GENERAL

double wing offense playbook youth football

Published: September 3, 2026 | Index ID: #-

Introduction

When it comes to shaping young athletes into well rounded football players, the choice of offensive scheme can be as impactful as the quality of coaching. Among the many formations that coaches consider, the **double wing offense** has emerged as a favorite for youth programs looking to blend power, agility, and strategy. This article offers a deep dive into the **double wing offense playbook youth football**, breaking down its core concepts, practical applications, and the best ways to implement it on the field.

What Is the Double Wing Offense?

The double wing, also known simply as the wing or split wing, is a classic offensive formation that places two wingbacks—usually on either side of the line of scrimmage—outside the tight ends. The formation is designed to create misdirection, exploit defensive over commitment, and generate high percentage running plays. Unlike the more modern shotgun or spread offenses, the double wing thrives on deception and precision timing.

Historical Roots

Originating in the early 20th century, the double wing was popularized by legendary coaches such as Paul Brown and Amos Alonzo Stagg. In the 1940s, it became a staple of college football before being adapted for high school and youth levels. Its enduring appeal lies in its versatility and the way it encourages every player to contribute to the offensive drive.

Core Features

- Balanced Line: The offensive line is typically spread out to accommodate the wingbacks.
- Quick Handoffs: The quarterback often receives a handoff or pitch on the first or second pass attempt.
- Misdirection: Plays frequently involve counters, reverses, and traps.
- Versatility: The formation can be used for both rushing and passing plays.

Key Principles of the Double Wing Playbook for Youth Football

When constructing a playbook, coaches should focus on principles that translate well to younger athletes. Here are the essential pillars of a double wing offense suitable for youth teams:

1. Simple Terminology: Use clear, concise play calls that players can memorize quickly.
2. Repetition: Emphasize a core set of plays that players run until they are comfortable.
3. Balanced Attack: Mix inside and outside runs to keep defenses guessing.
4. Player Development: Design plays that allow linemen, backs, and receivers to grow their skill sets.
5. Safety First: Incorporate drills that reinforce proper blocking angles and footwork.

Setting Up Your Double Wing Playbook

Building a playbook is a step by step process. Below is a practical guide for youth coaches who want to launch a double wing offense.

Step 1: Define Your Personnel

Identify the positions you have and the roles each player will fill. A typical double wing setup includes:

- Quarterback (QB)
- Running Back (RB) or Fullback (FB)
- Two Wingbacks (WB)
- Two Tight Ends (TE)
- Offensive Line (OL): 5–6 players
- Receivers (WR) or Slot Receivers (SR)

Step 2: Choose Your Core Plays

For youth football, start with five to seven plays:

1. Inside Power Sweep: Wingback to the inside, pulling guard, and power run up the middle.
2. Outside Counter: Wingback on the outside, fake inside run, then counter to the opposite side.
3. Reverse: Wingback receives a pitch, turns, and runs back across the field.
4. Quick Pass: Short slants to receivers or a quick screen to the wingback.
5. Play Action Pass: Fake the run to draw linebackers in, then pass to a slot receiver.

Step 3: Develop Play Calls

Create simple, memorable calls. For example:

- “Sweep 1” for the inside power sweep.
- “Counter 2” for the outside counter.
- “Reverse 3” for the reverse play.
- “Screen 4” for the quick screen to the wingback.
- “Play Action 5” for the play action pass.

Step 4: Assign Responsibilities

Use a simple diagram for each play, labeling each player’s role:

- QB: Pass or handoff
- FB: Lead blocker or ball carrier
- WB: Receiver or runner
- TE: Block or route
- OL: Block angles and gaps
- WR/SR: Route or run

Player Positions and Their Roles in the Double Wing

Understanding each position’s responsibilities is vital for a cohesive offense. Below is a quick rundown tailored for youth football.

Quarterback

The QB’s main job is to read the defense and make quick decisions. In a double wing, the quarterback often executes a short handoff or pitch to a running back or wingback. They must also be prepared for the occasional quick pass.

Running Back / Fullback

The RB or FB usually serves as the primary ball carrier or lead blocker. They need to develop good vision to find running lanes and solid blocking fundamentals.

Wingbacks

Wingbacks are the heart of the double wing offense. They run outside the tight ends, often taking on the role of both runner and receiver. They must master the art of timing their runs with the blocking scheme.

Tight Ends

TEs in the double wing act as hybrid blockers and receivers. Their ability to block effectively against linebackers is essential, while their route-running can create mismatches on short passes.

Offensive Line

OL players must focus on footwork, hand placement, and recognizing defensive fronts. They are responsible for creating the lanes for the wingbacks and protecting the quarterback on short throws.

Receivers / Slot Receivers

These players provide the receiving options for quick passes and screens. Their route precision and ability to gain yards after the catch are key.

Common Plays in a Double Wing Youth Playbook

Below are detailed play descriptions that can be incorporated into your playbook. Each play includes the setup, blocking scheme, and execution notes.

1. Inside Power Sweep

Setup: QB under center, FB lined up behind the QB, two wingbacks on the outside of the tight ends.

Blocking Scheme: The guard on the side of the sweep pulls to block the interior defender. The tackle on the same side blocks the defensive tackle, while the opposite tackle blocks the defensive end.

Execution: The FB hands the ball to the wingback who runs a power sweep up the inside edge, following the pulling guard. The tight end on that side provides a blocking wedge.

2. Outside Counter

Setup: Similar to the inside sweep but the wingback on the inside line is the one who will run the counter.

Blocking Scheme: The guard on the inside pulls to block the interior defender, while the tackle on the inside blocks the defensive tackle. The outside tackle blocks the defensive end.

Execution: The QB hands the ball to the inside wingback. The inside wingback fakes a run toward the inside, then counters to the outside, using the pulling guard as a lead block.

3. Reverse

Setup: QB under center, wingback on one side of the line, the other wingback on the opposite side.

Blocking Scheme: The guard on the side of the initial pitch blocks the interior defender. The tackle on the same side blocks the defensive tackle. The opposite tackle blocks the defensive end.

Execution: The QB hands the ball to the wingback on the outside. The wingback runs toward the inside, then turns around and runs back across the field, taking advantage of the defense's over commitment.

4. Quick Screen

Setup: QB under center, wingback lined up on the line of scrimmage, receivers in the backfield.

Blocking Scheme: The offensive line blocks the defensive line, while the tight ends provide a short block to the wingback.

Execution: The QB throws a quick screen pass to the wingback, who then uses the blockers to gain yards after the catch.

5. Play Action Pass

Setup: QB under center, FB behind the QB, wingbacks on the outside.

Blocking Scheme: The guard on the side of the play action pulls to block the interior defender. The tackle blocks the defensive tackle, and the opposite tackle blocks the defensive end.

Execution: The QB fakes a handoff to the FB, then looks for a slot receiver or a tight end down the line. The defense's reaction to the run fake creates space for the pass.

Teaching Youth Players the Double Wing Offense

Effective teaching requires a blend of drills, repetition, and real game scenarios. Below are strategies that work best for youth football.

1. Break Down the Play Step by Step

Use visual aids like diagrams or a whiteboard to explain each player's role. Then, walk through the play in slow motion before letting players run it at full speed.

2. Emphasize Blocking Fundamentals

Since the double wing relies heavily on blocking, conduct drills that focus on stance, hand placement, and footwork. For example, a "block and move" drill helps linemen and wingbacks practice moving into the correct position.

3. Use Repetition to Build Muscle Memory

Run each play multiple times in a practice session, gradually increasing the speed. Repetition solidifies the steps players need to remember during a game.

4. Incorporate Game Like Situations

Simulate different down and distance scenarios. For example, practice a 3rd and short play action pass or a 4th and goal inside power sweep. This helps players understand when to use each play.

5. Encourage Player Feedback

After each drill or scrimmage, ask players what they felt worked and what didn't. This feedback loop keeps the playbook dynamic and responsive to your team's strengths.

Practice Drills for the Double Wing Offense

Drills are the building blocks of a successful playbook. Below are drills specifically designed for the double wing offense in a youth setting.

1. Wingback Blocking Drill

Set up a line of blocks on the line of scrimmage. Have the wingback practice taking a block from a defender, then running a short path to the ball. Focus on hand placement and staying low.

2. Inside Counter Timing Drill

Use a cone or marker to represent the inside block. The inside wingback runs a counter, while the guard pulls to block. The drill emphasizes timing between the guard and the wingback.

3. Quick Screen

Baca Juga (Artikel Terkait)

- **advanced engineering electromagnetics solution manual edition hardcover by balanis constantine a published by wiley**
  URL: http://blueesystems.com/advanced-engineering-electromagnetics-solution-manual-edition-hardcover-by-balanis-constantine-a-published-by-wiley.pdf
- **advanced engineering electromagnetics solutions manual**
  URL: http://blueesystems.com/advanced-engineering-electromagnetics-solutions-manual.pdf
- **advanced engineering electromagnetics wiley 1989 grading**
  URL: http://blueesystems.com/advanced-engineering-electromagnetics-wiley-1989-grading.pdf
- **advanced engineering fluid mechanics by biswas**
  URL: http://blueesystems.com/advanced-engineering-fluid-mechanics-by-biswas.pdf

Tags: #double #wing #offense #playbook #youth #football