

---

# HS Wing-T Offense Playbook

Series-Based Misdirection Offense

---

Gridiron Encyclopedia

[gridiron-encyclopedia.netlify.app](https://gridiron-encyclopedia.netlify.app)

---

## Table of Contents

---

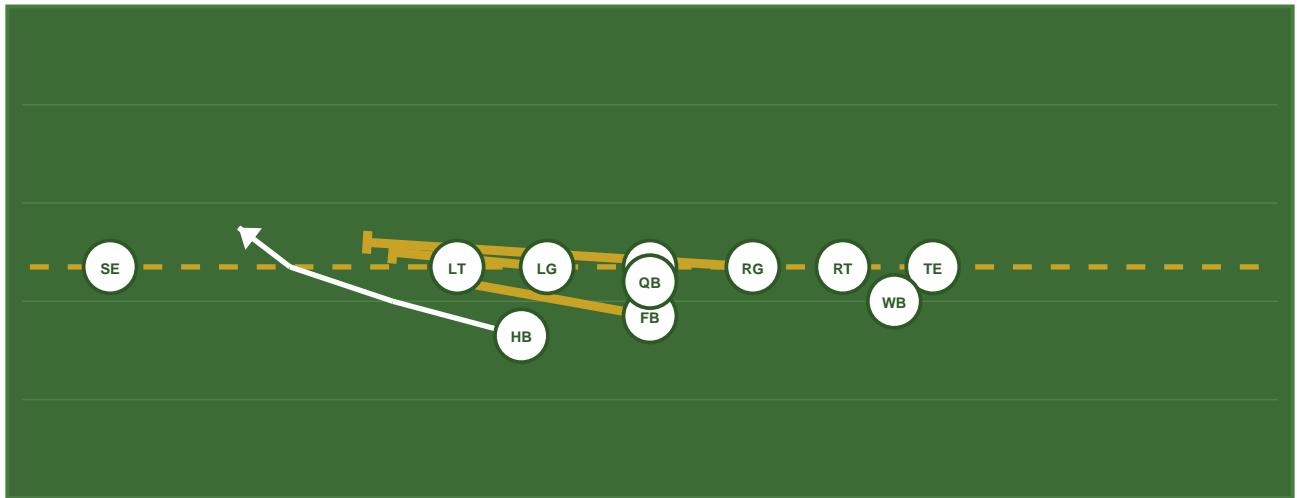
1. Philosophy & Overview
2. Buck Sweep
3. Buck Sweep Pass (Waggle)
4. Guard Trap
5. Counter Criss-Cross
6. Waggle Pass
7. Jet Sweep
8. Jet Pass
9. Power
10. Down G (Belly)
11. Quick Reference / Glossary

## 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.

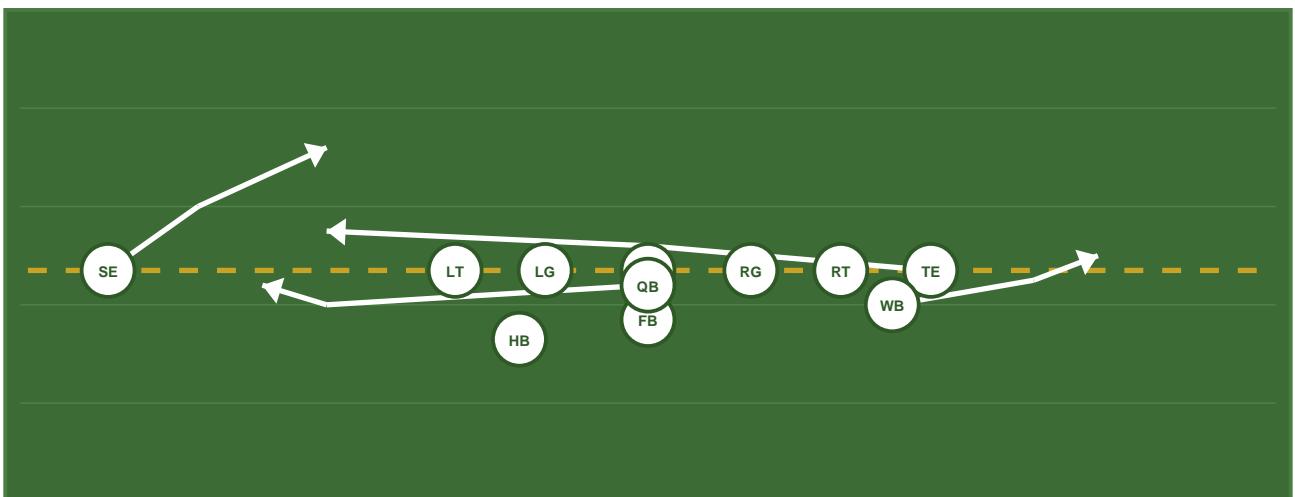


### Buck Sweep

- 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.

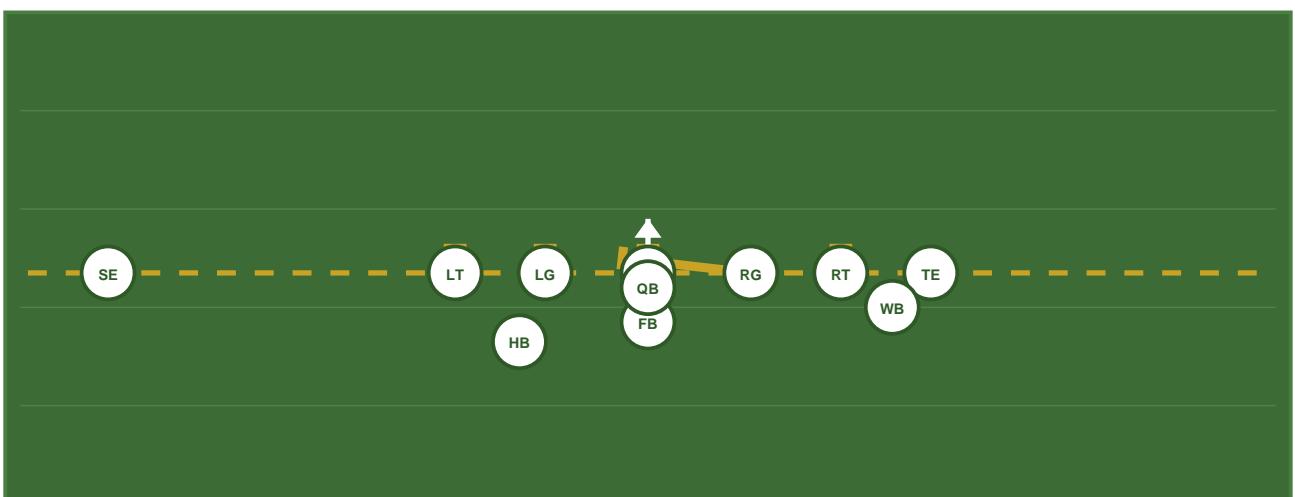


### Buck Sweep Pass (Waggle)

- 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.

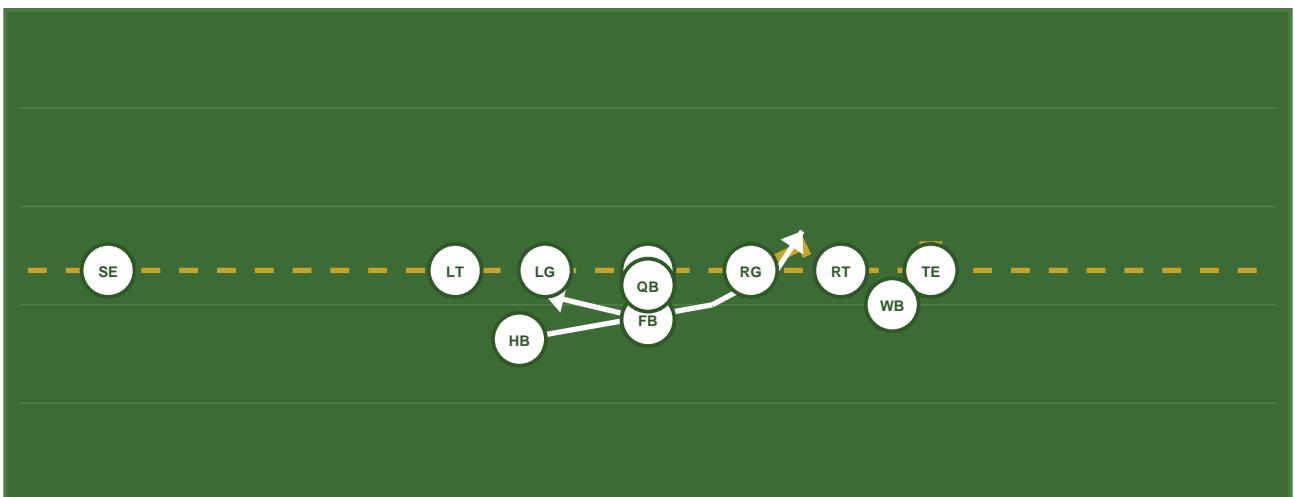


### Guard Trap

- 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.

## 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.

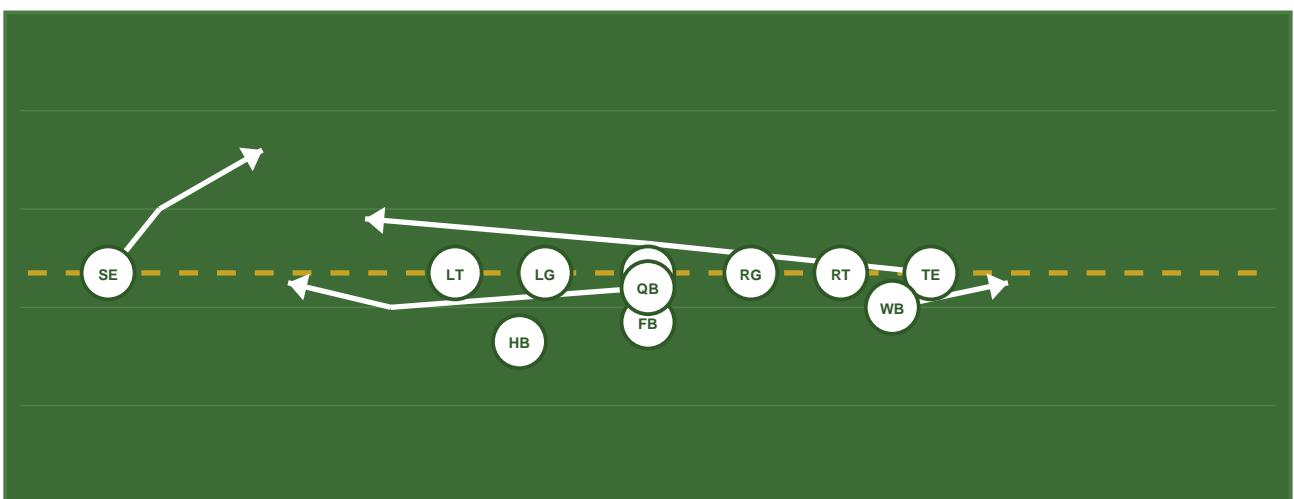


**Counter Criss-Cross**

- 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.

## Waggle Pass

A play-action bootleg pass off the Wing-T run action. The QB fakes to the backs, then rolls out to the weak side. The tight end drags across the formation as the primary target, the split end runs a deep post, and the wingback releases to the flat as a safety valve.

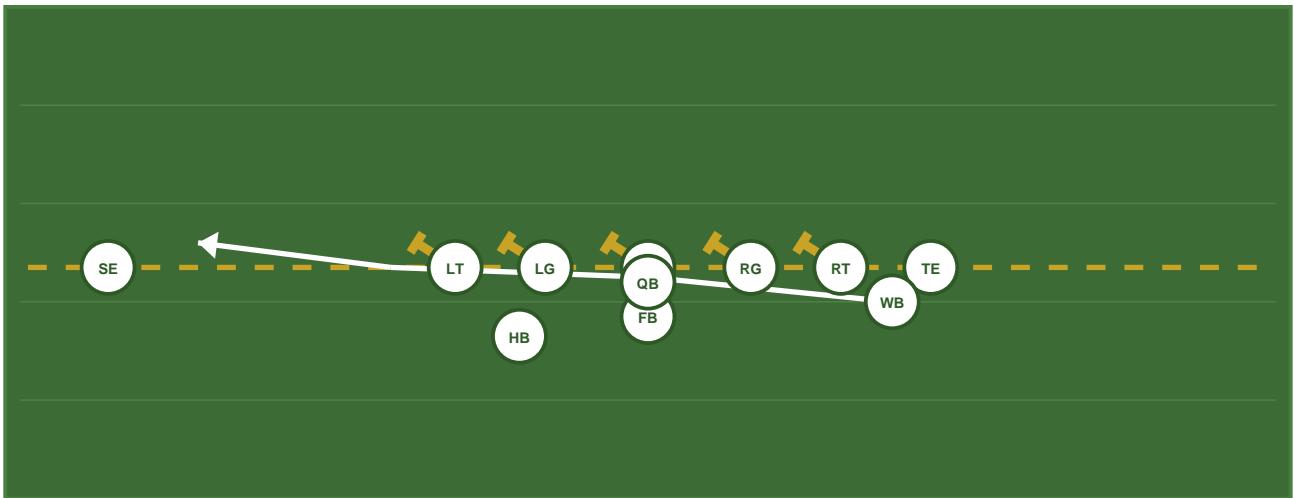


**Waggle Pass**

- QB: Sell the run fake, then boot to the weak side. Eyes downfield.
- 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 safety valve.

## 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.

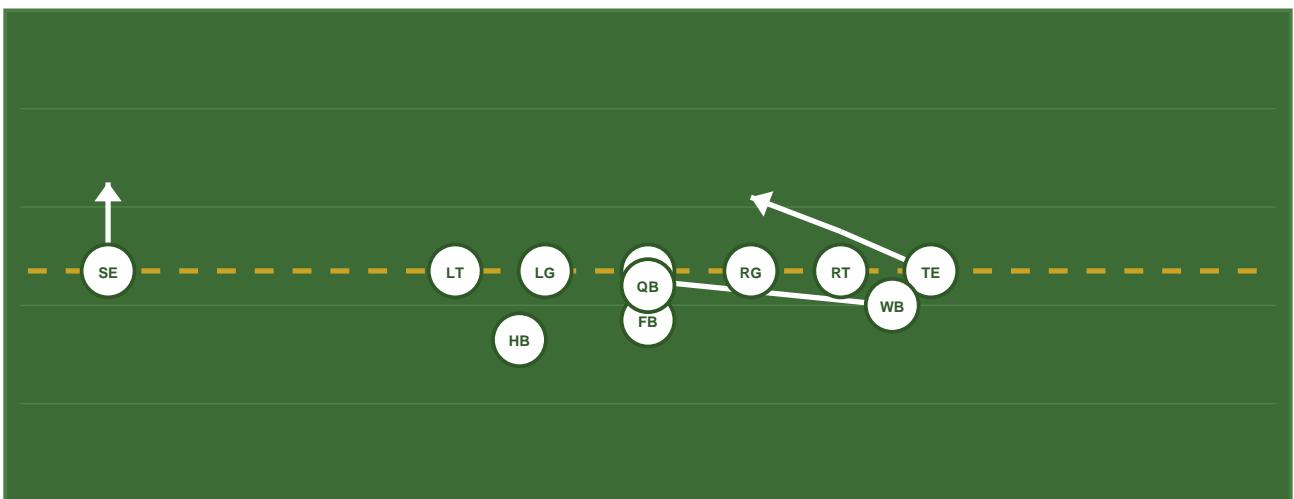


**Jet Sweep**

- 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.

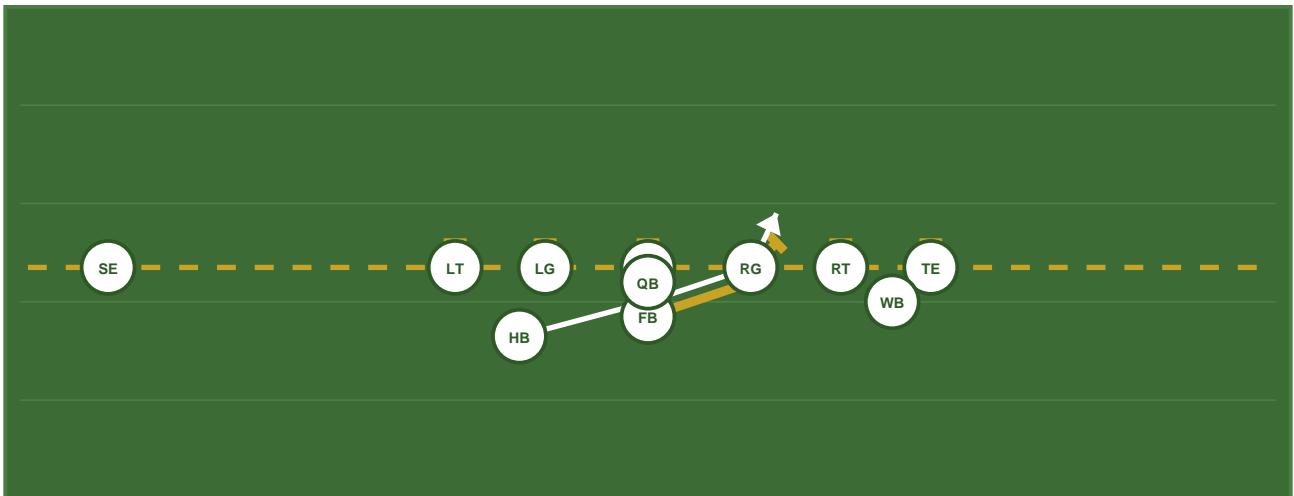


**Jet Pass**

- 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.

## Power

A downhill run play with a lead blocker through the B-gap. The fullback leads through the hole as a kick-out blocker, and the halfback follows behind with a downhill track to the play-side. The backside guard pulls to the play-side to seal the linebacker. Physical, north-south football.

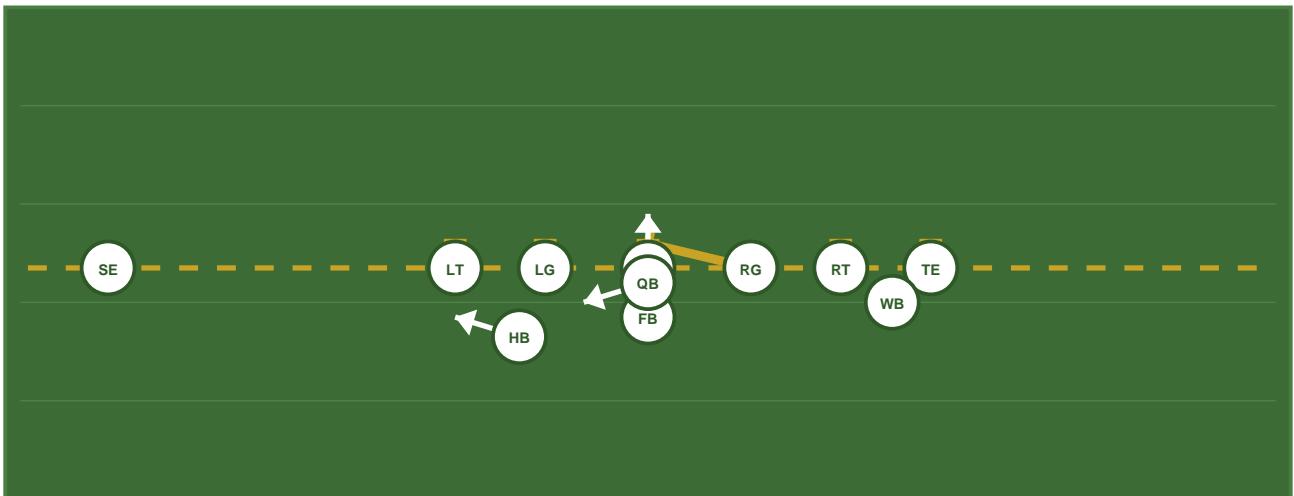


### Power

- FB: Lead block through the hole — kick out the first defender to show.
- HB: Follow the FB downhill. Read his block and cut accordingly.
- RG: Pull to the play-side and seal the linebacker.
- OL: Drive blocks to the play-side — move the line of scrimmage.

## Down G (Belly)

A misdirection belly play where the fullback dives straight ahead through the A-gap while the QB fakes to the halfback on a sweep path. The backside guard pulls to kick out the first defender at the point of attack. Down blocks from the play-side linemen create the lane.



### Down G (Belly)

- FB: Dive straight ahead through the A-gap. Fast and downhill.
- QB: Fake to the HB on the sweep path, then hand to the FB.
- RG: Pull and kick out the first defender past the center.
- OL: Down block scheme — seal the play-side gaps.

## 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.