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Defensive Theories

Why the Stunt 4-3

- It's a proven defense.
 - 11 man attacking defense.
 - Gap sound defense.
 - All gaps are covered with all stunts.
 - You do not give up the long pass.
- The Defense is tough to prepare for.
 - It is fun to play, takes pressure off the players and puts responsibility on coaches.
 - Only bubble is weak A gap.



4 Types of Philosophies

- Football
- Defensive
- Personnel
- Goal Line

Football Philosophy

- Stop the run and control the pass.
- Attack and pressure the run and pass.
- Always adjusting which makes scheming easier.
- Difficult for opponent to prepare for.
- Makes it difficult for O-Line to block. Most blocking schemes are designed for defenses to funnel everything back inside. Stunt 4-3 wants to bounce everything.
- We dictate to the offense because of the attacking style
- It is called the stunt 4-3 for a reason. We will be stunting 90% of the time.
- It's a fundamentally and technically sound defense.

Defensive Philosophy

Based on five basic factors that exist on a defensive unit.

1. **Team Work:** The defense must play together as a unit.
2. **Movement:** This common denominator is fundamental to our defense. The determination of position placement will depend a great deal on this trait.
3. **Mental discipline:** The defensive players must know their assignments for all defensive calls. Players must have knowledge of opponents strengths, weaknesses, and tendencies. The defense must be prepared for sudden change and play each play one at a time!
4. **Communication:** Players must talk on defense. Players must communicate checks and offensive changes.
5. **Physical discipline:** Defensive players must be aggressive. Players must use proper position fundamentals and techniques.

Personnel Philosophy

- Creates flexibility, you do not have to find two stud inside linebackers. At the least you need one good end, one good Lb and one good tackle.
- You can use players strengths.
- Defense is easier to create an attitude because of its attacking style.
- You can play this defense with good talent. If you have bad talent you can play this defense better than any other.

Goal Line Philosophy

Philosophy

- Characteristics of a successful goal line defense are mental and physical toughness, aggressive, playing as a unit and giving forth the extra effort.
- You must rise to the challenge and really want to keep the opponent out of the end zone.
- This requires that each player must secure his area of responsibility and execute excellent technique.
- You must know our opponents tendencies in the scoring zone.
- You must not be moved off the L.O.S while keeping your shoulders square to the L.O.S.
- The harder our opponents work for a score, the more our advantages increase.

Goal Line Coverage

- We will allow no extra yardage after a reception.
- If you are beaten in the end zone, then interfere with the receiver. It is better to have the penalty than the score.
- Never line up in the end zone and use the back line of the end zone as an extra defender by never playing deeper than 5 yards in the end zone. This may be adjusted when in man coverage.
- Get a side by side or in front of relationship with receiver. It does no good to tackle a receiver from behind after he had caught the ball in the end zone.
- When an interception occurs in the end zone in the middle take a knee. Near the sideline if you cannot get beyond the 20 yard line take a knee.
- We will play 11 man pass defense and our front must lessen the time the QB has to throw the ball in this area.

Defensive Theories

2 basic objectives that our defense must accomplish in order to be successful

Get Possession of the Football

1. Force the opponent to punt.
2. Force a turnover. Fumble recovery or Interception
3. Mistakes by our opponent is the winning formula. We can accomplish this by elimination of our mistakes, great execution (sound techniques), aggressive play, maintaining confidence and poise at all times.

Defensive Score

1. Fumble recovery, Interception, Safety
2. Defensive scores can serve as a turning point in close games or a close game turned into a rout.

The Approach to a Successful Defense

1. Work
2. Multiple Fronts
3. Tackling

1. Keep it simple.
2. Be flexible. Adjust without taking aggressiveness out of players and calls.
3. Attack!
4. Win first down
5. Control the Line of Scrimmage
6. Work hard on position fundamentals
7. Big plays – Prevent them/ Make them
8. Sudden Change – “So what!”
9. Prepare and expect to win
10. Have fun!!

Work

- By far the most important is all players to be fundamentally sound in the techniques for each position.
- Each player must constantly strive to improve the individual techniques he must perform.
- A team plays the way it practices. Each practice should be a challenge for self-improvement.
- Only the players that care will pay the price to be a champion.

Multiple Fronts

- We will confuse our opponents by giving the same looks and playing varied techniques and the inverse approach.
- Our defenses are designed to provide our front line with not only every sound variation in location and intensity of charge, but also in variations for the number of men rushing.
- Our defensive front is positioned in defenses which are even, odd, combo, flexed and stemmed.
- We may align a player in a gap but we will never align our entire front in gaps.
- Our secondary will have a basic look with variations. Pass defense will include zone and man coverages. We will also use a true cover 2 concept against certain opponents.
- Our defensive backs must take away the nevers, the routes a coverage is designed to stop.
- Pass defense is a TEAM responsibility and NOT just the responsibility of the secondary.

Tackling

- We may play a defense close to perfection, but if we miss the tackle or allow the ball carrier to gain yardage after contact we are defeating the purpose of playing great defense.
- One of our primary goals when meeting a ball carrier on or near the L.O.S should be to stop his forward progress immediately. To do so, we MUST keep a low center of gravity, control, balance and drive through the ball carrier.
- Proper use of arms will prevent many missed tackles.
- Perfect form is not always possible but it is a goal we should strive to meet.
- Gang tackling is also a big factor in stopping the forward progress of a ball carrier.
- In the open field our primary goal is to bring the ball carrier down any way possible. We want a sure, not devastating tackle to prevent a long run or TD.
- When attempting a solo tackle, the tackler should be more under control and force the ball carrier to commit himself. When tackling in close quarters or where there are several defenders in the area, the tackler can afford to be more reckless and try and make the BIG HIT since the ball carrier does not have as much room to maneuver.

What do we want other teams to say or think about us when they watch film?

1. Effort- Gang tackle. The difference between a good defense and a great defense is snap to whistle. Every defense goes on the snap, it's the great defenses that go to the whistle.
2. Teamwork- Everyone does there 1/11th
3. Hitters- No one out hits us!

10 Keys For US To Be A Successful Defense

- Have Fun!
- Know your S.A.T's- Stance, Alignment and Technique
- Proper Pursuit- Fly to the Football
- Play snap to Whistle
- Gang Tackle- Punish the ball carrier
- Force Turnovers
- High Intensity
- Communicate- Checks, Motions, Adjustments, Secondary Talk
- Front Line Over Close- Constrict inside gap force ball to outside.
- Destroy QB- On Pass Rush and Option



Position Criteria

General Requirements

Mike

Sam

Will

Tackles

Rush End

Strong End

Strong Safety

Free Safety

Wide Corner

Short Corner

General Requirements for all Defensive Players

- Aggressive
- Agile
- Playmakers

Mike Linebacker

- Mike Linebacker MUST be a TONE SETTER!
- Intense, Aggressive Hitter, Great Tackler, Have a basic instinct for the game, Good downhill player and a leader by example. Must be able to play zone pass coverage
- **Size:** varies, but must bring a load
- **Speed:** good speed, but not have to have great speed. The faster the better.
- **Quickness:** good quickness, this is more important than speed
- **Mental:** mentally tough with good instincts and the ability to read an opponents offense to make our calls and adjustments. Be able to play on the edge but under control.
- **Strength:** strong enough to fill heavy vs. isolation and be able to stay healthy. Be an intimidator.

Sam Linebacker

- This is a very important position on our defense and we need this to be one of our better athletes. He must be able to stabilize the strongside of our defense.
- The Sam linebacker needs to be a complete player
- Aggressive and technique conscious. MUST be able to hold up TE and play pass coverage.
- He must be our best or our second best pass rusher.

- **Size:** size and strength are assets at this position. A tweener-tends to be a small defensive end and a large linebacker. Must be able to handle the TE, FB kickout blocks and traps. Prefer a player with some height (six feet or taller)
- **Speed:** enough to play man-man coverage vs a TE. (athletic speed)
- **Strength:** enough to stand a TE up while playing a 2 tech.
- **Quickness:** must have a good first step and solid pursuit ability
- **Mental:** coachable, technician, patience/able to transfer opponents. Able to help with calling opponents plays

Will Linebacker

- Should be our most athletic linebacker because of more varied technique demands and more opportunities to MAKE BIG PLAYS!
 - This is the toughest level 1 and level 2 position to play
 - He must be disciplined and patient along with natural instincts.
 - This must be a player not a potential player.
 - Better size gives us more flexibility in our defensive schemes vs. 2 TE, etc.
- **Size:** varies, the bigger and stronger the better.
 - **Speed:** fastest linebacker and one of our fastest players.
 - **Strength:** Solid, good athletic strength. Capable of big hit and solid to excellent block protection abilities.
 - **Quickness:** Primary aspect, must be able to recover. Good blitz ability and should be one of our quicker players.
 - **Mental:** must be coachable, football instincts, alert, patient. Can play on the edge and be a PLAY MAKER!

Tackles (Both Tilt and Tackle)

- Must be good enough to defeat one on one blocking or invert the L.O.S.
- Very aggressive and a mean streak helps.
- Must be willing to destroy center and attack double teams.
- Must be good enough to force double teams and have good lateral pursuit.
- Prefer to have tilt smaller and tackle bigger. At times we will use two quicker tackles (lightning) and at times we will use two bigger tackles (elephant).

- **Size:** varies, there is a place for the small aggressive, tough player at this position
- **Strength:** strength is an advantage due to the nature of the position
- **Speed:** must have good speed
- **Quickness:** Must have best first step on the defense
- **Mental:** these need to be tough fighters and stable in terms of playing with consistency

Rush End

- Must be tough and a playmaker.
 - Must be a great technician.
 - Must be quick to re-direct and use a wrong arm technique. These are vital to the success of this position.
 - This may be a situational player position for us.
 - He must our best or second best pass rusher.
- **Size:** does not have to be big, but if small and quick needs to be strong and tough. A weight range of around 180-190 as a minimum, can be a FB type of player
 - **Strength:** the stronger the better, has to play vs. traps, kick-outs and balanced formations
 - **Speed:** solid speed with good lateral pursuit and pass rush abilities
 - **Quickness:** must have good first step and preferably one of our quicker defensive lineman
 - **Mental:** capable of playing on the edge. Must sell out and desire tough contact

Strong End

- Biggest strongest lineman. Must be capable of securing the C-gap and not being driven off level 1.
- He will play a 3 tech the vast majority of the time.
- Must be capable of playing a 2 tech at times. The more capable he is of playing a 2 tech the better.
- Prefer a tough, good role player. A soldier.
- Should have decent lateral pursuit, but the least mobile of our defensive front personnel.

- **Size:** should be one of our biggest players. Must play big.
- **Strength:** a big priority and a body mass with reasonable feet that off set pure weight room strength.
- **Speed:** football speed not 40 time speed, enough to get the job done.
- **Quickness:** three step quickness, good first step and must have lateral pursuit ability.
- **Mental:** Tough and stable, a steady player that understands his role.

Strong Safety

- Prefer this position to closely mirror our Will LB.
- An aggressive good tackler, with pass coverage capabilities. Solid key reading ability and a good communicator.
- Very similar to the Will but does not have to be as good an athlete. He has immediate help both from the inside and outside.
- Usually a lane player. Has to carry out option responsibility and making the play on the flank. Must press a receiver at times.

- **Size:** varies, but must be able to play strong run support.
- **Speed:** good speed but not corner speed.
- **Strength:** solid athletic strength, must be able to make one on one open field tackles vs. big backs.
- **Quickness:** more important than speed at this position, must be able to read and react quickly.
- **Mental:** must be coachable, patient and a solid decision maker.

Free Safety

- Ball hawk of the secondary
 - Good communicator, recognition skills and a solid open field tackler. He must understand he is the last line of defense!
 - FS should be one of our top two or three athletes
 - Capable of quarterbacking our defense
- **Size:** would prefer some height
 - **Speed:** fast, he must have speed and closing ability.
 - **Strength:** athletic, enough to make open field tackle.
 - **Quickness:** very important, ability to close and re-direct are musts at this position.
 - **Mental:** must have football intelligence, stay focused and alert, capable of expecting the unexpected and always be situation aware. Must have patience and stay calm.

Wide Corner

- Paired with SS
- Should one of our best athletes with very good ball skills, solid on run support, but less run support than the short corner.
- He can be more of a finesse player

- Size: varies
- Speed: one of the fastest players on the team, must be able to cover deep routes.
- Strength: decent athletic strength.
- Quickness: should be one of our quicker players, but does not have to be as quick as the short corner or FS.
- Mental: alertness, under control, good communicator and solid recognition skills.

Short Corner

- Should be our best corner. He plays on an island more than any other player in our defense.
- He must also be our best run support corner.
- Must be mentally tough and willing to accept challenge of covering the opponents best receiver one on one if needed.
- He must be one of our best athletes

- **Size:** varies
- **Strength:** good strength, more than wide corner.
- **Speed:** should be one of our fastest if not the fastest.
- **Quickness:** very important, must be able to recover quickly and be a great closer.
- **Mental:** tough, cannot hang head, alert, coachable and excellent route recognition ability.



Tackling

Comet Tackling

Tackling Technique
While Rushing the Passer

Types of Tackles and Basic Qualities

Comet Tackling Tips

Proper Hitting Position

Shoulder Tackle and On Contact

Basic Techniques for
Different Types of Tackles

Cardinal Tackling

- We must all use the same terminology when teaching tackling.
- If we do not then we will get varied results.
- Always stress the acceleration of the tacklers feet on contact.

Types of Tackles and Basic Qualities of a Sound Tackler

- Angle Tackle- this is by far the most used type of tackling.
- Head On Tackle
- Open Field Tackle
- Rear Tackle
- Gang Tackle

- Desire
- Effort
- Form
- Ability

Proper Hitting Position

- Good base
- Neck bulled
- Elbows in
- Eyes open and feet accelerating on contact.
- Ankles and knees flexed
- Weight on balls of feet
- Shoulders square
- A slight forward lean
- Target and aim point- aim point will be the football or the base of one number depending on your approach angle
- Be under control
- Attack- shoot your guns and drive up through the ball carrier. Accelerate on contact and do not over stride. Carry your technique beyond the ball carrier, wrap your arms and grab cloth
- Coaching Point: A player may be more aggressive and slightly out of control when tackling within the L.O.S or a pile.

Shoulder Tackle and On Contact

- Drive your forehead through the football.
- Reminder to keep head-up, neck bulled, eyes open. Leg acceleration equates to power.

- Wrap and drive
- Stop the runners forward progress and take his legs away
- If you lose your leg drive and the ball carrier is not on the ground, drop your weight straight to the ground and pull down.

Basic Techniques for Different Types of Tackles

- **Head on-** Use the proper form in slides 22 and 23.
- **Angle-** Get your head across in front of the ball carrier and deliver your blow using a shoulder tackle. Get shoulders square and drive ball carrier up field. If ball carrier tries to spin out work your back hip up field.
- **Open Field-** You must stop the TD run. Give ground if needed and take proper pursuit angle. Do not try and make the perfect tackle. Just get a hold of the ball carrier and wait for help.
- **Rear-** If you can get to the ball carrier on your feet, this is a position to strip the football. If needed dive and clip the heel of the ball carrier
- **Gang-** Excellent team pursuit is what creates great gang tackling. Second or third man to the ball should be tackling and stripping the football. Never stop until you hear the whistle.

Tackling Technique While Rushing the Passer

- Watch the QB's eyes and tackle high
- Wait until you are about 2 yards from the QB before you raise your arms. Get your arms up to the QB's throwing arm.
- When you are in a position to tackle the QB, tackle high and squeeze him, pin his arms to the side. Do not reach!

Cardinal Tackling Tips

- Ram your facemask through the football. Even if you do not accomplish this objective, you are still in good position to make the tackle.
- If you are the second or third man in on the tackle, go for the football! Your angle of attack will determine your technique for removing the football (strip or punch). Coaching Point: make sure the first tackler has secured the ball carrier
- If you are being contained by a blocker and cannot get a good shot, reach out for the football with BOTH hands. Tackle the football!
- If you are approaching the ball carrier from behind and capable of tackling high, strip the football. This how a large percentage of fumbles are caused.
- Through film study and scouting reports we will pick up hints as to which ball carriers are more susceptible to having a forced fumble.
- When rushing the passer, go for his passing arm and slap at the football or arm.
- Gang tackling is the single best method of causing a fumble.



Stances

Mike

Adjustment in Stances for
Tilt/Tackle/Rush End/Strong End

Sam

Examples of Adjustment in Stances

Will

Strong Safety

Tilt and Tackle

Free Safety

Rush End

Short Corner

Strong End

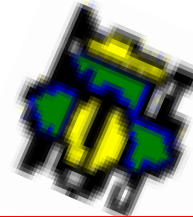
Wide Corner

Mike Linebacker Stance



2 Point Stance

1. Toes pointed north/south
Not ducked.
2. Feet shoulder width apart.
3. Weight on balls of feet. Heels should be slightly off ground.
4. Ankles and knees flexed.
5. Upper Torso- slight forward
Lean and shoulders parallel to the L.O.S.
6. Arms bent at elbows and over the outside $\frac{1}{4}$ of the thighs. Do not rest arms on thighs. Leave some light.
7. Hands- flexed at the wrist, thumbs up.
8. Neck bulled.
9. Eyes on proper aim point.



Tilt Stance

1. Stack with tilt inside foot on the tilts outside foot.
2. Tilted at a 45 degree angle
3. Feet shoulder width apart.
4. Weight on balls of feet. Heels should be slightly off ground.
5. Ankles and knees flexed.
6. Upper Torso- slight forward
Lean and shoulders parallel to the L.O.S.
7. Arms bent at elbows and over the outside $\frac{1}{4}$ of the thighs. Do not rest arms on thighs. Leave some light.
8. Hands- flexed at the wrist, thumbs up.
9. Neck bulled.
10. Eyes on proper aim point.

Stances
Menu

Main Menu

Sam Linebacker Stance



2 Point Stance

1. Toes pointed north/south
Not ducked.
2. Feet shoulder width apart.
3. Weight on balls of feet.
4. Ankles and knees flexed. Heels should be slightly off ground.
5. Upper Torso- slight forward lean and shoulders parallel to the L.O.S.
6. Arms bent at elbows and over the outside $\frac{1}{4}$ of the thighs. Do not rest arms on thighs. Leave some light.
7. Hands- flexed at the wrist, thumbs up.
8. Neck bulled.
9. Eyes on proper aim point.

Stances
Menu

Main Menu

Will Linebacker Stance



2 Point Stance

1. Toes pointed north/south
Not ducked.
2. Feet shoulder width apart.
3. Weight on balls of feet.
4. Ankles and knees flexed. Heels should be slightly off ground.
5. Upper Torso- slight forward lean and shoulders parallel to the L.O.S.
6. Arms bent at elbows and over the outside $\frac{1}{4}$ of the thighs. Do not rest arms on thighs. Leave some light.
7. Hands- flexed at the wrist, thumbs up.
8. Neck bulled.
9. Eyes on proper aim point.

Tilt and Tackle Stances

Stances
Menu

Main Menu



Tilt Stance(3 point stance)

1. Tilted at a 45 degree angle
2. Inside foot back (can have feet square if needed)
3. Toe to heel relationship
4. Heels slightly off ground
5. Inside hand down
6. Opposite hand cocked at cheek level
7. Not a lot of weight should be forward
8. Get butt down and bull neck

3 Point Stance

1. Inside foot back (can have feet square if needed)
2. Toe to heel relationship
3. Heels slightly off ground
4. Inside hand down
5. Opposite hand cocked at cheek level
6. Not a lot of weight should be forward
7. Get butt down and bull neck

Rush End Stance



3 Point Stance

1. Inside foot back (can have feet square if needed)
2. Toe to heel relationship
3. Heels slightly off ground
4. Inside hand down
5. Opposite hand cocked at cheek level
6. Not a lot of weight should be forward
7. Get butt down and bull neck

Stances
Menu

Main Menu

Strong End Stance



3 Point Stance

1. Inside foot back (can have feet square if needed)
2. Toe to heel relationship
3. Heels slightly off ground
4. Inside hand down
5. Opposite hand cocked at cheek level
6. Not a lot of weight should be forward
7. Get butt down and bull neck

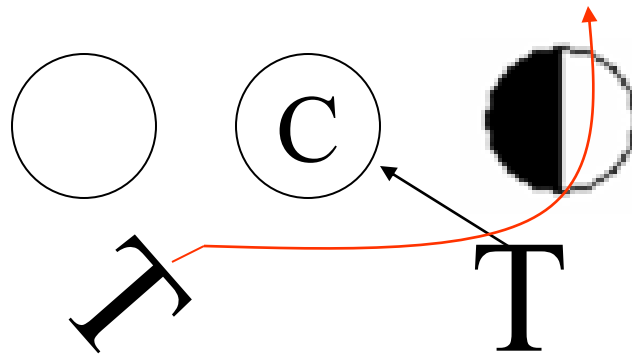
Stances
Menu

Main Menu

Tilt/Tackle/Rush End/Strong End Adjustment in Stances

- Each down lineman is responsible for having the understanding that at times not a lot of weight should be forward in their stance and other times they should have more weight forward.
- The butt should be down and not a lot of weight is forward when the down lineman is running a loop technique on a stunt or when he is not taking a gap. You need to be able to move lateral.
- More weight should be forward is when the lineman is attacking a gap or is attacking the V of the neck of the offensive blocker.

Example of When a Down Lineman Should Have His Butt Down and Not A Lot of Weight Forward



Tilt is running a loop technique on the Tom Stunt your butt should be down and neck bulled so you can move lateral better.

Stances
Menu

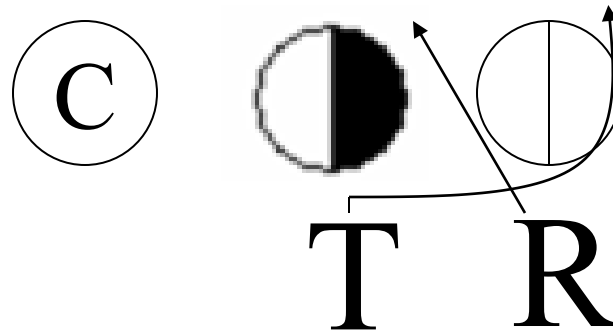
Main Menu

Short and Wide Corner Stances



1. Inside foot forward (toe to instep) or square in cover 2
2. Weight distribution should be on the muscle of the feet
3. Feet gathered under your body inside the frame of the shoulders, toes pointed north/south (not ducked).
4. Ankles and knees must be flexed to establish proper power line and balance. Must be able to have a four way go.
5. Upper Torso- slight forward lean and bend at the waist.
6. Shoulders parallel to the L.O.S (may slightly be turned at times).
7. Head should be level, chin in alignment with the muscle of the feet.
8. Eyes level and focused on primary key, but see as much as possible.
9. Arms and Hands hang in front of the body inside the thighs at the crotch. Flex elbows and do not clinch the hands. Just prior to the snap of the ball bring the arms to a striking position or begin running action.

Example of When a Down Lineman Should Have More Weight Forward



Rush End is attacking the gap on the Me Stunt. You should have more weight forward (on hand) and slightly raise your butt up. This will help you attack and penetrate the gap quicker.

Stances
Menu

Main Menu

Strong Safety Stance



1. Inside foot forward (toe to instep) or square in cover 2
2. Weight distribution should be on the muscle of the feet
3. Feet gathered under your body inside the frame of the shoulders, toes pointed north/south (not ducked).
4. Ankles and knees must be flexed to establish proper power line and balance. Must be able to have a four way go.
5. Upper Torso- slight forward lean and bend at the waist.
6. Shoulders parallel to the L.O.S (may slightly be turned at times).
7. Head should be level, chin in alignment with the muscle of the feet.
8. Eyes level and focused on primary key, but see as much as possible.
9. Arms and Hands hang in front of the body inside the thighs at the crotch. Flex elbows and do not clinch the hands. Just prior to the snap of the ball bring the arms to a striking position or begin running action.

Free Safety Stance



1. Inside foot forward (toe to instep) or square in cover 2
2. Weight distribution should be on the muscle of the feet
3. Feet gathered under your body inside the frame of the shoulders, toes pointed north/south (not ducked).
4. Ankles and knees must be flexed to establish proper power line and balance. Must be able to have a four way go.
5. Upper Torso- slight forward lean and bend at the waist.
6. Shoulders parallel to the L.O.S (may slightly be turned at times).
7. Head should be level, chin in alignment with the muscle of the feet.
8. Eyes level and focused on primary key, but see as much as possible.
9. Arms and Hands hang in front of the body inside the thighs at the crotch. Flex elbows and do not clinch the hands. Just prior to the snap of the ball bring the arms to a striking position or begin running action.



Pursuit

Pursuit Tips

Sam

Six Proper Pursuit Techniques

Tilt/Tackle/Rush End/Strong End

Examples of Pursuit Techniques

Strong Safety

Position By Position Pursuit

Free Safety

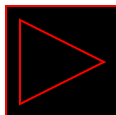
Mike

Short and Wide Corner

Will

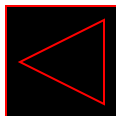
Pursuit Tips

- All 11 players either play run or pass first, once run or pass shows then WE all play defense together. 11 MAN DEFENSE!
- The longer the ball carrier runs laterally, the better for our defense.
- Never follow a teammate.
- Keep all opponents in front and do not over run.
- Players in pursuit must be alert to strip the football and to stay alert around a pile, expecting to find and recover a loose football.



Pursuit Tips Continued

- Level 3 players must realize that they are the last line of defense.
- You must secure the open field tackle the easiest way possible. There is no need to try and make a big hit. Grab, hold on and wait for help to arrive.

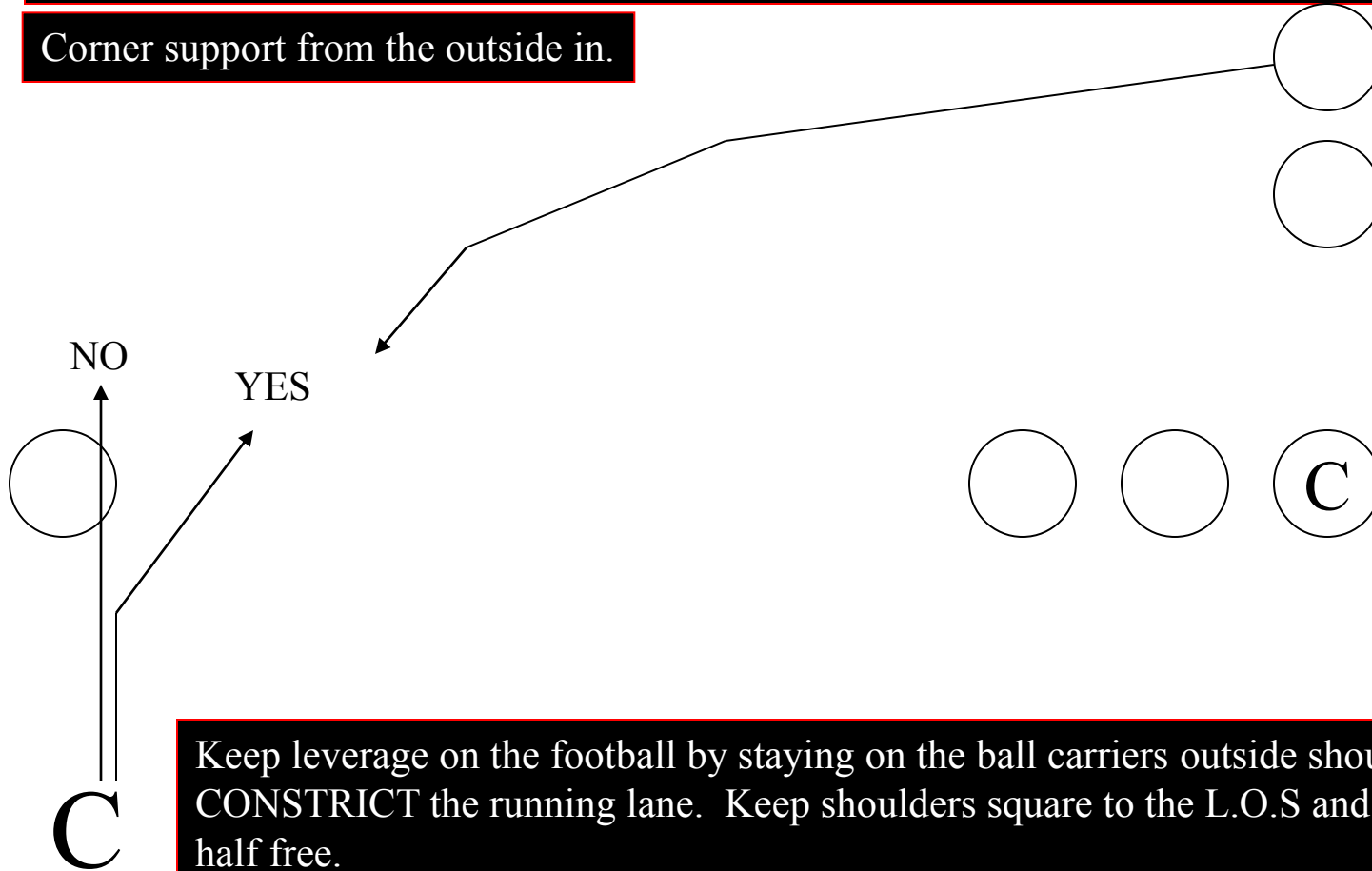


Six Proper Pursuit Techniques

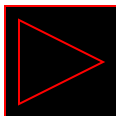
1. Force- support from the outside on
2. Lane- filling on the ball carrier
3. Collapse- a run or pass up the middle
4. Crossfield- cut off the ball carrier
5. Lateral Pursuit- stringing the ball carrier out
6. Inside Out and Outside In Pursuit

Example of Force Pursuit

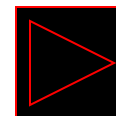
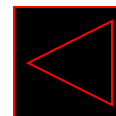
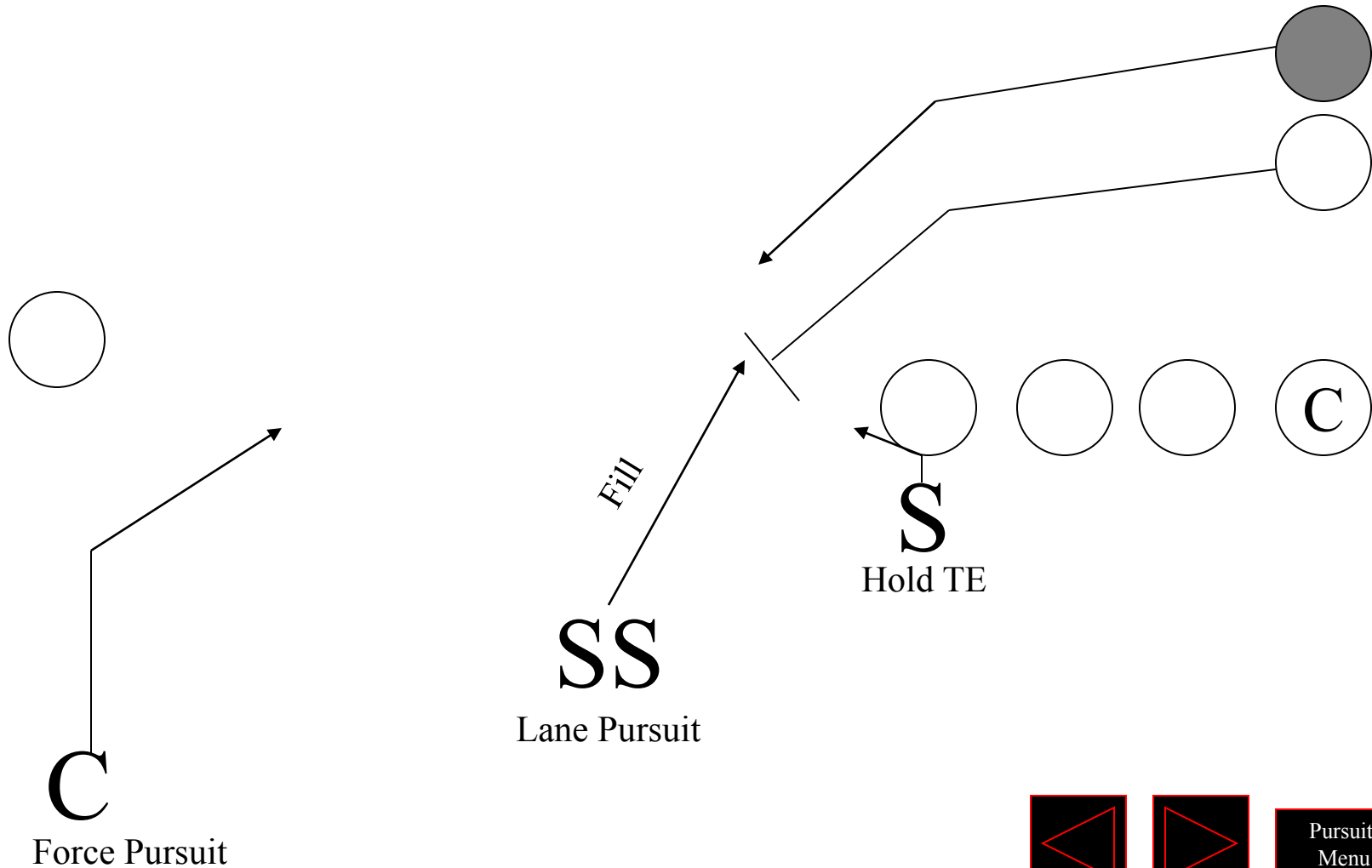
Corner support from the outside in.



Keep leverage on the football by staying on the ball carriers outside shoulder and **CONSTRICT** the running lane. Keep shoulders square to the L.O.S and keep your outside half free.



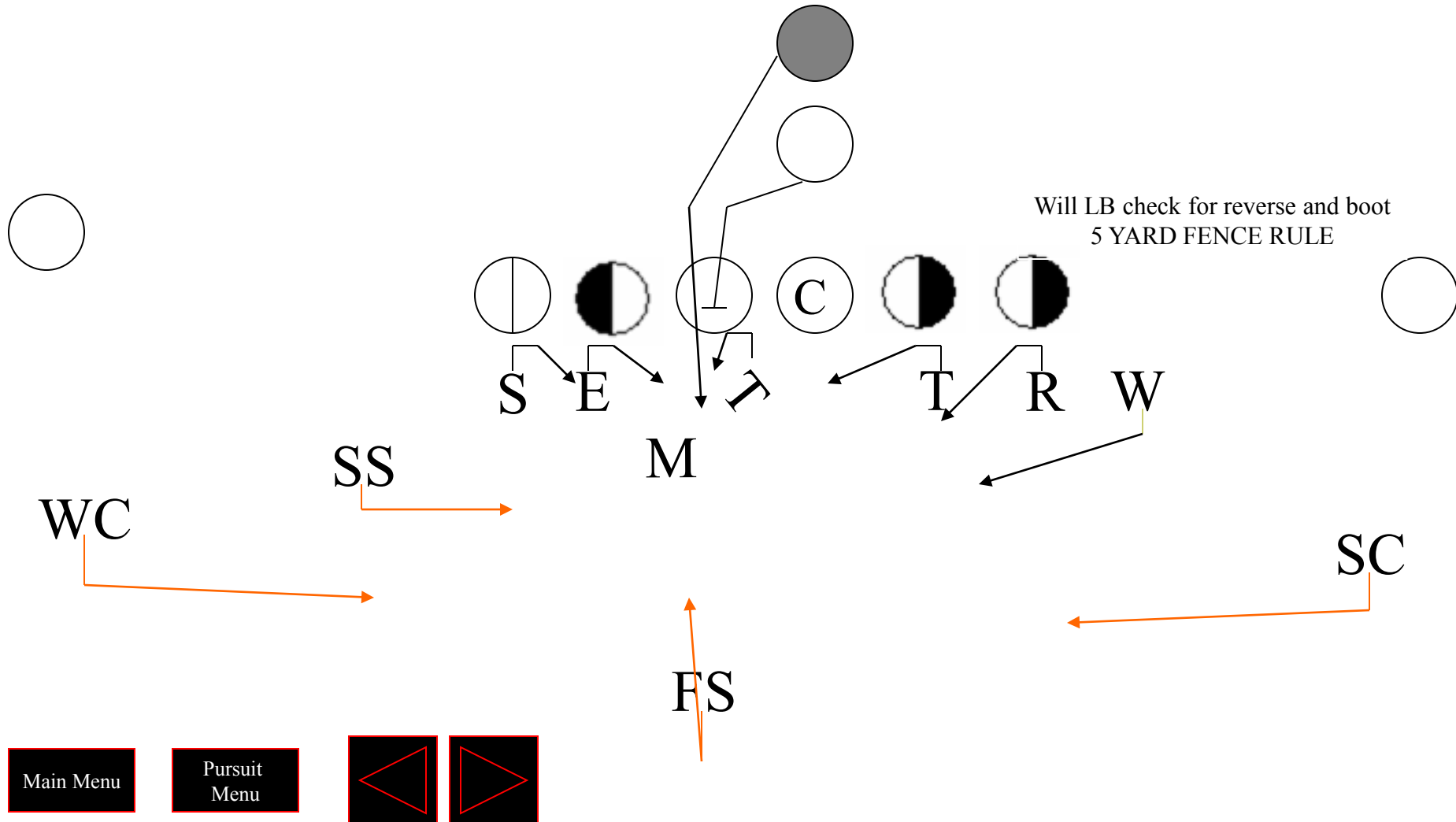
Example of Lane Support Pursuit



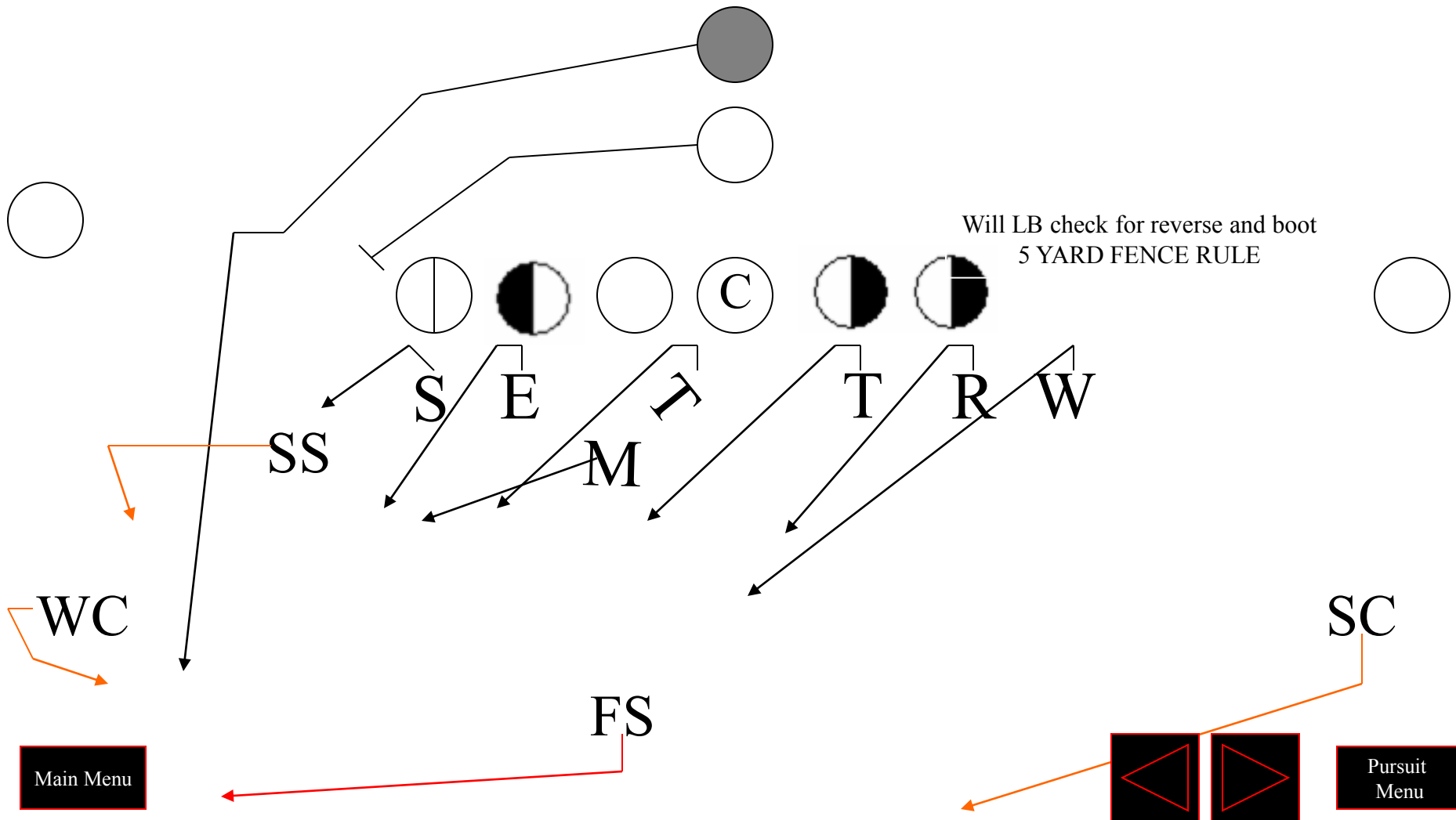
Pursuit Menu

Main Menu

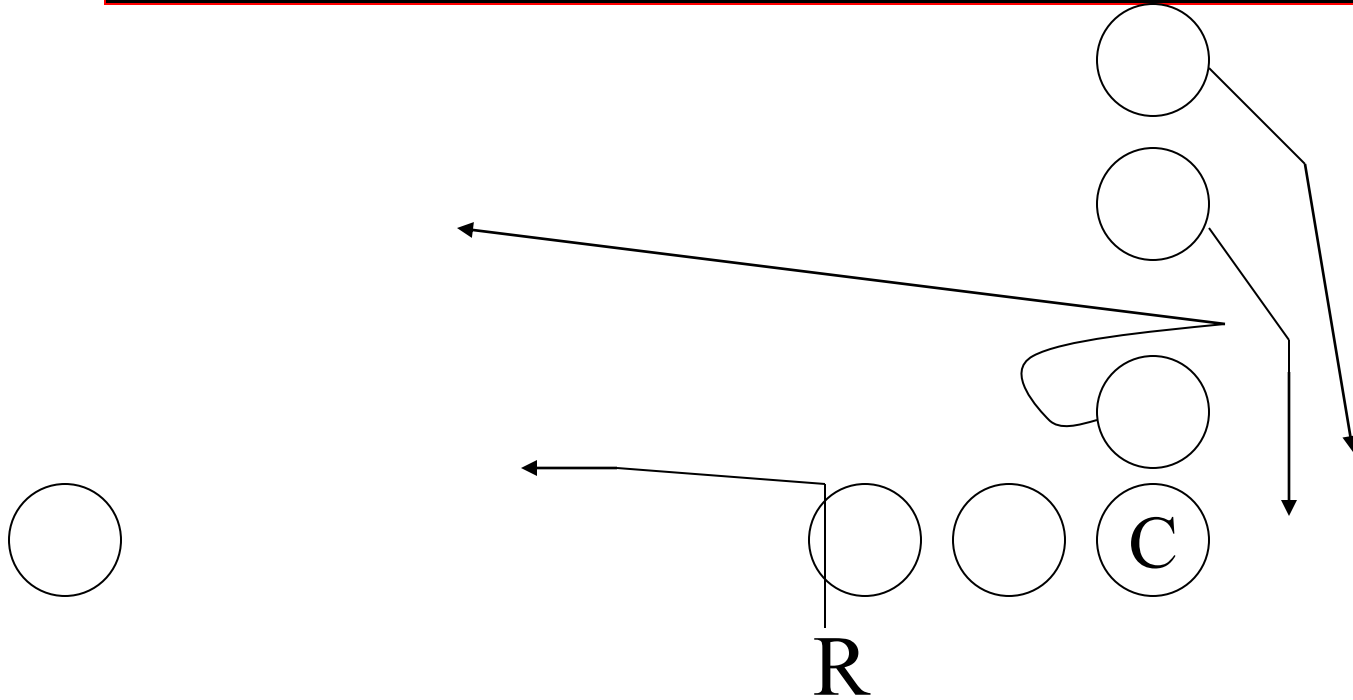
Example of Collapse Pursuit



Cross Field Pursuit

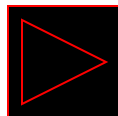
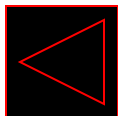


Lateral Pursuit

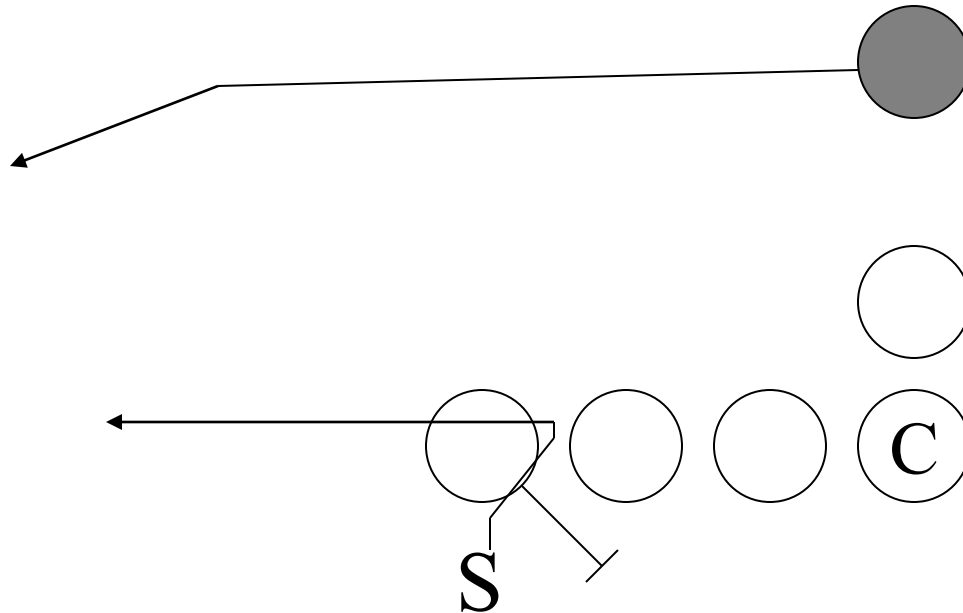


Main Menu

Pursuit
Menu

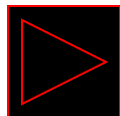
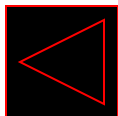


Lateral Pursuit Continued

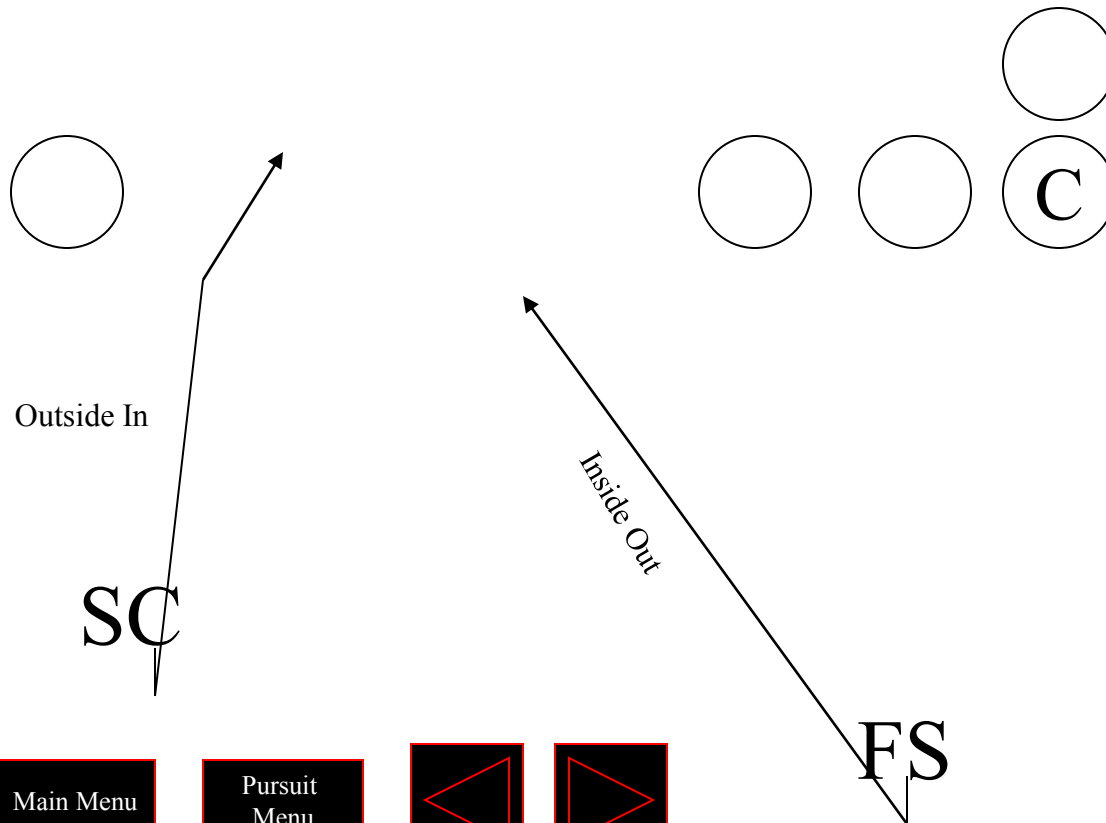


Main Menu

Pursuit
Menu



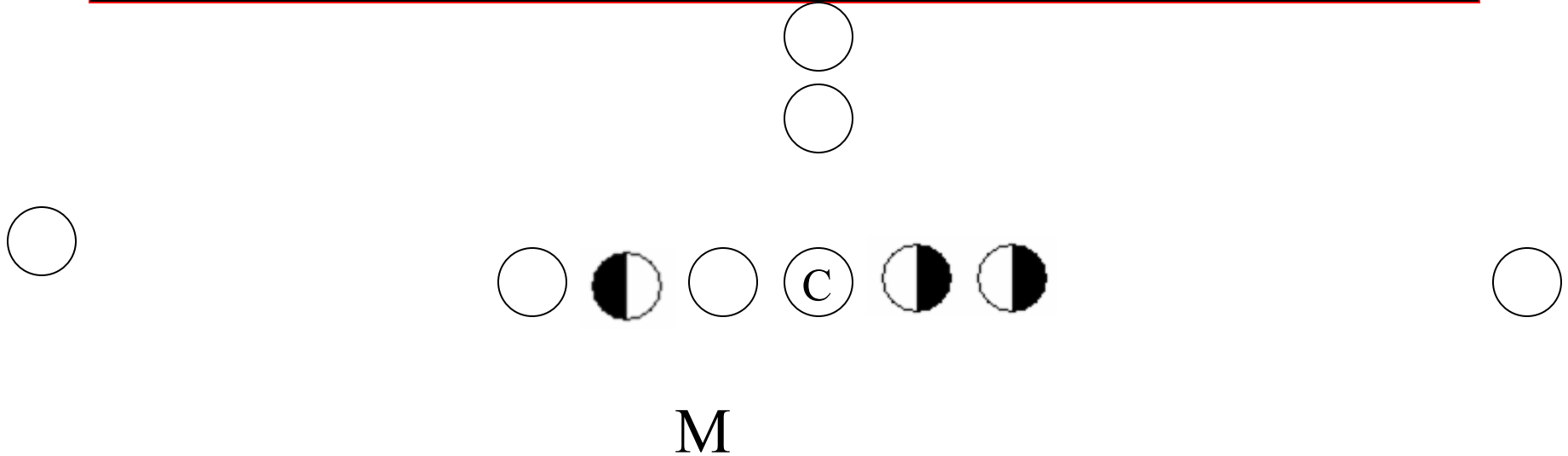
Inside Out and Outside In Pursuit



Example of Position by Position of Pursuit

Example: Tilt Cover 3

Mike Linebacker in Pursuit

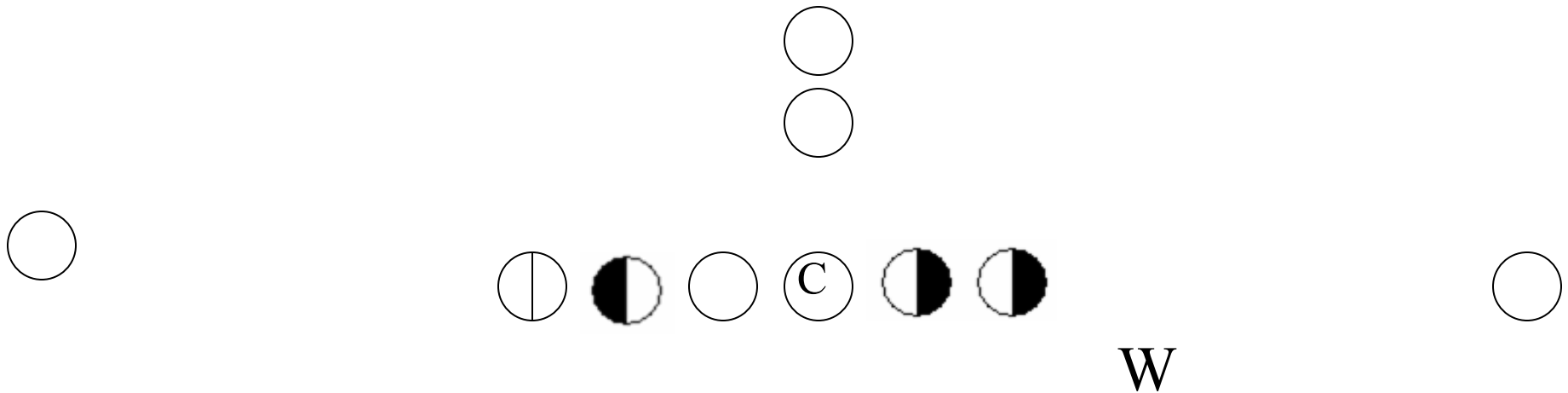


Ball Inside: maintain position, check gap responsibility. Once area is secure, get to football be alert for cutbacks. Work over top, you can go underneath but you better make the play.

Ball Outside to You: check gap responsibility. Once area is secure, get to football. Work B to C to D gap being alert for cutback.

Ball Outside Away: check gap responsibility. Once area is secure, get to football. Be alert for cutback. work over the top taking proper angle. Do not chase or follow same color jersey.

Will Linebacker in Pursuit

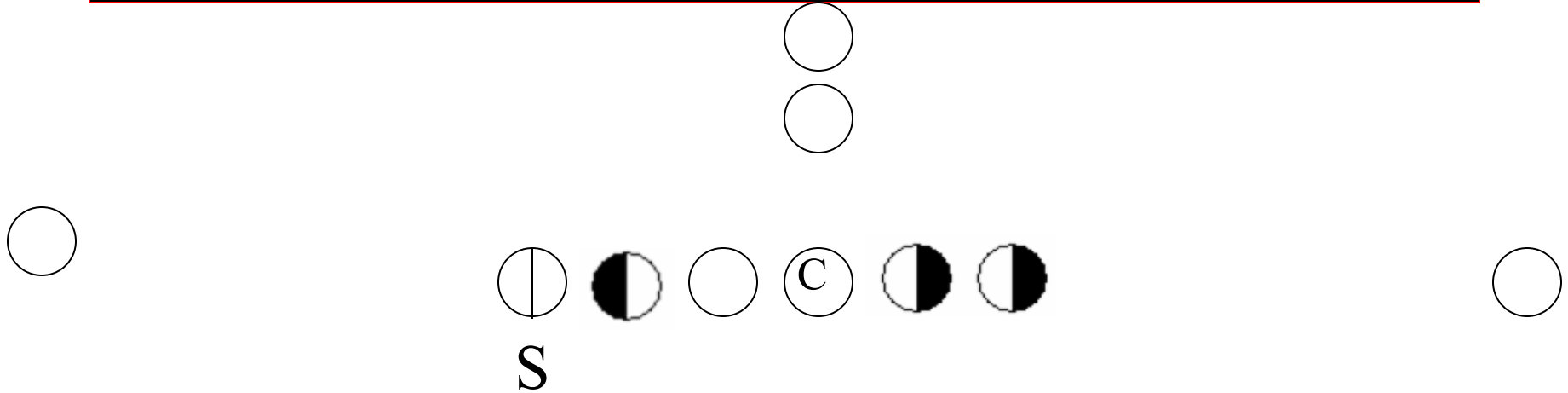


Ball To: You must read and control the lead blocking schemes. Constrict the off tackle play forcing the ball carrier back inside. Be tough on the turn you are a linebacker! If they are attacking outside then you become a LANE player making the tackle or forcing the ball carrier to bounce deep and to run laterally. Close down at proper angle not straight across L.O.S and deep. Do not create a natural running lane.

Ball Inside: 5 yard fence rule. Secure area, HOLD and make sure there are no boots or reverses coming your way. Once you know where ball is get to the football as quickly and aggressively as possible. Be alert for cutbacks.

Ball Away: 5 yard fence rule. Initially use the same approach as Ball Inside. You are responsible for all reverses and boots. If on L.O.S use the five yard fence rule. If you are off the L.O.S then use the proper pursuit angle being alert for the cutback. Do not follow same color jersey.

Sam Linebacker in Pursuit

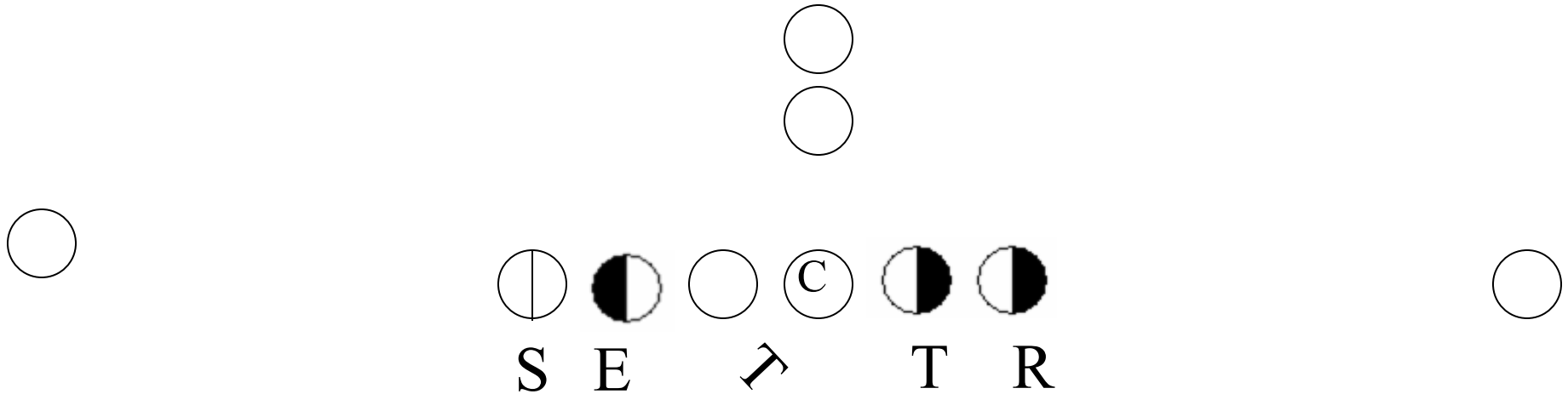


Ball To: Constrict C gap area, stay square to the L.O.S and secure area. Then move to the football and HIT! Maintain your position and do not get knocked off L.O.S. or get shoulders turned. If ball carrier bounces outside of you the pursue laterally down L.O.S never crossing ball carriers face. You are to make the tackle when he turns back inside or intersect him at the L.O.S.

Ball Inside: Over close, keeping shoulder square. Once the ball carrier is at the L.O.S take proper angle to him.

Ball Away: Secure your area and be aware of any counters coming back. While over closing down the L.O.S attempt to intersect the ball carrier as soon as possible.

Tilt / Tackle / Rush End / Strong End in Pursuit



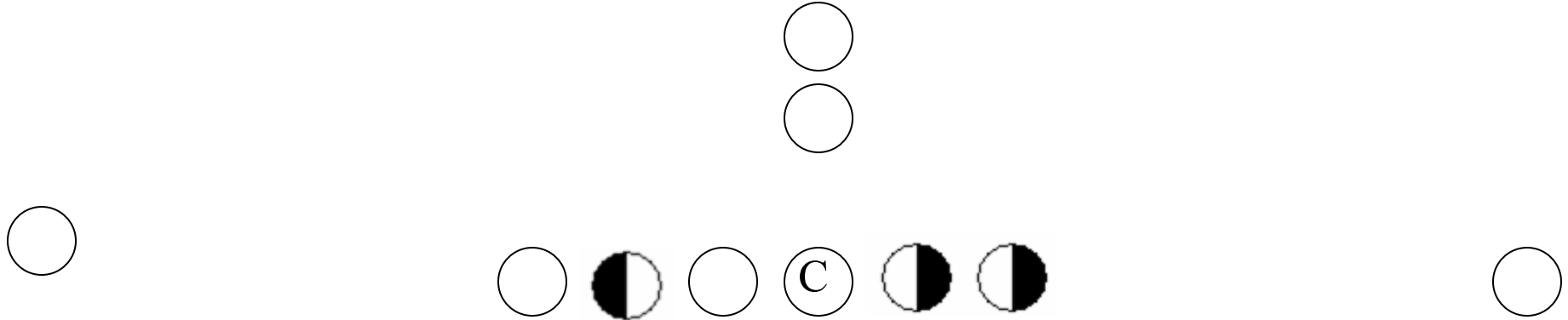
Ball To: Secure area of responsibility, then move to the football and HIT!

Maintain your position and do not get knocked off L.O.S. or get shoulders turned. If ball carrier bounces outside of you the pursue laterally down L.O.S never crossing ball carriers face. You are to make the tackle when he turns back inside or intersect him at the L.O.S.

Ball Inside: Over close, keeping shoulder square. Once the ball carrier is at the L.O.S take proper angle to him.

Ball Away: Secure your area and be aware of any counters coming back. While over closing down the L.O.S attempt to intersect the ball carrier as soon as possible.

Strong Safety in Pursuit



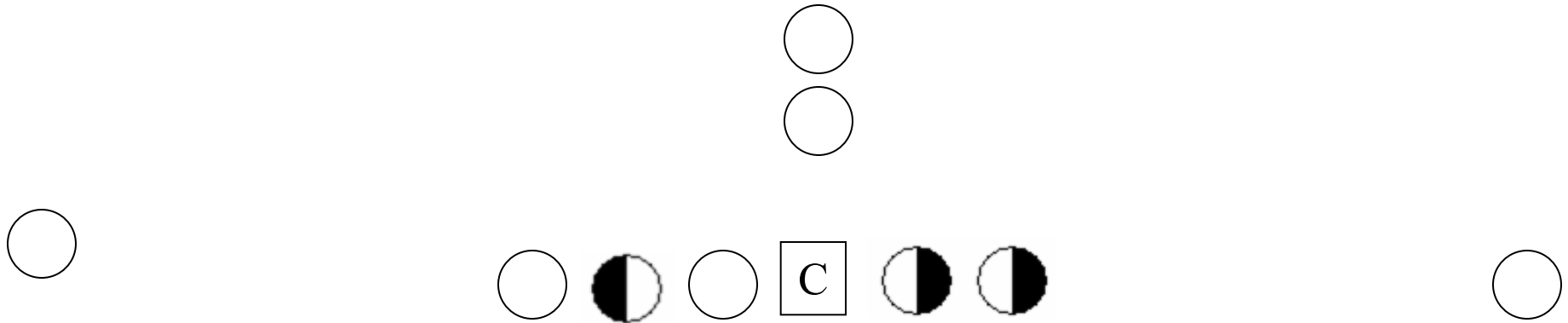
SS

Ball To: You are the outside LANE player and can take a very aggressive fill course to the football. You have both inside and outside support. When approaching a ball carrier in the lane try not to give him a two way go. Make your aim point for the tackle slightly off his mid line. By doing that you will take one of his moves away. If the lane is big your responsibility is to constrict the lane first then make the tackle. You may have to force the ball carrier lateral depending on your angle of approach. If you recognize the flank play quickly, you can penetrate, constrict and make a tackle for loss. If you do penetrate quickly, the corner will be taught to play off your outside hip and 3-5 yards behind you. The corner will be able to react inside or outside depending on you. Make contact as deep and as quickly as possible, strip the interference forcing the ball carrier deeper or to run lateral.

Ball Inside: Secure your area then you are free to attack using the proper angle pursuit angle.

Ball Away: Secure your area then take proper pursuit angle being alert for cutbacks. You should have the opportunity take BIG HITS in this type of pursuit.

Free Safety in Pursuit

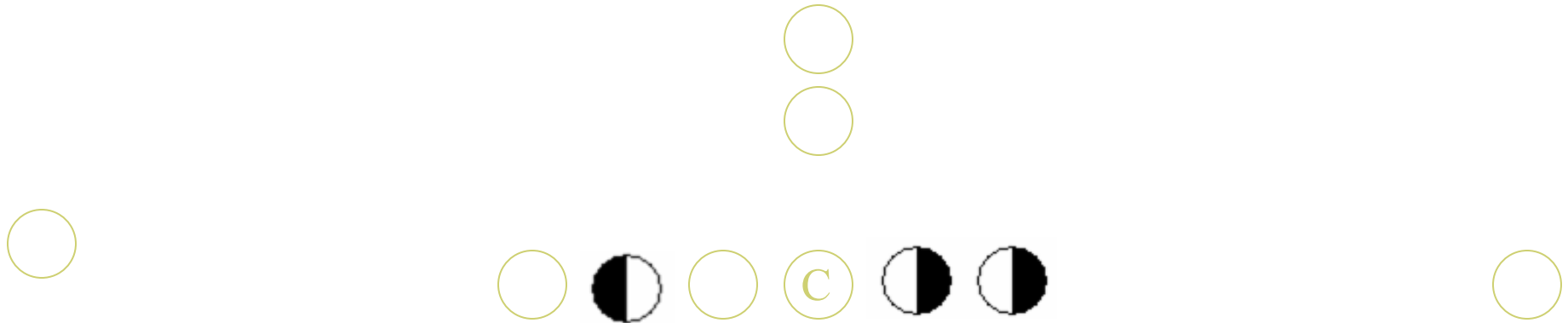


Ball Inside: Be patient, you are responsible for all TRICK PLAYS and are our last defender. You must make the sure tackle.

Ball Outside: Be patient, again you are responsible for all TRICK PLAYS. You will use an INSIDE-OUT pursuit angle. You may become a LANE player on run to the outside on the weak side of their formation.

FS

Short and Wide Cornerbacks in Pursuit



Ball To: Constrict and squeeze the running lane from the OUTSIDE IN. Try to meet the ball carrier at the L.O.S. or as close as possible. If you can penetrate but do not over penetrate and stay in line with the ball carrier. Penetrating to deep will create a natural running lane. You have FORCE responsibility and a general rule would be to the L.O.S or one yard deep. When you are force you are to attack at an angle and not straight up the field maintaining outside leverage and keeping your shoulders square to the L.O.S. You are to turn the ball inside and then get in on the tackle.

WC

SC

Ball Inside: First maintain your position checking for reverses, counters or misdirection runs/passes. You must close on the ball maintaining outside leverage and not allowing a runner to cutback.

Ball Away: Again maintain your position for reverses, counters or misdirection runs/passes. Be patient and make sure the ball crosses the L.O.S. and then take the CUT OFF pursuit angle. Keep all opponent jerseys in front. You are the last man to stop a TD.



Pass Rush

Basic Fundamentals of Pass Rush

Bull Rush

Proper Pass Rush Lanes

Grab and Pull

Examples

Rip and Spin

Dip and Rip

Spin

Swim Move

Basic Fundamentals of Pass Rush Techniques

- Anticipation and quick recognition of a pass. (Our scouting reports help with this aspect).
- Quickness and decisiveness of your initial move.
- Proper Body Position- coordination of head, hands and feet.
- Keeping momentum towards the passer without lost motion. We must get penetration into the throwing lanes and force the thrower to move or get his attention.
- Proper use of your hands when you do not get to the passer. Watch the football and his throwing hand. Try to bat or catch the football and if not, then force the QB to elevate his throw or make him pull it down and run.
- Once the football has been thrown, sprint in the direction of the throw to become involved in a potential tackle or to become a blocker when an interception occurs.
- If you are blocked out of your lane, STOP and work back into the lane.

Pass Rush Lanes

1. Contain Lane

2. Check Draw or Screen

3. Fast Lane



Fast, Contain and Check

Fast Lane

1. A direct, quick and aggressive course of attack to the passer
2. These rushers should put immediate pressure on the passer.

Contain Lane

1. Your responsibility is to maintain outside leverage on the passer. Contain him!
2. Do not go beyond the passer on your rush.
3. If contain is lost work laterally down the L.O.S. attempting to gain ground on the passer and DO NOT chase behind the passer!

Check Draw or Screen

1. This can be used all of the time or at times a designated person will have the responsibility of checking for draws or screens.
2. He will carry out this technique by not over penetrating, no deeper than 1 yard and checking his assigned keys prior to continuing his pass rush.
3. Once you have identified that neither is happening, then you are to continue on an aggressive pass rush. You must communicate when you recognize a draw or screen!



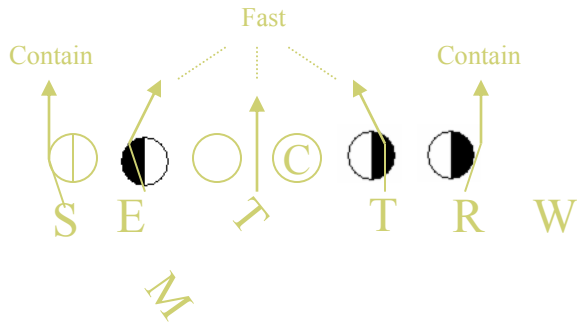
Main Menu

Pass Rush
Menu

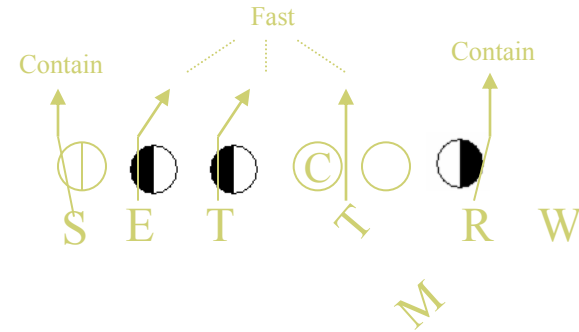


Examples of Fast Lane, Contain Lane and Check

Tilt

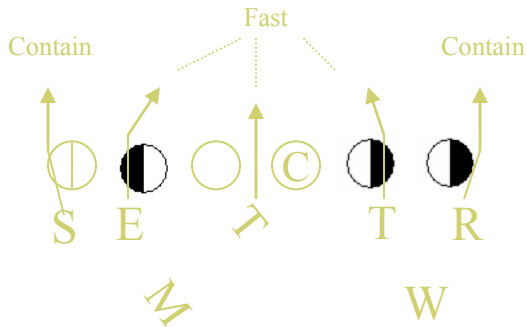


Open

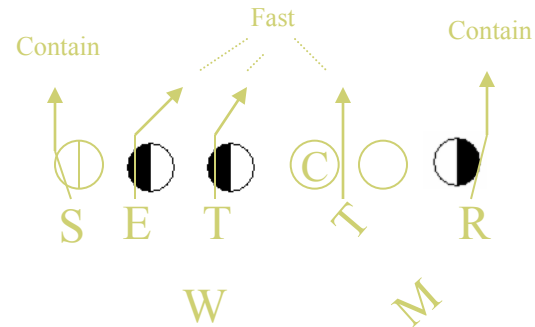


Can put a check call for tackle to check for draw or screen.

Under



Open-Over



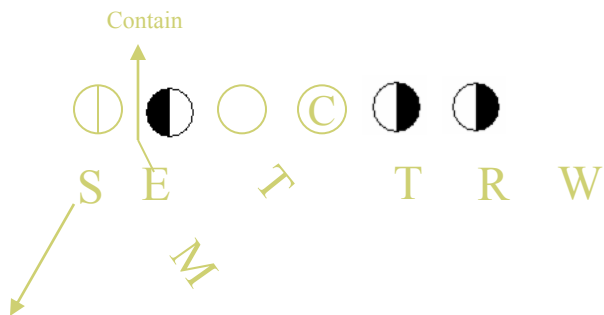
Main Menu

Pass Rush
Menu

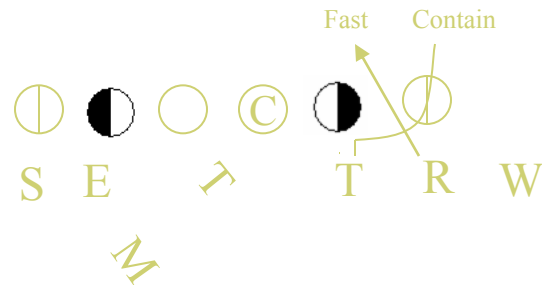
More Examples



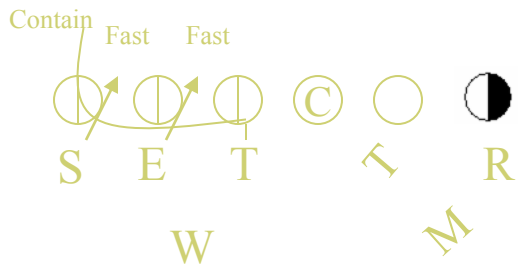
Sam Call



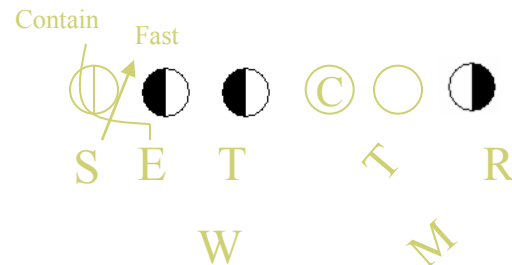
Me



Palms



Eagle



Dip and Rip Move

Proper Way to Do Dip and Rip



Improper Way to do Dip and Rip



- This is a pure leverage move and the footwork is the most important factor.
- You must be quick and strong with your move.
- Step with outside leg up field at player. Do not step away, lateral or at a 45 degree angle. There will be some contact made if done right.
- Bring inside leg and rip your inside arm through the outside armpit of the offensive blocker.
- When ripping up through twist wrist and flex bicep. This causes the shoulder to dip and to get better leverage.

Swim Move

Proper Way to Use Swim Move



Improper Way to Use Swim Move



- Do not run around the blocker on this move.
- Step to his crotch with inside leg then grab the offensive blocker by his outside shoulder with outside hand.
- Pull down and in, use your inside arm and quickly bring it over the shoulder.
- When bringing inside arm over push off the blocker with your forearm in his lower back to create separation and to replace him.

Bull Rush Move

- This is not a great move for getting to the QB but it is an excellent TONE SETTER at the beginning of the game. It can also keep the blocker off balance.
- This is pure attempt to destroy the offensive blocker.
- You must get underneath blockers armpits(aim point) with your hands(thumbs up) and put forehead underneath blockers chin and drive him straight back into the QB.
- The better leverage you have the more you destroy the offensive blocker.

Grab and Pull Move

- Deliver a good blow at the numbers (aim point) and grab him with both hands and then pull the blocker towards you.
- You must get him to over extend his base to create poor balance and body position.
- When he is over extended, then use the swim or dip and rip move to escape and get to the QB.

Rip and Spin Move

- Use a dip and rip to get up field. As you dip and rip lean into him to get good leverage. Once you get to the same level as the QB spin inside.
- When spinning make sure you bury your elbow in the ribs of the blocker to separate yourself from him.
- This is a good move when the blocker is riding you outside and beyond the QB.
- Do not use this move if you have contain responsibility.

Spin Move

- Engage the blocker and then make a quick spin move to the inside.
- If you spinning inside then try and step to his outside number to make the blocker lose body position, then spin inside.
- When spinning make sure you bury your elbow in the ribs of the blocker to separate yourself from him.
- This move must be quick, tight and low.



Procedures

Huddle

Alignment Techniques

Areas of Responsibility

Defensive Line Blow Delivery

Determining Strength

Defensive Check Procedure

Levels 1,2,3,4

Forming the Huddle

M
E T S T R
W C S S W F S S C

1. Form the huddle quickly. Sam Linebacker is in charge of forming the huddle.
2. Front row is bent over and head –up. Eyes on Mike LB.
Second row is standing straight up. Eyes on Mike LB.
3. Everyone in huddle will be holding hands with their teammate on each side of them.
4. If you are on the end of the front row, your outside hand will be back holding onto your teammates hand that is in the second row.



Huddle Procedures

Mike Linebacker

M
E T S T R
WCSS W FS SC

1. The Mike LB does the talking. ALL OTHERS LISTEN! Mike LB must talk to the huddle. Look everyone in the eyes. Do not look down or up when giving the call.
2. Mike LB YOU must be in control and keep the huddle disciplined!
3. Mike will give the call 2x. Front/stunt/blitz/coverage. Example Tilt Tom 3, Tilt Tom 3.
4. After the call, Mike LB will say “ready” and everyone will say “HIT” and clap at the same time.



At the Line

- Will LB is to make the defense aware of the down and distance. WE MUST ALWAYS KNOW THE DOWN AND DISTANCE!
- Sam LB is to keep the defense aware of play possibilities.
- Mike LB once offensive huddle breaks pick out the strength of the formation and yell it out. Strong right/Strong left.
- The entire defense should be able to recognize the strength of the defense. Move to where you need to be quickly. Give our Mike LB time to make our checks also.
- The secondary should be communicating formations and route recognition once aligned correctly.



Areas Of Responsibility

Gap Responsibilities



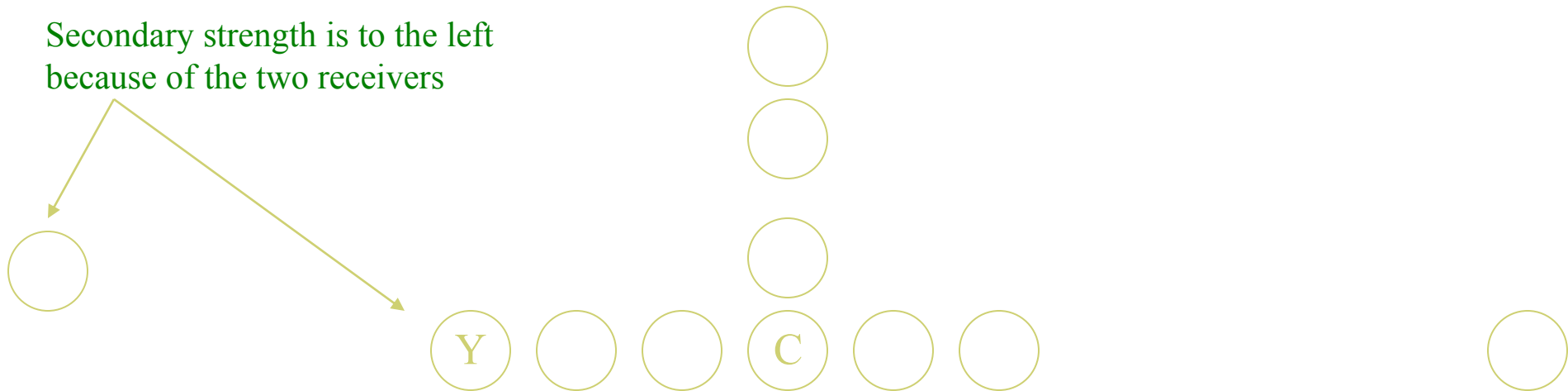
Determining Strength Of Offensive Formation For Our Front and Secondary

- TE
- If no TE, two receiver side
- Balanced Formation, call strength to Field.
- Middle of Field, call to QB's throwing arm.
- Secondary Strength will go to two receiver side



Example of Determining Strength

Secondary strength is to the left
because of the two receivers



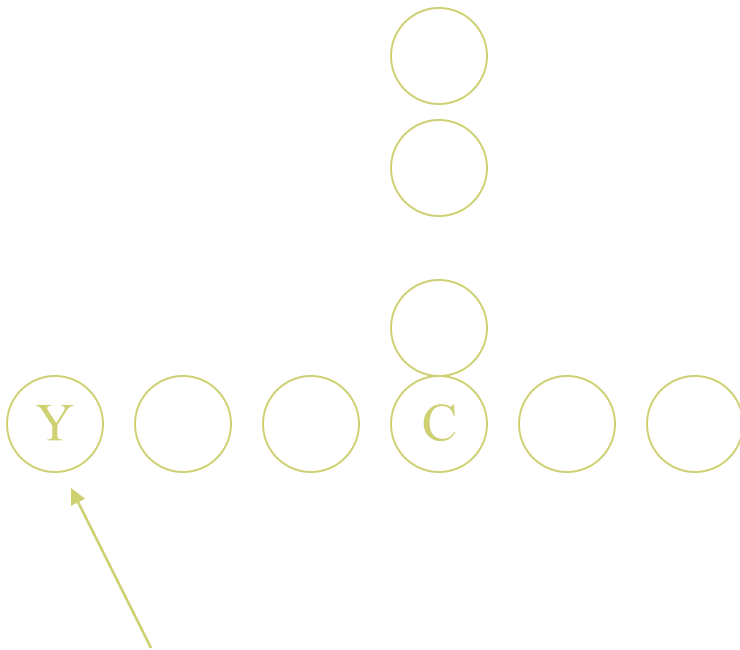
Front strength will be left because of the TE

Main Menu

Procedure
Menu

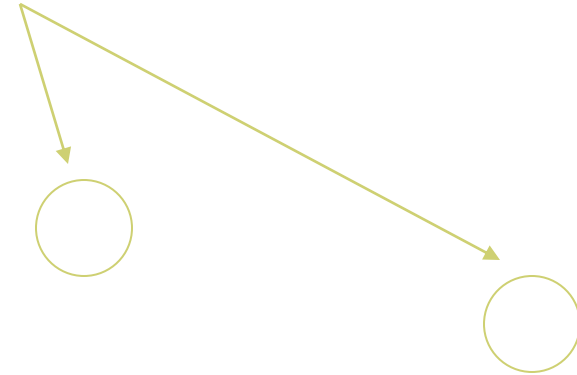


Example of Determining Strength



Front strength will be left because of the TE

Secondary strength is to the right because of the two receivers



Main Menu

Procedure
Menu

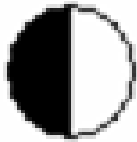


Defensive Check Offs

- If a check is needed, the Mike LB will make the call. Example would be “Check 4-3”.
- Linebackers and secondary must relay the check.
- All of this must be done quickly and calmly so that our concentration is on our job at the snap.
- The FS is in charge of any checks/ adjustments in the secondary. Be loud and repeat the calls. The other 3 Defensive Backs should also repeat the check and put their hand in the air to show the FS that they heard the check/ adjustment.

Defensive Line and Linebacker Techniques

3 Technique



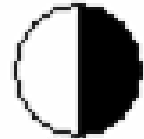
3 technique is where the defenders inside eye is on the outside eye of the offensive player

2 Technique



2 technique is where the defender is head up on the offensive player

1 Technique



1 technique is where the Defenders outside eye is on the offensive players inside eye.

Gap Charge Technique

Gap Charge technique is when attacking a gap and penetrating to heel depth

Crab Technique

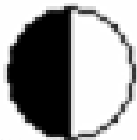
Technique of crabbing into a gap. This may be a change up tactic on the goal line or when opponents have tight splits and we are running a stunt and the defender has no other choice but use the crab technique to get the gap

Defensive Line Blow Delivery Power and Control Arm Techniques

Power Arm- arm that player will be delivering his blow with

Control Arm- use this arm as a control lever on the opponents outside shoulder

3 Technique



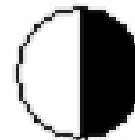
The players inside arm will be his power arm and his outside arm will be his control arm.

2 Technique



This is where you will use a pure two Hand shiver and read the head of the defender. This is tough technique the player must be very aggressive. Both arms are power arms and he must lock out and steer the blocker.

1 Technique



The players outside arm will be his power arm and his inside arm will be his control arm.

Levels

Level 1: Is the L.O.S. and all the play that occurs on the L.O.S.

Level 2: Is the area from 3 yards to 12 yards deep. Basically the LB's and SS area.

Level 3: Is the area from 12 yards to 20 yards deep. Basically the CB and FS area.

Level 4: Is the area of 20 yards and beyond. Behind our defense.



Example of Levels



Level 1

Level 1

S E ↗ T R W

Level 2

Level 2

SS

M

WC

Level 3

Level 3

SC

FS

Level 4

Level 4



Fronts vs. Run/Pass

Tilt

4-3 Exchange

Open

Badger

Open-Over

Cobra

Under

4-3 Tite

4-3

30 Nose

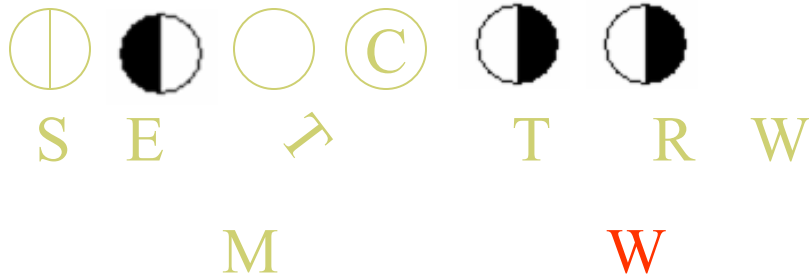
Open Exchange

Lightning

Elephant

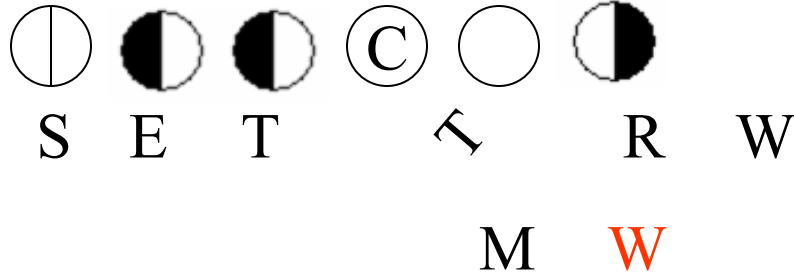
Tilt Front

Our Main Front / Go To Front



Position	Alignment	Gap Responsibility	Key Read	Option Responsibility
Sam	2 Tech on TE	Constrict C gap and play D gap	TE, tackle, guard. Key down the LOS	Destroy QB
End	3 Tech on tackle. At times you will be in a 2 tech on tackle	Strong C gap	Tackle	Dive
Tilt	Tilted at a 45 degree angle on center. Aim point is the V of the neck.	Strong A	Football to center	Dive
Tackle	3 Tech on guard	Weak B gap	Weak Guard	Dive
Rush	3 Tech on tackle	Weak C gap	Weak Tackle	Destroy QB
Will	Align on level 1 over ghost TE. Other alignments are Stack and Walk.	Weak D gap	Down line, near guard, backfield triangle	Pitch
Mike	3 tech on guard 4 yards deep	Strong B gap and Weak A gap	Near Guard, center, FB. Interior Triangle	Dive to QB to Pitch

Open Front



Position	Alignment	Gap Responsibility	Key Read	Option Responsibility
Sam	2 Tech on TE	Constrict C gap and play D gap	TE, tackle, guard. Key down the LOS	Destroy QB
End	3 Tech on tackle. At times you will be in a 2 tech on tackle	Strong C gap	Tackle	Dive
Tilt	Tilted at a 45 degree angle on center. Aim point is the V of the neck.	Weak A	Football to center	Dive
Tackle	3 Tech on guard	Strong B gap	Guard	Dive
Rush	3 Tech on tackle	Weak C gap	Weak Tackle	Destroy QB
Will	Align on level 1 over ghost TE. Other alignments are Stack and Walk .	Weak D gap	Down line, near guard, backfield triangle	Pitch
Mike	3 tech on guard	Weak B gap and strong A gap	Near Guard, center, FB. Interior Triangle	Dive to QB to Pitch

Open-Over Front



W

M

Position	Alignment	Gap Responsibility	Key Read	Option Responsibility
Sam	2 Tech on TE	Constrict C gap and play D gap	TE, tackle, guard. Key down the LOS	Destroy QB
End	3 Tech on tackle. At times you will be in a 2 tech on tackle	Strong C gap	Tackle	Dive
Tilt	Tilted at a 45 degree angle on center. Aim point is the V of the neck.	Weak A	Football to center	Dive
Tackle	3 Tech on guard	Strong B gap	Guard	Dive
Rush	3 Tech on tackle	Weak C gap	Weak Tackle	Destroy QB
Will	B gap	You are free to make plays	Near guard, center FB Interior triangle	Dive to QB to Pitch
Mike	3 tech on guard	Weak B gap and strong A gap	Near Guard, center, FB. Interior triangle	Dive to QB to Pitch

Under Front



M

W

Position	Alignment	Gap Responsibility	Key Read	Option Responsibility
Sam	2 Tech on TE	Constrict C gap and play D gap	TE, tackle , guard. Key down the LOS	Destroy QB
End	3 Tech on tackle. At times you will be in a 2 tech on tackle	Strong C gap	Tackle	Dive
Tilt	Tilted at a 45 degree angle on center. Aim point is the V of the neck.	Strong A	Football to center	Dive
Tackle	3 Tech on guard	Weak B gap	Weak guard	Dive
Rush	3 Tech on tackle	Weak C gap	Weak tackle	Destroy QB
Will	B gap 4 yards deep	B gap	Near guard center and FB Interior Triangle	Pitch
Mike	3 tech on guard 4 yards deep	Strong B gap and Weak A gap	Near Guard, center, FB. Interior Triangle	Dive to QB to Pitch

Elephant

Shown with Under (can play other fronts)
Can sub for others depending on personnel



M

W

Position	Alignment	Gap Responsibility	Key Read	Option Responsibility
Sam	2 Tech on TE	Constrict C gap and play D gap	TE, tackle , guard. Key down the LOS	Destroy QB
End	3 Tech on tackle. At times you will be in a 2 tech on tackle	Strong C gap	Tackle	Dive
Elephant	Tilted at a 45 degree angle on center. Aim point is the V of the neck. Subs in for Tilt.	Strong A	Football to center	Dive
Tackle	3 Tech on guard	Weak B gap	Weak guard	Dive
Rush	3 Tech on tackle	Weak C gap	Weak tackle	Destroy QB
Will	B gap 4 yards deep	B gap	Near guard center and FB Interior Triangle	Pitch
Mike	3 tech on guard 4 yards deep	Strong B gap and Weak A gap	Near Guard, center, FB. Interior Triangle	Dive to QB to Pitch

4-3 Front vs. One Back/Gun/Empty

Usually a Check



S S

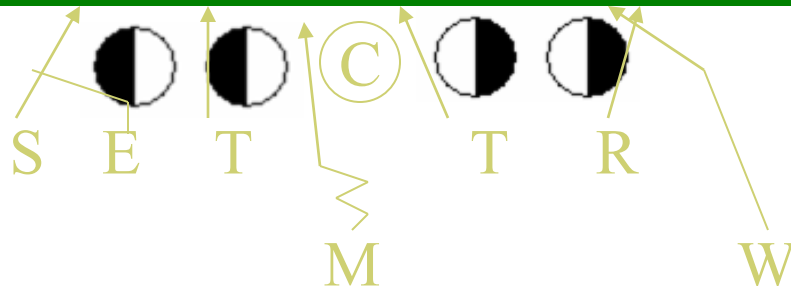
M

W

Position	Alignment	Gap Responsibility	Key Read	Option Responsibility
Sam	2 Tech on TE	Constrict C gap and play D gap	TE, tackle, guard. Key down the LOS	Destroy QB
End	3 Tech on tackle.	Strong C gap	Tackle	Dive
Tilt	3 Tech on guard	Strong B gap	Guard	Dive
Tackle	3 Tech on guard	Weak B gap	Guard	Dive
Rush	3 Tech on tackle	Weak C gap	Weak Tackle	Destroy QB
Will	Walk Alignment	Weak D gap	Tackle to near back	Pitch
Mike	2 tech on center	Strong and Weak A gaps	Center	Dive to QB to Pitch

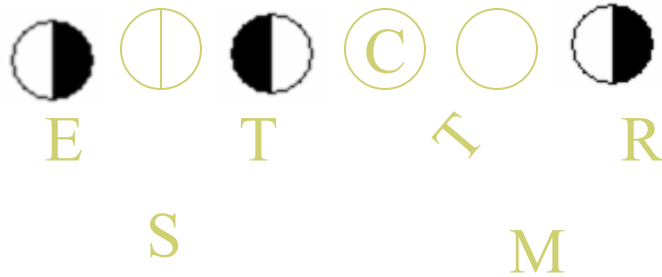
4 – 3 Front Plumber

Cover 0



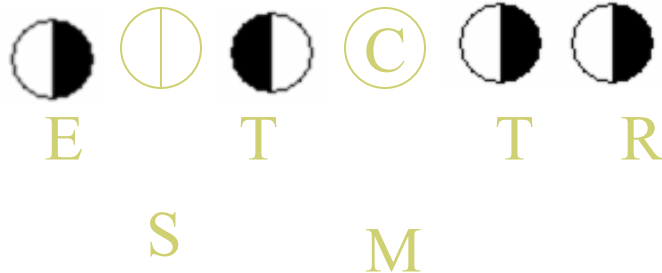
Position	Alignment	Gap Responsibility	Key Read	Option Responsibility
Sam	2 Tech on TE or 2 Tech on ghost TE.	Fast rush C gap.	TE, tackle, guard. Key down the LOS	Destroy QB
End	3 Tech on tackle.	Hit OT on outside numbers. Contain.	Tackle	Dive
Tilt	3 Tech on guard	Fast rush strong B gap.	Guard	Dive
Tackle	3 Tech on guard	Weak A gap. Fast rush.	Guard	Dive
Rush	3 Tech on tackle	C gap. Contain.	Weak Tackle	Destroy QB
Will	Walk Alignment	Delay blitz. C gap.	Tackle to near back	Dive to QB to Pitch
Mike	3 tech on guard 4 yards deep	Delay blitz weak A gap. Check draw/ screen.	Center	Dive to QB to Pitch

Open Exchange Front vs. Gap Down Blocking



Position	Alignment	Gap Responsibility	Key Read	Option Responsibility
Sam	On level 2, in a 2 tech on tackle.	Your are free to make plays	Tackle	Destroy QB
End	1 tech on TE. Attack TE and do not allow him down on the Sam	Strong C gap	TE, tackle.	Dive
Tilt	Tilted at a 45 degree angle on center. Aim point is the V of the neck.	Weak A	Football to center	Dive
Tackle	3 Tech on guard	Strong B gap	Guard	Dive
Rush	3 Tech on tackle	Weak C gap	Weak Tackle	Destroy QB
Will	Walk alignment	Weak D gap	Tackle to near back	Pitch
Mike	3 tech on guard	Weak B gap and strong A gap	Near Guard, center, FB. Interior Triangle	Dive to QB to Pitch

4-3 Exchange Front vs. Gap Down Blocking



Position	Alignment	Gap Responsibility	Key Read	Option Responsibility
Sam	On level 2, in a 2 tech	Your are free to make plays	Tackle	Destroy QB
End	1 tech on TE. Attack TE and do not allow him down on the Sam	Strong C gap	TE, tackle.	Dive
Tilt	3 tech on guard	Strong B gap	Strong guard	Dive
Tackle	3 Tech on guard	Weak B gap	Weak Guard	Dive
Rush	3 Tech on tackle	Weak C gap	Weak Tackle	Destroy QB
Will	Walk alignment	Weak D gap	Tackle to near back	Pitch
Mike	3 tech on guard	Weak B gap and strong A gap	Near Guard, center, FB. Interior Triangle	Dive to QB to Pitch

Badger Front

Check vs. Two TE/Trade



SS

M

W

SC

Position	Alignment	Gap Responsibility	Key Read	Option Responsibility
Sam	2 Tech on TE	Constrict C gap and play D gap	TE, tackle, guard. Key down the LOS	Destroy QB
End	3 Tech on tackle. At times you will be in a 2 tech on tackle	Strong C gap	Tackle	Dive
Tilt	Tilted at a 45 degree angle on center. Aim point is the V of the neck.	Strong A	Football to center	Dive
Tackle	3 Tech on guard	Weak B gap	Weak Guard	Dive
Rush	1 Tech on TE. Attack the TE and do not let him down on the Will	Weak C gap	Weak Tackle	Destroy QB
Will	2 tech on tackle	You are free to make plays	Tackle to backfield triangle	Pitch
Mike	3 tech on guard 4 yards deep	Strong B gap and Weak A gap	Near Guard, center, FB. Interior Triangle	Dive to QB to Pitch

Cobra Front

Check vs. Two TE



SS

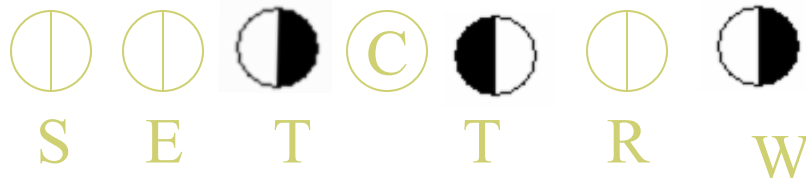
M

FS

SC

Position	Alignment	Gap Responsibility	Key Read	Option Responsibility
Sam	2 Tech on TE.	Constrict C gap and play D gap	TE, tackle, guard. Key down the LOS	Destroy QB
End	3 Tech on tackle. At times you will be in a 2 tech on tackle.	Strong C gap	Tackle	Dive
Tilt	Tilted at a 45 degree angle on center. Aim point is the V of the neck.	Strong A	Football to center	Dive
Tackle	3 Tech on guard.	Weak B gap	Weak Guard	Dive
Rush	3 Tech on tackle.	Weak C gap	Weak Tackle	Destroy QB
Will	3 Tech on TE.	Weak D gap	TE	Pitch
Mike	3 Tech on guard 4 yards deep.	Strong B gap and Weak A gap	Near Guard, center, FB. Interior Triangle	Dive to QB to Pitch

4-3 Tite Front vs. 2 Tight DBL Flank



M

SS (Pitch on Option)

FS (Pitch on Option)

Position	Alignment	Gap Responsibility	Key Read	Option Responsibility
Sam	2 Tech on TE	Constrict C gap and play D gap	TE, tackle, guard. Key down the LOS	Destroy QB
End	2 Tech on tackle.	Strong C gap	Tackle	Dive
Tilt	1 Tech on guard	Strong B gap	Guard	Dive
Tackle	1 Tech on guard	Weak B gap	Guard	Dive
Rush	2 Tech on tackle	Weak C gap	Weak Tackle	Dive to QB
Will	3 Tech on TE	Weak D gap	TE, tackle, guard. Key down the L.O.S	QB
Mike	2 Tech on center	Work from strong A and B gap to weak A and B gap. You are	Center	Dive to QB to Pitch

30 Nose vs. Pure Spread



E

T

R

SS

S

M

W

N

Position	Alignment	Gap Responsibility	Key Read	Option Responsibility
Sam	B gap 4 yards deep. If TE will go up to 2 tech on TE.	B gap no TE. D gap with TE	TE, tackle, guard. Key down the LOS	QB to Pitch
End	3 Tech on tackle.	Strong C gap	Tackle	Destroy QB
Tilt	2 Tech on center.	Either strong or weak A gap.	Center	Dive
Rush	3 Tech on tackle	Weak C gap	Weak Tackle	Destroy QB
Will	B gap 4 yards deep. If double TE will go up to 2 tech on 2 nd TE.	Weak B gap no TE. D gap with double TE.	OT, guard. Key down the LOS	QB to Pitch
Mike	Stacked behind Tilt 4 yards deep.	A gap away from Nose.	Center	Dive to QB to Pitch
Nickel	Split OT and #1 or TE and #2. 4 yards deep. Subs in for DT.	Outside player just like SS.	OT, #2, #1	Pitch

Lightning

Shown with Tilt (can play other fronts)
Can sub for others depending on personnel



M

Position	Alignment	Gap Responsibility	Key Read	Option Responsibility
Sam	2 Tech on TE	Constrict C gap and play D gap	TE, tackle, guard. Key down the LOS	Destroy QB
Lightning	3 Tech on tackle. At times you will be in a 2 tech on tackle. Subs in for End.	Strong C gap	Tackle	Dive
Tilt	Tilted at a 45 degree angle on center. Aim point is the V of the neck.	Strong	Football to center	Dive
Lightning	3 Tech on guard. Subs in for End.	Weak B gap	Weak Guard	Dive
Rush	3 Tech on tackle	Weak C gap	Weak Tackle	Destroy QB
Will	Align on level 1 over ghost TE	Weak D gap	Down line, near guard, backfield triangle	Pitch
Mike	3 tech on guard 4 yards deep	Strong B gap and Weak A gap	Near Guard, center, FB. Interior Triangle	Dive to QB to Pitch



Types of Blocks

Mike

Sam

Will

Tackles

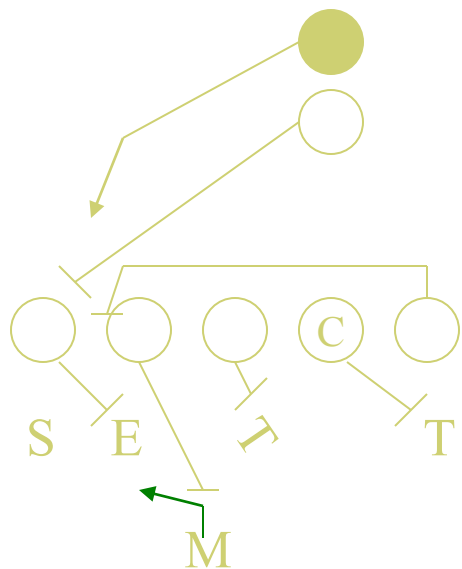
Strong End and Rush End

Over Close Technique For Sam,
Tackle, Strong and Rush End

Mike Linebacker vs. Flow To

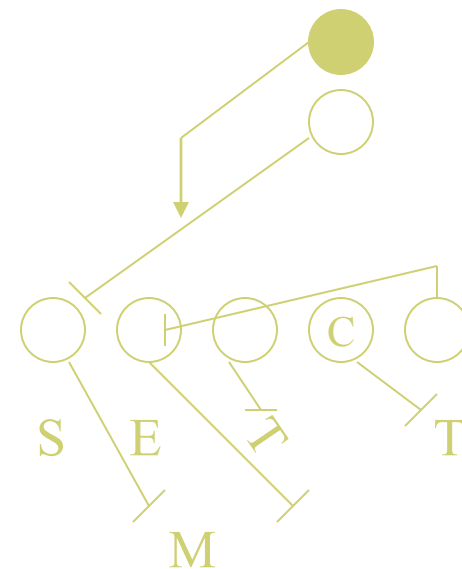
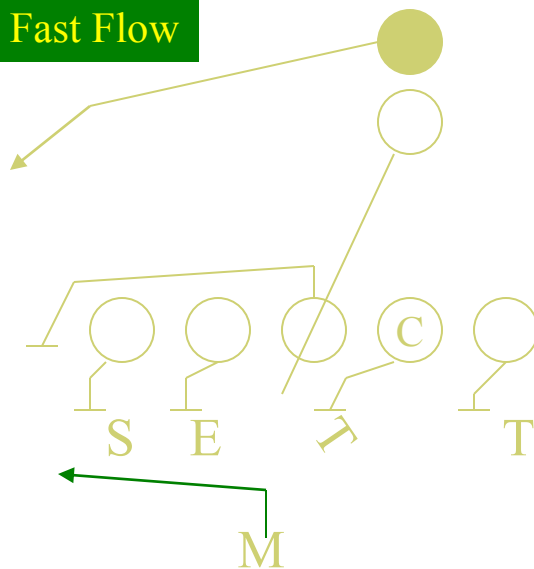


You can NEVER get sealed by the tackle or TE



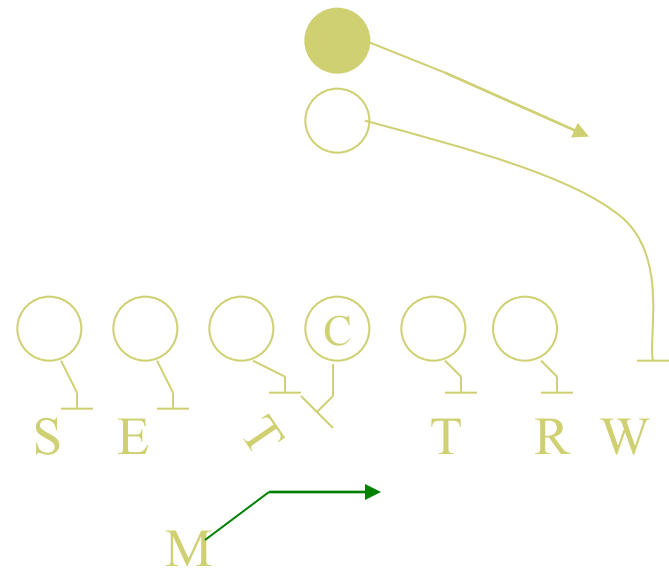
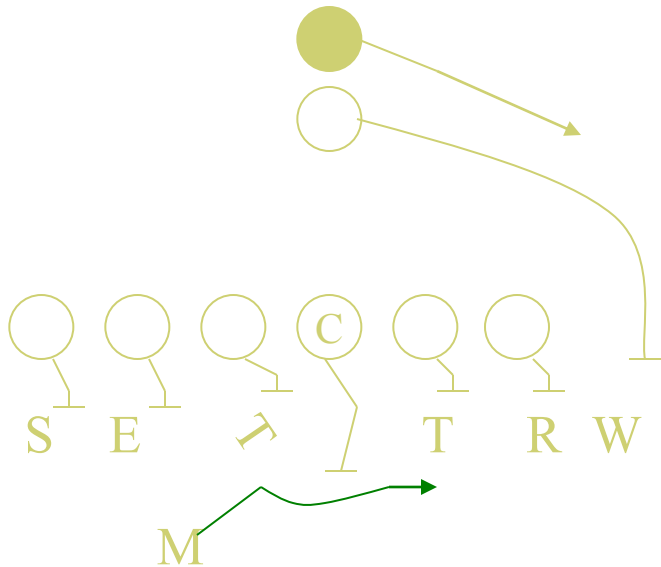
Off tackle come tight off the butt of the strong end. Do not float into the hole.

Fast Flow



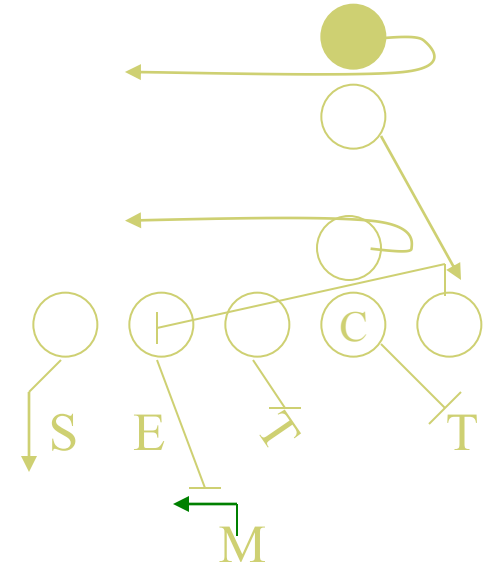
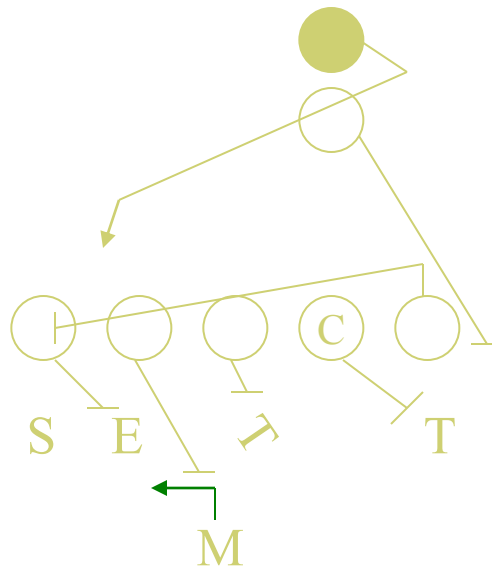
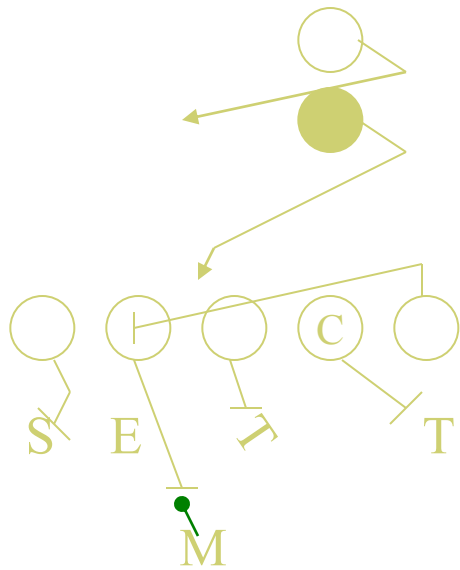
Fill the B gap area out. Work from B gap to C gap to D gap area. **GET TO THE FOOTBALL**
Tackle down, dip and rip or club out to a stack position with the strong end.
Do not over pursue or cross the face of the ball carrier. Stay on his back hip.
If you can make the play with a duck under technique we will accept it but **YOU HAD BETTER MAKE THE PLAY.**

Mike Linebacker vs. Flow away



Pursue the proper angle and be aware of the cutback. Step at center then you may have to give ground if center blocks on you. Stay on his ball carriers back hip. Play action away stay home and find your key.

Mike Linebacker vs. Split Flow

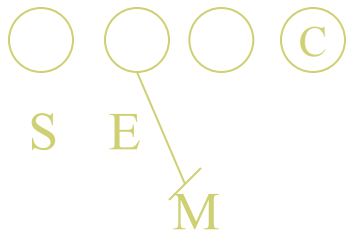


Fill the B gap area. Get to the football. Tackle down on you dip and rip or club out and stack behind strong end.

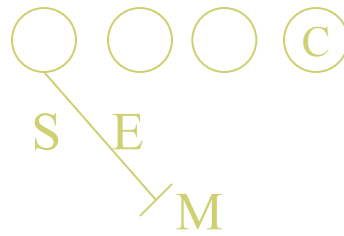


Mike Linebacker vs. Outside Seal and Weak side Guard

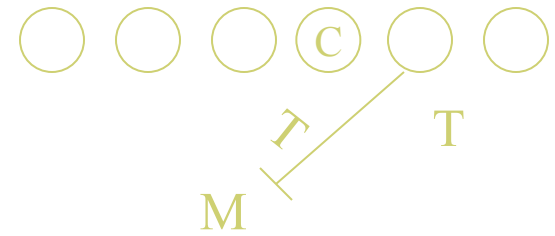
Outside seal from Tackle



Outside seal from TE



Seal from Weak Guard

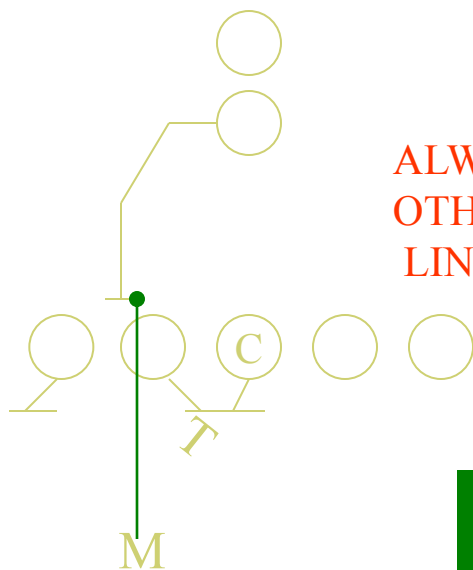


Tackle down, dip and rip or club out to a stack position with the strong end.

Step to B gap, dip and rip or club out and stay on back hip of ball carrier. Be aware of the cut back.

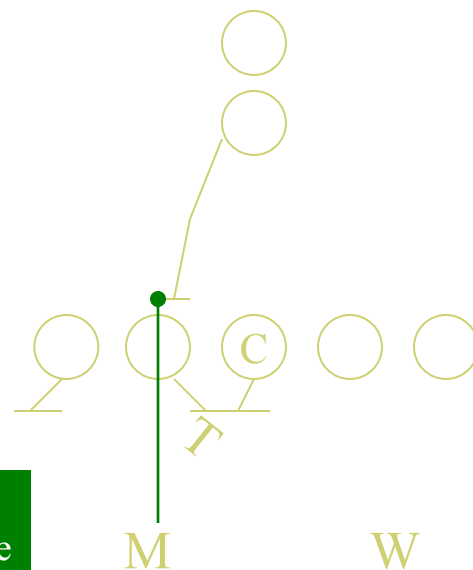


Mike Linebacker vs. Iso Block



ALWAYS MEET THE FB ON THE
OTHER SIDE OF THE
LINE OF SCRIMMAGE!

When using dip and rip or wrong arm squeeze into him. Use FB butt to close part of the hole down then get rid of him and make the play.

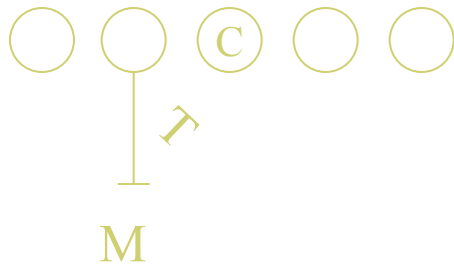


Once you see the guard double down, read the FB. If the FB gets wide use the wrong arm technique and spill the ball carrier to the Sam and the SS. The wrong arm technique is dip and rip with the outside shoulder.

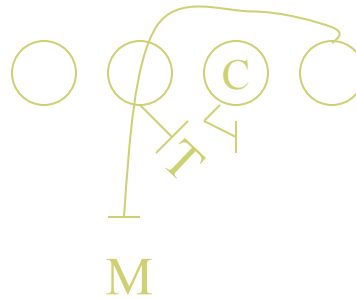
Once you see the guard double down, read the FB. If the FB stays tight then dip and rip with inside shoulder and force the ball carrier to come to you.

Mike Linebacker vs. Drive and Fold Blocks

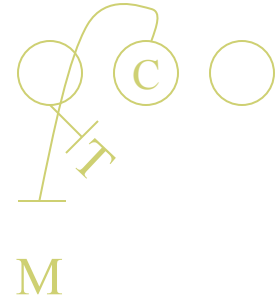
Drive Block



Fold Block



Fold Block



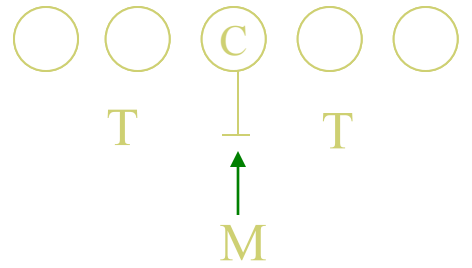
Attack blocker with inside shoulder and squeeze him down inside. Stay tight and have the ability to come back inside



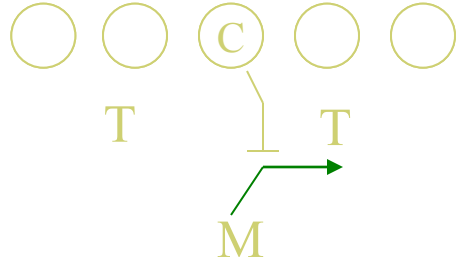
Mike Linebacker vs. Types of Blocks in 4-3 Front



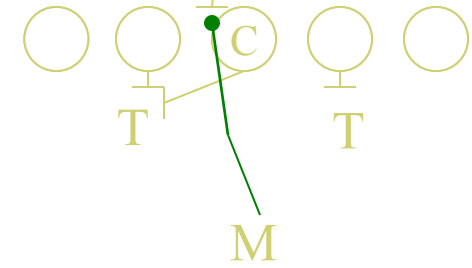
Straight Block



Cut Off Block
by Center



FB Iso Block



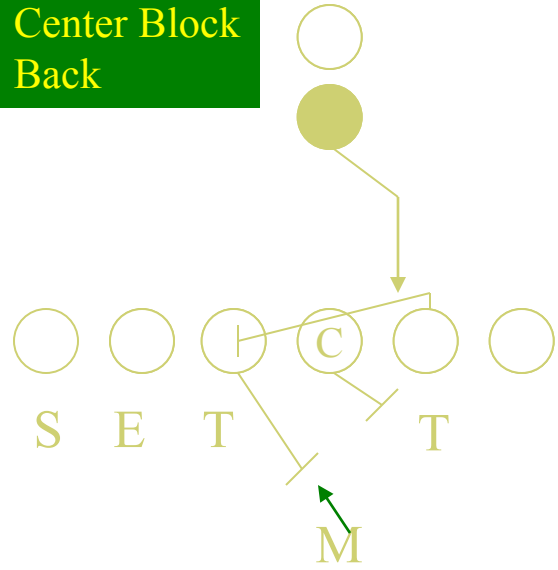
Anytime center blocks on you, **MEET HIM TOUGH.** Get under him and have good leverage.

If center takes cut off angle meet him square. Defeat him, locate and get to the football from inside out. Do not overrun center on weak side play.

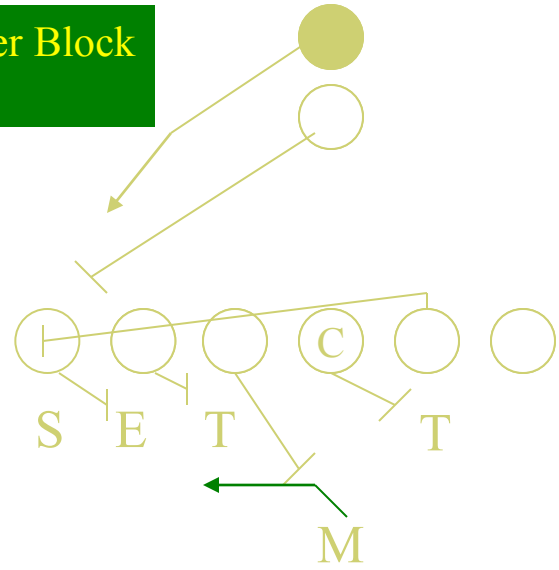
Take on FB with inside shoulder. Make ball carrier bounce to the outside.

Mike Linebacker vs. Types of Blocks in 4-3 Front

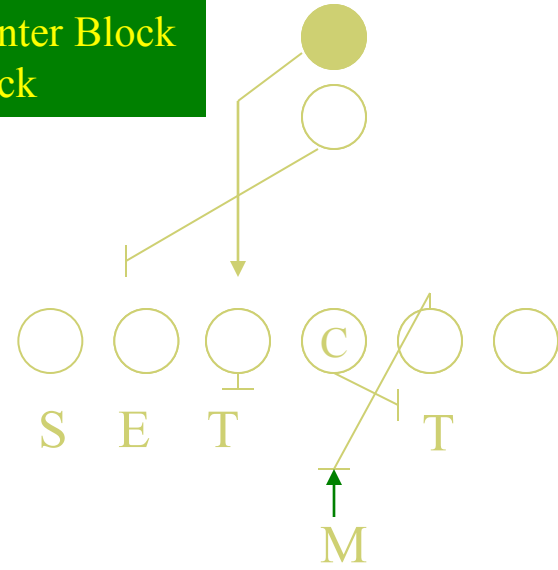
Center Block Back



Center Block Back

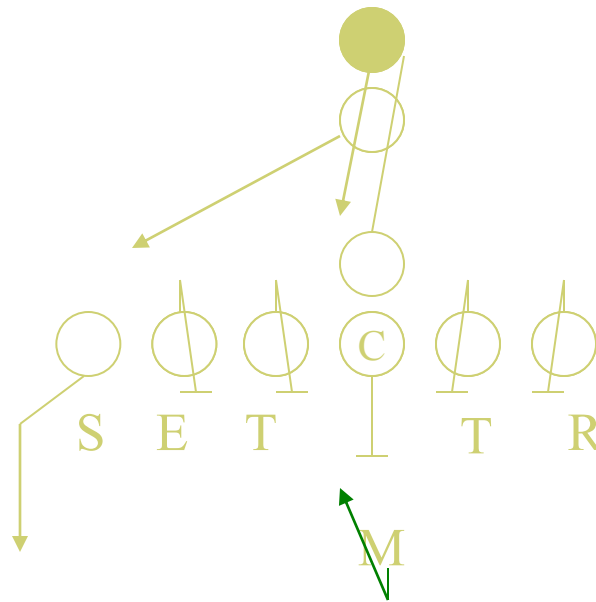


Center Block Back



Step up tough. Attack and defeat whoever tries to block on you. Be low and protect your area.
Note: Center blocks back guard pulls outside, ball is outside.

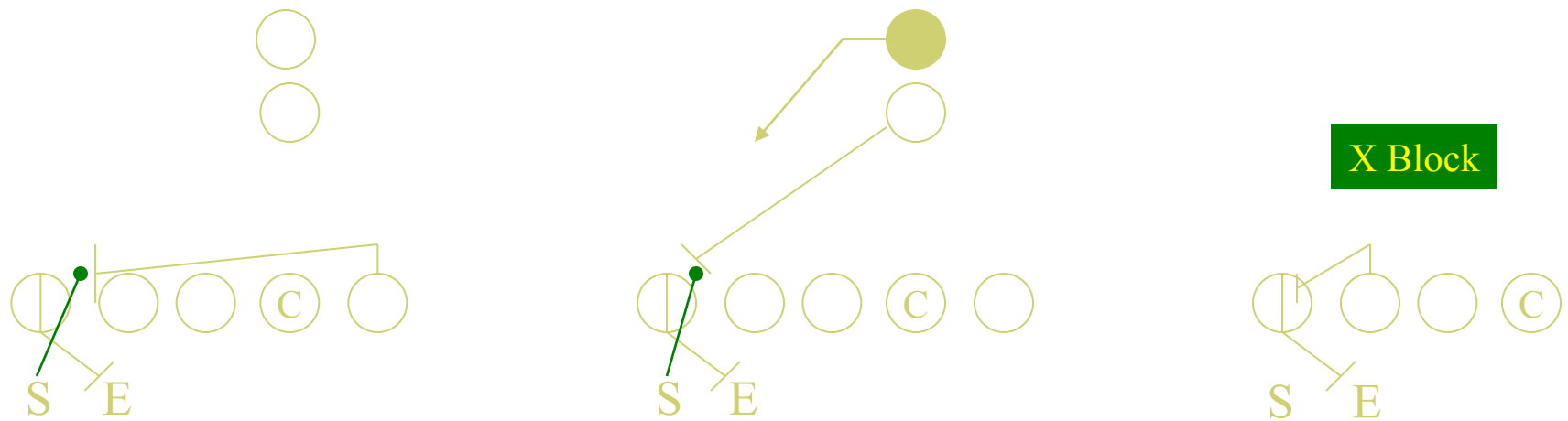
Mike Linebacker vs. Types of Blocks in 4-3 Front



Good key for draw is QB head is down not looking down field or holding ball up in air. Some centers will set on the line and release quickly on draw. Take on center and defeat him. Keep shoulders square. Squeeze center into one of the A gaps.



Sam Linebacker vs. TE Down Block

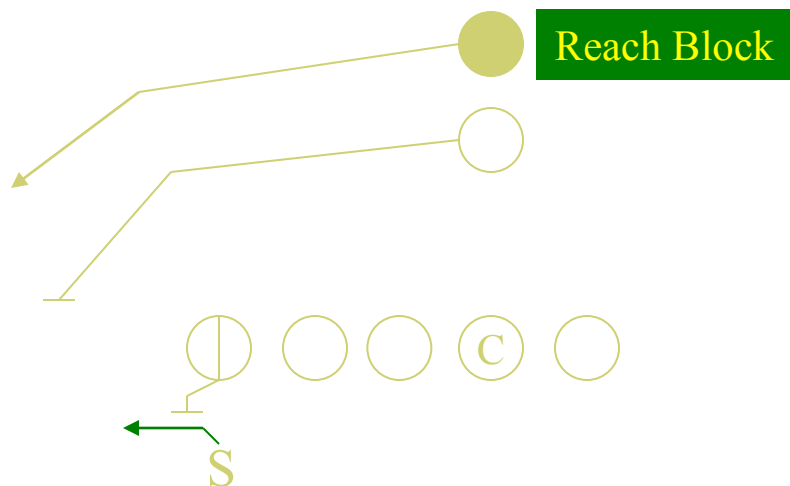


While over closing look for the pull of either guard or tackle. Meet these blockers head-up and keep shoulders square to the L.O.S. **TRAP THE TRAPPER!** Be ready to escape off if guard is trying to log you. Be able to make the play inside or outside vs. normal front side blocking schemes, do not take a side. No pull from front side get into the off tackle running lane(C-gap). If FB kick out occurs use the wrong arm technique. Be ready to escape off of the backside guard if he is trying to log you.

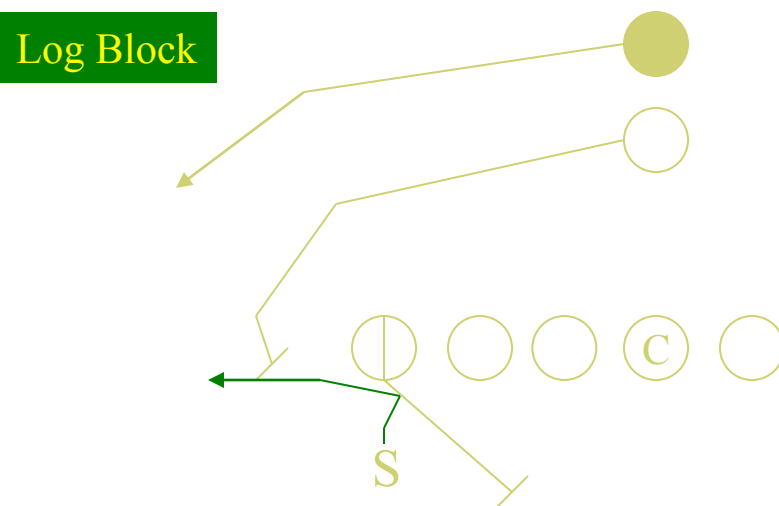




Sam Linebacker vs. Reach Block and Log Block



Fight through his head to a 2 alignment.
Drive him back off the L.O.S. Keep shoulders square to the L.O.S. Be able to play inside or outside the TE. Lockout and steer him. You can take the inside if the TE over extends.
YOU HAD BETTER MAKE THE PLAY!



Over close looking for pull of either guard or tackle. Come off of TE and fight to the outside shoulder of the FB. Keep shoulders square and pursue down the L.O.S.

Sam Linebacker vs. Drive Block and Turn Out Block



Attack and control the TE. **DRIVE HIM BACK!** Be prepared to make the play inside or outside.



Do not run around him.

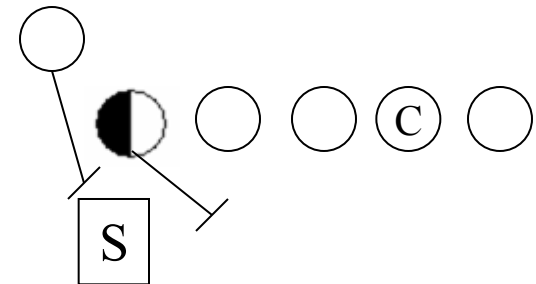
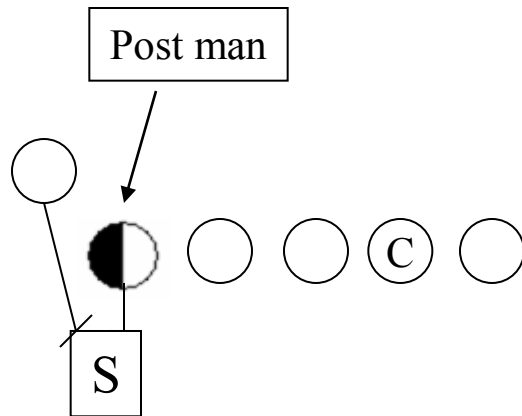


Close the hole with the offensive man. Put him back where he came from. Corner him.





Sam Linebacker vs. TE and Wing

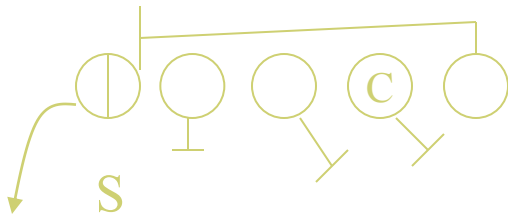


Attack post man which is the drive block.
Lockout and control him.
Keep head on the outside and see the down block coming. Come off post man and fight through the outside shoulder of the wing
Keeping shoulders square and pursue down
The L.O.S.

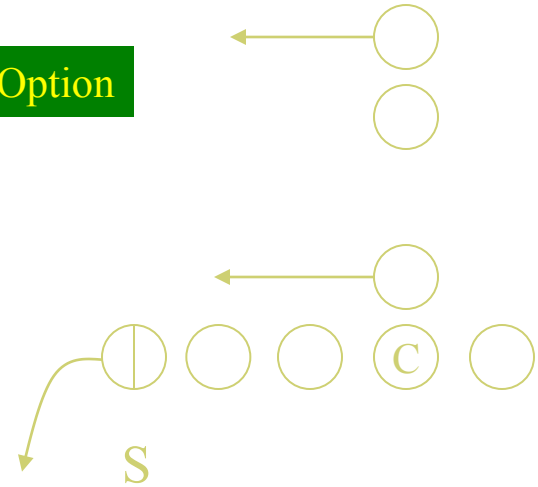
Over close, your head should be on the outside being able to see the wing coming down. Come off of the TE and fight through the outside shoulder of the wing keeping shoulders square and pursue down the L.O.S.

Sam Linebacker vs. Arc Releases

Influence Trap



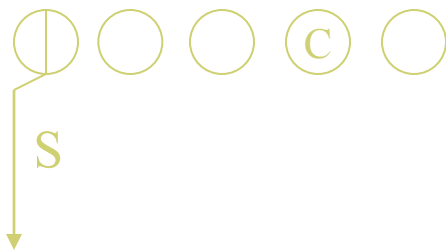
Option



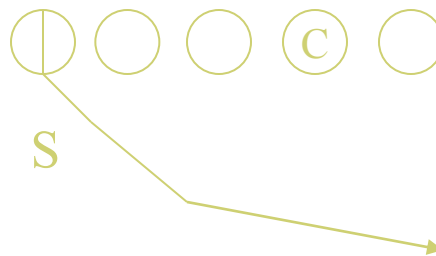
Jam TE and shuffle out with him but keep head looking inside to see if trap or kick out will occur. If you are not blocked or get the arc release look for option. **Destroy the QB!**

Sam Linebacker vs. TE Releases

Outside Releases



Inside Release



Punch and Release Inside or Outside.



These releases can be run or pass releases.

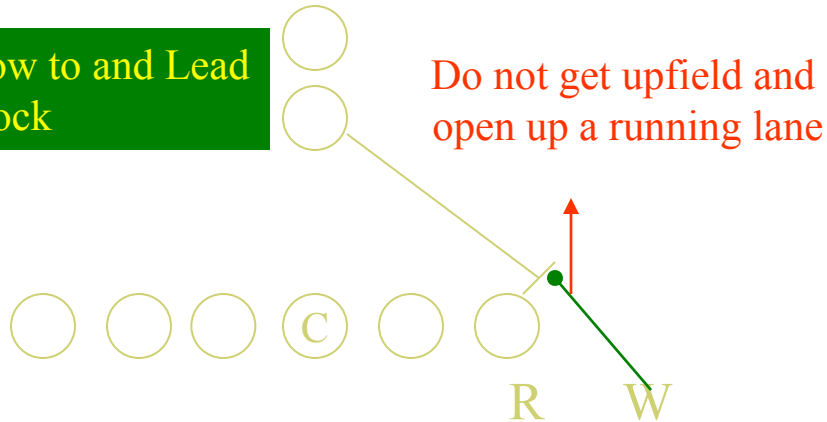
Jam the TE, shuffle with him keeping shoulders square and do not let him off of the L.O.S.

You must be aggressive with him. **YOU WILL NEVER ALLOW A CLEAN RELEASE INSIDE!!**

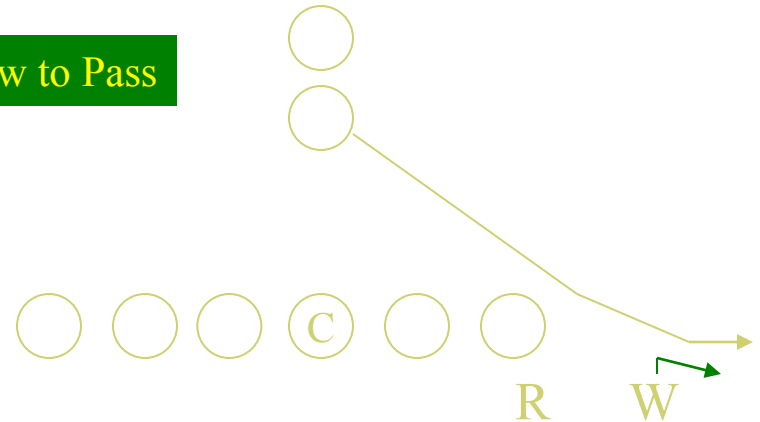


Will Linebacker vs. Flow To

Flow to and Lead Block



Flow to Pass



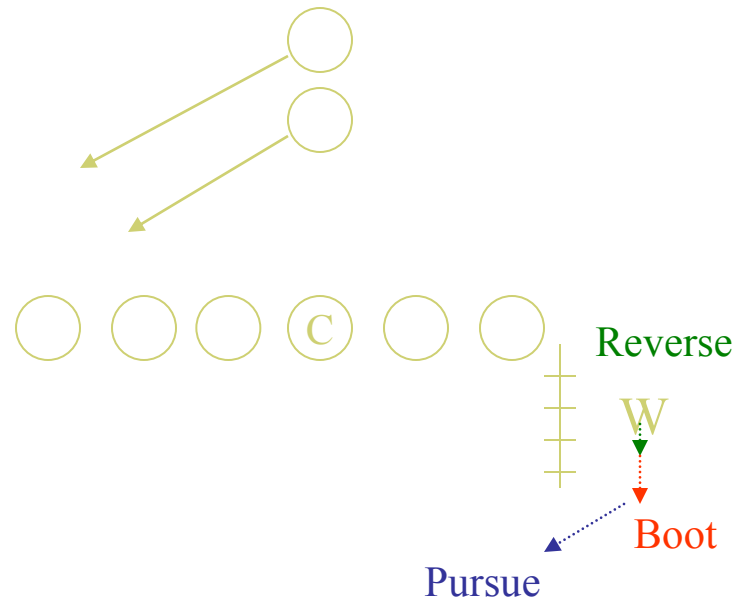
Meet the lead blocker on the LOS or at heel depth. Sink into him. Play him from the outside in. Be in a position to make the tackle ball carrier bounce to the outside. If the ball carrier goes inside spin back inside.

QB will alert you to pass fastest. You must see him! When you recognize pass get to your zone or other responsibility such as pass rush or man coverage. Read what is going on!



Will Linebacker vs. Flow Away

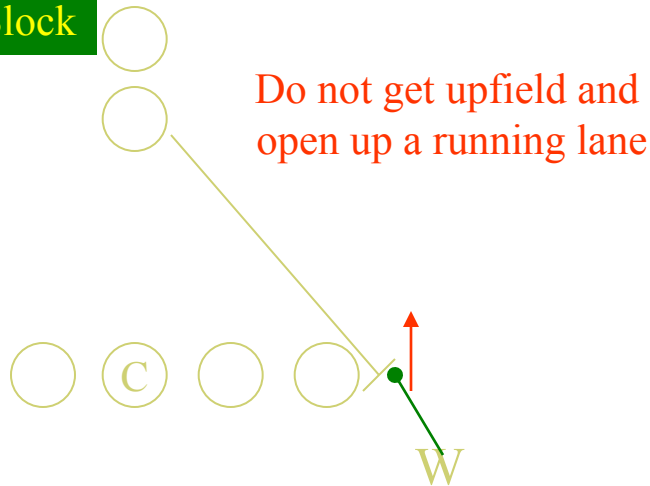
5 Yard Fence Rule



5 Yard Fence Rule- Flow away occurs, If you are on level 1 you will check and be patient. Imagine there is a 5 yard picket fence inside of you. As flow goes away your thought process is reverse, boot then pursue. As you go through your thought process start to backpedal as you clear reverse and boot. Then pursue and cross the 5 yard fence. If you are on level 2 and low away occurs you must chatter your feet and go through the same thought process then pursue.

Will Linebacker vs. Kickout and Trap Block

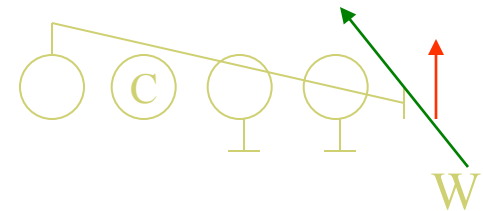
Kick Out Block



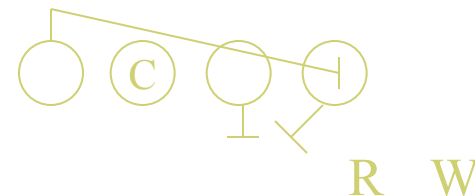
Meet the lead blocker on the LOS or at heel depth. Sink into him. Play him from the outside in. Be in a position to make the tackle make ball carrier bounce to the outside. If the ball carrier goes inside spin back inside.

Trap Block

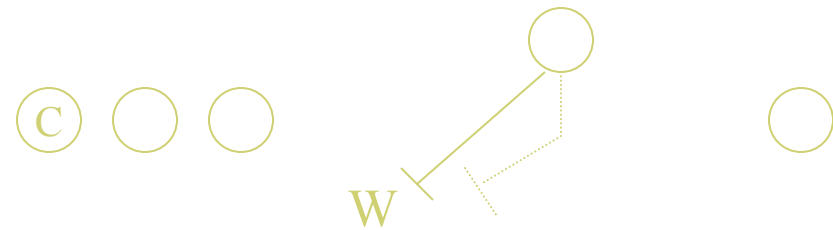
Do not get upfield and open up a running lane



Go over the top and make the play. You are an athlete use it and make the play. If the Rush End gets trapped then be patient and wait for the play to come to you.



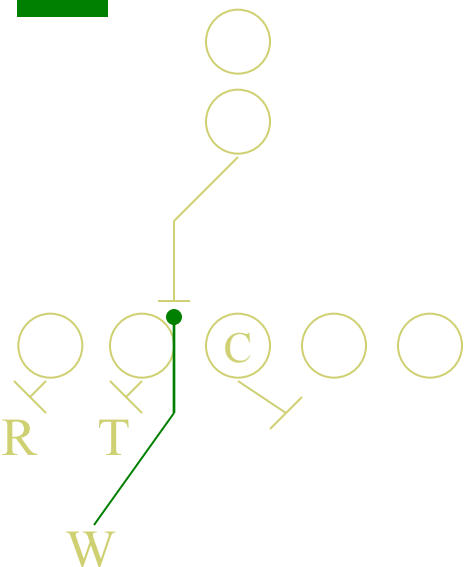
Will Linebacker vs. Crack Block



When you hear crack turn and destroy the WR the first time it occurs. Make him think twice about coming back in to crack you. After the first crack block, play over the top and get into proper pursuit and get in on the tackle. **If you go underneath YOU HAD BETTER MAKE THE PLAY!**

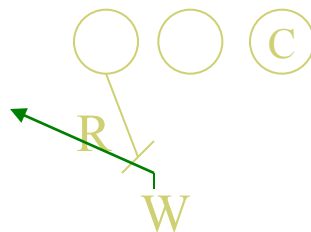
Will Linebacker in Under Front

Use Same Techniques and Coaching Points as Mike LB VS. Iso Block, Outside Seal and Seal from Center

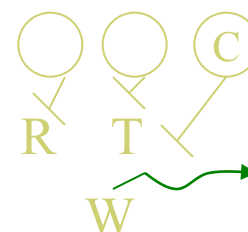


ALWAYS MEET THE FB ON THE OTHER SIDE OF THE LINE OF SCRIMAGE!

Take on FB always with inside shoulder. Force ball carrier to cut it back. Squeeze the FB and use the FB butt to close part of the hole down then get rid of him and make the play



Dip and rip or club out and stay on back hip of ball carrier working to your tilt alignment. Be aware of the cut back



Pursue the proper angle and be aware of the cutback. Step at center then you may have to give ground if center blocks on you. Stay on ball carriers back hip.



Over Close Technique Sam LB, Strong End, Tackle and Rush End

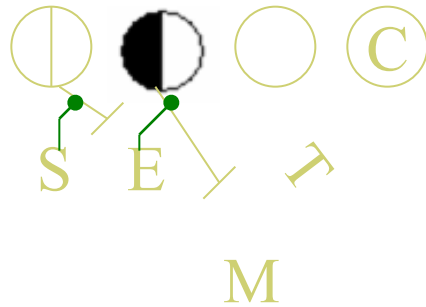
When the blocker steps down inside or down blocks. You are to over close and force everything to bounce outside. We are constricting gaps inside and playing to the outside.

Over Close Technique

Step with inside foot and bring outside foot and shuffle down L.OS. Your feet should be shoulder width apart. Your inside hip should be on blockers outside hip. Keep shoulders square. With your inside arm grab the inside number of the blocker. With your outside arm grab outside number of the blocker. **DO NOT LET BLOCKERS ONTO OUR LINEBACKERS!!!!** You should be looking over the outside shoulder of the blocker. Your eyes should be looking down the L.O.S. first for any pulling lineman. If no pulling lineman show then your eyes go to the backfield looking for a kick out block from the FB.

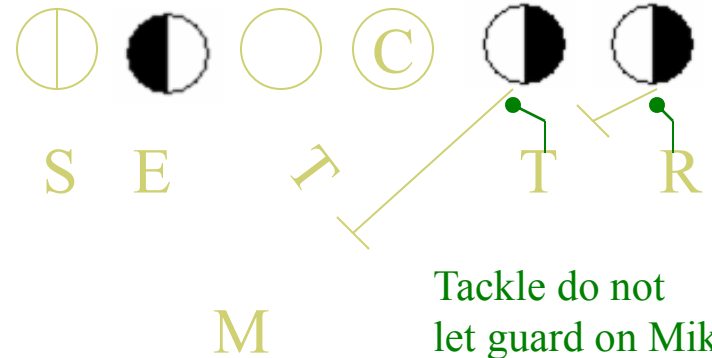
Examples of Over Close Technique

Strong End over close and do not let tackle on Mike LB



Sam over close and do not let TE on Strong End or Linebacker

Rush End do not let tackle on our tackle or Linebacker

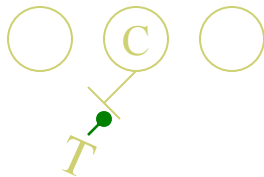


Tackle do not let guard on Mike LB



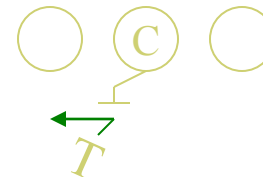
Tilt vs. Center Block Back and Reach Block

Center Blocks Back



Attack center, play thru the centers head.
Control strong side A gap and squeeze
weakside B gap.

Reach Block

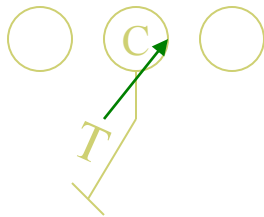


Attack center, play centers head
and do not get reached!! Pursue
Down L.O.S. and find the football

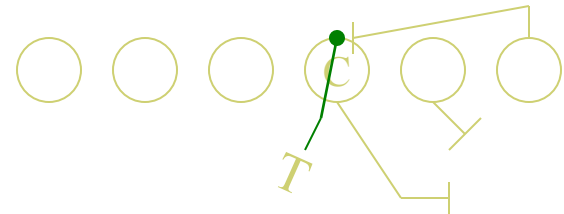


Tilt vs. Center Release

Slip Release by the Center



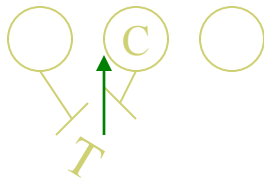
Tackle Trap



Prevent the centers release. Attack the centers head. Look for tackle trap. If tackle trap occurs
TRAP THE TRAPPER!

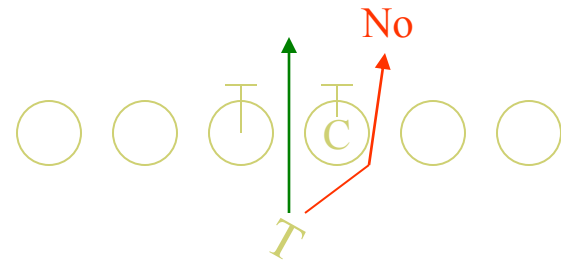
Tilt vs. Double Team and When Pass Shows

Double Team



Attack the center, stay low and never get driven off the L.O.S. and into our linebacker. You must use the two blockers and create a pile if necessary.

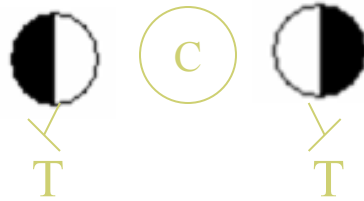
Center and Guard Show Pass



Rush the passer and work to break the Pocket. You have fast lane to the QB unless a stunt changes responsibility. Always rush on your side and never rush the passer on the other side of the center.



Tackle vs. Drive Block

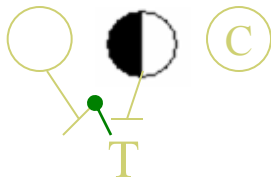


Come to your point on the L.O.S. You should have inside arm control. Keep shoulders square and find the football. You are responsible for the area head up to outside of you, the B gap area. You are also to keep the inside hole(A gap) small.



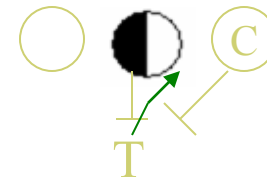
Tackle vs. Double Teams

Guard and Tackle Double Team



If you feel pressure from the tackle turn shoulders and make yourself small. Stay low and drive your Outside arm and shoulder into the tackle. Work through his head. Make a pile if necessary. **NEVER GET DRIVEN OFF OR DOWN THE L.O.S.**

Guard and Center Double Team



Play this the same as guard tackle double team.

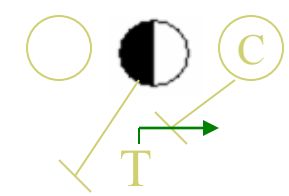
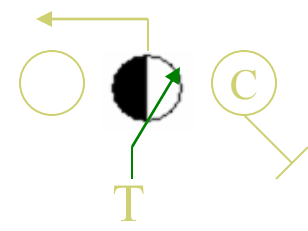
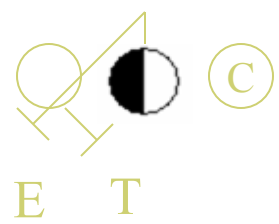
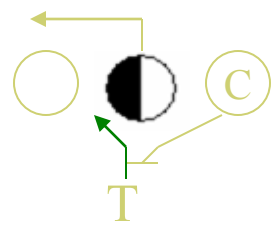
Tackle vs. Guard Pull to the Outside and Guard Release to Outside

Guard Pull Outside
Center Reach Block

G Block

Guard Influence

Guard Releases Outside



If no pressure from the tackle and center reaches to hook you. Stay in the guards hip pocket.

If no pressure from tackle think influence trap. If the tackle blocks on you work through his head with outside arm and shoulder. Find the ball and work out jam the tackle into the hole. Close the hole with the blockers body.

Vs. certain teams you May be taught to play the influence trap first.

Center blocks on you Use club through or use run around technique.

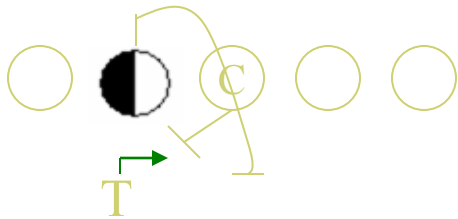
Types of
Blocks Menu

Main Menu



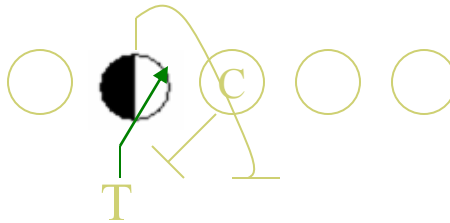
Tackle vs. Guard Pulls Inside

Close Block with Centers head in front.



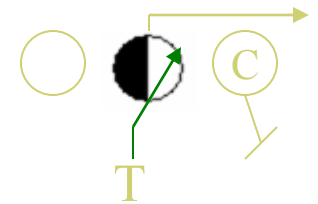
If the center blocks you with the head in front, work through his head with the inside arm and shoulder. Jam the center into the hole with his body

Close Block when Center boxes back.



If the center boxes back use run around technique.

Guard pulls across center

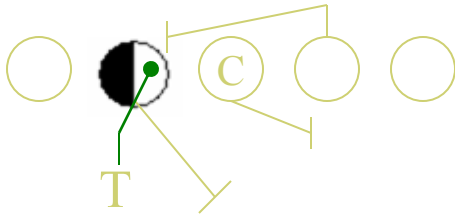


If the guard pulls across the center and the center releases penetrate and expect the sucker trap.

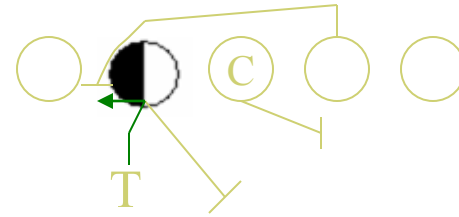


Tackle vs. Guard Releases Inside

Trap Block



Log Block



Over close and control the guard from the outside in and keep him off our Mike Linebacker. Find the ball and slide in to meet the trap or block by FB. Keep shoulders square and control the block. You are responsible for the bounce to the outside. Keep the inside hole small. **BE ALERT FOR LOG BLOCK.**

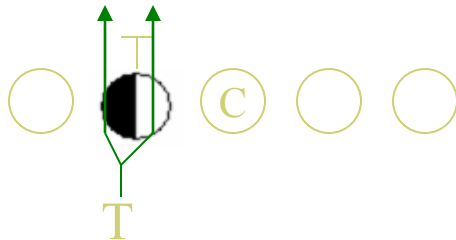




Tackle vs. Guard and Blockers Show Pass Set

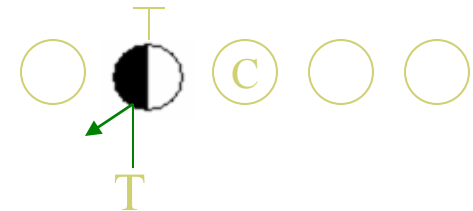
Vs. Draw or Pass

Good key for draw is QB. When QB keeps head down it is draw. Scouting reports will tell us this.



Get to the blocker quickly and see the action. If draw occurs split the block and find the ball. Keep moving through the blocker and penetrate the pocket. Rush the passer in your proper pass rush lane. Watch QB's eyes and get your hands up. You are responsible for penetration in the pocket and to close your lane for the draw. React in direction of the thrown ball.

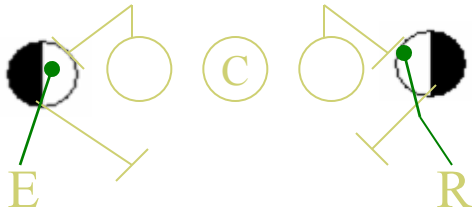
Vs. Screen



Start pass rush, when you read screen locate the ball and take proper pursuit angle. Guard and QB are good screen keys.

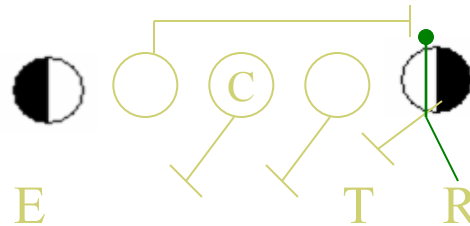
Strong and Rush End vs. Tackle Blocks Down

Cross Block



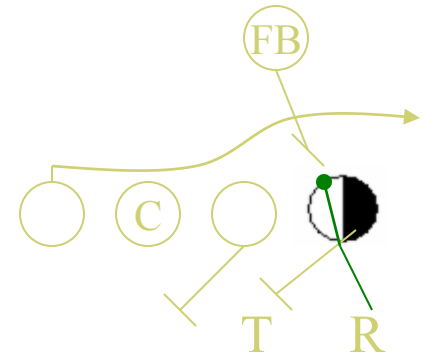
Over close, close inside across the face of the guard.
Strong End control the Guard block first then worry about TE down blocking second.

Trap Block



Over close and **TRAP THE TRAPPER!**
Attack him, do not wait for him.
Try to keep shoulders square.

Guard Pulls Deep



Over close and work your penetration up field and strip the guard. Deep pull of the guard tells you a back is blocking on you. This movement will help you avoid the backs block.



Strong and Rush End vs. Reach Block and Turn Out Block

Reach Block



Work wide and keep his head from going past your hip. Work out and take care of the cut back. Strong End if fast flow occurs to the outside turn and run to the side line. We should be able to see your eyes from the side line.

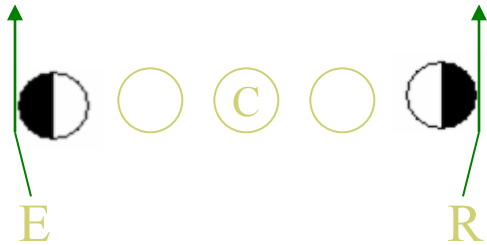
Turn Out Block



Control the block from the outside in. Jam him into the hole and keep the inside hole small.

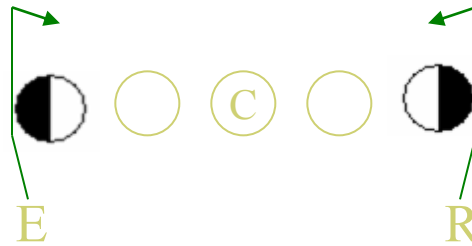
Strong and Rush End vs. Tackle and Blockers Show Pass

Vs. Pass



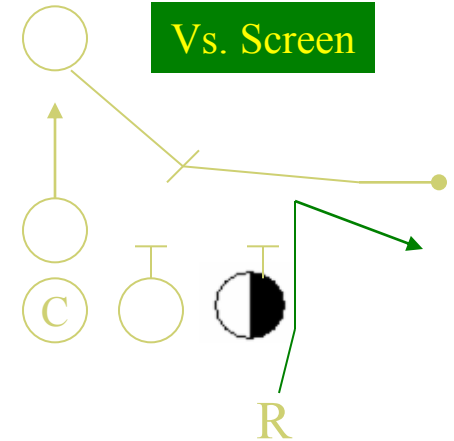
Get to the blocker quickly, keep moving to the outside of the blocker. If you have contain keep the QB in the pocket. Watch his eyes and get hands up. React in the direction the ball is thrown.

Vs. Draw



If draw occurs split the block, fight back to the inside and close from the outside in.

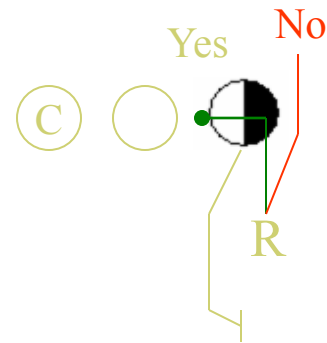
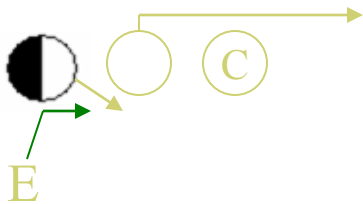
Vs. Screen



Start your pass rush, when you read screen locate the running back. Sprint to him using proper Pursuit angle. He will have his back turned to you. Tackle and near back are good screen keys. A deep set by the tackle or a cut block is a good key. If cut get into the running lane. A less aggressive pass set is another Good key.

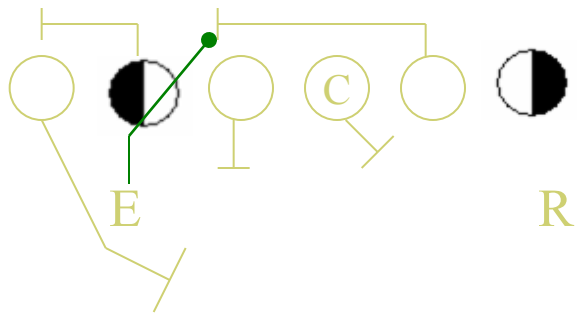


Strong and Rush End Proper Pursuit vs. Sprint Cut Off Away

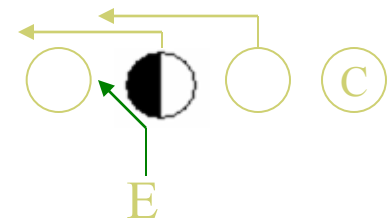


Attack and work flat down the line of the scrimmage. Always have proper leverage on the football. Do not get up field and chase!

Strong End vs. Tackle Pull to the Outside



One Man Rule= Close for trap.



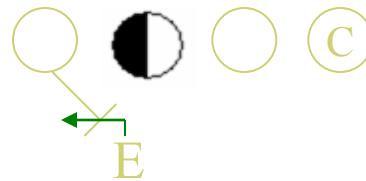
Two Man Rule= Two men across across your face play the sweep.



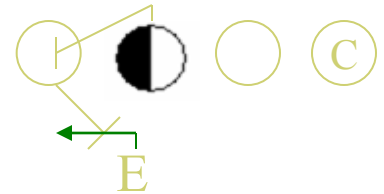
Strong End vs. TE block Down and TE and Tackle Double Team



If you feel pressure from the TE
Work out into him. Stay low
And drive outside arm and shoulder
Into the TE. Work through this head.
Make a pile if necessary. DO NOT GET
DRIVEN DOWN OR OFF THE L.O.S.
YOU MUST NEVER BE DRIVEN
BACK INTO OUR MLB!!!



Dip and rip or club out
on TE block.



Dip and rip or club out
on TE block.



Coverages

Keys to Successful Secondary Play

Cover 1

Cover 3

Cover 0

Coverage Zones For Cover 3

Man coverage techniques

Cover 3 techniques

Nickel (30 Nose)

Cover 2

Theories in Each Coverage

Coverage Zones For Cover 2

Field Dividers

Cover 2 techniques

Keys to Successful Secondary Play

- Physical and mental reaction is the basis for an efficient and successful defensive back. You must be able to recognize, recover, re-direct, and close on the ball. Must eliminate any wasted movement and attack at proper angles with proper leverage. The only way this can be accomplished is with proper body position and stance. (Both were discussed earlier.)
- Position maintenance: the distance relationship between each other in the secondary. The corners and safety must maintain a maximum distance of 12-15 yards between one another. Never more!
- Field dividers: Refer to the Field dividers section in terms of hash and sideline positioning (Alignment.)
- Field zones: We must know where we are on the field. Is the offense going-in, coming-out, etc. i.e. Corners never align in the end zone.
- Game situations: Know the down and distance every play. Know the time remaining, etc. What does the opponent have to do to get a 1st down, score, stop the clock, etc. What are the opponents' tendencies?



Keys to Successful Secondary Play - Techniques

Technique in zone or man.

- Know where your help is located.
- Play man in zone. Look for work.
- Know how and when to backpedal. Know landmarks and when to squeeze receiver.
- Route recognition and communication!!
- Action away – backside corner keep all enemy jerseys in front of you (proper angle.)
- Man coverage – play your man until called off



Keys to Successful Secondary Play - Recognition

Coverage sequence: pre-read

- We only have 4 players playing pass first/ run second. Make sure you play every play in the secondary with that in mind.
- Recognition calls. Ball on or off the LOS (Quick) and QB action.
- Defend pass (tackle) No run after catch!
- Knockdown (defended pass.) Know technique.
- Intercept at highest point. Attack ball in the air. Make call. Communicate!
- NEVERS – Seams or zones we do not allow receptions in.
- Remember the receiver knows where he is going. It is proper technique that allows you to cover him. The ability to recognize the route, communicate, re-direct, and close on the receiver are keys.



Keys to Successful Secondary Play vs. Run

- Know the type of support you have on all plays: Force, lane, collapse, cross field, lateral, inside-out or outside-in.
- Keep proper pursuit angles and proper leverage on the football.
- Remember: The secondary is the last line of defense.
- Know the block protection: recognize the type of block and proper technique vs. each block – lead block, down block, stalk block, kick out block.
- Know your aim points on tackling. Know the techniques on each types of tackle – head on, angle, open field, rear, gang.



Keys to Successful Secondary Play - Turnovers

- Know how and when.
- How – A big hit, strip, steal, club, scoop and score, cover a fumble.
- Interception – Always at the highest point.
- When – Whenever the situations presents itself. Remember – when the ball is in the air it is ours!! That must be our mind set.
- Know situations: Behind late in a game – Must steal the ball.
Ahead late in a game – Must secure the tackle.
Interception in the middle of the field in the end zone – Down the ball.
Interception outside the has in the end zone – return down side line
if it is open.



Keys to Successful Secondary Play – Communication and Keys

- If you do not communicate in the secondary then you can not play. It is that simple!!
- Always get your pre-snap reads in. Check the formation. Anticipate what the opponent can do.
- Be aware of tips and indicators from the scouting report that will help with play and route recognition.
- Make the primary calls, adjustments, and checks.
- The Free Safety is the leader of the secondary. Must make the calls and make sure that the secondary is on the same page. The rest of the secondary will echo the calls.
- Read keys. QB drops, ball on or off LOS, QB eyes.



Keys to Successful Secondary Play - Responsibilities

- Know the “Nevers” in our coverage calls.
- Zones: Know the drops, zone, and route recognition.
- Man: Inside technique, vary depth off receiver, go everywhere he goes.
- Combo: Know who else can help you – Will, Sam, Mike, etc.
- Run support: Lane, contain, or overplay inside.
- Proper pursuit: Maintain proper leverage and angle on the football.
- Position maintenance: Proper relationship (Distance between Defensive Backs.)
- Know where you are on the football field: Hash, etc. Know your Field Divider rules.
- Know what to do in each coverage. Know your role.
- Know option responsibility: Primary or secondary on pitch.
- Trick plays: Know tendency. Expect them. Never be surprised.
- Disguise coverage by varying look and alignments.



Keys to Successful Secondary Play – Position and Situation Awareness

- Always be alert. Expect the unexpected. Never be surprised!
- Know where you help is located.
- Play on play at a time. Never take a play off! You never know what play will turn a game around.
- Always be aware of the situation: Down and distance, time remaining, etc. Many times this will dictate what the offense does.



Keys to Successful Secondary Play – Blitz techniques

- Outside Blitz: Maintain outside leverage; body control capable of making the play. Find the FB, expect to be blocked and expect counter pass.
- Inside Blitz: Beat the blocker and find the football. Do not run by the play.
- Delayed: Patience. Read the blocking and find the seam. Use one of the above blitz techniques.
- Vs. Blocker: Outside blitz - Maintain leverage. Inside Blitz – Blow up blocker or rip through.
- Other aspects: Be aware of the opponent's blitz pick-ups if possible. Know when the game plan or basic assignment requires you to checkout of a blitz.
- Never get caught in no man's land. When in doubt keep going and make something happen.
- Concept: Consistency, big play capability, and no big mistakes!



Pass Defense Philosophy

- The defensive secondary will be fundamentally sound. It will be an eleven man pass defense, playing sound coverage and pressuring the QB. This defensive units' goals will be to stop the big pass play, keep completion percentage down, keep yardage after a reception to a minimum and make BIG plays whenever possible!!
- We do not believe that all passes can be stopped. Thus, we will establish “Nevers” for each opponent. This is the area of the field that we will not let a reception occur in. We will establish the “Nevers” and take those away. Recognition, communication, and position maintenance are necessities for a sound and opportunistic defense.

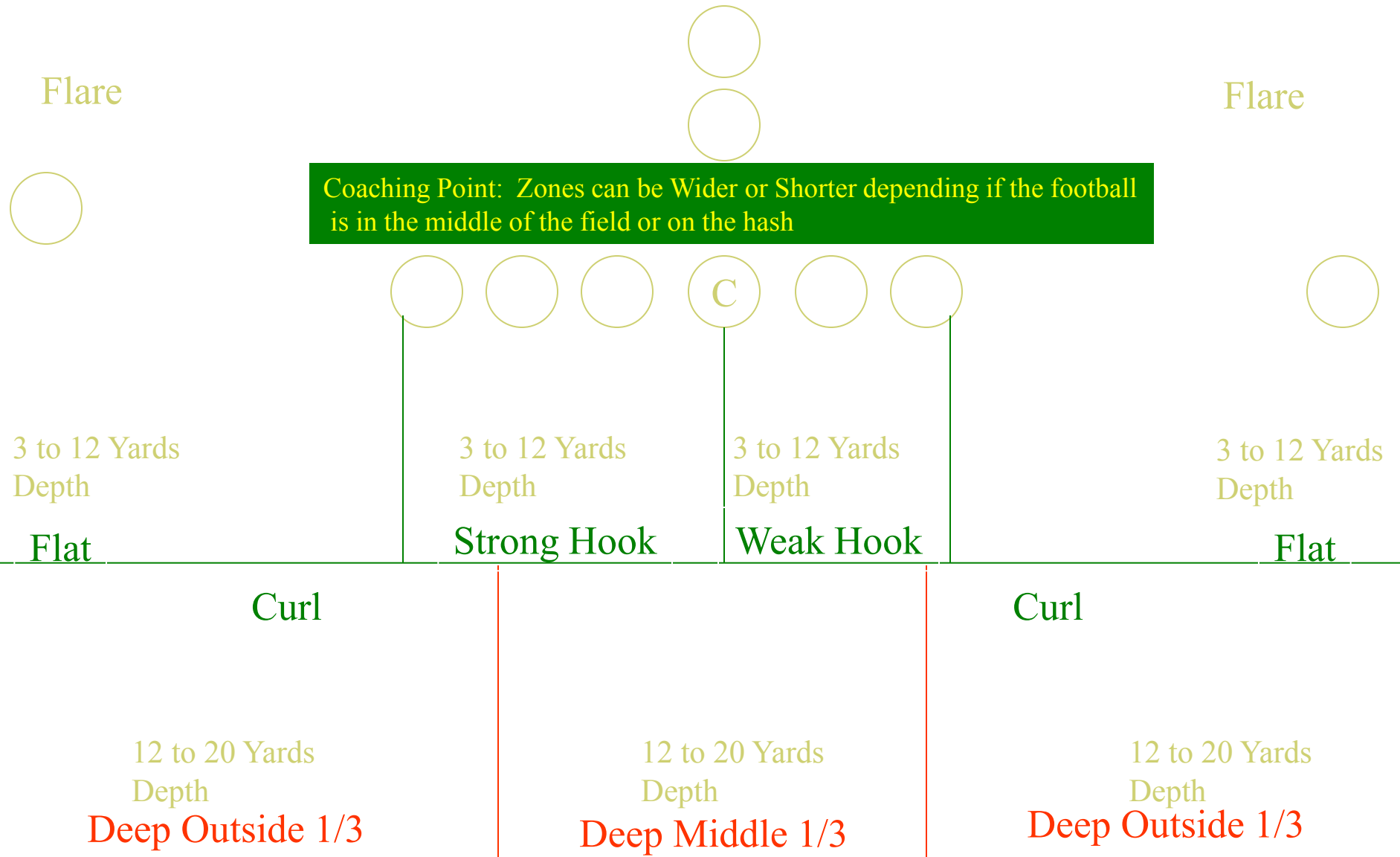


Goal line Coverage

- Philosophy is simple: keep the opponent from scoring via the pass!! We will play tough coverage at the goal line and not allow any yards after the catch. If you are beaten, interfere with the receiver. This is a situation where it is better to have the penalty than the score.
- Several factors that become more important in the secondary when the opponent is near the goal line: communication, proper alignment, play recognition, and field awareness.
- Mental alertness must be at a peak!! It is a mental game in this area and we must not allow mental errors. Always play the receiver like you are out of phase. NEVER line up in the end zone. Use the back line of the end zone as a defender by never playing deeper than five yards in the end zone. This may be adjusted in man coverage. Play pass first and run second.
- No where you are at in relation to other defenders, the offense, the sidelines and back line. It is to the secondary's advantage once the ball gets in the red zone. There is less field to defend and all of the zones and seams have been constricted naturally by the amount of territory available to the offensive team.
- Tighten the corner alignments the closer they get to the goal line. Reduce our backpedal. Also close sooner on the ball the closer they get (increase the risk.)
- Talk every play: who is their favorite receiver. What are their tendencies.
- Get "side by side" or "in front" of receiver. It does no good to tackle a receiver from behind after the ball is caught in this zone. Be aggressive.
- Get a good break on the ball. Go for pump fakes.
- Interception in the end zone. The entire defense must be aware of our interception, must react properly and block properly. Communicate. An interception in the end zone is a game changing play. It can destroy the opponent's moral. Interception in the middle – down the ball. Interception near the side line – take a knee unless you can return the ball past the 20 yard line.
- Never align off sides. More applicable in man coverage. Play the ball.



Coverage Zones For Cover 3



Flare

Flare

Coaching Point: Zones can be Wider or Shorter depending if the football is in the middle of the field or on the hash

3 to 12 Yards
Depth

3 to 12 Yards
Depth

3 to 12 Yards
Depth

3 to 12 Yards
Depth

Flat

Strong Hook

Weak Hook

Flat

Curl

Curl

12 to 20 Yards
Depth
Deep Outside 1/3

12 to 20 Yards
Depth
Deep Middle 1/3

12 to 20 Yards
Depth
Deep Outside 1/3

Cover 3

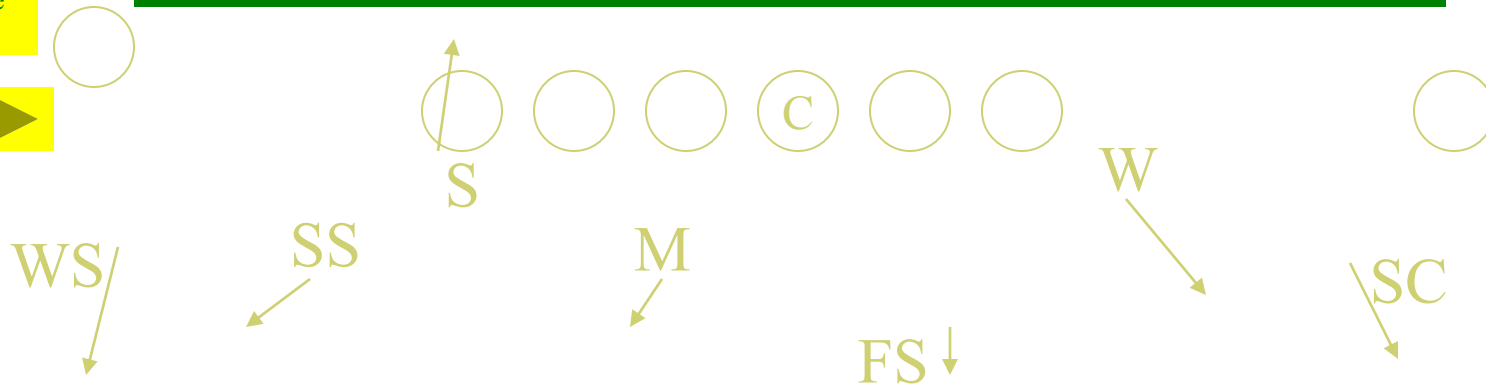
- Will be our most used coverage.
- It is a 3 deep/ 3 under coverage unless Sam is dropping. Then it becomes a 3 deep/ 4 under coverage.
- Keys: Do not get beat deep!! Knock down intermediate passes!! Run up and tackle on short passes!! React and attack!!
- Sam will be rushing unless a special call is made. “Sam” call will tell the defense that the Sam is dropping. Our strong end now has contain. This will also affect the drops in our coverage. A “Sam-man” call tells the defense that the Sam will take #2 man to man, while every one else stays in cover 3.
- A Rabbit call tells the defense that the Will is walking out on the #1 receiver to the weak side.
- A comet call tells the defense that the SS is going away from the strength call. This will give the Sam an automatic Sam drop if pass shows.



Main Menu

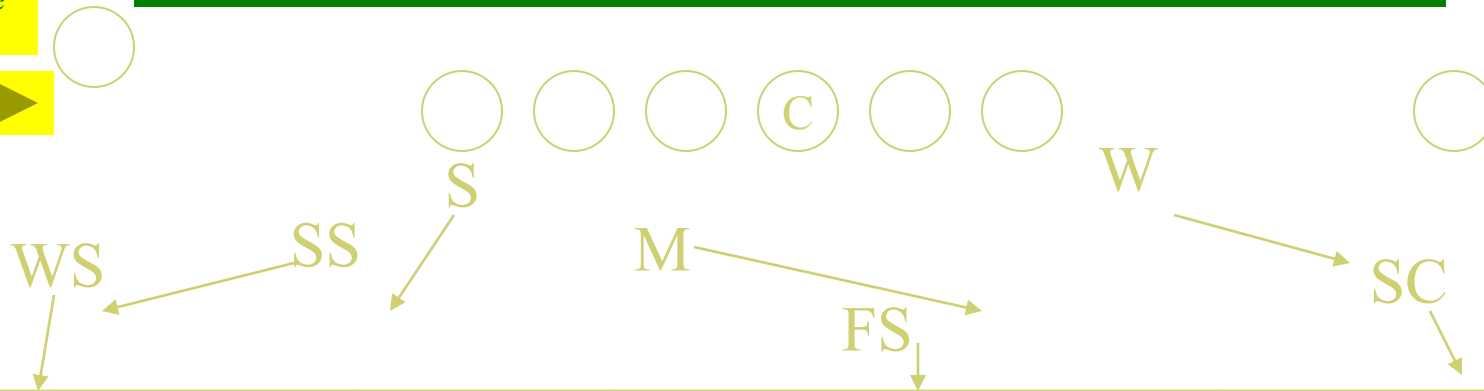
Coverage Menu

Cover 3



Position	Alignment	Key Read	Pass Responsibility	Run Responsibility
Mike	3 Tech. on guard. 4 yards deep.	Near OG, Center, FB, interior triangle	Strong Hook to 12 yards. See QB as you drop and Peak at #2. Work underneath and inside of #2 or #1 in zone. Check for Screen.	Strong B gap. Weak A gap. Look for Draw. Option-Dive-QB-Pitch.
Sam	2 Tech. TE.	TE, OT, OG, Key down LOS	Rush QB with proper pass rush technique.	Constrict C gap. Play D gap. Option-Destroy QB.
Will	Align on level 1 over ghost TE	Down line, near OG, backfield triangle.	Weak curl zone back to 12 yards to Flat. Head on a swivel. Peak at #1 receiver and work inside and underneath. Once #1 clears work to #2 (usually out of backfield.)	Weak D gap. Option-Pitch.
SS	2 receiver side or strong. Split #1 and #2. 4 yards deep.	TE or #2 through FB, #1	Strong curl zone back to 12 yards. Keep your head on a swivel. Locate #2 and #1 in routes. Clear slant, curl then react to ball.	Strong D gap. Option-Pitch
FS	Over weak side OG. 10-12 yards deep.	Uncovered OT, QB, #2, #1	Deep middle 1/3 of Field. Stay deeper than deepest man in your zone. Communicate Pass/ Run!	Inside-out responsibility. Make tackle. Do not allow cut back. Option-Dive-QB-Pitch.
WC	2 receiver side or strong. Outside shoulder of #1. 5-7 yards deep.	#1, QB, #2	Deep outside 1/3 of Field. Stay deeper than deepest man in your zone.	Outside-in responsibility. Make tackle. Option-None.
SC	One receiver side or weak. 1-3 yards inside #1. 5-7 yards deep.	#1, QB, #2	Deep outside 1/3 of Field. Stay deeper than deepest man in your zone.	Outside-in responsibility. Make tackle.

Cover 3 Sam

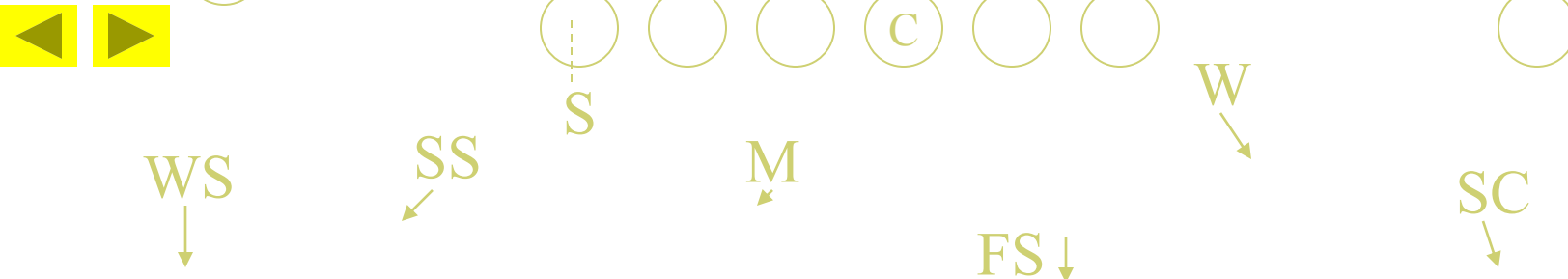


Position	Alignment	Key Read	Pass Responsibility	Run Responsibility
Mike	3 Tech. on guard. 4 yards deep.	Near OG, Center, FB, interior triangle	Weak Hook to Weak curl zone back to 12 yards. Look to give inside and underneath help on #1. Look for RB. Check for Screen.	Strong B gap. Weak A gap. Look for Draw. Option-Dive-QB-Pitch.
Sam	2 Tech. TE.	TE, OT, OG, Key down LOS	Jam TE, then settle in to strong curl zone back to 12 yards. Find #2 and #1 in routes. Take away slant, curl. React on ball when QB sets.	Constrict C gap. Play D gap. Option-Destroy QB.
Will	Align on level 1 over ghost TE	Down line, near OG, backfield triangle.	Weak flats back to 12 yards. Do not worry about curl. Can immediately work to flats. Mike will take curl weak.	Weak D gap. Option-Pitch.
SS	2 receiver side or strong. Split #1 and #2. 4 yards deep.	TE or #2 through FB, #1	Can immediately drop to flat back to 12 yards. Get good spacing since Sam is dropping in to strong curl zone.	Strong D gap. Option-Pitch
FS	Over weak side OG. 10-12 yards deep.	Uncovered OT, QB, #2, #1	Deep middle 1/3. Understand we are gaining an extra defender to the strong side. Expect to give help to the weak side.	Inside-out responsibility. Make tackle. Do not allow cut back. Option-Dive-QB-Pitch.
WC	2 receiver side or strong. Outside shoulder of #1. 5-7 yards deep.	#1, QB, #2	Deep outside 1/3 of Field. Stay deeper than deepest man in your zone. Know the SS is dropping to the flats.	Outside-in responsibility. Make tackle. Option-None.
SC	One receiver side or weak. 1-3 yards inside #1. 5-7 yards deep.	#1, QB, #2	Deep outside 1/3 of Field. Stay deeper than deepest man in your zone. Know the Will is dropping to the flats.	Outside-in responsibility. Make tackle.

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Coverage Menu

Cover 3 Sam-Man

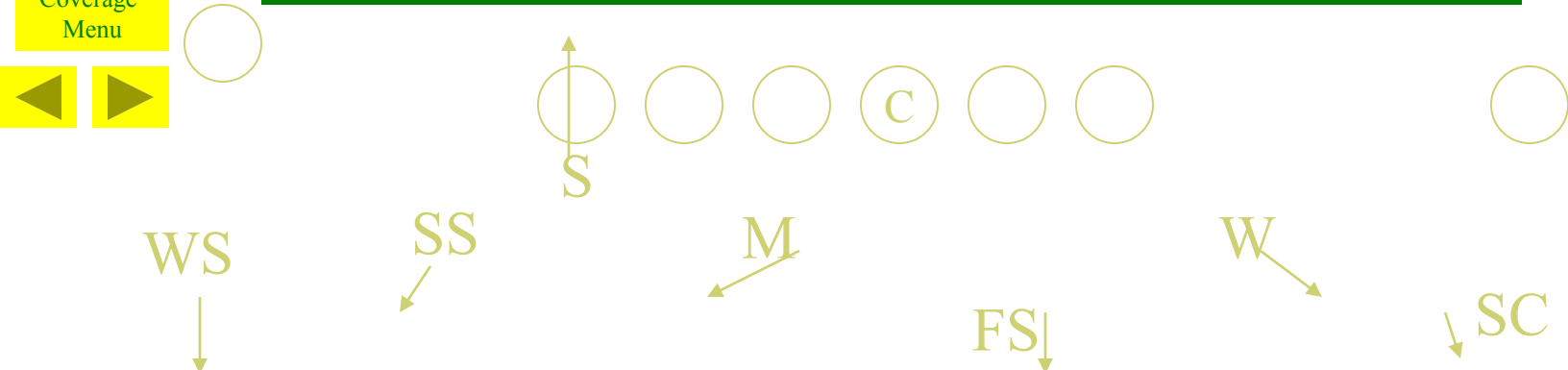


Position	Alignment	Key Read	Pass Responsibility	Run Responsibility
Mike	3 Tech. on guard. 4 yards deep.	Near OG, Center, FB, interior triangle	Strong Hook to 12 yards. Head on swivel Know that #2 is taken by the Sam. Can give help to other threats.	Strong B gap. Weak A gap. Look for Draw. Option-Dive-QB-Pitch.
Sam	2 Tech. TE.	TE, OT, OG, Key down LOS	Jam TE. Force him outside. Take him man to man.	Constrict C gap. Play D gap. Option-Destroy QB.
Will	Align on level 1 over ghost TE	Down line, near OG, backfield triangle.	Know Sam is taking #2. Do not have to worry about #2 on drag. Can jump RB in flats on Counter pass right now.	Weak D gap. Option-Pitch.
SS	2 receiver side or strong. Split #1 and #2. 4 yards deep.	TE or #2 through FB, #1	Strong curl zone back to 12 yards. Know #2 is taken by Sam. Can double #1. Check for #3 out of backfield to the strong side. You would now have him.	Strong D gap. Option-Pitch
FS	Over weak side OG. 10-12 yards deep.	Uncovered OT, QB, #2, #1	Deep Middle 1/3 of Field. Know that #2 is taken by Sam so expect to give help to corners.	Inside-out responsibility. Make tackle. Do not allow cut back. Option-Dive-QB-Pitch.
WC	2 receiver side or strong. Outside shoulder of #1. 5-7 yards deep.	#1, QB, #2	Deep Outside 1/3 of Field. Stay deeper than deepest man in your zone. #1 is now only threat.	Outside-in responsibility. Make tackle. Option-None.
SC	One receiver side or weak. 1-3 yards inside #1. 5-7 yards deep.	#1, QB, #2	Deep Outside 1/3 of Field. Stay deeper than deepest man in your zone. Does not affect you much.	Outside-in responsibility. Make tackle.

Main Menu

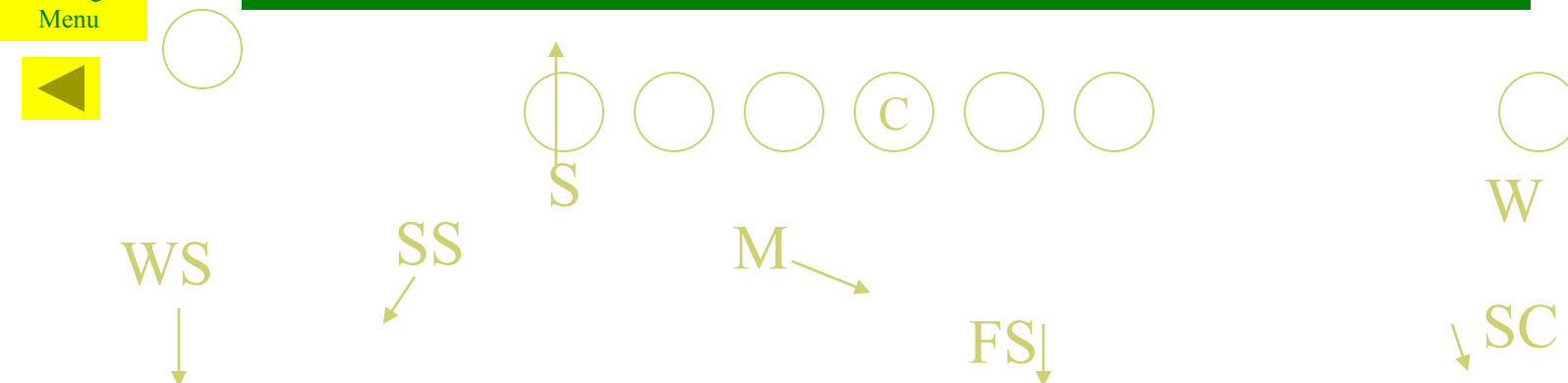
Coverage Menu

Cover 3 Walk



Position	Alignment	Key Read	Pass Responsibility	Run Responsibility
Mike	3 Tech. on guard. 4 yards deep.	Near OG, Center, FB, interior triangle	Strong Hook back to 12 yards. See QB as you drop. Peak at #2. Work underneath and inside of #2 or #1 in zone. Check for Screen.	Strong B gap. Weak A gap. Look for Draw. Option-Dive-QB-Pitch.
Sam	2 Tech. TE.	TE, OT, OG, Key down LOS	Rush QB with proper pass rush technique.	Constrict C gap. Play D gap. Option-Destroy QB.
Will	One receiver side or weak. Split #1 and #2. 4 yards deep.	Down line, near OG, backfield triangle.	Weak curl zone back to 12 yards. Keep your head on a swivel. Locate #2 and #1 in routes. Clear slant, curl then react to ball.	Weak D gap. Option-Pitch.
SS	2 receiver side or strong. Split #1 and #2. 4 yards deep.	TE or #2 through FB, #1	Strong curl zone back to 12 yards. Keep your head on a swivel. Locate #2 and #1 in routes. Clear slant, curl then react to ball.	Strong D gap. Option-Pitch
FS	Over weak side OG. 10-12 yards deep.	Uncovered OT, QB, #2, #1	Deep middle 1/3. Know we have a double on #1 weak. Expect to give help to the strong side.	Inside-out responsibility. Make tackle. Do not allow cut back. Option-Dive-QB-Pitch.
WC	2 receiver side or strong. Outside shoulder of #1. 5-7 yards deep.	#1, QB, #2	Deep Outside 1/3 of Field. Stay deeper than deepest man in your zone.	Outside-in responsibility. Make tackle. Option-None.
SC	One receiver side or weak. 1-3 yards inside #1. 5-7 yards deep.	#1, QB, #2	Deep Outside 1/3 of Field. Stay deeper than deepest man in your zone.	Outside-in responsibility. Make tackle.

Cover 3 Rabbit



Position	Alignment	Key Read	Pass Responsibility	Run Responsibility
Mike	3 Tech. on guard. 4 yards deep.	Near OG, Center, FB, interior triangle	Weak Hook to 12 yards. See QB as you drop. Work underneath and inside of #2 or #1 in zone. Check for Screen.	Strong B gap. Weak A gap. Look for Draw. Option-Dive-QB-Pitch.
Sam	2 Tech. TE.	TE, OT, OG, Key down LOS	Rush QB with proper pass rush technique.	Constrict C gap. Play D gap. Option-Destroy QB.
Will	Align on level 1 over ghost TE	Down line, near OG, backfield triangle.	Re-route #1 to the outside. Do not need to get a big hit on him. Stay on balance. Once #1 clears, settle in to flats back to 12 yards.	Weak D gap. Option-Pitch.
SS	2 receiver side or strong. Split #1 and #2. 4 yards deep.	TE or #2 through FB, #1	Strong curl zone back to 12 yards. Keep your head on a swivel. Locate #2 and #1 in routes. Clear slant, curl then react to ball.	Strong D gap. Option-Pitch
FS	Over weak side OG. 10-12 yards deep.	Uncovered OT, QB, #2, #1	Deep middle 1/3. Know we have a double on #1 weak. Expect to give help to the strong side.	Inside-out responsibility. Make tackle. Do not allow cut back. Option-Dive-QB-Pitch.
WC	2 receiver side or strong. Outside shoulder of #1. 5-7 yards deep.	#1, QB, #2	Deep Outside 1/3 of Field. Stay deeper than deepest man in your zone.	Outside-in responsibility. Make tackle. Option-None.
SC	One receiver side or weak. 1-3 yards inside #1. 5-7 yards deep.	#1, QB, #2	Deep Outside 1/3 of Field. Stay deeper than deepest man in your zone.	Outside-in responsibility. Make tackle.

Zone technique for Strong Safety in Cover 3

- **Patience:** Chatter your feet and read on the snap of the ball. Stay low and drop according to what your read does.
- **Keys:** #2 (usually the TE), the QB for quick, then flare control.
- **Drop:** Basic technique is the same as a cornerback but you are usually working the level-2 zones inside-out. Back to 12 yards deep.
- **Know the following:** which routes to jump, which routes to play under, who and when to bracket, how we are playing the flat and flare routes. Play inside-out. Clear the curl and slant before you jump an out or flare.
- **Recognize who are the secondary threats to your zone.**
- **Know what the “Nevers” are.** We will give up the outs, flares and react up. We will not give up routes behind us or inside.



Zone technique for Free Safety in Cover 3

- Patience: Squat and read/ Ball on LOS or off LOS.
- Keep opponent's jersey in front of you.
- Pre-read immediate threats to your zone and know where your help is needed.
- Backpedal, breaks, etc. same basic techniques as cornerbacks.
- You are an inside-out player and the majority of the time a lane player.
- Keys: Uncovered Offensive Tackle for pass/ run read. QB eyes, QB drop.
- You are the last line of defense and must stop big plays.
- Proper angle and leverage on football is a must for the Free Safety in Cover 3.
- You can not have a flat lateral angle. We never play under a receiver's route unless we have the interception or knockdown. Punish any reception in the middle of the field.
- Know the game plan. Know the "Nevers." We will not let the ball be caught on the seams or over or head in the middle 1/3 of the field.



Zone technique for Corners in Cover 3

- Know where your responsibility is located. (Know your landmarks)
- Do not false step. Stay low in your backpedal.
- Backpedal to zone responsibility : Use your butt to direct you in to your zone. Be in position to make a good plant and break off your drop. Maintain a proper cushion so you can make the proper break with the proper angle on the receiver. This will allow you to make the necessary hip turn, etc. to get to the necessary intersection point on the receiver and the football.
- Key reads: Quarterback for Quick. Then #1 receiver. Then #2 receiver or secondary threat to your zone. Communication: Run/ pass cal, etc.
- Communicate on trade-off when receiver is leaving your zone. Call route out to help your teammate. Squeeze the route whenever possible to reduce the throwing lanes and the amount of grass the receiver can work with in his route.
- Route recognition and coverage technique: No what routes we want to take away.
- Do not allow a receiver to get on your feet. Try to maintain a 2-3 yard cushion on receivers. This will vary based on the speed of the defensive back and the receiver.
- Know the “Nevers.” We will give up the out. We will not give up the deep ball in our zone.



Streak technique for Corners

- Indicator: The receiver will usually not raise up when running a Streak.
- Defend the pass. Intercept the under thrown ball. Never overrun the receiver and never stop and jump for the ball unless the receiver stops for position.
- Prefer that you turn into the receiver when you read the streak and drop your inside hand on the receiver's thigh. This will stall his up field momentum. The defender must read the receiver's eyes and hands. Squeeze this route in to the sideline and cover just off his shoulder, do not get even or beyond the receiver. If you have proper relationship in phase with receiver you may peek with the receiver but look over your shoulder do not turn your shoulders, this will cut your strides down and allow the receiver to separate from you. His eyes and hands will tell you when the ball is coming. Eyes will get big and hands will go up. Put your hands in his hands!
- The defender must know when he has the receiver covered or when he is not covered. If you are beat and you can see both receiver's numbers **DO NOT LOOK BACK!** You are now in recovery mode. Must sprint to recover on the receiver. Remember you may give up the completion, but do not give up the score. Make the opponent snap the ball again!
- In Goal line coverage, play the receivers as if you are beaten!



Zone technique for Will in “Walk”

- **Patience:** Chatter your feet and read on the snap of the ball. Stay low and drop according to what your read does.
- **Keys:** #2 (usually the OT), the QB for quick, then flare control.
- **Drop:** Basic technique is the same as a cornerback but you are usually working the level-2 zones inside-out. Back to 12 yards deep.
- **Know the following:** which routes to jump, which routes to play under, who and when to bracket, how we are playing the flat and flare routes. Play inside-out. Clear the curl and slant before you jump an out or flare.
- **Recognize who are the secondary threats to your zone.**
- **Know what the “Nevers” are.** We will give up the outs, flares and react up. We will not give up routes behind us or inside.

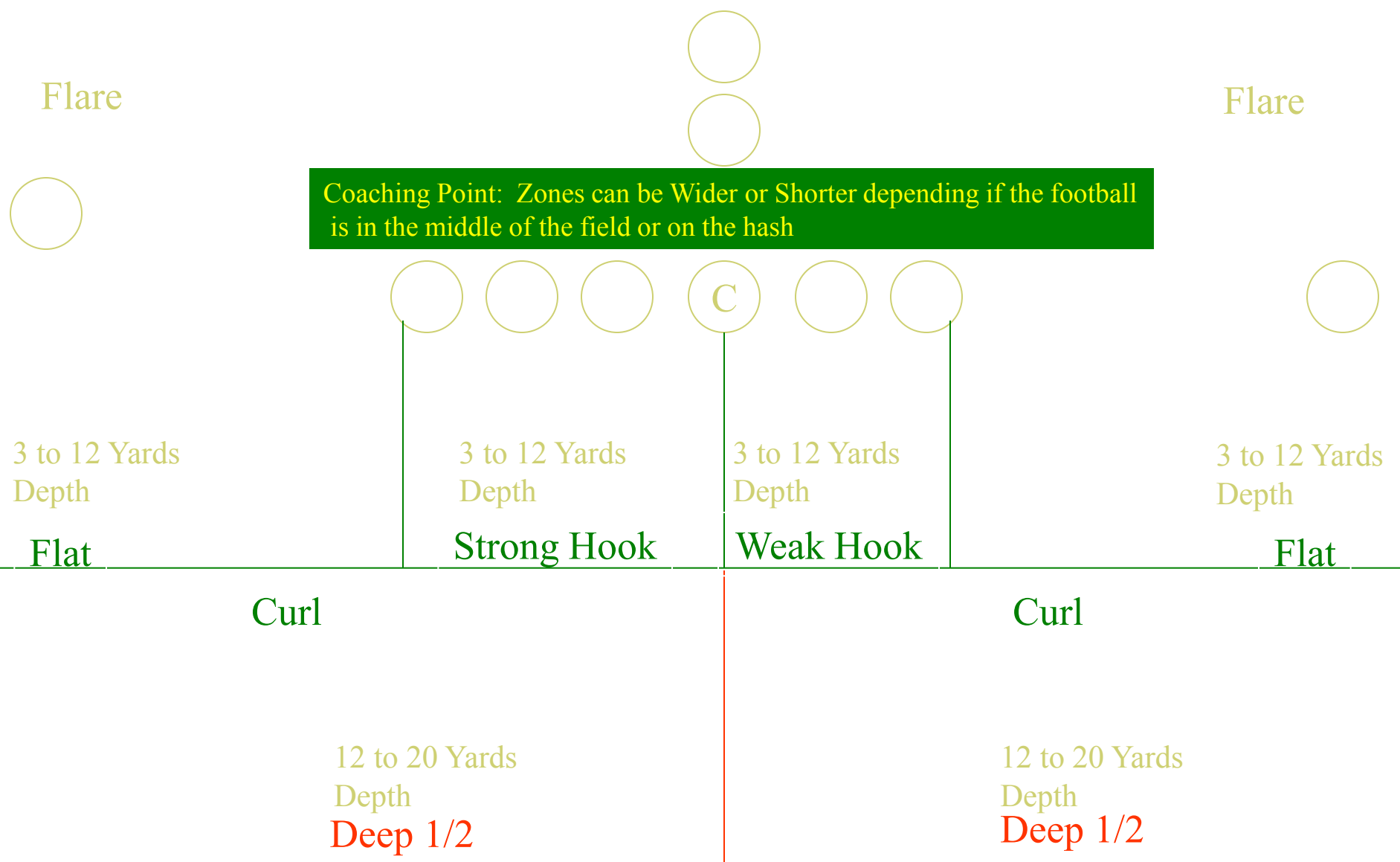


Zone technique for Will in "Rabbit"

- Alignment may vary from Press to 5 yards off receiver.
- Jam technique with inside leverage on receiver.
- This is a lateral movement. Must keep shoulders square to LOS.
- Do not attack. Do not lunge forward!
- Be in a hitting position: Square stance, elbows tucked in to the sides and thumbs up.
- Blow delivery: Aim point. Eyes on the opponent's numbers until you have struck a blow.
- Do not peek in at the ball until you have made contact. Once you have made contact then you may search for inside-out threat or come off for run support.
- Must force the receiver to the sideline. There is a corner behind you expecting the receiver to be funneled to the outside. This is opposite of the jam technique by our SS and SC in Cover 2. After contact and force outside then drop to zone/ landmark.



Coverage Zones For Cover 2



Cover 2

- Will be our 2nd most used coverage.
- It is a 2 deep/ 4 under coverage unless Sam is dropping. Then it becomes a 2 deep/ 5 under coverage.
- Keys: SS and Short Corner must funnel receivers to the inside. FS and Wide Corner must stay deep. Stay square to LOS and shuffle feet.
- Sam will be rushing unless a special call is made. “Sam” call will tell the defense that the Sam is dropping. Our strong end now has contain. This will only affect the drops by our Mike/ Sam/ Will. A “Sam-man” call tells the defense that the Sam will take #2 man to man, while every one else stays in cover 2.
- We will not make a “Walk” or “Rabbit” call in cover 2.



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Coverage Menu

Cover 2



SS
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WC
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M
↓

FS
↓

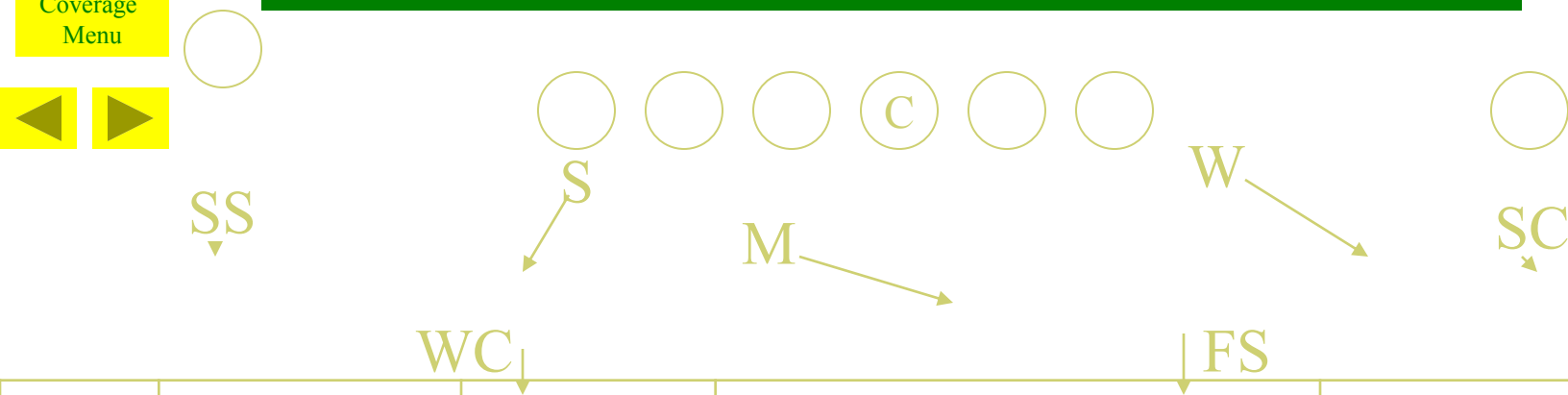
SC
↓

Position	Alignment	Key Read	Pass Responsibility	Run Responsibility
Mike	Same as Cover 3	Near OG, Center, FB, interior triangle	Strong curl zone back to 12 yards. Head on swivel. Look to give inside and underneath help on #1. Look for RB. Check for Screen.	Strong B gap. Weak A gap. Look for Draw. Option-Dive-QB-Pitch.
Sam	Same as Cover 3	TE, OT, OG, Key down LOS	Rush QB with proper pass rush technique.	Constrict C gap. Play D gap. Option-Destroy QB.
Will	Same as Cover 3	Down line, near OG, backfield triangle.	Weak curl zone back to 12 yards. Head on a swivel. Find #1 receiver and work inside and underneath. Once #1 clears work to #2 (usually out of backfield.)	Weak D gap. Option-Pitch.
SS	Head up on #1. From 1-5 yards deep.	#1, QB, #2	Square shoulders. Shuffle feet to mirror #1. Do not let him get release to outside. Let receiver come to you. Settle to flats back to 12 yards.	D gap. Outside-in player. Option-Pitch
FS	2 yards on either side of hash 10-12 yards deep.	Uncovered OT, QB, #1	Deep half of field. Expect slant by #1 and either intercept or destroy the play. Must be able to defend deep half to sidelines.	Inside-out player. Do not be in a big hurry at all. Make sure it is a run. Communicate and make the open field tackle.
WC	2 yards on either side of hash 10-12 yards deep.	#2, QB, #1	Deep half of field. Expect slant by #1 and either intercept or destroy the play. Must be able to defend deep half to sidelines	D gap. Outside-in player. Option-Pitch
SC	Head up on #1. From 1-5 yards deep.	#1, QB, #2	Square shoulders. Shuffle feet to mirror #1. Do not let him get release to outside. Do not have to be as concerned with #2 on quick vertical with Sam drop.	Inside-out player. Do not be in a big hurry at all. Make sure it is a run. Communicate and make the open field tackle.

Main Menu

Coverage
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Cover 2 Sam



Position	Alignment	Key Read	Pass Responsibility	Run Responsibility
Mike	Same as Cover 3 Sam	Near OG, Center, FB, interior triangle	Work to middle of field. back to 12 yards. Head on swivel. Look to give inside and underneath help on #1. Look for RB. Check for Screen.	Strong B gap. Weak A gap. Look for Draw. Option-Dive-QB-Pitch.
Sam	Same as Cover 3 Sam	TE, OT, OG, Key down LOS	Jam TE, then settle in to strong curl zone back to 12 yards. Find #2 and #1 in routes. Take away slant, curl. React on ball when QB sets.	Constrict C gap. Play D gap. Option-Destroy QB.
Will	Same as Cover 3 Sam	Down line, near OG, backfield triangle.	Work to weak curl zone back to 12 yards. Head on swivel.	Weak D gap. Option-Pitch.
SS	Head up on #1. From 1-5 yards deep.	#1, QB, #2	Square shoulders. Shuffle feet to mirror #1. Do not let him get release to outside. Let receiver come to you. Get wider in drop to keep position maintenance	D gap. Outside-in player. Option-Pitch
FS	2 yards on either side of hash 10-12 yards deep.	Uncovered OT, QB, #1	Deep half of field. Expect slant by #1 and either intercept or destroy the play. Must be able to defend deep half to sidelines.	Inside-out player. Do not be in a big hurry at all. Make sure it is a run. Communicate and make the open field tackle.
WC	2 yards on either side of hash 10-12 yards deep.	#2, QB, #1	Deep half of field. Expect slant by #1 and either intercept or destroy the play. Must be able to defend deep half to sidelines	D gap. Outside-in player. Option-Pitch
SC	Head up on #1. From 1-5 yards deep.	#1, QB, #2	Square shoulders. Shuffle feet to mirror #1. Do not let him get release to outside. Do not have to be as concerned with #2 on quick vertical with Sam drop.	Inside-out player. Do not be in a big hurry at all. Make sure it is a run. Communicate and make the open field tackle.

Main Menu

Coverage Menu

Cover 2 Sam-Man



Position	Alignment	Key Read	Pass Responsibility	Run Responsibility
Mike	Same as Cover 3 Sam-Man	Near OG, Center, FB, interior triangle	Strong curl zone back to 12 yards. Head on swivel. Know that #2 is taken by the Sam. Can give help to other threats.	Strong B gap. Weak A gap. Look for Draw. Option-Dive-QB-Pitch.
Sam	Same as Cover 3 Sam-Man	TE, OT, OG, Key down LOS	Jam TE. Force him outside. Take #2 man to man.	Constrict C gap. Play D gap. Option-Destroy QB.
Will	Same as Cover 3 Sam-Man	Down line, near OG, backfield triangle.	Drop weak curl zone. Know Sam is taking #2. Do not have to worry about #2 on drag. Can jump RB in flats on Counter pass right now.	Weak D gap. Option-Pitch.
SS	Head up on #1. From 1-5 yards deep.	#1, QB, #2	Square shoulders. Shuffle feet to mirror #1. Do not let him get release to outside. Let receiver come to you. Settle to flats back to 12 yards.	D gap. Outside-in player. Option-Pitch
FS	2 yards on either side of hash 10-12 yards deep.	Uncovered OT, QB, #1	Deep half of field. Expect slant by #1 and either intercept or destroy the play. Must be able to defend deep half to sidelines.	Inside-out player. Do not be in a big hurry at all. Make sure it is a run. Communicate and make the open field tackle.
WC	2 yards on either side of hash 10-12 yards deep.	#2, QB, #1	Deep half of field. Expect slant by #1 and either intercept or destroy the play. Must be able to defend deep half to sidelines	D gap. Outside-in player. Option-Pitch
SC	Head up on #1. From 1-5 yards deep.	#1, QB, #2	Square shoulders. Shuffle feet to mirror #1. Do not let him get release to outside. Do not have to be as concerned with #2 on quick vertical with Sam drop.	Inside-out player. Do not be in a big hurry at all. Make sure it is a run. Communicate and make the open field tackle.

Zone technique for SS and SC in Cover 2

- Jam technique. Alignment may vary from Press to 5 yards off receiver.
- Lateral movement, keeping the shoulders parallel to the LOS.
- Do not attack! Do not lunge forward!
- Be in a hitting position: Square stance with elbows tucked in to the sides and thumbs up. Must move your feet on snap. SHUFFLE your feet.
- Blow delivery: Aim point/ eyes on opponent's numbers until you have struck a blow.
- Do not peek in at ball once in a set-up position.
- May search for inside-out threat once contact is made or reacting to run.
- Then drop to zone, landmark back to 12 yards IN FLAT AREA.
- Want to force the receiver in to the FS and WC. They are expecting a slant and should either intercept it or cause major collision.
- Know the "Nevers." We cannot let the receiver get a clean release to the outside and get up the field.



Zone technique for FS and WC in Cover 2

- Know where your responsibility is located. (Know your landmarks)
- Be patient. Squat and read. Ball on LOS or off.
- Keep opponent's jersey in front of you.
- Expect #1 receiver to get funneled inside. Expect slant. Be able to defend fade.
- Pre-read immediate threats to your zone. Know who can hurt us and where.
- You are an inside-out player most of the time.
- You are the last line of defense and must stop the big plays.
- **YOU HAVE DEEP HALF OF FIELD!**
- Use proper angles and leverage on the football. This is a must for the FS and WC in Cover 2.
- You can not have a flat lateral angle. You must put yourself in a position to make a play on the ball or make the tackle.
- Know what the "Nevers" are. We will take away the slant and seam routes. We will react to and make a play on the ball on deep outside routes, flags, etc.

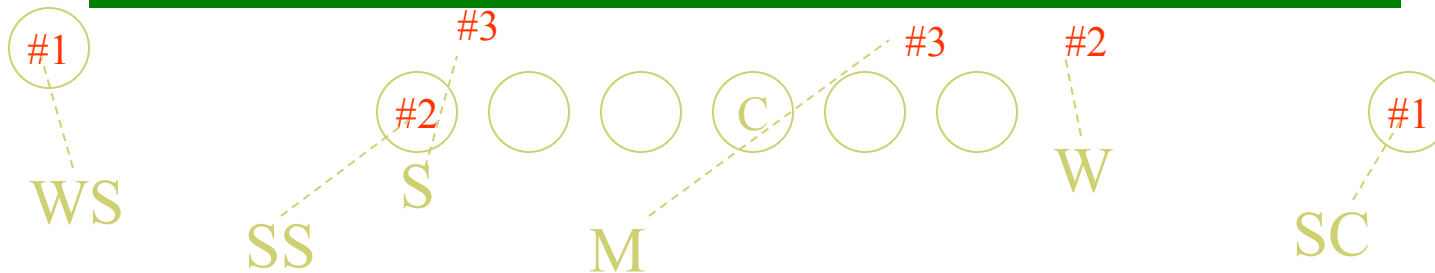


Cover 1

- Man coverage with a Free Safety.
- 6 players in Man coverage and 1 Free.
- Every one will run with motion except the Mike and the Sam.
- Corners will play with inside leverage on #1 receivers and vary the depth the play at. In cover 1 our corners can align tighter because they have deep help with the Free Safety.
- Alignments by every one else will remain the same as Cover 3
- Defensive backs must have man eyes'. DB's must keep eyes on their man until the FS gives them a run call. Man is man is man. Their keys change when we are in Cover 1.
- Know what the "Nevers" are. We will not let receivers get releases inside of us. We will force routes to the outside and make plays on the ball.



Cover 1



FS(Free)

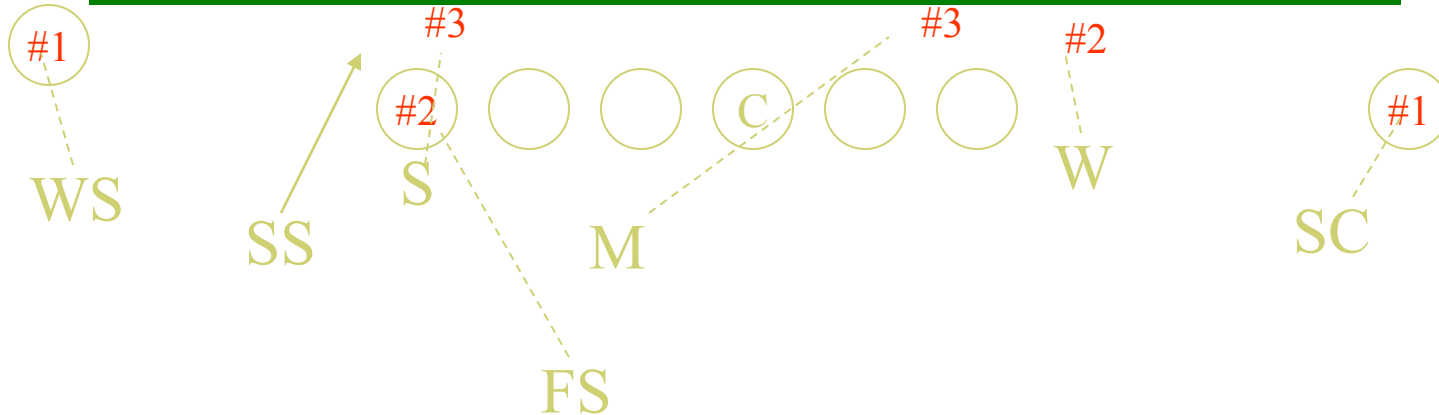
Position	Alignment	Key Read	Pass Responsibility	Run Responsibility
Sam	2 Tech on TE	Near OG, Center, FB, interior triangle	#3 (out of backfield) to the strong side only.	Strong B gap. Weak A gap. Look for Draw. Option-Dive-QB-Pitch.
Mike	3 Tech on guard 4 yards deep	TE, OT, OG, Key down LOS	#3 (out of the backfield) to the weak side only.	Constrict C gap. Play D gap. Option-Destroy QB.
Will	Align on level 1 over ghost TE	Down line, near OG, backfield triangle.	#2 to the weak side. Usually the TB.	Weak D gap. Option-Pitch.
SS	2 receiver side or strong. Split #1 and #2. 4 yards deep.	TE or #2 through FB, #1	#2 to the strong side. Usually the TE or flanker in twins.	Strong D gap. Option-Pitch
FS	Over weak side OG. 10-12 yards deep.	Uncovered OT, QB, #2, #1	Free. Give help to any deep route. React up to any short route and make tackle. Communicate pass/ run!!!!	Inside-out responsibility. Make tackle. Do not allow cut back. Option-Dive-QB-Pitch.
WC	2 receiver side or strong. Outside shoulder of #1. 1-7 yards deep.	#1, QB, #2	#1 to his side.	Outside-in responsibility. Make tackle. Option-None.
SC	One receiver side or weak. 1-3 yards inside #1. 1-7 yards deep.	#1, QB, #2	#1 to his side.	Outside-in responsibility. Make tackle.

Cover 0

- Man coverage with no Free. Designed for blitzes.
- Free Safety will pick up man who is blitzing.
- Automatic adjustment we can make if we are in Cover 1 and they go no backs.
- 6 players in man coverage with no deep help.
- Every one will run with motion except Mike and Sam.
- Corners will play with inside leverage on #1 receivers and vary the depth the play at. In cover 1 our corners can align tighter because they have deep help with the Free Safety.
- Alignments by every one else will remain the same as Cover 3
- Defensive backs must have man eyes'. DB's must keep eyes on their man until the FS gives them a run call. Man is man is man. Their keys change when we are in Cover 0.
- Know what the "Nevers" are. We will not get beat deep in this coverage. We have no deep help. We must play smart and make the offense snap it again.



Cover 0



Position	Alignment	Key Read	Pass Responsibility	Run Responsibility
Sam	2 Tech on TE	Near OG, Center, FB, interior triangle	#3 (out of backfield) to the strong side only unless blitzing.	Strong B gap. Weak A gap. Look for Draw. Option-Dive-QB-Pitch.
Mike	3 Tech on guard 4 yards deep	TE, OT, OG, Key down LOS	#3 (out of the backfield) to the weak side only unless blitzing.	Constrict C gap. Play D gap. Option-Destroy QB.
Will	Align on level 1 over ghost TE	Down line, near OG, backfield triangle.	#2 to the weak side. Usually the TB unless blitzing.	Weak D gap. Option-Pitch.
SS	2 receiver side or strong. Split #1 and #2. 4 yards deep.	TE or #2 through FB, #1	#2 to the strong side. Usually the TE or flanker in twins unless blitzing like drawn here in "Shark."	Strong D gap. Option-Pitch
FS	Over weak side OG. 10-12 yards deep.	Uncovered OT, QB, #2, #1	Will man up offensive player who's man is blitzing. i.e. on a "Shark" he would pick up the SS man.	Inside-out responsibility. Make tackle. Do not allow cut back. Option-Dive-QB-Pitch.
WC	2 receiver side or strong. Outside shoulder of #1. 5-7 yards deep.	#1, QB, #2	#1 to his side unless blitzing.	Outside-in responsibility. Make tackle. Option-None.
SC	One receiver side or weak. 1-3 yards inside #1. 5-7 yards deep.	#1, QB, #2	#1 to his side unless blitzing.	Outside-in responsibility. Make tackle. Option-None.

Man Techniques

- **Man technique** – Alignments will vary depending on offensive formation and defensive front.
- Have man eyes. Read your key which is the man you are covering until the FS gives you a “run” call.
- Jump hip of receiver you have. Read his hips. When he breaks you break. Listen for “Ball” call from FS meaning the ball is in the air. Make break on the ball and play the man then the ball. If you are going for the interception make sure you can get it. If not make proper play on the ball and ensure the tackle.
- **Trail technique** – Same as the jam technique but you have inside leverage forcing the receiver out. It is a Jam technique initially. The difference is in the Trail technique you never peek inside and the man is yours wherever he goes.
- Must stay on the back shoulder/ hip and actually trail the receiver. You must read the receiver. He will tell you when the ball is being thrown.

Nickel (30 Nose)



WS

SS

S

M

W

N

SC

FS

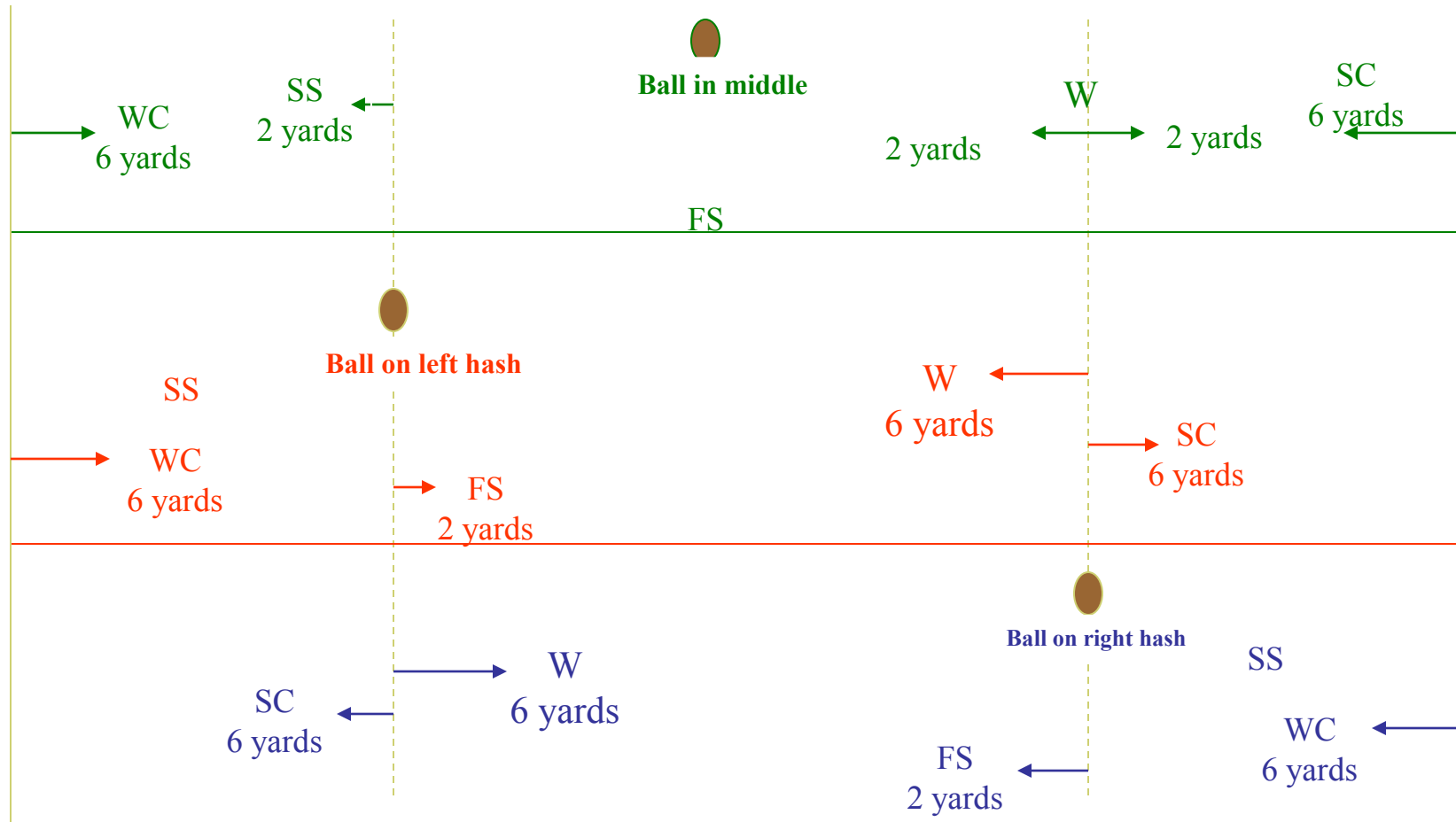
Position	Alignment	Key Read	Pass Responsibility	Run Responsibility
Sam	B gap. 4 yards deep. If TE will go up to 2 tech. on TE.	B gap no TE. D gap with TE.	Strong Curl zone. If there is TE, then has Sam drop unless call is made to blitz	B gap no TE. D gap with TE. Option – QB.
Mike	Stacked behind Tilt 4 yards deep.	A gap away from Nose.	Middle of Field. Screen and draw aware. Resp. back to 12 yards.	A gap away from Tackle. Option – Dive – QB – Pitch.
Will	B gap. 4 yards deep. If double TE will go up to 2 tech. on 2 nd TE.	OT, guard. Key down the LOS.	Weak Curl zone back to 12 yards.	Weak B gap to TE. D gap with Double TE. Option – QB.
SS/ N	Split #1 and #2. 4 yards deep.	#2 (Either TE or OT), #1. React to ball.	Immediate Flat coverage back to 12 yards.	Outside D gap players. Option - Pitch
FS	Shade to wide side guard. 12-15 yards deep.	Uncovered OT, QB, #2, #1	Deep middle 1/3 of field.	Inside- Out player. Option – Dive – QB – Pitch.
WC	5 – 7 yards deep. Outside shoulder of #1.	#1, QB, #2	Deep outside 1/3 of field.	Outside- In player. Option – none.
SC	5 – 7 yards deep. Outside shoulder of #1.	#1, QB, #2	Deep outside 1/3 of field.	Outside – In player. Option – none.

Theories for Each Coverage

- Take away the “Nevers.”
- Find their favorite receiver for each formation.
- Play and pattern recognition to establish tendencies.
- Use field dividers and proper footwork to secure position maintenance.
- Play pass first!! And run second.
- Go to the football once it is released and intercept the ball at its highest point.
- Know what their “home” set is.
- Know our coverage adjustments.
- Always ASK if you are unsure or confused about any aspect.
- Play with courage – no fear – accept the challenge and strive to be the BEST!

Field Dividers for Cover 3

Drawn up with Strength to Def. Left



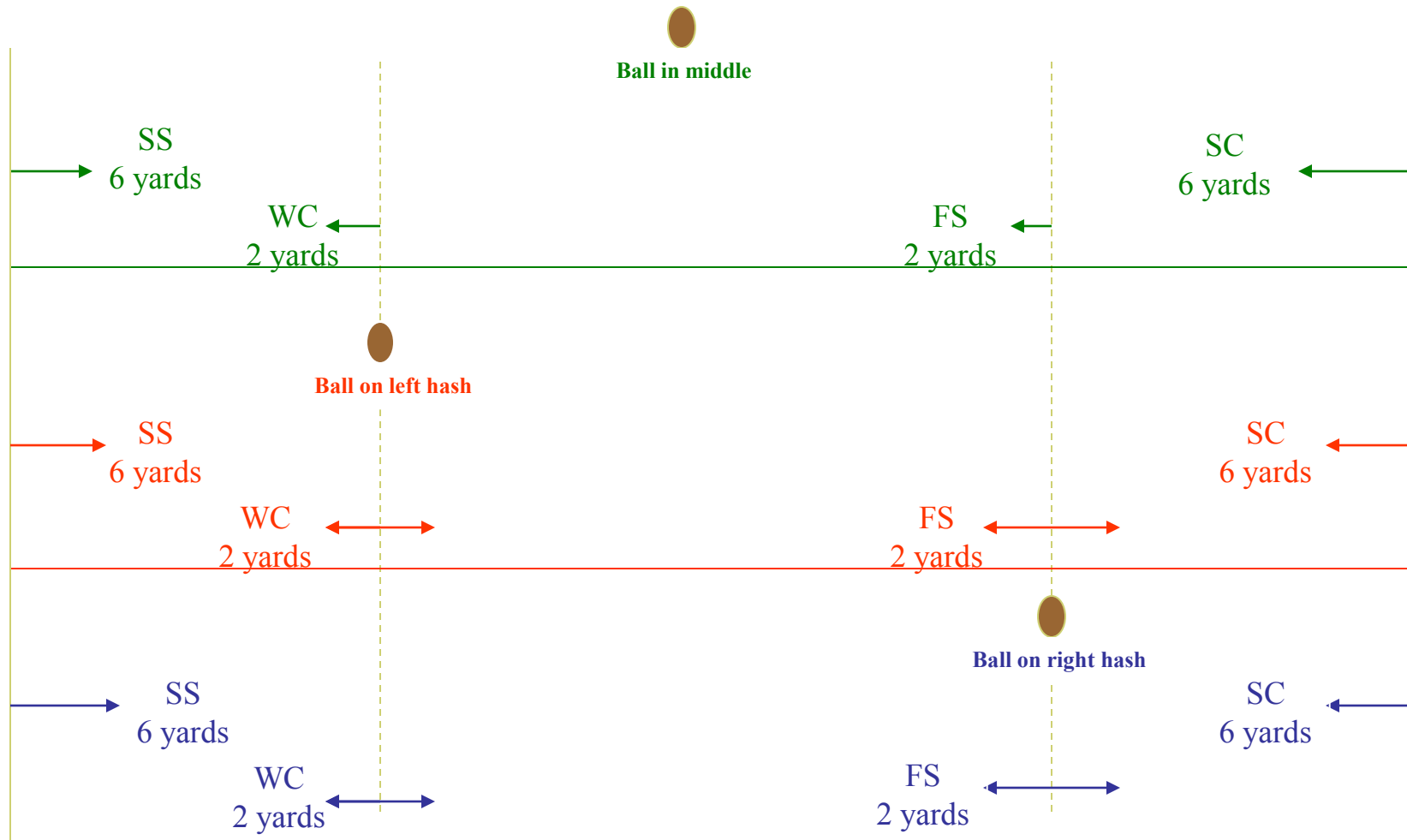
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Coverage
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Field Dividers for Cover 2

Drawn up with Strength to Def. Left



Main Menu

Coverage
Menu





Position By Position Stunts Required To Know

Tilt
Stunts Required to Know

Strong End-Stunts Required
to Know

Tackle
Stunts Required to Know

Rush End
Stunts Required to Know

Sam LB
Stunts Required to Know

Tilt- Stunts That You Are Required To Know

- Tom
- Tim
- Gap
- Double Gap
- Twist
- Double Tilt
- $\frac{1}{2}$ Adjustment

Tackle- Stunts That You Are Required To Know

- Tom
- Tim
- Gap
- Double Gap
- Twist
- Double Tilt

Strong End- Stunts You Are Required To Know

- Choice
- Blast
- Eagle
- Slam
- Palms
- 1/2 Adjustment

Rush End- Stunts You Are Required To Know

- Me
- You
- Twist
- Ram
- Loop
- Tiger
- Lion
- Crash

Sam Linebacker- Stunts That You Are Required To Know

- Blast
- Eagle
- Slam
- Slash
- $\frac{1}{2}$ Adjustment



Stunt Techniques

Gap Charge Technique
For All Stunts

Examples of Gap Charge
Technique

Loop Technique for All Stunts

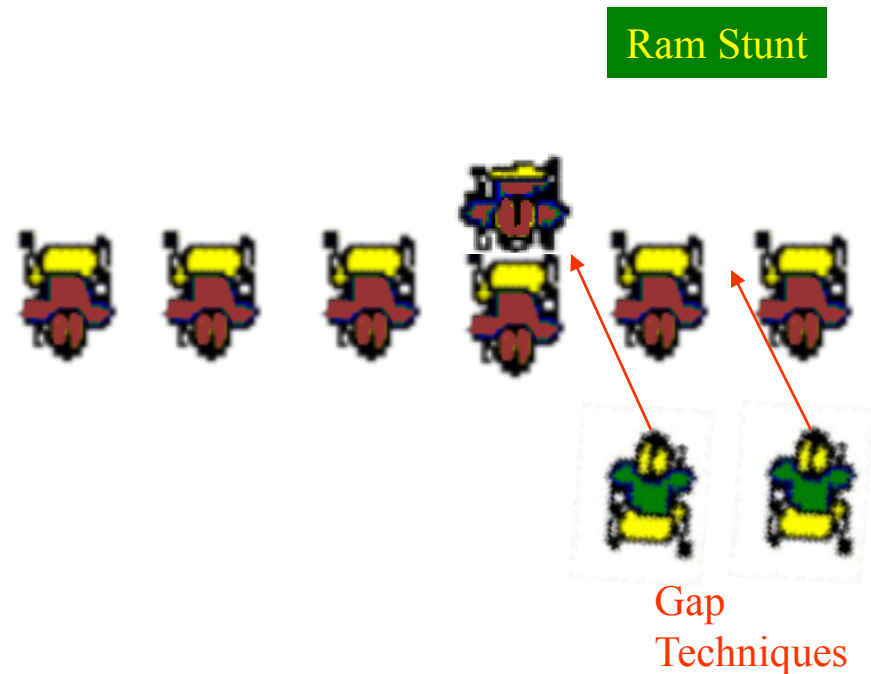
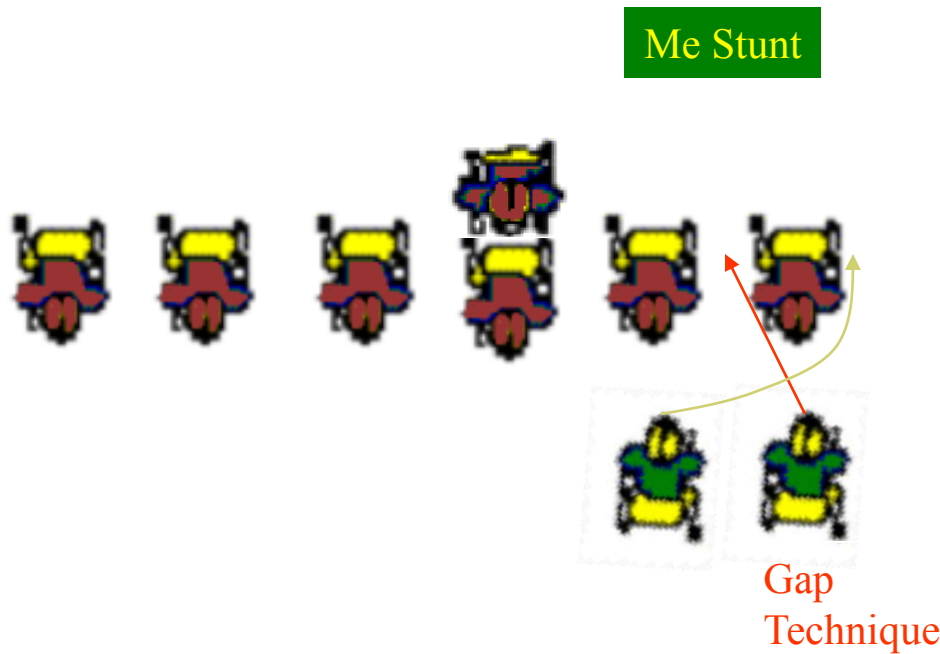
Examples of Loop Technique

Gap Charge Technique For All Stunts

- Gap charge technique is when attacking a gap and penetrating to heel depth.
- Eyes up and bull neck. **DO NOT RUN INTO LINEMAN.** Shoulders should be slightly turned inside.
- Take the gap and make the a play. Do not stop at heel depth if you can make the play.

Gap Charge Technique When Running a Stunt

Gap Charge Technique is Always First



Gap technique is when attacking a gap and penetrating to heel depth. Eyes up and bull neck. **DO NOT RUN INTO LINEMAN.** Shoulders should be slightly turned inside. Take the gap and make the a play. Do not stop at heel depth if you can make the play.



Gap Charge Technique When Running a Stunt

Gap Charge Technique is Always First

Eagle Stunt

Gap Technique



Slam Stunt

Gap Technique



Gap technique is when attacking a gap and penetrating to heel depth. Eyes up and bull neck. **DO NOT RUN INTO LINEMAN.** Shoulders should be slightly turned inside. Take the gap and make the a play. Do not stop at heel depth if you can make the play.



Loop Technique For All Stunts

- Take a lateral step then stay tight to the players hip. Stay lateral if run shows.
- You are a linebacker now. If pass shows get up field into pass rush lane.

Loop Technique When Running A Stunt

Loop Technique is Always Second

Me Stunt

Tom Stunt

Loop Technique

Loop Technique

Take a lateral step then stay tight to the players hip. Stay lateral if run shows. You are a linebacker now. If pass shows get up field into pass rush lane.

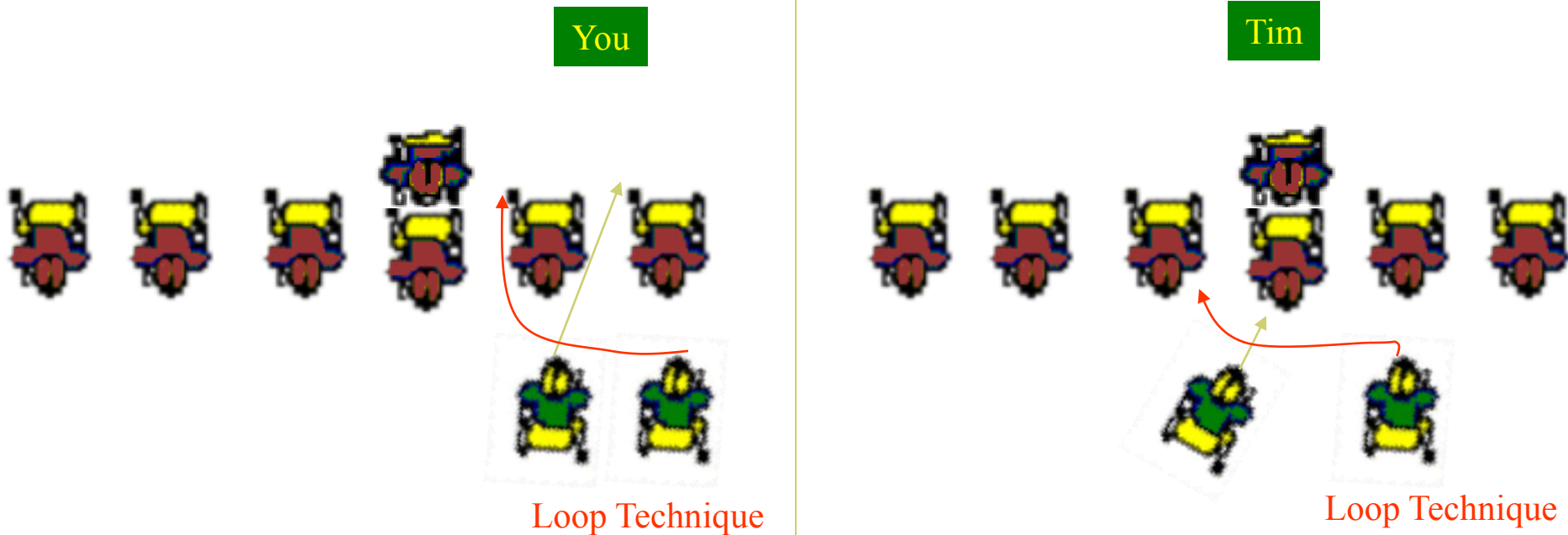
Main Menu

Stunt Technique
Menu



Loop Technique When Running A Stunt

Loop Technique is Always Second



Take a lateral step then stay tight to the players hip. Stay lateral if run shows. You are a linebacker now. If pass shows get up field into pass rush lane.





Stunts

Tom, Tim

Eagle, Slam

Me, You

Gap, Double Gap

Palms, Twist

Double Tilt

Blast, Ram

Tiger, Lion

Loop, Up

Slash, Crash

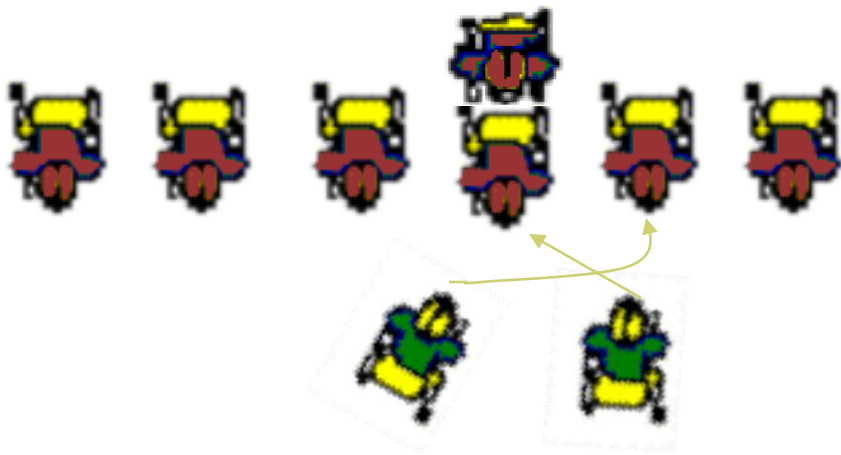
Choice

½ Adjustment

Tom and Tim Stunts

Tilt and Tackle involved in stunt

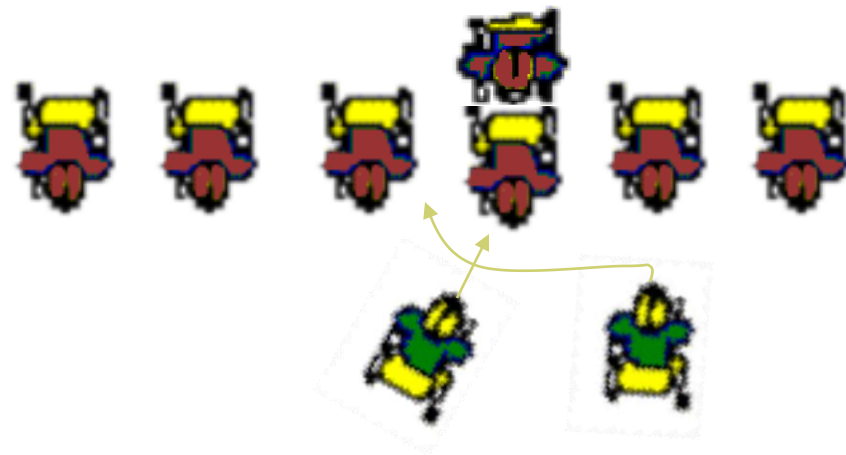
Tom



Tackle stem to a 1 technique

Tilt and Tackle involved in stunt

Tim



Tackle stem to a 1 technique

Me and You Stunts

Tackle and Rush End involved in stunt

Me



Rush End move to a 2 technique

Tackle and Rush End involved in stunt

You



Rush End move to a 2 technique

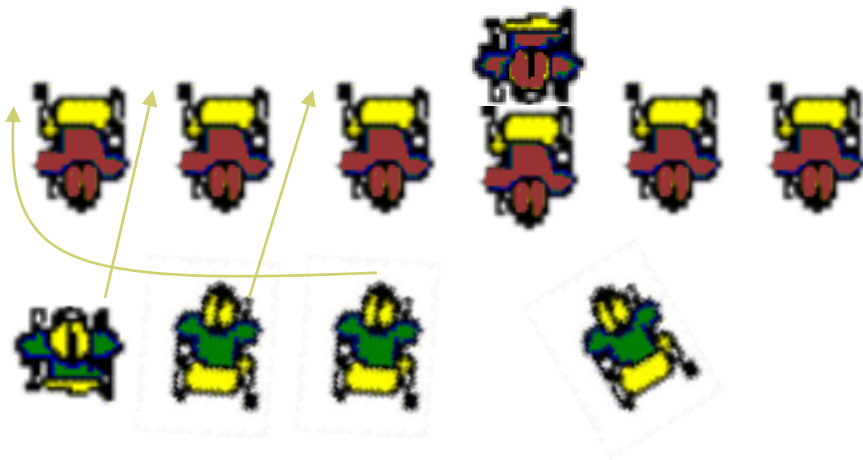
Main Menu

Stunt Menu

Palms and Twist Stunts

Sam LB, Strong End and Tackle involved in stunt

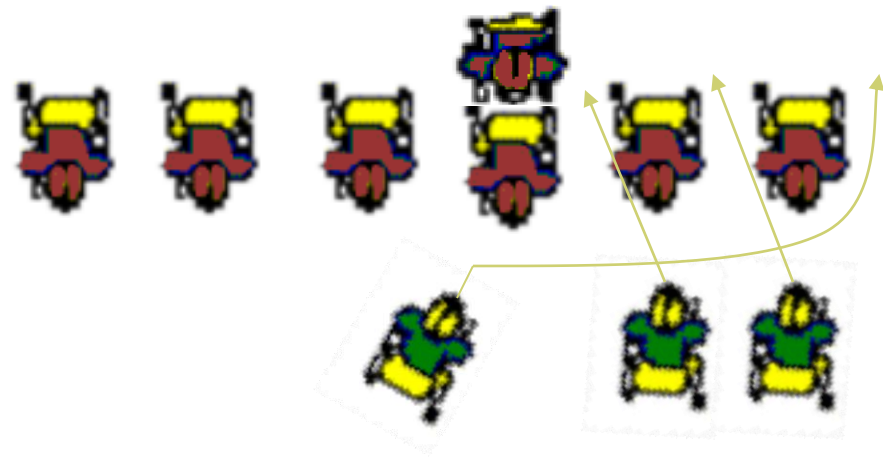
Palms



Strong End move to a 2 technique.

Tilt, Tackle and Rush End involved in stunt

Twist

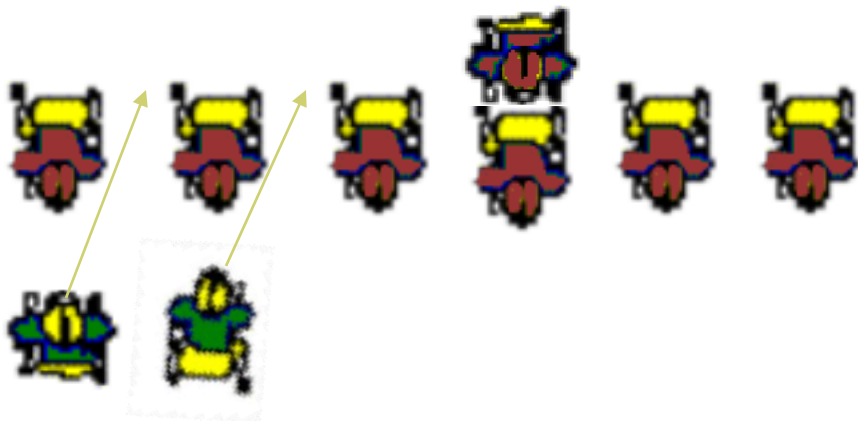


Tackle and Rush move to a 2 technique

Blast and Ram Stunts

Sam LB and Strong End involved in stunt

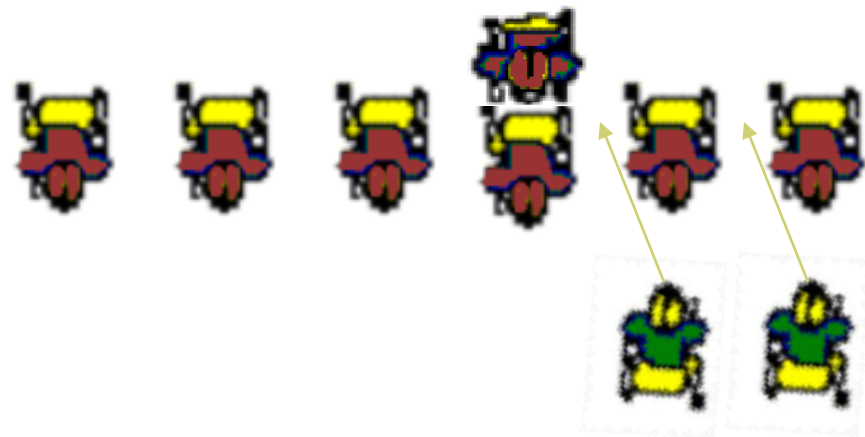
Blast



Strong End move to a 2 technique

Tackle and Rush End involved in stunt

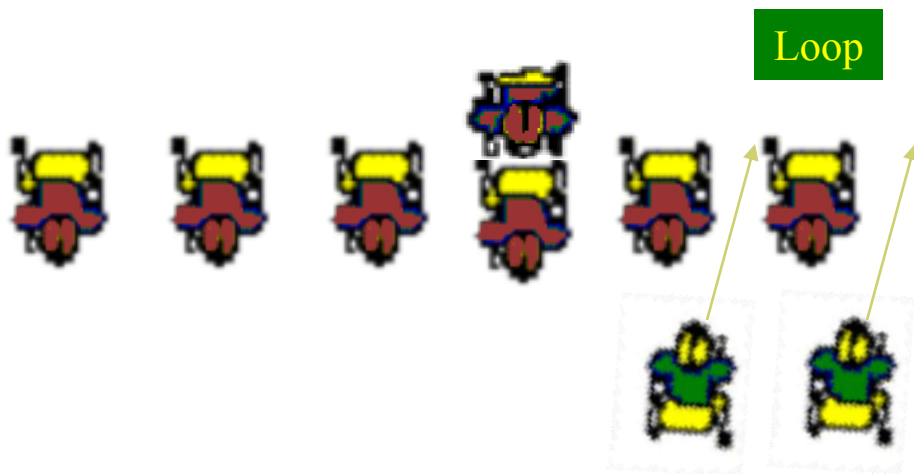
Ram



Tackle and Rush End move to a 2 technique

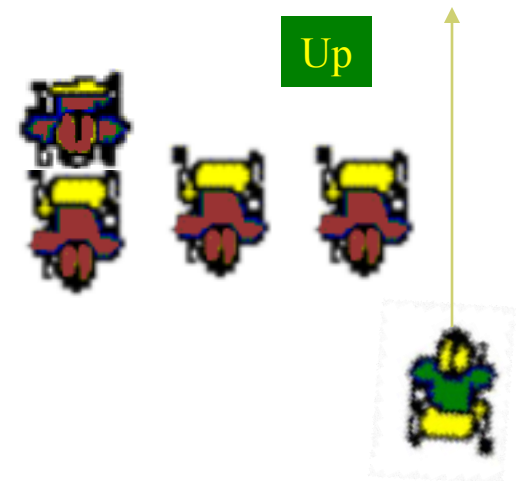
Loop and Up Stunts

Tackle and Rush End involved in stunt



Under Out is a good call. Tackle and Rush will run the Loop stunt and Will LB blitzes A gap

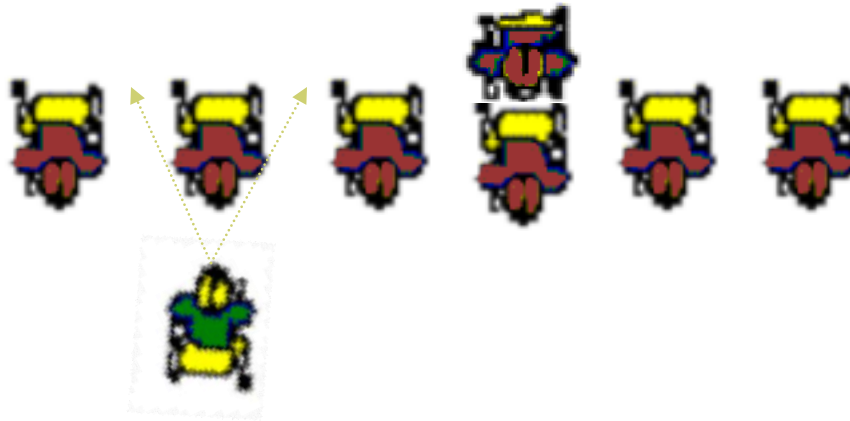
Rush End involved in stunt



Rush End move to a wide 3 tech. Attack up field on snap

Choice Stunt

Strong End involved in stunt



Strong End can either go B gap or C gap. Usually you will go B gap. Mike Linebacker will be responsible for the other gap.

Eagle and Slam Stunts

Eagle

Sam and Strong End involved in stunt



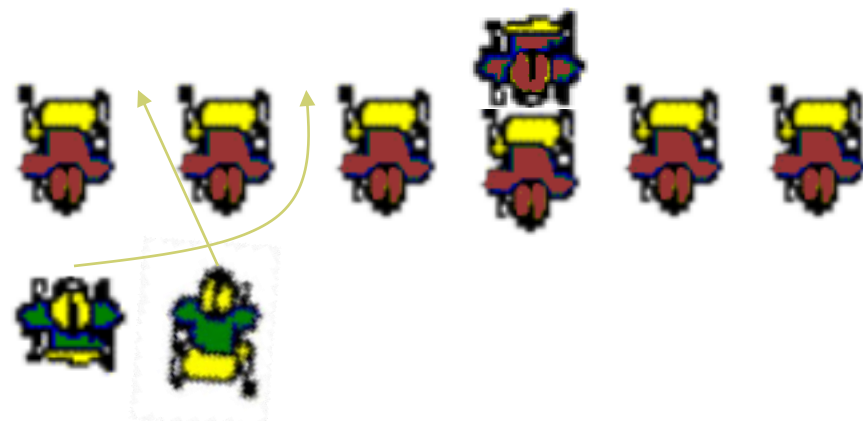
Strong End you now have contain

Main Menu

Stunt Menu

Slam

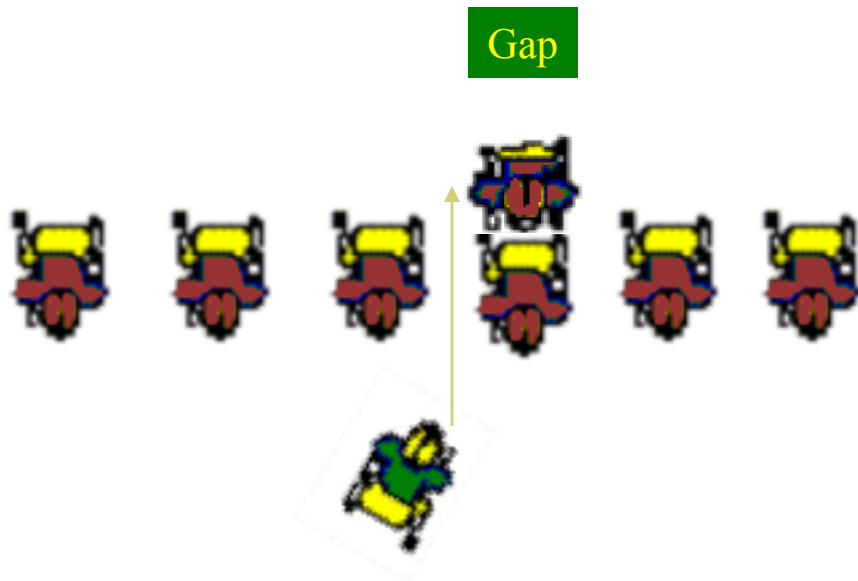
Sam and Strong End involved in stunt



Sam LB clear strong end then go through first gap inside. Do not run into lineman. Strong End you now have contain

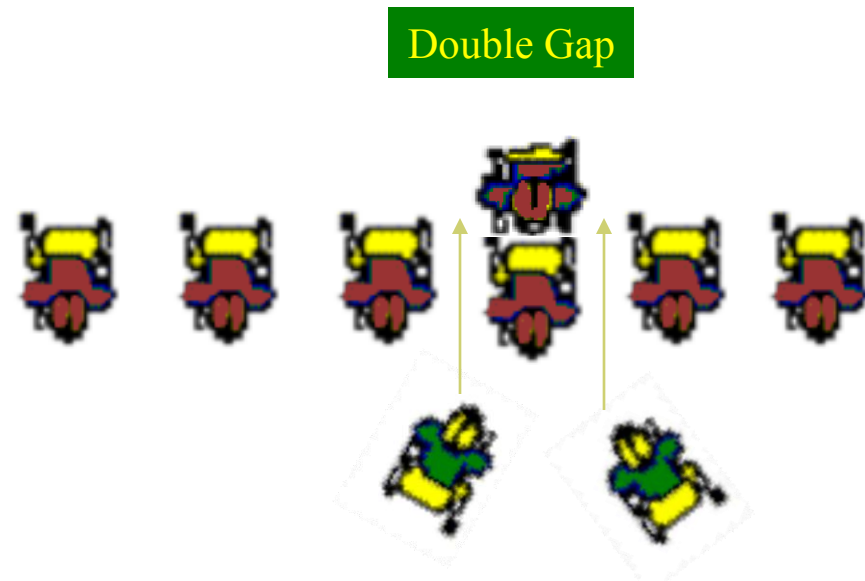
Gap and Double Gap Stunts

Tilt and involved in stunt



Tilt attack the strong A gap. Good move is a swim move. Do not touch center.

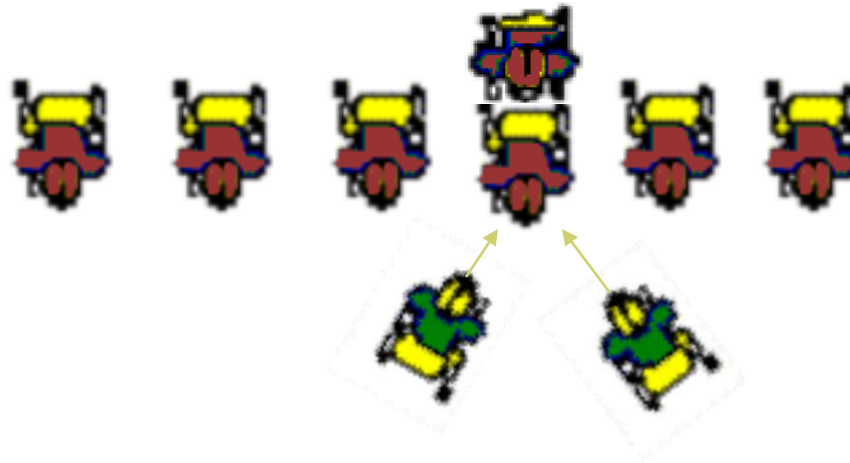
Tilt and Tackle involved in stunt



Tilt attack strong A gap and Tackle attack Weak A gap. Good move is a swim move. Do not touch center. If center reach blocks other tackle play over top behind and pursue lateral down the L.O.S.

Double Tilt

Tilt and Tackle involved in stunt

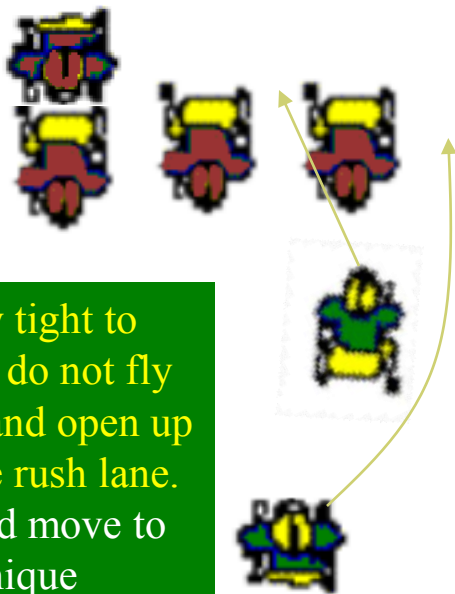


Tilt and Tackle destroy center. Tilt and Tackle aiming point is the V of the neck.
Both Tilt and Tackle Stem to Tilt position.

Tiger and Lion Stunts

Rush End and Will LB involved in stunt

Tiger



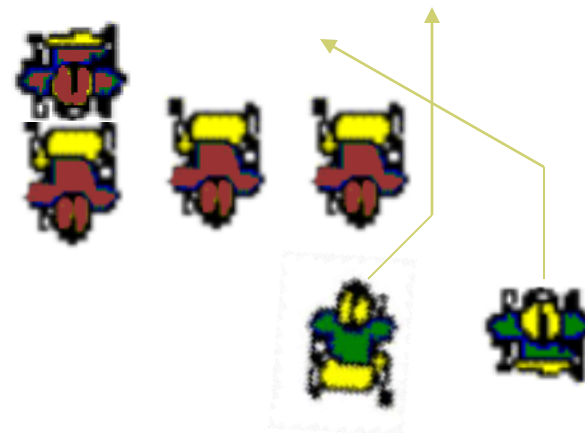
Will stay tight to rush end do not fly outside and open up an inside rush lane. Rush End move to a 2 technique

Main Menu

Stunt Menu

Rush End and Will LB involved in stunt

Lion



Will take two steps up field and duck underneath right off the butt of the rush end. Rush you have contain.

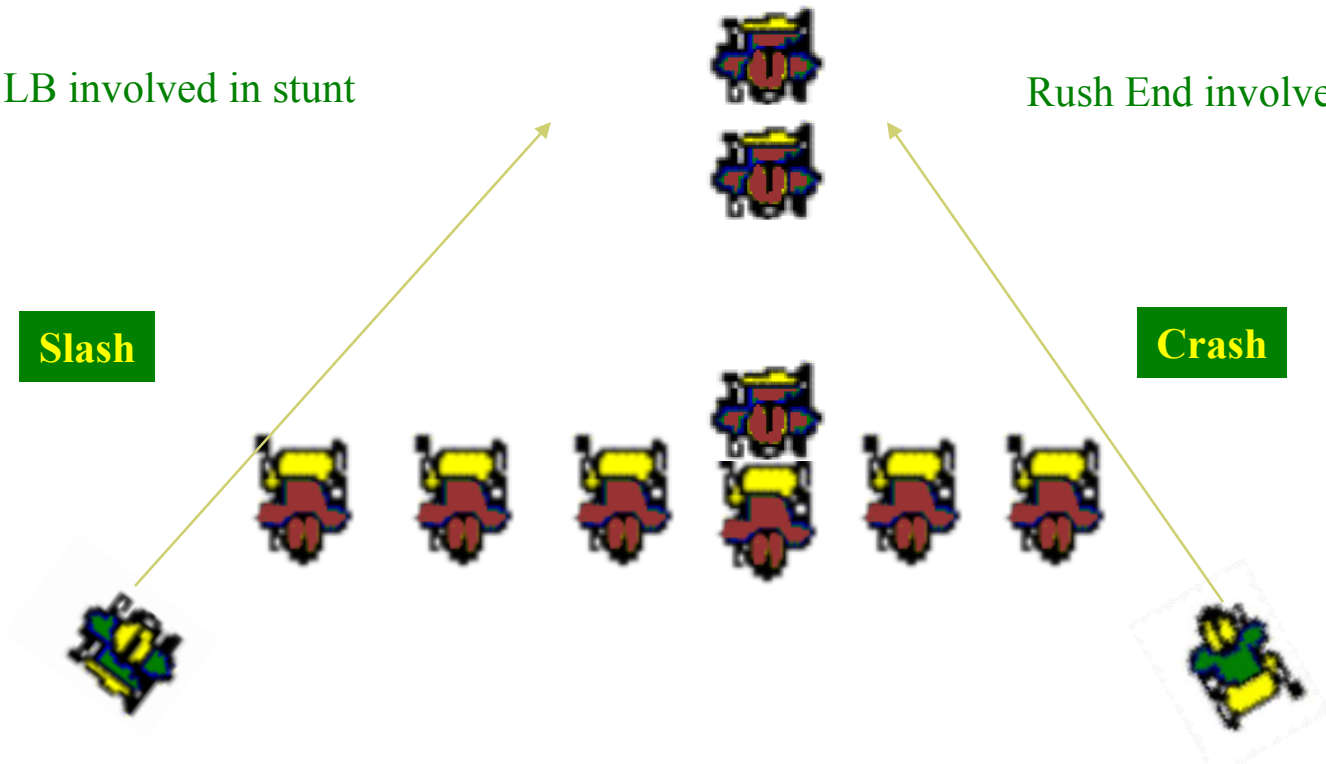
Slash and Crash Stunts

Sam LB involved in stunt

Rush End involved in stunt

Slash

Crash



Tilt at a 45 degree angle. You can be in a 3 or 2 point stance. Step with inside foot first. Get as deep as the deepest back. Aiming point is the outside hip. You still have contain so you must be under control. As the deepest back gets closer to the L.O.S. squeeze down inside.

1/2 Adjustment vs. Strong Set

Sam LB involved in stunt

Strong End involved in stunt

Tilt involved in stunt



Tilt will run a gap and force DBL Team, Strong end will go C gap and Sam LB will go D gap



Blitzes

Mike Go

Shark

Will Go

Comet Shark

Will Delay

Dinger

Out

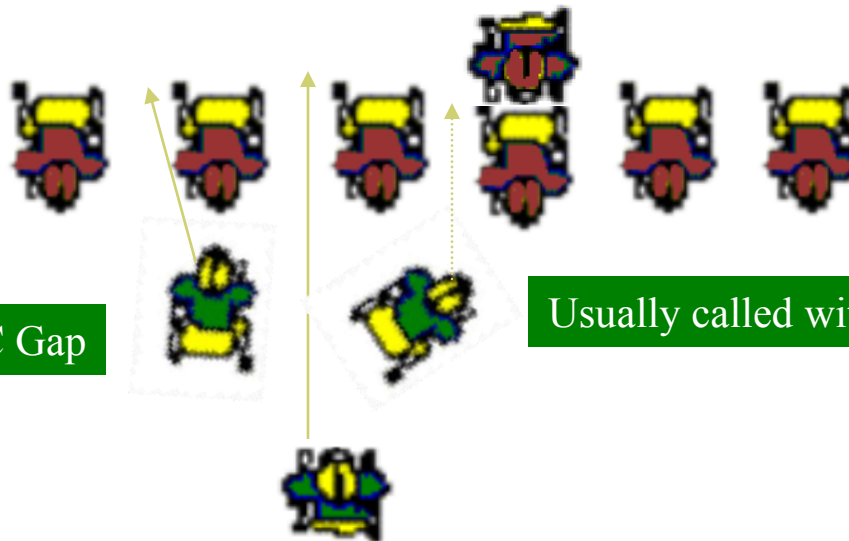
Flash

Fire, Fire Zone

Cowboy

Mike Go

B Gap Blitz

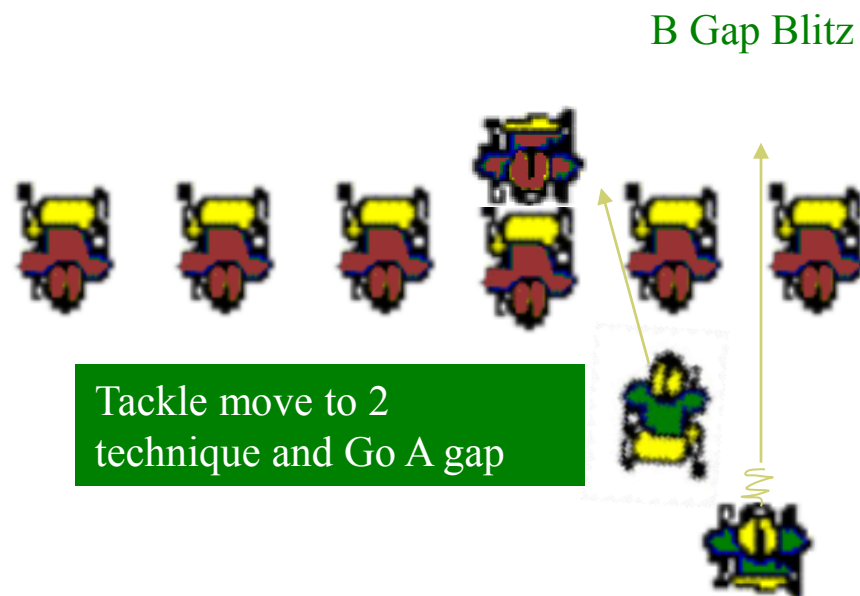


Strong End go C Gap

Usually called with a gap stunt

Use dip and rip or swim move. You have to know your responsibility. If you are taking the gap then DO NOT GO INSIDE OR GET WIDE. You are blitzing to make a play. See through blocker to your target. watch the head of the blocker. If the blocker down blocks do not make contact. If the QB rolls away do not run into the blocker. Go and make the play. Go underneath if you have to.

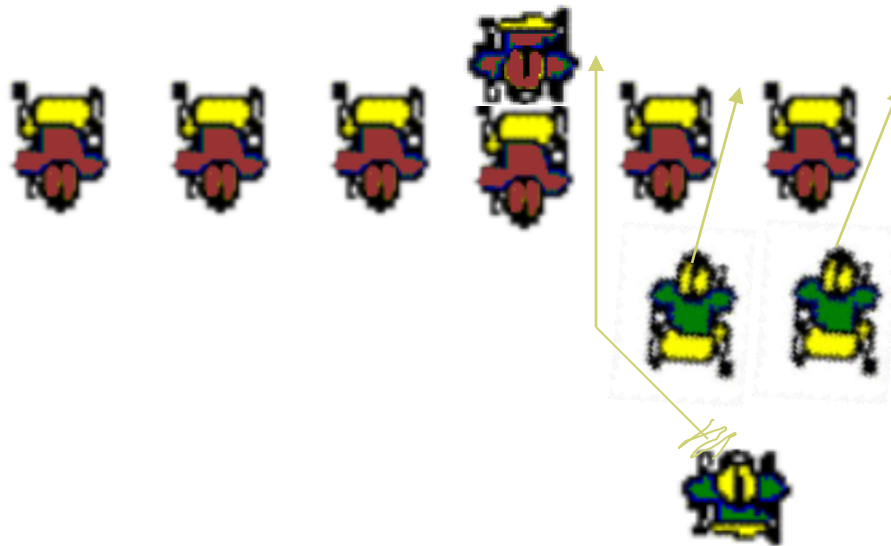
Will Delay



Delay for 1 second then blitz. Read what's happening in front of you. Use dip and rip or swim move. You have to know your responsibility. If you are taking the gap then **DO NOT GO INSIDE OR GET WIDE**. You are blitzing to make a play. See through blocker to your target. watch the head of the blocker. If the tackle down blocks do not make contact and go off his hip. Good blitz because blocking schemes are developing and Will is unaccounted for. If the QB rolls away do not run into the blocker. Go and make the play. Go underneath if you have to.

Out

A Gap Blitz



Tackle and Rush End
run a loop stunt

Right before snap start to move towards the gap. Use dip and rip or swim move. You have to know your responsibility. If you are taking the gap then **DO NOT GO INSIDE OR GET WIDE**. You are blitzing to make a play. See through blocker to your target. watch the head of the blocker. If the blocker down blocks do not make contact. If the QB rolls away do not run into the blocker. Go and make the play. Go underneath if you have to.

Fire and Fire Zone

Fire

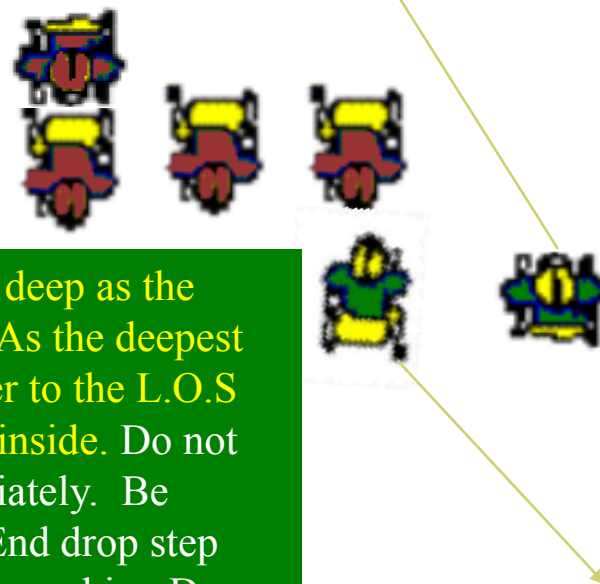
C Gap Blitz



Get as deep as the deepest back. As the deepest back gets closer to L.O.S squeeze down inside. Rush End stay on level 1 do not get up field. You are now opening up a running lane. Attack tackle and keep him from getting to the Will LB

Fire Zone

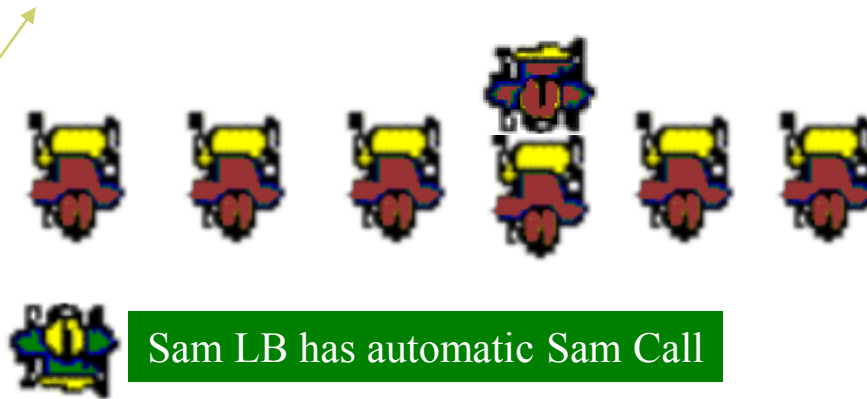
C Gap Blitz



Will LB get as deep as the deepest back. As the deepest back gets closer to the L.O.S squeeze down inside. Do not run out immediately. Be patient. Rush End drop step back turn and open hip. Drop at a 45 degree angle settle keeping head on a swivel. Get in the throwing lane. If ball is caught your in a great pursuit angle to cause a turnover from behind.

Shark

C or D Gap Blitz



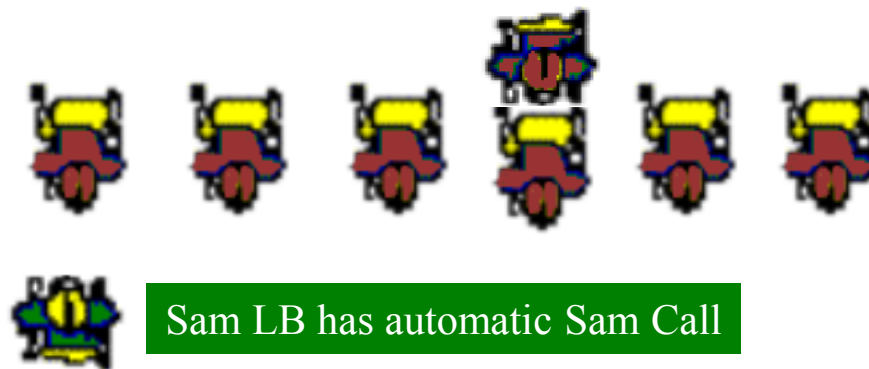
SS

Outside Blitz: Maintain outside leverage; body control capable of making the play. Find the FB, expect to be blocked and expect counter pass. Vs. Blocker: Outside blitz - Maintain leverage.

Main Menu

Blitz Menu

Comet Shark



C or D Gap Blitz
Away from receiver strength

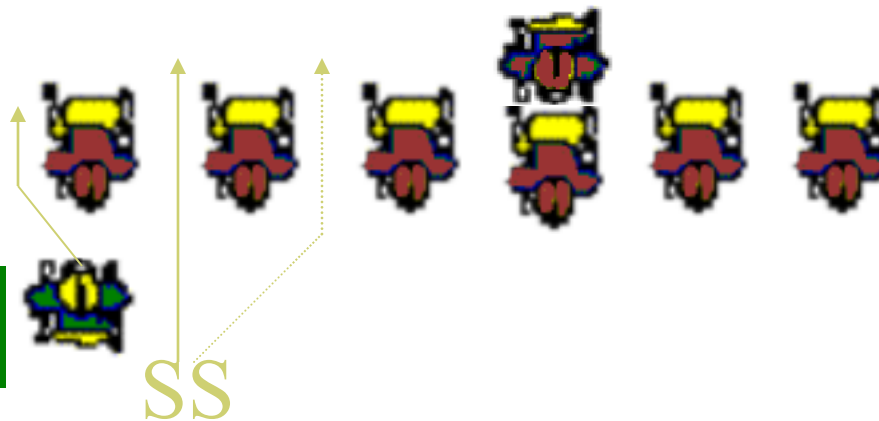
Sam LB has automatic Sam Call

SS

Outside Blitz: Maintain outside leverage; body control capable of making the play. Find the FB, expect to be blocked and expect counter pass. Vs. Blocker: Outside blitz - Maintain leverage.

Dinger

C or B Gap Blitz



Sam go D gap

Sam LB has automatic
Sam Call and has contain

Inside Blitz: Beat the blocker and find the football. Do not run by the play.

Vs. Blocker: Inside Blitz – Blow up blocker or dip and rip through. Strong end go opposite of SS.

Flash Strong and Flash Weak

Strong B Gap



Strong End go C gap

Sam LB has automatic Sam Man

FS

Weak A Gap



Sam LB has automatic Sam Man

Tackle go B gap

FS

Inside Blitz: Beat the blocker and find the football. Do not run by the play.

Vs. Blocker: Inside Blitz – Blow up blocker or dip and rip through.

Main Menu

Blitz Menu

Cowboy

C or D Gap usually from backside



Outside Blitz: Maintain outside leverage; body control capable of making the play. Find the FB, expect to be blocked and expect counter pass. Vs. Blocker: Outside blitz - Maintain leverage.



Tackling and Take Away Drills

All Positions

Rear Tackle With Strip Tech.

Mike and Will

Rear Tackle With Punch Tech.

Sam LB and Secondary

Fumble Recovery

Tackles

Scoop and Score

Strong End and Rush End

Secondary

Form Fit Tackle-Head On All Positions

Ball Carriers

Players 1 to 2 yards apart



Tacklers

Tackler will start with good base, neck bulled, elbows in, and eyes open. Ankles and knees flexed weight on balls of feet shoulders square with a slight forward lean. Target and aim point will be the football. On “HIT” tackler will step with the same leg that he is performing the Shoulder tackle with and split the crotch of the ball carrier. Be under control, ATTACK and shoot your guns and drive through the ball carrier. Accelerate on contact and do not over stride. Carry your technique beyond the ball carrier, wrap your arms and grab cloth. Drive ball Carrier back five yards or until you hear the whistle. Ball carriers arms should be extended to the outside or have there hands on the top of there head. Take a step towards tackler. Ball carrier do not jump.

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Tackling Drill
Menu

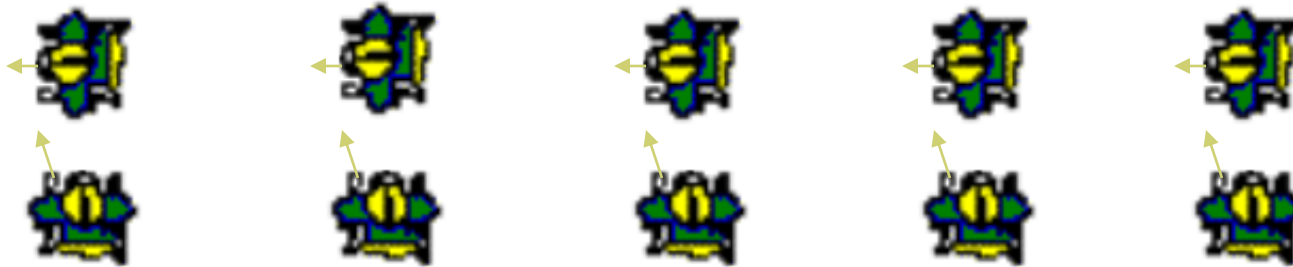


Form Fit Tackle-Angle

All Positions

Ball Carriers

Players 1 to 2 yards apart



Tacklers

Tackler will start with good base, neck bulled, elbows in, and eyes open. Ankles and knees flexed weight on balls of feet shoulders square with a slight forward lean. Target and aim point will be the football or the base of one number depending on your approach angle. On "HIT" tackler will step with his lead leg. Be under control, ATTACK and shoot your guns and drive through the ball carrier. Accelerate on contact and do not over stride. Carry your technique beyond the ball carrier, wrap your arms and grab cloth. Drive ball carrier back 3 steps and then get shoulders square and drive ball carrier up field 5 yards or until you hear the whistle. Ball carriers arms should be extended to the outside or have there hands on the top of there head. Ball carrier take two steps lateral. Ball carrier do not jump.

Main Menu

Tackling Drill
Menu

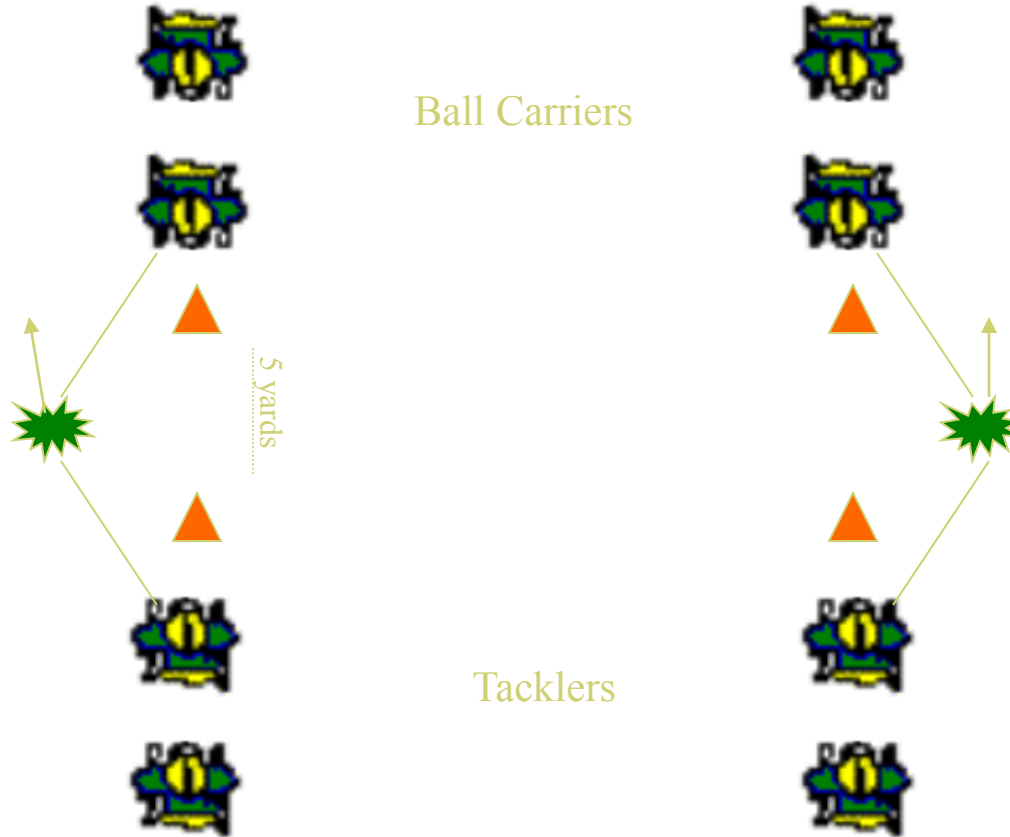


Main Menu

Angle Tackle

All Positions

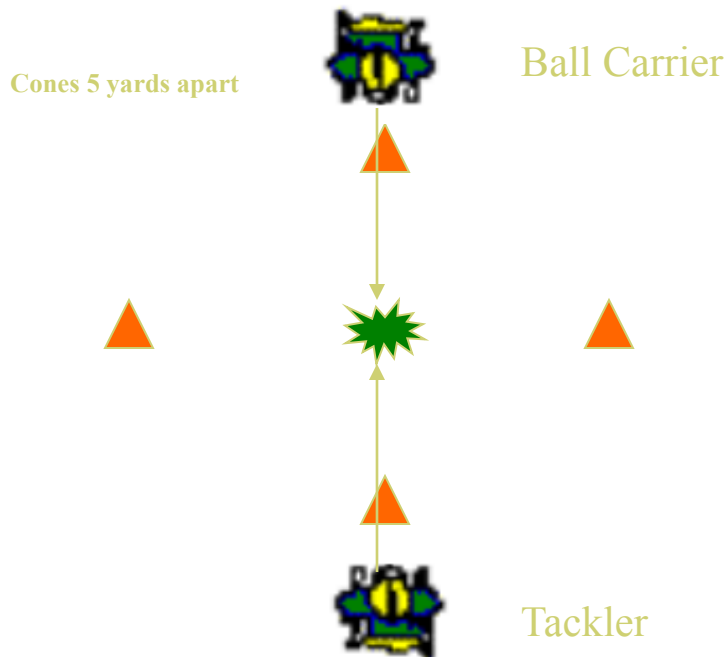
Tackling Drill
Menu



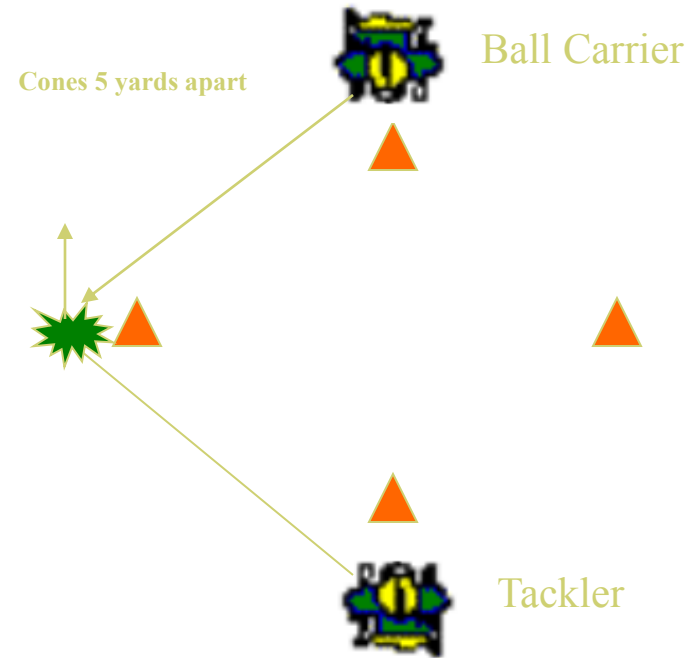
Tackler will be in proper hitting position, on the first “HIT” tackler will get his feet chopping. On second “HIT” both tackler and ball carrier will attack at an angle, to the right or left of cone. Tackler step with lead leg and do not take false steps. Get your head across in front of the ball carrier and deliver your blow using a shoulder tackle. Your aim point is the base of the outside number. Get shoulders square and drive ball carrier up field. If ball carrier tries to spin out work your back hip up field. Keep head-up, neck bulled, and eyes open. Leg acceleration equates to power. Run through ball carrier. **STOP ON WHISTLE!** Ball carrier on contact give some resistance to force tackler to accelerate feet.

Head On and Angle Tackle Drill

All Positions



Tackler will be in proper hitting position, on the first “HIT” tackler will get his feet chopping. On second “HIT” both tackler and ball carrier will attack straight ahead and the tackler will perform a head on shoulder tackle with either right or left shoulder. Tackler do not take false steps. Your aim point is the football. The tackler will shoot guns (arms), wrap, grab cloth and drive to stop the runners forward progress. Do not turn shoulders and drive your forehead through the football. Keep head-up, neck bulled, eyes open. Leg acceleration equates to power. Run through ball carrier. **STOP ON WHISTLE!** Ball carrier on contact give some resistance to force tackler to accelerate feet.



Tackler will be in proper hitting position, on the first “HIT” tackler will get his feet chopping. On second “HIT” both tackler and ball carrier will attack at an angle, to the right or left cone. Coach will point to the cone the ball carrier is to go to. Tackler step with lead leg and do not take false steps. Get your head across in front of the ball carrier and deliver your blow using a shoulder tackle. Your aim point is the base of the outside number. Get shoulders square and drive ball carrier up field. If ball carrier tries to spin out work your back hip up field. Keep head-up, neck bulled, and eyes open. Leg acceleration equates to power. Run through ball carrier. **STOP ON WHISTLE!** Ball carrier on contact give some resistance to force tackler to accelerate feet.

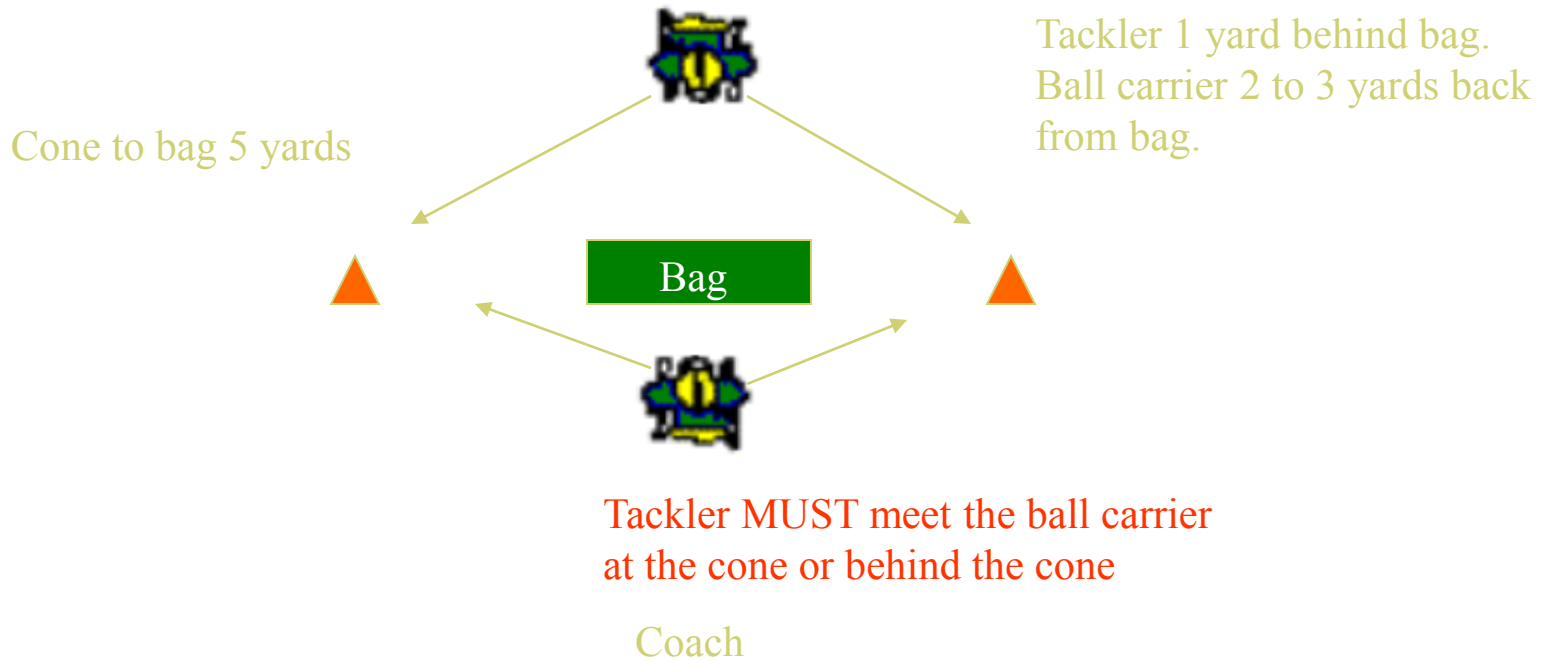
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Tackling Drill
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Angle Tackle- Goal Line

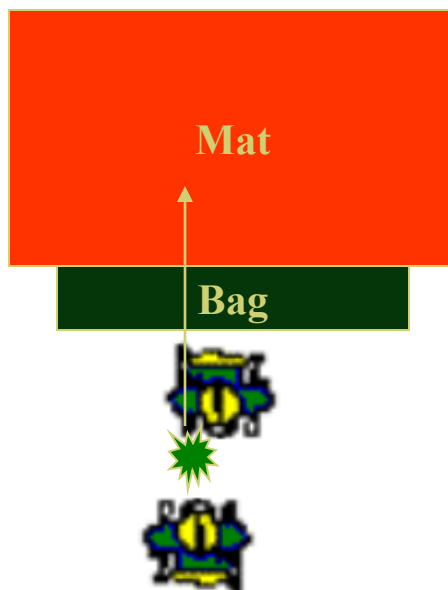
All Positions



Coach will stand behind tackler and point which the ball carrier will go. On “HIT” the tackler will read the ball carrier and attack him from the inside out staying on his back hip. Tackler will meet ball carrier at cone or behind and perform an angle tackle getting head across. Aiming point is the outside number. Get your head across in front of the ball carrier and deliver your blow using a shoulder tackle. Your aim point is the base of the outside number. Get shoulders square and drive ball carrier up field. If ball carrier tries to spin out work your back hip up field. Keep head-up, neck bulled, and eyes open. Leg acceleration equates to power. Drive through the ball carrier. **Stop on the whistle.**

Mat Tackle-Head On

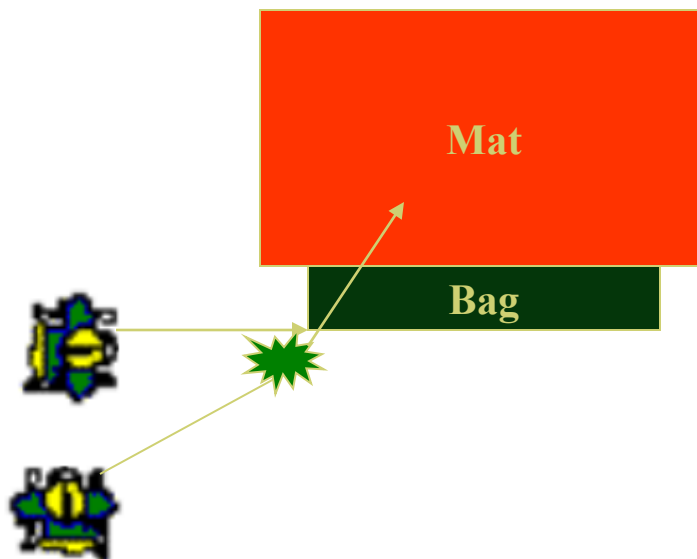
All Positions



Tackler will be in proper hitting position, on the first "HIT" tackler will get his feet chopping. On second "HIT" tackler will perform a head on shoulder tackle with either right or left shoulder. Tackler do not take false steps. Your aim point is the football. The tackler will shoot guns (arms), wrap, grab cloth and drive to stop the runners forward progress. Do not turn shoulders and drive your forehead through the football. Keep head-up, neck bulled, eyes open. Leg acceleration equates to power. Run through ball carrier. **STOP WHEN BALL CARRIER HITS MAT!** Ball carrier heels should be against the bag.

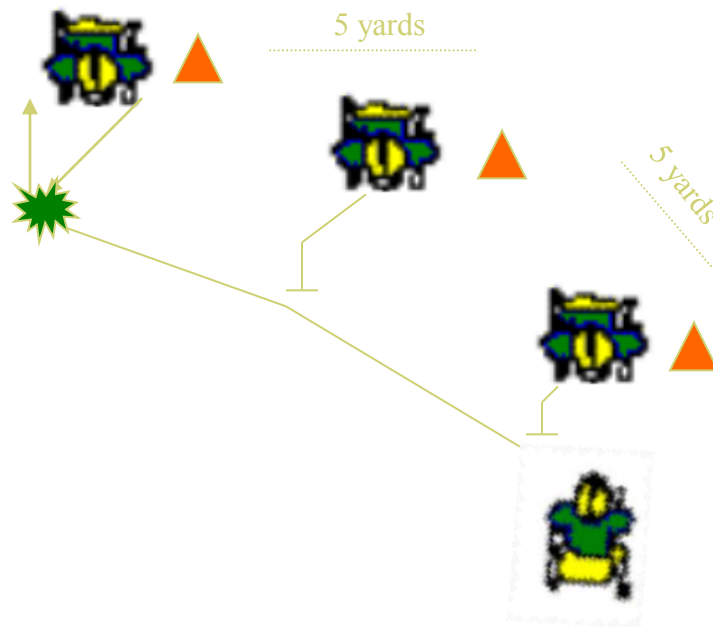
Mat Tackle-Angle

All Positions



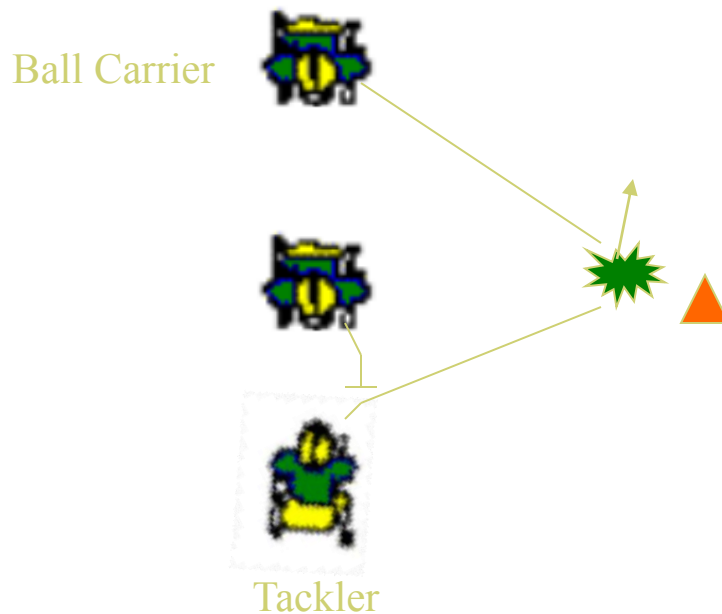
Tackler will be in proper hitting position, on the first "HIT" tackler will get his feet chopping. On second "HIT" both tackler and ball carrier will attack at an angle, to the right or left cone. Tackler step with lead leg and do not take false steps. Get your head across in front of the ball carrier and deliver your blow using a shoulder tackle. Your aim point is the base of the outside number. Get shoulders square and drive ball carrier up field. Keep head-up, neck bulled, and eyes open. Leg acceleration equates to power. Run through ball carrier. **STOP WHEN BALL CARRIER HITS MAT!** Ball carrier on contact give some resistance to force tackler to accelerate feet.

Angle Tackle Defensive Line



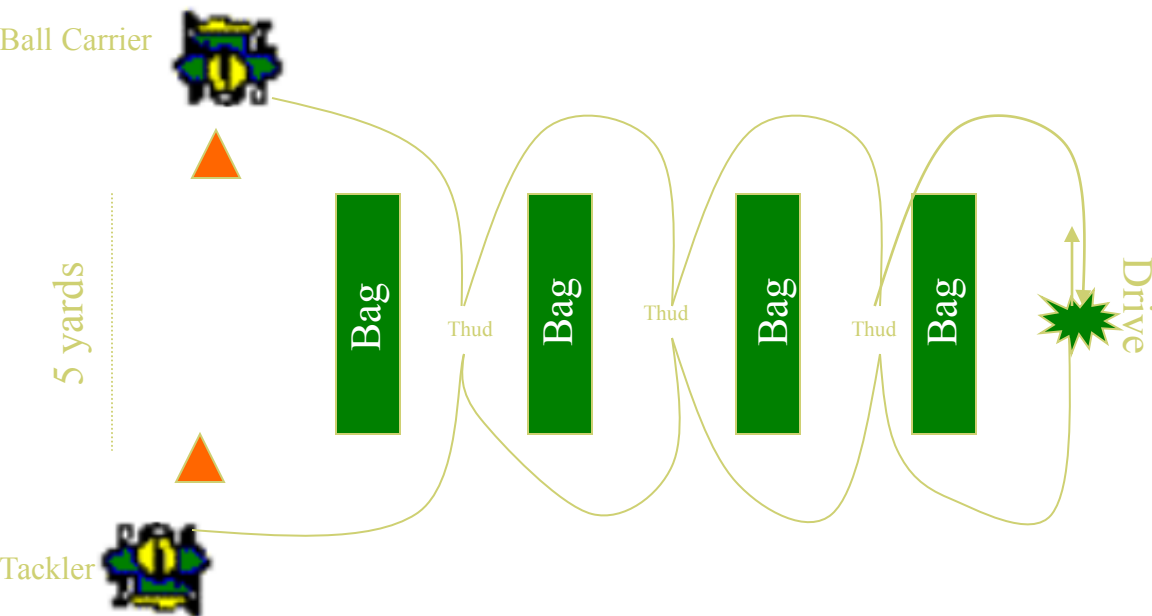
On “HIT” the tackler will defeat and shed both reach blocks, working lateral and gaining ground. The tackler will then perform an angle tackle on the ball carrier. Attack ball carrier and perform an angle tackle. Get your head across in front of the ball carrier and deliver your blow using a shoulder tackle. Your aim point is the base of the outside number. Get shoulders square and drive ball carrier up field. Keep head-up, neck bulled, and eyes open. Leg acceleration equates to power. Run through ball carrier. **STOP ON WHISTLE!** The second blocker do not go until the tackler defeats the first blocker. Ball carrier on contact give some resistance to force tackler to accelerate feet.

Angle Tackle Defensive Line



Can use 1,2,and 3 alignments. On “HIT” defeat and shed blocker. Attack ball carrier and perform an angle tackle. Get your head across in front of the ball carrier and deliver your blow using a shoulder tackle. Your aim point is the base of the outside number. Get shoulders square and drive ball carrier up field. Keep head-up, neck bulled, and eyes open. Leg acceleration equates to power. Run through ball carrier. **STOP ON WHISTLE!** Ball carrier on contact give some resistance to force tackler to accelerate feet.

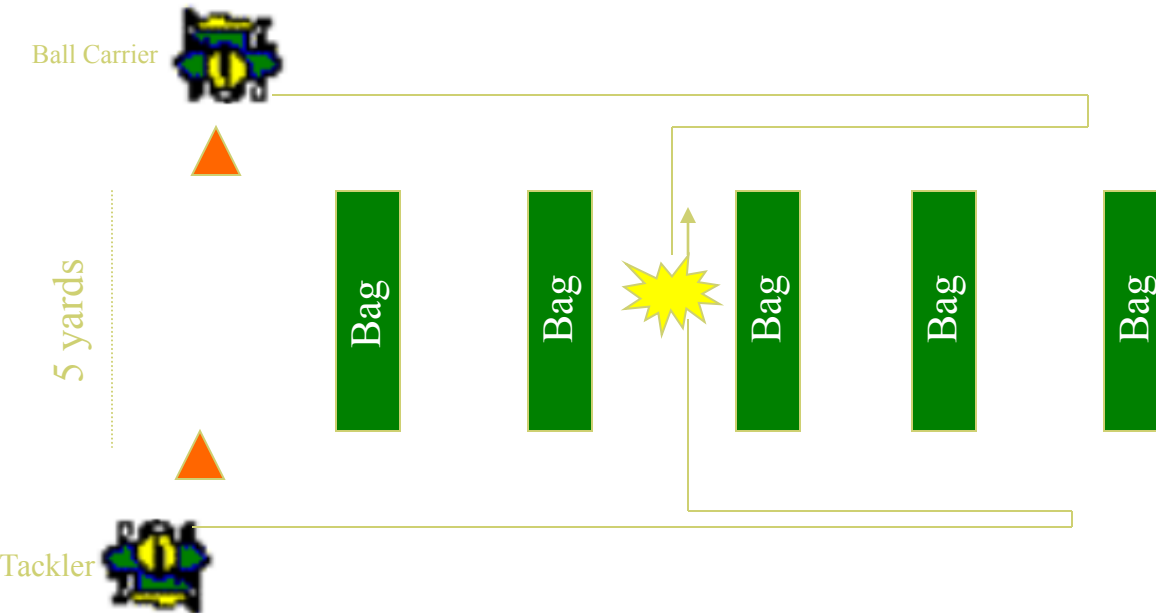
Head On Tackle-Thud and Drive Linebackers and Secondary



Tacklers lead leg will be at the cone, with toe pointed straight at the hip of the ball carrier. On the first “HIT” the ball carrier will shuffle with hands behind back. The tackler will shuffle and stay on the back hip of the ball carrier with hands behind back. The tackler and ball carrier will attack going through the first bag. The tackler will MEET the ball carrier with bulled neck and nose on football. Then tackler and ball carrier will back pedal out and shuffle then perform the same sequence through the next two sets of bags then after the last bag the tackler will perform a head on shoulder tackle, bulled neck, nose on ball and drive the ball carrier back until he hears the whistle. This is a head on tackle, do not get your head across the ball carrier. Get almost square up with him when attacking.



Head On Tackle-Eye Opener Linebackers and Secondary



Tacklers lead leg will be at the cone, with toe pointed straight at the hip of the ball carrier. On the first “HIT” the ball carrier will shuffle back and forth in front of the bags keeping shoulders square. The tackler will stay on the back hip of the ball carrier. Do not over run. On the second “HIT” the tackler and ball carrier will attack going through the closest bag. The tackler will perform a head on shoulder tackle and drive the ball carrier back until he hears the whistle. This is a head on tackle, do not get your head across the ball carrier. Get almost square up with him when attacking.



Angle Tackle Secondary



Cone to bag 8 yards



Bag



Tackler 8 yards behind bag.
Ball carrier 5 yards back
from bag.



**Tackler MUST meet the ball carrier
at the cone or behind the cone**

Coach

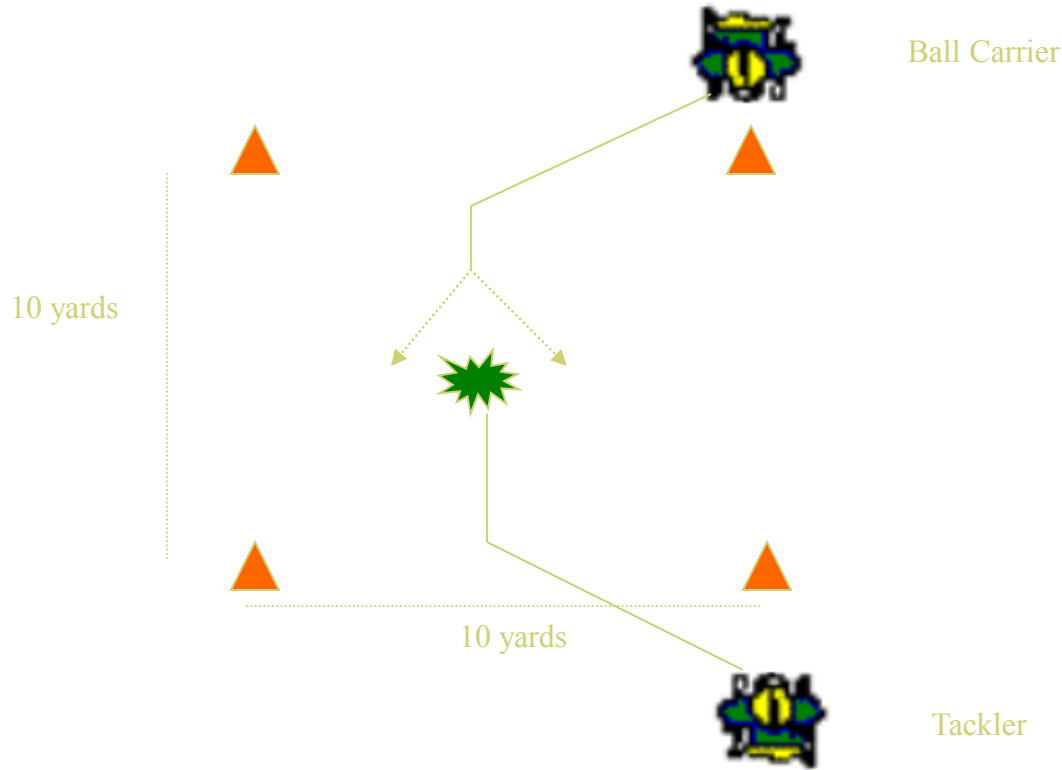
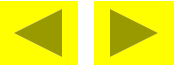
Coach will stand behind tackler and point which the ball carrier will go. On "HIT" the tackler will read the ball carrier and attack him from the inside out staying on his back hip. Tackler will meet ball carrier at cone or behind and perform an angle tackle getting head across. Aiming point is the outside number. Get your head across in front of the ball carrier and deliver your blow using a shoulder tackle. Your aim point is the base of the outside number. Get shoulders square and drive ball carrier up field. If ball carrier tries to spin out work back hip up field. Keep head-up, neck bulled, and eyes open. Leg acceleration equates to power. Drive through the ball carrier. **Stop on the whistle.**

Main Menu

Open Field Tackle

Secondary

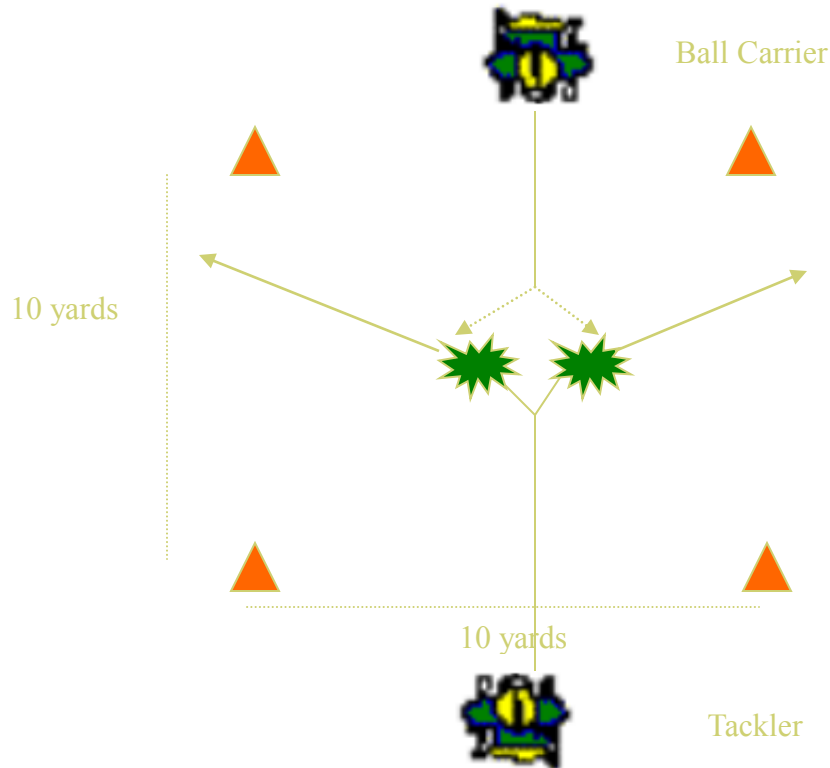
Tackling Drill
Menu



On “HIT” tackler and ball carrier will sprint up field into the cones. Tackler will break down keeping his eyes on the numbers to the waist of the ball carrier. The tackler must force the ball carrier to go one way. Once ball carrier commits one way then perform and angle tackle and drive the ball carrier passed the cones using angle tackle technique until you hear the whistle. Run through ball carrier. **STOP ON WHISTLE!** This is not a kill shot tackle. Ball carrier gets only one move then he must commit.

Sideline Tackle

Secondary



On "HIT" tackler will sprint up field 4 yards and break down keeping his eyes on the numbers to the waist of the ball carrier. **BE UNDER CONTROL!** The tackler must force the ball carrier to go one way. Once ball carrier commits one way then perform an angle tackle and drive the ball carrier past the cones **UNTIL YOU HEAR WHISTLE!** This is not a kill shot tackle. Ball carrier gets only one move then he must commit.

Mike and Will Linebacker Tackle Drill

Iso- Head On Tackle

Ball Carrier



Tackler

Bag

Bag

Bag

Bag

Main Menu Tackling Drill Menu

Off Tackle- Angle Tackle

Ball Carrier



Tackler

Bag

Bag

Bag

Bag

Mike and Will Linebacker Tackle Drill

Ball Carrier



Toss- Angle Tackle



Bag

Bag

Bag

Bag



Tackler

Main Menu

Tackling Drill Menu



Ball Carrier



Counter- Head On Tackle



Bag

Bag

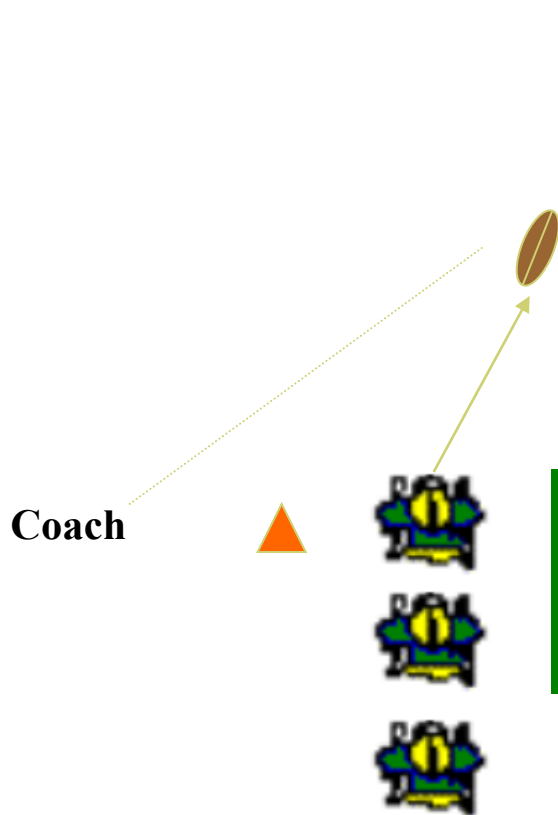
Bag

Bag



Tackler

Fumble Recovery Drill



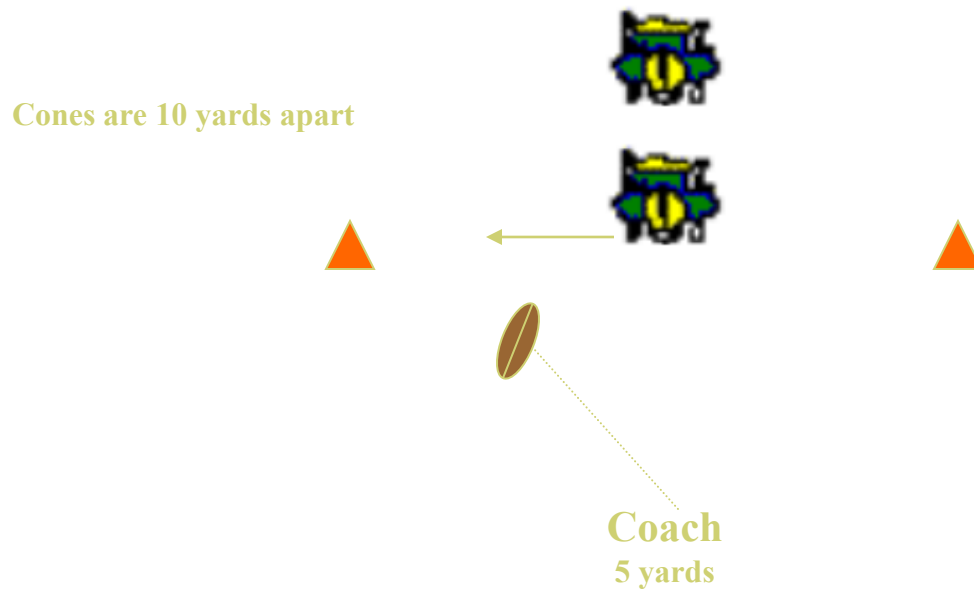
On "HIT" the player will get his feet chopping. Once the player sees the ball in front of him he will attack and curl around the football in the fetal position. Keep football tight to you. Do not jump on football or dive on football.

Main Menu

Tackling Drill
Menu



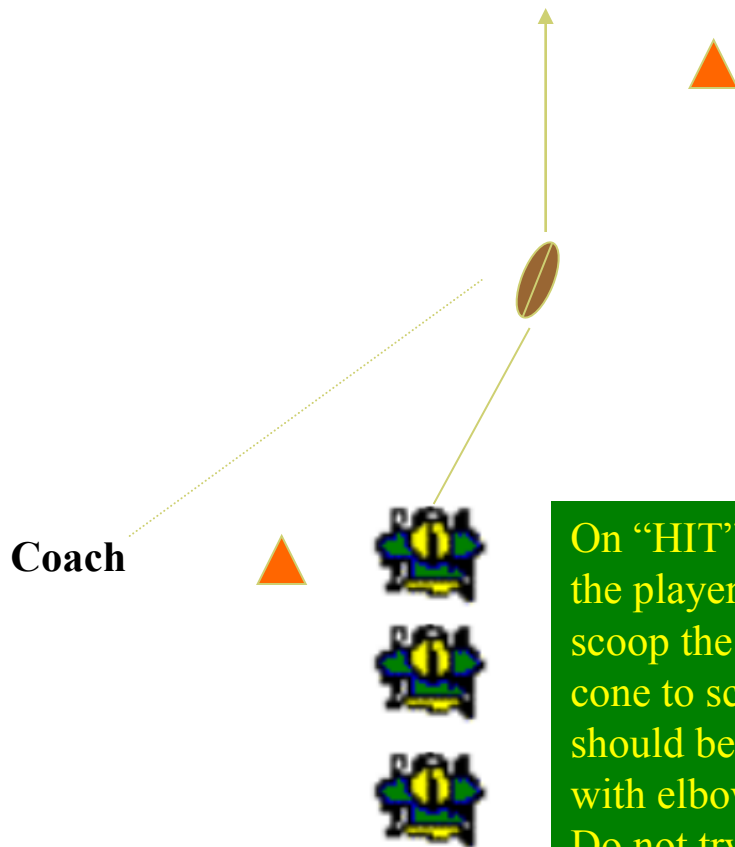
Fumble Recovery Drill



On “HIT” the player will get his feet chopping. The coach will then roll out the football and try to get the football past the player. The play must shuffle to keep the football in front of him and curl around the football in a fetal position. If the football gets past the player the player must attack and recover the football.

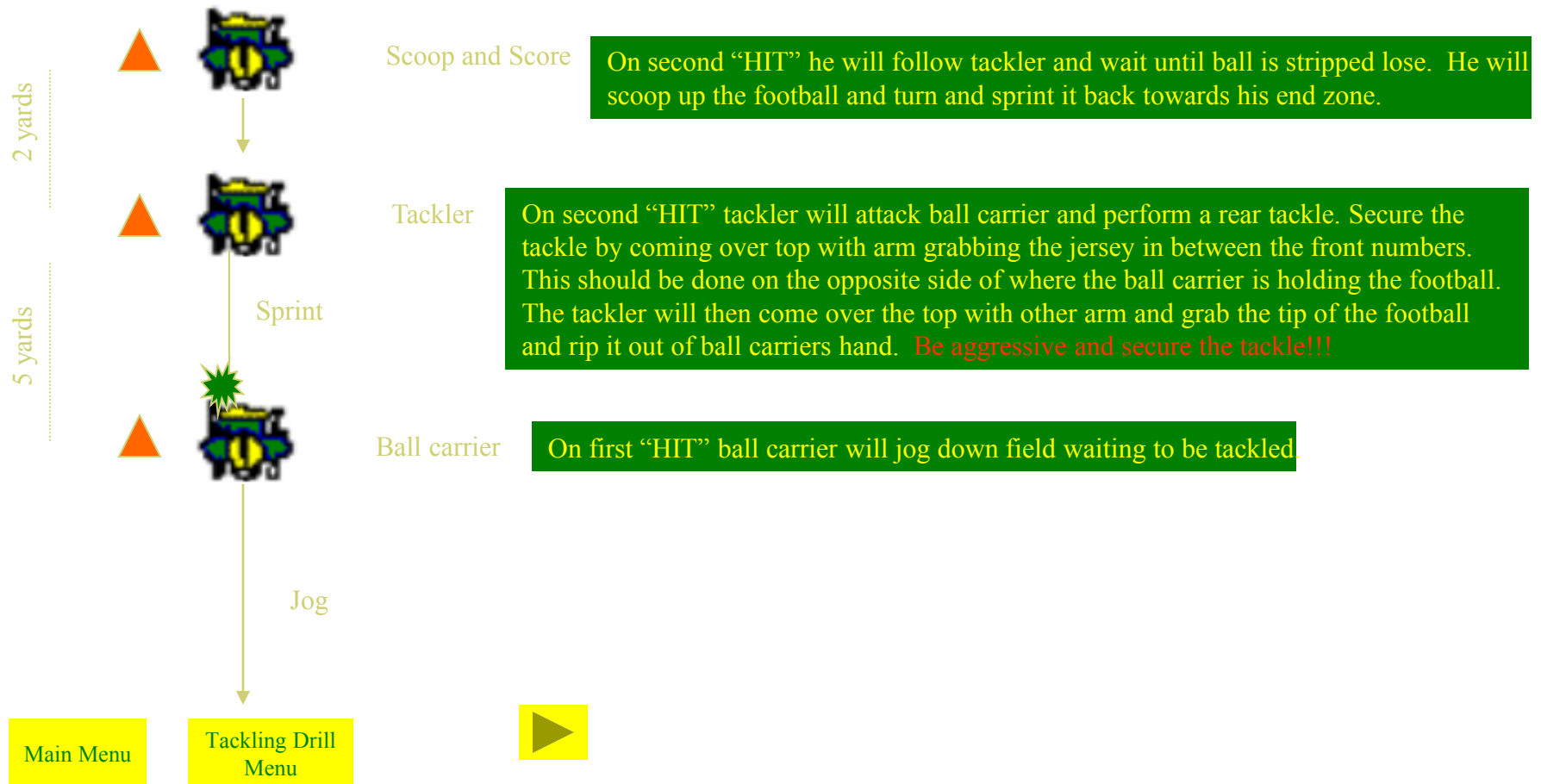


Scoop and Score Drill

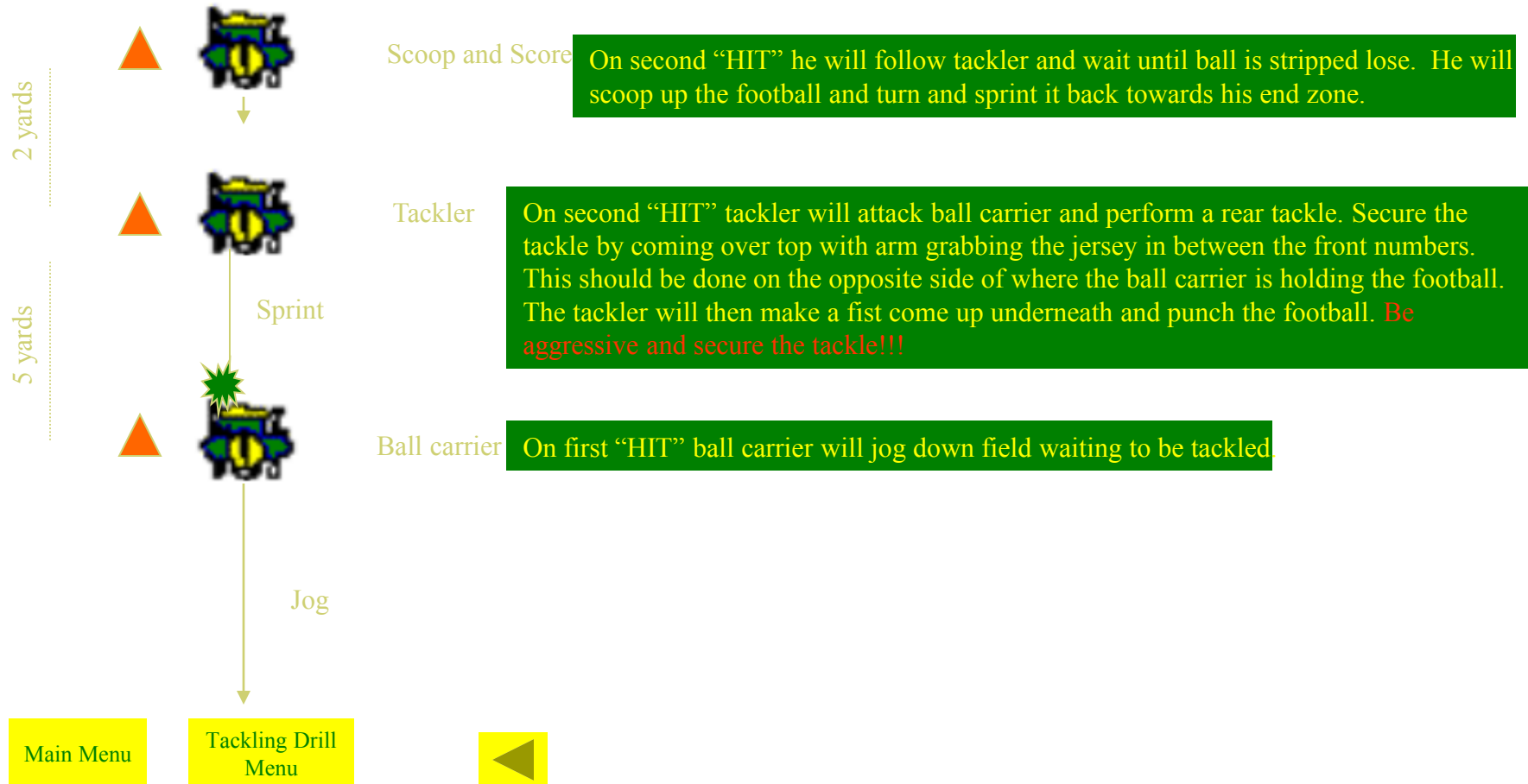


On “HIT” the player will get his feet chopping. Once the player sees the ball in front of him he will attack and scoop the football. The player will then sprint through the cone to score. When scooping the football the player should bend at the waist and knees putting the pinkies together with elbows slightly bent. Keep the football going forward. Do not try to stop and pick it up. If the player misses the football with the first scoop he will then perform a fumble recovery.

Rear Tackle with Strip Technique



Rear Tackle with Punch Technique





Position Drills

Individual Defensive
Practice Structure

Secondary

Mike and Will

Sam

Tilt/Tackle
Strong End/Rush End

Individual Defensive Practice Structure For Tilt/ Tackle/ Strong End/ Rush End

S.A.T's Included In All Segments

- Tackling
- Take Away Drills
- Footwork
- Blow Delivery
- Block Protection/Key Read
- Pass Rush
- Stunt Technique
- Game Plan Review



Individual Defensive Practice Structure For Sam Linebacker

S.A.T's Included In All Segments

- Tackling
- Take Away Drills
- Footwork
- Blow Delivery
- Block Protection/Key Read
- Pass Drop/ Pass Rush
- Stunt Technique
- Game Plan Review



Individual Defensive Practice Structure For Mike and Will Linebacker

S.A.T's Included In All Segments

- Tackling
- Take Away Drills
- Footwork
- Blow Delivery
- Block Protection/Key Read
- Pass Drop
- Blitz Technique
- Game Plan Review/ Formation Recognition



Individual Defensive Practice Structure For Secondary

S.A.T's Included In All Segments

- Tackling
- Take Away Drills
- Footwork
- Blow Delivery
- Pass Coverage Drills
- Game Plan Review/ Formation Recognition



Fundamentals to be Worked on Every Day

- **Tackling**- Preach gang tackling
- **S.A.T.'s**- Stance, Alignment and Technique
- **Explosion and Leverage-Low** man wins!
- **Footwork**- Proper initial step and blow delivery
- **Block Protection and Leverage**- Shed blocks
- **Stay on Your Feet**- Be disciplined and do not stay blocked
- **Key Reads**- Play and formation recognition
- **Pursuit**- Hustle to the football
- **Stripping the Football**- Think turnovers
- **Sound Pass Rush**- Have proper pass rush technique
- **Sound Pass Coverage**- Communication and proper drops



Mike and Will Linebacker Step Drill

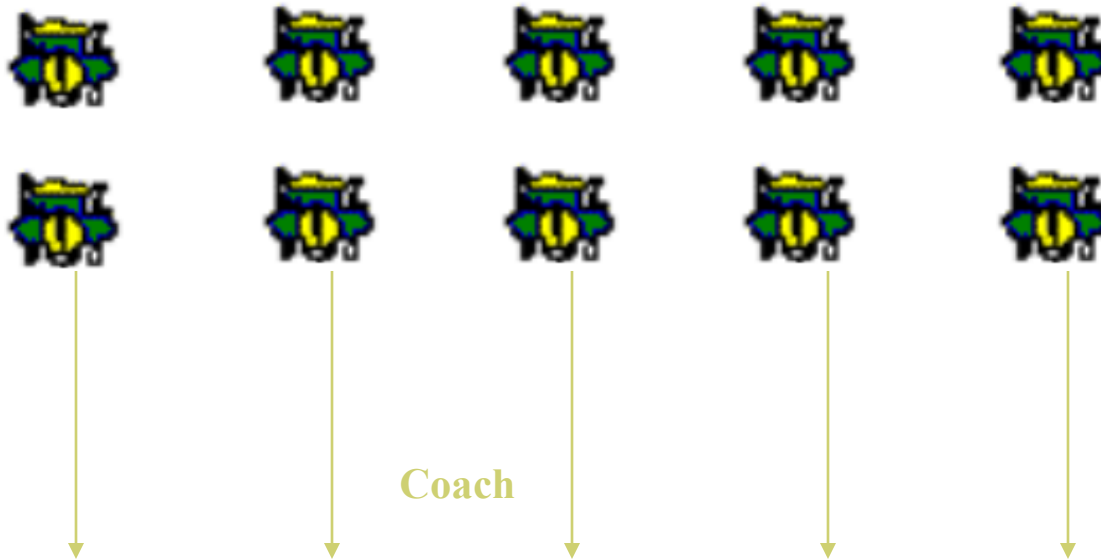


Coach

When the coach says “STANCE” all linebackers are in a perfect stance keeping eyes on the coach. The coach will then say right or left 5 times. Each time the linebacker will take a read step with his right or left foot. The read step is picking the right or left foot up as quickly as possible and putting it back down. The foot does not have to be picked up more than 6 inches off the ground. Weight should still be on the balls of your feet. Do not pick up the foot and place it an angle to the outside or step ahead. This is a quick reaction drill so the linebacker does not take any false steps when the ball is snapped.



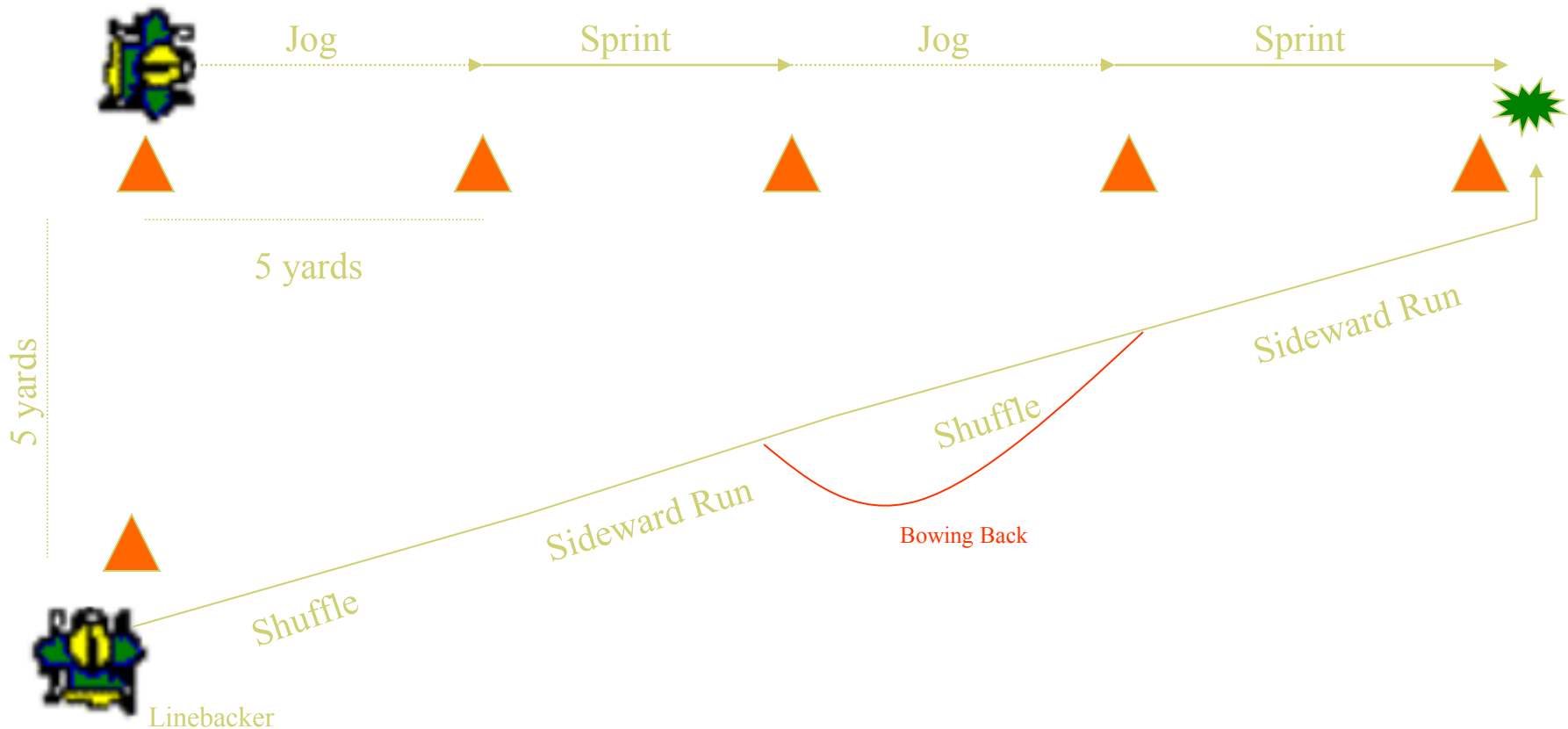
Mike and Will Linebacker Step Drill and Attack



When the coach says “STANCE” all linebackers are in a perfect stance keeping eyes on the coach. The coach will then say right or left and the linebacker will take a read step with his right or left foot. The linebacker will then sprint and attack five yards past the coach. The read step is picking the right or left foot up as quickly as possible and putting it back down. The foot does not have to be picked up more than 6 inches off the ground. Weight should still be on the balls of your feet. Do not pick up the foot and place it an angle to the outside or step ahead. This is a quick reaction drill so the linebacker does not take any false steps when the ball is snapped.

Mike and Will Linebacker

Down Hill Shuffle



LB will start in good stance. Your lead leg should be on the cone and toe should be pointing at the hip of the ball carrier. On "HIT" LB will shuffle with the ball carrier as he jogs staying on the back hip, **ATTACKING DOWN HILL**. You **MUST** always keep attacking down hill and **not bow back!** Your course should be at an angle to the last cone. You can **NEVER OVER RUN** the ball carrier. When ball carrier sprints LB will perform a sideward run staying on the back hip. LB must keep his shoulders square at all times whether he is shuffling or sideward running. When LB gets to last cone he will perform an angle tackle and drive the ball carrier up field.

Mike and Will Linebacker

Blow Delivery-Two Hand Shiver



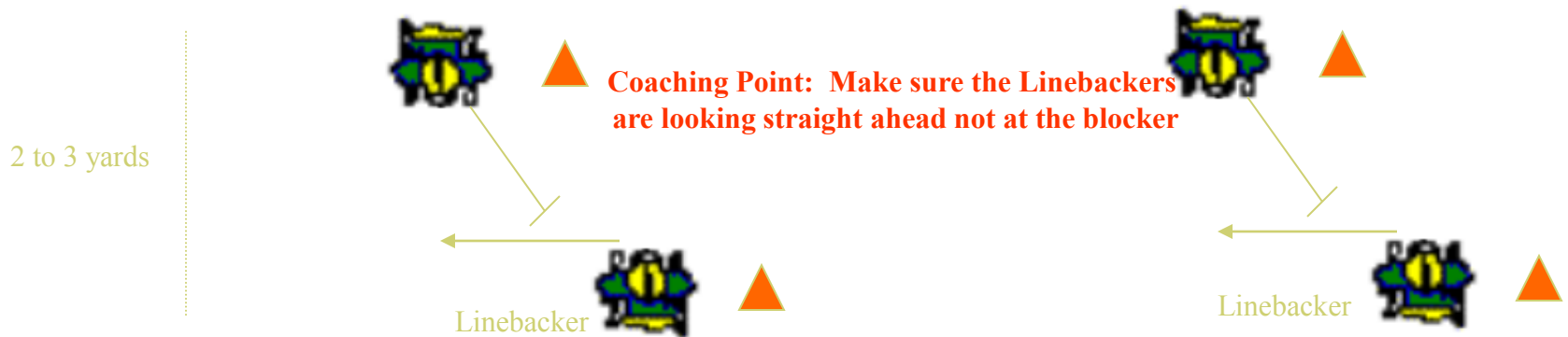
On “HIT” Linebacker will shuffle lateral, deliver a two hand shiver and shed the blocker. Once the Linebacker sheds the blocker he will then lateral shuffle two more steps staying in a perfect stance and keeping shoulders square. The blocker will perform a cut off block trying to get the outside shoulder of the linebacker. If you can get the outside shoulder then get it. **This is a full speed drill!**



Mike and Will Linebacker

Blow Delivery

Club Out or Dip and Rip



On “HIT” the linebacker will take a read step, shuffle lateral and use either a dip and rip or club out technique to shed blocker. Once the linebacker sheds the blocker he will then shuffle lateral two more steps staying in a perfect stance and keeping shoulders square. The blocker will perform a seal block trying not to let him get to the outside. If you can block him to the outside then do it. **This is a full speed drill!**

Dip and Rip Technique- This is a pure leverage move and the footwork is the most important factor. You must be quick and strong with your move. Step with outside leg at outside number of blocker. There will be some contact made if done right. Bring inside leg and rip your inside arm through the outside armpit of the offensive blocker. When ripping up through twist wrist and flex bicep. This causes the shoulder to dip and to get better leverage.

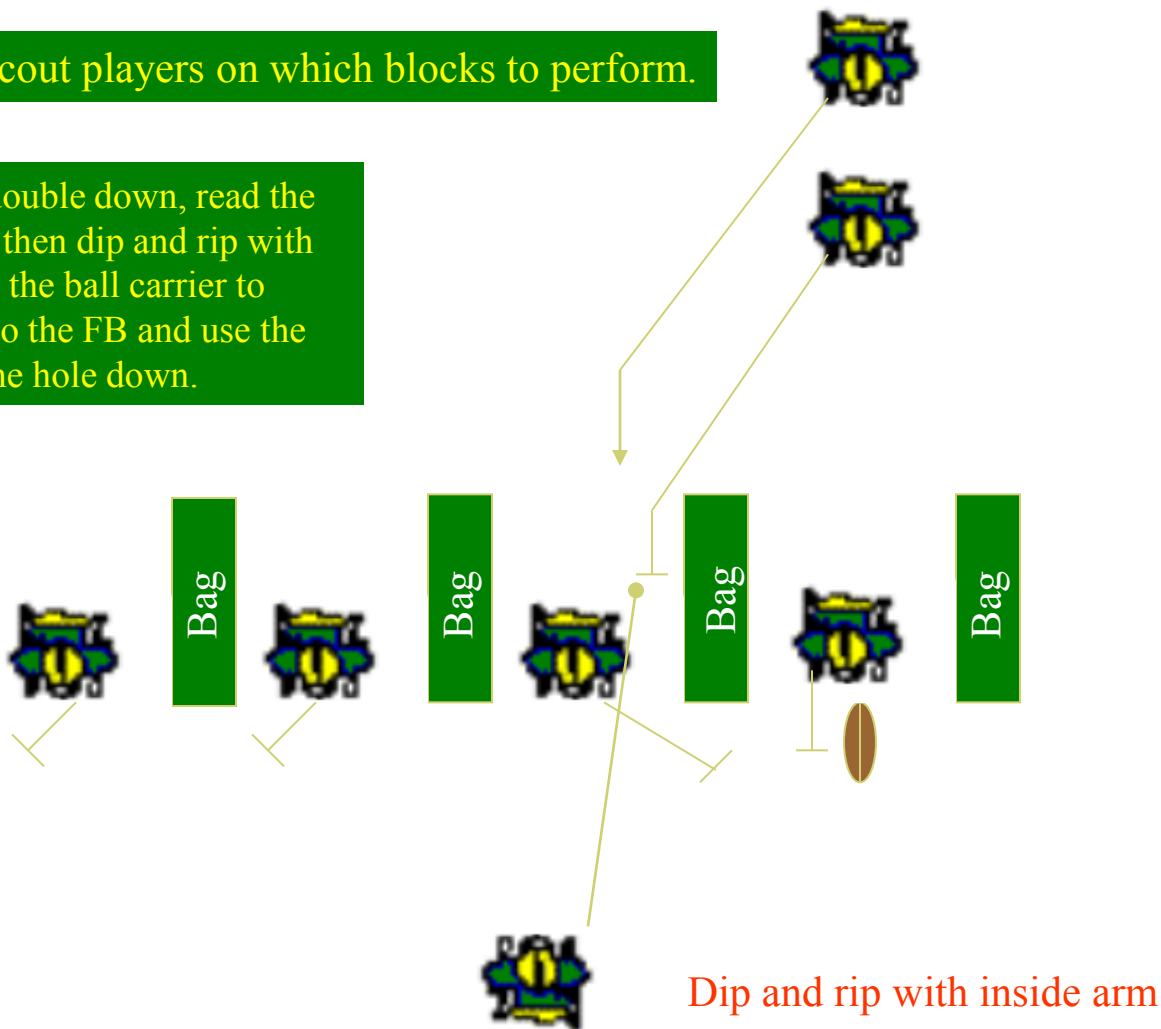
Club out technique- Take a lateral step with outside foot. Take outside arm push blockers outside arm at the elbow and pushed to the inside. With your inside arm make a fist and club down on top of the outside arm of the blocker. Keep shoulders square and move lateral when performing move.

Mike Linebacker

Key Read Drill-Iso FB Tight

Coach will point at scout players on which blocks to perform.

Once you see the guard double down, read the FB. If the FB stays tight then dip and rip with inside shoulder and force the ball carrier to come to you. Squeeze into the FB and use the FB butt to close part of the hole down.



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Position Drill
Menu

Coach

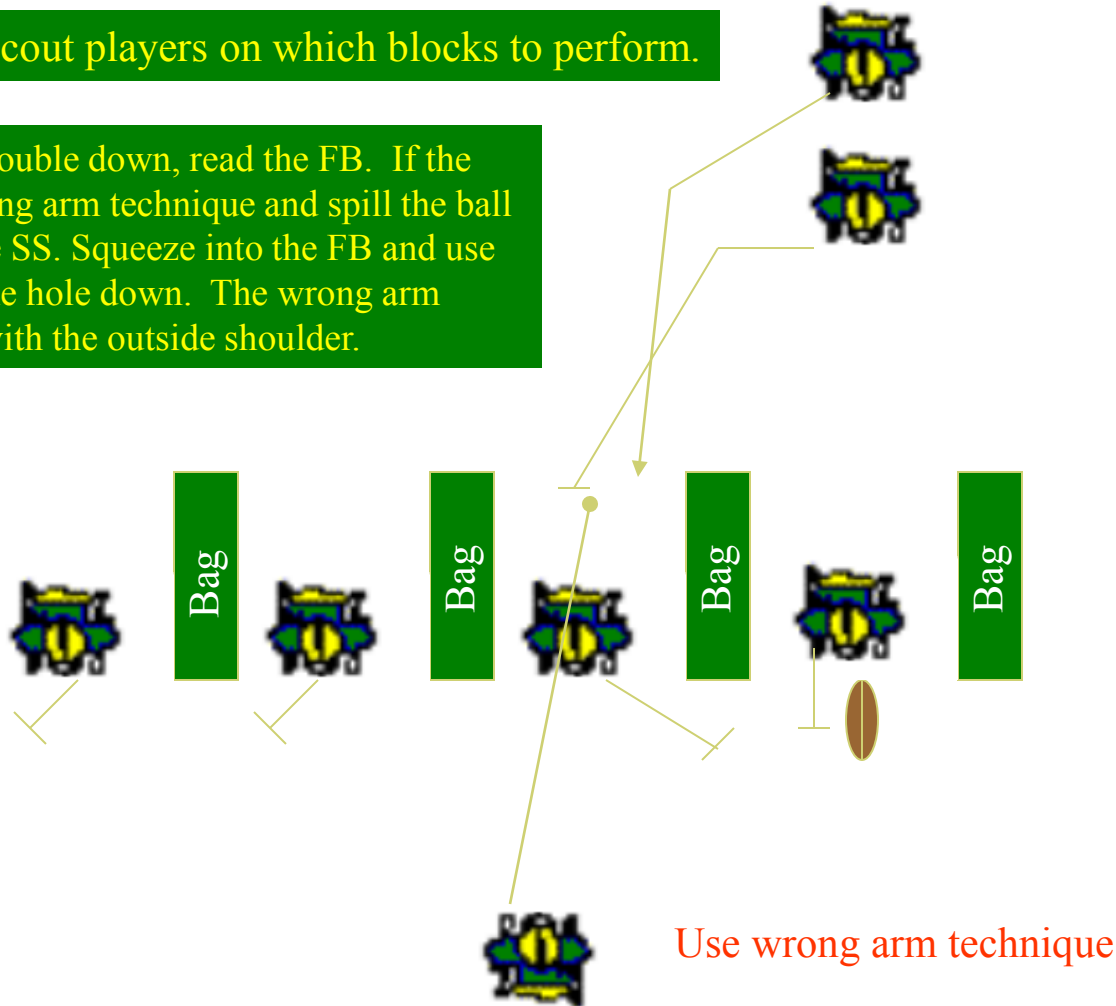


Mike Linebacker

Key Read Drill-Iso FB Wider

Coach will point at scout players on which blocks to perform.

Once you see the guard double down, read the FB. If the FB gets wide use the wrong arm technique and spill the ball carrier to the Sam and the SS. Squeeze into the FB and use FB butt to close part of the hole down. The wrong arm technique is dip and rip with the outside shoulder.



Main Menu

Position Drill
Menu

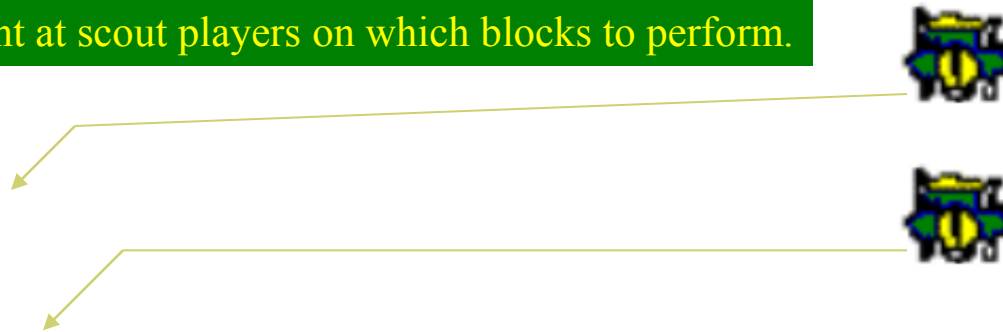
Coach



Mike Linebacker

Key Read Drill- Toss/Sweep

Coach will point at scout players on which blocks to perform.



You can come underneath but you better make the play

Fill the B gap area out. Work from B gap to C gap to D gap area. GET TO THE FOOTBALL. Do not over pursue or cross the face of the ball carrier. Stay on his back hip. If you can make the play with a duck under technique we will accept it but YOU HAD BETTER MAKE THE PLAY.



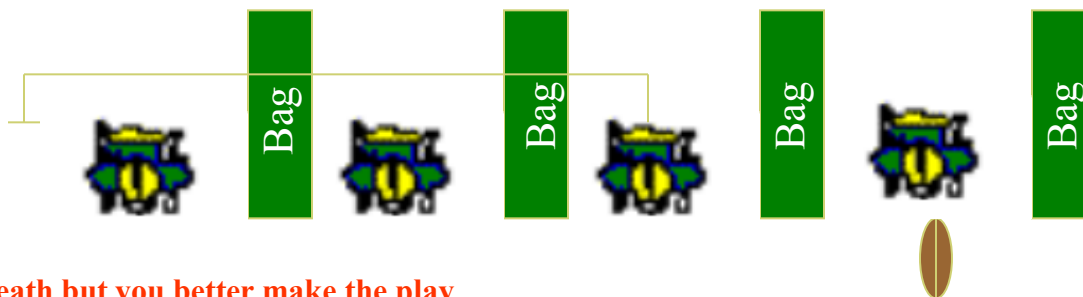
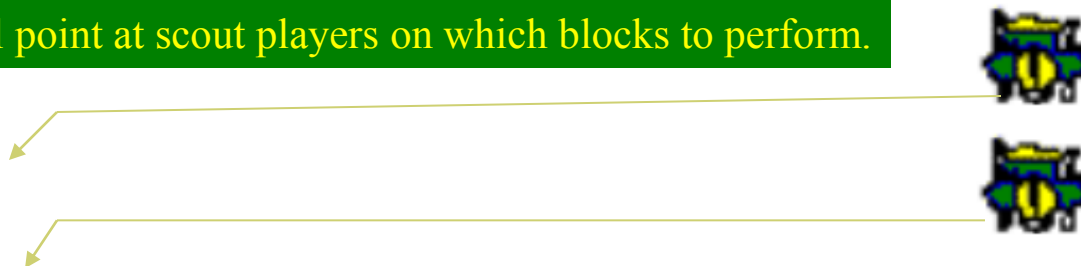
Main Menu

Position Drill Menu

Mike Linebacker

Key Read Drill- Toss/Sweep

Coach will point at scout players on which blocks to perform.



You can come underneath but you better make the play



Fill the B gap area out. Work from B gap to C gap to D gap area. GET TO THE FOOTBALL. Do not over pursue or cross the face of the ball carrier. Stay on his back hip. If you can make the play with a duck under technique we will accept it but YOU HAD BETTER MAKE THE PLAY.

Mike Linebacker

Key Read Drill- Off Tackle

Coach will point at scout players on which blocks to perform.



Vs. TE it is best to use dip and rip.

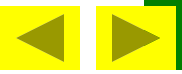
Vs. Tackle it is best to use club out

Fill the B gap area out. Work from B gap to C gap to D gap area. GET TO THE FOOTBALL Tackle down, dip and rip or club out to a stack position with the strong end. Do not over pursue or cross the face of the ball carrier. Come tight of the strong end. Stay on his back hip. If you can make the play with a duck under technique we will accept it but **YOU HAD BETTER MAKE THE PLAY.**

Main Menu

Position Drill
Menu

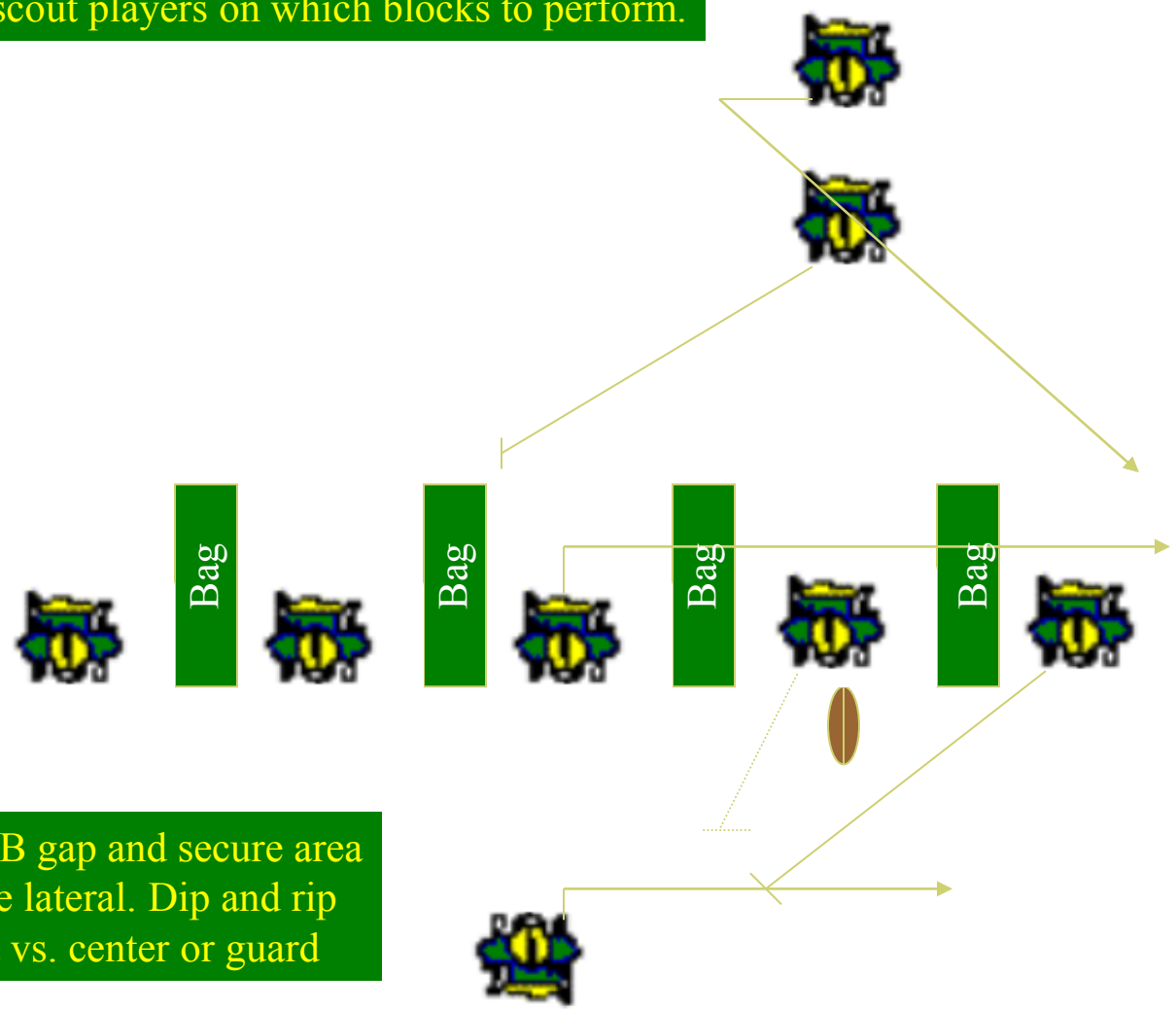




Mike Linebacker

Key Read Drill- Counter

Coach will point at scout players on which blocks to perform.



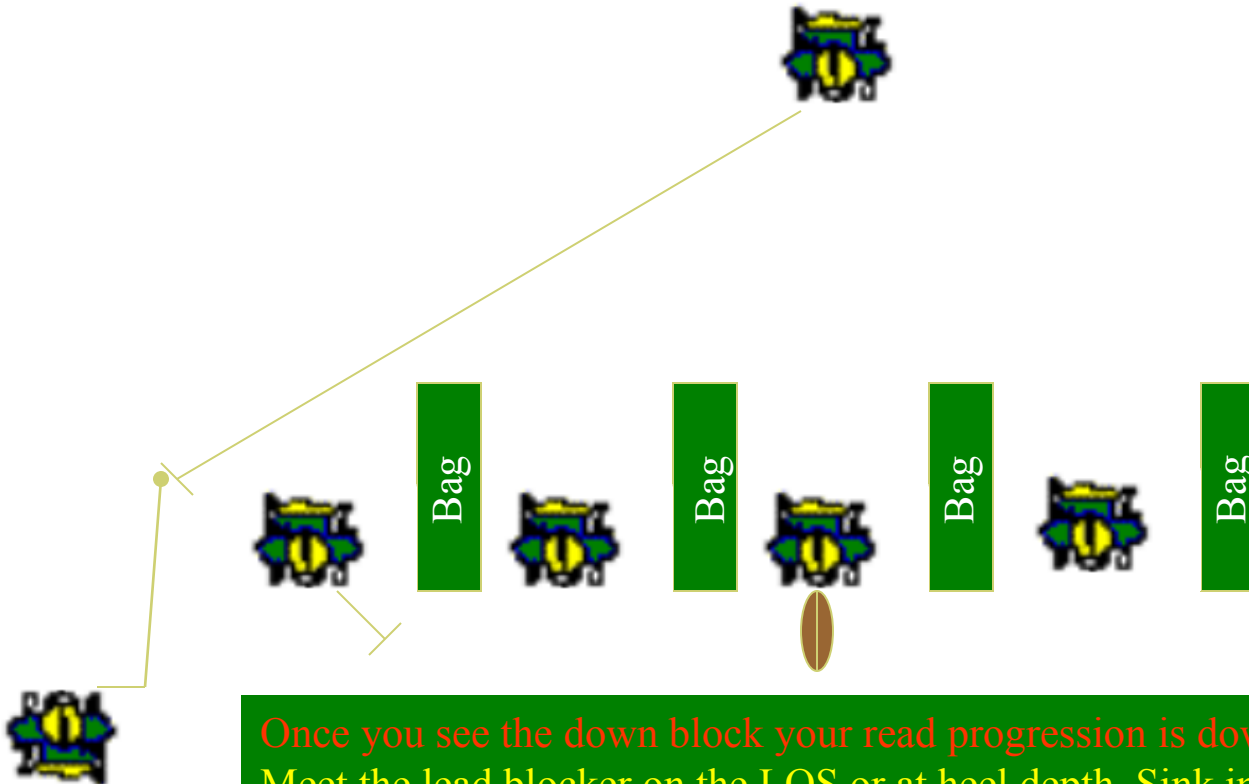
Step up in B gap and secure area then pursue lateral. Dip and rip or club out vs. center or guard

Coach

Will Linebacker

Key Read Drill-Kick Out

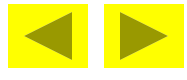
Coach will point at scout players on which blocks to perform.



Once you see the down block your read progression is down L.O.S then to FB. Meet the lead blocker on the LOS or at heel depth. Sink into him. Play him from the outside in. Be in a position to make the tackle ball carrier bounce to the outside. If the ball carrier goes inside spin back inside.

Main Menu

Position Drill Menu



Will Linebacker

Key Read Drill-Trap

Coach will point at scout players on which blocks to perform.

Do not get up field



Go over the top and make the play. You are an athlete use it and make the play. If the Rush End gets trapped then be patient and wait for the play to come to you.

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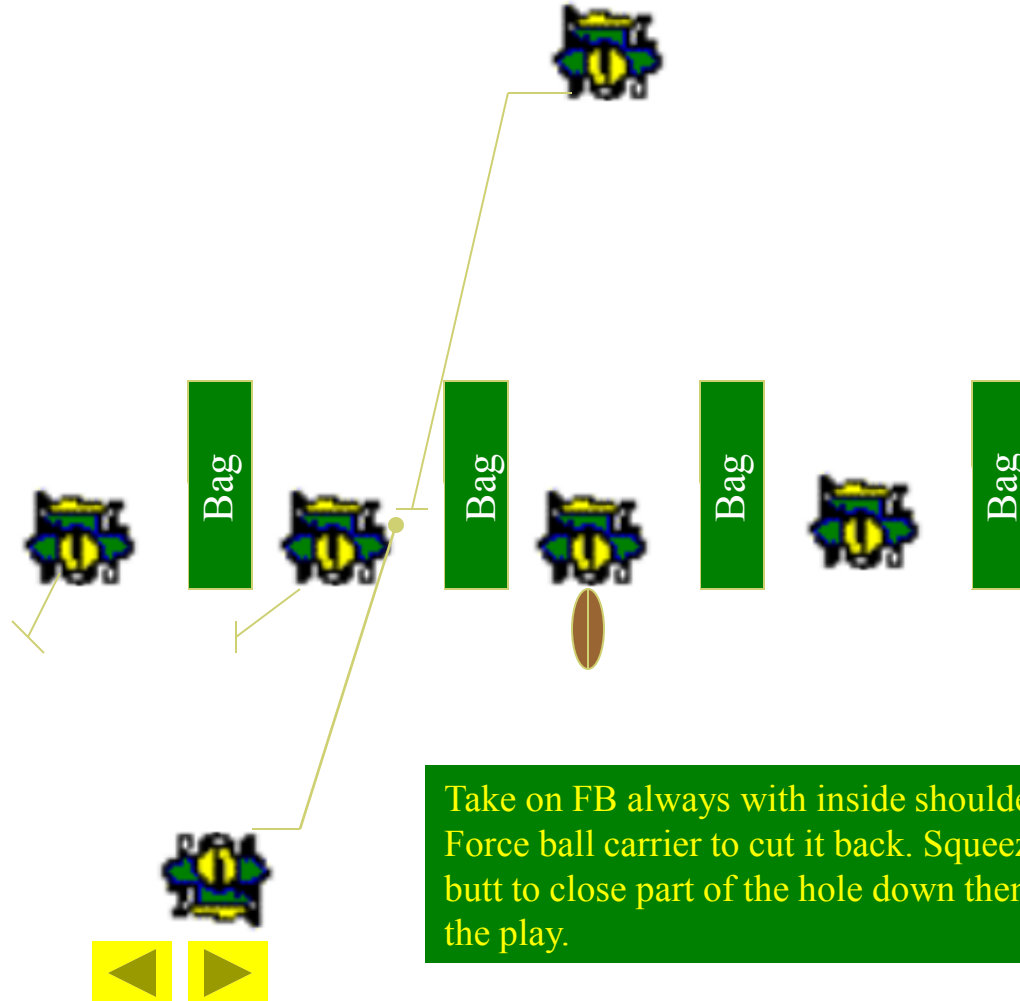
Position Drill
Menu



Will Linebacker

Key Read Drill-Iso

Coach will point at scout players on which blocks to perform.



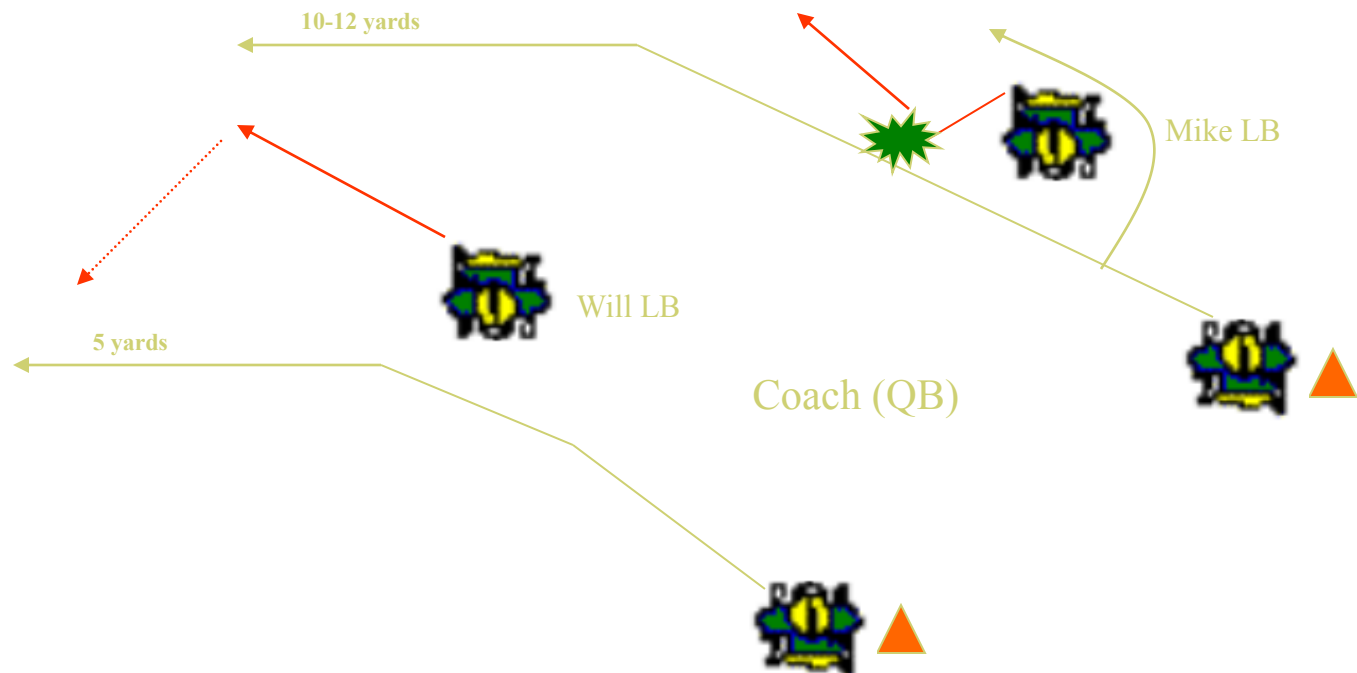
Take on FB always with inside shoulder and dip and rip. Force ball carrier to cut it back. Squeeze the FB and use the FB butt to close part of the hole down then get rid of him and make the play.

Mike and Will Linebacker Zone Drop Drill



Work from middle of field and both hashes. On “HIT” Linebackers will drop step (do not step out), open hip and sprint back into there zone coverages yelling pass. Stay low when dropping so you can react and change your direction quickly. Once they are to the proper depth they will then settle keeping there feet chopping with feet underneath, we do not want a wide base and head on a swivel. When the Mike drops he should be peaking at #2(usually the TE or Wing) while dropping. His head must swivel from #2 to QB to Inside and back to QB to #2. When the Will drops he should be peaking at #1 to QB to inside and back to QB to #1. Coaches will throw ball at linebackers and return it back to coach.

Mike and Will Linebacker Zone Drop with High/Low



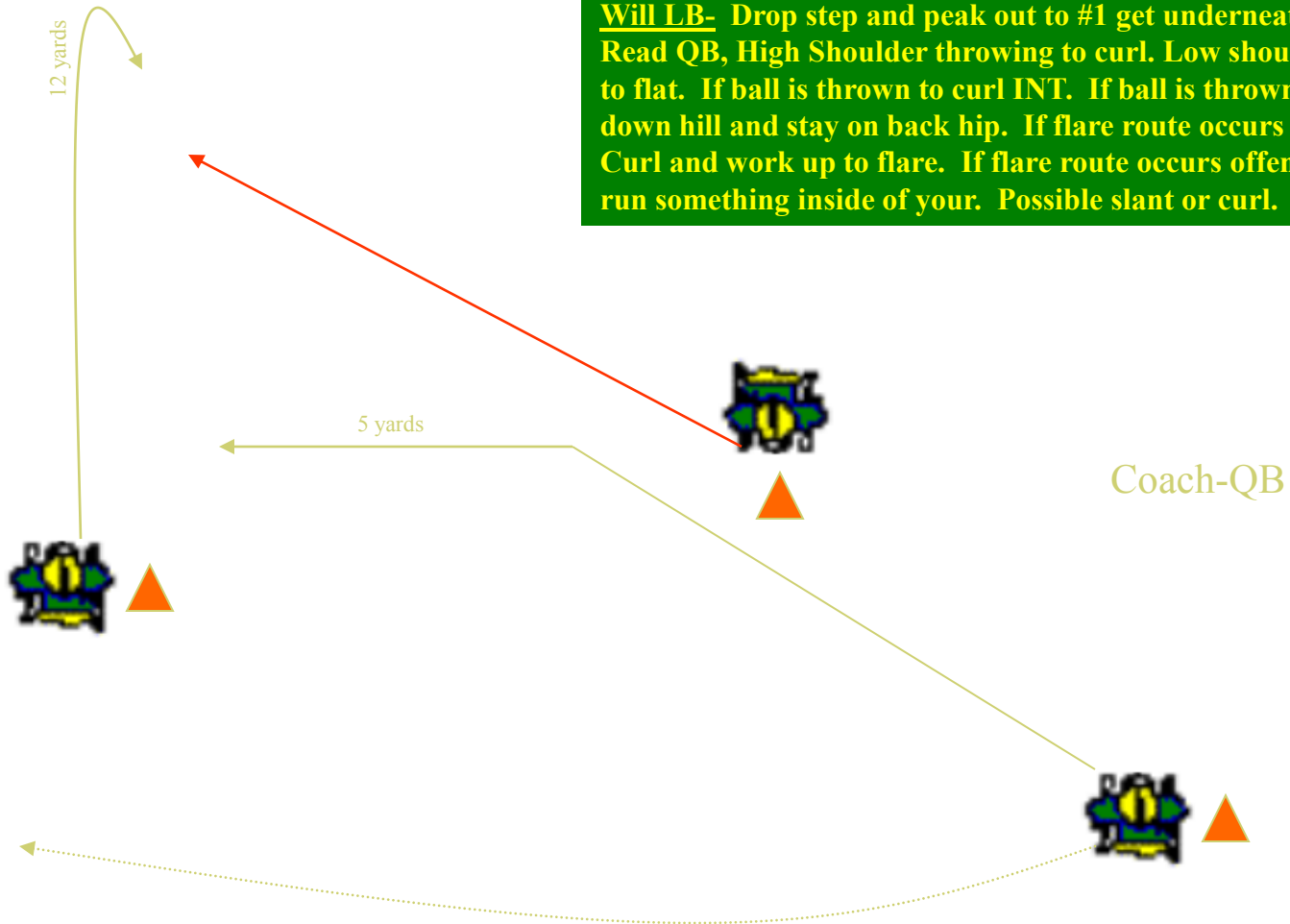
Will LB- Drop step and peak out to #1. Listen for Drag from Mike LB. Stay Underneath drag and stay overtop on flat route. Read QB, High Shoulder throwing to drag. Low shoulder throwing to flat. If ball is thrown to drag INT. If ball is thrown to flat attack down hill and stay on back hip. If Mike LB disrupts drag enough this is where you can Make the INT on the out because you can jump it right away.

Mike LB- Drop step, peak at #2. If #2 is dragging collision him Or re route him. Make him go over top of you. **Communicate the drag to the Will LB.** Stay on the back hip of the QB if he Rolls out.

Will Linebacker

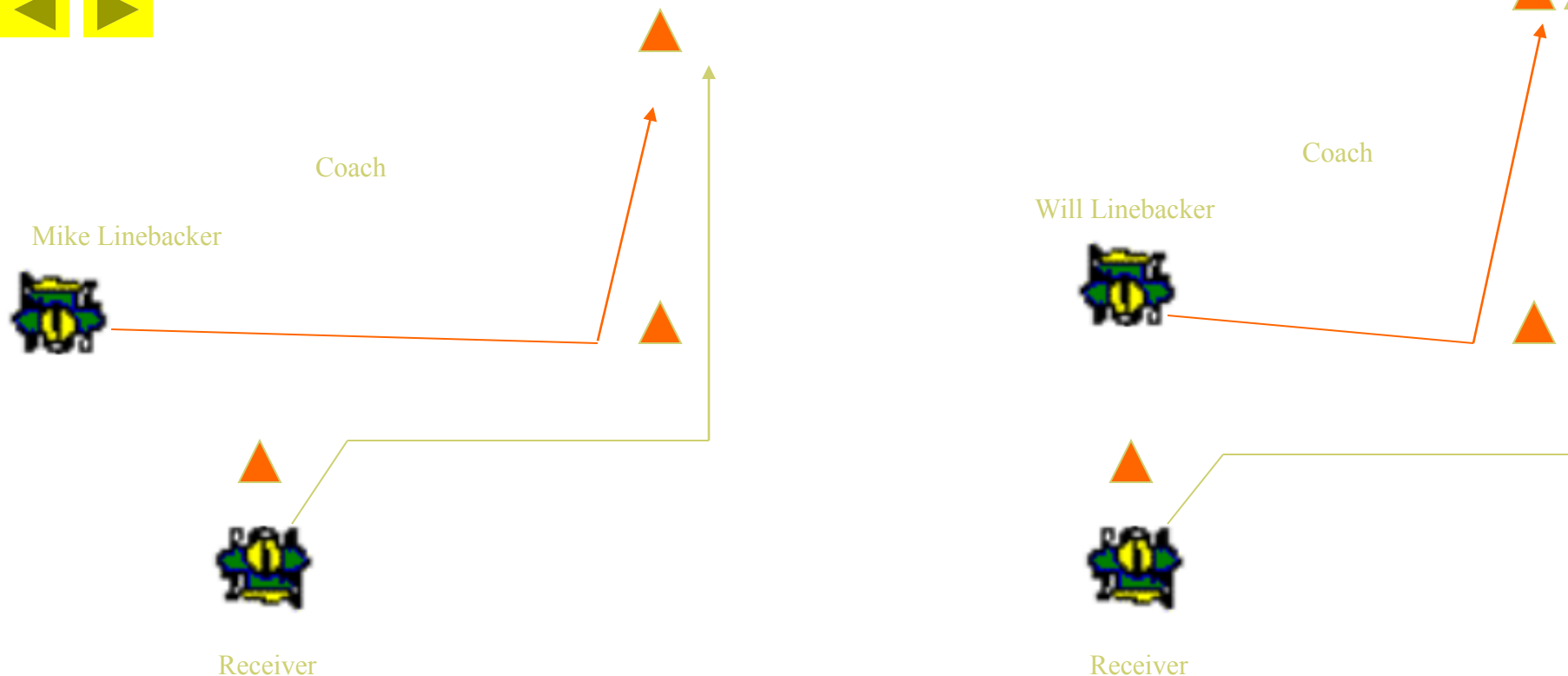
Zone Drop with High/Low

Will LB- Drop step and peak out to #1 get underneath #1. Read QB, High Shoulder throwing to curl. Low shoulder throwing to flat. If ball is thrown to curl INT. If ball is thrown to flat attack down hill and stay on back hip. If flare route occurs stay underneath Curl and work up to flare. If flare route occurs offense is trying to run something inside of your. Possible slant or curl.



Mike and Will Linebacker

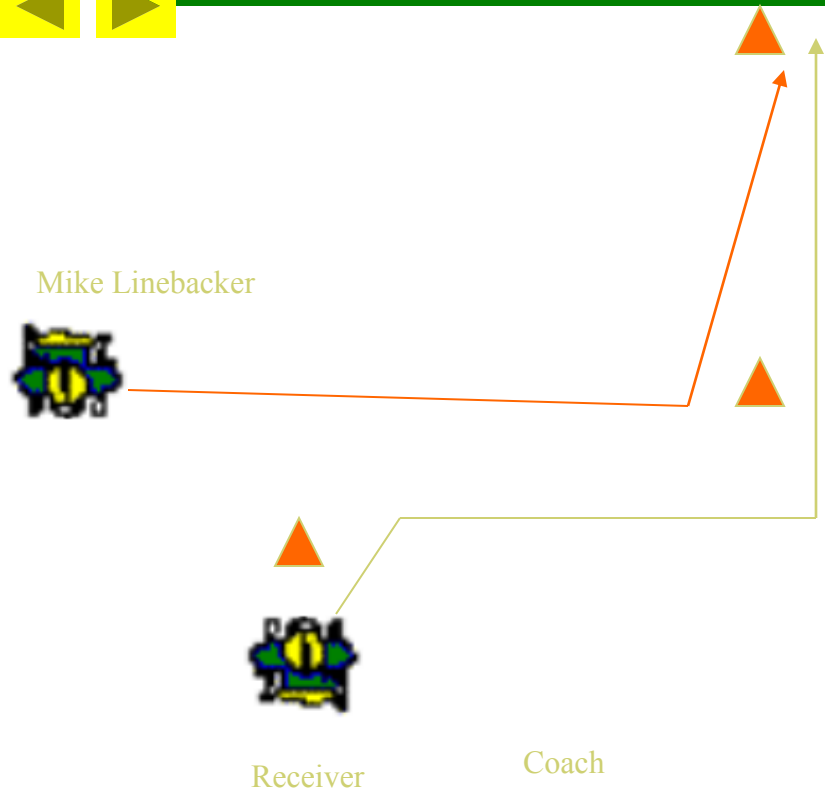
Man to Man Drill (No Ball)



Mike Linebacker will align 5 yards inside receiver and Will linebacker will align head up or 1 yard inside receiver. The coach will hold up 1 Or 2 fingers. One tells the receiver to run an out. 2 tells the receiver to run a wheel. On "HIT" the receiver will run and out or wheel route. The linebacker will take a read step, jump the inside hip of the receiver keeping a 2 to 3 yard cushion. The linebackers eyes should be looking at the ear hole of the receiver. If the runs the wheel he will keep his near hand on the hip and tap the running hip while running with him. When the receiver looks back YOU look back. When looking back keep your hand on the receiver using it as a feeler so you don't lose the receiver. When the receiver shoots his arms on the out then attack down hill and go for the INT. If you cannot get the INT secure the tackle with the outside arm and use the inside arm to knock the football down. If the receiver shoots his arms on the wheel then look back put your inside arm over top the receivers arm and box him out towards the side line keeping inside leverage.



Mike and Will Linebacker Man to Man Drill (With Ball)



Mike Linebacker will align 5 yards inside receiver and Will linebacker will align head up or 1 yard inside receiver. The coach will hold up 1 or 2 fingers. One tells the receiver to run an out. 2 tells the receiver to run a wheel. On "HIT" the receiver will run an out or wheel route. The linebacker will take a read step, jump the inside hip of the receiver keeping a 2 to 3 yard cushion. The linebackers eyes should be looking at the ear hole of the receiver. If the receiver runs the wheel he will keep his near hand on the hip and tap the hip while running with him. When the receiver looks back YOU look back. When looking back keep your hand on the receiver using it as a feeler so you do not lose the receiver. If the ball is not in the air then you look back at the ear hole of the receiver. If the ball is in the air on the out then attack down hill and go for the INT. If you cannot get the INT secure the tackle with the outside arm and use the inside arm to knock the football down. If the ball is in the air with the wheel then look back put your inside arm over top the receivers arm and box him out towards the sideline keeping inside leverage.

Mike and Will Linebacker Blitz Technique/Formation Recognition



Coach can practice blitz technique or coach can line up scout team into formations do check off review. Linebackers will blitz on movement from center.



Will Linebacker

Go with Sam LB

- At times will go with Sam LB to work over a TE.
- Types of block to work are Reach and Over close.
- Will linebacker will work from a 3 technique.



Sam Linebacker Step Drill



Coach

Coach will tell players whether they are stepping with their right or left foot. Sam LB will be in a perfect stance. On "HIT" the players will step with their right foot or left and attack up field and bring their second foot quickly and shoot their arms through and lock them out with thumbs up. Coach will point in which direction Sam LB will shuffle and have them shuffle back and forth changing direction. Arms should be locked out during the entire time.

Main Menu

Position Drill
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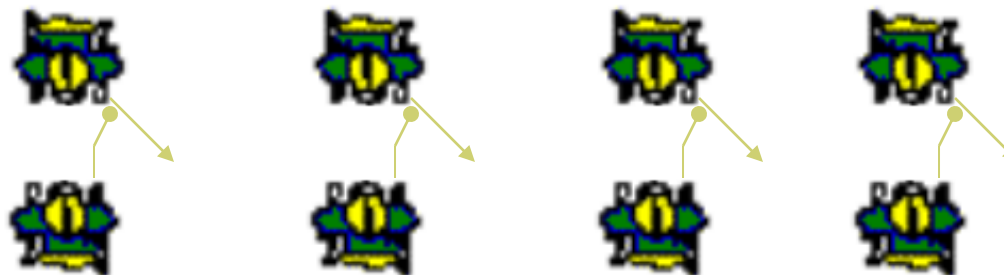




Sam Linebacker

Step Drill and Over Close

TE's



Sam Linebackers

Coach will tell blocker which way to down block. In a perfect stance on "Hit" Sam will step with inside foot and attack the TE. Sam will over close keeping head on outside with eyes looking over the outside shoulder of the TE looking down the L.O.S. to the FB.

Over Close Technique- Step with inside foot and bring outside foot and shuffle down L.OS. Your feet should be shoulder width apart. Your inside hip should be on blockers outside hip. Keep shoulders square. With your inside arm grab the inside number of the blocker. With your outside arm grab outside number of the blocker. **DO NOT LET BLOCKERS ON OUR LINEBACKERS!!!!** You should be looking over the outside shoulder of the blocker. Your eyes should be looking down the L.O.S. first for any pulling lineman. If no pulling lineman show then your eyes go to the backfield looking for a kick out block from the FB.

Sam Linebacker

Blow Delivery Two Hand Shiver and Shed Blocker



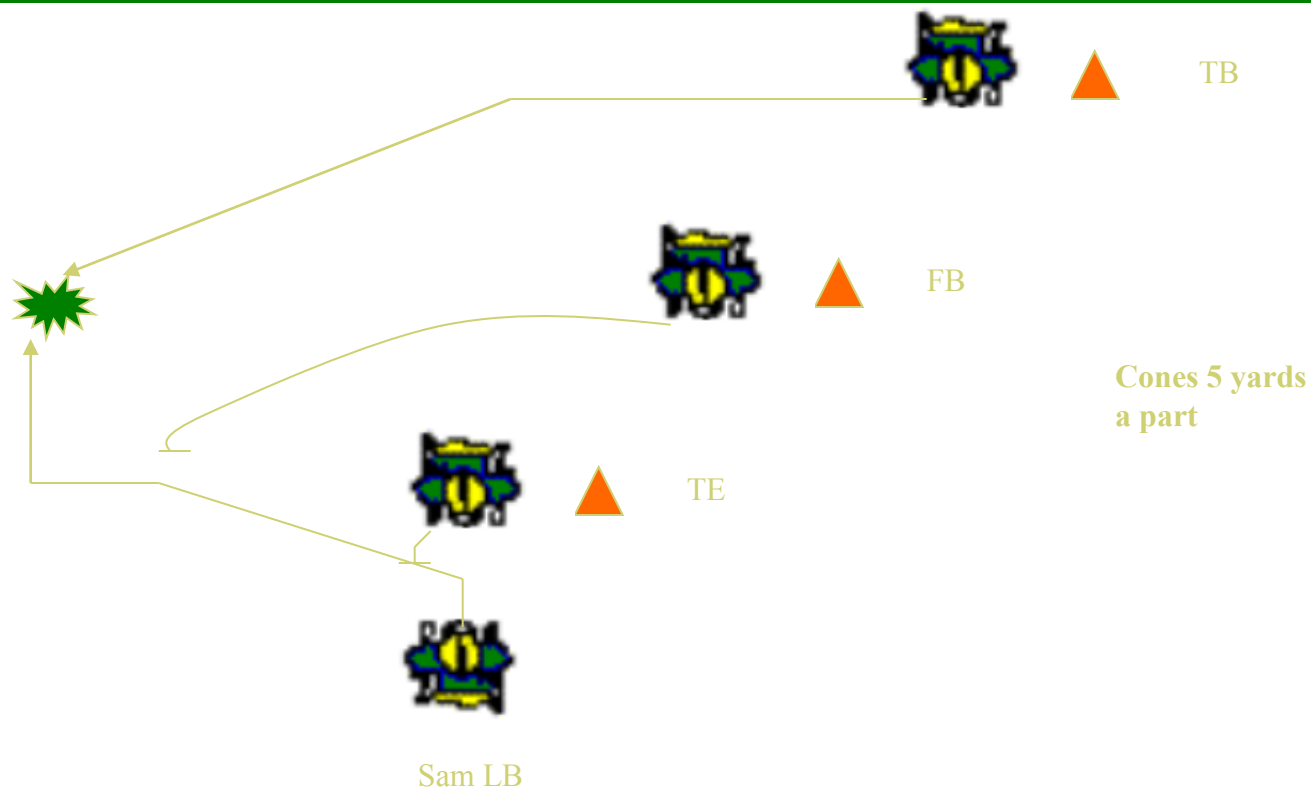
Bag holder and Sam should not be more than 2 yards apart.

Coach will say what foot you are stepping with. On “HIT” Sam will step with his right or left foot and attack the bag. When delivering the blow the thumbs should be up and the aiming point is the base of the numbers on the bag. Work up through the bag and lockout, keep feet chopping. Do not deliver a blow straight out at the bag. On the second “HIT” the Sam will shed the blocker using a dip and rip or throw by technique keeping shoulders square and shuffle past the cone. A variation is to deliver the blow shed the blocker and turn and sprint past the cone. Keep head turned upfield.



Sam Linebacker

Machine Gun Drill Reach Block



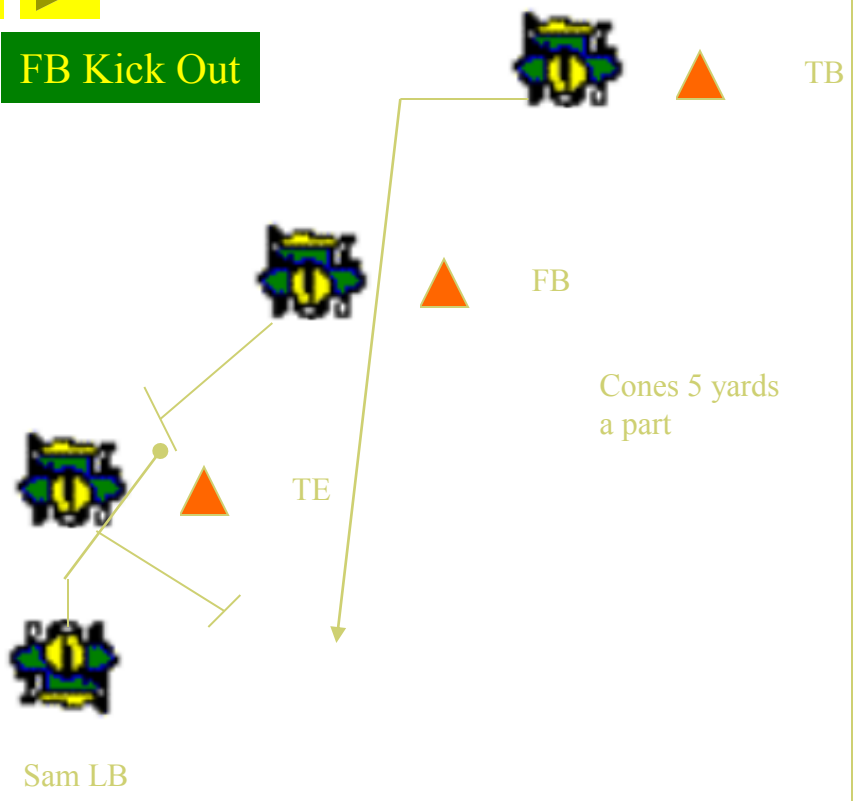
On "Hit" the Sam will attack the TE, fight through his head to a 2 alignment. Drive the him back off the L.O.S. Keep shoulders square to the L.O.S. Be able to play inside or outside the TE. Lockout and steer him. You can take the inside if the TE over extends. **YOU HAD BETTER MAKE THE PLAY!** Once Sam sheds the TE he will then get lateral and shed the FB. Aiming point to shed the blocker is his outside number. Sam will then attack the TB and perform an angle tackle. Aiming point is the base of the outside number. Sam will stop on the whistle.

Sam Linebacker

Machine Gun Drill Down Block

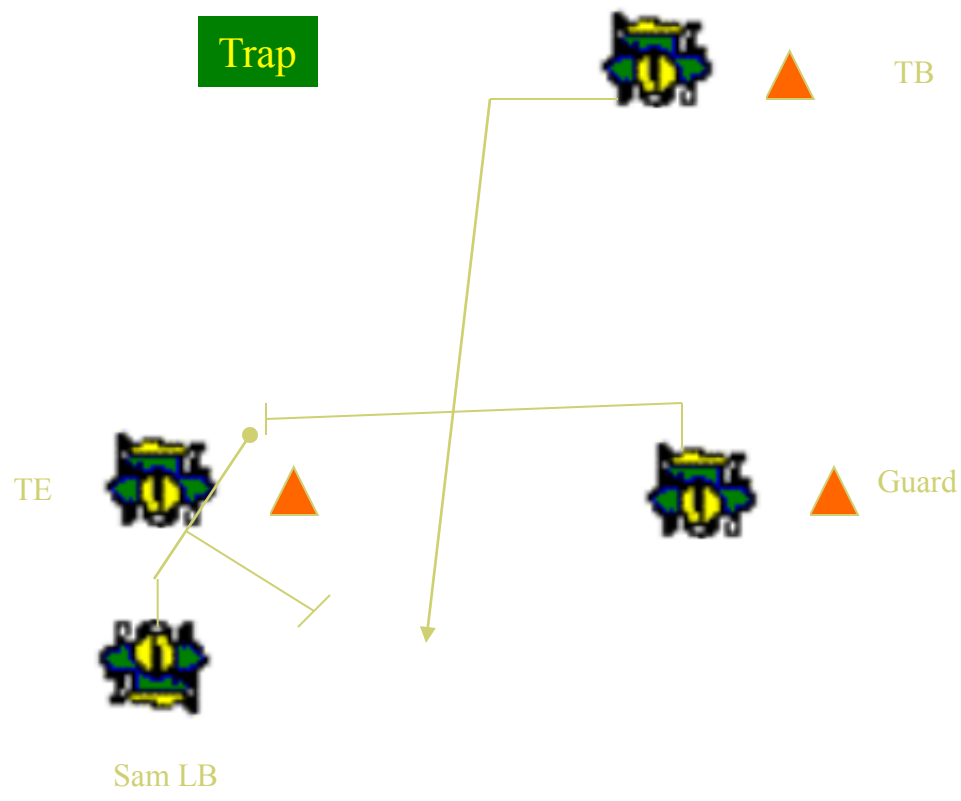


FB Kick Out



While over closing look for the pull of either guard or tackle. If FB kick out occurs use the wrong arm technique. Dip and Rip with outside arm. Squeeze into the FB and make the tackle.

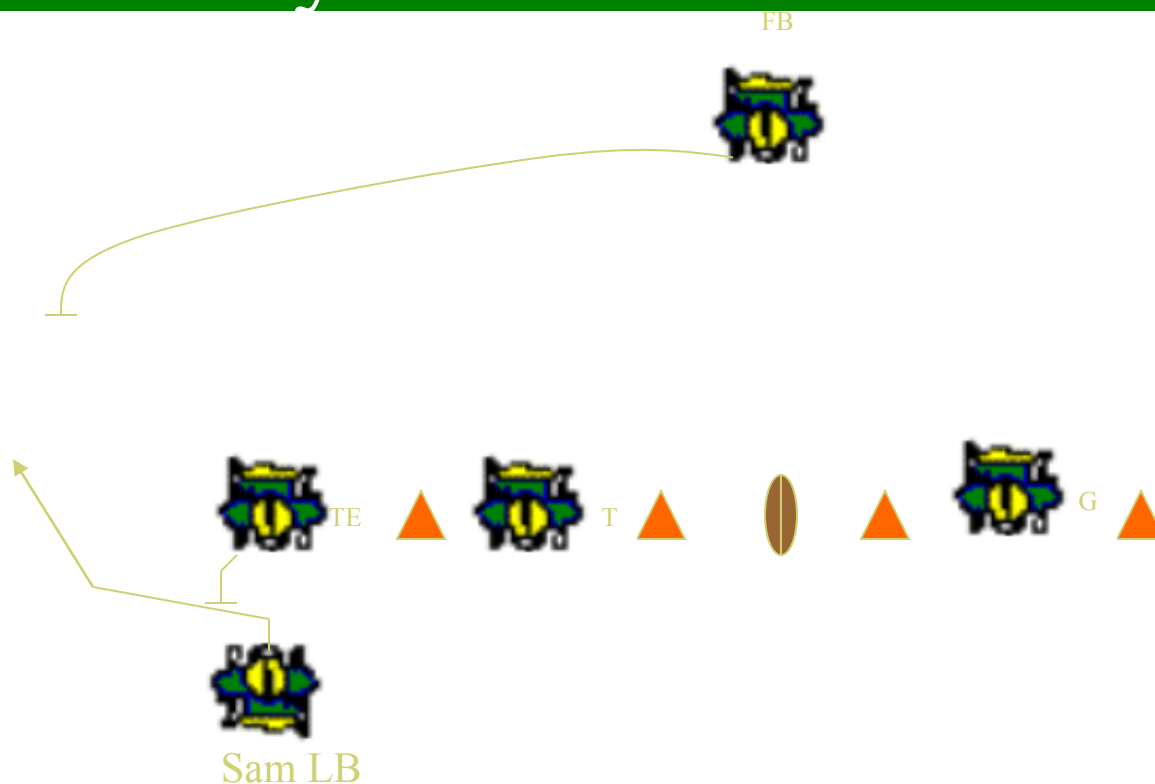
Trap



While over closing look for the pull of either guard or tackle. Meet these blockers head-up and keep shoulders square to the L.O.S. TRAP THE TRAPPER!

Sam Linebacker

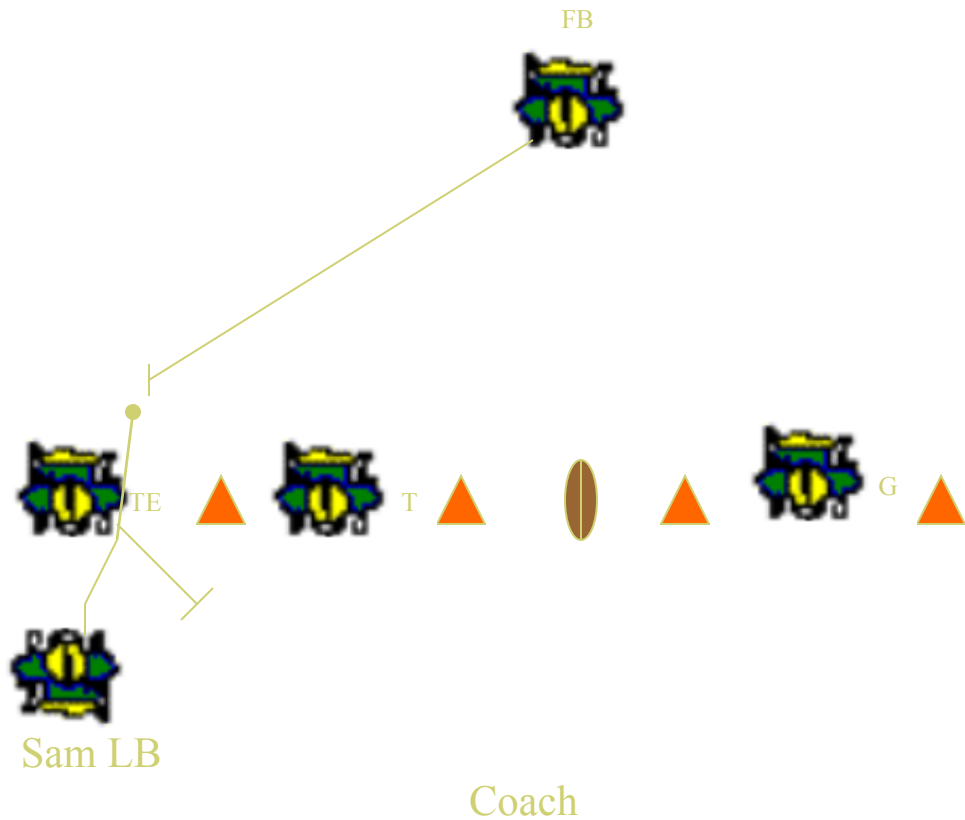
Key Read Drill Reach Block



Coach will point to the scout players on what to perform. Sam will read key attack the TE, fight through his head to a 2 alignment. Drive the him back off the L.O.S. Keep shoulders square to the L.O.S. Be able to play inside or outside the TE. Lockout and steer him. You can take the inside if the TE over extends. **YOU HAD BETTER MAKE THE PLAY!** Once Sam sheds the TE he will then get lateral and shed the FB. Aiming point to shed the blocker is his outside number.

Sam Linebacker

Key Read Drill FB Kick Out



Coach will point at scout players on what to perform. Sam will attack TE read his key. While over closing look for the pull of either guard or tackle. No pull from front side get into the off tackle running lane(C-gap). If FB kick out occurs use the wrong arm technique and squeeze into the FB.



Sam Linebacker

Key Read Drill Trap



Coach

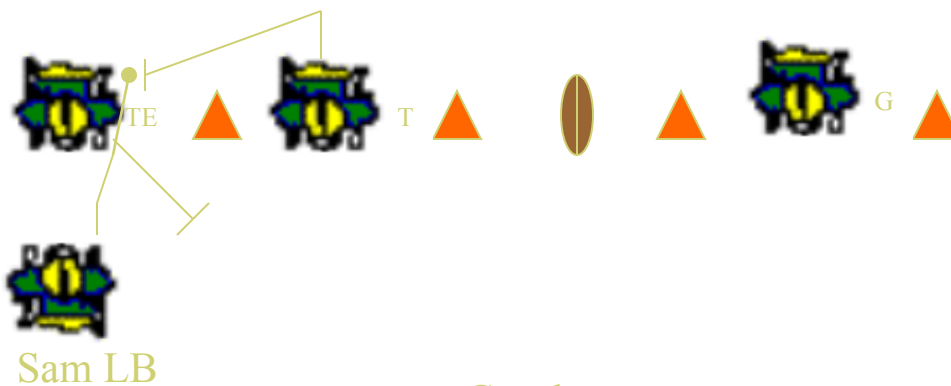
Coach will point at scout players on what to perform. Sam will attack TE and read key. While over closing look for the pull of either guard or tackle. Meet these blockers head-up and keep shoulders square to the L.O.S. TRAP THE TRAPPER! Be ready to escape off if guard is trying to log you. Be able to make the play inside or outside vs. normal front side blocking schemes, do not take a side. Be ready to escape off of the backside guard if he is trying to log you.



Sam Linebacker

Key Read Drill X Block

FB



Coach

Coach will point to scout players on what to perform. Sam will attack TE and read key. While over closing look for the pull of either guard or tackle. Meet these blockers head-up and keep shoulders square to the L.O.S. TRAP THE TRAPPER! Be able to make the play inside or outside vs. normal front side blocking schemes, do not take a side.



Sam Linebacker

Key Read Drill Turn Out/Drive Block

FB



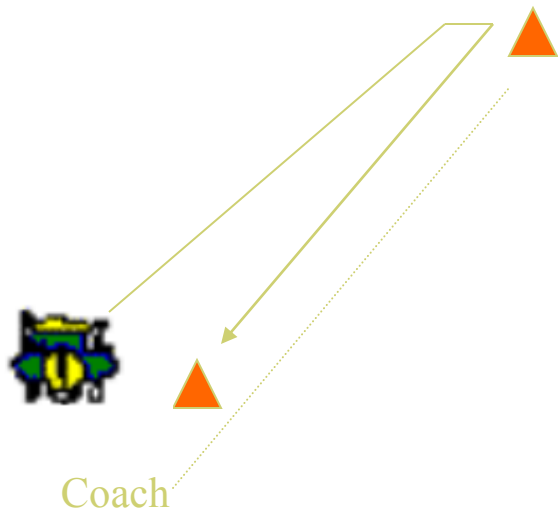
Coach

Turn Out Block- Close the hole with the offensive man. Put him back where he came from. Corner him.

Drive Block- Attack and control the TE. **DRIVE HIM BACK!** Be prepared to make the play inside or outside.

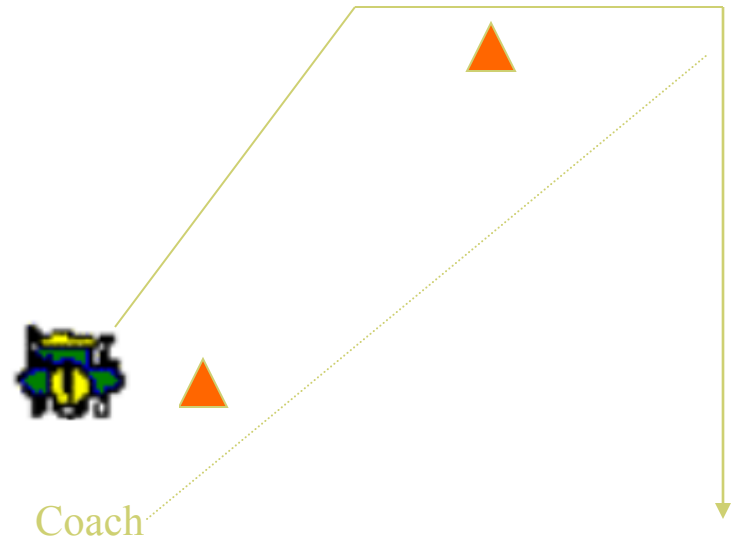
Sam Linebacker Zone Drop Drill

Sam linebacker does not drop step and open hips. He backpedals at a 45 degree angle so he can break inside or outside.



In a perfect stance. On "HIT" Sam will back pedal into his drop at a 45 degree angle. Sam will settle with head on a swivel and coach will throw football and Sam will intercept and sprint back.

Receiver



In a perfect stance. On "HIT" Sam will back pedal into his drop at a 45 degree angle. He will settle keeping head on a swivel. When coach throws football he will break on football and sprint back.

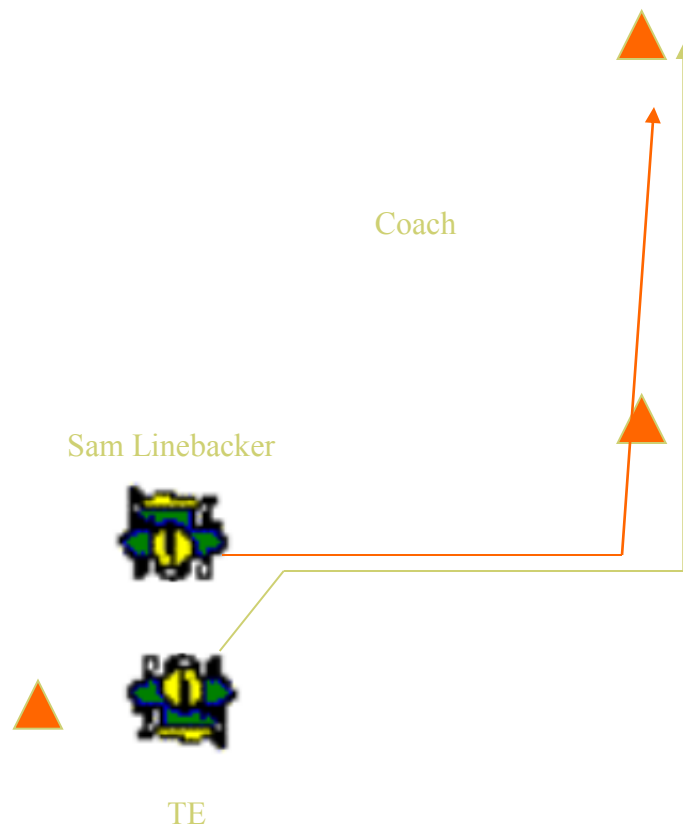
Main Menu

Position Drill
Menu



Sam Linebacker

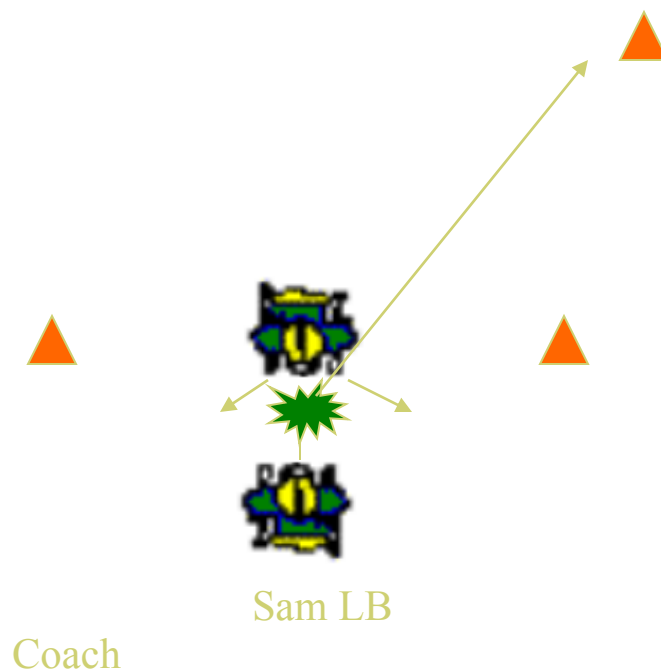
Man Man Drill (No Ball)



On "HIT" the receiver will run and a wheel route. The Sam will attack and jam the TE. He will then run with the TE. The Sam's eyes should be looking at the ear hole of the TE. When the receiver looks back YOU look back. When looking back keep your hand on the TE using it as a feeler so you don't lose the receiver. When the receiver shoots his arms on the wheel then look back put your inside arm over top the receivers arm and box him out towards the side line keeping inside leverage.

Sam Linebacker

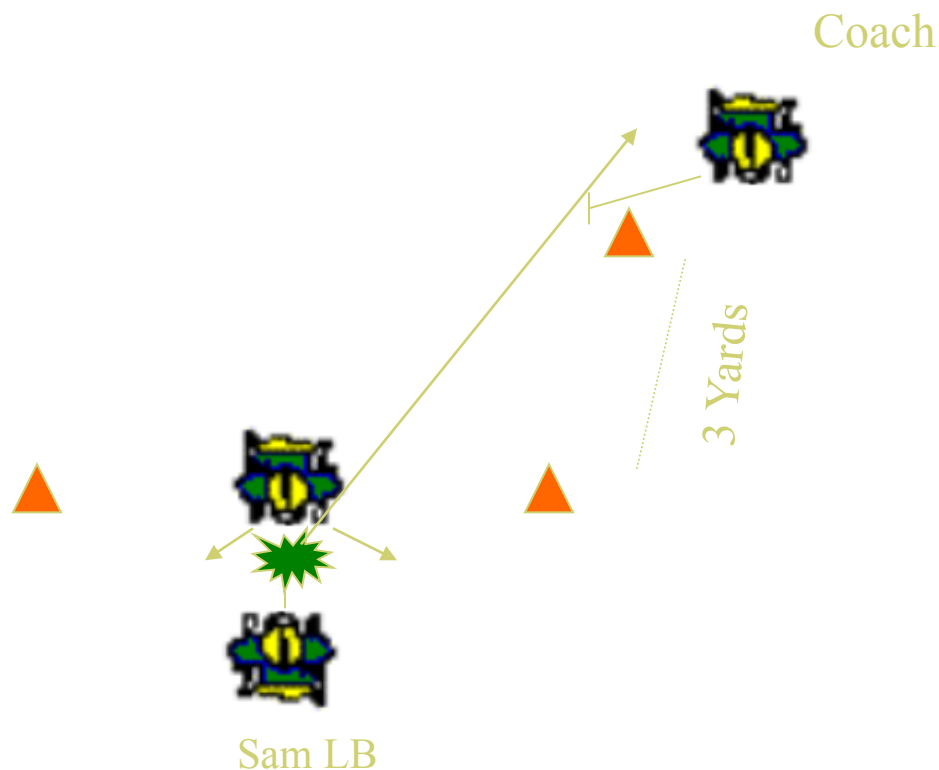
Pass Rush-Jam Drill



Sam linebacker will be in a perfect stance. TE will be aligned with the cones. On “HIT” TE will work to release and get past the Sam LB. TE has to stay within the cones. Sam LB will attack the TE, step with inside foot first and hold him on the L.O.S. Sam will keep his shoulders square and shuffle with the TE. If the Sam gets his shoulders turned he must let him go. The Sam should not hold up the TE for more than 3 seconds. Once you let the TE go or he releases get on your pass rush course and sprint to the cone.

Sam Linebacker

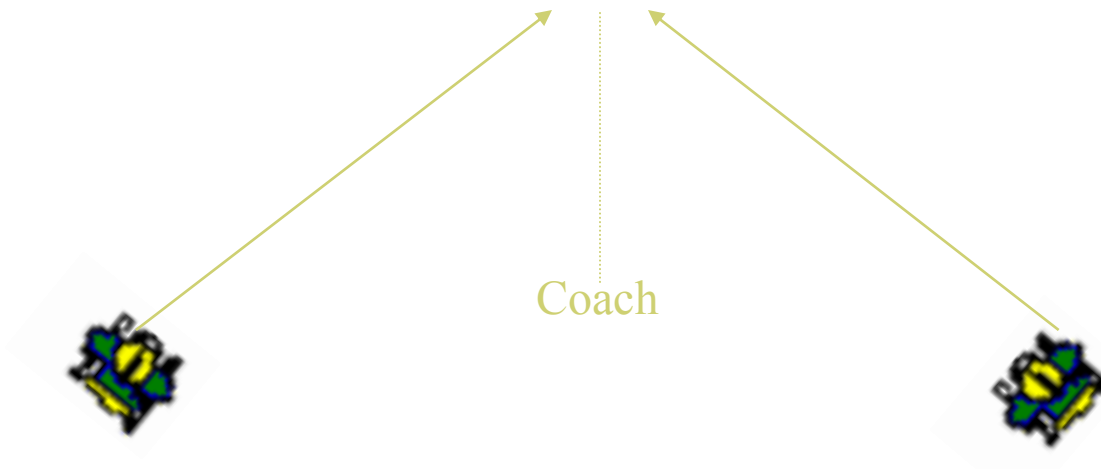
Pass Rush-Jam Drill Variation



Sam linebacker will be in a perfect stance. TE will be aligned with the cones. On “HIT” TE will work to release and get past the Sam LB. TE has to stay within the cones. Sam LB will attack the TE, step with inside foot first and hold him on the L.O.S. Sam will keep his shoulders square and shuffle with the TE. If the Sam gets his shoulders turned he must let him go. The Sam should not hold up the TE for more than 3 seconds. Once you let the TE go or he releases get on your pass rush course sprint defeat blocker using pass rush move and get to coach(QB). Blocker this is full go.

Sam Linebacker

Pass Rush Drill- Slash



On "HIT" coach will drop back and both Sam LB will take proper slash course staying as deep as the deepest back getting to the QB as quick as possible. Which ever way the QB turns and throws that Sam LB will get hands up. The other Sam LB will touch the kidney area of the coach to simulate taking a kill shot on the QB.



Sam Linebacker Stunt Techniques



Sam LB



Sam LB

Two groups. Coach will call out what stunt to perform. On “HIT” Sam linebackers will perform stunt.



Tilt Tackle/ Tackle Strong/ Rush End SAT's

- Stance – Basic Three point

- Light weight on down hand/ finger tips
- Up hand – palm open, fingers up, facing o-lineman, do not rest arm on leg
- Squatty (butt down) stance
- Feet – prefer inside foot back/ Toe to instep or heel (May use sprinters stance vs. pure pass)
- Neck – bulled (Find visual key and never look at the ground)

Four point

- May be used on goal line or for gap technique
- Both hands on the ground (weight on hand) Note: must still be able to fire out
- Feet square
- Butt up in the air
- Neck – bulled (be able to attack low and up)



Tilt Tackle/ Tackle Strong/ Rush End

SAT's Continued

- **Alignment**

- Squeeze LOS/ Align on football, not the opponent (do not line up off-sides)
- 1 = 's inside eye of Offensive lineman or inside shoulder
- 2 = 's head up on Offensive lineman
- 3 = 's outside eye of Offensive lineman or outside shoulder. This is the basic DL alignment.

- Note: the 1 and 2 alignments can be adjusted according to personnel, calls, and opponent

- Tilt = 's DT will angle in his stance to aim at the V of the center's neck
- C.P. His butt must occupy the OG and force the concept that he must block him



Tilt Tackle/ Tackle Strong/ Rush End

SAT's Continued

- **Technique**

- Key football – Move on movement
- Attack and control area of responsibility or carry out stunt/ blitz call
- Overclose (lockout/ disengage and take proper pursuit to football)
- The various aspects of technique such as hands, feet, eyes, staying square to the LOS, etc. will be covered in the various practice drills for each position

Coaching Points:

Always integrate coaching point in practice

You can never over emphasize tackling

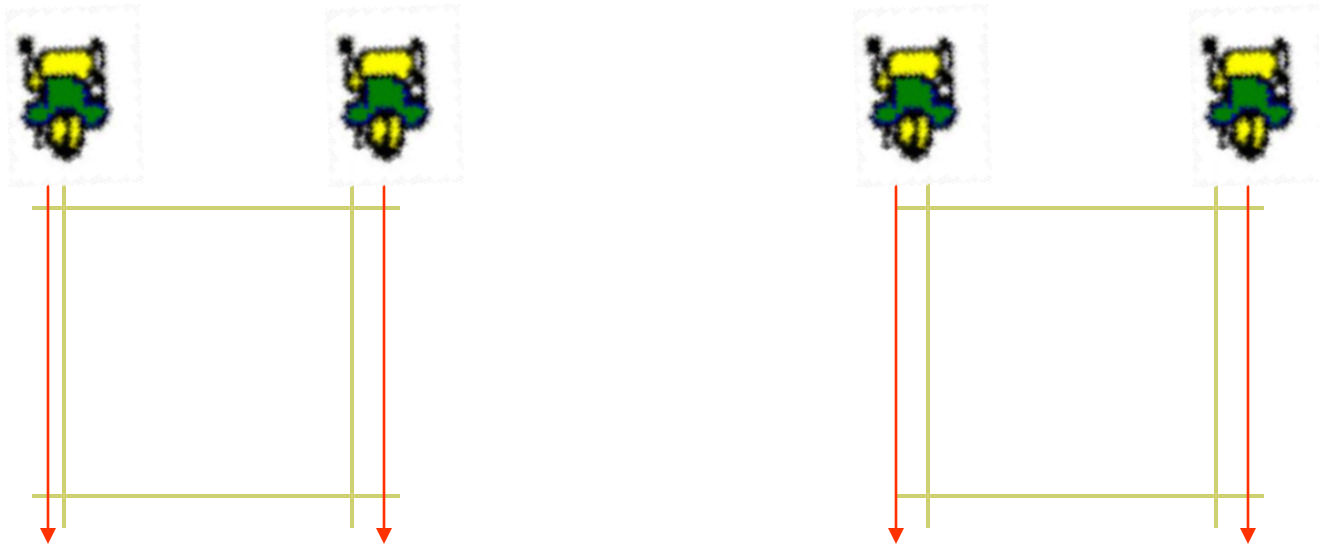
Always cover mistake review and make necessary corrections

SAT's/ Areas of Responsibility/ Key Read/ Mistake Review/ Calls



Tilt Tackle/ Tackle Strong/ Rush End Fire- Outs

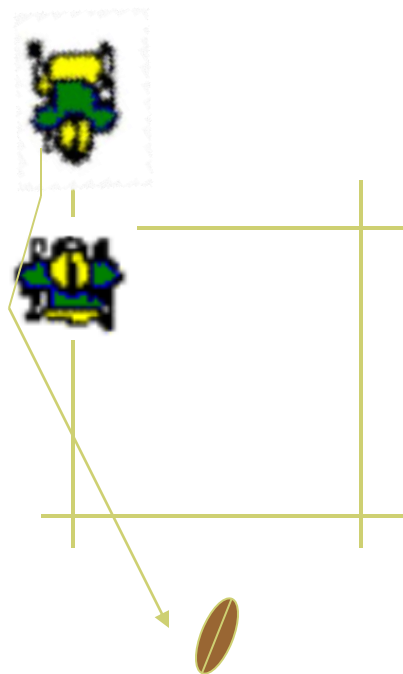
Squares 5x5 with 1 yard over hang



Line up at back of squares facing same direction. In a perfect stance players will be in a right handed stance. Second time through players will be in a left handed stance. Fire out when coach moves football. After five yards raise hands for pass rush and call out pass.

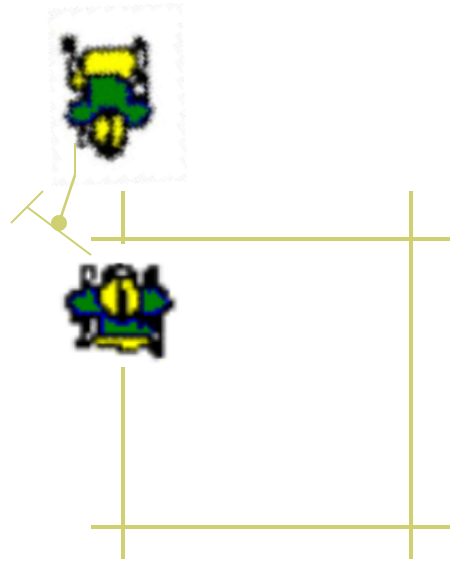


Tilt Tackle/ Tackle Strong/ Rush End Pass Rush Drills



In a perfect a stance. Start on movement or coaches command. Two reps to the right and two reps to the left. A different pass rush technique will be used each time. Alignments that will be worked are from a tilt, 2 tech and 3 tech. Finish through back line and find football. Blocker will pass set. This is full go.

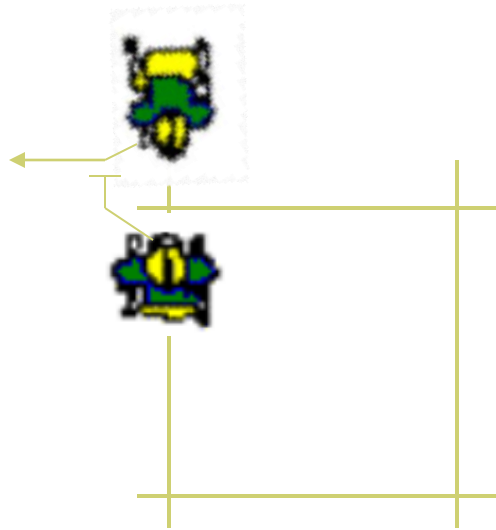
Tilt Tackle/ Tackle Strong/ Rush End Block Protection- Down Block



In a perfect stance on ball movement or “HIT” Over close and control the guard from the outside in and keep him off our Mike Linebacker. Find the ball and slide in to meet the trap or block by FB. Keep shoulders square and control the block. You are responsible for the bounce to the outside. Keep the inside hole small. Blocker will perform a down block. Work block both ways



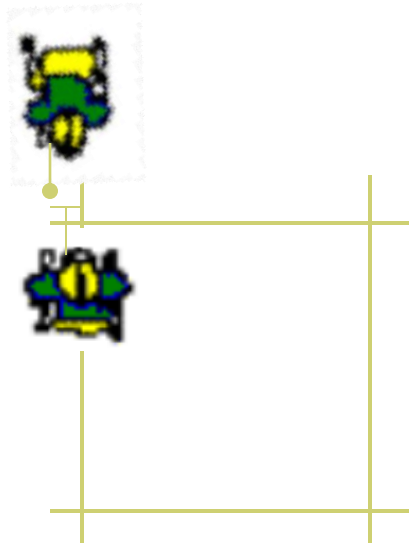
Tilt Tackle/ Tackle Strong/ Rush End Block Protection- Reach Block



In a perfect stance on movement or on “HIT” Attack center, play centers head and do not get reached!! Pursue Down L.O.S. and find the football. Blocker will perform a reach block. Work both ways with different alignments (tilt, 2 tech and 3 tech.)



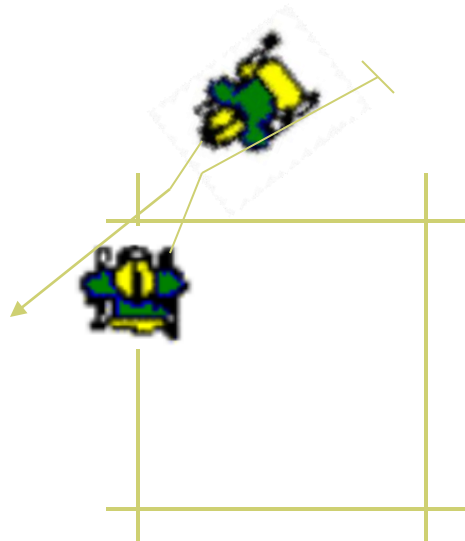
Tilt Tackle/ Tackle Strong/ Rush End Block Protection- Drive Block



In a perfect stance, on movement or on “HIT”. Come to your point on the L.O.S. You should have inside arm control. Keep shoulders square and find the football. You are responsible for the area head up to outside of you, the B gap area. You are also to keep the inside hole(A gap) small. Blocker perform a drive block. Work both ways with different alignments (tilt, 2 tech and 3 tech).



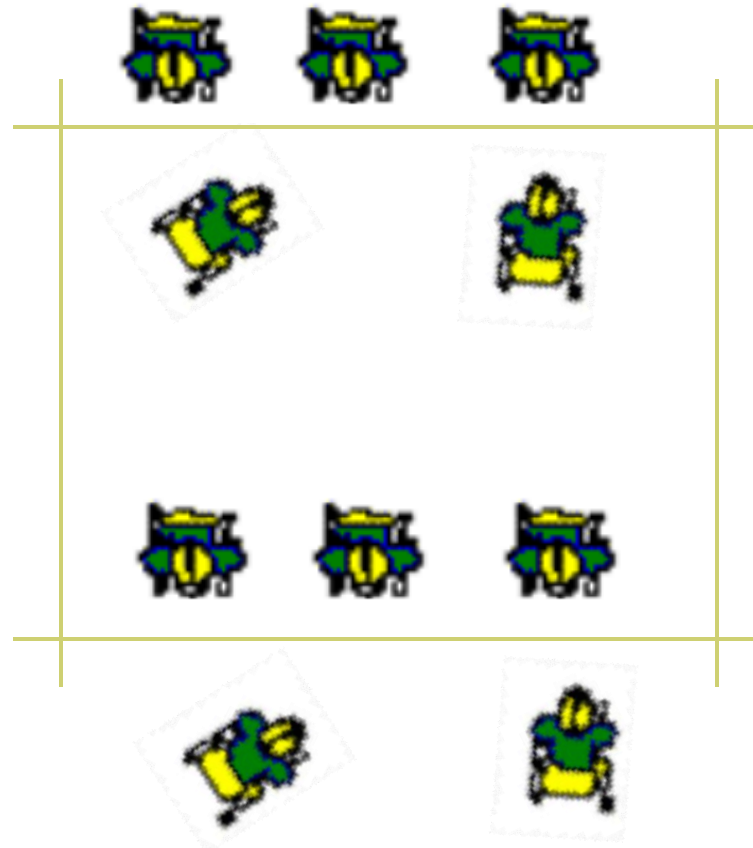
Tilt Tackle/ Tackle Strong/ Rush End Block Protection- Center Release



In a perfect stance on movement or “HIT”. Prevent the centers release. Attack the centers head. Look for tackle trap. If tackle trap occurs **TRAP THE TRAPPER!** Blocker try and release off the L.O.S. Work both ways and only from tilt alignment.



Tilt Tackle/ Tackle Strong/ Rush End Stunt Techniques and Calls



Coach will call out stunts. Two groups at a time. In a perfect stance on movement or “HIT” players will perform stunt called. Various techniques can be used.



Tilt Tackle/ Tackle Strong/ Rush End Game Plan Segment



This is a mental segment. Going over adjustments, blitz review and scouting report.



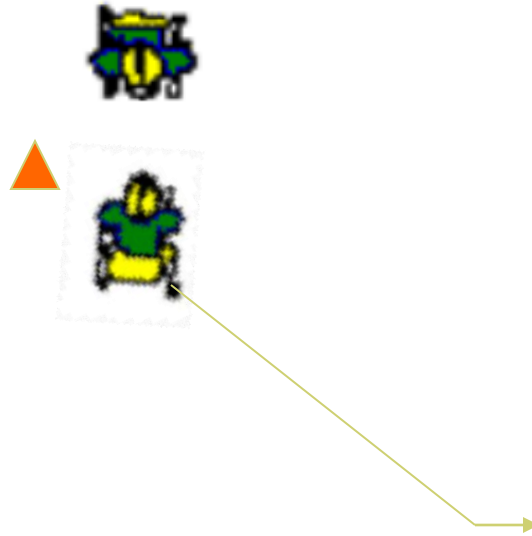
Tilt Tackle/ Tackle Strong/ Rush End Other Items

- Double Team
- Pass Rush techniques
- Chopping hands when being held
- Goal line gap technique



Rush End

Fire Zone- Rush End



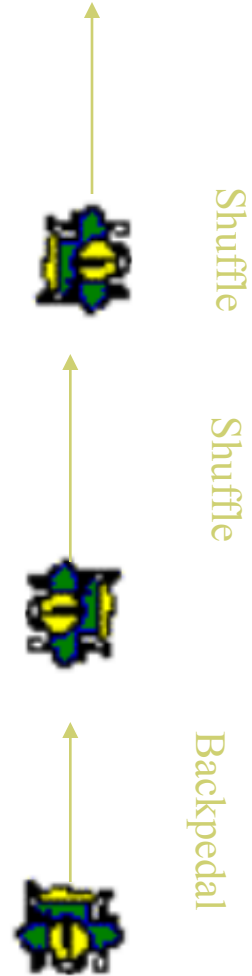
In a perfect stance on “HIT” rush end drop step turn and open and sprint back keeping eyes on QB. Stay low when dropping so you can react and change direction quickly. **YOUR JOB IS TO GET IN THE THROWING LANE!!** Once at proper depth (8 yds) settle keeping feet chopping with feet underneath. Head on a swivel be looking for the back out of the back field, flare route, slant or drag. Can add receivers if needed.



Secondary Drills

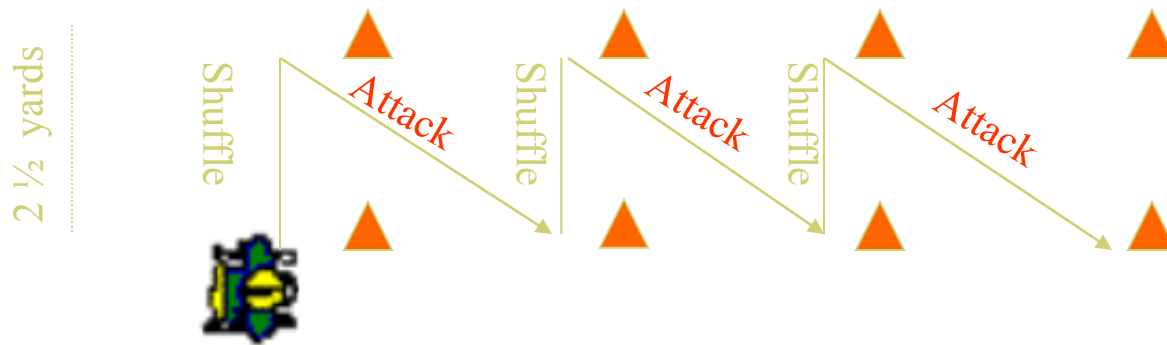
Flip Drill

1-4 players at a time. In a perfect stance
On "HIT" the DB will backpedal 5 yards.
On second "HIT" DB will then turn swing hips
and shuffle. On third "HIT" DB will turn hips
and shuffle 5 yards. On "GO" DB will finish drill
by sprinting forward.



Secondary Drills

Shuffle M



DB will face the cone and shuffle to the first cone. DB will then attack down hill at the second cone. DB will repeat this through the cones. DB should keep feet underneath. Variations at end of drill can be tackle a dummy, catch football or speed turn.

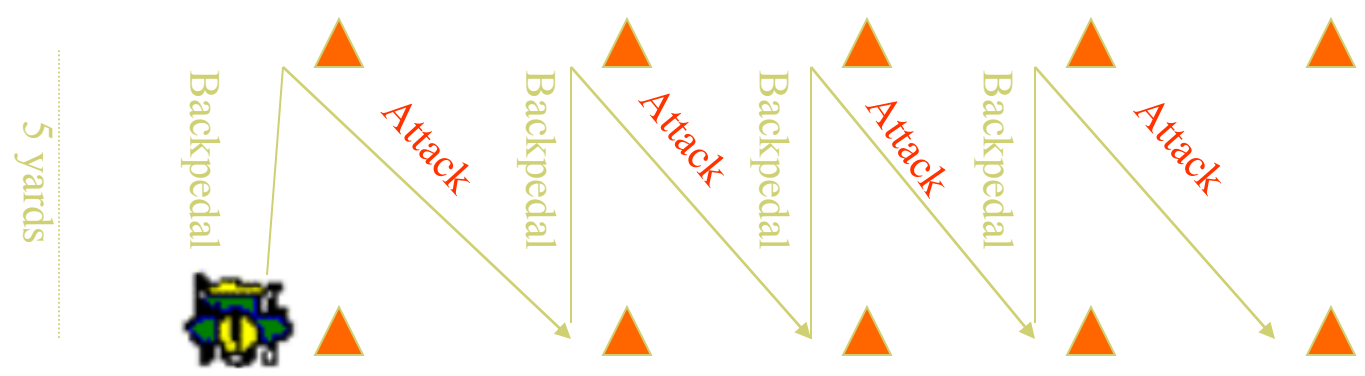




Big M

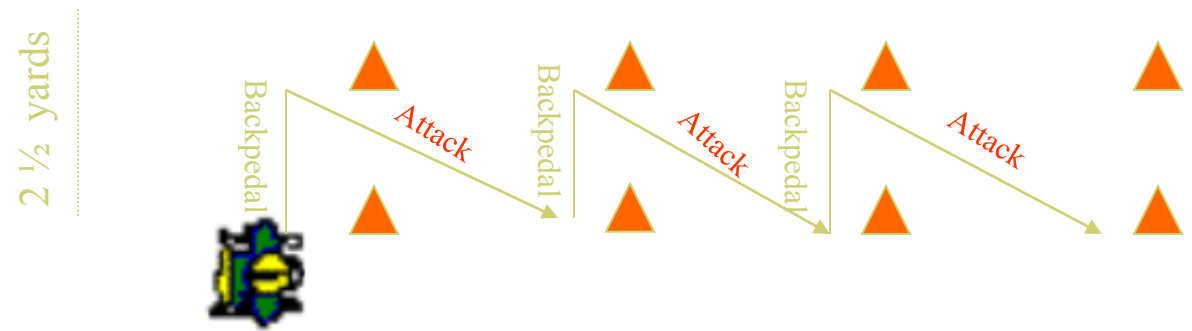
Secondary Drills

Big M and Small M



DB will be in a perfect stance. DB will backpedal to the first cone then drive forward to the second cone. DB will repeat this through the cones. Variations at end of drill can be tackle dummy, catch ball or speed turn.

Small M

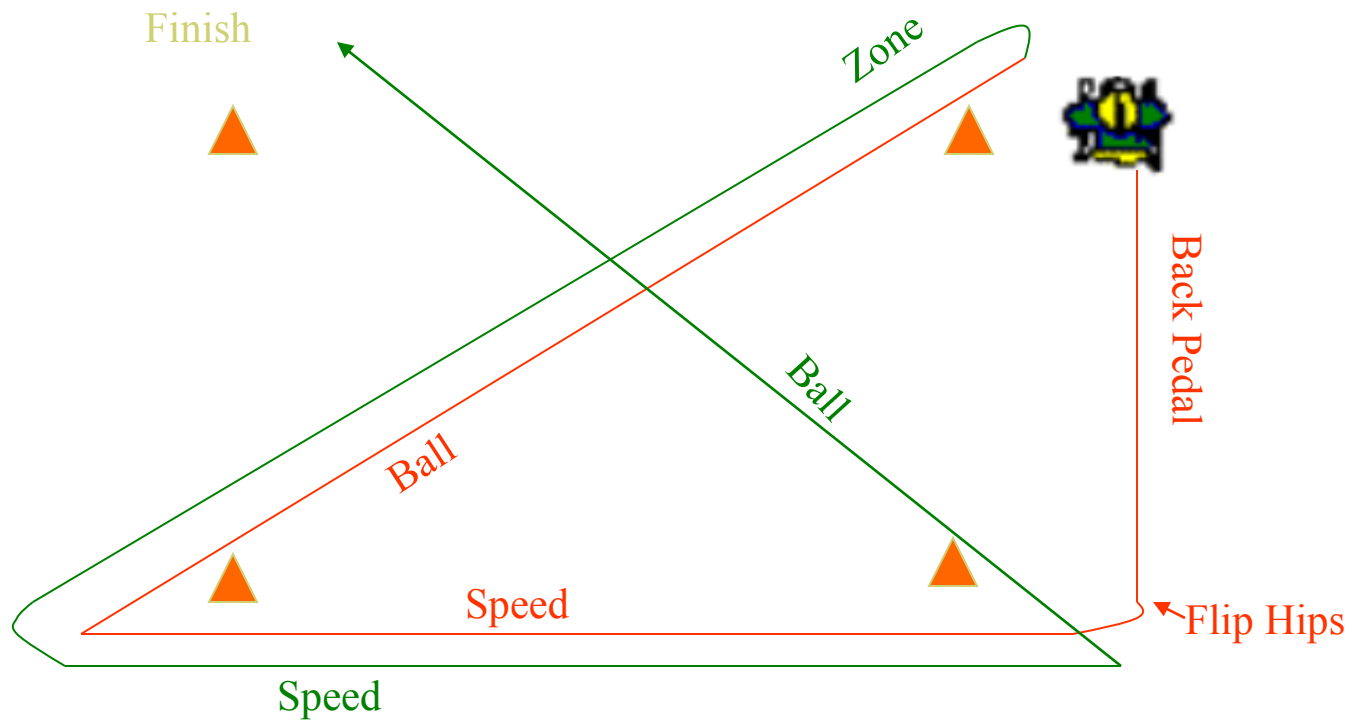




Secondary Drills

Eagle

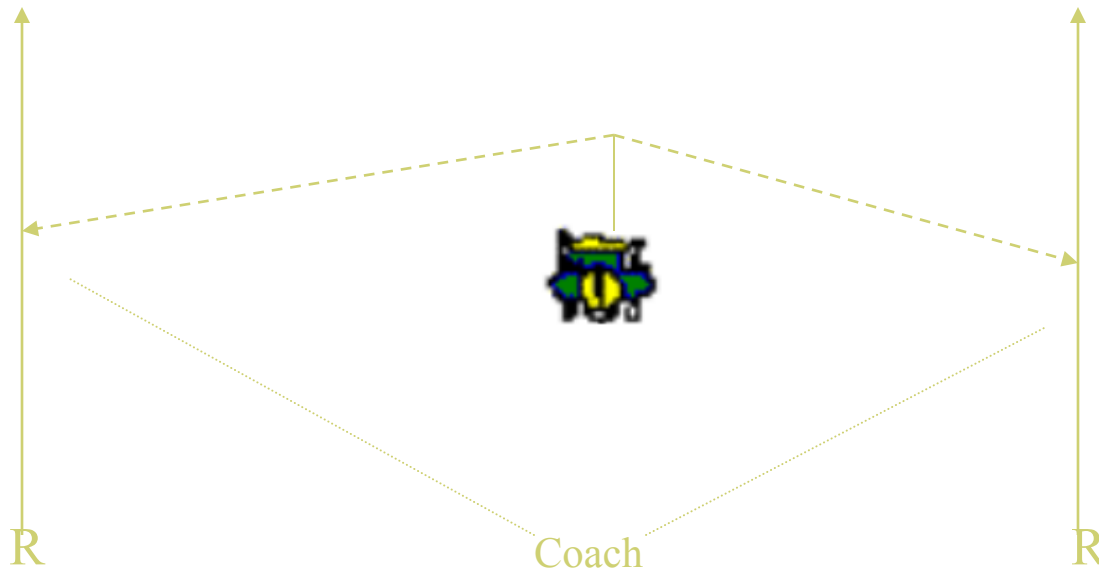
Cones 5 yards apart



In a perfect stance. On "HIT DB will go through cones doing different movements. An example would be back pedal, flip hips, speed, ball, zone, speed, ball. Start DB's off with 4 movements first then build from there. Work both ways

Secondary Drills

2 on 1 Short



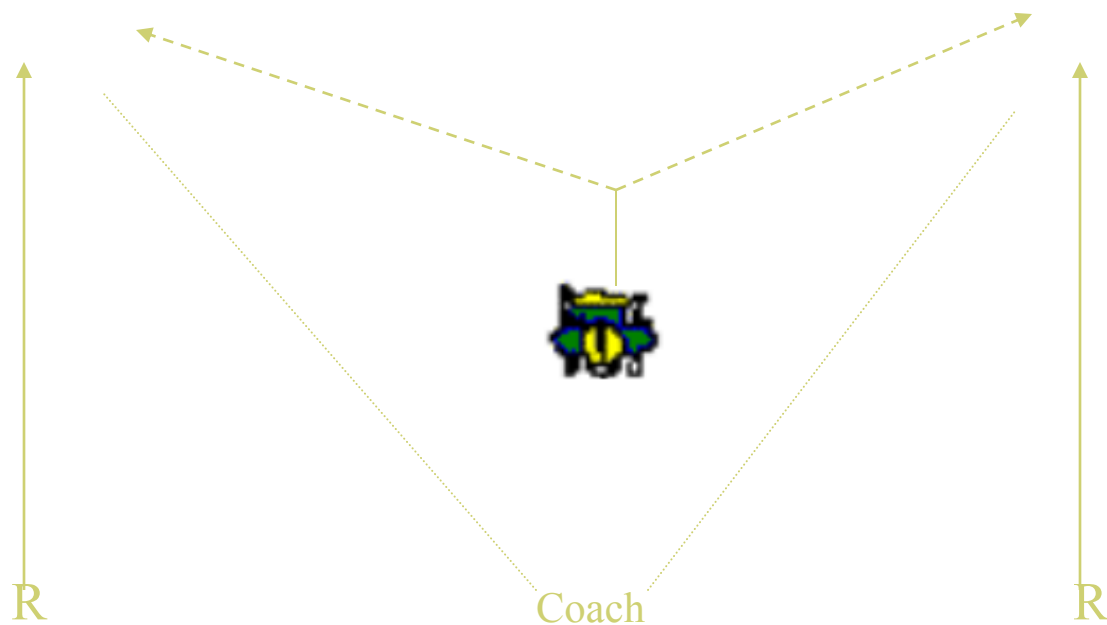
On “HIT” DB will back pedal reading the eyes and shoulders of the QB(coach). When QB turns shoulders and throws football to receiver DB will drive (no false steps) and break down hill and intercept or knock down the pass. DB should never take a flat course. Receivers run seam routes at full speed.





Secondary Drills

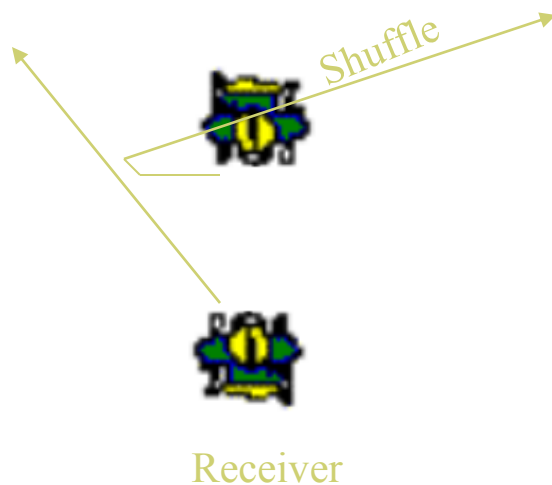
2 on 1 Long



On “HIT” DB will back pedal reading the eyes and shoulders of the QB(coach). When QB turns shoulders and throws football to receiver DB will drive (no false steps) and break at a 45 degree angle and intercept or knock down the pass. Catch ball at highest point. DB should never take a flat course. Receivers run seam routes at full speed.

Secondary Drills

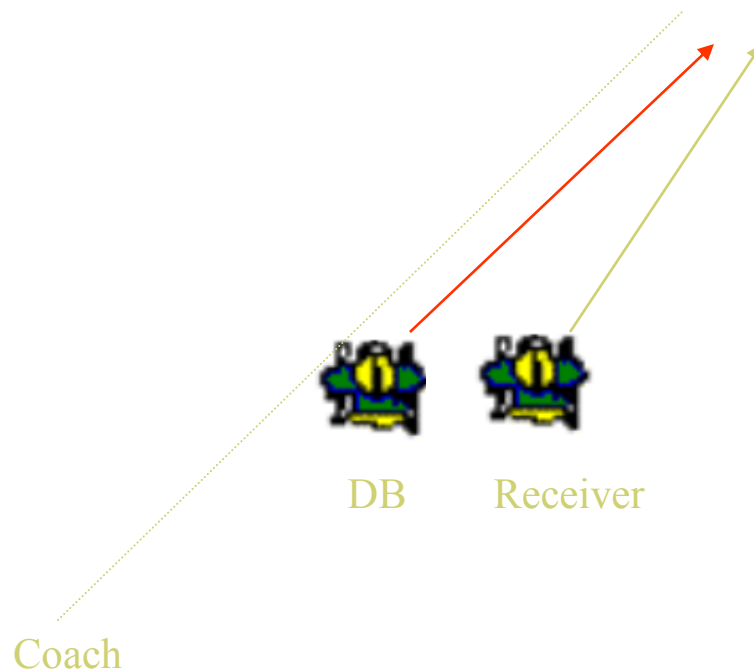
Cover 2 Jam



In a perfect stance. On "HIT" DB will use jam technique. Alignment may vary from Press to 5 yards off receiver. Lateral movement, keeping the shoulders parallel to the LOS. **Do not attack!** Do not lunge forward! Be in a hitting position: Square stance with elbows tucked in to the sides and thumbs up. Must move your feet on HIT. SHUFFLE your feet. Blow delivery: Aim point/ eyes on opponent's numbers until you have struck a blow. Do not peek in at ball once in a set-up position. May search for inside-out threat once contact is made or reacting to run. Then drop to zone, landmark back to 12 yards. Want to force the receiver in to the FS and WC. They are expecting a slant and should either intercept it or cause major collision. Receiver will release inside. Variation is to have receiver try and release outside.

Secondary Drills

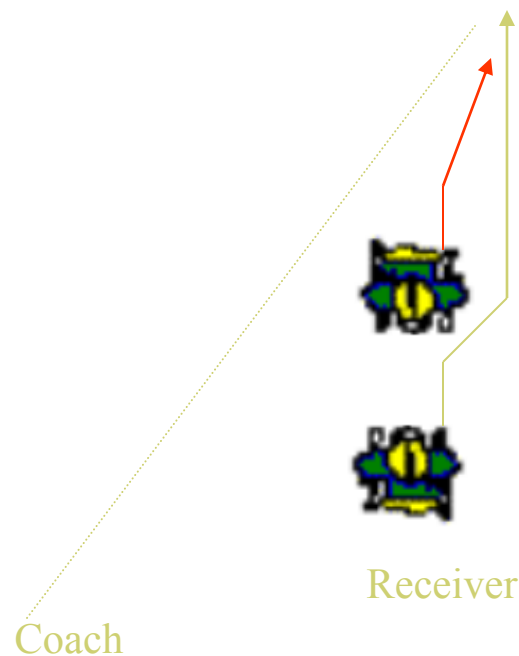
Fade Squeeze Drill



In a perfect stance. On “HIT” DB will turn inside and drop your inside hand on the receiver’s thigh. This will stall his up field momentum. The defender must read the receiver’s eyes and hands. Squeeze this route in to the sideline and cover just off his shoulder, do not get even or beyond the receiver. If you have proper relationship in phase with receiver you may peek with the receiver but look over your shoulder do not turn your shoulders, this will cut your strides down and allow the receiver to separate from you. His eyes and hands will tell you when the ball is coming. Eyes will get big and hands will go up. Put your hands in his hands! DB intercept or knock ball down and return it to coach.

Secondary Drills

Cover 1 Fade Drill



In a perfect stance. On “HIT” DB will backpedal keeping eyes on hips. Keep a 2-3 yard cushion. Turn inside and drop your inside hand on the receiver’s thigh. This will stall his up field momentum. The defender must read the receiver’s eyes and hands. Squeeze this route in to the sideline and cover just off his shoulder, do not get even or beyond the receiver. If you have proper relationship in phase with receiver you may peek with the receiver but look over your shoulder do not turn your shoulders, this will cut your strides down and allow the receiver to separate from you. His eyes and hands will tell you when the ball is coming. Eyes will get big and hands will go up. Put your hands in his hands! DB intercept or knock ball down and return it to coach.



Situational Defense

Defensive Clock Situations

Waste Time

Save Time

Special Situations

Defensive Clock Situations

1. Time is running out and we are by 6 or more
2. Time is running out and we are behind by 3
3. Time is running out and we are ahead by 3 or less
4. Time is running out and we are ahead by 6 or more

Wasting Time

We are ahead and the clock is on our side. The pressure is on our opponent

1. Know The Situation

- What do they need to win or tie?
- Tendencies
- Number of time outs remaining
- Special situations (no huddle, tripps and trick plays)

2. Know The Rules

- The clocks stops when a penalty, incomplete pass, runner out of bounds, injury, measurment or change of possession occurs.
- If we intercept stay in bounds and go to the ground before you are tackled.
- If injured leave field if at all possible on your own.
- Clock starts BE READY!
- NO FOOLISH PENALITIES!!!!!!

3. Gang tackle

- Stay on the pile, but be ready when the official winds the clock.
- Second and third tacklers should try and strip the football.

Save Time

When we are behind and need possession of the football.

1. Time Outs
 - Can ONLY be called by Head Coach or designated player.
2. Know the situation
3. Be quick and aggressive
 - Create a turnover
4. NO PENALTIES
5. Know the rules
6. Know how to stop the clock

Special Situations

1. No snap, long cadence.
-WATCH THE FOOTBALL. DO NOT
JUMP OFFSIDES!!
2. Offense shifts to a punt formation.
3. Do they need to go for two?