

PRE PRACTICE

Establishing a routine also allows your practices to go fast. Not only do all of our players have the setup of every drill memorized, but they also know the sequence of our practice schedule.

Table 11: Overall Sequence of Drills Ran in Practice

	INDIVIDUAL Every Day Drills (EDDs)	SMALL GROUP	LARGE GROUP
GO-Purple-Silver Day:	<u>Bags</u> : Surface, Step & Hit, On, Down, Cuts, Pulls	G, GO, GO Pass Drills	Purple / Silver
Belly-Down-Play Action Day:	<u>Sled</u> : Surface, Step & Hit, On, Pulls	Tug, Gut, Cog, Tee	½ Line Drill
Jet-Red-Blue Day:	<u>Shields</u> : Reach, Backer, Escapes.	Blitz Pickup	Perimeter Run Red/Blue Live Pass
Option-Gray-Yellow Day:	<u>Live Body</u> : Pass Pro Techniques	Double Teams	½ Line Drill Gray/Yellow Live Pass

“GO” is our Buck Sweep; “Option” is Midline/Veer. “Purple” is short pass; “Silver” is screens; “Red/Blue” is sprint out pass; “Gray/Yellow” is drop back cup protection

WARMUP

We do not do dynamic warmups as a team before practice. Players warmup by doing position-specific drills. Linemen start with Get-Offs in the fun house followed by board runs & bear crawls.

We title practice plan days by the Play Family rather than saying “on Monday we do this.”

- SPRING *Jet (1 practice); Option Day (2 practices); Belly-Down Day (3 practices); GO Day (3 practices);*
- SUMMER *Jet (2 practice); Option Day (2 practices); Belly-Down Day (2 practices); GO Day (2 practices);*
- AUGUST *Jet (2 days); Option Day (3 practices); Belly-Down Day (week 2); GO Day (week 3);*
- SEASON *GO Day (Mon); Belly-Down Day (Tue); Jet (Wed); Option Day (Wed);*

Spring, Summer, August the linemen get 30-45 minutes of indo. Bag & Shield indo periods can be combined. So even though our offense will install Jet first because it is the easiest play to learn, linemen will start with Bag Work.

Because the Wing-T offense has been around for so long, there are many great ways to teach it. Remember, the godfathers of the Wing-T all coached at the collegiate level: Greg Perry (Delaware), Dennis Creehan (South Dakota), Herschell Moore (Cumberland), and Phil Willenbrock (Puget Sound). They had the type of athlete that could handle the more technical aspects of blocking and at those levels the offensive line play has to be more technical. I have taken the many “traditional” Wing-T blocks and simplified them for the high school level:

High Knees, Backward Run, Side Shuffles

Board Run

Bear Crawls: *all 7 cleats in ground. Use inside foot. Don't push off toes.*

- Bear Crawls with Resistance 50% build up to 100%

Get Offs.



Get Offs – Part of Warmup

This a review of the first three steps associated with every block. The linemen line up in 5 or 6 lines according to position. On command of “READY” the plays in front of the line take first step, freeze. On command of “TWO” they take second step & freeze. On command “AND GO” they then sprint 5 yards and form new lines there while the next kids in line step up and repeat. When you are happy with the bird dogging of the footwork you just do the drill at full speed. When the coach says “READY” the linemen explodes out of the stance at game speed using the correct footwork, and sprint 5 yards.

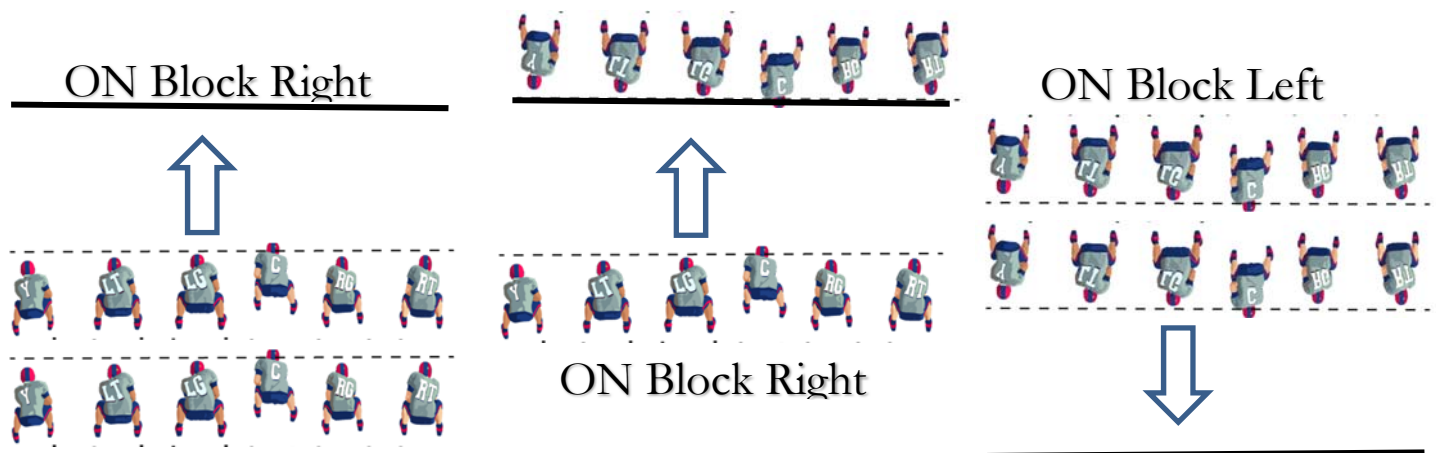
To make sure they have flat backs you can do this drill in the Trap Chute (aka Funhouse) or pull an old rope/garden hose across the line 3-4 feet off the ground. You could also have the next kid in line in front with his arm extended. When we first do this warmup drill in spring and summer it takes 10 minutes but during the season this is a 2-3 minute drill.

5 YARDS DOWN

ON Block, Right Shoulder, Left Foot
 DOWN Block, Right Shoulder, Left Foot
 REACH Block Right, Left Shoulder, Right Foot
 ESCAPE Right
 PULL Right

5 YARDS BACK

ON Block, Left Shoulder, Right Foot
 DOWN Block, Left Shoulder, Right Foot
 REACH Block Left, Right Shoulder, Left Foot
 ESCAPE Left
 PULL Left



TEAM TAKEOFF PERIOD OR “PERFECT PLAYS”

After warming up by position, the entire team comes together to run plays on air (we might have cones or trash cans setup as defenders). The plays we run are the ones we installed the previous day so this is also a review period. The goal is to practice our tempos, sprinting to the line, timing of motions, check with me’s in the snap count, etc.

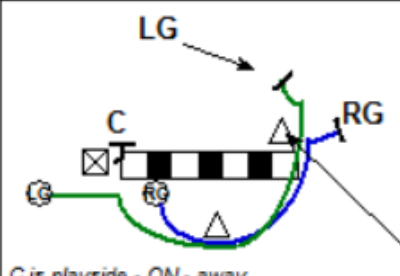
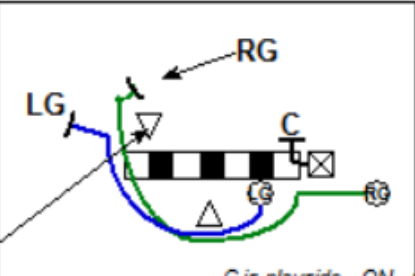
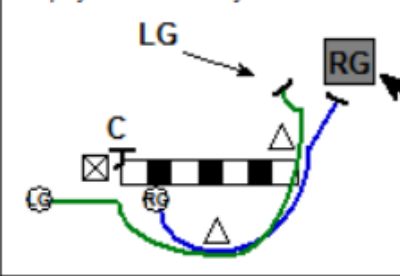
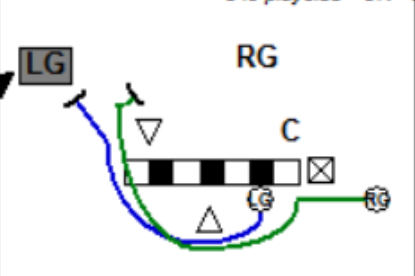
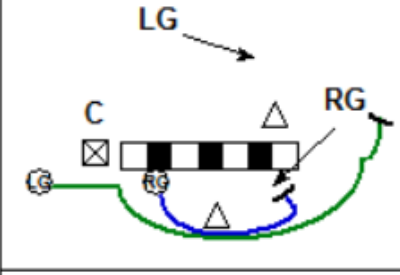
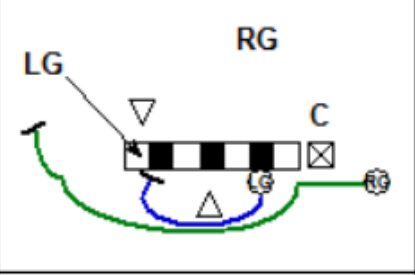
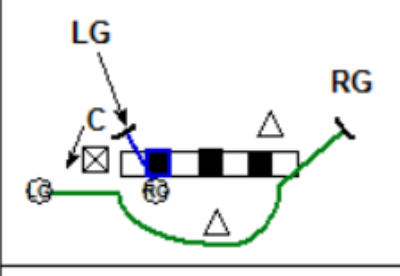
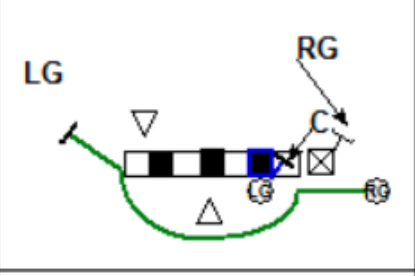
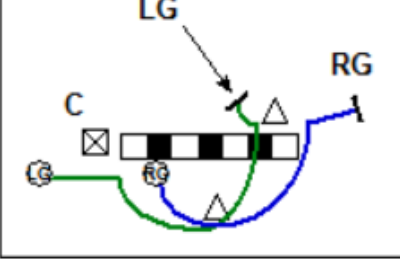
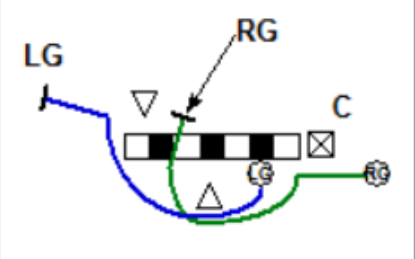
PERFECT PLAYS: Run 4 plays out of HUDDLE tempo perfectly in under 1 minute.

2 MIN OFFENSE: Up & down field with hand signals.

NASCAR/MUSTANG: Up & down the field running a play every 10 yards.



You are going to cross-train again. You have two guards up in position, in the guard spots, on the spacing boards. The cones are now placed two yards deep in the backfield and right on the inside leg of the tackle, which is marked by the second dark spot on the spacing boards. The coach is in a central location..

OL DRILLS	G.O. (Buck) DRILL	GO DAY
26 G.O.		Whatever bag a player hits is the bag that you replace.
 <p><i>C is playside - ON - sway</i></p>	<p><i>Playside G: 1st 3 steps get depth Back, Back, Flat then attack LOS</i></p> <p><i>Backside G: 1st 2 steps flat Then 3 depth steps.... re-tracing playside G steps On 5th step, find HB block, scrape tight off his block & find playside LB</i></p>	 <p><i>C is playside - ON</i></p>
	<p><i>Have injured player take a knee or put a bag down to simulate HB block</i></p> <p><i>Have Force Player start on LOS (DE) and come from depth (4-3 defense)</i></p>	
	<p>EDGE BLITZ</p> <p><i>Hard blitz into pulling G...Log him. Backside Guard goes around Log so that HB can bounce to outside.</i></p>	
	<p>DOMINO</p> <p><i>If both "A" gaps are threatened,, playside G stays home and backside G is kickoff</i></p>	
	<p>INSIDE BLITZ</p> <p><i>Backside G has to "track" the ILB if ILB tries to shoot window between T down block & HB torpedo block...</i></p> <p><i>backside G has to see that & pull up inside the HB torpedo block</i></p>	



INSTALLATION SCHEDULES

We spend spring & summer introducing our players to all the drills needed to install the offense. This allows us to move along at a pretty fast pace during August installation. Our teaching methodology is

Whole --> Part --> Whole.

We introduce all 16 plays to the team during Spring, out of 1 or 2 formations, so that they can see the big picture of where we are going.

In the summer (12 practices + 2 camps) we commit to technique and teaching the drills. We continue this commitment to technique during our 20 August practices, however, we also start introducing the whole again as we are installing 1 play per day.

DAY 1 - August		DAY 6 - August		DAY 11 - August	
5min	Stance & 1st Step	5 min	Stance & 1st Step (boards)	5min	Shoulder Skills (no bags)
15min	Shoulder Skills	10min	Shoulder Skills vs shields	5min	Individual Blocks
5min	Individual Blocks (funhouse)	5min	Individual Blocks		Hook, Fill for Puller
	On, Gap-Down		On, Log, Trap, Escape	15min	Sled Progression
10min	Combo Blocks (funhouse)	10min	Sled Progression		BEEF, Down, Pulls
	Fold, Belly Cross		B.E.E.F.	10min	Combo Blocks
10min	1/2 Line Belly Drill (funhous)	10min	1/2 Line Down Drill		G.O. Drill, Double Teams
10min	Team Period (Belly)	10min	Team Period (Down)	5min	G.O. Drill w/RB
5min	Perfect Plays	10min	Perfect Plays	10min	Team Period (Buck Sweep)
				10min	Perfect Plays
DAY 2 - August		DAY 7 - August		DAY 12 - August	
5min	Stance & 1st Step (funhouse)	10min	Shoulder Skills	5min	Shoulder Skills (no bags)
15min	Shoulder Skills	5min	Individual Blocks	5min	Individual Blocks
5min	Individual Blocks (funhouse)		Gap-Down, Log, Trap, Escape	15min	Sled Progression
	On, Gap-Down, Log				BEEF, Down, Pulls
5min	Combo Blocks (funhouse)	10min	Sled Progression	10min	Combo Blocks
	Fold, Belly Cross				G.O. Drill, Double Teams
10min	1/2 Line Belly Option Drill	10min	1/2 Line Down Opt Drill	5min	G.O. Drill w/RB
10min	Team Period (Belly Option)	15min	Team Period (Down Opt)	10min	Team Period (Buck Sweep)
10min	Perfect Plays	10min	Perfect Plays	10min	Perfect Plays

