

Defeating the Defensive End in the Double Wing

Defeating the defensive double end is probably the most important thing we do as Double Wing coaches, we determine how the players on the edge are playing us and we take advantage of their technique. The nice thing for us is we have really simplified the game; there are only 3 true alignments they can place a defensive end. He can be aligned on an inside eye of our tight end (7 technique), Head up our tight end (8 technique), or on the outside eye of our tight end (9 technique). If the end man on the line of scrimmage is aligned in any other position we do not refer to him as a defensive end but rather an outside linebacker or defensive tackle. Also, a well-coached defensive end is only going to play one of four ways; as a vertical penetrator which you most often see if he is aligned in a 7 technique or an outside defender getting vertical pass rush, an anchor end is one that will jam our tight end and read off of his technique, a loop end is one that will widen to clear wash and maintain outside contain, or a crash end which can be aligned either as a 8 or 9 technique and they are typically playing flat down the LOS trying to wrong arm and bounce kickoff blocks. The beauty of our offense is that because it is a double tight philosophy it limits the possibilities the DE's have on alignment and technique. Typically, well-coached defenses will have 2 to 3 that they will utilize for the entire game, this gives a major tactical advantage to your offensive play caller. You can manipulate their technique by a blocking variation and, in turn, give your offense a huge advantage in your run game.

The 7 technique:

When we see 7 techniques we typically know they are going to be vertical penetrators, it is very difficult to give up outside leverage from the End position and not play a penetration style technique. Generally, these athletes cause little havoc because your TE has a superior angle on a down block. When we start the game we will double team this man with the TE and offensive tackle in attempt to get vertical push as the game goes on, in most cases we end up running our down variation in which our TE and tackle both block down typically this causes some level of flat play by the DE and allows for our TE to wash the defender. Now, due to this reason, I believe it is critical to have a tremendous down blocking TE at a minimum on one side of your LOS. Often our TE looks and plays more like an offensive tackle than that of a TE. If he does continue to cause havoc with his penetration technique we will kick him with either our fullback, by running a trap play, or by running a counter with an outside arch scheme with our TE.

The 8 technique:

Many times this is a difficult player to place because they can play you multiple ways; they can crash through C gap, they can jam and anchor hard or they can loop and play wide on a sweep play. The benefit of seeing an 8 technique is you are guaranteed a good angle for double team blocking between the PSWB and the PSTE, if you have difficulty out of your normal alignment it is a relatively simple adjustment to walk your WB on the LOS in which case it almost forces the defender to change alignment without you reducing your offensive package. Depending what we have on the inside of the 8 technique will depend on what variations we will run, however, with an 8 technique it opens up nearly the entire playbook. We can tunnel him, arch him, scoop him, or double

him depending on how he is going to attempt to defend us. It is important as coaches to look for breakdowns in his technique during scout film to help your kids to check into the correct variation. Once your kids feel empowered to check into a variation that takes advantage of his scheme your players will have that much more fun with the offense.

The 9 Tech:

Typically, 9 techniques are playing either a loop style end or a hard anchor end. Generally, if they are a loop end they can be kicked and your team should have a ton of success running your base power scheme, however, the tunnel scheme is really enhanced by the natural gap created. Also, if the defender is playing a tough anchor technique he can easily be influenced either by an arch scheme or an influence step.

As you can see, there are numerous methods of taking advantage of different defensive end techniques. It is critical as a coach that you are patient enough running the power play that you can identify and utilize that scheme that will lead you to success. Many double wing teams we come across either do not run variations or they are not patient enough with the power play to identify which will be best against the defensive team they are playing.

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If you have additional questions or would like me to explain some of these variations in greater detail.