
SECTION TWO

DRILLS



Chapter 4 : Quarterback Drills

Chapter 5 : Receivers and Tight Ends

Chapter 6 : Running Backs

Chapter 7 : Offensive Line

Practice

Coaches need to anticipate what EQUIPMENT they need and either go out early to setup or delegate to players. Countless minutes of practice time is wasted each season with the retrieval and set up of equipment. As head coach, we established a set rotation way in advance that went as follows:

- Jr/Sr linemen put bags on both sleds; Fr/Soph put bags away
- Fr/Soph got out round blocking bags; Jr/Sr put round bags away
- Jr/Sr backs got out hand shields Fr/Soph got out agility bags & spacing boards
- Fr/Soph put away hand shields Jr/Sr backs put away agility & boards
- WR got out and put away all cones and scrimmage vests
- QB in charge of balls

Several years ago we stopped lining up as a team before practice to do high knees, butt kickers, carioca stretches. Our players go through fast 5-minute, position-specific agilities that get blood flow to the muscles. We alternate offense and defense.

- OL do get-offs in the chutes
- RB do agility/cones
- WR go full-speed thru pass tree
- QB do full sprint progression
- DL do ball-on-a-stick get offs in chutes
- DB do back pedal drills
- LB do pass drops

Water

We buy water bottles for every position group. Water girls and injured players are in charge of filling them up and bringing them to the stations. This saves the time wasted jogging to the water tank. The only traditional team water breaks we take are when switching from offense to defense and after our tackling stations.

- OL station has 12 bottles
- RB station has 6 bottles
- WR station has 6 bottles
- DL station has 12 bottles
- DB station has 6 bottles
- LB station has 6 bottles

I recruit six water girls from my biology classes every year. I leave the rotation up to them, but two come out on Mon, two on Tue, and two on Wed. They also are assigned jobs Friday night. I reward them with a polo, a shirt, sweats, and a visor.

Championship Reminders

The things that are important to us have to be embedded during practice. If any of the following occurs at any time during practice, that player, or players, immediately drop and do 16 pushups. We do 16 because that is how many games you play if you reach the state finals. The “reminder” is if you keep doing whatever you just did, then we will never play 16 games.

- RB not faking 5 yards
- OL jumping off sides
- If the football touches the ground for any reason during offense, the player that caused it to hit the ground does 16. WR drops it, he does pushups. QB overthrows WR, then he does pushups. RB fumbles, Center bad snaps.
- DL jumping offsides.
- DB getting beat deep

Pistol Snap

Our Centers have a ball with them at all times. No matter what the drill is, they always snap it 3 yards to someone and they always get hit by a bag. If you allow your center to snap against air, they will have bad snaps when you go live. Our QB never is allowed to do a drill without the ball snapped to him from 3 yards. The center, an injured player on a knee, or a coach. Somebody is snapping.

QB DRILL SHEET

MECHANICS	
Stance	<i>Under Center, Pistol, Shotgun</i>
Grip & Triangle	<i>Finger placement on ball; Relaxed elbows with ball in front of right pec</i>
Wrist	<i>Cocked wrist</i>
Elbow	<i>Lead elbow above the shoulder; Back elbow short circle;</i>
Shoulder	<i>Front shoulder at target;</i>
Feet	<i>Back foot "T" under hip; Lead foot short stride land outside target line</i>
Throwing Motion	<i>L-position, Elevate to zero; Straight overhand motion; Extension</i>
Wrist	<i>Cork Screw motion. Thumb in crotch, slap the wall</i>
HAND DRILLS	
Fingertips	<i>Rapid transfer ball hand to hand</i>
Around the World	<i>Ball around Legs, Waist, Head</i>
Spiderman	<i>Ball remains suspended between knees, while switching hands</i>
Palms & Orbit	<i>Catch the ball with palm as ball falls to ground</i>
Wrist Drills	<i>Corkscrew</i>
Throw It Up	<i>Sit in chair and throw ball straight up in air</i>
Below the Chin	<i>Ball below chin. Only forearm moves forward as ball thrown in tight spiral</i>
Sideways Roll	<i>Hold fat part of ball behind head. Throw to partner cones pointed out</i>
Throwing Darts	<i>Stand sideways to partner and throw ball same as throwing dart at a board</i>
Straight Arm Drill	<i>Throwing arm straight up while on right knee; Throw ball with arm stiff</i>
ELBOW DRILLS	<i>Zero Position; Break the Glass</i>
Mechanics	<i>Lead with Elbow; Above the Shoulder; Break the Glass</i>
Zero Point	<i>Elbow is 45-degrees above armpit and 45-degrees laterally from pec</i>
Elbow Circles	<i>Ball behind right ear; Elbow two circles before throwing</i>
Straight Arm Drop	<i>Same as Straight Arm Drill but drop ball behind the ear, Elbow at zero</i>
55 Knee Progression	<i>5yds apart. 5 throws off rt knee, lt knee, both knees, butt. Repeat at 10yds</i>
UPRIGHT DRILLS	<i>Shoulder replaces shoulder</i>
Foot Forward	<i>Right and then left foot facing target. Turn torso and throw</i>
Parallel Toes	<i>Throw with both feet parallel</i>
Boxer Drill	<i>Hop on both feet holding ball in relaxed V. Turn body 45-degrees to 3 targets</i>
Hot Potatoe	<i>Chop feet rapidly, throw ball to partner as fast as possible</i>
Over Linebacker	<i>Throw ball over goal posts or person</i>
Dodge Defender	<i>Dodge hand shield thrown at legs during 1, 3, and 5 step drop</i>
Over Bag Rollout	<i>Drop, high knee over agility bag, sprint out and throw</i>
Line 2 Line	<i>Sprint 5yds, 90-degree cut, sprint at partner 15yds away & throw</i>
SPRINT PROGRESSION DRILLS	
Throw on Run	<i>Walk, Jog, Sprint at partner. Throw off right foot, drag left toe</i>
Sprint Out Drill	<i>Play Action & Sprint footwork, throwing to partner 15 yds away.</i>
DROP MECHANIC DRILLS	
Drops on a Line	<i>1-step, 3-step, 5-step down a line. Simulate throw by turning shoulder to target</i>
LINE DRILLS	
Pitch Down the Line	<i>Walk, Jog, Sprint and pitch to partner 5yds away.</i>
Scout	<i>4 steps at the FBI, then twirl and head to flats</i>

Yearly plan

Jan	QB School 1x per week. Classroom training.
Feb	QB Workouts Continue QB School 1x per week Throw to receivers once per week plus additional 45min of drill work
Mar/April	QB School 2x per week QB Drillwork: 45 min Team Practice 1x per week for 90 Minutes Skill Practice 1x per week for backs and receivers Players
May	QB School 2x per week Spring Football Practices: Mon-Thur for 90min each day Attend 1 Spring 7 on 7 Tournament
June	Dead Period, No Practice last week of school and 1 st week of June. QB School 2x per week Team Practice two days per week for 3 weeks of June Strength Training four days per week for 3 weeks of June Compete in 1 Summer 7 on 7 Tournament
July	Dead Period, No Practice week of 4 th of July QB School 3x per week Team Practice two days per week for 3 weeks of June Strength Training four days per week for 3 weeks of June Compete in 1 Summer 7 on 7 Tournament
Aug	Fall Practices

Notice in March & April our QB will give up 3 days per week for class, drillwork, and on field work. If he is in a spring sport then we have his classwork and drill work completed in evenings after his spring sport practice. He would not be on the field throwing while in another sport.

The QB School is going through all the characteristics previously mentioned in this chapter, in addition to the playbook. We will also pull up HUDL film to teach him to identify defenses and discuss signals/audibles.

We use powerpoint, HUDL film, and handouts. The topics we cover are:

- Responsibilities of QB's
- QB Qualities (Physical, Mental)
- Leadership Training – Lead by example, vocal leader
- Pre-Snap Physical Procedures
- Identifying Fronts and how we want to attack them
- Identifying Coverages and what our reads are
- Playbook Install

There are approximately 15 QB meetings from January through end of July. This is very demanding on our QB because we also have our Leadership Council meetings every other Monday night during the spring.

Pointing the front shoulder is irrelevant if the back foot is does not form a “T” under the back hip. Think of the back foot like a “rudder” of a boat that immediately brings the front shoulder into proper alignment. Also the body weight has to be transferred over the back hip which will bring the back shoulder to a perpendicular alignment with the back foot. Then drive the hips and let the hips rotate the body naturally while not affecting the vertical path of the arm.

“Stand tall, step small”; “Crush pebbles with your feet” ;



Lead Foot Short Stride

The stride length cannot be too long and must fall just outside of the target line. The short stride keeps the QB upright and over the top in his delivery. Over striding will cause the elbow to drop below the shoulder and not allow a high release.

The lead foot must land just outside the target line to allow the QB to point his hip at the target so it doesn’t block the torso. Blocking the torso causes the arm to slide away from the shoulder and body. This will look like a slight sidearm delivery.

Short stride off target line – Get hip clear to target

Elbow – L Position

The Quarterback’s throwing arm must reach 90 degrees in the elbow and armpit, pointing the nose of the ball away from the target. The “L” position helps maximize arm power and acceleration. Keeping the ball tight to the head will result in a high elbow drive.

Obviously the quicker that the elbow can get to this position, the quicker the release will be. A straight, long arm or a circling “wind up” lengthens the radius of the throw. This longer release sacrifices velocity and distance.



Elbow – Elevate to Zero

Projectiles go straight. Failure to throw in a straight over-hand motion creates nearly 180 degrees of possible paths for the ball to take. A ball released a fraction of a second early, one degree too soon or too late, will forever be one degree off target, which is a mistake magnified by distance. Therefore, the optimal throwing plane goes down the midline of the body instead of around the spine of the body.

A vertical overhand throw narrows the vertical window from the ground to maybe 10 feet in the air, so a ball two feet too high could be a touchdown. However, a lateral sidearm throw grows the window to roughly six feet -- the lateral wingspan of a grown man. A right handed QB who throws horizontally across his body will miss to the right with an early release, and to the left with a late release. A ball one inch too wide could be an incomplection.



Throwing with a straight over-hand motion requires the elbow to get ahead of the shoulder on the throw. This requires a path over the ear hole of the helmet, tracking up and over the shoulder. The elbow comes straight down, breaking an imaginary plane of glass extended out in front of chest

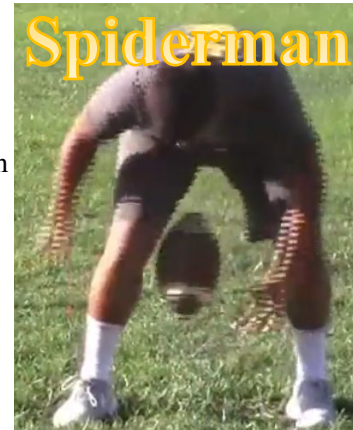
Spiderman

Ball is suspended between the knee caps, both hands are on the ball.

One arm is in front of legs and other arm is behind the legs.

Take both hands off ball at same time, switching arms so that the arm that was in front rapidly moves behind the legs and the other arm moves to the front of the legs.

Goal is to re-catch the ball before the ball hits the ground.

**Palms & Orbit**

Hold top-middle of the ball with palm. Let go of ball and catch it with the palm ball is falling to the ground.

Repeat ball but have hand completely circle the ball before re-palming it.

Orbit

Ball is resting on top of the back of hand with palm facing the ground.

Quickly move hand over the top of the ball and catch the ball with the palm.

WRIST DRILLS**THROW IT UP DRILL**

Sit in a chair or a bag. Throw ball straight up in the air so ball spirals and comes straight back down in front of the face.

BELOW THE CHIN

Hold ball the same as if you were throwing it. Ball is below the chin so that one tip is pointed at the partner and the other tip is slightly above the collar bone. Throwing elbow tight against rib cage. Only the forearm moves forward as ball is thrown with tight spiral.

**SIDEWAYS ROLL**

Standing up with a partner. Hold fat part of the ball so that all 4 fingers are spread out evenly along the laces. Take ball behind the head so both cones are pointing out in same direction as the shoulders. Throw ball to partner so that tips of the ball remain in outward direction. Ball should roll off the Index & Middle fingers. Ball should not wobble towards the partner

**THROWING DARTS**

Hold ball out in front of face so that forearm is 90 degree angle with arm.

Elbow is 45 degrees above armpit and 45 degrees laterally from the chest. (ZERO POSITION)

Throwing foot is out in front towards the target. Throw ball with tight spiral with as little elbow movement as possible. Attempt to throw with just the wrist snap..which is only possible if the elbow is above the shoulder plane.

NEXT: Drop ball all way back, behind the ear. But throw the ball only using the tricep & the wrist snap..do not let elbow go forward or drop to shoulder level.



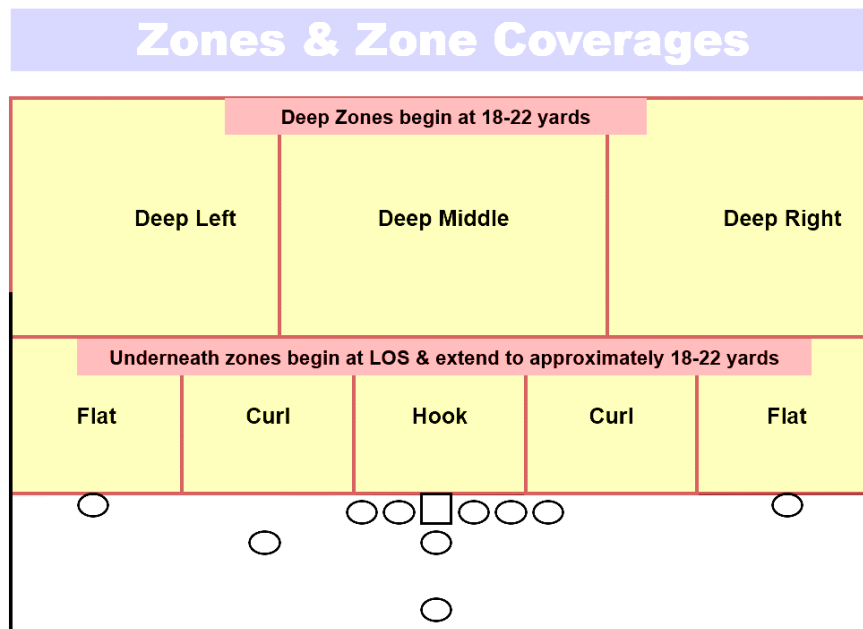
Reading Coverages

Basic Rules

- **PLAY ACTION**
 - Read deep to flats; Run if can get 5 yards
- **SHORT PASSING (purple)**
 - Read Outside Linebackers / Corners
- **DROP BACK PASSING (gray & white)**
 - **SPRINT PASSING (red & blue)**
 - Throw the flats till you can't
 - Know Down & Distance

Pre-Snap

- **Scan the ceiling**
 - 1 or 2 safeties?
- **Check the exits**
 - Depth of corners;
 - inside or outside shade;
 - eyes on you or the receiver?
- **Count the crowd**
 - How many linemen & linebackers



One Safety Middle Field Closed

- **COVER 3**
 - where are the flat defenders?
- **ROLL COVER 2**
 - Only 2 deep defenders.
- **2 LB blitz expect man to man**
- **Safety not in middle of field**
 - Rollled coverage or man

Receivers & Tight Ends



This chapter covers both tight ends and spread ends, or wide receivers, or split ends—whatever you want to call them. All receivers are going to learn the same techniques because we cross-train our players.

Qualities of Receivers

Unselfish

It is most important to have players on your football team who are unselfish. You cannot have people who want statistics for themselves only. Athletes have to be happy with winning the football game and also with accumulating statistics as a team. The worst thing to mess those guys up is usually the attention given to them by the people in your town—patting them on the back, grumbling about the coach, telling the kid he is not getting the ball enough. Your players have to buy into a team philosophy. They have to be hungry and have to be unselfish. Those attributes are the principal qualities to look for in your receivers.

Likes to Block

The tight end and receivers must be willing to block. While the TE has to be a really good blocker, the receiver does not have to be big or strong. He simply has to be willing to block. With the new crack blocking rules, all he has to do is get his hands on the breast plate and move his feet like crazy. It is more desire than anything. Although we love to throw the ball out of the pistol formation, if you have a wide receiver coming from a program where they throw the ball 45 to 50 times a game, we are still going to be a physical, ball-control type of offense based on running and play-action passing. Therefore, you will need to recruit a spread end who is unselfish.

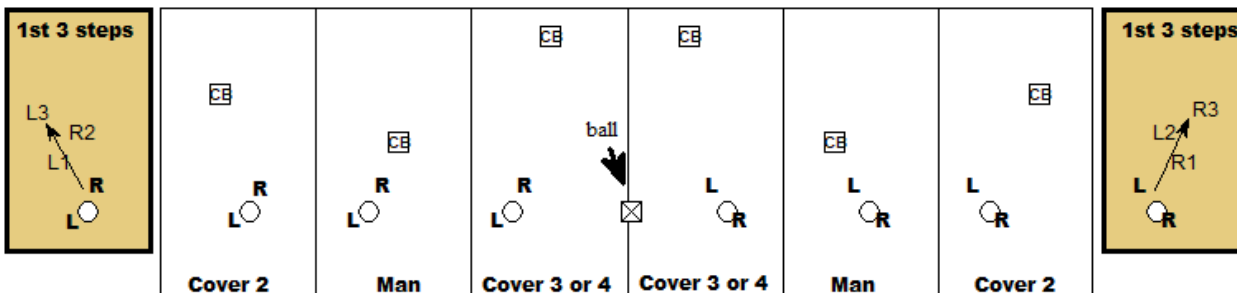
Size, Speed, & Strength

Ideally, we would like a Tight End who is strong enough to block down on Ends and Inside Linebackers, but skilled enough to flex out as a receiver. He is the number one receiver on many of the patterns. However, in the Wing T, the Tight End has to be able to block. There have been years that our Tight End has been our 3rd string tackle who we gave an 80 number to and lied to him by telling him that we were going to throw him the ball. Those years we were forced to sub him out for another split end, wide-receiver type when we needed two wide outs for passing plays. We call this personnel group “X-MEN” because we have two X’s on the field. We do not like doing that because it tips our hand to the defense.

WR DRILLS

STANCE & READS

STANCE: Inside foot up. On balls of feet. Forward lean. Eyes scan field then look at ball.
 Leave on ball movement, not QB voice. Hands up like a boxer.



- COVER 2: CB outside shade & eyes on QB.
- MAN: CB inside shade/head up & eyes on WR.
- COVER 4: CB deeper than 5 yards + 2 safeties.
- COVER 3: CB deeper than 5 yards + 1 safety.

DRILL #1: STANCE & READS: line all the receivers up on a yard line. Coach stance, feet, & eyes. Another player lines up in front of them in C-2, man, C-3, or C-4. Players yell coverage and sprints off ball with 1st three steps. That player is next defender and the CB goes to end of WR line.

WR DRILLS

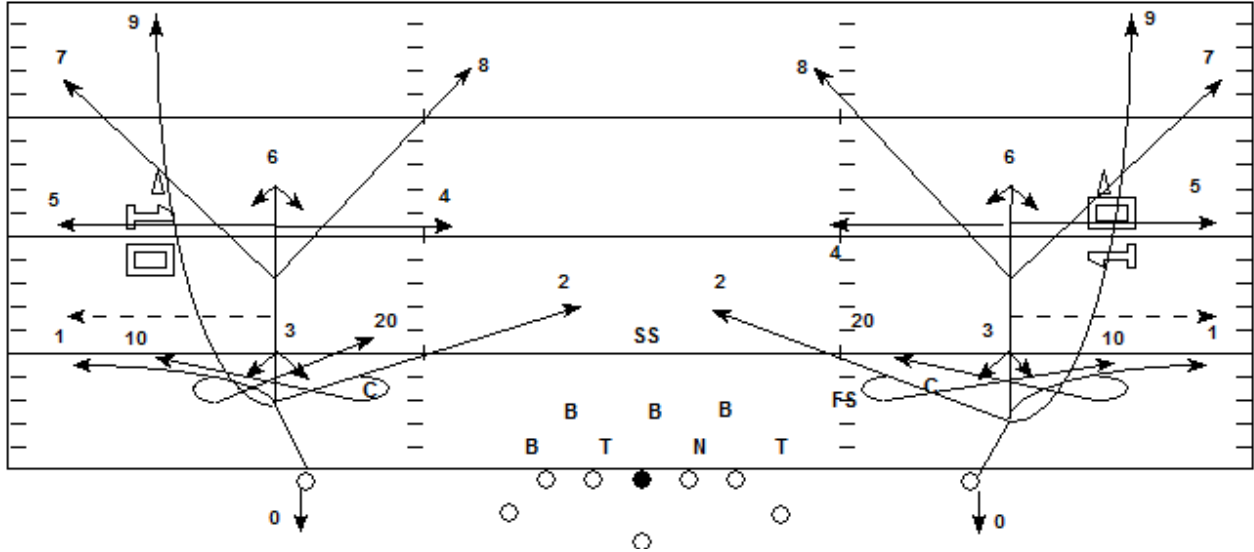
HANDS

<p>DRILL #2: Fingertips</p> <ol style="list-style-type: none"> 1. Hold ball out, drop it, catch with palm 2. Slap ball back & forth with fingertips. 3. Around, knees, hips, & head. 4. Figure 8 between legs 	<p>DRILL #3: Pole</p> <ol style="list-style-type: none"> 1. Stand behind a pole or hug agility bag 2. Pole / bag is between body & hands 3. Catch ball with hands extended.
<p>DRILL #4: Clock</p> <ol style="list-style-type: none"> 1. Partner up with one ball, 5yds apart. 2. Throw ball to each other. 3. Above head is 12 O' Clock. 4. Below waist is 6 O' clock. 5. Catch ball at all hours of the clock. 6. Always tuck the ball. 	<p>DRILL #5: Right At You</p> <ol style="list-style-type: none"> 1. Get in groups of 4. 2. Run straight at partner.. 3. Catch ball thrown straight at you. 4. Yell number, tuck ball. 5. Turn to throw to next player in line.

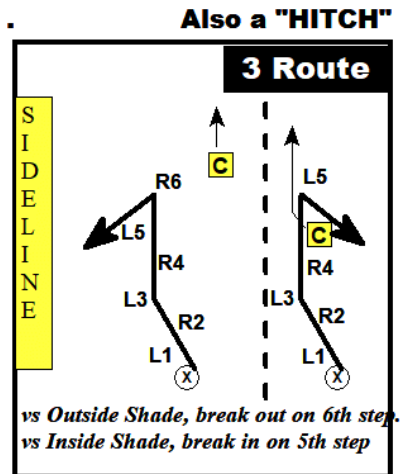
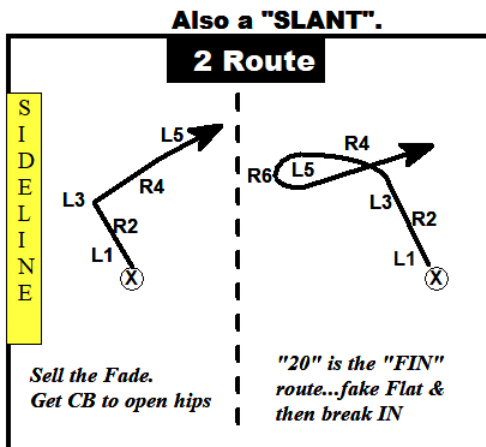
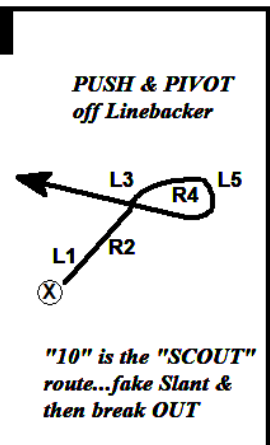
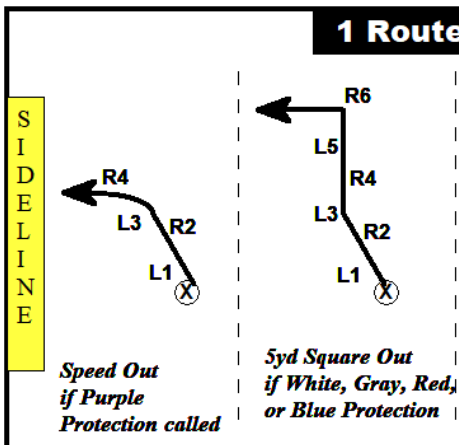
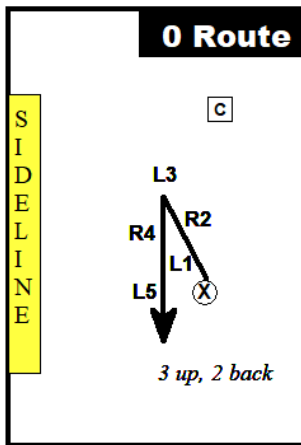
WR DRILLS

PASSING TREE

We need to teach precise route running and are not necessarily working on releases. When we first teach routes, there is no ball as we are not teaching how to catch the ball. We are focused on proper depth, footwork, and cuts. Receivers will work on releases and catching the ball in group passing drills.



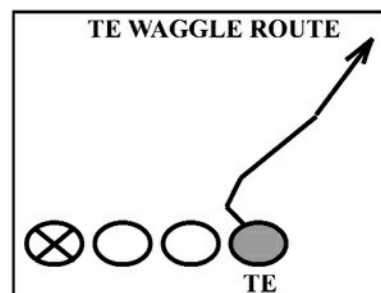
Also a "QUICK" Also an "ARROW". Also a "FLAT". Also a "SCOUT".



Tight End Routes

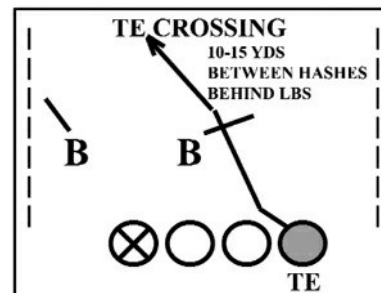
G.O. (Waggle) Route

On the waggle route the tight end takes an inside or down release to get the defensive end to seal down so the pulling Guard can log him. The TE releases and runs right down the numbers on the field. If the ball is snapped from the left hash and the tight end was into the short side of the field, he will inside release, burst vertically to the numbers, and stretch the defense. We put a cone deep down the field and on the numbers. The tight end has to sprint to the cone.



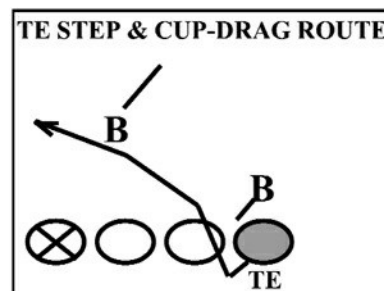
Crossing Route

You use the crossing route for a tight end when he is on the backside of waggle. He takes an inside release and does not care how he sets it up, because you are not trying to log the backside of the waggle. The tight end takes any kind of release he wants, but he has to release inside. He can combine pull release with fake, down release with fake, swim, or whatever. But, he needs to release inside and get vertically down the field as fast as he can. You would like him to be between the two hash marks. He works to the area somewhere between 10 and 15 yards deep, where he is behind the linebackers. If a free safety is in the middle of those two hash marks, or any safety, or any rotated defensive back in the middle, he breaks it off and stays in the middle of the two hash marks. You do not want him to cross the hash mark and work to the outside of the field. If no safety is in the middle, you tell him to run right down through the middle of the field and be the deep threat. If you throw the ball back, this pass should be a touchdown shot.



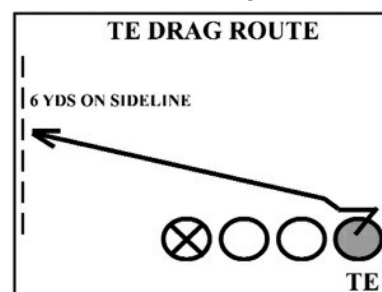
Step and Cup-Drag Route

This pattern is the backside route of Belly pass for the tight end. He stays in and blocks if there are four rush players coming off the backside. The techniques on step and cup-drag call for the tight end to quickly check if either one of the two linebackers drops. He will step with his inside foot, cup back, and check the inside backer to the outside backer. If they both rush, he must stay in. If either one drops, he can go ahead and run his drag route over the center.



Drag Route

We run this on 36 Down Pass Y Drag, which fakes down to the tight end side and have him drag back across to the other side. In that particular case, you want the tight end to drag on a shallow route and work for a point six yards deep all the way at the opposite sideline. If the defenders are reacting to play-action, they usually overrun the tight end, and, by the time they realize it, he is wide open in the opposite flat.



GENERAL BLOCKING RULES

- 0, 1, 2: Cutoff Alley Player
- 3, 4 Baylor/Counter: Cutoff Alley Player
- 3,4 Belly: Stalk or fade vs zone. Crack vs man.
- 5,6 hole: Stalk block unless man, then fade or crack.
- 7,8 hole: Crack Block -- "You-Me" calls

WR DRILLS

BLOCKING

PISTOL WING T BLOCKS

BLOCK PROGRESSION

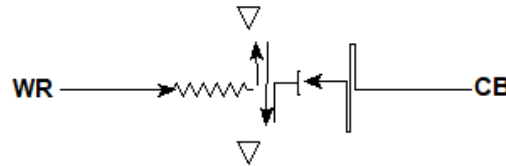
- Start with the fit. Wide feet. Sti back (no lunge). Hands inside shoulder arm pits.
- A = APPROACH:** Give pass look. Try to run DB off, force DB to backpedal.
Use a weave to get his eyes away from the play
- B = BREAKDOWN:** Read the defender, when he reads run and breaks down WR must be ready to quickly breakdown. WR should be 2-3 yards in front of DB.
Do not let DB by you, take him where he wants to go.
- C = CONTACT:** is made in the chest between the DB armpits.
- D = DRIVE:** Only drive when contact is made, but do not lunge

3 WHISTLE

FIRST: punch both hands into chest of DB on the whistle; SECOND: Punch again on the whistle; THIRD: Punch & Drive the feet on the last whistle.

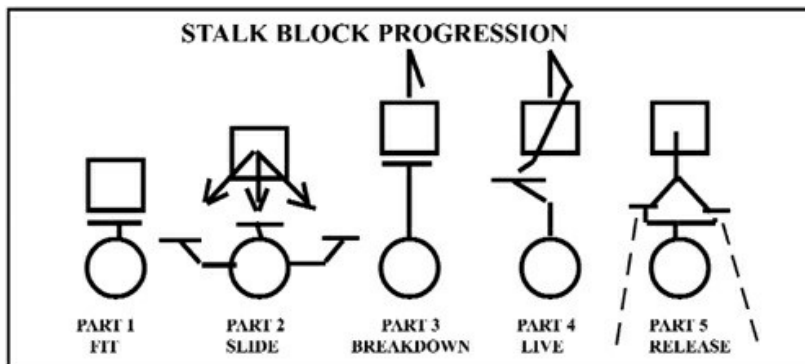
MIRROR STALK (5&6 holes)

Sprint at DB. Break down at 5yds.
Shuffle feet so that you "mirror" the DB,
then the DB attacks a side.
Wait and then punch the DB.



Stalk Block

This block is used more than anything else in the offense. The first phase is similar to the shoulder skills, in that you simply focus on the fit. The receivers and DB simply lock up with each other. Start with hand shields, then start with WR hands inside.



Next is to teach how to slide feet right and left. The WR and DB three yards apart and the DB has a three-way go with no head fake. The WR squats into a good hit position and slides his feet right or left in order to square up on him.

SUMMARY OF RECEIVER TECHNIQUES

ALIGNMENT & STANCE	
MOF	<i>Between Number and Hash</i>
Ball on Hash	<i>Boundary WR on #; Field WR on Hash</i>
Inside Foot Up	<i>Line up with defender in front. ID & Yell out the Coverage</i>
HANDS	
Fingertips	<i>Palm Catches; Fingertip Slap; Around knees, hips, head</i>
Pole	<i>Catch Ball Standing Behind Pole</i>
Clock	<i>Partner Up. Catch ball with hands at 12, 3, 6, and 9 O' Clock</i>
Right At You	<i>Groups of 4. Run at partner, catch ball, yell out # painted on the ball</i>
AGILITIES	
Agility Bags	<i>High Step with Forward Lean; Zig Zag thru Bags</i>
Lines	<i>3-Step Cuts stick foot in ground outside the line. Keep foot under the hip</i>
Cones	<i>6-Cone; 4-Cone; X-Drill; Triangle Cone;</i>
C.O.D.	<i>Carioca spin, FADE; Carioca 90-degree CUT; Carioca COMEBACK</i>
CATCHING	
Ball Security	<i>4-Points of Pressure; Tuck & Cover; Turnaround; Sideline; Gauntlet</i>
2-Line	<i>Straight at you; 1-arm Extend; Ball Behind; Low Ball; Hitch; Speed Out; Fade</i>
Deep Ball	<i>Stationary and Back of End Zone</i>
Toe Tap	<i>On the Sideline</i>
CONCENTRAION	
Distraction	<i>Step In Front of Partner; Behind the Trees</i>
Take A Hit	<i>Run pattern & get hit with hand shield</i>
W.I.N.	<i>Jump Ball Fade and Comeback Fade vs a Corner. Fight for the Ball</i>
RELEASE	
Press Release	<i>Slap, Pin, & Punch; Up & Rip</i>
Cover 2 Release	<i>Attack Outside Shoulder; Slap-Pin-Punch outside or Swipe to release inside</i>
2-Step Release	<i>Short 1st step in direction you want to go; 45-degree jab in other direction</i>
TE Releases	<i>Pull; Down; Fake; Swim</i>
PASS ROUTE TREE	
WR Routes	<i>0, 1, 10, 2, 20, 3, 4, 5, 6, 7, 8, 9 routes at full speed</i>
TE Routes	<i>G.O.; Crossing; Step & Cup; Drag; Hitch; Out; In (Dig)</i>
BLOCKING Approach, Breakdown, Contact, Drive	
Stalk	<i>3-Whistle; Mirror Stalk; Fit;</i>
Cutoff	<i>Shield Safety on runs at 1, 2, 3, 4 holes</i>
Crack	<i>Crack Quarters Safety or OLB on runs at 7 and 8 holes</i>

Running Backs



One of the great things about the Wing-T is that it spreads the ball around and gives many players the opportunity to contribute. This not only develops a strong TEAM FIRST mentality, but also raises morale because the offense is not depending on only 2-3 players to make plays while the rest of the team becomes cheerleaders. This makes the backfield position very interesting in that the running backs must not only master the skill of carrying the ball, but must also become adept at catching the ball, blocking, and faking.

The following character traits must be instilled in all of our backs:

Unselfish

As with all positions in the wing-T, the running backs must be unselfish. They have to understand that the ball will be spread to all of the skilled positions. This offense has 4 backs and 4 receivers who will touch the ball. They need to understand that this is to their benefit since the defense cannot key on just one back. If the halfbacks are having a big day, it might be because the defense is keying on the fullback, or vice versa.

Faking

The wing-T is a misdirection offense that asks the backs to take out a defender with a fake instead of a block. Fakes help misdirection, create deception and force the defense to be frozen in place, unable to read the ball and unable to pursue as quickly as they would like. The backs have to understand that faking for their teammate will open up running lanes for them later in the game and that the same teammate will be faking for them when they are carrying the ball.

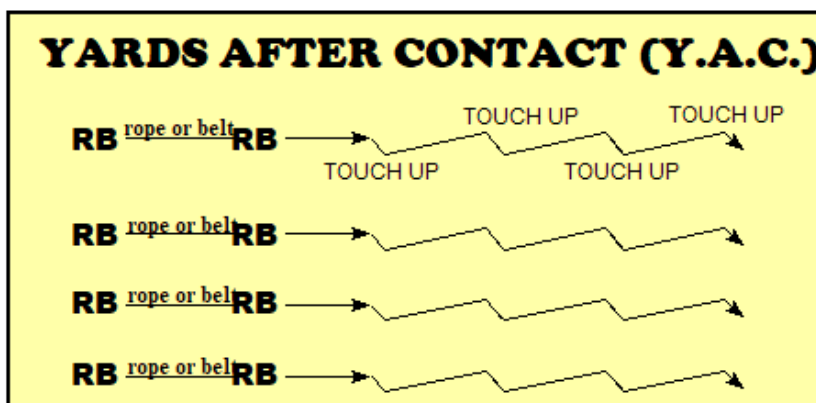
Everytime RB Tackled on a Fake, We Buy Him Lunch

Blocking

As just stated, backs are asked to take out defenders with great fakes but there are still plays that ask them to block. No back will be allowed to have the attitude he is going to get the ball all the time, while everyone else's job is to block. Asking all 3 backs to share the blocking load lessens the physical abuse from blocking all the time.

YARDS AFTER CONTACT

Backs loop extra practice belt around their waist with metal hook to his backside. Then hook a 2nd belt to those hooks so partner standing behind him has something to hold onto. As the RB runs forward, his partner holds the belt trying to prevent movement. We will start with a 30yd run holding belt entire time. Then we will let go of the belt after 20yds, then after 10yds so the RB can feel the acceleration. When the belt is released, the RB touches the ground with 1 hand, “pushing” up and switching the ball into opposite hand.



THIRD LEG POP UP

- Players stand in place on one foot, non-ball hand touching ground. Jump and switch ball to other hand while in the air. Land on the opposite foot
- Players just run down the field alternating the off-ball hand touching the ground. Switch ball into opposite hand as quickly as possible.
- Players run down the field, bent over, with the same hand touching the hand. Do not switch hands. Will kind of “bob”
- See picture at bottom of this page. Player bear crawls laterally over 3 bags with off hand on the ground. Coach is hitting player with bag.



WAGGLE BLOCK

The Wing makes this block after faking the 26/45 G.O. As soon as he fakes past the QB and “SWIMS” his fake arm...he breaks down and shuffles towards the LOS. His goal is to get as close to the hip of the Tackle. It is important that the rush D-End goes up, over the top of his block. If the D-End splits the Wing and the Tackle, he has a shorter, more direct path to the QB.

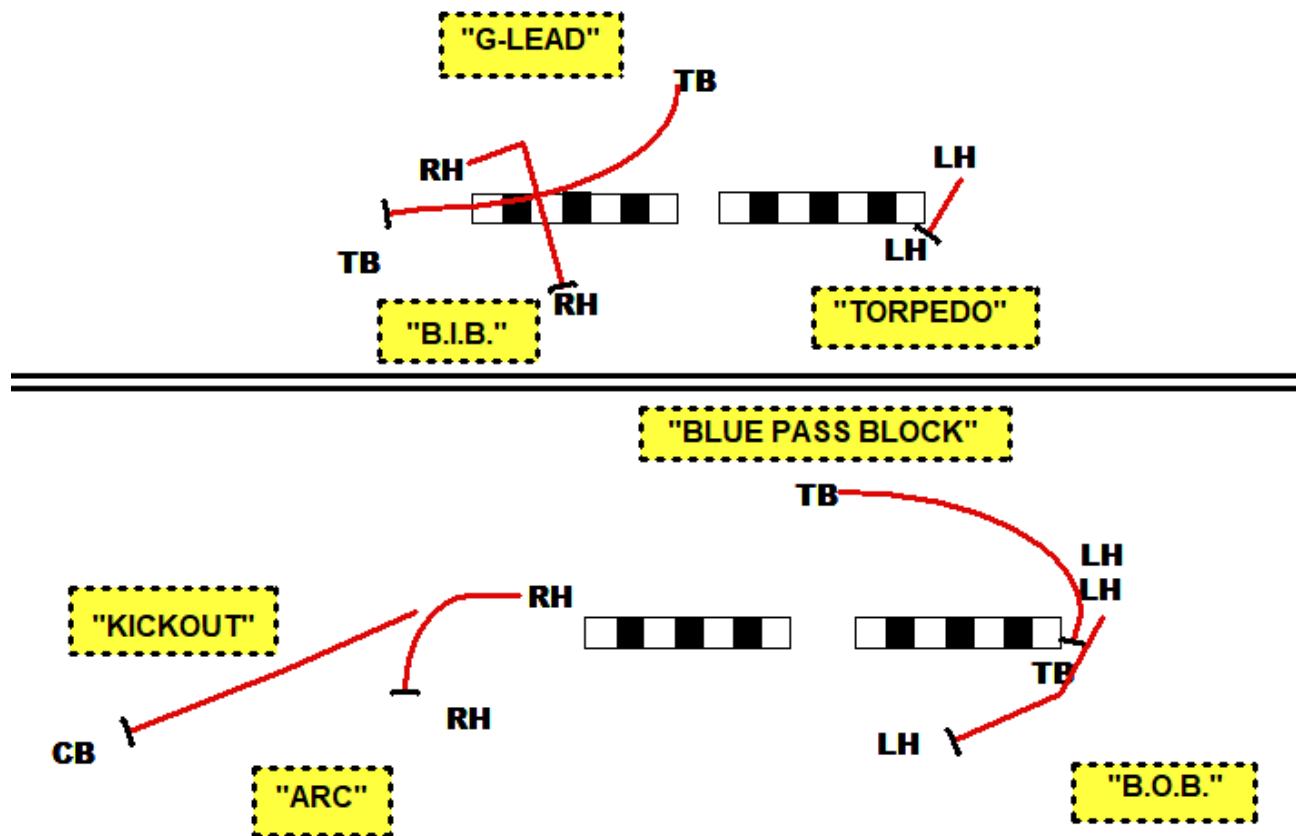
G-LEAD

Kickout block by the TB on 9-tech End or hand player (OLB / SS).

RED / BLUE BLOCK

TB hook DE on sprint out left passing.

This is our blocking drill. All 3 backs are blocking simultaneously. REMEMBER: Replace the bag you hit. So the RIGHT WING who “BIB” blocks grabs that shield and becomes that Inside Linebacker. The ILB who was blocked gets in the LEFT WING line. The LW who B.O.B. blocked becomes the next ILB and that ILB moves over to the RW line.



- | | | |
|---------------------------------------|--|--|
| <u>1.0 MIN:</u> RH=B.I.B; | <u>1.0 MIN:</u> TB=RED; | <u>1.0 MIN:</u> LH=Torpedo |
| <u>1.0 MIN:</u> RH=B.O.B; | <u>1.0 MIN:</u> TB=6 hole G-Lead | <u>1.0 MIN:</u> LH=Arc |
| <u>1.0 MIN:</u> RH=kick out CB | <u>1.0 MIN:</u> TB=Inside Blitz; | <u>1.0 MIN:</u> LH=kick out CB. |
| <u>1.0 MIN:</u> RH=Arc; | <u>1.0 MIN:</u> TB=BLUE; | <u>1.0 MIN:</u> LH=B.O.B. |
| <u>1.0 MIN:</u> RH=B.I.B; | <u>1.0 MIN:</u> TB=5 hole G-Lead; | <u>1.0 MIN:</u> LH=Torpedo |

SUMMARY OF RUNNING BACK TECHNIQUES

MOTIONS

L & R	Motion away from LOS. 4yd landmark in A-gap when ball is snapped
Liz/Rip; Lou/Roy	"I" in Liz & Rip means inside, in-front of QB;
Lou & Roy	"O" means out towards sideline. Motion away from QB towards sideline
Lazer & Rocket	Motion away from LOS. Between Q & T, passing QB as ball is snapped
Stop & Twirl	Motion to 4yd landmark & stop in B-gap; or Twirl back to where came from

BALL HANDLING

Zig Zag	Straight Arm; Rip Move; Spin Move. Can use cones, shields, trash cans
Y.A.C.	Partner holds belt around RB waist and lets go on command
3 rd Leg Pop Ups	Stand in place; Run down field; Bear Crawl over bags. 1 leg & 1 hand on ground
Monkey Rolls	3 players hopping over each other
Guantlet	Hit by 2 bags then hi step, then read block then straight arm/spin move

AGILITIES

Bag Drills	High Knees; Lateral Shuffle; Angle Step Over
Cones	
Ropes/Tires/Ladders	Straight through; Diagonal; bunny hops
Sideline/4 Cones	

FAKING

How to	Swim, Rock Baby, Grab outside hip, then rise up & pump inside arm
4-Man Fake Drill	

TYPES OF BLOCKS

FBI - First Backer Inside

BIB, BOB	
Torpedo	Violent shoulder block into hip of D-End on 26/45 G.O.
Arc Block	
Kick Out	TB kick out OLB on G-Lead; Wing kick out CB on You-Me Crack Call
Red / Blue	

BLOCK DRILLS

Shield Work	6-point; 4-point; 2-point; 2-point shuffle
Punch-Shuffle-Punch	
Sled Work	
Reach & Explode	2 LB vs 1 RB. Blitz pickup
Full Backfield	RW, LW, TB all simulate blocks from playbook

PASS CATCH DRILLS

Partner Catch	Clock; 2-arm 1 ball; Hi Ball; Turn Around; Shoulder Toss; Quik Toss; Toe Tap
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PASS ROUTES

Arrow	
Scout	
Swing	
Flats	
Fin	4 steps towards flats, then twirl back inside
Choice	
Out	
Corner	Angle release to run on top of hash; Break for 22-yd landmark on sideline
Dig	

Offensive Line



This chapter will only BRIEFLY cover what we teach our offensive linemen in the offense. Since we cover it in such great detail in the 225-page OFFENSIVE LINE MANUAL FOR THE WING T Offense, this chapter will merely summarize that book.

There are only two people who love and recognize how important Offensive Linemen are: The O-Line coach and the players' mommas. This makes finding competent offensive line very challenging for the high school football coach because they all want to carry the ball or play defense. It is PHYSICALLY very challenging for big men to move so much on every play and it is MENTALLY difficult, because of all the blocking assignments. It is also the least fun position to play during practice. No other position works as hard during INDO period than offensive linemen.

Qualities

While the great ones are going to be great in any offense, most high schools have kids who are too slow for defense and not athletic enough to play back or receiver. The great thing about the Wing-T offense is that a below average lineman can be great in the wing-t offense. Because smaller players can succeed, it also increases the number of potential linemen on your roster.

We also do a good job selling our backup Tailbacks and backup Linebackers on playing offensive line. Once we get them pulling and ear-holing defenders in scrimmages, they LOVE, LOVE IT !!!

- Wing T Offense Does Not Require Large Linemen
Angle blocking & pulling allows smaller players to block larger ones.
- Wing T Offense Does Not Require Great Blocks
Backfield deception freezes defenders and directs their attention away from point of attack.
- Wing T Offense Is Fun
Blocking schemes allow different things on every play and they all love to pull.

The Wing-T lineman is not a “finesse” player, he develops a toughness that will be contagious to other players and carry over to your defense. They work very hard mastering all the footwork and techniques that are not naturally taught to boys growing up. Backs & receivers do not have to learn their skills because most of it is genetics. So don't insult your linemen by calling your backs and receivers “skill players”. Your linemen will work harder than any other position learning their techniques and skills. We simply refer to our players as: **BIGS, BACKS, and SKINNY's**

SWITCHING PARTNERS

On all of our drills, we have the starter and his backup partnered up with a bag. If we are ever short bags or have an odd number players, we NEVER let a starter be in a rotation of three players to a bag. Starters have to get the most reps. When the player has hit the bag with a particular shoulder, coach yells “ROTATE” and he switches with the bag holder as fast as humanly possible. Do not waste time switching and train your players to do everything fast.

Shoulder Skills are performed during the very first part of individual. At the beginning of August, we will spend 15 minutes, but very quickly cut it back to 5 minutes and keep it lasting from 3 to 5 minutes every day for the rest of the pre-season. During the season we will do Shoulder Skills at least once that week.

FLIPPER vs HANDS

Modern rule changes have made blocking with your forearm (Fig 7-4) obsolete. Even Greg Perry, the Delaware O-line coach who helped invent and develop the Wing-T offense has stated that he would teach the use of hands instead of flipper if he were still coaching today.

We believe that using hands is more natural and makes it easier to extend the arms as we rise-up, making it easier to pancake D-Lineman. We still use the shoulder to make contact, but “pin” the elbow tight against the rib cage in order to get the hand under the D-Lineman’s armpit. We call this the T-Rex Flipper. (Fig 7-4).

“**Four Point Contact**”: Shoulder (1), foot (2), and both hands (3) & (4) all make contact at same time.

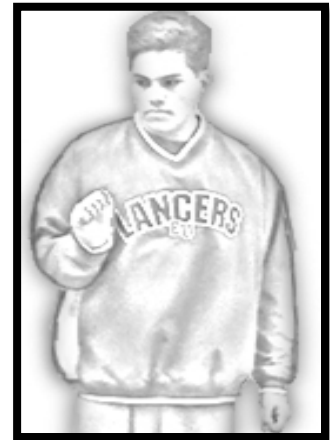


Fig 7-4: T-Rex Flipper

B.E.E.F

B.E.E.F.

To summarize the entire sequence: Blocker takes a 6-inch first step with the foot opposite the shoulder that will make contact (**B**LASTOFF). As the second foot lands, the shoulder and both hands make contact in strategic places (**E**XECUTION). The arms extend out and up as the hips explode forward (**E**LEVATION). As the third and fourth steps drive forward, the blocker is standing the defender straight up using a motion similar to a military or incline pressing motion (**F**INISH).



Fig 7-5: Hand Placement



Blastoff

Execute

Elevate

Finish

Linebacker Blocks

Perfects our blocks on 2nd level defenders using shields or live bodies. Taught a lot like open field tackling.

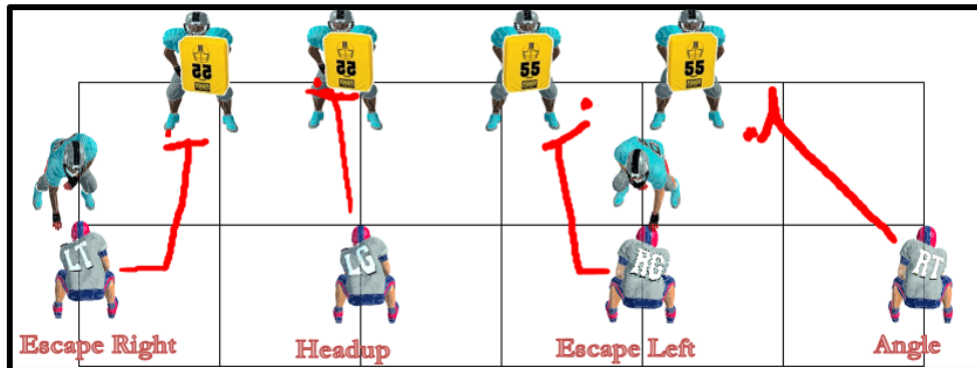


Fig 7-9: Linebacker Blocks

SLED PROGRESSION

TYPE OF SLED: We recommend the Rogers PowerLine sled. We only use for our step progression and do not make our linemen drive it up & down the field. We want the linemen to enjoy their sled time.

First Step – Blastoff

14. One arm length away from sled.
15. Take 5 first steps with the same foot to practice
16. “HEEL REPLACES TOE”
17. Same as our SURFACE RAPID FIRE DRILL.



Second Step – Execute

18. Aim the 2nd foot for the middle of the bag.
19. Unload shoulder and both hands on the bag as the 2nd foot hits the ground
20. Go slow and have the player rewind the 2nd step several times to player can get the timing down.



Third Step – Fit & Elevate

21. Start with 2nd step already under the middle of the bag
22. Back knee is not on ground. It is even with the heel of the front foot
23. From this position lift and push the bag as far as you can. Do not drive it.

Third Step – Finish

24. Unload arms, separate the bag off the shoulder,
25. LIFT it off the ground
26. 3rd step is very long and “runs” through the bag as you lift up.
27. Bring hips through



We also do our PULLS and DOWN blocks on the sled. On the Down blocks our players turn at 45-degree angle to the bag.

COMBINATION BLOCKS

Combination blocks are when two offensive linemen both block one or 2 defenders. They are:

BELLY CROSS BLOCKS

- TUG: *Cross Block Tackle first*
- GUT: *Cross Block Guard first*
- COG: *Cross Block Center first*

DOUBLE TEAM BLOCKS

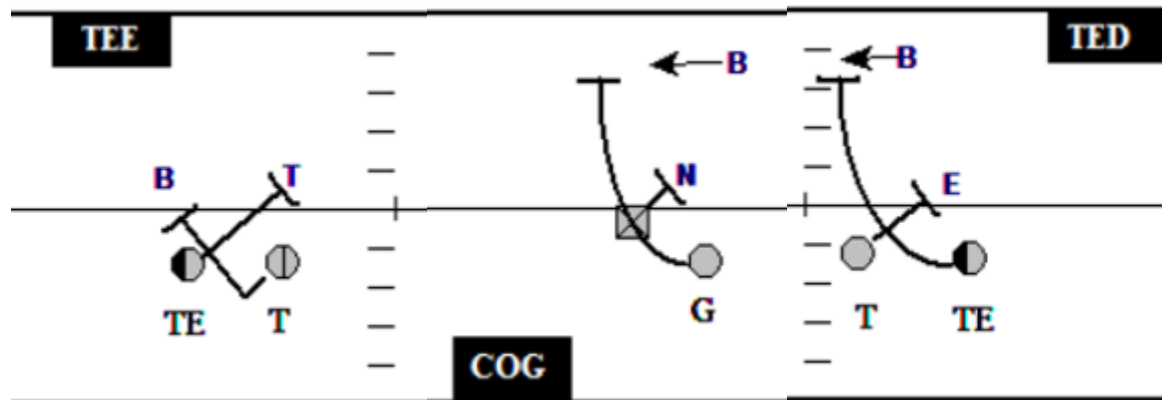
- CONVENTIONAL
- CONDITIONAL

SCOOP BLOCKS

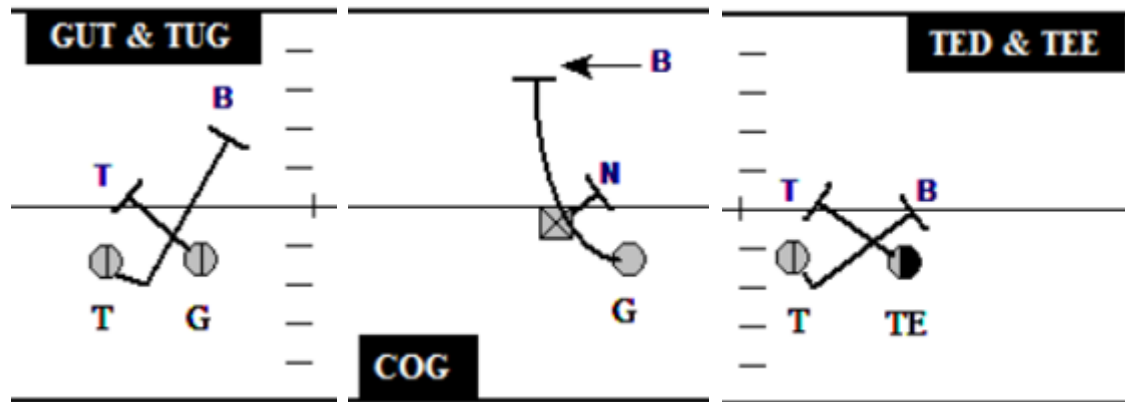
- Tight 2-man Reach
- Wide 2-man Reach

normally we do not have the Center & NoseGuard present, however, it is perfectly fine to include them. There are a couple of options to rep the COG, TED, and TEE cross blocks, depending on your roster size.

DRILL SCENARIO #1



DRILL SCENARIO #2



G.O. Drill (sweep)

G Drill (Guard Trap)

GO Pass Drill (waggle)

PASS BLOCKS

The PISTOL WING-T is very tough to defend because there is so much in the arsenal, however, this also creates great time constraints to fit everything in. Even if your offense does include a dropback game, limited time will be available to teach the skills necessary to be effective pass protectors. Therefore, before the offensive staff decides what the package of plays will be for a certain season, it must consider the effect the package will have on the line coach above all others, because he has the most to teach.

With that said, this book will cover all facets of passing because it is impossible to know which facet of the passing game will fit the many different coaches who will read this book. In other words, just because all of these techniques and protections are in this book, does NOT mean that Coach Stewart is suggesting that you try to run all of them. While many drills can be done, and many pass protections can be drawn up, the high school lineman only needs a few necessary skills to become a good pass protector in a high school setting.

The coaching staff actually works backwards when deciding how to teach pass blocking. First they need to decide which pass plays will be ran that season. Once the type of pass plays have been determined, then protection schemes can be drawn up, which then tells the line coach what skills will need to be mastered. The major factor that decides what the pass attack will be is practice time.

The protections for the sprint-out game and play-action attacks use the run-blocking techniques already discussed in Chapters 4 through 7. Therefore, the passing section of this book will focus on the skills & techniques needed in a dropback passing attack. All of these drills and protections can be skipped if your passing offense is only going to play-action, sprint-out, and screen pass. The teaching progression outlined in this chapter will be as follows:

(1) HANDS AND PUNCH (2) FOOTWORK (3) STANCE **(4) ONE ON ONE (5) BALANCE**

The last drills for the linemen during individual period are pass protection (pass pro) drills. In the beginning of the season, while learning their skills, the linemen do pass protection drills against themselves, and, as the linemen become more proficient, they progress to blocking more active defensive players.

Pass pro drills should take no more than 10 minutes, and, as the season progresses, you will be able to finish those in five minutes.

I. HANDS & PUNCH

Knee Punch • Knee Clap • Lean Punch • 3-Punch Drill • Line Slide Punch

II. FOOTWORK

Mirror Line • Mirror Jam • Mirror Spin • Ninja • Machine Gun

III. STANCE

STANCE TO START: Soft Kick • Long Kick • Soft Post • Hard Post
Line Post • Line Kick Mirror • Line Kick Step • Combo Drill • Sand Bags

IV. ONE ON ONE

Post Sets • Kick Sets • Kick Slide 3-man Punch

IV. BALANCE

Sumo Pass • Push Pull • Quarter Eagle • A-B Drill

SUMMARY OF BLOCKING TECHNIQUES

SHOULDER SKILLS		
SURFACE-Fit	<i>Just fit on bag, shield, sled. No stance.</i>	
SURFACE-Strike & Freez	<i>6-pt stance. Strike bag & freeze in prone position</i>	
SURFACE-Rapid Fire		
STEP & HIT		
Fit & Drive Drill		
Same Foot, Same Shoulder-Fit		
SFSS-Strike & Freeze		
SFSS-Rapid Fire		
HIT & RUN		
ON Block		Belly, Army, Baylor, Cal
REACH Block-45 degree		Backside & plays to 7 or 8 hole
REACH Block-90 degree		Backside & plays to 7 or 8 hole
DOWN Block-Penetrator		36-0, 26-GO, 26-G Lead, Cal
DOWN Block-Reader	<i>ANGLE DOWN FROM READER CORNER. 4 STEP TO CORNER.</i>	36-0, 26-GO, 26-G Lead, Cal
CUT Block	<i>Facemask to pecker. Take defender's legs out.</i>	Purple, NG on off tackle play
RUN & HIT		
PULL-Flat	<i>Pull towards LOS. Attempt to get even with LOS and "J" hook the DL upfield. "PULL RIGHT-HIT RIGHT"</i>	
PULL-Wrong Shoulder Log	<i>Pull towards LOS, but DL squeezes down the line. "PULL RIGHT-HIT LEFT". Use on inside runs.</i>	
PULL-Deep	<i>Back-Back-Flat steps to get 2-3 yds behind LOS. Then attack down hill. Used when need to get to perimeter.</i>	
PULL-Hook	<i>Pull towards 4vd landmark on GO Pass. "Take A Picture"</i>	
BACKER Block	<i>Tc</i>	
ESCAPE Release	<i>Lc ge</i>	
COMBINATION BLOCKS		
TUG	<i>Tc</i>	
GUT	<i>Tc</i>	
COG	<i>Ci</i>	Backside of belly vs 1 or 2i tech
OUT	<i>Bi</i>	Playside belly block vs 3-4
TED	<i>Tc</i>	Backside of belly vs 5 or 7 tech
TEE	<i>Tc</i>	36-0 vs odd fronts
DOUBLE TEAM	<i>2</i>	Army, Baylor, Cal, 26-G Lead
SCOOP	<i>2 blockers vs 1 DL + 1 LB.</i>	Backside & plays to 7 or 8 hole