

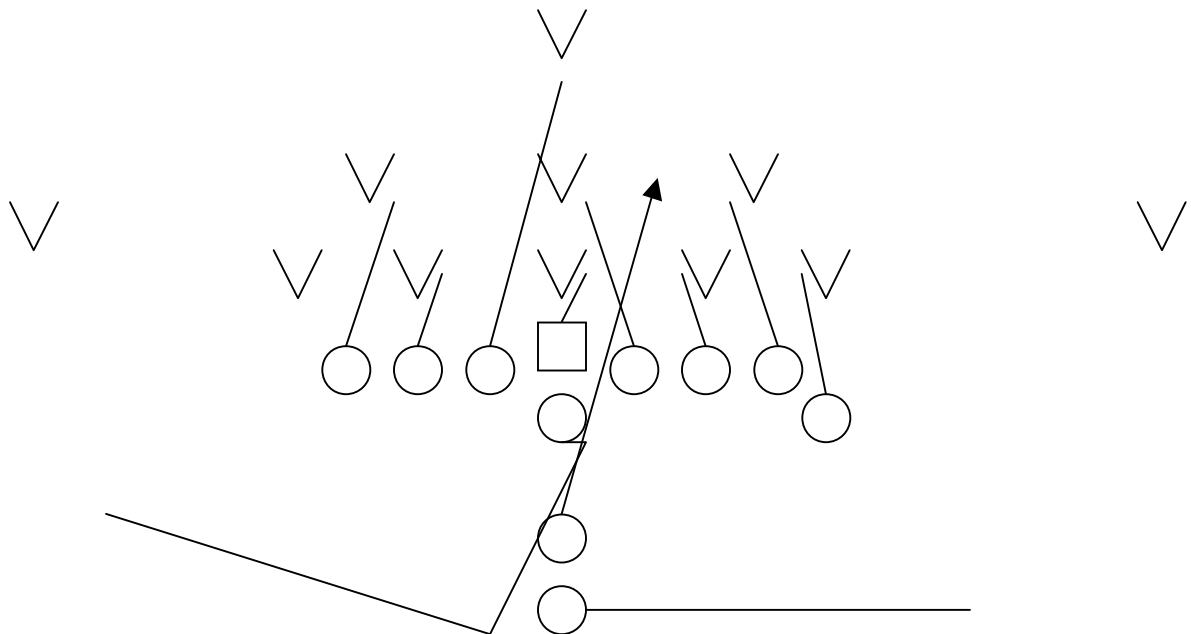
I am drawing these plays to one side only. Remember each play has an opposite side play. Plus these are in the order I would usually start with on my ten play tempo set. At about the half way mark of our season (we didn't play for scores until the last two games, if we had, I would have put it in sooner) I put in Red 1 and Red 2. Red 1 meant we automatically ran the first three plays shown here "left side". Red 2 meant we ran the first three plays shown here "right side". The center would holler "on the ball on the ball" and after the third play he would holler "huddle up" and I would call the next play which was usually the toss sweep same side like I have drawn here. If I called out Red O they would just huddle up as normal.

Drawn against a 5-3 defense, which is what we saw the most. Some times we saw a 60 and some times we saw 70. If a man is in front of you block him considering the inside gap first on gap defenses.

Wing Right 21 Dive.

Run this with wing right to set up the reverse.

Tailback fakes a pitch right and QB reverses out after handoff hiding left hand behind left leg, setting up the QB Bootleg.



Wing Right 36 Blast

This play can be blocked many different ways at the point of attack. Some coaches may decide to double team the tackle with the tight end, and use the fullback to block the linebacker by himself.

Some coaches may even block down with the wingback on the linebacker, double the tackle with the end and pull a guard to kick out the D end or even use the the fullback to kick out the end.

I chose to double the linebacker with the end and fullback and block straight up to eliminate confusion. Most teams we played would line the D end up WAY outside, making the wingback block much easier than it looks here. So the linebacker was the big problem.

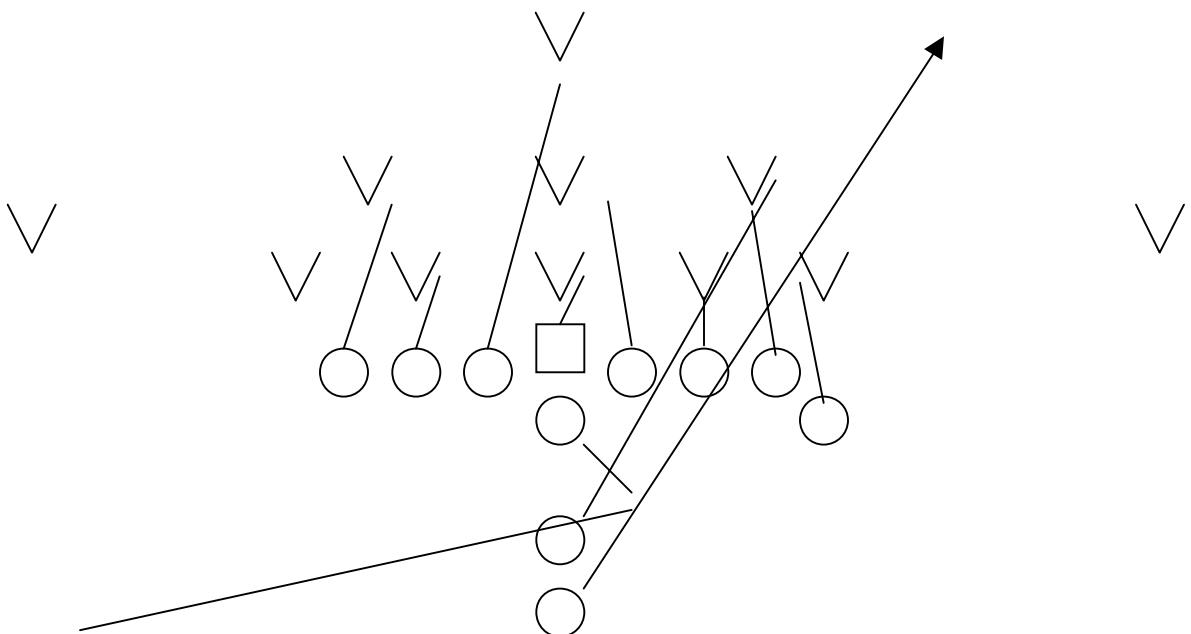
I coached in the 8-9-10 year old range making pulling guards dangerous.

Plus if the other team lines up a nose man and 2 guys on the guards you have to change the blocking assignments at the line of scrimmage. If you are advanced you would check blue or something which means to block straight up. The center is usually the blocking captain and makes the check calls

The object of this play is to seal the inside with the fullback or wingback block allowing the tailback to break outside and hit the seam.

It is typical with modern offenses to reverse out the QB on Tailback blast (isolations) on the inside gaps like 2 and 4. But on 36 the QB has to get the ball outside making a play side opening best.

Remember to have the QB fake the boot leg.



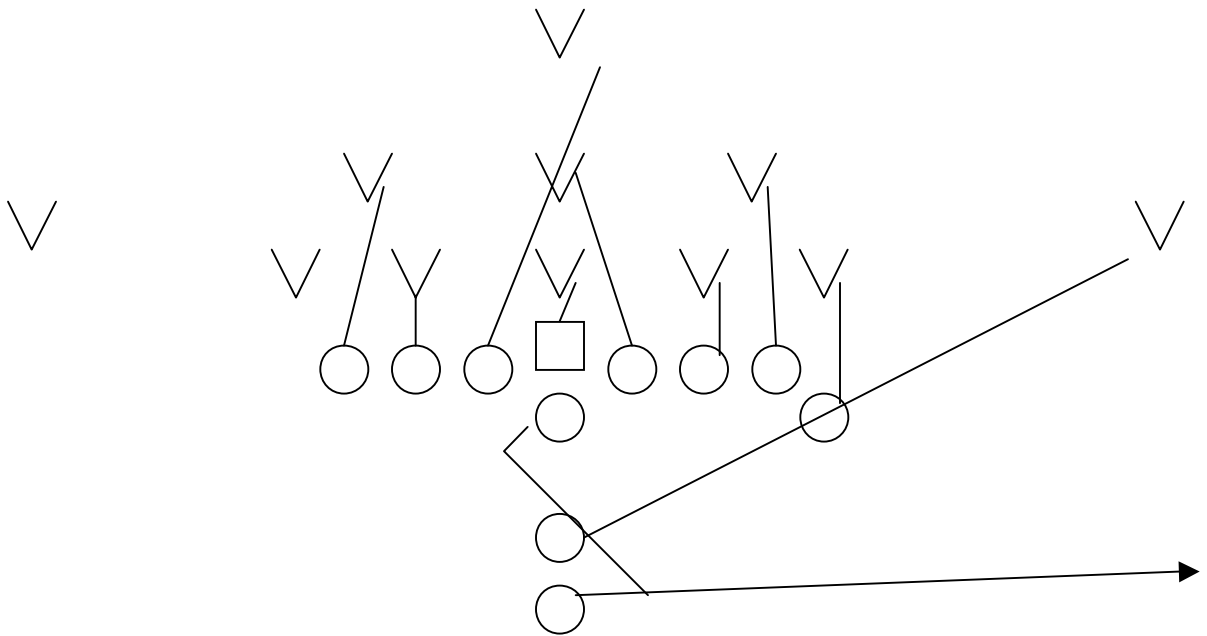
Wing Right Toss Right

The Tailback slide steps right about three steps and catches the ball thrown underhanded by the QB.

QB reverses out and aims for the numbers of the tailback. Then he turns and seals the backside for rushing ends. QB must always look and make sure the tailback gets the pitch. If the ball is bobbled the QB and tailback are supposed to get on it.

Here is another choice on blocking. I chose to block the corner with my fullback. Some coaches would double the end and leave the corner alone expecting the tailback to beat one tackler. The fullback must remember to get outside and up field QUICK, plus don't hold or clip. I found many times the tailback would get outside and the corner would turn outside to make the play and my fullback would end up blocking his back which is a penalty. The tailback should set up blocks, but stuff happens. Practice this scenario with your fullback so he knows what could potentially happen. Plus teach the fullback to sprint off the wingbacks hip and get the heck out of the way.

Teach the tailback to run for the sidelines during practice. All the way to the sideline. If you don't he will creep inside and upfield making it easier for tacklers.

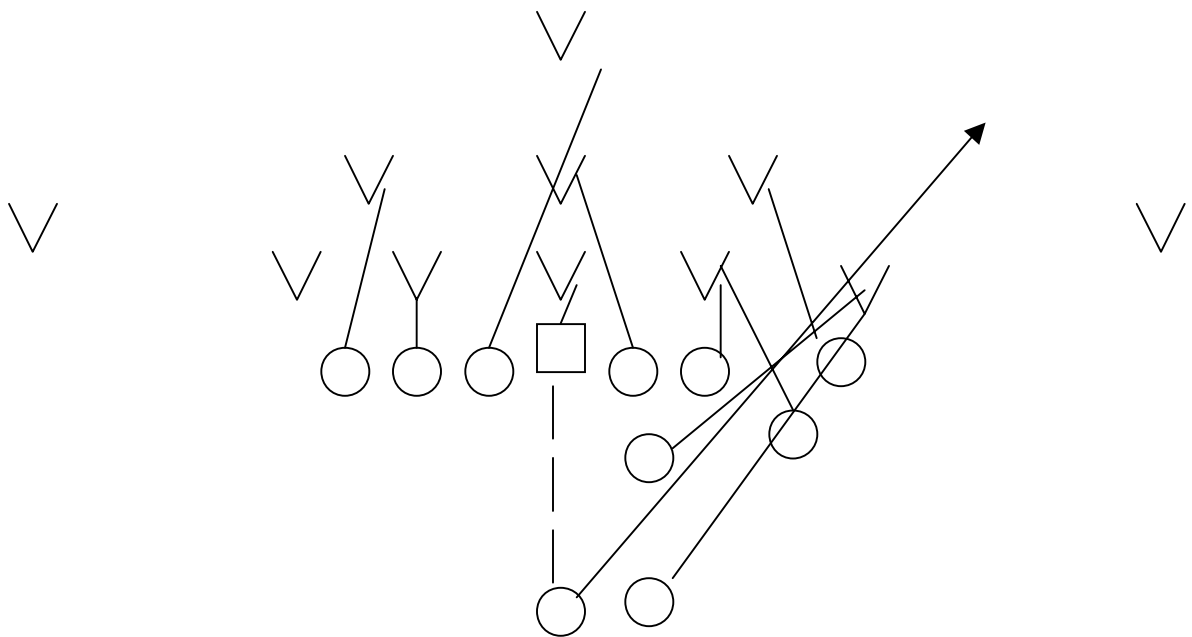


Single Wing Right 36

Shotgun snap to the Tailback

Wingback lines up beside the tailback, QB in the end tackle gap, Fullback behind guard. Tackle and (QB/blocking back I used my qb as the slot back) block down on first man across the face. Fullback and wing back get shoulder to shoulder hip to hip and kick out end.

The tight end down-blocks on the linebacker. These are all great angles for blocking. Tailback runs like crazy and squeezes sideways if he has too, blasting through whatever seam he can find behind the down block and kick out block.

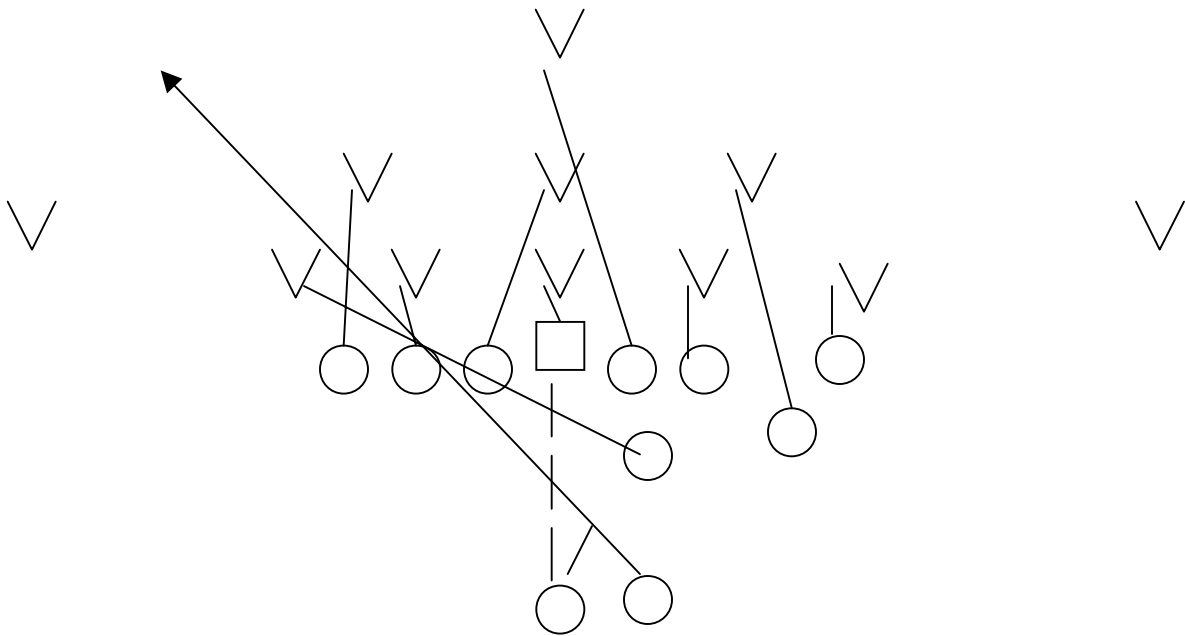


Single Wing Right 35

Same thing as 36 but this time we go left with a underneath handoff to the Wingback.

Fullback is the blocking back by himself.

Tailback fakes a right side run holding the linebacker and safety.



Single Wing Right Sweep Right

Ball Shot gunned to Tailback.

Blocking QB seals the linebacker

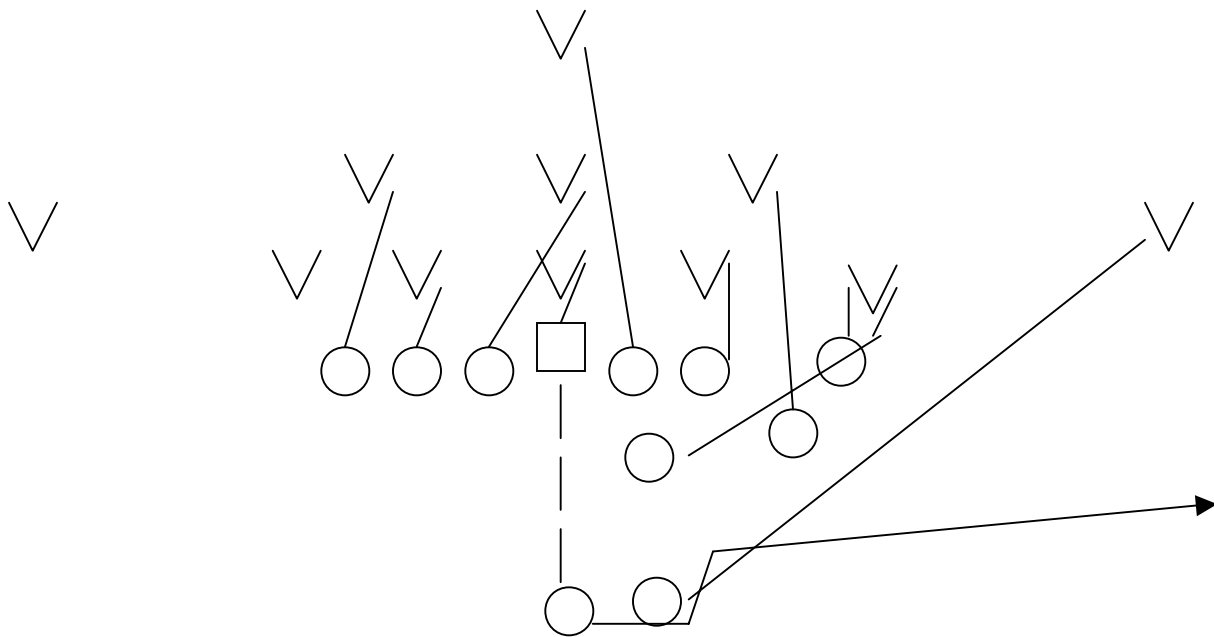
Up back/ Fullback fakes a kick out block like the 36 and quickly seals or hooks end

Tight end drive blocks the end off the ball.

Wing back does a flying body block on the corner at the point of attack

Tailback take 2 shuffle steps right then a slight dip inside to hold the linebackers, then rushes for the sidelines running inside or outside the fullback block depending on the corner move.

Tailback must make sure he does not move too far up field on the fake.



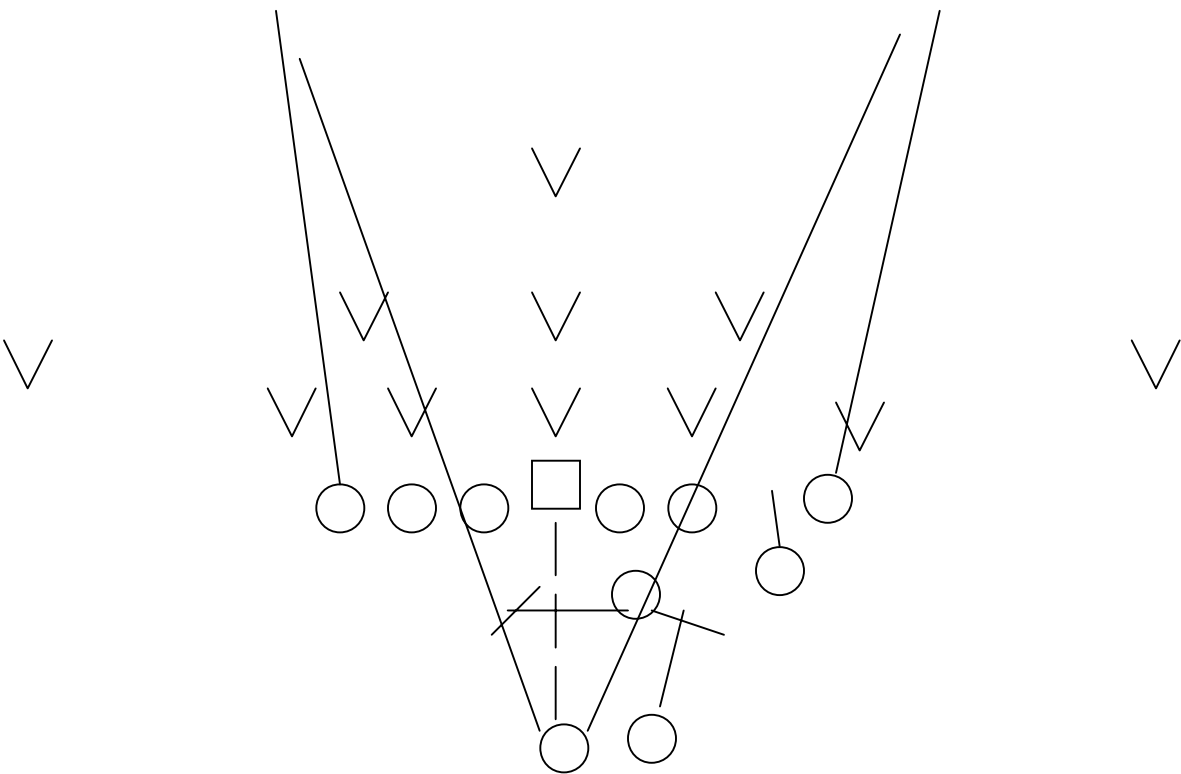
Single Wing Right Bomb Pass

Simple pass route simple play

I would switch this up once in a while and call HOT right or left

When Hot is called the tight end takes 3 steps upfield and outside, gaining distance between the LB and himself. Tailback throws it quick or if covered goes deep left.

Last option, if both are covered would be to tuck it and run for the hills.



Single Wing Right 38 pass or keep

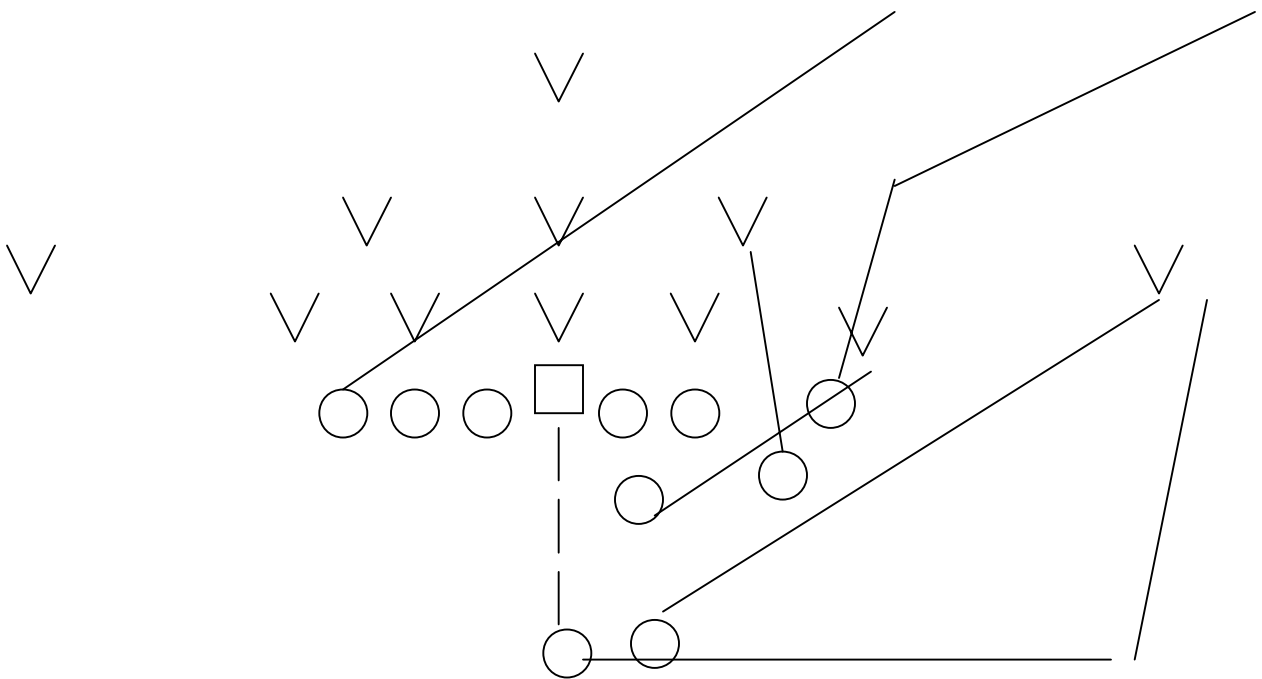
Blocking back QB drive blocks linebacker. He's eligible so up field blocking is ok.

Up back seals Defensive ends with a hooks block.

Wingback blocks the corner.

Both Tight ends drag to the flats

QB hits an open man or tucks it and runs.



These are all the offensive plays I ran last year.

I had the bootleg but never ran it. My QB was not the fastest most athletic player I had. I also had a Isolation play I never used because we ran against 6 and 7 man fronts all the time. I had a spread left quick hitch pass I never threw and I spread left toss left play I ran once or twice where the outside spread guy would block the corner and the inside spread guy would crack block on the end after motion. But I simplified things and played defense most of the season.

Next year I will install a few more single wing plays and make some more adjustments.

Check back next year for more.

Defense 2002

Ah yes. The grimy people play defense and win. I spend as much or more time on defense as I do offense. I give out awards for defense. I keep up with defensive stats and reward people with positions on defense for working hard on offense. Remember Tampa Bay vs. Oakland. Lets play defense folks and win.

I've said this before in my success guide and I'll say it again. Most coaches line people up in one defense and that's it. Catch em doing that and beat their butt with plays. The only way to know how to attack is to know defense. So here goes. The trick is to never let the other team know what they are going against. Use at least 3 fronts, at least 4 line schemes and use strong calls. It works marvelously. Call me and I'll help you work it or devise where and how to play your players. 931-455-6066 days 931-393-3306 nights.

Before I get started here are some basic's.

1. Pay your fastest guy period at free safety. He must be a sure handed tackler. Even if he's the largest child you have. Don't fall prey to the linebacker instinct. The fastest guy plays free safety.
2. Play your next fastest guys at corner back. At least one corner back. It may pay to have one fast corner one on one side and a big one on the other who can tackle.
3. Find a relentless pursuer/ tackler and place him at rover or outside linebacker opposite your fastest corner.
4. Play corners wide and don't fall prey to bringing them inside. Teach them to keep all plays turned inside and don't be a hero. I've seen it a hundred times the corner gets bored and comes up or inside trying to get in on some action and booop there goes a reverse or boot and the corner and the team is beat for 6.
5. Teach tackling every day in every way.
6. Run a version of the pursuit drill at least once a week.
7. Teach linebacker flow to and flow away movements in pursuit drills. Flow to and shoot the gap. Flow away and hold 1-2 seconds looking for cutback or reverses.
8. Don't waste time on stupid drills other than tackling. Do team defense and teach gap responsibilities. Gaps help simplify defenses and free up kids to play ball.

So here are the plays I ran last year.

Fronts

50

60

70 7 diamond

Line Schemes

Rip or Swim left and right

Bull or Read

Blood and Guts

Strong left or strong right

These are youth football concepts. This is where they work best.

My basic defense was **50 rip or swim right, strong left.**

My corners and ends flip sides with the call.

My most athletic end **Bold** played strong side and out far enough he was hard to account for by the line of scrimmage. He was told to run free and run hard off the end. Make plays and don't worry about getting beat. Be crazy and wild. When they stop being crazy and wild find another wild man. Must be a sure handed tackler.

My fastest, best tackling corner played "weak" side. **Bold**

I found this set up useful in that running strong side found a dangerous tackler and running weak side found an impossible corner back to get around.

Rip "or swim" away from the strong call. Making weakside, inside plays, impossible.

I would signal rip with the right fist moving up and down for rip right, and a right hand wiggle for swim right. The strong call is signaled by one arm held out on a plane from the shoulder.

The tackles play outside eye and gap on the O tackle.

The end always play outside gap.

The middle linebacker always shoots gap plays side.

The trick to these defenses is to teach flow to and away for linebackers.

Flow right in this defense allows the right right side backer freedom to do anything. He has no gap to fill. Middle backer shoots the b gap right side. The backside linebacker holds for 2 seconds and controls the cutback gaps A and C left side.

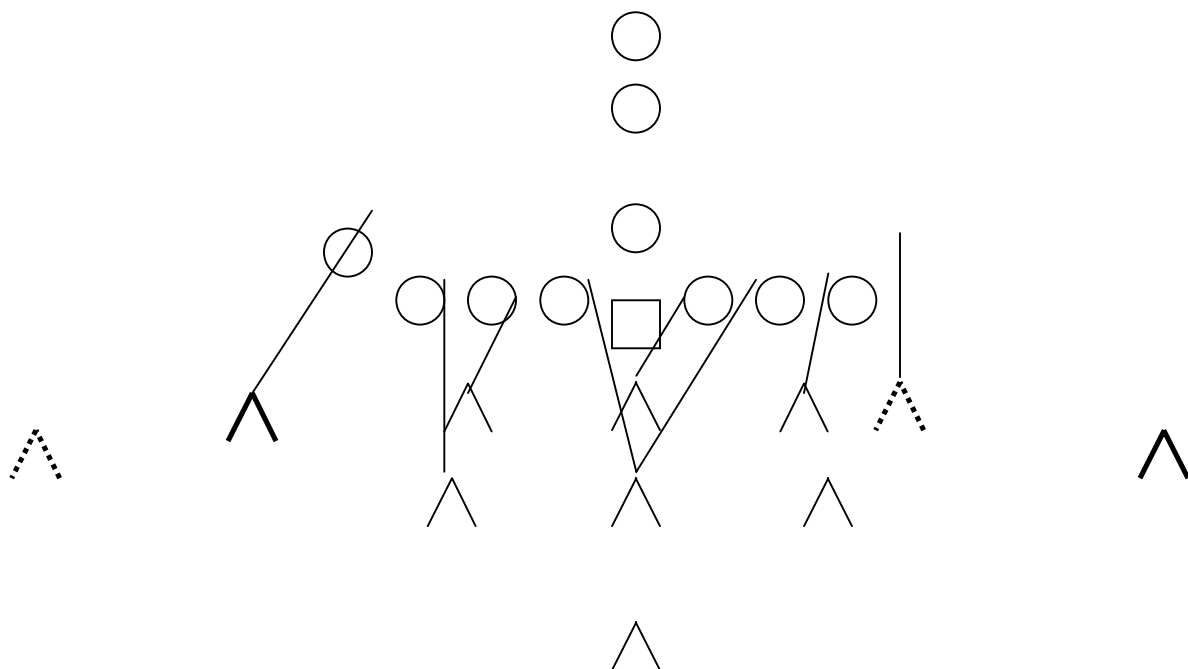
Flow left and the middle linebacker shoots the A gap left side.

Flow left and the left backer shoots the c gap left side.

Supposedly flow left is perfect for this defense because the athletic end makes the play and the tackle gap is shot by a linebacker. The weakness is the end getting reached hooked or running inside and losing contain. Still he's your best man and they ran right at him. He should make the play.

My caveman drawing shows flow too, responsibilities for linebackers only. Flow away, hold and read.

Now. Same play **50 rip or swim left, strong right.**



50 guts, strong left

Use the same concepts for your strong end and weak corner.

Here we stunt inside on guts and outside on blood. Blood comes out of your body and guts are inside your body.

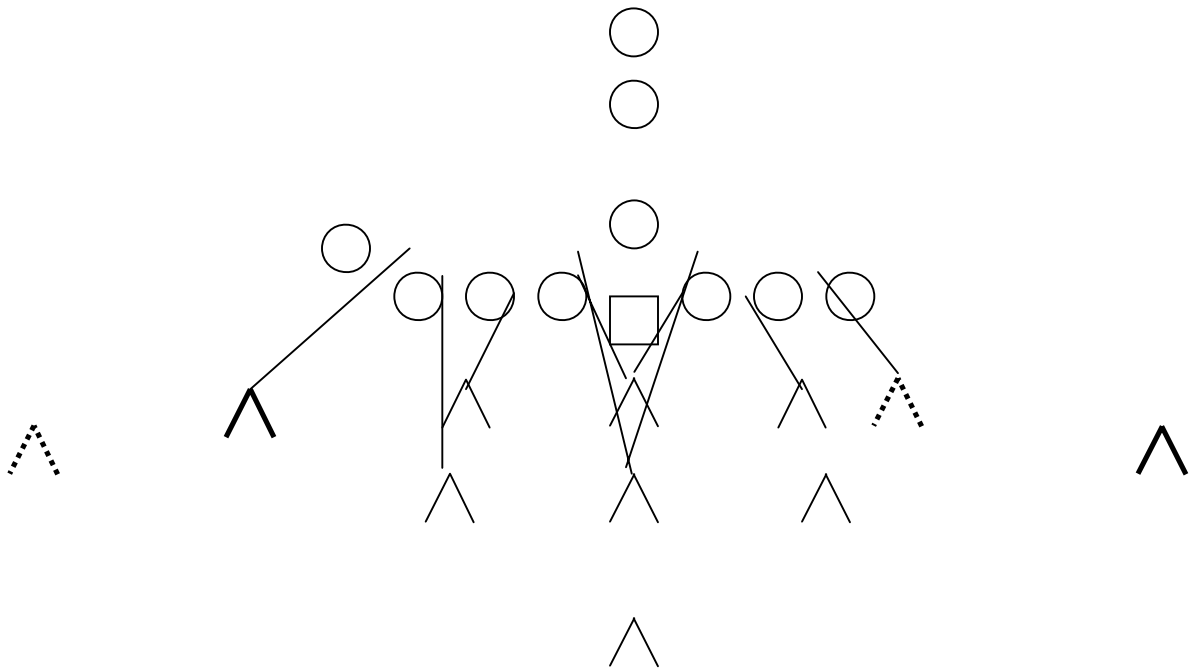
I would signal these with a knife across the wrist movement for blood and a hand on the stomach for guts.

In this set the middle linebacker taps the nose man on one hip the nose man stunts into that gap while the middle linebacker shoots the opposite gap. This defense is great for short yardage inside football.

The weakness here is the weak side sweep or bounced outside of tackle stuff. The weak side middle linebacker is free to run but must honor outside plays first and foremost.

The strong side backer shoots the c gap on flow too and holds 2 seconds on flow away.

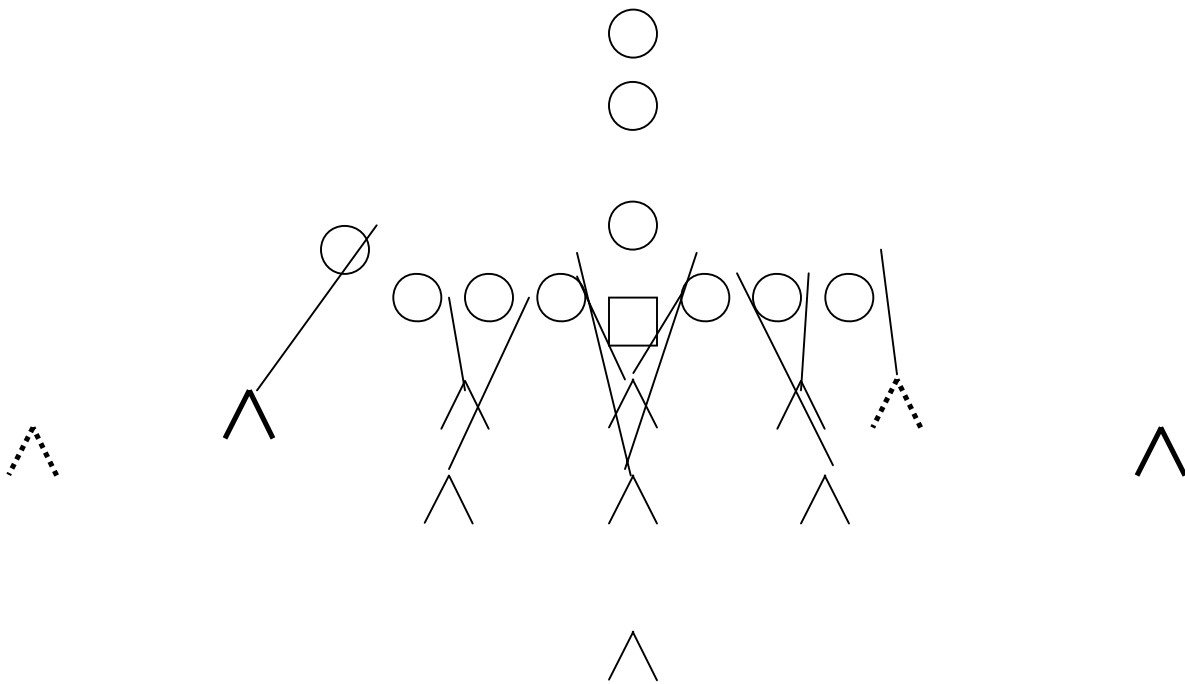
The strong side end is shown here running inside the wingback. The thing to remember here is to make sure there is not a huge hole between the end and wingback. It's the strong side ends responsibility to play football and not get caught out of position. OR play less aggressive here. Let the play come to you. The stunts are inside so let the play bounce to you before you commit.



50 blood, strong left

Blood can only be called in a 50 or 70 defense. Don't try it in 60 at all. If you run it in 60 you will leave 2 inside gaps open. Some people might gamble on, no play being called through these gaps. I wouldn't.

Use the same concept as guts for the nose and middle linebacker. Backer taps nose on one hip and the nose controls that gap while the backer shoots or controls the other gap. Weak side backer controls shoots b gap on flow too and holds 2 seconds on flow away. Strong side backer controls shoots b gap on flow too and flow away holds 2 seconds.



50 read, strong left

Use the same concept for the strong end and weak corner.

Use the same concept for the nose and middle linebacker.

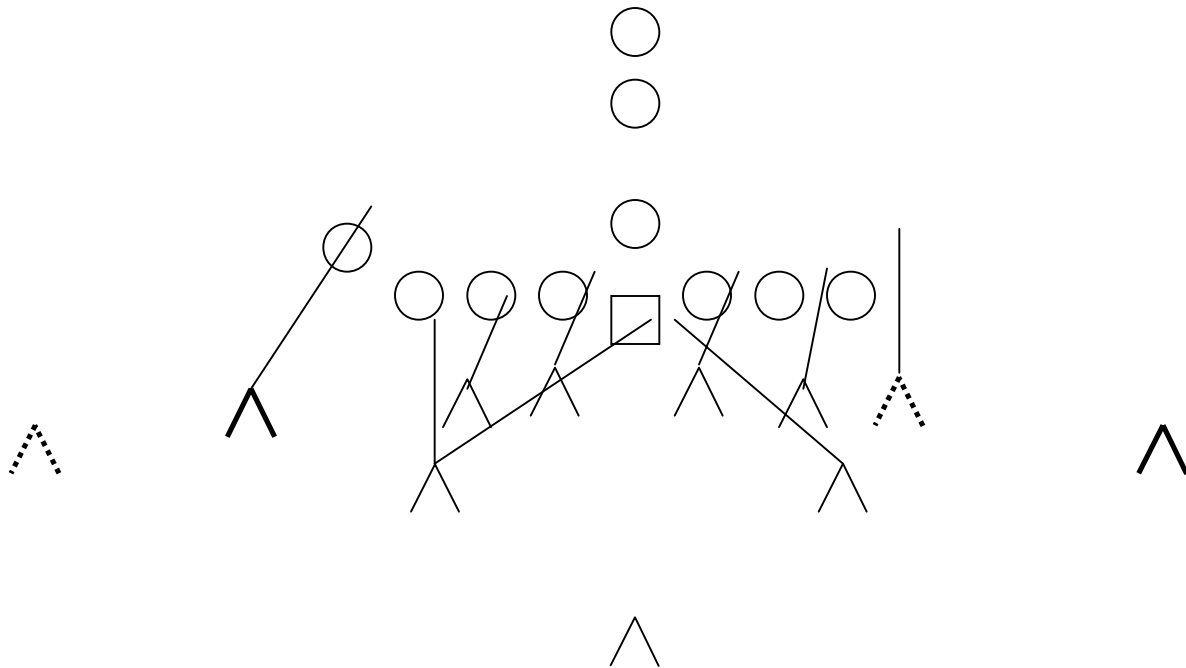
The only thing different here is, the tackles read the O tackles nose and rip it off which ever way he goes and the strong and weak side linebacker read the defensive tackles movement and control the opposite gap. I didn't call this defense much last year as it leaves too much thinking to be done by young players.

60 rip or swim right, strong left

The Middle Linebacker is your strongest hardest hitter who may **not be** as fast as the other linebackers. Naturally he would be the man to play down in a 60 defense. Since most offenses play their strongest players to the defensive left, it makes sense to play your nose man to the left and let the Middle linebacker play the weak / quick / right defensive side.

Weak Side linebacker is free on flow to and controls a gap on flow away after holding for 1 to 2 seconds. WSLB must make good decisions and if he sees this gap open up and a fast back coming at him he must read and get up field cutting off the seam.

SSLB does the same thing on flow away but on flow too aggressively attacks the c gap.



60 guts, strong left

Same concept with strong calls

In 60 the Weak Side End WSE rips inside the Tight Ends face

SSE still plays rambunctious football and just makes plays. SO

The WSLB plays the outside lane on flow too and is free on flow away.

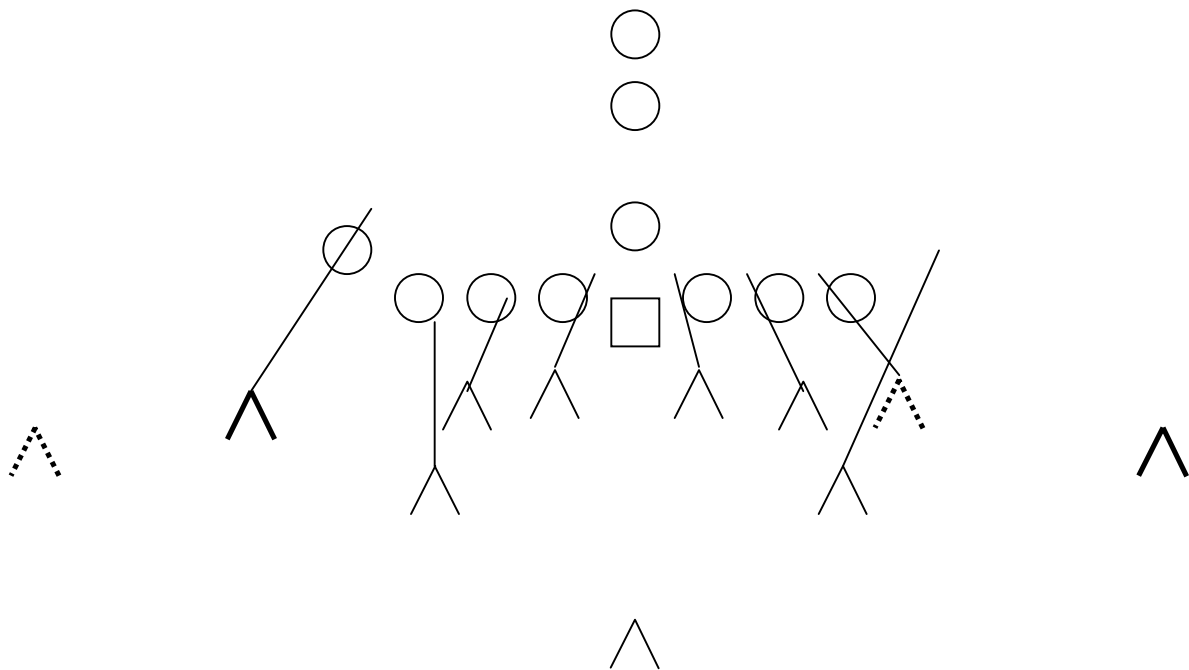
SSLB plays the C gap on flow too and is free on flow away. Hold 2 seconds.

Weakness here is the D gap on flow left or defensive strong side.

Teach the Free Safety to watch for this gap.

This is a great defense for youth football, short yardage and goal line stuff.

Remember don't run 60 blood!



7 Diamond

Use same concept on strong call.

Very useful mix it up defense. Confuses blockers and almost always ensures 1 or 2 free rushers on the line of scrimmage.

Don't run blood or guts in this defense. Just play ball.

You can run rip or swim either way though if you wish.

Move up the least active linebacker to nose man and let your stud play diamond backer.

I would usually gamble and pull my free safety up closer to the line of scrimmage.

Free safety always comes up to the strong side and reads tight end first the spys the d gap.

The WSE jacks the tight end and runs to the football.

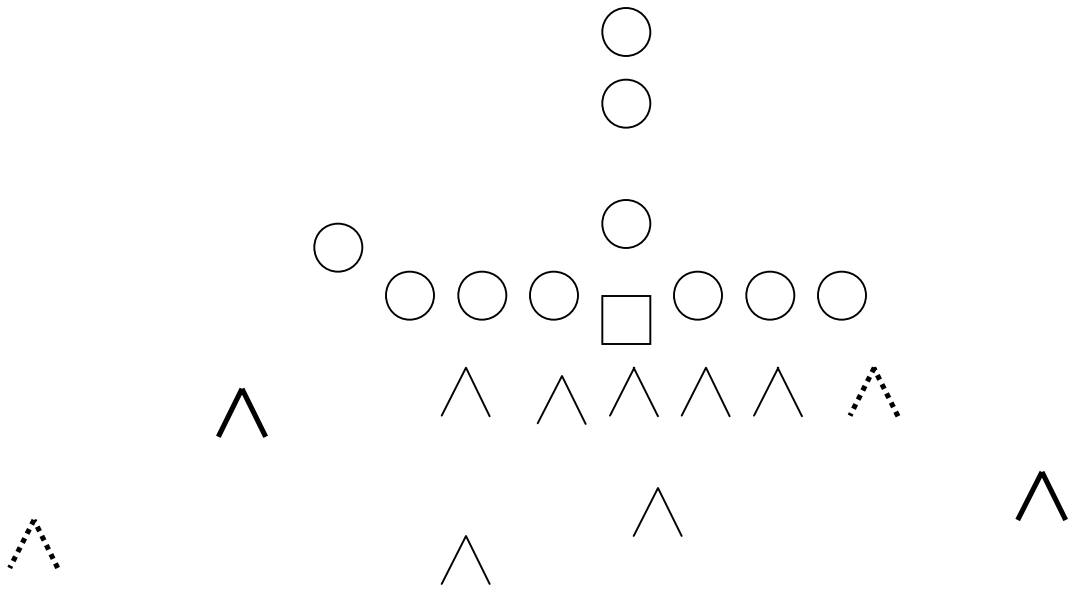
The weak side corner backs up, moves inside and reads the tight end. If he goes out for a pass the corner must make the play

The weakness would be the d gap opposite the swim or rip call, and quick passes to the tight ends.

Both corners become the free safety and must play safe ball first and run stop second.

Diamond backer line up just a little off center to the weak side and plays football.

Run this defense sparingly but use it some. Mix it up and make them guess.



Remember basic defense in the secondary. Free safety and corners read through the tight ends to the QB's eyes and take 2 steps back on each play first. Always play gap control so the players know which gap is there's. Alternate defenses and keep the blockers guessing. Stunt on the line using basic line movement. Have linebacker shoot gaps on flow too and hold 2 seconds on flow away. Teach these concepts with pursuits drills each week. Have at least 2 coaches help with pursuit. Have a coach watch the DB'S first steps, Have one watch D'line's gap control and one watch linebackers on flow too and flow away. Teach tackling every day.

Good Luck Coaches. This stuff really works.