

DEFENSIVE



PLAYBOOK

LEROY PANTHER FOOTBALL DEFENSIVE PHILOSOPHY



Our defensive philosophy will center around a foundation of stopping the run. An effective run stopping defense must form a TOUGH physical presence. We will expect our defensive players to play hard to the whistle. I was once told that we are not all smart and we are not all fast, but we can all control how hard we play the game!

PLAYERS and COACHES MUST UNDERSTAND:

DISCIPLINE → SIMPLICITY → EXECUTION = **SUCCESS**
CONSISTENCY → CONFIDENCE = **SUCCESS**
GREAT DEMAND → GREAT EFFORT = **SUCCESS**

DEFENSIVE THEORETICAL GOALS:

1. READ KEYS, PURSUE THE BALL, TACKLE
2. STOP THE RUN (squeeze down inside, force to alley)
3. GAIN POSSESSION OF THE BALL
4. HOLD OPPONENT SCORELESS
5. SCORE ON DEFENSE

“A defensive player’s value to the team can and will be measured by his distance from the ball at the end of the play”

-Bob Stoops, U of Oklahoma

COACHING DEFENSE

1. FUNDAMENTALS
Attack, Move, Tackle
2. POSITIONAL ALIGNMENT, STANCE, ASSIGNMENT
Changes by call
3. PERSONELL ABILITIES
Report changes in play and attitude
4. YOUR WEAKNESSES AND POSSIBLE ADJUSTMENTS
Communicate thoughts to each other
5. STUNTS AND BLITZES
Like the back of hand, review when find extra time/rest period

“ We want to do the common things, uncommonly well.”

As a coaching staff we place our players through routines on a daily basis. The objective behind those routines is to create confidence in each individual so they can play with the greatest possible speed on the football field. Each coach will be held responsible for arriving at practice prepared to sell our philosophies to our kids. If you come unprepared, the kids will recognize that. This may lead them to second guess you, which may lead them to second guess themselves. Your preparation can help build your positional players confidence.

POINTS OF EMPHASIS DURING EVERY DEFENSIVE PRACTICE SEGMENT:

1. MENTAL STRENGTH
2. MAKE THE BIG PLAY
3. CREATE TURNOVERS
4. PLAY TOGETHER WITH ENTHUSIASM: TEAM → GOAL

“Leave as little to chance as possible. Preparation is the key to success”

- Paul Brown

PANTHER DEFENSE GAME GOALS

1. WIN THE GAME
2. HOLD OPPONENTS TO UNDER 12 POINTS
3. HOLD TO UNDER 100 YARDS RUSHING
4. NO BIG PLAYS: RUNS OVER 15 YARDS, PASS OVER 25 YARDS
5. FORCE AT LEAST 3 TURNOVERS
6. AT LEAST FIVE THREE AND OUTS
7. SCORE
8. NO MENTAL PENALTIES
9. MAKE ALL "BIG PLAY" OPPORTUNITIES
10. WIN 70 TO 60% OF THIRD DOWNS

"If you don't invest very much, losing won't hurt too much and winning won't be very exciting"

- **Dick Vermeil**

HUDDLE PROCEDURE

coach

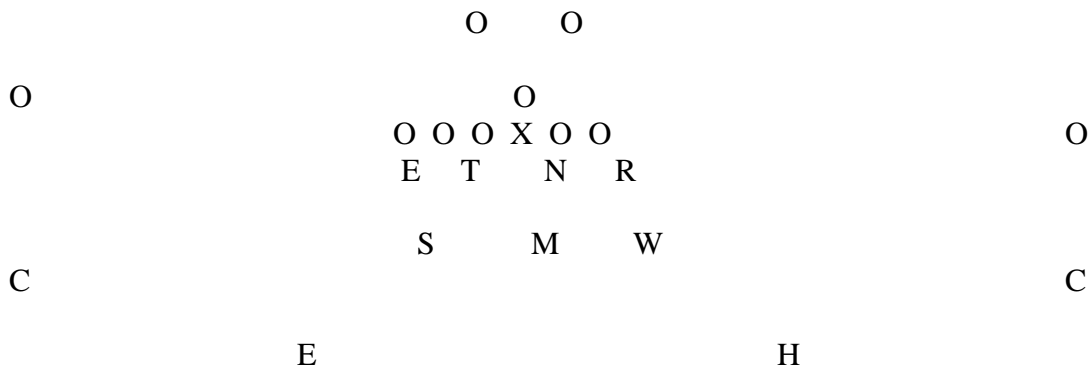
		LB1		LB2	
	A	T	N	R	
	C	E	LB3	H	C

1. Tackle and Nose sets huddle 3 yards from the ball
2. LB2 will call down and distance once yard stick is set
3. LB1 will get the call from sideline
4. LB3 will be responsible for the strength call
5. Hawk will repeat the coverage call after huddle break and strength call

LE ROY

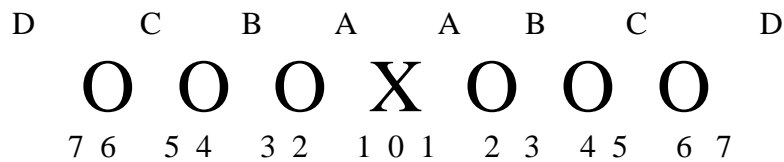
4-3 DEFENSE

This is our basic defensive alignment showing four down linemen, three linebackers, and four defensive back. This front will be called in the huddle as **BASE**. Our fundamental coverages will be cover 2 and cover 3 which will be discussed later. We will also have front calls that will align us in variations of a 5-2 and a 4-4 as it will be seen on the field. Our teaching progressions will start with the 4-3 front and progress into both the 5-2 and 4-4 variations with their techniques and key changes.

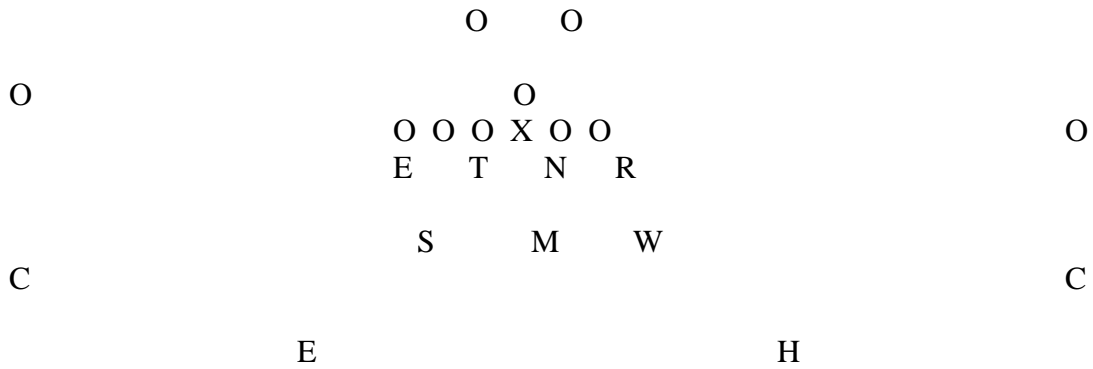


GAP RESPONSIBILITY:

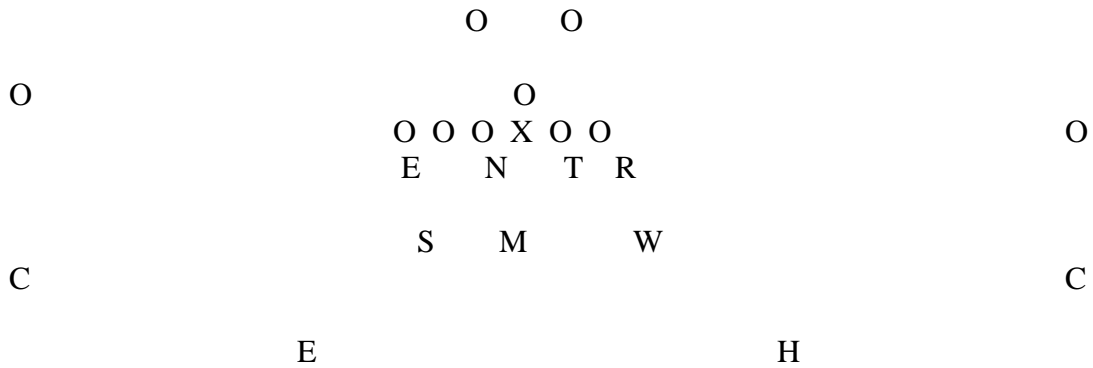
Each player will be responsible for a gap on the LOS based upon the huddle call. The huddle call will align our players in techniques. The gaps and techniques areas follows:



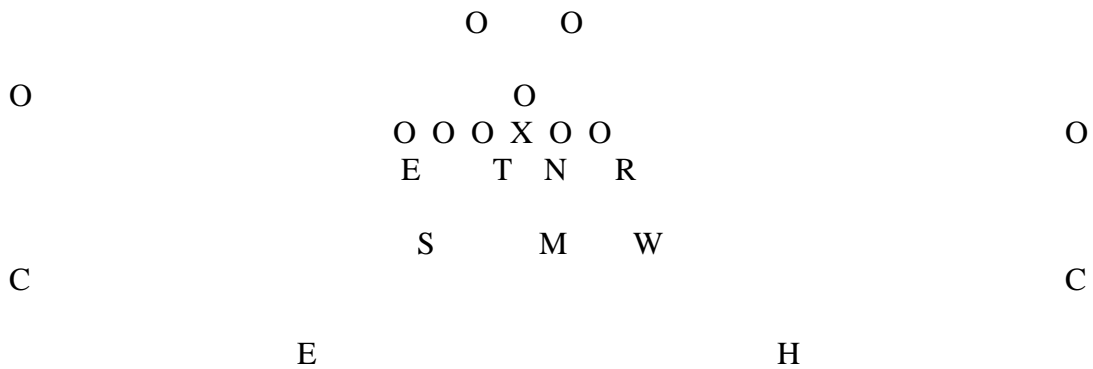
BASE – OUT – 2 : a change of gaps for END and OLB (strong/weak call). OLB must know he is the wrong shoulder player. End moves from a 6i to 6 tech.



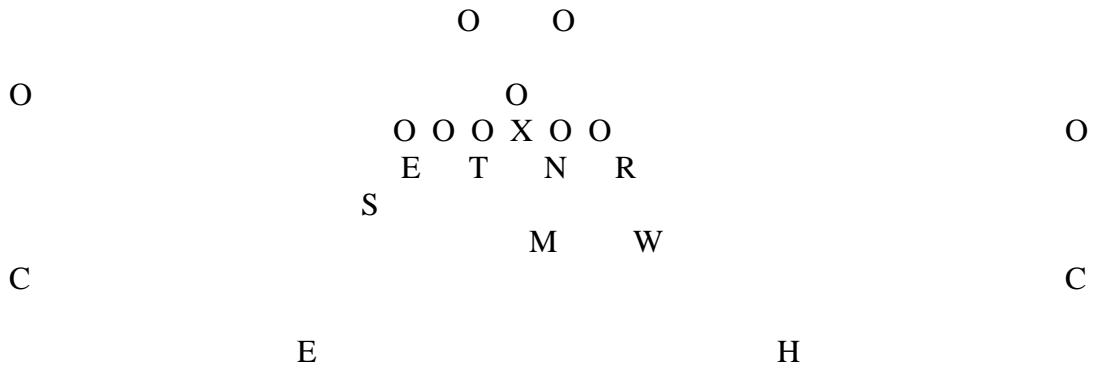
BASE – UNDER- 2: NOSE takes 2i to strongside, T 3 tech. to weakside, Mike adjust to behind his NOSE



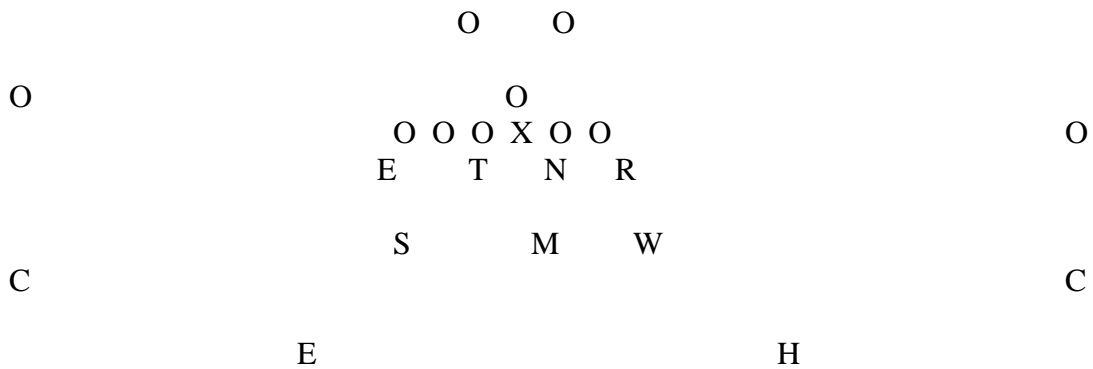
BASE – TIM – 2 : LB's take base alignment, MIKE may need to cheat to strong B gap DT's both 2i tech. (versus midline, short trap)



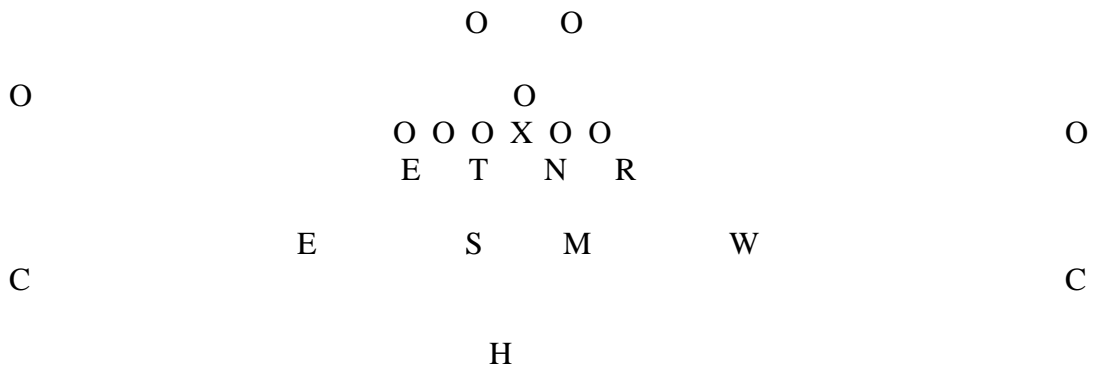
BASE – STG. SQUEEZE – 2: SAM walks up to 7 tech in hip pocket of END. (weak squeeze also with WILL) Possible “cross” stunt explained later



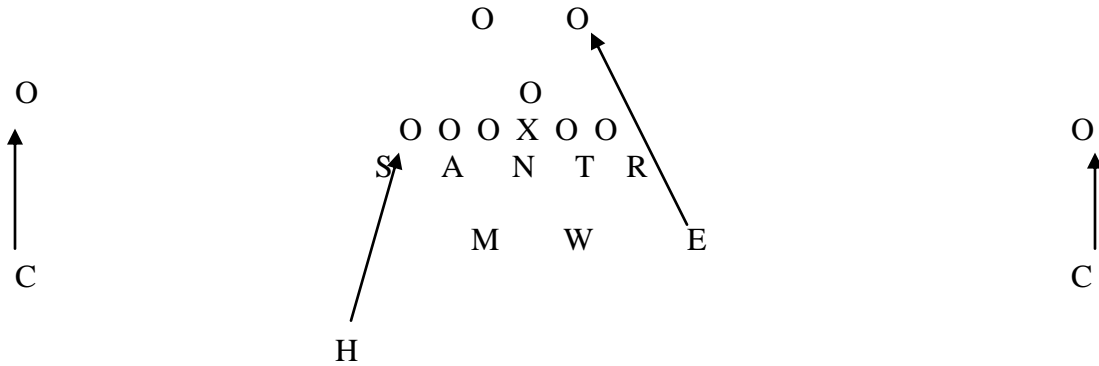
BASE – BOX – 2: ENDS squeeze all pulls instead of wrong shoulder (spill) from outside technique. OLB's must fill C gap if window open. (versus boot or action pass tendency)



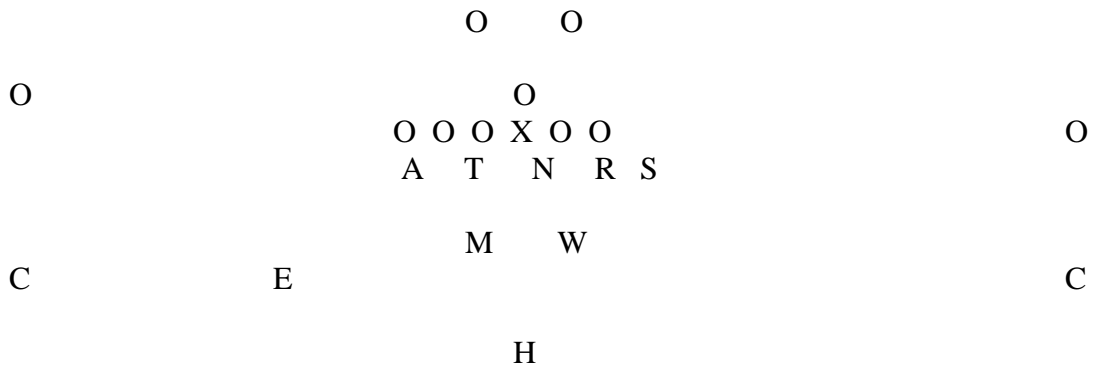
BASE – WIDE – 3/5: front 4 no change from BASE tech (can call UNDER or TIM), control gaps, spill traps to LB's. S and M follow flow key across C and T face to playside. Eagle and Will look for spill with flow to or cut back with flow away



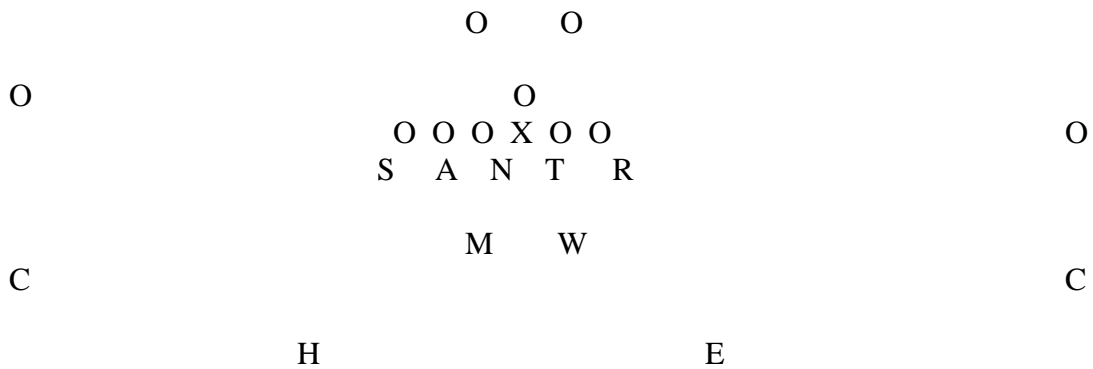
STRONG SOLID – 2: DT's switch strength sides with N in 1 tech and T in 3 tech, SOLID side END in 4 tech with B gap responsibility if no game called (games will be illustrated later), 7 TECH LB to SOLID side, two 3 tech LB's. would like to send EAGLE (SS) opposite of SOLID call (Cover 2 Lock can bring Hawk/EAGLE to LOS → see diagram)



WEAK SOLID – 3 : notice how COVER 3 call can bring Eagle closer to LOS



STRONG SOLID – TIM – 2



DBL. SOLID – 2

```
          O   O
          O
    O     O O O X O O
    O     S  A  N  T  R  W
          M
C                   C
          E                   H
```

STR. SOLID HEAVY – 2/3 (stg/ weak) heavy tendency to run stg or weak

```
          O   O
          O
    O     O O O X O O
    O     S  A  T  N  R
          M   W
C                   C
          H                   E
```

```
          O   O
          O
    O     O O O X O O
    O     A   N  T  R  S
          M   W
C                   C
          E                   H
```

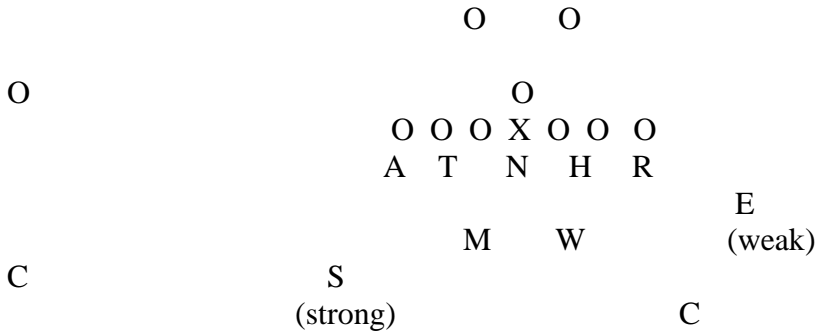
GOALINE/SHORT YARDAGE – “HEAVY”

An extra DT will enter and the HAWK will exit. The “HEAVY” lineman will play a weakside 3 tech. The huddle call will be stg or weak 1 tech for NOSE, the TACKLE will take 4 tech to the strongside. ANCHOR plays a 7 tech and will run games with TACKLE. SAM and EAGLE ARE 3 X 5 from the end of LOS and cover the #2’s. Corners cover #1’s. WILL and MIKE stack over G’s, key flow, cover back to your side and must know what games are played on strongside!

We will be aggressive

PENETRATION THROUGH PEOPLE, LEVERAGE, DOMINATE

We will never avoid blocks in this situation



SOLID GAMES (4 and 7 tech):

1. PINCH
2. OUT
3. CROSS
4. LOOP

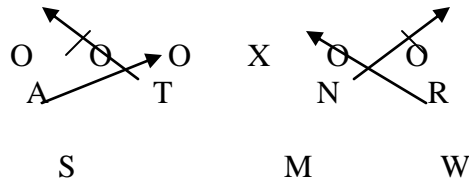
BACKER FIRE: ILB opposite NOSE will creep and blitz gap

DOUBLE CROSS: EAGLE and SAM run cross stunts with DE’s. DE’s must cover the #2’s

TWIST STUNTS:

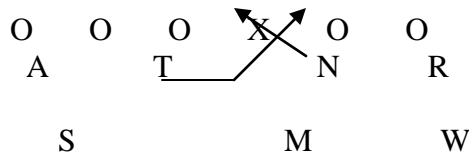
DT that goes first must cheat alignment. DT that twists must flex from the LOS.

Anchor twist

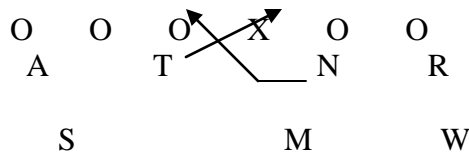


Rush twist

Tackle twist

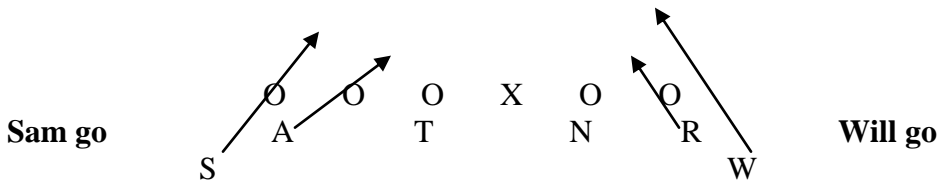
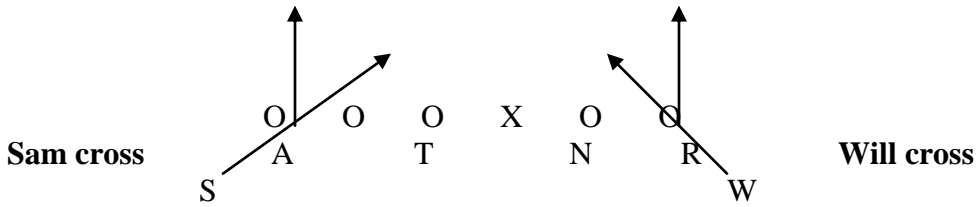


Nose twist



CROSS and GO STUNTS:

With both types of stunts, the moving LB should start from a “squeeze” alignment. Inside rusher must spill everything and outside rusher must contain everything. Know down and distance...who are we tackling??



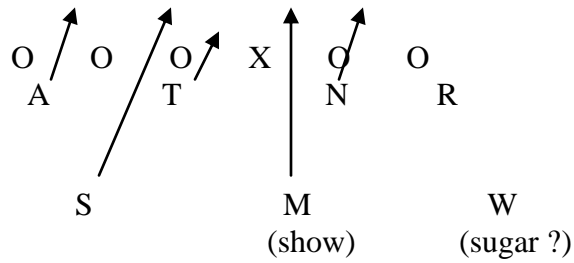
BACKER BLITZ

DT rules for all of these “action” blitzes: false alignments and stunt into gaps away from the blitzing SAM or WILL.

Opposite backer may “sugar”, MIKE may “creep” also. Coverage dictated by formation.

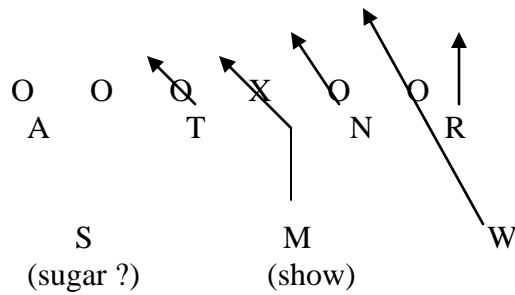
Know down and distance to focus on whom to tackle!

SMASH



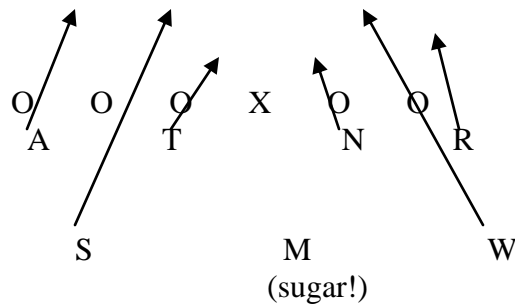
Sam and Mike

WHAM



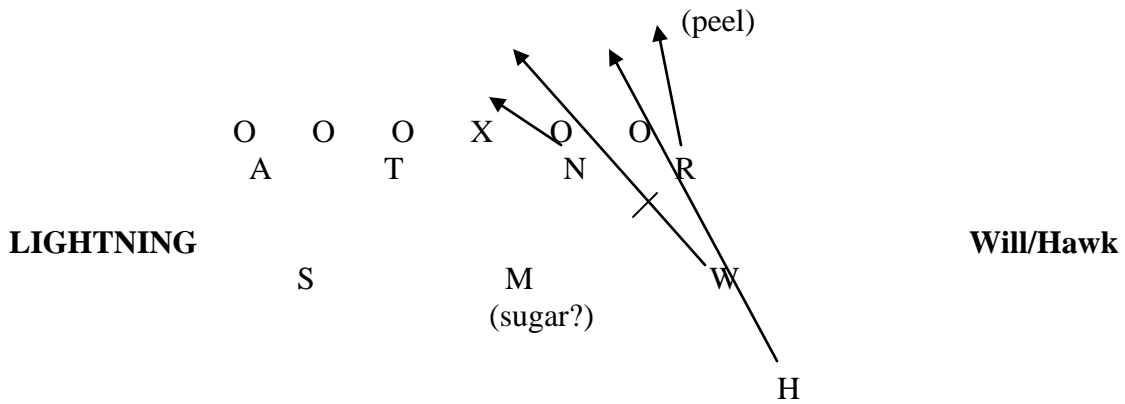
Will and Mike

SWAT

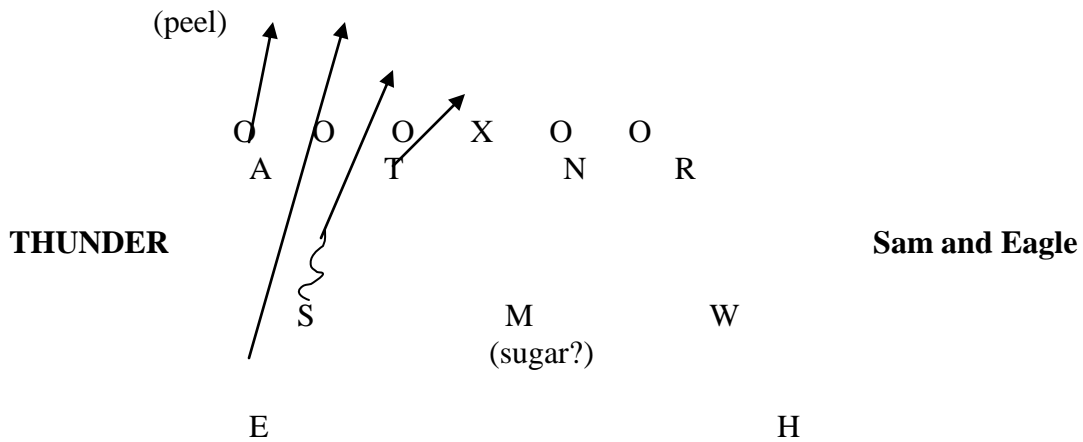


Sam and Will

SAFETY BLITZES: know down and distance to focus on whom we are tackling!



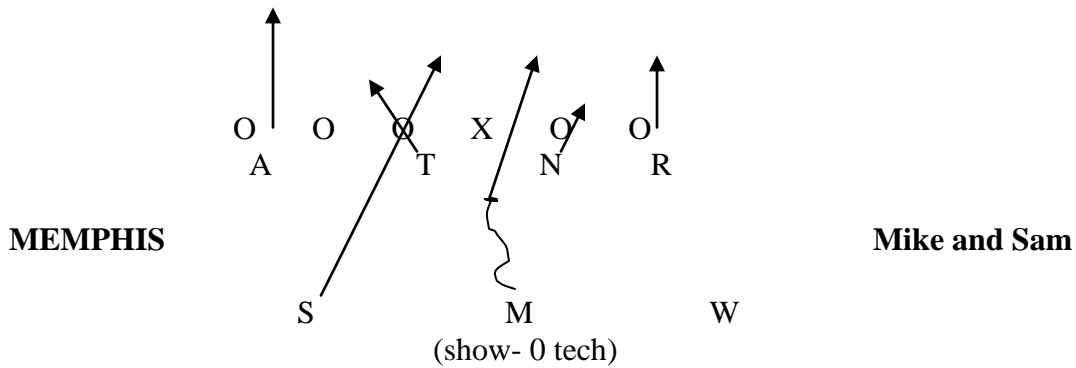
Will creeps, Will flushes, Hawk and Rush feed
 Rush must peel on RB, teach "zone" blitz principle



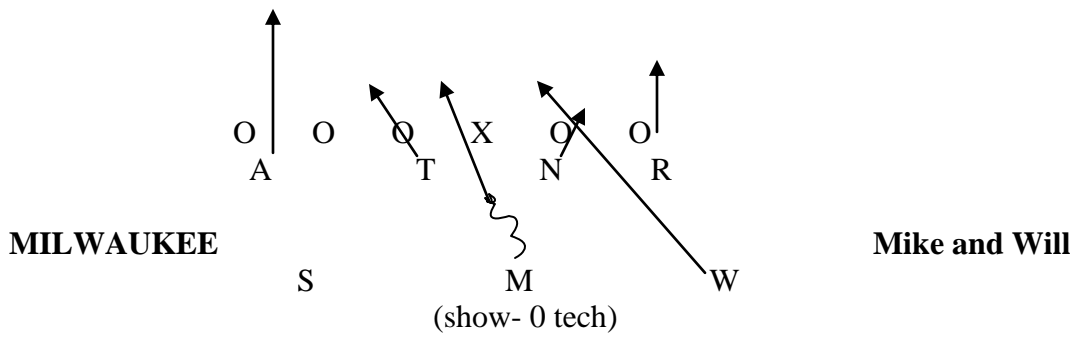
Sam creeps, Sam flushes, Eagle and Anchor feed
 Anchor must peel on RB, teach "zone" blitz principle
 Hawk must cover down for Eagle

INSIDE BLITZES (A GAPS)

Two LB's will blitz A gap. DT's must know this, false align and fill B gap on snap. DE's must realize that the play will spill, be ready to contain and tackle. Know down and distance and whom we should focus on tackling!

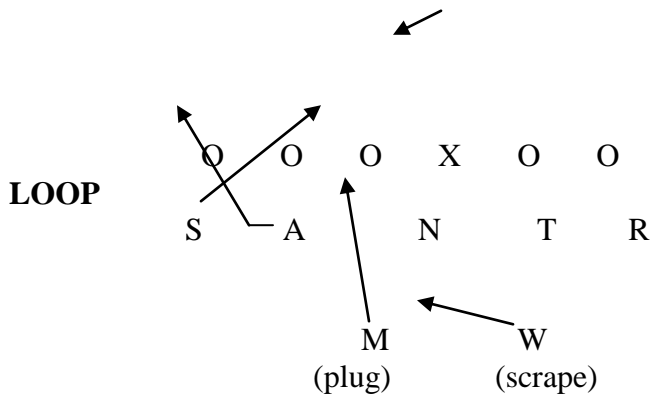
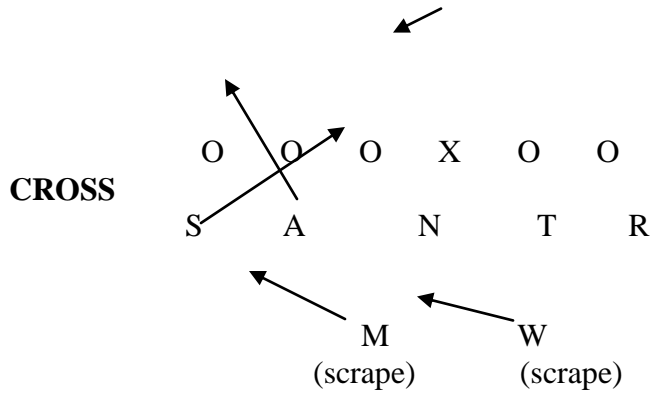
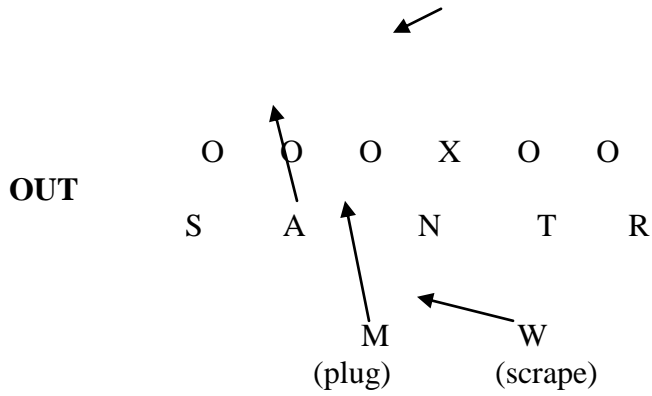


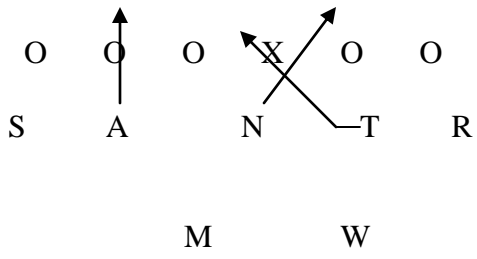
Mike must go opposite of Sam/Will



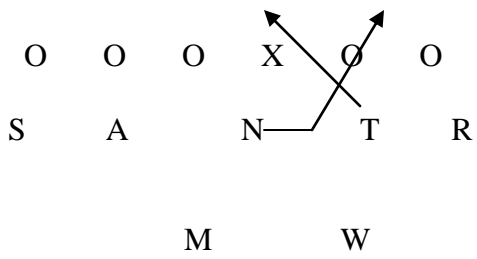
Mike must go opposite of Sam/Will

SOLID STUNTS: Reg. Solid call 4 tech will drive inside shoulder to control B gap but to not get washed down. LB's must know when to plug and when to scrape on flow key.

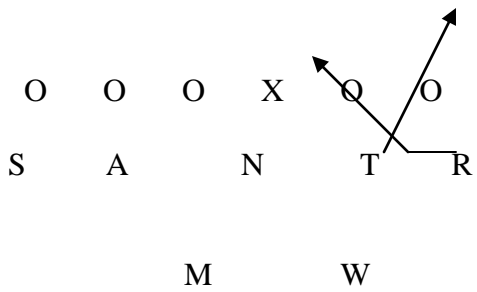




Tackle twist



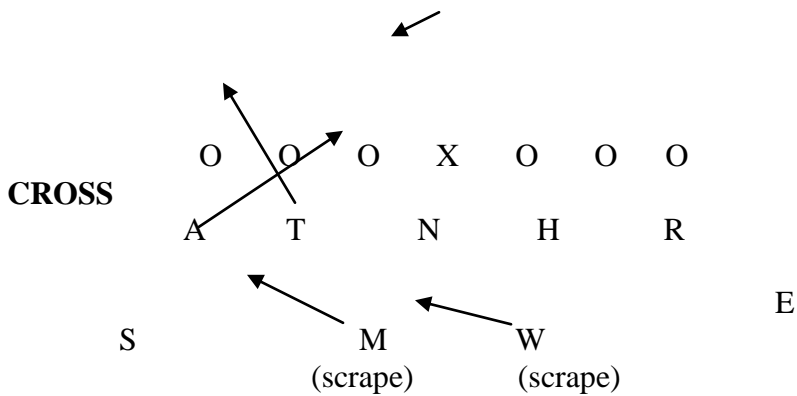
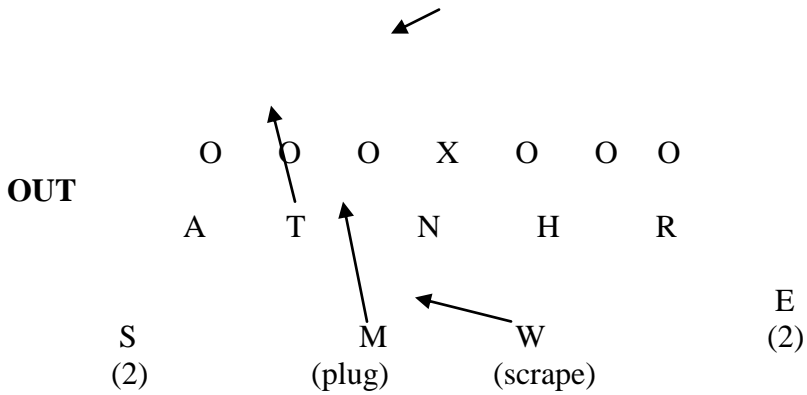
Nose twist

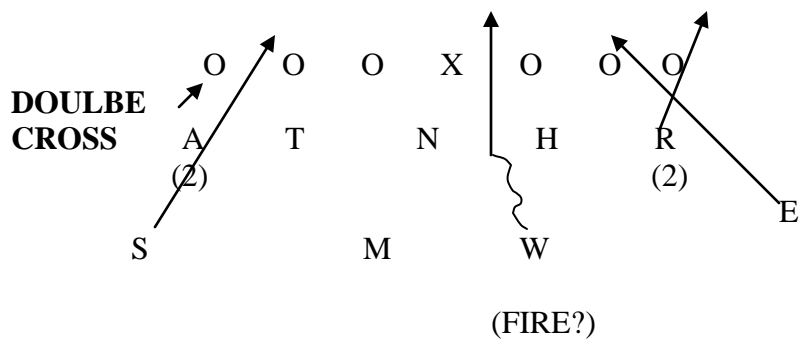
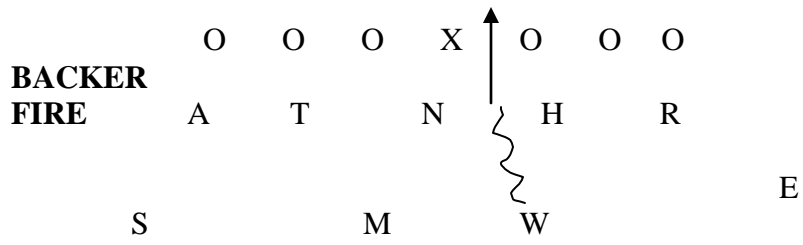
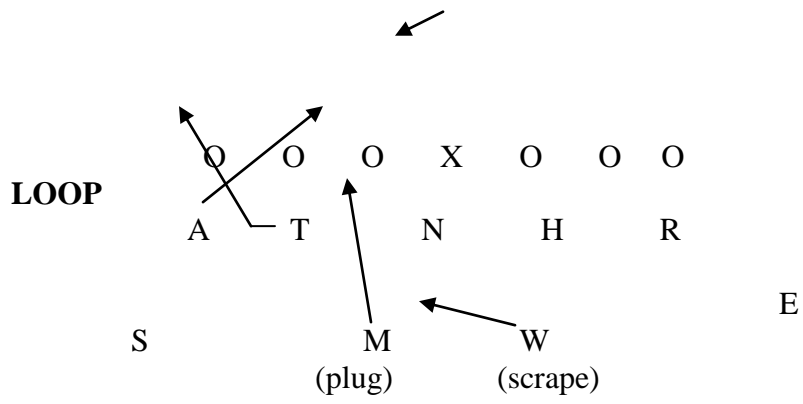


Rush twist

GOALINE PACKAGE STUNTS:

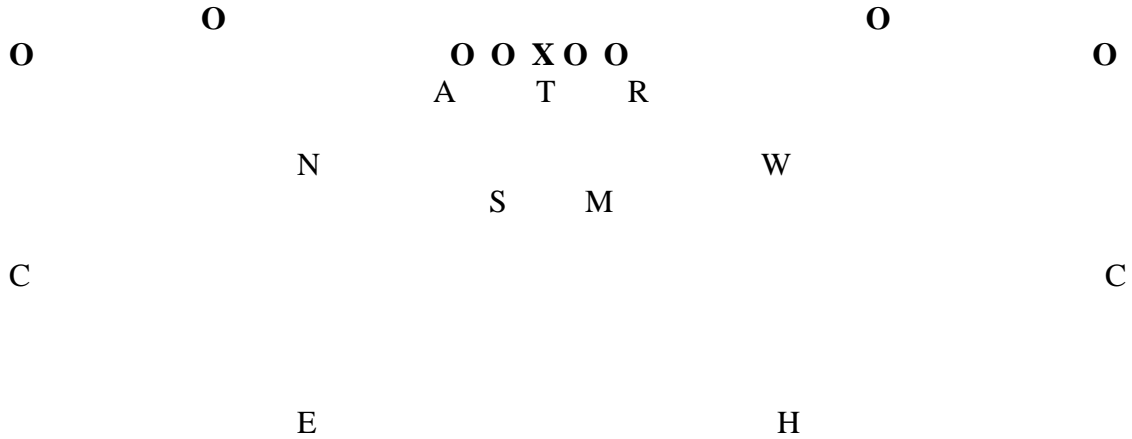
Our goaline package adds an extra DT and takes out the Hawk (FS). The front is our strong SOLID front with some personnel differences. The EAGLE (SS) and SAM are 3 x 3 responsible for #2's.





NICKEL PACKAGE “SOONER”

Our SOONER package will take out the NOSE and add a DB/LB based on personnel abilities. N and W will jam #2's and play curl/flat. Corners and safeties will play ¼'s, with cover 2 reads. If a TE is in the offensive formation, shade N to strength, and Ends will play 6i tech. We will “squeeze” TE with N/LB (loose 7 tech).



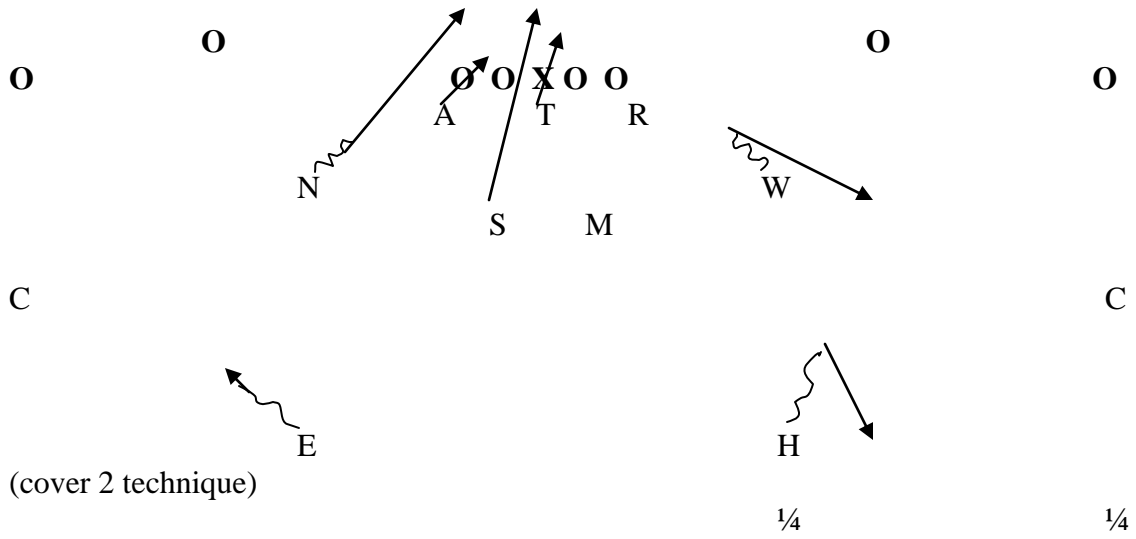
PRESSURE PACKAGE:

1. LIZ-2/3
2. RIP- 2/3
3. SOONER- man
4. SAM TWIST
5. MIKE TWIST

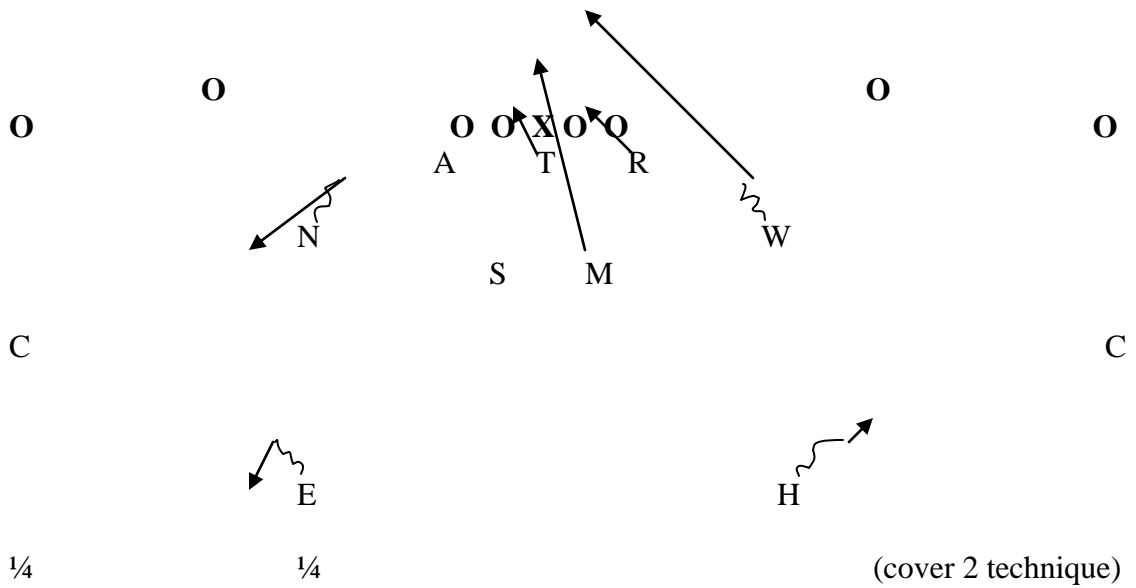
COVERAGE CHANGES:

1. MAN UNDER - EAGLE and HAWK free

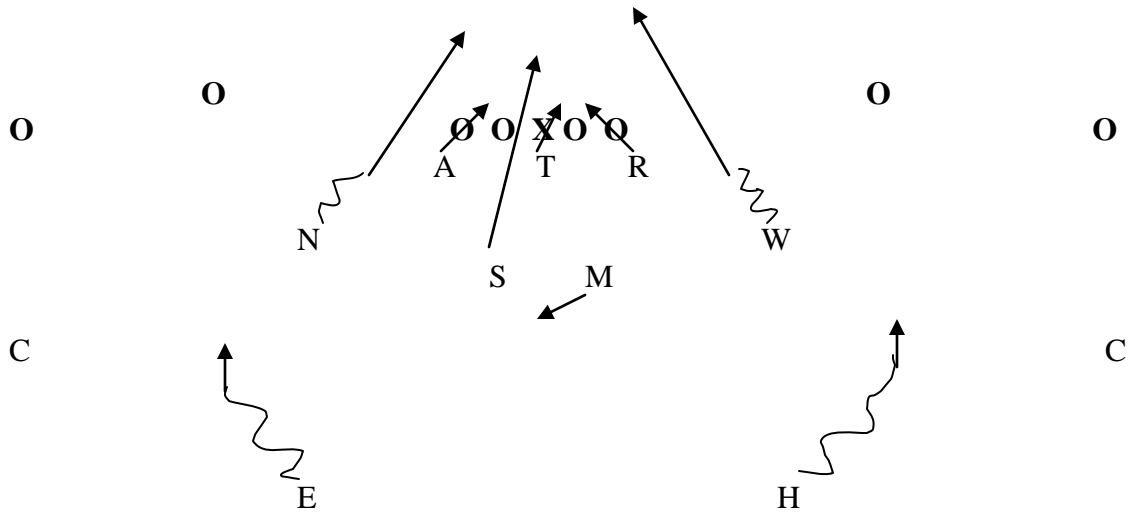
LIZ- N and W both creep, left side blitz



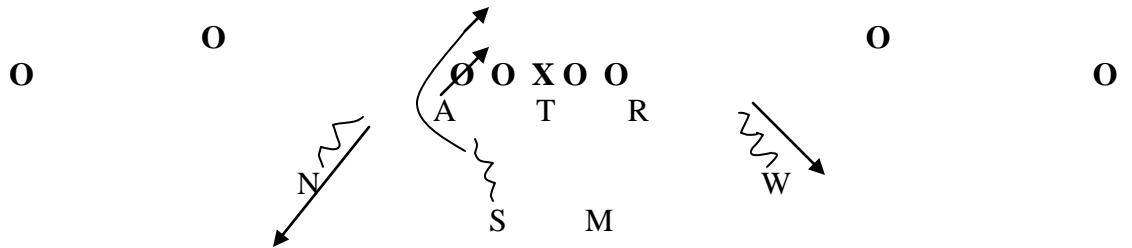
RIP- N and W creep, right side blitz



SOONER all out blitz, Mike must cover middle and dog a #3 to either side, we will man up over the top. Sam will blitz either A gap and must give the NOSE a call.



SAM (MIKE) TWISTS



POSITIONAL TECHNIQUES, FUNDAMENTALS, DRILLS

STANCES AND STARTS

DEFENSIVE LINE

STANCE

1. 3 pt. Stance
2. covered foot back and covered hand down
3. feet just outside shoulders, toe-to arch relationship
4. 60 % of weight on hands
5. back flat, toes forward, butt slightly raised, free hand out and ready to attack

START

1. "Power Clean" off the LOS
2. back foot replaces down hand
3. hands grab outside numbers, get under chin, lift!

LINEBACKERS

STANCE

1. 2 pt., knees bent just over 90 degrees, feet just outside shoulders
2. weight on balls of feet, heels barely off the ground
3. hands out in front of knees ready to take on blocks

START

1. on key, step with foot to side of flow, do not cross over, no false step backwards
2. work downhill to LOS into responsible gap
3. take on blockers with leverage and hands in numbers and "clean" the path to the ball

DEFENSIVE BACKS

STANCE

1. 2 pt., feet under shoulders
2. strong leg forward for safeties, outside leg for corners
3. bent knees, athletic stance, head up eyes on keys

START

1. drive off lead foot and exaggerate low movement in practice
2. chest should stay over knees
3. butt should stay behind heels

FUNDAMENTALS

DEFENSIVE LINE

1. FEET, HANDS, LEVERAGE
2. ALIGNMENT, KEYS, READS
3. HEAL LINE PURSUIT
4. TACKLING

LINEBACKERS

1. FOOTWORK, LEVERAGE
2. ALIGNMENT, KEYS, READS, WINDOWS
3. TACKLING
4. BASE→UNDER→TIM
5. SOLID FRONT
 - a. 7 TECH FUNDAMENTALS
 - b. 3 TECH'S FUNDAMENTALS

DEFENSIVE BACKS

1. FUNDAMENTAL DRILLS
2. ALIGNMENT, DROP ZONES, KEYS AND READS
3. COV.2 → 3 → 5 → 5 APACHE (1/2 FIELD, FULL FIELD)
4. TACKLING

LeRoy Football- Defensive Line Drills

Main Components:

1. Feet and Hands
2. Leverage
3. Tackling
4. Keys, Reads, and Rush

- A. Barrels-start each from 3 pt. And ball movement
 - i. Reverse out
 - ii. In and out- rip across face
 - iii. Shuffle punch
 - iv. Shuffle rip
 - v. Spin and numbers
- B. Leverage- initiate with ball movement
 - i. **6 pt.** (hands high , thumbs up, roll hips through bag)
 - ii. **4 pt. Stab and Grab** (speed, extension, thumbs grab #'s)
 - iii. **Steer and Rip-** stance and start
 - iv. **3 pt.**
 1. one step and press
 2. one step and rip
- C. Tackling- during 7 on 7
 - i. **Blue dummies-** wrap, base , foot fire, ball call (straight ahead, 45 degree right and left)
 1. 3 step- right and left shoulders
 2. seat roll- “ “ “ “
 - ii. **Heal line**
 1. press and rip- strip tackle
 2. press and swim- strip tackle
 - iii. “Rally” drill
- D. Keys and Reads-
 - i. **3 on 1's-** vs run blocks (also go 3 on 2)- **C drop hand to snap**
 1. all shaded 0,1,3,5,7,9 tech.
 2. work on stem call→ “move”
 3. base, down, pulls both ways, double teams, etc.
- E. Pass Rush and Stunts
 - i. **Hoops** (speed) and **Dummies** (jab/swim or rip)
 - ii. **5 yd. fight**
 1. speed / rip (or) jab / swim- DL choice
 - iii. twists
 1. T, N, Anchor, Rush

LeRoy Football- Linebacker Drills

Main Components:

1. pursuit
2. hit and shed
3. tackling
4. coverage

Footwork/Agility

- A. Line drill (single backer)
 - i. Swivel hips down yardline (eyes on coach)
 - ii. Ball up and LB settles and shuffles to Coach's eyes
 - iii. 45 degree break on arm action
- B. 45's (multiple backers)
 - i. right-left-settle-shuffle- break on shoulder action/draw
- C. Shuffle-Alley-Press
 - i. On yard line- RB jog-sprint-jog-sprint- break on you
 - ii. 5 yards away- LB shuffle- alley-shuffle-alley- press on break
 1. 50% tackle- head across, wrap ,roll, carry back to line and repeat across field

Bags

- A. Agilities
 - i. One foot in hole
 - ii. Two feet in hole
 - iii. Backpedal and break (shiver bag)
 - iv. Lateral (one way w/shiver bag)
 - v. Lateral (multiple response- back and forth on coach)
 - vi. Lateral shuffle behind up into windows (shiver bag)
- B. Board (bags) work
 - i. 6 pt.-power angles
 - ii. 4 pt.- stab and grab
 - iii. 2 pt.- "foot before fist" (6 inch step)
 - iv. 4 step- 45 degrees →with boards or bags
 1. approach and fit
 2. approach and press
 3. machine gun
 - v. Press-rip-wrap (ball)

Tackling

- A. Eye Opener
- B. Rally Drill

Read keys and Coverage

- A. Base keys- whole group
 - i. Key to playside G
 - ii. Option (bone, T)blast (bone, I),wing-t responsibilities
- B. Positional (Solid techniques)
 - i. 7 and 5 techniques, 3 tech LB's

LeRoy Football- Defensive Back Drills

Main components:

1. quickness
2. tackling
3. alignment, coverages

Footwork and Agility

- A. 3 X's / W
- B. Open hips drill
- C. BP 90
- D. BP post
- E. BP fade
- F. Shuffle 90
- G. Shuffle post
- H. Shuffle fade
- I. Bp weave
- J. Bp post-corner turnover
- K. Oh Know! Drill
- L. Pick Pocket

PASS, BALL CALL!

see diagrams



Tackling

- A. Form Up
 1. start toe to toe, DB bp RB brakes right or left 45 degrees as DB gets to five yard line
 2. 75% eyes up, bite ball, drive chest through chest
 3. coach drop ball for fumble drill, players yell BALL!
- B. Sideline Tackling
 1. 75%, eyes up, bite ball, chest through chest
- C. Alley Tackling
 1. 100%, use bags to tackle in alley
 2. use option, draw reads
 3. cov. 2 vs cov 3
 4. add block to shed

Coverages

- A. cover the tree
 - i. zone principle
 - ii. man principle
- B. 1/2 field drill
 - i. cov. 2 and 3
 - ii. cov. Cover 5 and 5 apache
 - iii. cov. 4 and man free

4 - 3

FRONTS and VARIATIONS

STUNTS
and
BLITZES

GOALINE
and
SHORT YARDAGE

**3RD
and
LONG**

NICKEL PACKAGE

SOONER

