

YouthFootballOnline.com

presents:

Wing T Jet Series

by Coach Jeff Hemhauser

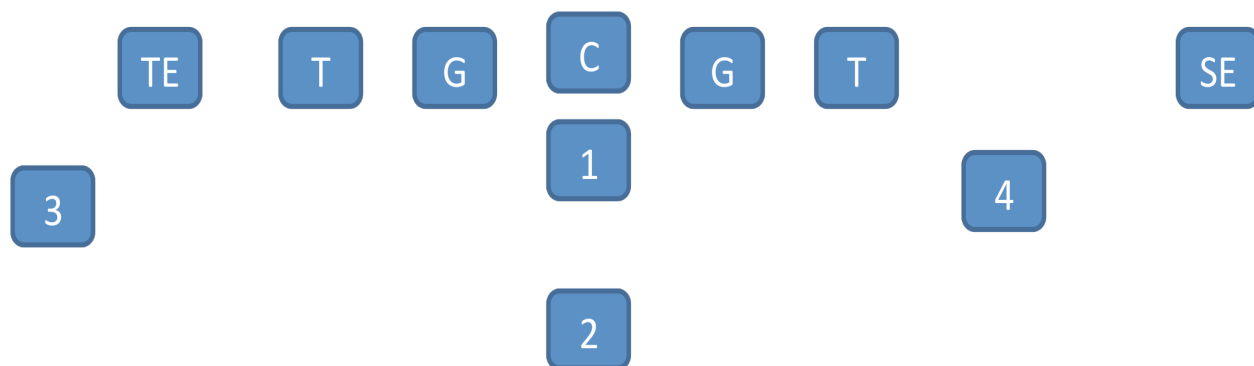


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Wing T Jet Series

By Coach Jeff Hemhauser

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Introduction:

The Wing T offense has been around for a long while in the football world. The Jet Wing T offers a series of plays that work off of motion and deception. In youth football deception/misdirection is the best way to attack defenses. This offense is a series based offense; all plays set each other up. Coaches run plays; we run a system of plays. When every play looks the same, the defense will have a hard time locating and attacking the ball carrier.

Why use the Jet Wing T Offense?

Speed! This is a fast up-tempo hard-hitting offense.

You do not need fast players to get outside. Jet motion allows the wing back to receive the handoff while running full speed across the formation. The defense will be standing still while your back gets a full speed head start.

Wide splits between linemen allow easy blocking angles on the defense.

Deception! Once the defense starts overplaying the jet motion it allows the offense to attack the interior of the defense.

You only need to block 2-3 defenders to gain yardage on any of the running plays.

Series based scheme. Defensive coordinator will lose sleep trying to defend this.

Balanced formation. There is equal threats on both sides, no strong side for the defense to commit to.

You only have to move one player to make an unbalanced line.

Quarterback can see the field easier on all pass plays.

If you decide to use shotgun, it's a shorter snap. The quarterback depth is only 4 yards back.

Three different formations. All the plays can be run out of any of the three formations.

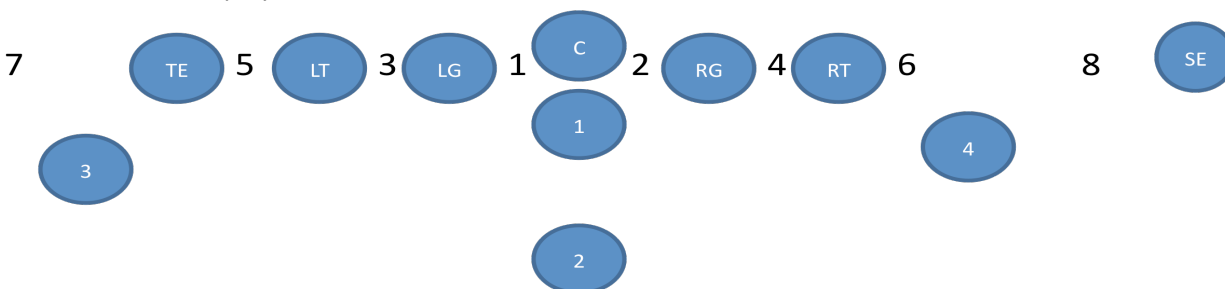
Fun for the kids to run. Players, coaches and the parents will love it.

Easy to implement.

Offensive Line Position/ Numbering system

This offense uses a traditional number system. Each running back has a number; each gap between linemen has a number. For example; 3 jet 38 sweep. The first number is the running back that is going in motion. The second number is the running back carrying the ball. The third number is the hole the running back is attacking (point of attack). Jet indicates that this will be off Jet motion. "Sweep specifies

that it is an outside play.



Linemen

Center: C

Left Guard: LG

Left Tackle: LT

Right Guard: RG

Right Tackle: RT

Tight end: TE

Skilled (players that carry/catch the football)

Quarterback: 1

Right Wingback: 4

Left Wingback: 3

Fullback: 2

Split-end: SE

Formations

This book breaks down the Jet Wing T offense out of three different formations (the Wing T from under center, shotgun and an unbalanced). Each formation has either split right or split left. The tight end is always opposite of the split-end. For example: If the play is Split Right 3 Jet-38 Sweep; split right means the split-end lines up split out to the right, and the tight end lines up to the left. If the play is Split left 4 Jet 47-Sweep; the split-end lines up split out to the left, and the tight end lines up to the right. The only time the tight end lines up on the same side as the split-end is in the unbalanced formation.

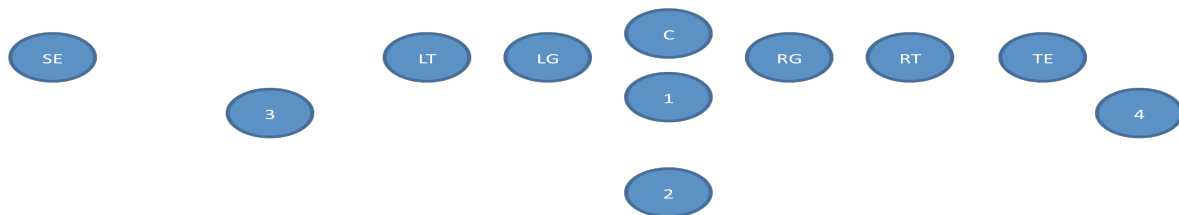
Split Right / Split Left Formation

This formation features the tight end and split-end opposite of each other. This will make even threats on both sides of the field. This gives the defense no strong side to adjust to; it makes them play the entire width of the field.

Split Left Formation

Split-end (SE) lines up on the ball to the left.

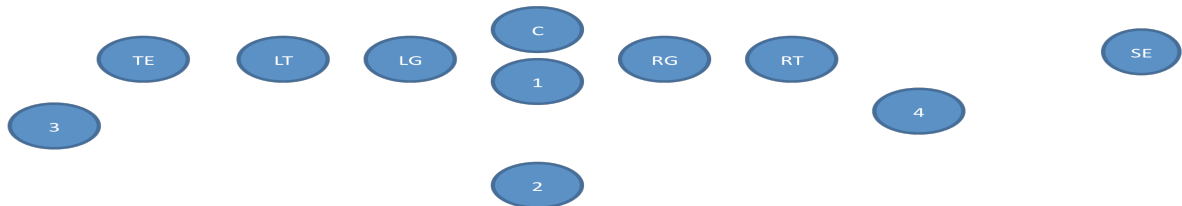
Tight-end (TE) lines up on the line to the right.



Split Right Formation

Split-end (SE) lines up on the ball on the right.

Tight-end (TE) lines up on the line on the left.



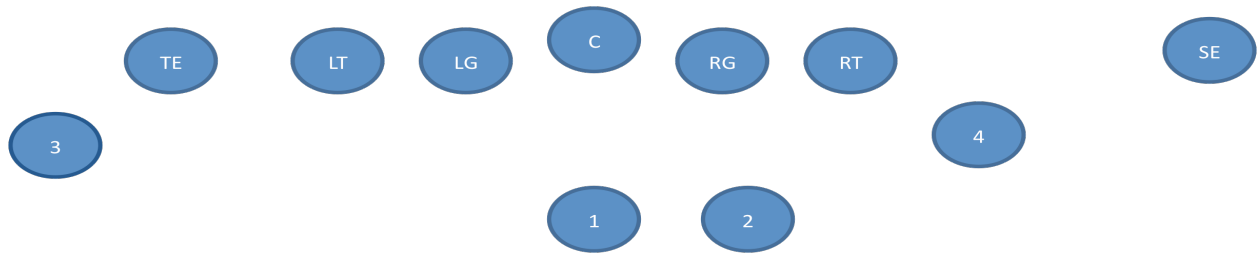
Shotgun Formation

The Shotgun Wing T is a nightmare to stop. If you have a quarterback that can run the football, the shotgun is the way to go. The shotgun will force defenses to defend the quarterback as well. The shotgun allows your quarterback to see the field much easier on all passing plays. Do not shy away from shotgun, you can run it on the youth football level with much success.

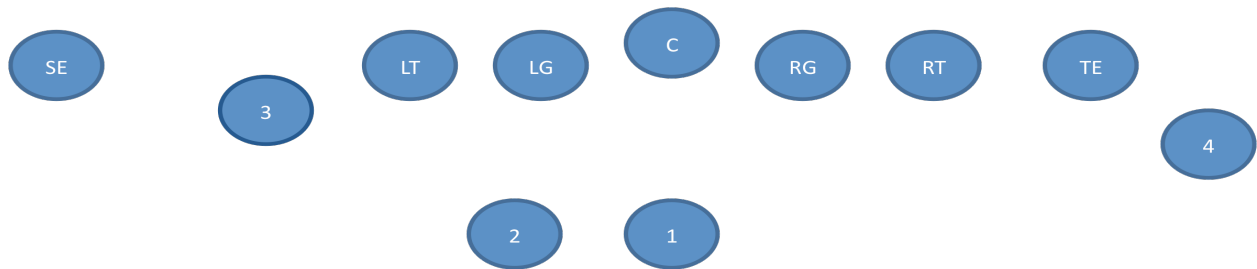
Myth about the youth football Shotgun:

The snap is too often fumbled! Since 2007 I have had roughly (give or take) 400 shotgun snaps, quarterback mishandled 8, lost none. A friend of mine that is an offensive coordinator had over 300 snaps from under center last season; his quarterback had 7 fumbles, 4 lost. Practice reps.

Shotgun-Split Right



Shotgun-Split Left

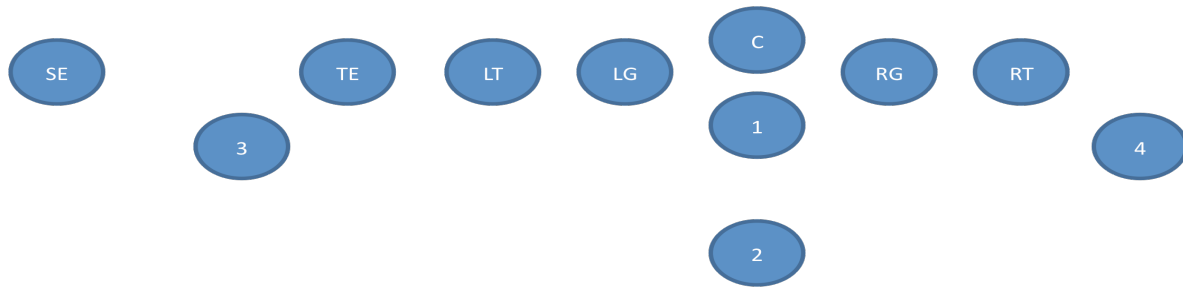


Unbalanced Formation

Unbalanced means there is an extra blocker to either the left or right. There are many defensive coaches that do not notice or shift to the unbalanced side; leaving them out manned and out flanked. Run to the unbalanced side until the defense commits to shifting to it. This will force them to shift or die, once they start shifting then they open themselves up for other plays.

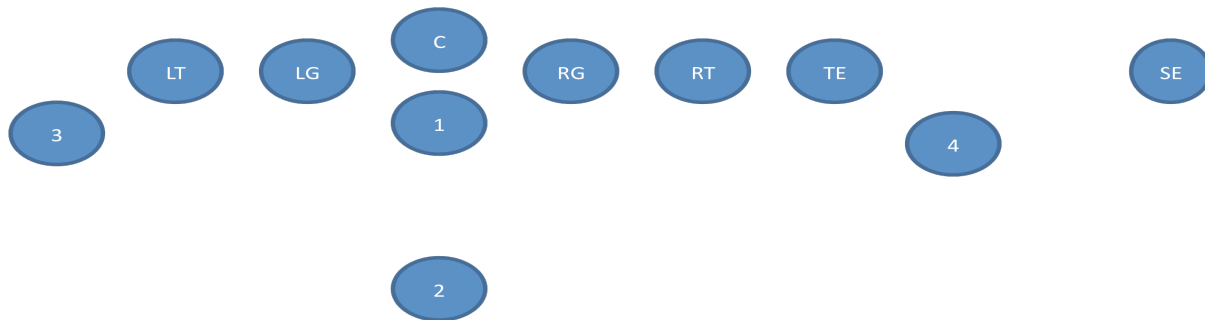
Unbalanced Left

Split-end (SE) and Tight End (TE) on the same side. This will give an extra blocker.



Unbalanced Right

Split-end (SE) and Tight End (TE) on the same side. This will give an extra blocker.



Jet Motion

The youth football Wing T Jet Motion Series is a series of plays that work off one another. This offense uses jet motion, which is an immediate threat to the edge (outside) of the defense. This is a series based offense with every play coming off the jet motion. This jet series makes the defense pick which way we are going to beat them. The jet motion player can be used to deceive the defense. He can also be used as a kick out blocker or even a lead blocker. Motion is the key to this offense; everything works off speed and deception.

There will be two ways to initiate the jet motion:

Sound command means the player that is responsible to go in motion will go in motion on the first sound of the quarterback.

Visual command the quarterback foot stomps, which the motion side wingback sees in his peripheral vision. If the play calls for the left wing back (3 Jet) to go in motion the quarterback foot stomps with his left foot. If the plays calls for the right wing back (4 Jet) to go in motion the quarterback foot stomps his right foot.

You can pick either of the two ways to initiate the motion; whatever your team is comfortable with.

Snap Count:

Mix up your snap counts; make the defense have to watch the ball. If the defense is able to time your snap count every play you are in for a long day. This will slow their rush down because they do not know when the offense is going to snap the ball. There are two advantages for the offense, snap count and awareness as to where the play is going.

The snap counts are as followed (Grey highlight- motion starts, Yellow highlight- ball snapped):

RED, Set, Go, Go.

Play Call on "Set": The quarterback yells "RED!"-"SET!"- "Set" indicates that the ball needs to be snapped. Jet motion starts on "RED".

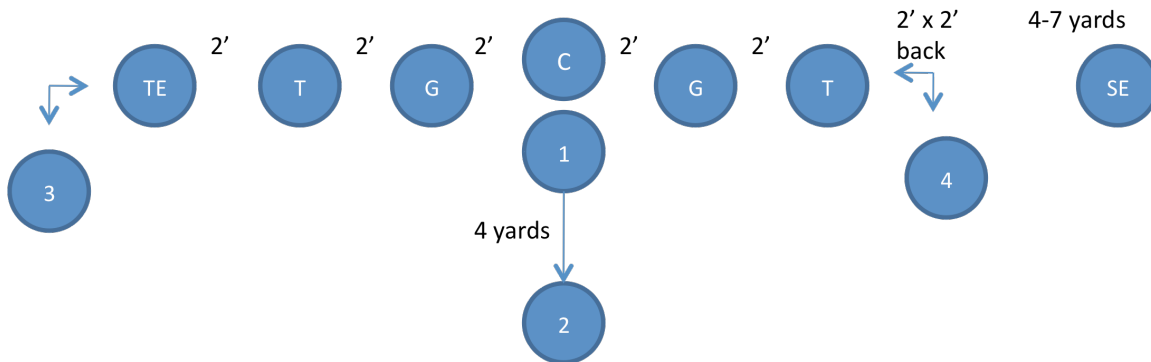
Play Call on "One": Quarterback yells RED!-SET!-GO!- On the first go the ball is snapped. Jet motion starts on "SET".

Play Call on "Two": Quarterback yells RED- SET!-GO!- GO!- On the second go the ball is snapped. Jet motion starts on "GO".

Play Call on Pressure, Silent Count (from under center): Quarterback first makes sure all 7 players are lined up on the line of scrimmage and that everyone is set (stances). QB gets under center, tapping him to initiate the snap. The silent count is a great change up to catch the defense off guard.

It is important that you practice timing with the jet motion. It is also important to call different snap counts to throw off the timing of the defense.

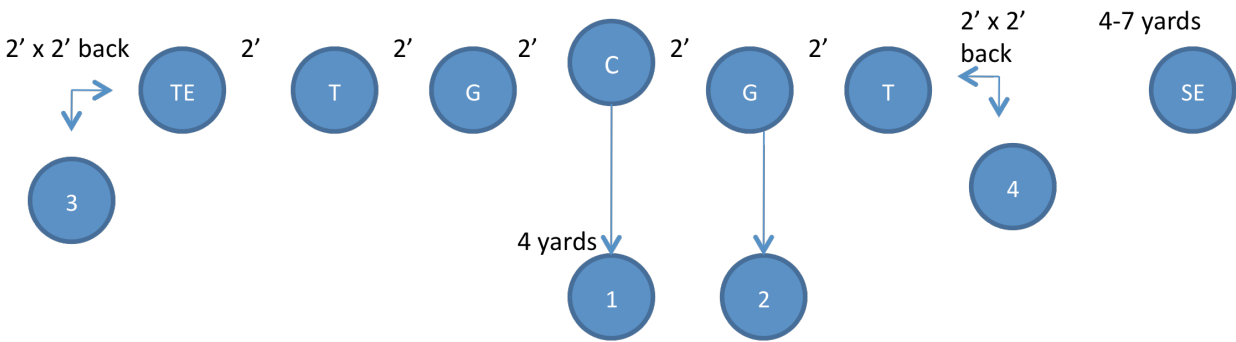
Splits



Why 2 Foot Splits?

The Wing T Jet Motion Series is an explosive offensive formation because of the two-foot line splits. Having two-foot line splits spreads the defense out and allows for natural running lanes inside, as well as easy blocking angles on the defense. Good splits are critical; the splits start from the center out. Everyone gets their splits off the teammate inside of them. The center starts the line splits.

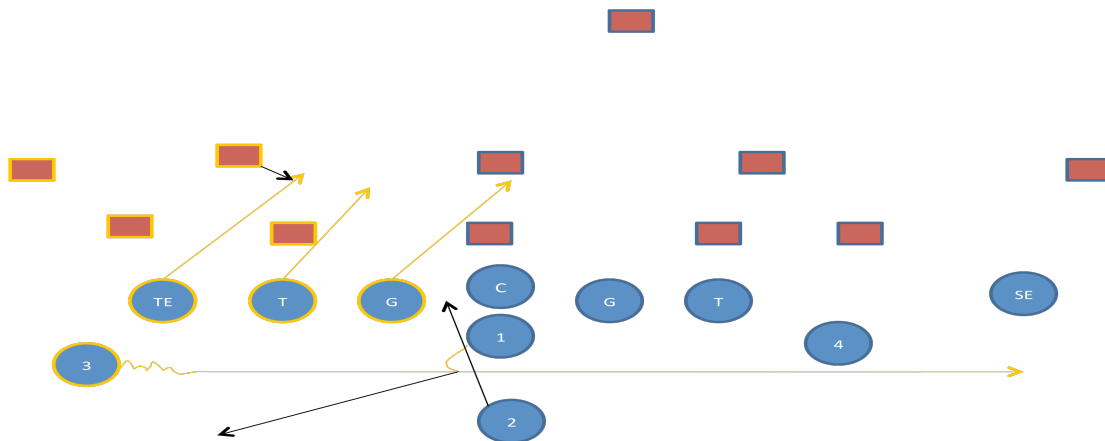
Shotgun



Blocking Scheme:

The blocking scheme is "Inside-Over-Free" with backside linemen cutting off the defensive pursuit to the football. "Inside" means the first responsibility of any non-pulling lineman is to block any defender playing in his inside gap. "Over" means there are no defenders playing the lineman's inside gap, the lineman is to take any defender lined up over him. "Free" means if there are no defenders playing in the inside gap and there is no defender lining up over, linemen must get onto a linebacker. Backside linemen must rip, crossing the face of any head up defender and cut off the defensive pursue lanes.

Example Cross face:



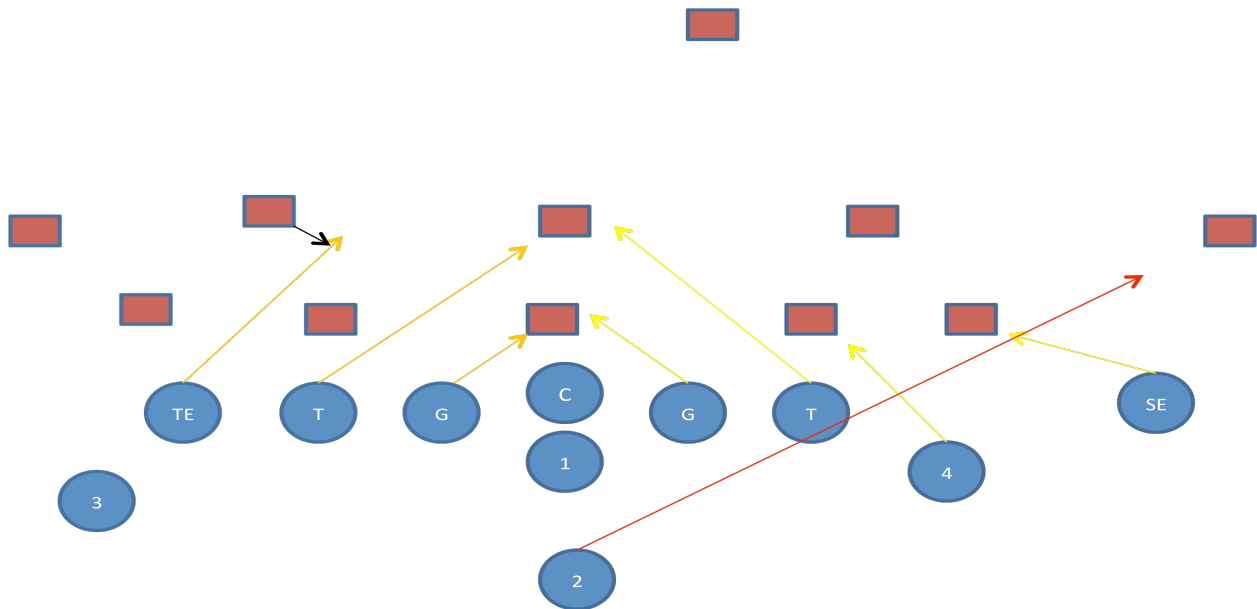
When using this blocking scheme it is imperative that all linemen stay with the progression of the blocking scheme. The linemen might have a pre-snap read of the defensive alignment, but that does not mean the defense will not do something different on ball snap (blitz and stunts). Linemen must go through with the blocking scheme progression; inside over-free. If the progression of the blocking assignments is followed, blitzes and stunts will be picked up.

These rules apply for all down linemen unless they are responsible for a kick out block, trap block, crack block or if they are pulling. Base blocking (one on one) is rarely used in this series; it is all about working blocking angles and out flanking the defense. This offense works angles with down blocks, double team, crack and kick out blocks. Having two-foot splits allows for great blocking angles and natural running lanes.

Passing plays will be **roll out** or **play action**. These are easy plays to execute and most importantly are safe. Every lineman is responsible for his inside gap on all pass plays. Remember linemen cannot go down field on pass plays. The 2, 3 and 4 back will seal the edge and lead block on all roll out or play action passes.

You can also choose to use a **“Down Blocking Scheme”**. Down blocking just indicates that every player is stepping down and taking the first defender inside of them. It can be either a defensive linemen or a linebacker. The outside defenders will have to be kicked out by lead blockers out of the backfield or by pulling linemen.

Example:

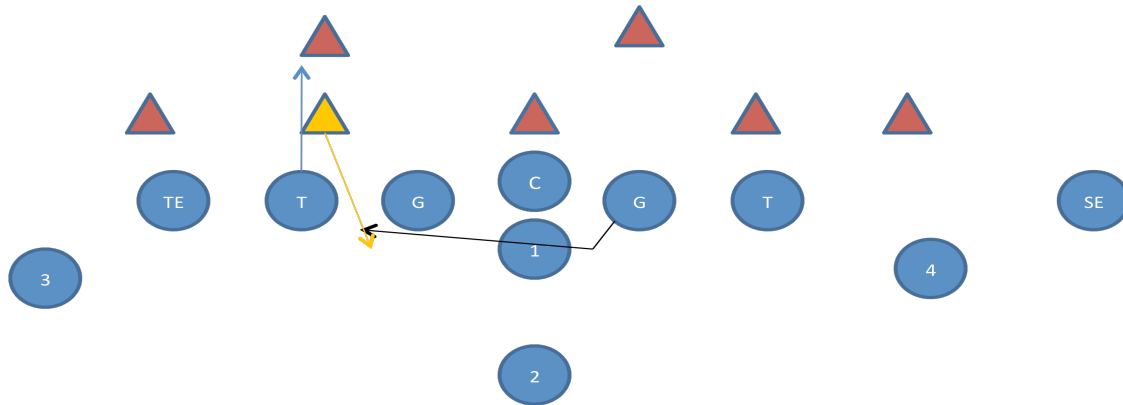


Types of Blocks

Trap block: Pulling a lineman (usually guards in this offense) to his inside or outside. The objective of the trap block is to kick out the first defender outside the hole where the play is going. For example, if we call “Split Right 3 Jet-21 trap”, the 2 back’s point of attack is the 1 hole. The right guard will pull and kick

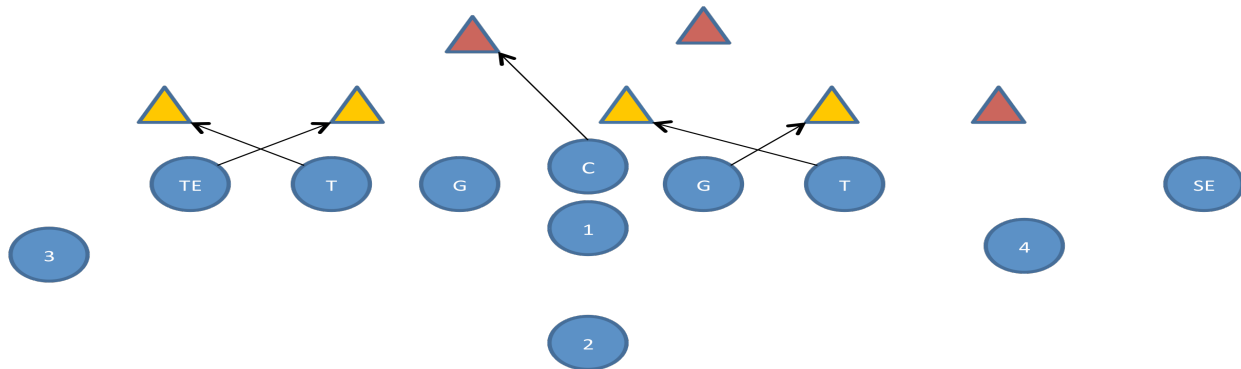
out first defender outside the 1 hole, most likely will be a defensive tackle. This is a dominant block in youth football. Trap blocking is easy to teach.

Example Trap Block:



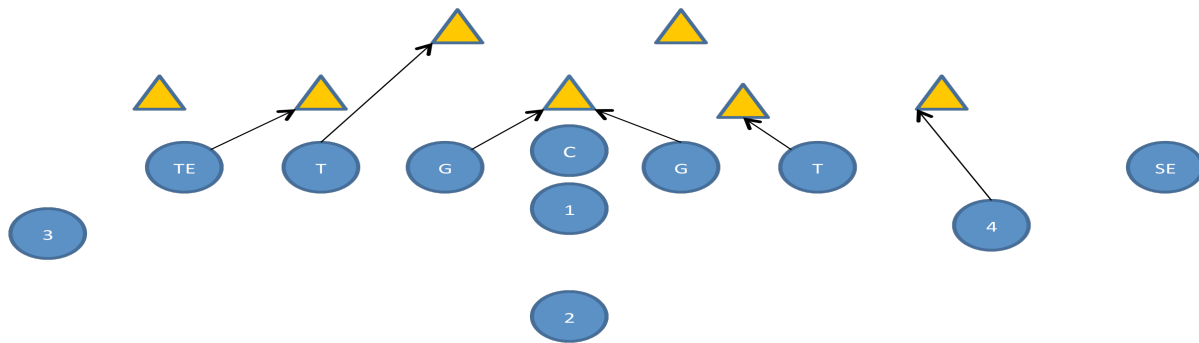
Cross Block: Two linemen are used; the outside lineman steps down, down blocking on first defender inside of him. The inside lineman steps outside, blocking the first defender outside of him. This block is used with either the tackle-guard combination or the tackle-tight-end combination. This is an extremely successful block in youth football. This has the same nature as a trap block. The only difference is it's a shorter distance for the crossing linemen to travel.

Example Cross Block:



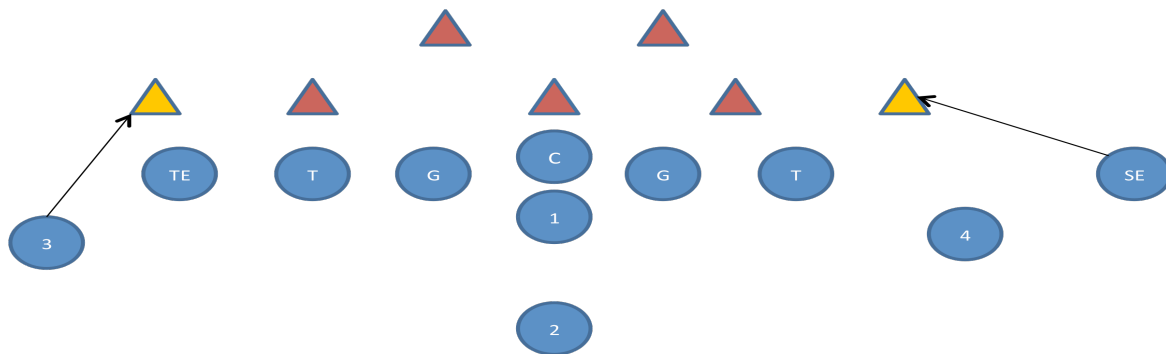
Down Block: Blocking the first defender in the lineman's inside gap. This is a great way to give your offensive linemen excellent blocking angles on the defenders. This is the most successful block in youth football. Down blocking works well with undersized linemen. The combination of down blocking while going on different snap counts will neutralize any size or strength advantage a defender might have on your offense. Down blocking is only on play-side, back side must cross face-cut off.

Example Down Block:



Crack Blocking: Block made usually on the play-side defensive end, linebacker or safety coming down to support the run. This block is performed by a wingback (2 or 4 back) or the split-end. This block's objective is to crack down on a defender flowing to the ball from the inside out. Crack blocks are generally used on sweeps. This is commonly used to seal the edge (containment defender) of the defense, allowing your back to get to the outside on a sweep or toss play. The crack block can also be used to neutralize a really tough edge defender (defensive end or linebacker). "Charley" call means the split-end cracks on the defensive end. A "Charley" call is a great way to deal with a good defensive end. Use a crack block with a wingback or tight end.

Example Crack Block: (If your wingback can not seal the end, call "Charley" which will make the split-end crack down on the defensive end)



Player Positioning- Filling the Positions With the Right Kids

Center: Smart kid, must be able to handle pressure. Odds are he will have a zero technique (defensive lineman head up) defender to block all game. He must be a little dominating; must make sure when he says, "Huddle" or "Run to the line" the other players listen. Find out if any players have experience at center or if any kids would like to try the position. Starting the first day of practice, you need 3 centers practicing snaps every day.

Guards: Has to be good athletes. Guards must be able to pull for kick out, lead and trap blocks.

Tackles: Good size, strong kids. Aggressive blockers as there will be a lot of double teams and down blocks. This offensive blocking scheme is designed to out flank the defense, angle blocks.

Tight end: Great blocker, solid athlete with good hands. This player must be well rounded; must be able to block and catch the football.

Split End: Great blocker in space. He must be an aggressive kid as there are numerous crack blocks (“Charley” calls) that will be crucial to the play’s success (sweeps). The player needs to be able to catch the ball as well.

1-back (Quarterback): Dominant personality! This kid must be able to handle adversity and be a leader on your team. When the quarterback talks the team needs to listen. He must be a smart kid, has to be able to remember play calls and hand signals. The player must be able to throw the ball as well. He must be a leader and be able to control the other kids. Your job as a coach is to teach all the techniques of the quarterback position, like throwing the football, handoffs and handling snaps. Remember he must be mentally smart and tough, all the other things you, as a coach, can teach. Support your quarterback in all situations.

2-back: Fullback type player. This player must be gritty and a great blocker. This player will do a lot of blocking and some inside running.

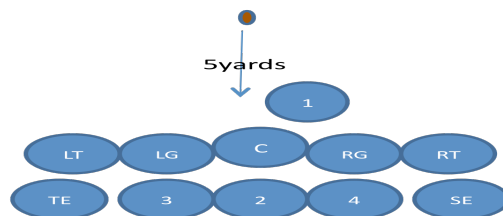
3-back (left wingback): One of your fastest players. He must be able to run in space as well as between the tackles. Will need to be able to block and sell fakes.

4-back (right wingback): One of your fastest players. He must be able to run in space as well as between the tackles. Will need to be able to block and sell fakes.

The Huddle

The play is called twice in the huddle. After the quarterback calls the play the first time the split end and center go out and lineup. When the quarterback calls the play the second time the rest of the team runs to the line of scrimmage, gets their proper splits and gets right into their stances. The idea of this offense is speed. We want the play called and the linemen set as soon as possible. Do not wait for the defense to be ready.

In the huddle the play is said twice, after the first time the split-end and center leave the huddle and get splits. Splits start from the inside out. It is imperative that the center gets set first. Everyone gets their splits off the lineman inside of them.



Quarterback and Center Exchange

The quarterback and center exchange needs to be practiced from day one. You need to find multiple centers and get them snapping (both shotgun and under center exchanges). You must also work on the jet motion timing in accordance to your snap count. When in the shotgun the quarterback must also hold his hands out to give a target to the center. The center will look back before every snap to get a feel for the distance. The quarterback must be no more than 4-5 yards back; he must have consistent depth on every play.

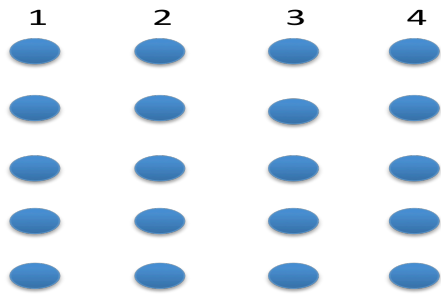
If you practice snaps everyday with both your starters and backups the exchange will go smoothly. Do not let the shotgun formation scare you, with practice; the snaps will not be an issue.

Practice Routine:

In youth sports, a well-planned and productive practice is essential for your team's success. A structured practice can often be a challenge as children have a natural desire to wander off. The key is to make sure your youth football practice time is upbeat and productive. Here is an in-depth look at how to run a successful youth football practice.

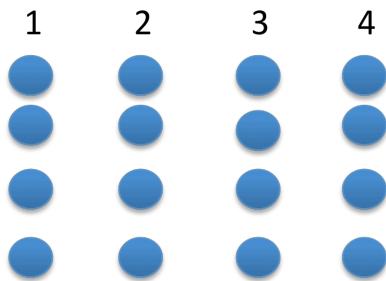
5-8 Minutes:

Stretch: 4 player lines across -4 yards between each player lane - each row is 5 yards behind the row in front. Everyone stays in line evenly. Every kid counts and hits their pads after each stretch 10 count. Have your kids look and sound like a TEAM. The following is a diagram of how the kids should line up.



20 Minutes:

Warm-ups/ Conditioning: Players stay in their numbered stretching lines. Your conditioning coach should be standing in front of the lines, he sees 4 helmets across (Each kid is directly behind one another in all 4 lines). Proceed with high knees, kick outs, shuffles, back-pedals, and end warm-ups with two $\frac{3}{4}$ speed sprints. Have your lines tighten up.



After warm ups we transition into conditioning stations. There are 4 conditioning stations, one for each of the four lines. You will rotate so each group can work every conditioning station.

Stations:

Station 1: Crabs (crawl on hands & feet, stay off the knees!).

Station 2: Karaoke (right over left, good hip movement).

Station 3: Change of direction (sprint- into shuffle- into back pedal, and then shuffle again).

Station 4: Tires- The classic! Put your kids through the tires station. *Fast feet, get those knees up!*

Water Break

10-15 Minutes:

Individual Offense: Each player will go with his position coach- working on skills, drills, and blocking responsibilities for each position.

Skilled Positions (TE, SE, 1,2,3,4 backs): Work on jet motion timing, hand-off exchanges, throwing, lead blocking, and crack blocking. This is done without the offensive linemen (also known as practicing on air). Both first and second teams need to get reps. No huddle needs to be practiced as well.

Offensive Linemen: Hit the sled, working on proper blocking techniques. Go through each play's blocking scheme without the running backs. Have coaches use pads or have the kids that are not in hold pads to simulate the defense. Trap blocking and double team blocking techniques need to be worked. Both first and second teams need to get work.

20-30 Minutes:

Team Offense: The complete offensive team practices against a scout defense (both first and second teams rotate reps). The scout defense should be running your opponents' defense so the kids get a feel for what the opponents' defense likes to do. The objective of the team offensive session is to improve our offense as a complete unit. Team offense is time for the kids to practice the blocking rules while creating fluidity within our offensive plays. We will also work on our goal-line plays as well as extra point attempts (field goals).

The no huddle play-calling scheme needs to be practiced. We will end our team offensive session with our punt team. P.S., Your offense should be installed the first week of practice.

Water Break

10-15 Minutes:

Individual Defense: Each position player goes with their position coach, working on skills, drills, and responsibilities. Back 7 defenders (secondary and linebackers) work on form tackling, open field tackling, block shedding, and pass coverage. The defensive linemen will work on gap control, pursuit, block shedding and launching.

20-25 Minutes:

Team Defense: Work complete team defense. Work on assignments and preparing for your opponent's offense.

Water Break

10-15 Minutes:

Team Special Teams: Complete special teams will practice against scout special teams. The objective of team special teams is to practice the importance of kickoff coverage (staying in lanes and containment) and kick return blocking. We will also practice kicking power and direction. We will end team special teams with our onside kick / hands (Onside recovery) teams.

10-15 Minutes:

Sprints: We will run sprints with great pride and purpose, knowing the importance of being able to play a full game at full speed and winning the fourth quarter. The team that is in the best shape will usually

end the game with a victory. The importance of conditioning must not be overlooked with your kids. When kids are in shape they'll maintain mental fortitude during practice and throughout a game. Practice time in each phase depends on your youth football coaching style, preference, and time your football organization allows you.

Having a practice schedule and sticking by it is very important. You need to run organized practices. Run a youth football practice with an up-tempo rhythm, don't let your kids get bored and don't let them stand around. Always make sure your team is jogging on the field and that they switch phases of practice with great intensity and energy. You, as a coach, need to run practice with great passion, decisiveness, and a type of command when you speak. Remember they are kids; they can get bored or daydream very easily. It's your job to keep your youth football practice fun and upbeat.

Conditioning Matters in Youth Football

Conditioning your athletes is essential for the children's safety and overall football performance. Youth football is like no other sport, as it demands focus, discipline, teamwork, physicality, and strategy. It is imperative that athletes are well conditioned. If a youth football athlete is not in proper condition his body will start to lose strength, speed, and overall mental focus. This will lead to an unsuccessful outcome of a game and/or an athlete getting hurt, all of which is something coaches and parents do not want to see or to be a part of.

Take extra time to condition your athletes. If your team is fatigued, children will get hurt and you will lose games. Run those kids! Have them ready to play a full game of football safely and successfully.

The No Huddle

Run a lot of plays while controlling the clock.

Dictates the defense, makes them adjust to the pace of the offense.

Makes subbing players in difficult for the defense. It will be harder for them to get kids in when they need plays.

Does not let the defense breathe.

Lets the defense pick which way the offense will beat them.

Teams with well conditioned athletes benefit from this offensive strategy later in the game when defenses are out of gas. The better-conditioned team will take over the game.

Gives you the option to change the play if the defense is in a position to stop the called play. For example, if you call 38 Jet Sweep and the defense is lined up to stop the sweep why waste a play and run into it? Use the pre-snap read of the defense to change into a play that can hurt the defense.

In conclusion, the no-huddle offense offers many advantages over the conventional huddle offense. Ran properly, the no huddle can control the tempo of the game. It will also control the defense by lining up at the line of scrimmage after each play. The team that is better conditioned and accustomed to the faster pace of the no huddle will take full control of the game.

Play Chart for Wrist Coach and Offensive Coordinator

The easiest and most successful way to coordinate the no huddle play calling is with a wrist coach. Each player and coach gets a wrist coach (wrist band where you can write plays) with a numbers and colors.



Under Center Wing T

Loaded Box	Split Right 3- Jet 38 Sweep--1	Split Left 4- Jet 47 Sweep--7
A Gap Attack	Split Right 3- Jet 21 Trap--2	Split Left 4- Jet 22 Trap--6
Soft Box	Split Right 3- Jet 26 Power--3	Split Left 4- Jet 25 Power--5
Aggressive D	Split Right 3- Jet 45 Counter--4	Split Left 4- Jet 36 Counter--4
Play action	Split Right 3- Jet 4 Corner--5	Split Left 4- Jet 3 Corner--3
Soft Box	Split Right 4- Jet 47 Sweep--6	Split Left 3- Jet 38 Sweep--2
Blitz Beater	Split Right 4 Jet Slant-TE Dump--7	Split Left 3- Jet Slant-TE Dump.--1
Big Play	Split Right 3- Jet 27 Pull Screen--10	

Example Play Call for the No Huddle: The offensive coordinator yells to the quarterback—“Yellow 2”! (Split Right 3 Jet 21 Trap), the quarterback yell to both left and right sides, “Yellow 2”! The players read their wrist coach and run the play (all the players on the field need to have a wrist coach).

Example Play Call for the In Huddle: The offensive coordinator yells “Blue 2”! to the quarterback, the quarterback reads the play off his wrist coach to the players in the huddle.

The wrist coach needs to be on the arm that rests on the thigh when in a three-point stance. This will avoid having linemen lift their hands up to look at the play. If it is on the resting arm’s forearm, all the lineman has to do is look down and read. The same goes for the shotgun and unbalanced formation.

Shotgun Wing T

Loaded Box	Split Right 3- Jet 38 Sweep--1	Split Left 4- Jet 47 Sweep--6
Soft Box	Split Right 3- Jet 14 Power--2	Split Left 4- Jet 13 Power--5
Soft Box	Split Right 3- Jet 25 Power--3	Split Left 4- Jet 26 Power--4
Soft Box	Split Right 3- Jet 45 Counter--4	Split Left 4- Jet 36 Counter--3
Play Action	Split Right 3- Jet 4 Corner--5	Split Left 4- Jet 3 Corner--2
Loaded Box	Split right 4- Jet 47 Sweep--6	Split Left 3- Jet 38 Sweep--1
Blitz Beater	Split Right 4 Jet Slant-TE Dump--20	Split Left 3-Jet Slant-TE Dump--20

Unbalanced Wing T

Loaded Box	Unbalanced Right- 3 Jet 38 Sweep--1	Unbalanced Left-4 Jet 47 Sweep--3
Soft Box	Unbalanced Right- 3 Jet 26 Power--2	Unbalanced Left-4 Jet 25 Power--2
Play action	Unbalanced Right- 3 Jet Flood--3	Unbalanced Left-4 Jet Flood--1

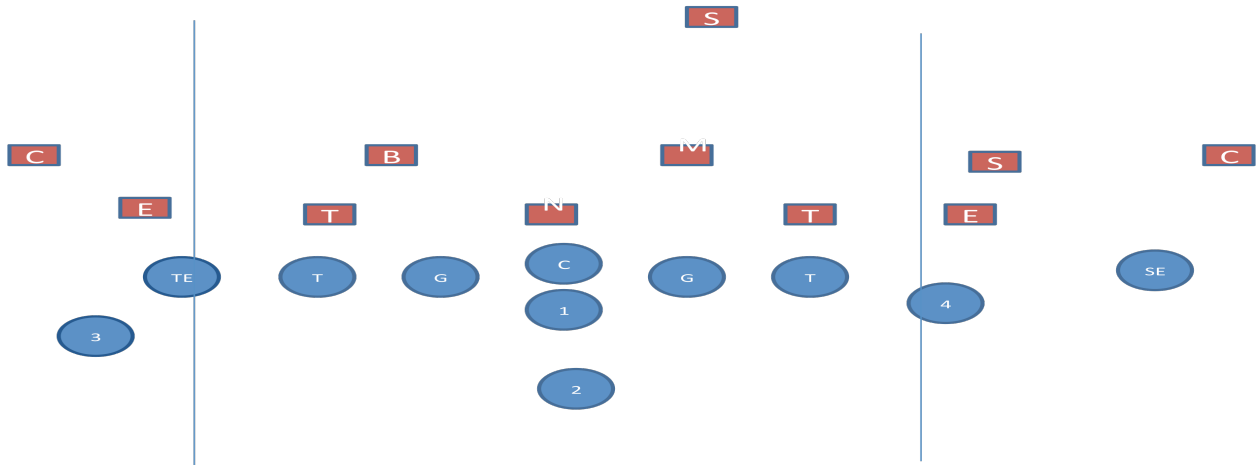
Play Calling Progression

Let the defense pick how we are going to beat them.

Play calling needs to be made off the pre-snap read of the defense. If the defense is playing wide to defend the sweep, it doesn't make sense to run into the strength of the defense. This will result in a wasted play and down. Do not pick plays just to call them. See how the defense is lining up inside the box. Attack to the side where you have the best chance for success. Always look to see where you have an advantageous blocker/defender ratio.

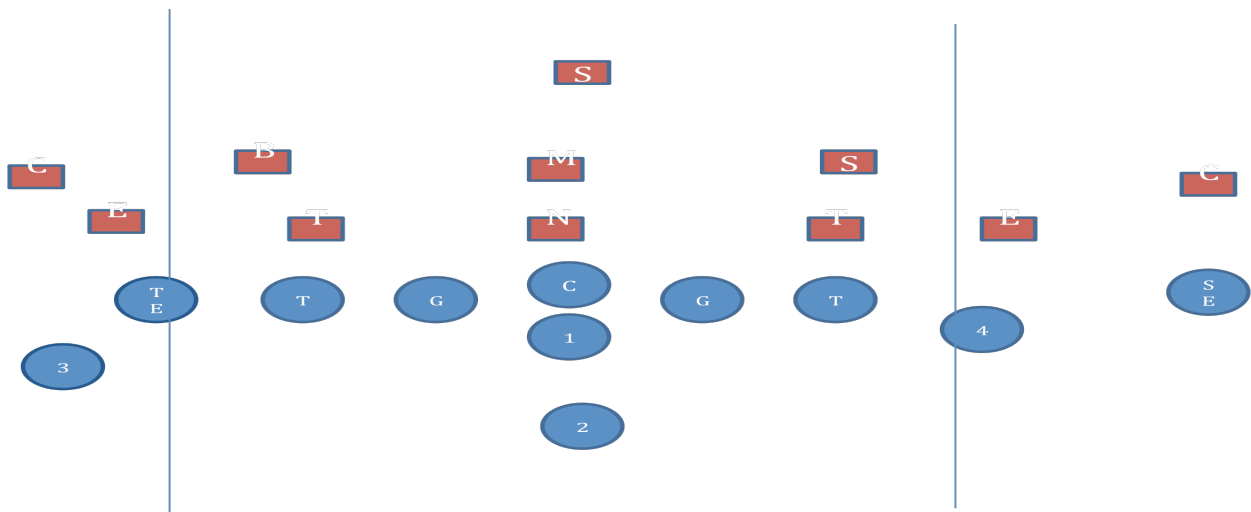
Out Numbering the Defense Inside the Box (Soft Box)

Inside the box the offense outnumber the defense 7 offensive players to 4-5 potential defenders. It would be a little difficult to run jet sweep or play action pass because they have the outside numbers and flanks to their favor. This look from the defense will give the offense traps, counters and powers all day.



Out Numbering the Defense Outside the Box (loaded box):

When the defense loads up 7-8 defenders in the box it will be difficult to run inside. Therefore we will have a great number advantage on the outside. The split end or the wingback can crack easily on the defensive end. This has jet sweep written all over it. Other plays that work- counter, pull screen, power, slot corner, and slant.



Count the number of defenders in the box and run to the area where you have an advantage. A good defensive coordinator will start shifting or showing false reads. Stay disciplined and count the defenders in the box. Attack the defense where you out number them, do not call random plays. Use the offensive play calling system.

Jet Wing T Under Center

Split Right-3 Jet-38 Sweep	Split Left-4 Jet-47 Sweep
Split Right-3 Jet- 21 Trap	Split Left-4 Jet-22 Trap
Split Right-3 Jet-26 Power	Split Left-4 Jet-25 Power
Split Right-3 Jet -45 Counter	Split Left-4 Jet -36 Counter
Split Right-3 Jet-4 Corner	Split Left-4 Jet-3 Corner
Split right -4 Jet-47 Sweep	Split Left-3 Jet-38 Sweep
Split Right-3 Jet-27 Pull Screen	Split Right- 4 Jet-Slant-TE Dump

All of these plays can be ran out of both Split Right or Split Left Formations.

Color Meanings



-Defender getting double teamed



→ Player calling the ball

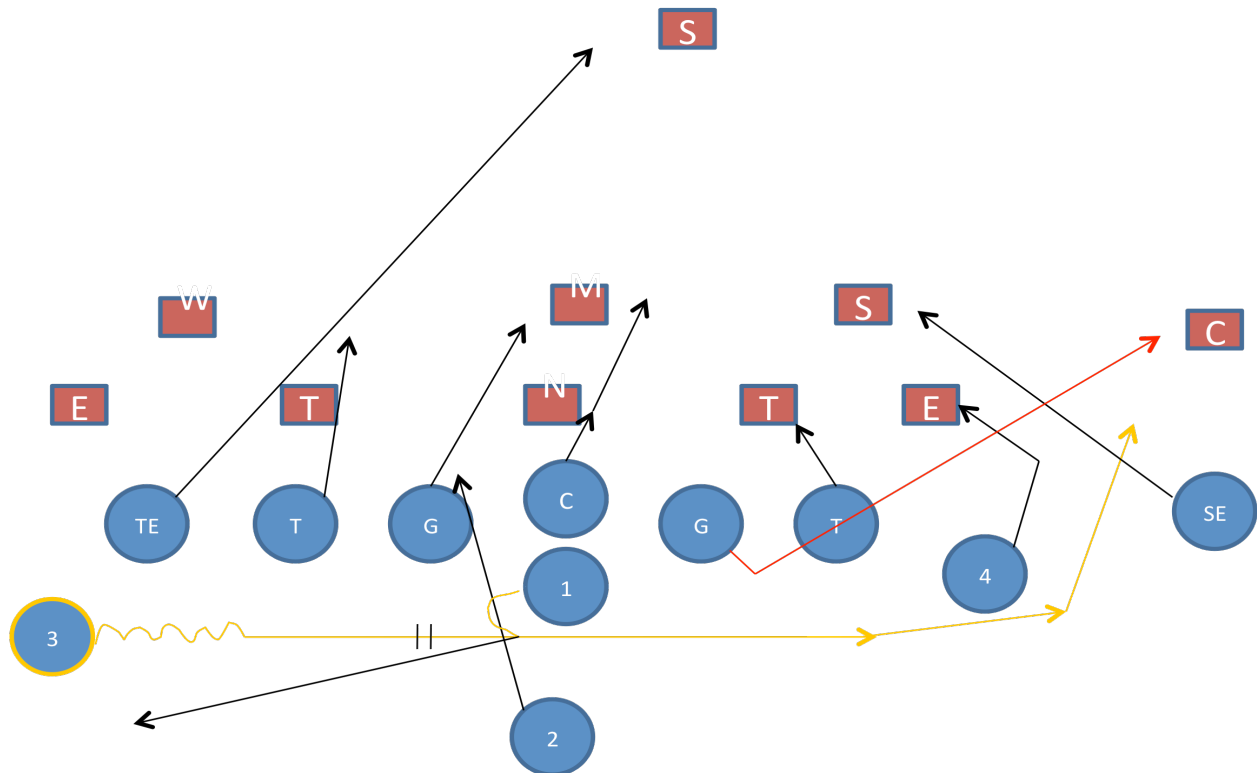


-Defender getting trapped



→ Player kicking out or trap blocking

Split Right-3 Jet 38 Sweep



Center: Takes any defender head up or any defender in play-side 2 hole.

R Guard: Pull; look to kick out cornerback or first defender outside the crack block.

R Tackle: Inside over free.

L Guard: Cross face-cut off defensive pursuit.

L Tackle: Cross face-cut off defensive pursuit.

Tight End: Cross face-cut off defensive pursuit.

Split End: Crack on the outside linebacker unless it is a "Charley" call (cracks DE).

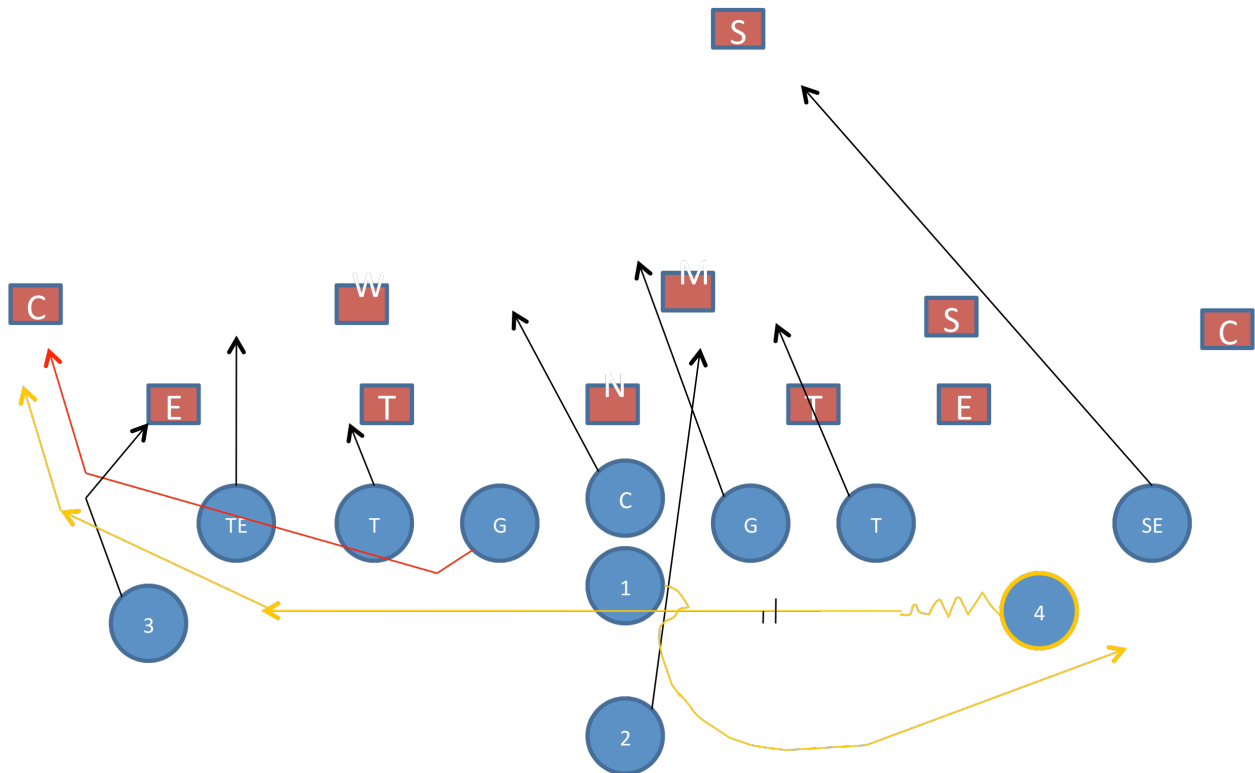
1back: Opens to motion side, handoff to the 3back in jet motion, fakes to the left.

2back: Fakes trap handoff. Good fake needed to hold the linebackers.

3back: Jet motion on first sound. Takes handoff while running full speed.

4back: Cracks D-End-unless it is a "Charley" call: leads around, takes first defender inside the crack block.

Split Right-4 Jet 47 Sweep



Center: Take any defender head up or any defender in the play-side 1 hole.

R Guard: Cross face-cut off defensive pursuit.

R Tackle: Cross face-cut off defensive pursuit.

L Guard: Pull; look to kick out the cornerback or first defender outside the crack block.

L Tackle: Inside over free.

Tight End: Cross face-cut off pursuit.

Split End: Crack on the outside linebacker, unless there is a "Charley" call (cracks DE).

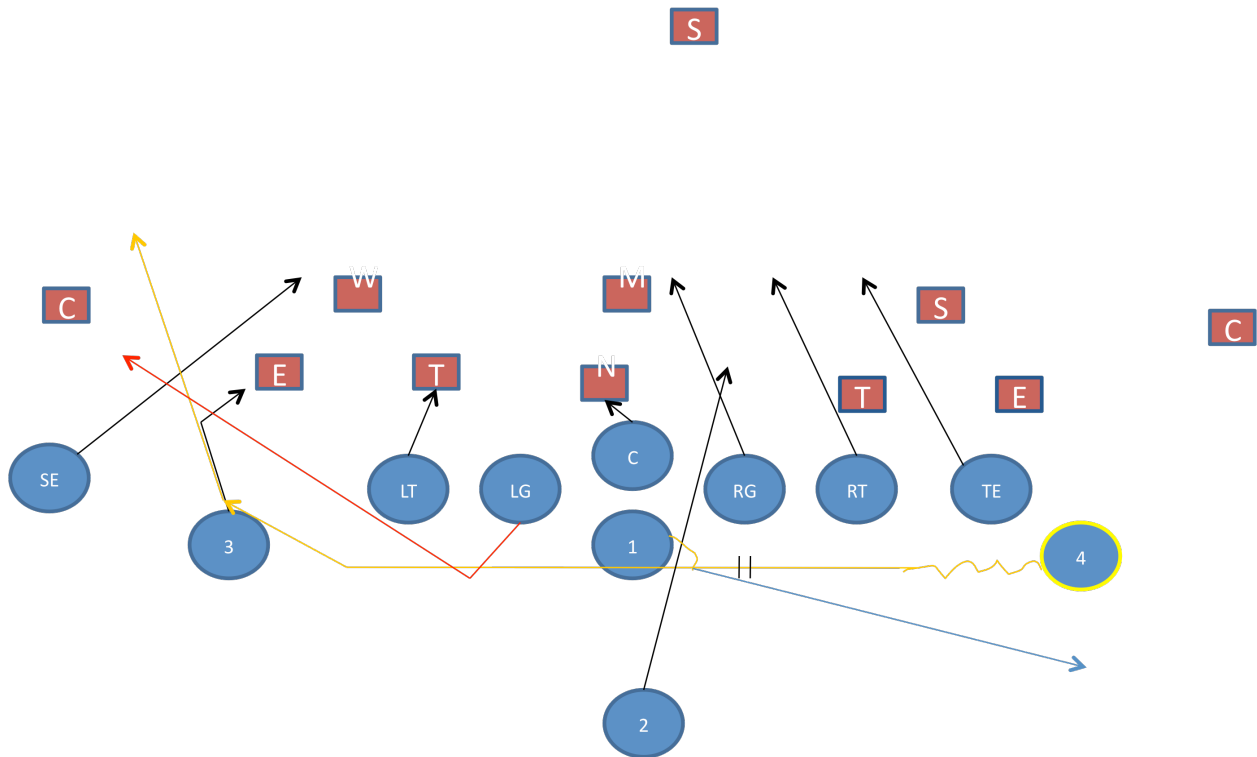
1back: Opens to motion side, handoff to the 4 back coming in jet motion. QB carries fake to the left.

2back: Fakes trap, cut off pursuit. Good fake needed to hold the linebackers.

3back: Cracks D-end. If there is a "Charley" call, the back leads around and takes the first defender inside the crack block.

4back: Jet motion on first sound, running at full speed takes the hand off.

Split Left-4 Jet 47 Sweep



Center: Take any defender head up or any defender in the play side 1 hole.

R Guard: Cross face-cut off pursuit.

R Tackle: Cross face-cut off pursuit.

L Guard: Pull; look to kick out cornerback or first defender outside the crack block.

L Tackle: Inside over free.

Tight End: Cross face-cut off pursuit.

Split End: Crack on the outside linebacker. If it is a "Charley" call, crack DE.

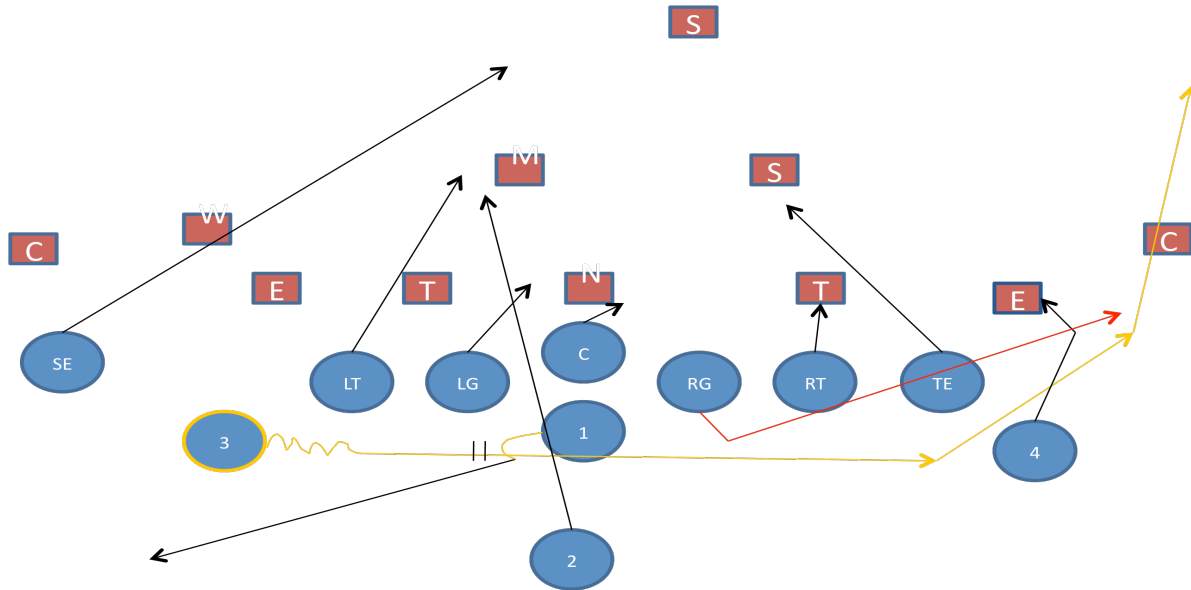
1 back: Open up to motion side, handoff to the 2 back just as motion goes by (timing is everything).

2back: Explode out of stance; take hand off. Look to cut off the center-guard double team.

3back: Cracks D-end unless it is a "Charley" call. If it is a "Charley" call, lead around and take first defender inside the crack block.

4back: Jet motion on first sound. Takes hand off running at full speed.

Split Left-3 Jet-38 Sweep



Center: Take any defender head up or any defender in play side 2 hole.

R Guard: Pull; look to kick out the cornerback or the first defender outside the crack block.

R Tackle: Inside over free.

L Guard: Cross face-cut off pursuit.

L Tackle: Cross face-cut off pursuit.

Tight End: Outside linebacker.

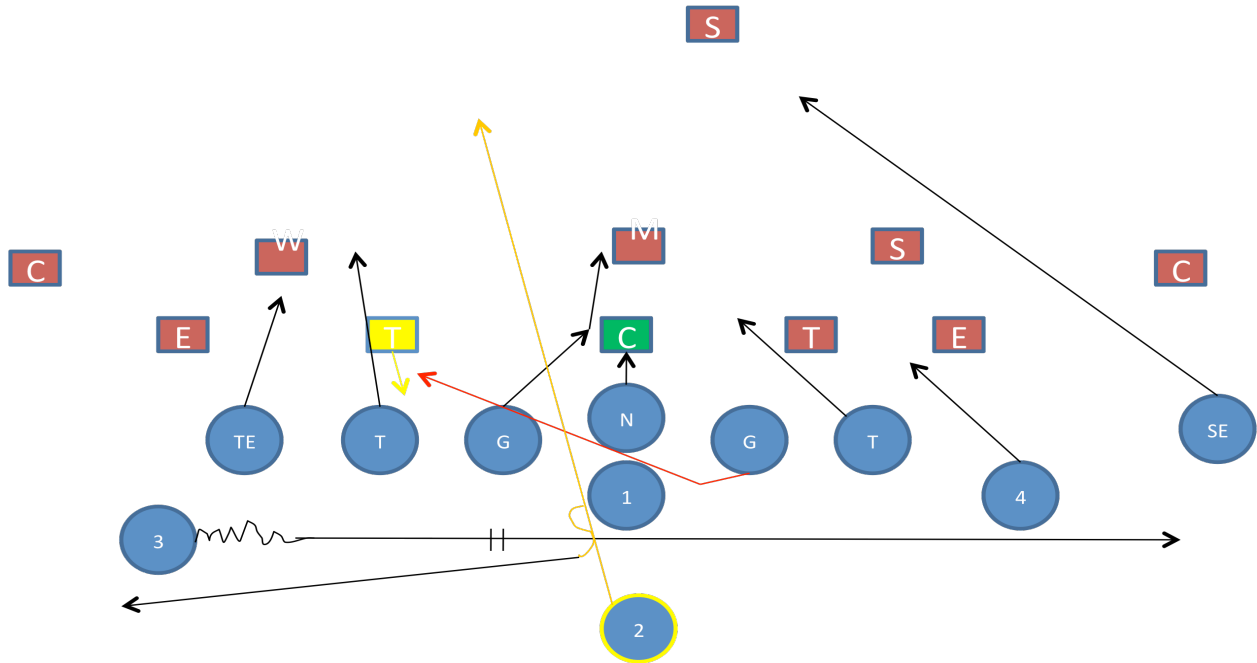
Split End: Middle safety.

1back: Opens to motion side, handoff to the 3 back coming in jet motion. QB carries out fake to the left.

2back: Fakes trap. Good fake needed to hold the linebackers.

3back: Jet motion on first sound. Takes handoff running full speed.

Split Right-3 Jet 21 Trap



Center: Double team (N) with left guard. No head up defender, get onto a linebacker.

R Guard: Pull out trap block defensive tackle or first defender outside the A gap. Inside hip of D-tackle is the aiming point.

R Tackle: Cross face-cut off pursuit.

L Guard: Double team (N) with center, then release onto linebackers.

L Tackle: Onto outside linebacker.

Tight End: Onto linebacker secure inside gap.

Split End: Middle safety.

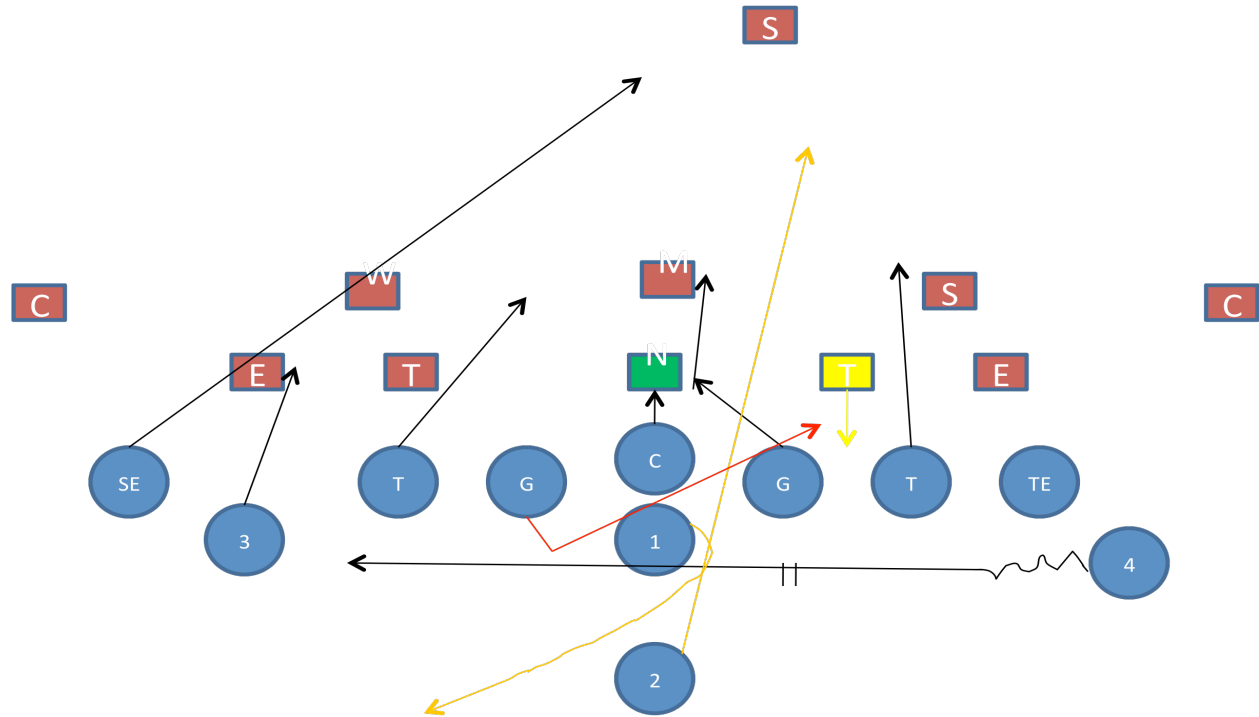
1 back: Open up to motion side, handoff to the 2 back just as motion back goes by (timing is everything).

2back: Explode out of stance; take handoff look to cut off center-guard double team.

3back: Jet motion on first sound running full speed. Good fake needed.

4back: Cross face-cut off pursuit.

Split Left-4 Jet 22 Trap



Center: Double team (N) with right guard.

R Guard: Double teams (N) with center, then release onto linebacker.

R Tackle: Outside linebacker.

L Guard: Pull; trap block defensive tackle or first defender outside of the A gap. Inside hip of D-tackle is aiming point.

L Tackle: Cross face-cut off pursuit.

Tight End: Onto linebacker and secure inside gap.

Split End: Middle safety.

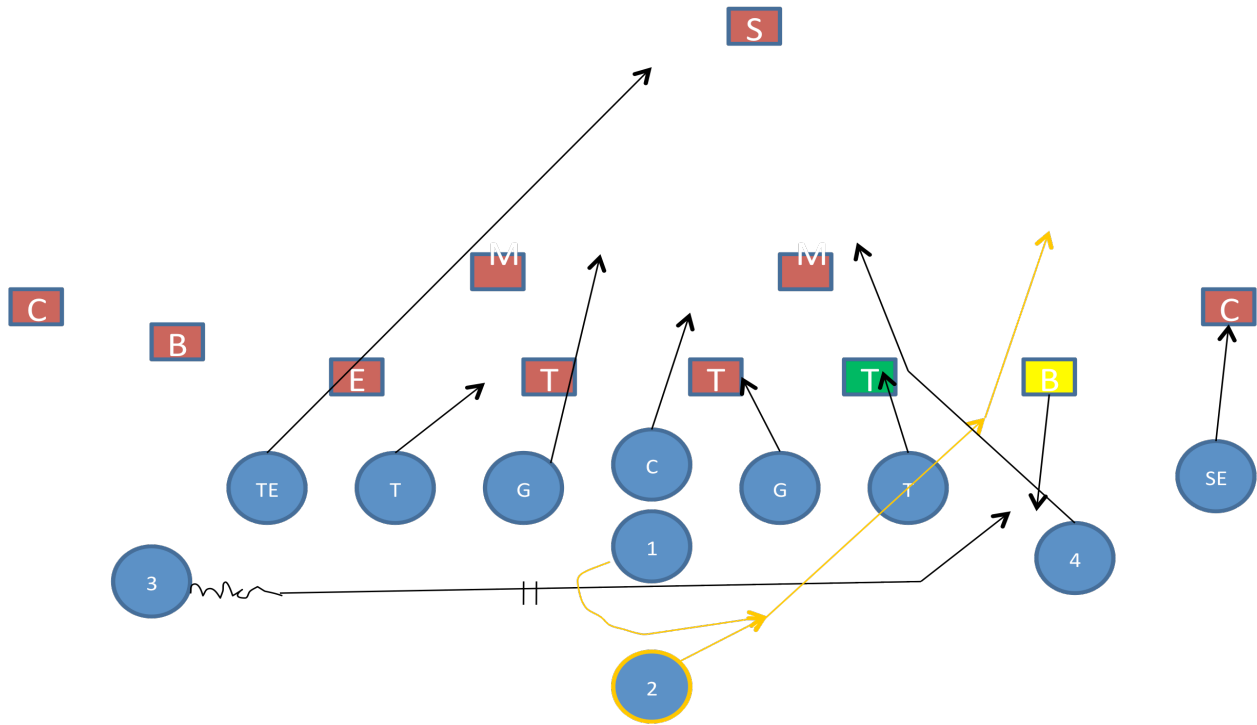
1 back: Open up to motion side, hand off to the 2 back just as motion goes by (timing is everything).

2back: Explode out of stance, take the hand off, and look to cut off the center-guard double team.

3back: Cross face-cut off pursuit.

4back: Jet motion on first sound, running full speed. Carry out good fake.

Spilt Right- 3 Jet 26 Power



Center: Take any defender head up or first defender inside the 2 hole.

R Guard: Inside, over, free.

R Tackle: Inside, over, free.

L Guard: Cross face-cut off pursuit.

L Tackle: Cross face-cut off pursuit.

Tight End: Middle safety.

Split End: Cornerback.

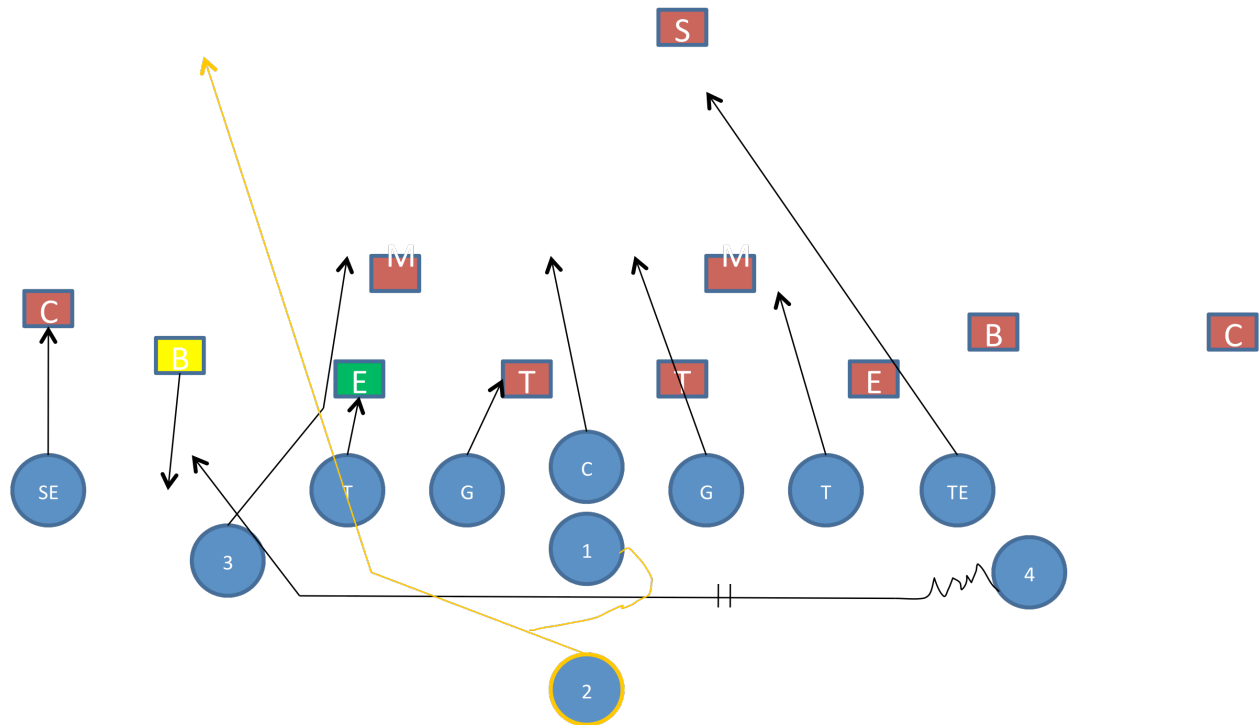
1 back: Open up to motion side and handoff to the 2 back.

2back: Explode out of stance take handoff and cut off double team.

3back: Jet motion on first sound, running full speed. Kick out defensive end.

4back: Linebacker.

Split Left-4 Jet 25 Power



Center: Take any defender head up or first defender inside the 2 hole.

R Guard: Double team (T) with tackle, on to the linebacker.

R Tackle: Double team (T) with guard.

L Guard: Cross face-cut off pursuit.

L Tackle: Cross face-cut off pursuit.

Tight End: Chip defensive end, onto outside linebacker.

Split End: Middle safety.

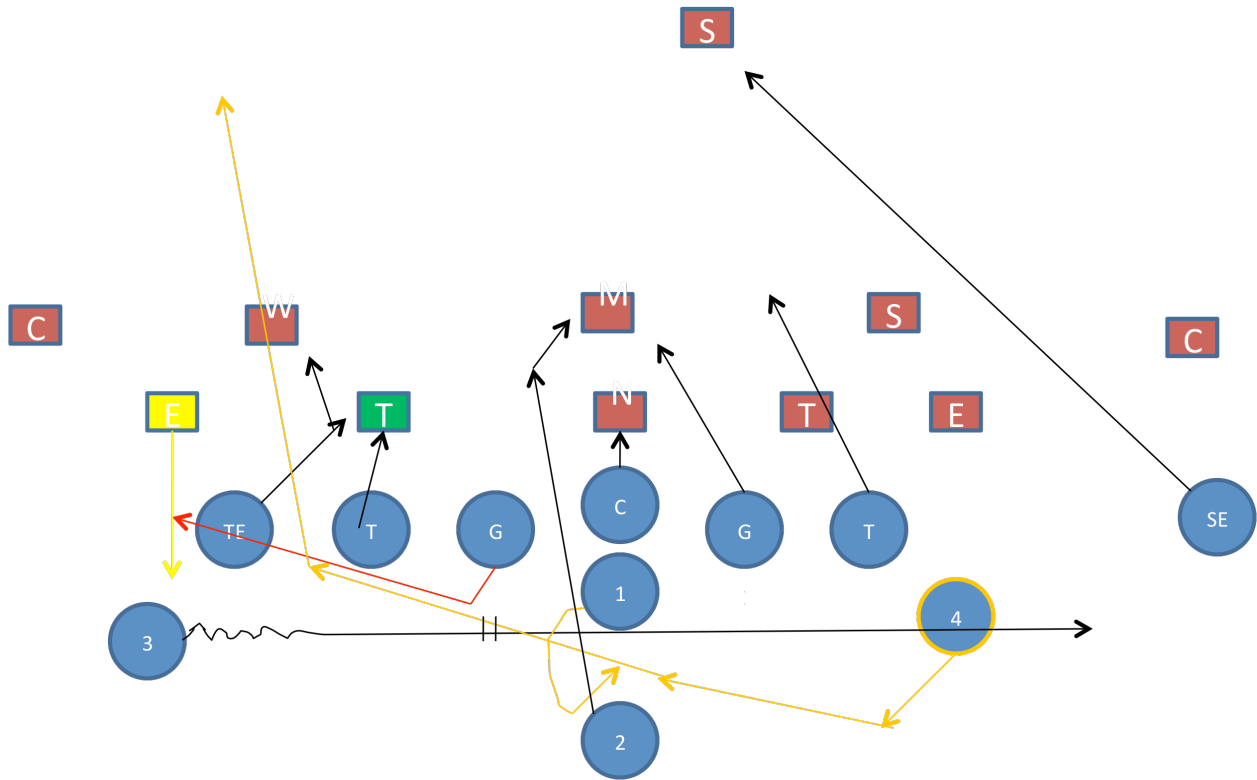
1 back: Open up to motion side, handoff to the 2 back.

2back: Explode out of stance and take handoff. Look to cut off the double team.

3back: Jet motion on first sign, running full speed- lead block through hole.

4back: block down on (E).

Split Right-3 Jet 45 Counter



Center: Take any defender head up or take first defender inside of the play side 1 hole.

R Guard: Cross face-cut off pursuit.

R Tackle: Cross face-cut off pursuit.

L Guard: Pull out and kick out the defensive end or first defender outside C gap.

L Tackle: Double team (DT) with tight end.

Tight End: Double team (DT) with tackle and get onto a linebacker.

Split End: Middle safety.

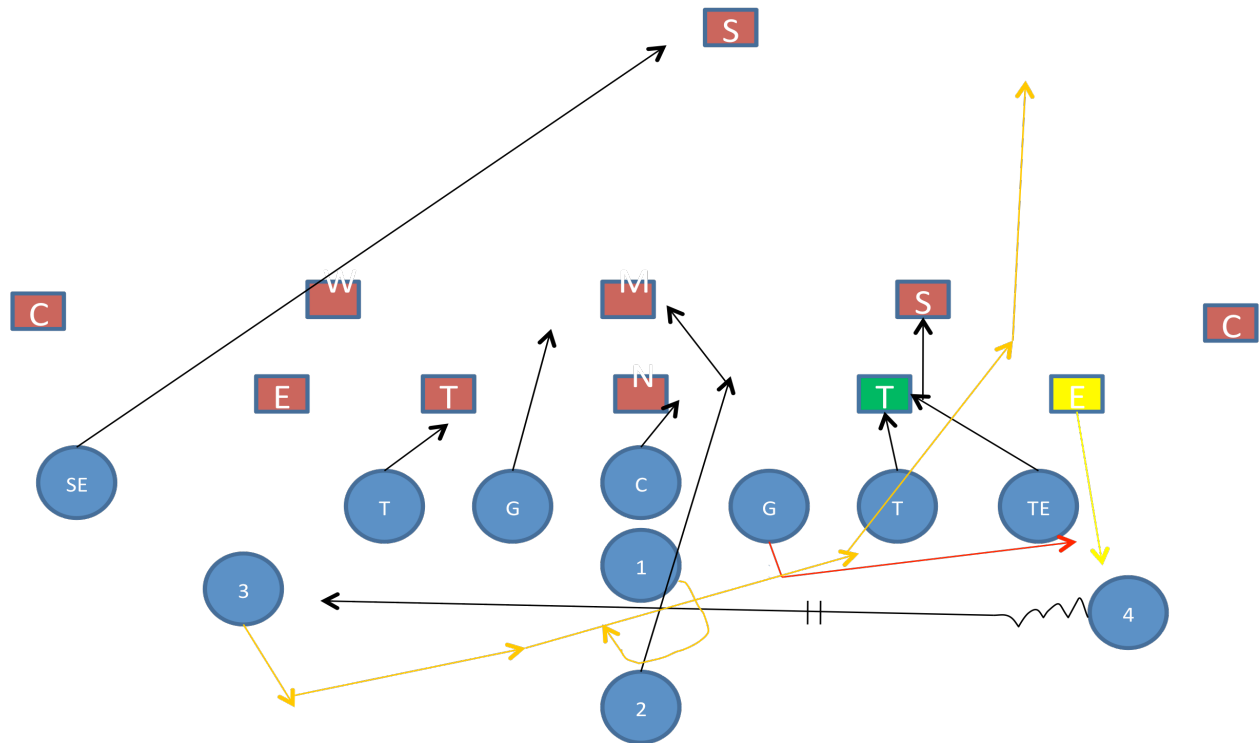
1 back: Open up to the motion side. Complete 360-degree turn, inside handoff to 4 back. QB must take 2 steps backwards during the 360-degree turn.

2back: Explode out of stance, fill void where guard pulled.

3back: Jet motion on first sound, running speed. Carry out a good fake.

4back: 2 steps back with inside foot. Open up hips, run and take inside handoff. Aiming point is the left tackle. Get behind that double team.

Split Left-4 Jet-36 Counter



Center: Take any defender head up or take the first defender inside the 2 hole.

R Guard: Pull; kick out D-end-or first defender outside the C gap.

R Tackle: Double team (T) with tight end.

L Guard: Cross face-cut off pursuit.

L Tackle: Cross face-cut off pursuit.

Tight End: Double team (T) with tackle, onto outside linebacker.

Split End: Middle safety.

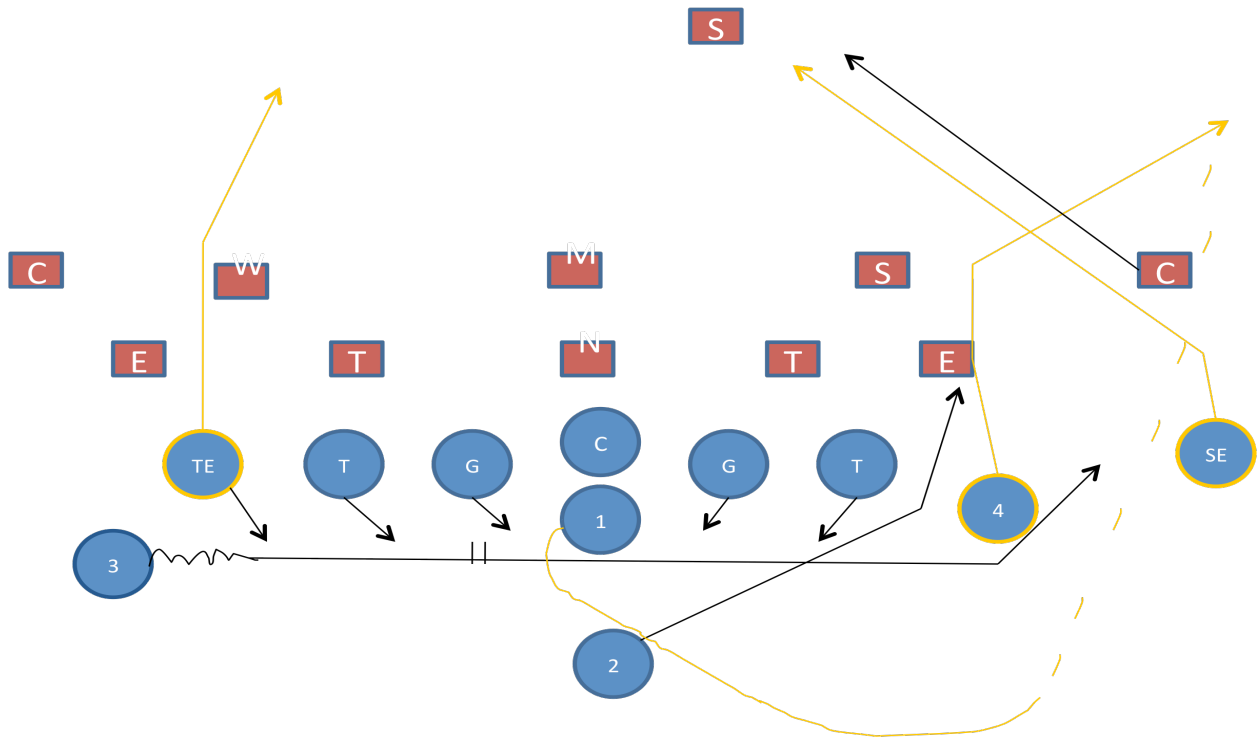
1 back: Open up to motion side, 360-degree turn inside handoff to 3 back.

2back: Explode out stance, fill void where the guard pulled.

3back: 2 steps back with inside foot. Open up hips, run and take inside hand off. Aiming point is the left tackle. Get behind that double team.

4back: Jet motion on first sound running full speed. Carry out fake all the way.

Split Right-3 Jet 4 Corner



Center: Step play side, pass block.

R Guard: Gap down pass block.

R Tackle: Gap down pass block.

L Guard: Gap down pass block.

L Tackle: Gap down pass block.

Tight End: Skinny post or pass block if needed.

Split End: Post at middle safety.

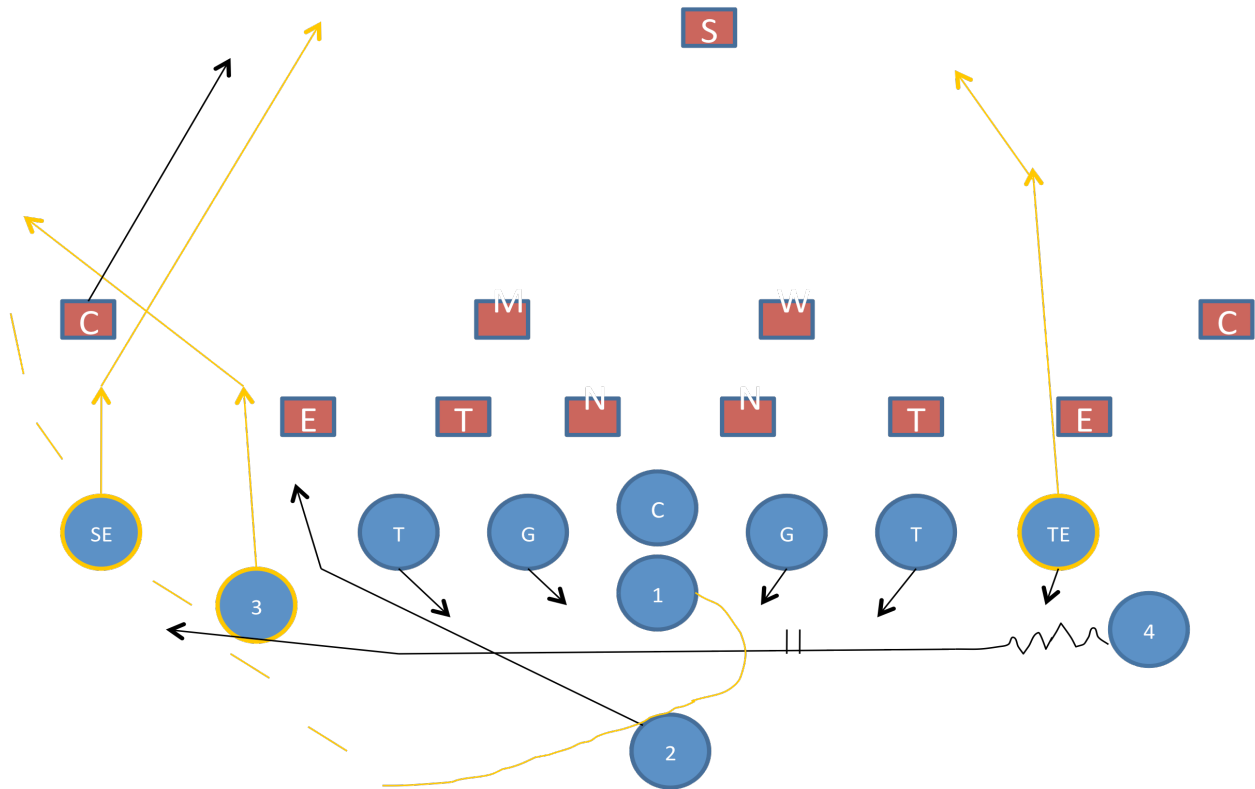
1 back: Open up to the motion side, roll out and read the cornerback.

2back: Pass block defensive end.

3back: Jet motion, running at full speed. Help block defensive end or release into the flat.

4back: Chip Defensive end, then proceed into the corner route.

Split Left-4 Jet 3 Corner



Center: Step play side-pass block.

R Guard: Gap down pass block.

R Tackle: Gap down pass block.

L Guard: Gap down pass block.

L Tackle: Gap down pass block.

Tight End: Skinny post or pass block if needed.

Split End: Post at middle safety.

1 back: Open to motion side, roll out and read the cornerback.

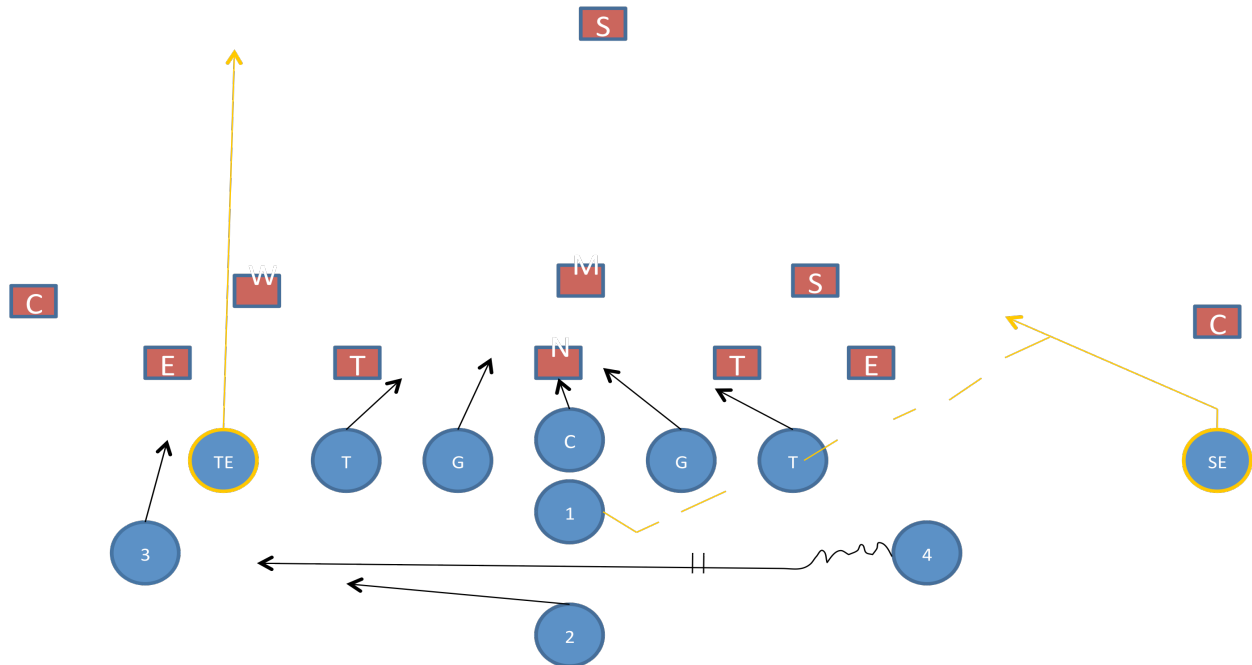
2back: Pass block D-end.

3back: Chip D-end, proceed in the corner route.

4back: Jet motion, running full speed. Help block the D-end or release into flat.

Split Right- 4 Jet Slant-TE Dump

If the cornerback has inside leverage or the outside linebacker is in the throwing lane of the slant the call is "Delaware". Delaware means the tight end gets a dump pass behind the linebackers. If the corner is playing head up on the split end, it will be an "Arrow" call, slant route. The split end splits out wide because we want to take the corner out wide to create a natural throwing lane between the corner and outside linebacker.



Center: Cut down the nose guard.

R Guard: Down block.

R Tackle: Down block.

L Guard: Down block.

L Tackle: Down block.

Tight End: Release up field look for dump pass behind the linebacker, "Delaware".

Split End: Split out wide slant route, "Arrow".

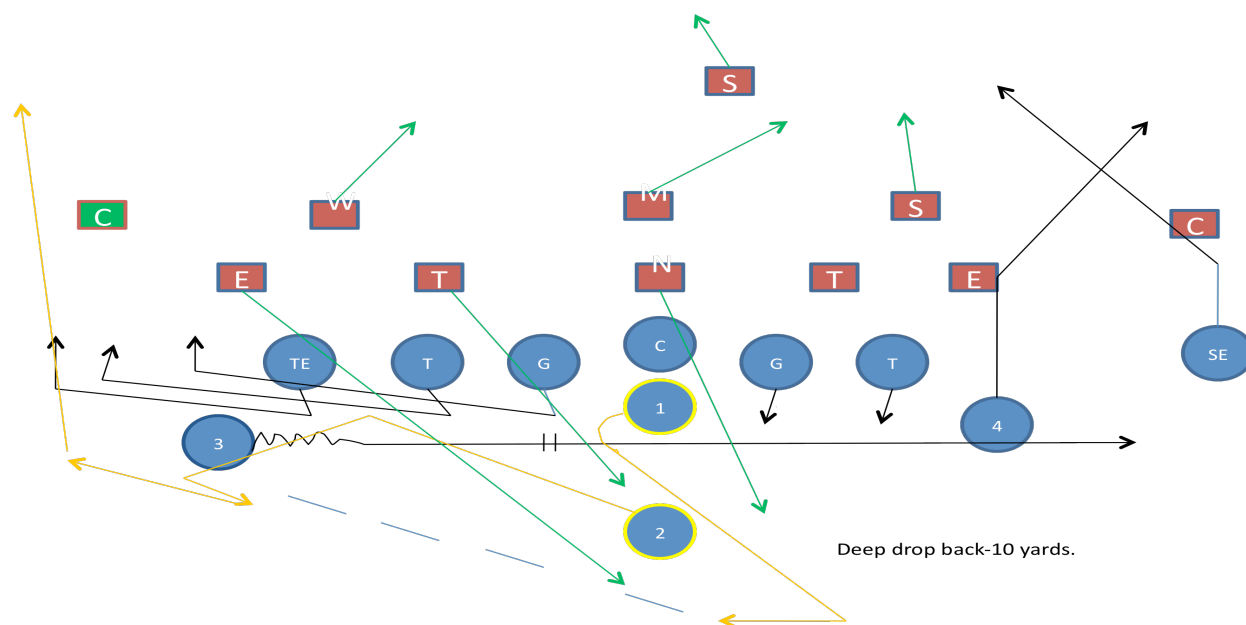
1back: Throw slant between corner and linebacker. If "Delaware", throw dump pass.

2back: Block D-end.

3back: Down block.

4back: Jet motion, running full speed across the formation. Deeper motion is needed to avoid running into the quarterback.

Split Right- 3 Jet 27 Pull Screen



Center: Step play side pass block.

R Guard: Gap down pass block.

R Tackle: Gap down pass block.

L Guard: Gap down pass block. Let the pass rushers through, and then pull out.

L Tackle: Gap down pass block. Let pass rush through, and then pull out.

Tight End: Gap down pass block. Let pass rush through, and then pull out. Look to block the cornerback.

Split End: Post at middle safety. Block safety.

1 back: Roll out deep at least 10 yards. Look off the defense off to the post corner combination. Turn and dump the screen pass to the 2 back over the defensive rush.

2back: Show pass block, let rush through. Get just outside tight end catch screen pass.


3back: Jet motion, running at full speed. Help block the D-end or release into the flat.

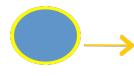
4back: Chip D-end, proceed into the corner route. Sell the fake; put hands up like you want the pass.


This play needs to be ran to the side the quarterback is most comfortable with, practice it to one side only. This is a play to call only when you need a big play. Save it till you need it. Your best athlete needs to get this screen pass. This play is all about feel and timing. It is important that this play looks like 3 Jet 4 Corner. **3 Jet 4 Corner should be used to set this play up.** This play will need to be practiced every day, but once the timing is down the play will be successful.

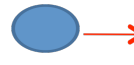
Shot-Gun Jet Wing T

Split Right-3 Jet 38 Sweep	Split Right-4 Jet 47 Sweep
Split Left-4 Jet 47 Sweep	Split Left-3 Jet 38 Sweep
Split Right-3 Jet 14 Power	Split Left-4 Jet 13 Power
Split Right-4 Jet 25 Power	Split Left-3 Jet 26 Power
Split Right-3 Jet 45 Counter	Split Left-4 Jet 36 Counter
Split Right-3 Jet 4 Corner	Split Left-4 Jet 3 Corner
Split Right 4 Jet Slant-TE Dump	

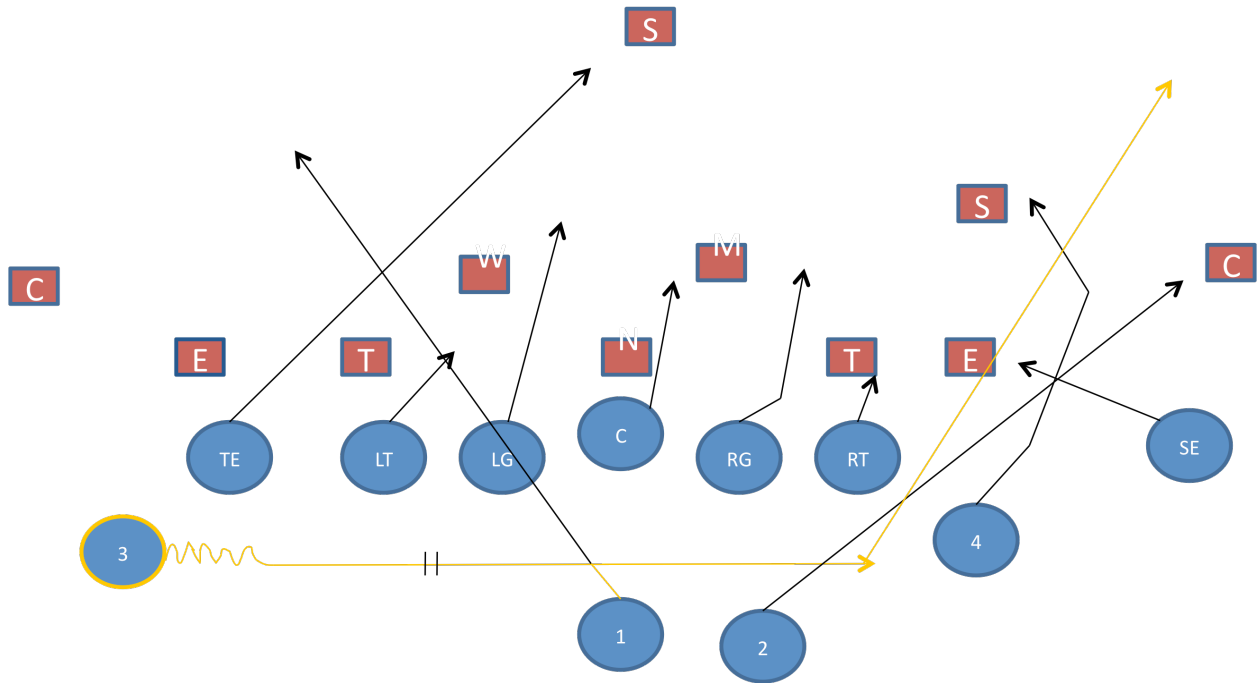
 -Defender getting double teamed

 Player calling the ball

 -Defender getting trapped

 Player kicking out or trap blocking

Shotgun-Split Right- 3 Jet 38 Sweep



Center: Take any defender head up or any defender in the play side 2 hole.

R Guard: Inside over free.

R Tackle: Inside over free.

L Guard: Cross face-cut off pursuit.

L Tackle: Cross face-cut off pursuit.

Tight End: Cross face-cut off pursuit.

Split End: Crack on the outside linebacker. If it is a "Charley" call crack D-end.

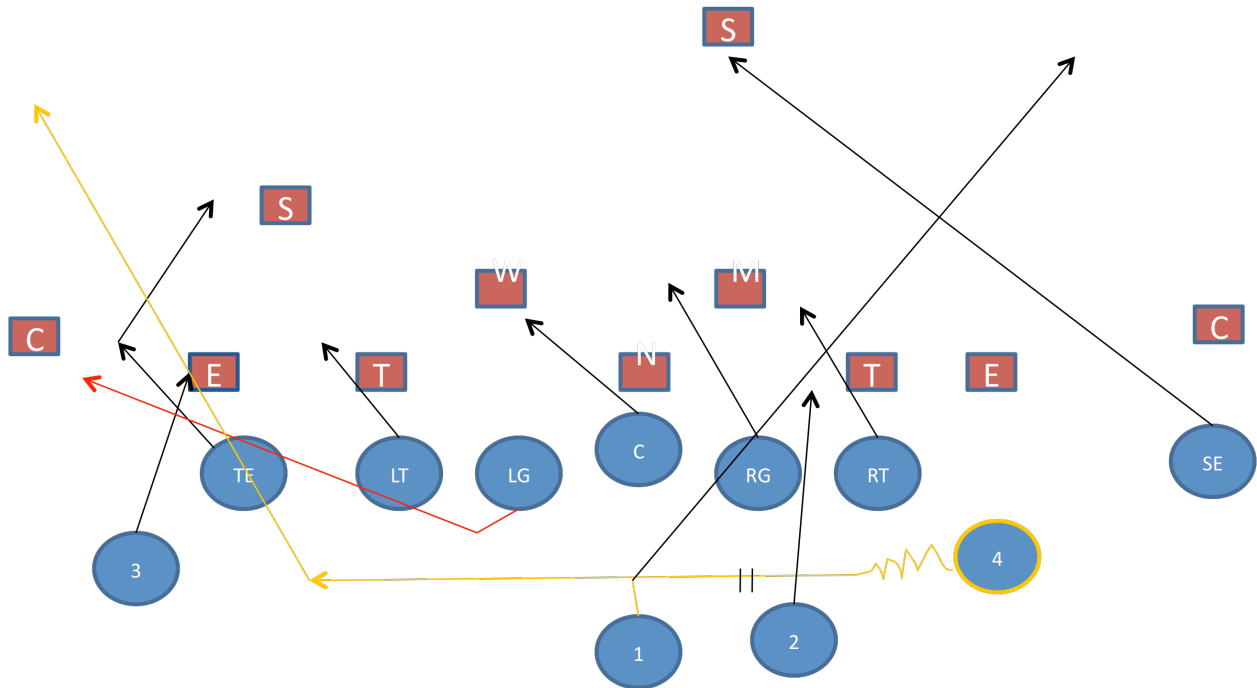
1back: Take snap, handoff to the 3 back in jet motion; carry out fake to the left.

2back: Lead block. If it is a "Charley" kick out cornerback.

3back: Jet motion on first sound. Takes hand off running at full speed.

4back: Cracks D-end. If it is a "Charley" call, lead around and take first defender inside the crack block.

Shotgun- Split Right- 4 Jet 47 Sweep



Center: Take any defender head up or any defender in play side 1 hole.

R Guard: Cross face-cut off pursuit.

R Tackle: Cross face-cut off pursuit.

L Guard: Pull; look to kick out the cornerback. Take first defender outside the crack block.

L Tackle: Inside over free.

Tight End: Cross face-cut off pursuit.

Split End: Middle safety.

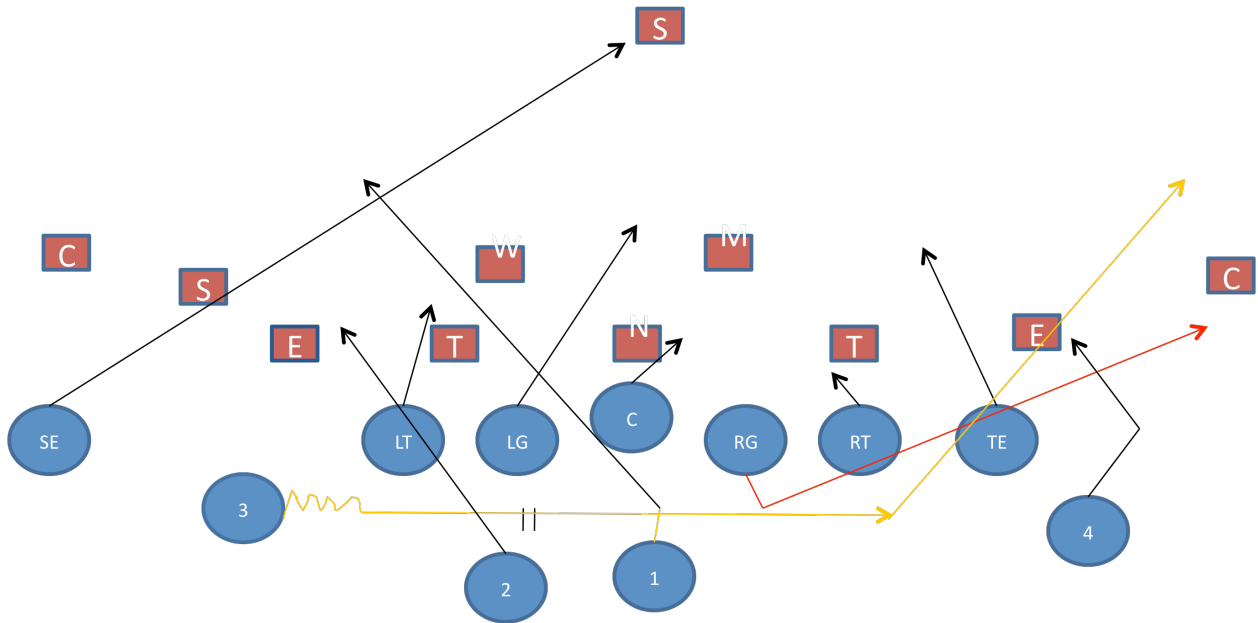
1back: Handoff to the 4 back coming in jet motion. Carry out fake to the right.

2back: Fake trap handoff. Good fake needed to hold the linebackers.

3back: Crack D-end.

4back: Jet motion on first sound. Takes hand off running full speed.

Shotgun- Split Left- 3 Jet 38 Sweep



Center: Take any defender head up or take any defender in the play side 2 hole.

R Guard: Pull; look to kick out cornerback or first defender outside the crack block.

R Tackle: Inside over free.

L Guard: Cross face-cut off pursuit.

L Tackle: Cross face-cut off pursuit.

Tight End: Cross face-cut off pursuit.

Split End: Middle safety.

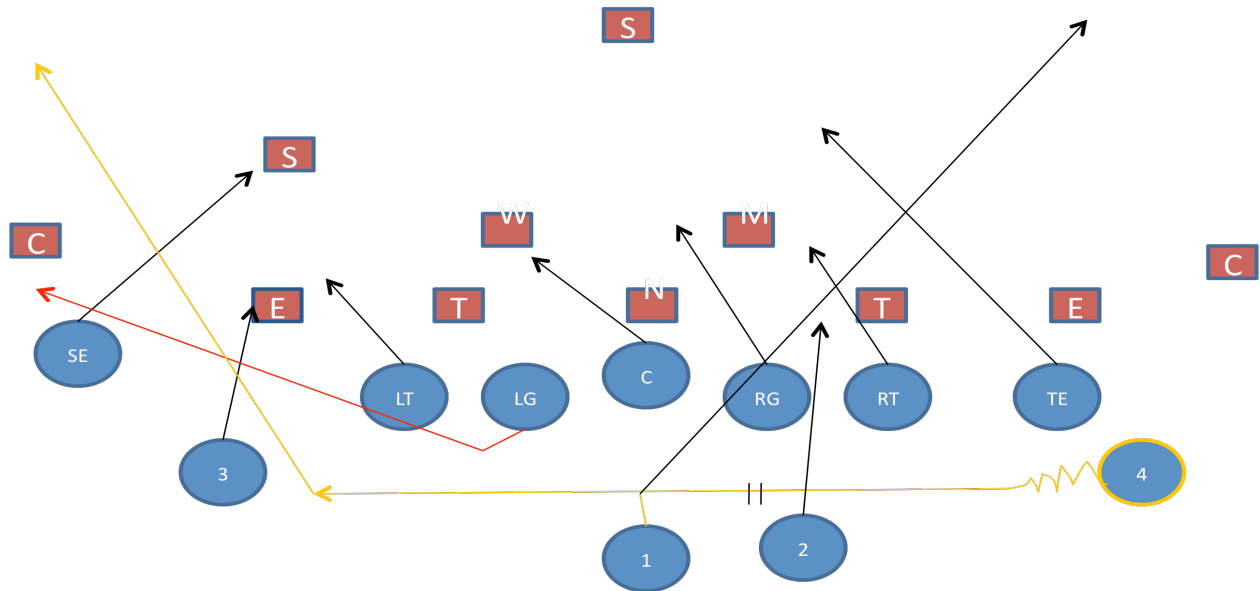
1back: Opens to motion side, handoffs to the 3 back coming in jet motion, carries out fake to the left.

2back: Fakes power. Good fake needed to hold linebackers.

3back: Jet motion on first sound. Take hand off running at full speed.

4back: Cracks D-end.

Shotgun- Split Left-4 Jet 47 Sweep



Center: Take any defender head up or any defender in play side 1 hole.

R Guard: Cross face-cut off pursuit.

R Tackle: Cross face-cut off pursuit.

L Guard: Pull; kick out cornerback or block first defender outside the crack block.

L Tackle: Inside over free

Tight End: Cross face-cut off pursuit.

Split End: Crack on the outside linebacker. If it is a "Charley" call, crack D-end.

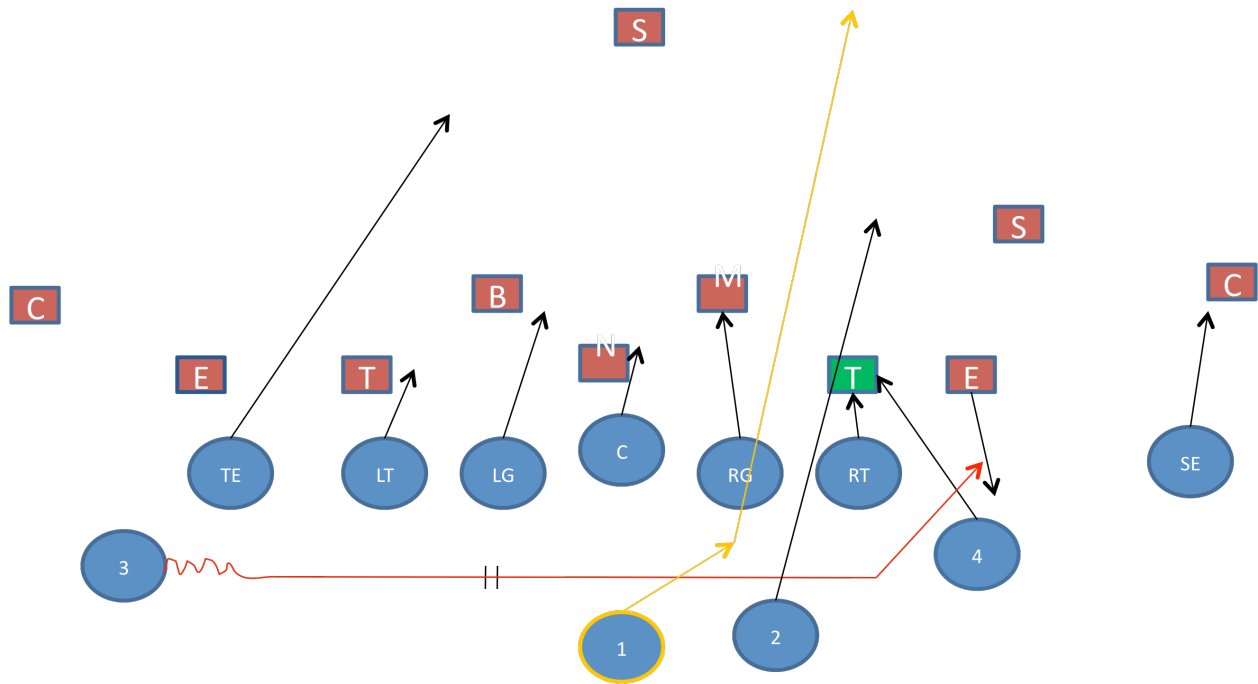
1back: Handoff to the 4 back coming in jet motion. Carries out fake to the right.

2back: Fakes power. Good fake needed to hold the linebackers.

3back: Cracks D-end. If it is a "Charley" call, lead around and take the first defender inside the crack block.

4back: Jet motion on first sound. Take hand off running full speed.

Shotgun-Split Right-3 Jet 14 Power



Center: Take any defender head up or any defender in play side 2 hole.

R Guard: Inside over free.

R Tackle: Double team on D-tackle.

L Guard: Cross face-cut off pursuit.

L Tackle: Cross face-cut off pursuit.

Tight End: Cross face-cut off pursuit.

Split End: Stalk block cornerback or safety.

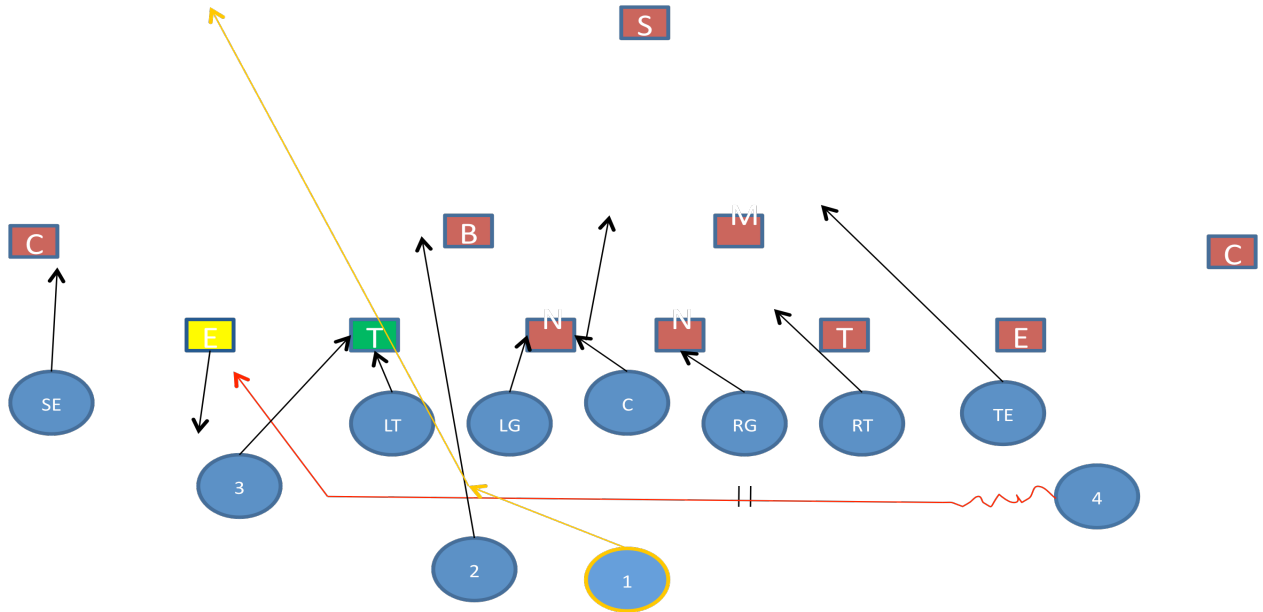
1back: Take snap, fake to 3back in jet motion. Run the ball, look to cut off the tackle and 4 back double team.

2back: Lead block.

3back: Jet motion on first sound. Run speed, fake hand off. Kick out the D-end.

4back: Double team D-tackle with tackle.

Shotgun-Split Left- 4 Jet 13 Power



Center: Take any defender head up or any defender in play side 1 hole.

R Guard: Cross face-cut off pursuit.

R Tackle: Cross face-cut off pursuit.

L Guard: Inside over free.

L Tackle: Double team D-tackle with 3 back.

Tight End: Cross face-cut off pursuit.

Split End: Cross face-cut off pursuit.

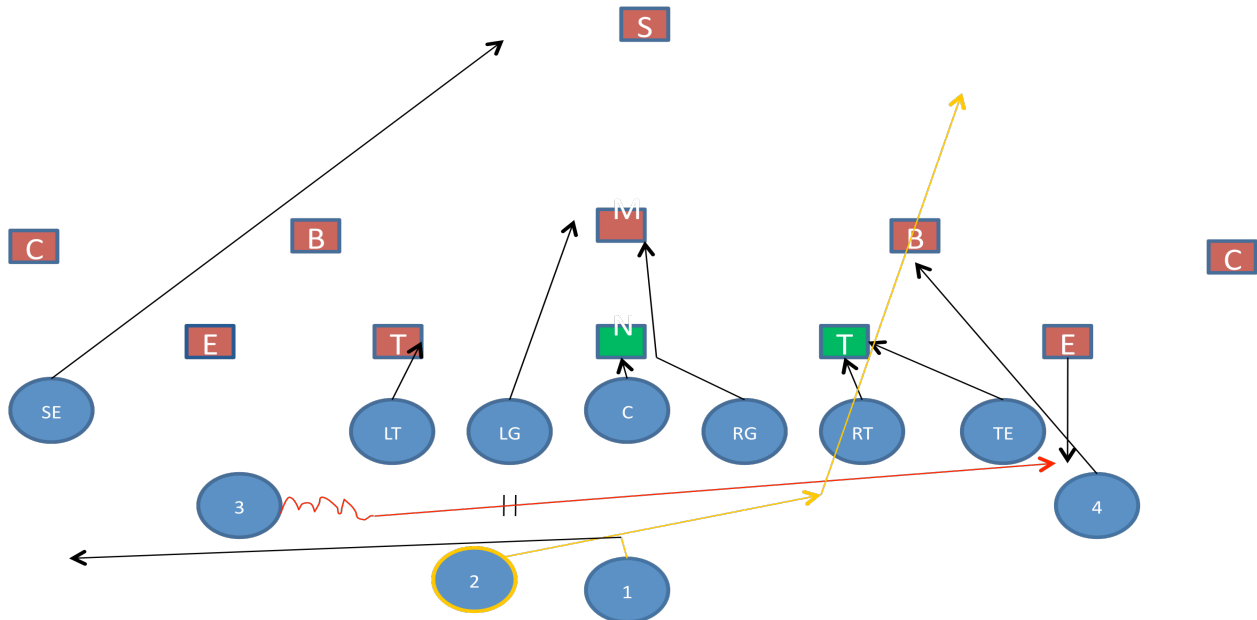
1back: Take snap, fake to the 4 back coming in jet motion. Run the ball; look to cut off the tackle and 3 back double team.

2back: Lead block.

3back: Double team D-tackle with tackle.

4back: Jet motion on first sound. Running full speed kick out D-end.

Shotgun-Split Left-3 Jet 26 Power



Center: Double team any defender head up or take defender inside 2 hole.

R Guard: Double (N) with center. Get onto linebacker.

R Tackle: Double team D-tackle with tight end.

L Guard: Cross face-cut off pursuit.

L Tackle: Cross face-cut off pursuit.

Tight End: Double team D-tackle with tackle.

Split End: Safety.

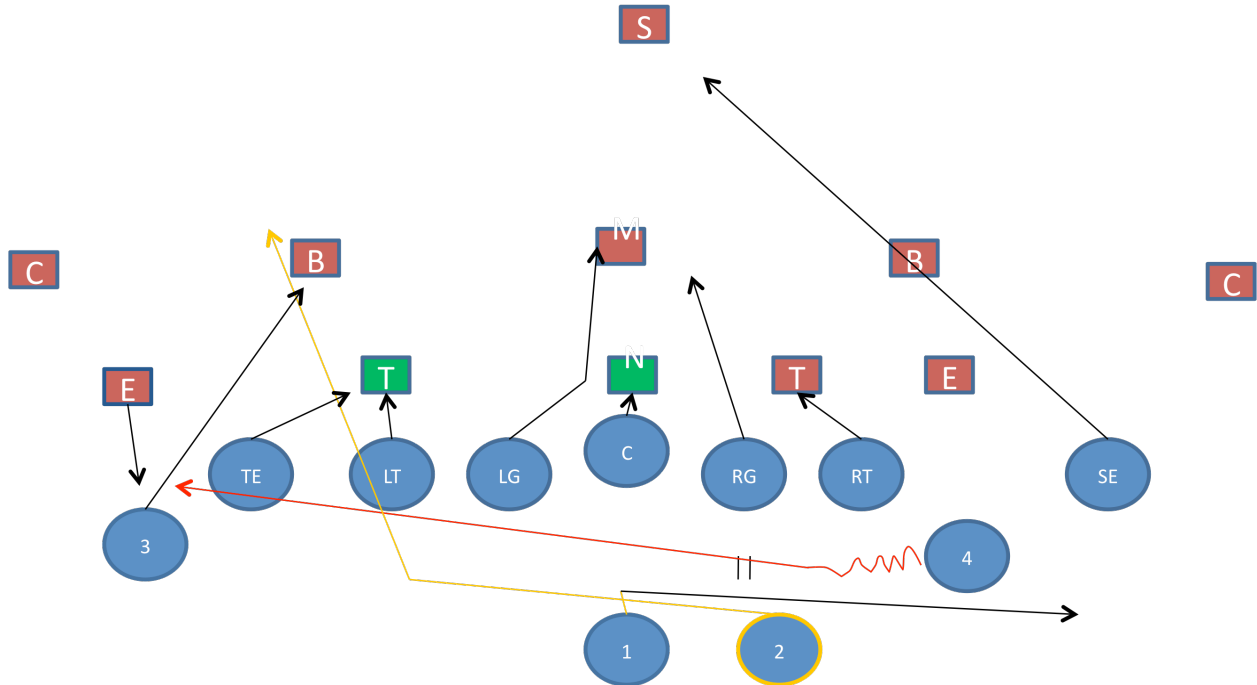
1 back: Open up to motion side, handoff to the 2 back.

2back: Explode out of stance-take handoff cut off double team.

3back: Jet motion on first sound. Running full speed, kick out D-end.

4back: Outside linebacker.

Shotgun-Split Right-4 Jet 25 Power



Center: Double-team (N) with guard.

R Guard: Cross face-cut off pursuit.

R Tackle: Cross face-cut off pursuit.

L Guard: Double team (N) with center. Get onto linebacker

L Tackle: Double team D-tackle with tight end.

Tight End: Double team D-tackle with tackle.

Split End: Free safety.

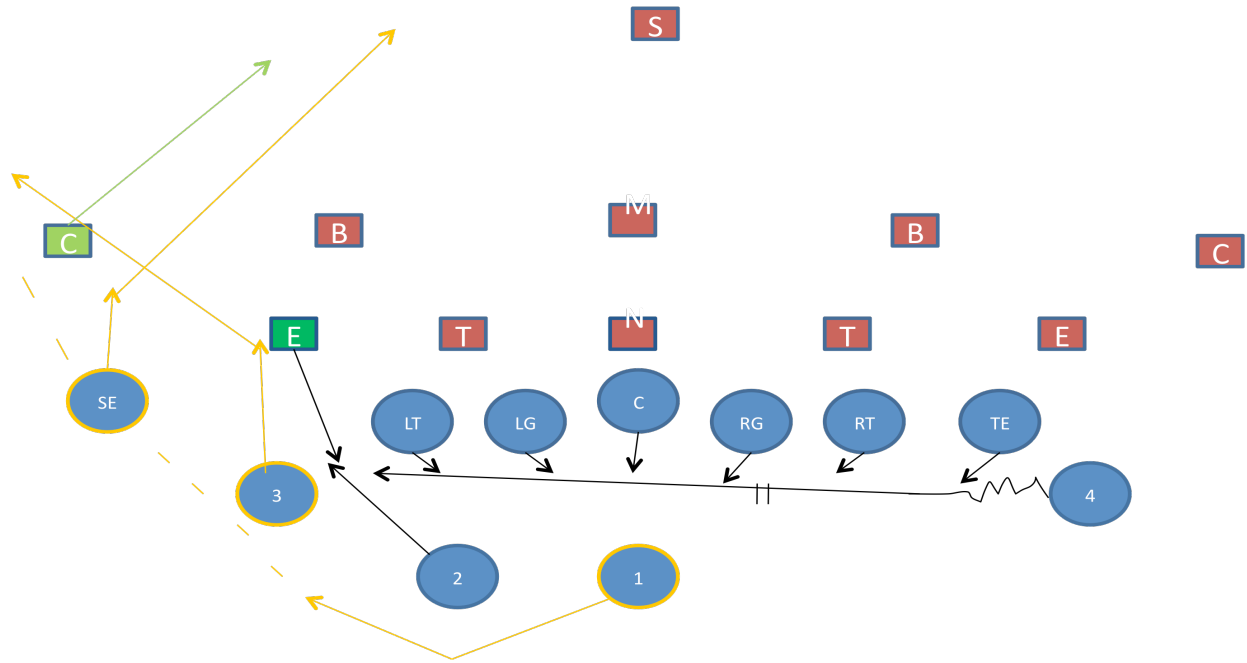
1 back: Open up to the motion side, handoff to the 2 back.

2back: Explode out of stance take handoff. Look to cut off the center guard double team.

3back: Outside linebacker.

4back: Jet motion on first sound. Running full speed, kick out D-end.

Shotgun-Split left- 4 Jet 3 Corner



Center: Step play side pass block.

R Guard: Gap down pass block.

R Tackle: Gap down pass block.

L Guard: Gap down pass block.

L Tackle: Gap down pass block.

Tight End: Gap down pass block.

Split End: Post at middle safety.

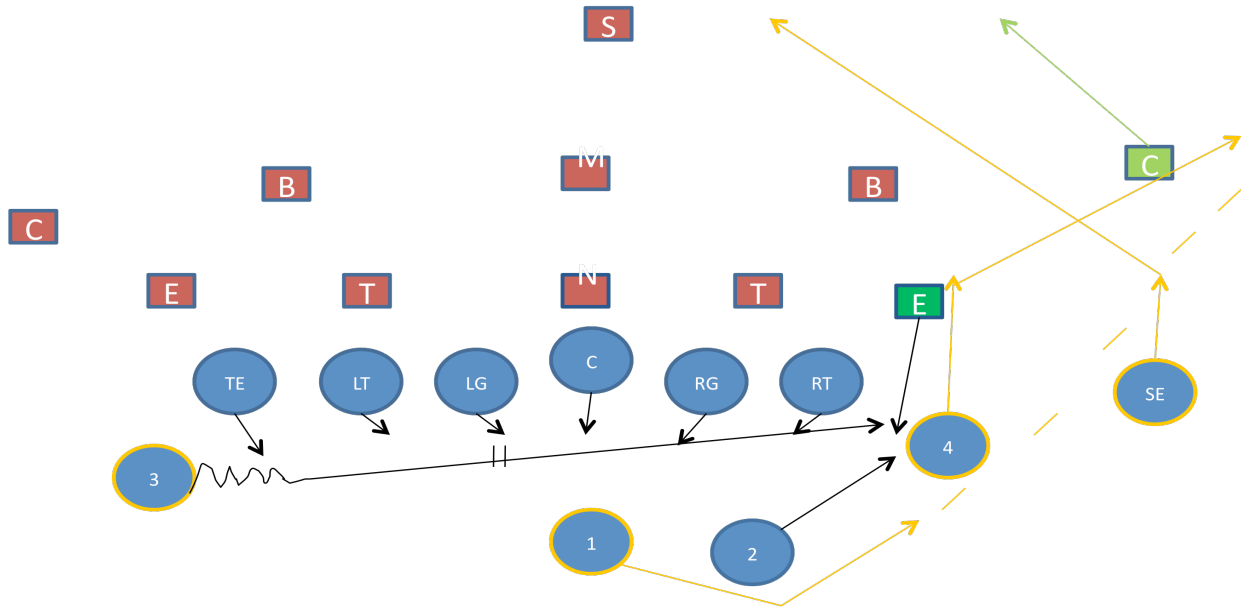
1 back: Roll out to the left, read the cornerback.

2back: Pass block the D-End.

3back: Chip the D-end, proceed into Corner route.

4back: Jet motion on first sound. Running full speed; help block D-end or release into flat.

Shotgun-Split Right- 3 Jet 4 Corner



Center: Step play side pass block.

R Guard: Gap down pass block.

R Tackle: Gap down pass block.

L Guard: Gap down pass block.

L Tackle: Gap down pass block.

Tight End: Skinny post or can help pass block if needed.

Split End: Post at middle safety.

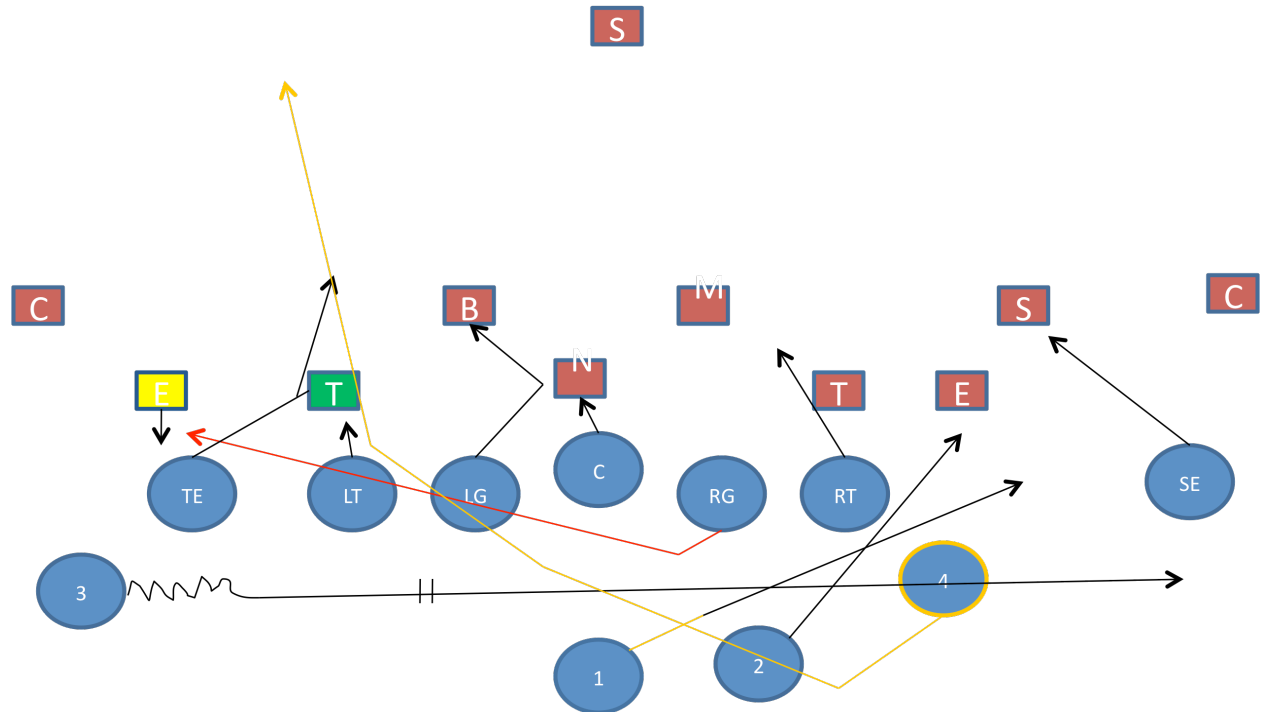
1 back: Open to motion side roll out and read the cornerback.

2back: Pass block the D-end.

3back: Jet motion on first sound. Running full speed help block the D-end or release into flat.

4back: Chip the D-end, proceed into corner route.

Shotgun- Split Right- 3 Jet 45 Counter



Center: Double team (N) with Guard.

R Guard: Pull; and kick out D-end.

R Tackle: Inside over free.

L Guard: Double team (N) with center, onto linebacker.

L Tackle: Double team D-tackle with tight end

Tight End: Double team D-tackle with tackle, onto linebacker.

Split End: Middle safety.

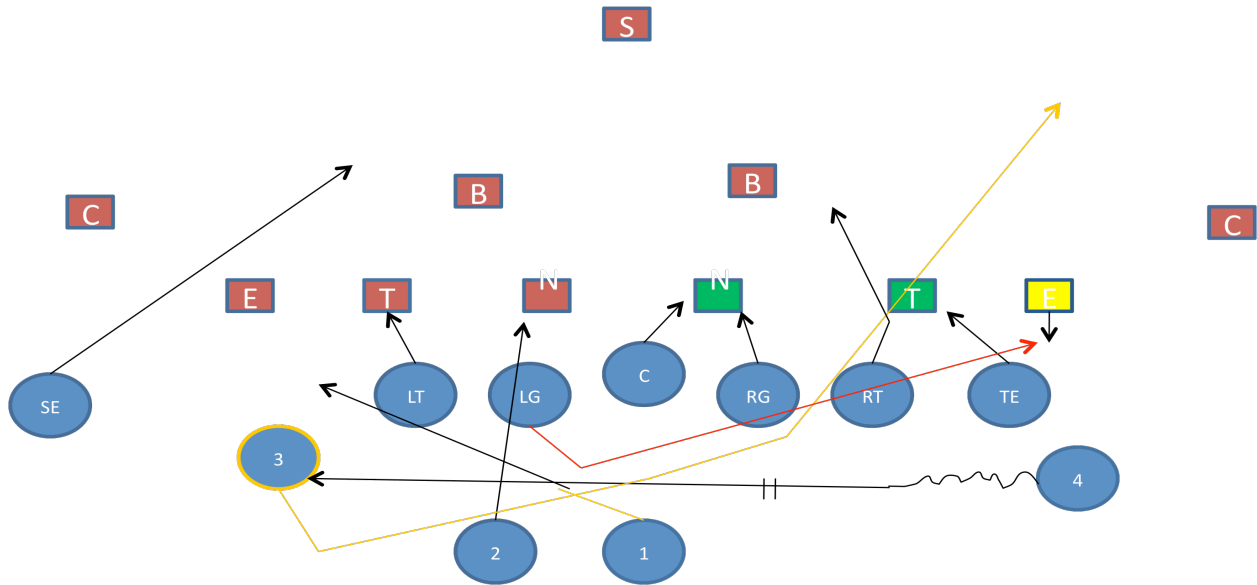
1 back: Fake jet sweep, fake power, give an inside handoff to 4 back.

2back: Fill void from pulling guard.

3 back: Jet motion on first sound. Run full speed, give a good fake, carry the fake all the way.

4 back: 2 steps back with inside foot. Open up hips, run and take inside hand off. Aiming point is the left tackle. Get behind that double team.

Shotgun- Split Left- 4 Jet 36 Counter



Center: Double team (N) with Guard.

R Guard: Pull; kick out D-end.

R Tackle: Inside over free.

L Guard: Double team (N) with center, onto linebacker.

L Tackle: Double team D-tackle with tight end.

Tight End: Double team D-tackle with tackle, onto linebacker.

Split End: Middle safety.

1 back: Fake jet sweep, fake power, give an inside handoff to the 4 back.

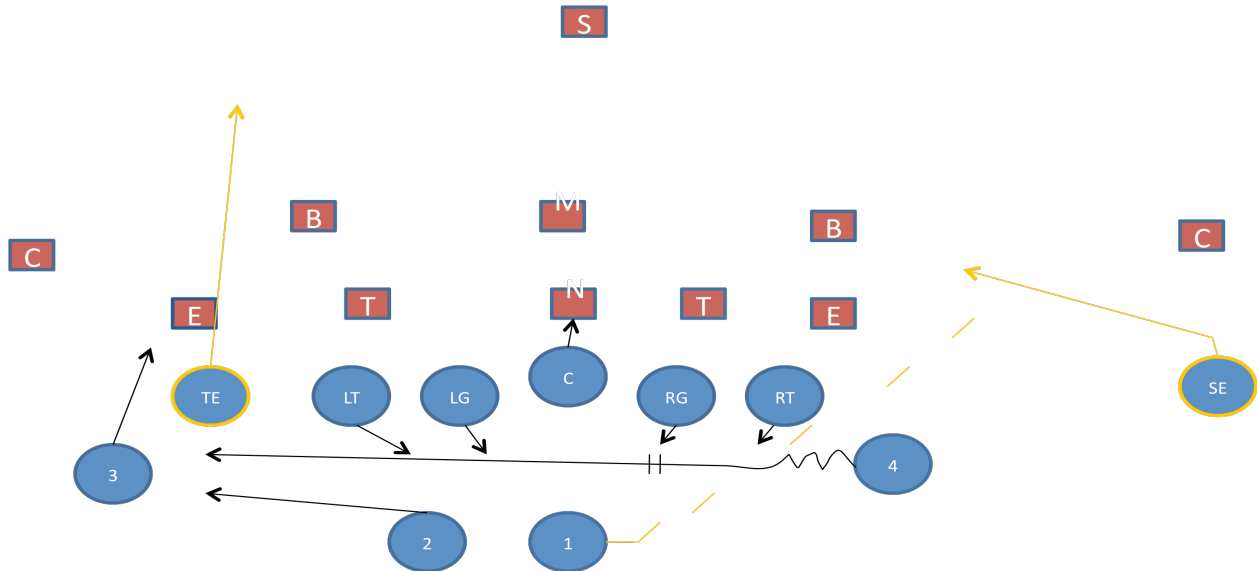
2back: Fill void from pulling guard.

3 back: Jet motion on first sound-full speed good fake- carry all the way.

4 back: 2 steps back with inside foot. Open up hips, run and take inside hand off. Aiming point is the left tackle. Get behind that double team

Shotgun- Split Right- 4 Jet Slant- TE Dump

If the cornerback has inside leverage or the outside linebacker is in the throwing lane of the slant the call is "Delaware". Delaware means the tight end gets a dump pass behind the linebackers. If the corner is playing head up on the split end, it will be an "Arrow" call, slant route. The split end splits out wide because we want to take the corner out wide to create a natural throwing lane between the corner and outside linebacker.



Center: Cut down the nose guard.

R Guard: Down block.

R Tackle: Down block.

L Guard: Down block

L Tackle: Down block

Tight End: Release up field look for dump pass behind the linebacker, "Delaware".

Split End: Split out wide slant route, "Arrow".

1back: Throw slant between corner and linebacker. If "Delaware", throw dump pass.

2back: Block D-end.

3back: Down block.

4back: Jet motion, running full speed across the formation. Deeper motion is needed to avoid running into the quarterback.

Jet Wing T –Unbalanced Formation Series

Tight-end and Split-End are on the same side. This will provide you with an extra blocker at the point of attack. Many youth football defensive coaches do not adjust to the unbalanced line. This will leave them outnumbered. Run to the unbalanced until they shift to it.

Unbalanced Right-3 Jet-38 Sweep	Unbalanced Left-4 Jet-47 Sweep
Unbalanced Right-3 Jet-26 Power	Unbalanced Left-4 Jet-25 Power
Unbalanced Right-3 Jet- Flood	Unbalanced Left-4 Jet-Flood



-Defender getting double teamed



→ Player calling the ball

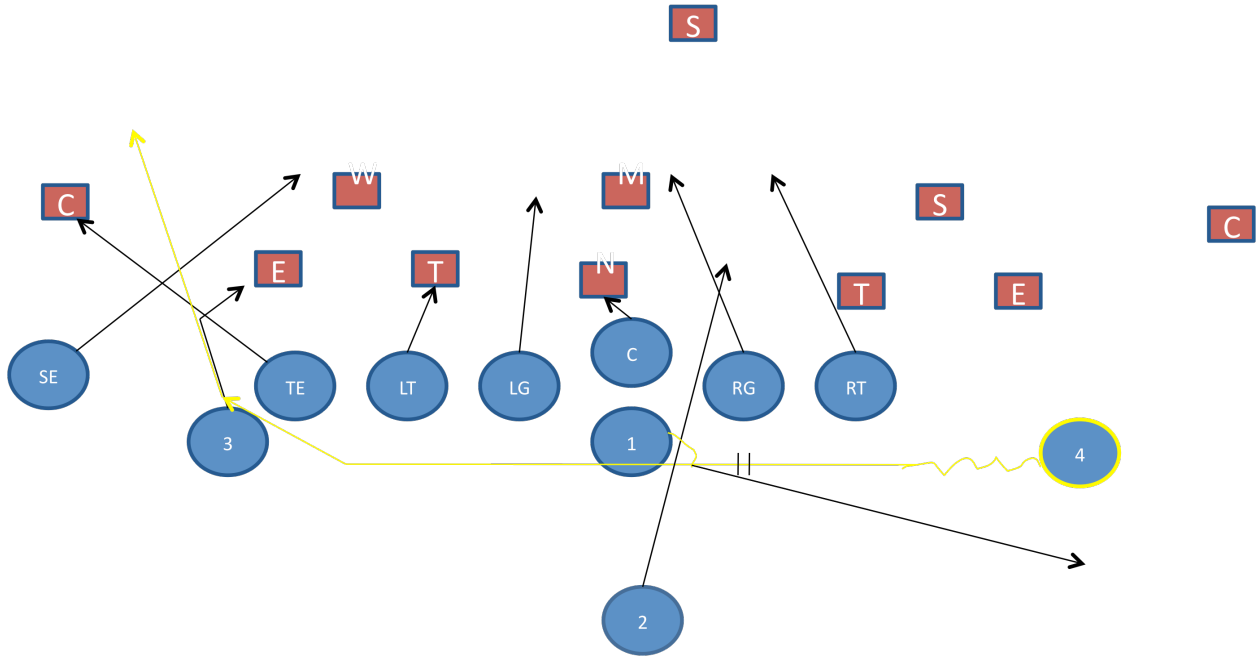


-Defender getting trapped



→ Player kicking out or trap blocking

Unbalanced Left- 4 Jet 47 Sweep



Center: Take any defender head up-to any defender in play side 1 hole.

R Guard: Cross face-cut off pursuit.

R Tackle: Cross face-cut off pursuit.

L Guard: Down block.

L Tackle: Down block.

Tight End: Pull; kick out cornerback.

Split End: Crack on the outside linebacker. If it is a "Charley" call, crack D-end.

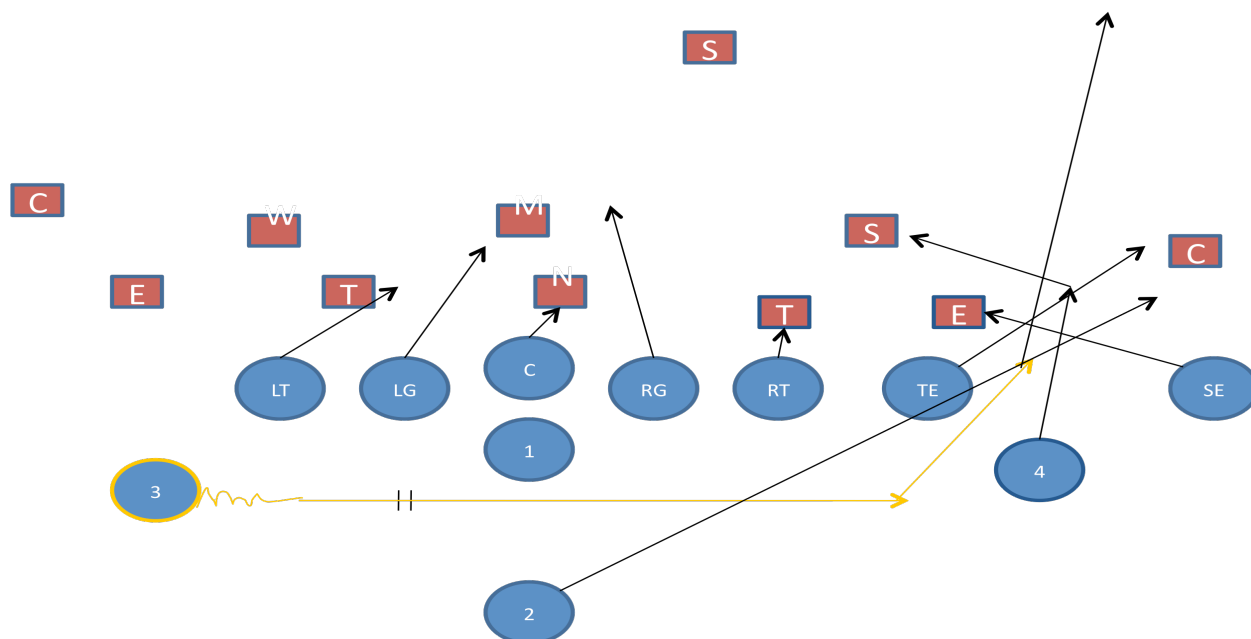
1back: Opens to motion side, handoff to the 3 back coming jet motion. Carry out fake to the right.

2back: Fake trap handoff. Good fake needed to hold the linebackers.

3back: Cracks D-end. If it is a "Charley" call, lead around and block the first defender inside the crack block.

4back: Jet motion on first sound. Take handoff running at full speed.

Unbalanced Right- 3 Jet 38 Sweep



Center: Take any defender head up or any defender in play side 2 hole.

R Guard: Down block.

R Tackle: Down block.

L Guard: Cross face-cut off pursuit.

L Tackle: Cross face-cut off pursuit.

Tight End: Pull; kick out cornerback.

Split End: Crack on the outside linebacker. If it is a "Charley" call, cracks D-end.

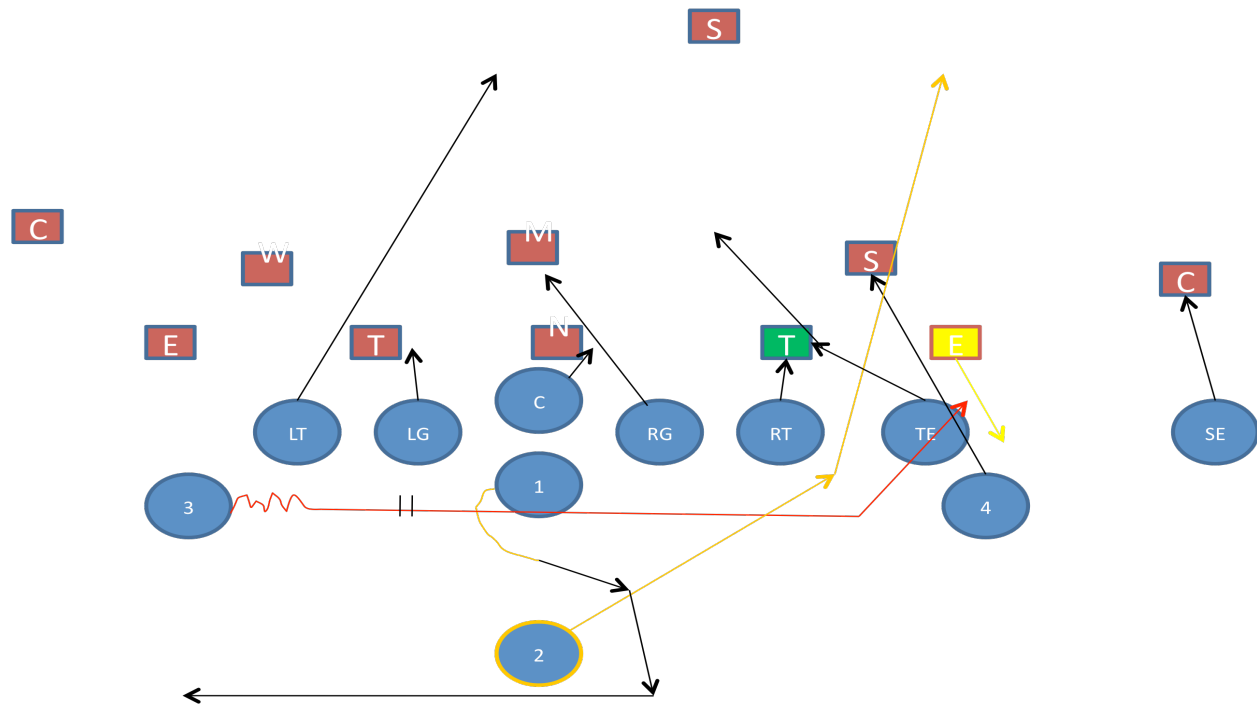
1back: Opens to motion side, handoff to the 3 back coming in jet motion. Carry out fake to the left.

2back: Fakes trap handoff. Good fake needed to hold the linebackers.

3back: Cracks D-End. If it is a "Charley" call, lead around take and block the first defender inside the crack block.

4back: Jet motion on first sound. Take handoff running at full speed.

Unbalanced Right-3 Jet 26 Power



Center: Step play side, take first defender.

R Guard: Down block.

R Tackle: Double team D-tackle with tight end.

L Guard: Cross face-cut off pursuit.

L Tackle: Cross face-cut off pursuit.

Tight End: Double team D-tackle with tackle, onto linebacker.

Split End: Cornerback.

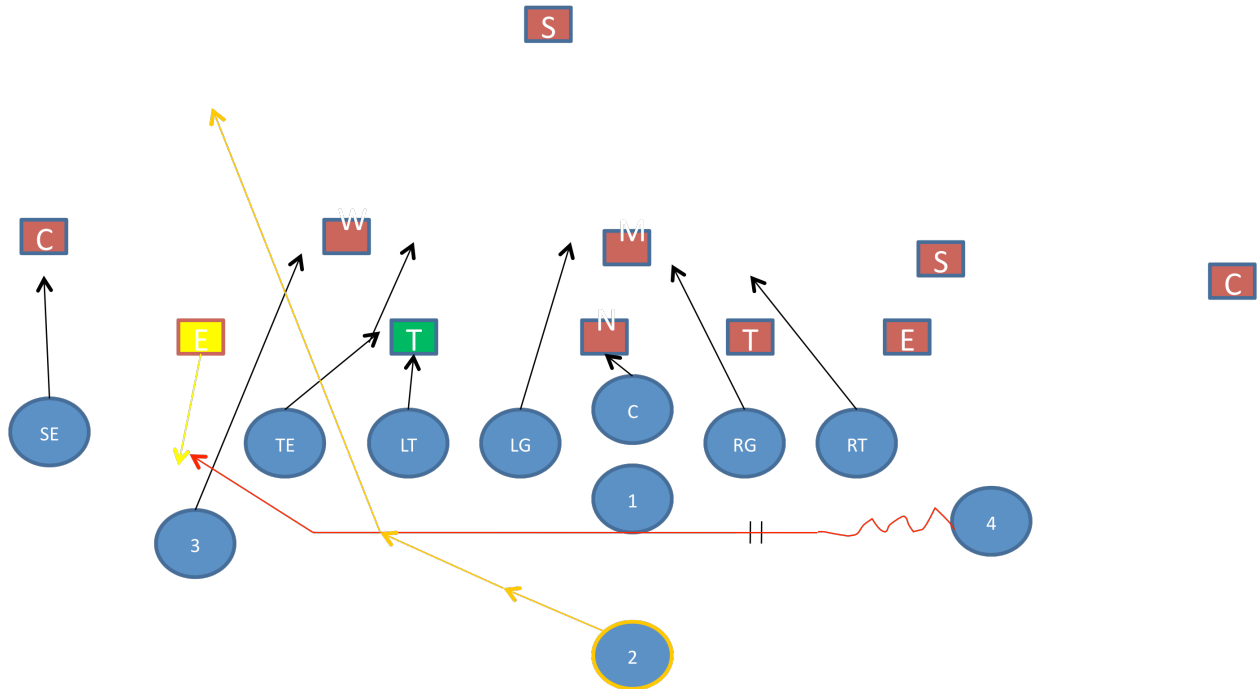
1 back: Open to motion side turn and handoff to the 2 back.

2back: Explode out of stance, take handoff. Look to cut off the tight end tackle double team.

3back: Jet motion on first sound, running full speed kick out the D-end.

4back: Outside linebacker.

Unbalanced Left- 4 Jet 25 Power



Center: Step play side, block first defender.

R Guard: Cross face-cut off pursuit.

R Tackle: Cross face-cut off pursuit.

L Guard: Down block.

L Tackle: Double team D-tackle with tight end.

Tight End: Double team D-tackle with tackle, onto linebacker.

Split End: Stalk block cornerback.

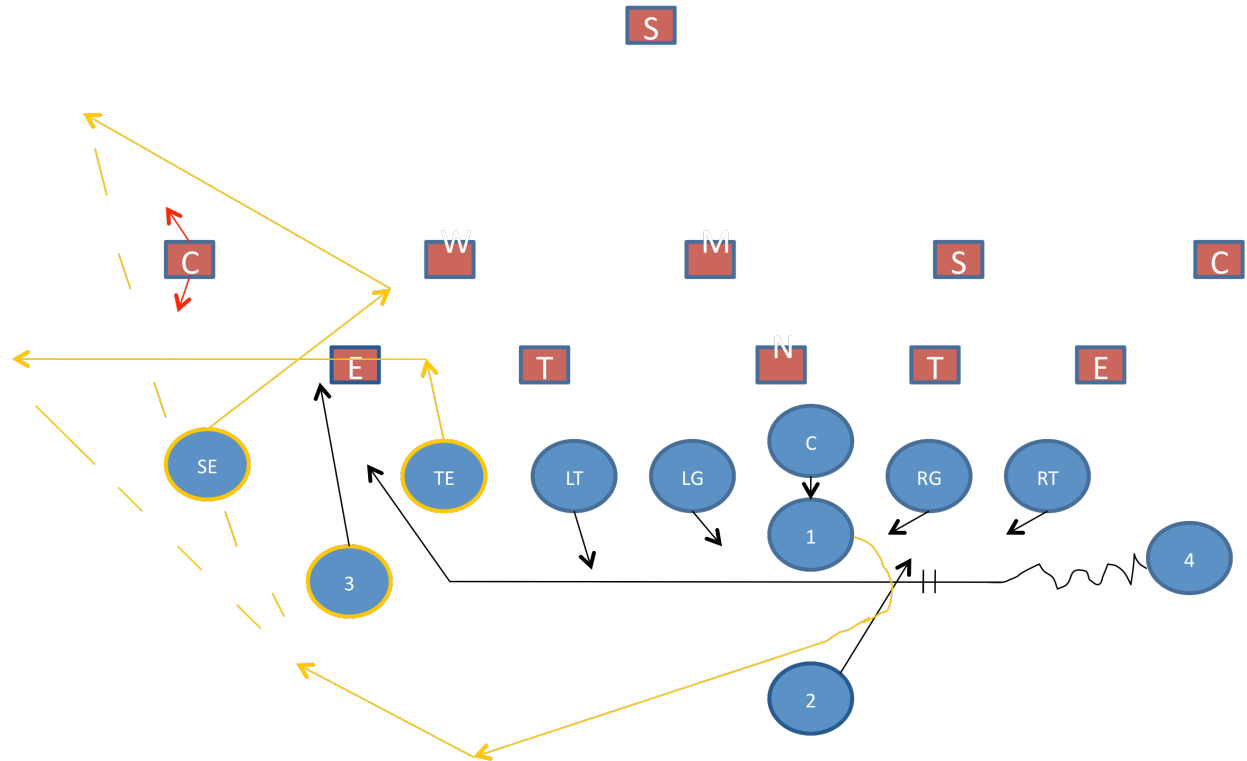
1 back: Open to motion side turn and handoff to 2 back.

2back: Explode out of stance, take handoff. Look to cut off the tackle tight end double team.

3back: Outside linebacker.

4back: Jet motion on first sound, running full speed kick out the D-end.

Unbalanced Left- 4 Jet Flood



Play action pass. Cornerback is the read. If the corner sits, throw to split end on corner route. If cornerback bails back to the split end- the QB hits the tight end 6 yard out. If there nothing open run or throw ball away.

Center: Pass block

R Guard: Gap down pass block.

R Tackle: Gap down pass block.

L Guard: Gap down pass block.

L Tackle: Gap down pass block

Tight End: 1 second pause 5-6 yard square out.

Split End: Fake crack on outside line backer, into corner route.

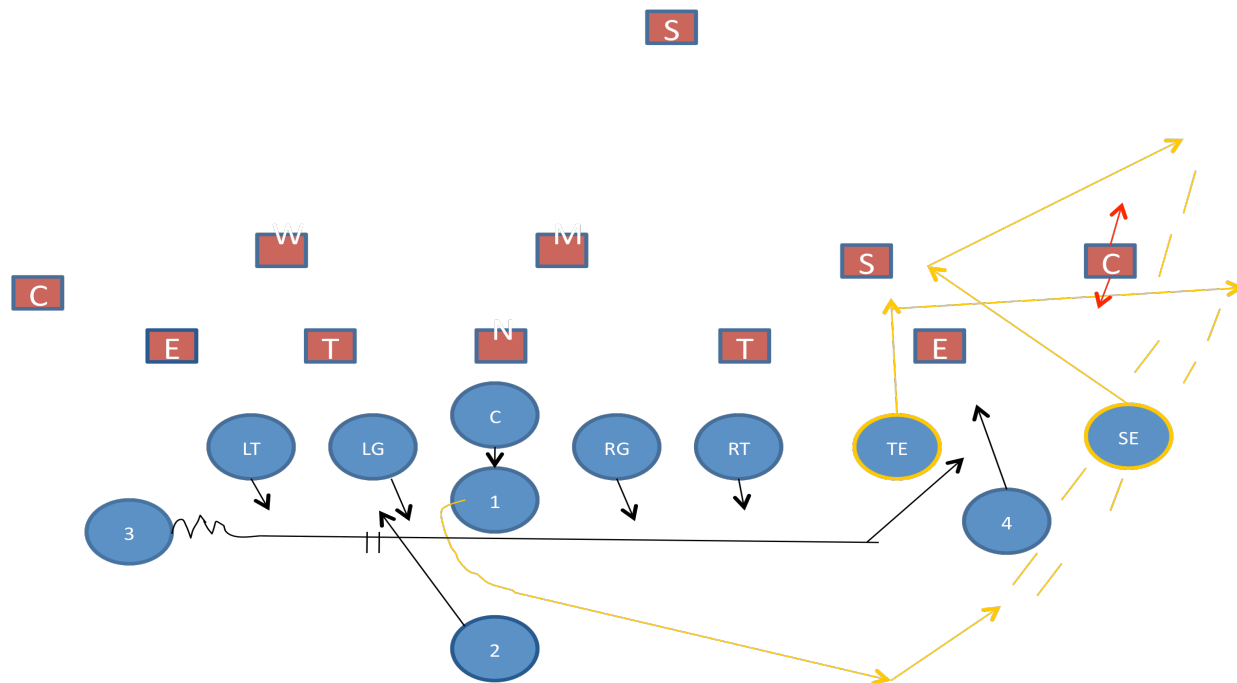
1back: Opens to motion side, fakes jet sweep. Rolls out to the left, read the cornerback.

2back: Fakes trap handoff. Blocks backside.

3back: Pass blocks D-end.

4back: Jet motion on first sound. Running full speed help pass block or lead block for quarterback.

Unbalanced Right- 3 Jet Flood



Play action pass. Cornerback is the read. If the cornerback sits, throw to split end on corner route. If cornerback bails back to the split end- the QB hits the tight end 6 yard out. If there nothing open run or throw ball away.

Center: Pass block.

R Guard: Gap down pass block.

R Tackle: Gap down pass block.

L Guard: Gap down pass block.

L Tackle: Gap down pass block

Tight End: 1 second pause 5-6 yard square out.

Split End: Fake crack on outside line backer, into corner route.

1back: Opens to motion side, fake jet sweep. Rolls out to the right, read cornerback.

2back: Fakes trap handoff, blocks backside.

3back: Jet motion on first sound. Running full speed, help pass block or lead block for quarterback.

4back: Pass blocks D-end.

Conclusion

The team that has the most points scored at the end of the game is the winner. It is imperative that you have an offense that can generate points. A successful youth football offense is one that is very deceptive, up-tempo, easy to implement and fun for the kids to run. If practiced and executed properly, the Wing T Jet Series Offense will put up a lot of points.

Good luck!

Visit us at <http://www.youthfootballonline.com> for plays, tips, gear and so much more.

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