

Coach Parker's Power Wing Beast Offense Youth Football Playbook

**Beta Draft Playbook
Working DV 0.162117**



How to Use this Book

This book is a companion book to my YouTube video series on the Power Wing Beast Offense and articles on CoachParker.org. You can find all the videos and more youth football coaching tips, drills, playbooks, etc at CoachParker.org. The videos are at this link....

https://www.youtube.com/playlist?list=PLEaSh6IHbtQ_VcwRGqQ9TA1vrQG0aCM0e

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If you would like to contact me, please feel free to do so at
<https://coachparker.org/about-coach-parker/contact-me/>

Enjoy the book and videos. Contact me anytime, I would love to hear from you.

Thanks,
Coach Parker

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Chapter 2 – Power Wing Beast Offense

The Power Wing Beast Offense (PWBO) for youth football is a multiple formation power running offensive system based on proven and very successful Single Wing / Beast, I Wing and the Double Wing running formations and plays run by many High School and Pee Wee football teams across the USA.

The PWBO grew out of the Beast formation and evolved over time through actual practice and game situations to include multiple offensive formations that worked for my youth offenses and were successful at winning youth football games in Texas and Colorado Select and Recreational Pee Wee football tackle leagues.

Because I am a ball control power running game minded coach, the three main

offensive formations of the Power Wing Beast Offense are:

1. Single Wing / Beast
2. I Formation
3. Double Wing

All of the PWBO plays come from the above 3 formation offensive formations and their variants. There are multiple other variant formations in the PWBO that are based on these main formations. For example the Angl formation is just an off-set I formation and my Spread formation is just a Double Wing with two split ends. Since I mainly run from this formation I still consider it a Double Wing rather than a Spread formation and most of my plays are still based on Double Wing terminology.

Chapter 3 - Why Multiple Formations?

- Flexibility
- Maximize Talent
- Formation Strength
- Hide Weaknesses
- Confuses Defenses
- Play Multiplier
- Evolves and Grows with Team
- It's Funner!

youth football ages 5 to 12. Since the PWBO is a system not just one Offensive formation, the PWBO can grow and evolve with your team as it ages into upper age divisions, gains experience and as your player talent pool changes. The PWBO provides consistent terminology and strategies to use over the course of 1 to 7 years as your youth football team grows.

The PWBO multiple offense system offers a proven flexible offensive playbook that assists any Head Coach and or Offensive Coordinator to organize and plan your team's road to the Championship.

The Power Wing Beast Offense (PWBO) is a multiple formation offensive system for

Chapter 4 - PWBO

Offensive Strategy

I am a defensive minded ball control Offensive football coach. Defense wins games so I want to protect the football at all times and not turn over the football. I also want to control the clock. If my opponent does not have the football it is hard for them to score. We have kept many high scoring offenses off the field using the Power Wing Beast Offense and it drives offensive coordinators mad when they never touch the football for an entire quarter.

Since this is youth football and many youth QBs are not great passers I focus on the run game and use play action passing to keep defenses honest. I use counter plays to catch overly aggressive defenses and make sure my offensive linemen are the best coached in the league. Great coaching will minimize mistakes which in turn helps you maintain field position. Penalties and turnovers kill successful offensive drives. Do not over think

it, do what you do best and keep doing what is working. If the 5 hole is there run it ten times to the 5 hole. I have and it won a Super Bowl.

Here are my Offensive Strategies for the PWBO system.

- Use Multiple Formations to Disrupt Defense
- Control Field Position
- Manage the Clock
- Run the Football
- Play Action Passing to Set up Run Plays
- Use Counter Plays to Slow Aggressive Ds
- Minimize Mistakes and Penalties
- Keep Doing What Works
- Best Blocking Offense in Division / League

PWBO Offensive Formations

1. Single Wing Beast

- a. Beast Tight
- b. Beast Wide / Worm
- c. Beast Jumbo
- d. Beast Fat
- e. Beast Bunch
- f. Beast Wall

2. I - Formation

- a. Spy (I-Wing)
- b. Pie (Power I Variant)
- c. Angl (Off-Set I)
- d. Trig (Inverted Wishbone)
- e. Pistol (Shotgun Diamond)

- f. Split (Wing T-ish)

3. Double Wing

- a. Speed (DW Wide WBs)
- b. Duc (Double Wing)
- c. War (Tight Double Slots)
- d. Spread
- e. Spread Stack
- f. Spread Trips

Player Types – Halfbacks

Halfbacks

Halfbacks are hybrid running backs between the very fast tailbacks and the hard nosed tough fullbacks with a little QB thrown in there too. They are good all around running backs. They can usually run a stretch Sweep right off the tight ends butt but has trouble breaking contain and hitting the corner with any real speed.

If I do not have a true Tailback I am usually running two halfbacks split or a fullback halfback split. Trying to run a Jet Sweep offense or Sweeping type offense will be tough without the speed of a ‘true’ Tailback. I am ok with two

halfbacks and no Tailback because I know I can run the Beast, Fat and Pie formations all day long.

Halfback Qualities

- ✓ Fast but not top Speed in Division
- ✓ Good Size above average
- ✓ Very Tough and Muscular
- ✓ Good feet but not a real Juke RB
- ✓ Pretty Good Arm for HB passes
- ✓ Does not mind to run inside all day
- ✓ Faster than your FB usually
- ✓ Protects football
- ✓ Usually #2 RB behind the TB

I love to have a fast halfback that is almost a TB that can be the main Beast Back.

Installation Process

- Player Try Outs
- Review Stance – LM and RBs (2pt and 3pt)
- Cadence Snap Count
- Hole Numbers and Back Numbers Station
- Formations – Beast Variants and Pie First
 - Fat, Angle, Trig
 - Tight, Split End, Slot, Wing, Wide Receiver, Nasty TE
- Blocking Calls – Larry / Roger, Jaw, GOD, GOLD, GOO, Wedge and Big and Even line sets
- Walk Thrus with RBs with Rings
- Everyone walk thrus blocking calls
- Team Walk Thrus
 - Formation Shifts RBs
 - Huddle
- Base 8 Beast Plays

Offensive Install Practice Plan

- Practice 7
 - Team Blocking Drill
 - Small or Big Oklahoma Drill
 - Break Out Periods RB and LM
 - LM - Jaw Blocking / Right Left Track Blocking / BB Split / GOD / GOLD GOO Rules / Alignments / Gap Splits / Blocking Drills
 - RB – Ball Protection / Taking Handoffs / QB Exchange / Formations / Plays
 - Team Offense
 - Review how to Huddle / Run to LOS
 - Review Beast Tight formations Right and Left
 - Review Beast Wide & Beast Jumbo
 - Walk Thrus Formations and Plays
 - Beast Tight – Tank, Wedge, Grenade, Pop Pass
 - Beast Wide – So Long, Gut Counter
 - Beast Jumbo – Stretch maybe Sweep Opt Pass
 - Pie or Fat Formation – 23, 25, 27 Power Dive
 - Half Line Scrimmage run Plays Live
 - End - Ultimate Football Game or Dogs & Rabbits Chase Game
- Practice 8 - Practice Scrimmage
 - Coach Talk about Practice Scrimmage
 - Thank Opposing Team for Scrimmaging
 - Good Sportsmanship
 - Coaches will be on field ask questions if need help
 - We will have 10 plays Offense then Defense for 10 plays and do it again and then maybe 5 and 5. So about 25 plays on offense.
 - Quick Team Offense Review 20 Min
 - Review Beast Tight, Wide, Jumbo formations Right and Left / Pie or Fat R/L
 - Walk Thrus Formations and Plays
 - Beast Tight – Tank, Wedge, Grenade, Pop Pass
 - Beast Wide – So Long, Gut Counter
 - Beast Jumbo – Stretch maybe Sweep Opt Pass
 - Pie or Fat Formation – 23, 25, 27 Power Dive
 - Scrimmage
 - First Off 10 / Second Off 10 / Subs Off 5
 - Run Scripted Plays for each Group
 - Film from behind LOS
 - Review C/QB Exchange / assignments / blocking / ball protection / execution

Learning Offensive Holes

One of the first things I teach my young football players is the offensive holes, gaps, position names and formations. Once we establish our base offensive vocabulary, then it is much easier to learn running and blocking assignments. To do this I developed a t-shirt system very similar to the using a numbered fire hose, but I believe this system works better because you can add more information to the t-shirt and also use t-shirts for the backfield positions.



In the example above, the Center and Guards are shown, but I make t-shirts for all of our offensive positions and move them around accordingly to teach our gap splits and formations.

The cost to make the t-shirts is minimal, maybe \$20. I use old t-shirts and have also bought cheap t-shirts from Wal-Mart. I think men's X-large white t-shirts work

best. I use a large black permanent marker and write the positions in the middle of the t-shirt and my hole numbering schemes on the sleeves. For backfield positions, I write position and the back number; QB – 1, TB – 2, WB – 3, FB – 4. You can customize the t-shirts to whatever system you chose to use on offense. You can also use cones and rings instead of t-shirts to do the same thing.

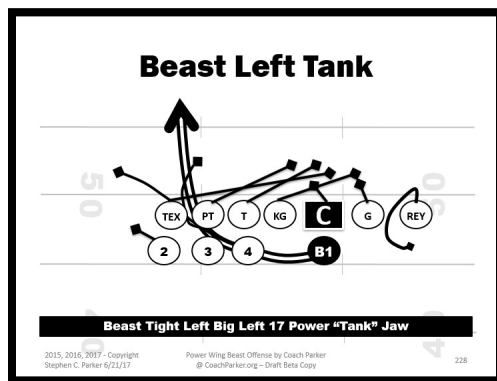
For the first two weeks of practice each season, we spend 10-15 minutes a practice learning our formations using the t-shirt system. I lay the t-shirts out and talk about each position and general responsibilities. I then turn the t-shirts over and ask the players where each positions, hole, gap etc, is located and to turn over that t-shirt. When learning our various formations, I will ask the players to move the t-shirts to the new locations.

I also use this t-shirt system to teach defense and I have a defensive set.

The Beast Base 8

For many youth football teams especially teams below 8U, I would probably only run the Beast Base 8 Plays, especially at 5 and 6 year olds. These plays have served me well over 20 + youth football tackle seasons. They are very easy to coach and install for even Rookie pee wee football coaches. Six plays are run plays and two plays are passing plays. The Beast Base 8 gives you 16 plays Left and Right. More than enough to score and win games.

The main play in the Beast Base 8 is the Beast Tank play. The Beast Tank play is a power lead off-tackle play which is very similar to a flying wedge trap. I run this play 70% of the time on offense.



The Beast Tank play has an overloaded line which I call "Big" either left or right. The running backs line up behind the Tight End and the two offensive tackles with their hands on the linemen's hips. I prefer the Beast running back to be under the Center on a Tank play but they can line up in shotgun if you have a great Center that can shotgun snap accurately more than 98% of the time and a Beast back that is not a dancer in the hole.

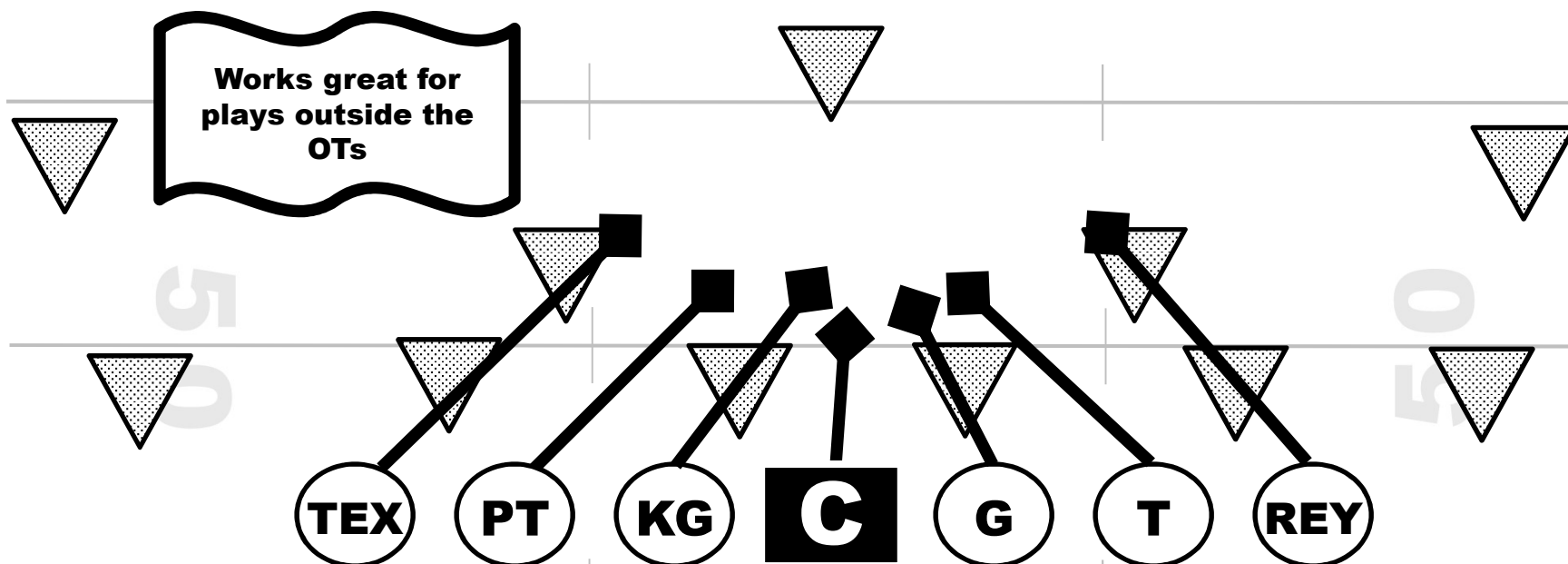
If your Center cannot shotgun snap accurately 14/15 perfect snaps then do not kid yourself, you cannot run shotgun plays. One bad snap on a drive will kill a drive and possibly turn the football over.

The offensive line blocks JAW which is an inside track block with the play side tight end acting like a bowling ball pushing over all of the defenders in the interior line. The backside TE blocks GOO and hinges to catch any backside pursuit. The outside back over the TE will kick out the DE and the two interior backs will power lead block on linebackers or d-backs standing in the running lane. The Beast back will scrape down the LOS similar to a Wedge and pop out following the two lead blockers.

Blocking Philosophies

- Left side of o-line is power side
- Always Protect the Inside Gap
- Block D-linemen then LBs; get the 3 yards
- LM Engage Defender with Hands Quickly
- Use Multiple Blocking Calls – Plays / D-Fronts
- Use Overloaded O-Line over Pulling LM
- Pull LM only if have effective blocking pulling LM
- Use FB to Lead, Trap / Seal DE / Contain Man
- One good Fake by RBs equals 2 Blocks

Jaw – Inside Track Block



- Hard Inside Step with Inside Foot
- Blocking on a angle track less than 45 degree angle
- Not assigned a man but a angle track inside
- Trying to create double and triple teams at LOS
- Pretty good for inside run plays too, simple wedge
- Can be called from Big Line too

Not as effective for blocking LBs. Make sure LM do not angle pinch too much if no one there to block. Track a few steps then hunt.

Chapter 12

Offensive Play Calling Strategy 1

Here are many Offensive Play Calling Strategies that are used by many youth football coaches:

1. Give your Super Star / Play Maker the ball as much as possible
2. The Sweep is the big play in youth football
3. The off-tackle play wins football games and sets up all other offensive plays
4. Call plays based on a series of play calls to set up the defense
5. Passing in youth football offenses is a wasted play
6. It's all about misdirection
7. Overload play side offensive line & LOS with blockers
8. Spread the defense out
9. Use trick plays when all else fails on better opponents
10. Use multiple offensive formations to confuse the defense.
11. Use all 4 downs in youth football never punt
12. Always run / sweep to the wide side of the field
13. Passing Spreads the defense out so you can run up the middle

I'll end on lucky 13 and you can certainly add more strategies in the comments section below. Don't be afraid add your two cents to mine and maybe we can learn a thing or two.

Now you're waiting for the right answer, well the right answer for a play calling strategy is whatever works for that team and its current set of players. Sorry, I don't mean to be facetious but KISS. Keep it Simple Stupid or Sweet if you don't like the word stupid. I have

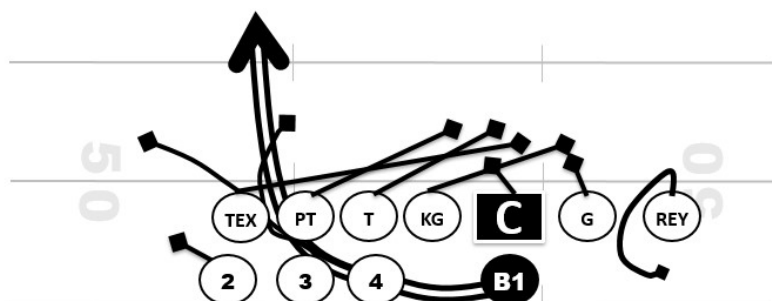
tried pretty much all of the strategies above and in combination, and the best offensive play calling strategy that works is the one that scores for your current team.

I will say the play calling strategy combination that seems to work for most of my teams is;

1. Unbalanced / Overloaded Play side offensive line
2. Give the ball to my Play Maker 70%+ of the time
3. Sweep if you have speed / Off tackle if you don't
4. Use all 4 downs to make a first down
5. Never punt unless it's a must which is pretty much Never

Beast Tank L/R

Beast Left Tank



Beast Tight Left Big Left 17 Power "Tank" Jaw

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Coaching Points

- ✓ B1 must stay close to oline. Play is really a flying wedge trap play. Do not open deep, open toward oline. Get in scrum quick. Quickly read 2/4 hole it may be open if not proceed to 5/7.
- ✓ TEX severe angle blocks down washing out d-line.
- ✓ #2 back must block any outside rush coming over top
- ✓ #3 & #4 blocking backs must create tunnel with in & out blocks on DBs
- ✓ Backside TE must protect inside GAP or hinge for any backside rush

Play Strategy

The Beast Tank play is the base power running play in the PWBO and the go to play for 3 to 5 yards. This play can be run anytime but is most effective in combination with the Beast Wedge since they look very similar except for a "Big" vs "Even" line. The Defense is challenged by the Power Blocking at the POA and the best inside running back utilization as the Beast Back.

Player Assignments

Off LM

TEX - JAW Block
PT - JAW Block
T - JAW Block
KG - JAW Block
C - JAW Block
G - JAW Block
REY - GOO Hinge

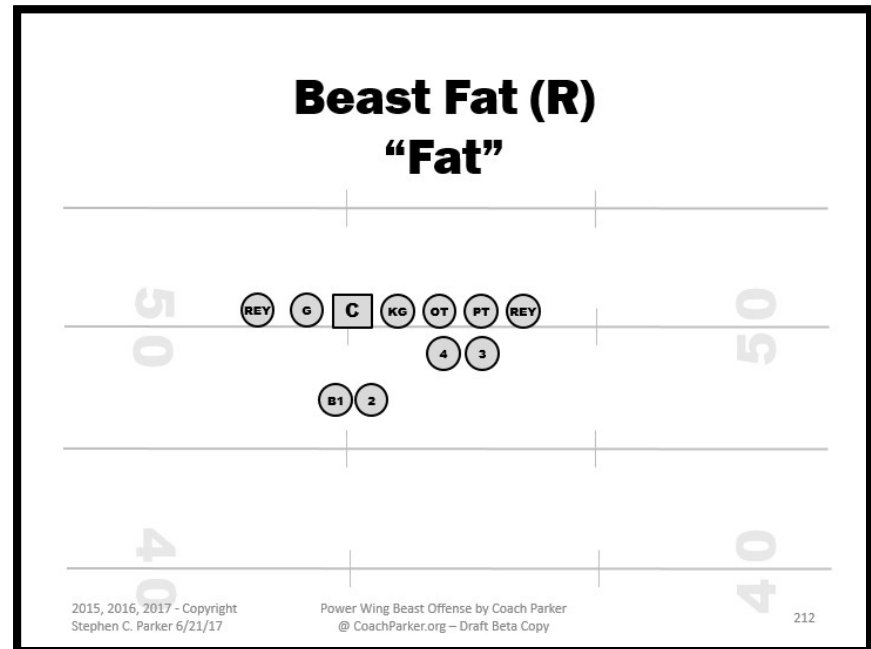
** Can also
 Roger (Larry)
 block this play*

Running Backs

1. Turns play side, runs tight, inside elbow scraping oline, reads & cuts upfield off power tackles outside hip, sprints thru 3 & 4's tunnel block
2. Block DE / Outside rush
3. Push PT forward, slide tight down oline, peel around TEX and block inside man
4. Push OT forward, slide tight down oline, block first man out creating tunnel for #1

Beast Fat Plays

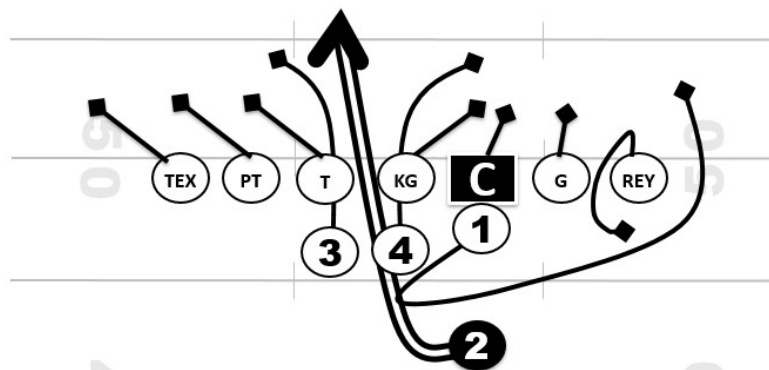
- Wildcat Pie formation without “true” QB
- Good formation if you have two pretty good running backs
- Combo of Beast and traditional Single Wing formation
- Good formation to rest your main Beast back by having them block backside a few plays
- Can also rotate the two RBs to rest each other
- For older more experienced teams have the Beast Back call “weak” hole at LOS or Coach can call from sideline
- Gap Split at Hole
 - Sloppy Tackles / Nasty TEs
 - Stealth - No Gap at hole



1. #1 Beast Back less than 4 yds from C
2. #2 TB less than 4 yds from C
3. #3 Just behind OL at hole called
4. #4 Just Behind OL at hole called
5. oLine in Big set most of time

Pie 23/24 Power

Pie Left 23 Power

**Pie Left Big Left 23 Power BB@3**

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Coaching Points

- ✓ This play is a sister play to the Pie 25 and 27 power plays. If man in hole the play shifts wide until empty hole at LOS.
- ✓ oLine and RBs must see man in Hole and make the Wider call.
- ✓ oLine does not split block with man in hole, becomes a double team and hole moves one hole wider
- ✓ #2 must follow blockers and not bounce outside until after crossing LOS

Play Strategy

The Pie 23 Power play is a hard hitting up the middle power running play that checks the interior of the Defensive line for holes & weaknesses. Run this play along with the 25 Power early to start feeling out the Defensive weaknesses in the middle & start setting up the Sweep & Pass plays. Many times the 3 or 5 holes will have a LB in them and 3 yards is very easy on these plays.

Player Assignments

Off LM

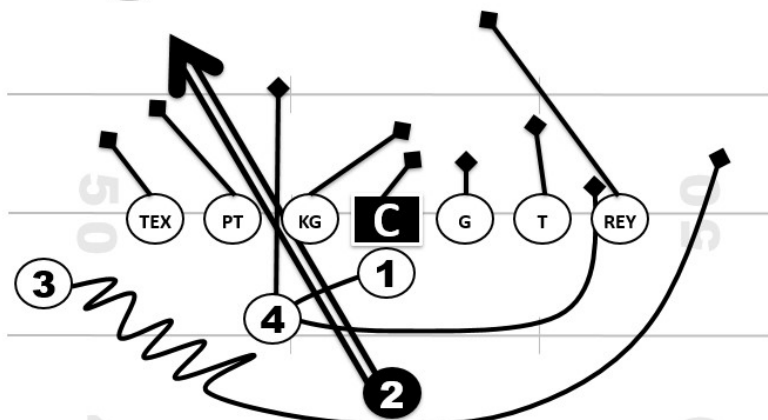
TEX - BB Split
PT - BB Split
T - Gap BBS
KG - Gap BBS
C - GOLD
G - GOLD
REY - GOO Hinge

Running Backs

1. Open play side, handoff to #2, bootlegs / blocks backside
2. Receives handoff from QB runs to 3 hole, follows blocks & cuts to green
3. Blocks Outside Defender in Hole
4. Blocks Inside Defender in Hole

Angl 23/24 Lead Blast

Angl Lt 3Mo 23 Lead Blast



Angl Left Even 3DeepMo 23 Lead Blast BB@3

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Coaching Points

- ✓ #3 should run motion like he wants the football on a reverse play, can also have him not motion and block
- ✓ QB makes good handoffs and fake to #3
- ✓ #4 must make good lead block on near LB
- ✓ #2 must make hard tough run up middle and cut off the block of #4, prefer cut outside away from Defenders
- ✓ TEs can double Nasty and oLine can Big

Play Strategy

The Angl 23 Lead Blast play is a quick hitting Isolation play on the Linebacker. This play is a great way to test the interior of the Defense and create a little misdirection with the 3 back running deep motion behind the Tailback. While the LBs is eyeing the motion back the fullback leads blocks on him and the #2 TB cuts to green and the end zone.

Player Assignments

Off LM

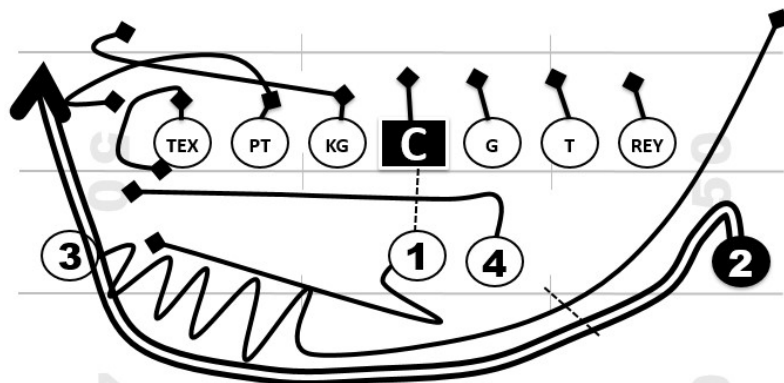
TEX - BB Split
PT - BB Split
T - GOLD
KG - BB Split
C - GOLD
G - GOLD
REY - GOLD

Running Backs

1. Opens play side hands off to #2 then reverse pivots backside to fake a reverse to #3 back in motion
2. Runs to 3 hole behind lead block accepts hand off, cuts off block and runs to green
3. Goes in deep motion behind tailback and fakes the reverse
4. Lead blocks on LB

Speed Motion 27/28 Dbl Reverse

Speed Rt 3Mo 27 Dbl Reverse



Speed Rt Even 3Mo 27 Double Reverse GOLD Reverse

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Coaching Points

- ✓ You can either handoff the second handoff or soft lob it to back
- ✓ QB must find and block first defender coming up field usually DE. Take him up field high that usually where he wants to go
- ✓ #2 must be ready to receive football and not just run wild, get the football its not just about speed
- ✓ Play side oLine blocks GOLD then Reverse Wall blocks. Count of 3 seconds before releasing to reverse block
- ✓ #4 FB fakes dive then Z blocks back across LOS to pick up a Defender
- ✓ Can Pull Weakside Guard or move Oline into Big set

Play Strategy

The Speed Motion Double Reverse play is the “Hail Mary” play in youth football. This play is usually a huge gainer TD play or a loss depending on how the play side Contain man and CB reacts to the Motion back. You want to see the Contain man crashing down at the QB and FB so the Reverse man comes up over the top. After the first exchange the QB hunts for first PS Defender in backfield.

Player Assignments

Off LM

TEX - Reverse
PT - Reverse
T - GOLD
KG - Reverse
C - GOLD
G - GOLD
REY - GOLD

Running Backs

1. Receives snap, opens to motion back hands off then sets up to block play side outside rush
2. Jab steps then turns to QB and runs reverse deep behind QB and FB going above #3 WB to accept hand off underneath and running wide to hole, green and end zone
3. Runs Deep Motion accepting hand off from QB and running sweep then hands off to #2 above and then continues fake sweep
4. FB #4 Z blocks back to play side

About the Author

Coach Parker has been coaching youth sports since 1994. He has coached 20 youth football tackle seasons and 10 non-contact, flag and 7on7 youth football seasons in Colorado and Texas. In 1994, he was a member of the Plano Sports Authority Football Coaching Staff of the Year. From 2007-2008 he served on the AMFA Coaches Committee and in 2015 served as a KYA Football Commissioner. He developed the KYA Coaches Clinic materials and presented the KYA Football Coaches Clinics for several seasons.

Coach Parker grew up in Texas; living, breathing and playing football. He started playing football in 3rd grade at the

Spring Branch Dad's Club YMCA for a top Select youth football team, the Bulldogs, and played through HS at Klein Forest HS in Houston, TX.

Coach Parker has game experience playing; Center, O-Guard, O-Tackle, Fullback, Noseguard, Defensive Tackle, D-End, Middle LB and Outside Linebacker. He has coached youth tackle football for Plano Sports Authority, Arvada Midget Football Assoc. (Denver) Texas School of Football, Premiere Youth Football, American Youth Football, and Keller Youth Association Football.