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# PREFACE

## A Message From Coach Stewart

Football is a game that can be very complex with its 22 moving parts while at the same time being so simple. This paradox of learning all of its interconnected layers while not forgetting the simplicity of its fundamentals makes coaching football a great challenge. The successful coaches all have one thing in common: single-mindedness. They have bought into something that they really believe in and became an expert at it.

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*“Name an offense or defensive scheme and I’ll find a coach who went 10-0 running it*

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I have seen to many young coaches who have not yet decided which direction they want to go on offense, defense, or just general coaching philosophy. Experimentation is good, but it can be painful and I have seen programs crumble or at the very least have stunted growth while the head coach is searching for a single, sound concept. I encourage shopping around—calling, writing, and visiting coaches you admire. Investigate all aspects of their attacks. Talk it over with your coaches and mentors, think it through. But once you decide, lock on and stick with it through the rough waters that definitely will come as your entire program is learning it.

In my experience, the biggest tests will come from within the inner circle of your program from people who believe they have the program in their best interest. These are people that you trust and they are not intentionally being disloyal, but they were not with you at every step as you formed your vision. You need to have a “contagious” confidence that comes from knowing you have a sound product. The hidden fears of uncertainty will be diminished by the knowledge that is gained by your staff and players as you shape and develop it.

It is OK to add your personal touch in many areas. In fact, it is imperative that you take ownership and make it your own. The head coach must remain true to himself and not try to be someone or something that he is not. The following statement is true in all areas of life, not just football: “Be yourself, not your idea of what you think somebody else’s idea of yourself should be.”

As you take in all of our X’s and O’s, our techniques, and drills.... please remember the most important job that you have as coach: To teach your players to be better sons, husbands, and fathers.

It’s never an easy decision to change offenses or go away from your Wing-T roots. This playbook is not only written in great detail to make *YOUR* learning easier, it comes with a CD-Rom with powerpoints and handouts to make teaching your *PROGRAM* effortless. Finally, as the many testimonials attest, I am always available to answer your questions.

Rick Stewart, January, 2017

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## WHY PISTOL WING-T ?

Merging the fast tempo & deception of the Under Center Wing-T offense with the slick read options out of the Pistol formation, Stewart's Pistol Wing-T offense is an up tempo, multiple formation offense that's primary purpose is to put defender's in conflict.

**“The 3 yd alignment is a “happy medium” between under center (allowing TB to hit the LOS the quickest) and the 5 yd alignment (giving QB most time to make his reads).”**

Whether snapping the ball within 3 seconds after breaking the huddle or not huddling at all, this fast pace offense does not allow 17-year old defenders to line up properly or make adjustments. Run every play out of MANY different formations, making the defense think that a play like BELLY is actually 8 different plays!!!

### ***“Do Everything Really Fast and Confuse the Defense”***

The Pistol Wing-T offense has evolved into an extremely effective system that does not have to change from year to year as different types of athletes come through your program.

The unique terminology makes it very easy for players to learn as Stewart draws upon 16 years of teaching special ed students and English Language Learners.

THE PISTOL FORMATION moves the QB back 3 yards and the FB stays behind him.

- ◆ BACKFIELD STEPS ARE THE SAME as traditional Wing-T.
- ◆ EASIER TO PASS as QB can read defense
- ◆ RUN or PASS PRE-SNAP READS  
This playbook expands on our “combo play” concepts, which have perimeter pass plays built into running plays. The QB makes simple audibles after scanning the defense.
- ◆ POST SNAP READS. This playbook is full of scenarios where the QB reads unblocked defenders, always being a threat to run the ball.

As you can see, this offense puts so much pressure on the defense by using lots of formations, lining up before the defense can make their calls, and making the QB A THREAT on every play.

I offer you my personal guarantee: If you don't achieve your ambitions as an Independent Self-Published Author within six months, please e-mail me and I will personally refund your money. You'll find my contact details at the end of the book.

## WHAT'S IN THIS BOOK?

Since the original videos were published in 2010, over a thousand copies have been sold. In addition to running the offense for 6 years, I have corresponded with hundreds of coaches running the offense and have installed the offense at over 20 schools in 8 different states. This 3rd Edition Playbook contains many updates and wrinkles to this exciting offense contributed by this vast pool of coaching knowledge.

- ◆ CHANGES IN BACKFIELD STEPS

*The GO (Buck Sweep) and Belly Families have different footwork than what is on the videos.*

- ◆ Reading UNBLOCKED defenders has been added since making the videos.

- ◆ DO NOT ABANDON UNDER CENTER FORMATION

This playbook makes it easy to go back under center in the event of bad weather, or when the backups have to go in. Also, gives the defense something else to prepare for;

### ORGANIZATION FOR SUCCESS

Forty pages explaining easy to learn terminology, No-Huddle, and how to install the offense. This is a fast offense using 7 different tempos with a hybrid HUDDLE - NO HUDDLE system.

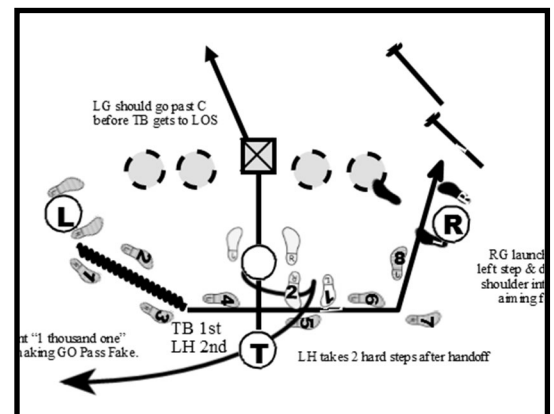
These tempos range from calling the play in the HUDDLE and sprinting to line, running the play in 3 seconds; or waiting to call the play after the defense lines up; or letting the QB “check with me” based on defensive alignment; or running MUSTANG / NASCAR tempo, snapping the ball 1 second after ball is in play.

Several different NO HUDDLE systems are discussed, allowing you to choose the one that is best for your program. Wristbands, hand signals, and sideline cards are all explained in this section.

### RUN GAME

Every traditional Wing-T family is covered in this section: Buck); Belly; and Down. There is also Midline and Veer. The Jet & Rocket section shows how to run the entire offense using the flat Jet motion. There are two short yardage packages, a special “check with me” package, and trick plays. The combination plays combine a run play with a perimeter pass play and the QB decides where the ball goes as both plays are being ran.

Detailed diagrams show the backfield steps on every play.



## ***PASS GAME***

While I believe that the Wing-T offense is the best high school offense, I also agree with the criticism that it can lack a passing game. But it is not the Wing-T system that lacks a passing attack, it is the coaches that are refusing or not understanding how to pass.

This Third edition has a completely expanded Pass Section that will show you how to simply attack each coverage in terminology that matches the Wing-T run game using the same concepts used by spread & air-raid systems.

- ◆ PASS PROTECTION schemes that require very little practice time;
- ◆ PASS ROUTE concepts in a simple language so a few concepts combined with a few formations gives the defense a lot to worry about;
- ◆ Three SCREEN concepts that can go to any of your 5 players out of 12 formations;
- ◆ QUICK passing game that gives your athletes the ball in space;
- ◆ DROP BACK passing attack putting 4 receivers in routes;
- ◆ SPRINT OUT off Jet motion putting edge defenders in conflict with the QB run threat.
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Every pass route is diagrammed versus Cover 1, 2, 3, 4 and man coverages. Stewart shows which concepts are better against each defense.

## ***GAME PLANNING and SCOUTING***

- ◆ Detailed explanations of what to look for when watching opponent's film.
- ◆ Flow charts of "If-Then" statements using plays that are most effective vs defenses.
- ◆ How to call the plays on Friday night so that the defense is in conflict.
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## ***APPENDIX and EDITABLE DOCS***

There is an excerpt taken from Stewart's "Practice and Drills for the Wing-T" book showing you how to run an up-tempo practice with maximum reps.

Blocking rule summary.

Playsheets, wristbands, pressbox reports, player evaluations.

Over 25 powerpoints to share with players and coaches.

Everything will be emailed to you so you can customize everything to your program.

If you have any questions, please email me at [rick@wingtcoaching.com](mailto:rick@wingtcoaching.com) and I am committed to helping you build a CHAMPIONSHIP OFFENSE. There are also videos and articles on my website:

[www.allaccesscoaching.com](http://www.allaccesscoaching.com)

*"Coaches Helping Coaches"*