

Triple Optioning the Waggle

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Think of how many teams are essentially triple teams, but have a different name for their attack: spread option, split back veer, wishbone, I bone, flex-bone, wing-bone, etc. When one adds this type of attack with the misdirection of the wing-t, the combination has potential to be devastating to defenses.

So, why not combine the two concepts into one? Triple optioning the waggle truly belongs within the wing-t philosophy. It combines misdirection while attacking multiple points of attack *within the same play!* The waggle, and the whole buck series for that matter, places its focus on attacking three points of attack: the off-end hole with buck sweep; the off-center hole with the trap; and the perimeter opposite flow with the waggle. The triple option off the waggle adds two more points of attack within the same series: the wide perimeter and the off tackle hole opposite flow.

The origin of this play has its roots in the counter criss-cross play. The way counter criss-cross is blocked requires the TE to pull (figure 1).

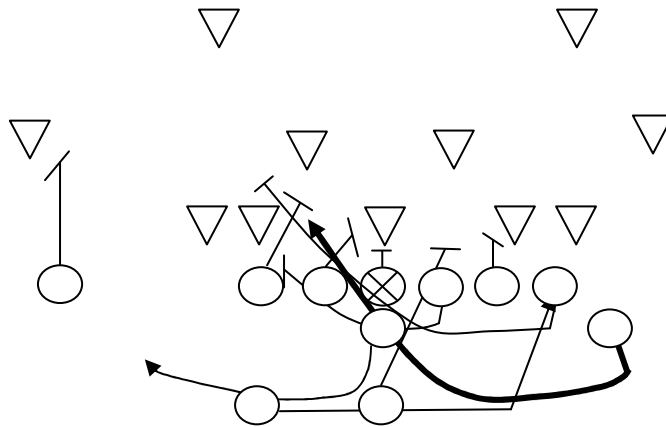


Figure 1

Jokingly, I made the comment to the TE that if he blocked really well on this play, that I would call “Counter Criss-Cross to the TE.” Then, I thought, why not give him the ball? He is one of our better athletes, has decent speed, works hard and deserves to get the ball.

Getting him the lead blocking he needed required basic wing-t blocking rules: getting blocks in at the hole, out at the hole and through the hole. This meant a down block and two pullers which resembled the waggle blocking scheme. This put a damper on the backfield action. The wing back is out of the play for blocking purposes; and sending him deep would be an option, but we were not much of a passing team, so we knew he would not be fooling anyone. The Waggle Ohio, which was our option play to

the WB off waggle action, was a decent play for us the previous year; and it required the WB to run in a pitch relationship with the QB. This answered the question as to what we will do with the WB.

Another issue that arose was that the HB is too deep and TE is too close to make a feasible handoff between the two. This forced us to have the QB deliver the ball to the TE. What better way can the QB do this but with a shovel pass?

Put it all together, and it gave a triple option version of the waggle shovel.

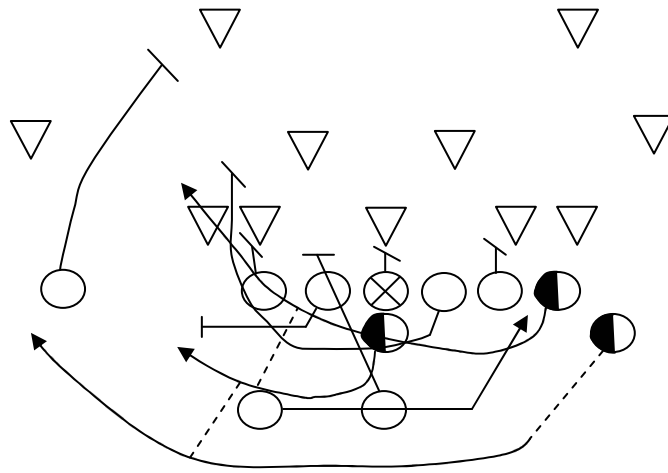


Figure 2

Coaches unfamiliar with the triple option often scoff at it thinking that a high school kid cannot make the reads required to execute it, the reads are too quick, or you need a great athlete. Triple optioning the waggle shovel takes away the dive read which is the toughest of the triple option reads; also it slows reads down because of the two fakes that the defense must take into account and that the QB is not reading a charging a DT right at the LOS. It does not require the great athlete because the waggle is a staple play whether the QB is a pocket passer or an athletic QB. Truth is, most triple teams will tell you that you need a good decision maker not necessarily a great athlete to be their QB.

Our blocking rules are:

PST: Gap-down-area.

PSG: Pull, Log 2nd man past C, if 2nd man is deep, kick out.

C: Reach, Away.

BSG: Pull, block out, if 3 tech, stay.

BST: Reach, Hinge

SE: Crack the force defender

Backfield action rules are:

WB: 3-step motion, get in pitch relationship with QB.

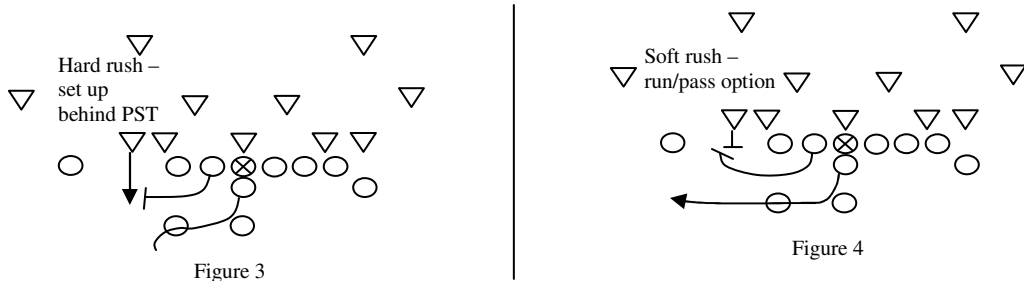
FB: Dive for PSG's inside leg, fill hole.

HB: Fake bucksweep

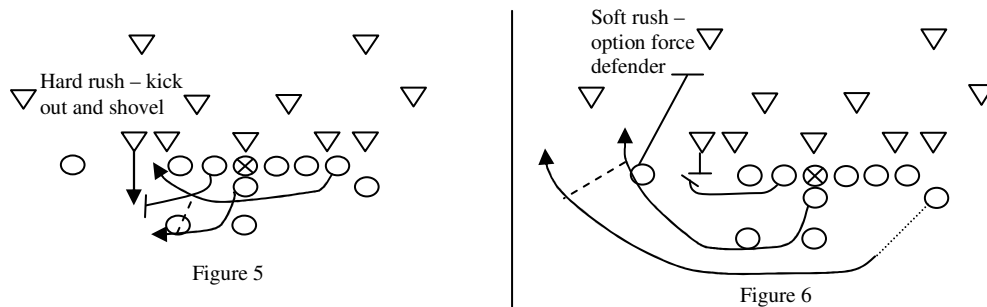
TE: Pull; cut up behind BSG's block

QB: Fake trap, fake sweep; Shovel or option with WB.

Asking our QB to read the DE was not a monumental task. He reads the DE anyway in the regular waggle play to determine if he is going to break contain or not. If the DE gives a hard rush up field, our QB sets up behind PST and hits the open receiver. If the DE gets logged our QB runs toward daylight and executes his run-pass option. (Figures 3 and 4).



Using this basic read, we asked our QB to shovel the ball if the DE is up field and to keep the ball and execute the second leg of the play if the DE is in a read technique. (Figures 5 and 6).



After the first read, the second part is like any other option play. QB attacks the CB. If the CB comes on him he pitches, if not, he keeps it and runs to daylight.

The triple option off the waggle shovel gave us an opportunity to put the ball in our TE's hands, exploit the hard rushing end set to wreck the QB's path on waggle, forced the backside of the defense to play assignment football, and puts DB's in conflict between defending run and pass.

For questions or comments, please e-mail me at CoachMetz@aol.com