

Defense

Heavy

– Front

- Heavy Heavy 4 Heavy 5

– Stunts

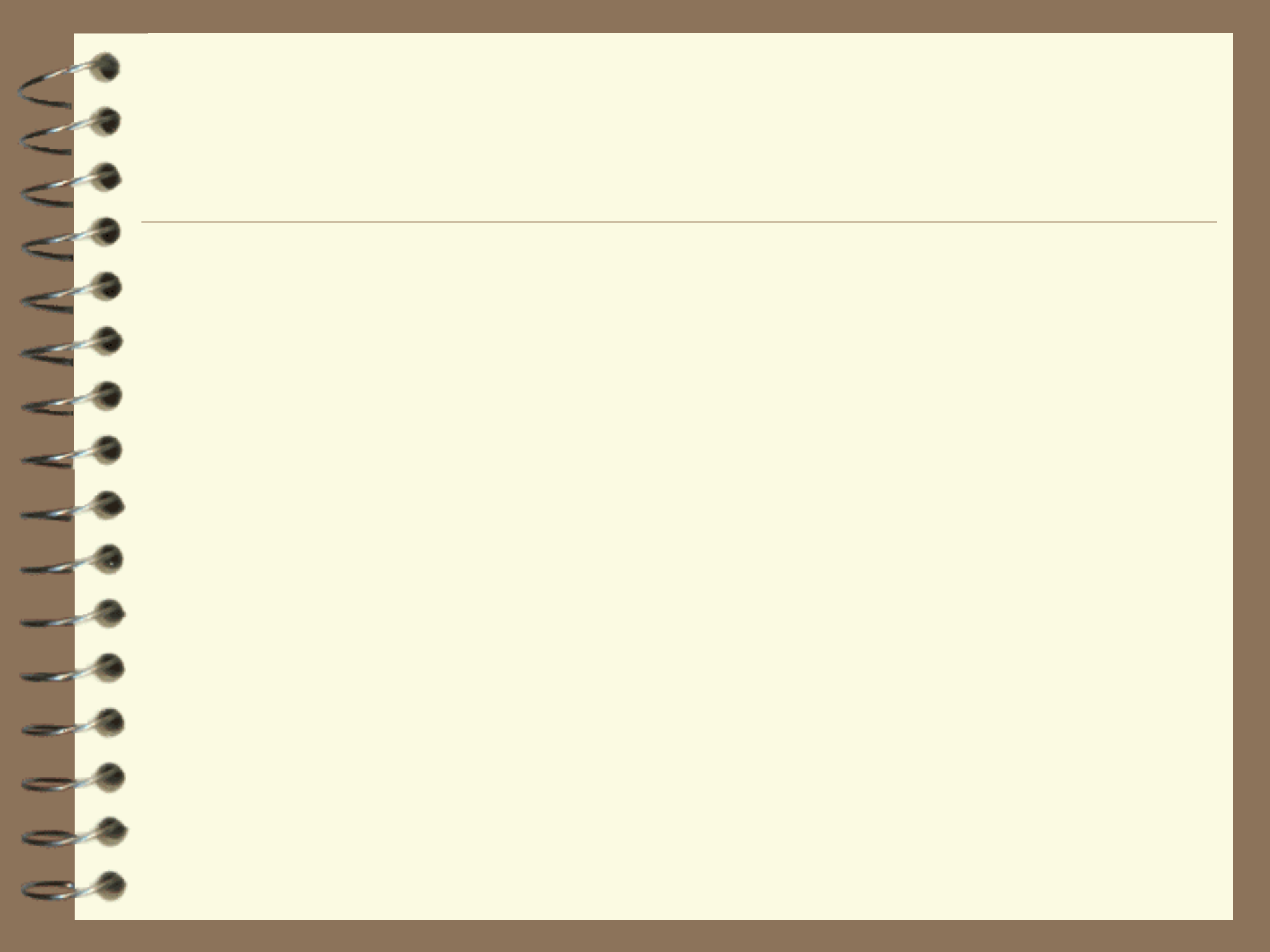
- knife/rip 20,40,80 slantweak shiftweak
- pinch wedge Dbl wdg dig bark
- crash

– Blitz

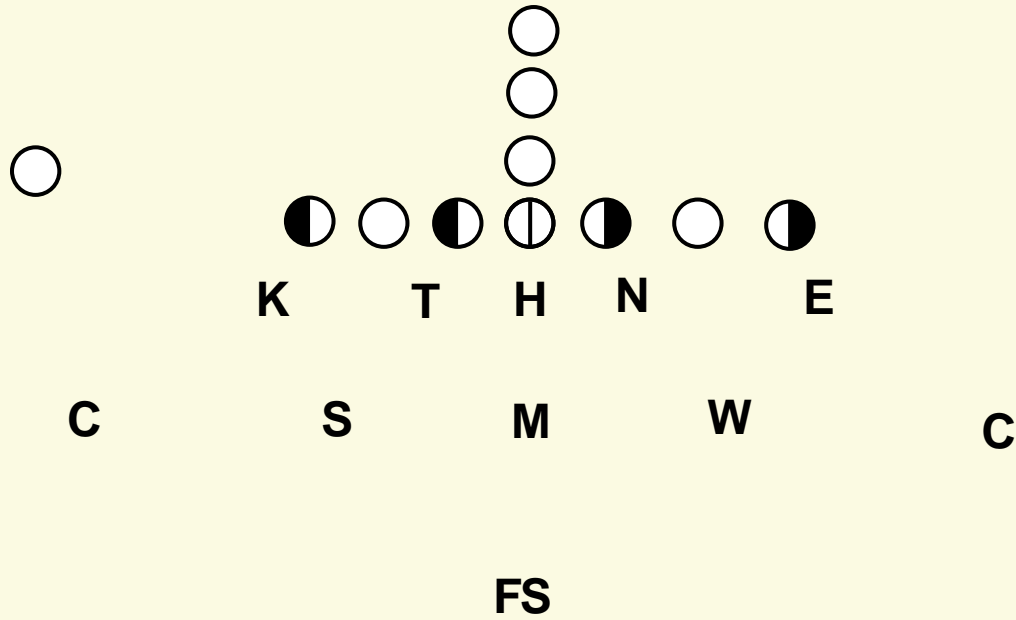
- Jet Thunder Shoot Lazor Razor

– Coverage

- 1 3 Red



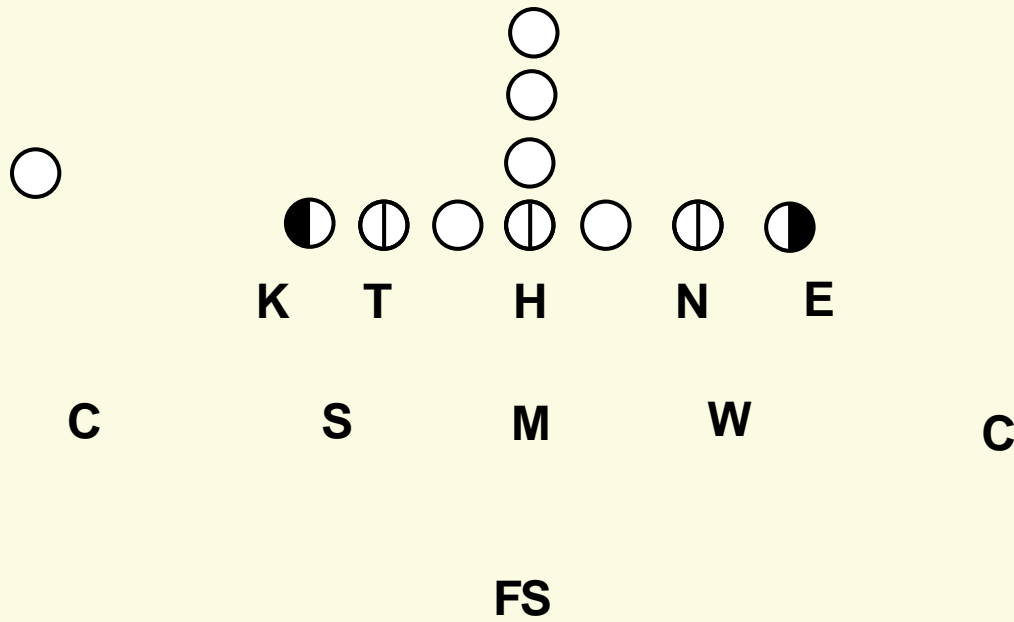
Heavy



HEAVY	<u>ALIGN.</u>	<u>KEY</u>	<u>RUN TO</u>	<u>RUN AWAY</u>	<u>PASS</u>
MIKE	10 tech stack nose	strong side guard	Down hill - force inside - out	Down hill - force inside - out	2 down hill steps - flip hips to TE - watch draw - drop to middle and get depth
SAM	60 tech stack tackle	strong side guard	Down hill - force inside - out	Down hill - squeeze - inside - out pursuit angle	2 down hill steps - flip hips to outside - watch draw - drop to zone and get depth
WILL	60 tech steack end	weak side guard	Down hill - force inside - out	Down hill - squeeze - inside - out pursuit angle	2 down hill steps - flip hips to outside - watch draw - drop to zone and get depth
FREE SAFETY	10 yds deep strong side A gap	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
CORNERS	7 yds deep outside shoulder #1	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
KODIAK	Tuff tech	Ball - head of man in front	Ball get off - set the corner Contain	set - squeeze - watch for cut back & reverse - pursuit angle	Ball get off Give a pass rush move Stay in lanes - contain
NOSE	3 tech strong side	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
TACKLE	3 tech strong side	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
HEAVY	head - up on center	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
END	3 tech weak side	Ball - head of man in front	Ball get off - set the corner Contain	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes - contain

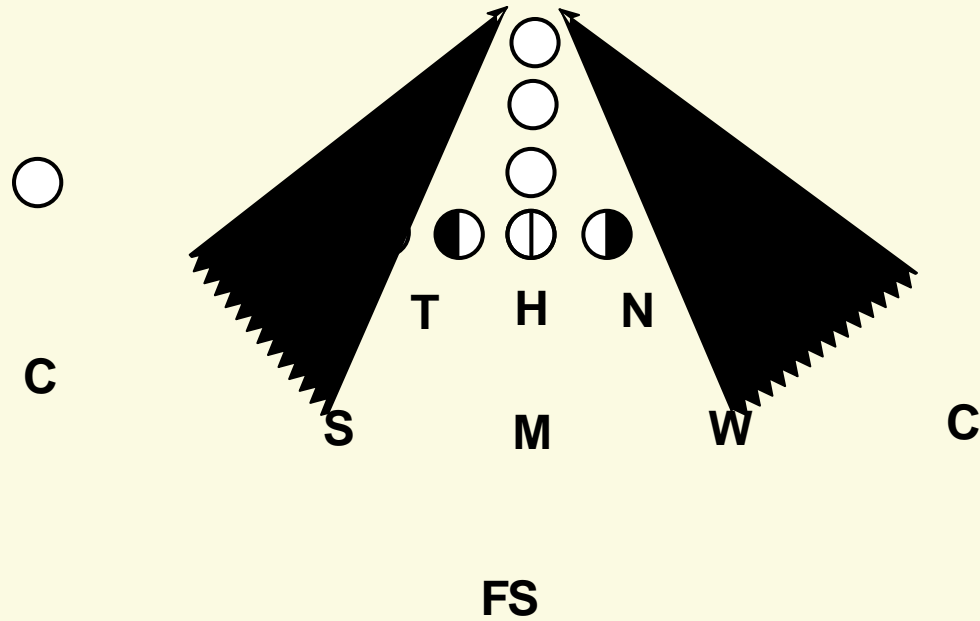
HEAVY 4	<u>ALIGN.</u>	<u>KEY</u>	<u>RUN TO</u>	<u>RUN AWAY</u>	<u>PASS</u>
MIKE	10 tech stack nose	strong side guard	Down hill - f orce inside - out	Down hill - f orce inside - out	2 down hill steps - f lip hips to TE - watch draw - drop to middle and get depth
SAM	60 tech stack tackle	strong side guard	Down hill - f orce inside - out	Down hill - squeeze - inside - out pursuit angle	2 down hill steps - f lip hips to outside - watch draw - drop to zone and get depth
WILL	60 tech steack end	weak side guard	Down hill - f orce inside - out	Down hill - squeeze - inside - out pursuit angle	2 down hill steps - flip hips to outside - watch draw - drop to zone and get depth
FREE SAFETY	10 yds deep strong side A gap	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
CORNERS	7 yds deep outside shoulder #1	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
KODIAK	Tuff tech	Ball - head of man in front	Ball get off - set the corner Contain	set - squeeze - watch f or cut back & reverse - pursuit angle	Ball get off Give a pass rush move Stay in lanes - contain
NOSE	4 tech strong side	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
TACKLE	4 tech strong side	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
HEAVY	head - up on center	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
END	3 tech weak side	Ball - head of man in front	Ball get off - set the corner Contain	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes - contain

Heavy 5



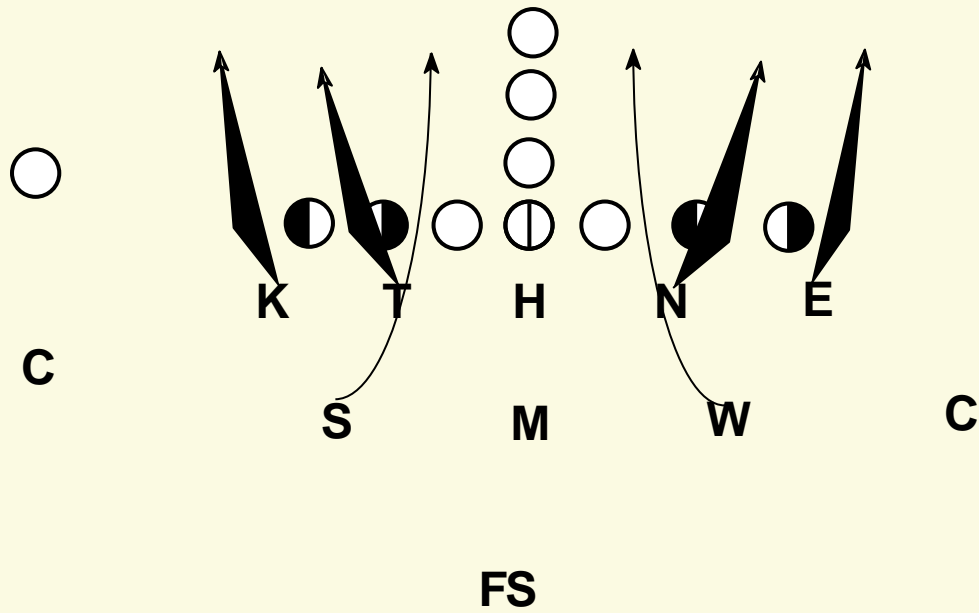
HEAVY 5	<u>ALIGN.</u>	<u>KEY</u>	<u>RUN TO</u>	<u>RUN AWAY</u>	<u>PASS</u>
MIKE	10 tech stack nose	strong side guard	Down hill - force inside - out	Down hill - force inside - out	2 down hill steps - flip hips to TE - watch draw - drop to middle and get depth
SAM	60 tech stack tackle	strong side guard	Down hill - force inside - out	Down hill - squeeze - inside - out pursuit angle	2 down hill steps - flip hips to outside - watch draw - drop to zone and get depth
WILL	60 tech steack end	weak side guard	Down hill - force inside - out	Down hill - squeeze - inside - out pursuit angle	2 down hill steps - flip hips to outside - watch draw - drop to zone and get depth
FREE SAFETY	10 yds deep strong side A gap	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
CORNERS	7 yds deep outside shoulder #1	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
KODIAK	Tuff tech	Ball - head of man in front	Ball get off - set the corner Contain	set - squeeze - watch for cut back & reverse - pursuit angle	Ball get off Give a pass rush move Stay in lanes - contain
NOSE	5 tech strong side	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
TACKLE	5 tech strong side	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
HEAVY	head - up on center	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
END	3 tech weak side	Ball - head of man in front	Ball get off - set the corner Contain	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes - contain

Heavy Jet



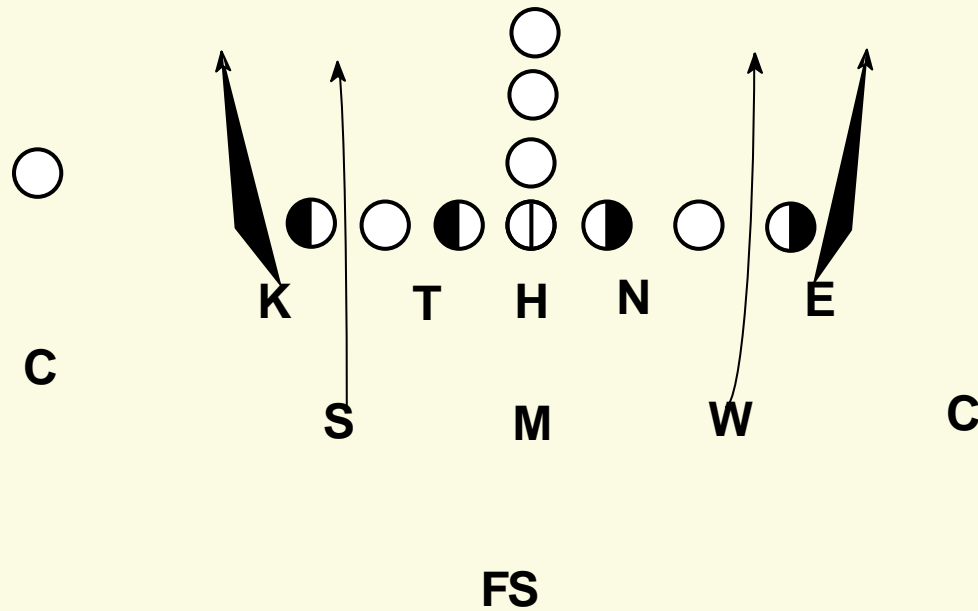
JET	<u>ALIGN.</u>	<u>KEY</u>	<u>RUN TO</u>	<u>RUN AWAY</u>	<u>PASS</u>
MIKE	10 tech stack nose	strong side guard	Down hill - force inside - out	Down hill - force inside - out	2 down hill steps - flip hips to TE - watch draw - drop to middle and get depth
SAM	60 tech stack tackle	Outside Contain Blitz	Blitz outside contain - Force everything inside	Blitz outside contain - Check boot & reverse - Redirect - Pursuit angle	Blitz outside contain - Contain boot & sprint - Attack QB
WILL	60 tech steack end	Outside Contain Blitz	Blitz outside contain - Force everything inside	Blitz outside contain - Check boot & reverse - Redirect - Pursuit angle	Blitz outside contain - Contain boot & sprint - Attack QB
FREE SAFETY	10 yds deep strong side A gap	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
CORNERS	7 yds deep outside shoulder #1	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
KODIAK	Tuff tech	Bltiz thru strong C gap	Blitz thru strong C gap - Force	Blitz thru strong C gap - Redirect - Pursuit angle	Blitz thru strong C gap - Pass rush move - Stay in lane
NOSE	3 tech strong side	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
TACKLE	3 tech strong side	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
HEAVY	head - up on center	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
END	3 tech weak side	Bltiz thru weak C gap	Blitz thru weak C gap - Force	Blitz thru weak C gap - Redirect - Pursuit angle	Blitz thru weak C gap - Pass rush move - Stay in lane

Heavy Thunder



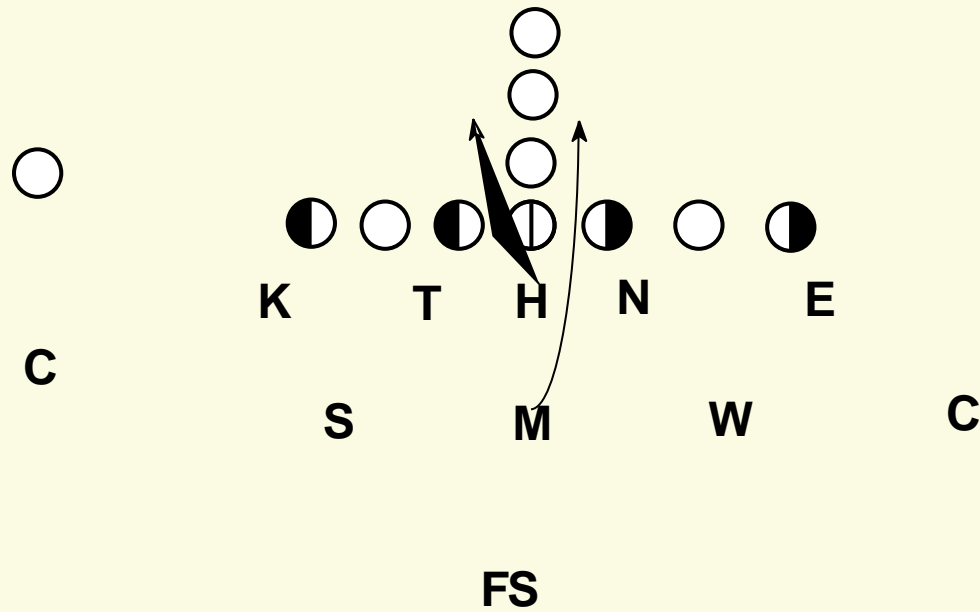
THUNDER	<u>ALIGN.</u>	<u>KEY</u>	<u>RUN TO</u>	<u>RUN AWAY</u>	<u>PASS</u>
MIKE	10 tech stack nose	strong side guard	Down hill - force inside - out	Down hill - force inside - out	2 down hill steps - flip hips to TE - watch draw - drop to middle and get depth
SAM	60 tech stack tackle	Outside Contain Blitz	Blitz outside contain - Force everything inside	Blitz thru strong B gap - Redirect - Pursuit angle	Blitz thru strong B gap - Attack QB
WILL	60 tech steack end	Outside Contain Blitz	Blitz outside contain - Force everything inside	Blitz thru weak B gap - Redirect - Pursuit angle	Blitz thru weak B gap - Attack QB
FREE SAFETY	10 yds deep strong side A gap	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
CORNERS	7 yds deep outside shoulder #1	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
KODIAK	Tuff tech	Bltiz thru strong C gap	Blitz thru strong C gap - Force	Blitz thru strong C gap - Redirect - Pursuit angle	Blitz thru strong C gap - Pass rush move - Stay in lane
NOSE	3 tech strong side	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
TACKLE	3 tech strong side	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
HEAVY	head - up on center	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
END	3 tech weak side	Bltiz thru weak C gap	Blitz thru weak C gap - Force	Blitz thru weak C gap - Redirect - Pursuit angle	Blitz thru weak C gap - Pass rush move - Stay in lane

Heavy Shoot



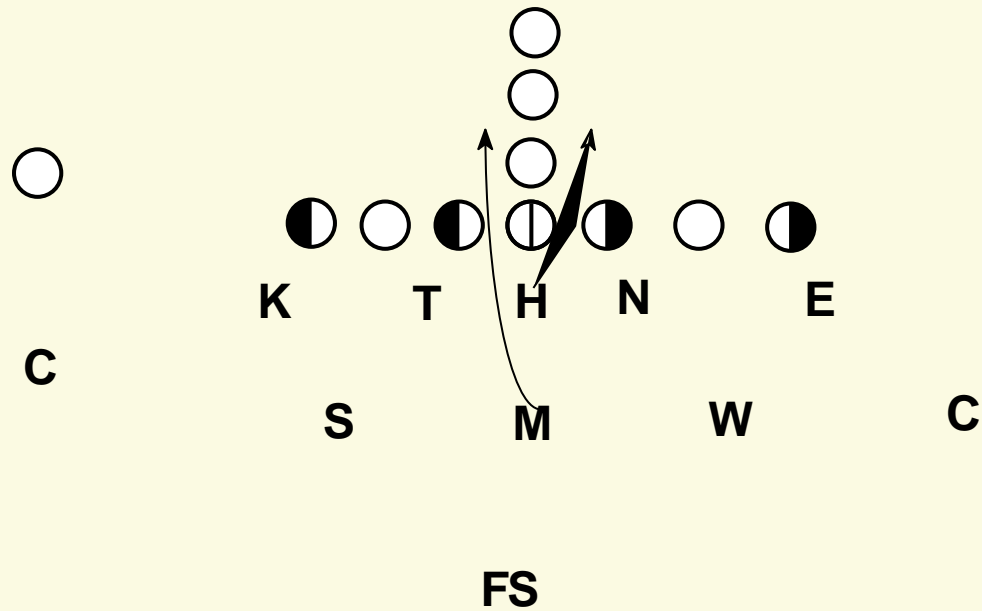
SHOOT	<u>ALIGN.</u>	<u>KEY</u>	<u>RUN TO</u>	<u>RUN AWAY</u>	<u>PASS</u>
MIKE	10 tech stack nose	strong side guard	Down hill - force inside - out	Down hill - force inside - out	2 down hill steps - flip hips to TE - watch draw - drop to middle and get depth
SAM	60 tech stack tackle	Outside Contain Blitz	Blitz outside contain - Force everything inside	Blitz thru strong C gap - Redirect - Pursuit angle	Blitz thru strong C gap - Attack QB
WILL	60 tech steack end	Outside Contain Blitz	Blitz outside contain - Force everything inside	Blitz thru weak C gap - Redirect - Pursuit angle, if 2 TE, if 1 TE run thunder	Blitz thru weak C gap - Attack QB, if 2 TE, if 1 TE run thunder
FREE SAFETY	10 yds deep strong side A gap	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
	7 yds deep outside shoulder #1	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
KODIAK	Tuff tech	Bltiz thru strong C gap	Blitz thru strong C gap - Force	Blitz thru strong C gap - Redirect - Pursuit angle	Blitz thru strong C gap - Pass rush move - Stay in lane
NOSE	3 tech strong side	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
TACKLE	3 tech strong side	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
HEAVY	head - up on center	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
END	3 tech weak side	Bltiz thru weak C gap	Blitz thru weak C gap - Force	Blitz thru weak C gap - Redirect - Pursuit angle	Blitz thru weak C gap - Pass rush move - Stay in lane

Heavy Lazor



LAZOR	<u>ALIGN.</u>	<u>KEY</u>	<u>RUN TO</u>	<u>RUN AWAY</u>	<u>PASS</u>
MIKE	10 tech stack nose	Blitz thru strong A gap	Blitz thru strong A gap - Force	Blitz thru strong A gap - Redirect - Pursuit angle	Blitz thru strong A gap - Attack QB
SAM	60 tech stack tackle	strong side guard	Down hill - force inside - out	Down hill - squeeze - inside - out pursuit angle	2 down hill steps - flip hips to outside - watch draw - drop to zone and get depth
WILL	60 tech steack end	weak side guard	Down hill - force inside - out	Down hill - squeeze - inside - out pursuit angle	2 down hill steps - flip hips to outside - watch draw - drop to zone and get depth
FREE SAFETY	10 yds deep strong side A gap	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
CORNERS	7 yds deep outside shoulder #1	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
KODIAK	Tuff tech	Ball - head of man in front	Ball get off - set the corner Contain	set - squeeze - watch for cut back & reverse - pursuit angle	Ball get off Give a pass rush move Stay in lanes - contain
NOSE	3 tech strong side	Blitz thru weak A gap	Blitz thru weak A gap - Force	Blitz thru weak A gap - Redirect - Pursuit angle	Blitz thru weak A gap - Attack QB
TACKLE	3 tech strong side	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
HEAVY	head - up on center	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
END	3 tech weak side	Ball - head of man in front	Ball get off - set the corner Contain	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes - contain

Heavy Razor



RAZOR	<u>ALIGN.</u>	<u>KEY</u>	<u>RUN TO</u>	<u>RUN AWAY</u>	<u>PASS</u>
MIKE	10 tech stack nose	Blitz thru weak A gap	Blitz thru weak A gap - Force	Blitz thru weak A gap - Redirect - Pursuit angle	Blitz thru weak A gap - Attack QB
SAM	60 tech stack tackle	strong side guard	Down hill - force inside - out	Down hill - squeeze - inside - out pursuit angle	2 down hill steps - flip hips to outside - watch draw - drop to zone and get depth
WILL	60 tech steack end	weak side guard	Down hill - force inside - out	Down hill - squeeze - inside - out pursuit angle	2 down hill steps - flip hips to outside - watch draw - drop to zone and get depth
FREE SAFETY	10 yds deep strong side A gap	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
CORNERS	7 yds deep outside shoulder #1	QB - on/off line	Depends on coverage	Depends on coverage	Depends on coverage
KODIAK	Tuff tech	Ball - head of man in front	Ball get off - set the corner Contain	set - squeeze - watch for cut back & reverse - pursuit angle	Ball get off Give a pass rush move Stay in lanes - contain
NOSE	3 tech strong side	Blitz thru strong A gap	Blitz thru strong A gap - Force	Blitz thru strong A gap - Redirect - Pursuit angle	Blitz thru strong A gap - Attack QB
TACKLE	3 tech strong side	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
HEAVY	head - up on center	Ball - head of man in front	Ball get off - do not get hooked by man on you - control your gap	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes -
END	3 tech weak side	Ball - head of man in front	Ball get off - set the corner Contain	ball get off - squeeze down gap - run to the ball	Ball get off Give a pass rush move Stay in lanes - contain