

## Wing-T Option Football

### Base Delaware Wing-T with integrated Triple Option

Wing T has a diverse attack to match your player's talents with their abilities

Create conflicts within the defense

Each offensive series presents options for multiple attacks

Great misdirection

Stretch the defense with the option game

### Mechanics: The Series

Organization of the system - not traditional Delaware System

10's - Dive Option

30's - Belly

40's - Cross Buck

50's - Lead Sweep, Lead Power

60's - Jet Sweet

90 Series - 3 Step Drop

Multiple Cadences

### Calling Plays

Call plays to the holes where they are located; label the blocking schemes utilized

Formation - Series - Hole of Attack - Block

"Ace 12 Veer"

Counter, Sally, Bootleg = Misdirection, opposite direction

### Alignment

O-Line Splits - Deep as possible, place down hand on heel of the center. Maximum depth within legal rules

2-Foot split between center and guard, 2-Foot between G and T. TE Split from 3-5 Feet

Expand vs. 8 man front, closer to 3 foot vs. 7-man front

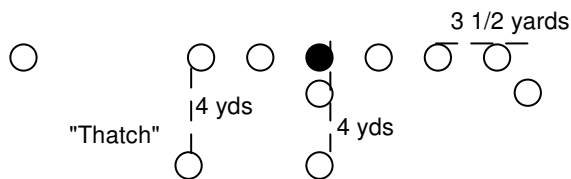
Fullback heels at 4 yards from front tip of the ball (closer than Delaware, helps dive option). Two-point stance.

Do not play halfbacks in Wingback/Halfback. They are left or right halfback. Play both diveback and wingback.

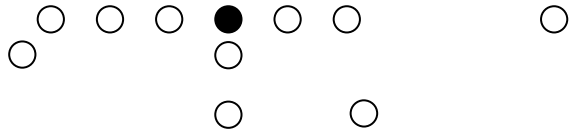
Diveback splits outside leg of OT, 4 yards deep.

Wingback is 3 1/2 yards from outside foot of Tackle, 2 yards deep of front of ball.

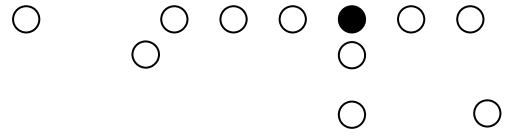
Tighter than the Delaware system, but allows you to get in pitch relationship quicker.



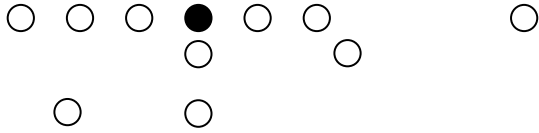
**WING**



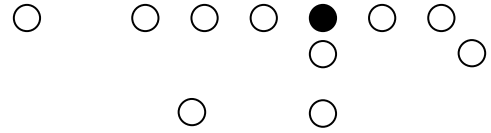
**ORANGE**



**SLOT**

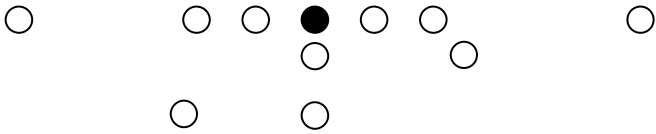


**OVER**

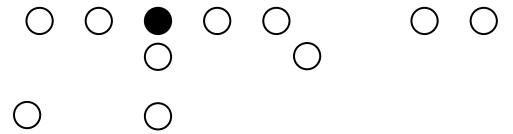


Can run off-tackle strong, option weak

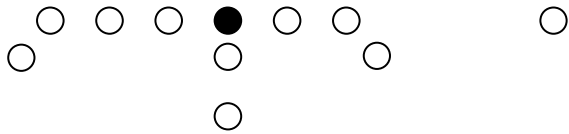
**LOOSE**



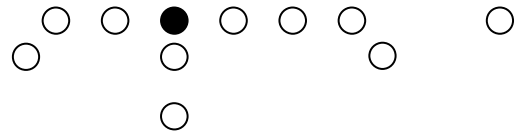
**ORANGE 'WIDE'**



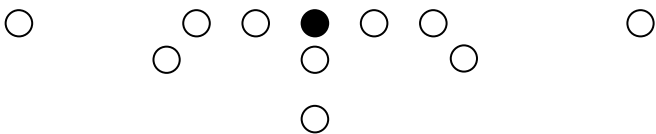
**RED & BLUE**



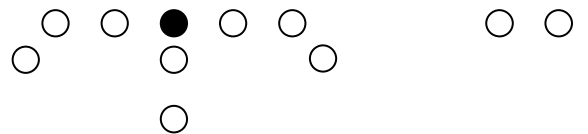
**RUST**



**ACE**



**RUST 'WIDE'**



# Pat Fox: Foundations of the Wing-T for Building the Option Game

## Motion

3-step Motion of the wing to halfback motion is extremely important.

"Twirl" is 3-step motion with a plant and return.

Rip/Liz: Halfback flat motion.

## Jumps

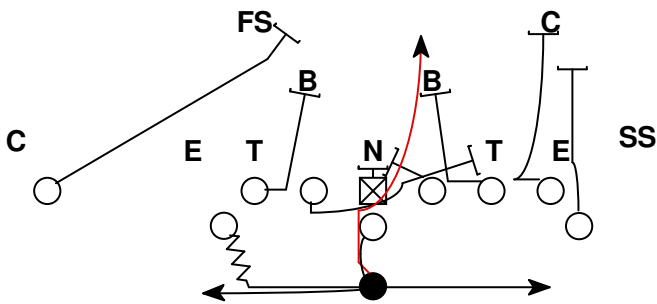
Trade - TE Move

TE to Split, Split to Tight ('Jump to...' and realign on QB's first sound)

*You need both the traditional Wing-T and the Option to be successful.*

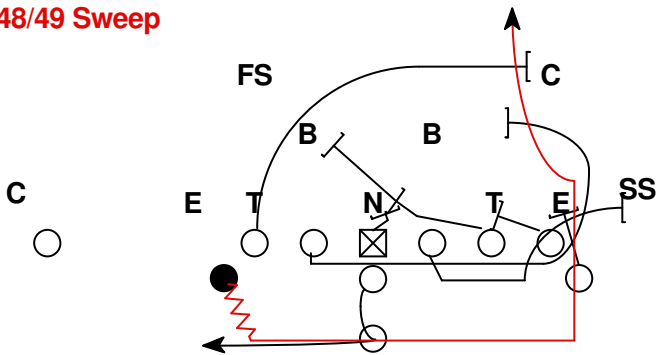
**Cross Buck Series:** FB Trap, Buck Sweep, Waggle

### 40/41 Trap



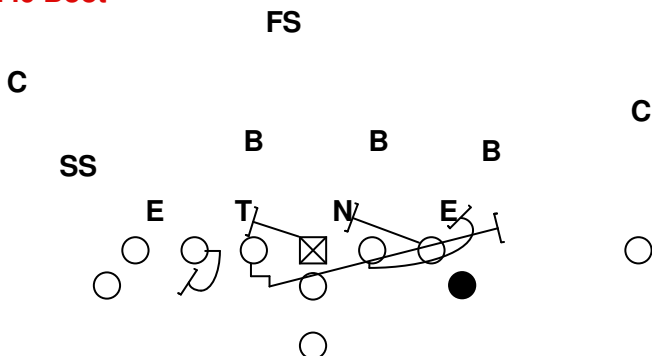
TE: "Evasive to FS" - lateral step and climb  
 PST: Get on LBs  
 PSG: Gap-down-backer (player in gap, 'down' to the nose, to backside backer)  
 C: Post-gap-down  
 BSG: Get in the hole & find 1st man. Be ready to go to war with the man squeezing the hole  
 BST: "Evasive to Backer"  
 FB: Crossover step, receive on open hip on 2nd step, run hip of down block, stay away from trapper  
 QB: Reverse pivot, seat the ball, snap it in, bring hand back. Fake on 3rd step, *accelerate the fake*, break contain at 4 yards  
 SE Cut off corner, TD Block  
 Right HB: Slight stagger, pivot & eye FS, get to next level.

### 48/49 Sweep



TE: Needs to stop penetration. Gap-Down-Backer. 80 degree step w/ front & back. Shoulder block the gap.  
 PST: Gap-Down-Read. If C handles Nose w/ reach, go up to backer  
 PSG: Pull, dive into the hole and work inside out  
 C: Reach 'A'  
 BSG: Responsible for PS Backer, sweep pull  
 RHB: Downblock DE. Play comes off his tail.  
 BST: 6-point block on PS Corner  
*Unbalanced can take corner out of it*  
 Bucksweep does not go to the perimeter, it cuts back underneath  
 QB: Reverse pivot, "*Big back to the defense*", hand-off on 3rd step, snap hands back and break contain at 4 yards  
 FB: Opposite foot read, block backside 'A' gap  
 LHB: Crossover step w/ outside arm & leg, clear heels of FB

### 448/449 Boot



Fake 48 Sweep, boot away from call  
 Communication:  
 PSG & PST: Execute log block. OT determines if he can down block 1st DL 'A' gap or wider. If he can, make a '2' Call, cross action on log block. DE squeezes on OT, easy log block for G.  
 If he's too far down, make a '1' Call. T aggressively blocks man on, G blocks 'A' gap player.  
 C: On-Gap-Down  
 BSG: Pull 90, cross over step, block #4. Mesh w/ FB using crossover step  
 BST: Critical, take a pull step & eye ILB coming through. If backer stays at depth, turn and hinge.



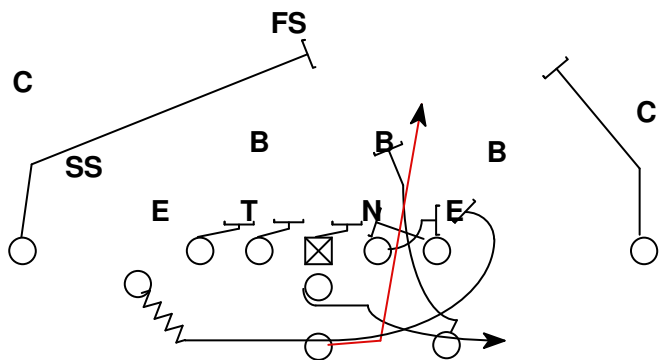
**Cross Block Belly Series (30 Series)**

Cross Block Belly  
Tackle Trap Counter  
Open Edge Keep Pass  
Counter Boot (counter Naked)

Deliberate developing play, allows RB to sometimes cut back against Defense.

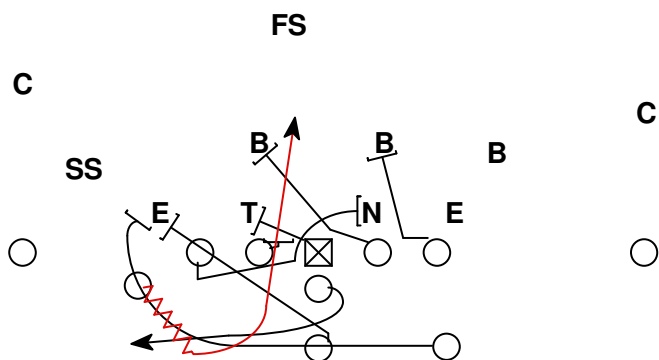
Belly X is at 2 or 3 Hole

**32/33 X**



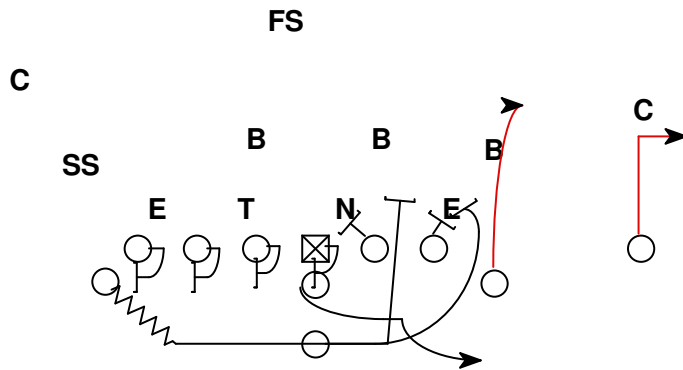
Same 1 & 2 Call used with Waggle for PST & PSG  
C, BSG, BST will all reach block. Must keep shoulders square.  
RHB is lead blocker, slight jab step and head up through cross block  
FB Steps are critical. 1st step flat, second step crossover, 3rd step flat.  
Gain no more than 4 inches per step. One 3rd foot hitting the ground, Shoulders stay square to have ability to cutback. On 3rd step he attacks downhill as he receives the ball.  
QB reverse pivot, seats the ball into his belly, step slightly over the mid-line, extend the ball with two hands and nod your head at the fullback. Step three, snap hands in, step behind the FB so if he winds it back you're not in his way. Break contain at 4 yards.  
Get good motion from backside HB. 3-step motion, through FB heels level, to influence log the Defensive End. Receivers run cutoff.

**32/33 Counter**



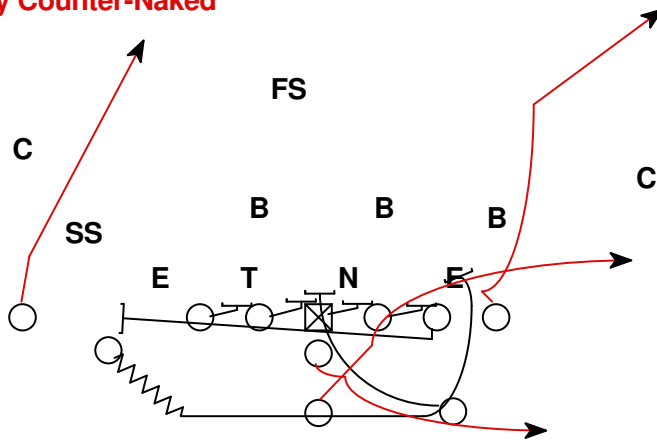
**Tackle Trap Counter**  
Used when teams are keying the guards.  
PST: Evasive to Backer (Same as trap)  
PSG: Lead to LB (if there is a post, be the bump lead, if not go to the backside LB)  
C: Post-Gap-Down.  
Guard: Inside foot Area Block. Man over, free to block him. Make an inside step vs. 50 so you can pick the end chasing the pulling tackle.  
We're creating walls.  
BST: Pull and trap the Tackle  
RHB: 3-step motion  
LHB: Slight 'wiggle' away from play  
FB: Crossover step, block the end man  
QB: Step just shy of midline, shoulder on chin, handoff on step 2 inside

### Belly Keep Pass



PST, PSG Make 1 & 2 call as always  
 Backside of Keep Pass: Step reach and cup  
 If you have no threat in your reach on, to your partner's reach on, work back side  
 FB & QB use exact same technique. FB works flat-cross-flat downhill to secure B-gap.  
 LHB 3-step motion and log DE  
 QB: Reverse, seat the ball, step two extend and nod the head, priority to freeze front side backer. RHB  
 If SS splits or widens, pump the ball into crease on step 5. If SS sits and squeezes, stay on path, deliver to pivot out.  
 Can run "Keep Switch" when inside receiver runs arrow, #1 runs post/corner.

### Belly Counter-Naked



Looks just like a run play - run the run play, but don't go down field for the linemen.  
 QB has good chance to get on the edge if DE Squeezes  
 Tell Linemen to step like you're down or gap blocking, hard 80 degrees, reach your gap  
 Backfield make everything look exactly like the Tackle Trap  
 Need a great log block, you've been running the ball with success then FB or TE comes open. Run-pass option for QB.