

The logo for Lake City High School Panthers is a shield-shaped emblem. At the top, a blue banner with a yellow outline contains the words "LAKE CITY" in white, italicized, sans-serif capital letters. Below the banner is a stylized, blue and yellow panther head facing right. The panther's mouth is open, showing its teeth. The entire logo is semi-transparent and serves as a background for the text.

**Lake City High School
Panthers**

3-5-3 Defense



2006 Spring Practice Installation

Fronts

Stunts

Blitzes

Coverages

BASE

Close

Ram

3

Open

Lion

4

Rip

X

1

Liz

Leopard

2

Jacks

Rhino

Pinch

Sammy

Willy

HAWK

UNDER

EAGLE

SPECIAL POINTS OF INTEREST

- Fundamentals
- Pre-Snap Communication
- Inserting LB's vs. the run
- Getting good at zone coverages

Lake City Defense

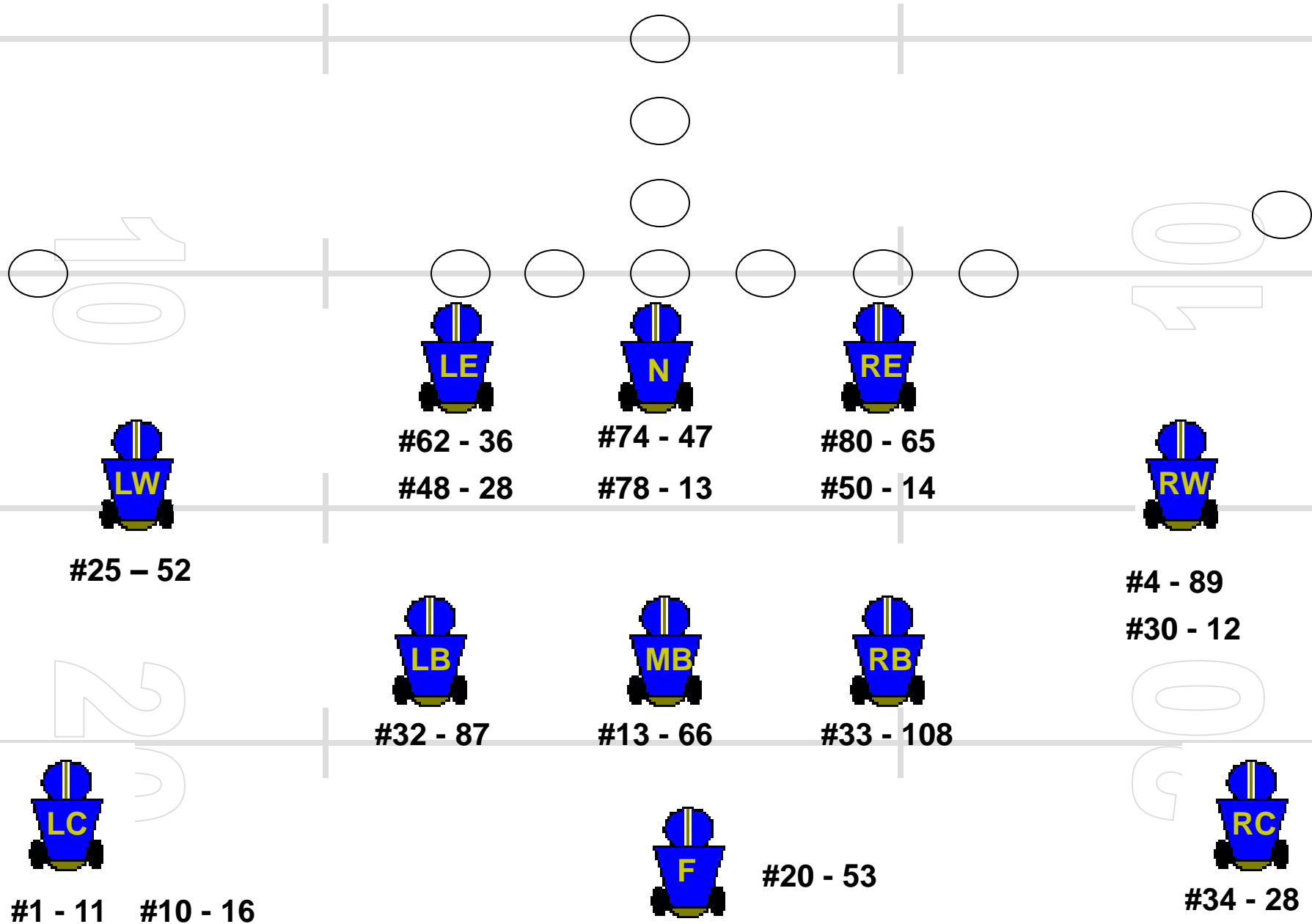
- **Philosophy**
- **Numbering System**
- **Position Names**
- **Fronts**
- **Stunts**
- **Blitzes**
- **Special Alignments**
- **Coverages**



Lake City Defense

2005 Stats					Game Stats				
Points Allowed:					115		First Downs Allowed: 100		
Pts per game:					11.5		First Downs Per game:10		
Most allowed in 1 game:					21(Darlington)				
Points by Qtr:		1 st - 27	2 nd - 61	3 rd - 0	4 th - 27	<u>Rushing Yards:</u>			
Shutouts:					2		<ul style="list-style-type: none"> • 394/1572 		
Interceptions:					13		<ul style="list-style-type: none"> • 157 yds per game 		
Fumbles Caused:					9				
Fumble Recoveries:					8		<u>Passing:</u>		
Defensive Touchdowns:					1		<ul style="list-style-type: none"> • 66.5 yards per game 		
Tackles for a Loss:					98		<ul style="list-style-type: none"> • 52/131 39% Comp. 		
Sacks:					18		<u>Total Yards Allowed:</u>		
QB Hurries:					36		<ul style="list-style-type: none"> • 223yds. per game 		

Tackles by Position - 2005



Philosophy

At Lake City High School, we believe that the defense comes **FIRST**. It is special, and must be played by special athletes in a special way...**WAO!** We want to be known by our fast, furious, relentless, and physically intimidating style of play. We take on every opponent expecting total defensive domination of the game...**SHUTOUT!** No matter how impressive our last performance might have been, we are never satisfied. We can always improve.

We are going to play an attacking, gap-control defense that is going to get after the opponent. Our number one goal is to get eleven **BLUE HATS** around the ball on every play. If we do this, we will shut teams out and will never lose. We will make up for lack of ability with raw desire and aggression.

DEFENSIVE GOALS

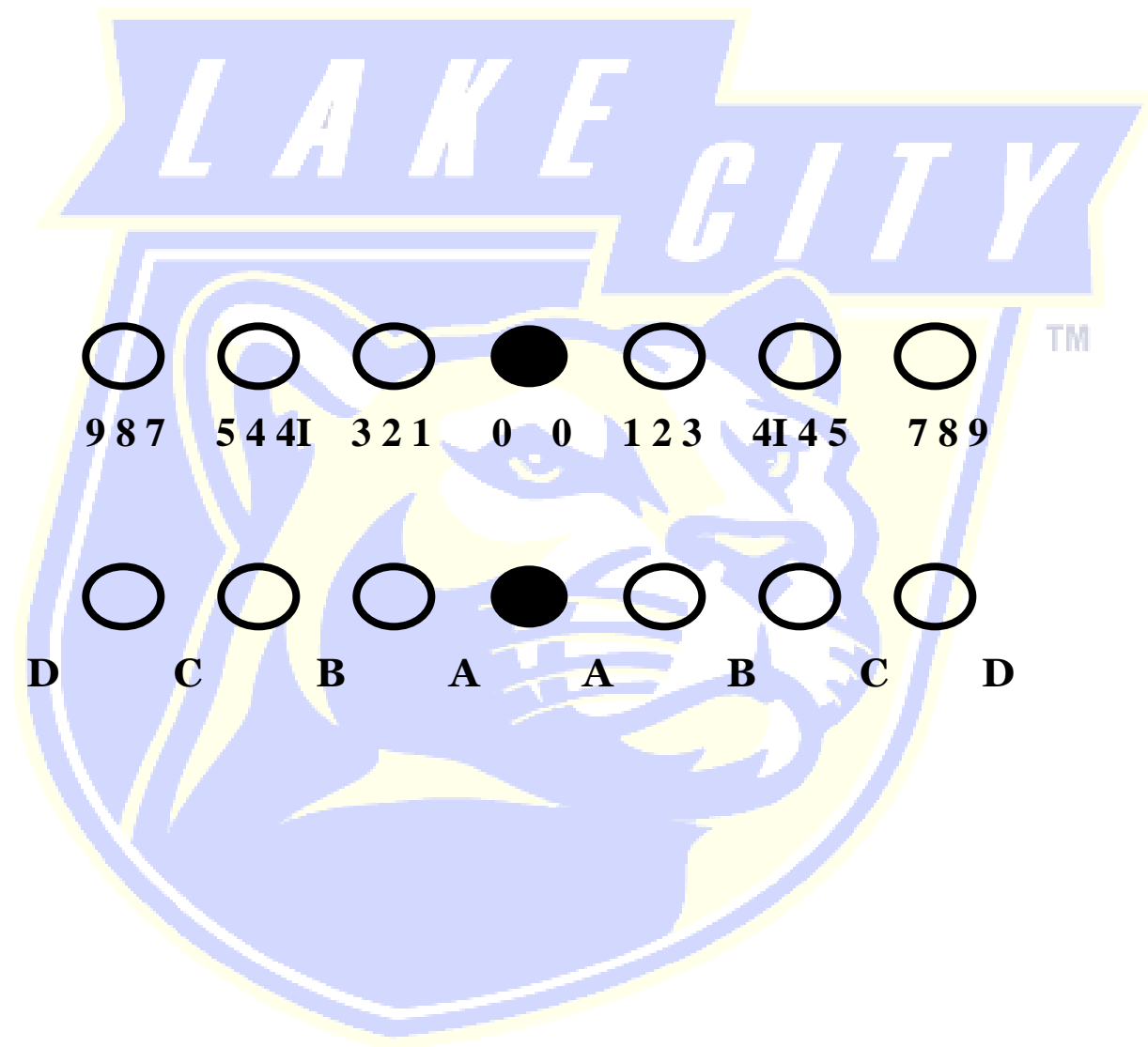
1. **WIN**
2. **SHUTOUT**
3. **SCORE**
4. **POSITIVE TURNOVER RATIO**
5. **4 SET UPS**
6. **NO BIG PLAYS**
7. **NO MENTAL MISTAKES**

Defensive Keys To Success

- 1. Relentless Pursuit!!**
- 2. Be Physical, Punishing Tacklers**
- 3. Force Turnovers**
- 4. Force Negative Yardage Plays**
- 5. Communicate**
- 6. Get off and neutralize the LOS**
- 7. Prowl/Stem Alignments**
- 8. Great Technique**
- 9. Great Zone Coverage**
- 10. Ability to blitz against run and pass**

Lake City Panthers

Numbering System



The Huddle

On most occasions, **we will not huddle**. However, during spring practice and special occasions, we will huddle as follows.



B
W E N E W
C B F B C

Front Row: Toe to toe, shoulder to shoulder. Hands on thighs, helmets on a shelf.

Back Row: Shoulder to shoulder. Stand tall. Hands on hips.

Play Calling

We will call our plays in the order they will occur. If we are going to prowl, that will come first, because it occurs before the snap. After that, the calls go from those closest to the ball and work further away.

For Example:

“Prowl.....closed.....Ram.....Cover 3”

Prowl tells the whole defense that they have the liberty to move within their respective prowl zones prior to the snap. Closed tells the front that they will be slanting toward the strength call. Ram tells the Right OLB that he will be blitzing in the gap opposite the right end and cover 3 tells the secondary the coverage.

Position Groups

- **Defensive Line-Nose Guards & Ends**
 - **Linebackers-Mike & Panthers** TM
 - **Outside Linebackers-Wolves**
 - **Defensive Backs- Corners & Free Safety**
- 

Practice Guidelines

1. Teach with enthusiasm and love for the game.
2. PEPAE AHEAD OF TIME. Do a practice plan.
3. Always start with some type of fundamentals.
4. Teach stance and starts daily.
5. Know the game plan for the week.
6. Drills must teach or reinforce a specific skill.
7. Teach football playing skills, not toughness. We do enough of this during other parts of practice.
8. Video as much as possible.
9. Emphasize “finishing” each drill.
10. When we go to our team period, we are only going to coach our **players effort** and **emphasize playing fast!!!** Coaching the details is for individual and group periods, don't make them think!

COACH EM HARD, COACH EM RIGHT, OR HANG UP THE WHISTLE!

Defensive Teaching Progression

1. Knowledge

2. Fundamentals

3. Effort

<u>Knowledge</u>	<u>Fundamentals</u>	<u>Effort</u>
Communication	Footwork	Pursuit
Alignment	Keys / Eyes	Tackling
Assignments	Block Releases	Strip
	Attack/Separate/Escape	Blitz
	Pass Technique	
	Stemming/Movement	

Pre-Snap Communication

LINEBACKERS

- strength call
- formation call
- any tendency calls

DEFENSIVE LINE

- make tendency calls based on O-line's stances

FREE SAFETY

- formation call
- any/all coverage checks
- stretch call if necessary

WOLVES

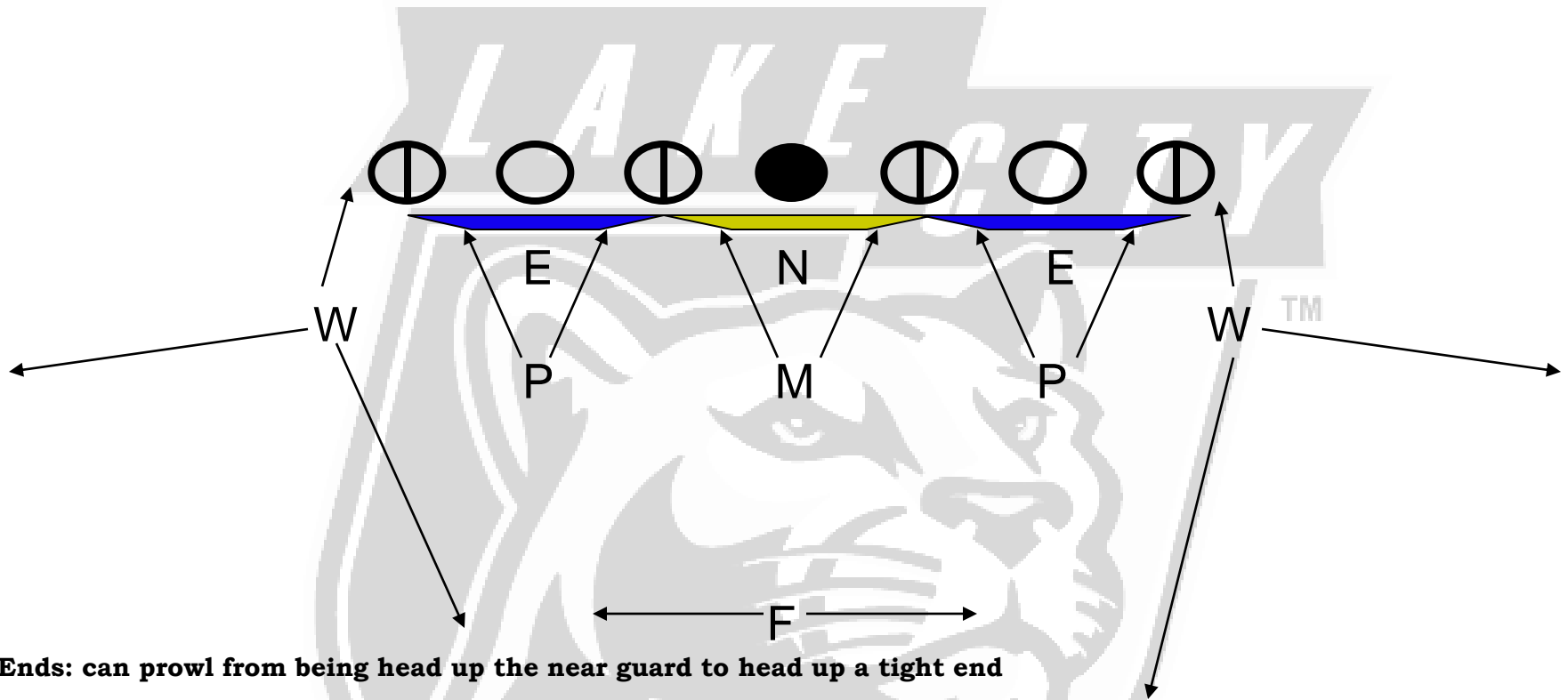
- formation call
- # of receivers
- any tendency calls

CORNERS

- formation call
- # of receivers to safety



Prowling Rules



Ends: can prowl from being head up the near guard to head up a tight end

Nose: can prowl anywhere from head up on either guard

Outside Linebackers: can show blitz or can be down in a stance anywhere from a 3tech to a 7 tech.

Mike: can walk up into either A gap.

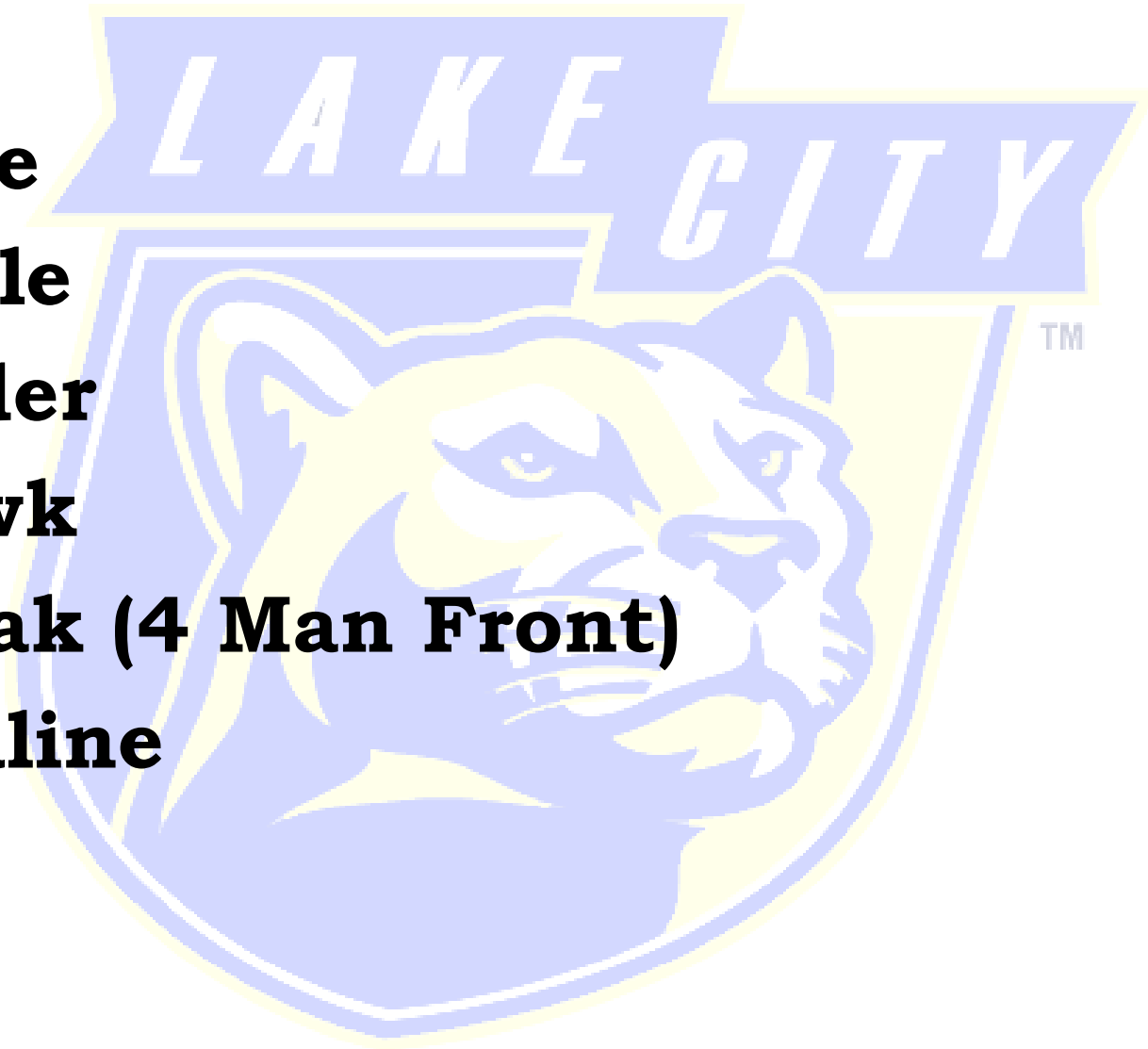
Wolf: can show an edge blitz, to flats coverage, to 2 deep safety

Free: If the wolf drops when prowling, slide to a 2 deep look, and roll back. If we are running a 2 deep look, roll to the center to make it look like cover 3/man free.

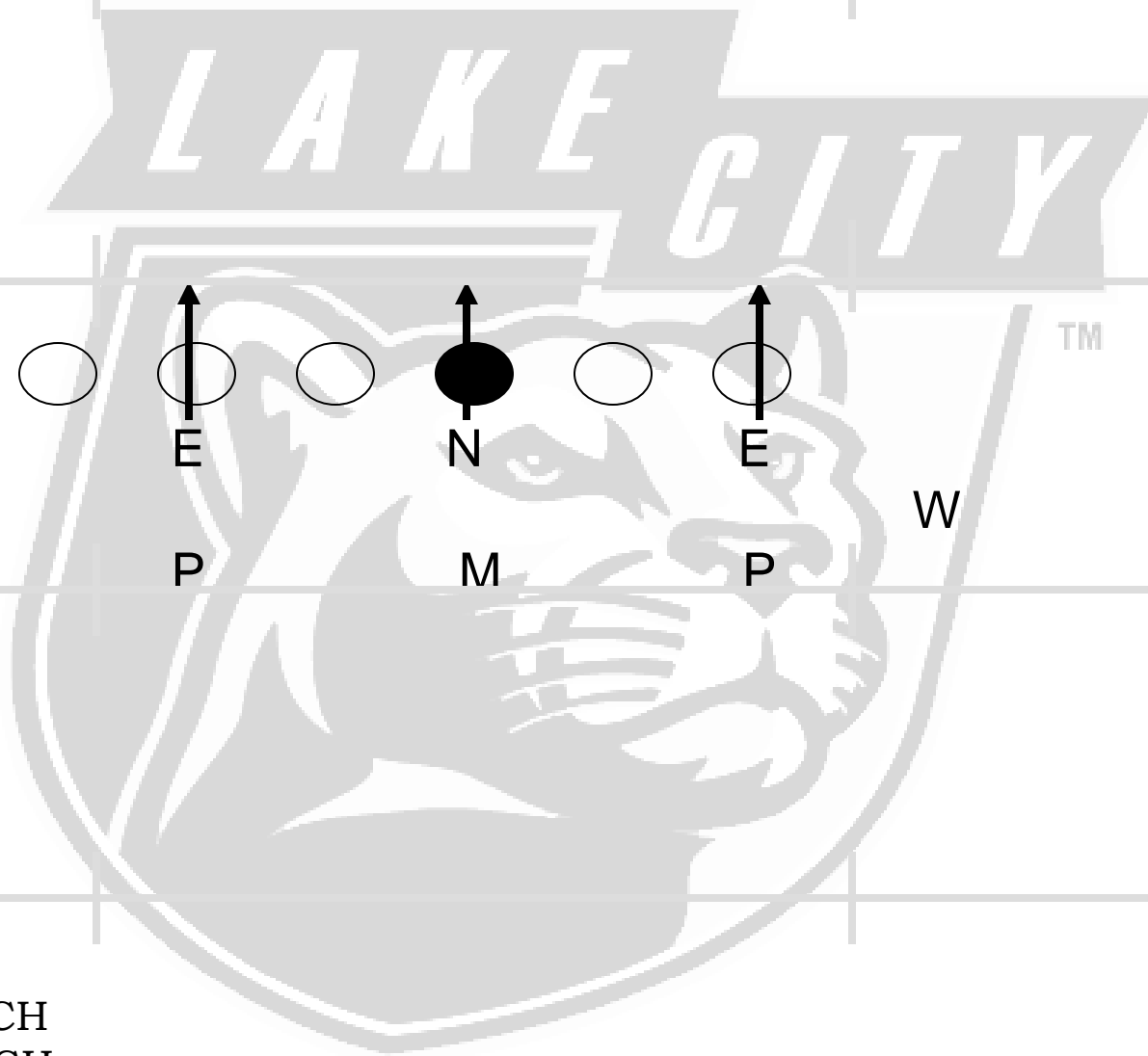
*****It is imperative that you maintain a good athletic position at all times while prowling!!!! Your key will change from week to week as to when you should be in your final position.**

Fronts

1. **Base**
2. **Eagle**
3. **Under**
4. **Hawk**
5. **Steak (4 Man Front)**
6. **Goaline**

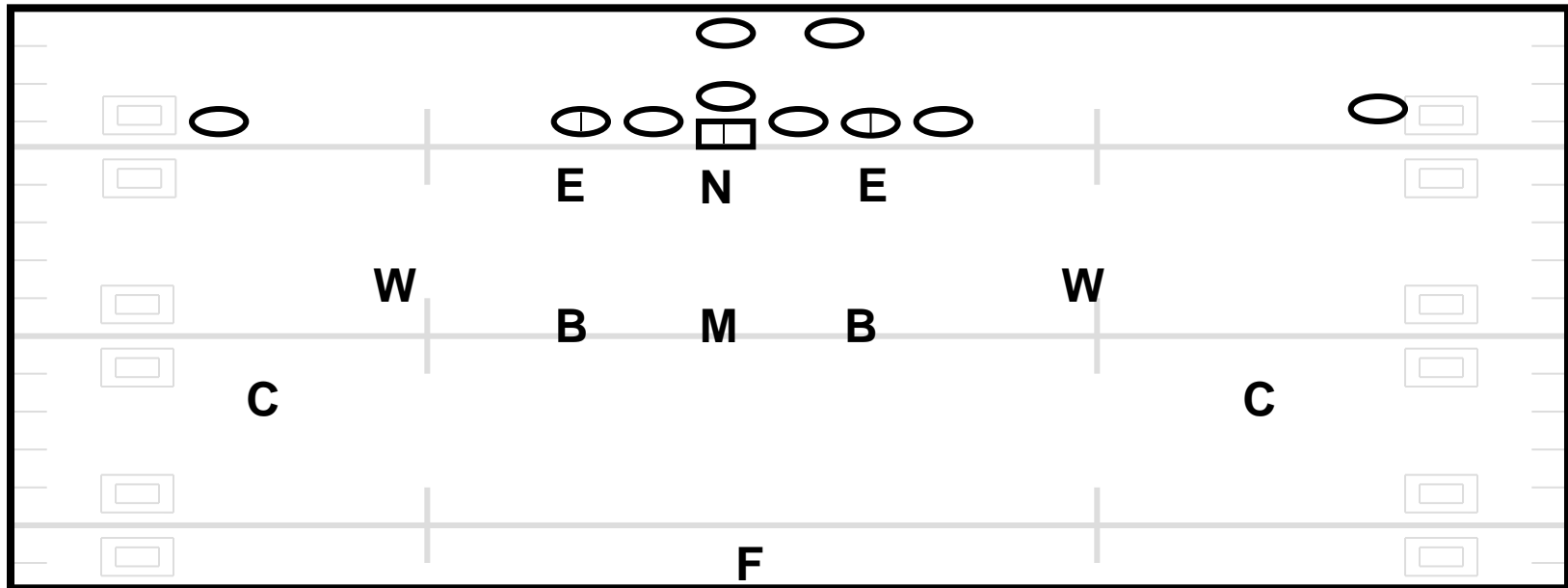


BASE



LT END=4 TECH
RT END=4 TECH
NOSE=HEAD UP
LT WOLF=3X3
RT WOLF=3X3
LT PANTH=40 TECH
RT PANTH=40 TECH
MIKE=10 TECH

BASE



POS.	ALIGNMENT	KEY	RUN TO	RUN AWAY	PASS
Left End	Tight 5 on OT	OT to the ball	C Gap	Trail/Cutback	Contain Rush
Right End	Tight 5 on OT	OT to the ball	C Gap	Trail/Cutback	Contain Rush
Nose	0 on Center	Center to ball	A Gap	Trail/Cutback	A Gap Rush
Mike LB	Stack on nose- 5 yd deep	FullBack to Guard	Inside-out Primary spill	Inside-out to the ball	Hole Drop
Left LB	40 Tech. -5 yds. deep	OG - NB	B Gap	Cutback	Hook/Curl
Right LB	40 Tech. -5 yds. deep	OG - NB	B Gap	Cutback	Hook/Curl
Right Wolf	3 X 3 off TE -4 X 4 no TE	EMOL	Outside-in Primary Contain	Bootleg,Cutback,Reverse	Flats
Left Wolf	3 X 3 off TE -4 X 4 no TE	EMOL	Outside-in Primary Contain	Bootleg,Cutback,Reverse	Flats
Free Safety	11 yds split 1's	FB - inside out	Inside out-sec. spill	Cutback	Middle 1/3
Left Corner	7yds inside lev.	FB-outside in	Outside-in Sec. contain	Cutback-Throwback	Outside 1/3
Right Corner	7yds inside lev.	FB-outside in	Outside-in Sec. contain	Cutback-Throwback	Outside 1/3

HAWK

LAKE CITY



E

N

E

W

P

M

P

W

TM

LT END=7 TECH
RT END=3 TECH
NOSE=2i TECH
LT WOLF=3X3
RT WOLF=3X3
LT PANTH=40 TECH
RT PANTH=40 TECH
MIKE=10 TECH

10

20

EAGLE

LAKE CITY



P

E

N

E

W

M

P

W

TM

LT END=3 TECH
NOSE=WEAK SHADE
RT END=5 TECH
LT WOLF=3X3
RT WOLF=3X3
LT PANTH=7 TECH
RT PANTH=40 TECH
MIKE=STRONG 20 TECH

10

20

UNDER

LAKE CITY



W E N E P W
P M

TM

LT END=7 TECH
RT END=3 TECH
NOSE=1 TECH
LT WOLF=3X3
RT WOLF=3X3
LT PANTH=40 TECH
RT PANTH=5TECH
MIKE=30 TECH

10

20

STEAK

(REMOVE AN LB AND SUB A DL)

LAKE CITY



E

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W

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M

W

TM

LT END=5 OR 7 TECH

RT TACKLE=3 TECH

NOSE=3 TECH

LT WOLF=3X3

RT WOLF=3X3

LT PANTH=30 TECH

RE =5TECH

MIKE=30 TECH

GOALINE

(REMOVE THE SAFETY SUB A DL)

LAKE CITY

W E N N E W

P M P

C

C

LT END=5 OR 7 TECH

RT TACKLE=3 TECH

NOSE=3 TECH

LT WOLF=3X3

RT WOLF=3X3

LT PANTH=30 TECH

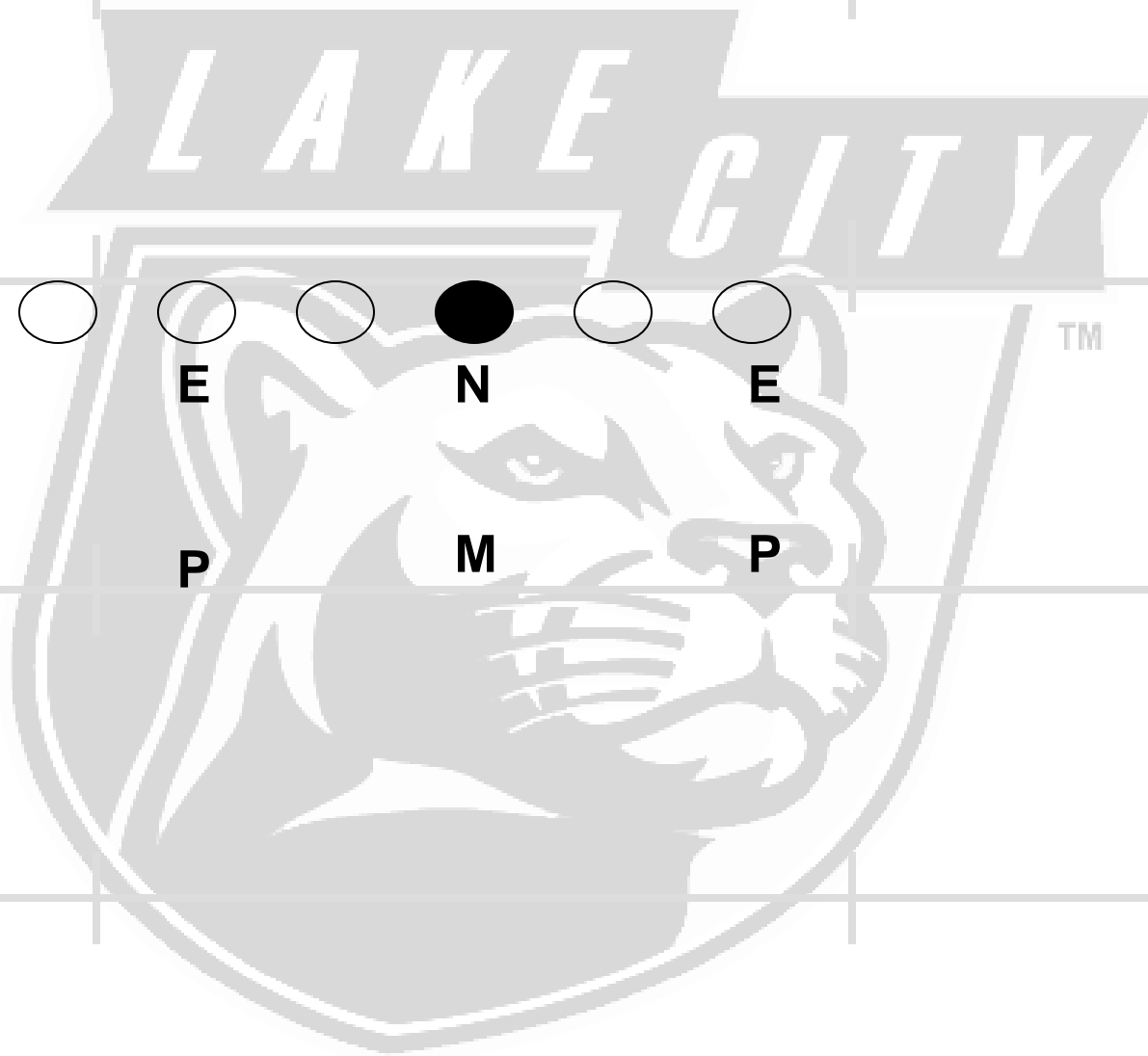
RE =5TECH

MIKE=30 TECH

STUNTS

- **JACKS**
 - **RIP (Slant Right)**
 - **LIZ (Slant Left)**
 - **OPEN (formation call-to open side)**
 - **CLOSE (formation call-to TE or closed side)**
 - **PINCH**
 - **TANGO**
- 

JACKS



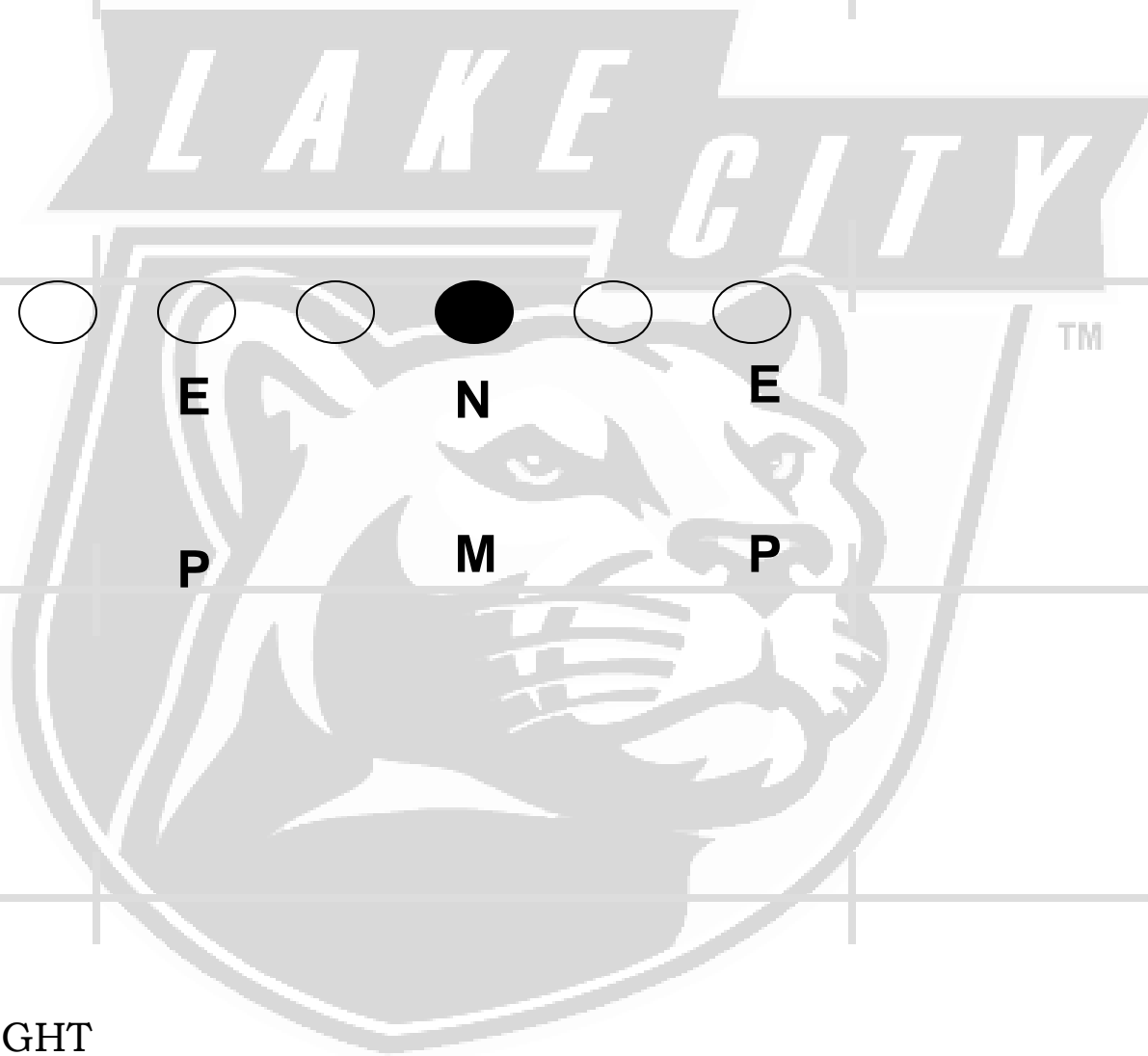
W

W

ENDS = slant out

NOSE = slants to strength

RIP



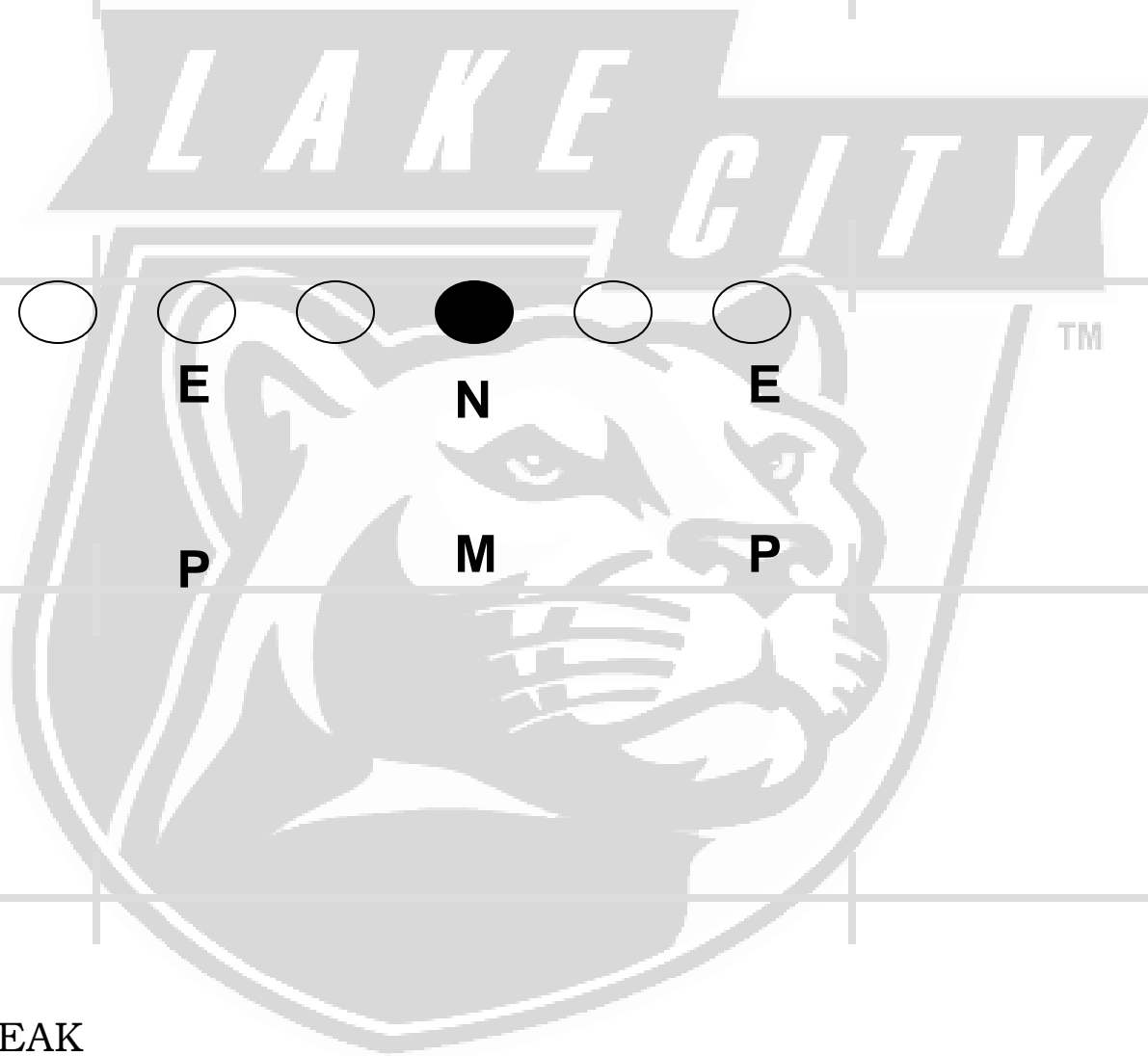
W

W

NOSE = SLANT RIGHT

ENDS = SLANT RIGHT

OPEN



W

E

N

E

P

M

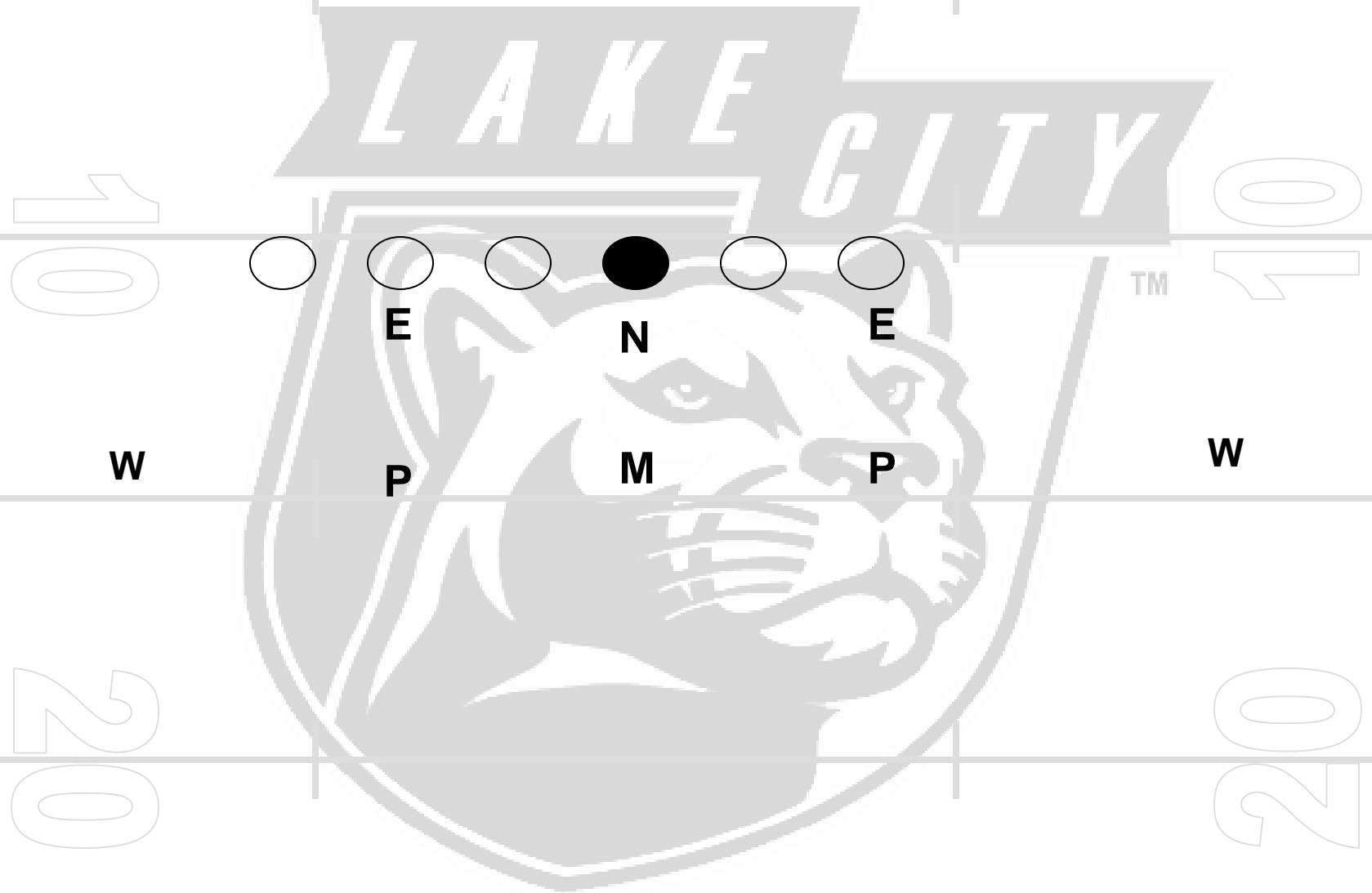
P

W

NOSE = SLANT WEAK

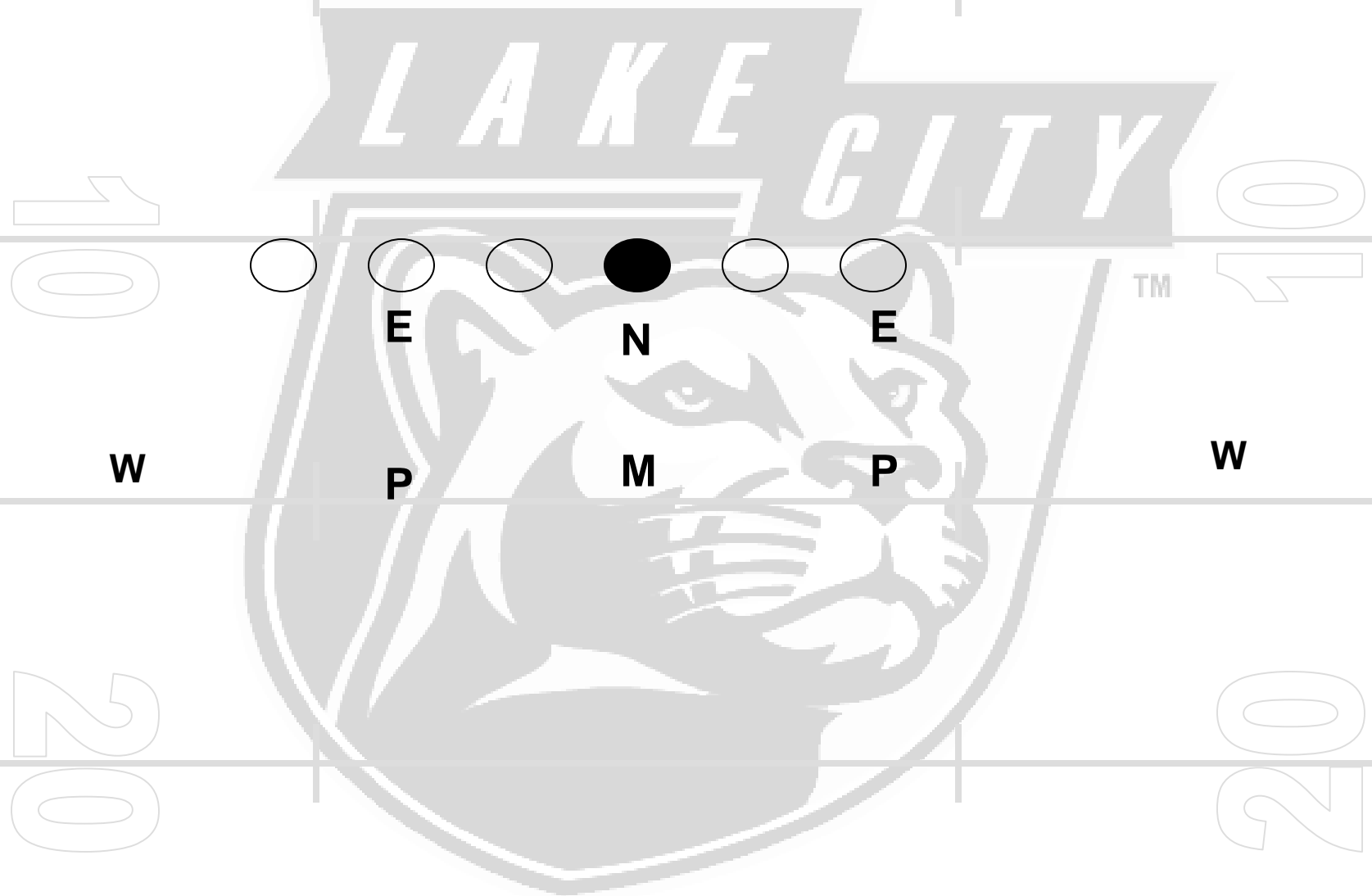
ENDS = SLANT WEAK

CLOSE



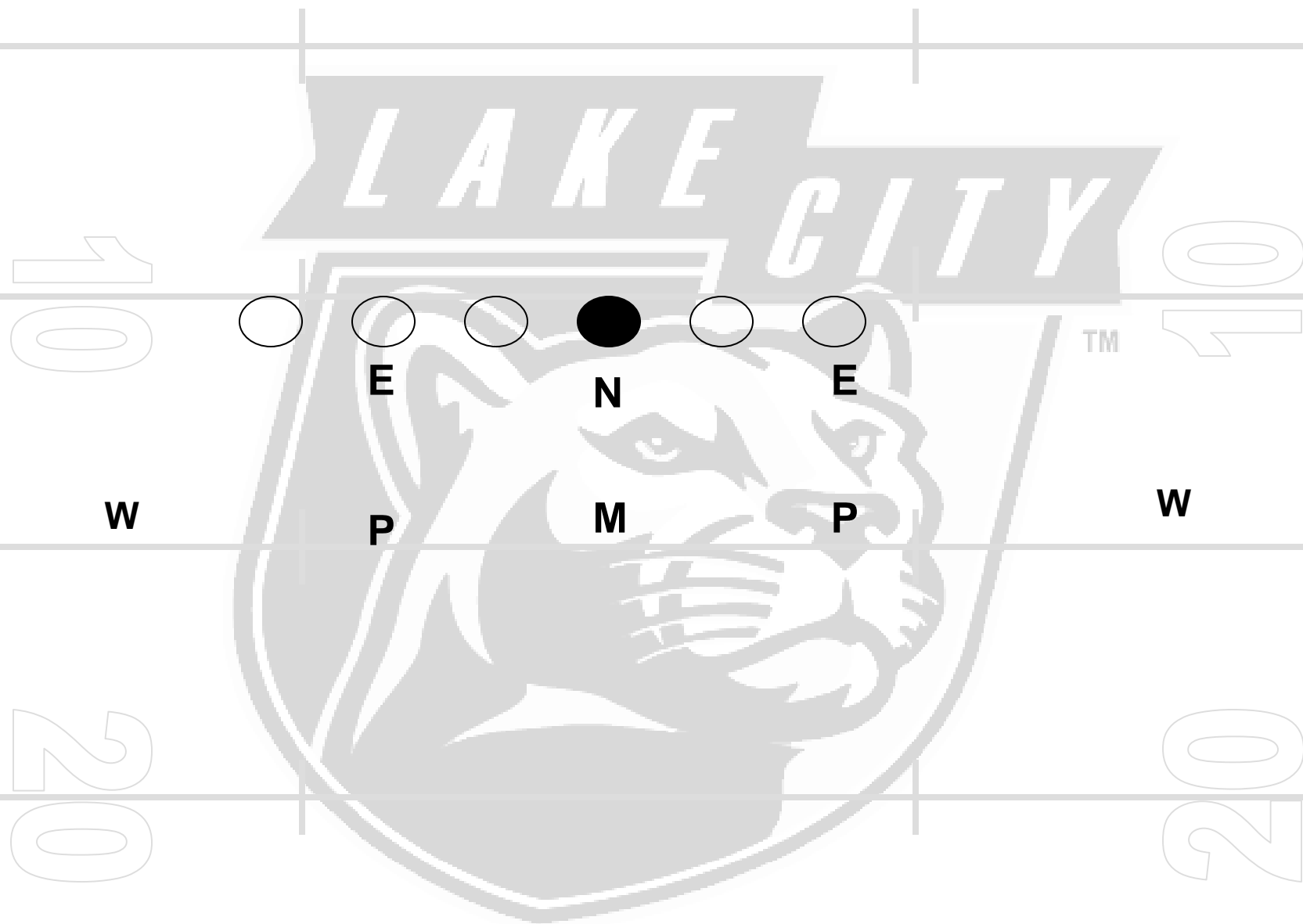
NOTE: SLANT TO THE CLOSED SIDE (TO TE)

PINCH



NOTE: NOSE WILL SLANT TO STRENGTH

TANGO



NOTE: TANGO RT/LT OR CLOSE/OPEN

Blitzes

4 MAN PRESSURES

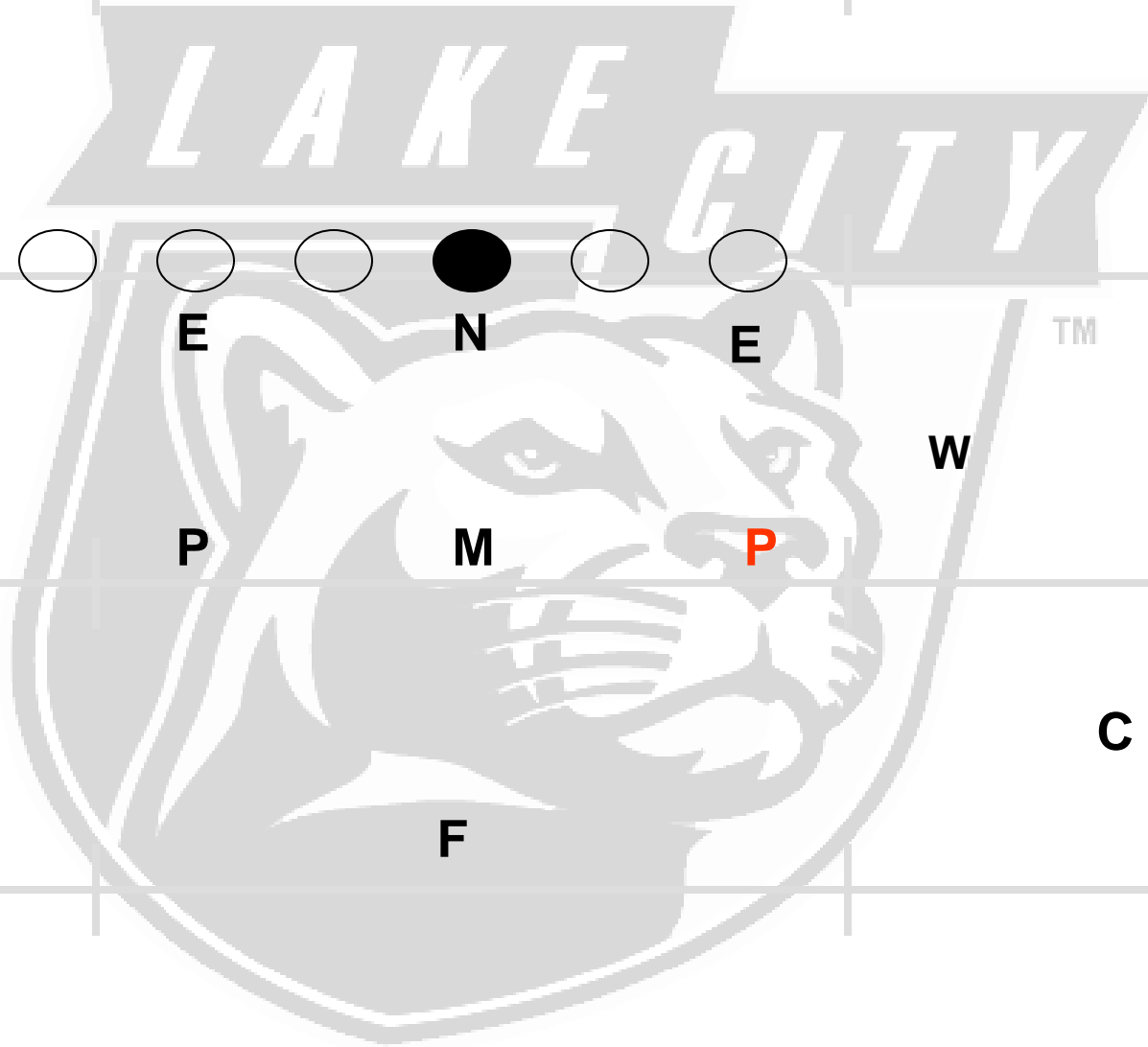
- **LION**
- **RAM**
- **X**
- **RHINO**
- **LEOPARD**
- **SAMMY**
- **WILLY**

5 MAN PRESSURES

- **MASH**
- **BEAR**
- **RENEGADE**

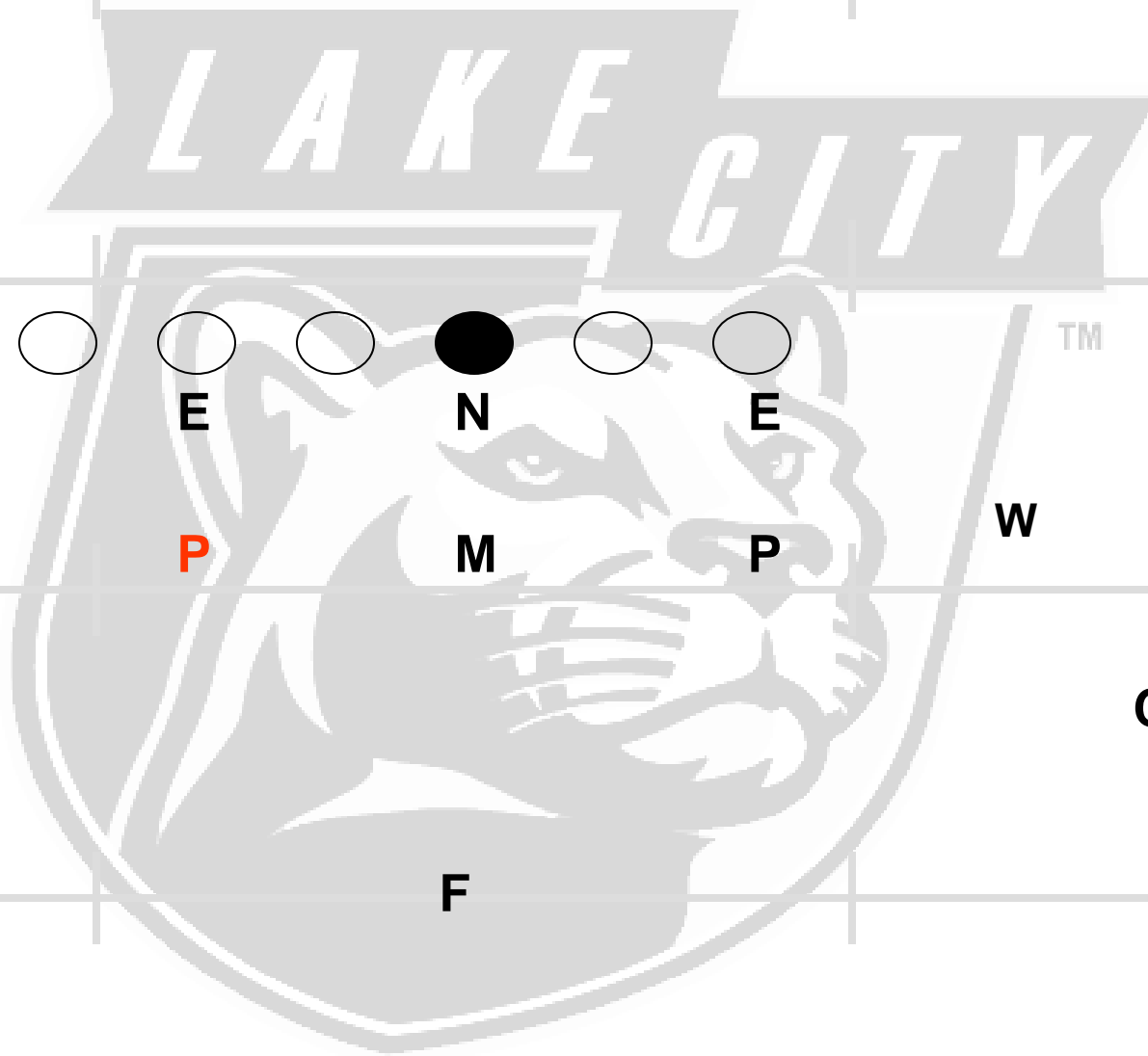


RAM



EX. OPEN RAM 3

LION



W

E

N

E

P

M

P

W

C

C

F

X

LAKE CITY



E

N

E

W

W

P

M

P

C

C

F

WILLY

LAKE CITY



E

N

E

W

W

P

M

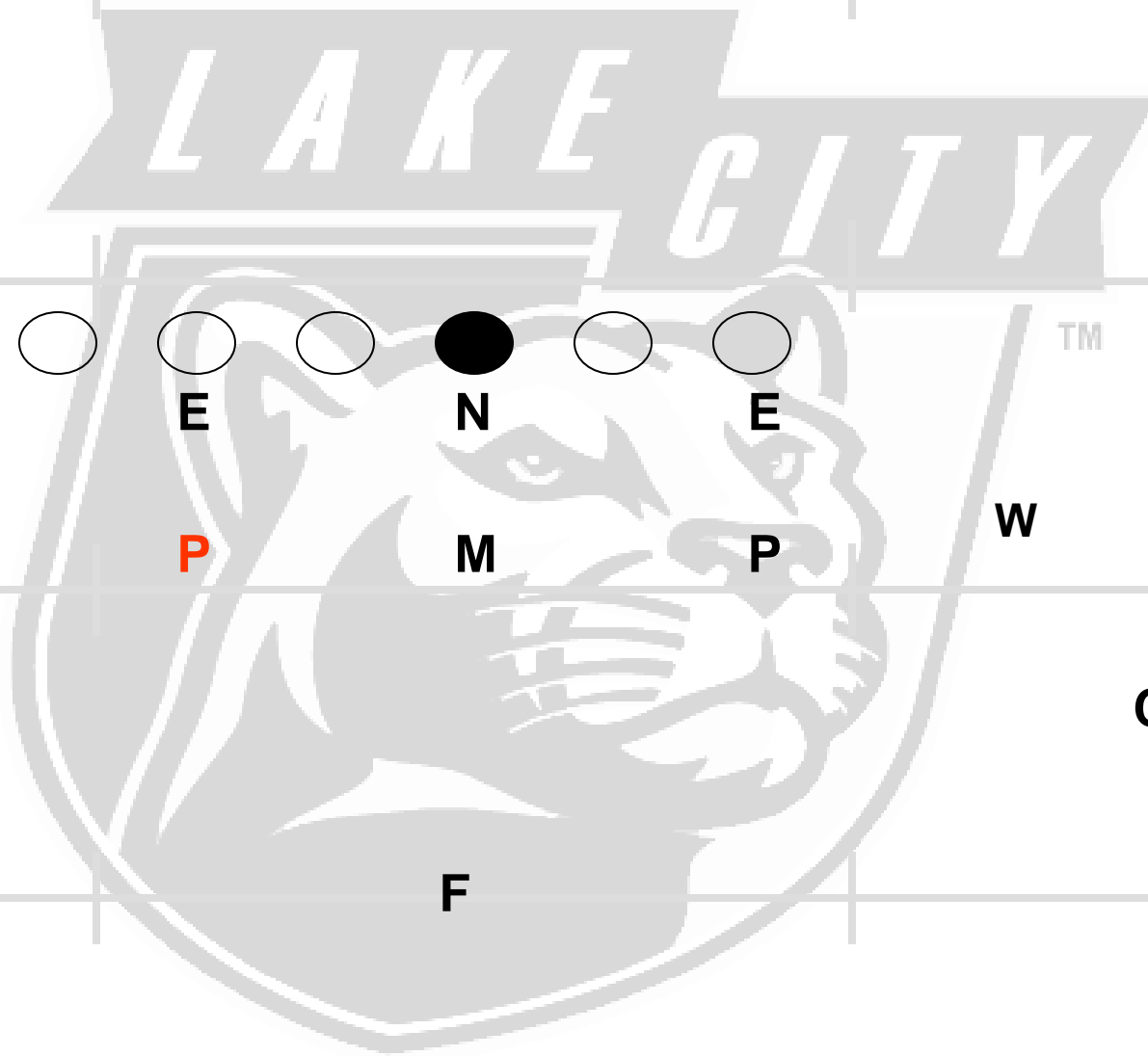
P

C

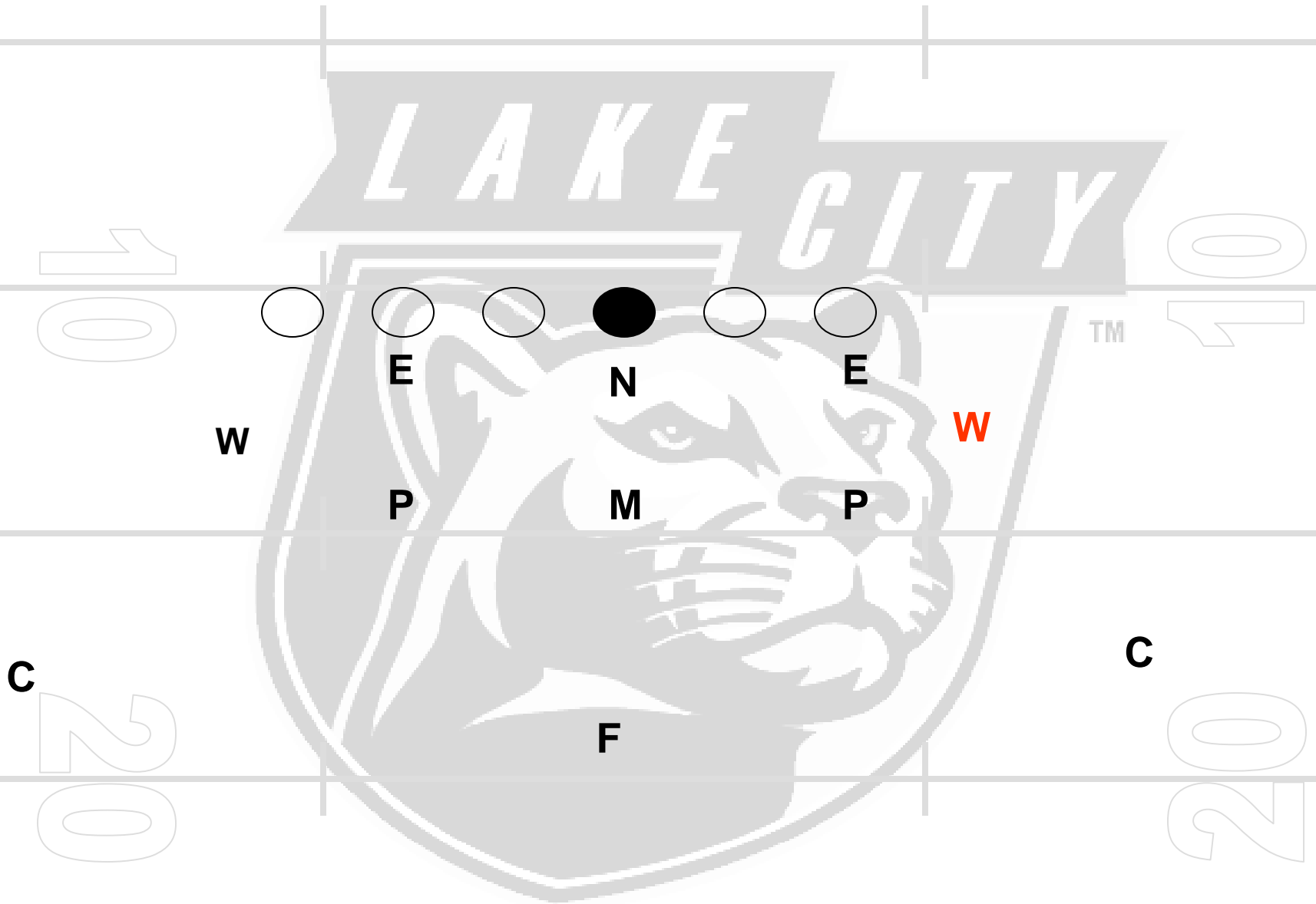
C

F

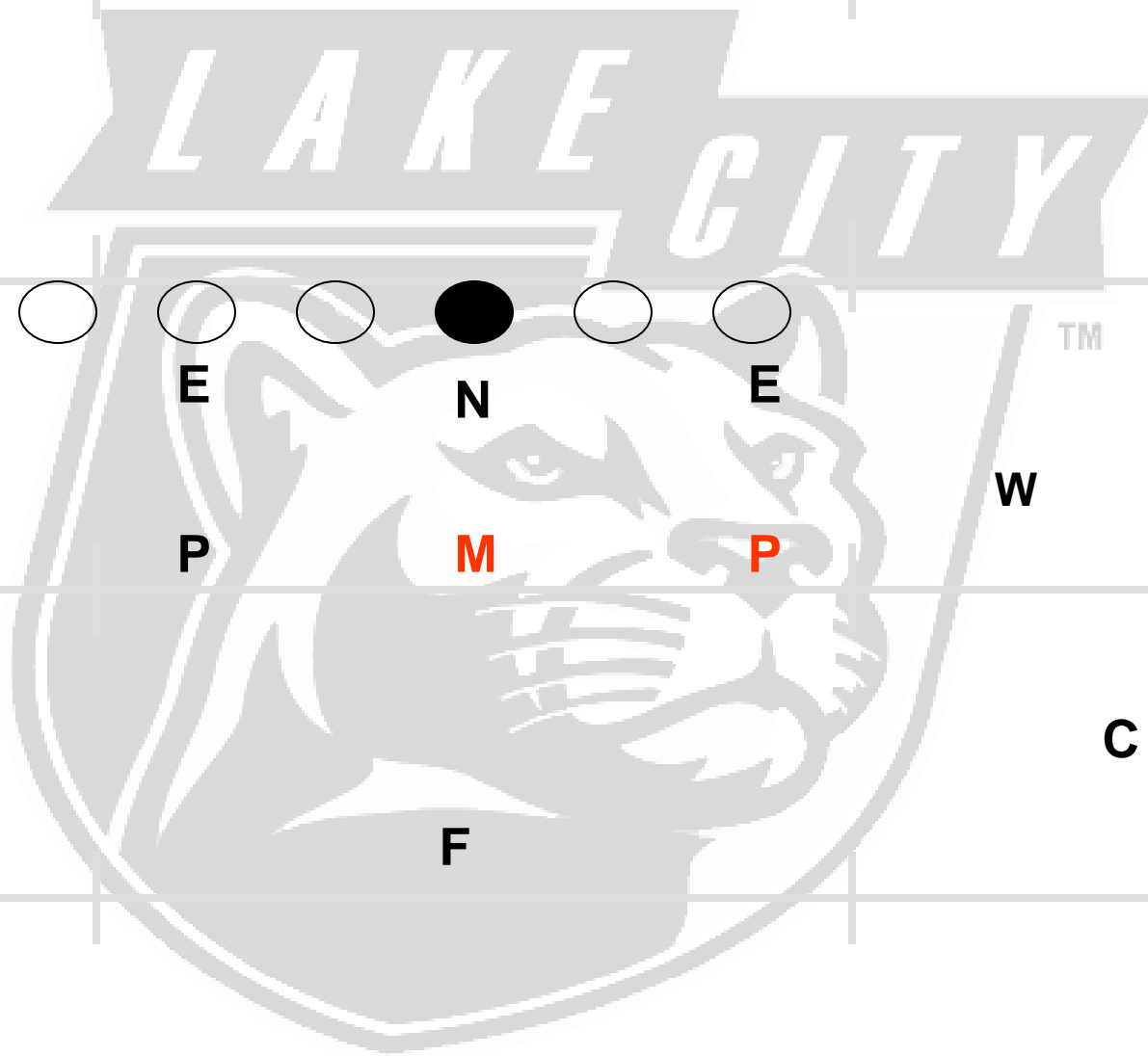
SAMMY



RHINO



JACKS RAM X



E N E

W

W

P M P

C

C

F

10

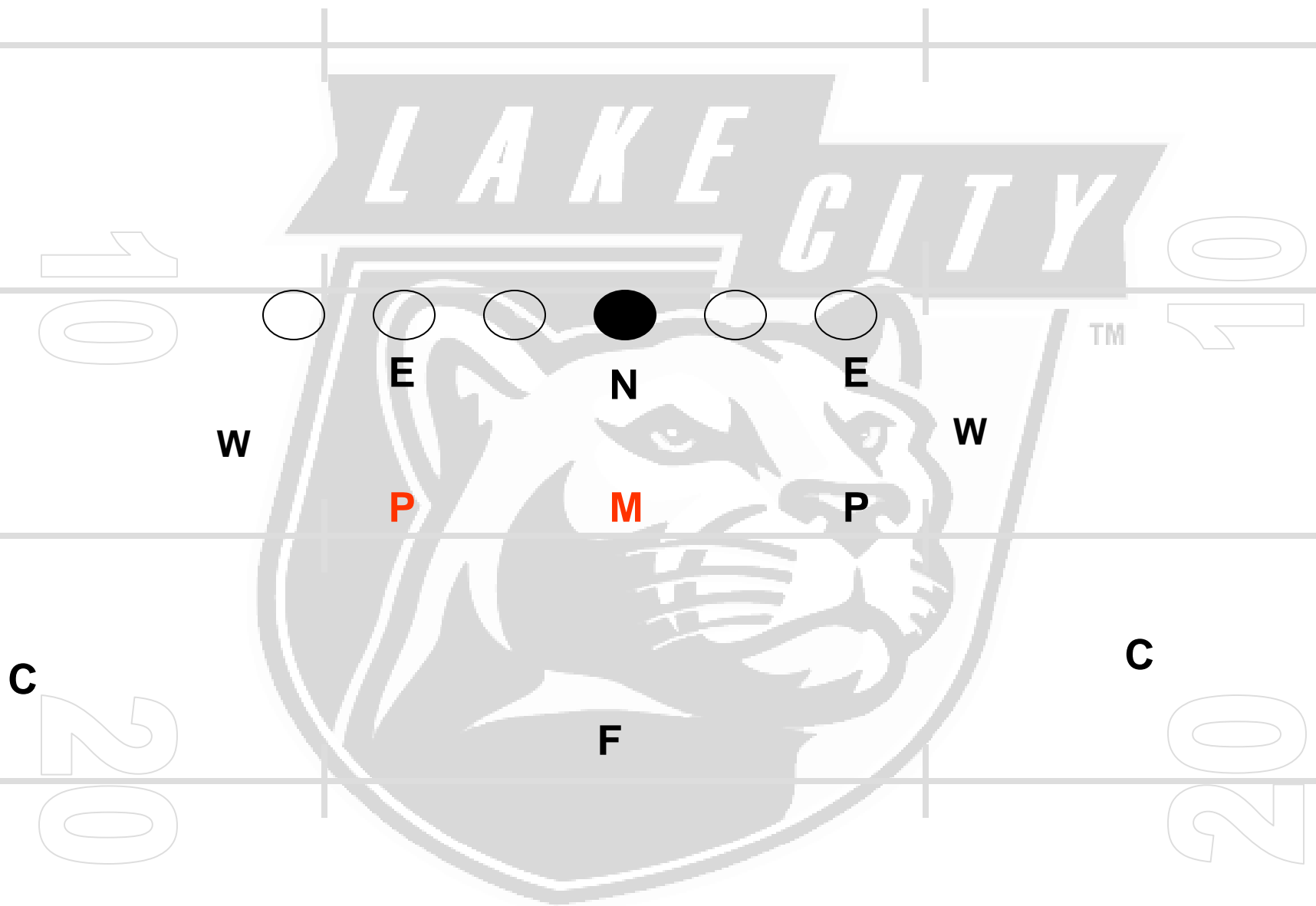
10

20

20

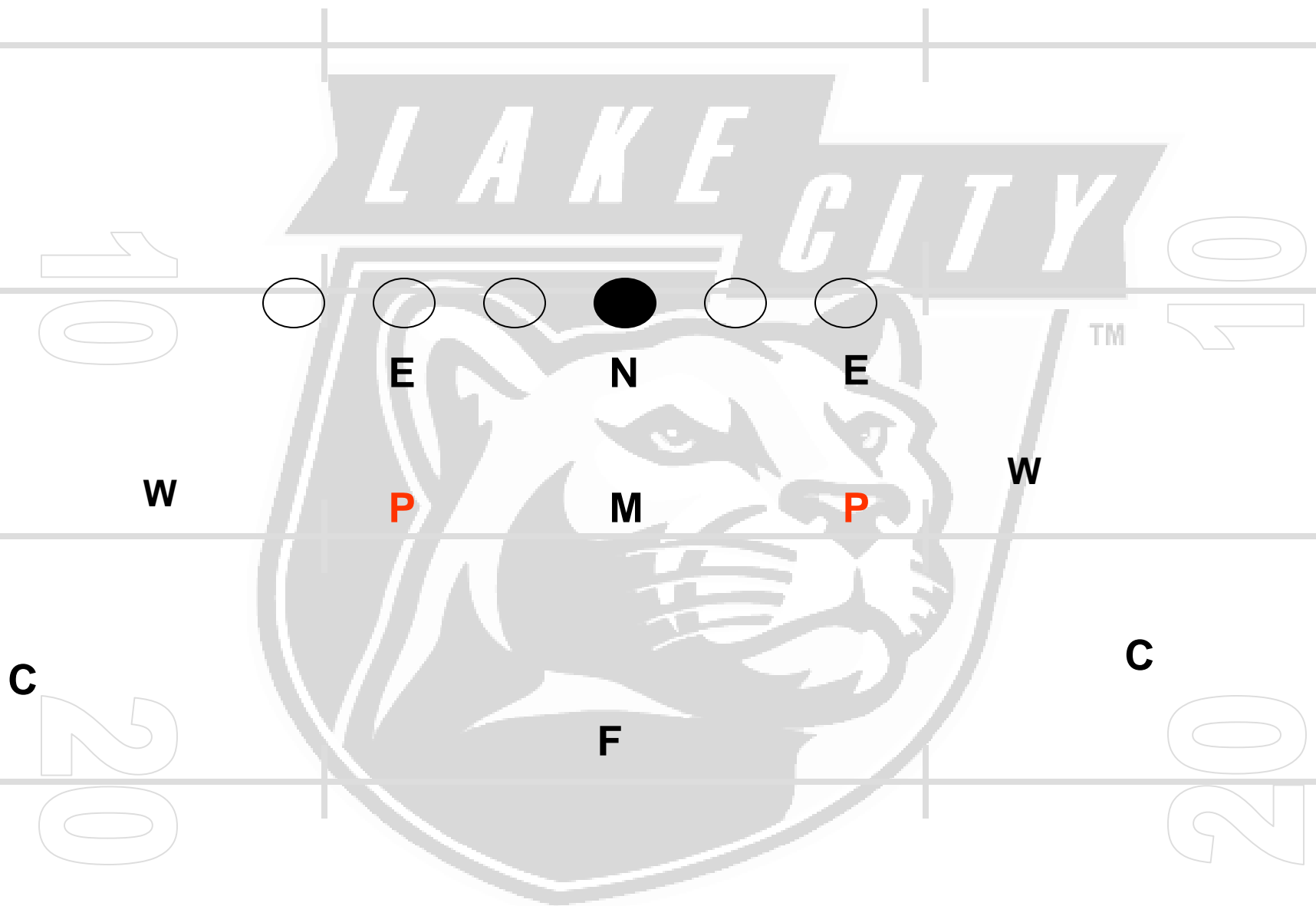
TM

MASH



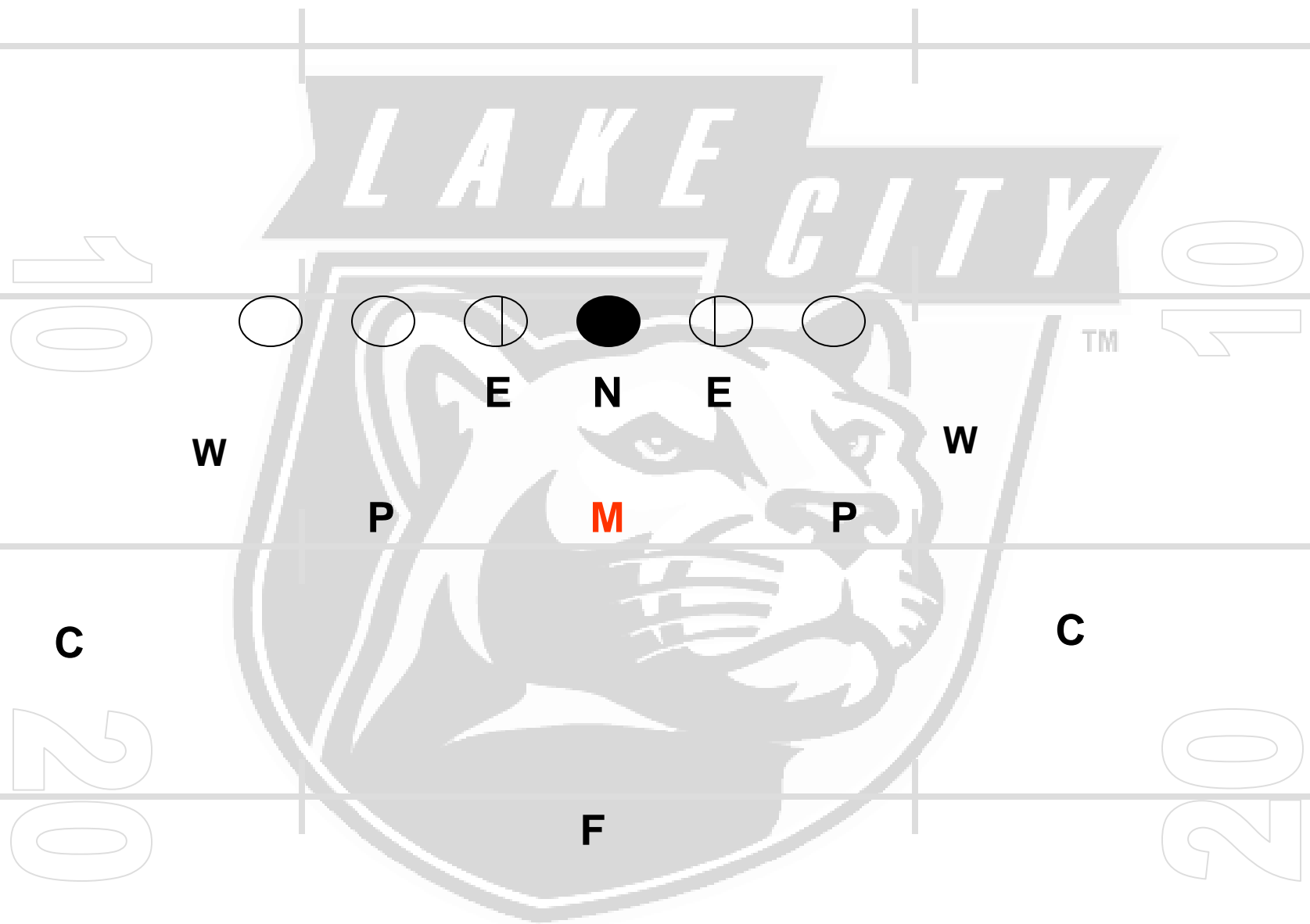
Ex. Mash Left 3

PINCH RAM LION



EX. OF A 5 MAN BLITZ

RENEGADE



Ex of an Inside Blitz

BEAR

LAKE CITY



M

E

N

E

P

P

F

TM

W

W

C

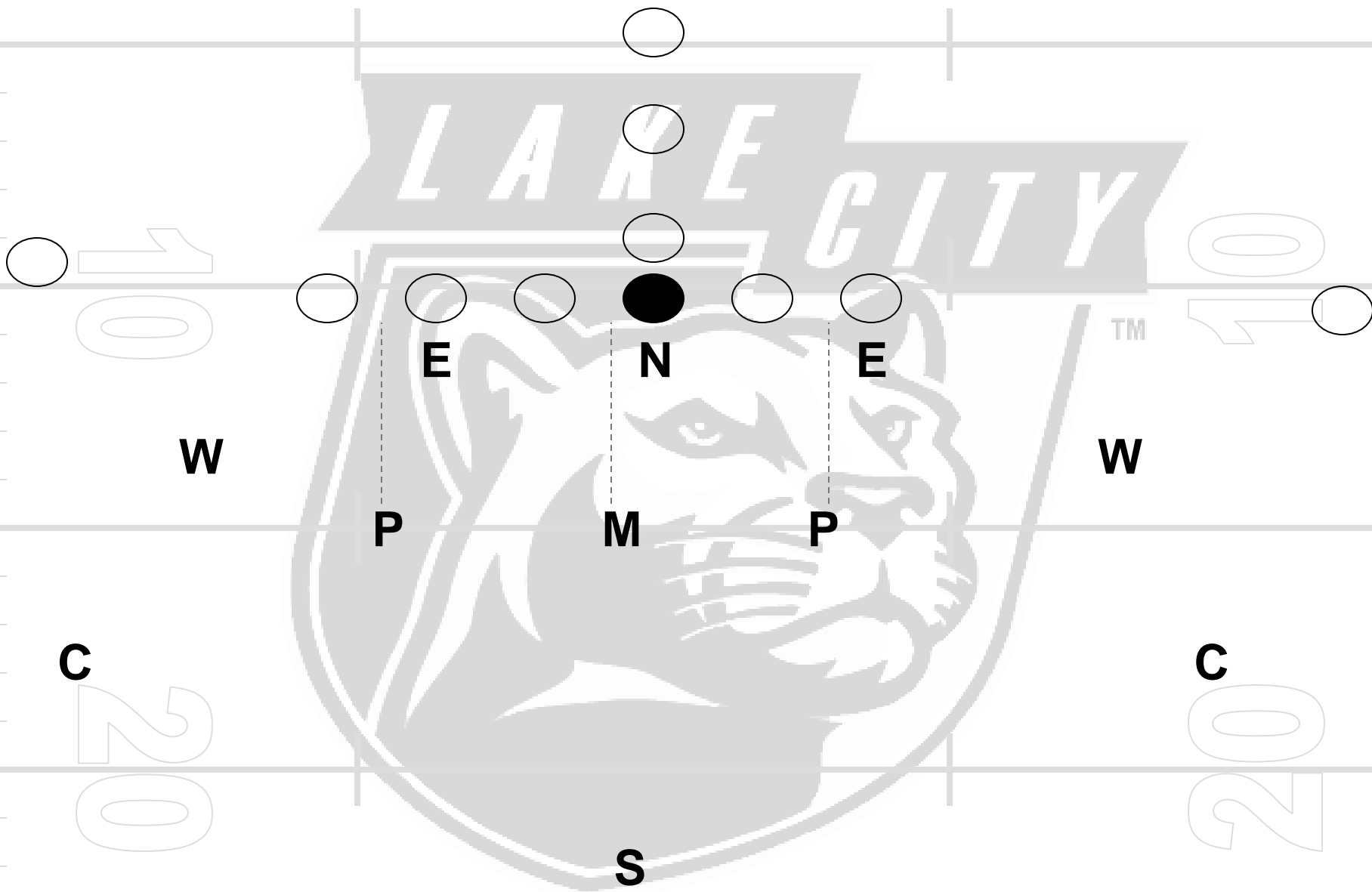
C

Performance Alignments

- **Shadow**
- **Bump**
- **Bounce**

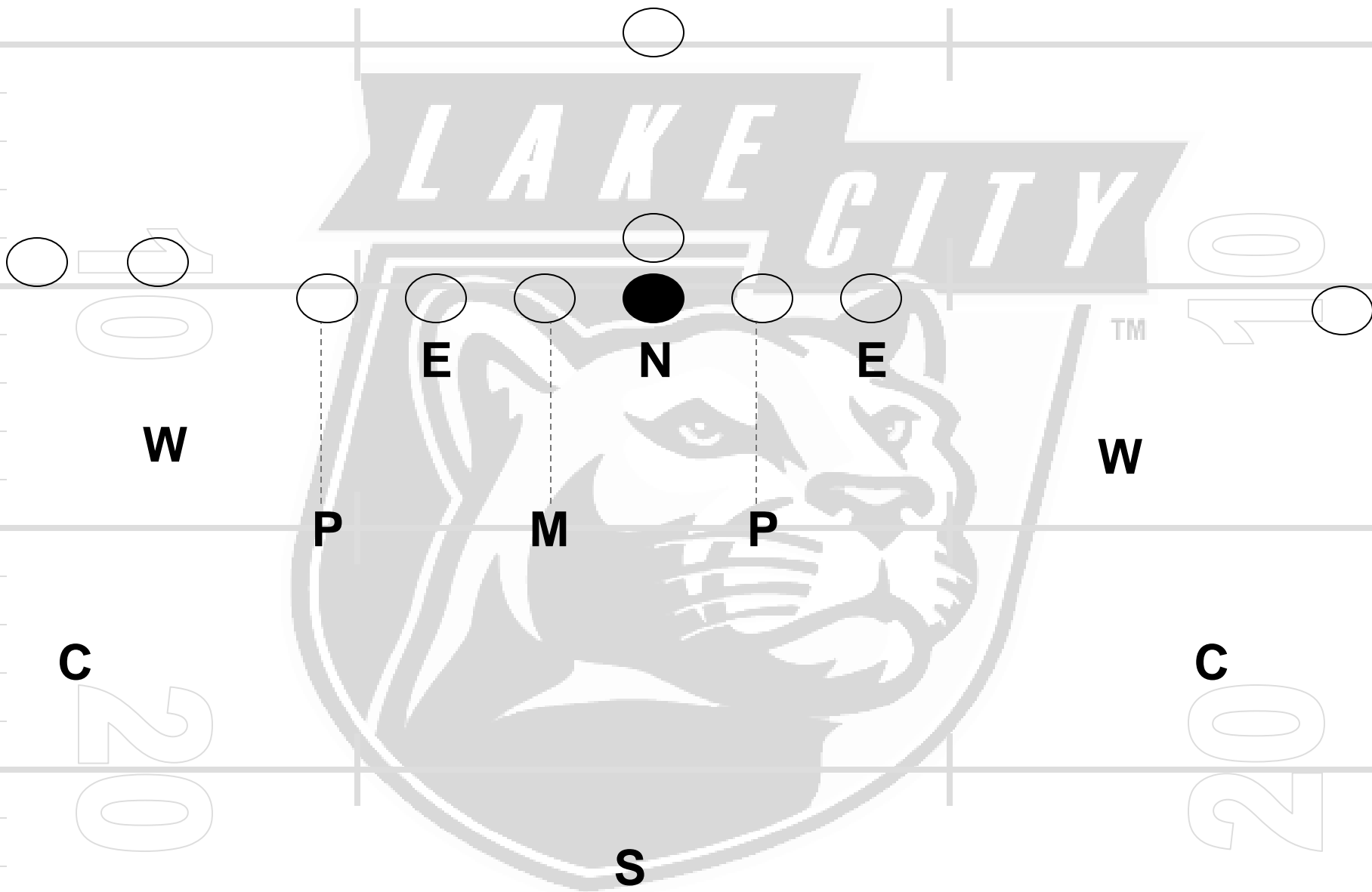


BUMP



Ex. 2 X 1 set = Bump left

BOUNCE



Ex. 3 X 1 set = Bounce left

COVERAGES

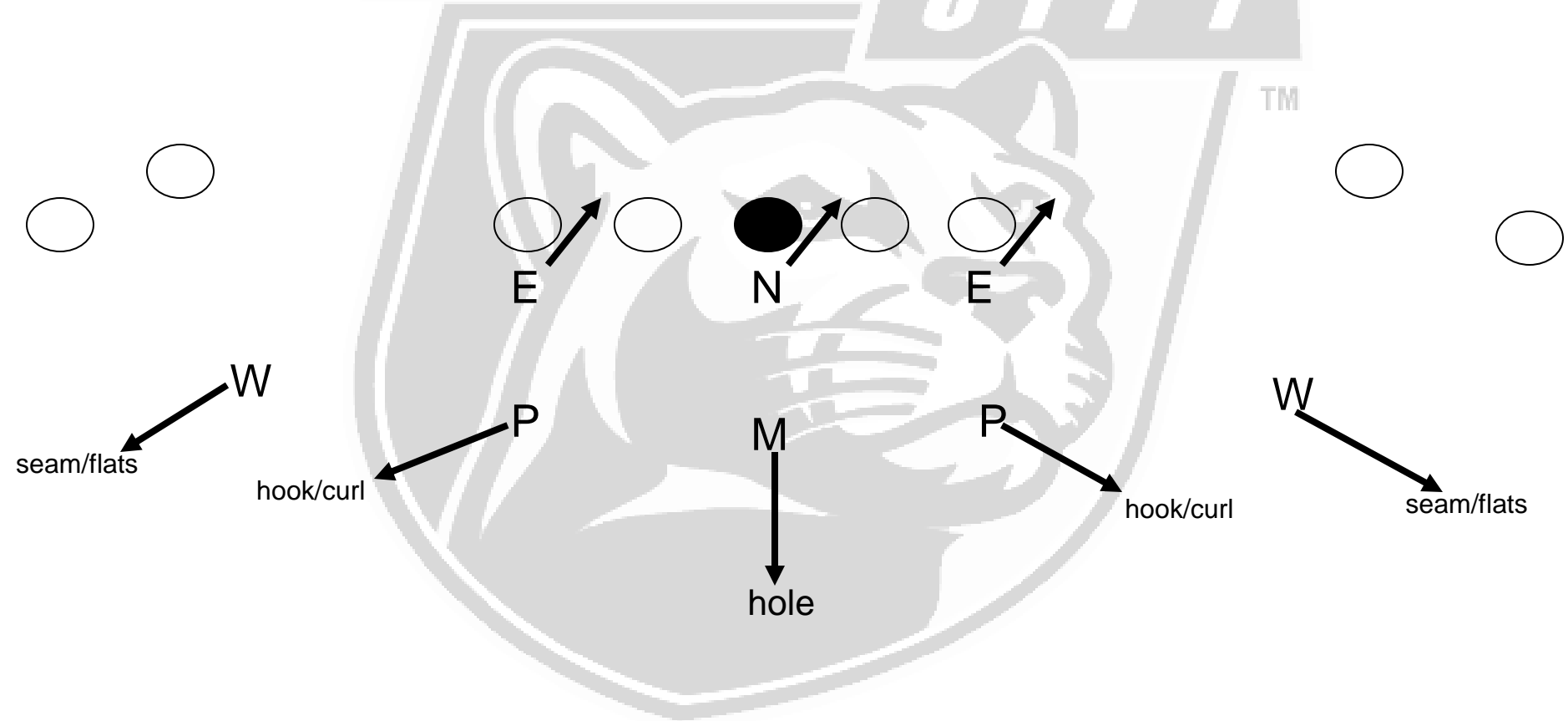
- **Zero-Goaline, BEAR**
- **One (Man-Free)**
- **Three**
- **Spin – 4**
- **Roll – 4**
- **Shark – 3**
- **Robber – 2**



Pass Responsibilities

Pass Coverage Rules

Normally, in a passing situation, the zones to be covered are the flats, hook/curl, and the hole. Responsibilities will change slightly when a blitz is called.

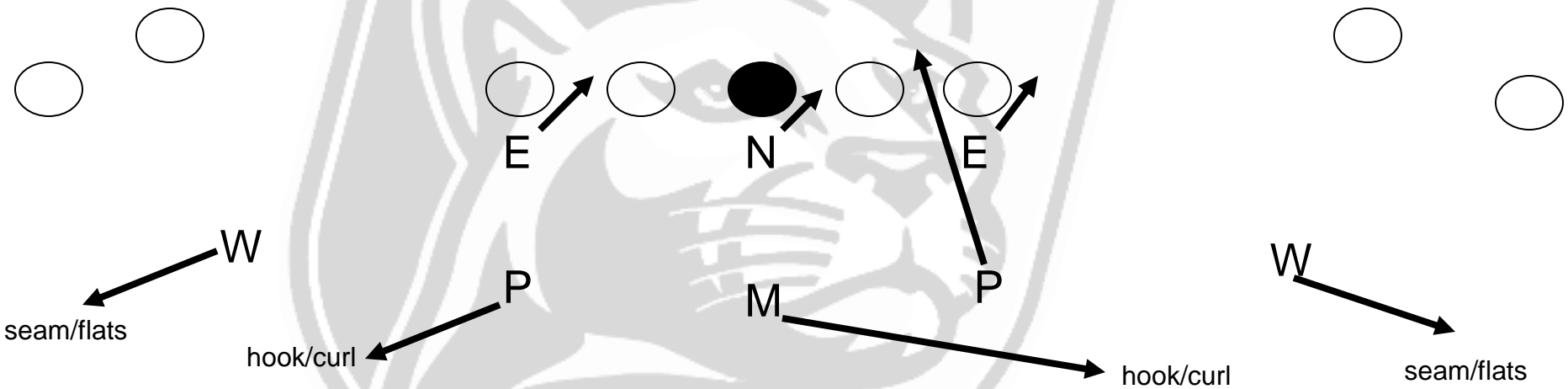


Ex. Rip Ram

Blitz-Pass Responsibilities

4 Man Pressure Rules

4 man pressures will include the 3 linemen and 1 linebacker. Normally, in a passing situation, the zones to be covered are the flats, hook/curl, and the hole. With one linebacker blitzing, we will give up the “hole” and just cover the two hook/curl and flats zones.

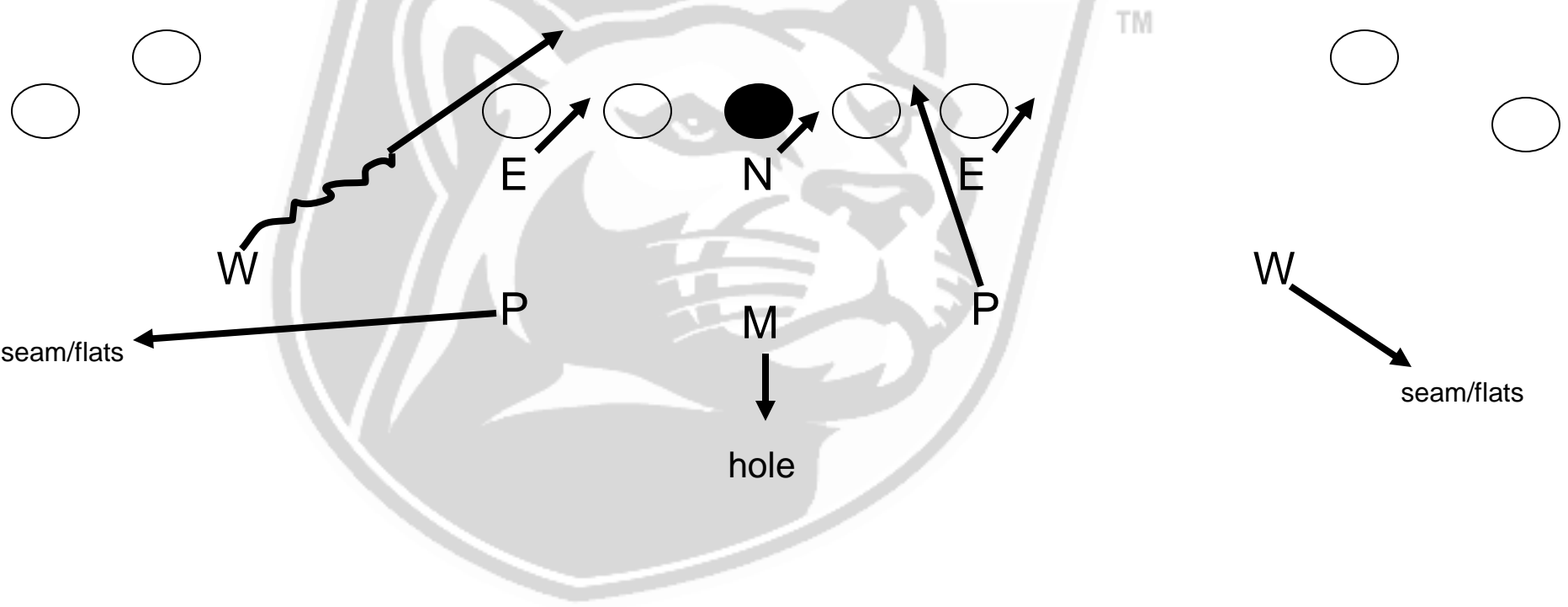


Ex. Rip Ram

Blitz-Pass Responsibilities

5 Man Pressure Rules

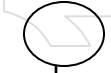
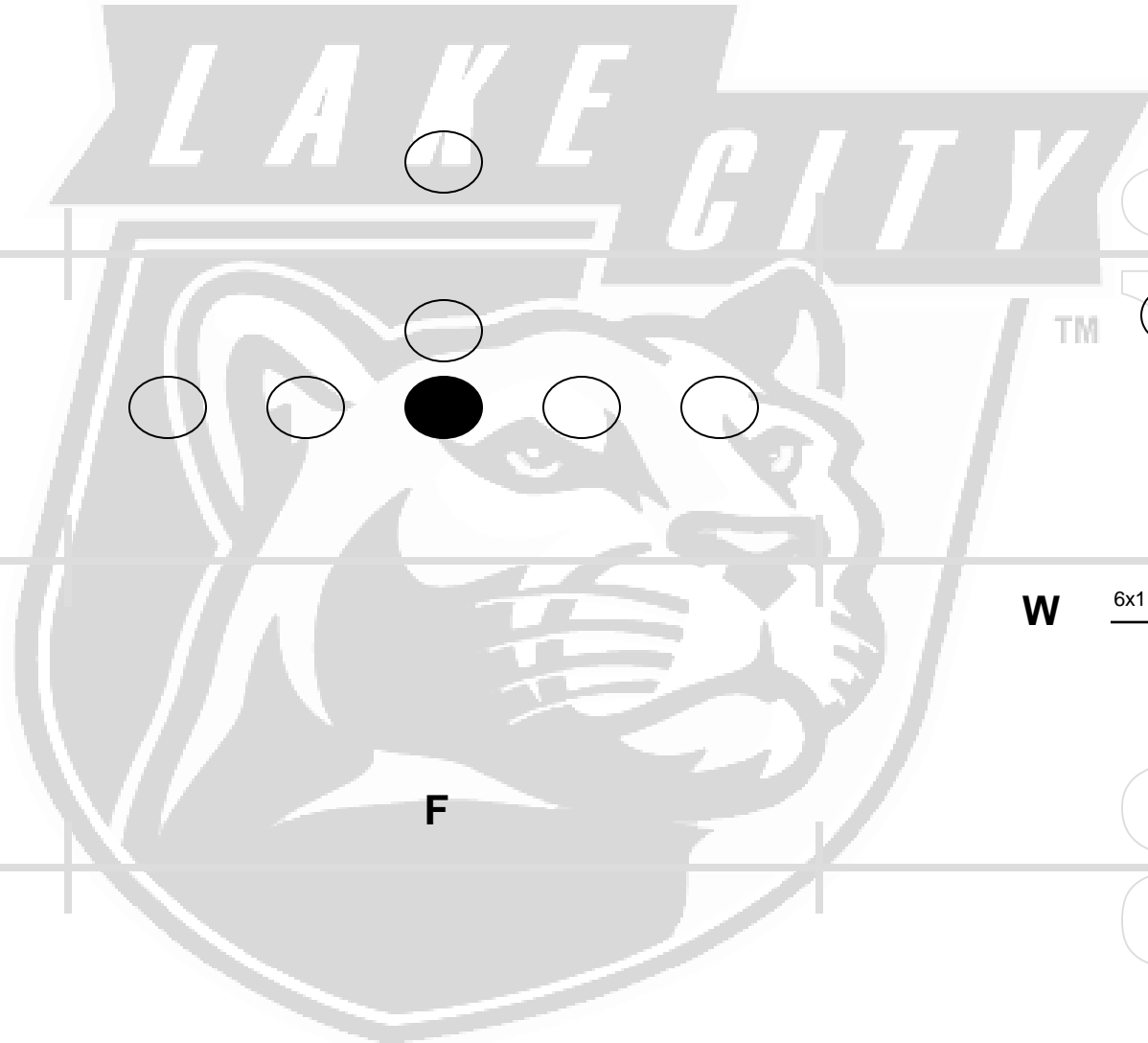
5 man pressures will include the 3 linemen and 2 linebackers. Normally, in a passing situation, the zones to be covered are the flats, hook/curl, and the hole. With two linebackers blitzing, we will give up the hook/curl zones and just cover the “hole” and two flats zones.



Ex. Rip Leopard Ram

1

(Man Free)



F

1

0

20

20



6x1

C

6x1

W

W

6x1

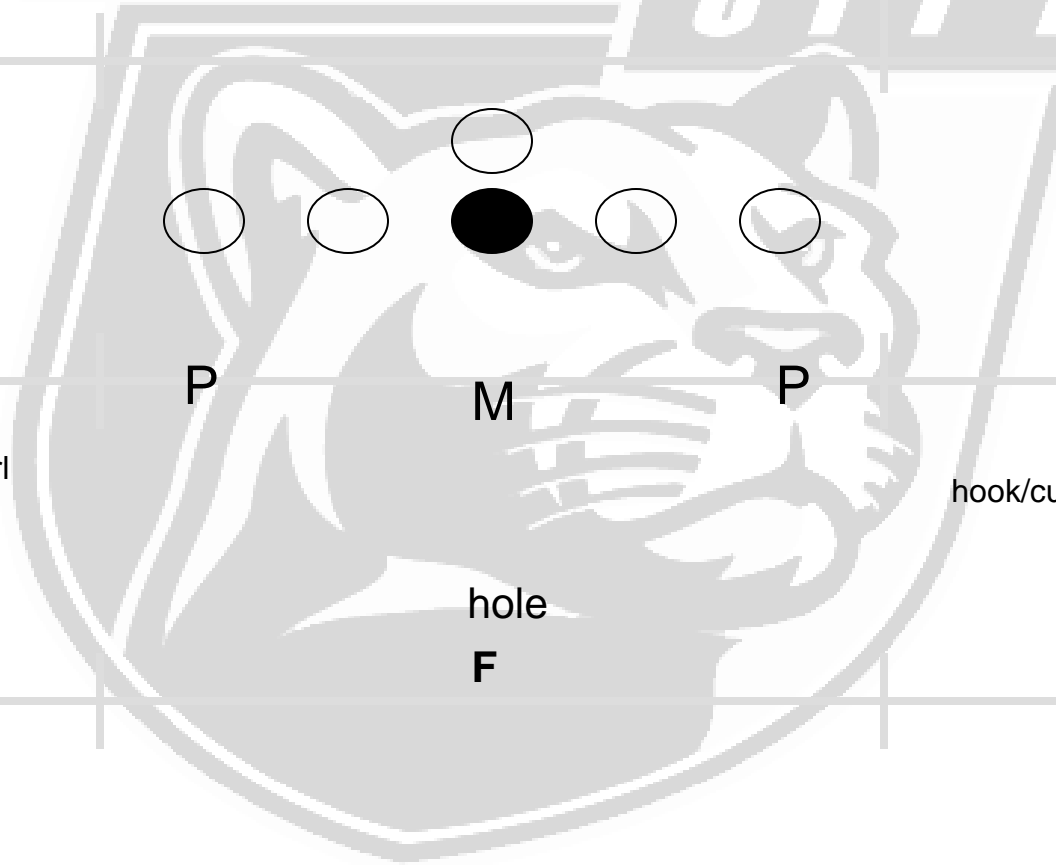
C

6x1

3

(DEEP THIRDS)

LAKE CITY



W

P

M

P

W

seam/flats

seam/flats

C

hook/curl

hook/curl

C

hole

F

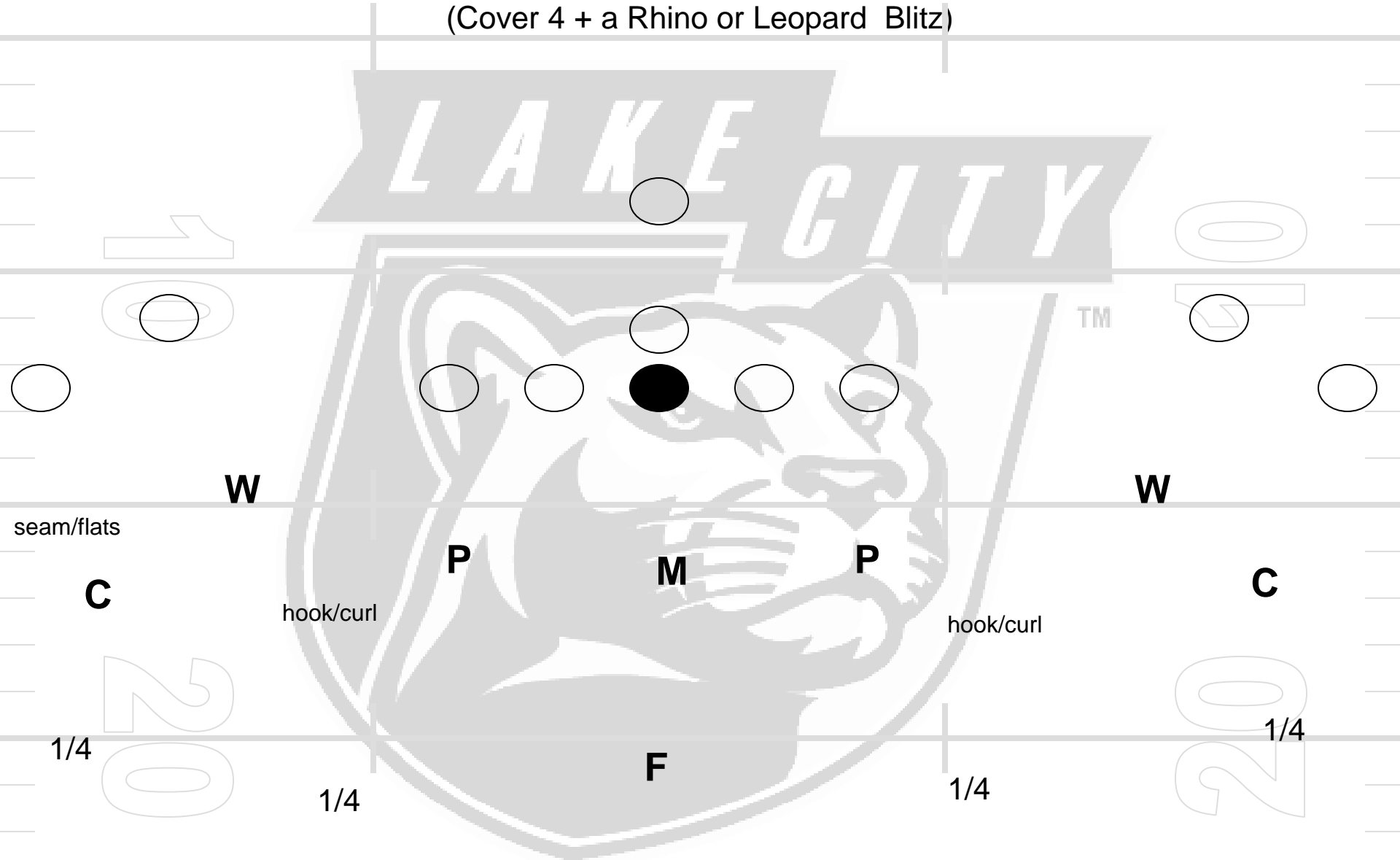
1/3

1/3

1/3

SPIN

(Cover 4 + a Rhino or Leopard Blitz)

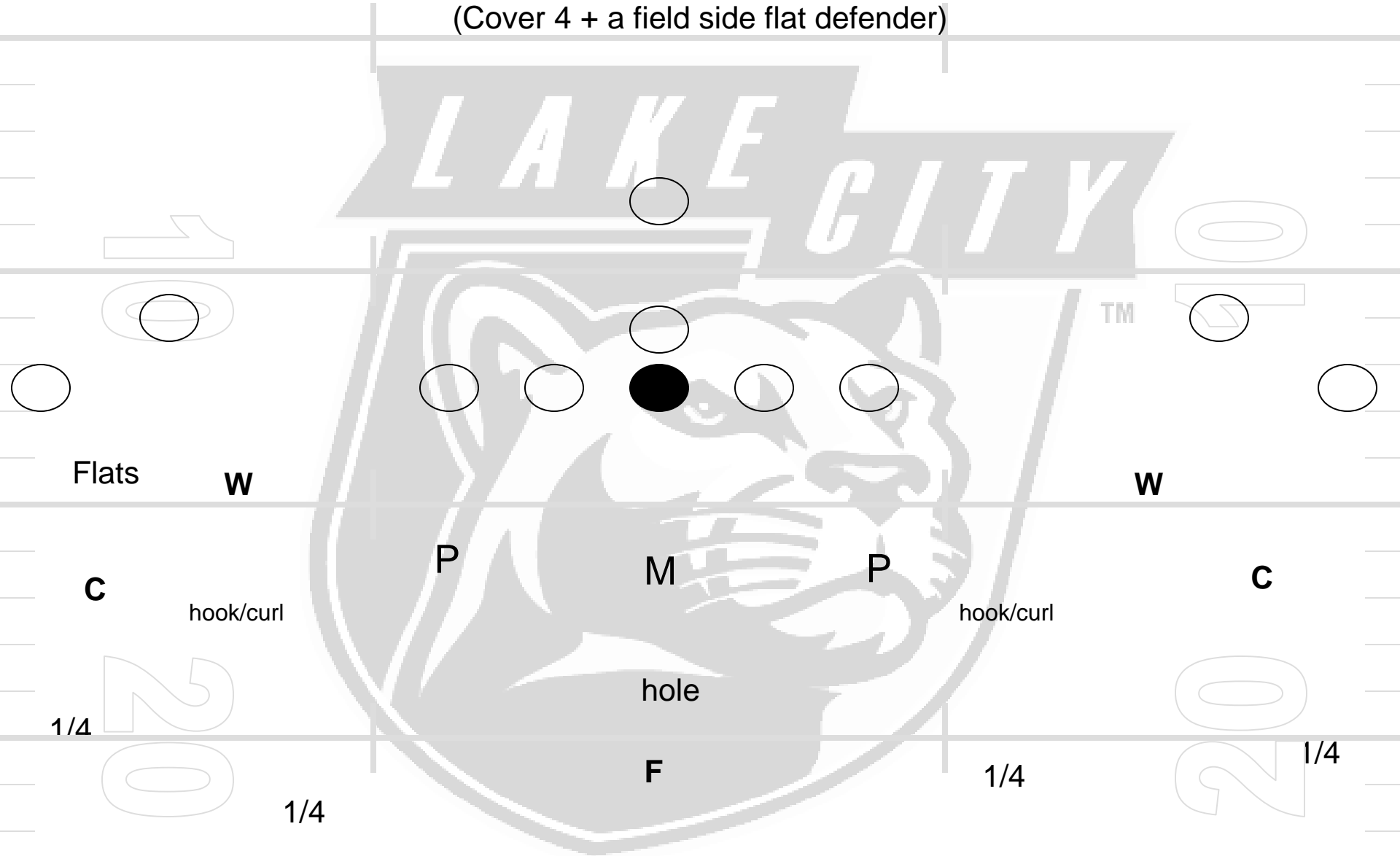


Ex. SPIN LEFT

**We will leave the flats on the boundary uncovered

ROLL

(Cover 4 + a field side flat defender)

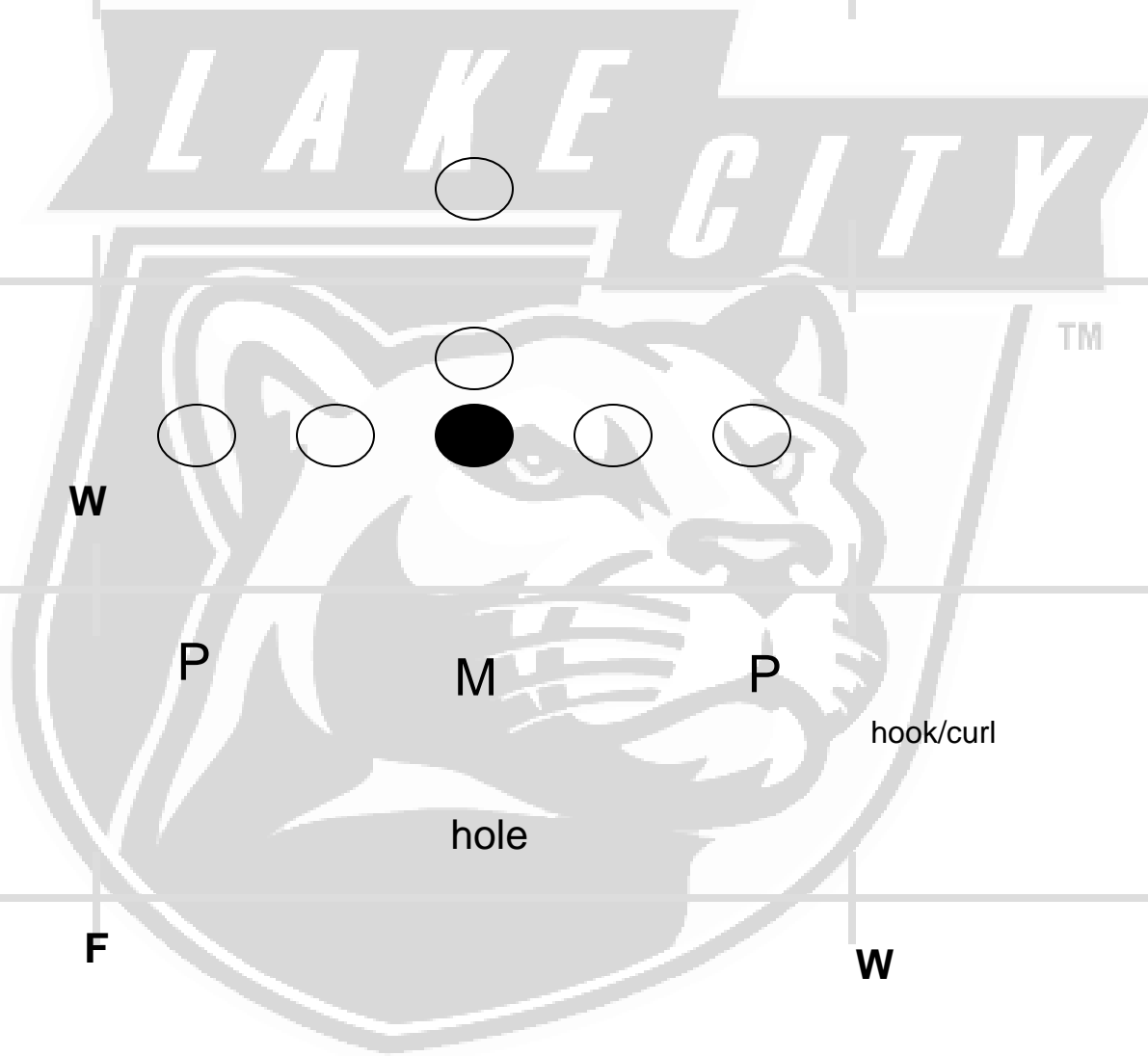


Ex. Roll LEFT

**We will leave the flats on the boundary uncovered

SHARK

(Cover 3 + Choke on #1)



W

TM

Flats

Flats

C

hook/curl

P

M

P

C

hook/curl

hole

F

W

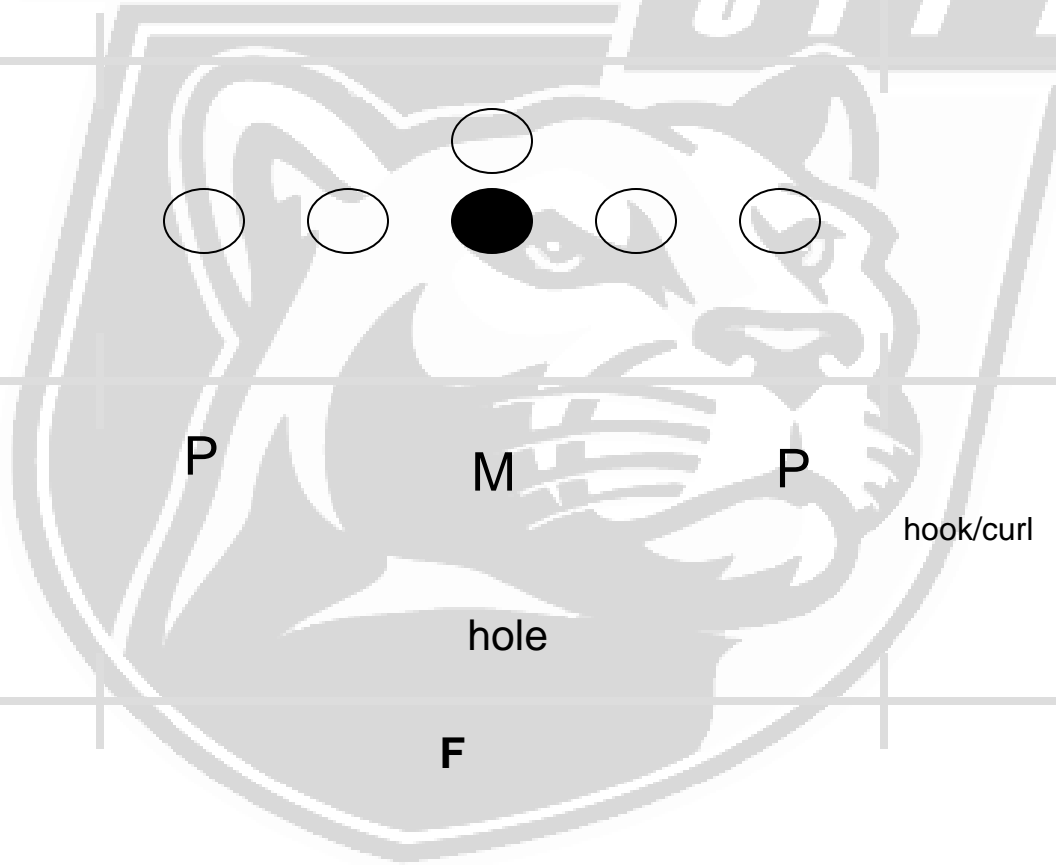
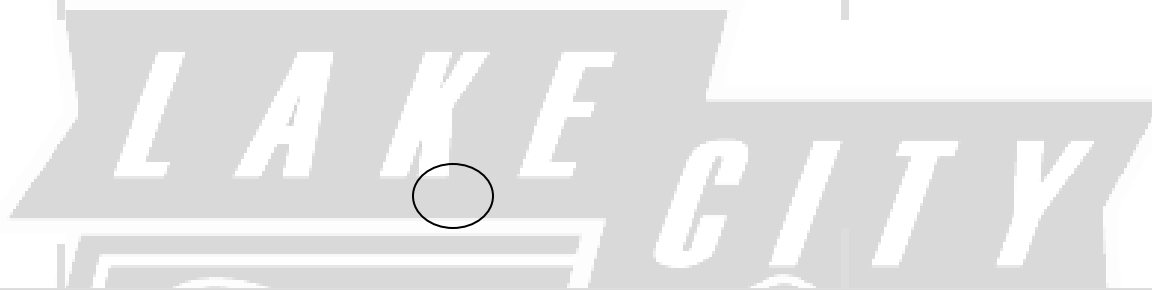
Ex. Shark Left ^{1/3}

1/3

1/3

ROBBER

(Cover 2 + Robber Free Safety)



TM



W

W

Flats

Flats

P

M

P

C

hook/curl

hook/curl

C

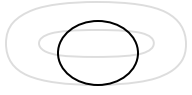
hole

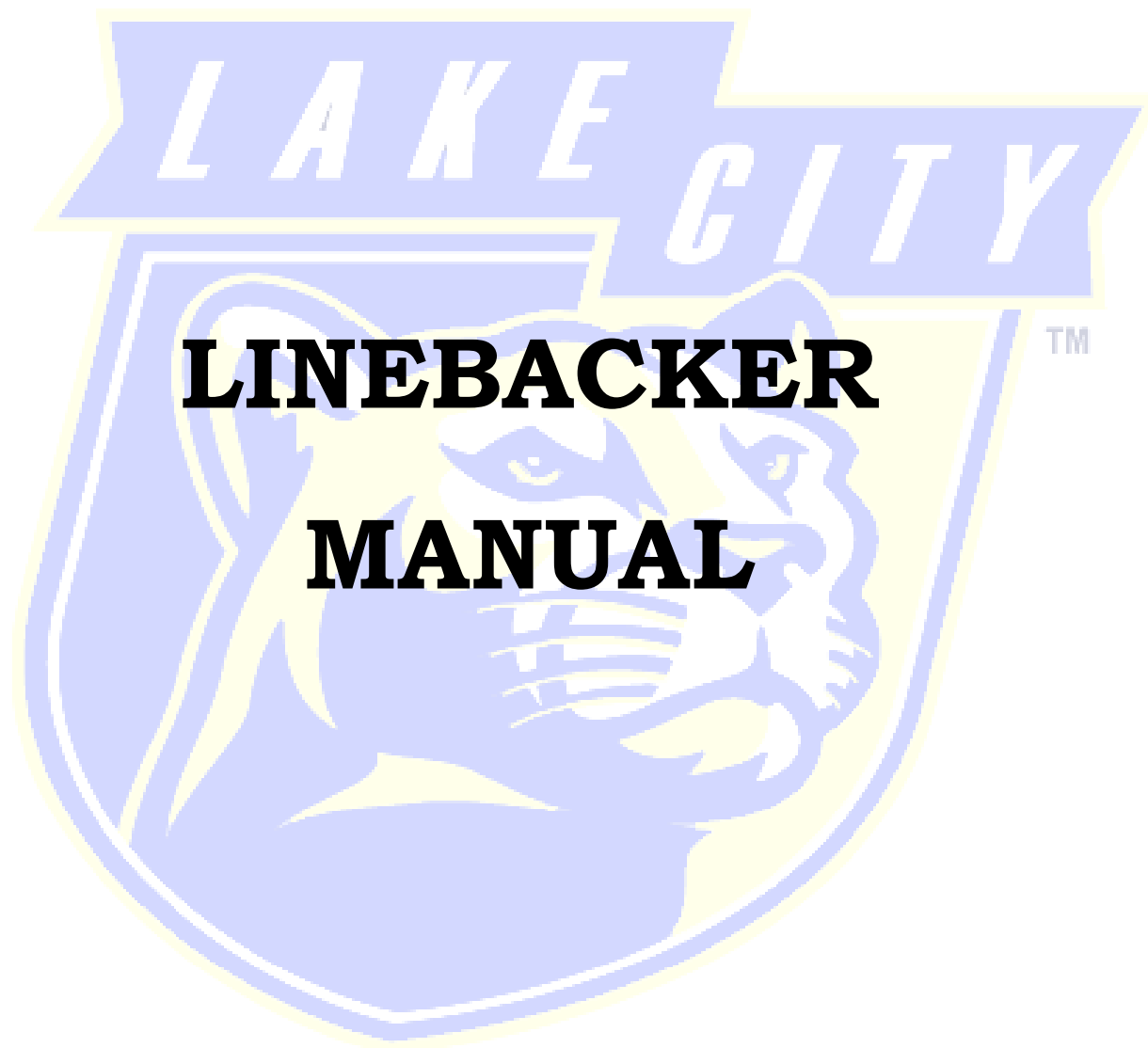
F

1/2

1/2

Ex. Jacks X Robber





LAKE CITY

LINEBACKER

MANUAL

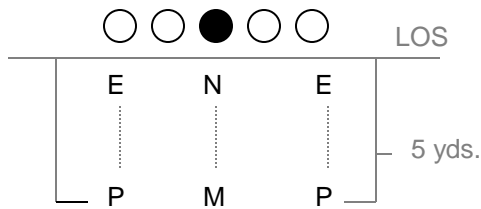
TM

Linebackers

Stance

- Feet slightly staggered
- Knees over toes
- Chest over knees
- Shoulders square to the line of scrimmage
- Weight on the balls of the feet

Alignment



- LB's are 5 yards off the LOS
- OLB's stack directly behind the def. tackle
- Middle linebacker stacks behind the nose

Responsibilities

Along with stunts and shade fronts, the linebackers will only have a one gap responsibility. The middle linebacker will read “the triangle”. If the opposition has a fullback, his reads will be fullback to guard. OLB's will read through the guard to the backfield. If hard flow comes to their gap, they have to attack it immediately. If fast flow comes to the OLB, he must attack the football and take on any block keeping his outside arm and leg free. If flow goes away, his eyes will go to the away guard, check for counter/reverse, and pursue inside/out to the football.

Linebackers - Hit, Shed, Pursuit

Hit, Shed, and Pursuit

Lead block(hard flow)

The most important position a linebacker can be in when taking on a blocker is to have his same foot and same shoulder forward into the blocker. When plugging a lead blocker, he cannot get caught with that forward foot off the ground. The timing of letting his weight go is important when plugging a lead block. The linebacker needs to understand that a lead blocker will try to influence him to pick a side and if he does it will give the ball carrier a running lane. Once contact is established he needs to use his hands to shed the block and get to the ball carrier.

Down block from tackle or end(flat flow i.e. sweep, power, slam)

On flat flow plays the middle linebacker will usually encounter a down block from a tackle or end. He needs to check his gap first and then take an inside-out angle of pursuit. He needs to realize that the sideline along with outside contain are his friends because they will keep the play coming back at him. The middle linebacker cannot afford to overpursue and give up the cutback. The playside outside linebacker has to be able to dip and rip across the face of the down blocker and not give up his pursuit angle. If flow goes away from the outside linebacker he should take a pop step, check for counter/reverse action and then take a deeper angle of pursuit to make the downhill tackle.

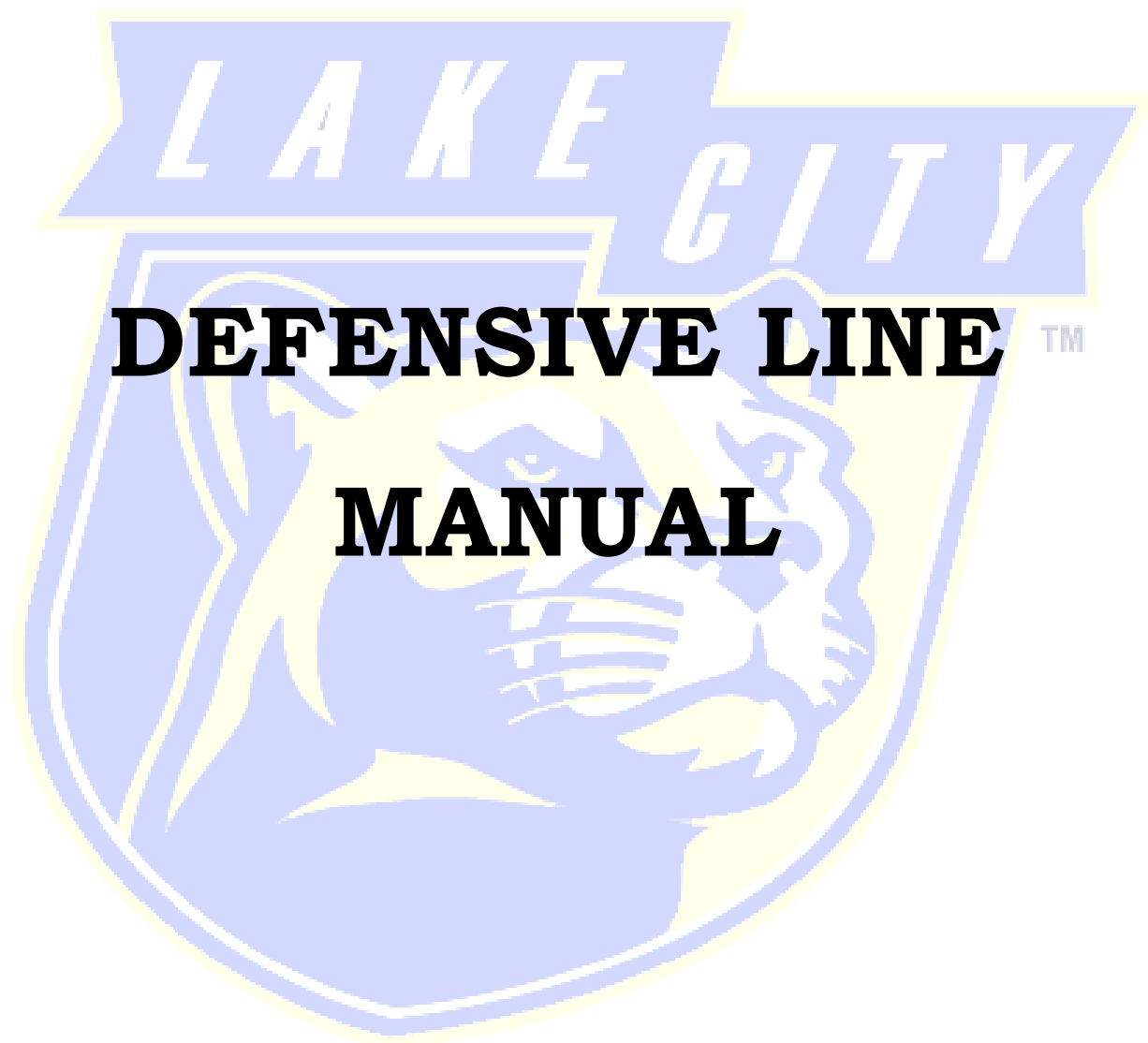
Pass Coverage

Middle linebacker

Once pass is determined, the middle linebacker needs to turn and drop back into his zone, which is in between the hashes and about 5-10 yards deep off the line of scrimmage. Mike needs to mirror the quarterback similar to a safety. On a roll out pass, he needs to adjust his zone over to that side. If the quarterback and running back pass each other, the middle linebacker needs to check for a screen. If the fullback comes through the line of scrimmage out for a pass, he needs to tackle him. A blitz call will override pass coverage.

Outside Linebacker

On a pass play, the outside linebacker is responsible for the flats area about 5-10 yards deep from the near hash to the sideline. He needs to have his head on a swivel and see any backs or receivers that might come into his zone. If there is rollout to his side and there is no receiver in his zone, he needs to check for a dragging tight end.



DEFENSIVE LINE™

MANUAL

Defensive Line Hit, Shed, Pursuit

Drive Block

- The defensive lineman **must be able to whip a single block**.
- **Explode** into the blocker.
- Square up.
- Use the hands to get the separation needed to get to the ball.
- Release to the side of the **first definite flow**.

Reach Block

- Work immediately to the blocker's outside.
- Use your hands to get off the block with a punch/rip/swim technique.
- **Fight hard to keep outside arm and leg free.**

Kickout/Trap Block(tackles)

- If the offensive tackle rips avoiding the defensive tackle, he must hold his position and **not go upfield**.
- Keep the **shoulders parallel** to the line of scrimmage.
- He needs to **turn inside and make a collision** into the blocker(s) with his inside shoulder.
- Do not get driven laterally or backward.

Pulling Tackle

- If the offensive tackle pulls the defensive tackle needs to **get in the pulling guard's "hip pocket"** and follow
- The pulling lineman will take him to the ball.

Double Team

Never get driven backward or let the offense cut off the pursuit of the linebacker behind you.

Never get driven laterally.

Split the double team if possible or collapse to the drive blocker.

Pass Block

Rush.

Use a swim/rip/spin to get to the passer.

Watch for the draw or screen.

Get the **hands up** when the QB throws.

Defensive Line Shade Techniques

Nose

“1” technique assigns the nose to line up on the left or right shoulder of the center. The exact position is determined by how wide the center-guard gap is on each play. The bigger the gap, the more centered in the gap the nose becomes. The nose’s primary responsibility is the “A” gap he is in once he shifts. His read and react keys are the near guard and the center. His reads on the snap are as follows:

- If the gap is wide penetrate straight ahead and find the football.
- If the gap is narrow, attack the center and play against the pressure of the center and the guard.
- If it is a pass, work your way to the middle of the center, look for the draw or screen.
- Rush the passer once the QB has passed the deepest back.

Ends

“3” **technique** aligns the tackle with the responsibility of the gap between the guard and the tackle. His alignment is the outside shoulder of the guard. The tackle keys the movements of the guard and the tackle. On the snap of the ball, his duties are as follows:

Brace down on the guard with a forearm(inside) explosion.

If the gap is wide, fight through the guard’s outside shoulder, but do not penetrate past the heels of the guard.

If the gap is narrow, resist against the flow of the play.

If pass, rush the passer.

“5” **technique** aligns on the outside shoulder of the offensive tackle. He keys the movements of the tackle and the tight end. His primary purpose is to keep the offensive tackle from blocking the linebacker. Responsibilities are:

Brace down on the outside shoulder of the tackle with a forearm explosion.

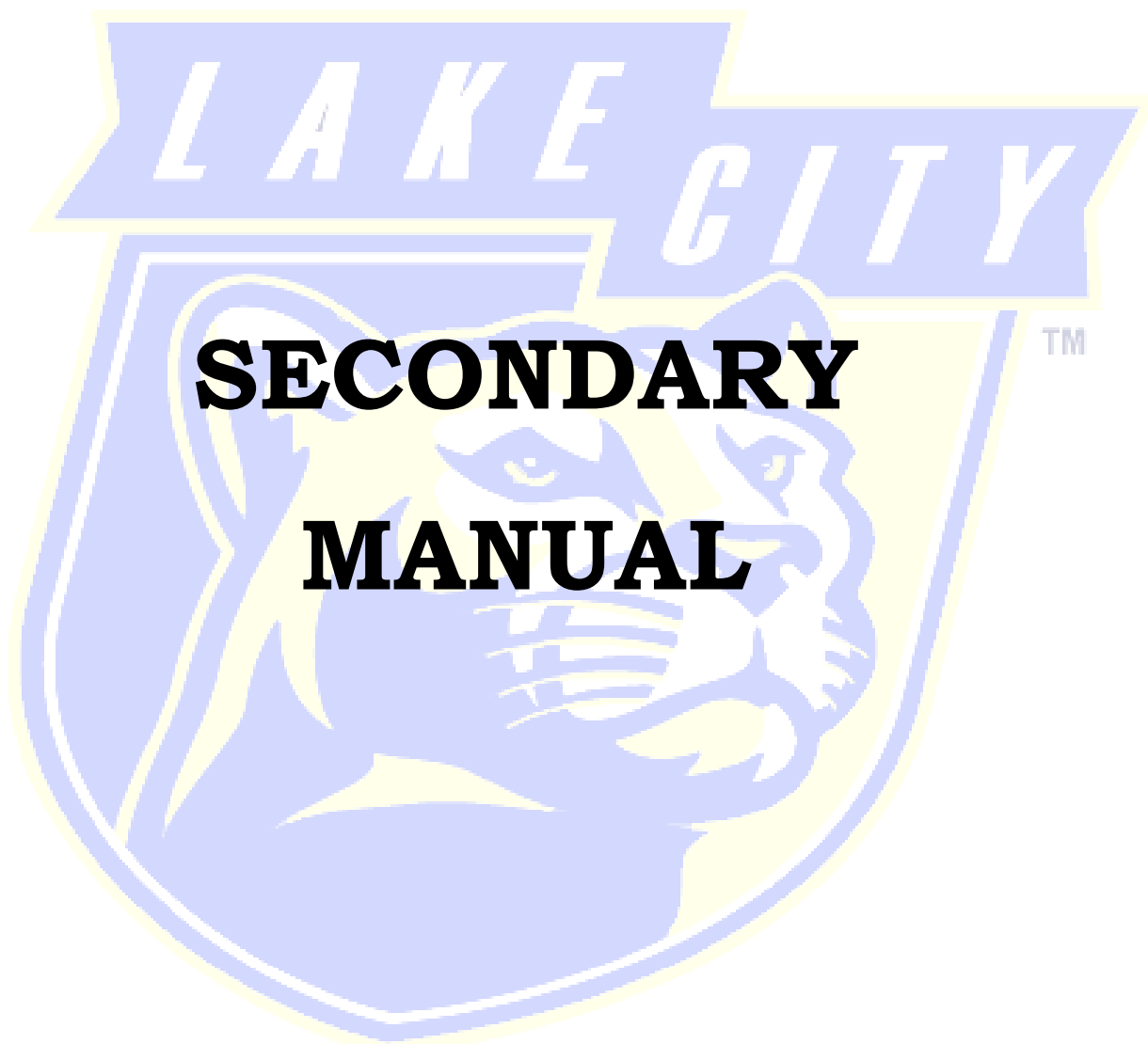
Do not penetrate past the heels of the offensive tackle.

Keep the offensive tackle off the linebacker.

If the tackle rips inside of him, he needs to turn in and check for the trap/kickout block coming.

If on the split end side, keep outside arm and leg free to help on contain.

If pass, rush outside in.



**SECONDARY
MANUAL**

LC Secondary



Lock em' down



Corners

Stance



- weight forward
- chin over toes
- back flat
- arms relaxed
- crack of daylight under heels
- numbers showing

3 Step Read for Cornerbacks

- On the snap ⇒ eyes on quarterback – is it run or pass? Slow walking backward for the first three steps.

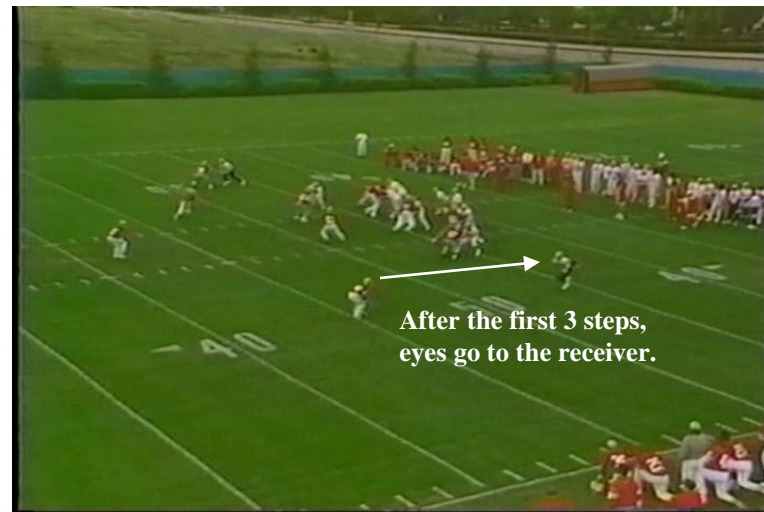
- You will read the quarterback's first three steps if he is under center. If he is in shotgun, you will look to see what he does when once he catches the ball.

Clues:

1. Quarterback holding the ball up indicates pass. QB turning with the ball held low indicates a run play. Linemen will retreat (pass set) if pass. They will fire out low if it's a run.

2. Look for a 3 step drop from QB, that is the quickest threat.

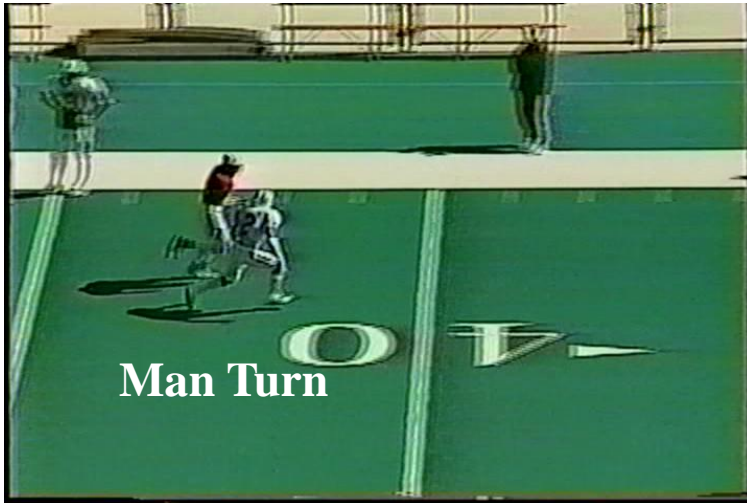
3. If he is in shotgun, the quickest threat is the QB immediately turning and throwing once he catches the ball.



After you read the first three steps, your eyes then go to the receiver (or receivers). Then you should adjust to the route(s).

Which way do I turn?

Man Turn – in cover 3, if there is only *one receiver* on your side of the field, or you are in *man coverage*(cover 1), you open up to the man.



Zone Turn – in cover 3, if there is more than 1 receiver on your side of the ball, or if you are in cover 4, you will *zone turn*. A zone turn is opening and running while facing in to the QB. You will key the QB while seeing the receivers out of your peripheral vision. You must stay deeper than the deepest receiver.



Route Recognition – Vertical Release

Vertical Release – when the pushes vertical up the field(fly, fade, etc.), you must recognize it and prevent the big play.

Once the receiver gets into your cushion, you must turn and run with him. The ideal position to get yourself into is hip to hip with the receiver, your near hand on him, and being able to look back for the ball.



Shadow Position

- hand on receiver
- leaning into the receiver
- hip to hip position
- eyes back to the ball
- when the ball arrives, jump up and into the receiver

What do I do if I am beat?

If you are in the trailing position, do not look back for the ball!!

You must run as hard as you can at the hands of the receiver.



Sprint at his hands and do not give up if the ball gets there before you do!

Continue running at him and knock the ball out of his hands.

When do I make a pick????

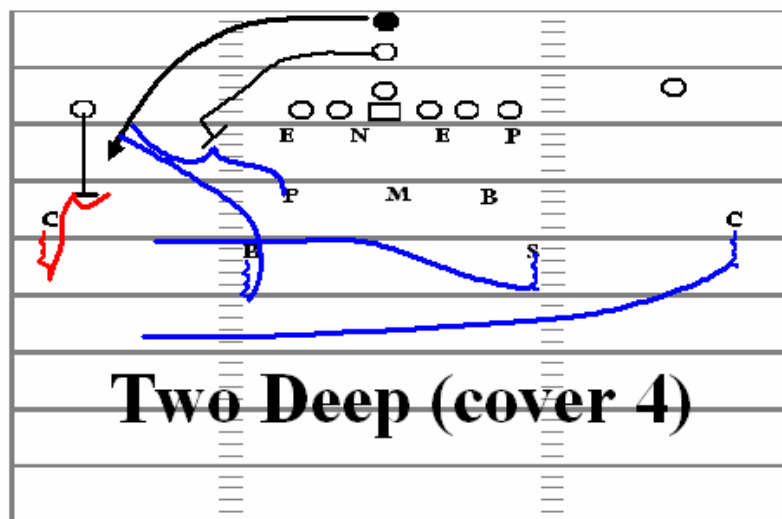
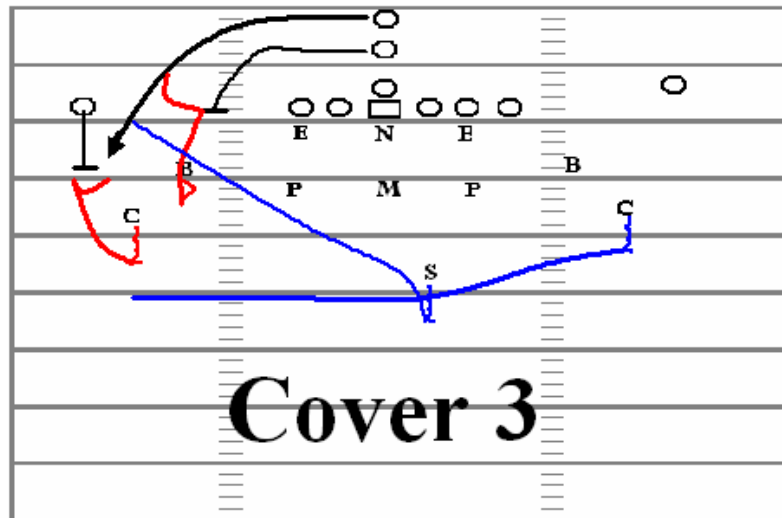


If you get to the upfield shoulder before the ball gets there, then slip across the receiver's face and make the interception or deflection.

Secondary Run Fits

 Inside-out angle of attack

 Outside-in angle of attack



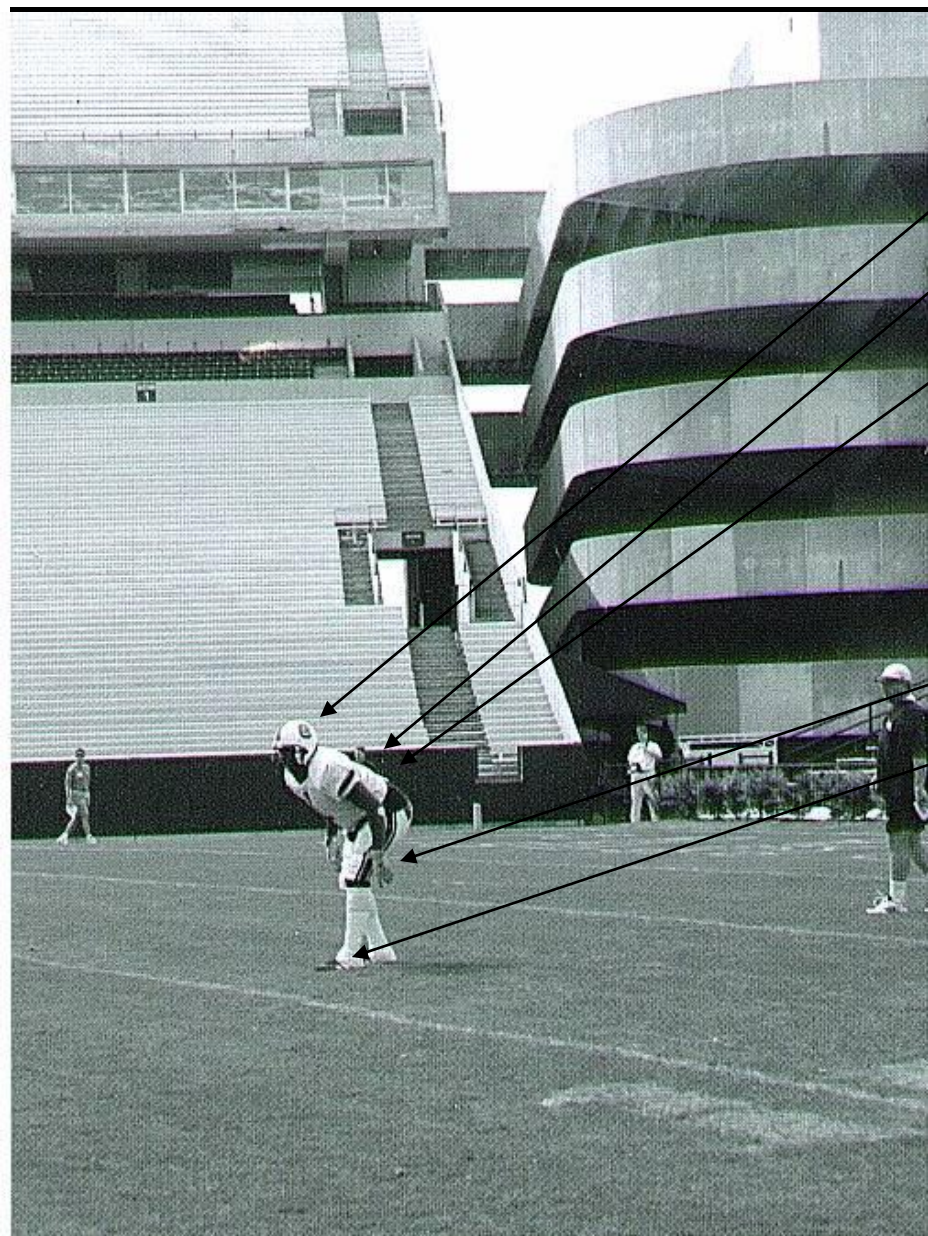
Safeties

Stance

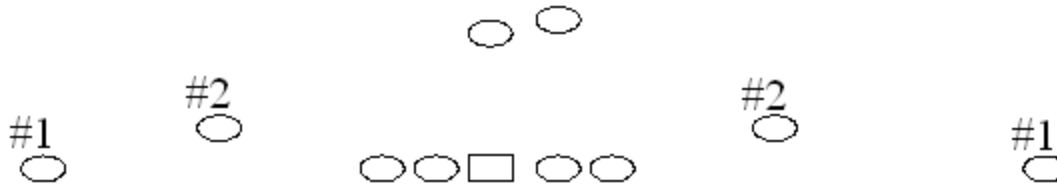
- chin over toes
- back flat
- body more upright than a corner (so you can see over linemen)
- arms relaxed
- weight on front foot – ready to push off of it

Backpedal

- keep your weight forward while you backpedal
- first 3 steps should be slow
- keep your shoulders square, do not turn them if possible!
- keep all receivers in front of you!!!!!!!!!!!!



Safety Responsibilities



We will call the widest receiver #1.

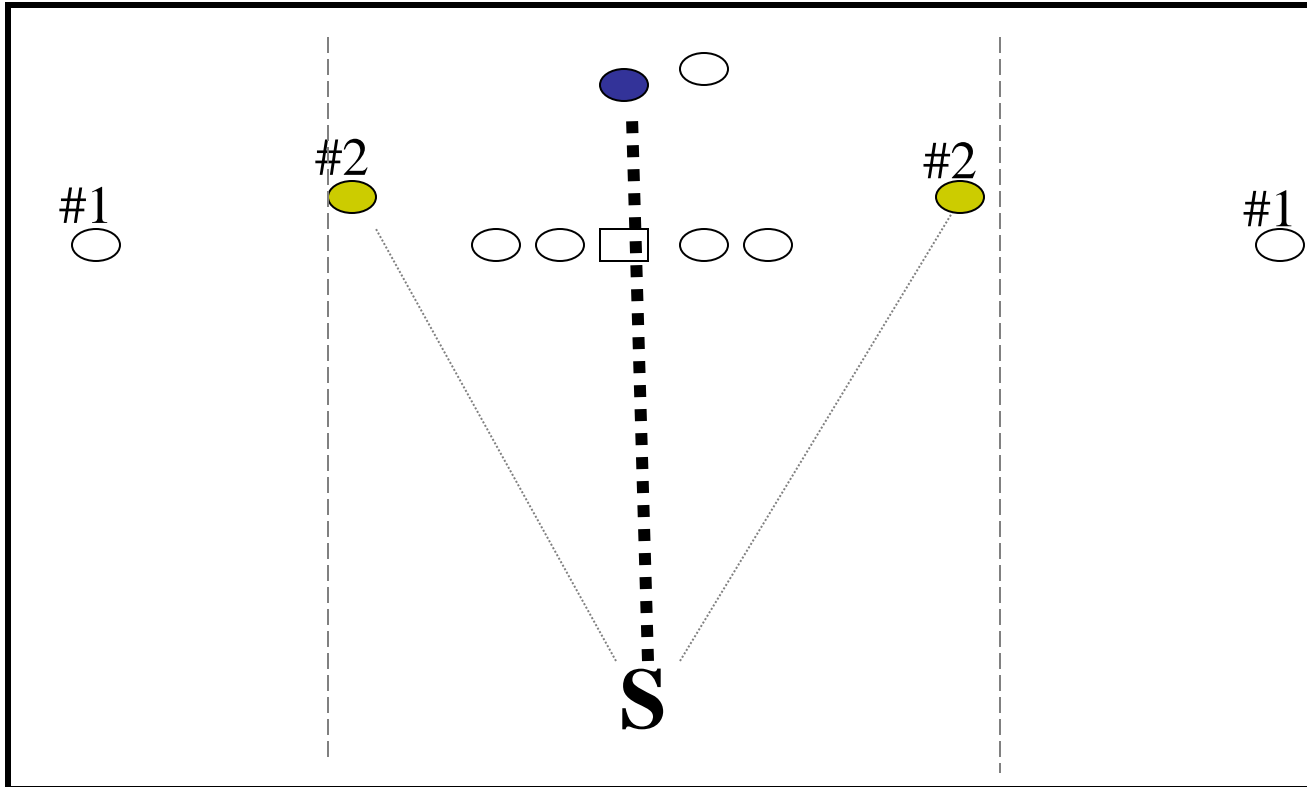
We will call the second receiver #2.



* If there is a third receiver on one side of the, we will call him #3.

You are the “**quarterback**” of the secondary. Your job on every play is to be the communicator on the field. You are expected to recognize formations, make any check calls, and be the person who is in charge of all secondary adjustments. In order to be good at this you **must**:

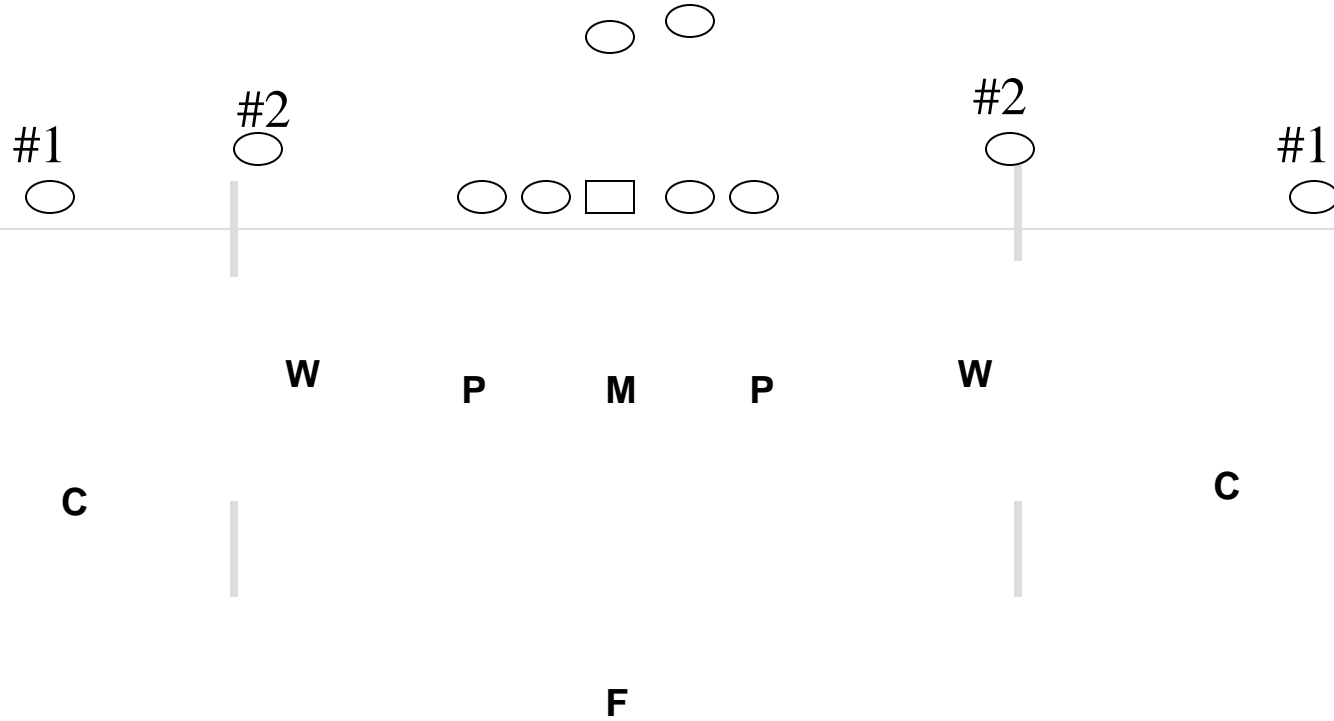
- a. pay attention to details & think quickly
- b. study your scouting report each week
- c. have good field vision
- d. be able to speak loudly and clearly

Safety Reads

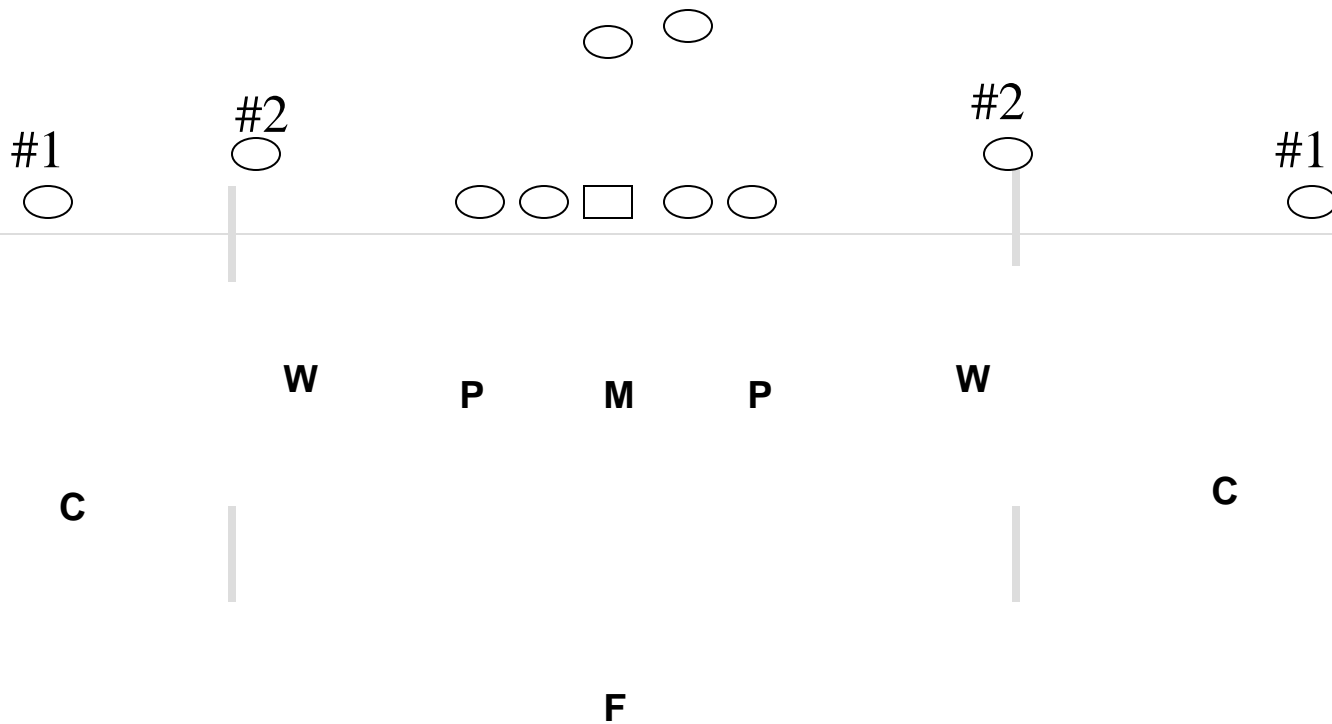


-  **YOUR #1 KEY IS THE QB'S EYES!** This is called your *primary key*.
-  You must also see the #2 receivers out of your *peripheral vision*. These immediate receivers are your called your secondary keys.

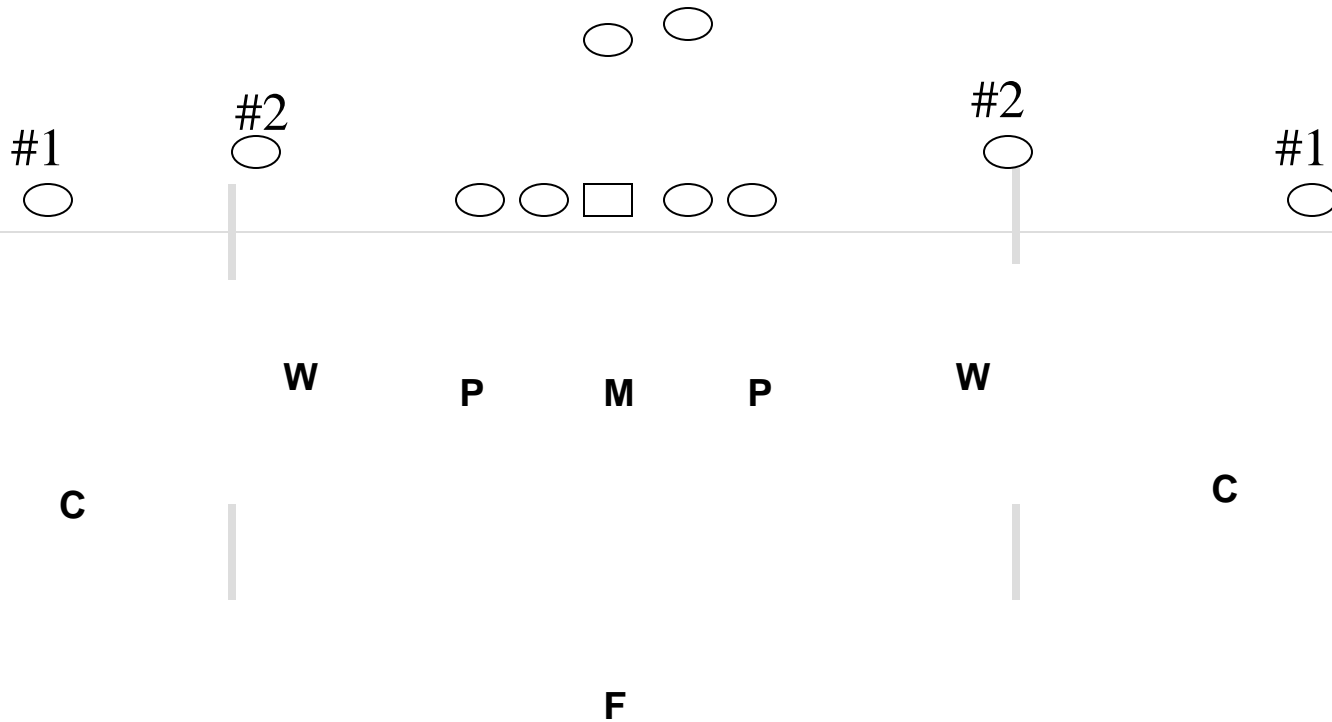
Pattern Reads



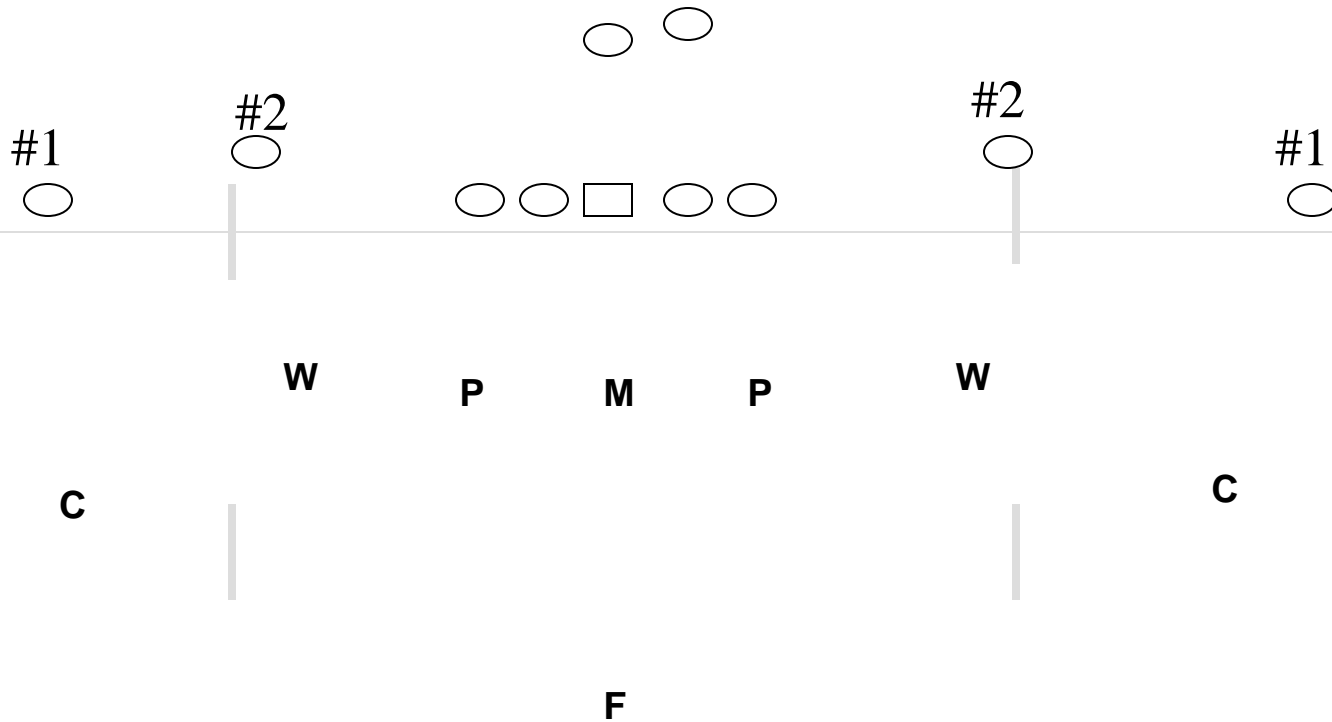
Pattern Reads



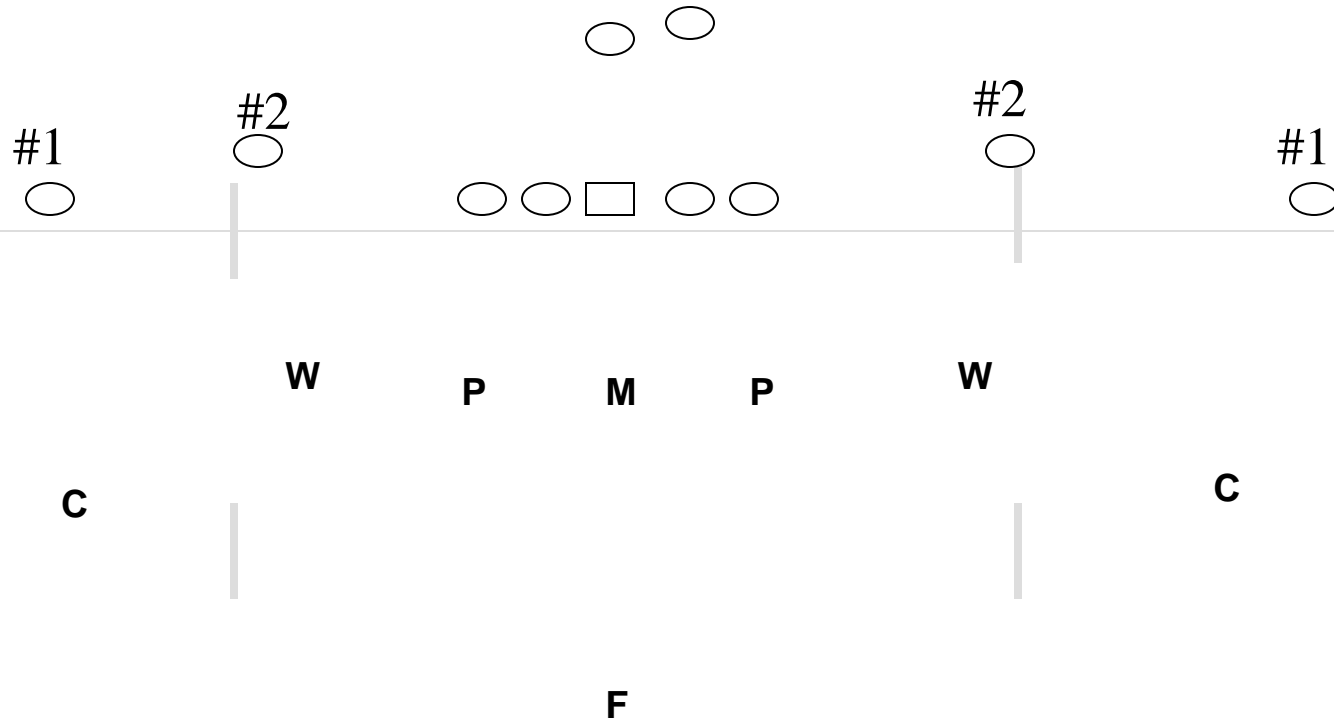
Pattern Reads



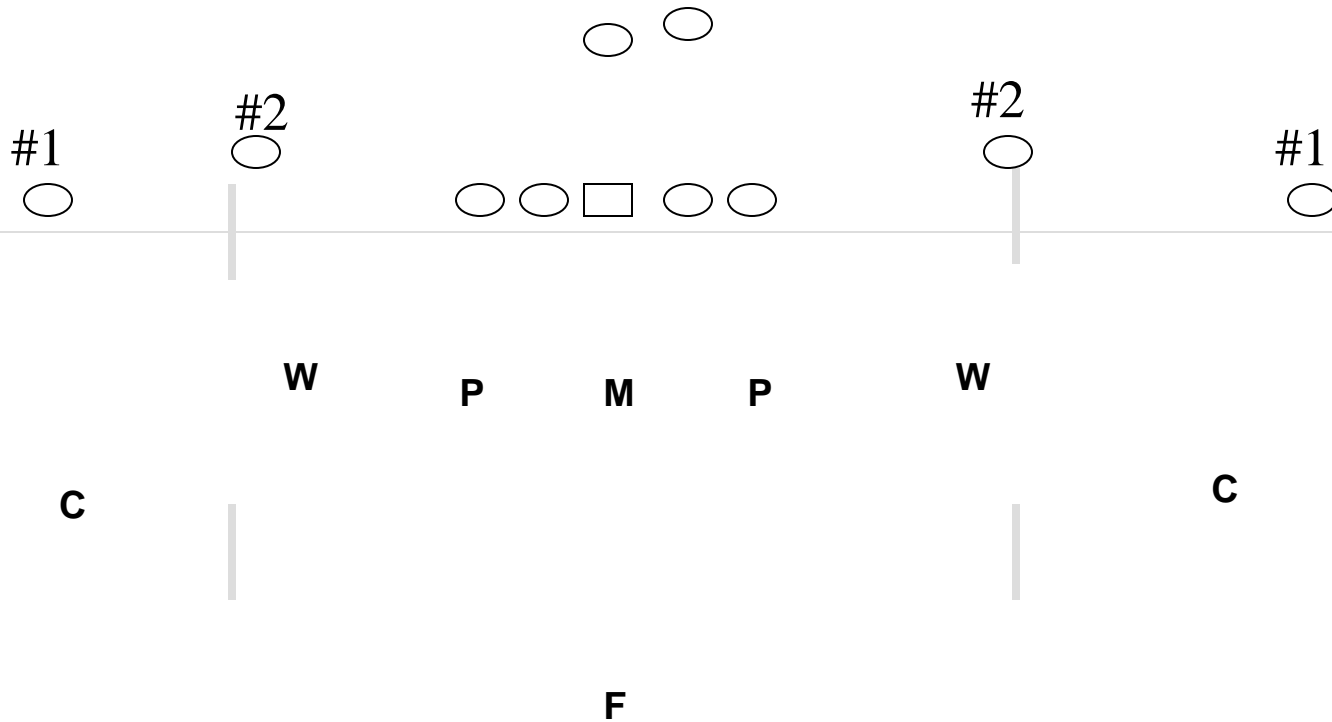
Pattern Reads



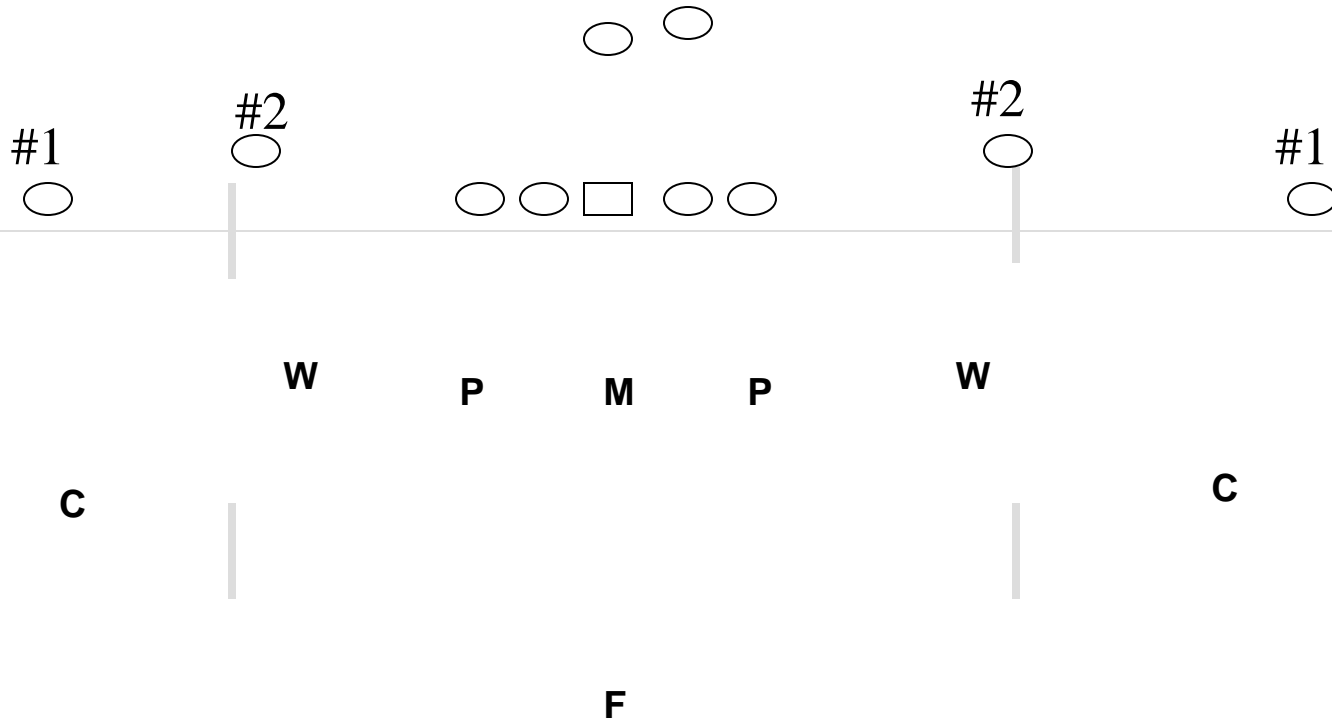
Pattern Reads



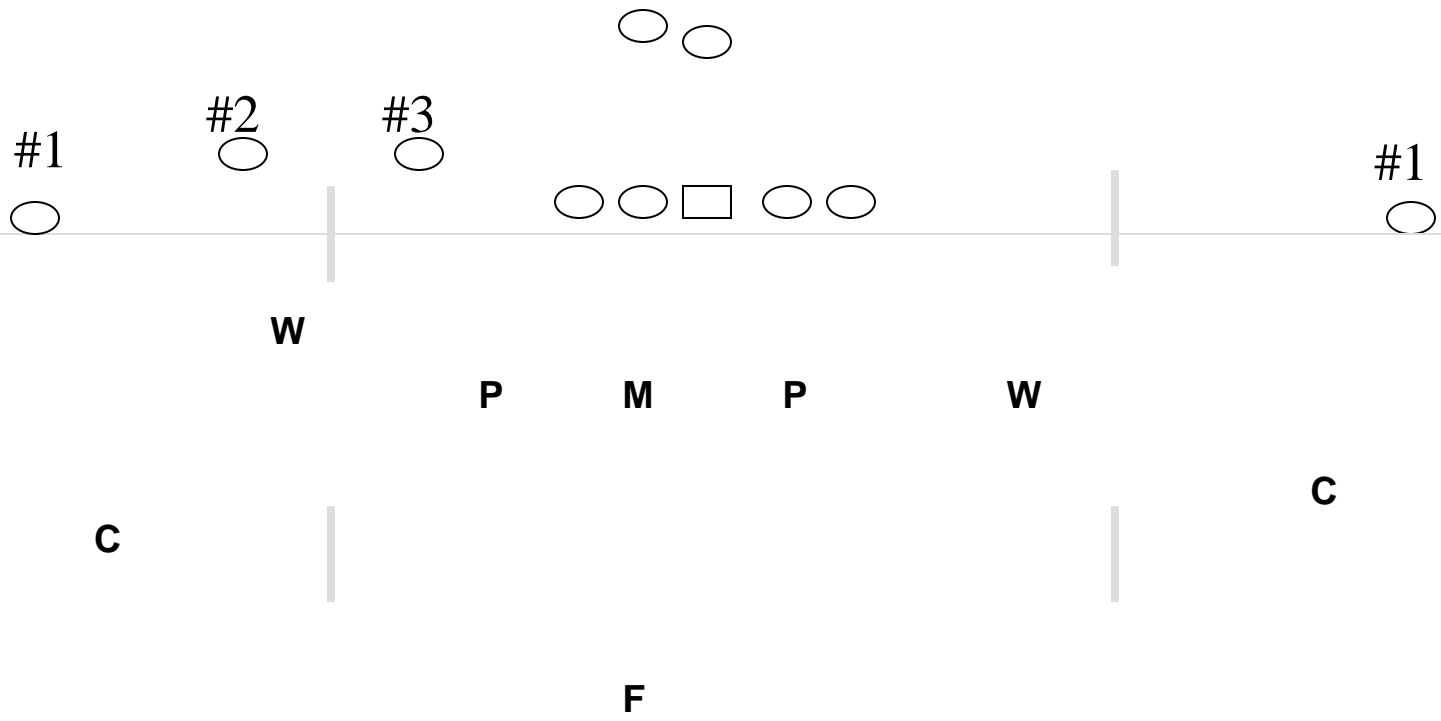
Pattern Reads



Pattern Reads

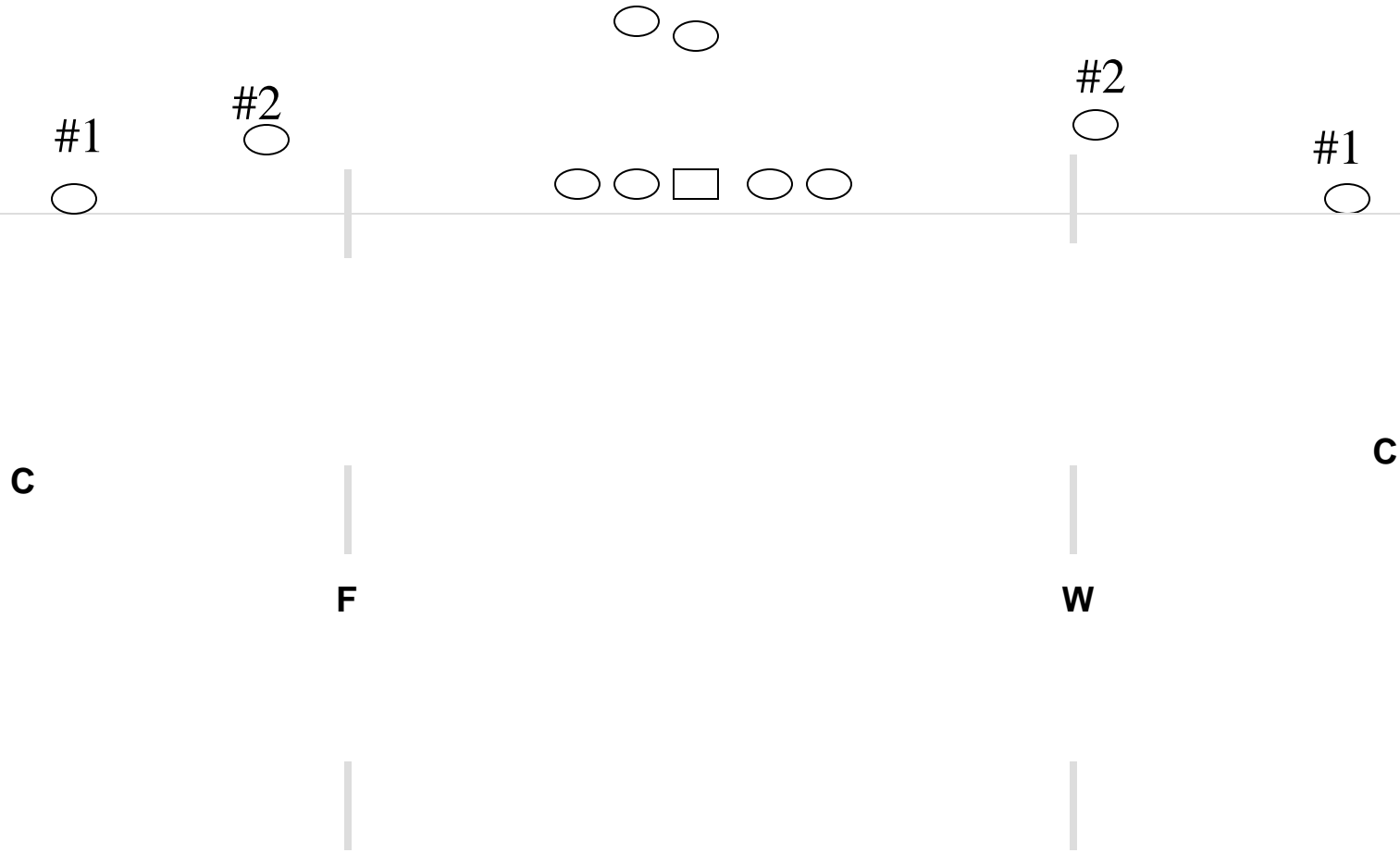


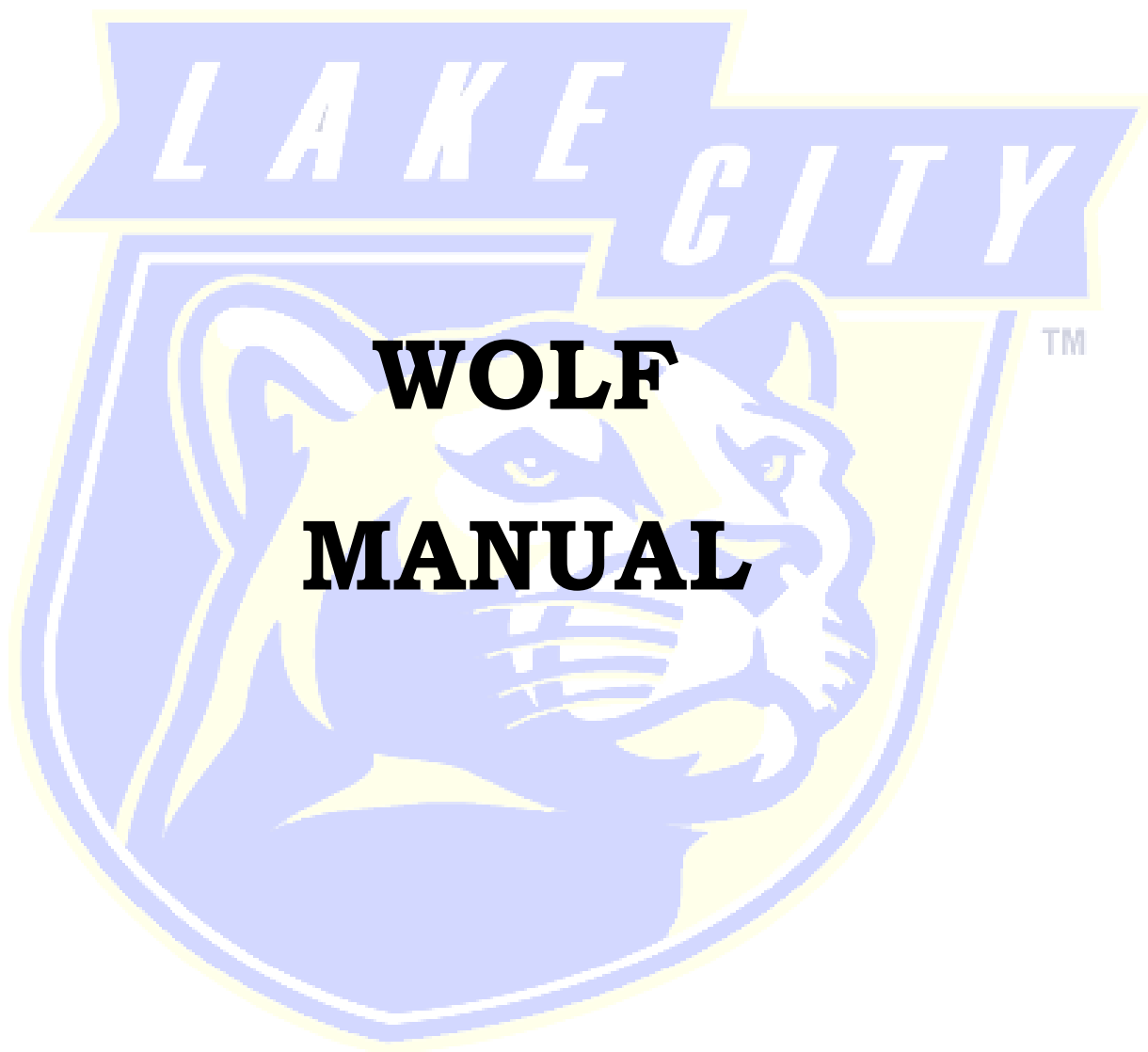
Pattern Reads



Ex. Cov. 3 vs 3 x 1 Combinations - Bubble

Pattern Reads





LAKE CITY

WOLF
MANUAL

TM

DON'T TURN YOUR BACK



ON THE

WOLFPACK



Stance

- “Be a gorilla, not a turtle”
- Be on the balls of the feet, never on the heels
- Feet shoulder width apart and even
- Knees bent and over toes
- Chest over knees
- Shoulders back and square to the LOS
- Arms hanging loose in front



Alignment

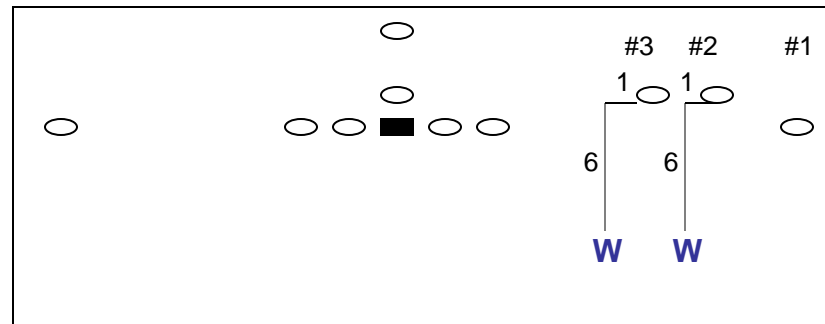
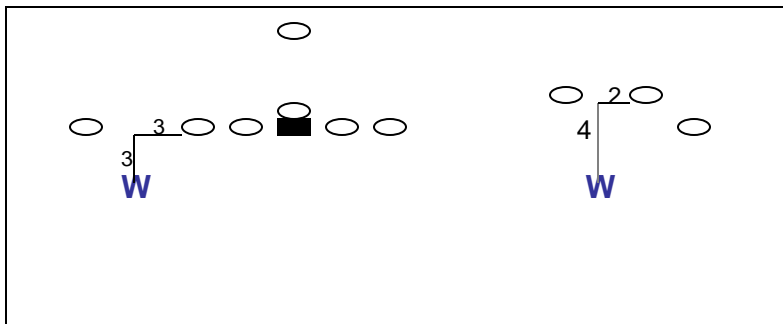
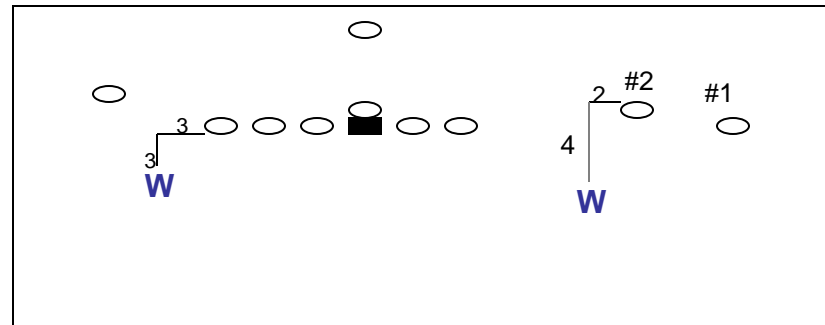
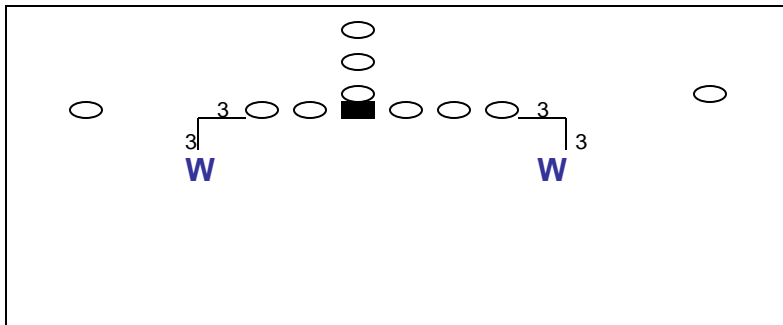
The alignment for the Wolf will depend on the offensive formation and the pass coverage that has been called.

--Normal alignment vs. a Pro Set is 3x3 from the end man on the LOS

--Twins or Jet—4x2 (inside leverage) from #2 receiver.

--Trips—4x2 (inside leverage) on #2 receiver.

--If Cover 1 is called, the backside Wolf will need to travel to cover the #3 receiver in trips.



Technique

The primary responsibility of the Wolf is outside contain. Therefore, all methods of attack are designed to ensure that responsibility is upheld. The technique used by the Wolf will depend on the initial read and the corresponding reaction.

--On the snap, the Wolf will buzz feet while making initial read

--Depending on the read, the Wolf will take the proper initial read step (Discussed in Read Section)

--On an outside run, the Wolf will attack the outside shoulder of the fullback with his inside flipper while maintaining a parallel base with the outside arm and leg free. The Wolf's responsibility is to either funnel the ballcarrier back inside to the pursuit or to make the tackle if the path is continued.

--On an off-tackle play or trap, the Wolf will attack the fullback/lineman's outside shoulder while maintaining the outside arm and leg free. Again, the Wolf must stay parallel to the LOS to hold outside contain responsibility.

--On a pass read, the Wolf will open his hips to four/eight o'clock and rip the outside elbow around. The Wolf will retreat to the flats on a 45 degree angle while scanning the zone for receivers already there and receiver who may be coming into their zone. However, the Wolf's eyes must be primarily on the QB while getting into the pass drop.

--On any play that goes away from the Wolf, he must stay home to hold bootleg, cutback, reverse (BCR) responsibility.

Keys & Reads

Keys—The key read for the Wolf is made by observing the feet of the last man on the LOS. This can be an offensive tackle or tight end and that must be recognized before the snap. The quicker the read, the quicker the reaction, and the quicker we get to the ball. There are four primary reads for the Wolf:

--**Step down/Downblock**—The downblock lets the Wolf know that the ball is coming towards him. After making the step down read, the Wolf immediately takes a small read step to 10/2 o'clock with the inside foot. Simultaneously, he makes a triangle read by scanning down the line for a pulling lineman, then straight back through the QB, to the fullback to designate his track, and finally to the ball carrier to ensure that he is being spilled inside.

--**Reach Step**—The reach step is the easiest read for the Wolf. This immediately shows that the sweep/toss is coming his way. The Wolf immediately takes a small read step to 10/2 o'clock with the inside foot. However, the Wolf must then react to guarantee outside contain, but must also limit the alleyway available to the running back.

Keys & Reads

--**Straight Step**—If the Wolf reads the straight ahead step on a tight end, his eyes immediately go to the QB to designate a pass/run read and then uses the proper pass/run technique. If the end man is an offensive tackle, the straight step will usually mean backside cutoff or a release to get downfield. Either way, the flow is likely away and the Blood will follow BCR rules. This read is unclear at times, but scouting reports can and will help with this.

--**Step Back**—When the Wolf sees the end man step straight back, this is a clear indication of a pass. The Wolf then uses his pass technique to open to flats. However, the Wolf must be aware of the draw and screen while retreating to the flats.

Responsibilities

Responsibilities--

--**Outside Contain**--Hold outside contain at all cost.

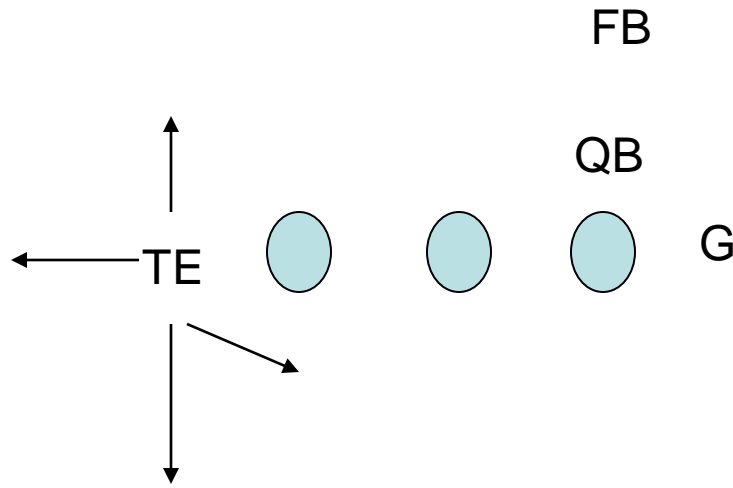
--**Pitch man on Option**—Pitch man will be taken out whether he has the ball or not.

--**BCR**—Stay home on flow away. Be disciplined.

--**Cover the flats**—Get there quick, locate targets and potential targets, make the play, pick six, or big hit.

Drills

Key/Read Drill



Drill is designed to help with reaction speed based on initial read while keying the feet of the last man on the LOS (TE/OT). The Wolf will read the feet then take the appropriate angle/step based on that read. The drill can be continued to include the FB track or a pulling guard and the subsequent action (step, flipper, anchor, etc) required for each read.

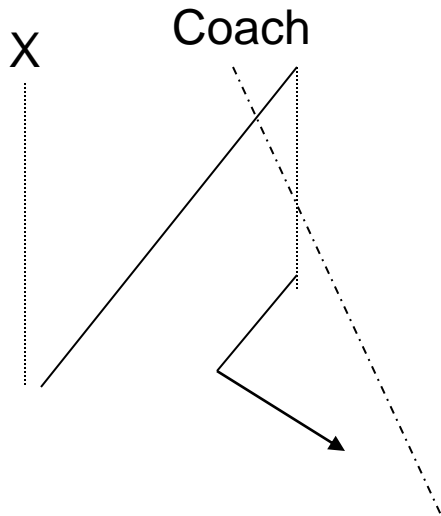
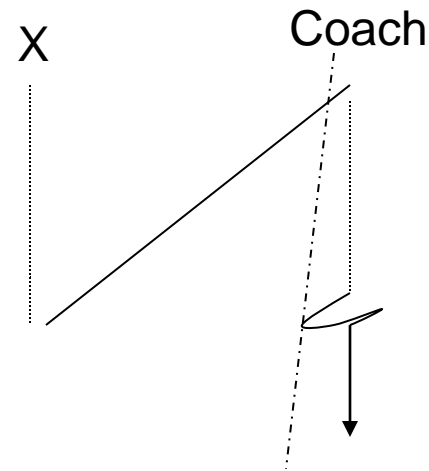
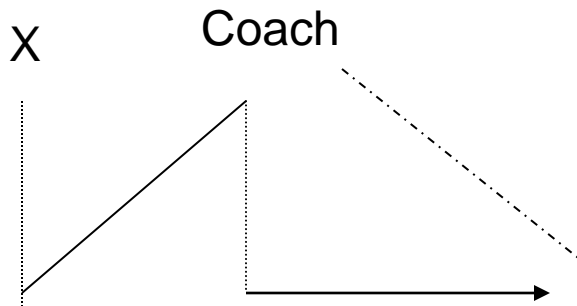
Drills

Wave Series—Choose two each day

- 1) 45 Up/Back—3 step warm up to loosen hips and legs. Wolf performs a zigzag of 10 yards where he will pursue 3 steps at a 45 degree angle then open to retreat at a 45 degree angle for 3 steps then back to pursuit until the 10 yards are complete.
- 2) Shuffle Stick—Wolves pair up for this 10 yard drill. One wolf will jog at half speed while the other shuffles (watch for crossover) facing him. Every few steps, the jogging wolf will show his numbers to the shuffling wolf. The shuffling wolf should then stick the jogger using his flat palm of his inside arm while maintaining his outside arm and leg free. Switch on return.
- 3) Hip Hop—Wolves will hop 10 yards while alternating hip twists in the air. Drill is designed to enhance hip flexibility.
- 4) Crossover—Wolves open and retreat 10 yards at a 45 degree angle then crossover to a flat angle back inside.
- 5) Backpedal/Flip—Wolves backpedal 10 yards. On the second rep, Wolves backpedal 5 yards, then rip open hips to sprint final 5.

Drills

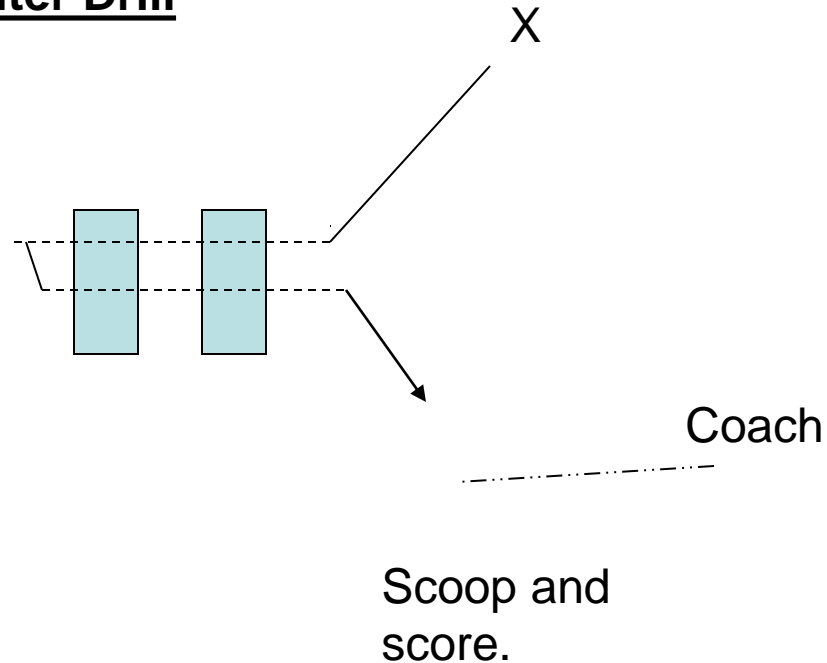
Box Drill Series



The Box Drill series is designed to enhance the various angles and footwork used by the wolves. All movements should be controlled by the coaches motions using a football.

Drills

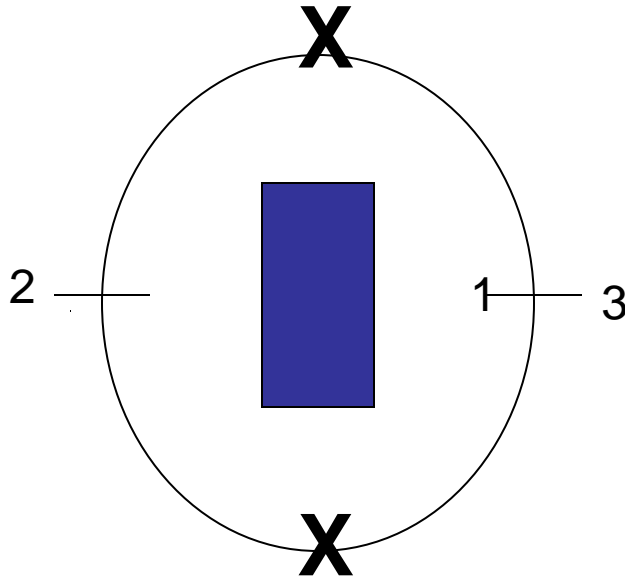
Counter Drill



Counter Drill is used to enhance footwork and change of direction. The wolf will sprint at a 45 degree angle to the first bag, break down, the shuffle over the bags with shoulders square, eyes up, and tail down. He then immediately comes back over the bags using the same technique before sprinting out at a 45 degree pursuit angle where the coach drops the ball for a scoop and score drill.

Drills

Veer Bag



Veer bag is an agility drill which also reinforces proper shedding techniques and angle tackling. The players begin the drill on opposite sides of the bag 3-5 yards back. One player is designated the blocker/ballcarrier while the other is the Wolf. The pair will start to the right in a semi circle, at the point of contact, the wolf will rip through the outside arm of the blocker. The pair then retreat along the same path to repeat the action on the opposite side. On the 3rd rotation, the wolf will wrap up the ballcarrier and run his feet through.

Drills

Tackling Drills

- 1) Angle Tackling-- Using cones set up in a diamond, set the Wolves 12 yards apart on opposite cones. On the whistle, the ballcarrier jogs at half speed to a designated cone where the Wolf must meet him, get his head across, and run his feet.
- 2) Rabbit—Cones set in a rectangle for open field tackling. The tackler must dictate The direction of the ballcarrier by taking a hard early angle then leveling out and breaking down for contact.
- 3) Angle 2—Set three cones with a space of 4 yards in between each. The ball carrier will jog at half to three quarter speed while the Wolf shuffles at a step behind on the other side of the cones. The ballcarrier chooses any of the gaps between the cones or runs at 45 degrees after the final cone. The Wolf must shuffle and trail the ballcarrier then attack the chosen gap.