SIMPLE

DOUBLE WING
OFFENSIVE ABSOLUTES

1. Simplicity + Repetition = Confidence

2. Use 2 Wings & 2 Tight Ends for Versatility.
   - Better blocking on both edges.
   - More receivers to threaten downfield.

3. Motion allows us to read the defense easier and conditions the defenders for our misdirection plays.

4. Attack Points - You must threaten ...
   Inside ... Offtackle ... Outside ... Downfield
We do a lot of little things but we do 3 main things to make our DW ‘simple’:

1. PLAY PACKAGES
2. OFFSET THE FULLBACK
3. FLIP THE ENTIRE FORMATION
1. First 2-3 steps are the same in each package so teaching footwork becomes much easier.

2. Installing a package of plays is much faster than installing random plays.

3. One snap count for an entire play package eliminates offside penalties while still allowing multiple counts.
1. Eliminates footwork problems in our backfield from day one.

2. Quicker to the DE w/ a better angle because the FB is closer to the LOS. (no more ‘banana route’)

3. Faster hitting FB running plays.

4. Invisible QB/FB exchange occurs inches behind the linemen.
FLIP THE FORMATION

1. Player Placement. Specialization.

2. Best TOSS to both sides of the field.

3. Allows more REPS for starters & reserves, as well as more time for technique and muscle memory drills.

4. Right or Left Handed doesn’t matter.

5. Easier play calling when you don’t call motion, play direction or holes.
“If I have a Roger Craig and a Rocket Ismail at WB, I’m darned sure putting Craig in a position to run the Toss and get his 5+ yards every time we need them. Rocket will be saved for the more esoteric stuff...

If you have both an axe handle and a stiletto with which to attack the enemy, don’t waste your time whacking him on the head with the stiletto or trying to poke holes in him with the axe handle.”
SIMPLE FORMATION
SIMPLE CADENCE

- READY - Shift & Get Down (usually our Center calls this)

- SET - Quick Series or Start Motion (QB looks over everyone before getting under Center to say Set)

- GO - Toss Series
SIMPLE PLAYS

Toss Series
1. Toss
2. Toss Cut
3. Toss Reverse
4. Super Toss
5. Toss Spin
6. Toss Pass

Quick Series
1. Quick Wedge
2. Quick Trap
3. Quick Sweep
4. Quick XX
5. Quick Dive
6. Quick Boot Pass
TOSS REVERSE
SUPER TOSS
TOSS PASS
QUICK TRAP
QUICK BOOT PASS
3 Basic Age Groups

- 5, 6, 7
- 8, 9, 10
- 11, 12, 13

* In most areas kids 14 and older are playing High School.
PLAYBOOK PROGRESSION

Ages 5 - 7 Plays

List of PLAYS I would use at this age:

1. QUICK WEDGE
2. QUICK SWEEP
3. QUICK BOOT (PASS)
4. TOSS
5. QUICK XX
PLAYBOOK PROGRESSION

Ages 8 - 10 Plays

List of PLAYS I would install at this age:

1. TOSS
2. TOSS CUT
3. TOSS REVERSE
4. TOSS PASS
5. QUICK WEDGE
6. QUICK SWEEP
7. QUICK BOOT (PASS)
8. QUICK XX
PLAYBOOK PROGRESSION

Ages 11 - 13 Plays

List of PLAYS I would install at this age:

1. Toss
2. Toss Cut
3. Toss Reverse
4. Toss Pass
5. Quick Wedge
6. Quick Sweep
7. Quick Boot (Pass)
8. Quick XX
9. Super Toss
10. Quick Trap
11. Toss Spin
12. Quick Dive
To learn more about our Simple DW Offense or to get the complete play book email:

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