
HS Wing-T Offense Playbook

Series-Based Misdirection Offense

Gridiron Encyclopedia

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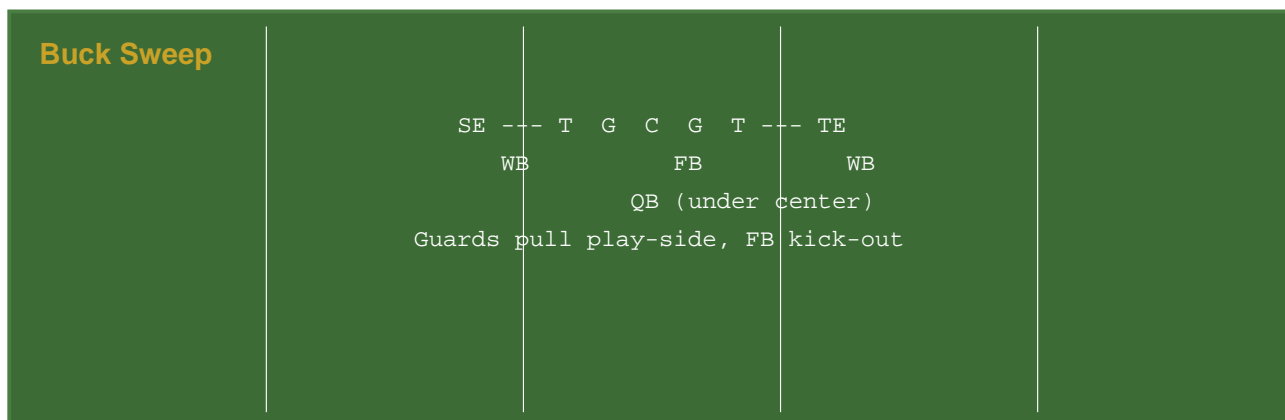
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Philosophy & Overview

The Wing-T offense is built on the foundation of series football. Every play within a series begins with the same initial action, making it extremely difficult for the defense to diagnose the point of attack before the ball is delivered. Misdirection and pulling linemen create angles at the point of attack, while disciplined ball fakes hold defenders in place. The Wing-T does not require elite athletes — it requires disciplined, well-coached players who execute their assignments with precision. Ball fakes are not optional; they are the lifeblood of this system.

Buck Sweep

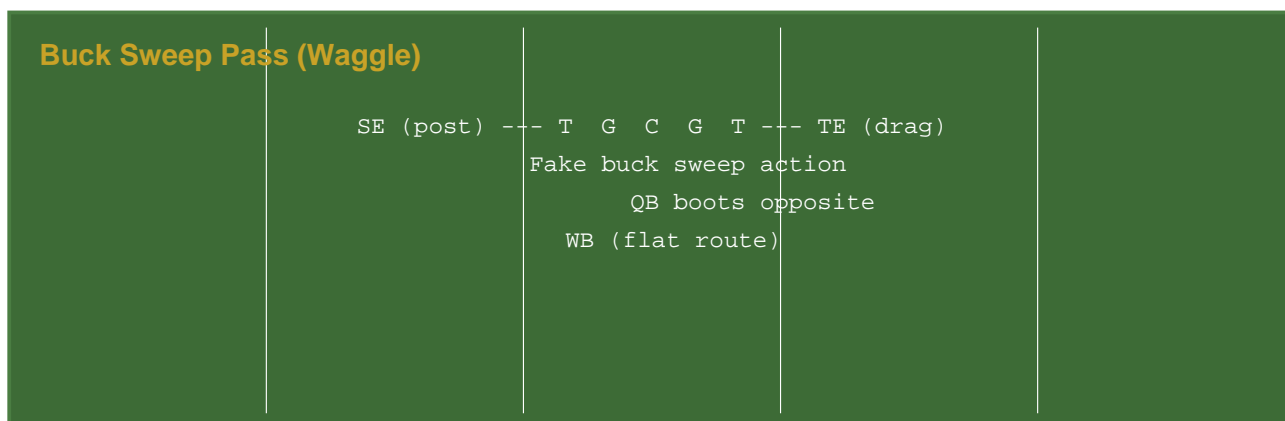
The bread-and-butter play of the Wing-T. Both guards pull to the play-side. The fullback kicks out the end man on the line of scrimmage, and the halfback takes the handoff around the edge behind a wall of blockers. The center, backside tackle, and backside guard handle backside responsibilities.



- Both guards pull — lead guard kicks out EMOL, second guard turns up.
- FB: Fake first, then execute kick-out block on the contain player.
- HB: Take the handoff, follow the pulling guards, get to the edge.
- QBs ball fake to the dive back is critical to freeze the LBs.

Buck Sweep Pass (Waggle)

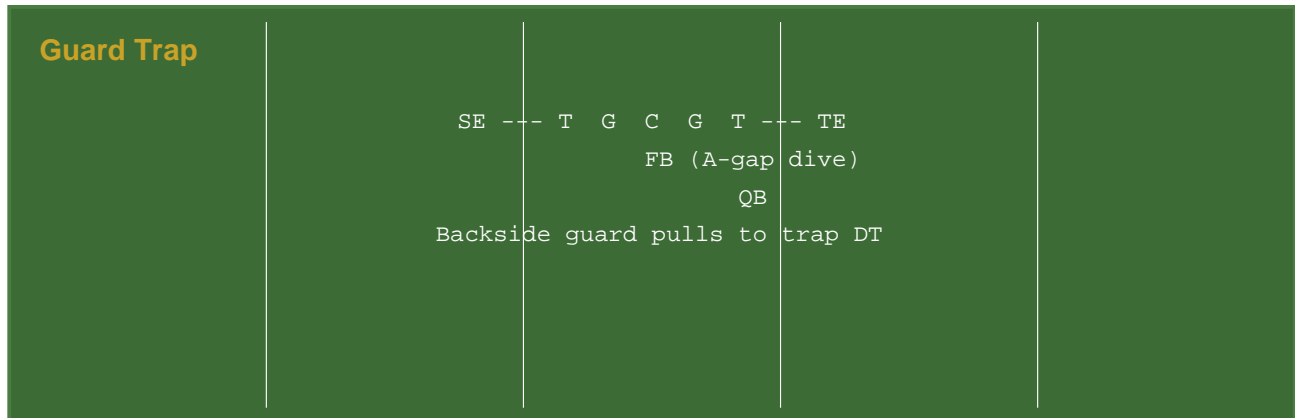
A play-action pass off buck sweep action. The QB fakes the buck sweep, then bootlegs to the opposite side. The tight end runs a drag route across the formation, and the split end runs a deep post. This play punishes defenses that over-pursue the buck sweep.



- QB: Sell the sweep fake with your eyes and body, then boot.
- TE: Drag across the formation at 6-8 yards. Be the primary read.
- SE: Run a post route to clear the deep middle. Secondary read.
- WB: Release to the flat as the checkdown option.

Guard Trap

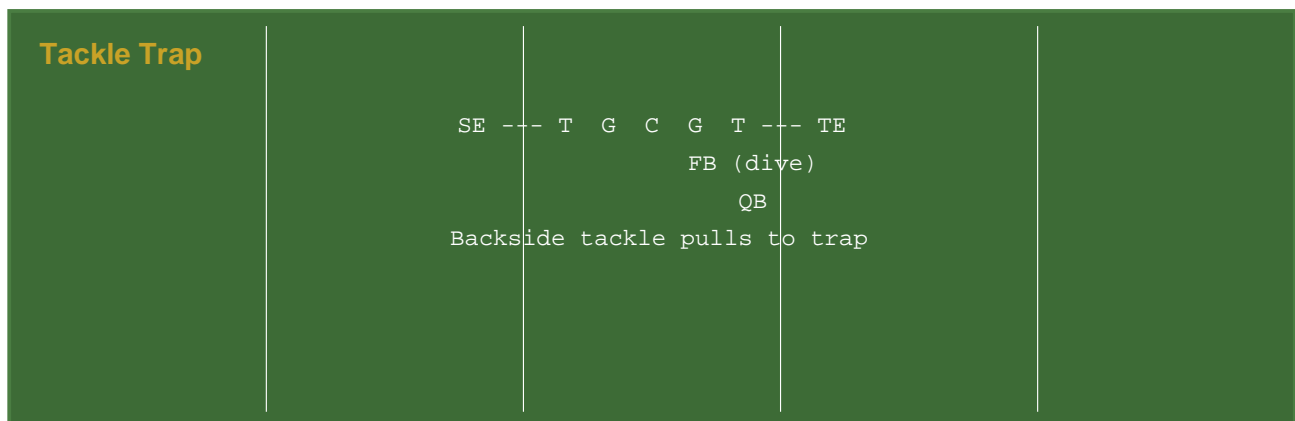
A quick-hitting interior run through the A-gap. The play-side linemen down block, and the backside guard pulls to trap (kick out) the first defender past the center. The fullback hits the hole fast and downhill. This play is designed to break the will of interior defenders.



- Backside guard: Pull flat, trap the first DT past center.
- Play-side linemen: Down block — seal everything inside.
- FB: Fast downhill through the A-gap. No dancing.
- QB: Quick reverse pivot, hand off deep to the FB.

Tackle Trap

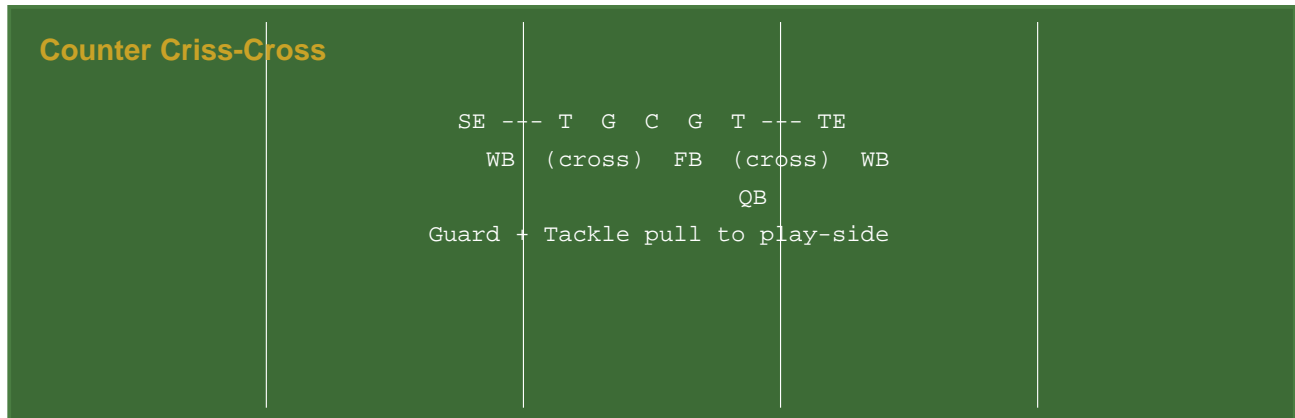
Similar concept to the guard trap but with the tackle pulling instead. This puts a larger body at the point of attack, ideal for situations where the defense has a dominant nose guard. The trap block from the tackle creates a wider lane.



- Backside tackle: Pull and trap the first defender in the gap.
- Guard: Hinge block to protect the backside.
- FB: Expect a wider lane than the guard trap.
- Use this when the nose guard is dominating the guard trap.

Counter Criss-Cross

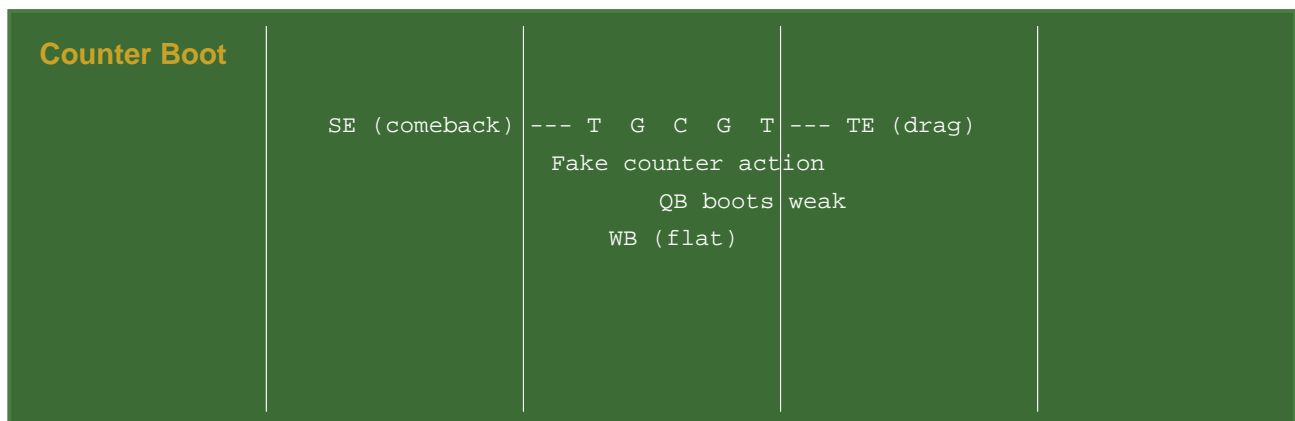
The fullback and halfback cross paths behind the QB, creating misdirection chaos. The guard and tackle pull to the play-side to create a wall. The ball carrier gets the handoff going opposite the initial flow, catching the linebackers flowing the wrong direction.



- FB and HB: Cross behind the QB — sell the misdirection.
- QB: Open to the first back, fake, then hand to the second back.
- Pulling guard: Kick out EMOL.
- Pulling tackle: Turn up inside the kick-out for the LB.

Counter Boot

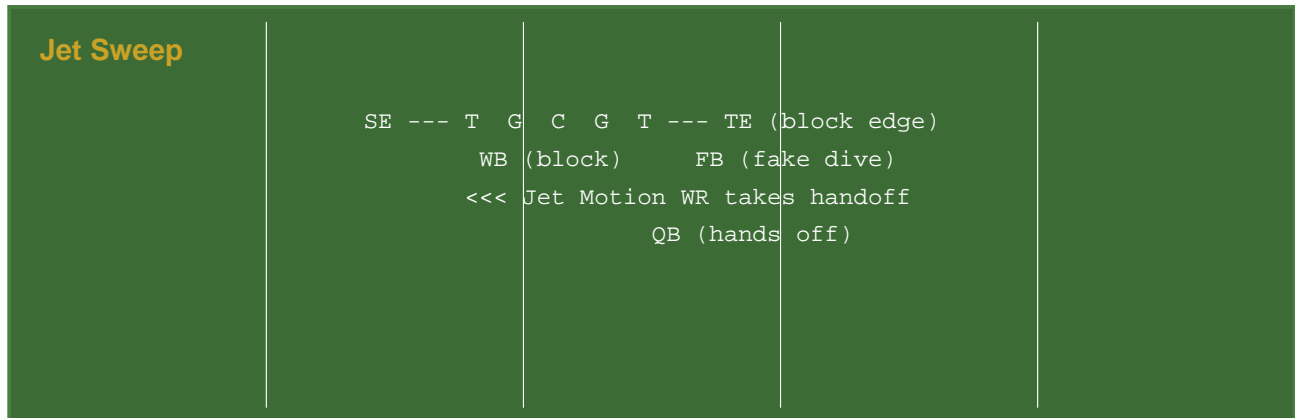
A play-action bootleg pass off the counter criss-cross action. The QB fakes the counter, then boots to the weak side. The TE runs a drag, and the split end runs a comeback. The defense, having committed to the counter action, leaves the bootleg side vulnerable.



- QB: Complete the full counter fake, then boot to the weak side.
- TE: Run the drag — be ready for the ball quickly.
- SE: Comeback at 12-15 yards on the backside.
- This is devastating when the counter is working.

Jet Sweep

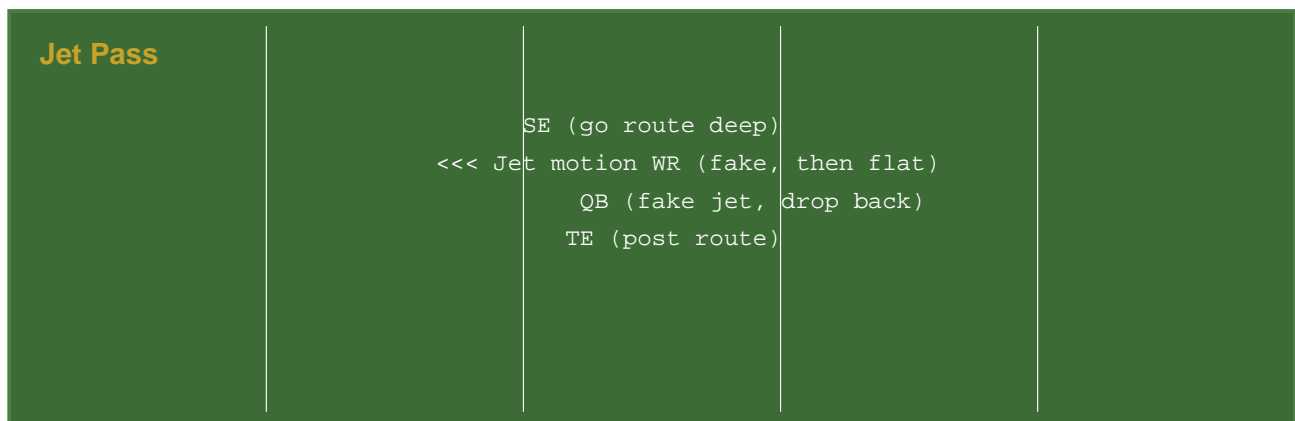
A quick-hitting perimeter play using a flanker in jet motion. The motion back takes the handoff from the QB on a direct path to the edge. The wingback and tight end block on the perimeter, creating a lane. The jet sweep forces the defense to widen their alignments.



- Motion WR: Full speed through the mesh — no slowing down.
- QB: Catch the snap, extend the ball to the jet motion WR.
- TE: Block the force player on the edge.
- Timing the snap with the motion is everything.

Jet Pass

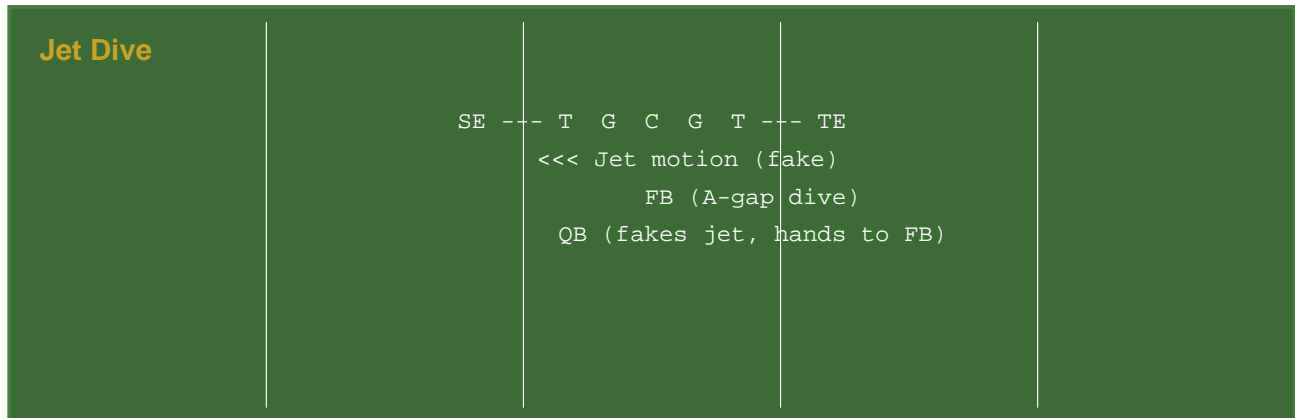
A play-action pass that uses the jet motion fake to freeze the defense. The QB fakes the jet handoff, then drops back to throw. The split end runs a go route with the defense pulled up by the jet fake. The WR in motion continues to the flat as a checkdown.



- QB: Sell the jet fake, pull the ball back, drop and throw.
- SE: Go route — win on the deep ball. The fake creates a window.
- Jet WR: Continue to the flat as an outlet after the fake.
- TE: Run a post across the middle. Secondary read.

Jet Dive

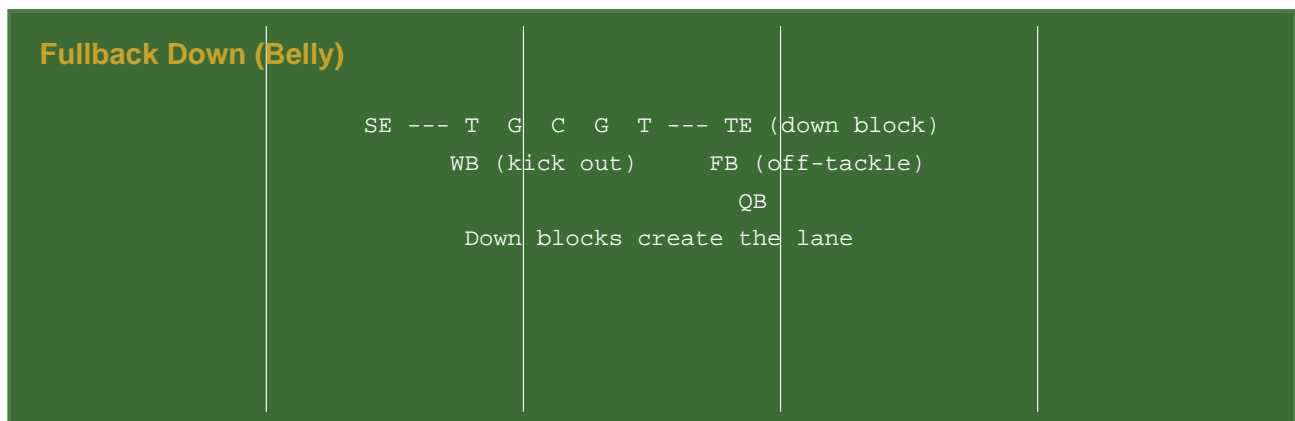
A companion play to the jet sweep. The motion WR fakes taking the jet handoff while the fullback dives directly up the A-gap. When the defense flows hard to stop the jet sweep, the fullback finds open daylight inside.



- Motion WR: Sell the jet sweep fake — run at full speed.
- FB: Take the handoff and hit the A-gap hard. LBs will be flowing.
- QB: Fake to the jet motion, reverse pivot, hand to the FB.
- The better the jet sweep works, the better this play becomes.

Fullback Down (Belly)

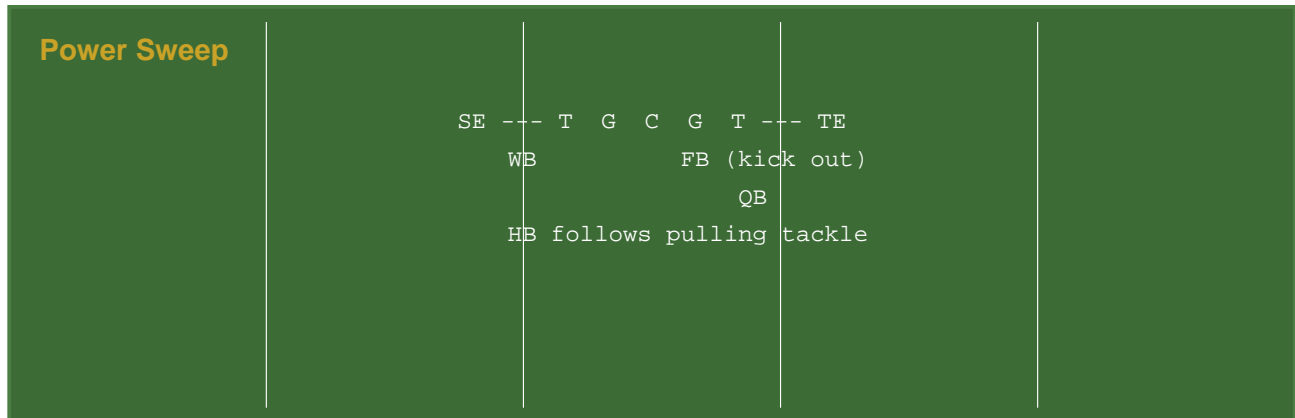
An off-tackle play where the fullback runs behind down blocks from the play-side linemen. The tight end and wingback create the edge with seal and kick-out blocks. The fullback gets downhill fast with a direct path behind the wall.



- TE: Down block on the DE — seal him inside.
- WB: Kick out the force player on the edge.
- FB: Aim for the outside hip of the TE. Get downhill immediately.
- OL: Down block scheme — everyone blocks down to the play-side.

Power Sweep

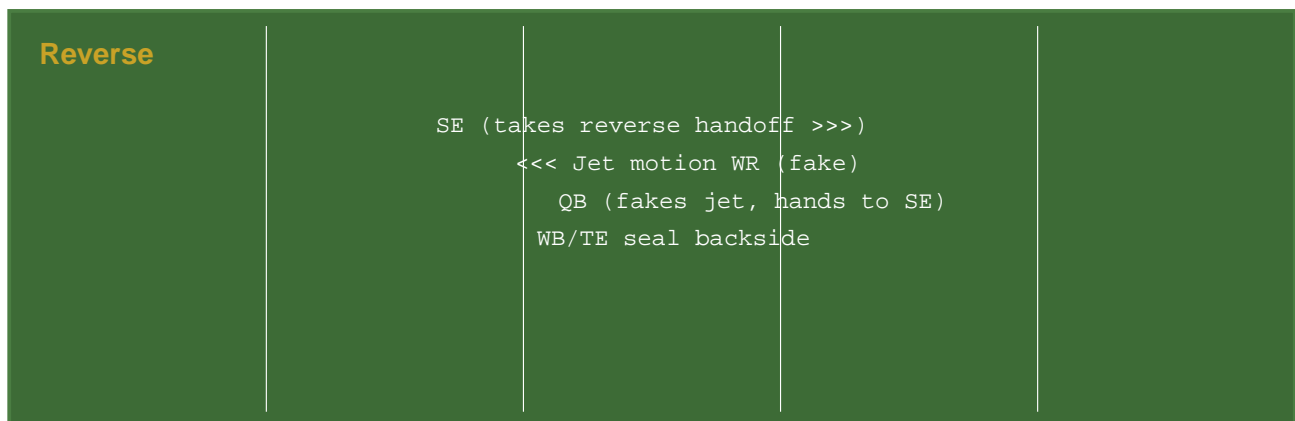
Different from the buck sweep — the play-side tackle pulls instead of both guards. This creates a different blocking scheme at the point of attack with a bigger body leading the way. The halfback follows the pulling tackle to the edge.



- Play-side tackle: Pull and lead through the hole.
- FB: Kick out the EMOL on the edge.
- HB: Follow the tackle, read his block, and cut accordingly.
- Differs from buck sweep — one big puller instead of two guards.

Reverse

Uses jet motion fake to pull the defense one direction, then hands the ball back to the backside WR going the other way. Maximum misdirection. Must be set up by establishing the jet sweep earlier in the game.



- Jet WR: Sell the sweep fake at full speed.
- SE: Come across the formation, take the handoff from QB.
- QB: Fake jet, then hand to the SE coming back the other way.
- Only works if the defense has committed to stopping the jet sweep.

Quick Reference / Glossary

Series Football

A concept where multiple plays share the same initial action, making it difficult for the defense to diagnose the play before commitment.

Buck Series

The primary Wing-T series featuring guard pulls and misdirection, including the sweep, trap, and pass.

Jet Series

Plays that use a receiver in fast horizontal motion across the formation at the snap.

EMOL

End Man On the Line of Scrimmage. The last defender on the line, typically the target of kick-out blocks.

Kick-Out Block

A block where a pulling lineman or back blocks the contain defender outward, creating a lane inside.

Down Block

Blocking toward the inside gap, sealing defenders away from the point of attack.

Wingback (WB)

A back aligned off the TE hip, 1 yard off the LOS. Key blocker and ball carrier in the Wing-T.

Counter

Any play that initially shows flow one direction but attacks the opposite side.

Trap Block

Allowing a defender to cross the LOS unblocked, then kicking him out from the side with a pulling lineman.

Waggle

A bootleg pass off a run fake where the QB rolls out to the opposite side of the fake.