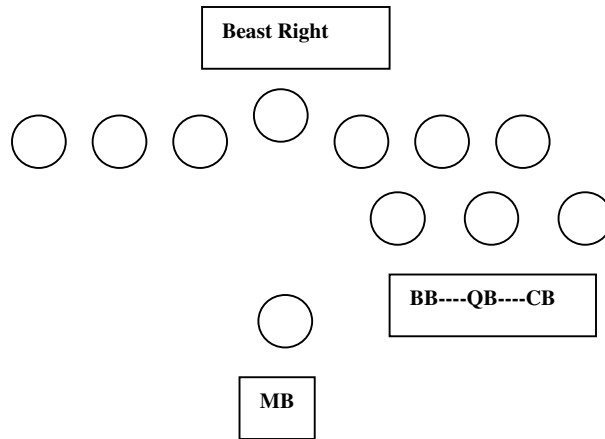


Running the Bull and the Bear Package

Gregory Double Wing

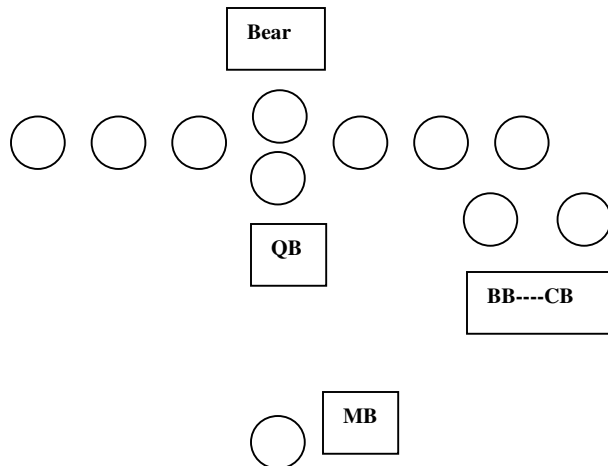
By: Coach Jack Gregory

This happens to now be one of my favorite packages due to the success that I had with it on the field. It is a simple package that utilizes a balanced line unbalanced backfield that simplifies a lot of the double wing philosophy and techniques that are inherent to the system. Which is a major reason why I like this package so much as it allows me to utilize the double wing system that appears completely different to the defense. It was originally derived from Steve Calande's Beast package; a direct snap unbalanced package that has been very successful for Steve and a host of other coaches including myself.



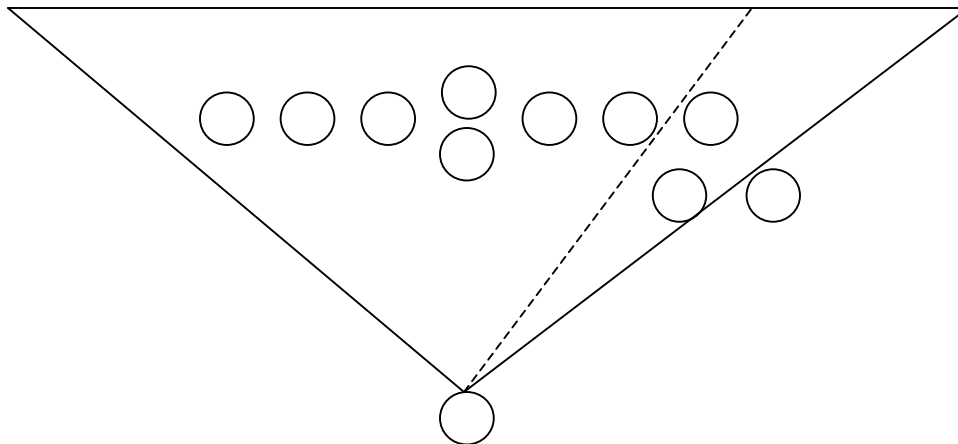
A Little History

As I stated before this package was derived from the Beast package developed by Steve Calande. I installed a balanced line version of the Beast that I called Beast Left and Beast Right. Steve's package was an unbalanced line (tackle over) formation and was simply designed but dangerously effective and I wanted to have a different look that was simple to install but would give the defense some real problems. We used the Beast package for four games but our center was having a real problem with the direct snap due in part to me not coaching the snap effectively. So we made some changes and modified the formation to simplify it for the MB. In doing so we made some real good discoveries about the package we now call Bull and Bear.



The Bull and the Bear

So we decided to move our quarter back under center and move the BB over one more gap. We also moved the MB back to seven yards vice five yards in the Beast package. What I found was this allowed for much more misdirection in the package then was offered in the Beast Package. Although I think the Beast package is probably one of the best power packages in youth football I think it lacks effective misdirection ability that an indirect snap formation offers. This is only my opinion but when you look at the formation the MB has to cover some distance quickly or pitch the ball from a good distance to create misdirection in the Beast. With the QB under center it allows us to either dead pitch the ball to the MB or make an inside or outside hand off to either the BB or CB on some form of counter play as well as using the QB. The other aspect of this formation that I really like is that the depth of the MB puts the runner downhill to the hole. Meaning that if you have a "true" tailback downhill style runner and you don't like the I formation, for it's lack of misdirection ability and easy keying of the backs by the line backers, then this is a great alternative to the Power I, Wing I, or Stack I in my opinion. I like the fact that I can run 99% of the Super Power series in this package with very little change in how the play is run. Bear in mind your not using motion now and the MB is placed in a better position to see the hole as well.



Above is the Bull formation with an illustration of the field of vision the runner has as well as the downhill path to C gap (dotted line) for the super power play.

Advantages of the Package

There are several key advantages that this package provides that are worth noting and reviewing. First since the MB is in a fix position seven yards behind the QB and the BB is moved into 1 yard behind the C gap in a 3pt stance inside of the CB who is also 1 yard deep and in a 3pt stance that means we don't need to use motion to move the MB into position to receive the dead pitch. This simplifies the package significantly which means this package is friendlier to younger teams (5-8 age group) and teams new to the Double Wing system (DW). Secondly one other problem that is prevalent t in the classic DW package is that the BB when making his kick out block or log block over extends due to

moving quickly from his alignment behind the QB. When this occurs he can miss his block or over run his blocking target. By moving him closer to the blocking path he can still make a solid kick out or reach block under control due to the shorter path. It also allows us to attack a more athletic or superior DE quickly before he can establish position. The force he generates on a normal block in the DW package is not present in the B&B package. But the BB can still generate an enormous amount of force on the kick out due to his 90-degree path he is taking. It also allows him to make a far better reach block on a crashing end much more quickly as well. Third, as I stated earlier, if you have a naturally gifted down hill runner this is a great way of putting him in a position to run down hill and attack the defense naturally. It also gives us the ability to attack the strong side C gap or as with the Super Power Sweep bounce the play outside. The only problem with this is that the MB will often try to bounce the super power play outside on their own with out any support. You must be even more attentive to this problem then in the normal DW package. Fourth this package simplifies the misdirection since the MB is aligned deep it forces the secondary to focus the majority of their attention on him. This allows us to utilize the BB (Trap/Wedge/Counter), it makes it easier to use the CB counter plays as well (Counter/Lead Counter/ Wedge) since the MB is clearing the backfield handoffs much quicker and in wider space from the QB/CB handoff, and it allows us to spin the QB and use him in wedge and even a trap. Lastly this package has an outstanding playaction capability; note the bunch positioning of the PSTE, CB, and BB on the strong side. With the power and misdirection capability of this package the playaction and bunch passing become very significant.

The Same Look But Different?

The biggest advantage I see with this package at the upper youth levels is that you can implement it very easily but give the appearance of a completely different package from the DW. Just one simple twist can often give you “space” to execute your game plan and win the game. More over if your having an issue teaching the DW for whatever reason you can simply run it from B&B since almost all of the super power series can be run from this package.

Basic Series

The first play we normally establish is the Super Power play. This is exactly the same as the DW package super power except for positioning of the players. The first set misdirection plays are the BB shovel pass wedge off the super power action, CB shovel pass wedge with the BB kicking out the backside emlos (end man on the LOS) as we fake super power, and the QB wedge that has the QB spin faking the dead pitch as super power is faked. The next set of plays are the BB trap to back side, Lead CB trap to backside, BB counter, and Lead CB counter. The last set of plays are the QB wedge fade pass and the QB flood pass both of which utilize sound playaction principles as aggressive pass blocking while they attack the vertical gaps and the perimeter of the defense.

What is not in the Playbook

First it should be noted that the play Bear Power-G Sweep Rt is actually called Bear Super Power-G Sweep Rt. The QB is spinning and leading thus the SUPER tag. Two plays that I did not add but I think will be very successful are Bear Part In Rt and Bear Side Rt. Both use SAB to good advantage. In the case of Part In the BB inside traps the first interior defender to show and the C and PSG SAB IN while the PST and PSTE SAB OUT. The CB leads into the hole (Outside In) with the BSG (Inside Out). The QB dead pitches and then boots under the BB and CB and pulls the perimeter defenders. With Bear Side Rt the CB to BSG SAB OUT while the BB flows inside and moves up into the space of the BST and BSTE sliding as the entire play side SAB OUTs. This allows him to work into the linebacker level and seal off the backside and create a space for the MB. At the same time the QB dead pitches and boots under the play side pull the perimeter defenders. The other play is Bear Reach Rt Fold which has the CB, PSTE, PST, PSG reaching play side (1st to 4th defender outside) and the center blocking on if a NT is in place and if not releasing up field and sealing off the backside with the BSG, BST, and the BSTE. The BB folds under the CB's reach block and kicks out/logs the last defender outside. The MB attacks the LOS and then bounces it out.

Unbalanced

If you want to overload the play side and give yourself a wider SAB track or a wedge that is one position moved to the play side you can call Double Bear and move the BSTE over to the outside of the PSTE. If that occurs the BSG is the only puller.

Conclusion

I hope by going into a little more detail about the Bull and the Bear and discussing why I use it as well as how I use it that helps some coaches on deciding to run this package and how to more effectively utilize it. The one thing I like about this package is that although it is a simpler system it is very versatile and gives the coach a variety of ways to attack a defense.

Coach Gregory

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