Fat

Balanced Single Wing
What is the Fat Formation?
History of the Fat Formation
Reasons for Fat
Balanced Single Wing
4 RB Run Offense
4/5 WR Pass Offense
Strong Side (TE/Wing)
Open Side
Single WR
Power Run Game
Misdirection
Play Action Pass
9 Gaps

1  2  3  4  5  6  7  8  9

X  5  3  12  4  6  Y

F  Q  H  Z
Unbalanced vs Balanced
Basics
Numbering System

7  5  3  12  4  6  8

Q  H  F  Z
Back Numbers

X T G C G T Y

3 1 2 4
Alignment

QB IS 4-5 YARDS DEEP

Backs are 1 yard deep
X/Y Shifting

- Outside - In
- Inside - Out
- Flop Sides
H/Z/F/QB Shifting

Wide, Twins, Spread, Slot, Fat, Wing, Pro, QB, FB
Formations
Base Formations
Fat RT

Quick Pass

Reverse

Power Pass

Sweep Pass

Counter Power

Blast Power

Sweep

X

○ ○ ○ □

Y

F

Z

Q

H
Double Fat RT

Quick Pass

Power Pass

Sweep Pass

Reverse

Counter

Blast

Power

Sweep

X

Y

F

H

Z

Q
Fat
vs
Double Fat
Fat vs Double Fat

1 Back is always the Kickout while the other is the threw blocker

2nd Back in backfield give more misdirection options

2nd Back can be a smaller type

QB doesn't have to be a passer
Fat vs Double Fat

Double Fat

QB is main Runner
2 FB types gives more power
Kick Out blockers are different for Power/Counter
1 in Backfield has limited misdirection options
QB has to be a passer
Formation
Adjustments
Tight

Diagram:

- X
-  
-  
-  
- Y
- F
- Z
- Q
- H
Unbalanced Adjustments
Over Fat RT
Over Weak RT
Under Fat RT
Over, Under Fat RT
Double Over, Under Fat RT
Double, Over, Under, Outside Fat RT

"Stupid"

[Diagram with letters and symbols]
Numbering System

Linemen are the 2nd Digit

Backs are the 1st Digit

Play is called:
formation + back + hole + blocking scheme
Play Calling

formation + back + hole + blocking scheme

Fat RT + 1 + 8 + Sweep
O-Line Blocking Schemes
1. Get off the Ball!

Worry about DL only
Catch LB's in the Wash
Try to get a Double Team
Help your Center
Blocking Schemes
FB Run Plays

- Blast
- Power
- Sweep
HB Run Plays

Counter

Blast

Power

Pitch

X

Y

Z

F

Q

H
ZB Run Plays

Reverse

Counter

X

Y

Z

Q

H

F
WR Run Plays

Reverse

Q H X Y Z F
QB
Plays
Keys:

Backs must get threw the line. If they cut or make a pile jump over the pile. QB needs somewhere to run or bounce to.
Keys:

Double Team at the POA.
Kickout the DE, follow HB threw the hole.
Keys:

Stretch defense to outside.
Read FB's block and kick it outside or cutback
Keys:

Kickout the DE, follow HB threw the hole.
FB
Plays
Keys:

Backs must get threw the line. If they cut or make a pile jump over the pile.
Keys:

Double Team at the POA.
Kickout the DE, follow HB threw the hole.
HB
Plays
Keys:

Backs must get threw the line. If they cut or make a pile jump over the pile. HB needs somewhere to run or bounce to.
Keys:
Fake Power handoff to HB.
Kickout the DE, follow FB threw the hole.
Keys:

Backs must get threw the line. If they cut or make a pile jump over the pile. QB needs somewhere to run or bounce to.
Wing
Plays
Keys:
Fake Power handoff to Wing.
Kickout the DE, follow HB threw the hole.
Keys:

Fake Power. Handoff to WR on Reverse. Follow Guard
Keys:

Fake Power. Handoff to WR on Reverse. Follow Guard
Play Action
Pass
Plays
Quick Pass
Over X Outside Plays

- Fade
- Slant
- Stop
- Quick
Over X Inside Plays
Combo
Pass
Fade
Screens
Expanded
Single Wing
The Spin
Half Spin
QB Half Spin
FB Half Spin

X

Q

Y

F

H

Z
Full Spin
HB Full Spin
Full Spin from FB
Different Passer's
HB Passer
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BC Warrior
Chuck N Duck
West Coast Single Wing Conclave