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The presenter in this video is Rick Darlington, Head Football Coach at Apopka High School PUT YOUR CURSOR OVER THE LOWER RIGTH CORNER OF THE VIDEO (IMAGE LOOKS LIKE THIS)TO WATCH THE VIDEO ON FULL SCREEN TO BE ABLE SEE LARGER DIAGRAMS AND VIDEOS This video is provided by Glazier Drive Glazier Drive includes 20+ systems with live Q&A, 900+ videos, hundreds of live events, and a complete social platform. Start your free trial at GlazierDrive.com. Please make sure that your sound is on and click on the video to play. PUT YOUR CURSOR OVER THE LOWER RIGTH CORNER OF THE VIDEO (IMAGE LOOKS LIKE THIS)TO WATCH THE VIDEO ON FULL SCREEN TO BE ABLE SEE LARGER DIAGRAMS AND VIDEOS Hmmm, a single wing talk at the National Wing-T Clinic? I was intrigued for sure. I first learned the ins and outs of the single wing when I read Dave Cisar's Winning Youth Football which features a modified version appropriate for youth football bobble heads. There's certainly a shared heritage between the Wing-T and single wing. I'm sure single wing coaches chuckle at wing-t coaches who decide to run "shotgun Wing-T with an unbalanced line". Hey, just allow direct snap to either the QB or TB and you are now running a single wing! Rick Darlington is the head coach at Apopka High School in Florida, and his record there as 151–39. I've never coached in Florida, but I suspect the talent gaps can be huge there between different programs so having this level of consistency reflects well on the quality of coaching. Rick said he adopted the single wing as he entered a season without a QB – someone said "you should run the single wing!" I guess he had to Google it to find out what it was. If you like what you see here, make sure you head over to Rick's site and consider purchasing his materials. He has extensive videos along with voiceovers showing more details of the play diagrams and line calls. This first article is on Rick's power series which would be very easy to incorporate into a Wing-T offense. I'll write one more article about his spinner series, then another about how he has incorporated the run-pass option (RPO) into the single wing. Why Run the Single Wing? Rick likes the single wing because: He don't have to have a QB-type player. If he does, that's a bonus. The opposing defensive scheme doesn't matter – he always has an answer No QB means he has an extra blocker on every play It is a physical, hard nosed offense. He likes having offensive linemen that are in a 3-point stance and fire off to hit people. He does not like seeing the OL in a 2-point stance, backing up at the snap, and playing patty-cake with the defense. He gets more numbers at the point of attack than there are defenders It is difficult for opponents to simulate and prepare for He has developed a feeder program with the youth and middle school programs He can control tempo His linemen become specialists Interesting - that list of bullets could almost substitute as a "why run the Wing-T" list. The Basics of Rick's Single Wing Power Series Above you can see the basic strong right formation. Rick flips his line and he believes this leads to better player specialization. Player specifics: TE – the tight end will normally line up tight on the weak side. QG – the quick guard is the weak-side guard C – the center must be adept at the short, knuckle-ball snap to either the FB or TB, though in most cases the snap will be directly backward with the back responsible for getting himself in position to receive it. PG – the power guard is the strong-side guard IT – the inside tackle can be the weakest OL player OT – the outside tackle must be able to down, on, and reach block R – receiver WB – the wing back is like a Wing-T wing back in that he must be a good blocker in space plus be able to carry the ball in the counter game BB – the blocking back is a power-I FB type player, usually blocking and often a kickout FB – running back and blocker. Primary RB in the trap game. May also be asked to throw the ball. TB – the primary running back in this offense. Will need to be able to throw the ball. In Rick's offense he uses "Darter" for right, "Blue" for left. Power Sweep - "8" The first play is the power sweep play. If he wants to call power sweep to the right, the call would be "Darter 8" followed by a tag that indicates the blocking scheme or even a play variation like a naked boot. Quick Diversion: Rick's Concept of Play Ownership Rick has an interesting concept he's integrated into his series-based play calling system. Every base play has an owner: a coach or an offensive lineman who is in the best position ========== The coach's power sweep play is a crucial element in their blocking scheme, and they own it as the primary call. The base call is Blood, which targets the flank, but different players can take ownership of specific variations. This system forces an economy of plays while maintaining multiplicity with various blocking schemes. The Power Series is a crucial part of any Wing-T offense, and its effectiveness relies on the ability to adapt to different defensive schemes. The series begins with a kick-out play, where the ball carrier (TB) takes a handoff from the QB, followed by a series of assignments that determine the play's direction. Rick Darlington's single wing offense is a unique and powerful system that has achieved great success in Florida high school football. As the head coach at Apopka High School, Rick's record of 151-39 speaks volumes about his coaching ability. He adopted the single wing as an emergency solution without a QB, but it ended up being a game-changer for his team. One of the key reasons Rick likes the single wing is that it doesn't require a traditional QB-type player. In fact, having one is a bonus! The offense also allows him to always have an answer regardless of the opposing defensive scheme. Plus, with no QB, he gets an extra blocker on every play, making it a physical and hard-hitting offense. Rick's single wing power series is a versatile and adaptable system that can be easily incorporated into a Wing-T offense. He has created extensive videos and voiceovers to help coaches learn the intricacies of his plays. The first part of this article series focuses on Rick's power series, which includes plays like "Darter 8" – the power sweep play. The single wing is a great fit for Rick's coaching style because it allows him to control tempo, get more numbers at the point of attack, and make it difficult for opponents to simulate and prepare for. He also likes that his linemen become specialists in their roles, which adds another layer of complexity to the offense. In terms of player specifics, the single wing requires a unique set of skills from each position. The tight end lines up tight on the weak side, while the quick guard and power guard have specific responsibilities on both sides of the line. The center must be able to snap the ball quickly to either the FB or TB, who are responsible for getting into position to receive it. Rick's concept of play ownership is another innovative aspect of his single wing system. Each base play has an owner – a coach or lineman who makes calls to vary the blocking scheme or point of attack. This approach forces an economy of plays in the system but allows for multiplicity with different blocking schemes. As you can see, Rick's single wing offense is a complex and multifaceted system that requires skill, discipline, and teamwork from every player on the field. With its unique blend of physicality and adaptability, it's no wonder that Rick has achieved such great success with this offense. ========== Darter 8 Blood: A Detailed Explanation of Rick's Blocking Rules Rick's blocking rules are designed to create chaos for the defense and allow his players to succeed in the backfield. The base play is called "8 Blood," which involves a crack block by the R on the first linebacker inside force, requiring the BB to reach the force player. The OT and WB will double-team the DE, while the FB will read the BB's reach and cut up inside for his block on the corner. Power Sweep 8 Variations offers several variations of this base play, including Darter 8 Bang, which features a weak pull by the BB and PG to give a false key to the defense. Another variation is Darter 8 Lightning, where the R goes to the first linebacker inside force but the rest of the line reaches to the outside. This play requires precise timing and execution from all players involved. The "6" Power Sweep Play Rick's "6" play is the classic power sweep, where the owning player calls the variation. For this play, the OT is the owner, and the base call is "Tight," when the IT is covered and there are two defenders outside the DL. The players visualize being on railroad tracks, searching for a DL in the first three steps. The TE will tag out on the weak DE, while the QG will skip pull on LB 1. The back PG will follow the IT's route, while the OT aims to get to a backside LB. The WB will attack the force R, and the BB will kick out the DE. Rick emphasizes the importance of precise execution and proper positioning for all players involved in this play. By mastering these blocking rules, Rick's team can create devastating power sweeps that leave defenders struggling to keep up.The Power Series, a crucial component of the Wing-T offense, presents two distinct calls: Darter 6 Loose and Darter 7 Counter. The former utilizes the force player as a kick-out for the BB, shifting the point of attack outside the 1-2 gaps. In contrast, the latter involves a counter run to the weak side (left) when calling "Darter 7", with the TE taking on this role. The TE is pivotal in the Power Series, serving as the owner of both the Whale and Bo calls. These plays rely on the TE's ability to block out the overhang player or execute a down block, depending on the situation. The Dolphin call features a down block, while the BO call involves a combination with the QG. The Counter series, including "7", relies on specific reads and assignments for each player. For instance, the "7" variant calls for a counter run to the weak side, with the TE handling this play. Variants such as Darter 7 Wrong and Darter 7 Plus incorporate adjustments to the FB's role and blocking scheme. In addition to the Power Series, coaches can consider incorporating variations into their core series plays, such as applying the concept of "someone owns the call" for each play. This could streamline calls and instill ownership among players. Furthermore, coaches can adapt this system to pistol or shotgun Wing-T formations, potentially opening up new opportunities for their team. By studying the Power Series and its various nuances, coaches can refine their teams' skills and develop a more effective offense.Rick's single wing power series is a consistent and effective offense that has proven itself well in various situations. He adopted this formation due to the lack of a QB-type player, allowing him to still be successful regardless of the opposing defensive scheme. The key benefits of running the single wing include not needing a QB, being able to control tempo, having extra blockers on every play, and developing specialized linemen. One reason Rick prefers the single wing is that it doesn't rely on a traditional QB. This means he can still run complex plays without worrying about whether his QB can execute them properly. The opposing defense's scheme doesn't matter either because the single wing has an answer for every situation. Moreover, the offense features physical, hard-nosed play with linemen in 3-point stances and aggressive blocking. In Rick's system, each player has specific responsibilities, including: * TE: lines up tight on the weak side * QG: weak-side guard who travels for LB 2 or looks for penetration * C: adept at short snaps to either FB or TB, but mostly direct backward with the back responsible for getting into position * PG: strong-side guard with power blocking duties * IT: can be the weakest OL player but still reaches block effectively * OT: must down, on, and reach block while stepping together with WB to ensure they stop * R: receiver who may also receive a ball from BB or TB in counter game * WB: like Wing-T wing back, blocks in space and carries the ball in counter game * BB: power-I FB type player blocking and often kicking out, primary RB in trap game, and sometimes asked to throw Rick's power sweep play (8) is a strong call that attacks the flank. The coach owns this play as they're best positioned to make adjustments at the point of attack. Each base play has an owner - either a coach or lineman responsible for varying blocking schemes or point of attack. In Rick's system, every player and coach knows their specific responsibilities on each play. For example, on power sweep (8), the TE cuts off, QG travels for LB 2, C makes a short snap to FB or TB, PG pulls for safety, IT reaches if covered/fills if uncovered OT doubles with WB hoping to bump to LB 1, and R bloods while BB stretches flat for three steps before getting his head outside the force player. ========== Rick's OT uses the "chase rule" to pursue the ball carrier, which usually involves a fake or influence and requires the player to turn back to playside at second level. He numbers his linebackers, with LB 1 being the first inside force, LB 2 being the second, and so on. The "travel" term refers to a puller crossing the center, who must take a pre-snap look to find the number of the player they will block. Rick emphasizes maintaining reach position by keeping the head outside and hips outside. The "force player" is usually taught to keep their outside arm free to fight this reach, allowing the blocker-by-block (BB) to use reach-stretching techniques against them. This is why the FB reads the BB's block: if they see the BB stretching the reach outside, they'll cut up inside for a block on the corner. Rick discusses several variations of the Power Sweep, including "Darter 8 Bang" and "Darter 8 Lightning". The former involves the BB and PG going opposite to give a false key to the defense, while the latter uses a crack block on the force player by the R. In contrast, the Blood call requires the R to go to the first linebacker inside force, requiring the BB to reach the force player. The "Darter 8 WAR" play involves the WB and R double-teaming the force player, while Rick emphasizes using specific language when calling out positions rather than threats outside the defense. The "Power" play, also known as the "6", is a classic Power call where the OT is the owner of the play. Rick's blocking terminology includes terms like "Gap/Down/Backer" and "Railroad", which helps players visualize their roles on the line. He teaches the QG and FB to "hold hands through the hole" to maintain relative position and avoid blocking conflict, with the goal of creating a smooth running lane for the ball carrier. ========== Looking forward to seeing everyone at the meeting tomorrow and discussing our strategies, it seems we have a strong foundation for our offense with QG and 5-tech that is squeezing. The whale call has him block out the overhang player, usually the corner. Dolphin is a down block, remembering TE owns the play so he makes the call. BO call is a combo with QG, which tells BB that he will have to go to the overhang player. QG - Down C - Base to Back PG - Trap TE area IT - Base to Chase OT - Travel to LB 1 WB - Open, receive inside hand-off and find hole just past center R - Cutoff BB - Travel to overhang FB - Chase TB - Take snap with same footwork as power, inside hand-off to WB Counter 7 Variations Darter 7 Wrong - The BB will chase from the backside to give a stronger Power read instead of pulling. I think Rick said he would script this early to see how LBs react. Are they keying the BB? Then influence plays like this will be effective. FB, instead of chasing, will jab like he is leading on Power, then turn to travel and block overhang player Darter 7 Plus - Like base counter play but with different footwork from FB. Rick says this is his favorite variant. ISO – "4" This is a traditional ISO play to strong side, with IT owning the play. BB leads for FB who take direct snap, while TB runs fake Power Sweep action. Although not much was said about this play, I'll try to piece together calls and rules for it. The base version of this is Bama. TE – Backside corner back QG – Base C - Ace (Reach) PG – Ace to LB 2 IT – Base Out OT – Base Out WB – Attack Force R – Stab BB – Insert for LB 1 - should be in B gap between C and IT FB – Take direct snap and follow BB TB – Fake Power Sweep ISO 4 Variants Rick only had a single variant: Darter 4 Charlie. Darter 4 Charlie – The IT, instead of blocking his Base Out rule, climbs to LB 2. PG also climbs with reach technique. C base blocks. I'm not sure about the read for IT on this but my guess would be if he has a man outside shade to C gap, he will call Bama and block out. ========== Rick's Single Wing: A Physical, Hard-Nosed Offense The single wing is a unique formation that Rick prefers because it doesn't require a quarterback-type player. This flexibility allows him to adapt to any defensive scheme. The key advantage of the single wing is having an extra blocker on every play, which creates a physical and hard-nosed offense. Rick likes having offensive linemen in a 3-point stance, firing off to hit people, rather than playing passively in a 2-point stance. This approach gives him more numbers at the point of attack, making it difficult for opponents to prepare and simulate the offense. The single wing is also well-suited for developing a feeder program with youth and middle school teams, as Rick can control tempo and create specialists on the line. The linemen become experts in their roles, which enhances overall team performance. The basic strong right formation is simple yet effective. Rick flips his line to improve player specialization. Each position has specific responsibilities: * TE: tight end lines up tight on the weak side * QG: quick guard is the weak-side guard * C: center snaps to either FB or TB, with a focus on short, knuckle-ball snaps * PG: power guard is the strong-side guard * IT: inside tackle is crucial for blocking and reaching * OT: outside tackle must down, on, and reach block * WB: wing back blocks in space and carries the ball in the counter game * BB: blocking back is a power-I FB type player * FB: running back and blocker, often a kickout FB in the trap game The first play is the power sweep, called "Darter 8". Each base play has an owner, who makes the call to vary the blocking scheme or point of attack. This approach forces simplicity, elegance, and multiplicity in the system. The full call for power sweep to the right is "Darter 8 Blood", with each player having specific rules to follow. The OT and WB double-team the DE, while BB reaches for the force player and TB follows FB's path behind the center to receive the ball. By implementing this system, Rick's offense becomes more dynamic and efficient, allowing him to dominate opponents and achieve success on the field.the force player free to fight this reach, and the ballback can use this against him by reach-stretching the player to the sideline. This is why the fullback will read the ballback block: if he sees the ballback stretching the reach outside, the fullback will cut up inside for his block on the corner. Power Sweep 8 Variations Here are some variations Rick talked about. Remember the above base play is "8 Blood". Darter 8 Bang – The ballback and quarterback go opposite the play (he calls this "travel weak") to give a false key to the defense. The weak pull makes it look like counter, so this is a sucker pull. Run this early in the game as a key breaker. Also, backside guard will just reach. Darter 8 Lightning – Lightning is a "weather" term, and Rick teaches the concept of a "weather block" which is a crack block on the force player by the right. Contrast this with the Blood call where the right goes to the first linebacker inside force, requiring the ballback to reach the force player. The rest of the line (not the quarterback) reaches to play side. The wingback now has a reach / log block on linebacker 1, the ballback goes to corner, and the fullback goes to safety. Rick claimed that this is his best sweep play, and he loves running this at the goal-line. Darter 8 WAR – WAR stands for "WB And Receiver", so WAR indicates that the wingback and right will double-team the force player. You may have noticed that Rick's rules call out a specific player (safety, corner, etc.). This is exactly how he teaches his blocking rules (and reinforces against scout defense): he names position players and doesn't use language like "first threat outside DE". Food for thought, as this is certainly not how I've taught blocking rules in the past. Power – "6" The "6" play is the classic Power. The coach calls the play (e.g. "Darter 6") but the owning player calls the variation. For Power, the owning player is the outside tackle. The base call is "Tight", when the tight end is covered and there are two defenders outside this defensive lineman. So the diagram below is for "Darter 6 Tight". Before I show the rules, here's a word Rick uses for Gap/Down/Backer: Railroad. The players visualize being on railroad tracks. If they don't find a defensive lineman in the first three steps, go to second level. TE – Tag out – I think this is just blocking back on the weak defensive end QG – Skip pull LB 1 C – Back PG – Railroad IT – Railroad OT – Railroad – goal is that either the inside or outside tackle will get to a backside linebacker. WB – Attack force R – Stab - stalk the safety. We will not block the corner. BB – Kick out DE, step at inside foot of the OT. FB – Lead inside BB to LB 1 TB – ball carrier, slide (keep shoulders square to LOS), follow FB Rick teaches the QG and FB to "hold hands through the hole" which helps them maintain perfect relative position (QG is inside) and avoids blocking conflict. My guess in the diagram above is that the FB would end up going to safety while the QG turns in on the linebacker and possibly help with the OT. Power 6 Variations Remember, the outside tackle is the owner of this play so will make these calls based on what he sees. The first thing he does is look inside – is there a man on the inside tackle? If so, look from head up on him to outside on the line. If there are two men, make a tight call. If just one, make a loose call. Darter 6 Loose – In this case, force player becomes the kick out for the ballback, the wingback goes to corner. This obviously moves the point of attack outside 1–2 gaps. Darter 6 Tunnel – If there's nobody in the C gap, but somebody in the B and D gap, they will call Tunnel (usually 4–3 defense). With the tunnel call, the ballback and tackle switch assignments and the tackle kicks out the defensive end with the ballback going inside to backer. Counter - "7" The Counter play off Power is "7", so "Darter 7" will be a counter run to the weak side (left). The tight end (who is in a traditional weak tackle position) is the owner of this play. TE – Whale / Bo. If there's an uncovered quarterback and a 5-tech that is squeezing, the Whale call has him block out the overhang player, usually the corner. Dolphin is a down block. Remember the tight end owns the play so he makes the call. The BO call is a combo with the quarterback, which tells the ballback that he will have to go to the overhang player. QG – Down C – Base to Back PG – Trap TE area IT – Base to Chase OT – Travel to LB 1 WB – Open, receive inside hand-off and find hole just past center R – Cutoff BB – Travel to overhang FB – Chase TB – Take snap with same footwork as power, inside hand-off to WB Counter 7 Variations Darter 7 Wrong – The ballback, instead of pulling, will chase from the backside to give a stronger Power read. I think Rick said heThe key to unlocking the effectiveness of this Power Series is to script early and observe how the LBs are reacting. If they're keying in on the BB, then influence plays like these will have a significant impact. The FB's jabbing technique is reminiscent of Power, but he'll turn to travel and block the overhang player Darter 7 Plus – This play is similar to the base counter play, but with the FB leading up the funnel with the OT. Rick reveals that this is his favorite variant of 7 - four pullers! ISO – "4" This traditional ISO play to the strong side features the IT owning the play. The BB leads for the FB, who takes a direct snap, while the TB runs fake Power Sweep action. Although Rick doesn't delve deeply into this play, it's clear that the base version is Bama. In the Charlie variant, the IT climbs to LB 2 instead of blocking his Base Out rule, and the PG also climbs with a reach technique. The C base blocks, but the read for the IT on this call remains unclear. If he has a man outside shade to C gap, he'll likely call Bama and block out; if there's a man inside that the PG can base or reach, he'll call Charlie. This concludes the Power Series. As a Wing-T coach, what can be taken from this? It might be beneficial to apply the concept of "someone owns the call for each play" to your own core series plays. This could work well for Buck and Belly series, for instance. The TE owns Down, QT owns Down Counter, WB owns Buck Sweep, C owns Buck Trap, QG owns weak-side Belly, and coach owns Belly Sweep. If you prefer running fewer plays with multiple blocking variants, this might be a nice tweak to your system and streamline your calls while instilling ownership and accountability. If you're running pistol or shotgun Wing-T and have a QB that can run the ball, it'd be easy to motion into a formation that opens up this series for you. When we run with an end-over formation, we flip the TE and QT anyway to ensure we don't have an overweight player in an uncovered position. Shuffle your weak WB to the BB position from a shotgun Wing-T double-wing formation, and you'll look just like an unbalanced single wing.

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