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

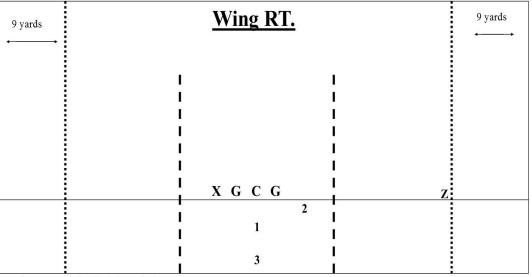


OLINE Splits—depends on front and alignment week to week Default in Pistol – 3 yards
RB – 3-4 yards hidden by QB
Flanker (2 back) – 3 x 1 yard splits – depends on play call

WR (Z) – edge of Numbers – depends on play call

WING RT AND WING LT

FORMATIONS - PAGE 1



- 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.

FORMATIONS - PAGE 1

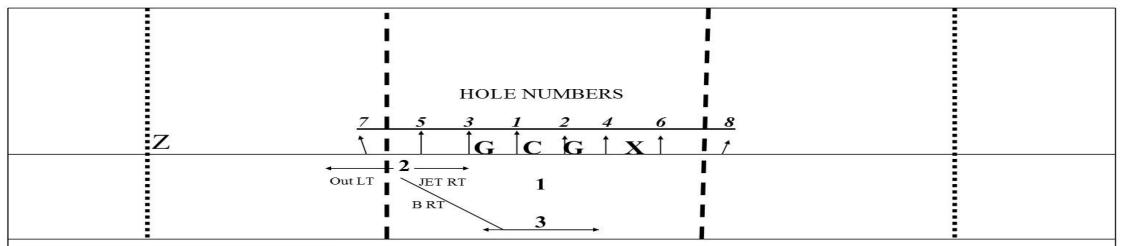
9 yards	WING LT.	9 yards ←
	i i	
Z		
7. V. 45. L. 60. 62 EV ANY/ED	3	

<u>Z—Line up 15 yards off of 2 FLANKER</u>
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.

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FORMATIONS: MOTIONS AND RUNNING GAME



ALL MOTIONS ARE FULL SPEED!!!!!

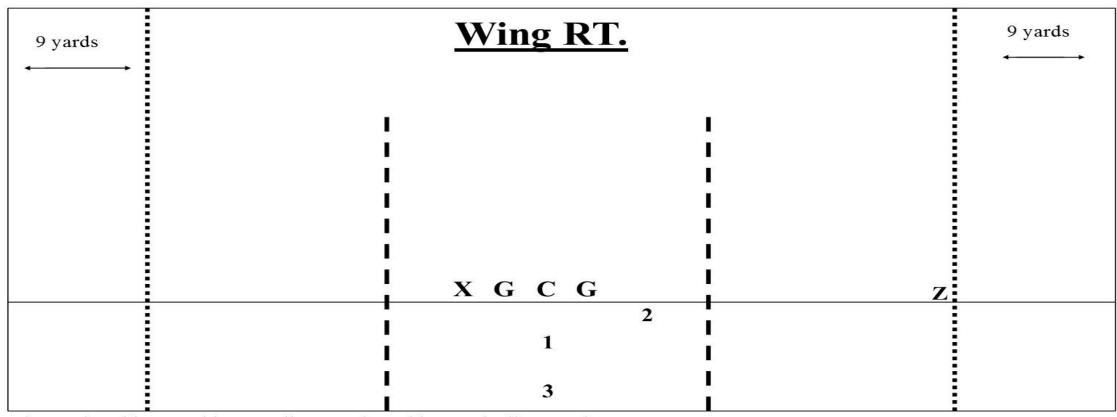
Out LT—OUT MOTION FOR 2 Back, QB Times the motions-If Flanker gets within 5 yards they settle and pump there feet. *Can not have any forward movement before the snap.

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



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

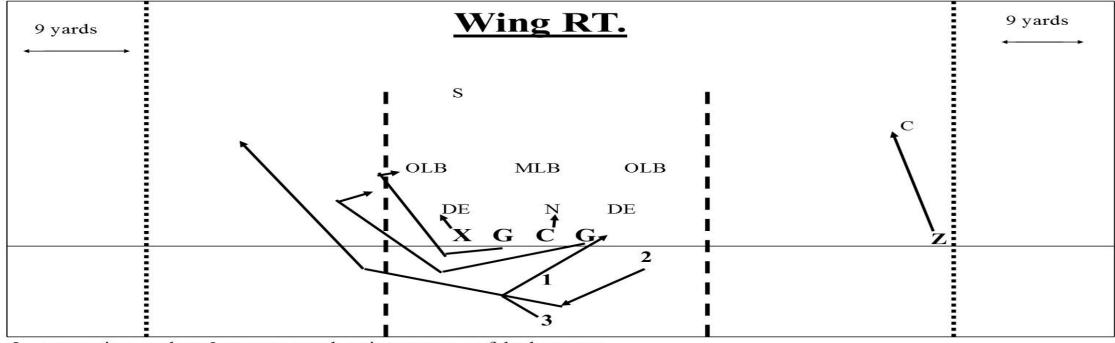
*Back side guard basic rule—don't let DE cross face and work 2nd level

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

WING RT 32 BEND 27 RACER

WING RT 32 BEND 27 RACER



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

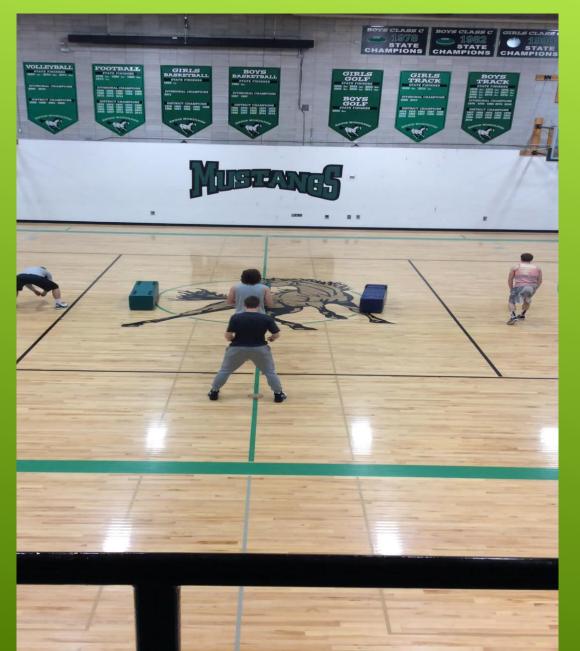
3-slide step left-see's QB Ball Go-play fake-responsible for RT DE-doesn't have to hold long

*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

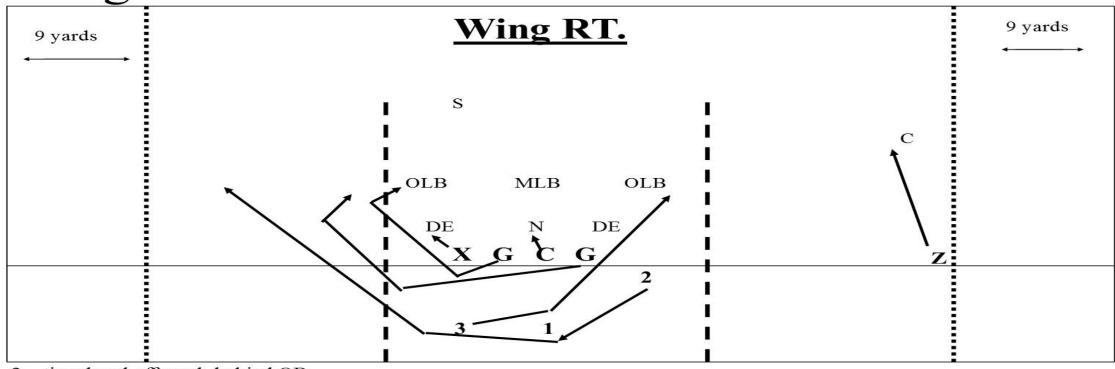


WING RT 32 BEND 27 RACER



WING RT GUN LT 34 FAKE 27 RACER READ RT

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

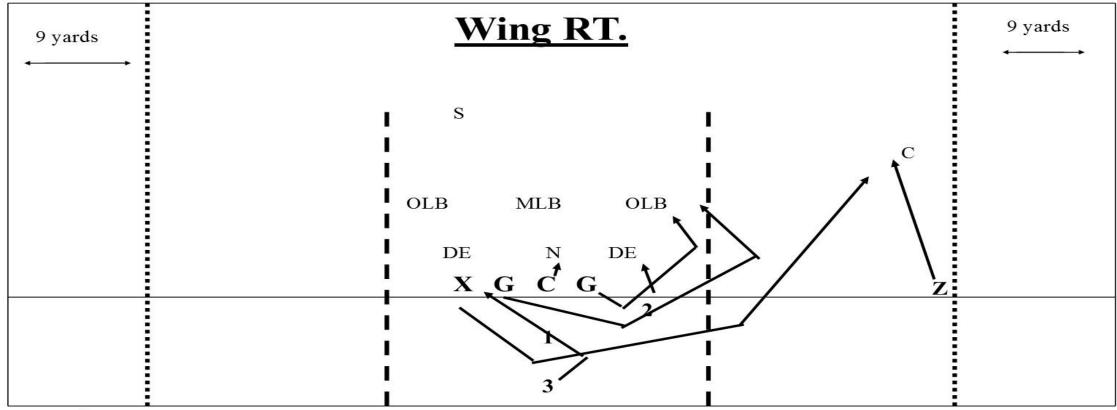
3-play fake to OLB

*

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



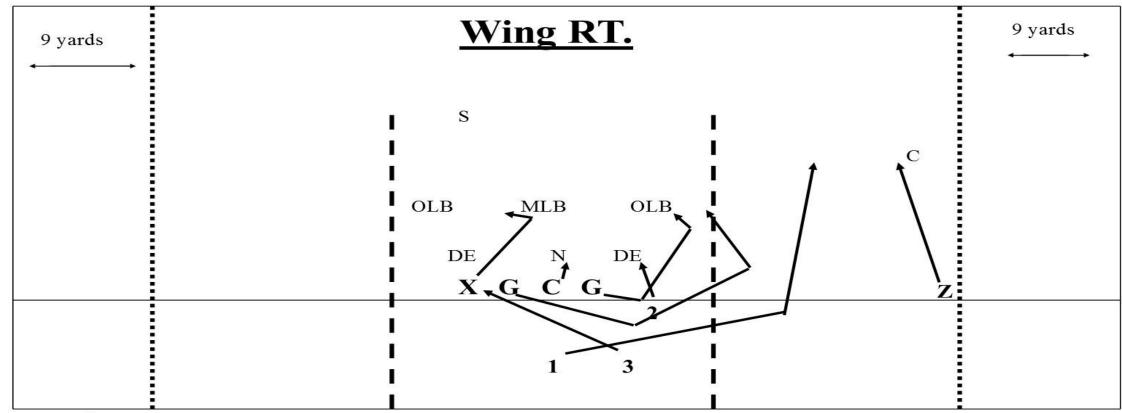








WING RT GUN RT 33 FAKE 16 RACER



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



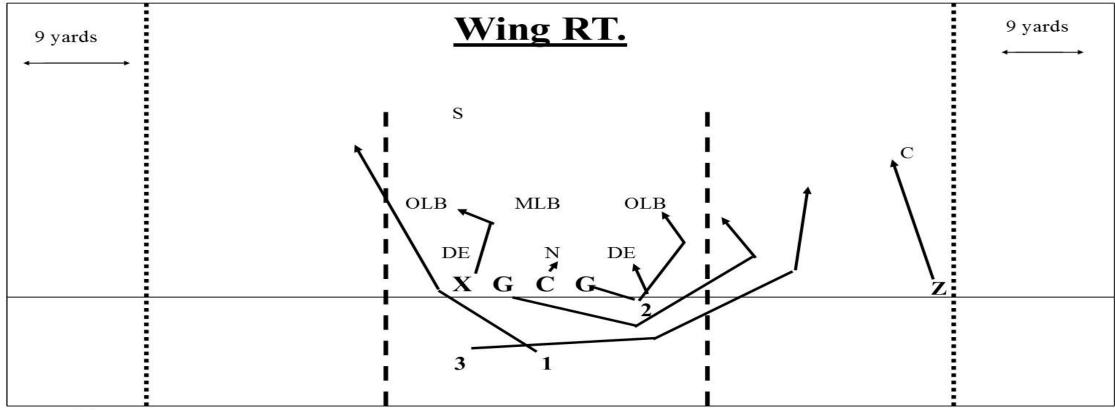
WING LT GUN LT 34 FAKE 17 RACER



WING RT GUN RT 33 FAKE 16 RACER



WING RT GUN LT 36 RACER READ LT



2—straight to DE

Center-Work across Nose until not a threat

RT Guard—Pull around RT DE to OLB—Help Hook in needed

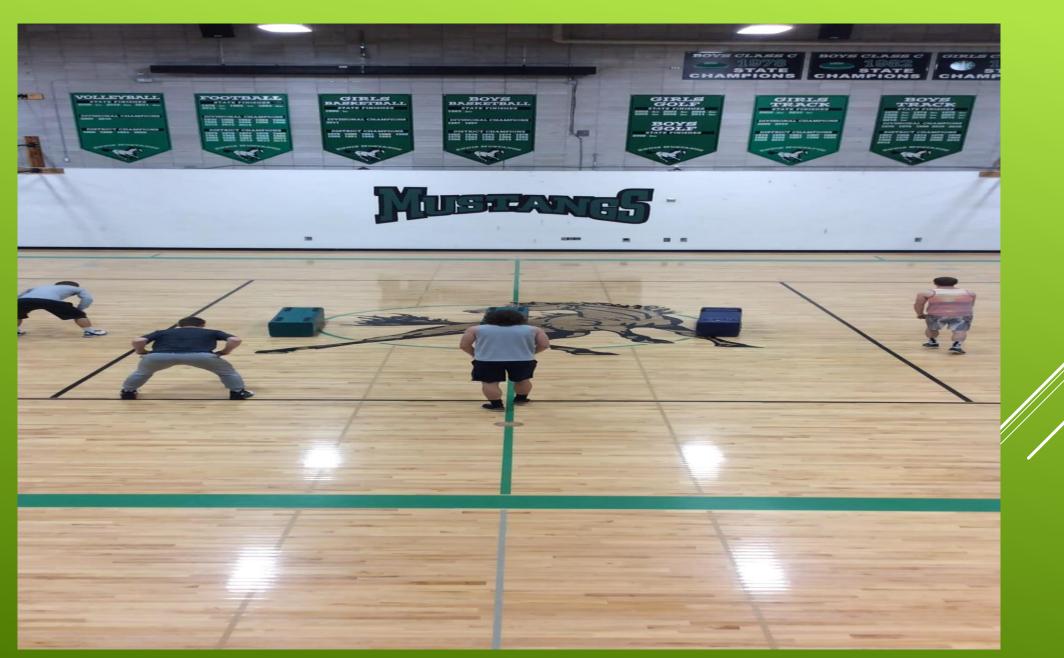
LT guard—Pull around RT DE to MLB-stop in gap if he comes

X-Straight to OLB

QB-Read LT DE-if can make a play on 3 Back pull and go

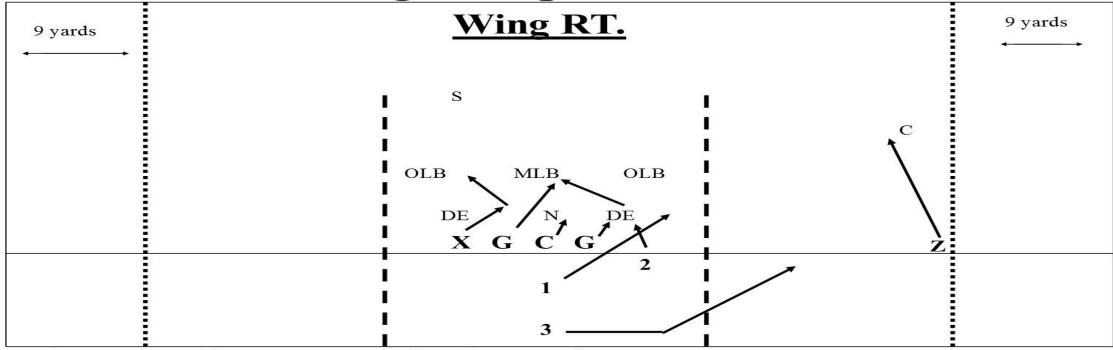
3-wait for ball in QB's hands-long Ride -must be patient for pulls to develop-look for cut back lanes

WING RT GUN LT 36 RACER READ LT



WING RT SPEED RT

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



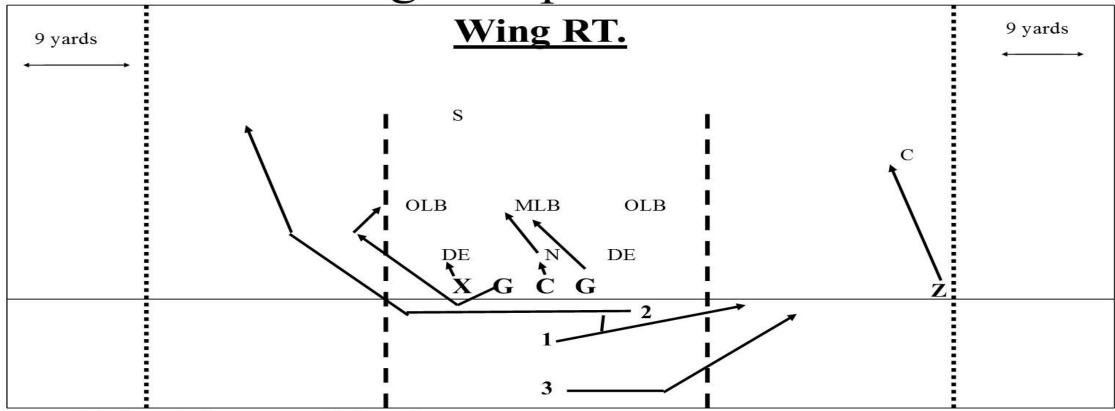
STOCK BLOCK DOUBLE TEAM DRILL



WING RT SPEED RT



Wing RT Speed RT 27 Cntr. SHORT



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.

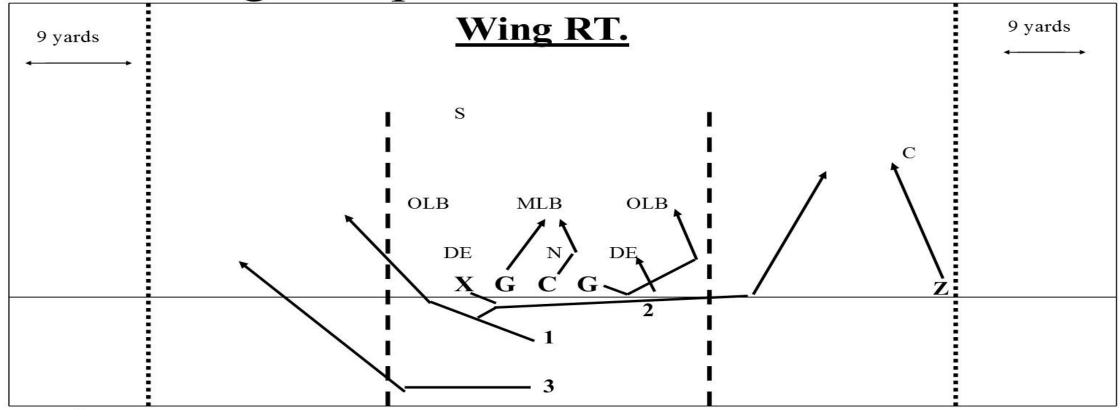








Wing RT Speed LT X CNTR RT SHORT



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



OLINE – SHORT PULL



WING LT SPEED RT X CNTR LT SHORT



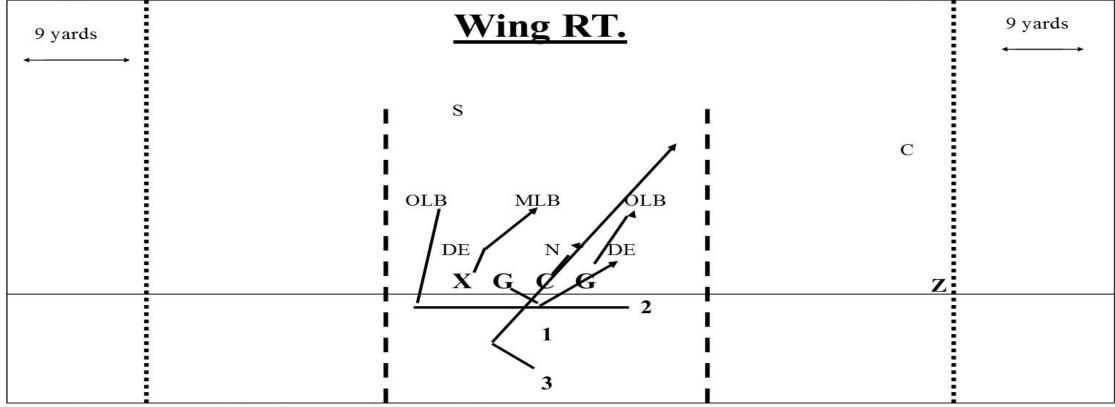
WING RT SPEED LT X CNTR RT SHORT



WING RT SPEED LT X CNTR RT SHORT



Wg RT JET LT Fake Toss 32CNTR Long power



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

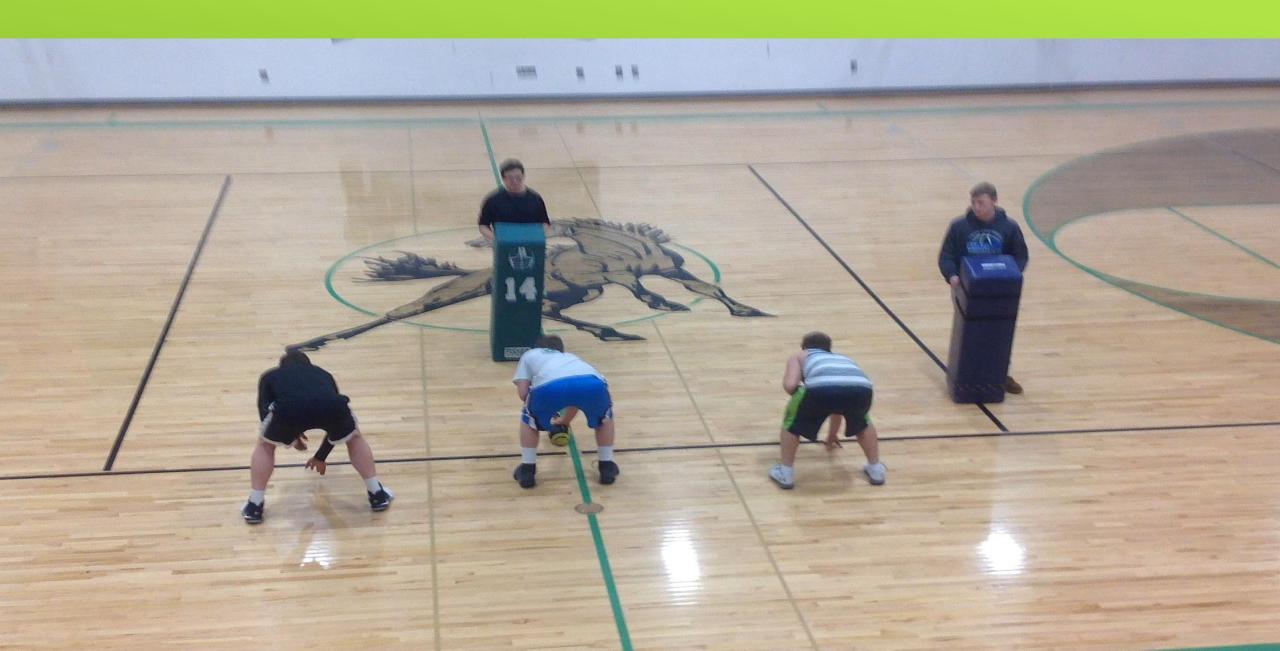
3-2 toss steps into CNTR.

*Must sell fakes to get flow angles for blocks

WING RT JET LET FAKE TOSS 32 CNTR LONG POWER



OLINE PULL – LONG POWER



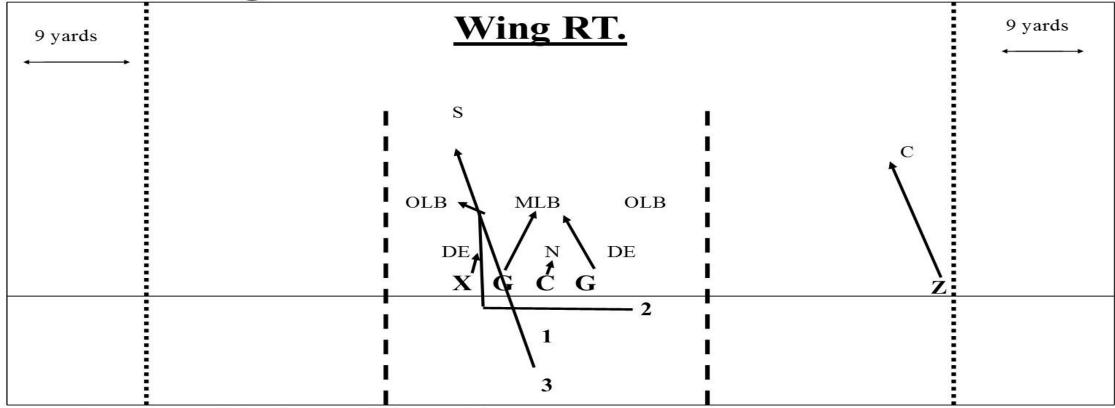
KING LT FAKE TOSS 32 CNTR DOUBLE PULL



WING RT GUN RT 33 FAKE 12 DOUBLE PULL RT



Wing RT JET LT 33 ISO



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 LT 33 ISO



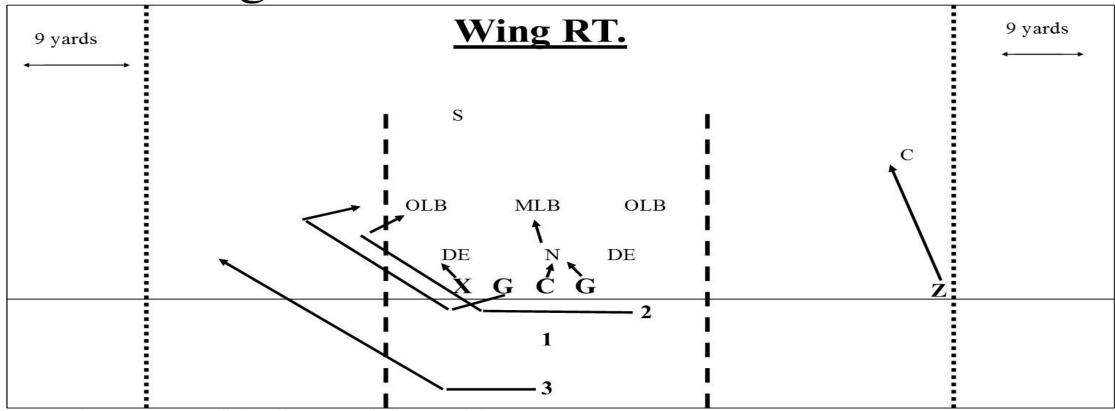
WING RT JET LET 33 ISO



WING LT JET RT 34 ISO



Wing RT JET LT 37 Toss Short



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

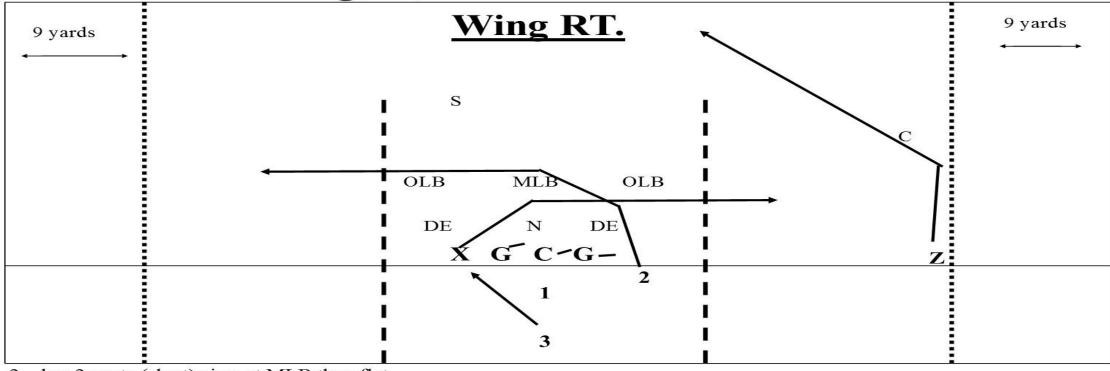
*Can toss RT with No MO

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

*

WING RT 2, DRAG, 8 LUCY



WING RT DRAG, 8, 8 LUCY

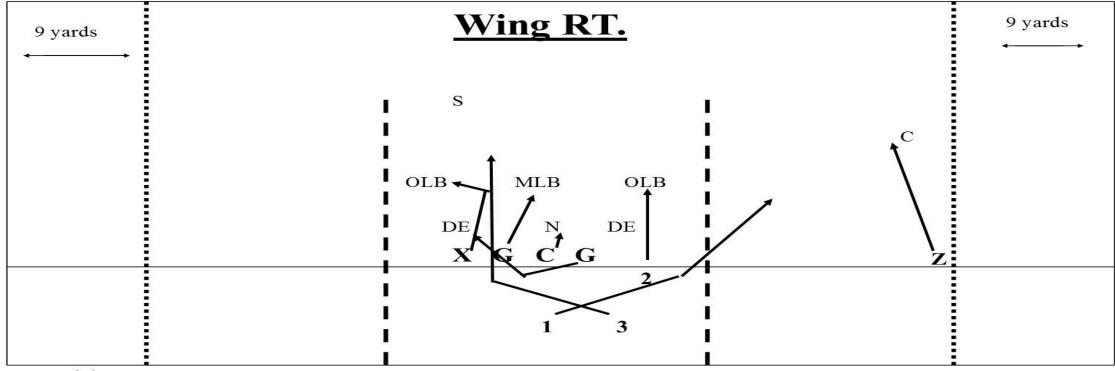


WING RT JET LT 33 FAKE-7,8 MAX



EXAMPLES OF OPTION

WG RT GUN RT 33 LONG POWER READ 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

*

PRO RT GUN LT 34 LONG POWER READ



WING RT JET LET OPTION END RT



WING RT B MO LT 31 TRIPLE OPTION

