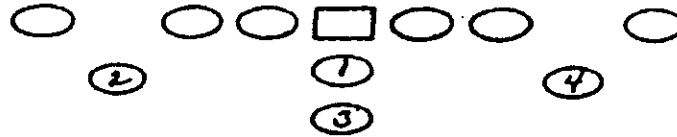


DOUBLE WING FORMATION



I. ALIGNMENTS:

Ends-4 to 6 yards splits from the tackles

Half Backs-1 yard outside the tackle and 1 yard in the backfield.

2-point stance facing the tackle at 45 degree angle

Full Backs-4 to 5 yards in the backfield

Line Splits-30 to 36 inches

II. ADVANTAGES OF THE DOUBLE WING

A. Stretches the Front (Attack Weak Spot In the Defense)

1. Creates 10 Gaps
2. Leverage on the Edge (blocking angles)
3. Big Plays up the Middle (stretch ends)
4. Forces Defense to Adjust (a numbers game)

B. Using Motion (Timing, Timing, Timing!)

1. Creates Numbers at Point of Attack
2. Misdirection and Counters
3. Flood Zones
4. Play Action

C. Creativity (Run Multiple Offenses with Double Wing Formation)

1. Power/Buck
2. Misdirection
3. Run/Shoot
4. Option
5. Spread & Gun
6. Match Personnel to Schemes

III. PERSONNEL IN THE DOUBLE WING

A. Four Ball Carriers

B. Four Immediate Receivers

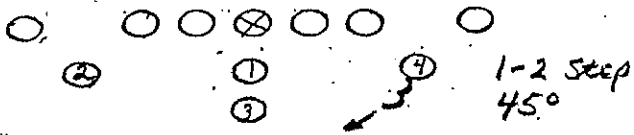
C. Type of Skill Players

1. Wingback-All Purpose Athletes
2. QB-Run and Throw
3. Fullback-Tough Inside Runner, Good Blocker
4. Ends-Mix and Match TE and WR
(Must Be Willing to Block)

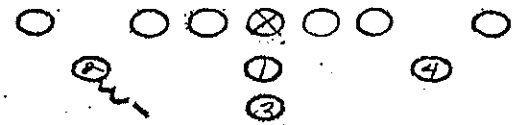
DOUBLE WING

DIFFERENT WING MOTIONS

4 BACK MOTION



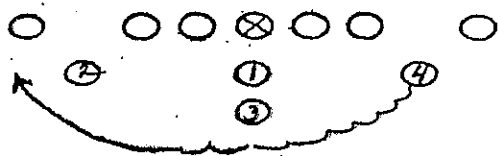
2 BACK MOTION



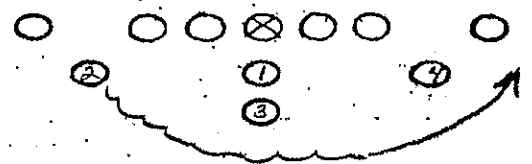
MINUS MOTION (LEFT)

QB "GO" CALL AS BACK PASSES THE FB

(4B LONG BACK MOTION)



PLUS MOTION (RIGHT)

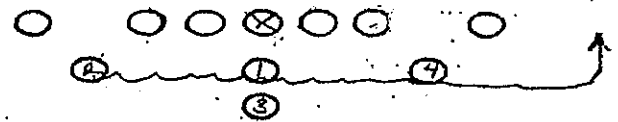


4 FRONT MOTION

LONG MOTION IN FRONT OF FB
QB - "GO" DEPENDS ON PLAY

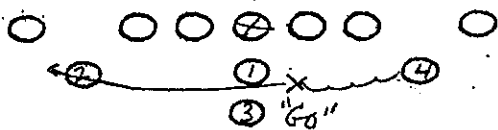


2 FRONT MOTION

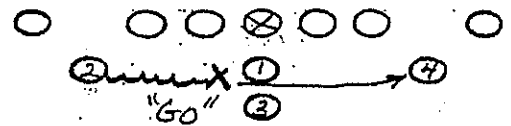


4 WHAM MOTION

SHORT FRONT MOTION
QB "GO" AS BACK CROSSES QB.

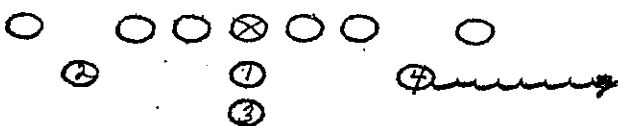


2 WHAM MOTION

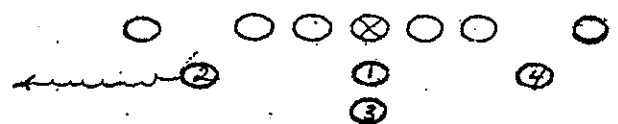


4 OUT MOTION

4B MOTION TO FLANKER

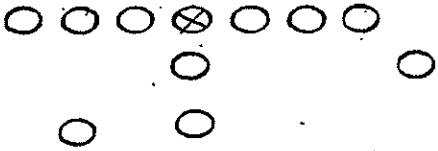


2 OUT MOTION

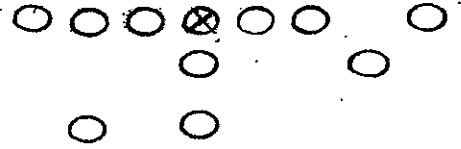


JOLIET CATHOLIC FORMATIONS

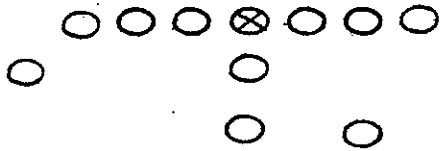
WING RT.



SLOT RT.



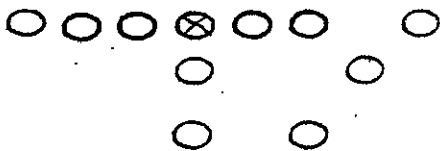
WING LEFT



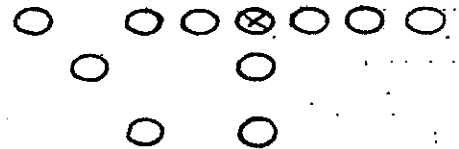
SLOT LEFT



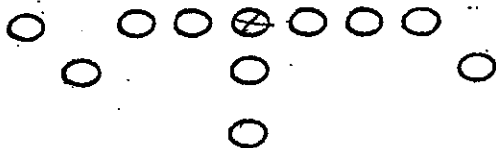
A-SLOT



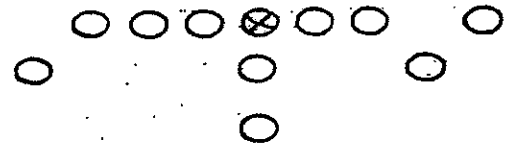
B-SLOT



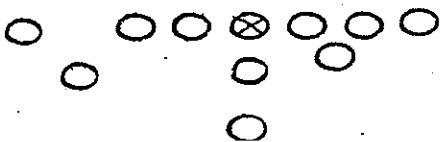
RIP



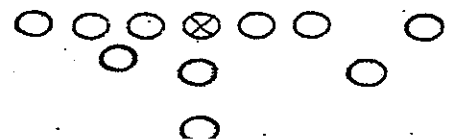
LIZ



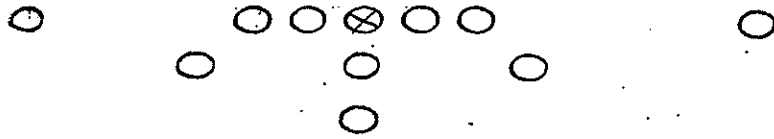
BEANNIE RT.



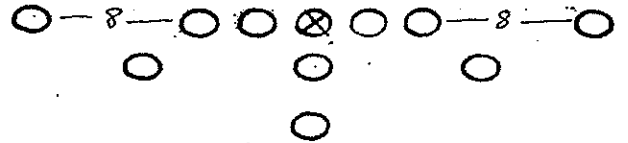
BEANNIE LEFT



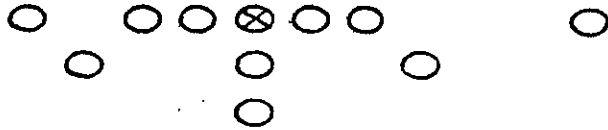
WIDE



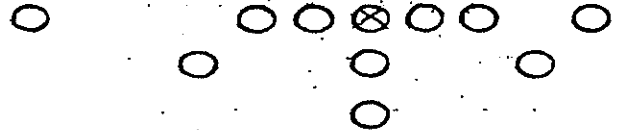
ACE



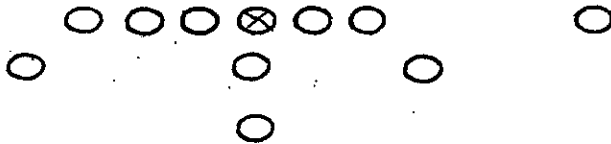
SPLIT RT



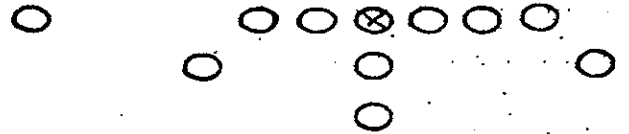
SPLIT LEFT



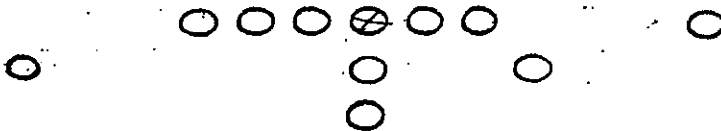
LIZ SPLIT



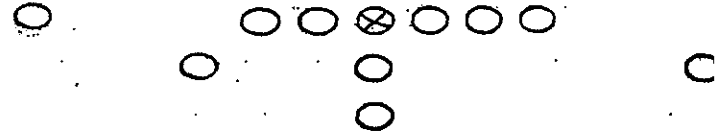
RIP SPLIT



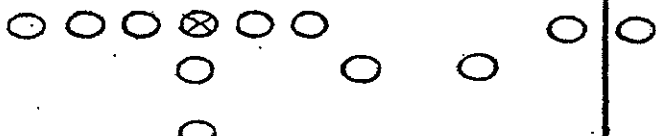
FLANKER LEFT



FLANKER RT



TRIPS RT



TRIPS LEFT

