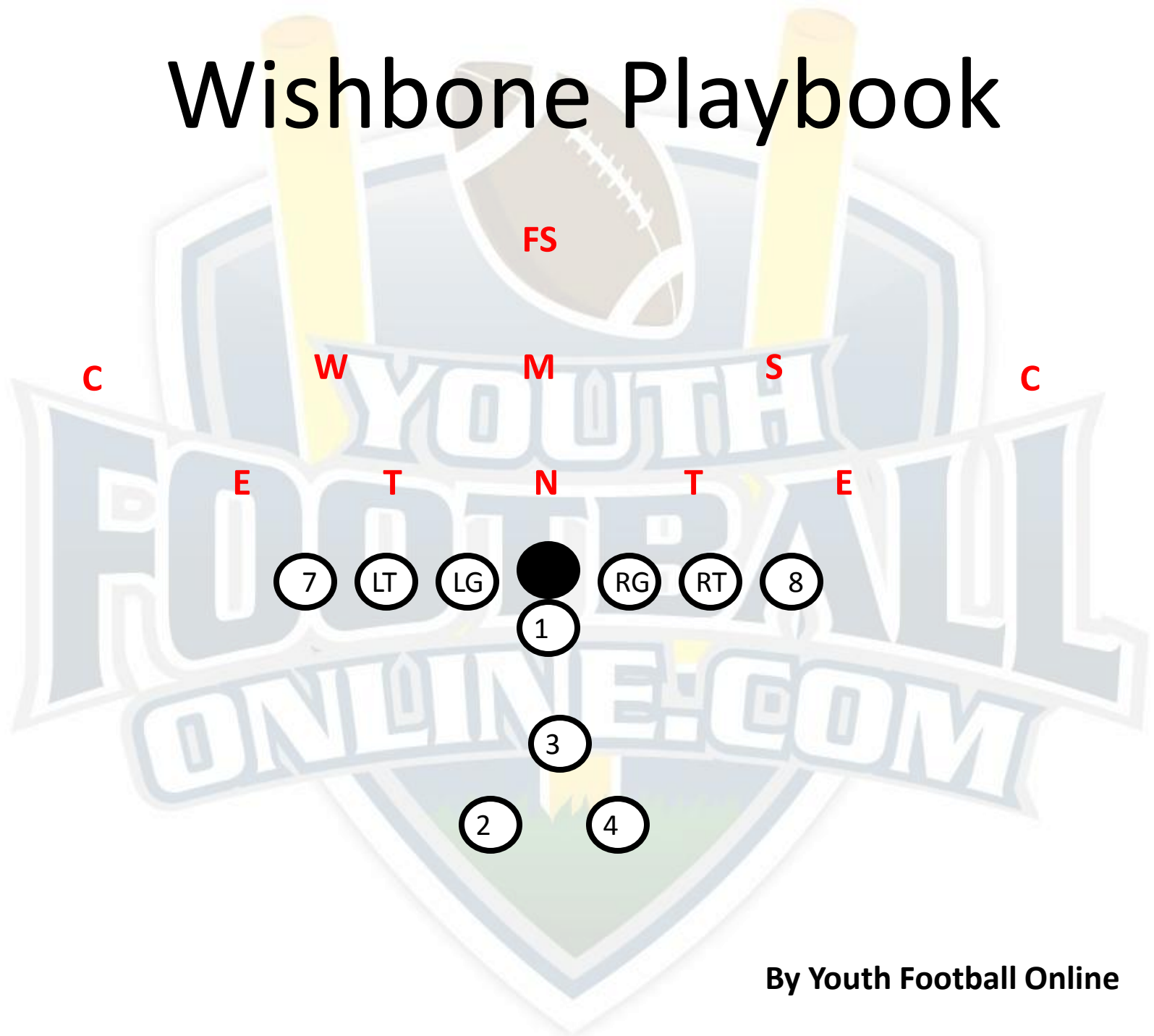


Wishbone Playbook



Wishbone

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Original content and plays by Coach Jeff Hemhauser
Edited by Vinnie Sehgal

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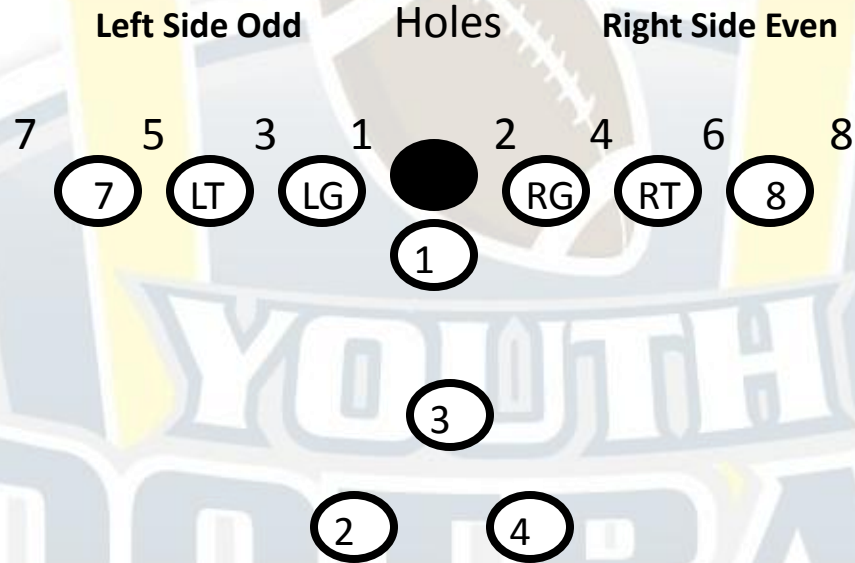
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Philosophy

- We will control the line of scrimmage. If we control the line of scrimmage we will control the game.
- We will use our balanced formation to thin the defense out horizontally. This will create natural running lanes inside.
- We will pound the football down the defense's throat.
- We will carry out all fakes.
- We will utilize double teams at the point of attack to drive the defensive linemen back.
- We will use our running game to set up our explosive play-action passing plays.
- We will force the defense to choose how we will beat them. Each play will set another play up.
- We will mix up our snap counts. We will force the defense to watch the football, rather than just time our snap counts.
- We will not turn the football over.

Positioning & Numbering System



Center

RG Right Guard

RT Right Tackle

LG Left Guard

LT Left Tackle

1 Quarterback

2 Fullback

3 Left Halfback

4 Right Halfback

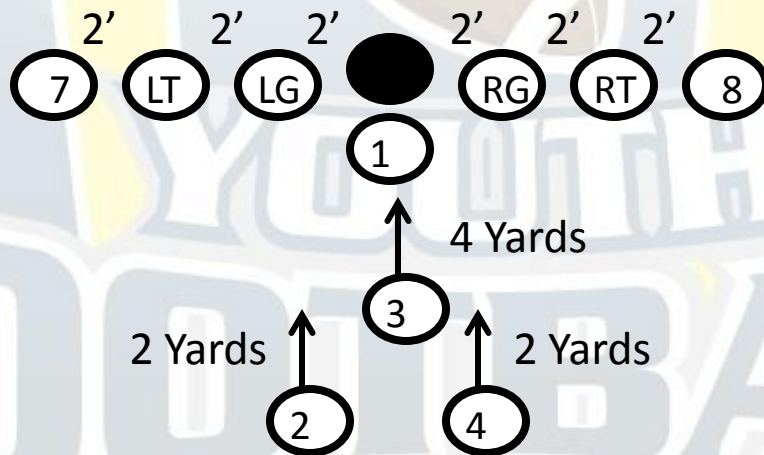
8 Right Tight-end

7 Left Tight-end

Say we call "Bone" 36 Blast on 1. "Bone" indicates the formation. The first number (3), is the ball carrier. The second number (6) is the point of attack (hole the running back is running to). On 1 means the football will be snapped on 1.

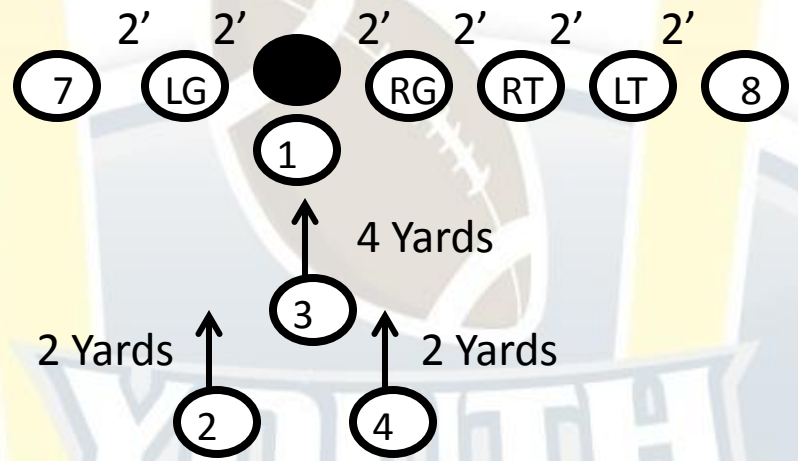
Formations & Line Splits

Bone

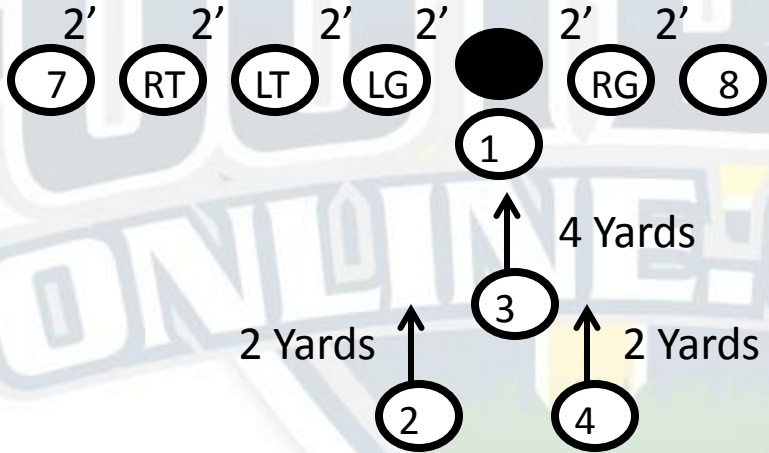


“Bone” is a balanced formation. There are the same amount of blockers to each side of the formation. This formation will thin the defense out horizontally. Balanced formations make the defense defend both sides of the formation. You can elect to go with 1’ line splits or even 0’ line splits. It all depends on your preference. This offense- can be effective with any line split distance.

Big Right



Big Left



“Big” is the unbalanced formation call. Going Big will give you an extra blocker to the heavy side. This is an excellent way to out power/number the defense. Many times the defense will not even notice or adjust properly to the unbalanced line. **When you run plays out of heavy right or left, make sure you go on a fast count. Do not give the defense time to adjust.**

Snap Count

The offense has two advantages. The first advantage is the offense knows where the play is going. The second advantage is the offense knows the snap count. It is absolutely critical that you mix up the snap counts. Mixing up the snap counts will force the defense to watch the football, rather than just time your snap count. In addition, making the defense jump off-sides and gaining 5 yards is always helpful.

Snap Count:

“RED” “SET” “GO” “GO”

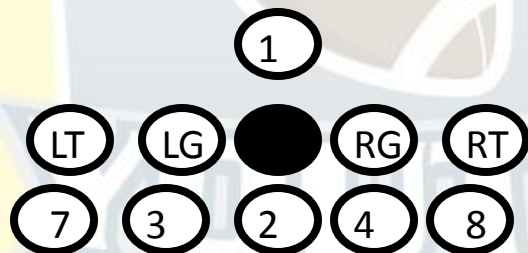
When the play is called on **“RED”**, the center is to snap the ball when he hears **“RED”**. This is a quick count that will take advantage of a defense that isn't ready (first sound).

When the play is called on **“SET”**, the center is to snap the ball when he hears **“SET”**. This is also a quick snap count that can be used to take advantage of a disorganized defense.

When the play is called **“on 1”**, the center is to snap the ball when he hears **“GO”**.

When the play is called **“on 2”**, the center is to snap the ball when he hears the second **“GO”**. This is designed to make the defense jump off-sides.

Huddle



The play is said twice in the huddle. After the first time the center leaves the huddle and lines up. After the second time, the rest of the team breaks the huddle and gets their splits and gets right into their stance. The huddle is centered even with the football, 5 yards back. After every play the center must find the ball and call “HUDDLE”.

Coaching Point: It is absolutely vital that all the linemen break the huddle, run to the line, get their splits and get right into their stance. The line splits start from the center and work out. First the guards get their splits off of the center, then the tackles get their splits off of the guards, then the tight-ends gets their splits off of the tackles.

Blocking Scheme

The blocking scheme is “Inside-Over-Free”. These rules apply for both backside and play-side linemen with a few exceptions.

“**Inside**” means the first responsibility of any non-pulling lineman is to block any defender playing in his inside gap.

“**Over**” means if there is no defender playing the lineman’s inside gap, the offensive lineman is to take any defender lined up over him.

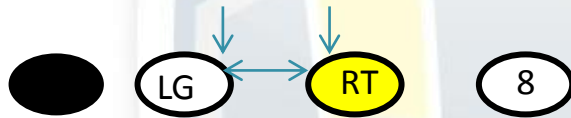
“**Free**” means if there is no defender playing in the inside gap and there is no defender lining up over, the linemen must get onto a linebacker.

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 won’t blitz and/or stunt when the football is snapped.

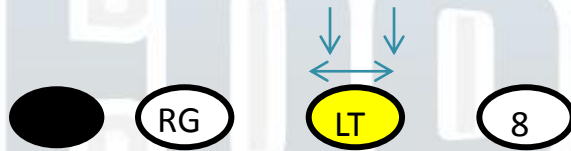
Pass Blocking scheme is inside –over. When pass blocking we cannot go down field, but that doesn’t mean the linemen step back and allow themselves to get bulled over. Step into the block when pass blocking.

Blocking Scheme

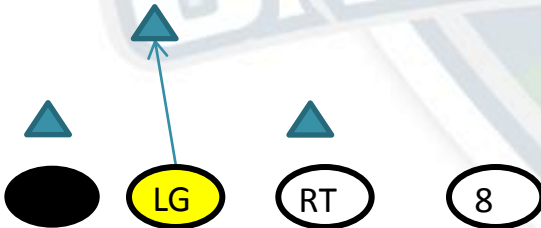
“Inside” is considered the gap between your inside shoulder to the outside shoulder of the offensive linemen inside of you. (follow highlighted linemen)



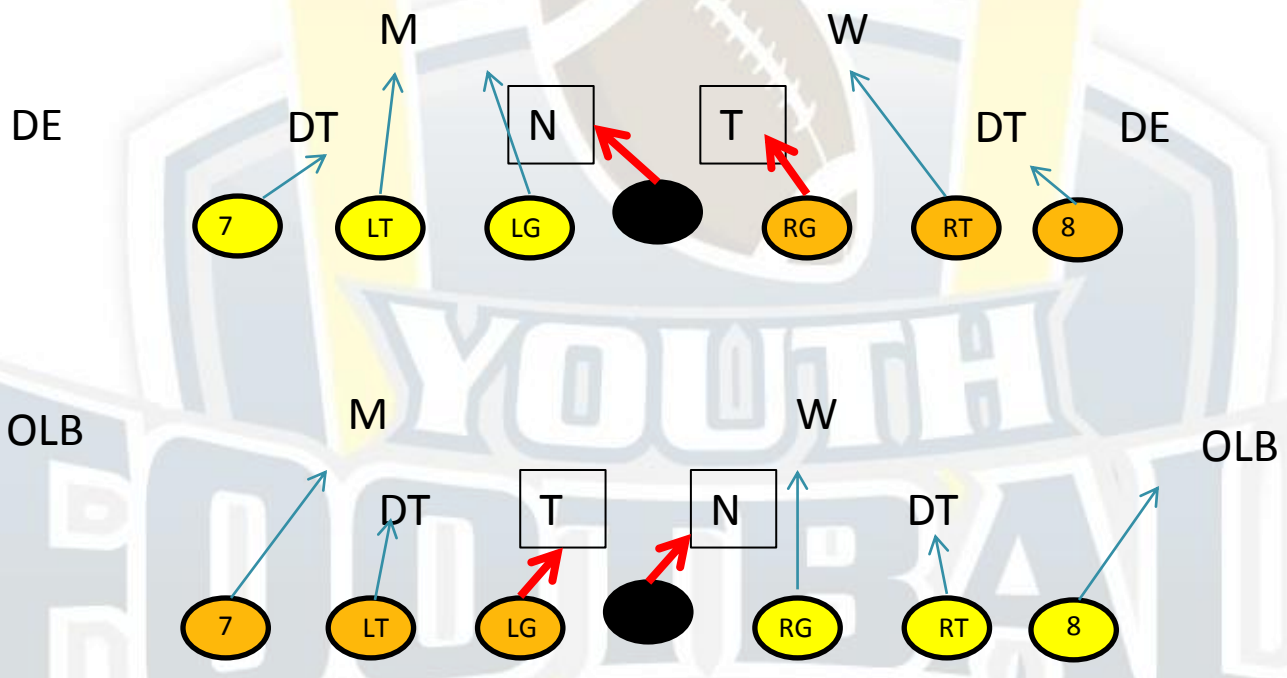
“Over” If there is no defender inside, block any defender lined up over you.





“Free” If there is no defender inside or over-get onto a linebacker.



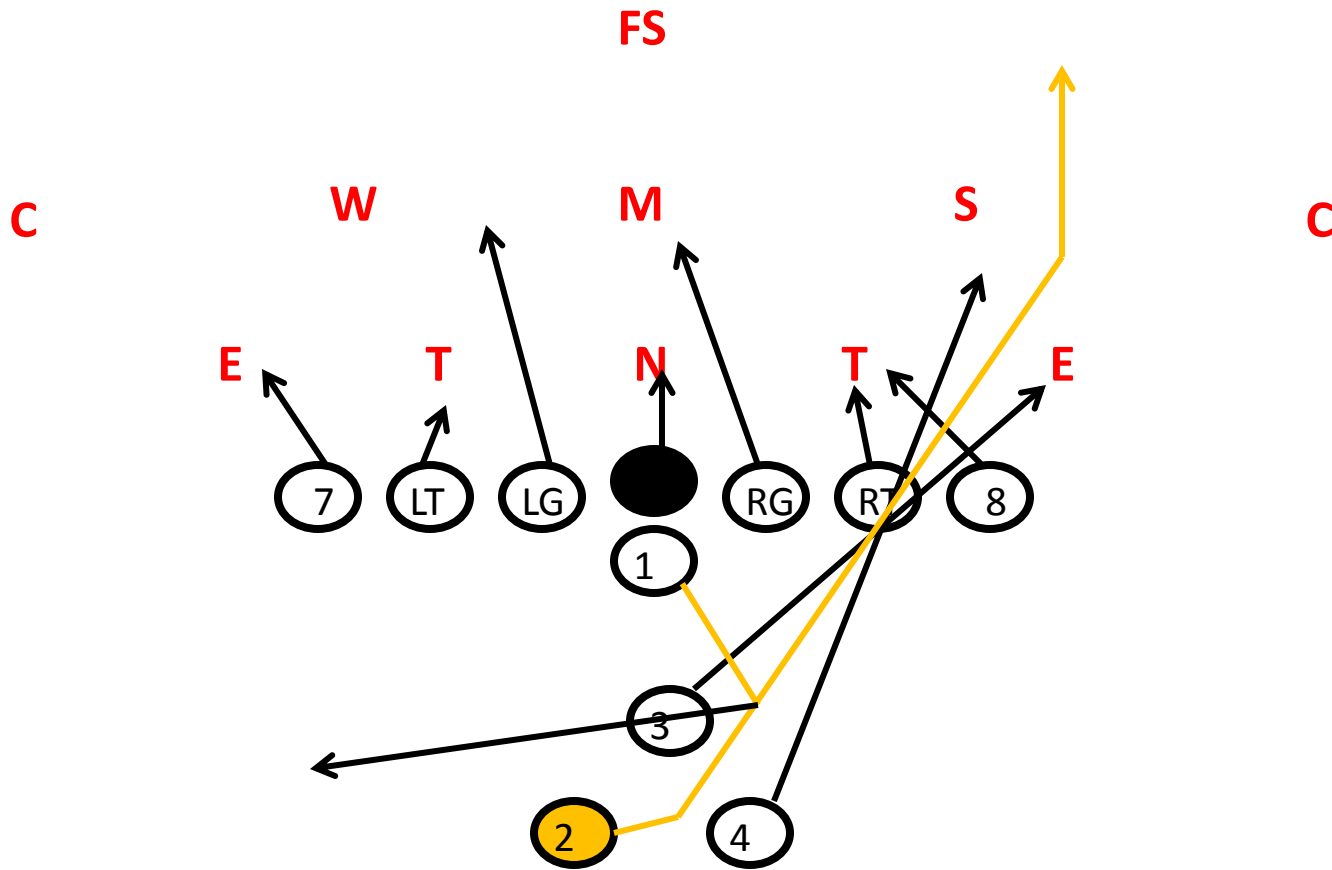
Blocking Scheme



-  **Play-side**
-  **Backside**

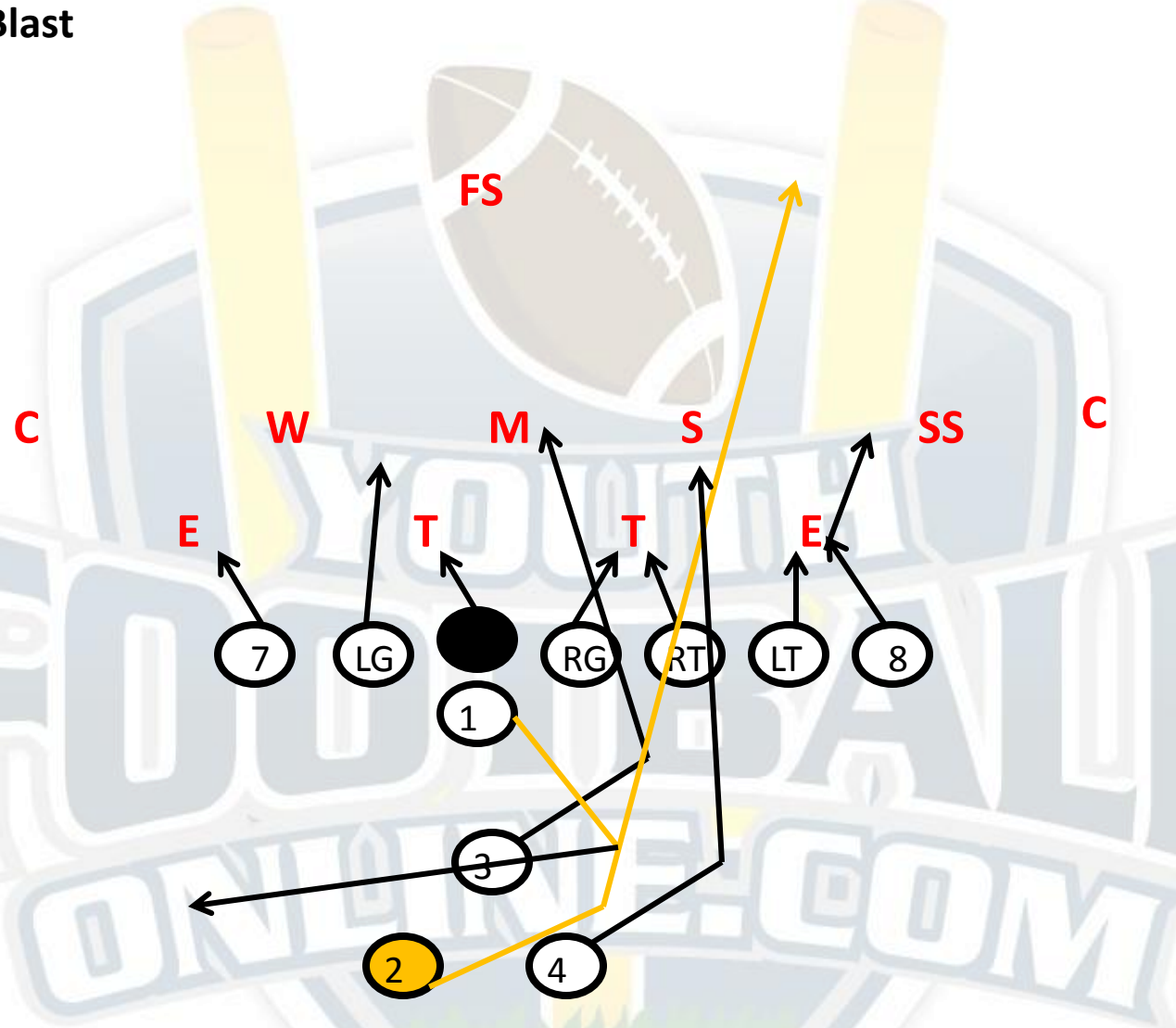
When faced with double A-gap defenders the center always blocks the backside A-gap defender. The backside A-gap defender is the defender opposite of the play-side.

“Bone” 26 Blast



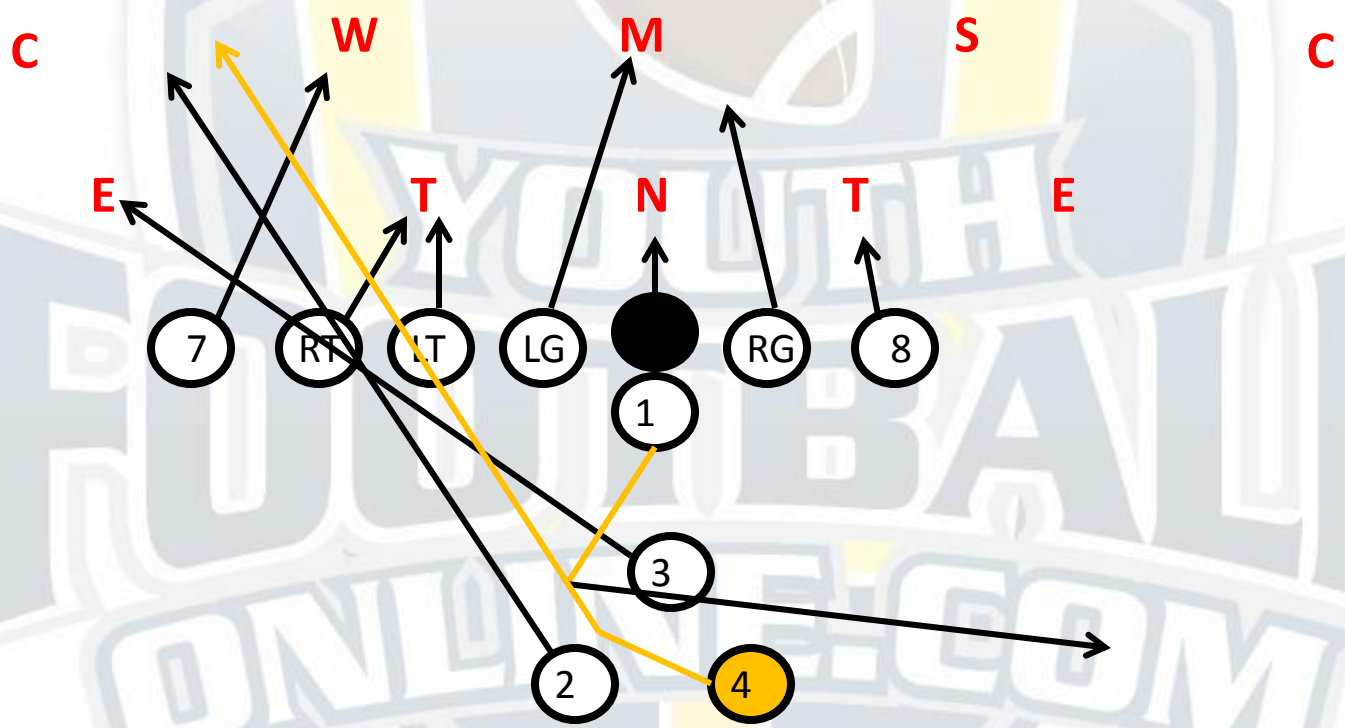
- Inside-Over- Free Blocking Scheme. The (RT) & (8) double team the defensive tackle.
- (3) kicks out the edge defender (DE or OLB). Aiming point is the inside hip of the edge defender.
- (QB) must meet the (2) in the backfield. You want to get the football to the ball carrier in the backfield so he has time to adjust his path (incase there is penetration).
- (2) goes downhill right to the 6 hole. It is the (QB)'s job to get him the football. The ball carrier shouldn't belly towards the (QB).

"Big Right" 24 Blast



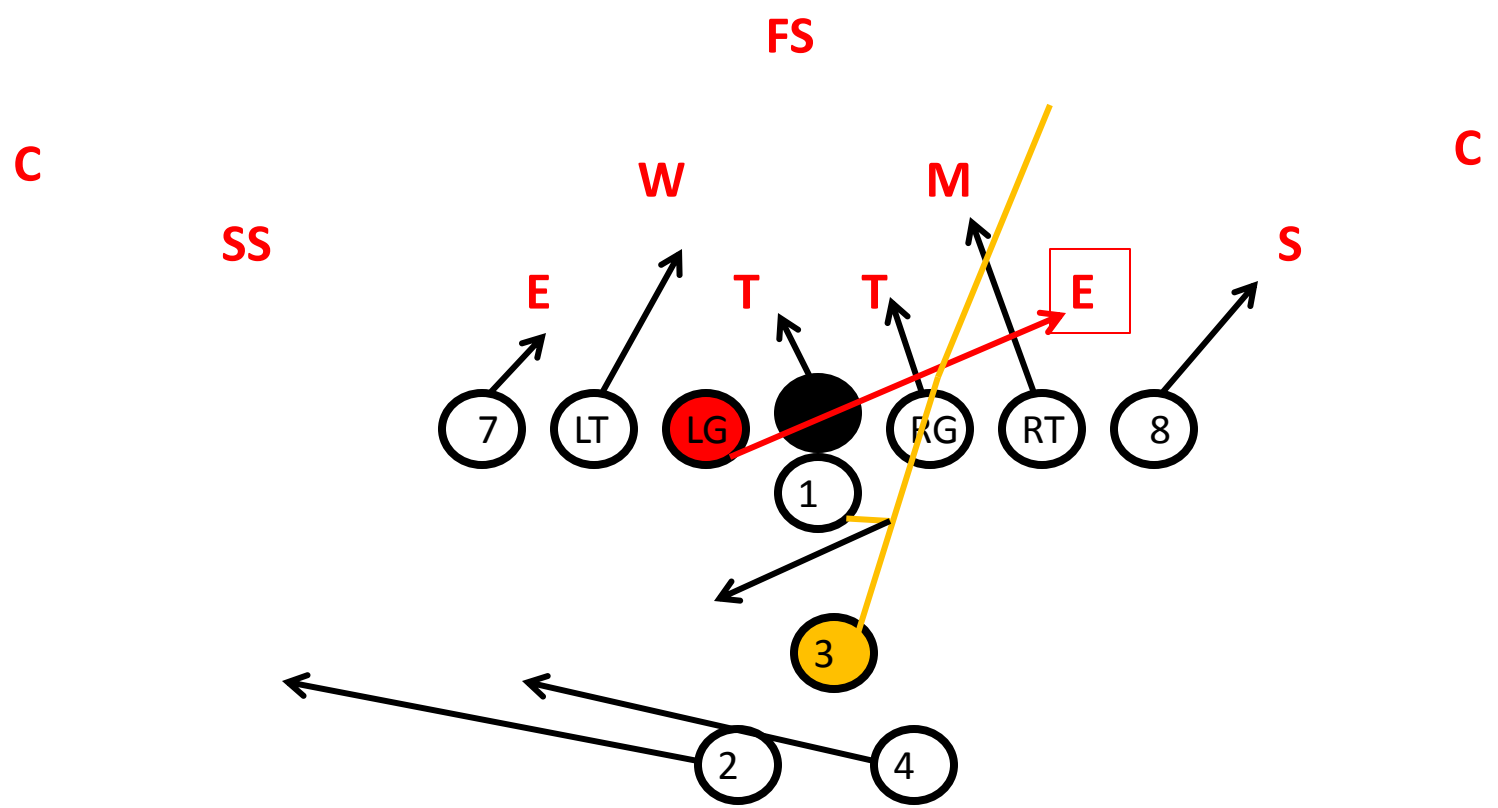
Double teams at the point of attack. You can also elect to just have the linemen follow the inside-over-free blocking scheme.

“Big Left” 45 Blast



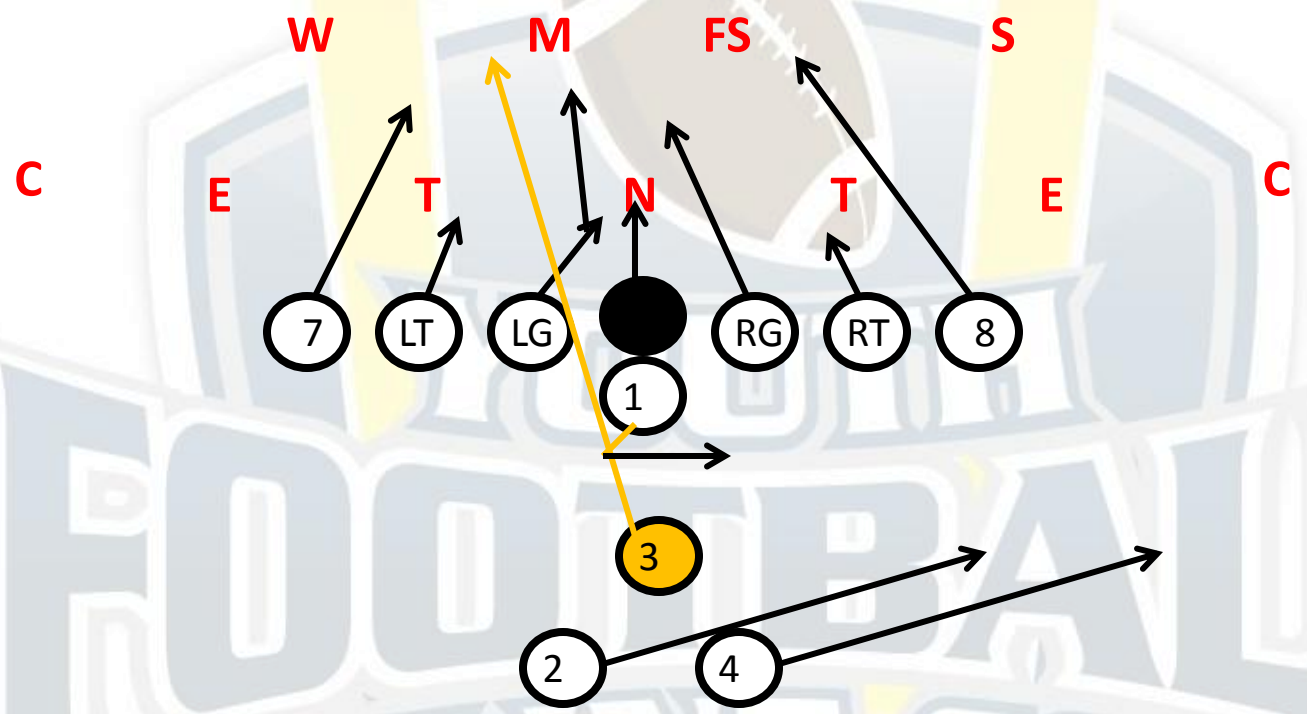
Optional: You can have the (7) block out the defensive-end and have the (2) lead through the hole, rather than having the (2) kicking out as the diagram shows.

“Bone” 32 Trap



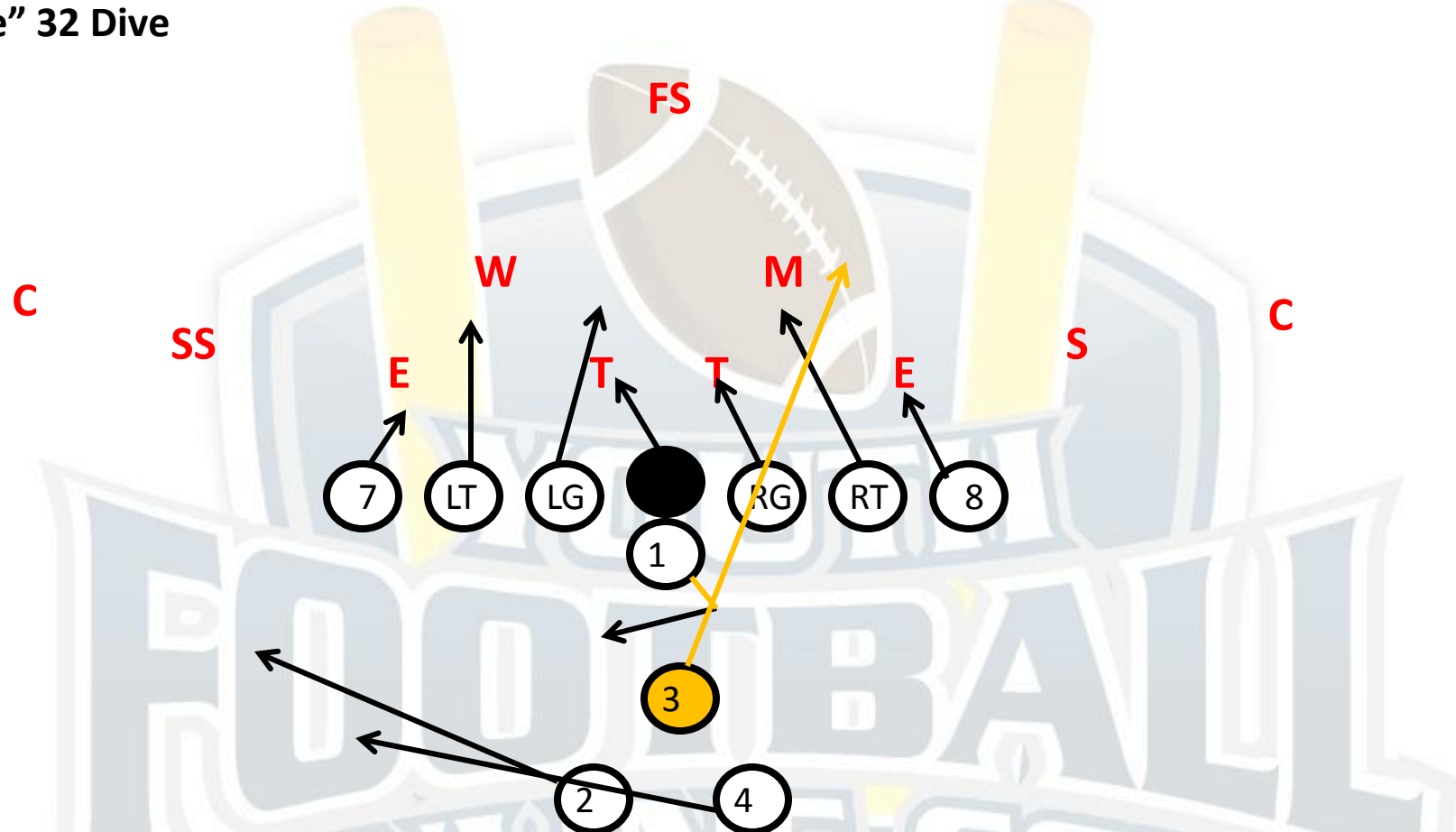
- Inside-Over- Free Blocking Scheme. The (LG) is trapping the first defensive linemen past the (RG). Aiming point of the trap block is the inside hip of the defender we are trapping.
- Vs. double A gap defenses-the (RG) is blocking down and the (C) is blocking the back-side A-gap defender. The (RT) blocks the middle linebacker. (LT) secures pulling guard's gap. (7) blocks down to secure the (LT)'s gap.
- The (2) & (4) fake toss sweep to the left .
- (QB) takes the snap, turns and hands to the (3). The (QB) doesn't take any steps to the play-side. You do not want the (3) and the (QB) colluding. After giving the handoff the (QB) must fake toss sweep. This is happening all in one motion.

“Bone” 31 Dive



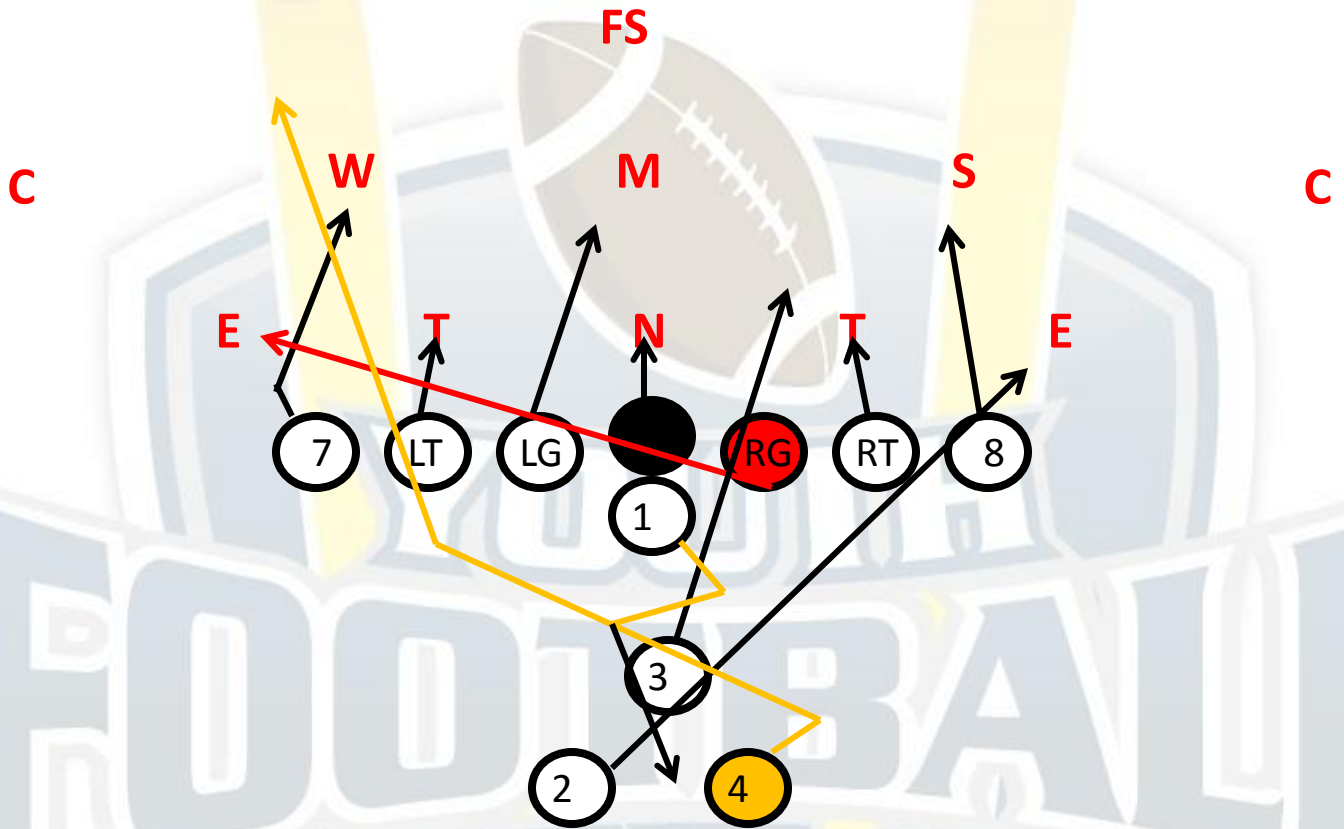
- Inside-Over- Free Blocking Scheme. The (LG) is going to double team the (N) with the center. If possible have (LG) combo off and take the middle backer.
- You can wedge block this as well.
- The (7) works onto a linebacker.
- The (8) works onto a linebacker.
- The (QB) hands to the (3). This is a quick hitting play. The (QB) opens up to the left and hands to the (2). It is vital that the (QB) doesn't step to the left. You do not want the (3) and the (QB) to collide.
- The (2) & (4) will fake sweep to the right.

"Bone" 32 Dive



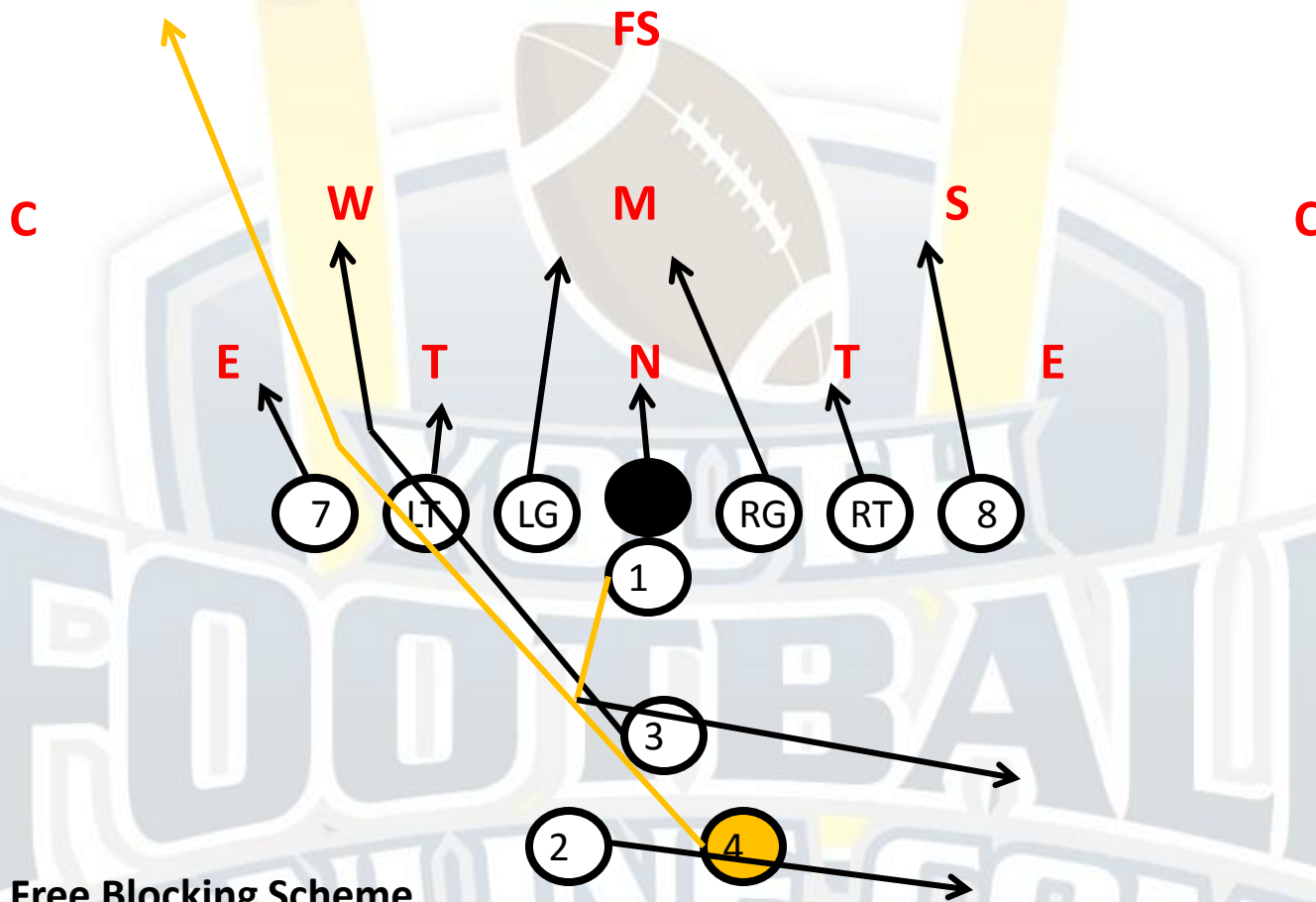
- Inside-Over- Free Blocking Scheme.
- Center blocks back-side A-gap defender.
- You can wedge block this as well.
- The (7) protects inside gap.
- The (8) protects inside gap.
- The (QB) hands to the (3). This is a quick hitting play. The (QB) opens up to the right and hands to the (3). It is vital that the (QB) doesn't step to the right. You do not want the (3) and the (QB) to collide.
- The (2) & (4) will fake sweep to the left.

"Bone" Fake 32, 45 Counter



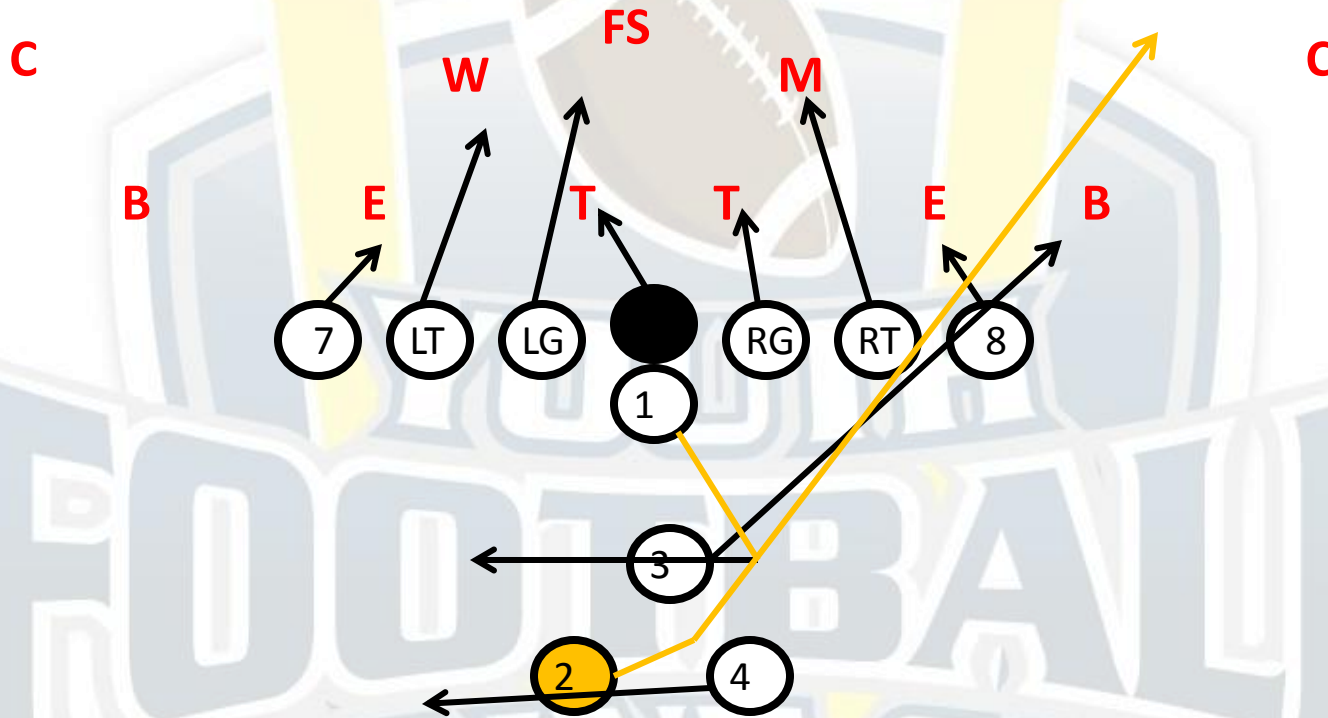
- Inside-Over- Free Blocking Scheme.
- The (RG) pulls and kicks out the end man on the line of scrimmage (E). Kicking out first defender outside the (7).
- The (RT) and (8) block down.
- The (3) fakes dive and fills pulling guard's voided gap.
- The (2) fakes blast to the right.
- The (QB) opens up to the right fakes to the (3), then hands to the (4). Hand-off needs to occur in the backfield.
- The (4) jabs to the right, as soon as the (2) goes by he runs to the 5 hole and takes the hand-off. The (4) is to looking to cut off of the (RG)'s kick-out block. **MUST CARRY OUT ALL FAKES!!!**

"Bone" 45 Lead



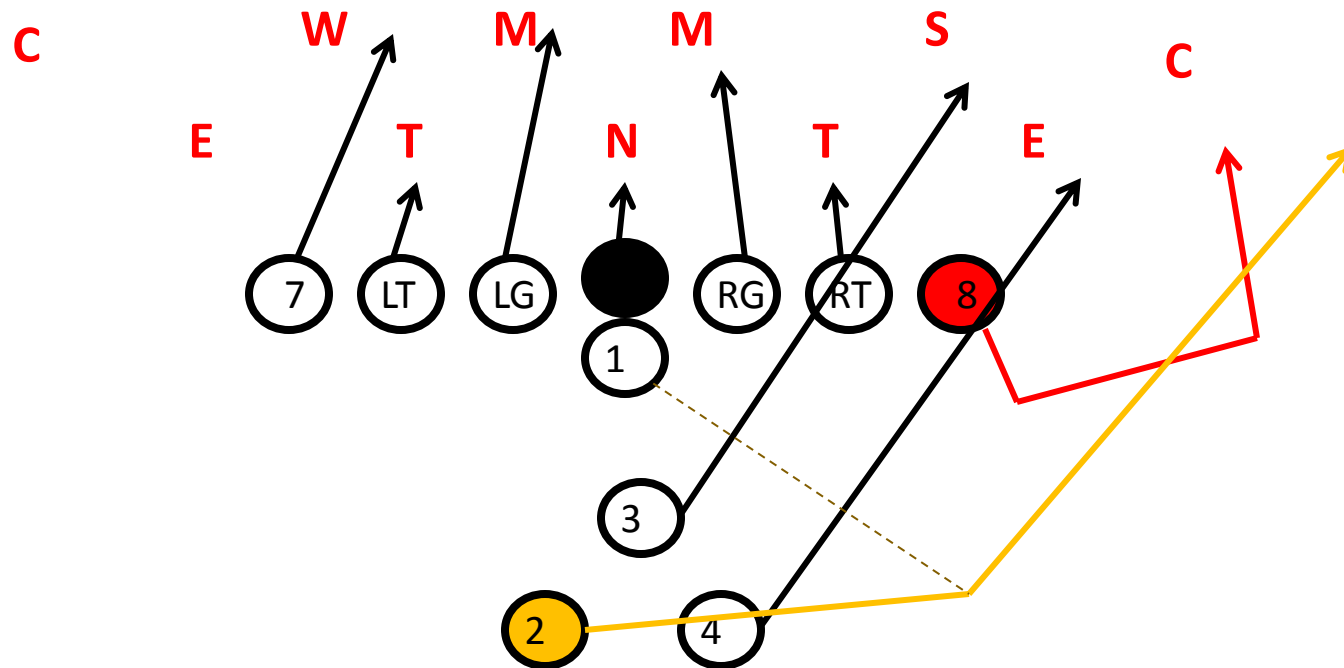
- Inside-Over- Free Blocking Scheme.
- The (3) lead blocks- gets onto outside linebacker.
- The (2) fakes sweep right. He must execute a good fake.
- The (QB) opens up to the left, hands to the (4), then carries out a fake to the right. It is the (QB)'s job to get the (4) the football in the backfield.
- The (7) will block the defensive end out. If the (7) has an inside gap defender he must block him.
- The (8) will work onto a linebacker or back-side safety pursuing to the ball carrier.
- You can also elect to pull the (RG) and have him lead block or have him kick-out the (E), then you can have the (7) get onto a linebacker.

"Bone" 26 Lead



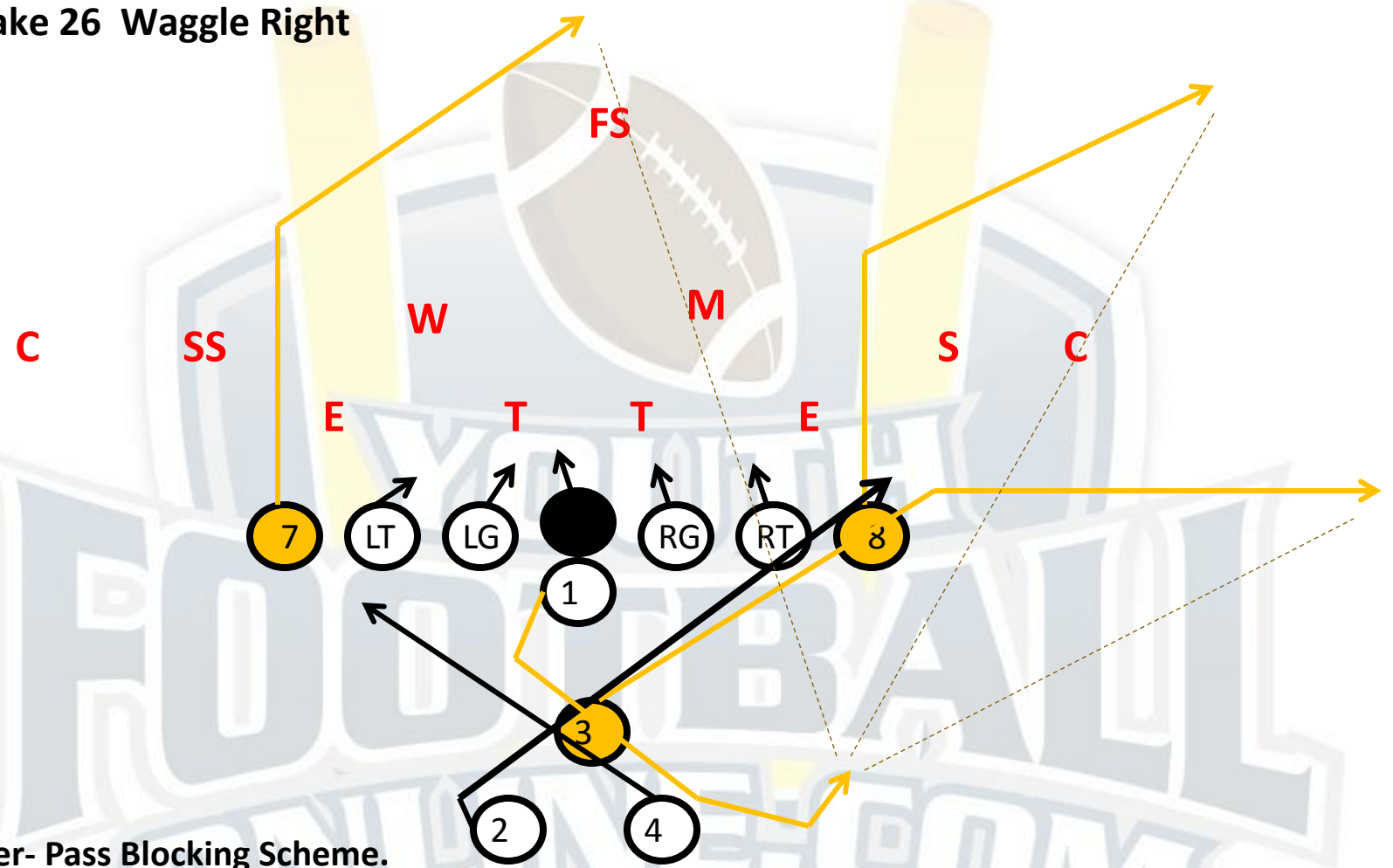
- Inside-Over- Free Blocking Scheme.
- The (3) lead blocks- gets onto outside linebacker. Vs. a 6 man front the outside linebacker is the ~~WR~~ is the end man on the line of scrimmage.
- The (4) fakes sweep left. He must execute a good fake.
- The (QB) opens up to the right, hands to the (3), then carries out fake to the left. It is the (QB)'s job to get the (2) the football in the backfield.
- The (8) will block the defender in his inside gap (E).
- The (7) will protect his inside gap, then work onto a linebacker or safety pursuing to the football.

"Bone" 28 Sweep



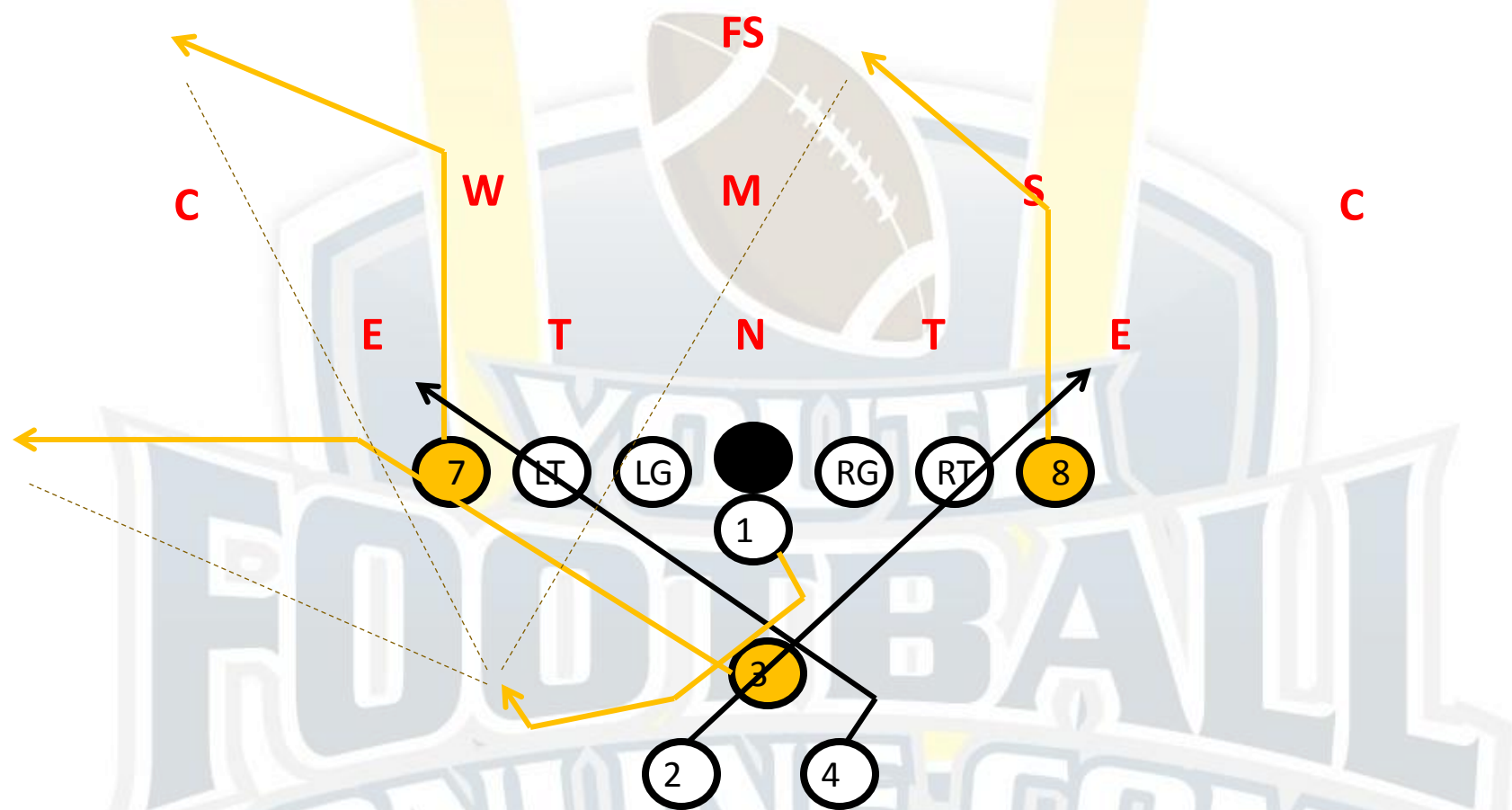
- Inside-Over- Free Blocking Scheme.
- The (8) will pull and look to block the cornerback.
- The (3) will fill the (8)'s gap- looking to get onto a linebacker.
- The (7) will look to cut off or work onto the middle safety.
- The (4) will have to block the defensive-end (E) (contain player). The (4) must work to seal the (E). He has to move his feet and aggressively work his body around to seal the defender. You do not want the defender to beat the (4) past his up field shoulder.
- The (QB) must execute a good toss. He must turn his body and square up to the target. He cannot try to pitch around his feet. The toss should be right to the (2). (QB) must follow through.

"Bone" Fake 26 Waggle Right



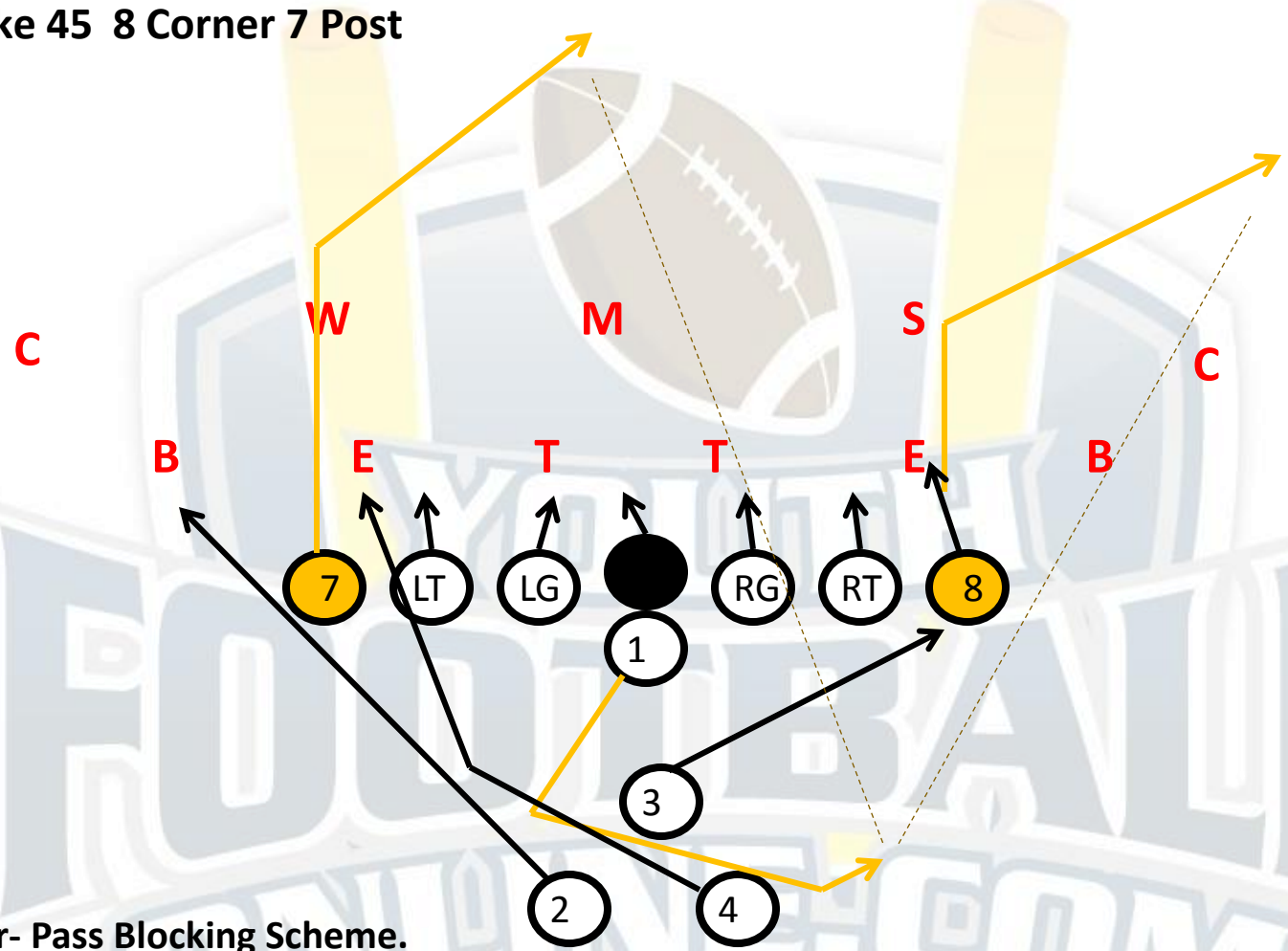
- Inside-Over- Pass Blocking Scheme.
- (3) Runs into the flat. He must continue running to the field. Never stop running the pattern.
- (8) 10-12 yard corner route. He must continue running to the field. Never stop the pattern-run away from the defense.
- (7) 10-12 yard post pattern right down the middle of the field.
- (2) must fake counter then block defensive-end.
- (4) must fake to the left then block backside defensive-end.
- (QB) must open up like it is counter (opens to the left) fake to the (4) and (3) then look to hit the (8). If the (8) isn't open, check it down to the (2) in the flat, if there is no middle safety, hit the (7) on the post.

"Bone" Fake 45 Waggle Left



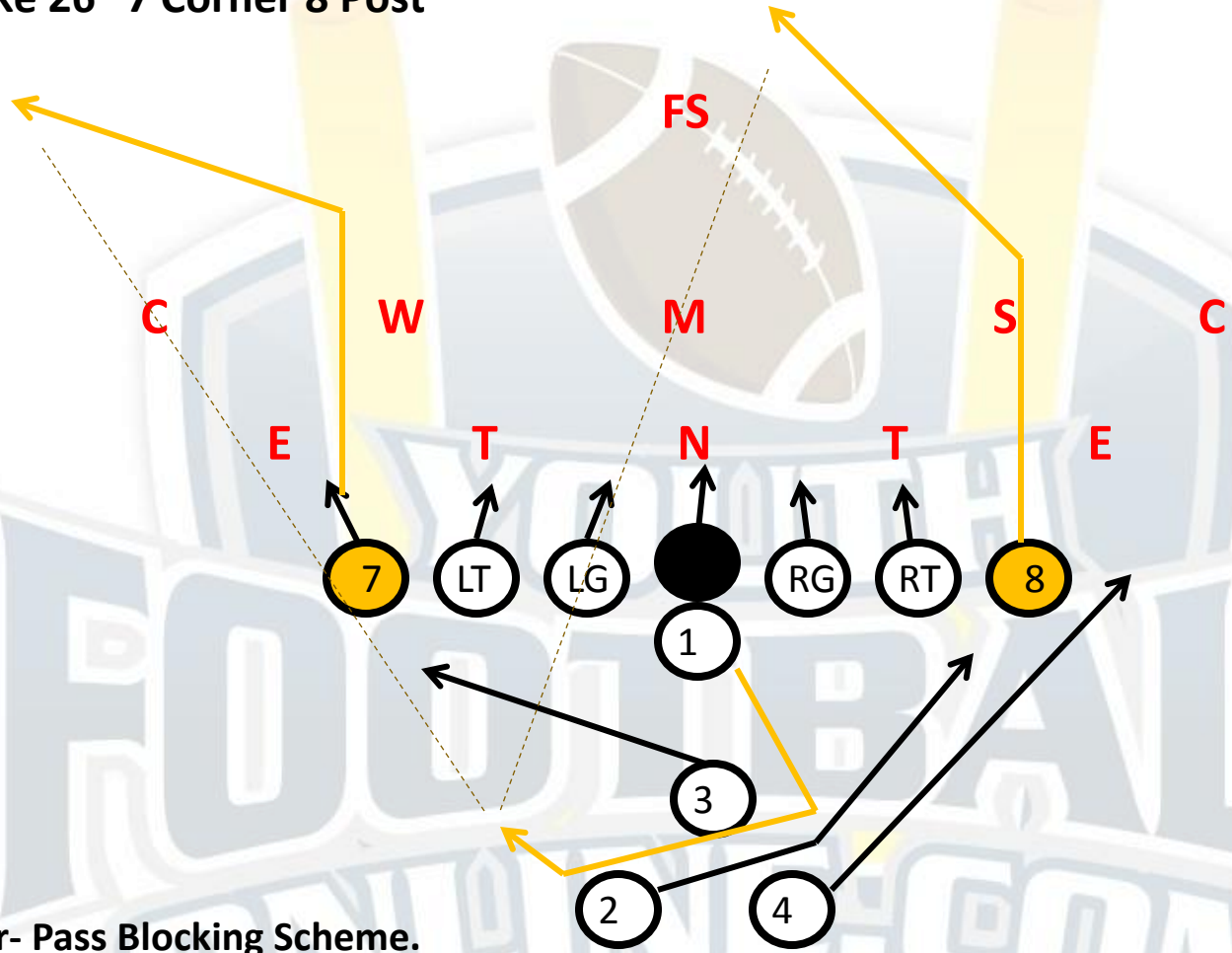
- Inside-Over- Pass Blocking Scheme.
- (3) Runs into the flat. He must continue running to the field. Never stop running the pattern.
- (7) 10-12 yard corner route. He must continue running to the field. Never stop the pattern-run away from the defense.
- (8) 10-12 post pattern right down the middle of the field.
- (4) must fake counter then block defensive-end.
- (2) must fake to the right then block backside defensive-end.
- (QB) must open up like it is counter (opens to the right) fake to the (2) and (4) then look to hit the (7). If the (7) isn't open, check it down to the (3) in the flat, if there is no middle safety, hit the (8) on the post.

“Bone” Fake 45 8 Corner 7 Post



- Inside-Over- Pass Blocking Scheme.
- (3) blocks play-side defensive-end.
- (7) blocks for 1 second then runs a 10-12 yard post route.
- (8) blocks the defensive-end to slow his rush down, then runs a corner route. Corner route should be 10-12 yards. He must continue running to the field. Never stop the pattern-run away from the defense.
- (2) fakes blast to the left then pass blocks.
- (4) fakes blast to the left then pass blocks, blocks (E).
- (QB) must open up to the left, fake blast to the (4), roll out right and look to hit the (8) on the delayed corner or the (7) on the delayed post.

"Bone" Fake 26 7 Corner 8 Post



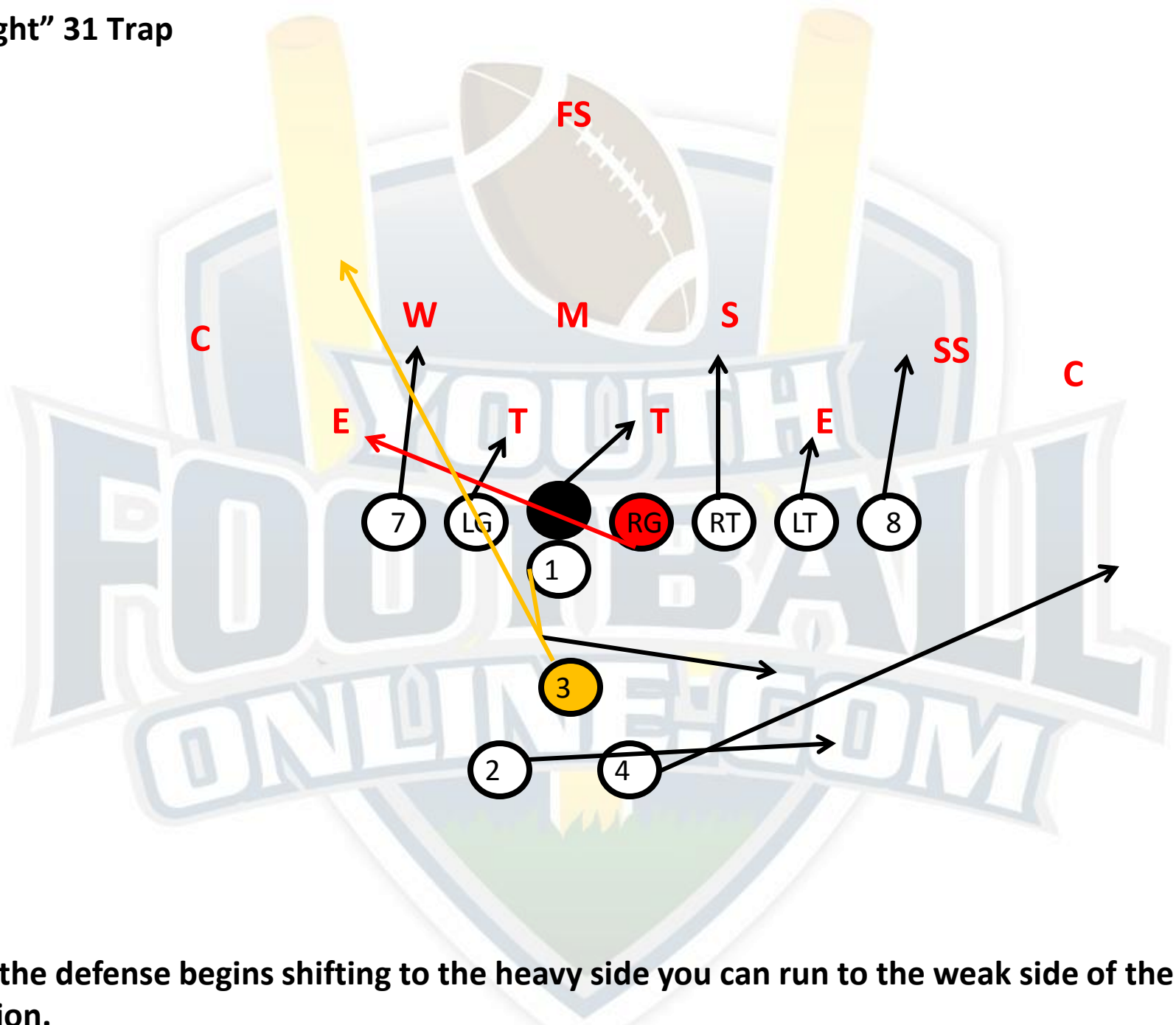
- Inside-Over- Pass Blocking Scheme.
- (3) blocks play-side defensive-end.
- (8) blocks for 1 second then runs a 10-12 yard post route.
- (7) blocks the defensive-end to slow his rush down then runs a corner route. Corner route should be 10-12 yards. He must continue running to the field. Never stop the pattern-run away from the defense.
- (4) fakes blast to the right then pass blocks, blocks (E).
- (2) fakes blast to the right then pass blocks.
- (QB) must open up to the right, fake blast to the (2), roll out left and look to hit the (7) on the delayed corner or the (8) on the delayed post.



Bonus Plays

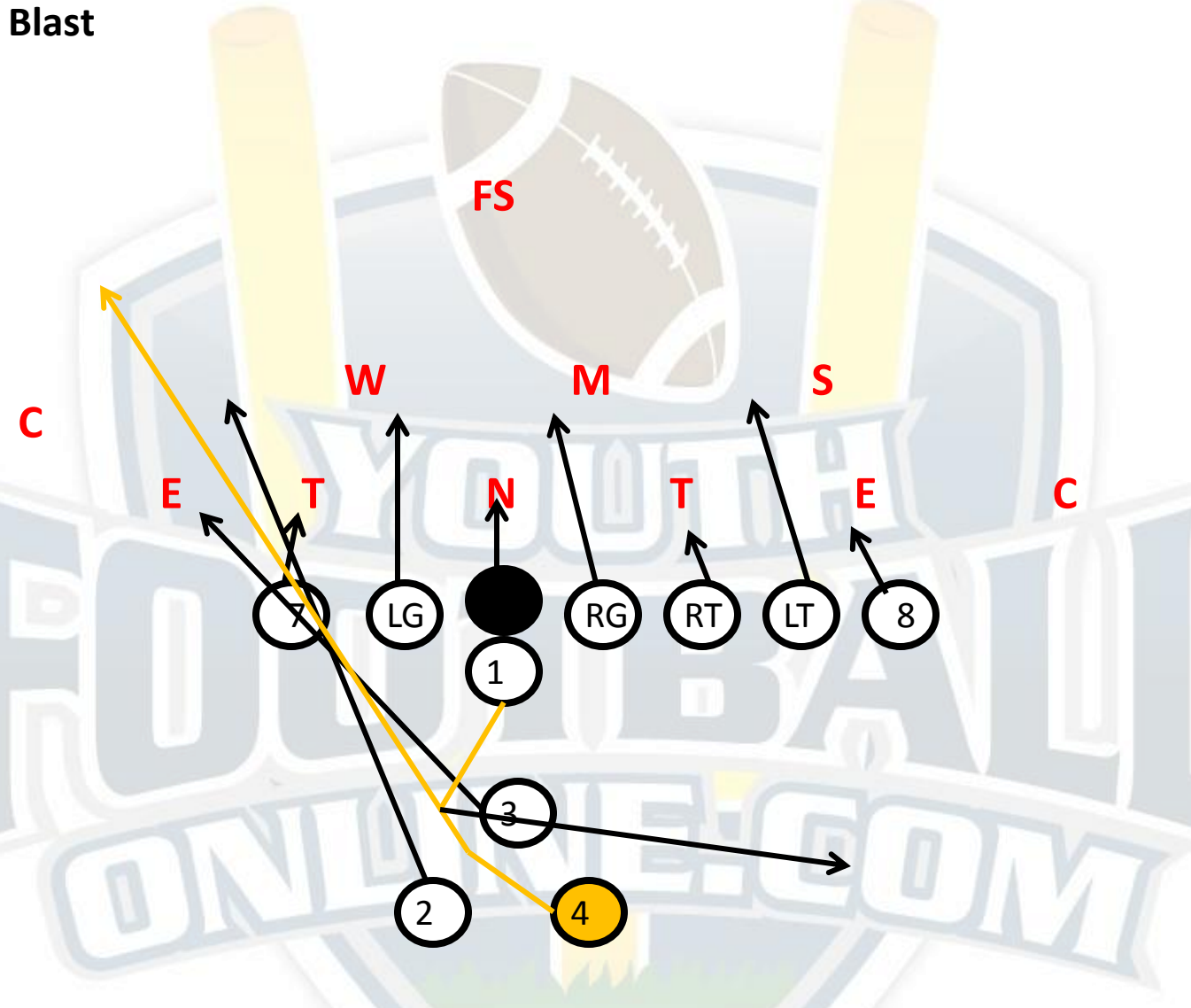
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"Big Right" 31 Trap



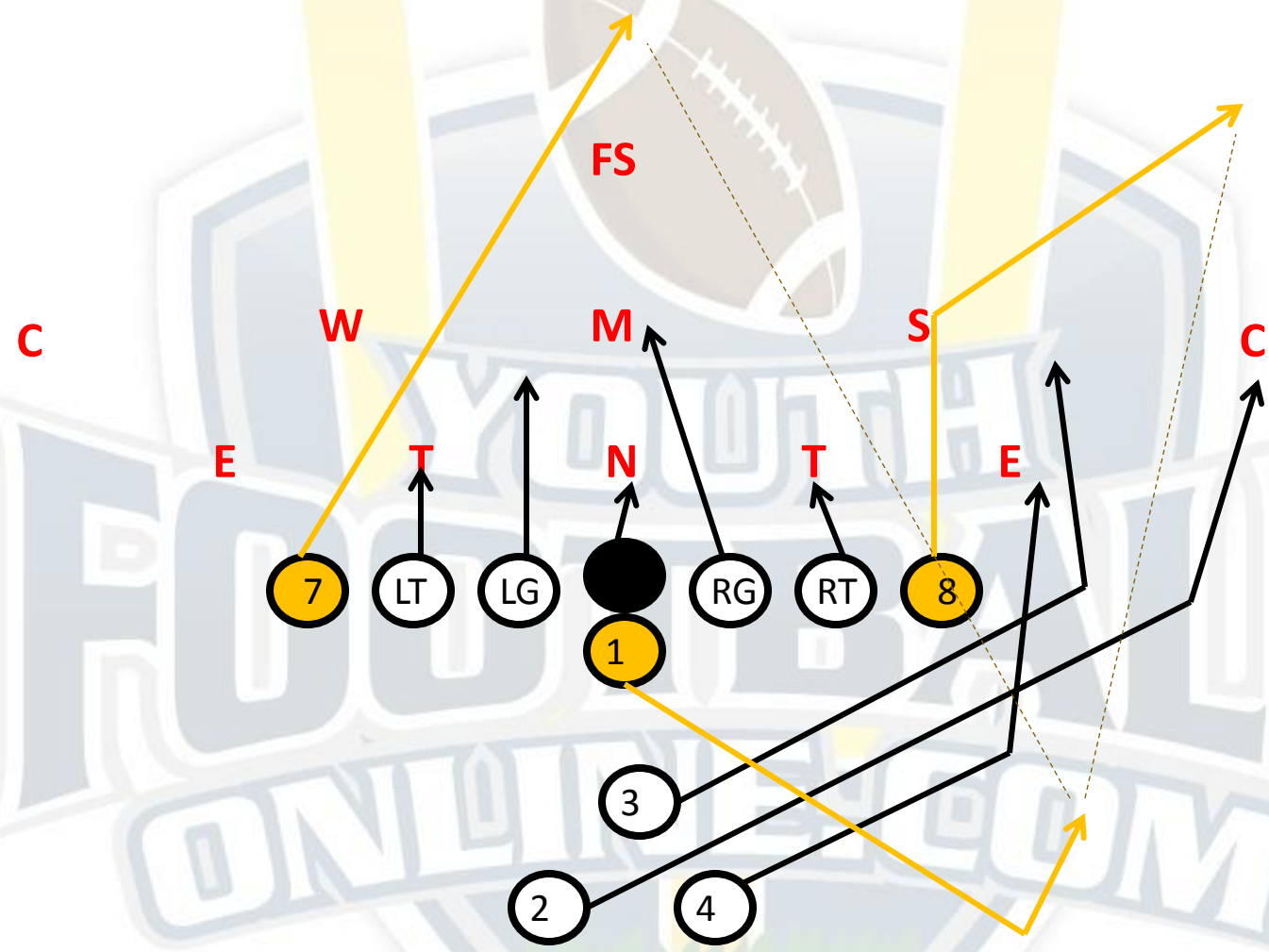
When the defense begins shifting to the heavy side you can run to the weak side of the formation.

"Big Right" 45 Blast



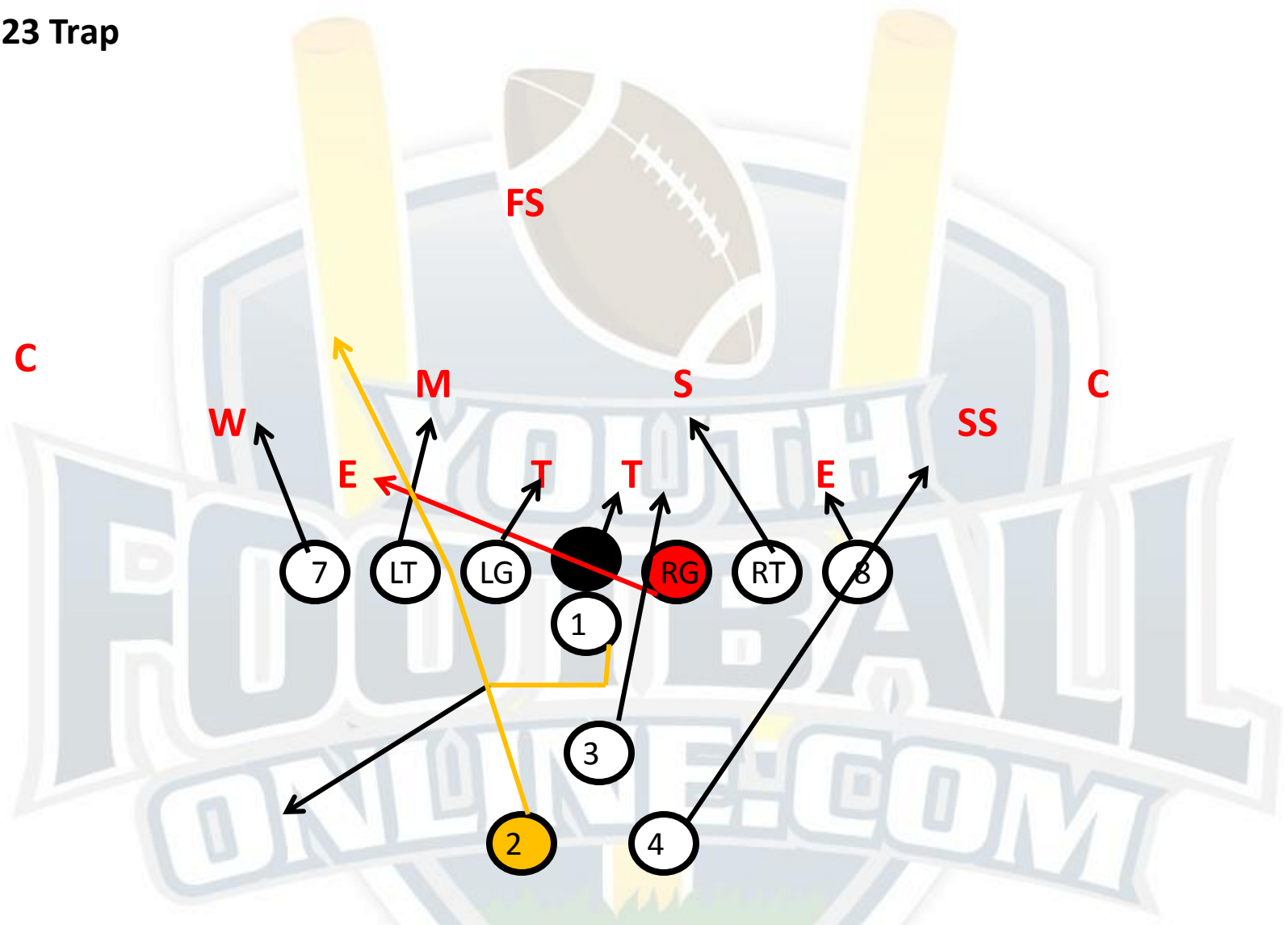
When the defense begins shifting to the heavy side you can run to the weak side of the formation.

"Bone" 18 7 Post/8 Flag



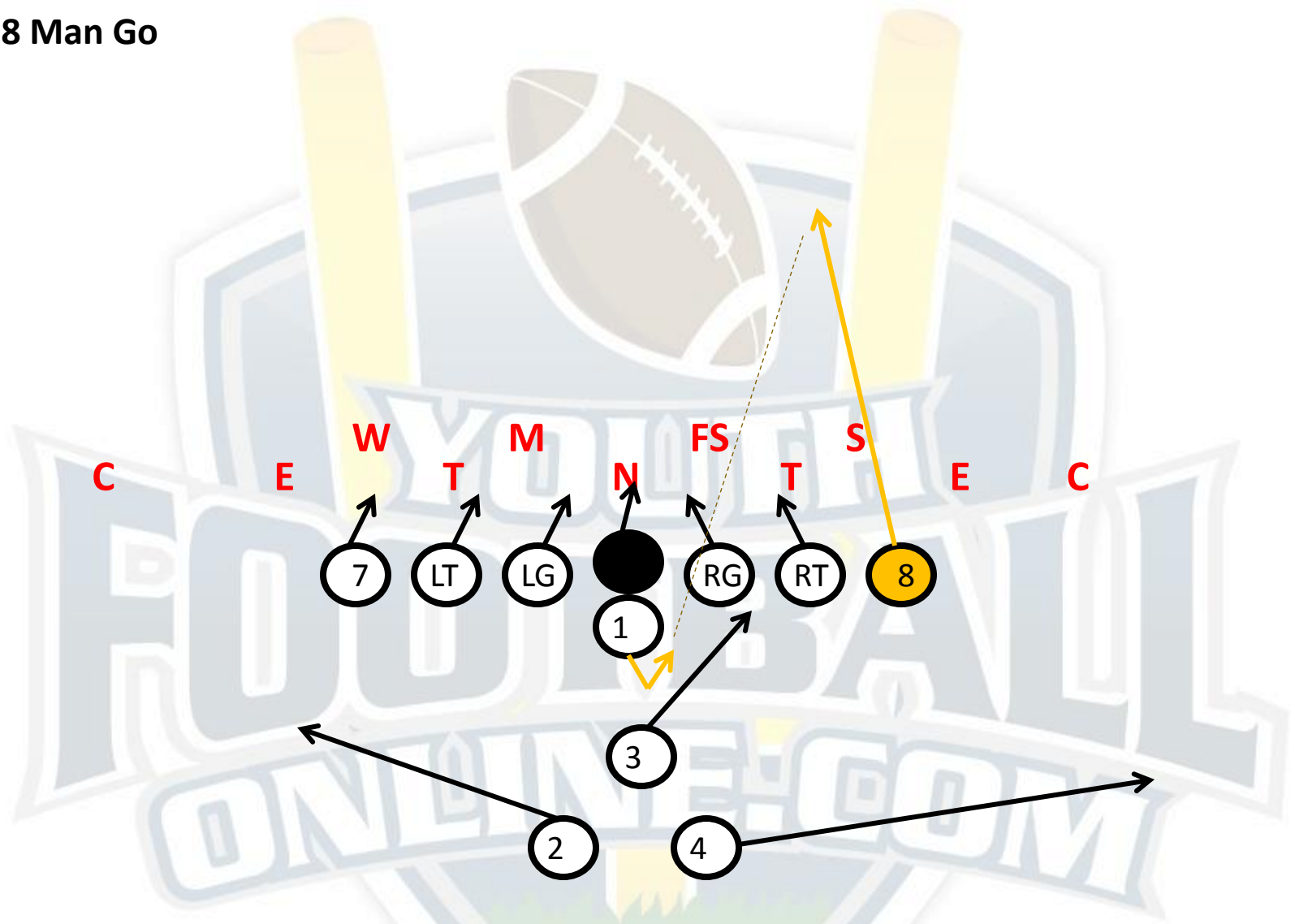
Once you hurt the defense with your (QB) running, hit them with this sweep pass. This play is off of the blast-sweep play.

"Bone" 23 Trap



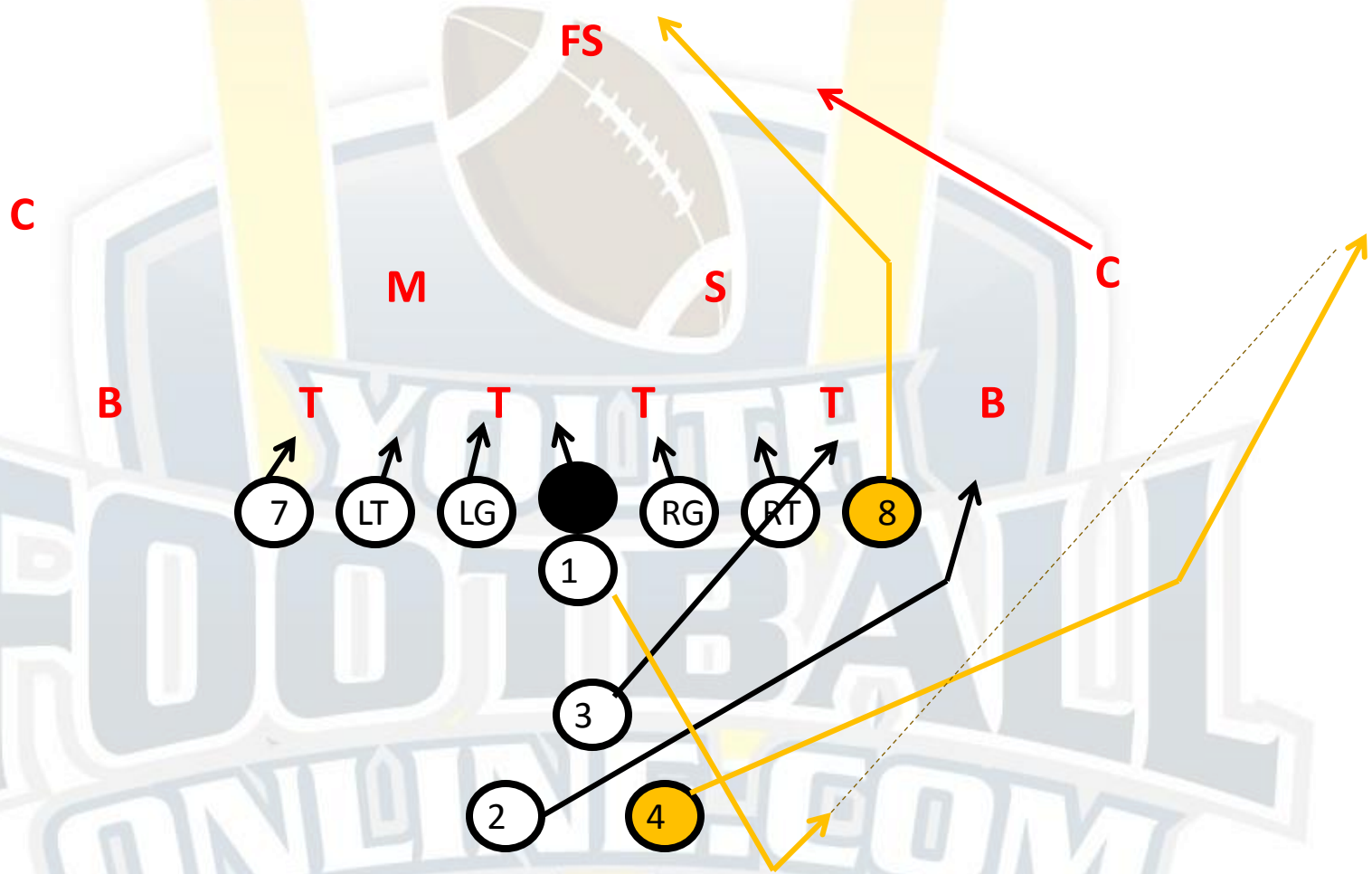
(RG) is trapping the first defender past the (LG). (QB) Opens up to the right, turns and hands to the (2). The timing of this play needs to be practiced. The (RG) needs to be beat the (2) to the hole so he can execute his kick-out. If the (RG) is having trouble getting there have the (2) jab step or delay.

“Bone” 8 Man Go



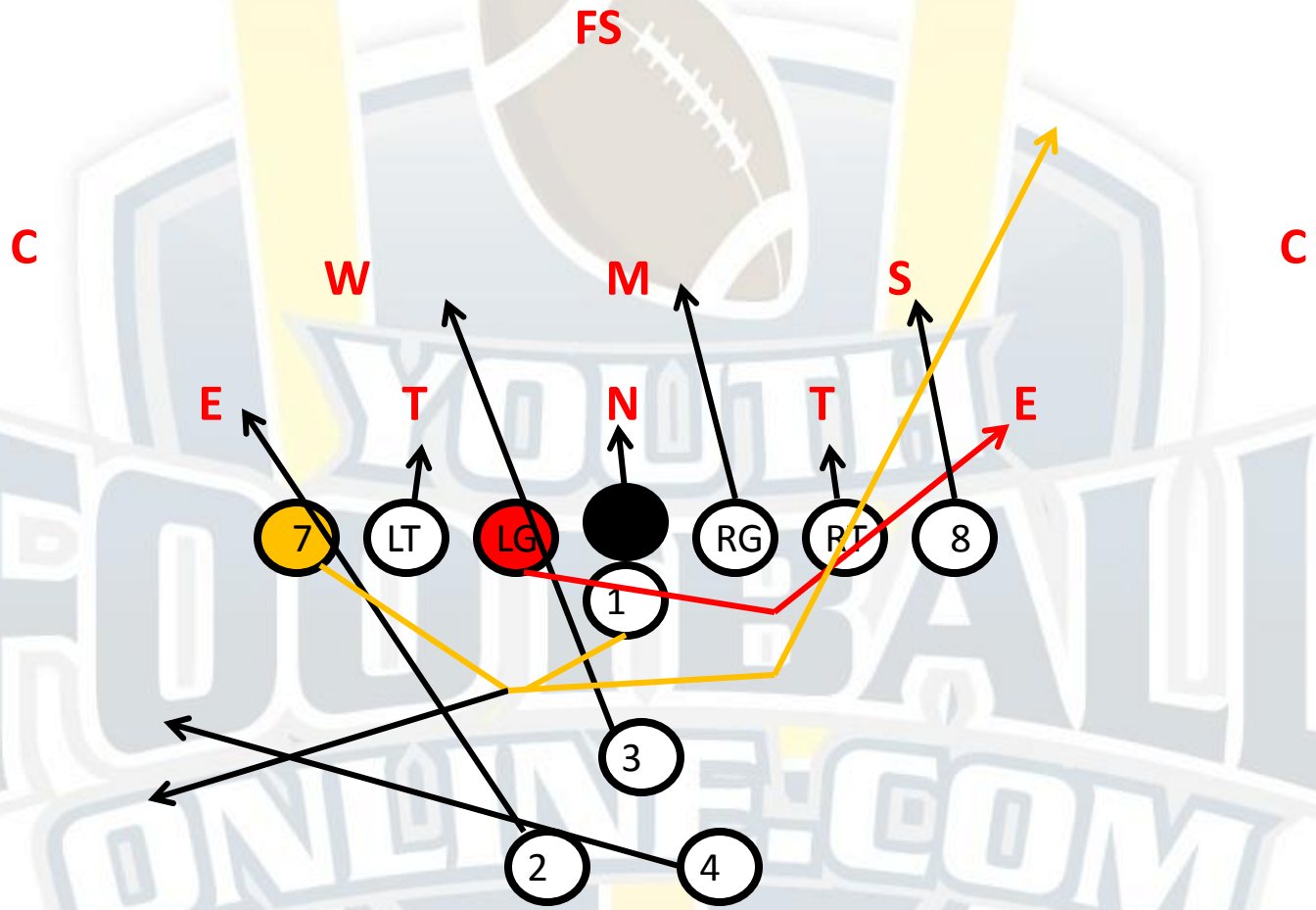
When the defense starts to sell out to stop the run you can hit them with a TE quick pop. The (QB) takes one step back, plants and throws the ball to the (8). This play works well against heavy blitzing defenses. You can have a verbal audible. Call “CHECK” “G8” and that will tell the offense that you are now running the 8 Man Go. The offensive line steps down and pass blocks. You can run this to the (7) as well.

"Bone" 8 Post 4 Wheel



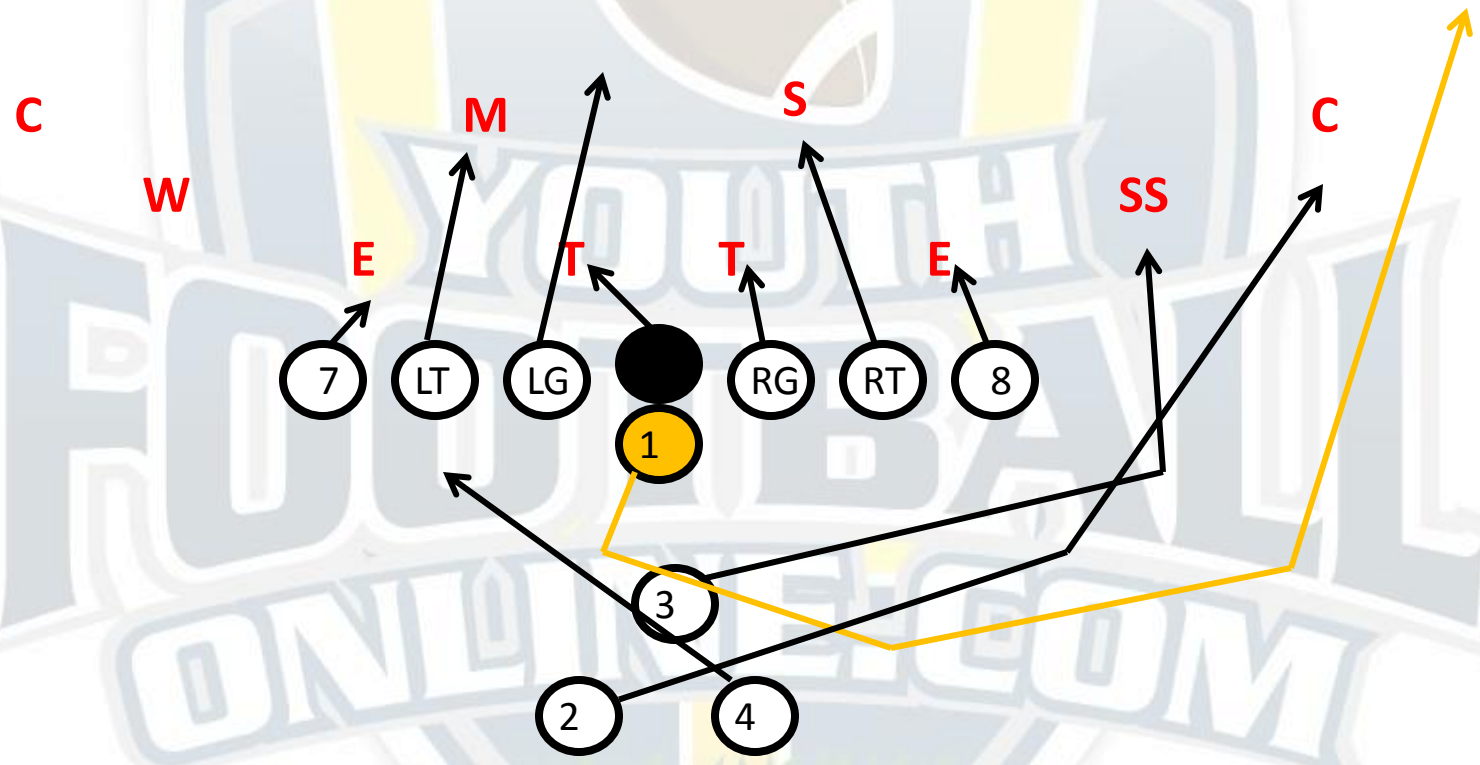
The (8) must release on his post route as soon as the ball is snapped. You can have the (8) even raise his hand like he wants the ball. This will gain the (CB)'s and (FS)'s attention. The (4) fakes like it's blast but continues into the wheel route. The (QB) fakes blast, takes 3 steps, then plants and throws. The timing on this play is based on your player's speed. You will have to adjust the route and timing based on your player's ability. This play does take some time to develop so the OL needs to hold up. The (4) running the wheel route has to run his route wide. You will want the wheel route ran away from the defense. Use the wide side of the field.

"Bone" Fake 21, 7 Reverse



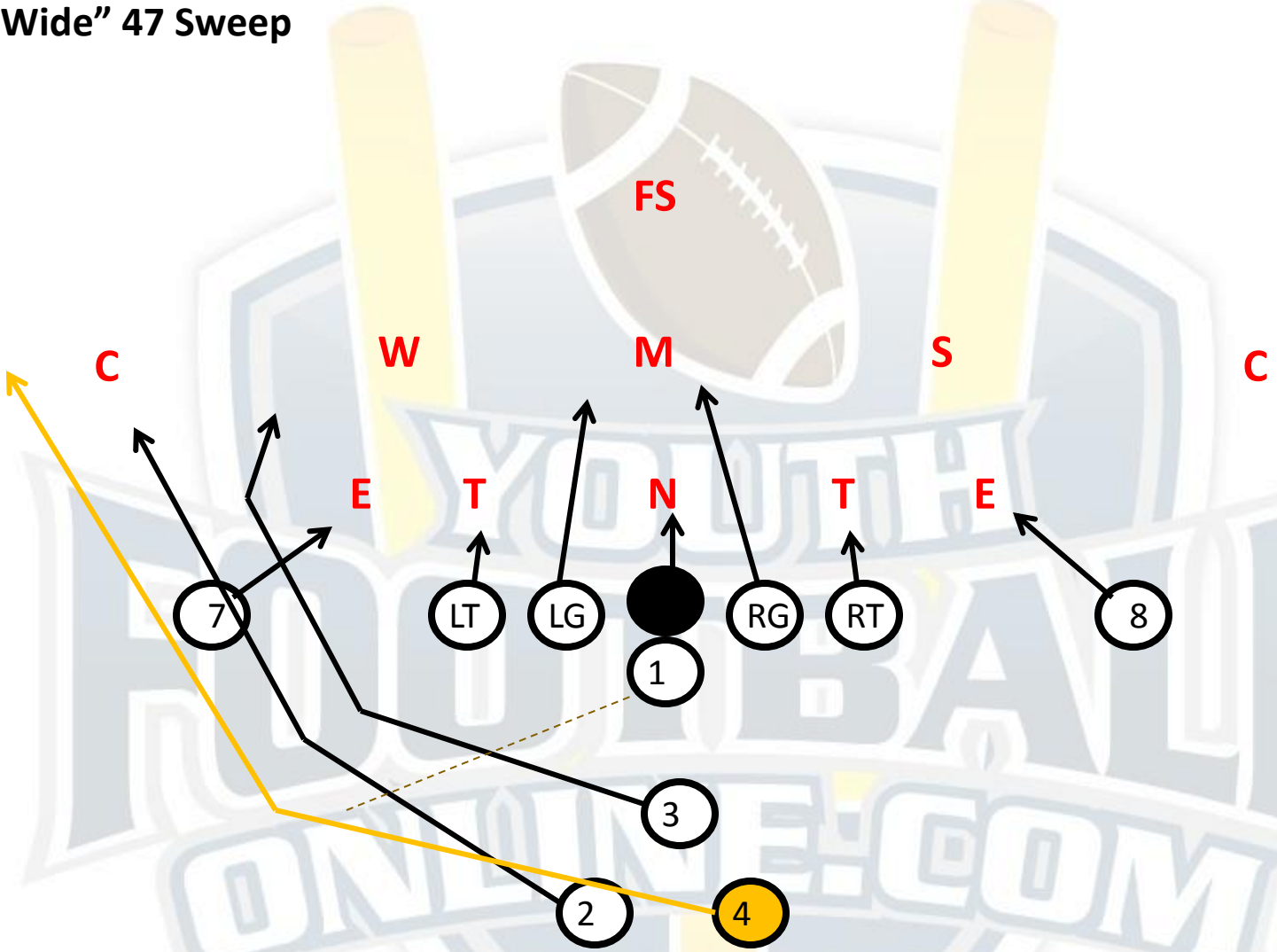
This play fakes blast to the left. The (QB) executes an inside handoff to the (7). The (7) is inside of the (QB). The (LG) pulls and kick-outs the end man on the line of scrimmage. The (3) fills the pulling (LG)'s gap. The (8) works onto a linebacker unless he has an inside gap defender. The running backs must sell the fake!

"Bone" Fake 45,18 QB Counter



The (QB) opens up to the left, executing a quick fake to the (4) , then he gets outside and runs behind the (2) and (3) lead blocking. The (4) passes first and fakes like he is getting a handoff. Once the (4) passes, the (2) then lead blocks. You do not want the (QB) to drag out his fake. He needs to execute a quick fake, then get outside.

"Bone Wide" 47 Sweep



If you are having trouble getting outside because the defensive ends are destructive, split the (7) & (8) out and have them crack block. You can run any of the plays in the playbook out of the "WIDE" formation.