8 MAN FOOTBALL – WING OFFENSE

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BENEFITS OF WING OFFENSE

-Can run a variety of offensive concepts:
  - Wing T – Great misdirection set – Pressure on Defensive alignment
  - OPTION
  - Power football – ISO-Toss-Keep
  - 3 vertical threats for passing game
  - Forces teams to play a 3 Front – Wing is hard to cover and deal with
  - Stresses Safety Alignment – cover TE, Flanker, help with Z receiver?
WING SET – VS. 3 FRONT

OLINE Splits—depends on front and alignment week to week
Default in Pistol – 3 yards
RB – 3-4 yards hidden by QB
Flanker (2 back) – 3 x 1 yard splits – depends on play call
WR (Z) – edge of Numbers – depends on play call
WING RT AND WING LT

FORMATIONS - PAGE 1

Wing RT.

9 yards

X G C G 2

1

3

Z

WING LT.

9 yards

Z

G C G X

2

1

3

Z—Line up 15 yards off of the 2 Flanker

2—Receiver stance, inside foot up, toe at heel of Tackle - 3 yards outside Tackle (we do widen splits with certain teams every week, but basic alignment is 3 yards unless changed).

1(QB) - 3 yards behind center, shoulder width stance, slightly staggered.

3—2 1/2 yards behind QB, 2 point stance, straight line behind QB and Center to remain partially hidden.
MOTIONS

FORMATIONS: MOTIONS AND RUNNING GAME

HOLE NUMBERS

Z

ALL MOTIONS ARE FULL SPEED!!!!!

Out LT—OUT MOTION FOR 2 Back, QB Times the motions-If Flanker gets within 5 yards they settle and pump there feet.
*Can not have any forward movement before the snap.

JET RT—2 Flanker Motions Across the formation to different alignments based on the play.

B RT—2 Flanker Motion in the back field.

Rip Motion-Motion to the center and back to different alignments based on the play.
OLINE RUN CALLS

Wing RT.

Short - Play side Guard loop pulls around outside—typically targeting OLB.
Long — Back side Guard pulls to play side to play hole call
Long Power — Back Side Guard pulls to play side DE.
Racer — Double Pull from both Guards to play call
Speed — Play side Double Team DE to MLB with 2 back
Option — Play side to MLB
*Back side guard basic rule—don’t let DE cross face and work 2nd level
RACER PACKAGE:

- Some wing T concepts
- Double Guard Pull
- Good for misdirection
- Good for Read Option
- Need a few line checks in case of blitz, nose guard gap, or 4 front
2—no motion, replace 3 on snap-mesh point as soon as fake happens
Center-Work across Nose until not a threat
RT Guard—Pull around LT DE—trying to match up with MLB-if shoots gaps stops and picks him up
LT guard—Pull around LT DE—trying to match up with OLB-Help on DE if Wide-post to OLB
X—HOOK DE
QB-Reverse out—complete turn around so ball is hidden
3—slide step left-see’s QB Ball Go-play fake-responsible for RT DE-doesn’t have to hold long
*Must sell fakes to get flow angles for blocks
*Mesh points takes lots of practice
-Run Belly Dive with a fake as well
WING RT 32 BEND 27 RACER
RACER RT PULL
WING RT 32 BEND 27 RACER
Wing RT Gun LT 34 fake 27 Racer Read RT

2—time hand off mesh-behind QB
Center-inside nose
RT Guard—Long Pull
LT guard—Short Pull
X—hook DE
QB-read RT DE-chasing play—pull
3—play fake to OLB

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WING RT 32 BEND 27 RACER
WING RT 31 Bend X Racer RT

2—Hook RT DE
Center-Work across Nose until not a threat
RT Guard—Pull around RT DE—Match up with OLB-Help Hook RT DE if widens
LT guard—Pull around RT DE—Match up with MLB-Meet him in gap if he comes
X—mesh point after 3 back fake
QB-Reverse out—complete turn around so ball is hidden
3—slide step RT-see’s QB Ball Go-play fake-responsible for LT DE-doesn’t have to hold long
*Must sell fakes to get flow angles for blocks
*Mesh points takes lots of practice
-Run Belly Dive with a fake as well
WING RT 31 BEND X RACER RT
WING RT 31 BEND X RACER RT
WING RT 31 BEND X RACER RT
WING RT 31 BEND X RACER RT
2—Hook RT DE
Center-Work across Nose until not a threat
RT Guard—Pull around RT DE—Match up with OLB-Help Hook RT DE if widens
LT guard—Pull around RT DE—Match up with MLB-Meet him in gap if he comes
X—aim for MLB if good angle—to OLB
QB-Looks just like read option-Hips at RT DE-Long ride pull and GO
3—wait for ball in QB’s hands-long Ride—chip LT DE and out
*Must sell fakes to get flow angles for blocks
*
WING RT GUN RT 33 FAKE 16 RACER
WING LT GUN LT 34 FAKE 17 RACER
2—straight to DE
Center-Work across Nose until not a threat
RT Guard—Pull around RT DE to OLB—Help Hook in needed
LT guard—Pull around RT DE to MLB-stop in gap if he comes
X—Straight to OLB
QB-Read LT DE-if can make a play on 3 Back pull and go
3—wait for ball in QB’s hands-long Ride—must be patient for pulls to develop-look for cut back lanes
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Wing RT Speed RT

2 and RT Guard - Double Team DE to MLB—depending on DE alignment
Center—Work across Nose until not a threat
LT guard—Try to get hands of MLB—Work to safety—or 1st threat
X—Don’t let DE cross Face—try to seal OLB or work to safety
QB—Hard line off of 2’s heals—Read OLB—looking for easiest 3 yards—Speed is a QB play—don’t pitch very often
3—5 flat then option 5 x 1 orientation—QB tucks—work up field after 5 positive

*IF DE widens past flanker or is hard to deal with will run option at him instead of speed.
*Typically only into flanker side, if backside DE can be sealed will run it backside as well, typically run option end back side.
WING RT SPEED RT
STOCK BLOCK DOUBLE TEAM DRILL
2—Straight down the line—race to sideline and up
Center-Work across Nose until not a threat
RT Guard—work to MLB—Should have an angle if bites on Speed
LT guard—Short (Loop) Pull to OLB—unless blitzing his hole
X-Must seal DE—if widens LT guard will Post to OLB
QB-Hard line—inside handoff—carry out option fake
3—5 flat then option 5 x 1 orientation—carry out fake

IF play side DE widens to much we check to 3 hole cut.
Can run this as a fake and continue to run option to the RT.
WING RT SPEED RT 27 CNTR SHORT
WING RT SPEED RT 27 CNTR SHORT
2—Seal DE
Center-Work across Nose until not a threat
RT Guard—Short Pull to OLB
LT guard—Straight to MLB
X-Straight down the line—angle step—quick hand off
QB-Hard line—inside handoff—carry out option fake
3—5 flat then option 5 x 1 orientation—carry out fake
WING RT SPEED LT X CNTR RT SHORT
WING LT SPEED RT X CNTR LT SHORT
WING RT SPEED LT X CNTR RT SHORT
Wg RT JET LT Fake Toss 32CNTR Long power

Wing RT.

2—Motion on Set—Break feet down on 5 hole—Straight to OLB
Center-Work across Nose until not a threat
RT Guard—Straight TO OLB
LT guard—Long POWER Pull to DE—If too wide with check to Long—Straight to OLB
X—Straight to MLB
QB-Reverse out toss action—inside hand off
3–2 toss steps into CNTR.
*Must sell fakes to get flow angles for blocks
OLINE PULL – LONG POWER
KING LT FAKE TOSS 32 CNTR DOUBLE PULL
Wing RT JET LT 33 ISO

Wing RT.

2—Motion on Set—Break feet down on 3 hole—Straight to OLB
Center-Work across Nose until not a threat
RT Guard—Try to reach MLB-Peel Back and Pick up backside OLB
LT guard—Straight to MLB
X—Out block DE
QB-Hips at DE—Show read Option
3—3 hole carry
*Easy play, can run in any hole—if into wing side we loop 2 through the 2 hole NO motion
-Check system on hole calls—can easily audible to speed or toss
-Good Play action set
WING RT JET LET 33 ISO
WING LT JET RT 34 ISO
Wing RT JET LT 37 Toss Short

Wing RT.

2—Motion on Set—Break feet down on 5 hole—Straight to OLB
Center-Work across Nose until not a threat
RT Guard—Try to reach MLB-Peel Back and Pick up backside OLB
LT guard—Short Pull to OLB—if MLB is shooting gaps, block straight up-pull call off
X—Hook block DE
QB-Reverse out toss—Can run as a lead look for scraping LB’s
3—5 flat—toss carry
*DE is too far outside can check ISO
*Can toss RT with No MO
*Call short off if MLB show blitz  *Can Call to 2 back with a B motion call
WING RT JET LT 37 TOSS SHORT
WING PASSING GAME

WING RT Drag, 2, 8—LUCY

2—has 2 route (slant) aims at MLB then flat
Center-slide pass protect RT
RT Guard—slide pass protect RT
LT guard—Slide Pass protect RT
X—has 8 route—POST—Stem Corner—read safety
QB-read drag to post to slant
3—check protection-auto to Lucy when TE has route

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WING RT DRAG, 8, 8 LUCY
WING RT JET LT 33 FAKE-7,8 MAX
EXAMPLES OF OPTION

WING RT

2—straight to OLB
Center—Work across Nose until not a threat
RT Guard—Pull to LT DE—*if inside of X check to Long pull to OLB
LT guard—Straight TO MLB
X—Straight to OLB—DE inside align fold down—RT check to OLB
QB—Read RT DE—if can make a play on 3 Back pull and go
3—wait for ball in QB’s hands—Long Ride through 3 hole—know the check if DE is inside
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WING RT B MO LT 31 TRIPLE OPTION