

# Youth Double Wing: The Gun! Triple B Reference Power Point



Jack Gregory© 2010  
All Rights Reserved

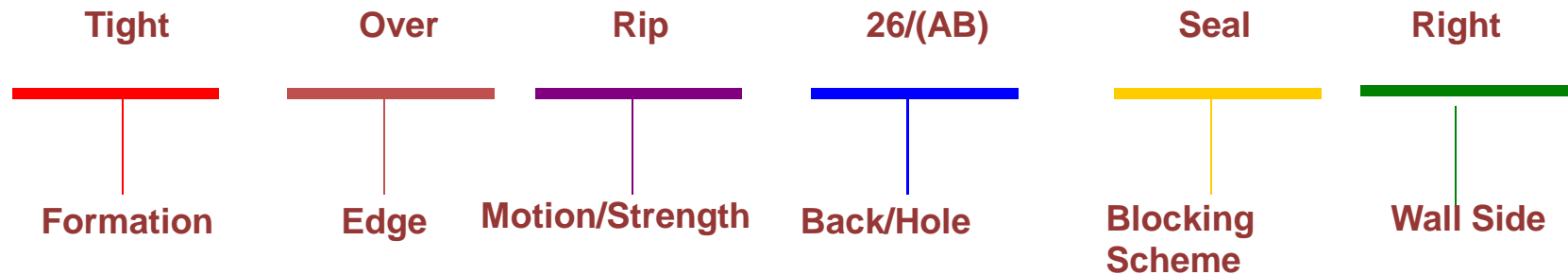
For more information see [www.gregorydoublewing.com](http://www.gregorydoublewing.com)

Or email me at [coachgregory@live.com](mailto:coachgregory@live.com)

# Bull & Bear Formation

- Balanced line with a asymmetrical backfield.
- Zero line splits
- Provides asymmetrical lines of force to the strong side while also allowing for a very powerful misdirection game to the backside.
- Has a very effective play action passing game and can easily incorporate the YDW edge tags to utilize the loose passing game.

# Play Calling



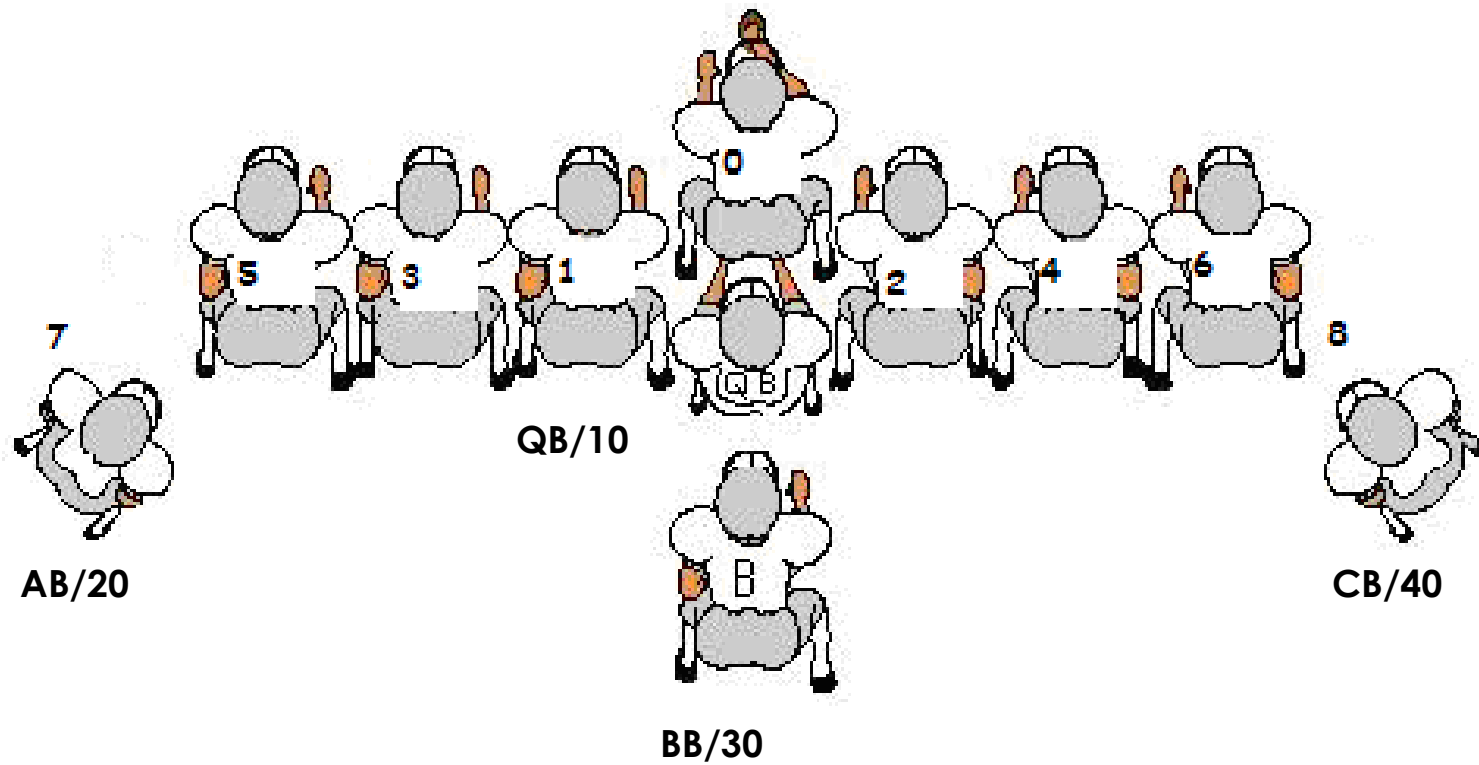
## Non-Numbering System:

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

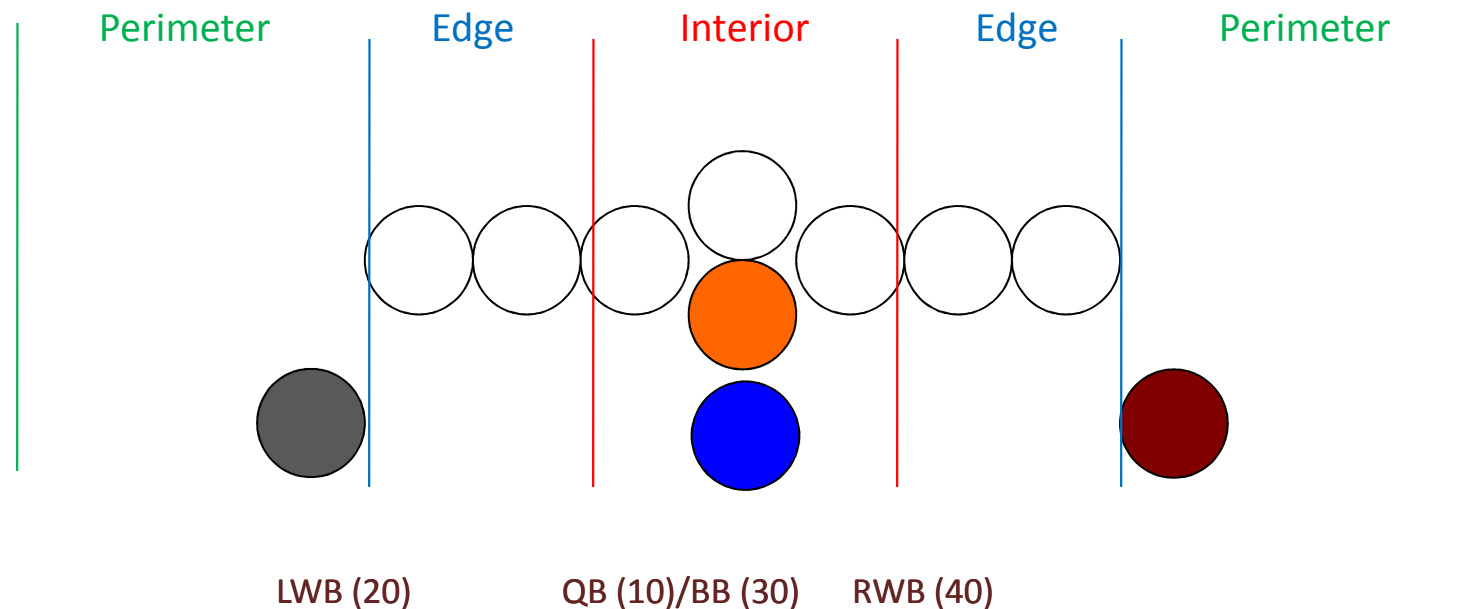
## Numbering System:

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

# Tight Formation

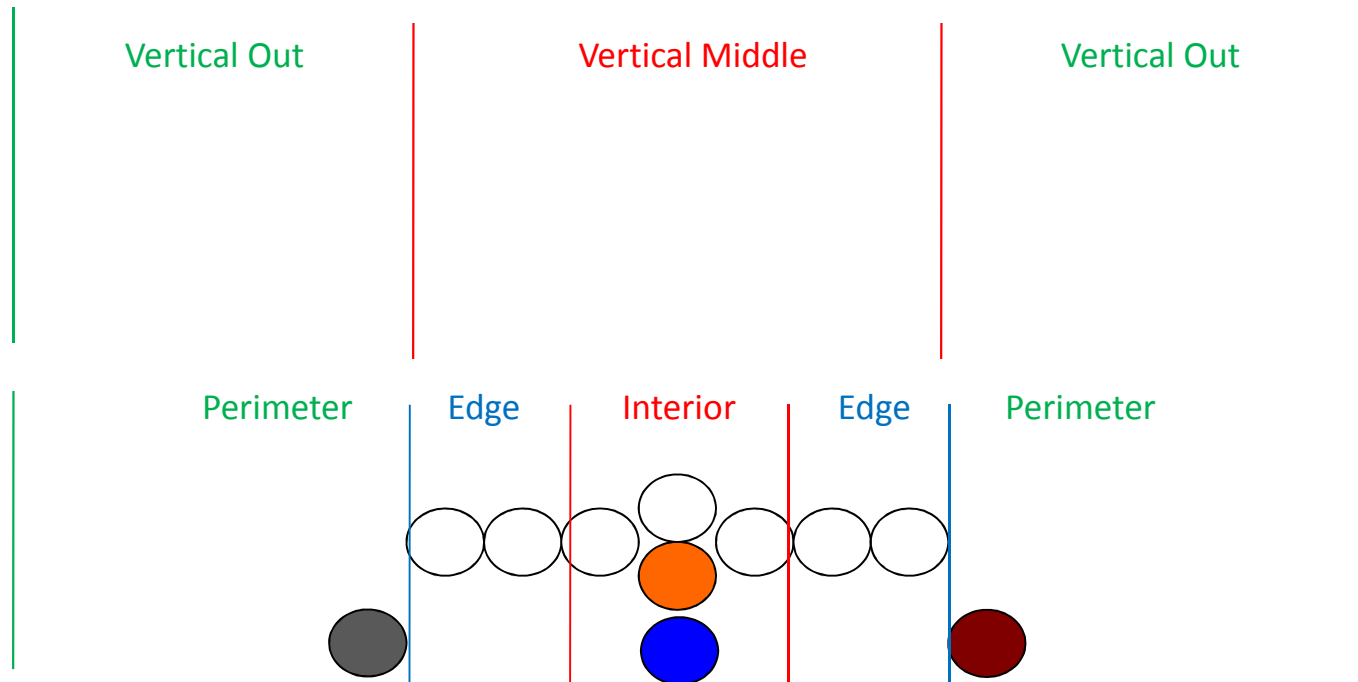


# Understanding the Points of Attack



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.

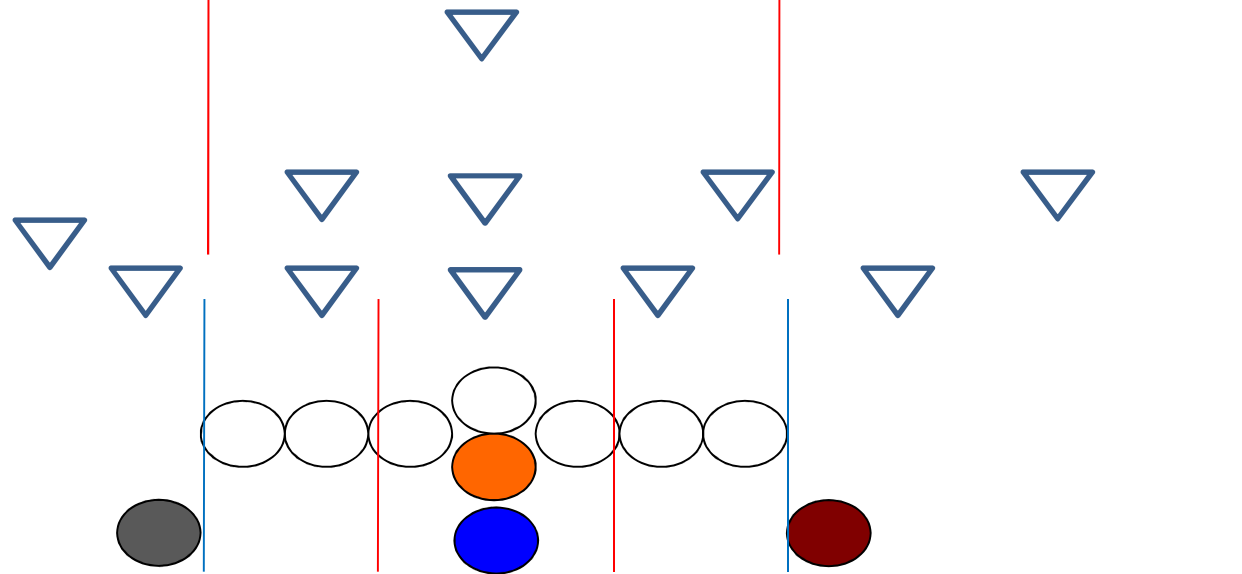
# Understanding the Points of Attack



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.

# Common Perimeter Triangle Defensive Approaches

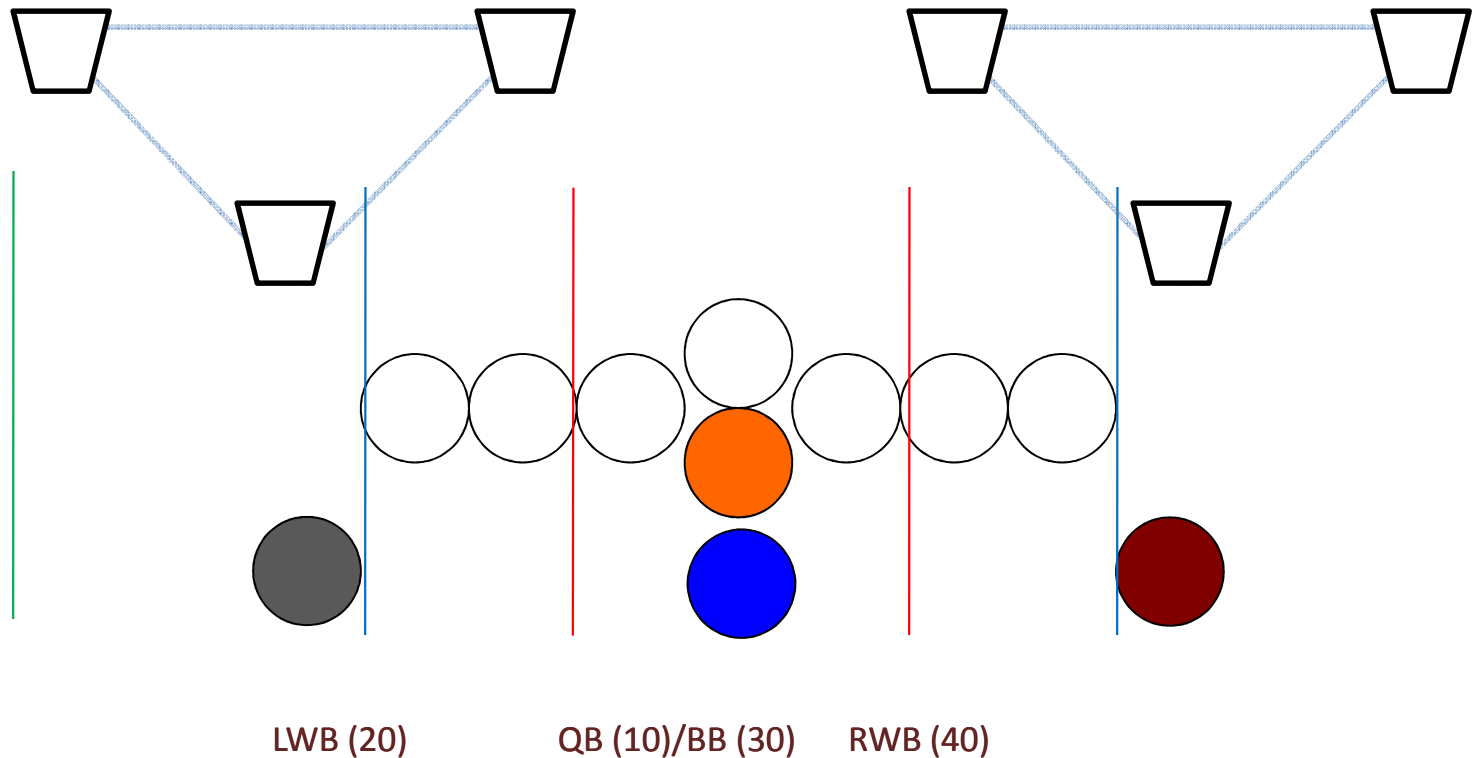
53 Defense with a reduced perimeter due to OLB stacking over head up DT on OT. CB is compressing inside and to LOS.



# 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



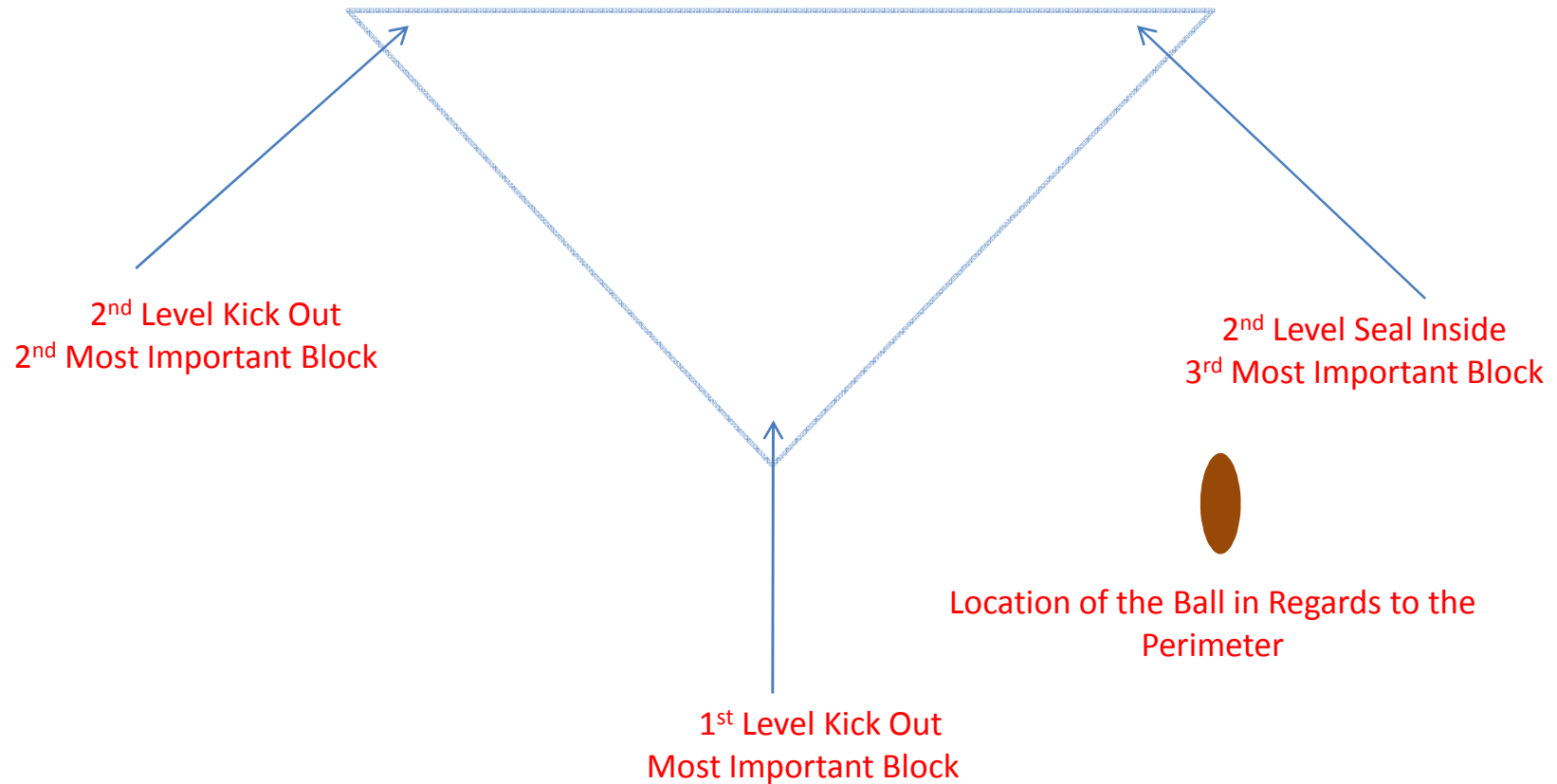
Three players on each side of the that can immediately affect the perimeter. CB (force), DE (contain), and OLB (alley). The ability to manipulate these three defenders via edge tags, formation tags, and play calling is one of the key advantages of the YDW. Applying stress to the perimeter triangle is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

Visual representation of the three primary players near each edge.

# Elements of the Perimeter Triangle

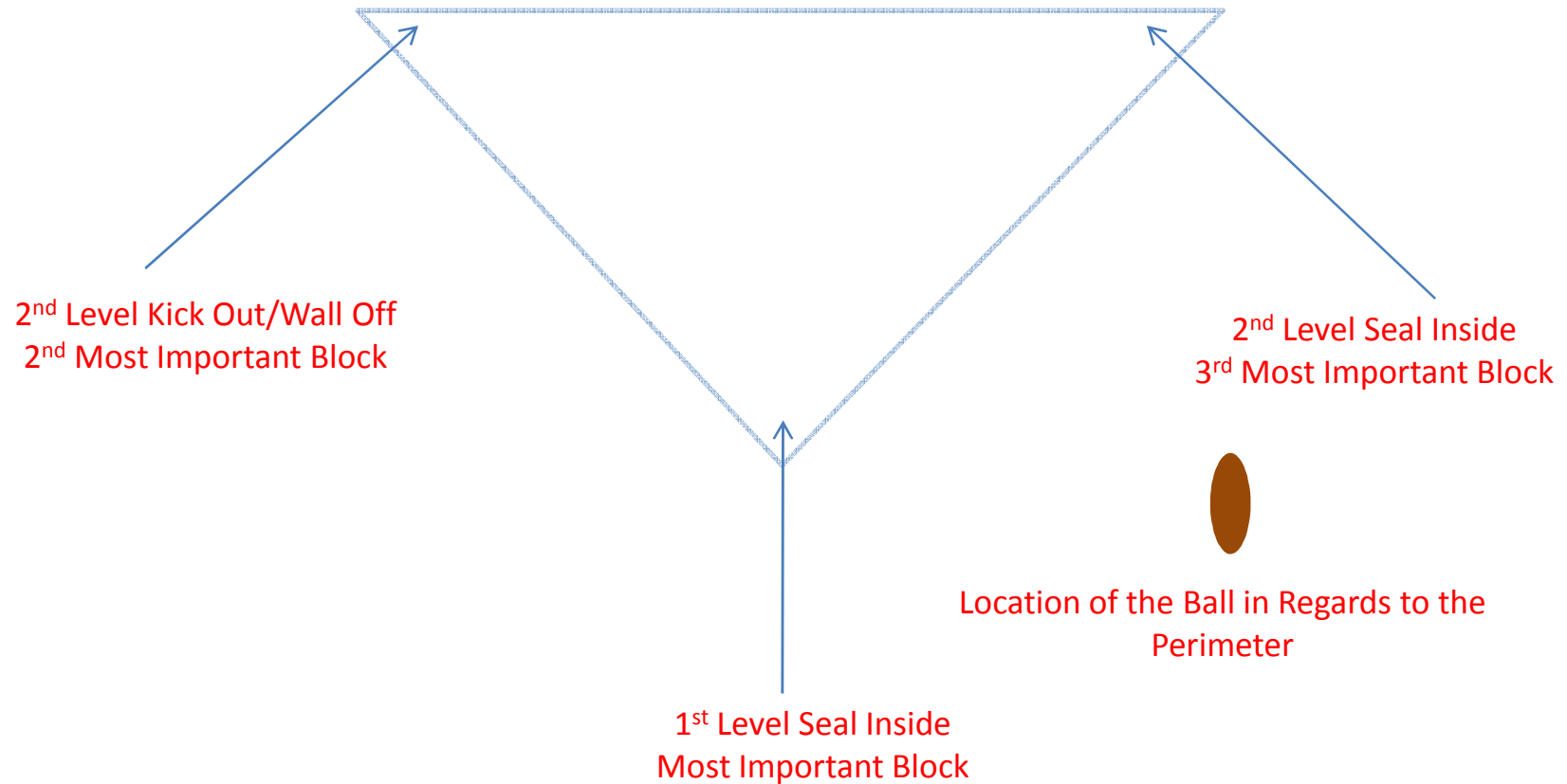
- 1<sup>st</sup> vertices (corner) : 1<sup>st</sup> level defender or contain man. End man on line of scrimmage (EMLOS) and that is often the defensive end.
- 2<sup>nd</sup> vertices: 2<sup>nd</sup> level exterior defender who is often the force defender. Often this is a corner back but it can be a safety or even a OLB that has been bumped out.
- 3<sup>rd</sup> vertices: 2<sup>nd</sup> 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 1<sup>st</sup> level defender is always the primary defender we must account for. If we don't open the 1<sup>st</sup> 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)

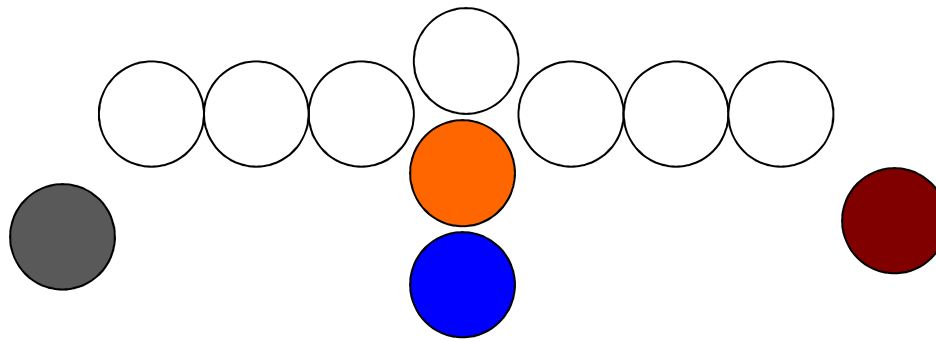
# Formation Tags

- 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

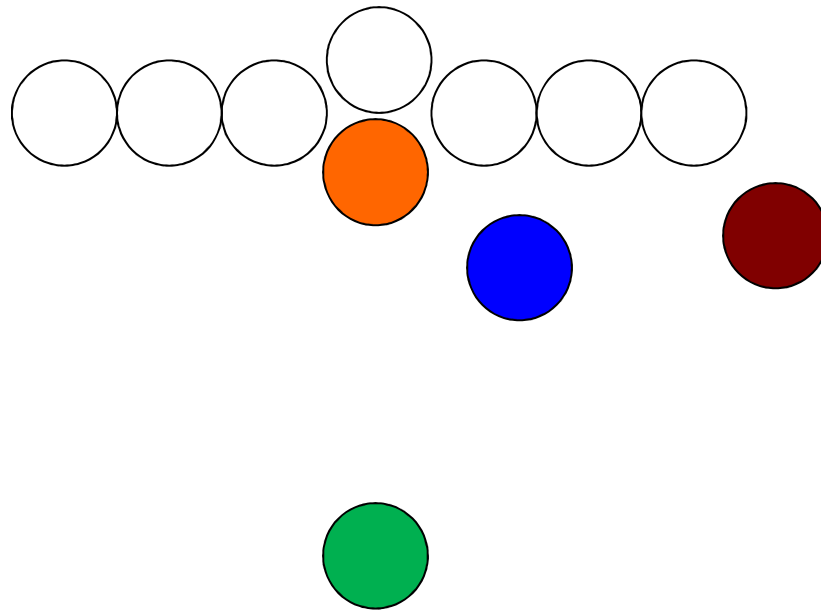
- The mesh is very important to the success of fakes.
- Make sure that every counter and reverse fake that the ball carrier holding the ball bellies the ball so it is safe.
- Make sure all faking backs “rub” near hips.
- The ball carrier bellying the ball will palm the crossing the ball carrier above 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!

# Tight Formation tag



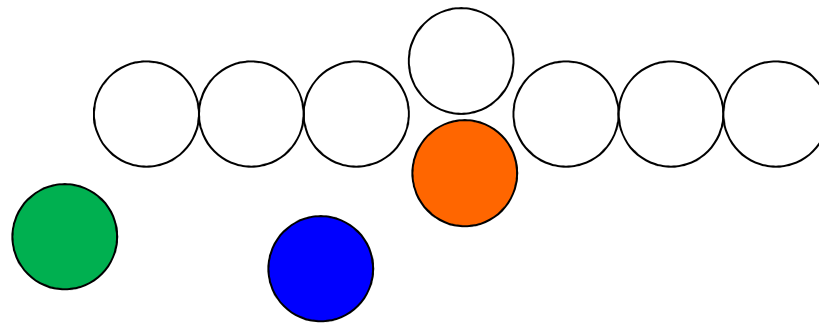
BSWB, QB, BB, PSWB

# Bear Formation tag



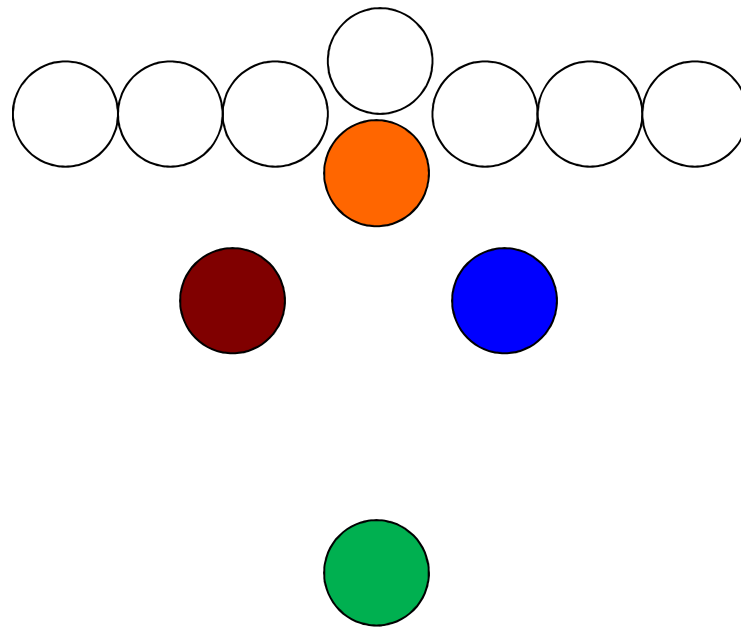
BB, QB, BSWB (TB), PSWB

# Bull Formation tag



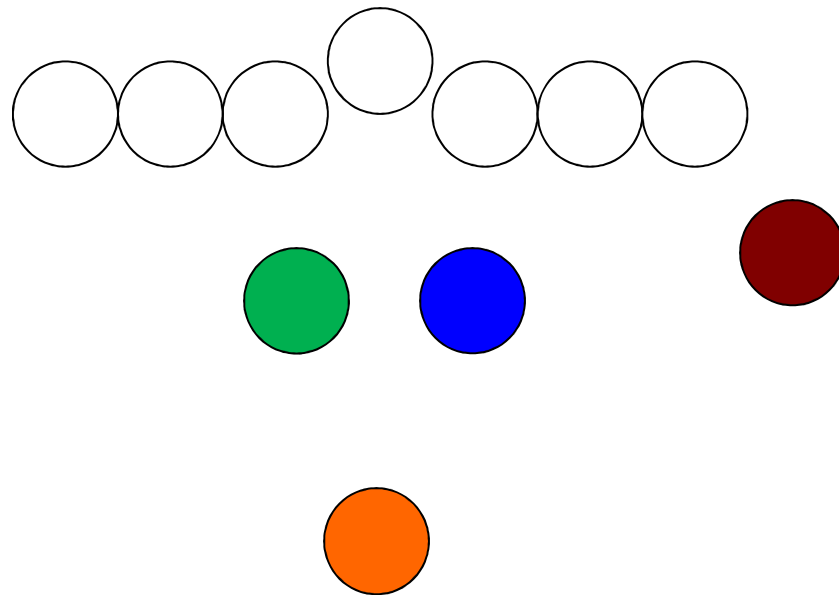
PSWB, BB, QB, BSWB (TB)

# Bison Formation tag



BB, QB, BSWB, PSWB

# Buffalo Formation tag



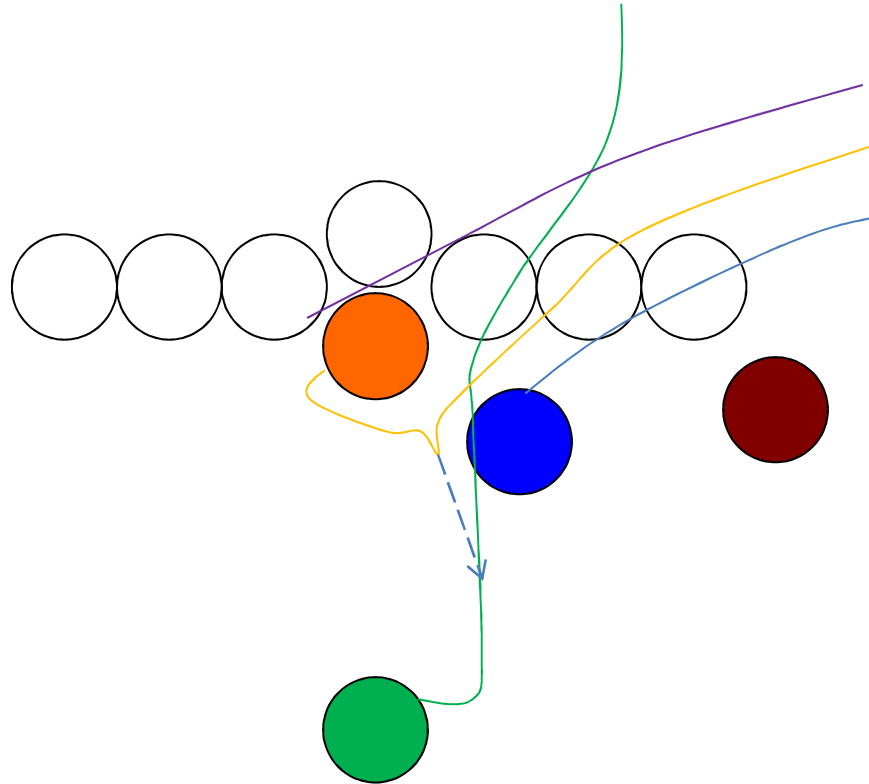
BSWB, QB, BB, PSWB

# Understanding the Pitch

QB spins and aims for a spot in front of the TB's path to the LOS so that he runs into the ball as he comes down hill.

TB takes a slide step to the play side (quick and lateral to get him over the butt of the play side guard and he then lead steps with the backside foot and gets going down hill aiming at the butt of the near side guard. Catch ball, secure it, get down hill and stay tight to the wall.

BB, QB, and BSG kick out first defenders to cross their face. No one shows turn up field and go vertical to the endzone.



# 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.
- BULL/BEAR: OVER, LOOSE, NASTY, SPLIT, FLANK
- BISON: OVER, SPLIT
- BUFFALO: OVER, LOOSE, NASTY, SPLIT, FLANK

# 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.
Split: Tight end moves to the split end position and the near WB moves to the outside of the near offensive tackle.	Forces the CB to displace and move out with the SE. Allowing you to remove a defender from the edge.
Flank: same as the Split but the WB now splits.	Forces the CB to move out with the wingback .

# Bear Power Series

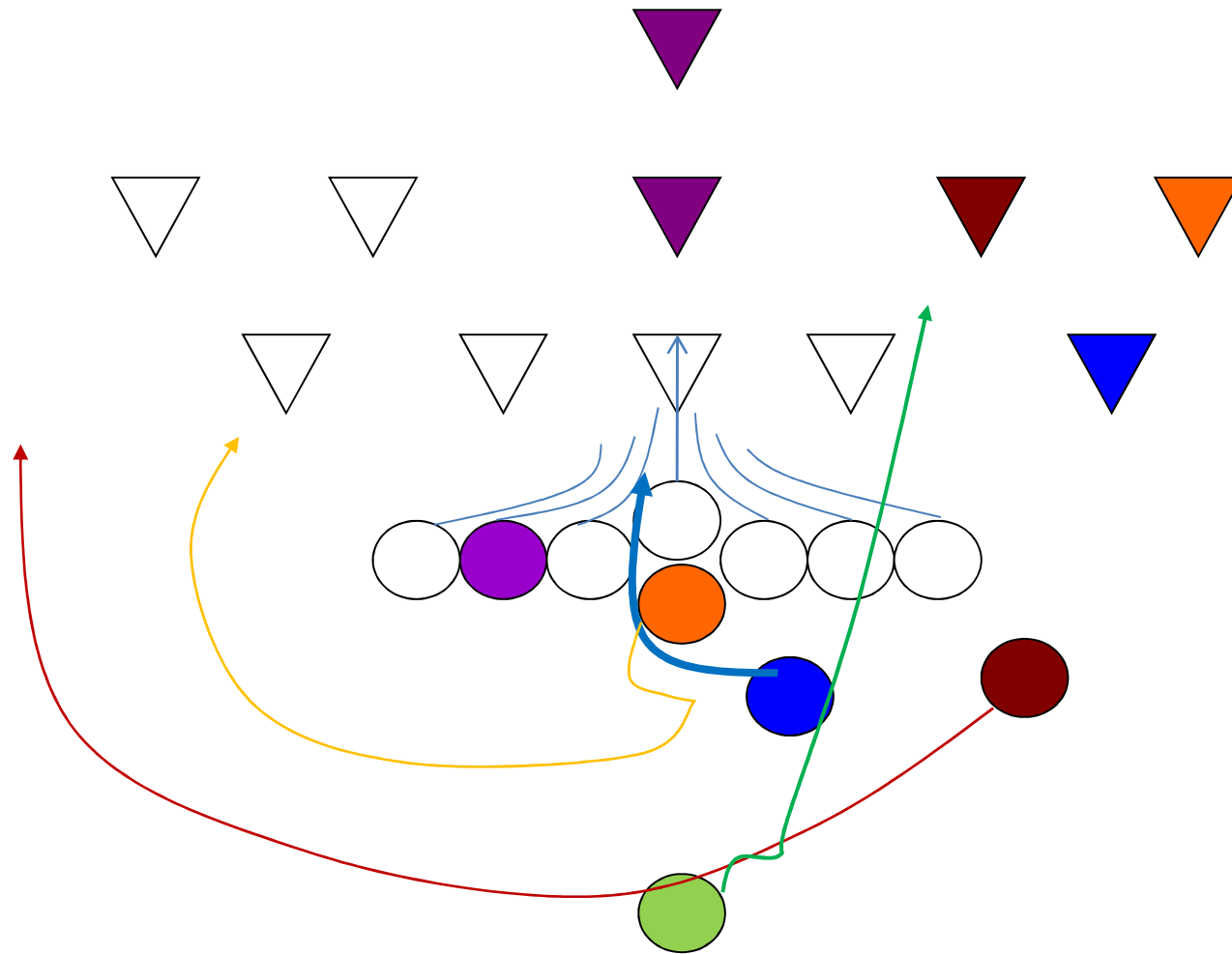
For BULL play simply flip the play call is BULL LIZ.  
(this RIP/LIZ is optional but it tells our team the strength side for most of our formations so we like to keep our play calling structured.)

# Interior Plays

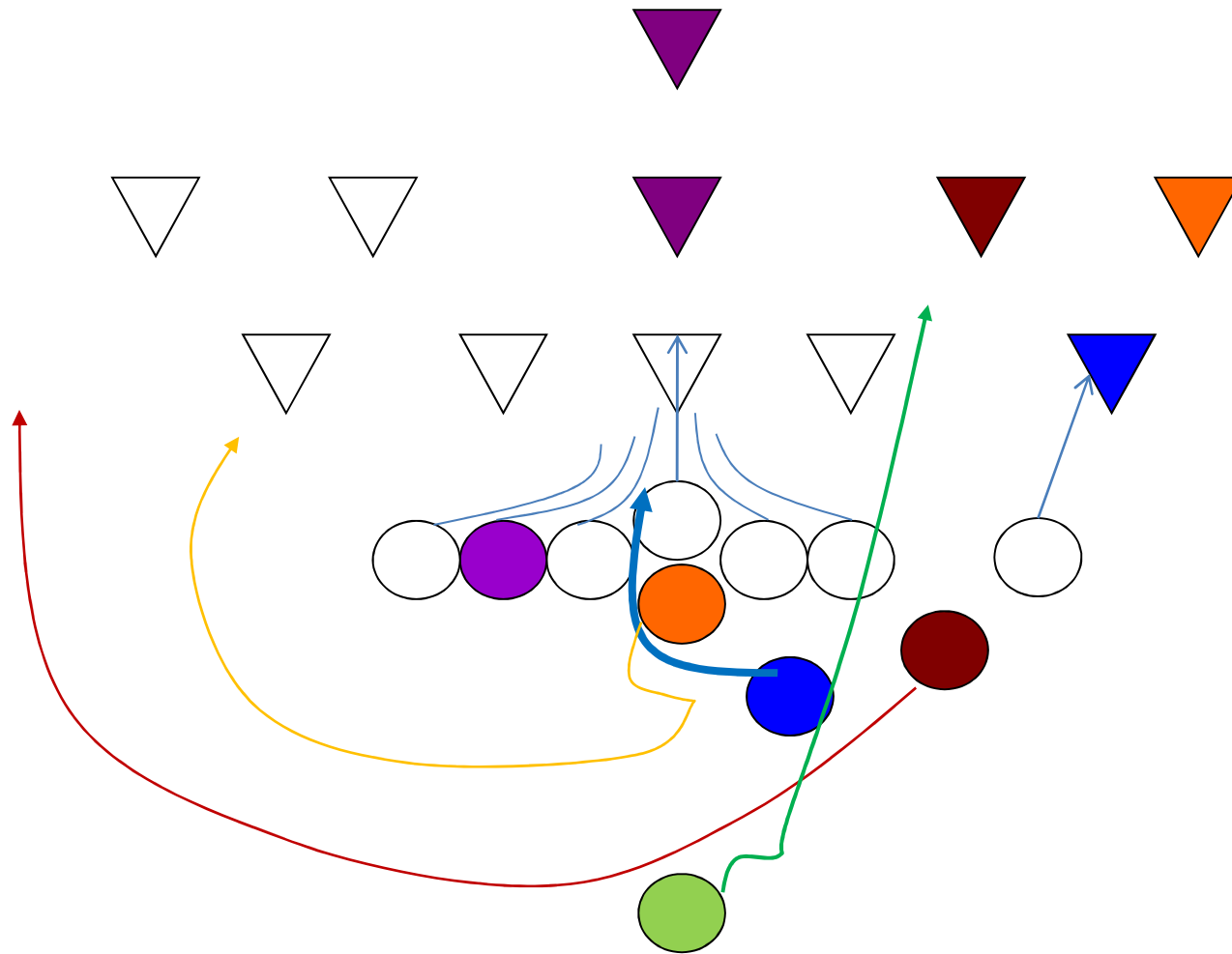
# BB WEDGE Play

- 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

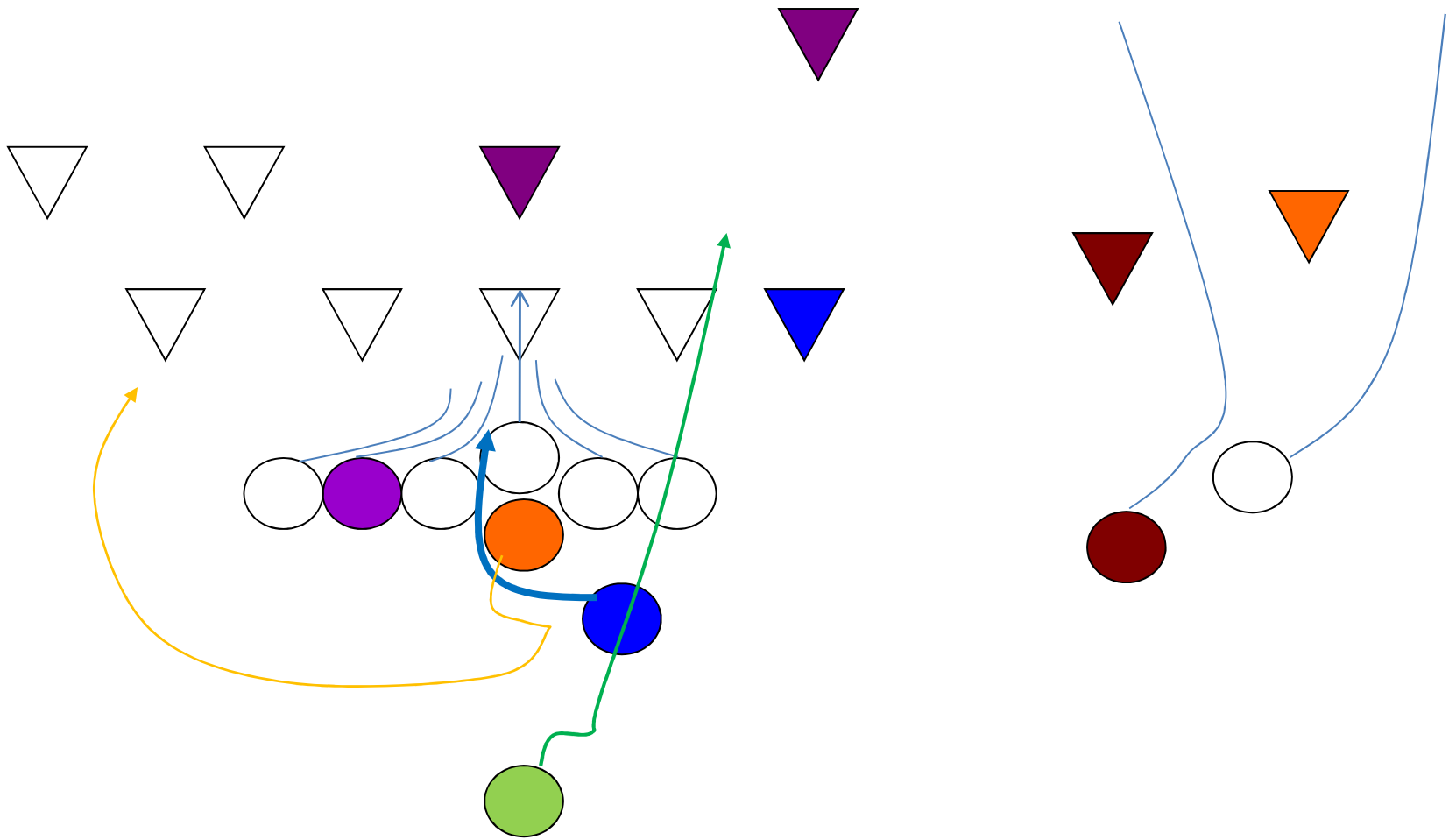
# Bear Rip 30 Wedge Right



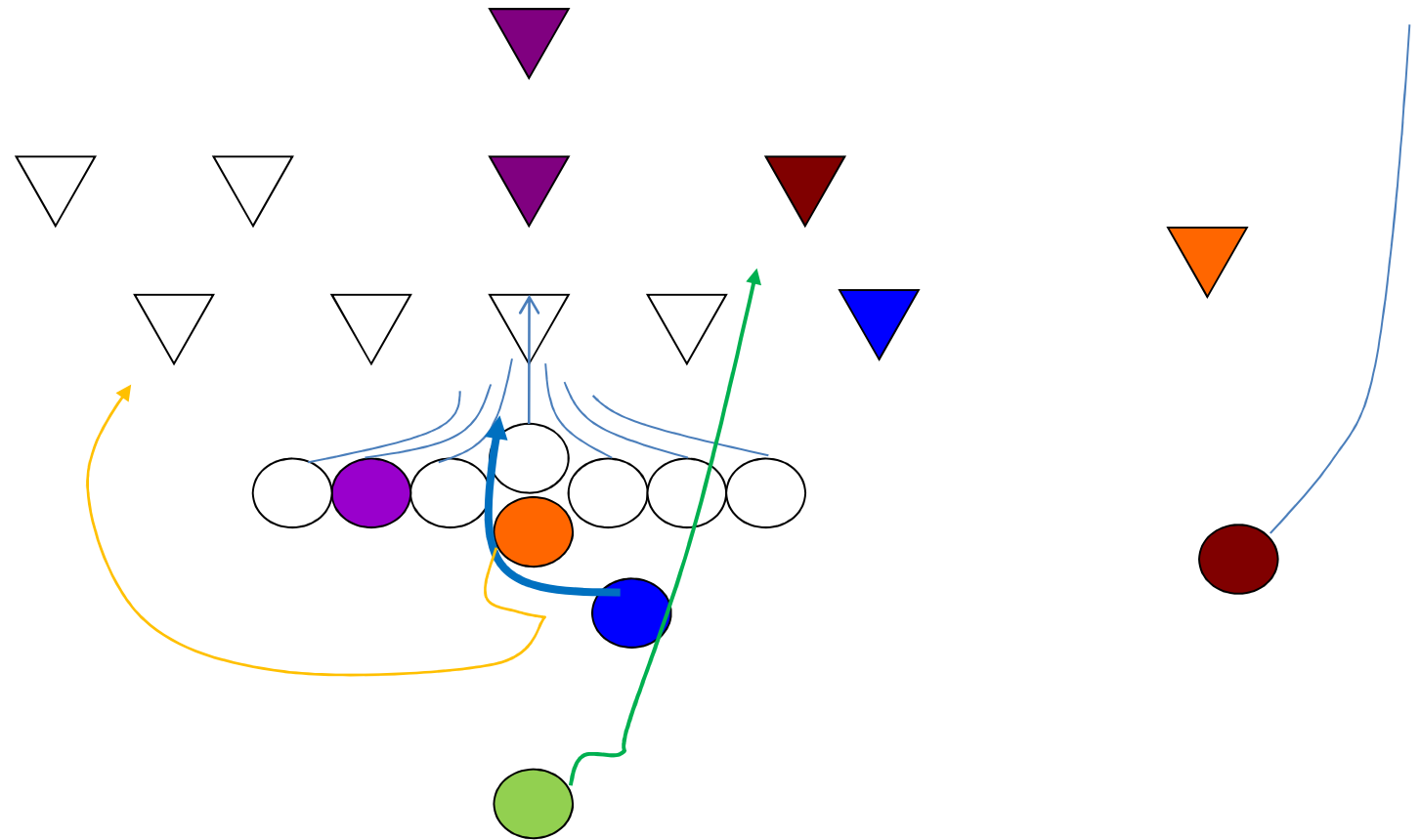
# Bear Nasty Rip 30 Wedge Right



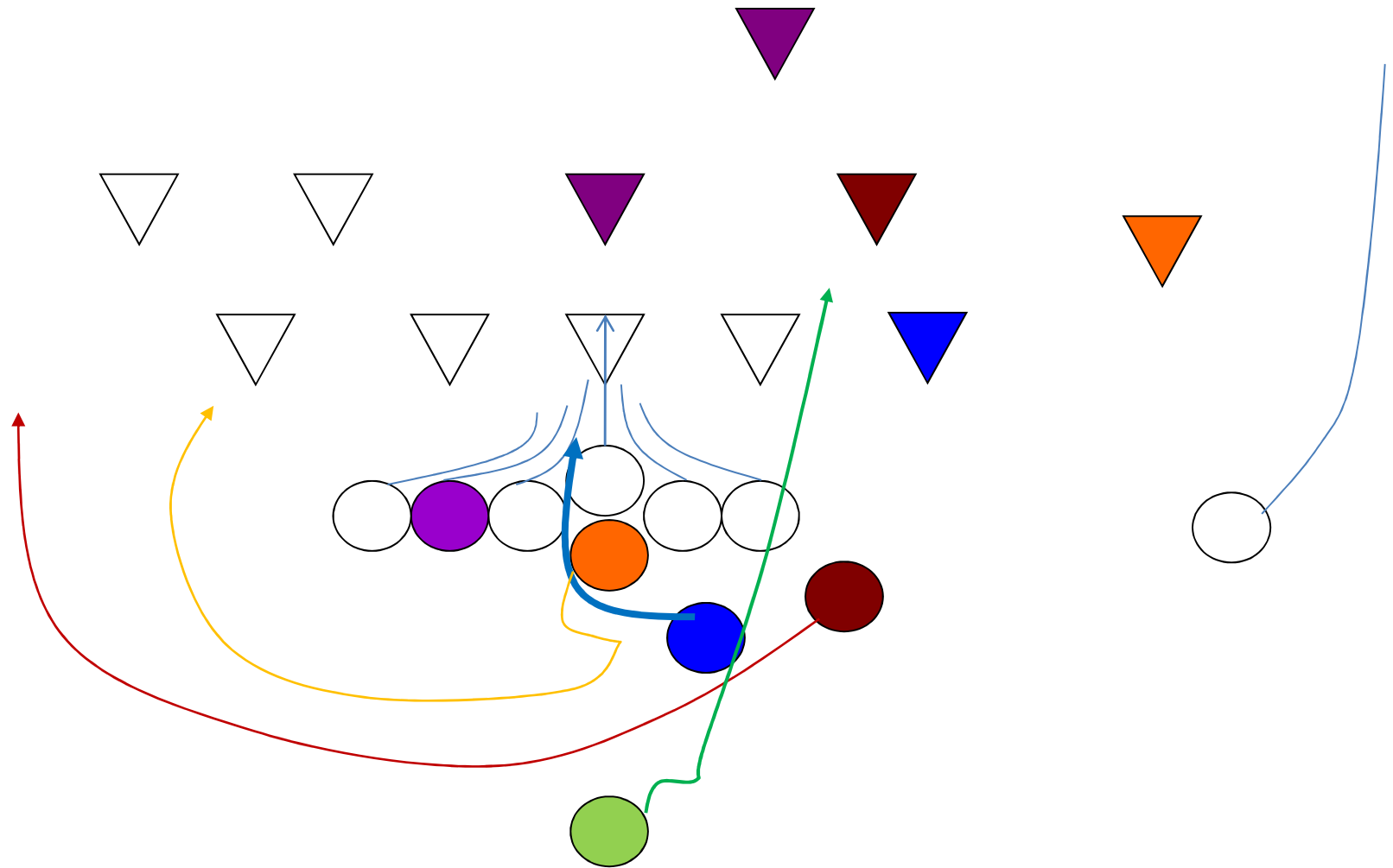
# Bear Loose Rip 30 Wedge Right



# Bear Flank Rip 30 Wedge Right



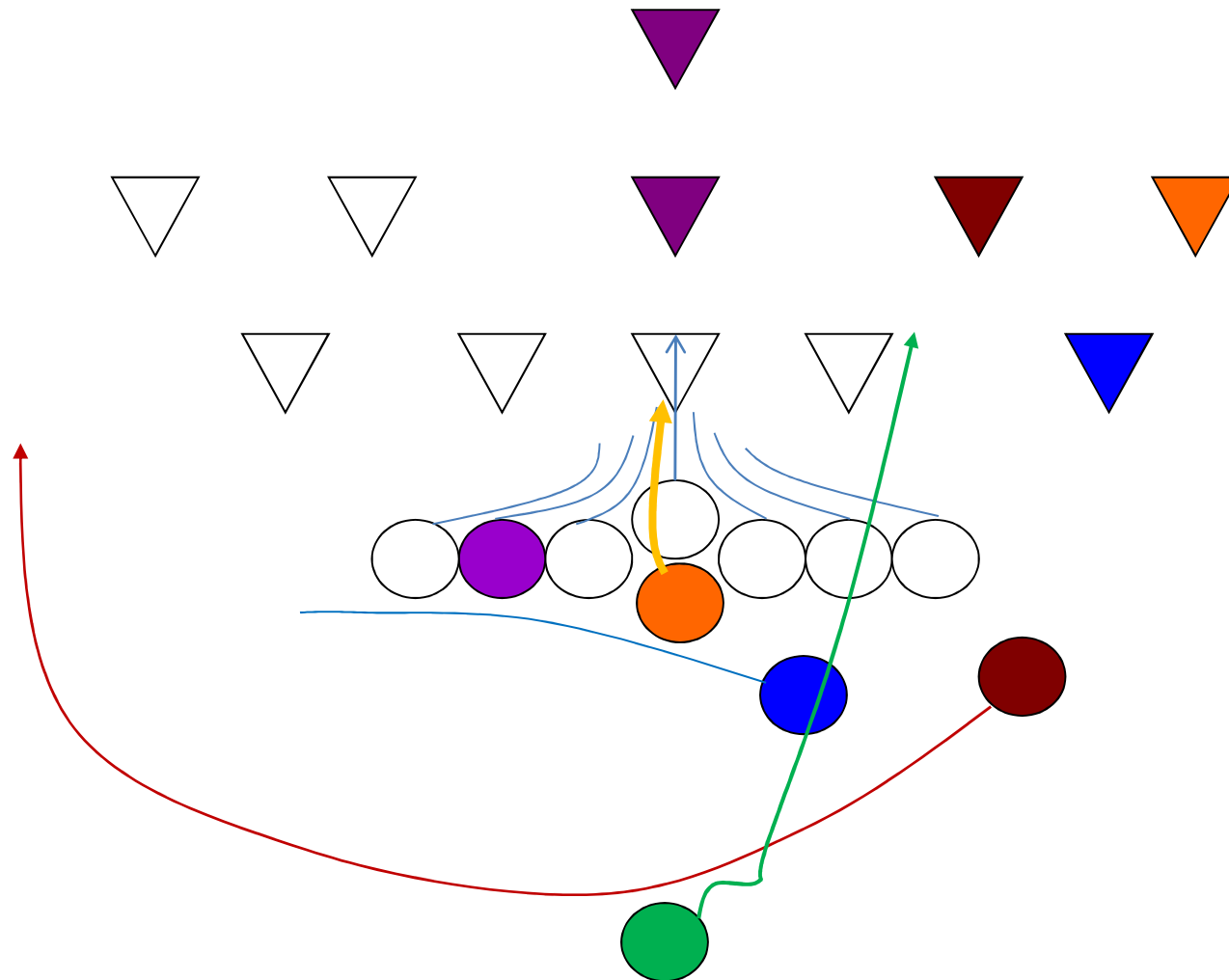
# Bear Split Rip 30 Wedge Right



# QB WEDGE Play

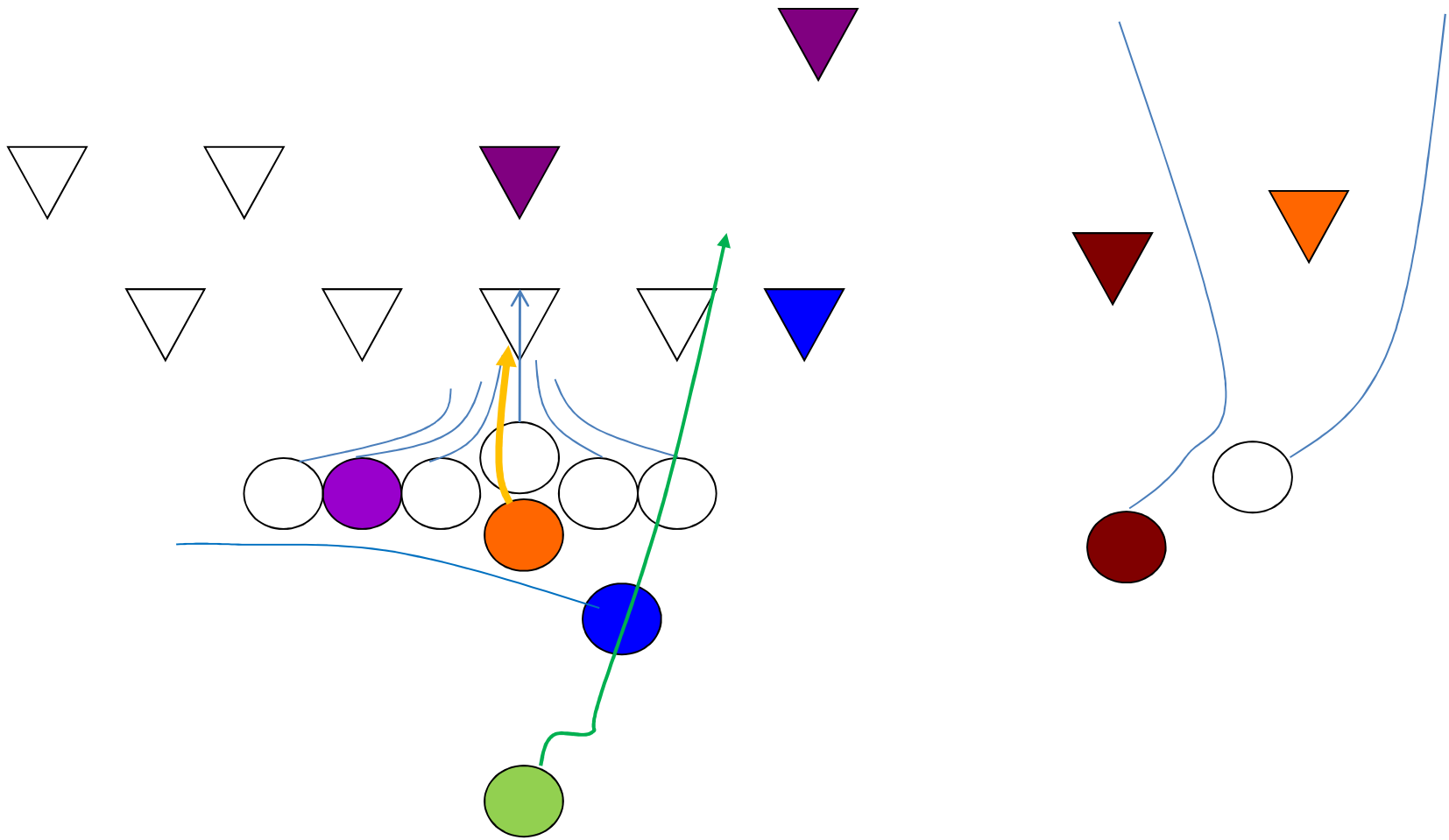
- Interior power play variant of this offense
- Uses reverse action behind it to create misdirection behind the wedge.
- Nice alternative to the BB wedge if your QB is a good runner.

# Bear Rip 10 Wedge Right



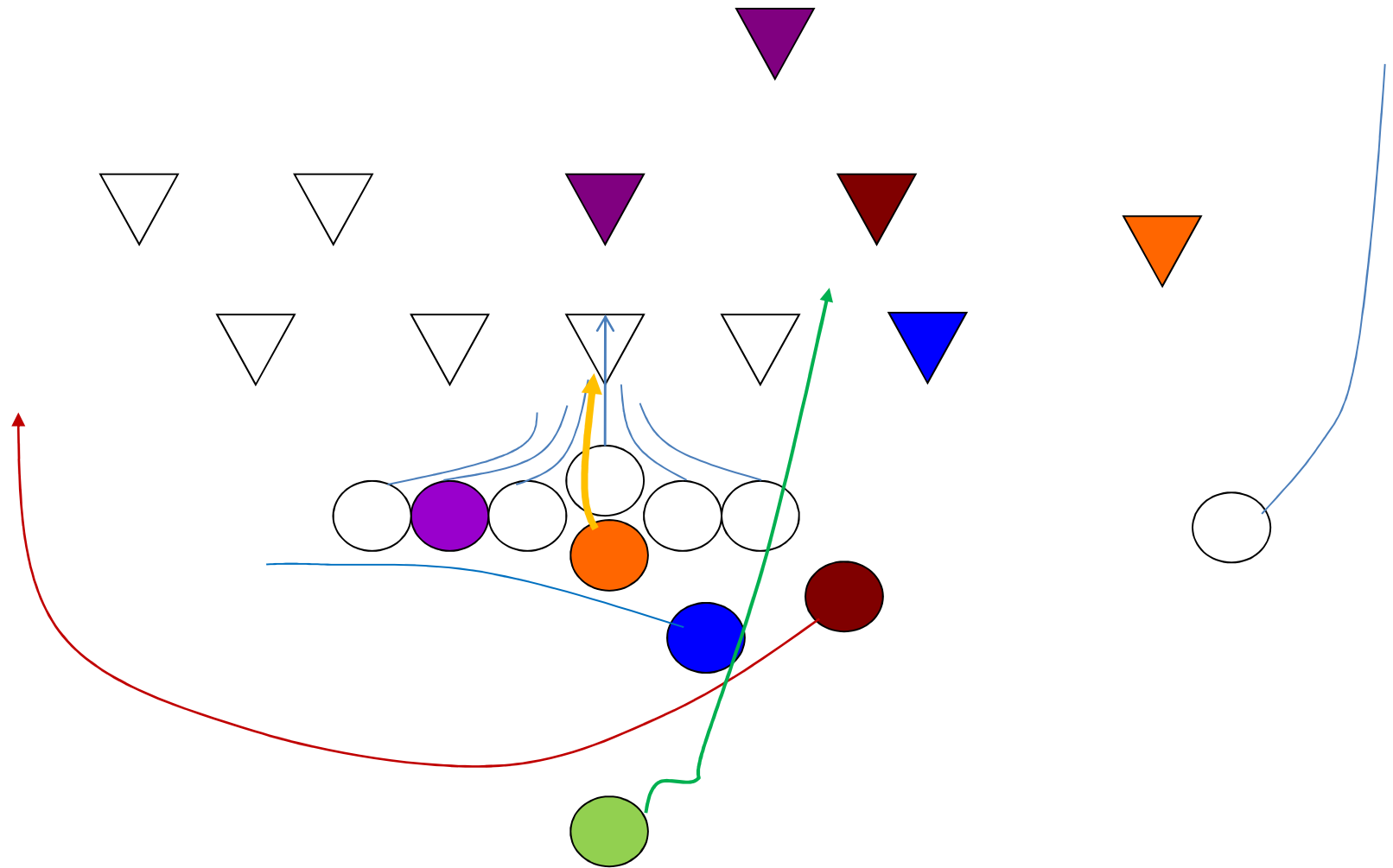


# Bear Loose Rip 10 Wedge Right





# Bear Split Rip 10 Wedge Right



# Bear Edge Plays

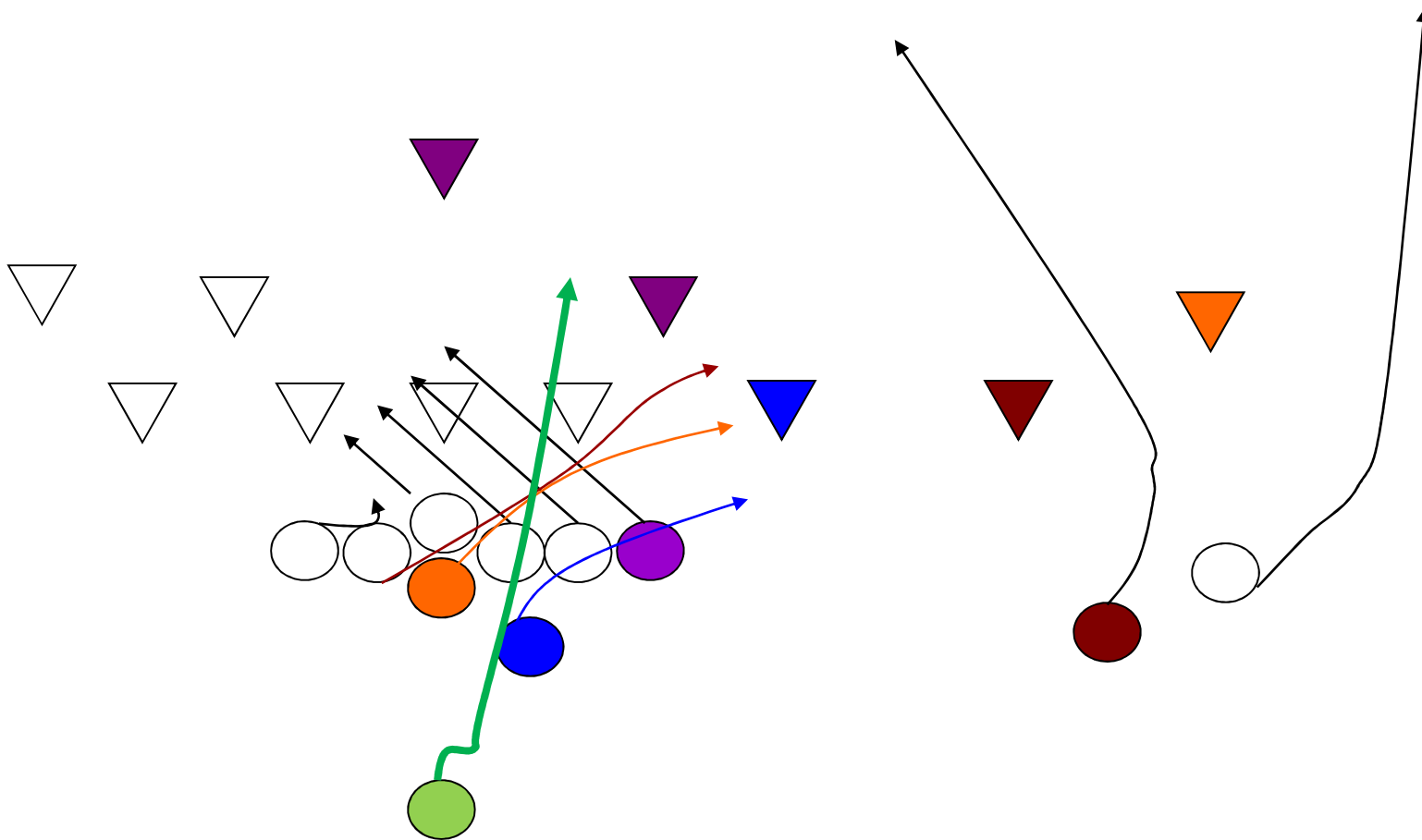
# TB SEAL Play

- 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.

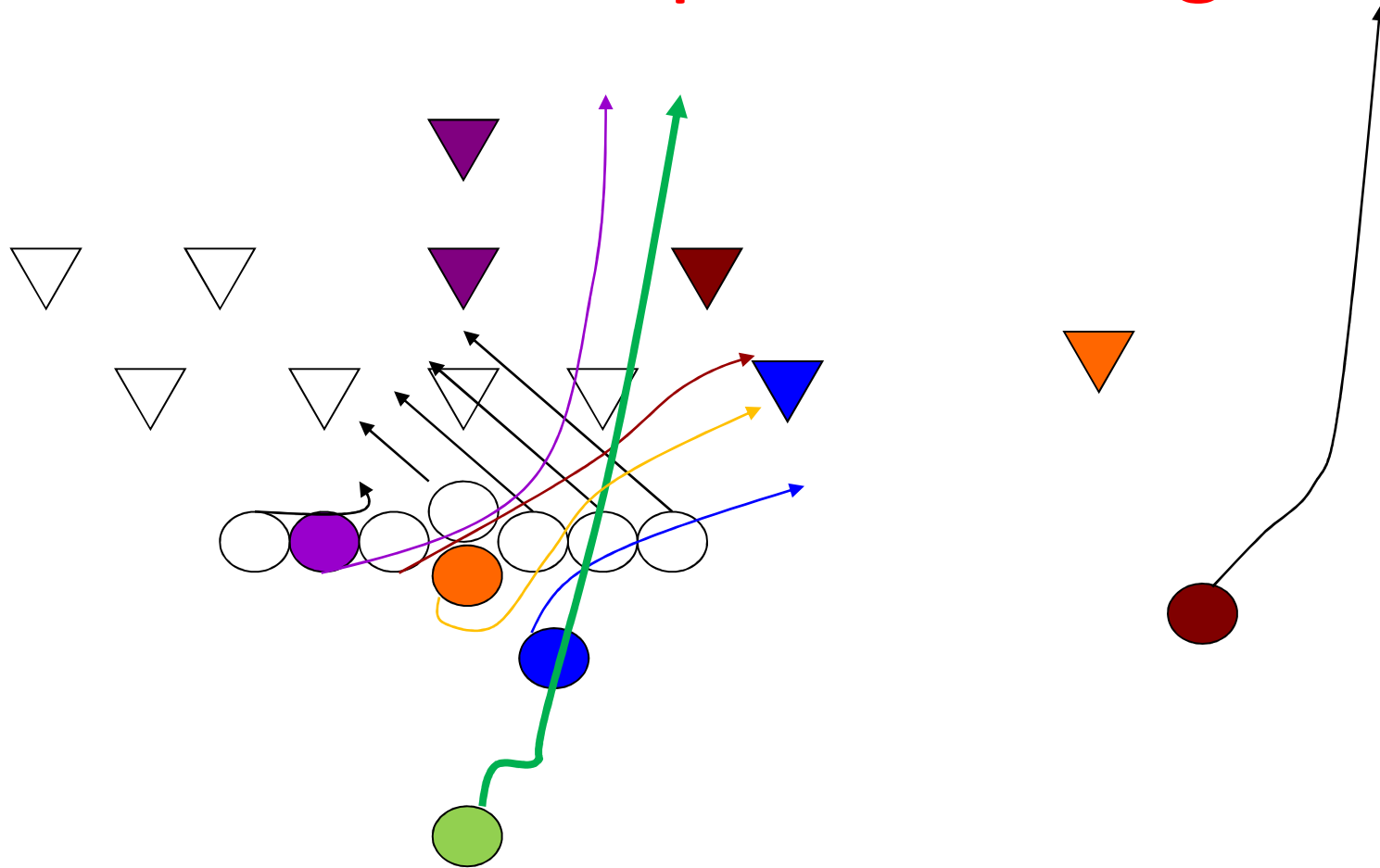




# Bear Loose Over Rip 26 Seal Right

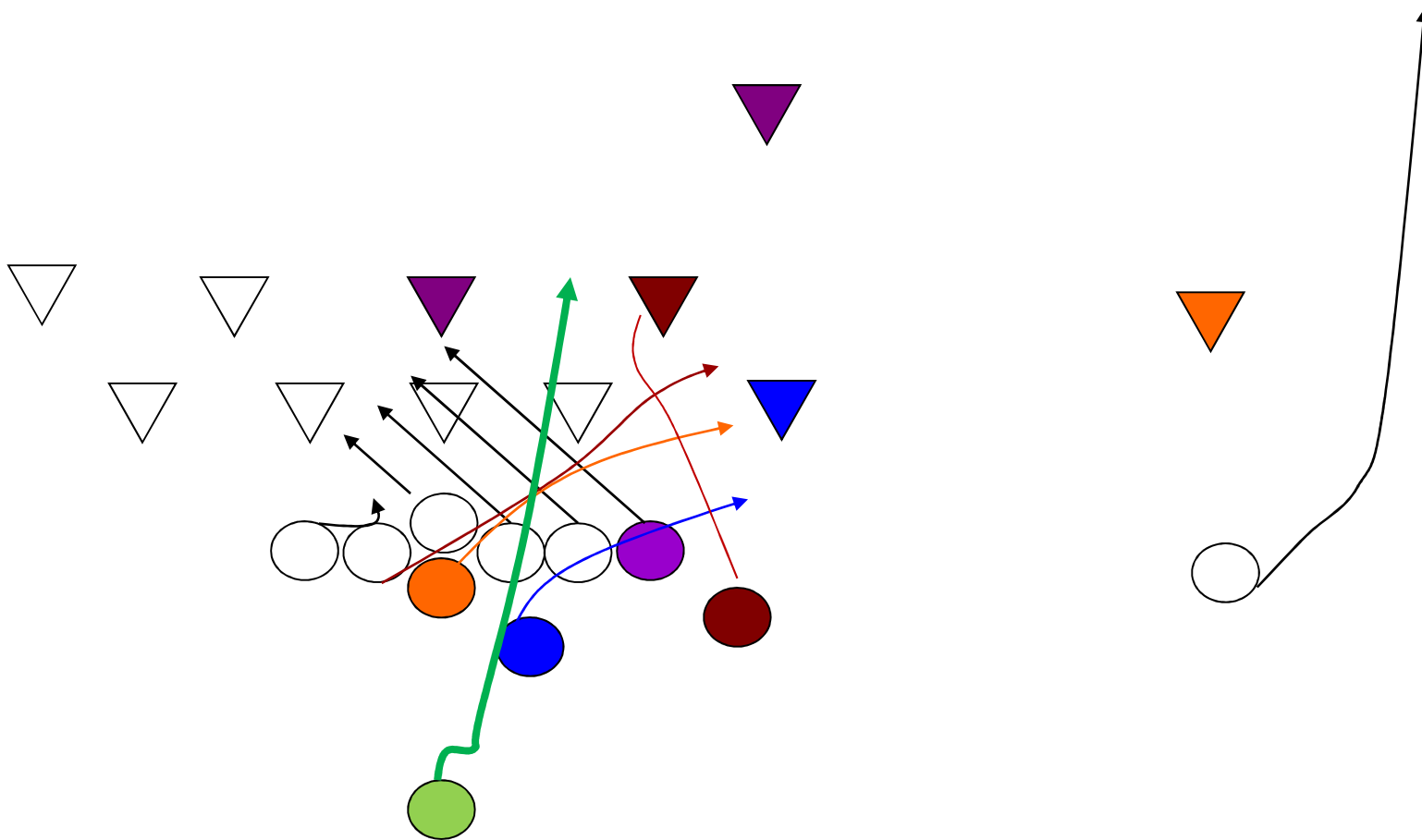


# Bear Flank Rip 26 Seal Right



OVER can be used to go unbalanced.

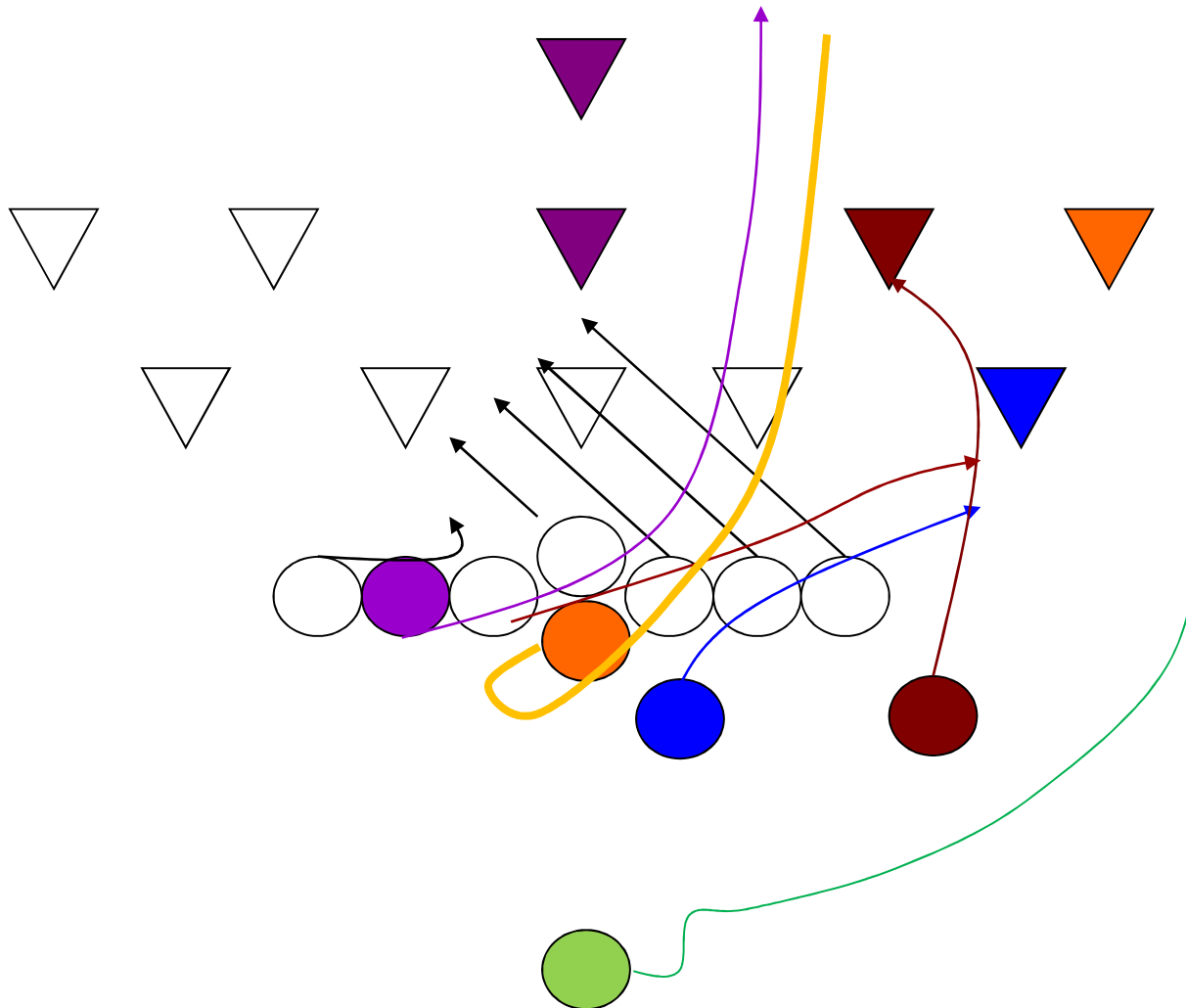
# Bear Split Over Rip 26 Seal Right



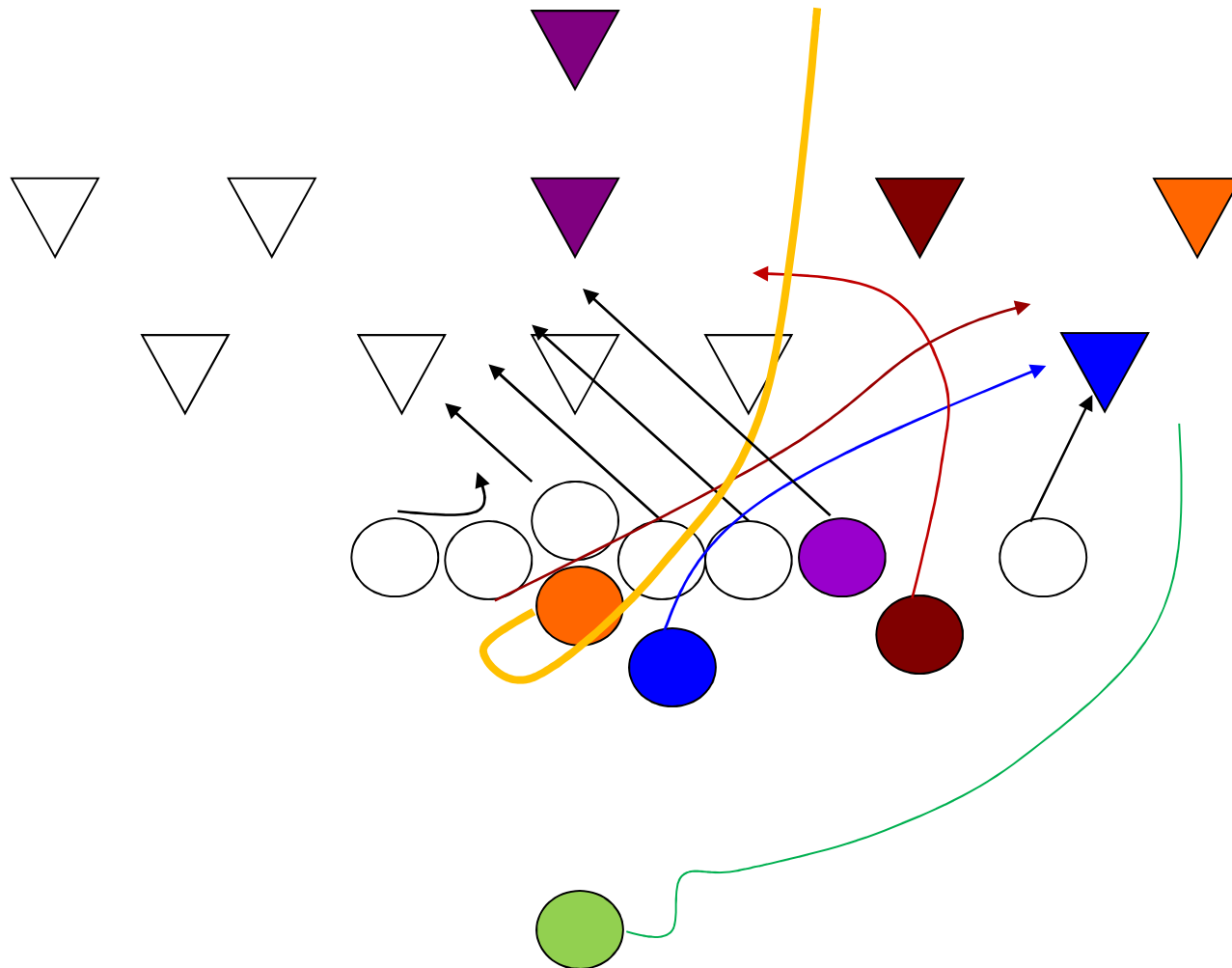
# QB SEAL Play

- 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.

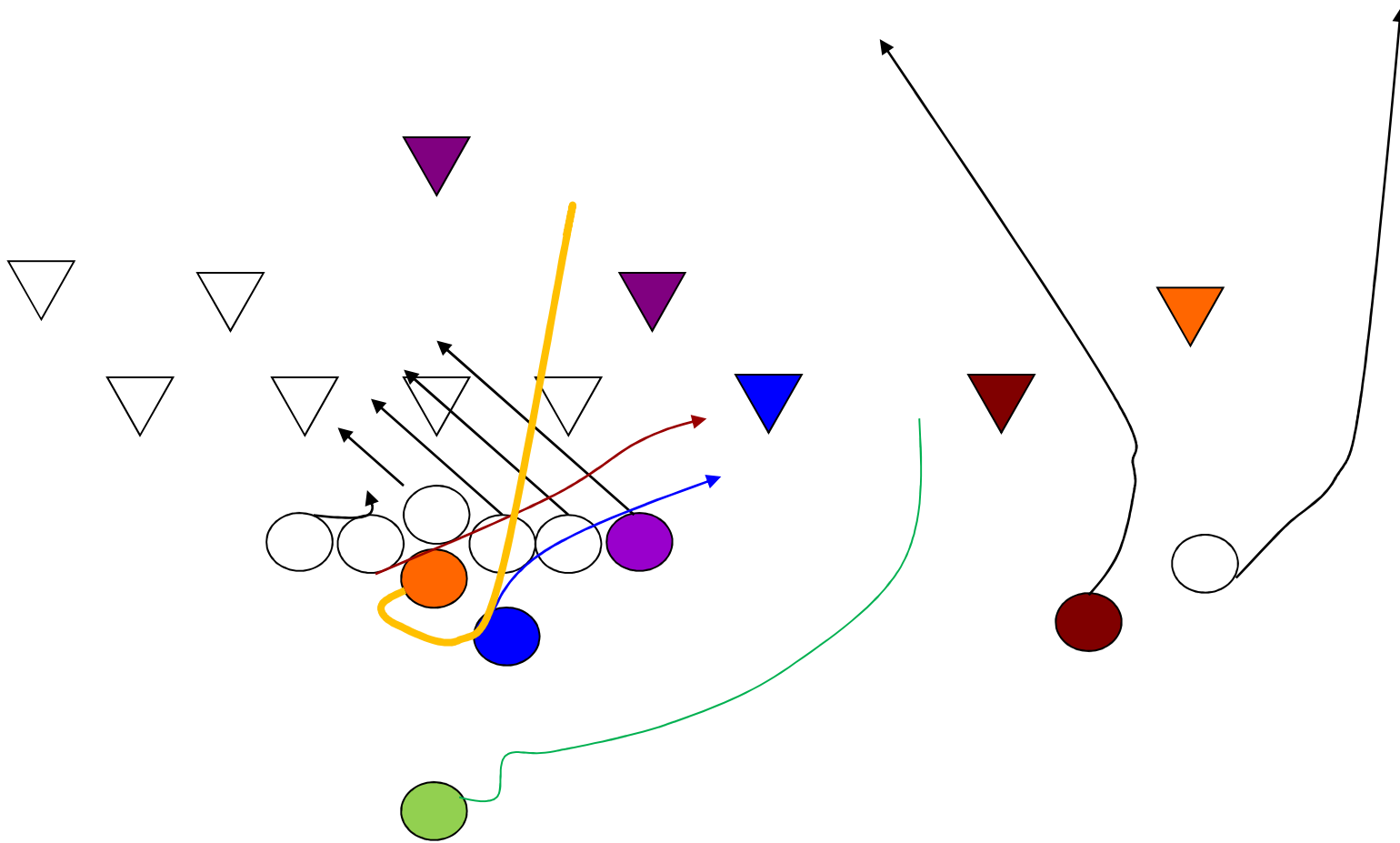
# Bear Rip 16 Seal Right



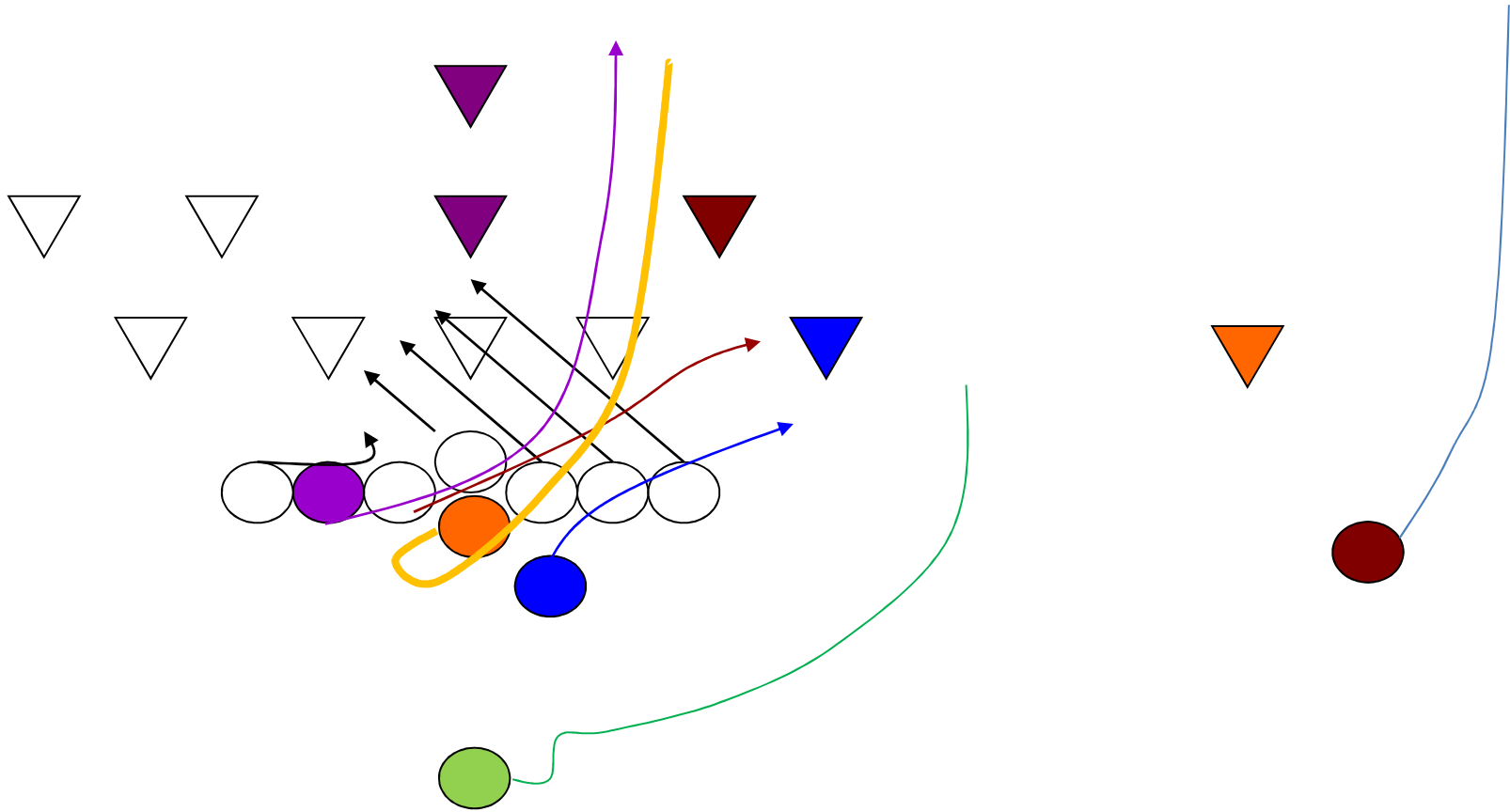
# Bear Nasty Rip 16 Seal Right



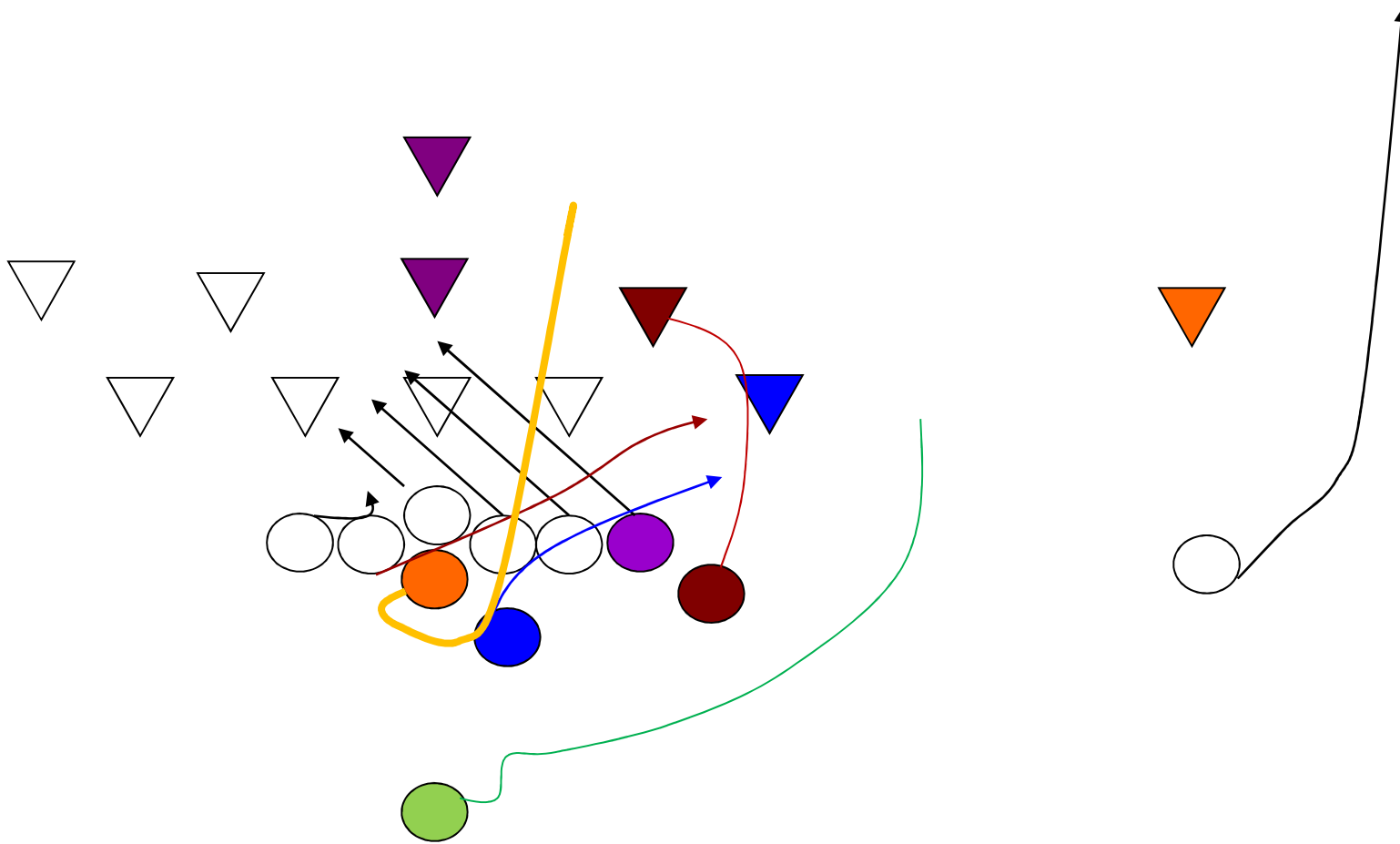
# Bear Loose Over Rip 16 Seal Right



# Bear Flank Rip 16 Seal Right



# Bear Split Over Rip 16 Seal Right

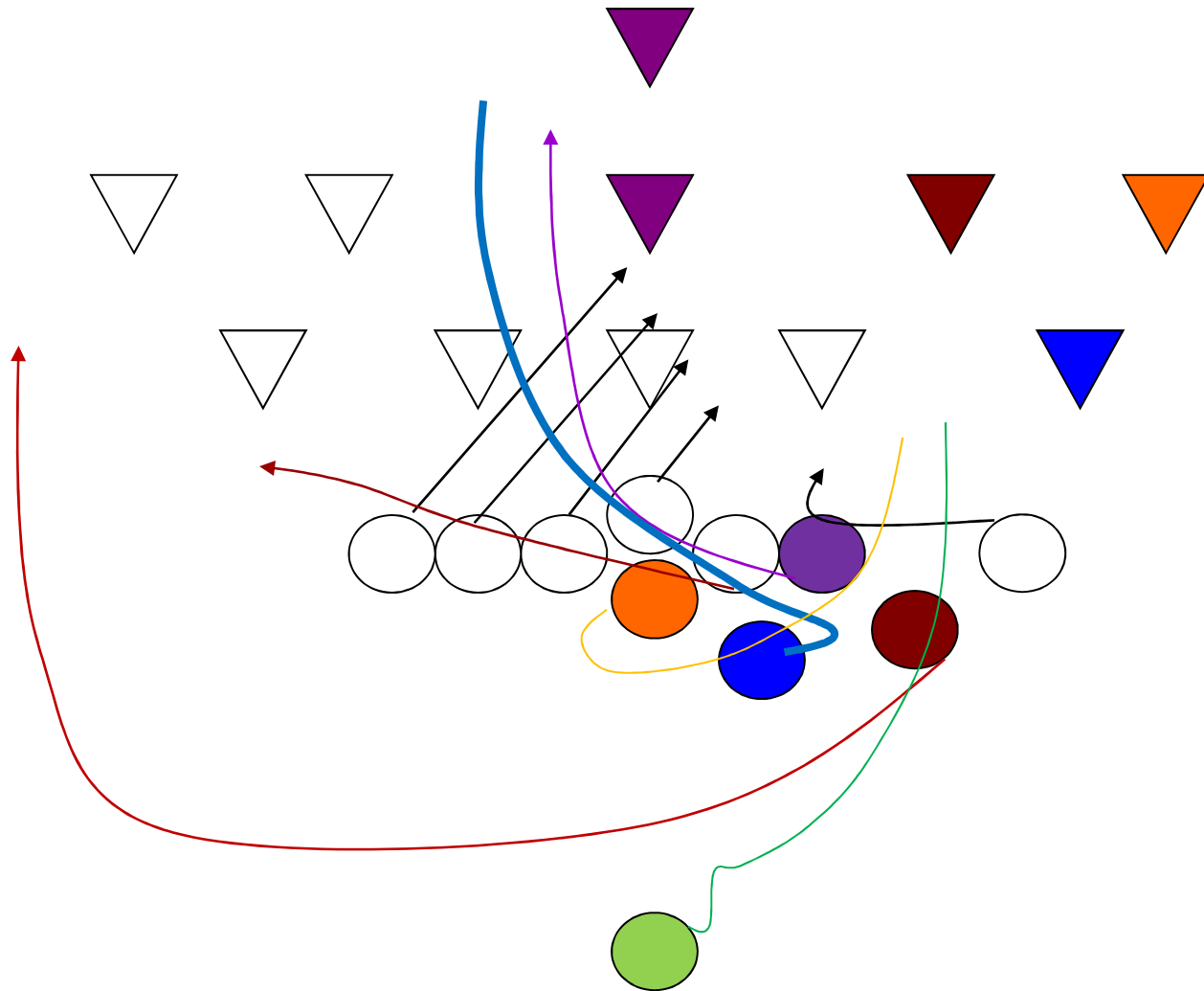


# BB Kick

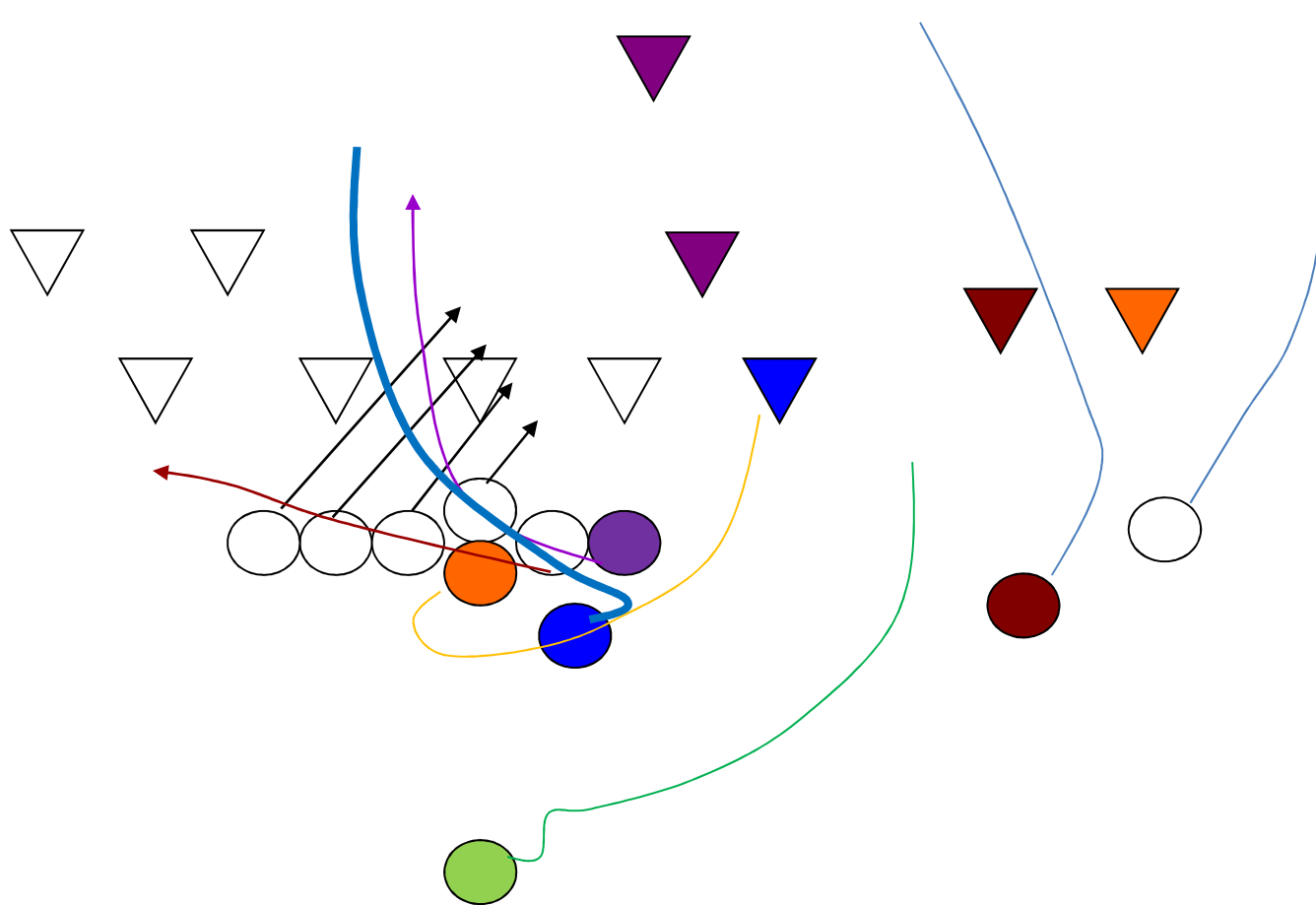
- Edge misdirection play that allows us to attack the defense with the pre-flow look of WB power in the opposite direction, reverse action in the play direction and hit back inside on the edge with the BB.
- BB must hit inside vertically and go north-south quickly.



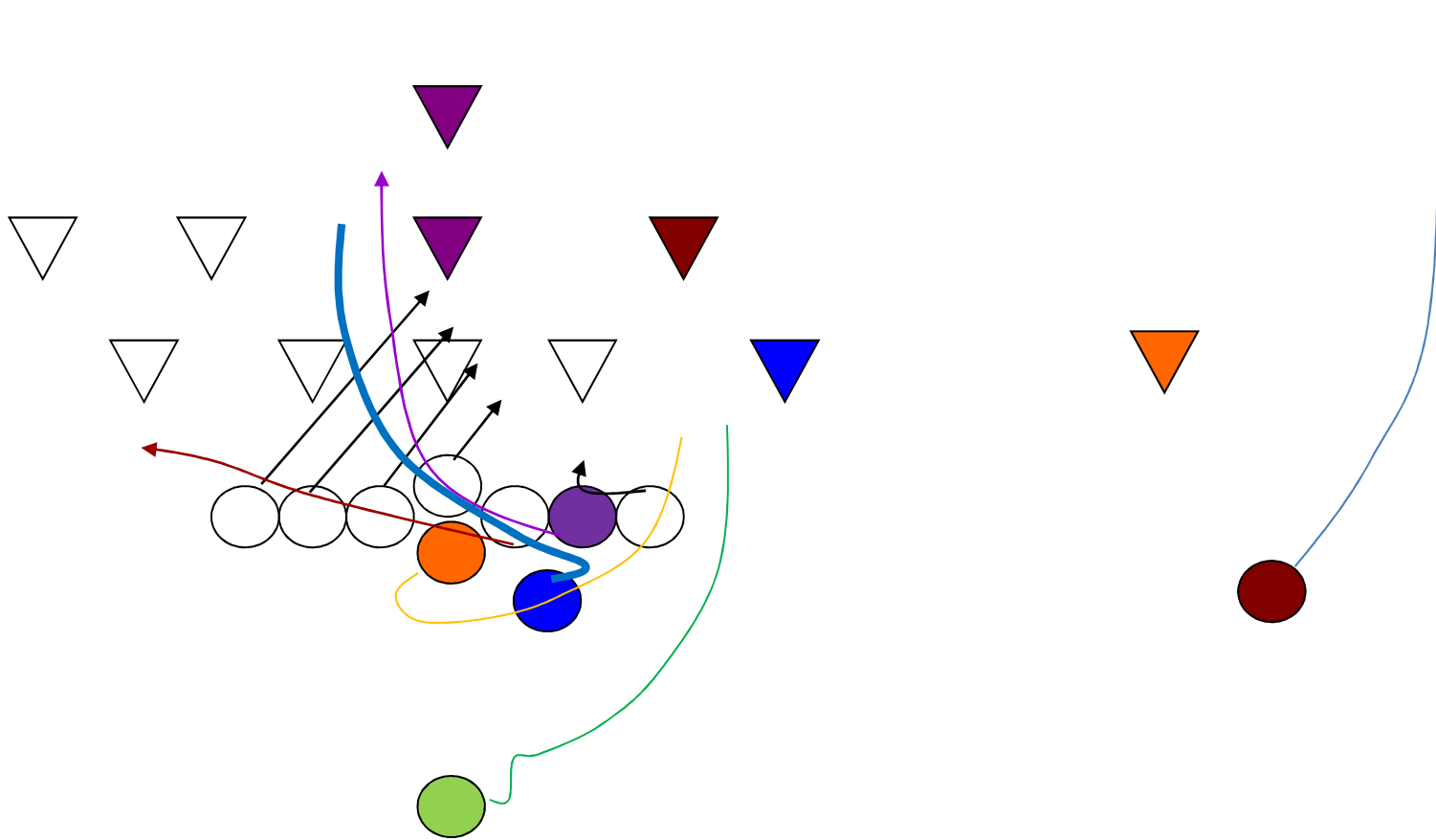
# Bear Nasty Rip 33 Kick Left



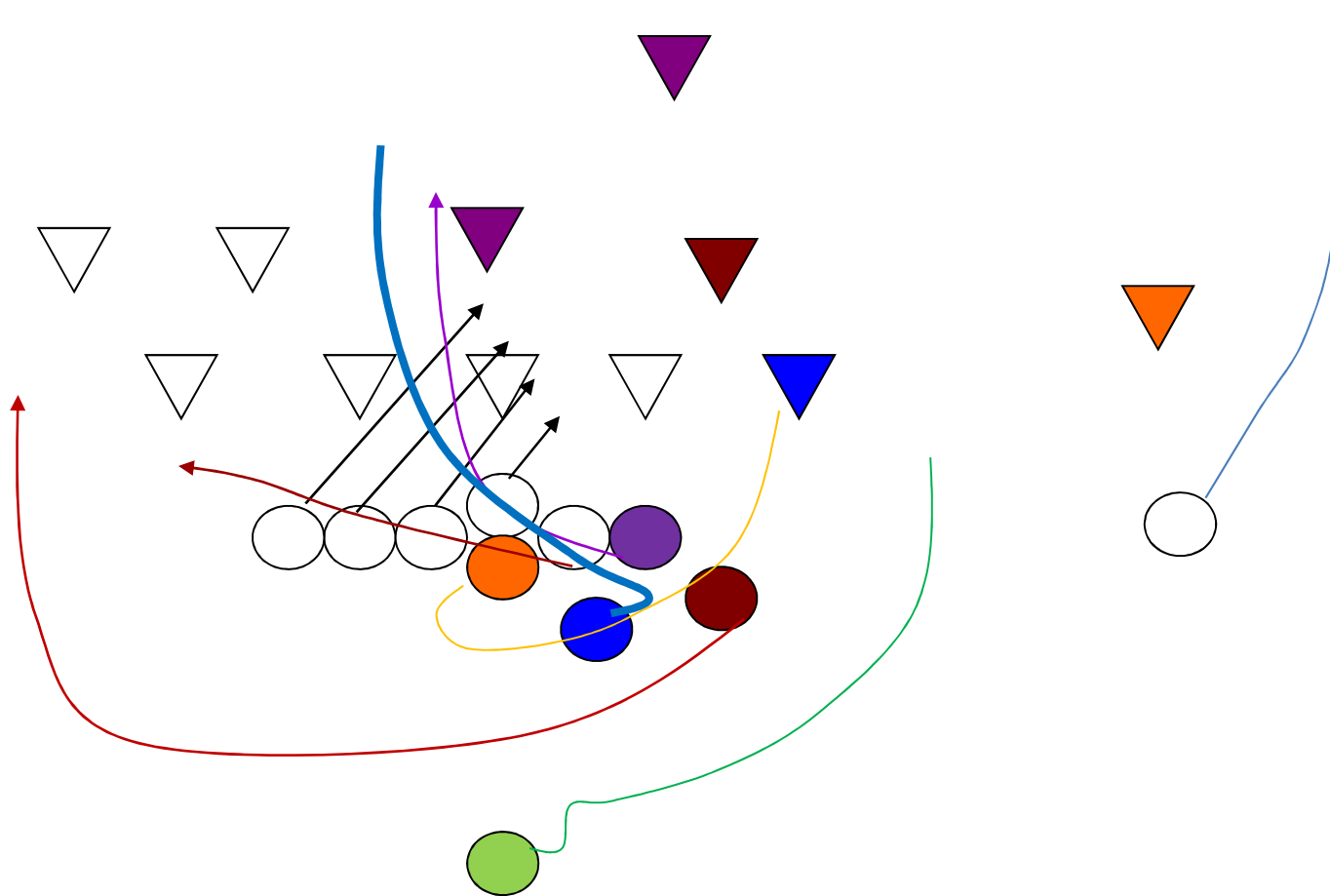
# Bear Loose Rip 33 Kick Left



# Bear Flank Rip 33 Kick Left



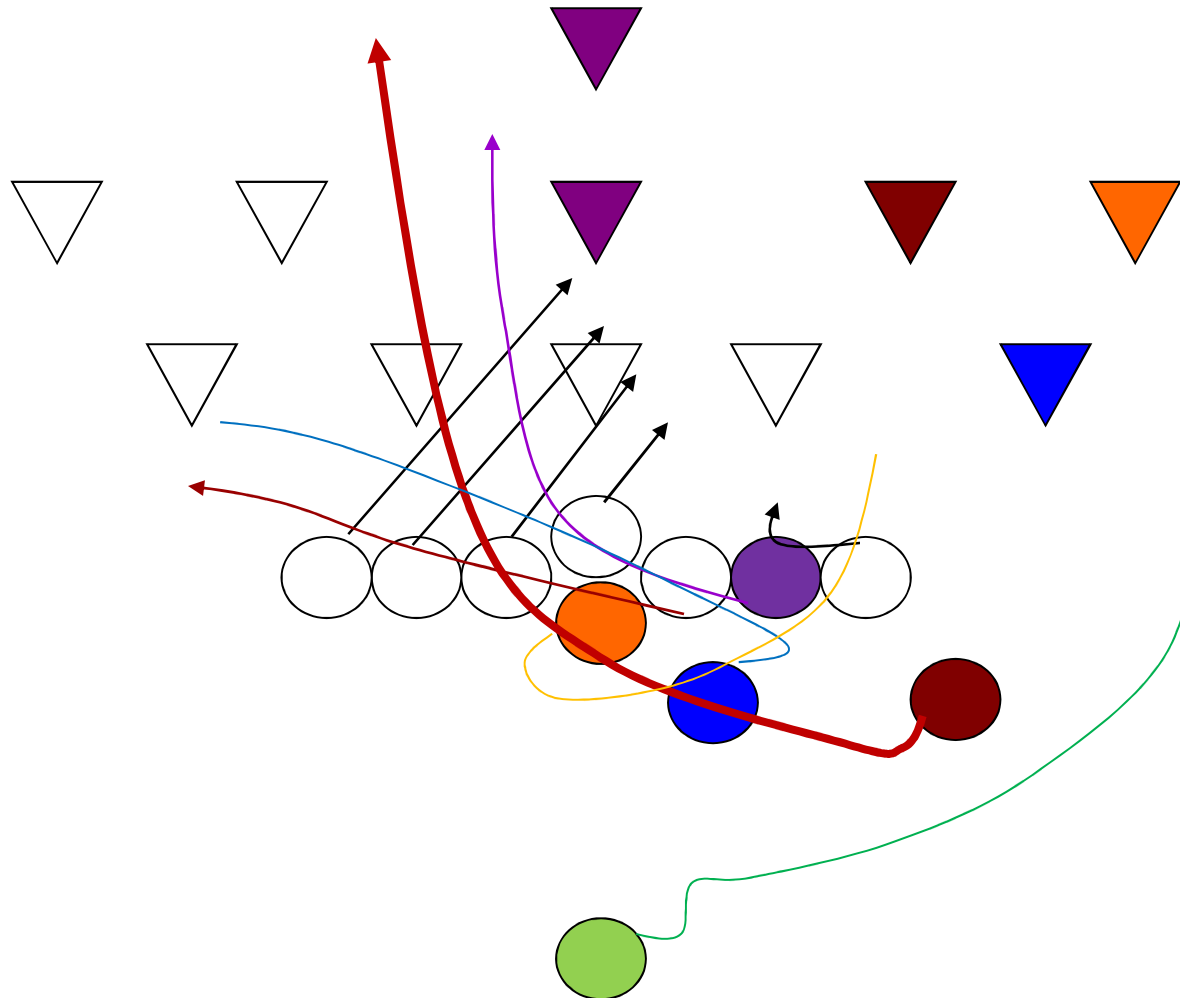
# Bear Split Rip 33 Kick Left



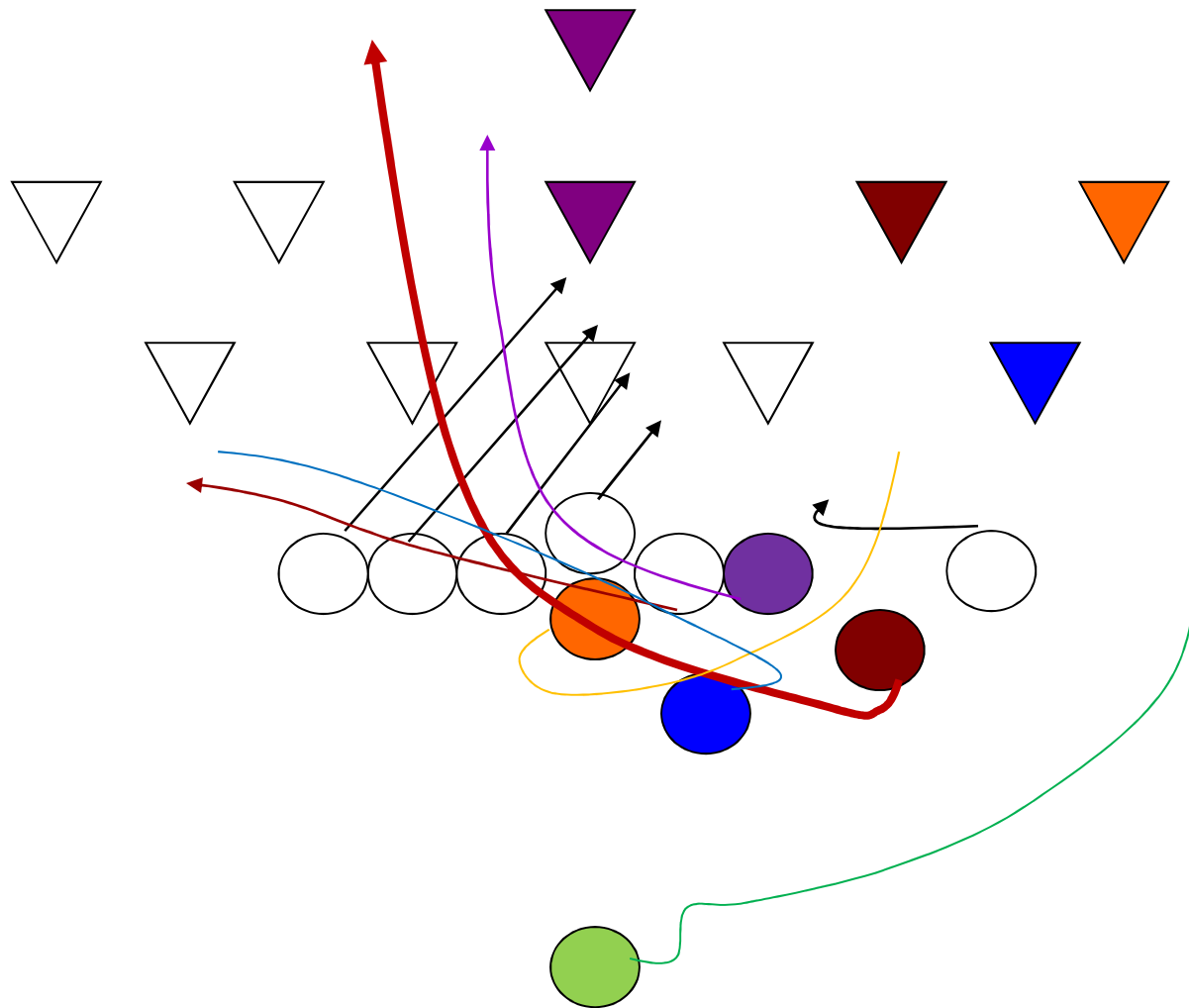
# WB Kick

- 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.

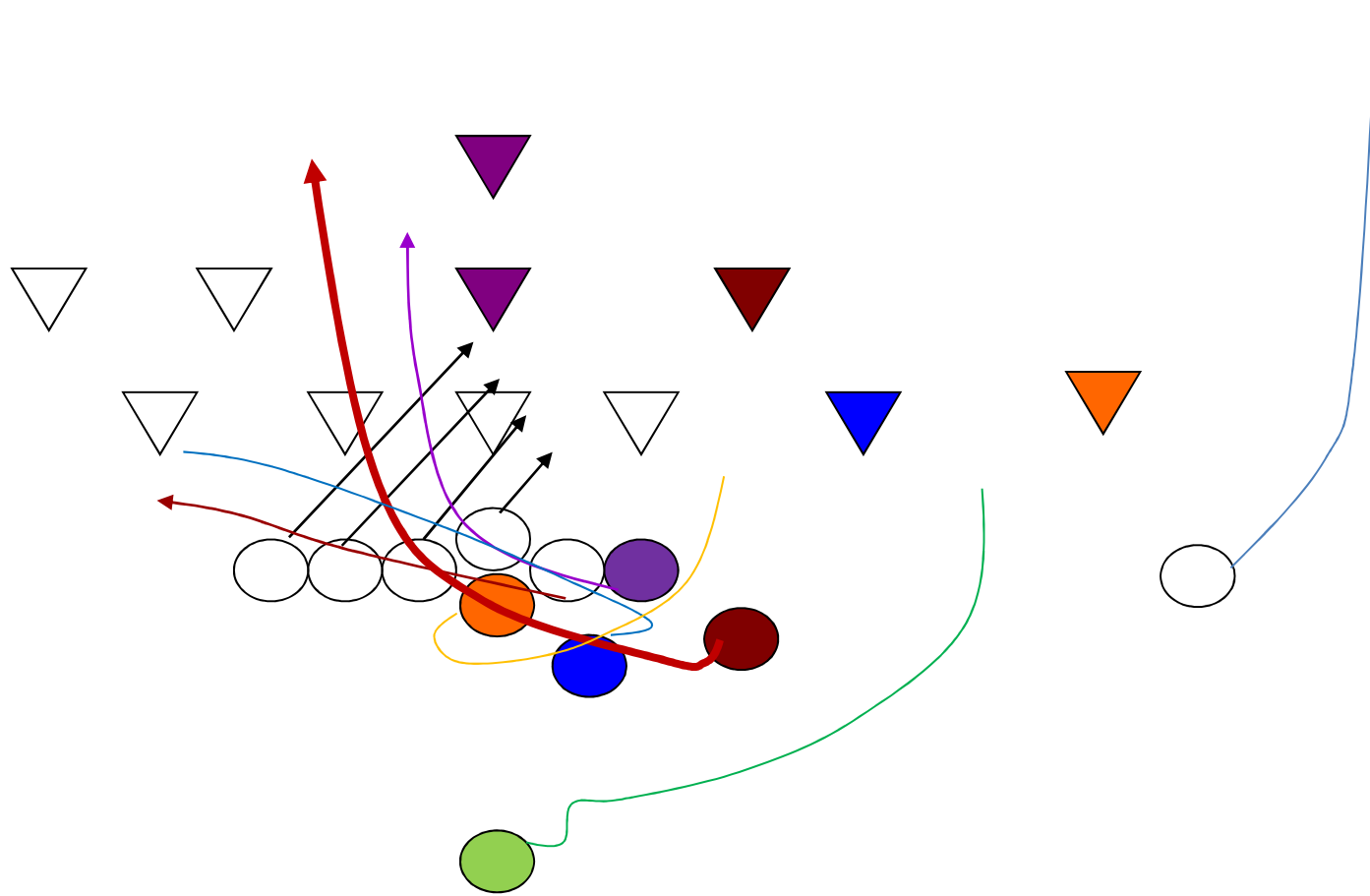
# Bear Rip 45 Kick Left



# Bear Nasty Rip 45 Kick Left



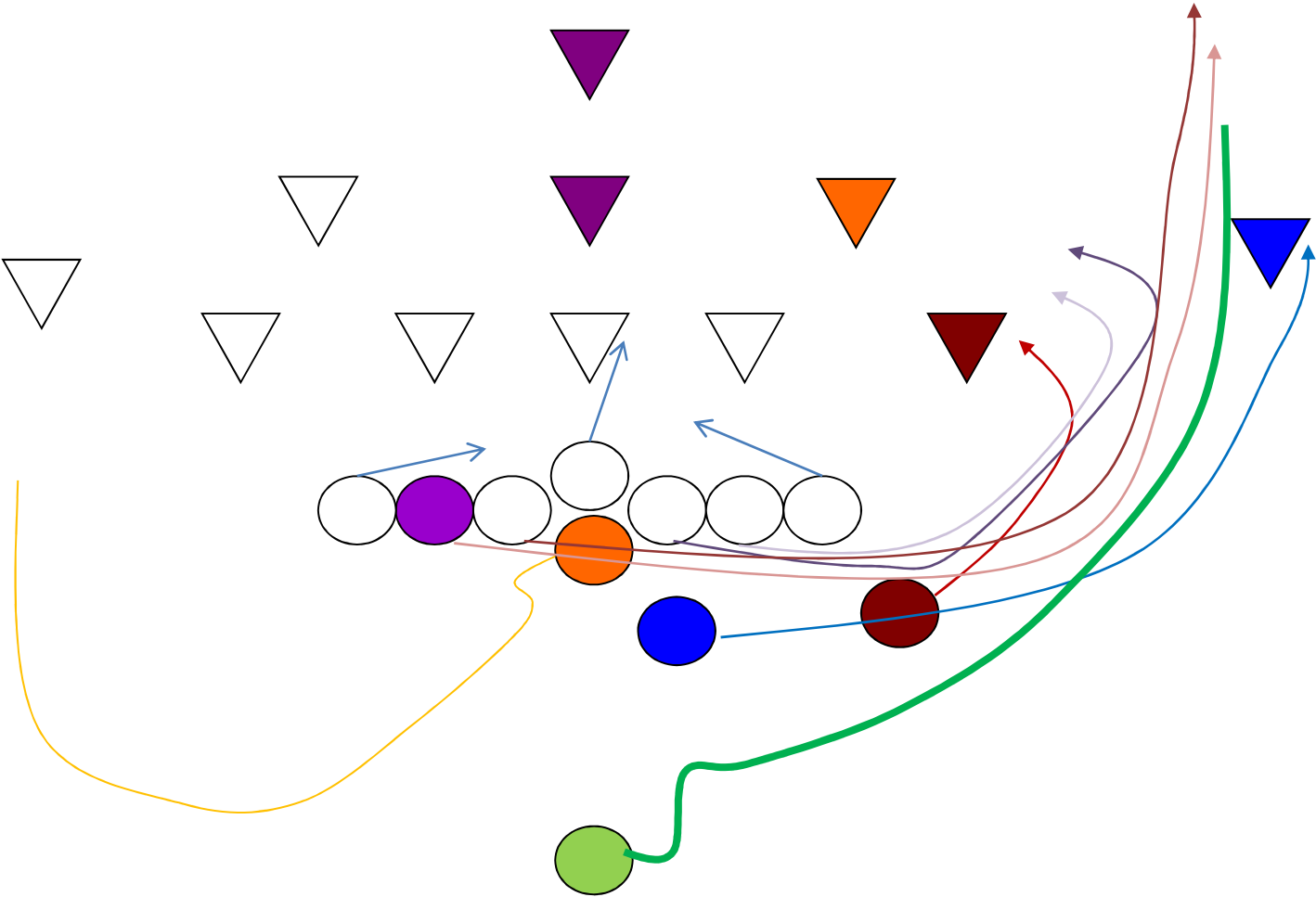
# Bear Rip 45 Kick Left



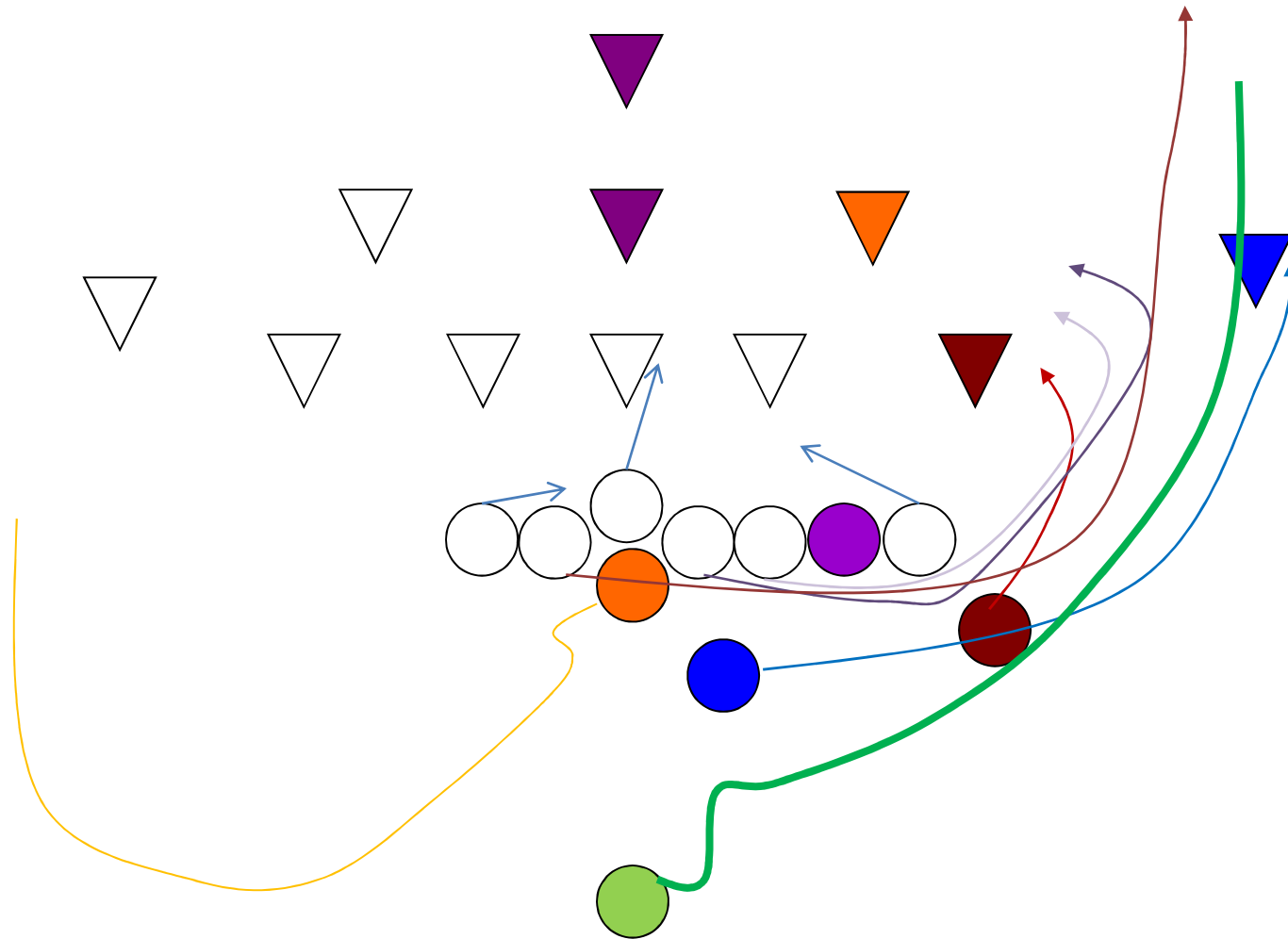
# WB Monster Sweep Play

- 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.

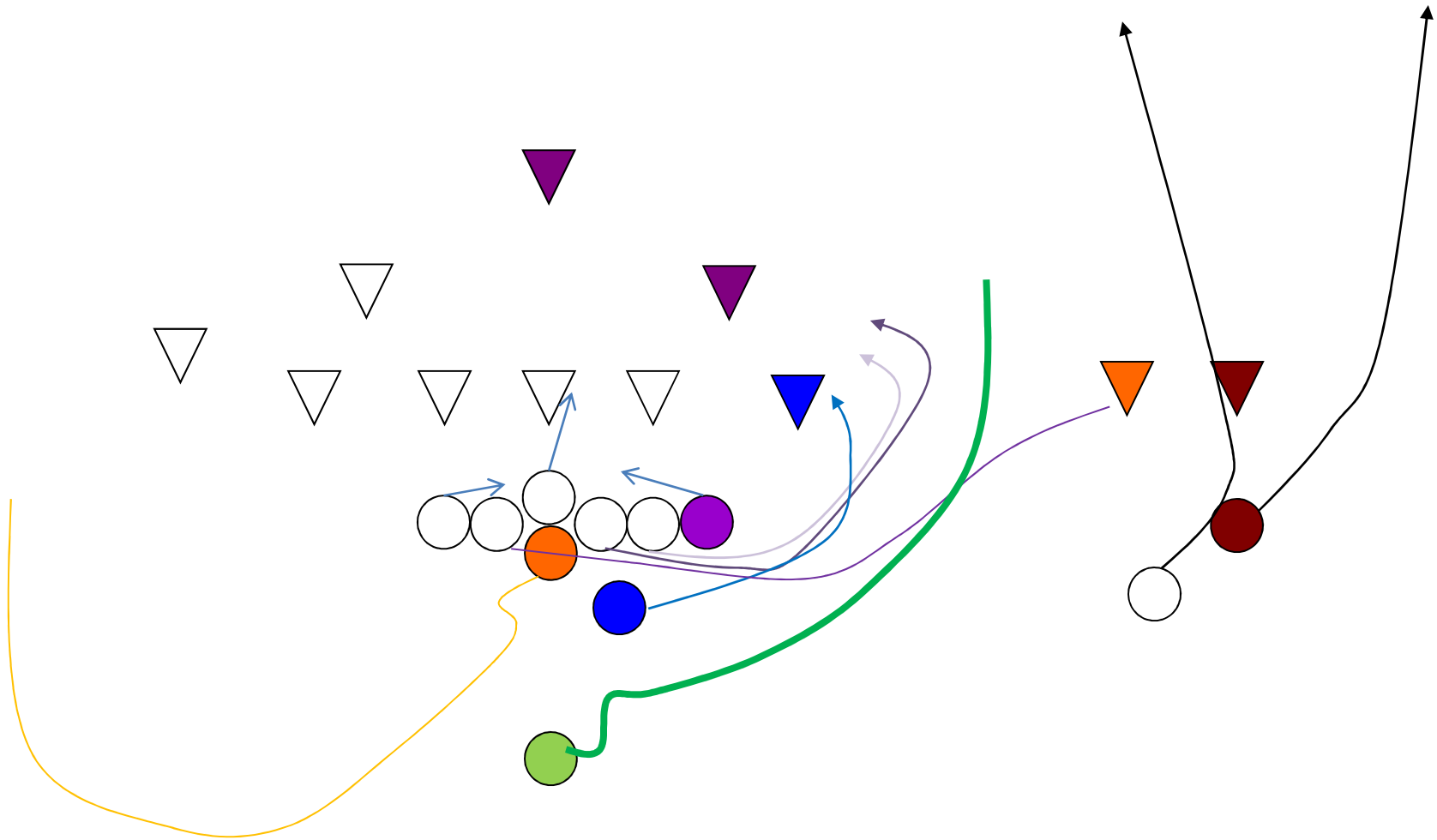
# Bear Rip 28 Monster Sweep Right



# Bear Over Rip 28 Monster Sweep Right



# Bear Loose Over Rip 28 Monster Sweep Right

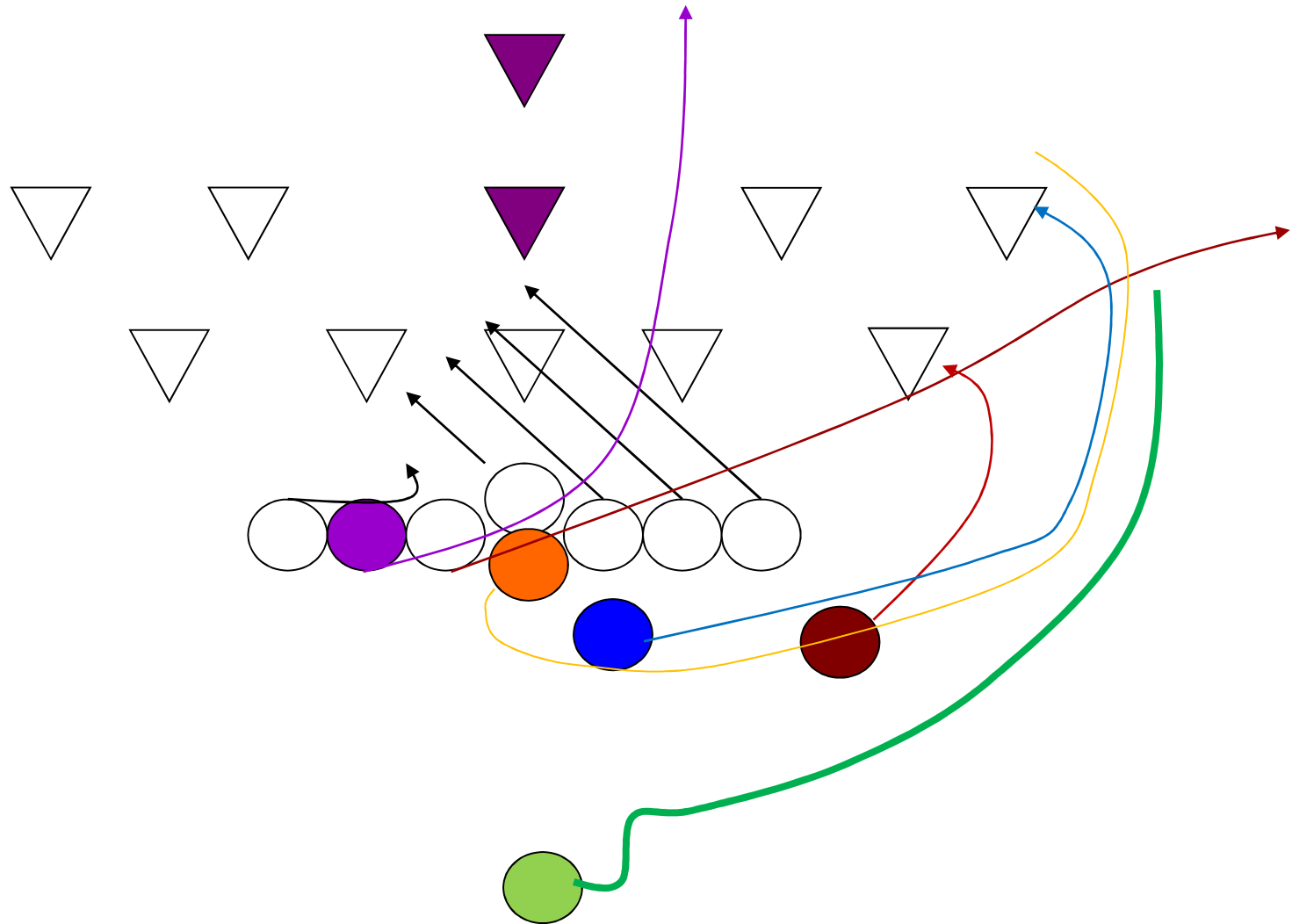




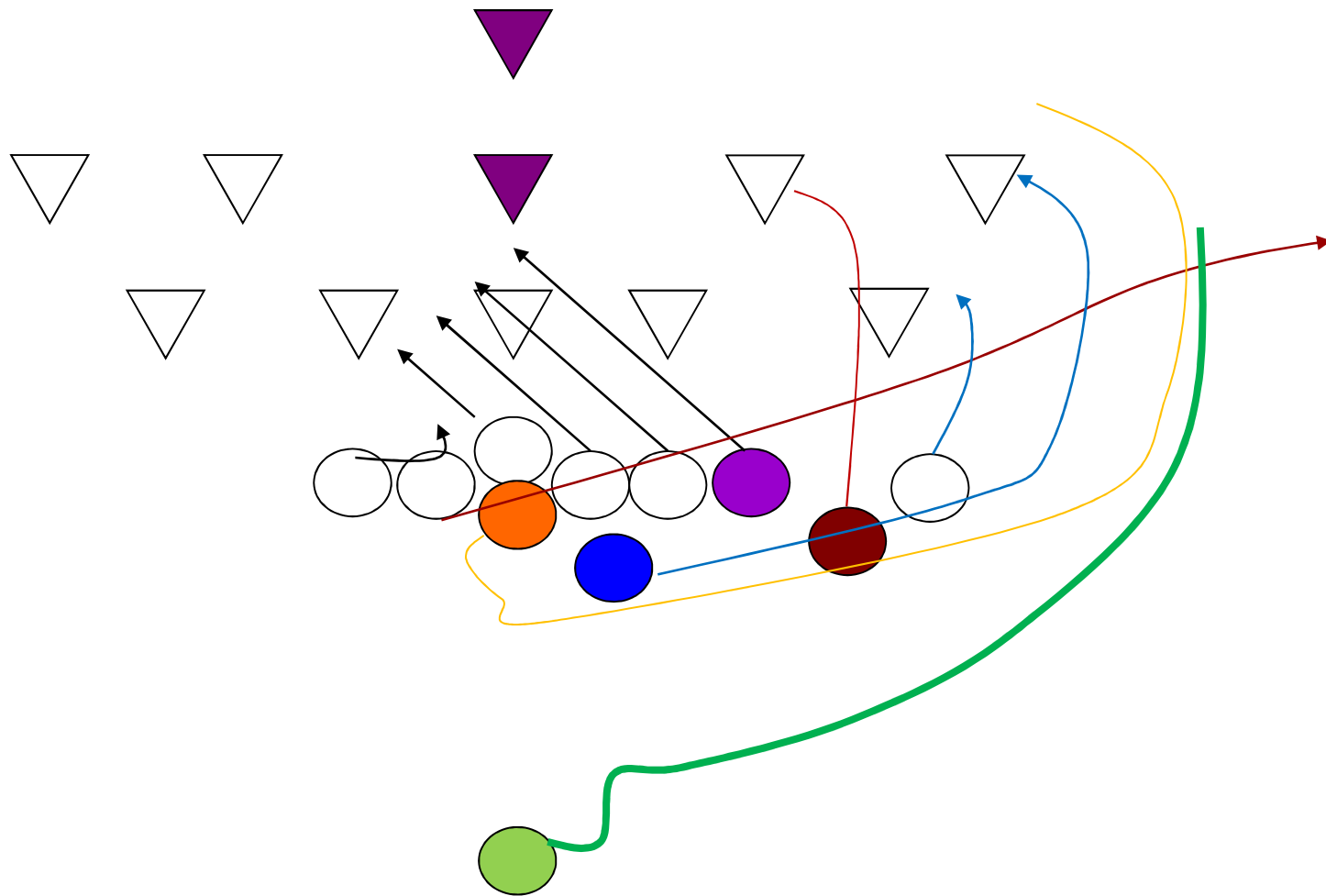
# WB Wide Play

- 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.

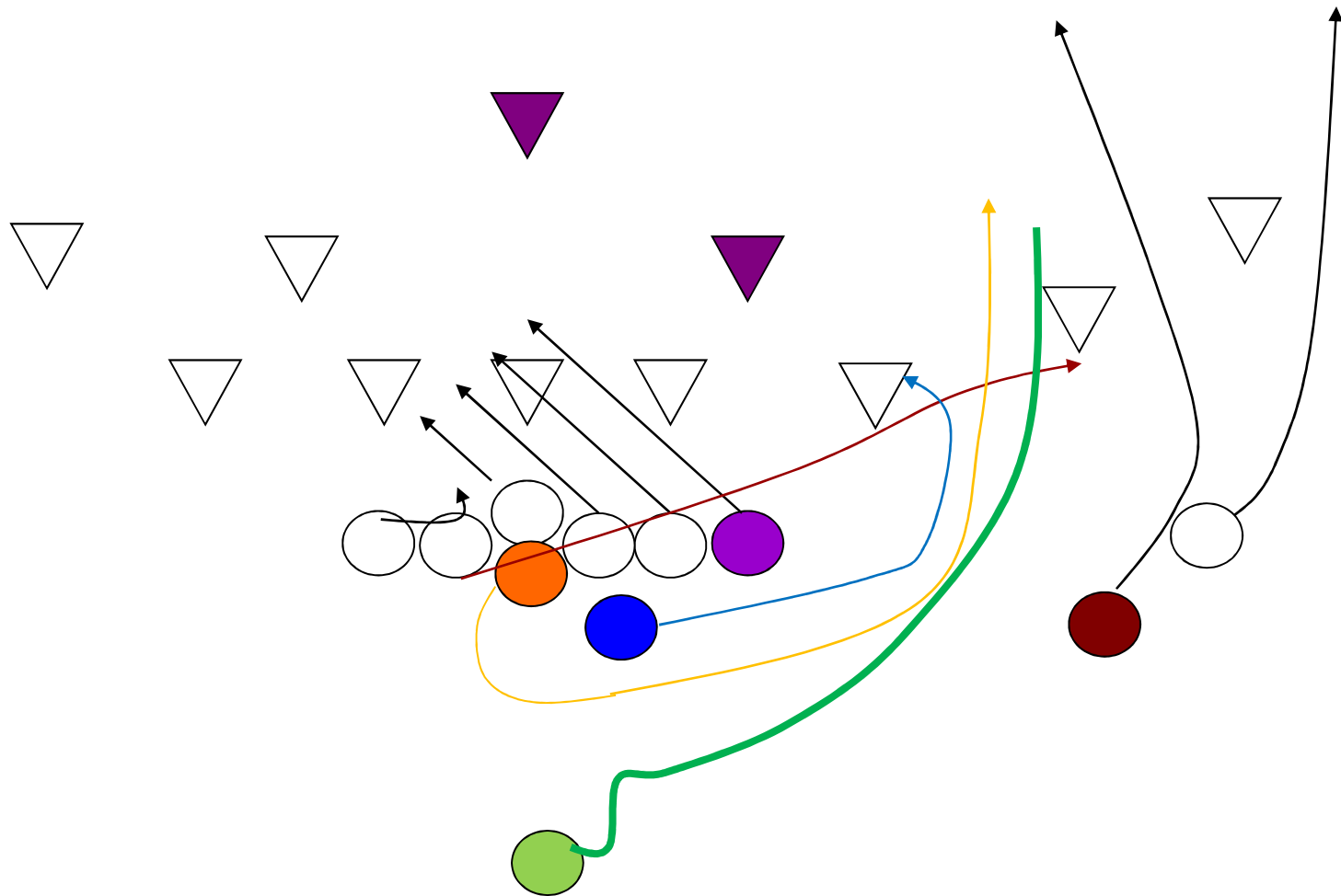
# Bear Rip 28 Wide Right



# Bear Nasty Over Rip 28 Wide Right

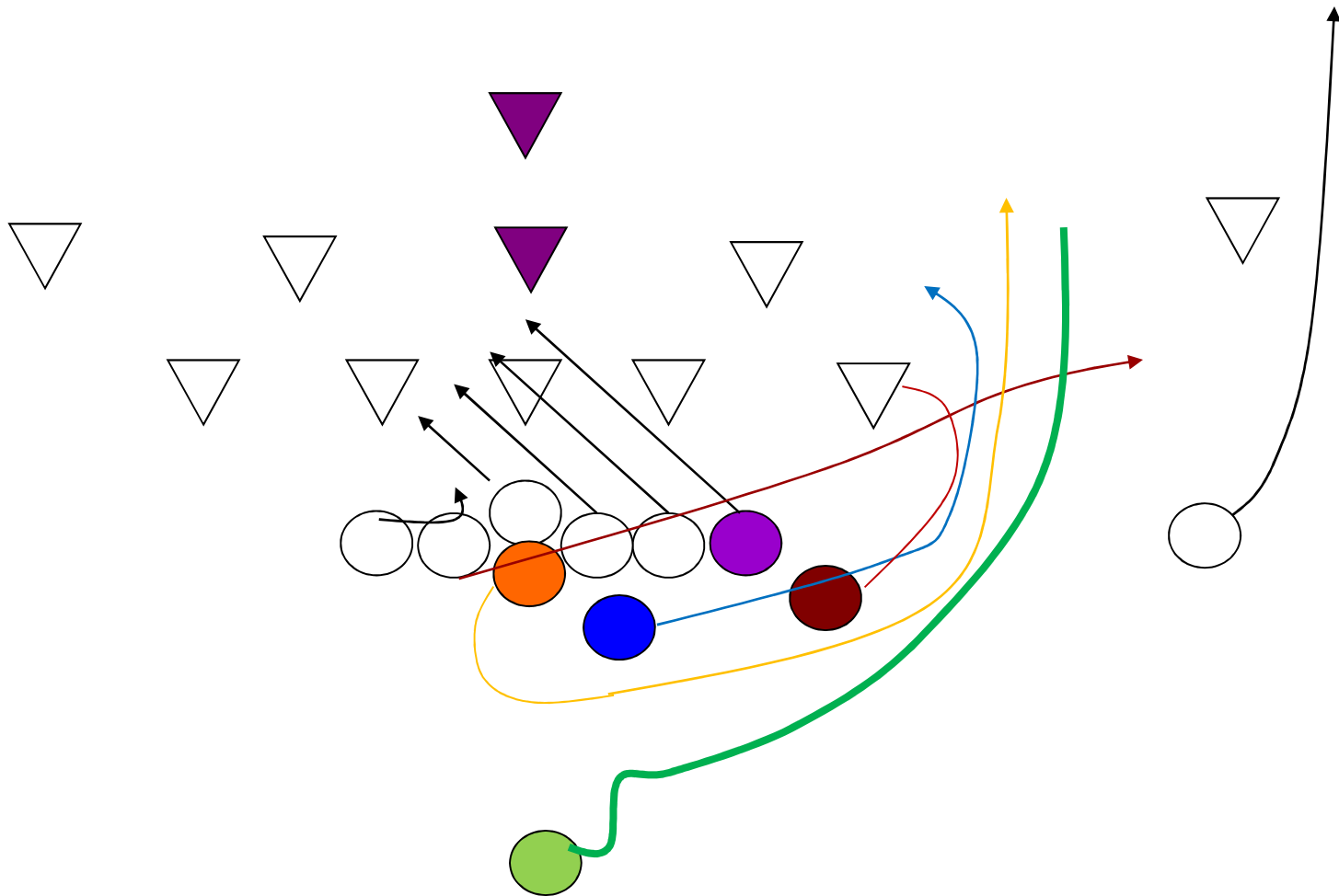


# Bear Loose Over Rip 28 Wide Right





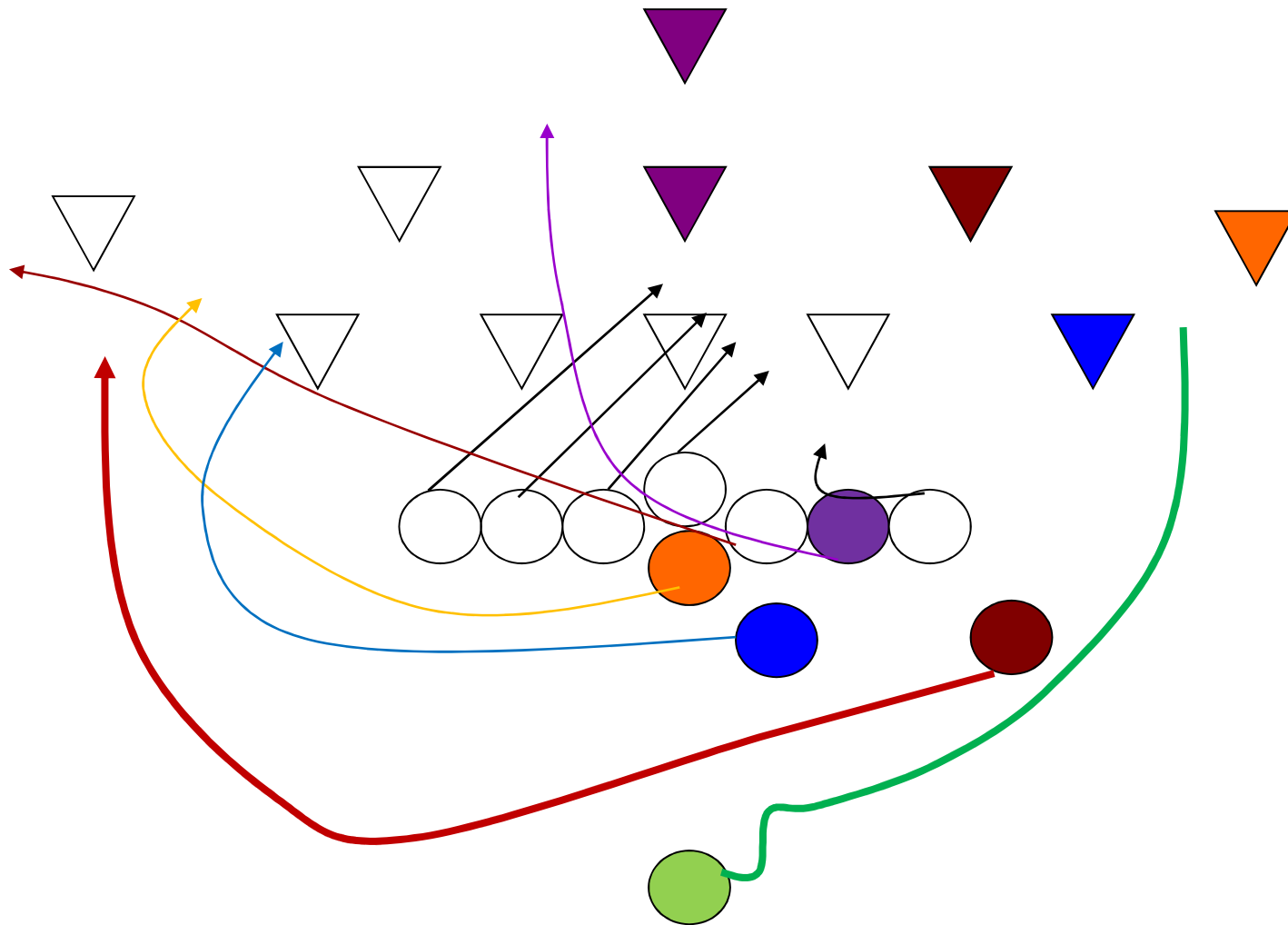
# Bear Split Over Rip 28 Wide Right



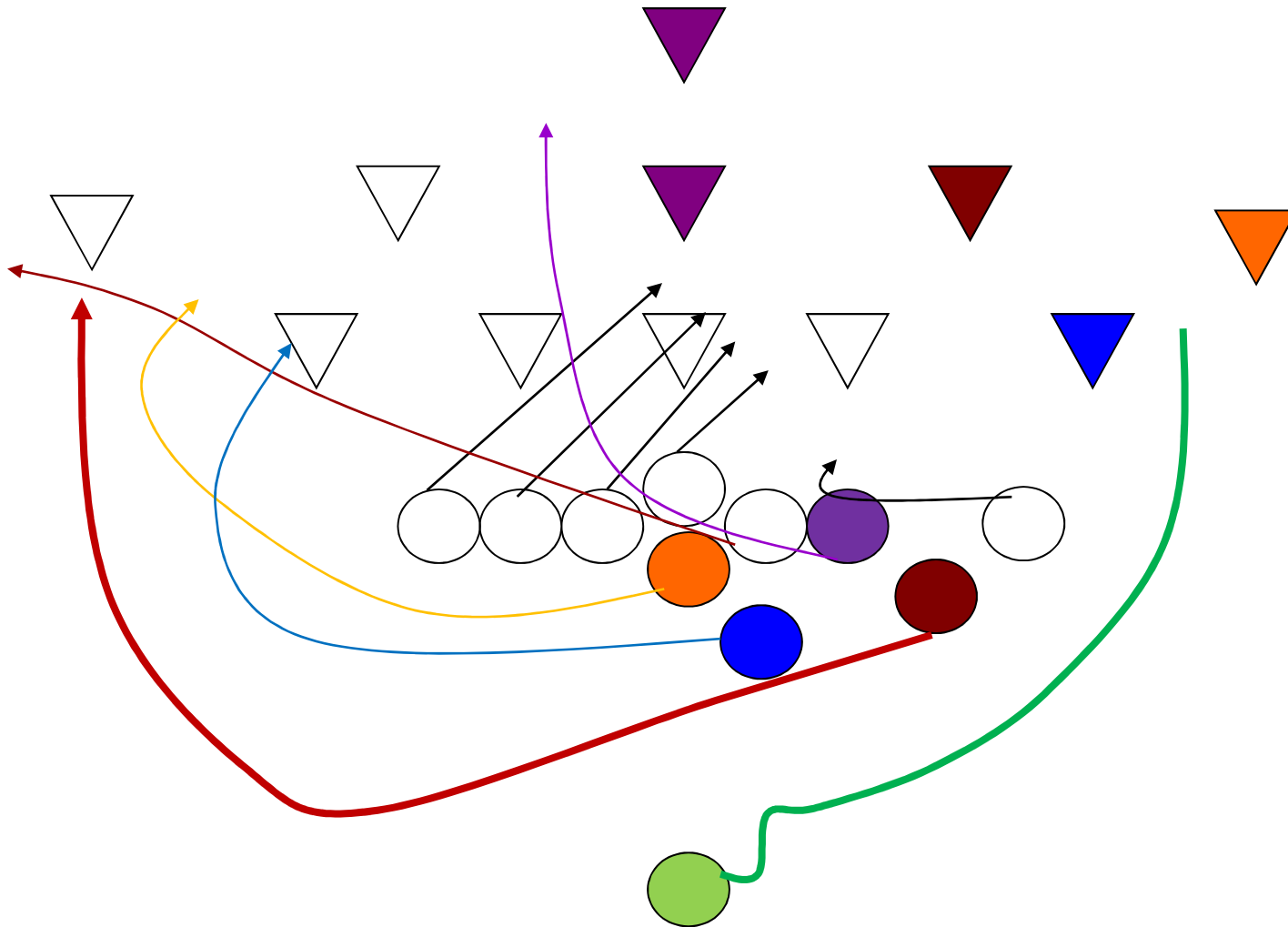
# WB Reverse Play

- 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.

# Bear Rip 47 Wide Reverse Left



# Bear Nasty Rip 47 Reverse Left





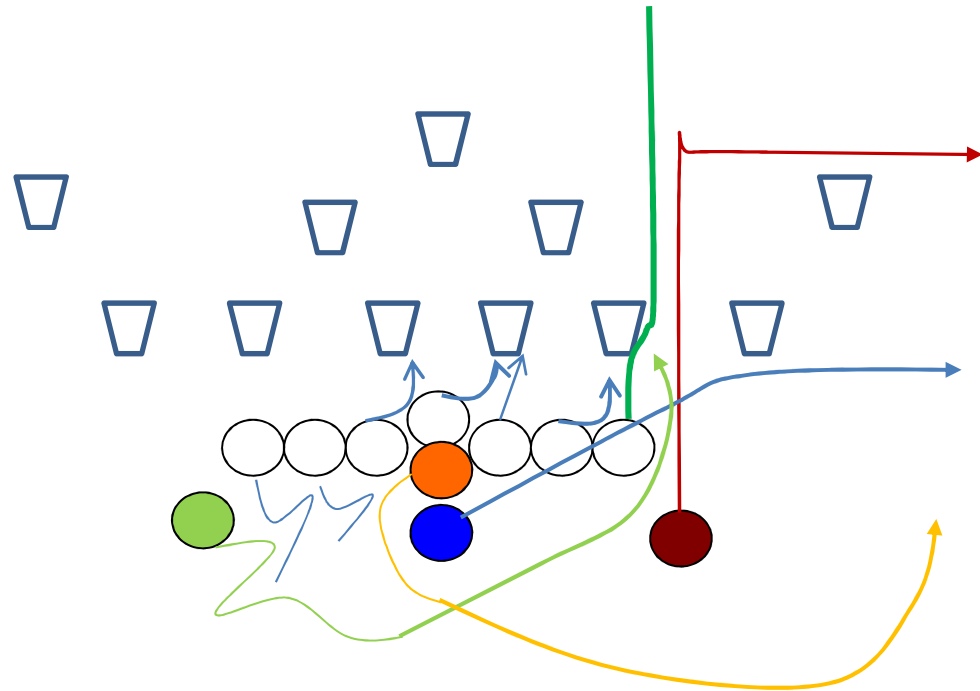
# Play Action Passing

- 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

# Making the Block on the Edge

Four Points of contact on the DEMLOS:

- 1) The PSTE must release through the nearest shoulder and his near hand should punch and push him back as he releases to slow his rush.
- 2) The BB should release across his face and his up field shoulder should rub the chest of the DEMLOS to slow his rush.
- 3) The PST should SLIDE SLIDE MIRROR the DE and if he needs to give ground in order to maintain his mirror he does so.
- 4) The WB gains enough depth so tht he can attack the outside arm pit and seal the DE inside so that the WB's butt is facing the perimeter.



Back side pressure:

BST if uncovered will HINGE, if covered he will LOAD, EXPLODE, MIRROR.

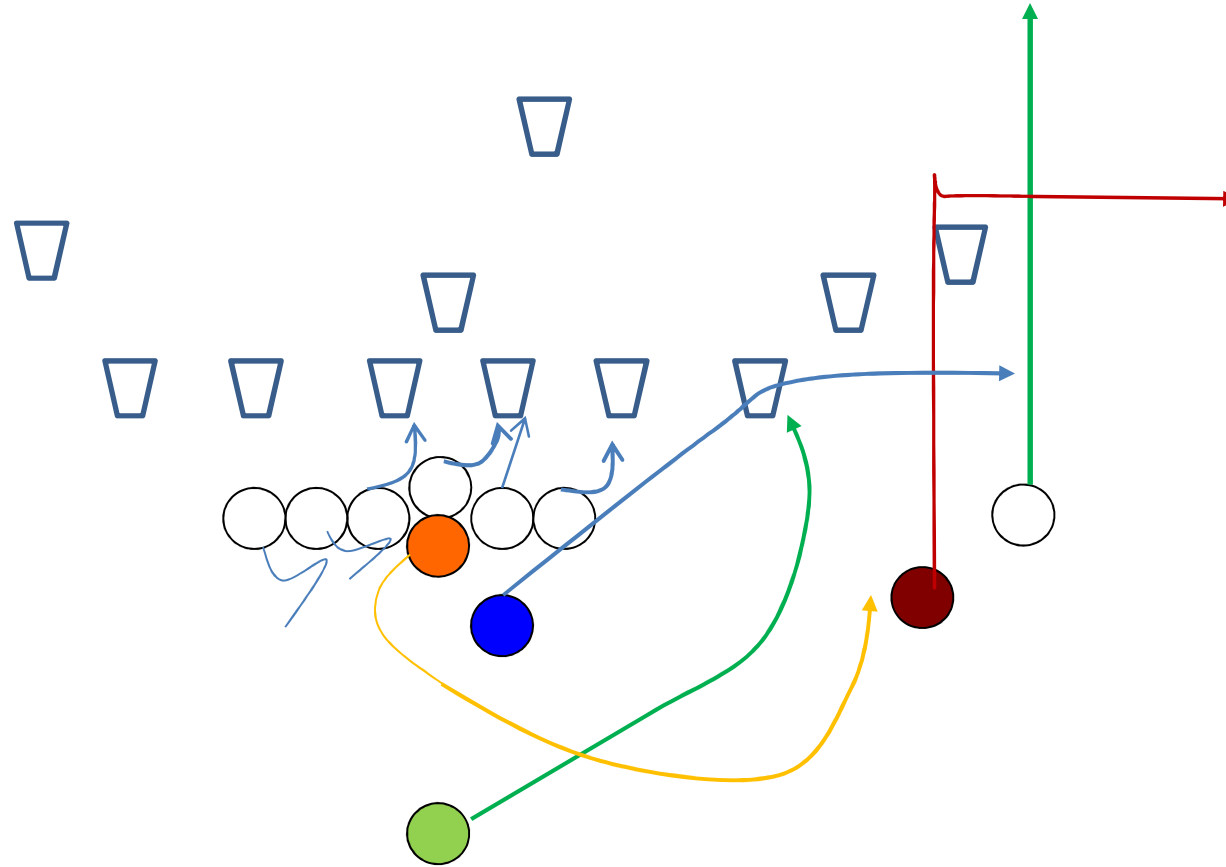
BSTE will always HINGE

OVER the BST and you add an additional blocker to the play side (LEM if covered/SSM if uncovered)

Power Pass

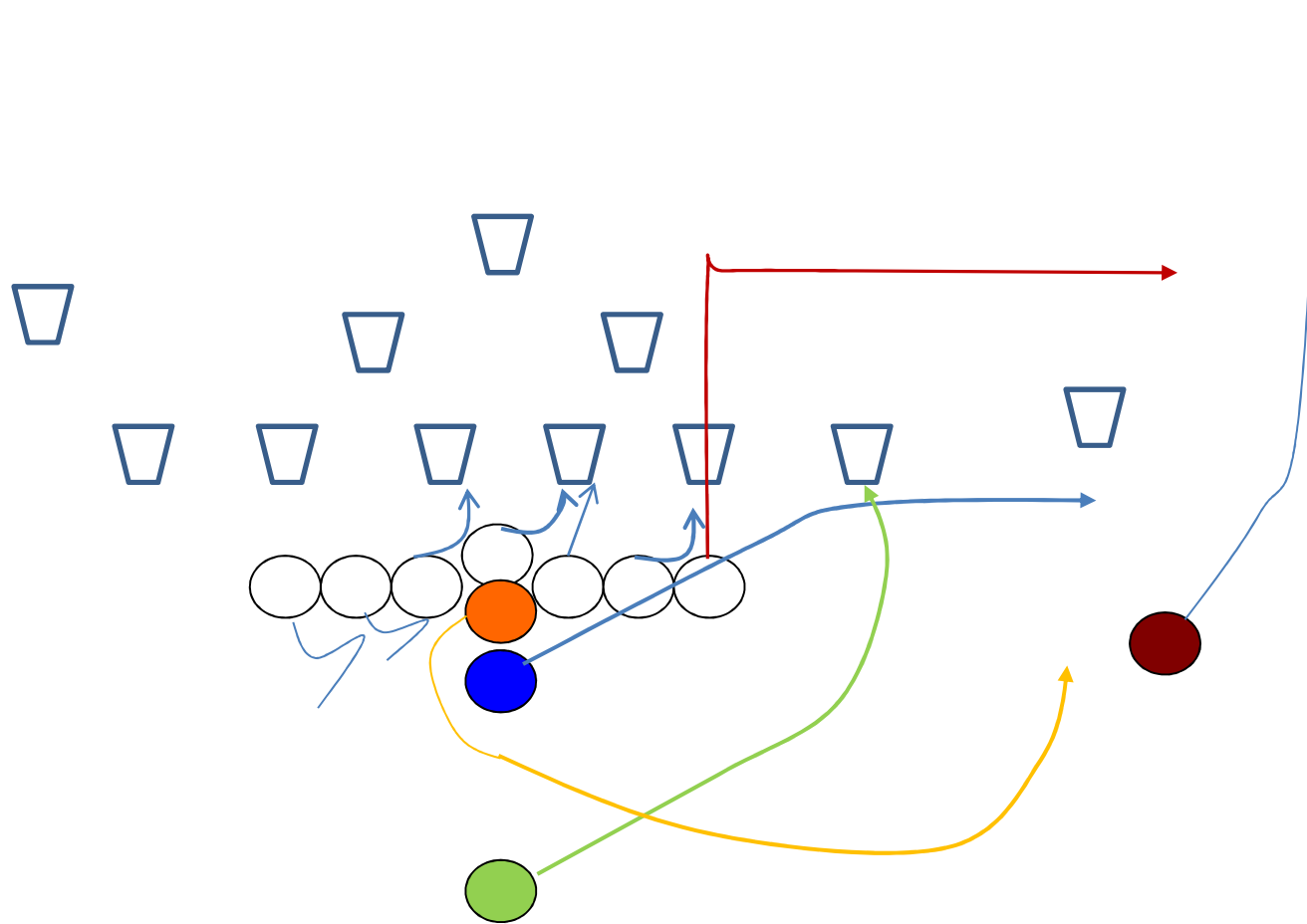


# Bear Loose Rip Power Pass Right





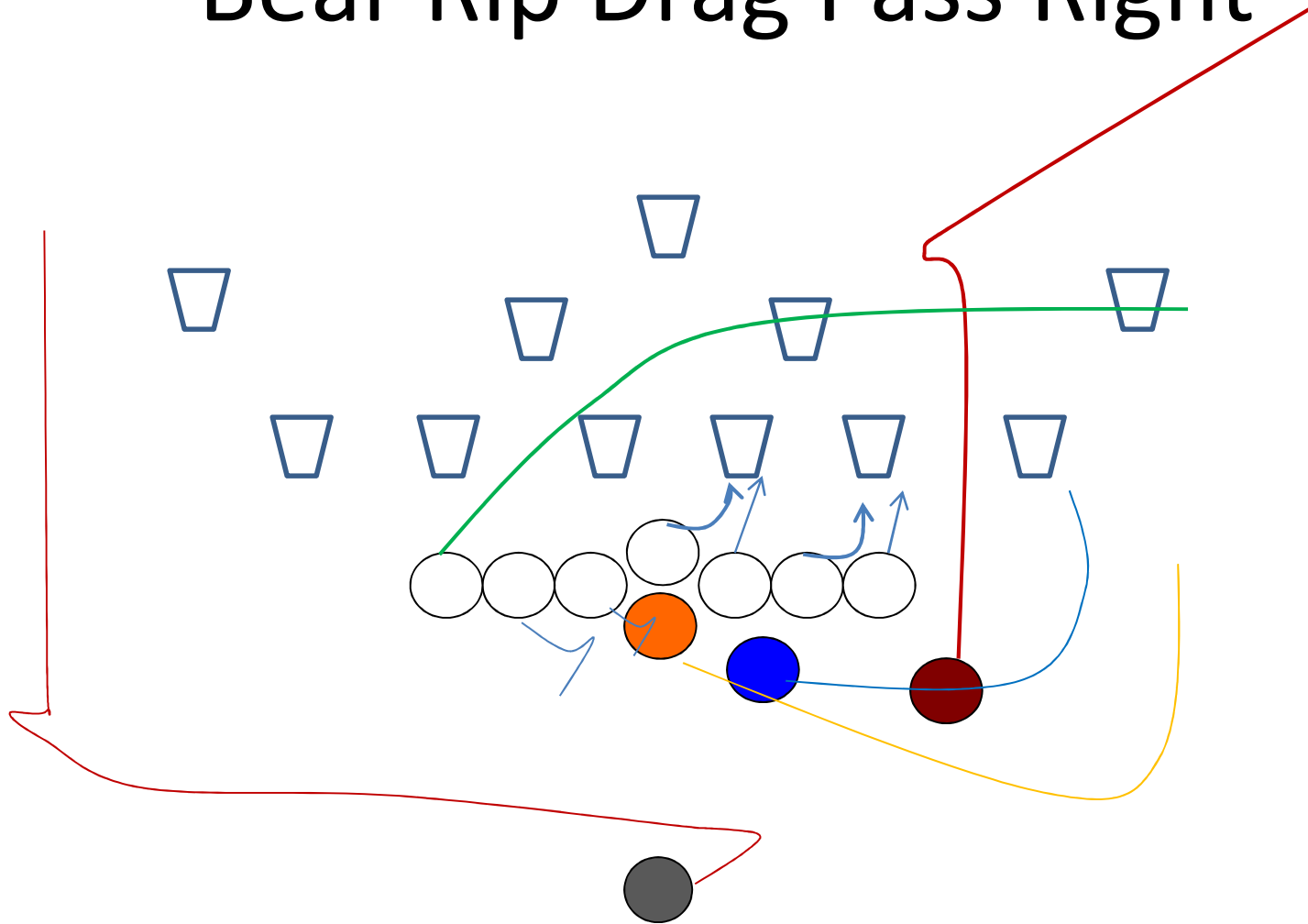
# Bear Flank Rip Power Pass Right



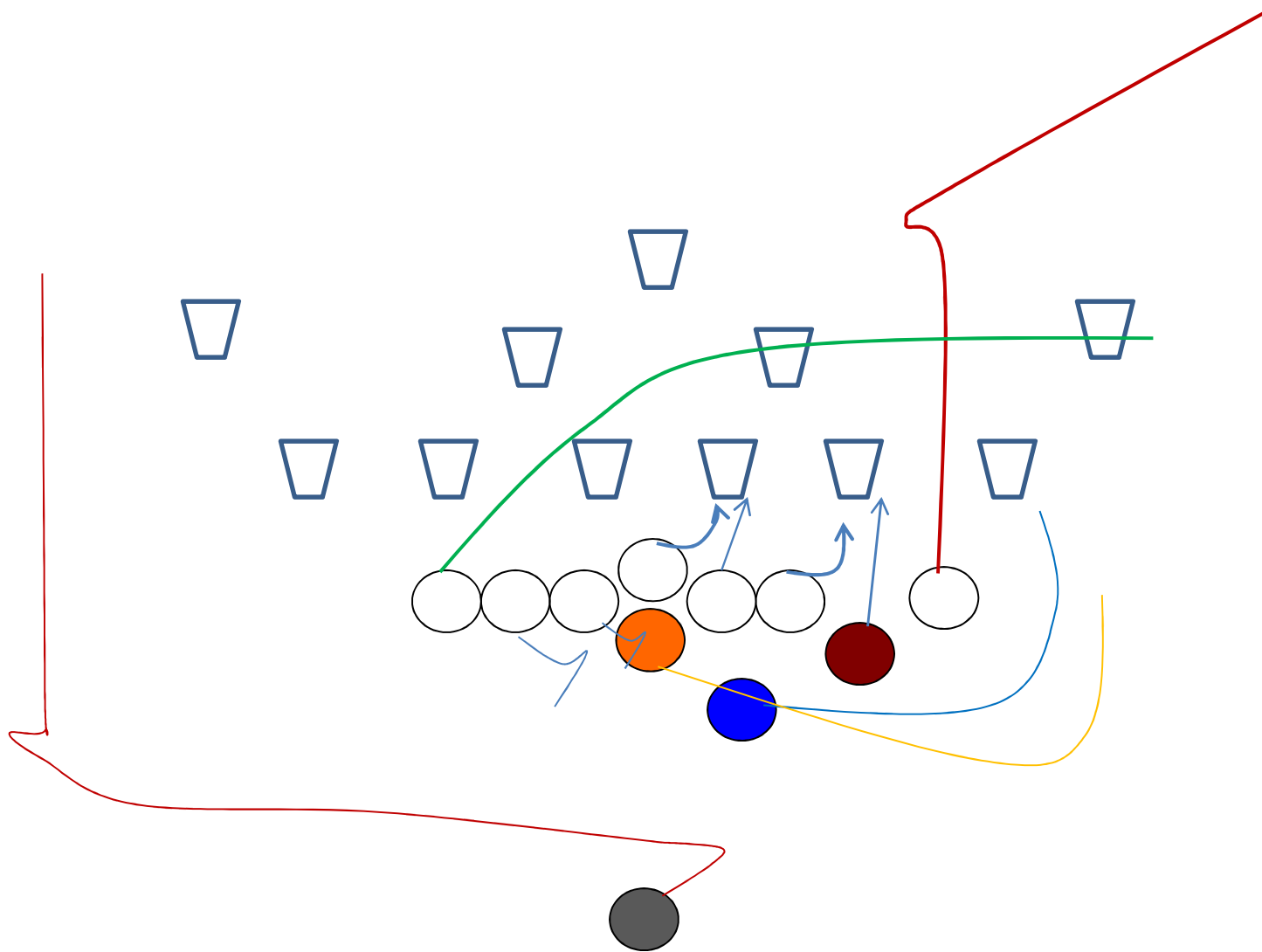




# Bear Rip Drag Pass Right

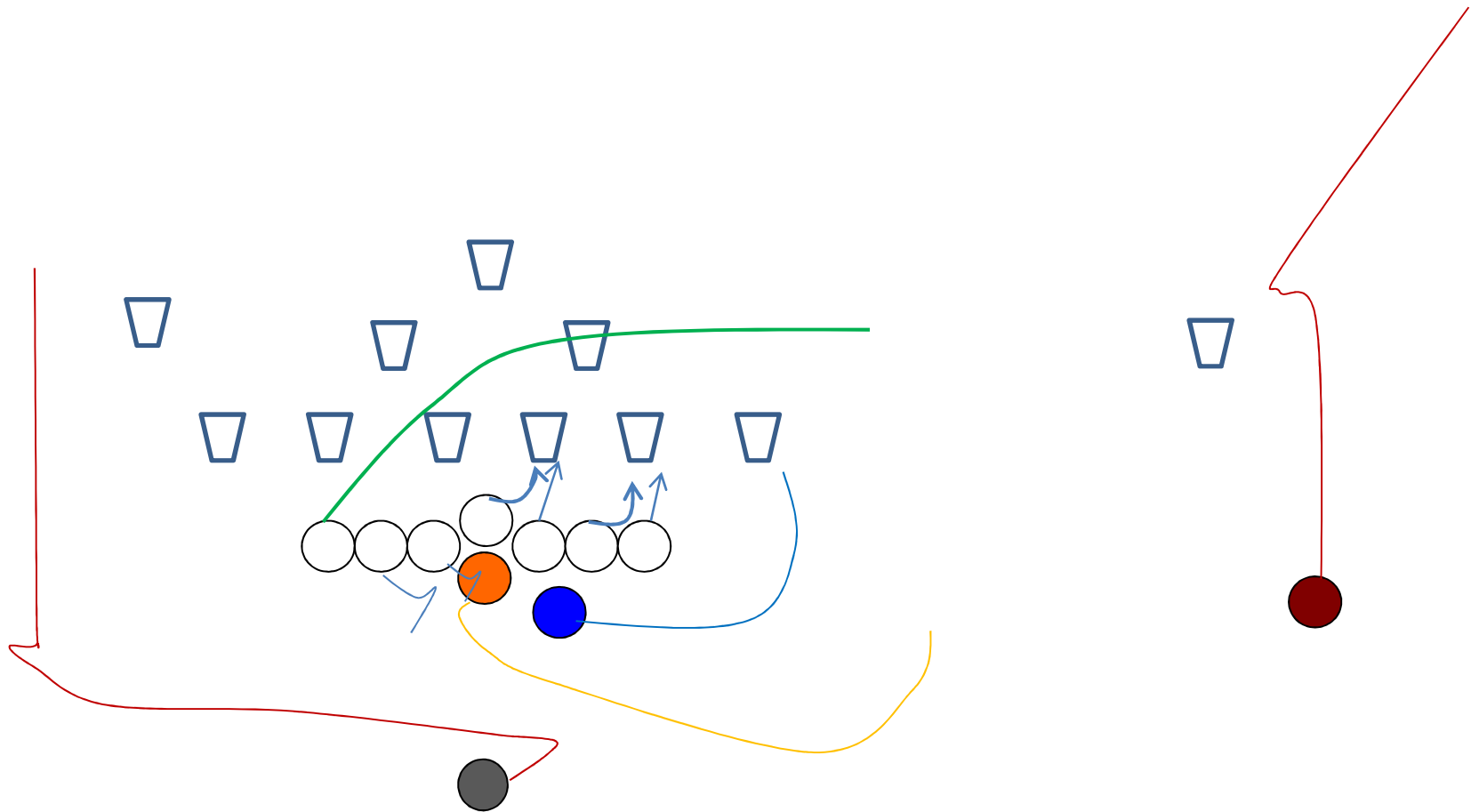


# Bear Nasty Rip Drag Pass Right



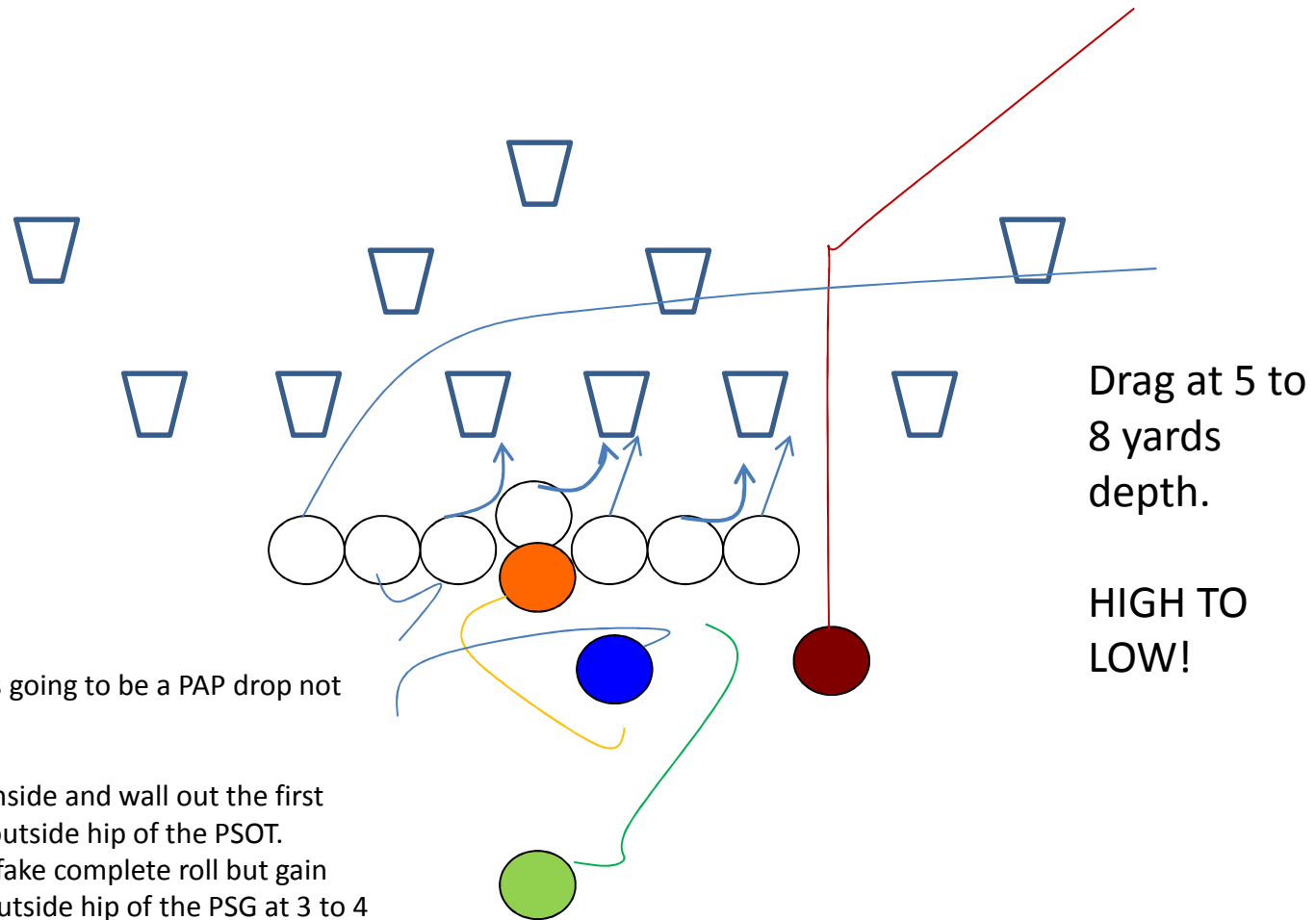


# Bear Flank Rip Drag Pass Right





# Bear Rip Drag Pass Right: DROP



## DROP TAG:

Tells the backfield that it is going to be a PAP drop not roll out.

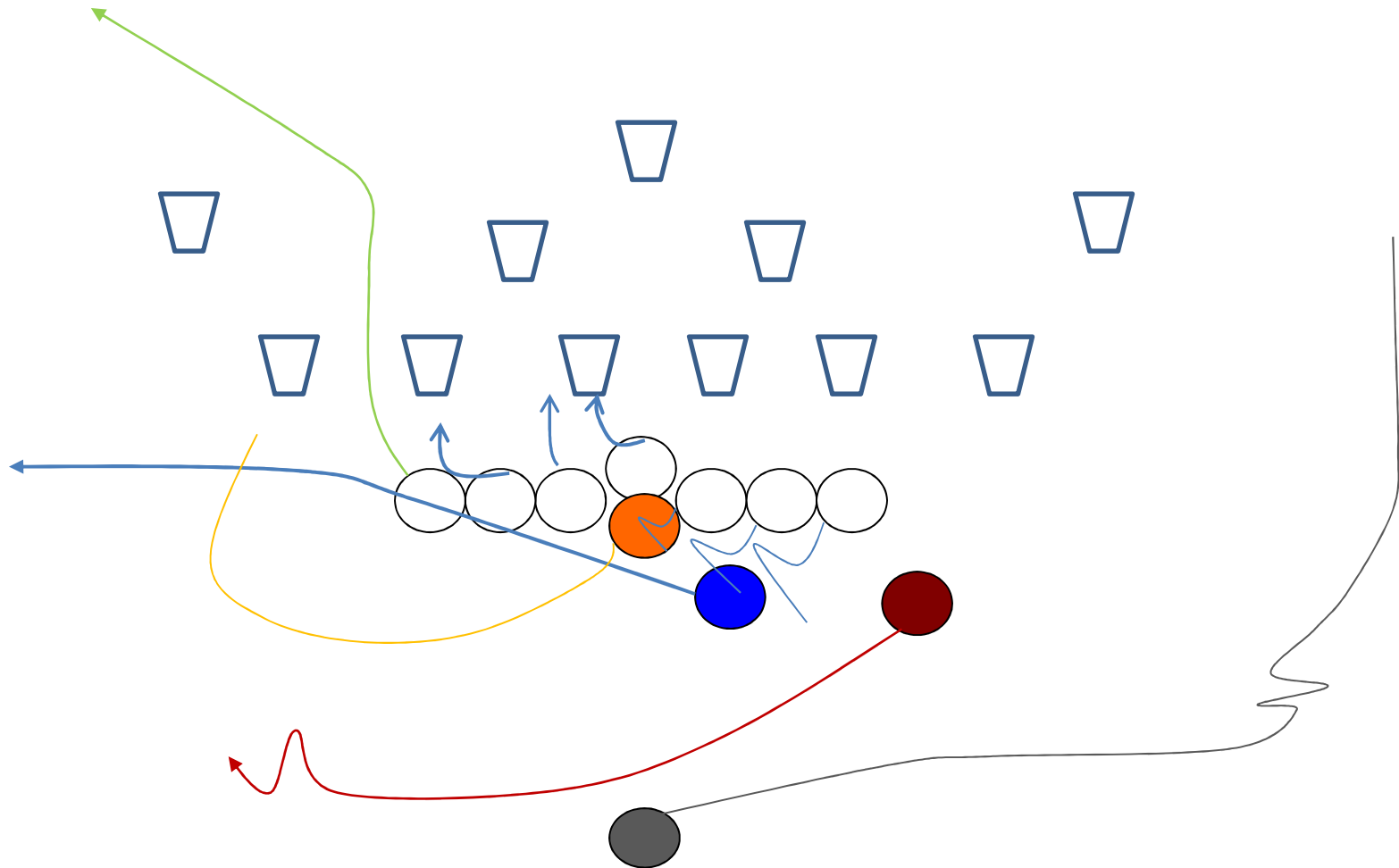
TB will flash fake and set inside and wall out the first defender to show on the outside hip of the PSOT.

QB will spin and shoulder fake complete roll but gain depth and set under the outside hip of the PSG at 3 to 4 yards depth.

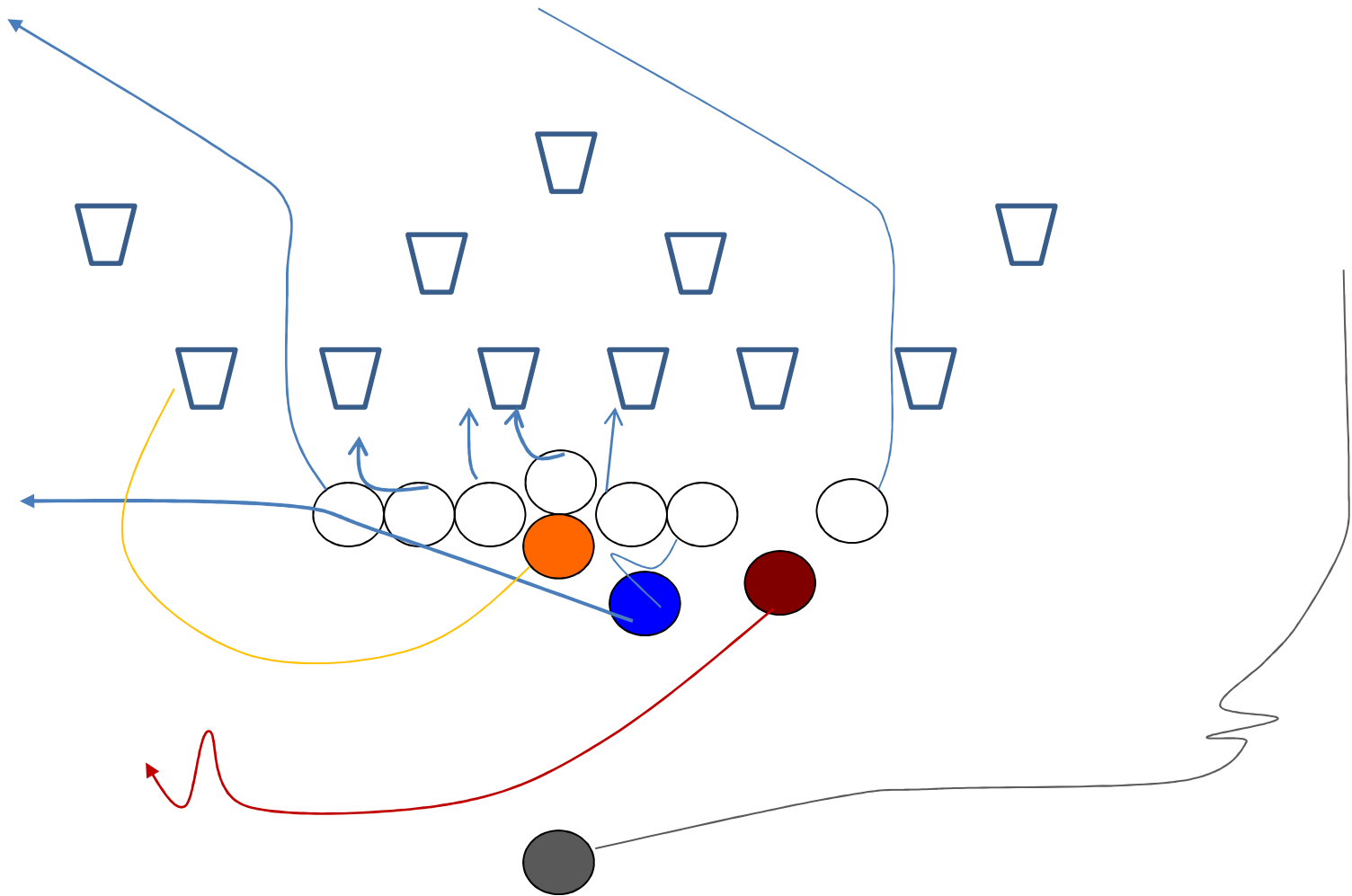
BB if not in route he will jab step play side and work backside and wall off to the outside hip of the last hinge blocker. Flash fake as you go inside of QB.

Reverse Pass

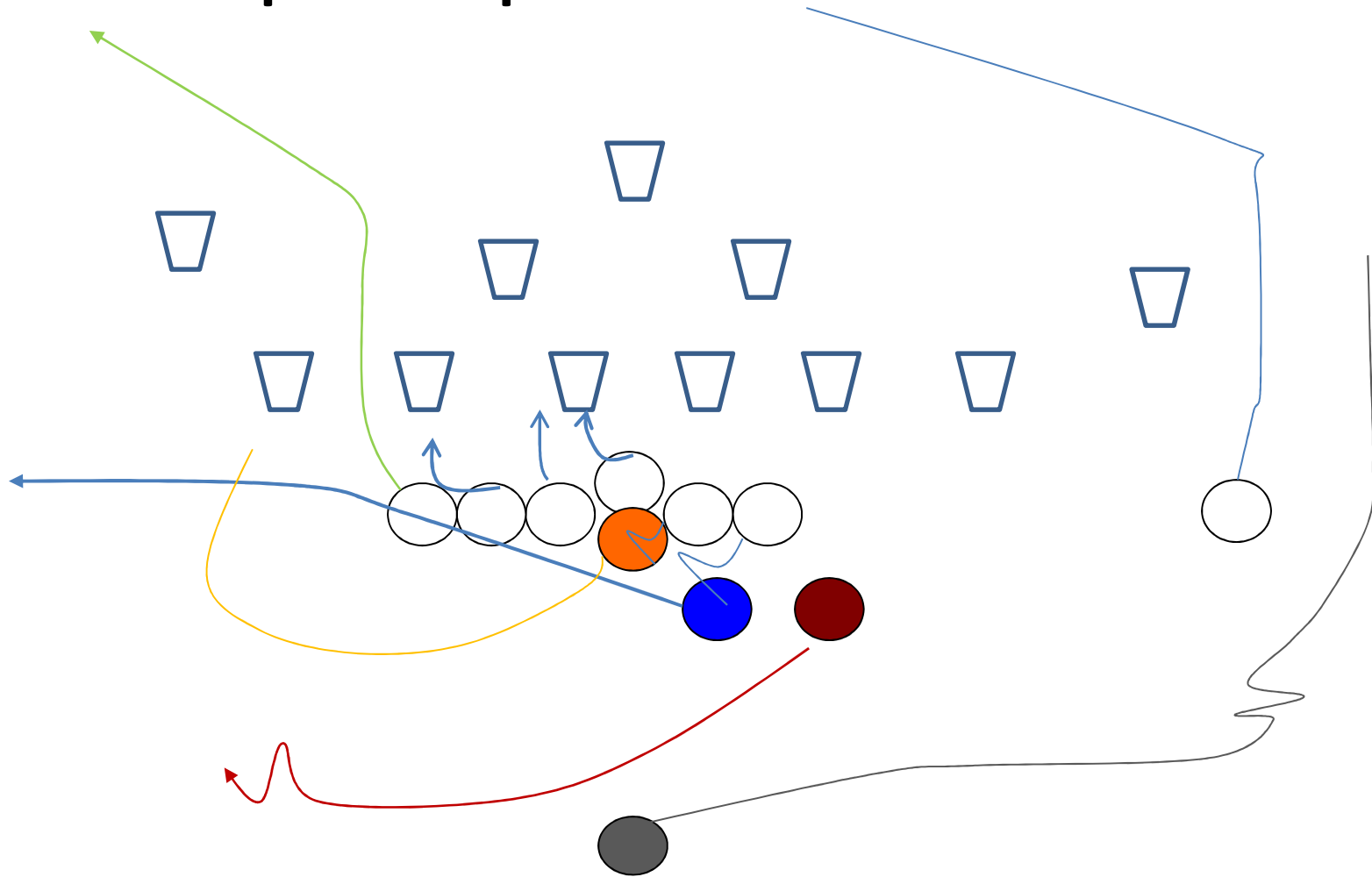
# Bear Rip Reverse Pass Left



# Bear Nasty Rip Reverse Pass Left



# Bear Split Rip Reverse Pass Left



# Bison Power Series

The RIP/LIZ call will align the FB to the RIGHT and LEFT side. We don't use any edge tag that moves the WB away from the inside.

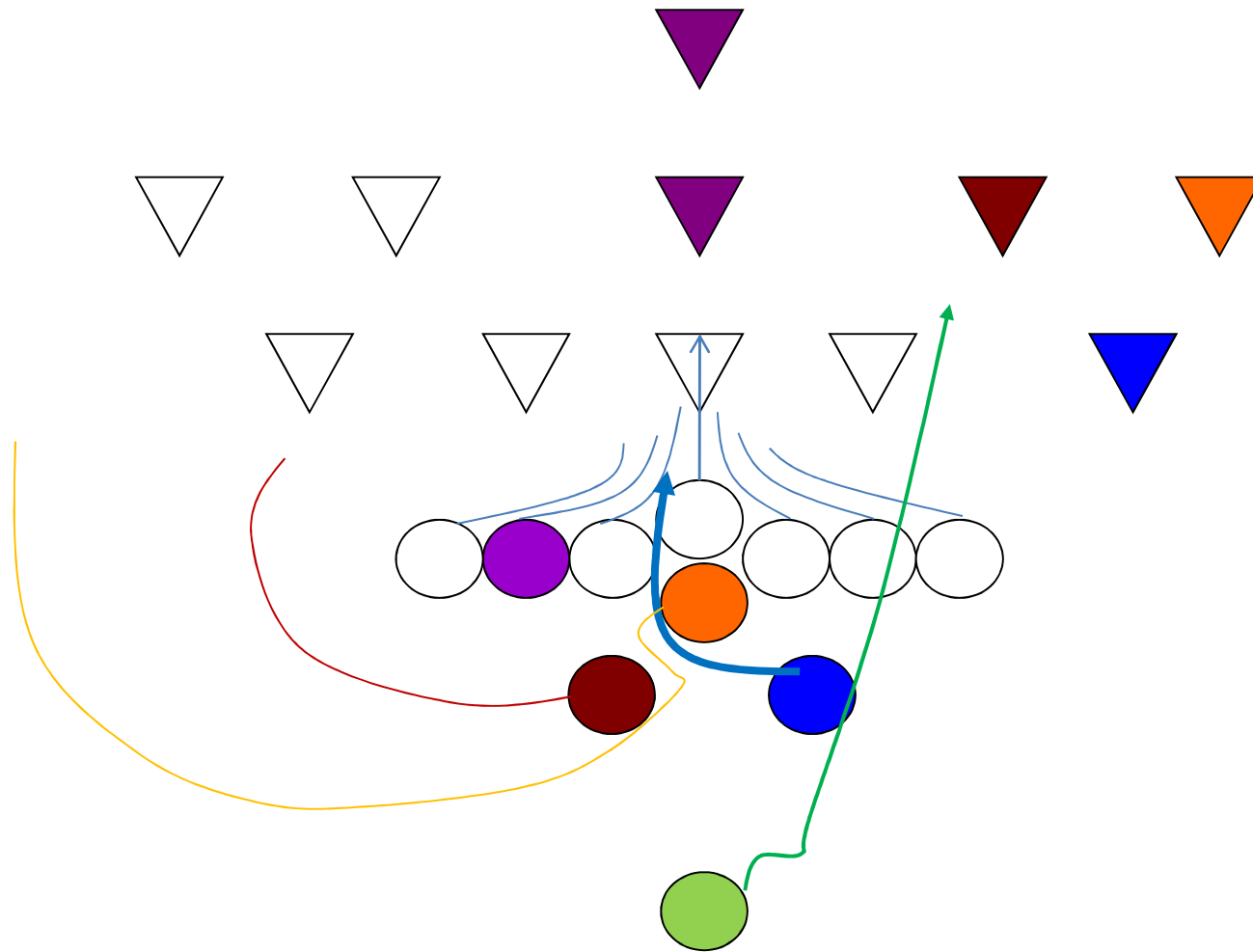
XX is not feasible so to create the same flow we use the WB as a edge blocker on the backside and the BB/QB as a keeper/bootlegger on the XX action.

# 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

# Bison Rip 30 Wedge Right

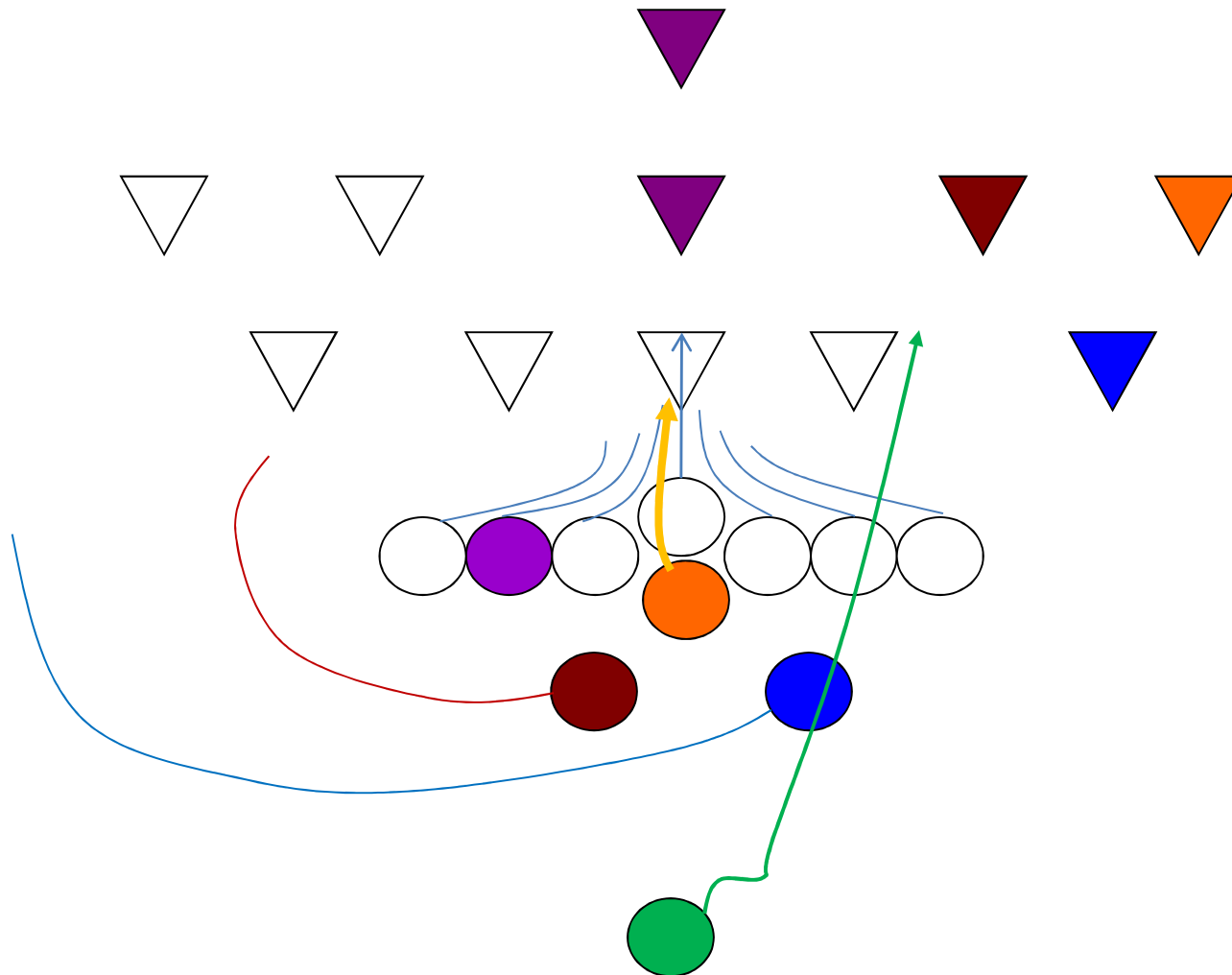




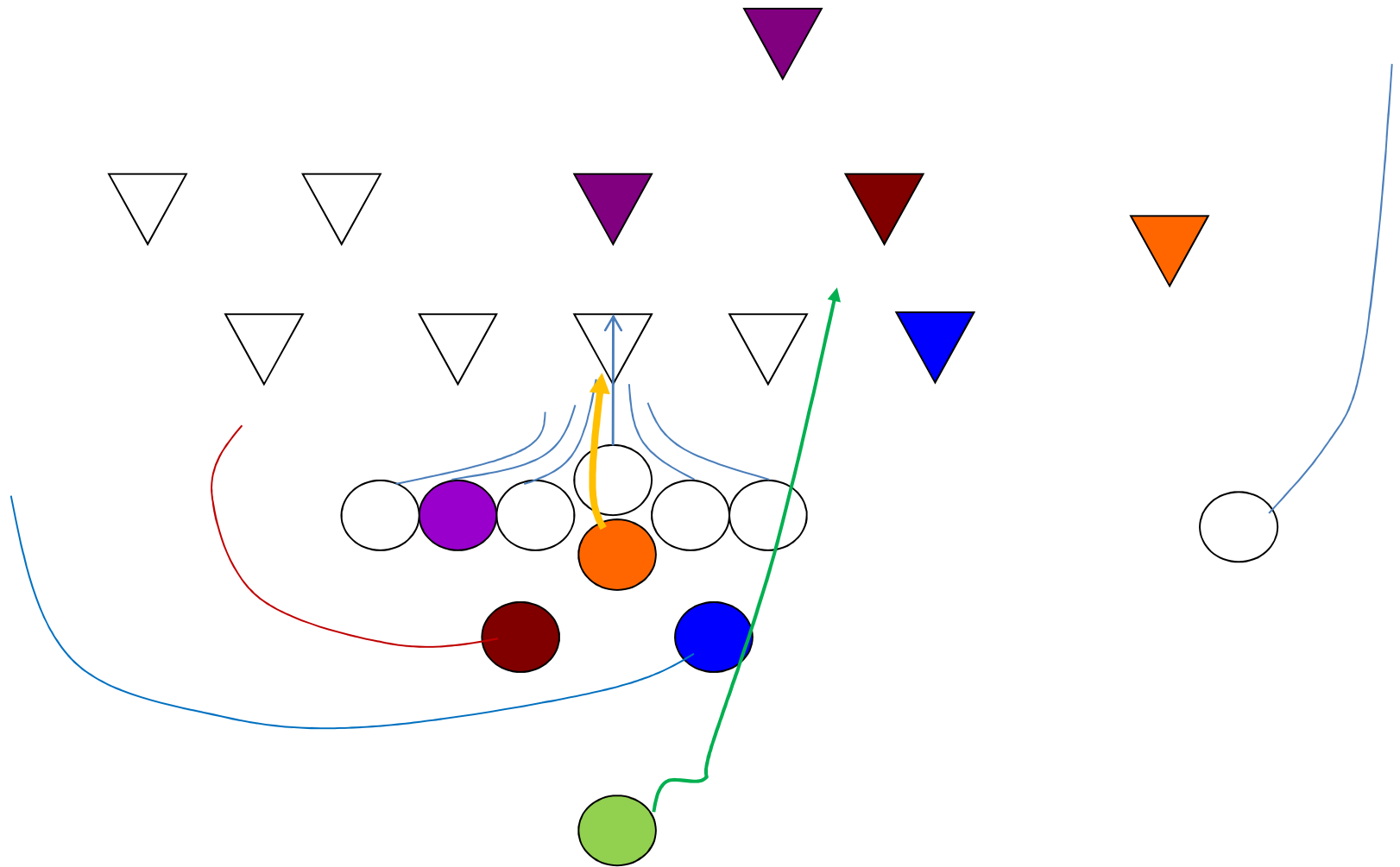
# QB WEDGE Play

- 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.

# Bear Rip 10 Wedge Right



# Bear Split Rip 10 Wedge Right

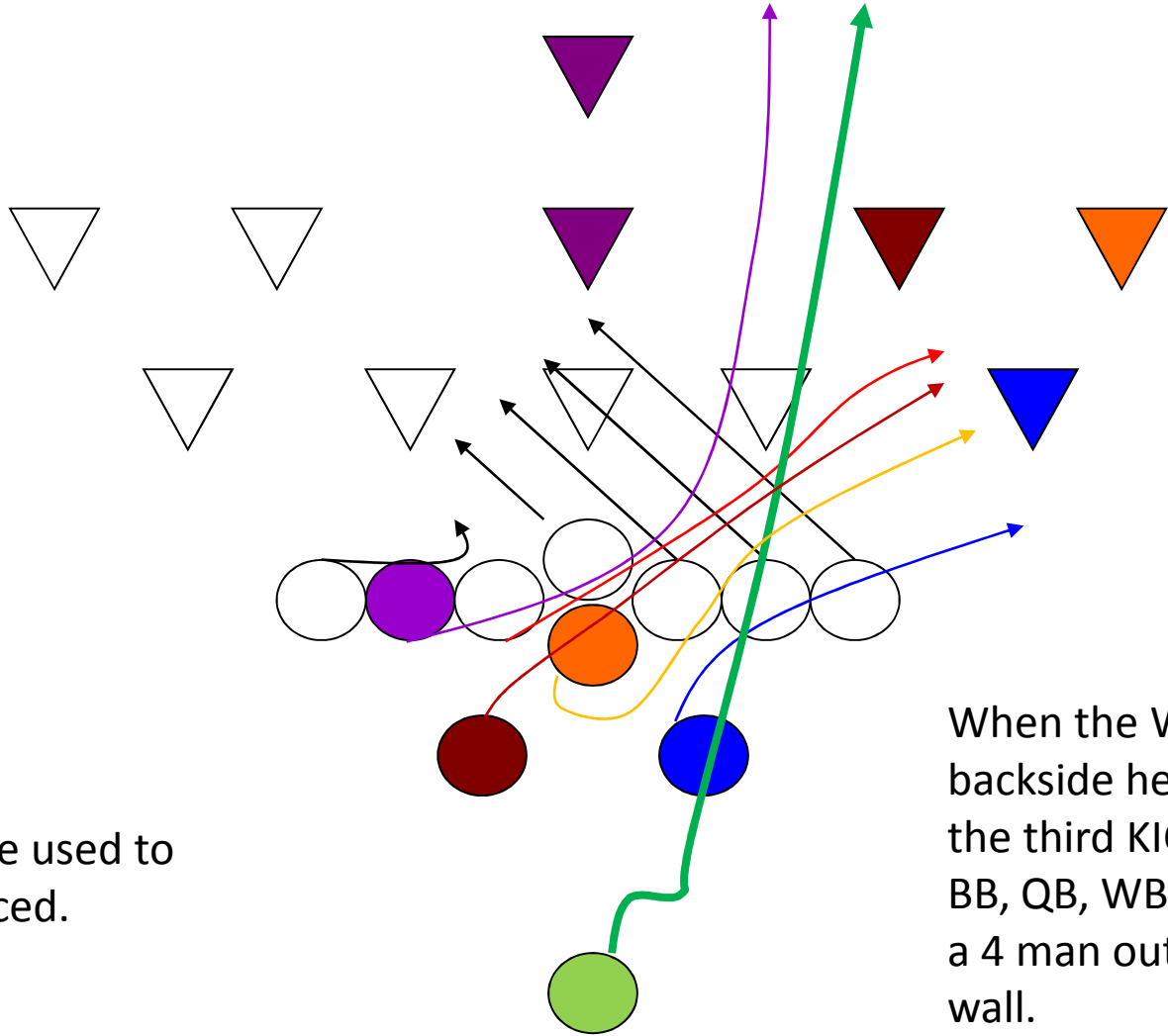


# Bison Edge Plays

# TB 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.

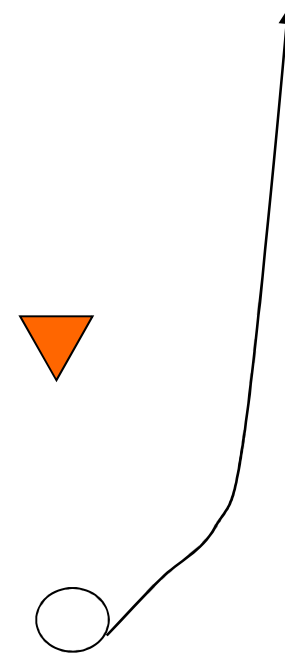
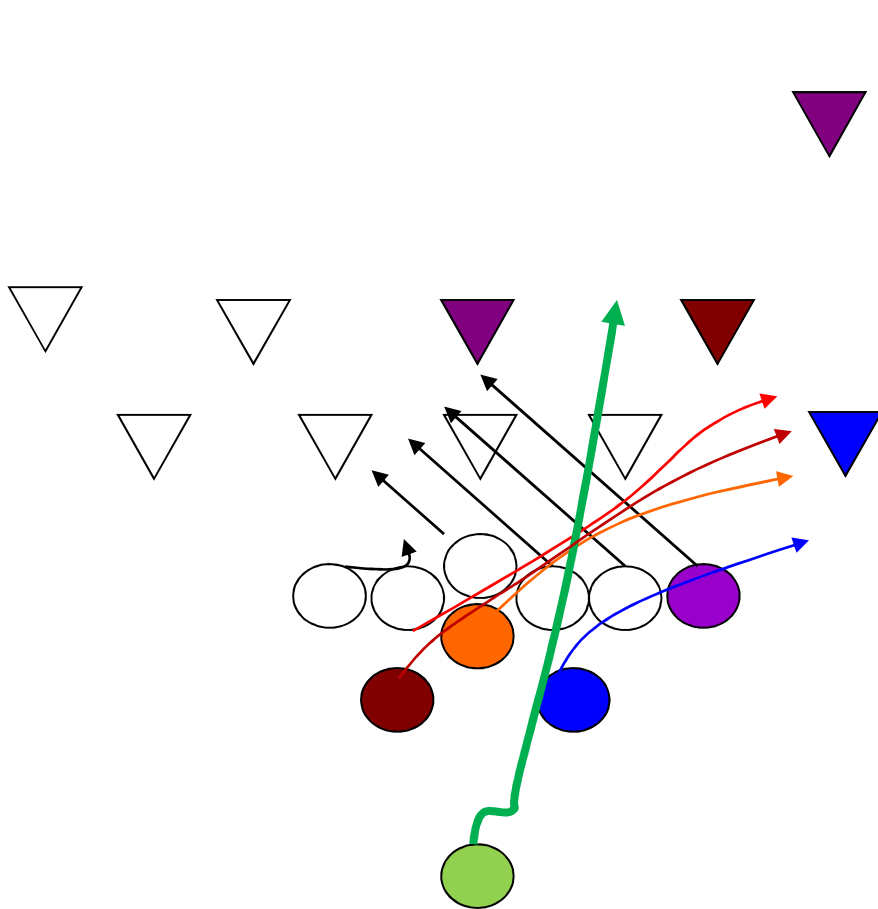
# Bison Rip 26 Seal Right



OVER can be used to go unbalanced.

When the WB moves backside he becomes the third KICK OUT with BB, QB, WB, BSG forming a 4 man outside kick out wall.

# Bison Split Over Rip 26 Seal Right

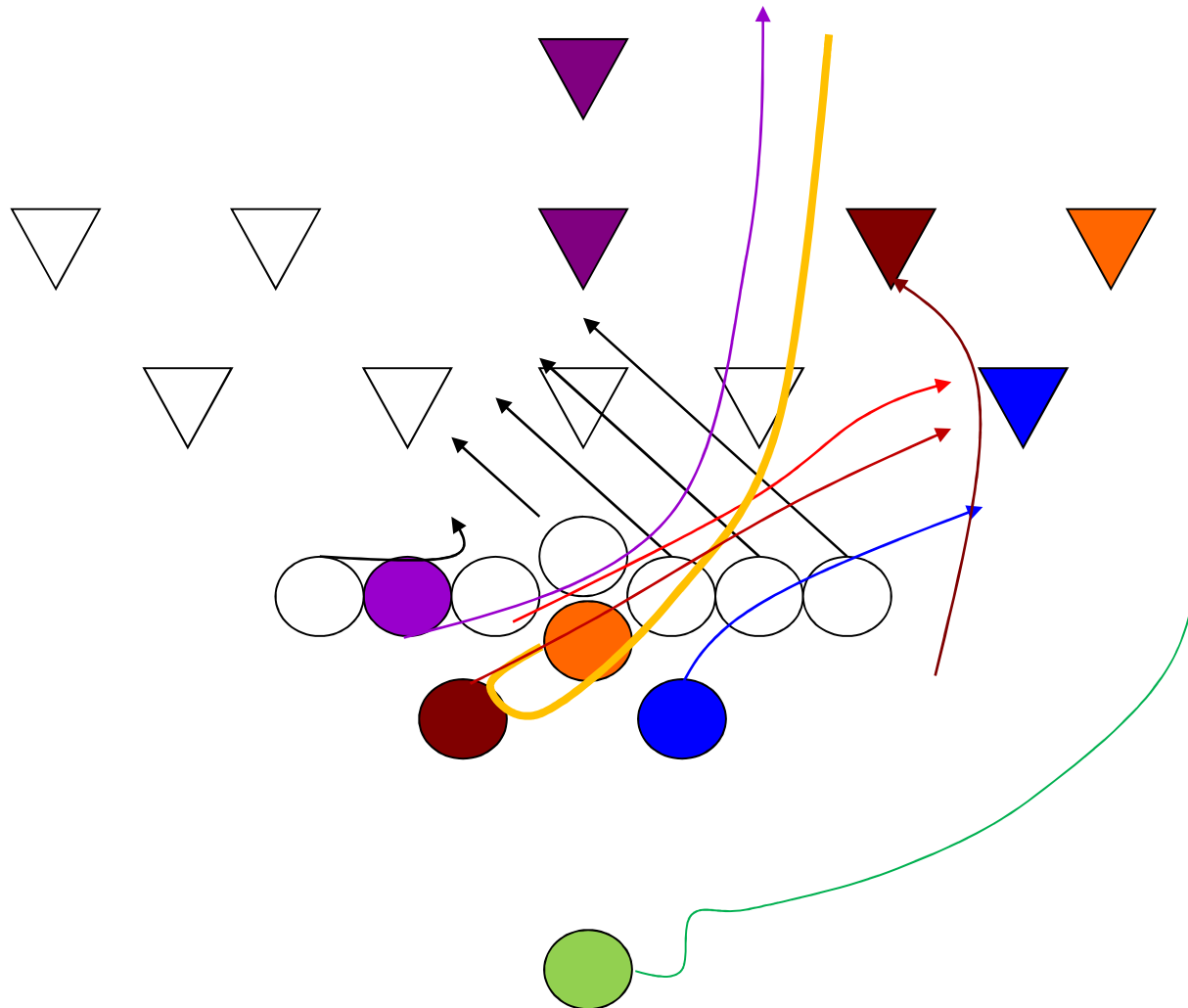


When the WB moves backside he becomes the third KICK OUT with BB, QB, WB, BSG forming a 4 man outside kick out wall.

# 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.

# Bison Rip 16 Seal Right

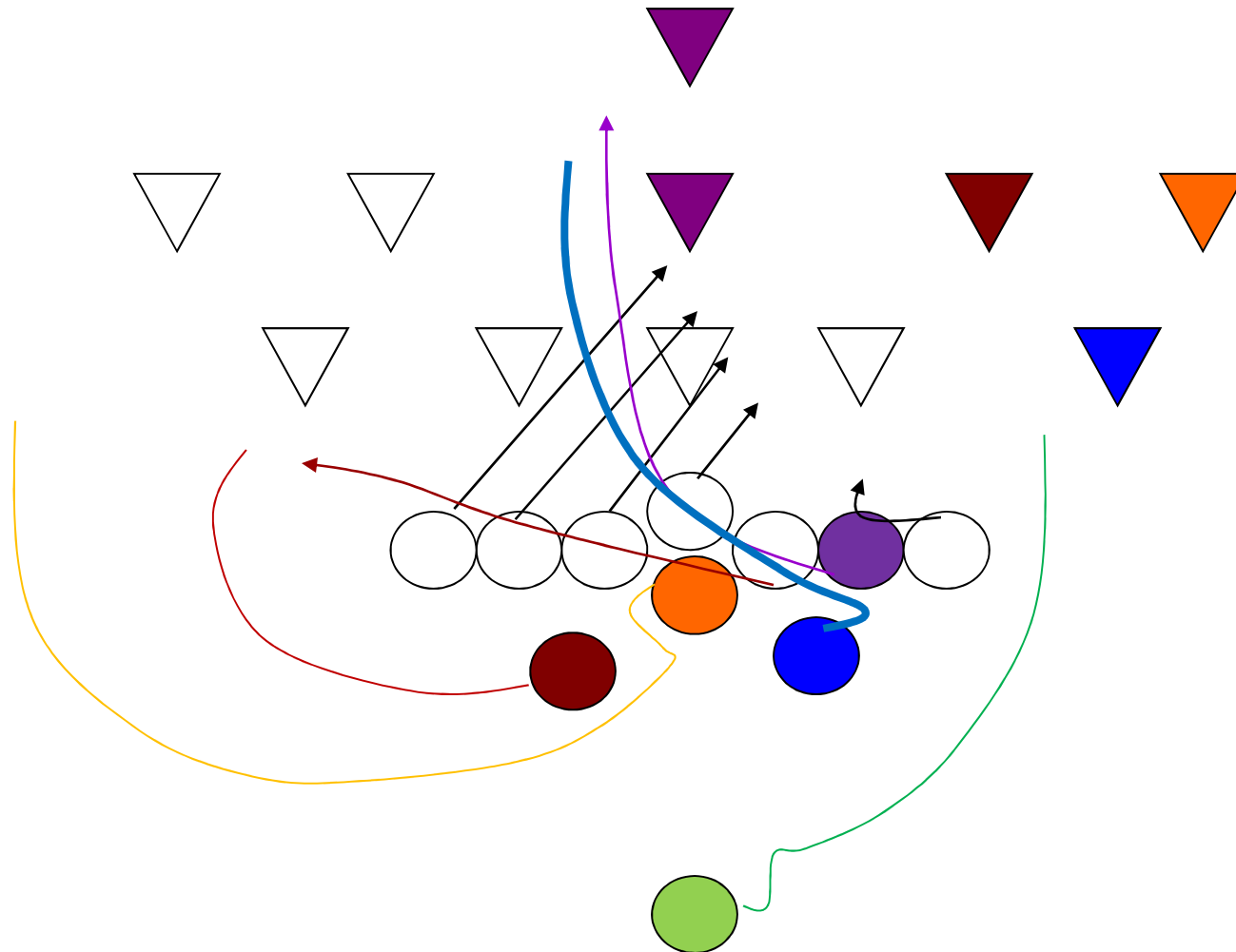




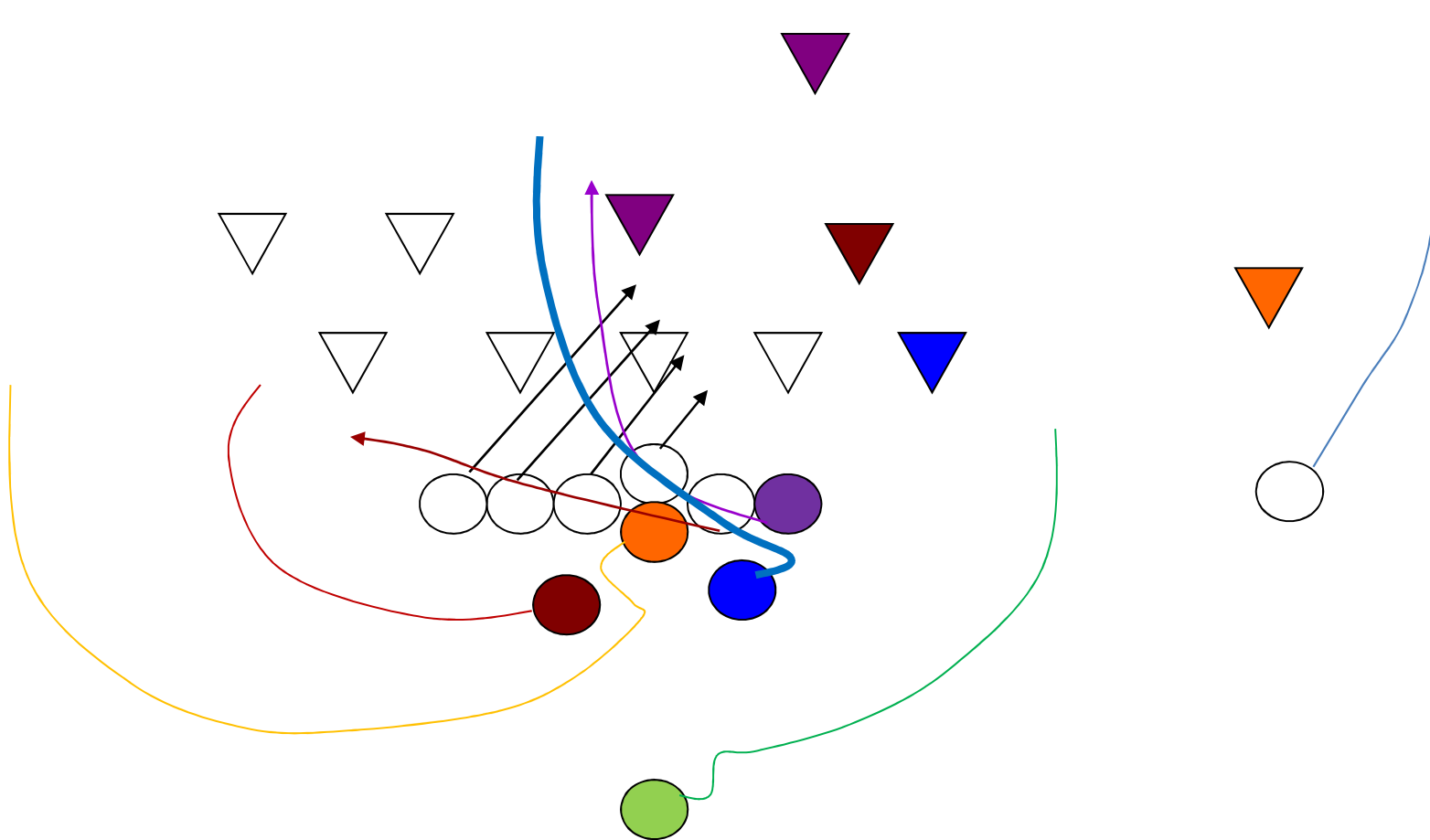
# BB Kick

- 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.

# Bison Rip 33 Kick Left



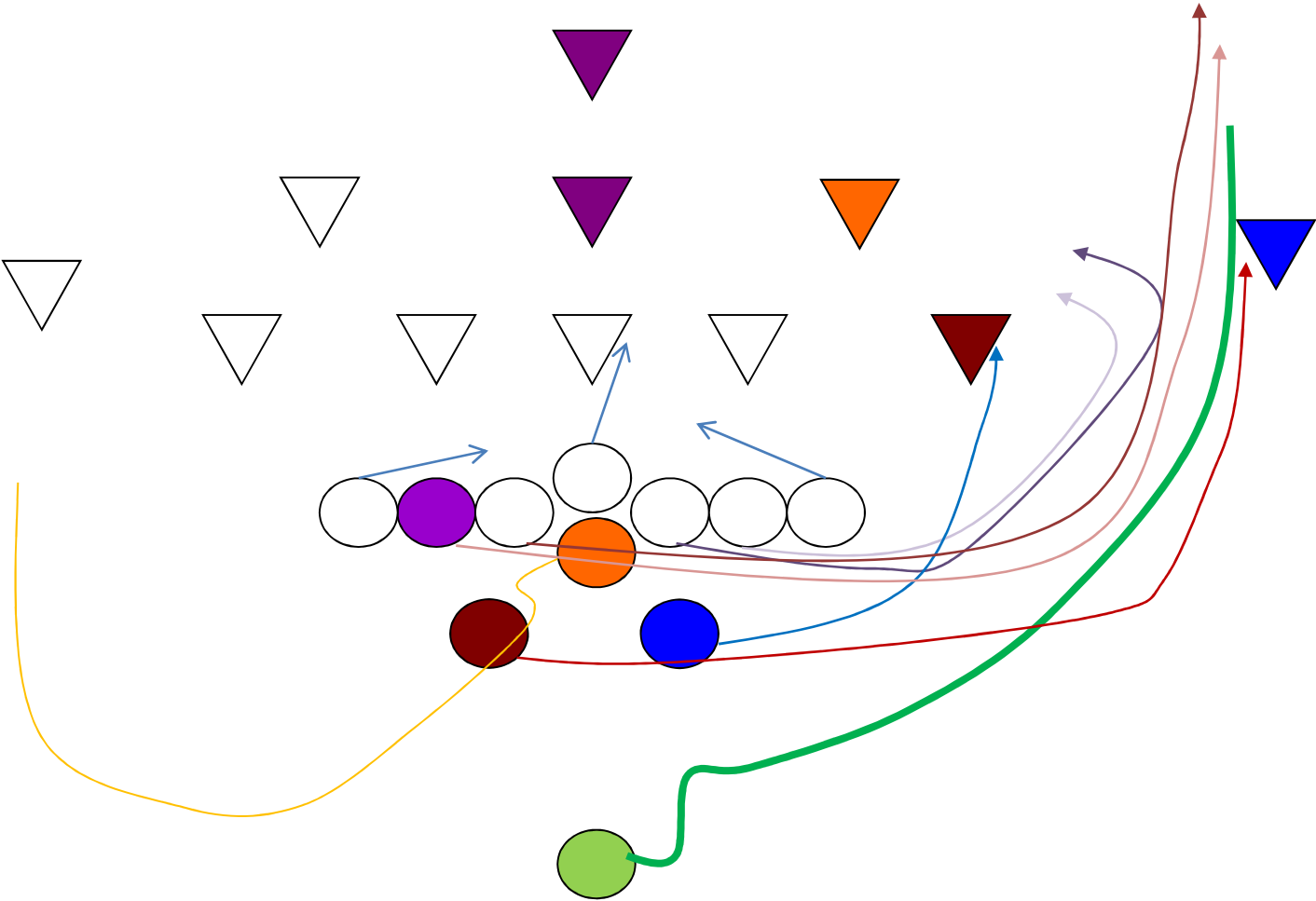
# Bison Split Rip 33 Kick Left



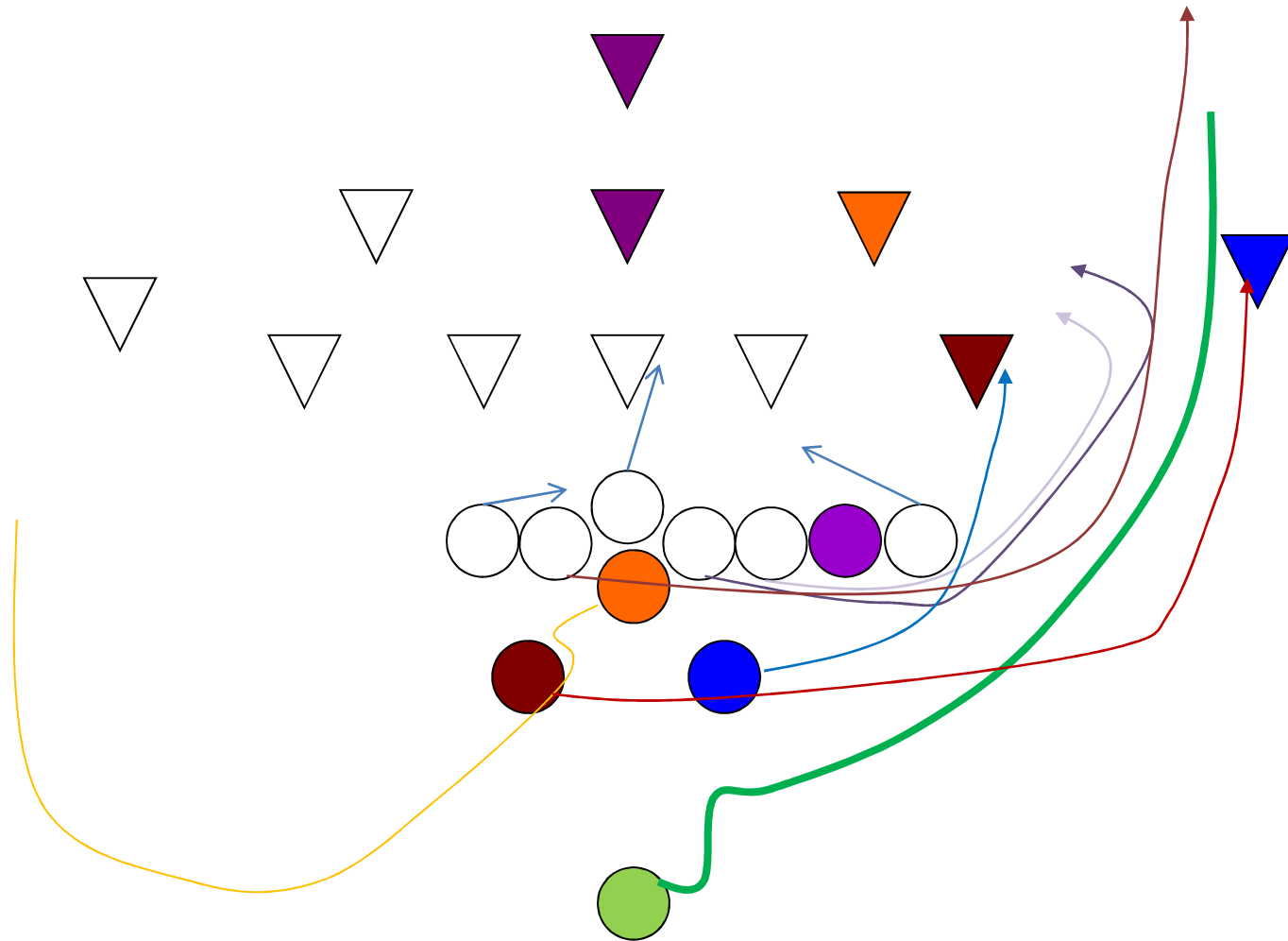
# TB Monster Sweep Play

- 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.

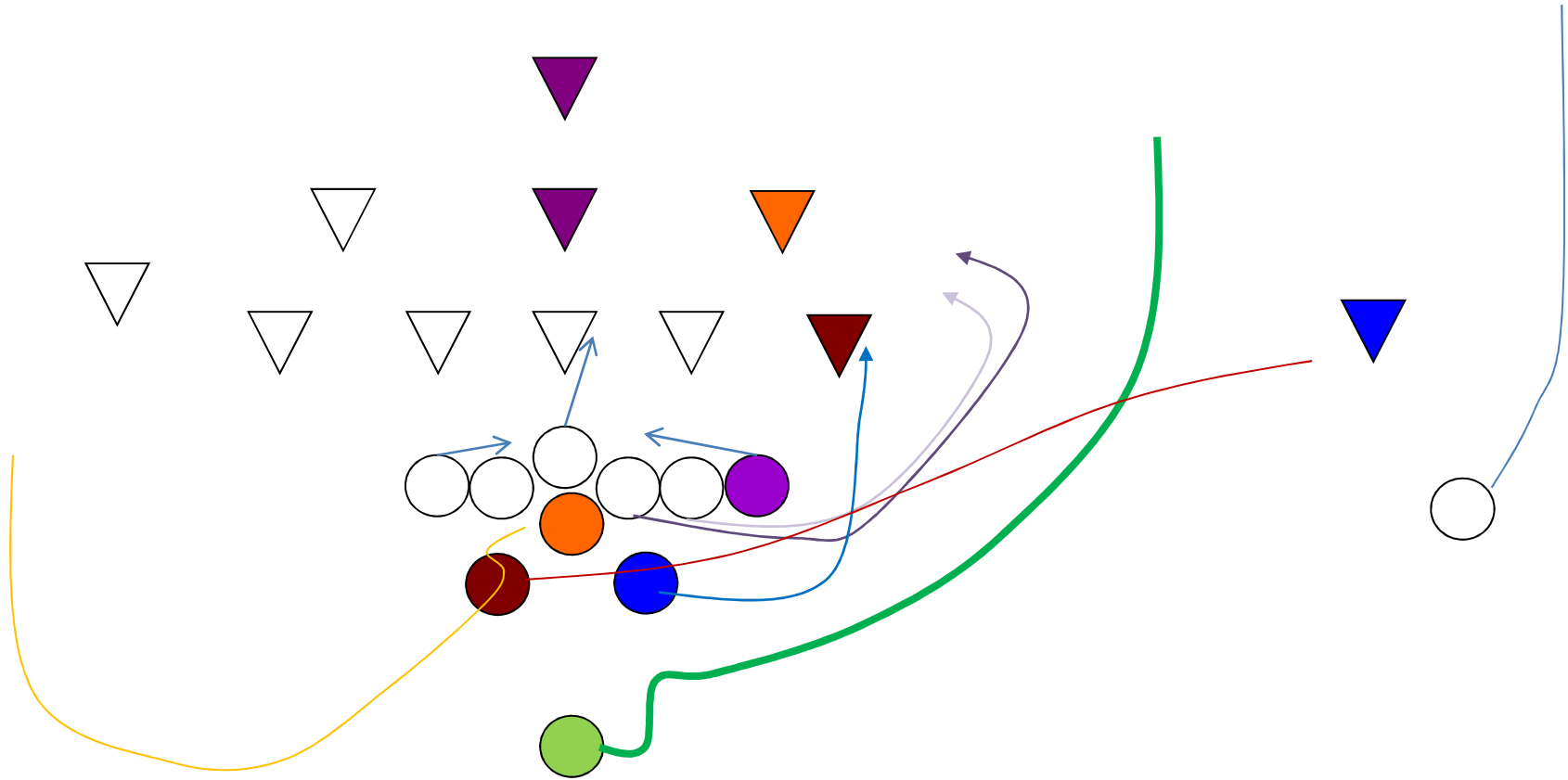
# Bison Rip 28 Monster Sweep Right



# Bison Over Rip 28 Monster Sweep Right



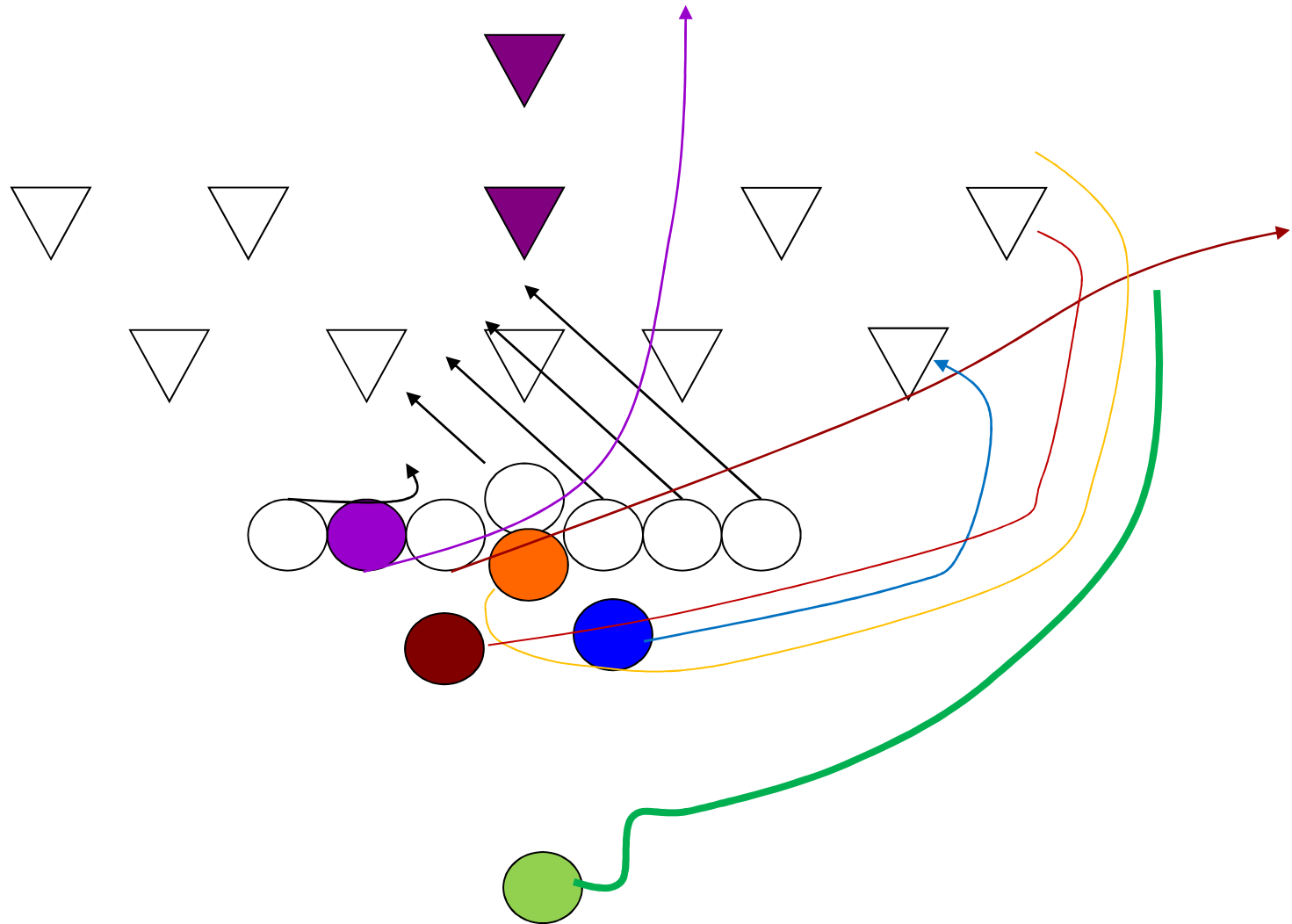
# Bear Split Over Rip 28 Monster Sweep Right



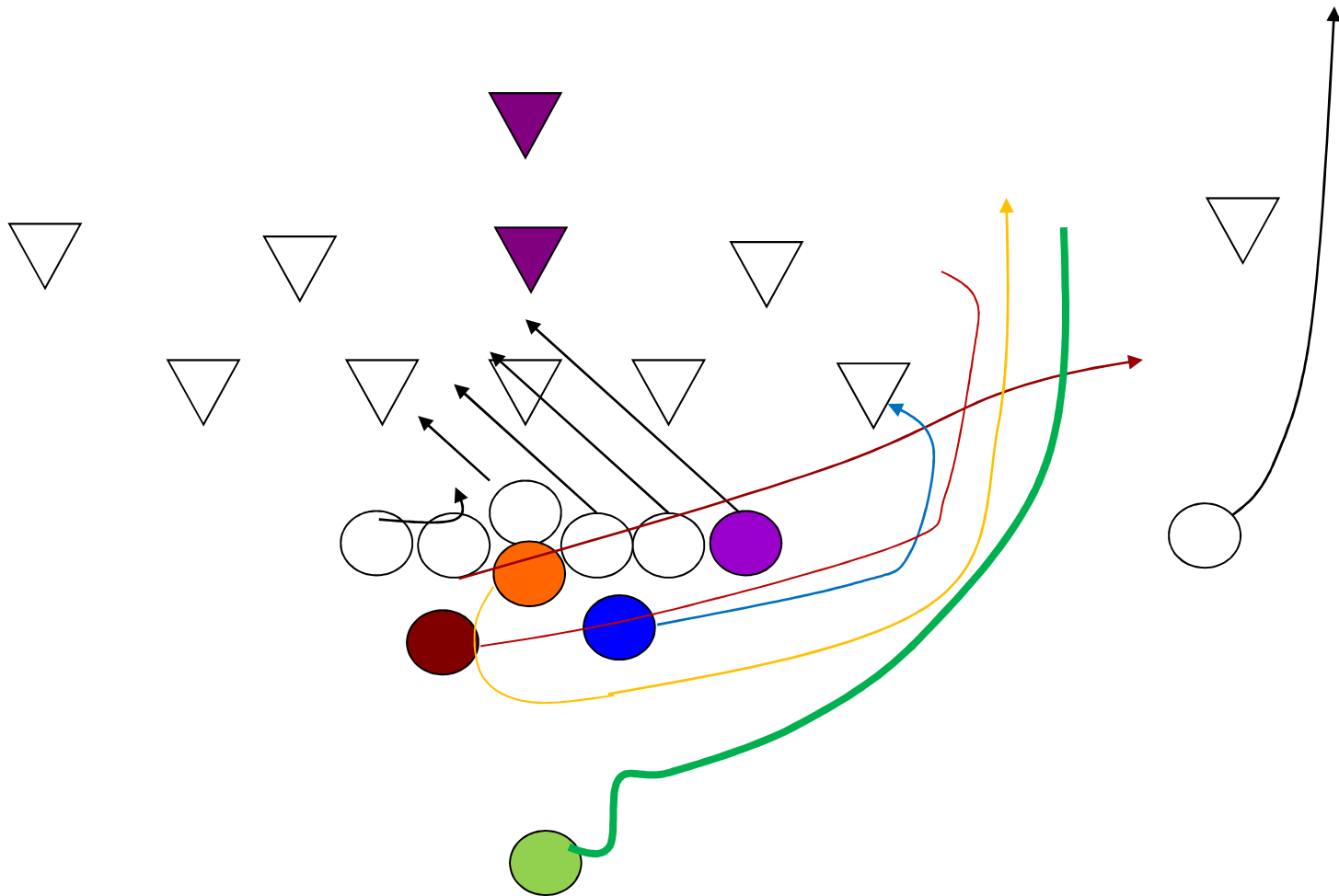
# TB Wide Play

- 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.

# Bison Rip 28 Wide Right



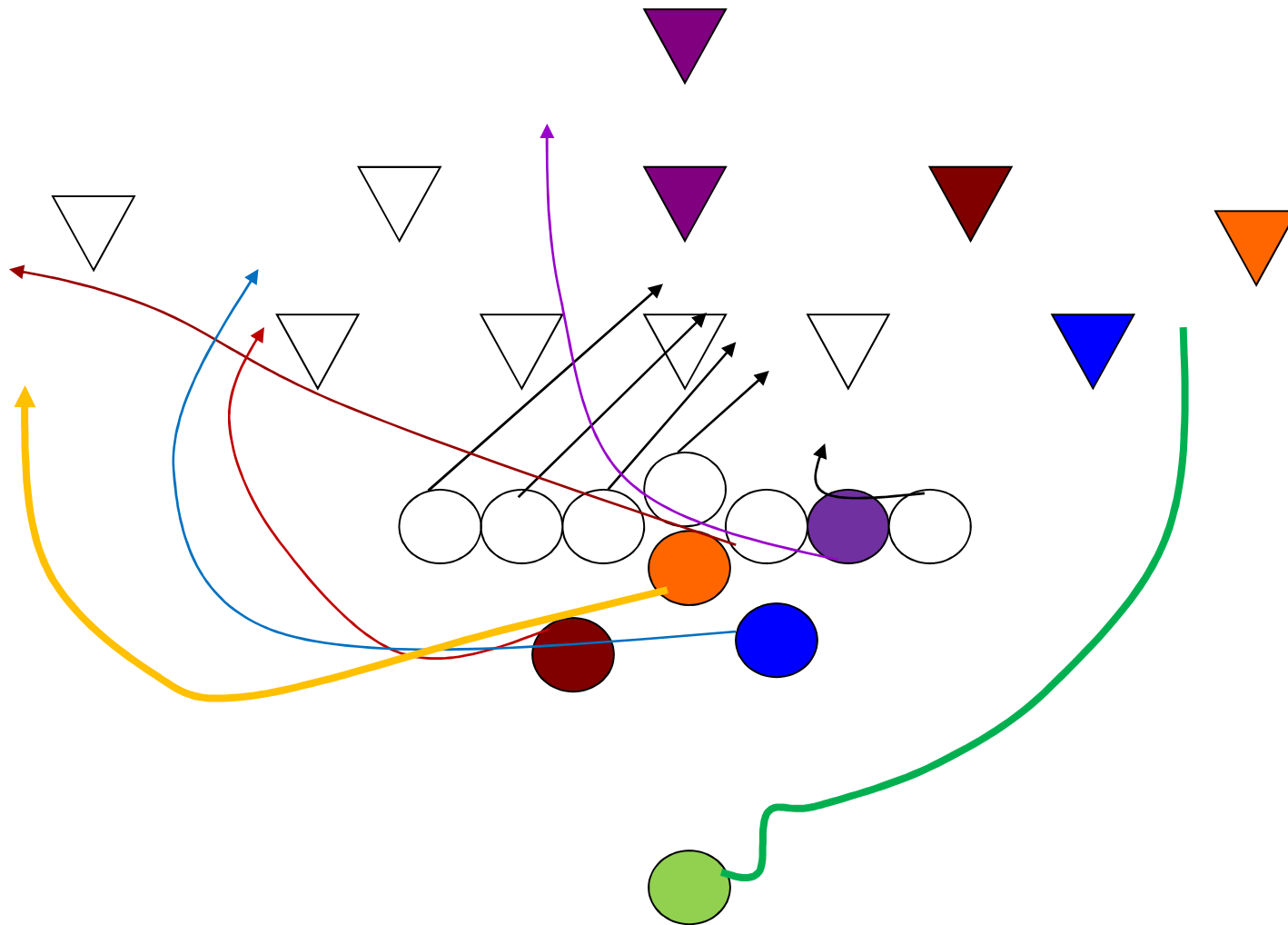
# Bison Split Over Rip 28 Wide Right



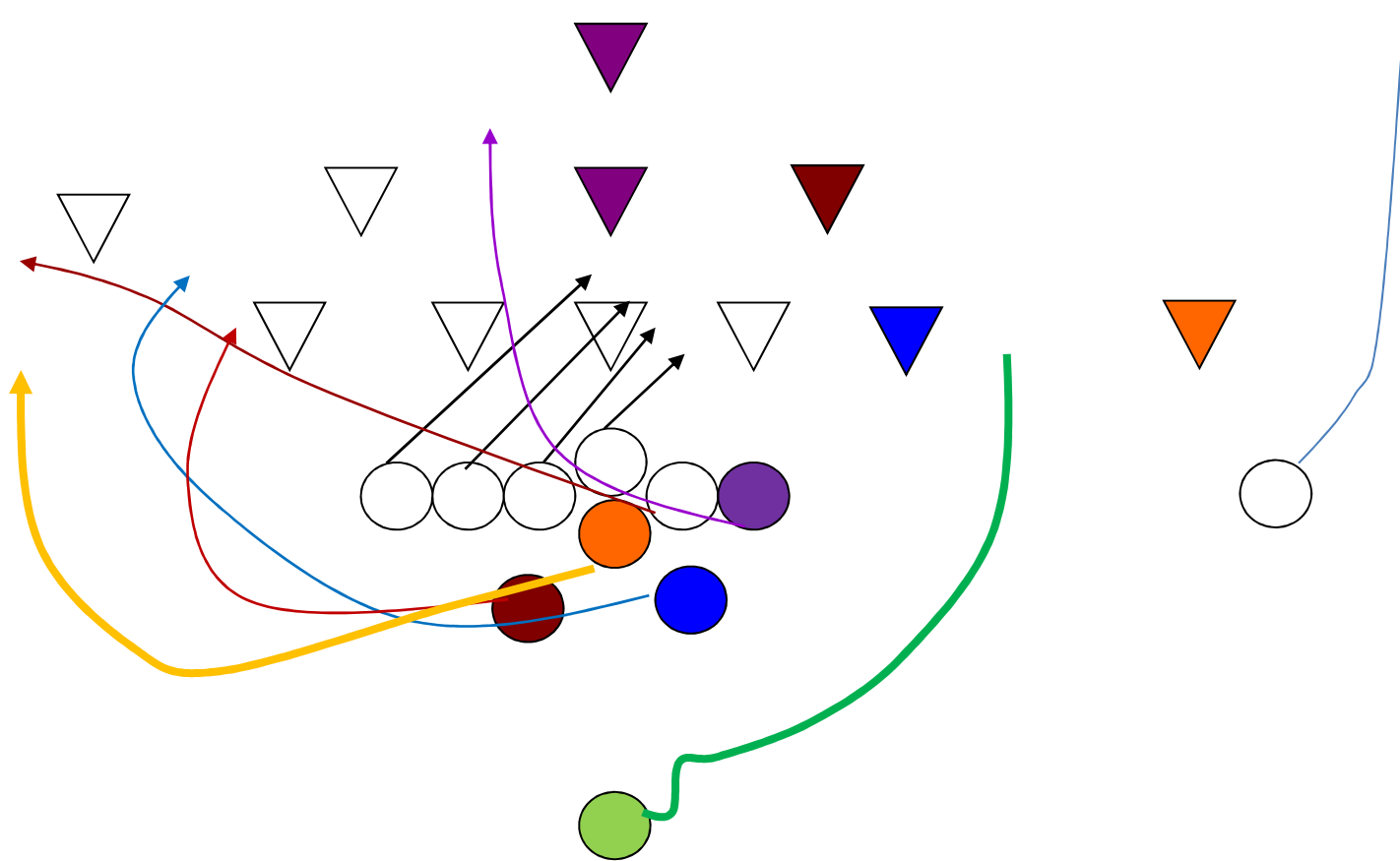
# QB Keep Play

- 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.

# Bison Rip 17 Wide Keep Left

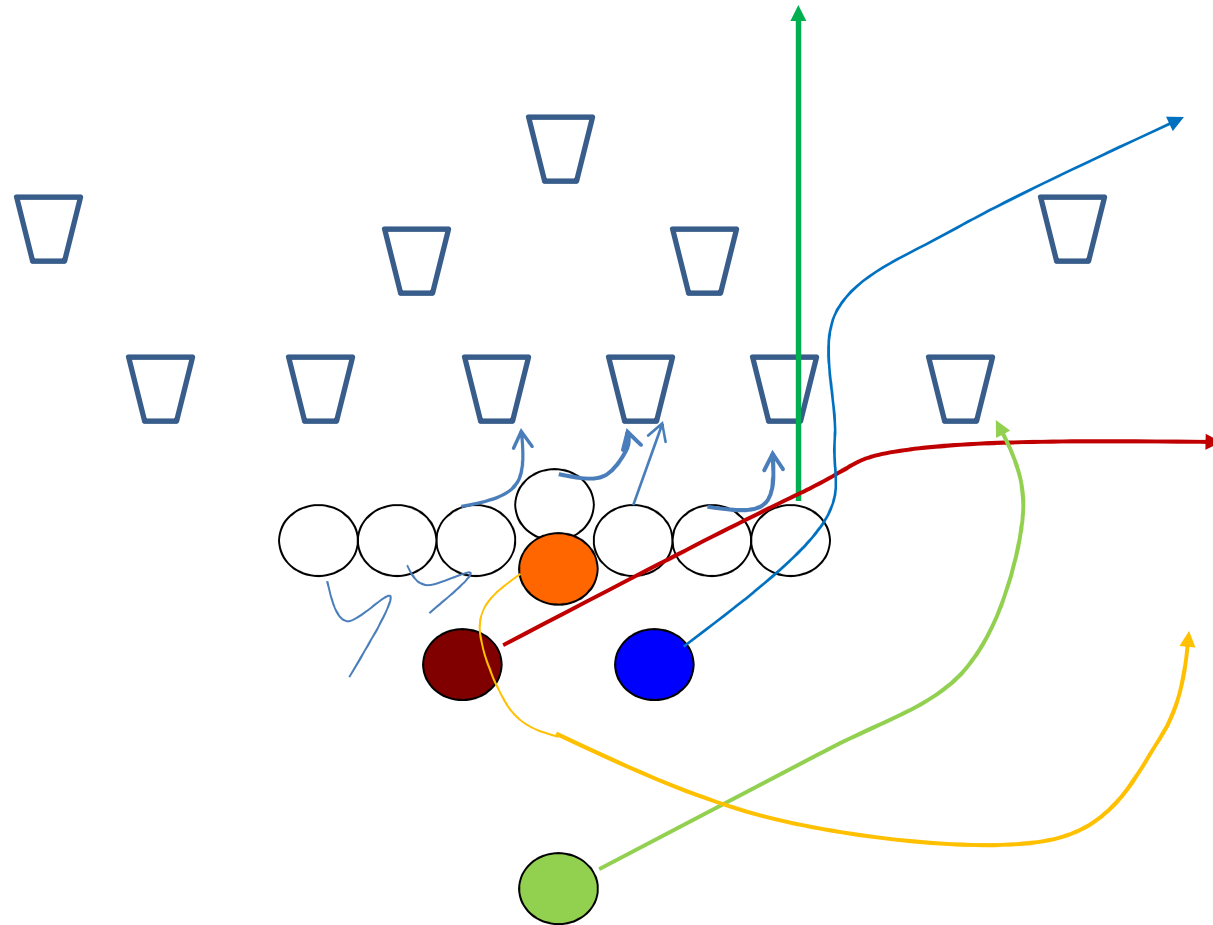


# Bison Split Rip 17 Wide Keep Left



Power Pass

# Bison Rip Power Pass Right

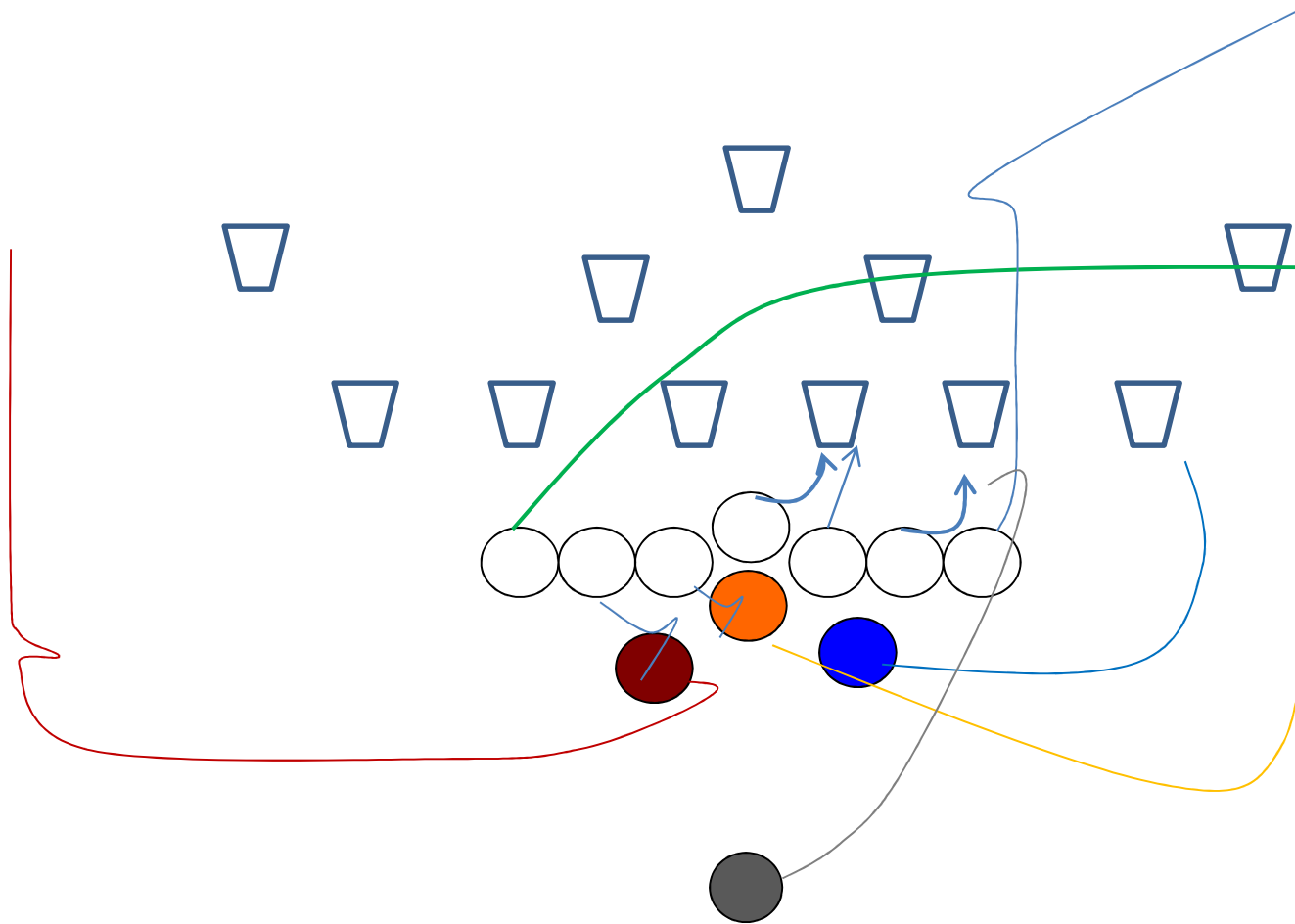




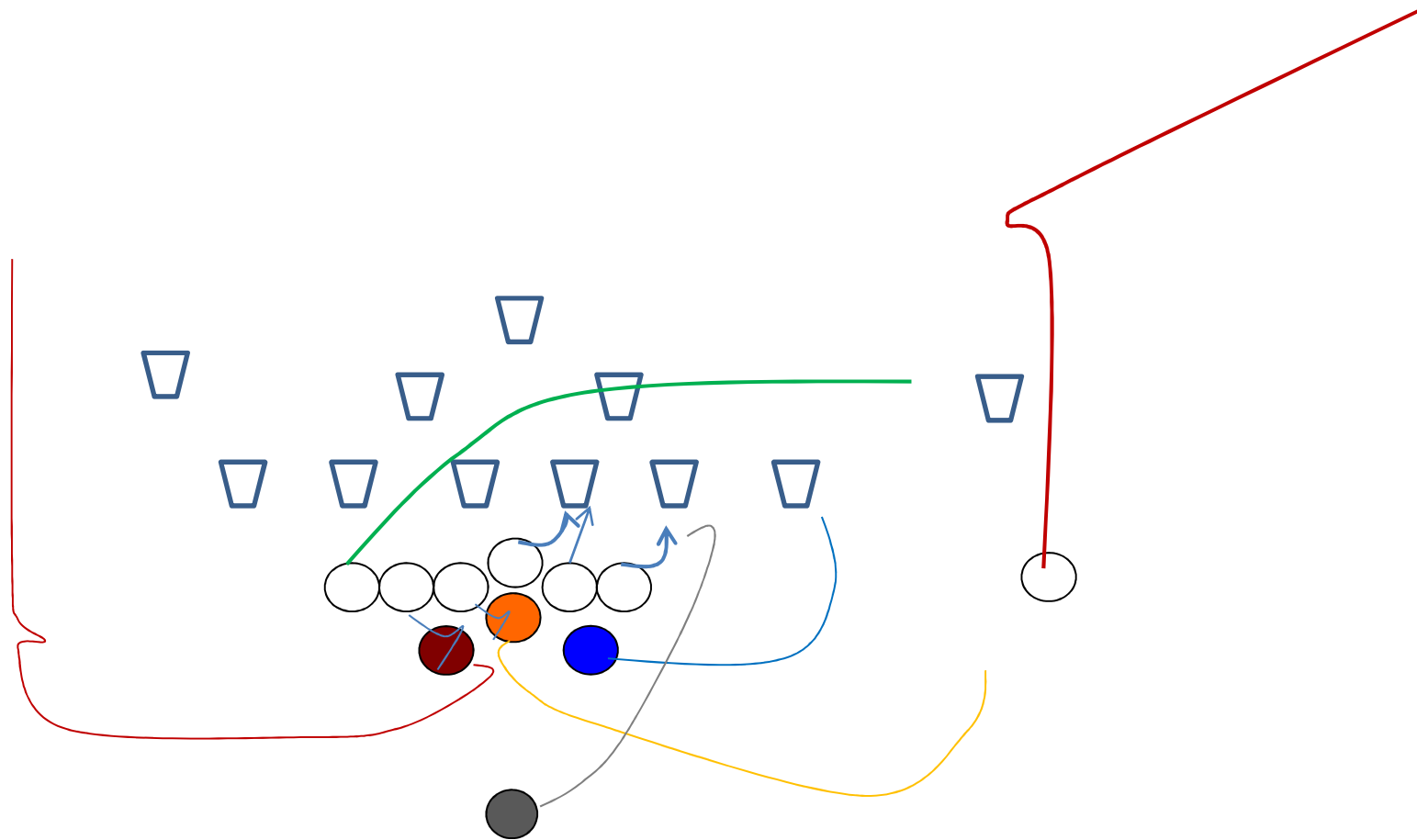


Drag Pass

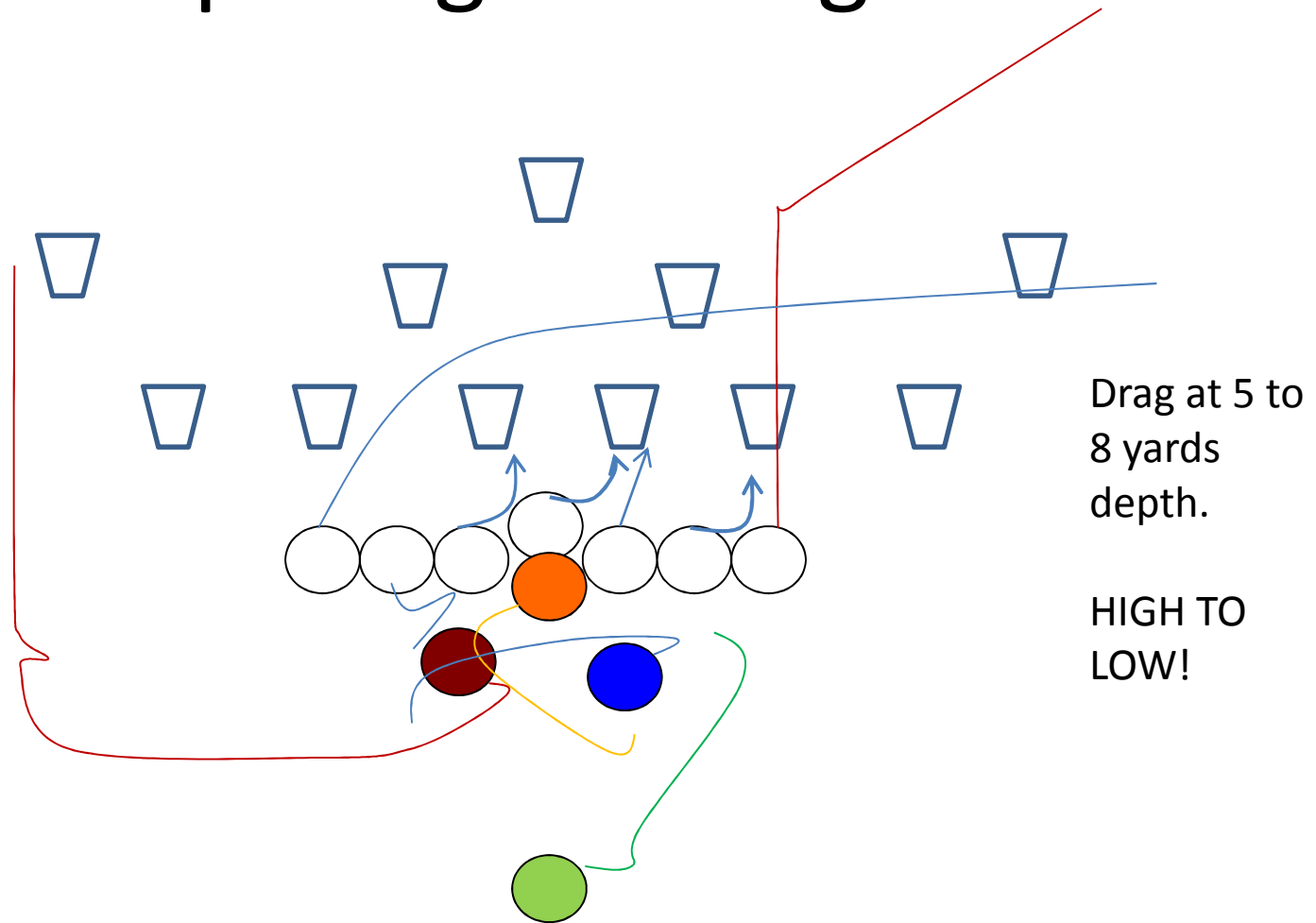
# Bison Rip Drag Pass Right



# Bison Split Rip Drag Pass Right



# Bison Rip Drag Pass Right: DROP



Drag at 5 to  
8 yards  
depth.

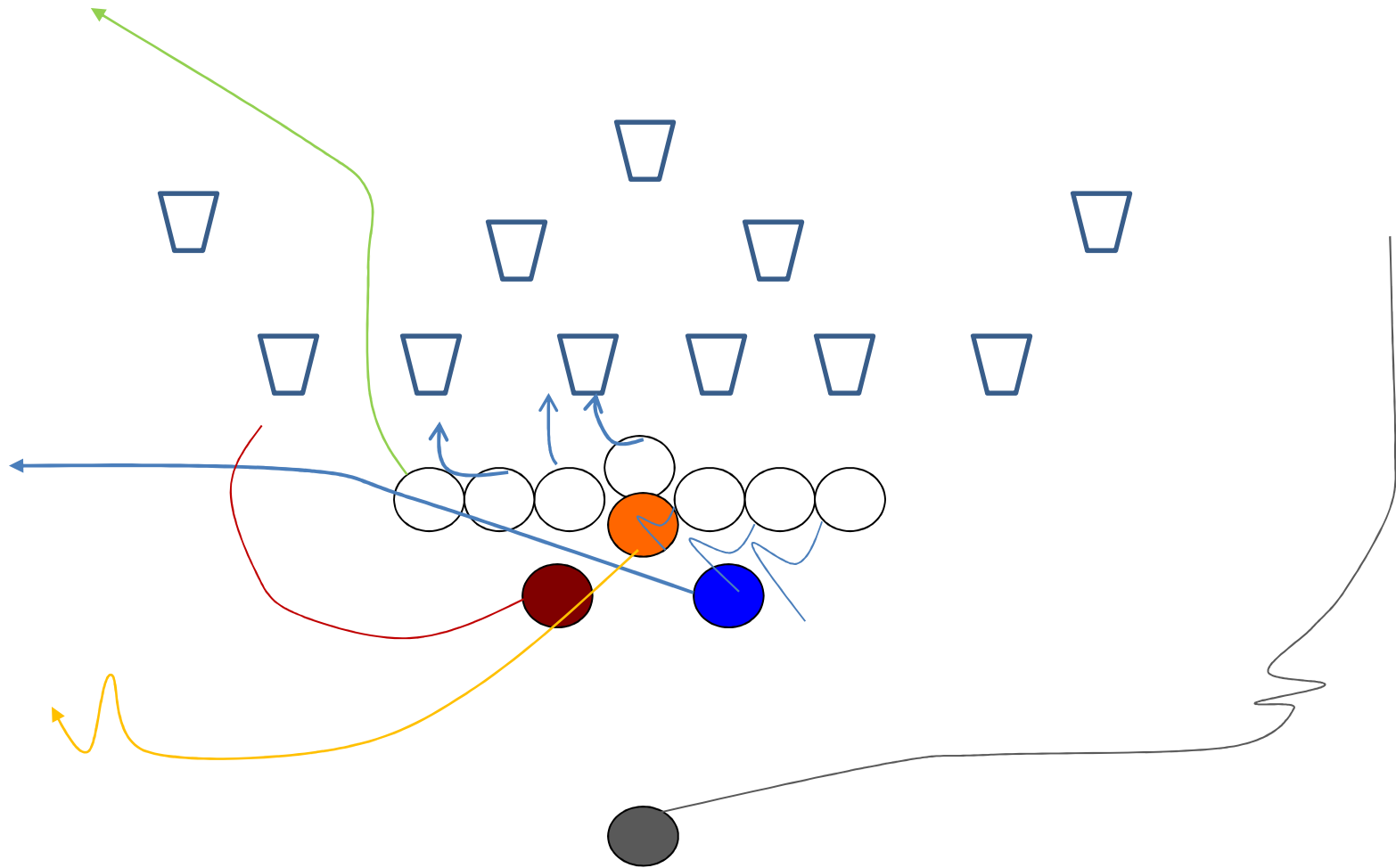
HIGH TO  
LOW!

DROP TAG:

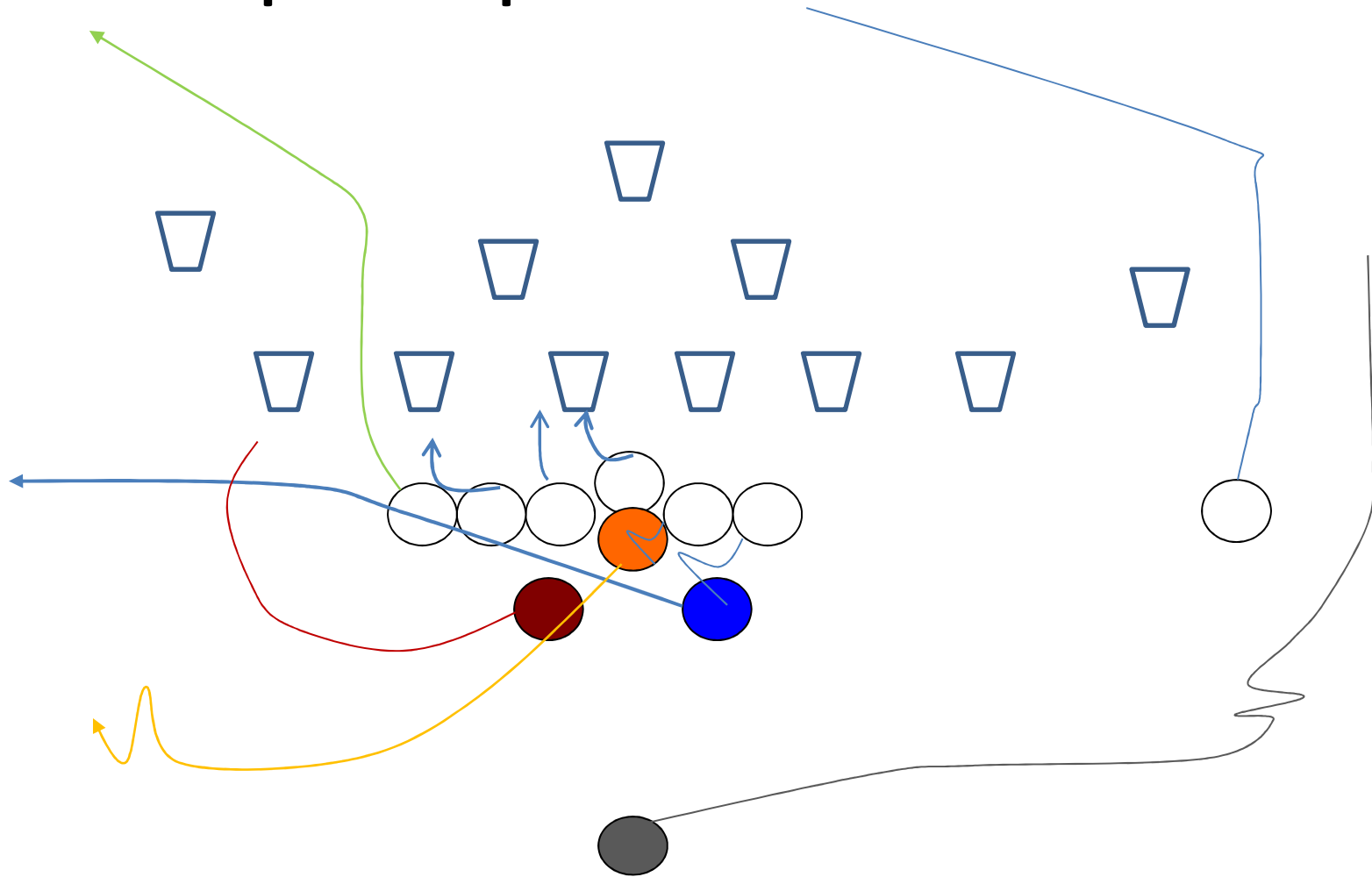
Tells the backfield that it is going to be a PAP drop not  
roll out.

Reverse Pass

# Bison Rip Reverse Pass Left



# Bear Split Rip Reverse Pass Left



Question/Comments?