AN ANALYTICAL STUDY OF THE INSTRUCTIONAL PROCEDURES UTILIZED BY THE COACHING STAFF AT THE GRAND PRAIRIE HIGH SCHOOL, GRAND PRAIRIE, TEXAS, IN THE TEACHING OF THE T-WING FOOTBALL FORMATION

APPROVED:

Emmett F. Gambrou
Major Professor

W. R. Marquis Jr.
Minor Professor

[Signature]
Director of the Department of Physical Education

Jack Johnson
Dean of the Graduate School
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THESIS

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For the Degree of

MASTER OF SCIENCE

By

2211784
Tom Pruett, B. A.

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CHAPTER I

INTRODUCTION

Statement of the Problem

The purpose of this problem was to make an analytical study of the instructional procedures utilized by the coaching staff in the Grand Prairie High School, Grand Prairie, Texas, in the development of the T-wing football formation.

Definition of Terms

"The T-wing football formation" is an offensive formation that is identified by two characteristics: (1) the quarterback is in a position behind the center, which placement permits a direct exchange of the football; and (2) one or more backfield men are deployed to assume positions behind, to the inside, or to the outside of the wingmen, or ends.

Purposes of the Study

The purposes of this study may be stated as follows:

1. To analyze the instructional procedures utilized by the coaching staff in the development of the T-wing football formation at the Grand Prairie High School, Grand Prairie, Texas.
2. To gain a better understanding of the functions of the T-wing football formation as it is taught at the Grand Prairie High School.

3. To make recommendations and to propose further developments for the instructional procedures used in coaching the T-wing football formation at the Grand Prairie High School.

Limitations of the Study

This problem was limited to an analytical study of the instructional procedures utilized in coaching the T-wing football formation at the Grand Prairie High School.

Sources of Data

Sources of data for the study were the following:

1. Documentary sources: personal written materials recorded over a period of fifteen years of coaching experience.

2. Human sources:
   
   a. Lectures on football delivered at coaching schools.
   
   b. Interviews with other college and high-school coaches.
   
   c. The experience of the investigator and his associates.

Method of Procedure

Steps in the procedure involved in the completion of this study included the following:

1. The reading of previous studies on related subjects.
2. The organization and utilization of materials and data in personal files.

3. The organization and utilization of notes taken in coaching schools.

4. The reading of literature related to the subject.

5. The actual writing of the study, including discussions of the various plays included in the T-wing football formation.

6. The drawing of conclusions and the making of recommendations.
CHAPTER II

ADVANTAGES OF THE T FORMATION

When the statement is made that a team employs the T formation, in the light of developments within the past few years, this assertion does not carry much meaning. In order for a statement of this nature to have real meaning, one must describe the type of T formation used. There are almost as many types of T formations as there are teams using them, but it seems that all of these may be placed into three classifications: (1) the T without a man in motion, or straight T, as it is commonly called; (2) the T with a man in motion, or a "flanker"; and (3) a combination of the two preceding plans. It is in the second category that our conception of the T formation falls in the present study.

At the Grand Prairie High School, we never use a man in motion in the T-wing as it is coached. We choose to set our man as a flanker to accomplish our objectives rather than send him in motion. The objectives of both plans are basically the same.

In many respects, these three classifications of the T formation have similar advantages. We believe that the greatest advantage of any T formation is that of full utilization of personnel, more especially in the smaller schools in which personnel is likely to be severely limited.
Georgia Tech's head football coach, Bobby Dodd, has made this statement in regard to the utilization of T personnel:

I should like to tell you why I switched to the T formation after having coached the single wing for fourteen years. During each of these fourteen years at Georgia Tech, Coach Alexander [Dodd's line coach] and I saw many boys, especially backs, who could not play on our single wing team; yet they had a lot of ability. I am sure that we had three or four good backs each year who weighed from 150 pounds to 165 pounds, which I consider big enough to play college football, and who could run, but could not block much or throw the ball and as a consequence there wasn't any place for them on the single wing formation. They couldn't do anything but run, so we couldn't use them in the single wing attack. Now all I want is a boy who can run. We can use him on our T formation. I don't care if he weighs 130 pounds or 200 pounds. ¹

Another advantage, to our way of thinking, is the simplicity in teaching T-wing football. This is contrary to the thinking of many coaches. We at Grand Prairie have found it to be the most simple type of football we have ever known.

Forrest W. England, coach at Arkansas State College, states:

I am sure its [T formation's] complexity lies in its simplicity. This is because the T formation coach must insist, almost to the point of monotony, upon a few basic essentials such as fast starts, faking and deception, downfield blocking, individual effectiveness and analysis of just what the defense is doing to make play selection more than just guess work. ²

The head football coach at Notre Dame, Frank Leahy, thinks that the greatest advantage of the T formation lies in the fact that the center

¹ Texas High School Football Coaches Association, Football Textbook, Bobby Dodd's lecture, X (1948), 2.
² Forrest W. England, Coaching the T Formation, p. 4.
becomes 100 per cent a blocker. We certainly agree that this is a big factor in the T offense. The T center is in a stance with his head up, which position enables him to become a most effective blocker, not after the ball has been snapped, but as the ball is being snapped.

In the T formation, the backs are so deployed behind the line of scrimmage as to enable them to strike much more swiftly than in any other formation; thus, the element of surprise may be utilized more effectively than in other formations. Deception works hand in hand with the speed mentioned above.

The Grand Prairie coaching staff believes that the wear and tear on the players is less evident in the use of the T formation than is true with other formations. In most instances, the backs arrive at the point of attack at the exact time the linemen make contact to block; therefore, the linemen are not required to hold their blocks over a long period of time. Edgar Manske, end coach, Holy Cross College, made this statement:

... My first contact with the modern T formation was in 1931 when I first saw the Chicago Bears play, and I assure you it was a good christening. One of the things that made a lasting impression upon me was the speed with which the backs hit the holes. Several times Red Grange went to the safety man before anyone knew that he had the ball.

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Because of the speed and deception utilized in the T formation, we have found that it is much easier to fake a man out of position than to block him out of position. This technique, of course, requires perfect timing and good faking and ball handling on the part of the backs. Once these essentials become a part of an offense, that offense will be an effective one.

There has been a great deal of talk of late about the defense catching up with the T formation. The answer we have to this criticism is that the defense is catching up with T formations used by many high schools and colleges, but the T formation that is being stopped is not the modern T. The T being stopped today is the formation which was in vogue years ago. There was a time when all plays were launched from the simple set T, with the quarterback behind and under the center, and the other three backs in a line four or five yards directly behind him. The man in motion (the split T) and the flanker T had not yet been introduced to any great extent.

In this simple set T, and, with few exceptions, in all other systems of offense, plays were numbered 1, 2, 3, or 36, 37, 38, et cetera. Each signal affected the assignments of all eleven players. Because each team member had to know a different assignment for each play, his capacity for learning and executing plays was seriously limited. The coach, realizing this fact, had to condense his offense to fifteen or twenty basic plays.
This easy and simple system worked beautifully against the then seven-diamond defense. Once the backs penetrated the line, they were ready to hasten away for an effective gain, made possible because only one man was backing up the line, and feinting him out of position was not too difficult. This simple T formation would still work today if the defense eventually had not discovered that the maximum number of plays which could be launched in this T was not more than fifteen to twenty, and if the defense had not become thoroughly familiar with these fifteen or twenty plays. This discovery seems to have led to experiments in defenses, and the 6-2-2-1 defense was introduced along with the 5-3-2-1. The old set T now faced a serious problem. It had to fool two and three backers--up out of position. Because flexibility—the key to a successful offense—was totally lacking, it could not function effectively. Consequently, the old set T was stopped, and gradually gave way to variations of its former self.

In 1947, we at the Grand Prairie High School saw the potential power of a modern, flexible T formation and immediately set to work to develop a system with emphasis on maneuvers from which plays could be launched, and not on a set number of plays themselves.

The basic idea of backfield maneuvers and pattern blocking, which will be discussed at length in this study, was the original thinking of the late J. G. ("Klepto") Holmes, former coach at Arlington State College, Arlington, Texas. In so far as we have been able to
discover, he was the first coach to install a system of simple blocking patterns that would cope with changing defenses.

Even though we patterned our blocking system from Holmes' plan, we deviated from the original to incorporate our own system. Our teaching techniques are also quite different.

As a result of installing this systematic series of blocking patterns, along with definite backfield maneuvers, the flexibility of the Grand Prairie T-wing formation is enormous. The potentialities of our T-wing are unlimited. Actually, a quarterback who can think can "make up" plays on the playing field to meet any emergency. He is not handicapped, as under the old set T formation, and under most of the other systems of offense, by having to call a play, designed for an expected defense, which has no chance to succeed because of variations in the defense.

It is the opinion of the Grand Prairie coaching staff that the T-wing formation is one of the best offensive systems in operation today. It is a system in which new plays can be added constantly to meet whatever variations occur in the defense, with no additional physical or mental taxation. The eleven players have only to execute the system's ten or eleven basic maneuvers, singly and in combination, to execute literally hundreds of plays. This fact answers the question that we are repeatedly asked: "How in the world can your boys learn so many plays? I can't get mine to learn even twenty-five."
These basic maneuvers never affect over two or three boys, usually at the point of attack. The other eight or nine boys follow their standard assignments. Because of this arrangement, we feel that there is less chance of improper play execution. Three boys can memorize easily the ten or eleven basic maneuvers required of them in our T-wing formation in a very limited time.

Another outstanding advantage of our T-wing, which is also a common characteristic of all T formations, is its perfect balance. The same plays, requiring the same assignments, go right and left. In other systems, this is not true. If you have a set of "wide" plays to the right, you have another set of "wide" plays to the left. If you have a set of "inside" plays to the right, then you will have still another set of "inside" plays to the left. All of these plays, requiring new assignments, double the mental load of the player, limiting his capacity for learning plays and, thus, crippling the flexibility of the attack.

For the purpose of simplifying assignments in our T-wing formation, the team is divided into three parts, all of which operate independently. The parts are (1) the on-side (the side toward which the play is going); (2) the off-side (the side away from the play); and (3) the backfield. Most important of these parts is the on-side, for that is where the maximum variations in assignments must take place, and where flexibility is needed most.
Contrary to what might be expected, control of the three parts of the team is easy—much easier than the control of eleven men. The control of these parts rests in the signals.

Many teams use the system of naming the ball carrier, the hole, and the side of the line; for instance, "right half inside tackle, right." This means that the right halfback carries the ball, and hits inside of the defensive left tackle, to the ball carrier's right. There is nothing confusing about this method of signal calling, but it takes a great deal of talking and time to get a play called. By using numbers to represent players and holes, and words (a limited number) to indicate backfield maneuvers and line-blocking patterns, one's signal system may become much more flexible over a much shorter period of signal-calling time.

The quarterback in the Grand Prairie T-wing has complete control of calling the plays to be run. He does this simply by designating, by numbers and words, who is to carry the ball, through what hole, the backfield maneuver to be used, and the preferred blocking pattern.

If the quarterback wishes to spread his line to the right or left, he simply says so—"spread right" or "spread left." If he wants a "set" man, he will say, "Strong right." This indicates that he wants the left halfback to set as a flanker to the right. "Set opposite right"
simply means for the right halfback to set as a flanker to his right, or away from the formation. The same thing can be accomplished to the left.

Each of the team's three parts, to be most effective, must spend hours perfecting all of the maneuvers which may be required of it. The linemen must master their various types of blocks. The backs must drill on their ball handling and backfield maneuvers. Then the two, after drilling independently of each other, are combined for more team drill and play development; so, actually, we are convinced that our T-wing formation entails less memory work and less physical labor than other formations. We believe that it is easier to teach and to execute than other formations and that it affords all that is asked of an offense—deception and flexibility.
CHAPTER III

THE T-WING FORMATION ILLUSTRATED

It appears to be timely at this point to explain the action of the team and the preliminary position of each player after the signal has been called and the huddle has been broken.

The linemen, upon leaving the huddle, with the exception of the center, assume their regular positions on the line of scrimmage except that they assume a two-point stance with their hands on their knees. The linemen stand within one foot of the ball, or scrimmage line, so that a preliminary play from this formation would be legal. The center, who breaks the huddle first, goes immediately to the ball and assumes his natural position for passing it. Upon a signal from the quarterback, the linemen drop from a two-point stance to a three-point stance in readiness for the snap signal. As they assume the three-point stance, the guards should take their positions approximately ten inches from the center. The tackles should come to rest about eighteen inches from the guards. The ends are permitted to split away from the tackles by a distance of at least thirty inches. These splits may vary a bit from time to time, but we do not advocate these variations. The players, regardless of all the caution given them, will tend to close the splits.
The quarterback will assume his position with his feet even with and not too close to the center. If he should stand erect, we would want his belt buckle about one foot from the buttocks of the center. His feet should be about as wide as his shoulders and his weight should be balanced on the balls of his feet. It is not necessary that his back be straight—he may be in a slightly stooped position—but we do want his head up so that he may observe the defense at all times. In reaching forward and under the buttocks of the center for the hand-off, his hands should assume a position with the thumbs together, the two hands opened wide with fingers spread. He should be in a most relaxed position.

The halfbacks line up in a position three and one-half yards deep and directly behind the inside hip of the offensive tackle. They are in a three-point stance with their feet fairly close together but with the inside foot back. This stance is to emphasize speed straight ahead, with lateral movement being secondary.

Since we are primarily a T-wing, or a "flanker," ball club, we seldom set in a straight T formation. Most of our plays develop from a flanker formation. The flanker may be either halfback, and he may flank to the right or left. Regardless of who may assume the role of the flanker or "set man," we want him to come to rest in a three-point position one yard behind and one yard to the outside of the offensive end.
The fullback takes a position four yards deep and in a direct line with the center and the quarterback. He is in a three-point stance with his feet in a staggered position, but they are slightly wider than the feet of the halfback to allow for quick off-tackle and lateral movement.

The diagrams to follow will illustrate all of the points discussed above; that is, the numbering system, the formations, and the spacing of personnel.

Figure 1 illustrates the T-wing numbering system to the right.

![Diagram of T-wing numbering system]

Fig. 1.—The T-wing numbering system to the right.

In Figure 1 we will assume that the on-side is to the right. The right, or on-side guard, is designated as "G," the on-side tackle is "T," the on-side end is number 8, the off-side guard is "O," and the off-side end is number 9. In the backfield, the quarterback is number 2, the left halfback is number 3, the fullback is number 4, while the right halfback is represented by number 5.
Figure 2 illustrates the T-wing numbering system to the left.

Fig. 2. — The T-wing numbering system to the left.

In Figure 2 we will assume that the on-side is to the left; therefore, the key in Figure 2 will be reversed in the forward wall only, with the exception of the ends. Their numbers, as well as the numbers of the backfield men, will remain constant.

Figure 3 shows the T-wing strong-right formation.

Fig. 3. — The T-wing strong-right formation.

Figure 3 illustrates the Grand Prairie T-wing with the left halfback assuming a flanker, or "set," position to the right of the formation.
Figure 4 shows the T-wing opposite-right formation.

Fig. 4. — The T-wing opposite-right formation.

Figure 4 illustrates the T-wing with the right halfback flanking the formation to the right.

Figure 5 shows the T-wing strong-left formation.

Fig. 5. — The T-wing strong-left formation.

Figure 5 illustrates the T-wing formation with the right halfback flanking the formation to the left.

Figure 6 depicts the T-wing opposite-left formation.
Fig. 6. — The T-wing opposite-left formation.

Figure 6 illustrates the T-wing with the left halfback set to his left.

Figure 7 shows the spacing of the linemen and backfield men.

Fig. 7. — The spacing of the linemen and backfield men.

Figure 7 illustrates the proper spacing of the linemen and the backfield men.
CHAPTER IV

BACKFIELD MANEUVERS

Nothing makes football teaching have more meaning for the high-school or college player than the effective use of well-planned and timely drills. Each drill must be designed to incorporate the specific fundamentals that the coach plans to use in his offensive pattern of plays.

We feel that if a coach has a few basic drills, or patterns, he may draw upon them each day to help achieve the coaching objectives that he seeks. If these drills are not systematized, the coach is likely to find himself unable to outline his daily coaching task over a long period of time.

In our backfield setup, we have incorporated six backfield patterns, or maneuvers, which have enabled us to field a team that could execute several hundred plays if the time in one ball game would permit. All this can be done without mentally over-burdening the players.

We have these maneuvers broken down into two types, each type containing three patterns: (1) the "H" type play, and (2) the "F" type play. In the first, or "H" pattern, the general rule is that the halfback
goes into the line ahead of the fullback. The second type, or "F" pattern, permits the fullback to move ahead of the halfback.

The following diagrams will illustrate the six backfield maneuvers.

"H" Type Plays

General rule: The halfback always goes first.

Figure 8 shows the "H" maneuver to the right.

Fig. 8. — The "H" maneuver to the right.

Rule: The right halfback goes straight ahead while the fullback slants behind him one hole wider. The quarterback moves laterally down the line of scrimmage in order to fake or give to either the halfback or the fullback, or fake to both and keep.

Figure 9 shows the "H" maneuver to the left.
Fig. 9. — The "H" maneuver to the left.

Rule: The same as for Figure 8. It should be noted that the halfback not used directly in the ball-handling maneuver may be utilized as a blocker or a decoy.

Figure 10 shows the "counter" maneuver to the right.

Fig. 10. — The "counter" maneuver to the right.

Rule: The right halfback goes straight ahead while the fullback takes one step in the direction of the off-tackle hole to his right, but pivots on the ball of his right foot to travel to the designated hole on
the opposite side of the center. The quarterback steps laterally to his right and fakes or gives to the halfback, then pivots to fake or give to the fullback. His next move is to fade as if to pass. The halfback not used directly in the handling of the ball may be utilized in the blocking pattern or as a decoy.

Figure 11 shows the "counter" maneuver to the left.

Fig. 11. — The "counter" maneuver to the left.

Rule: The same as that stated for Figure 10 in relation to the "counter" maneuver to the right.

Figure 12 shows the "split" maneuver to the right.

Fig. 12. — The "split" maneuver to the right.
Rule: The right fullback moves behind the quarterback, while the fullback takes a step in the direction the halfback has started, but pivots to come back to the opposite side of the center. The quarterback spins toward the right halfback and, with his back to the line of scrimmage, fakes or gives to either backfield man. The quarterback then moves quickly back as if to pass. The halfback not used in the ball handling may be utilized as a blocker or a decoy.

Figure 13 shows the "split" maneuver to the left.

Fig. 13. — The "split" maneuver to the left.

Rule: The same as stated for Figure 12 in relation to the "split" maneuver to the right.

"F" Type Plays

General rule: The fullback always goes first.

The footwork of the quarterback is somewhat different in the "F" type maneuver in that he reverse spins in his movements to the right,
while he steps out and slightly backward when he is handing off to the left.

*Figure 14 shows the "F" maneuver to the right, outside tackle.*

![Diagram](image)

*Fig. 14. — The "F" maneuver to the right (outside tackle).*

**Rule:** The fullback goes into a designated hole, while the halfback goes one hole wider to the same side. The quarterback reverse spins to fake or give to the fullback, then fakes or pitches out to the on-side halfback. The quarterback then moves quickly backward as if to pass. *This particular maneuver presents two possibilities, illustrated in Figures 14 and 15.*

*Figure 15 illustrates the "F" maneuver to the right (inside tackle).*

**Rule:** The quarterback reverse spins to fake or give to the fullback, and then to fake or give to the off-side halfback. The quarterback then moves quickly backward as if to pass.
Fig. 15. — The "F" maneuver to the right (inside tackle).

Figure 16 depicts the "F" maneuver to the left, outside tackle.

Fig. 16. — The "F" maneuver to the left (outside tackle).

**Rule:** The same as stated for Figure 14, except that the quarterback steps directly out instead of using a reverse spin.

Figure 17 illustrates the "F" maneuver to the left (inside tackle).

**Rule:** The same as stated for Figure 16, except that the quarterback steps directly out instead of using a reverse spin.
Fig. 17. — The "F" maneuver to the left (inside tackle).

Figure 18 illustrates the "stutter" maneuver to the right.

Fig. 18—The "stutter" maneuver to the right.

**Rule:** The quarterback reverse spins to fake or hand off to the fullback and then pivots to fake or hand off to the off-side halfback, who goes one hole behind the fullback. The quarterback then moves quickly backward as if to pass.

Figure 19 pictures the "stutter" maneuver to the left.
Fig. 19. — The "stutter" maneuver to the left.

Rule: The same as stated for Figure 18 in relation to the "stutter" maneuver to the right.

Figure 20 shows the "X" maneuver to the right.

Fig. 20. — The "X" maneuver to the right.

Rule: The quarterback reverse spins to fake or give to the fullback and then he fakes or gives to the halfback, who goes to the opposite side of the center. After this execution, the quarterback moves quickly backward as if to pass.
Figure 21 illustrates the "X" maneuver to the left.

Fig. 21.—The "X" maneuver to the left.

Rule: The same as stated for Figure 20 in relation to the "X" maneuver to the right.

From these six backfield stunts, we feel that it is possible to achieve almost any type of play deception; and from these maneuvers it is possible, by utilizing our flanker, to both the right and the left, to direct literally hundreds of plays. By constant daily drills, these movements can be taught over a relatively short period of time.
CHAPTER V

PATTERN BLOCKING IN THE LINE

It is our feeling at the Grand Prairie High School that in building an offense, the most difficult problem is the adjustment of line-blocking assignments to changing defenses. We are convinced that these assignments should be the same, or as nearly the same as possible, from all formations and against all defenses. It is our belief, too, that there is no substitute for drill. We set up our pattern blocking so that each one constitutes a drill within itself. These patterns, or drills, are repeated many times daily.

We are also of the opinion that one cannot teach effective blocking assignments until he first takes the time to teach the three basic defenses. The staff also believes that before a high-school boy can be taught a logical blocking assignment against varying defenses, he must have at least a fair insight as to the defensive alignment and the normal assignment of each man in the 5-3-2-1, 6-2-2-1, and 7-1-2-1 defenses. Therefore, our first step in teaching pattern blocking is to teach the normal alignment and assignments in these three basic defenses.
These defenses are taught by two methods: (1) blackboard drills and (2) actual drills on the field. Our football players spend hours diagramming the three basic defenses. Each individual player is required to diagram these patterns both on the blackboard and in a personal notebook. Players are periodically tested on this phase of football just as they are tested in English, mathematics, or any other academic subject. If a player should fail any part of the test, he is required to correct his error and then to diagram the correction fifty times, or until such time as he can correctly pass the test.

This memory work generally is done during the spring training period. This is the period in which we have more time to dwell on the minute details of the game. In the fall session, the coach has to prepare his boys for a ten-game schedule; and in his haste to get ready for the opening game, many times these small details are overlooked, or by-passed for some other important phase of the game.

At the close of our teaching period, we hope that each individual has gained the following knowledge relative to these defenses.

Figure 22 illustrates the 6-2-2-1 defense alignment and basic assignments of each man.
Fig. 22. — The 6-2-2-1 defensive alignment.

**Line**

**Ends:** Basically responsible for wide or outside plays. Will take two or three steps at 90° across the line of scrimmage before turning to the inside. Alignment is about two yards outside of offensive end.

**Tackles:** Basically responsible for straight ahead to inside. Alignment, normally, will split the gap between the end and tackle.

** Guards:** Basically responsible for straight ahead to inside. Alignment is face to face with the offensive guards.

**Passing game:** Normally, all six linemen will rush the passer. However, quite often it is found that the off-side defensive end will drop off into the flat zone on pass coverage.
Secondary

Linebackers (center and fullback): Basically responsible for the two open points of attack nearest them and the passing zones behind and to their left. Alignment is approximately two yards from the line of scrimmage, and just outside of the defensive tackles.

Halfbacks: Responsible for any passes in their zone as well as the running game to their side, with emphasis on the wide side of the field; generally about seven to eight yards deep.

Safety: Primarily responsible for passes in his zone and to back up the halfbacks against the running game. His alignment is normally about twelve yards deep.

Figure 23 illustrates the 5-3-2-1 defensive alignments and basic assignments of each man.

Fig. 23. — The 5-3-2-1 defensive alignment.
Line

Ends: Basically responsible for crashing hard to the inside. Their alignment is never more than a yard outside of the offensive ends.

Tackles: Will line up on the outside ear of the offensive tackle and will charge hard to cover for inside plays.

Guards: The guard remaining on the line of scrimmage will hit straight ahead and slide to the side that the offense attacks. His alignment is always face to face, or "nose on," with the center.

Passing game: The first wave of defense, or the defensive line, will always rush the passer.

Secondary

Linebackers (center, guard, fullback): The two outside men take their positions directly behind and about two yards off the buttocks of the ends. Basically, they are responsible for the running game to the wide side, or outside of the ends, and will defend for passes in the zones directly behind and to the outside.

The middle backer-up, or guard, is responsible for the two points of attack immediately in front of him on running plays and covers for pass protection in the zone directly behind him.

Halfbacks and safety: The basic alignments and assignments of these three men will not vary from that of the 6-2-2-1 defense previously explained.
Figure 24 illustrates the 7-1-2-1 defensive alignments and assignments of each player.

Fig. 24. — The 7-1-2-1 defensive alignment.

**Line**

**Ends:** Alignment is generally a yard wider than on other defenses explained because the primary objective of the ends if to protect against the running game to the wide side, or outside.

**Tackles:** Normally will line up "nose on" with the offensive ends, and their purpose is to slow up, or hold up, the offensive ends in going out for passes; then, after their release of the ends, they cover for runs to the inside.

**Guards:** These three will line up "nose on" with the man in front of him. The two wide, or outside, guards will drive hard to the
inside to protect against runs, while the middle guard will charge straight ahead and then slide to the point of attack.

Secondary

Linebacker: Will take the role of a "rover" linebacker; that is, a linebacker who has been given the responsibility of a great deal of territory and generally has the prerogative of setting up in various positions. His depth will vary with his position, but generally he will line up about two yards back of the line of scrimmage.

Halfbacks and safety: The basic alignment and assignments will not vary from those of the 6-2-2-1 and the 5-3-2-1 defenses.

After we are reasonably sure that our boys are basically sound in their knowledge of the three defenses, we are then ready to teach the types of blocks and blocking patterns utilized in the Grand Prairie T-wing.

We use only four different types of blocks in all of our repertoire of patterns. We insist on the shoulder block, the reverse shoulder block, the side-body block, and the reverse side-body block.

In teaching the shoulder block, we do not permit our players to use their forearms in executing the block. We stress making contact with that part of the shoulder nearest the player's neck. This practice helps considerably in eliminating offensive holding penalties
and also results in better shoulder blocking, and thus becomes a highly valuable technique of football play.

We teach our linemen to block rather high on the quick opening plays because we feel that a low block will allow the defensive men to reach over an offensive lineman and grab the ball carrier. By blocking high, it is not meant for the blocker to raise up and block the defensive man in the chin or face, but it is intended that the lineman block his opponent about belt-buckle high and then gradually progress upward to his chest.

In pulling out of the line to block a defensive end, the guard (or tackle) should run at his opponent from a fairly erect or high position. As he approaches his target, he should duck underneath the defensive end's hands before making contact. This procedure will have a tendency to straighten and bring into a better blocking position the defensive man and also to serve as a screen for the play. Running from a more erect position also makes it easier for the blocker to spot the man he is to block, and this practice also aids him in running faster.

We are again concerned with body balance for our blockers. They are better balanced when running from a natural, high position. We have been convinced that balance is the most important word in the dictionary in teaching the fundamentals of football. As a player approaches an opponent to execute a block or a tackle, it is very important that he come to a balanced running position before executing the fundamental play.
We believe that all fundamentals can be worked into their proper place while assignments in pattern blocking are being taught. We endeavor to incorporate the two objectives into our drills, or patterns.

Blocking Patterns

The diagrams to follow will illustrate the blocking patterns used against the three basic defenses. Each one of these patterns constitutes a drill. Every lineman is required to diagram these patterns on the blackboard and on paper over and over again. We have found that repetition is a great teacher.

Before diagramming the blocking patterns, it should be explained that we number the defensive holes and that it is our offensive objective to attack each of these points with two types of plays: (1) a quick or direct play, and (2) a late or delayed play. Our quarterback is taught the types of blocking patterns to be used on each of these plays because it becomes his duty to call the preferred pattern with each play. In our signal system, the quarterback is the one who controls the entire signal setup. He not only designates who is to carry the ball, but he also selects the point to be attacked as well as the preferred blocking pattern to be used in the line. However, under certain defensive alignments, the tackle has the option of running the pattern called by the quarterback or changing it to a more desirable one. We have found, however, that there are very few times in a ball
game when the tackle feels it necessary to change from the preferred pattern to an alternate.

The Grand Prairie T-wing offensive numbering system has been previously illustrated in Figures 1 and 2 (pp. 15 and 16). Figures 25, 26, and 27 illustrate the defensive holes numbered against the six-man line, the five-man line, and the seven-man line. The holes are created by the spacing of the defensive personnel. The spaces to the right contain the even numbers, while the spaces to the left are indicated by odd numbers.

Figure 25 shows the defensive holes numbered against the six-man line.

\[\begin{array}{c}
X \quad X \quad X \\
\end{array}\]

\[\begin{array}{cccc}
7 & X & 5 & X \\
O & O & O & X \\
\end{array}\]

\[\begin{array}{cccc}
X & 1 & 0 & X \\
2 & O & O & 4 \\
\end{array}\]

\[\begin{array}{cc}
6 & X \\
O & O \\
\end{array}\]

Fig. 25. — The numbering of the six-man defensive line.

Figure 26 shows the defensive holes numbered against the five-man line.
Fig. 26. — The numbering of the five-man defensive line.

Fig. 27. — The numbering of the seven-man defensive line.

The seven-man line creates a situation whereby there are two number-4 and two number-5 holes. However, in most instances, the "outside" 4 and 5 holes are the preferred points of attack because in most seven-man line alignments we have found that the tackles have
been coached to play directly in front of the offensive ends. If we find, however, that the tackles insist on playing to the outside of our ends, then it is a simple matter to direct the play to the "inside" four or five hole.

It has been mentioned previously that each of these points of attack may be reached by two types of plays: (1) a quick or direct play, and (2) a late or delayed play. Therefore, the blocking patterns utilized in the line are broken down into two classifications: (1) patterns to be used with quick or direct plays, and (2) patterns to be used with late or delayed plays.

Figures 28 through 89 illustrate the blocking patterns utilized in the Grand Prairie T-wing. Each pattern will be shown to the right as well as to the left, and the blocking patterns will be illustrated against the basic five-, six-, and seven-man defensive lines. The name of the blocking pattern and a few simple rules will also be shown. (In the diagrams, the arrow denotes the path of the ball carrier.)

**Blocking Through the Zero Hole**

Figure 28 shows the "pinch" block against the five-man line.

"**Pinch**: Use on quick plays. The zero hole automatically becomes the number-2 hole versus a five-man or a seven-man line.
Fig. 28. — The "pinch" block against the five-man line.

Figure 29 shows the "pinch" block against the six-man line.

Fig. 29. — The "pinch" block against the six-man line.

Figure 30 depicts the "pinch" block against the seven-man line.
Fig. 30. — The "pinch" block against the seven-man line.

Figure 31 illustrates the "trap" block against the five-man line.

"Trap": Use on late or delayed plays. The zero hole automatically becomes the number-2 hole versus a five- or seven-man line.

Fig. 31. — The "trap" block against the five-man line.
Figure 32 shows the "trap" block against the six-man line.

Fig. 32. — The "trap" block against the six-man line.

Figure 33 pictures the "trap" block against the seven-man line.

Fig. 33. — The "trap" block against the seven-man line.

**Blocking Through the One Hole**

Figure 34 shows the "pinch" block against the five-man line.

"Pinch": Use on quick plays. The one hole automatically becomes the number-3 hole versus a five- or seven-man line.
Fig. 34. — The "pinch" block against the five-man line.

Figure 35 illustrates the "pinch" block against the six-man line.

Fig. 35. — The "pinch" block against the six-man line.
Figure 36 illustrates the "pinch" block against the seven-man line.

![Diagram](image)

Fig. 36. — The "pinch" block against the seven-man line.

Figure 37 shows the "trap" block against the five-man line.

"Trap": Use on late or delayed plays. The one hole automatically becomes the number-3 hole versus a five- or seven-man line.
Fig. 37. — The "trap" block against the five-man line.

Figure 38 pictures the "trap" block against the six-man line.

Fig. 38. — The "trap" block against the six-man line.
Figure 39 shows the "trap" block against the seven-man line.

Fig. 39. — The "trap" block against the seven-man line.

Blocking Through the Two Hole

Figure 40 shows the "M" block against the five-man line.

"M": Use on quick plays.

Fig. 40. — The "M" block against the five-man line.
Figure 41 shows the "M" block against the six-man line.

Fig. 41. — The "M" block against the six-man line.

Figure 42 illustrates the "M" block against the seven-man line.

Fig. 42. — The "M" block against the seven-man line.
Figure 43 shows the "special" block against the five-man line.

"Special": Use on late or delayed plays.

Fig. 43. — The "special" block against the five-man line.

Figure 44 shows the "special" block against the six-man line.

Fig. 44. — The "special" block against the six-man line.
Figure 45 shows the "special" block against the seven-man line.

Fig. 45. — The "special" block against the seven-man line.

Figure 46 depicts the "cross" block against the five-man line.

"Cross": Use on any type of play.

Fig. 46. — The "cross" block against the five-man line.
Figure 47 shows the "cross" block against the six-man line.

Fig. 47. — The "cross" block against the six-man line.

Figure 48 shows the "cross" block against the seven-man line.

Fig. 48. — The "cross" block against the seven-man line.
Blocking Through the Three Hole

Figure 49 shows the "M" block against the five-man line.

"M": Use on quick plays.

Fig. 49. — The "M" block against the five-man line.

Figure 50 pictures the "M" block against the six-man line.

Fig. 50. — The "M" block against the six-man line.
Figure 51 shows the "M" block against the seven-man line.

Fig. 51. — The "M" block against the seven-man line.

Figure 52 illustrates the "special" block against the five-man line.

"Special": Use on late plays.

Fig. 52. — The "special" block against the five-man line.
Figure 53 shows the "special" block against the six-man line.

![Diagram](image)

Fig. 53. — The "special" block against the six-man line.

Figure 54 illustrates the "special" block against the seven-man line.

![Diagram](image)

Fig. 54. — The "special" block against the seven-man line.
Figure 55 shows the "cross" block against the five-man line.

"Cross": Use on any play.

Fig. 55. — The "cross" block against the five-man line.

Figure 56 depicts the "cross" block against the six-man line.

Fig. 56. — The "cross" block against the six-man line.
Figure 57 shows the "cross" block against the seven-man line.

Fig. 57. — The "cross" block against the seven-man line.

**Blocking Through the Four Hole**

In teaching blocking assignments through the four and five, or off-tackle holes, we have found that the use of a defensive numbering system has simplified our instruction. The on-side defensive men are numbered, and each on-side offensive lineman is responsible for blocking the same numbered man in the varying defenses.

Figure 58 illustrates the "T" block against the five-man line.

"T": Use on quick or direct plays, but must have a flanker.

**Offensive assignments:**

End: Number-2 man.

Tackle: Number-1 man.
Guard: Number-3 or 3b man.

Flanker: Number-4 man.

Fig. 58. — The "T" block against the five-man line.

Figure 59 shows the "T" block against the six-man line.

Fig. 59. — The "T" block against the six-man line.
Figure 60 shows the "T" block against the seven-man line.

Fig. 60. — The "T" block against the seven-man line.

Figure 61 illustrates the "T" block variation against the seven-man line.

Because of the lack of proper blocking angle in relation to the offensive end and the number-2 defensive man, it is preferred that the tackle ignore the blocking pattern called by the quarterback and elect to switch off to a variation of the "T" block. The assignment of the guard, the end, and the flanker will also change; so it is imperative that all of the on-side offensive linemen get the switch-off so that no assignment will be missed.
Fig. 61. — The "T" block variation against the seven-man line.

Figure 62 depicts the "G" block against the five-man line.

"G": Use on quick or direct plays, but must have a flanker.

**Offensive assignments:**

End: Number-2 man.

Tackle: Number-3 or 3b man.

Guard: Number-1 man.

Flanker: Number-4 man.
Fig. 62. — The "G" block against the five-man line.

Figure 63 shows the "G" block against the six-man line.

Fig. 63. — The "G" block against the six-man line.
Figure 64 illustrates the "G" block against the seven-man line.

Fig. 64. — The "G" block against the seven-man line.

Figure 65 shows the "O" block against the five-man line.

"O": Use on late plays.

**Offensive assignments:**

End: Number-2 man.

Tackle: Number-3 or 3b man.

Guard: Number-1 man.

"O" guard: Number-4 man.
Fig. 65. — The "O" block against the five-man line.

Figure 66 pictures the "O" block against the six-man line.

Fig. 66. — The "O" block against the six-man line.
Figure 67 shows the "O" block against the seven-man line.

Fig. 67. — The "O" block against the seven-man line.

Blocking Through the Five Hole

Figure 68 shows the "T" block against the five-man line.

"T": Use on quick or direct plays, but must have a flanker.

Offensive assignments:

End: Number-2 man.

Tackle: Number-1 man.

Guard: Number-3 or 3b man.

Flanker: Number-4 man.
Fig. 68. — The "T" block against the five-man line.

Figure 69 depicts the "T" block against the six-man line.

Fig. 69. — The "T" block against the six-man line.
Figure 70 shows the "T" block against the seven-man line.

Fig. 70. — The "T" block against the seven-man line.

Figure 71 illustrates the "T" block variation against the seven-man line.

No discussion of this pattern is necessary, since the same principle applies here as in Figure 61 (p. 59).
Fig. 71. — The "T" block variation against the seven-man line.

Figure 72 shows the "G" block against the five-man line.

"G": Use on quick or direct plays, but must have a flanker.

**Offensive assignments:**

End: Number-2 man.

Tackle: Number-3 or 3b man.

Guard: Number-1 man.

Flanker: Number-4 man.
Fig. 72. — The "G" block against the five-man line.

Figure 73 pictures the "G" block against the six-man line.

Fig. 73. — The "G" block against the six-man line.
Figure 74 shows the "G" block against the seven-man line.

Fig. 74. — The "G" block against the seven-man line.

Figure 75 illustrates the "O" block against the five-man line.

"O": Use on late plays.

**Offensive assignments:**

End: Number-2 man.

Tackle: Number-3 or 3b man.

Guard: Number-1 man.

"O" guard: Number-4 man.
Fig. 75. — The "O" block against the five-man line.

Figure 76 depicts the "O" block against the six-man line.

Fig. 76. — The "O" block against the six-man line.
Figure 77 shows the "O" block against the seven-man line.

Fig. 77. — The "O" block against the seven-man line.

Blocking Through the Six Hole

Figure 78 pictures the "wide T" block against the five-man line.

"Wide T": Use on quick pitchouts or "dive" plays. (The near back always blocks the defensive end.)
Fig. 78. — The "wide T" block against the five-man line.

Figure 79 shows the "wide T" block against the six-man line.

Fig. 79. — The "wide T" block against the six-man line.
Figure 80 illustrates the "wide T" block against the seven-man line.

Fig. 80. — The "wide T" block against the seven-man line.

Figure 81 shows the "hook" block against the five-man line.

"Hook": Use on delayed or reverse plays.

Fig. 81. — The "hook" block against the five-man line.
Figure 82 shows the "hook" block against the six-man line.

Fig. 82. — The "hook" block against the six-man line.

Figure 83 depicts the "hook" block against the seven-man line.

Fig. 83. — The "hook" block against the seven-man line.
Blocking Through the Seven Hole

Figure 84 shows the "wide T" block against the five-man line.

"Wide T": Use on quick pitchouts or "dive" plays. (The near back always blocks the defensive end.)

Fig. 84.—The "wide T" block against the five-man line.

Figure 85 pictures the "wide T" block against the six-man line.
Fig. 85. — The "wide T" block against the six-man line.

Figure 86 shows the "wide T" block against the seven-man line.

Fig. 86. — The "wide T" block against the seven-man line.
Figure 87 illustrates the "hook" block against the five-man line.

"Hook": Use on delayed or reverse plays.

Fig. 87. — The "hook" block against the five-man line.

Figure 88 pictures the "hook" block against the six-man line.

Fig. 88. — The "hook" block against the six-man line.
Figure 89 shows the "hook" block against the seven-man line.

Fig. 89. — The "hook" block against the seven-man line.
CHAPTER VI

PASS OFFENSE

The forward passing game may be broken down into four component parts: (1) the passer; (2) the receivers and decoys; (3) protection for the passer; and (4) covering the pass.

Phases of Passing

The first phase of the passing game is the passer. It is felt by our staff that a passer must throw with control. A good test for control is to permit the passer to throw to receivers with no defense molesting or rushing him. If the passer does not have a certain amount of control in this simple drill, it is our opinion that he certainly will not have control when he is pressed by defensive men. After it has been determined who can pass with control, then a bit of pressure is brought to bear on the passer. If the boy can pass with judgment when rushing is applied, then we feel that we might have a prospective passer for the team. After the passers have been selected, ample passing time and helpful drills must become a daily routine.

The second part of the passing game includes the receivers and decoys. The receivers, of course, must be adept at catching the ball.
We think that a boy can be taught to catch the ball just as he can be taught to throw or kick it. A receiver certainly should be relaxed and should catch the ball with his fingers. If a receiver is moving away from the ball and the ball is being received over his right or left shoulder, he should catch the ball by forming a pocket in his hands with his little fingers inward and close together. However, if he is receiving the pass at a 90° angle, then the pocket should be formed with the thumbs close together.

Pass receivers must be able to catch the ball, and decoys must be able to run the correct pass patterns. It is a common practice among decoys to loaf down the field. It takes constant reminding on the part of the coach that they are a big factor in the success or failure of the pass play.

The third component part of our passing game is protection for the passer. We use two different methods in blocking for the passer: (1) aggressive blocking and (2) passive blocking. Aggressive blocking is employed when a run is faked ahead of the pass. Passive blocking is employed in the pass plays in which the quarterback, or passer, takes the ball and retreats straight back behind the line of scrimmage to a designated spot. The first type is called our "fake-run-and-pass" plays. The second type is called our "back-up" passes.

The fourth point in the passing game is that of covering the pass after it has been thrown. Therefore, it is necessary for each man to
know the particular zone into which the pass is to be thrown. The blockers who are protecting for the passer must get out quickly and be in a position to protect against a possible interception. We are particularly interested in covering the "flat zones." These are the wide zones to the right and left of the formation and just across the line of scrimmage. The entire team must realize that as soon as a pass is released to either of these zones, the situation becomes dangerous. They must be made to understand that an interception will, in all probability, result in a touchdown for the opposing team. Therefore, they must be mentally alert to guard against these hazards at all times.

Pass Protection

Figures 90 through 93 illustrate the pass protection used on "back-up" passes and "fake-run-and-pass" plays.

Figure 90 shows the "back-up" pass protection against the six-man line.
Fig. 90. — The "back-up" pass protection against the six-man line.

The protection employed against a six-man line is man for man. All linemen, except the two eligible pass receivers, retreat a step or two and wait for the defensive men opposing them to rush. The blocker attempts to guide the defensive runner to the outside and, if necessary, beyond the passer. This takes perfect balance and foot work on the part of the blocker.

The center pulls out of the line to protect the weak side of the offense. The guards are responsible for the men directly in front of them. The tackles are responsible for the defensive men on their outside shoulder. The strong-side defensive end is blocked by the
near back not deployed in the pass pattern as a receiver. The fullback plays the role of a "check" blocker. It is his duty to block the first defensive man who might break through the protective wall set up in front of him and the passer.

Figure 91 shows the "back-up" pass protection against the five-man line.

Fig. 91. — The "back-up" pass protection against the five-man line.

The protection against a five-man line differs from that of the six-man line in that the off-side guard and center change assignments and, too, the on-side guard becomes a check blocker.

Figure 92 pictures the "back-up" pass protection against the seven-man line.
Fig. 92. — The "back-up" pass protection against the seven-man line.

All check blockers in the previous defenses have a very definite assignment when opposing a seven-man line. The fullback blocks the off-side defensive tackle and the on-side guard blocks the on-side defensive tackle. All other assignments remain the same as in five-man line blocking.

Figure 93 depicts the "fake-run-and-pass" protection. It has been previously mentioned that in this type of pass play, aggressive blocks are used. Furthermore, it is our desire to make these pass plays look exactly like the running play that is being faked. To accomplish this objective, we employ the blocking in the line relative to the fake run. For example, if the quarterback calls the play "fake 32-X,
special block, pass 98," then to make the running play appear real, the "special" block will be used.

Fig. 93. — The "fake-run-and-pass" protection.

Many "fake-run-and-pass" plays can be manufactured in a similar manner. Protection of this type will be illustrated more fully under the discussion of our pass patterns.

Patterns of Passing

Figure 94 illustrates the numbering of the passing zones.

In building our pass offense, we utilize a zone numbering system to direct our receivers. We number the right offensive end 8 and the left offensive end 9 for the purpose of simplifying the signal system in our passing game. Since the backs are identified by numbers as well
as the ends, it becomes a simple matter to direct any eligible receiver into any zone by simply calling the receiver's number and the preferred passing zone.

Fig. 94. — The numbering of the passing zones.

Figure 95 shows the 98 or "8" basic pass pattern to the right.

Our passing game is further simplified by employing only one basic pass pattern to the right and the same pattern to the left, with several variations of each. Any of the following patterns may be
utilized in the two types of passes previously explained, the "back-up" pass and the "fake-run-and-pass."

![Diagram](image)

*Fig. 95. — The basic 98 or "8" pass pattern to the right.*

The object of the number-8 end and the flanker man is to decoy the safety and left defensive halfback backward and out, respectively, and to direct the number-9 end into the zone vacated by the two defensive men.

We have simplified the signal calling of our pass patterns by dropping the first number of the pass play. That is, the quarterback, instead of calling "98," merely calls "8" pass. The basic "8" pass may contain several variations.
Figure 96 shows the "8 out pass" pattern to the right.

![Diagram of "8 out pass" pattern]

Fig. 96. — The "8 out pass" pattern to the right.

The only variation from the normal basic "8" pattern lies in the fact that the right end, instead of running a course through the safety man, turns out at a 90° angle and thus becomes the number-one receiver.

Figure 97 illustrates the "8 in" pass pattern.

This pattern differs from the basic "8" pattern in that the flanker man turns at a sharp angle to receive the pass in the spot or zone which the safety man once occupied. When an "in" pattern is passed, the off-side end always fakes in and then turns out.
Fig. 97. — The "8 in" pass pattern.

Figure 98 pictures the "8 out switch" pass pattern.

"Switch" indicates that the right end and flanker will switch assignments in the "8 out" pattern.
Fig. 93. — The "8 out switch" pass pattern.

Figures 99 through 102 illustrate the pass patterns to the left that have been illustrated to the right in the previous figures. These same patterns may be deployed from the "set opposite" formations, both to the right and left.

Figure 99 depicts the basic "7" pass pattern.
Fig. 99. — The basic "7" pass pattern.

Figure 100 shows the "7 out" pass pattern.

Fig. 100. — The "7 out" pass pattern.
Figure 101 pictures the "7 in" pass pattern.

Fig. 101. — The "7 in" pass pattern.

Figure 102 depicts the "7 out switch" pass pattern.
Fig. 102. — The "7 out switch" pass pattern.

Figure 103 illustrates the opposite right formation, "8" pass pattern.

One can immediately observe that, regardless of who the flanker may be, whether it is the left halfback flanked right or the right halfback flanked right, the pattern remains the same. As a matter of fact, the fullback could be flanked right and the pattern could still be utilized without change.
Fig. 103. — The opposite right, "8" pass pattern.

Figure 104 shows the opposite right formation, "8 out" pass pattern.
Fig. 104. — The opposite right, "8 out" pass pattern.

Figure 105 illustrates the opposite right formation, "8 in" pass pattern.
Fig. 105. — The opposite right, "8 in" pass pattern.

Figure 106 depicts the opposite right formation, "8 out switch" pass pattern.
Fig. 106. — The opposite right, "8 out switch" pass pattern.

Figure 107 pictures the opposite left formation, "7" pass pattern.
Fig. 107. — The opposite left, "7" pass pattern.

Figure 108 shows the opposite formation, "7 out" pass pattern.
Fig. 108. — The opposite left, "7 out" pass pattern.

Figure 109 illustrates the opposite left formation, "7 in" pass pattern.
Fig. 109. — The opposite left, "7 in" pass pattern.

Figure 110 depicts the opposite left formation, "7 out switch" pass pattern.
Fig. 110. — The opposite left, "7 out switch" pass pattern.
CHAPTER VII

BASIC OFFENSIVE SEQUENCE PLAYS

OF THE T-WING

In all systems of football, the success of the running attack of the formation employed may be considered as a measure of the team's ability to run the end, off-tackle, inside tackle with a trap, a quick opening play, a power play, and reverse plays, both inside and outside of the defensive weak-side end, and to pass. It is our opinion that such plays are fundamental to a successful attack in any system. If, in setting up a series of plays covering the above situation, we find that the operations call for maneuvers too difficult for high-school boys to execute, then we would have to admit that the T-wing is not for high-school boys. However, after teaching the T-wing for five successive years with more than average success, we contend that the T-wing is not too intricate for high-school boys. It is our thought that whatever difficulties arise are not attributable to the inability of our players to execute the fundamentals correctly, but rather to our own inability as coaches to teach the players the correct procedures.

In other words, we are convinced that the approach to teaching is the key to a successful offense. The methods and procedures used
in teaching the basic maneuvers and assignments must be simple, yet thorough.

In building an offense, we have found the most difficult problem lies in the blocking of the line. We have tried to show just how we cope with this situation. Changing defenses have been the major problem that the offense has had to solve.

Previous explanation has been given of how our systematic blocking patterns cope with these varying defenses. Let me again state that each one of these individual patterns constitutes a drill within itself. The players are drilled daily in these fundamental patterns. Also, it has been explained just how the backs are taught, systematically, the six basic backfield maneuvers. Each of these maneuvers constitutes the basic drills used daily.

The passing game has been discussed. This unit disclosed the method of passing, receiving, protecting for the passer, covering the pass, and the basic pass patterns employed in the Grand Prairie T-wing.

The quarterback, as has been stated, is the key to the entire offense. The number-one requirement, of course, is that he be an effective passer. We feel that the ball handling and faking can be learned by any boy who has an average amount of speed and co-ordination. The quarterback must be above average intelligence, because it becomes
his responsibility to take the three component parts of our offense—
the backfield, the on-side line, and the off-side line—and mold them,
by the use of the signal system, into a flexible offense.

Signal System

A discussion of the T-wing offensive formation, the numbering
of the backfield men and ends, the lettering of the guards and tackles,
the numbering of the defensive points of attack, and the numbering
of the passing zones has been presented previously. Also, a thor-
ough discussion has been given on blocking patterns and backfield
maneuvers. Now, play development, which evolves from all of these
aforementioned phases, must follow. However, before play develop-
ment is discussed, the signal system in its entirety should be ex-
plained.

The signal system will be discussed in two parts: (1) in the
huddle, and (2) at the line of scrimmage. The information the quarter-
back will give in the huddle consists of the formation to be used, the
play, the preferred blocking pattern, and the snap signal. As soon
as the snap signal has been given, the team will break from the huddle
and take their assigned positions at the line of scrimmage. The fol-
lowing example is typical of the first part of our signal system:

"Opposite right — 3 2 — stutter — special — on four."

(1) (2) (3) (4) (5) (6)
Key to the meaning of the above signal:

(1) The formation employed.

(2) The number of the back to carry the ball.

(3) Where the attack is to be made.

(4) The backfield maneuver.

(5) The preferred blocking pattern.

(6) The snap signal.

The second part of the signal system consists of the preparatory commands and the cadence. The quarterback will take his position to receive the ball from the center before giving the preparatory commands and calling the cadence for the snap of the ball. The following example is typical of the second part of our signal system:

"Get set — ready — one two — three four — five six."

(1) (2)

Key to the meaning of the above signal:

(1) Preparatory commands.

(2) Cadence and snap signal.

With this knowledge of the signal system, we can now piece the component parts of all phases of the T-wing formation into the basic plays that we think are fundamental for the success of this formation. Each of the six backfield maneuvers and the basic plays relative to the maneuver will be shown in the series of figures that follow. (The dark, heavy arrow indicates the path of the ball.)
"H" Series to the Right

To reiterate the rule relative to the "H" type plays, it should be recalled that the halfback goes straight ahead, while the fullback runs a course one hole wider to the same side of the offensive team.

In play "52-M," the flanker may be deployed to either side of the formation since he has no primary blocking or ball-handling responsibilities. The number-5 halfback must drive hard and fast straight ahead to take the ball from the quarterback, who has stepped down the line of scrimmage to make the handoff. After making the handoff to the halfback, the quarterback continues on a course as near to the line of scrimmage as possible to fake a handoff to the fullback, who has driven in a straight line for the off-tackle, or number-4, hole. We insist on a good fake between the quarterback and the fullback, because the success of the complete series of six plays from this maneuver is interdependent upon these two players. It is also of utmost importance that the quarterback, after faking to the fullback, fake a good "keep" as he continues wide around his own offensive end.

The respective responsibilities of the linemen are made quite clear by the use of the illustrations.

52-M; 44-H, T block; 44-H, keep, wide T block; fake 52, reverse, O block; fake 44-H, pass 8 out; fake 52 reverse, end around,
wide T block, and other plays can be run from this series with only slight changes in assignments of two or three players to cope with any given defense. A lengthy discussion of these plays will be omitted, as the responsibility of each man will be made clear in each of the diagrams to follow. However, it should be said again that in this series of plays, as in all series of plays, one should insist upon the very best of deception from each player so that the following play will look as much like the previous one as possible.

Each play in this series will be diagrammed against the five-, six-, and seven-man lines.

Figure 111 shows the strong-right formation, play "52-M" block, against a five-man line.

Fig. 111. — The strong right, 52-M, against a five-man line.
Figure 112 illustrates the strong-right formation, play "52-M" block, against a six-man line.

Fig. 112. — The strong right, 52-M, against a six-man line.

Figure 113 depicts the strong-right formation, play "52-M" block, against a seven-man line.
Fig. 113. — The strong right, 52-M, against a seven-man line.

Figure 114 pictures the strong-right formation, play "44-H," T block, against a five-man line.

Fig. 114. — The strong right, 44-H, T block, against a five-man line.
Figure 115 shows the strong-right formation, play "44-H," T block, against a six-man line.

Fig. 115.—The strong right, 44-H, T block, against a six-man line.

Figure 116 illustrates the strong-right formation, play "44-H," T block, against a seven-man line.
Fig. 116.—The strong right, 44-H, T block, against a seven-man line.

Figure 117 depicts the strong-right formation, play "44-H-keep," wide T block, against a five-man line.
Fig. 117. — The strong right, 44-H-keep, wide T, against a five-man line.

Figure 118 pictures the strong-right formation, play "44-H-keep," wide T block, against a six-man line.
Fig. 118. — The strong right, 44-H-keep, wide T, against a six-man line.

Figure 119 shows the strong-right formation, play "44-H-keep," wide T block, against a seven-man line.
Fig. 119. — The strong right, 44-H-keep, wide T, against a seven-man line.

Figure 120 illustrates the strong-right formation, play "fake 52-reverse," O block, against a five-man line.
Fig. 120.—The strong right, fake 52-reverse, O, against a five-man line.

Figure 121 depicts the strong-right formation, play "fake 52-reverse," O block, against a six-man line.
Fig. 121. — The strong right, fake 52-reverse, O, against a six-man line.

Figure 122 pictures the strong-right formation, play "fake 52-reverse," O block, against a seven-man line.
Fig. 122. — The strong right, fake 52-reverse, O, against a seven-man line.

Figure 123 shows the strong-right formation, play "fake 44-H, T block, pass 8 out," against a five-man line.
Fig. 123. — The strong right, 'fake-44-H,' T, pass & out, against a five-man line.

**Note:** On fake-run-and-pass plays, the off-side end assumes a blocking assignment unless he is specifically told to go out on the pass play called. Pass patterns in all play series will be illustrated against one defense only.

Figure 124 illustrates the strong-right formation, play "fake 52-reverse, run end around right," hook block, against a five-man line.
Fig. 124. — The strong right, fake 52-reverse, run end around right, hook block, against a five-man line.

Figure 125 depicts the strong-right formation, play "fake 52-reverse, run end around right," hook block, against a six-man line.
Fig. 125. — The strong right, fake 52-reverse, run end around right, hook block, against a six-man line.

Figure 126 pictures the strong-right formation, play "fake 52-reverse, run end around right," hook block, against a seven-man line.
Fig. 126. — The strong right, fake 52-reverse, run end around right, hook block, against a seven-man line.

The "H" series may be run by deploying the right halfback as a flanker to the left with very little, or no, additional mental burden.

"H" Series to the Left

Figure 127 shows the strong-left formation, play "33-M," against a five-man line.
Fig. 127. — The strong left, 33-M, against a five-man line.

Figure 128 depicts the strong-left formation, play "33-M," against a six-man line.
Fig. 128. — The strong left, 33-M, against a six-man line.

Figure 129 pictures the strong-left formation, play "33-M," against a seven-man line.
Fig. 129. — The strong left, 33-M, against a seven-man line.

Figure 130 shows the strong-left formation, play "45-H," T block, against a five-man line.
Fig. 130. — The strong left, 45-H, T, against a five-man line.

Figure 131 illustrates the strong-left formation, play "45-H,"

T block, against a six-man line.
Fig. 131. — The strong left, 45-H, T, against a six-man line.

Figure 132 depicts the strong-left formation, play "45-H," T block, against a seven-man line.
Fig. 132. — The strong left, 45-H, T, against a seven-man line.

Figure 133 pictures the strong-left formation, play "45-H-keep," wide T block, against a five-man line.
Fig. 133. — The strong left, 45-H-keep, wide T, against a five-man line.

Figure 134 shows the strong-left formation, play "45-H-keep," wide T block, against a six-man line.
Fig. 134.—The strong left, 45-H-keep, wide T, against a six-man line.

Figure 135 illustrates the strong-left formation, play "45-H-keep," wide T block, against a seven-man line.
Fig. 135. — The strong left, 45-H-keep, wide T, against a seven-man line.

Figure 136 depicts the strong-left formation, play "fake 33-reverse," O block, against a five-man line.
Fig. 136. — The strong left, fake 33-reverse, O, against a five-man line.

Figure 137 pictures the strong-left formation, play "fake 33-reverse, O block, against a six-man line."
Fig. 137. — The strong left, fake 33-reverse, O, against a six-man line.

Figure 138 shows the strong-left formation, play "fake 33-reverse," O block, against a seven-man line.
Fig. 138. — The strong left, fake 33-reverse, O, against a seven-man line.

Figure 139 illustrates the strong-left formation, play "fake 45-H, T block, pass 7 out," against a six-man line.
Fig. 139. — The strong left, fake 45-H, T, pass 7 out, against a six-man line.

Previous mention has been made of the fact that on "fake-run-and-pass" plays, the blocking pattern relative to the running play is employed. This is illustrated in Figure 139, with one exception—the end who normally blocks the second man in has been given a receiver's assignment.
Figure 140 depicts the strong-left formation, play "fake 33-reverse, run end around to the left," hook block, against a five-man line.

Fig. 140. — The strong left, fake 33-reverse, run end around to the left, hook, against a five-man line.
Figure 141 pictures the strong-left formation, play "fake 33-reverse, run end around to the left," hook block, against a six-man line.

Fig. 141. — The strong left, fake 33-reverse, run end around to the left, hook, against a six-man line.
Figure 142 shows the strong-left formation, play "fake 33-reverse, run end around to the left," hook block, against a seven-man line.

"Counter" Series to the Right

We think of the "counter" maneuver as being an "H" type play because of the rule: "The halfback fakes, or takes, straight ahead." However, in this backfield action, the fullback takes one step toward the off-tackle hole; then he pivots to run a course to the opposite side of the center.
 Basically, we run only three running plays and a pass from this series. Again, we want "exactness" on the part of all backs while running this series. All plays from this sequence must develop with a burst of speed and deception—all must look the same from their origin. The three basic "counter" running plays will be developed by the use of figures against the five-, six-, and seven-man lines, while the "counter pass" will be set up to oppose only one defense.

Figure 143 illustrates the strong-right formation, play "43 counter," special block, against a five-man line.

Fig. 143. — The strong right, 43 counter, special, against a five-man line.
Figure 144 depicts the strong-right formation, play "43 counter,"
special block, against a six-man line.

Fig. 144. — The strong right, 43 counter, special,
against a six-man line.
Figure 145 pictures the strong-right formation, play "43 counter," special block, against a seven-man line.

Fig. 145.—The strong right, 43 counter, special, against a seven-man line.
Figure 146 shows the strong-right formation, play "43 counter,"
O block, against a five-man line.

Fig. 146. — The strong right, 45 counter, O, against a five-man line.
Figure 147 illustrates the strong-right formation, play "45 counter," O block, against a six-man line.

Fig. 147. — The strong right, 45 counter, O, against a six-man line.
Figure 148 depicts the strong-right formation, play "45 counter,"
O block, against a seven-man line.

Fig. 148. — The strong right, 45 counter, O, against a seven-man line.
Figure 149 pictures the strong-right formation, play "fake 43 counter-reverse left," hook block, against a five-man line.

Fig. 149. — The strong right, fake 43 counter-reverse left, hook, against a five-man line.
Figure 150 shows the strong-right formation, play "fake 43 counter-reverse left," hook block, against a six-man line.

Fig. 150.—The strong right, fake 43 counter-reverse left, hook, against a six-man line.
Figure 151 illustrates the strong-right formation, play "fake 43 counter-reverse left," hook block, against a seven-man line.

Fig. 151.—The strong right, fake 43 counter-reverse left, hook, against a seven-man line.
Figure 152 depicts the strong-right formation, play "fake 43 counter-pass 8 in," special block, against a six-man line.

Fig. 152. — The strong right, fake 43 counter-pass 8 in, special, against a six-man line.

"Counter" Series to the Left

The rule for the "counter" maneuvers to the right has been given. The same rule will apply for the "counter" maneuvers to the left. Therefore, without further discussion, the three basic "counter" running plays and the one fake-run-and-pass pattern will be set up to the left to cope with the three basic defenses.
Figure 153 pictures the strong-left formation, play "43 counter,"
special block, against a five-man line.

Fig. 153. — The strong left, 42 counter, special,
against a five-man line.
Figure 154 shows the strong-left formation, play, "42 counter," special block, against a six-man line.

Fig. 154. — The strong left, 42 counter, special, against a six-man line.
Figure 155 illustrates the strong-left formation, play "42 counter," special block, against a seven-man line.

Fig. 155. — The strong left, 42 counter, special, against a seven-man line.
Figure 156 depicts the strong-left formation, play "44 counter,"
O block, against a five-man line.

Fig. 156. — The strong left, 44 counter, O, against a five-man line.
Figure 157 pictures the strong-left formation, play "44 counter,"

O block, against a six-man line.

Fig. 157. — The strong left, 44 counter, O, against a six-man line.
Figure 158 shows the strong-left formation, play "44 counter,"

O block, against a seven-man line.

Fig. 158. — The strong left, 44 counter, O, against a seven-man line.
Figure 159 illustrates the strong-left formation, play "fake 42
counter-reverse right," hook block, against a five-man line.

Fig. 159. — The strong left, fake 42 counter-reverse,
right, hook, against a five-man line.
Figure 160 depicts the strong-left formation, play "fake 42 counter-reverse right," hook block, against a six-man line.

Fig. 160. — The strong left, fake 42 counter-reverse right, hook, against a six-man line.
Figure 161 pictures the strong-left formation, play "fake 42 counter-reverse right," hook block, against a seven-man line.

Fig. 161. — The strong left, fake 42 counter-reverse right, hook, against a seven-man line.
Figure 162 shows the strong-left formation, play "fake 42 counter-pass 7 in," against a six-man line.

"Split" Series to the Right

This is the final series of plays in the "H" type maneuver. In so far as the halfback is concerned, this action differs from the other two "H" type plays in that it directs the halfback behind the quarterback. The fullback takes one step in the same direction as the halfback, but then pivots and goes to the opposite side of the center.
The maneuver of the quarterback in the "split" series, as well as in the other series, plays a very important part in the over-all success of all plays illustrated. The quarterback will always turn toward the halfback, who goes first. On the off-tackle plays, a T block can be used very effectively at times instead of the G block.

This series of plays is most effective, particularly when a team is fortunate enough to have speedy halfbacks who are constantly a threat to the opposite off-tackle hole. In their anxiety to defend against the strong off-tackle play, the defense is oftentimes too late in recovering to cope with the fullback counter in this series. The basic plays to be illustrated relative to this series will be treated in the same manner as the previous ones. That is, they will be deployed against a basic five-, six-, and seven-man line.
Figure 163 illustrates the opposite-left formation, play "55 split,"
G block, against a five-man line.

Fig. 163. — The opposite left, 55 split, G, against a
five-man line.
Figure 164 depicts the opposite-left formation, play "55 split,"
G block, against a six-man line.

Fig. 164. — The opposite left, 55 split, G, against a six-man line.
Figure 165 pictures the opposite-left formation, play "55 split,"
G block, against a seven-man line.

Fig. 165.—The opposite left, 55 split, G, against a seven-man line.
Figure 166 shows the opposite-left formation, play "42 split," special block, against a five-man line.

Fig. 166. — The opposite left, 42 split, special, against a five-man line.
Figure 167 illustrates the opposite-left formation, play "42 split, " special block, against a six-man line.

Fig. 167. — The opposite left, 42 split, special, against a six-man line.
Figure 168 depicts the opposite-left formation, play "42 split," special block, against a seven-man line.

Fig. 168. — The opposite left, 42 split, special, against a seven-man line.
Figure 169 pictures the opposite-left formation, play "fake 42 split-reverse right," hook block, against a five-man line.

Fig. 169. — The opposite left, fake 42 split-reverse right, hook, against a five-man line.
Figure 170 shows the opposite-left formation, play "fake 42 split-reverse right," hook block, against a six-man line.

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Fig. 170. — The opposite left, fake 42 split-reverse right, hook, against a six-man line.
Figure 171 illustrates the opposite-left formation, play "fake 42 split-reverse right," hook block, against a seven-man line.

Fig. 171. — The opposite left, fake 42 split-reverse right, hook, against a seven-man line.
Figure 172 depicts the opposite-left formation, play "fake 42 split-pass 7," against a six-man line.

Fig. 172. — The opposite left, fake 42 split-pass 7, against a six-man line.

The "split" backfield maneuver affords excellent protection for the passer, and, as a result, it is our favorite "fake-run-and-pass" series.

"Split" Series to the Left

The "split series to the left" requires the same basic maneuvering as the "split" series to the right; therefore, it is felt that no
further comment about these basic plays is necessary in introducing the "split" series to the left.

The plays from this series will be illustrated against the three basic defenses, the five-, six-, and seven-man lines.

Figure 173 pictures the opposite-right formation, play "34 split," G block, against a five-man line.

Fig. 173. — The opposite right, 34 split, G, against a five-man line.
Figure 174 shows the opposite-right formation, play "34 split,"

G block, against a six-man line.

Fig. 174. — The opposite right, 34 split, G, against
a six-man line.
Figure 175 illustrates the opposite-right formation, play "34 split," G block, against a seven-man line.

Fig. 175. — The opposite right, 34 split, G, against a seven-man line.
Figure 176 depicts the opposite-right formation, play "43 split," special block, against a five-man line.

Fig. 176. — The opposite right, 43 split, special, against a five-man line.
Figure 177 pictures the opposite-right formation, play "43 split," special block, against a six-man line.

Fig. 177. — The opposite right, 43 split, special, against a six-man line.
Figure 178 shows the opposite-right formation, play "43 split," special block, against a seven-man line.

Fig. 178.—The opposite right, 43 split, special, against a seven-man line.
Figure 179 illustrates the opposite-right formation, play "fake 43 split-reverse left," hook block, against a five-man line.

Fig. 179. — The opposite right, fake 43 split-reverse left, hook, against a five-man line.
Figure 180 depicts the opposite-right formation, play "fake 43 split-reverse left," hook block, against a six-man line.

Fig. 180. — The opposite right, fake 43 split-reverse left, hook, against a six-man line.
Figure 181 pictures the opposite-right formation, play "fake 43 split-reverse left," hook block, against a seven-man line.

Fig. 181.—The opposite right, fake 43 split-reverse left, hook, against a seven-man line.
Figure 182 shows the opposite-right formation, play "fake 43 split-pass 8 in," against a six-man line.

Fig. 182. — The opposite right, fake 43 split-pass 8 in, against a six-man line.

"F" Type Plays

The general rule that applies to the three "F" type series of plays states that the initial ball handling, or faking, will be executed to the fullback by the quarterback and then to the halfback.

The three "F" type plays—(1) "F," (2) "stutter," and (3) "X"—will be illustrated against a five-, six-, and seven-man line.
"F" series to the right. — From the "F" series we emphasize only two running plays and a pass. Of course, more than three plays can be executed in this series; but it is the opinion of the coaching staff that if the players carry out these three plays well, our objectives relative to this series can be accomplished.

The first of these plays, "44-fake pitchout," T block, is an attempt to drive off-tackle behind power blocking while the halfback flares wide to receive a delayed pitchout. Once the opposing team becomes interested in stopping the off-tackle thrust, then the pitchout to the wide side becomes open. The success of the pitchout play to the halfback hinges entirely upon good faking between the quarterback and the fullback, as the off-tackle play is being faked. This tends to freeze the on-side linebacker and end for a second or two, which enables the halfback to maneuver to their outside and downfield.
Figure 183 illustrates the strong-right formation, play "44-fake pitchout," T block, against a five-man line.

Fig. 183.—The strong right, 44-fake pitchout, T, against a five-man line.

The quarterback will execute a reverse spin to hand off or fake to the fullback on all "F" plays to the right.
Figure 184 depicts the strong-right formation, play "44-fake pitchout," T block, against a six-man line.

Fig. 184. — The strong right, 44-fake pitchout, T, against a six-man line.
Figure 185 pictures the strong-right formation, play "44-fake pitchout," T block, against a seven-man line.

Fig. 185. — The strong right, 44-fake pitchout, T, against a seven-man line.
Figure 186 shows the strong-right position, play "56F," wide T block, against a five-man line.

Fig. 186. — The strong right, 56F, wide T, against a five-man line.
Figure 187 illustrates the strong-right formation, play "56F," wide T block, against a six-man line.

Fig. 187. — The strong right, 56F, wide T, against a six-man line.
Figure 188 depicts the strong-right formation, play "56F," wide T block, against a seven-man line.

Fig. 188. — The strong right, 56F, wide T, against a seven-man line.
Figure 189 pictures the strong-right formation, play "fake 56F-pass 8 in-54," against a six-man line.

![Diagram](image)

Fig. 189.—The strong right, fake 56F-pass 8 in-54, against a six-man line.

When the fake-run-and-pass illustrated in Figure 189 is executed, we deviate from our "8-in" pass pattern by allowing our halfback, after faking for a pitchout, to continue into the number-4 zone as a pass receiver. However, immediately after he makes a bona fide attempt to receive the pitchout from the quarterback, he slows up as if to "give up" in so far as his part of the play is
concerned. This action has the tendency to relax the defensive men
who are covering his part of the playing field and consequently
leaves him unopposed to receive the pass.

"F" series to the left.—The "F" series to the left re-
quires the same basic maneuvering as the "F" series to the right;
therefore, it is felt that no further comment about these basic plays
is necessary.

The plays from this series will be illustrated against the three
basic defenses, the five-, six-, and seven-man lines.

The footwork of the quarterback, when moving to the left, will
differ from that of moving to the right in that he does not use a reverse
spin. Instead, he steps out and slightly backward with his left foot,
then uses a cross-over step with his right foot as he executes the
handoff or fake to the fullback.
Figure 190 shows the strong-left formation, play "45-fake pitch-out," T block, against a five-man line.

Fig. 190. — The strong left, 45-fake pitchout, T, against a five-man line.
Figure 191 illustrates the strong-left formation, play "45-fake pitchout," T block, against a six-man line.

Fig. 191, — The strong left, 45-fake pitchout, T, against a six-man line.
Figure 192 depicts the strong-left formation, play "45-fake pitchout," T block, against a seven-man line.

Fig. 192. — The strong left, 45-fake pitchout, T, against a seven-man line.
Figure 193 pictures the strong-left formation, play "37F," wide T block, against a five-man line.

Fig. 193. — The strong left, 37F, wide T, against a five-man line.
Figure 194 shows the strong-left formation, play "37F," wide T block, against a six-man line.

Fig. 194. — The strong left, $37F$, wide T, against a six-man line.
Figure 195 illustrates the strong-left formation, play "37F," wide T block, against a seven-man line.

Fig. 195. — The strong left, 37F, wide T, against a seven-man line.
Figure 196 depicts the strong-left formation, play "fake 37F-pass 7 in-33," against a six-man line.

"Stutter" series to the right.—In the opinion of many coaches, and particularly of the Grand Prairie coaching staff, the "stutter" series in the T formation is the most effective series of plays that can be executed.

This is particularly true if your off-tackle threat with the full-back is effective. Again, in this series, the offense is exerting a
great deal of pressure upon the on-side linebacker, who is the key to any strong defense. In this series of plays, the fullback drives hard to take the ball off-tackle. The off-side halfback, who lines up in his normal T position, takes two steps toward the position the fullback occupied, then suddenly veers to the inside of the off-tackle hole to take, or fake, the ball from the quarterback, who, in the meantime, has stepped out to handoff, or fake, to the fullback and pivots to do the same to the diving halfback. This series of plays is much more effective from the "set opposite" formation.

The plays from this series will be illustrated against the five-, six-, and seven-man lines.
Figure 197 illustrates the opposite-right formation, play "32 stutter," special block, against a five-man line.

Fig. 197. — The opposite right, 32 stutter, special, against a five-man line.
Figure 198 depicts the opposite-right formation, play "32 stutter," special block, against a six-man line.

Fig. 198. — The opposite right, 32 stutter, special, against a six-man line.
Figure 199 pictures the opposite-right formation, play "32 stutter," special block, against a seven-man line.

Fig. 199. — The opposite right, 32 stutter, special, against a seven-man line.
Figure 200 shows the opposite-right formation, play "44 stutter,"
T block, against a five-man line.

Fig. 200. — The opposite right, 44 stutter, T, against a five-man line.
Figure 201 illustrates the opposite-right formation, play "44 stutter, " T block, against a six-man line.

Fig. 201. — The opposite right, 44 stutter, T, against a six-man line.
Figure 202 depicts the opposite-right formation, play "44 stutter," T block, against a seven-man line.

Fig. 202.—The opposite right, 44 stutter, T, against a seven-man line.
Figure 203 pictures the opposite-right formation, play "fake 32 stutter-pass 8 stop," against a six-man line.

Fig. 203.—The opposite-right, fake 32 stutter-pass 8 stop, against a six-man line.

The terminology "stop" and "hook" is used to designate the pass receiver on "hook" passes. The flanker man is the recipient when the quarterback says "stop," and the end is the designated pass receiver when "hook" is used.

The prefix before the word "stop" or "hook" determines the course of the other pass receivers, such as "8 stop" and "8 hook."
The position of the defensive men determines whether the receiver turns to the inside or to the outside on this type of pass pattern.

"Stutter" series to the left.—The "stutter" series to the left requires the same basic maneuvering as the "stutter" series to the right; therefore, it is felt that no further comment about these basic plays is necessary. The quarterback will not use the reverse spin on this series, but will step out and slightly backward to execute his maneuver.

The plays from this series will be illustrated against the three basic defenses, the five-, six-, and seven-man lines.
Figure 204 shows the opposite-left formation, play "53 stutter," special block, against a five-man line.

Fig. 204. — The opposite left, 53 stutter, special, against a five-man line.
Figure 205 illustrates the opposite-left formation, play "53 stutter," special block, against a six-man line.

Fig. 205. — The opposite left, 53 stutter, special, against a six-man line.
Figure 206 depicts the opposite-left formation, play "53 stutter," special block, against a seven-man line.

Fig. 206. — The opposite left, 53 stutter, special, against a seven-man line.
Figure 207 pictures the opposite-left formation, play "45 stutter," T block, against a five-man line.

Fig. 207. — The opposite left, 45 stutter, T, against a five-man line.
Figure 208 shows the opposite-left formation, play "45 stutter,"
T block, against a six-man line.

Fig. 208. — The opposite left, 45 stutter, T, against a six-man line.
Figure 209 illustrates the opposite-left formation, play "45 stutter," T block, against a seven-man line.

Fig. 209.—The opposite left, 45 stutter, T, against a seven-man line.
Figure 210 depicts the opposite-left formation, play "fake 53 stutter-pass 8 hook," against a six-man line.

Fig. 210. — The opposite left, fake 53 stutter-pass 8 hook, against a six-man line.
"X" series to the right. — The final series to be discussed in this chapter is the "X" series. It is an excellent counter maneuver which exerts considerable pressure on the linebackers, particularly the middle linebacker employed in a five- or seven-man line defense.

This maneuver constitutes nothing more than a "cross buck" between the fullback and the halfback, with the fullback diving first. The halfback drives fast just off the buttocks of the fullback and to the opposite side of the center. Speed, hard running, and deception in ball handling know no substitute in this maneuver. This series carries with it the greatest threat up the middle—no other maneuver attacks the middle of the defense with more viciousness than does this series of plays.

The plays from this series will be illustrated against the three basic defenses, the five-, six-, and seven-man lines.
Figure 211 illustrates the opposite-right formation, play "32X," special block, against a five-man line.

Fig. 211. — The opposite right, 32X, special, against a five-man line.
Figure 212 depicts the opposite-right formation, play "32X," special block, against a six-man line.

Fig. 212. — The opposite right, 32X, special, against a six-man line.
Figure 213 pictures the opposite-right formation, play "32X," special block, against a seven-man line.

Fig. 213. — The opposite right, 32X, special, against a seven-man line.
Figure 214 shows the opposite-right formation, play "43X,"
M block, against a five-man line.

Fig. 214. — The opposite right, 43X, M, against
a five-man line.
Figure 215 illustrates the opposite-right formation, play "43X," M block, against a six-man line.

Fig. 215. — The opposite right, 43X, M, against a six-man line.
Figure 216 depicts the opposite-right formation, play "43X," M block, against a seven-man line.

Fig. 216.—The opposite right, 43X, M, against a seven-man line.
Figure 217 pictures the opposite-right formation, play "fake 32X-reverse left," hook block, against a five-man line.

Fig. 217. — The opposite right, fake 32X-reverse left, hook, against a five-man line.
Figure 218 shows the opposite-right formation, play "fake 32X-reverse left," hook block, against a six-man line.

Fig. 218. — The opposite right, fake 32X-reverse left, hook, against a six-man line.
Figure 219 illustrates the opposite-right formation, play "fake 32X-reverse left," hook block, against a seven-man line.

Fig. 219.—The opposite right, fake 32X-reverse left, hook, against a seven-man line.
Figure 220 depicts the opposite-right formation, play "fake 32X-pass 8," against a six-man line.

Fig. 220. — The opposite right, fake 32X-pass 8, against a six-man line.
"X" series to the left.—The "X" series to the left requires the same basic maneuvering as the "X" series to the right; therefore, it is felt that no further comment about these basic plays is necessary.

The plays from this series will be illustrated against the three basic defenses, the five-, six-, and seven-man lines.

Figure 221 pictures the opposite-left formation, play "53X," special block, against a five-man line.

Fig. 221.—The opposite left, 53X, special, against a five-man line.
Figure 222 shows the opposite-left formation, play "53X," special block, against a six-man line.

Fig. 222. — The opposite left, 53X, special, against a six-man line.
Figure 223 illustrates the opposite-left formation, play "53X," special block, against a seven-man line.

Fig. 223. — The opposite left, 53X, special, against a seven-man line.
Figure 224 depicts the opposite-left formation, play "42X,"

M block, against a five-man line.

Fig. 224. — The opposite left, 42X. M, against a five-man line.
Figure 225 pictures the opposite-left formation, play "42X,"

M block, against a six-man line.

Fig. 225. — The opposite left, 42X, M, against a six-man line.
Figure 226 shows the opposite-left formation, play "42X," M block, against a seven-man line.

Fig. 226. — The opposite left, 42X, M, against a seven-man line.
Figure 227 illustrates the opposite-left formation, play "fake 53X-reverse right," hook block, against a five-man line.

Fig. 227. — The opposite left, fake 53X-reverse right, hook, against a five-man line.
Figure 228 depicts the opposite-left formation, play "fake 53X-reverse right," hook block, against a six-man line.

Fig. 228. — The opposite left, fake 53X-reverse right, hook, against a six-man line.
Figure 229 pictures the opposite-left formation, play "fake 53X-reverse right," hook block, against a seven-man line.

Fig. 229. — The opposite left, fake 53X-reverse right, hook, against a seven-man line.
Figure 230 illustrates the opposite-left formation, play "fake 53X-pass 7," against a six-man line.

Fig. 230. — The opposite left, fake 53X-pass 7, against a six-man line.
CHAPTER VIII

CONCLUSIONS

In summary of this study of the Grand Prairie T-wing football formation, it may be said that the system is simple in nature but dynamic in its possibilities. While making this statement, we are entirely cognizant of the fact that the football teaching days are gone when one can satisfy his needs with a few basic plays to cope with only one or two defenses. Our system of football, as well as our method of teaching the techniques, have developed out of necessity—necessity to combat the many and varied defenses that have been perfected during the past decade. Therefore, the word "simple" football is used with certain qualifying implications.

In the light of the rapid growth and development of this great American game, football is much more complex in nature than it was twenty or even ten years ago. Athletic directors and coaches are spending hours of diligent study each day of the year in building new defenses and revising old offenses. It is the primary objective of each of these men to build a system of football that is simple to teach, yet a system that will meet the needs of their team when they
are suddenly faced with the problem of stopping an aggressive offense or blocking against an ever-changing defense.

In the Grand Prairie T-wing, we think we have built a system that has all of the basic requirements of a good attack—power, deception, and flexibility—and yet it is simple. With our six backfield maneuvers and eleven blocking patterns in the line, our attack is almost unlimited.

Our method of presentation of the T-wing formation to the high-school player has helped a great deal in our final results. We are of the opinion that we are capable of coping with any defensive situation that might arise on the field. It has been our experience that changing defenses do not drastically alter our offensive assignments. It is our thought to put the burden on the defense before it has the chance to press our offense. Development of split ends and flankers has immeasurably aided us in this objective. Progressive coaches everywhere have begun to exploit the possible combinations and offensive maneuvers which force defensive adjustments. We feel that flexibility of an offense is a determining factor in one's winning or losing consistently. To force the opposition to adjust to the defensive pattern of your choice is the real objective of exploiting split ends, flankers, and wingbacks in any formation. The utilization of these maneuvers along with pattern blocking and backfield maneuvers has
been a great factor in the success of the Grand Prairie T-wing football formation.

For the purpose of illustrating the ease with which flexibility and deception may be obtained with the Grand Prairie T-wing formation, five plays—actually one play with four maneuvers designed to take advantage of whatever weakness shows up in the defense—will be illustrated. Notice that in the five plays, or the basic play with four variations, not more than three men are affected. The other eight or nine men need only know their standard assignments. Notice, too, that the only important changes in assignments occur on the on-side, or to the side the play attacks.

Some coaches may think that the plays could be improved by making major changes in assignments other than on the on-side. We will hasten to agree with them, but it is our contention that it is better to sacrifice a little play power than to confuse any more boys than necessary with wholesale altering of standard assignments. It is our thought to keep as many assignments standard as possible.

Figures 231 through 235 illustrate the five plays mentioned, which are actually one basic play with four variations.
Figure 231 illustrates the set-regular formation, play "52,"

M block, against a five-man line.

Fig. 231. — The set regular, 52, M, against a five-man line.
Figure 232 depicts the opposite-left formation, play "52," M block, against a six-man line.

Fig. 232. — The opposite left, 52, M, against a six-man line.
Figure 233 pictures the strong-right formation, play "52,"

M block, against a seven-man line.

Fig. 233.—The strong right, 52, M, against a seven-man line.
Figure 234 illustrates the opposite left-left end wide formation, play "52," M block, against a five-man line.

Fig. 234. — The opposite left-left end wide, 52, M, against a five-man line.
Figure 235 depicts the opposite left-fullback out right formation, play "52," M block, against a five-man line.

Fig. 235. — The opposite left-fullback out right, 52, M, against a five-man line.

It can easily be seen that if two or three key men in the play carry out their assignments well, the play will be a success.

Just how far one can go with flexibility in a given formation depends entirely upon the teaching methods used, the formation, and the willingness of the staff to work and study the potentialities of the given formation.
We believe that the defense is not catching up with the flexible T formation. It is our opinion that those who constantly contend that the defense is about to master the T offense have not given this formation a fair trial. It is possible that they have not capitalized on the potentialities of a flexible formation.
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