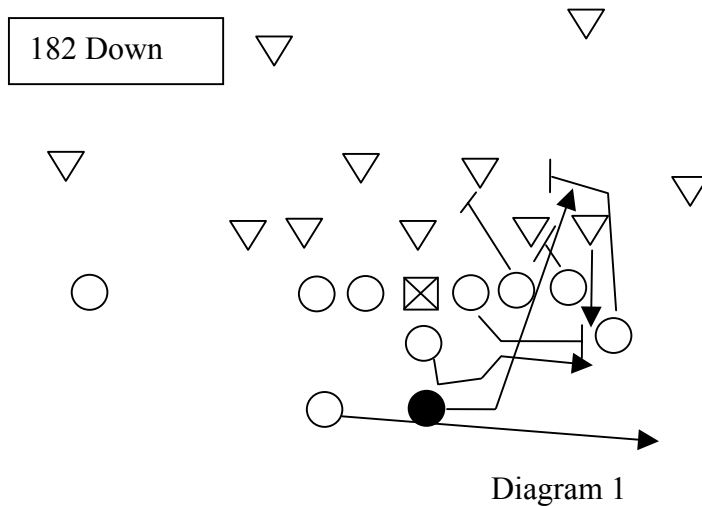


Using Multiple Formations for the Down Play
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One of the more popular plays in wing-t football is the down play. The Delaware wing-t called it 182 Down. The “1” meaning 100 formation (wing right). The “8” meaning 80 series (belly/down series). And the “2” means the 2 hole (off-tackle right). One of the reasons (but certainly not the only) this play is successful is because it kicks out the DE who gives a hard rush to stop the buck sweep (see diagram 1)



Since the wing-t creates conflict by having the wing back outflank the DE, defenses will typically make this adjustment to combat this conflict, such as, but not limited to having the DE give a hard rush upfield. So, once the offense establishes the down as a successful play, defenses again, must find a way to stop the offense. Most of the teams we've competed against decided to throw in a monster back into the mix. By having a man responsible for the off tackle gap, they should be able to assign a man on the FB in an attempt to stop it (diagram 2).

182 Down vs 50
Monster

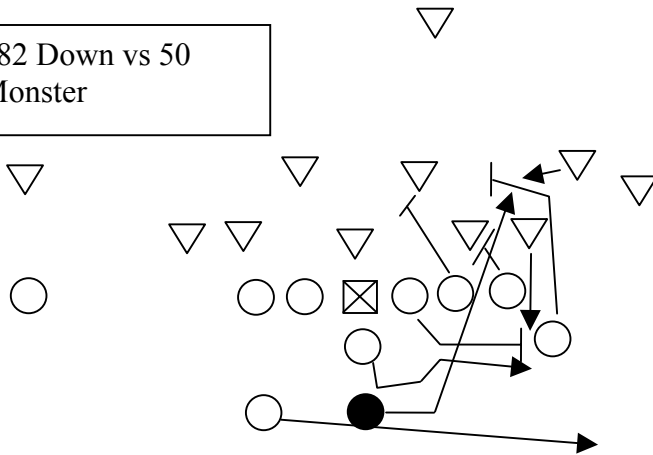


Diagram 2

Having a monster back keying our FB on the down overloads the strong side of the formation and adds another person needing blocking. Logic would have it that we add another blocker or find a way to remove the defender. This is where formations play an important role in wing-t football. We're going to create a conflict for the monster and CB by placing a player wide on the strong side of the formation.

The first adjustment we made is using Right 100 formation (wing right with SE over). This will neutralize the adjustment of bringing in a monster back by removing the CB from the area and giving the monster the CB's former assignment. (Diagram 3)

Right 182 Down

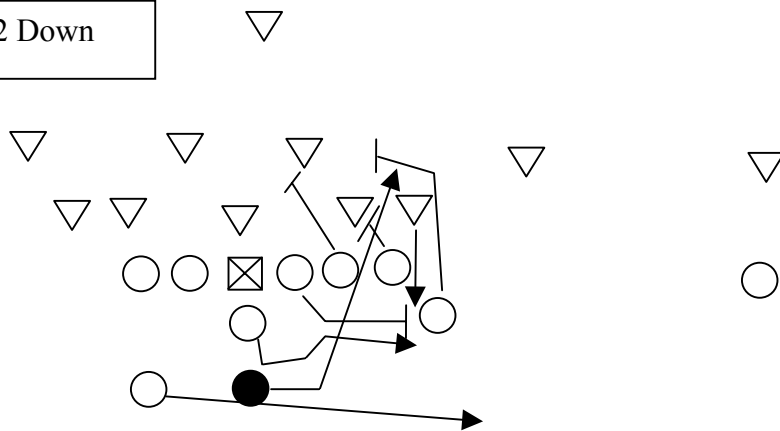


Diagram 3

To avoid the predictability of the formation we can add another wrinkle to this same concept by going to Tra 182 Down (wing right with LHB playing right flanker). What makes Tra 182 Down, advantageous is by not covering the TE, we still have both

ends eligible for the pass and a fourth deep threat for the secondary to keep in mind (Diagram 4).

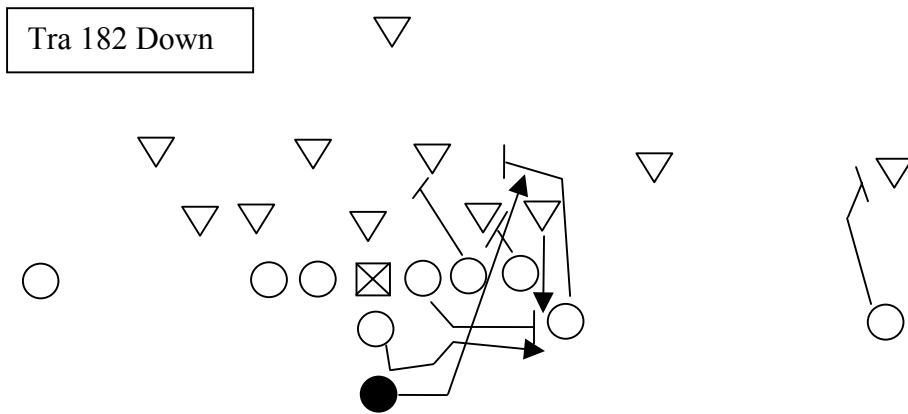


Diagram 4

The first thing I hear from skeptics is, “Sure, you get the CB out of the play, but you eliminate the option attack. To this, I answered with Tra 182 Down Wing Option (Diagram 5). This is also a good play for the times that neither the wing nor the DT can get to the ILB who’s stopping the play. We have the WB drop 3 steps and arc out into his option relationship.

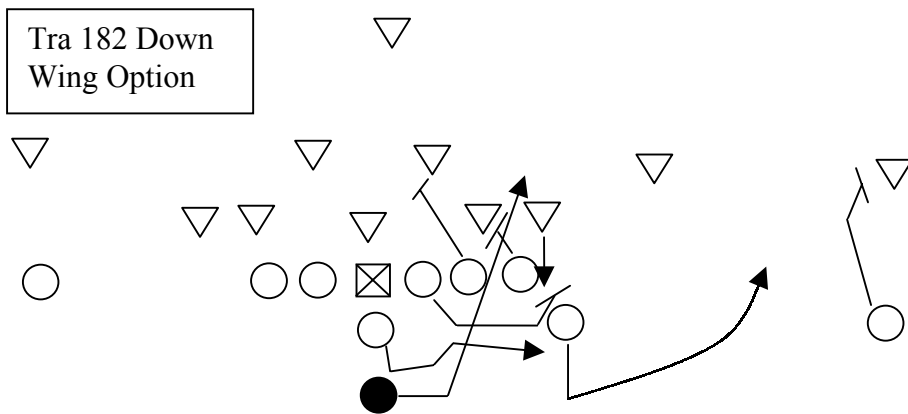
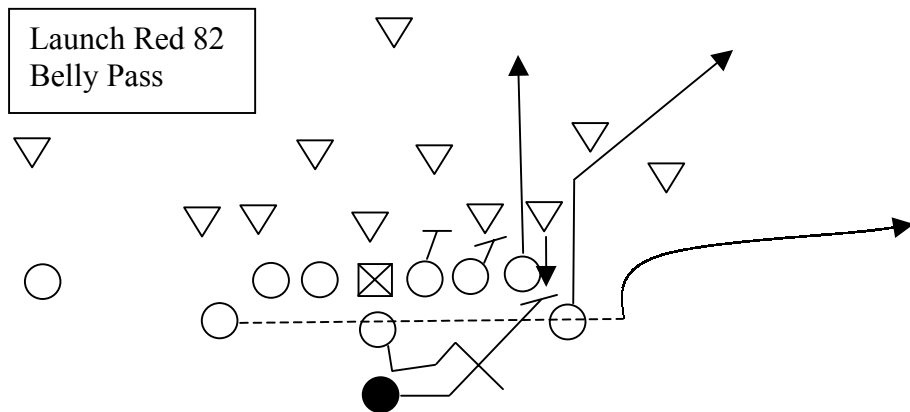
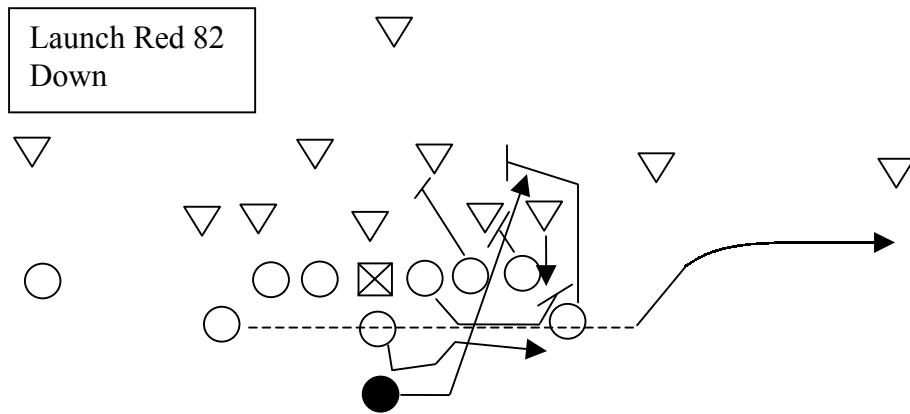


Diagram 5

Whenever our left halfback motions across the formation, we call it “Launch.” So, to vary the Tra 182 Down, we can also call Launch Red 82 Down (Diagram 6). For the non-Delaware, Red is the double wing formation with SE/WB to the left, and TE/WB to the right. Launch Red 82 Down also opens up our belly pass game too (Diagram 7).

With the left halfback in full speed motion, we gain the advantage of him going into his route.



Using multiple formations allows us to dictate to the defense what we want to run. We believe we could still run our favorite plays by adjusting our formations – not our blocking schemes. This makes things simple for our players and allows for more repetitions in practice. In the end, it's the players who win games. And as coaches, we need to find ways to help them be successful.