

# ***COMMIT TO THE CORE***

## ***OF THE DOUBLE WING OFFENSE***

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The Double wing offense can best be described as **extreme** power football, misdirection football, series football and a football offense with attitude. The offense has grown in popularity obtaining a “cult like” following while also stirring up hatred in those that must defend it. The offense is also probably the best supported offense on the planet due to the internet and websites like [www.doublewingonline.com](http://www.doublewingonline.com) , “Double wing for dummies” and my forum, “**THE WAR ROOM**”. The Double wing offense, (meaning the formation has two tight ends, **no wide receivers or flankers**, a fullback in the “sniffer” alignment and 0-6 inch splits) is not really a complicated thing at all.

It’s based on the idea that the compressed formation (cramping your opponent’s speed and making blitzing nearly impossible) presents 10 gaps and two balanced flanks (forcing a vanilla approach to defense), quick motion (used to establish “series”) and a ton of power at the point of attack. Multiple pullers and double teams are what make the Double wing so potent. It’s the many coaches who wish to prove their ingenuity and creativity that complicate this thing. Many want to show “different looks to the defense” or “create alignment conflict” or “give the defensive coordinator something else to prepare for” all the while simply stealing practice time from their own core plays. With every subtle change, if a puller or double team or ability to force the defense to defend the core plays **to both sides of the formation** is lost, the offense simply loses its luster. The purpose of this article is to stress the importance of commitment to the core plays of the double wing offense.

#### **Don’t fix it if it isn’t broke**

This I cannot stress enough. There are many who tinker with the alignment and blocking schemes and play series until they can no longer say “we run the double wing”...what they should say instead is “we line up in a double wing formation...sometimes, and we run SOME double wing plays”. What is it that causes us to tinker? Is it lack of faith? Is it fear of success? Is it a belief that 8 in the box will stop the double wing even though we know that’s been proven to be ineffective time and time again? Is it boredom?...maybe. Is it

the desire to improve upon a record setting attack? If I am not mistaken, the Double wing offense holds scoring records for both the 14 game high school season and the 10 game high school season. Fact is, the double wing works just as it is. **There is nothing to fix.** So, I submit to you that if you have tinkered or are tinkering you may in fact be doing more harm than good. My guess is that you have not committed to the core enough to “get 8 yards per carry on your power play.” Did your team break the scoring record?.... If not, I suggest a back to basics approach. Get foot to foot, move that fullback up tight, use short quick motion and **run the core to score! You must believe and you must commit or you are robbing yourself and your kids. Don't help the other guys!**

### **What is the core?**

Each coach is surely entitled to develop his own core plays and is certainly encouraged to do that based on his talent, for me personally the “core” is based on the power off tackle (often called superpower, toss, pitch or just power) and it's counter punch and knock out punch plays. What is most critical to the success of any double wing attack is the success with their power play. Think of it as a championship fighter with a great jab. You absolutely must be able to make that play go. **The main thing is keeping the main thing, the main thing!** Next time you think “we need to install such and such a play” try practicing your power to the left instead. Run the power and run it well to both sides. Make sure you can run the power against crashing des, spilling des, blitzers and froggers, pinpoint it both inside and outside of a tough 6 tech or 7 tech. Practice your power play against 14 or more defenders in practice, push your kids to move the ball against more than 11. Prove to them, your staff and yourself that it's **UNSTOPPABLE!** Then choose plays that compliment it directly. That is, the fact that you can run the power play(jab) well forces the defense to go hard to defend it **TO BOTH SIDES** opening up the rest of your core(knock out). Failing to establish the power play is akin to an option team failing to establish the dive phase of their attack. Most often our talent has dictated a core offense based on:

**Power, counter, trap, sweep and wedge... AFFECTIONATELY KNOWN AS “**THE FANTASTIC FIVE**” ...in short:**

**Power** is the hub of the wheel, the off tackle hole is the hardest to defend and has been for 100 years...

**Sweep** directly keeps the defensive end (or contain man) playing honest...

**Trap** directly puts the defensive tackle who is **DOUBLE TEAMED** on the powers in conflict and punishes him for fighting to hold his ground

**Wedge** is an attitude play that keeps defenses from playing high and reading or slanting to motion.

**Counter** is necessary to punish fast flow teams for running with motion.

...taking a look at my terminology, our “core” is:

(left wing is 3 back, fullback is 4, right wing is 2 back)

36 and 27 power ( hits outside a 6 tech)

34 and 25 power ( hits inside a 6i tech)

34 and 25 counter (several varieties including xx, cutback or regular wing counter)

40 and 41 quick trap (traps 2 tech and wider)

42 and 43 quick trap (traps 4i tech and wider)

38 and 29 sweep (we run ours with a toss and qb lead)

41 and 40 wedge (with and without XX action)

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Now, what other plays could be part of our core? If we had a great runner at fullback we might include the “G” or what we call “dog” plays (fullback off tackle) or if we have a great runner at quarterback we might run more “gut” plays (qb spin and keep up the gut with gut blocking, xx action in the backfield)...**always keeping in mind that the more we add to “the core” the further we get away from what we want to do...bludgeon a team with the power plays! Every “series” we install should open up our power play, not steal practice time from it.** What you won’t see us do is morph into a veer option team or a wing-t or spread team. Nor will you see twins, trips and slots.

If power right isn’t going, expect a healthy dose of power left. We will run traps or sweeps or counters to open up the opportunity to run the ball off tackle with our powers. If we are running anything other than a power play it should

**be BECAUSE THE POWER PLAY HAS CREATED A WEAKNESS FOR  
US TO EXPLOIT SOMEWHERE OTHER THAN OFF TACKLE. We  
will go for the knockout only when the defense is committed to defending  
the jab. – Coach Calande**