

Teaching & Installing

This Chapter is a summary of my book: "Wing T Skills & Drills Manual"

This book has 200 pages diagramming every technique and drill you need to run this offense.

It also has 10 spring, 12 summer, 20 August, and in-season practice plans in print & on CD-Rom.

This chapter has one example of each practice schedule

RACEHORSE MENTALITY

Move through practice quickly, enthusiastically, and efficiently. A multiple offense has a lot to cover during each practice and it is our belief that a high school practice should be kept to 120 - 150 minutes. Therefore, during practice, we move along at a fast pace, while still getting quality repetitions. Each coach is expected to be enthusiastic, positive, and extremely efficient in his usage of time.

The basic ingredients of the Wing-T Race Horse Philosophy are

I. Keep It Simple

a) KISS is "Keep It Simple, Stupid". "Keep It Simple" for the players and "Stupid" for me.

I sometimes forget the young men I'm working with want to play football not learn biomechanics.

b) Whole - Part - Whole. Give the players an overall view, then break it down into easy to learn parts, then come back to bringing all the parts together.

II. One bag for every two players.

a) This means at least half of the lineman will perform the drill at a time.

b) This allows a lot of quality repetitions in a shorter amount of time.

c) Lots of quality repetitions = Technique mastery

III. Coach on the Fly

a) Create buzzwords to correct mistakes. The drill or play never stops to correct one player.

The correction has to happen while the drill is happening.

b) If the correction takes explanation, sub the player out.

IV. Three plays per minute.

a) Goal is to run 3 plays per minute...but 2 plays per minute is great. This includes reps during drills !!!

Teaching Progression

WHOLE - PART - WHOLE

This is the same as when we learned how to speak through total immersion and then went back to learn the grammar rules. We will try to get the players introduced to the ENTIRE offense so they understand how all the terminology fits together.

For example, we will teach the Belly family with only one motion and out of loose and tight formations. Flat motion, twirl motion, blitz pickup, and other variations will be saved for August.

By having one version of every play installed out of 3 or 4 formations allow us to practice all of our different tempos, snap counts, and signals during the summer. Having a basic understanding of the ENTIRE offense also helps our players understand WHY certain drills and techniques are being taught during the summer.

EASY TO HARD

Teach easy plays (jet) first and progress to harder plays (Buck sweep).

There are so many other things that need to be established, such as work ethic, going fast, timing of motions, understanding different tempos / snap counts.

We don't want to add to our players frustrations by teaching a complicated play that has lots of moving parts and variables such as Buck Sweep or Counters.

LINEAR TEACHING PROGRESSION

→ Makes our system of blocking easy to learn and execute.

→ Set the drills up in an easy to learn sequence, working from simple to complex.

→ Be sticklers for perfection and detail, take great pride in perfection.

The first step that goes with a certain technique is called the same name as that technique.

That technique & step name is also used in the play call

*A Reach step is the 1st step for the Reach block
The drill that teaches Reach block is called the "Reach Drill"
The Reach block is used in the play "Liz 28 Reach"*

*The Left Guard pulls left on the play 32-G.
This pull uses the "G" technique and the first step is the "G" step.
The drill that teaches all of this is the "G Drill"*

Don't use the word "pull" or "pulling" if the word "pull" is not used anywhere in the play call.

How The Plays Get Installed

Our belief with installation is to start with easy and progress too hard because there is so much more that the players are having to learn in regards to tempo, discipline, snap count, conditioning, etc.

Winter

While the focus is in the weight room and we encourage multiple sport athletes, there are still things that can be taught if the coach is efficient and organized.

- ◆ Pass out small parts of the playbook every week.
- ◆ Meet with the offensive linemen & QB once per week in a classroom setting
- ◆ Put powerpoints of the playbook up on HUDL for players to study.
- ◆ Walk through one play per week the last 10 minutes of weight training.

Early Spring

After we return from Easter break, we will get our O-linemen on the field one day per week. The focus is on footwork and technique, not play installation. Our linemen tend to not play baseball or run track.

Depending on spring sports, we try to get our QB throwing twice per week.

Spring Practice.

- ◆ Heavy Pass emphasis since there are no pads and we have summer 7 on 7.
- ◆ Ran at a slower pace, allowing teaching to go on. Maximum reps is not a priority.
- ◆ Play install is not perfected..goal is just get the plays introduced so we have a base.
- ◆ Plays will get perfected as techniques are perfected in summer. August is time to fine tune.

Summer

- ◆ Still heavy pass emphasis. Passing game is to be perfected before August.
- ◆ Lots of individual time with position coaches so techniques can be taught.
- ◆ We will give our position coaches at least 30min per practice of individual time.
- ◆ Don't forget to teach players HOW to setup and run the drills so no time is wasted in Aug.
- ◆ We have as much classroom time as possible using film and powerpoints.

August

- ◆ Goal is to perfect the run game. Blitz pickup and blocking calls at LOS.
- ◆ All of the run plays on page 67 have been introduced during the summer.
- ◆ Passing game will continued to be practiced, but will take up fraction of practice time.
- ◆ Individual time with position coaches will slowly decrease as group time increases.

It is important to remember that alot of teaching & re-enforcement takes place at summer camps and 7 on 7 tournaments. In California, we will have 5-6 days of full contact scrimmages. In spring & summer we went easy install to hard...but in August we start with the hard stuff so we have more time to perfect the harder techniques.

INSTALLATION SCHEDULE

DATE	MOTION	FORMATION	RUN PLAY	PASS PLAY	TEMPO
SPR 1	Liz & Rip	Loose	Liz & Rip 28 & 47 "O"	Passing tree	Huddle Sprint
SPR 2	"L" & "R"	Tight & Over	Lazer & Rocket 28 & 47 "T"	Purple 1,2,3,4, 9	
SPR 3		Trips	33 & 34 Belly	Purple Quick [& GO]	
SPR 4		Slot	Belly Pass	Purple Swing [& GO]	
SPR 5			Review	Purple Stick / Smash	
SPR 6	Lazer & Rocket	Spread	35 & 36 "O"	Red/Blue 75	No Huddle
SPR 7			Down Pass	Red/Blue 95	
SPR 8			17 & 18 GO Pass		
SPR 9				Gold concepts	
SPR 10					
SUM 1		Empty	26 & 45 G.O. to TE	Yellow Concepts	
SUM 2		Bunch	31 & 32 G		
SUM 3			11 & 12 Army		
SUM 4			33 & 34 Baylor		
SUM 5			35 & 36 Cal		
SUM 6		Near & Far	28 & 47 G-Belly		
SUM 7		Left & Right			Nascar
SUM 8					Check
SUM 9	Stop Motion				Look
SUM 10	Twirl Motion				Freeze
SUM 11	Flop				
SUM 12	Move				
AUG 1		Doubles	26 & 45 G.O. to SE side	Screen Left	
AUG 2	Up	Heavy	Guard trap off Liz/Lazer motion	Screen Right	
AUG 3	Explode		26/45 G-Lead	Wraparound	
AUG 4	Shift		17 & 18 GO Pass vs blitz	Purple protection	
AUG 5			11 & 12 Army		
AUG 6			33 & 34 Baylor	Gold protection	
AUG 7		Nasty	35 & 36 Cal	Blitz pickup	
AUG 8			Down off Liz/Lazer motion	Yellow protection	
AUG 9			35 & 36 "O" & "T"	Blitz pickup	
AUG 10			Down Counter & G.T.	Hot Reads	
AUG 11			Down Pass vs blitz		
AUG 12			Belly off Liz/Lazer motion	Red protection	
AUG 13			33 & 34 Belly & Wham	Blue Protection	
AUG 14			Belly Pass vs blitz		
AUG 15			Belly Option & Pass w/trap fake		Jet
AUG 16			B. Sweep & Tackle Trap		
AUG 17		Lion/Ram			
AUG 18	Tail & Tar	Tubby	Tubby Package		
AUG 19		Joker	Joker packages		
AUG 20		Wildcat, Raider	2 minute offense		

PRACTICE ORGANIZATION

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No More Stretching

Most teams in California have stopped doing dynamic warmups to begin practice. The boys have lifted weights and walked around campus, so their joints are loose. We will start with special teams, linemen in the chutes, and QB doing throwing mechanics to get the blood flowing. We have not had one injury.

Begin Practice: Perfect Plays

Timing of motions, snap counts, and tempos are very, very important and practiced every day.

We begin every practice with "Perfect Plays". It is a review of what has already been taught and is ran against air. They have to run 4 perfect plays in under 1 minute and to add to the pressure we usually have two offenses competing at the same time. We give them a goal of 4, 8, or 12 perfect plays and they run them in groups of four, after which they catch their breath while being quickly critiqued by position coaches.

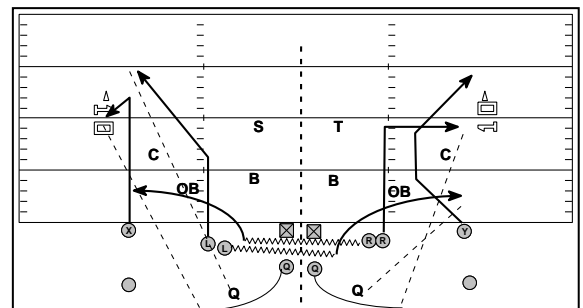
- ◆ **SPRINT tempo:** Huddle, call play, sprint to line, run the play, sprint back to the huddle, call the next play, sprint to the line, run the 2nd play, sprint back to huddle....continue until 4 plays have been ran and clock stops when everyone is back in the huddle. If anything was wrong with any of the 4 plays, then they do them again. A varsity team should be able to do this in 45 seconds; 35 seconds is very fast.
- ◆ **NO HUDDLE tempo:** Same as above, but they move down the field. Ball goes from hash to middle to hash and back to middle. Great to practice QB code words, signals, and snap counts.
- ◆ **NASCAR tempo:** Run the 4 plays in order two consecutive times while ball is moved downfield.

As the players get really good at this drill and these 3 tempos, we will add one LOOK, FREEZE, or CHECK tempo to each group of 4 plays. Since they have to audible and get more signals from sideline, it will be more of a challenge to stay under the 1 minute.

Half Line Pass with 4 balls

Remember our goal: maximum reps really fast. One of the Left Wings goes in motion and the players on the right run a pass route towards the right sideline. As soon as those 2 QB throw the ball, the other QB puts the remaining Right Wing in motion and all the players on the left run a pass route towards the left sideline. If any of the four footballs touch the ground whoever was responsible for it falling to the ground has to do 14 pushups.

All receivers have to SPRINT back and line up on the opposite side. We start versus air and then add defenders.

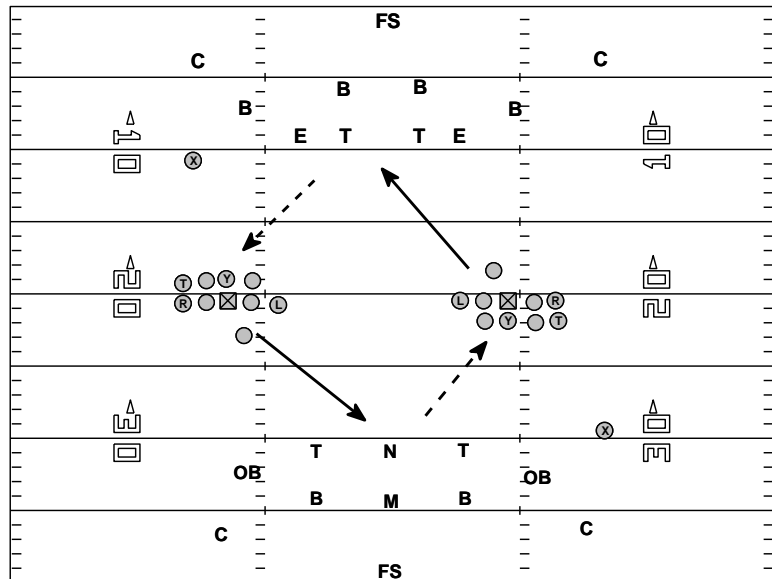


If you have a larger roster, one of the QB is in a different area practicing option and wraparound handoffs with the TB.

End Practice: Odd-Even Team Period

We end every practice with a unique twist to team period. We put the offense at 50yd line with odd defense facing them on the 40yd line and an even defense facing them at the other 40yd line. They can run any tempo and you can run or signal plays in...but they run that play TWICE, one time at each defense. This is very good review of blocking schemes. Defense can be live or holding bags.

To make it fast and a conditioning period, they sprint 10 yards to the odd defense. Backs have to fake 5 yards. They sprint back to the 50 (or to the even defense if No Huddle tempo) and run the play again, backs still have to fake 5 yards. Then they sprint back to the 50 and are back at the beginning. That is 40 yards of sprinting for the line and 50 yards of sprinting for the backs on one play. We can easily run 2 plays per minute in this drill.



FAKING: Very important

Our running back coach always stands on defensive side of ball at 5-10yd depth. Every back, whether carrying ball or not, has to run past him. The QB always has to run to the line of scrimmage.

- SWIM: Lift Elbow closest to QB and swim above his shoulder & down to your belly.*
- ROCK: Lean forward with both arms folded against belly and "rock the baby" 1-2 steps.*
- GRAB OUTSIDE: Grab hip farthest from Attack hole, simulate carry a football. do not pump arm.*
- PUMP INSIDE: Pump arm closes to attack hole in running motion*

FOOL ME DRILL

The goal is to fool player standing at Middle Linebacker (we bring over a couple X receivers. They turn their back so QB can point at who he is giving ball to. If X can quickly yell name of player with ball, they all do 14 pushups.

BELLY FOOL ME DRILL

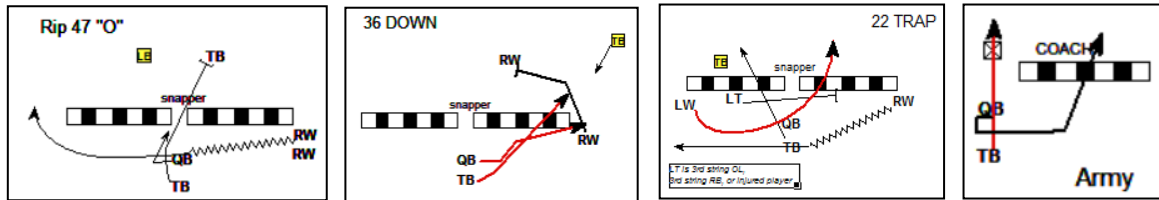
TB does Tackle Trap steps, but can still get ball
QB can give 34 Belly, 41 Trap, 28-G, or Belly Boot

DOWN FOOL ME DRILL

TB aims for inside leg of TE.
QB opens, crossover, plant. Shuffle into LOS after LW passes underneath. QB practices reading the OLB to run option w/RW

Mesh Points & Unblocked Defenders

You have to have injured players, coaches, ball boys, or 3rd stringers always giving the QB unblocked reads. Don't ever let QB run a play without reading and don't ever let him snap the ball without a pistol snapper.



Eliminate TURNOVERS

If the ball touches the ground for any reason or a back forgets to fake, they immediately drop & do fourteen pushups (we have to play 14 games to be in a section championship). This includes any pass plays.

No Water Breaks

The only water break our players get is 5 minutes as we transition from offense to defense. We have 48 water bottles and 4 water girls providing water to the players at their practice areas. This gave us 20 more minutes of practice that we were losing with water breaks. Add that to the 10 minutes by not stretching and 20 minutes not conditioning and we are getting 50 more minutes a day than our opponent. Injured players help the water girls.

SPRING

We get 10 spring practices, but use the 10th practice to have a game simulated scrimmage. Each practice is 80 minutes of offense and 80 minutes of defense. The other 20 minutes is for transitions.

- ◆ 10" Perfect Plays
- ◆ 10" Install Period
- ◆ 15" Technique Work
- ◆ 15" Group Periods
- ◆ 20" Half Line Passing
- ◆ 10" Odd-Even Drill

We do not condition during spring since our players have zero period strength class, which involves plyometrics, cones, and ladders during month of May. (*see my S.S.X. 52-week Strength & Conditioning program*).

Group Periods are basically splitting the QB up between backs and receivers. Also Guards will be separated from Tackles/Tight Ends since techniques are different. Centers area always snapping to the Quarterbacks. Another thing that our O-Line coach loves is he has the linemen for 60 minutes.

SUMMER

Our summer practices are very slow paced with alot of emphasis on teaching. We are not stressed out about getting the play perfect..we need the language & big picture understanding so that we can become perfect in August. Also, the players have to learn how to set up and run all drills to eliminating explaining in August.

In California we are allowed 3 hours per day from last day of school until August 1, however every coach must insert a 14-day “dead” period that involves no contact between coaches and players. Since school gets out 2nd week of June we make our dead period the last two weeks of July. Also, we lift 4 mornings per week, but only practice 2 nights per week. The 3rd night will be 7on7 versus another school and we will compete in 2-3 Saturday 7on7 tournaments. Our linemen are in the classroom during any 7on7 time periods.

- ◆ 10” Perfect Plays
- ◆ 10” Install Period
- ◆ 25” Technique Work
- ◆ 10” Group Periods
- ◆ 15” Half Line Passing
- ◆ 10” Odd-Even Drill

AUGUST

We cannot do 2-A-Days since so many of our players work in the fields. Our schedule for 1st two weeks:

3pm Weight Room (M-Th) 7pm Defense
 4:30 Offense 8:30pm Conditioning
 6pm Classroom **

	M - Th		FRI		SAT
10”	Perfect Plays	10”	Perfect Plays	9am	Team Offense
20”	Indo Period	15”	Indo Period	9:30am	Tackling
15”	Group Run	15”	Group Run	10am	Scrimmage
15”	Group Run	10”	Pass Pro	Noon	Done
10”	Pass Pro	25”	Odd-Even		
15”	Odd-Even				

***Players get fruit & gatorade in classroom. No classroom time on Fridays.*

Once school starts, our schedule for next two weeks:

7am Weight Room 5:05pm Defense
 3:30 Special Teams / Hidden Time ** 6:15pm Conditioning
 3:55 Offense

***QB throw or work option with TB and Linemen are in the chutes during special teams*

	M - Th		FRI		SAT
10”	Perfect Plays	10”	Perfect Plays	9am	Team Offense
20”	Indo Period	15”	Indo Period	9:30am	Tackling
15”	Group Run	15”	Group Run	10am	Scrimmage
15”	Group Run	10”	Pass Pro	Noon	Done
10”	Pass Pro	25”	Odd-Even		
15”	Odd-Even				

IN-SEASON

	MON			TUE			WED	
15"	Special Teams+Hidden Time		15"	Special Teams+Hidden Time		15"	Special Teams+Hidden Time	
10"	Perfect Plays -Huddle		10"	Perfect Plays-No Huddle		10"	Perfect Plays- Mustang/Nascar/Check	
10"	Indo Period		10"	Indo Period		10"	Indo Period	
	OL/TE	Bag Work		OL	Sled Progression		OL	Pass Pro, Reach, Escapes
	RB	Ball Security, YAC		RB	Blocking		RB	Pass Routes
	QB	0,1,2,3,9 routes		QB	6,7,8 comebacks		QB	
	X					X/TE		X/TE
10"	Group Run		10"	Group Run		10"	Group Run	
	T/TE	Double tm, counters		OL	Combo Blocks		OL	Blitz Pickups
	C/G	GO, G Drill		RB	Fool Me Drill		RB	Option Drill, Liz, Lazer
	WB	GO Steps		QB			QB	
	TB	G, Army with QB		X/TE	Cross, Scat, 45		X/TE	Hand Drills
	QB							
	X	Hands progression						
10"	Group Run					10"	Group Work	
	T	Trap & T pulls					T/TE	Perimeter Run+ILB Reads
	C/G	WB+G+QB=GO Drill					WB/X	
	WB		TB+G+QB=G Drill					C/G
	TB	Add X for GO Pass					TB/QB	
	QB							
	X/TE	Route footwork						
			20"	Half Line (Belly, Down, B. Pass, D. Pass) Half Line (Baylor, Cal)				
10"	Half Line Army Drill		10"	Full Line (Counters+Traps)		10"	Pass Pro (Red-Blue)	
10"	Live Pass Pro (Purple+Silver)		10"	Live Pass Pro (Yellow+Gold)		5"	Two Minute Drills	
10"	Odd-Even (GO+Army)		15"	Odd-Even (Belly+Down)		10"	Goal Line	
70"			85"			65"		

DRILL SHEET

OFFENSIVE EVERY DAY DRILLS (EDD's)							
O LINE	HB / TB / Z	QB	Receivers				
6 pt shoulder (bag)	BLOCKING	1kneel 2 knee	clock drill				
6 pt Rapid Fire (bag)	<i>HB belly iso</i>	Saddle throws	HAND DRILLS				
3 pt power step (sled)	<i>TE / Backfield</i>	1 step & gather	<i>2 hand back</i>				
3 pt Step & Fit (sled)	<i>HB lead & arc</i>	3 step drop & angle	<i>1 hand</i>				
3 pt Step , Fit & Lift (sled)	<i>HB down block</i>	Over a Linebacker	<i>Ball behind</i>				
Hit & Drive (bag)	Zig Zags	Dodge a Bag	<i>1 hand out route</i>				
<i>Hit Left, Turn Left</i>	<i>Straight Arm & Spin</i>	Run at each other	<i>Ball behind out route</i>				
<i>Hit R, Turn R</i>	Gauntlet	Circle & Down the line	<i>over shoulder</i>				
Down Blocks	Yards After Carry (YAC)	Pitch drills (line & box)	Pole Drill				
Reach	Agilities		Toe Tap on sideline				
Pulls	<i>High Knees over bags</i>		fadel/highball ball				
<i>Full Flight, Hit Flight</i>	<i>Lateral Cuts</i>		Distraction Drill				
Logs	Criss Cross handoff		Over the Middle				
<i>Full Left, Hit Left</i>	Pass Routes		BLOCKING				
Escape to backer	<i>Flats / wheel / chance</i>		<i>Stalk, Crack, Cutoff</i>				
Step & cup			Yards After Catch				
GROUP DRILLS							
Centers / Guards	Tackles / TE	QB / TB	QB / HB	QB / X			
Double "A" gap player	Double Teams	Wraparound	Liz & Rip! Motion	Purple 1 step routes			
Double NoseGuard	"T" block	Midline / Veer	Lazer & Rocket	Purple 3 step routes			
Gut-Q	Fold Backside	31 / 32 G	5 & 6 G. O.	Choice Routes			
31 / 32 G Drill	Toss Pulls	33 / 34 Belly	Option Drill	Post Corner			
5 & 6 G. O. Drill	Down - Backer (with Z)			Post			
7 & 8 G. O. Pass Drill							
HALF LINE				FULL BACKFIELD			
Belly Playside who TE	Belly Backside with TE	Fool Me Drill (Belly)	Belly Series Steps	Purple Swing			
Belly Playside with TE	Belly Backside who TE	Fool Me Drill (G.O)	Down Series Steps	Purple Swing & Go			
Down ("make a wall")	Midline	Fool Me Drill (Down)	G.O Series Steps	Purple Quick			
Sally	Veer	Fool Me Drill (Fly)	Fly Series Steps	Purple Quick & Go			
FULL LINE				Midline/Veer	Recognition Drill		
Blitz Pickup	Purple						
Tackle Trap	Red & Blue						
Counter	Yellow						