

**Penn St. University**

**Defense**

**1996**

**Jerry Sandusky**

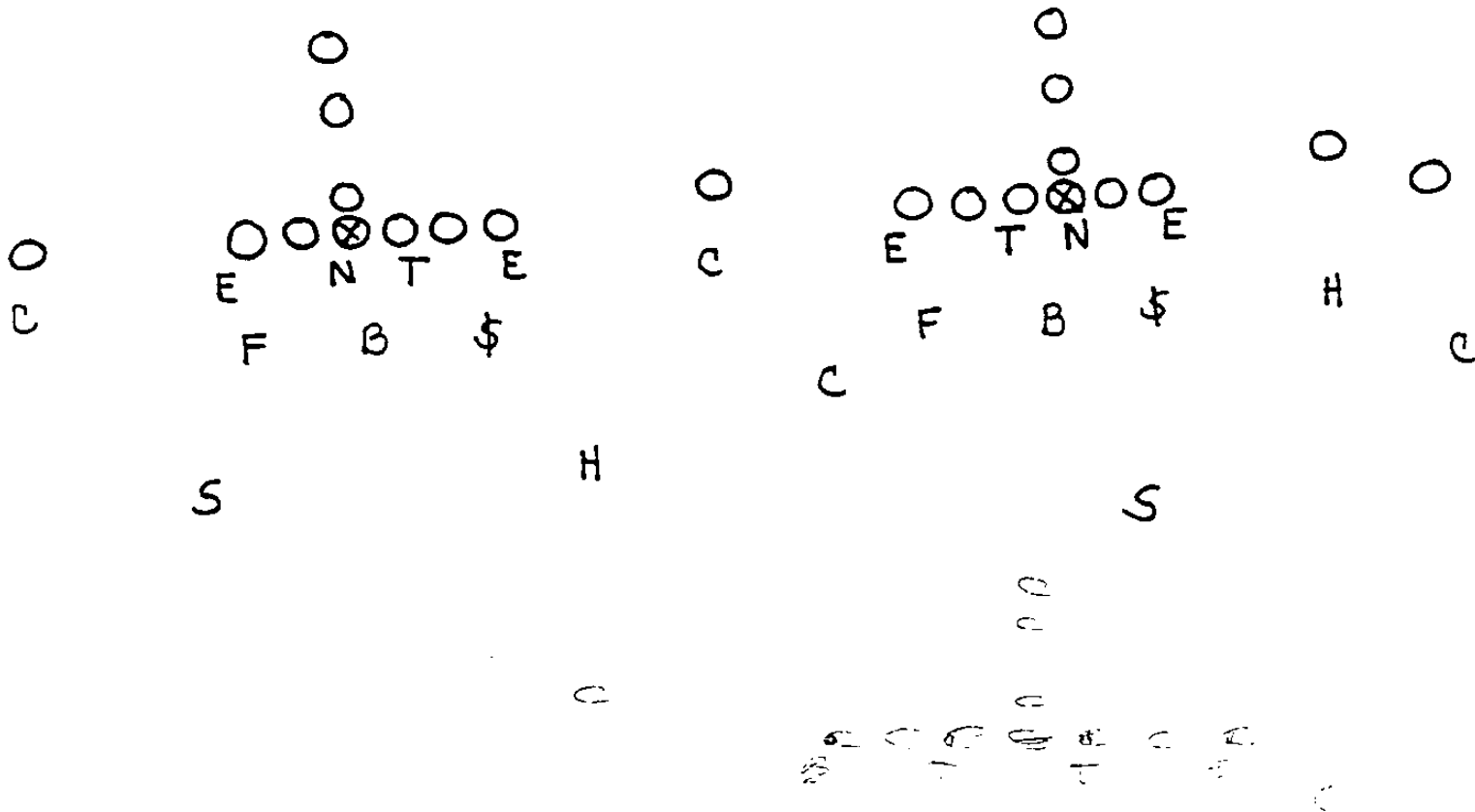
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# **PENN STATE'S BASIC DEFENSE**



**JERRY SANDUSKY  
DEFENSIVE COORDINATOR**

# PENN STATE'S BASIC DEFENSE



## Linebacker's:

Sam - Strongside outside linebacker

Backer - Middle linebacker

Fritz - Weakside linebacker

## Qualities:

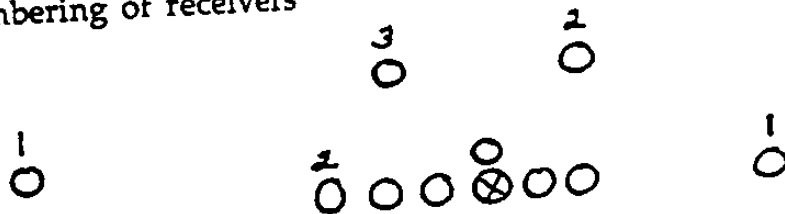
Sam - Most athletic linebacker, combination outside linebacker and strong safety.

Backer - Defensive Quarterback, powerful athlete with good judgment.

Fritz - Strongest outside linebacker, combination outside and inside linebacker.

## GENERAL DEFINITIONS:

- A. Boundary rule - The ball is considered to be on the hash (open) field call, the boundary rule prevails) when it is on the hash mark and up to 3 yards inside the hash.
- B. Strongside - Side of play to the open field or to the strength of the formation, if the ball is considered to be in the middle of the field.
- C. Weakside - Side of play into the sideline or away from the strength of the formation if the ball is in the middle of the field.
- D. Numbering of receivers



- E. Flanker side: - The strength of the offensive formation. The side of 2 or more receivers. Must be determined versus Double Wing and Full T.

### Stance:

1. Two point stance with toes pointed straight ahead, feet parallel and at least shoulder width apart.
2. Knees bent and weight of the body on the balls of the feet.
3. Upper body is bent slightly forward and is alert but not tense. Hands are positioned slightly outside the knees, palms facing inside.
4. Shoulders square and head and eyes focused on key.
5. From the waist down you should be alert and tense. Body parts above the waist should be relaxed, and you should appear confident.
6. In summary, linebackers should be in the best body position to move in all directions without drastic changes of body position.

## Alignments:

Sam - Strongside, 4 yards deep, straddle inside leg of tight end. Inside eye of offensive tackle.

Backer - Straddle leg of center to the tight end side, 4 yards deep.

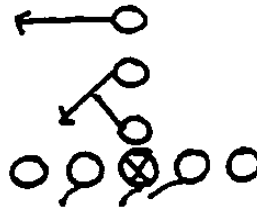
Fritz - Weakside, 4 yards deep, straddle inside leg of tight end, inside eye of offensive tackle.

## Basic Principles of Play Recognition:

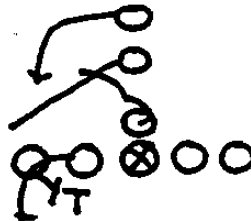
In order for a linebacker to make the proper reaction and to do it as quickly as possible he must be able to see the ball and the flow. The purpose is to get to the ball as quickly as possible. However, a linebacker must be able to recognize the total play in order to be in proper position. As a result, many times we talk about reading the ball and flow or near triangle (ball, near lineman, and near back).

Definite action (fast flow) is determined by the following:

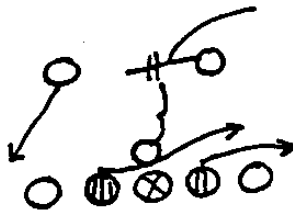
1. The quarterback opens both backs come (guard may reach or possibly block down)



2. The quarterback reverse pivots and both backs come. Many times this is accompanied with a go around blocking scheme (Tackle down guard around)



3. Anytime the guard pulls. Regardless of any backfield action, if the guard pulls that takes precedence.



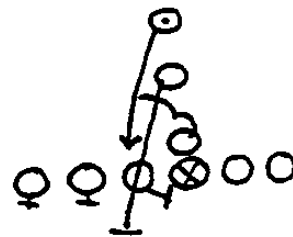
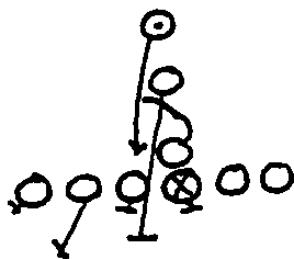
### Rationale

1. The ball is the fastest indicator but the initial movement could be in the wrong direction.
2. The near back is decisive but can also be wrong.
3. The guard is accurate (doesn't lie) but sometimes is a little too slow. It is also difficult to differentiate between ISO and scoop blocking without seeing the backfield action.

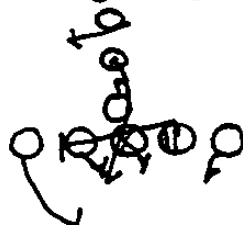
As a result, linebackers must see the total picture.

### Other considerations

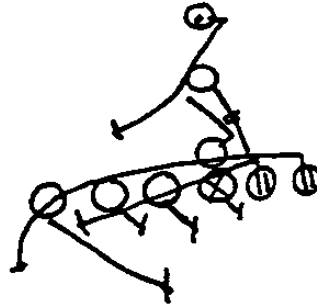
The guard and tackle usually turn out on the Isolation or Lead Draw. Another back leads the ball carrier into the hole. Additionally, if the guard blocks down and the tackle doesn't (blocks out) it is an isolation.



Quick Trap Blocking - One side blocks down (usually a tackle comes down on an inside linebacker). The opposite side guard pulls to trap the defensive tackle.



Long Trap (Counter) blocking. As a general rule versus misdirection (Counter) plays the linebackers should not react until they are sure. The backside guard and either a tackle or a back will pull. The tight end will usually come down on the inside linebacker. The linebacker on the side of the pulling guard should shout "guard" to help the opposite side linebacker



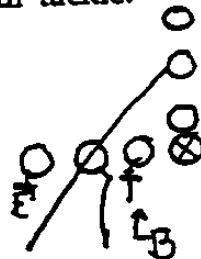
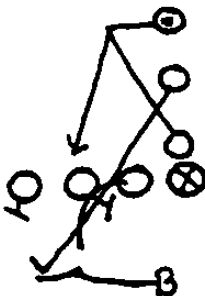
### Techniques vs. the run

#### A. Backer

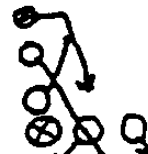
##### 1. Middle Stack

a. Key - Ball - Flow

b. Action to the tight end - slide to get even with the offensive guard, attack fold block square with inside shoulder and forearm, ready to handle area in C gap outside Sam or Fritz. You can play under tackle's block when guard reaches our tackle.

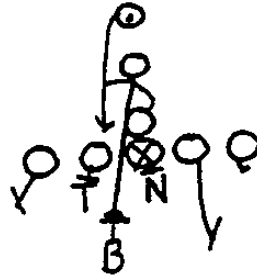


c. Action away from tight end - Slide quickly to the action-side guard. Play his block square, if possible, with inside shoulder and forearm. Be ready to handle the area just outside Sam or Fritz's fill.

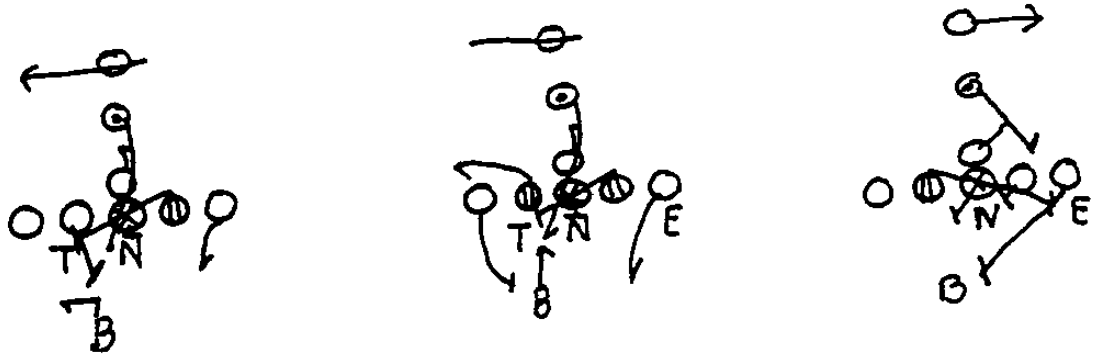


Note: Sam or Fritz should spill off tackle plays to the outside so that the Backer can play over top.

- d. Isolation - attack lead blocker square. Sell out or play with inside shoulder and forearm.



- e. Trap - Stay alert for tackle or guard's down block. Beat him, if possible. If guards pulls away, slide, ready for tackles down block. Attack the area, ready to give off versus tackle's down block.





B. Sam and Fritz

1. Split End Side

a. Key the near triangle

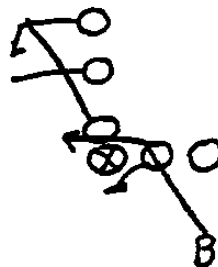
b. Action to you - Attack the B gap. Play according to the blocking scheme and play of the defensive end. Start straight up the field. Attack a lead blocker or make him miss by setting him up to the outside then coming under to the inside. Make the play or make it bounce deep and outside. If you take on the blocker, attack him with your inside shoulder and forearm then immediately come off the block to the inside.



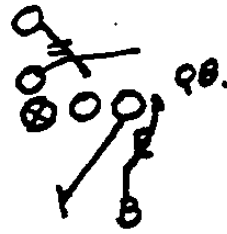
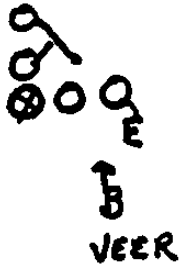
If tackle blocks down, replace the end tightly in the C gap. Keep everything as tight as possible. Stay square, play with inside shoulder, inside foot forward. Make it bounce then be playable to it.



c. Action away - Attack over guard on slow run action to the tight end, play cutback. Keep on inside shoulder, take on opening.

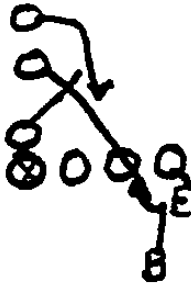


- d. Option - Play veer or QB depending on blocking scheme.

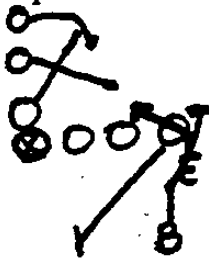


2. Tight end side

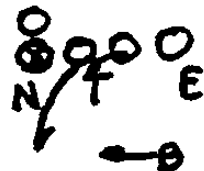
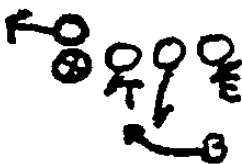
- a. Key through the tackle to the ball - flow.
- b. Action to you - attack the C gap. Play according to the blocking scheme and play of the defensive end. Start straight up the field and attack in the same manner as on the split end side. Make the play or make it bounce to the outside.



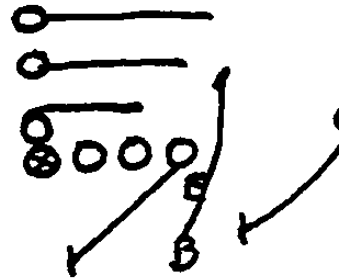
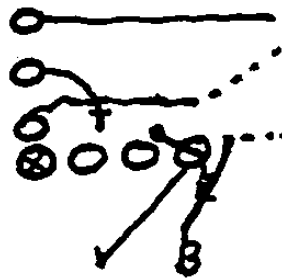
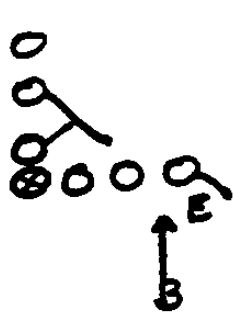
If tight end blocks down, replace the defensive end in the D gap. Same technique as on split end side



- c. Action away - Attack the guard area. Realize what has happened to the tackle. Attack an opening, keep everything on your inside shoulder versus scoop for cutback.

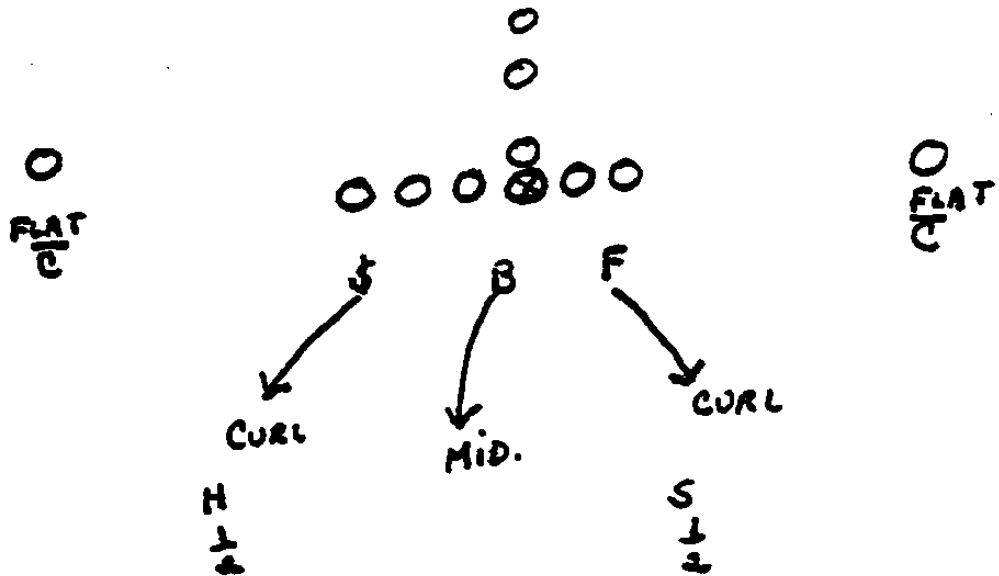


- d. Option assignment - Outside veer - QB. If tight end blocks down, QB to Pitch, Pitch vs. down the line option.



### Pass Coverage

- A. 2 Deep Zone vs. tight end - flanker.



### 1. Zone Pass Drops

- a. Ball in the middle

- 1) Curls are one yard inside the hash, twelve yards deep.
- 2) Middle is in the middle of the field, 15 yards deep.

Note: For every two yards the ball moves the zone moves one yard.

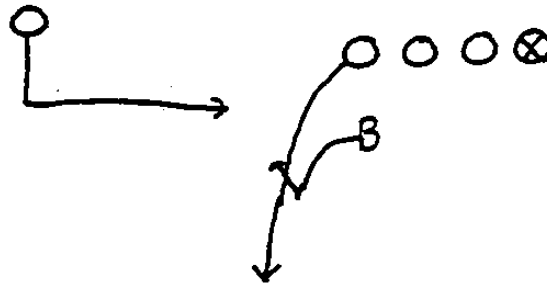
- b. Ball on the hash mark

- 1) Strong curl is three yards inside the hash, 12 yards deep.
- 2) Weak Curl is three yards outside the hash, 12 yards deep.
- 3) Middle is five yards inside the hash, 15 yards deep.

c. Curl techniques

Retreat laterally to the curl zone. Jam and push #2 (who is an immediate threat to a 2 deep safety) wide to the curl zone. Sneak a peak (glance) for a number one as you go to the curl.

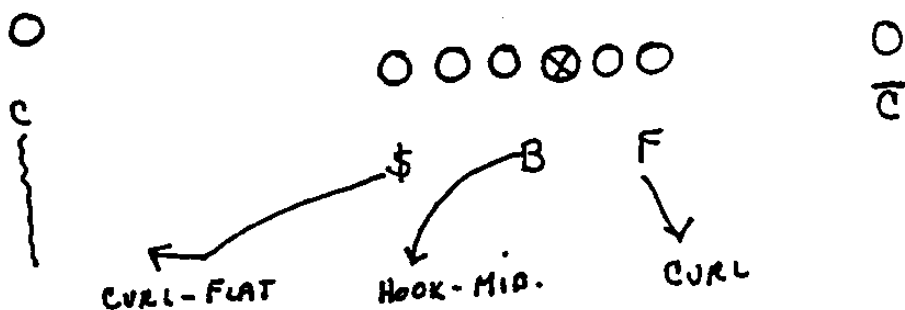
If receiver runs an under, come off the curl and play up to the under.



d. Middle Technique

Retreat laterally to middle zone. Look for #2 receiver; he is the first threat. If he goes flat, #3 becomes the next immediate threat.

B. Quarter Coverage vs. Pro Set



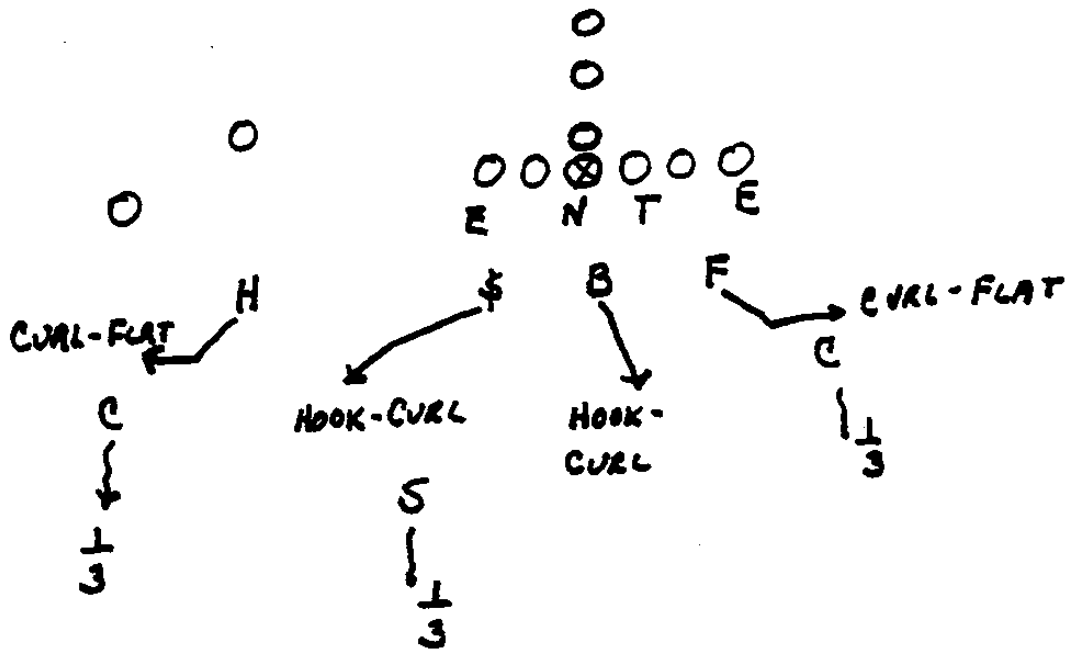
1. Curl to Flat Pass Drop

Get width toward the wide curl area (curl plus 2-3 yards).  
If ball is on the hash, head for the opposite hash. Hang in the wide curl then play up to anything that shows flat. Run with any receiver that goes flat and up.

2. Hook to Middle Pass Drop

Retreat to the hook area (the area directly in front of a normal tight end 10-12 yards deep). Match up with the tight end in the hook area. If the tight end goes flat, hang in the middle area and be alert to handle #3 down the middle.

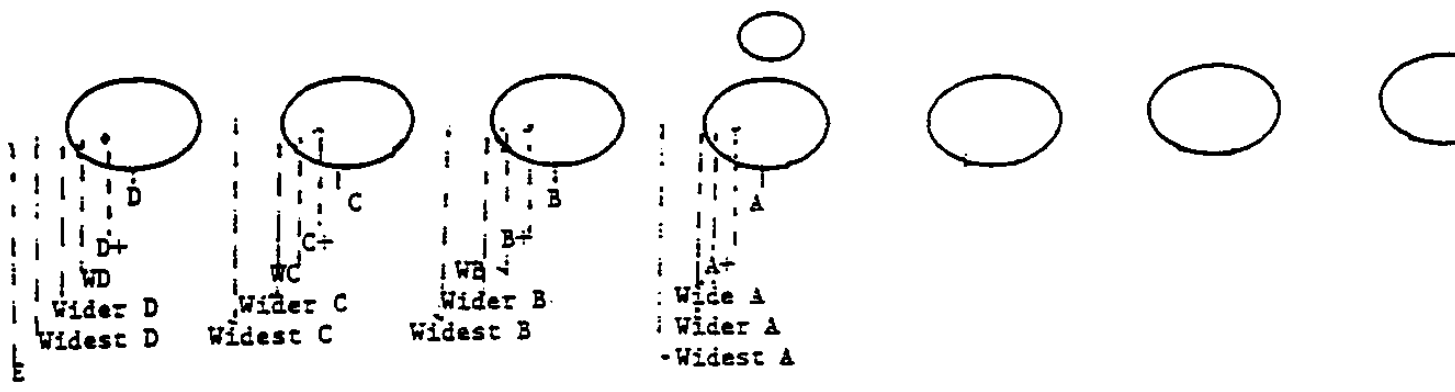
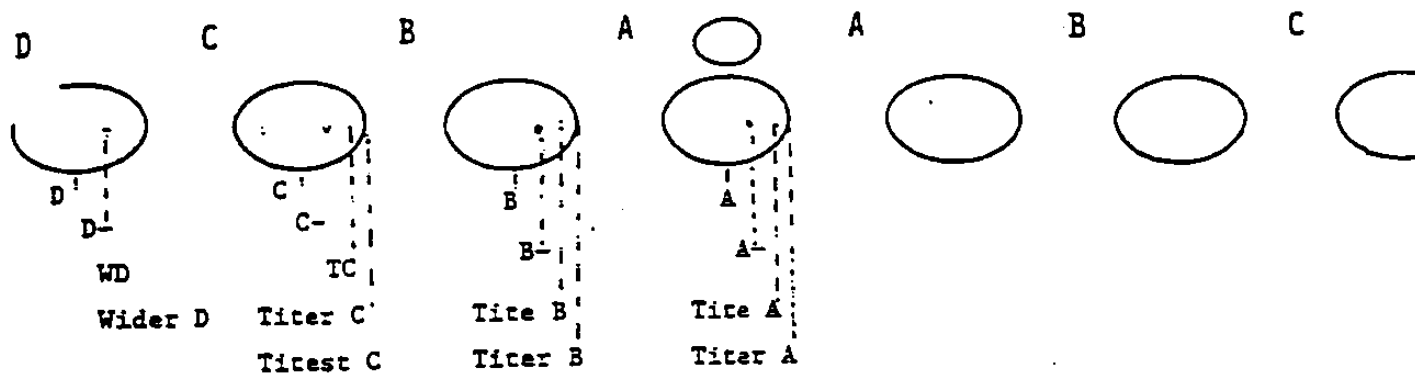
C 3 Deep 4 Under versus twins



# DEFENSIVE FRONT STACK

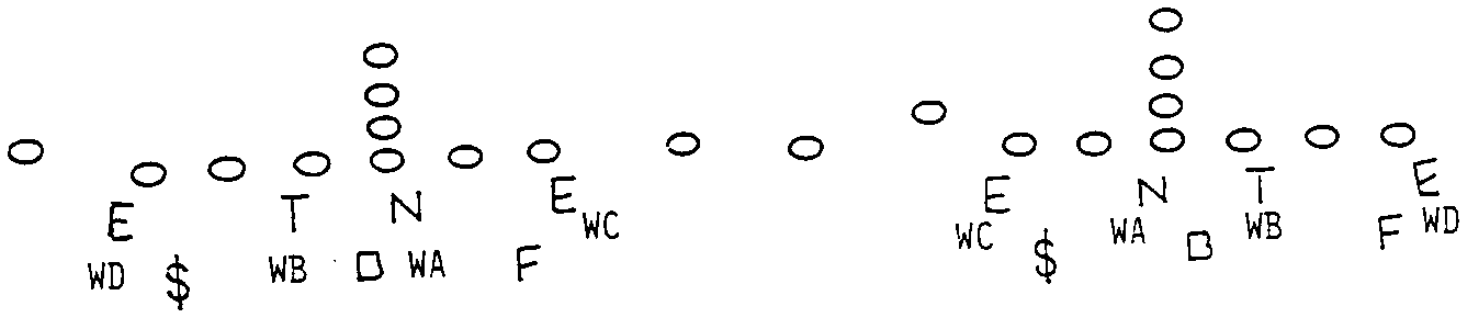


JOE SARRA  
DEFENSIVE LINE COACH



- WIDE ST -** Gap alignment outside the TE (Widest "D"), OT (Widest "C"), OG (Widest "B"), Center (Widest "A")
- WIDER -** Align inside foot on the outside foot of the T.E. (Wider "D"), OT (Wider "C"), OG (Wider "B"), Center (Wider A).
- WIDE -** Straddle the outside leg of the TE (WD), OT (WC), OG (WB), Center (WA).
- +** Nose on the Outside eye of the TE (D+), OT (C+), OG (B+), Center (A+).
- =** Nose on the inside eye of the TE (D-), OT (C-), OG (B-), Weakside of Center (A-).
- BASE (A,B,C,D) -** Head up (Nose to Nose) alignment on the TE (D), OT (C), OG (B), Center (A).
- TITE -** Straddle the inside leg of the TE (TD), OT (TC), OG (TB), center (TA).
- TITER -** Align your outside foot on the inside foot of the TE (Titer "D"), OT (Titer "C"), OG (Titer "B"), Center (Titer A)

STACK



	TACKLE	NOSE	TE - E	SE - E
ALIGNMENT - WB	WB. STRADDLE THE OUTSIDE LEG OF TE	WA. STRADDLE THE LEG OF THE CENTER TO THE SE SIDE	WD. STRADDLE THE OUTSIDE LEG OF TE	WC. STRADDLE THE OUTSIDE LEG OF OT.
STANCE	3 POINT STANCE PARALLEL - SLIGHT STAGGER.	3 POINT STANCE PARALLEL - SLIGHT STAGGER.	3 POINT STANCE PARALLEL - SLIGHT STAGGER - ABLE TO SEE BALL	3 POINT STANCE PARALLEL - SLIGHT STAGGER. ABLE TO SEE BALL AND OT.
KEY	BALL - MOVEMENT - CG	BALL - MOVEMENT CENTER	BALL - MOVEMENT TE	BALL - MOVEMENT OT
RESPONSIBILITY	"B" GAP DON'T GET REACHED IN "B" GAP	"A" GAP DON'T GET REACHED IN "A" GAP	"D" GAP TO "C" GAP DON'T GET REACHED TO YOUR "D" GAP	"G" GAP TO "B" GAP DON'T GET REACHED TO YOUR "C" GAP
RUN REACTION	ACCORDING TO BLOCK OF OFFENSIVE MAN	ACCORDING TO THE BLOCK OF THE OFFENSIVE MAN OR BLOCKING SCHEME	ACCORDING TO THE BLOCK OF THE OFFENSIVE MAN AND OR BLOCKING SCHEME	ACCORDING TO THE BLOCK OF THE OFFENSIVE MAN AND OR BLOCKING SCHEME
PASS RUSH LANE	INSIDE "B" GAP RUSHER TO TE	INSIDE "A" GAP RUSHER TO SE	WIDE CONTAIN RUSHER TO TE	WIDE CONTAIN RUSHER TO SE



# BLOCKS (SCHEME) TO RECOGNIZE AND BEAT

BASE - Drive Block.

Reach.

Cutoff.

Down Block.

Cut Block.

Trap.

Double team.

Blocker pull outside - Down block or influence trap.

Blocker pull away - block back or reach.

Influence - Trap - Draw.

Screen.

Scoop.

Zone blocking.

Pass - Drop Back - Play Action.

Bootleg.

Fold

Invert Fold

Flock.

Base Block

Drive



Reach



Cutoff



Double



Out Blk



Blk Back



Down Blk



Trap



Zone



Scoop



Draw Influence



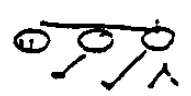
Screen



Boot



Kickout



Kickout



Log(Load)  
Overthrow



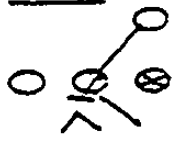
Fold



Inv. Fold



Flock



Drop Back



Sprint Out



## Love a Tackle - Be a Big Hitter - Love to Win

### Qualities of a Defensive Lineman

1. Toughness - The tougher the challenge the better he plays.
2. Competitor.
3. Hard Worker.
4. Strength.
5. Quick feet.
6. Quick hands.

Mentality to dominate and punish opponents.

Judgment - athletic awareness of what is happening.

Ability to put picture schemes together and react.

Ability to shed - rush pass.

Unselfish - do his job others may make the play.

Athletic ability to maximize performance and compensate for less strength.

Ability to change direction.

Ability to stay focused.

Ability to come off blocks.

Loyalty/Trust

## Defensive Lineman

### Stance

Inside Lineman - 3 point stance .

Parallel - Slight stagger to instep.

Outside Lineman - 3 point stance.

Alignments - Shade outside or inside. Nose (Head up - Inside or outside responsibility) Wide-Loose alignment.  
Tite Inside alignment - Gap alignment.

Key - Ball/Or Offensive man aligned on or next to him according to assignment and or situation.

Responsibility - According to defensive alignment and technique.

Reaction - According to block of offensive man and or blocking scheme.

Pass Rush Lane - According to defensive assignment and technique.

# PENN STATE FOOTBALL

"DEFENSE" IS OUR GAME      DEFENSIVE LINE "WINNING" IS OUR AIM  
DEFENSIVE TECHNIQUES AND ASSIGNMENTS TO MASTER

1. STANCE
  2. ALIGNMENT
  3. ASSIGNMENT
  4. BLOW (BLOCK, DESTRUCTION)
  5. SHEDDING
  6. PURSUIT
  7. TACKLING
- LATERAL MOVEMENT  
POWER BASE  
BACK PEDAL (BALANCE)  
LOW BLOCK DESTRUCTION  
HIGH BLOCK DESTRUCTION  
OPTION REACTION AND EXECUTION  
PASS RUSH  
TAKE OFF  
EXPLOSION  
KEY READ-REACT  
HUSTLE  
2ND EFFORT  
MENTAL ALERTNESS  
PHYSICAL TOUGHNESS  
TRANSITIONAL MOVES - CHANGE OF DIRECTION

REGULARLY EVALUATE YOURSELF IN THESE AREAS, YOUR  
VALUE TO OUR DEFENSE IS IN DIRECT CORRELATION TO YOUR  
NEARNESS TO THE BALL .  
WHAT YOU DO TODAY WILL WIN FOR US IN THE FALL  
MASTER/EXECUTE YOUR JOB DESCRIPTION.

POSITION TACKLE (NOSE)

"WA" ALIGNMENT

Position N/T "WA"

1. Stance - Alignment

- A. 3 point slightly staggered stance with the inside hand down and straddling the outside (near) leg of the center. Be able to protect the "A" gap to the side of your alignment.

2. Responsibility:

"A" gap to the side of your alignment and close back fast on plays away. Pursue flat on all outside plays.

3. Key:

The ball (Hand) and the head of the center. You will also be able to feel the movement of your near guard as he becomes your first priority as a secondary pressure point or key.

4. Reactions:

- A. Step with inside foot control the center's head and protect the near "A" gap. Drive the center under his pads.



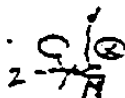
- B. 1 on 1 Block:

- A. Control the center with your defensive block. Drive him back into the hole.
- B. Fight the pressure of the block, maintain leverage on the center accelerating the feet. Playable either way.
- C. Must not be drive off the ball, staying square.
- D. Ball goes away from you-fight-pressure of the block squeezing and working across the center face (but don't go so fast that you can't protect your gap on a cutback. Slide your area of responsibility and you are able to come off and make the play. You must get extra pressure from your inside hand and keep the center off the linebacker. If he blocks the backside linebacker you must make the tackle.



5. Double Team - Guard blocks down on you.

- A. Take off deliver blow into the center and beat the 1 on 1 block, keep your feet moving. Do not get knocked off L.O.S. Play into the down block and if there is a seam try to split it. If you feel the double team by the guards alignment or quickly on the first step then play out into it. If splitting the seam drop inside shoulder and drive through the gap stay as low as possible. Keep your feet moving. By driving the center (or post blocker back and creating a seam you can slip) drive your hips past the center getting thin while pulling him with your outside hand and swimming past him. Make a pile or seat roll out as a last resort.



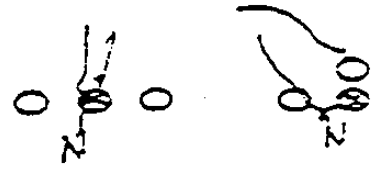
9. Block Back and Guard pulls away (for) behind the center

- A. Fight into and through the centers block back. Fight across the centers face. Beat his block.
- B. Control the L.O.S. crossing his face. Don't give ground.
- C. Keep feet driving through the block.
- D. Only go back door if pinned.
- E. Play same as a drive block back



10. Pass Read

- A. Take off attack the center get into pass rush land as soon as pass read shows. (pre or post snap read show pas vs. sprint out pass - the initial read could be the same as a reach block head or high hat by the center and the read of the guard as you beat the reach block)



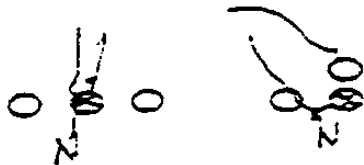
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POSITION TACKLE

"WB" ALIGNMENT

## Position T/E Technique "WB" Alignment

1. Stance - Alignment
  - A. 3 point stance with inside hand down and slight stagger.
  - B. Straddle the outside leg of the offensive guard.
2. Responsibility. B gap. Inside rusher.
3. Key: Offensive guard, ball and feel the offensive tackle.
4. Reaction: Explode and step with your inside foot straight upfield attacking with the face and hands. Take off, get penetration.
  - A. 1 on 1 Block - Guard drive blocks you. Take off and fight the pressure of his block. Maintain B gap leverage until you beat the blocker and locate the ball. Stay Square.
    1. Feel turnout pressure close to the inside through his head staying square to the line of scrimmage don't go around his block. Constrict the hole and do not get turned out.
  - B. Double Team - OT blocks down on you.
    1. Take off beat the post blocker (the Guard) 1 on 1 not getting knocked off the L.O.S.
    2. Play out into the down block of the offensive OT and if there is a seam try to split it. Attacking and beating the offensive guard can create a seam to get through and enable you to only have to beat the down block.
    3. If you feel the down block of the OT is to occur (pre read or on snap) you can play out into it. 1st beat the offensive guard. Vs. the down block, fight out through the pressure and cross his face if possible, depending on the placement of the OT head.
    4. In splitting the seam, drop your outside shoulder and drive through the gap stay as low as possible. Keep your feet moving. Work through - off the outside shoulder of the offensive guard.
    5. By beating the guard's block a seam is created between the OG and OT you can slip (drive) your hips through the seam or shuffle yourself through the hole pulling the OG with you outside and or swimming past him.
    6. Make a pile or seat rolls as last resort - stay on the L.O.S. not drive off the ball.



C. Reach (Lead Block)

1. Beat the guards head and block by exploding and driving your hands into the blocker. Get under the blockers pads and following through versus the high block controlling the L.O.S. and maintaining leverage and control of the B gap. Keep your outside arm locked out. Drive your feet upfield.

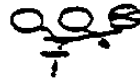


2. If he comes off low, attack with your hands into the blockers shoulder and head gear not letting him into your feet and controlling the B Gap. If the ball goes outside work upfield. Great take off - stepping with your inside foot will help beat the block and prevent getting hooked - reached.



D. Scoop Block - Ball Away from your assignment

1. Take off upfield getting your hands into the blocker if possible - accelerate the feet and squeeze him flat down the L.O.S. Ride squeeze him as you attack inside. Constrict the hole.



2. Keep the feet moving to prevent the OT from cutting your legs.
3. Quick scoop means a tighter run play and wide scoop means a wider play.
4. Ball goes away you must pursue - pressure down the L.O.S.

E. Guard Pulls Inside Away

1. Look inside - both guards and tackle pull away think sweep or counter trap away.

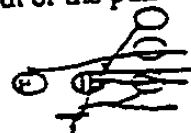


2. Pursue down the L.O.S. and take pursuit angle according to your assignment.



3. Must beat the block back by the center.

- F. Guard pulls away - be ready for a block back by the back or center. The back may block (cut you) with counter action away. The depth of the pull will assist in telling you the type of play.



Also be ready for a block back by the center (Invert fold) tight across his face if possible.



POSITION END - TACKLE

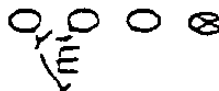
"WIDE C" ALIGNMENT

# T/E - Technique - WC Technique

1. Stance - Alignment
  - A. 3 point with inside hand down slight stagger. Be able to see the ball.
  - B. Straddle the outside leg of the offensive tackle. Could be tighter depending on ability of C technique player to defend the C Gap.
2. Responsibility: C Gap. Contain rusher unless a rush outside of you. Contain pursuer unless a pursuer outside of you.
3. Key: Offensive tackle - Ball. Explode on movement of the OT down hand and head or the ball.
4. Reaction: Explode step with your inside foot attacking with the triangle face and hands.
  - A. 1 on 1 Block - tackle drive blocks into your take off and fight the pressure of his block. Maintain C Gap leverage until you beat the blocker and locate the ball. Stay square.
    1. Feel turn out pressure close to the inside through his head staying square to the L.O.S. Do not go around his block. Constrict the "B" Gap. Don't get turned out.
  - B. Double Team - TE blocks down to you.
    1. Take off beat the post blocker (the tackle). 1 on 1 not getting knocked off the L.O.S.
    2. Play out into the down block of the TE and if there is a seam try to split it. Attacking and beating the offensive tackle can create a seam to get through and or enable you to only have to beat the down block of the TE.
    3. If you feel the down block of the TE is to occur (pre-read on snap). You can play out into it. 1st beat offensive tackle. Vs. the down block fight out through the pressure and cross his face if possible - depending on the placement of the TE's head gear.
    4. If splitting the seam drop your outside shoulder and drive through the gap. Stay as low as possible. Keep your feet moving. Work through - off the outside shoulder of the OT.
    5. When beating the tackle's block if a seam is created between the OT and TE you can slip (drive) your hips through the seam or shuffle your self through the hole pulling the OT with you outside and or swimming past him.
    6. Make a pile or seat roll as a last resort. Stay on the L.O.S.



7. The double team could be a team block with the tight end of offensive tackle blocking the linebacker.



C. Reach (Lead Block)

1. Beat the head and block by exploding and driving your hands into the blocker. Get under the blockers pads and following through versus the high block controlling the L.O.S. and maintaining leverage and control of the C Gap. Keep your outside arm locked out. Drive your feet upfield.

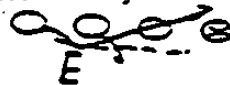


2. If he comes off low attack with your hands into the blockers shoulder and head gear not letting him into your feet and controlling the C Gap. If ball goes outside work upfield. Great take off - stepping with your inside foot will help beat the block and prevent getting hook - reached.



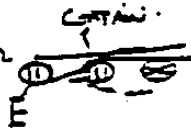
D. Scoop Block - Ball away from your assignment

1. Take off into the tackle getting your hands into blocker if possible - accelerating the feet to cover him flat down the L.O.S. Ride (Squeeze) him as you attack inside and upfield. Constrict the "B" gap.
2. Keep the feet moving to prevent the TE from cutting your legs.
3. Inside scoop means tight run play. Wide scoop mean wide play. Wide scoop means a wide play.
4. Ball goes way you must know if you have contain or not - how you pursue to the ball.

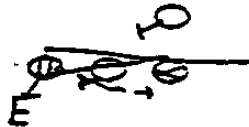


E. Tackle Pulls Inside Away

1. Look inside - both guard and tackle pull away think sweep or counter trap away.
2. Pursue down L.O.S. and take pursuit angle according to your assignment. If you have contain you must be sure the QB is clean as you chase contain. Think contain.



- F. Tackle pulls away be ready for a block back by the back or guard. The back may block (cut you) with count action away. The depth of the pull will assist in telling you if it is a wide play away from you or if the guard is going to block back on you.



The tackle pulls away (shallow to L.O.S.) be ready for a block back by the OG (Invert fold). Fight across the face of the turn out block

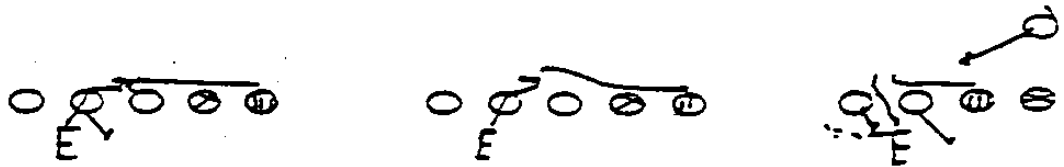


G. Tackle release inside -

1. Close hard to the inside - hit the OT if possible as you close and constrict. Try to prevent a clean release to the inside. (If you have contain, you can't get lost inside). See the ball tackle it - otherwise make sure the QB is clean.

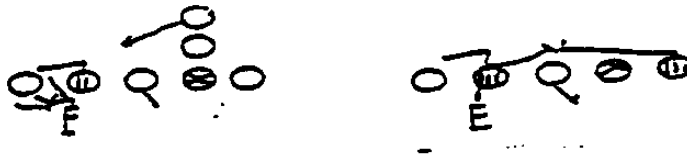


2. Get as low as possible, attack the trap and trapper tite as possible to the L.O.S. Trap the trapper. Do not go around the trapper.
3. If you see the ball or blocker coming out your side react back out to the down block of the TE. Attack low and hard through his face. Fight pressure, hold your ground. Don't be driven down inside of off the ball. Vs. bootleg, retrace your tracks.
4. Your assignment will tell you whether to attack and/or constrict from the outside.



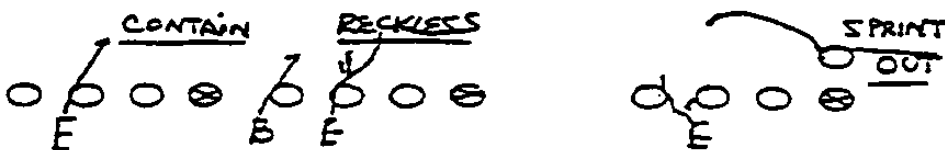
H. Tackle pulls to your outside

Take off into the tackle as tackle pulls outside step out and look inside to read trap and be prepared to beat the down block of the TE> Look for the ball and or a blocker coming out to you. You can also read the depth of a pull to you for a kick or log. Play trap technique according to assignment. If you have contain do not wrong arm. When the offensive tackle influence blocks he usually sets deeper and releases deeper outside.



I. Pass

Take Off - know if you have responsibility. If you have a rusher outside or you - you can rush reckless. Play sprint out pass as a reach and over throw cutback.



POSITION END

"WD" ALIGNMENT



Position "E" "WD" Alignment and Technique

1. Stance- alignment

- A. 3 point slightly staggered stance. Be aligned with possible tilt to be able to see the ball.
- B. Straddle the outside leg of the TE. Could be tighter or side according to the players ability and assignments.

2. Responsibility: D Gap. Contain rusher versus the pass unless a blitzer outside of you.

3. Key: Ball - TE or slot.

4. Reaction: Explode into the TE with your inside foot attacking with your hands and face in the sternum.

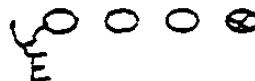
- A. 1 on 1 Block - the TE block into you take off and fight the pressure of his block. Do not get hooked. Maintain "D" leverage. Stay square locating the ball. Versus turn out block fight pressure and constrict the hole. QB-P vs. option (unless in a Switch, the pitch).



- B. Reach (Lead Block)

Beat the TE block by exploding your hands into the block. Do not get drive off the L.O.S. Constrict your area as fast as you can by not opening a big seam. By flattening him out you can shed him as he has no power upfield. Lock out your outside arm while exerting pressure upfield.

If he comes off low attack with your hands into the blockers shoulder and head gear not letting him into your feet and controlling the "D" gap. If the ball goes outside work upfield.



- C. TE releases inside V (Crash Read) - Close hard inside to constrict the "C" gap. If possible use your hands to keep the TE off inside defenders. Look inside. Look for a blocker coming at you from the inside. Attack the blocker if you do not have contain you attack the kick out block by attacking him and getting under the blocker forearm. If you have contain, attack and constrict keeping outside leverage. If the blocker log blocks you, use your hands to keep the blocker flat and facing the ball deep. Versus option outside veer - QB - Pitch - according to assignment.

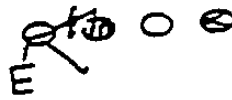


Crash Read = OV-Q  
Switch = Pitch-Q

Log - Play as Low over throw block. Attack up into the blocker maintain



X Block - Play as kick out.



Ctr. Trap - Force ball deep same as kickout. Don't let it split.



- D. TE Arc releases - attack with your hands flatten him out staying square and maintaining outside leverage. Throw the blocker off and work upfield. Keep the release tight (2-3 slides). You have contain vs. pass unless a rusher outside of you.

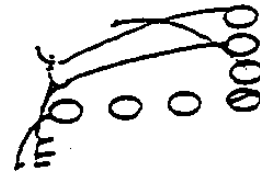
Your assignment tells you if you have QB or Pitch - Arch release Pitch.



- E. If in a wide switch alignment, close the seam vs. down blocks but have outside responsibility - Pitch on the option - play all blocks from the outside in. Constrict as much as possible but able to contain and take the pitch on the option. Unless the TE blocks and hook up option the QB-Pitch.



- F. Pass - show you are the contain rusher unless involved in a pass rush game that would take you underneath. Vs. sprint out force contain the QB. Work up the field and constrict the QB as much as possible.

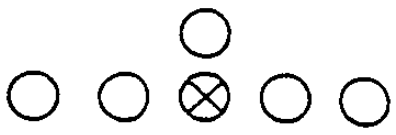


If the blocker works your upfield past the QB, use your hands and momentum (body balance) to throw him deep and you come under to the inside - YOU MUST IMMEDIATELY WORK UP FIELD and re-establish new containment and make the sack. (When appropriate can us "Spin Technique.")



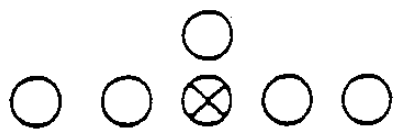
DEFENSE \_\_\_\_\_

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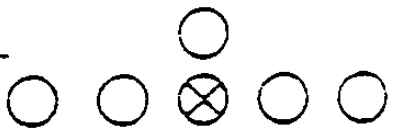
DEFENSE \_\_\_\_\_

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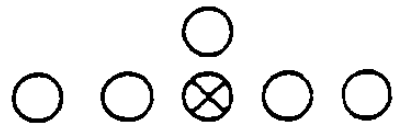
DEFENSE \_\_\_\_\_

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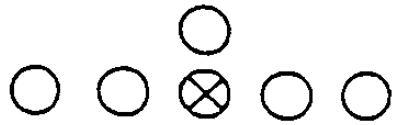
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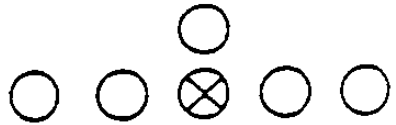
DEFENSE \_\_\_\_\_

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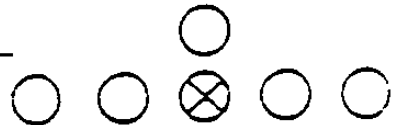
DEFENSE \_\_\_\_\_

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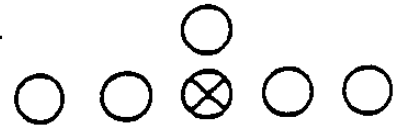
DEFENSE \_\_\_\_\_

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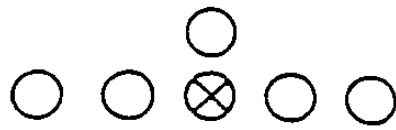
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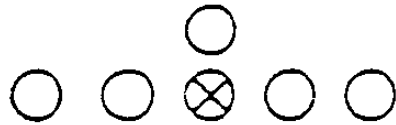
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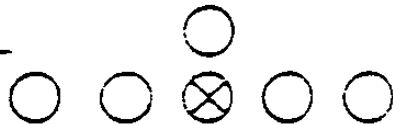
DEFENSE \_\_\_\_\_

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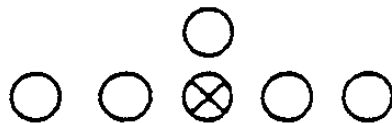
DEFENSE \_\_\_\_\_

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DEFENSE \_\_\_\_\_

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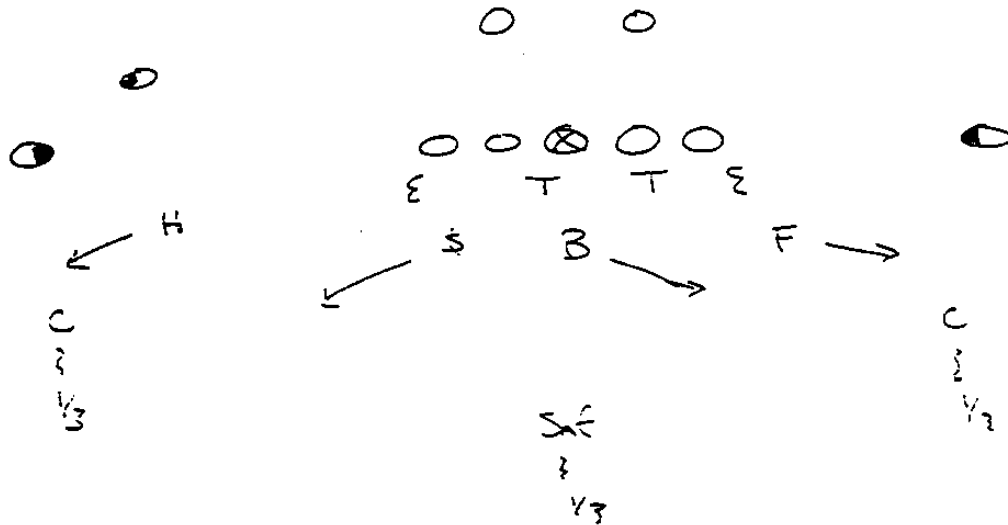


# SECONDARY COVERAGE



TOM BRADLEY  
DEFENSIVE BACKFIELD COACH

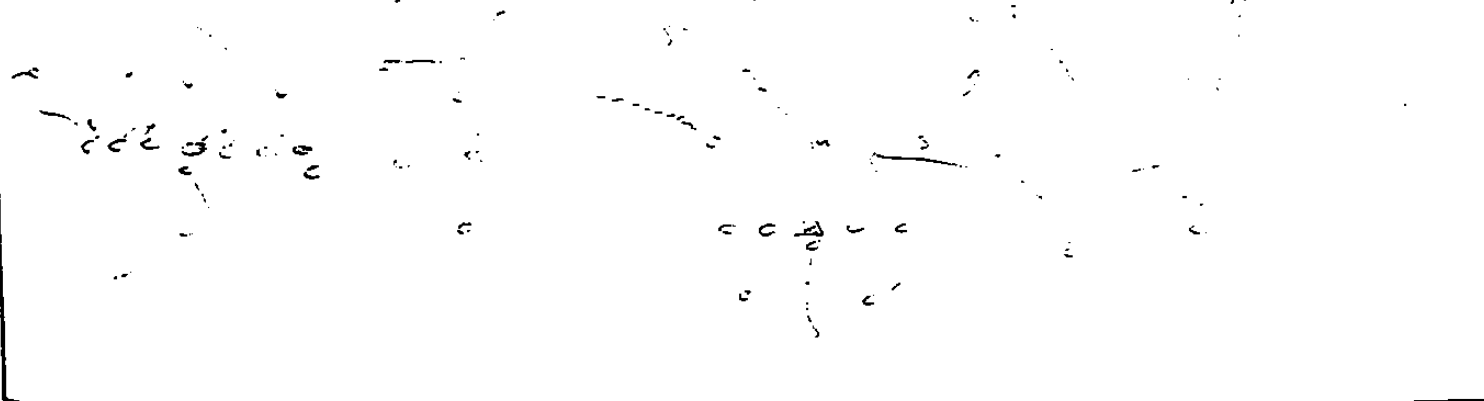
# 3 DEEP COVERAGE



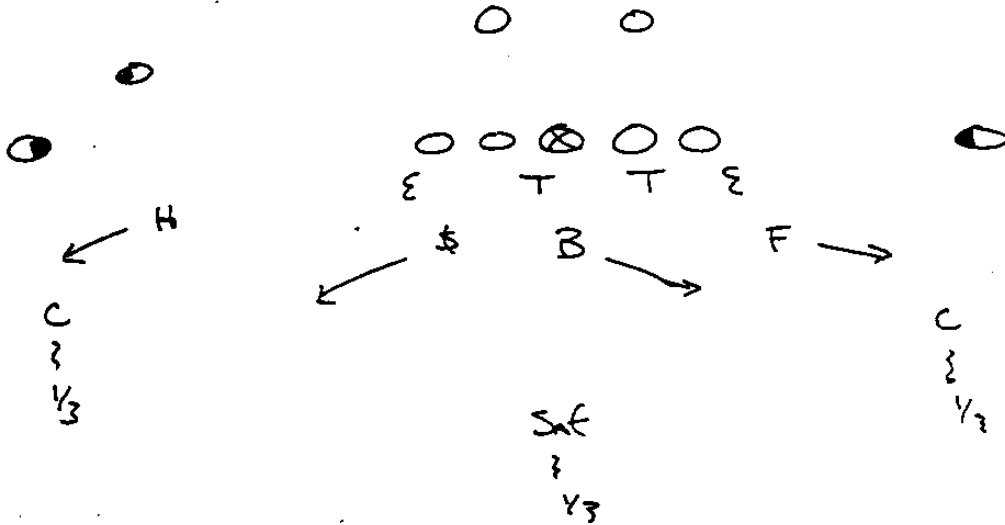
	STRNG CORNER	HERO	SAFETY	WEAK CORNER
TECHNIQUE	Deep 1/3	Invert Zone	Deep Middle 1/3	Deep 1/3
ALIGNMENT	7 Yds. 1/S #1	5 YDS. O/S #2 T.E. 5 X 5	12 YDS. SPLIT FORMATION	7 YDS., 1/S #1 T.E. - 2 X 5
STANCE	70% - 30%	50% - 50%	70% - 30%	70% - 30%
KEY	Q.B.-#2 -#1	QB-#3-#2-#1	QB, FEEL THE REC.	QB-#2-#1
RESPONSIBILITY	RUN TO: LATE CONTAIN RUN AWAY: CUTOFF PASS - DEEP 1/3	RUN TO: FORCE RUN AWAY: FOLD ALLEY PASS: WIDE CURL TO FLAT	RUN: ALLEY PASS: DEEP MIDDLE 1/3	RUN TO: LATE CONTAIN RUN AWAY: CUTOFF PASS: DEEP 1/3
COACHING POINTS	CLUE VS. 2 THREATS TALK TO HERO	FLY FLAT VS. SPRINT OUT AND 3 STEP LISTEN FOR SC	MELT ON HARD LOOK	T.E. 2 X 5 AND BACK PEDAL CANES, CLUE

**NOTES:**

CANES VS. T.E. T-20-20  
FLOOD  
CLUE



# 3 DEEP COVERAGE



	STRING CORNER	HERO	SAFETY	WEAK CORNER
TECHNIQUE	Deep 1/3	Invert Zone	Deep Middle 1/3	Deep 1/3
ALIGNMENT	7 Yds. 1/S #1	5 YDS. O/S #2 T.E. 5 X 5	12 YDS. SPLIT FORMATION	7 YDS., 1/S #1 T.E. - 2 X 5
STANCE	70% - 30%	50% - 50%	70% - 30%	70% - 30%
KEY	Q.B.-#2 -#1	QB-#3-#2-#1	QB, FEEL THE REC.	QB-#2-#1
RESPONSIBILITY	RUN TO: LATE CONTAIN RUN AWAY: CUTOFF PASS - DEEP 1/3	RUN TO: FORCE RUN AWAY: FOLD ALLEY PASS: WIDE CURL TO FLAT	RUN: ALLEY PASS: DEEP MIDDLE 1/3	RUN TO: LATE CONTAIN RUN AWAY: CUTOFF PASS: DEEP 1/3
COACHING POINTS	CLUE VS. 2 THREATS TALK TO HERO	FLY FLAT VS. SPRINT OUT AND 3 STEP LISTEN FOR SC	MELT ON HARD LOOK	T.E. 2 X 5 AND BACK PEDAL CANES, CLUE

## NOTES:

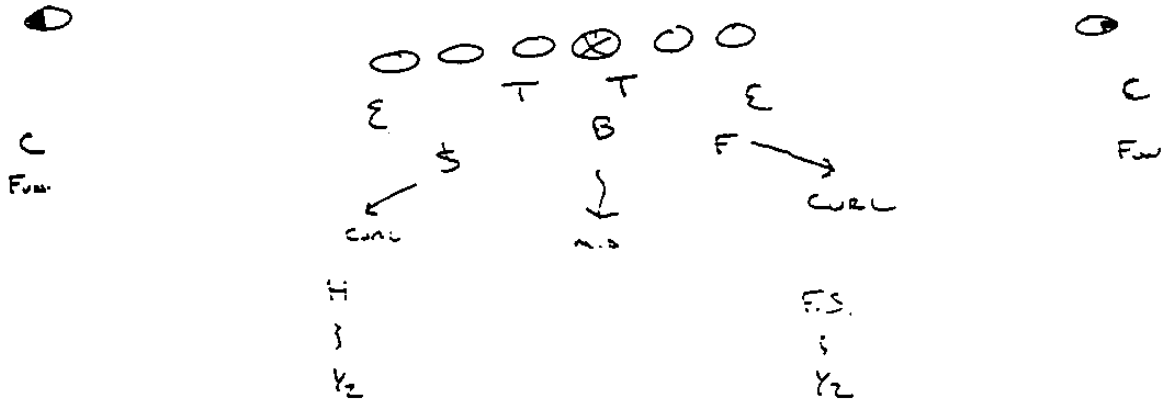
CANES  
FLOOD  
CLUE

VS. TE TIPS





# 1/2 COVERAGE

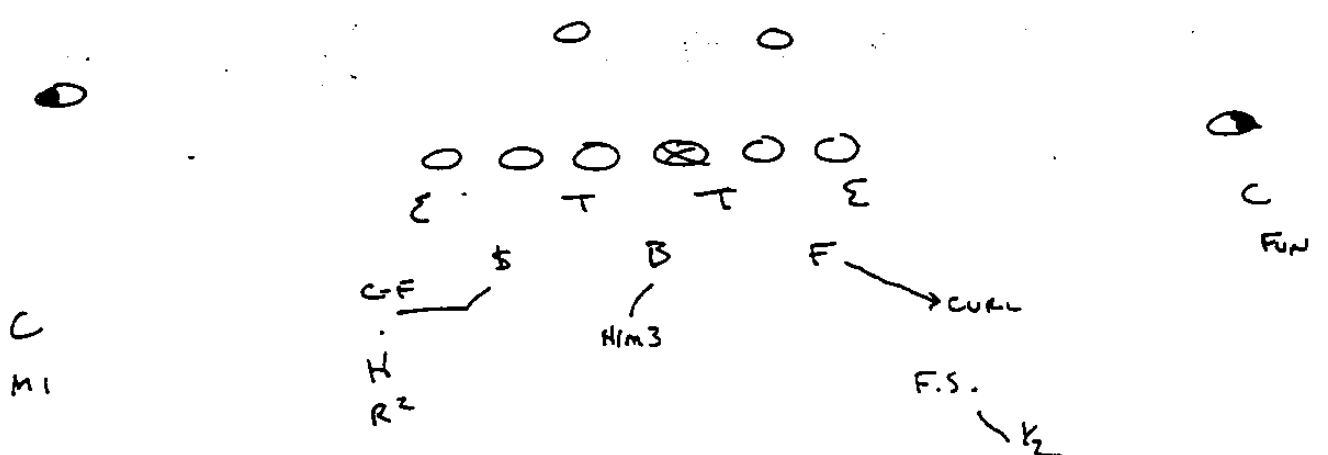


	STRING CORNER	HERO	SAFETY	WEAK CORNER
TECHNIQUE	Funnel	Deep 1/2	Deep 1/2	Funnel
ALIGNMENT	O/S Press T.E. 2 X 2 or F X F	10-12 yds. deep	10-12 yds. deep	O/S Press TE = 2X2 or FXF
STANCE	50% - 50%	70% - 30%	70% - 30%	50% - 50%
KEY	# 1	QB - #2 - #1	QB - #2 - #1	# 1
RESPONSIBILITY	RUN TO: FORCE RUN AWAY: CUTOFF PASS - FUNNEL FLAT	RUN TO: SECONDARY CONTAIN RUN AWAY: LATE ALLEY PASS - DEEP 1/2	RUN TO: SECONDARY CONTAIN RUN AWAY: LATE ALLEY PASS: DEEP 1/2	RUN TO: FORCE RUN AWAY: CUTOFF PASS: FUNNEL, FLAT
COACHING POINTS	LAY OFF THE FAKE JAM WITH YOUR FEET	PLAY D & D KEY OF QB MELT ON HARD LOCK	PLAY D&D KEY OF QB MELT ON THE HARD LOCK.	LAY OFF THE FAKE JAM WITH YOUR FEET.

## NOTES:

CRACK  
JUGS  
TRACE

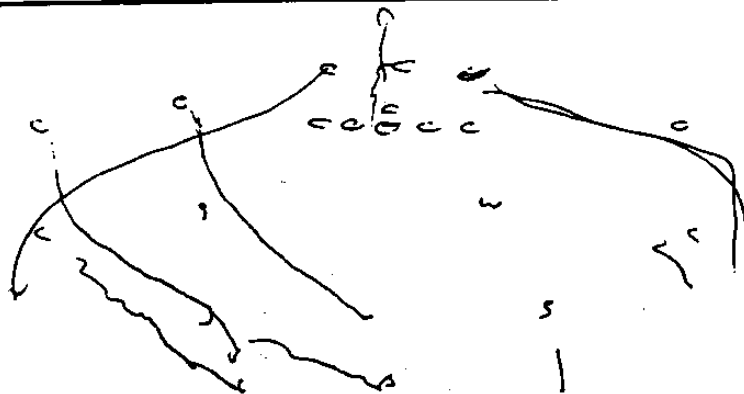
# 1/4 COVERAGE



	STRING CORNER	HERO	SAFETY	WEAK CORNER
TECHNIQUE	1/4 Match	1/4 Read	Deep 1/2	Funnel
ALIGNMENT	7 Yds. O/S #1 Press	2 X 10 off the TE	10-12 yds. deep	O/S Press TE = 2X2 or FXF
STANCE	70% - 30%	70% - 30%	70% - 30%	50% - 50%
KEY	3 step to #1	#2 - QB	QB - #2 - #1	#1
RESPONSIBILITY	RUN TO: LATE CONTAIN RUN AWAY: CUTOFF PASS - MATCH #1	RUN TO: FORCE RUN AWAY: BACK ALLEY PASS: MAN, DOUBLE OR ZONE 1/4	RUN TO: SECONDARY CONTAIN RUN AWAY: LATE ALLEY PASS: DEEP 1/2	RUN TO: FORCE RUN AWAY: CUTOFF PASS: FUNNEL, FLAT
COACHING POINTS	-DEFEND THE POST AND THE STREAK.	-#2 VERTICAL=MAN -#2 SHOOT=DOUBLE -#2 DRAG OR BLOCK = ZONE 1/4	PLAY D&D KEY OF QB MELT ON THE HARD LOOK.	LAY OFF THE FAKE JAM WITH YOUR FEET.

NOTES:

DEUCE CALL



# BIG TEN CONFERENCE

## 1996 PENN STATE FOOTBALL SCHEDULE

Aug.	25	Kickoff Classic (Meadowlands) .....	USC
Sept.	7	.....	LOUISVILLE
Sept.	14	.....	NORTHERN ILLINOIS
Sept.	21	.....	at Temple
Sept.	28	.....	at Wisconsin
Oct.	5	.....	at Ohio State
Oct.	12	.....	PURDUE
Oct.	19	.....	IOWA
Oct.	26	.....	at Indiana
Nov.	2	.....	NORTHWESTERN
Nov.	16	.....	at Michigan
Nov.	23	.....	MICHIGAN STATE

# **PENN STATE DEFENSE**

**Jerry Sandusky**

## PENN STATE DEFENSE

### I. Philosophy

To have a great football team you must have a strong defense. Defense controls the tempo of each game. It is easier to be consistent on defense. An aggressive defensive unit can frustrate an opponent with a great goalline stand or ignite our offense by creating good field position. A great defensive team is an offensive unit, forcing turnovers, and scoring points.

Defense means pride. It is an honor to be chosen as a "defender," to be part of a special group who must defend our territory. It's a chance to dominate, an opportunity to play with great emotion and enthusiasm. Defenders exhibit a relentless spirit, playing aggressively, punishing ball carriers, making the opponent pay for each gain, rising to the occasion, and finding a way to stop their offense.

Defense means dedication. A "defender" must devote himself to "the cause." Defensive players must be in superior condition, able to go full-speed on every play. They must have the inner strength and determination necessary to control the opponent. They must not relax at any moment.

Defense means speed and quickness. "Defenders" must be able to strike quickly and move rapidly. They should move easily, be smooth and fluid, under control and able to change directions.

Defense means toughness. "Defenders" are competitive, they are fearless, hit with great force, play and practice hard even when they are uncomfortable.

Defense means awareness. Great defensive players know what is happening. They recognize and react to the pressure of blockers. "Defenders" are able to adjust, they are not fooled by the same play twice. They study the opponent and are aware of the various situations as they arise during a game.

Defense means poise. Defensive players must not crack under pressure. They must be able to handle difficult situations, to maintain control even in the most emotional circumstances.

Defense means confidence. "Defenders" have an inner belief in themselves and each other. They have paid the price together and have worked too hard to falter. Defensive players prepare through action, not talk, have

faith, not delusions.

## II. Individual Performance

Defense starts with each individual. We will be as strong as our weakest individual.

Each individual must do everything he can to become a better player.

- A. Develop physically - work to get quicker, faster, and stronger.
- B. Study the game and each opponent.
- C. Develop proper practice habits.
- D. Be fundamentally sound.
  - 1. Alignment and assignment - know what you are supposed to do before the ball is snapped, then do it.
  - 2. Protect yourself - react to blockers and blocking schemes, neutralize the blocker.
  - 3. Movement and pursuit - react quickly but do not waste effort or get overextended. Take the proper angle to get to the ball carrier. Anticipate where the ball is going to be.
  - 4. Work on pass rush and coverage techniques.
  - 5. Tackle well.

## III. Evaluation of individual performance - grade each player on every play

- A. Proper execution - they get a+ or - based on their alignment, assignment, and play.
- B. Production - determine whether or not they are a factor--a factor indicates that they either made the play or made it possible for someone else to make the play.
- C. Extraordinary plays (bonus plays).
  - 1. Tackle for a loss.
  - 2. Cause a fumble.
  - 3. Recover a fumble.

4. Intercept a pass.
5. Bat a ball that causes an interception.
6. Block a kick.
7. Make a critical play.
8. Score a touchdown.

IV. Team Performance - In order for a defense to be successful it must function as a coordinated unit.

- A. Must understand what we are trying to accomplish and how they fit into the total picture.
- B. Must keep relative position to one another, do not go around blocks, not create seams and take proper angles to get to the ball.
- C. Know who has contain.
- D. Take proper rush lanes to the quarterback versus a pass.
- E. Execute pass coverage assignments.
- F. Know option responsibilities.
- G. Hustle, get to the ball and gang tackle.
- H. Make things happen -- big plays occur when: 1) everyone does their own job, 2) everyone gives an all-out effort, 3) we anticipate and are not afraid to take a chance.

V. Staff Decisions

- A. The methods of selection and development of a particular package:
  1. Analyze the problems that we've had.
  2. Analyze our personnel (what we can do best).
  3. Analyze the types of offenses that we will have to defend.
  4. Develop a broad base to provide enough familiarity to handle an entire season.
  5. Develop continuity within the package in terms of fronts, coverages, and perimeter support.

B. The development of specific game plans is based upon:

1. The opponent's type of offense (formations, plays, etc).
2. The opponent's strength (what they do best).
3. Offensive tendencies.
  - a. Areas of the field.
  - b. Down and distance situations (especially pass downs).
  - c. Short yardage situations.
  - d. Goal line.

Adjustments that we anticipate.

Analyze what we've done in certain situations, what our opponent has done, what we then would anticipate them doing against us.

Staying general enough in our thinking that we are able to get a feel for the game and what is actually happening to us. Trying to avoid getting so wrapped up in particulars that we cannot get a feel for the total picture.

VI. Defensive scheme - a plan

- A. It must be sound.
- B. It should be logical. (Presented in a manner that the players understand and are able to learn).
- C. It must be flexible enough to handle various types of offenses and situations which might occur.

VII. Our defensive scheme (multiple fronts and coverages)

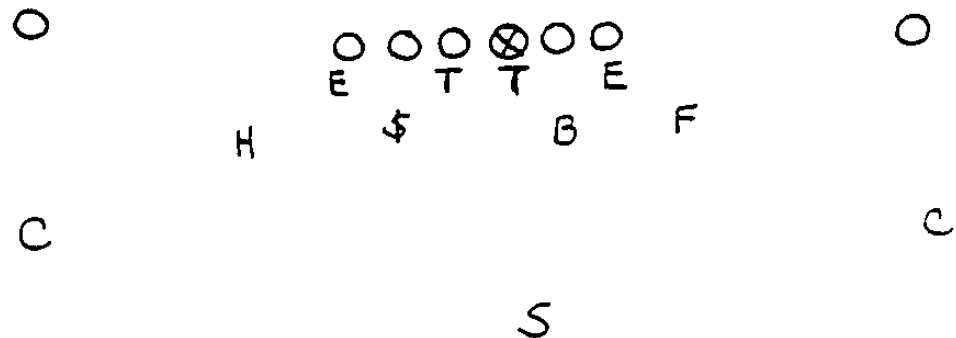
- A. We must be able to defend a variety of offenses.
- B. Certain types of defenses and coverages are better suited to defend against various types of offenses. (Style vs. style).



- C. A wide variety of defenses is developed and a specific scheme is drawn from this package in order to defend a certain offense.
- D. The characteristics of our defensive package:
1. Do what we know
  2. Designed to best utilize our personnel.
  3. Starts with a base defense in order to begin teaching and handling basic offenses.
  4. Contains sufficient flexibility to defend various types of offenses, especially if we can't line up in our basic defense.
  5. Is primarily made up of read defenses.
  6. Involves basically zone pass coverage.
    - a. Provides the best run support.
    - b. Is safest.
    - c. Provides more of a chance for a big play. There are more people reacting to the ball and not getting run off by the receivers.
  7. Emphasizes a sound concept, staying safe, and giving ground sparingly, but not giving up the "big play."
  8. Does contain some force defenses in order to make something happen.
    - a. Change the game (create a loss).
    - b. Neutralize an offensive strength.
    - c. Rush the passer.
  9. Must be good in goal line and short yardage situations.
    - a. Using regular defenses.

b. Developing special defenses.

G Personnel



1. Defensive Ends (Left and Right)

- a. Most mobile big men.
- b. Best pass rushers.
- c. Strong enough to be able to play on a tackle.
- d. Athletic enough to be able to contain sprints and boots and play the option.

2. Tackles

- a. Strongest, most active, very big people.
- b. Disruptive forces in the middle.

3. Sam - Strongside outside linebacker.

- a. Exceptional athlete.
- b. Combination outside linebacker, strong safety.
- c. Strong enough to play the run, athletic enough to play the #2 receiver in twins or trips.

4. Backer - Middle linebacker

- a. Quarterback of the defense (Alert, smart player).
- b. Solid run defender, inside-out player, good tackle

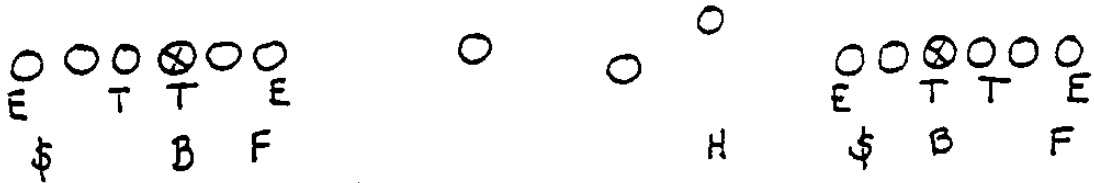
5. Fritz - Similar to the Sam except possibly a little stronger and a little better pas rusher. He's a combination outside and inside linebacker.

6. Corners (Left and Right) - Exceptional athletes. Best one on one pass defenders.
7. Hero (Strong Safety) - A versatile football player, bright and a good athlete; able to play the run (good tackler), underneath and deep pass coverage as well as some man to man. He aligns to the strongside (Open field, strength of formation).
8. Free Safety - The center fielder, quarterback of the secondary. He must have good judgment and anticipation, be a good deep pass defender and a sure tackler.

H Fronts and adjustments.

1. Tight end oriented.

a. Stack



Three linebackers scheme excellent for cutbacks.

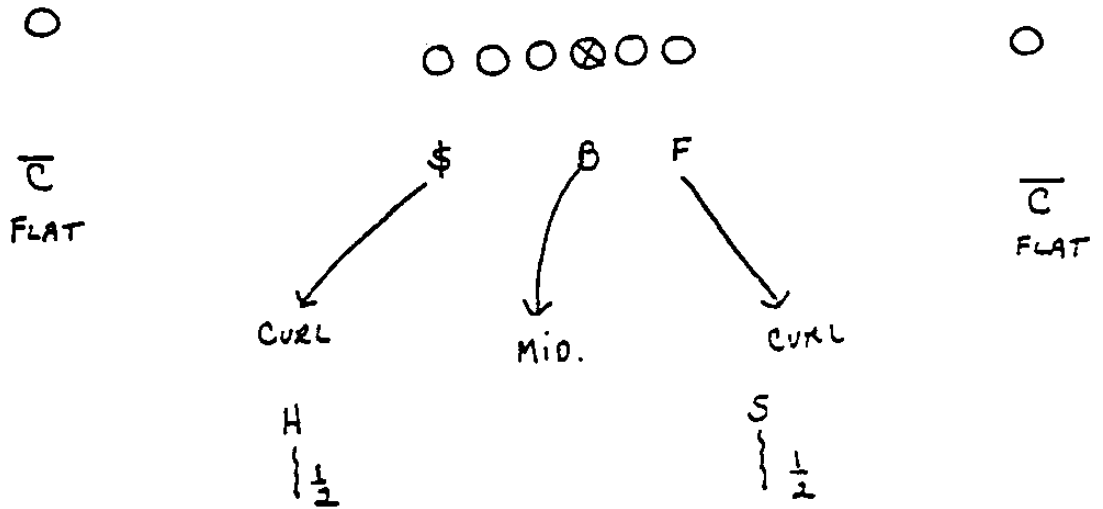
Front slides to the tight end. Four front people are in leverage positions. Take off, control your gap, must not be hooked or bounced too wide; close to the inside versus a down block. Read on the run.

Sam and Fritz are attackers (Fill unless end crashes).

Backer is a point of attack player that plays from inside-out (doesn't overrun).

Double Coverage Call - 2 Deep Zone vs. T.E. - flanker, 3 deep zone vs. Twins.

## 2 Deep Zone



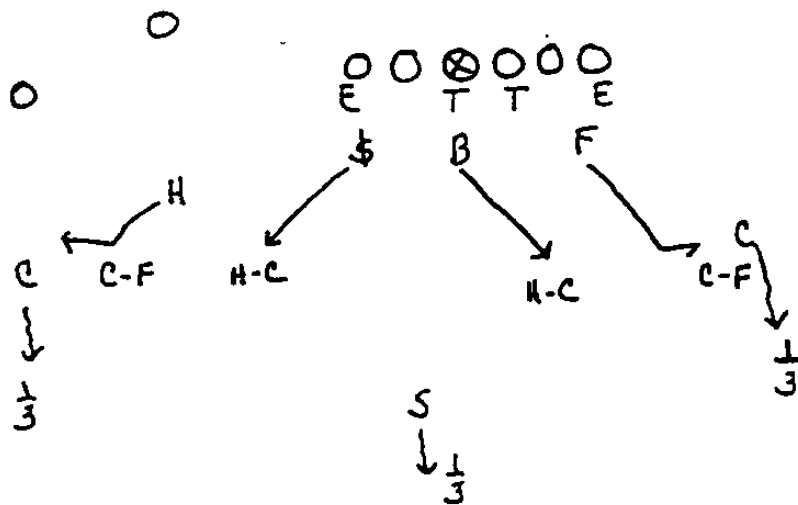
### Advantages:

- 1) Disruption of receivers
- 2) 5 underneath zones
- 3) Handles Square Outs

### Disadvantages:

- 1) Void areas 18 yard areas (up-back)
- 2) Oversplit run support

## 3 Deep Zone

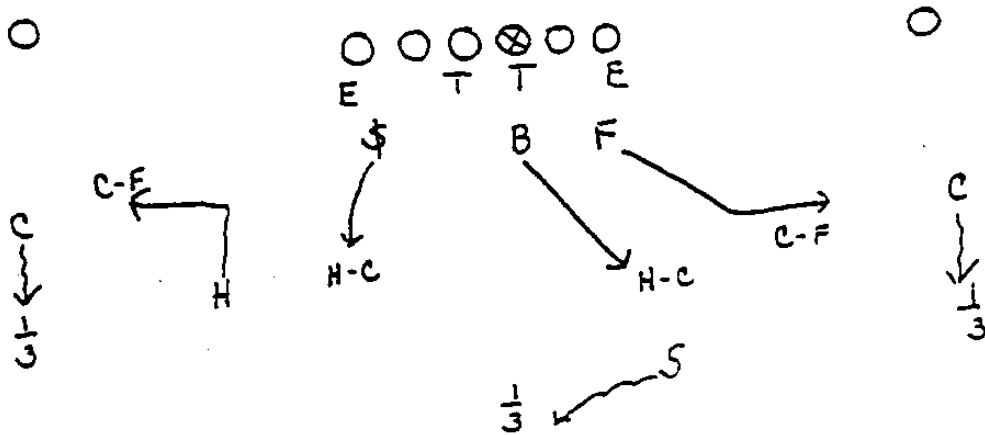


Advantages:

- 1) Sound, relatively safe coverage.
- 2) People in good position to react.

Disadvantages: Underneath pass coverage.

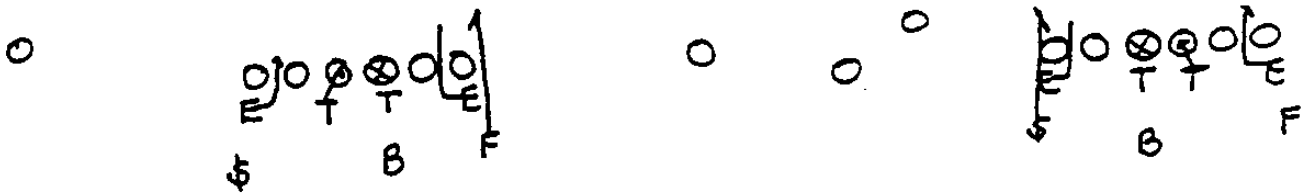
Could play 3 deep versus T.E. flanker



Helps strongside run support, hurts weakside.

Variation in tight end defenses:

Pinch and Split End Blitz



Advantages:

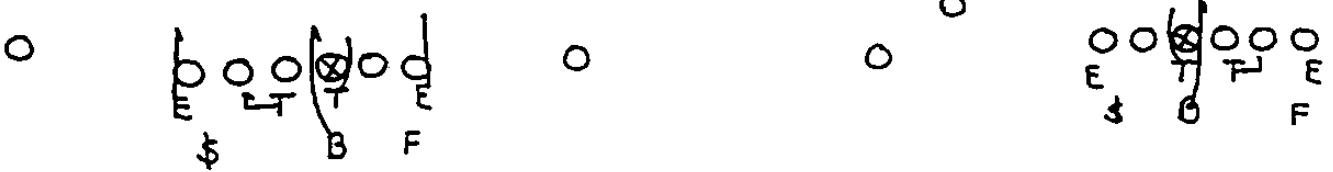
- a. Tightens seams.
- b. Counters wide reach block.
- c. Split end pressure.

Disadvantages:

- a. Pursuit
- b. Outside Plays

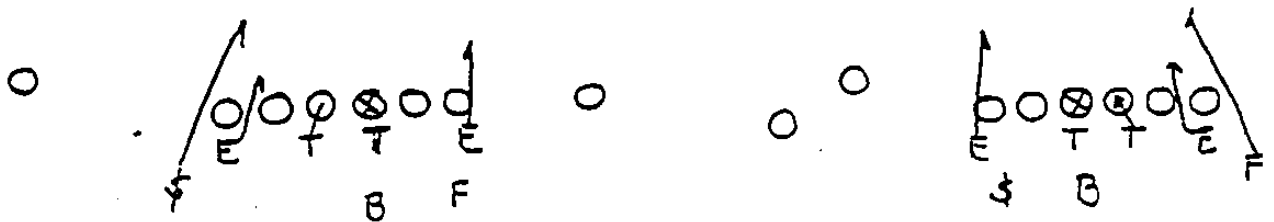
Coverage - 2 deep, 4 under zone.

Inside Blitz



- a. Advantage - Tight end side run (helps tackle vs. down block).
- b. Disadvantage - Pursuit and split end side.
- c. Coverage - 2 deep, 4 under zone.

Tight End Blitz



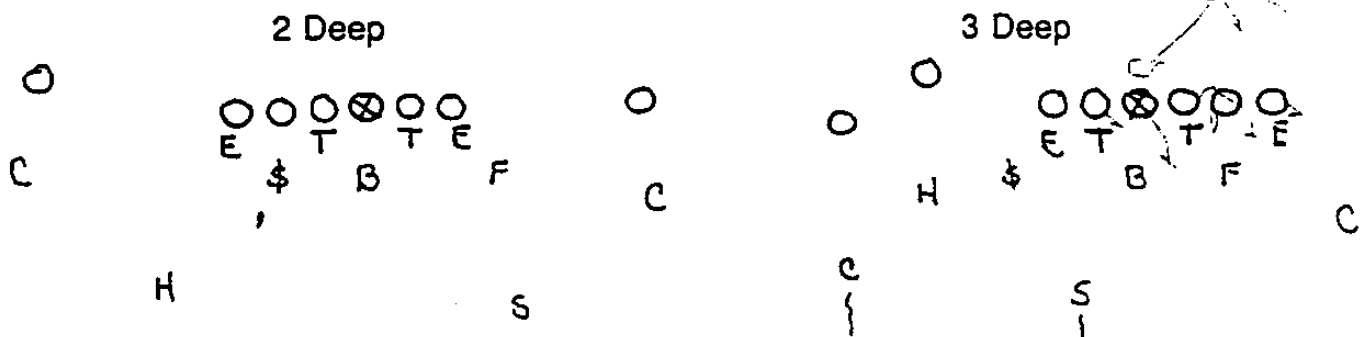
Advantage:

- a. Force vs. outside run to tight end side.
- b. Pressure passing game.

Disadvantage - Pursuit.

Coverage - 2 deep, 4 under zone.

Even Adjustment



Advantages:

a. Perimeter game to the split end side.

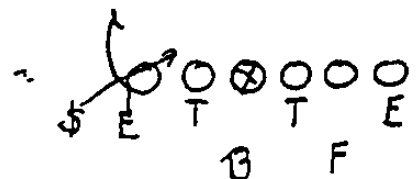
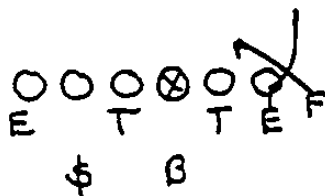
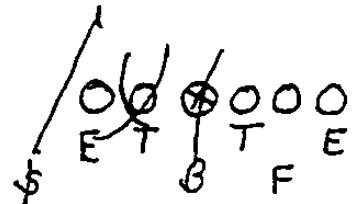
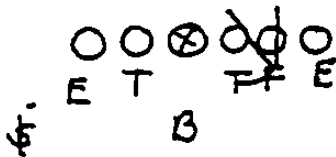
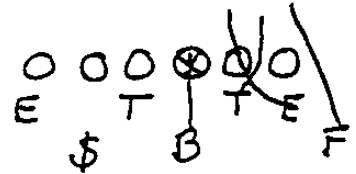
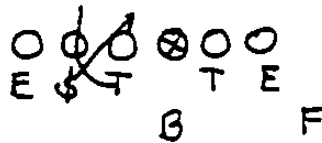
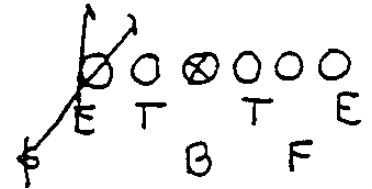
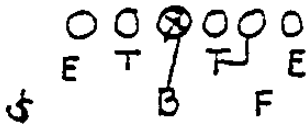
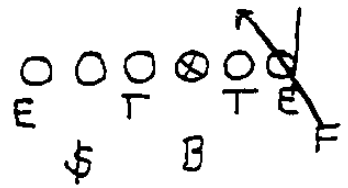
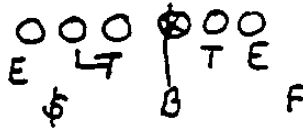
b. Changes to even spacing.

Disadvantages:

a. Off tackle to tight end (Wide support)

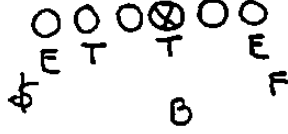
b. Inside trap and fold blocking schemes.

Adjustments

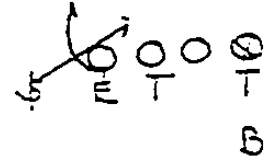
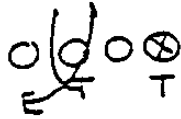
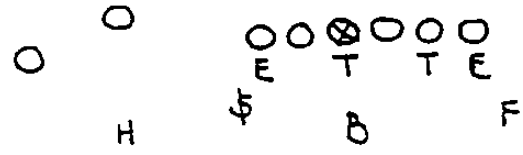


# Tight End Adjustment

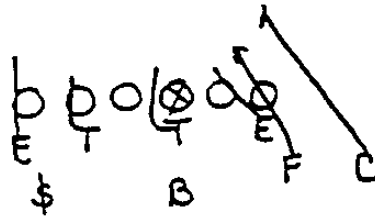
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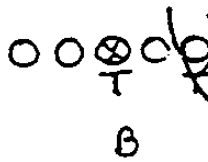
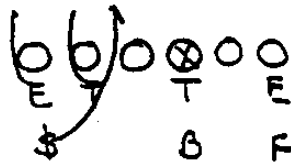
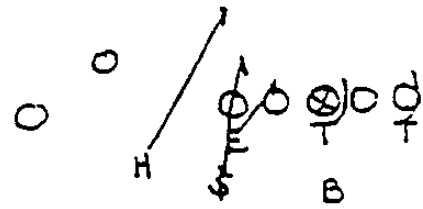
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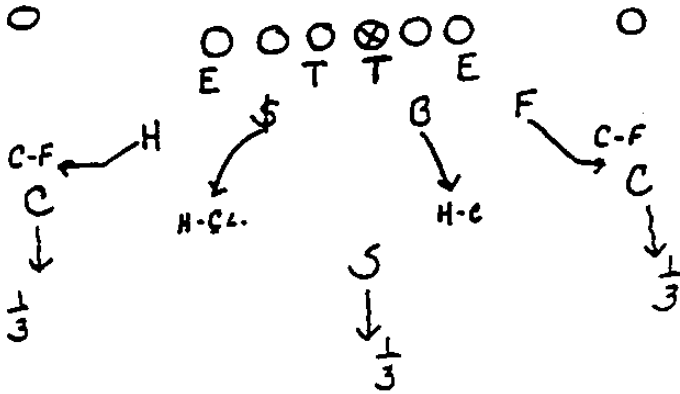


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# 8 Man Fronts



Balanced 8 man - Leveraged Front - Front is slid strong.

Linebackers slide weak.

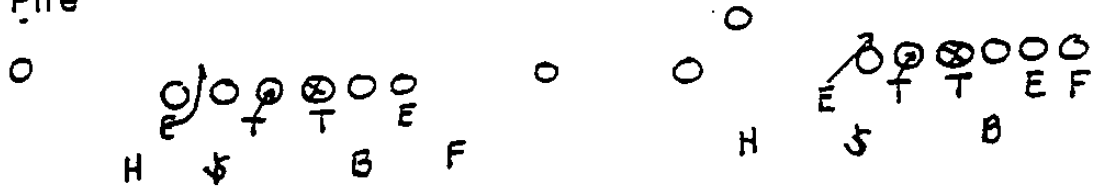
Excellent perimeter defense.

Problem with seams in north - south running lanes.

Must get fast linebacker play into A Gaps for cut back.

## Adjustments

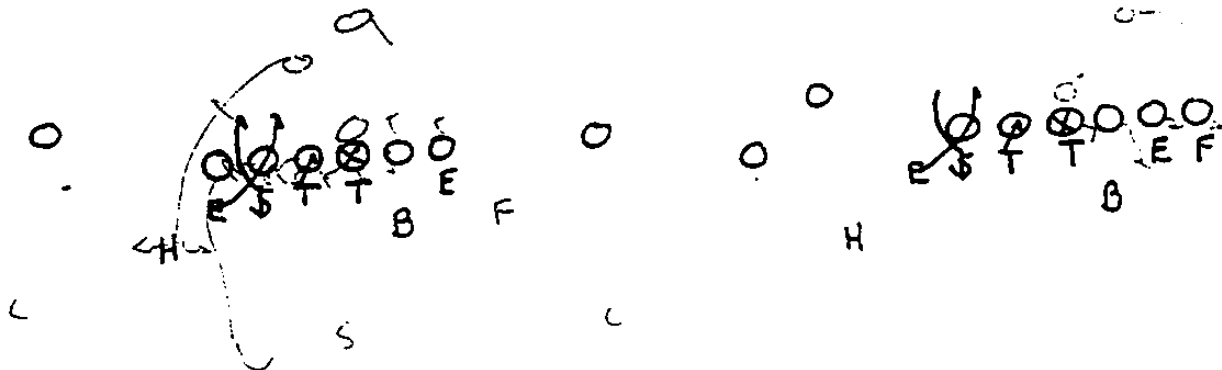
1) Fire



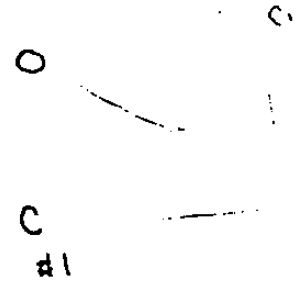
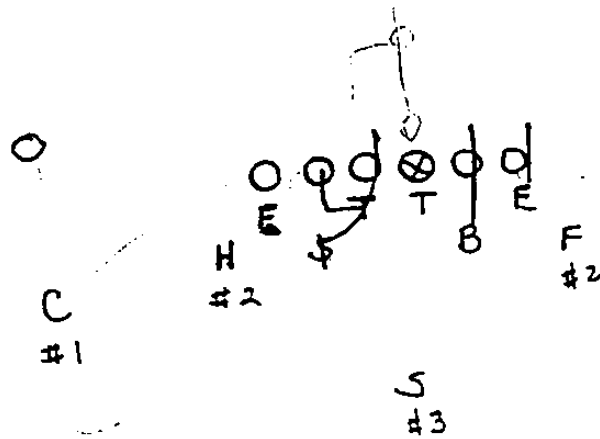
2) Tackle Game



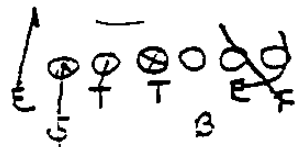
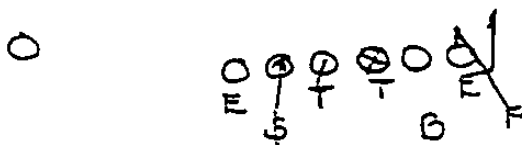
3)



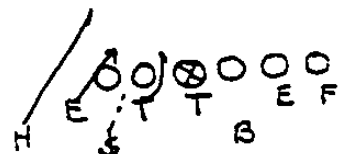
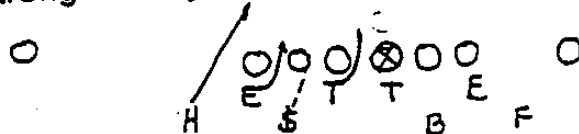
4) Blitz



5) Blitz



6) Strong Safety Fire



Coverages - 3 Deep Zone, Man to Man with a Free Safety

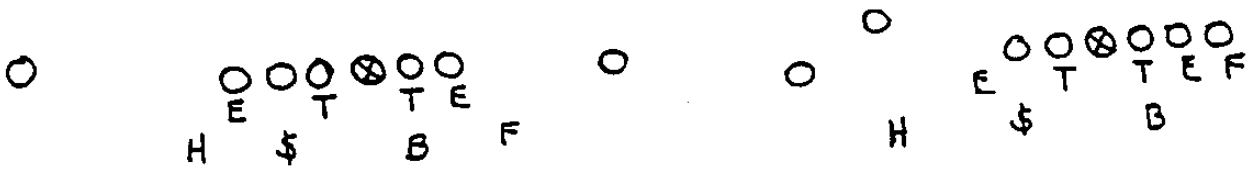
Overshift Strong



Weak Tackle and End mover to head-up position. Front is overshifted strong. Cuts down on running seams and makes Backer more playable strong (Scoop block is more difficult).

More vulnerable to outside plays weak because of lost leverage.

# Overshift Weak



Front slides weak to create an even 8 man front Wide Tackle 6 lock strong, loaded look weak. Helps on running game weak (G scheme, etc.)  
 Balanced rush lanes for draw. Must work on inside trapping game and outside plays strong.

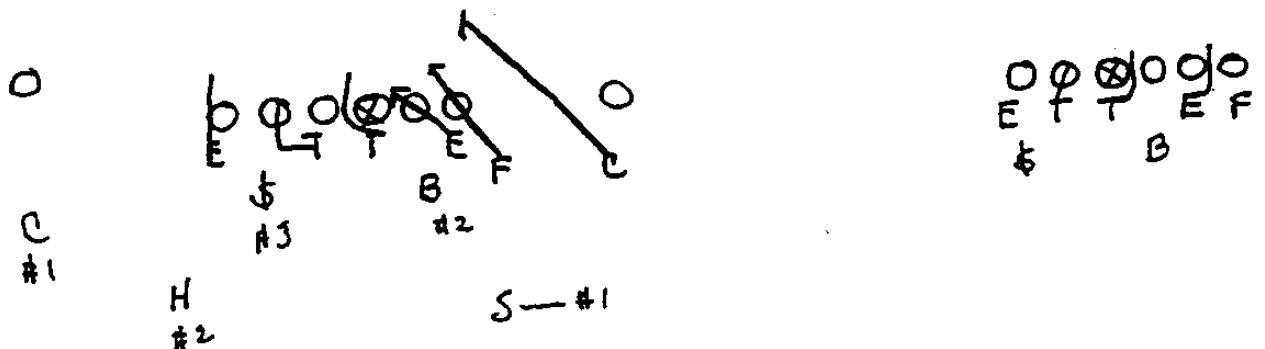


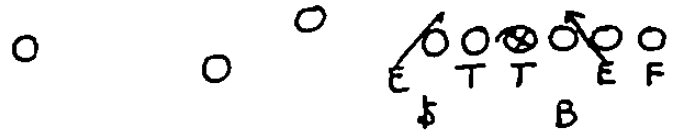
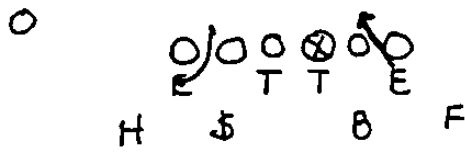
Helps even more to the outside weak.

# Oklahoma (Fire)

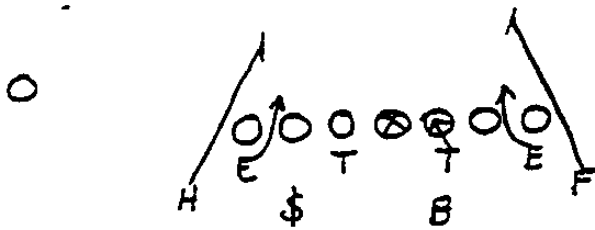
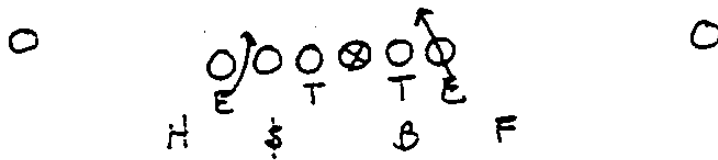


# Adjustments (overshift Strong)





Overshift Weak



7 Man Fronts

O

O O O ⊗ O O  
E T T E  
\$ B F

O

O O  
O O ⊗ O O O  
E T T E C  
\$ B F

O

O O O ⊗ O O  
E T T E  
\$ B F

O

O O  
O O ⊗ O O O  
E T T E C  
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O O O ⊗ O O  
E T T E  
\$ B F

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O O  
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E T T E C  
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O

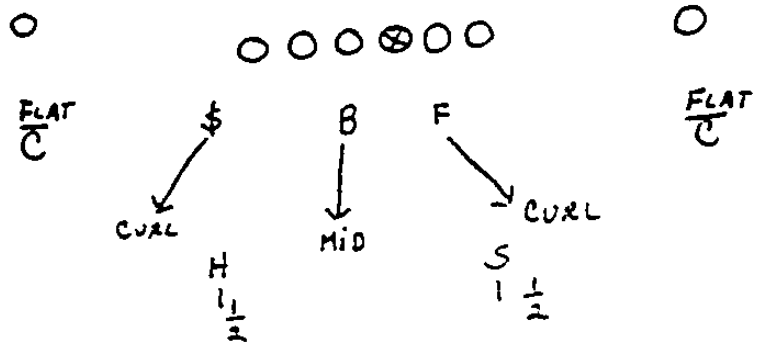
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E T T E  
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O

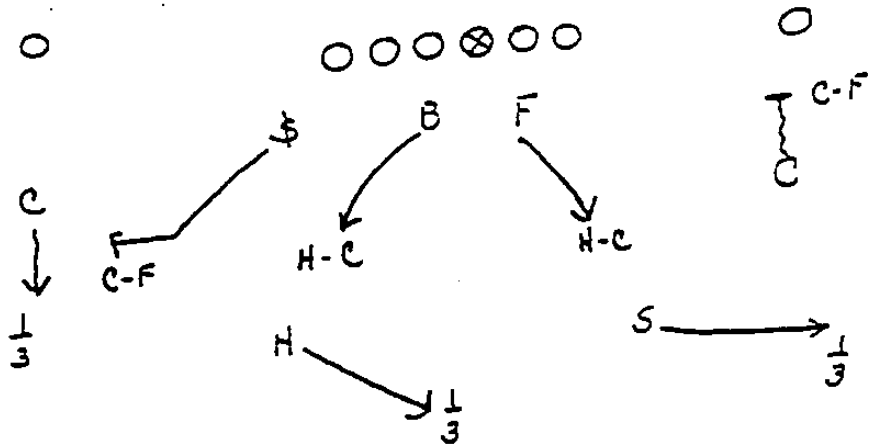
O O  
O O ⊗ O O O  
E T T E C  
\$ B F

# Coverages

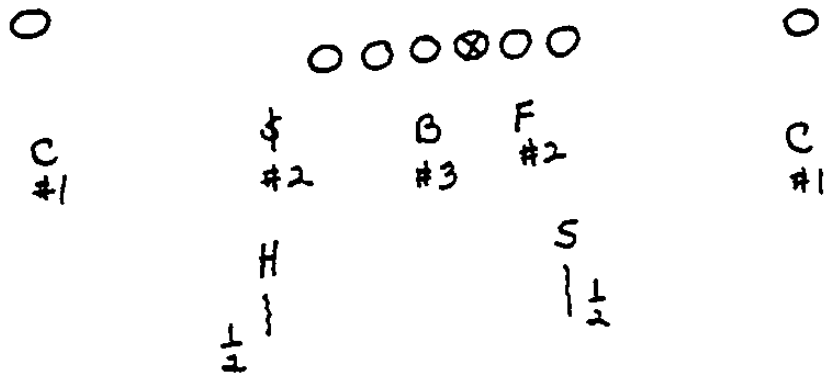
## 1. 2 Deep Zone



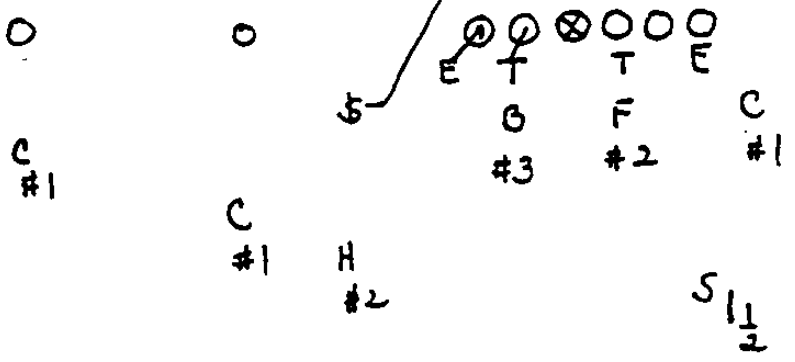
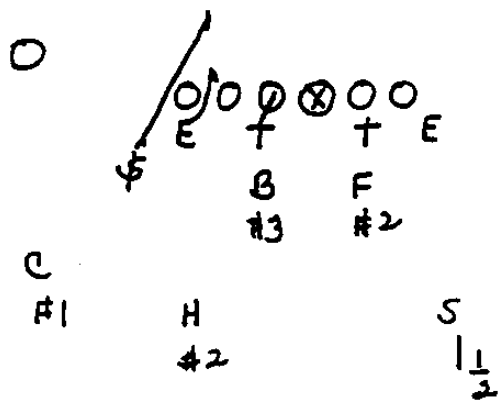
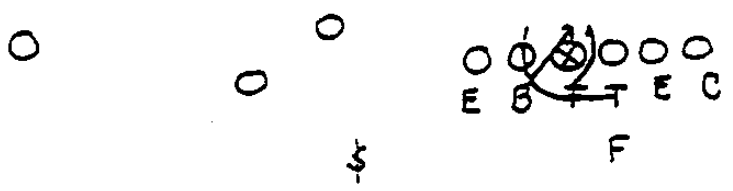
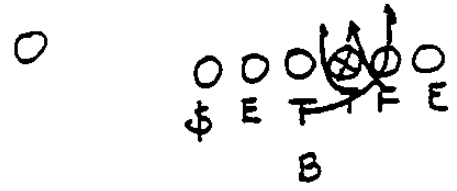
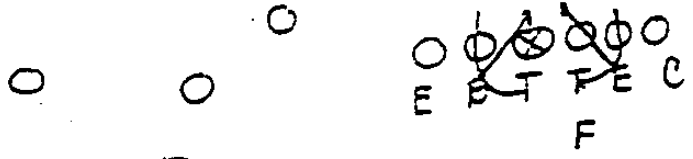
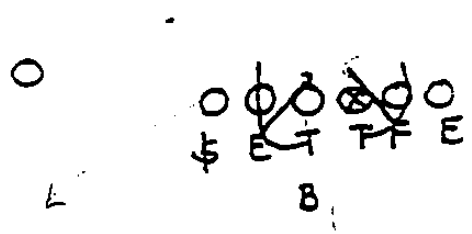
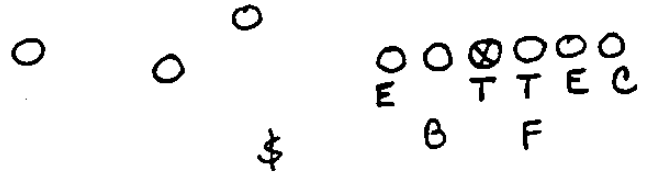
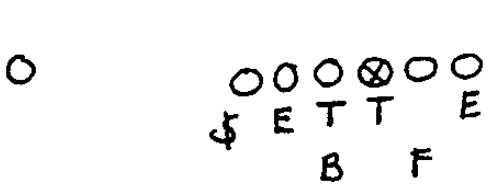
## 2. 3 Deep Zone

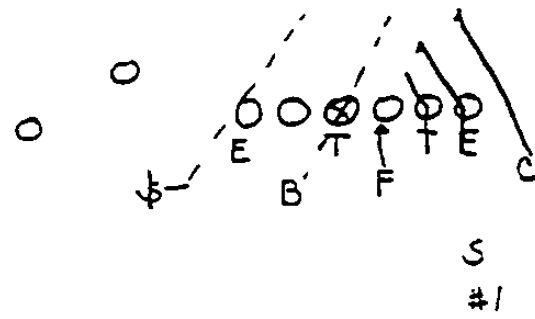
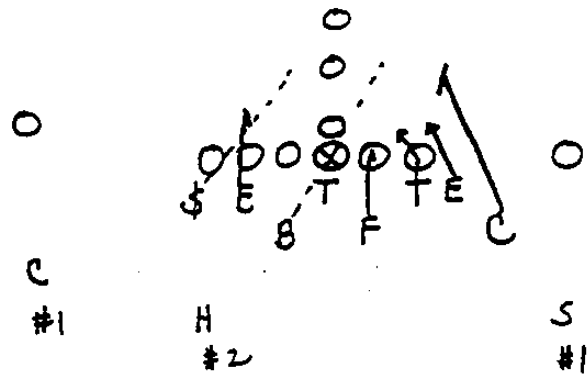
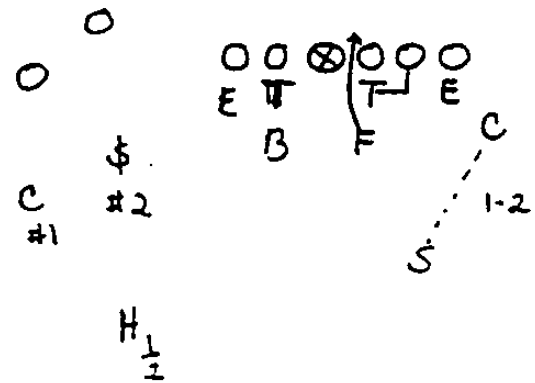
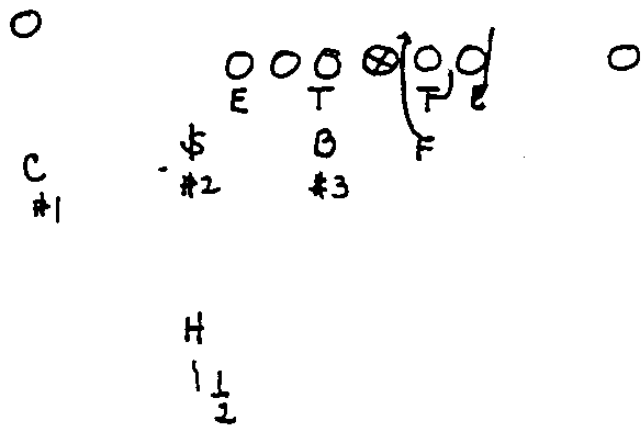


## 3. 2 Deep Man



# Adjustments





Pass Rush Stunts -- Drop Back

