A blue-tinted photograph of a young child in a double-winged life preserver floating in the ocean. The child is wearing a dark, hooded life preserver with two large, white, wing-like floats on either side. The child's face is visible through a circular opening in the hood. The background shows the surface of the water with some ripples.

Youth Double Wing Seal Blocking Scheme Teaching Aid Power Point

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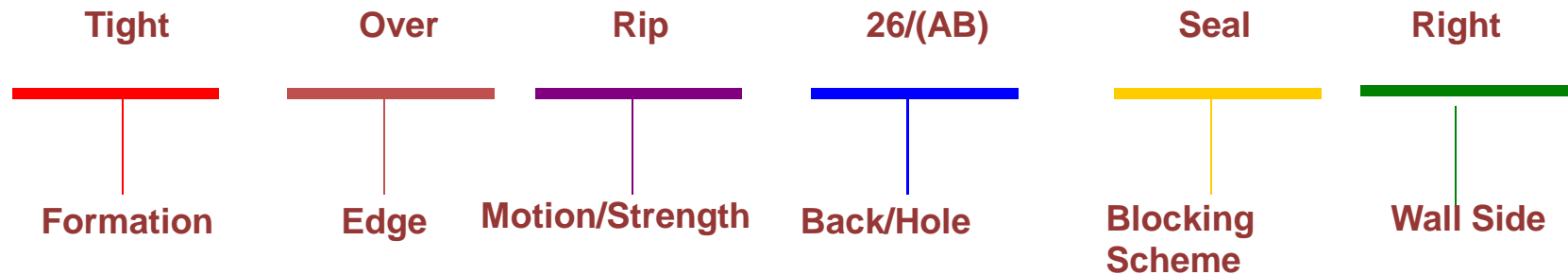
For more information see www.gregorydoublewing.com

Or email me at coachgregory@live.com

Tight Formation

- Balanced line with a symmetrical backfield.
- Perfect ten gap offensive formation.
- Zero line splits
- Provides an equal amount of power and misdirection to both sides of the center.
- Has a very effective passing game due to the ability to quickly release four receivers into passing routes.

Play Calling



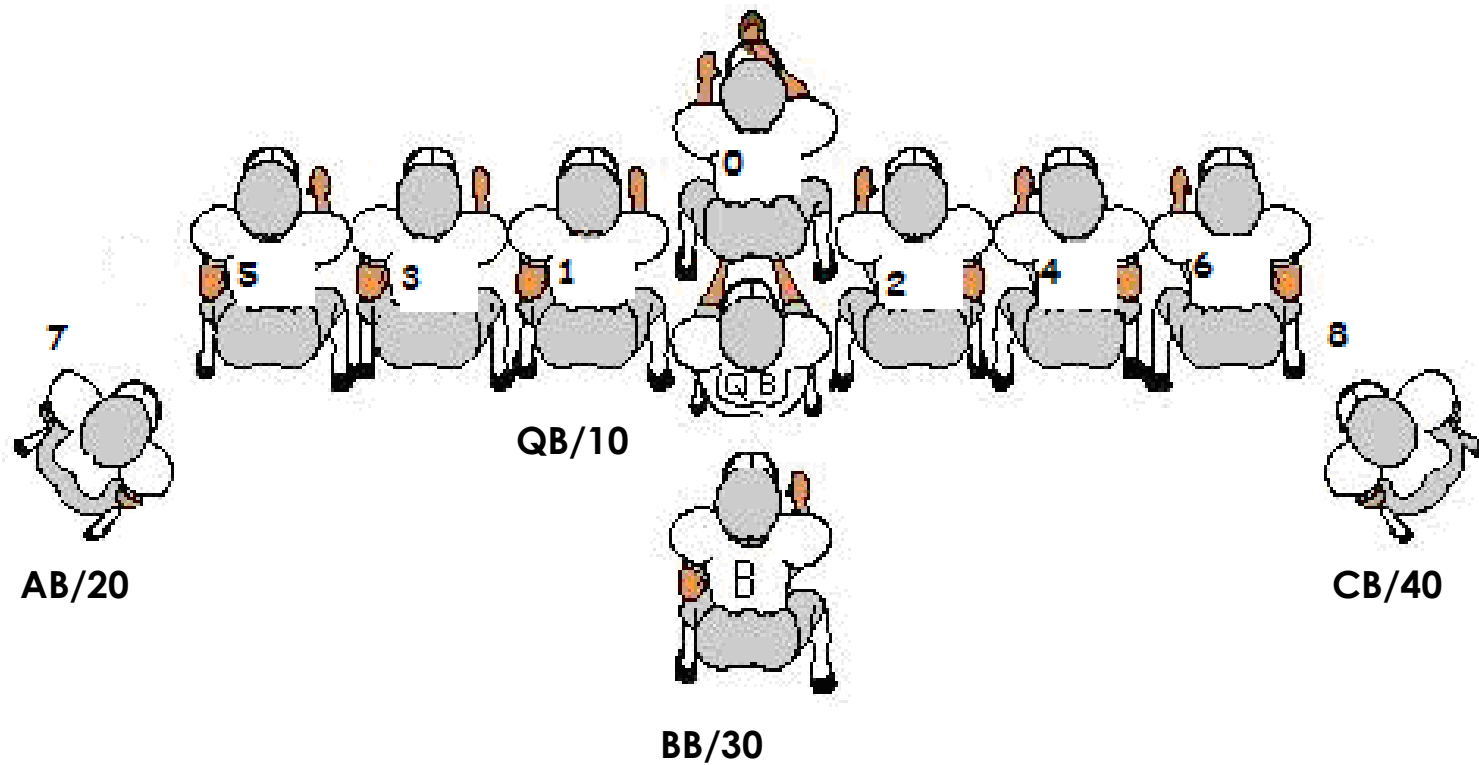
Non-Numbering System:

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

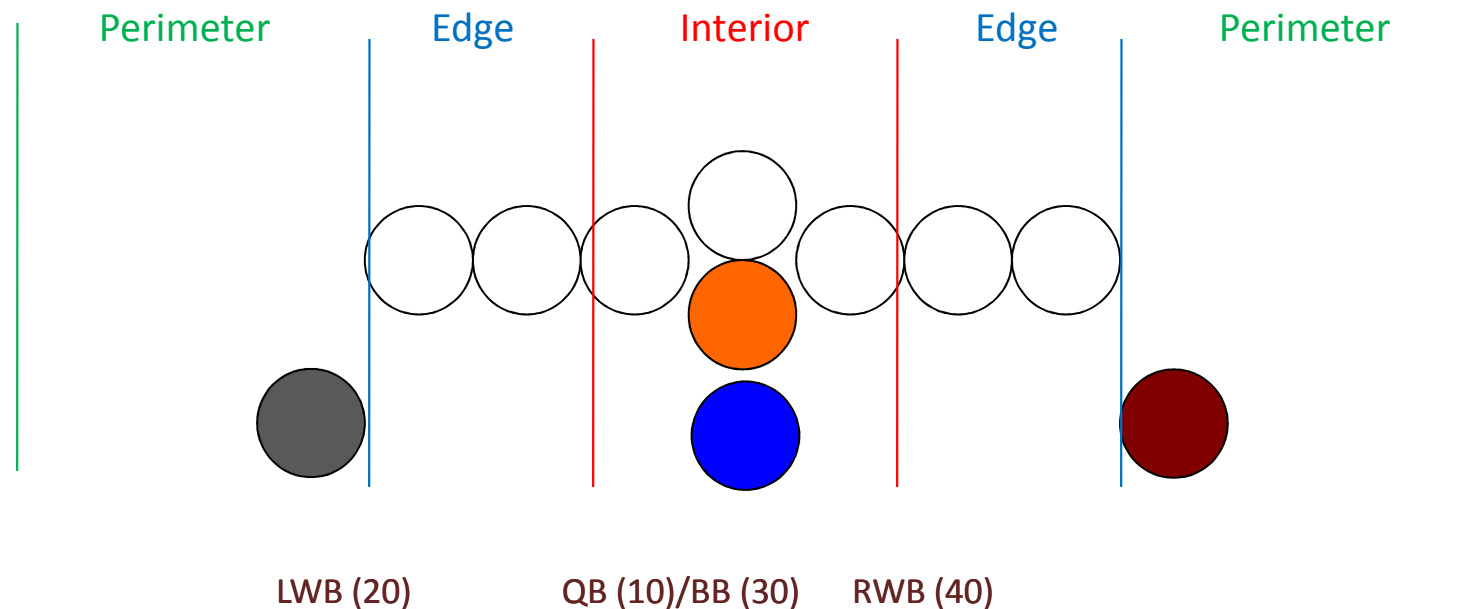
Numbering System:

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

Tight Formation

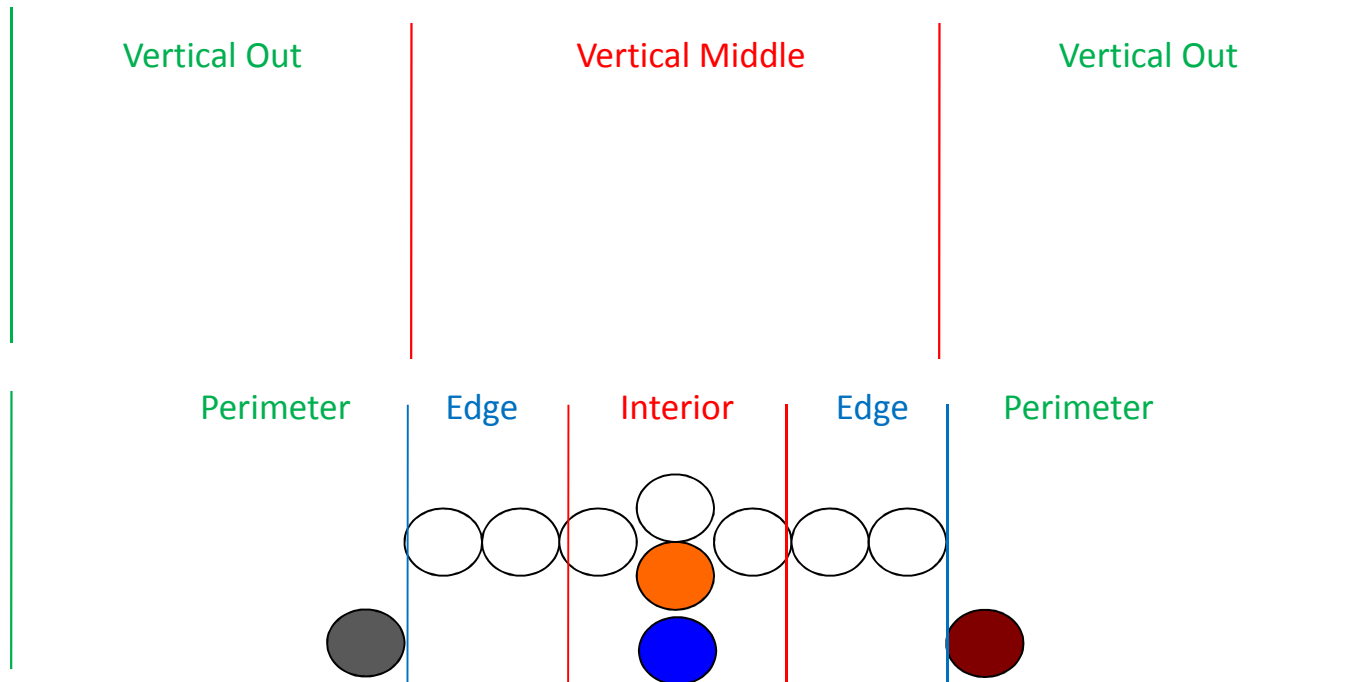


Understanding the Points of Attack



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.

Basic Components of the Power Blocking Scheme

- Inside Wall
- Outside Wall
- First Backer Inside (alternate: First Defender Outside)
- First Defender to Cross Your Face Rule
- Backside Cut Off

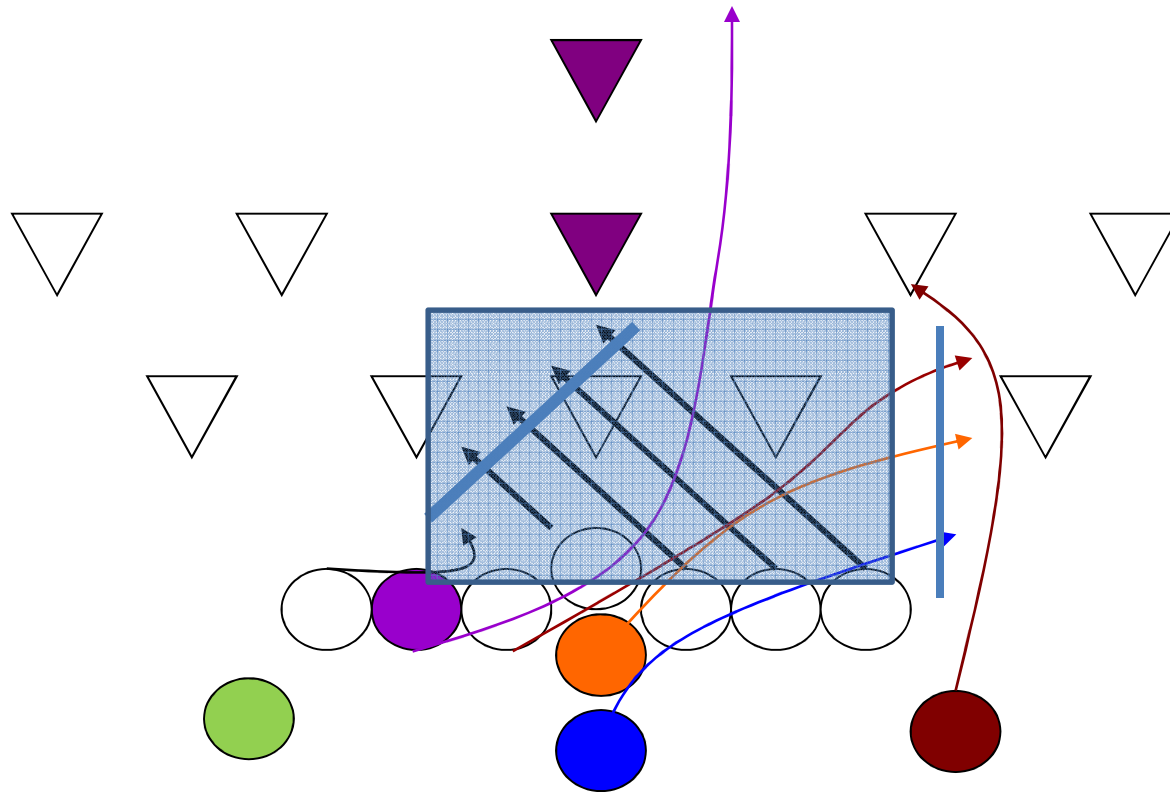
Seal Scheme

- Wall Inside: C, G, T, E (C, G, T, BST, E in OVER)
- Wall Outside: BB, QB, BSG
- WB blocks first backer inside
- BST: pull vertically and block first defender to cross your face
- BSTE: cut off block

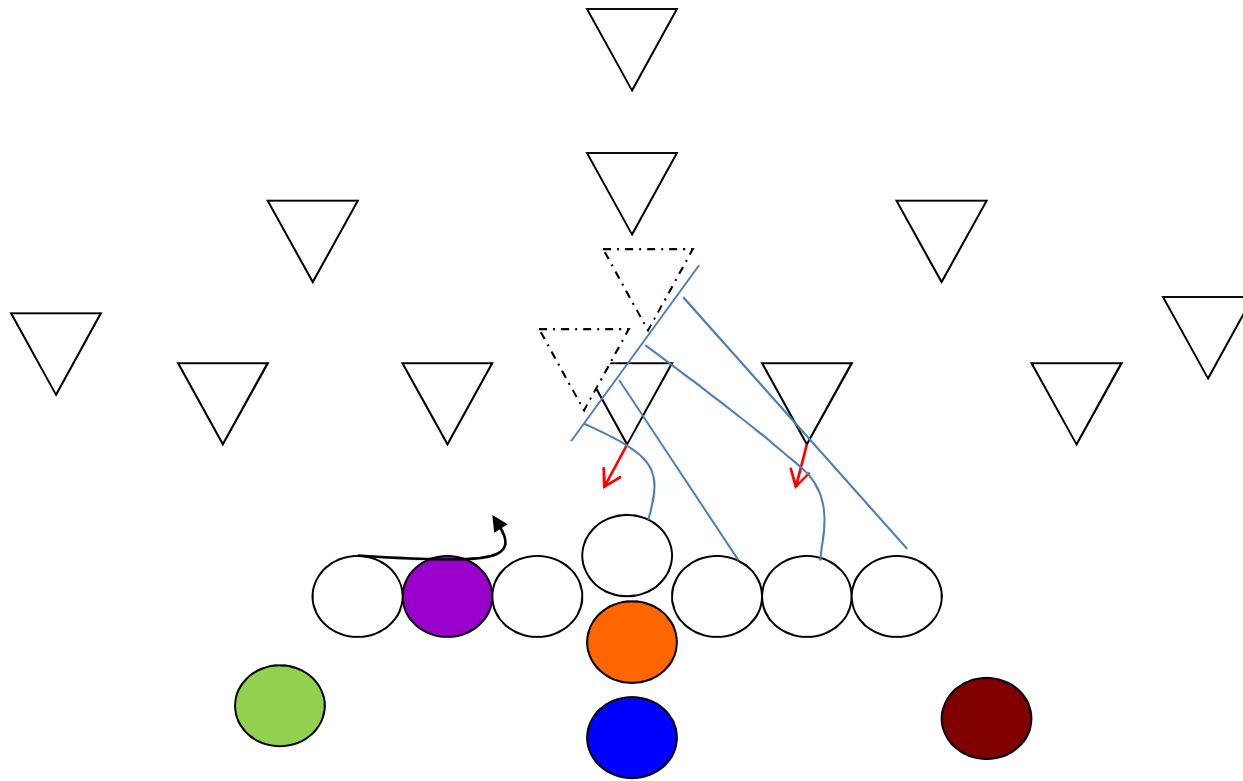
Inside Wall

- Made up of the offensive linemen blocking TKO.
- Order of importance in blocking progression:
 - Comfortable stance: 3pt OLINE STANCE or 2pt OLINE STANCE
 - Get off: get off the ball as soon as the first syllable of our GO call.
 - LEG
 - First defender to cross face is the guy you block
 - Form wall using landmarks
 - No threat in path help next wall blocker outside as you go to your landmark
 - Wall must be solid and moving away from hole washing all interior defenders away from the hole

Inside Wall



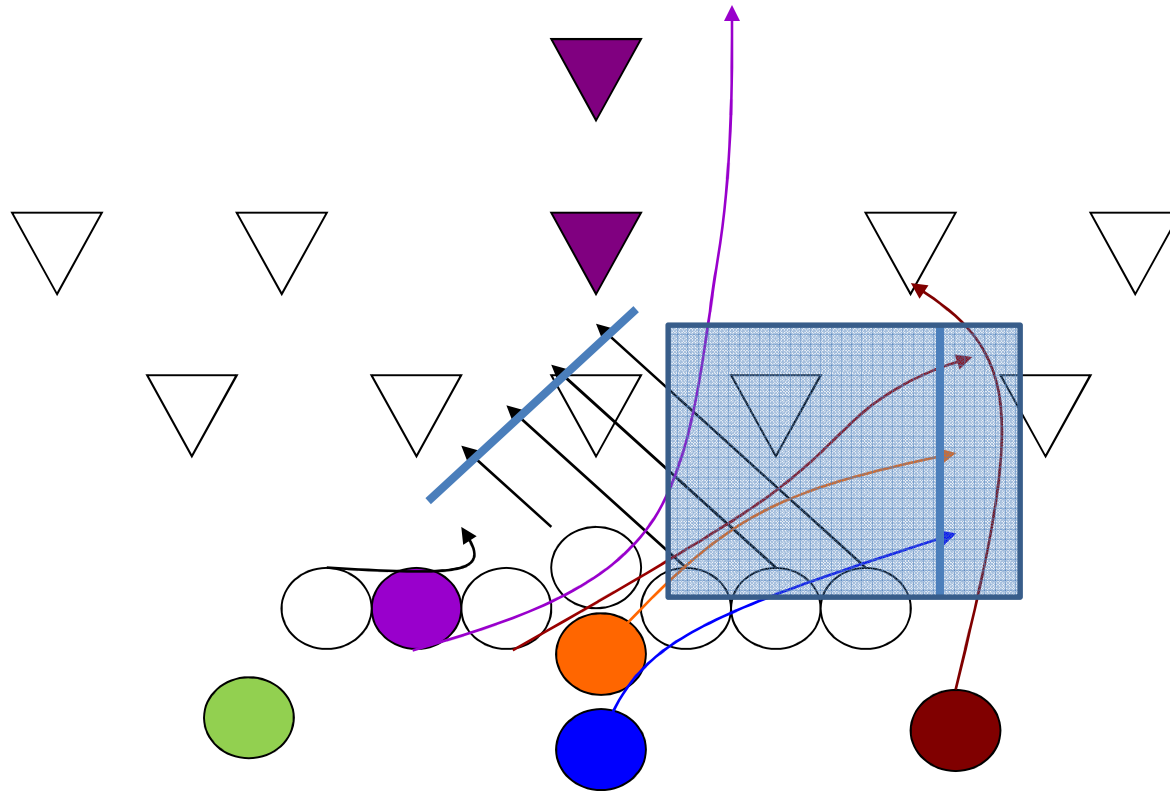
Inside Wall #2



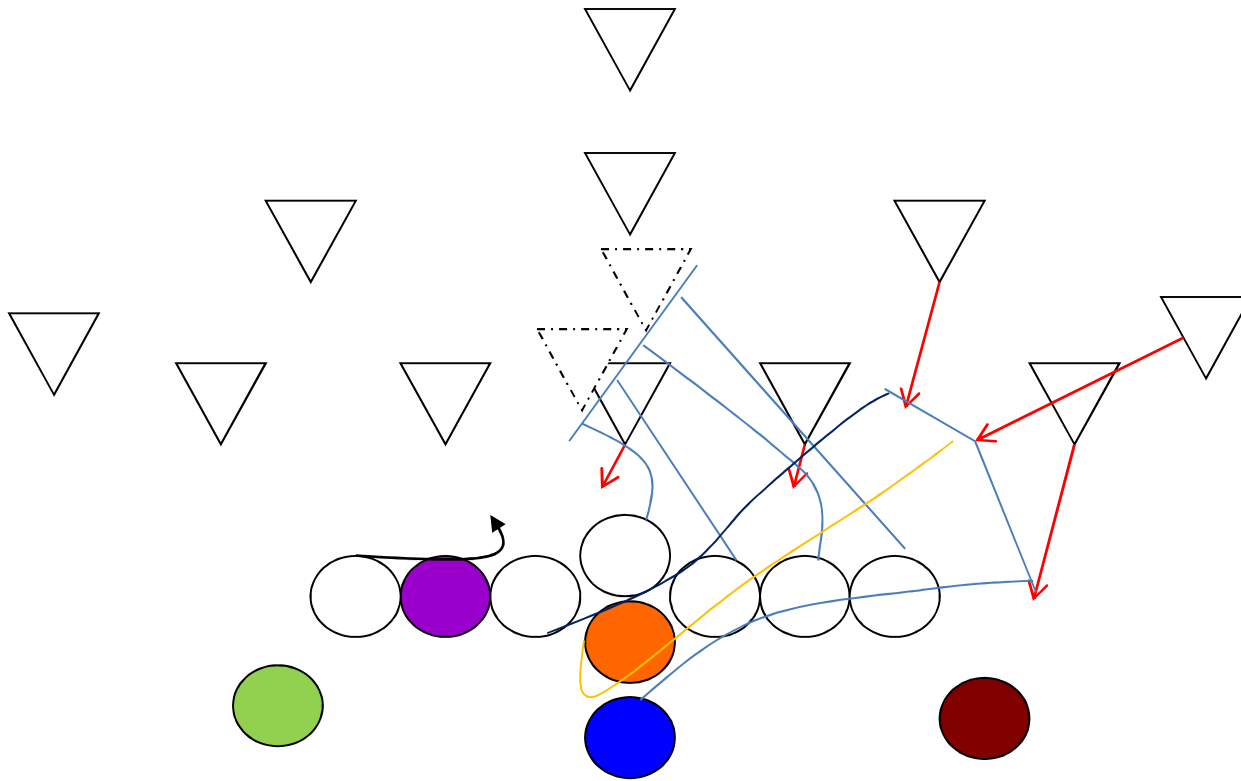
Outside Wall

- Made up backs and pulling linemen blocking unless using PART.
- Order of importance in blocking progression:
 - Comfortable stance: both line and backs
 - Get off: get off the ball as soon as the first syllable of our GO call.
 - Backs use a cross over step
 - First blocker making KICKOUT must aim through the play side guards near heel and climb through the kickout.
 - First defender to cross face is the guy you block! ALWAYS!
 - 2nd blocker kicking out aims at up field shoulder of the first kick out blocker and climbs. Uses the same rule.
 - 3rd blocker kicking out (if any) aims at the up field shoulder of the second kick out blocker and climbs. Uses the same rule.
 - When block is made use LEG and wheel your butt to the inside of the play and up field to deny the defender any direct path to the runner as he goes by
 - No defender shows they go vertical to the end zone and they don't look back. This creates the vertical lane and cuts off backside defensive pursuit. Provides a barrier for the runner to utilize for cutbacks as well.

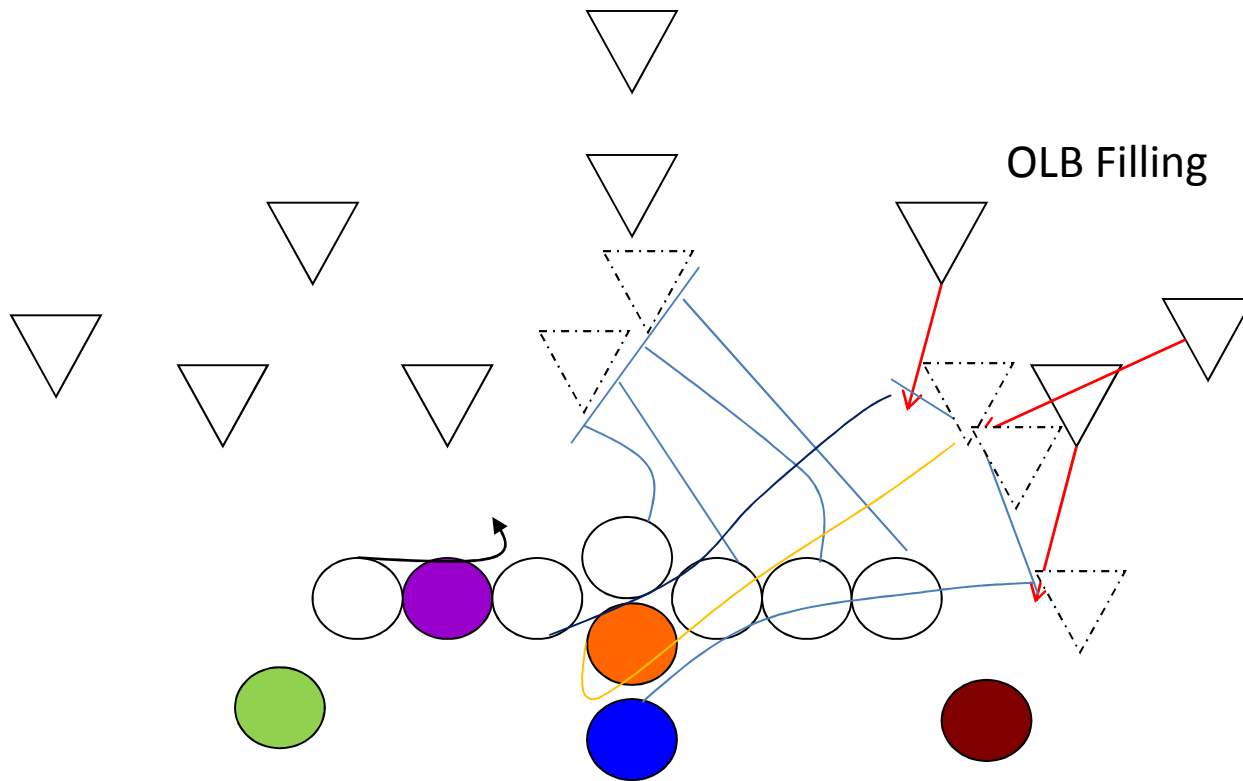
Outside Right



Outside Wall #2



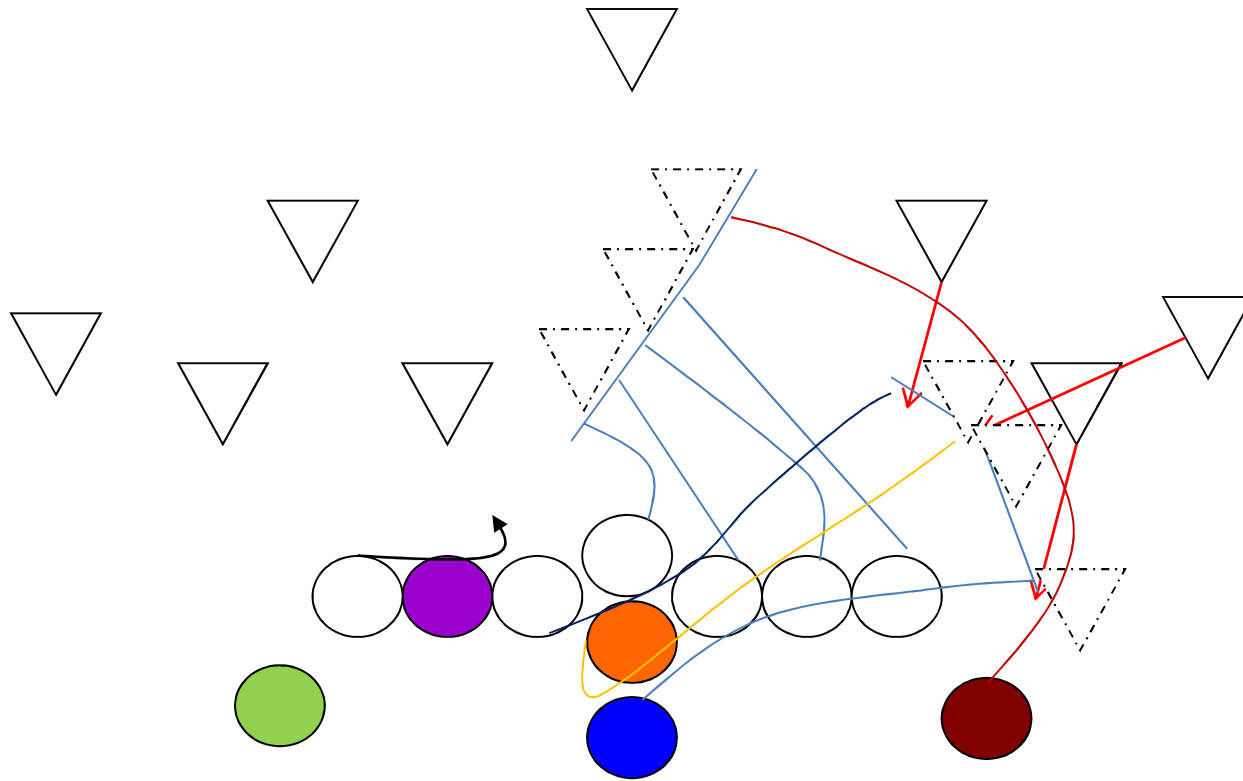
Outside Wall #3



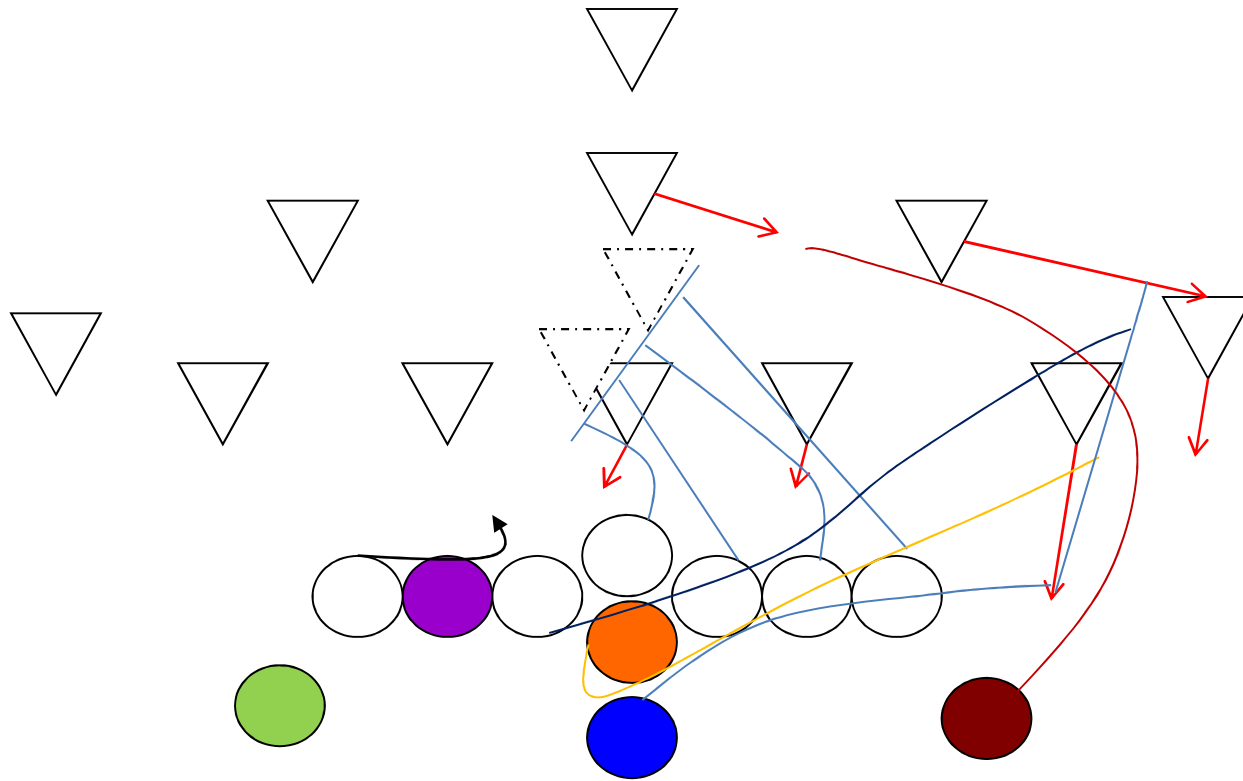
Wing Back Block

- Play side WB must release free from LOS and aim for the toes of the first backer inside.
- Order of importance in blocking progression:
 - Comfortable stance: both line and backs
 - Get off: get off the ball as soon as the first syllable of our GO call.
 - IF DEMLOS is inside or over take a width step with outside foot and get by EMLOS and up field to FBI.
 - IF DEMLOS is outside of WB take a vertical step with inside foot aiming at a spot outside of the FBI's toes.
- Three possibilities one block:
 - If FBI goes wide or outside to defend sweep (play ALLEY) let him go he is no longer a threat to the runner.
 - If FBI fills hard or blitzes let him go he will be blocked by the OUTSIDE WALL BLOCKERS (BB, QB, and BSG).
 - If FBI squats down on his GAP or sits you must attack his near side shoulder and drive him to the top of the wall.

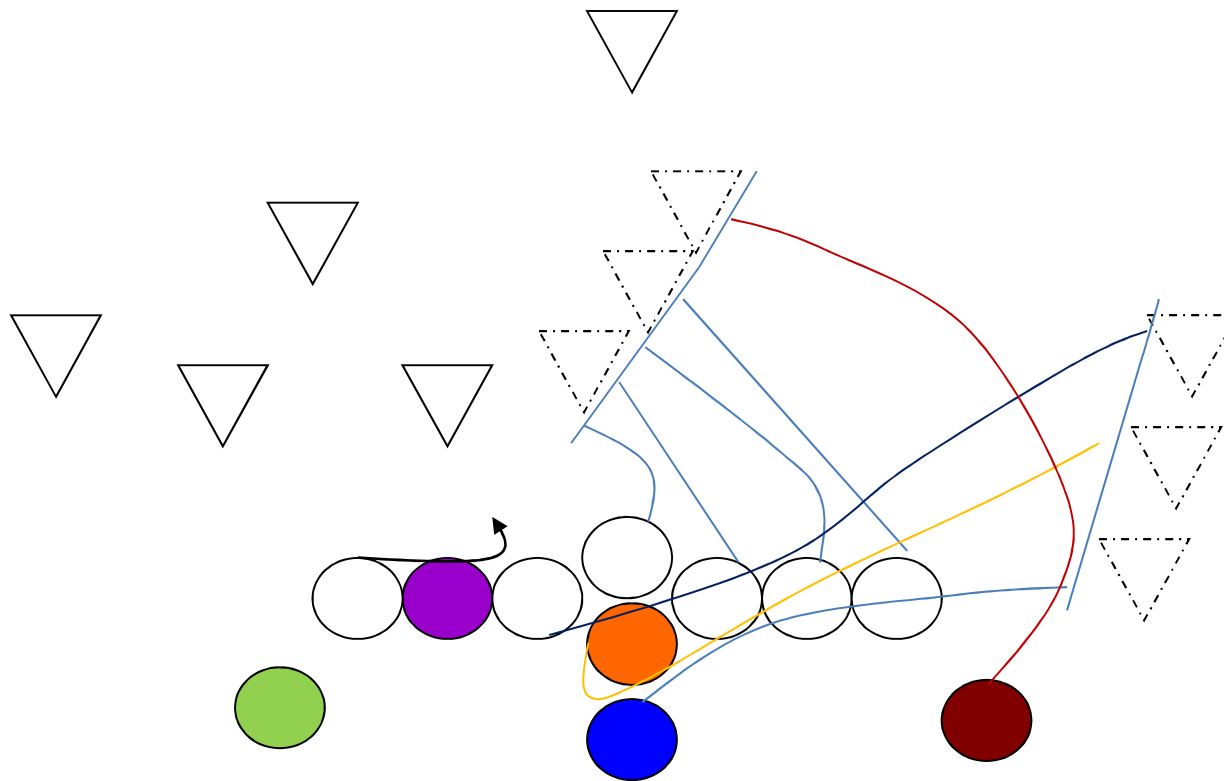
OLB FILLING #2



OLB Plays ALLEY

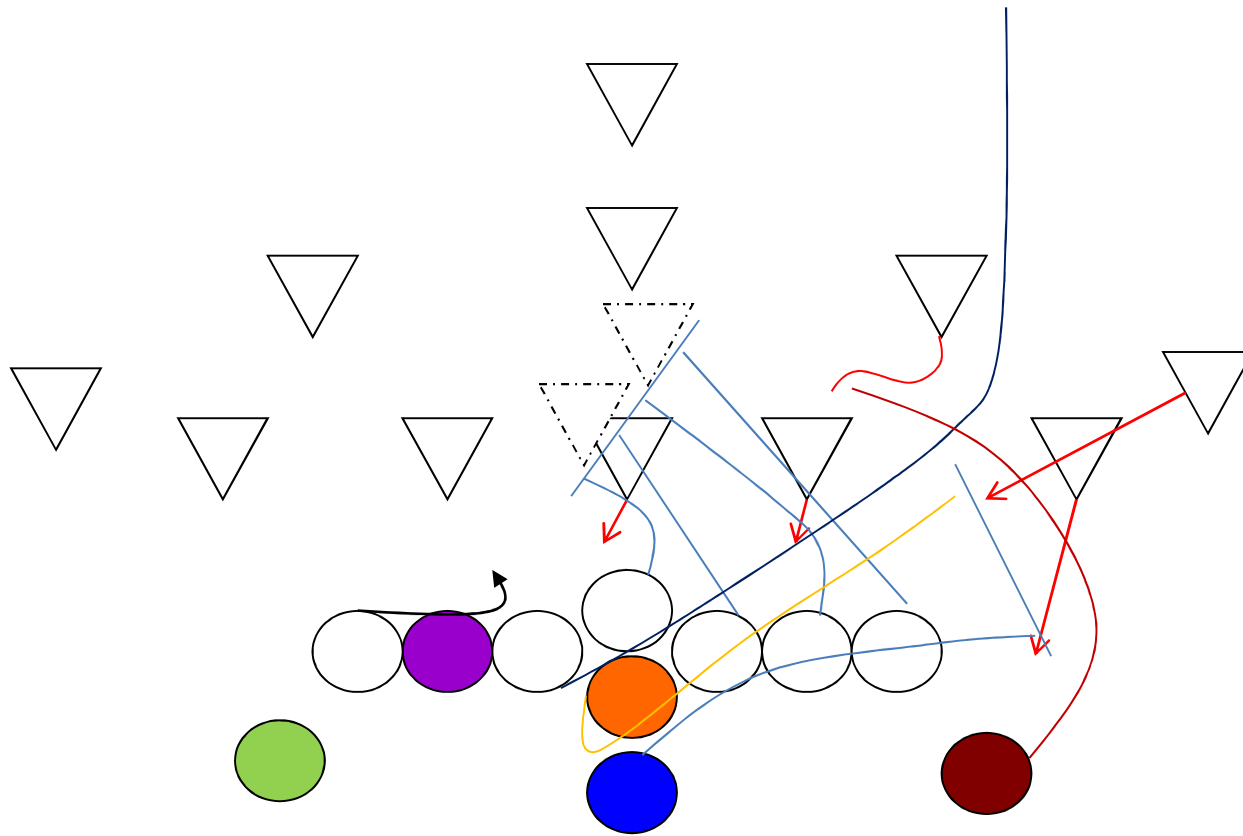


OLB ALLEY #2

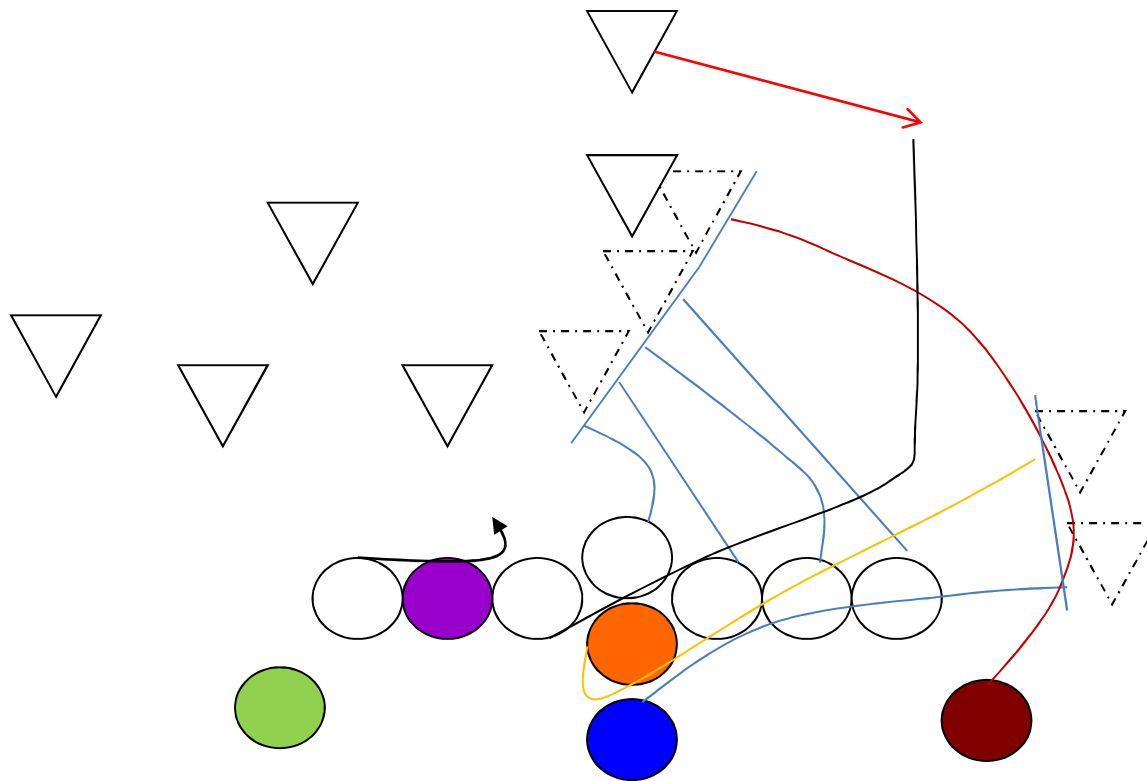


Often when a defense is really trying to defend sweep they can overplay the perimeter and this actually opens a much bigger tunnel for us. With the DE, CB, and OLB overplaying SWEEP the tunnel can double in size quickly.

OLB SITTING



OLB SITTING #2



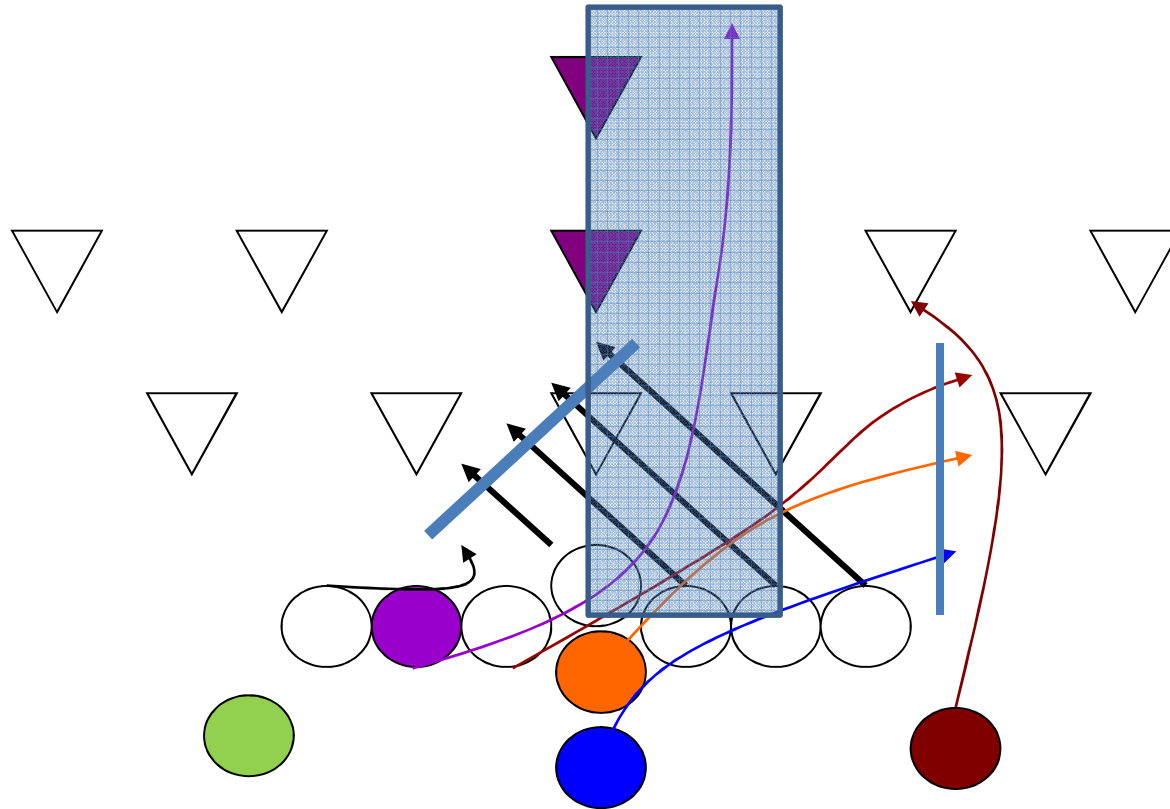
If the OLB sits in the tunnel the WB must move inside as quickly as possible aiming at his toes so that he stays in front of him and attack him and drive him to the top of the wall.

BSG often will take on the safety attempting to fill the alley (FIRST DEFENDER TO CROSS HIS FACE as he goes vertical to the end zone).

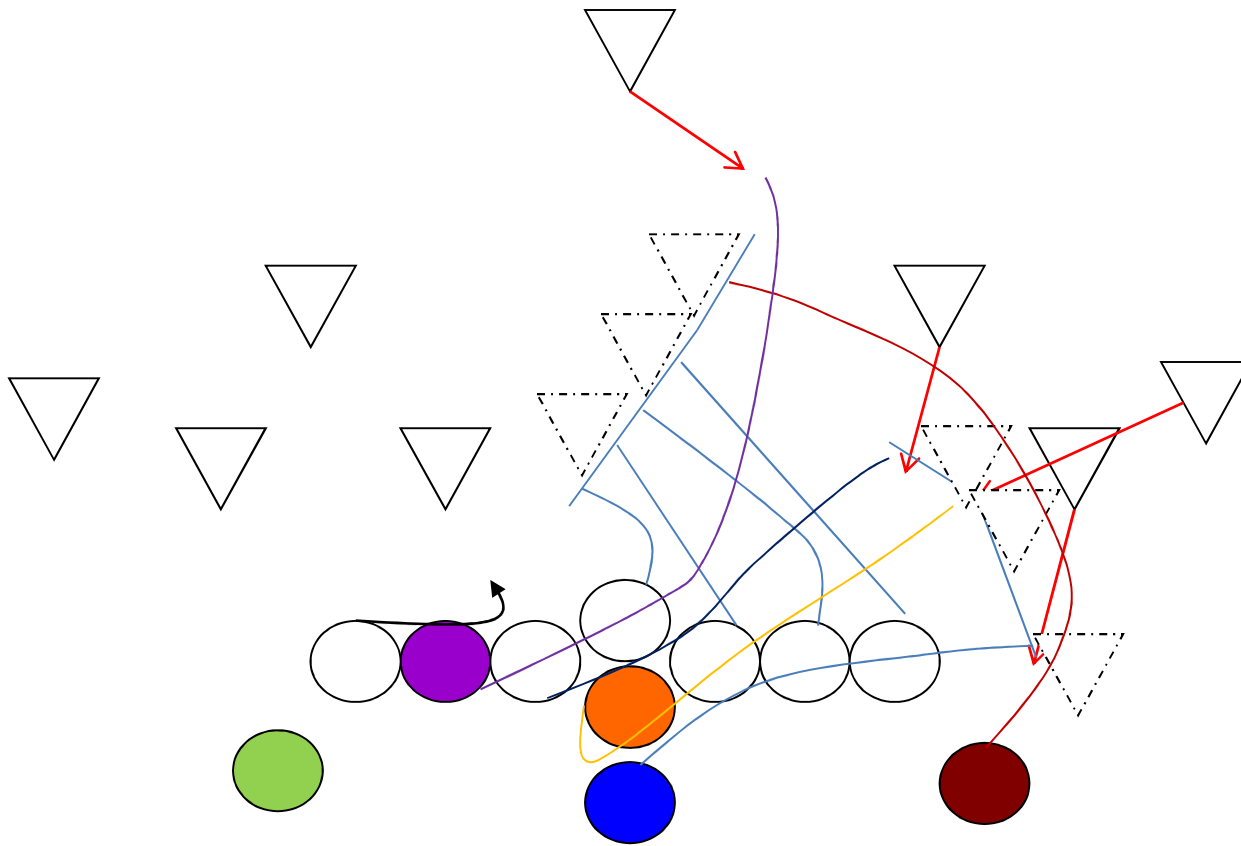
BST Vertical Pull Block

- Back side OT pulls vertically through the center's heels.
- Goes vertically up the wall and stays tight to the wall blocker's rear ends.
- First defender to cross his face he blocks. He walls him off from direction he is coming from (nearest shoulder).
- Order of importance in blocking progression:
 - Near foot steps towards center's near heel; remember the rest of the line is deeper than the center. He stays tight to the wall of blockers so that as he climbs up the wall (CENTER, PSG, PST, PSE) he keeps his shoulders square looking at the endzone.
 - Any defender crosses his face he blocks him and walls him off (LEG & TURN). Typically this is a ILB or BSOLB coming over the top of the wall or a safety coming down to support the alley.
 - If no one shows he goes vertically to the end zone. He does not turn around and he does not slow down.

BST Going Vertical

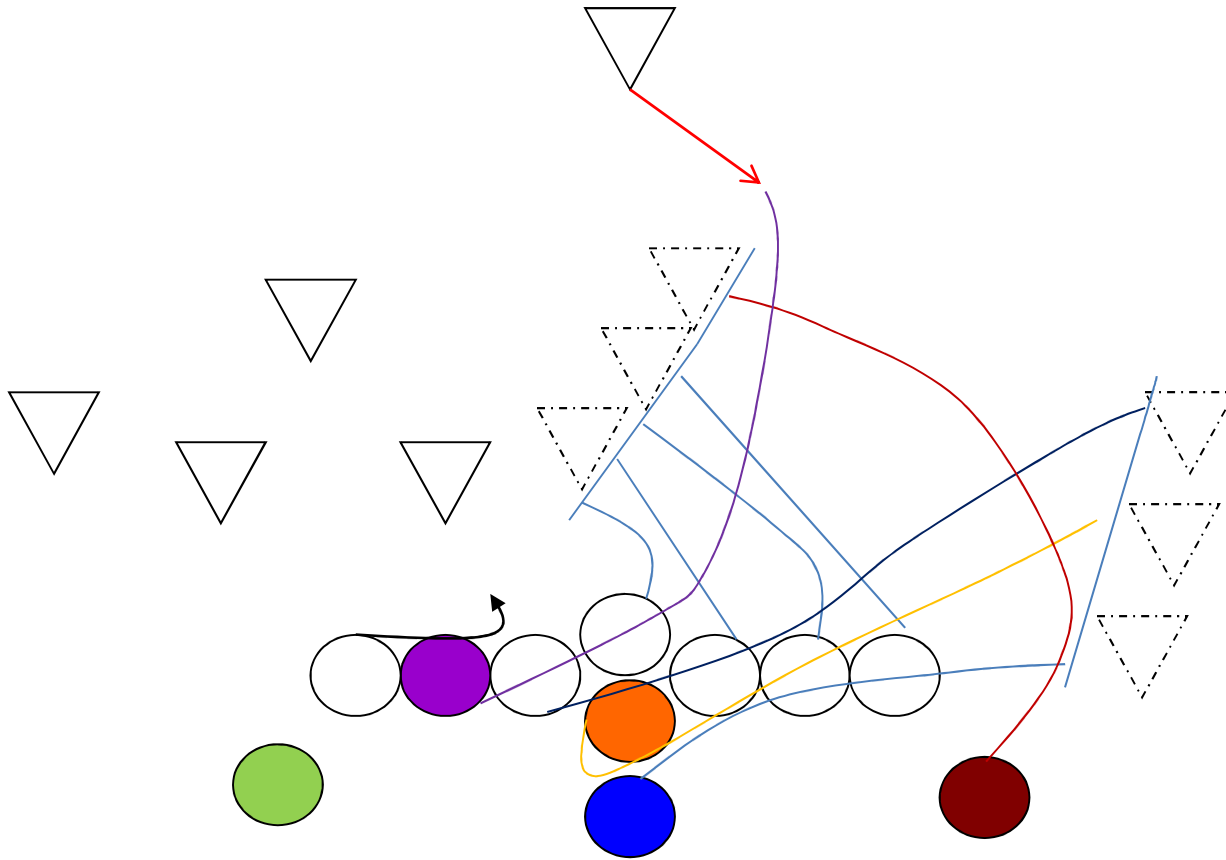


BST Vertical Pull(OLB FILLING)



BST pulls vertically and the alley defender crosses his face he walks him off backside.

BST Vertical Pull(OLB ALLEY)

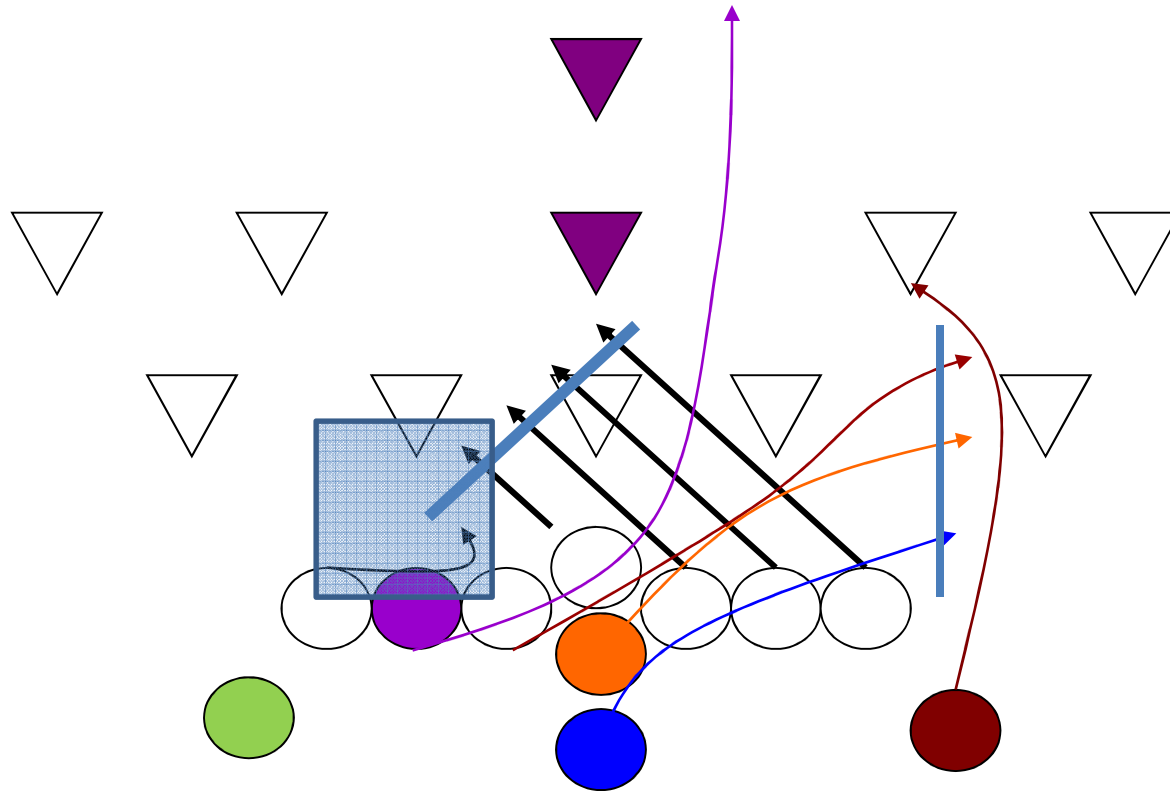


BST pulls vertically and the alley defender crosses his face he walls him off backside.

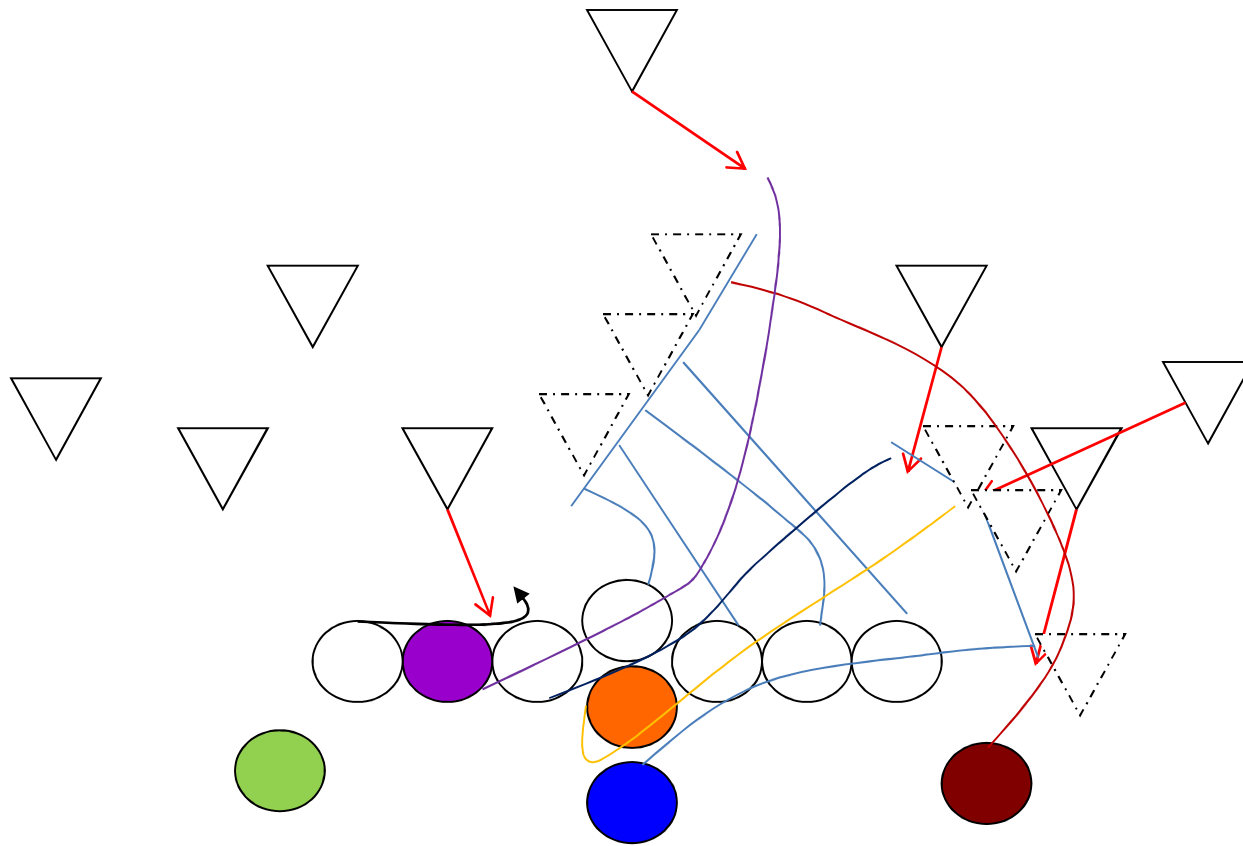
BSTE Cut Off Block

- Back side TE cuts off backside interior penetration for pullers.
- First defender to cross his face he blocks. He walls him off from direction he is coming from (nearest shoulder).
- Order of importance in blocking progression:
 - Shoeshine: near foot steps towards center's near heel and he turns his shoulders towards the play side and he dives straight down the LOS aiming for the center's heels. As soon as he lands he crabs towards the wall. Nothing shows he turns up field, gets off his hands as he goes and cuts off backside pursuit as he goes vertically to the endzone.
 - Cut off alternate: if having issue with illegal chop block or rule outlaw of low blocks is enforced in your league. BSTE steps with near foot aiming at center's near heel and he turns his shoulders towards the play side and he uses LEG and takes a radical down block flat on the LOS and any defender that crosses his face he attempts to drive into the backside of the wall and mesh his hips with the BASE (center). Meaning he walls his butt towards the play side as he nears the BASE.

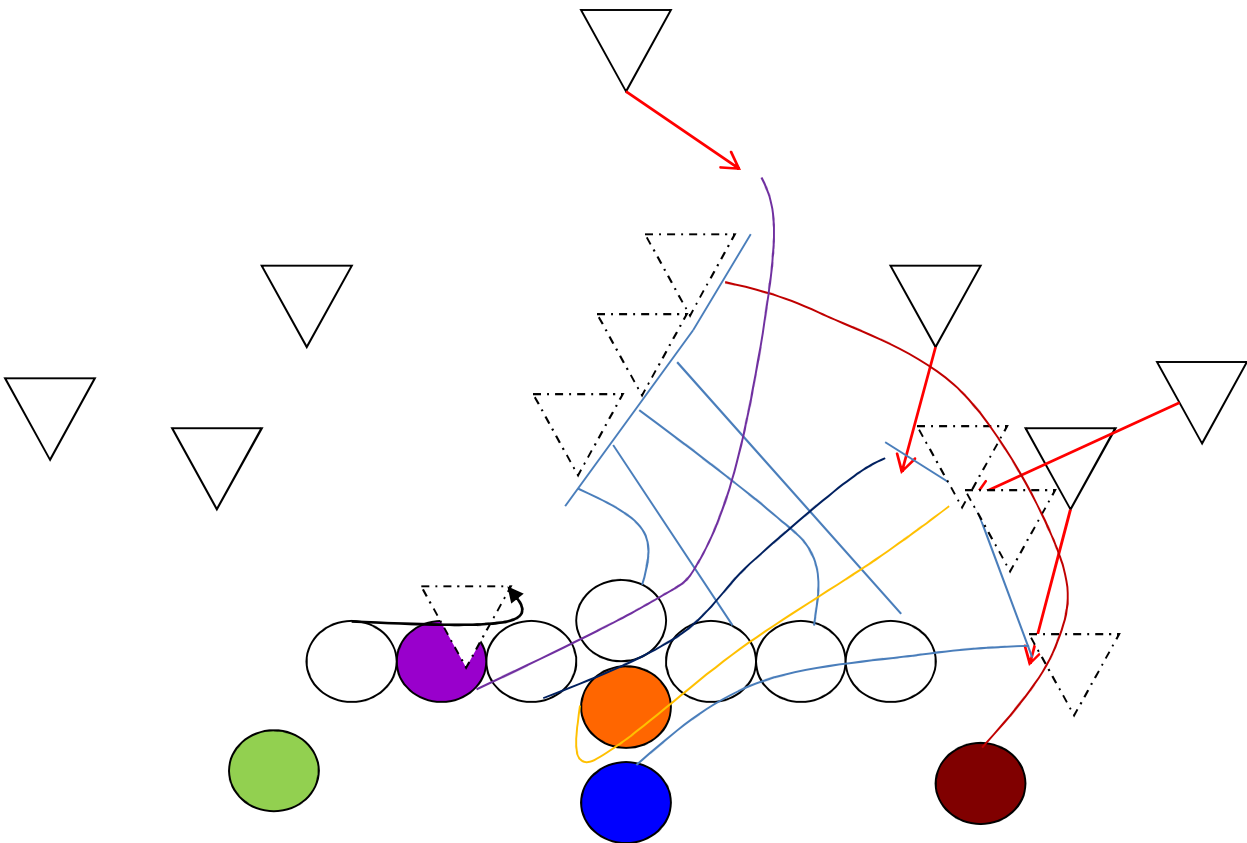
BST Going Vertical



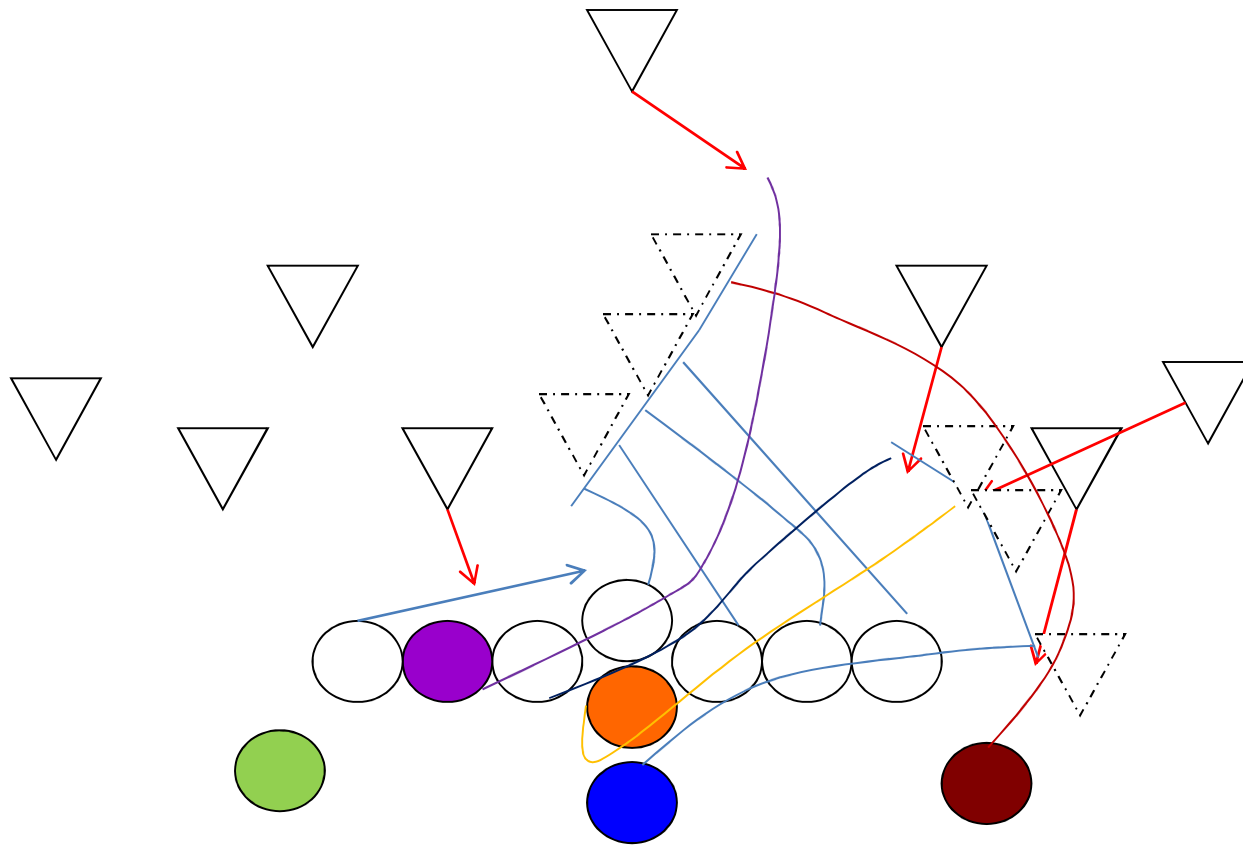
BSTE Shoe Shine



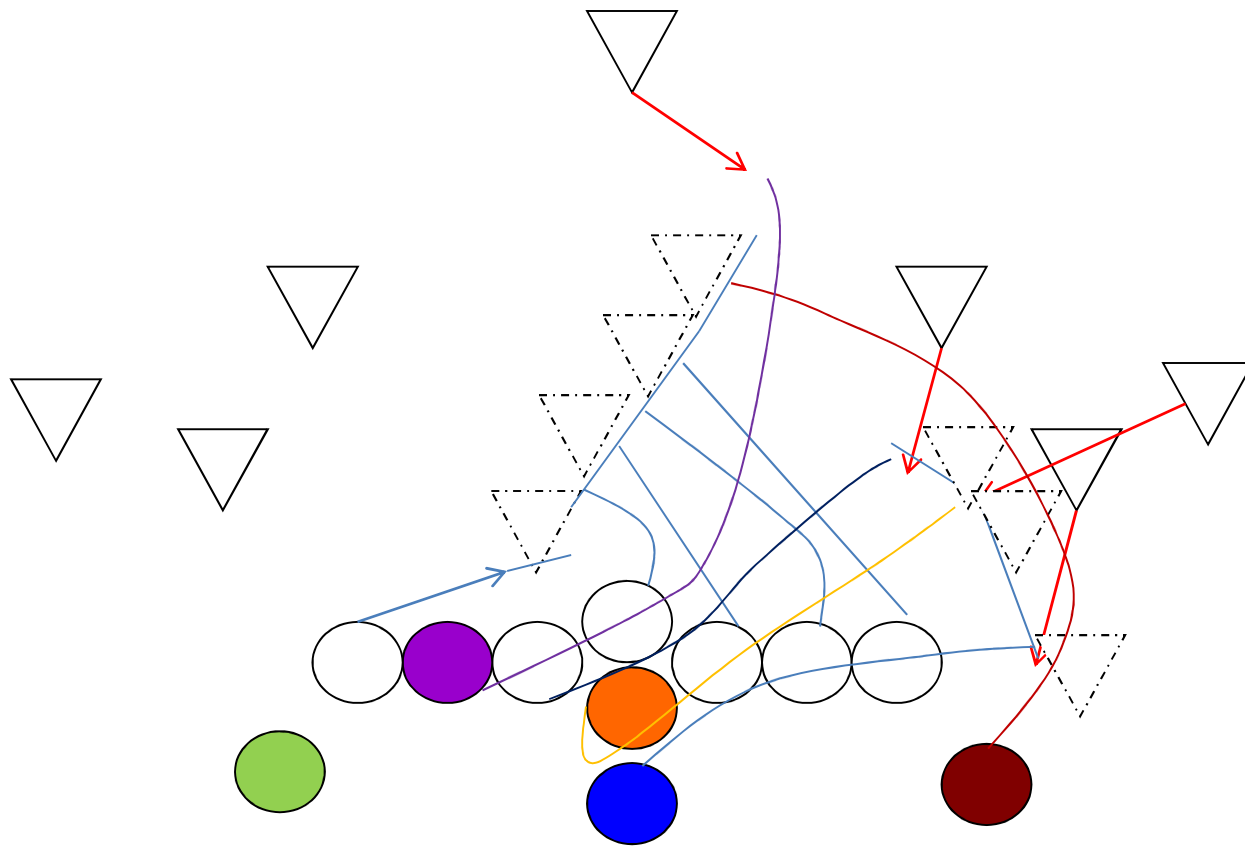
BSTE Shoe Shine #2



BSTE Cut Off



BSTE Cut Off #2



Trouble Shooting Tool for SEAL

Coaches,

You can use this as a means to trouble shoot your SEAL scheme. No matter if you are facing a normal front, loaded front, or anything in between. We always do the same thing.

Don't forget OVER: BST becomes part of the play side interior wall (C, PSG, PST, BST, PSE). When you do this you are essentially extending the wall, adding additional leverage power to it, and getting your BST play side. In reality he is still doing the same thing he was doing when he pulled vertically.

When you practice INDYS you should go over each element:

- 1) BACKSIDE PULL DRILL goes over BSG, BST, and BSTE jobs.
- 2) WALL DRILL goes over the CENTER, PSG, PST, and PSTE jobs.
- 3) During season you rep these against the fronts you intend on facing each game to enhance get off.
- 4) WB and BB are doing the same thing in INDYS for backs practicing their position techniques for the SEAL scheme.
- 5) Team is the time to make sure the execution and timing is correct and in sync.