



DOUBLE WING

PLAYBOOK



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


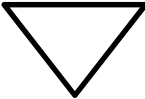






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Playbook Legend

	Center		Handoff
	Offensive Player		Player path
	Defensive Player		Pitch or Forward Pass
	Ball Carrier		Pre-snap Motion
	Optional Ball Carrier		Player blocking Assignment
	Pulling Lineman		

Double Wing

Created by Pop Warner, the Double wing offense has been tearing defenses apart for 100 years now – that’s a lot of touchdowns. But the father of the offense, the man who nurtured it, helped it grow into what it has become today, is Don Markham, who set the national high school scoring record, winning the national championship with a whopping 880 points in 14 games. For those of you who are less mathematically inclined, that’s just a shade under 63 points – or nine touchdowns a game. Much like the wing-T, you’re going to line up a center, two guards, and two tackles in this formation – and you’re going to add two tight ends, and two wingbacks as well. A perfectly symmetric formation, we bring our halfback up to play as the second wing back, with our full back lined up directly behind the quarterback.

Famous Double Wing Offenses

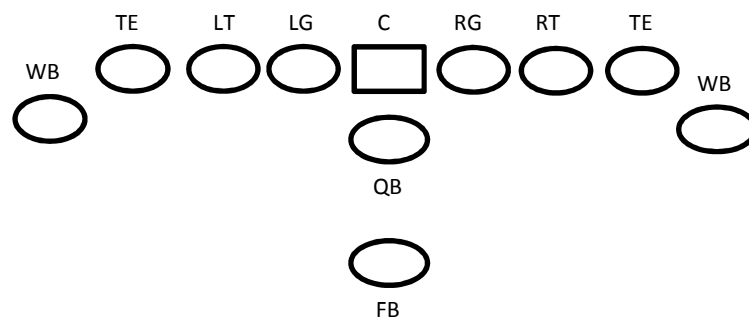
- Late 1960s Notre Dame Fighting Irish
- Don Markham’s Early 1990s High School Teams

Strengths

- Power Running, Misdirection

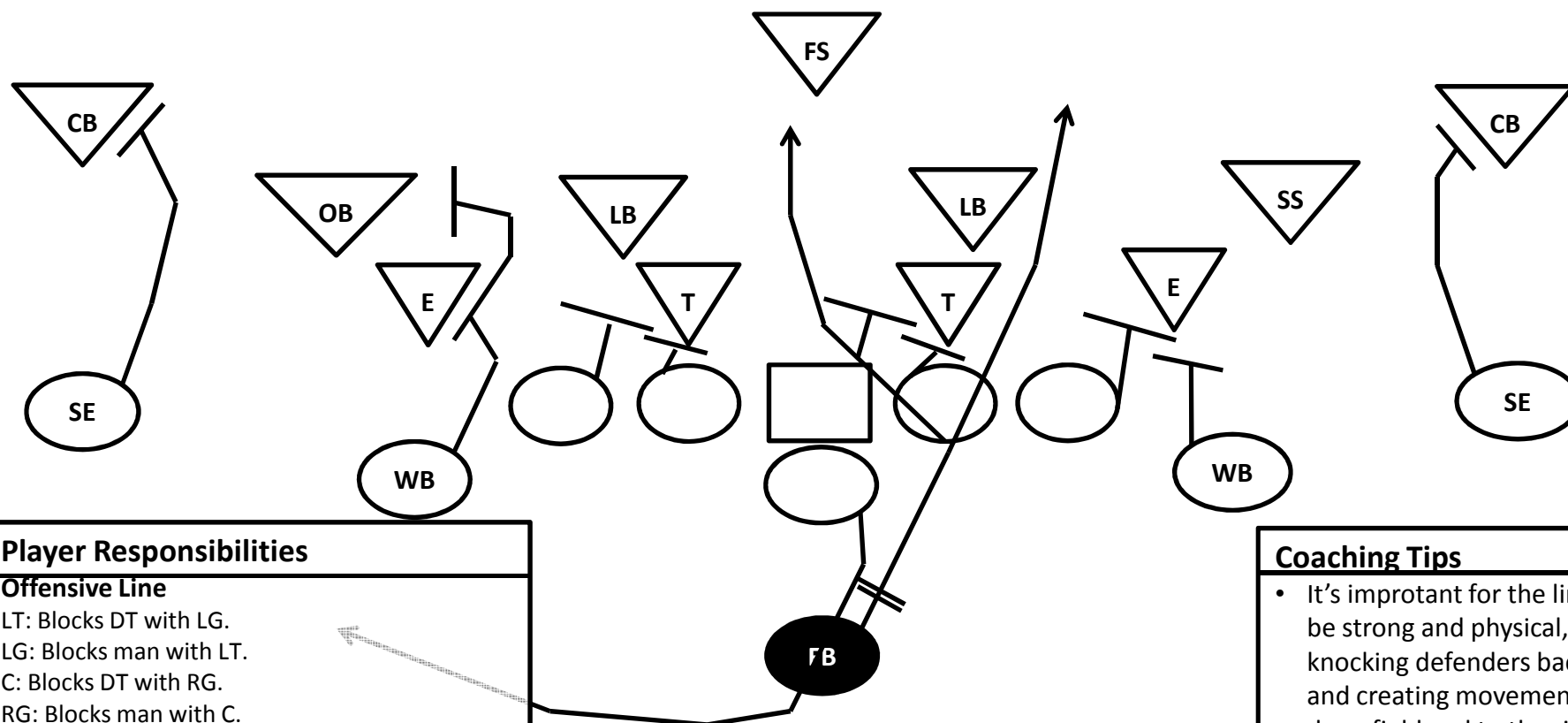
Weaknesses

- Long Range Passing, Can Be Very Complex



Double Wing Running Plays

Loose Red 34 Zone Blast



Player Responsibilities

Offensive Line

LT: Blocks DT with LG.
 LG: Blocks man with LT.
 C: Blocks DT with RG.
 RG: Blocks man with C.
 RT: Blocks DE with RWB.

Backs & Receivers

SEs: Crackback blocks CB.
 LWB: Slides inside to cut off DE, moves up to block OB.
 RWB: Blocks DE with RT.
 FB: Runs blast right, reads playside LB and either cuts back to 2nd hole or stays on the 4th track.
 QB: Opens to TB, hands off, fakes a waggle left.

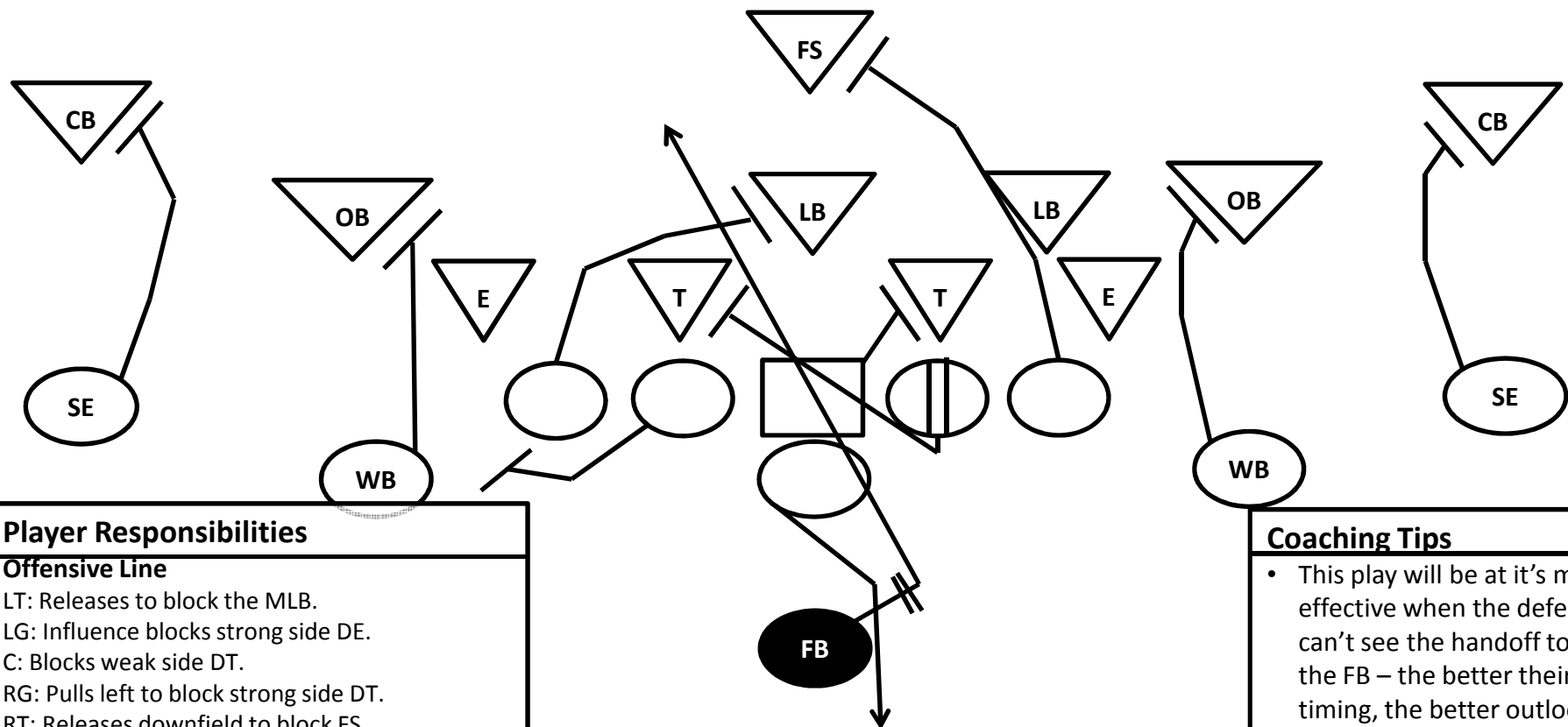
Play Strategy

The difference between a zone blocking scheme and a regular one is that in the zone the offensive line moves in complete cohesion in one direction, not trying to move defenders left or right, but moving in a direction together. The defense will be forced to commit to holes that open up, and a RB with good vision can pick apart the defense for huge gains.

Coaching Tips

- It's important for the line to be strong and physical, knocking defenders back and creating movement downfield and to the right.
- The FB needs to keep his eyes up, reading the MLBs as he comes up to the LOS, so he can decide which side to make his cut to.
- This is a versatile play, that can be run out of multiple formations.

Loose Red 31 Trap



Player Responsibilities

Offensive Line

LT: Releases to block the MLB.
 LG: Influence blocks strong side DE.
 C: Blocks weak side DT.
 RG: Pulls left to block strong side DT.
 RT: Releases downfield to block FS.

Backs & Receivers

SEs: Crackback blocks CB.
 WBs: Crackback blocks OB.
 FB: Steps right as if to pass block, takes handoff and follows RGs block.
 QB: Takes a 3 step drop, handing off to FB on 2nd step.

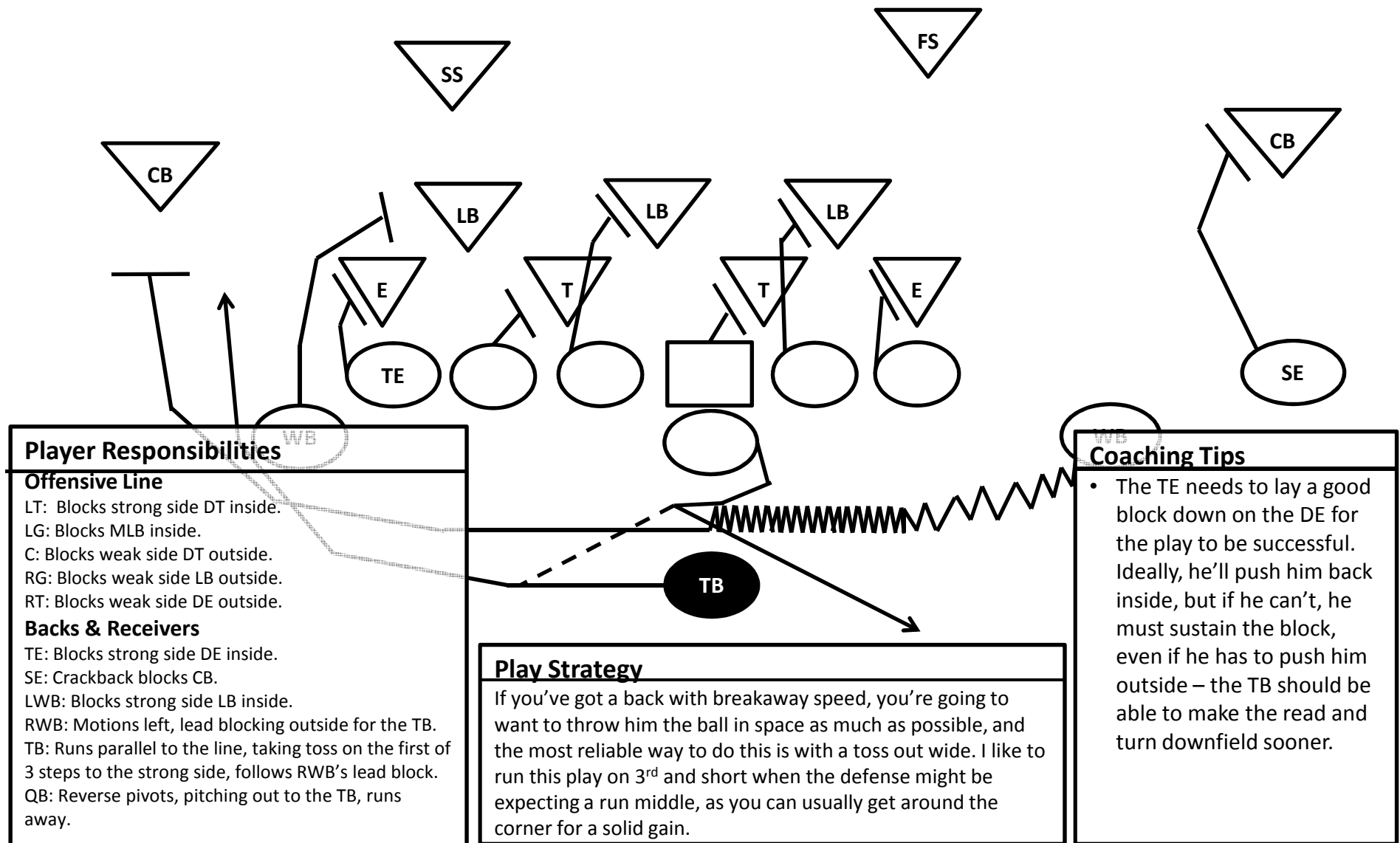
Play Strategy

The idea here is to get the defense to pursue anywhere except to the middle of the field. That's why this play is best used in a passing situation, like a second and long, where you might be expecting a heavy outside pass rush.

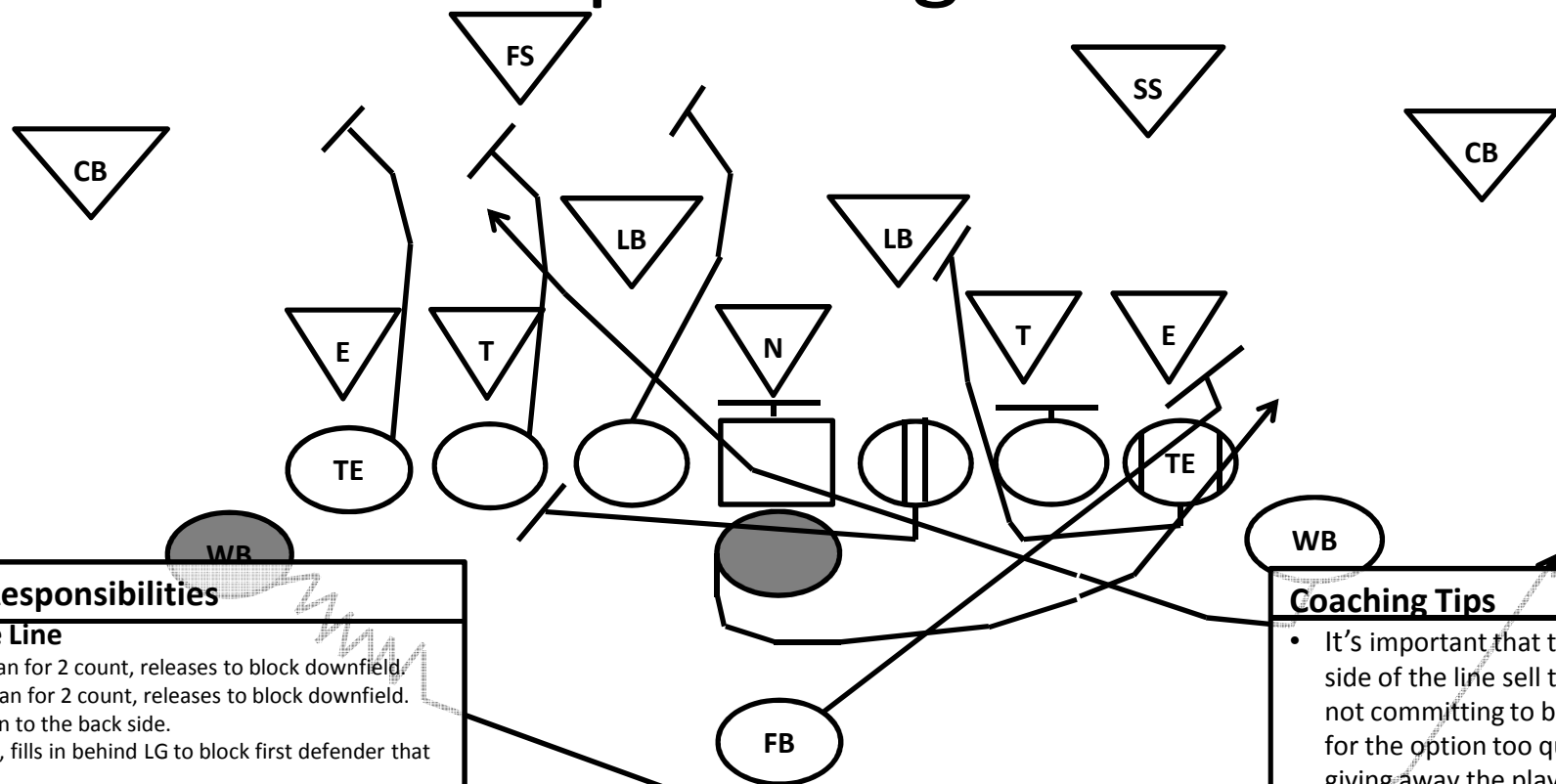
Coaching Tips

- This play will be at it's most effective when the defense can't see the handoff to the FB – the better their timing, the better outlook this play has.
- The CBs don't need to chase down their blocks – simply get inside of their assignments and wait for them to come.

Blue 27 WB Motion Left Toss



Double Wing 42 Trap Fake Double Option Right



Player Responsibilities

Offensive Line

LT: Blocks man for 2 count, releases to block downfield.
 LG: Blocks man for 2 count, releases to block downfield.
 C: Blocks man to the back side.
 RG: Pulls left, fills in behind LG to block first defender that penetrates.
 RT: Blocks man inside.

Backs & Receivers

LTE: Blocks man for 2 count, releases to block downfield.
 RTE: Blocks man for 2 count, releases to block downfield.
 LWB: Motions into the backfield, maintains pitch relationship with QB.
 RWB: Sells trap handoff with QB.
 FB: Blocks play side DE inside.
 QB: Fakes inside handoff to RWB, runs the option out right with LWB.

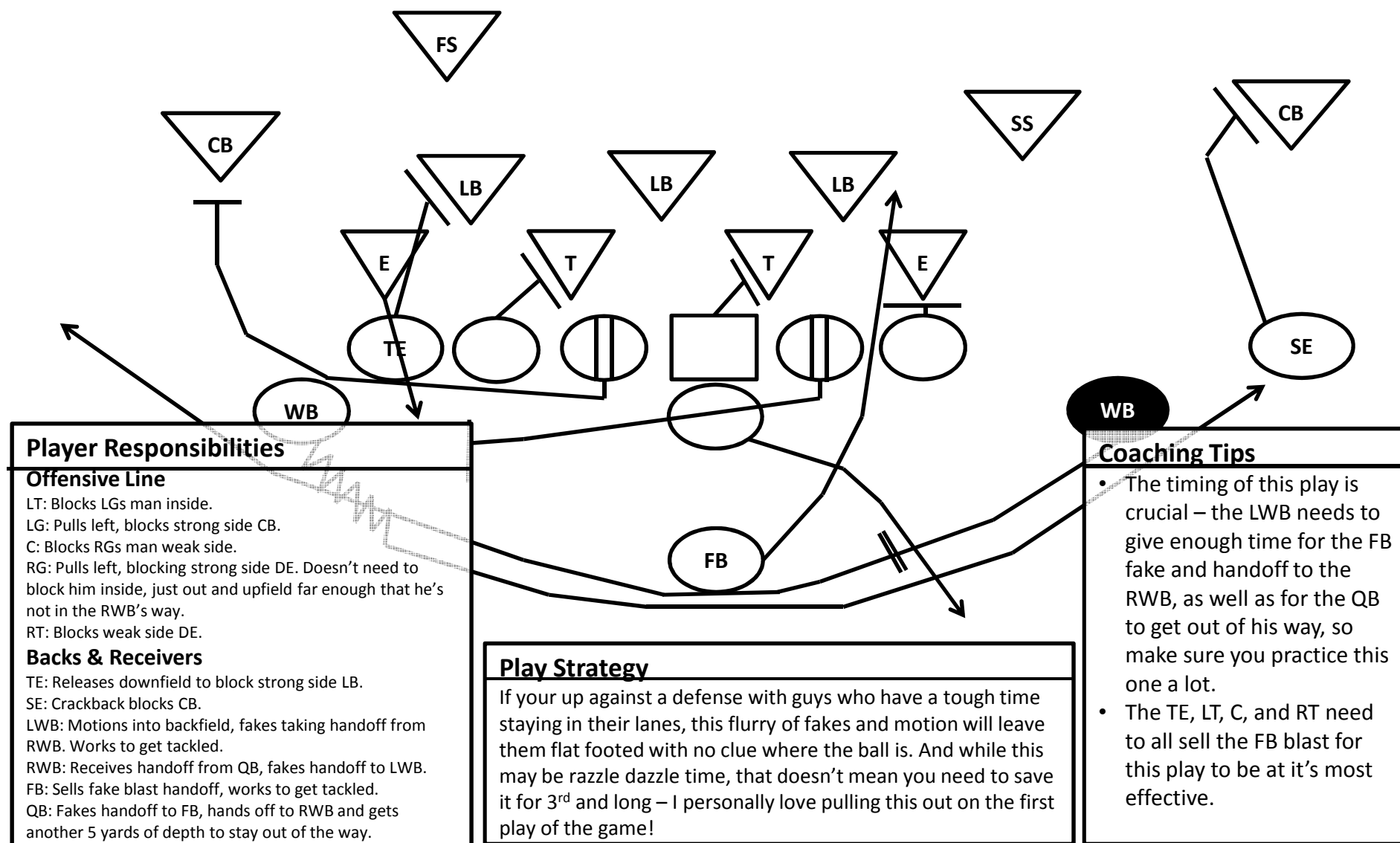
Play Strategy

The trap is an especially effective play when the defense doesn't see it coming, so if they start to read it quickly, show this play to keep them honest. If the defense is in man coverage, this play is especially effective. With the RWB and RTE both moving to the back side, you can get the defense moving one way while your QB and the LWB go the other with the option.

Coaching Tips

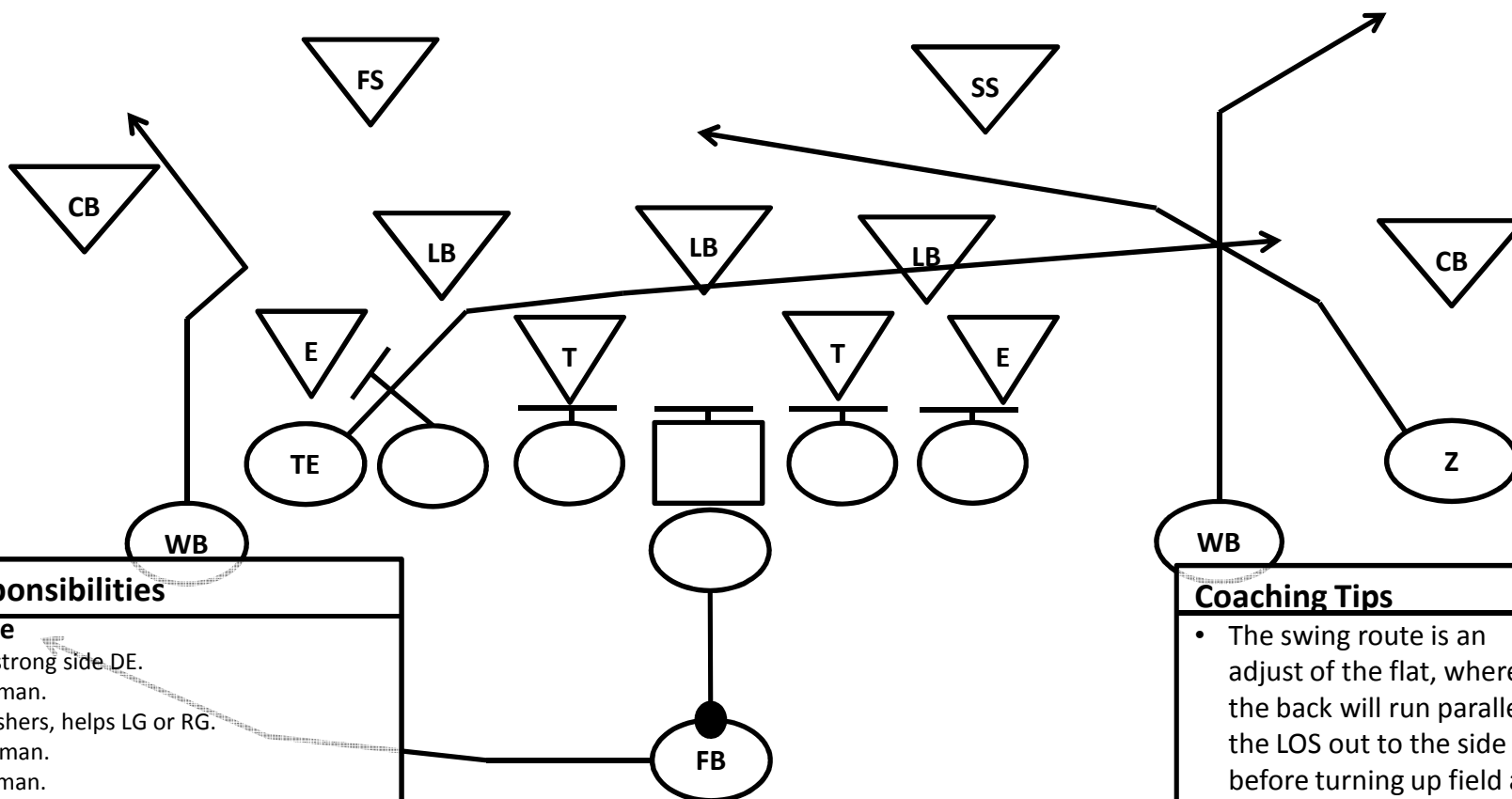
- It's important that the right side of the line sell the trap, not committing to blocking for the option too quickly and giving away the play.
- The most important, and probably the toughest block, is the FB's block on the playside DE. If he can get outside of him and push him back inside, this play will go for a monster gain.

Blue 27 Double Reverse Fake



Double Wing Passing Plays

Blue 76 FB Swing



Player Responsibilities

Offensive Line

LT: Pass blocks strong side DE.
 LG: Pass blocks man.
 C: If no extra rushers, helps LG or RG.
 RG: Pass blocks man.
 RT: Pass blocks man.

Backs & Receivers

TE: Runs a drag over the middle.
 LWB: Runs a flag route, faking inside first.
 RWB: Runs a deep flag route.
 Z: Runs a deep in route.
 FB: Runs a swing route out left.
 QB: Takes a 5-step drop, goes through progression.

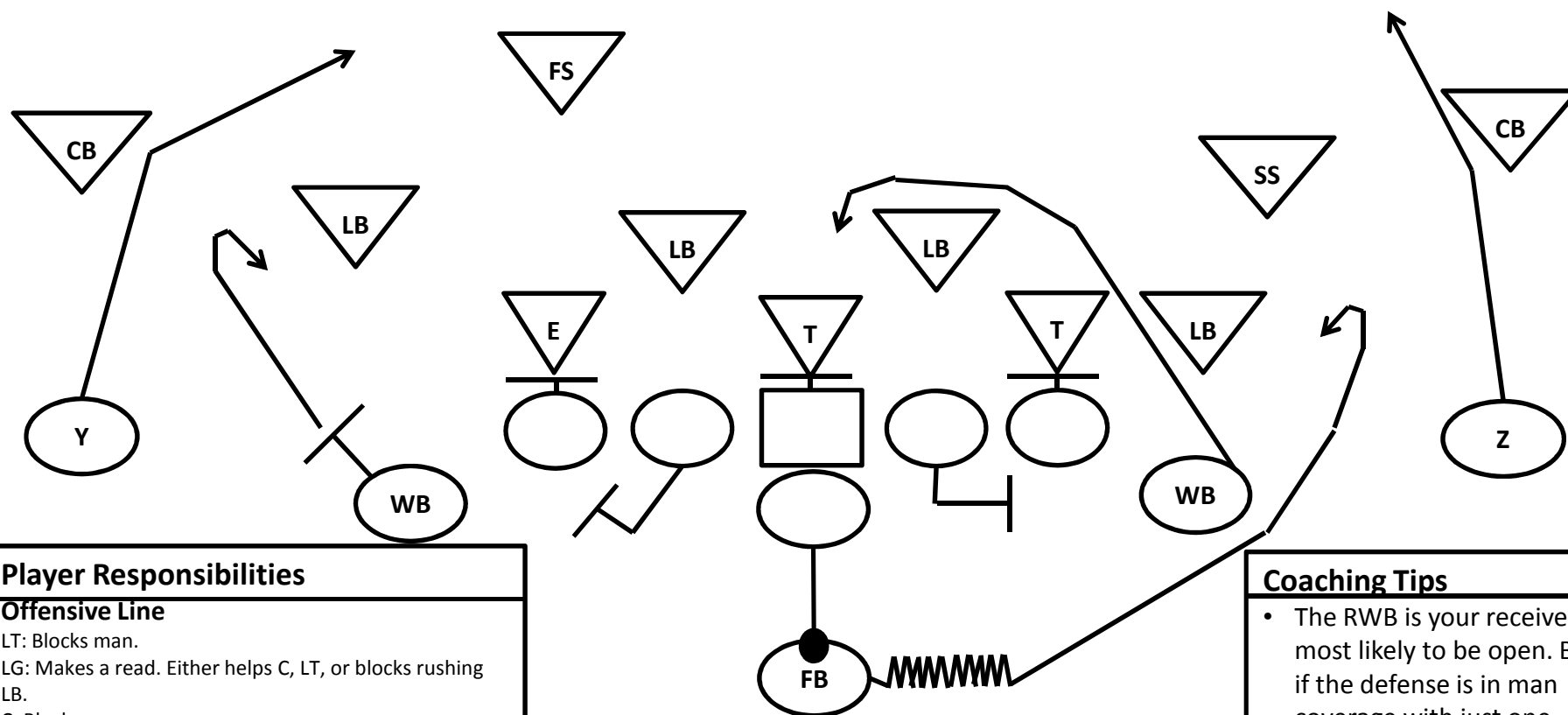
Play Strategy

This is a good passing play to use on any down, and any situation. The combination of short and long crossing routes are effective for deep or short passing, and against man or zone coverage. While most of the action is happening on the right, I've found the routes on the left are most often open, as the strong side CB is forced to cover both the LWB and FB.

Coaching Tips

- The swing route is an adjust of the flat, where the back will run parallel to the LOS out to the side line before turning up field and looking back to the QB for a pass.
- The LWB's double move is at it's most effective if the QB understands it's timing, and throws the ball just as the cut back outside is being made.

Loose Red 88 Curls



Player Responsibilities

Offensive Line

LT: Blocks man.

LG: Makes a read. Either helps C, LT, or blocks rushing LB.

C: Blocks man.

RG: Makes a read. Either helps C, RT, or blocks rushing LB.

RT: Blocks man.

Backs & Receivers

Y: Runs an 8 route.

Z: Runs a skinny 8 route.

LWB: Blocks LB if he rushes. If not, runs a curl route.

RWB: Runs a curl route, splitting the two MLBs.

FB: Motions out right, runs a curl route.

QB: Takes a 5 step drop. Looks for Y and Z, then checks down to the three curls.

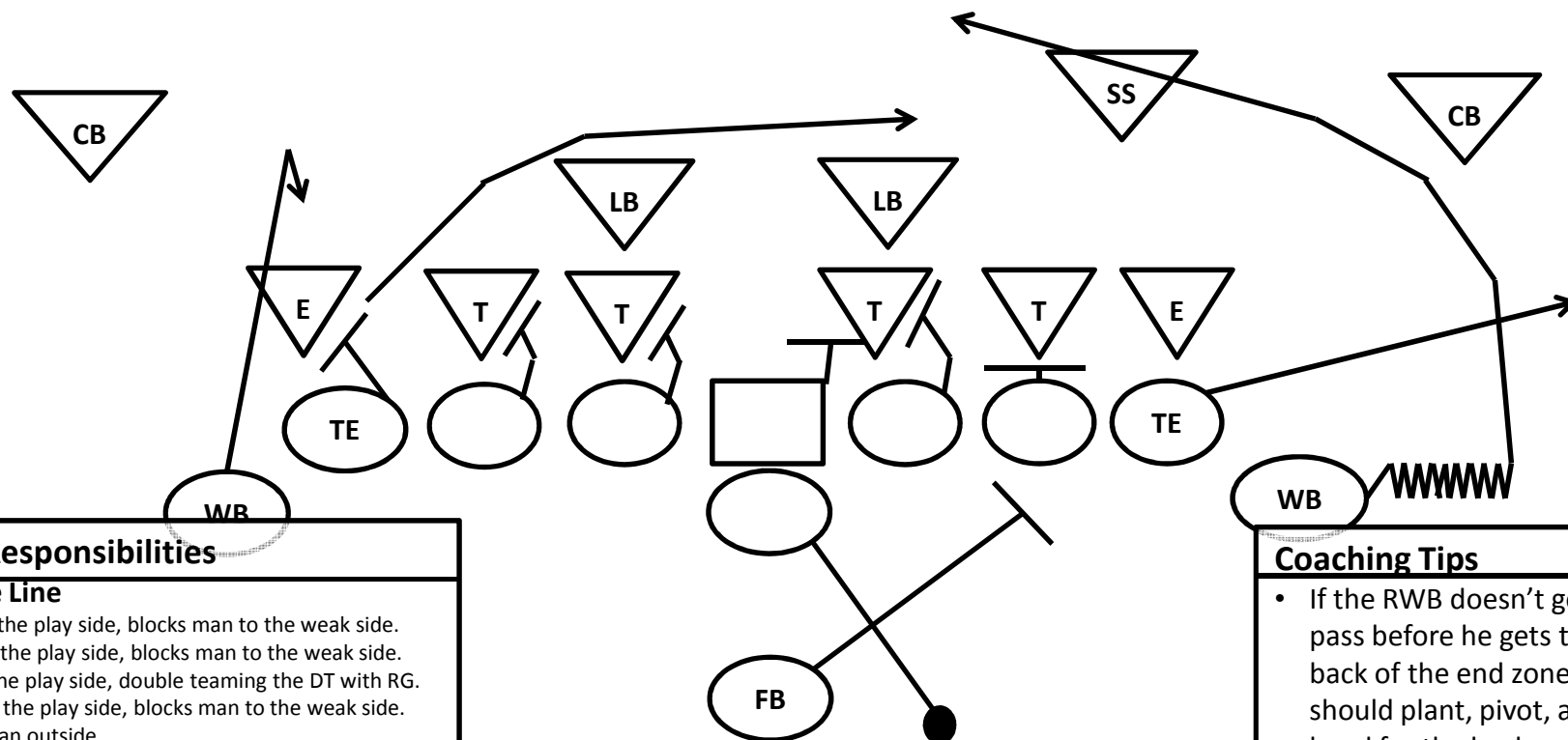
Play Strategy

Sometimes, to keep the defense from inching up closer and closer to the line of scrimmage, you have to stretch them out vertically. Put your two fastest receivers on the outside, and look for them to get behind the safeties. But if they can't, the great thing about this play is the three safety net check downs available to your QB.

Coaching Tips

- The RWB is your receiver most likely to be open. But if the defense is in man coverage with just one safety to help out over top, the QB will need to wait to see what side he reacts to first and throw the opposite way.
- Both the LWB and the FB's first priorities are pass protection, but if there's no extra rushers, they can go.

PA Double Wing 46 Blast Right



Player Responsibilities

Offensive Line

LT: Slides to the play side, blocks man to the weak side.
 LG: Slides to the play side, blocks man to the weak side.
 C: Slides to the play side, double teaming the DT with RG.
 RG: Slides to the play side, blocks man to the weak side.
 RT: Blocks man outside.

Backs & Receivers

LTE: Blocks man for 1 count, runs in route just behind LB's depth.
 RTE: Blocks man for 1 count, opens up into the flat.
 LWB: Runs a curl route.
 RWB: Motions out right, gaining width, before running an 8 route, looking for the pass.
 FB: Fakes blast, protects QB.
 QB: Fakes blast to FB, plants feet, looking for the RWB as his primary target.

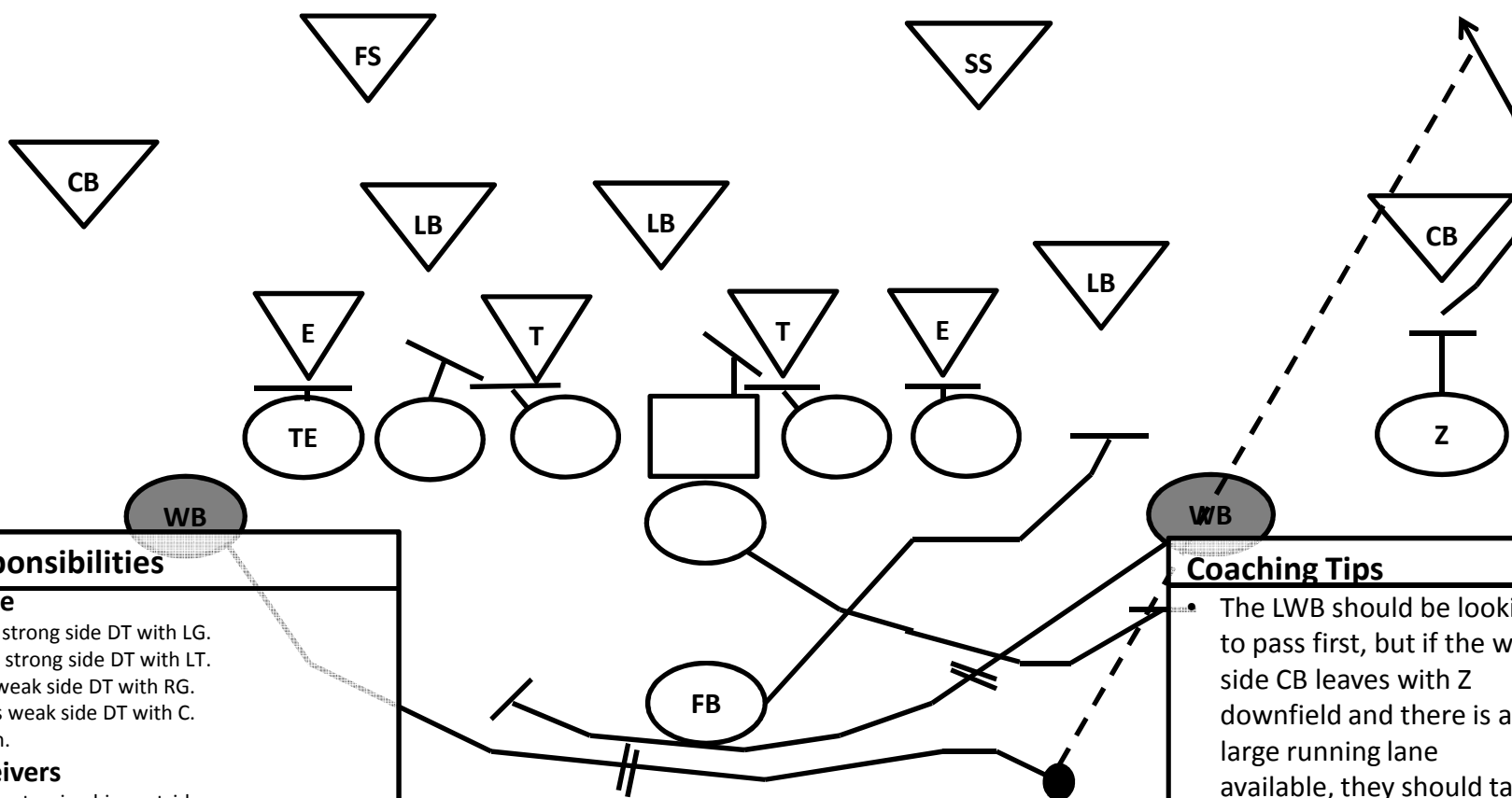
Play Strategy

If you're near the end zone and you need a passing play to get you over the hump, here's a great one. The defense will be wary of the run and other gadget plays if you've been using the double wing effectively, and when the SS hesitates on the FB fake, the RWB needs to turn on the jets and sprint right for the goal post!

Coaching Tips

- If the RWB doesn't get the pass before he gets to the back of the end zone, he should plant, pivot, and head for the back corner of the end zone, trying to find a soft spot behind the strong side CB.
- The LTE should be looking for soft spots behind the LB's, trying to create and easy passing lane for the QB.

Blue 9 Double Reverse Pass



Player Responsibilities

Offensive Line

LT: Double teams strong side DT with LG.
 LG: Double teams strong side DT with LT.
 C: Double teams weak side DT with RG.
 RG: Double teams weak side DT with C.
 RT: Blocks man on.

Backs & Receivers

TE: Blocks man on, steering him outside.
 LWB: Runs into the backfield 8 yards upfield for the handoff from the RWB. Continues running upfield for a couple more steps, plants, and throws to Z.
 RWB: Runs into the backfield, taking the handoff from the QB at about 5 yards upfield, then continues on that path, handing off to the LWB at about 8 yards.
 Z: Fakes a stalk block, leaks downfield for the big play.
 FB: Fakes weak blast, protects on the right side.
 QB: Fakes weak blast, hands off to RWB, blocks for RWB.

Play Strategy

You want to run this play at a time your opponent would least expect it. I like to pull it out at the beginning of the second half when I have a lead – the defense is usually looking for a big play of their own to get them started, and will often pounce on the fakes.

Coaching Tips

- The LWB should be looking to pass first, but if the weak side CB leaves with Z downfield and there is a large running lane available, they should take off!
- Mix this in with the Double Reverse fake, and your opponent's defensive coordinator is going to be having nightmares.

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