage their shoulder into the ribs of the next inside blocker quickly. They have to keep sliding and moving forward until the wedge fully forms. Once it forms they must get their knees high and stay low so that Frogging/Submarining defenders get ran over and that defenders trying to slow the wedge by barreling into it are lifted up and back as the wedge drives forward.

Backfield

Ball Carrier

•Running the wedge takes a bit of getting used to it's an art of sorts. It is NOT a dive play; it requires power, patience and acceleration. We start with the Back getting the snap running right to the back of the center and actually pushing on his back with the ball side shoulder with a pretty good shoulder lean. He must **STAY IN THE WEDGE** until it breaks up. That means not going around either end or looking for an off tackle bubble. Stay in the wedge and keep your legs pumping, knees high, and moving forward, until it breaks up, then sprint to daylight. Stay inside; don't run parallel, it either breaks right up the gut or at a very slight angle. Often the daylight does not appear until 10-15 yards downfield, stay in the wedge until you see the daylight, stay patient until then, just staying low and pushing forward. When feeling pressure, both hands over ball.

•We stress to our ball carriers, if they do not stay in the wedge, they don't carry the ball. Natural inclination is to break it outside or look for the hole. In the wedge there is no hole, it opens up downfield.

Other Backs

- If you have a fake, you must carry it out convincingly, if not you don't play. We have to threaten the perimeter with the fakes to keep the ends and linebackers honest as well as the defensive backs. We have found that carrying out faking actions based on our base offense and better misdirection plays doubles our yardage gained per play running the wedge.
- In the past if we ran the wedge on GO (first sound) we had the WB's hinge block so they could make the EMLOS take a deeper path into the backfield instead of pinching. The rule on the HINGE is he pivots on his outside foot and gets his inside foot up and allows no one to get inside they must go around the outside. This allows the runner to get upfield in the wedge as the perimeter defenders go deep and around the hinges. We will continue to use this play but in goal line and short yardage plays where we need one or two yards and not try anything complex.
- Now on GO (first sound) we will fake Buck action to split the defense into thirds as we do with our Counter action that we run on HIT (Motion). By forcing the defense to split into thirds it isolates the interior defense which is better than hinge blocking.

What Can Stop the Wedge

- A Back that is impatient and is either stopping and going around the wedge or a back that is getting out of the wedge or pushing through it. This can kill your wedge. **LOOK AT YOUR BACK RUNNING IN THE WEDGE.**
- Wedge is not forming fast enough or moving too slow allowing the perimeter defenders to bring down the runner from behind. **LOOK AT THE CENTER.**
- Center (point of the wedge) is not firing off causing the wedge to falter and not form. (this is key problem and must be recognized quickly). **LOOK AT THE CENTER.**
- Wedge is being submarined or cut by a NT or A gap defenders. Wedge must maintain high knees and run over, stomp, punish the defense for doing this. You must be patient and diligent and let the wedge wear out the interior defenders. **KNEES UP AND KEEP LEGS MOVING.**
- Errant whistle by the officiating staff. You must let the officiating know that your running a highly deceptive offense built on misdirection and to hold their whistle until they know the runner is down. **TALK TO THE OFFICIAL AND HAVE THEM HOLD THE WHISTLE.**
- Penetration is occurring on the wedge and defenders are getting to the ball carrier. The wedge blockers must slide and fit into the wedge. Inside shoulder into ribs, inside hand on center of lower back, outside hand to back of inside shoulder. The key is the shoulder into the rib. They must get that fit the rest ensures the seal will be better. **LOOK AT THE LINE AND THE FIT.**

Submarining/Frog Defenders

Submarining defenders are a real problem but the key is to keep attacking with the wedge. A defender throwing himself at the feet of the wedge is in big trouble. He is going to get ran over and by a lot of players. Normally a frogging defender will do this once or twice and normally he will stop the wedge for zero to two yards of gain but it doesn't take long for that defender to realize that he is going to get stomped on and ran over if he keeps doing it. So eventually he doesn't do it anymore as the wedge running him over conditions him; the key is to stay with the wedge as this will wear out the interior line as they throw themselves at the wedge in an attempt to stop it. If you stay with it by the end of the game the wedge as a

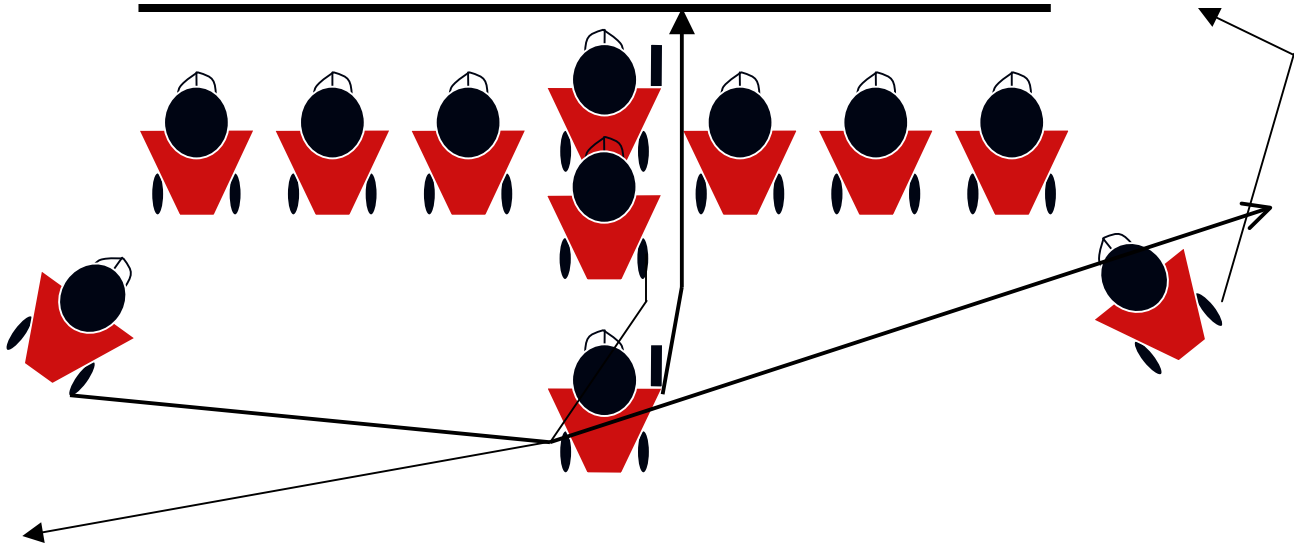
wearing down effect and this will benefit your base package. Super power and counter become easier to run as the defense attempts to stop the wedge. The blockers must keep their KNEES up and legs PUMPING when this occurs. Run the defenders over and condition them to not hit the ground in front of the wedge.

Troubleshooting the Wedge

- You must stress the little thing for the wedge to be effective.
- Every blocker except the point (Center) must work to not engage any defender but instead engage the next man inside and seal the wedge while going upfield.
- They must lock their inside shoulder to the outside ribcage to stop penetration as they form and move up field. They must stay connected.
- If the wedge stops it is dead. It must move forward and when it slows or breaks up it must explode up field in a burst.
- The runner must stay small in the wedge and explode up field if day light shows.

Buck Series

This series is used when we are not using motion and the base of our buck series is our Buck BB Wedge play. Everything else is built around this play in this series. It fits my belief in power and misdirection being used in conjunction. The Buck BB Wedge, Buck Sweep, and the Buck QB Waggle Pass make up the heart of this series.



This series is established by setting up the BB Wedge, then the sweep, and then the counter and waggle. We have other plays off this series as well but these four plays form the foundation of our Buck series.

NOTES:

QB Faking - The QB must be good at faking the sweep and wedge handoff for this series to be successful. Especially if the Waggle pass and QB bootleg are going to be effective. We tell our QB to always hold the ball in his stomach as he fakes.

We never fake with the ball – **WE WANT THE DEFENSE TO LOOK FOR THE BALL.** We fake with our hands and body and force the defense to find the ball. If they can't find the ball then they cannot react. That means they are not moving or moving the wrong way.

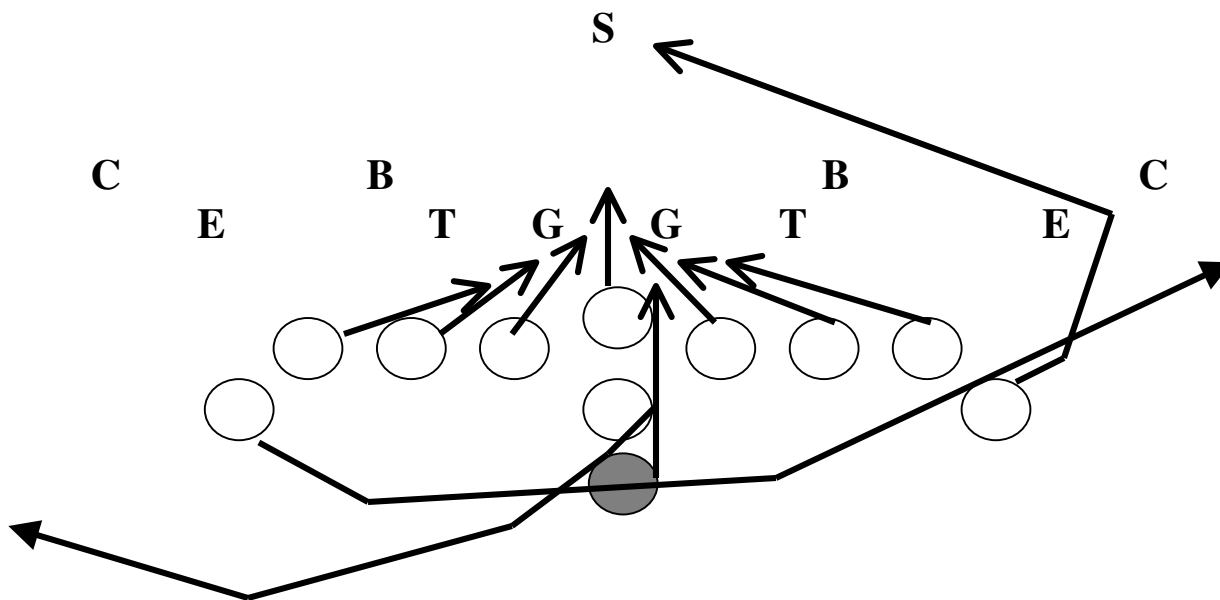
The QB must do the same thing every time. Only three things can happen in the handoff sequence for Buck action:

- 1) QB hands off/fakes to BB in wedge
- 2) QB hands off/fakes to WB in sweep
- 3) QB keeps/fakes bootleg/waggle action

The QB is told to fast handoff/fake to BB with away hand, and keep ball in belly if fake with near hand. Then he reverse pivots and either hands ball off with near hand (BB) to WB or fakes, if fake keep ball in belly with away hand (BB). Let near hand ride WB and drag off as the WB goes by and the QB completes reverse pivot and gains depth.

TIGHT Formation

Play BUCK RT BB Wedge Right



LTE Wedge if Tight. If Split run Fade.	LT Wedge	LG Wedge	C Wedge	RG Wedge	RT Wedge	RTE Wedge if Tight. If Split run Fade.
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<p>QB Pivot to right side and hand ball off to BB then finish rotation and hand fake to WB faking sweep. Make sure you let the hand drag away from the WB as you go by. This will assist in the faking action and pull away defenders.</p> <p>Gain depth as you go outside and then get upfield when you see daylight.</p>	<p>B-Back</p> <p>GET IN THE WEDGE (center's back) AND STAY SMALL AND PUSH IT.</p> <p>READ THE WEDGE AND WHEN IT BREAKS OR YOU SEE DAYLIGHT EXPLODE UPFIELD AND OUT OF THE WEDGE.</p>	<p>M-Back</p> <p>Take a lead step at BB's near hip with inside foot. Sprint and rock cradle (fake handoff) and get up field at first daylight.</p> <p>GOOD FAKING IS YOUR JOB!</p>	<p>C-Back</p> <p>Release outside and then get upfield and seal first defender you come to in the secondary.</p> <p>Do on to touch DE let the WB hold the DE. If the DE starts crashing in then we can seal him in as he gets used to you releasing.</p>
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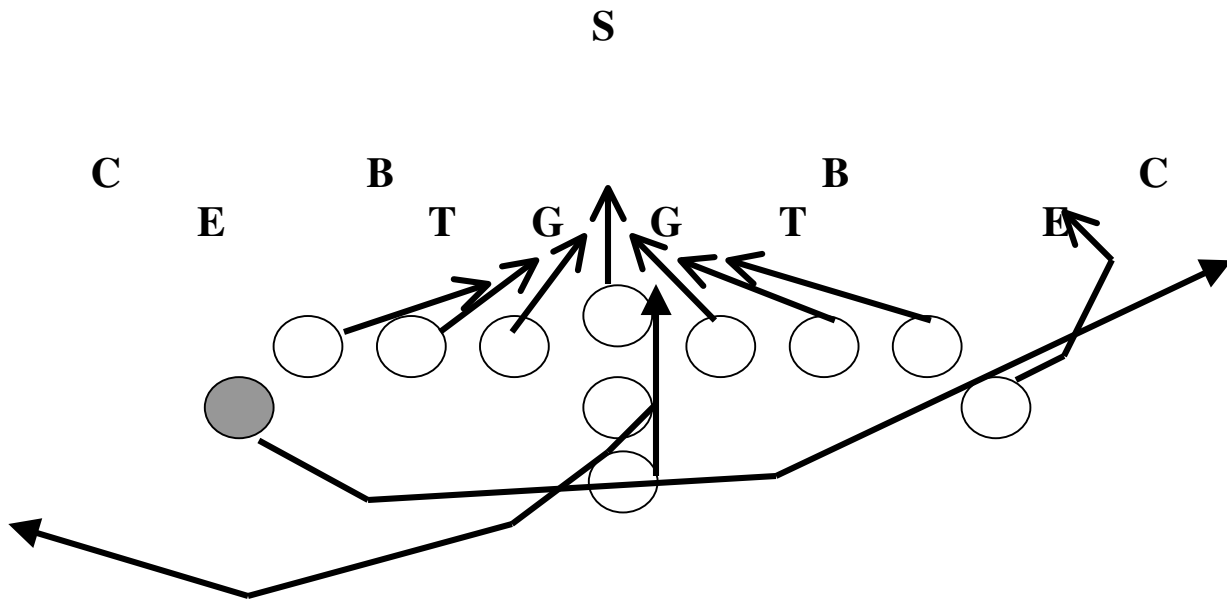
Notes:

If Split – Crack or Stalk can be called

If Loose – Crack, Double Crack, or Stalk can be called

TIGHT Formation

Play BUCK RT Wedge Sweep Right



LTE Wedge if Tight. If Split run Fade.	LT Wedge	LG Wedge	C Wedge	RG Wedge	RT Wedge	RTE Wedge if Tight. If Split run Fade.
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<p>QB Pivot to right side and fake handoff to BB then finish rotation and hand off to WB running sweep. Make sure you let the hand drag away from the WB as you go by. This will assist in the faking action and pull away defenders.</p> <p>Gain depth as you go outside and then get upfield when you see daylight.</p>	<p>B-Back Fake as if you have the ball.</p> <p>GET IN THE WEDGE AND STAY SMALL AND PUSH IT.</p> <p>GOOD FAKING IS YOUR JOB!</p>	<p>M-Back</p> <p>Take a lead step at BB's near hip with inside foot. Sprint and take hand off. It first daylight and get up field and to the outside. Do not cut back inside.</p> <p>Do not gain to much depth to get outside. Just enough to get under WB and outside.</p> <p>Aim at the PSWB's inside hip.</p>	<p>C-Back</p> <p>Reach-Down EMLOS</p> <p>Head Up/Outside DE – Reach to outside shoulder of defender and seal him in. As runner goes by work up field and seal of first defender to come playside.</p> <p>Inside Eye/Inside DE – Down block the defender inside and as the runner goes by release and seal as above.</p>
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Notes:

If Tight – Fold (if a tough CB or the runner needs a lead blocker)

If Split – Crack or Stalk can be called

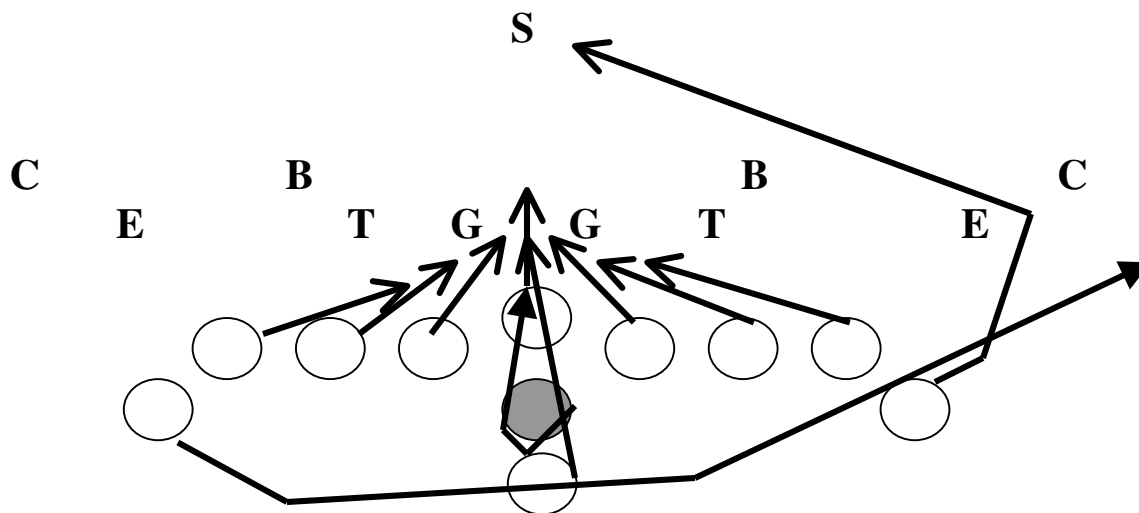
If Loose – Crack, Double Crack, or Stalk can be called

Add CB (Tight Buck Rt CB Wedge Sweep Rt) if you want to swap the MB and CB.

This is a very simple sweep off of wedge action that has been very effective for us.

TIGHT Formation

Play BUCK RT QB Wedge Left



LTE Wedge if Tight. If Split run Fade.	LT Wedge	LG Wedge	C Wedge	RG Wedge	RT Wedge	RTE Wedge if Tight. If Split run Fade.
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<p>QB Pivot to right side and fake hand off to BB then finish rotation and hand fake to WB faking sweep. Complete your rotation by spinning back towards the LOS and getting into Wedge behind the BB and push the wedge. Stay small.</p> <p>If the BB breaks out follow him up field and explode to daylight.</p>	<p>B-Back</p> <p>GET IN THE WEDGE (center's back) AND STAY SMALL AND PUSH IT.</p> <p>READ THE WEDGE AND WHEN IT BREAKS OR YOU SEE DAYLIGHT EXPLODE UPFIELD LEAD Block for the QB.</p>	<p>M-Back</p> <p>Take a lead step at BB's near hip with inside foot. Sprint and rock cradle (fake handoff) and get up field at first daylight.</p> <p>GOOD FAKING IS YOUR JOB!</p>	<p>C-Back</p> <p>Release outside and then get upfield and seal first defender you come to in the secondary.</p> <p>Do on to touch DE let the WB hold the DE. If the DE starts crashing in then we can seal him in as he gets used to you releasing.</p>
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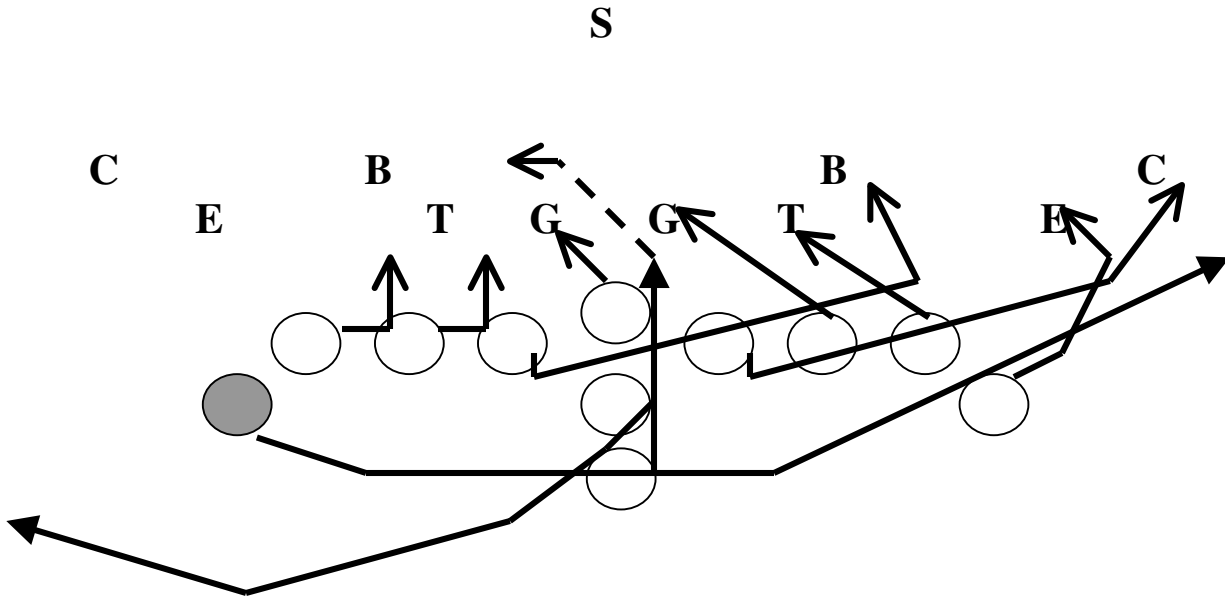
Notes:

If Split – Crack or Stalk can be called

If Loose – Crack, Double Crack, or Stalk can be called

TIGHT Formation

Play BUCK RT Power-G Sweep Rt (Power Sweep Rt)



LTE Slide if Tight. If Split run Fade. (TAG – CUT)	LT Slide (TAG – pull seal IN/OS)	LG Pull – seal in IN-OUT	C SAB IN	RG Pull – log first defender O/S of EMLOS	RT SAB IN	RTE SAB In if Tight. If Split run Fade.
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QB Pivot to right side and fake hand off to BB then finish rotation and hand off to WB running sweep. Make sure you let the hand drag away from the WB as you go by. This will assist in the faking action and pull away defenders. Gain depth as you go outside and then get upfield when you see daylight.	B-Back Fake as if you have the ball. Force the PSDT to react to you and make him more open to the SAB IN from the playside. If you get to the second level turn BS and seal off the first LB coming. GOOD FAKING IS YOUR JOB!	M-Back Take a lead step at BB's near hip with inside foot. Sprint and take hand off. It first daylight and get up field and to the outside. Do not cut back inside. Do not gain to much depth to get outside. Just enough to get under WB and outside. Aim at the PSWB's inside hip.	C-Back Reach-Down EMLOS Head Up/Outside DE – Reach to outside shoulder of defender and seal him in. As runner goes by work up field and seal of first defender to come playside. Inside Eye/Inside DE – Down block the defender inside and as the runner goes by release and seal as above.
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Notes:

G block – since the PSWB is reaching/downing the EMLOS the PSG must go under and log first defender outside.

If Tight – Fold (BSG must seal any defender coming inside as PSTE folds)

If Split – Crack or Stalk can be called

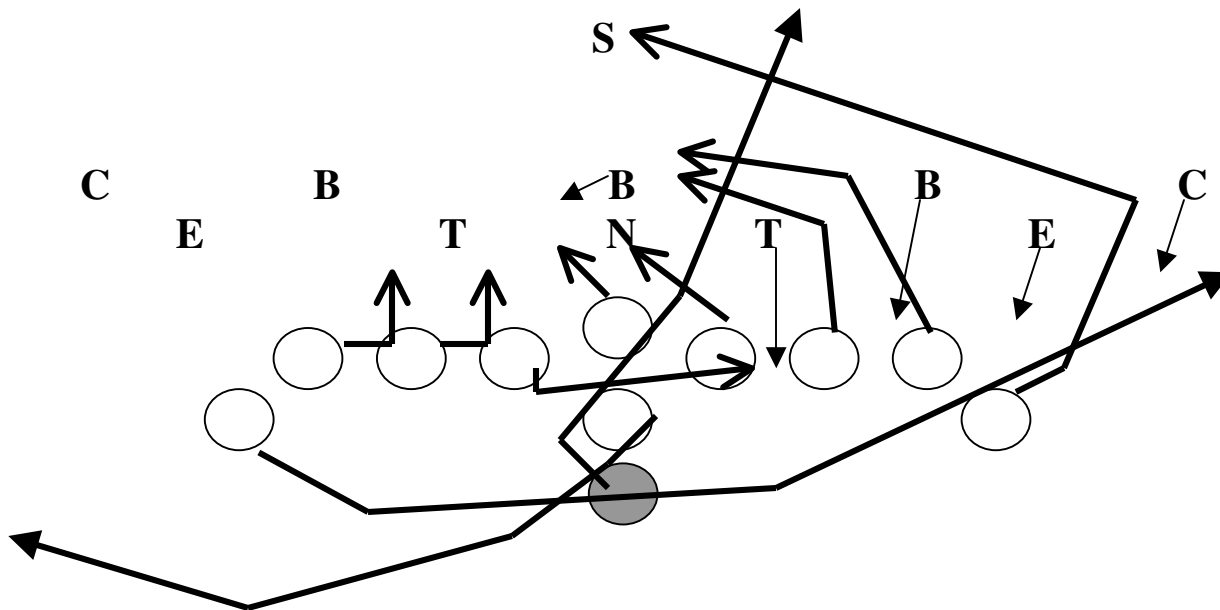
If Loose – Crack, Double Crack, or Stalk can be called

Add CB (Tight Buck Rt CB Wedge Sweep Rt) if you want to swap the MB and CB.

This is a more powerful SAB version of the Buck Sweep. If the OS run force is not an issue use Power Sweep and the PSG doesn't have to pull.

TIGHT Formation

Play BUCK RT BB Trap RT



LTE Slide if Tight. If Split run Fade. (TAG - CUT)	LT Slide (TAG - pull seal IN/OS)	LG Pull - Kick Out first defender past PSG.	C SAB IN	RG SAB IN	RT Release - Seal LB inside	RTE Release - Seal LB inside if Tight. If Split run Fade.
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QB Pivot to right side and hand ball off to BB as you finish rotation and then hand fake to WB faking sweep. Make sure you let the hand drag away from the WB as you go by. This will assist in the faking action and pull away defenders. Gain depth as you go outside and then get upfield when you see daylight.	B-Back Lead step to backside guards outside hip take inside hand off. STAY SMALL. Follow backside guard to hole. Cut upfield at first sight of daylight and stay small and get up field. Aim at the Center's PS hip.	M-Back Take a lead step at BB's near hip with inside foot. Sprint and rock cradle (fake handoff) and get up field at first daylight. GOOD FAKING IS YOUR JOB!	C-Back Release outside and then get upfield and seal first defender you come to in the secondary. Do on to touch DE let the WB hold the DE. If the DE starts crashing in then we can seal him in as he gets used to you releasing.
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Notes:

MOMA - if NT presents a problem and no backside 1 or 2 tech then have him MOMA.

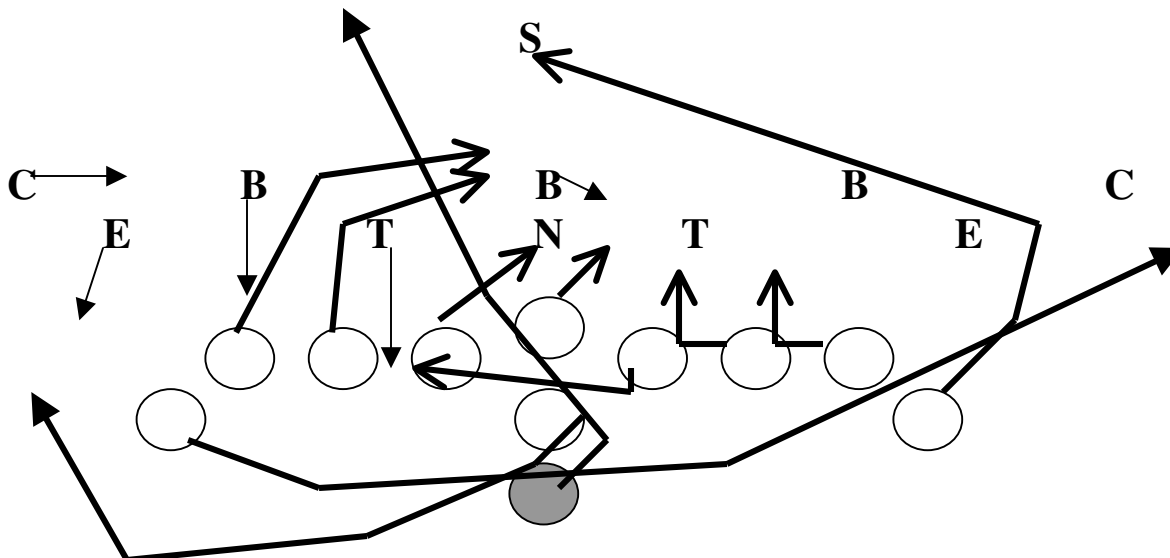
We have the BB counter step to pull a ILB to the backside so that the sealing blockers can get solid blocks on him. It is very rare the a backer at the youth level keys the pulling guard especially if we are running wedges effectively.

Split - CRACK or STALK can be called .

Loose - DOUBLE CRACK, CRACK, or STALK.

TIGHT Formation

Play BUCK RT BB Trap LT



LTE Release - Seal LB inside if Tight. If Split run Fade.	LT Release – Seal LB inside	LG SAB IN	C SAB IN	RG Pull – Kick Out first defender past PSG.	RT Slide (TAG – pull seal IN/OS)	RTE Slide if Tight. If Split run Fade. (TAG – CUT)
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QB Pivot to right side and hand ball off to BB and finish rotation and then hand fake to WB faking sweep. Make sure you let the hand drag away from the WB as you go by. This will assist in the faking action and pull away defenders. Gain depth as you go outside and then get upfield when you see daylight.	B-Back Lead step to backside guards outside hip take inside hand off. STAY SMALL. Follow backside guard to hole. Cut upfield at first sight of daylight and stay small and get up field. Aim at the Center's PS hip.	M-Back Take a lead step at BB's near hip with inside foot. Sprint and rock cradle (fake handoff) and get up field at first daylight. GOOD FAKING IS YOUR JOB!	C-Back Release outside and then get upfield and seal first defender you come to in the secondary. Do on to touch DE let the WB hold the DE. If the DE starts crashing in then we can seal him in as he gets used to you releasing.
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Notes:

MOMA – if NT presents a problem and no backside 1 or 2 tech then have him MOMA.

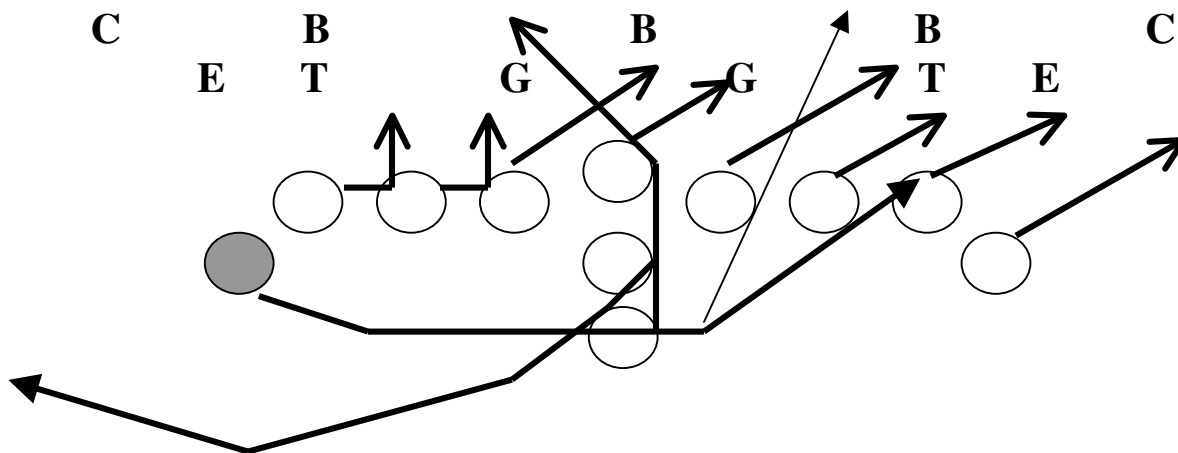
We have the BB counter step to pull a ILB to the backside so that the sealing blockers can get solid blocks on him. It is very rare that a backer at the youth level keys the pulling guard especially if we are running wedges effectively.

If Split – Crack or Stalk

If Loose – Crack, Double Crack, or Stalk.

TIGHT Formation

Play BUCK RT Side RT



LTE Slide if Tight. If Split run Fade.	LT Slide	LG SAB OUT	C SAB OUT	RG SAB OUT	RT SAB OUT	RTE SAB OUT if Tight. If Split run Fade.
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<p>QB Pivot to right side and fake handoff to BB then finish rotation and hand off to WB faking running sweep. Make sure you let the hand drag away from the WB as you go by. This will assist in the faking action and pull away defenders.</p> <p>Gain depth as you go outside and then get upfield when you see daylight.</p>	<p>B-Back Fake as if you have the ball the first two steps after QB fakes to you. Suck the PSDT in to you. Let the Center and BSG go by you and work to backside and seal off the first defender coming playside (LOS to 2nd Lvl)</p> <p>GOOD FAKING IS YOUR JOB! You must seal off the backside!!</p>	<p>M-Back Take a lead step at BB's near hip with inside foot. Sprint and take hand off.</p> <p>Aim at the PST's outside hip. If there is daylight in the B-C gaps get up field. If there is no daylight get on the outside shoulder of the PST and get small and up field as you follow your blockers. Look for any daylight and get up field.</p>	<p>C-Back SAB OUT</p>
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Notes:

G block – since the PSWB is reaching/downing the EMLOS the PSG must go under and log first defender outside.

If Tight – Fold (BSG must seal any defender coming inside as PSTE folds)

If Split – Crack or Stalk can be called

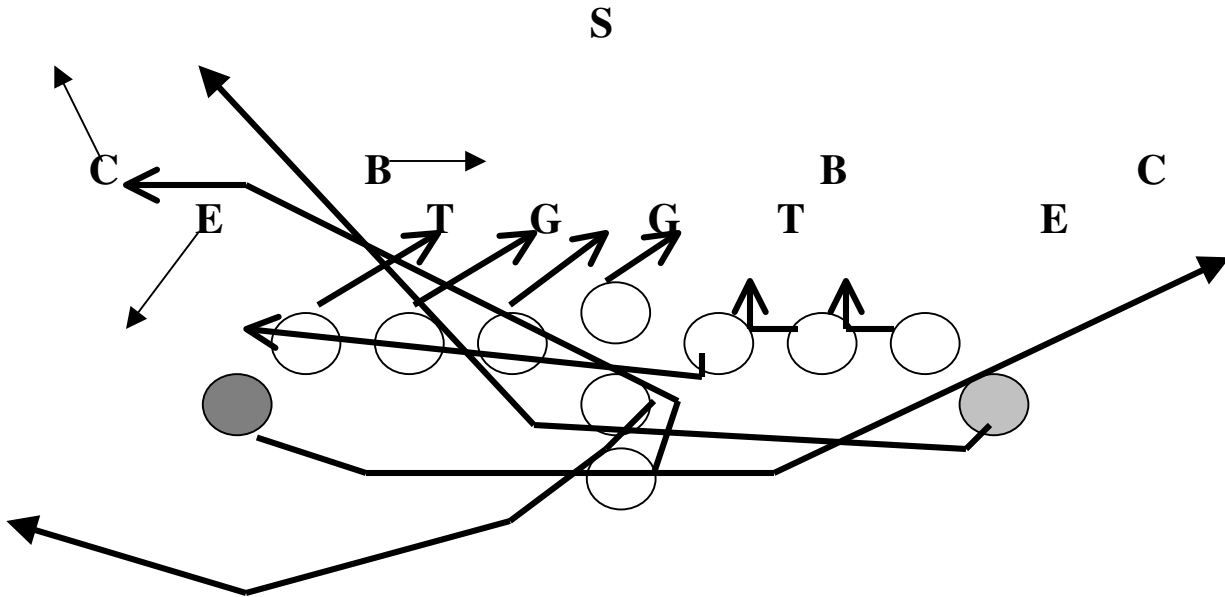
If Loose – Crack, Double Crack, or Stalk can be called

Add CB (Tight Buck Rt CB Wedge Sweep Rt) if you want to swap the MB and CB.

This is a more powerful SAB version of the Buck Sweep.

TIGHT Formation

Play BUCK RT Criss Cross CB Lead Counter Lt



LTE SAB IN if Tight. If Split run Fade.	LT SAB IN	LG SAB IN	C SAB IN	RG Pull – kick out first defender to cross your face.	RT Slide (TAG – pull and seal IN/OS)	RTE Slide In if Tight. If Split run Fade. (TAG – CUT)
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<p>QB Pivot to right side and fake hand off to BB then finish rotation and hand off to WB running sweep. Make sure you let the hand drag away from the WB as you go by. This will assist in the faking action and pull away defenders.</p> <p>Gain depth as you go outside and then get upfield when you see daylight.</p>	<p>B-Back Fake as if you have the ball. Rock the cradle and get the interior defense to commit.</p> <p>Widen your step slightly more to the PSG's hip and let him go by you. Then cross over step back inside and follow him (or BST) into the hole and block the first defender OS/IN.</p> <p>GOOD FAKING IS YOUR JOB!</p>	<p>M-Back</p> <p>Take a lead step at BB's near hip with inside foot. Sprint and take hand off. Widen out as you get the handoff so that you create a tunnel inside for the CB.</p> <p>Make a good hand off (into the belly) and get your hands back in to continue the FAKE outside. DO NOT LOOK THE SECOND HANDOFF AND FAKING ARE YOUR JOBS!!!</p>	<p>C-Back</p> <p>Drop step with inside foot to delay. Take off at a run inside (Not a sprint) and open up for inside handoff from MB. Secure ball and look for first daylight inside of BB's lead block. Get upfield and to the outside. DO NOT run this wide until you get up field!!!</p> <p>Do not cut back inside!!!</p>
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Notes:

If Split – Crack or Stalk can be called

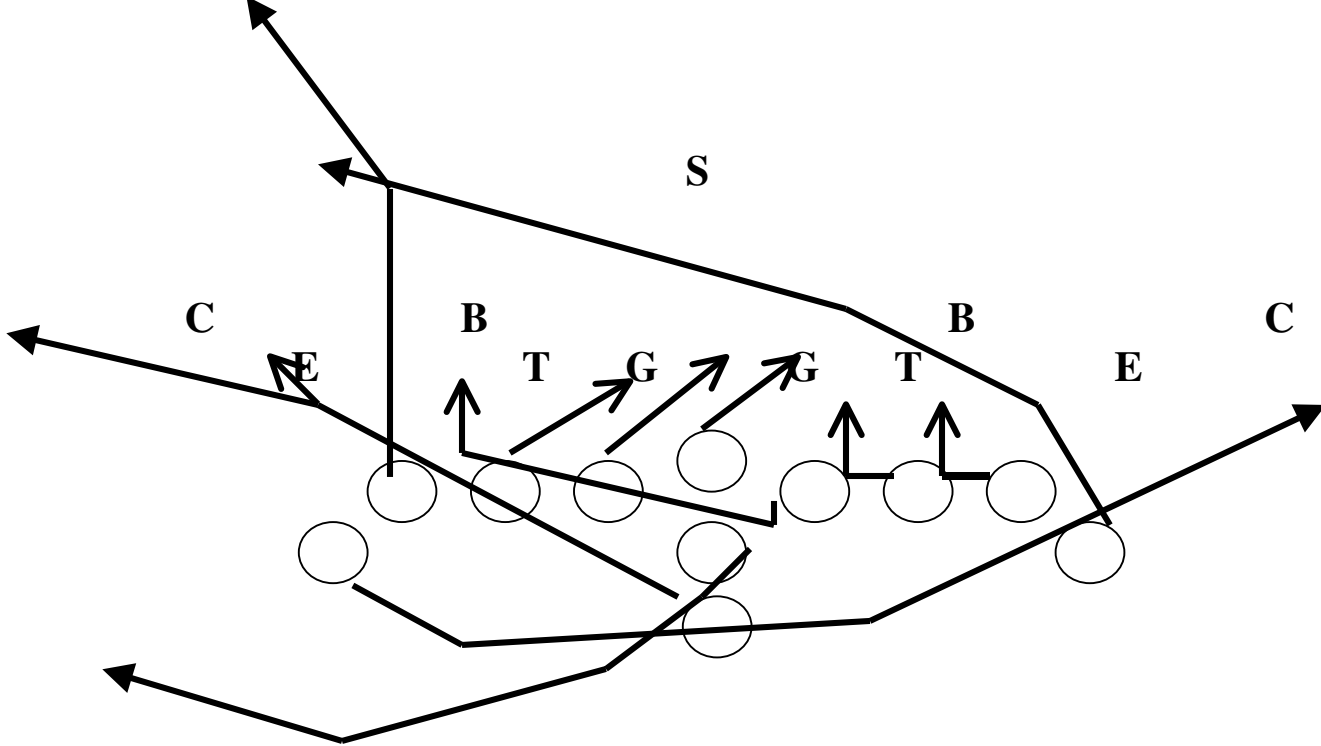
If Loose – Crack, Double Crack, or Stalk can be called

Add CB (Tight Buck Rt CB Wedge Sweep Rt) if you want to swap the MB and CB.

This is our counter off of Buck sweep. The QB bootlegging forces the DE and usually the CB wide, which gives the blockers excellent opportunity to seal them outside.

TIGHT Formation

Play BUCK RT QB Power Sweep Waggle Pass LT



LTE Post if Tight. If Split run Fade. If the QB runs or the FB or CB catch the ball PEEL BACK BLOCK.	LT SAB IN	LG SAB IN	C SAB IN	RG Pull and reach 1 st defender to show past PST – IN/OUT	RT Slide (TAG – pull and reach 2 nd defender as RG does)	RTE Slide if Tight. If Split run Fade. (TAG – CUT)
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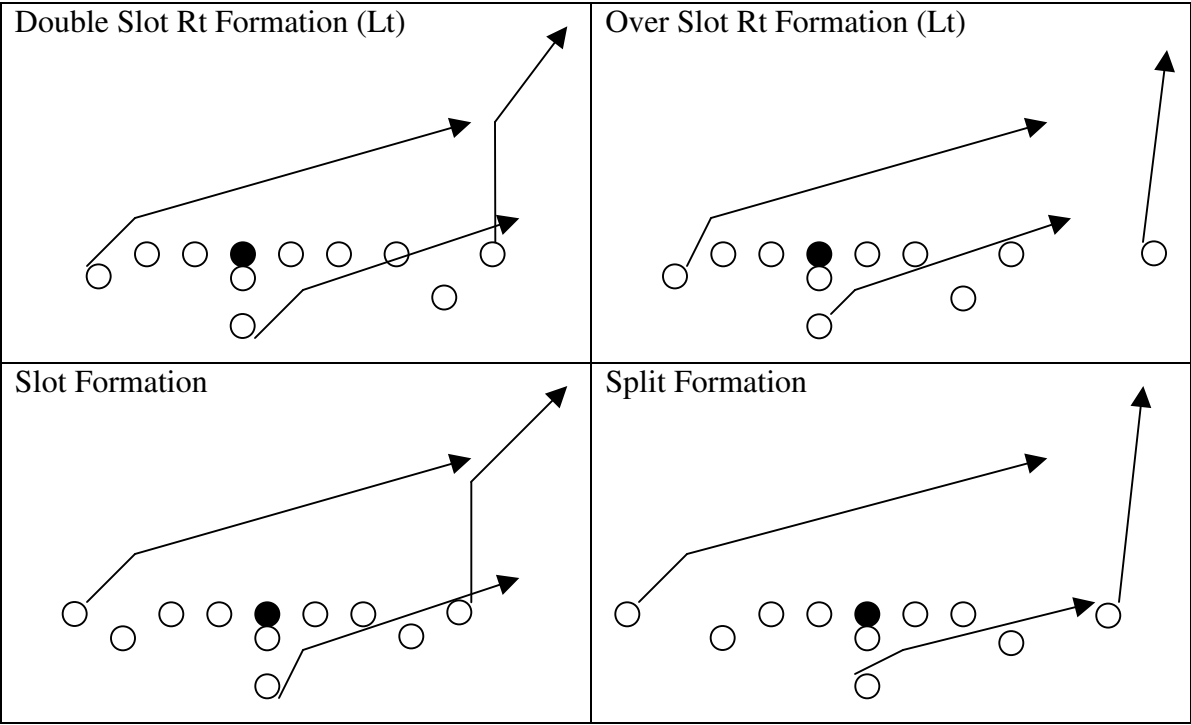
QB Pivot to right side and hand fake to WB faking sweep. Make sure you let the hand drag away from the WB as you go by. This will assist in the faking action and pull away defenders. Take a few lazy steps as your hand drags and then take off to sell the DE inside. As soon you gain depth and take off look for the FB as you move outside. The read is FB/CB/End or LO to HI. If you feel pressure GO!	B-Back Lead step to playside. Aim for DE's outside shoulder and nail him to take him off course. Just a hard bump on the OS shoulder to take him off stride. Get into the flat ASAP and get your head around for the ball. IF THE QB RUNS – PEEL BACK BLOCK.	M-Back Take a lead step at BB's near hip with inside foot. Sprint and rock cradle (fake handoff) and get up field at first daylight. GOOD FAKING IS YOUR JOB!	C-Back Release inside as if SAB IN. Gain depth and get to the other side. As you pass the center start looking for the ball as you gain depth. IF THE QB RUNS OR THE FB CATCHES THE BALL PEEL BACK BLOCK.
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Notes:

- CB POST tag** – tells CB to run a post route. He is the primary receiver.
- CB FADE tag** – tells CB to run a fade route on backside. He is the primary receiver.
- CB SEAM tag** – tells CB to run a seam route on the backside. He is the primary rxr.
- BSEND FADE** – tells BS end to run a fade route and he is primary.
- MB FLY tag** – tells MB to run a fly down the backside. He is the primary receiver.
- END POST tag** – tells play side end to run a post route. He is the primary receiver.
- KEEP tag** – tells QB to keep it and run.

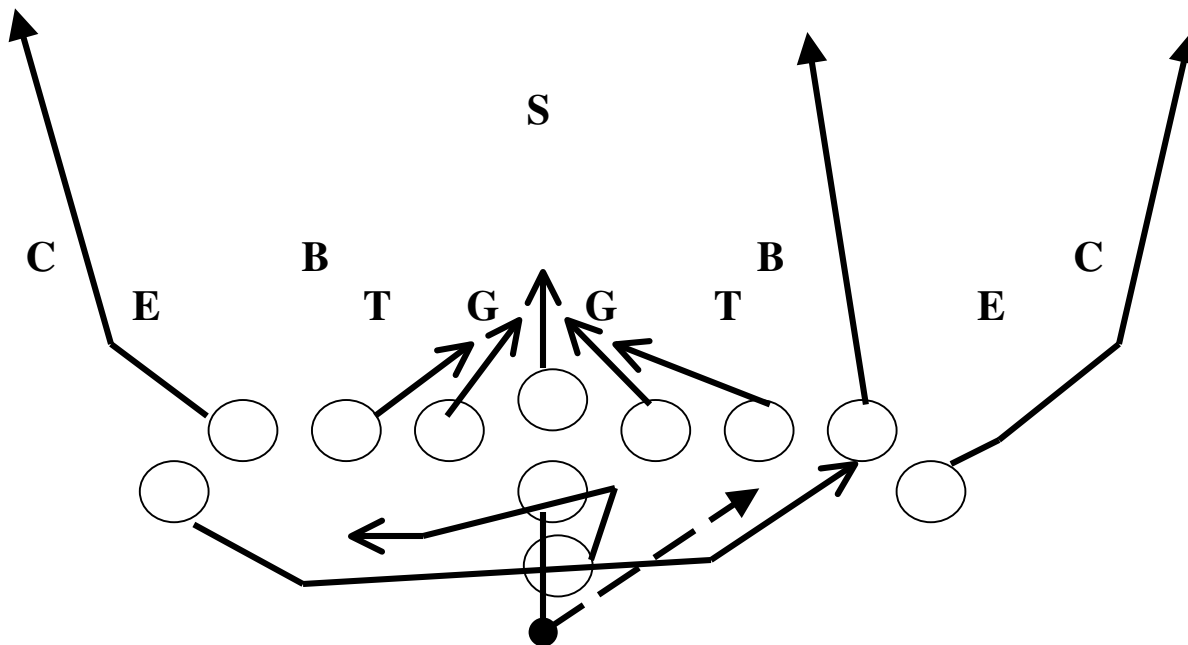
Base Formation List

<p>Slot Rt Formation</p>	<p>Split Rt Formation</p>
<p>Pro Rt Formation</p>	<p>Nasty Rt Formation</p>
<p>Double Rt Formation (Lt)</p>	<p>Loose Rt Formation</p>
<p>Wide Rt Formations (Lt)</p>	<p>Over Rt Formation (Lt)</p>



TIGHT Formation

Play BUCK RT WEDGE FADE PASS RT



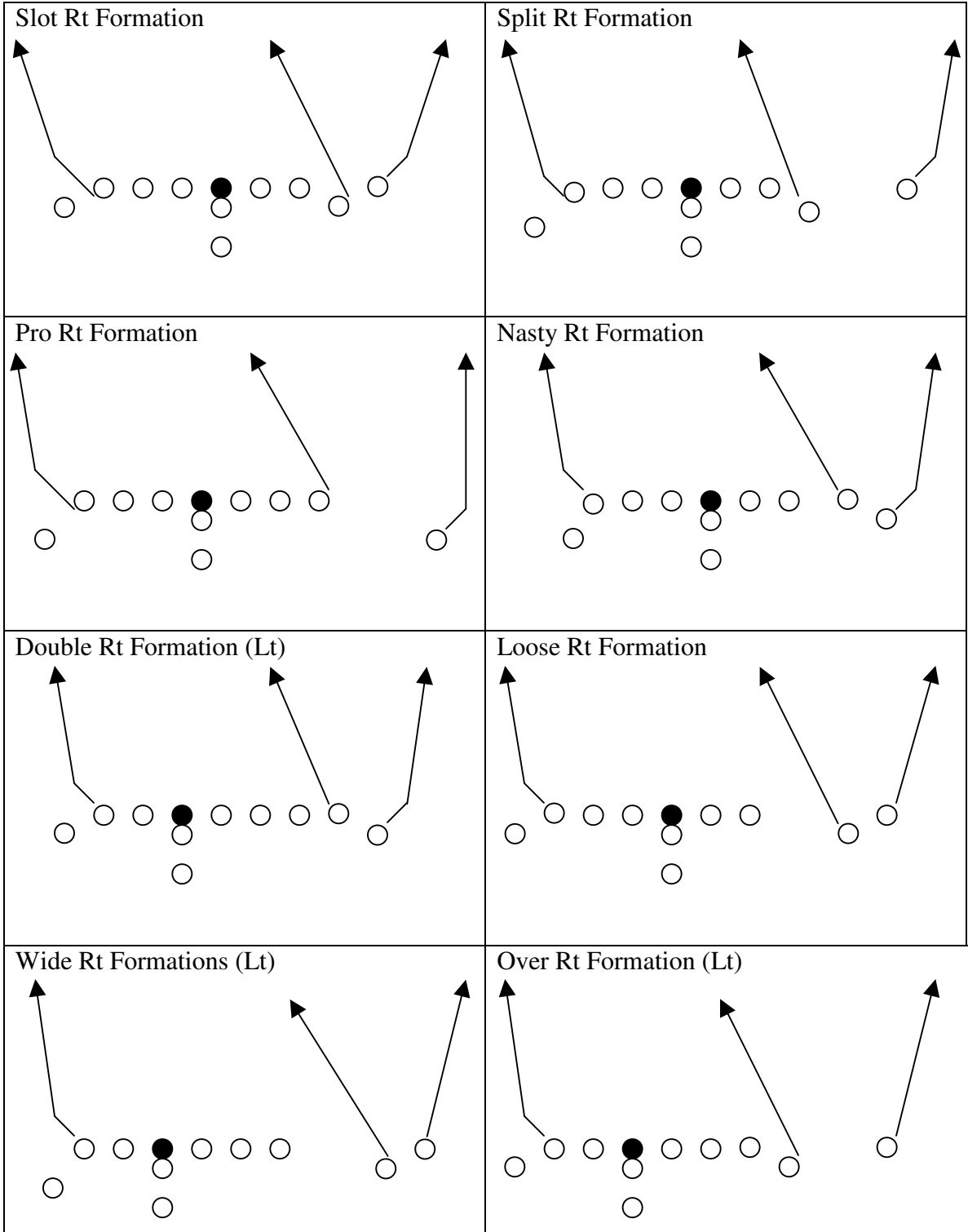
LTE OS Release FADE	LT Wedge	LG Wedge	C Wedge	RG Wedge	RT Wedge	RTE TE – OS release SEAM SE – OS release FADE
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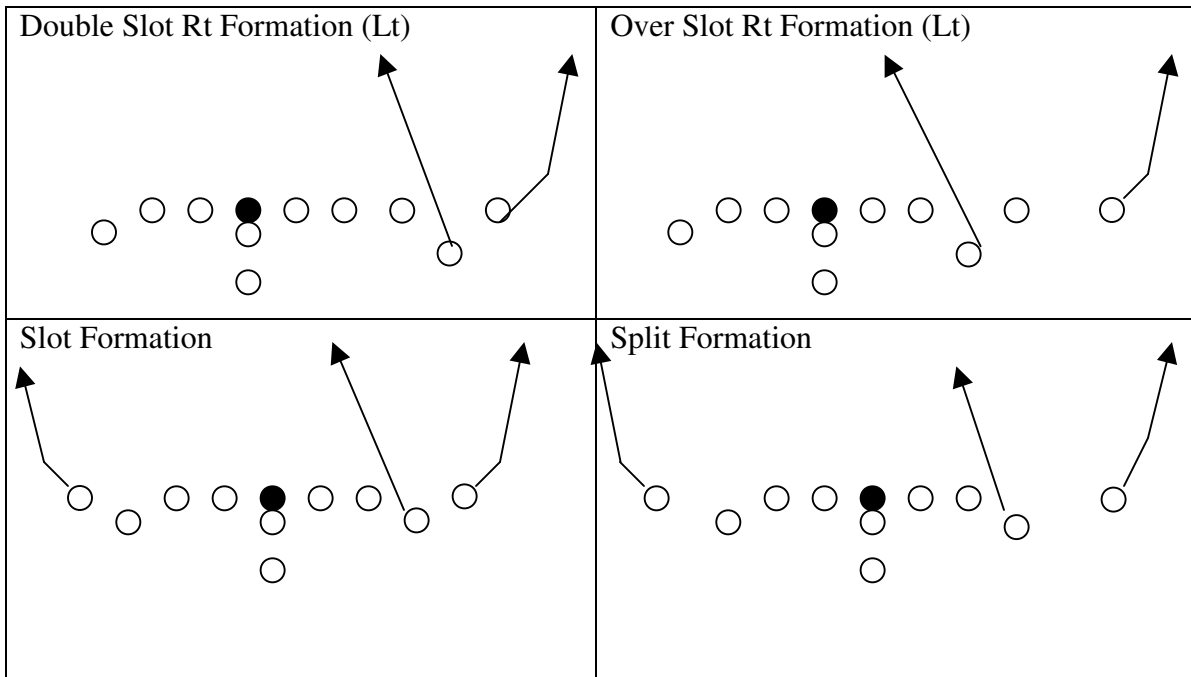
<p>QB 3 step drop. (1 step if timing issue with wedge)</p> <p>READ is OUTSIDE INSIDE on playside. FADE – SEAM.</p> <p>Cover 1 and Cover 2 fade will be open. Cover 2 and 4 Seam should be open.</p> <p>If you feel pressure get upfield at 45 degrees towards daylight ASAP. Tuck Ball and aim for OS hip of OT.</p>	<p>B-Back Lead step to Wedge side and rock the cradle. Take a good hard step to A gap to get out of the way of the drop of the QB. A good fake will draw the defense in.</p> <p>As the QB drops step to back side gain depth and slow play to the outside and pick up the first pressure to come INSIDE – OUTSIDE. The BSDT to backside is your area.</p>	<p>M-Back</p> <p>Take a lead step at BB’s near hip with inside foot. Sprint and rock cradle (fake handoff) and work towards the PSOT’s outside hip and seal the first pressure you come to INSIDE – OUTSIDE.</p> <p>The PSDT to playside is your area.</p>	<p>C-Back</p> <p>If WB – OS release FADE If Slot – IS release SEAM</p>
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Notes:

- STAY tag** – tells BSTE to stay in and wedge. This seals off a DT in a 3 or 4 tech.
- COFFIN tag** – tells inside receiver to run a quick out at 5 under the fade.
- ALL STAY tag** – tells both TE’s to stay in and wedge. One receiver route.
- MB SWING tag** – tells MB to run a swing route wide to PS. He is primary.
- BB FLAT tag** – tells BB to execute a chip and flat route BS. He is primary.
- BSEND FADE tag** – tells BSE and QB that his route is primary.
- Can use Counter Fade Pass RT as well. BB kicks out backside with BSG kicking out playside using SAB IN blocking.

Base Formation List

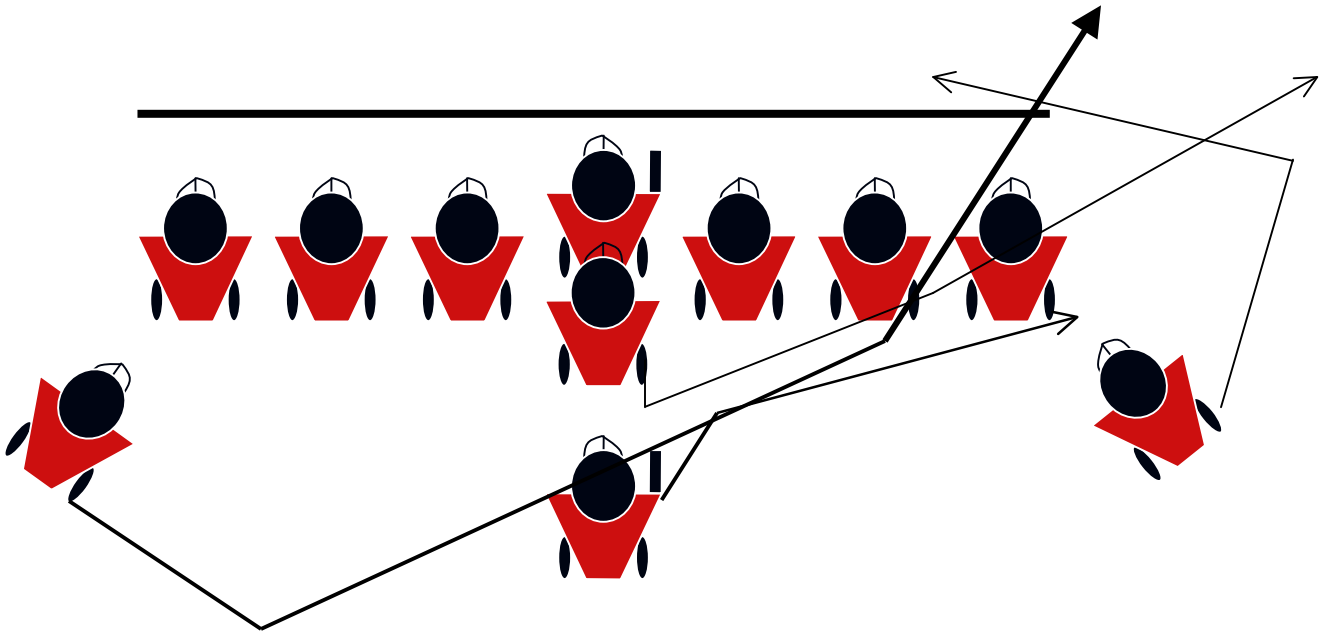




Double Slot Rt and Over Slot Rt are End over formations and the last man on the LOS on the backside is a OT. He is not eligible. If you don't play in a back restricted league (as I do) but a weight restricted league then you can make this guy eligible on the backside. Just make sure you inform the ref that he is eligible.

Super Power Series

This is the base series of our offense. Where the Buck series is basically our change up series the Super Power series is our go to series and is what we lean on and depend on to be successful. The heart of this attack is the Super Power, CB Counter, and BB Wedge. Those plays along with the additional support plays like trap and flood pass make this series very dangerous to defend against.



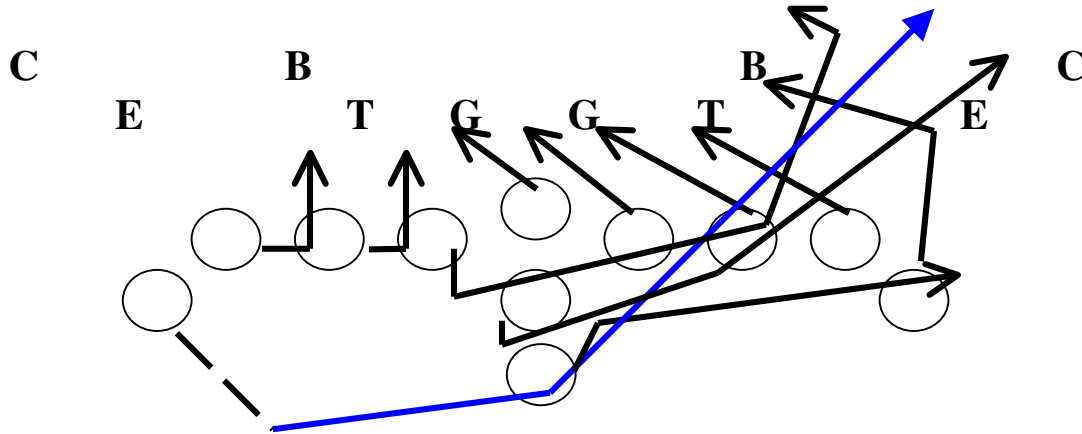
The key to this entire series is being able to constantly get 4 yards a pop on the Superpower. If you can do that every time you run this play then everything else you are doing is going to be effective off it.

The BB must be able to make a solid kick out and log block as well as knowing when to executed either. It is essential that he realize that he must block the first defender to attempt to cross his face. This is very important if you intend on running Split and Loose formations that have the chance of seeing a defender penetrate into the B gap. The QB must be able to spin flat on the LOS as he tosses the ball and get into his blocking path. The faster he can do this behind the BB the better this play becomes. The BSG must also be agile enough to pull and turn inside to seal off backside pursuit and be able to kick out and log block as well.

TIGHT Formation

Play RIP SUPER POWER RT

S



LTE Slide (TAG – Shoeshine) SE – run fade.	LT Slide (TAG – pull and seal off leakage and then seal IN/OS)	LG Pull and seal first defender looking IN/OS.	C SAB IN	RG SAB IN	RT SAB IN	RTE SAB IN SE – run fade
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<p>QB Quick, short motion- call for the ball quickly. Spin and toss the ball as you “fall backwards” in the direction of the playside end. Step first with the left foot and pivot on your right foot, so that the left foot lands about 3 o’clock. Spin & toss a soft ball at number height – but no higher.</p> <p>Get your eyes around to playside and look at the BB.</p> <ul style="list-style-type: none"> If he kicks out, run inside his block and seal first defender Outside In. If he LOGS or is jammed inside you seal next man Outside In as you go UNDER him. 	<p>B-Back Take a cross over step towards the PSG’s inside hip then step towards playside. You must block the first defender that you see cross your face as you move down.</p> <p>If the EMLOS is wide and/or boxes kick him out with your head to the inside to lock him outside.</p> <p>If the EMLOS is tight and/or crashes inside step wide and then long him inside by get your head to the outside shoulder and driving him into the LOS and let the rest of the blockers and the runner flow under.</p> <p>THIS BLOCK IS KEY TO THIS PLAY!!!!</p>	<p>M-Back On the “R” of READY take two quick shoulder width shuffle steps aimed 1 yard behind the BB’s near hip with your body pointed at the QB’s near hip. As the ball is snapped make one last shuffle step as you secure the ball and follow your blockers and look for daylight and get upfield. Never take your eyes off the ball until you have caught it.</p> <p>Read your blockers – at the first sign of daylight you get up field.</p> <p>If the BB kicks out the blockers go inside of him you follow and explode into daylight. If the BB logs the blockers will go under and outside you go inside of the log and the blockers and explode up field to daylight. UPFIELD TO DAYLIGHT!!!</p>	<p>C-Back Release so that you avoid any contact with EMLOS or inside defensive lineman.</p> <p>Get inside and squeeze the LOS and seal the first LB coming playside. Get your head to the outside so that the LB is sealed. DONOT LET A DEFENDER CROSS YOUR FACE!!!</p> <p>DINGO – move up to the LOS on DOWN and set. SAB IN. (used on a tough 6 or 9 that can’t be kickout or logged by BB)</p> <p>TIGER – SAB OUT (Used on a crashing or sliding 8)</p>
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Notes:

DOUBLE – QB AND BB both kick out a tough EMLOS

MOMA – Center blocks a NT (Man On Man Away)

CRACK – PSSE crack blocks first LB coming PS.

DOUBLE CRACK – Slot cracks first LB coming PS and PSSE cracks safety coming ps.

STALK – PSSE stalk blocks CB.

LOG – tells the BB to log block the EMLOS.

Notes about the Super Power:

Key points of the Super Power

1. We use motion (Rip/Liz) to condition the defense into thinking that the play will be going in a certain direction. I call this pre-flow as the defense sees the super power over and over they become aware that the motion indicates what direction the super power will be hitting and the POA (Point of Attack).
2. We get as many players to the POA as is possible without causing leakage across the LOS especially on the playside. This allows us to block all of their defenders and mask our runner in a crowd of blockers. Essentially what we are doing is making a tunnel for the runner to get into with as many blockers out front as possible to hide him from the inside pursuit.
3. If the defense is playing an even front or playing a 9 man or larger front then you might have to pull only the BSG instead of the BSG and BST. This is a major reason why we first only pull our BSG then call TAG to pull an additional blocker (BST) as we generally face these fronts as a base.
4. We use Severe Down Blocking playside and SLIDE blocking on the backside to simplify the blocking for our blockers and allow them to be more aggressive. If we pull both then we SHOESHINE (Cut) block the backside. For now we default to pulling only the BSG and SLIDE and call TAG when we want to revert to pulling both and shoeshine. Otherwise we can reverse this if our league allows us to do so.
5. On all of our plays that go between the wing backs, except wedge, we attempt to bust the hole open by kicking out the outside defender and down blocking (SAB IN) the inside defender. We do this on powers, traps, and counters. This is a fundamental part of the power play and it allows us to attack a defensive front no matter what they show us. On super power plays we further pry the hole open by sealing off both sides of the next level (LB and CB) with the wingback inside and the quarter back outside creating a tunnel that the runner can get into.

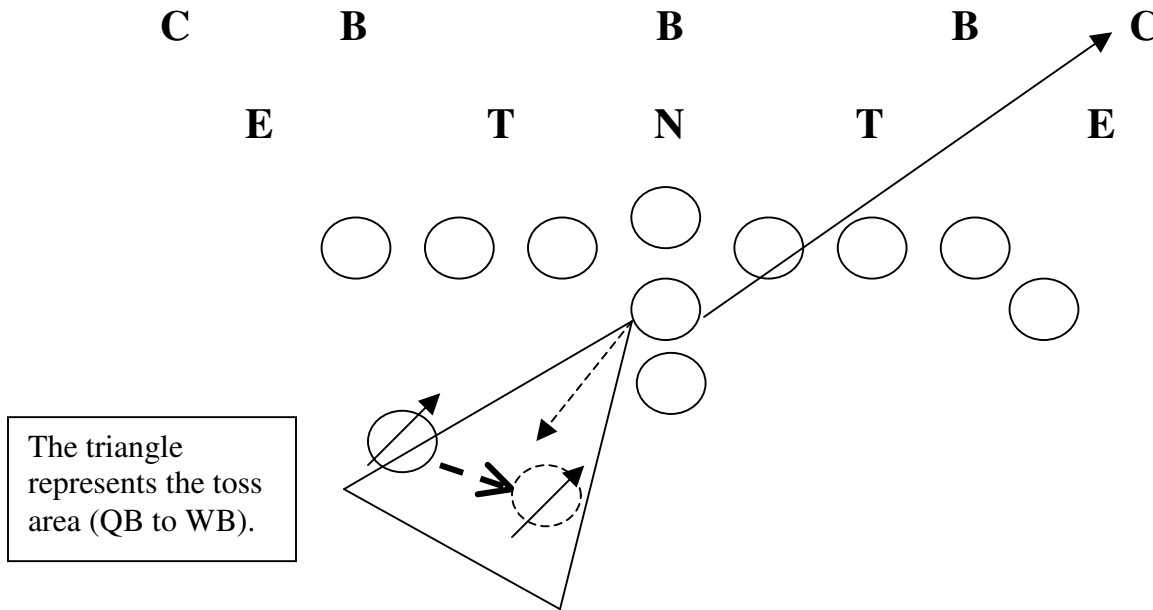
NOTE: The Severe Angle Blocking allows us to do this and allows us an easier teaching progression than using traditional GOA and GOD blocking rules. I won't go into too much detail here about our blocking schemes but in conjunction with Wedge blocking allows us to teach team blocking, be more aggressive, and nullify superior talented players or teams with a larger number of talented players in less time.

Fundamentals of the Super Power Play

My thought process on the super power is that I want the defense to know that we are going to run this at them and we are going to run misdirection and playaction of it as well. Basically if you want to beat us you have to stop the super power and all of its many facets that we use. That is easily said but not easily achieved for the defense and here is why.

Remember with Rip/Liz motion he takes two shuffle steps on the R of READYYYYY. His path is aimed one yard behind the near hip of the B-Back and he is still facing in the same direction as when he started (at the QB's near hip). On Hit he takes one additional shuffle step as he his receiving the toss handoff. We tell him to hit the hole hard and fast reading the QB and BSG, and BST if pulling, path; if the QB and BSG pull up inside of BB the WB must follow and explode up field at first daylight. If the QB and BSG go under the BB as he logs he must stay inside of the QB's seal block and explode up field at first daylight. Do not let the WB string this play out at all. The key to this play is to get up field and inside at the first outside seal block. The reason for the shuffle step after hit is to force the wingback to square up to the hole and then follow his blocks and also not over run his blockers. We emphasize to the wingback (runner) that he must follow the QB, BSG, and B-Back and read what they do. It also forces the wingback to stay as square as possible to the LOS as he hits the hole we want this so that he has a cutback to the inside or the outside as well as driving forward.

S



Note BB and QB relationship: The sequence is B-back first (kick out or log), then QB (outside – inside seal), then BSG (and BST if TAG) and then runner into the tunnel. The QB must spin, toss, and get into the tunnel created by the down block inside and the kick out. This means that his footwork and technique must be well tuned, as they are key to the super power being effective. The QB should have a pigeon toed stance that is no more than shoulder width apart to allow for a good balanced spin and toss stay tight to the LOS so that you can easily get inside of the BB. He should be facing nearly 180 degrees when he spins. If he gets caught up along the LOS it will affect the path of the runner and the run force can shut the play down from the outside in by stepping into the tunnel. The B-Back must take his

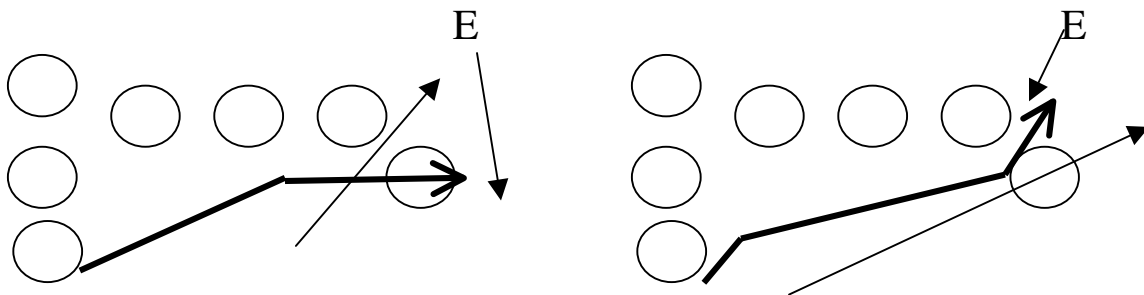
first step with his playside foot towards the far hip of the playside guard and the flow towards the EMLOS unless that defender sits or squeezes inside and then his next step is to gain depth away from the LOS and arc around the EMLOS so LOG him inside.

Note about the Tunnel: the tunnel created by the Down/Seal block inside and the Kickout/Seal block outside on the LOS. Also if a blocker on the playside does not have a target on the LOS to block his path will take him into the second level and force backside pursuit to go over him, which will cause him to give ground and time to the runner. Creating that tunnel at the first level with the Down block inside and the Kickout/Log outside is very important as well as the seal block on the inside and outside on the second level.

Play of the B-Back

Kick Out (take an inside banana path and attack the inside shoulder of the DE and kick him outside). Backside footstep towards the Playside guard's near hip (crossover). His helmet must be behind the inside shoulder of the defender so that he signals the QB and ball carrier that the hole is open. He must continue to drive the defender to the outside and if he is stopped he must lock out this

Log (take an outside banana path and attack the outside shoulder of the DE and seal him to the inside). Must take a depth step to get away from the LOS so that he can arc around the EMLOS and seal him inside. Initially you will still take your cross over step to the inside hip of the play side guard but you must widen out (gain depth away from the LOS) as you go by the PST.



The key to teaching this is to drill it into the B-Back so that when he sees it he can respond correctly.

Tactic of EMLOS	BB Block	Note
Boxing	Kick Out	Seals him OS and away from LOS and runner.
Wide (9 or 8 tech) and reading	Kick Out	Seals him OS and away from LOS and runner.
Tight (6 or tighter) and reading	Log	Seals him IS and away from runner.
Scrapping down the LOS	Log	Seals him IS and into the LOS and away from runner.
Crashing inside	Log	Seals him into the LOS and IS and away from runner.

Play of the Motion Wingback (Ball Carrier)

The wingback must take a consistent motion path and be in the right place to take the toss. The extra shuffle step is very important as well as it allows for the Wingback to not rush the play but after he takes the shuffle step and secures the ball he has to exploded towards the hole and get up field. This play is not meant to be strung out you have to gain four yards a carry. The ball carrier must stay square unless he has to flow under the B-back due to a LOG block in that case he must now aim for the outside hip of the B-back and get up field. Again do not attempt to take this wide. At first daylight get up field.

NOTE: You can run the Super Power Series with out Rip/Liz motion but in my experience the misdirection is less effective without it but if the defense is keying off the motion then running super power without motion is a good way to change up your attack.

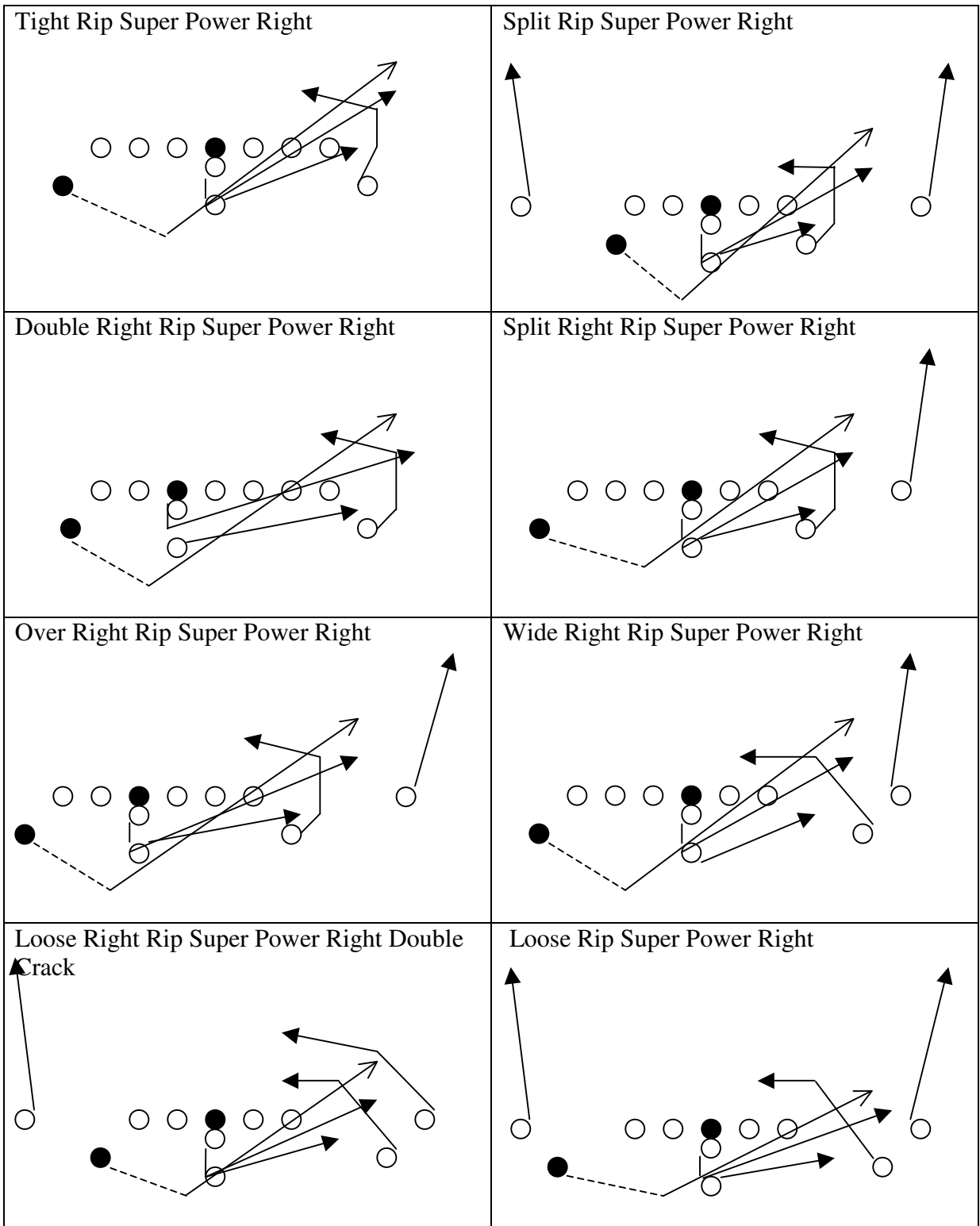
Play of the Playside Wingback:

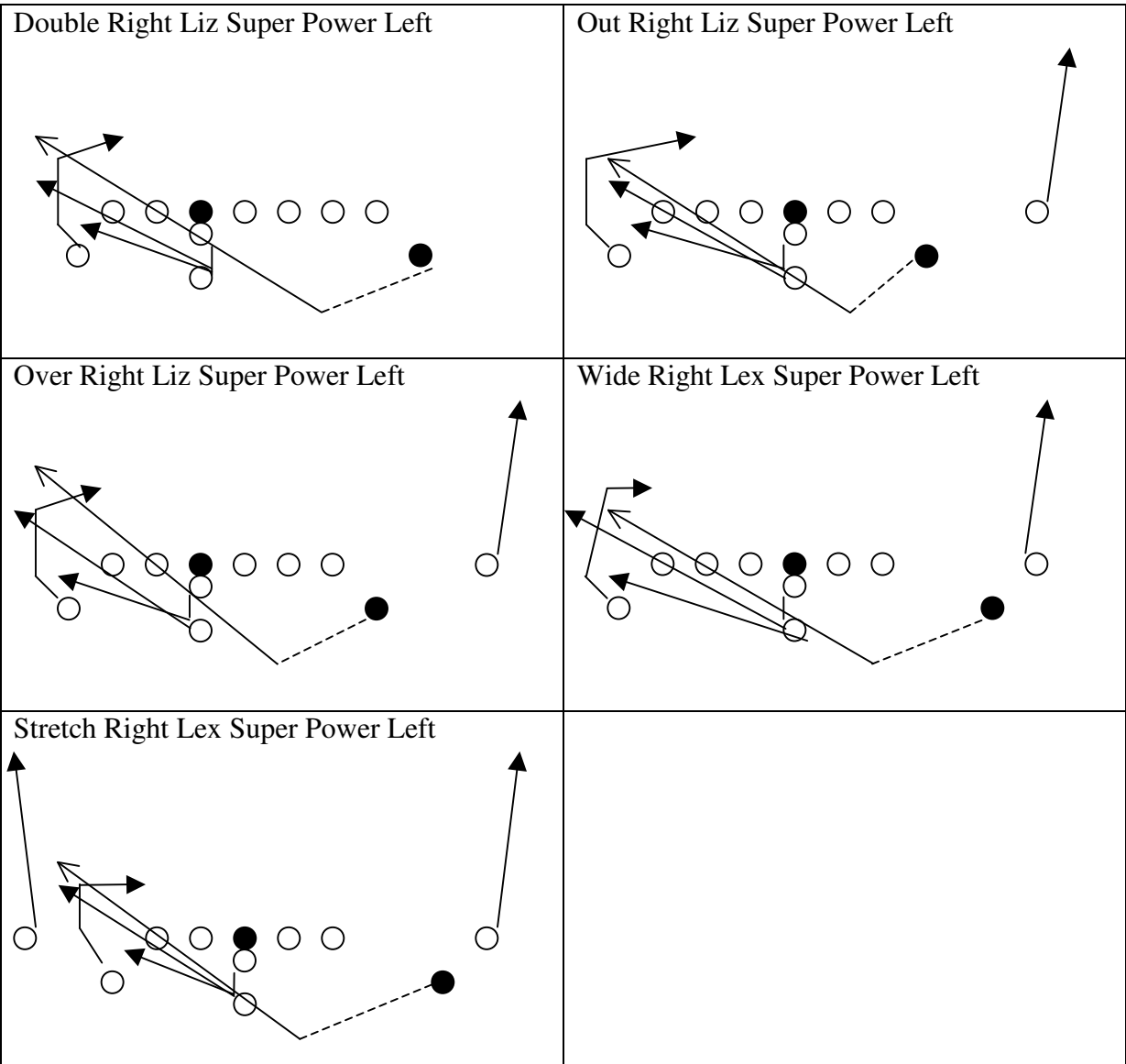
The wingback in normal circumstances must get up to the second level and not engage anyone on the LOS. This means he must go around the defense end or inside of him and then seal the first linebacker coming playside. He has to stay as tight to the LOS as possible with out allowing the Linebacker to go over him but still not allow him to cross his face into the LOS. When he makes his block his head goes across the front the defender's body so that he naturally seals the defender from the LOS and forces him to go over the top of him.

The ability to adapt to the defense is what makes us unique and the Crack and Double Crack are nothing more the extensions of that philosophy.

Call	Formations Used	Notes
Crack	Split, Over. Loose – the WB rule still applies. Seal first linebacker coming playside.	End and WB exchange rules. WB now SAB IN SE now seals first LB coming playside. I
Double Crack	Loose	WB – applies rule above. SE – seals the next free defender coming inside (usually the safety).
Stalk	Split, Over, Loose	Tells the SE and Slot (Loose) to Stalk block the man over.

Super Power Rt from our Basic and Unbalanced Looks





Tactics and Strategy

Strategy

- An elaborate and systematic plan of action. (Planning and Preparation)
- A plan of action resulting from strategy or intended to accomplish a specific goal.
- Based on:
 1. Knowing your self.
 2. Knowing your staff.
 3. Knowing your team.
 4. Scouting Reports.
 5. Knowing the Environment (field, location, weather, and officials)

Tactics

- (*used with a sing. or pl. verb*) A procedure or set of maneuvers engaged in to achieve an end, an aim, or a goal.
- Hence, any system or method of procedure.
- Execution
 1. Perfect Practice
 2. Spot Weaknesses
 3. Spot Tenancies
 4. Set and Probe Defense with Core Power Plays

Strategy:

My offensive strategy is to maintain the ball and drive the field using up as much of the clock as possible and to maintain good field position if I must surrender the ball. I want to possess the ball more than my opponent's offense and by doing so giving me more opportunities to score and providing my opponent far less chances to score as well. I believe in a four down approach as long as I am past my own twenty-yard line.

Tactics:

We use power running based series, like our Super Power Series and Buck Wedge Series, to run the ball and set up misdirection and play action passing.

We run a play until the defense adjusts to stop it and then we attack them in a specific area they have weakened to stop that play.

We attempt to either over power, misdirect, or play action a defense based on what they are doing to us by using series play/scheme play calling.

When we pass we do it off of playaction and we either throw vertically (normally to an edge) or to the immediate perimeter using a quick drop passing game (Loose package).

We use a few simple formations to force a defense to adjust so that we can do one of two things to them; either isolate a defensive weakness, or widen a gap in the defense to run through.

Youth Defenses

Youth defenses are not complex or fancy. They want to stop two things normally; the sweep, and the dive. They also want to limit the big pass play going deep that is so often used by youth teams.

The other keynote about youth defense is they tend to be gap attack/penetration type defenses and not reading types. That means you are going to see a lot of 10-1, GAM, 8 Gap, and other 9 and 10 man front type defenses that are aggressive. You must have an offense that can easily counter this and take advantage of it.

The number one area that youth offenses attack is the outside (sweep) because of this the number one area youth defense defend is the outside D gap (Sweep). In order to do this they must give up another hole somewhere in the line or in the secondary. Usually that hole is the inside D gap or C gap (offtackle). This is the Achilles heel of most youth defenses and should be the main focus of attack. Once you attack this hole defenses adjust one of four ways.

1. They move the outside defenders in tight and the DE pinches to stop the oftackle run. Time to LOG that DE and bounce the play outside.
2. They move an inside defender (A or B gap) into the oftackle hole. Time to wedge or trap since those guys are probably coming hard to stop the oftackle play or attempting to clog the hole by sitting and stuffing the blocker.
3. They move the backside over in a shift by following motion. This is simple to beat, either don't motion and run the same play or run counter (my preference).
4. They move up the secondary in an effort to put more men in the box. Time to pass or run a super power keep. Both attack the defense by forcing them to respect the power and still hit them in the same exact area.

Adjusting to the Defense Using Scheme and Play Calling

Double wing purest use this style of play calling only. They use one formation and then adjust to the defense by calling plays based on what the defense is doing. Basically take what the defense gives them and keep calling the same plays until they adjust to stopping those plays. This is an example of this strategy using my play calling system and the base super power series.

Super Power Play	Off Tackle Play (C gap)	Base Play
Super Power Sweep Play	Outside Power Play (D gap)	DE is moving inside
BB Wedge away from action	Inside Power Play (A gap)	Defensive interior is reading and/or soft
BB Trap to action	Inside Counter Play (A/Bgap)	Defensive interior is attacking and second level is flowing to action
BB Trap away from action	Inside Counter Play (A/Bgap)	Defensive interior is attacking and second level is sitting on CB counter
CB Counter away from action	Off Tackle Counter Play away from action (C gap)	Defense is overreacting to base action

Super Power Flood Pass	Bootleg Pass off of Action	Defense is using secondary to cover run not covering the pass.
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This strategy is very simple to use with one formation or even two and it allows the coach calling the plays to take what the defense is giving them. You have to be able to see from the sidelines what the defense is clearly doing or have someone in the press box that you can communicate to especially if you want to key on the opposite side.

Adjusting the Defense by using Formation

Although a lot of coaches do not agree with me I feel that you need to have more than just one formation in your repertoire. Even Markham and Wyatt have had limited success just running the classic double tight formation. This is because no matter how effective your series selection and play calling is the defense will adapt to the formation and how to defense it which makes it's job easier. This is amplified if you have to face the same coach every season as well. You have to have something in your "Tool Box" that allows you to adjust to this and forces a defense to once again adapt as you run your same base plays over and over. Formationing allows you to do this by changing your formation but still running the same base plays over and over with very little change.

I believe in using my core plays and I also believe in using a mix of formations that allow me to adjust the defense (before the snap occurs) to take advantage of either my personal or theirs. I really believe you have to be able to do this if you are facing talented and well-coached teams.

Each season I review what my offensive personal can and cannot do and then select plays and formations that best fit their abilities. I also try to scout every team that I play and pick out formations and plays that I think will give us an advantage against that particular team as well.

Adjusting the formation to the Outside Defensive Triangle

One key to our success in this offense throughout the years is being able to beat the OUTSIDE TRIANGLE of the defense. You can do this with series/play calling schemes, as we do, or you can increase your odds by defeating it before the play starts with formationing. The outside triangle is the way I describe the defensive EMLOS, usually the DE, and his support and does not take into account the DE's technique in any way as that is done by using scheme/play calling. The triangle is only a representation of the support the EMLOS receives from his support defenders and that is all.

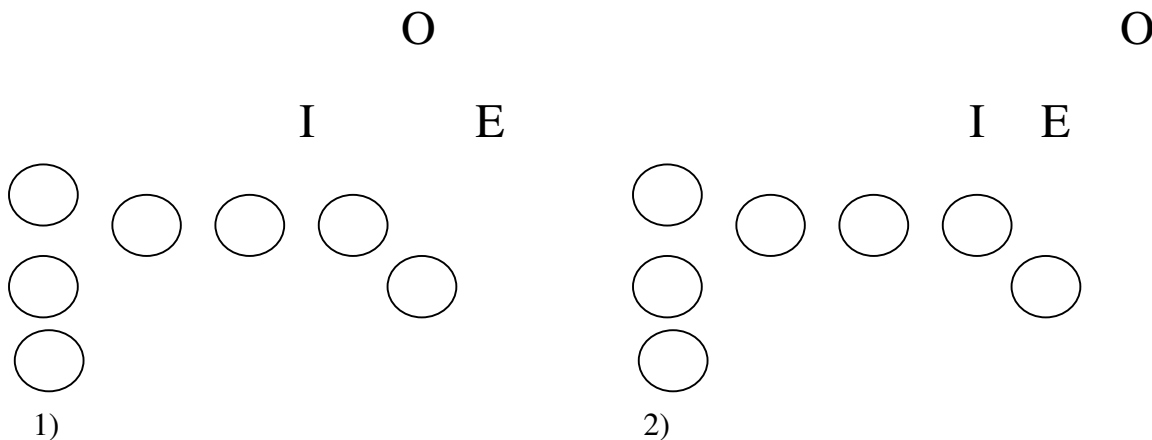
Every defense will have an EMLOS (Contain man), an Outside Run Force (normally a corner but can be safety or linebacker), and an Inside Run Force (linebacker or safety). We have to control, isolate, and manipulate these guys at all times.

We have six looks that do not include our unbalanced looks. They are the basic Tight, Split, Loose, Slot, Nasty, and Pro. With those we can adjust the Outside Triangle (OT) as we see fit. Furthermore we have four additional unbalanced looks as well that can further adjust the OT.

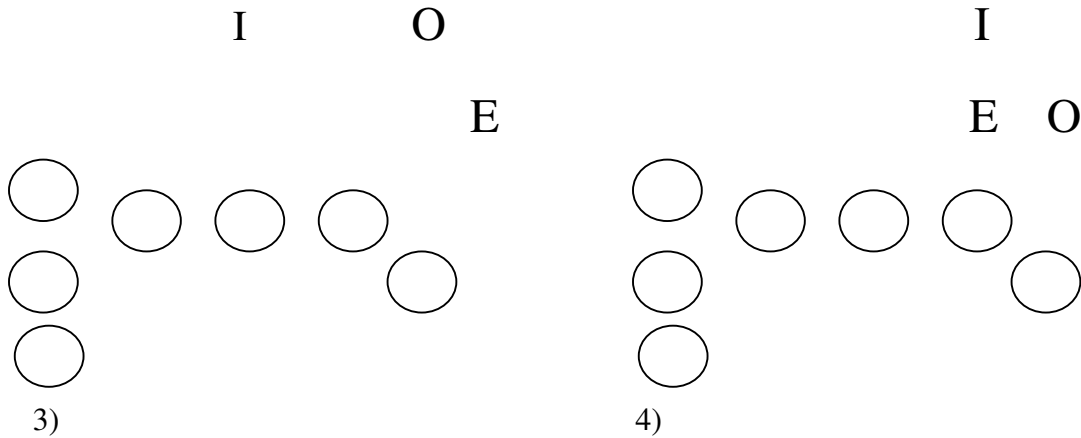
Youth defenses can be unpredictable in how they line up are what they about to do but they are very predictable when it comes to how they defend the outside triangle. Youth defenses do not want to give up the easy outside play and will go to great lengths to defend that area. Most pre arrange their defenses to stop specific strengths of an offense. We in turn must prearrange the defense to take advantage of a weak area or adjust a defense out of its strength.

Formation Look	OT Look	Why
Tight (TE/WB)	EMLOS, Inside (LB/S) and Outside Run Support (CB/S).	Compress formation if the defense is not used to defending this type of look. BASE LOOK
Slot (WB/TE)	Widens EMLOS normally, IS and OS RS still their.	Widens C gap but still in compressed formation.
Nasty (TE/WB split from PSOT 1 yard)	Widens the EMLOS and either the IS or OS RS	Widens the C gap and moves multiple defenders outside.
Split (WB/SE 8 to 10 yards wide)	Widens the OS RS and forces coverage. Shortens the EMLOS and IS RS.	If OS RS is tough and playing run can isolate him. Can Force a FS to play pass.
Loose (Slot 8 yards out/ SE 10 yards out)	Widens the IS and OS RS and forces coverage. Shortens the EMLOS.	Good way isolating both IS and OS RS and running inside of them. Can force a FS to play pass as well.
Pro (WB goes to 8 yards as flanker)	Widens the OS RS and keeps the EMLOS at same distance.	Does the same thing that split does but places a WB out instead of an End.
Over (TE/WB/SE 8 to 10 yards out)	Widens the OS RS and keeps the EMLOS at the same distance.	Unbalanced look that widens the OS RS and still leaves numbers to the inside.
Double (TE/TE/WB)	Widens the EMLOS normally. OS and IS RS are still the same distance.	Unbalanced look that widens the EMLOS.

The Triangle:



- 1) This is an example of a ILB playing inside (5 or 7 tech) of TE and the CB playing a head up and mirror position over the WB while the EMLOS plays a 8 tech. This is a pretty classic look.
- 2) This is an example of a ILB playing a 6 tech, the CB playing a outside shade and mirror over the WB while the EMLOS is in a 9 tech. Another classic example.



- 3) The ILB is in a 40 look (head up over tackle and off ball), the Corner is mirroring the CB and the EMLOS is in a 8 tech. This is a pretty common look for a 52, 53, or 54 front.
- 4) The EMLOS is in a 6 tech, the ILB is in a 60 stack, and the Corner is in a 9 tech.

So how do we defeat these problems using our rules and formations? This is very simple really; although we have a multitude of formation looks really what we have are distinct looks on the perimeter that we can show the defense and each allow us to affect the Triangle so that we can take advantage of the support defenders and isolate the Defensive End. I firmly believe the success of this offense is based on how effective you are at attacking the defensive end and the C gap (offtackle hole) on the playside and forcing the backside and secondary to make the stop on the playside to open your misdirection and playaction passing game.

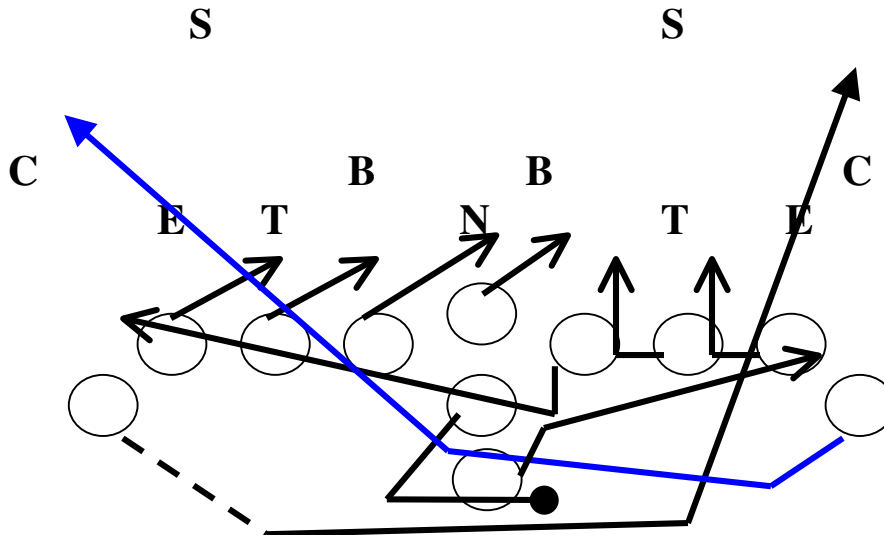
Our base formation is the Tight formation so normally the Defensive End has both the OLB and CB supporting him but we can isolated and seal both of these defenders in most cases but if they are giving us problems within our play calling and scheme we can formation them first and then beat them with our scheme.

Note: Our split ends play a key role in our offense, as you will see in our passing game. The key to holding those corners is to run a convincing fade route, as this is a main passing route for us. Again every thing must look the same until the actual play is executed so the little differences in each play causes the defense to start freezing in place as they try to figure out what is going on.

Remember the Golden Rule: Adjust the formations before you adjust the blocking!

TIGHT Formation

Play RIP CB COUNTER LEFT



LTE SAB IN	LT SAB IN	LG SAB IN	C SAB IN	RG Pull and Kick Out first defender to cross your face.	RT Slide (TAG – pull and seal OS/IS)	RTE Slide If SE – run fade route. (TAG – shoeshine)
If SE run Fade route						

<p>QB</p> <p>Step around with the left foot to 5 o'clock. STAY LOW AND HIDE THE BALL. Take one additional step with the right foot to 3 o'clock. You should be parallel to the LOS and facing the C-Back.</p> <p>As you move down the line give an inside handoff to the C-back and watch the ball in then continue to move to backside and seal off any backside leakage inside of the kick out.</p>	<p>B-Back</p> <p>Take a cross over step towards the BSG's inside hip then step towards playside. You must block the first defender that you see cross your face as you move down.</p> <p>If the EMLOS is wide and/or boxes kick him out with your head to the inside to lock him outside.</p> <p>If the EMLOS is tight and/or crashes inside step wide and then long him inside by get your head to the outside shoulder and driving him into the LOS and let the rest of the blockers and the runner flow under.</p>	<p>M-Back</p> <p>Rip motion – SL-O-O-OWLY as if running SUPER POWER; DON'T TAKE IT TO DEEP!</p> <p>Fake the Toss action then attack the hole as if running super power. Run for 10 yards and drive off any defender coming to tackle you. Do not look back at the ball. You have the ball!!!!</p> <p>Be Physical!!</p> <p>GOOD FAKING SELLS THIS PLAY!</p>	<p>C-Back</p> <p>Good Drop-step, take inside handoff, cut inside to the first daylight you see behind the guard's kick out block, break outside when you get past the LOS.</p> <p>1) Take one deep drop step with your inside foot – don't turn your shoulders away from the line and DON'T TAKE A COUNTER STEP</p> <p>2) DO NOT DELAY – head for the opposite OT's outside hip with your path between the QB and the center. (Inside handoff)</p> <p>3) The handoff will come from the inside. Secure the ball and hit the hole fast.</p> <p>DO NOT CUT BACK INSIDE.</p>
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Split, Over – **CRACK** tag – PSSE cracks

Loose – **DOUBLE CRACK** tag – PSSE and SLOT cracks

Split, Over, Loose – **STALK** tag – SE stalk blocks man over.

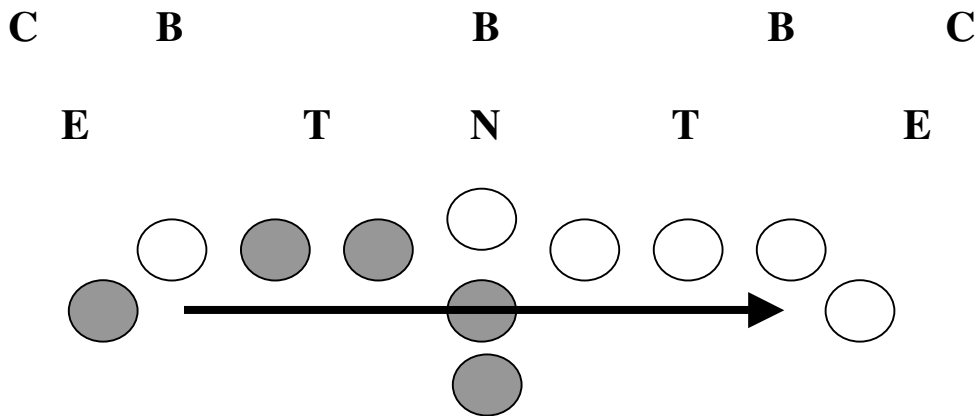
Notes on the Counter:

My thought process on the Counter is that I will call it when I see the defense start over pursuing, from backside, the super power. Once I see the BSLB and/or BSCB charging to playside to stop the super power I then know that I have counter available to me as a play. The key to this play is getting the CB to stay small, hidden, on the inside move and get up field at FIRST DAYLIGHT past the PSG and get outside once he passes the LOS. If he does these three things the counter will be a huge play for us.

Golden Rule: Don't counter from a play until the defense fears that play.

SUPER POWER AND MISDIRECTION

S



Above is an example of super power flow and the backfield and line that moves to the playside. Note that the MB, BSG (and BST if tagging), QB, and BB are shaded. The flow going to right side is forcing the defense to respect super power via motion and movement in the backfield.

At the youth level defensive backfields generally key the backs or key the backs through the guards. By doing this they allow us to deceive them with the use of our motion/pre-flow and movement in the backfield/flow. Even more importantly is the fact that any defense that sees a constant swarm of bodies moving to one side and then seeing the ball appear on that side is going to respond with movement towards that side. The illusion we create with counter is that the 3 backs in the backfield move that way. Initially with the pre-flow of the MB's motion then the faking action of the MB, QB, and BB. This pre-flow and flow force the defense to react and allow us to hit them with the counter play to the backside as they do. They key is setting up the illusion (Super Power Action) and forcing movement by the defense.

Normally a youth defense keys in this manner on the double wing –

ILB/MLB = BB (they perceive him to be the primary back)

OLB = TE

CB = WB

FS = Flow (well coached teams coach the FS to key the QB)

If the defense wants to match up then they key in this manner –

ILB/MLB = BB

OLB = WB

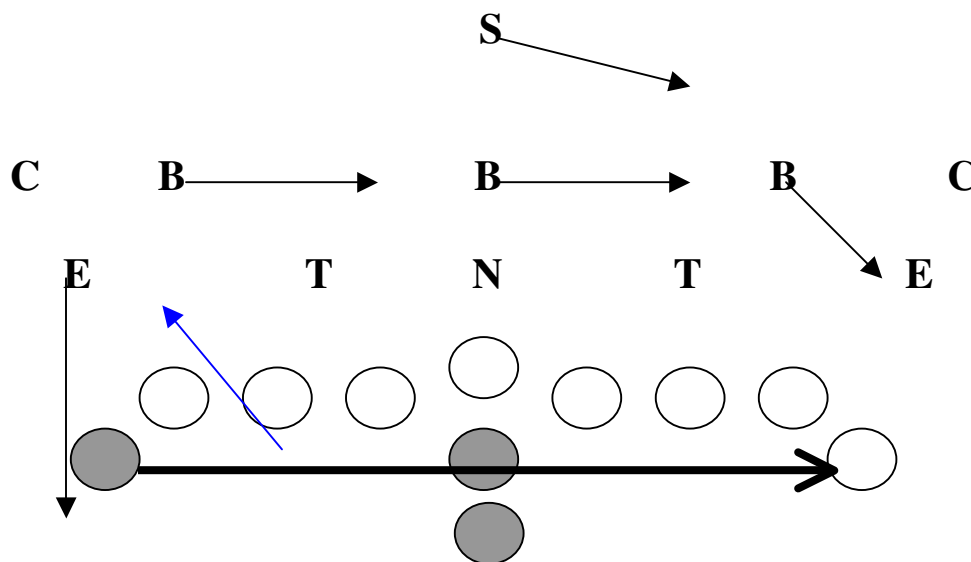
CB = TE

FS = QB

Often the defense might have the MLB/ILB key through the guards and into the backfield. At the youth level what that really means is that the backfield can still misdirect the defense.

The threat of Super Power forces the defense to defend towards the flow this means that the ILB, BSOLB or BSCB (whoever is keying the BSWB), and FS are moving towards the flow to stop the super power as it attacks that side of the defense.

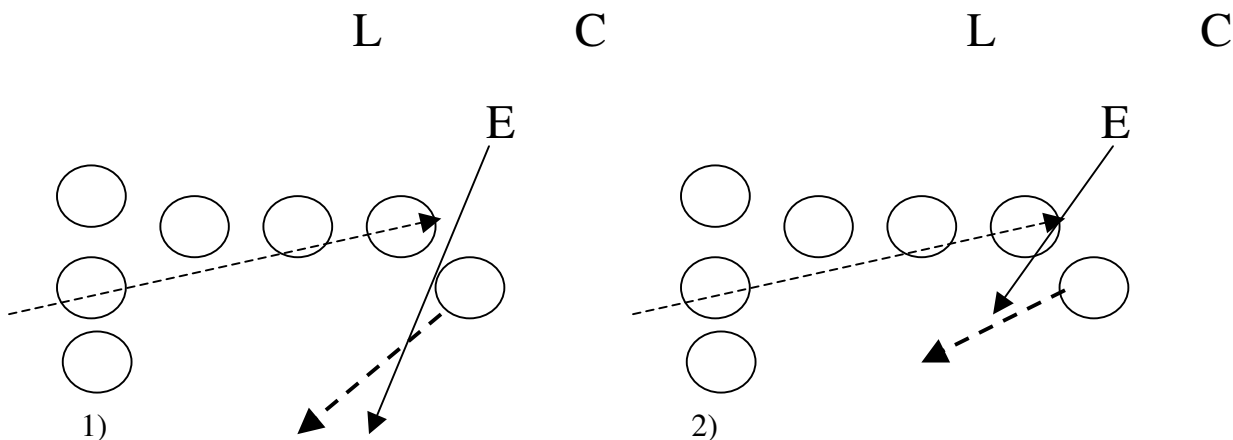
When they do this they open themselves to be countered (opposite WB hits against the flow) Once that happens the defense responds by having the player keying the BSWB cross key or hesitate on the backside of flow to spy on the Counter. This now creates a gap in the defensive interior when the ILB flows with the B-Back and the FS moves to the flow as well. When this happens they open themselves to either the TRAP or WEDGE depending on what the defensive line is doing. If they (DLINE) are attacking upfield then trap them if they are reading then wedge them. Now you have placed the defense in a quandary which means the super power is much more effective since the defense is sitting and reading vice reacting and attacking.



Backside Linebacker and Cornerback: When the defense over pursues to flow they leave the backside open to these plays and we have to attack this weakness. By effectively countering a team that has it backside pursuing hard vice cross reading the opposite wingback allows us the big play opportunity and the ability to make the defense hesitate as well or sit on the backside as we attack with our super power play. Also you might notice that we are again attacking the outside triangle on the backside by forcing the backside inside support to flow to the base action. Often the backside outside run force will flow as well initially.

Most defenses we face have the Corners rolled up on the LOS defending sweep or covering the end if they have a split end on their side. At times if our passing game is effective we often can see cover 2 as well. To me this is a clear indication of us being effective in the pass and them not giving the needed attention to our power and misdirection game.

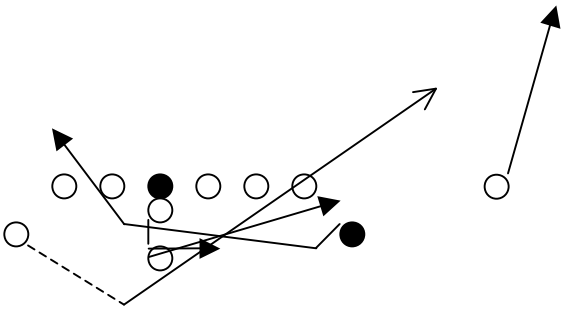
Backside Defensive End and Motion: I really feel motion and the depth of it affects your counter play. We have a motion back take a deep motion path by having him aim one yard behind the B-back and take two shoulder width shuffles inside. This takes him about two to three yards deep and behind the inside the hip of the tackle. What this does normally is on the snap of the ball the BSDE gets in the habit of taking a path at the depth of our motion wingback and then follow his path attempting to run him down. If your motion wingback's path is short or shallow that Defensive end's path will take him right into the countering wingback's path. So that is why I like my motion wingback to take a deep motion vice a shallow motion.



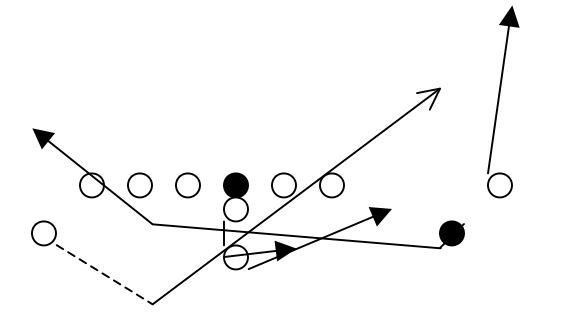
Two Schools of Thoughts: There are those that believe you should hold the counter and use it very little; more of a big bang play when the defense gets lulled into defending your power running game. Then there are those that believe it should be mixed in liberally to keep the defense honest and allow for a more honest playing defense. I do both depending on the defense I am facing. In the past I have been more of a hold it till I need it but I have found that mixing in the counter a lot more keeps the defense on its toes and forces them to defend the entire front at all times. The yards per play on your counter will drop if you use it more often along with the amount of long yardage TD's but the impact of the play is still very significant in the impact it has to your overall power running game. Also I have found if I am mixing super powers and counters the play action pass becomes the big play as the defense tends to squat on the LOS trying to stop your base offense (Super Power, Wedge, and Counter).

Misdirection and Faking: The key to good misdirection is faking or making the play appear as your base play (super power in this case). You must stress that the Motion wingback, B-back, and QB execute great fakes. The motion wingback must run hard and act as if he has the ball for at least 10 yards. This forces the defense to honor him and that means fewer players defending the counter and the bigger the chance for long play. The QB is not responsible for providing a fake until he delivers the ball to the counter back. We have asked our QB to block the first defender to show inside of the BB's kick out to reduce backside pursuit as well. This has really helped our play.

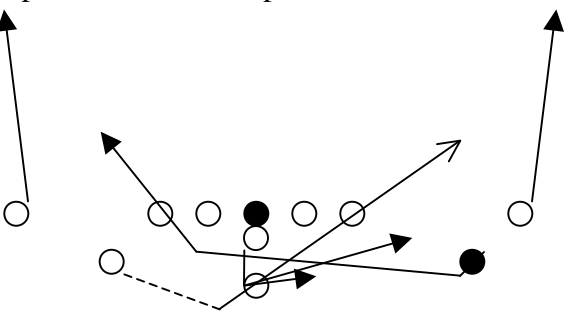
Over Right Rip CB Counter Left



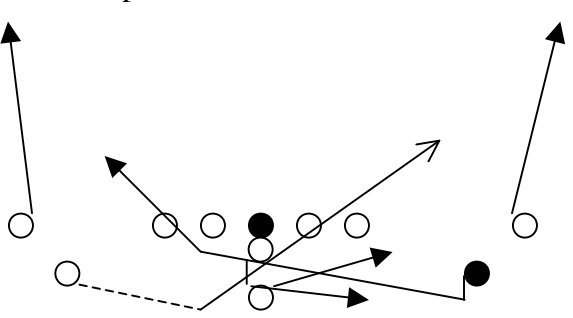
Loose Right Rip CB Counter Left



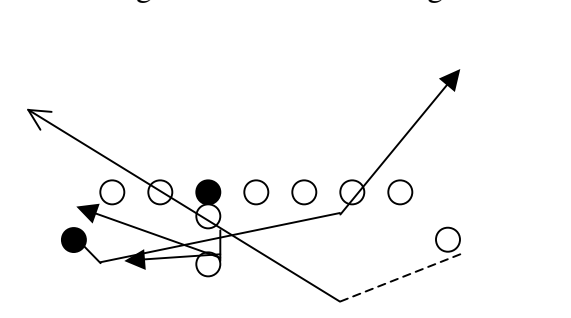
Split Lt Loose Rt Rip CB Counter Left



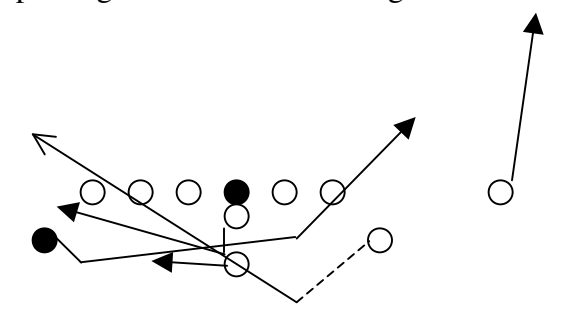
Loose Rip CB Counter Left



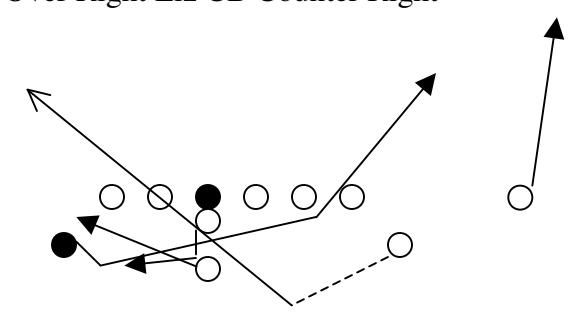
Double Right Liz CB Counter Right



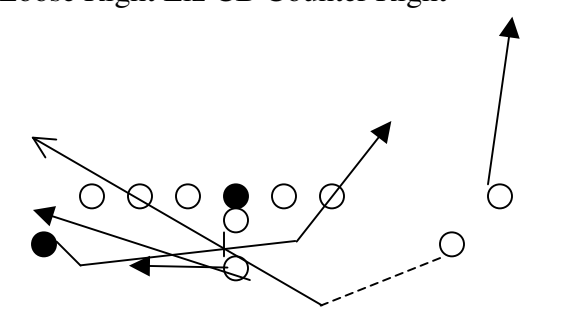
Split Right Liz CB Counter Right

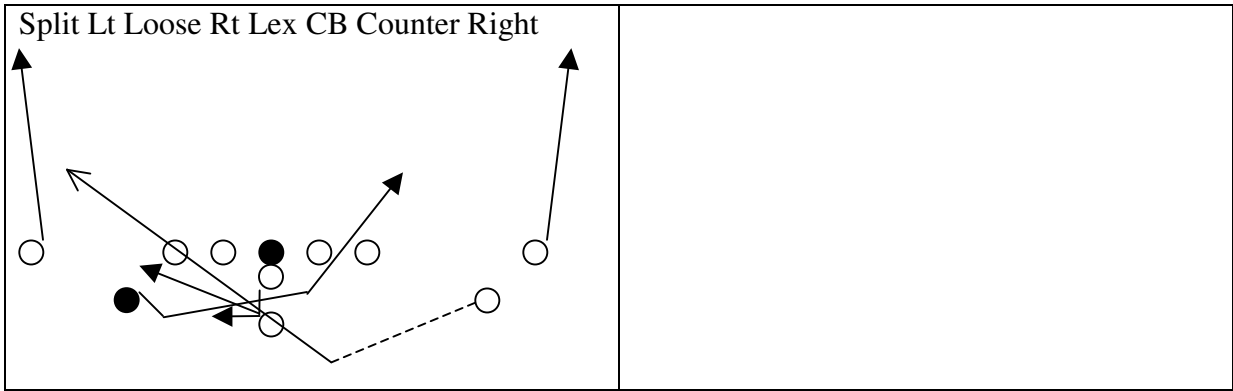


Over Right Liz CB Counter Right



Loose Right Liz CB Counter Right





ESTABLISH YOUR CORE POWER PLAYS FIRST!!!

Teaching Our Offense:

We talk it. (I Explain it)

We chalk it. (I Show it)

They talk it. (They Explain it)

We walk it. (They do it)

We use a lot of positive coaching. Meaning we show them what we want them to do. When we see problem we do this:

When correcting players communicate criticism in a way that will not undermine their sense of self worth or embarrass them. With that said we don't coddle players. We are straightforward and we strive to drive our point home.

When we critique we use this template: What is wrong, Why it is wrong, How to correct it. Then give constant positive feedback as you monitor the player's improvement.

- I explain our philosophy of power and misdirection.
- I explain what the BUCK action is.
- I explain what the SUPER POWER action is.
- I explain we have three base Buck action plays (BB Wedge, Wedge Sweep, and Waggle Pass) and we have three base super power action plays (BB Wedge, Super Power, and Counter) we do everything based on these six plays.
- I explain the base Tight formation show them the various formations we will start with, if any outside the Tight.
- I then have them get in and out of the formations a few times and I have them tell me what they are as they get into them.
- I then explain the wedge to them and why we use it and when.
- I then have them form the actual wedge and run it against a NT with shield a few times until they can drive the NT 5 yards without breaking up. (We work on this until they can drive me 10 yards and then 20 yards)
- I then have them get into a Tight formation and get into the wedge until they can do it and form a good wedge quickly. We then work on it with various formations.
- We then work on the wedge from snap and execution. Latter we add dummies across the LOS starting at the Guard's outside hips to force the wedge to get their knees up and to collapse inward.
- Once they understand the wedge we have them get into formation and we explain the severe angle blocking and what each player has to do on the Super Power and then we have them execute it a few times to each side slowly against air. Then we do the same with Counter.
- Once this is done we break into Line and Back Group so that we can teach fundamentals and technique.
- At the beginning of each offensive practice session afterwards we do this to reinforce the wedge and reinforce the basics. Each time we teach a new play we do the same thing as well.

Chapter 6 – The Line (blocking schemes and coaching techniques)

Blocking is the Key to a SUCCESSFUL OFFENSE!

In order for this system to be effective you as a coach must have a sound understanding of the blocking system used. I am not using the traditional GOD, GOA, or EVEN/ODD blocking systems that our famous with most Double Wing Schemes. In other words I have gone away from the double teams and gone to a down blocking style offense. I have found that the Severe Angle Blocking (SAB) scheme is just as effective and far simpler to teach and much more time efficient at this level.

Offensive Line Priorities:

- Protect the inside gap.
- Negate leakage across the entire front.
- Give smaller or less talented lineman a technical and physical advantage.
- Attack the POA with more blockers than they have defenders.
- Reacting to the cadence quickly and correctly.
- Keep it simple.

Offensive Line Requirements:

- Zero to small line splits (no more than 1 foot).
- Line off the ball slightly (half and half).
- Balanced two point stance.
- We use two base schemes (Wedge and SAB).

We do this by teaching our lineman a progression of information pertinent to their positions.

Effective Drills and Teaching of the Line:

In short we teach are lineman to do three things: one we teach them to wedge block, we teach them to SAB block, and finally we teach them the various techniques of pulling and trapping. We feel if we can do these three things well individually and as a group that our line will not only be effective they will dominate their opponents and that is what we strive for as a offensive line.

Key Points to our Drills:

- Proper Stance and Position
- Correct Cadence
- Proper Technique
- Explosiveness
- Correct Path
- Maintaining Contact
- Finishing the Block Off

Sequence of Teaching

- Stance and Cadence
- Line Agility
- Line Leg Strengthening (Explosive)
- Wedge
- SAB
- Pulling
- Playaction Pass Protection

Important Points to Remember When Coaching:

- Positive reinforcement.
- Keep it simple.
- Mimic what happens in the trenches

Stance and Cadence First:

Stance:

- A good solid stance is key. We use a balanced two-point stance with the dominant hand being able to barely touch the ground. The head is up, the butt is down, the knees are bent and the legs are tight ready to explode. The heels are slightly off the ground and the shins are forward slightly. The hips are dropped slightly. The hips and feet are inline vertically and the back is up while the heels are off the ground. This is really just a lowered break down stance. Initially the stance will not be comfortable but the more you have them get into the stance and work from it the more comfortable they will get and the more explosive they will become.
- We use this stance because it allows slower lineman to move laterally and forward much quicker and allows our lineman to see out in front of them. This allows our young lineman to react faster than the defensive lineman both in wedging and SAB blocking.

Line Position:

- 1) The lineman are back off the LOS about half as legally possible. This makes the SAB blocking on playside more effective from my experience and allows the Wedge to form quickly as well without the defense interfering with it. As I further explain the SAB system you can see how moving the line up or back can adjust the attack angle of the blockers.
 - a. The rule, for being on the LOS, is top of the helmet must be even with the center's hip.
 - b. If the ear hole is in line with the hip pad of the center then the guard is usually off the LOS as much as legally possible. We have the guards, then tackles, then tight-ends align in that order to stop the bowing effect. Remember we go half this. Normally we use a black permanent marker on the Guard's, Tackle's, and End's shoes to give them a point of reference.
 - c. We use zero to 1 foot line splits (normally six inches or the width of a dollar bill). Start with zero line splits and adjust if you have too.

- d. Don't be afraid to move them up or back to adjust if it is going to make the play more effective. At the younger ages these things have to be done in order to succeed.

Drills for teaching Stance, Cadence, and Position:

- Break Down Stance to Two Point Stance Drill – Team Circle Formation – have each player get in a break down stance and then a two – point stance. Have them hold the stance for a few moments. Have a coach in the middle demonstrate (later the line captain be in the middle with the coach). Do this about 3 to 6 times with the amount of time in the stance getting longer and longer. Work for thirty seconds no movement, if they can hold it that long without fidgety or moving about then they will do fine running a play.
- Cadence Clap Drill – (Coach Wyatt's drill) Team Circle Formation or at anytime during a drill or break – Coach has all players place hands up in front of face palms facing each other. Go through each leg of the cadence having them clap in unison on the call. For us our cadence is GO READYYYYYY_HIT. We also go on second HIT as well. We will work on GO and HIT firsts and then add READY and second HIT. This is a very effective way of teaching cadence and having everyone realize the importance of timing.
- Line Position Drill – On LOS – Center is on ball, and then coach sets each lineman first with guards then tackles. He goes all the way back and then cuts that in half and move them up then marks that spot on the player's inside shoe. Also mark the center's shoe with a reference point on each side for the guards. This gives the lineman a reference to line up to each time. Once that is done (check to make sure the mark is clear each day) have the form a huddle and then get on the LOS as fast as possible and get set. Check for correct setup. We start with zero split and work for 6 inches to a foot. At first we us zero so that the kids fully understand the importance of correct positioning and then work on the splits. Usually takes about two weeks for all the lights to go on.

Wedge Blocking System

Why Teach Wedge Blocking:

- The Wedge is a very simple blocking scheme that can be built into a highly successful series of plays.
- It builds offensive line unity.
- It sets up other plays in the series. When the defense sells out on the wedge it opens up other plays.
- Lineman become interchangeable.
- It can be a power or deception play. It is surprisingly deceptive.
- It can be used with smaller or weaker players (MPPs).
- It is demoralizing to the other team.
- It is always an offensive line and team favorite.
- Weaker backs can run in the wedge. The backs become interchangeable.

Key Points of the Line Running Wedge:

- Center must fire out on a NT and drive up field.
- If there is no man over the center he aims for the endzone straight up the field. Fires out and then take a half step and let the rest of the line form and drive him up the field. (We don't shift our wedge from odd to even fronts – Center/PSG).
- The Guards out to the Ends (if you have TE's) must step inside (slide inside) laterally and get their inside shoulder into the near rib cage and their outside hand on the near shoulder pad while the inside hand presses on the lower back. It might take the tackle and ends two steps to get fit. They attempt at all costs to not make contact with any defender as the move down inside.
- As soon as they fit they move up field. It should be one instant movement. Slide and up field.
- If the wedge slows or breaks apart all the blockers must target a defender and block him. Like an upward burst of blockers with the runner breaking through the explosion for the open field.

What Can Stop the Wedge On the Line:

- Wedge is not forming fast enough or moving too slow allowing the perimeter defenders to bring down the runner from behind.
- Center (point of the wedge) is not firing off causing the wedge to falter and not form. (this is key problem and must be recognized quickly).
- Wedge is being submarined or cut by a NT or A gap defenders. Wedge must maintain high knees and run over, stomp, punish the defense for doing this. You must be patient and diligent and let the wedge wear out the interior defenders. Normally if they are doing this that means that is all they can do to stop it.
- Penetration is occurring on the wedge and defenders are getting to the ball carrier. The wedge blockers must slide and fit into the wedge quickly. Inside shoulder into ribs, inside hand on center of lower back, outside hand to back of inside shoulder. The key is the shoulder into the ribs. They must get that fit the rest ensures the seal will be better.

Submarining/Frog Defenders

Submarining defenders are a real problem but the key is to keep attacking with the wedge. A defender throwing himself at the feet of the wedge is in big trouble. He is going to get ran over and by a lot of players. Normally a frogging defender will do this once or twice and normally he will stop the wedge for zero to two yards of gain but it doesn't take long for that defender to realize that he is going to get stomped on and ran over if he keeps doing it. So eventually he doesn't do it anymore as the wedge running him over conditions him; the key is to stay with the wedge as this will wear out the interior line as they throw themselves at the wedge in an attempt to stop it. If you stay with it by the end of the game the wedge as a wearing down effect and this will benefit your base package. Super power and counter become easier to run as the defense attempts to stop the wedge. The blockers must keep their KNEES up and legs PUMPING when this occurs. Run the defenders over and condition them to not hit the ground in front of the wedge.

Troubleshooting the Wedge

- You must stress the little thing for the wedge to be effective.
- Every blocker except the point (Center) must work to not engage any defender but instead engage the next man inside and seal the wedge while going upfield.
- They must lock their inside shoulder to the outside ribcage to stop penetration as they form and move up field. They must stay connected.
- If the wedge stops it is dead. It must move forward and when it slows or breaks up it must explode up field in a burst.
- The runner must stay small in the wedge and explode up field if day light shows.

Key Coaching Points to Running the Wedge:

The Center is key to the success of your wedge play. If your wedge is breaking down fast look at your center because more than likely he is not charging forward and engaging the NT but standing up and he has to fire out and get going forward to allow the wedge to form as it moves forward otherwise it will just turn into a log jam. Also if the center is not slide stepping and allowing the rest of the line to push him on an even front then he will cause the wedge to break apart before it forms. I always try to place a kid at center that can do both well and has some smarts and will fire vice a big kid. The better your center the better your wedge will be.

The Wedge Fit is very important to the success of the wedge as well. It allows the unit of blockers to move as one and allow no penetration. The fit is achieved by having the exterior lineman (those outside of the center or pivot man) slide inside (not forward) and fit their inside shoulder into the inside man's ribcage as they get their inside arm up and their hand pressing on the lower back. This locks the players in as they work up field they must work to get their outside hand onto the inside blocker's shoulder pad (on the near back).

The wedge is a very effective play but you have to stress the little things for it to work. The blockers must slide inside and behind the center and lock shoulders quickly as they drive forward. The fewer defenders they engage as they move inside and forward the better off the wedge is of working. They must lock there inside shoulder to the outside rib cage of the center and allow no penetration to occur. The wedge must always be moving forward once it stops the play is dead in the water. If the runner feels the wedge slowing he has to find a

crack of daylight and get in it and burst up field. While in the wedge the runner must drive into the back of the center and stay small behind him. This reduces the chance of him being seen by the defense and enhances play actions and misdirection of the wedge action.

The footwork is essential for the wedge. The blockers must take a slide step and engage their shoulder into the ribs of the next inside blocker quickly. They have to keep sliding and moving forward until the wedge fully forms. Once it forms they must get their knees high and stay low so that Frogging/Submarining defenders get ran over and that defenders trying to slow the wedge by barreling into it are lifted up and back as the wedge drives forward.

As you can see I am a stickler for details but you have to be when coaching and especially if you expect the wedge to be effective.

Progression Drill for Teaching Wedge Blocking:

Progression Drill:

Base

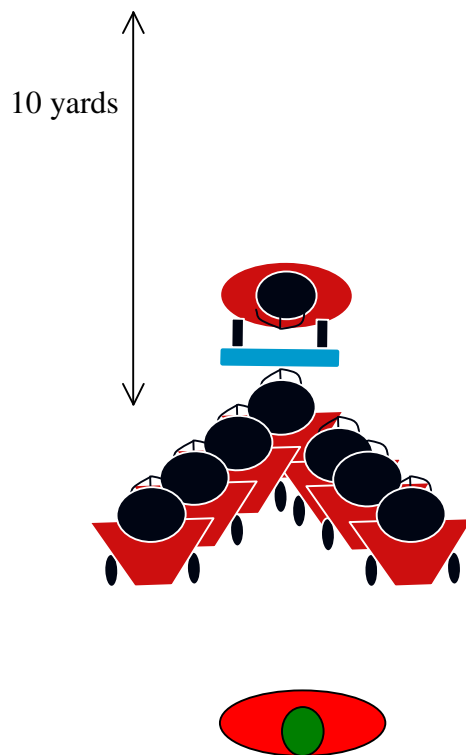
–Line Forms Wedge on LOS facing a NT. Shows them how the wedge looks and moves. Work for 10 yards.

–Formed Wedge Eyes Wide Shut on LOS facing NT. Center's eyes are opened. Teaches them to stay together by feel. Work for 10 yards.

–From LOS in Tight and other various formations (five or seven man line) – Get into the wedge and freeze. Work on first step then getting fit.

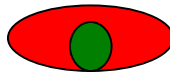
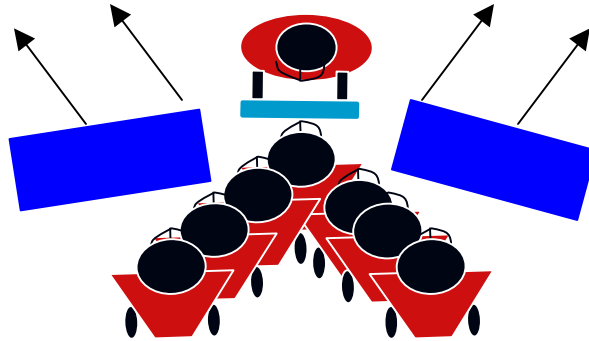
–From LOS (5/7) – Full speed on NT. Work for 10 yards and then as far as it will go.

–From LOS (5/7) – Full speed on NT Eye Wide Shut. Work for 5 yards. If they can go live from a formation and do this drill then you have an awesome wedge unit.



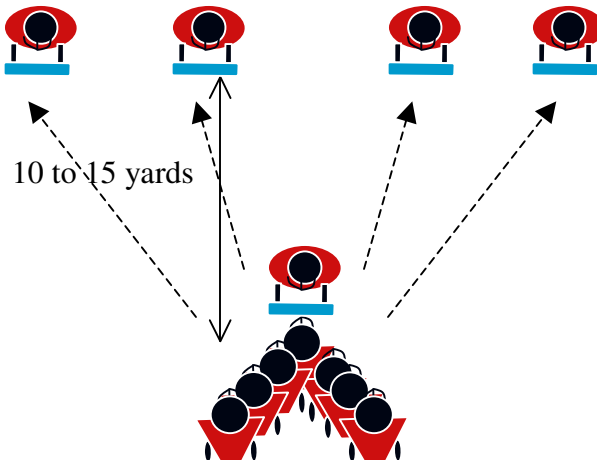
Knees and Feet Up

- Two blocking bags lined up horizontally on LOS with top at the guards outside hip and the extending towards tight ends.
- Stress getting the Legs and Knees up for entire group to include runner when running full offense.
- The bags should roll out of the way as the line collapses inside to wedge if everyone is getting their feet and knees up. Work for 10 yards.



Explode Drill

- From LOS (5/7) – Full speed on NT. Again work for 5 to 10 yards and coach blows whistle as he sees the wedge break apart or he sees daylight. 15 yards out there are three to five defenders with shields. When the coach blows the whistle the wedge blockers explode out and block a defender as they come at the wedge on the whistle blow. The runner must explode up field into daylight. The key to this is getting the wedge unit to the point of being able to explode out just as the coach blows his whistle. As the unit gets better you can move the dummies out farther and let the wedge break apart on its own. Which is what you want.



This is all we do to develop our line into an effective wedge unit.

Severe Angle Blocking System

What is Severe Angle Blocking (SAB):

- It is an aggressive angle-blocking scheme.
- It is designed to collapse the defense with blockers in unison and to deny the defense any gap to penetrate into on the LOS.
- If properly executed it is capable of handling any alignment, stunt, or blitz.
- It along with the Wedge scheme develops lineman teamwork and camaraderie in our offense.
- It creates more defined running lanes and allows the use of landmarks to run to.

Where it comes from:

SAB is derived from SLAM blocking a technique used by Woody Hayes and Earl Bruce. It was a simple system of having the play side collapse down into the gaps. It essentially created a wall of blockers or a flying wedge. It also has its roots from Track Blocking; a method of blocking, used by the NFL and College level to compliment zone blocking, that attacks the defense with gap down blocking, sometimes with misdirection. It forced the defense to defeat gap blocks as opposed to zone blocks, thus creating more defined running lanes for a running back. These plays were blocked on tracks and are considered toughness plays.

Rules of SAB Blocking:

- Angle blocking scheme at a 30-degree angle on play side either inward or outward.
- Slide or scoop block the back side to seal off backside leakage when pulling on the BSG or Shoeshine/cut block if pulling both the BSG and BST.
- Blocks an imaginary 30-degree track to the boundary.
- Exploding off the LOS is KEY!
- Sound engagement technique and good footwork.
- Is used with or without pulling and trapping.

Severe Angle Blocking rules by Coach John Carbon (talking about SAB IN only)

1) Get off the ball!!

2) Don't block down after a certain man,(the tackle, the nose, a linebacker), No, you block down a lane, at a severe angle and whatever gets in your lane is who you block.

3) Everybody on the playside of the first puller, blocks down at the same severe angle. Everybody on the backside of the first puller reaches hard to the playside. Everybody must block down at the same angle, if we have penetration or leakage from the defense it is because one of our linemen did not block down at the same angle as everybody else. Playside line will down block at a severe angle (30-degrees) to seal and drive the playside interior defensive line to the inside. The backside will do one of two things depending on if there is a pull or not.

Definition: "Severe angle", an angle of 30 degrees from the line of scrimmage.

Benefits of Severe Angle Blocking (SAB):

“Two things I have noticed that are always a given is that the guy that gets off the LOS faster has a better a chance and the guy that hits at an angle always beats his man.”

Coach John Carbon on SAB.

“The clear advantage is leverage and it picks up any stunts or blitzes because of the track blocking involved in the system. I think if you went to NASA and asked them to come up with a blocking scheme for football they would give you SAB...The fact that anytime you go “on” you best have a better athlete at that position are you are going to get beat. With SAB this is not a factor unless you have a 100lb lineman facing a 250lb DT.”

Coach John Carbon

Advantages of SAB:

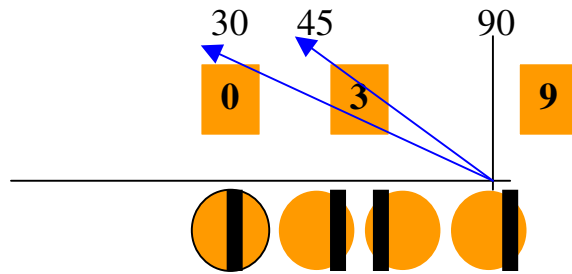
- Easy to understand
- Simple to teach
- Simple to implement
- Simple to execute
- Simple to adjust
- Allows your blockers to be aggressive
- Gives your lineman a force advantage
- Builds unity in the offensive line

How SAB Works:

- Using Angles to block the defense gives the blockers a force advantage ($F=ma$).
- Since Force is not a scalar (magnitude only) but a vector (magnitude and direction) using angles when blocking gives us a clear advantage on the LOS against bigger and/or faster defenders.
- Striking an opponent at an angle gives the blocker a x1.5 to x3 force advantage depending on the angle of attack.

Why Use 30 degrees:

- The more radical the angle the more net force is generated.
- A 45 degree down block generates x1.5 to x2 net force.
- A 30 degree down block generates x2 to x2.5 net force.
- A trap or kick out block can generate x2.5 to x3 the net force.
- The use of a 30 degree down block vice a 45 degree down block is also key in defending the gaps.
- The angle allows the line to close their gaps down quickly. In two steps they can close down a 2 to 2.5 foot line split as they attack the defense.
- It allows the line to close down or wall off the defense front from getting to the runner.



Above: An example of SAB Inward blocking compared to traditional down blocking.

What SAB does for your Line:

- It does not lock your blockers on particular defenders but an imaginary track.
- It allows your blockers to wall off defenders aggressively.
- It picks up blitzes at the LOS and walls them off and away from the hole.
- It picks up line stunts in the same manner.
- It forces line backers to over react making them susceptible to misdirection. (scraping high and fast to avoid wall off)
- It allows your backside pulling lineman to pull flat on the LOS.

Keys to SAB:

1. Blocking at an angle puts defenders that are lined up on the LOS in an already blocked position.
2. Allows you to leverage the defender's center of gravity and make him lighter as you become heavier.
3. This requires you to explode into him at an angle and to keep your feet under you and near the defender; feet under your center of gravity as you maintain as much body contact with the defender as you drive him away from the play.
4. Do not lean into your defender as this only allows you to push him and your feet out not under your center of gravity. Get under him and lift and drive.
5. Your first step is always the foot towards the gap to open your hip to the defender. You must keep your inside hip, foot, and shoulder towards the inside gap.
6. If a defender attacks you get your head in front of him and use your outside shoulder to form an "L" with your head to lock him into your body as you make contact and drive him away from the play.
7. If a defender reads/sits then you get your head behind his shoulder and have your inside shoulder for a "L" to lock him into your body as you make contact and drive him away from the play.
8. You must explode into your track and attack the first defender you come to. Don't slow down.

How We Teach SAB:

Blocking Basics:

- 1) Good two point stance
- 2) Get off the ball
- 3) Maintain a wide base
- 4) Maintain a solid blocking surface
- 5) Keep your feet moving at all times
- 6) Stay lower than the defender you are blocking

Simple Rules:

- 1) Explode off the ball!
- 2) Block track not a man!
- 3) Block at a 30-degree angle!
- 4) All lineman play side blocks SAB.
- 5) All lineman backside slide block.

Fundamentals of SAB:

The key to SAB are sound fundamentals

- Stance – balanced two-point stance.
- Footwork – explode step, power step, engagement step, and drive step.
- Hat and Shoulder Placement.
- Arm and Hand Placement.
- Explode off the LOS!

Stance

•A good solid stance is key. We use a balanced two-point stance with the dominant hand being able to barely touch the ground. The head is up, the butt is down, the knees are bent and the legs are relaxed ready to explode. Initially the stance will not be comfortable but the more you have them get into the stance and work from it the more comfortable they will get and the more explosive they will become. The hips and feet are inline vertically and the back is up while the heels are off the ground. This is really just a lowered break down stance.

•We use this stance because it allows slower lineman to move laterally and forward much quicker and allows our lineman to see out in front of them.

Footwork

- The first step is always the foot near the track or blocking path.
- We call the first step the **EXPLODE STEP** as they have to explode into their track with a fast short step while staying low (head up, chest on knee).
- The next step we call the **POWER STEP** as that is the back foot pushing off from the hip down and taking an additional short hard step into the track. Stay low. It is important to get this second step down as fast as possible as this is the step that first contact is made.
- The next step is the **ENGAGEMENT STEP** and the near foot steps again into the track. The key is this is a short step if engaged and it should land so that it splits the defender down

the middle in front of him. If not engaged it is a longer faster step into the track to get to the next level.

- The final step is the **DRIVE STEP** and it is the back foot staying on the track. It should land where the defender was on the **ENGAGEMENT STEP**. It should also be a short explosive step if engaged.

- The Engagement and Drive steps are continued until the whistle blows. If the blocker is still not engaged his step is slightly longer and fast and as he gets to the next level he stays low and looks for a target to engage on his track. He must stay on his track all the way to the boundary. The important thing to remember is a good wide base (feet apart and they never cross) and a low base (knees partially bent and hip dropped to maintain a low center of gravity). Feet are always moving in little steps. His feet must stay under him at all times. Don't lean into a defender.

Hat and Shoulder Placement:

- If the defender is attacking up field the head goes in front of the defender and the far side shoulder locks into the defender below his shoulder. This forms a L that locks the defender in as he is driven into the track and away from the play and the LOS. We start teaching this by saying anyone on the LOS will be head in front. Coming towards the LOS equals attacking.

- If the defender is reading the blocker must put his head on the defender's back and the near shoulder locks in below the defender's shoulder. Driving him down the track and driving him away from the play and not allowing him to flow to the play. We tell the blockers that any defender on the second level are readers since they are obviously not in the backfield or on the LOS. Any defender flowing laterally are not moving forward is considered a reader.

- The key is **blocking surface** and we want to **maximize the area provided to us by the angle block**. We want our blocker's shoulder, head, and hands on the defender and driving him down the track. Never lean into a defender; keep your center of gravity low and stay under the defender as you drive him upward. Drive your hips into him so that your body stays under his. Feet constantly moving towards the defender. This leads me to the next part of the equation:

Arm and Hand Placement:

The linemen cock their arms at the hips with bent elbows and palms up. As they begin to make contact with their shoulder and head they strike into the ribcage and chest (far side hand and near side hand respectively) with the palms and drives upward and forward maintaining contact and force throughout the block. You don't re-cock and strike again instead you keep driving into the defender with the palms as you lock into the defender with the head and shoulder. The reason for this is two fold; one you want to get the defender on his toes and moving down the track and secondly you want to have a large platform or blocking surface (palm of hands, head, and shoulder) that controls the defenders movements as he tries to break away. Never ever let your hands, shoulders, or head disengage the defender. **Always work to maintain your initial placement as you drive upward into the defender and drive him down the track.**

Explode off the LOS:

•Last but not least the linemen must learn to **EXPLODE off the LOS** and into their track and engage and clear out the first defender they cross. They must realize that they have to be the **first to move and the last to stop moving on every play. As they engage the defender they must learn to speed up so that the advantage they have is fully utilized and the defender is driven down the track and out of the play. If your block is neutralized for any reason you should immediately lock out your arms, roll your hips, and continue driving your feet. This will neutralize the defender so that he can not disengage and pursue.**

Physics of an Angle Block

Comment from Coach Ted Seay:

For those of you who suspected there was a reason that angle blocking was easier for your kids, here is a short discussion of the physics behind it.

Let's say two linemen oppose each other head on. The stud defender produces 300 pounds of force, while your scrawny O-lineman is good for only 200 (I can go through those calculations, too, but trust me for now). If your guy attempts a straight-ahead drive block, he will negate 2/3 of the DL's charge, but the DL will continue in the same direction with 100 pounds of force (i.e., your kid just got his ass run over).

Now: Let's see about two different cases of angle blocking. One involves making contact at a 90 degree (right) angle, the other at 30 degrees -- what John Carbon has been calling "severe angle" blocking.

The harder case first -- OL impacts DL at a 30 degree angle, same forces involved. The resultant force (R) equals the sum of the square of the two individual forces, minus twice the product of the two forces times the cosine of the angle (30 degrees):

$$(90,000 + 40,000) - (120,000 \times .866) = 161.49 \text{ pounds}$$

The angle at which the DL will be displaced with a force of 161.49 pounds is 38 degrees (I won't even bother with the math for that one). So instead of moving straight back, flat on his back, your scrappy little OL is now moving the DL off his path at a 38-degree angle with a net force of 161.49 pounds.

Now the easy one -- for a right-angle collision (say, a good trap block or kick out block), the square of the resultant force is equal to the sum of the squares of the two individual forces:

$$R\text{-squared} = 90,000 + 40,000 = 130,000; R = 360.55 \text{ pounds}$$

The DL will now be displaced at an angle of 34 degrees with a net force of 360.55 pounds...in other words, he is flying ass over teakettle -- sideways.

Bottom line: Seek blocking angles wherever possible.

It is very important for us as a coaching staff to understand why we always want to block using an angle block vice a drive block. By always using an angle block whether it be a down block, trap block, or kick out block we give our blockers a decisive advantage over the defenders even if they are superior. The key to a good sound angle block is coming off the ball explosively from low to high, a good sound base, staying low, keeping your feet on the ground as you make contact, and exploding through the defender as you maintain contact on him.

I strongly recommend that you put in some type of Plyometric routine for your line and backs. There is a routine we use in the appendix of this playbook that was very successful for us last year along with a brief explanation of what it is and does.

Training the O-Line for SAB

Effective SAB Drills

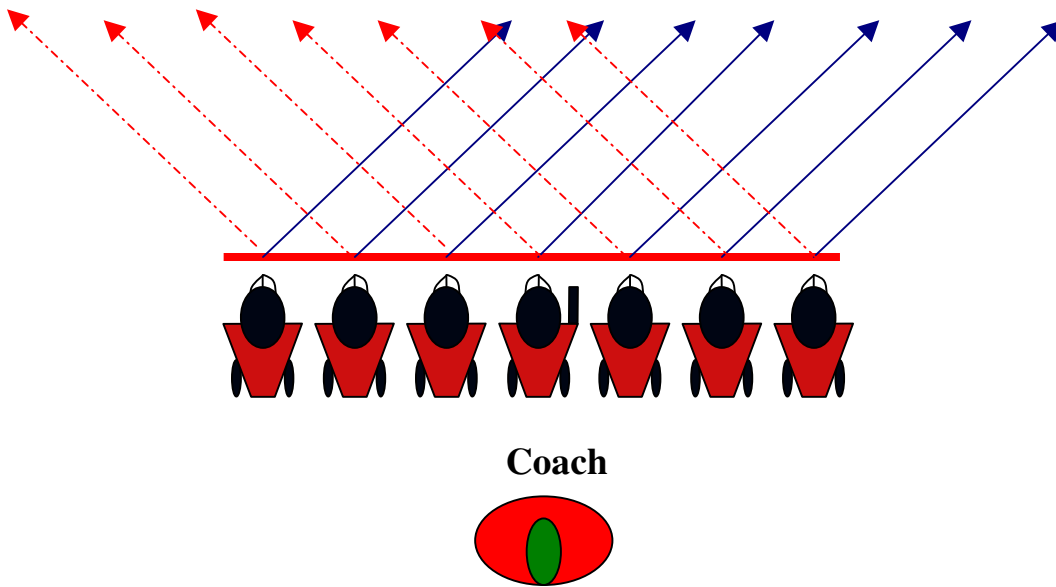
- The most important thing you can do for a kid is to give them as much positive reinforcement about this system and the advantage it gives them against bigger opponents. As soon as smaller lineman whips a bigger lineman's butt using this system the light goes on and they realize they now have a tool that will allow them to succeed in the trenches. The key is using drills that first teach explosiveness and technique and then mimic what is going to happen in the trenches. Once they become fundamentally sound and realize they have a technical advantage the sky becomes the limit to what your line can do for you.

- The more explosive and more confident of their agility your linemen are the more effective your offensive line will be in this scheme or any scheme you develop. I strongly suggest you set some time away that works on leg strengthening and developing agility and quickness. At the youth level this does not require an enormous amount of time nor does it require the use of weights as the legs are not normally developed. Instead the use of hills, resisted training, and plyometrics is far better and at this age much quicker in developing the lineman's legs and hips for explosive blocking. At the higher levels the use of weights becomes more effective since you have a built in strength and conditioning program in the off-season.

Drills used to teach the offensive line:

Team Line Drill –

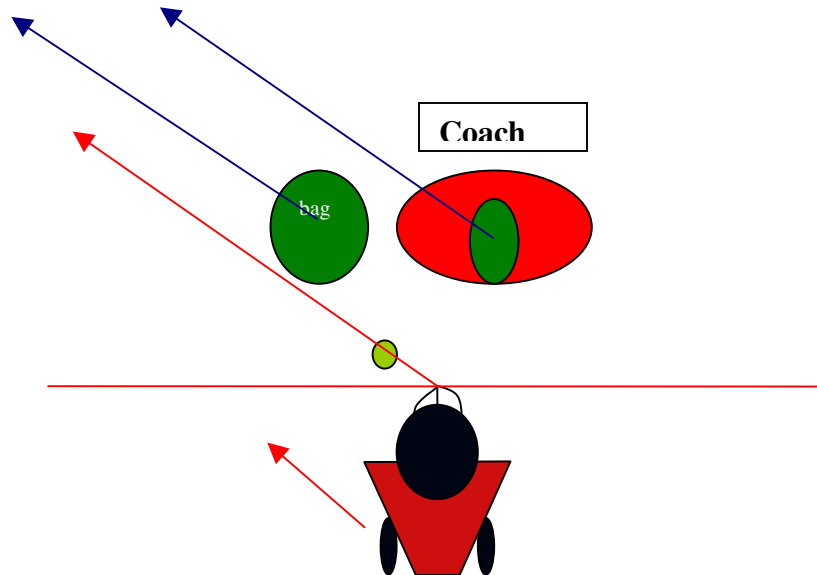
- Painted or Marked LOS with seven 30-degree lines going to the left and the right in different colors that are five yards long. Five or Seven players line up with the angle lines in the center of the body. The coach calls DOWN and all of the players set in a two-point stance. On GO they explode into the SAB sprint down the line until the whistle blows. Watch for good technique; near first step, staying low on initial movement, and exploding all the way down the line. Coach should be behind the line watching that every blocker stays on his path. This is easy to see because everyone is parallel to each other. Work for 5 yards and then extend it out to the boundaries and do it to the left and the right. As they get good at it have them close their eyes and do it a few times.



Team Contact and Boundary Drill –

Same as above but using the painted line and 7/5 blockers – have the same number of defenders place themselves on the left lines of the blockers facing the blockers at 30-degrees with the defender holding shield facing blocker. On GO the defender steps fast towards the GAP while the blocker goes from a two-point stance and explodes executing a down block at slow speed (bird dog) first stopping on initial contact. This allows you to check for good technique. Then repeat at full speed after correcting any technique maintaining contact and driving the defender to the boundary while making sure the blocker is staying on his track and not adjusting it.

- SAB Tennis Ball Drill - (modified Clark Wilkin’s Drill) – Have several coaches or one work on the weakest linemen first. Have the blocker get in a good stance (two-point for us) and get arms length away on his 30-degree track (coach should actually be just above the track). Tell the blocker that when you drop the tennis ball from head height he must explode with his gap side foot first and catch the ball as it bounces off the ground on the first bounce. Teach him to explode with his away foot and hip power step and follow through. As he improves move farther down the track; if he can catch the ball 5 feet out then he is exploding off the LOS. Now place a bag a foot behind the ball (on track) as it drops he now must get his away side shoulder into the bag and head in front with good form after he catches the ball. Later in the season you can work on near shoulder and head in back farther out.



Head to Head Drill – Circle Formation - Two blockers face each other at a 30 degree angle in a proper two-point stance spaced apart as if on the LOS. On GO they both attempt to block the other by exploding into the other blocker and then maintaining proper contact until you drive your opponent out of the circle or put him on the ground. Key on proper technique. If they stalemate preach locking out those arms and driving the feet. If they start to hold or cheat in any way or tire out restart them. We usually start with one pair and as they get better increase the amount of pairs in the circle (usually three). This is a great drill to find out who has the desire and heart to finish off a block.

Scheme Bird Dog Drills – On the LOS with a ball. Using either cones, trash cans, or other players. We rep each blocking scheme we use to the left and right against various defenses. Normally we key on our upcoming opponent’s fronts. The center calls DOWN and the coach yells “GO” and they take the first step and stop. Real block but freeze on first step.

Play Bird Dog Drills – Same as above except entire offense is performing the drill vice just the line.

Full Speed Scheme Drills – As above but at full speed. This can be done with defenders holding shields and dummies or live. Done with the Line only.

Full Speed Play Drills – As above but with the entire offense.

Hip Roll and Explosion Drills:

Six Point Contact Drill – two units or rows of players facing each other - start with air, then a bag, and then a player. Go to four point contact repeat. Go to two-point stance and repeat.

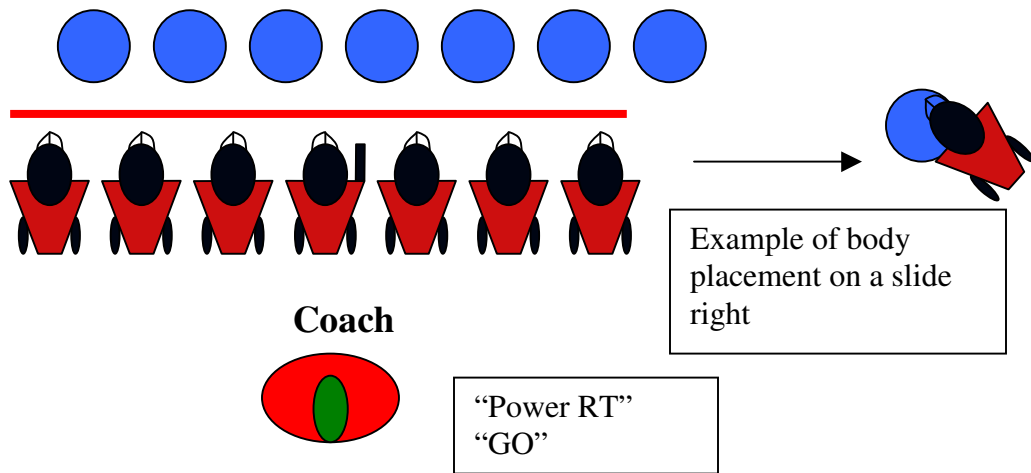
- 1) First 6-point stance – toes, knees, palms are touching the ground. On Coaches DOWN the player coils and on GO he fires off fully extended (arched back, arms straight out, palms facing forward, toes facing back) . First on air with other unit backed off but as reference, second on a bag with the defender letting the bag move freely, and lastly with the defender on his knees ready to receive the blow.
- 2) 4 Point – same thing with toes and palms.

3) 2 Point – same thing with a good two point hit stance.

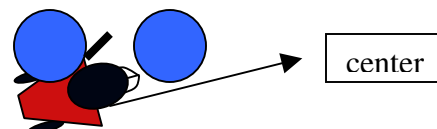
Explode (Angle Block into the pit) into the Pit – Dummy Pit with defender holding shield at 30 degrees. Blocker is at the normal LOS distance on GO he explodes into the defender driving him backwards into the pit. Repeat to the left and right.

Backside Line Drills

Slide Drill – same set up as Team Line drill. Coach is behind the line. An opposing line of 5 to 7 players (holding dummies if on hand) faces forward and in the gap towards the blocking side. The Coach will call Power/Counter LT which tells them to slide to the left side and seal leakage. The coach can call any play that requires the backside to slide and seal. On “GO” from the coach the defenders (with dummies if on hand) step across the LOS quickly and the blockers must step/slide laterally with the playside foot quickly while working to get their playside shoulder and head to that opposite/playside shoulder of the defender and punching into the defender’s chest plate (see head/shoulder placement – hand/arm placement SAB portion) bearing in mind that on a slide block the head and far shoulder form the L as the punch is made. Drive the hips into the defender as you work your butt towards the playside. To the right of the drill picture is an example of how the blocker’s body should be positioned. Rep this to the right and the left several times starting with the Bird Dog (first step), Walk Thru, and Full Speed techniques. As they become experienced you can cut the Bird Dog and even the Walk Thru. The important points are the footwork (quick and lateral), and body placement.



Shoeshine Drill – same set up as the Slide Team Line Drill. Should be done with dummies and if you have to reduce the blockers to the amount of dummies you have or do it on open air with cones as the static defenders. On “GO” the blockers takes an quick lateral step with the playside/inside foot. His backside arm shots towards the center’s near ear hole as his second step is a cross over step with the backside foot laterally. The player shots his body across the LOS (parallel) and as soon as his hands hit the ground he crawls towards the center (remind the blockers that if a defender attempts to go over to lift his butt up). Example of the shoeshine to playside/inside is below.



Training the O-line for Pulling and Traping

Effective Pulling Drills

- When I do pulling drills I emphasize the importance of footwork, body control, agility, quickness, and power. All of these together with correct technique will allow our lineman to effectively pull.
- We emphasize near foot drops and near arm fires back at the same time. This is a very small drop step since the SAB affords our linemen the ability to pull flat. The step is more of a drop and move laterally step.
- The key to pulling is having the puller get his head around and look for his target as he pulls down the LOS and up field. He is either looking Inside – Out or Outside – In depending on the scheme. The key point is that he must follow his vision path and block the first defender he comes to.
- If he seals a defender on the inside he has to get his head and far shoulder on the near shoulder of the defender and seal him in. The blocking technique is the same as SAB. If he can't get a solid block he must insure he wings the defender with his elbow/arm. Never let a defender cross your face and get into the LOS.
- If he seals a defender on the outside he has to get his head and near shoulder on the near shoulder of the defender and seal him outside. The blocking technique is the same as SAB. If he can't get a solid block he must insure he wings the defender with his elbow/arm. Never let a defender cross your face and get into the LOS.
- If kicking out he must attack the defender at full speed and get his head and far near shoulder into the near shoulder of the defender and seal him outside and away from the LOS.
- If the Sweep Tag is called he must realize that he is now aiming for the far shoulder and trying to seal the defender inside if the defender is outside no matter if it is pulling or kicking out.
- He has to learn to finish off a block.
- He has to lock out (extend arms and drive feet) at any stalemate to neutralize the defender.

Drills for Pulling

1. Pull and Fly Drill – one line of blockers facing a coach – a cone five yards away on each side of the first blocker after stepping up to the LOS and on GO the blocker drops his near foot as he swings his near elbow back and then explodes his far foot forward as he stays low and explodes to the left cone. Everyone goes through the drill and then goes to the right doing the same thing. Latter on in the season you can do everyone at once in a vertical line facing the coach with the players about 2 yards apart.

2. Pull and Contact Drill – again one line of blockers as above except a player offset so that he can hold a blocking bag on the path. The blocker is told on GO to explode down the path and using our contact technique drive through the bag while he stays on his feet and runs through.

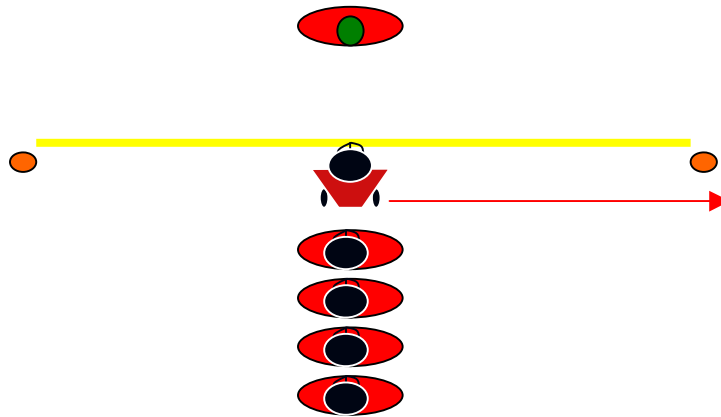
3. Pull Around Drill – one line of blockers facing a coach – a cone is three yards away on each side of the first blocker after stepping up to the LOS and another cone is one yard up field and two yards inside on GO the blocker executes his pull as above but now as he reaches the first cone he moves upfield and inside sprinting to the inside cone. After the

entire line does it they go to the other side. Stress to read Inside/Out and block the first defender he comes to. Also used for Outside/In as well. Remember you can do two for BSG and BST as well. Just add two defenders with shields.

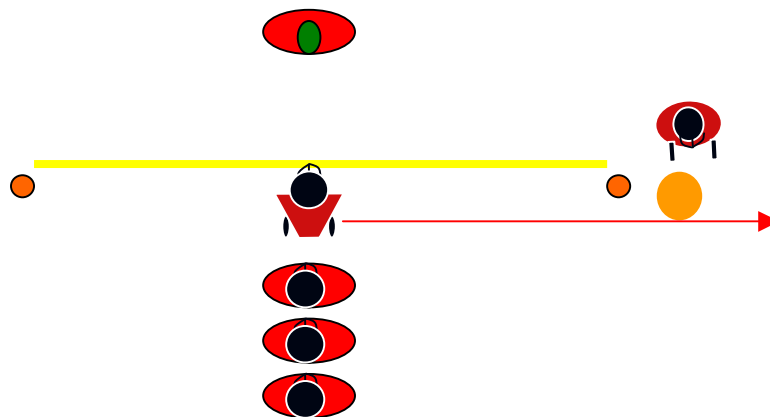
4. Pull and Pit Drill – same as Pull and Contact drill except we are using a defender with a shield and a dummy pit behind him as the blocker is going to execute a live kickout. The defender must get the shield at eye level and brace for an impact and relax. Offer enough resistance to cushion the impact and allow the blocker to follow through.

5. Pull Around and Pit Drill – same as Pull Around Drill but a pit is in place like the Pull and Pit Drill. Good for making sure the blockers are following through on their pull blocking.

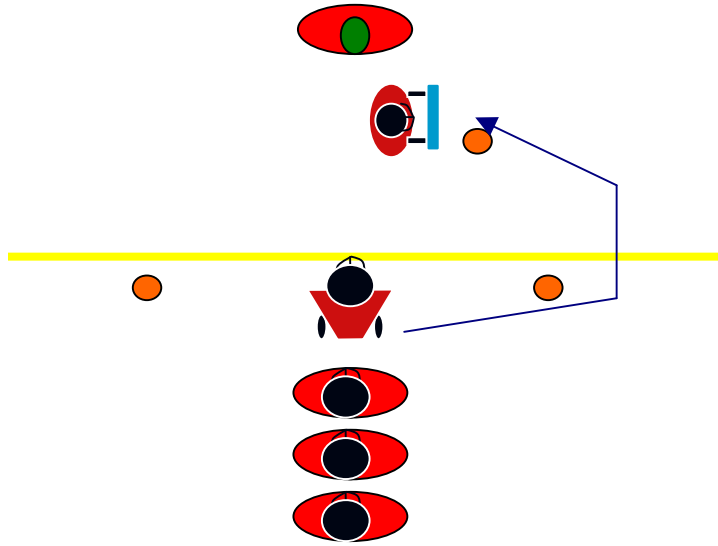
Pull and Fly Drill



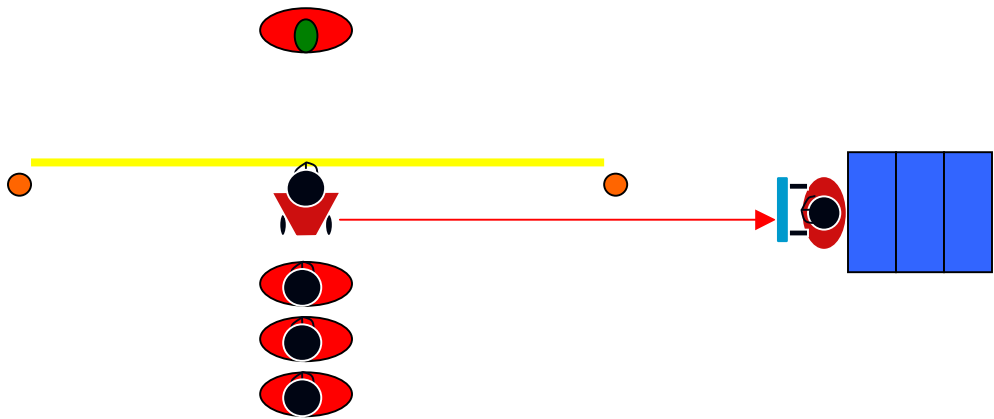
Pull and Contact Drill



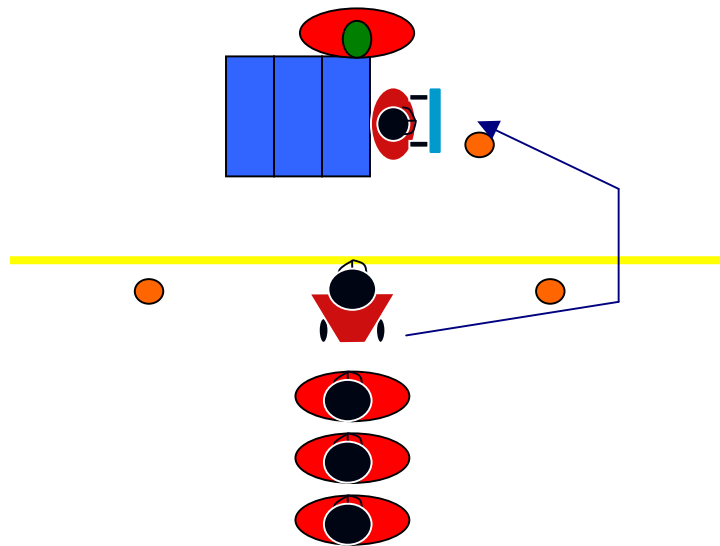
Pull Around Drill



Pull and Pit Drill



Pull Around and Pit Drill



Center – Quarterback exchange

I am providing three methods of snapping the ball so that you can find the easiest method for you centers to snap the ball. If your youth league allows the parallel snap I would use this as it requires less skill for the center and it allows him to concentrate on actually getting the ball into the quarterback's hands and blocking. Once he has mastered this you can move on to one of the other snaps. I prefer the Two Handed Thumbs Up Snap of the two.

Parallel Snap

Parallel snap from center: (if the league allows you to use it – it is illegal under NF and NCAA rules but most youth leagues allow this snap are don't police it)

We use the parallel snap; the center turns the ball so that it points down the LOS and holds the ball by the points (if his hands are big enough he can use one hand on the center of the ball side opposite of the laces). The ball is placed so the laces strike the quarterback's hands on the exchange.

The center must get in a good stance with his tail/back level and his head up. He snaps the ball and moves at the same time but he has to keep his tail down as he takes his first step. A quick snap is essential to center's ability to block.

The quarterback has his hands positioned (right handed) with the right hand pressed right between the thighs of the center with the hand spread open. The hand must be pressing just below the tailbone and the base of left hand's thumb should be against the base of the right hand's thumb to form a V that the ball will be placed in. The quarterback must learn to keep the V open, fingers spread, and relaxed. As the ball is snapped the center brings the ball directly from the ground into the V in a straight upward motion. If it is done right the hands of the quarterback will close around it securely.

One Hand V Snap

One Hand V; the center holds the ball with either one or two hands (if small hands use two hand method) with the hands on the top portion of the ball forming a cup if using two hands. The center snaps the ball as he brings it towards the QB's hand he drops his left hand and twists the ball so that it is now parallel to the LOS as it hits the QB's hand. The ball is placed so the laces strike the quarterback's hands on the exchange.

The center must get in a good stance with his tail/back level and his head up. He snaps the ball and moves at the same time but he has to keep his tail down as he takes his first step. A quick snap is essential to center's ability to block.

The quarterback has his hands positioned (right handed) with the right hand pressed right between the thighs of the center with the hand spread open. The hand must be pressing just below the tailbone and the base of left hand's thumb should be against the base of the right hand's thumb to form a V that the ball will be placed in. The quarterback must learn to keep the V open, fingers spread, and relaxed. As the ball is snapped the center brings the ball directly from the ground into the V in a straight upward motion. If it is done right the hands of the quarterback will close around it securely.

Two Hand Thumbs Up Snap

Two Hand Thumbs Up; the center holds the ball with either one on the top portion of the ball. The center snaps the ball as he does he flips it by flipping his hand up as he brings the ball directly up towards the QB's hands. The ball is not twisted in this manner but flipped so that the top of the nose actually faces the QB as it is placed in the hands of the QB. The ball is placed so the laces strike the quarterback's hands on the exchange.

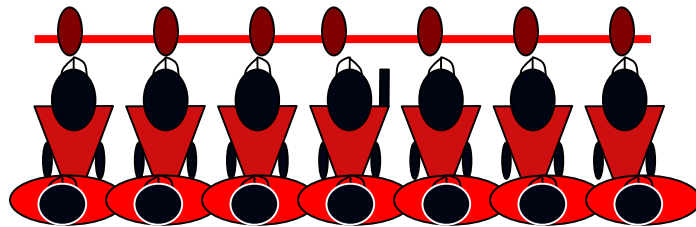
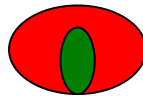
The center must get in a good stance with his tail/back level and his head up. He snaps the ball and moves at the same time but he has to keep his tail down as he takes his first step. A quick snap is essential to center's ability to block.

The quarterback has his hands positioned with the thumbs straight up and touching each other and the hand opened with the fingers spread wide forming a W. The W is resting right below the center's tailbone and relaxed. As the ball is snapped the center brings the ball directly from the ground into the W in a straight upward flipping motion. If it is done right the hands of the quarterback will close around it securely.

Snapping Drills for the Center

Team Line Snapping Drills - Painted or Marked LOS. Five or Seven players line up with a ball in the center of the body. The coach calls DOWN and all of the players set in a stance and grasp the ball (using whatever technique you decide on). The next line behind the snappers (1st string snaps to 2nd string) or reduce numbers will take the snap. On GO the snappers snap the ball to the second line. They repeat this process for 3 to 5 times as the coach reviews each player's snap. Then switch and repeat. This allows all of your blockers to learn how and to practice snapping the ball. We usually do four at a time.

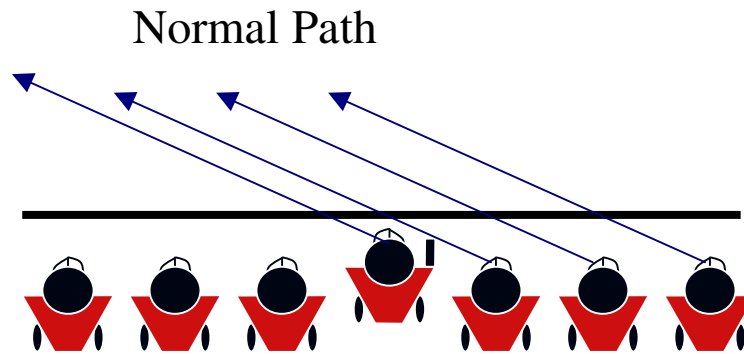
Coach



Simple Blocking Adjustments for SAB linemen:

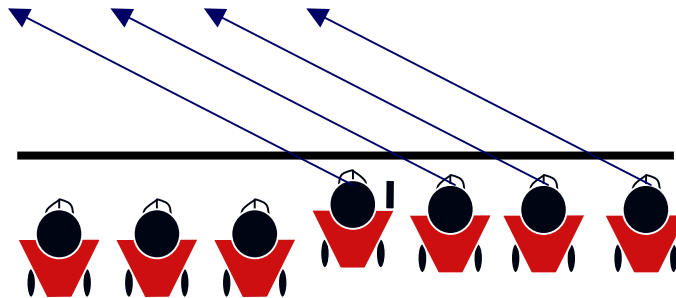
- Increasing and decreasing the line splits alters the angles of attack on the defense. We use 0 to 6 inch splits but we can adjust out to 1 foot if needed. Coach John Carbon uses SAB with the Wing-T using 2-2-3 splits.

- Moving your play side blockers up to the LOS or back off the LOS also adjusts the angle of attack as well.



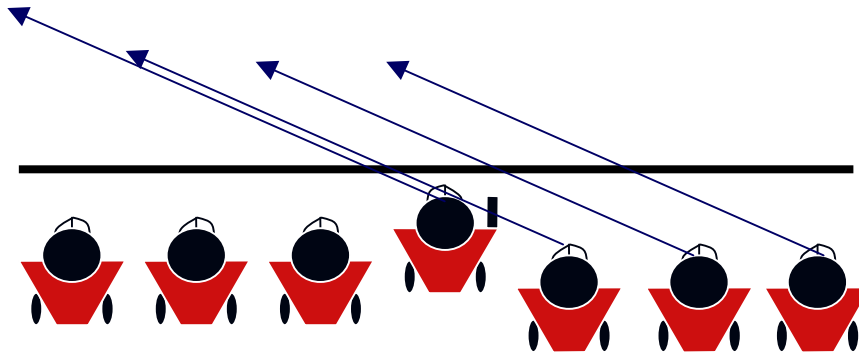
Normal path with center allows for incidental double teams with center.

Moving them up



Allows playside to get into second level better; especially the PSG. Good if you have PSILB scrapping hard to the play.

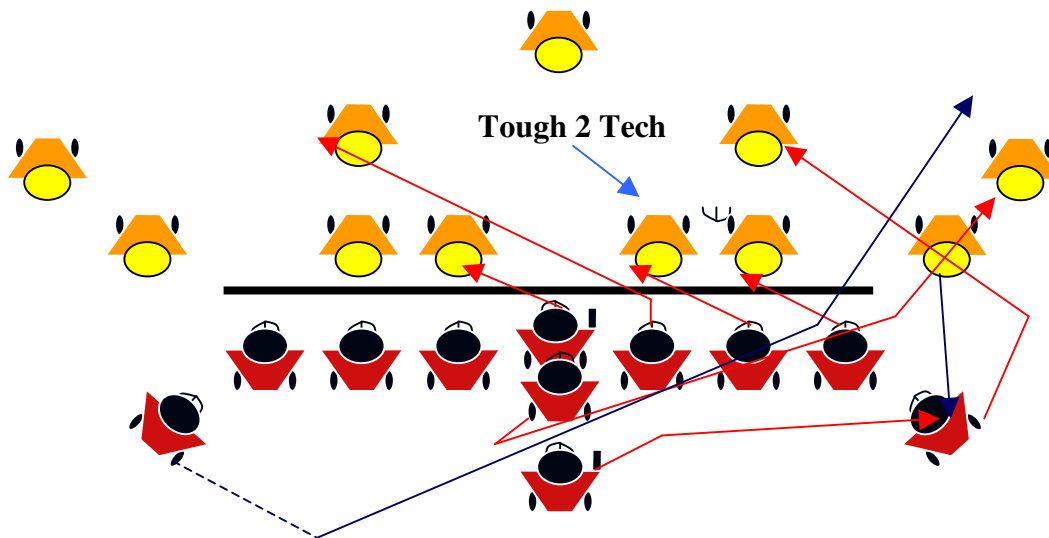
Moving them Back



This allows you to concentrate your attack more at the interior of the LOS. Good if your facing overloads in the middle.

Post and Track Adjustment:

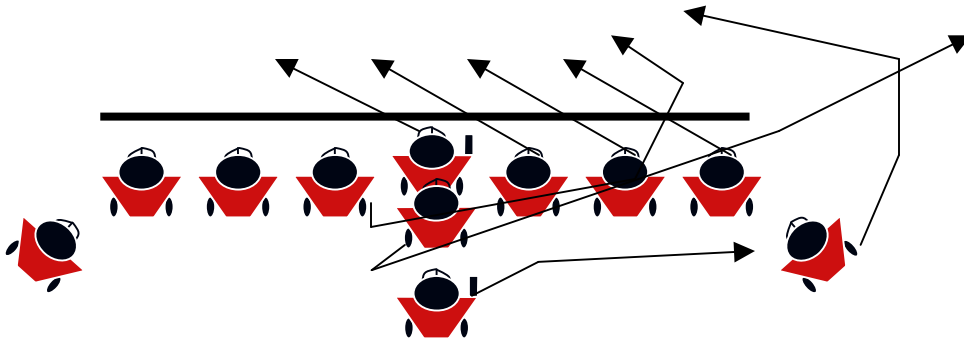
- A blocker who has a head up defender or an inside eye defender can post the defender and then get in his track to negate a tough charging or slanting defender so that the next outside blocker can wall him off. This is an immediate step and fire into the target with the inside playside foot and then fire into the track.
- He must not have a defender in the gap or man over to his inside.
- If that blocker calls “HELP” he calls “GOTCHA” to indicate he can POST and TRACK. If not he stays silent.



These can drilled by modifying the team line drill. Add a defender with/with out a blocking dummy as the tough defender and have him go to different spots on the line and go over the calls. You can also go over line adjustments as above and firing off.

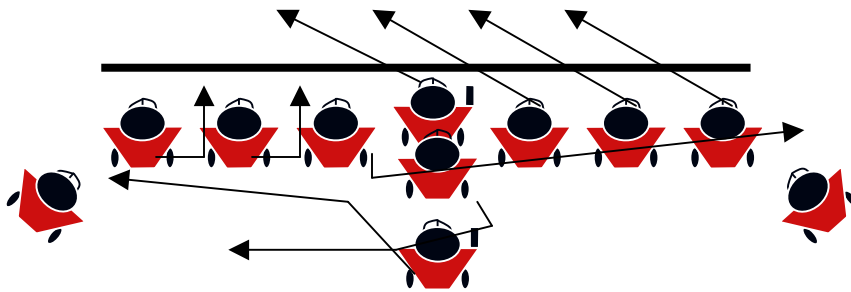
SAB Blocking Schemes

Super Power Scheme

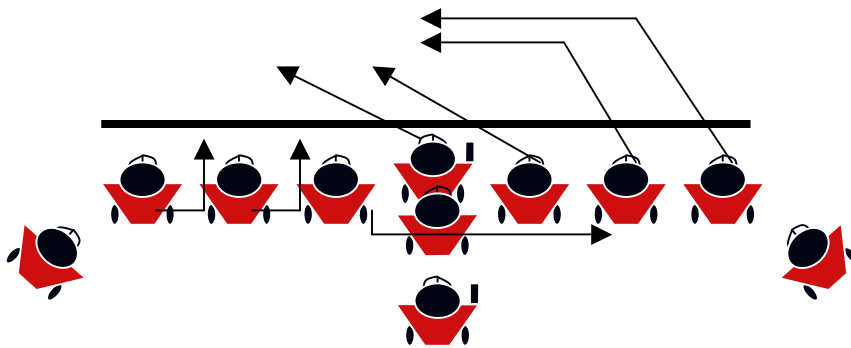


(Power with the QB bootlegging to backside instead of leading into hole.)

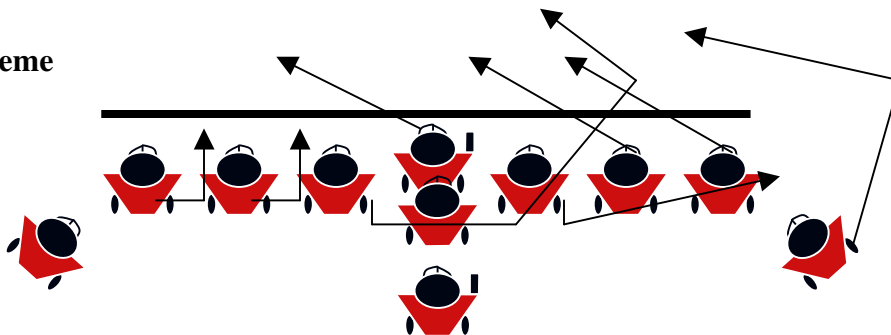
Counter Scheme



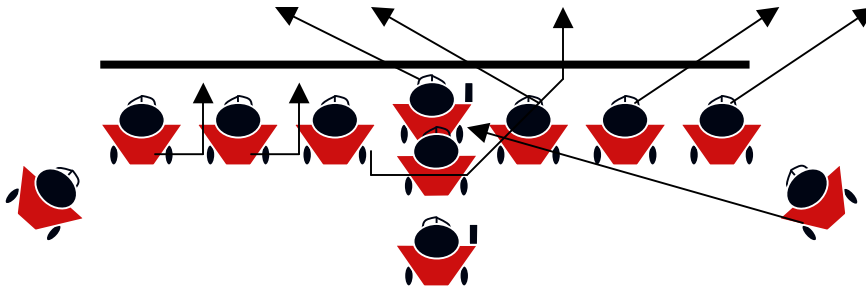
Trap Scheme



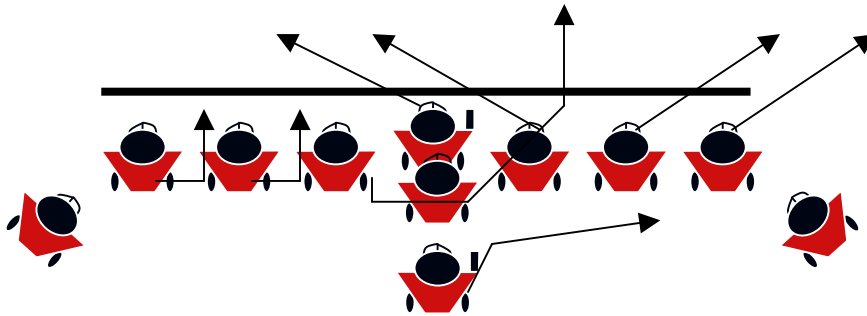
G Scheme



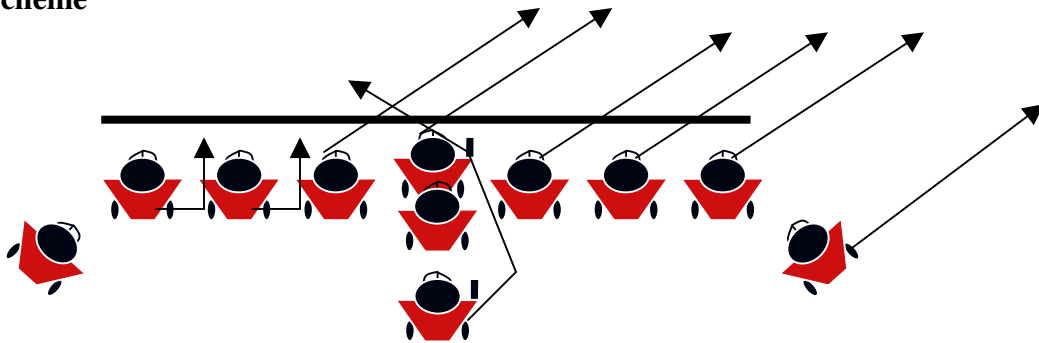
Part In Scheme



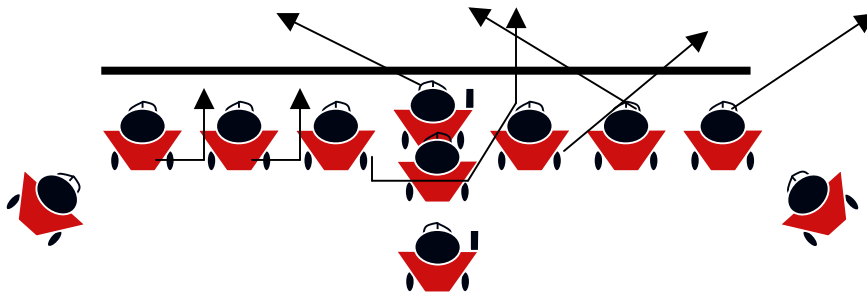
Part Out Scheme



Side Scheme



X Scheme



Chapter 7 – The Backs (schemes and coaching techniques)

BALL SECURITY is the KEY to being a SUCCESSFUL Back!

In order for your backs to be effective they must be aggressive blockers and good fakers as well as runners. This offense requires everyone not carrying the ball to either block or fake and executing these correctly makes this offense very deadly. The fewer players chasing the actual runner means more opportunities for him to have a breakaway play (Fewer Defenders to ball = Bigger chance of TD!). Stress the little things at all times like proper stance, location, footwork, ball handling, and path to daylight. It is the little things that make each back and your offense successful.

Offensive Back Priorities:

- 1) Be an aggressive and fundamentally sound blocker
- 2) Protect the ball at all times
- 3) Hit the proper lane
- 4) Get up field when you see daylight
- 5) Never ever take negative yardage to get away from a defender
- 6) Fake as if you have the ball and are really running with it (rock the cradle)

We do this by Teaching the Back Stance and Position first:

Stance

1. B-Back (FB) Stance

- 3-point stance one hand down and same side foot back (numbers on the knees)
- Down hand is directly in front of the back foot
- Feet are no wider than shoulder width
- Very little weight on the down hand 50 to 60% of weight on front foot (bend at the knees and then place the hand down)
- Their eyes are up, tails down

2. B-Back Position

- Line up directly behind QB
- Should be able to almost touch the QB if you stretched your arm out
- In a 3-point stance, this helps to hide the BB and makes the deception game better.

3. A and C-Back Stance (WB's)

- 2-point stance with knees bent in a good fit position
- Feet shoulder width apart and on line with one another
- Hands resting on the knees
- Head and eyes up
- A three-point stance can also be used to create more deception or slow down a WB who is prone to jumping. The stance has his inside foot back and inside hand down.
- No forward lean but the back should be in a good fit position reading to fire off on the snap count

4. A and C-Back Position

- Angled inward at 45 degrees and looking at the tight end's outside hip
- Just able to reach out and touch the tight end's outside hip. One yard off the LOS and one yard outside of the tight end
- Do not lean forward
- Sit into your stance

5. Quarterback's Stance

- Feet back as far as possible with arms fully extended to avoid colliding with pulling linemen (guards).
- Narrow stance with toes pointed in (pigeon toes) to make pivoting easier.
- Feet are shoulder width apart and knees are slightly bent.

Blocking Technique

Please review pages 76-77 in Chapter 6 on proper techniques for blocking. Keying on hand-arm placement, head-shoulder placement, as well as exploding, as they are key to effective blocking.

1. Kick Out Block

- This block is executed by the B-Back on the first defender to cross his face as he travels down the LOS towards the playside.
- In a proper three-point B-Back stance the player Kicks Out (takes an inside banana path and attacks **the inside shoulder** of the DE and kicks him outside).
- Backside foot crossover steps towards the Playside guard's near hip.
- His helmet must be behind the inside shoulder of the defender so that he seals the defender away from the LOS and signals the QB and ball carrier that the hole is open on the inside of him.

2. Log Block

- This block is executed by the B-Back on the first defender to cross your face and if he sits on the LOS or pinches down inside.
- Log (take an outside banana path and attack the outside shoulder of the DE and seal him to the inside).
- Cross over step towards the Playside guard's near hip.
- Must take a depth step to get away from the LOS so that he can arc around the defender and seal him inside.
- He has to attack **the outside shoulder** of the defender to seal him inside.
- His helmet must be behind the outside shoulder of the defender so that he signals the QB and ball carrier that the hole is open on the outside of him. His far shoulder and head should form an L to seal him inside as he executes a punch with the heels of the hand into the defender's chest plate and ribs.

3. Wingback Inside Seal Block

- This block is executed by the playside Wingback on the first linebacker coming playside.
- Out of a two-point stance he takes an outside or inside release and then immediately works inside getting his body square to the backside. He has to base his release on how much room he has. He must not make contact with any defender on the LOS.
- He should squeeze down on the LOS as works inside and not allow any defender from the backside to cross his face and attack the LOS.
- As the defender approaches he **attacks the outside shoulder** (shoulder away the LOS) and forces the defender to go over him if he can before contact is made. He has to get his head on top of the defender. This seals him from pursuing the runner.
- The wingback must get his helmet across the outside shoulder of the defender to seal him from the pursuit angle and the playside.
- Do not be overly aggressive its better to get position quickly and set and force the defender to go over you as you chip him with your near shoulder than it is to attack him and allow him to get under or around you.

4. QB Outside Seal Block

- This block is executed by the Quarterback on any “Super” call towards the outside run force (normally the CB). He blocks the first defender to show Outside Inside.
- The QB should have a pigeon toed stance that is no more than shoulder width apart to allow for a good balanced spin and toss stay tight to the LOS so that you can easily get inside of the BB.
- Spin and toss the ball as you “fall backwards” in the direction of the playside end. Step first with the left foot and pivot in your right foot, so that the left foot lands about 3 o’clock.
- You should be near the LOS and perpendicular to it. This will allow you to go inside of the B-Back’s kick out as he executes it. If he Logs you go under him.
- As you go past the B-Back you must find and aggressively engage the first defender you come looking Outside In (normally the outside runforce (normally Corner back)) by **attacking his inside shoulder** and sealing him to the outside. You must drive him out of the area to widen the tunnel as the second level.

5. Wingback’s Down Block (DINGO CALL)

- This block is executed when the DINGO CALL is made.
- This is a Wings On call. On DOWN the WB moves up and sets with a two-point stance.
- The Wingback executes a SAB IN just like the lineman do.

6. QB Double Kickout Block (DOUBLE CALL)

- This block is executed when the DOUBLE CALL is made.
- Used when a DE is proving to be a problem.
- He does this by hitting the DE on the inside shoulder with his head in the front of the DE locking him in with the B-back and kicking him out.

7. BB Lead Block (LEAD)

- This block is a call to tell the BB to block instead of his normal action in the play.
- His block is determined by the play and the defender he is blocking.
- He blocks by looking for the first defender INSIDE/OUTSIDE.
- If defender is in the hole you must get low and blast him out of the hole.

8. WB Wham Block (Part Scheme)

- This is an inside trap block executed on the first defender to cross the WB's face.
- He takes a quick lead step with LOS foot and must get head behind the defender's head and near shoulder into the defender's shoulder and seal him into the LOS and from the runner. This is the same as a BB kick out block.

9. WB Up Block (TIGER Call)

- This block is executed when the Tiger call is made.
- This is a Wings On call that moves the WB on the LOS in a two-point stance.
- He executes a SAB OUT block on a 8 tech that is hard for the BB to block.

Ball Carrier Skills

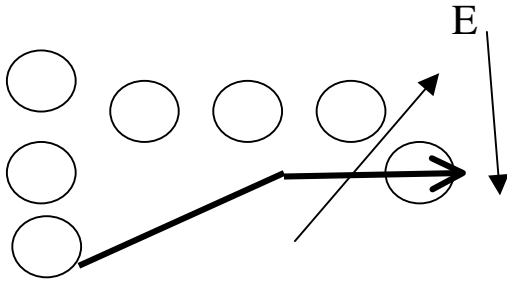
1) Taking A Handoff

- Make a pocket using arms and hands
- Ball side arm is parallel to the ground and just above the chest
- Ball side arm is pointed outward towards the handoff location
- Palm and forearm is facing down
- Away side arm is parallel to the ground and just below the belly button
- Away side elbow is point to the opposite side of the handoff
- Palm and forearm is facing upwards
- Ball is place into the midsection and away hand secures it in a 4 point contact
- Palm – forearm – bicep – midsection
- Ball side palm is place in top of it and gives it a 5-point contact for security
- Head is up looking in front of you. Let the QB worry about getting the ball in the pocket.

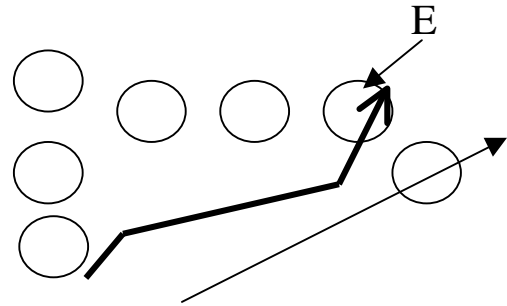
2) Making A TOSS Handoff for QB

- Step with the Toss side foot towards the wingback.
- The toe should be pointed at the wingback.
- As you step you toss the ball from the waist to the wingback lightly.
- The ball should fly directly into the belly button of the wingback with the point of the football that is away from the quarterback.
- The toss of the football should be like passing a basketball. The thumbs should roll under the ball as it is tossed and then point at the WB while the fingers are spread and wide open at chest level.

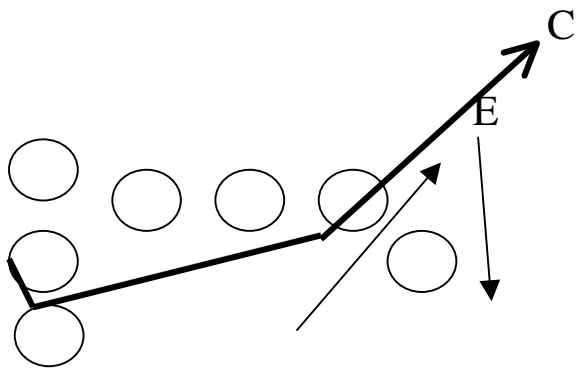
Back Blocks Illustrated:



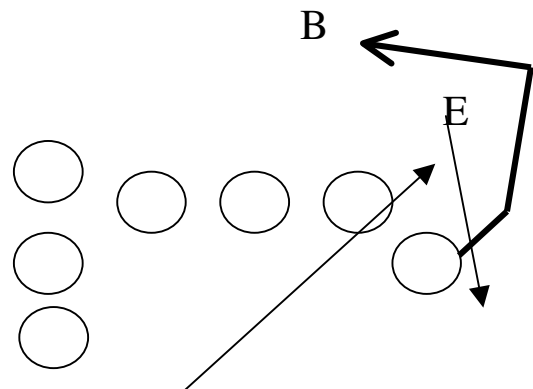
B-Back Kickout



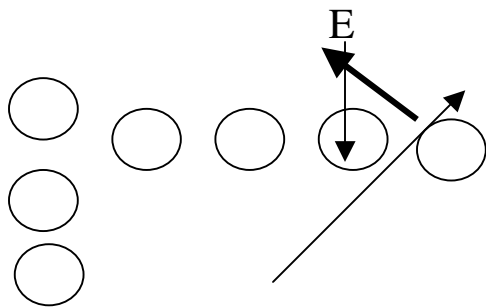
B-Back Log



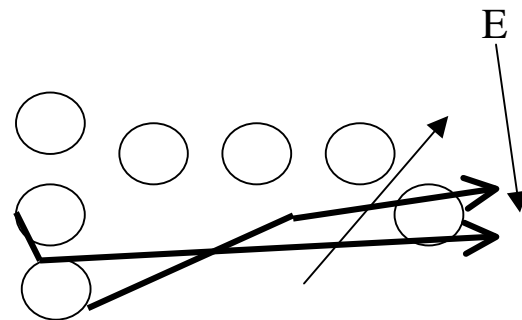
QB Outside Seal



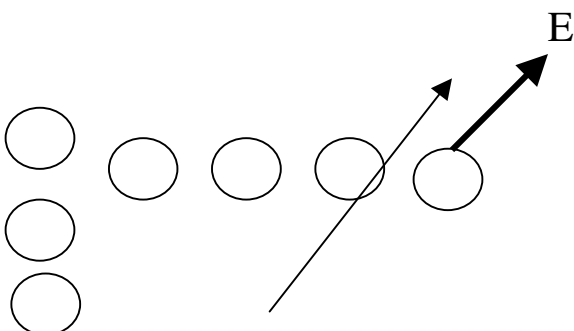
WB Inside Seal Block



WB "DINGO CALL" SAB IN
(wings on LOS on DOWN)



QB "DOUBLE CALL" Block



WB "TIGER CALL" SAB OUT – (wings on LOS on DOWN)

Ball Handling

Holding the Ball

- 1) One arm – Open Field Running - ball rests on the forearm with the rear point in the cup of the inner elbow and the top point is covered by the middle finger and cupped by the remaining fingers. The ball should be tight and resting against the ribcage. The ball should always be on the opposite side of the tackler or pursuit if possible.
- 2) Two arms – Contact/LOS – ball in the one arm method but the ball is moved to right below the chest and the opposite arm covers the top of the ball with the forearms resting on top of the ball as the ball is pressed into the body with the ball arm. The opposite arm's hand should rest over the cup of the ball arm's elbow.

Training the Backs

Key elements:

1. Ball Security and Ball Handling (Protect the ball)
2. Good Stance and Position (QB/BB/WB)
3. Blocking
4. Faking
5. Footwork
6. Schemes

Drills used to teach the Backs:

When we start teaching backs we stress ball security and ball handling first and foremost. Once we feel that all the backs understand the emphasis we place and they should place on protecting the ball we move to blocking. Every back on this offense is required to know how to effectively execute the blocks for his position. Once these are established we start working on running schemes and within this process we emphasis faking and proper footwork. At all TIMES we STRESS BALL SECURITY. We stress these areas specifically when teaching our backs the running game.

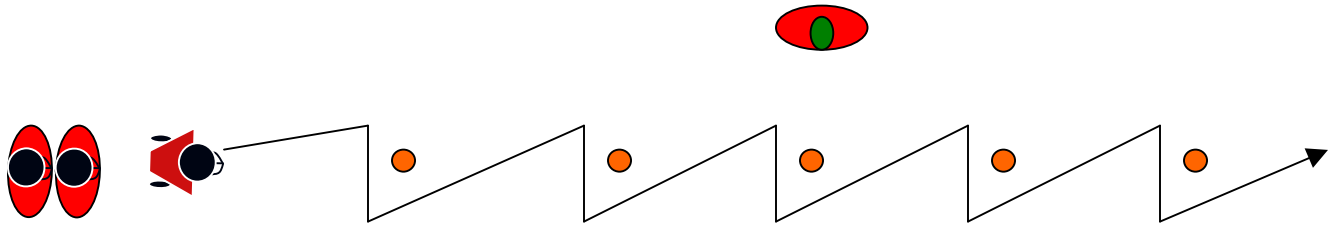
- Stay low and protect the ball
- Explosiveness
- Attack the hole
- Know the blocking scheme
- First daylight you see get up field immediately

Used when first teaching the Backs and when going back to the basics:

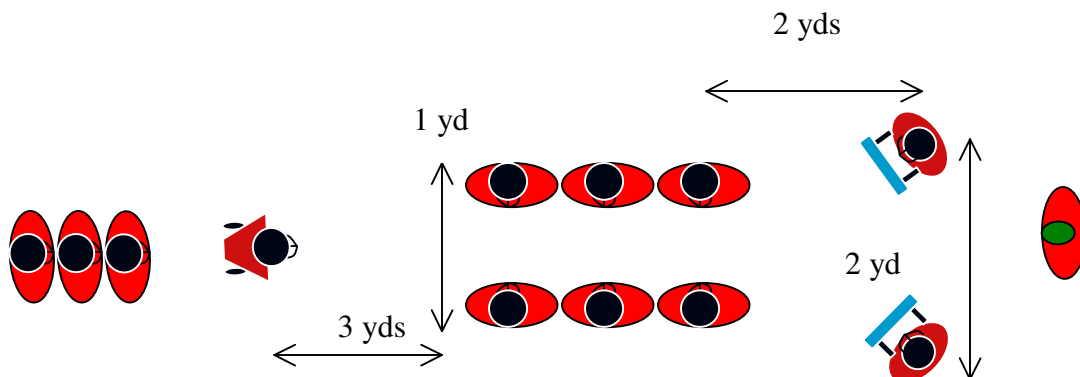
Ball Tug Drill – Circle Formation – Coach hands ball to the player facing him and has him grasp the ball in the Left arm correctly and then strikes the ball and then has the player switch and repeat the process on the right. He then has the player double arm the ball and strikes the ball. He then has the player turn around and repeat the process from the back. You can also do this to the left and right by having the player first face to the left with the ball inside and then the right with the ball inside. This is a good way to reinforce each player the correct way to secure the ball and protect it. Explain that the double arms carry is used whenever you are about to make contact with multiple defenders or in areas with lots of defenders (LOS).

Step and Go Drill – Teaches the juke move; 5 cones in a straight line 5 yards apart from each other and 5 yards from the runner. At first tell the runners to start with a jog and concentrate on footwork. The footwork is key and as they gain confidence and skill in it they can increase the speed. The key to a good juke is the first step and where it goes. The cone represents a tackler and we tell the runner to run right at the cone and then (if juking to the right) lower you hips slightly (to lower center of gravity) to maintain control and speed while taking a hard step to the left. Aim for the outside of the left shoulder to force the defender to turn his hips and shoulders to the left and immediately step hard to the right with the right and get up field; one step and one step only. The wider and more controlled the step to the left is the more effective the juke will be on the defender. Make sure the runner doesn't step in front or short step that first step. He must lower his hips and step to the outside of the shoulder. We have the runners do it the right going out and to the left on the way back. We have them jog it until we see they have mastered the first step and hip drop. Then we have them go a little faster, and then we have them do it at full speed. Usually it takes a few weeks to get them going to full speed. By the middle of the season your runners should have a really nice juke move to counter open field tacklers and the infamous last defender on the edge.

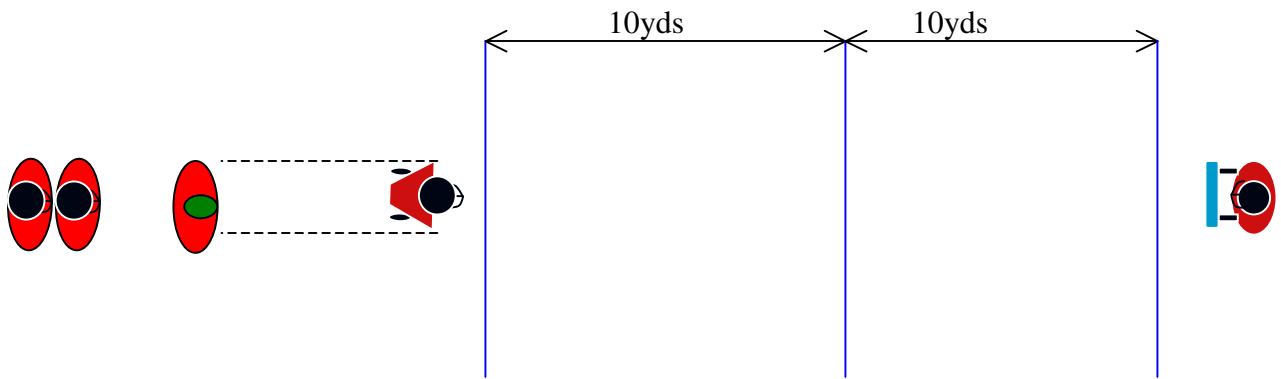
Note: We always emphasize the importance of getting up field to daylight.



Ball Gauntlet Drill – two row of players face each other ½ yard apart and on one knee. Their legs and body must not interfere with the runner's lane. Two defenders with shields are at the opposite end of the gauntlet. The ball carrier must protect the ball as he charges through the gauntlet. Every player attempts to take one hit to jar or strike the ball loose. No grabbing just a rapid hit. As the ball carrier leaves the gauntlet the two defender will squeeze the hole shut and force him trying to get low and present shoulders and knees. He has to stay lower the the defender's shoulders. The ball carrier must protect the ball and then lower his shoulder and squeeze into the hole and past the defenders. The defenders only take one step in their job is not to close the hole but squeeze the hole. This is a fun way to teach ball security, receiving and giving a hit while in traffic with the ball, and aggressive protective running.

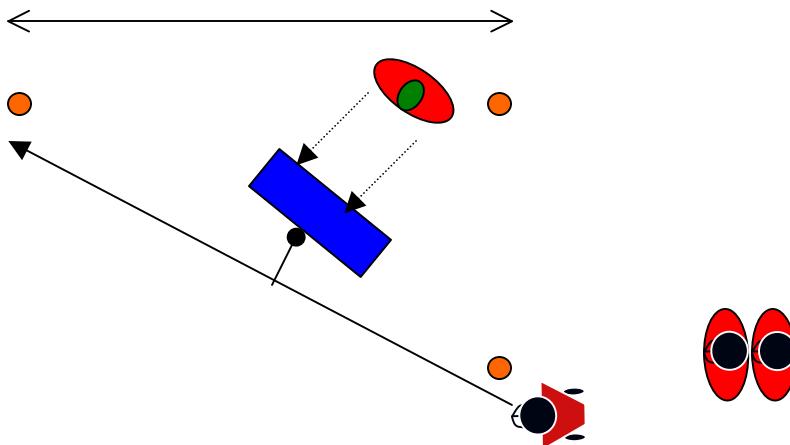


Mule Pull Drill – Need a piece of rope ½ inch wide 10 feet long with a piece of 2 foot water hose on it and knots at both ends to keep it from falling off. Surgical tubing or resistance line can be used as well. At least two to four helps this go faster. A ball carrier starts in a two-point stance with ball in hand. The rope is around the chest plate and a resistance man is behind him with the line taunt (he is not putting his weight into it). On GO the runner explodes down the path for 10 yards and when the resistance man sees him pass it he releases the rope and lets him sprint for 10 more yards. They then switch and repeat the drill going the other way. The resistance man must keep the line tight but not pull on the rope at all. He should just relax and let the ball carrier pull him along. The runner must explode and increase speed and then burst into the next 10 yards. You can add a defender at the end of the drill with a shield to bump the runner and force him to show shoulders and knees. Runner must stay low – this helps to improve his explosiveness coming out of his stance and into the hole. The distance that the runner goes under resistance should be no more than 10 yards.

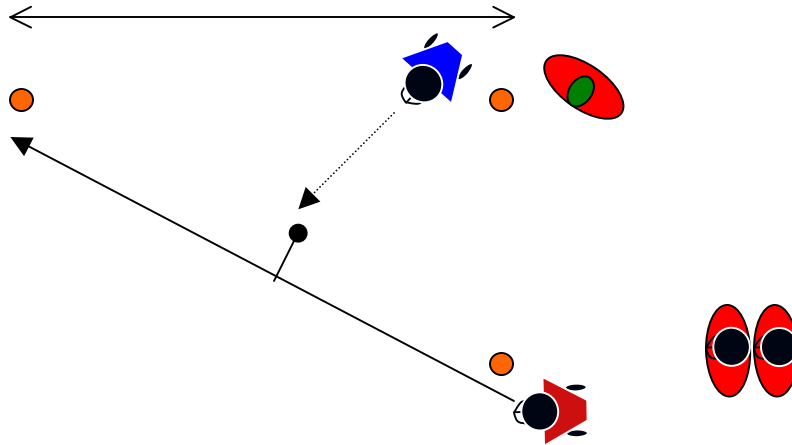


Stiff Arm Progression Drill –

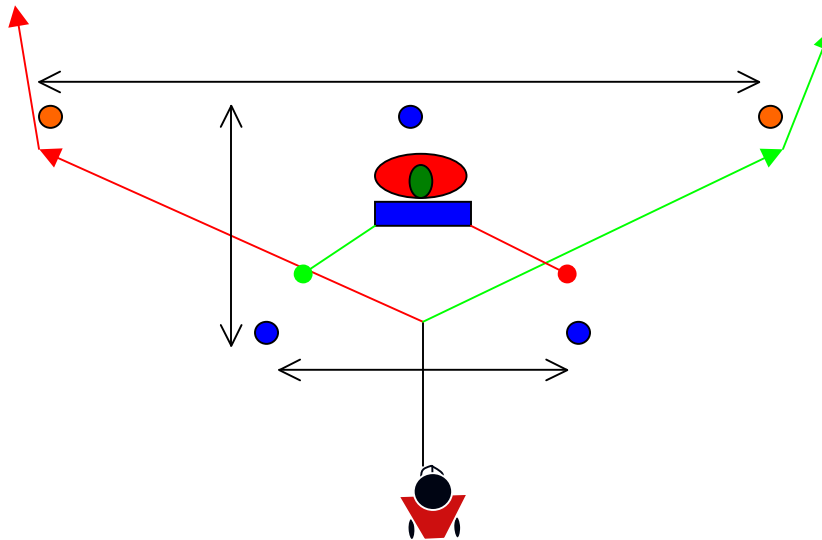
Set 1 Teaches a back how to properly stiff arm. (Kevin Thurman’s drill). Two cones ten yards apart with a coach over the inside cone and a runner 5 yards away from the inside cone. On GO the runner (holding the ball with the outside arm) runs straight for the far cone. As he does the Coach tosses the bag at the runner. He must vary the height from Knee to Shoulder height as well as varying the angle of the bag. The runner must use his inside hand (with thumb down) as the “lever” and use the bag’s momentum to push himself away from the bag. If any part of the bag touches the runner he is tackled. Do not lock the elbow out; it should be slightly bent.



Set 2 – Once the backs have mastered the technique involved in a stiff arm we then move to a live drill using a tackler. The tackler lines up over inside cone. On “GO” the tackler attempts to cut off the runner and tackle him. The runner must execute a correct stiff arm. We teach the tacklers they must hit the tackler where he exposes himself. The ideal points to use the stiff arm are: top of the helmet (not the facemask), top of the shoulder pad plate, chest plate (try to get to the far shoulder plate to turn him away from you).



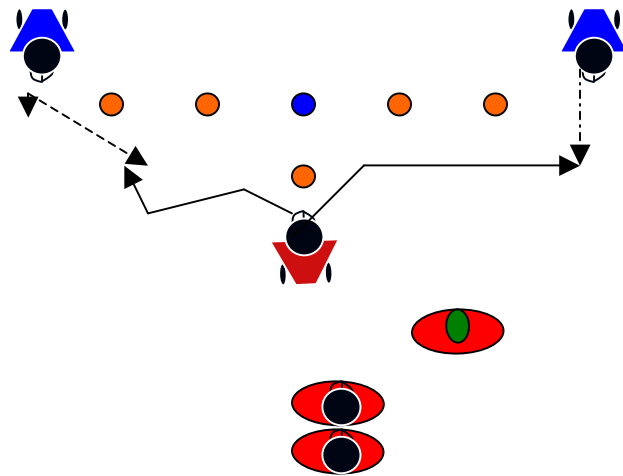
Cut Back Drill – Teaches how to make a proper cut back and when to use it. (Kevin Thurman’s Drill). Two traffic cones are laid out 20 yards apart. A triangle of cones is set in the direct middle with the tip of the triangle at the center (10 yards) of the two traffic cones. The triangle is formed with three cones and it is 3 yards from tip to bottom. The runner starts 5 yards from the bottom of the triangle. On GO he runs straight at the coach (holding a shield and inside the tip the triangle). When the coach slides to one side he must immediately cut to the opposite side into the triangle and bend his path back up field when he passes the traffic cone line. Repeat this several times to the left and right for each back. This develops his ability to make a cutback and reinforces the need to cut it back up field as fast as possible.



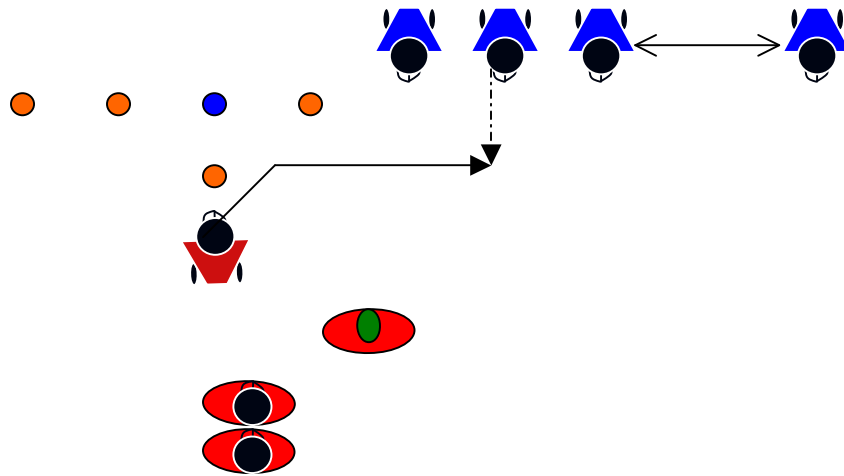
The above drills are intended on improving your back’s overall skill and ability as a runner.

Teaching our Backs how to Block:

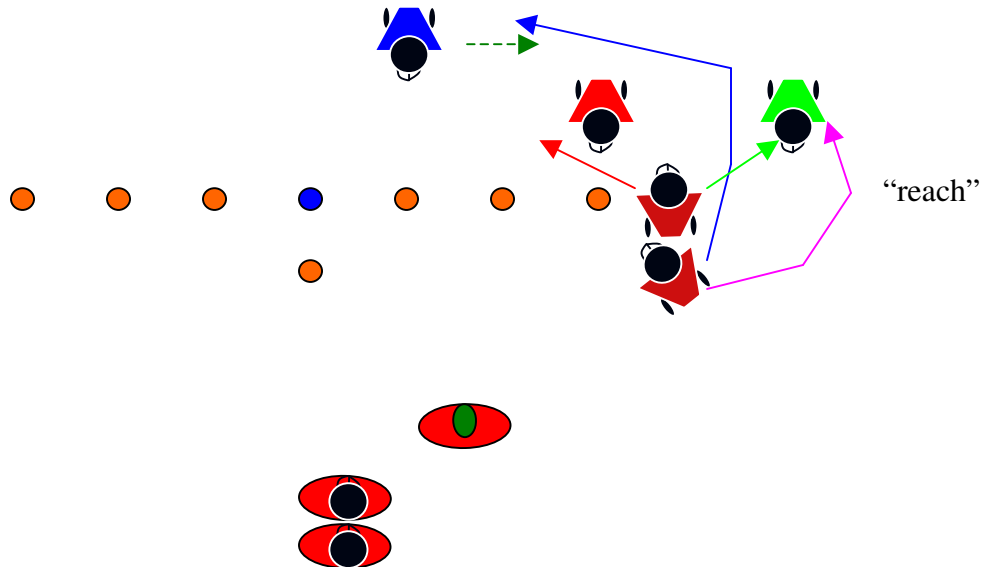
BB Blocking Drill#1: This simple drill is used to teach a BB how to make the all-important kick out and log block effectively and to know when to execute each block. I have five cones representing the five interior linemen and a cone that is set properly behind the center so that the B-Back can get in a proper stance and depth. We always check his stance and depth. We have a EMLOS on each side with a Shield. The coach is standing behind the BB and on the blocking side. HE will call the side and then hand signal to the EMLOS to either BOX (done at first), CRASH, or SIT. We tell the BB to always kick out a boxer or a defender sitting and wide. We tell the BB to always log a crashing defender or a defender sitting and in tight. We rep this to each side several times and at first we work on the kick out and getting it right and then incorporate the log. We can also signal the EMLOS to widen or tighten as well. We tell the BB to cross over step at the inside hip of the PSG and then go down the LOS and block the first defender to cross his face. If he sees a crash he gains depth as he works to get his head to the outside of the defender and then drive him up in to the LOS.



BB Blocking Drill#2 – This is a more advanced drill for your B-back once he masters the concept of kicking out and logging. It teaches him how to move down the LOS and engage the first defender to cross his face. Just as in #1 we start with kicking out first and then logging and mix the two in as he begins to master it. This should be done to the right and the left side. We use four defenders to conduct this drill that are numbered 1 to 4. 1 to 3 are filling in just 1 foot of the LOS at the guard, tackle and end spot and 4 is playing wide at the same depth. This simulates a defender crossing the BB's face from the guard out in a 4 to an 8 tech. The coach signals who is crossing and how he is crossing. 1-4 straight across (kick out), 3 and 4 sit (kick out). 1-4 crash (log) and 1-2 sit (log). We normally work on just the kick outs at first and then move to logs and then mix them in. We want our kids to master the kick out first though.

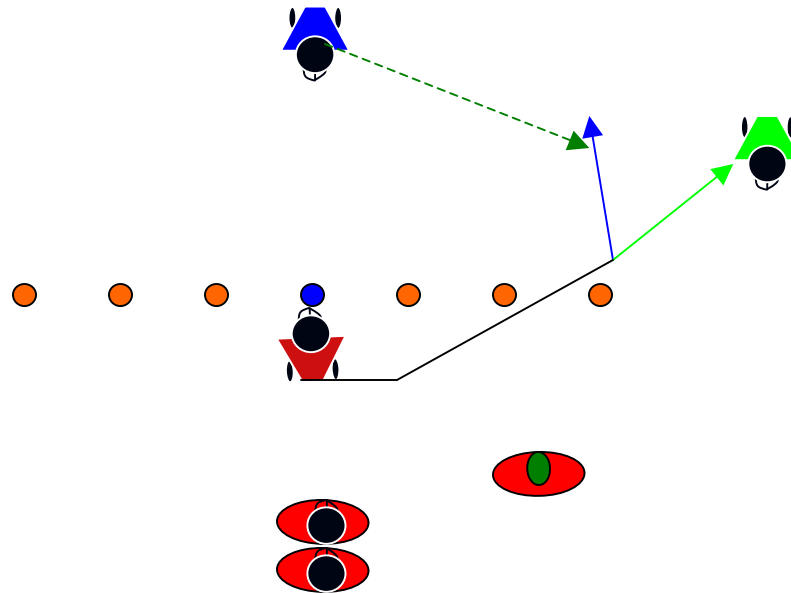


Wing Back Blocking Drill – This drill teaches the Wingback how to execute his inside seal block on a LB and execute the TIGER and DINGO calls. An offensive line is formed using traffic cones with a cone representing a QB as well. The WB gets in the angled two-point stance on the right side. The coach signals a defender to either move in a LB position (20, 30, 40, 50, or 60), 6 tech, or a 8 tech. If the Defender goes in a LB position on GO the WB releases outside and up field and back inside hugging the LOS and seals the LB using a proper inside seal technique. If the Defender moves into a 6 tech the coach yells DINGO and the WB moves up to line and sets. On GO he executes a SAB IN block. If the Defender moves into a 8 tech the coach yells TIGER and the WB executes a SAB OUT block. I like to get a WB up and go through the INSIDE SEAL two times and then rotate. Then work right the side as well. Once they have the inside seal down we then do the DINGO and TIGER block the same way. Once they them all down we can add to this drill by having the coach do two of the three blocks randomly and then rotate. We do this twice for each back and make sure we get every block.



Note – you can add the Reach block as well to teach the reach block for the SWEEP Tag. In this case he stays in the angled two-point stance and the defender lines up in a 9 or 8 tech. On GO he steps laterally with his outside foot and then works to get his head to the outside of the defender’s head and seal the defender inside.

QB Toss & Block Drill – This drill teaches our QB how to make the soft toss, spin flat, and get into the hole and make the Outside/Inside seal block. The key component is the stance, footwork, soft toss, and staying flat to the LOS and get up field and out of the hole quickly. It is also important that he makes his block with the head on the inside of the defender's head on an outside seal and on the outside of the defender's head on an inside seal. He must seal the defender from scraping to the ball carrier. The key is to first teach the Outside look (outside run force) and then teach the inside part and have the CB cross the LOS and have the safety roll up. Teach the QB to look outside and if he does not see a defender coming towards the hole he then looks inside and the first defender he crosses he blocks. Start with outside blocking to both sides and then add the inside and rep both sides. Then have two defenders in place and mix up who he has to block.



Note: We have the BB do this same drill as well to teach the Lead block. We just line him up at his position and perform the counter step and lead through.

Combining Drills – You can combine the BB, WB, and QB drills in various forms to rep the super power action as well. This will improve the timing of the BB, QB, and WB's blocks and creating the tunnel to run through. This can be done to teach the QB/BB double block as well.

Teaching our Backs the Offense:

B-Back Handoff Drill – QB aligns to a cones that represents a center (or use center to get snaps in) with a B-Back aligned correctly behind him. A defender sits slightly to the right of the cone. On “GO” the BB hits the right side and the QB executes a correct Wedge handoff and follow through action as the BB takes the handoff, secures the ball, and hits the shield (CENTER) as he stays low and drives down the field until the coach yells “EXPLODE” at that time he explodes out off the shield and up field until you whistle him to stop. Have him switch to the left and repeat the process. Have all of your backs do this set at least once. This will get them used to getting the ball and staying low in the in the wedge. Correct any mistakes you see; QB Handoff, footwork, BB ball handling (two handed), staying low, keeping his knees up and feet moving, and exploding out of the shield and upfield.

Wing Back Toss Drill – Create a skeleton of the line (center and ends for points of reference) have the WB set up on the left side (AB side) and the QB as well. You can use a center as well to work on snaps. On Super Power Cadence the WB executes Rip motion (show them the correct way to motion) and the QB spins and toss a soft ball to the WB who has to catch it and secure it with soft hands and then set and explode into the hole. The QB executes his super power movement as well. Have them to this to the other side and then move the WB to the end of the line. Watch for footwork, ball handling, and explosiveness into the correct lane .

Wing Back Inside Counter Hand Off Drill – Create a skeleton of the line as above. Have a WB set up on the left side (AB side) and a QB as well. You can use a center as well to work snaps. On Super Power Cadence the WB executes a correct Counter drop for the inside handoff and the QB executes his footwork and fake. Stress ball handling, footwork, staying low, and exploding into the first daylight he sees.

Teaching the Schemes:

Backfield Action Drill – Skeleton Line of Cones – two pairs of backs working in mirrored pairs (BB/DE, QB/CB, WB/ILB for blocking and WB/Safety for runner – his job is to attack the runner and force him to work for his yardage)

We Run each action against a mirrored set of defenders with shields and/or bags. The purpose of this drill is to teach the scheme, timing, and fine-tune the techniques involved for each play.

When we first teach the offense we start with

Super Power Action: Super Power and Counter
Buck Action: BB Wedge, Wedge Sweep

We have each group do it twice to both sides. Then we have the groups switch and repeat. We keep doing this until we get the timing and techniques down. After they mastered we move to:

Whatever additional support plays we want them to learn. This really is the main format that we use to teach our backs the offense other than team drills.

As we add more plays we do the same thing. Each group does each one twice to each side. As the season goes on you should have to do less and less of your base.

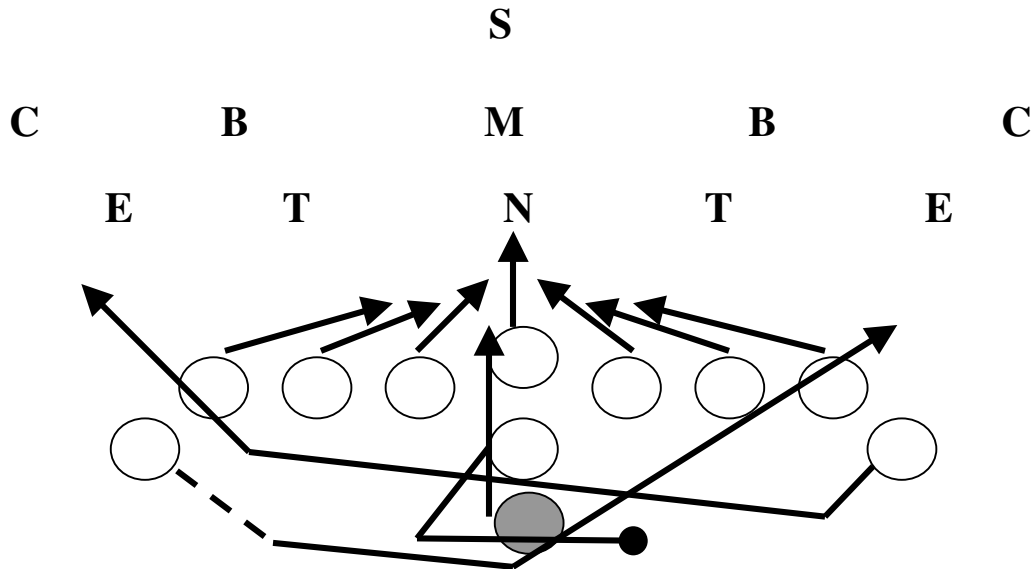
This allows us to concentrate on developing the back's timing and footwork on each play. As they realize that for the most part they are doing the same thing for each play except for change in one or two assignments it becomes easier and easier to use variations off the same plays. When you are doing this drill you really want to stress the Blocking, Faking, and Footwork along with the Ball Handling. Make sure your runner is hitting the hole correctly and keep stressing that he has to explode into the hole and get up field. To many younger players want to dance instead of putting their shoulder down and gaining yardage.

Chapter 8 – Super Power Support Plays

By support plays I mean any play that is not in our base offense. These plays are designed to either enhance the super power action or add some flavor or variety to our offense by giving us a different look.

All of these plays are based on SAB and WEDGE blocking.

TIGHT Formation
Play Rip BB Wedge Left



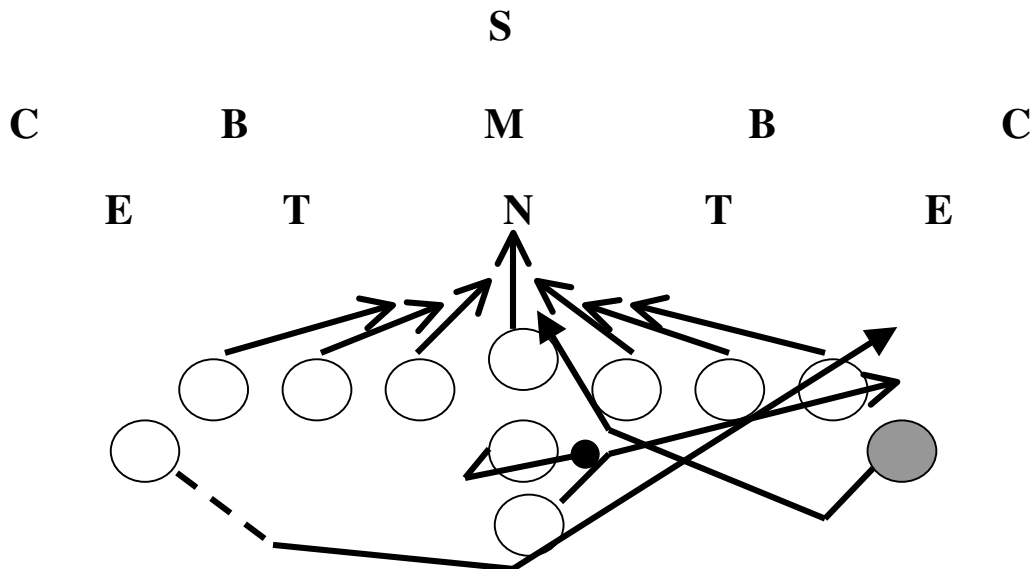
<p>LTE Step inside drive Rt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>	<p>LT Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>LG Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.</p>	<p>C 1) Drive forward if NT drive him back if not then a MLB should be your target as you drive forward.</p>	<p>RG Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RT Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RTE Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>
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<p>QB On "Hit" you execute a counter handoff action but as you turn towards the motion man you hand the ball off to the B-Back hitting the wedge. Then continue with the Counter Fake.</p>	<p>B-Back HIT QUICKLY WITH NO DELAY. Be prepared to dive over the pile if things stack up. Otherwise push the wedge. Take lots of short, choppy, steps with the knees high. Keep your eyes open for daylight and get in it. Stay low in the wedge..</p>	<p>M-Back Rip motion then fake super power action for 10 yard up field. You have the BALL attitude. Aim off the outside hip of the DE ad make him react to you.</p>	<p>C-Back Fake counter action for 10 yards up field. You have the BALL attitude. Aim off the inside hip of the DE and make him react to you.</p>
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Notes: This is our wedge with super power action. Using the countering to one side and the super power action to the other forces the defense to split the field and defend the perimeters.

TIGHT Formation

Play Rip CB Wedge Right



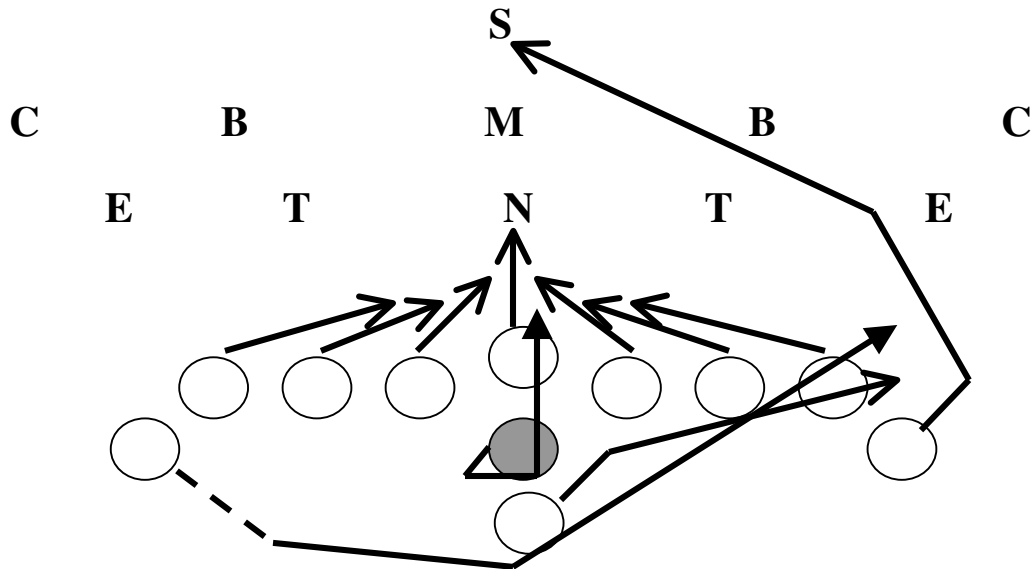
LTE Step inside drive Rt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.	LT Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.	LG Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.	C 1) Drive forward if NT drive him back if not then a MLB should be your target as you drive forward.	RG Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield	RT Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.	RTE Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.
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QB On "Hit" you execute a counter handoff action but as you turn towards the motion man you hand the ball off to the C-back on the playside. Make sure you tighten up and speed the spin up so that you get top the CB fast.	B-Back Take a cross over step towards the PSG's inside hip then step towards playside. You must block the first defender that you see cross your face as you move down. If the EMLOS is wide and/or boxes kick him out with your head to the inside to lock him outside. If the EMLQS is tight and/or crashes inside step wide and then log him inside by getting your head to the outside shoulder and driving him into the LOS and let the rest of the blockers and the runner flow under.	M-Back Rip motion then fake super power action for 10 yard up field. You have the BALL attitude. Aim off the outside hip of the DE ad make him react to you.	C-Back Good Drop-step, take inside handoff, and get into wedge. Stay in the wedge and stay small. Press into the center's back. If the wedge stops or begins to break apart start looking for a opening in the wedge and get in it and explode upfield. Do not stop and try to go around the wedge!!!
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This can also be a shovel pass to the CB by adding Tight Rip CB Wedge Rt Shovel Pass. This is a good way to shore up a slow exchange and since it is a forward pass it will not be a fumble if miss handled. Make sure you notify the sideline judge when you call it.

TIGHT Formation

Play Rip QB Wedge Right



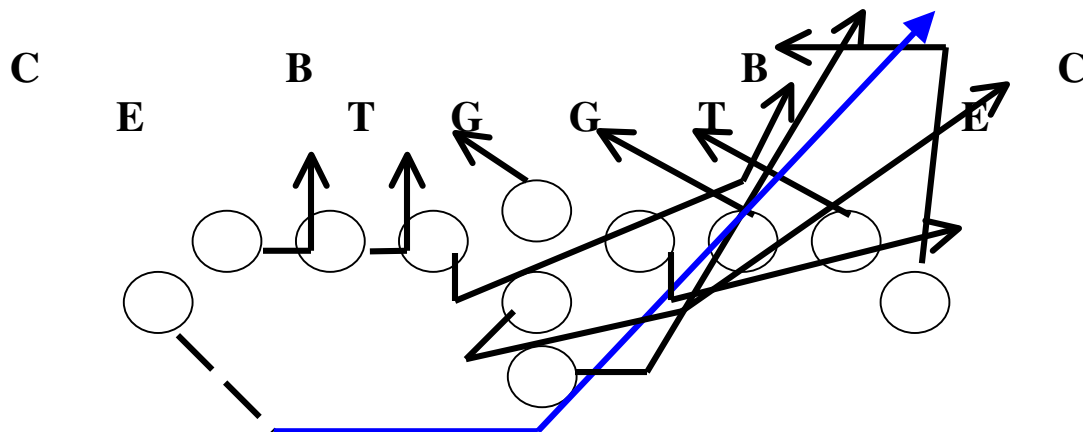
<p>LTE Step inside drive Rt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>	<p>LT Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>LG Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.</p>	<p>C 1) Drive forward if NT drive him back if not then a MLB should be your target as you drive forward.</p>	<p>RG Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield</p>	<p>RT Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RTE Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>
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<p>QB Toss fake and complete 360 degree spin and get into wedge. Get small into the wedge and get into the center's back. Look for any daylight in the wedge and burst up field to daylight.</p>	<p>B-Back Take a cross over step towards the PSG's inside hip then step towards playside. You must block the first defender that you see cross your face as you move down. If the EMLOS is wide and/or boxes kick him out with your head to the inside to lock him outside. If the EMLoS is tight and/or crashes inside step wide and then log him inside by getting your head to the outside shoulder and driving him into the LOS and let the rest of the blockers and the runner flow under.</p>	<p>M-Back Rip motion then fake super power action for 10 yard up field. You have the BALL attitude. Aim off the outside hip of the DE and make him react to you.</p>	<p>C-Back Outside Release and get back inside and seal first defender past the linebacker level.</p>
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TIGHT Formation

Play RIP Super Lead G Right

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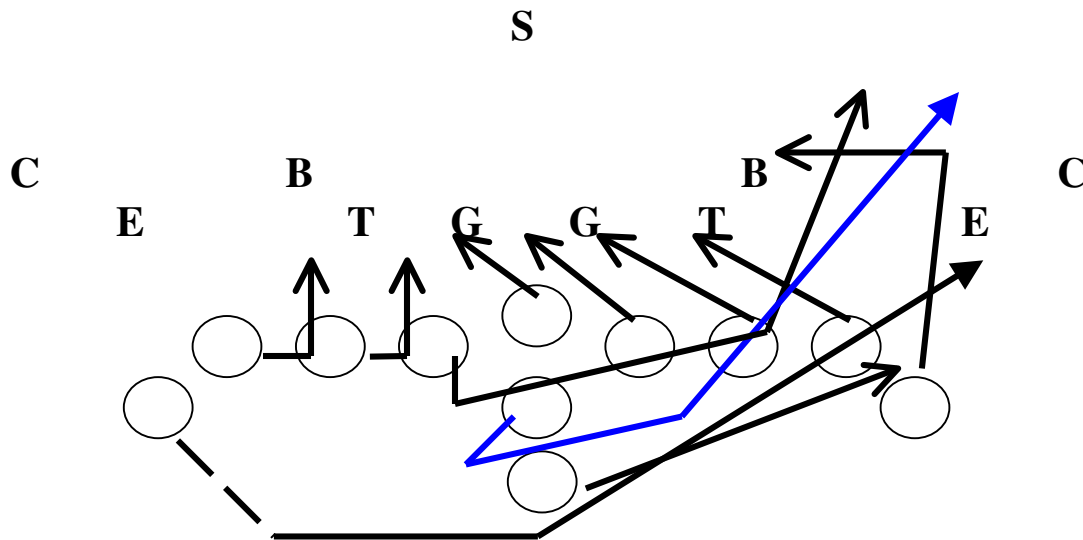
LTE Slide	LT Slide	LG Pull and block inside outside.	C SAB IN MOMA if called.	RG Pull and kick out first defender to cross your face.	RT SAB IN	RTE SAB IN
Split look run fade route.				No TE this reverts to a X block		Split look run fade route

<p>QB Quick, short motion- call for the ball quickly. Spin and toss the ball as you “fall backwards” in the direction of the playside end. Step first with the left foot and pivot in your right foot, so that the left foot lands about 3 o’clock. Spin & toss a soft ball at number height – but no higher.</p> <ul style="list-style-type: none"> Get your eyes around to playside and make sure B-Back is leading into the hole and follow him in and seal the first defender outside inside. 	<p>B-Back Take lateral cross over step towards playside and LEAD into the hole blocking OUTSIDE/INSIDE.</p> <p>The first defender that is unblocked to show is your man. If he is inside seal him in; if he is outside seal him outside. If the defender is attacking the hole then you must drive him out of the hole.</p>	<p>M-Back On the “R” of READY take two shoulder width shuffle steps aimed 1 yard behind the BB’s near hip with your body pointed at the QB’s near hip. As the ball is snapped make on last shuffle step and hit the hole fast and hard with your body square to the hole. Never take your eyes off the ball until you have caught it. Catch it and get in the wake of the QB and BB.</p>	<p>C-Back Release so that you avoid any contact with EMLOS or inside defensive lineman.</p> <p>Get inside and squeeze the LOS and seal the first LB coming playside. Get your head to the outside so that the LB is sealed. DO NOT LET A DEFENDER CROSS YOUR FACE!!!</p> <p>DINGO – move up to the LOS on DOWN and set. SAB IN. (used on a tough 6 or 9 that can’t be kickoff or logged by BB) TIGER – SAB OUT (Used on a crashing or sliding 8)</p>
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Alternative to Super Power Right.

TIGHT Formation

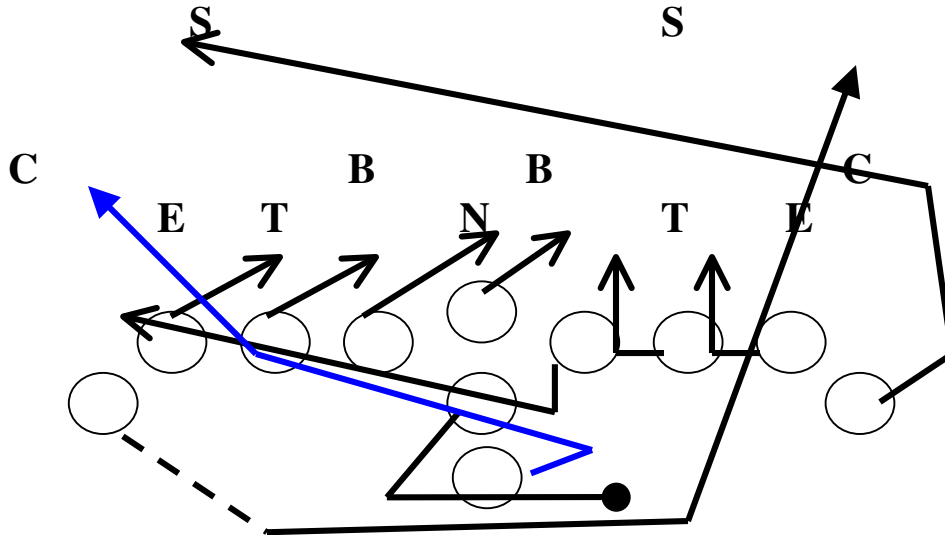
Play RIP Super Power Keep Right



LTE Slide	LT Slide Pull and seal I/O if TAG called.	LG Pull and seal inside/outside	C SAB IN	RG SAB IN	RT SAB IN	RTE SAB IN if SE run a Fade route.
If SE run a Fade route.						

<p>QB Quick, short motion- call for the ball quickly. Spin and toss the ball as you “fall backwards” in the direction of the playside end. Step first with the left foot and pivot in your right foot, so that the left foot lands about 3 o’clock. Spin and get to the hole fast; stay flat to the LOS and stay small.</p> <p>Get your eyes around to playside and make sure B-Back is KICKING OUT his man.</p> <ul style="list-style-type: none"> If he is, run inside his block and get to daylight fast. If he LOGS or is jammed inside you go under him and then up field to daylight ASAP. 	<p>B-Back You must block the first defender that you see cross the LOS as you take a hard step toward the LOS and towards the end of the line.</p> <p>If the target (EMLOS or DE normally) cross the LOS you KICKOUT block by attacking the inside shoulder and driving him towards the outside.</p> <p>If the target sits on the LOS or squeezes down the LOS you must take a depth step to move away from the LOS and arc under him and attack his outside shoulder and seal him inside with a LOG block.</p>	<p>M-Back On the “R” of READY take two shoulder width shuffle steps aimed 1 yard behind the BB’s near hip with your body pointed at the QB’s near hip. As the ball is snapped make one last shuffle step and ROCK THE CRADLE and extend your run to the outside of the PSWB. This will pull the playside defense wide and create a gap for the QB to run into. Hit the hole fast and hard with your body square to the hole. Carry out a good fake into the hole and for 10 yards. Remember to go a little wider than normal to open the space for the QB.</p>	<p>C-Back Release so that you avoid any contact with EMLOS or inside defensive lineman.</p> <p>Get inside and squeeze the LOS and seal the first LB coming playside. Get your head to the outside so that the LB is sealed. DO NOT LET A DEFENDER CROSS YOUR FACE!!!</p> <p>DINGO – move up to the LOS on DOWN and set. SAB IN. (used on a tough 6 or 9 that can’t be kickout or logged by BB) TIGER – SAB OUT (Used on a crashing or sliding 8)</p>
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TIGHT Formation
Play RIP BB COUNTER LEFT

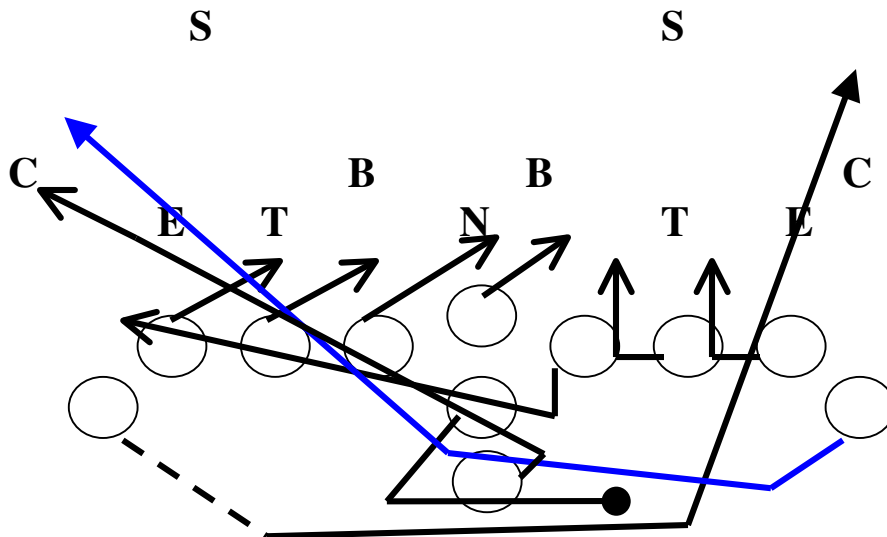


LTE SAB IN	LT SAB IN	LG SAB IN	C SAB IN	RG Kick- Out first man to cross your face.	RT Slide TAG = Pull and seal O/I. Seal any PS leakage off.	RTE Slide If SE fade route.
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<p>QB Step around with the left foot to 5 o'clock. STAY LOW AND HIDE THE BALL. Take one additional step with the right foot to 3 o'clock. You should be perpendicular to the LOS and facing the C-Back.</p> <p>As you spin around to face the C-Back give and Inside hand off to the B-Back and continue with fake and kick out the first defender to show.</p>	<p>B-Back Take an inside step as if kickout blocking and then take a step in side with playside foot between the QB and the center and create a pocket for the handoff. Stay tight to the LOS and take the inside handoff and then follow the BSG into the hole. The first daylight you see get up field.</p>	<p>M-Back Rip motion – SL-O-O-OWLY as if running POWER; DON'T TAKE IT TO DEEP!</p> <p>Fake the Toss action then attack the hole as if running power. Run for 10 yards and drive off any defender coming to tackle you.</p> <p>Be Physical!!</p>	<p>C-Back Make an outside release and clear the LOS and then immediately back inside and sprint to playside and seal the off any defender in the second level coming playside.</p> <p>AVIOD CONTACT w/EMLOS</p> <p>On DINGO and TIGER you move up but you still execute the peel block on the playside.</p>
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TIGHT Formation

Play RIP Lead CB Counter Left

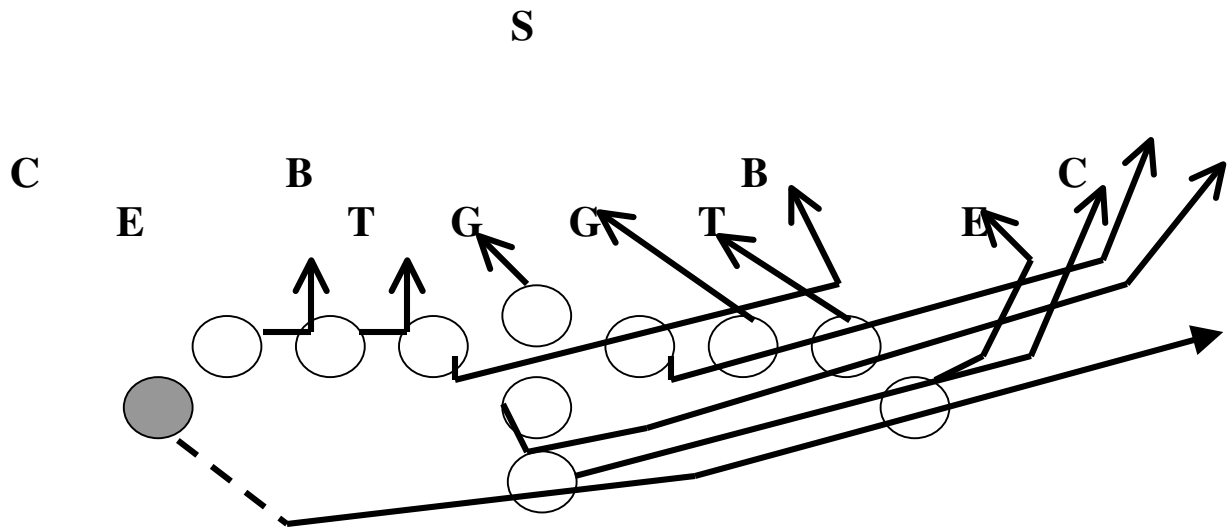


LTE SAB IN	LT SAB IN	LG SAB IN	C SAB IN	RG Kick- Out first man to cross your face.	RT Slide TAG = pull and seal O/I. Seal any PS leakage off.	RTE Slide If Split run Fade Route
If Split run Fade route						

<p>QB Step around with the left foot to 5 o'clock. STAY LOW AND HIDE THE BALL. Take one additional step with the right foot to 3 o'clock. You should be parallel to the LOS and facing the C-Back.</p> <p>As you move down the line give an inside handoff to the C-back and watch the ball in then continue to move to backside and seal off first defender coming playside.</p>	<p>B-Back Take a lead step towards the BSG's inside hip then step towards playside. You must follow the BSG into the hole and seal the first defender you come to Outside/Inside.</p>	<p>M-Back Rip motion – SL-O-O-OWLY as if running SUPER POWER; DON'T TAKE IT TO DEEP! Fake the Toss action then attack the hole as if running super power. Run for 10 yards and drive off any defender coming to tackle you. Do not look back at the ball. You have the ball!!!! Be Physical!! GOOD FAKING SELLS THIS PLAY!</p>	<p>C-Back Good Drop-step, take inside handoff, cut inside to the first daylight you see behind the guard's kick out block, break outside when you get past the LOS.</p> <p>1) Take one deep drop step with your inside foot – don't turn your shoulders away from the line and DON'T TAKE A COUNTER STEP 2)DO NOT DELAY – head for the opposite OT's outside hip with your path between the QB and the center. (Inside handoff) 3)The handoff will come from the inside. Secure the ball and hit the hole fast.</p> <p>DO NOT CUT BACK INSIDE.</p>
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TIGHT Formation

Play RIP Power-G Sweep Rt (Power Sweep Rt)



LTE Slide if Tight. If Split run Fade. (TAG – CUT)	LT Slide (TAG – pull seal IN/OS)	LG Pull – seal in IN-OUT	C SAB IN	RG Pull – log first defender O/S of EMLOS	RT SAB IN	RTE SAB In if Tight. If Split run Fade.
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QB Super power spin and toss action. Gain some depth to get under the PSWB's reach and the BB's log. If the BB kicks out the CB go inside of him. This will signal the MB to run inside as well. Block the first defender you come to OUTSIDE/IN.	B-Back Cross over step laterally and get to playside quickly. Log the first defender past PSWB's block. As you go by the WB bump the defender on the outside shoulder to assist the WB if he needs it. More than likely you will have the next man (run forcer CB). If he is wide kick him out. Block the first defender you come to OUTSIDE/IN.	M-Back Rip motion. Take a cross over step look for ball and gain depth as fast as you can after you secure the ball. Hit first daylight and get up field and to the outside. Do not cut back inside. Do not gain to much depth to get outside. Just enough to get under WB and outside. Aim at the PSWB's outside hip.	C-Back Reach-Down EMLOS Head Up/Outside DE – Reach to outside shoulder of defender and seal him in. As runner goes by work up field and seal of first defender to come playside. Inside Eye/Inside DE – Down block the defender inside and as the runner goes by release and seal as above.
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Notes:

G block – since the PSWB is reaching/downing the EMLOS the PSG must go under and log first defender outside. You can run this without the G as well.

If Tight – Fold (BSG must seal any defender coming inside as PSTE folds)

If Split – Crack or Stalk can be called

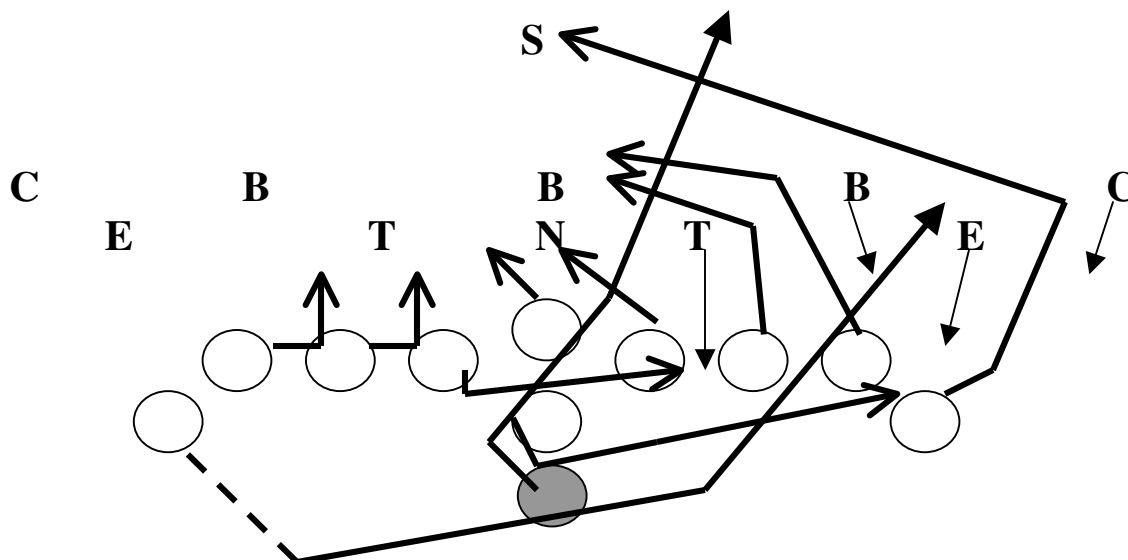
If Loose – Crack, Double Crack, or Stalk can be called

Add CB (Tight Buck Rt CB Wedge Sweep Rt) if you want to swap the MB and CB.

This is a more powerful SAB version of the Buck Sweep. If the OS run force is not an issue use Power Sweep and the PSG doesn't have to pull.

TIGHT Formation

Play Rip BB Trap RT



LTE Slide if Tight. If Split run Fade. (TAG - CUT)	LT Slide (TAG - pull seal IN/OS)	LG Pull - Kick Out first defender past PSG.	C SAB IN	RG SAB IN	RT Release - Seal LB inside	RTE Release - Seal LB inside if Tight. If Split run Fade.
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QB Super power spin action. As you come around hand the ball off to the playside of the BB and complete rotation and kickout the first defender that crosses your face. Gain a little depth to go under the BSG's trap.	B-Back Lead step to backside guards outside hip take inside hand off. STAY SMALL. Follow backside guard to hole. Cut upfield at first sight of daylight and stay small and get up field. Aim at the Center's PS hip.	M-Back Rip motion. Rock cradle and fake the super power for 10 yards. Take it a little wider in the hole to pull the interior defenders to playside. GOOD FAKING IS YOUR JOB!	C-Back Release outside and then get upfield and seal first defender you come to in the secondary. Do on to touch DE let the WB hold the DE. If the DE starts crashing in then we can seal him in as he gets used to you releasing.
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Notes:

MOMA - if NT presents a problem and no backside 1 or 2 tech then have him MOMA.

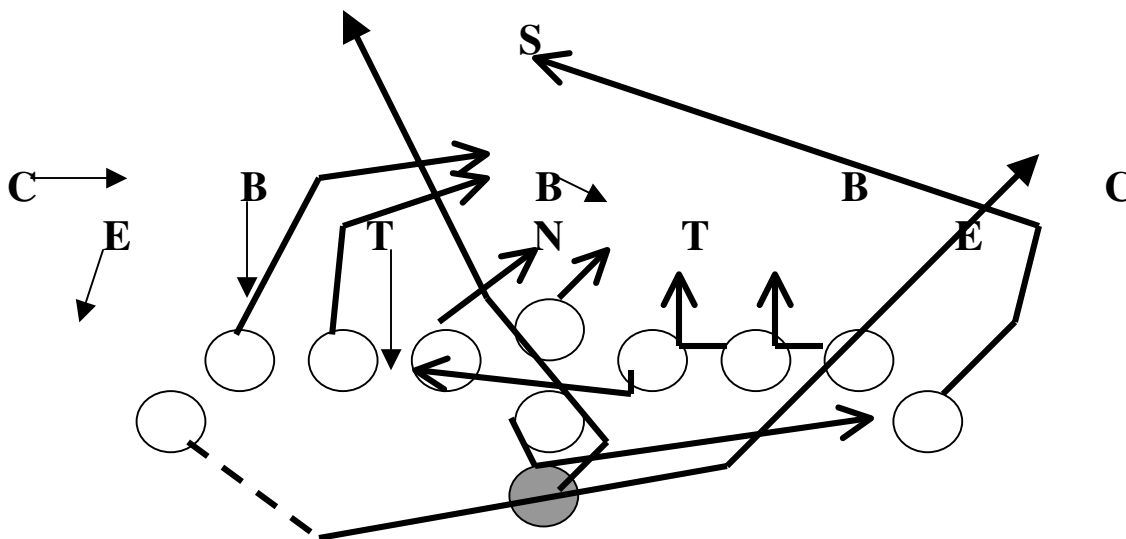
We have the BB counter step to pull a ILB to the backside so that the sealing blockers can get solid blocks on him. It is very rare that a backer at the youth level keys the pulling guard especially if we are running wedges effectively.

Split - CRACK or STALK can be called .

Loose - DOUBLE CRACK, CRACK, or STALK.

TIGHT Formation

Play Rip BB Trap LT



LTE Release - Seal LB inside if Tight. If Split run Fade.	LT Release – Seal LB inside	LG SAB IN	C SAB IN	RG Pull – Kick Out first defender past PSG.	RT Slide (TAG – pull seal IN/OS)	RTE Slide if Tight. If Split run Fade. (TAG – CUT)
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QB Super power spin action. As you come around hand the ball off to the backside of the BB and complete rotation and kickout the first defender that crosses your face. Gain a little depth to go under the BSG's trap.	B-Back Lead step to backside guards outside hip take inside hand off. STAY SMALL. Follow backside guard to hole. Cut upfield at first sight of daylight and stay small and get up field. Aim at the Center's PS hip.	M-Back Rip motion. Rock cradle and fake the super power for 10 yards. Take it a little wider in the hole to pull the interior defenders to playside. GOOD FAKING IS YOUR JOB!	C-Back Release outside and then get upfield and seal first defender you come to in the secondary. Do on to touch DE let the WB hold the DE. If the DE starts crashing in then we can seal him in as he gets used to you releasing.
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Notes:

MOMA – if NT presents a problem and no backside 1 or 2 tech then have him MOMA.

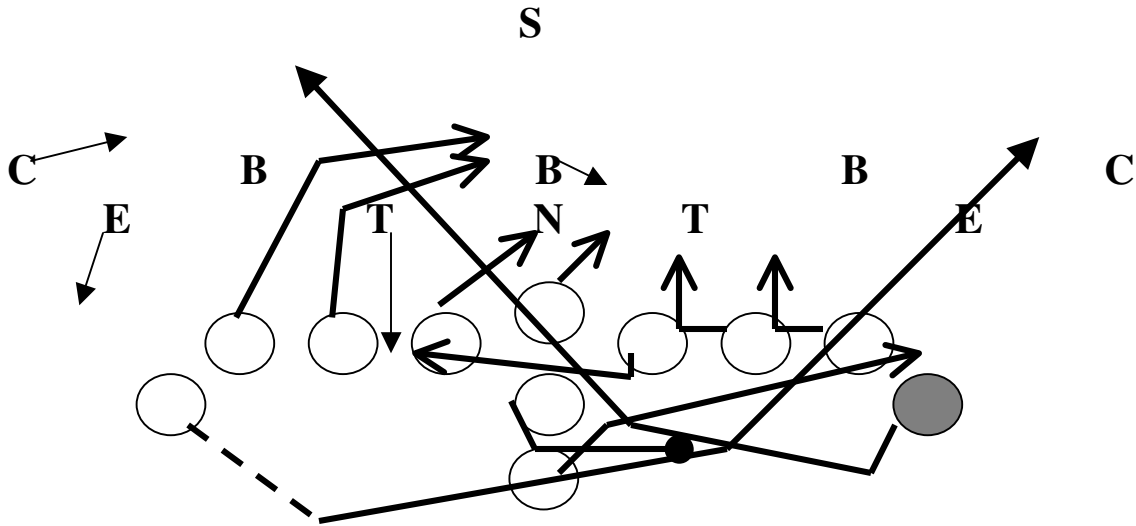
We have the BB counter step to pull a ILB to the backside so that the sealing blockers can get solid blocks on him. It is very rare that a backer at the youth level keys the pulling guard especially if we are running wedges effectively.

If Split – Crack or Stalk

If Loose – Crack, Double Crack, or Stalk.

TIGHT Formation

Play Rip CB Trap LT (Rip Lead CB Trap Lt)



LTE Release - Seal LB inside if Tight. If Split run Fade.	LT Release – Seal LB inside	LG SAB IN	C SAB IN	RG Pull – Kick Out first defender past PSG.	RT Slide (TAG – pull seal IN/OS)	RTE Slide if Tight. If Split run Fade. (TAG – CUT)
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QB Fake SP toss and gain depth as if a counter handoff. As CB comes inside give him a good handoff and then move to the backside and seal any BS leakage off inside of the BB's kickout.	B-Back Cross over step to backside guards outside hip and kickout first defender to cross your face on the backside. If LEAD is called you lead step to BSG's hip and follow BSG into hole and seal first defender OS/IN.	M-Back Rip motion. Rock cradle and fake the super power for 10 yards. Take it a little wider in the hole to pull the interior defenders to playside. GOOD FAKING IS YOUR JOB!	C-Back Drop step as counter. Move inside aiming between the QB and Center. Take the inside handoff and get up field at first daylight. Stay inside of the BSG's trap block.
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Notes:

MOMA – if NT presents a problem and no backside 1 or 2 tech then have him MOMA.

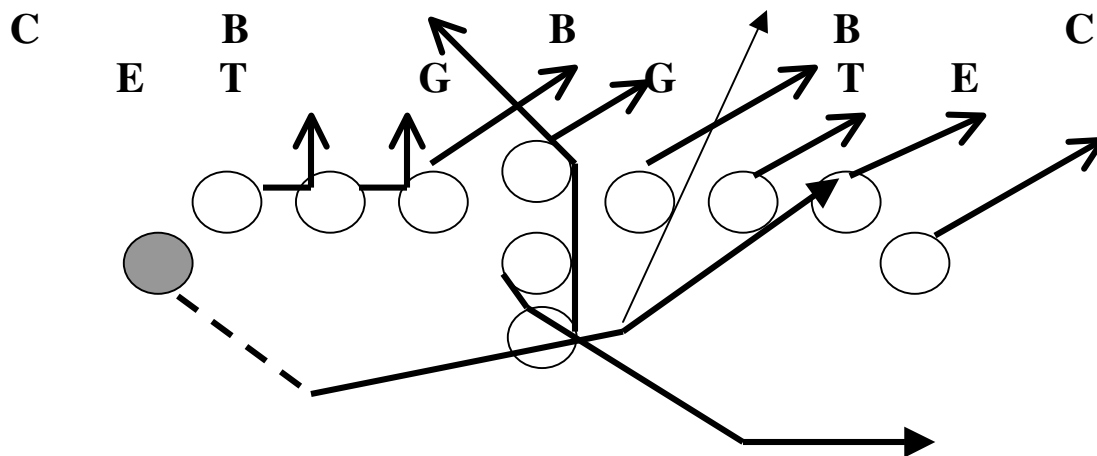
If Split – Crack or Stalk

If Loose – Crack, Double Crack, or Stalk.

This is a great change up misdirection play if the BSLB is squatting on the counter and the interior line is charging up field. This creates a seam in the defense on the backside that can be exploited. If the BSLB is cross keying when he sees the handoff he will more than likely step up to the C gap thinking counter and the CB will have an open seam on the B gap and upfield. Adding Lead will give you a good blocker on the BSLB as well if he is too slow to react or is sitting on the 2nd level.

TIGHT Formation

Play Rip Side RT



LTE Slide if Tight. If Split run Fade.	LT Slide	LG SAB OUT	C SAB OUT	RG SAB OUT	RT SAB OUT	RTE SAB OUT if Tight. If Split run Fade.
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<p>QB Super power spin action. After you make the soft toss to the MB take a depth step with the BS foot and get depth (5 to 7 yards) and fake pass action as you gain the depth. This will pull the PSCB and PSDE into the SAB OUT path.</p>	<p>B-Back Fake as if you have the ball the first two steps after QB fakes to you. Suck the PSDT in to you. Let the Center and BSG go by you and work to backside and seal off the first defender coming playside (LOS to 2nd Lvl)</p> <p>GOOD FAKING IS YOUR JOB! You must seal off the backside!!</p>	<p>M-Back Rip motion secure the toss.</p> <p>Aim at the PST's outside hip. If there is daylight in the B-C gaps get up field. If there is no daylight get on the outside shoulder of the PST and get small and up field as you follow your blockers. Look for any daylight and get up field.</p>	<p>C-Back SAB OUT</p>
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Notes:

G block – since the PSWB is reaching/downing the EMLOS the PSG must go under and log first defender outside.

If Split – Crack or Stalk can be called

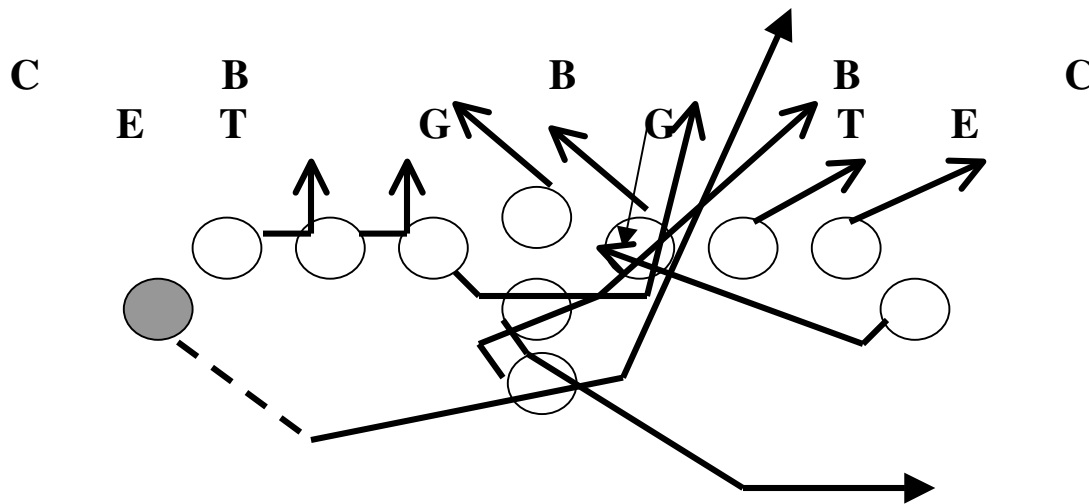
If Loose – Crack, Double Crack, or Stalk can be called

Add CB (Tight Buck Rt CB Wedge Sweep Rt) if you want to swap the MB and CB.

This is a very good way of dealing with defenses that stack four defenders on the PSTE outward. This places them in the path of the SAB OUT block and allows us to drive them outwards and run into the lane that they have created by doing so.

TIGHT Formation

Play Rip Lead Part In Rt



LTE Slide if Tight. If Split run Fade.	LT Slide	LG Pull a/get depth. Let the WB trap the 1 st free DL. Go under and block IS/OS.	C SAB IN	RG SAB IN	RT SAB OUT	RTE SAB OUT if Tight. If Split run Fade.
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QB Super power spin action. After you make the soft toss to the MB take a depth step with the BS foot and get depth (5 to 7 yards) and fake pass action as you gain the depth. This will pull the PSCB and PSDE into the SAB OUT path.	B-Back Counter step and quickly get under PSWB and into hole and block OS/IS. You have to blast anything in the hole to the outside.	M-Back Rip motion secure the toss. Aim at the PST's inside hip. Follow the BSG into the hole and get to daylight. Do not take this outside until you cross the LOS.	C-Back Lead step towards LOS and trap the first defender to cross your face inside. You must drive him into the center area.
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Notes:

If Split – Crack or Stalk can be called

If Loose – Crack, Double Crack, or Stalk can be called

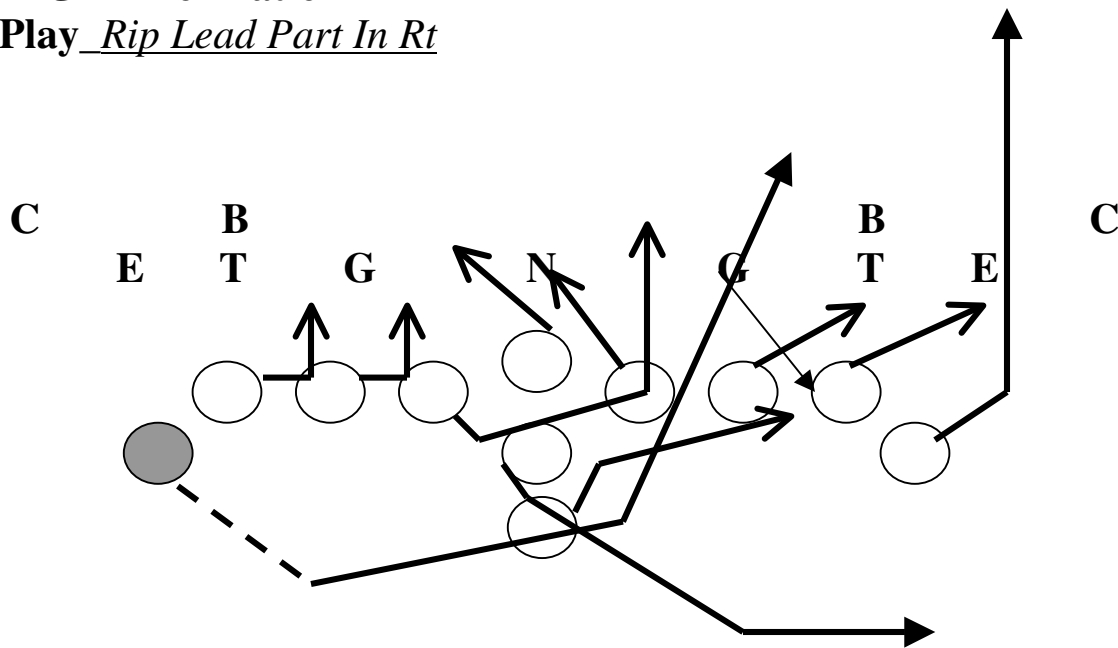
This is a great play to run against teams with perimeter defenders squatting on the down blocks. You are essentially trapping a inside defender inside as they scrape down on the down block. In other words you are setting them up for an ambush. The key to this play is setting up the timing of the WB's trap (1st), the BSG's pull and seal inside out (2nd), and the BB's counter and lead outside in (3rd). Once you get this timing down along with the QB booting out to the playside will be highly destructive to a defense that is sitting on the super power and sweep.

The other nice thing about this play is it freezes the backside if they are cross keying.

You can run **Rip BB Part In Rt** with the MB and QB faking super power wider.

TIGHT Formation

Play Rip Lead Part In Rt



LTE Slide if Tight. If Split run Fade.	LT Slide	LG Pull a/get depth. Let the WB trap the 1 st free DL. Go under and block IS/OS.	C SAB IN	RG SAB IN	RT SAB OUT	RTE SAB OUT if Tight. If Split run Fade.
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QB Super power spin action. After you make the soft toss to the MB take a depth step with the BS foot and get depth (5 to 7 yards) and fake pass action as you gain the depth. This will pull the PSCB and PSDE into the SAB OUT path.	B-Back Cross over step and aim for the PSG's near hip and kick out the first defender to cross your face.	M-Back Rip motion secure the toss. Aim at the PST's inside hip. Follow the BSG into the hole and get to daylight. Do not take this outside until you cross the LOS.	C-Back Outside release and run a fly. Sell the pass. Peel back block any defender after you get past the secondary.
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Notes:

If Split – Crack or Stalk can be called

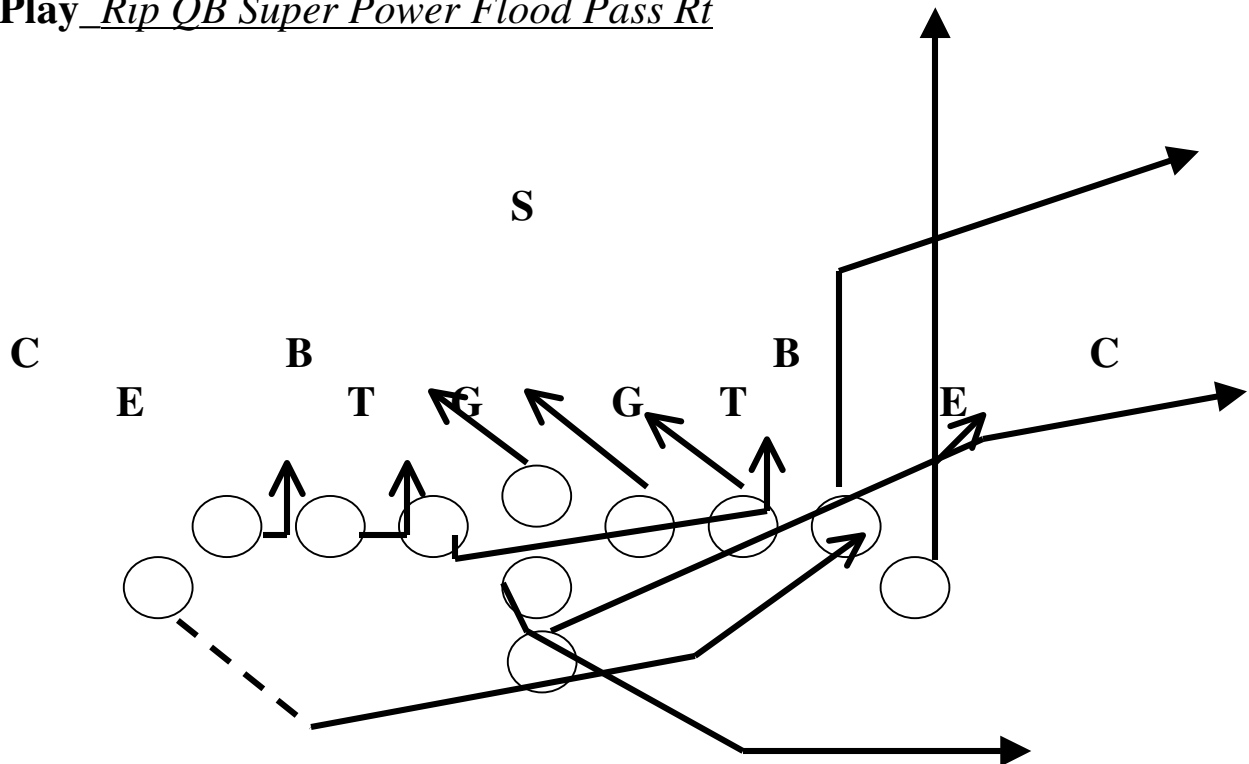
If Loose – Crack, Double Crack, or Stalk can be called

This is used instead of Part In when the interior defender is a 4 tech or wider or a 3 tech and slanting to playside. Part In is used when the interior defender is a 3 tech or less or a 4 tech and slanting in.

The other nice thing about this play is it freezes the backside if they are cross keying.

TIGHT Formation

Play Rip QB Super Power Flood Pass Rt



LTE If TE SLIDE block. If SE run a Fade Route.	LT Slide	LG Pull and log 1 st defender to show past the PSG – IN/OUT	C SAB IN	RG SAB IN	RT SAB IN	RTE Run a out route. If Split run Fade. If inside of the WB you are the 2 nd receiver. If FB catches the bal or the QB runs peel block.
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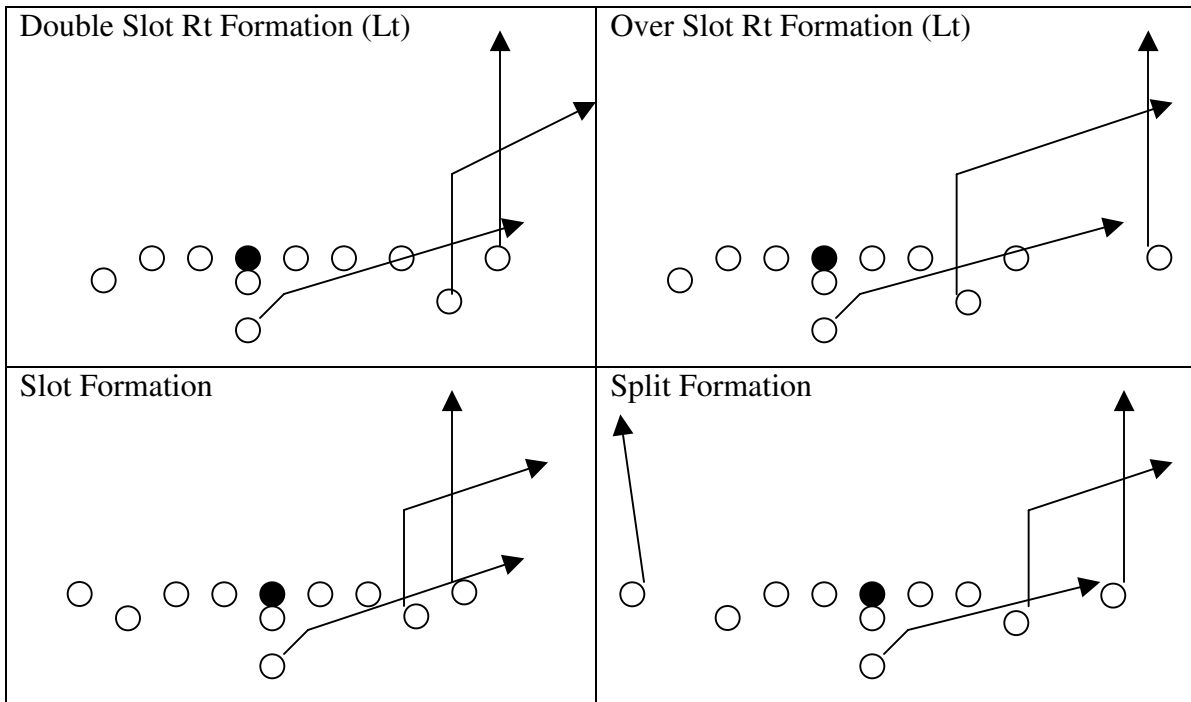
QB Toss fake and spin. Get depth as you move playside. Work for 5 to 6 yards depth. As soon you gain depth and take off look for the FB as you move outside. The read is FB/inside receiver. If you feel pressure GO! Read is Lo Hi (Flat / Out).	B-Back Cross over step to playside. Aim for DE's outside shoulder and nail him to take him off course. Just a hard bump on the OS shoulder to take him off stride. Get into the flat ASAP and get your head around for the ball. You are the primary receiver. IF THE QB RUNS – PEEL BACK BLOCK.	M-Back Motion to proper depth. Cross over step gain a little depth and get to playside quickly. Log the first defender past the PSWB. Get your head to the outside and seal that defender inside so that the QB has a good run option.	C-Back Run a fly route upfield. Get away from the LOS fast!!! Once you get past the linebackers get upfield and look for the ball to pull the safety. Your job is to pull the safety up field towards you. If you are inside of the end you exchange routes and run the Out. This is a 7 and out that should end with you 12 yards deep. 2 nd receiver. If FB or TE catches the ball or QB runs Peel block.
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Notes:

- Keep Tag = QB keeps it while everyone runs their route and then peel back blocks.**
- CB Fly = CB fly route (outside receiver) is primary. End Fly if end is outside.**
- CB Post = CB runs a post route and is primary. End Post if end is outside.**
- BSEND Fade = BS End runs a fade route and is primary.**
- BSEND Post = BS End runs a post route and is primary.**

Base Formation List

<p>Slot Rt Formation</p>	<p>Split Rt Formation</p>
<p>Pro Rt Formation</p>	<p>Nasty Rt Formation</p>
<p>Double Rt Formation (Lt)</p>	<p>Loose Rt Formation</p>
<p>Wide Rt Formations (Lt)</p>	<p>Over Rt Formation (Lt)</p>



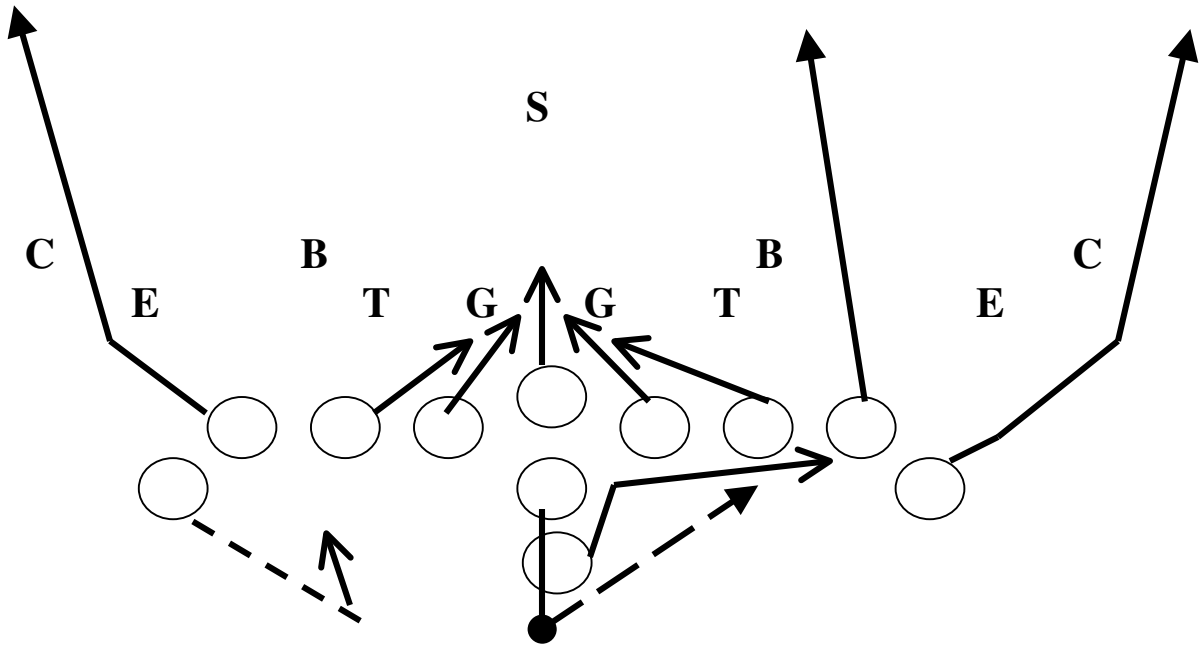
Note- Each receiver must realize that if a receiver in the lower level catches the ball they must peel back block for him or if the QB runs they must do the something as well.

Note – The QB must “GIVE-GO” meaning if he sees the FB open throw the ball NOW! OR go to the next read if that is not open get up field.

The POWER PASS Action is for bootleg/rollout passing. The BSG guard pulls and reaches the first defender past the PSG while the BSWB seals the first defender past the PSWB.

TIGHT Formation

Play Rip Stop QB WEDGE FADE PASS RT



LTE OS Release FADE	LT Wedge	LG Wedge	C Wedge	RG Wedge	RT Wedge	RTE TE – OS release SEAM SE – OS release FADE
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<p>QB 3 step drop. (1 step if timing issue with wedge)</p> <p>READ is OUTSIDE INSIDE on playside. FADE – SEAM.</p> <p>Cover 1 and Cover 2 fade will be open. Cover 2 and 4 Seam should be open.</p> <p>If you feel pressure get upfield at 45 degrees towards daylight ASAP. Tuck Ball and aim for OS hip of OT.</p>	<p>B-Back Cross over step to PSG's inside hip and kick out the first defender to cross your cross.</p> <p>Do not drive out to far instead hit your target drive him and keep him in the hole so it clogs the lane up and forces the defenders to flow outside and around.</p>	<p>M-Back</p> <p>Rip Stop motion turn back to backside and seal any defender coming. You must seal INSIDE to OUTSIDE. No defender must cross your face and get inside.</p> <p>Step up and seal the inside off.</p>	<p>C-Back</p> <p>If WB – OS release FADE If Slot – IS release SEAM</p>
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Notes:

STAY tag – tells BSTE to stay in and wedge. This seals off a DT in a 3 or 4 tech.

COFFIN tag – tells inside receiver to run a quick out at 5 under the fade.

ALL STAY tag – tells both TE's to stay in and wedge. One receiver route.

MB SWING tag – tells MB to run a swing route wide to PS. He is primary.

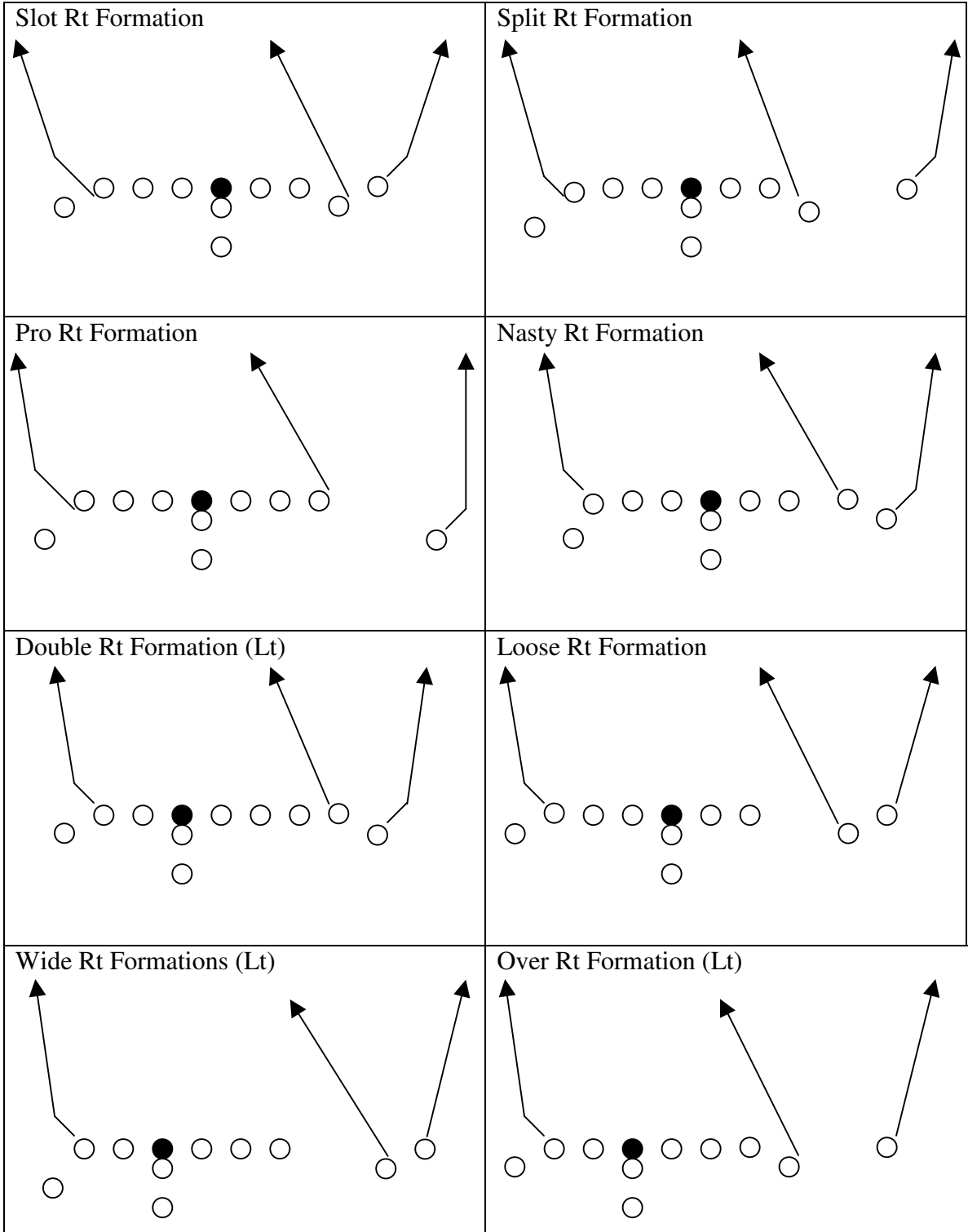
BB FLAT tag – tells BB to execute a chip and flat route BS. He is primary.

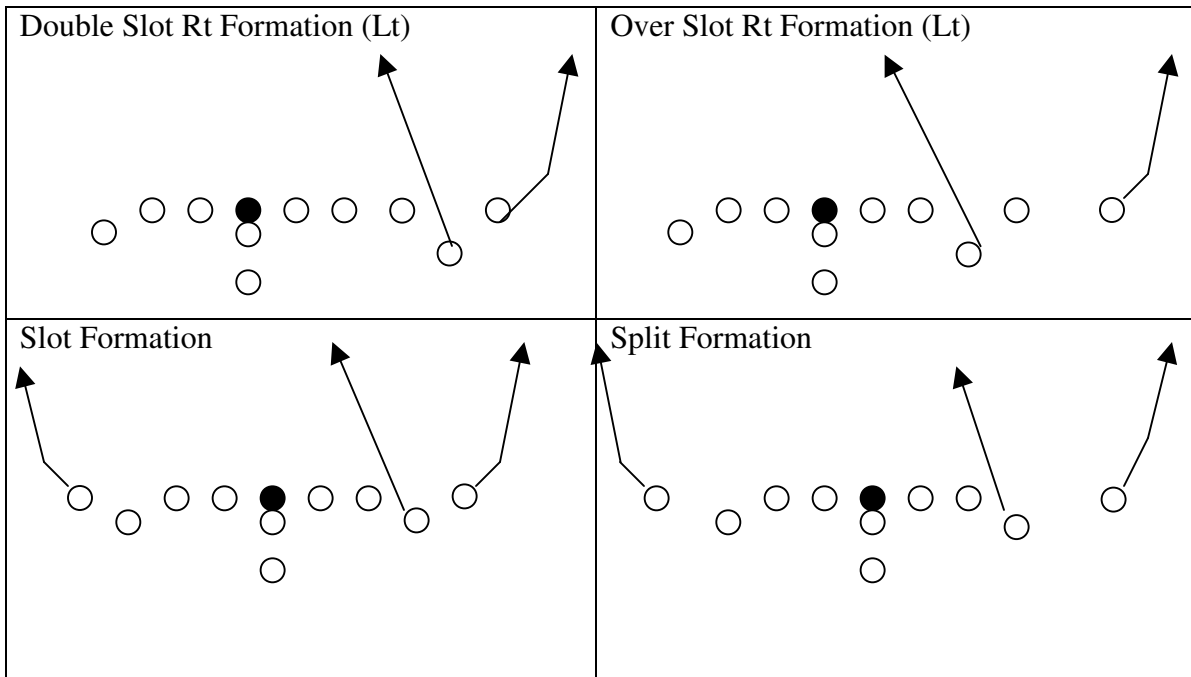
END FADE tag – tells BSE and QB that his route is primary.

LOOK – tells the PSWB or PS inside receiver to execute a look in. Primary.

GOAL LINE – tells all of the receivers to execute a short fade (to corner of end zone) and the inside receiver executes a look in. Normal read OS/IS.

Base Formation List





Can use Counter Fade Pass RT as well. BB kicks out backside with BSG kicking out playside using SAB IN blocking.

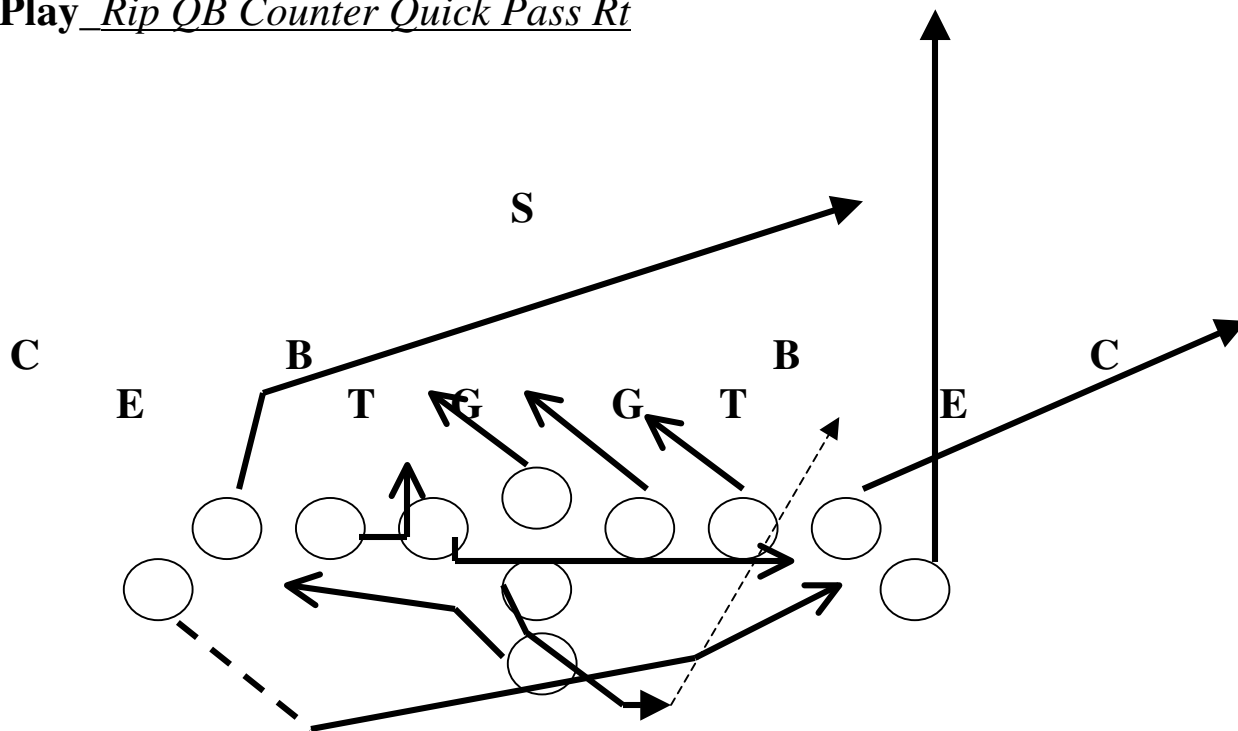
Double Slot Rt and Over Slot Rt are End over formations and the last man on the LOS on the backside is a OT. He is not eligible. If you don't play in a back restricted league (as I do) but a weight restricted league then you can make this guy eligible on the backside. Just make sure you inform the ref that he is eligible.

There are two ways you can execute the Playaction wedge protection. One is to have them execute it as a normal wedge (my preference) or to execute it as a gather the wedge and stop. I think the normal wedge is perfect and if the pass action is executed well you will never be called for an illegal man down field. Bear in mind that you are throwing this when the defense is stacking on the wedge action and the LOS so your wedge as slowed and it shouldn't travel more then 2 yards in that case by the time the pass is made.

This is a vertical attack scheme that allows us to attack behind the playaction. If the defense is over committing to stopping the wedge this can be a game breaker.

TIGHT Formation

Play Rip QB Counter Quick Pass Rt



LTE If TE Drag route. If SE run a Drag route..	LT Slide	LG Pull and and kickout first defender past the PSG.	C SAB IN	RG SAB IN	RT SAB IN	RTE TE – Run a quick route. SE – Run a fly route.
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<p>QB Toss fake and spin. Get depth as you move the PST set. As soon you set look for the quick route.</p> <p>Read is Lo-Hi (Quick/Drag)</p> <p>If you feel pressure GO!</p>	<p>B-Back Cross over step to playside. Aim for DE's outside shoulder and nail him to take him off course. Just a hard bump on the OS shoulder to take him off stride. Get into the flat ASAP and get your head around for the ball.</p> <p>You are the primary receiver.</p> <p>IF THE QB RUNS – PEEL BACK BLOCK.</p>	<p>M-Back Motion to proper depth. Cross over step gain a little depth and get to playside quickly. Seal outside the first defender past the PST to cross your face.</p> <p>Get your head to the inside and seal that defender outside so that the QB has a good run option inside.</p>	<p>C-Back Run a fly route upfield. Get away from the LOS fast!!!</p> <p>Once you get past the linebackers get upfield and look for the ball to pull the safety. Your job is to pull the safety up field towards you.</p> <p>If you are inside of the end you exchange routes and run the Out. This is a 7 and out that should end with you 12 yards deep. 2nd receiver.</p> <p>If FB or TE catches the ball or QB runs Peel block.</p>
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Notes:

CB Fly = CB Post route (outside receiver) is primary route. End Post if end is outside.

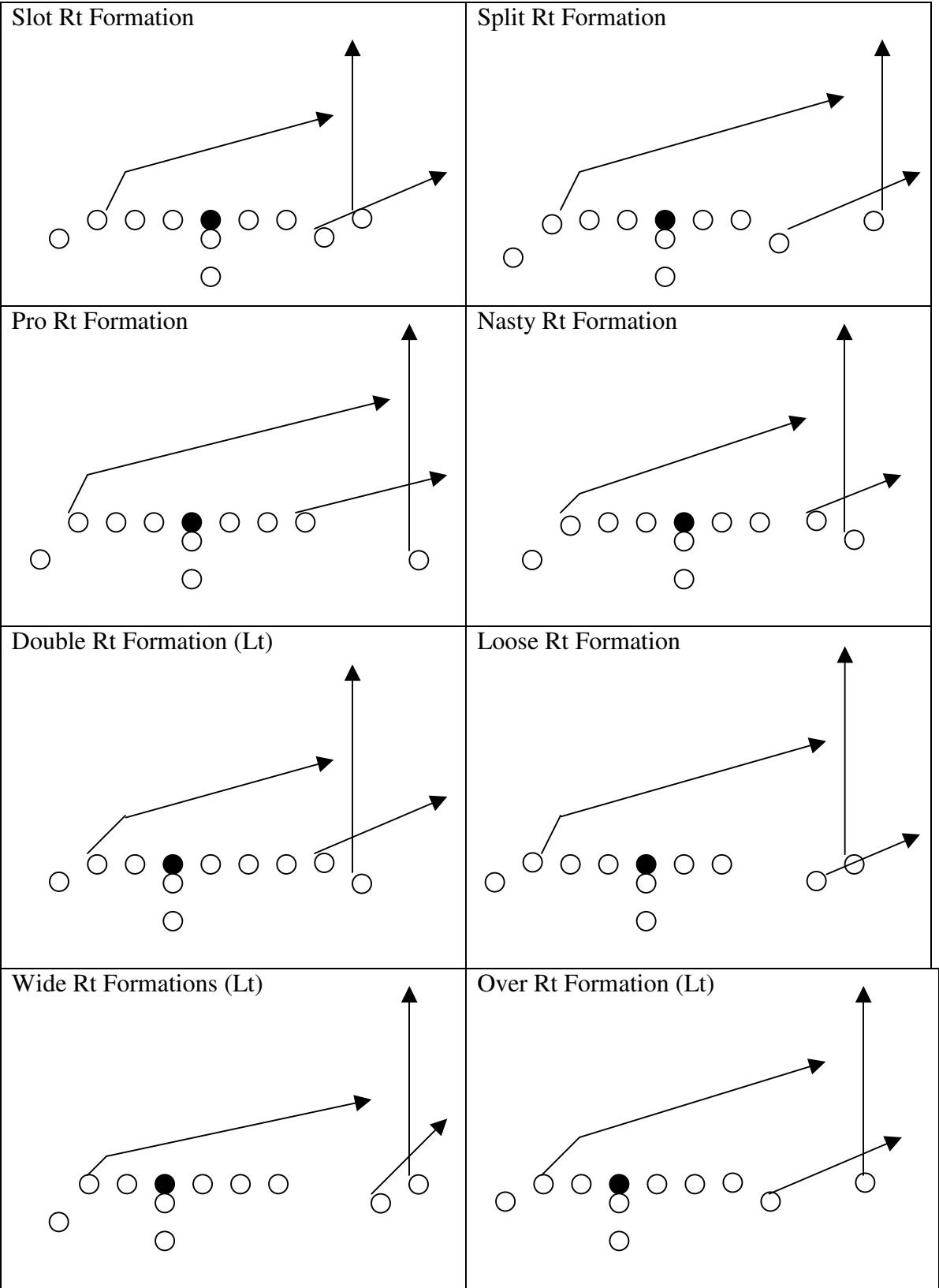
BSEND Fade = BS End runs a fade route and is primary.

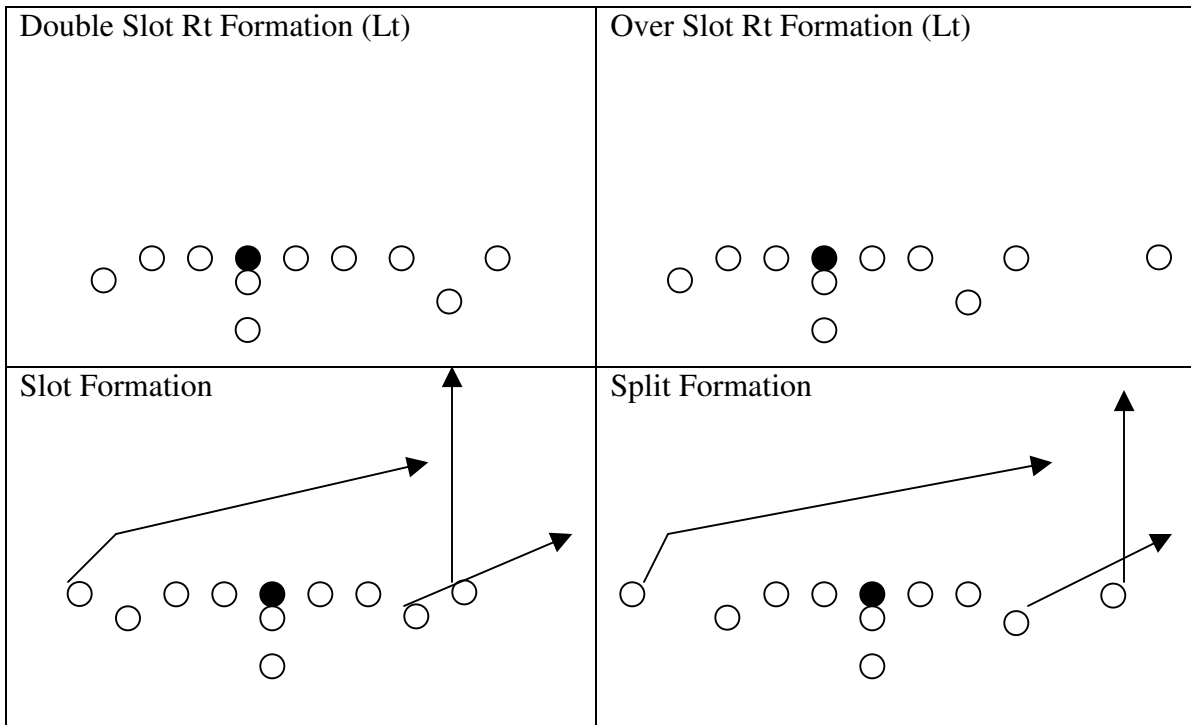
BSEND Look = BS End runs a look in route and is primary.

END CHAIR = PSE runs a Chair route (Quick and up) and is primary.

BACK = tells the drag receiver to execute a drag back route and is primary.

BB Fade = BB executes a chip and fade route and is primary.





The power pass action is a bootleg/rollout action. We are using the BSWB as an additional blocker playside.

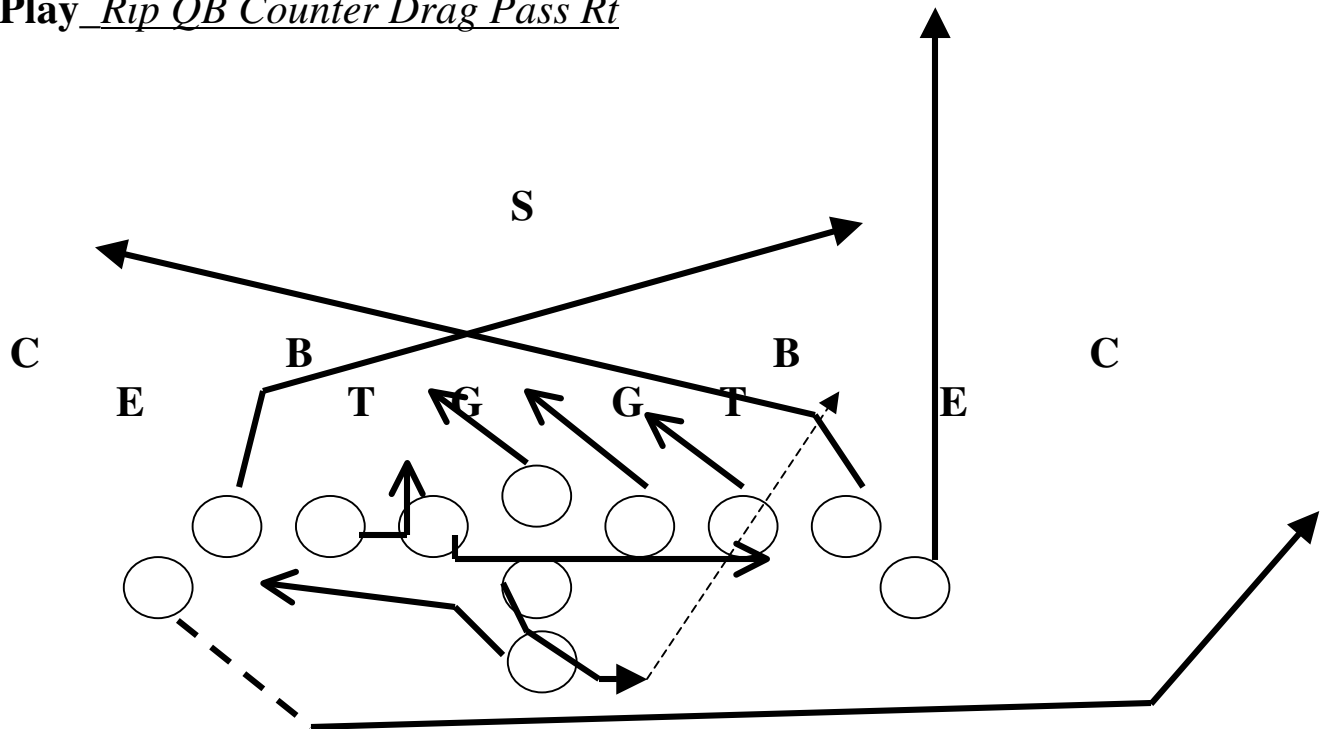
This is a great route to get the playside inside receiver free behind a corner who is playing run.

The quick route executed by a slot is a radical release outside and 7 yards up field aimed at the boundary. Look for the ball over your inside shoulder. The idea is to stretch the defense horizontally as they move up to defend the run and get behind the perimeter defender. This will not work against a soft zone or a soft MTM.

The quick route executed by a TE or WB is a more flat radical release and is aimed at 3 yards up field. It is designed so that he can catch the pass and get behind the defense and get yards after the catch due to an overly aggressive perimeter defender.

TIGHT Formation

Play Rip QB Counter Drag Pass Rt



LTE Run a HI drag	LT Slide	LG Pull and kick out first defender to cross your face past the PSG.	C SAB IN	RG SAB IN	RT SAB IN	RTE Inside PS receiver runs a LO Drag and rubs BSE defender.
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<p>QB Toss fake and spin. Get depth as you move under the PSG and set. As soon you set look for the drag to PS. Then to the Swing. If pressure get up field at 45 degrees.</p> <p>Read is Drag to Swing (Hi-Lo)</p> <p>If you feel pressure GO!</p>	<p>B-Back Cross over step to playside. Aim for DE's outside shoulder and nail him to take him off course. Just a hard bump on the OS shoulder to take him off stride. Get into the flat ASAP and get your head around for the ball.</p> <p>You are the primary receiver.</p> <p>IF THE QB RUNS – PEEL BACK BLOCK.</p>	<p>M-Back Motion to proper depth. Cross over step gain a little depth and get to playside quickly. Log the first defender past the PSWB.</p> <p>Get your head to the outside and seal that defender inside so that the QB has a good run option.</p>	<p>C-Back Run a fly route upfield. Get away from the LOS fast!!!</p> <p>Once you get past the linebackers get upfield and look for the ball to pull the safety. Your job is to pull the safety up field towards you.</p> <p>If you are inside of the end you exchange routes and run the Out. This is a 7 and out that should end with you 12 yards deep. 2nd receiver.</p> <p>If FB or TE catches the ball or QB runs Peel block.</p>
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Notes:

FLY = fly route (outside receiver) is primary route. End fly if SE.

CORNER = Outside receiver runs a Corner route and is a primary.

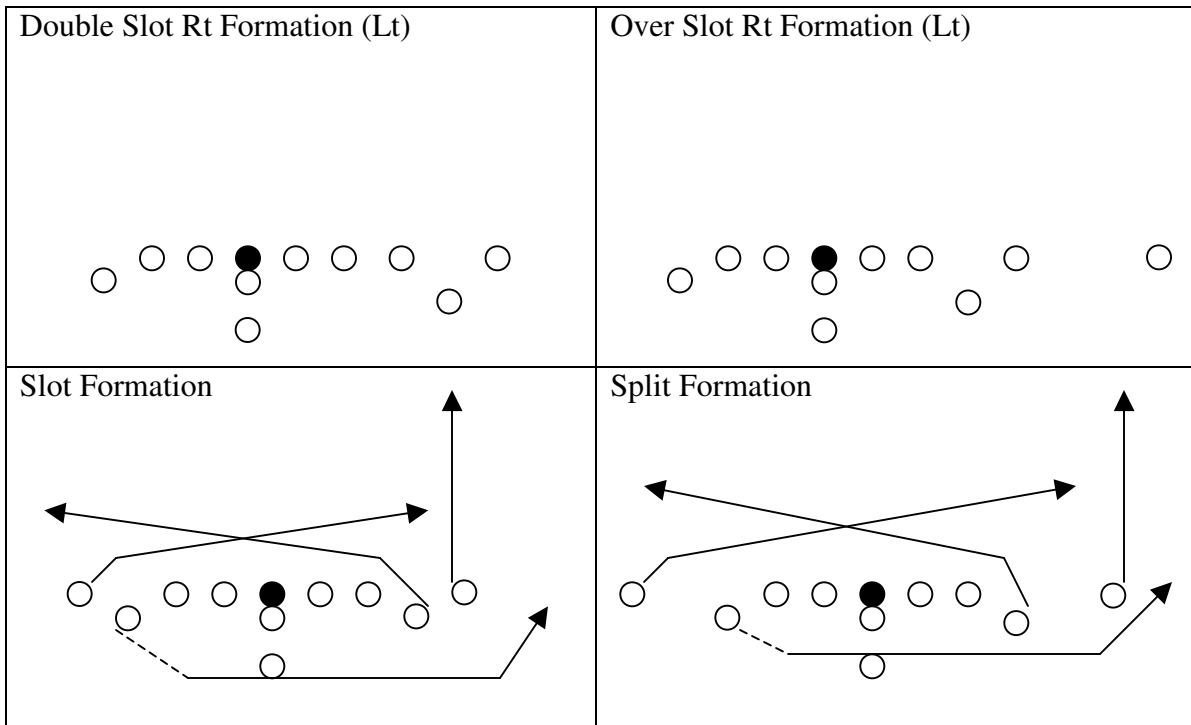
POST = Outside receiver runs a Post route and is primary.

BACK = tells the drag receiver to execute a drag back route and is primary.

BB Fade = BB executes a chip and fade route and is primary.

Base Formation List

<p>Slot Rt Formation</p>	<p>Split Rt Formation</p>
<p>Pro Rt Formation</p>	<p>Nasty Rt Formation</p>
<p>Double Rt Formation (Lt)</p>	<p>Loose Rt Formation</p>
<p>Wide Rt Formations (Lt)</p>	<p>Over Rt Formation (Lt)</p>



This is based on the Kentucky Mesh scheme. The read is drag to swing with the fly being a called route. The playside drag is a low rub drag for the hi backside drag to come clean. The Counter Pass action is a playaction drop that is intended to fake, gain depth, set, and pass the ball. It has the BB kicking out backside and the BSG kicking out playside creating a small pocket for the QB with playaction in front.

Chapter 9 - Loose Passing Game (Quick Drop Perimeter Passing Game):

We have had a great amount of success in the past with our Quick Perimeter Passing Game, which uses a split end and slot receiver spread out on both sides of the center in a balanced/symmetrical front. Our belief is that when we “Spread” it is to thin the defense out along the line of scrimmage creating a horizontal thinning of the defense. This gives us two advantages; one it allows us to see what type of coverage we are facing and who is covering who, secondly it isolates our receivers against their defensive backs and places a lot of pressure on them to cover their man individually.

Now with our use of the multiple DW look we plan on using the loose package on one side and the tight look on the backside for protection and core running plays. This will allow us to attack defenses with our core plays and hit them on the perimeter when they are not respecting the pass to that area.

When we pass out of any Loose formation our primary goal is to gain positive yards off of mismatches caused by the defense not covering the formation correctly on the perimeter. We aim for 5 yards a reception. With that in mind we must consider several things and always keep them in mind when we run a play.

1. Protect the passer with aggressive blocking and short drops.
2. Use receiver pairs and complimentary routes that create vertical and horizontal gaps that can be attacked by a passer easily
3. Isolate a defender and attack him according to the coverage he is using, give the illusion of a deep pass whenever we run a short or medium pass.
4. The reception yards are not as important as the yards after the catch, if we gain 6 yards after the catch for each reception we now have a first down and we keep the chains moving.
5. The quarterback must run or throw the ball away if the coverage dictates not to throw the ball.
6. Run the ball when the defense dictates too never force a pass on the defense let them become vulnerable to the perimeter passing game by defending the interior running game.

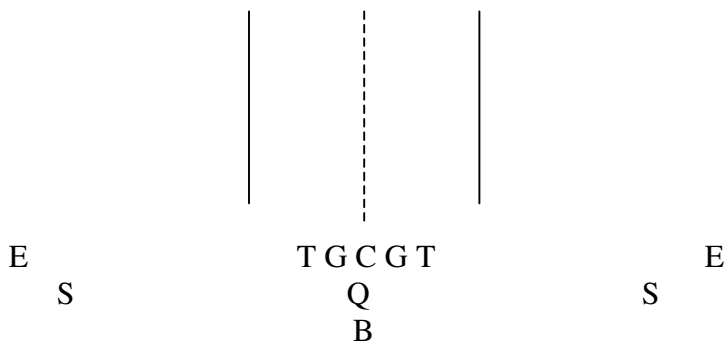
We attack a defense based on a few rules and use these rules every time we spread against a defense.

1. We will spread the defense out if we feel that their two defenders on one side are at a disadvantage against our two receivers.
2. We will spread the defense out if we feel that they are not prepared to cover four wide receivers.
3. We will spread the defense out if we feel they will over cover the pass and open the run up between tackles.

These rules are not hard to explain but they are important to understand. Normally a youth defense has eight men at the LOS with three cover guys in the secondary. When we spread by the very nature of the formation it dictates that four men at a minimum go into coverage. Usually this means the corners cover a receiver on each side and the strong and free safety cover a receiver on each side. Defenses that use three defensive backs must now align a linebacker on a receiver usually the opposite side of the safety. Now if we look at the

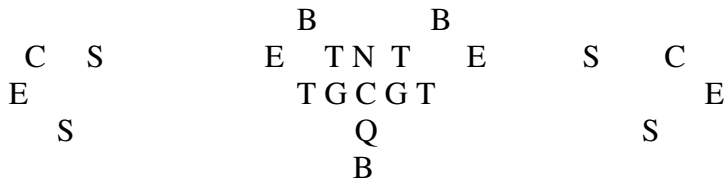
numbers that means if the defense decides to go COVER 0 (man to man no FS) they now have seven men on our seven men at the LOS. We now have isolated two defenders on two receivers to each side and can now attack them according to their coverage and strength of position this is RULE 1. We also have the opportunity to attack them on the backside using the vertical routes because of no safety in the middle. If they go COVER 1 (man to man with FS in middle) then they have placed five men into coverage against four receivers and we still have isolated two on two if we throw short to medium routes but they have reduced our potential for yards after the catch. They have given us a six on seven advantage at the LOS so if we decide to run between the tackles its numbers advantage, this covers RULE 2 & 3. This is the most common coverage to see and we must now decide if we want to attack with pass or run by what type of pass defense they are applying to the receiver pairs. If they go COVER 2 (two safeties splitting the deep halves with man coverage below) they now have put six men against our four but we still have two on two isolation with reduced YAC, more so because they have a safety to each side. COVER 2 is uncommon at the youth level in man to man and is designed mostly to protect against the deep ball and double cover two receivers deep. In COVER 2 they are at a big numbers disadvantage at the LOS with a five on seven advantage for us. What they might do is go strictly zone in this case with the corners covering the FLATS and the Linebackers or line covering the HOOK zones. This covers RULE 2 & 3 remember if they over play pass we must run between the tackles and force them out of this over coverage if we want to pass the ball. COVER 3 uses three defenders deep with a corner in each outside third and a safety in the middle. This puts two linebackers / lineman on the slots with the corners reading the QB and the route. This puts five on four coverage with four receivers on two defenders, this covers RULE 2. In this case we will attack with the pass and whittle them apart until they adjust which is usually by going COVER 1. We can also run because of the six on seven mismatches at the LOS although the three safeties deep reduce the amount of open field yardage. This explains how we approach the defense when thinking spread. Below are some examples of our offense against certain types of defenses.

Loose Formation examples and coverage's



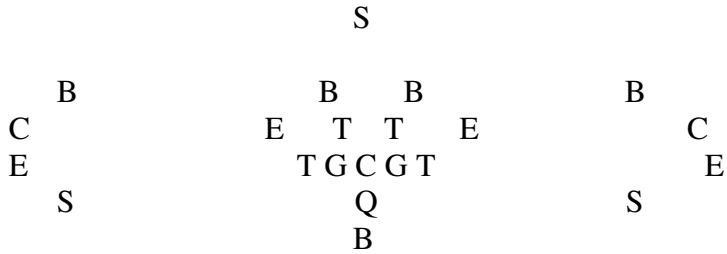
The solid lines represent the hashes and the dotted line shows how we view the field. If a safety is setting on the hash or in the middle he his not a threat to us unless he falls into SKY cover, Rollse, or plays a ROBBER technique.

Loose Formation against 52 defense using COVER 0



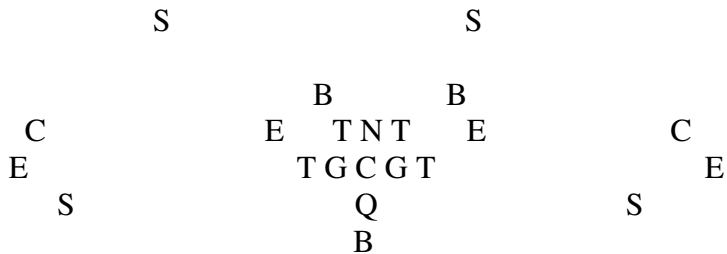
Notice how we have isolated the coverage on each side of the center forcing the two on two coverage.

Loose Formation against 44 defense using COVER 1



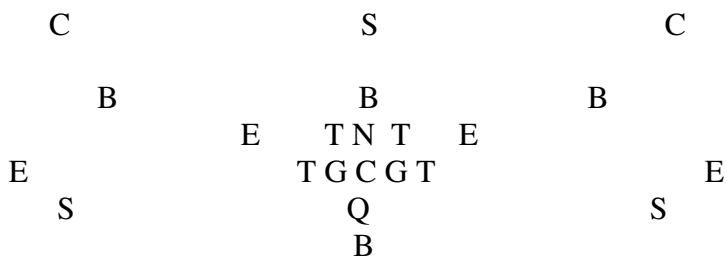
Notice how we gained a run advantage and still have the isolation on both sides of the center.

Loose Formation against 52 defense using COVER 2



Notice how the defense must decide to leave the slot uncovered or send the linebacker or end to cover. They could play zone but this still leaves a big passing advantage for us or if they cover down we now have five on six run advantage.

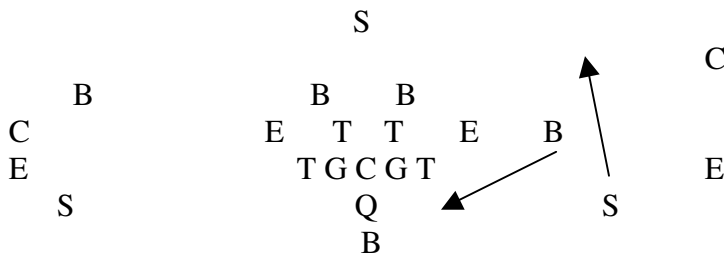
Loose Formation against 53 defense using COVER 3



Notice how we now have a two on four isolation advantage against this defense because of the three deep coverage.

Now that we know the Coverage we must now know what type of pressure the individual defender is going to apply to our receiver pairs so that we can follow our RULES. Lets look at one pair of receivers and place different types of techniques on them because this will determine what type of pass play we will call. Never force a play let the defense play a technique and then beat them by using it against them.

Lets look at what we consider uncovered first off. If the split end's man is 7 or more yards off him in any direction he is uncovered. If the slot's man is 5 or more yards off him in any direction he is uncovered. This rule allows us to say that we will throw to any man uncovered by the defense. If a defense does not cover the slot man but instead insists on pressuring with him then we will throw to that receiver until they stop us. They might roll a safety into SKY on him but in doing so they open the vertical lanes somewhere. SKY and CLOUD mean that either the Safety (SKY) or CB (CLOUD) drop into the FLAT to cover.



The LB has left the slot uncovered, while the CB is playing soft and leaving his guy uncovered also. This might be a 1 or 2 yard pass with a big YAC potential. The next part of the equation is to know how the individual back is covering the receiver. There are four basic techniques we look at when attacking a secondary.

1. ZONE – defender is dropping into a zone and covering the deepest player. In our case the FLAT, HOOK, and the lower part of the DEEP OUT are what we are concerned with unless we attack with the HASH or FADE route backside in which case we would be concerned with the Deep MIDDLE and Deep OUT zones. Basically you will have a nice sized cushion between receiver and defender, because they are sitting on a particular route to take it away. Press the zone defender back by driving him deeper with a fake burst as if running Hash or Fade.
2. SOFT – the defender is playing man to man but 3 or more yards off. You don't see this very often at the youth level. Basically they are looking to stop the intermediate to deep routes and giving you the short pass knowing they can play to receiver. You can tell what routes they are taking away by his technique also. Inside shoulder technique (head up to receivers inside shoulder) is trying to take all inside routes away. While an outside technique does the opposite. If playing Head-up he his reading the receiver's release and then positioning himself to stop that release be it inside or outside. Use the same technique as above.

3. **HARD** – the defender is playing man to man and no more than 3 yards off. This is the common pass coverage technique at the youth level. They are covering the receiver and taking away the receiver's route from the get go. The route techniques are the same except they are now taking away the short routes too. Use the technique above to drive him back or if he is getting physical then use a more radical release the direction of the route or use the swim/club technique to get past him.
4. **BUMP & RUN** – the defender is playing as close to the receiver as possible and maintaining contact as long as possible. The object is to disrupt the receiver and by doing so disrupt the pass play which in turns gives a higher chance of defensive pressure getting to the quarterback due to the delay in the pass play. The route technique is still used to take away either the inside or outside. Also they can play a push-pull technique (one hand drives in a shoulder while the other hand pulls a shoulder) or the jam technique (same as a block you punch into the receiver's chest getting him to straighten up and not allowing him to release. This is the hardest technique to beat but the hardest for the defense to teach and be successful with. Good B & R teams are very difficult to pass against while average B & R teams can be easy to beat. Radical release or Swim/Club technique are the best to use against this type of coverage.

You could actually say there are three types of coverage; zone, man to man, and bump and run. We split the man-to-man up because we felt it clues us in on the ability level of the corner. In most cases if a corner is not good at covering the coach will place him in SOFT cover to compensate for this. Another case might be that the CB has been getting beat and is adjusting himself. Either way it is an indication that the CB's ability does not match up with your receiver. Bear in mind he might also be playing prevent and allowing the cushion to take place.

The Spread passing game is dependent on the defender's coverage but we can dictate this coverage by attacking the coverage until they adjust out of it. Bear in mind that youth defenses are not going to be complex. What you have to discern is are they playing man-to-man, bump and run, or zone coverage. Once this is found out and the type of team coverage you can attack the defense accordingly. Before we get into the primary routes let's talk about the backside vertical package. This package consists of the slot running a Hash route and the split end running a Fade route. We run this vertical package to pin the safety in the deep middle and to run off the backside corner, in effect taking out two defenders maybe even three if the defense is in cover 2 man to man. We don't usually throw to the vertical package unless we see the safety running up to defend run, shifting over to SKY, playing a ROBBER technique, or double covering another receiver. In this case when we call our pass we attach HASH or FADE to tell the quarterback to throw to the slot or split end backside. If your quarterback does not have the arm or confidence then don't have him throw these routes. All of our other routes give the illusion of running a vertical route so we actually use it more as a deception force than anything else.

The QB

We are not attempting to teach a QB to make a complex read or to make a complex decision on where to throw. We as coaches will decide that all the QB has to do is execute and throw the ball.

Some key points to remember about teaching the position:

- Must be able to take a snap from center
- Must have proper footwork for a quick step and three step drop
- Must have proper ball placement after the snap and a quick set and release.
- Must not hold the ball or hesitate.
- Must throw the ball accurately at 15 yards or less.

All of these are very teachable at the youth level and take very little team time to develop. By developing a tape that shows what you want the QB to do and giving him that he can drill himself to improve. The key is to start by teaching and building confidence in the taking the snap, making the drops, throwing the ball, developing throwing strength and speed. All of these will develop confidence and accuracy in your QB. He doesn't have to be a super star but he must be dedicated and motivated in accomplishing the above.

The Reads –

Primary Throw: One receiver only. If he is open throw the ball if not run. Easiest read to make for a young QB.

Lo-Hi Read: QB has a primary receiver and a secondary receiver in the same general area and reads from lo to hi. If neither is open he runs.

Hi-Lo Read: As above but read from Hi to Lo.

Outside-In: This is a vertical read on side of the field with the receiver reading outside receiver to inside receiver. If neither is open he runs.

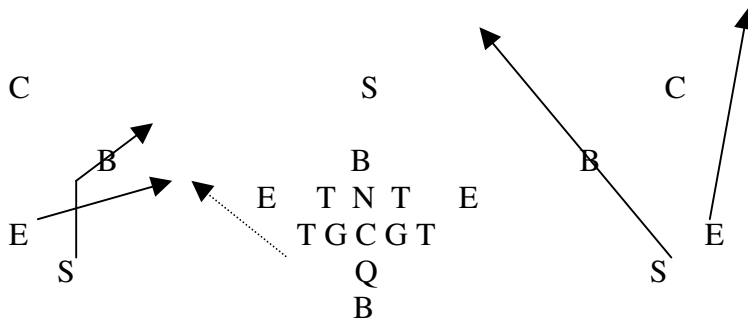
Receivers

In our base offense we use our Ends as split ends and our Wing Backs as slots when we go loose. The receivers must understand a few things and have a few qualities to succeed with this package.

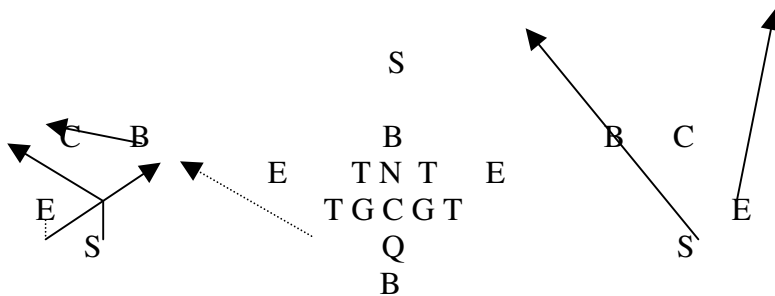
- Must have a proper stance
- Must know how to take a radical release, inside release, and outside release
- Must know how to separate from a defender using the above releases
- Must understand how a rub or natural pick works
- Must develop good footwork, hand-eye coordination, and concentration skills
- Must run routes and patterns correctly

Teaching the receiver these fundamentals can be done in conjunction with teaching the play by breaking up the QB, slot, and a split end and running each play repetitively on a side and then switching sides. This allows each team to develop confidence in the above skills.

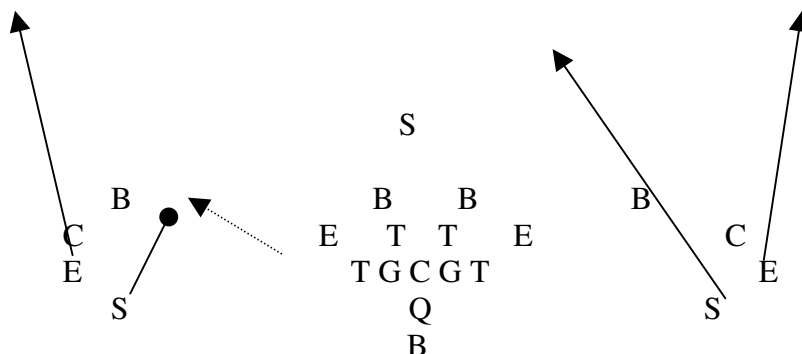
The **short route packages** are design to get five yards positive each reception and allow the receiver to get additional yards after the catch. Each is used to attack a certain coverage.



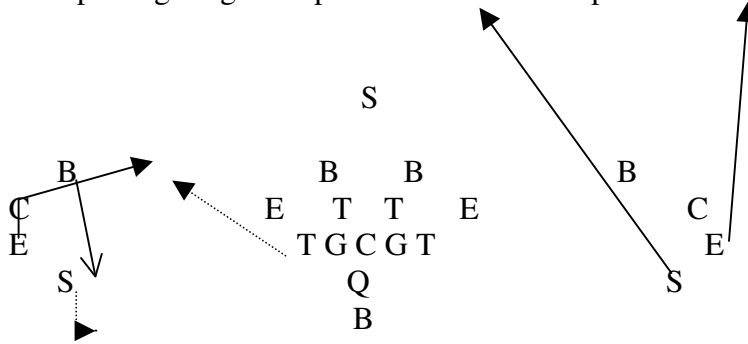
The **SHORT Pass** is based on the split end running a Quick Slant under the slot's Slant route. This route is best used against a **ZONE** or **SOFT** cover CB. You must watch the inside defender sitting on the **FLAT** zone. The slot must drive the inside defender deep so that the quick slant can get under the inside defender while forcing the CB to trail him with the inside release. This package can work on a bump and run technique or a hard inside shade tech but the slot must release clean and must sell the deep threat on the burst then cut hard inside and force the defender to cover him. The split end also must release clean and gain separation fast. Can be read Primary or Lo-Hi.



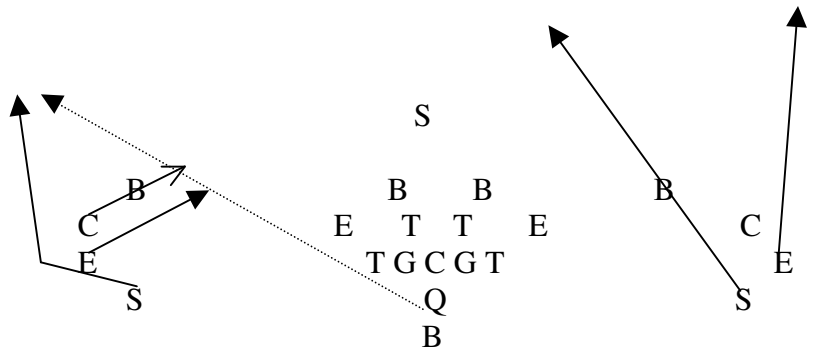
RUB Pass is best used against a bump and run or hard tech. The slot receiver must rub the man on the split end, this means to interfere with his coverage by running between him and the split end. It is not a pick he his not making contact with the cover man instead he his screening the defender with his body at the same time the split end releases into the inside flat. The split end shuffles back until the slot rubs the cover man and then he releases looking for the ball immediately. This can be run against a soft cover if the CB is playing up but it is best played against the above. Read as Primary.



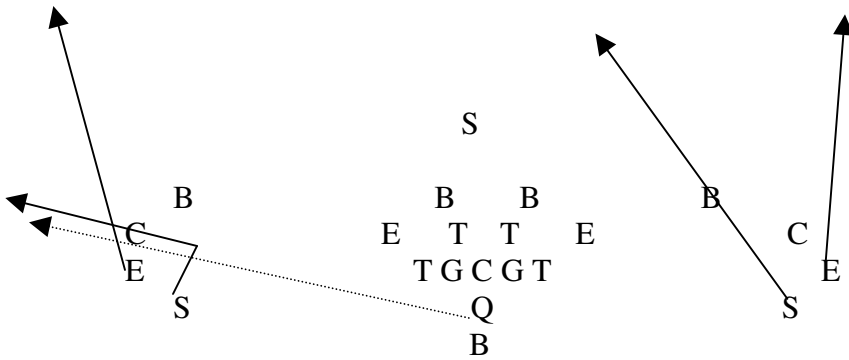
POP PASS is an immediate throw to the slot that releases and looks for the ball. The quarterback must throw the ball ahead of the receiver so that he can catch on the run by doing so it allows him to gain additional yards after the catch. This pass is best used against a ZONE or SOFT cover. Also if the inside defender is blitzing often then the pop pass behind him can be a good pass to stop it. The slot must sell the Hash route to force the defender to back pedal giving him space to make the reception. Read as Primary or Lo-Hi



VACUUM PASS is the reverse of the rub screen in that the slot receiver shuffles back and turns to the quarterback as if to get a pass behind the LOS often called a TURN route. By doing so he sucks the man over him behind the LOS mean while the split end releases over the sucked in defender for the ball which is thrown into the empty space. This is best used on HARD man to man or BUMP and RUN tech. It is also useful against ZONE or SOFT cover if they are biting hard on the inside receiver. Especially useful after hitting a couple of Pop or Rub routes since the defender will break on the slot if he suspects a pass to him. This can be a primary read or a lo-hi read off the inside defender.



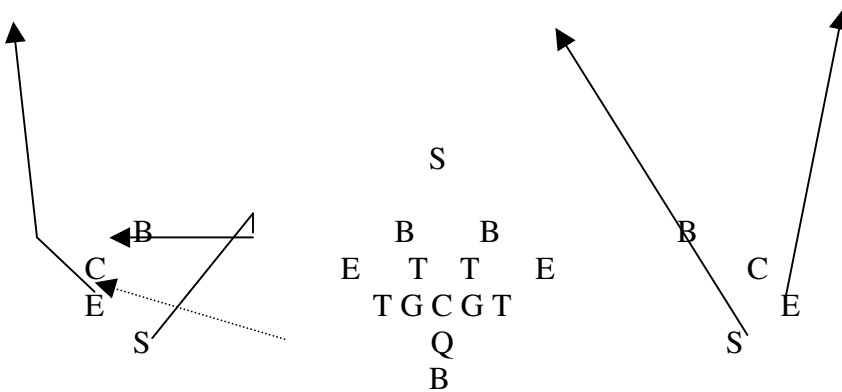
CROSS PASS is another reversal of the rub screen in that the split end runs a quick slant to force his defender inside while the slot takes a radical release outside and under the quick slant and then as he clears the split end he cuts up field and runs fade. Basically an exchange of routes that uses a outside in rub technique to wall off the inside (slot) defender. The quick slant is viable against zone or soft cover but against hard or bump and run the fade is the main point of attack due to the rub and radical release. This can be a primary read or a lo-hi read off the inside defender.



COFFIN PASS is a slot quick out in combination with a outside fade by the split end. The quick out is set up by running an inside release to make it appear as if it is a hash route and then break outside to the boundary. The ball is thrown to the outside shoulder. This can be primary read or a LO-HI read off the inside defender. The slot should work up field for 2 to 4 yards and break outside aiming at the boundary at 3 to 5 yards.

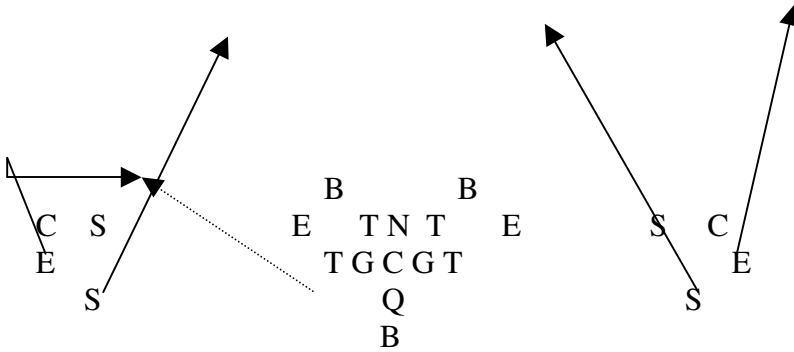
The **medium packages** we use are designed to get to a short route or a medium route by reading short to deep with the primary receiver being the short route. This allows us to teach the quarterback reading progression in a very easy fashion. Because they are crossing each other the quarterback does not have to use his full vision instead he reads and throws while viewing both receivers. Most of the time it is thrown to the short route but often the defense starts squatting on the short routes in the FLAT so the medium route opens up because of the horizontal and vertical gaps created by over covering the short route.

The three routes we use are the WHIP IN, WHIP OUT, and SMASH ROUTE they all are expected to gain 9 yards on reception. This exceeds our desire of 5 yards positive that we said originally.

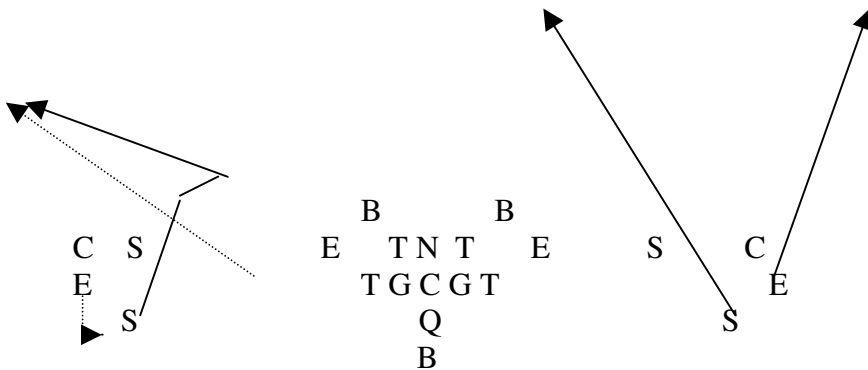


The WHIP OUT PASS is a combination of whip out by the slot and a fade route. The fade should pull the outside defender deep and wide allowing the whip out develop in free space. The whip out works hard to the inside to force the inside defender to move in and then work back outside. This is a good play against zone or soft cover. The Whip Out is executed by releasing as if it is a HASH route and at 5 to 7 yards deep jam the outside foot down and pivot about 180 degrees back to the outside (the spin is counterclockwise). Work to get

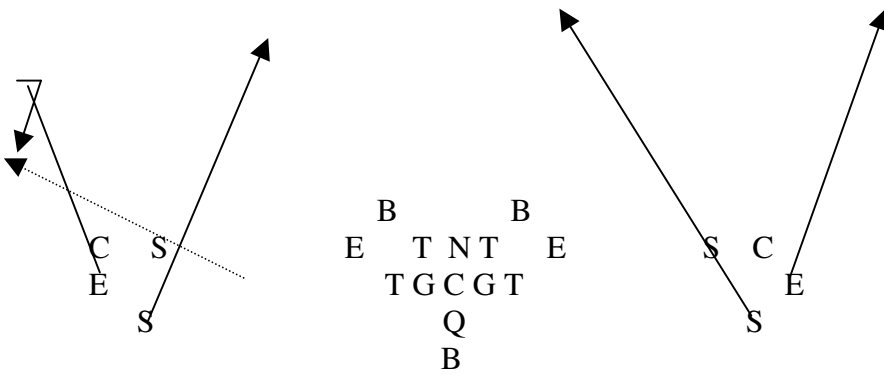
distance from the pivot point and get your head around for the ball. You want to stay parallel to the LOS. This can be primary read or a Lo-Hi read off the outside defender.



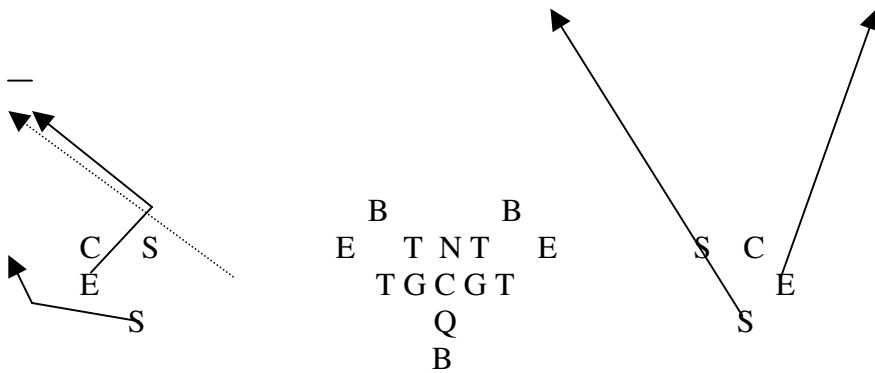
The WHIP IN pass is a combination of the HASH route and the WHIP IN route, it is the exact opposite of the WHIP OUT pass. Both of these routes can be run against any type of coverage although ZONE and SOFT are the best to run them against. This can be a primary read or a Lo-Hi read off of the inside defender.



The SMASH PASS is a combination of the TURN or HITCH route and a SHORT CORNER route it uses the same principle as the vacuum pass except the split end is the first option with his turn/hitch route and then the short corner route being the second read (Lo/Hi read off the corner). If I have an inexperienced kid at SE I use the Turn but if I have an athletic kid that can catch a ball as he executes a maneuver then run the hitch route. The hitch is an up field press for 2 to 5 yards and then jam the inside foot, pivot inside and look for the ball. A turn is very simple the receiver steps back with his inside foot opening his body to the QB and looks for the ball. The short corner is a HASH release and step hard back to the outside at the boundary and look to inside shoulder for the ball. This should be at 10 to 12 yards deep. Great against MTM or Soft cover. This can be a primary read or a Lo-Hi read off of the corner.



The HINGE PASS is a simple comeback pass to the split end off his fade route. The slot receiver runs his hash route to pull off his defender to the inside so that we can isolate the outside receiver one on one. The intention is to get the defender to over cover the fade which is one of our primary pass routes in our base offense so that we can have the split end make a hard outside step and move back towards the LOS and the sideline. The QB throws this off a three step drop. The route is thrown at about 6 to 10 yards depending on the speed of the receiver and the QB's drop. This can be a primary read or a outside – inside read.



SHAKE PASS is based on our cross and rub passes. The slot receiver executes a radical release under the split end. He works to the boundary trying to get horizontal separation as he works up field. He must widen towards boundary before working up field. The split end releases inside and up field for 4 to 6 yards and then cuts to the boundary aiming for 10 to 12 yards. This will force the defenders into a situation of defending an easy pass to the boundary and an inside outside move to the boundary as well. This can be a primary read or a Lo-Hi read.

We call our offense based on our rules. We look at the defense if they are stacking up ten and eleven players at the line then it is time to spread them out and force them to cover four receivers. We also see if they are giving us certain pass routes based on coverage and technique and then attack them until they change out of that setup. In one particular game we called the RUB SCREEN four times going left then right and then going right and left. This forced the defense into having their inside defender play soft, which allowed us to attack them with the POP pass the next play.

One thing we like to do on short yardage and goal line when we want to spread is to place the DOUBLE TAG on the play called. This tells the offense that the route package will be

mirrored on both sides and the vertical package is dropped. For example if we call LOOSE POP PASS RT we would run the POP pass on the right side and the vertical package on the left. If we call LOOSE DOUBLE POP PASS RT we would run the POP pass on both sides with the right side being the primary but the quarterback is actually going to read both sides and take the side that the defense is weaker compared to that play.

Pass protection in the Loose formation –

Counter Action – three step drop with BB kicking out backside while BSG kicks out front side. We can have the BSWB either motion to PS and block, motion stop and block bs, or some other action.

Wedge Action –

The line runs wedge action and the BB kicks out to the backside after faking wedge to play side.

The QB takes a quick step or a three-step drop – (step-set throw) the ball as to be off fast because the PSDE is not accounted for unless the BSWB is blocking.

This is playaction pass all the way.

QB NOTE –

QB must account for the playside DE at all times. He does this by making his drop and if he sees the DE take a hard rush at him he sets lets the DE commit then slides outside for two steps then throws the ball. (Step – Step – SET (Commit) – Slide – Step – Set throw). I have found this causes a 2 second delay so the QB must step and set fast and keep is eye on the receiver for it to succeed.

The Boxing DE is not a concern against the QB but a Press or Crash DE is a concern and the QB must account for that PSDE.

Deep Passing Game –

If we want to hit the defense deep we look at the Hash route off another play and that plays blocking action. Example – Loose Rub Pass Rt HASH. The QB would take his three step drop look off the defense to the play side pass then throw back to the hash. We run this if the defense does not have a safety or the safety is SKY, ROBBER, or playing run hard.

OUT and IN route technique –

We have the receiver running these routes at a opposite 45 degree angle then cut back flat to the in/out side. This forces the defender to play inside of the angled release and makes the cut back towards the pass easier.

Uncovered Passing –

When we go Loose we have one objective to get the ball to the perimeter and attack the interior of the defense. One way of doing this is to look for an uncovered receiver and throw to him until they cover him. We do this under these rules.

If a split end is not covered by any defender within 10 yards or any slot not covered by a defender within 5 yards is considered UNCOVERED. These distances are used for youth QB's so that the uncovered read is easy to see and make. The QB will come to LOS and look at all four receivers. If he sees this he will shout BLUE/BROWN (LEFT/RIGHT) or ORANGE/OLIVER (RIGHT/LEFT) your choice; either can be used. This alerts the line to shine block in that direction and to alert the receivers that if they are covered they are to run off their man (HASH/FADE) and the uncovered receiver runs a NOW if slot or a TURN if Split.

QB uses a quickstep drop.

The Loose Package out of multiple formations

The beauty of the loose package coupled with the double wing is that it puts the defense into a quandary. The double wing forces a defense to defend the LOS and the vertical playaction passing game. The loose attacks the one area that the defense is not prepared to defend when playing us that is the perimeter of the field against the pass. By forcing a defense to do so they have to now defend the entire field with their eleven defenders so there is no chance of a overload on our offense. This allows us to execute our game plan against a simplified opponent. There was many of an occasion were the loose passing package forced a defense to go out of its normal adjustments against us and back into a more balanced defense. Thereby allowing us to go back and attack them again with our core offense. The loose package is not meant to be used in it entirety in any game. Instead it is a selection of a few plays that will take advantage of a defenses tendencies to defend the double wing. A good example is the Cross and Rub pass which are two staples that I use in almost every game. These two plays are usually enough to force a defense to spread out and defend their perimeter against us.

Chapter 10 – Coaching the Passing Game

Teaching the Fundamentals of the Pass:

My passing game is predicated on having multiple passers and I do this for several reasons. First if your passing game is predicated on the quarterback and only the quarterback then if he ever goes down or the defense finds away to affect that portion of the passing game you have become limited which might be the difference between winning and losing a game. By having your passing game spread out amongst three players even if the distribution of the passing game is not balanced gives you the latitude and ability to be aggressive even in the face of an unexpected injury or missing player. Secondly it forces a tremendous amount of pressure on the defense to stop not one but several passers in the backfield and when ever you create multiple threats in any area you place more pressure on the defense to respond to that threat even if you don't intend on following through with it in every game or in every series.

Keys to Passing:

- The ball is below the ear and the throwing arm is cocked and ready to throw as soon as you drop or make your action to pass off of play action.
- You must set with the non-throwing foot and hip pointed in the direction of the target along with the point of the elbow of the non-throwing arm.
- As you throw it starts from the twisting of your hips, upper body, and into your arms. The hand as you release the ball should point in the direction of the receiver. This forces the hand to come down on the ball creating spin.
- Upon delivery of the ball the non-throwing foot is pointed just inside of the receiver and your hips are square to the receiver as well. This is caused from the rotation of the hips and shoulders as you throw.
- If the ball is thrown directly at the receiver the throwing hand should be pointed at the chest of the receiver. The index finger should be the last part of your body to touch the ball and should be point at the receiver. (bullet pass)
- If the ball is lofted at the receiver the hand should be point above the receiver and the throwing shoulder should drop slightly. Index finger pointed above the receiver. (bomb/pooch pass)
- A receiver moving must be lead. The distance you have to throw the receiver determines the lead. The longer the throw the more lead. A short throw should lead a receiver at least 1 yard; a long throw should lead a receiver 5 yards are even more depending on the speed of the receiver and the ball as well as the loft. A bullet type pass needs less lead then a lofted pass.
- If throwing off an action you can either Stop, Set, and Throw or you can Throw on the run. A younger less experienced passer benefits from the Stop, Set, and Throw as it is easier to teach.
- Throwing on the run the passer must open his hips to the receiver (hips facing the receiver) and he must realize that he has added power if throwing to a receiver on his throwing side and less power throwing to a receiver on his off side since he is now throwing across his body. He also must realize that there is a natural tendency to under throw the ball so you must stress the hand points at the target correctly.

Ball Grip:

A proper grip affects the throwing mechanics and trajectory of the football so it is imperative that the passer learns to hold the ball correctly. Each passer's grip will be slightly different due to variations in hand size and hand strength but a few things are common amongst every grip and they must be stressed to every passer.

Thumb – Pushes the ball during the initial throwing and release action; provides leverage. If a passer's hand is big then the thumb will tend to point to the back of the football while a passer with a small hand the thumb will tend to point more towards the middle of the ball. The important thing is that there should be a space between the thumb, palm, and football that should not exceed a ½ inch of space. The easiest way to check this is the place your non-throwing hand index finger can fit between the palm and the ball. The space and size is proportional with kids; so his index finger should fit into his palm or a coaches pinky finger will do as well.

Little Finger – Controls attitude of the ball (like front sight alignment of a rifle). It must be on at least one of the first three laces of the near the front of the ball. Once it gets set correctly it should not be adjusted.

Fore Finger (Index) – The forefinger controls the accuracy of the football. It needs to be about 45 degrees to the back of the football. You might have to adjust this if the ball does not leave the hand correctly. The forefinger is the last finger to leave the grip of the football and is responsible for completing the spinning rotation on the ball and propelling the ball forward.

Middle Finger – Just on or just off the laces and is pointed vertically across the ball; perpendicular to the point of the ball.

Fourth Finger - Should have contact with the laces, at least to the first knuckle overlapping the laces.

Spacing – Two points of spacing that should be noted; one is the spacing of the finger from each other. A proper spread of the fingers, that is the fingers are spread wide, provides stability of the overall grip of the ball. Proper spacing allow the QB to hold the ball in one hand as he rotates his arm to throw. He should be able to run with his arm down at his side. If the ball does not fall out he has proper spacing and grip. Secondly; the spacing between the palm and the football is important as well since palm provides nothing in the way of ball security or delivery. The spacing is critical for a correct feel of the ball as this affects the pushing of the ball on the release.

Proper Throwing Mechanics and Delivery:

Like ball grip proper throwing motion is affected by the body type and arm length of your passers but a few things need to be taken into consideration when instructing your passers on throwing mechanics.

Arm Rotation – (assuming a right handed passer)

Step 1 Arm Position - right handed passer uses his left hand to drive the ball up into the throwing motion. The left pushes up and comes off the ball naturally at about the shoulder.

Step 2 Shoulder Position – throwing arm elbow extends out and back just below the wrist until the ball reaches shoulder level. The football is lifted up above the shoulder to position behind and higher than the elbow.

Step 3 Angle of the Football – football is turned slightly outward from the body. The nose of the ball is pointed away from the passer and should be tilted upwards slightly. The non-throwing hand hip and shoulder are pointed down field at the receiver.

Step 4 Release – The non-throwing shoulder and hip must rotate backwards as the throwing hip and shoulder followed by the throwing shoulder and hip rotating forward to apply momentum and force to the throwing arm as it completes the throwing action. The elbow leads the releasing action as the front hip and shoulder open towards the receiver. The front foot steps towards the target as the hips rotate. **DRIVE YOUR BELLY BUTTON TOWARDS THE TARGET!** At this point the football goes from pointing outwards to naturally pointing at the target as it is thrust forward as it reaches its highest point in the passing arc. As the front foot steps the whipping twist of the lead hip must take place. This gives you complete hip rotation and applies that force to the throwing arm which in turn applies it to the ball.

Step 5 Finger Release – The fingers leave the ball in this order – little finger (attitude), fourth finger, middle finger, thumb, and fore finger. The forefinger provides accuracy and the final spin of the ball. It should be pointed at the target (bullet) or above the target (lob or bomb) and the throwing shoulder should drop if it is a lob or bomb. Velocity is generated from the feet, hips, and shoulder and then into the arm, wrist, and finally the hand. The arm should straighten or lock out as the football leaves the hand, which provides additional push.

Ball Position:

The ball once snapped (quick pass) or after bringing it up from the belly button (play action) should be below the throwing shoulder with both hands on the ball. This allows the passer to set and throw the ball with relative ease and quickness. The higher the ball is held the faster the ball can be delivered. The ball should be just above the numbers and below the ear and away from the body. This ensures a full range of motion and allows for a tight spiral.

Foot Work:

The feet must work in concert with the arms in the passing process if not one of two things often happen. First if the feet lead too far ahead of the arm in the throwing action the ball dives or sails. Second if the arm is too far ahead of the feet the ball lacks velocity or force behind it. The passer must get in the habit of stepping towards the receiver as he passes to improve both velocity and accuracy of the pass. Generally the throwing arm should be at the middle of the arc when the lead foot hits the ground.

Passer Drills:

Grip and Stance:

Roll the Ball and Set – Have the passer hold a ball in his opposite hand at his side while in a balanced stance with his feet shoulder width apart. On GO he brings the ball up to his throwing shoulder with a proper grip and sets in a proper throwing stance ready to throw the ball. Work for 10 reps. Check for a good, consistent grip and stance.

Arm Strength:

Throwing from the Knees – The passer kneels on both knees and throws to another passer 10 yards away for twenty throws each. Increase distance by one yard a day or until he can longer throw a direct pass (bullet) and then have him work on that distance until he can throw a direct pass. Demand proper grip and throwing mechanics. Improves arm strength. Have your QB and WB's from your first and second teams work in lines with each other. So QB – WB – WB on one side facing their mirror on the other side.

Feet Together – The passer stands with his feet together and parallel about shoulder width apart. He throws to another passer 10 yards away increasing the distance as above. Work for twenty throws using proper grip, throwing mechanics. He keeps his feet planted as he throws. His body weight is balanced on both feet. Improves upper body mechanics and velocity. Should work the in teams as above.

Drops and Setups:

Quick Perimeter Passing Game Drops – QB Only!

Quick Drop: This drop allows for our QB to get the ball to a receiver fast. Patterns like the Rub Pass, Short Pass, Look In (play action) and Vacuum Pass are when you use a quick drop. Any route that takes under two seconds or is under five yards should use a quick drop.

Assuming a Right-Handed QB Throwing to the left – The passer drop steps with his right foot, a short step with his left foot and throws the ball.

Throwing to the right – he does the opposite.

Either case he must place the ball into a throwing position from the snap. As soon as his short step sets he must be ready to throw. The actual drop should be 1 to 1 ½ yard deep.

Three-Step Drop: This drop allows our QB to get depth from the LOS and time up to patterns that are at a short to medium depth like fades, hash, out, and in routes. The depth of the drop is 3 to 5 yards. The QB must have the ball in a throwing position from the snap. As soon as the last foot hits the ground the passer must have the ball off.

Assuming a Right Handed QB – He drop steps with his right foot and the left crosses over, then the right foot drop steps again. When throwing to the left his first step is to reach, then crossover, and finally reach. On the final step he should open his front hip to a 45-degree angle with the LOS.

Drop Drill – Have a QB and a receiver working in tandem and with an opposite team (QB-R and R –QB) so a receiver is catching the ball and a QB is throwing it. You can have a center also work in snaps as well. The QB practices the Quick Drop and 3 step drop with a receiver to his front, left and right 10 yards away. Emphasizing a proper grip, throwing setup and

stance. Work for 5 to the middle, left, and right. Have the receiver practice catching the ball correctly.

Pattern Drop Drill – Has above except the QB works with a group of receivers and on a specific pattern from the LOS. Again stress proper grip, throwing mechanics, drop, and footwork. Stress to the receivers proper receiving mechanics and route running. Work for 5 reps to each side. Should have a QB and a group on the left and a QB and a group on the right and then rotate the teams to the other side. So each team gets 10 reps total for each pattern.

Play Action Drill – The coach works with a skeleton unit of QB, WB, BB, Ends. Run each play action pass using the Sprint, Set, Throw. Work for 5 reps to each side. Have first and second team rotates after 10 reps. Stress getting to your launch point quickly; setting and throwing.

Teaching the Fundamentals of the Reception:

The key to having a successful passing offense is finding kids that can and want to catch. You have got to get them reps and stress the importance of stance

Keys to Receiving:

- Get your eyes on the ball and get your body in front of the ball. Focus on the center of the white stripe and wrap your hands around it.
- Focus on the ball and attempt to catch it at its highest spot as it approaches you.
- Go after the ball; don't wait for it to come to you.
- Spread your fingers and get your thumbs together to form a triangle if the ball is above your waist. Watch the ball in to the triangle and as the ball comes in wrap your hands around it. Keep your hands loose and not straight out. They should be relaxed but spread with a slight inward bend in the fingers and palms.
- If the ball is below your waist get your pinkies together and form a shovel and get them under the ball.
- If the ball is over your shoulder your head turns towards the ball and shoulder it is coming to and your hands go up and together with pinkies touching.
- Secure the ball to your side by locking it in.
- Get up field fast.

The Passer Drills above can be used to stress most of the receiver fundamentals. The drills below concentrate on the receiver exclusively and develop the needed skills he has to have to be a good receiver.

SAT Drill (receiver Stance, Alignment, and Takeoff) – they must have a good stance, know where to align within their formations and have a solid take off.

Stance – the Receiver is in a two point stance with the inside foot up and the outside foot staggered with a two – heel relationship (have up to six inches of space) between the inside and outside foot. He should have his arms up and parallel to the ground and he should be slightly bent at the hips and the front knee should be bent slightly as well.

Alignment – In a split look the ends are 8 yards from the tackle and in a receiver stance. The wingbacks are in a 45 degree two point runner's stance. In a loose look the ends are 10 yards from the tackle and the slots are 8 yards and 1 yard back from the tackle. In a tight look the wing backs are in a 45 degree two point runner's stance and the ends are in a two point

lineman's stance. In the over look the split end is 8 yards from the tackle in a receiver stance and the wingbacks are in a 45 degree two point runner's stance and the tight end is in a two point lineman's stance.

Takeoff/Release –

TE outside release – on all routes the tight end takes a radical release with his outside foot slides his inside foot as he rips his inside arm outward to clear the defender.

WB outside release – on all routes the wingback takes a outside release step with his LOS foot then crosses over with his deep foot and gets up field.

Split Ends/Slots – Radical release is the preferred release.

Radical Release –

A release by the receiver at a 30 degree angle (nearly flat against the LOS) which forces the defender to travel flat as well and behind the receiver. This is a great release when used in conjunction with a rub technique.

Swim/Club move –

The receiver windmills his near arm over the defender at the same time he attacks the defenders near arm with his forearm sweeping the defender's arms away from him and the release. Mean while the swimming action of his near arm allows him to go over the shoulder of the defender to get a clean release on the cover man. He must then burst to gain separation on the defender.

Double Club move –

Probably the easiest way to teach a receiver to release from a defender. The receiver releases towards his route and as he approaches the defender he straightens both arms and sweeps them towards the defender attacking his shoulders. His forearms should make contact with the defender's hands as he attacks the defender's shoulders with his hands. The object is to drive past the defender by driving him out of the way using the arms and hands to attack the shoulders.

OUT and IN route technique –

We have the receiver running these routes at an opposite 45 degree angle then cut back flat to the in/out side. This forces the defender to play inside of the angled release and makes the cut back towards the pass easier.

Whip OUT and IN route technique –

This type of release is very easy to teach and use. It has become increasingly more popular with the college and pro passing teams because it forces the defender to never turn his hips away from the receiver even when his hips point to a specific direction.

The whip technique is done in this manner. The receiver release in the opposite direction at a 45 degree angle and with his playside foot (if receiver is running a wheel in on the left side it would be his right foot) he jams then spins back towards the LOS (outside to inside) then as he faces the opposite boundary bursts while he faces the LOS and looks for the pass. This technique forces the defender to over play the hip turn to the opposite direction which forces the defender to take steps towards the backside of the actual route. As the receiver completes the spin this gives him extra separation as he bursts towards to opposite direction.

Teaching the Play and Developing Sound Fundamentals:

Pattern Drop Drill – Has above except the QB works with a group of receivers and on a specific pattern from the LOS. Again stress proper grip, throwing mechanics, drop, and footwork. Stress to the receivers proper receiving mechanics and route running. Work for 5 reps to each side. Should have a QB and a group on the left and a QB and a group on the left and then rotate the teams to the other side. So each team gets 10 reps total for each pattern.

Play Action Drill – The coach works with a skeleton unit of QB, WB, BB, Ends. Run each play action pass using the Sprint, Set, Throw. Work for 5 reps to each side. Have first and second team rotates after 10 reps. Stress getting to your launch point quickly; setting and throwing.

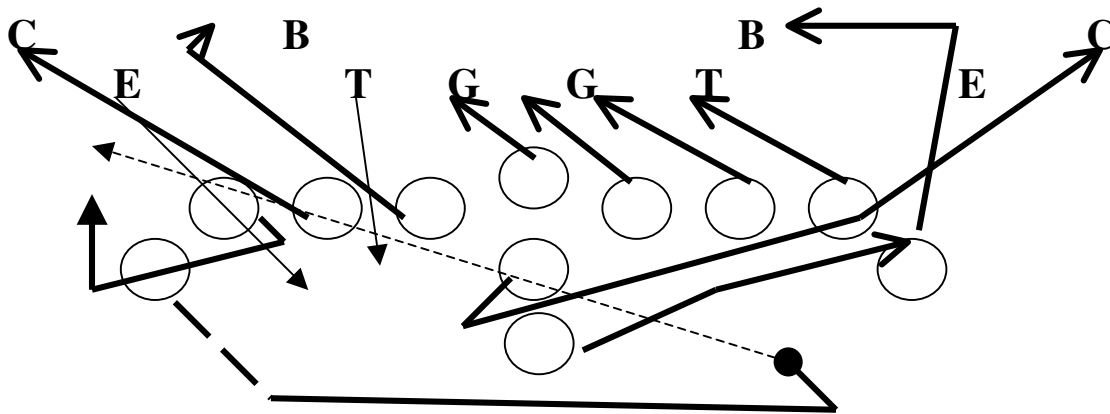
After that we just run offense/defense at full speed to let them get used to seeing defenders. The key is to let them get comfortable running the patterns with good form and technique once they get that down the defenders are not an issue.

On each drill use cones or markers of some type at first to indicate the pattern paths and landing point of the ball (vicinity). As the get it down they won't need the cone path or the landing cone. Example is on the Look In we have a cone set that the Receiver must past and then look in as the go by it to get them used to the distance we are looking for.

TIGHT Formation (Raider Super Power Play 2003)

Play RIP End Screen Pass Left

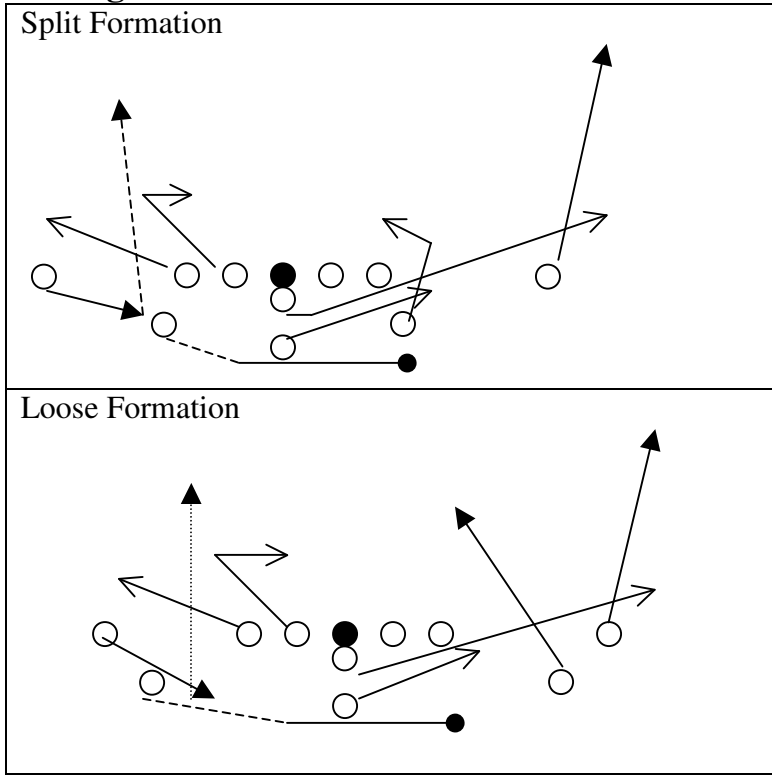
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<p>LTE Take a deep step inside then drop your outside foot get under the LOS and widen to the outside about 2 yards and look for the ball. Get up field fast.</p> <p>Split Break inside under the LOS and look for the ball and then get in the alley created by the blockers.</p>	<p>LT Engage the DT for a count of ONE ONE THOUSAND then go. Get up field and kickout the run force (CB). If he goes to playside turn back inside and seal the first defender you come to. Might be double teaming the PSLB with the Guard.</p>	<p>LG Engage the DT for a count ONE ONE THOUSAND then get outside and upfield and seal the first defender you come to on the inside (PSLB).</p>	<p>C SAB IN</p>	<p>RG SAB IN</p>	<p>RT SAB IN</p>	<p>RTE SAB IN</p> <p>Split run fade route.</p>
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<p>QB Quick, short motion- call for the ball quickly. Spin and toss the ball as you "fall backwards" in the direction of the playside end. Step first with the left foot and pivot in your right foot, so that the left foot lands about 3 o'clock. Spin & toss a soft ball at number height – but no higher.</p> <p>Seal Run Force to outside</p>	<p>B-Back You must block the first defender that you see cross the LOS as you take a hard step toward the LOS and towards the end of the line.</p> <p>This is an automatic LOG block as this play will be called when we see the DE sitting or squeezing down on the CB far enough out that the QB can make an outside seal..</p>	<p>M-Back On the "R" of READY take two shoulder width shuffle steps aimed 1 yard behind the BB's near hip with your body pointed at the QB's near hip. Get the ball and get to your Launch point. Show the ball a if pass to force the defense to rotate to playside.</p> <p>As you go to set reverse and set towards the backside and then make a lob pass over the BSĐT ad BSDE into the Ends path upfield.</p>	<p>C-Back Make an outside release and clear the LOS and then immediately back inside to seal the PSLB to the inside of the play. You should be perpendicular to the LOS and your inside hip should squeezing the LOS so that no one crosses your face into the hole.</p> <p>AVIOD CONTACT w/EMLOS</p> <p>DINGO call from coach tells you to Severe Down Block.</p>
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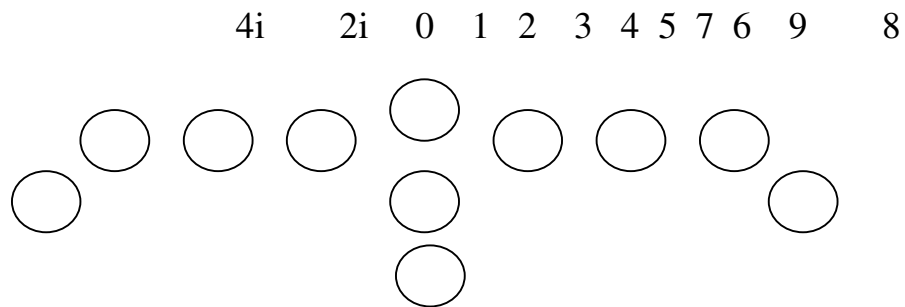
TIGHT LIZ End Screen Pass Right.



Chapter 11 – Coaching the System

In order to call plays successfully and have success with each series of plays you need understand how to call plays and what to look for when watching the defense. You also need to have a working knowledge of how the defense aligns and what common defenses you are going to face week in and week out. I have found leagues tend to gravitate towards similar defenses and offenses. Don't ask me why but having coached in three youth leagues on two different coasts and in Texas they ran similar offenses and defenses as a rule within each league. Scouting is a big help and knowing what to look for will help you to quickly assess a defense and their strengths and weakness. First you need to know a few things about the defenses your going to face. Like defensive line techniques and what head up, inside shade, outside shade, and gap defenders are. How linebackers align and what their responsibilities are by their alignments. You also need to know what a two gap and one gap defender is. What the different types of secondary coverage's are capable of and how they work. You need to know if a defense is a pressure defense or a bend-don't-break type defense. Most importantly you need to understand how the Defensive End and the support behind him is doing on each side of the offense. This is very important as your calls are going to be based on what you see the defensive end doing and his support (Outside Triangle) is doing.

Defensive Line Techs



The techniques represent where the lineman lines up in relation to the offensive gaps and lineman. Even number including 0 is Head Up (directly over the blocker) or On the man they are over. Odd numbers are in the gap some people say they are outside shade of the inside lineman as well. Even numbers with (i) indicates they are inside shade (2i and 4i)

Outside Shade – Meaning the defender's inside eye is aligned with the blockers outside eye.

Inside Shade – Meaning the defender's outside eye is aligned with the blockers inside eye.

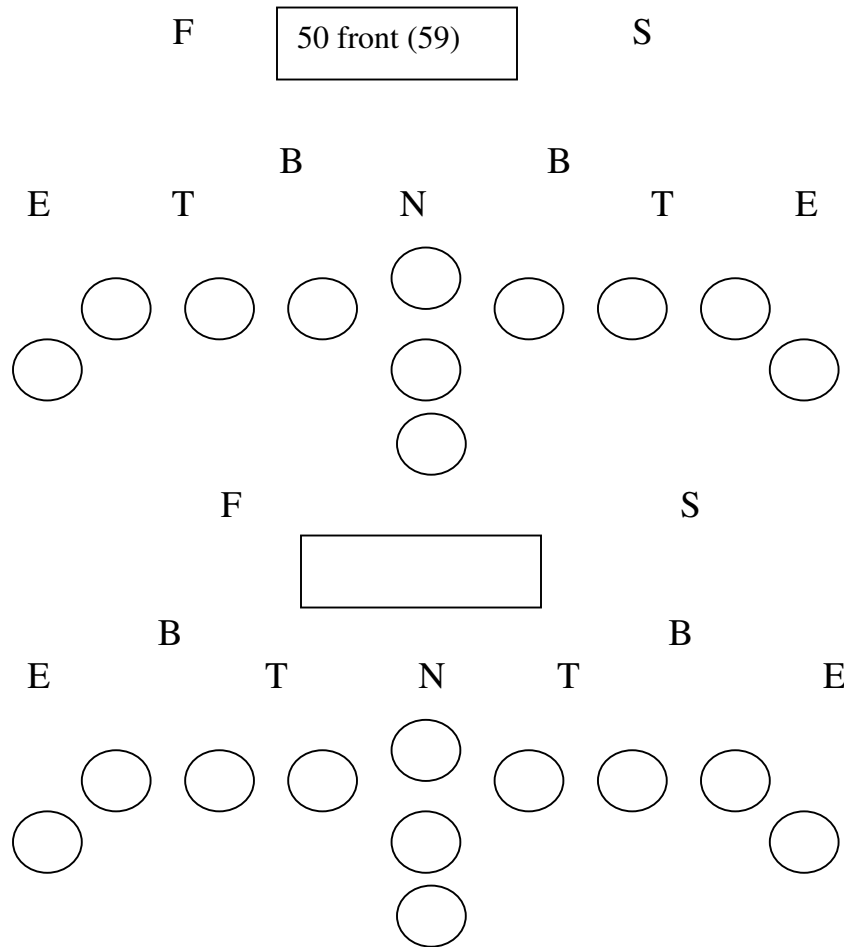
Head up – Meaning the defender is directly over the blocker (mirrored).

Gapped – Meaning the defender is directly in the middle of two blockers.

Eagled Front – Meaning that three interior lineman are lined up head up or near the two guards and the center.

The reason the DE's numbers are listed as they are is because of how important his position on the TE/OT and WB is to a defense. So 7 is used for inside shade of the TE, a 6 is head up, and a 9 is used for outside shade of the TE and 8 is a wide DE.

Bum Phillips is the inventor of this system and Paul "Bear" Bryant made it famous while at Texas A&M in the 50's.



Linebackers

Mike (Middle linebackers) tend to be the better tacklers and toughest kids on the team. So isolating them is a fundamental part of your offense. This is major reason why I tend to send my B-back the wrong way instead of filling to pull him away from counters and misdirection or I isolate him by sealing him in with a WB block. Because he tends to be the more aggressive player they also tend to blitz him more so be prepared for pressure to come from the A or B gaps. The tell tale sign is when a backer gets into a semi-receiver stance and generally his feet are pointing to the gap or space he is going to.

Sam (Strong side Backers) tend to be the next best tacklers and second toughest kid on the team. They also tend to align on the left side of the field or the offenses right side.

Will (Weak side Backers) tend to be the next most athletic and faster of the backers on the team.

If the linebackers align tight to the LOS (1 to 3 yards) then they are looking to stop the inside running game. If the backers align at a depth of 4 to 6 yards they are looking to stop the pass or the outside game. A good indication of what they are looking to stop is to see if they Mike is at a greater depth than the outside backers. If so then they are looking to stop the outside

game (MIKE is has his own pursuit lane). If they are the same depth they are looking to defend pass.

If the backers stack behind the lineman be prepared for stunts and the closer they align the more aggressive their stunting will be and the less concerned they will be with pass and outside contain.

Secondary (Corners and Safeties)

More often than not a youth defense is going to align in a cover 1 or cover 3 secondary to defend your offense. I very rarely see a cover 0 or cover 2 secondary and I have yet to see a cover 4 defense while coaching youth football.

1. Cover 0 – No Free Safety. Safety and Corners are aligned near the LOS more than likely playing press coverage/bump and run or blitzing. This often is a call off a Cover 1 team. Getting vertical off of play action is key to beating this coverage for us.
2. Cover 1 – Free Safety keying either QB or backfield action or playing the deep middle for pass. This is normally a man-to-man coverage but can often be used to roll into a cover 2 or cover 3 zone. Attacking the deep out perimeters with fades and bananas off of play action and isolating the corners and using our perimeter passing game is key to defeating this coverage.
3. Cover 2 – Two safeties splitting the field in to deep halves with either man or zone underneath. These guys can play zone or double cover the outside receivers. The key is attacking the middle of the field and flooding the sides and attacking the flat. This can be zone rotated to out of Cover 1.
4. Cover 3 – Safety and two deep corners. They are looking at not giving up the deep pass with either zone or soft man to man. Either way play action to the perimeter or quick perimeter passing game is the way to attack this in the air. This can be zone rotated into out off of Cover 2 or the corners can drop into cover 3 from cover 1.
5. Cover 4 – Both safeties and both corners are splitting the deep field in to quarters. This is basically a prevent style coverage. Run the ball or attack the perimeter.
6. Sky coverage – is when the Safety rotates into the flat from another coverage.
7. Cloud coverage – is when a Corner rotates into the flat from cover 2 or cover 4.
8. Robber tech is when a defender, usually a safety, drops into a specific area to rob a pattern from a passer. Used normally to take away the inside TE hook or seam pass. Corners can drop into a specific area as well to take away an out or in route as well.

Suggestions when calling plays.

Tight End Side

Most Youth defenses align the DE outside the TE (9 tech) outside shoulder of the TE or a(8 tech) wide (1 to 2 yards) outside the TE.

Rule – If TE and defense lines DE outside (8 or 9 tech) of TE run inside of DE by kicking him out.

Rule – If TE and defense lines head up (6 tech) or inside (7 tech) the TE then seal the DE inside by reaching him or blocking down and run outside.

Option is a little more difficult to run on a tight side due to the CB and DE being able to switch assignments and making the pitch key a little more difficult. I don't use an option package.

Split End Side

Most Youth defenses keep the DE wide (8 tech) when there is no TE so just follow the rule above. On the other hand some defenses move the DE on the outside shoulder of the OT (5 tech).

Rule – If SE and defense lines DE outside shoulder or headup on the OT run outside of him by reaching or logging him.

Rule – If SE and the defense keeps the DE wide continue kicking him out and running inside. Acts like a natural nasty split by virtue of the DE not realigning.

Rule – If the Corner back is fully supporting RUN split him and isolate him using the Outside Triangle rule.

Option on the wide side is easier since the SE forces the CB to follow and allows for an easier pitch key on the lone DE.

Double Tight End's

Defense cannot run a four man front effectively (1 and 3 teching) and the oftackle is open on both sides.

Rule – If the defense is playing a four man front with 1 and 3 techs then go to a double tight and run Traps and G's.

Nasty Split End

This is an end that splits 1 to 4 yards to create a bigger gap in the C gap usually the tight end starts by adjusting out a little farther to see how far the DE will be pushed out. Because most youth defenses don't adjust for a nasty split this gives the ability to open a hole before the play even starts. Be careful about nasty splitting out to far as you can nullify the TE's down block. I have the TE just split out 1 yard and if the DE follows then the next play to that side

he can a little farther 1 ½ yards and he does this until he gets him split out to 2 ½ yards. Past that distances and I think you start to nullify the TE's down block. If you can get a DE to split out 2 ½ yards or even 1 foot then you just widened the hole with out even blocking it.

Rule – If the DE is playing a 6, 9, or 8 tech have the playside TE widen his split and see if the DE widens with him then kick him out and run inside of him.

Keying the Defensive End

Normally the defensive is going to go straight up the field showing his inside shoulder and is prime for the B-Back's kickout block.

Rule – If the defensive end shows his inside shoulder kick him out and run into the C gap.

Rule – If the defensive end wrong shoulders the B-Back (sitting in the hole and showing his outside shoulder) then the B-Back should Log block him by blocking his outside shoulder and sealing him inside and run outside of him.

Rule – If the defensive end is crashing inside and expecting the B-Back's kickout then have and interior line man (PSG on G block) kickout the defensive end as he keys the B-back and run inside of him into the C gap.

Keying the Interior Defenders

We want to put the defensive line man into a quandary at all times and at the same time control the line of scrimmage by control the interior defensive lineman.

Rule – If the defensive interior is an ODD front then double team the playside.

Rule – If the defensive interior is an EVEN front, gapped, stunting, or blitzing then down block the playside.

Rule – If the defensive interior is attack aggressively up field they are prime for being trapped.

Rule – If the defensive interior is sitting on the line of scrimmage trying to read the play then they are prime for being wedged.

Rule – If the defensive interior is submarining or dropping on first sign of wedge then go back to offtackle and outside as they have isolated the defensive end.

Keying the second and third level of the defense

Rule – If the backside linebacker/s are flowing to the playside then run a counter play to the backside.

Rule – If the defensive is playing the run all out then run playaction pass and force the defense to sit and read run/ put them into a position quandary.

Rule – If the playside backer is flowing to stop the primary runner (power) then hit inside of him. (Running G and letting the PSWB seal the next LB inside as the PSLB flows to the decoy WB or running TRAP as the inside LB flows playside.)

Rule – If the defense is not assigning someone to the QB then bootleg him to backside or playside.

Rule – If the corner back is playing run support, not covering his man, are keying the QB then run a bootleg pass and force him into a wrong/wrong situation.

Rule – If the safety is coming up to support run then playaction and throw behind him or away from him (wedge pass and super power pass are good examples).

Rule – If the defense is playing man then use rubbing techs and radical releases. Most youth teams do not BANJO their defenders if the receivers cross.

Rule – If a slot defender or corner back is not covering a receiver, blitzing, run supporting throw to that receiver (Pop Pass).

Formations

Rule – If the defense is defending sweep (spread out along the LOS) or has two defenders at safety then run TIGHT formation and attack from tackle to tackle.

Rule – If the defense is compressing on the TIGHT formation then go SPLIT and run the same plays. Isolate the cornerbacks on each via the Outside Triangle Rule.

Rule – If the defense is still compressing or blitzing in the Split go to the LOOSE look and run interior running plays (WEDGE, TRAP, and X), throw to the perimeter, or run your base plays via the Outside Triangle Rule.

Rule – If the defense does not appear to have alignment rules then go to the unbalanced Double formation or Over formation every so often and run at the strong side (no alignment to the strongside = bubble in the defense).

Rule – If the defense over shifts to stop the running on the strong side of the unbalanced formation then hit them with counter or sweep to the weakside.

Chapter 12 – Adjusting the System for Younger Kids (6 and 7 year olds)

Dealing with smaller kids you have to take a few more things into consideration than you do with older youth players. There are a few things you can do to simplify the offense so that smaller kids have an easier time running it.

No motion – Don't use motion; kids at this age are like kittens so just seeing all the movement in one direction in the backfield will often make your counters and misdirection effective.

Have power back align deeper – When your back field sets have you wing back running powers or faking powers set one to two yards deeper than your countering back. This allows each wingback to have running lanes.

Have wingbacks move inside under outside shoulder of tackles – If the play is not developing fast enough have due to the wingbacks not getting in the hole quick enough have them move inside slightly like an extended wishbone backfield.

Motion portion indicates that WB aligns over the inside shoulder of the tackle instead of motioning – Instead of using motion have the motion take indicate that the wingback align to the toss point which is approximately on the inside shoulder of the tackle and 1 to 2 yards deeper than the B-back and aimed at the near hip of the QB.

Run wedge as the primary base play vice super power – At this younger age the wedge is a much better play and will develop faster than the super power. Building a series of that might be more effective.

The Bull and Bear can be a primary system for younger age groups. It instills all of the DW principles in much easier system for younger kids.

Chapter 13 - Rocket Package

The rocket package is based on the Wing-T Rocket package. The key is that the BB goes in the opposite direction of the motion man. The motion man takes a fast rip/liz type motion (sprinting) under the BB's heel. The pitch point is behind the playside tackle. One clear advantage to this package is no one inside of the C gap needs to be blocked due to the pitch point being behind the tackle and the WB being deep.

The disadvantage of the Jet for me was that I had to adjust my BB's depth...change the basic structure of the formation in order to really adapt the Jet. With rocket I don't have to do that and with the jet you don't have to block anyone inside of the B gap due to the hand off being behind the guard. With the rocket it moves one more gap out to the C gap which means I now have to block even less defenders inside.

The other advantage that I like with the Rocket is that I wrong way my BB in the super power counter and the added misdirection of the wrong way BB and the speed motion forces additional pressure on a defense that is already trying to defend my inside and off tackle power game coupled with playaction. This now gives me a legitimate outside threat based on misdirection and power (thanks to having to block less players inside). Placing additional pressure on the perimeter defenders really forces the defense to over extend itself somewhere on the field. Once you get them overextending then you simply have to exploit it.

There are a couple of blocking schemes that can be used with this action that are outside of the normal scope of Wedge and SAB that I am placing into this package because I feel they can be very effective within my offense.

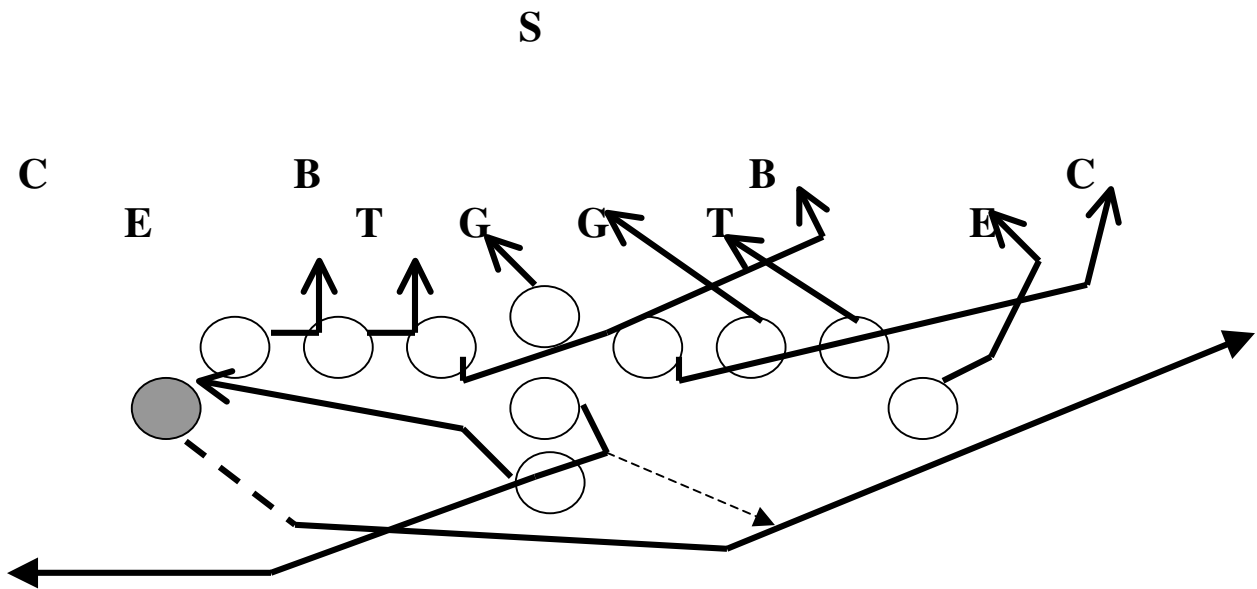
CREEP – which has the PSTE to PST reach block along with the PSWB while the BSG traps to playside and the Center and PSG SAB IN blocks. This is basically a combination scheme of reach and inside trap. That means you get two plays for the price of one.

DOG – this is a G block on both sides of the ball or a double G with the side called being the primary play side.

The motion is ROCKET (RIGHT) and LASER (LEFT).

TIGHT Formation

Play ROCKET G Sweep Rt (G-Sweep Rt FOLD)



LTE Slide if Tight. If Split run Fade. (TAG – CUT)	LT Slide (TAG – pull seal IN/OS)	LG Pull – seal in IN-OUT	C SAB IN	RG Pull – log first defender O/S of EMLOS	RT SAB IN	RTE SAB In if Tight. If Split run Fade. FOLD = Pull under WB and log inside.
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QB Super power spin and toss action. Gain some depth to get under the PSWB’s reach and the BB’s log. If the BB kicks out the CB go inside of him. This will signal the MB to run inside as well. Block the first defender you come to OUTSIDE/IN.	B-Back Cross over step laterally and get to playside quickly. Log the first defender past PSWB’s block. As you go by the WB bump the defender on the outside shoulder to assist the WB if he needs it. More than likely you will have the next man (run forcer CB). If he is wide kick him out. Block the first defender you come to OUTSIDE/IN.	M-Back Rocket motion. Take a cross over step look to gain depth so that you are 5 yards behind the PST for ball and gain depth as fast as you can after you secure the ball. Hit first daylight and get up field and to the outside. Do not cut back inside. Do not gain to much depth to get outside. Just enough to get under WB and outside. Aim at the PSWB’s outside hip.	C-Back Reach-Down EMLOS Head Up/Outside DE – Reach to outside shoulder of defender and seal him in. As runner goes by work up field and seal of first defender to come playside. Inside Eye/Inside DE – Down block the defender inside and as the runner goes by release and seal as above.
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Notes:

G block – since the PSWB is reaching/downing the EMLOS the PSG must go under and log first defender outside. You can run this without the G as well.

If Tight – Fold (BSG must seal any defender coming inside as PSTE folds)

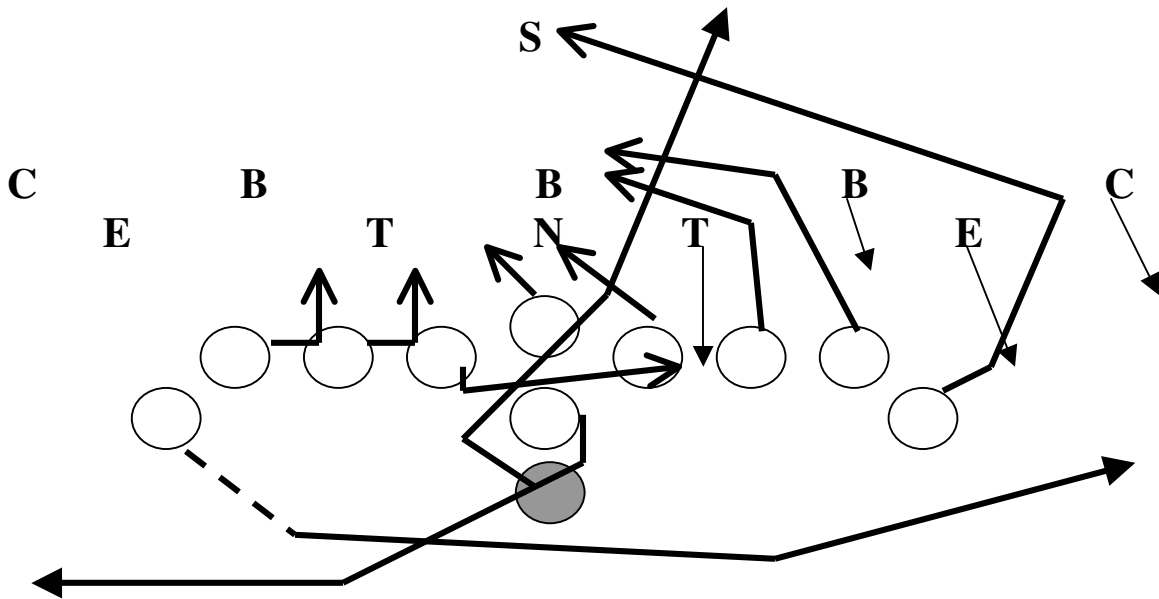
If Split – Crack or Stalk can be called

If Loose – Crack, Double Crack, or Stalk can be called

Add CB (Tight Buck Rt CB Wedge Sweep Rt) if you want to swap the MB and CB.

TIGHT Formation

Play Rocket BB Trap RT



LTE Slide if Tight. If Split run Fade. (TAG – CUT)	LT Slide (TAG – pull seal IN/OS)	LG Pull – Kick Out first defender past PSG.	C SAB IN	RG SAB IN	RT Release – Seal LB inside	RTE Release - Seal LB inside if Tight. If Split run Fade.
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QB Reverse pivot then turn backside and hand ball off to B-back and continue on bootleg path faking run. Do not fake a pitch. Just spin hesitate as the WB goes by and then continue pivot and hand off. GOOD FAKE!!	B-Back Counter step to backside guards outside hip and then turn back playside following BSG. Take handoff and get upfield behind the BSG. Follow backside guard to hole. Cut upfield at first sight of daylight and stay small and get up field. Aim at the Center's PS hip.	M-Back Rocket motion. Fake rocket sweep and rock cradle as you go by BB. Then fake hard for 10 yards up field. The better your fake the more defenders will try and move to the perimeter.	C-Back Release outside and then get upfield and seal first defender you come to in the secondary. Do on to touch DE let the WB hold the DE. If the DE starts crashing in then we can seal him in as he gets used to you releasing.
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Notes:

MOMA – if NT presents a problem and no backside 1 or 2 tech then have him MOMA.

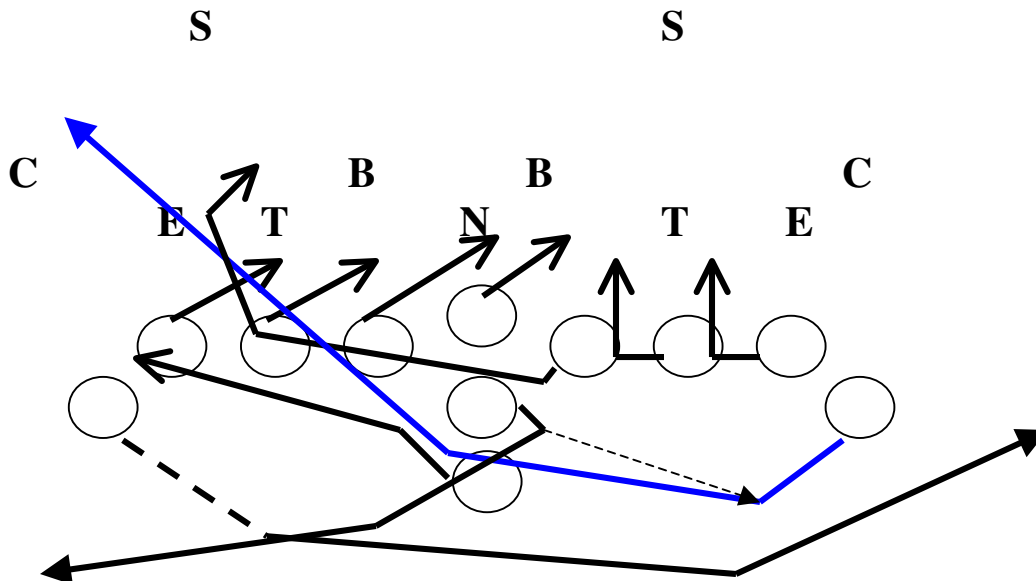
The counter step can be a wide step to sell the backside rocket action.

Split – CRACK or STALK can be called .

Loose – DOUBLE CRACK, CRACK, or STALK.

TIGHT Formation

Play Rocket CB Power Left



LTE SAB IN	LT SAB IN	LG SAB IN	C SAB IN	RG Kick- Out first man to cross your face.	RT Slide TAG = pull and seal I/O. Seal any PS leakage off.	RTE Slide If Split run Fade Route
If Split run Fade route						

QB Spin and toss ball to CB. The toss path is going to be a bit longer then a super power toss. Soft toss and complete spin and get depth and fake bootleg. Your bootleg fake should pull the DE deep and wide. You must fake the bootleg well.	B-Back Take a cross over step towards the BSG's inside hip and kick out the first defender to cross your face. If that defender is pinching or scrapping log him into the LOS.	M-Back Rocket motion...fake sweep. Rock cradle when you past the BB and then fake the sweep up field for 10 hard yards.	C-Back Take a good drop step that takes you under the tackle and look for the toss. As you secure the toss follow the BSG into the hole. Get up field to daylight and get to the boundary.
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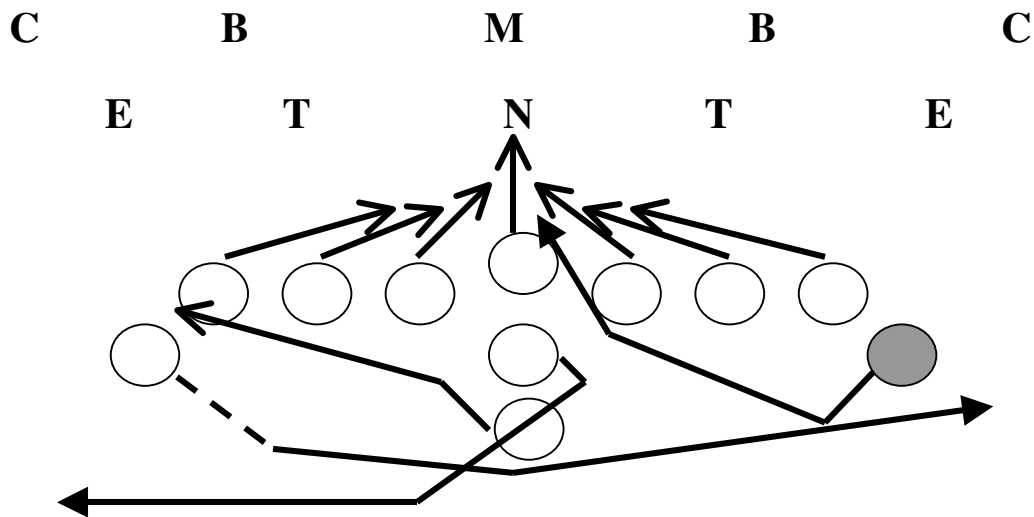
If the DE to the rocket side is over playing the sweep and the defense is starting to over pursue the rocket action then hitting back against the grain with the CB power will be a big play.

Split – CRACK or STALK
Loose – DOUBLE CRACK, STALK

TIGHT Formation

Play Rocket CB Wedge Right

S



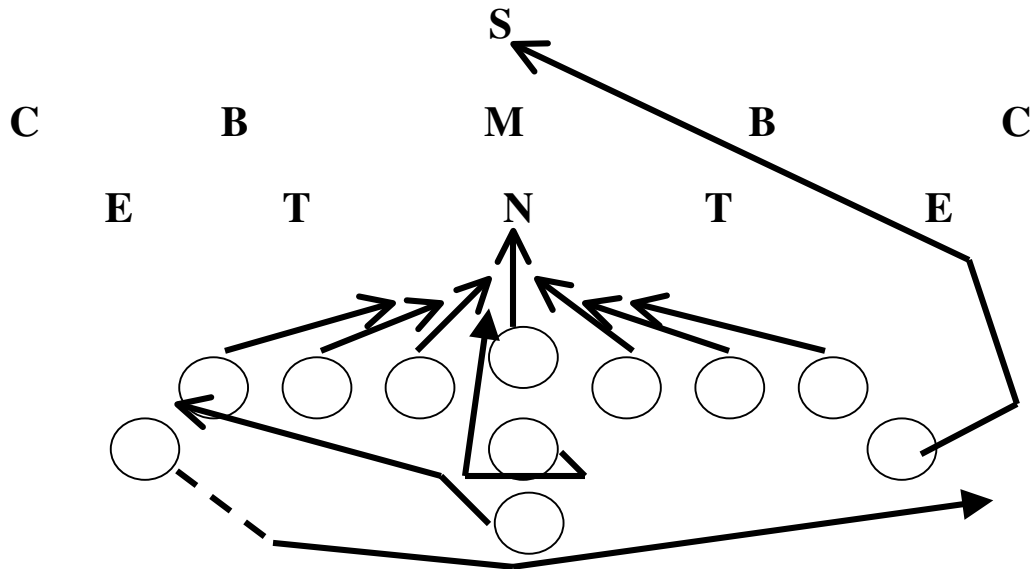
<p>LTE Step inside drive Rt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>	<p>LT Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>LG Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.</p>	<p>C 1) Drive forward if NT drive him back if not then a MLB should be your target as you drive forward.</p>	<p>RG Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield</p>	<p>RT Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RTE Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>
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<p>QB Pivot and hand off (or shuffle pass) ball to CB and then continue with spin and bootleg out to backside. Your bootleg must force the DE to defend you so that the CB can get into the wedge and upfield.</p>	<p>B-Back Take a cross over step towards the PSG's inside hip then step towards playside. You must block the first defender that you see cross your face as you move down. If the EMLOS is wide and/or boxes kick him out with your head to the inside to lock him outside. If the EMLoS is tight and/or crashes inside step wide and then log him inside by getting your head to the outside shoulder and driving him into the LOS and let the rest of the blockers and the runner flow under.</p>	<p>M-Back Rocket motion and fake sweep action. Rock cradle when you pass the QB and the fake sweep for 10 yards up field. Your fake must pull the DE with you so that the CB can clear and get into the wedge.</p>	<p>C-Back Take a drop step and then move inside between the QB and the LOS. Take an inside handoff and get into the wedge. Press into the centers back and stay in the wedge. If the wedge stops or begins to break apart find a seam and get in to it and explode up field to daylight.</p>
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This can also be a shovel pass to the CB by adding Tight Rip CB Wedge Rt Shovel Pass. This is a good way to shore up a slow exchange and since it is a forward pass it will not be a fumble if miss handled. Make sure you notify the sideline judge when you call it.

TIGHT Formation

Play Rocket QB Wedge



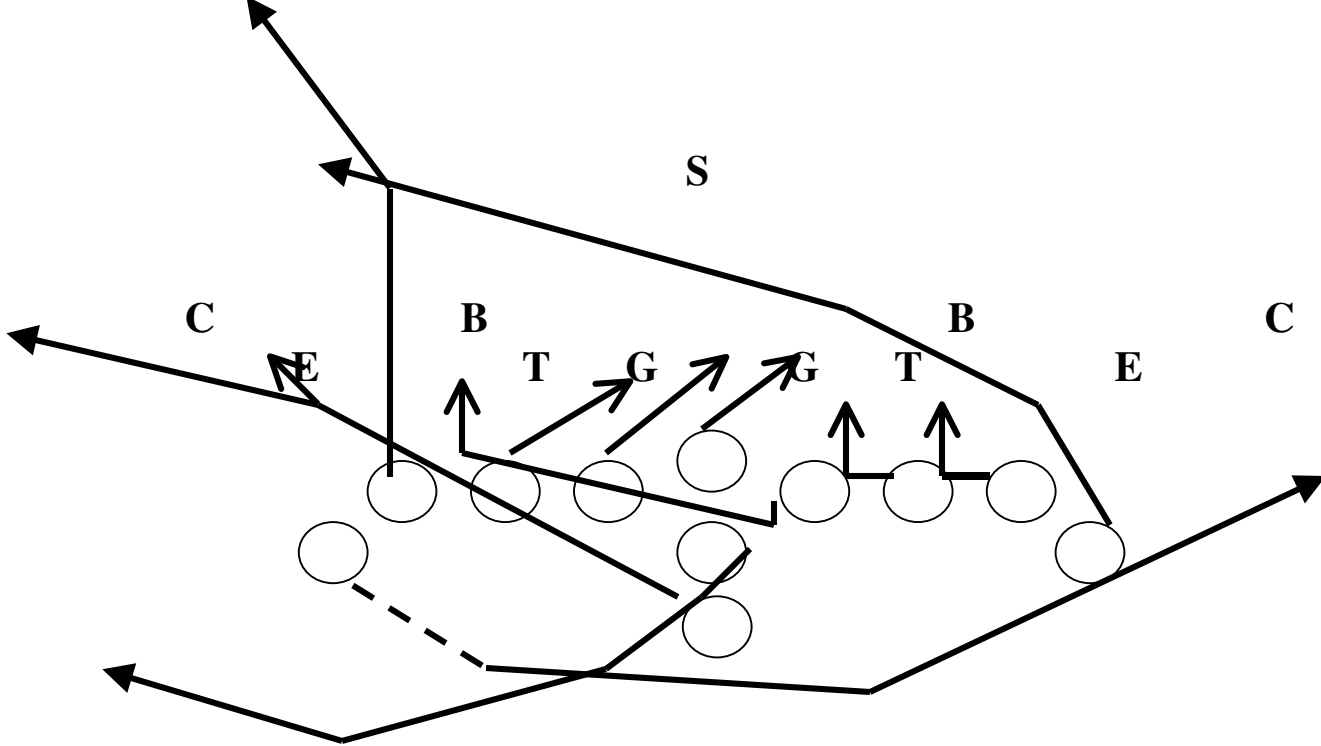
<p>LTE Step inside drive Rt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>	<p>LT Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>LG Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.</p>	<p>C 1) Drive forward if NT drive him back if not then a MLB should be your target as you drive forward.</p>	<p>RG Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield</p>	<p>RT Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RTE Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>
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<p>QB Pivot and let MB fake sweep then complete your spin and get into the wedge. Get into the back of the center and push the wedge. Stay small. If it stops or breaks apart find a crease and explode into daylight and get up field.</p>	<p>B-Back Take a cross over step towards the PSG's inside hip then step towards playside. You must block the first defender that you see cross your face as you move down. If the EMLOS is wide and/or boxes kick him out with your head to the inside to lock him outside. If the EMLQS is tight and/or crashes inside step wide and then log him inside by getting your head to the outside shoulder and driving him into the LOS and let the rest of the blockers and the runner flow under.</p>	<p>M-Back Rocket motion and fake sweep action. Rock cradle when you pass the QB and the fake sweep for 10 yards up field. Your fake must pull the DE with you so that the CB can clear and get into the wedge.</p>	<p>C-Back Release to outside acting as if you are going to reach the 2nd man but instead work up field and inside and block the first secondary defender you come to.</p>
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This can also be a shovel pass to the CB by adding Tight Rip CB Wedge Rt Shovel Pass. This is a good way to shore up a slow exchange and since it is a forward pass it will not be a fumble if miss handled. Make sure you notify the sideline judge when you call it.

TIGHT Formation

Play Rocket QB Power Sweep Waggle Pass LT



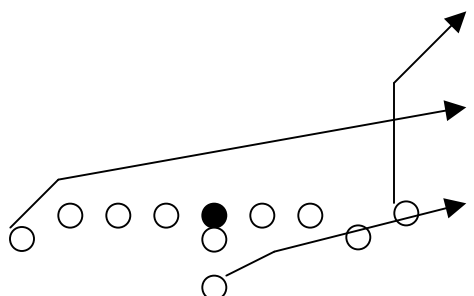
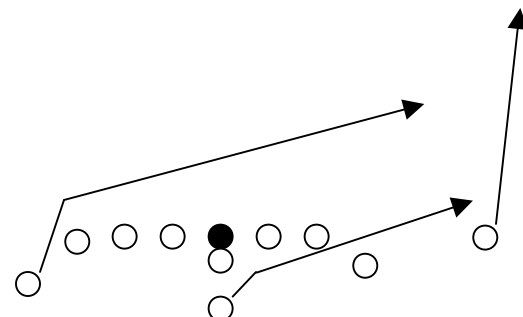
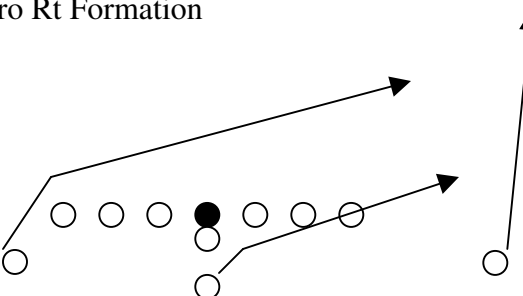
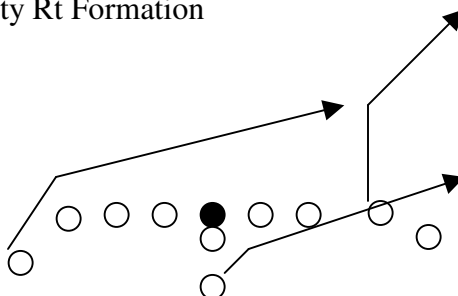
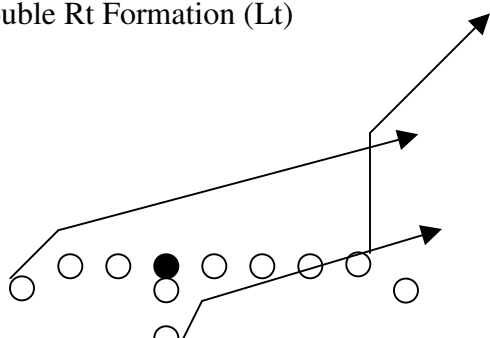
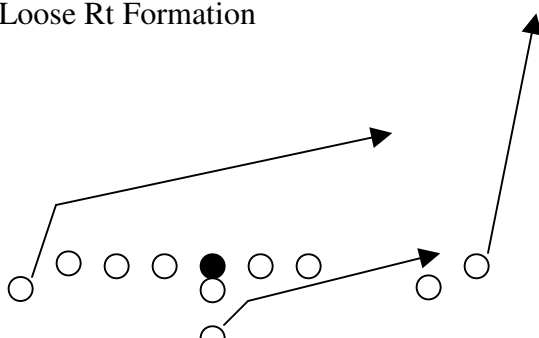
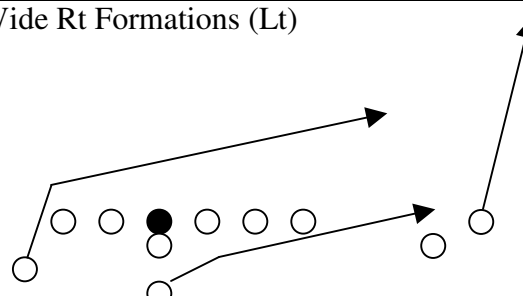
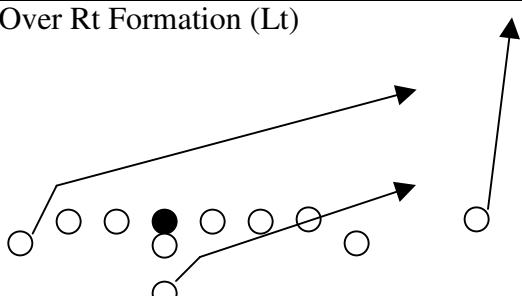
LTE Post if Tight. If Split run Fade. If the QB runs or the FB or CB catch the ball PEEL BACK BLOCK.	LT SAB IN	LG SAB IN	C SAB IN	RG Pull and reach 1 st defender to show past PST – IN/OUT	RT Slide (TAG – pull and reach 2 nd defender as RG does)	RTE Slide if Tight. If Split run Fade. (TAG – CUT)
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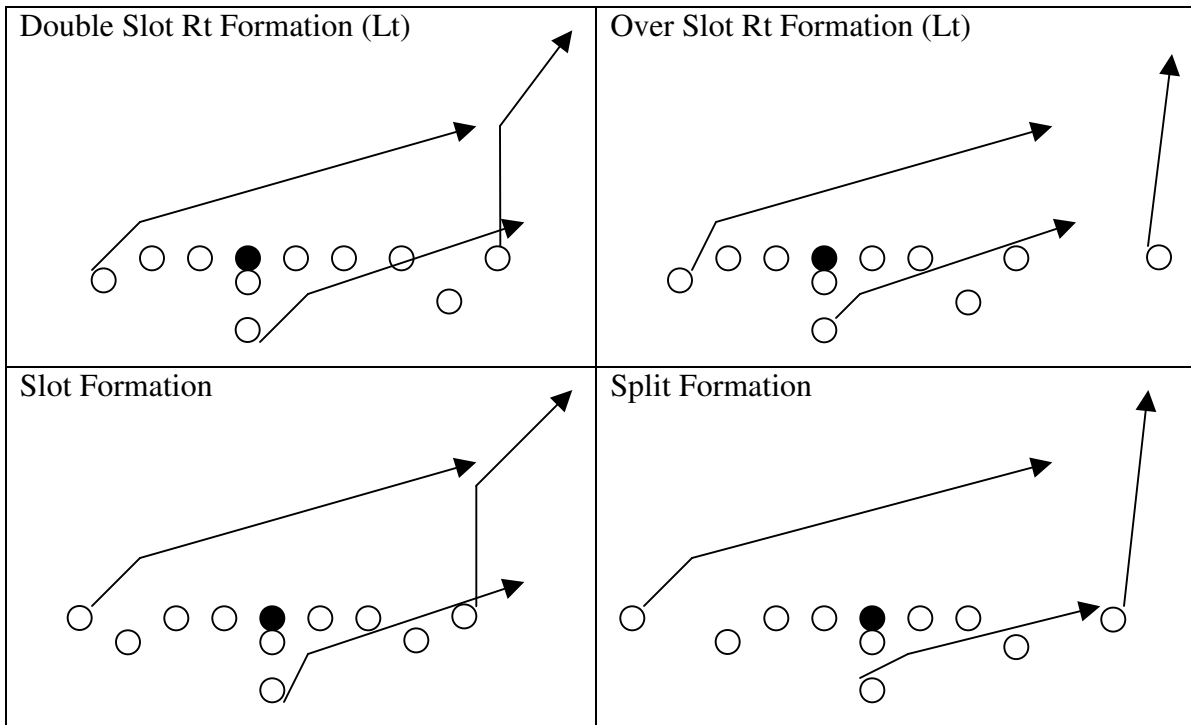
QB Pivot to right side and hand fake to WB faking sweep. Make sure you let the hand drag away from the WB as you go by. This will assist in the faking action and pull away defenders. Take a few lazy steps as your hand drags and then take off to sell the DE inside. As soon you gain depth and take off look for the FB as you move outside. The read is FB/CB/End or LO to HI. If you feel pressure GO!	B-Back Lead step to playside. Aim for DE's outside shoulder and nail him to take him off course. Just a hard bump on the OS shoulder to take him off stride. Get into the flat ASAP and get your head around for the ball. IF THE QB RUNS – PEEL BACK BLOCK.	M-Back Rocket Sweep and rock cradle as you go by the QB and then fake sweep up field for 10 yards. Good Fake is the key to this play!!	C-Back Release inside as if SAB IN. Gain depth and get to the other side. As you pass the center start looking for the ball as you gain depth. IF THE QB RUNS OR THE FB CATCHES THE BALL PEEL BACK BLOCK.
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Notes:

- CB POST tag** – tells CB to run a post route. He is the primary receiver.
- CB FADE tag** – tells CB to run a fade route on backside. He is the primary receiver.
- CB SEAM tag** – tells CB to run a seam route on the backside. He is the primary rxr.
- BSEND FADE** – tells BS end to run a fade route and he is primary.
- MB FLY tag** – tells MB to run a fly down the backside. He is the primary receiver.
- END POST tag** – tells play side end to run a post route. He is the primary receiver.
- KEEP tag** – tells QB to keep it and run.

Base Formation List

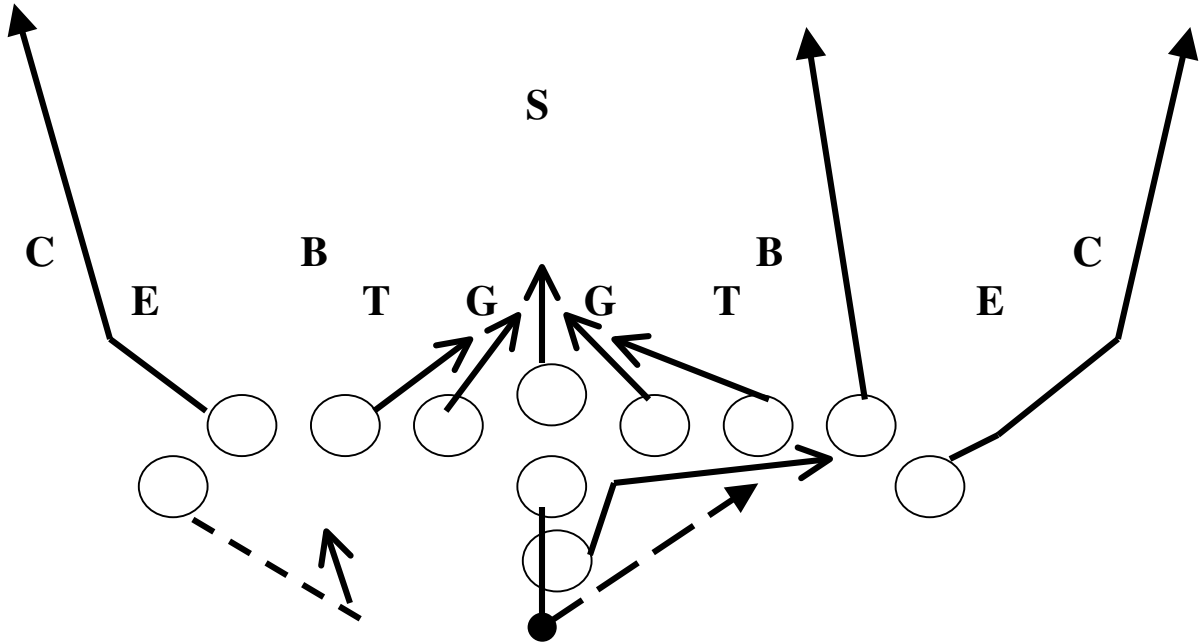
<p>Slot Rt Formation</p> 	<p>Split Rt Formation</p> 
<p>Pro Rt Formation</p> 	<p>Nasty Rt Formation</p> 
<p>Double Rt Formation (Lt)</p> 	<p>Loose Rt Formation</p> 
<p>Wide Rt Formations (Lt)</p> 	<p>Over Rt Formation (Lt)</p> 



The Waggle pass out of the Rocket seems to me to be a better play. The simple fact that the BB is going wrong way already doesn't give anything away about the play. The pressure placed on the rocket side perimeter defenders and secondary places additional pressure on the backside to defend counters leaving the pass wide open. This can be a staple play of the rocket series.

TIGHT Formation

Play Rocket Stop QB WEDGE FADE PASS RT



LTE OS Release FADE	LT Wedge	LG Wedge	C Wedge	RG Wedge	RT Wedge	RTE TE – OS release SEAM SE – OS release FADE
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<p>QB 3 step drop. (1 step if timing issue with wedge)</p> <p>READ is OUTSIDE INSIDE on playside. FADE – SEAM.</p> <p>Cover 1 and Cover 2 fade will be open. Cover 2 and 4 Seam should be open.</p> <p>If you feel pressure get upfield at 45 degrees towards daylight ASAP. Tuck Ball and aim for OS hip of OT.</p>	<p>B-Back Cross over step to PSG's inside hip and kick out the first defender to cross your cross.</p> <p>Do not drive out to far instead hit your target drive him and keep him in the hole so it clogs the lane up and forces the defenders to flow outside and around.</p>	<p>M-Back Rocket Stop motion turn back to backside and seal any defender coming. You must seal INSIDE to OUTSIDE. No defender must cross your face and get inside.</p> <p>Step up and seal the inside off.</p>	<p>C-Back If WB – OS release FADE If Slot – IS release SEAM</p>
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Notes:

STAY tag – tells BSTE to stay in and wedge. This seals off a DT in a 3 or 4 tech.

COFFIN tag – tells inside receiver to run a quick out at 5 under the fade.

ALL STAY tag – tells both TE's to stay in and wedge. One receiver route.

MB SWING tag – tells MB to run a swing route wide to PS. He is primary.

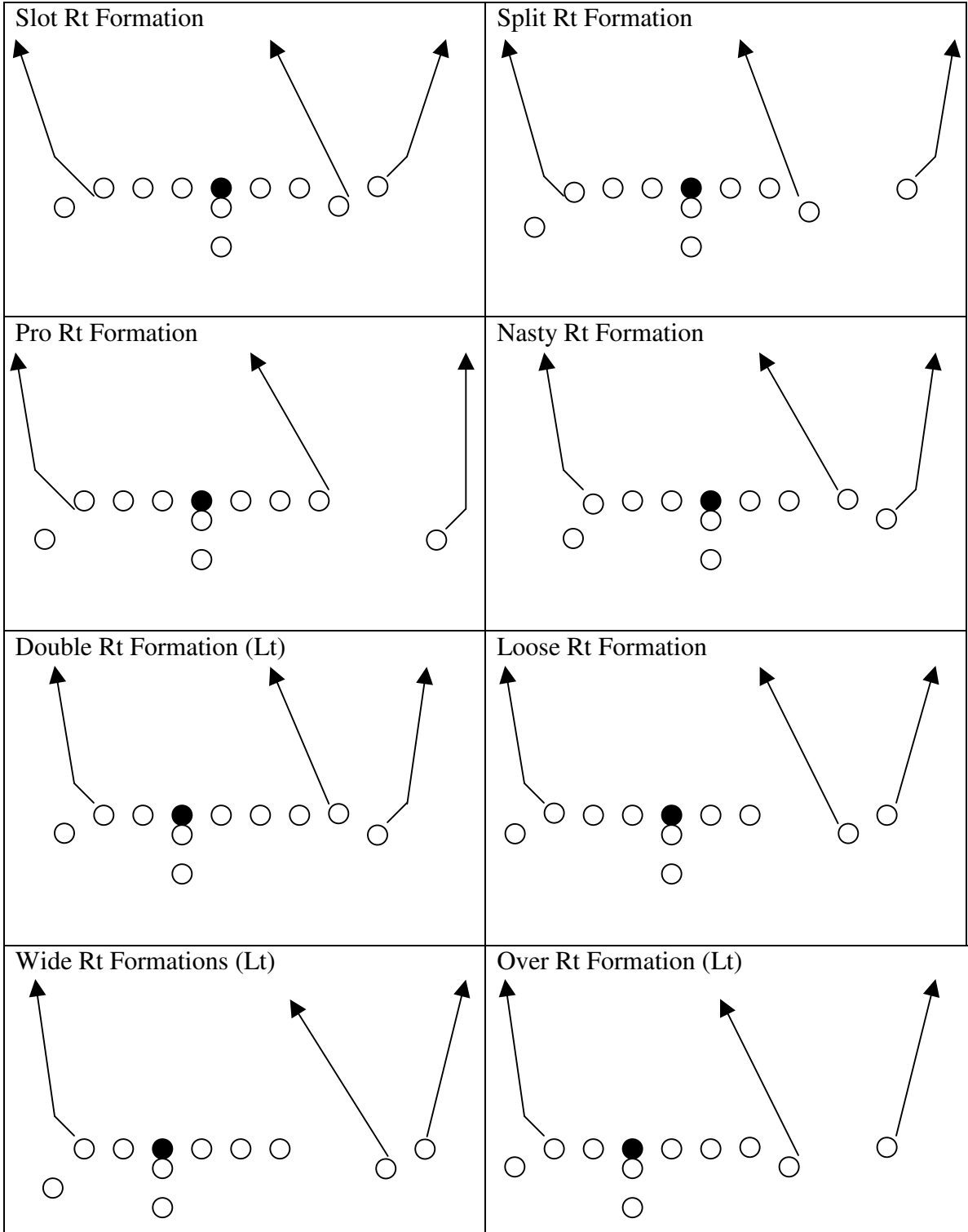
BB FLAT tag – tells BB to execute a chip and flat route BS. He is primary.

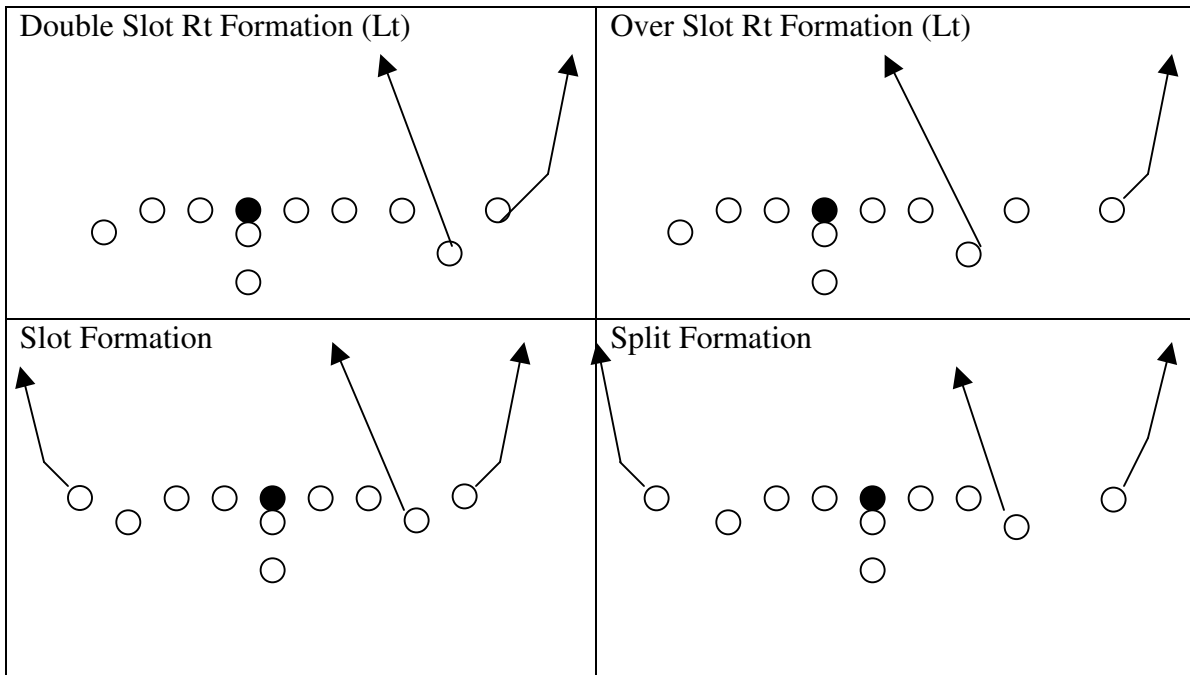
END FADE tag – tells BSE and QB that his route is primary.

LOOK – tells the PSWB or PS inside receiver to execute a look in. Primary.

GOAL LINE – tells all of the receivers to execute a short fade (to corner of end zone) and the inside receiver executes a look in. Normal read OS/IS.

Base Formation List





Can use Counter Fade Pass RT as well. BB kicks out backside with BSG kicking out playside using SAB IN blocking.

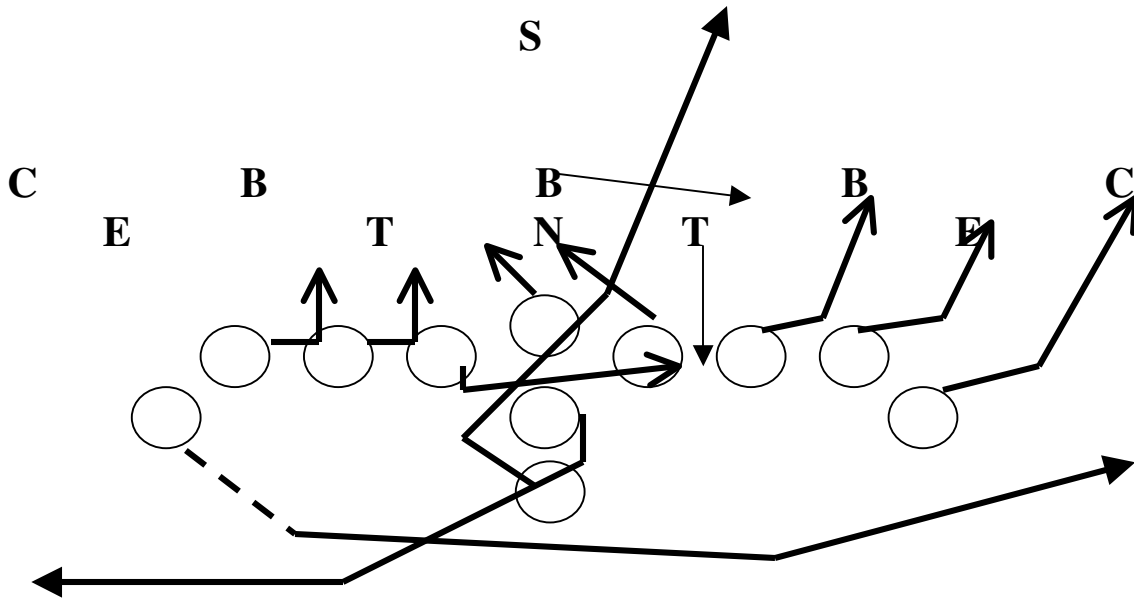
Double Slot Rt and Over Slot Rt are End over formations and the last man on the LOS on the backside is a OT. He is not eligible. If you don't play in a back restricted league (as I do) but a weight restricted league then you can make this guy eligible on the backside. Just make sure you inform the ref that he is eligible.

There are two ways you can execute the Playaction wedge protection. One is to have them execute it as a normal wedge (my preference) or to execute it as a gather the wedge and stop. I think the normal wedge is perfect and if the pass action is executed well you will never be called for an illegal man down field. Bear in mind that you are throwing this when the defense is stacking on the wedge action and the LOS so your wedge as slowed and it shouldn't travel more then 2 yards in that case by the time the pass is made.

This is a vertical attack scheme that allows us to attack behind the playaction. If the defense is over committing to stopping the wedge this can be a game breaker.

TIGHT Formation

Play Rocket Creep Sweep Rt (Rocket BB Creep Sweep Rt)



LTE Slide if Tight. If Split run Fade. (TAG - CUT)	LT Slide (TAG - pull seal IN/OS)	LG Pull - Kick Out first defender from PSG.	C SAB IN	RG SAB IN	RT Reach to 1	RTE Reach to 2. If Split run Fade.
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QB If the CB yells FIRE you hand off the BB on a reverse pivot handoff and continues spin into bootleg fake. If no call then pivot and soft toss the ball behind the PST at belly button depth so that the MB runs into the ball. Do not pitch it near or to him.	B-Back Counter step to backside guards outside hip and then turn back playside following BSG. Take handoff and get upfield behind the BSG. Follow backside guard to hole. Cut upfield at first sight of daylight and stay small and get up field. Aim at the Center's PS hip.	M-Back Rocket motion. Gain depth behind the B-back so that you are five yards deep behind the PST. As you go by the PSG look for the ball. Secure it and get outside and get up field to daylight. If the ball doesn't come rock cradle and fake hard for ten yards up field.	C-Back Reach to 3 - If you count 4 men outside. YELL - FIRE. This will tell the QB to handoff to the BB.
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Notes:

MOMA - if NT presents a problem and no backside 1 or 2 tech then have him MOMA.

The counter step can be a wide step to sell the backside rocket action.

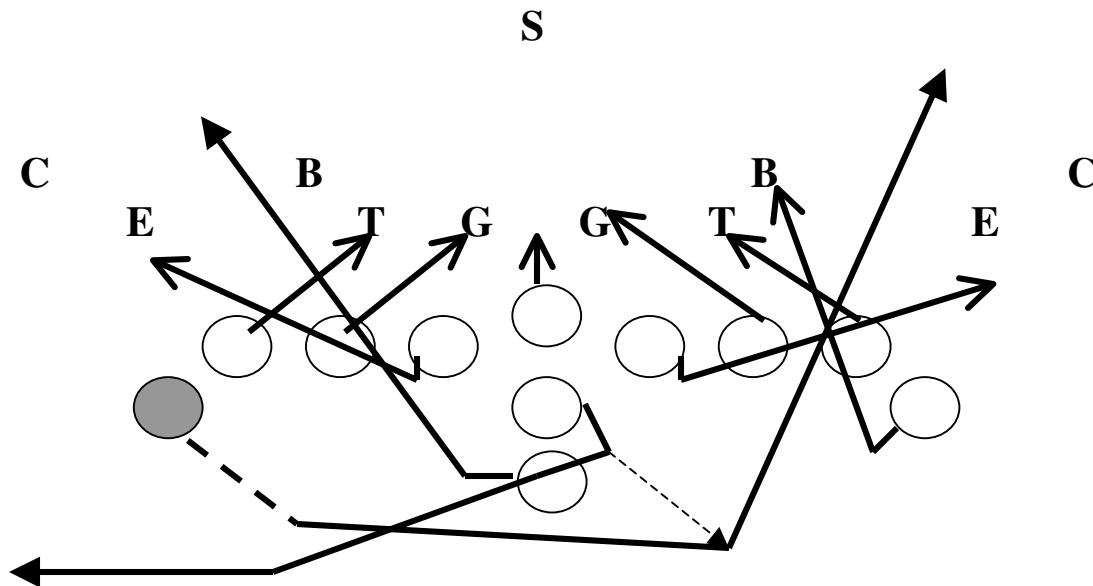
Split - CRACK or STALK can be called .

Loose - DOUBLE CRACK, CRACK, or STALK.

This to me is the best way to run this play. It gives the QB an option to either Sweep or "give" to Trap in one play. Basically getting two plays in one.

TIGHT Formation

Play ROCKET Dog Rt (Rocket BB Dog Lt)



LTE SAB IN if Tight. If Split run Fade.	LT SAB IN	LG Pull outside and kick out 1 st defender to cross your face.	C SAB IN	RG Pull outside and kickout 1 st defender to cross your face.	RT SAB IN	RTE SAB In if Tight. If Split run Fade.
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<p>QB If you hear fire reverse pivot and hand off ball to BB and complete rotation and gain depth faking bootleg .</p> <p>If giving to MB same as rocket toss. Soft toss complete rotation and bootleg to backside.</p> <p>The better your bootleg fake the more pressure you apply to the BSCB and BSLB.</p>	<p>B-Back Take a quick jab step to backside then freeze and let QB spin. If he spins and goes under you with out handing the ball off immediately fake (rock cradle) and hit hole for 10 yards.</p> <p>If the QB spins and hands ball off hit hole to daylight fast and get up field and to the boundary quickly.</p>	<p>M-Back Rocket motion.</p> <p>Take a cross over step look to gain depth so that you are 5 yards behind the PST for ball. As you secure ball cut inside aiming at the PST's outside hip following the CB lead block. Get up field and to daylight.</p>	<p>C-Back</p> <p>Drop step and let NG kick out EMLOS and then lead into hole and seal first defender IS/OS. If a defender blitzes trap him inside just like a PART IN block.</p> <p>If you see more then four defenders inside of you yell FIRE to tell the QB to give to the BB.</p> <p>If PSLB goes wide let him go and seal first LB coming PS.</p>
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If Split – Crack or Stalk can be called

If Loose – Crack, Double Crack, or Stalk can be called

Add CB (Tight Buck Rt CB Wedge Sweep Rt) if you want to swap the MB and CB.

This is another good play that if you see four outside you can now turn it up inside or if you see the backside over pursuing or rotating over to rocket action you can hit them with a belly play to the BB. This can be paired up with the Creep and using signals you can use just these two plays and really put the defense in a pickle.

Chapter 14 - Running the Bull and the Bear

These formations are derived from my use of the Calande Beast formation. It is a direct snap formation that I used at the beginning of the season with good success. My center had a problem with getting a consistent snap of so we decided to go back to a indirect snap and had a great deal of success with this offensive series.

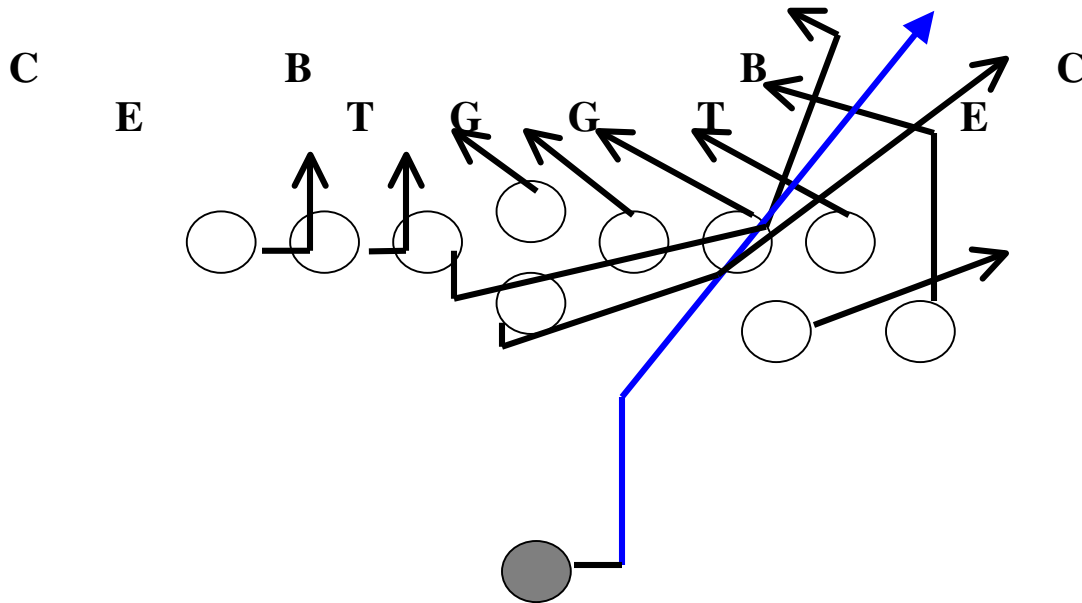
It has a great deal of power due to the BB and CB being aligned on side of the formation and the MB being at a depth to run the ball. It does of a good deal of misdirection but since the backfield is some what focused on one side it becomes a little easier to read the misdirection for the defense.

I have had a good amount of success with this formation and the BB shovel wedge is a back breaker for most defenses.

Bear Formation

Play SUPER POWER RT

S



LTE Slide (TAG – Shoeshine)	LT Slide (TAG – pull and seal off leakage and then seal IN/OS)	LG Pull and seal first defender looking IN/OS.	C SAB IN	RG SAB IN	RT SAB IN	RTE SAB IN
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<p>QB Quick, short motion- call for the ball quickly. Spin and toss the ball as you “fall backwards” in the direction of the playside end. Step first with the left foot and pivot on your right foot, so that the left foot lands about 3 o’clock. Spin & toss a soft ball at number height – but no higher.</p> <p>Get your eyes around to playside and look at the BB.</p> <ul style="list-style-type: none"> • If he kicks out, run inside his block and seal first defender Outside In. • If he LOGS or is jammed inside you seal next man Outside In as you go UNDER him. 	<p>B-Back Take cross over step and kickout the first defender to cross your face. Since you aligned in the C gap you need to account for any defender from PSTE out.</p> <p>A defender over the PSTE can either be kicked out or logged dependant on his action. If he is sitting on the LOS or scrapping log him otherwise kick him out. Otherwise follow your normal rule of Kick/Log.</p>	<p>M-Back At the snap take one lateral step with the playside foot then get downhill as you look for the ball. Secure the ball and then follow your BSG into the hole. DO NOT TAKE THIS WIDE.</p> <p>Read your blockers – at the first sign of daylight you get up field.</p> <p>If the BB kicks out the blockers go inside of him you follow and explode into daylight. If the BB logs the blockers will go under and outside you go inside of the log and the blockers and explode up field to daylight. UPFIELD TO DAYLIGHT!!!</p>	<p>C-Back Release so that you avoid any contact with EMLOS or inside defensive lineman.</p> <p>Get inside and squeeze the LOS and seal the first LB coming playside. Get your head to the outside so that the LB is sealed. DONOT LET A DEFENDER CROSS YOUR FACE!!!</p> <p>DINGO – move up to the LOS on DOWN and set. SAB IN. (used on a tough 6 or 9 that can’t be kickout or logged by BB) TIGER – SAB OUT (Used on a crashing or sliding 8)</p>
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Notes:

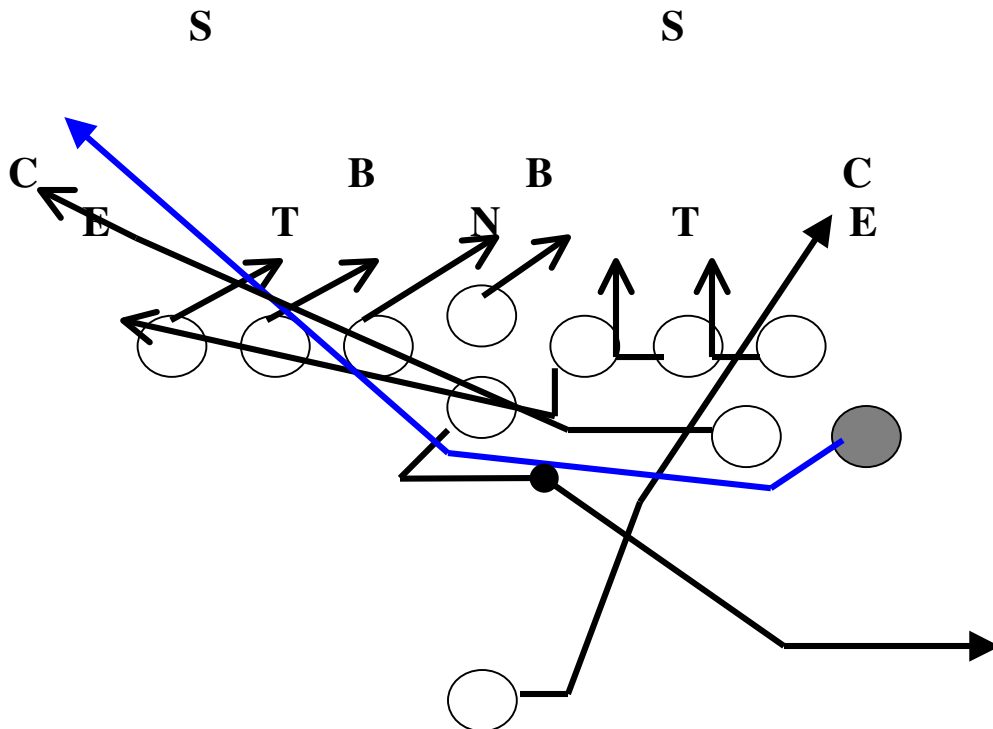
DOUBLE – QB AND BB both kick out a tough EMLOS

MOMA – Center blocks a NT (Man On Man Away)

LOG – tells the BB to log block the EMLOS.

Bear Formation

Play Lead CB Counter Left

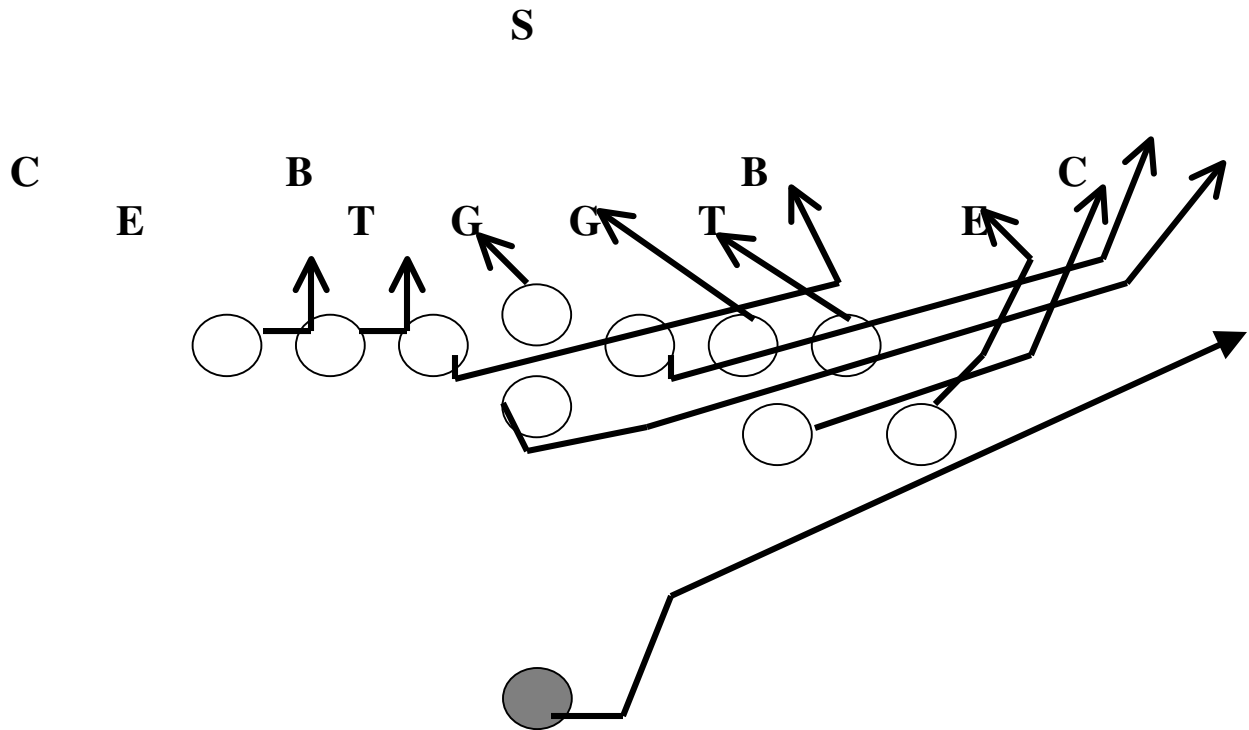


LTE SAB IN	LT SAB IN	LG SAB IN	C SAB IN	RG Kick- Out first man to cross your face.	RT Slide TAG = pull and seal O/L. Seal any PS leakage off.	RTE Slide TAG = cut
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<p>QB Step around with the left foot to 5 o'clock. STAY LOW AND HIDE THE BALL. Take one additional step with the right foot to 3 o'clock. You should be parallel to the LOS and facing the C-Back.</p> <p>As you move down the line give an inside handoff to the C-back and watch the ball in then continue to gain depth and bootleg outside.</p>	<p>B-Back Cross over step and follow BSG into hole. Seal the first defender you come to OS/IS.</p>	<p>M-Back At the snap take one lateral step with the playside foot then aim for the BST's outside hip this will clear you of the BB and CB's path.</p> <p>As you get near the LOS track to the DE's inside hip and force him to go around you are face you.</p> <p>A great fake will suck the DE right into you.</p>	<p>C-Back Good Drop-step, follow the BB into the hole, take inside handoff, cut inside to the first daylight you see behind the guard's kick out block, break outside when you get past the LOS.</p> <p>DO NOT CUT BACK INSIDE.</p>
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Bear Formation

Play Power-G Sweep Rt (Power Sweep Rt)



LTE Slide if Tight. (TAG – CUT)	LT Slide (TAG – pull seal IN/OS)	LG Pull – seal in IN-OUT	C SAB IN	RG Pull – log first open defender O/S of EMLOS	RT SAB IN	RTE SAB IN
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QB Super power spin and toss action. Gain some depth to get under the PSWB’s reach and the BB’s log. If the BB kicks out the CB go inside of him. This will signal the MB to run inside as well. Block the first defender you come to OUTSIDE/IN.	B-Back Release under the CB’s Reach block and log the first defender you come to.	M-Back Take a lateral step to playside then aim at the PST’s outside hip and secure toss. As soon as you secure the toss cut to the outside aiming for the CB’s outside hip. Get to daylight.	C-Back Reach-Down EMLOS Head Up/Outside DE – Reach to outside shoulder of defender and seal him in. As runner goes by work up field and seal of first defender to come playside. Inside Eye/Inside DE – Down block the defender inside and as the runner goes by release and seal as above.
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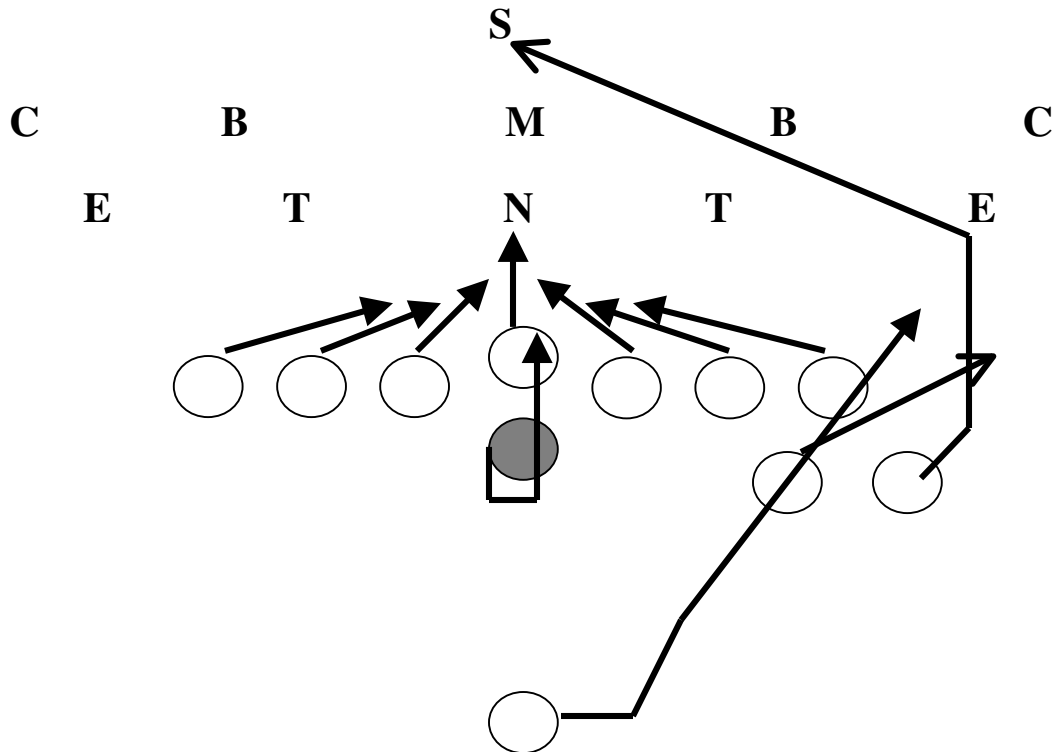
Notes:

G block – since the PSWB is reaching/downing the EMLOS the PSG must go under and log first defender outside. You can run this without the G as well.

Add CB (Tight Buck Rt CB Wedge Sweep Rt) if you want to swap the MB and CB.

Bear Formation

Play QB Wedge Right

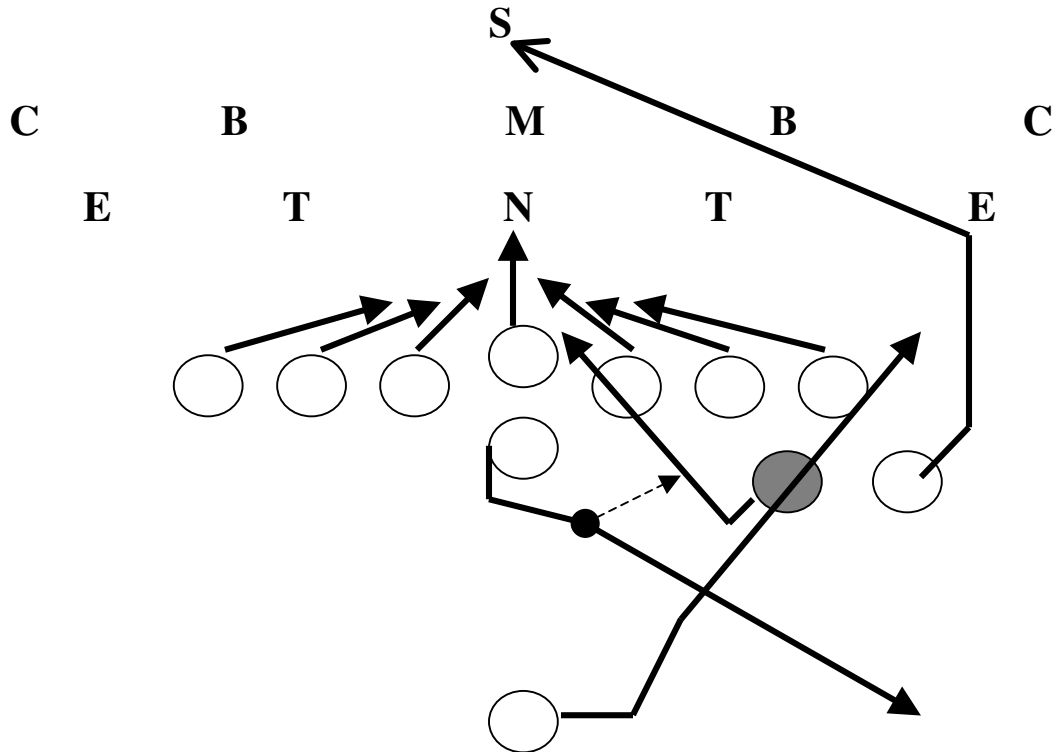


<p>LTE Step inside drive Rt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>	<p>LT Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>LG Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.</p>	<p>C 1) Drive forward if NT drive him back if not then a MLB should be your target as you drive forward.</p>	<p>RG Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield</p>	<p>RT Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RTE Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>
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<p>QB Spin and hesitate as the MB fakes super power and then complete spin into wedge. If wedge stops are breaks find a seam and explode into it and upfield.</p>	<p>B-Back Kick out first defender play side to cross your face.</p>	<p>M-Back At the snap take one lateral step with the playside foot then aim for the BST's outside hip this will clear you of the BB and CB's path. As you get near the LOS track to the DE's inside hip and force him to go around you are face you. A great fake will suck the DE right into you.</p>	<p>C-Back Release outside and work up to the second level and seal the first secondary defender you come to.</p>
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Bear Formation

Play BB Shovel Wedge Right

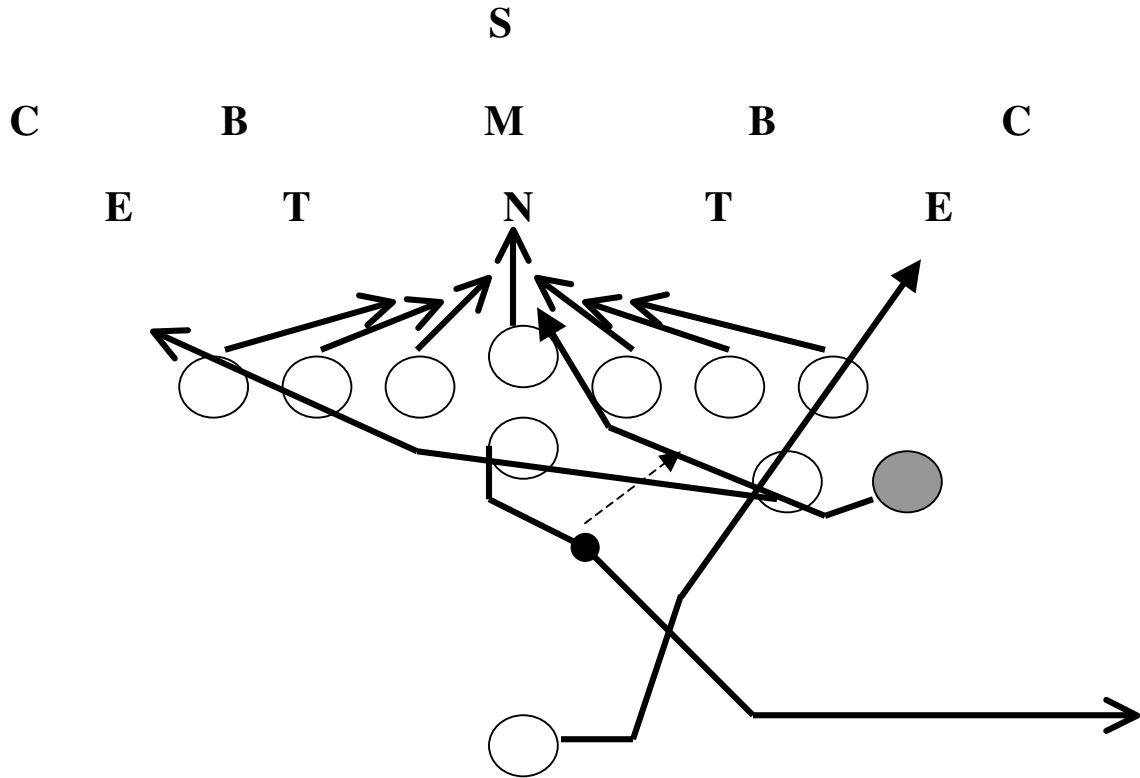


<p>LTE Step inside drive Rt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>	<p>LT Step inside drive Rt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>LG Step inside drive Rt. Shldr into center's ribs. Maintain contact and drive upfield.</p>	<p>C 1) Drive forward if NT drive him back if not then a MLB should be your target as you drive forward.</p>	<p>RG Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield</p>	<p>RT Step inside drive Lt. Shldr into guard's ribs. Maintain contact and drive upfield.</p>	<p>RTE Step inside drive Lt. Shldr into tackle's ribs. Maintain contact and drive upfield. If Split run Fade route.</p>
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<p>QB Spin as you face 5 o'clock shovel pass the ball to the BB as he goes into the wedge. Finish by gaining depth and bootlegging to playside.</p>	<p>B-Back Drop step to the inside look for the shovel pass as you move towards the wedge. Get in the wedge. If it stops or breaks apart find a seam and explode into it and up field.</p>	<p>M-Back At the snap take one lateral step with the playside foot then aim for the BST's outside hip this will clear you of the BB and CB's path. As you get near the LOS track to the DE's inside hip and force him to go around you are face you. A great fake will suck the DE right into you.</p>	<p>C-Back Release outside and work up to the second level and seal the first secondary defender you come to.</p>
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Bear Formation

Play Rip CB Shovel Wedge Right



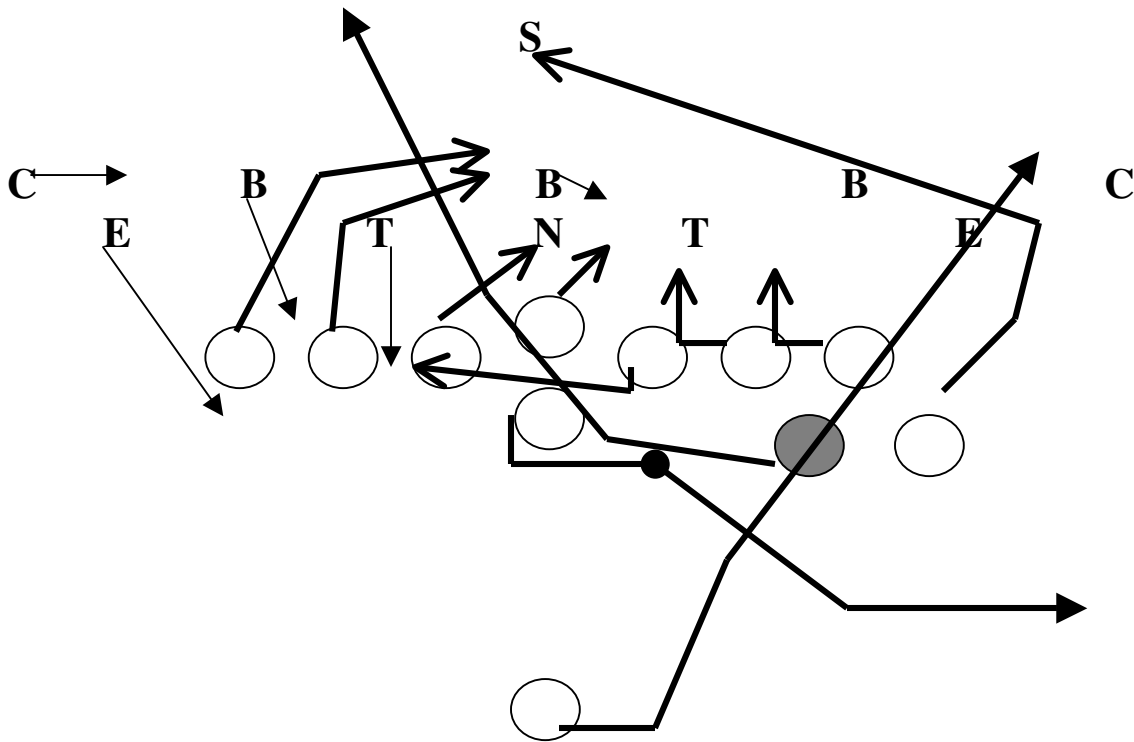
LTE Wedge	LT Wedge	LG Wedge	C Wedge	RG Wedge	RT Wedge	RTE Wedge
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<p>QB Spin as you face 5 o'clock shovel pass the ball to the BB as he goes into the wedge. Finish by gaining depth and bootlegging to playside.</p>	<p>B-Back Cross over step and hug the LOS as you move to BS to kickout the first defender to cross your face.</p>	<p>M-Back At the snap take one lateral step with the playside foot then aim for the BST's outside hip this will clear you of the BB and CB's path. As you get near the LOS track to the DE's inside hip and force him to go around you are face you. A great fake will suck the DE right into you.</p>	<p>C-Back Take a quick drop step and move inside looking for the shovel pass and then get into the wedge fast. If it stalls or breaks apart find a seam and explode into it and upfield.</p>
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This is set up to look like a CB counter play but is actually a CB wedge play.

Bear Formation

Play BB Trap LT



LTE Release - Seal LB inside if Tight.	LT Release – Seal LB inside	LG SAB IN	C SAB IN	RG Pull – Kick Out first defender past PSG.	RT Slide (TAG – pull seal IN/OS)	RTE Slide if Tight. If (TAG – CUT)
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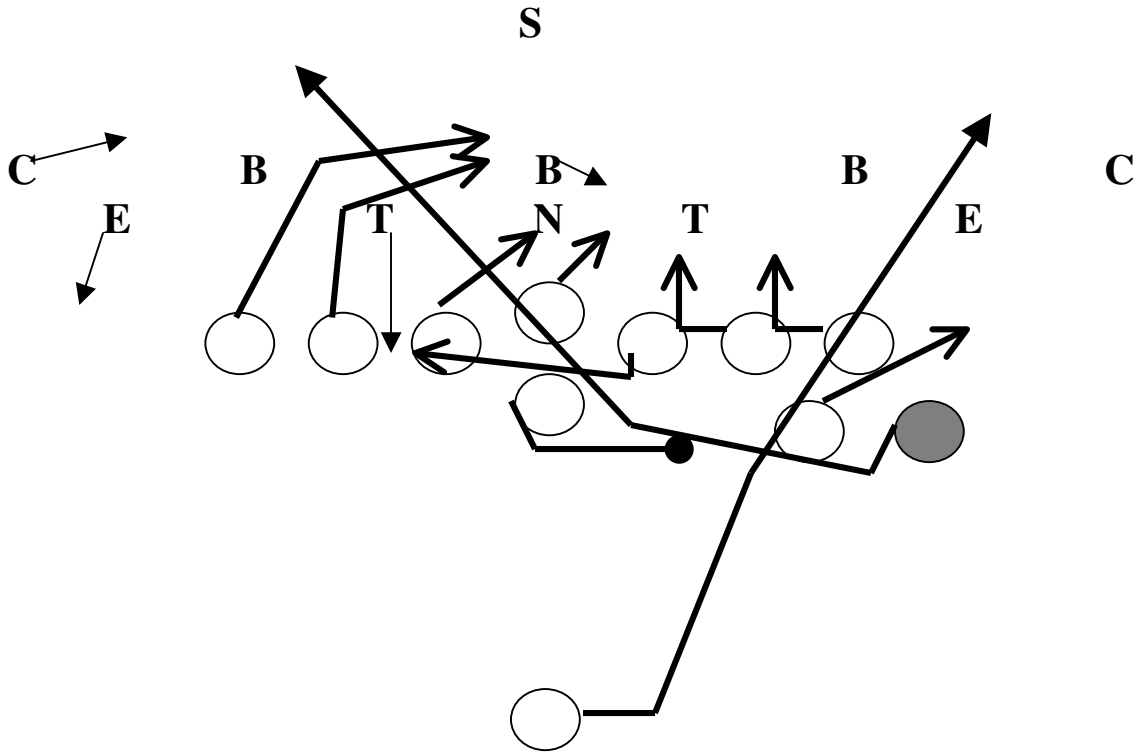
QB Spin and hand off ball to BB on inside hand off. Then gain depth and bootleg playside.	B-Back Cross over step and take hand off from QB and follow BSG into hole. Do not go outside of BSG. At first daylight get upfield and work to outside.	M-Back At the snap take one lateral step with the playside foot then aim for the BST's outside hip this will clear you of the BB and CB's path. As you get near the LOS track to the DE's inside hip and force him to go around you are face you. A great fake will suck the DE right into you.	C-Back Release outside and then get upfield and seal first defender you come to in the secondary.
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Notes:

MOMA – if NT presents a problem and no backside 1 or 2 tech then have him MOMA.

Bear Formation

Play CB Trap LT (Lead CB Trap Lt)



LTE Release - Seal LB inside.	LT Release – Seal LB inside	LG SAB IN	C SAB IN	RG Pull – Kick Out first defender past PSG.	RT Slide (TAG – pull seal IN/OS)	RTE Slide if Tight. (TAG – CUT)
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QB Super power spin action. As you come around hand the ball off to the backside of the CB and complete rotation and kickout the first defender that crosses your face. Gain a little depth to go under the BSG's trap.	B-Back Kickout first Defender to cross your face back side. If LEAD is called cross over and follow BSG into hole. LEAD block Outside/Inside.	M-Back At the snap take one lateral step with the playside foot then aim for the BST's outside hip this will clear you of the BB and CB's path. As you get near the LOS track to the DE's inside hip and force him to go around you are face you. A great fake will suck the DE right into you.	C-Back Drop step as counter. Move inside aiming between the QB and Center. Take the inside handoff and get up field at first daylight. Stay inside of the BSG's trap block. Work to outside. Do not cut inside.
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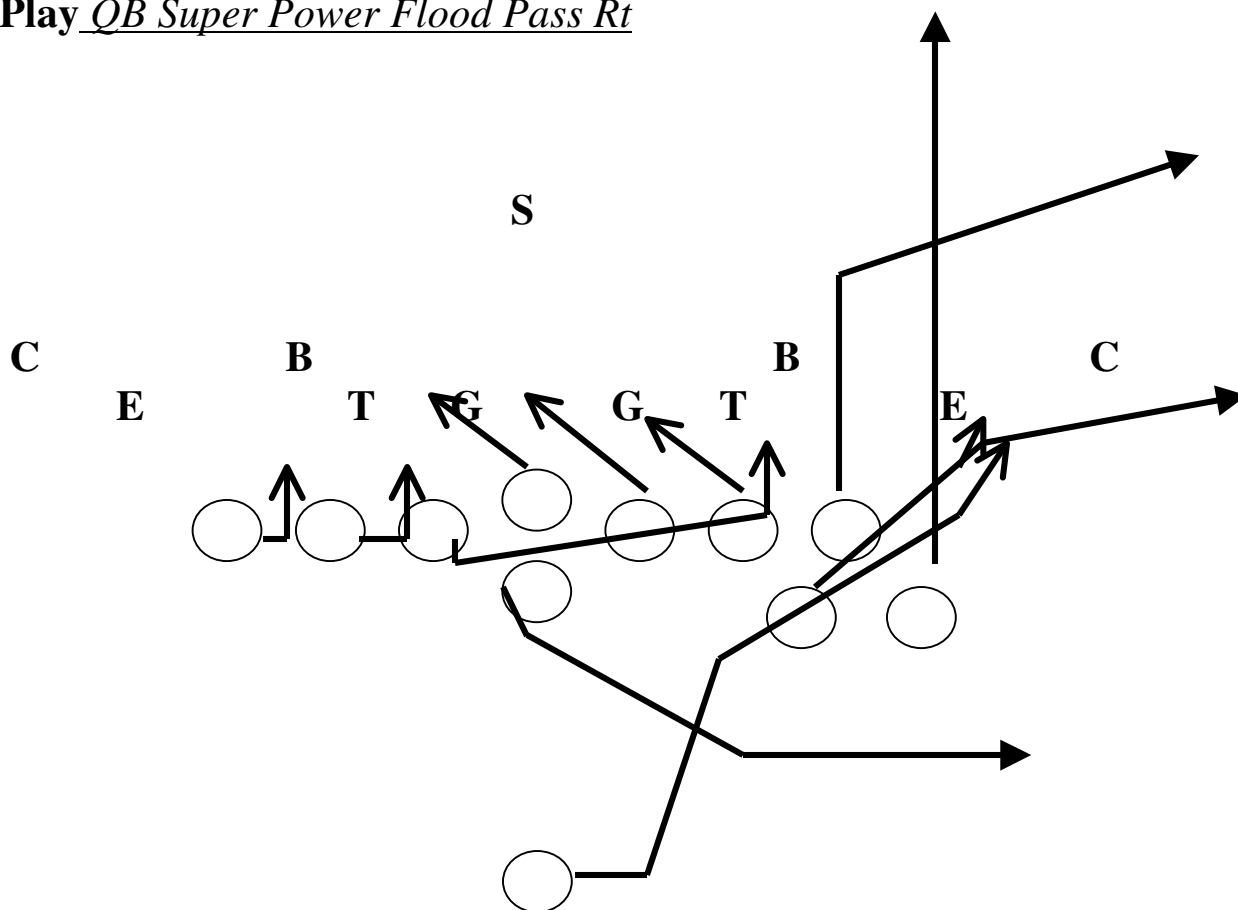
Notes:

MOMA – if NT presents a problem and no backside 1 or 2 tech then have him MOMA.

This is a great change up misdirection play if the BSLB is squatting on the counter and the interior line is charging up field. This creates a seam in the defense on the backside that can be exploited. If the BSLB is cross keying when he sees the handoff he will more than likely step up to the C gap thinking counter and the CB will have an open seam on the B gap and upfield. Adding Lead will give you a good blocker on the BSLB as well if he is too slow to react or is sitting on the 2nd level.

Bear Formation

Play QB Super Power Flood Pass Rt



LTE SLIDE block.	LT Slide	LG Pull and log 1 st defender to show past the PSG – IN/OUT	C SAB IN	RG SAB IN	RT SAB IN	RTE Run a out route. 2 nd read
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<p>QB Super Power Fake and gain depth fast and bootleg outside.</p> <p>Read Lo/Hi (BB to PSTE) if the BB is open GIVE it to him ASAP. If not go to next read (PSTE). If neither is open GO!</p> <p>If you feel pressure GO!</p> <p>Read is Lo Hi (Flat / Out).</p>	<p>B-Back Cross over step to playside. Aim for DE's outside shoulder and nail him to take him off course. Just a hard bump on the OS shoulder to take him off stride. Get into the flat ASAP and get your head around for the ball.</p> <p>You are the primary receiver.</p> <p>IF THE QB RUNS – PEEL BACK BLOCK.</p>	<p>M-Back At the snap take one lateral step with the playside foot then aim for the BST's outside hip this will clear you of the BB and CB's path.</p> <p>As you get near the LOS track to the DE's outside hip and log him inside off the BB's bump block</p>	<p>C-Back Run a fly route upfield. Get away from the LOS fast!!!</p> <p>Once you get past the linebackers get upfield and look for the ball to pull the safety. Your job is to pull the safety up field towards you.</p> <p>If FB or TE catches the ball or QB runs Peel block.</p>
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Notes:

- Keep Tag = QB keeps it while everyone runs their route and then peel back blocks.**
- CB Fly = CB fly route (outside receiver) is primary route. End Fly if end is outside.**
- CB Post = CB runs a post route and is primary. End Post if end is outside.**
- BSEND Fade = BS End runs a fade route and is primary.**
- BSEND Post = BS End runs a post route and is primary.**

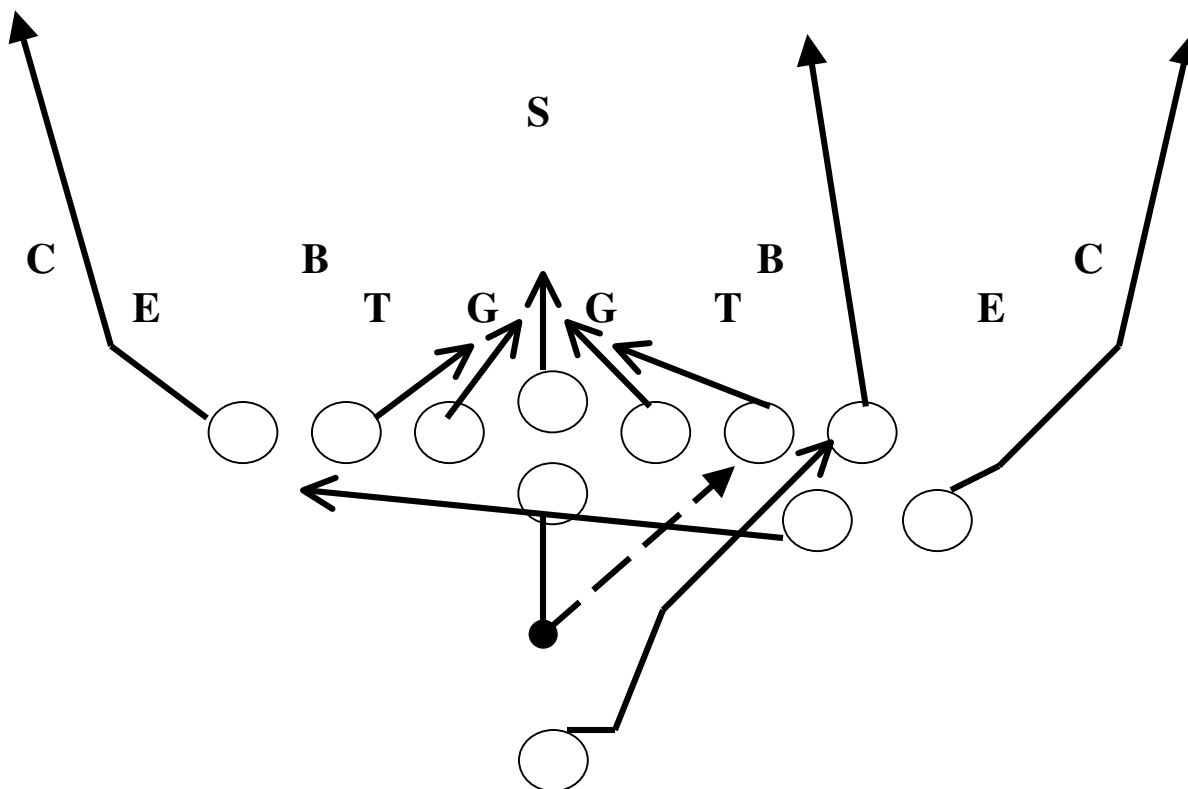
Note- Each receiver must realize that if a receiver in the lower level catches the ball they must peel back block for him or if the QB runs they must do the something as well.

Note – The QB must “GIVE-GO” meaning if he sees the FB open throw the ball NOW! OR go to the next read if that is not open get up field.

The POWER PASS Action is for bootleg/rollout passing. The BSG guard pulls and reaches the first defender past the PSG while the BSWB seals the first defender past the PSWB.

Bear Formation

Play QB WEDGE FADE PASS RT



LTE OS Release FADE	LT Wedge	LG Wedge	C Wedge	RG Wedge	RT Wedge	RTE TE – OS release SEAM
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<p>QB 3 step drop. (1 step if timing issue with wedge)</p> <p>READ is OUTSIDE INSIDE on playside. FADE – SEAM.</p> <p>Cover 1 and Cover 2 fade will be open. Cover 2 and 4 Seam should be open.</p> <p>If you feel pressure get upfield at 45 degrees towards daylight ASAP. Tuck Ball and aim for OS hip of OT.</p>	<p>B-Back Cross over step to PSG's inside hip and kick out the first defender to cross your cross.</p> <p>Do not drive out to far instead hit your target drive him and keep him in the hole so it clogs the lane up and forces the defenders to flow outside and around.</p>	<p>M-Back</p> <p>At the snap take one lateral step with the playside foot then aim for the BST's inside hip this will clear you of the BB.</p> <p>Block the first free defender you see inside out as you near the Los. This can be a PSDT, PSLB , PSDE.</p>	<p>C-Back OS release FADE</p>
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Notes:

STAY tag – tells BSTE to stay in and wedge. This seals off a DT in a 3 or 4 tech.

COFFIN tag – tells inside receiver to run a quick out at 5 under the fade.

ALL STAY tag – tells both TE's to stay in and wedge. One receiver route.

MB SWING tag – tells MB to run a swing route wide to PS. He is primary.

BB FLAT tag – tells BB to execute a chip and flat route PS. He is primary.

END FADE tag – tells BSE and QB that his route is primary.

LOOK – tells the PSTE to execute a look in. Primary.

GOAL LINE – tells all of the receivers to execute a short fade (to corner of end zone) and the inside receiver executes a look in. Normal read OS/IS.

This is it. I hope everyone that gets a copy enjoys it and can get some use out of it.

If you see any typos please email the page number and location.

If you have any questions or comments please feel free to email me at jack.Gregory@globalcrossing.com.

I would like to personally thank Derek Wade, Ted Seay, and Kevin Thurman. Three gentlemen that I respect a great deal and have taught me a lot about football. They are awesome minds of football and great men.

**Thanks,
Jack**

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