

# West Virginia 8 Man Front

# Quotes

"There are plenty of teams in every sport that have great players and never win titles. Most of the time, those players aren't willing to sacrifice for the greater good of the team. The funny thing is, in the end, their unwillingness to sacrifice only makes individual goals more difficult to achieve. One thing I believe to the fullest is that if you think and achieve as a team, the individual accolades will take care of themselves. Talent wins games, but teamwork and intelligence win championships.

Michael Jordan

## 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 day 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.

Characteristics and Traits of Peak Performers -  
Dr. Charles Garfield  
"Almost Anyone Can Acquire These Traits"

1. Attitude - Ability to set short term and long term goals and see them through. A commitment that there will be no short cuts, no turning back from achieving his goals.
2. Effort, Courage - A trait anyone can acquire with no talent necessary.
3. Loves to Compete - Loves to step into the arena - A performer, not a spectator.
4. Responsibility - Wants the success of the team or organization dependant upon him; take the last shot. Throw last pass, hope they're coming at me. Wants the important assignment.
5. Creative Risks and Ownership of New Ideas - Not afraid to try something different.
6. Transcend Previous Accomplishments - Ability to not become a complacent or overconfident after success. Ability to prepare for next opponent or next event without suffering from a let-down.
7. Willingness to Prepare - Ability to inspire yourself to practice and prepare. Knows the vast importance of preparation and repetition.
8. Adversity - Learns from his mistakes. Does not make excuses when things go wrong. Ability to bounce back, not get depressed, not lose confidence.
9. Persistence - Ability to keep on keeping on - Keep trying as hard as you can no matter the setbacks.

## 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.

# What it takes to be #1

"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.

There is no room for second place. There is only one place in my game, and that's first place. I have finished second twice in my time at Green Bay, and I don't ever want to finish second again. There is a second place bowl game, but it is a game for losers played by losers. It is and always has been an American zeal to be first in anything we do, and to win, and to win, and to win.

Every time a football player goes to play his trade he's got to play from the ground up-from the soles of his feet right up to his head. Every inch of him has to play. Some guys play with their heads. That's O.K. You've got to be smart to be number one in any business. But more importantly, you've got to play with your heart, with every fiber of your body. If you're lucky enough to find a guy with a lot of head and a lot of heart, he's never going to come off the field second.

Running a football team is no different than running any other kind of organization-an army, a political party or a business. The principles are the same. The object is to win-to beat the other guy. Maybe that sounds hard or cruel. I don't think it is.

It is a reality of life that men are competitive and the most competitive games draw the most competitive men. That's why they are there-to compete. To know the rules and objectives when they get in the game. The object is to win fairly, squarely, 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 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, the greatest fulfillment of all that 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

# Defensive Philosophy



## DEFENSIVE PHILOSOPHY

### CONDITIONING

1. Precedes everything
2. Gives players chance to play hard (HUSTLE)
3. Precedes Mental Toughness "Fatigue makes cowards of us all" V. Lombardi

### II. SIMPLICITY

1. Enables players to play Aggressive
2. Player able to concentrate (No Mental Mistakes)
  - a. How does player see things and react
3. Eliminate Big plays
  - a. Hustle and Efforts
4. Simple ways to Gamble

### III. PLAY PERCENTAGE FOOTBALL

1. Don't Beat yourself
  - a. Field Position
  - b. Prevent Big Play (NO LONG RUN, NO LONG PASS)
2. Control Sudden Changes
  - a. Prepare for Psychological lifts and let downs
  - b. Mental State
  - c. Practice Sudden Change Situations

### IV. TEACH FUNDAMENTALS

1. The System will work if we execute the Fundamentals
2. Reaction (Quick Response to Keys)
3. Keep Proper Arm Free
4. Control and Shed Blockers (Explosion)
5. Movement (Agility, Quickness and Speed)
6. Pursuit (Proper Angles)
7. Body Control (Proper Hitting Position)
8. Tackling (Gang Tackle and Proper Technique)

### V. WORK ON THE INTANGIBLES

1. Discipline
2. Togetherness
  - a. Build into System
3. Morale
  - a. The Game is played with the Heart and the Mind
4. Incentives
  - a. Goal Boards-Big Plays-Big Hits
  - b. Recognize Great Effort

### VI. SUCCESSFUL PRACTICES

1. Tempo
  - a. Everyone on the same page
  - b. Teach Fundamentals
2. Create in Practice the situation the player will face in a game and replay it until he can react by remote memory
3. Organization
  - a. Scripts
  - b. Zone and Segment Planning
  - c. Proper use of Scout Squad

## PRACTICE PHILOSOPHY

1. Organization and preparation are the foundation of a quality practice.
2. Practice will be scripted and every second of time will be used constructively.
3. Each practice will have goals and objectives spelled out to coaches and players.
4. We will tell the player what to do. Not what not to do.
5. Always end a drill with a form tackle or hitting position.
6. Make sure drills teach a skill that is used in the game.
7. Demand hustle. Demand results. The player must know we expect him to make plays. The player will execute what is demanded from him.
8. Demand communication. LB's call backfield set. Secondary communicates force and coverage calls etc...
9. Develop the mentality that emphasizes moving more quickly than our opponents. Beat the opponent to the punch.  
"Beat them to the punch."  
"Get there an inch before he does."  
Everything in practice emphasizes Quickness, Explosiveness, and Movement.  
These will wear down our opponent late in the game.
10. Allow no player on the field not fully dressed (War Zone).
11. Coach on the run with enthusiasm.

## PURSUIT

Pursuit is probably the most important part of defensive football! It will be a trademark of the Skeeter defense.

### 1. What it takes to Pursue

- A. Pursuit is, first, a mental process. (If you want to, you will.)
- B. Physical conditioning is a must so you can have great pursuit on each play. (Must get to the ball, no matter where you are.)
- C. Visualize pursuing and making plays. (Be a big play-maker!)
- D. Speed - think fast and quickly. We can all improve our speed and quickness.

### 2. How to Pursue

- A. Play your responsibility first.
- B. Get off blocks...Shed...
- C. Take the correct course to the ball. (Pursuit Angle)
- D. Great Desire (You must want to make the play.)
- E. Keep the ball carrier inside and in front of you.

### 3. What it Does

- A. Eliminates long TD's (The big play)
- B. Discourages opponents (especially the ball carrier).
- C. Helps cover mistakes.
- D. Makes us a GREAT GANG TACKLING TEAM!
- E. Helps us create turnovers...Rip the ball loose!

Heat Seeking Missile

## TACKLING

NEVER LEAD OR MAKE INITIAL CONTACT WITH YOUR HEAD GEAR!

TACKLE CHEST TO CHEST.

### GOALS

A. The goal of tackling is:

1. Secure the tackle and force a fumble.
2. Minimize yards gained after first contact.

### FUNDAMENTALS

A. The fundamentals of tackling include:

1. Approach (Come under control from full speed)
2. Fit (Fit the ball carrier)
3. Finish (Run through the ball)

B. Tackling Progression: Always tackle chest to chest.  
Never leading with your head.

1. FIT - Put yourself in position to tackle; Head up, cleats in the ground, foot in the crotch, knees bent, hips rolled, back flat, chest, to chest, arms clubbed thru. Visualize fitting the ball carrier. Work for this position as you punch the ball carrier. Pop your eyes open, head up using the power of your lower back and legs by planting a flatfoot, rolling your hips, and clubbing the arms.

The arms are used in 3 steps:

1. As contact is made, punch your arms through the ball carriers arm pits.
  2. Club your arms around the back of the ball carrier and grab cloth.
  3. Squeeze the ball loose.
2. FINISH - After impact.. the first man that moves his feet wins! Run thru him to a target 1 foot behind his back. Freeze the ball carrier, hold him, pursuit will punish him and strip the ball.

3. APPROACH - Assume a good football position with feet moving, close the distance between yourself and the ball carrier, and concentrate on his midsection. Your ability to come under control from full speed determines the security of the tackle. The approach is divided into 5 situations
- A. Straight (Ball carrier confined to limited area)
  - B. Angle (Working inside/out or outside/in to the ball carrier)
  - C. Boundary (Working inside/out to the ball using the sideline as defender)
  - D. Open Field (Defender giving ball carrier one way to go forcing him into pursuit)
  - E. Desperation (Buy time for pursuit)
  - F. Second Man In: "The Missile" (Ball carrier is hung up and tackler can force the fumble)

MAJOR COACHING POINTS

- 1. Always keep head up and eyes open.
- 2. Take one more step than you need to fit the ball carrier.
- 3. Time your punch.
- 4. Sink your hips together.
- 5. Club your arms.
- 6. Pop your eyes.
- 7. Move your feet after contact.
- 8. Punch or drop in short yardage.
- 9. Play within your base.
- 10. Avoid crossing over.

## SUDDEN CHANGE

) Sudden change is the real test of a great defensive team.  
e score is 7-7 in the fourth quarter and you have just stop-  
d our opponents on our own 28 yard line. You have just sat  
wn on the bench, you feel good and relieved. You have just  
opped them after a long drive. You can sure use the rest.  
the offensive team drives the ball out from the 28 yard line  
d gets you good field position, a fumble on the first play  
d your opponent has the ball on your 24 yard line. Hurry -  
t back in the game quickly! This is a sudden change situation.

What are the feelings of the two teams at this time.

### Your opponents

1. What a great break.
2. We have them on the ropes now.
3. Their defense will be tired.
4. Let's hit them quick.
5. Our defense did a great job getting the ball.

### Your thoughts

1. What a lousy break.
2. They have us in a big hole.
3. I am tired; I don't know whether I can hold out again.
- ) 4. Boy, I hope someone comes up with a big play.
5. Our offense sure put us in a hole. How could they do it?
6. It just isn't fair.

I think you can see why it takes a great defense to overcome sudden change in situation. Your opponents will be mentally and unless you prepare yourself, you will not. You must mentally tough!!

### What you must do!

1. Always huddle up with coach before you go back into game.
2. Gain control of your thoughts and get yourself ready to play defense again.
3. Realize that you must get yourself and your team up mentally.
4. Go all out to make the big play yourself.
5. Now is the test of your defense. Accept the challenge.
6. When you stop them now you will have even a greater psychological advantage.

) THE SUDDEN CHANGE IS OURS !!!

## TWO MINUTE DEFENSE

- A. A most important part of any football game is the two minutes remaining at the end of either half. Many games are won or lost during this period of the game. We must handle ourselves with complete confidence knowing exactly what to do. It is a significant characteristic of a championship team. Each defensive man should know whether we want to save or use time. AVOID PANIC - MAINTAIN YOUR POISE!!
- B. How to save time.
1. Be careful not to foul.
  2. Knock the ball carrier out of bounds if possible.
  3. Use our time outs only when necessary. When time outs must be called, do so immediately after the ball is blown dead.
  4. Call time out only if clock is running.
  5. Unpile quickly and get your defense ready to go.
  6. Second man in on the tackle go for the ball - try to cause a fumble.
  7. Return all punts to the short side of the field or fair catch them. If a field goal will win the ball game and the ball is in field goal range with only a few seconds to go, call for a fair catch and give us an opportunity for a field goal.
- C. How to expand time.
1. Do not take any time outs.
  2. Keep the ball in bounds - ball carriers, receivers, punt returns, interceptions, etc.
  3. Be slow to unpile, but do not get penalized for delay of game.
  4. If opponents line up in punt formation in the last two minutes and we are ahead, play pass defense. Backers be alert for fake punt - check FB for run, screen, or pass. Defensive line will play regular defense. Deep backs will play pass defense, corners cover ends and safeties cover up backs. No punt return; if ball is punted, we will "Peter" the ball.

D. Know the rules concerning the clock.

1. BEFORE THE LAST TWO MINUTES OF EITHER HALF:

- a. Each team is permitted 3 time outs each half but can secure more before the last 2 minutes of either half with a 5 yard penalty, or for an injured player without penalty.
- b. Time is in with the Referee's ready signal on all time outs after the third for either team.
- c. Time is in with the referee's ready signal on all Referee's time outs. Examples: Measurements, passer downed behind the line, any delay not caused by either team, illegal touching kicked ball, change of team possession, etc.

2. METHODS OF STOPPING THE CLOCK WITHOUT A TEAM TIME OUT:

- a. Time is in with the Snap (or Kick).
  - 1) Incomplete pass.
  - 2) An out-of-bounds.
  - 3) A score or touchback.
- b. Time is in with the Referee's ready signal.
  - 1) Lateral pass out-of-bounds.
  - 2) When requested for an injured player.
  - 3) Delay of game or undue delay in pile-up on runner or ball.
  - 4) Measurement.
  - 5) The clock will stop after a 1st down (until chains are set).
  - 6) The clock will start after the ball is marked for play on a foul.

E. How the clock starts.

1. Clock starts on Snap.

- a. out-of-bounds play - carried or punted.
- b. Incomplete pass.
- c. Time out.



- d. Change of possession.
  - e. Touchback.
  - f. Fair catch.
  - g. End of period.
2. Clock starts on Referee's whistle.
- a. Equipment repair.
  - b. Following an injury - if no time outs left.
  - c. Measurement for a first down or following a first down.
  - d. Foul.

#### TIME-OUT PROCEDURES

- 1. No player shall call time-out without checking sideline or being officially designated.
- 2. If a coach calls a time out, call it immediately.
- 3. If a coach indicates a time out after the next play, but the clock stops due to:
  - a. Incomplete pass
  - b. Runner out of bounds
  - c. Or any other reason

NO NOT CALL IT. Check coach immediately.

- 4. Signal from bench to call time out immediately after next play is "Start Clock" wave and the time out signal.
- 5. Be alert to call time out any time we have more than 11 men on the field.

#### FOURTH QUARTER DEFENSE

This Quarter is the most important quarter in the game. This is when conditioning and habits will mean the difference in winning and losing. Eighty percent (80%) of the close ball games are won on conditioning.

- 1. We must keep the pressure on the offense every play.
- 2. Play every play like it was the last 2 minutes.
- 3. Every second we can save each play will give us more time to do something about the score.

4. Be very careful of fouls that may give the offense a 1st down on a new series.
5. Pick the tempo of the game up. Play hurry up football without panic and WE WILL WIN.

## BACKED-UP DEFENSE

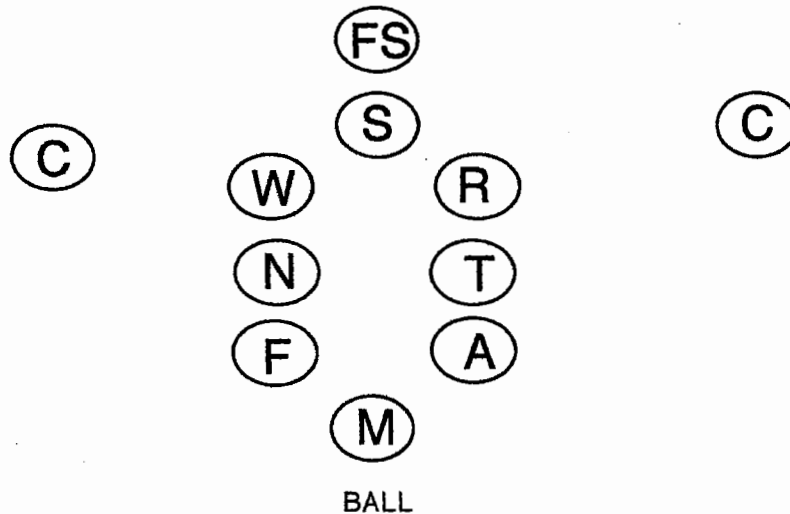
This is one of the most critical phases of Defense. It means so many things in terms of FIELD POSITION.

When we force an opponent to start with the ball inside their own yard, we have a chance to establish a great scoring opportunity for our OFFENSE.

We must limit the opponent to no more than one first down and force them to punt.

NOW IS THE TIME TO MAKE THINGS HAPPEN!!

# HUDDLE



1. Mike set the huddle approximately 3 yards from the ball.
2. Listen intently for defensive call and coverage.
3. Mike backer gives down and distance. Sam gives front call.
4. To call the defense - Give the defense twice then break the huddle on "READY ATTACK".
5. Mike give strength call.

## EXAMPLE:

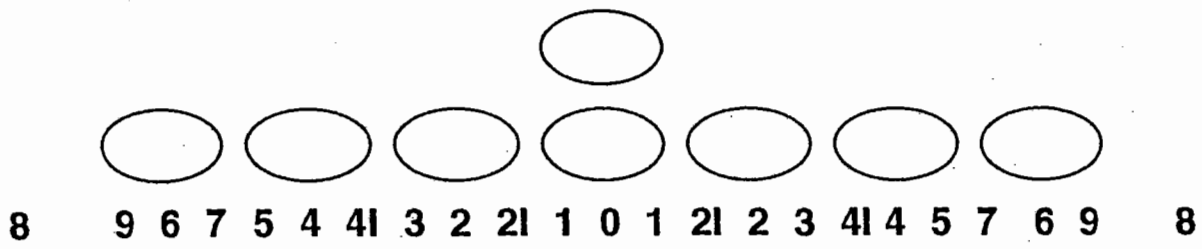
Down & Distance.....1st - 10  
Signal Caller.....23 - 23  
Entire Defense..... "Ready Attack"  
Strength call.....Left or Right

## General Procedures:

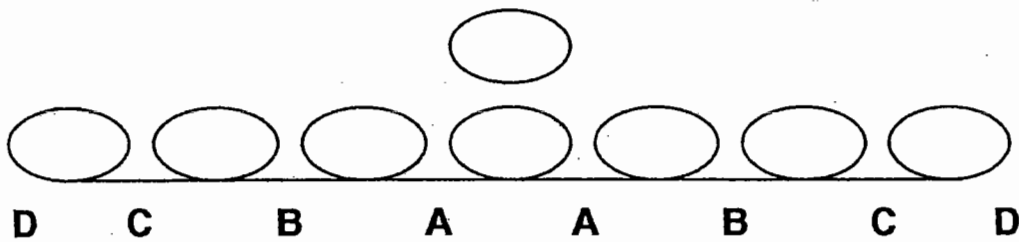
1. No unnecessary talk in the huddle.
2. If you do not hear the signal, say "Check"; Mike will repeat the signal.  
DO NOT LEAVE HUDDLE WITHOUT KNOWING DEFENSE!!!!
3. Corners be alert for anything unusual, substitutions etc... Corners alert the rest of the defense if it is a quick play. Break immediately and play 23 Cov. 1 with appropriate adjustments.
4. Certain situations will dictate calling the entire defense to the sideline during a time-out.

# Shades and Gaps

# ALIGNMENTS FOR DEFENSIVE FRONTS



# GAPS FOR RUN FILLS

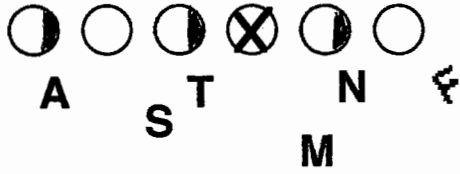


# Fronts

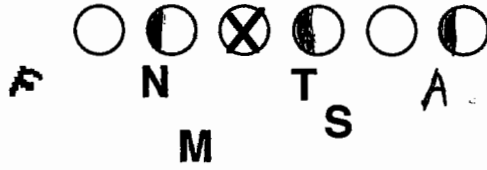
# Defensive Fronts

23

**Strong Left**

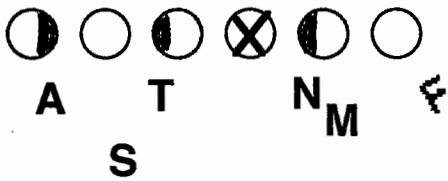


**Strong Right**

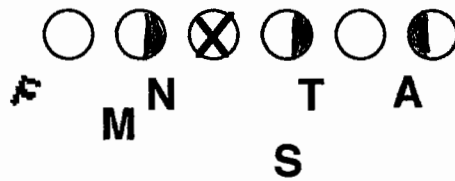


32

**Strong Left**

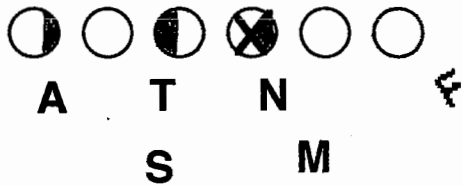


**Strong Right**

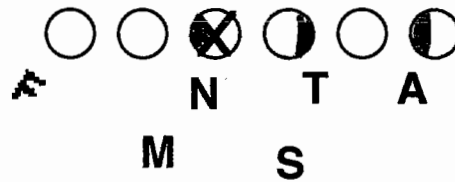


31

**Strong Left**

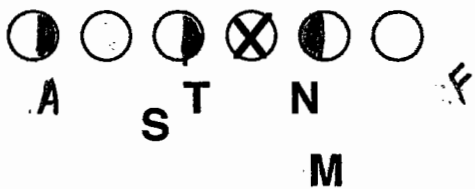


**Strong Right**

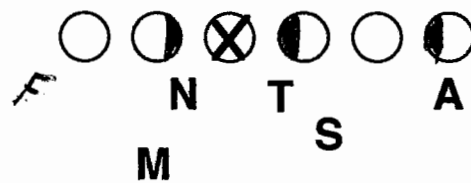


22

**Strong Left**



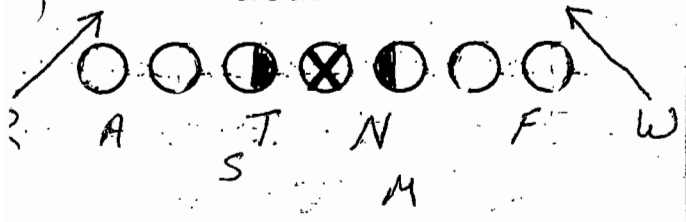
**Strong Right**



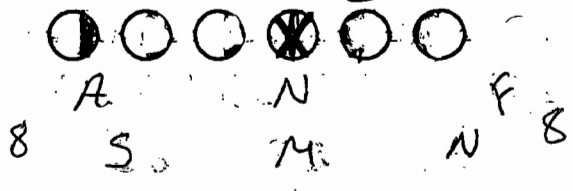


# More Fronts

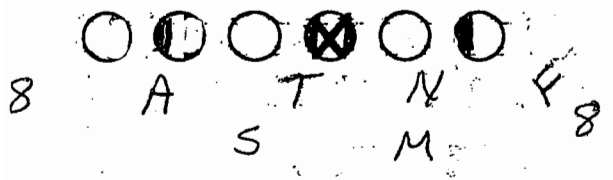
Goalline



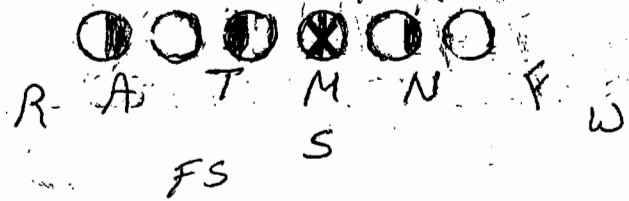
Bulldog



13



Bear



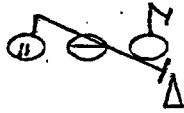
# Offensive Blocks

# Offensive Blocks and Schemes

H BLOCK- Man Block,  
king in.



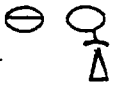
INFLUENCE TRAP- Offensive  
lineman shows pass or  
blocks out.



X Scheme Tackle first,  
guard behind.



E AND LINEBACKERS  
@ BLOCK- Man Block,  
right on.



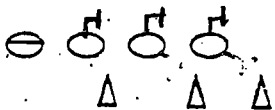
TRAP BLOCK-



Fold - Guard first,  
tackle behind.



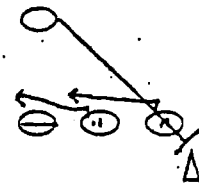
BLOCK-



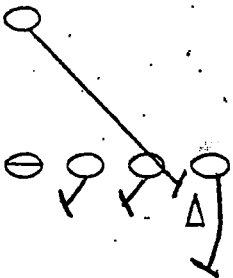
Out PULL-



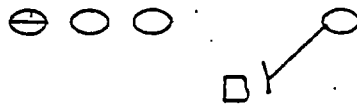
Spot BLOCK- Back fills  
for lineman.



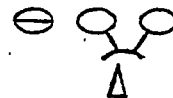
K OUT- Block out,  
inside.



CRACK-

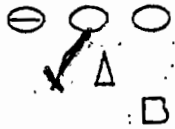


DOUBLE TEAM- 2 on 1



# Offensive Blocks and Schemes

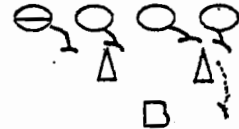
Inside Release



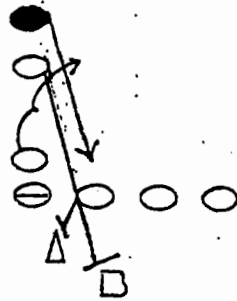
Fishhook BLOCK- Man Block, blocking out.



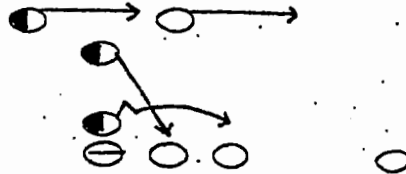
Scoop- Man Block, offensive man steps for position.



1012  
ISO- Backson LB.



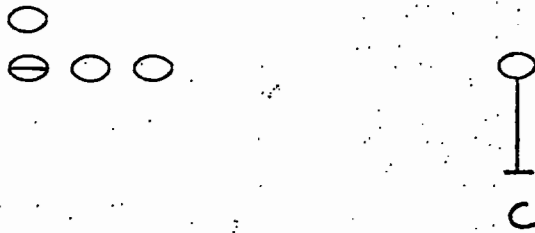
ARC- Near back blocks man responsible for pitch.



**SIVE BLOCKS CONTINUED.**

**CONDARY:**

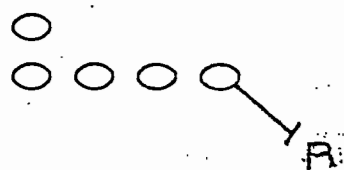
**TALK-** Blocker stays on feet and position blocks defender.



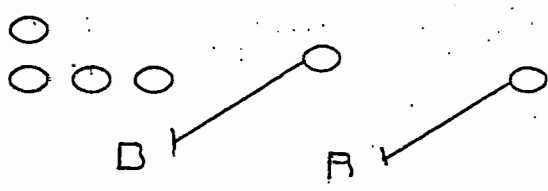
**HOP BLOCK-** Low, body block thrown at defender.



**KICK OUT-** Block out, run inside.

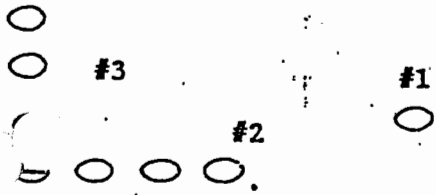


**TRACK-**



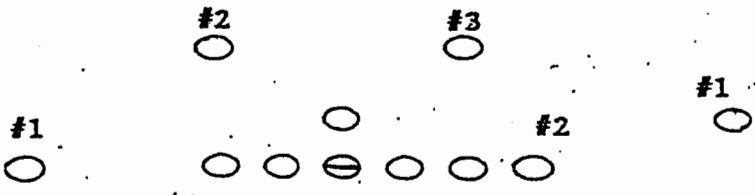
# Receiver Identificaton

RECEIVER IDENTIFICATION



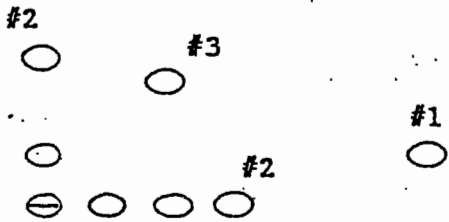
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RIP



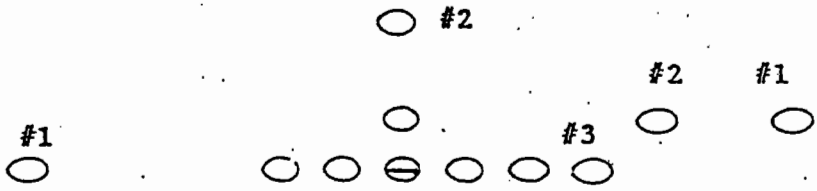
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RIP



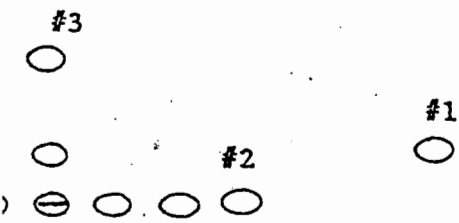
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RIP



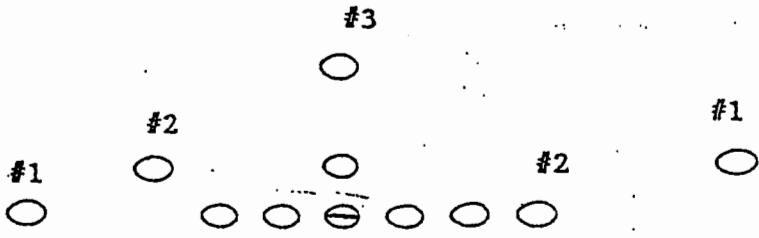
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RIP



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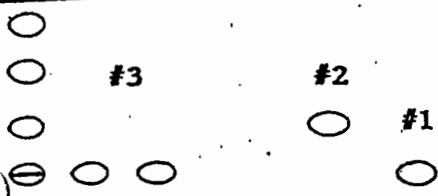
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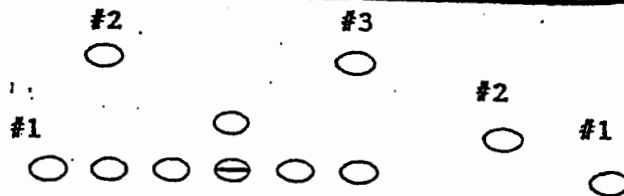
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(RECEIVER IDENTIFICATION CONT.)



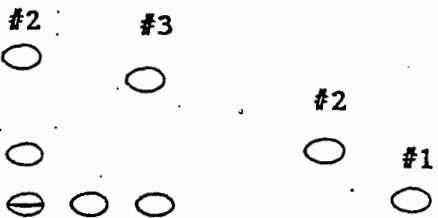
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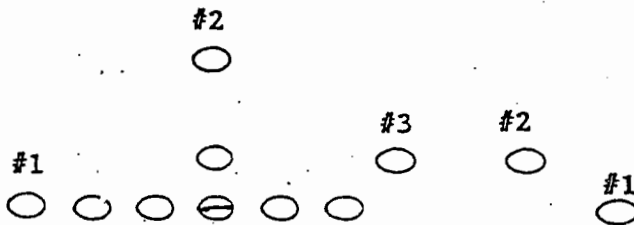
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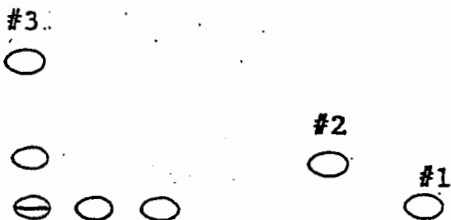
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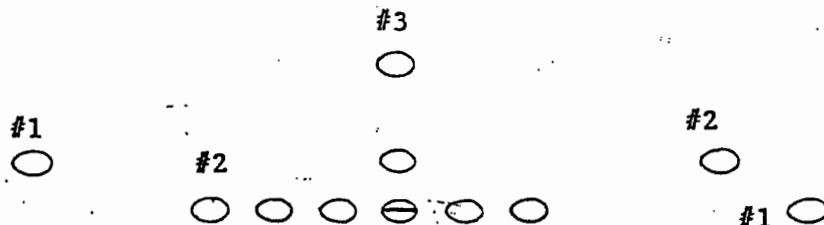
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RIP



***DEFENSIVE LINE  
TECHNIQUE***

# DEFENSIVE LINE MUST LIST

## I. Agility Drills

- A. Two Point Wave Drill
- B. Shuttle Drill
- C. Ladder Drills
  - 1. Run through - both feet in every hole
  - 2. Lateral run - left and right
  - 3. Wave - two at a time
- D. Shuffle-Sprint Angle
- E. Shuffle-Sprint Lateral

## II. Form Tackle

- A. Angle Tackling

## III. Defensive Line Techniques

- A. Step Drill (*Base - Reach - Scoop - T/S Release*)
- B. Explosion Drills
  - 1. Mats - in shorts
  - 2. Tall T-sled - in pads
- C. Fit Drill
- D. Fit and Snatch
- E. Quick Hands
- F. *Blaster*
- G. Steer Drill
- H. Steer and Release

## IV. Opponents Blocking Schemes

- A. 2 on 1
- B. 3 on 1

## V. Pass Rush

- A. Dance Steps
- B. 1 on 1
  - 1. Swat and Swim
  - 2. Swat and Rip
  - 3. Bull Rush
  - 4. Conversions

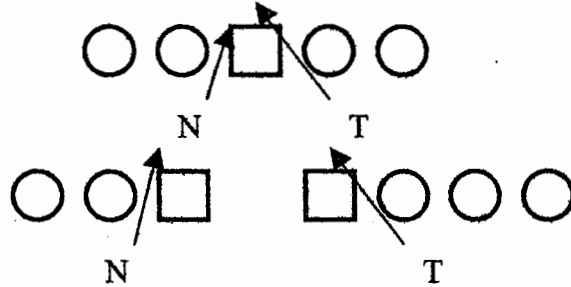
## Defensive Line Commandments

1. Stance
2. Alignment
3. Key
4. Get Off-Get Off-Get Off
5. Fit
6. Separate
7. Snatch
8. Pursuit
9. Tackle

## Line Stunts

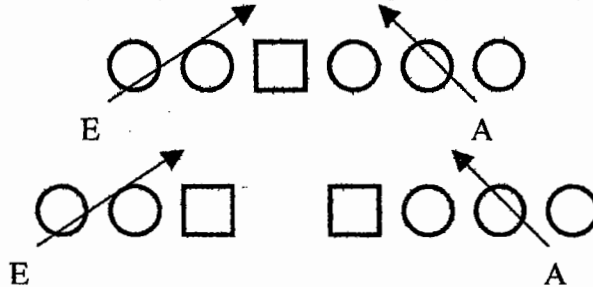
### Under

- Talks to nose and tackle
- Can be called strong, weak or both
- Run from 2i or 3 tech
- Run flat
- Tackle aim for hip of center crossing G's face
- Nose aim for QB's knee



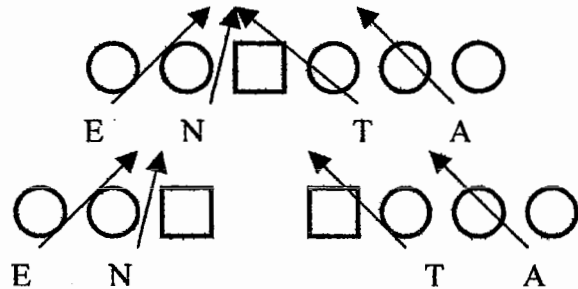
### Blitz

- Talks to Anchor and End
- Can be called strong, weak or both
- Run flat off hip of tackle



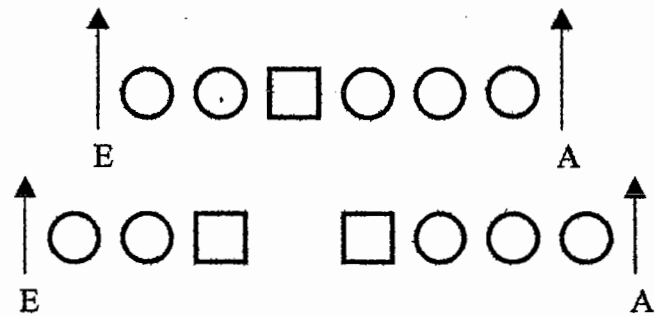
### Charlie

- Can be called strong, weak or both
- Same as "Blitz" to anchors and ends
- Same as "Under" to noses and tackles
- ILB's need to be ready to scrape wider



### Ends Go

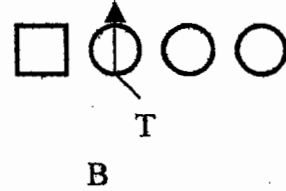
- Can be called strong, weak or both
- Talks to Anchor and End
- Anchor will move to 9 tech
- Get upfield, establish immediate contain



## LINE STUNTS (cont.)

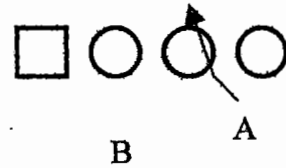
### Q

- Run against option teams
- Talks to 3 tech and the backer on his side
- This stunt will be based upon reads from keys
- Tackle will close to dive and take QB
- Backer will take dive
- We want to disguise our intentions  
(we want the QB to keep the ball and the tackle to make the play)



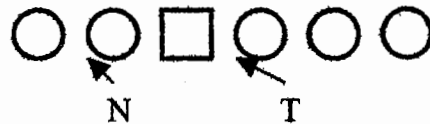
### Ears

- Run against option teams
- Talks to anchors, ends and both backers
- This stunt will be based upon reads from keys
- The anchors and ends will close to dive and take QB
- Backers will take dive
- SAME INTENTIONS/GOALS AS Q
- THIS IS A Q ON THE OUTSIDE



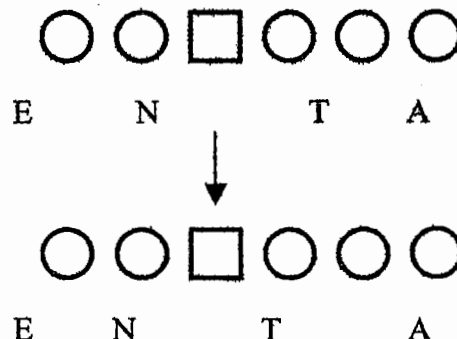
### Opposite

- Can be called from 23 or 32
- Talks to nose and tackle
- They will move from original alignment at the snap
- They will be responsible for the gaps they are moving to



### Move

- Can be called from 23 or 32
- Talks to nose and tackle
- They will change alignment before the snap and after the OL have made their calls
- If late moving, it becomes an opposite stunt



I. KEYS PERTAINING TO DEFENSIVE LINE.

1. Offensive Lineman, setting up high in stance, with very little weight on down hand, with eyes zeroed in on you, and leaning backward on heels. Indicates - "Pass Block" (Blue).
2. Offensive lineman, setting down low in stance, with a lot of weight on down hand, and leaning forward on toes. Indicates - "Run Block" (Red).
3. Offensive lineman, leaning left or right, with little weight on down hand, back on heels. Indicates - "Pulling". Offensive lineman have a combination of some leaning forward with others leaning back. Indicates "Puling". Indicates Trap, Kickout, Counter. Also, Red + Blue = "YELLOW" (yellow).
4. Offensive lineman, at snap of ball - show abnormal pass set and they set shield block you inside or outside. Indicates - Draw or Influence traps".
5. Offensive lineman, has a narrow split to close you down. Indicates - "Running Play Outside". If visual key narrow split, possibility of a double team, or scoop blocking scheme.
6. Offensive lineman, has a wide split to widen you out. Indicates - "Running play inside or away".
7. Offensive lineman, let's you in with little resistance vs. pass block, then leave his area and sets up a wall left or right. Indicates "Screen".
8. On the command "move" we will be moving to new positions in relationship to men and the L.O.S. Keep your hands on the ground and be ready to react as you are moving.

9. COMMUNICATE COLOR CALLS FOR OFF. LINE INTENTIONS

RED = RUN (HEAVY HAND, HEELS UP)

BLUE = PASS (LIGHT HAND, HEELS FLAT)

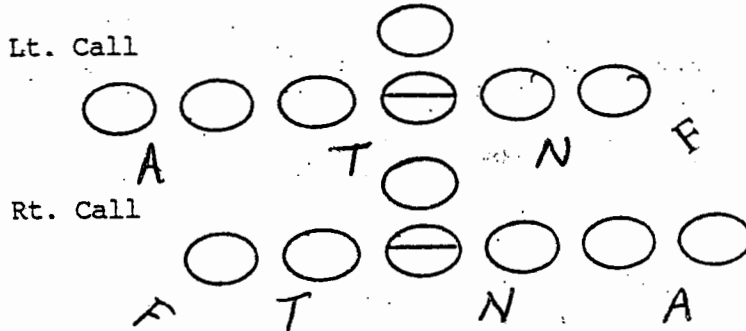
YELLOW = COMBINATION OF RED/BLUE CALL  
(TRAP, COUNTER, BOOT)

C. Defensive Lineman must master basic Fundamentals, Techniques, and combine them with a Burning Desire to Excel.

1. Fundamentals - Success begins with proper fundamentals.

A. Stance - Stud, Tackle, Nose and Ed use 3 pt stance. *HAND CLOSEST TO BALL DOWN 3 INCHES IN FRONT OF FACEMASK. TOES POINTED STRAIGHT AHEAD WITH HEEL TOE STABBOR SURE UP FOOT INTO GROUND, STICK CHEST OUT. HAVE BUT HIGHER THAN SHOULDERS.*

B. Alignment - must be exact to insure success.



C. Assignment - Both in the huddle and at the LOS.

2. Techniques - Play low - attack LOS. Play with feet in neutral zone. *PROTECT YOUR #'S.*

A. Get off - Explode step on ball movement. *w/ UPPER BODY VIOLENCE*

B. *Key* - Step to near shoulder of blocker striking through proper V-neck.

C. *Fit* - Hands fit on inside breast plates with thumbs up.

D. Separation - Work to lock out elbows preparing to escape.

E. Escape - Release from blocker with violence.

3. Desire - The Moment of Truth.

A. Pursuit - Proper angle to ball, - Pass Rush included.

B. Tackle - Execute Hokie Tackle, Punish Ball Carrier.

C. Excitement - Through team celebration.

4. Effort - Use maximum effort at all times.

Effort + Desire = Success

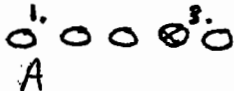
IV. Alignment and Reaction

A. 7 Technique

Key tight ends inside breast plate as you attack tight end with your outside foot. As you attack your key progressions are: Man On, Near Back, Backside O.L.

KEY PROGRESSIONS: (Blocking Schemes):

2.0



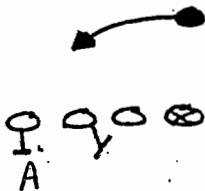
1. TE's inside breast plate at you (Near Back inside) -

- a) TE drive blocks, explode, attack, cloth, keep shoulders square, Secure "C-Gap", Locate Near Back, Separate, Escape, Bend to football.



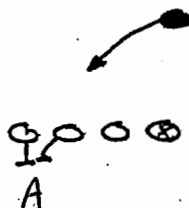
2. TE's inside breast plate at you (NB Outside)

- a) TE drive blocks, explode, attack, cloth, secure C-Gap, locate near back to ball, separate, escape, bend to football. Once C-Gap is secure you become a cut back player. Maintain backside leverage.



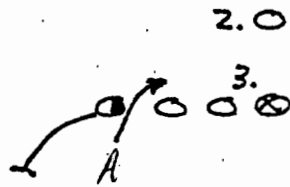
3. TE's inside breast plate at you and you feel OT (Zone Scheme).

- a) TE drives block; explode attack, cloth, keep shoulders square. Once you feel OT (Zone Scheme), work heavy to man as key (work for penetration). If you feel you are being moved, grab TE and sit on bar stool.



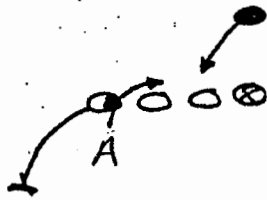


4. TE's Inside breast plate disappears (outside).

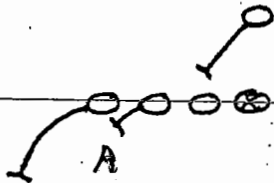


1. Man on
2. Near back
3. Backside Lineman

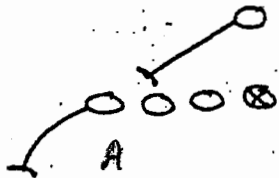
- a. TE releases outside, explode, attack, as Inside breast plate disappears bend inside on second step with your inside foot. Bend to near back.



- b. TE Releases outside, and OT fans outside. Explode, attack inside breast plate TE, bend inside on your second step to near back. As you feel OT maintain outside leverage and bend to football.



- c. TE releases outside and Near Back at you. Explode and attack inside breast plate TE, as it disappears, bend inside to near back. Near back tries to block you rip under with outside arm and gain ground upfield.



NOTE: Treat kickout by near back and OL the same.  
Rip with outside arm and gain ground upfield.

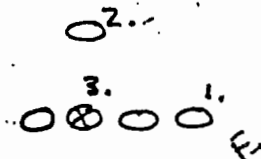
5. TE's Inside breast plate moves inside (Cut off)

Explode & attack maintaining proper leverage (inside arm & leg free). Locate near back, separate, escape. Run to football.



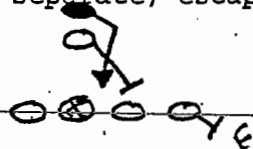
B. Wide 5 Technique

Key ball react to offensive tackle as you attack with your inside foot. Attack the hip of OT. Continue key progression of man on, near back, backside lineman.

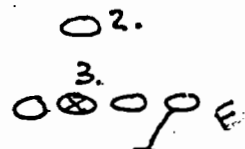


- 1. Man On
- 2. Near Back
- 3. Backside Lineman

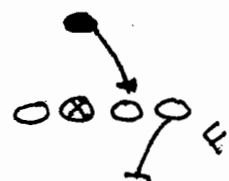
- 1. Fan Tackle blocks out on you, attack hip OT maintaining proper leverage. Keep outside arm & leg free. Bend to near back. Separate, escape, run to football.



2. OT Veer Releases.

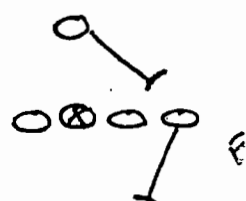


- a. Attack Hip of OT, as OT releases inside, point toe to V-neck of OT, locating near back, bend to near back. (Always think, kick out option, play away).



- b. OT releases inside and near back blocks you (kickout).

Attack hip, as OT releases inside, bend inside locating OT near back on your second step. Near back blocks you. Rip inside shoulder of near back with your outside shoulder and gain ground upfield.

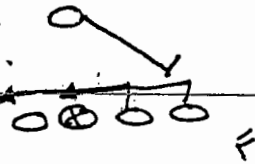


NOTE: Treat kickout by near back and OL the same.  
Rip inside shoulder OL with your outside  
shoulder and gain ground upfield.

- c. OT Releases inside and Near Back away. Attack OT  
V-Neck, as OT releases inside, bend inside to near  
back on your second step. Run to football.

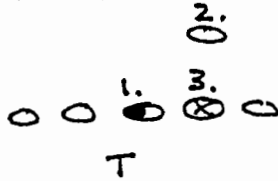


- d. OT Pulls inside. Attack OT V-Neck, as OT pulls  
inside, bend inside to near back on your second step.  
Stay in OT's hip pocket. Run to football.



C. 3 Technique

Key ball react to offensive guard as you attack with your inside foot. Your key progressions are: Man On, Near Back, Backside lineman.



BLOCKING SCHEMES

1. Drive



If tackle blocks you, explode, attack, push/pull, Rip B Gap. Secure "B Gap". Keep outside arm and leg free. Locate ball. Run to football.

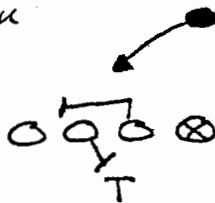
2. Reach



On movement, explode, attack, cloth, push/pull, Rip B Gap. Secure "B Gap". Keep outside arm and leg free. Escape. Run to football. *AS LONG AS HIPS ARE SQUARE AND TOES ARE DOWNFIELD YOU ARE NEVER REACHED...GET HIPS IN THE HOLE*

3. Tom

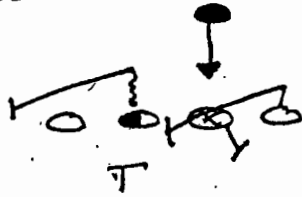
*REACTION BLOCK*



1. On movement, explode and attack. You feel your playside react to head position of offensive tackle. Guard pulls outside and tackle fires out to your hip, get penetration, come behind his hip, get to ball. Tackle blocks flat with his face in hole, close across his face to "C Gap", get to ball. Run to football.

#### 4. Influence Trap

*REACTION BLOCK*



1. On movement explode and attack. As you feel trap (Near back vertical, center away), bend to trapping area. Become the aggressor and attack the trapper with your outside shoulder (Rip). Once you Rip gain ground upfield. Run to football.

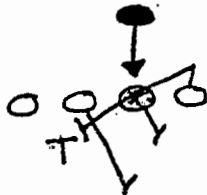
#### ● 5. Chip Block/Double Team



On movement explode and attack, secure "B Gap". Penetrate, get upfield. Feel pressure of OT and you begin to move to LBer level, Sit on bar stool. Maintain contact with OG and create penetration. Run to football.

#### 6. OG Veer Release (Veer Trap)

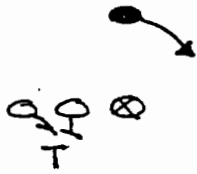
*REACTION BLOCK*



OG veer release inside bend to near back. As you bend, locate near back, anticipate trap. (Near back will be vertical). Attack trapper's inside shoulder with your outside shoulder. Once you rip under gain ground upfield. Run to football.

8. INSIDE MAN  
REACTION BLOCK

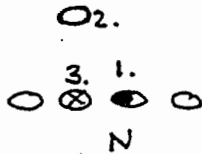
• 7. Power Slip



OG dive block with OT stepping down with near back away. Attack OG, cloth, run away from blocking threat (OT), run OG to backside A-Gap. If OG releases dip and rip outside arm and leg, bend inside to football. *TAKE INSIDE HAND GRAB GUARD'S INSIDE*

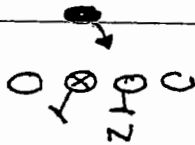
D. 2 Technique

Key ball react to offensive guard as you attack with your inside foot. Continue key progression: Man on, Near back, Backside lineman.



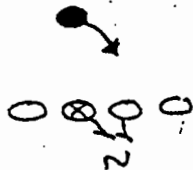
BLOCKING SCHEMES

• 1. Drive



On movement, explode, attack, push/pull, rip A Gap. Secure "A gap". Keep your inside arm and leg free. Locate ball, escape. Run to football.

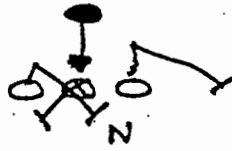
• 2. Combo



On movement explode, attack, cloth, keep shoulders square. Separate, penetrate working through man on key (stretch OL). You can not get reached by center. Separate, escape, run to football.

### 3. Influence Trap

*REACTION  
BLOCK*



On movement, explode, attack. You feel trap bend to near back area. Become the aggressor and attack trapper with outside shoulder (Rip technique). Once you Rip gain ground upfield. Separate, Escape, Run to football.

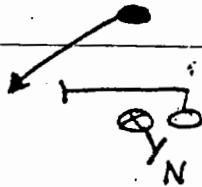
### 4. Cutoff



On movement, explode and attack, control man keeping shoulders square. Keep inside arm and leg free. Separate, locate near back, escape. Run to football.

### 5. Switch

*REACTION  
BLOCK*



On movement, explode, attack. Work direction of pulling OG reacting to center's block. Center blocks to hip, penetrate, come behind his hip, run to ball. Center blocks flat with hat into hole, close across his face, run to ball.

### 6. Backside Zone

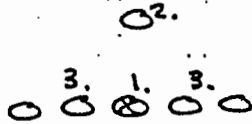


On movement, explode, attack guard, Control guard (just like dive block). Squeeze center as you feel his pressure. Work to free inside arm and leg. Separate, Escape, run to football.

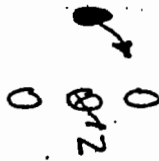
E:

Do not play soft. Play on first level. Be the aggressor. If backside one becomes double team and you feel your giving ground to 2nd level, maintain contact with OG and sit on bar stool.

E. O Technique - Align head up on center, Continue Key progression: Man On, Near Back, Backside Lineman.



1. Center Drive Blocks.



Attack center (strike, step), penetrate, cloth, separate, locate near back, escape, run to football.

2. Center Reach Blocks.



LET HIPS BACK AND THROW INTO LEAVE.

Attack center (strike, step), penetrate, cloth, separate, locate near back, escape. Run to football.

3. OG Pulls Inside



Attack center (strike, step) penetrate, cloth, locate near back. Trust Guard Key (your third key) Separate, escape. Run to football.

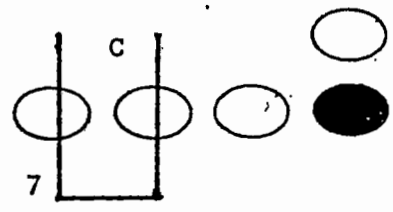


III

PRIORITIES

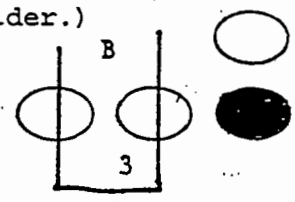
A. 7 Tech Alignment on End

1. Protect "C Gap" - Nose of tight end to nose of tackle.
2. *ALIGN WITH YOUR INSIDE HAND DOWN, INSIDE ARM AND LEG FREE*
3. Proper Pass: Rush Lane. (C Gap to QB's upfield shoulder.)



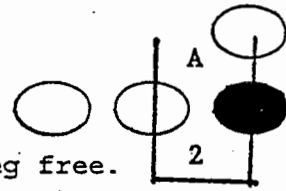
B. 3 Tech Alignment on Guard

1. Protect "B Gap" - Nose of guard to nose of tackle.
2. Keep Gap foot up on alignment, outside arm and leg free.
3. Proper Pass Rush Lane (Inside Foot to Nose of Center).



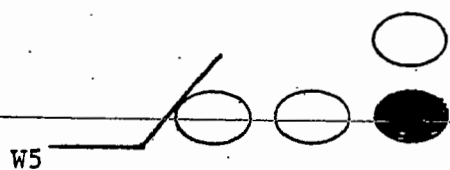
C. 2 Tech Alignment on Guard

1. Protect "A Gap" - Nose of guard to nose of center.
2. Align with your inside hand down, inside arm and leg free.
3. Proper Pass Rush Lane (A Gap).



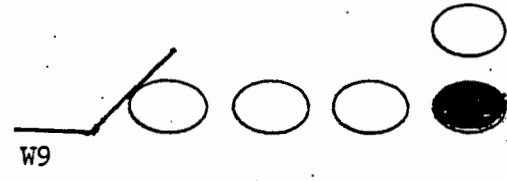
D. Wide 5 Tech alignment outside tackle.

1. Align 2 feet outside tackle.
2. Align inside foot to hip of OT, gap foot up (outside foot) inside hand down.
3. Proper Pass Rush Lane. (Inside foot to upfield shoulder QB).



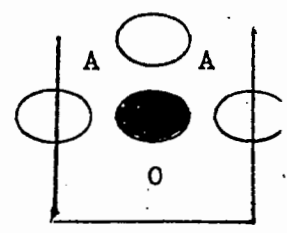
E. Wide 9 Tech alignment outside End.

1. Align 1 foot outside tight end.
2. Align inside foot to hip of TE, inside hand down.
3. Proper Pass Rush Lane (Inside foot to upfield shoulder QB).



F. 0 Tech alignment on center.

1. Protect "A Gap" - Nose of guard to nose of guard.
2. Key ball, attack. Play with feet in neutral zone.
3. Proper Pass Rush Lane. (Free rush in both A Gaps).



## PASS RUSH

### Defensive line pass rush techniques.

#### A. Principles of rushing the passer.

1. The key to a successful pass rush is your intense desire to get to the QB and intimidate him.
2. It is in the passing game that breaks are made. The winning edge goes to the team that controls the passing game.
3. You must take advantage of any pre-snap tips that will allow you to anticipate pass.
4. Know what pass protection techniques your opponent will use. By doing this you will know what technique would be most advantageous for you to use.
5. Always have a pre-determined pass rush technique in mind and an adjustment off of it.
6. A pass blocker will give you an advantage every time if you do a great job with your eyes. The type of pass rush techniques that you can use most effectively is dictated in many situations by the angle of the blocker's shoulders.

---

7. While rushing the passer, never allow a back to pass you without hitting him. However, do not go out of your rushing lane or sacrifice your pass rush to hit a back.

#### B. Basic Fundamentals of rushing the passer.

1. Regardless of the technique you use, there are basic fundamentals that are vital in order to be effective.
  - a. Anticipation and quick recognition of a pass.
  - b. Get off on movement and close down distance between you and blocker. Aiming point should make blocker move his feet.
  - c. Quickness and decisiveness on your initial move.
  - d. Hands, hips, feet and head movements must be coordinated.
  - e. Keep your momentum going towards the passer without lost motion.
  - f. Keep your shoulders forward of your feet to prevent the blocker from getting under you.

- g. If you have not reached the passer, get your hands up as he starts to throw to 1) bat the ball down, 2) change elevation of throw, or 3) force QB to pull ball down and run.
- h. Once the ball is thrown, sprint in direction of throw to block for an interception return or in the case of a completed pass make the tackle or force a fumble.
- i. Most pass rush techniques are individual techniques developed through "trial and error" in hours of practice and game situation. This is an area where you can be imaginative and creative.

C. Techniques of rushing the passer.

1. Basic moves used in rushing the passer.

- a. Punch - technique of punching the shoulder of blocker with near hand to set up blockers off shoulder for club.
- b. Club - technique of using a clubbing motion to the shoulder of the blocker in an attempt to knock blocker off balance.
- c. Power - technique whereby the defensive lineman drives his face mask to a point just above the numbers with both hands on the shoulders in a forward driving motion.
- d. Jerk - technique whereby the defensive lineman will grab and jerk the blocker. The direction of the jerk is usually determined by the type of pressure or body position of the blocker.
- e. Swim - technique whereby the defensive lineman will bring his backside arm back, over, and down in a swimming motion. The downward action is aggressive in order to break and hold the offensive blocker may have.
- f. Rip - technique whereby the defensive lineman will use his backside arm, fist, and shoulder in a ripping movement upward underneath the armpit and shoulder of the offensive blocker.
- g. Counter - any action used to get an offensive blocker moving in one direction in order to execute a move in the opposite direction.
- h. Speed - technique whereby the defensive lineman simply tries to out run the offensive blocker, and at the same time apply inward pressure.

2. Combination of moves or techniques used in rushing the passer.
  - a. Punch and shoulder club - technique whereby the defensive lineman will punch the offside shoulder of the blocker in an attempt then club the onside shoulder of the blocker in an attempt to get blocker off balance. C.P. - The punch must occur on the 1st step. Use this technique when you want to stop offensive blocker and then work a side.
  - b. Punch, shoulder club, and swim - it is the same as the punch and shoulder club except the rusher will not swim over with offside arm after the shoulder club. Use this technique when you want to force offensive blocker to stop his feet. You should now be able to beat him to the side.
  - c. Punch, shoulder club, and rip - same as the punch and shoulder club except the rusher will now rip with the offside shoulder and arm. Use to stop the feet of blocker, then work a side to the QB.
  - d. Club and Rip - rusher must get off quick and force blocker to move his feet and turn his shoulders. The rushers aiming point must be an imaginary shoulder wider than the pressure point. Once rusher gets close enough he will execute a club and rip technique in an attempt to break down the angles of the blocker's shoulders then explode to the QB. This is a basic move for all defensive linemen.
  - e. Club and swim - same as the club and rip except rusher will use swim technique in place of rip.
  - f. Power and Rip - technique used whereby the defensive lineman drives his face mask to a point just above the blocker's numbers with the hands grabbing both shoulder points. The rusher will drive forward working blocker up and back in an attempt to over power him. Once the rusher has the blocker off balance he will rip and explode to QB.
  - g. Power, jerk, and rip - Same as the butt and rip except after the butt the rusher will jerk and rip the blocker at the same instance, then explode to QB.
  - h. Power and swim - same as the butt and rip except the rusher will swim after the butt.

- i. Power, jerk and swim - technique used whereby the defensive lineman drives his face mask to a point just above the blocker's numbers with the hands grabbing the shoulder points. The rusher will drive forward working the blocker up and back in an attempt to over power him. Once their rusher has the blocker off balance he will jerk and swim their blocker at the same instance, then explode to the QB.
  - j. Counter - club and swim - their rusher should attack an imaginary shoulder forcing the blocker to move in that direction. As soon as the blocker is moving in that direction the rusher should club him with the backside arm and upon contact bring their opposite arm back and over in a swimming motion, then explode to QB.
  - k. Power rush - technique used whereby the defensive lineman drives his face mask to a point just above their blocker's numbers, then explode with his hand in a driving motion. The angle of the rusher's body is pointed so he is able to over power the offensive blocker and drive him into their QB's lap. As soon as the defensive lineman reaches a depth of approximately 4 to 5 yards, he must work up and be ready to engulf the QB.
-

*PASS RUSH*

SKATE TECHNIQUE

1. Close Distance Down on OL.  
-Get off (push off up foot & come reach w/ free).
2. Inside Hand Protect Inside #.  
-Work inside hand low to high.
3. Work OL 1/2 Man.
  - a. Your inside hand on OL's Inside #.
  - b. Your outside hand on OL tricep (VIOLENCE). } This is 1/2 man concept.
4. Push Off Inside Foot and Flip Hips.  
*Hand (low to high)*
5. Gain Ground w/Outside Foot Towards OL's Heel.
6. If Your Inside Foot is to Back of OL's Heel Punch/Rip Through!
7. If Not, Work Reverse Carioca w/ Inside Foot.

Your Sequence Of Steps Is As Follows:

- a) Step (this is outside foot towards OL's heel on skate).
- b) Crossover (this is inside foot behind outside foot toe to heel).
- c) Balance (this is outside foot gaining ground to QB).
- d) Rip (this is your inside foot ripping through).

OTES:

- . Once you get Tricep - Keep It!
- . As you get on 1/2 man, Once you feel you are ready to skate, put weight on inside foot and flip hips!! Can also say Push off inside foot, Swing outside arm (same hand same foot), key is to get Belly Button Pointed to QB.
- . When using upper body use w/ Violence.  
"Upper Body Violence Creates Lower Body Violence."

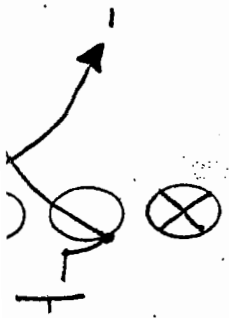
GAMES FOR DEFENSIVE LINE IN PASSING SITUATIONS

Rushing the passer is art. It takes a lot of time and hard work. It must be done every day. It can be accomplished if you will utilize all the opportunities you have each day. Every time you line up you have the opportunity to watch and see what your man does. Every reaction will cause another reaction. Once you learn to "see" and "react" you will get better each day. Soon you will "see" the whole picture. You will be able to visualize what can happen to you and your position on the field and in the game. Once you "see" the picture you will be able to adjust and make good quick decisions. Know and understand each term and technique. To know your alignment and assignment is not enough. You must know how and when to use the tools you have.

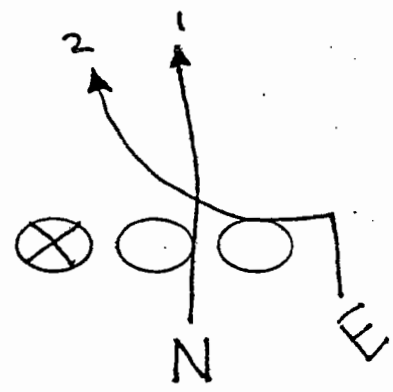
Games can be called in the huddle or at the line of scrimmage. We can also check it (Omaha) or change the call as long as everyone is on the same page. you can have a game on one side or on both sides. If the defensive ends are not involved, the defensive tackles can have their own game.

Game between defensive end and tackle will be called Tom/Tim. "Tom" means the end will go first and the tackle (who will be the engage man) will go second. This allows the end to use an inside move from his "upfield", "Power" and quick inside stunts. It is very effective versus defensive tackle who sets deep and to the outside and an offensive guard who sets short. It will be effective versus man to man or zone protection. Defensive end must give the offensive tackle the same look as his upfield rush. "Tim" means the tackle will go first and the end will go second. This will allow the tackle to be a penetrator using a "upfield" move. The end will work upfield for position on tackle while working tight off defensive tackle's butt inside. It will be effective versus man to man or zone protection.

You can make adjustments. Don't be in a hurry. let your partner do his job. Read the QB, for run - draw - screen - pass.. (Tim Change).

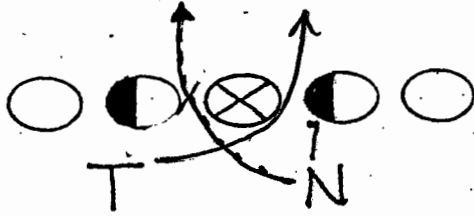


Tango



# Twist

the first tackle is the penetrator, drive hand upfield and under the side shoulder of the guard, work upfield for penetration and your pass rush lane. You will get pressure from the offensive guard, keep position on him. Engager will attack gap to outside shoulder of center while working upfield. Once the penetrator has cleared line of scrimmage, come off his butt. Always be alert for the center blocking back on you or away from you for a trap. Stay under his pads and drive.

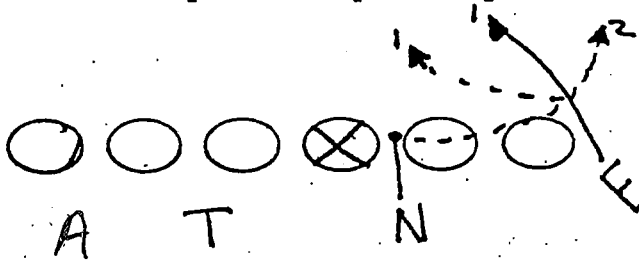




EAR

Rules:

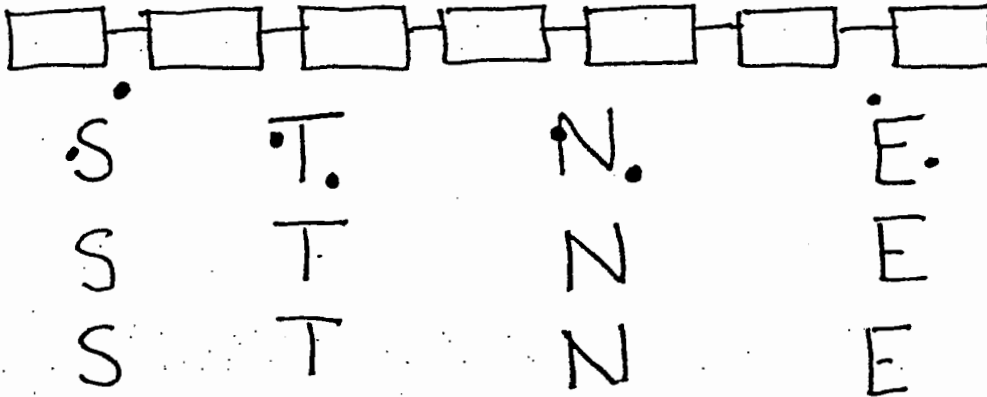
1. Run to 2 man surface with a 2 technique.
2. 3 man surface normal rush.
3. DE to 2 tech side with a 2 man surface has a free rush to QB with no certain responsibility if he powers inside on OT.



DE will react to block of OT. DE will think outside first trying to work outside move. If OT oversits on DE, he will power inside number to QB. When DE power inside 2 technique will work outside to upfield shoulder of QB. If DE stays outside 2 technique will continue normal rush.

DRILLS

Alignment Drill:



GCIF "Left" Call

1. Purpose:
  - a. To insure proper alignment and footwork on all defenses.
  - b. To change alignments quickly on linebackers call.
  - c. To develop confidence in alignment changes.

2. Drill:

Using the seven-man sled to simulate an offensive line and any group of three defensive linemen, have the players line up on the seven-man sled in a normal defense. The coach stands behind the seven-man sled and calls the next defense to be aligned in and the direction of the alignment.

EXAMPLE: ("G" C1F) on the command "Move" the defensive linemen move to their correct alignment.

The coach continues to change alignments, checking footwork and finishes each group with one of our "Dogs."

EXAMPLE: ("Rover Dog--Ringo") on "Set" the players prepare to execute the proper dog or alignment change. On "Go" the players will use proper footwork and execute the defense called. Following a "Go" command, the next group of defensive linemen move up to the sled and the group starts again.

# Inside Linebacker Technique

# **Inside Linebacker Teaching Progressions**

**\*Teaching Habits/Coaching Attitudes**

- I. Communication Progression**
- II. Stance/Alignment/Assignment**
- III. Keys Progression/Tempo**
- IV. Block Protection Progression**
- V. Pursuit**
- VI. Tackle Progression/Strip**
- VII. Get Off/Stunts(pre-practice walk through)**
- VIII. Pass Coverage – (Four seconds of concentration)**

## **Things We Must Do:**

1. Our defense depends greatly on the play of our inside linebackers. We must be the players that set the tempo for the entire unit.
2. Have a complete knowledge of our defensive scheme and adjustments.
3. Communicate "loud & clear"
4. Make split second decisions on the snap.
5. Be an INTIMIDATING FORCE defeating all blockers & punish the ball carrier.
6. Be aggressive yet disciplined in coverage.
7. Be a positive leader.
8. Know our opponents better than anyone on the field
9. Be a Great Tackler!!!!

## **Little Things:**

1. Attack the L.O.S / Penetration kills cutback play.
2. Move with the tempo of the ball. Ball moves with speed – we move with speed. (slow tempo/fast tempo)
3. Window open, Window closed rule. When place side gap is closed, scrape to the next gap(clear/cloudy)
4. LB to run strength plays all vertical flows play side. (outside arm & leg free)Even with a tag call stays play side. LB away from run strength always spills vertical flow.

## **Prior to Snap:**

1. Know down & distance, game situation, & area of field.
2. Get personnel grouping and communicate.
3. RB/OL stances
4. Splits of OL
5. Backfield sets
6. Formation strengths
7. QB's eyes/cadence

## Communication Progression:

### Mike

Calls Defense & Coverage  
 Declares run strength  
 Know D&D call  
 Makes move calls  
 Calls Backfield Sets  
 Makes psycho call vs unbal.  
 Repeats Bump call vs single width

### Sam

Calls personnel groupings  
 Repeats pass strength call by FS  
 Know D&D call  
 Calls Backfield Set  
 Makes Tag call vs 3x1 sets  
 Makes Hawk call vs 2/3 man surfaces w/2 backs(g-front)  
 Makes Hawk call vs 2/2 man Surfaces w/2 backs

### Checks:

1. check with me(cwm) = 6 rat vs 2x2
2. alert – 1 back double width check 6 rat
3. bullets – alert call to empty check blitz(silver,gray)
4. Tag call by LB vs all 3x1
5. Husky call (UP G C-2) Mike checks psycho vs unbalance
6. Mayday Calls: Check Dogs on visual off. check
  - 2x1 = C-2
  - 3x1 = 2 sink
  - 2x2 = 6 Rat
  - 3x2 = C-0 Flood
  - Bunch =
7. Hands = Strong G – C-5/C-9 vs Gun Detroit
8. Backer Go Calls: made by whip & rover to send backer(d-crash).
  - rover calls vs 3x1 sets
  - whip calls vs 2x1 sets
9. LB checks evil vs over split of tackle(under)
10. No Back = Tim/evil C-0 Flood
11. Up G C-2 Vegas
  - 2x1 = C-2
  - 2x2 = 6 rat vs Gun Strong G 2/9
  - 3x1 = C-2 sink
  - 3x2 = C-0 flood vs Gun Strong G 2/9

## LB's Play Sequence

### Start of Play:

- 1<sup>st</sup> - **Down & Distance/Situation/Field Zone**
- 2<sup>nd</sup> - *Sam* gets **Defensive Call** from sideline  
& Communicates to the defense
- 3<sup>rd</sup> - *Mike* gets **Personnel Groupings** from  
Sideline & communicates to the defense
- 4<sup>th</sup> - **Mike declares run strength** (right/left)  
**Backer declares backfield set**  
**Both identify formations:** single width/double  
width/surfaces (2 or 3 man)  
**Know passing strength** (rip/liz)
- 5<sup>th</sup> - **Communicate** any move/stem calls  
**Communicate** sink/flood/coverage calls (man/zon)  
**Communicate** all checks & stunts
- 6<sup>th</sup> - Listen for **defensive line calls** (Blue/Red)  
Make eye contact with QB **pre-snap reads.**  
Off. Line & RB stances
- 7<sup>th</sup> - **Stance/Alignment/Assignment:**
- 8<sup>th</sup> - **Think Fundamentals/Turnovers**  
**Eyes on Keys**
- 9<sup>th</sup> - **ATTACK/ATTACK/ATTACK**
- 10<sup>th</sup> - **SCORE**

### Of Play – Repeat Sequence

## Individual

### Agility/Footwork:

1. Shuffle/Quick hips/Quick feet/Alley Run
2. Shuffle-Alley Run
3. Ladder Drill
4. Bag Drills: a. get off b. up & back c. lateral(wave)  
d. over the falls (scrape)
5. Big "M" Drill
6. 2 pt Wave: grass drill/shuffle/45/Close/alley run
7. Square Cone Drill

### Key Progression:

1. Key Drill – line only (departure angles)  
a. B-split b. C-split c. A-split  
Schemes: zone/power/iso/trap/counter/pass  
(option:speed,mid-line,veer dive)
2. Key Drill – RB & Line  
a. **Vertical flow** (iso) b. **inside flow** (dive opt. /lead)  
c. **outside flow** (power/zone) d. **horizontal flow**  
(toss sweep/speed opt.) e. **split flow** (counter/trap)

### Block Protection:

1. 6 pt. Punch Drill (man & sled)
2. 2pt Punch Drill (man & sled)
3. Escape Drill: push/pull/rip
4. Forearm Shiver Drill: iso/power/RB load  
a. Fit up b. LB penetrate fit c. Full Fit
5. Hand Shiver: chop block/scramble blocks  
a. Fit up b. LB penetrate fit c. Full Fit
6. Cage Drill: zone/scoop  
a. Fit up b. LB Penetrate fit c. Full fit

- attack/separate
- elbows in – thumbs out
- hands on breast plate
- Hat placement
- Feet alive-buzz
- Push & pull / rip (force hand, trail hand)



## Tackle Progression:

1. Smile Drill
2. Club Up Drill
3. Form Tackle (Sled)
4. Eye Opener
5. Cage/chop Shed Tackle
6. Machine Gun Tackle (3 on 1)
7. Strip Drill (2<sup>nd</sup> tackler: pull & rip, Chase: cloth & club/rip)

## Get-Off / Stunts:

1. Dog drill – gray/gold
2. D-Scrape drill – white/red
3. D-Crash – backer-go calls
4. D-Crash-Sky

## Pass Coverage Progression:

1. Back to curl drill
2. Hook to curl drill
3. Sink drill-junk drop technique
4. Flood drill-over jam technique
5. Punch out – zone drop drill
6. Punch out – stress drill
7. Man drills (rat)
8. Dallas drill

## Technique Board

<u>Techniques</u>	<u>Stunts</u>	<u>Zone</u>	<u>Man</u>
91 31	D-Crash	1/2's concepts-back to curl	Rat
30 10	D-Crash/sky	1/3's concepts-hook to curl	help(outside lev)
51 33	D-Scrape	1/4' s concept-	no help (inside lev.)
Walk	Dogs A&B	sink	
Choke		flood	

## **Group:**

1. 1on1 vs RB (block protection,tackle,pass cov. man)
2. Perimeter Drill
3. Formation Adjust (single width, double width, 3x1,3x2,2x2, unbalanced, motions)
4. 9 on 7 Inside Run Drill
5. Pass Skel vs Offense

## **Team:**

1. Outside Run
2. Blitz Drill(dog, d-crash, d-scrape)
3. Goalline

## LINEBACKERS

### BASIC PHILOSOPHY

Without a doubt, the success of our defense will depend largely on the play of our inside linebackers. You must be the players that set the tempo for the entire unit.

### YOU MUST

- 1) Have a thorough understanding of defensive scheme and adjustments.
- 2) Communicate "loud and clear". Your teammates are relying on you to get lined up.
- 3) Make split second decisions on snap of ball.

Be an intimidating force defeating all blockers and punishing the ball carrier!

- 5) Be aggressive yet disciplined in coverage.
- 6) Provide constant positive leadership and encouragement to the defense.
- 7) Know our opponents better than anyone on the field.

Above all you must be A FIERCE COMPETITOR - playing at a higher intensity level than anyone else on the field. Pride yourself on being a great effort player!

### LITTLE THINGS

1. ALWAYS ATTACK THE LOS - PENETRATION KILLS CUTBACK PLAY.
2. WHEN THE BALL MOVES WITH SPEED - YOU MOVE W/ SPEED.
3. WHEN PLAYSIDE GAP IS CLOSED, GO TO THE NEXT GAP.
4. WHEN BACKSIDE, CAN NOT GET CUT OFF AND STAY ON BALL CARRIERS BACKSIDE
5. LB TO RUN STRONG KEEP ALL VERTICAL FLOW PLAYSIDE. IR ALWAYS RUN STRONG WITH ALL VERTICAL FLOW

## PRINCIPLES OF BACKER PLAY

Concentration is the single most important asset. See the big picture.

Recognition is essential in order to anticipate your assignment.

Don't get cut off. Don't waste steps. "Cross Faces".

Deliver a neutralizing blow to a blocker. Shock the Blocker.

Play square across a blocker's head. Do not "run around" blocks.

Never miss a tackle.

Never take for granted the tackle has been made. "Finish Him off".

Tackle through the ball carrier. Reject the ball carrier.

Do everything in your power to get in on every play.

Take pride in staying on your feet. Stay off the ground.

Always take the proper pursuit angle in order to hit from the inside out.

Sprint intelligently into your pass coverage.

Read the QB and break on his throwing motion. Sprint to thrown ball.

Hit receivers moving through your zone. Put fear in receivers crossing the middle.

When making an interception, catch the ball twice, once when you catch it and second when you tuck it away.

Don't tip off a blitz. Run behind your pads - have a plan.

When blitzing, never be late on the snap of the ball. Anticipation is key.

Take pride in timing your "Move" calls as unpredictable as possible. Use fakes, pre-alignments and disguised defenses to control the offense.

Never give up 1 for 1. No stalemates. You must whip the 1 on 1 Block.

## LINEBACKER BASICS

### BASE ALIGNMENTS

1. Sam - Sets the front; aligns <sup>to</sup> away from strength
2. Mike - Aligns <sup>away from</sup> to strength; is adjusting backer in one-back sets. Calls out backfield set (I-Backs, T-Backs, ACE, Etc.)

### I. SHED TECHNIQUES

The success of any defense is the ability of its players to successfully defeat and shed blockers and get to the ball. As a linebacker take pride in not getting blocked.

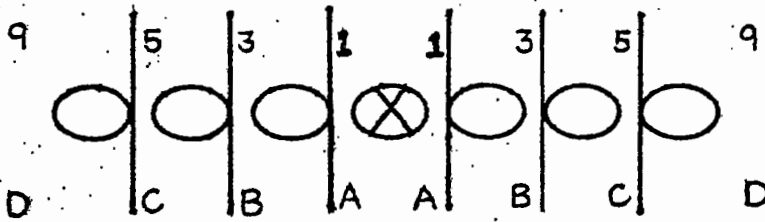
1. Forearm Shiver - Use when the ball is directly behind blocker (Drive Block by OL or Isolation Block by lead back).
  - A. Take on square, slightly outside of blocker; Look at blocker.
  - B. Deliver from a good football position (Low, Head up, Tail down).
  - C. Step with same foot as delivering arm.
  - D. Strike the blocker pad under pad. Hit on the rise.
  - E. Keep feet moving.
  - F. Can't get turned; stay square.
  - G. Use off hand to disengage from blocker (push or pull).
2. Hand Shiver - Use when ball is not right behind blocker or you are being chop blocked or scrambled. Keep people away from body in pursuit of ball.
  - A. Eye blocker, shoulders square to L.O.S. (Low Target).
  - B. Keep outside arm and leg free. Don't let helmet get to outside knee.
  - C. Lock wrists and elbow on blockers helmet and pads forcing blocker down and away.
  - D. Give ground if needed, keep feet moving.
  - E. Stay square.
3. Cage Technique - Use against lineman when in pursuit of football.
  - A. Explode up and thru blocker with proper leverage. Stay square on him, meet blocker as close to L.O.S. as possible.
  - B. Explode hat into V of the neck of blocker while at the same time shooting your hands up and into the number area of the blocker.
  - C. Must grab cloth and press the blocker back to a straight arm position (extend arms).
  - D. Keep feet moving to defeat blocker.
  - E. Shed blocker away from your area of responsibility. Pull down and away with arms working across blockers face.

*PUSH-PULL-RIP OR PATRIOT TECH. TO ESCAPE*

4. Responsibilities -

- A) Flow To - *Mike* tight scrape; *Sam* tight scrape "B" Gap, outside arm free.
- B) Flow Away - Mike and *Sam* scrape; cannot be cut-off.
- C) Pass - Play run first before reacting to pass, when pass shows call "Pass" and execute coverage called. Look for Draw until the QB clears his Offensive Backs.

ALIGNMENT AND GAP AREAS



TECHNIQUES AND ALIGNMENTS

3 TECH

- 91 - C - Split
- 10 - A - Split
- 51 - C - Split

2 TECH

- 31 - B - Split (2-BACK)
- 30 - B - SPLIT (1-BACK)
- 33 - vs Tag Call - B-Split

I. TACKLING

Tackling is the single most important and most fun thing we do on defense. We will practice tackling daily in live and form drills. We should be and will be the best tacklers on the field. 90% of tackling is desire, we will teach you the 10%, but the rest comes from your pride and desire to do it. Take pride in being the best and most aggressive tackler on the field!!!

- A. Get under him (hit on the rise).
- B. Square up - eyes on ball.
- C. Wrap him up (Grab cloth).
- D. Up and through (Keep feet moving).
- E. Knock the ball out.

GENERAL STUNTING TECHNIQUES

- A. Key the ball, get a great jump on ball. (Don't get caught flat footed).
- B. Hit L.O.S. Square.
- C. Be low, pad under pad (Expect to be blocked):
- D. Read on the run, redirect to the ball. (Never deeper than 1 yd in backfield unless the ball is in front of you and you are going to make the tackle).

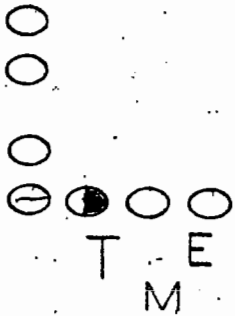
## UP-TECHNIQUE

THIS TECHNIQUE IS USED WHEN WE MAKE "UP" CALL IN THE MIDDLE. YOU WILL PLAY THE TECHNIQUE CALLED BUT YOU WILL NOW PLAY IT FROM THE LOS.

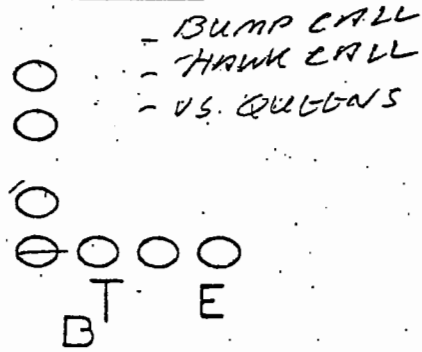
STANCE - OUTSIDE FOOT BACK, SHOULDERS LOW WITH WEIGHT FORWARD ON BALLS OF FEET. SELL DDB TO QB IN PLAYSIDE GAP AREA OF RESPONSIBILITY

ALIGNMENT - ALIGN UP FOOT INSIDE TACKLE/ENDS BACK FOOT.

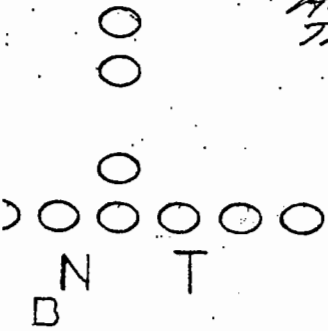
### 91-TECH



### 10-TECH



31-TECH - STACK TACKLE ON HEEL DEPTH OF TACKLE



### COACHING POINTS

1. VS. PASS (VISIBLE ✓ BY QB) GET OUT OF UP AND PLAY AND PLAY FROM NORMAL ALIGNMENT
2. WHEN BALL IS SNAPPED SQUARE FEET UP AND EXECUTE TECHNIQUE



ALIGNMENT RULES FOR MIKE AND BACHER

Sam

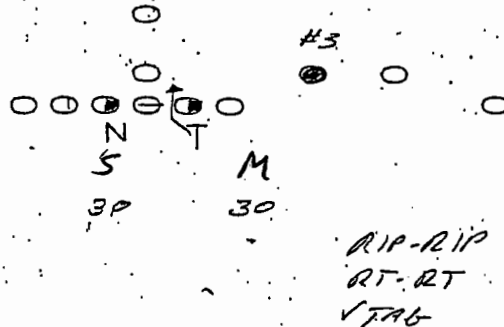
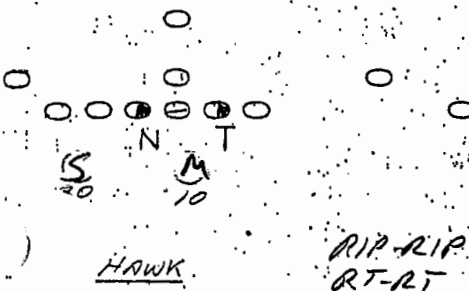
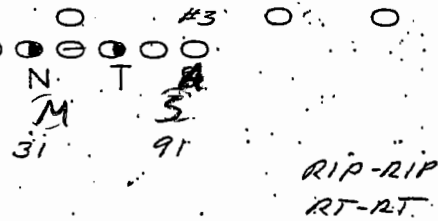
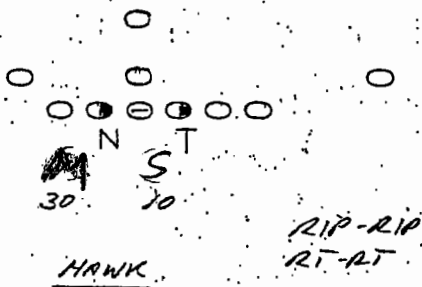
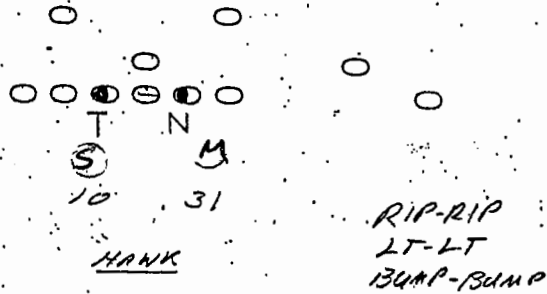
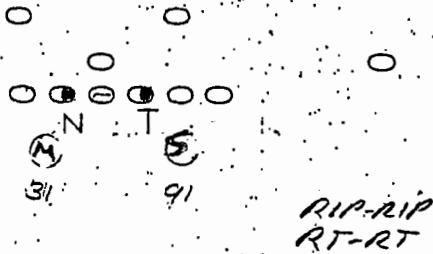
ALIGN TO PASS STRENGTH = THE RIP/LIZ CALL

1. VS. 3x1 ALIGN AWAY FROM PASS STRENGTH
2. RUN STRENGTH TO OR AWAY AND THE SURFACE YOU ARE ALIGNED ON WILL DICTATE TECHNIQUE.
3. "G" IS AN 8 MAN FRONT UNLESS PACKAGED W/ SF-G  
DO NOT DETACH FROM THE CORE (EMPTY 3x2)

Mike

ALIGN AWAY FROM PASS STRENGTH = AWAY RIP-LIZ CALL

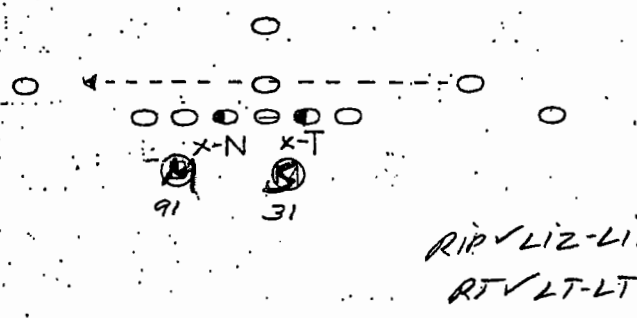
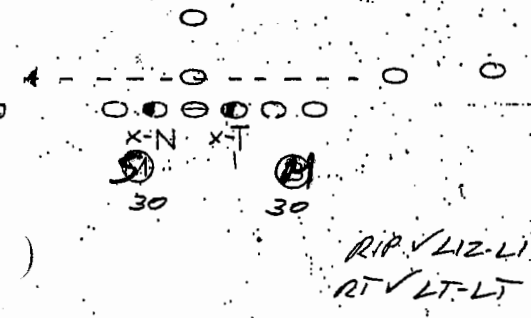
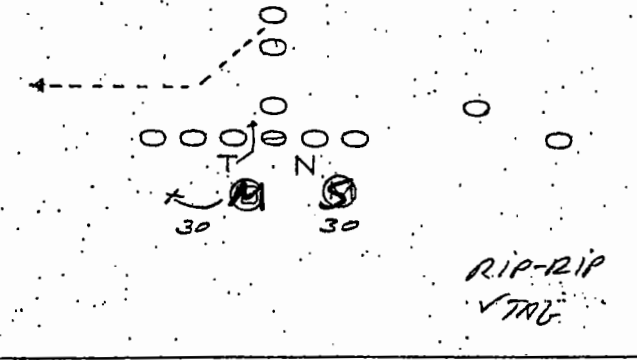
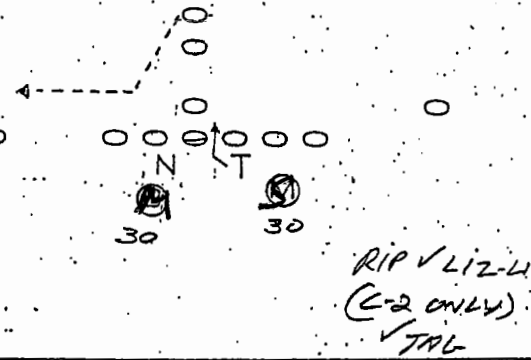
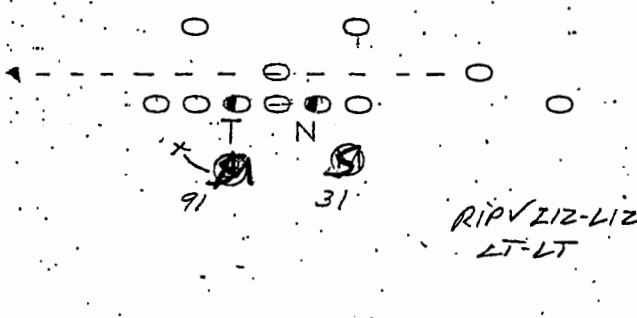
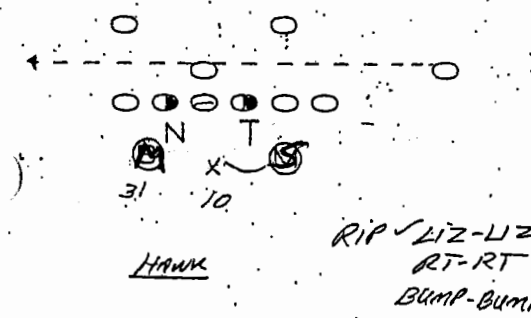
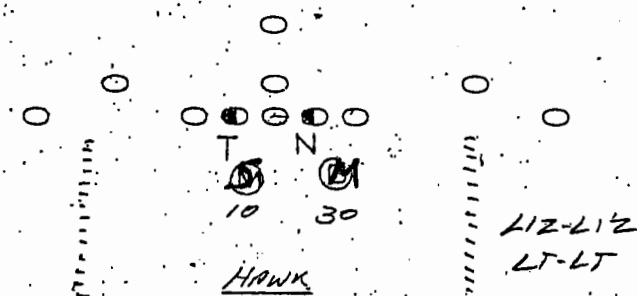
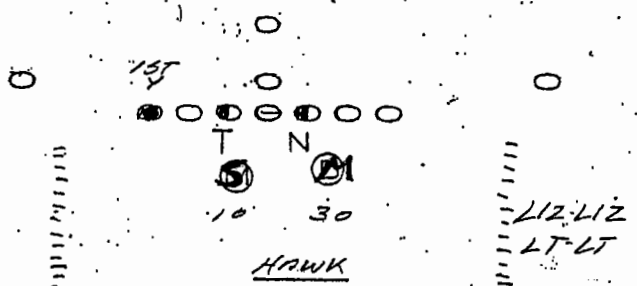
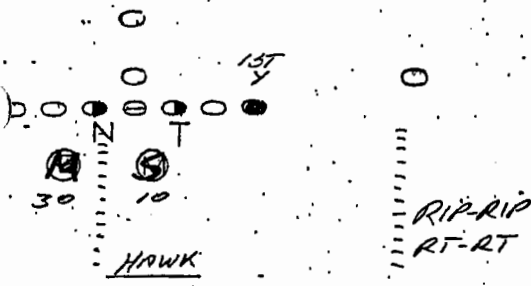
1. ADJUST TO #3 SPANK VS. 3x1 (ADJUST BALMER = DIME)
2. RUN STRENGTH TO OR AWAY AND THE SURFACE YOU ARE ALIGNED ON WILL DICTATE TECHNIQUE
3. "G" IS AN 8-MAN FRONT UNLESS PACKAGED W/ SF-G  
DO NOT DETACH FROM CORE VS 2x2



CAINB POINT:

USE RIP/LIZ IS DECLARED MIKE/BACHER AND RT-LT DEPENDENTS

ALIGNMENT RULES FOR MIKE AND BACHEN



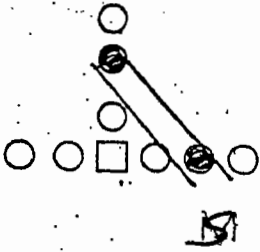
INSIDE LINEBACKERS

Stance - Balanced, feet parallel shoulder width apart, weight on the inside balls of the feet; relaxed, shoulders and arms hanging.

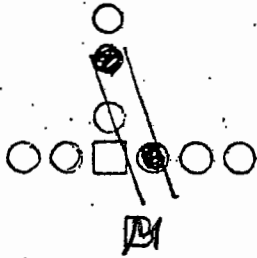
2. Alignment - Toes four yards off the ball.

3. KEYS -

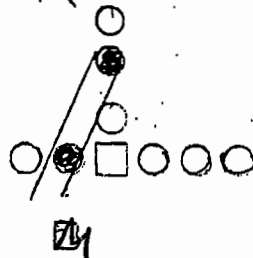
VS. I FORMATION



91-TECH  
TACKLE-FB



10-TECH  
GUARD-FB



31-TECH  
GUARD-FB

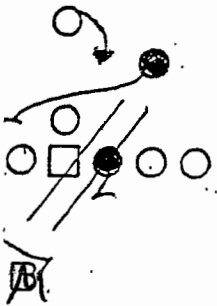
VS. OFFSET BACK OR NEAR/FAR BALL

LB ALIGNED TO OFFSET WINDOW = I-KEYS

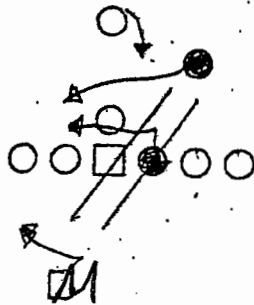
LB AWAY FROM OFFSET

STEP WITH INSIDE FOOT KEYING THROUGH THE WINDOW OF FAR GUARD TO OFFSET BACK. ANTICIPATE BEING BACKSIDE UNLESS YOU SEE:

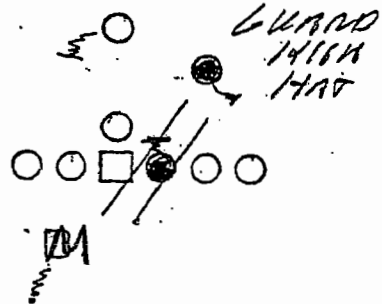
- 1) HIGH HAT 1BY GUARD = PASS
- 2) GUARD OR OFFSET PULL TO YOU = PLAYSIDE



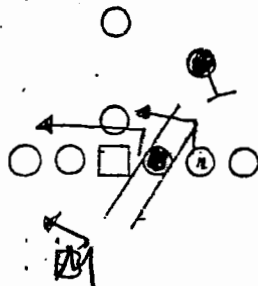
OFFSET  
PULL



OFFSET-  
GUARD  
PULL



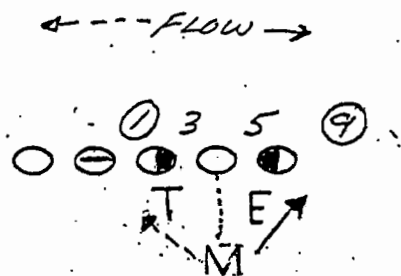
GUARD  
HIGH  
HAT



GUARD  
PULL

## 91-TECHNIQUE (2-BACK, 3MS ONLY)

THIS TECHNIQUE IS USED WHEN YOU ARE ALIGNED TO 3 MAN SURFACE TO RUN STRENGTH (3-TECH TACKLE AND 7-TECH END) VS. I OR OFFSET BACK TO 3 MAN SURFACE. (KINGS)



### STANCE - NORMAL

ALIGNMENT - C-SPLIT; SPIT THE CROTCH OF OT W/ ANTSIDE FOOT 4 YARDS FROM BALL. VS. TIGHT OT/TE SPLIT INSIDE STACK 7-TECH END.

KEY - WINDOW = PLAYSIDE; TALKER TO NEAR BACK AWARENESS OF BALL.

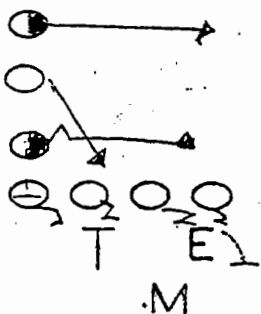
### RESPONSIBILITIES

A. PLAYSIDE - OUTSIDE FLOW: SCRABE TO "D" GAP THROUGH FEET OF DE, PENETRATE LOS ANTICIPATE CAGING TE.

INSIDE FLOW: ATTACK LOS OUTSIDE-IN PENETRATE LOS.

B. BACKSIDE - SCRABE TO NEAR I-GAP, CAN NOT BE CUT OFF.

### BLOCKING SCHEMAS

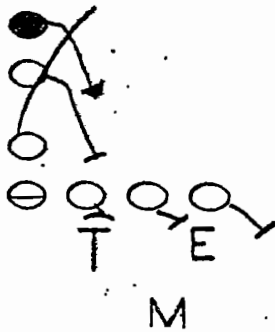


### TACKLE ZONE W/ OUTSIDE FLOW

SCRABE TO "D" GAP THROUGH FEET OF DE. PENETRATE LOS. RIP THROUGH OUTSIDE SHOULDER OF TE KEEPING OUTSIDE ARM AND LOW FACE. DO NOT LET TE CROP YOU

- DIVE OPTION
- BELLY OPTION
- SPEED OPTION

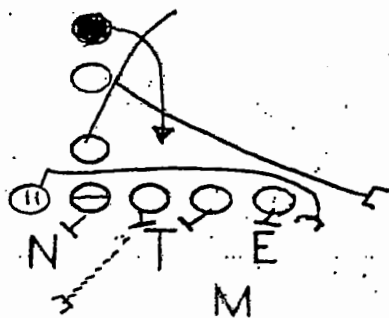
BLOCKING SCENARIOS (CONT.)



TACKLE FAN W/ VERTICAL FLOW

PENETRATE LOS FROM OUTSIDE-IN  
ATTACK NEAR BACK (FB) WRAPPING  
OUTSIDE ARM + LEG FLOOR.

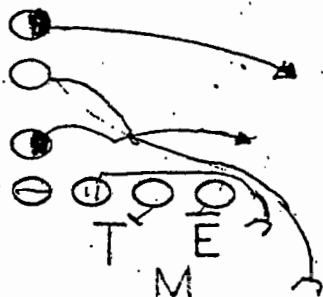
C.P. KEY INTO DOG OF 1-GAP  
-150  
-150 DRAW



TACKLE DOWN W/ INSIDE FLOW

SCRAPE TO "D" GAP THROUGH  
FOOT OF DE. AND PENETRATE LOS  
ANTICIPATE CABING OG SNOW  
TO SHOE.

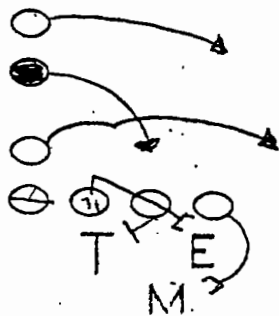
-POWER



TACKLE DOWN-OUTSIDE FLOW

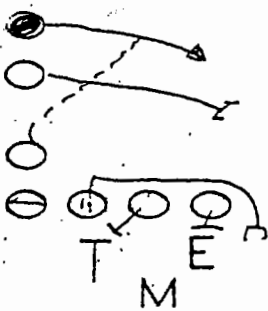
SCRAPE TO "D" GAP THROUGH  
FOOT OF DE PENETRATE LOS  
AND RIP THROUGH OUTSIDE  
SHOULDER OF FSG OR FB  
WRAP OUTSIDE ARM + LEG FLOOR

-BELLY-G OPTION



SCRAPE TO "D" GAP THROUGH  
FOOT OF DE, CABE TE

-BELLY-G



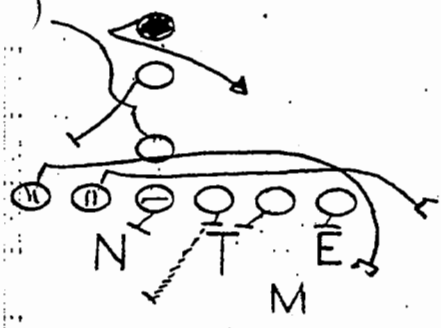
TACKLE DOWN W/ HORIZONTAL FLOW

SCRAPE TO "D" GAP THROUGH  
FOOT OF DE. PENETRATE LOS  
AND RIP THROUGH OUTSIDE  
SHOULDER OF FSG OR FB  
WRAP OUTSIDE ARM + LEG FLOOR.

-SWEEP

C.P. BALL MOVES WITH SPEED

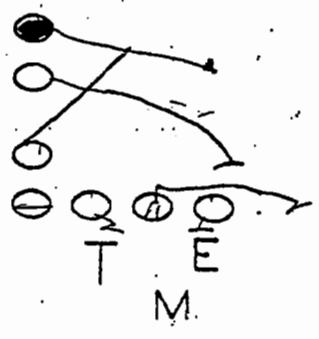
BLOCKING SURVIVALS (CONT)



TACKLE DOWN W/ COUNTER FLOW

STEP TO NEAR 1-GAP HEAR "PULL"  
CALL-SEE BSG - RETRALE AND  
SCRAPE TO "D" GAP THROUGH  
FEET OF DE AND PENETRATE  
LOS ANTICIPATE CABING  
OF SHOE TO SHOE

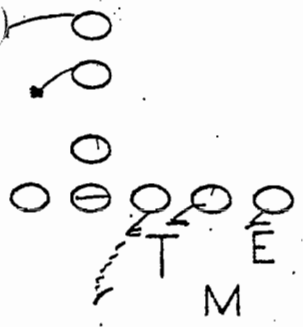
- COUNTER  
MUST BE OUTSIDE 2nd PULLON



TACKLE OUTSIDE PULL

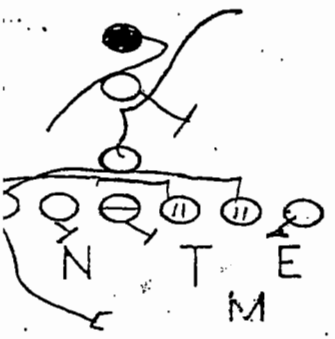
SCRAPE TO "D" GAP THROUGH  
FEET OF DE, PENETRATE LOS  
AND RIP THROUGH OUTSIDE  
SHOULDER OF FB OR FST  
KEEP OUTSIDE ARM AND  
LEG FACE

- SWEEP



SLOOP W/ FLOW AWAY

RECOGNIZE SOFT BLOCK  
BY TACKLE. SCRAPE TO  
NEAR 1-GAP, ANTICIPATE  
CHOP BLOCK BY O.G.



INSIDE PULL

GIVE "PULL" CALL AND  
SCRAPE TO OFFSIDE 3-GAP,  
ANTICIPATE CABING BSG  
MUST BE INSIDE 2nd PULLON

# 10 TECHNIQUE (HAWK OR BUMP CALL)

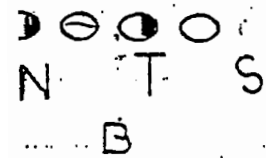
THIS TECHNIQUE IS USED WHEN YOU ARE ALIGNED TO RUN STRENGTH (3-TECH TACKLE) YOU ARE A ONE GAP PLAYER

A. 2/MS TO RUN STRENGTH = HAWK

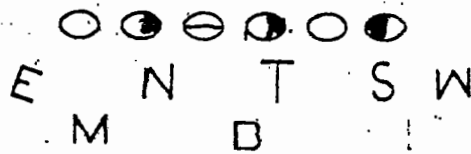
B. 3/MS TO RUN STRENGTH w/ BUMP CALL FROM ROUND-WHIP, OR VS. FAR/QUEENS PRO = HAWK

C. 2-3/MS = HAWK CALL

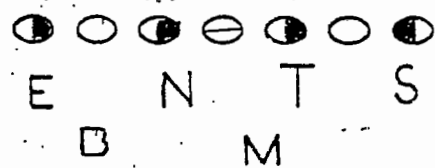
A. "HAWK"



B. "BUMP-BUMP"



C. "HAWK"



## STANCE - NORMAL

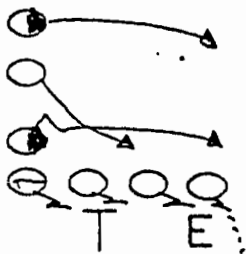
ALIGNMENT - A-SPLIT OUTSIDE FOOT ON INSIDE SHOULDER OF OFF-GUARD. 4YDS FROM LOS.

KEY - WINDOW = PLAYSIDE GUARD TO NEAR BACK.

## RESPONSIBILITIES

A. PLAYSIDE - OUTSIDE FLOW: SCRAMBLE TO "D" GAP THROUGH FEET OF DE PENETRATE LOS.  
INSIDE FLOW: SECURE NEAR 1-GAP.

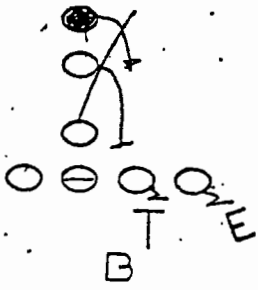
B. BACKSIDE - SECURE NEAR A-GAP = CUTBACK. KEEP THE BALL CARRIER ON YOUR INSIDE PAD. IF THE BALL MOVES WITH SPEED, YOU MOVE WITH SPEED. CAN NOT GET CUT OFF.



## GUARD ZONE w/ OUTSIDE FLOW

SCRAMBLE TO "D" GAP THROUGH FEET OF DE. PENETRATE LOS, RTP THROUGH OUTSIDE SHOULDER OF TE. DO NOT LET TE CHOP YOU

BLOCKING SURVIVES (CONT)



GUARD DRIVE W/ VERTICAL FLOW

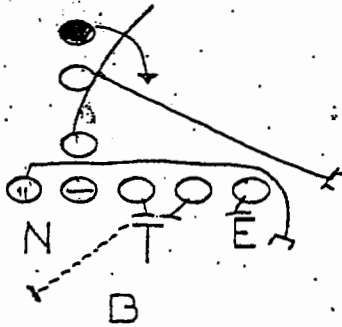
PENETRATE 1-GAP ATTACK NEAR BACK (FB) KEEPING OUTSIDE ARM AND LEG FREE. FORCE IBC INSIDE

CP: KEY INTO DOG OF 1-GAP

- ISO

BUSTER CALL FROM SAFETY ALLOWS YOU TO SPILL ISO

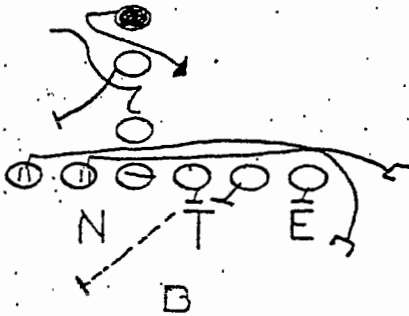
GUARD DRIVE W/ INSIDE FLOW



SCRAPE TO "D" GAP THROUGH FEET OF DE AND PENETRATE LOS ANTICIPATE CAGING OG SHOE TO SHOE

- POWER

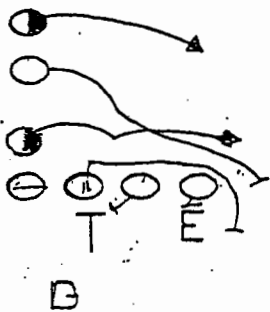
GUARD DRIVE W/ COUNTER FLOW



STEP TO FAR 1-GAP HEAR "PULL" CALL - SEE IBS - RETRACK AND SCRAPE TO THE "D" GAP THROUGH FEET OF DE AND PENETRATE LOS ANTICIPATE CAGING OT SHOE TO SHOE

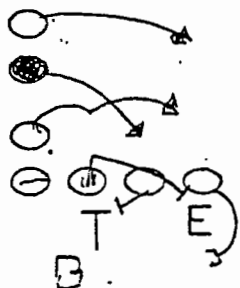
MUST BE OUTSIDE 2nd PULLER COUNTER

OUTSIDE PULL W/ OUTSIDE FLOW



SCRAPE TO "D" GAP THROUGH FEET OF DE PENETRATE LOS AND RIP THROUGH OUTSIDE SHOULDER OF FSG OR FB KEEP OUTSIDE ARM + LEG FREE ANTICIPATE CHOP BLOCK

- BELLY-G OPTION

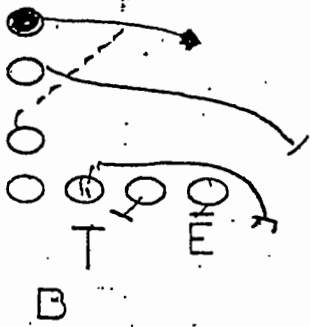


SCRAPE TO "D" GAP THROUGH FEET OF DE CAGE TE

- BELLY-G



BLOCKING SCHEMES (CONT)

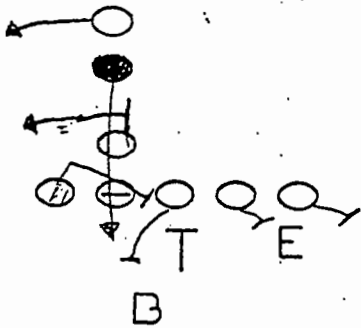


OUTSIDE PULL W/ HORIZONTAL FLOW

SWEEP TO "D" GAP THROUGH FEET OF DE, PENETRATE LOS AND RIP THROUGH OUTSIDE SHOULDER OF FSG OR FB  
KEEP OUTSIDE ARM AND LEG FREE

-SWEEP

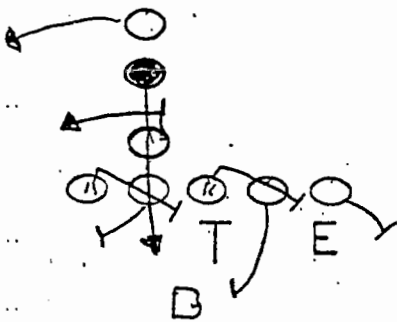
CP. BALL MOVES WITH SPEED YOU MOVE WITH SPEED



GUARD UNDER W/ MID-LINE FLOW

INSIDE STACK YOUR TAIL UP HEAR "PULL" CALL OR RECOGNIZE TRAP. ANTICIPATE 1-GAP CLOSING AND BALL SPILLING TO 3-GAP. WINDOW IS OPEN ATTACK 1-GAP ANTICIPATE LABING OG

-TRAP

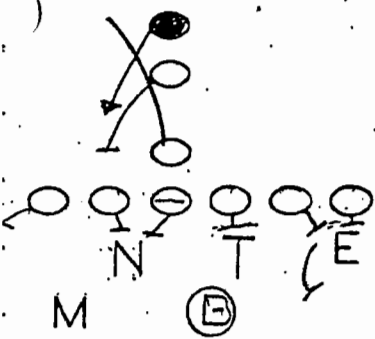


GUARD OUTSIDE PULL W/ MID-LINE FLOW

ATTACK 1-GAP PLUG HOLE AND FACE UP THE F.B. ANTICIPATE 1ST DOWN BLOCK.

-INFLUENCE TRAP

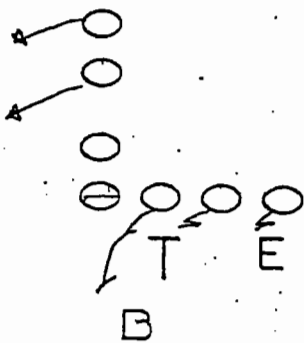
BLOCKING SCHEMES (CONT)



DRIVE W/ VERTICAL FLOW AWAY

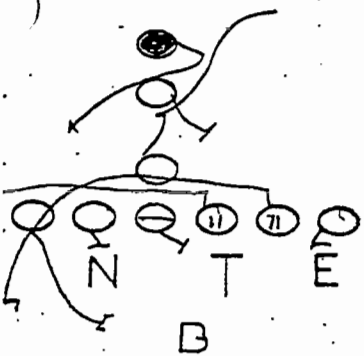
KEEP THE BALL CARRIER ON YOUR INSIDE PAD.  
 ANTICIPATE BALL SPILLING TO FAR 3-GAP.

- 150 AWAY



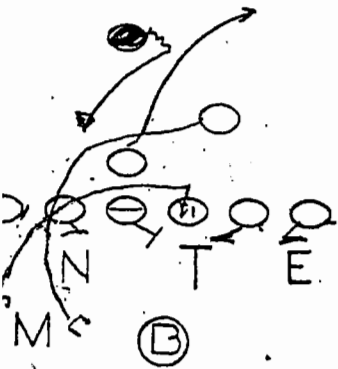
SLOOP W/ FLOW AWAY

KEEP THE BALL CARRIER ON YOUR INSIDE PAD.  
 CAN NOT GET CUT OFF



INSIDE PULL W/ COUNTER FLOW

GIVE "PULL" CALL AND SCRAPE TO OFFSIDE 3-GAP. ANTICIPATE LAGING BST AND SECURE 3-GAP TO BALL.  
 COUNTER  
 COUNTER-F



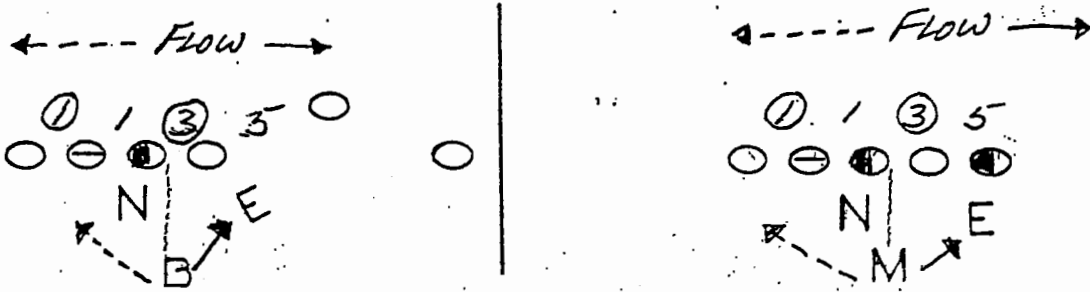
INSIDE PULL W/ COUNTER VERTICAL FLOW AWAY

GIVE "PULL" CALL AND SCRAPE TO OFFSIDE 3-GAP. ANTICIPATE BALL SPILLING, CAN NOT GET CUT OFF BY OLB.

- 150 G

## 31-TECHNIQUE

THIS TECHNIQUE IS USED WHEN YOU ARE ALLIGNED AWAY FROM RUN STRENGTH (2-TECH TACKLE). YOU AND A TWO GAP PLAYER VS 2-BACK OFFENSE



STANCE - NORMAL

ALIGNMENT - B-STACK OUTSIDE FOOT ON OUTSIDE SHOULDER OF DEF. GUARD 4 YDS FROM LOS OR STACK (UP)

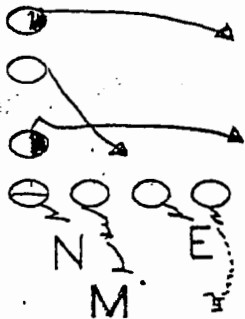
KEY - WINDOW = PLAYSIDE LEANED TO NEAR BACK

### RESPONSIBILITIES

A. PLAYSIDE - STEP TO FOOT OF DEF. END. RESPONSIBLE FOR 3-GAP. IF 3-GAP IS OPEN, SECURE THE GAP. IF 3-GAP IS CLOSED SLAP TO NEXT GAP (5 OR D) = OPTION PRINCIPLES

B. BACKSIDE - SLAP TO EAR 1-GAP, ANTICIPATE BLOCK FROM CENTER. DO NOT GET CUT OFF. USE CASE TECH.

### BLOCKING SCHEMES

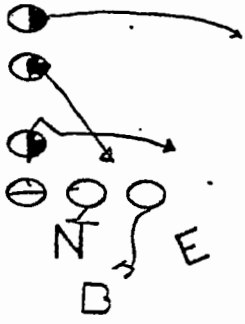


### ZONE W/ OUTSIDE FLOW

SECURE 3-GAP KEEPING OUTSIDE ARM + LEG FAULT DO NOT LET GUARD LIP UP YOU. NO BALL THREAT IN 3-GAP PURSUE TO BALL ATTACHING LOS

- DIVE OPTION
- SPEED OPTION

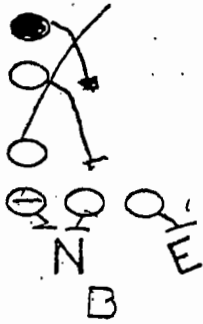
BLOCKING SCHEMES (CONT)



VEER W/ OUTSIDE FLOW

ANTICIPATE WINDOW CLOSING.  
SELLING 5-GAP, YOU NOW  
HAVE QB ON OPTION.  
(OPTION PRINCIPLES)

DO NOT GET CUT OFF 13' OT.  
- INSIDE VEER



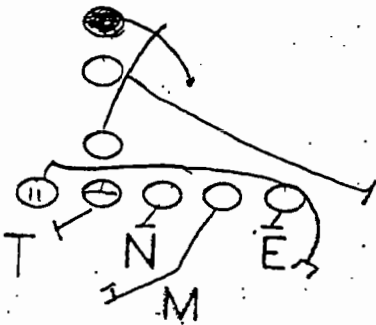
\* DRIVE W/ VERTICAL FLOW

\* 3-TECH. LB AWAY FROM  
RUN STRENGTH. ATTACK

NON-BACK AND SELLING  
CUT BACK ATTACKING FB'S.  
INSIDE SHOULDERS W/ YOUR  
OUTSIDE SHOULDERS. RUN  
YOUR FEET AND SPILL

CP VEER INTO DOG OF 3-GAP

- 150  
- 150 DRAW



DRIVE W/ INSIDE FLOW

SCRAPE THROUGH FEET OF DE  
ANTICIPATE 3-5 GAP (OPTION  
PRINCIPLES) CLOSING. CONTINUE  
TO NEXT GAP (D-GAP) ANTICIPATE  
BALL SPILLING OUTSIDE

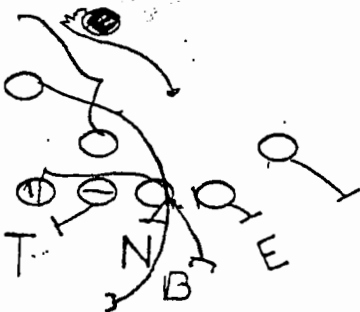
BY OLB. LEVERAGE THE BALL

- POWER

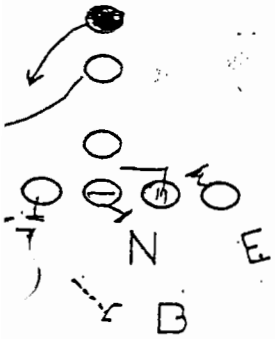
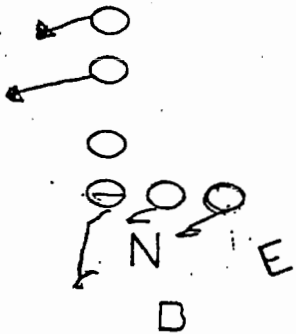
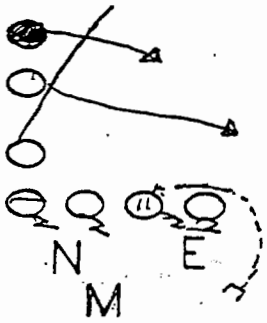
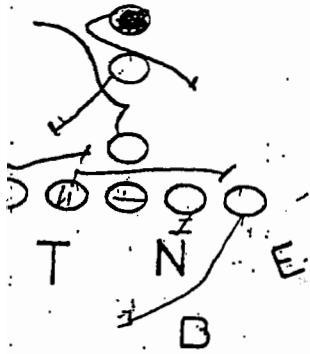
DRIVE W/ COUNTER VERTICAL FLOW

SAME DRIVE W/ VERTICAL FLOW  
BUTTER GUARD AND SPILL THE

- 150 G



## BLOCKING SITUATIONS (CONT)



### DRIVE w/ COUNTER FLOW

STEP TO FAR 1-GAP HEARD  
"PULL" CALL - SEE THE  
BSG - RETRACE AND  
SCRAMBLE THROUGH FEET OF DE  
ANTICIPATE 3-5 GAP CLOSING  
(CARTON PRINCIPLES) CONTINUE  
OUTSIDE ANTICIPATE BALL  
SPILLING AND CABING BST

- COUNTER
- COUNTER-F

### ZONE w/ HORIZONTAL FLOW

SCRAMBLE TO "D" GAP THROUGH  
FEET OF DE. PENETRATE  
LOS ANTICIPATE D-GAP  
CLOSING AND BALL SPILLING  
RIP THROUGH OUTSIDE SHOULDER  
OF TE OR FST KEEP  
OUTSIDE ARM + LEG FACE.

- SWEEP

### SLOOP w/ FLOW AWAY

SCRAMBLE TO FAR 1-GAP  
"WORK INSIDE OUT ON BALL  
CAN NOT GET CUT-OFF.  
ANTICIPATE CHOP BLOCK  
BY CENTER.

### INSIDE PULL

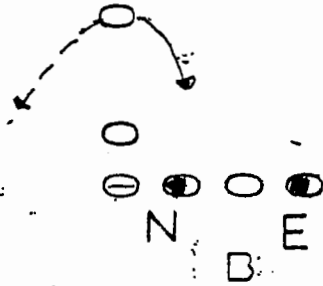
GIVE "PULL" CALL AND  
SCRAMBLE TO OFFSIDE 1-GAP  
ANTICIPATE BLOCK FROM  
BSG. DO NOT GET CUT OFF

- POWER (INSIDE FLOW AWAY)
- COUNTER

## 30 TECHNIQUE

THIS TECHNIQUE IS USED WHEN YOU ARE ALIGNED WAY FROM RUN STATION (2-TECH TACKLE) VS.

1-BACK OFFENSE YOU ARE A SINGLE GAP PLAYER.



STANCE - NORMAL

ALIGNMENT - B OR C SPLIT DEPENDING ON EDUCABLE RESPONSIBILITY.

KEY - B/SPLIT = GUARD TO REMAINING BACK  
C/SPLIT = TACKLE - TE

### RESPONSIBILITIES

A. PLAYSIDE STEP TO FEET OF DEF. END. SHUFFLE  
STACK END PLAY 3-GAP FROM  
OUTSIDE-IN

B. BACKSIDE STEP TO FEET OF TACKLE. SHUFFLE  
STACK TACKLE SECURE B-GAP (OUTBACK)

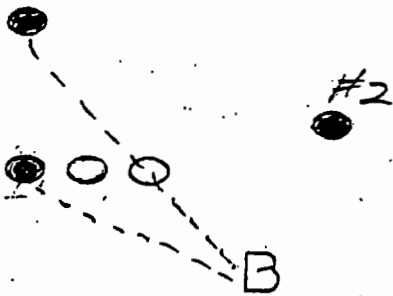
## SINK TECHNIQUE

THIS TECHNIQUE IS USED WITH C-2. VS. 3X1 WHEN BACKER  
WALK ALIGNMENT ON #3 WIDE.

STANCE - NORMAL

ALIGNMENT - 3 TO 4 FROM LOS APEX (+ THE BALL)

KEY - WINDOW = UNCOVERED (CENTER-GUARD)  
TO FLOW OF ALL BACK. (✓ TAG)



### UNCOVERED READS

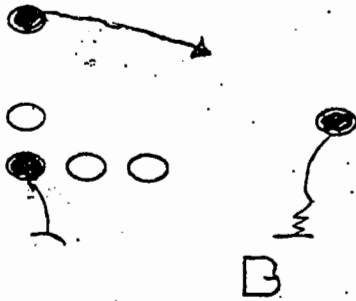
LOW HAT (RUN) OFF LINEMAN'S HELMET  
IS DOWN

HIGH HAT (PASS) OFF LINEMAN'S HELMET  
IS UP

SECOND LEVEL (RUN) OFF LINEMAN IS  
BLOCKING ILB.

RESPONSIBILITIES VS. RUN

A. OUTSIDE FLOW TO



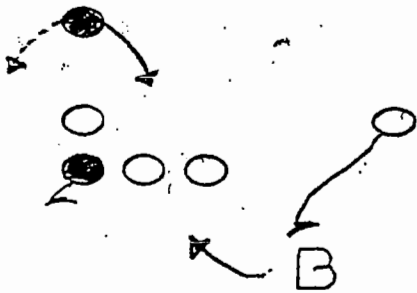
VS. #2 STALK BLOCK

YOU ARE THE D-GAP  
PLAYER. ATTACK #2 ON  
HIPS-SHOULDERS SKRUM  
TO LOS. KEY INSIDE  
ARM AND LEG FACE.

BALL CROSSES YOUR FACE  
CROSS WR'S FACE

PUSH-PULL-RIP OR PATCH IT.

B. INSIDE FLOW TO OR AWAY



YOU ARE THE B-GAP  
PLAYER. ANTICIPATE  
CHIP BLOCK BY #2

VS. ONSPLIT TAKEUP GIVE ENO "UNDER" CALL.



AWAY FROM RUN STRENGTH SPIEL (WRONG ARM)  
THE ISO (VERTICAL FLOW)

ILB TO RUN STRENGTH STAY PLAYSIDE THE ISO  
UNLESS SAFETY GIVES YOU "BUSTER" CALL; SPIEL THE ISO.

TRG, TED, PSYCHO

ILB AWAY FROM RUN STRENGTH, THE FAR  
1-BAR WILL BE SECURED BY THE FAR TACKLE.  
USE SCRAPER KEEPING BALL ON YOUR INSIDE PAD.  
YOU ARE THE CUTBACK PLAYER.

EVIL; PSYCHO

ILB AWAY FROM RUN STRENGTH, THE NEAR 3-BAR  
- BE SECURED BY YOUR END. PLAYSIDE, TIGHT  
SCRAPER TO NEAR 3-BAR.

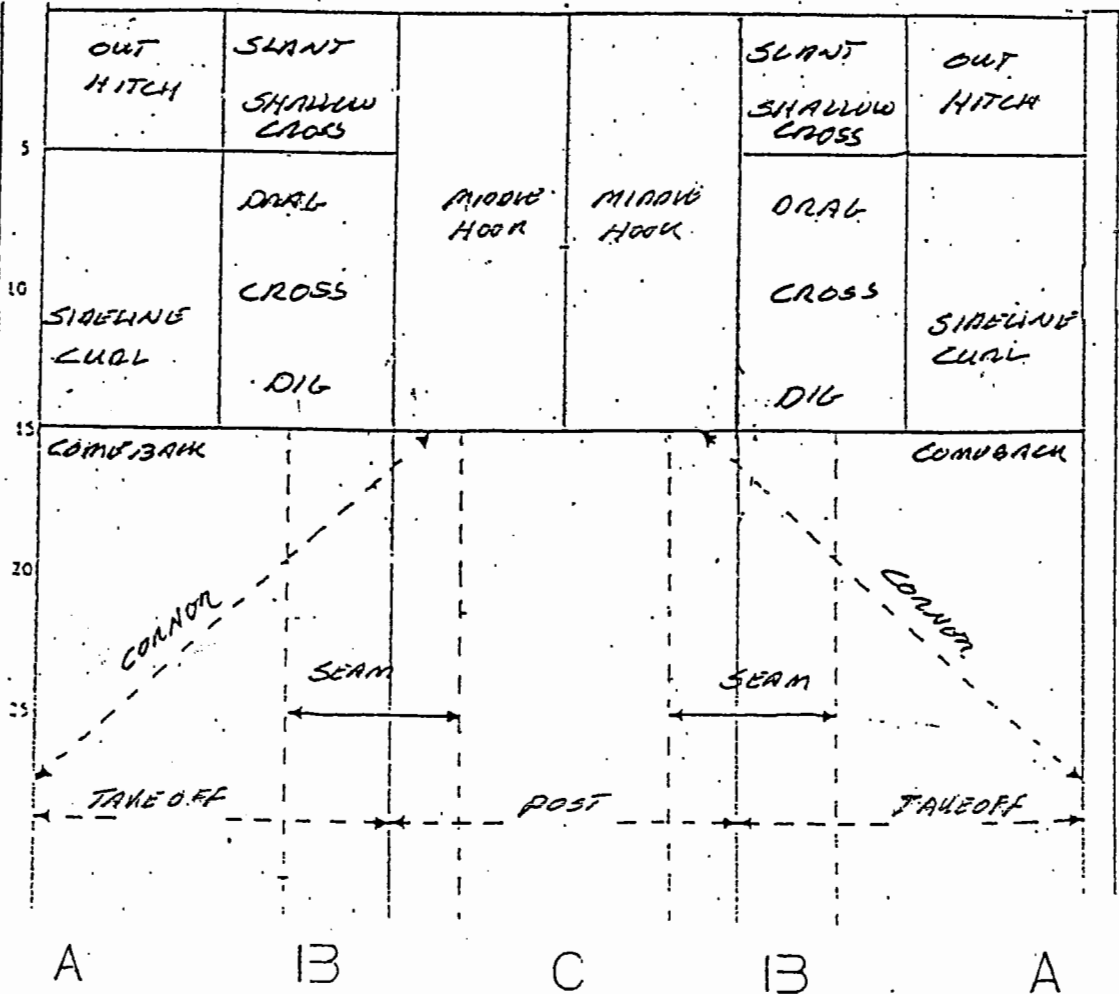
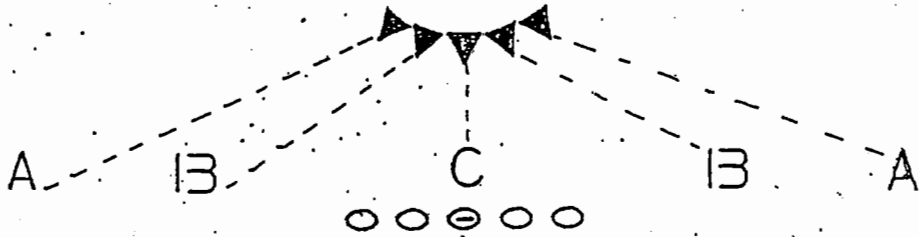
PRINCIPLES OF ZONE COVERAGE FOR INSIDE LINEBACKERS

A. THE SUCCESS OF ANY ZONE LIES IN THE PLAYER'S ABILITY TO LEVERAGE THE RECEIVER ENTERING THE DEFENDER'S ZONE, KEYING THE QB'S INTENTIONS

B. READING THE QB'S INTENTIONS

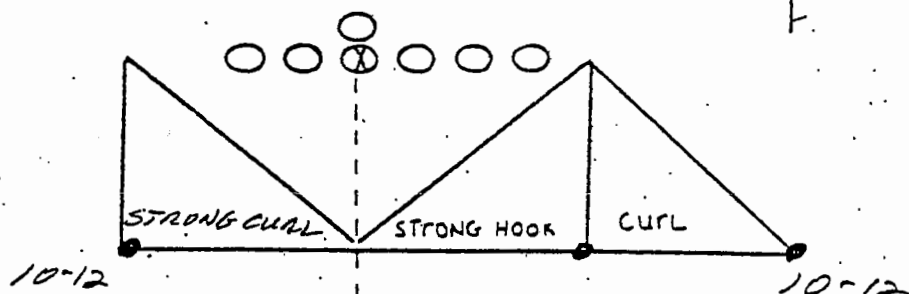
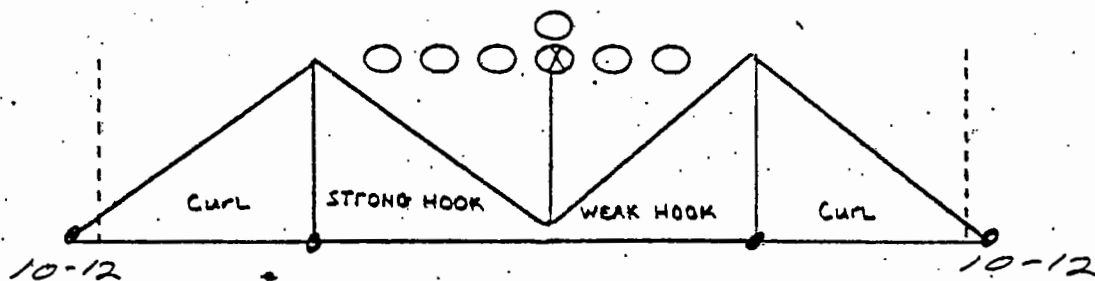
KEY FRONT SHOULDER OF QB AS TO WHAT ZONE HE IS INTENDING TO THROW THE BALL

WHEN THE QB'S NON-THROWING HAND (LONG ARM) COMES OFF THE BALL DRIVE TO INTENTIONAL POINT. DO NOT HAVE HIPS SQUARE TO LOS...



E. WE WANT TO DISRUPT ANY RECEIVER MOVING VERTICALLY THROUGH OUR ZONES

D. 3 DEEP ZONE PRINCIPLES (4 UNDER 3)  
HOOK TO CURL (DUEL ZONE)



E. 2-DEEP PRINCIPLES (5 UNDER 2)  
BACK TO CURL

F. GET DEPTH USING CROSS OVER RUN TECHNIQUE WITH YOUR NEAR SHOULDER ON QB. 12 YDS MINIMUM CURL DEPTH.

KEY NEAR SHOULDER LEVEL OF QB FOR BALL TRAJECTORY

1. PARALLEL = SHORT ZONE
2. UP = DEEP ZONE

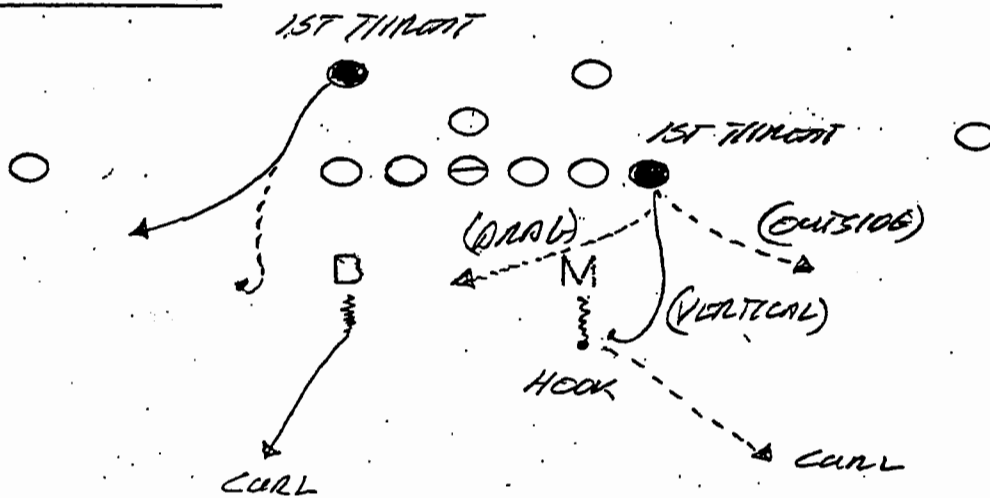
G. KNOW YOUR : AREA OF RESPONSIBILITY  
WHO'S 1ST THREAT IN YOUR ZONE  
WHOME'S YOUR HELP

H. COMMUNICATE

I. DON'T LET IMAGINATION REPLACE GOOD  
JUDGEMENT - THEY ONLY PLAY WITH ONE BALL.

J. THINK INTERCEPTION - TRADE THE COMPLETION  
FOR A HEADACHE.

1-0 (3-DEEP)



1. MIKE (LB TO PASS STRENGTH)

A. STRONG HOOK TO CURL

B. KEY RELEASE OF #2 (#3 IN TRIPS/TREY)

VS. VERTICAL RELEASE

PROTECT THE SEAM, MAINTAIN INSIDE =  
ELBOWS WITH YOUR HIPS POINTING TO RECEIVER.  
USE TIGHT SHUFFLE TO RE-ROUTE RECEIVER 6 TO 8  
YARDS FROM LOS, FORCE RECEIVER OUTSIDE  
THE SEAM, YOU HAVE NO HELP INSIDE OF YOU.  
ON CONTACT FOCUS EYES BACK TO QB'S INTENTION.

VS. OUTSIDE RELEASE / DRAG RELEASE

DRIVE TO THE CURL KEYING QB'S INTENTION  
MOF = 2 YDS OUTSIDE HASH, 12 YDS DEEP  
HASH = MIDDLE OF GOALPOST, 12 YDS DEEP.

2. BACKER (LB AWAY PASS STRENGTH)

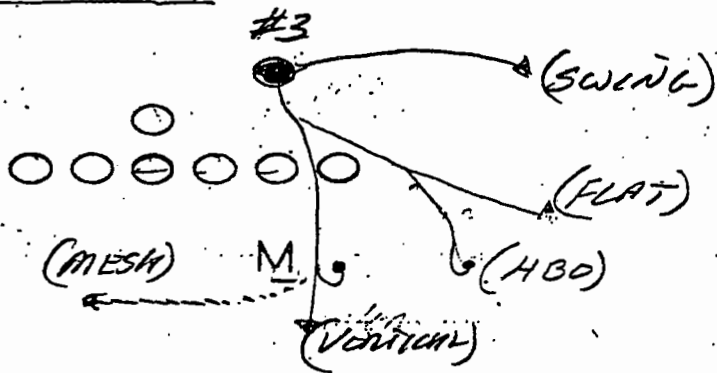
A. WEAK HOOK TO CURL

B. KEY RELEASE OF 1ST THREAT. DRIVE TO CURL  
FOCUSING ON QB'S INTENTIONS.

MOF = 2 YDS OUTSIDE HASH, 12 YDS DEEP  
HASH = 2-3 YDS OUTSIDE BOUNDARY HASH, 12 YDS

COACHING POINT: IF 1ST THREAT IS ON THE LOS  
AS A TIGHT RECEIVER OR SLOT  
(SAME AS LB TO PASS STRENGTH)

C-2 (2-DEEP ROBBER)



1. BACKER (LB TO PASS STRENGTH)

A. BACK TO CURL

B. KEY RELEASE OF #3

VS. VERTICAL RELEASE - YOU HAVE #3 M/M KNOOP INSIDE LEVERAGE. HELP IS DEEP TO OUTSIDE  
(DIVIDE, HOOK)

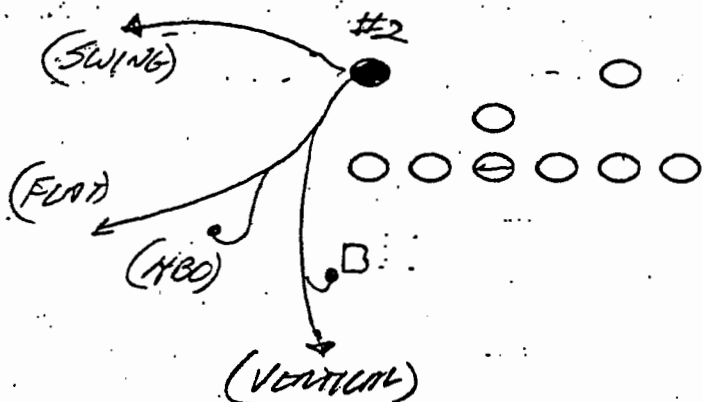
VS. OUTSIDE RELEASE - STAY OVER TOP OF #3, KNOOP INSIDE LEVERAGE. IF #3 CONTINUES TO FLAT (YOU SEE HIS BACK #'S), DRIVE TO THE CURL CUTTING EYES TO #1. HAVE AWARENESS OF UNDER ROUTE.

VS. MESH - STAY OVER TOP OF #3 (OFFSIDE BACK OR RECEIVING)

VS. #3 PASS PROTECT - BALL IN 2/3-LANE DROP TO HOOK 8-10 YDS FROM LOS  
BALL IN 4/LANE TO OR AWAY  
SECONDARY CONTAIN THE BALL.  
(TREAT LIKE QB SWEEP)

VS. BALL IN 4-LANE - SECONDARY CONTAIN THE BALL TO 130YD SIDES

# 1-2 (2-OUTER ROBBER)



## 1. TRAIL (LB AWAY FROM PASS STRENGTH)

- A. BACK TO CURL
- B. KEY RELEASE OF #2

VS. VERTICAL RELEASE - YOU HAVE #2 M/M KNOOP INSIDE LEVERAGE. HOLD IS DEEP TO OUTSIDE  
(DIVIDE, HOOK)

VS. OUTSIDE RELEASE - STAY OVER TOP OF #2, KNOOP INSIDE LEVERAGE. IF #2 CONTINUES TO FLAT (YOU SEE HL BACK #S), DRIVE TO THE CURL CUTTING EYES TO #1. HAVE AWARENESS OF UNDER ROUTE

VS. MESH - STAY OVER TOP OF # (OFFSIDE BACK OR RECOILION)

VS. #2 PASS PROTECT - BALL IN 2/3-LANE DRIVE TO WORK CURL MOVING QB INTENTION  
BALL IN 4-LANE WORK TO PLAY SIDE CURL.

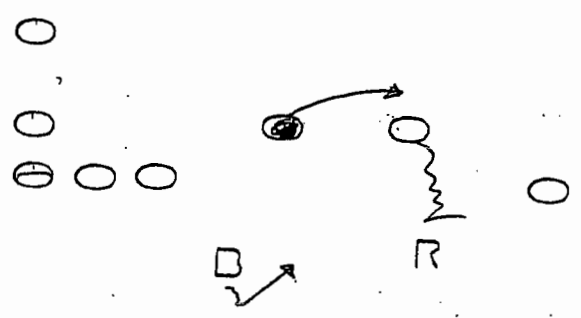
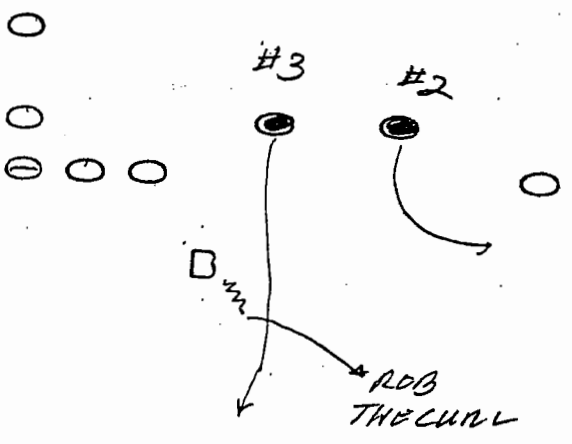
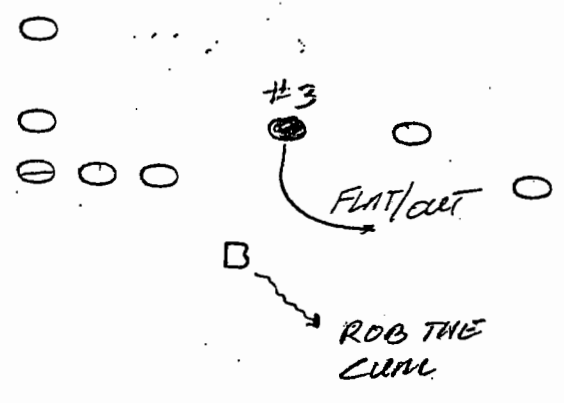
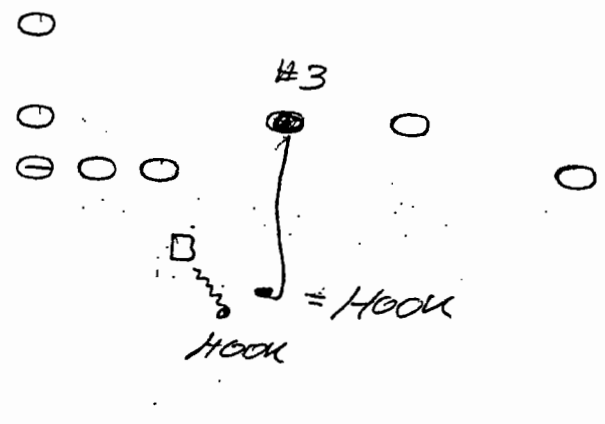
VS. BALL IN 4-LANE - 4-LANE TO YOU = WEAK FEELER  
4-LANE AWAY = STRONG FEELER

HOOK TECHNIQUE VS. PASS = BACKER

HOOK ADJUSTMENT WITH C-2 VS. 3X1 FORMATIONS

PLAYER'S RESPONSIBILITIES IS HOOK TO CURL WITH

PROGRESSION LEADS OF #3 TO #2.



VS. BUBBLE SEE #2 FOR  
BLOCK/RELEASE FOR  
BUBBLE PASS.  
VS. BUBBLE SCREEN  
#2 BLOCKS ROVER NO  
O-GAP THROAT PURSUE  
FOR CUTBACK.



## PRINCIPLES OF MAN COVERAGE FOR INSIDE LINEBACKERS

- A. KNOW THE TYPE OF RUSH (4-MAN, 5-MAN, 6-MAN) AND WHERE YOUR HELP IS.
- B. LEVERAGE RECEPTION ACCORDING TO HELP. NEVER LET RECEPTION GET YOU HEAD UP.
- C. USE SHUFFLE TECHNIQUE TO ALLOW CUSHION TO CLOSE. TOO MUCH CUSHION CAN BE WORSE THAN NOT ENOUGH.
- D. RECEIVERS ARE TAUGHT 3 THINGS
  - a). RELEASE
  - b). DECEPTIVE MOVES
  - c). THE PATTERNS
- E. KEEP HIPS DOWN TO RECEIVER W/ SOFT EYES ON WR'S HIPS.
- F. 4-SECONDS OF CONCENTRATION  
RECEIVER'S HIPS AND ARMS DROP AND STRIDE LENGTH SHORTENS GO TO WR'S FEET FOR PATTERN DIRECTION.
- G. FINISH COVERAGE WITH YOUR EYES. THE WR SLOWS DOWN WHEN HE LOOKS FOR THE BALL.
- H. BE IN PROPER PHASE
  1. OUTSIDE ROUTE DRIVE TO RECEIVER'S FAR SHOULDER
  2. INSIDE ROUTE DRIVE TO FAR SHOULDER AND PLAY ON THE LOW SHOULDER.
- I. TRUST YOUR EYES AND RECEIVER'S HIPS.  
FEAR = FALSE EVIDENCE APPEARING REAL
- J. IF OUT OF PHASE DO NOT PANIC. CLOSE CUSHION AND THINK "TACKLE."
- K. TECHNIQUE + LITTLE THINGS = CONSISTENCY

## RAT: PRINCIPLES FOR INSIDE LINEBACKERS

1. 4 MAN RUSH - MAN FACE COVERAGE (POST HURP)  
THE EXTRA INSIDE OR OUTSIDE LB WILL BE USED AS A "RAT" TO DEFEND AGAINST SHALLOW CROSS AND DEEP CROSSING PATTERNS.
2. WHEN YOU ARE THE "RAT" USE A JUNK DROP (BACKWARD PEDAL) ANTICIPATING SHALLOW CROSS ROUTE.  
PRIORITIES: #1 TE, #2 SET MOTION
3. VS. SHALLOW CROSS DEFENDER WILL CALL "CROSS-CROSS"; TURN YOUR HEAD TO CROSSER GIVING "CUT-CUT" CALL TO DEFENDER - YOU NOW HAVE THE SHALLOW CROSS RECEIVER MAN TO MAN
4. IF YOU SEE SHALLOW CROSS EARLY - TURN YOUR HEAD TO CROSSER GIVING YOUR DEFENDER A "CUT-CUT" CALL - YOU NOW HAVE THE SHALLOW CROSS RECEIVER MAN TO MAN
4. NO SHALLOW CROSS DEEP DROP (CROSS OVER-RUN) : KEYING QB INTENTIONS FOR THE DEEP CROSS.

## LINEBACKER PASS RUSH FUNDAMENTALS AND TECHNIQUES

### 1. BASIC FUNDAMENTALS

- A. Take pride in sacking the QB. It is 90% desire and 10% skill.
- B. Anticipate pass based on down and distance, pre-snap read of lineman's stance, by the offensive formation and by defense called.
- C. It is extremely important to get a great jump on the snap of the ball, key the football.
- D. In your stance place the weight on your back foot so your first step is a progressive step towards the QB. Explode and accelerate out of your stance.
- E. Close the distance between you and the blocker as quickly as possible.
- F. Have a plan to attack and defeat the blocker.
  - . When you have contain responsibility, attack the upfield shoulder of the QB.
- H. When tackling the QB, you must tackle him high pinning his arms to his sides. When sacking the QB, 50% of the time you should cause a fumble, strip or knock him loose of the ball.
- I. When recognizing P90, come under control and be in position to obstruct or knock down the ball. Do not leave your feet until the ball leaves the QB's hand.
- J. Be aware of draw and play action fakes. Gear down and react to run or pass.
- K. Be alert for following draw reads:
  - 1) One of the backs moving laterally toward the QB.
  - 2) QB turning his back to LOS on his pass drop.
  - 3) QB moving the ball from the shoulder area to the hip area on drop.

### 2. PASS RUSH TECHNIQUE

- A. Bull Rush - Explode into the blocker with the top of your helmet into the chin of the blocker while at the same time shooting your hands into the chest area grabbing cloth. You must never let your feet stop. Drive and lift the blocker to QB.
- B. Butt and Pull - Explode into the blocker as you would a Bull rush. Once you feel the blocker shift his weight to resist you

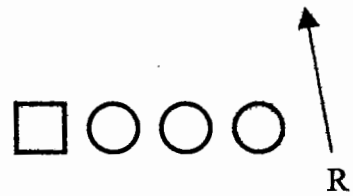
- C. Swat and Swim - Attack blocker as if you are going to Bull Rush. As you get into a position to step on his toes give the blocker a move opposite the direction you are headed, swat with your inside or outside hand to the elbow area of the blocker pinning the blockers arm. As you pin the blockers arm, bring your other arm over the top of his body while at the same time shooting your hips through. As you bring your arm down you should drive your elbow into the middle of the blockers back and accelerate towards the QB.
- D. Arm Under - As you approach the blocker dip and rip your shoulder and arm through the rib cage area and arm of the blocker exploding into him turning his body while at the same time shooting your hips and accelerating to the QB. This movement can be used with a butt and pull rush or in a swat and arm under movement.
- E. Finesse - As you reach the blocker use foot, shoulder and head fakes on the blocker. Slip by him without making contact. You may use a swim or arm under move to get by him. You must be able to step on the blockers toes before making your fakes.

***ROVER/WHIP***

## Rover / Whip Stunts

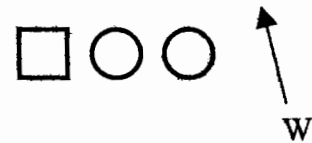
### Strong Dog

- Talks to Rover only
- Upfield stunt, get deep as the deepest back
- Contain the pass



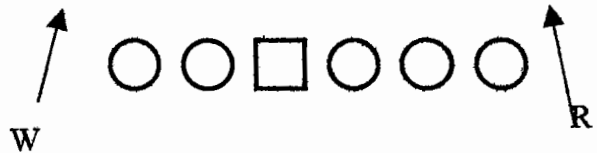
### Weak Dog

- Talks to the Whip only



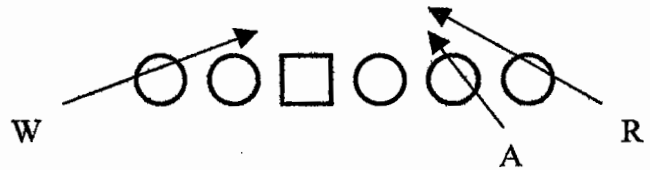
### Dog

- Talks to both the Rover and the Whip
- This is both a "Rover" and a "Whip" stunt



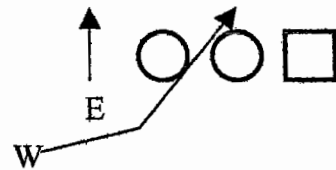
### Rocket

- Can be called strong, weak or both
- Strong talks to Rover, weak to Whip
- A "Rocket" call without a strength talks to both
- This is a flat stunt



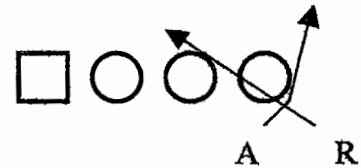
### Weak Wham

- Talks to Whip and End
- End will loop outside for contain
- Whip will come under into B gap
- The end will go first



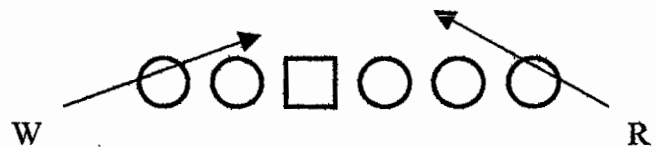
### Strong Wham

- Talks to Rover and End
- ROVER WILL RUN A "WHAM" STUNT IN C GAP



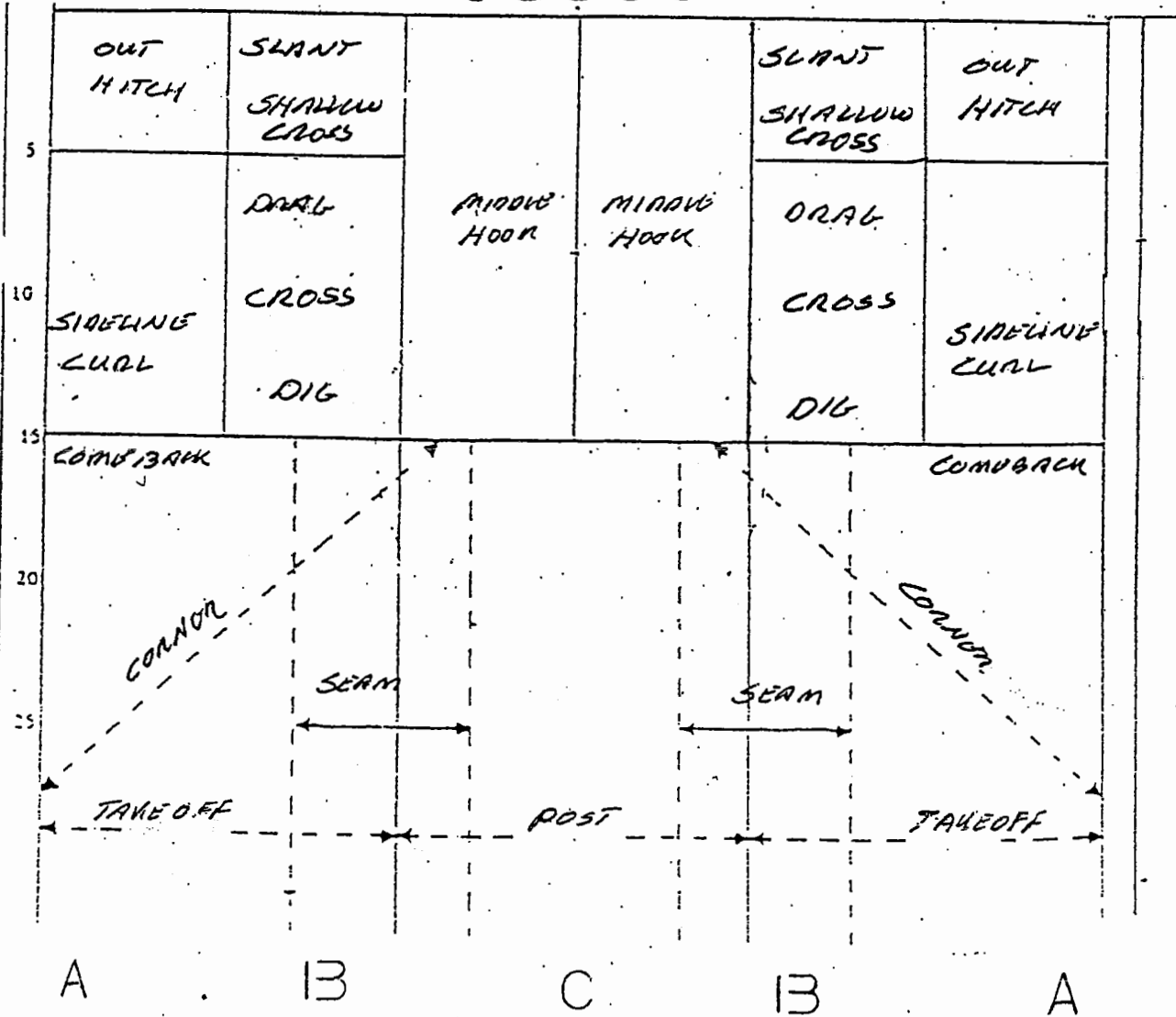
### Apache

- Same as Rocket to Whip and Rover



## READING THE QB'S INTENTIONS

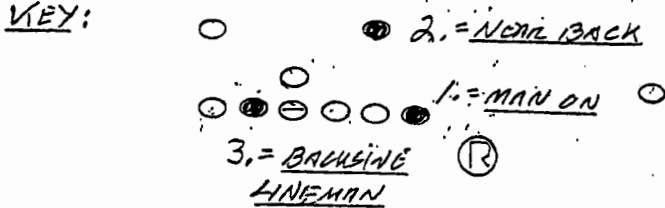
1. KEY the front shoulder of QB
2. Focus on the point of the shoulder as to what 1/3-of the field he is intending to throw to
3. Key shoulder level for trajectory
  - a) Parallel = Short Zone
  - b) Up = Deep Zone
4. When the QB's non-throwing hand comes off the ball, drive to the interception point



8-TECH - ROVER/WHIP SKY SUPPORT (#2 TIGHT)

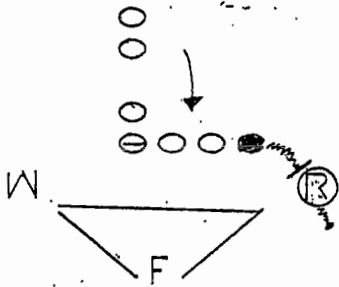
STANCE: SHORT ZONE

ALIGNMENT: 3 YOS OUTSIDE #2 TIGHT ON LOS SELLING TO QB. 4x4 = HOME ALIGNMENT



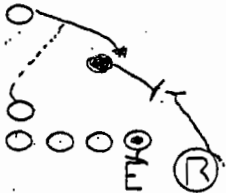
RESPONSIBILITY VS. RUN

1. UTILIZE 3-SHAFFLE STEPS (WR ALIGNMENT) AT 45° FROM LOS ON SNAP, BETWEEN 1ST AND 3RD STEP DETERMINING RUN - PASS.
2. VS. I OR OFFSET BACK TO YOU ANTICIPATE SWEEP
3. PRE-SNAP KEY OF TIGHT RECEPTION'S STANCE
  - HEAVY HAND (RUN), LIGHT HAND (PASS)
  - HEELS UP (RUN), HEELS FLAT (PASS)
5. FORCE ALL END RUNS TO CUTBACK INSIDE TO YOUR HELP



FAN BLOCK: MAN ON OUTSIDE RELEASES. CONTACT WITH TE. INSIDE RUN - TAKE ON BLOCK W/ HIPS AND SHOULDERS SQUARE TO LOS, AND OUTSIDE ARM AND LEG FACE.

-150  
-150 DRAW



DRIVE BLOCK: MAN ON BLOCKS OFF. END AND NEAR BACK TO YOU

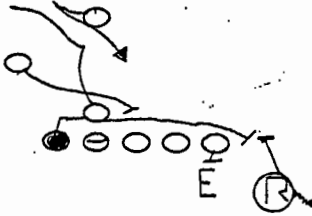
1. PENETRATE LOS (KEY INTO SKY CRASH) AND ATTACK 2nd KEY (NEAR BACK)
2. FORCE THE BALL TO CUTBACK
3. GIVE BLOCKER SMALL BLOCKING SURFACE (YOUR NEAR SHOULDER) BY KEEPING YOUR HIPS AND SHOULDERS SQUARE TO THE LOS. "KEEP YOUR OUTSIDE ARM AND LEG FREE" "GET YOUR HIPS UP FIELD"

- TOSS SWEEP, HAND SWEEP  
- POWER

VS. SACCO OPTION PLAY FROM LOS

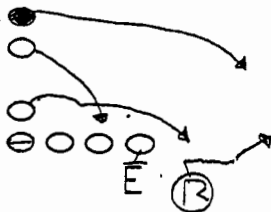


8-TECH ROUGH/WHIP - SKY SUPPORT



DRIVE BLOCK: MAN ON BLOCKS DEF. END AND NEAR BACK (2ND KEY) GOES AWAY

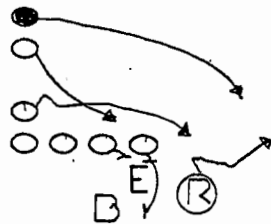
1. PENETRATE LOS (KEY INTO SKY CRASH) AND ATTACK BACK SIDE LINEMAN (3RD KEY)
2. FORCE THE BALL TO CUT BACK.
3. GIVE BLOCKERS SMALL BLOCKING SURFACE (YOUR NEAR SHOULDER) BY KEEPING YOUR HIPS AND SHOULDERS SQUARE TO LOS, KEEP YOUR OUTSIDE ARM AND LOG FACE. GET YOUR HIPS UPFIELD  
- COUNTER  
- 150-G



DIVE OPTION/BELLY OPTION

MAN ON BLOCKS END OR ZONE BLOCKS TO ILB AND THE BALL IS IN THE 1-LANE (ON LOS).

1. DO NOT PENETRATE LOS
2. KEEPING YOUR HIPS-SHOULDERS SQUARE YOU HAVE PITCH.
3. STAY ON LOS AS LONG AS PITCH MAN IS INSIDE OF YOU, AS THE PITCHMAN CROSSES YOUR FACE, FLATTEN DOWN LOS AND SECURE THE PITCHMAN



SCOOP: MAN ON CUT OFF BLOCKS DEF. END AND NEAR BACK AWAY WITH NO BACKSIDE LINEMAN TO YOU.

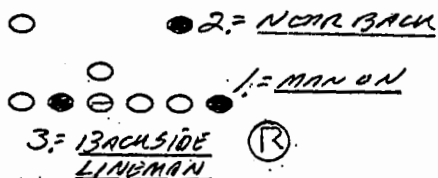
1. THINK NAKED / CUTBACK
2. INSIDE BLOCK ON END, SQUEEZE THROUGH THE ORIGINAL ALIGNMENT OF DEF. END'S FEET FOR CUTBACK.

# 8-TECH, ROVER/WHIP - ROAD SUPPORT

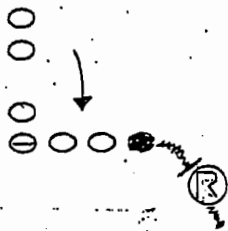
STANCE: SHORT ZONE

ALIGNMENT: 2x2 VS. TIGHT RECEISSION

KEY:



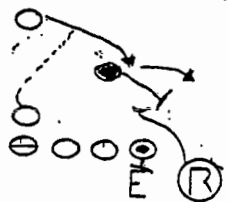
## RESPONSIBILITY VS. RUN



FAN BLOCK: MAN ON OUTSIDE RELEASES.

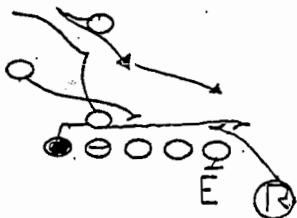
CONTACT WITH TE. INSIDE RUN - TAKE ON BLOCK w/ KIPS AND SHOULDERS SQUARE TO LOS, AND OUTSIDE ARM AND LEG FACE TO CONTAIN THE BALL = SKY SUPPORT.

- 150
- 150 DRAW



DRIVE BLOCK: MAN ON BLOCKS DEF. END AND NEAR BACK TO YOU.

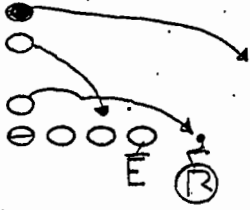
1. PENETRATE LOS, AND BEND TO "2nd KEY (NEAR BACK). KEY INTO D-CRASH.
2. ATTACK NEAR BACK WITH YOUR "OUTSIDE PRO" (WRING ARM), KEEPING YOUR INSIDE ARM AND LEG FACE.
3. RUN YOUR FOOT AND MAKE THE BALL SPIEL TO THE CONTAIN DEFENDER.



DRIVE BLOCK: MAN ON BLOCKS DEF. END AND NEAR BACK (2nd KEY) GOES AWAY

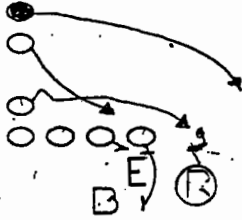
1. PENETRATE LOS AND BEND TO BACKSIDE LINEMAN (3rd KEY). KEY INTO D-CRASH
2. ATTACK BS L WITH YOUR "OUTSIDE PRO" (WRING ARM), KEEPING YOUR INSIDE ARM + LEG FACE.
3. RUN YOUR FOOT AND MAKE THE BALL SPIEL TO THE CONTAIN DEFENDER

CR - IF 2nd PULLER IS DEEPER THAN 1st PULLER, COULD USE CROSS BODY TECHNIQUE.

DIVE OPTION/BELLY OPTION.

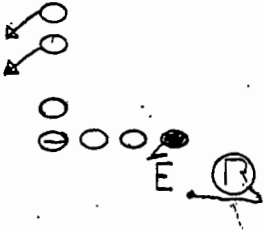
MAN ON BLOCKS END OR ZONE BLOCKS TO ILB AND THE BALL IS IN THE 1-LANE (ON LOG).

1. DO NOT PENETRATE LOS
2. KEEPING YOUR HIPS-SHOULDERS SQUARE YOU HAVE QB
3. EXTEND INSIDE HAND TO QB, WHEN QB IS CLOSE TO HAND, TURN TO RB AND RUN YOUR FOOT THROUGH HIS UPFIELD BREAST PLATE.  
USE YOUR OUTSIDE ARM TO DISRUPT PITCH HAND.



SLOOP: MAN ON CUT OFF BLOCKS OFF END AND NEAR BACK AWAY WITH NO BACKSIDE LINEMAN TO YOU.

1. THINK NAKED
2. INSURE BLOCK ON END, SQUEEZE THROUGH THE ORIGINAL ALIGNMENT OF OFF END'S FEET FOR CUTBACK.



RECOLE TECHN. ROVER/WHIP SLY SUPPORT (#2 WIDE)

STANCE:

SHORT ZONE

ALIGNMENT:

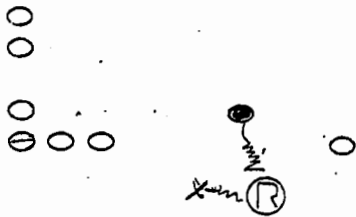
SEW INSIDE LEVERAGE AND SNAP  
OUTSIDE LEVERAGE ON #2 WIDE POST SNAP  
2 TO 4 YDS FROM LOS

KEY:

LANE OF BALL, TO BLOCK - RELEASE OF #2 WIDE.

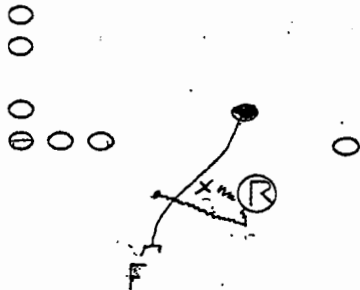
RESPONSIBILITY W. RUN

SIT AND BOUNCE, TO HELP FACE SAFETY WITH HIS  
KEY POINT ON #2. (DO NOT LOSE GROUND)  
CONTAIN THE BALL - PITCH ON OPTION



STALK BLOCK

HANDS INSIDE WITH HIPS - SHOULDERS  
SQUARE AND OUTSIDE ARM AND  
LEG FACE, KEEP YOUR FEET UNDER-  
NEATH YOU AND YOUR TOES  
DOWN THE FIELD.



CRACK-BLOCK ON FACE W/ INSIDE RUN

WHEN RUN INSIDE RUN IS RECOGNIZED  
SQUEEZE AND REPLACE FACE  
SAFETY FOR CUT BACK.

C.P. IS BALL IN 1-LANE YOU STILL  
HAVE PITCH ON OPTION.

# 8-TECH ROUND/WHIP - SKY SUPPORT (#2 IN BACKFIELD)

STANCE: - SHORT ZONE

ALIGNMENT: OUTSIDE STACK YOUR END 3 YDS FROM LOS

KEY: BACK FLOW TO UNCOVER END LINEMAN.  
(TACKLE ON CENTER - GP)

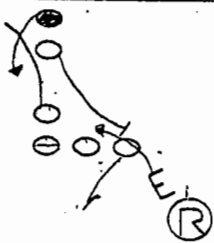
## RESPONSIBILITIES VS. PLAN



### INSIDE FLOW AWAY

ANTICIPATE CUTBACK. KEEP HIPS-SHOULDERS SQUARE TO LOS AND SECURE THE B-GAP KEEPING BALL CARRIAGE INFRONT AND INSIDE.

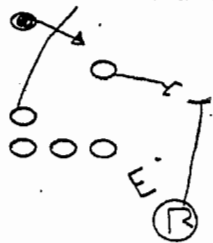
PLAY RUN 1ST - ANY DOUBTS STACK YOUR END. HAVE AWARENESS FOR NARROW, REVERSE



### SPLIT FLOW

NEAR BACK BLOCKS DEF. END. STAY ON END'S OUTSIDE TIEP ANTICIPATING CUTBACK AND THE B-GAP CLOSING.

HAVE AWARENESS FOR WAGGLE



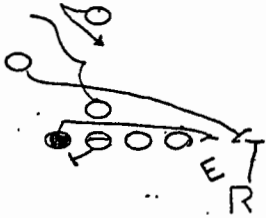
### OUTSIDE FLOW TO YOU

NEAR BACK TO YOU (SWEEP)

1. PENETRATE LOS (KEY INTO SKY CRASH) AND ATTACK NEAR BACK.
2. FOMLE THE BALL TO CUTBACK
3. GIVE BLOCKER SMALL BLOCKING SURFACE (YOUR NEAR SHOULDER) KEEP YOUR HIPS-SHOULDERS SQUARE TO THE LOS, OUTSIDE ARM + LEG FLEE - CONTAIN THE BALL

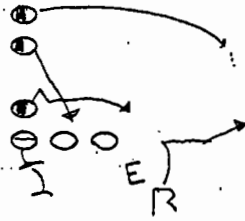
VS. SPEED OPTION PLAY FROM LOS

8-TECH ROUND/WHIP SLY SUPPORT W/ #2 IN BACKFIELD



NEAR BALL AWAY W/ BACKSIDE GUARD  
PULL TO YOU:

1. PENETRATE LOS (W/ INTO SLY CRASH) AND ATTACK 2nd PULLER (FALLBACK OR BST)
2. FORCE BALL TO CUTBACK
3. UTILIZE GOOD CONTAIN PRINCIPLES.



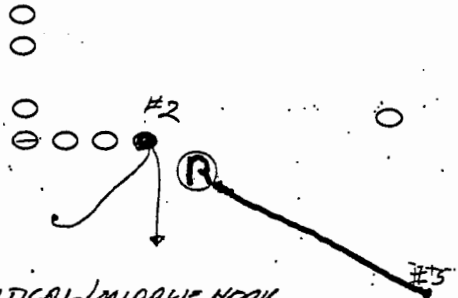
DIVE OPTION / BELLY OPTION

CENTER LOW HIT OR AT 2nd LEVEL BLOCKING ILB AND THE BALL IS IN THE 1-LANE TO YOU

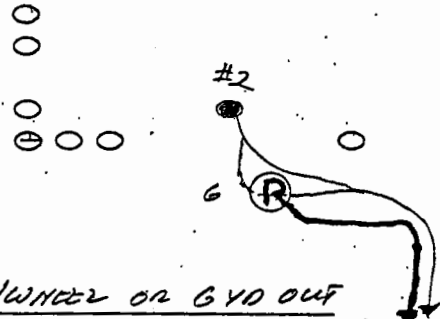
8-TECHNIQUE MOVING/WHIP & INDICATE 1/2'S CONCEPTS.

RESPONSIBILITY VS. PASS (#2 TRAIT OR WIDE) = FLAT

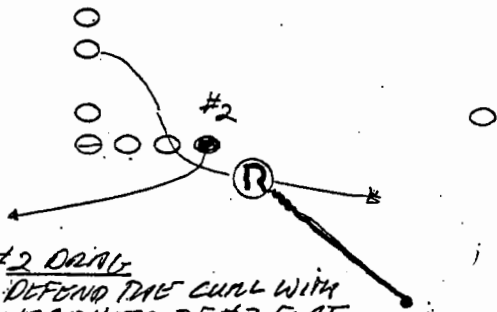
1. SKATE (CROSS OVER RUN) TO BOTTOM OF #3'S 10-12 YDS FROM LOS
2. MUST HAVE YOUR NEAR SHOULDER POINTING @ QB AT ALL TIMES.
  - a). SEE #2'S RELEASE.
  - \* b). READ QB'S INTENTIONS (NEAR SHOULDER)
    - NEAR SHOULDER TO YOU = ON SIDE
    - NEAR SHOULDER AWAY = OFF SIDE.



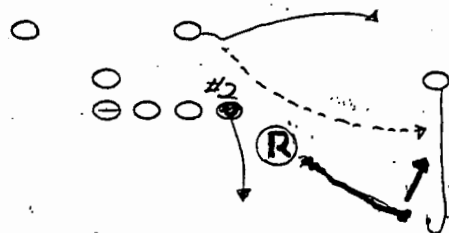
#2 VERTICAL/MIDDLE HOOK  
ANTICIPATE SIDELINE CUT  
FLAT DEFENSE. RUN THROUGH #3'S



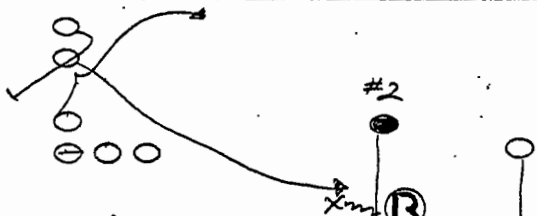
#2 FLAT/WHEEL OR GYRO OUT  
#2 MAN TO MAN, LEAD POSITION



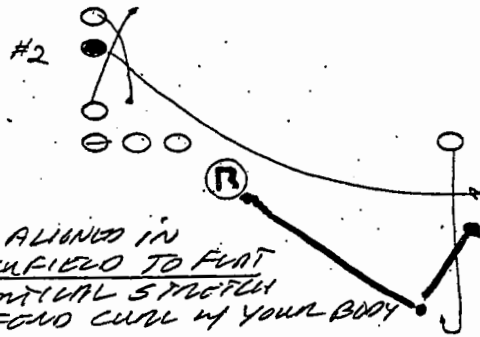
#2 DRAG  
DEFEND THE CURL WITH AWARENESS OF #3 FLAT  
VERTICAL STRETCH CONCEPT.



#2 VERTICAL W/ #3 SWING ON FLAT  
VERTICAL STRETCH, DEFEND CURL W/  
BODY-FLAT W/ YOUR EYES. QB SHOULDER LEVEL



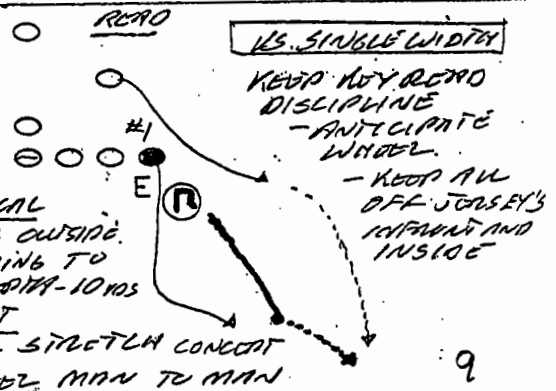
#2 VERTICAL W/ #3 FLAT  
VERTICAL STRETCH.  
DEFEND OUT W/ BODY  
FLAT W/ YOUR EYES  
QB SHOULDER LEVEL



#2 ALIGNED IN BACKFIELD TO FLAT  
VERTICAL STRETCH  
DEFEND CURL W/ YOUR BODY  
FLAT W/ YOUR EYES. QB SHOULDER LEVEL



#2 BLOCKS W/ 3-STEP  
WORK FOR WIDTH AND CLOSE CUSHION TO #1.



#1 VERTICAL  
BE 3 YDS OUTSIDE.  
TE WANTING TO PROPEL DEPTH-10 YDS  
#2 FLAT  
VERTICAL STRETCH CONCEPT  
#2 WHEEL MAN TO MAN

VS. SINGLE WIDGET  
KEEP ANY READ DISCIPLINE  
- ANTICIPATE WHEEL.  
- KEEP ALL OFF JERSEY'S INSIDE AND INSIDE

SINK TECHNIQUE = ROTATE W/ SKY SUPPORT

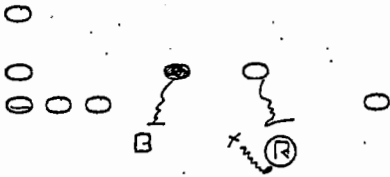
STANCE: SHORT ZONE

ALIGNMENT: SET INSIDE LEVERAGE TO QB/WR @ 4 YDS FROM LOS = PRE-SNAP  
ALIGN OUTSIDE LEVERAGE @ 6 YDS FROM LOS = POST-SNAP

KEY: 'LINE OF BALL TO BLOCK/REVERSE' OF #3.

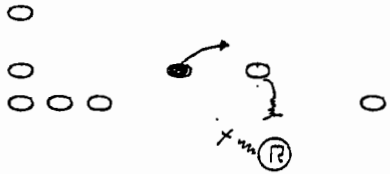
RESPONSIBILITY VS. RUN:

SIT AND BOUNCE KEY #3. WHEN #3 BLOCKS THE BACKER CUT EYES TO #2 AND CONTAIN THE BALL (SKY SUPPORT)



STALK BLOCK

HANDS INSIDE WITH HIPS AND SHOULDERS SQUARE AND OUTSIDE ARM AND LEG FLAT. PLAY WITH A BASE AND YOUR TOES DOWN FIELD.



BUBBLE SCREEN

#3 BUBBLES CUT EYES TO #2 FOR STALK BLOCK OR RELEASE (BUBBLE PASS) MAKE EYE CONTACT WITH #2. THIS IS A SAUCE. RESIST INSIDE GAP, CONTAIN THE BALL FOR THE BALL TO CUT BACK.



SEE STALK BLOCK



SINK TECHNIQUE VS. PASS - ROUTE

RESPONSIBILITY VS. PASS

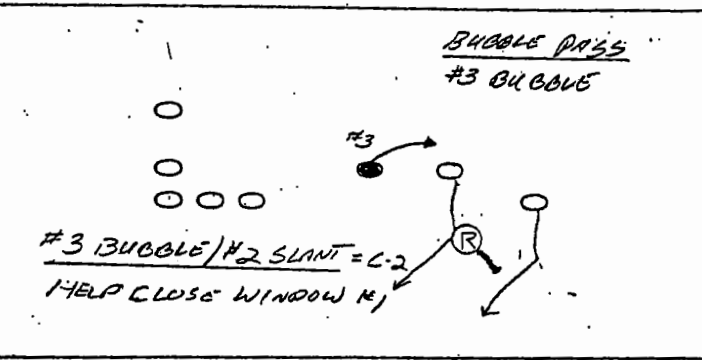
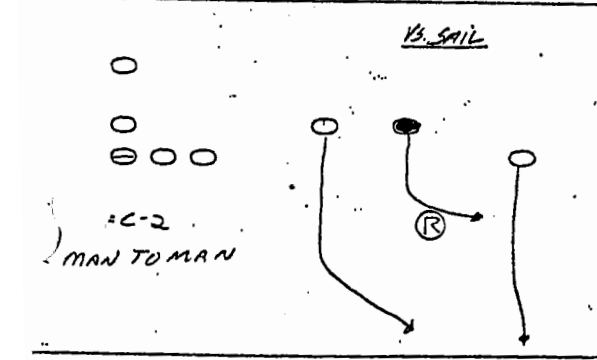
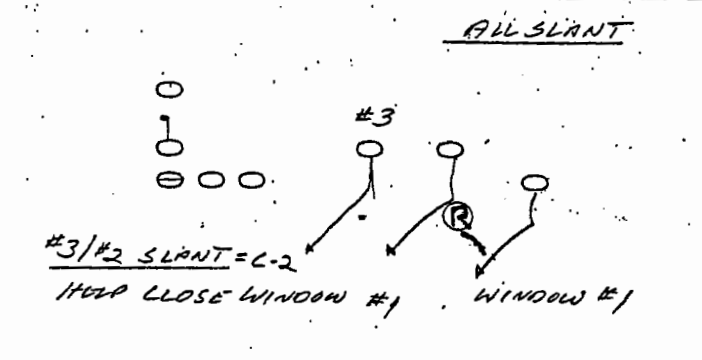
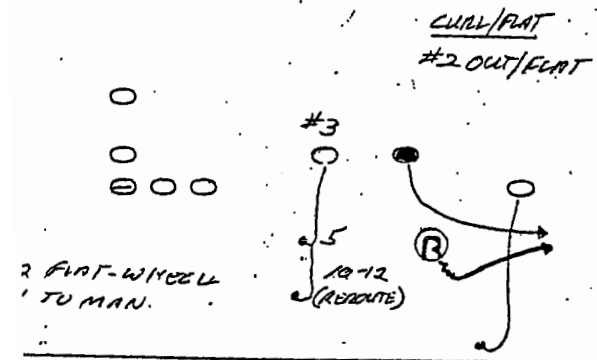
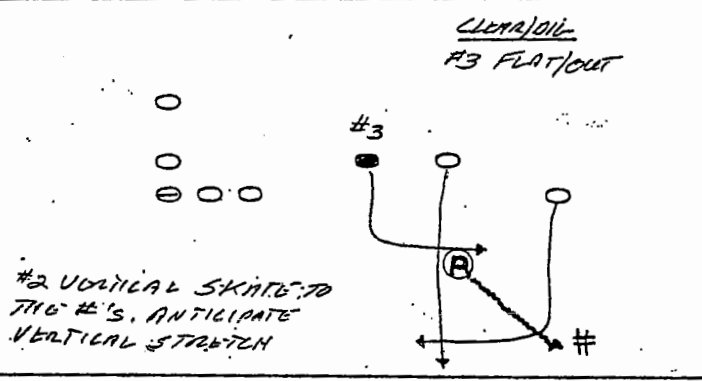
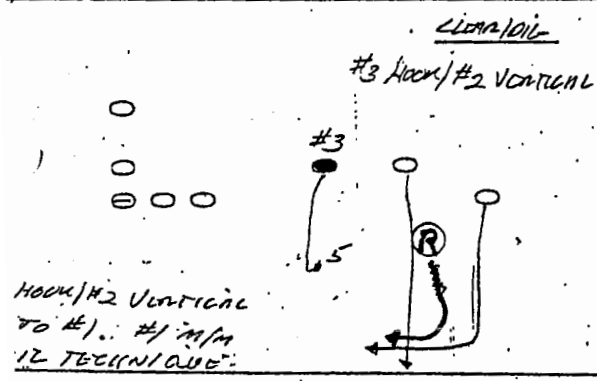
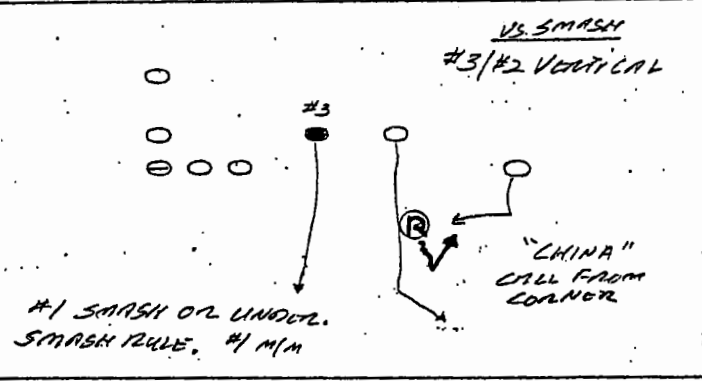
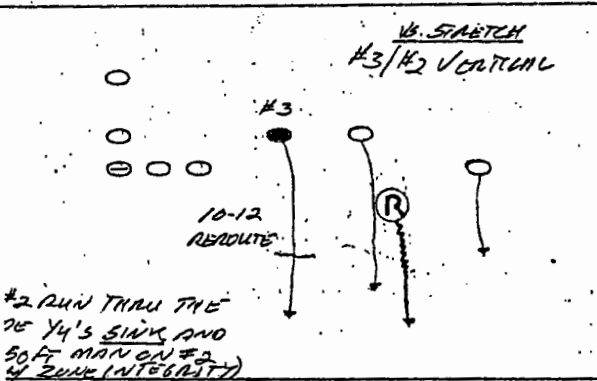
PASS RESPONSIBILITY WILL BE DETERMINED BY #3'S RELEASE AND #2'S PATTERN.

- 1. IF SNAP = SELF INSIDE LEVERAGE TO Q13/WR. ON #2
- POST SNAP = HAVE OUTSIDE LEVERAGE ON #2.

USE 3 SHUFFLE STEPS TO KEY #3/#2 RELEASE

COACHING POINT

SINK TECHNIQUE VS. BUNCH/CONTRACTION IF #3 EXECUTES FLAT ROUTE  
MARRY #3 M/M (NO VERTICAL STRETCH)



# 8-TECHNIQUE ROUND AND WHIP Y3'S CONCEPTS

## RESPONSIBILITY VS. PASS (#2 TIGHT OR WIDE) = CURL/FEAT

1. SKATE (CROSS OVER RUN) TO CURL, 10-12 YDS FROM LOS.
  - HASH - BALL OUTSIDE GOAL POST = CURL IS 2-3 YDS OUTSIDE HASH
  - M OF - BALL INSIDE GOAL POST = CURL IS THE #1'S.

2. MUST HAVE YOUR NEAR SHOULDER POINTING @ QB AT ALL TIMES

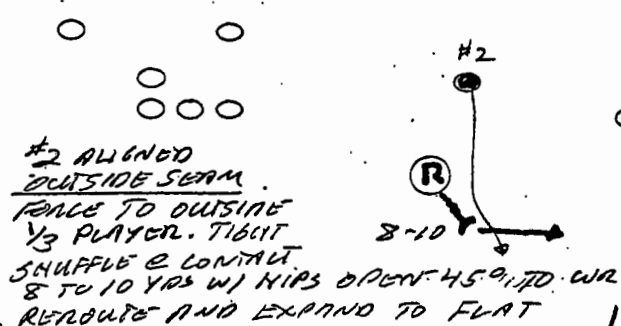
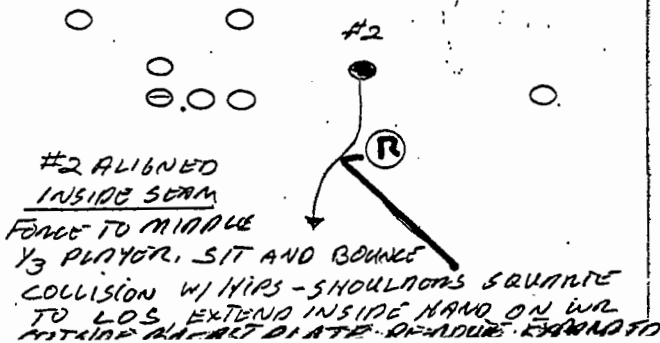
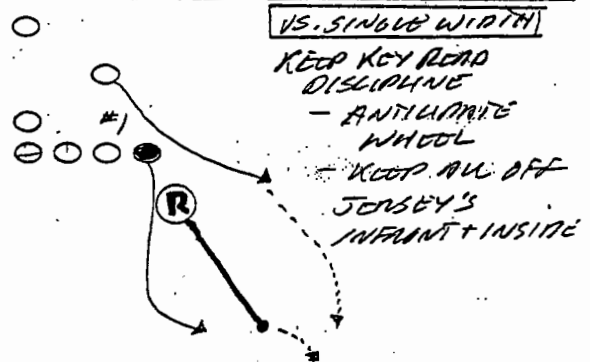
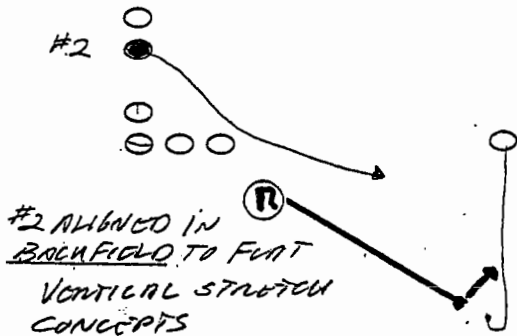
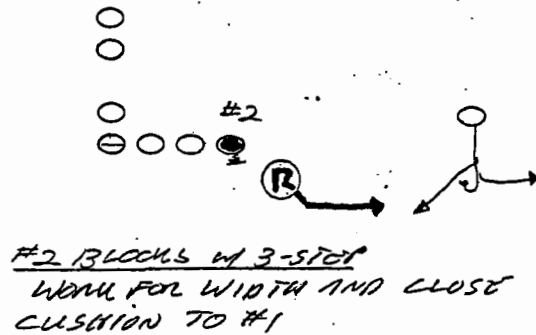
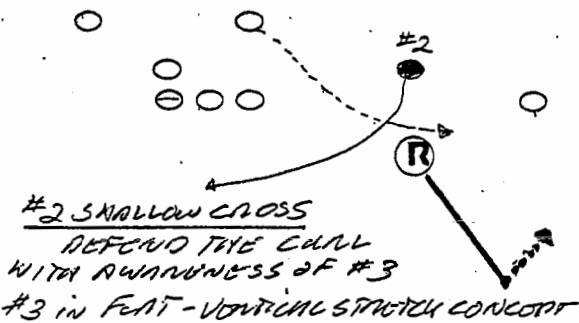
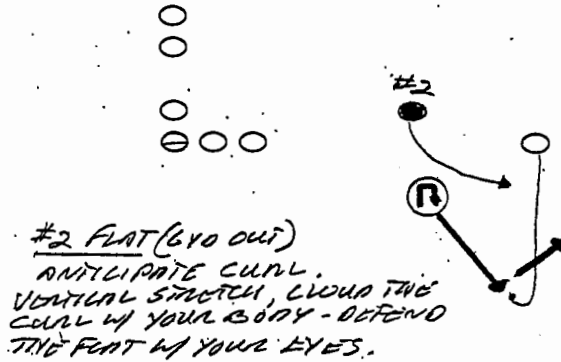
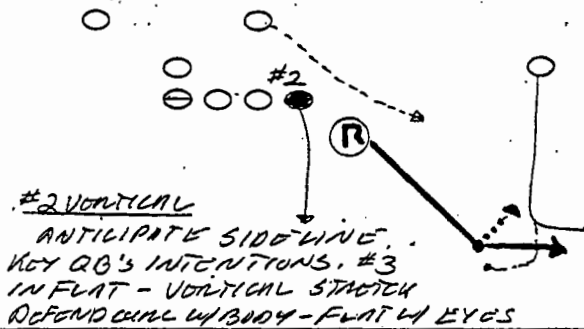
a. SEE #2'S RELEASE

\* b. KEY QB'S INTENTIONS (NEAR SHOULDER)

NEAR SHOULDER TO YOU = ON SIDE

NEAR SHOULDER AWAY = OFFSIDE

VS. #2 WIDE - INSIDE/OUTSIDE LEVERAGE DETERMINED BY #2 SPLIT



## OVERJAM TECHNIQUE

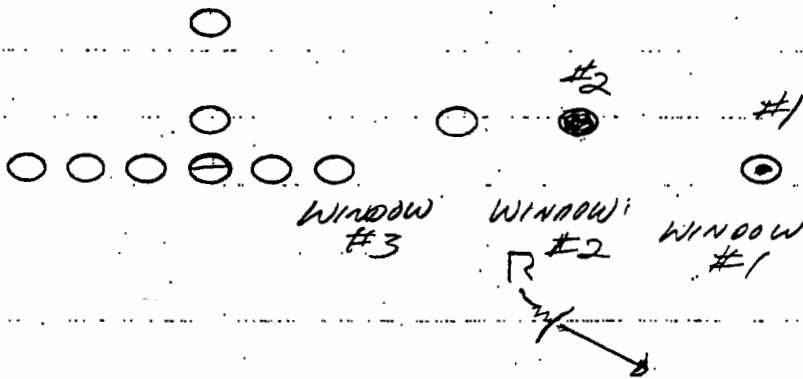
### SKY SUPPORT

THIS TECHNIQUE IS USED WITH C-O FLOOD CHECK  
VS. 3x1 SINGLE WIDTH OR 3x2 EMPTY FORMATION

STANCE: SHORT ZONE

ALIGNMENT: INSIDE LEVERAGE #2 WIDE 4 TO 6 YDS  
DEEP.

KEY: LANE OF BALL TO BLOCK RELEASE OF #2 WIDE



## OVERJAM TECHNIQUE

1. INSIDE LEVERAGE #2 WIDE
2. VS. #2 VERTICAL AT 8 TO 10 YDS JAM WR'S STERNUM WITH INSIDE HAND, MAKE RECEPTION CHANGE DIRECTION
3. DO NOT CAUSE SNALLOW BREAKS UNDER 8 YDS. STAY ON TOP.
4. AFTER JAM, WALL #1 LOSING WINDOW #1 WITH YOUR BODY DEFENDING THE "FEET" ZONE WITH YOUR EYES.

ALLEY (D-GAP) - ROVER/WHIP CLOUD (VS. #2 WIDE)

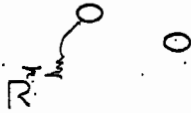
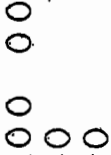
STANCE: SHORT ZONE

ALIGNMENT: 2 TO 3 YAS INSIDE #2, 4 TO 6 YAS FROM LOS

KEY: LANE OF BALL TO BLOCK - RELEASE OF #2.

RESPONSIBILITY VS. RUN

SIT AND BOUNCE FOR KEY ROAD  
D-GAP CONTROL - QB ON OPTION



STALK BLOCK

HANDS INSIDE WITH HIPS - SHOULDERS  
SQUARE, ATTACK #2 KEEPING INSIDE  
ARM AND LEG FACE.

BALL CROSSES YOUR FACE, CROSS  
WR'S FACE.

PUSH AWAY RIB OR PATCH IT.

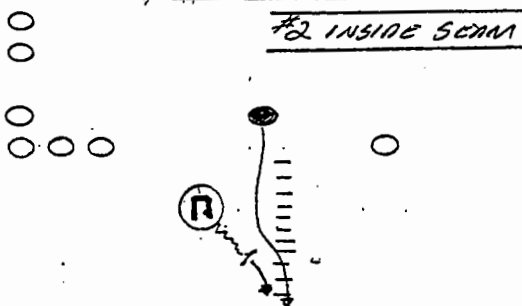
ALLEY TECH-ROCK/WHIP DEEP 1/2 W/ CLOUD SUPPORT

RESPONSIBILITY IS PAGES (US. #2 WIDE OR TIGHT) = CURL

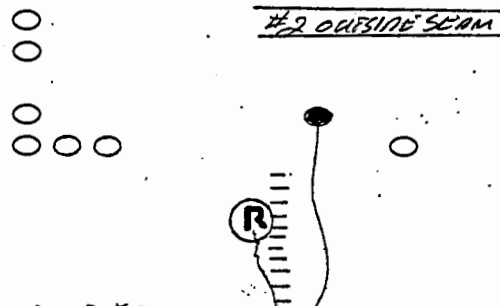
US. #2 VERTICAL (SEAM)

YOU MUST RE-ROUTE #2 OUTSIDE TO YOUR DEEP 1/2 SAFETY. JUNCTION WR @ 8 TO 10 YAS WITH TIGHT SHUFFLE; HIPS OPEN TO WR @ 45°

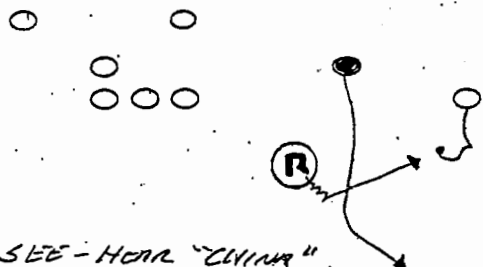
1. CONTACT WR W/ A BASE AND SEE #1 FOR INSIDE ROUTE, ANTICIPATE CHINA.
2. YOU HAVE NO HELP DOWN THE MIDDLE, IF WR GETS INSIDE SPEED TURN TO CUT OFF @ HIGH SHOULDER
3. PULL OFF VERTICAL ON ALL INSIDE ROUTES BY #1 CHINA RTE, OIL ROUTE
4. IF WR IS OUTSIDE THE SEAM (OUTSIDE HASH) DO NOT CONTACT #2. GET DEPTH DOWN HASH, NO OIL ROUTE USE SPEED-TURN TO DEFEND BEND ROUTE.



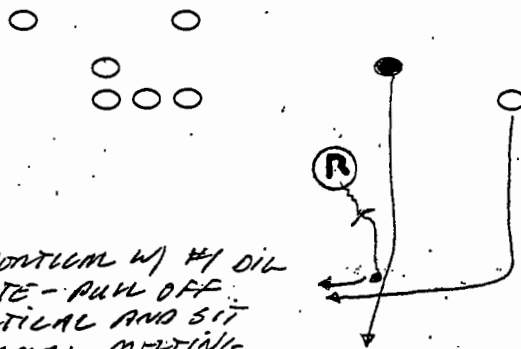
RE-ROUTE #1 8 TO 10 YAS FROM LOS. WALL #2 TO YOUR HELP LOOK OVER WR INSIDE SHOULDER TO SEE #1 CHINA OR OIL



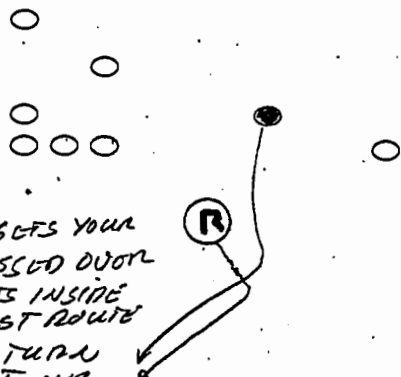
DO NOT CONTACT #2 GET DEPTH DOWN HASH NO OIL ROUTE, SPEED TURN TO DEFEND BEND RTE GETTING EYES BACK TO RB.



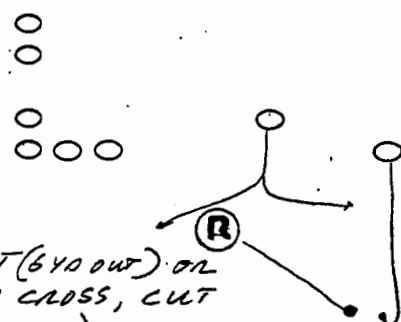
SEE-HEAR "CHINA" AND PULL OFF VERTICAL AND CLOSE TO #1.



#2 VERTICAL W/ #1 OIL ROUTE - PULL OFF VERTICAL AND SIT IN CURL MELTING INSIDE.



IF #2 GETS YOUR FOOT CROSSED OVER AND GETS INSIDE FOR POST ROUTE - SPEED TURN TO CUT WR OFF ON HIS HIGH SHOULDER



#2 FLAT (BY OUT) ON SHALLOW CROSS, CUT TO #1 (CURL)

DEEP 1/2 TECHNIQUE WHIP CLOUD SUPPORT

STANCE: DEEP ZONE

ALIGNMENT: TO PASS STRENGTH

- ALIGN 10-12 YDS FROM LOS.
- #1 OUTSIDE HASH, ALIGN 5 YDS INSIDE TOR
- #1 OVRSPILT, ALIGN 2 YDS OUTSIDE HASH.
- #1 ON/INSIDE HASH, ALIGN 1 YD INSIDE WLR

AWAY PASS STRENGTH

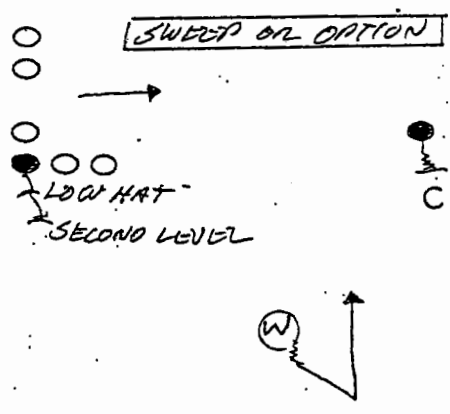
- ALIGN 10-12 YDS FROM LOS
- #1 WIDE, ALIGN 2 YDS OUTSIDE HASH
- #1 TIGHT RECEIION, ALIGN INSIDE #1.

KEY:

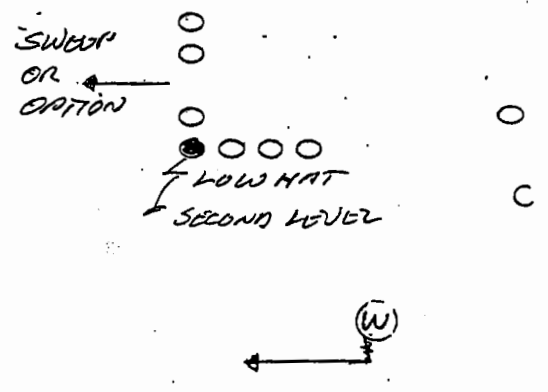
OFFENSIVE LINE (OL) - LANE OF BALL - BLOCK  
RELEASE OF #1.

RESPONSIBILITY VS. RUN

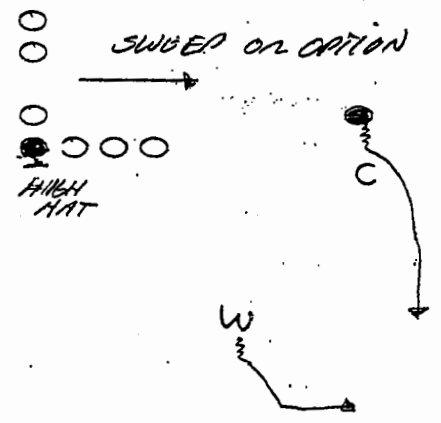
UTILIZE 3-STEPS FOR RECOGNITION OF LOB TO BLOCK-  
RELEASE OF #1.



BALL IN 1-LANE TO YOU  
VERIFY RUN BY LINE KEY OR  
BLOCK OF #1 ON CLOUD COVER.  
OPEN OUTSIDE FOOT TO END ZONE  
PYLON FOR DEPTH AND WIDTH.  
#1 BLOCKS CORNER ATTACK LOS  
FOR SECONDARY ALLAY.  
KEEP THE BALL IN FRONT  
AND INSIDE



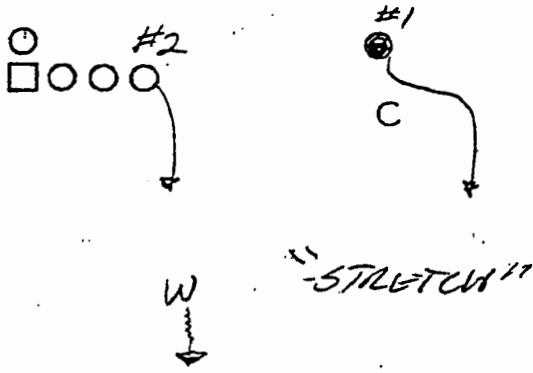
BALL IN 1-LANE AWAY  
VERIFY RUN BY LINE KEY.  
WORK PARALLEL TO LOS  
ANTICIPATE CUTBACK.  
STAY ON BALL CARRIER'S  
BACKSIDE.



BALL IN 1-LANE TO YOU  
VERIFY PASS BY LINE KEY, OR  
VERTICAL RELEASE OF #1. OPEN  
OUTSIDE FOOT TO END ZONE PYLON  
FOR DEPTH AND WIDTH. YOU ARE  
ACCOUNTABLE FOR #1.

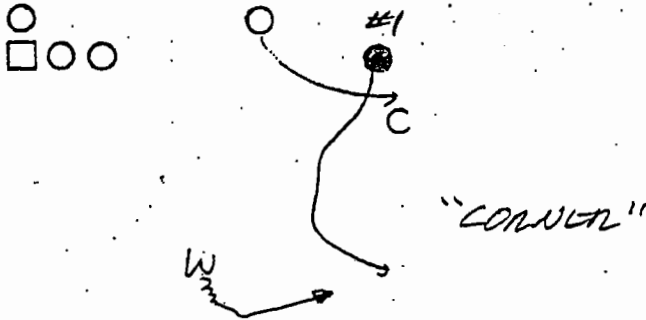
**RESPONSIBILITY vs. PASS:**

3 ways offense attacks deep 1/2's.



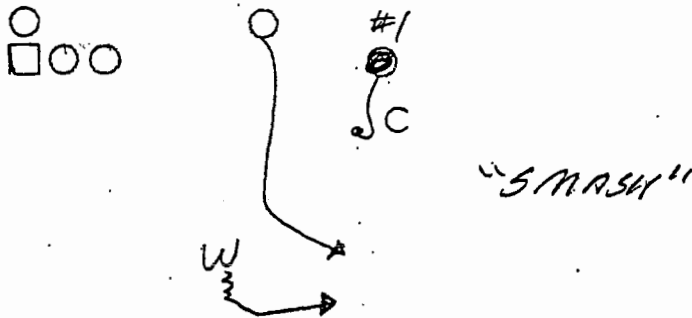
**#1 Deep/#2 Deep**

#1 OUTSIDE RELEASE  
ANTICIPATE #2 DIVIDE  
ON SCAM ROUTE.  
GET DEPTH KEYING QB  
INTENTIONS, MAINTAIN  
LEVERAGE ON SHORTEN  
THROW (#2)



**#1 Deep/#2 Short**

#1 INSIDE RELEASE  
ANTICIPATE CORNER  
CUT BY #1.  
GET OFF HASH AND  
ATTACK THE CORNER  
CUT.



**#1 Short/#2 Deep**

GET OFF THE  
HASH AND ATTACK  
CORNER CUT BY #2.

**COACHING POINTS:**

Never break parallel to LOS, break to end zone pylon for depth and width.

ALWAYS MAINTAIN INSIDE LEVERAGE ON #1.

# ALLEY READ INSIDE '14'S - CONCEPT

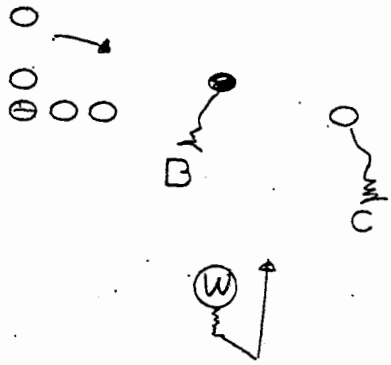
STANLE: DEEP ZONE

ALIGNMENT: ALIGN #2 YAS FROM LOS  
#2 INSIDE HASH ALIGN 2 YAS INSIDE HASH  
#2 OUTSIDE HASH ALIGN 2 YAS OUTSIDE HASH.

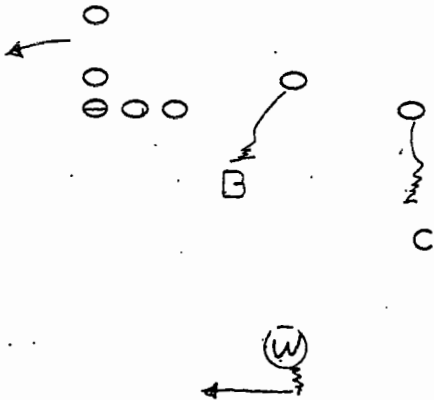
KEY: LANE OF BALL TO BLOCK-RELEASE OF #2 ON OLB.

## RESPONSIBILITY VS. RUN

UTILIZE 3-STEPS FOR RECOGNITION OF LOB (TO OR AWAY)  
BLOCK BY #2 ON OLB.



FLOW TO YOU #2 BLOCKS OLB  
OPEN INSIDE FOOT TO END ZONE Pylon FOR DEPTH AND WIDTH. #1 BLOCKS CORNER ATTACH LOS FOR SECONDARY ALLEY. KEEP THE BALL IN FRONT AND INSIDE.



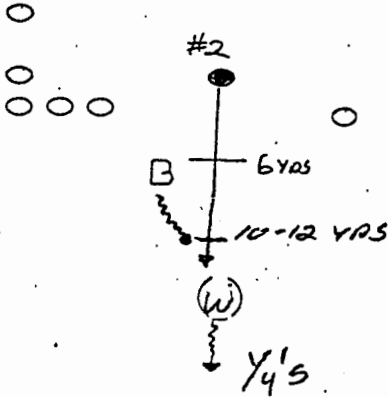
FLOW AWAY FROM YOU #2 BLOCKS OLB  
WORK PARALLEL TO LOS ANTICIPATE CUT BACK, STAY ON BALL CARRIER'S BACKSIDE.



ALLEY READ VS. #2 WIDE MAIL TECHNIQUE

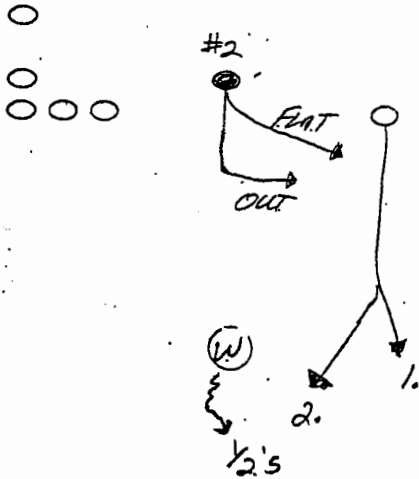
**RESPONSIBILITY VS. PRESS**

UTILIZE 3-STEP FOR RECOGNITION OF LOB (TO OR AWAY) AND RELEASE OF #2.



#2 VERTICAL RELEASE

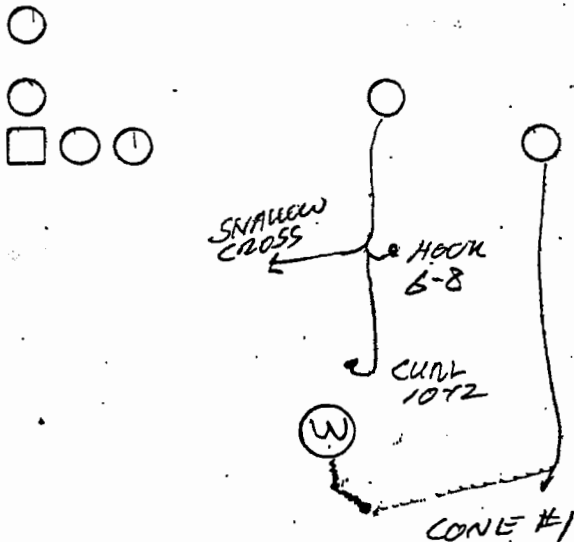
LEVERAGE #2. #2 PUSHES BEYOND RE-ROUTE 10-12 YRS  
#2 M/M. PLAY HOOK ROUTE FROM TOP TOP



#2 FLAT, OUT

OPEN HIPS TO END ZONE  
P/L/W FOR DEPTH AND WIDTH  
YOU ARE RESPONSIBLE FOR #1  
KEEP 1/2 CONCEPTS

1. SEAM = PROTECT SEAM PLAY OVERTOP OF #1.
2. POST = INSIDE LEVERAGE THE POST.



## Playing the Seam

As an underneath zone defender, you must have the ability to help the deep zone defender play vertical routes through his zone. This can be accomplished by re-routing the #2 receiver toward the deep zone defender, not allowing #2 to run vertically between two deep zone defenders.

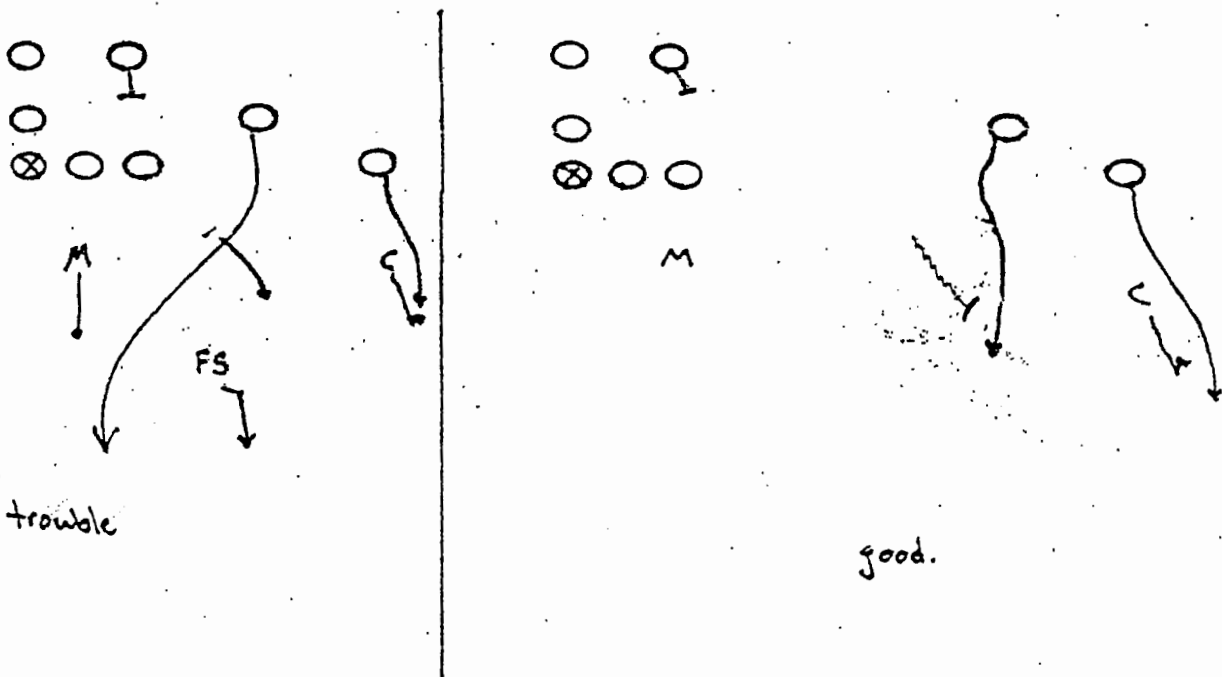
First of all, you must know where the seams of the field are located. They are basically 14 to 17 yards from the sideline with the ball in the middle of the field. Secondly, what is the alignment of #2 in relationship to the seam; inside, outside, in the seam. Third, are we in 2 deep structure or 3 deep structure. If we are in 2 deep structure, we align our deep defenders in the seams, therefore we would like #2 to run vertically in the seam. If we are in three deep structure, we don't have any deep zone defenders in the seams, therefore we cannot allow #2 vertical in the seam.

If #2 is not vertical, play your underneath zone responsibility. Proper execution of this technique will allow us to eliminate short throws for the QB which result into big plays for the offense.

### A. Two Deep Structure

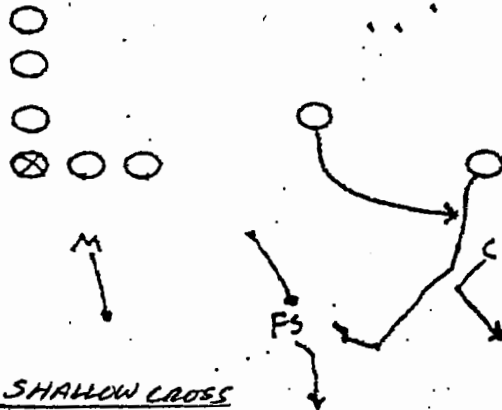
Vs. #2 removed inside the seam

You must re-reroute #2 at the 8 to 10 junction point. Use tight shuffle tech to wall #2 outside. DO NOT let him cross your face inside. On contact see #1 while carrying #2 vertical to a depth of 12. At 12 yds. peak at QB. If he is ready to throw to you. Continue vertical w/ #2. If at 12 and the QB is not ready to throw, settle and play the curl.



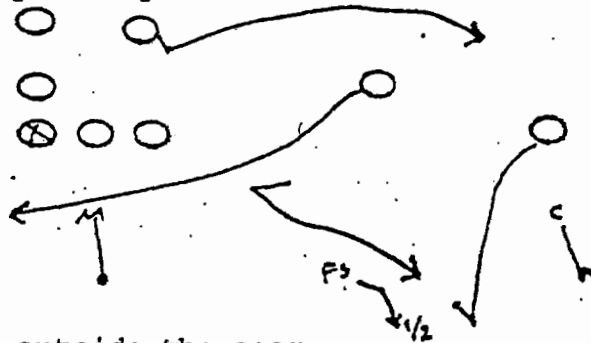
Vs. #2 out

Expect #1 to come in to your zone. DO NOT over run and let #1 in behind you.



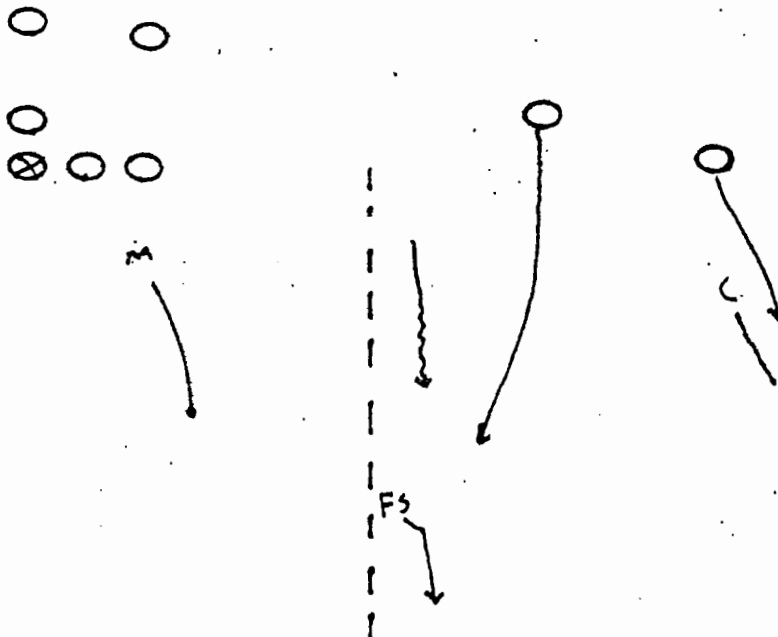
Vs. #2 SHALLOW CROSS

squeeze and flatten and push to Mike. Now open your hips and crossover run to the CURL area. Expect the ball to be thrown into the CURL especially with #3 out (TITO).



Vs. #2 outside the seam

Play horizontal routes the same vs. #2 vertical do not initiate contact. Protect the middle with leverage and the bend route by working for depth, not width. NO DUB ROUTE SAVED FORWARD TO QB

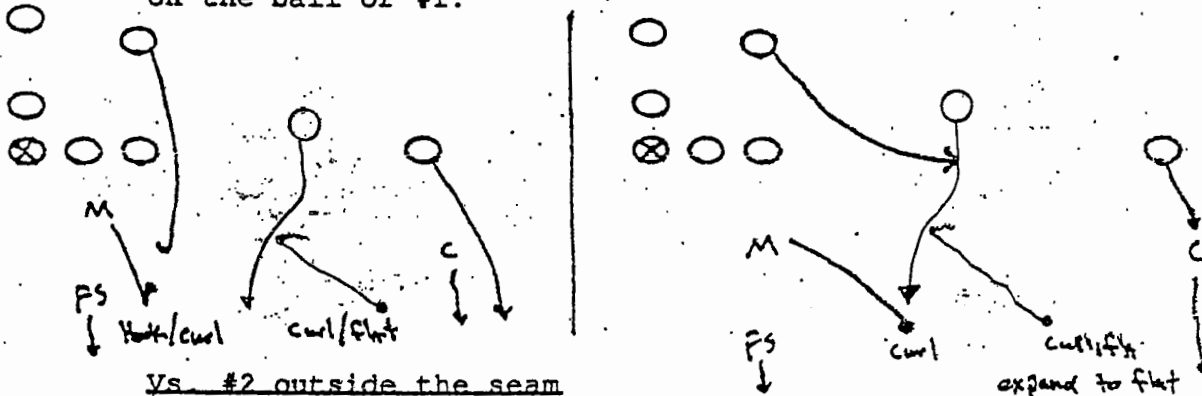


B. Three Deep Structure

Vs. #2 inside the seam

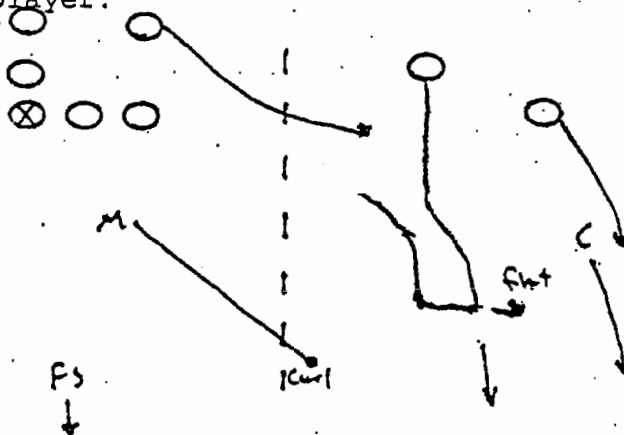
Vs. #2 you want to protect the

(Have an awareness of #3. He will tell you how fast the LB will help you from inside.) **OVERJAM TECH** staying square or slightly open to the outside, with an outside attitude forcing #2 to adjust inside to the middle 1/3 player or the CURL backer. Now expand to the FLAT based on the ball or #1.



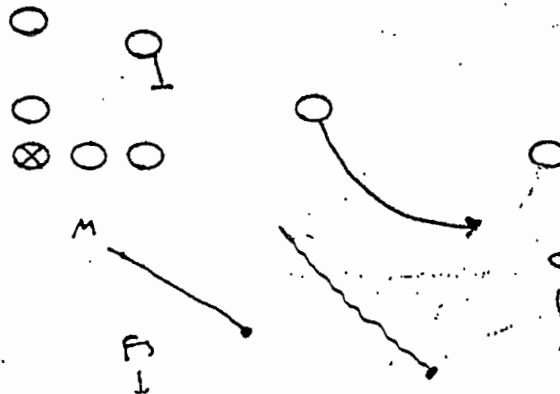
Vs. #2 outside the seam

Vs. #2 vertical, protect the seam by using tight shuffle technique, and rerouting #2 at the 8 to 10 yd range. Reroute with an inside attitude forcing #2 out to the outside 1/3 player.



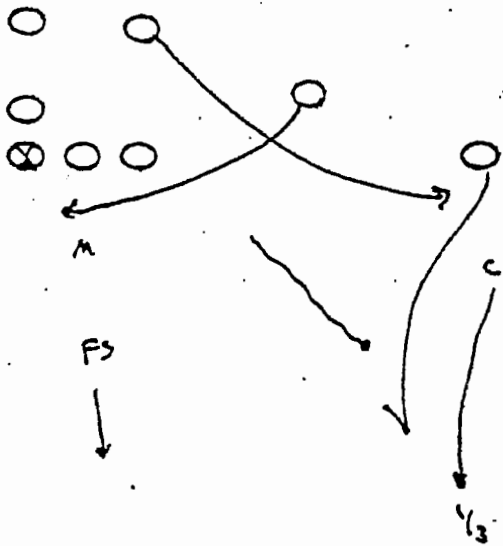
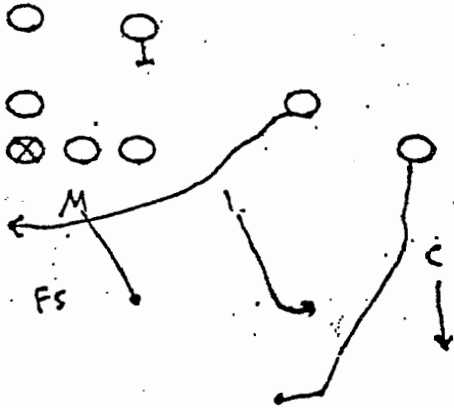
Vs. #2 Out

Cloud the CURL with your body, play the FLAT with your eyes by seeing the QB. Stay low with your shoulders open toward the sideline. (See #3)



Vs. #2 SHALLOW CROSS

Same tech as #2 out. See #3 for a #2 in, #3 out situation. If so anticipate the ball thrown to the frontside CURL.



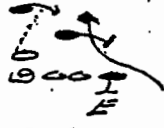
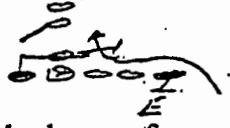
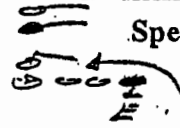
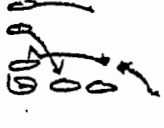

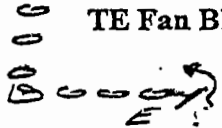
## D-CRASH

**STANCE:** Short Zone

**ALIGNMENT:** #2 Tight = 8 Technique  
 #2 Wide = APEX (+) on LOS.

**KEY:** Ball, Near Back, Backside.

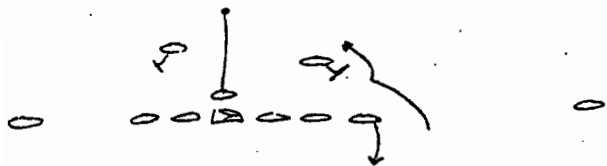
### RESPONSIBILITY vs. RUN = D-GAP

 <p style="text-align: center;"><b>Sweep Pwr.</b></p> <p>Near Back to you  <i>BEND TO NEAR BACK              RUN FEET THROUGH THE              NEAR BACK. ATTACK              W/ "WRONG ARM" KEEP              INSIDE ARM + LEG FREE</i></p>	 <p style="text-align: center;"><b>Counter</b></p> <p>Near back away from you  <i>FIND BACKSIDE; BEND              RUNNING FEET THROUGH              BACKSIDE LINEMAN. ATTACKING              W/ "WRONG SHOULDER" KEEP              INSIDE ARM + LEG FREE</i></p>	 <p style="text-align: center;"><b>Speed Opt.</b></p> <p>Near back arc with              back on LOS.  <i>BEND AND ATTACK QB</i></p>
 <p style="text-align: center;"><b>Dive Opt.</b></p> <p>Near back dives, ball on LOS  <i>BEND AND ATTACK QB</i></p>	 <p style="text-align: center;"><b>Belly Opt.</b></p> <p>Near back to you.  <i>BEND AND ATTACK              NEAR BACK.</i></p>	 <p style="text-align: center;"><b>TE Fan Block</b></p> <p>Man on fans out to              Block you. <i>IF YOUR INSIDE HIP              IS ON TE'S BEND ATTACKING              SECOND KEY.</i></p>

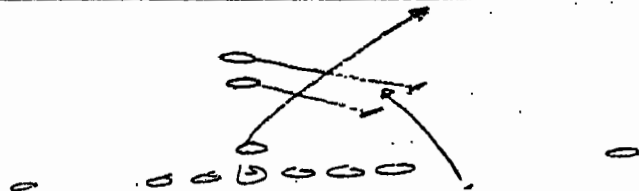
### COACHING POINTS:

1. Get off on the ball!
2. Attack the near back. Bend, don't attack air.
3. Keep your inside arm and leg free.
4. Run your feet on contact.

### RESPONSIBILITY vs. PASS:



Vs. DBP = attack w/skate rush.



Vs. Sprint Out = Split FB/TB. Make ball go deep and wide to scrape LB.

## SKY CRASH

**STANCE:** Short Zone

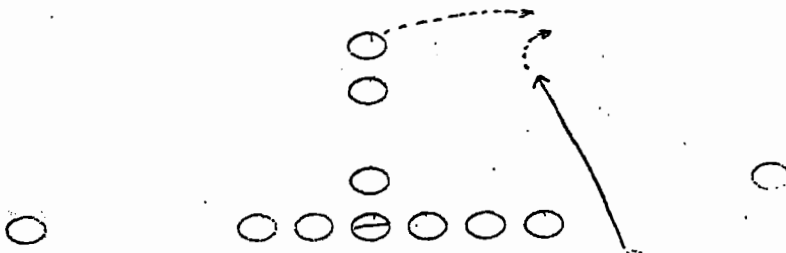
**ALIGNMENT:** #2 Tight = 8 Technique  
#2 Wide = APEX (+) on LOS

**KEY:** Ball, Near Back, Backside.

**RESPONSIBILITY vs. RUN:** Sky Support/Pitch on Option  
**vs. PASS:** Contain Rush.

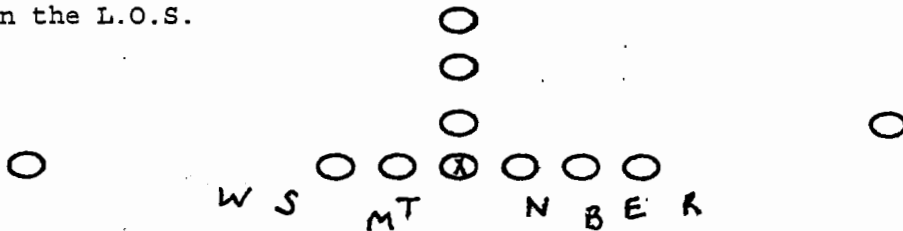
### COACHING POINTS:

1. Get off on ball.
2. Landmark is 2-3 yard outside deepest back.
3. Near back goes away, deep as the deepest back (includes QB).
4. Keep outside arm and leg free.
5. Contain, Contain, Contain!!!



P TECHNIQUE

This is still an 8 technique but now you will play the position from right on the L.O.S.



Stance - Normal.

Alignment - Align 1 1/2 yds outside the defensive line on the L.O.S.

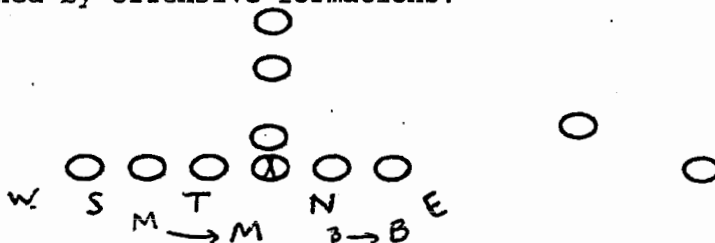
Key - Offensive tackle to near back with awareness of ball.

Responsibility - Pitch and contain.

"BUMP" CALL

This is a call made by the offensive tackle to the inside linebacker. The whip will stack the tight end and the LBers will bump (Move their alignment).

This will be determined by offensive formations.



Stance - Normal; feet moved to parallel.

Alignment - Inside leg should split the crotch of TE.

Key - Offensive tackle to near back with awareness of ball.

Responsibility - Pitch and contain/Support Calls.

JAM TECHNIQUE

Use this technique on WR's. Square your stance, align your outside eye on the inside eye of receiver. Key the receiver. We want to force him to the outside. On receivers movement shuffle 2 steps in either direction staying square to L.O.S. Work to strike the receiver with the Butt of your hands under his pads making him restart or adjust his route. Get eyes back inside to find the ball, react to run or pass responsibility. Receiver should tell you run (stalk, crack) or Pass (release).

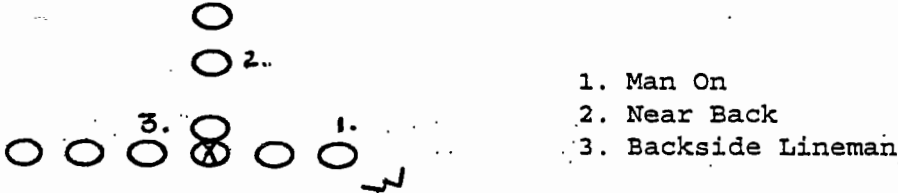


WFO TECHNIQUE

Stance - 3 pt. stance with inside foot up. Knees bent, back flat, down hand 3 inches in front of face mask crowding L.O.S.

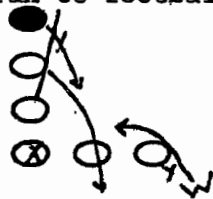
Alignment - 2 feet outside tackle or TE, with an angled stance aiming at the V of the neck of the offensive player.

Key - Ball react to offensive tackle/TE as you attack with your inside foot. Attack the V of lineman's neck. Continue key progression of man on, near back, backside lineman.

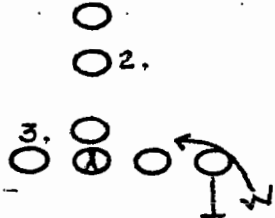


1. Man On
2. Near Back
3. Backside Lineman

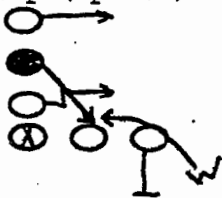
1. Fan Tackle blocks out on you, attack V-neck maintaining proper leverage. Keep outside arm & leg free. Bend to near back. Separate, escape, run to football.



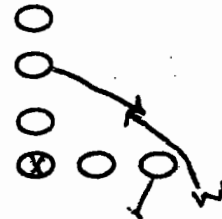
2. OT Veer Releases.



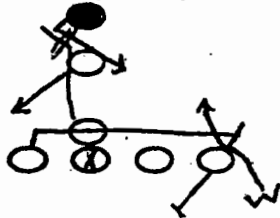
a. Attack V-Neck, as OT releases inside, bend inside to near back on your second step (option).



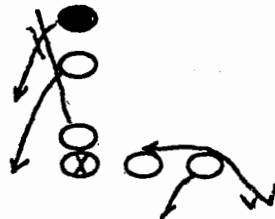
b. OT releases inside and near back blocks you (kickout). Attack OT V-Neck, as OT releases inside, bend inside to near back on your second step. Near back blocks you. Rip inside shoulder of near back with your outside shoulder and gain ground upfield.



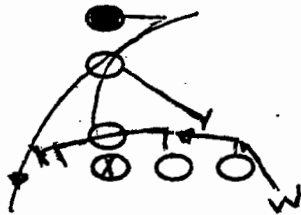
NOTE: Treat kickout by near back and OL the same.  
Rip inside shoulder OL with your outside shoulder and gain ground upfield.



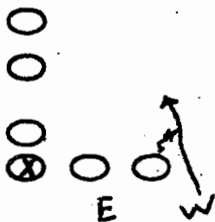
c. OT Releases inside and Near Back away. Attack OT V-Neck, as OT releases inside, bend inside to near back on your second step. Run to football.



d. OT Pulls inside. Attack OT V-Neck, as OT pulls inside, bend inside to near back on your second step. Stay in OT's hip pocket. Run to football.

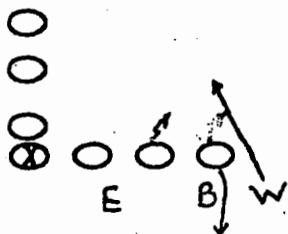


3. Pass Set.



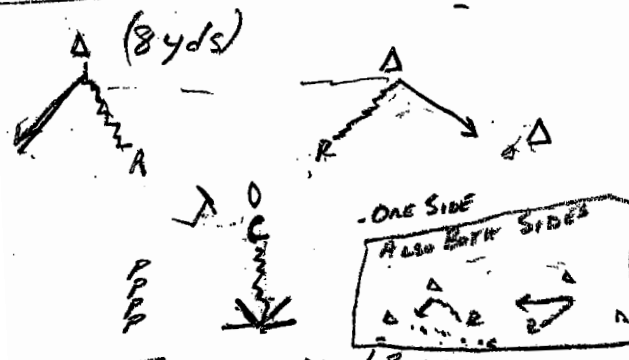
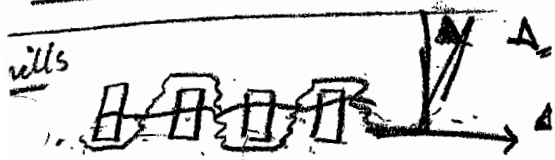
- a. Explode and Attack.
- b. Contain Rush; Skate

4. Pass Set

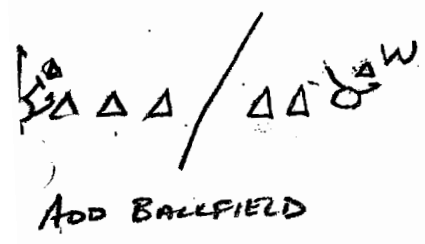


- a. Explode and Attack
- b. Contain Rush; Skate

# ROVER/WIMP DRILLS

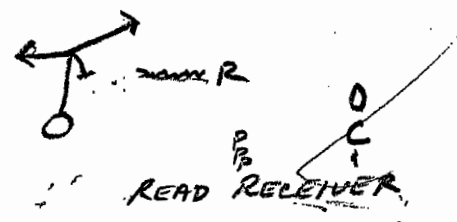


DRIVING INTENTIONS / BREAKING  
FLAT AFTER GETTING UNDER CURL



ADD BALLFIELD

over (TE/R)  
2 on 1 ma (#2 wk)  
G - sky both sides  
Dog  
PASS RUSH

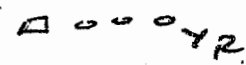


Eye-open



3-STEP

GIVE RB "1, 2, or 3"  
ROVER/WIMP FULL HALF  
ON CUTBACK  
STAY B/H BALL



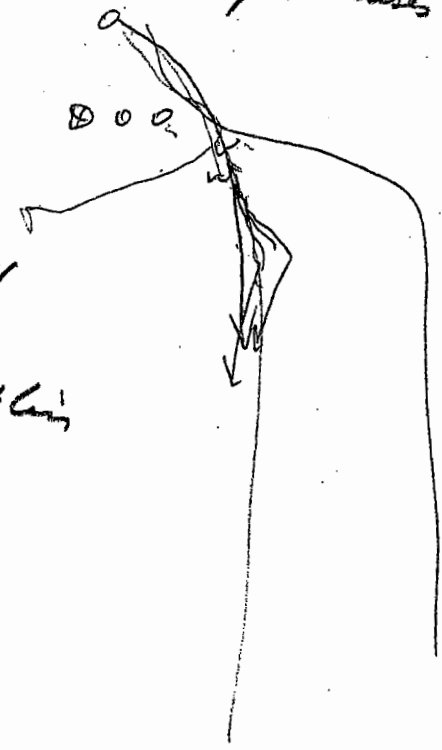
1/3 SHOULDER AND HIP / MAINTAIN O/S LEVERAGE

## PASS RUSH

PATTERN REPEATS

# 2 - / Releases

Open field  
Angle Tackling



))  
R ↑ ○ ○ ○ ○ □ ○ ○ W — "ROVER" - upfield - deep as deepest,  
contain pass

R ○ ○ ○ ○ ○ ○ W ↑ — "Whip?" - SAME AS "ROVER"

R ↑ ○ ○ ○ ○ □ ○ ○ W ↑ — "Dog" - A Whip + A ROVER

"ROCKET" - flat start

R ↗ ○ ○ ○ ○ □ ○ ○ W ↘ can be called ST for ROVER  
wk for whip or both  
(ST Rocket / wk Rocket / Rocket)

==  
R will get sky to both sides  
==

Cov 0 man up on TE (lower)

Cov 1 man with cov #2 ~~stweak~~ man/man

Cov 1 ROTB Rover has sky force -- should be in  
G anyway

**SECONDARY**

---

DEFENSIVE BACK  
MUST LIST:

AGILITY & FOOTWORK DRILLS

Backward Run (slow)  
Backward Run 3/4 Speed  
Down the Line  
Weave  
45  
Headwhip  
Zig Zag  
Wave (Combine all Drills)

TACKLING DRILLS

Form Tackle  
Angle Tackle  
Butt Tackle  
Open Field Tackle (Run & Pass)

BALL DRILLS

Backward 90  
Backward 45  
Backward-up 45  
Down the Line  
High Ball  
Up 90  
Up 45  
Tip (Cover 3)  
Maze  
Safety (Hash)

---

RUN SUPPORT DRILLS

Option- Slow Play, Arc, Lead, G&T Schemes, Crack  
Sweep- G&T Schemes, Crack

## DEFENSIVE SECONDARY

### Objectives

- A. Stop the opponent from scoring.
  - 1) By the long pass.
  - 2) By the long run.
- B. Make our opponent earn their yardage by:
  - 1) Keying
  - 2) Pursuing
  - 3) Hitting
  - 4) Gang Tackling
  - 5) Being in the proper place or zone

C. Motto- Work Hard - Improve Everyday

### General rule for playing the Defensive Secondary.

- A. If flow down the line weak - work weak.
- B. If flow down the line strong - work strong.
- C. If flow off the line - pass.

### Things to Know versus the Pass.

- A. Always assume a relaxed and poised football position.
- B. Read Keys - (QB) = (Flow) - (Rec.) Keying hard keeps you out of trouble both against the run and the pass.
- C. Know where to line up. Be able to make adjustments for Full House, Pro, Pro Tite, Twins, Wing, Slot, Balance, Trips, Formation into Boundary.
- D. Keep your eyes on (QB) and (Receivers) in your Zone or Man at all times.
- E. Know when the ball is about to be thrown.
  - Break on the ball immediately.
  - If you are responsible for a deep zone - stop the long pass first.
- H. In playing man to man give up the pass in front of you, Never let the man behind you.
- I. If you are responsible for a short zone - stop the deepest man in the short zone first.
- J. When in doubt, always play the pass first.

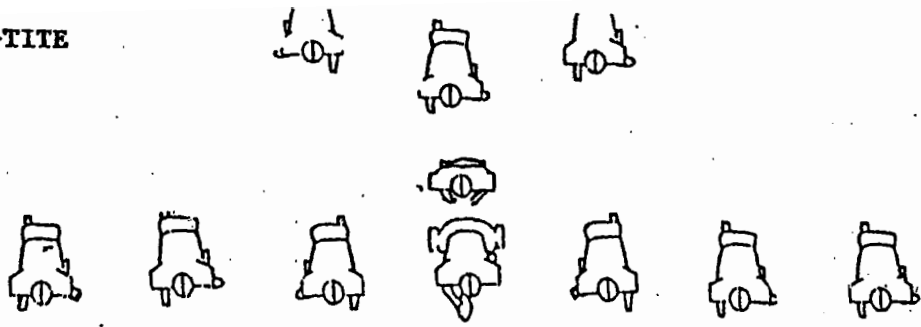
### V. Things to Know versus the Run.

- A. Read key to determine run and pass. The three reads will be DOWN THE LINE WEAK, DOWN THE LINE STRONG, OFF THE LINE (PASS).
- B. Know how to rotate and where to support.
- C. Be alert, Confident, relaxed, and poised.
- D. First and most important responsibility is to defend against the PASS.
- E. When in doubt always defend against the PASS, then support the RUN.

### V★ MUSTS for Defensive Secondary Men:

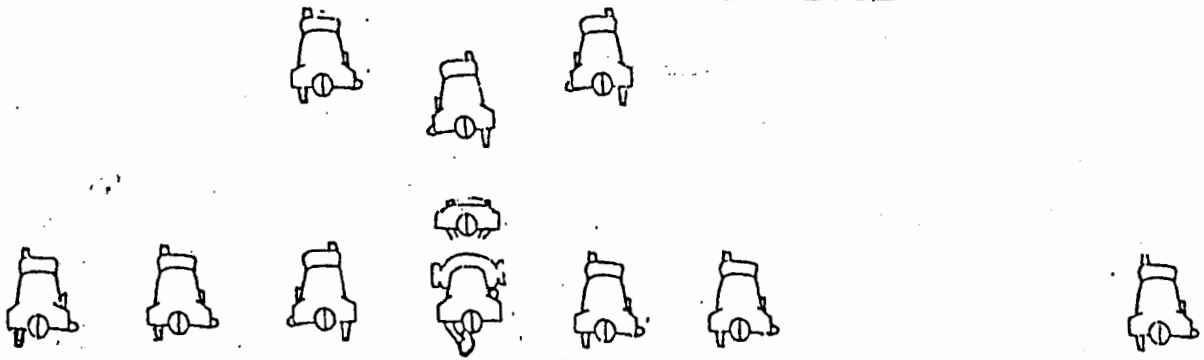
- A. Defensive men in the deep zones MUST stop the long pass.
- B. Run through Receivers, they MUST be hit in such a way that they are thinking of you instead of catching the football.
- C. Team work is a MUST. We MUST communicate and play as a unit.
- D. You MUST know the opponents pass patterns and how to stop them. BE PREPARED.
- E. You MUST know the ability of your opponents. (Receivers)  
YOU MUST BE TOTALLY PREPARED. Leave no stone unturned.

**BONE-TITE**



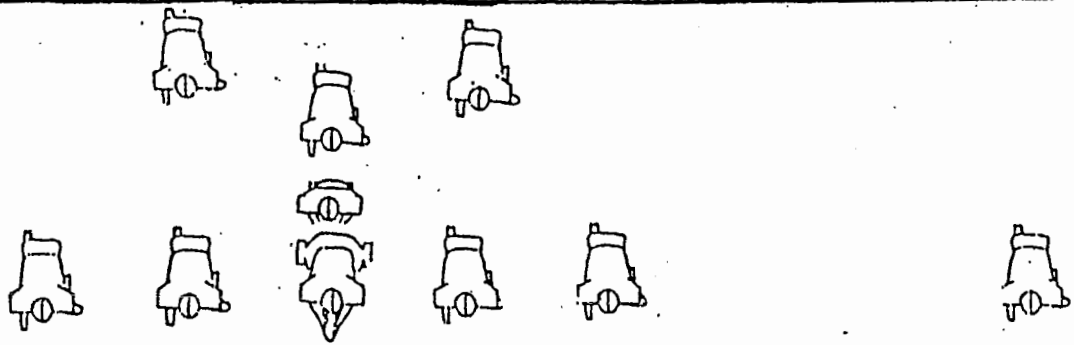
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**BONE**



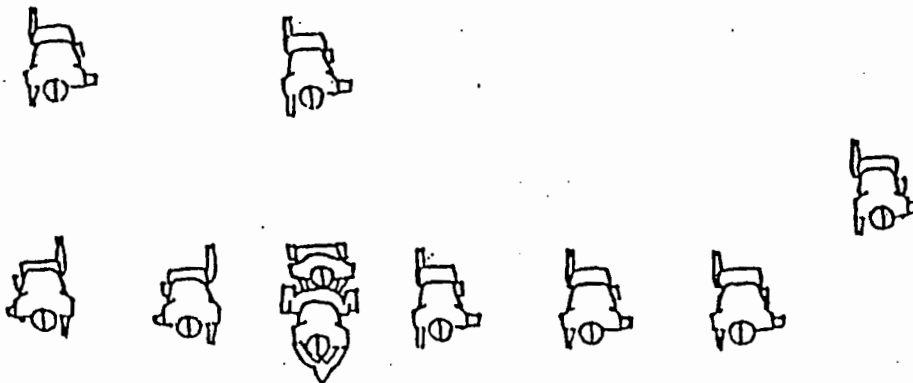
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**BONE-OPEN**

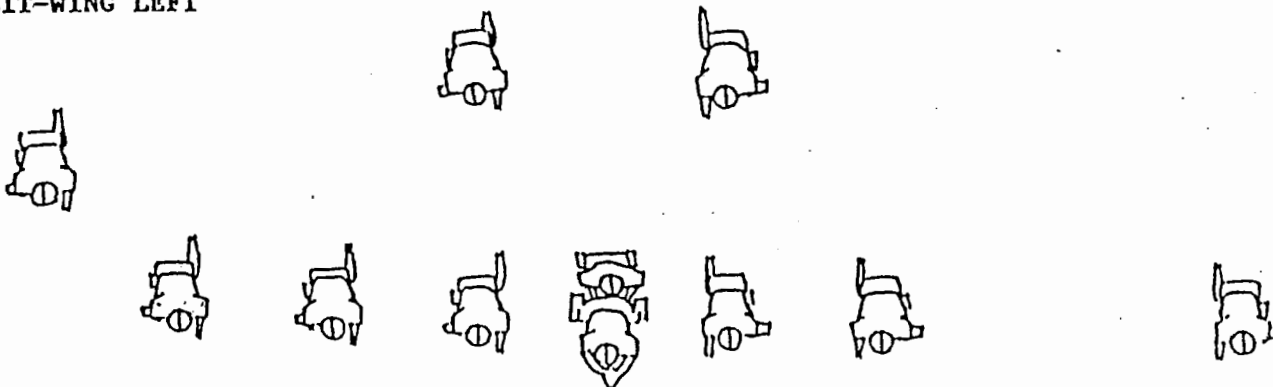




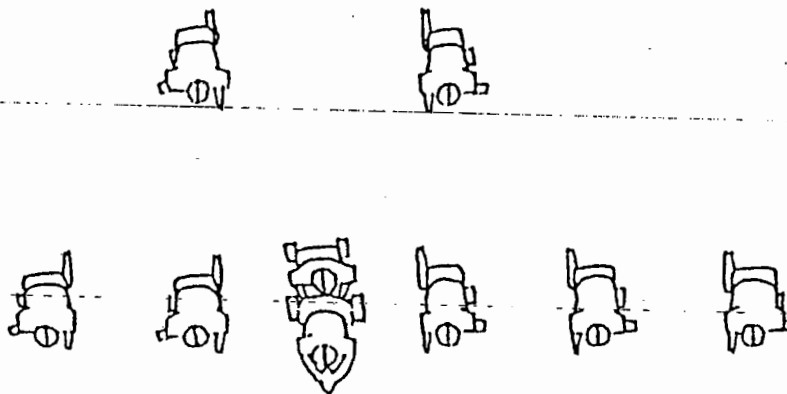
WING RIGHT



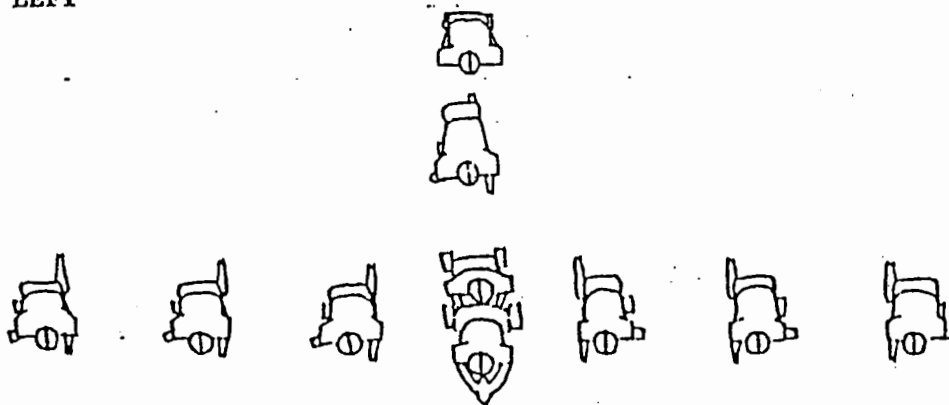
SPLIT-WING LEFT



SPLIT-PRO RIGHT



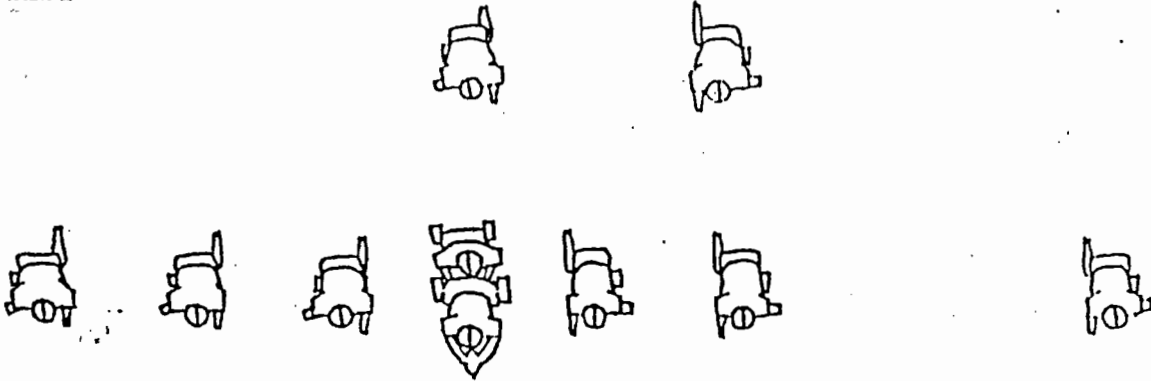
I-FLANKER LEFT



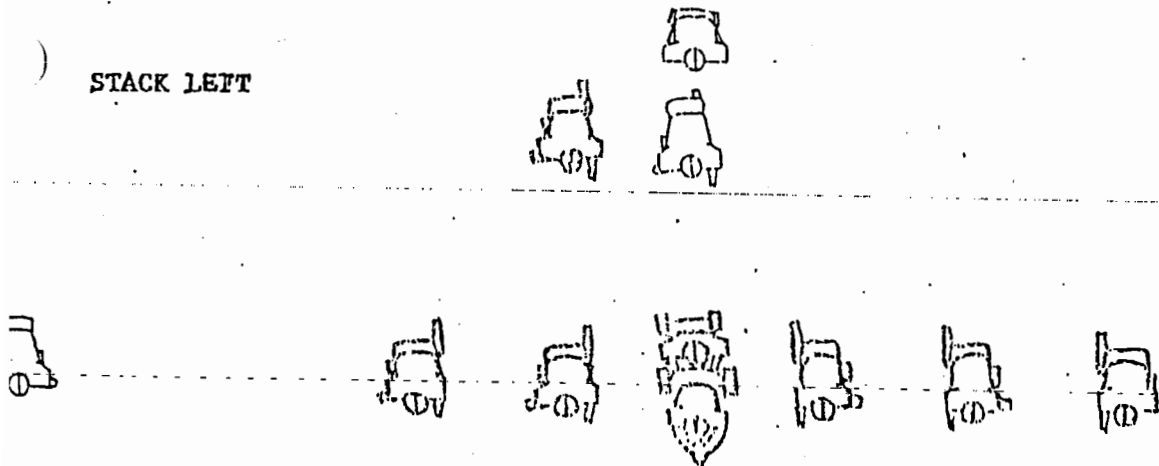
STRONG-FLANKER RIGHT



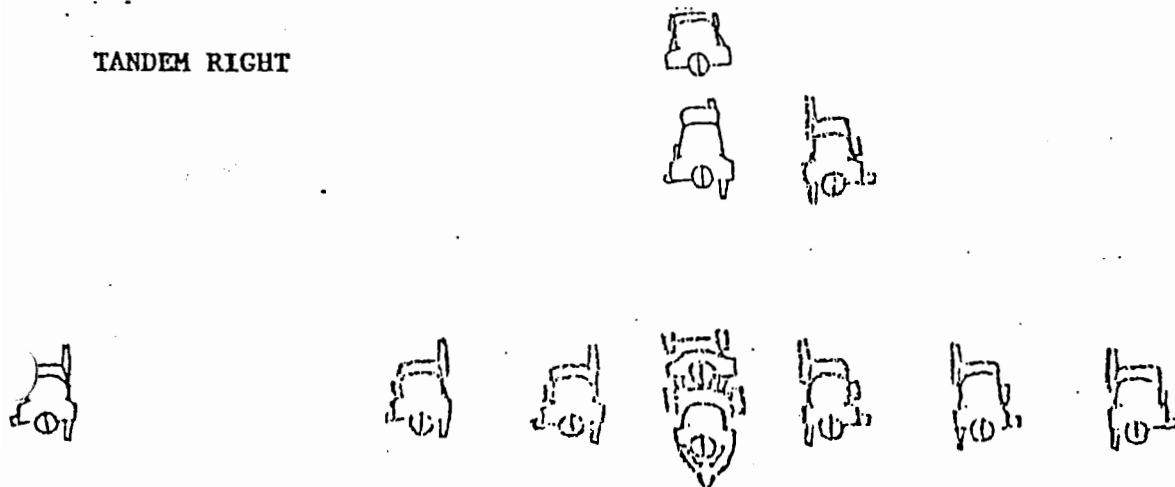
WEAK-PRO LEFT



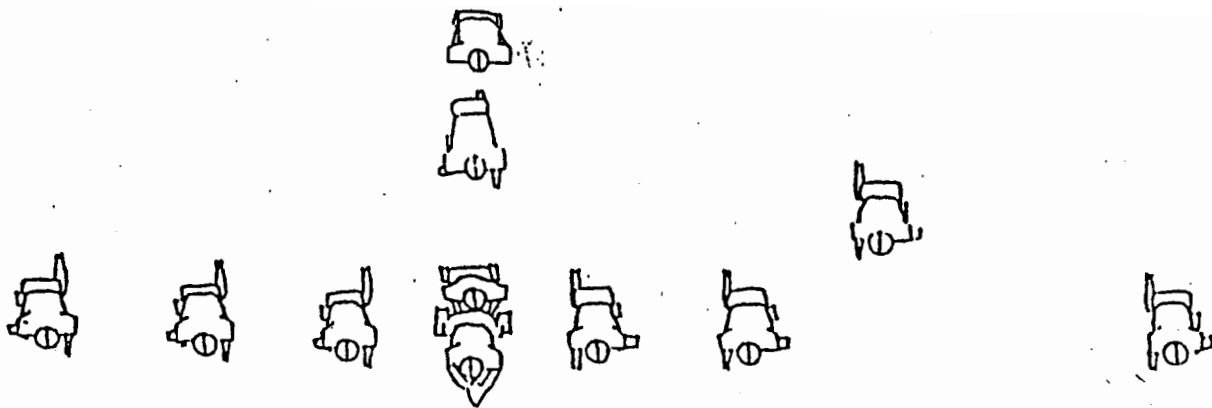
STACK LEFT



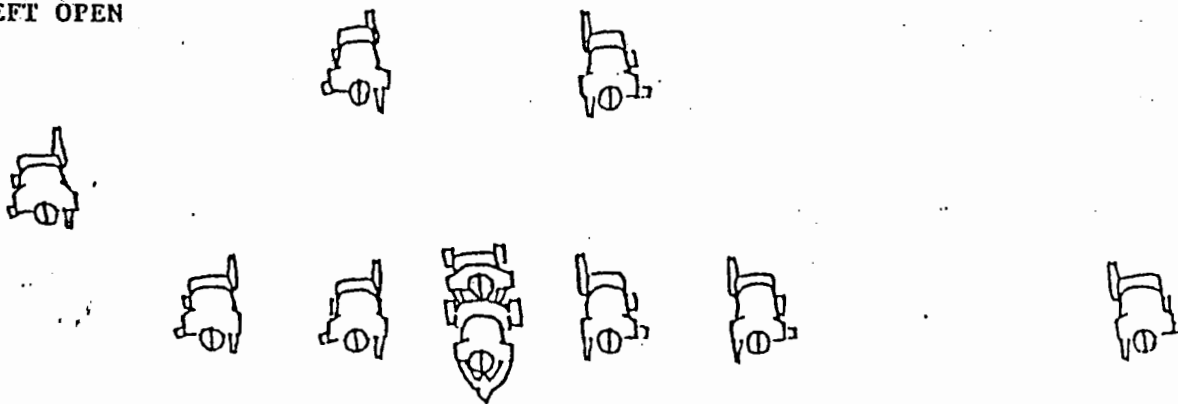
TANDEM RIGHT



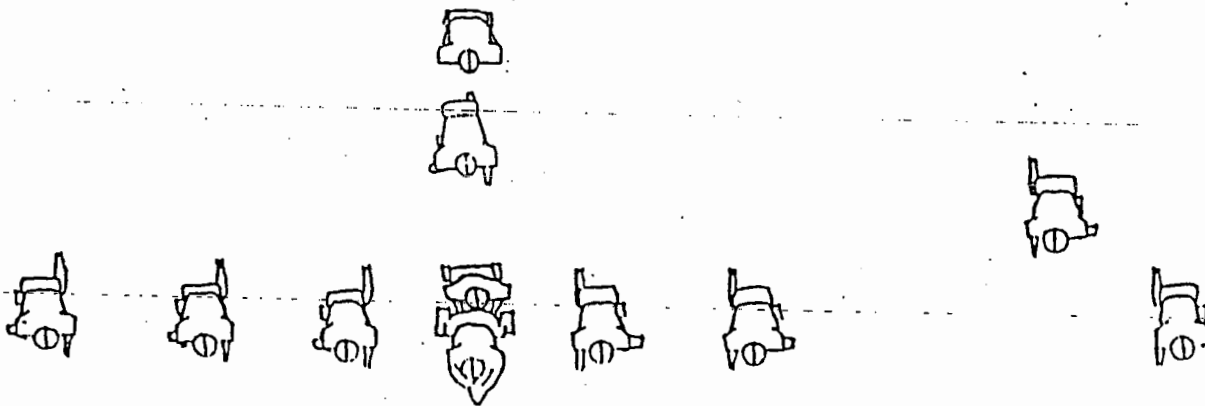
I-SLOT RIGHT



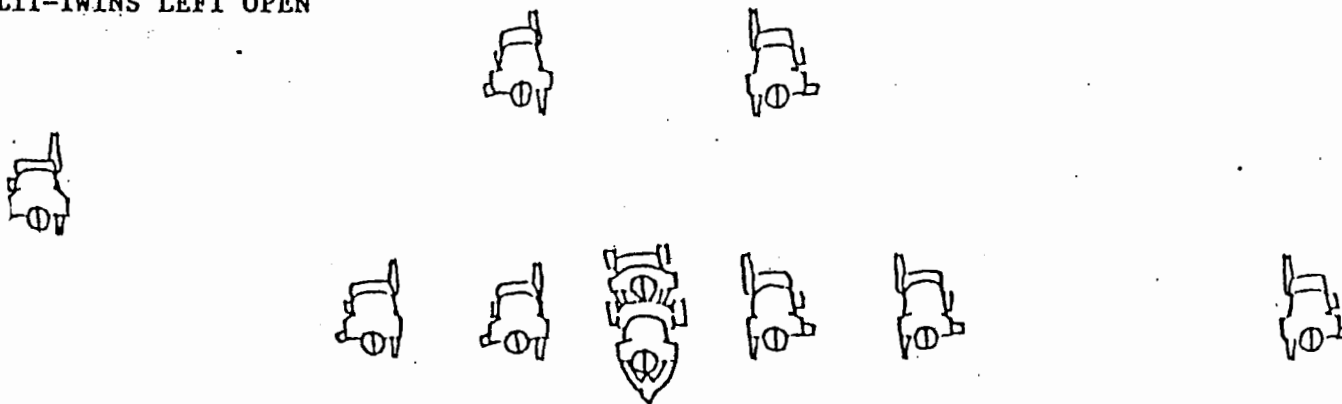
SPLIT-SLOT LEFT OPEN



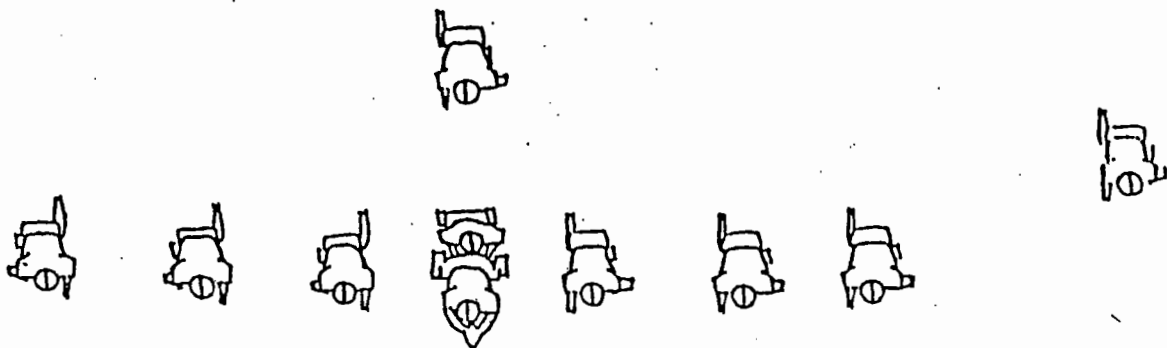
I-TWINS RIGHT



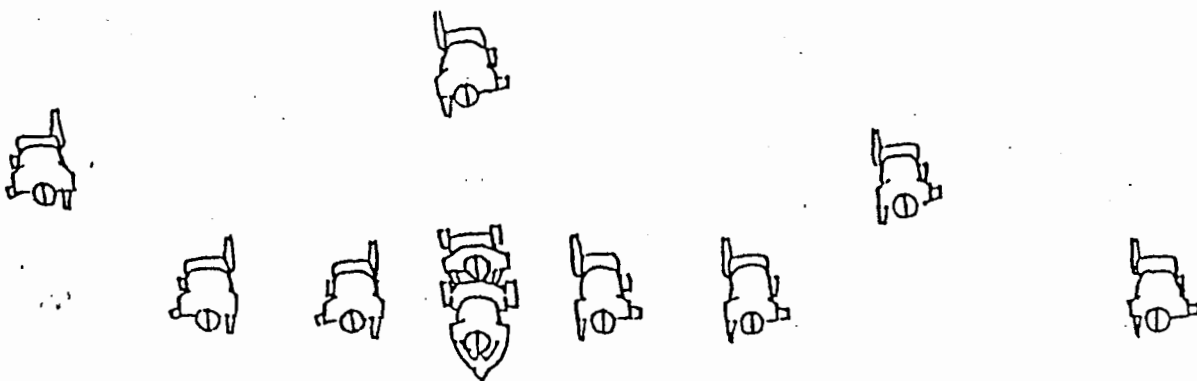
SPLIT-TWINS LEFT OPEN



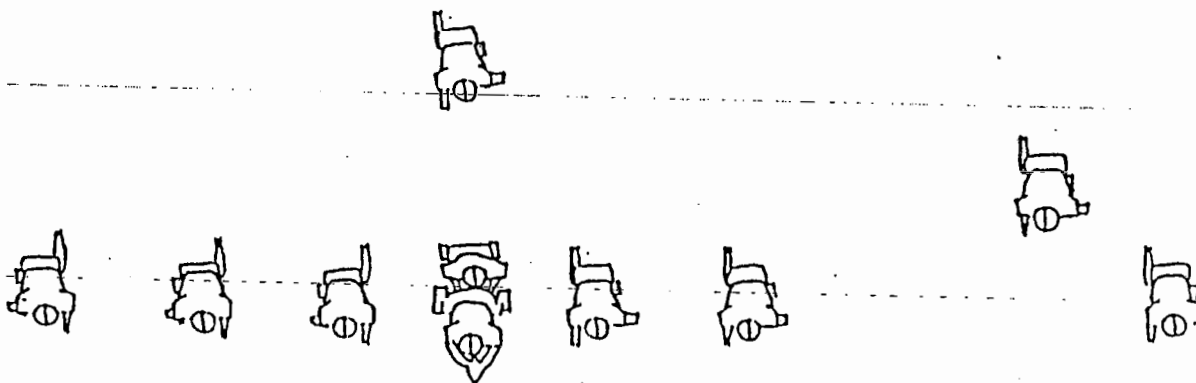
ACE



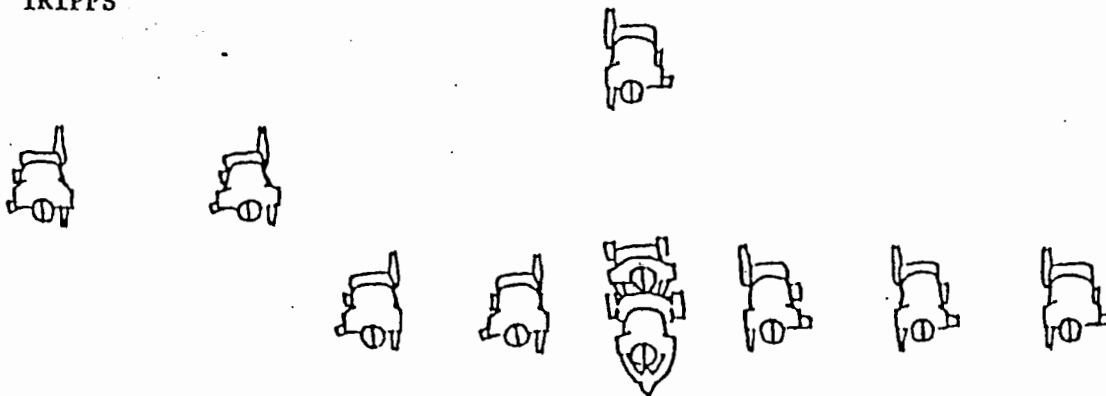
MIRROR



SPREAD



TRIPPS



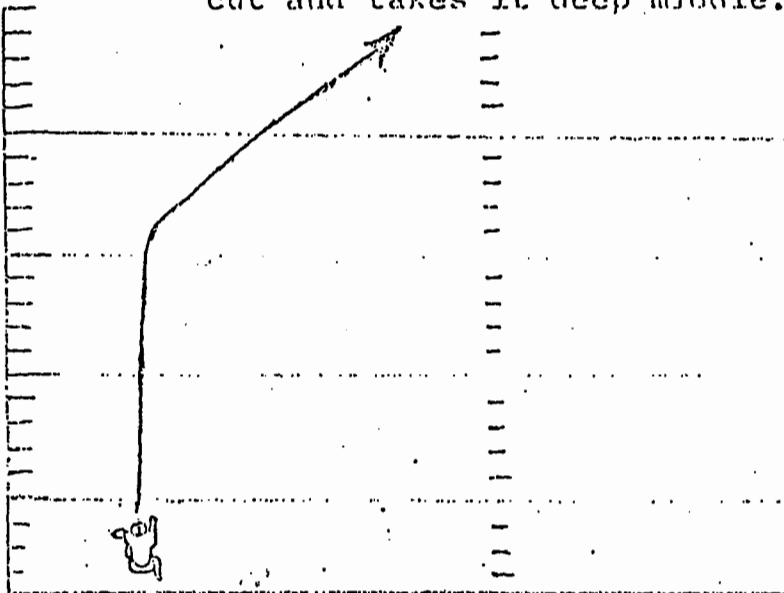
TREY



KEY WORDS FOR PASS ROUTES

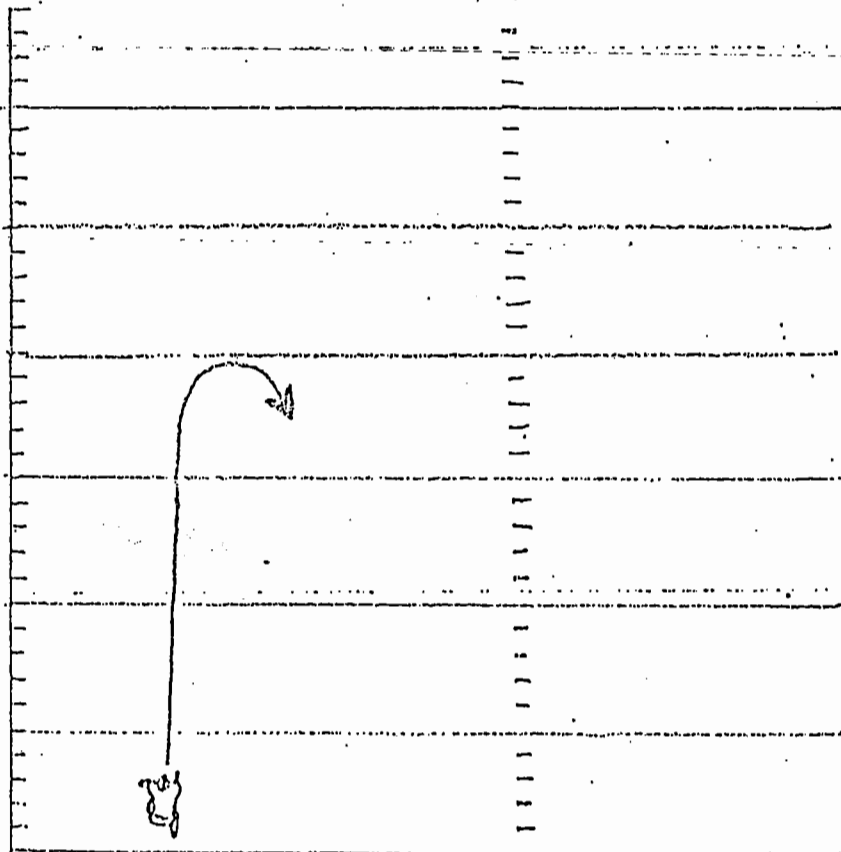
**Post ROUTE:** Corner calls telling the free safety that the receiver is going deep middle. Linebacker now knows he can level off and look for other short routes.

Receiver goes from 10 to 15 yards deep and makes a 45° cut and takes it deep middle.



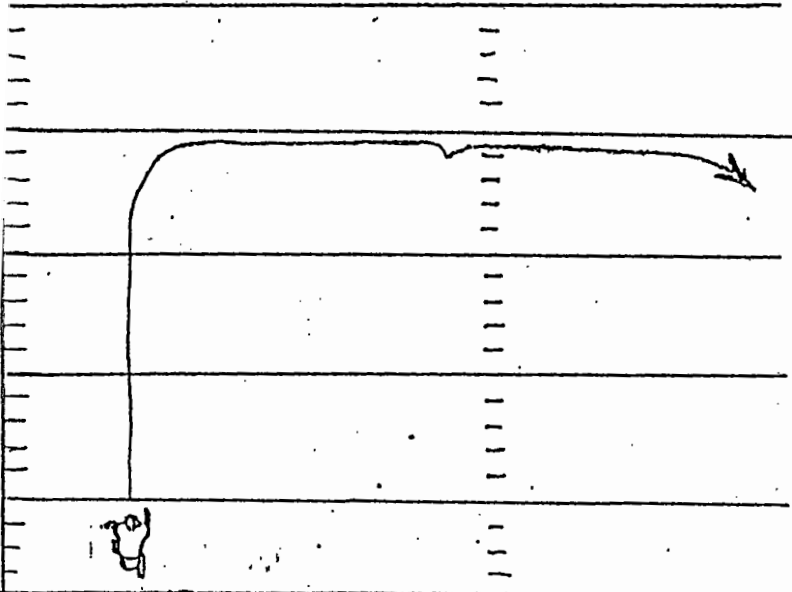
**CURL ROUTE:** Corner calls telling the linebacker that the receiver is curling. The linebacker now knows he must widen and read the eyes of the QB to get a break on the ball under the receiver.

Receiver goes 10 to 15 yards deep and then reads the under coverage.



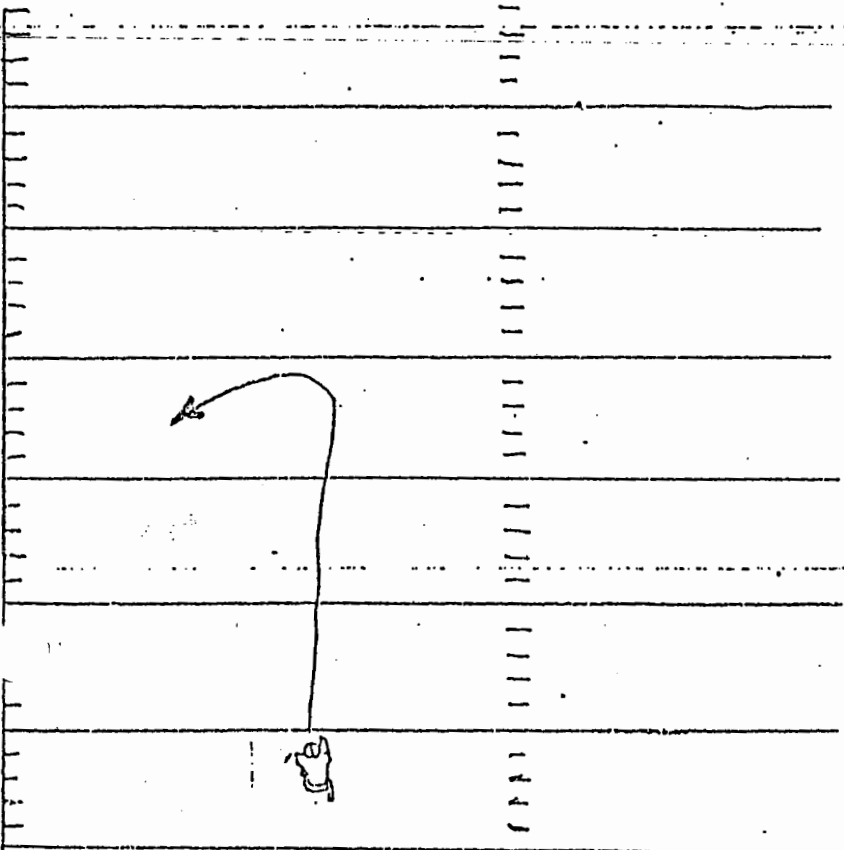
JTE: Corner calls telling the linebacker that the receiver is coming flat across the middle of the field. Linebacker must level and read the eyes of the QB to get the break on the ball.

Receiver goes 10 to 15 yards and cuts across the middle trying to find the hole in the zone.



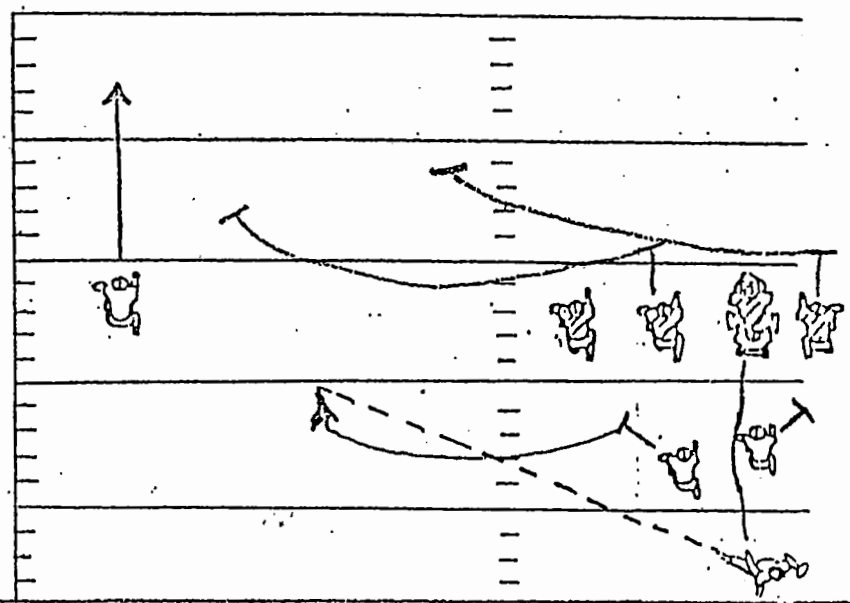
ROUTE: Corner calls telling the linebacker that the receiver is breaking out toward the sideline. The linebacker must read the eyes of the QB and break on the ball.

Receiver goes 10 to 15 yards and breaks outside to the sideline.



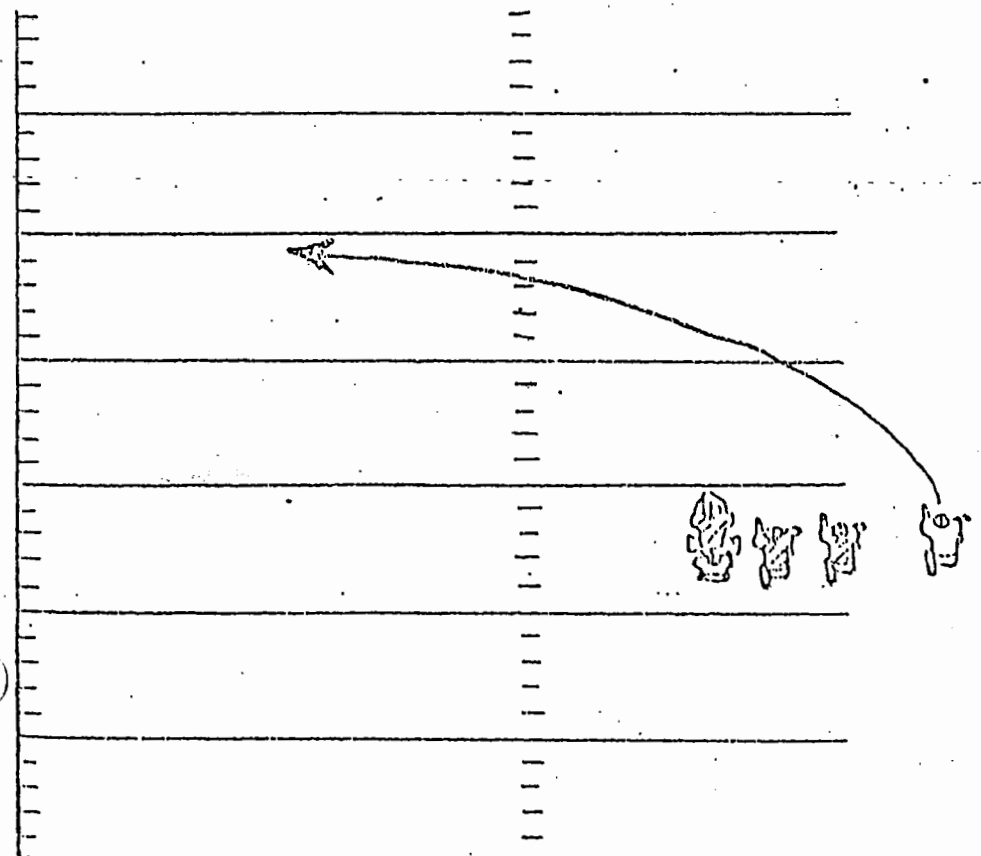
REEN ROUTE: LB calls telling the linemen that a screen is developing. The LBs should see the offensive line in their under vision setting up to block for the screen. Outside LB must turn it back inside to the mike and line.

Recievers will clear out sending secondary deep. The linemen will hold blocks and then release to pick up short zone people.



RAG ROUTE: Play side LB called telling the other LB to watch drag coming under. The strong safety will make the call also.

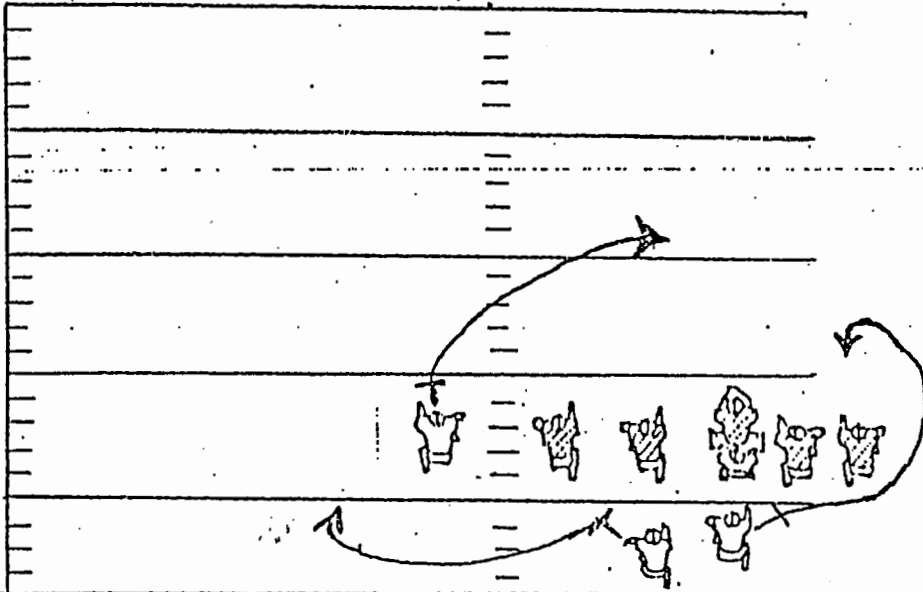
Tite end releases flat going for a 7 to 12 yard point across the field.





LAY ROUTES: LBs call telling each other that a back or tite end has released late for a pass. LBs will break keeping it under them.

Back or tite end sets up to block and then releases late on a route.



JICK ROUTES: No call. All will break on reaction.

QB will usually make a quick 3 step drop or can come down the line with veer action.

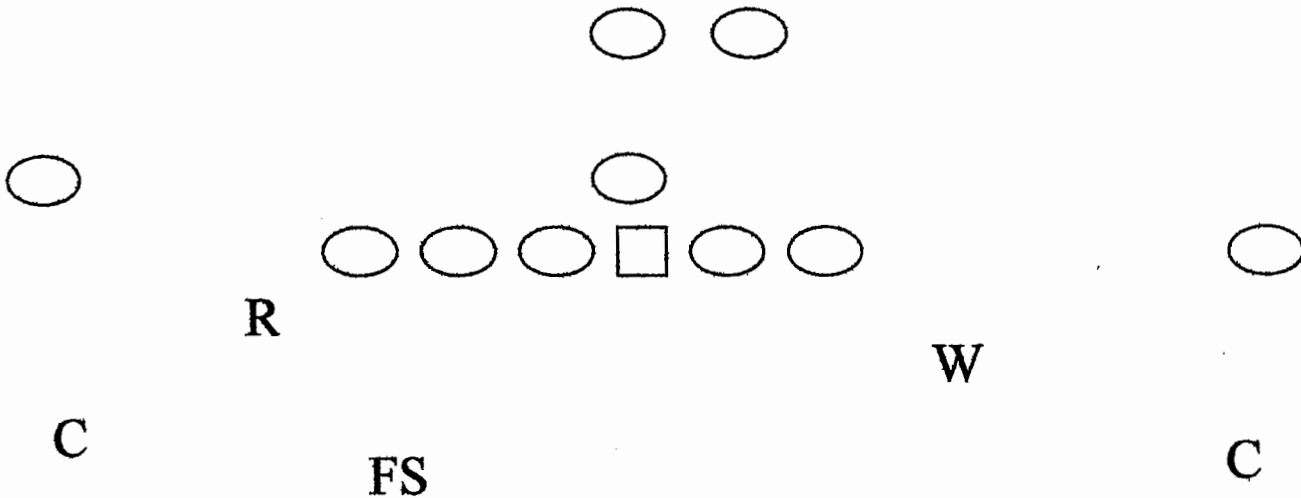
RAW: Call for LBs and linemen as soon as they recognize it. They need to keep it bottled up.

# Coverages

# Cover 1

vs

## 1 Wide Out

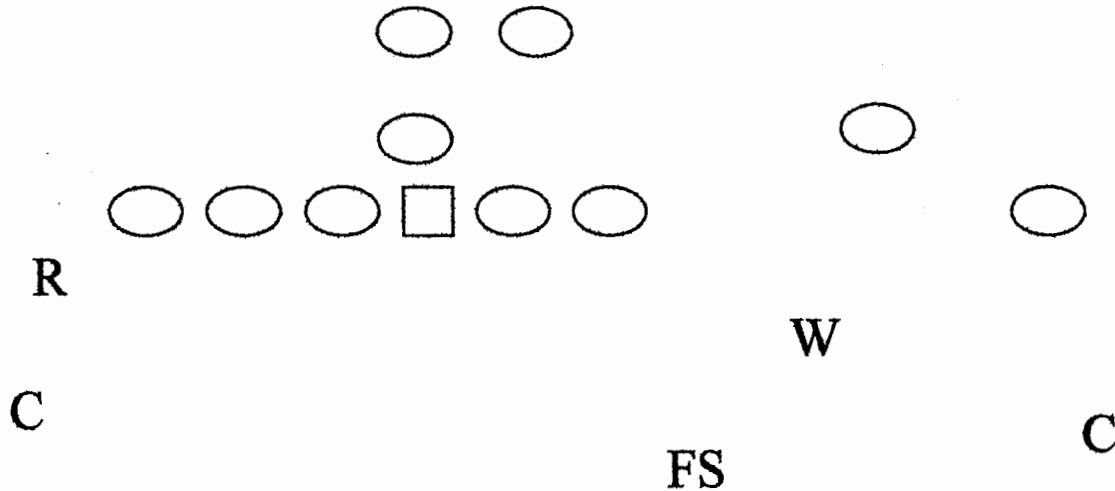


Alignment	Keys
<p>Corners – 1x7 inside leverage of #1                      Free Safety – Split the TE &amp; Tackle; 7 yards deep                      Rover – 1x1 on TE                      Whip – 2x2 on Tackle</p> <p style="text-align: center;"><b>Reads and Technique</b></p> <p>Corners - play man to man                      Free Safety  <u>Down or base block</u> – fill outside    <u>Out block</u> – fill inside  <u>Cut off (Scoop)</u> – backside alley player; inside – out on the ball  <u>Outside Release</u> – sit and rob #1 on inside route (post/curl/slant)  <u>Drag</u> – cover drag or stay deep and play post (game plan)</p> <p>Rover  <u>Down or base block</u> – check pulling lineman to near back; wrong arm and spill  <u>Out block</u> – you are a contain player  <u>Pass Key</u> – play the threat to your flat</p> <p>Whip  <u>Down or base block</u> – check pulling lineman to near back; stay outside, turn the ball in  <u>Out block</u> – you are a contain player  <u>Pass Key</u> – play the threat to your flat</p>	<p>Corners - #1                      Free Safety – TE                      Rover – TE to near back                      Whip – Tackle to near back</p>

# Cover 1

vs

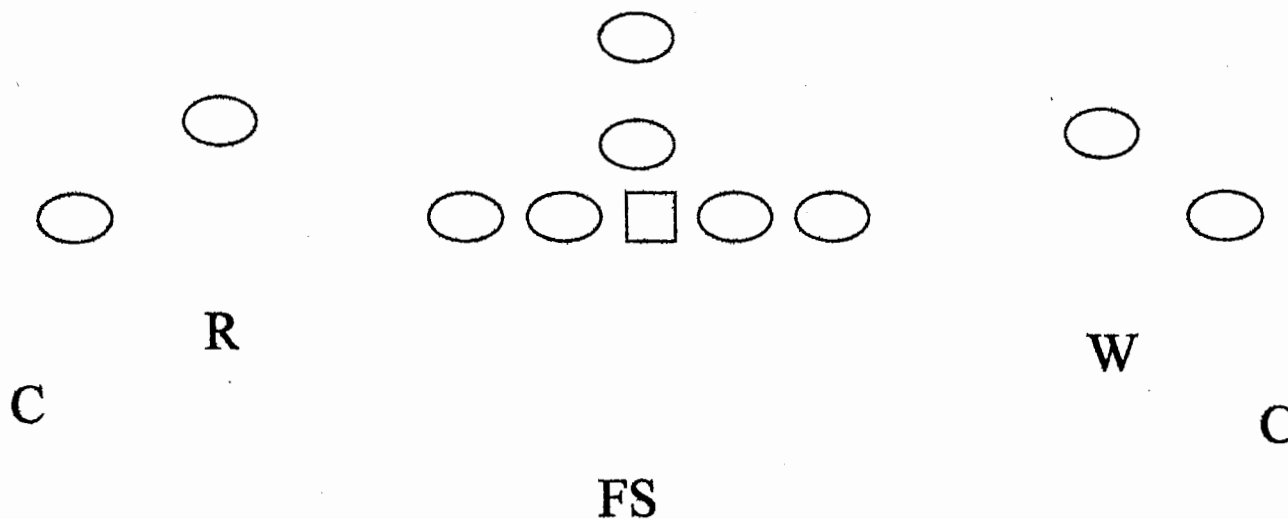
## 2 Wide Outs



Alignment	Keys
<p>Corners – 1x7 outside leverage of #1                      Free Safety – no wider than has to twins; 10 yards deep                      Rover – 1x1 on TE                      Whip – #2 more than 8 yards wide - split the difference between #2 and tackle; 4 yards deep                      #2 less than 8 yards wide – line up outside; 4 yards deep</p>	<p>Playside Corner - #2                      Backside Corner - #1                      Free Safety – #2                      Rover – TE to near back                      Whip – #2</p>
<p style="text-align: center;"><b>Reads and Technique</b></p> <p>Backside Corner – Backside 3<sup>rd</sup>; play deep as the deepest, wide as the widest                      TE verticle – lock on                      TE out – look for crossers</p> <p>Playside Corner                      #2 verticle – bail look; play deep threat                      #2 wheel – cover #2                      #2 out – bail; break up to curl</p> <p>Free Safety                      #2 verticle – lock on man                      #2 wheel – drive on curl                      #2 out – look for #1 in                      #2 drag – look for #1 on the post</p> <p>Rover – same as Cover 1 vs 1 wide                      Whip – jam #2 with inside leverage go to flat threat                      #2 verticle – run to out route by #1                      #2 wheel – play curl by #1                      #2 out – lock on                      #2 drag – play under #1 on the post</p>	

# Cover 1

vs  
Doubles

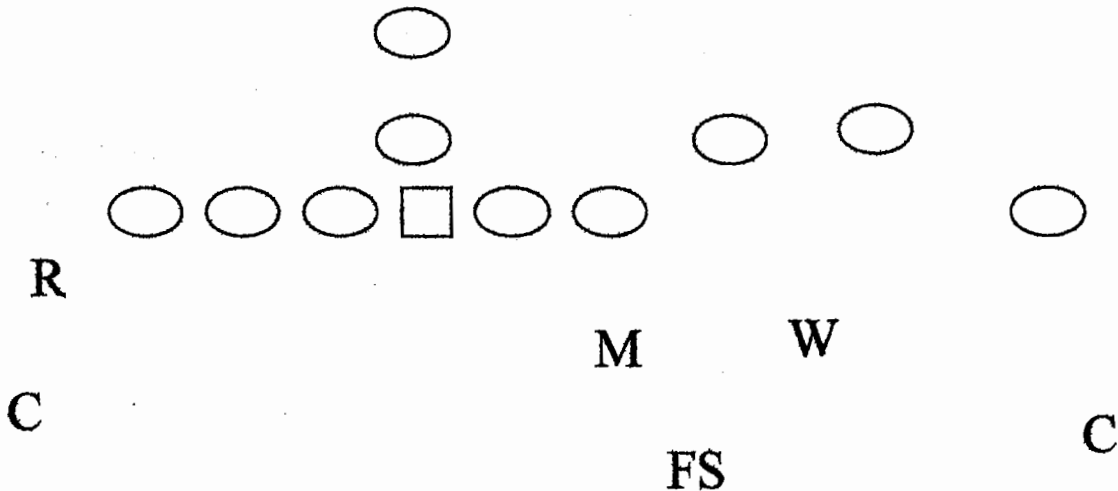


Alignment	Keys
<p>Corners – 1x7 outside leverage of #1 Free Safety – Middle of field; shade to field Rover – Same as Whip Whip – #2 more than 8 yards wide - split the difference between #2 and tackle; 4 yards deep #2 less than 8 yards wide – line up outside; 4 yards deep</p>	<p>Playside Corner - #2 Backside Corner - #1 Free Safety – QB Rover – TE to near back Whip – #2</p>
<p><b>Reads and Technique</b></p> <p>Corners – Same as Twins Free Safety Break with QB shoulder turn Rover – same as Cover 1 vs 1 wide Whip – same as Twins</p>	

# Cover 1

vs

## 3 Wide Outs

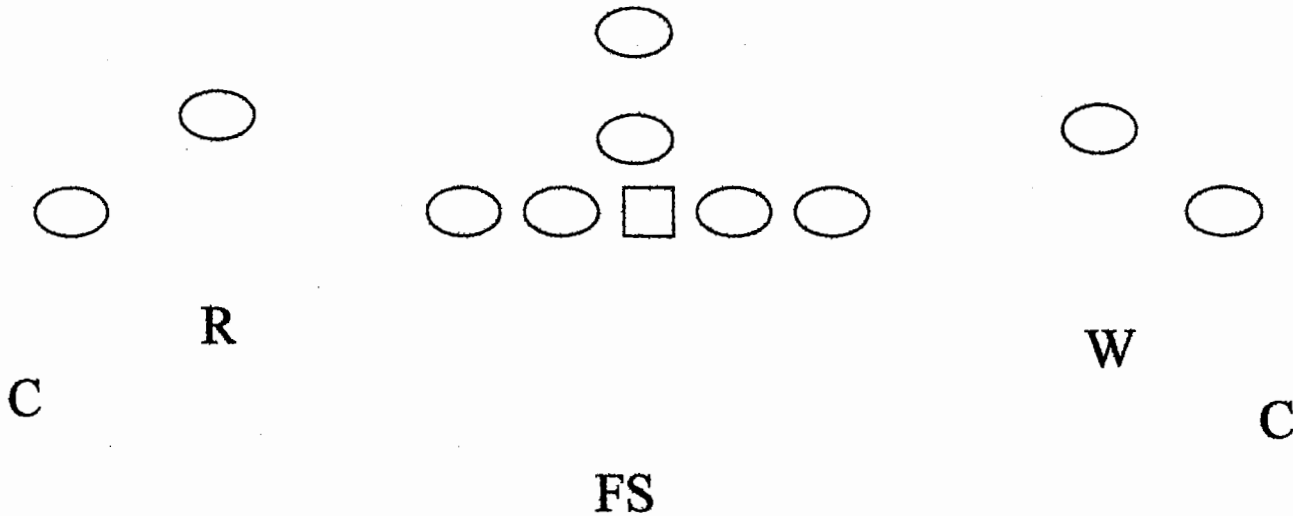


Alignment	Keys
<p>Corners – 1x7 outside leverage of #1                      Free Safety – Over #3; 12 yards deep                      Rover – 1x1 on TE                      Whip – #2 more than 8 yards wide - split the difference between #2 and tackle; 4 yards deep                      #2 less than 8 yards wide – line up outside; 4 yards deep</p>	<p>Playside Corner - #2                      Backside Corner - #1                      Free Safety – #3 - #2 - #1                      Rover – TE to near back                      Whip – #2</p>
<h3>Reads and Technique</h3> <p>Mike – Wall #3                      Backside Corner – Backside 3<sup>rd</sup>; play deep as the deepest, wide as the widest                      TE verticle – lock on                      TE out – look for crossers                      Playside Corner                      #2 verticle – bail look; play deep threat                      #2 wheel – cover #2                      #2 out – bail; break up to curl                      Free Safety                      #3 verticle – lock on man                      #3 in – post from #2                      #3 out – check #2 then #1 for threat                      #3 drag – look for #1 on the post                      Rover – same as Cover 1 vs 1 wide                      Whip – jam #2 with inside leverage go to flat threat                      #2 verticle – run to out route by #1                      #2 wheel – play curl by #1                      #2 out – lock on                      #2 drag – play under #1 on the post</p>	

# Cover 1 Drop

vs

## Doubles Only

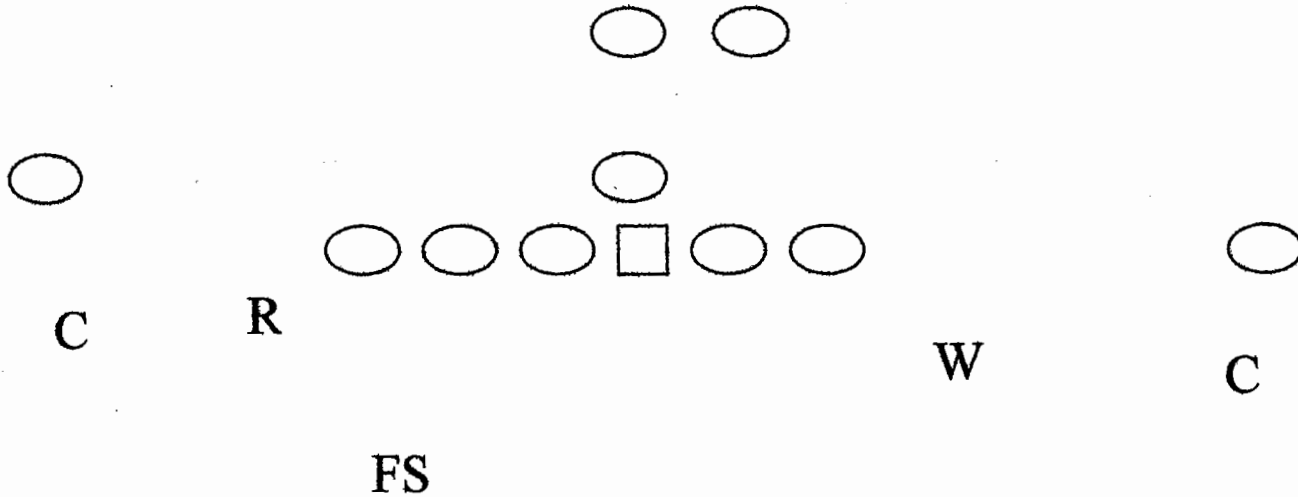


Alignment	Keys
Corners – 1x7 outside leverage of #1 Free Safety – Middle of field; shade to field Rover – Same as whip Whip – #2 more than 8 yards wide - split the difference between #2 and tackle; 4 yards deep #2 less than 8 yards wide – line up outside; 4 yards deep	Corners - #2 Free Safety – QB Rover – #2 Whip – #2
Reads and Technique	
Corners – Same as Twins Free Safety - Break with QB shoulder turn Rover – same as Cover 1 vs doubles except sink to the hole not the flat Whip – same as Cover 1 vs doubles except sink to the hole not the flat	

# Cover 1 Press

vs

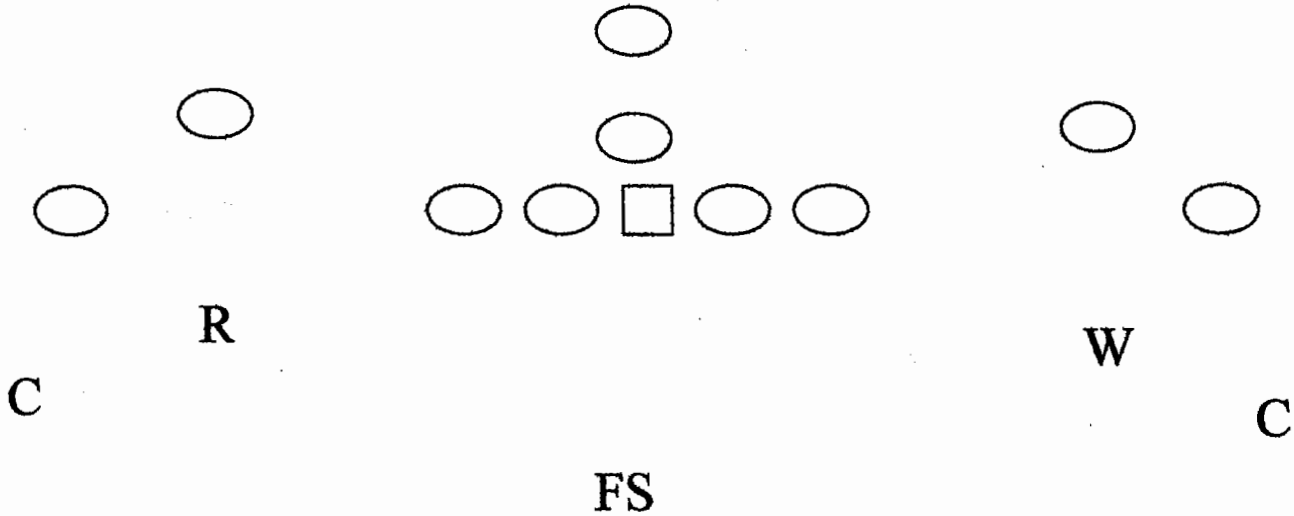
## 1 Wide Out Only



Alignment	Keys
Corners – match depth & play inside leverage of #1 Free Safety – Split the TE & Tackle; 7 yards deep Rover – 1x1 on TE Whip – 2x2 on Tackle	Corners - #1 Free Safety – TE Rover – TE to near back Whip – Tackle to near back
<b>Reads and Technique</b>	
Corners - play man to man Free Safety <u>Down or base block</u> – fill outside <u>Out block</u> – fill inside <u>Cut off (Scoop)</u> – backside alley player; inside – out on the ball <u>Outside Release</u> – sit and rob #1 on inside route (post/curl/slant) <u>Drag</u> – cover drag or stay deep and play post (game plan) Rover <u>Down or base block</u> – check pulling lineman to near back; wrong arm and spill <u>Out block</u> – you are a contain player <u>Pass Key</u> – play the threat to your flat Whip <u>Down or base block</u> – check pulling lineman to near back; stay outside, turn the ball in <u>Out block</u> – you are a contain player <u>Pass Key</u> – play the threat to your flat	

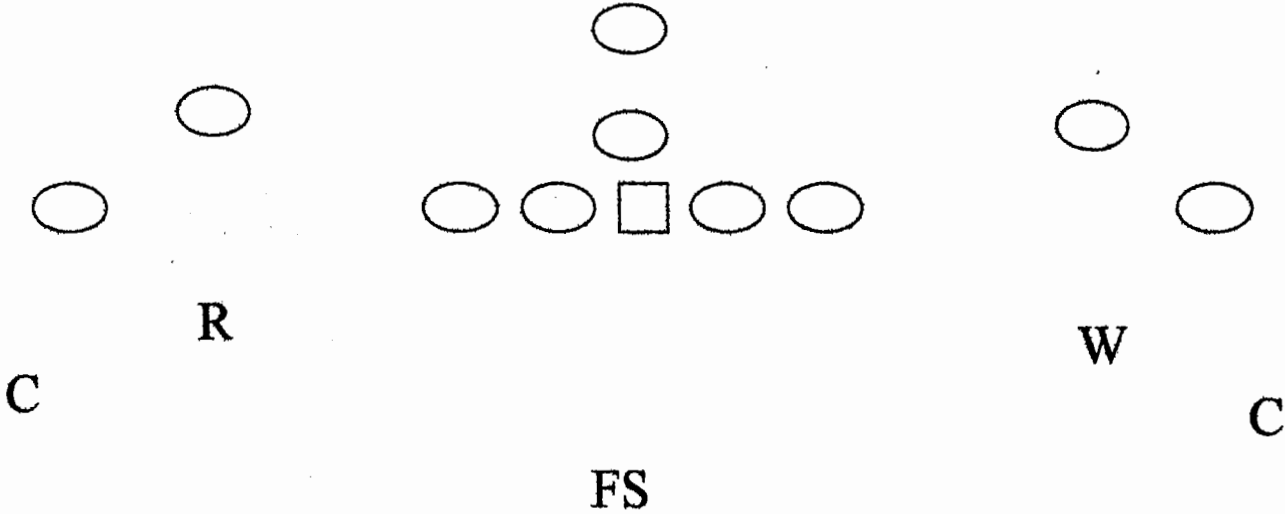


# Cover 1 Free



Alignment	Keys
Corners – 1x7 outside leverage of #1 Free Safety – Middle of field; shade to field Rover – 1x1 on TE Whip – #2 more than 8 yards wide - split the difference between #2 and tackle; 4 yards deep #2 less than 8 yards wide – line up outside; 4 yards deep	Corners - #1 Free Safety – QB Rover – #2 Whip – #2
Reads and Technique	
Corners – Man on #1 Free Safety – Free player Rover – Man on #2 Whip – Man on #2	

# Cover 0

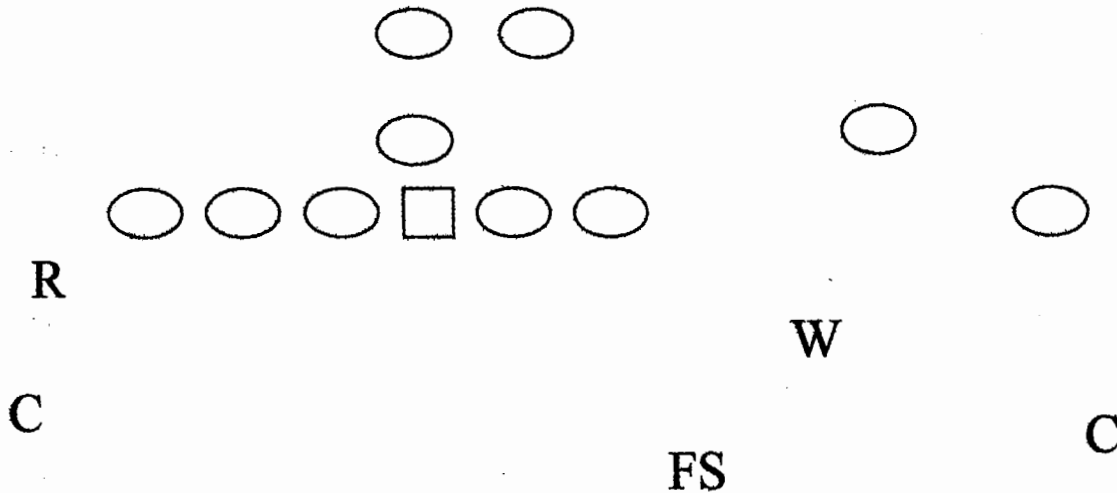


<b>Alignment</b>	<b>Keys</b>
Corners – 1x7 outside leverage of #1 Free Safety – Middle of field; shade to field Rover – 1x1 on TE Whip – #2 more than 8 yards wide - split the difference between #2 and tackle; 4 yards deep #2 less than 8 yards wide – line up outside; 4 yards deep	Corners - #1 Free Safety – #2 to stunt side Rover – #2 Whip – #2
<b>Reads and Technique</b>	
Corners – Man on #1 Free Safety – Man on #2 to stunt side Rover – Man on #2 or stunt Whip – Man on #2 or stunt	

# Cover 5

vs

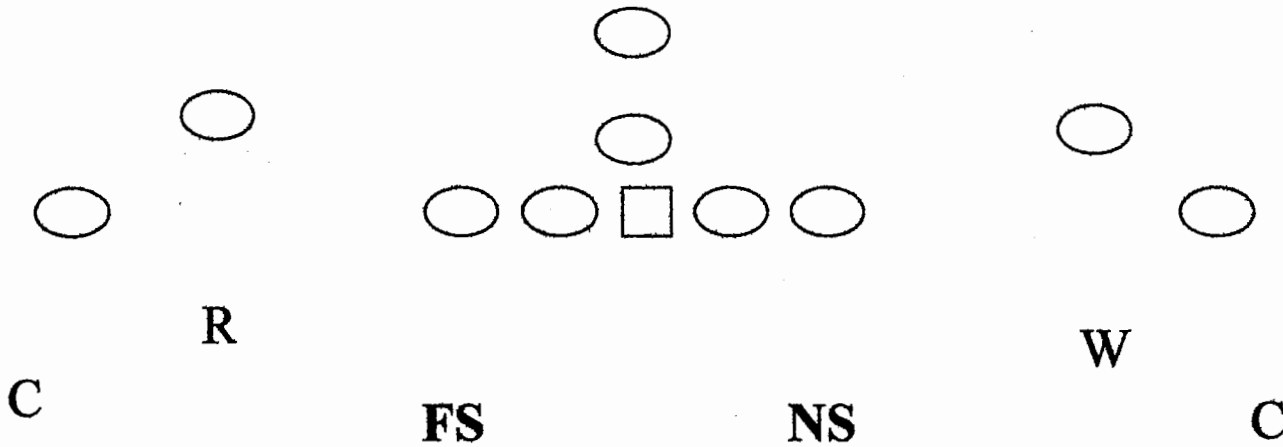
## Twins Only



Alignment	Keys
<p>Corners – 1x7 outside leverage of #1</p> <p>Free Safety – no wider than has to twins; 10 yards deep</p> <p>Rover – 1x1 on TE</p> <p>Whip – #2 more than 8 yards wide - split the difference between #2 and tackle; 4 yards deep</p> <p>#2 less than 8 yards wide – line up outside; 4 yards deep</p> <p style="text-align: center;"><b>Reads and Technique</b></p> <p>Backside Corner – Backside 3<sup>rd</sup>; play deep as the deepest, wide as the widest</p> <p>TE verticle – lock on</p> <p>TE out – look for crossers</p> <p>Playside Corner – squat and play flat</p> <p>Free Safety – Front Half</p> <p>Rover – same as Cover 1 vs 1 wide</p> <p>Whip – jam #2 with inside leverage; play curl</p>	<p>Playside Corner - #2</p> <p>Backside Corner - #1</p> <p>Free Safety – #2</p> <p>Rover – TE to near back</p> <p>Whip – #2</p>

# Nickel Cover 1

vs  
Doubles



Alignment	Keys
Corners – 1x7 outside leverage of #1 Free Safety – Over tackles; 10 yards deep Nickel Safety – same as Free Safety Rover – Same as Whip Whip – #2 more than 8 yards wide - split the difference between #2 and tackle; 4 yards deep #2 less than 8 yards wide – line up outside; 4 yards deep	Playside Corner - #2 Backside Corner - #1 Free Safety – QB Nickel Safety - QB Rover – #2; #3 vs Trips Whip – #2; #3 vs Trips
Reads and Technique	
Corners – Same as Twins vs 2 wides or Trips vs 3 wides Free Safety - Break with QB shoulder turn Nickel Safety – Break with QB shoulder turn Rover – same as Cover 1 vs 1 wide Whip – same as Twins	