

DOUBLE WING OFFENSE

PLAY CALLING

The first part of the play call is the formation, we will primarily use TIGHT, OVER TIGHT, and LOOSE.

The second part of the play call is the motion, if any. We will use RIP and LIZ for slow motion or ROCKET

And LASER for sprint motion.

The third part of the play is a number. Either a one-digit number such as 5 or a 2-digit number such as 47.

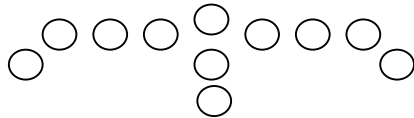
The fourth part is one word that describes the blocking scheme like POWER, X, WEDGE.

The final part is a word that explains a change to the base play. Such as LEAD, KEEP, COUNTER.

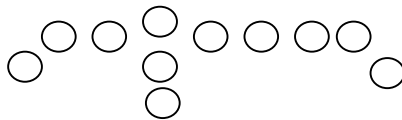
PLAY EXAMPLES- TIGHT 5 X, OVERTIGHT RIP 2 WEDGE SWEEP

FORMATIONS

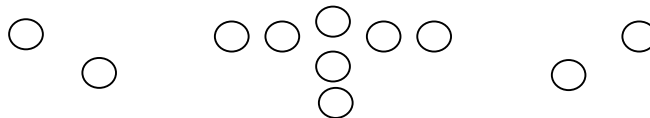
TIGHT



OVERTIGHT



LOOSE

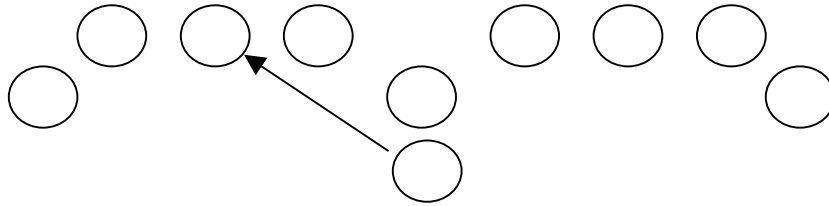


ONE DIGIT PLAYS

The Fullback (B-back) always carries the ball on all single digit plays. The number tells the B-back where to run. For example:

TIGHT 5-X



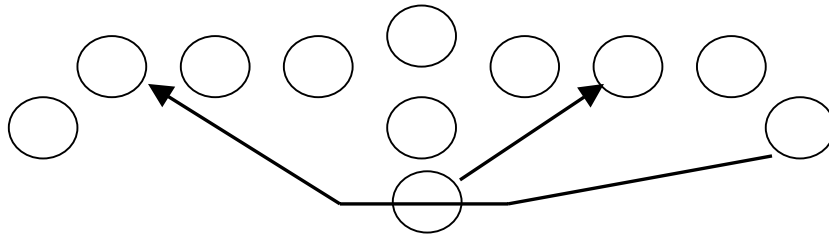


It is a single digit, therefore the B-back carries the ball through the 5 hole.

TWO DIGIT PLAYS

The first number tells the B-back where to go to make his block. The second number tells where the ball will be going. If it is an odd number the C-back will get the ball and if it is an even number then the A-back will carry the ball. For Example:

TIGHT 47 Counter



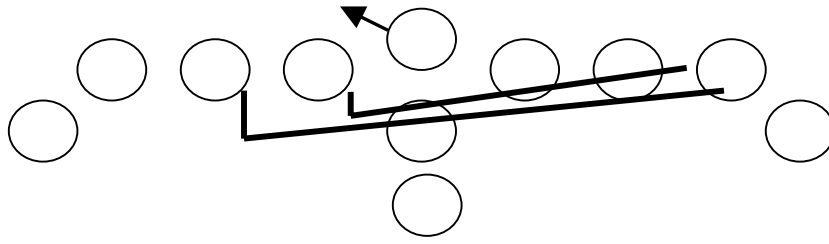
The first number is 4 so the B-back makes a block at the 4 hole. The second number is 7, an odd number, so the C-back carries the ball through the 7 hole.

The second number also tells us who the “AT” man is. The “AT” man will always block the nearest man either on his inside gap or the closest man down the Line Of Scrimmage. The B-back will be kicking out any man that is directly in front of the “AT” man.

BLOCKING CALLS

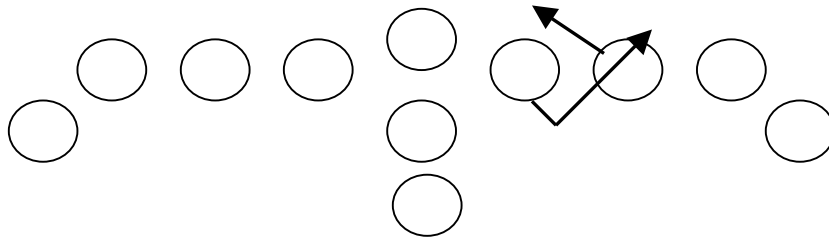
The second part of the play call is the blocking scheme to be used. For example “POWER” or “X”

POWER and COUNTER blocking– On all power and counter plays, the backside guard and tackle will pull around to the playside. The center will block the backside guard’s man. All playside linemen except the “AT” man will follow the GOD rule.



X (cross) Blocking – On all X plays, the man who’s number is called in the play goes first and blocks the man down the Line Of Scrimmage from him. The man who is inside the “AT” man will then block the first player up the LOS.

TIGHT 4-X



WEDGE- The wedge man drive blocks the defensive man over him. He is the ONLY lineman who should block a defender. The remaining lineman all push on the lineman that is directly down from them. This push should be done this way. The inside hand should be in the middle of the back of the player he is pushing. The outside hand should be on the upper arm/shoulder pad and his shoulder pads should be driving into the ribs of the player he is pushing. The wedge MUST keep moving as quickly as possible and the linemen MUST use high knees to keep Northmont from grabbing their legs and to enable them to step over/on submarining defensive linemen.

BASE – On any BASE play, all linemen will follow the GOB rule for blocking.

BLOCKING RULES

GOD inside **G**ap, man **O**n, next man **D**own LOS
GD inside **G**ap, next man **D**own LOS
GOB inside **G**ap, man **O**n, linebacker
MOB man **O**n, line**B**acker

SPECIAL CALLS

If we want the QB to “keep” the ball and run it himself, we will say the word “KEEP” after the play call. For example, 88 POWER KEEP. The whole team runs like it is an 88 POWER, the QB fakes the handoff to the A-back and bootlegs to his left.

HOW WE LINE UP

Center gets set first. He needs to reach out for the ball as far as he can while still being able to handle the snap and make his block. Guards get set next and so on. The linemen want to be as far off the ball as possible, which by rule, is there head must break the plane with the centers waist. The inside foot should be back slightly in a heel-toe relationship, shoulder width apart, with one hand on each knee. The split between linemen should be only 4-6 Inches. The QB lines up like the center, as far back as possible but able to take the snap under control. We need to have as much room between the QB and the LOS to better facilitate the pulling linemen. He will stand with feet shoulder width apart with a pigeon-toed stance. The B-BACK will line up in a 2 point stance right behind the QB, close enough so that when he is in his stance, he can ALMOST touch the QB. Finally, the A and C BACKS will line up 1 yard away from, and one yard behind, the last lineman in a 2 point stance at a 45° angle facing inside.

WHEN TO START MOTION

1 DIGIT play – QB will raise foot when everyone is set. As soon as foot hits the ground, back should go in motion. After a second the QB should call for the ball.

2 DIGIT play- Back goes in motion on the R of READY. The QB can use the word ready to make sure timing is right. For example, if the A back is coming to slow, he can draw out the R like RRRRRRRREADY to allow him to get to where he should be.

XX ACTION

On XX or Criss-Cross action, the A-Back takes the deeper path, the C-Back takes the shallower path

MISC. THINGS TO MAKE THINGS EASIER

SNAP COUNTS – 1 Digit- On “GO”
2 Digits- on “HIT”

CENTER BLOCKS 1 DIGIT- MLB or Away LB(Except 6-G)
2 DIGIT- Backside Guard

BLOCKING ON ALL 2 DIGIT PLAYS

PLAYSIDE- Always GOD except “AT” man which uses GD
BACKSIDE- G&T Pull, TE Cutoff block on first man down LOS