
2nd EDITION

Offensive Line Manual

for the

WING-T Offense

Rick Stewart



ABOUT COACH STEWART

Coach Stewart has turned around three different schools and led each team to the playoffs within his first two seasons at the helm. Since none of these schools **had any scholarship players on their roster**, Stewart's system gave his players a chance to be successful versus superior talent.

- ◆ McFarland, a small, agricultural school of 600 students with no weight room, had lost 21 games in a row. Stewart served as offensive coordinator and they went 8-2 with a playoff berth.
- ◆ Stewart left McFarland for 3 years and they went 3-26 during his absence. He returned as head coach to make the playoffs in Year 2. *(the Disney movie, "McFarland", starring Kevin Costner is the same town and school)*
- ◆ Broke 0-27 losing streak at Corcoran, a school with 900 students, winning an undefeated league title in Year 2;
- ◆ Porterville, a large, rural school of 2,000 students, won 40 games in 5 years, including back-to-back section runnerups at a that had won 8 games in the 5 years prior to his arrival.

With 27 years total high school experience, 12 as a head coach, Stewart has been to 2 CIF Section Finals, and his 12-0 team lost the CIF championship on a hail mary pass in the rain.

In Year 1 of running the Pistol Wing T, Stewart's team ran for 4,300 yards and in Year 2 they passed for 2700 yards, with an offensive line averaging 203 pounds both years! By placing the FB behind the QB, there was very little change to the wing t attack, however the option game became very difficult to defend.

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ABOUT THIS BOOK

This manual is a systematic way to teach offensive linemen in any man blocking offensive scheme. The linear teaching progression as well as the practice organization can be used in any type of offense. We run the Wing- T Offense, which is so multiple in nature that it is very important that our practice organization and drill progressions are very efficient.

Little disagreement exists among those of us closely associated with the game of football that the play and performance of the offensive line is perhaps the most important ingredient in an efficient offense. This unique group of athletes must be the most cohesive unit on the team, and must recognize and rejoice in team accomplishments rather than in individual glory. In the wing-T offensive scheme, the offensive lineman needs to be the most intelligent and, truly, the most skilled member of the offensive unit.

Many coaches have experienced success with the wing-T offense. The breadth of the offense is tremendous, with misdirection, power, counter, option, play-action, and dropback capabilities within the system. It is an offense that can easily be adapted to take advantage of the gifted players that each team may possess on a year-to-year basis. Regardless of where the gifted talent may lie, one area can never have a down season—the offensive line. Linemen in the wing-T must be multitalented and develop a mastery of many aspects of successful offensive line play. Iso schemes, power schemes, the ability to zone block, mobility to pull and log or trap, and the ability to be an effective pass blocker, are among the skills that a lineman in the wing-T offense must develop.

It has been stated and generally understood that the wing-T offense is a system of football. As coaches, we become comfortable and find confidence in systems that are effective. For many years, and at every level of football, the wing-T offensive system has allowed many teams to find offensive success. In similar fashion, the way that the lineman is taught within the wing-T system is also a clearly defined system of drills and progressions used in teaching line play. While the system of teaching wing-T offensive line techniques is very structured and systematic for the wing-T offense, I believe that the drills, skills, and coaching points taught are effective in any offensive scheme. The blocking techniques include sound principles of offensive line play, regardless of scheme, and can be used with the I, option, zone, or any other offensive philosophy.

Having coached and played in the offense, and specifically the offensive line, for 20 years, I have chosen to write what hopefully you will find to be the most comprehensive book on wing-T offensive line play in print, and one that you and your staff will be able to use as a resource for your offense. It is my hope that the information in this book will allow your coaching staff to use this as a reference to assist in developing an efficient and effective way to teach offensive line play, or as a blueprint for a successful wing-T offensive line.

WITHOUT THE LINEMEN, FOOTBALL WOULD JUST BE A GAME OF CATCH