

SECTION TWO

RUN GAME



4: Sweep: LizLazer / RipRocket Family

5: Iso: Belly Family

6: Off Tackle: Down Family

7: Short Yardage & Special Plays

YOUTH WING T

PLAYBOOK TERMINOLOGY

My Book: "Wing-T: PRACTICE & DRILLS MANUAL" has detailed pictures of each technique

All of these techniques are easier to perform with linemen knuckles even with the center's heels creating 1yd separation

Gap-Down-Backer

GAP ZONE.
Area away from Attack Hole from bridge of the players nose. This can be a GAP or a DOWN block.

DOWN ZONE.
Area away from Attack Hole all way to the center. This block requires a flat, lateral 1st step with flat crossover 2nd step

BACKER
If nobody in Gap or Down, get LB. In this example have to see centers helmet between you & NG

OWL: On - aWay - LB
Backside rule on many plays

GOAL: Gap - On - AWay - LB
Rule for Dive Middle Play

REACH - ON - AWAY
REACH is gap towards Attack Hole
ON is a man between your feet.
AWAY is area away from Attack Hole.

Escape to Backer
PLAYSIDE: The kickout man is ON you. Lateral step, grab grass, kiss the bicep and block nearest LB

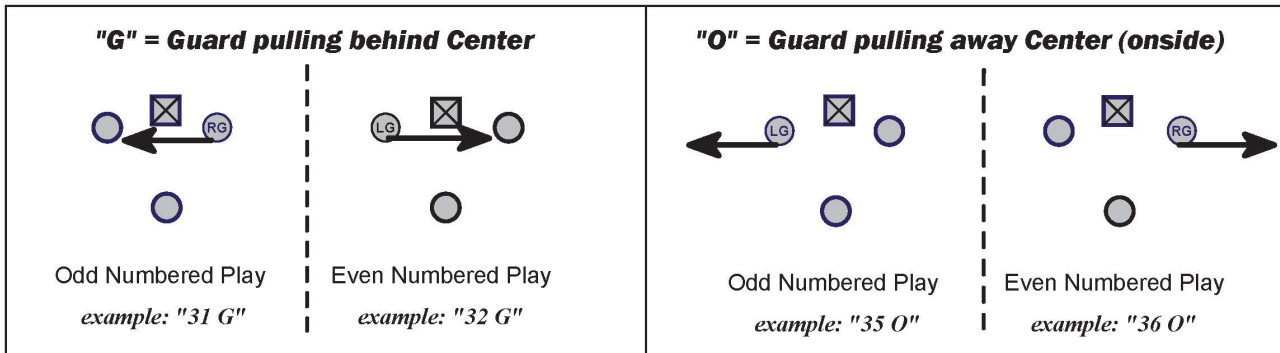
Pull Check
BACKSIDE: DL is in gap between you & puller. "superman" dive across his thighs. or reach if you can get your helmet across

Double Team
LG is POST; LT is LEAD.
C and RG are not. C is "away" and RG is reaching

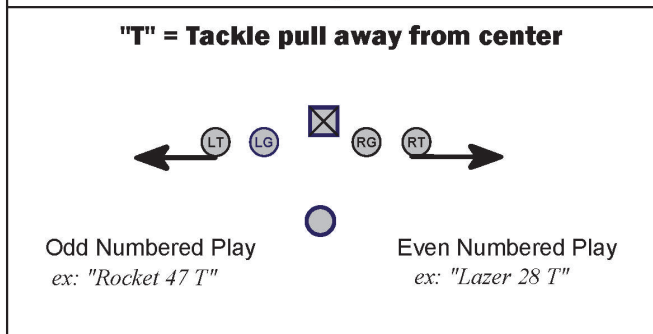
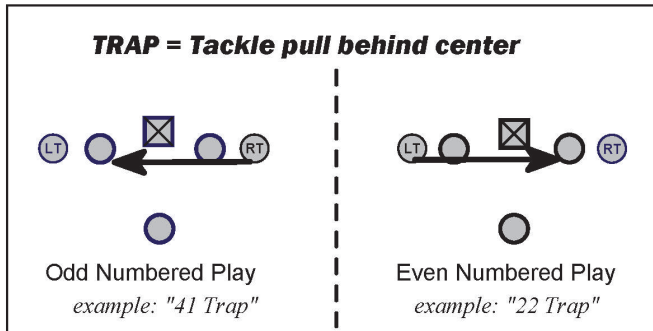
YOUTH WING T

SENIOR BLOCKING

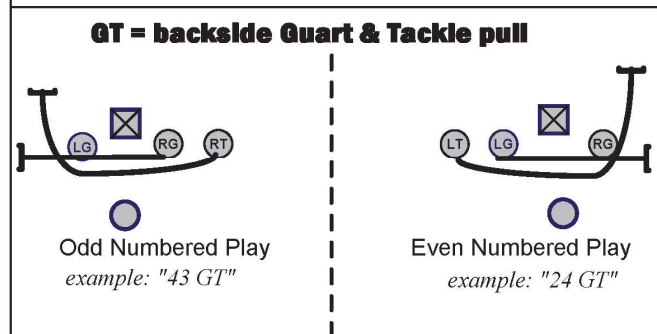
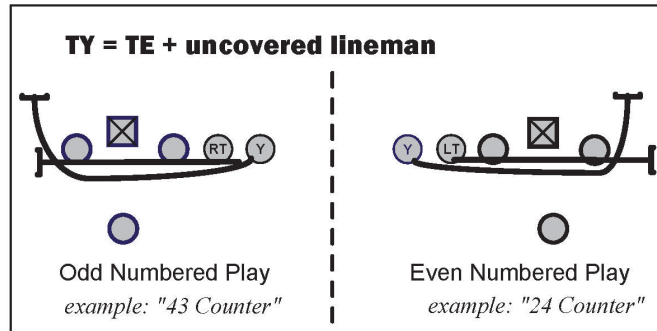
GUARD TAGS



TACKLE TAGS

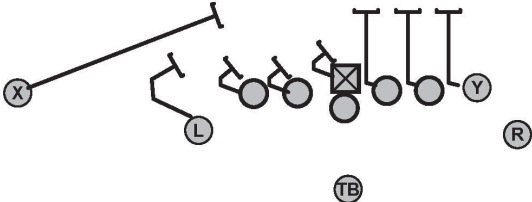
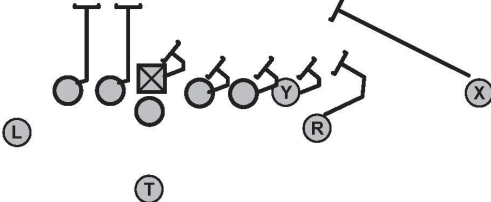
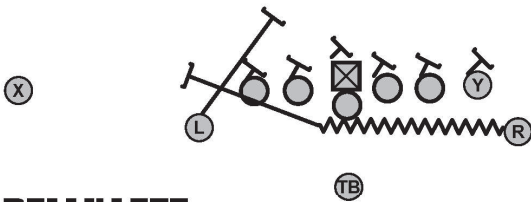
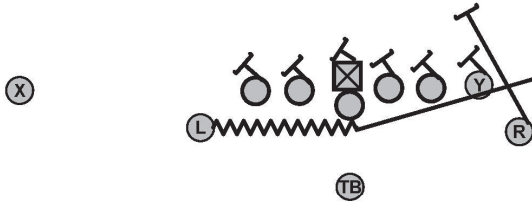
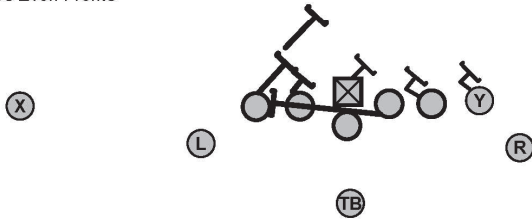
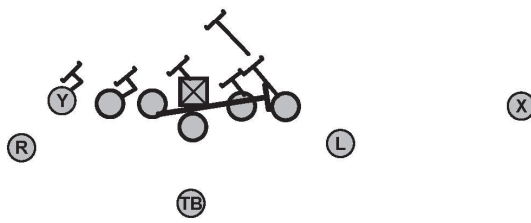
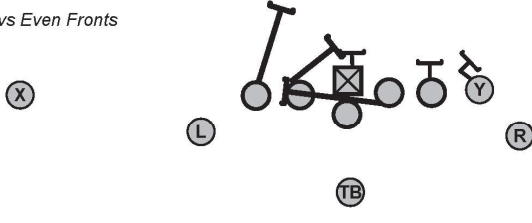
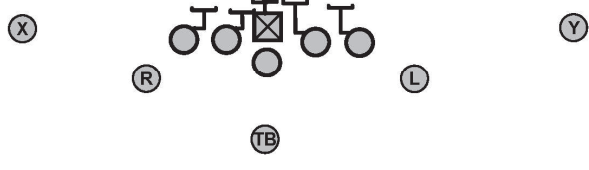


COUNTERS



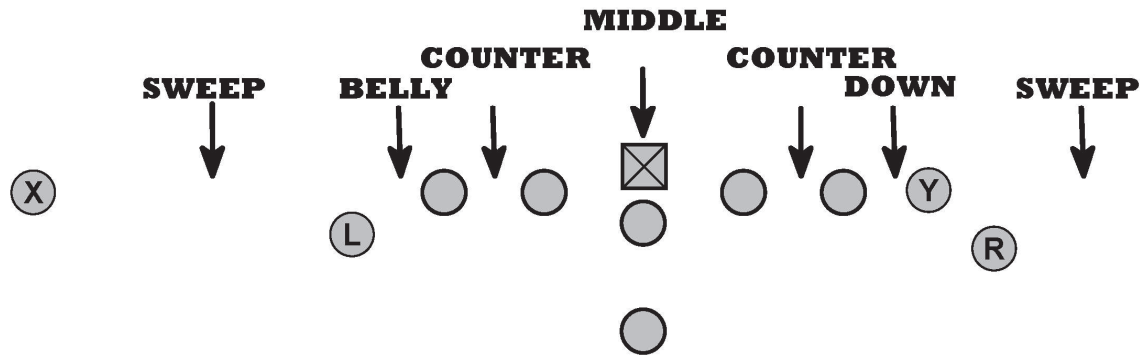
YOUTH WING T

JUNIOR BLOCKING

 <p>SWEEP LEFT <i>"STEP LEFT-BUTTS LEFT". Playside linemen takes big step with left foot and hooks the man closest to them. Backside Step left and block Linebackers. WR cracks 1st man off LOS</i></p>	 <p>SWEEP RIGHT <i>"STEP RIGHT-BUTTS RIGHT". Playside linemen takes big step with left foot and hooks the man closest to them. Backside Step left and block Linebackers. WR cracks 1st man off LOS</i></p>
 <p>BELLY LEFT <i>"STEP LEFT - DRIVE OR DOWN". All linemen step with left foot. Drive head up DL with Right shoulder. Down block inside gap with Left Shoulder. Uncovered C or LG get backside ILB. Left Wing get playside ILB. Motion man kick out End</i></p>	 <p>DOWN RIGHT <i>"STEP LEFT - DOWN BLOCK with Right Shoulder". All linemen step with left foot. Down block to inside with Right Shoulder. Uncovered C or LG get backside ILB. Left Wing get playside ILB. Motion man kick out End</i></p>
<p>vs Even Fronts</p>  <p>G LEFT <i>Everyone blocks down Right. RG pull & kicks 1st man past Guardd</i></p>	 <p>G RIGHT <i>Everyone blocks down left. LG pull & kicks</i></p>
<p>vs Even Fronts</p>  <p>G LEFT <i>G blocks A-gap-NG-LG. LG pull & kicks 1st man past Guard</i></p>	 <p>DIVE MIDDLE <i>Everyone steps with inside foot & blocks anyone on their highway</i></p>

YOUTH WING T

PEEWEE BLOCKING



<p>SWEEP LEFT</p> <p>"STEP LEFT-BUTTS LEFT". Playside linemen takes big step with left foot and hooks the man closest to them. Backside Step left and block Linebackers. WR cracks 1st man off LOS</p>	<p>SWEEP RIGHT</p> <p>"STEP RIGHT-BUTTS RIGHT". Playside linemen takes big step with left foot and hooks the man closest to them. Backside Step left and block Linebackers. WR cracks 1st man off LOS</p>
<p>BELLY LEFT</p> <p>"STEP LEFT - DRIVE OR DOWN". All linemen step with left foot. Drive head up DL with Right shoulder. Down block inside gap with Left Shoulder. Uncovered C or LG get backside ILB. Left Wing get playside ILB. Motion man kick out End</p>	<p>DOWN RIGHT</p> <p>"STEP LEFT - DOWN BLOCK with Right Shoulder". All linemen step with left foot. Down block to inside with Right Shoulder. Uncovered C or LG get backside ILB. Left Wing get playside ILB. Motion man kick out End</p>
<p>COUNTER LEFT</p> <p>LT block out. Everyone follows BELLY LEFT rules.</p>	<p>COUNTER RIGHT</p> <p>RT block out. Everyone follows DOWN RIGHT rules.</p>

CHAPTER FOUR

Sweep Family

PEEWEE

Liz Sweep Right
Liz Boot Pass Right
Rip Sweep Left
Rip Dive Middle
Rip Boot Pass Left

JUNIOR

Liz Sweep Right
Liz Boot Pass Right
Rip Sweep Left
Rip G Left
Rip Boot Pass Left

SENIOR

Liz 28-0 or 28 Reach
Liz Boot Pass Right
Rip 47-0 or 47 Reachg
Rip 31 G
Rip Boot Pass Left

We recommend replacing Buck Sweep with Jet Sweep for youth football. You can still run Guard Trap (32-G) and Boot (17 GO Pass) off the flat Liz/Rip motion fakes. The sweep is a sister play with Down that puts the DE in conflict, which is why on Liz Sweep Right we have the FB faking Down rather than faking up the middle.

FOOTWORK: LIZ/LAZER...RIP/ROCKET

LIZ/RIP-Pistol Snap ball when Wing is at inside leg of G. Hold ball out in front as snap hits hands.

Wing should be there & almost "intercepts" the snap. QB could keep ball and run up middle or turn with the Liz/Rip motion to fake Belly or Down.

LIZ/RIP-Under Center Snap ball when Wing is at inside leg of G. Reverse pivot on playside leg so that the QB is opening towards the motion man and handing off at inside leg of playside Guard.

LAZER/ROCKET- The footwork from Pistol and Under Center is the same. Open pivot pitch with right hand on Rocket motion and reverse pivot pitch with right hand on Lazer motion. After pitch reverse pivot back to defense and fake to TB up the middle.

