



Youth Double Wing: The Gun! Nova Formation Reference Power Point

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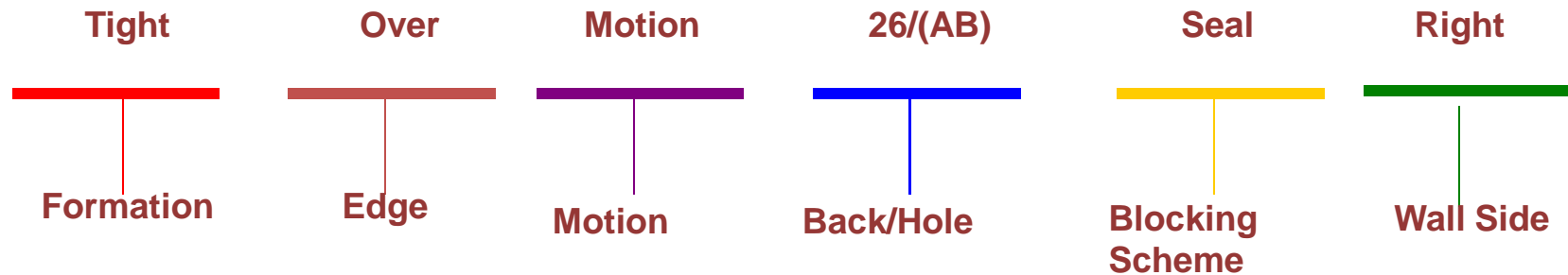
For more information see www.gregorydoublewing.com

Or email me at coachgregory@live.com

Why Use Gun Concepts

- Give your power series a different look or feel
- Manipulate the LINES OF FORCE to our advantage
- Force pre-snap alignment/balance issues
- Speed up the power series (attack down hill)
- Gives us the ability to run the WB POWER over and over while appearing “different” or “multiple”
- Makes running WB POWER, WB POWER SWEEP, and POWER PASS more robust.

Play Calling



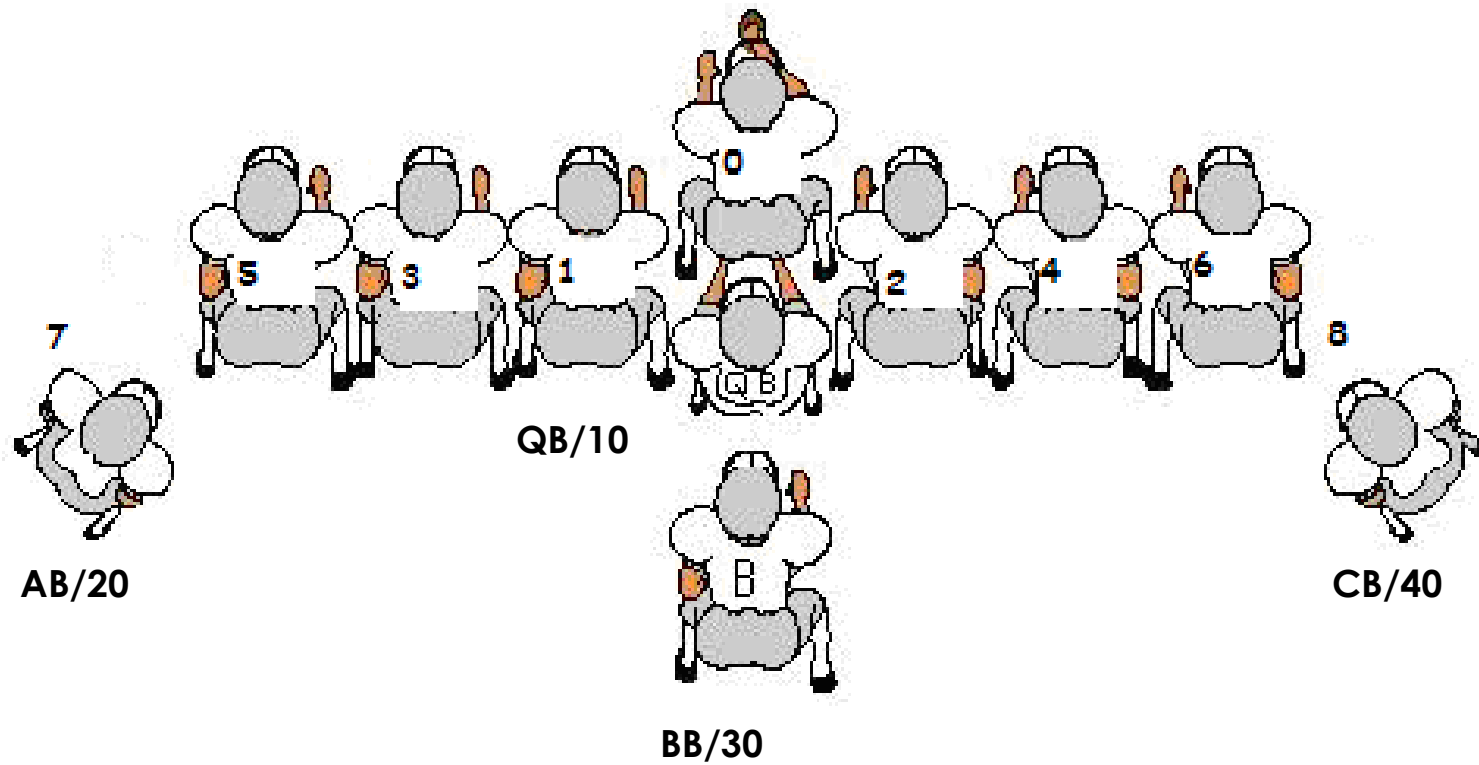
Non-Numbering System:

QB = QB
BB = BB
LWB = AB
RWB = CB

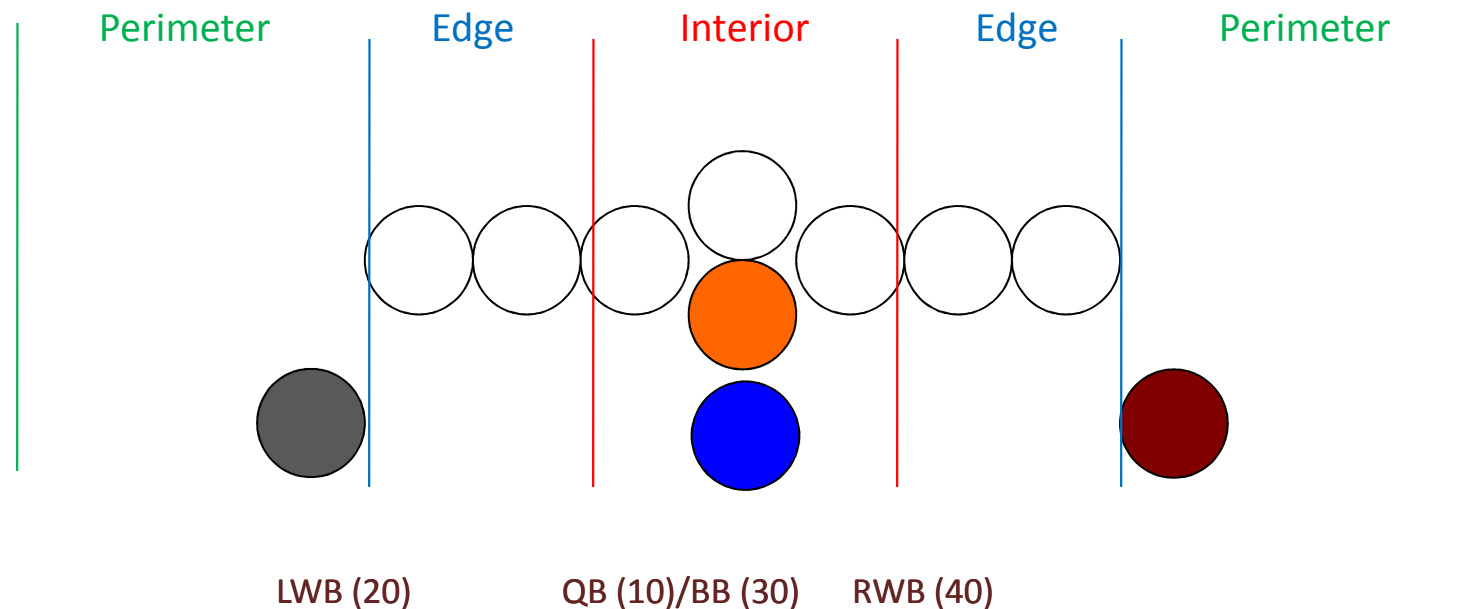
Numbering System:

10 = QB
20 = LWB (AB)
30 = BB
40 = RWB (CB)

Tight Formation

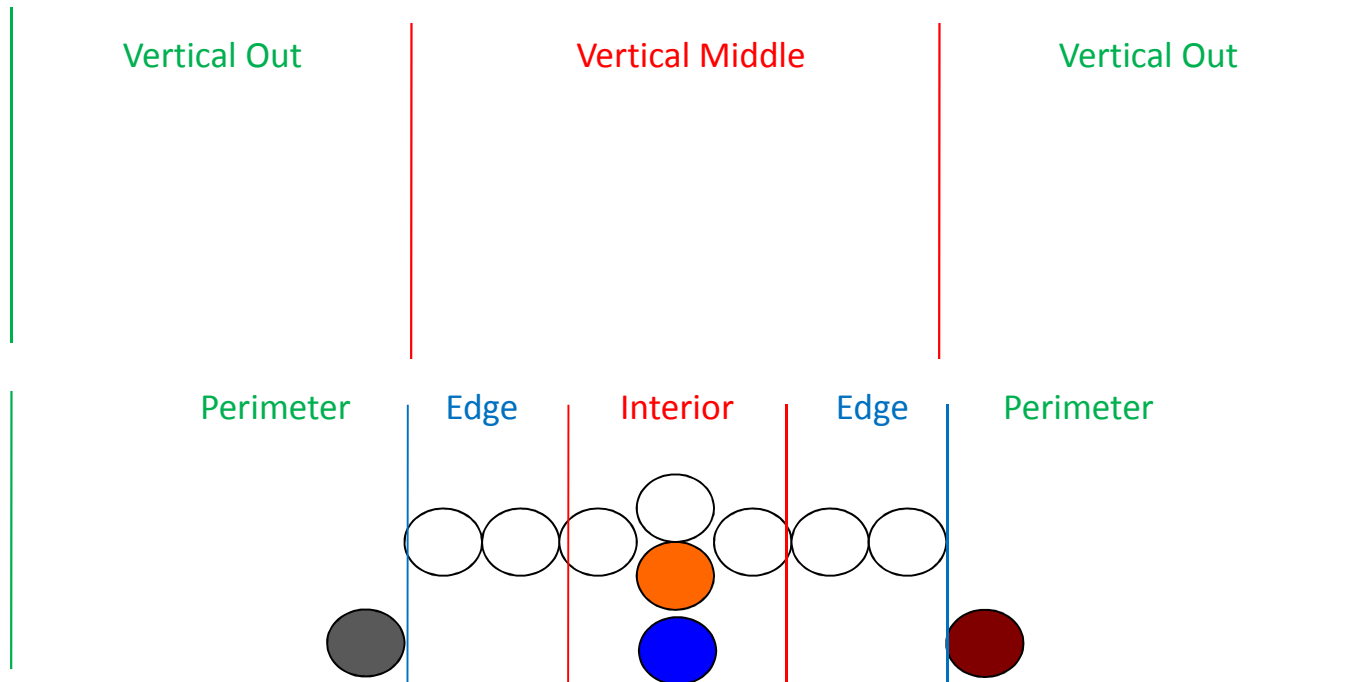


Understanding the Points of Attack



Three points of attack on each side of the center: interior, edge, and perimeter. I have gotten away from using GAP concepts (A, B, C, D) because of the use of angle blocking concepts often change the point of attack dependant on the defensive structure. Instead we attack a location.

Understanding the Points of Attack

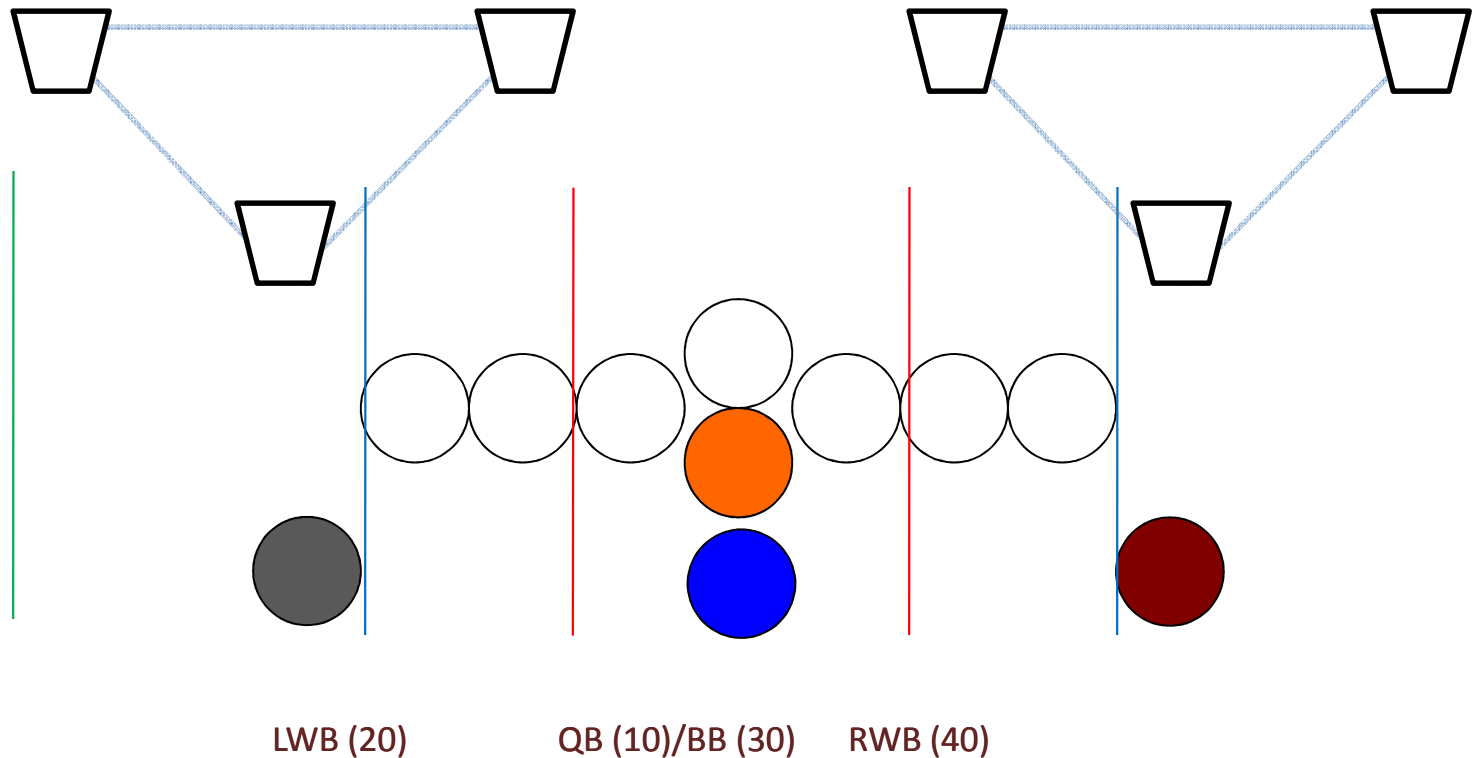


When you include the passing game the passes are going to be directed at the perimeter (flat), the vertical outs on each side and the vertical middle.

Variations in Point of Attack

- OVER – widens the edge space by adding one more blocker to the TKO Wall.
- NASTY – widens the edge space by one by moving the WB inside of the PSTE placing alignment pressure on the PSDE.
- NASTY/OVER – widens the edge space by essentially two by combining the two calls.

Perimeter Triangle Concept



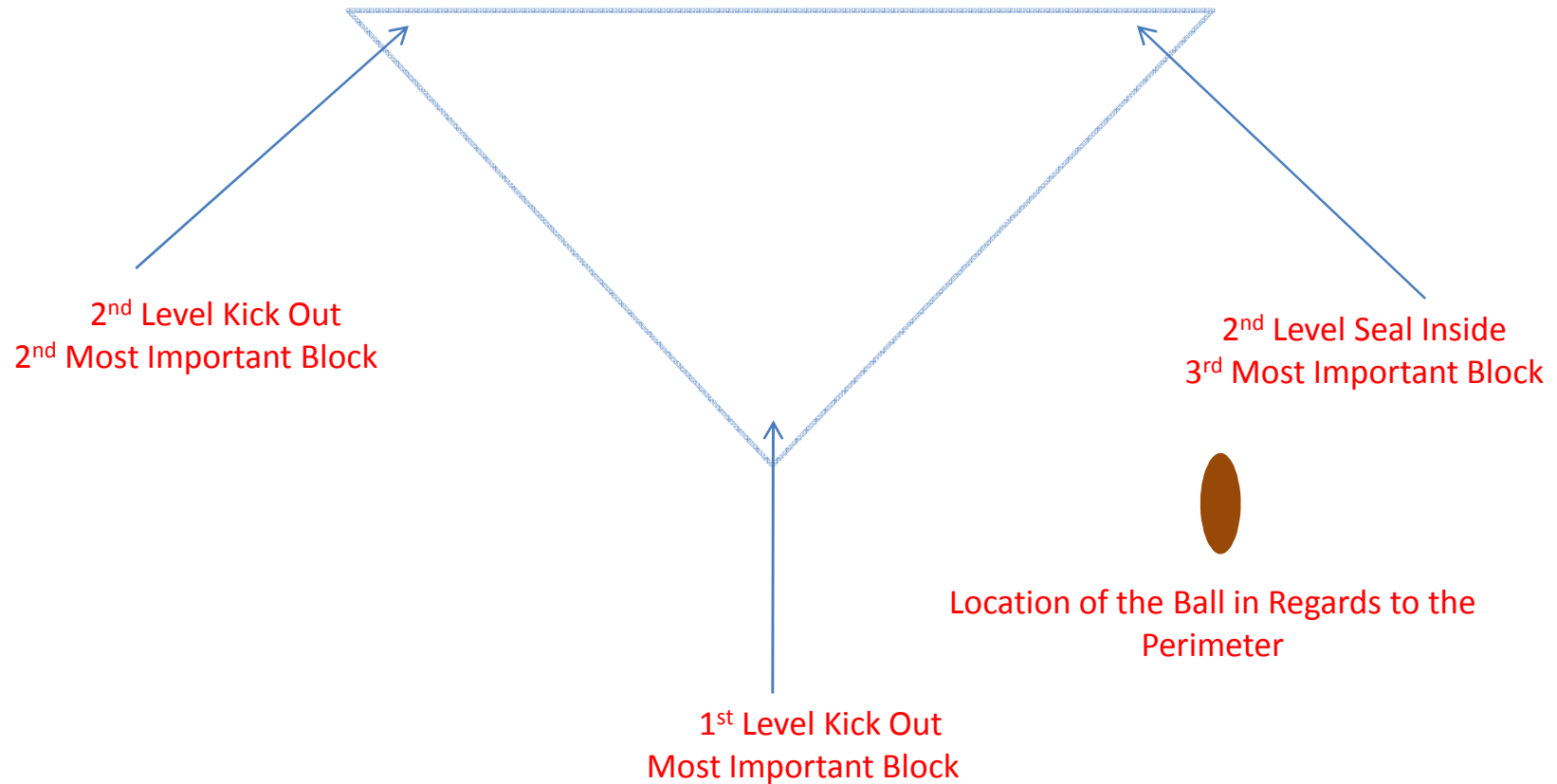
Three players on each side of the that can immediately affect the perimeter. CB (force), DE (contain), and OLB (alley). The ability to manipulate these three defenders via edge tags, formation tags, and play calling is one of the key advantages of the YDW. Applying stress to the perimeter triangle is a key concept of the YDW.

Visual representation of the three primary players near each edge.

Elements of the Perimeter Triangle

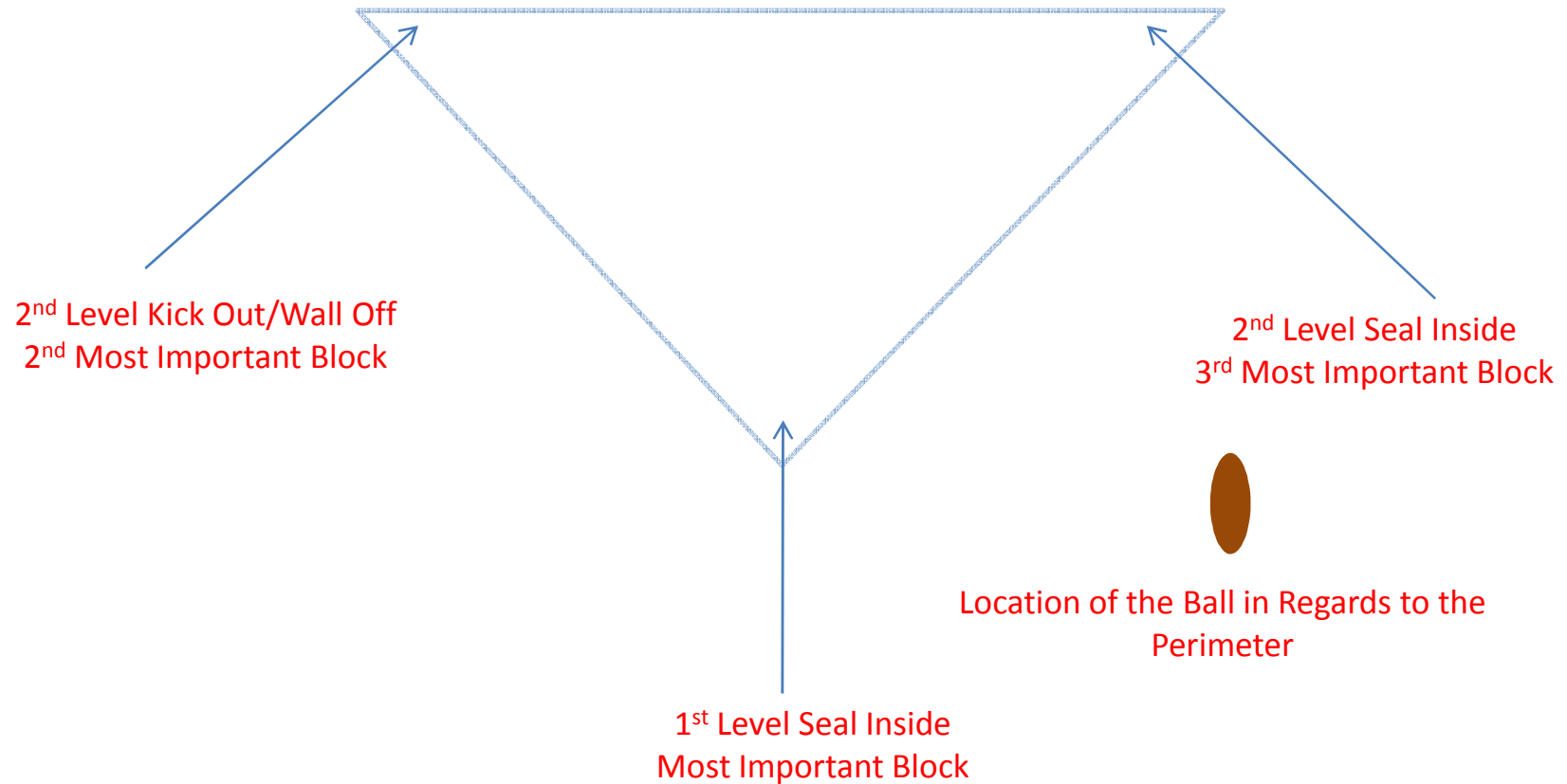
- 1st vertices (corner) : 1st level defender or contain man. End man on line of scrimmage (EMLOS) and that is often the defensive end.
- 2nd vertices: 2nd level exterior defender who is often the force defender. Often this is a corner back but it can be a safety or even a OLB that has been bumped out.
- 3rd vertices: 2nd level interior who is often the alley defender. This is outside linebacker or a strong safety.

Perimeter Triangle Concept Edge Play



Perimeter Triangle Concept

Perimeter Play



Applying Stress to the Perimeter Triangle

- It is not sound to sit in one formation and expect the defense to not adapt to your method of play calling and play execution.
- Human beings are creatures of adaption and athletes are the best example of creatures of instantaneous adaption.
- Edge tags are a very simple way of changing the perimeter appearance of a formation while the base play structure stays sound. (pre-snap)
- Formation tags are another simple method of changing the backfield appearance so that a formation is no longer symmetrical (tight) and it offers a LOF (line of force) advantage to the offense and specifically the play. (pre-snap)
- Play tags are a final example of placing post-snap stress on a perimeter by movement. (post-snap)

Applying Stress to the Perimeter Triangle Cont'd

- There are two ways to attack a perimeter triangle.
- First is to isolate the perimeter triangle away from the interior defenders. The use of ON, OVER, and NASTY edge tags is a great way of accomplishing this pre-snap.
- Second is to expand the triangle so that you isolate the defenders within the perimeter triangle away from each other. The use of LOOSE, TRIPS, and BUNCH edge tags is a great way of accomplishing this pre-snap.
- The 1st level defender is always the primary defender we must account for. If we don't open the 1st level the play will not work!

Basics of Play Calling Structure

- Formation: the basic pattern the backfield will align in. Base formation is a double tight end balanced line with four back in the backfield (TIGHT FORMATION).
- Edge Tags – how to move the perimeter triangle around.
- Motion/Strength call (RIP/LIZ for example)

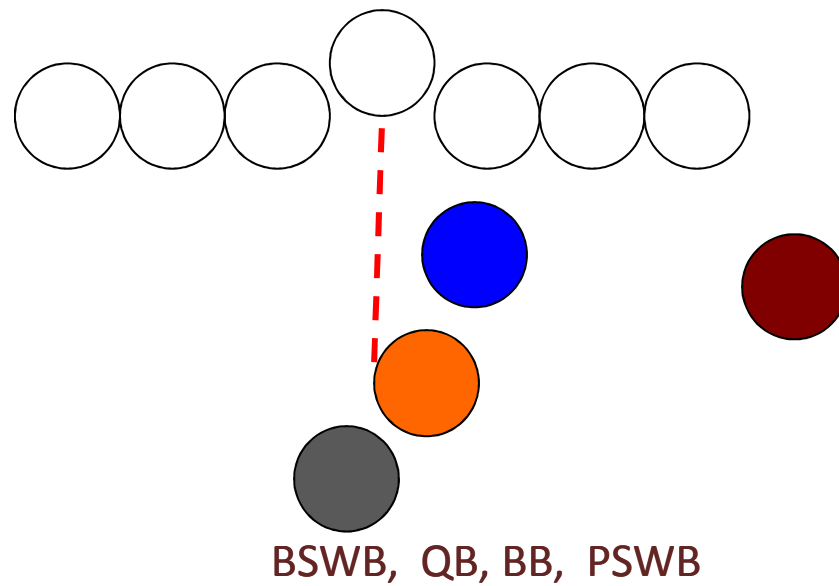
Formation Tags

- These tags adjust our backfield into various alignments.
- Allows us to gain leverage and line of force advantages on the defense.
- “Gun” or direct snap formations simplify and speed up our power series.

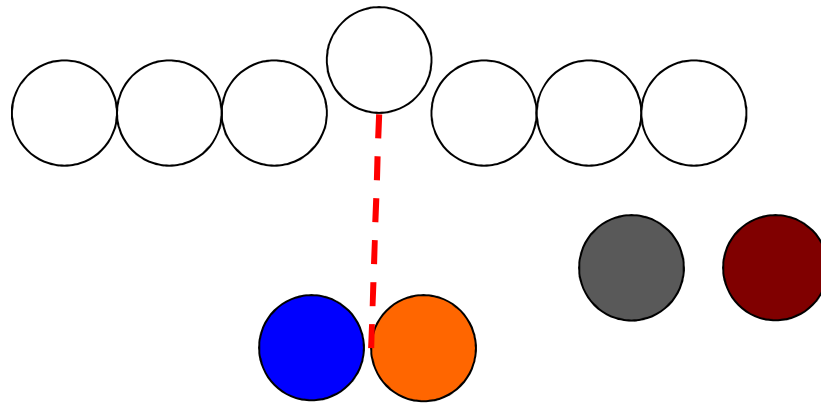
Notes on Misdirection

- The mesh is very important to the success of fakes.
- Make sure that every counter and reverse fake that the ball carrier holding the ball bellies the ball so it is safe.
- Make sure all faking backs “rub” near hips.
- The ball carrier bellying the ball will palm the crossing the ball carrier above the belly
- The faking ball carrier will always open to receive a ball and as he palmed will drop his top arm hard as his bottom arm slides to the near arm pit and grabs cloth to make it look like he has the ball.
- All faking backs should get their eye on a perimeter defender and run away from him and get vertical for 10 yards – no exception.
- Stress it in practice, stress it in scrimmage, stress it in games.
- One good fake equals two good blocks!

Shift Formation tag

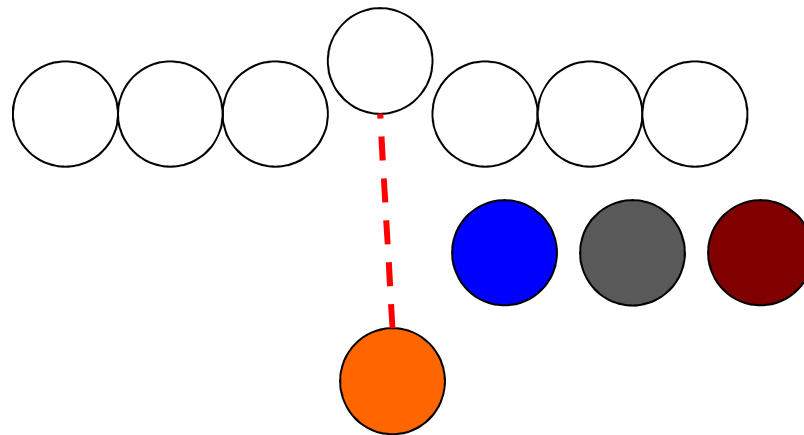


Star Formation tag



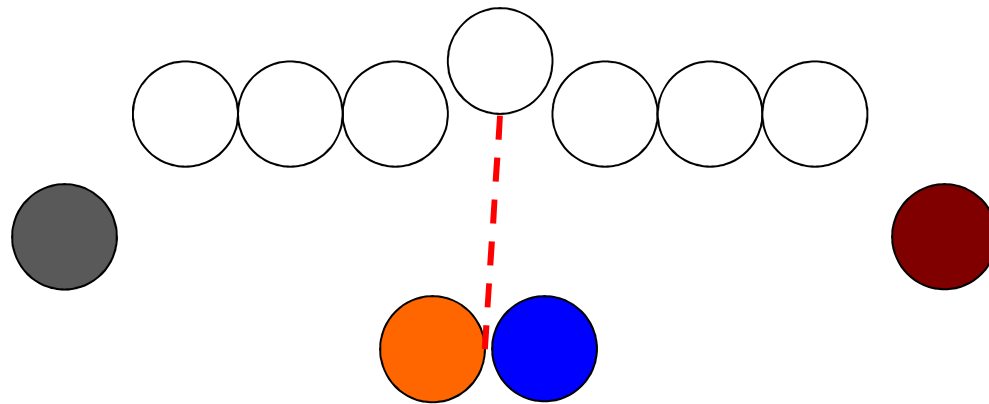
BB, QB, BSWB, PSWB

Comet Formation tag



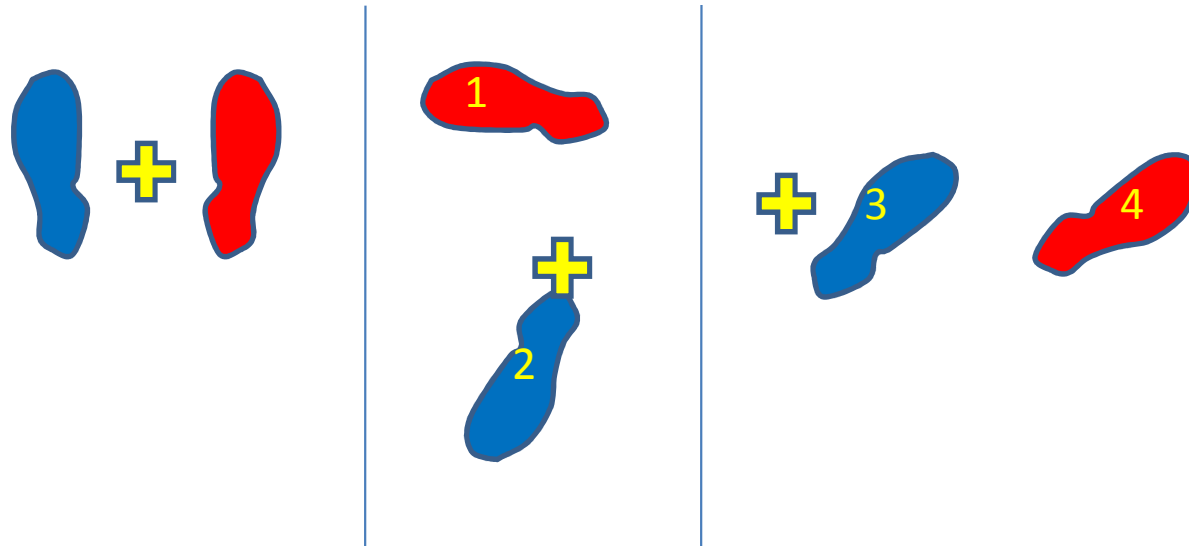
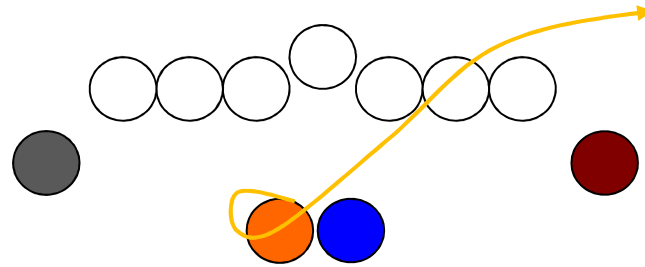
BB, QB, BSWB, PSWB

Nova Formation tag

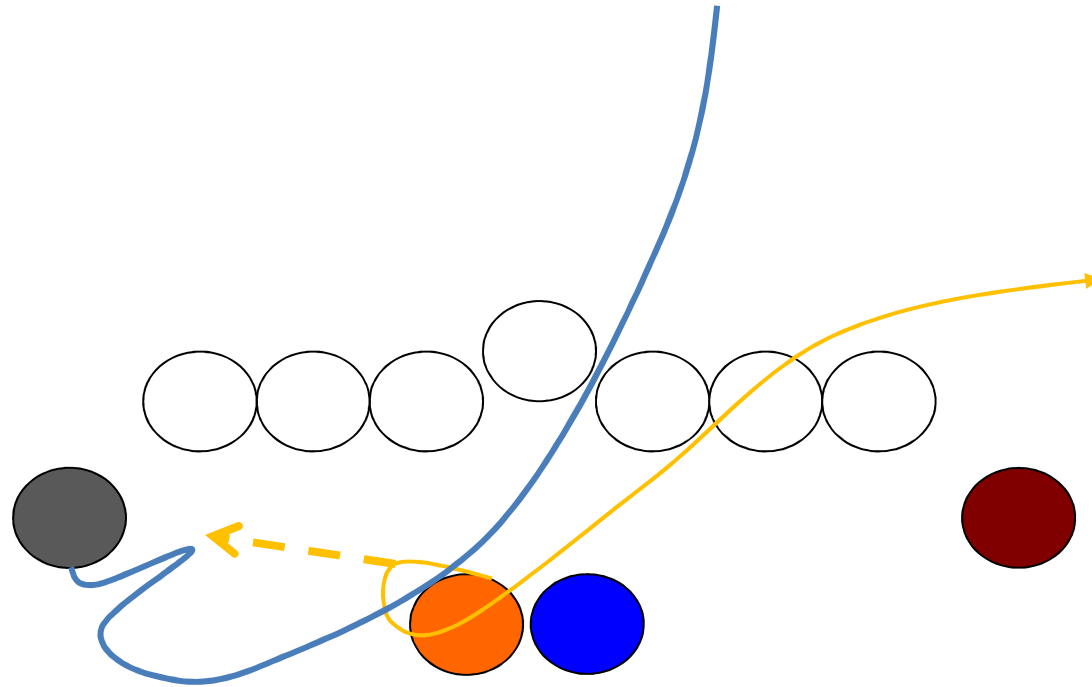


BSWB, QB, BB, PSWB

Nova QB Footwork



Nova WB Pitch Alignment



Edge Tags

- We manipulate the perimeter defenders (DE, OLB, and CB) by using various edge tags in conjunction with formation tags to maximize our player's abilities and open up seams in the defense.
- SHIFT: OVER, LOOSE, NASTY
- STAR: OVER, BUNCH, TRIPS
- COMET: OVER
- NOVA: OVER, LOOSE, NASTY

Edge Tags

Edge Tag	Purpose
On: WB moves onto the LOS foot to foot with near side tight end.	Isolate perimeter triangle from interior defenders. Expand TKO WALL to move EMLOS/DE out.
Over: pulling tackle aligns on the wall side in between the wall tackle and wall tight end.	Same as ON (above). Create an unbalanced line. Put the PST (pulling side tackle) over to the wall side to add additional blocker at POA.
Nasty: WB and Wall TE swap positions.	Isolate perimeter triangle from interior defenders by putting the EMLOS/DE into an alignment conflict.
Loose: Tight end moves out to a SE position and the WB aligns in a SLOT position.	Stress the perimeter triangle by forcing it to expand outward. It forces the CB and often the OLB to move out with the pair.
Bunch: Tight end moves out to a SE #2 receiver from outside, near WB moves to the #1 flanker position, and the far WB (TB) moves to the #3 slot receiver position inside.	Stress the perimeter triangle and the secondary coverage to expand outward. It often forces the CB, OLB, and ILB to move out with 3x RXR.
Trips: Tight end moves to #1 split end position, near WB moves to the #2 flanker position, and far WB moves to the #3 slot position.	Same as BUNCH but we align our SE and Flanker in different positions and they are more spread out.

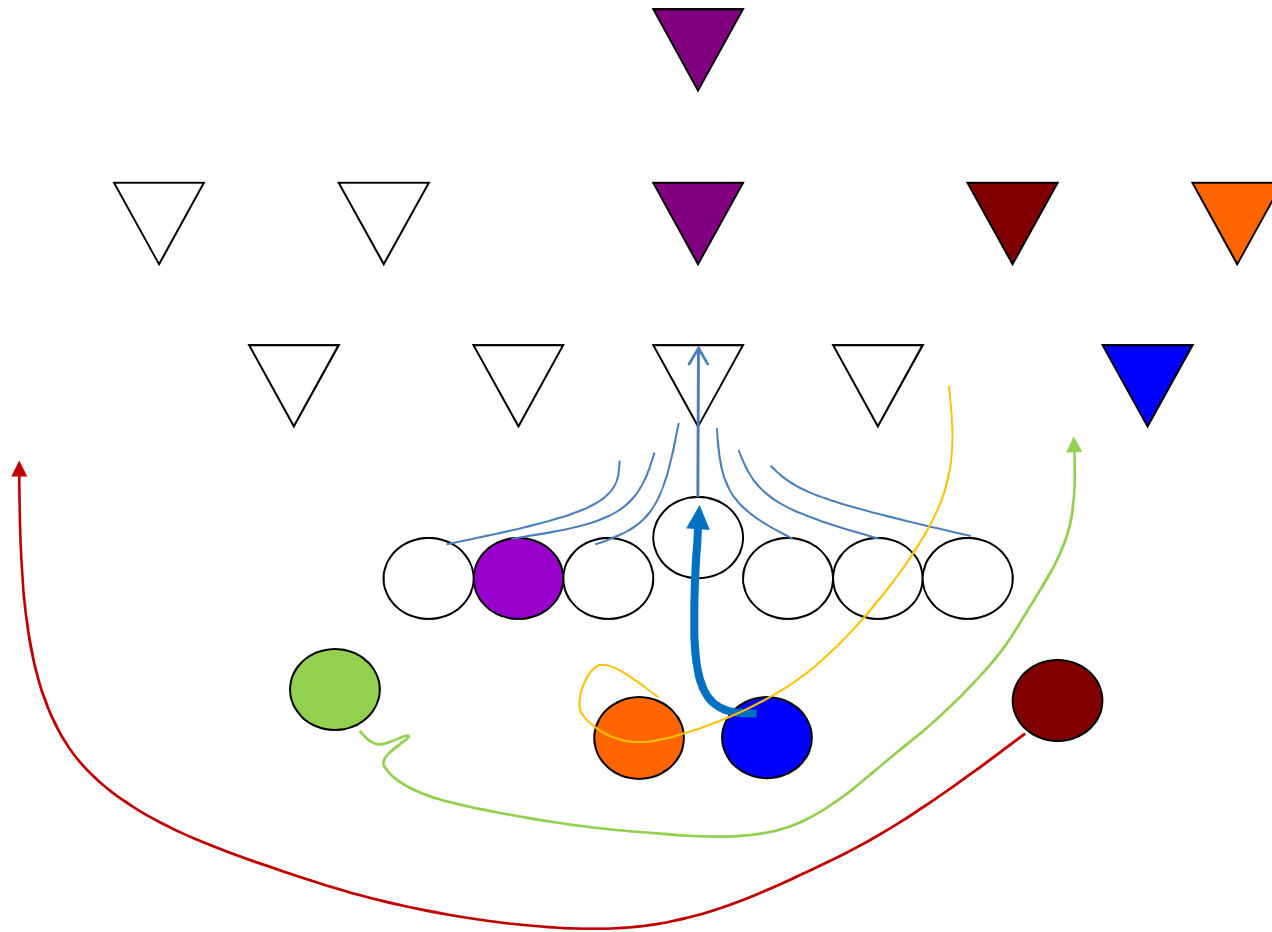
Nova Power Series

Interior Plays

BB WEDGE Play

- Interior power play of this offense
- Use reverse action (XX) behind it to create deception to hold the perimeter defenders in place as we attack the middle
- Can be run out of Loose and Nasty as well like SHIFT.

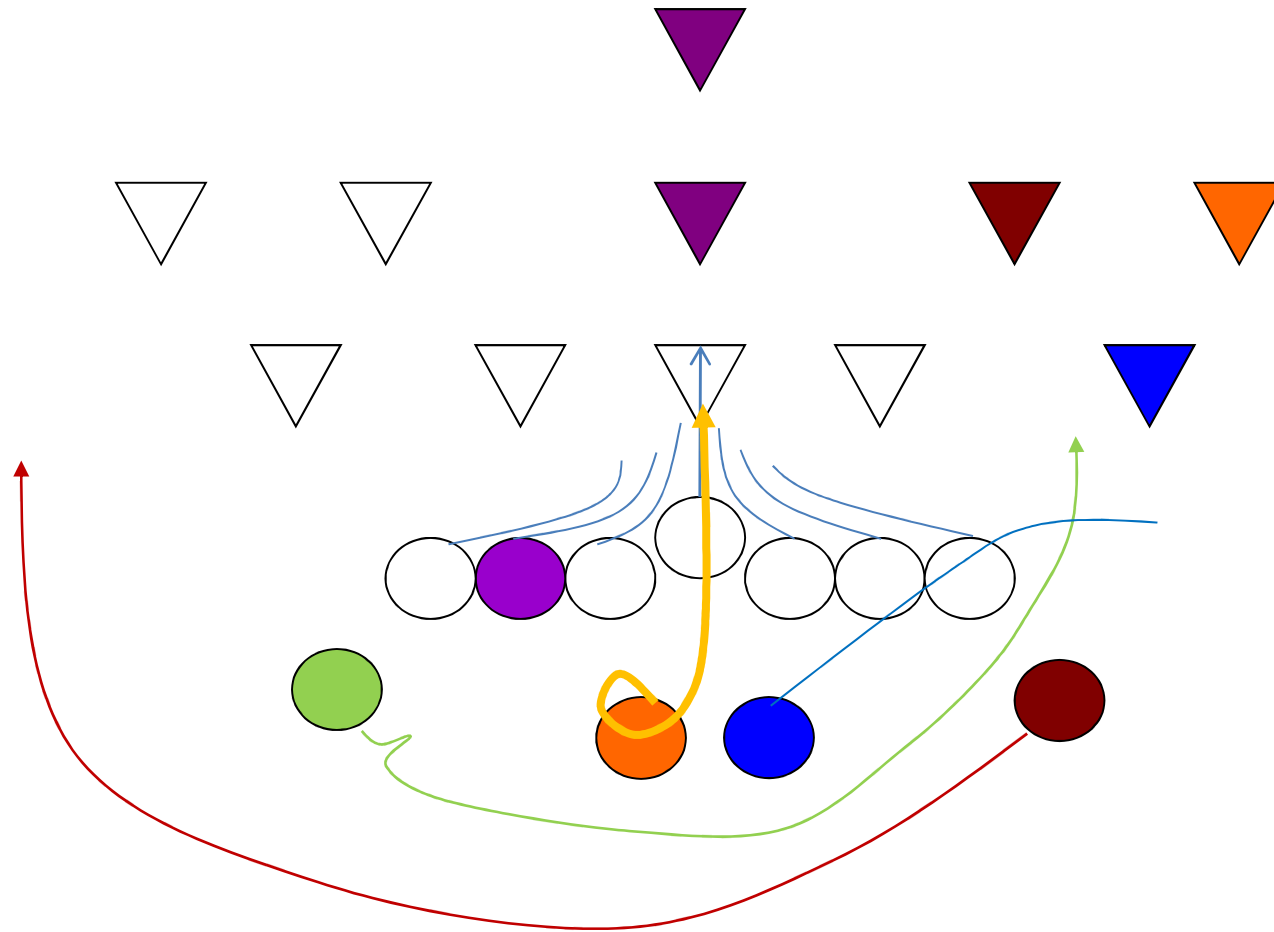
Nova Rip 30 Wedge RT



QB WEDGE Play

- Interior power play variant of this offense
- Uses reverse action behind it to create misdirection behind the wedge.
- Nice alternative to the BB wedge if your QB is a good runner.

Nova Rip 10 Wedge RT



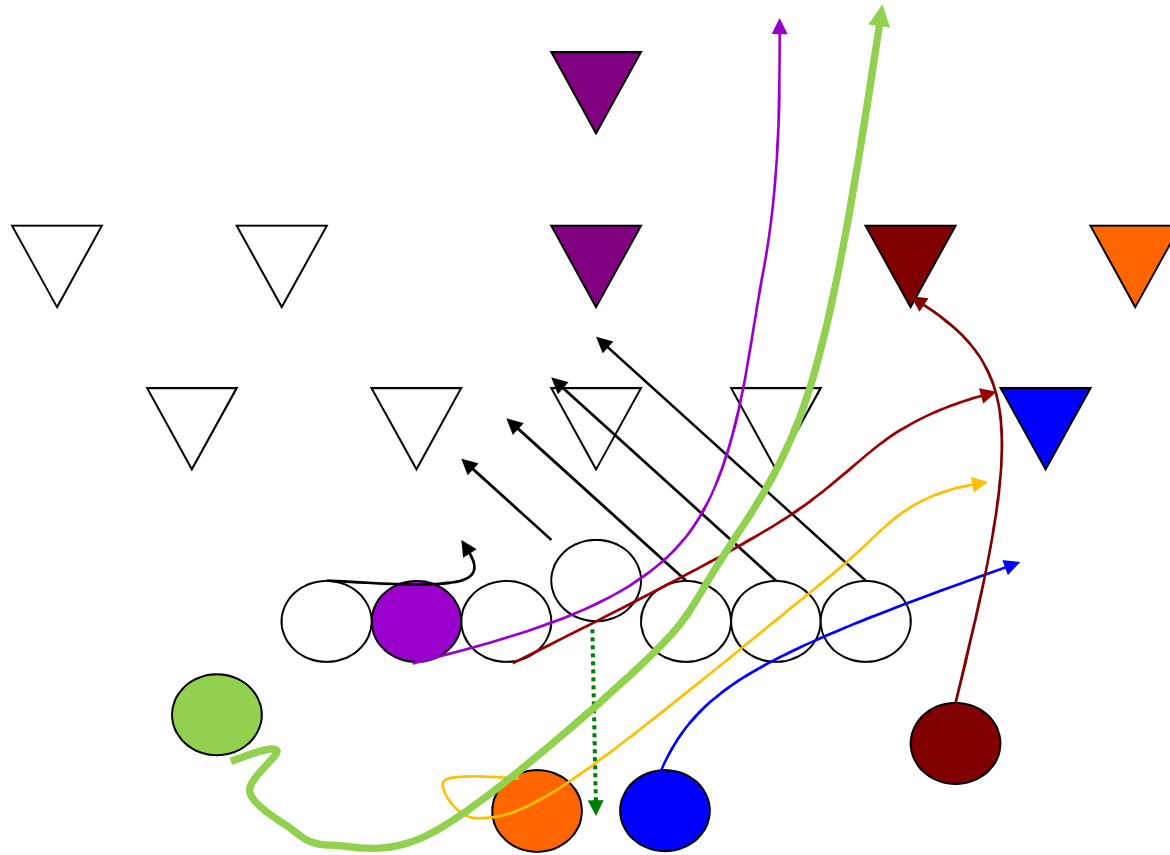
NOVA NASTY

Edge Plays

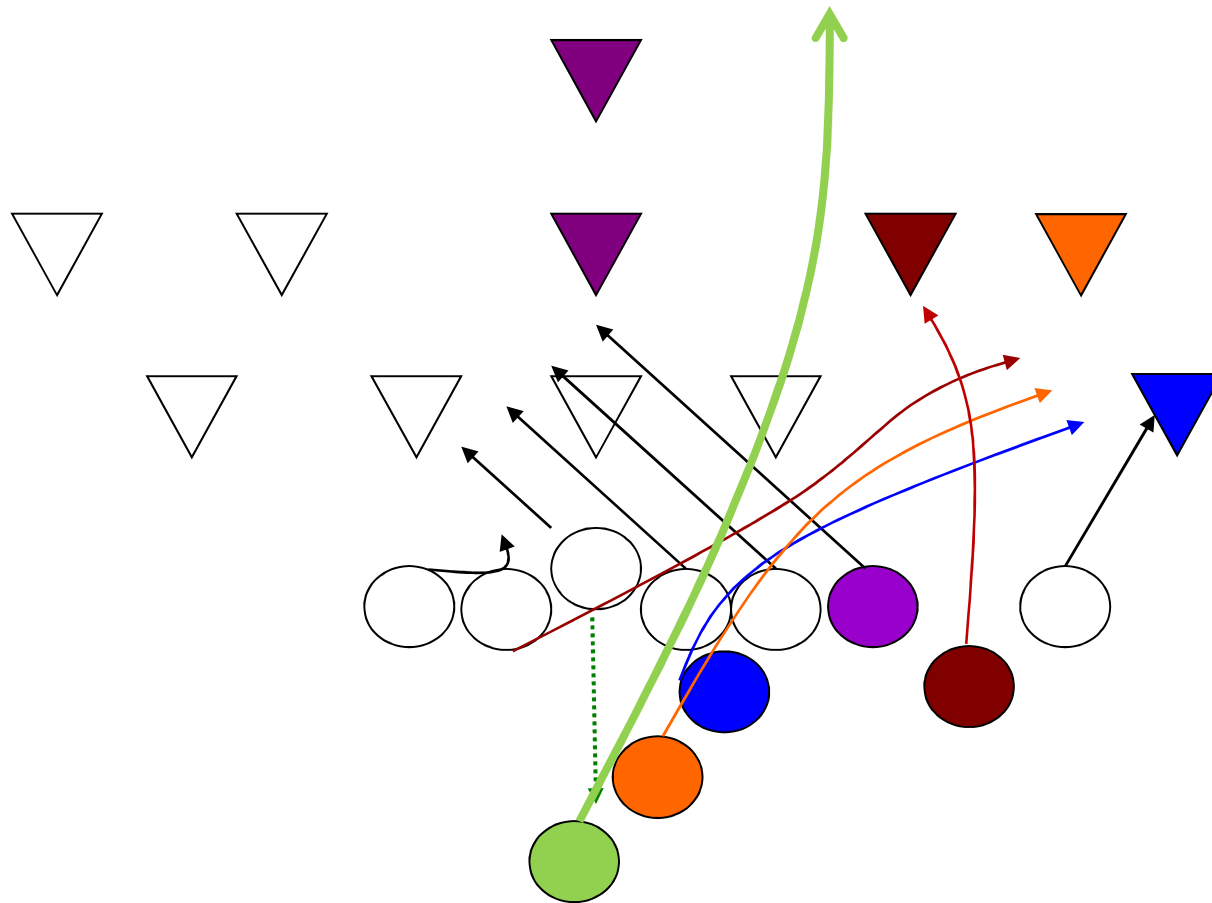
WB SEAL Play

- Core play of this offense
- Must be able to run it anywhere on the field at any time against anything thrown at us.
- We have a variety of ways running this play to keep defenses on their toes.

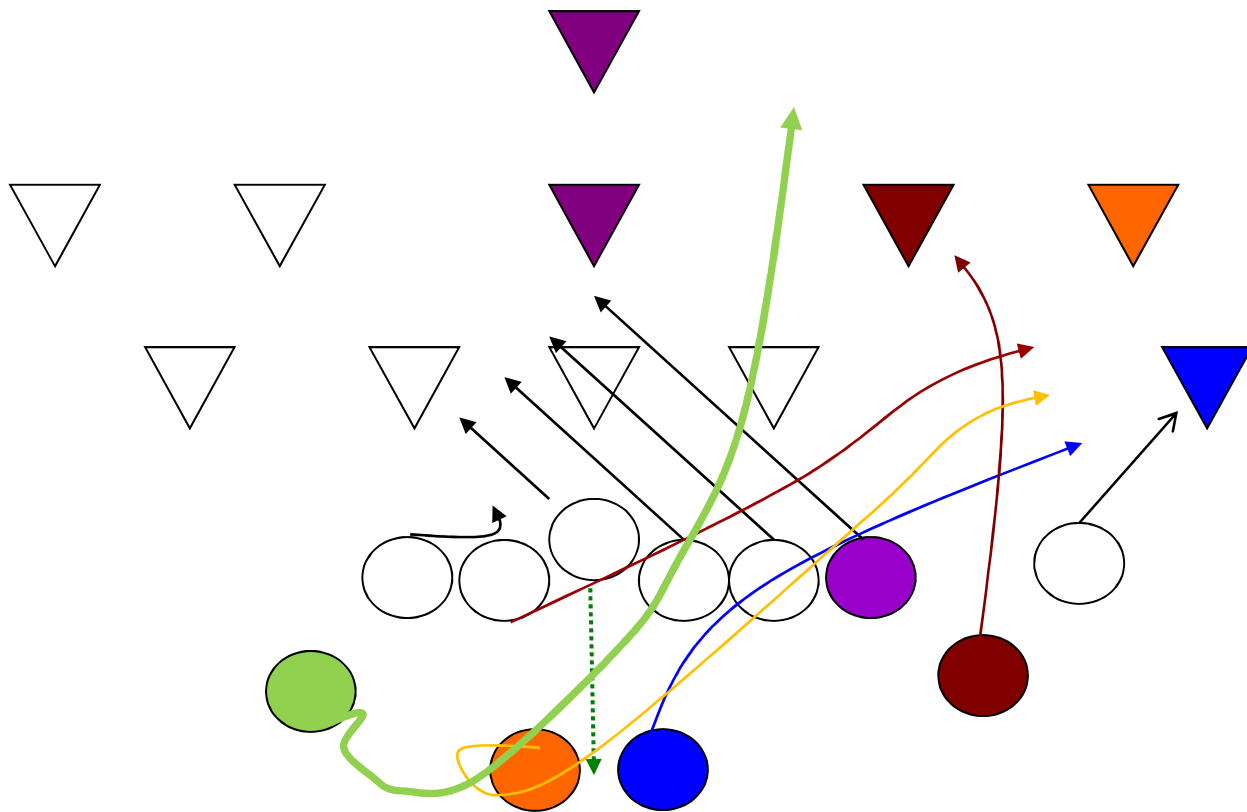
Nova Rip 26 Seal RT



Shift Nasty Over Rip 26 Seal RT



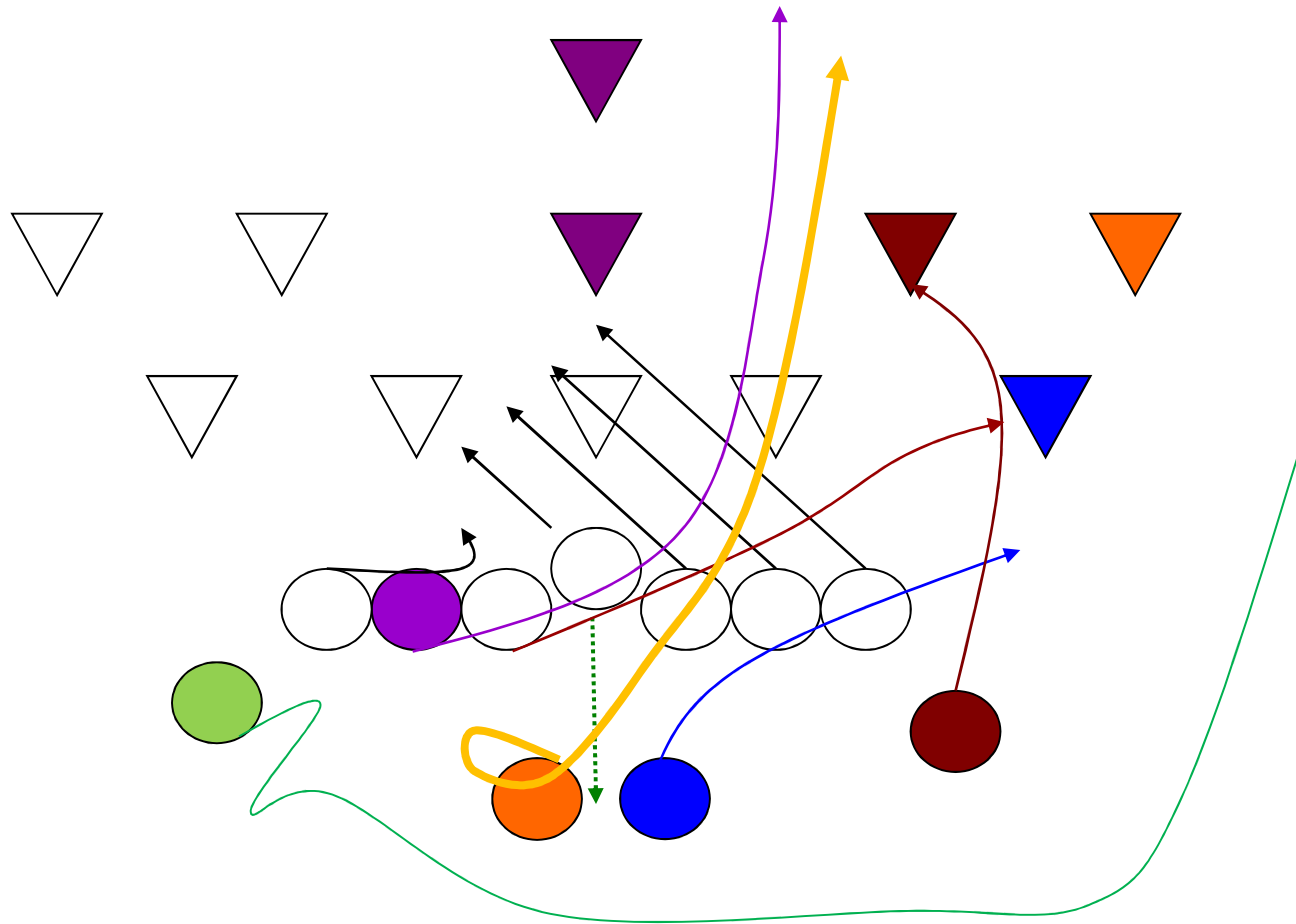
Nova Nasty Over Rip 26 Seal RT



QB SEAL Play

- Alternate power play of this offense
- Used when we have a very good running QB.
- We have a variety of ways running this play to keep defenses on their toes.

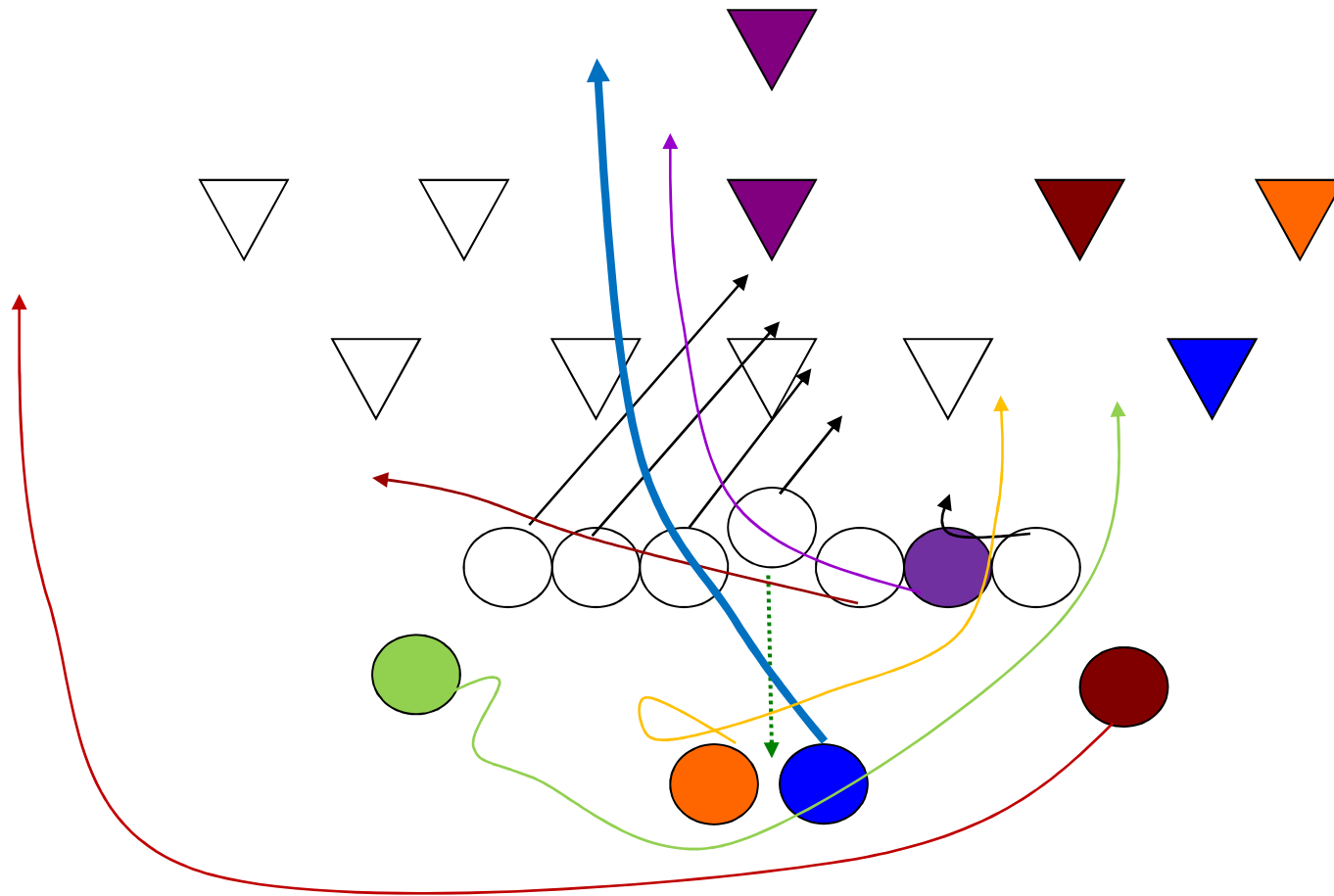
Nova Rip 16 Seal RT



BB Kick

- Edge misdirection play that allows us to attack the defense with the pre-flow look of WB power in the opposite direction, reverse action in the play direction and hit back inside on the edge with the BB.
- BB must hit inside vertically and go north-south quickly.

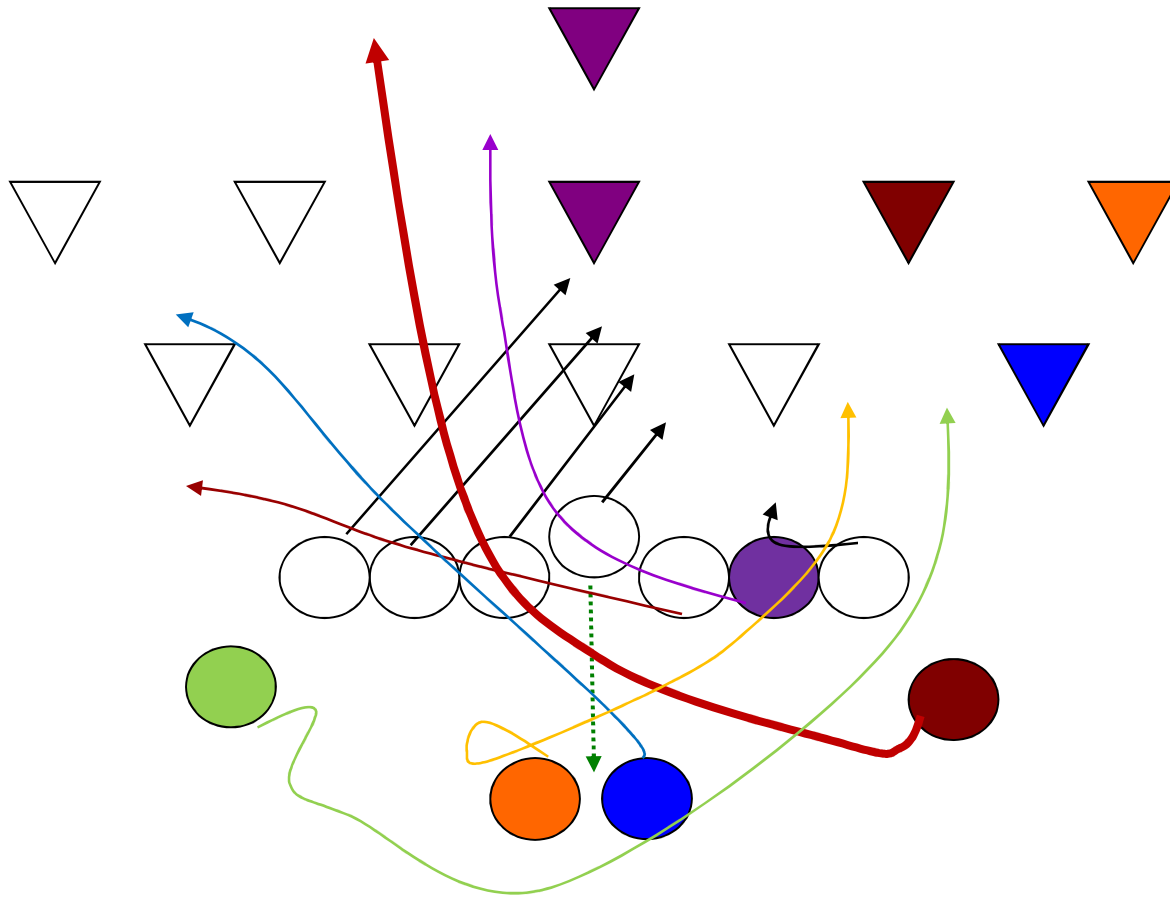
Nova Rip 33 Kick LT



WB Kick

- Edge misdirection play that allows us to attack the defense with the pre-flow look of WB power in one direction and hit back against flow with an inside counter.
- WB must hit inside vertically and go north-south quickly.

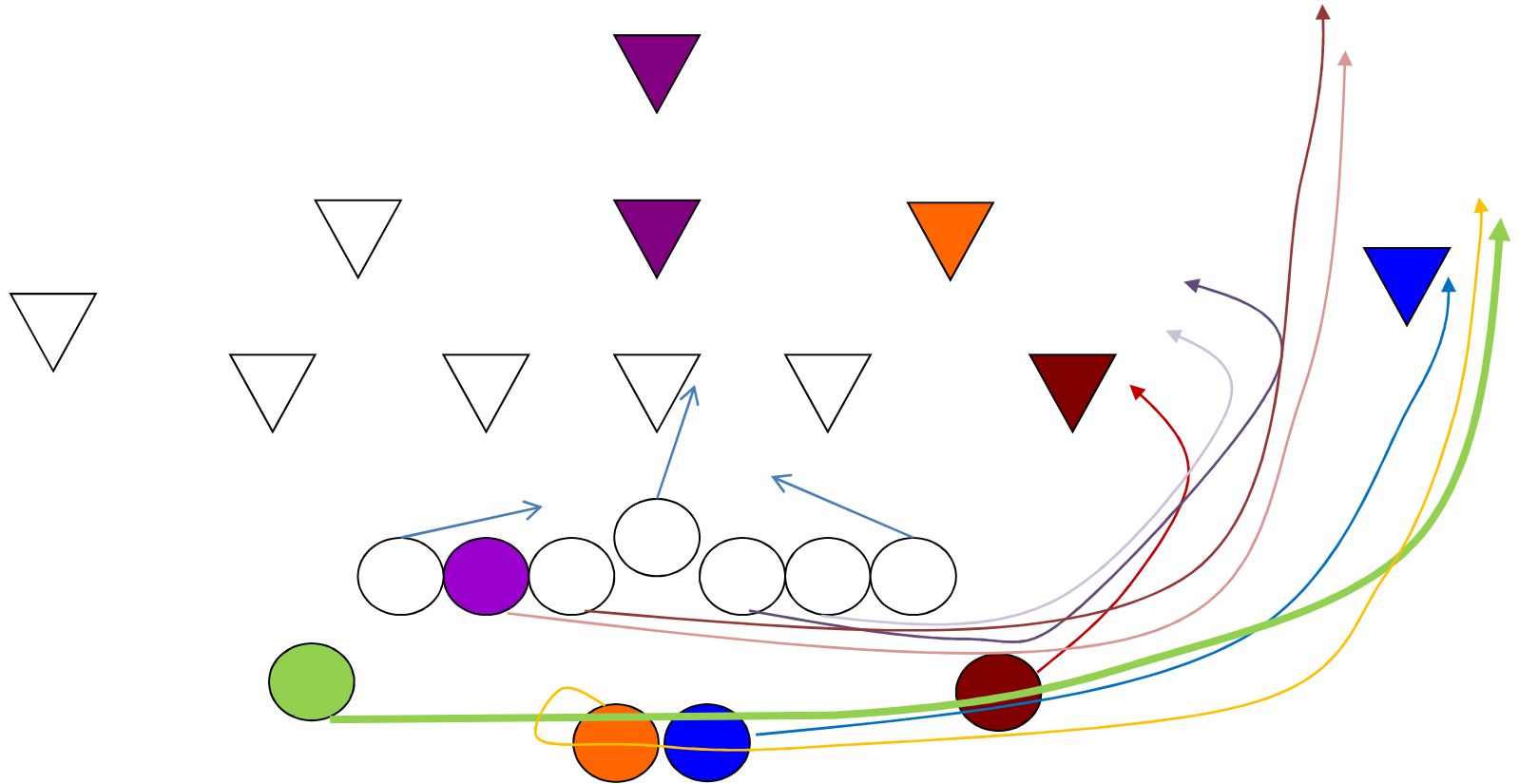
Nova Rip 45 Kick Left LT



WB Monster Sweep Play

- Perimeter power play. Overwhelm the point of attack with pullers.
- Must seal the EMLOS to the inside.
- Best run when you have two in the perimeter triangle and/or you see the EMLOS squatting/crashing to the WB power play.
- Included in the frame is SHIFT OVER 28 MS SWEEP as it changes the priorities of the pullers.

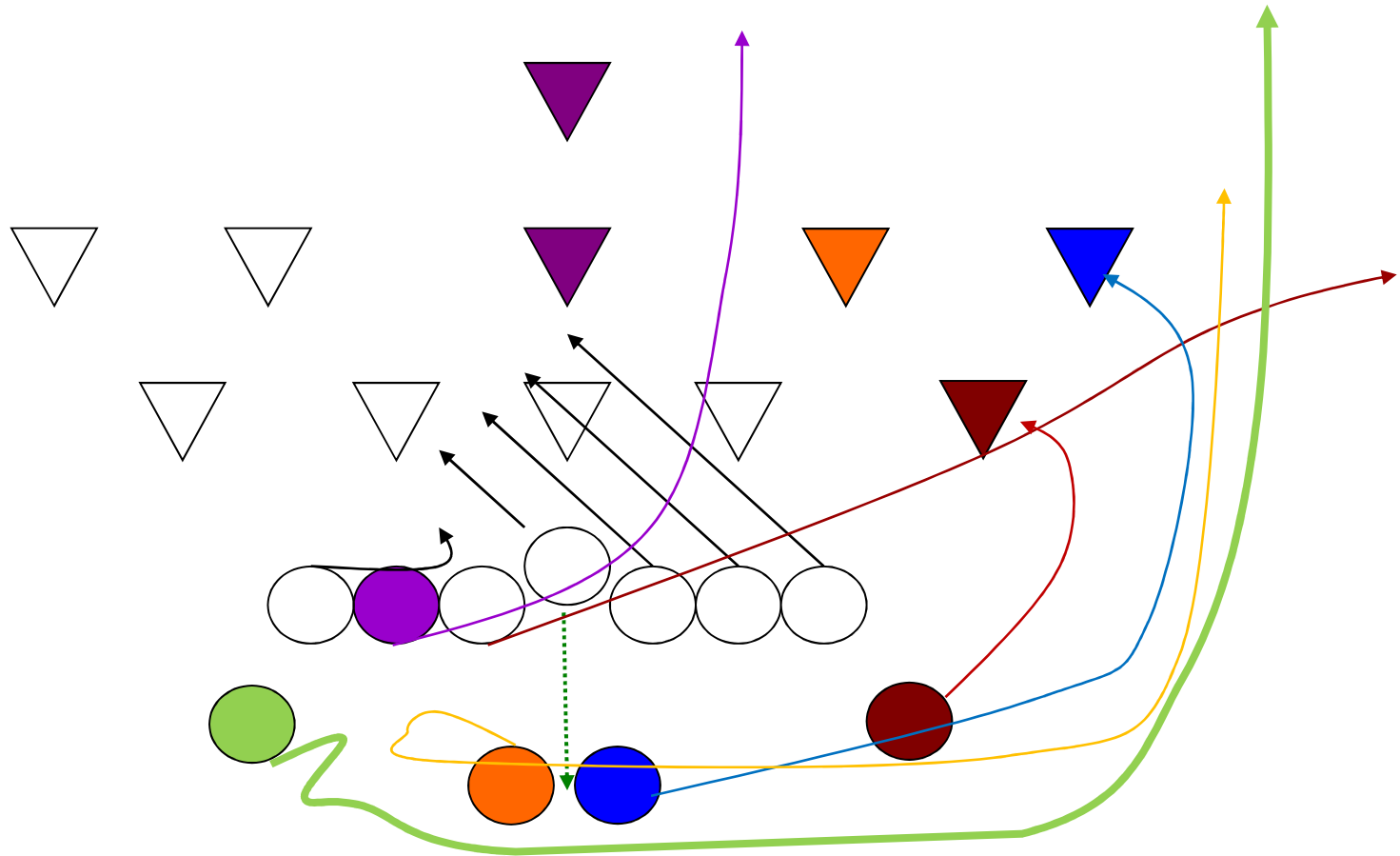
Nova Rip 28 Monster Sweep RT



WB Wide Play

- Alternative power perimeter play for monster sweep.
- If the OLB and CB are filling hard into the TKO WALL this is a nice alternative.
- Good alternate if you are having problems using Monster Sweep.

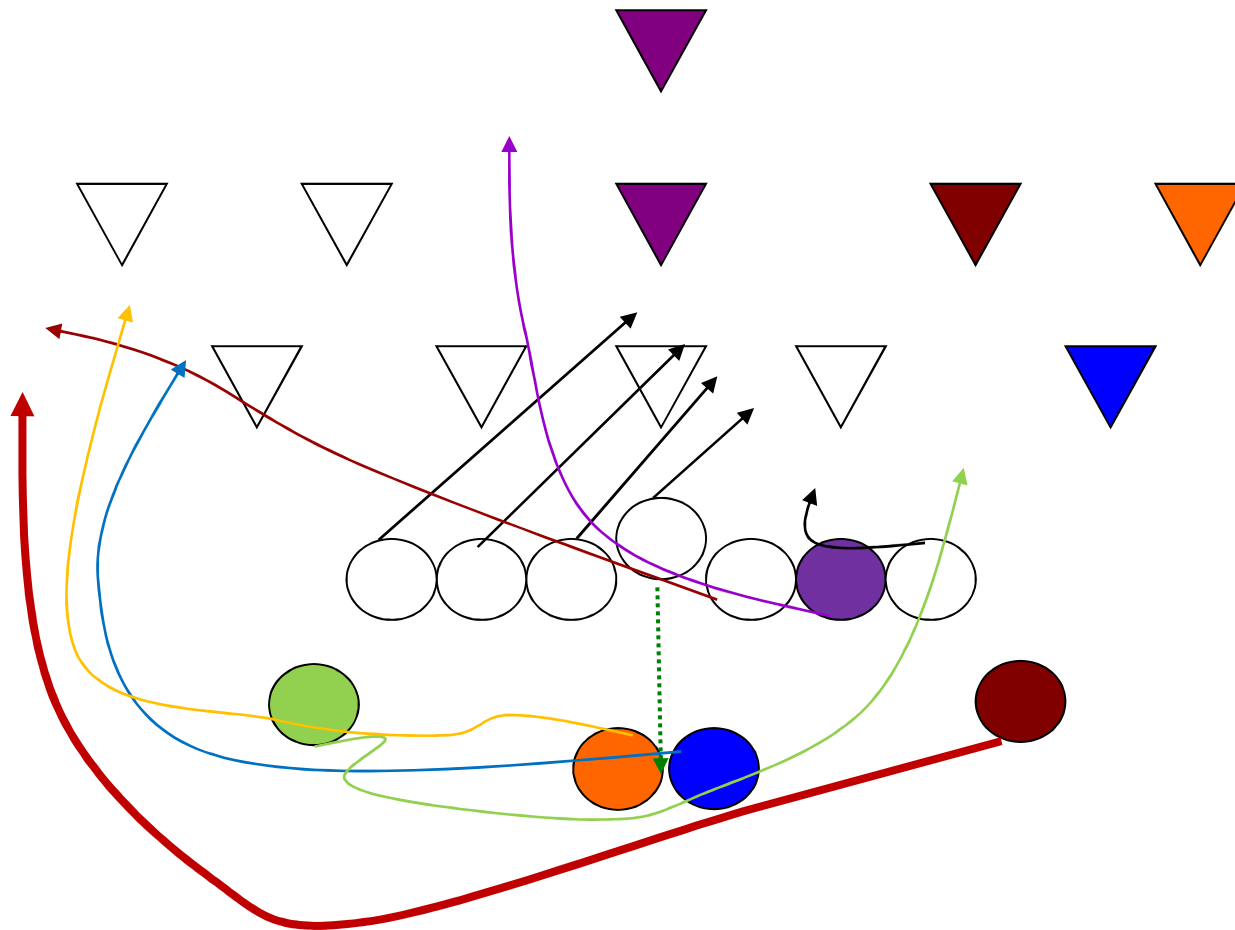
Nova Rip 28 Wide RT



WB Reverse Play

- Perimeter misdirection play. Isolate the interior and perimeter defenders and attempt to attack the backside perimeter triangle (away from power).
- Key is 2 or less in the perimeter box and EMLOS vacating contain.

Nova Rip 47 Wide Reverse LT



Play Action Passing

- Power Pass
 - Run/Pass option
 - Basic flood pattern on the power side.
 - Read low to high (BB flat to WB out).
 - Can teach a peek deep if MOFO (middle of the field open).
 - Run this to the QB's throwing side

Nova Lead Series

Zero Splits in this Offense

- Reduces inside penetration and inside blitzing; takes the advantage of a superior athlete on the interior and near the edge away from the defense. We have very few tackles for loss in this offense because of the zero splits.
- Simplifies defensive linemen alignments down to COVERED, SPLIT, and UNCOVERED.
 - COVERED : defensive linemen (DLM) is directly over the blocker.
 - SPLIT (COVERED): DLM is line up directly over the feet of two zero split blockers. Inside blocker is covered.
 - UNCOVERED: there is no DLM over the blocker take first defender you see going towards play side.
 - Makes double teams, cut blocks, and trap blocks much easier to execute as the confined space makes it difficult for the defense to move in and see in.
 - Our TKO wall forms quickly in zero splits as all the players landmarks are right next to them.
 - Pullers have a shorter space to move to and it allows us to use them vertically as well as horizontally.
 - Wedge forms vertically immediately as our line gets off the ball.
 - Puts our tight end into the free blocking zone especially at the youth level.
- Increases the size of the perimeter on both sides. Defense are not used to playing in compressed spaces they are used to playing offenses with splits our line is used to playing in compressed spaces as we stress footwork and execution in those small spaces.
- The holes or soft spots in the defense are essentially the uncovered blockers. Those are the soft spots in the defense. We force the defense to defend those soft spots while also defending the perimeter and the verticals (passing game).
- The zero splits make less athletic linemen appear to be more athletic as they have to cover very little space and have immediate help (wall blocking/wedge blocking). It forces the defensive linemen to play with their head on a constant swivel as they never know where the immediate contact will come from.

Notes on Lead Series and Covered/Uncovered blocking

Lead series is based on using a covered/uncovered blocking concept. Initially we teach these concepts via our pass protection (sprint) via the power pass. So the basic covered/uncovered read process is developed early on and we simply convert this into a running oriented rule system.

COVERED & SPLIT:

A covered blocker is a blocker with a defender breaking the vertical line of his inside or outside shoulder. If a defender splits two blockers due to zero splits the inside defender is covered and the outside defender is uncovered by that specific defender. This is because we always want leverage on the inside defender first and foremost so that we protect our inside gap and we wall off that defender. If a blocker has two defenders splitting him that means he is covered by the inside split defender and the outside defender is ignored as he will cover the next defender or be kicked/walled out.

UNCOVERED:

The uncovered rule means that no defender (defensive linemen) is over a blocker by the rules above and will follow his uncovered assignment. Once he determines he is uncovered he has to locate the most dangerous man; FIRST DEFENDER TO SHOW is the rule. He looks for first backer to show and then safety. This gives our blockers a great amount of flexibility within each specific scheme as well so that we can let a uncovered blocker help out (combo) a good defender.

LEG & TURN

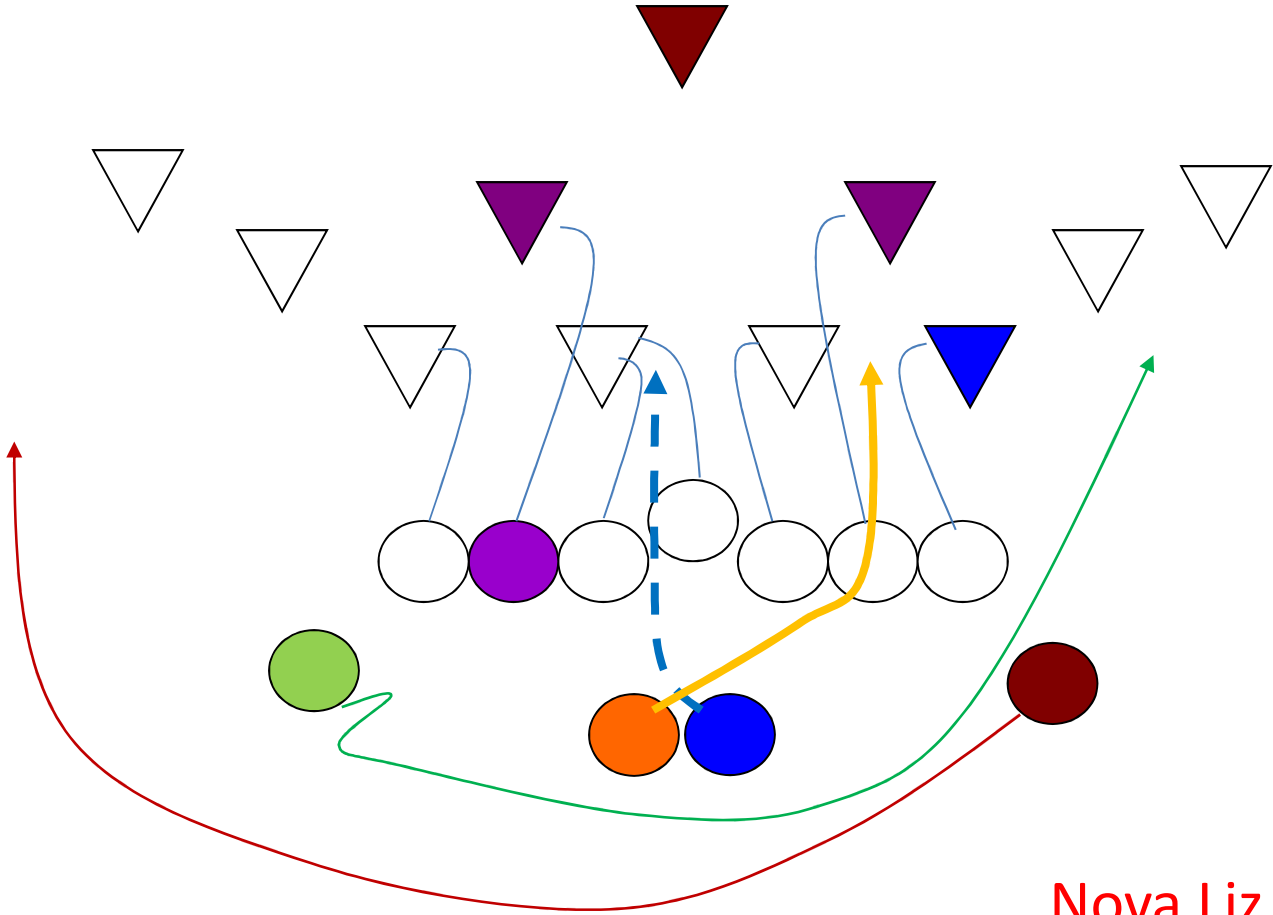
- The schemes utilize our base LEG progression but adds a TURN component on the third step and it is now used against head up or covered defenders. Which is precisely how we initially teach our LEG blocking progression and continue to teach it during Every Day Drills (EDDs) after our dynamic warm ups. So in reality there really is no additional teaching of this scheme other than the actual plays being taught.
- LOAD
- EXPLODE
- GO TO LANDMARK
- TURN YOUR HIPS INTO THE HOLE (whip your butt towards the point of attack)

Interior Plays

FB Dive Right

- Double Dive Play
 - FB dive into the pull side outside hip off center.
 - We are trying to isolate the ILB/MIKE backer and cut off the outside backers and force the MIKE to bite on either side.
 - XX behind the double dive holds the perimeter defenders in place to further isolate the ILB.
 - Interior isolation play

Nova Rip 31 Dive Right

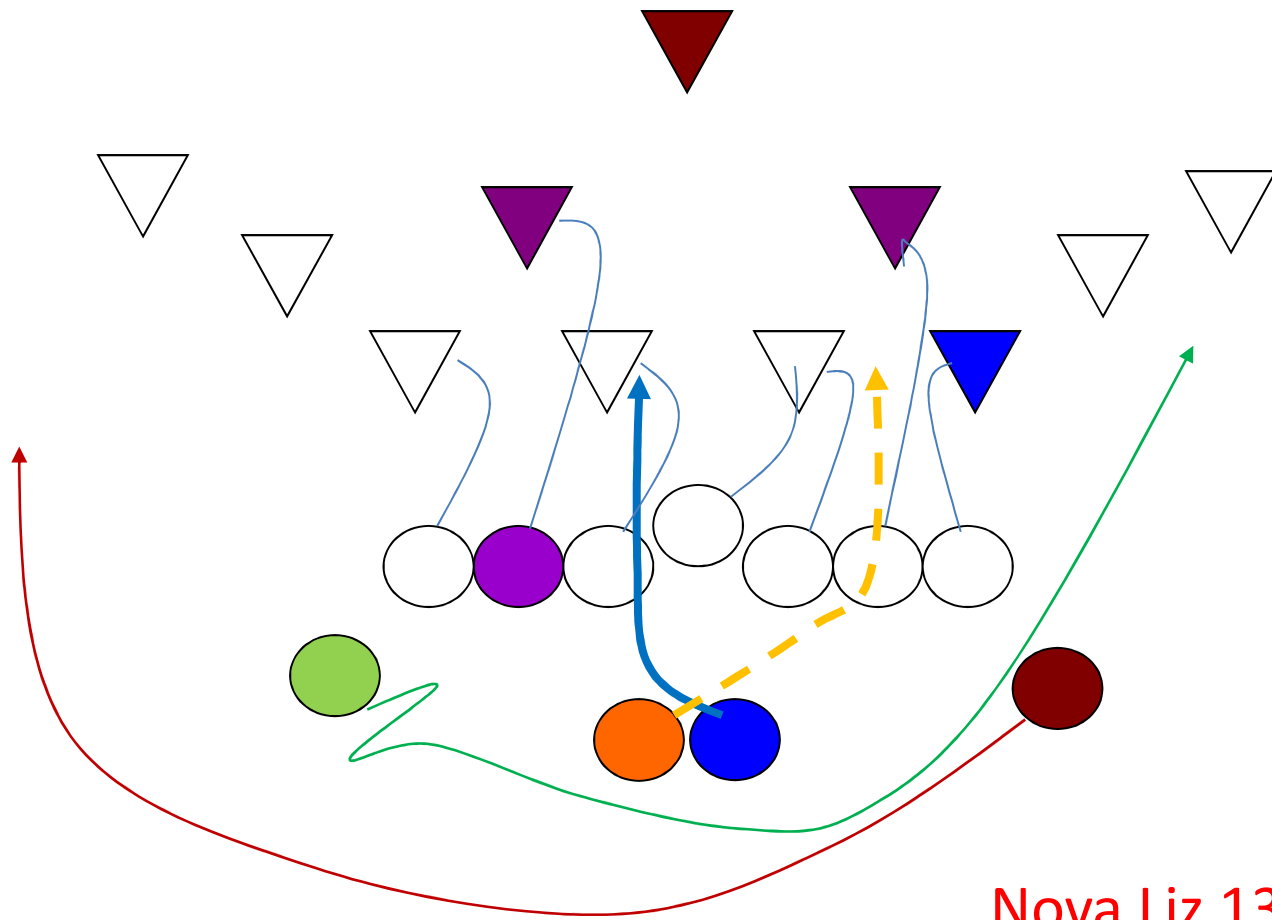


Nova Liz 32 Left

QB Dive Right

- Double Dive Play
 - QB dive into the wall side guard's outside hip.
 - We are trying to isolate the ILB/MIKE backer and cut off the outside backers and force the MIKE to bite on either side.
 - XX behind the double dive holds the perimeter defenders in place to further isolate the ILB.
 - Interior isolation play

Nova Rip 14 Dive Right

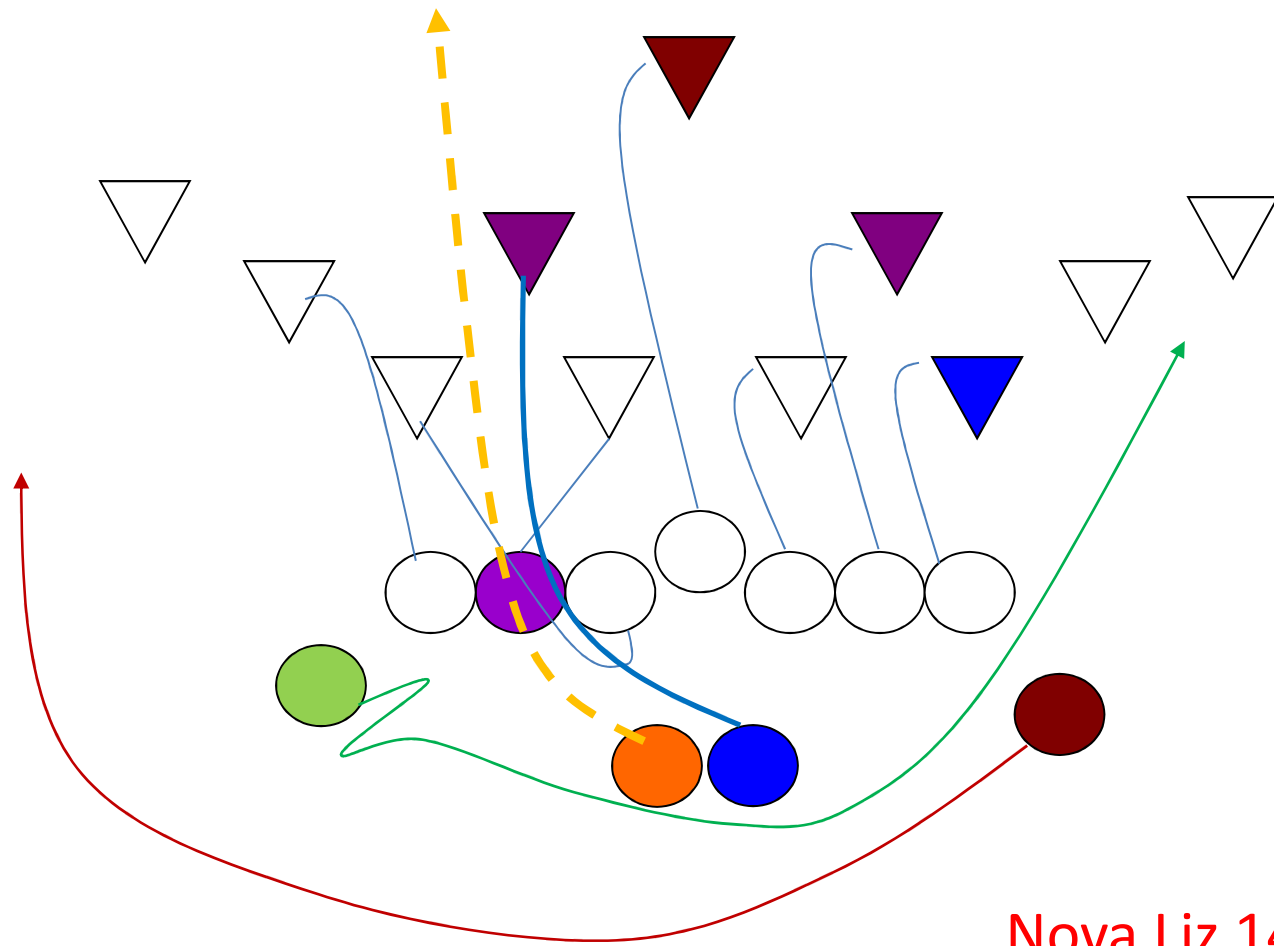


Edge Plays

QB Isolation Left

- Isolation Lead Play
 - QB hits at pulling tackles heels.
 - We are trying to isolate the near backer with a lead block from our BB.
 - XX action behind the QB isolation holds the perimeter defenders in place as we attack the edge.
 - Pulling guard and pulling tackle execute a cross block to pry open the hole.
 - Needs to have a window open over the pull tackle to run this play (soft spot – no defensive linemen).

Nova Rip 13 ISO Right

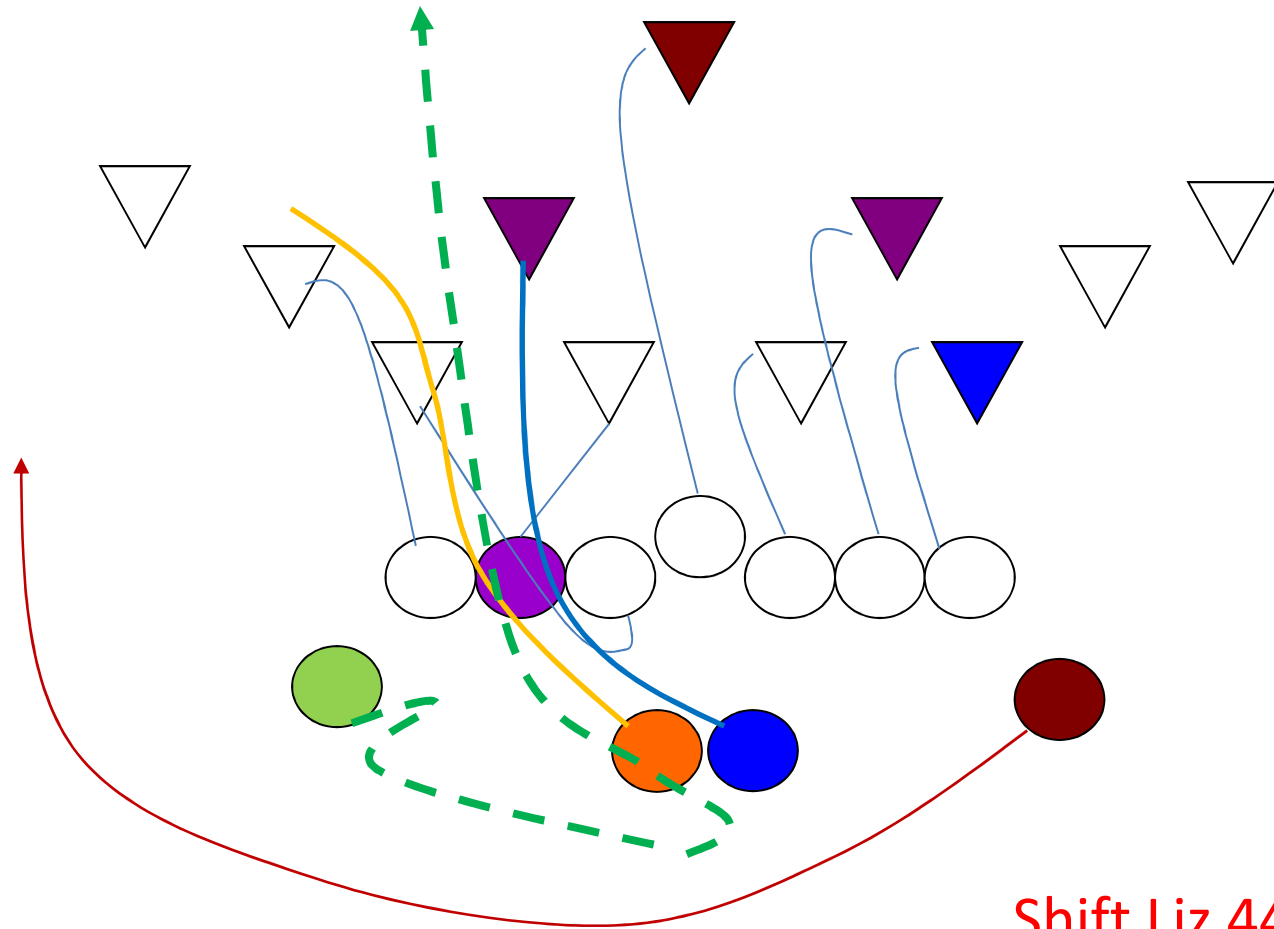


Nova Liz 14 ISO Left

TB Isolation Left

- Isolation Lead Play
 - TB hits at pulling tackles heels.
 - We are trying to isolate the near backer with a lead block from our BB and an additional lead block by the QB on any 2nd level perimeter player.
 - XX action behind the QB isolation holds the perimeter defenders in place as we attack the edge.
 - Pulling guard and pulling tackle execute a cross block to pry open the hole.
 - Needs to have a window open over the pull tackle to run this play (soft spot – no defensive linemen).

Nova Rip 23 ISO Right

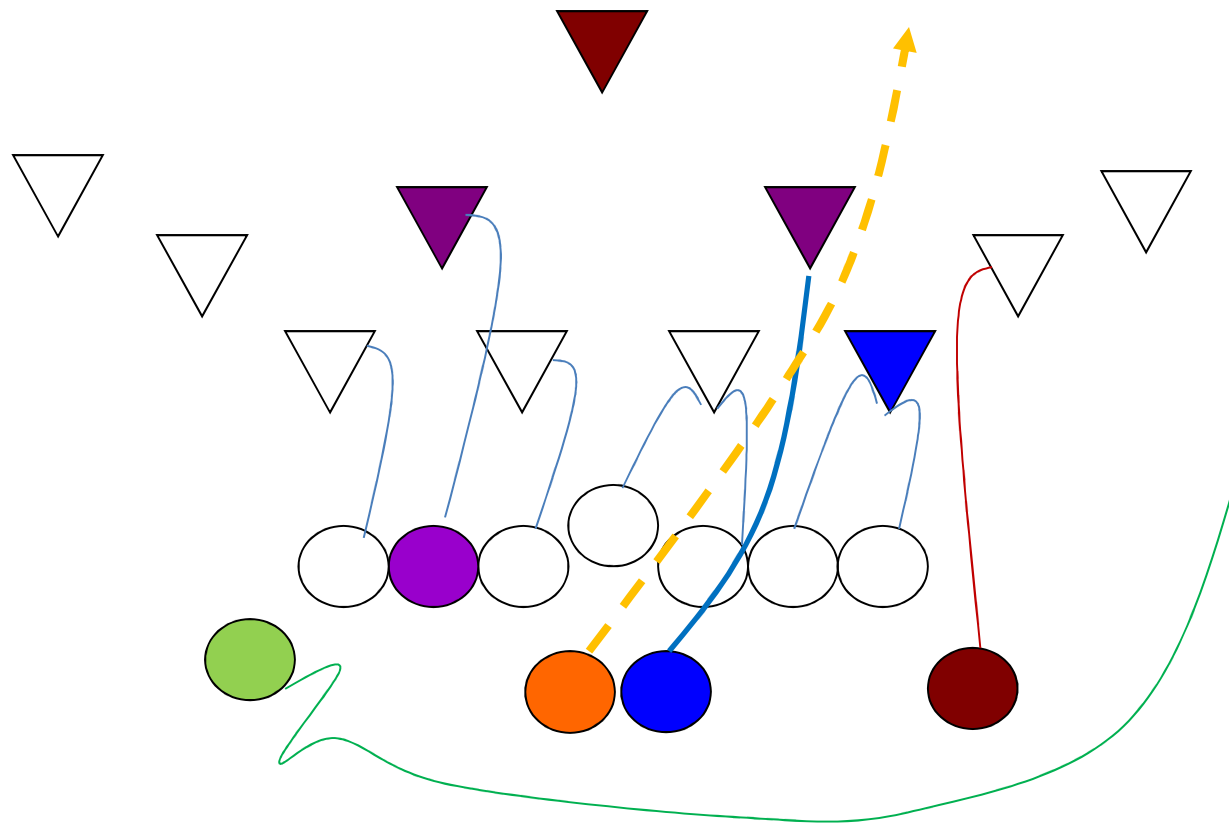


Shift Liz 44 ISO Left

QB Isolation Right

- Isolation Lead Play
 - QB hits at pulling tackles heels.
 - We are trying to isolate the near backer with a lead block from our BB.
 - XX action behind the QB isolation holds the perimeter defenders in place as we attack the edge.
 - Center and Wall guard double covered defender and Wall tackle and Wall tight end double team the covered defender.
 - Needs to have a window open over the wall tackle to run this play (soft spot – no defensive linemen).

Nova Rip 14 Double Right



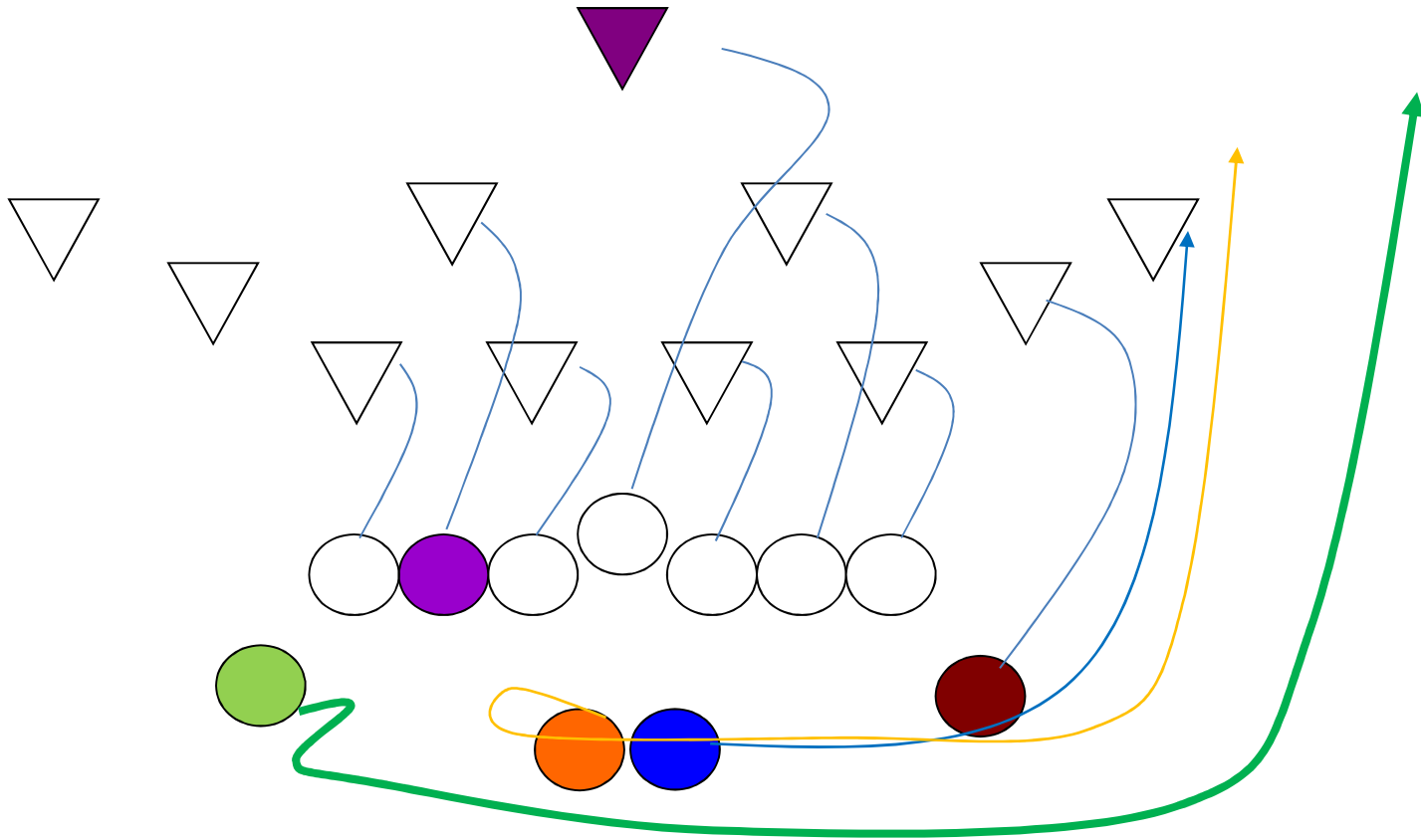
Shift Liz 43 Double Left

Perimeter Plays

WB PIN Right

- TB Pin Sweep (Power Sweep) (Rip 28 Pin, Liz 47 Pin)
 - Perimeter power play. Overwhelm the perimeter by using an aggressive vertical drive step and pinning the outside hip of all play side defenders and keying the last defender outside for wall off/kick out.
 - Must seal the EMLOS to the inside and key the last perimeter defender for wall off/kick out.
 - Best run when you have two in the perimeter triangle and/or you see the EMLOS squatting/crashing to the WB power play as it further isolates the remaining perimeter defenders.

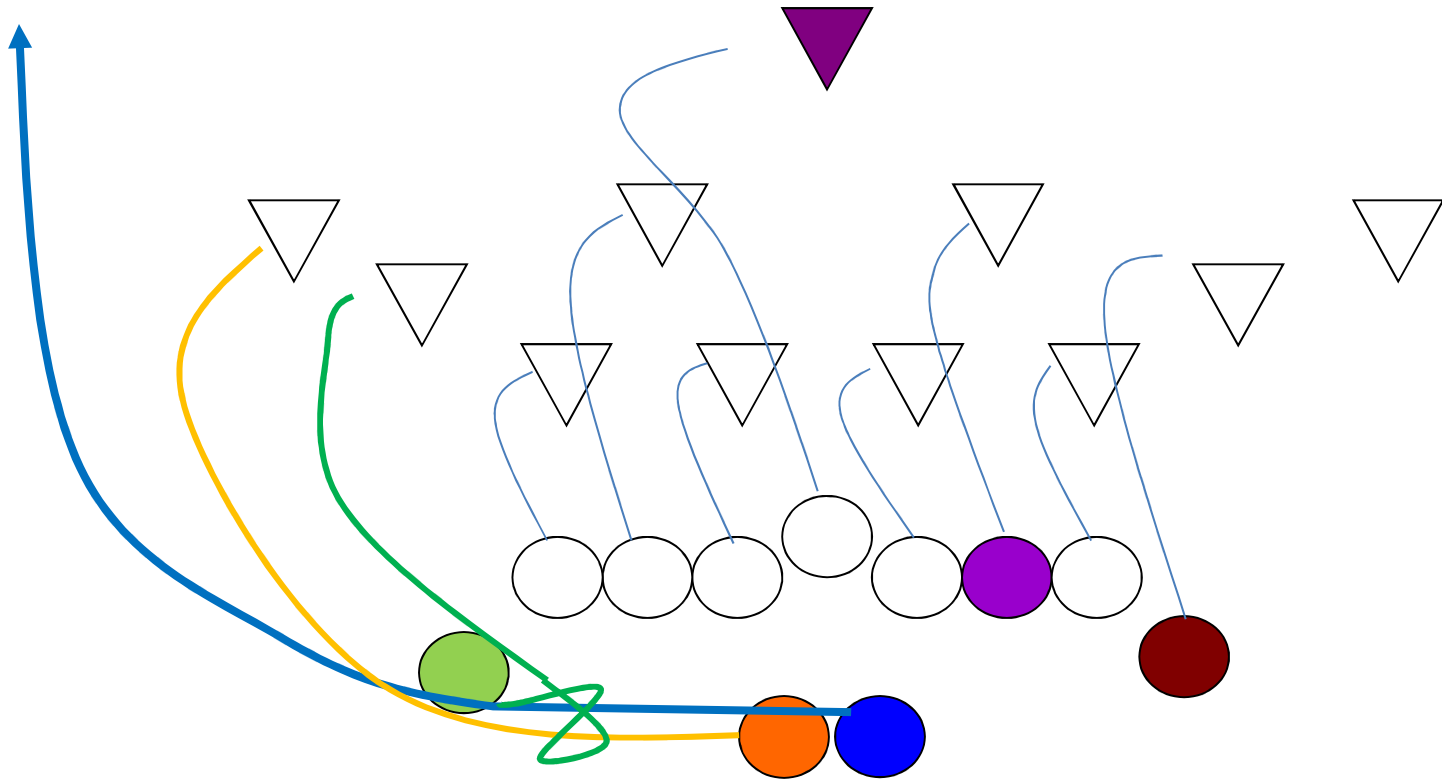
Nova Rip 28 Pin Right



BB PIN Left

- FB Pin Sweep (counter sweep) (Rip 37 Pin Right, Liz 38 Pin Left)
 - Perimeter misdirection play. Isolates the remaining perimeter defender on the weak side when defenses are shifting to our perceived strength and reducing their backside perimeter to two or less.
 - Key is 2 or less in the perimeter box and EMLOS vacating contain with shallow pinch inside to chase power/power sweep/power pass.
 - Best used against teams that are crashing the backside of power and allowing our TB to pin him inside while the QB leads for the BB running sweep.
 - Great for teams with athletic BB's with speed.
 - Very nice non-pulling misdirection sweep that utilizes a fast BB on the weak side much the same way we use XX Reverse in our power series.

Nova Rip 37 Pin Left

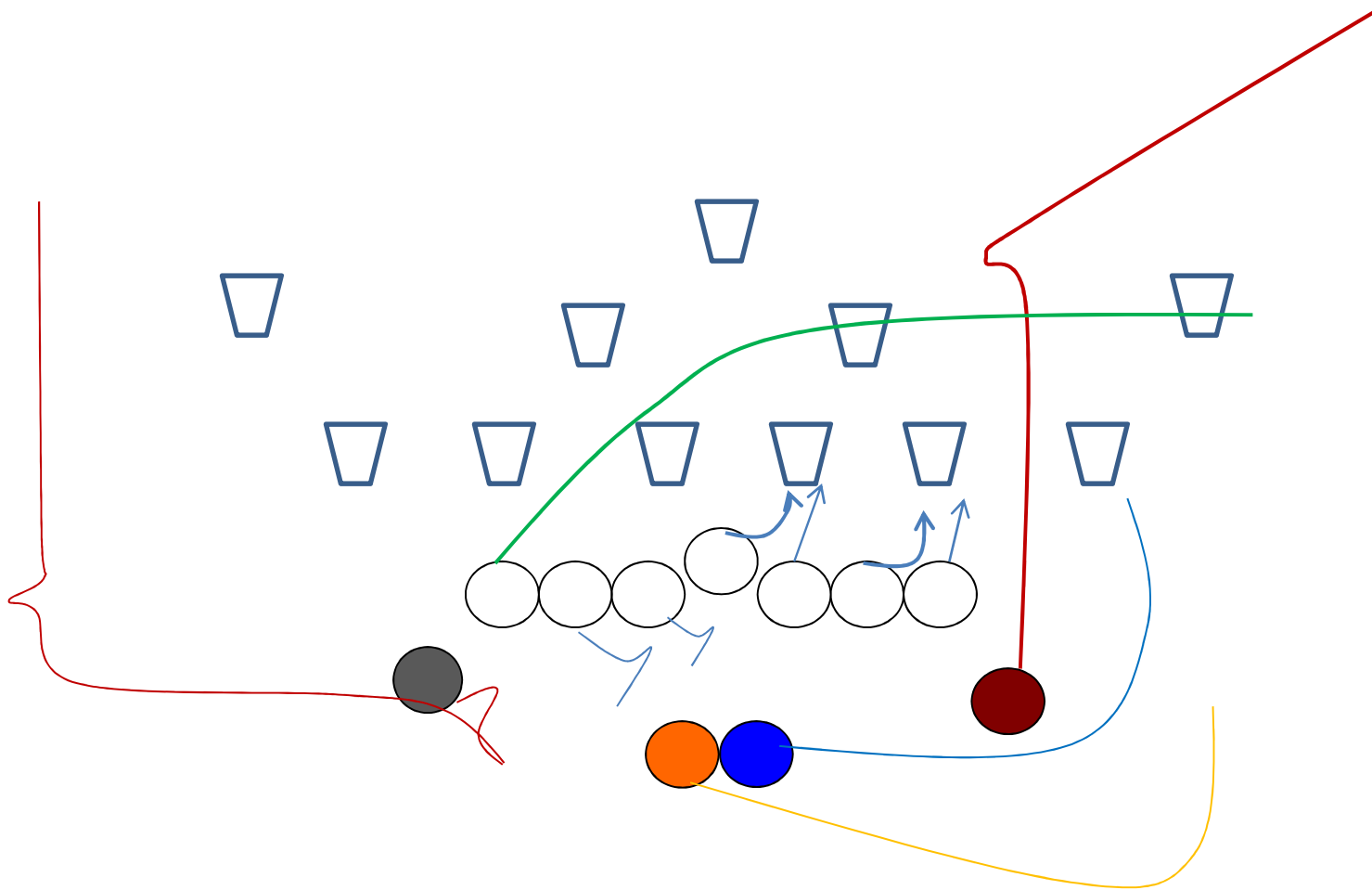


Play Action Passing

- Drag Pass
 - Run/Pass option
 - Basic high low drag pattern to power side.
 - Read PSWB corner to BSTE shallow drag (high to low)
 - TB walls off backside unless the “TB” tag is added then he executes a swing & wheel route.
- Reverse Pass
 - Based off of XX action with WB passing (need a passer at WB)
 - Basic high low drag pattern to backside (great for over shifted defenses)
 - Read PTE (corner) to WTE (drag) or HIGH to LOW.
 - TB walls off backside unless the “TB” tag is added then he executes a swing & wheel route.

Drag Pass

Nova Rip Drag Pass Right



Reverse Pass

