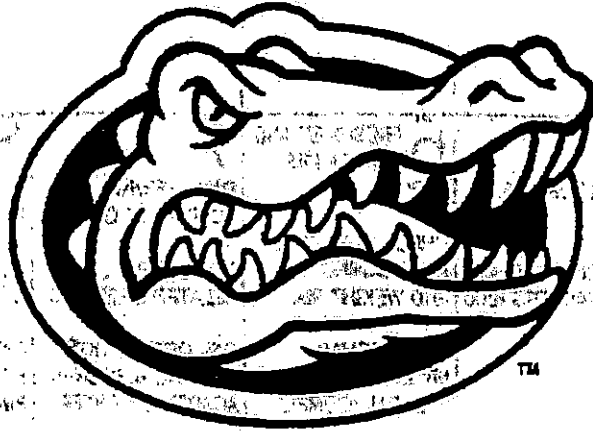


97 UF D

# 1997 PRE-SEASON PRACTICE ITINERARY



## UNIVERSITY OF FLORIDA FOOTBALL

997

# August

1997

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 STAFF MEETINGS BEGIN.  STRENGTH TESTING: DEFENSE 2:00 OFFENSE 3:00  AGILITY TESTING: SQUAD 4:00	5 12 MIN RUN @ 6:15 AM.  TEAM COOKOUT AT LAKE WAUBERG 6:00 PM.	6 FRESHMEN AND NEWCOMERS REPORT.  CHECK IN AT EQUIP. RM, TRAINING RM AND WEIGHT RM.  FR/NC SQUAD MTG. @ SEZ MTG RM 6:15 PM. (COMPL)	7 DAY 1 (FR/NC) ACADEMICS ONLY.  NO FOOTBALL RELATED MEETINGS.  OSL ORIENTATION MEETING 6:30 PM @ ACADEMIC CENTER	8 SUMMER B ENDS UPPERCLASSMEN REPORT  SQUAD MTG. @ SEZ 6:30 PM  DAY2 (FR/NC) PRACTICE #1 @ 7:30 PM	9 GRADUATION MEDIA DAY 9:00AM  DAY 3 (FR/NC) PRACTICES 2&3  SQUAD MEETING: UPPERCLASSMEN ONLY 5:00 PM (COMPLIANCE)
10 CHURCH SERVICE 10:00 AM @ TD TER (MANDATORY)  TV HEAD SHOTS 12:00 - 1:30 @ SEZ (MANDATORY)  FAN DAY 2:00-4:00 MEETINGS 4:15/7:30	11 FIRST DAY OF PRACTICE: SHORTS/SH. PADS  PRACTICES 1&2	12  PRACTICES 3&4	13  PRACTICES 5&6	14 FIRST DAY OF PRACTICE: FULL GEAR  PRACTICES 7&8	15  PRACTICES 9&10	16 TEAM DINNER AT COACH SPURRIER'S HOME @ 5:30 PM  PRACTICES 11&12
17 DORMS OPEN  IND/TEAM/GROUP PHOTOS 1:30-2:45  MEETINGS 3:00/7:00  PRACTICE 4:00	18  PRACTICES 13&14	19  PRACTICES 15&16	20  PRACTICES 17&18	21  PRACTICES 19&20	22  PRACTICES 21&22	23  PRACTICES 23&24
24 WELCOME BACK RECEPTION 7:00 PM TO TERRACE (MANDATORY)	25 FALL SEMESTER BEGINS	26	27	28	29	30  GATORS VS. SOUTHERN MISSISSIPPI 6:00
31	PRACTICE 25	PRACTICE 26	PRACTICE 27	PRACTICE 28	PRACTICE 29	

**WEDNESDAY, AUGUST 6**

**(FRESHMEN/FIRST TIME PARTICIPANTS REPORT)  
(NO FOOTBALL RELATED MEETINGS)**

12:00-2:00 PM

REPORT TO MIKE WASIK IN THE TRAINING ROOM  
(SEZ) TO COMPLETE PHYSICALS.

2:00-4:00 PM

CHECK IN WITH TIM AYDT AT  
THE OFFICE OF STUDENT LIFE IN THE  
ACADEMIC CENTER.

SEE TIM SAIN IN THE EQUIPMENT ROOM TO  
COMPLETE EQUIPMENT FITTING.

SEE JERRY SCHMIDT TO COMPLETE ANY  
UNFINISHED STRENGTH TESTS.

5:30-6:15 PM

DINNER

**NOTE: ALL MEALS WILL BE SERVED IN A  
RESERVED DINING ROOM AT THE FAR END OF  
THE NEW DINING HALL. PLEASE ENTER FROM  
THE BACK DOOR ON THE FAR END.**

6:15-7:30 PM

FRESHMEN/NEWCOMERS SQUAD MEETING(@SEZ)

-COACH SPURRIER  
-ANY OTHER STAFF ANNOUNCEMENTS  
-COMPLIANCE PAPERWORK

7:30 PM

COMPLETE ANY UNFINISHED PHYSICALS,  
EQUIPMENT FITTING, AND STRENGTH TESTING

**NOTE: DO NOT PARK AT THE DINING HALL OR IN  
THE SOUTH END ZONE AT ANY TIME!**

# THURSDAY, AUGUST 7

(NO FOOTBALL RELATED MEETINGS)  
(DESIGNATED ACADEMIC ORIENTATION DAY)

FRESHMEN CURRENTLY ENROLLED IN SUMMER B SHOULD ATTEND CLASSES AND TAKE THEIR FINAL EXAMS AS SCHEDULED.

EAT BREAKFAST AND LUNCH AS YOUR SCHEDULE ALLOWS.

5:30-6:30 PM

DINNER

6:30-9:30 PM

ACADEMIC ORIENTATION FOR ALL FRESHMEN AND FIRST TIME PARTICIPANTS AT THE OFFICE OF STUDENT LIFE IN THE ACADEMIC CENTER

11:00 PM

CURFEW

# FRIDAY, AUGUST 8

FRESHMEN CURRENTLY ENROLLED IN SUMMER B SHOULD ATTEND CLASSES AND TAKE THEIR FINAL EXAMS AS SCHEDULED.

EAT BREAKFAST AND LUNCH AS YOUR SCHEDULE ALLOWS.

**\*MEETINGS ARE BY POSITION THROUGHOUT THE DAY\***

**\*CHECK WITH YOUR COACH\***

11:30 AM-1:00 PM

LUNCH

**\*GET TAPED BEFORE MEETINGS\***

5:30-6:15 PM

DINNER

6:30-7:30 PM

SQUAD MEETING

7:30-9:30 PM

PRACTICE (FRESHMEN)

11:00

CURFEW

**FRIDAY, AUGUST 8**

**(UPPERCLASSMEN REPORT) (NO FOOTBALL RELATED MEETINGS)**

12:00-2:00 PM

REPORT TO MIKE WASIK TO COMPLETE YOUR PHYSICAL

2:00-4:00 PM

SEE TIM SAIN TO COMPLETE EQUIPMENT FITTING

SEE JERRY SCHMIDT TO COMPLETE STRENGTH TESTING

5:30-6:15 PM

DINNER

**NOTE: ALL MEALS WILL BE SERVED IN A RESERVED DINING ROOM AT THE FAR END OF THE NEW DINING HALL. PLEASE ENTER FROM THE BACK DOOR ON THE FAR END.**

6:30-7:30 PM

SQUAD MEETING (SEZ MEETING ROOM)

- COACH SPURRIER
- DIRECTOR OF ATHLETICS, JEREMY FOLEY
- ANY OTHER STAFF ANNOUNCEMENTS
- SPORTS INFORMATION (FOR MEDIA DAY INFO)

7:30-9:30 PM

PRACTICE (FRESHMEN/NEWCOMERS ONLY)

7:30 PM

COMPLETE ANY UNFINISHED PHYSICALS, EQUIPMENT FITTING AND STRENGTH TESTING

11:00 PM

CURFEW: IN YOUR OWN ROOM/LIGHTS OUT!

**NOTE: DO NOT PARK AT THE DINING HALL OR IN THE SOUTH END ZONE AT ANY TIME!**

# SATURDAY, AUGUST 9

(UPPERCLASSMEN: NO FOOTBALL RELATED MEETINGS)

6:00 AM BREAKFAST FOR MANAGERS AND TRAINERS

6:30 AM WAKE UP/ BREAKFAST (FRESHMEN ONLY)

6:50 AM TAPING (FRESHMEN ONLY)

7:30-8:30 AM PRACTICE (FRESHMEN ONLY)

**\* UPPERCLASSMEN WAKE UP ON OWN \***

6:30-8:30 AM BREAKFAST

9:00 AM-12:00 PM MEDIA DAY (AT THE SWAMP)

11:30 AM-1:30 PM LUNCH

**\* FRESHMEN: GET TAPED BEFORE MEETINGS \***

3:00-4:00 PM MEETINGS (FRESHMEN ONLY)

4:00-6:00 PM PRACTICE (FRESHMEN ONLY)

5:00-6:30 PM SQUAD MEETING (UPPERCLASSMEN ONLY)  
@ SEZ COMPLIANCE PAPERWORK

6:30-7:45 PM DINNER

# SUNDAY, AUGUST 10

NOTE: ALWAYS CHECK WITH YOUR POSITION COACH FOR MEETING TIMES

7:30-8:30 AM

CONTINENTAL BREAKFAST (OPTIONAL)

7:30-9:00 AM

TREATMENT (IF NEEDED)

10:00-11:00 AM

CHURCH SERVICE (MANDATORY) @  
TOUCHDOWN TERRACE (NORTH END ZONE)

DRESS: DRESS PANTS/COLLARED SHIRTS.  
JACKET AND TIE ARE OPTIONAL.

11:00 AM-12:30 PM

LUNCH

12:30-1:45 PM

TV HEAD SHOTS (MANDATORY)  
IN SEZ MEETING ROOM

NOTE: AFTER PHOTOS, ALL PLAYERS MUST PICK UP THEIR JERSEYS AT EQUIPMENT WINDOW BEFORE MEETING IN GATOR ROOM

1:45 PM

MEET IN GATOR ROOM

1:55 PM

WALK TO O'CONNELL CENTER

2:00-4:00 PM

FOOTBALL FAN DAY

4:15-6:15 PM

MEETINGS

6:30-7:30 PM

DINNER

7:30 PM

MEETINGS

11:00 PM

CURFEW

**MONDAY, AUGUST 11 - FRIDAY, AUGUST 15**

(MON-WED: SHORTS/SH. PADS/HELMET)  
(THUR-FRI: FULL GEAR)

NOTE: ALL LINEMEN ARE REQUIRED TO WEAR  
KNEE BRACES WHEN IN FULL GEAR

6:00 AM	BREAKFAST FOR MANAGERS AND TRAINERS
6:30 AM	WAKE UP
6:30-7:45 AM	BREAKFAST/TAPING/TREATMENT (FRESHMEN ARE ENCOURAGED TO BE EARLY)
7:45-8:45 AM	MEETINGS
9:00-11:15 AM	PRACTICE
11:30 AM-1:00 PM	LUNCH

\* PLAYERS ARE ENCOURAGED TO GET TAPED AFTER MORNING  
PRACTICE FOR THE AFTERNOON PRACTICE \*

1:00-2:30 PM	REST/TAPING/TREATMENT
2:30-3:45 PM	MEETINGS
4:00-6:15 PM	PRACTICE
6:30-7:30 PM	DINNER
7:30 PM	MEETINGS
11:00 PM	CURFEW

NOTE: PARKING RESTRICTIONS WILL BE LIFTED  
IN THE COMMUTER AND RED LOTS ONLY!  
DO NOT PARK AT THE DINING HALL OR SEZ!



# MONDAY, AUGUST 18 - THURSDAY, AUGUST 21

NOTE: ALL LINEMEN ARE REQUIRED TO WEAR KNEE BRACES WHEN IN FULL GEAR

6:00 AM	BREAKFAST FOR MANAGERS AND TRAINERS
6:30 AM	WAKE UP
6:30-7:45 AM	BREAKFAST/TAPING/TREATMENT (FRESHMEN ARE ENCOURAGED TO BE EARLY)
7:45-8:45 AM	MEETINGS
9:00-11:15 AM	PRACTICE
11:30 AM-1:00 PM	LUNCH

\* PLAYERS ARE ENCOURAGED TO GET TAPED AFTER MORNING PRACTICE FOR THE AFTERNOON PRACTICE \*

1:00-2:30 PM	REST/TAPING/TREATMENT
2:30-3:45 PM	MEETINGS
4:00-6:15 PM	PRACTICE
6:30-7:30 PM	DINNER
7:30 PM	MEETINGS
11:00 PM	CURFEW

# FRIDAY, AUGUST 22

7:00-9:00AM	BREAKFAST
9:00-10:00 AM	MEETINGS: OFFENSE/DEFENSE
10:00-11:30 AM	MEETINGS: SPECIAL TEAMS
11:30 AM-1:00 PM	LUNCH
1:00-2:30 PM	REST/TAPING/TREATMENT
2:30-3:45 PM	MEETINGS
4:00-6:15 PM	PRACTICE
6:30-7:30 PM	DINNER
11:00 PM	CURFEW

# SATURDAY, AUGUST 23

7:00-9:00 AM	BREAKFAST
9:00-9:45 AM	MEETINGS
10:00- 11:30 AM	PRACTICE
11:30 AM-1:00 PM	LUNCH
2:30-3:30 PM	MEETINGS
4:00-5:30	PRACTICE
5:30-7:30 PM	DINNER

# SUNDAY, AUGUST 24

\* REGULAR DINING HALL HOURS AND MEAL CARDS TAKE EFFECT\*

\* WELCOME BACK RECEPTION: 7:00 PM TD TERRACE \*  
(MANDATORY ATTENDANCE: PLAYERS AND COACHING STAFF)

## SATURDAY, AUGUST 16

6:00 AM	BREAKFAST FOR MANAGERS AND TRAINERS
6:30 AM	WAKE UP
6:30-7:45 AM	BREAKFAST/TAPING/TREATMENT (FRESHMEN ARE ENCOURAGED TO BE EARLY)
7:45-8:45 AM	MEETINGS
9:00-10:30 AM	PRACTICE: SPECIAL TEAMS
11:00 AM-12:30 PM	LUNCH
12:00-1:00 PM	REST/TAPING/TREATMENT
1:00-1:45 PM	MEETINGS
2:00-4:00 PM	SCRIMMAGE
5:30 PM	DINNER AT COACH SPURRIER'S HOME (PICK UP MAP AT EQUIPMENT ROOM WINDOW)

## SUNDAY, AUGUST 17

9:00-9:30 AM	CONTINENTAL BREAKFAST (OPTIONAL)
11:00 AM-1:30 PM	LUNCH/TREATMENT
1:30-2:45 PM	ACTION SPORTS PHOTOS (MANDATORY)  - BY STAFF - BY POSITION W/COACH - BY CLASS - BY INDIVIDUAL
2:45-4:00 PM	MEETINGS
4:00-5:30 PM	PRACTICE (TBD)
5:45-7:00 PM	DINNER
7:00 PM	MEETINGS (TBD)
11:00 PM	CURFEW

## TEAM GOALS FOR THE 1997 SEASON

1. Winning Season
2. Win Eastern Division
3. Best E.S.U.
4. Win S.E.C.
5. Win Bowl Game
6. Win National Championship

### Captains:

Fred Taylor  
Eli Williams  
Dwayne Thomas  
Willie Rodgers  
Fred Weary

## SEVEN STEPS TO ACHIEVE OUR GOALS

1. Make a commitment
  - (A) Every player, coach and support staff member commits to do all they possibly can to help us achieve our goals.
2. Set a target date
  - (A) The 1997 Season
  - (B) F.S.U.- Nov 22
  - (C) S.E.C.- Dec 6
  - (D) Bowl Game for National Championship- Jan 2, 1998
3. Assemble the ingredients
  - (A) The players, coaches and support staff are here and are qualified to make these goals a reality.
4. Give of yourself
  - (A) There are no excuses.
  - (B) Every player, coach and support staff member gives all of himself to make these goals a reality.
5. Visualize your goals being accomplished
  - (A) When working out this summer or daydreaming about the coming season, visualize successful plays and how you can contribute to our team's success.
6. Believe it will happen
  - (A) Understand and know that the ingredients, the commitment, the support from fans, the talent and desire is in place for our goals to happen.
7. Expect our goals to happen
  - (A) Totally believe and expect our goals to happen if we prepare our best for 13 games, and give all of ourselves for 60 minutes in all 13 games.
  - (B) Expect it to happen because of play on the field and not by mouth to the newspaper!

University of Florida  
Football Notebook  
1997 Schedule

DATE	OPPONENT	TIME (EASTERN)	SITE
August 30, 1997	Southern Mississippi	6:00 p.m.	Gainesville, FL
September 6, 1997	Central Michigan	6:00 p.m.	Gainesville, FL
September 20, 1997	Tennessee	1:00 p.m.	Gainesville, FL
September 27, 1997	Kentucky	1:30 p.m.	Lexington, KY
October 4, 1997	Arkansas	1:00 p.m.	Gainesville, FL
October 11, 1997	LSU	8:00 p.m.	Baton Rouge, LA
October 18, 1997	Auburn	2:00 p.m.	Auburn, AL
November 1, 1997	Georgia	1:00 p.m.	Jacksonville, FL
November 8, 1997	Vanderbilt	1:00 p.m.	Gainesville, FL
November 15, 1997	South Carolina	T.B.A.	Columbia, SC
November 22, 1997	Florida State	1:00 p.m.	Gainesville, FL
December 6, 1997	SEC Championship	T.B.A.	Atlanta, GA

YOU MAKE THE DIFFERENCE

I always like to see whether a player is getting the most out of his potential...  
I see many guys who are obviously talented and are satisfied with being mediocre.  
That's the greatest sin of all. The true test of a winner is doing it day in and out...

For I am one of those people who feels that it is today's game, not yesterday's, that is important.  
It is the present challenge, not the past, that commands devotion.

It's very easy to be ordinary, but it takes courage to excel.

Behind all upsets is a great desire to win.

HUSTLE requires not talent, just HEART!

The more I sacrifice the harder it is to surrender.

Man's greatest moment of happiness is to be tested beyond what he thought might be his  
breaking point; and still succeed.

It's not what you are that holds you back, it's what you think you are not.

## HOW WE DEFEAT OURSELVES

By Sidney J. Harris

Watching the National Clay Courts tennis tournament recently, I saw a player come within one point of winning his match. He lost the crucial point, and his opponent finally came from far behind to win the match.

From where I sat, it seemed clear to me that the player who lost had really beaten himself. His game was at least as good as his opponent's; his strokes were clean, his footwork agile, his strategy sensible. But it was his own temperament that finally broke him.

When he lost a point, he blamed himself. On a close decision, he scowled darkly at the umpire. When the breaks went against him, he forgot that his opponent had bad breaks, too. He was an unattractive personality.

It has been unwavering observation over the years that 90 percent of us beat ourselves. Nobody else does it to us. We beat ourselves in various ways -- by too much confidence, or by too little, by blaming the other person, or by blaming ourselves; by too much pessimism when things look good.

The one trait in common that all great and consistent winners have is an absence of the "blameworth" sense. They do not pout when others are at fault, and they do not rage at themselves when they are at fault.

Occasionally, they may be beaten, but they never beat themselves. And over the long pull, they win more often than they lose -- and they win, in many cases, by simple allowing their opponents to beat themselves.

Why nature gives an equable temperament to some and not to others is a mystery we can never solve. But I am convinced that it is temperament, more than talent or brains, that determines whether we are self-fulfilling or self-destroying. The difference between one champion and another may be trifling in terms of pure ability; it may be vast in terms of spirit.

We hear a great deal about the so-called "killer instinct" in champions; and that the reason one man failed to reach the ultimate goal was his lack of this killer instinct.

All this means, I think, is that in the ultimate crisis the real champion forgets himself entirely, and concentrates with passionate ferocity upon his object. The "near-champion" never forgets himself, never subdues himself to the object, never truly subordinates himself to the game.

It is not the instinct to kill, or even to conquer, but the instinct for perfection -- a perfection to exquisite in itself that it obliterates the man who is achieving it. He is beyond praise, beyond blame, beyond all our subliminary ambitions. He does not beat himself, for he doesn't fight himself, rather, he forgets himself in an almost holy manner.

## *"What It Takes To Be Number One"*

*"Winning is not a sometime thing; it's an all-the-time thing. You don't win once in a while, you don't do things right once in a while, you do them right all the time. Winning is a habit. Unfortunately, so is losing . . .*

*"It's a reality of life that men are competitive and the most competitive games draw the most competitive men. That's why they're there -- to compete. They know the rules and the objectives when they get in the game. The objective is to win -- fairly, squarely, decently, by the rules -- but to win.*

*"And in truth, I've never known a man worth his salt who in the long run, deep down in his heart, didn't appreciate the grind, the discipline. There is something in good men that really yearns for, needs, discipline and the harsh reality of head-to-head combat.*

*"I don't say these things because I believe in the 'brute' nature of man or that men must be brutalized to be combative. I believe in God, and I believe in human decency. But I firmly believe that any man's finest hour -- his greatest fulfillment to all he holds dear -- is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle -- victorious."*

*Vince Lombardi*

## WINNERS & LOSERS

5

1. A Winner makes commitments.  
A Loser makes promises.
2. When a Winner makes a mistake, he says, "I was wrong."  
When a Loser makes a mistake, he says, "It wasn't my fault."
3. A Winner works harder than a loser, and has more time.  
A Loser is always "too busy" to do what is necessary.
4. A Winner isn't nearly as afraid of losing as  
A Loser is secretly afraid of winning.
5. A Winner goes through a problem.  
A Loser goes around it and never gets past it.
6. A Winner says, "Let's find out."  
A Loser says, "Nobody knows."
7. A Winner knows what to fight for, and what to compromise on.  
A Loser compromises on what he shouldn't, and fights for  
what isn't worth fighting for.
8. A Winner shows he's sorry by making up for it.  
A Loser says, "I'm sorry," but does the same thing the next  
time.
9. A Winner would rather be admired than liked, although he  
would prefer both.  
A Loser would rather be liked than admired and is even  
willing to pay the price of mild contempt for it.
10. A Winner listens.  
A Loser just waits until it's his turn to talk.
11. A Winner feels strong enough to be gentle.  
A Loser is never gentle--he is either weak or pettily  
tyrannous by turns.
12. A Winner says, "There ought to be a better way to do it."  
A Loser says, "That's the way it's always been done here."
13. A Winner respects those who are superior to him and tries to  
learn something from them.  
A Loser resents those who are superior to him and tries to  
find chinks in their armor.
14. A Winner paces himself.  
A Loser has only two speeds: hysterical & lethargic.
15. A Winner has a healthy appreciation of his abilities and a  
keen awareness of his current limitations.  
A Loser is oblivious both of his true abilities and his true  
limitations.
16. A Winner takes a big problem and separates it into smaller  
parts so that it can be more easily solved.  
A Loser takes a lot of little problems and rolls them  
together until they are unsolvable.



17. A Winner uses amassing only as a means to enjoying.  
A Loser makes amassing an end in itself.
18. A Winner is sensitive to the atmosphere around him.  
A Loser is sensitive only to his own feelings.
19. A Loser blames "politics" or "favoritism" for his failure.  
A Winner would rather blame himself than others, but he doesn't waste much time on any kind of blame.
20. A Loser feels cheated if he gives more than he gets.  
A Winner feels that he is simply building up credit for the future.
21. A Loser becomes bitter when he's behind, and careless when he's ahead.  
A Winner keeps his equilibrium no matter which position he happens to find himself in.
22. A Loser prides himself on his "independence" when he is merely being contrary, and prides himself on his "teamwork" when he is merely being conformist.  
A Winner knows which decisions are worth an independent stand, and which should be gone along with.
23. A Loser thinks there are rules for winning and losing.  
A Winner knows that every rule in the book can be broken except one--be who you are and become all you were meant to be, which is the only winning game in the world.
24. A Loser leans on those stronger than himself and takes out his frustrations on those weaker than himself.  
A Winner leans on himself and does not feel imposed upon when he is leaned on.
25. A Winner seeks for the goodness in a man, and works with that part of him.  
A Loser looks only for the badness in a man, and therefore finds it hard to work with anyone.
26. A Winner is not afraid to contradict himself when faced with a contradictory situation.  
A Loser is more concerned with being consistent than with being right.
27. A Winner rebukes and forgives.  
A Loser is too timid to rebuke and too petty to forgive.
28. A Winner stops talking when he has made his point.  
A Loser goes on until he has blunted his point.
29. A Winner makes every concession he can short of sacrificing his basic principles.  
A Loser is so afraid of making concessions that he hangs on to pride while his principles go down the drain.
30. A Winner in the end gives more than he takes.  
A Loser dies clinging to the illusion that "winning" means  
what you give.

THE PSYCHOLOGICAL PROFILE OF AN ALSO-RAN

- NO DRIVE - Does not care whether he wins or loses. Goes with the tide.
- KNOW-IT-ALL - Never listens and will not accept new ideas. Rebel, griper. Works by himself.
- MOUSE - Never talks back. High on self-abasement. Always kicking himself. Introvert, generally.
- FOLLOWER - Will go with crowd and generally behind them. Never tries to lead.
- A WATCHER - Joe Milktoast. If there is an accident, he watches or runs away. Worried about what people think.
- CORNER CUTTER - Ducks practice. Cuts out tough practice. Always has excuses. Lots of absences from practice.
- HYPOCHONDRIAC - A muscle grabber--always has an injury. Never works out consistently.
- COMPLAINER - Gives up easily, and is easily distracted from the job at hand. Will look good when competition is not of high caliber and will look bad in the big game.
- QUITTER - Cannot stick to the end. Easily distracted. Starts many jobs, finishes few. Unreliable.

## THE PSYCHOLOGICAL PROFILE OF A CHAMPION

- AMBITION - Desire for high goals. Hates to lose. Cannot stand failure. Puts goals above ability.
- COACHABLENESS - Takes advice and is easy to coach. Eager to learn. Easy to approach. Follows rules and directions.
- AGGRESSION - A tiger!! First-place-belongs-to-me-type. Asserts himself.
- LEADERSHIP - Shows the way and sets a good example. Respected by team members. Mixes well. Others follow his example and take his advice.
- TAKE-CHARGE GUY - Will take over when things go wrong. Under pressure, he does something about the problem. Often a hero.
- HARD WORKER - One of the first to practice--the last to leave. Does extra work. Never misses practice and follows instructions.
- PHYSICAL TOUGHNESS - Develops toughness by hard work. In great condition. Keeps training rules and trains year around.
- MENTAL TOUGHNESS - Never gives in to his feelings. Has never-give-up attitude. Ignores heat, cold, pain.
- PSYCHOLOGICAL ENDURANCE - Stays with job until the end. Will do his best against top competition. High endurance all season. Reliable.

## AN AMERICAN CREED

I do not choose to be a common man. It is my right to be uncommon . . . if I can I seek opportunity . . . not security. I do not wish to be kept a citizen, humbled and dulled by having the state look after me. I want to take the calculated risk; to dream and to build, to fail and to succeed. I refuse to barter incentive for dole.

I prefer the challenge of life to the guaranteed existence; the thrill of fulfillment to the stale calm of Utopia.

I will never cower before any master nor bend to any threat. It is my heritage to stand erect, proud and unafraid; to think and act for myself, to enjoy the benefit of my creations and to face the world boldly and say, this I have done.

All this is what it means to be an American.

Dear God:

Help me to be a good sport in this game of life. I don't ask for an easy place in the line-up. Put me anywhere you need me. I only ask that I can give you 100% of all I have. If all the hard knocks seem to come my way, I thank you for the compliment. Please help me to remember that you'll never send me more trouble than I can handle.

Help me, O Lord, to accept the bad breaks as part of the game. And may I always play fair.

No matter what the others do. Help me to be strong mentally and to NEVER GIVE UP, regardless of the task. Help me not to complain, not to find fault, or to be envious of another's success. Help me to be a GOOD COACH and to be a good example for the young men I work with.

Thank you God, for giving me the enthusiasm and confidence necessary in doing my job well. Thank you also for my health, my family, and for all the goodness you've given me here on earth. Please give me the strength to work hard every day and to understand that as I give to the world so the world will give to me.

Finally, God, if the natural turn of events goes against me and I'm benched for sickness or old age, please help me to accept that as part of the game too. Keep me from whimpering or squealing that I was framed or got a raw deal. And when I finish the final quarter God, I ask for no laurels. All I want is to believe in my heart that I played this game of life as well as I could and that I didn't let you down . . . .

YESTERDAY—TODAY—TOMORROW

There are two days in every week about which we should not worry - two days which should be kept free from fear and apprehension.

One of these days is YESTERDAY with its mistakes and cares, its faults and blunders, its aches and pains. YESTERDAY has passed forever beyond our control. All of the money in the world cannot bring back YESTERDAY. We cannot undo a single act we performed; we cannot erase a single word we said...YESTERDAY is gone.

The other day we should not worry about is TOMORROW with its possible adversaries, its burdens, its large promise and poor performance. TOMORROW is also beyond our immediate control. TOMORROW'S sun will rise - either in splendor or a mask of clouds - but it will rise. Until it does, we have no stake in TOMORROW, for it is, as yet unborn.

This leaves only one day...TODAY. Any man can fight the battle of just one day. It is only when you and I add the burdens of those two awful eternities - YESTERDAY and TOMORROW that we break down. It is not the experience of TODAY that drives man mad - it is remorse or bitterness of something which happened YESTERDAY and the dread of what TOMORROW may bring.

LET US, THEREFORE LIVE BUT ONE DAY AT A TIME!!!

"God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

Over the weekend, I re-read a Calvin Coolidge quotation that I thought was appropriate.

"Nothing in the world can take the place of Persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. PERSISTENCE AND DETERMINATION alone are omnibotent. The Slogan 'press on' has solved, and always will solve, the problems of the human race."

THEY SAID IT COULDN'T BE DONE

They said it couldn't be done  
 But he with a chuckle replied  
 That maybe it couldn't but he  
 Would not be one to say  
 Until he tried.

"So he buckled right in  
 With a trace of a grin  
 If he worried, he hid it  
 He started to sing  
 As he tackled the thing  
 That couldn't be done,  
 And he did it."

- Edgar A. Guest

SECRETS TO HAPPINESS AND SUCCESS

1. Don't major in minor things.
2. Never give up on anybody.
3. Take responsibility for every area of your life.
4. Admit your mistakes.
5. Be brave, even if you're not - No one can tell the difference.
6. Hug children (players) after you discipline them.
7. Don't waste time responding to critics.
8. Give people a 2nd chance, but not a 3rd.
9. Become the most positive, enthusiastic person you know.
10. Spend less time on who's right and more time on what's right.
11. When facing a difficult task, act as if it's a "piece of cake".
12. "Keep expectations high."
13. Don't expect life to be fair.
14. Judge your success by the degree that you're enjoying peace, health, and love.
15. Live your life so that your epitaph will read "No Regrets".
16. Be bold and courageous - You'll regret the things you didn't do, more than the ones you did.
17. Be there when people need you. (Funerals, weddings, reunions, meetings of importance)
18. Be decisive even if sometimes you're wrong.
19. Do business with those who do business with you.
20. Take charge of your attitude - Don't let others choose it for you.
21. Be leery of people who tell you how honest they are.
22. Don't flaunt your success, but don't apologize for it either.
23. Take extreme care of your reputation. It's your most valuable asset.
24. Don't allow self-pity - When the emotion strikes, do something nice for someone less fortunate than you.
25. Do more than is expected.
26. Share the credit.
27. Speak on the phone with enthusiasm and energy in your voice.



28. When meeting someone you don't know well, extend your hand, and give your name - Never assume they remember you even if you've met before.
29. Do things right the first time.
30. Laugh a lot - It cures almost all of life's ills.
31. Don't be afraid to say - "I don't know."  
"I made a mistake."  
"I need help on this."  
"I'm sorry."
32. Show respect for everyone that works for a living regardless of how trivial the job.
33. Don't use time or words carelessly - Neither can be retrieved.
34. When talking to the press, remember they always have the last word.
35. Set your personal short-term and long-term goals.
36. Be open and receptive to new ideas.
37. Don't rain on other peoples parade.
38. Go the distance - When you accept a task finish it.
39. Never admit when on the job that you're tired, bored, or angry.
40. Try not to make the same mistake twice.
41. Never discuss money with people who have much more or much less than you.
42. Never buy something you don't need, even if it's on sale.
43. Don't be called out on strikes - Go down swinging.
44. Cherish your children for what they are - Not what you want them to be.
45. Keep several irons in the fire - All options open.
46. Be alert for opportunities to give praise and appreciation to others.
47. Be a leader - Become someone's hero - Count your blessings - Call your mother.
48. Take a nap on Sunday afternoon!
49. Be willing to lose a small battle in order to win the war!
50. Tell good employees how much they mean to the organization.
51. Look people in the eye.
52. Have a firm handshake.
53. Say "thank you" a lot.
54. Be the first to say hi or hello.
55. If in a fight - hit first, hit hard, hit often.
56. Show respect for teachers and older people.
57. Don't learn trick of the trade - Learn the trade.
58. Keep a tight rein on your temper.
59. Avoid overexposure to the sun.
60. Stop blaming others if you have failures.
61. Make the best of a bad situation.
62. Avoid sarcastic remarks.
63. Slow dance when possible.

NOTES ON PRESS

(Newspaper, Radio, and Television)

1. The best rule to follow is:
  - a) Praise your teammates and your coaches for your success.  
(The public wants to hear this and will truly admire you for it).
  - b) Coaches - Praise your players, other coaches, and administration for our success.
2. Be co-operative and informative without "Putting our business on the street".

NEVER EVER:

1. Compare coaches or teammates (they're all good).
2. Discuss strategy of upcoming game (be general).
3. Downgrade an opponent (praise them).
4. Be critical of your coaches, teammates, or administration.
5. Give an opponent a statement that he could use against you later.
6. Talk "Off the record" (there is no such thing).
7. Use alot of I's (use we's).

Giving interviews after games, in locker rooms, or anytime, remember this:

A winner credits his "good luck" for winning — even though it isn't good luck;

A loser blames his "bad luck" for losing; even though it isn't bad luck.

When we win - we say we were fortunate and had good luck.

When we lose - we say we just didn't play well enough to win.

## UNIVERSITY OF FLORIDA ALMA MATER

Florida, our alma mater,  
 Thy glorious name we praise,  
 All thy loyal sons and daughters  
 A joyous song shall raise.

Where palm and pine are blowing,  
 Where southern seas are flowing,  
 Shine forth thy noble gothic walls,  
 Thy lovely vine clad halls.

'Neath the orange and blue victorious,  
 Our love shall never fail.  
 There's no other name so glorious,  
 All hail, Florida, hail!

## WE ARE THE BOYS FROM OLD FLORIDA

We are the boys from Old Florida  
 F-L-O-R-I-D-A  
 Where the girls are the fairest  
 The boys are the squarest.  
 Of any old state down our way. Hey!

We are all strong for Old Florida  
 Down where the old Gators play  
 In all kinds of weather  
 We'll all stick together  
 for F-L-O-R-I-D-A!

## PHILOSOPHY

1. **Stop the offense immediately; - Dictate to the offense & make them react to us. We play to set our offense up with good field position. We want to average 4.5 snaps per possession for the season, 50% of those should be 3 and out.**
2. **Dominate the run - We always want to out number the offense on the run with the number of people we commit to the run. We must never allow an offense to have balance of Run & Pass in their attack.**
3. **Force the offense to throw the ball, when they do we want to put pressure on the QB. We do this with a variety of base blitzes and by using bump and run techniques in all our man coverage's. The QB should feel heat all day.**
4. **Take away the offenses strengths by playing percentages on formations, down / distance, and by keying on top personnel. Know & understand your opponents' personality.**
5. **Be great in critical situations (i.e. third downs, red zone, goalline), these areas are practiced everyday and emphasized routinely. On third-short we want to be 50% successful, and third-long 75% successful for the year. Everyone must rise up & be aware of critical situations & make the play.**

## **KEYS TO SUCCESS ON DEFENSE**

- 1. Be great hitters and tacklers, work hard on tackling drills.**
- 2. Great effort, everyone must get to the ball. No one should play harder than we do. Grade effort.**
- 3. Play physical and be aggressive. Must attack the offense and force the play.**
- 4. Be disciplined with responsibility and technique. We must be able to depend on each other.**
- 5. We acknowledge performance not potential, some players make plays others don't, the ones who do will play. Players take responsibility for winning and loosing with the coaches.**
- 6. We will be consistent with our teaching and our philosophy. We will improve from day to day because we will teach the same techniques & defense throughout the year.**

# University of Florida Defensive Team Goals

---

## Develop Championship Attitude

- 1.) Lead the league in Total Defense & Scoring Defense
- 2.) Lead the League in Total Turnovers Forced
- 3.) Win the SEC Championship
- 4.) Win the National Championship

## How?

- 1.) Play More Physical  
*We must get tougher. We must get to where we hammer people on the run.*
- 2.) Play with Great Effort  
*We can not allow our players to loaf. Team must take pride in this.*
- 3.) Discipline - our players must do what they are coached to do.  
*We can not play guys that don't. Players demand it from one another.*
- 4.) Be Great Tacklers - Our fundamentals and techniques must continue to improve, particularly versus in the run.  
*We must be more physical attacking blockers, be great in our tackling, and always have our head in front of runners.*
- 5.) We must eliminate big plays & force turnovers.

# University of Florida

## Defensive Goals - Fall 1997

---

- 1.) Hold opponents to 14 point or less.
- 2.) Hold opponents to 240 total yards or less.
- 3.) No plays over 25 yards
- 4.) Must make 12 Big Plays
- 5.) Score or set up a score (inside the 40 yard line)
- 6.) Stop 3rd and Short (50%)
- 7.) Stop 3rd and Long (75%)
- 8.) Great Goalline Defense (80%)
- 9.) Sack QB 1 of 10 passes.
- 10.) Intercept 1 of 15 passes.
- 11.) **WIN** 4th Quarter
- 12.) Totals

# **Eight Fundamental Musts for the Front Seven**

---

## **Dominate the Line of Scrimmage**

- 1.) **Penetrate** - Jump the ball with low pad level
- 2.) Shoulders square
- 3.) Control your gap responsibility
- 4.) Be physical - Pads out over your toes - attack blocks and force the ball
- 5.) Keep a base and separate from blocks
- 6.) Hit with your eyes, hands and shoulders
- 7.) Get off blocks to make plays
- 8.) Be great tacklers



# **Eight Fundamental Musts for the Secondary**

---

- 1.) Always eliminate the Big Play!
- 2.) Keep the ball inside and in front of secondary at all times.
- 3.) Always keep leverage on the ball.  
*Build a fence around the ball. (Stove Pipe Theory)*
- 4.) Play the ball.  
*The ball will always take you to the receiver.  
The receiver will not always take you to the ball.*
- 5.) Communicate - Talk to each other
- 6.) Play aggressive and confident. Play physical.  
*We must be great hitters and tacklers.*
- 7.) Be 100% on mental assignments and adjustments.
- 8.) Expect to make plays and challenge the offense.

***Carry a bold attitude and  
have true confidence.***



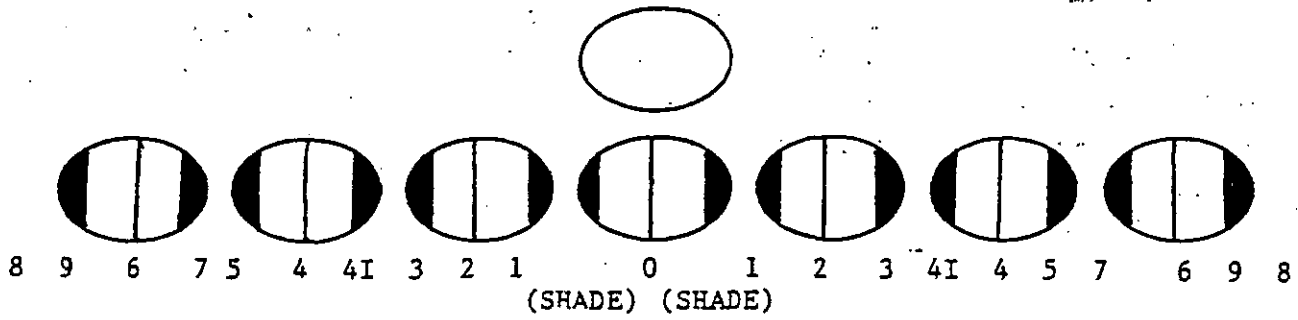
# Rules for Proper Use of Helmets

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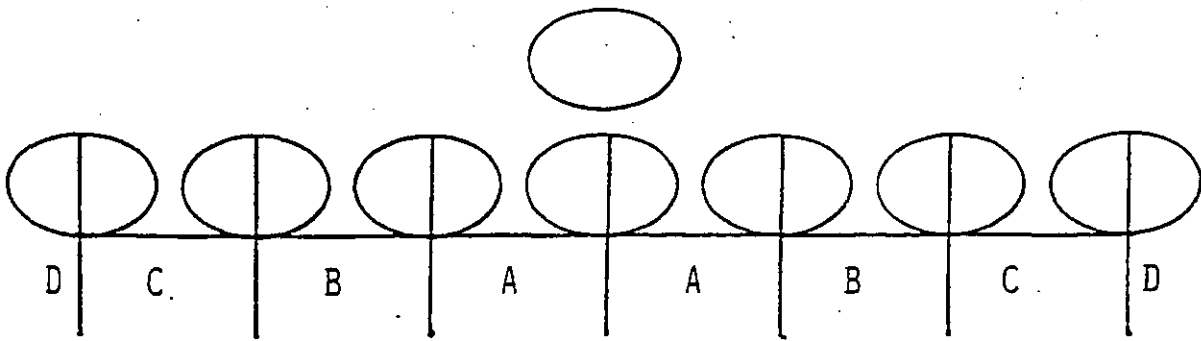
The paragraph below is a statement to each player regarding the proper use of his helmet. This paragraph is stamped inside each helmet and is required reading by each player. If, after reading the below paragraph, you do not fully understand its content or have any questions, please see our equipment manager for clarification.

"Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules and such use can result in severe head or neck injury, paralysis or death to you and possible injury to your opponent. No helmet can prevent all head or neck injuries a player might receive while participating in football."

ALIGNMENTS FOR DEFENSIVE FRONTS



GAPS FOR RUN FILLS



# PERSONNEL

Personnel number refers to the offensive personnel on the field. There is a connection between the personnel number and the formation family, except when tailbacks or fullbacks line up in receiver slot. In these cases, determine personnel number by their listed position and then determine the formation family possibilities by counting any tailbacks in receiver slots as wide receivers and fullbacks in receiver slots as tight ends.

Code is number of Running Backs,  
followed by number of Tight Ends.

## 0 BACK

Any Quads / Empty

## 1 BACK

10,11,12,13	Unbalanced 1 back (COVERED RECEIVER)
10	4 Wide / Doubles
11	Trips / Tryps / Bandit
12	Tech / Tech Twins / TE Bandit / TE Tryps
13	TTech / TTryps / TTrips

## 2 BACKS

20,21,22,23	Unbalanced 2 Back (COVERED RECEVIER)
20	3 Wides
21	Pro / Twins
22	Prot / TE Pro
23	3 TE

## 3 BACKS

30,31,32	Cat (Unbalanced)
30	Split
31	3 Back
32	Tight

# FORMATION FAMILIES

There are 24 different types of formation families. Note - If there is a taliback in a reciever slot, treat him as a WR. If a fullback is in a reciever slot, treat him as a TE.

## WIDE RECIEVERS' LETTERS

X,Z,W,H,S

## TIGHT END LETTERS

Y,E,U

## NO BACK SETS

### REGARDLESS THE NUMBER OF TIGHT ENDS

EMPTY - 3 rec. on strong side / 2 rec. on weak side

QUADS - 4 rec. on strong side / 1 rec. on weak side

*Receiver positions varies. See Formations for receiver definition and location*

## ONE BACK SETS

### REGARDLESS THE NUMBER OF TIGHT ENDS

UNB2BK - Covered rec. on the strong side

*Receiver positions varies. See Formations for receiver definition and location*

### NO TIGHT ENDS

11 4W - 3 WR on strong side / 1 WR on weak side

Z W H ○○○○ X

DBLS - 2 WR on each side

Z W ○○○○ R X

### ONE TIGHT END

TRIPS - 3 WR on strong side / 1 TE on weak side

Z W H ○○○○ Y

12 TRYPS - 2 WR/TE on strong side / 1 WR on weak side

Z W Y○○○○ X

BANDIT - 2 WR on strong side / WR/TE on weak side

Z W ○○○○ Y X

### TWO TIGHT ENDS

TECH - WR/TE on each side

Z Y○○○○ E X

TECHTW - 2 WR/TE on strong side / TE on weak side

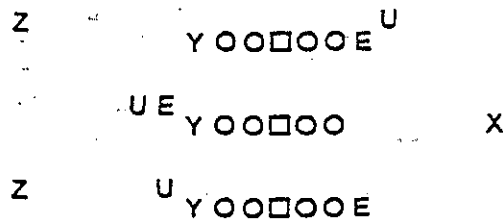
Z X Y○○○○ E

TEBAND - 2 WR on strong side / 2 TE on weak side

Z X ○○○○ Y E

**THREE TIGHT ENDS**

- 3TTECH - WR/TE on strong side / 2 TE on weak side
- 13 3TTRYP - 3 TE on strong side / WR on weak side
- 3TTRIP - WR/2 TE on strong side / TE on weak side



**TWO BACK SETS**

**REGARDLESS OF NO. OF TIGHT ENDS**

- UNB - Any 2 back set with a covered receiver

*Receiver positions varies. See Formations for receiver definition and location*

**NO TIGHT ENDS**

- 20 3W - 2 WR on strong side / WR on weak side



**ONE TIGHT END**

- PRO - WR/TE on strong side / WR on weak side



- 21 TWINS - 2 WR on strong side / TE on weak side



**TWO TIGHT ENDS**

- PROT - WR/TE on strong side / TE on weak side



- 22 WING - 2 TE on strong side / WR on weak side



**THREE TIGHT ENDS**

- 23 3TE - Any alignment with 3 TEs

*Receiver positions varies. See Formations for receiver definition and location*

**THREE BACK SETS**

**NO TIGHT ENDS**

- 30 SPLIT - WR on each side



**ONE TIGHT END**

- 31 3BK - WR on strong side / TE on weak side



**TWO TIGHT ENDS**

- TIGHT - TE on each side



**UNBALANCED**

- CAT - Unbalanced line/covered receiver



# BACKFIELD SETS

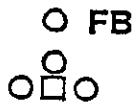
There are 16 backfield sets designated. Strength of formation in all diagrams is to the left.

## NO BACK SETS

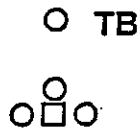


EMP

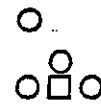
## ONE BACK SETS



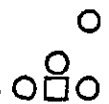
A2



A3

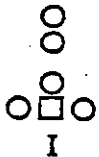


A4

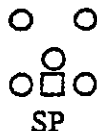


A5

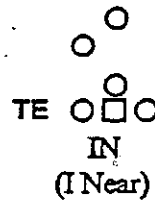
## TWO BACK SETS



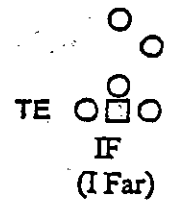
I



SP



IN  
(I Near)



IF  
(I Far)

*Near is to TE, Far is away from TE, regardless of formation strength*

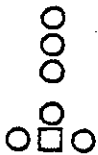


NE (Near)

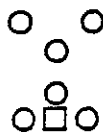


FA (Far)

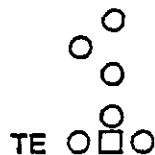
## THREE BACK SETS



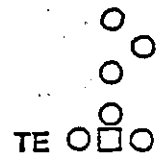
SI



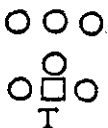
BON



PIN



PIF



T



# PLAY TYPES

There are 16 different play types. A play type is a way to group together similarly plays for summary and gameday reports.

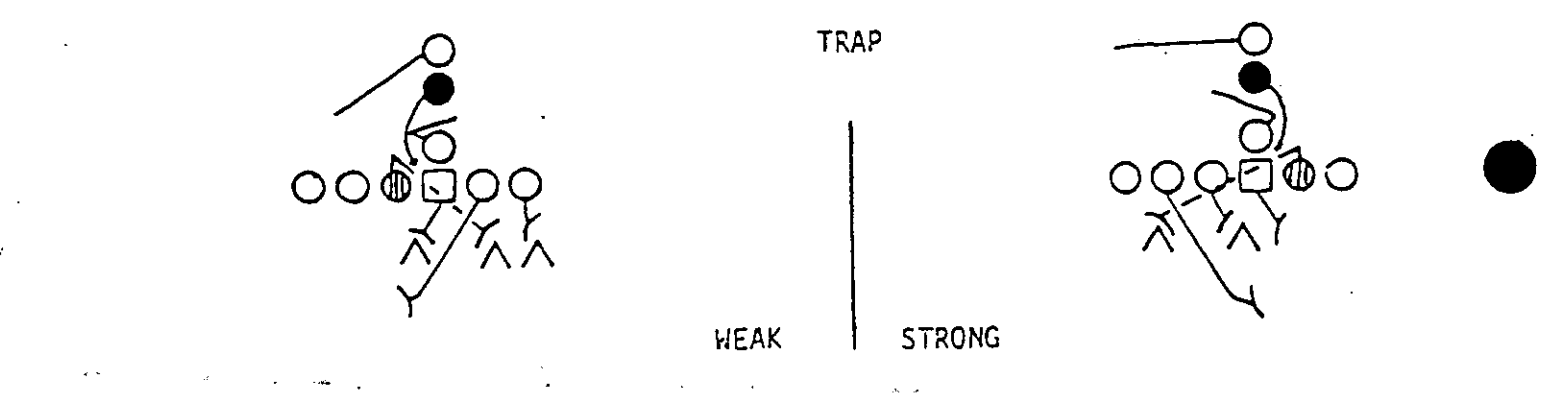
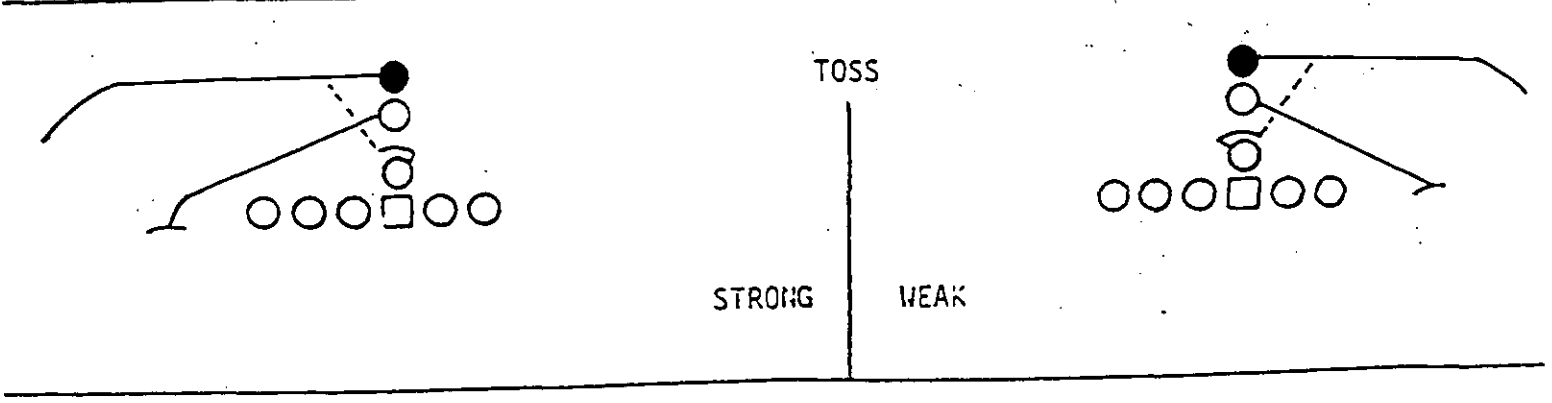
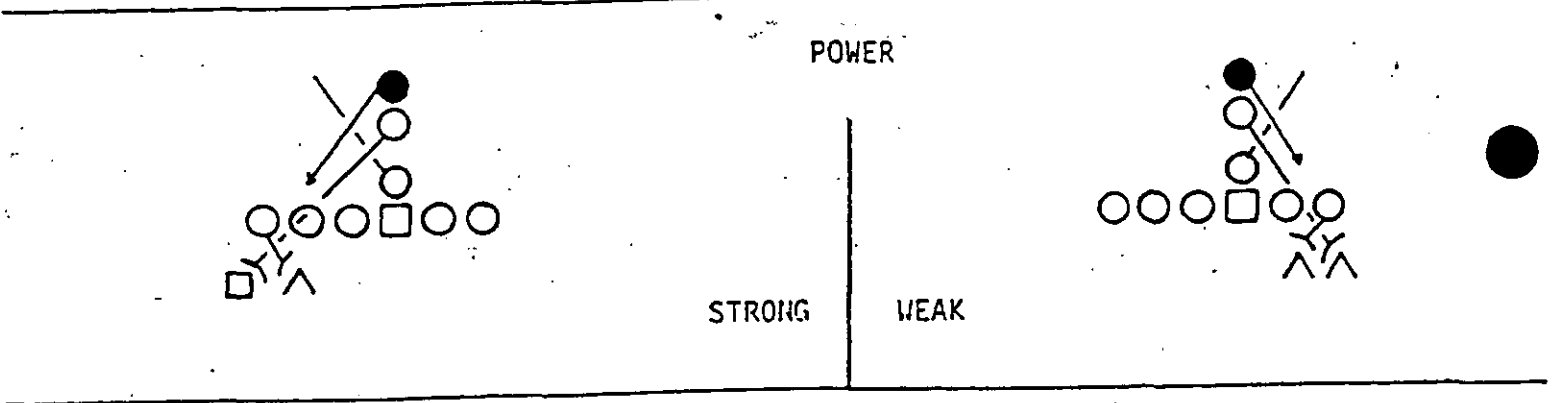
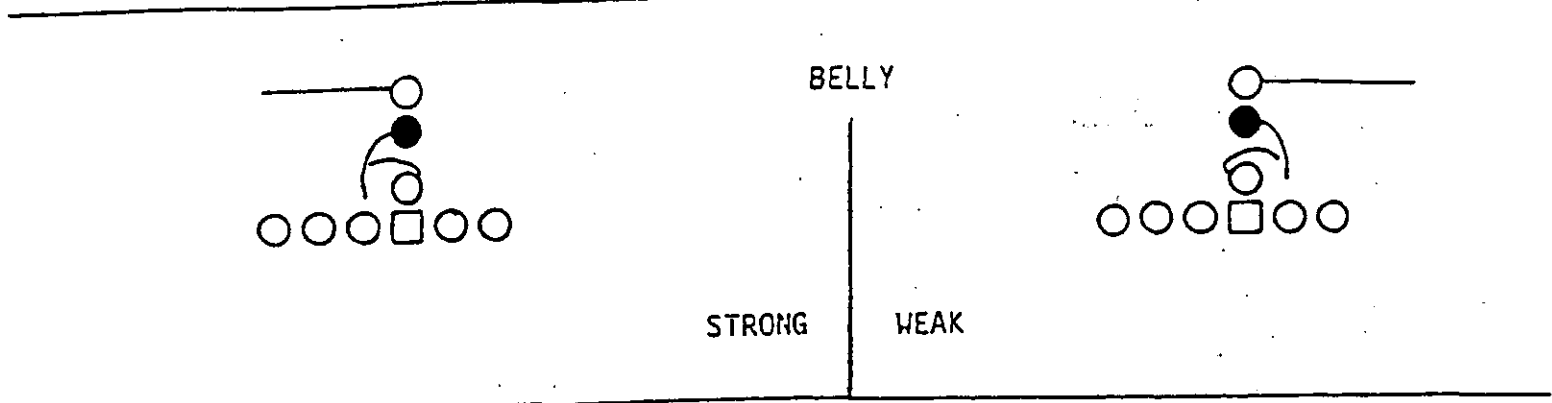
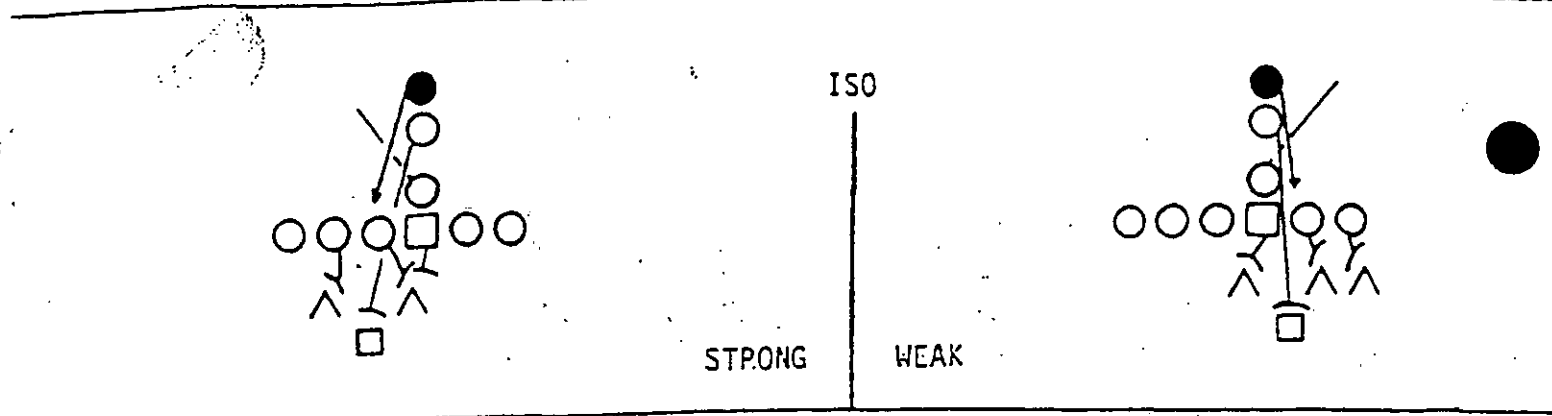
## Run Play Types

- C Counter
- D Draw/Lead Draw
- F Any FB Runs
- L Lead/Iso/Power
- O Option
- R Trap
- T Toss/Sweep
- W Wham
- X Reverse/All Tricks plays (run or pass)
- Z Zone

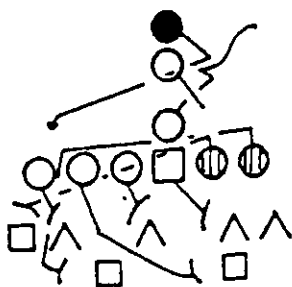
## Pass Play Types

- 3 3 step drop
- 5 5/7 step drop
- 6 P60/P61 passes
- P Play Action
- S Screen/Auburn
- B Boot/Waggle
- X Reverse/All Tricks plays (runs or passes)

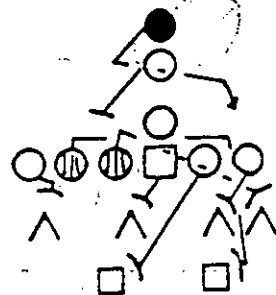
RUNNING GAME IDENTIFICATION



COUNTER SWEEP

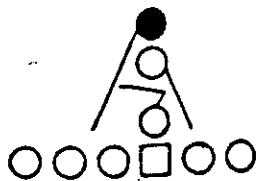


STRONG

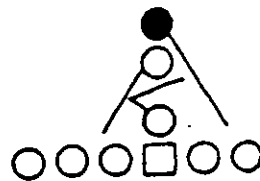


WEAK

COUNTER DIVE

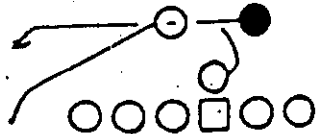


STRONG

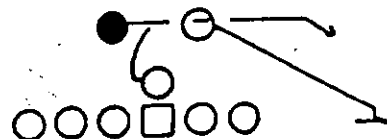


WEAK

HAND SWEEP

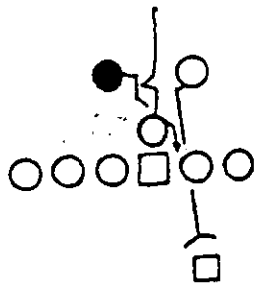


STRONG

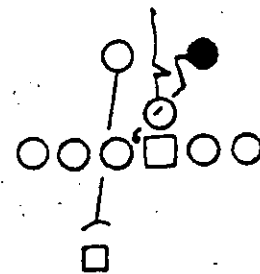


WEAK

LEAD DRAW

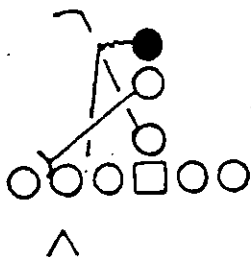


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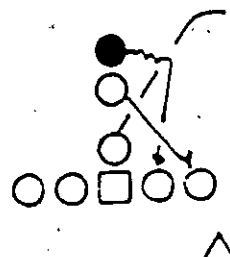


STRONG

SPRINT DRAW



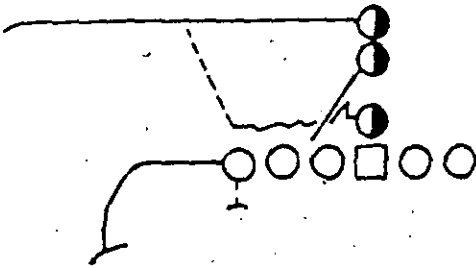
STRONG



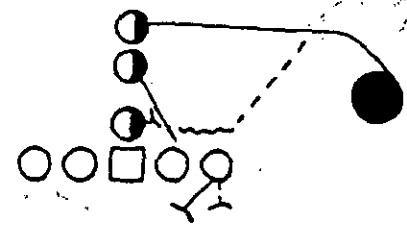
WEAK

OPTION GAME

DIVE OPTION

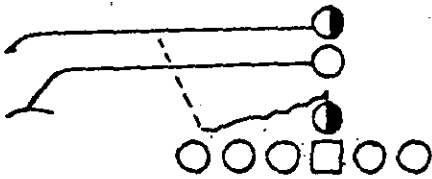


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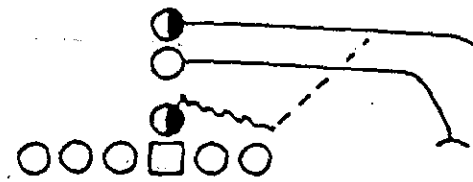


WEAK

FLARE OPTION

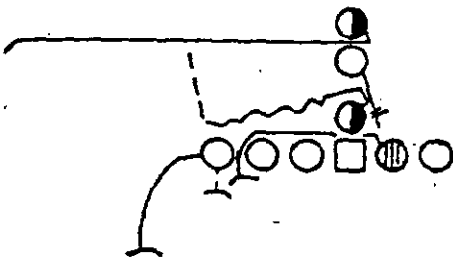


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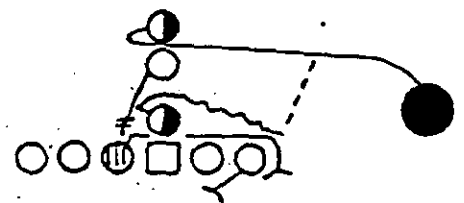


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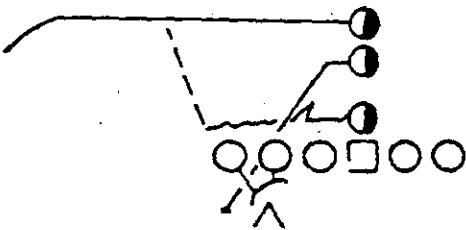


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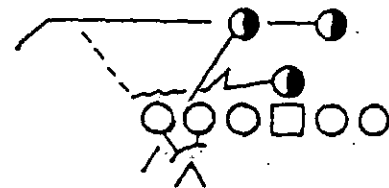


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OUTSIDE VEER OPTION

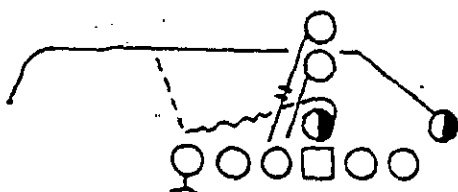


I BACKS

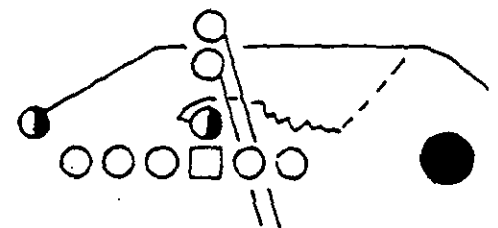


SPLIT BACKS

ISO OPTION

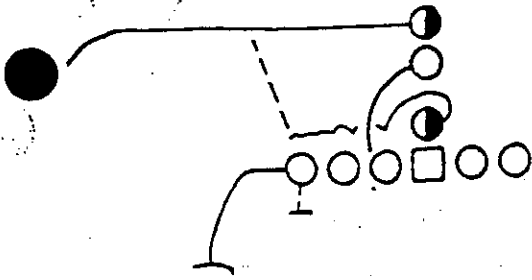


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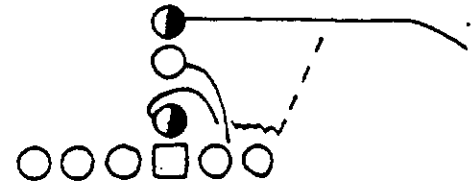


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BELLY OPTION

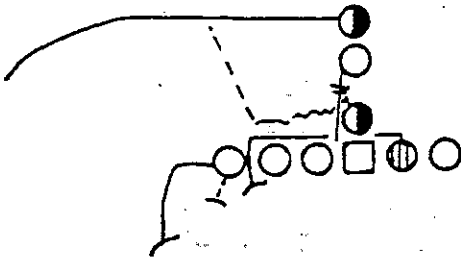


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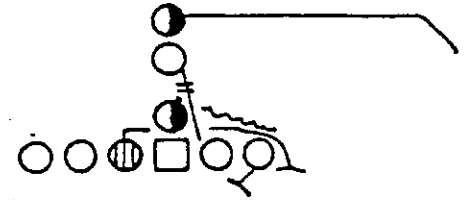


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FREEZE OPTION



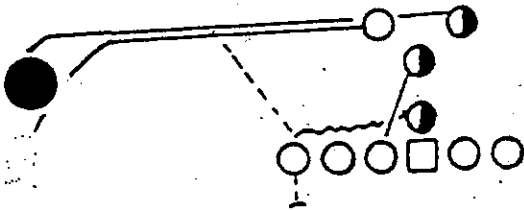
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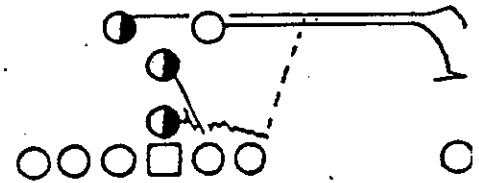
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BONE

FLARE OPTION



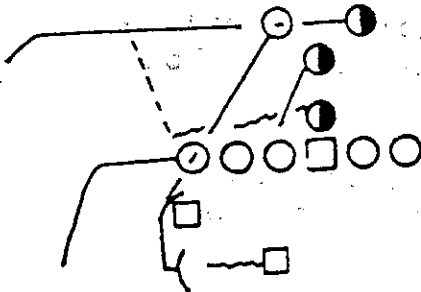
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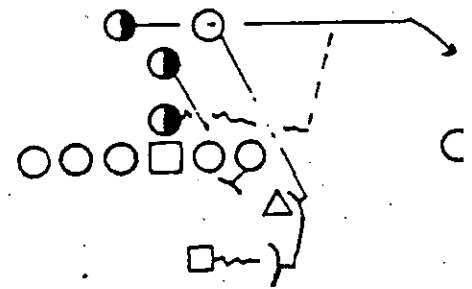
STRONG

BONE

LOAD OPTION



WEAK



STRONG



GATOR DEFENSIVE LINE

II. **Emphasis must be placed on the following areas to be a great defensive line.**

- A. Discipline - Follow the instructions of your coach. Discipline keeps you from acquiring bad habits that will hurt you and your team.
- B. Mental Discipline - No mental mistakes. One mental mistake by one player can mean a touchdown, field goal, keep drive alive, give field position or time of possession to an opponent. Mental mistakes usually result from lack of concentration in meetings, not studying your handouts, or when you are fatigued. Know your assignments so you won't be confused and can react and be aggressive.
- C. Physical Discipline - Discipline yourself to push yourself through the whole practice. When people get tired, they don't concentrate, they don't hustle, and they are not intense. There is a running edge on defense when we out hustle the opponent. Most big games are won or lost in the fourth quarter. The fourth quarter must belong to the defense. There is a state of mind of knowing the difference between pain and injury. The great competitors know the difference.
- D. Consistency - You can't be a great player if you are an up and down player from day to day or week to week. Discipline yourself to be consistent every day. Work hard to improve and you will be better than consistent, you will be consistently better. You play like you practice. Develop good habits.
- E. Team Concepts - Personal sacrifice instead of personal glorification, what one can give not what one can receive.

III. **Basic areas that must be worked on and improved each day.**

- A. **Stance** - You want to get into a relaxed, comfortable stance that will enable you to uncoil for maximum explosion and quick movement.

3 Point Stance:

- 1. Base - The feet are about shoulder width apart or slightly wider, with heels out. One foot is staggered so you may uncoil with power, hitting opponent hard enough to force him away from body.

## "PUT IT DOWN"

2. Balance - Weight is distributed between balls of feet and the fingertips of the hand on the ground. Weight will be slightly forward. Off hand will be in position for shiver.
3. Power Line - Toes slightly inside, knees and shoulders pointed straight ahead. Neck is bulled and knees are flexed with tail slightly higher than your head and shoulders. Be ready and in a cocked position.
4. "Jet Stance" - Will be a sprinter's stance utilized for pass rush in a passing situation.

### B. Alignment (Lateral and vertical)

1. Crowd Ball
2. Base Alignment shade shoe to crotch inside or outside of offensive lineman.

### C. Key - Is the helmet of the offensive lineman. More specifically the screw in the helmet to side you are shaded to in our alignment. In a passing situation, we key the top of the football.

### D. Initial Move - Be ready to move off the man with peripheral vision of ball versus run, or move off of ball with peripheral vision of man versus pass.

1. Our first movement is to roll or steep off front foot and bring up back foot in a short driving step that will put you in a near parallel stance, it is a 6 to 8 inch step.
2. We must react to movement or ball, not sound - no gifts, no mental errors on cadence.

### E. Running - It is the most important fundamental in football. From it we get movement, balance and quickness. Football is a game of movement. You can improve it. Through it you can become a better athlete.

1. Run with good form in all your work even when you jog and loosen up. Keep your thumbs up, use your arms to help you, drive and run on the inside balls. Work for good balance so that you have complete control of your body.
2. Run backwards with the same technique, be sure to keep your shoulders over your feet. Be in a good fundamental position so that you can react and drive off either foot. This will help your balance and quickness and body control.

F. Technique and Explosion -

1. Footwork - Step with shaded foot 6" to 8" step. Always keep feet moving.
2. Body Position - Arms and hands are between you and the block. Back should be on a 45 degree angle.
3. Head and Eyes are up - Proper pad level is with head below opponent's face-mask and in the "V" of his neck
4. Use hands to get separation. Attack as though you are going to choke opponent so thumbs are up. With eyes and shoulders leading, bench snatch opponent away from body as you roll your hips for explosion.
5. Recognize Block
6. React to block
7. Be a good tackler both at the line and open field.

G. Pursue - Team pride is getting everyone to the ball. Stay in your lane. Never allow our defense to be split.

1. Work through blocker - play pressure don't go around blocker.
2. Throw-off-blocker - get yourself clean, never stay blocked.
3. Never follow opposite colored jersey to ball.
4. Take appropriate angle to ball carrier.
5. Desire - to get there. There is always some way to get ball carrier be in on gang tackling.

H. Tackle - You must have desire to make tackle yourself - Never assume someone else will - I Must.



DEFENSIVE TACKLES

IV. Importance To The Defense

- A. Control the Line of Scrimmage.
- B. Pressure the Quarterback.
- C. Set the temperament of the total Defense.
- D. Knowledge of your alignment, responsibility, and proper execution of each Defense called.
- E. Knowledge and execution of adjustments.
- F. Total execution of Kicking Game.

V. Defensive Line Progression of Responsibility

- A. Proper alignment in defensive huddle.
- B. Listen intently for defensive call.
- C. Proper post huddle alignment.
- D. Listen for strength declaration and get aligned in proper defense quickly.
  - 1. Sam will make "Rip" for strong right and "Liz" for strong left. Mike will repeat it.
  - 2. Linebackers will then call out backfield set. Example: I, strong, weak, or ace.
  - 3. Don't confuse secondary declaration with front seven declaration. Secondary will use "right" and "left" for their strength declaration.
- E. Listen for any checks or alerts from linebackers.
- F. Be alert for any pre-snap reads. Example: Offensive Linemen splits or stance for run/pass key.
- G. Position yourself in good defensive line stance. Proper weight distribution.
- H. Focus in on your key.

- I. Move on movement – Be explosive!
- J. Proper step and blow delivery.
- K. Proper reaction to key.
- L. Get to the ball with proper pursuit angle with 100% effort.
- M. Make sure punishing tackle.
- N. Get off ground and get to huddle.
- O. Be alert for substitution according to down and distance and situation (field zone).

#### VI. Tackle Terminology

**JET** - Term to key all defensive linemen to aggressively penetrate their gap of responsibility. Adjust stance move on first movement and read near lineman as you penetrate.

**POWER RUSH** - Rushing through designated offensive lineman so as not to narrow rush lane on either side of power rusher. Designated to allow penetration by blitzing LB or DB.

**BASE BLOCK** - Offensive lineman blocking play side "jersey numeral" of defensive lineman out or in from POA.

**HOOK BLOCK** - Offensive lineman working for outside position with ball attacking inside.

**SCOOP BLOCK** - 2 offensive linemen attempting to block 2 defensive players.

**G BLOCK** - Offensive tackle down on 3 Technique or base on 4 Technique with on-side guard pulling outside.

**O BLOCK** - Offensive center blocking back on 2 or 3 Technique with backside guard pulling. Can be trap or long pull.

**K BLOCK** - Backside offensive tackle pulling inside. Can be counter of tackle trap.

**SWITCH CALL** - LBer call to nose or tackle alerting them to go to opposite gap on blitz.

(Tackle Terminology - Cont'd)

**DOWN BLOCK** - 3 Technique offensive guard releasing inside with ball attacking on-side, in or out, (trap or trap option).

**TURNOUT BLOCK** - 4 | Techniques Outside release of offensive tackle and offensive guard blocking out on defensive tackle, with ball attacking inside.

**MAN PROTECTION** - Offensive guard blocking defensive tackle vs. all rush lanes on drop-back pass.

**ZONE PROTECTION** - Offensive guard and center blocking outside area regardless of rush lanes on drop-back pass.

**COMBINATION DOUBLE** - Two offensive linemen double teaming defensive linemen with one working off to linebacker.

**OVERLAPPING** - Technique used by defensive linemen that draws a double team versus drop-back pass. Tackle forces QB, mirrors QB on a scramble, or makes up for lane distribution.

**SPY** - Defensive lineman drawing block of offensive lineman and then dropping off in coverage versus a pass.

**CHARLIE CALL** - Passing situation when ball is next to hash strong tackle makes call to change rush lanes (short side inside lane, wide side outside lane.)

**CHECK DIME** - Front check by linebacker versus certain formations and in certain coverages. Tackles align in wide ones.

**LOG BLOCK** - Pulling guard trying to block outside leg of tackle with ball attacking outside (trap option).

**TRAP BLOCK** - Pulling guard trying to block inside hip or shoulder of tackle with ball attacking inside.

**P.O.A.** - Point of Attack. Hole where offensive play is designed to go.

**L.O.S.** - Line of scrimmage.

**BENCH** - Type of separation or Technique used by defensive tackle.

## DEFENSIVE LINEMEN

The defensive line serves as the foundation to the overall defense. It is imperative that the line function in the realm of their responsibility because in order to have a sound defense you must have a solid foundation; it all starts with the people up front. It takes a person with an innate tenacity and aggressiveness to play defensive line. He must possess the size, strength, and power to go against generally the biggest players on the football team, the offensive line. But he also must have the speed and quickness to get off blocks, pursue and make tackles, and rush the passer. It takes a dedicated and determined individual to work consistently on the shells and techniques that are necessary to become a good defensive lineman.

### I. We have these rules for a lineman:

1. Control the line of scrimmage. Charging and attacking and read keys on the move.
2. Protect your own territory or gap responsibility. Get leverage, stay square, and control the offensive lineman.
3. Find ball, shed block, and then pursue.
4. Make tackle.

## DEFENSIVE LINEMEN

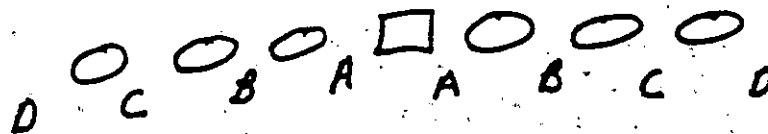
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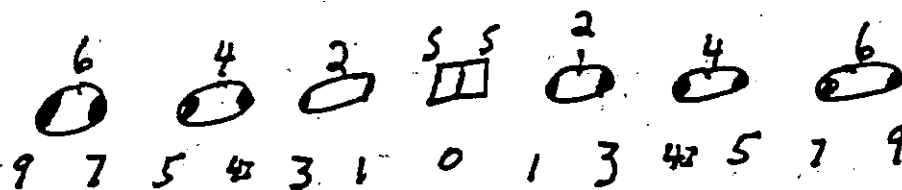
1. Control the line of scrimmage. Charging and attacking and read keys on the move.
2. Protect your own territory or gap responsibility. Get leverage, stay square, and control the offensive lineman.
3. Find ball, shed block, and then pursue.
4. Make tackle.

"PUT IT DOWN"

1. We call our gap responsibility A,B,C,D.



2. We call our technique



## TACKLE

1. Stance is very important. To be successful, you must have a good base to explode from.
  - A. 3 point stance
  - B. All left shades play out of left hand stance. All right shades play out of right hand stance.
  - C. Take a good comfortable position with your feet under your shoulders and with your forearm pressing on your thighs. Reach out with the hand away from your gap responsibility. Your tail is slightly higher than your head.
  
2. Alignment
  - A. Shoe to crotch
  - B. Tight as possible to L.O.S.
  - C. If you are having trouble reading the blocker hat, move back.
  
3. Keys
  - A. Tackle key is the ball and offensive guard. The action of the offensive guard creates the reaction by the tackle and lets him know where the ball is going.  
  
= trust your keys.
  
4. Pre-snap keys

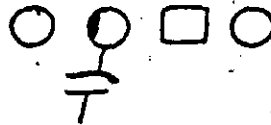
An important mental responsibility is to search for pre-snap reads from the offensive guard. Line splits and depth off ball are critical pre-snap keys. Two calls the tackle must make every snap is light or heavy.

Light = pass or pull  
Heavy = Offensive guard weight forward, expect run.
  
5. Initial movement and reaction
  - A. Concentrate on ball so you can explode into the guard as soon as the ball moves. Be aggressive.
  - B. Get your hands on guard's shoulder pad as quickly as possible.
  - C. Grab cloth and keep your thumbs up using the meaty part of your hand to strike a blow.
  - D. Roll the hips forward exploding into the guard on the rise.
  - E. Keep a balanced base and keep feet moving.

3 Tech

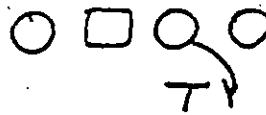
6 Responsibility

1. Guard drive block (Base)



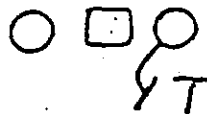
- A. Explode into the guard as quick and as hard as possible.
- B. Keep shoulder pad low and parallel to L.O.S.
- C. Drive the guard back into his tackle.
- D. Make all plays in B gap.

2. Reach Block



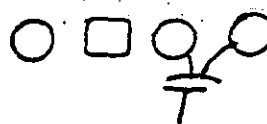
- A. Explode into the guard as quickly and has hard as possible.
- B. Do not let guard cross your body.
- C. Keep outside arm and leg
- D. Turn his hand to sideline. Work your body to the line - heel line.

3. Cut-off Block



- A. Explode into the guard as quickly and as hard as possible.
- B. Turn his head to the sideline and close A gap.
- C. Keep your shoulder pad parallel to L.O.S. Keep feet moving.

4. Guard and Tackle Double Team



- A. Explode into the guard as quickly and has hard as possible.
- B. When you feel pressure from OT, drop the outside shoulder and leg and drive toward the near knee of the tackle.
- C. Do not get knocked off ball.

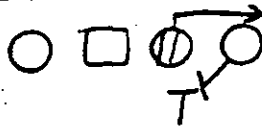


5. Guard pulls inside center block back



- A. Explode forward.
- B. Work across the face of center.
- C. If center angle is deep, go back door.

6. Guard pulls outside tackle block down .



- A. Step in the direction that guards is pulling. Scan inside with your eyes looking for trap. Feel the pressure form OT.
- B. Explode into the offensive tackle with your outside arm and shoulder pad.
- C. Keep shoulder pad parallel to L.O.S.
- D. Cross tackle face when ball h

7. Guard and Tackle Scoop Block



- A. Step in the direction that guard is going. Explode into guard.
- B. Close guard to sideline and protect your legs from tackle.
- C. Do not let guard off on linebacker.

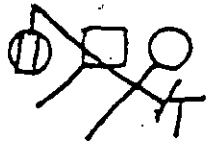
8. Influence Trap



- A. Step with guard.
- B. When guard shows his hand look inside.
- C. Run off the hip of center.

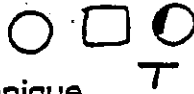
"PUT IT DOWN"

9. Inside Release Trap

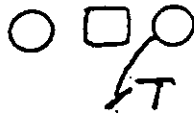


- A. Play like cut off, close down the block.
- B. Keep shoulder pad parallel.

1 Technique

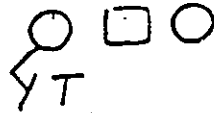


- I. Stance - same as 3 Technique
- II. Key the guard's hat.
- III. Pre-snap keys same as 3 Technique.
- IV. Alignment shoe to crotch.
- V. Responsibilities
  - A. Guard cut off



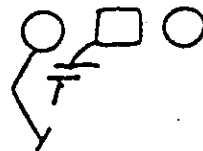
- 1. Attack guard - keep shoulders square.
- 2. Step with inside foot.
- 3. Don't let guard cross your face.

B. Reach Block



- 1. Attack guard.
- 2. Keep inside arm and leg free.
- 3. Turn guard head to sideline.

C. Center guard scoop



- 1. Attack guard.
- 2. Close down L.O.S.
- 3. Don't let guard off L.O.S.

D. Center guard double team



**"PUT IT DOWN"**

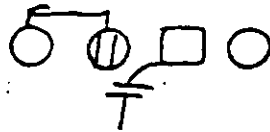
1. Attack guard as quick and as hard as possible.
2. When you feel pressure from center drop the inside shoulder and leg and drive toward the near knee of center.
3. Do not get knocked off L.O.S.

**E. Center back guard pulls**



1. Explode forward.
2. Work across the face of center.
3. If the center angle is deep, go back door.

**F. Guard pulls outside center reach**



1. Explode forward.
2. Do not let center reach you.
3. Get to heel line and work flat.

**G. Influence trap**



1. Explode forward
2. When you see guard hands, look inside.
3. Center blocks away - run off his hip.

**"PUT IT DOWN"**

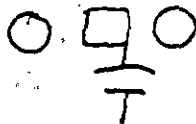
**SHADE**

- I. Stance is very important. To be successful, you must have a good base to explode from.
  - A. 3 point stance
  - B. All left shades play out of left hand stance. All right shades play out of right hand stance.
  - C. Take a good comfortable position with your feet under your shoulders and with forearm pressing on your thighs. Reach out with the hand away from the gap for which you are responsible. Your tail is slightly higher than your head. Your feet should be staggered no more than toe to heel. Keep your heel off the ground with toe pointed up field.
  
- II. Alignment
  - A. Shoe to crotch
  - B. Tight as possible to L.O.S.
  
- III. Keys

The keys of the shade is the ball and head of center. The action of the center creates the reactions by the shade tackle and lets him know which way the ball is going.
  
- IV. Pre-snap keys

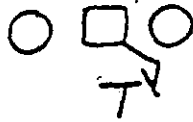
Always look for pre-snap keys from the offensive guard. Line splits and depth off ball are critical pre-snap reads. We must make a light or heavy call every play.

Light = pass or pull  
Heavy = offensive guard weight forward - expect run.
  
- V. Responsibility
  - A. Center drive block base.



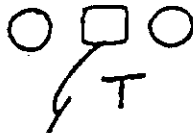
- B. Explode into the guard as quick and as hard as possible.
- C. Keep shoulder pad low and parallel to L.O.S.
- D. Drive the guard back into his tracks.
- E. Make all play in B Gap.

VI. Center reach



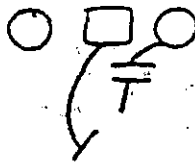
- A. Explode into the center as quickly as possible.
- B. Do not let center cross your face.
- C. Keep outside arm and leg free.
- D. Work center head flat to sideline - gain depth.

VII. Cutoff



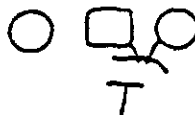
- A. Explode into the center as quickly as possible.
- B. Turn his head to sideline and close down L.O.S.
- C. Keep your shoulder pad parallel to L.O.S. Keep feet moving.

VIII. Center guard scoop



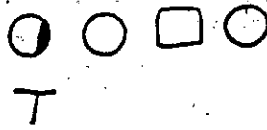
- A. Attack the center as quickly as possible.
- B. Close him flat down L.O.S. Protect your legs from guard.
- C. Do not let center off on LB.

IX. Center guard double team



- A. Attack center as quickly as possible.
- B. When you feel pressure from front guard drop the outside shoulder and leg and drive toward the near knee of center.
- C. Do not get knocked off L.O.S.

41



I. Stance - same as 3 Tech

II. Alignment

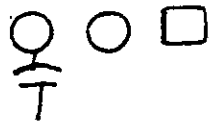
- A. Shoe to crotch
- B. Tight as possible to L.O.S.

III. Keys - they keys of the 41 are the ball and had of OT.

IV. Pre-snap reads - same as 3 Tech

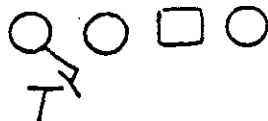
V. Responsibility

1 Drive Block (Base)



- A. Explode into the tackle as quickly as possible.
- B. Keep shoulders low and parallel to L.O.S.
- C. Drive OT back into his track.
- D. Make all plays in B Gap.

VI. Tackle reach



- A. Explode into tackle as quickly as possible.
- B. Keep inside arm and leg free.
- C. Turn tackle head to sideline.

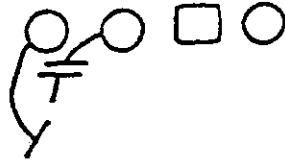
VII. Cut off



"PUT IT DOWN"

- A. Explode into tackle as quickly as possible.
- B. Do not let tackle cross your face.
- C. Keep inside arm and leg free.
- D. Keep shoulders parallel to L.O.S.

VIII. Tackle & guard sloop



- A. Explode into tackle as quickly as possible.
- B. Close tackle flat down L.O.S.
- C. Don't let tackle release on L.B.



## GATOR DEFENSES

<u>SLIDE</u>	G, Cheat, Face; Bluff Switch, In, Knife , Nose, Blood Smack, Face Slam, Will, Bullets, Mike Firelock, Hammer Lock, Macho Face Slam Dogs - 3	43, Brown 25 -SILVER, 3 5 Safety
<u>EAGLE</u>	G, Cheat, Tiger, Wide Nose, Tam, Rip, Blood, Cut, Opposite Smack, Slam, Mike, Will (Tam) F-Rip Dogs; Slam Dogs; Crossfire	43, Brown SILVER 3
<u>FLEX</u>	Slide, Eagle, Face Knife, Ton, Not, Tex Plug, Bullets, Rip Smack, Man	3, Brown SILVER
<u>OVER</u>	G Cut, Blood, Rip, Knife Rip Hammerlock; Whip	3, Brown SILVER
<u>DIME</u>	Twist, Plus, 6Pack, Plus Ton, Not, Tex, Ex, Dbl Tex-Ex, Nee Blitz Field, Blitz Boundry Rip Field Dogs, Field Slam Dogs-Nose Drop Razor 5 Robber	5, Blue, 3 Robber 3 4 Open -3
<u>NICKEL</u>	G, Blood, Plus, Bluff (Twists) Will, Mike, Macho	3, Brown, 5 Safety SILVER
<u>GOALLINE</u>	Eagle; Tiger DBL Rip, Pinch, Blood Tight; DBL Rip Lightning Tight Rip Outside Guts	ZONE ZONE Purple

## RO/TWIN

SLIDE 43, BROWN, 25, 2 MAN  
, KNIFE, IN

- (TAM/ BLOOD) SLAM
- WILL; CHEAT OPP. WILL
- TON BULLETS
- MACHO'S

SILVER, 43

S-FLEX

43, SILVER

## TECH'S

SLIDE (G, STAY) - 5 Safety  
43, BROWN, 25,

- NOSE HAMMER LOCK.
- FIRE LOCK SILVER.

## ANDITS

SLIDE G 43, BROWN  
GBLOOD SLAM, SMOKE  
TON BULLETS  
TAM MIKE LOCK - SILV.

DIME 5, BLUE, 3 ROBBER  
- FIELD RAZOR 5 ROBBER  
- FIELD BLOOD BUCK CRASH 3  
- CHEAT FIELD RIP DOGS - 3  
- BLITZ FIELD - 3  
- MACHO'S - SILVER

## 3 WIDES

SLIDE G  
SLIDE FLEX

3, BROWN  
SILVER

DIME 5, BLUE, 3 ROBBER  
- FIELD RAZOR 5 ROBBER  
- FIELD BLOOD BUCK CRASH 3  
- CHEAT FIELD RIP DOGS - 3  
- BLITZ FIELD - 3  
- TON BULLETS; WILL (SILVER)  
- Macho's 5

## WIDES

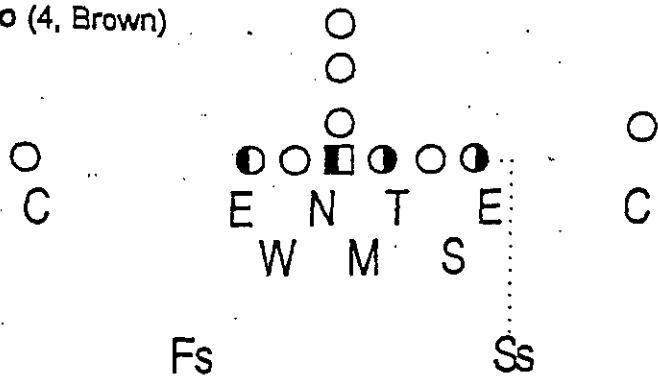
(DIME/6 PACK)

- 5, 3 ROBBER  
- BLITZ BOUNDARY - 3  
- PLUG - TON BULLETS - SILVER  
AUBURN - OUTSIDE/INSIDE - 5

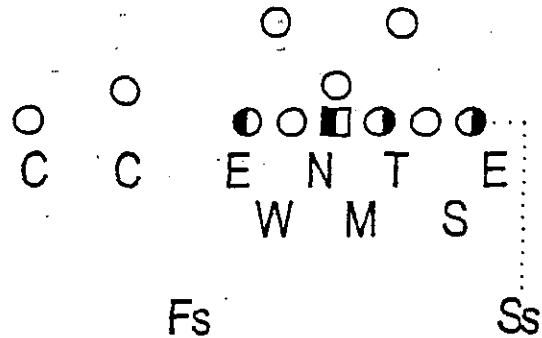
# Slide (Nickle) 43, Brown

Gator  
Defense

Pro (4, Brown)



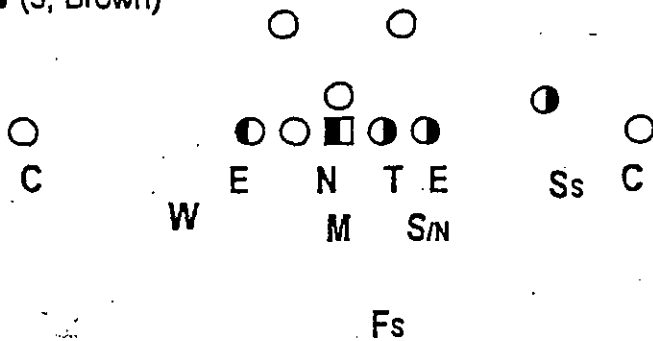
Twin (3, Brown)



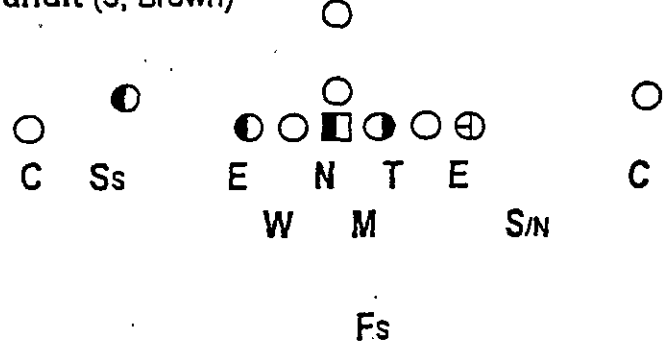
Direct Nose (Shade or G) away from TE

- Variations:** G, Cheat, Flex, Macho, Face  
**Movements:** Tam, Knife, In, Opposite, Rip  
**Blitzes:** Bullets (Ton), Smack (Tex), Fire Lock  
*Macho - Mat (Ex), Man (Tex), Bullets (Ton), Jet (Ton)*  
*Flex - Bullets (Ton), Plug (Tex)*

3W (3, Brown)



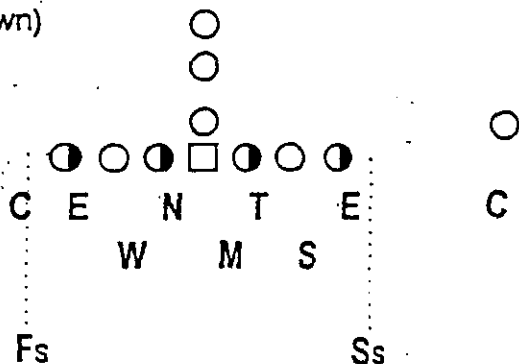
Bandit (3, Brown)



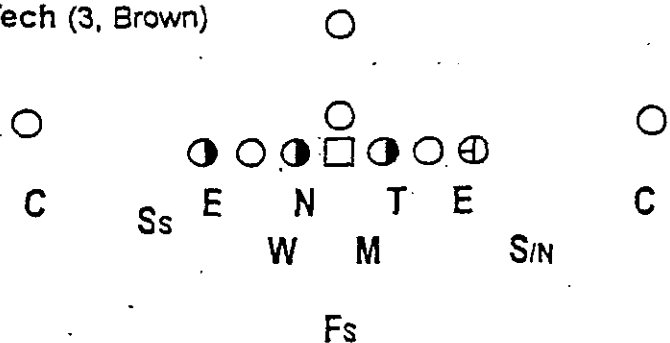
Sam/Mike/Will - Kick weak away from Ss

Sam/Nickle - Check End into a 67

Prot (4, Brown)



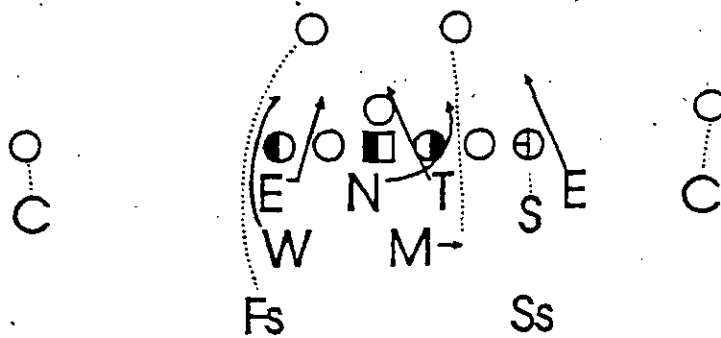
Tech (3, Brown)



DE loses to a 7 Technique

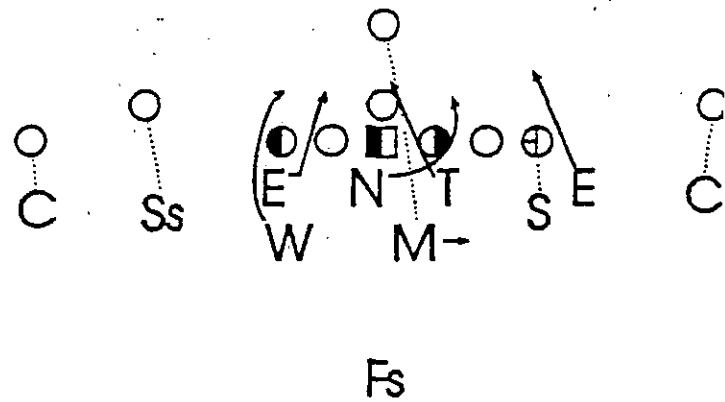
Ss go to call, Sam/Nickle away from call

# Slide (Nickle) Base Blitzes



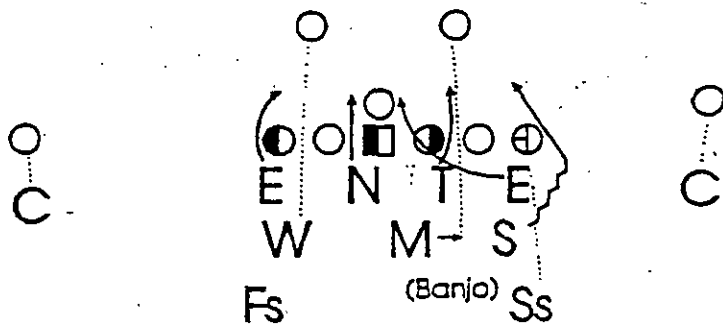
(FS replaces Will  
Cover back on  
open side)

Slide (Nkl) Face Bullets (Ton) Silver

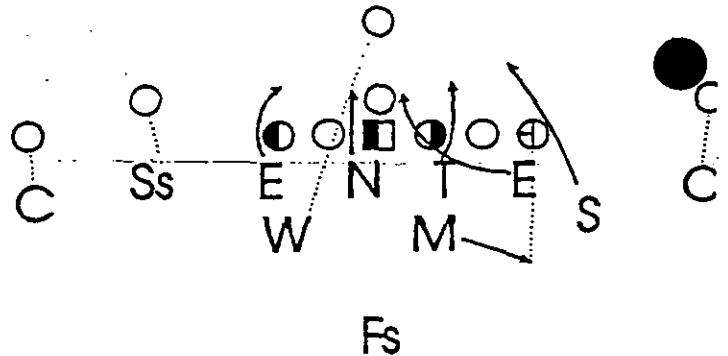


(Standard pressure  
alignment to 1 back)

Slide (Nkl) Face Bullets (Ton) Silver

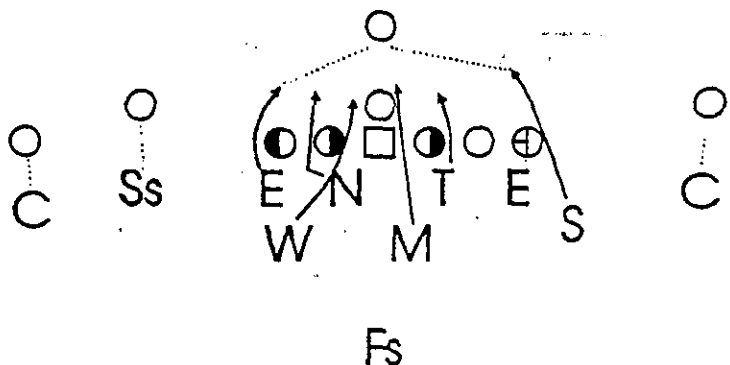


Slide (Nkl) Smack (Tex) Silver

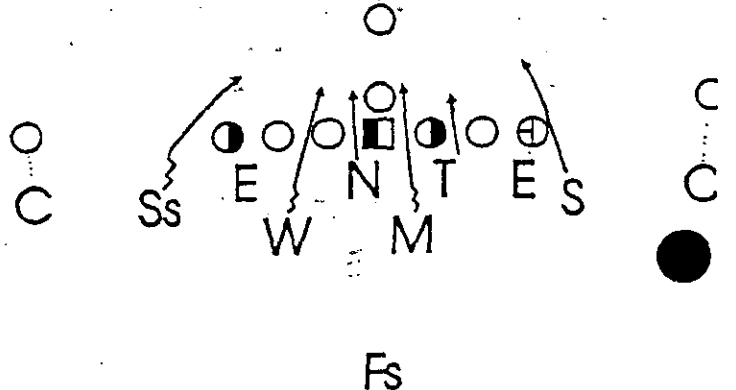


(Mike must cover TE  
in 1 back sets)

Slide (Nkl) Smack (Tex) Mike Silver

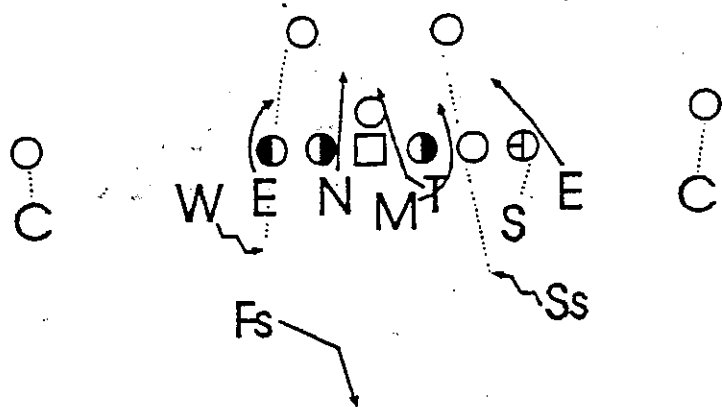


(DE - Lock on TE  
and Sam blitzes)

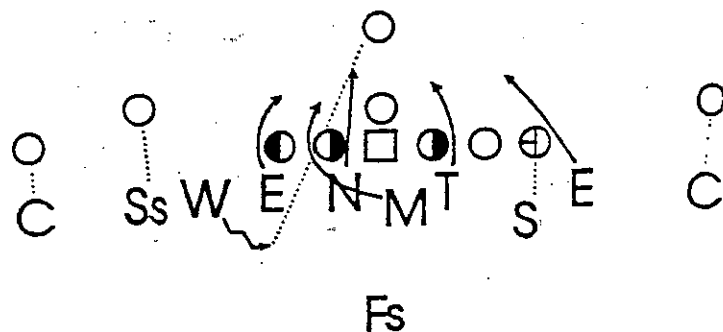


(Both DE lock on TE's  
and SS & Sam blitzes)

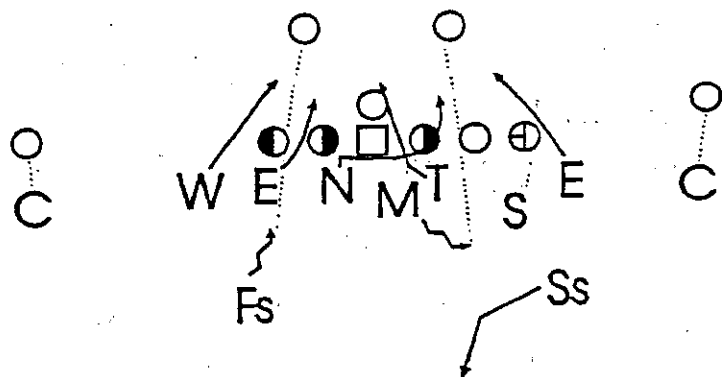
# Slide (Nickle) Macho Series



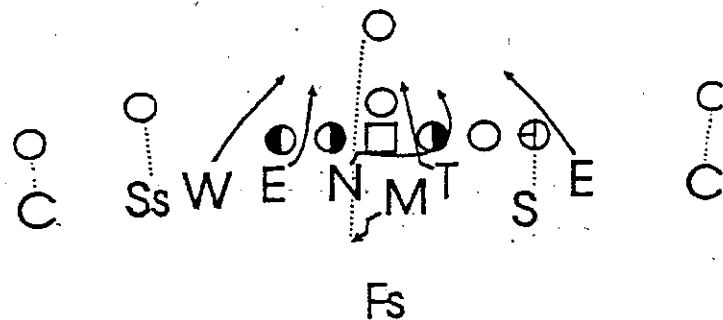
Macho Mat (Net)(Ex) Silver (SS replaces Mike on back to TE side)



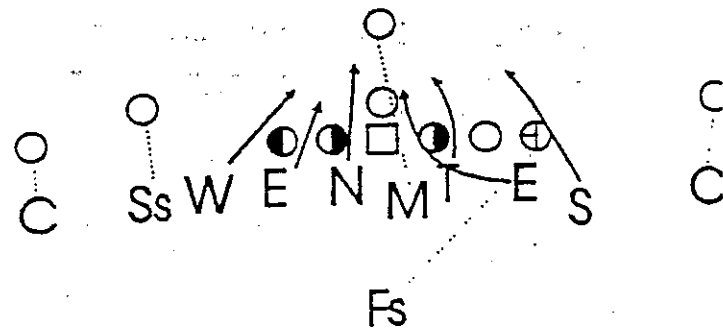
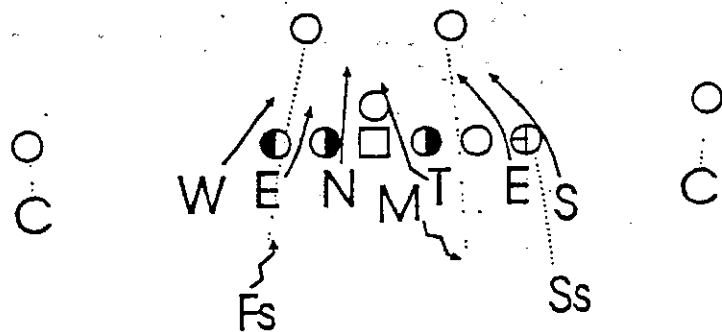
Macho Man Silver (Standard pressure alignment)



Macho Bullets (Ton) Silver (FS replaces Will)



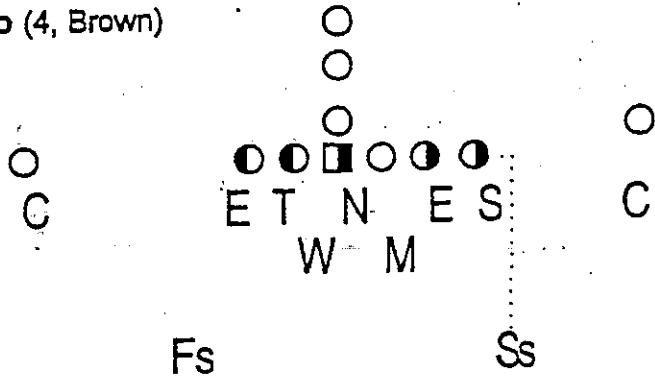
Macho Bullets (Ton) Silver



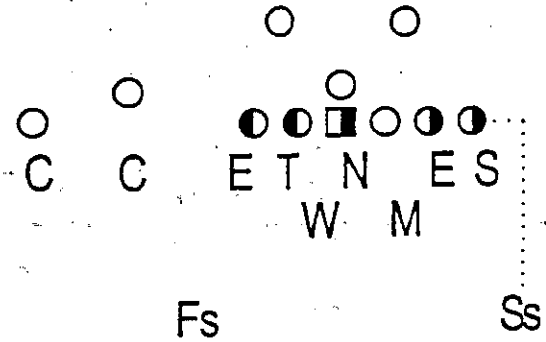
# Eagle 43, Brown

Gato  
Defense

Pro (4, Brown)



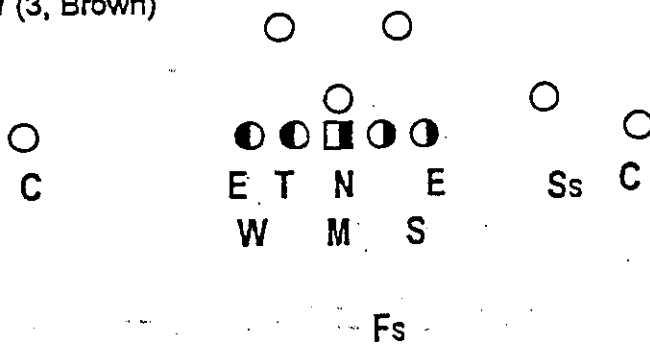
Twin (3, Brown)



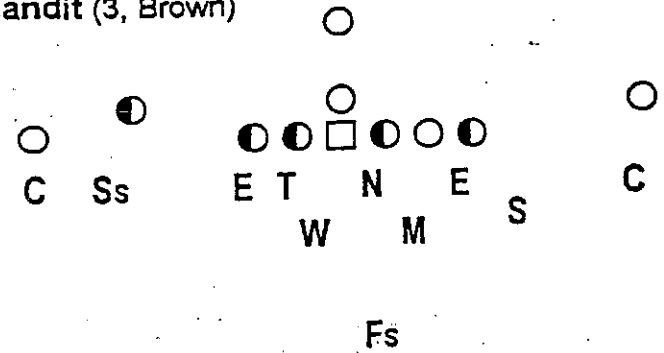
Direct Nose (Shade or G) to the TE

- Variations:** G, Cheat, Tiger, Flex  
**Movements:** Nose, Tam, Blood, Rip  
**Blitzes:** Smack, Slam, Fire  
*Flex - (Ton)(Tex) Plug, Lightning*

3W (3, Brown)



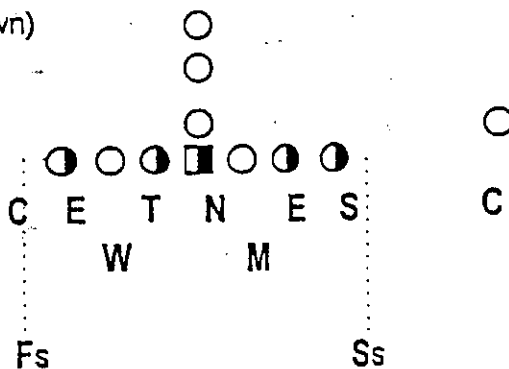
Bandit (3, Brown)



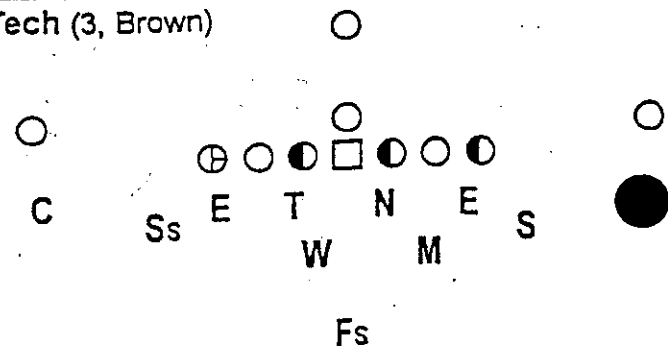
Sam/Mike/Will - Kick weak away from Ss

Mike - Check Nose to loose "G"  
 Sam - Check End into a loose 7

Prot (4, Brown)

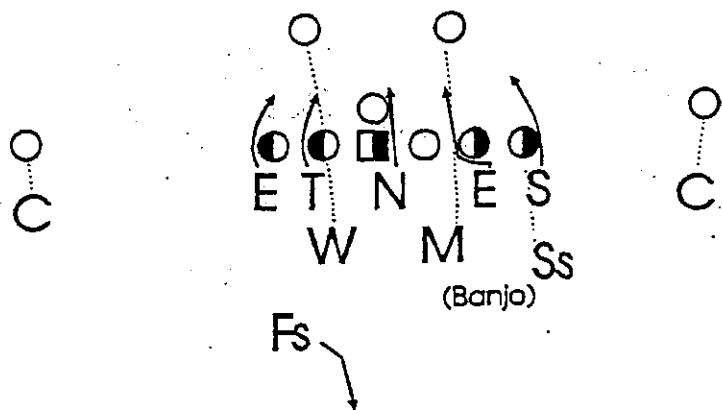


Tech (3, Brown)

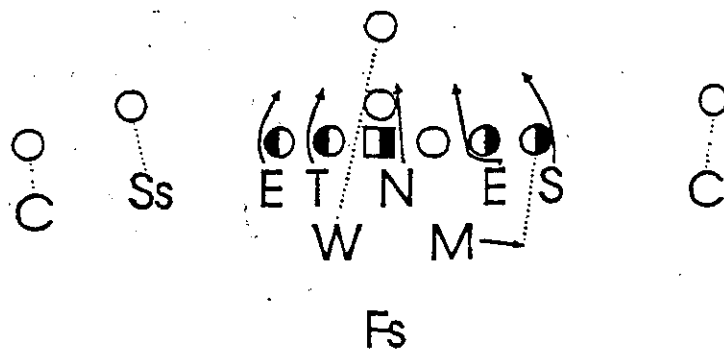


Ss away from call. Sam to the call

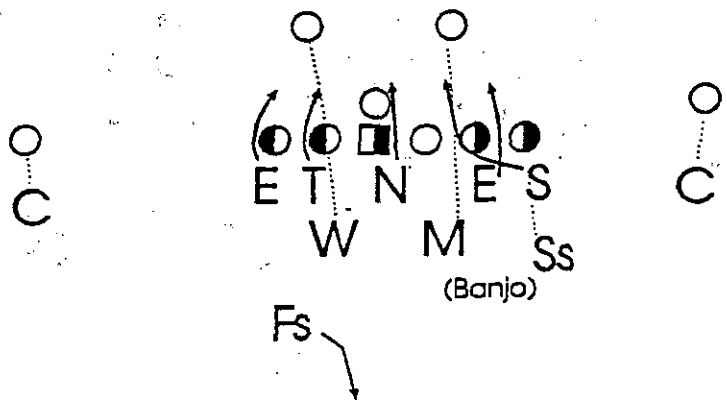
# Eagle Blitzes



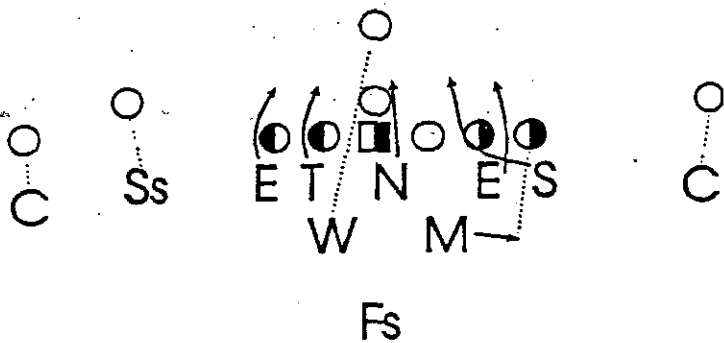
Eagle Smack Silver (SS covers TE)



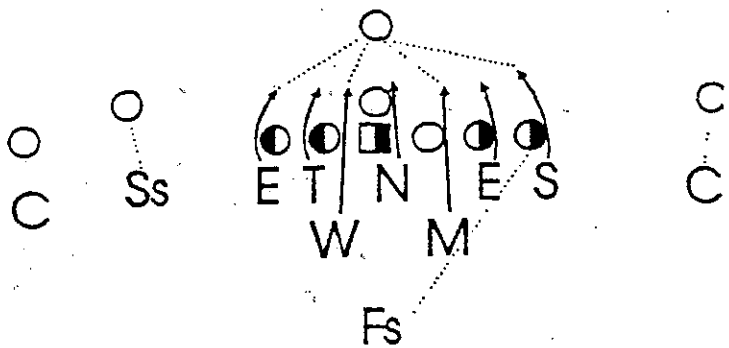
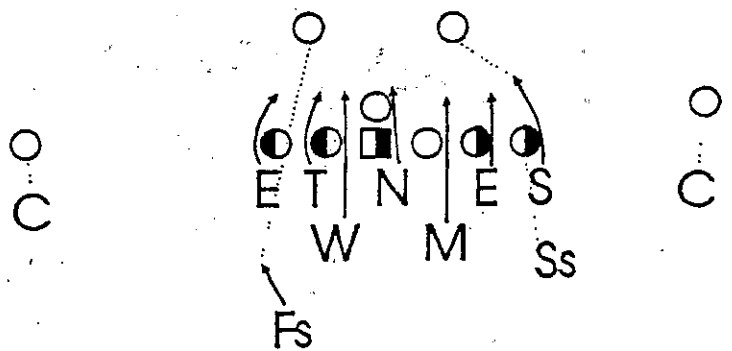
Eagle Smack Mike Silver (Mike covers TE vs 1bk)



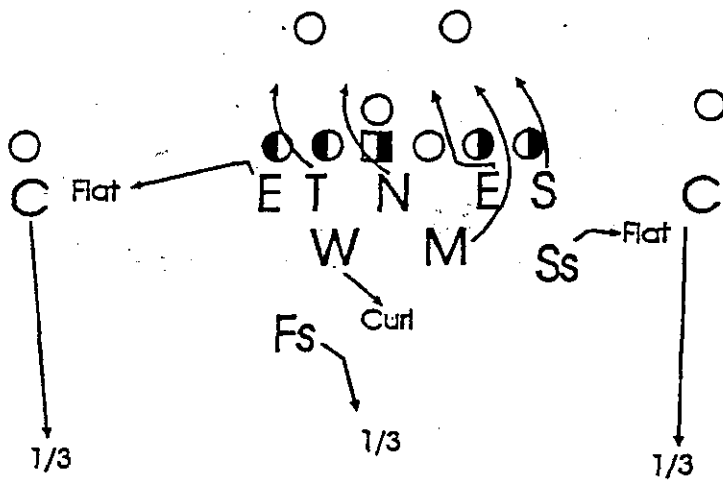
Eagle Slam Silver



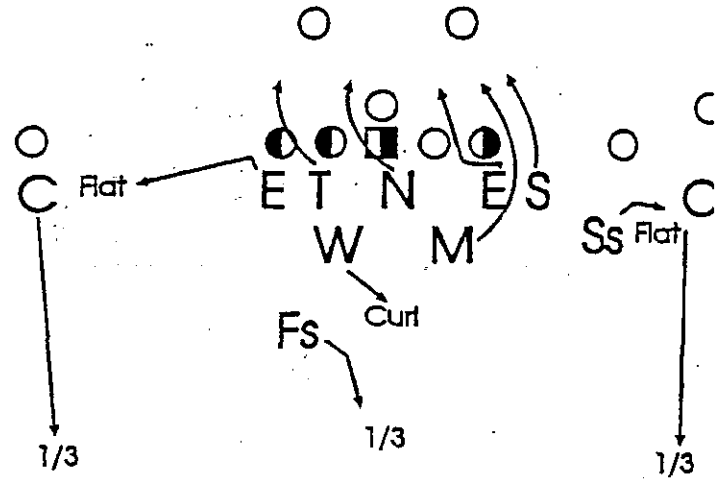
Eagle Slam Mike Silver



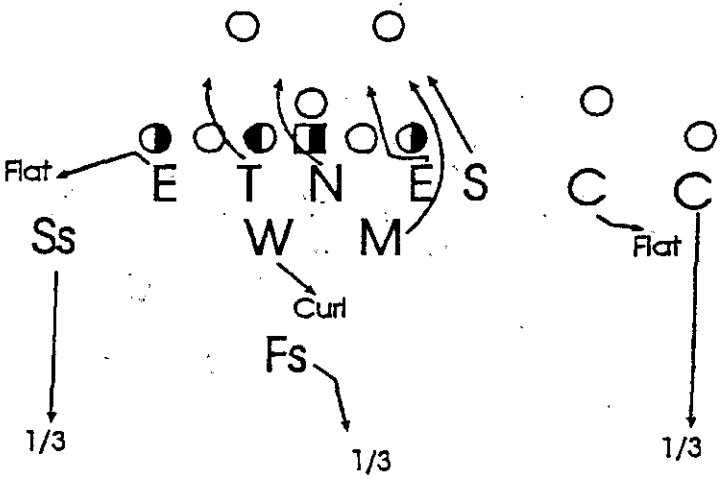
# Eagle Field Rip Dogs 3



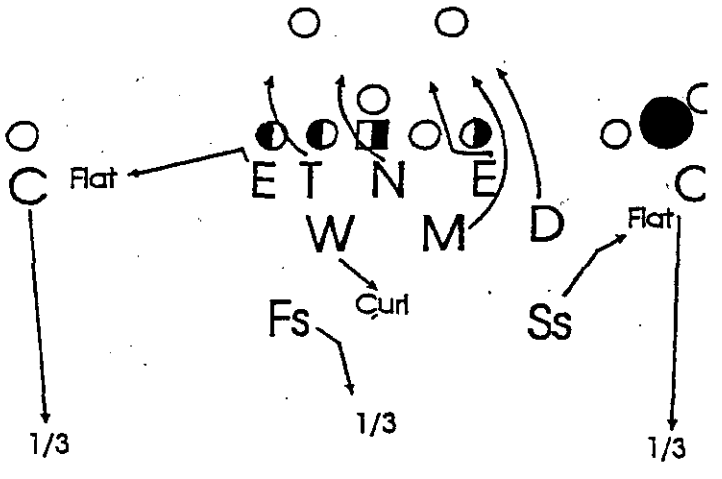
Eagle Field Rip Dogs - 3



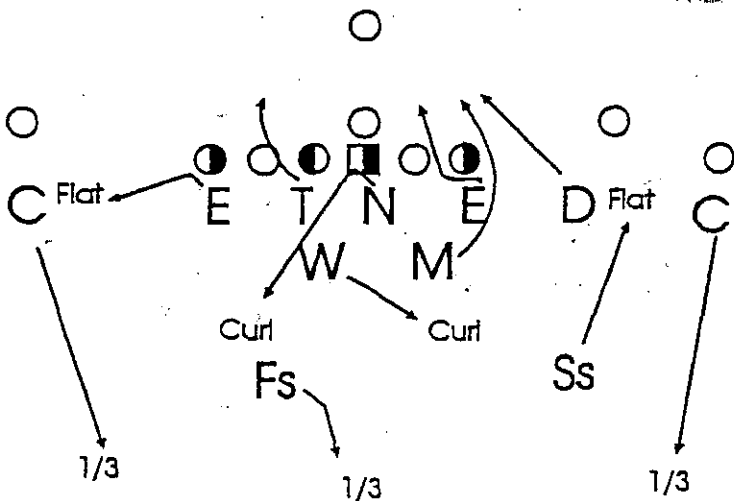
Eagle Field Rip Dogs - 3



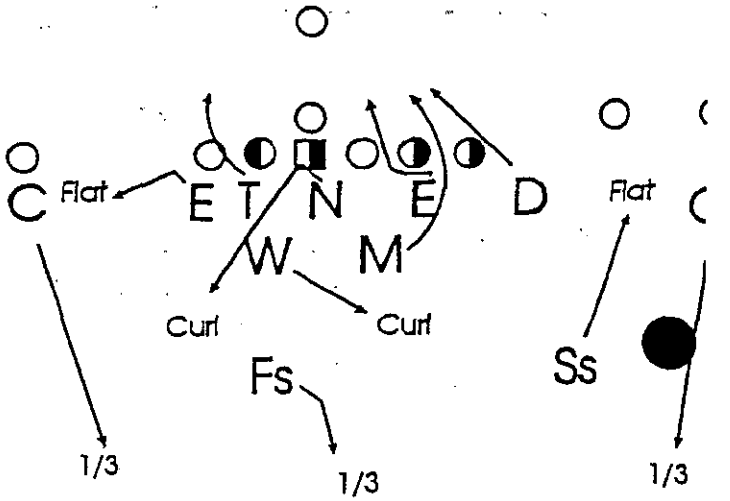
Eagle Field Rip Dogs - 3



DIME Field Rip Dogs - 3



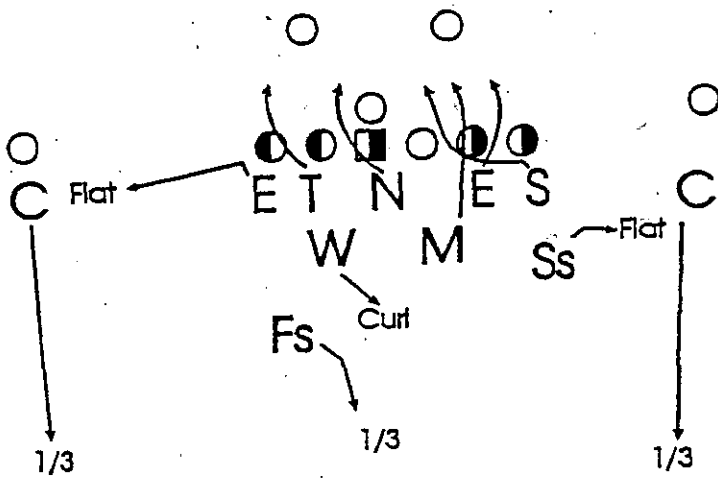
DIME Field Rip Dogs (Nose Drop) - 3



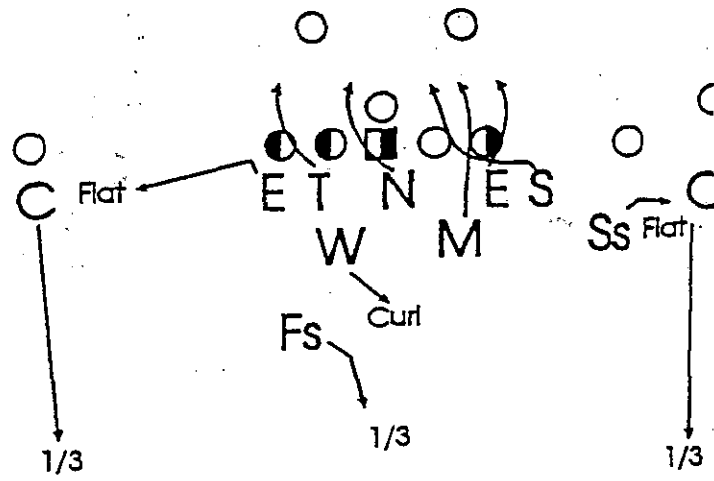
DIME Field Rip Dogs (Nose Drop) - 3



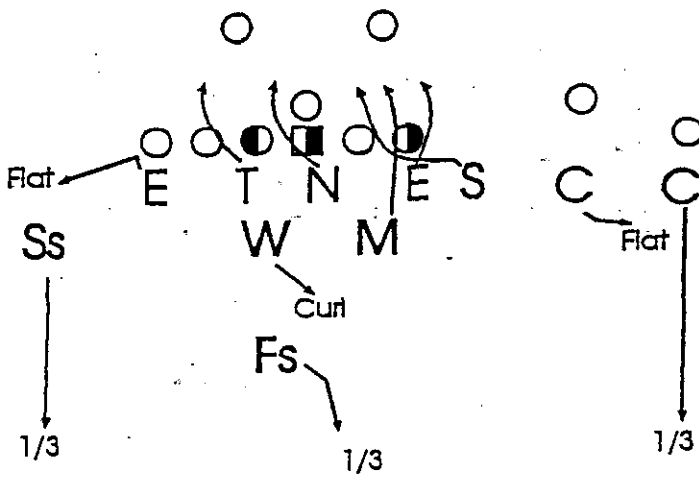
# Eagle Field Slam Dogs - 3



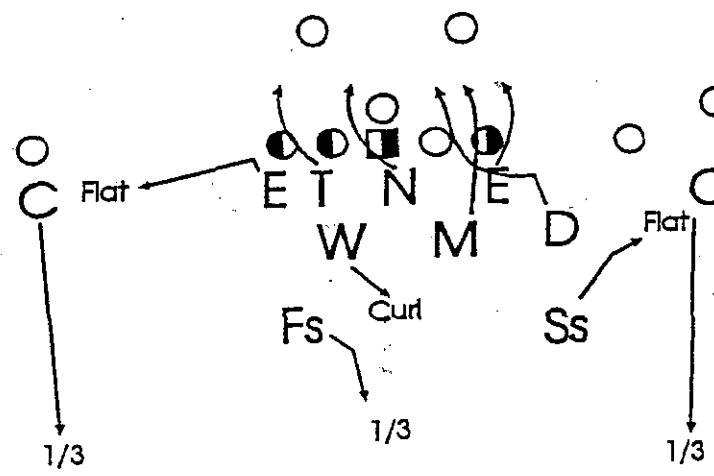
Eagle Field Slam Dogs - 3



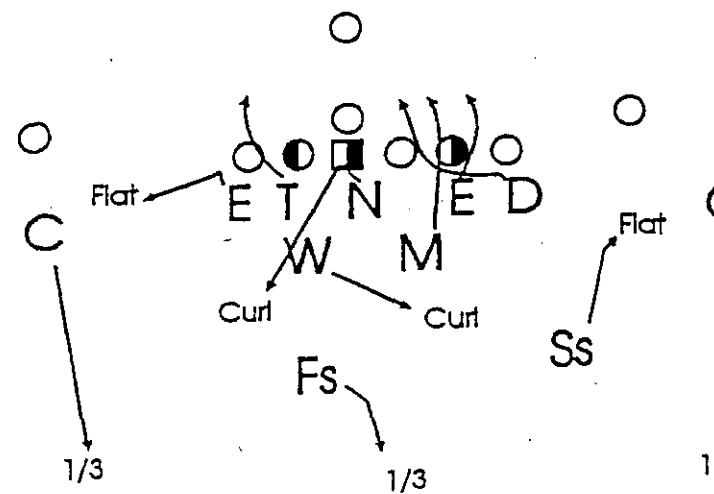
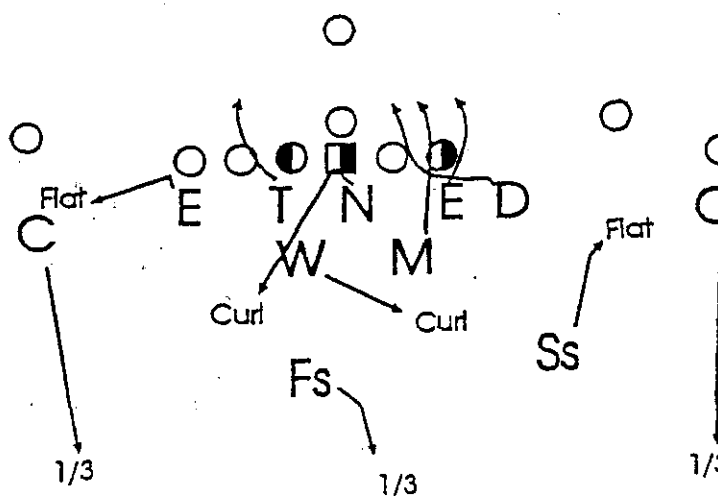
Eagle Field Slam Dogs - 3



Eagle Field Slam Dogs - 3



DIME Field Slam Dogs - 3

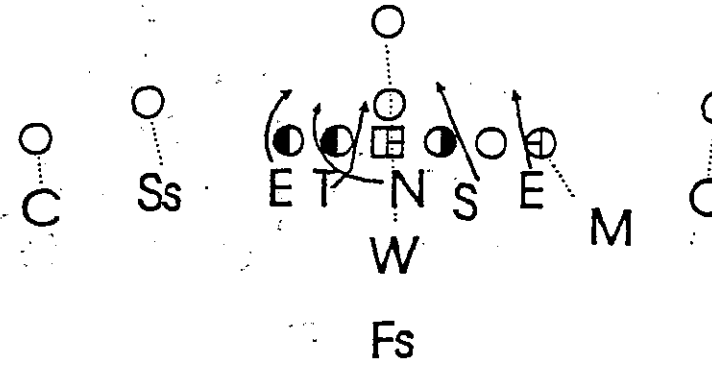
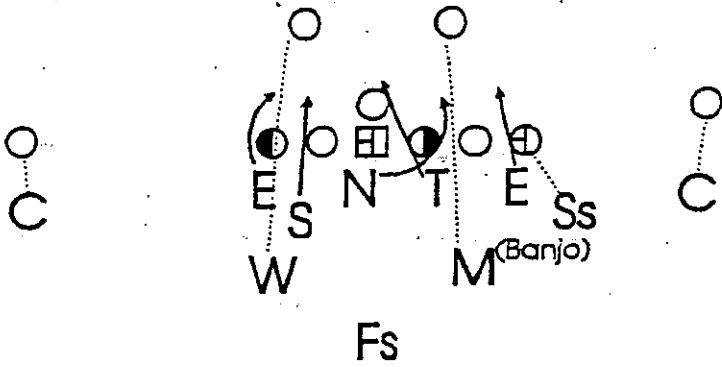


(Slam Dogs) 3

# Flex Series

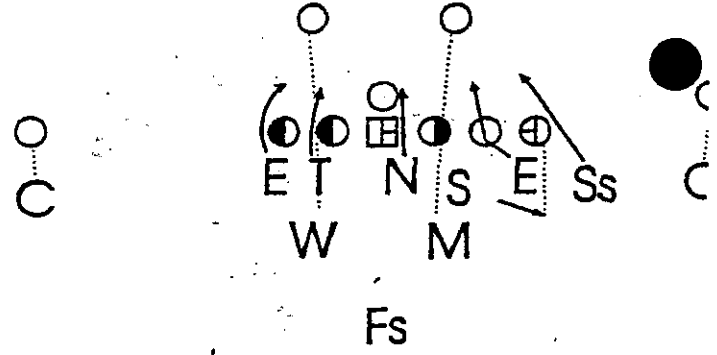
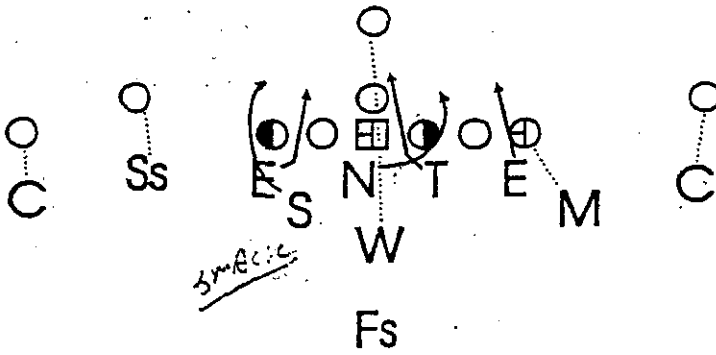
Slide Flex

Eagle Flex



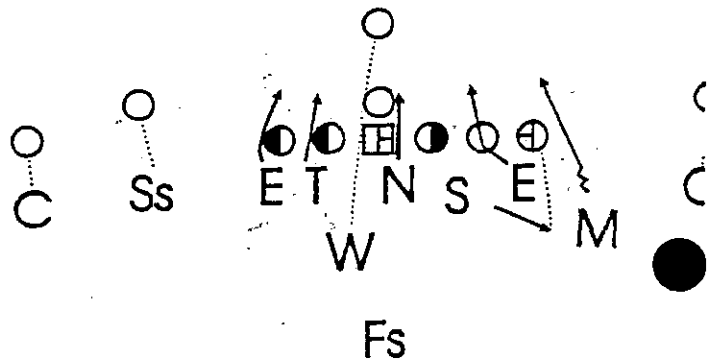
Slide Flex (Ton) (Tex) Plug Silver

Eagle Flex (Tex) (Ton) Plug Silver

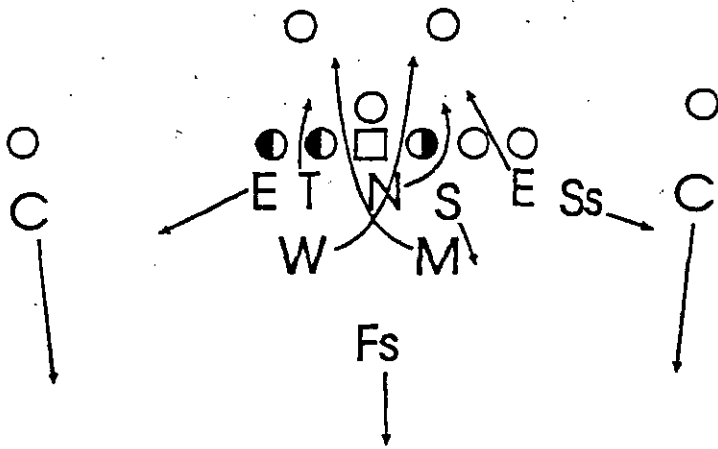


Slide Flex Bullets (Ton). Silver

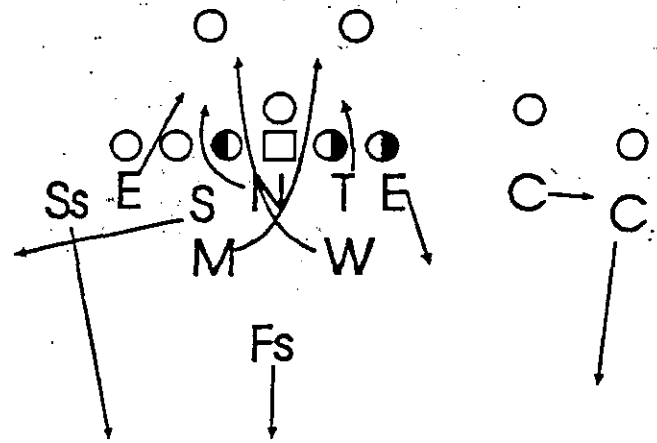
Eagle Flex Lightning Silver



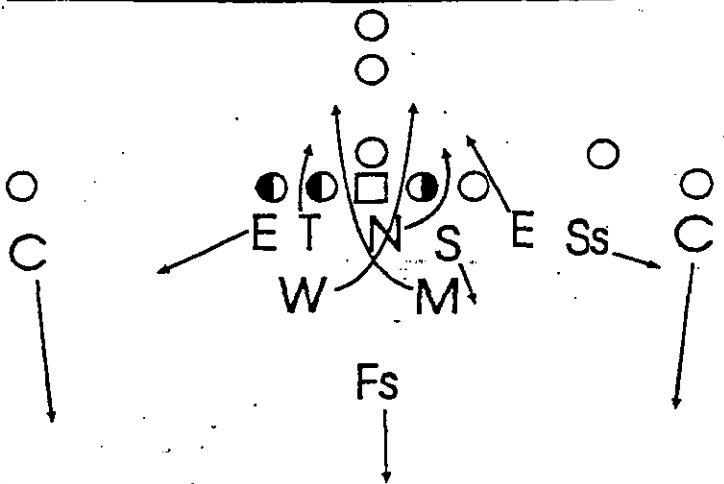
# Slide and Eagle Flex Series



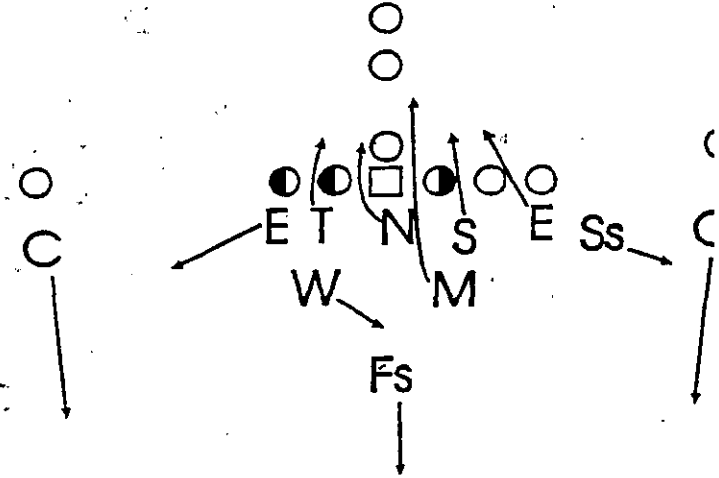
Eagle Flex Crossfire - 3 or Silver



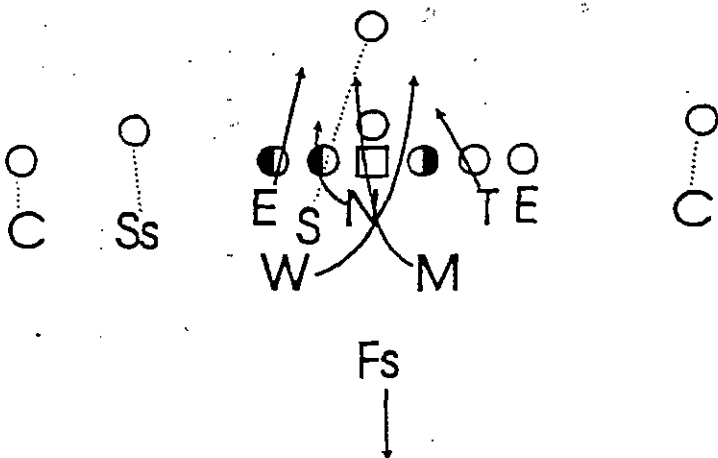
Eagle Flex Crossfire - 3 or Silver



Eagle Flex Crossfire - 3 or Silver



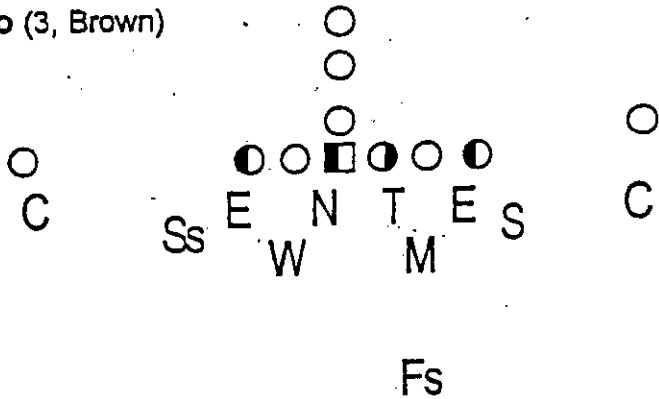
Eagle Flex Slam Dogs - 3



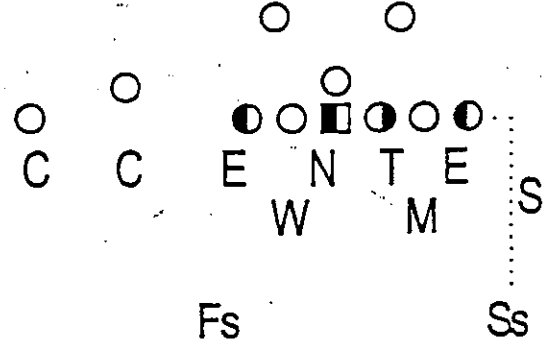
# Over 3, Brown

Gato  
Defer

Pro (3, Brown)



Twin (✓ out of Over)

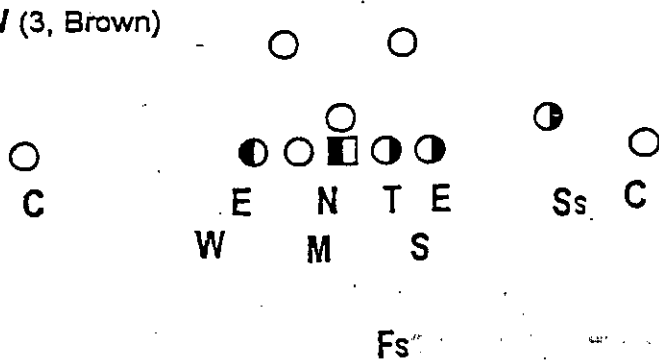


Note: ✓ out of over to Twins unless blitz

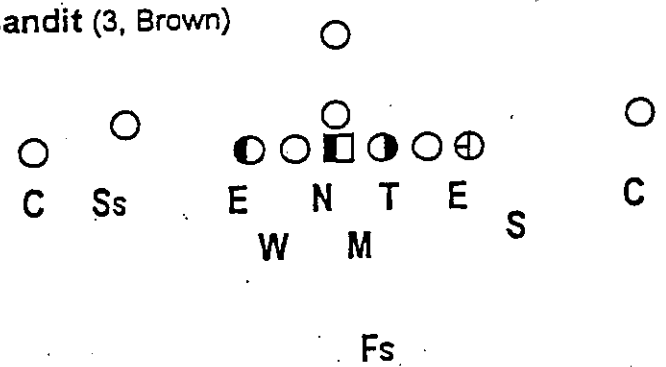
Direct Nose (Shade or G) away from TE

- Variations: G  
 Movements: Knife, Tam, Blood  
 Blitzes: Hammer Lock, Whip, Blitz Check

3W (3, Brown)



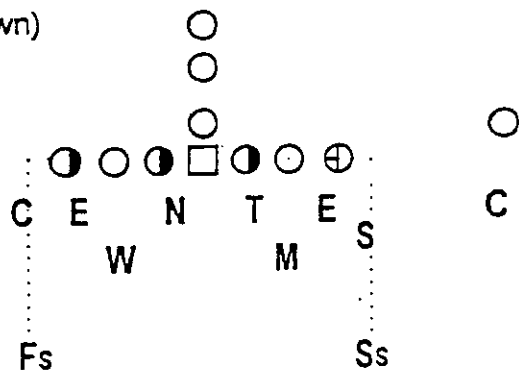
Bandit (3, Brown)



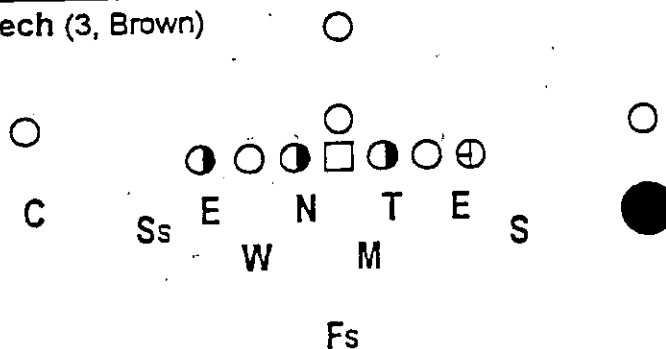
Sam/Mike/Will - Kick weak away from Ss

Same alignment as Slide  
 (Sam - Check End into a 67)

Prot (4, Brown)

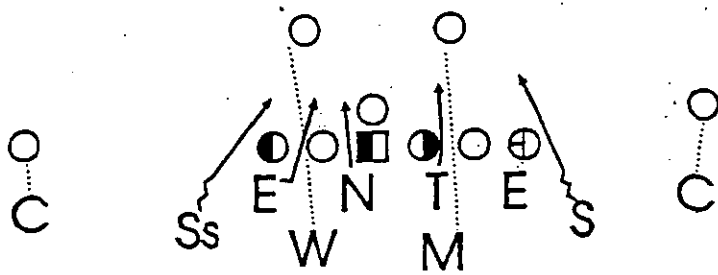


Tech (3, Brown)



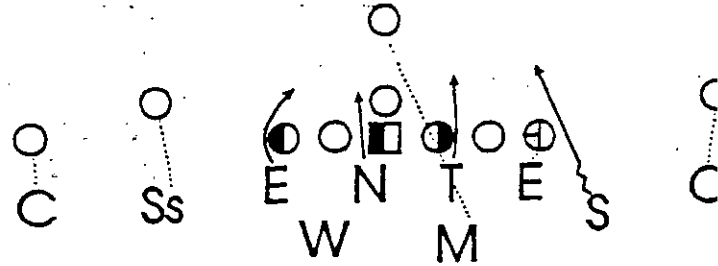
Ss goes to call, Sam away from the call

# Over Blitzes



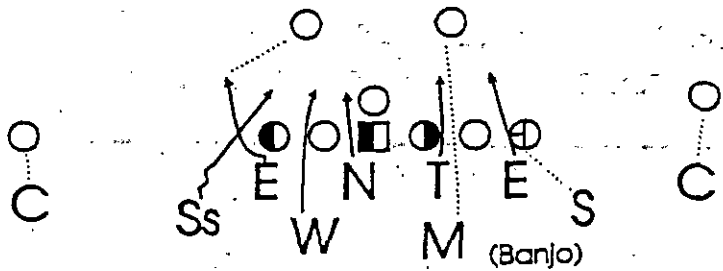
Fs

Over Hammer Lock Silver



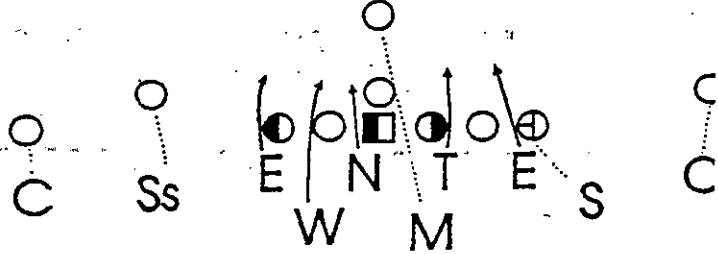
Fs

Over Hammer Lock Silver



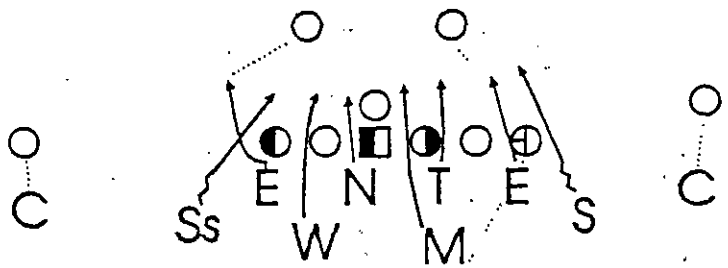
Fs

Over Whip Silver

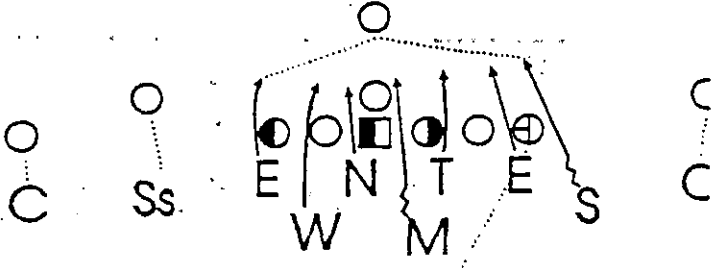


Fs

Over Whip Silver (Check to Plug)



Fs

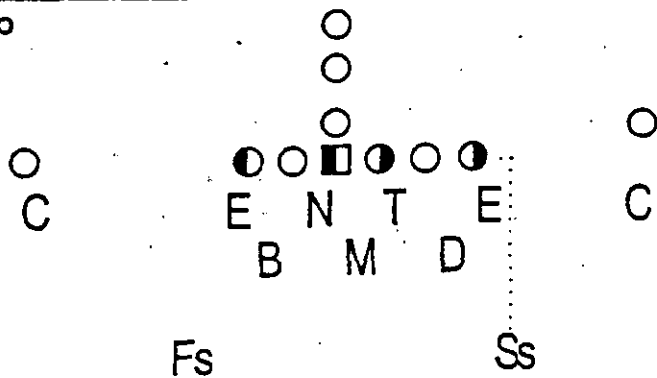


Fs

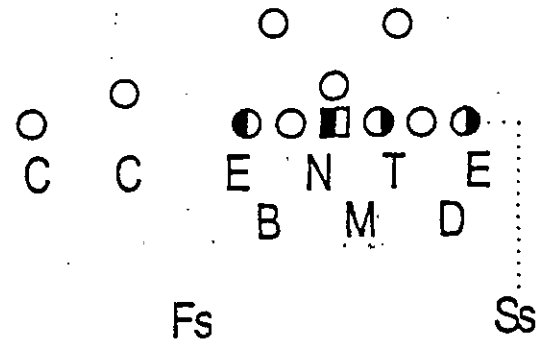
# Dime 5

Gato  
Defense

Pro



Twin



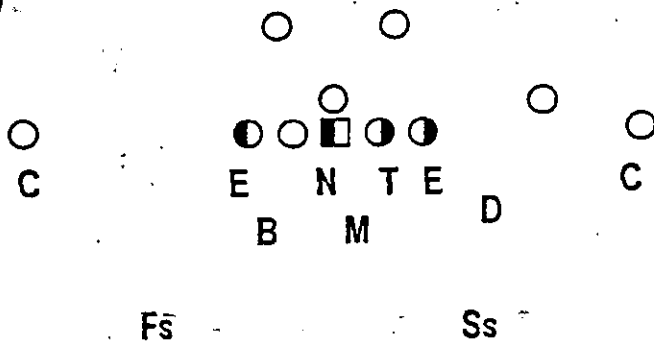
Direct Nose (Shade or G) away from TE

Variations: G

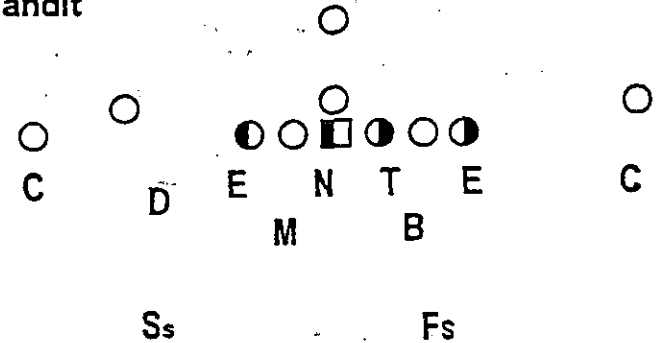
Movements: Ex, Tex, Ton, Not, (Dbl-Ex, Dbl-Tex)

Blitzes: Blitz Tight 3, Blitz Open 3, Opposite Mae 3, Thunder (Jet)

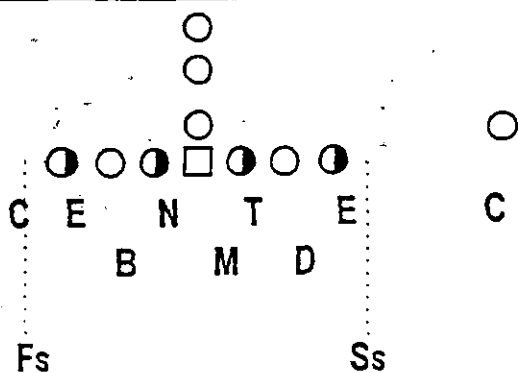
3W



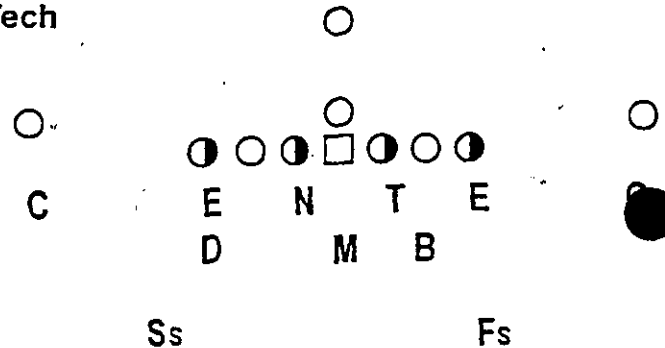
Bandit



Prot



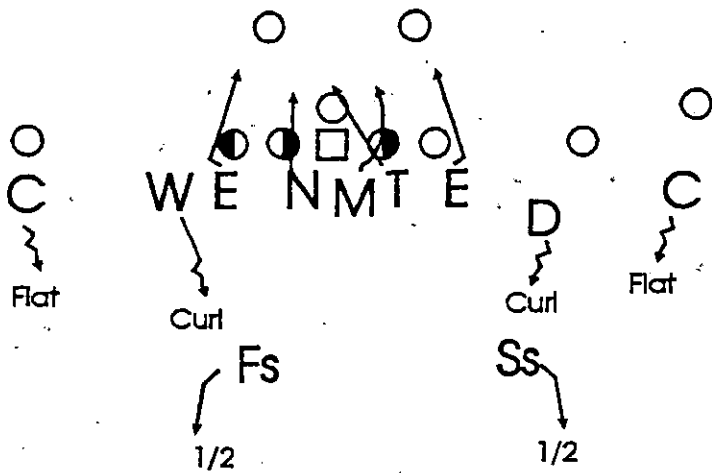
Tech



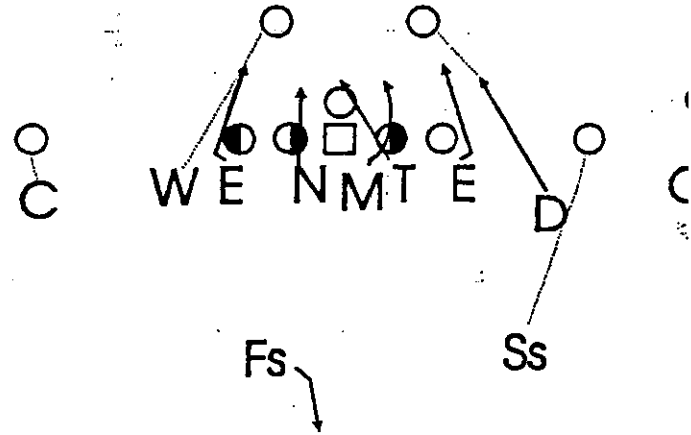
Not likely to call versus this set

Dime go to call, B away from call

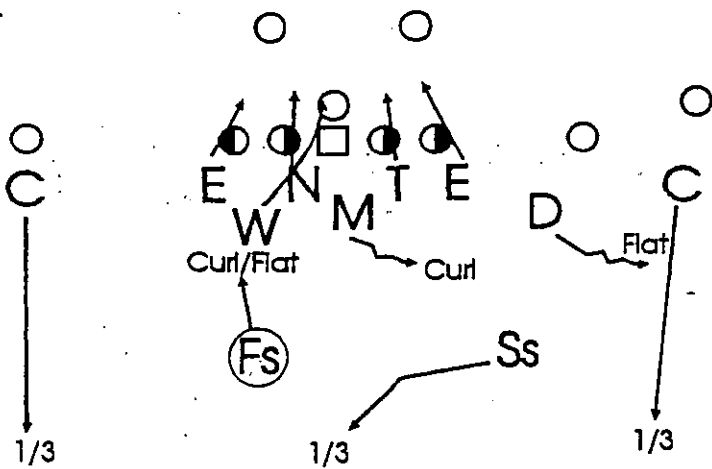
# Other Dime Blitzes



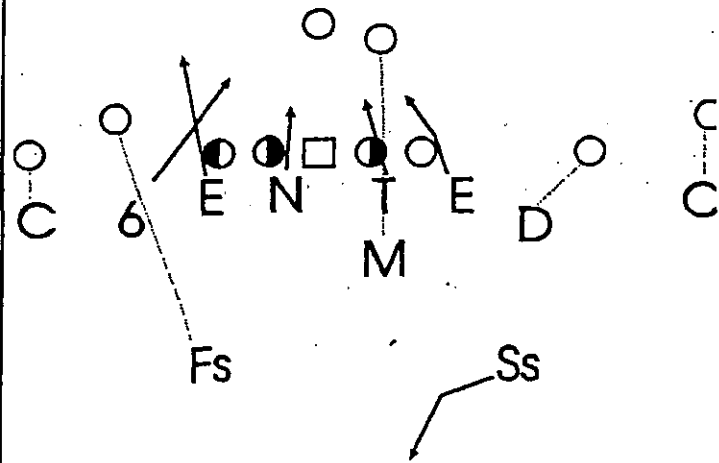
Dime Macho (Nose Mat/Man) - 5



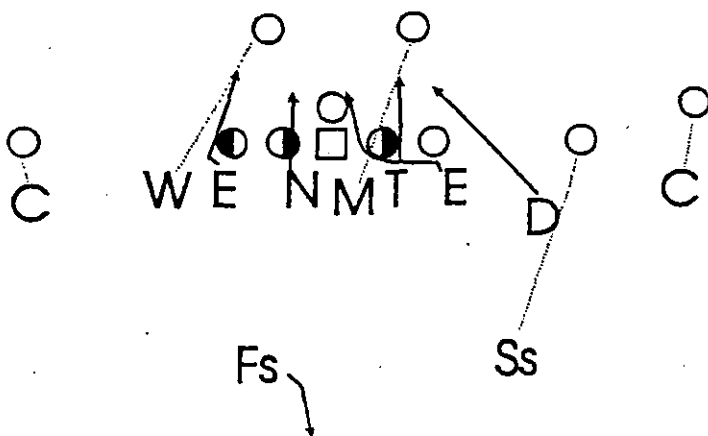
Dime Macho (Nose Mat/Man) - Silver



Dime Nose Will (Nee/Ex) Bullets - 3 or 5 or Silver



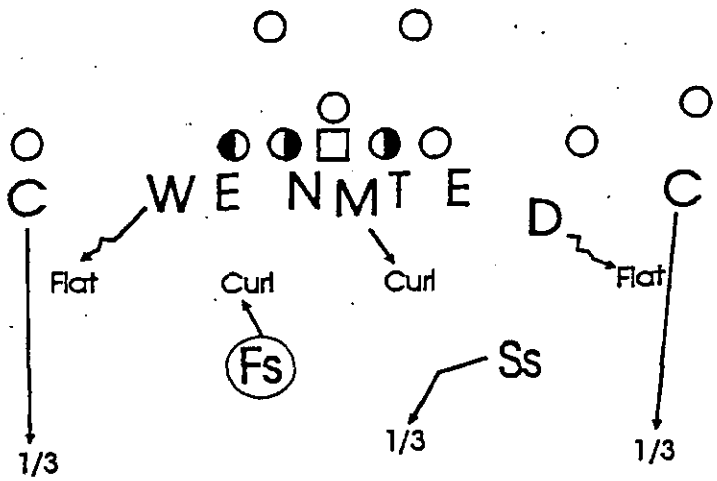
Dime (Plug/Bullets) Silver



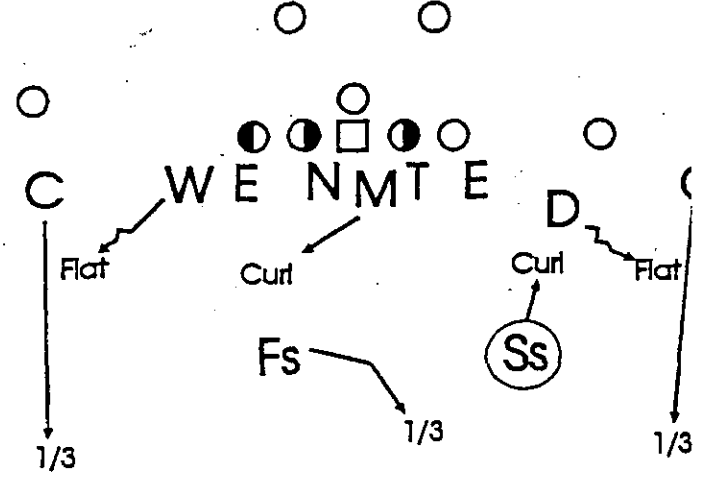
Dime Tex Smack - Silver

# Dime Change Up Coverages

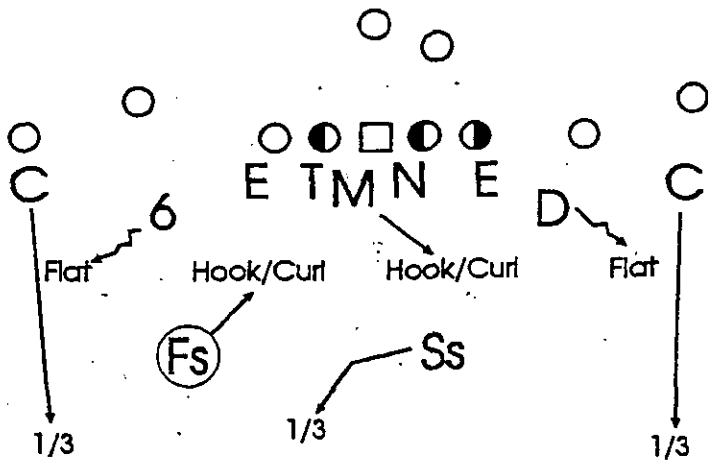
→ FIELD



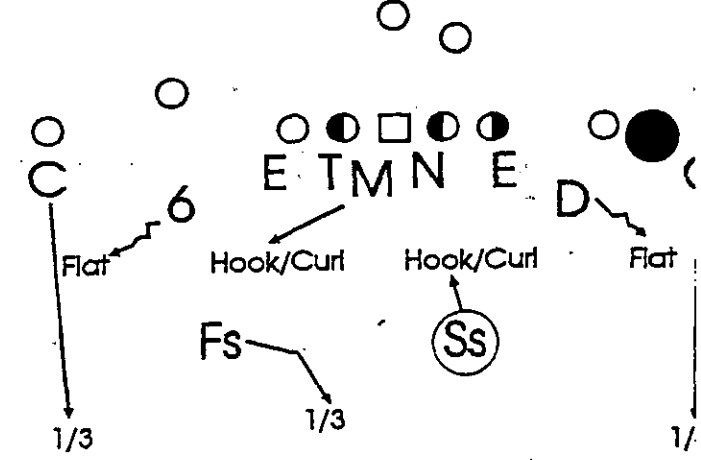
Dime - 3 Robber



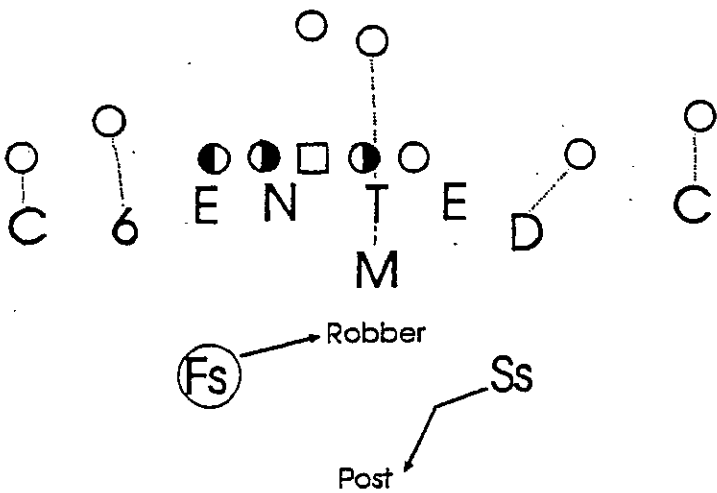
Dime - 3 Gangster



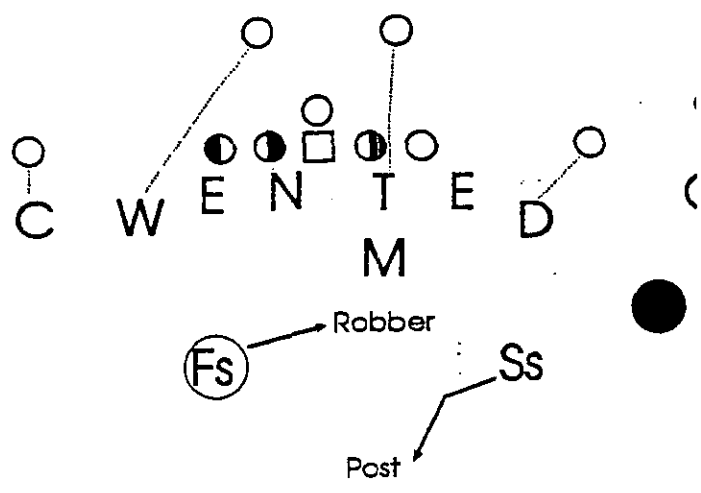
Dime - 3 Robber



Dime - 3 Gangster



Dime - Blue

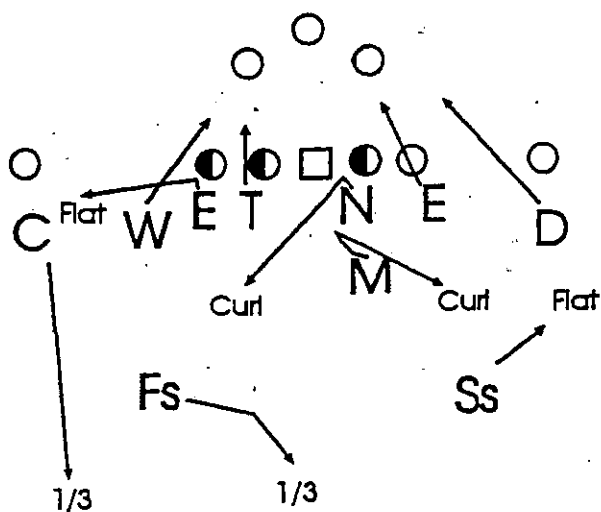


Dime - Blue

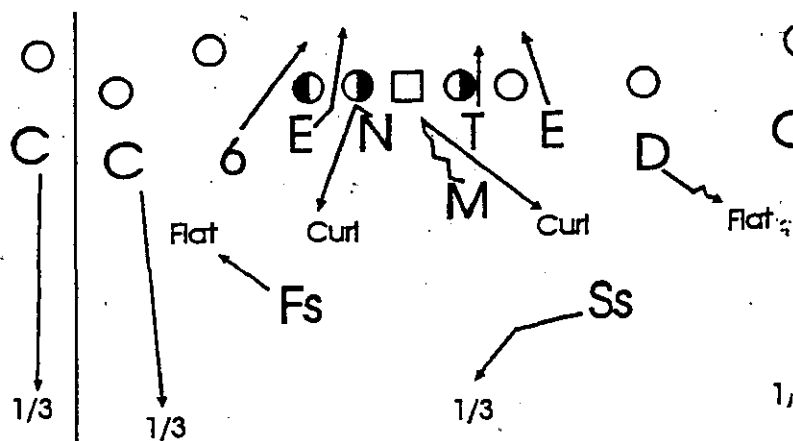


# Dime Blitz (Field / Boundary) - 3

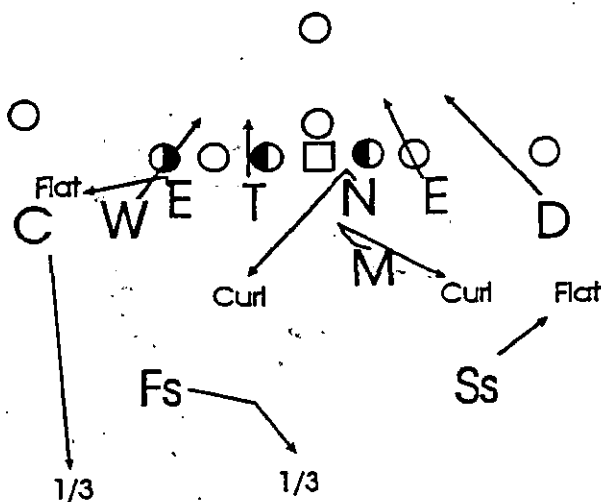
→ FIELD



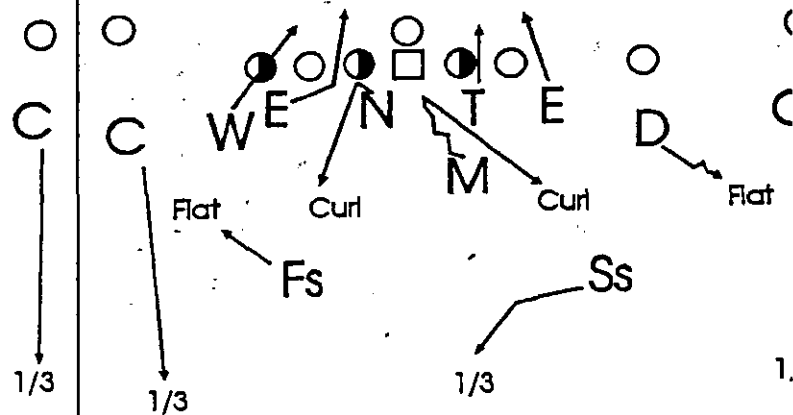
Dime Blitz Field - 3



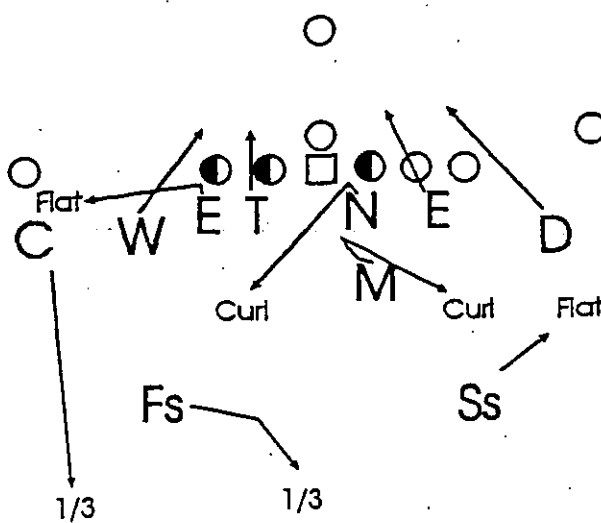
Dime Blitz Boundary - 3



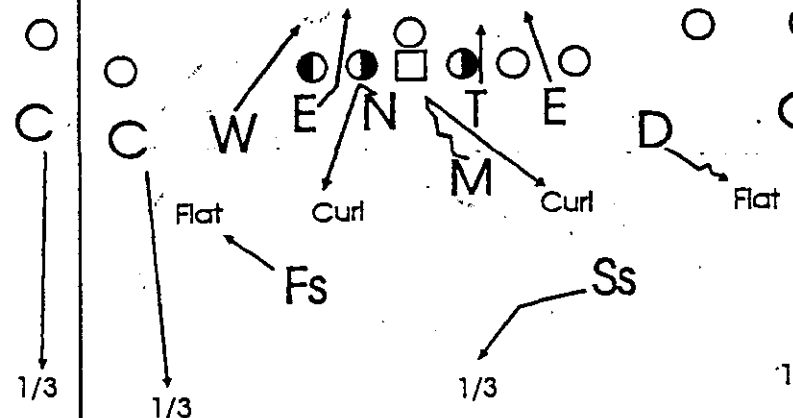
Dime Blitz Field - 3



Dime Blitz Boundary - 3



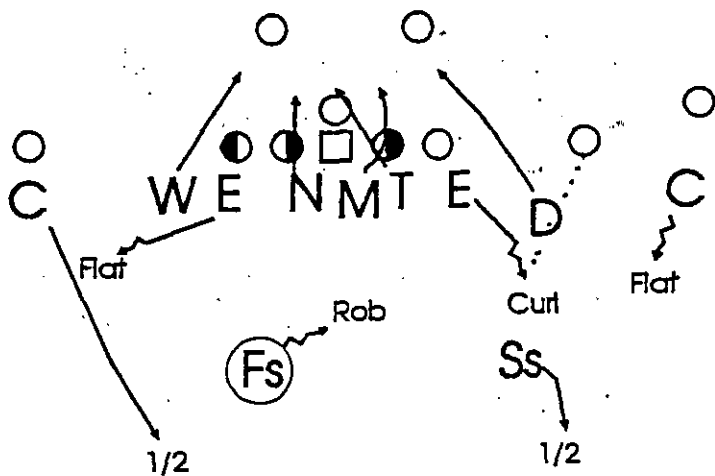
Dime Blitz Field - 3



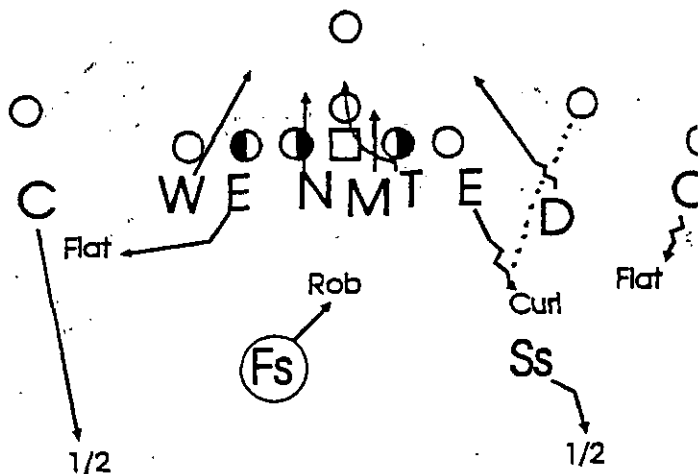
Dime Blitz Boundary - 3

# Dime Razor - 5 Robber

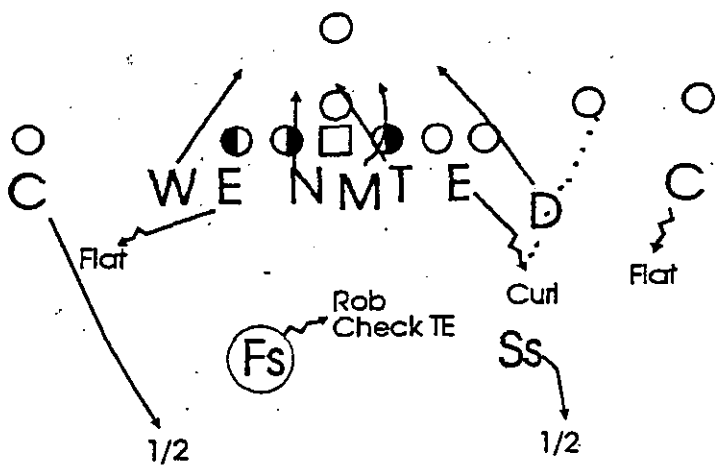
→ FIELD



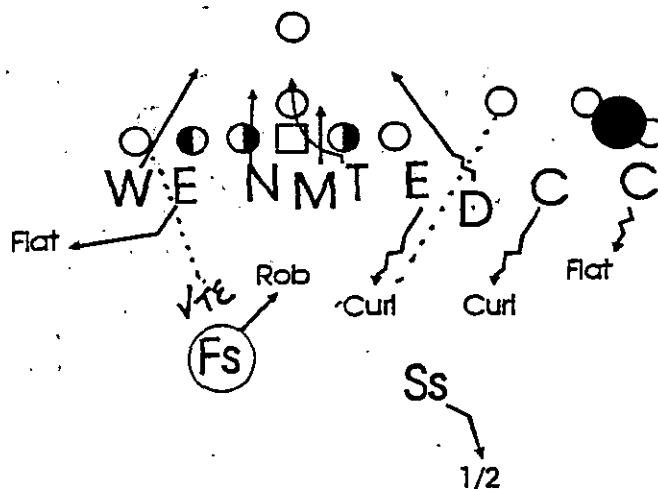
Dime Razor - 5 Robber



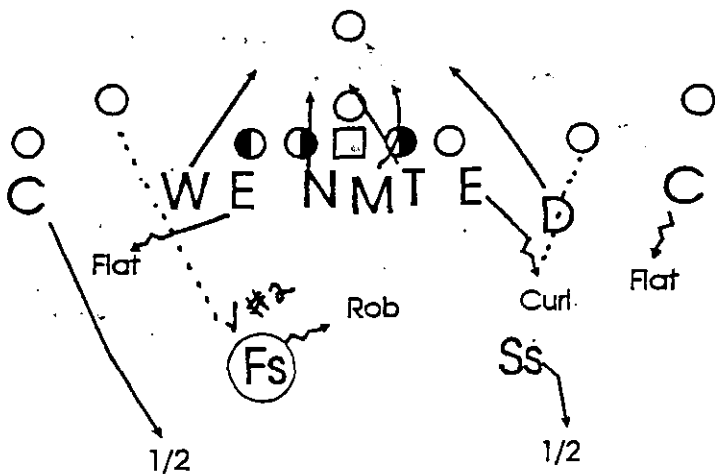
Dime Razor - 5 Robber



Dime Razor - 5 Robber



Dime Razor - 5 Robber

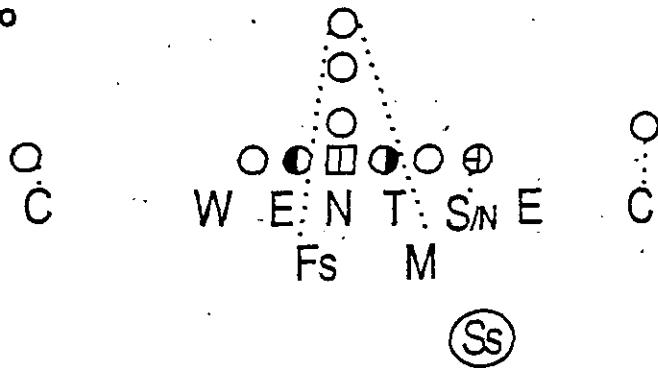


Dime Razor - 5 Robber

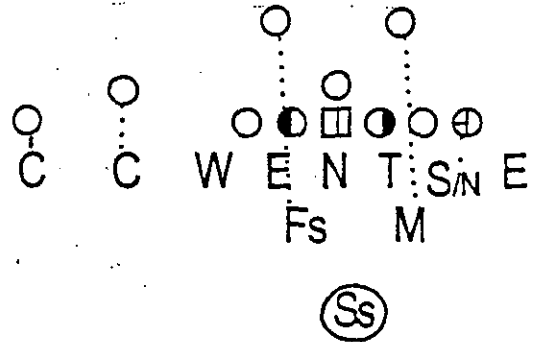
# ● Cat (Nickle) Silver

Gator  
Defense

Pro



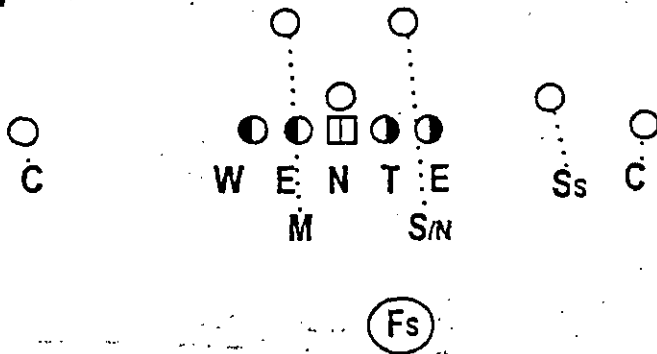
Twin



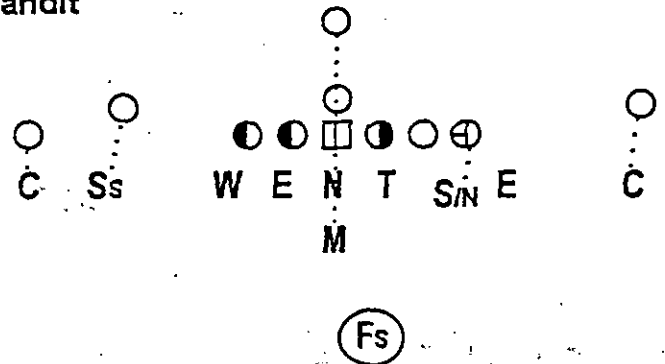
Direct Nose (Shade or G) away from TE

- Variations: Cheat  
 Movements: Ton, Not, Ex, Net, Tex  
 Blitzes: Blitz Check, Mack (weak-strong)

3W

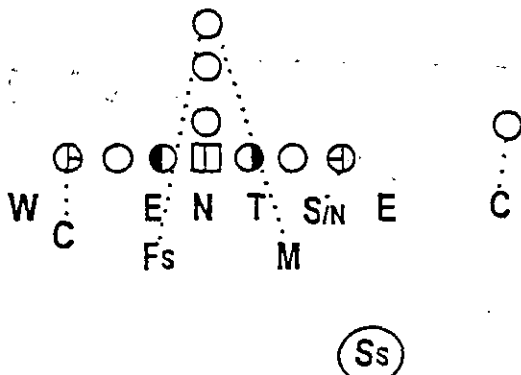


Bandit

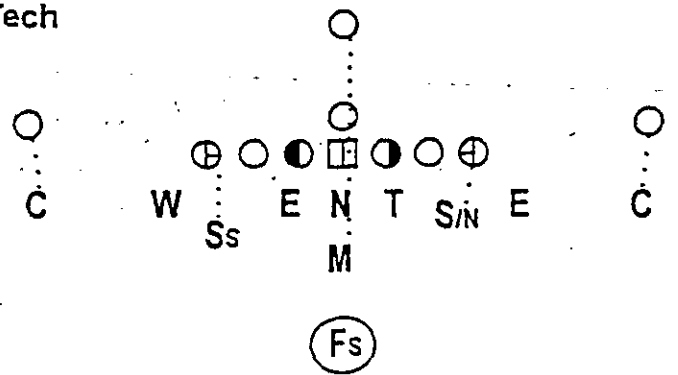


Fs drops down into LB

Prot



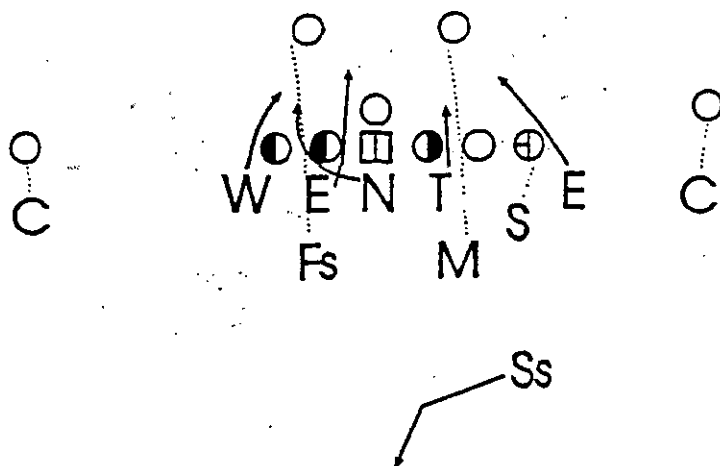
Tech



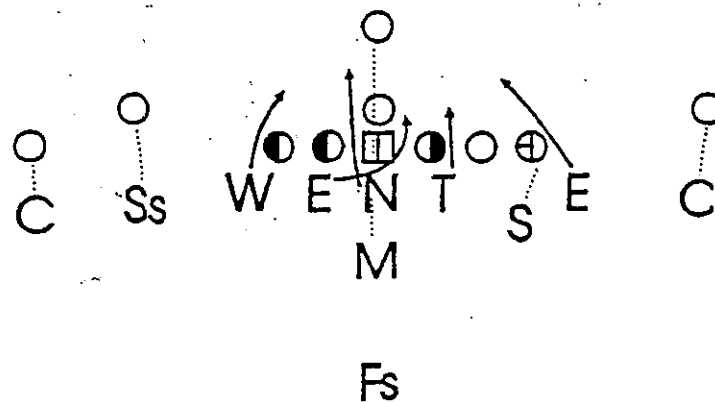
SC - set into face alignment to the call

Ss open to call Ss/Nickle away from the call

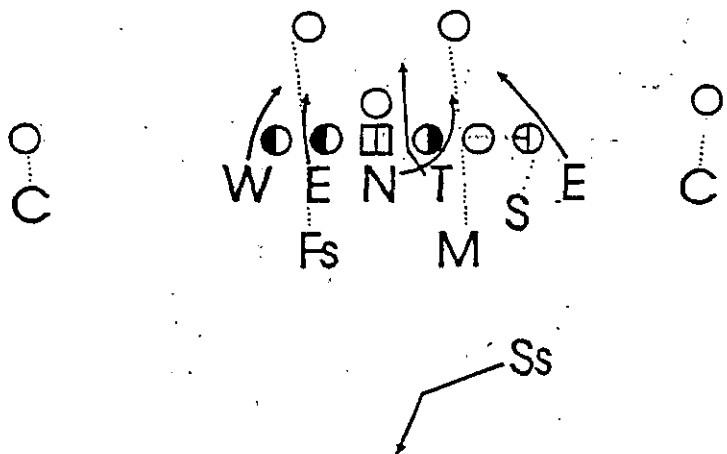
# Cat Series



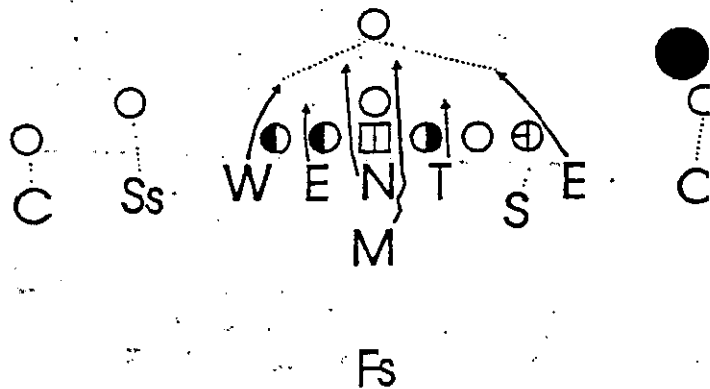
Cat Ex Silver



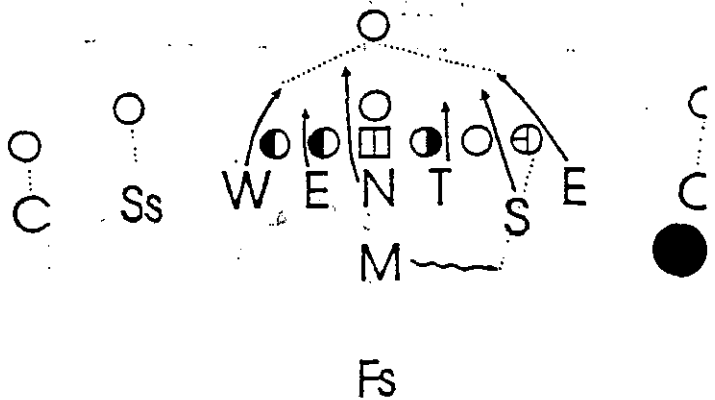
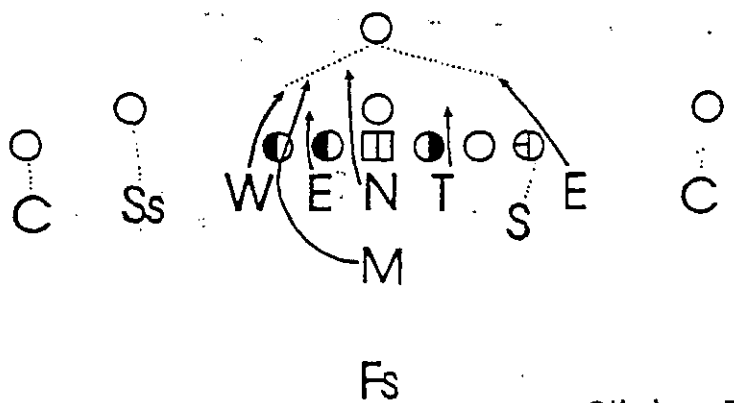
Cat Knee Silver



Cat Ton (Not) Silver



Cat Blitz (Check) Silver



For Slide Protection

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# Outside Movements (DE)

---

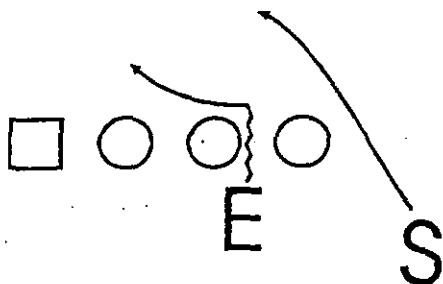
## RIP (Callside)



An inside move by the callside End. Using a cheat alignment, take a 45 degree step attacking to inside gap, then dip and rip.

---

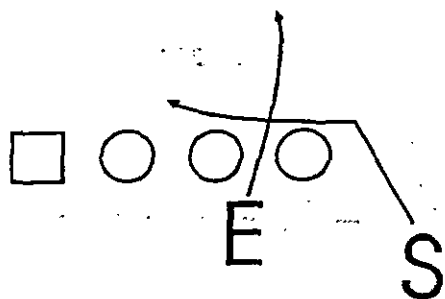
## SMACK (SAM backer blitzes)



End plays run first. If pass shows, come inside.

---

## SLAM (SAM backer blitzes)

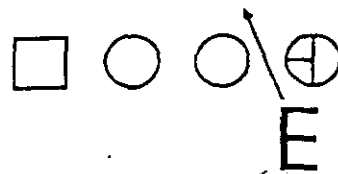
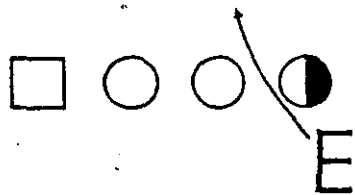


Key the football. On the snap, quick rush the C gap. Sam comes behind (under End on blitz)

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## KNIFE

Penetration stunt into C gap. Cut blow stay C gap.



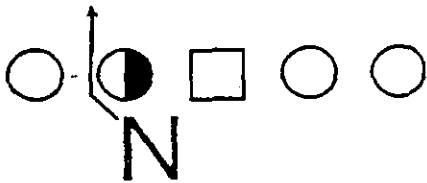
# Inside Movements (Nose & Tackle)

## Blood



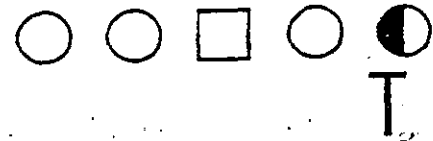
Nose and Tackle slant to call

## G Nose



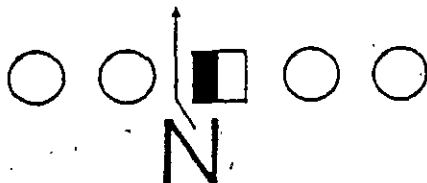
Run from a G alignment  
Nose stunts B gap to call

## Cheat



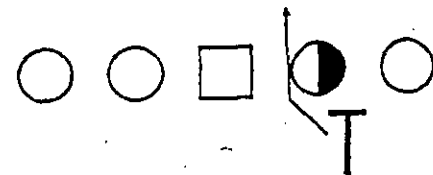
3 Tech widens to a 4i Tech

## Cut



Run from a shade alignment  
Nose stunts A gap to the callside

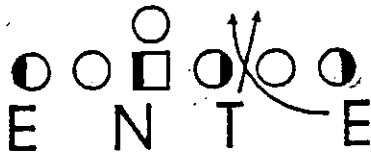
## Tam



3 tech Tackle stunts A gap

# Line Stunts/Twists

## Away From Call



**TEX**

Tackle First, End around behind

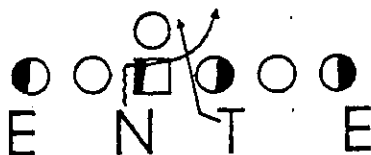


**EWE**

(You with the tackle talking)  
End First, Tackle around behind



**IN**



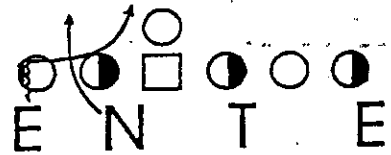
**TON**

## Callside



**EX**

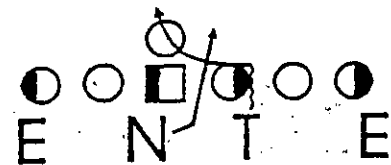
End First, Nose around behind



**KNEE**

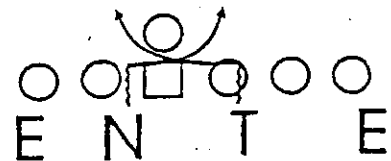
Nose First, End around behind

## Middle



**NOT**

Nose First, Tackle around behind

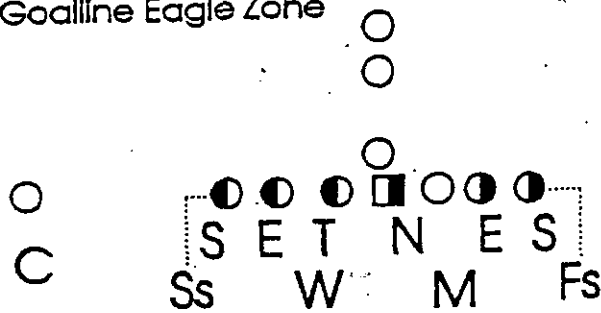


**NUT**

# Goalline Series

Substitute additional Sam for corner

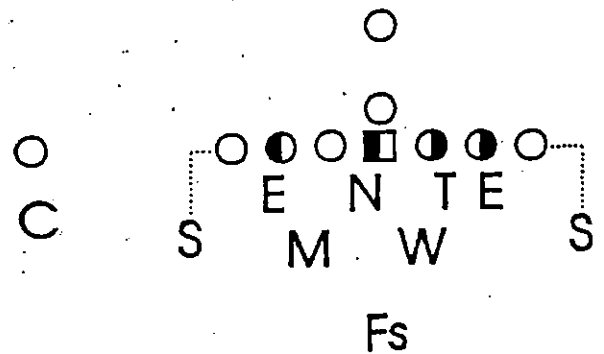
## Goalline Eagle Zone



SS & FS in read alignment, half the distance to GL  
SAMS in 9 Tech, protect flat vs. pass

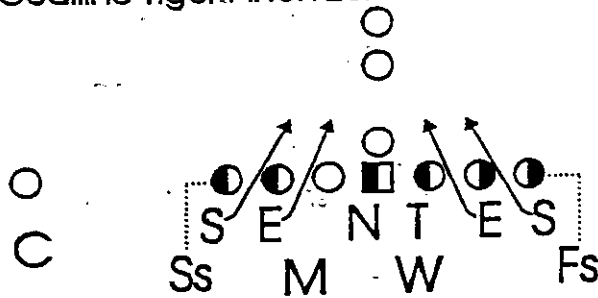
G puts Nose over guard  
Movements - Rip, In

## Goalline Eagle Zone



vs. Tech - SAMs loosens & play brown

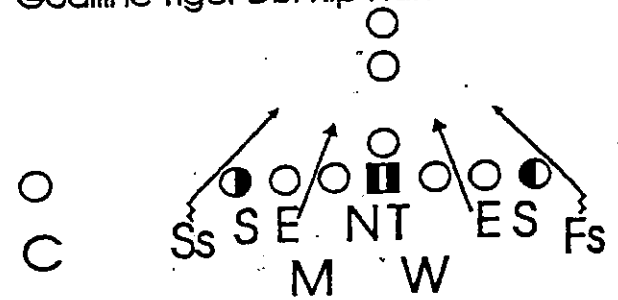
## Goalline Tiger Pinch Zone



Tiger puts Tackle inside guard (2 Tech)  
SS & FS in read alignment, half the distance to GL  
SAMS in 9 Tech, protect flat vs. pass

G puts Nose over guard  
IN call - Tackle & end away from call knife inside  
Movements - Double Rip, Tam, In

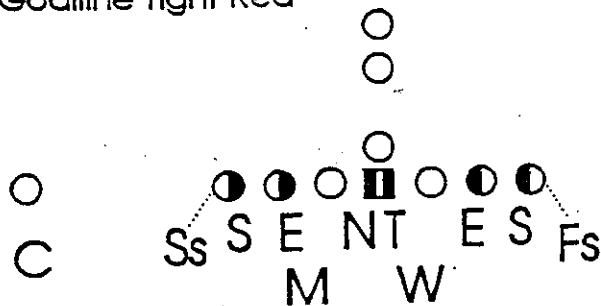
## Goalline Tiger Dbl Rip Hammer Red



Shift to this (shift call)

Front line penetrates LOS  
SS & FS hammer stunt  
SAMS inside 7 Tech, cover TE  
M & W cover backs

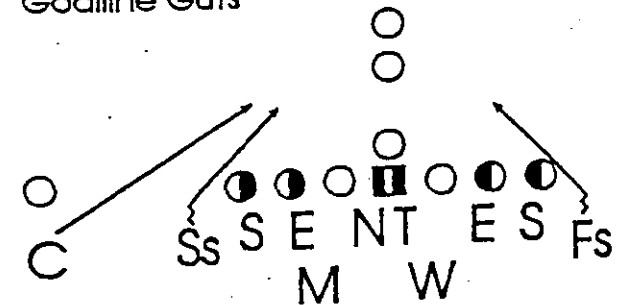
## Goalline Tight Red



Shift to this (shift call)

N&T align on center, penetrate for sneak  
Ends align inside (4 tech), penetrate  
SS & FS tighten alignment, still read TE  
SAMS in 7 Tech, penetrate - look for backs to flat

## Goalline Guts



SAMS penetrate - do not cover TEs  
Corner aligns on WR then come - do not cover W

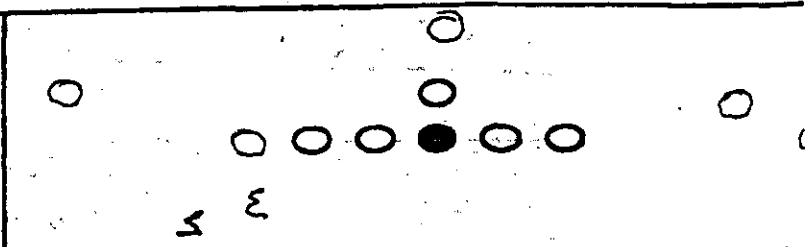
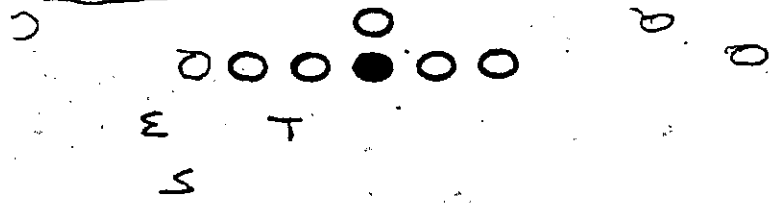


SAM NOTES

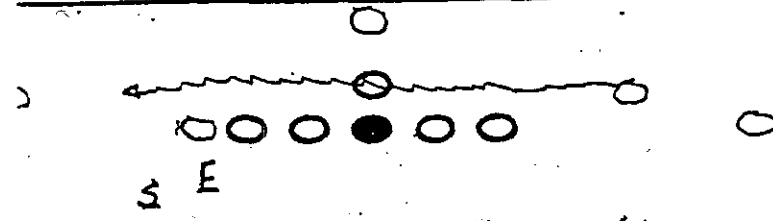
# S. CAROLINA GATORS FOOTBALL



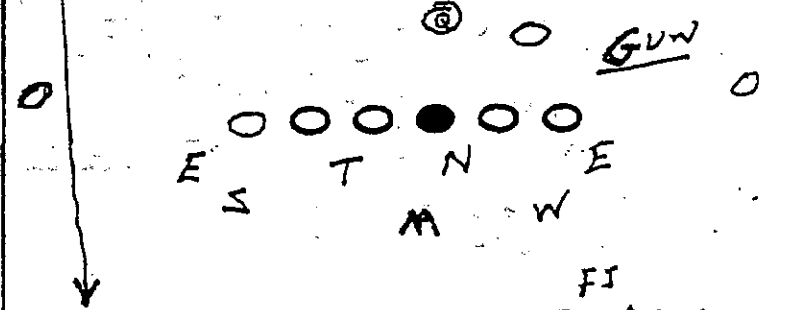
DOWN



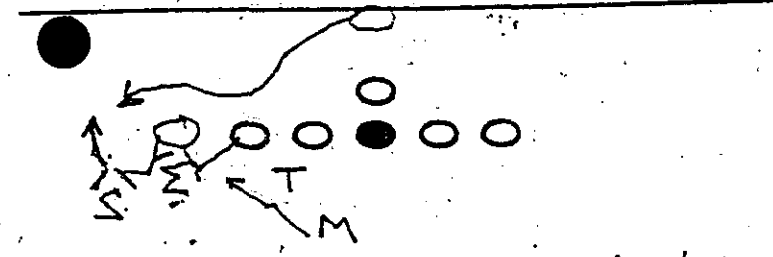
SLIDE STAY = NO V7



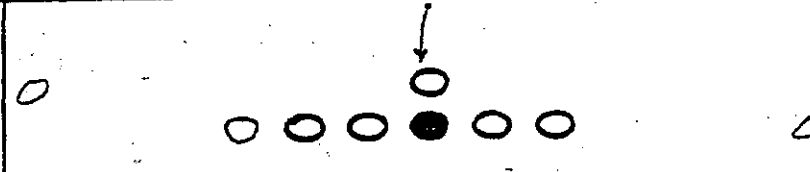
V7 VS QB UNDER / BACK



IF SHOT GUN - DON'T V7 IN SLIDE

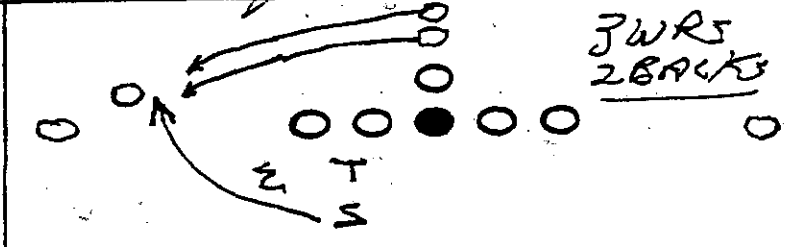
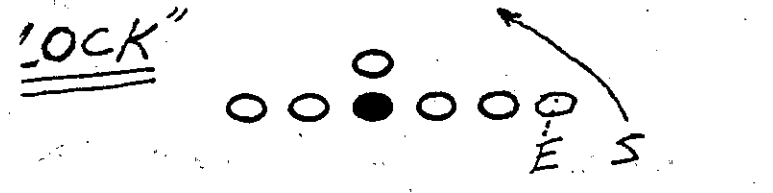


ZONE VS V7  
Punch thru + STAY  
OUTSIDE TE



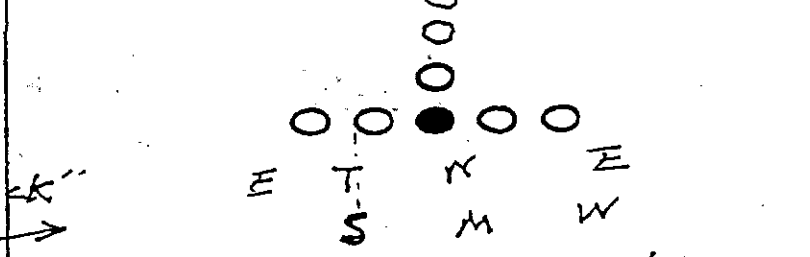
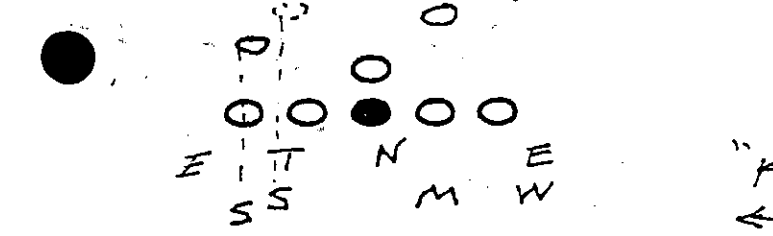
V7 LATE (UNLESS "STAY" ALL)  
IF THEY SHIFT QB FROM GUN

LOCK



KICK WK  
SWEEP ROAD or OPTION - outside

SAM BLITZ off edge on LOCK



# Down Distance Tips

## 1st + TEN

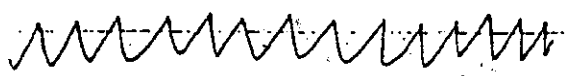
70-90% Run  
all sets

Bandits = 70% Run (Stretch & Zone)

Boots & P.A.

Pro/Twins = 73% Run (Zone Belly lead)


Tech's = 90% Run (Stretch & Zone)



2nd Medium  
(6 LESS)

3wides = 50/50 \* I = Run

Boots/Play Action

100% Run 

2nd LONG (7+)

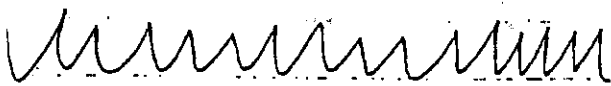
50/50%

Bandits = 50/50 (Stretch & Zone)  
(Boots - P.A. - Screens)

Pro/Twins = 50/50 (Toss LB, Zone, Lead, Hodge-Podge)

Tech Twins = 60% Run (Zone - Boot)

3wides = 50/50 (Lead, Lead Draw, Zone, everything Pass)



3rd short

70-100% Pass

4wides = 67% Pass (Zone: QB Draw) DB As:

Bandits = 70% Pass (Quick & DB)

3wides } 100% Pass  
4wides }

Run → UNBALANCED = 100% Run (3 Times)

## 3rd & Med


3wides = 100% Pass

Bandits = 67% Run (Stretch/Draw/DB)

4wides = DB Pass

Twins = Sprint

## 3rd & LONG

3wides = 100% Pass DB 12 

Bandits = 93% Pass QDRAW 1

4wides = 100% Pass

DB PA PC

JAM NOTES

<sup>this week</sup>  
6 Pack - (NO BLUE)

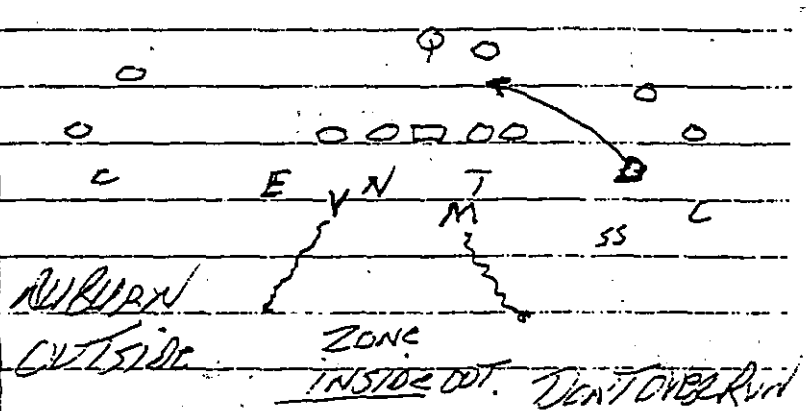
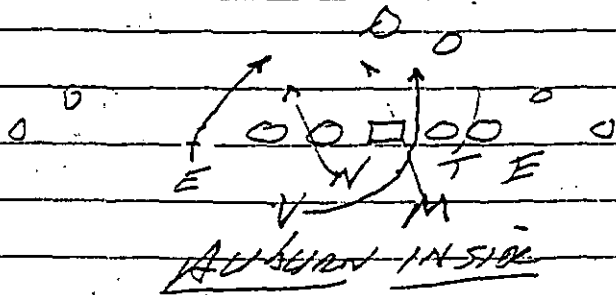
AUBURN - OUTSIDE - INSIDE

MAKE CALL AWAY FROM BACK

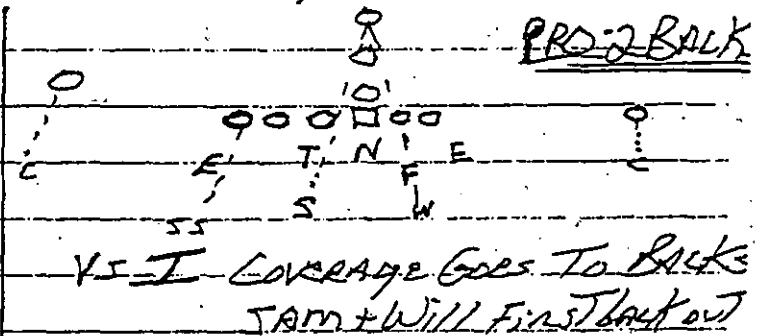
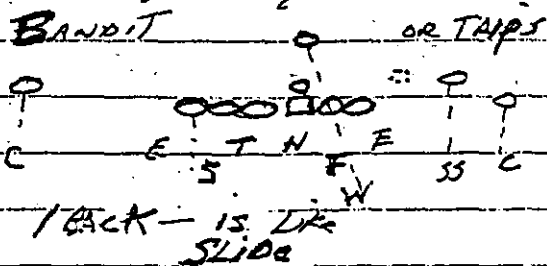
WAR  
★ ↓

All 6 BACK

VON - TO CALL - AUBURN & TIME / 6 PM  
ON WASH CALL FRONT TO DOWN



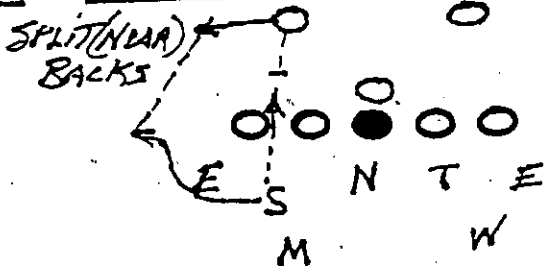
"FLEX" REMINDER: JAM PLAYS AWAY FROM FLEX MAN + TO TE VS 1 BACK (Silver) YOU WILL HAVE COVERAGE ON TE



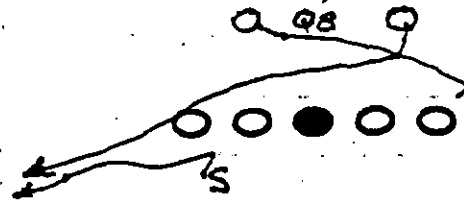
FLEX 1 BACK

# GATORS FOOTBALL

EAGLE FLEX VS 3 WR5. 2 BACKS

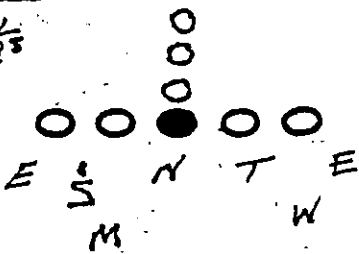


BLUFF NEAR BACK IF HE VIS →  
BROWN SAM M/M ON SPLIT BACKS  
 OUT TO YOUR SIDE

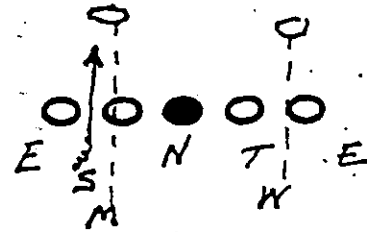


E FLEX BROWN - VS SHOT GUN  
 BE ALERT FOR CROSS ACTION

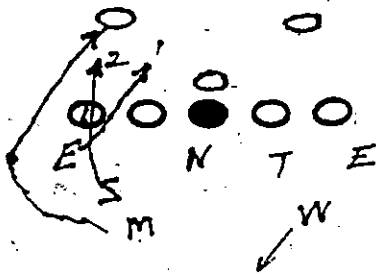
VS. I BACKS



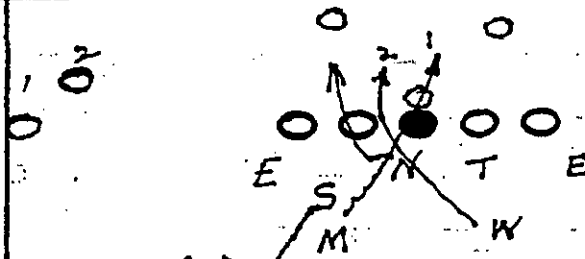
E-FLEX  
 SAM PLAY HEAVY VS RUN (R GAP)  
 VS PASS RUN THROUGH OR FLOAT



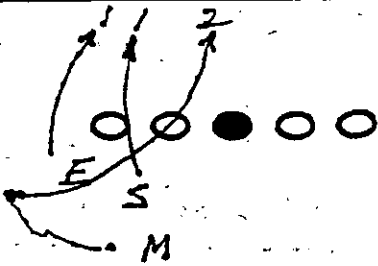
(E) FLEX - PLUG SILVER SAM  
 BUTZ



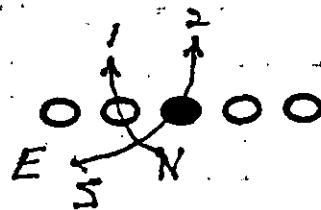
(E) FLEX Rip Dogs 3



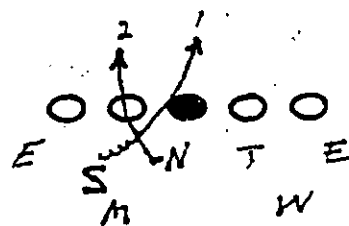
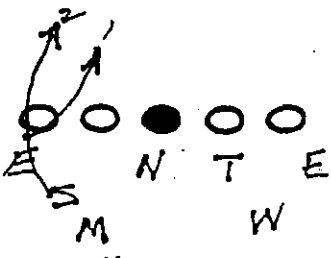
(E) FLEX CROSSFIRE 3 SAM 2D  
 READ #2 - LOOK TO CURLE. GET CROSS



FLEX SLAM DOGS 3  
 (SAM PLUG)



Nose + SAM  
(E) FLEX "NASTY" NOSE OUTSIDE  
 SAM INSIDE

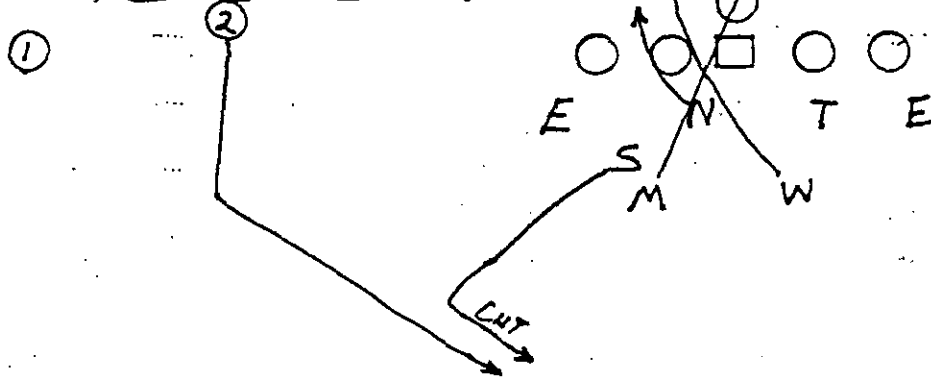


... DIT "A"

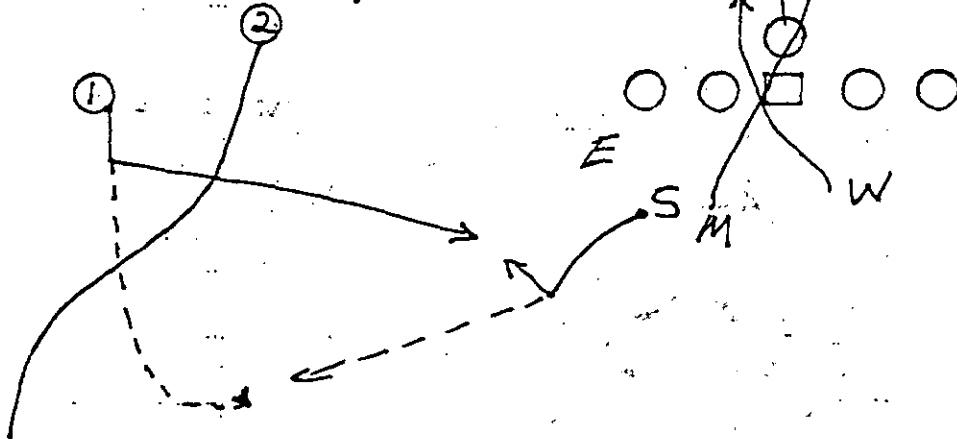
E Flex, "Crossfire 3"

SAM

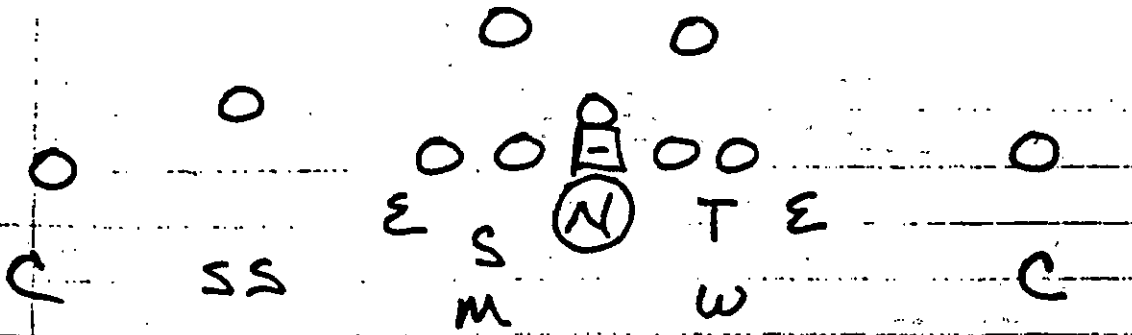
Hook Curl  
Read #2 to 1



# Outside side  
Check #1

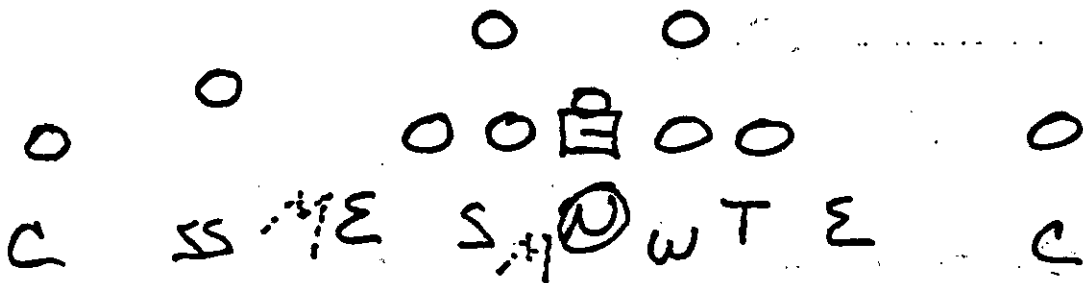


E-FLEX



FS

E-FLEX (Bluff)



FS

Covers 5 - (Brown/Black; 3, 5 safety)

Zone Blitz =

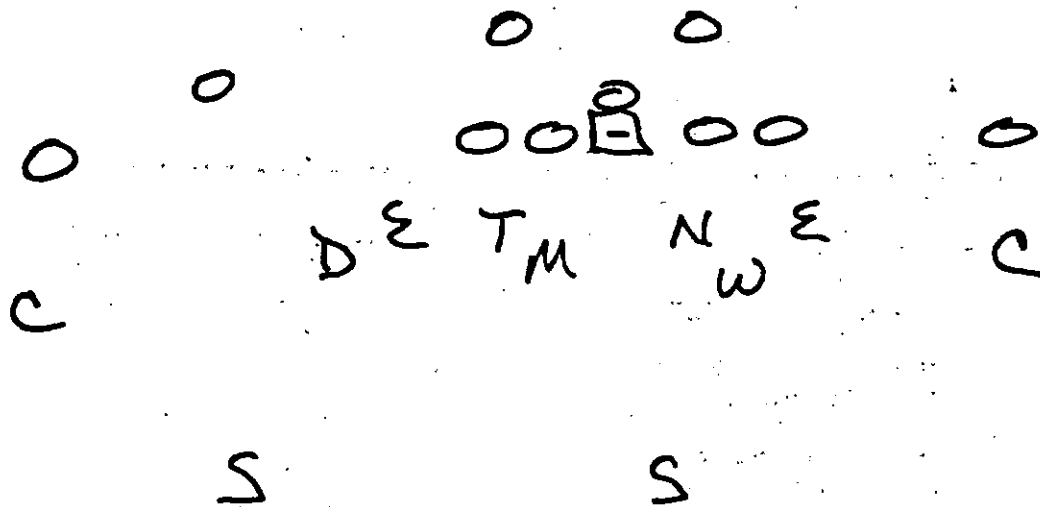
- Rip Dogs - 3
- Slam Dogs - 3
- Crossfire - 3

Man Blitz =

- Plug (TON, TEX) - SILVER
- Smack (RP, EX)
- SNEAK, SHAKE
- MIKE, MAN
- Will

↓

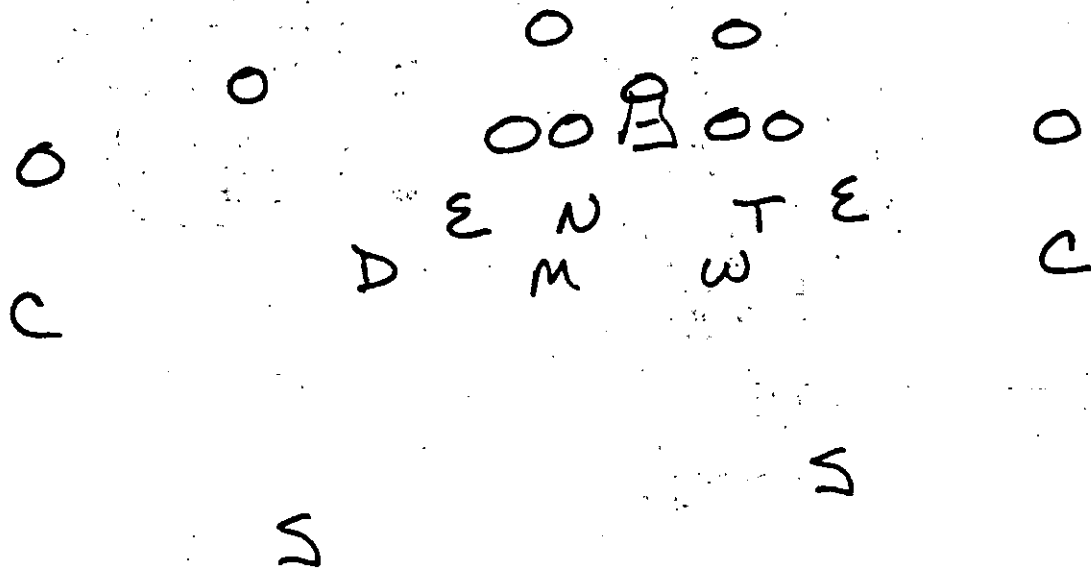
I E



Covers 5, Blue, 3 Robber, Black

Zone Blitz = RAZOR 5 Robber  
Whip-Crash - 3

DIME FIELD



Covers - SAME      Zone Blitzes = Rip Field Dogs - 3  
Stam Dogs - 3

# 1997 GAMECOCK FOOTBALL

# SOUTH CAROLINA

THE FLORIDA GAME

## SOUTH CAROLINA DEPTH CHART

### "Gamecocks"

#### OFFENSE

SE 21 Zola Davis (6-1, 183, R Jr)  
84 Jermale Kelly (6-4, 175, R Fr.)  
LT 79 Jamar Nesbit (6-4, 315, Jr.)  
74 Jason Cox (6-5, 315, Fr.)  
LG 78 Travis Whitfield (6-4, 293, R Sr.)  
57 Jesse Washington (6-5, 309, R Sr.)  
C 53 Paul Beckwith (6-3, 280, Sr.)  
50 Scott Browne (6-2, 255, R Fr.)  
RG 63 Ed Hrutiec (6-1, 300, R Sr.)  
69 Todd Davis (6-5, 280, Fr.)  
RT 67 Jesse Washington (6-5, 309, R Sr.)  
72 Melvin Paige (6-5, 305, Fr.)  
TE 86 Trevon Matthews (6-2, 240, R So.)  
97 Trey Pennington (6-5, 234, So.)  
FL 9 Kerry Hood (5-0, 195, R So.)  
82 Calvin Owens (5-11, 170, R Sr.)  
QB 17 Vic Penn (6-0, 165, R Fr.)  
14 Phil Petty (6-4, 185, Fr.)  
FB 11 Jacob Bush (6-0, 230, So.)  
32 Steve Mixon (5-11, 218, R So.)  
TF 1 Boo Williams (5-11, 200, So.)  
9 Troy Hambrick (6-0, 222, So.)

#### DEFENSE

DE 95 John Abraham (6-4, 234, So.)  
34 Preston Vinson (6-2, 260, T Jr.)  
DT 90 Henry Taylor (6-2, 290, Sr.)  
98 Rachad Wilson (6-3, 200, T Jr.)  
DT 96 Cecil Caldwell (6-1, 255, So.)  
93 Michael Maddox (6-4, 280, R Sr.)  
DE 55 Selvesta Miller (6-2, 255, R Sr.)  
94 Matt Marsters (6-4, 222, So.)  
OLB 58 Corey Atkins (6-1, 225, R So.)  
57 Errol Rochester (6-0, 250, R So.)  
MLB 52 Shane Burnham (5-10, 222, Sr.)  
44 Mark Love (6-0, 250, T Sr.)  
OLB 48 Jody Caldwell (6-1, 225, R Jr.)  
92 Ryan Koop (6-0, 211, Jr.)  
CB 27 Lee Wiggins (5-11, 200, R Sr.)  
25 Homer Torrance (6-1, 203, T Jr.)  
SS 6 Ben Washington (6-0, 200, Sr.)  
33 Maurice Henderson (5-10, 205, R Jr.)  
FS 12 Arturo Freeman (5-1, 190, Jr.)  
3 Ray Green (6-3, 190, R So.)  
CB 5 Kevin Brooks (5-9, 160, T Jr.)  
13 Keris Sullivan (5-8, 160, R Jr.)

#### SPECIALISTS

PK 15 Steve Florio (5-9, 198, Jr.)  
7 Courtney Leavitt (5-11, 220, So.)  
P 7 Courtney Leavitt (5-11, 220, So.)  
15 Steve Florio (5-9, 198, Jr.)  
DS 60 Scott Beebe (6-2, 207, Sr.)  
61 Joe Strickland (6-1, 260, Jr.)  
H 17 Vic Penn (6-0, 165, R Fr.)  
KOR 4 Boo Williams (5-11, 200, So.)  
9 Kerry Hood (6-0, 195, R So.)  
PR 5 Kevin Brooks (5-9, 160, T Jr.)  
24 Jan-Eric Sullivan (5-9, 166, R So.)

## FLORIDA DEPTH CHART

### "Gators"

#### OFFENSE

WR 5 Jacques Green (5-9, 172, Jr.)  
8 Nafis Karim (5-11, 183, Jr.)  
WR 3 Travis McGriff (5-8, 181, Jr.)  
18 Jamie Richardson (5-11, 184, So.)  
LT 79 Mo Collins (6-5, 319, Jr.)  
70 Cooper Carlisle (6-6, 291, So.)  
LG 51 Ryan Kalich (6-3, 286, So.)  
72 Deac Story (6-4, 295, Jr.)  
C 59 Wylay Ritch (6-5, 281, Sr.)  
51 Ryan Kalich (6-3, 286, So.)  
RG 77 Cheston Blackshear (6-3, 266, So.)  
74 Zac Zedais (6-3, 291, Fr.)  
RT 69 Zach Piller (6-6, 320, Jr.)  
73 Pat Browning (6-4, 319, So.)  
TE 88 Taras Ross (6-2, 234, Sr.)  
89 Erton Kinney (6-6, 266, So.)  
QB 17 Noah Brindise (6-3, 222, Sr.)  
12 Doug Johnson (6-2, 212, So.)  
FB 40 Rod Frazier (5-11, 226, Fr.)  
2 Eugene McCaslin (6-1, 216, So.)  
TL 1 Fred Taylor (6-1, 223, Sr.)  
2 Bo Carroll (5-9, 166, Fr.)

#### DEFENSE

LE 54 Willie Rodgers (6-1, 248, Sr.)  
93 Tim Beauchamp (6-2, 271, Jr.)  
LT 90 Mike Moten (6-5, 255, Sr.)  
94 Ed Chester (6-4, 294, Jr.)  
RT 92 Reggie McGrew (6-2, 298, So.)  
91 Derrick Chambers (6-4, 275, Fr.)  
RE 55 Willie Cohens (6-3, 273, Jr.)  
98 Anthony Mitchell (6-5, 243, So.)  
WLB 58 Johnny Rutledge (6-2, 240, Jr.)  
55 Daryl Owens (5-10, 217, Fr.)  
MLB 39 Teddy Sims (6-0, 233, Fr.)  
52 Dwayne Thomas (6-3, 239, Sr.)  
SLB 42 Jevon Kearse (6-5, 243)  
29 Mike Peterson (6-2, 212, Jr.)  
LC 25 Elijah Williams (5-10, 180, Sr.)  
20 Tyrone Baker (5-9, 179, Sr.)  
RC 25 Fred Weary (5-10, 180, Sr.)  
10 Ronnie Battle (5-8, 175, Sr.)  
FS 33 Teako Brown (5-11, 194, Jr.)  
13 Mike Harris (6-1, 195, Sr.)  
SS 1 Tony George (5-11, 196, Jr.)  
26 Jon Xymidis (5-10, 183, Sr.)

#### SPECIALISTS

PK 95 Collins Cooper (5-10, 180, Jr.)  
87 Robby Stevenson (6-1, 190, Jr.)  
P 87 Robby Stevenson (6-1, 190, Jr.)  
KO 87 Robby Stevenson (6-1, 190, Jr.)  
HLD 14 Billy Young (5-9, 200, So.)  
SN 76 Michael Younklin (6-0, 240, So.)  
KR 2 Bo Carroll (5-9, 166, Fr.)  
24 Fred Weary (5-10, 180, Sr.)  
PR 5 Jacques Green (5-9, 172, Jr.)  
18 Jamie Richardson (5-11, 184, So.)