

2005

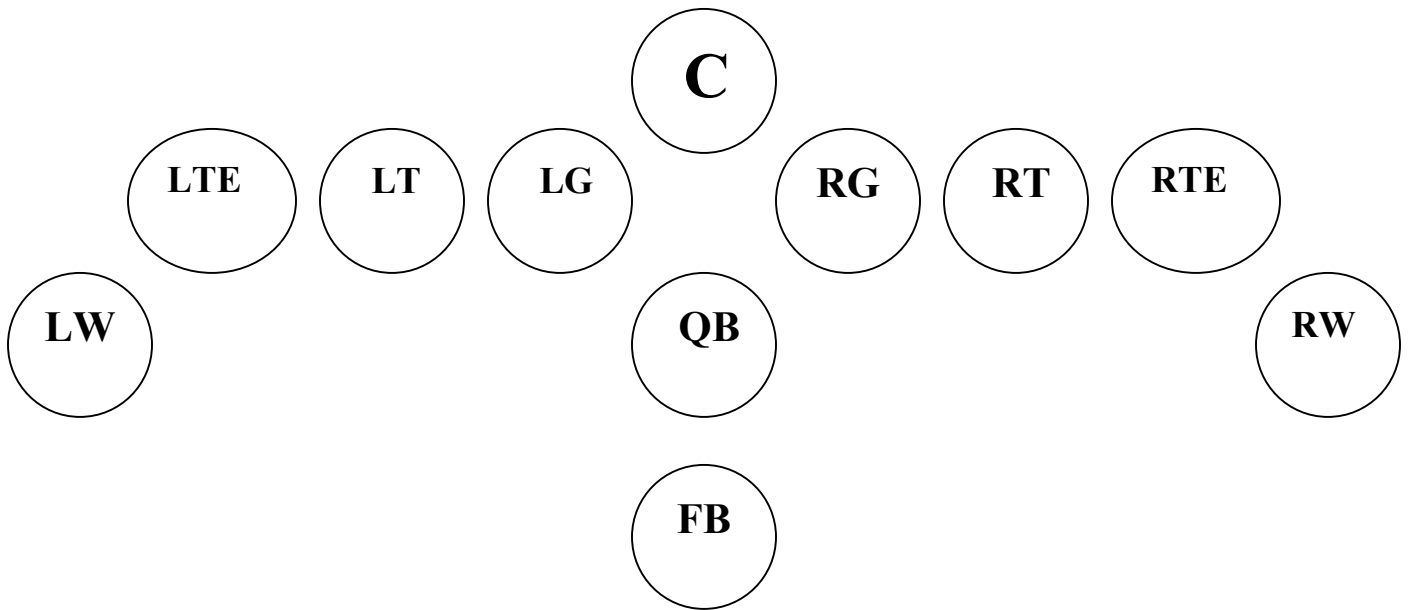
FIREBIRDS

BANTAM BLUE

DOUBLE WING OFFENSE

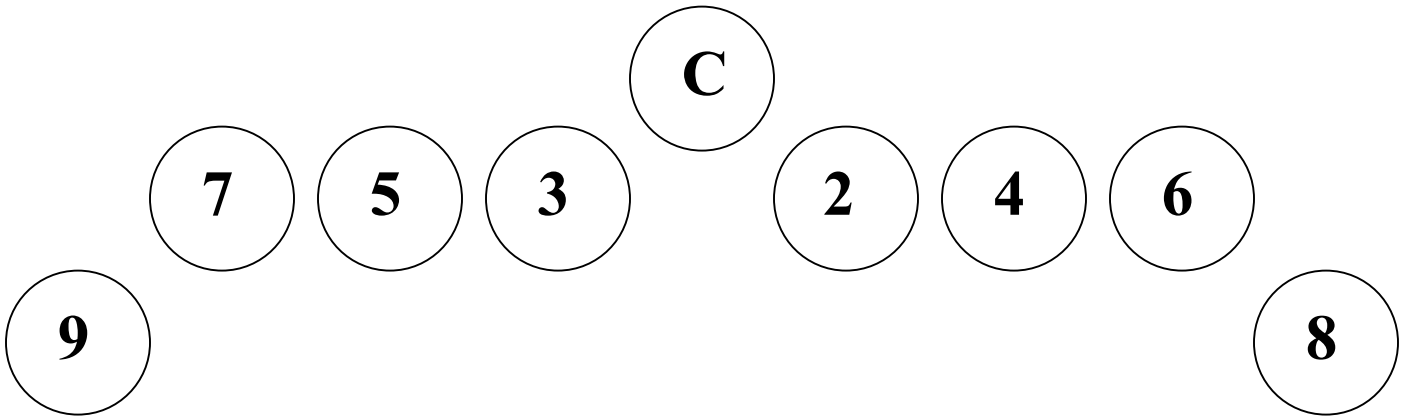


POSITIONS



- LW** LEFT WING “*A-BACK*”
- FB** FULLBACK “*B-BACK*”
- RW** RIGHT WING “*C-BACK*”
- QB** QUARTERBACK
- LTE** LEFT TIGHT END
- LT** LEFT TACKLE
- LG** LEFT GUARD
- C** CENTER
- RG** RIGHT GUARD
- RT** RIGHT TACKLE
- RTE** RIGHT TIGHT END

POSITION NUMBERS



DOUBLE WING OFFENSE

PLAY CALLING

The first part of the play call is the formation, we will primarily use TIGHT, OVER TIGHT, and LOOSE. The second part of the play call is the motion, if any. We will use RIP and LIZ for slow motion or ROCKET And LASER for sprint motion.

The third part of the play is a number. Either a one-digit number such as 5 or a 2-digit number such as 47.

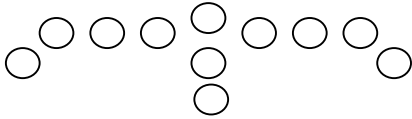
The fourth part is one word that describes the blocking scheme like POWER, X, WEDGE.

The final part is a word that explains a change to the base play. Such as LEAD, KEEP, COUNTER.

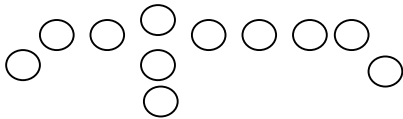
PLAY EXAMPLES- TIGHT 5 X, OVERTIGHT RIP 2 WEDGE SWEEP

FORMATIONS

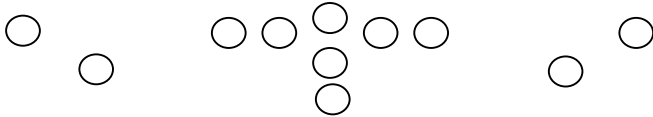
TIGHT



OVERTIGHT



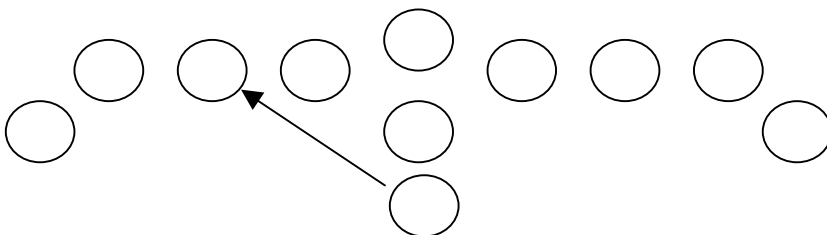
LOOSE



ONE DIGIT PLAYS

The Fullback (B-back) always carries the ball on all single digit plays. The number tells the B-back where to run. For example:

TIGHT 5-X

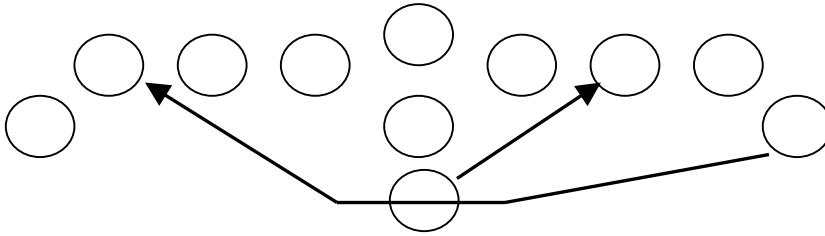


It is a single digit, therefore the B-back carries the ball though the 5 hole.

TWO DIGIT PLAYS

The first number tells the B-back where to go to make his block. The second number tells where the ball will be going. If it is an odd number the C-back will get the ball and if it is an even number then the A-back will carry the ball. For Example:

TIGHT 47 Counter



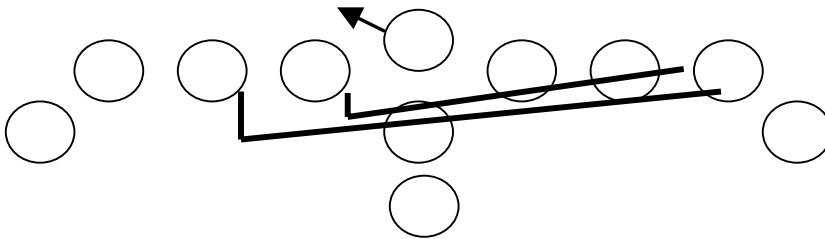
The first number is 4 so the B-back makes a block at the 4 hole. The second number is 7, an odd number, so the C-back carries the ball through the 7 hole.

The second number also tells us who the “AT” man is. The “AT” man will always block the nearest man either on his inside gap or the closest man down the Line Of Scrimmage. The B-back will be kicking out any man that is directly in front of the “AT” man.

BLOCKING CALLS

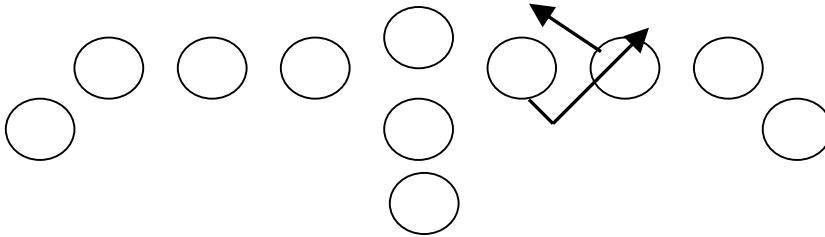
The second part of the play call is the blocking scheme to be used. For example “POWER” or “X”

POWER and COUNTER blocking– On all power and counter plays, the backside guard and tackle will pull around to the playside. The center will block the backside guard’s man. All playside linemen except the “AT” man will follow the GOD rule.



X (cross) Blocking – On all X plays, the man who’s number is called in the play goes first and blocks the man down the Line Of Scrimmage from him. The man who is inside the “AT” man will then block the first player up the LOS.

TIGHT 4-X



WEDGE- The wedge man drive blocks the defensive man over him. He is the ONLY lineman who should block a defender. The remaining lineman all push on the lineman that is directly down from them. This push should be done this way. The inside hand should be in the middle of the back of the player he is pushing. The outside hand should be on the upper arm/shoulder pad and his shoulder pads should be driving into the ribs of the player he is pushing. The wedge MUST keep moving as quickly as possible and the linemen MUST use high knees to keep Northmont from grabbing their legs and to enable them to step over/on submarining defensive linemen.

BASE – On any BASE play, all linemen will follow the GOB rule for blocking.

BLOCKING RULES

GOD inside Gap, man On, next man Down LOS

GD inside Gap, next man Down LOS

GOB inside Gap, man On, linebacker

MOB man On, lineBacker

SPECIAL CALLS

If we want the QB to “keep” the ball and run it himself, we will say the word “KEEP” after the play call. For example, 88 POWER KEEP. The whole team runs like it is an 88 POWER, the QB fakes the handoff to the A-back and bootlegs to his left.

HOW WE LINE UP

Center gets set first. He needs to reach out for the ball as far as he can while still being able to handle the snap and make his block. Guards get set next and so on. The linemen want to be as far off the ball as possible, which by rule, is there head must break the plane with the centers waist. The inside foot should be back slightly in a heel-toe relationship, shoulder width apart, with one hand on each knee. The split between linemen should be only 4-6 Inches. The QB lines up like the center, as far back as possible but able to take the snap under control. We need to have as much room between the QB and the LOS to better facilitate the pulling linemen. He will stand with feet shoulder width apart with a pigeon-toed stance. The B-BACK will line up in a 2 point stance right behind the QB, close enough so that when he is in his stance, he can ALMOST touch the QB. Finally, the A and C BACKS will line up 1 yard away from, and one yard behind, the last lineman in a 2 point stance at a 45° angle facing inside.

WHEN TO START MOTION

1 DIGIT play – QB will raise foot when everyone is set. As soon as foot hits the ground, back should go in motion. After a second the QB should call for the ball.

2 DIGIT play- Back goes in motion on the R of READY. The QB can use the word ready to make sure timing is right. For example, if the A back is coming to slow, he can draw out the R like RRRRRRRREADY to allow him to get to where he should be.

XX ACTION

On XX or Criss-Cross action, the A-Back takes the deeper path, the C-Back takes the shallower path

MISC. THINGS TO MAKE THINGS EASIER

SNAP COUNTS – 1 Digit- On “GO”
2 Digits- on “HIT”

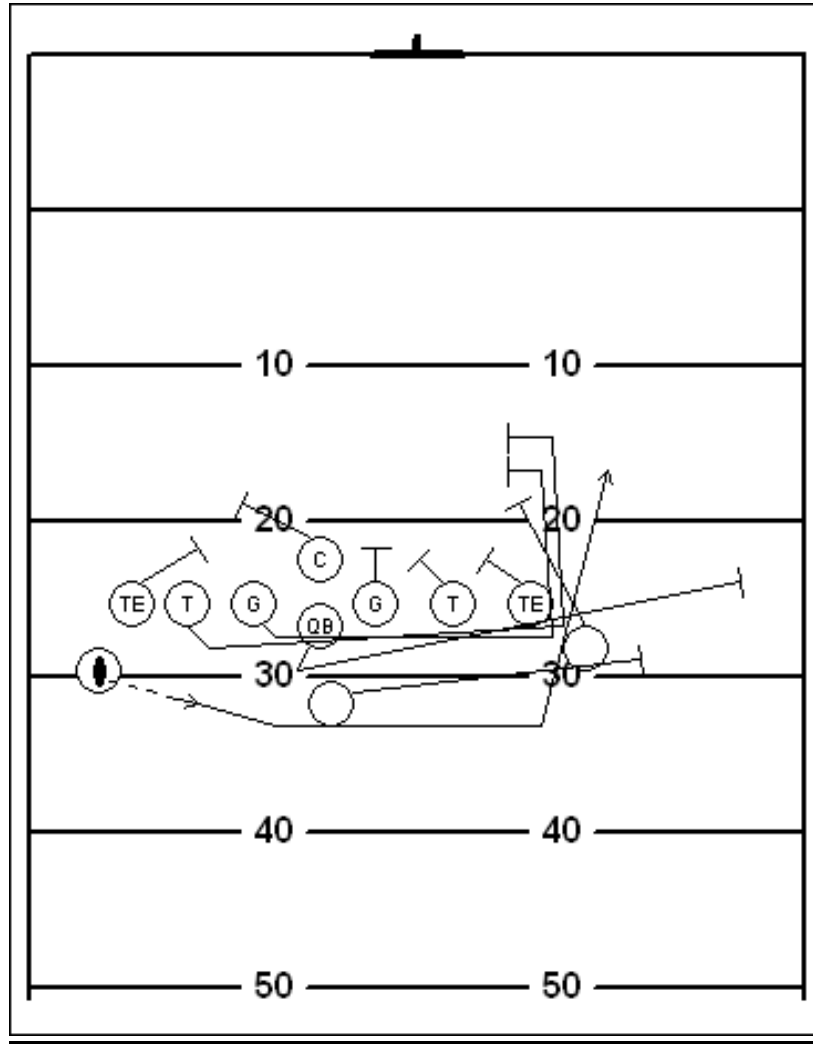
CENTER BLOCKS 1 DIGIT- MLB or Away LB(Except 6-G)
2 DIGIT- Backside Guard

BLOCKING ON ALL 2 DIGIT PLAYS

PLAYSIDE- Always GOD except “AT” man which uses GD
BACKSIDE- G&T Pull, TE Cutoff block on first man down LOS

TIGHT SERIES

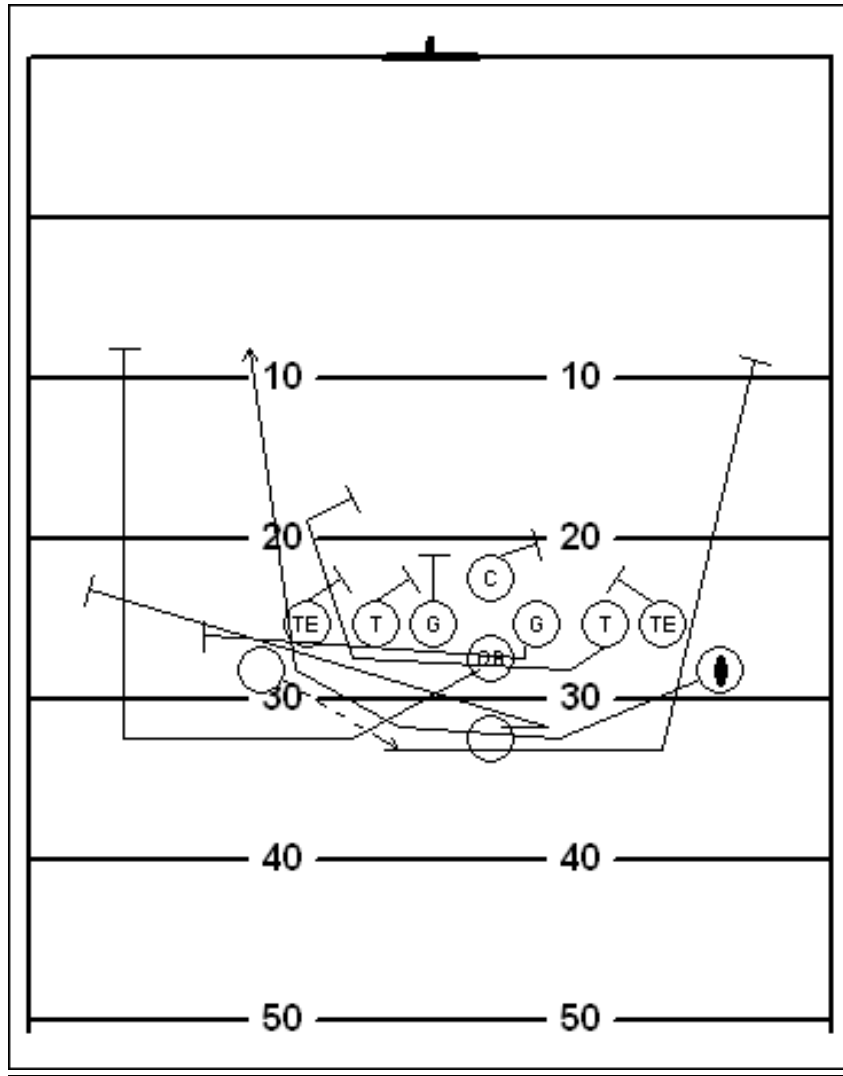
TIGHT RIP 88 SUPER POWER



LTE <u>Backside</u> <u>Tackle</u>	LT Wall off(pull)	LG Wall off (pull)	C <u>Backside</u> <u>Guard</u>	RG <u>GOD rule</u>	RT <u>GOD rule</u>	RTE <u>GOD rule</u>	
<p style="text-align: center;">QB</p> <p>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>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 seal CB to outside. • If he LOGS or is jammed inside you take next man outside. 		<p style="text-align: center;">B-Back</p> <p>KICK-OUT first defender to show. This usually the EMLOS (DE). KICKOUT = Aim at the defenders inside shoulder and blow him up and out of the hole with the wishbone block.</p> <p>If the defender sits in the hole and tries to wrong shoulder you than LOG him inside.</p> <p>LOG = attack the outside shoulder and try to seal him towards the inside by hitting the outside shoulder and rotating your hips inside.</p>		<p style="text-align: center;">A-Back</p> <p>Fast motion towards the BB’s heels. Never take your eyes off the ball until you have caught it. Catch it and get in the wake of the pulling backside lineman.</p> <p>Run inside the block of the B-Back and if necessary push on the backs of the lineman; Once through the hole, be prepared to cut back if it is there.</p> <p>If the B-Back LOGS or turns up field, than bounce outside.</p>		<p style="text-align: center;">C-Back</p> <p>Your action depends on what the inside gap looks like between you and the tightend.</p> <p>If the gap is filled you block down. GD just like the TE.</p> <p>If the gap is clean then Seal block the playside line backer. Moving out and clearing the line and then immediately back inside to seal the PSLB to the inside of the tightend.</p>	

NOTES: 88 POWER . QB hands ball off to A and boots left. All else the same

TIGHT RIP 47 C XX LEAD



QB- Left to 7, Toss ball to A, bootleg out around the DE and get into pitch relationship
With C. Approximately 5 yards apart, 2 yards behind. Need to watch for possible block or pitch

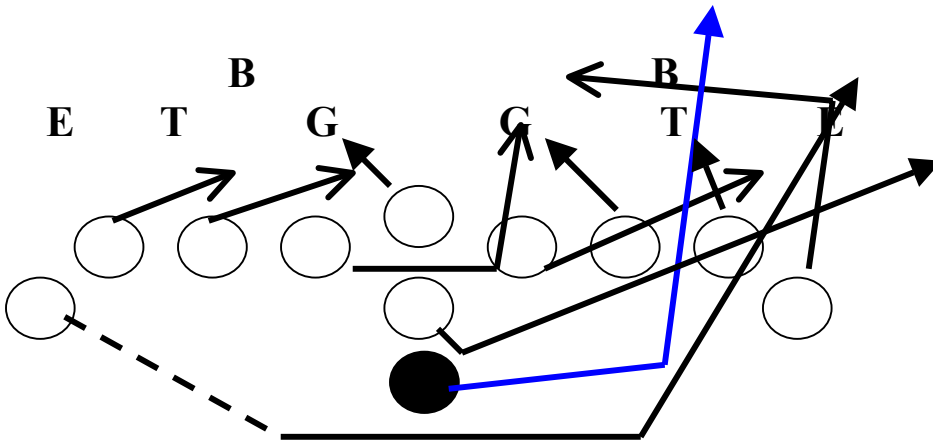
A- motion and catch ball in your hands, DO NOT put ball away, give an inside handoff
To C and continue running 88 SP motion. Carry fake out at least 10 Yds Down Field

B- Take a short counter step to the right. Cut back to the left and go inside the RGs
Kickout and blockout the Playside Corner

C- Take handoff from A and hit the 7 hole. Pitch the ball to QB at last possible second if necessary and open.

NOTES: QB may have to help on the Kickout Block if a very strong, quick. DE

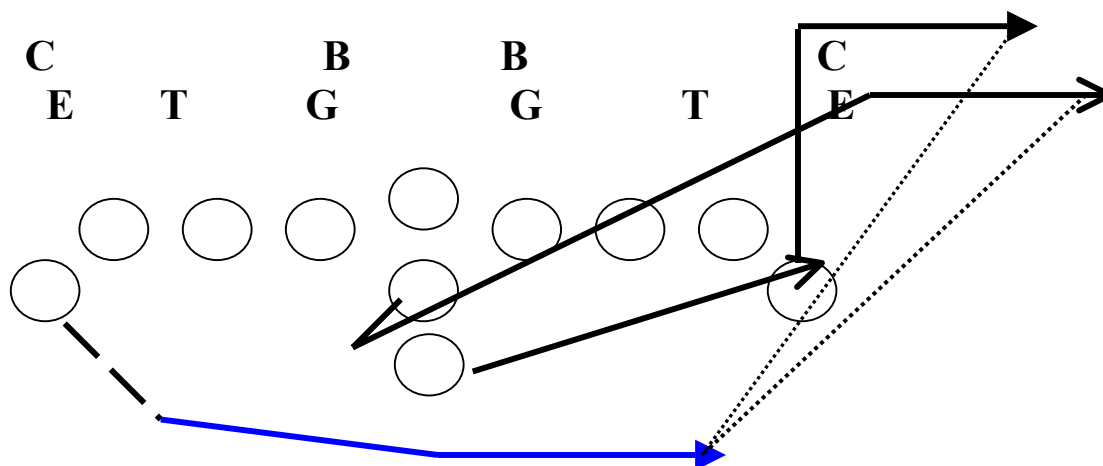
TIGHT RIP 6-G



LTE <u>GD</u>	LT GD	LG Fold around center.	C <u>BACKSID</u> <u>E GUARD</u>	RG <u>G-Kickout</u> <u>on 1st</u> <u>defender</u> <u>past the TE</u>	RT <u>PLAYSIDE</u> <u>GUARD</u>	RTE <u>GD rule</u>	
<p style="text-align: center;">QB</p> Step with the left foot to 7 o'clock and handoff ball to the b-back. Then continue spin and run fake 88SP.		<p style="text-align: center;"><u>B-Back</u></p> Be PATIENT – not to big of a hurry. Remember: OPEN – CROSSOVER - Hit the hole square. Take an open step, followed by a crossover step while looking at the blocking; by now you should have the ball, so hit the hole square, alert for the three-way cut possibilities. The greatest potential of this play is the cutback, and you can't cut back if you don't hit the hole square.		<p style="text-align: center;"><u>A-Back</u></p> Fake 88SP. Do swim fake.		<p style="text-align: center;"><u>C-Back</u></p> Wall off first Lber to your inside; Stay shallow, and if the near Lber goes over the top of you, continue on down to the backside Lber.	

NOTES: may run 6-GO with the BSG leading thru 6

88 SUPER POWER WB PASS

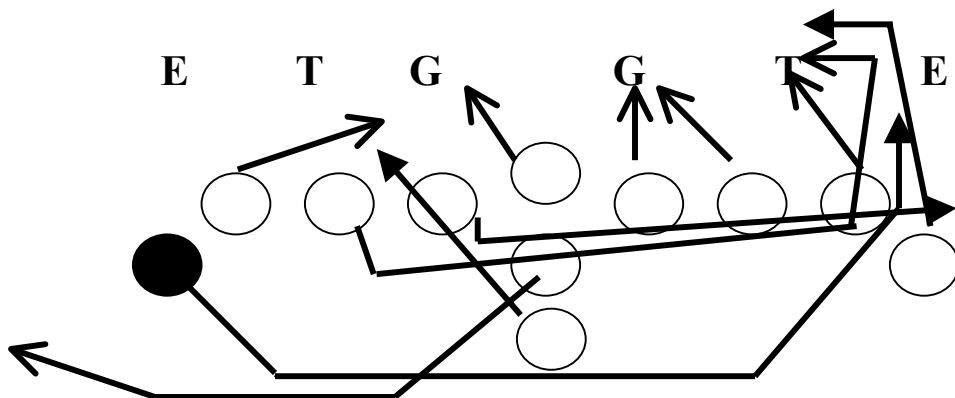


LTE <u>HINGE</u>	LT GOD Rule Pass Block	LG GOD Rule Pass Block	C <u>PASS</u>	RG <u>GOD rule</u> <u>PASS</u>	RT <u>GOD rule</u> <u>PASS</u>	RTE <u>GD rule</u> <u>PASS</u>
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<p style="text-align: center;">QB</p> <p>Toss - Quick, short motion- call for 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>After you complete your spin to playside sprint into the hole that the B-back creates and then get into the flat in front of the linebackers and look for the ball.</p>	<p style="text-align: center;"><u>B-Back</u></p> <p>KICK-OUT first defender to show. This usually the EMLOS (DE). KICKOUT = Aim at the defenders inside shoulder and blow him up and out of the hole with the wishbone block.</p> <p>If the defender sits in the hole and tries to wrong shoulder you than LOG him inside.</p> <p>LOG = attack the outside shoulder and try to seal him towards the inside by hitting the outside shoulder and rotating your hips inside.</p>	<p style="text-align: center;">A-Back</p> <p>Fast motion towards the BB’s heels. Never take your eyes off the ball until you have caught it. Catch it and get in the wake of the pulling backside lineman.</p> <p>Once you get the ball take you two additional shuffle steps but gain depth and then turn and sprint while getting depth. Look first for the C-back. Make sure to lead him with the pass. If C is not open, then look for QB. If both are covered, RUN!</p>	<p style="text-align: center;">C-Back</p> <p>Run a 5 yard Down and out. Start looking for the ball as soon as you make your turn out</p>
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NOTES: We may also run the play as an 88 POWER WB pass with the QB picking up any backside penetration OR have the QB go out for a Throwback pass.

TIGHT RIP 58 COUNTER



LTE <u>Backside</u> <u>Tackle</u>	LT Wall off (Pull)	LG KICKOUT DE	C <u>Backside</u> <u>guard</u>	RG <u>GOD rule</u>	RT <u>GOD rule</u>	RTE <u>GOD rule</u>
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QB Spin left ,fake ball to B and handoff ball to A. Then Bootleg around to the left.

A Run just like the 88 Power but slower motion

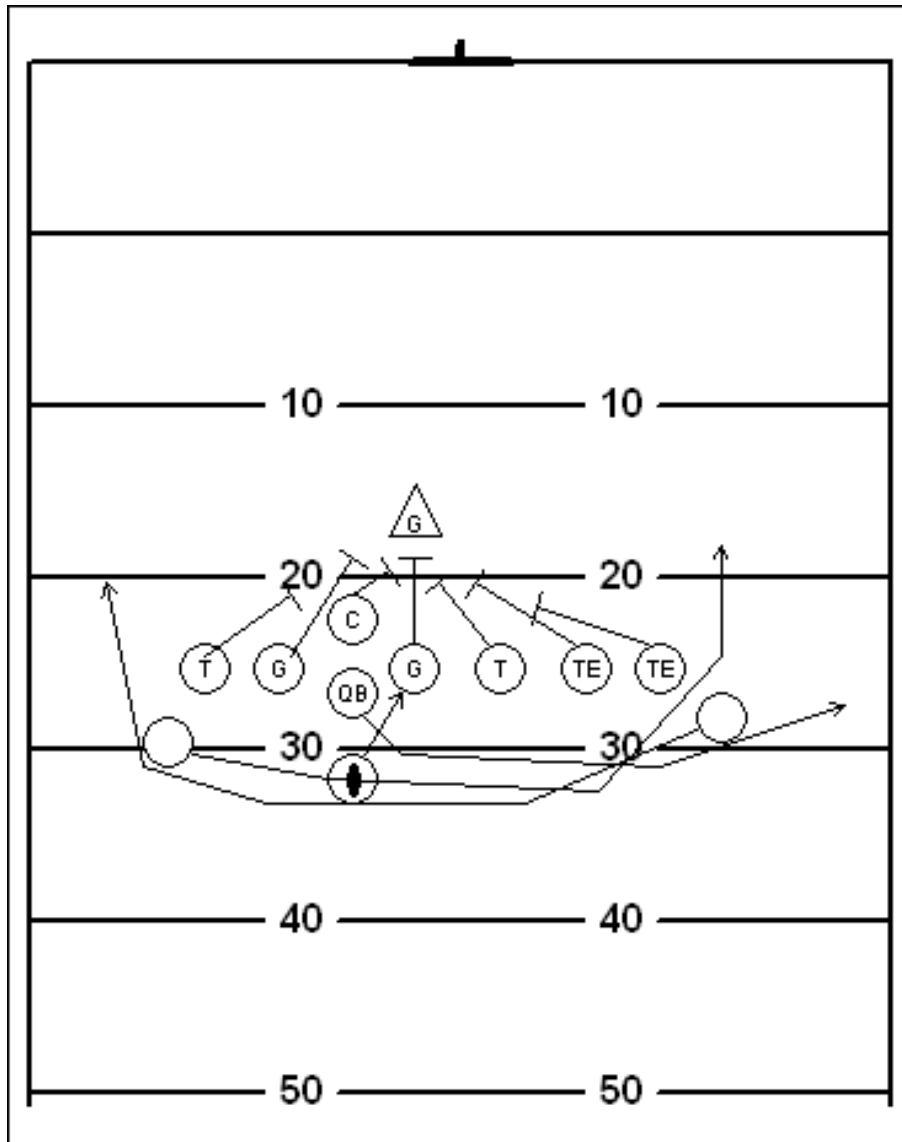
B Swim fake ball , fill at 5.

C Same as 88SP

NOTES: Counter for 5 X

WEDGE SERIES

OVER TIGHT 2 WEDGE



A&C- XX Action

C- Shallow

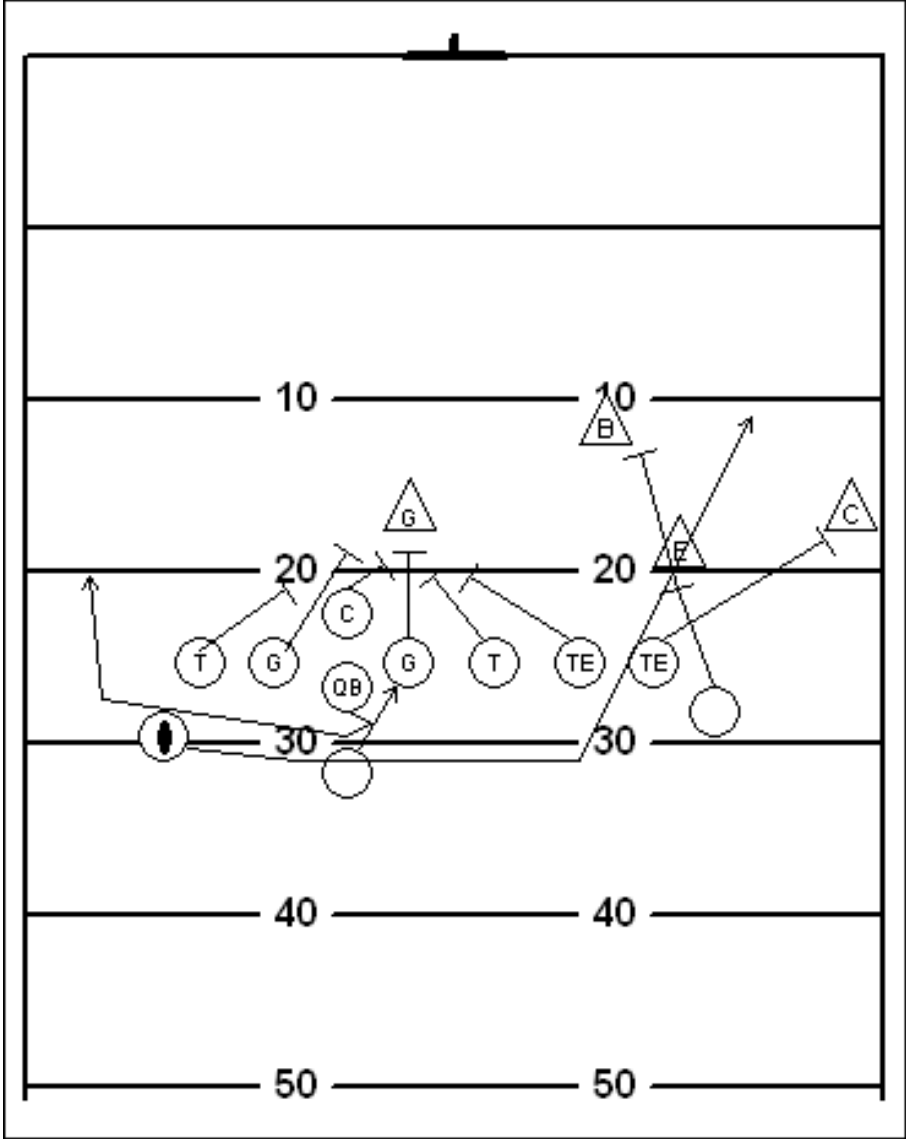
A- Deep

B- Get in wedge NOW and push on RGs back. As soon as it starts to break, hit the hole and go.

QB- Step to 6 with right foot, hand off, then boot right.

Note: If Ends are crashing hard and making stops from behind, wings can block them or run counter/sweep/pass/keep.

OVER TIGHT 2 WEDGE SWEEP



Same as counter, just opposite side.
QB can also boot left naked

