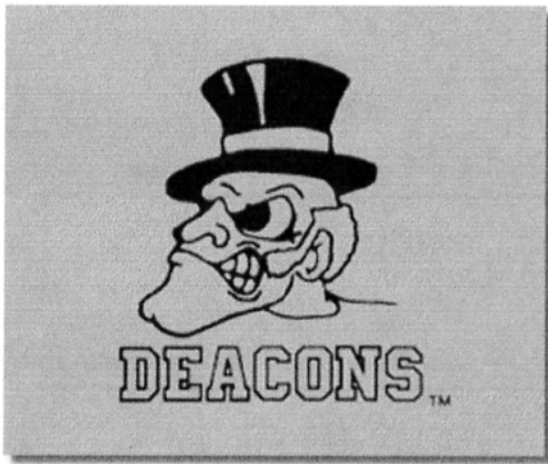
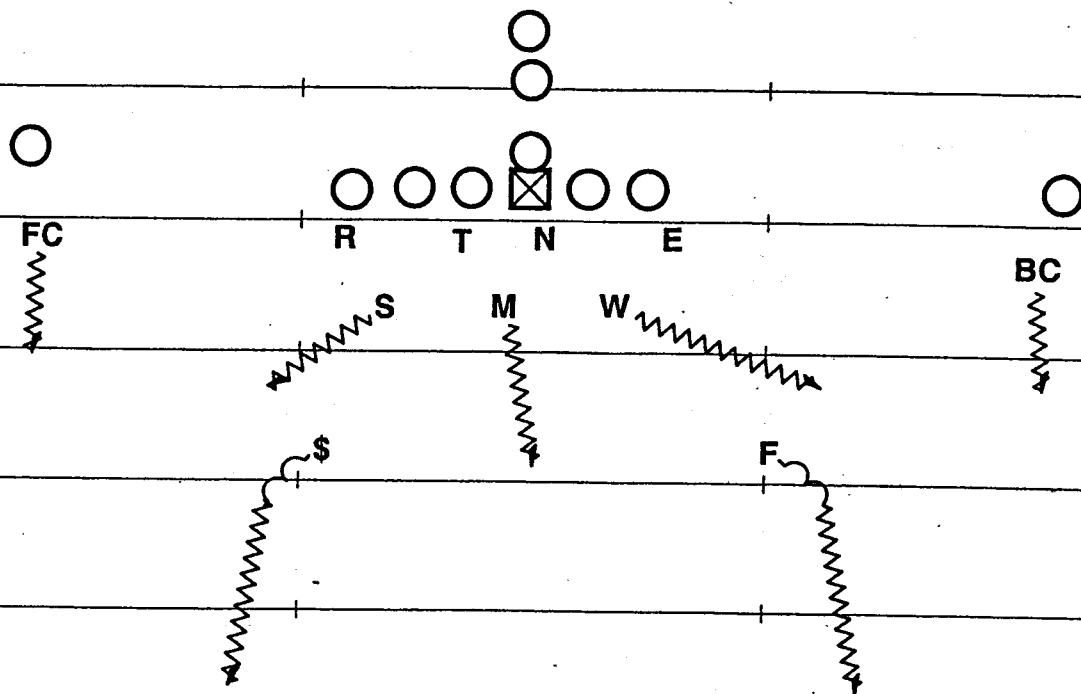


**2002**

# **WAKE FOREST 33 STACK DEFENSE**





**Corners** - play an INK Hinge on the receivers. Against a Lane 1 threat the corners will take the pitch man or the runner that has been forced outside. Play Cup/Contain. Versus the pass the corner will deny the inside route from the receiver's stem and be responsible for the Flat. The corner should Jam hard and then sink about 10-12 yards into the Hole to deny that pass.

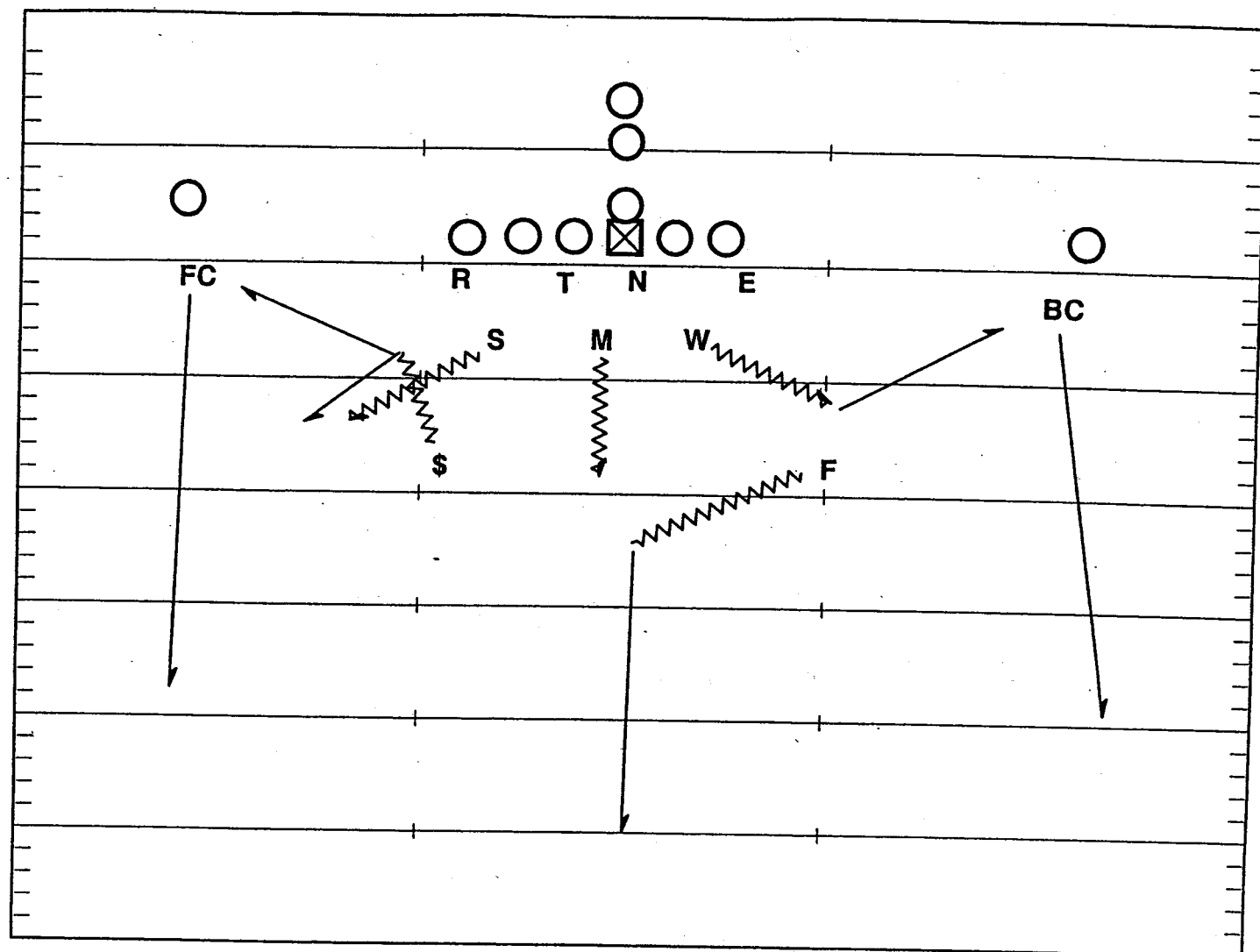
**Safetys** - line up on the hash if the ball is in the middle of the field or on the hash to your side. If the ball is away or outside the upright toward the hash the safety should line up 4 yards inside the hash. The technique used will be to open up at a 45 deg. angle for 2 steps then backpeddle. Each safety will cover half the field deep.

**Sam & Will** - cover the hook/curl zone.

**Mike** - cover the middle curl zone

**The Show Call for Cover 2 is BLACK.**

# Cover 3 Rules



**Corners** - play 7 yards off in an Ork Hinge. Corners are responsible for covering the deep outside 1/3.

**Free Safety** - Cover the deep middle 1/3.

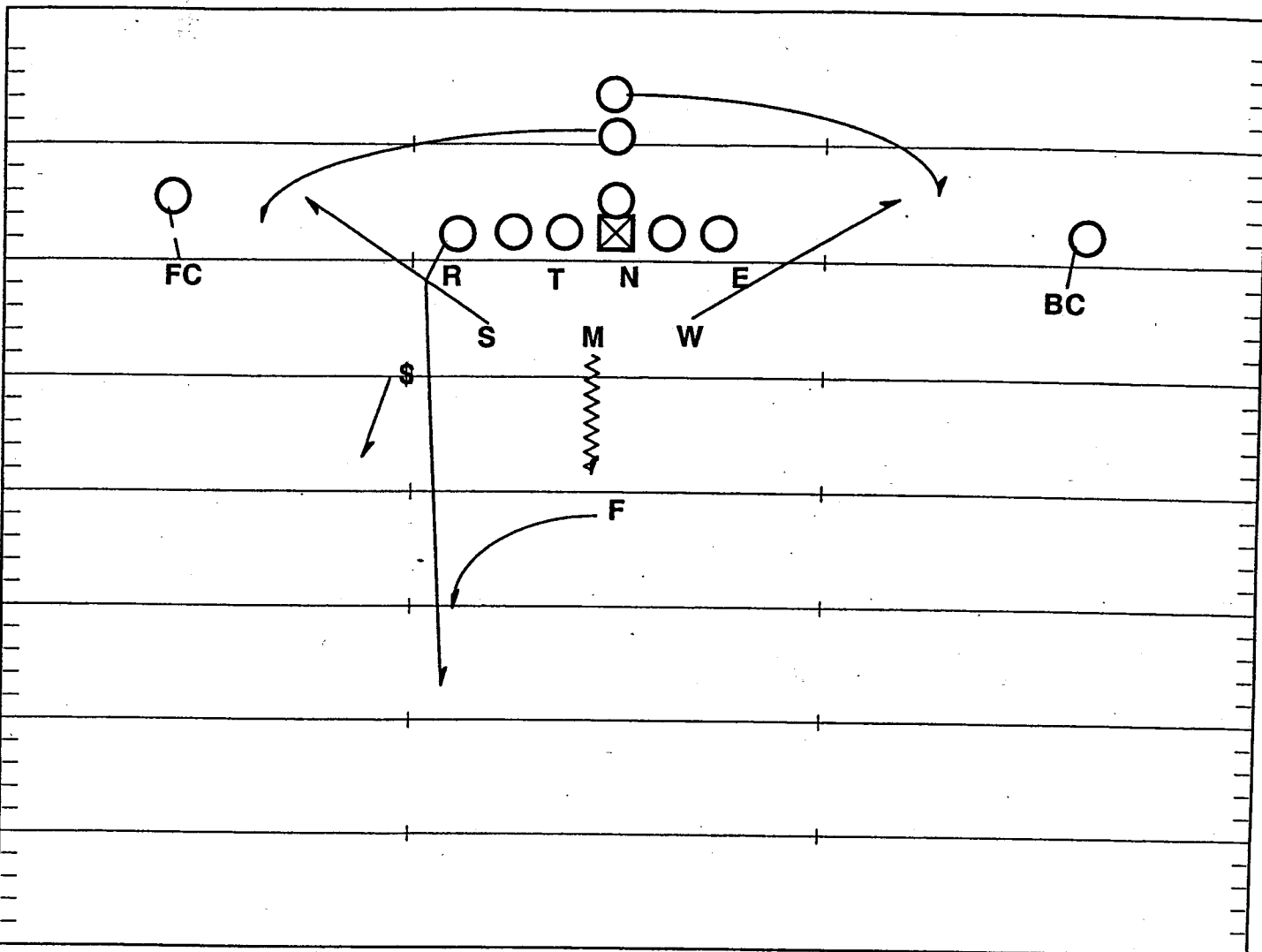
**Strong Safety** - cover the Curl to the Flat. If there is an immediate threat in the Flat the SS will get there as quick as possible. If not, the SS should sit in the Curl and wait for the Sam LB to get there.

**Sam** - covers the Curl zone. Get to the Curl as quick as possible to allow the SS to leave for the Flat.

**Mike** - cover the middle curl zone

**Will** - plays very similiar to the SS. The Will LB will play Curl to the Flat if the pass is to that side.

**The Show Call for Cover 3 is BLUE.**



Cover 1 is a Man Free Coverage. It is designed to allow for extra run support, especially to the Strong side. There is a SWITCH CALL involved where the \$ and the FS communicate as to which one is going to cover the TE.

*Corners - man on #1 WR's to their side*

*Free Safety - Call SWITCH vs. 2 backs and take TE on a vertical or crossing route*

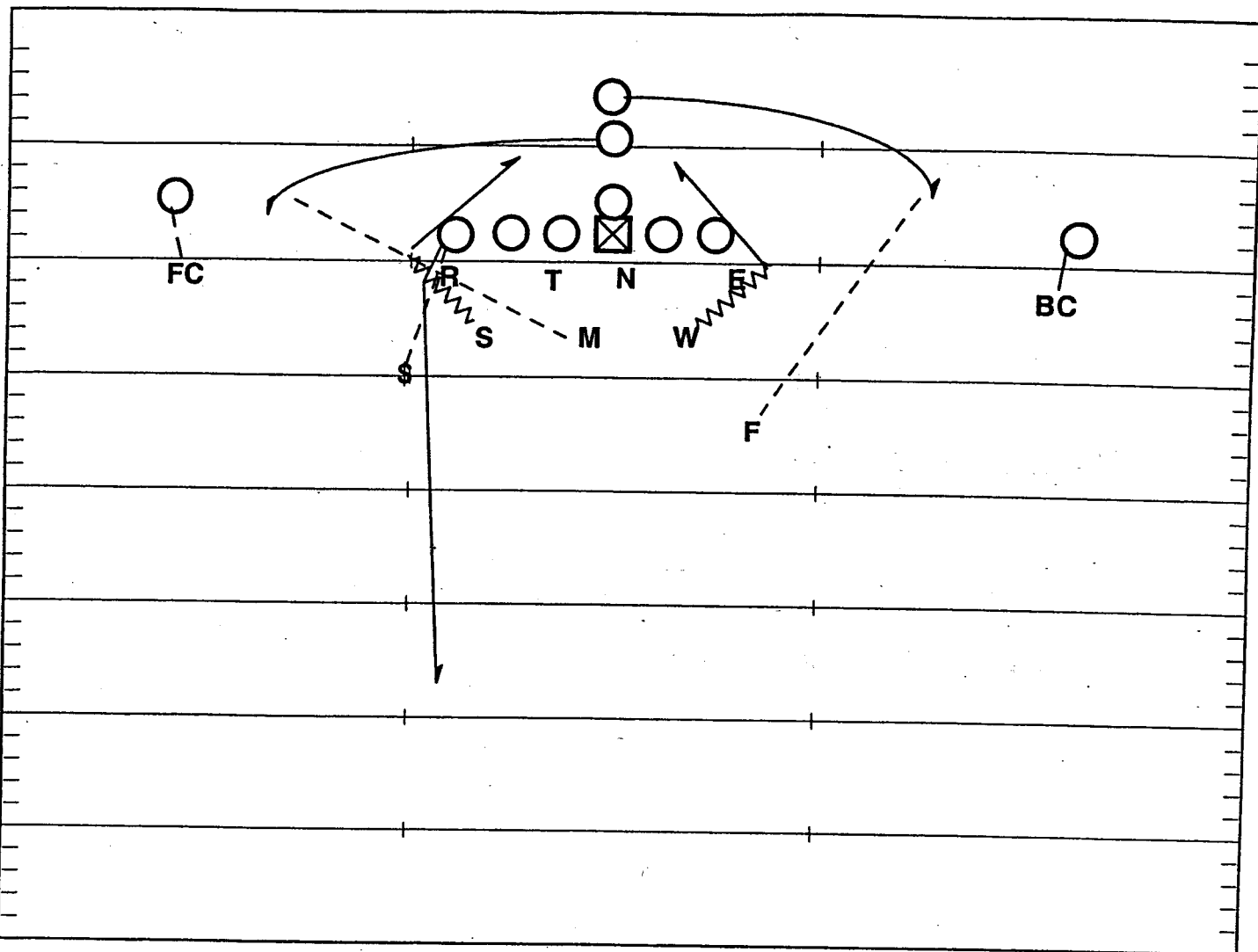
*Strong Safety - cover the TE if he goes to the Flat. Sink under the Curl if TE is vertical or goes away.*

*Sam - cover back out to Strong side.*

*Mike - Wall off the middle. Collision any crossing routes.*

*Will - cover back out to the Weak side*

# Cover 0 Rules



Cover 0 is a pure Man coverage. It is used when 2 LB's are blitzing. Cover 0 means that no one is free.

*Corners - man on #1 WR's to their side*

*Free Safety - cover the back out to the Weak side*

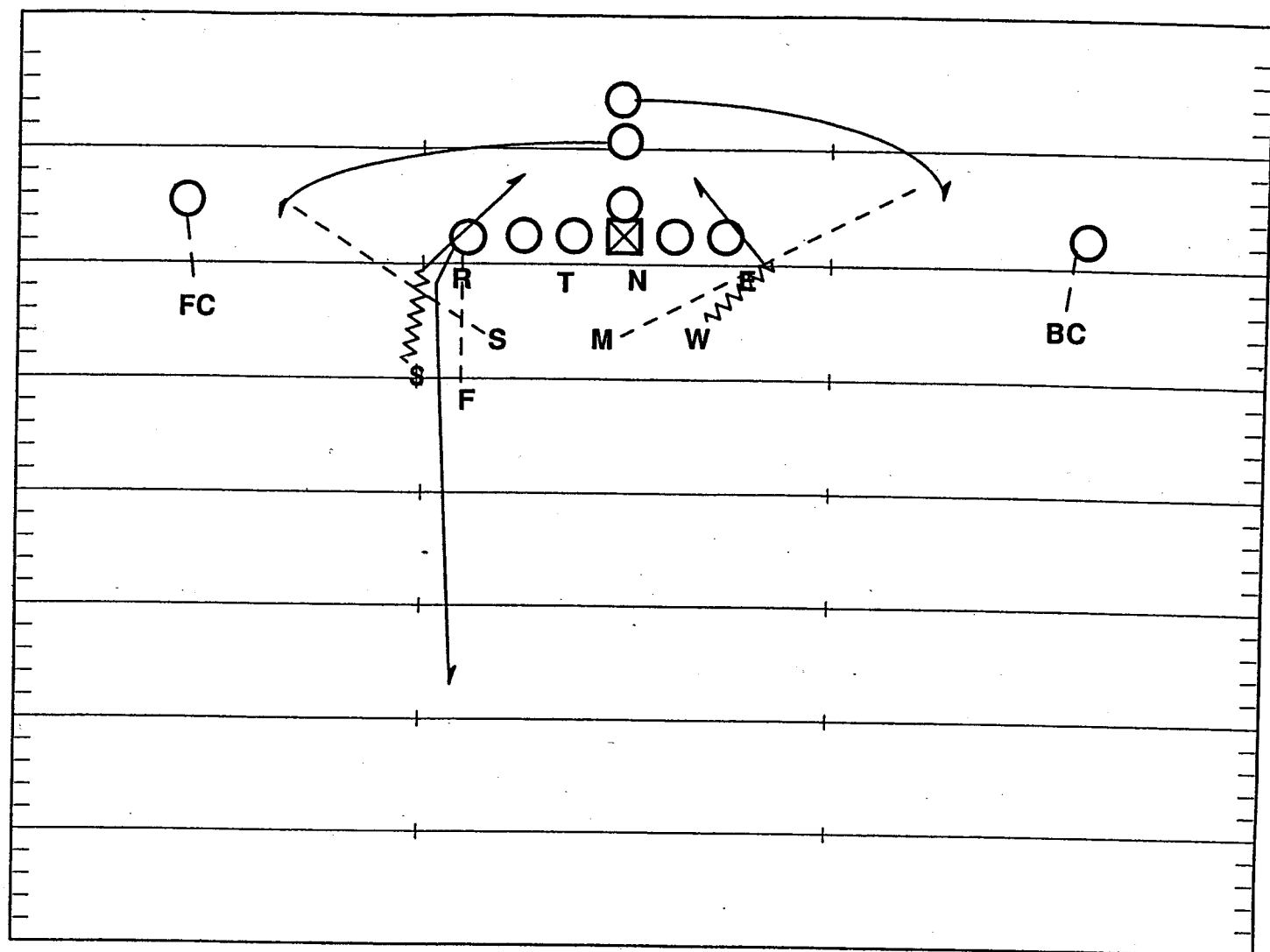
*Strong Safety - cover the TE man to man.*

*Sam - blitzing*

*Mike - cover the back out to the Strong side*

*Will - blitzing*

## Cover 0 Dog Rules



**Cover 0 Dog Man coverage. It is used when a DB is blitzing.**

*Corners - man on #1 WR's to their side*

*Free Safety - covers the blitzing DB's man.*

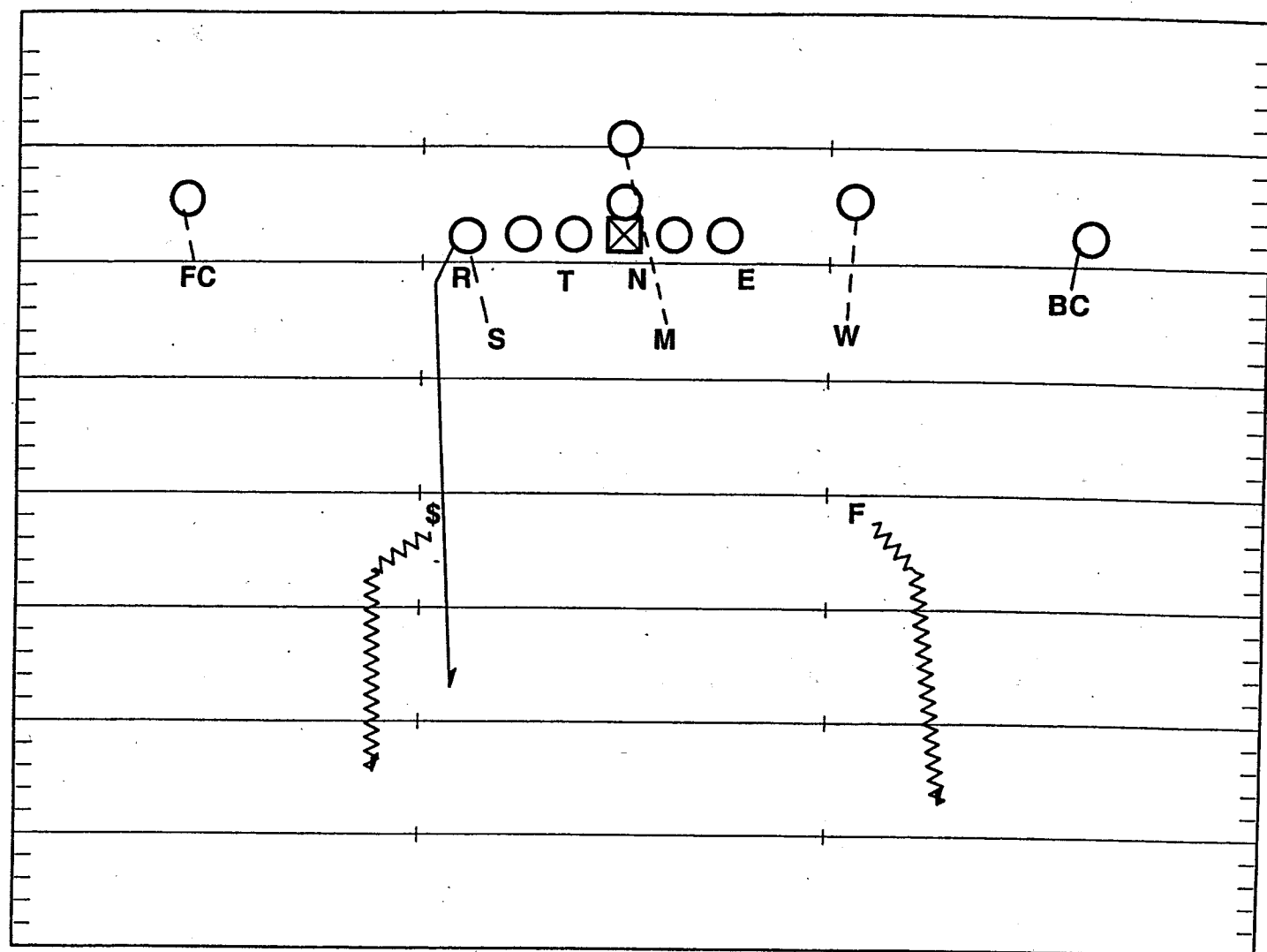
*Strong Safety - blitzing*

*Sam - blitzing*

*Mike - cover the back out to the Weak side*

*Will - blitzing*

# Cover 29 Rules



**Cover 29 - 5 defenders underneath are covering man on all 5 receivers. The 2 deep people are free and will help the 5 underneath people with coverage**

*Corners - man on #1 WR's to their side*

*Free Safety - plays over the top of all receivers. No one gets behind the safetys.*

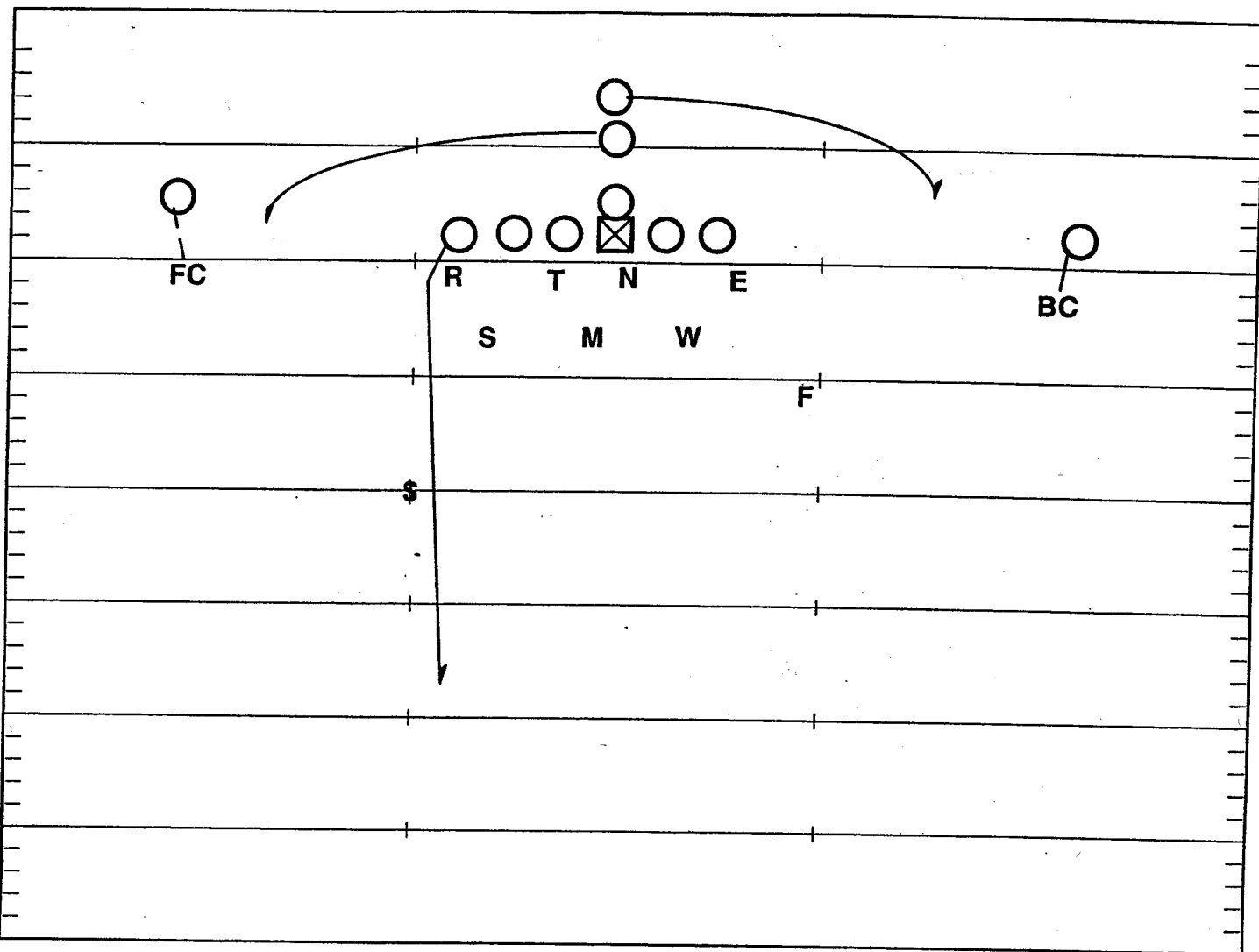
*Strong Safety - same as FS*

*Sam - man on TE.*

*Mike - man on A Back*

*Will - man on Slot back*

# Cover Robber Rules



**Cover Robber** - This is a combination coverage which is designed to provide quick safety run support to both sides

**Corners** - man on #1 WR's to their side

**Free Safety** - provide quick run support on any run to him. Play cutback on run away. The FS is the Robber against a 2 back set. Versus a pass in this situation the FS will sit in the Curl and look up any crosser. Against a 1 back set the FS must cover #3. In this case the FS will make a **YOU CALL** to the Will. The will is now the Robber.

**Strong Safety** - help with the TE on a vertical release

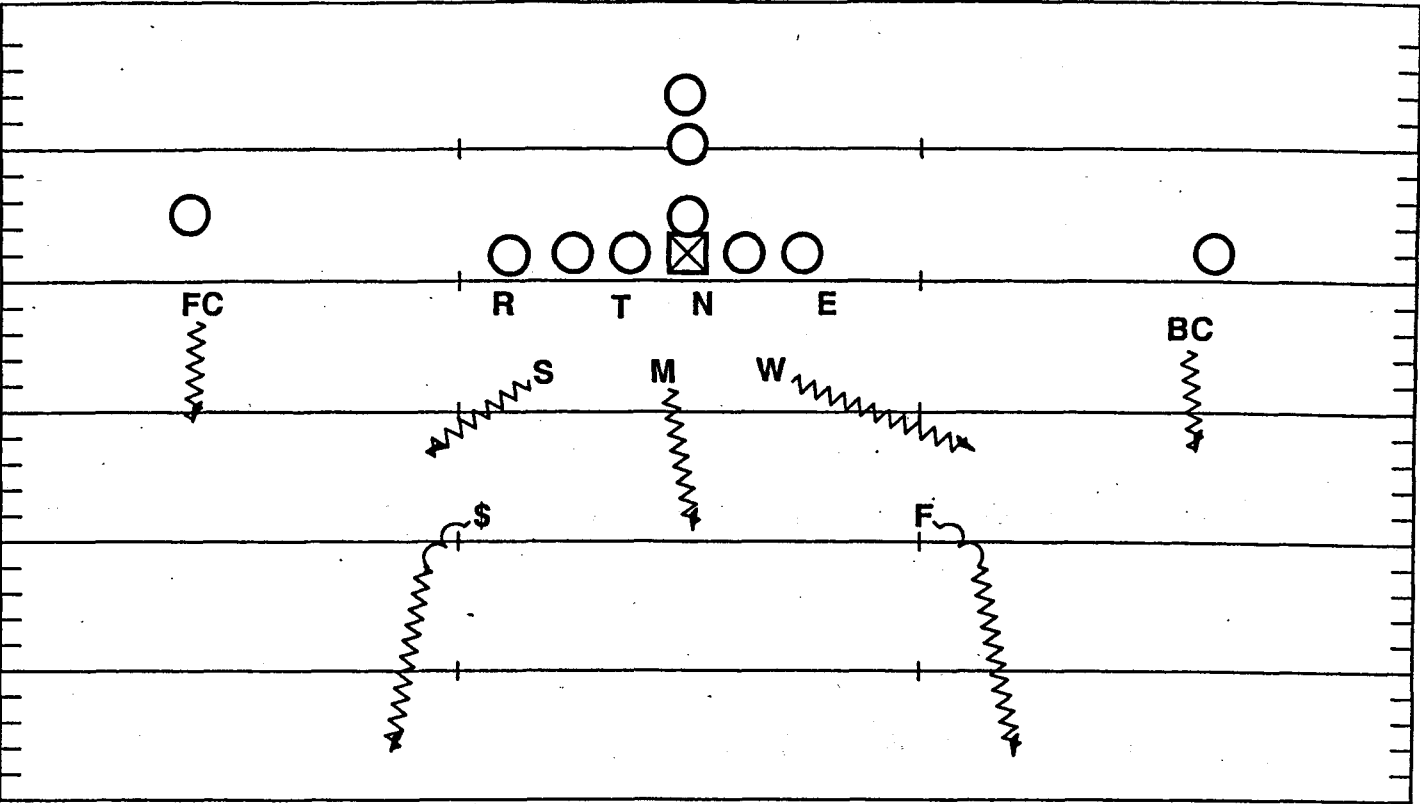
**Sam** - cover the TE man to man on a vertical release or to the Flat. Pass him off to the Robber and sink to the curl if the TE crosses.

**Mike** - back out his side vs. 2 backs. Against 1 back take the A back.

**Will** - back out his side vs. 2 backs. He is the Robber vs. 1 back



Cover 2 Adjustments



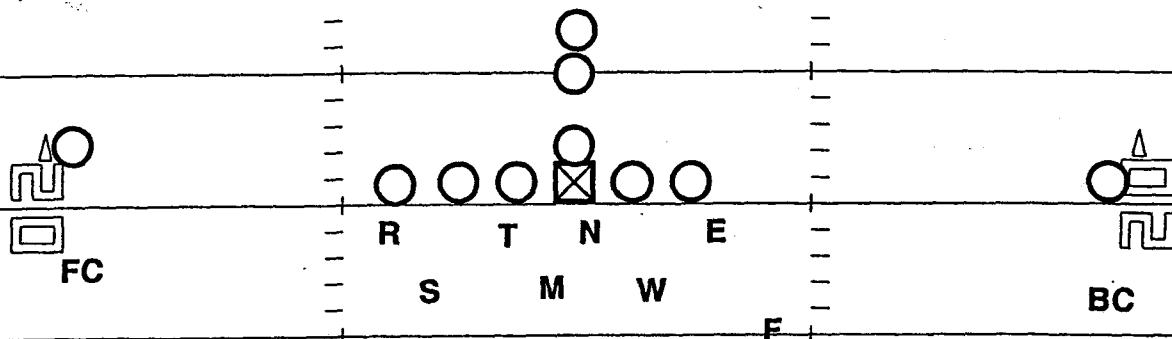
\*Here the Will bumps out into a NIPPLE technique against a 1 back set

\*Here the Check is to a different coverage. The coverage allows us to keep strong run support LB's while also using DB's against the Strong side Pas 1/4-1/4-1/2 coverage w/ the Sam covering Curl/Flat weak

The Sam is bumped out into a NIPPLE technique. ALL DB's must be alert to possible multi-vertical routes.

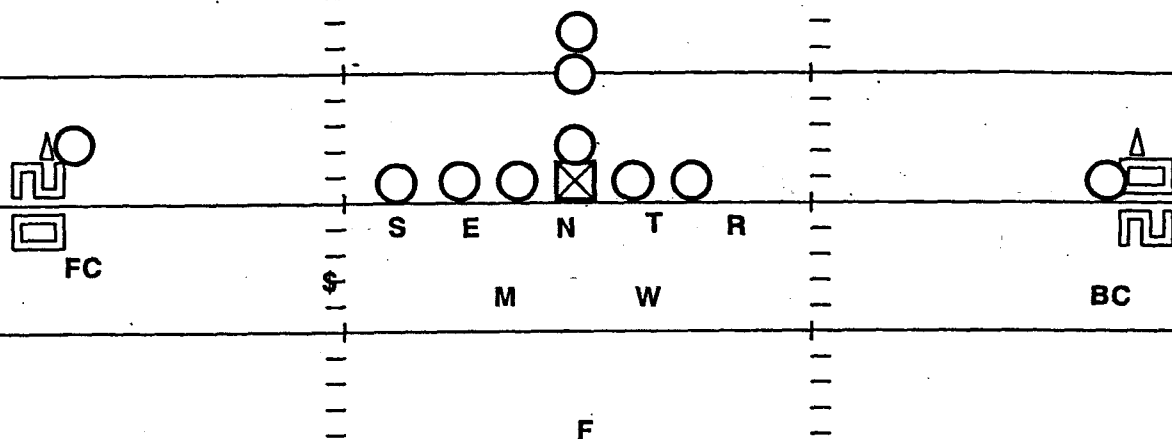
Cover 2 is primarily a RUN SUPPORT coverage and will be used in those type situations. It is not the best against 1 E multi-wide receiver sets and will be game planned in most instances to stay away from such sets.

**Title Call - The strength is called according to where the TE aligns**

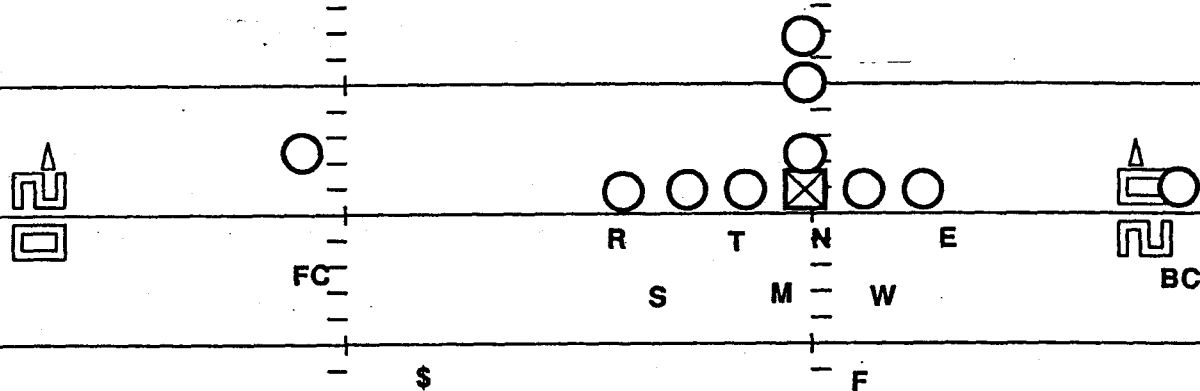


The CALL is made by the Mike LB and the \$. Here, the Mike would call LIZ and the \$ would call LEFT 8 (for 8 Alert)

**Split Call - The strength is called according to where the SPLIT END aligns.**

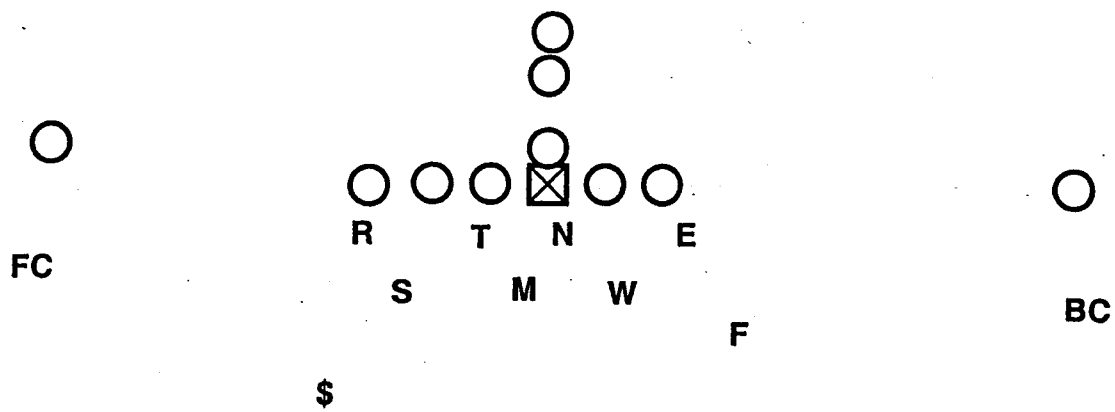


**Field Call - The strength is called according to which side of the field is the WIDE side.**

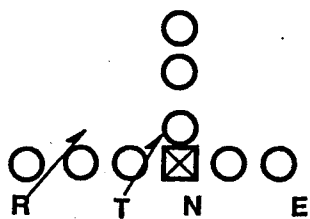


**Strong Call - The call is made to the side with the most receivers.**

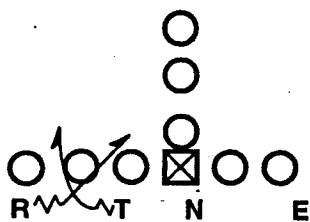
**NOTE:** If a team comes out in a balanced formation, the call will always go to our left (LIZ). Most offenses are RIGHT handed.



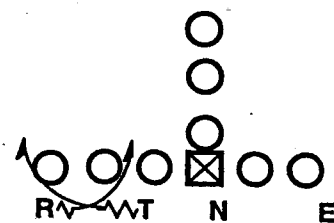
RuT 62



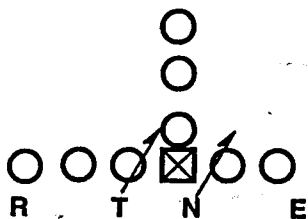
RuT 46



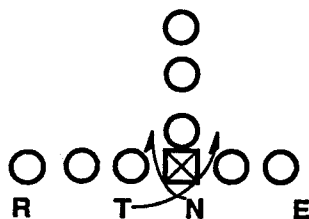
RuT 48



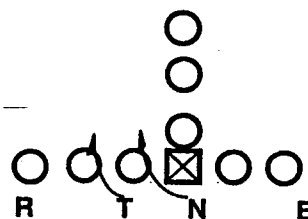
NuT 12



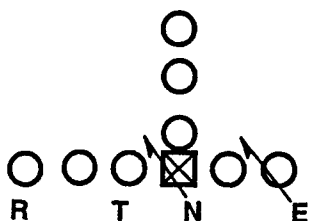
NuT 21



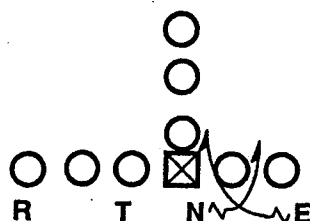
NuT 24



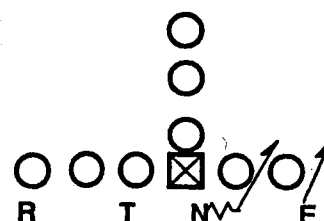
EoN 32

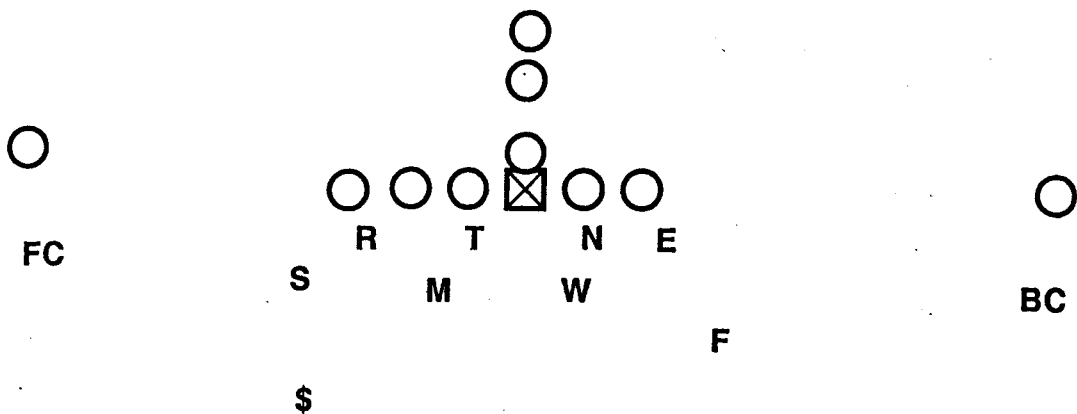


EoN 13

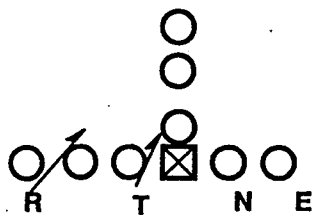


EoN 53

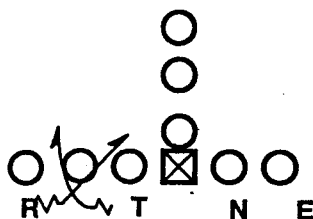




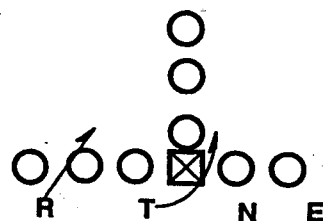
RuT 62



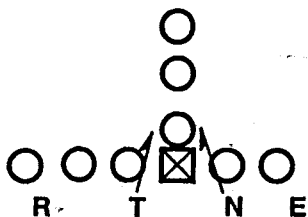
RuT 46



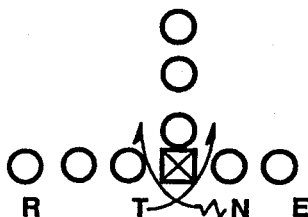
RuT 61



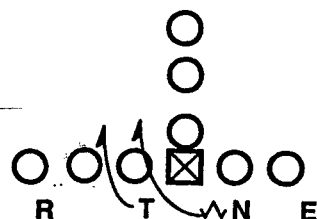
NuT 12



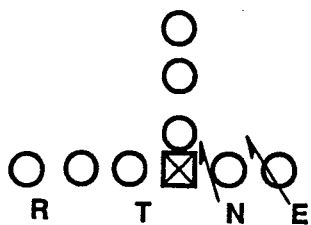
NuT 21



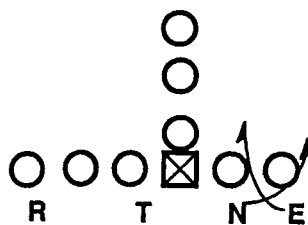
NuT 24



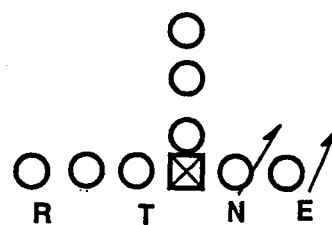
EoN 31



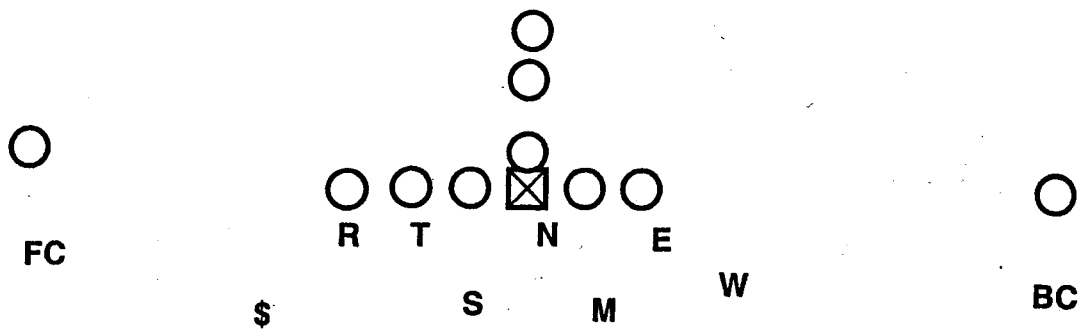
EoN 35



EoN 53

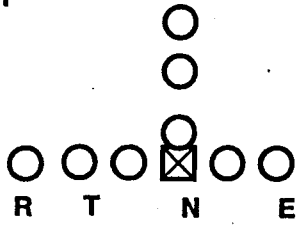


# IRON CAT - Stunts



F

NuT

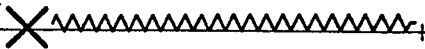
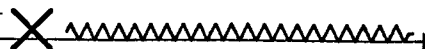


RuT

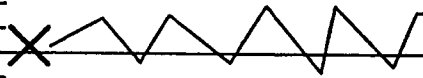
EoN

WoE

## FAB FIVE WARMUP DRILLS



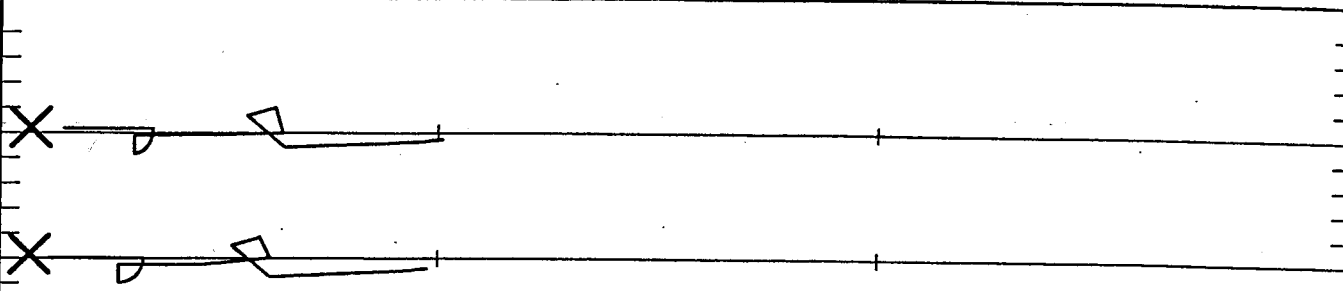
*Backpeddle- players will backpeddle to the hash using good technique.  
COACHING POINTS: Head in front of feet; Keep feet on line.*



*Wave- players are directed by the coach who hand directs left and right. players should go from one side of the line to the other. COACHING POINT: Let your butt lead the way.*



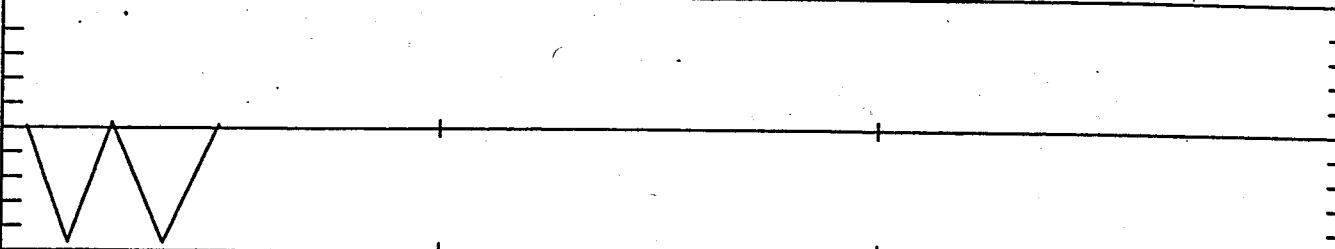
*Step Back- Step back with right foot and be sure to step straight back and on the line. Draw left foot back with right foot and pop feet. Continue to the hash. Players will come back to boundry repeating the same action with the left foot.*



The diagram illustrates the 'Turn/Turn & Go' drill on a field with yard lines. Two starting positions are marked with an 'X' on the left. From each 'X', a line leads to a small triangle representing a player. The first player turns 180 degrees to face away from the start. The second player turns 360 degrees to face the same direction as the first. Both players then turn back to face the start line, indicated by a second triangle on the line.

*Turn/Turn & Go - Players start in a peddle and turn in the determined direction until they are facing 180 deg. from the direction they started. They will then turn 360 deg. in the opposite direction on the next whistle. The drill is finished with a sprint.*

**COACHING POINTS:** Stay low in the turns; Keep arms IN and MOVING.



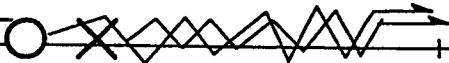
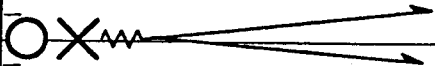
The diagram shows the 'W Drill' on a field with yard lines. A zigzag line representing a player's path starts on the left and moves back and forth across the field, forming a 'W' shape. The path starts on the left, goes down to the first yard line, up to the second, down to the third, up to the fourth, and down to the fifth yard line.

*"W" Drill - Players start in a peddle for 5 yds. at that point they will "T" plant and break forward to the start line and repeat until the "W" until complete.*

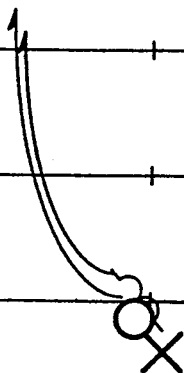
**COACHING POINT:** Players will plant on their right foot going across and left foot coming back



*Step Back & Go- DB's will line up against a receiver who will stem off on the snap to the DB's left or right. The DB will step back with the designated foot then open to the correct side and jam the receiver. Then run with him for about 5-6 yds.*



*Zig-Zag - receiver will run in a zig zag fashion down the line. The DB will use opposite hand jams on the receiver while opening his hips to the correct side.*



*Fade Drill- the receiver faces forward while the DB faces opposite with his inside heel on the receiver's inside heel. On the receiver's movement the DB will turn into him and chase him trying to catch up, but at the least playing his hands.  
COACHING POINT: DB's must not look back unless they can touch the WR.*



**BLITZ SYSTEM**

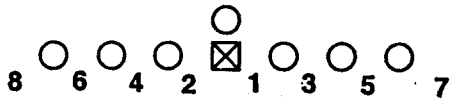
**Personnel**

LB's  
S- Sam  
M- Mike  
W- Will

D - Line  
R- Raider  
T- Tackle  
N- Nose  
E- End

D. Backs  
FC- Field Corner  
\$- Strong Safety  
F- Free Safety  
BC- Boundry Corner

**Number System**

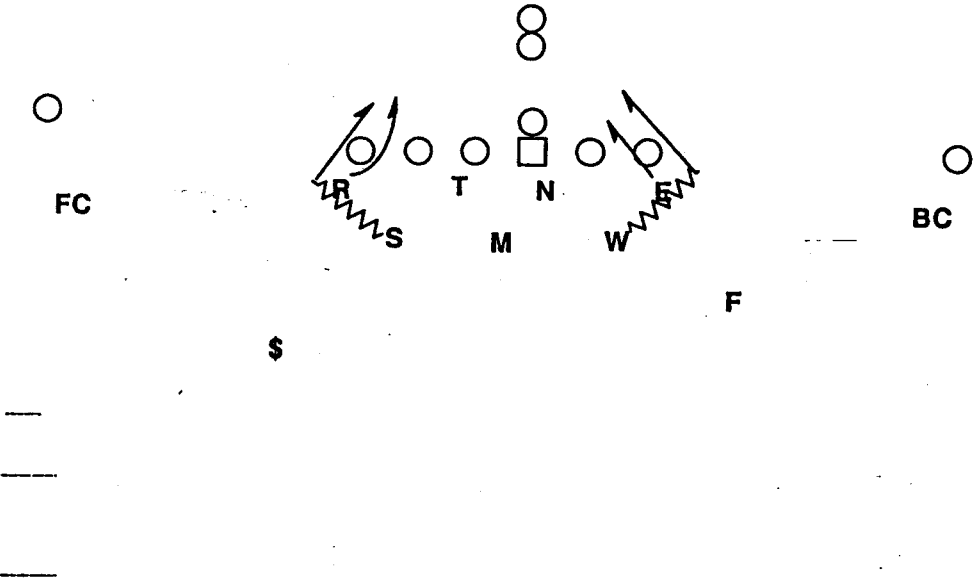


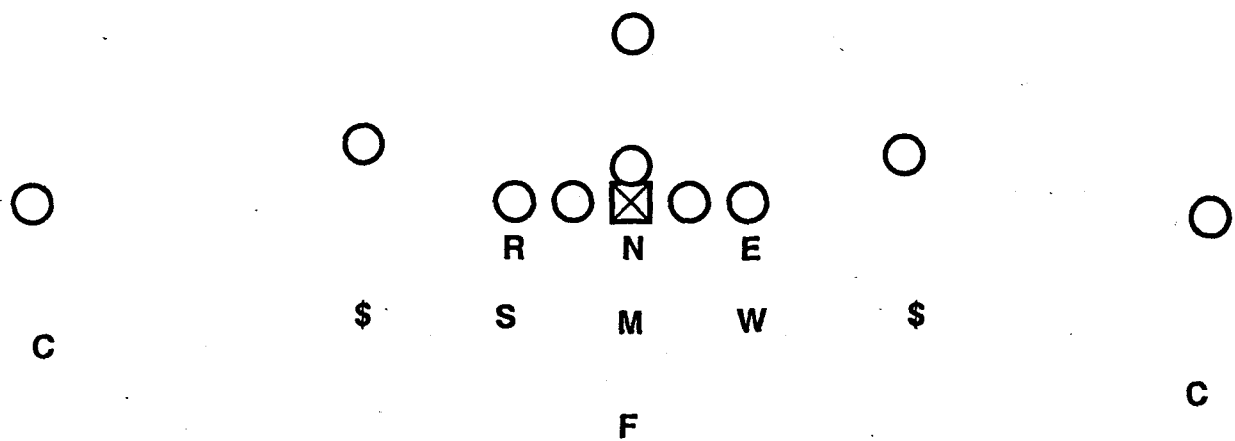
\* If Formation is balanced, CALL is LEFT

\* Even #'s on TE or Strong Side. Odd #'s to Split or Weak Side

**Call System**

Three letters and two numbers make up the call. For example; Tite Wildcat SAW 87 Cov. 0





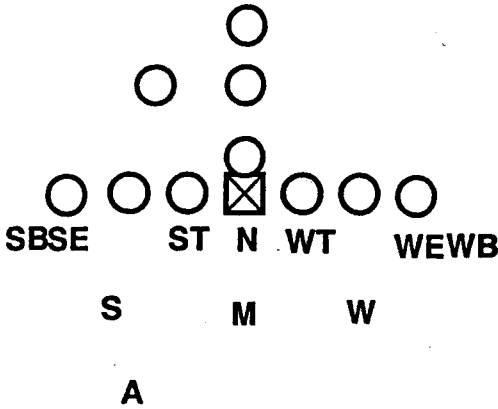
POS.	ALIGN.	RUN TO	RUN AWAY	OPTION	PASS
Rt. End	4	3 Step	Trail/Reverse	QB	QB
Nose	0	3 Step	Flaten/Chase	Dive	Inside Rush
Lt. End	4	3 Step	Trail/ Rev	QB	Contain QB
Rt. Spur	4x1-7	OS Force	Fold/Cutback	Pitch	Flat
Sam	40	Fit	Shuf./AR	Dive/QB	Curl
Mike	00	Fit	Shuf./AR	Dive	Mid Curl
Will	40	Fit	Shuf./AR	Dive/QB	Curl
Lt. Spur	4x1-7	OS Force	Fold/Cutback	Pitch	Flat
S. Crnr	Ink	Late Cup	Pursuit	Late Pitch	Outside 1/3
Free	12 M	Alley Force	Alley Force	Pitch	Middle 1/3
W. Crnr	Ink	Late Cup	Pursuit	Late Pitch	Outside 1/3

COVERAGES  
Cov. 3, 1, 1 Rob.

STUNTS  
EoN 13, 31  
RuN 42, 24

BLITZ  
SaM  
SaW  
MoW

TENNESSEE



POS.	ALIGN.	RUN TO	RUN AWAY	OPTION	PASS
St. Bullet	Wide 9	Attack*	Trail/Reverse	Pitch	QB**
St. End	6	D Gap	Flaten/Chase	QB	TE#
St. Tackle	3	B Gap	Folld/Cutback	Dive	Inside Rush
Nose	0	Wk. A Gap	Fold/Cutback	Dive	Inside Rush
Wk. Tackle	3	B Gap	Fold/Cutback	Dive	Inside Rush
Wk. End	6	D Gap	Flaten/Chase	QB	TE#
Wk. Bullet	Wide 9	Attack*	Trail/Reverse	Pitch	QB**
Sam	40	C Gap	Fold/Cutback	QB to Pitch	TE
Mike	00	St. A Gap	Fold/Cutback	Dive	Combo
Will	40	C Gap	Fold/Cutback	QB to Pitch	TE
Adjuster	WR	Force	Pursuit	Late Pitch	#1 Strong

\*\* Bullets attack QB vs. Pass. Any throw that takes more than 2.5 sec. should be a sack

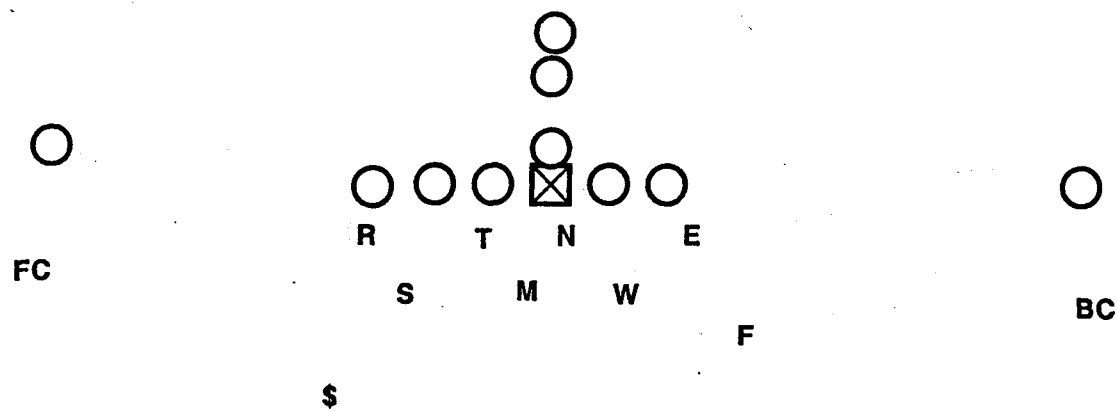
\* Bullets will take path that leads them to the hand of the near back.

TE# vs. the pass the TE will not be let off the LOS

COVERAGES  
Cov. G

STUNTS  
Pinch  
Out  
Thunder

BLITZ  
Gap Super



POS.	ALIGN.	RUN TO	RUN AWAY	OPTION	PASS
End	5*	Spill	Trail/Reverse	QB	Contain
Nose	1	A Gap	Flaten/Chase	Dive	Inside Rush
Tackle	3	B Gap	Flaten/Chase	Dive	Inside Rush
Raider	9*	Force	Trail/Reverse	QB	Contain
Sam	70*	C Gap	Cutback	QB to Pitch	Read
Mike	10	A Gap	Cutback	Dive	Middle
Will	30*	B Gap	Cutback	QB to Pitch	Read
Fld Crnr	Ork 7yds	Cup/Contain	Pursuit	Late Pitch	Outside 1/4**
Str. Sfty	10yds.	Alley Stack	Deep Middle 1/3	Pitch	Inside 1/4**
F. Sfty	7yds.	Alley Force	Deep Middle 1/3	Pitch	Inside 1/4**
Bdy. Crnr	Ork 7 yds	Cup/Contain	Pursuit	Late Pitch	Outside 1/4**

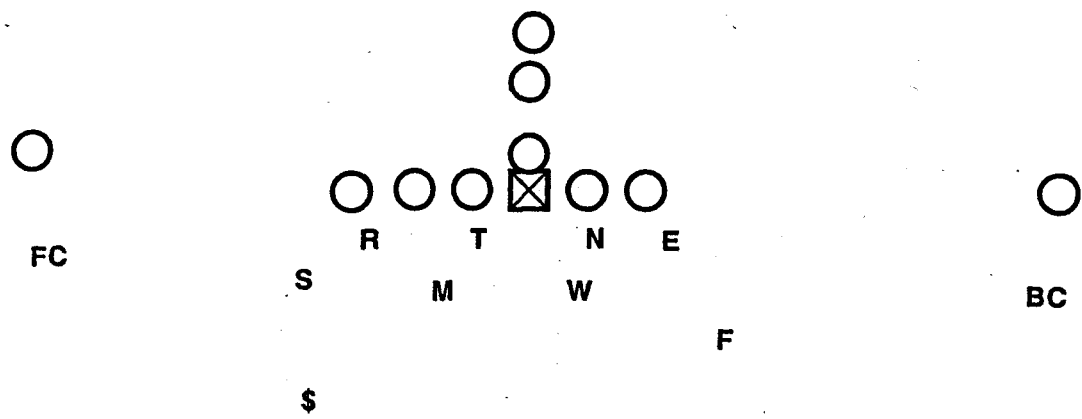
\*\* DB's alignments and responsibilities are based on Cover 8  
\* See Alignment Rules

**COVERAGES**  
Zone: 2, 8, 8 Alert  
Man: 0, 1  
Combo: Robber, 29

**STUNTS**  
NuT  
RuT  
EoN

**BLITZ**  
SaW  
SaM  
MoW

BUMP



POS.	ALIGN.	RUN TO	RUN AWAY	OPTION	PASS
End	5*	Spill	Trail/Reverse	QB	Contain
Nose	3	B Gap	Flaten/Chase	Dive	Inside Rush
Tackle	1	A Gap	Flaten/Chase	Dive	Inside Rush
Ralder	7*	Spill	Trail/Reverse	QB	Contain
Sam	90*	Force	Fold/Cutback	QB to Pitch	Curl
Mike	30	B Gap	Cutback	Dive to QB	Middle
Will	20*	A Gap	Cutback	Dive to QB	Curl
Fld Crnr	Ink 4 yds	Force	Pursuit	Late Pitch	#1 Strong**
Str. Sfty	10yds.	Alley Stack	Deep Middle 1/3	Late Pitch	Read #2**
F. Sfty	7yds.	Alley Force	Deep Middle 1/3	Pitch	Flat**
Bdy. Crnr	Ink 4 yds	Force	Pursuit	Late Pitch	#1 Weak**

\*\* DB's alignments and responsibilities are based on Cover 8 Alert  
\* See Alignment Rules

- COVERAGES

Zone: 2, 8, 8 Alert

Man: 0, 1

Combo: Robber, 29
- STUNTS

NuT

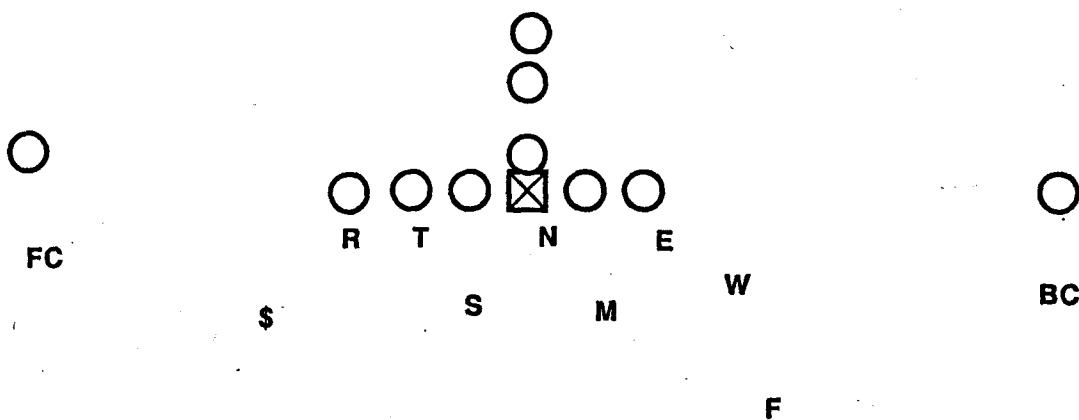
RuT

EoN
- BLITZ

SaW

SaM

MoW



POS.	ALIGN.	RUN TO	RUN AWAY	OPTION	PASS
End	5	Spill	Trail/Reverse	QB	Contain
Nose	1	A Gap	Flatten/Chase	Dive	Inside Rush
Tackle	4I	B Gap	Flatten/Chase	Dive	Inside Rush
Raider	6	Spill	Trail/Reverse	QB	Contain
Sam	20	A Gap	Fold/Cutback	Dive to QB	Curl
Mike	20	B Gap	Fold/Cutback	Dive to QB	Middle
Will	90	Force	Cutback	Pitch	Curl
Fld Crnr	Ink 4 yds	Cup/Contain	Pursuit	Late Pitch	#1 Strong**
Str. Sfty	7yds.	Alley Force	Deep Middle 1/3	Pitch	Man on TE
F. Sfty	10yds.	Alley Stack	Deep Middle 1/3	Late Pitch	Free
Bdy. Crnr	Ink 4 yds	Cup/Contain	Pursuit	Late Pitch	#1 Weak**

\*\* DB's alignments and responsibilities are based on Cover 8 Alert

\* See Alignment Rules

#### COVERAGES

Zone: 2, 8, 8 Alert

Man: 0, 1

Combo: Robber, 29

#### STUNTS

NuT

RuT

EoN

WoE

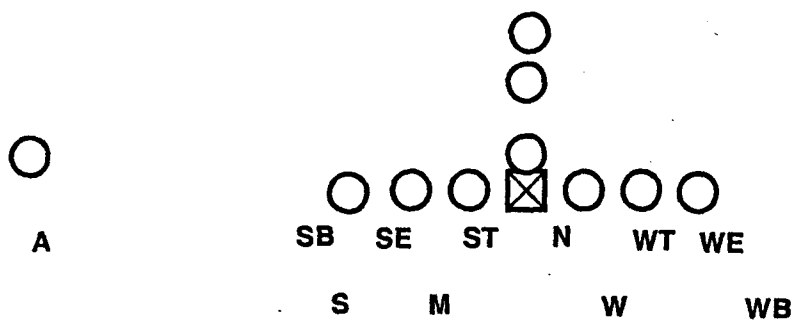
#### BLITZ

SaW

SaM

MoW

\$



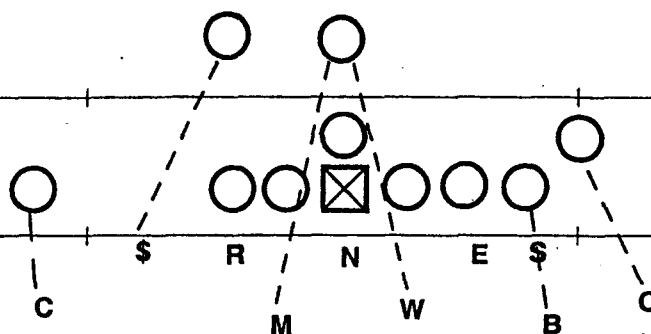
POS.	ALIGN.	RUN TO	RUN AWAY	OPTION	PASS
St. Bullet	9	Spill	Trail/Reverse	QB	Contain
St. End	5	C Gap	Flaten/Chase	Dive	Inside Rush
St. Tackle	2l	A Gap	Flaten/Chase	Dive	Inside Rush
Nose	2l	A Gap	Flaten/Chase	Dive	Inside Rush
Wk. Tackle	5	C Gap	Flaten/Chase	Dive	Inside Rush
Wk. End	9	D Gap	Trail/Reverse	QB	Contain
Wk. Bullet	90	Force	Cutback	Pitch	Man on #1
Sam	60	Force	Cutback	Pitch	#2 Strong
Mike	30	B Gap	Fold/Cutback	Dive to QB	Back to Side
Will	30	B Gap	Fold/Cutback	Dive to QB	Back to Side
Adjuster	Ink Press	Cup/Contain	Pursuit	Late Pitch	#1 Strong

**COVERAGES**  
Cov. G

**STUNTS**  
Pinch  
Out  
Thunder

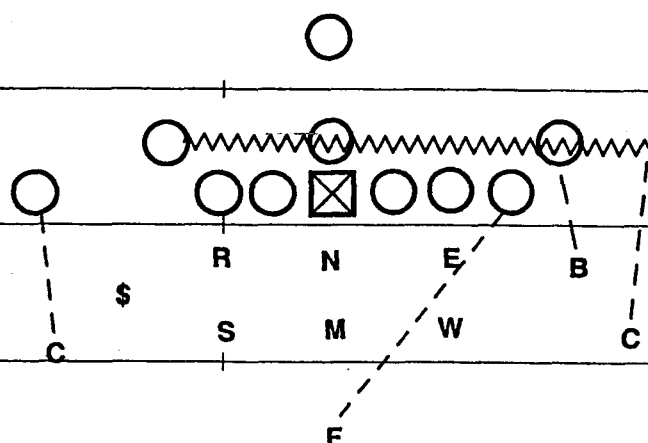
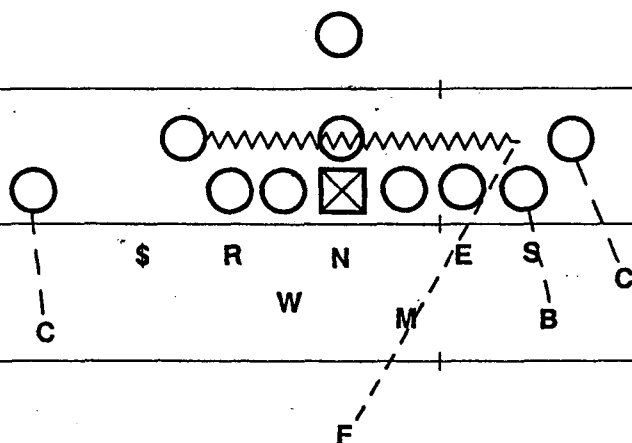
**BLITZ**  
Gap Super

# STRONG SLIDE PACKAGE



F

- Sam will go to the Strong side of the offensive formation. He and the Will LB will be the only ones who will move.
- The side that the Sam LB goes to will be the EVEN SIDE (2,4,6,8)
- If it is a Cover 1 situation the Dotted Lines represent who covers who. Mike and Will COMBO the FB.



We will check to Cover 0 versus the DOUBLE WING SET. IF a wing goes in MOTION. Here are the RULES;

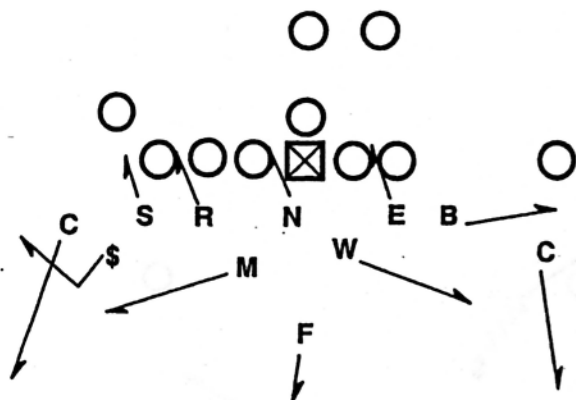
1- If the MOTION crosses the center we will CHECK 0. If the MOTION does not get outside the WING, PRE SNAP to become the WIDEST receiver he will be considered #3 and will be the FREE SAFETY'S MAN.

2- If MOTION gets PAST the WING to become the WIDEST receiver PRE SNAP, then BASIC RULES will apply. CORNER WILL TAKE MOTION, BANDIT or SPUR takes #2, and FREE SAFETY will take #3.

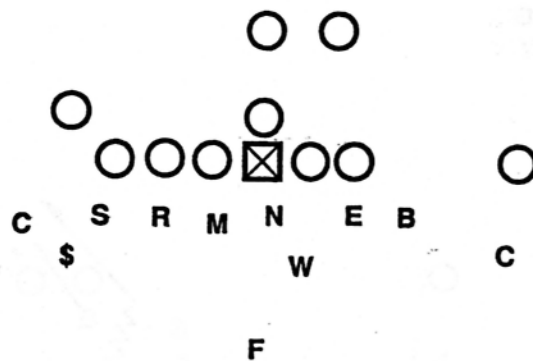


**Strong Slide Blitz & Stunt Package**

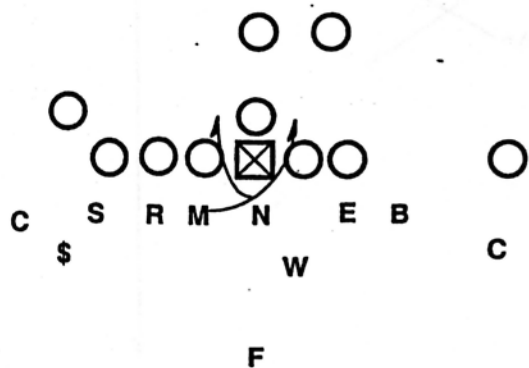
**Slant Maroon**



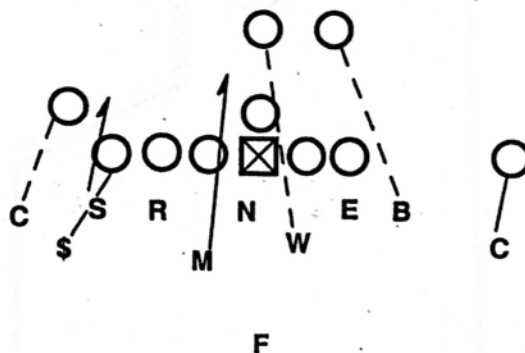
**Mix Cov. 1 or Maroon**



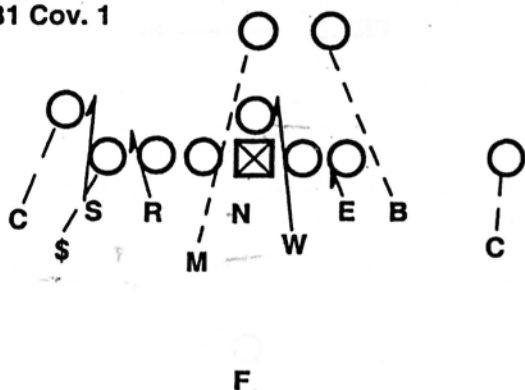
**Mix Tango Cov. 1 or Maroon**



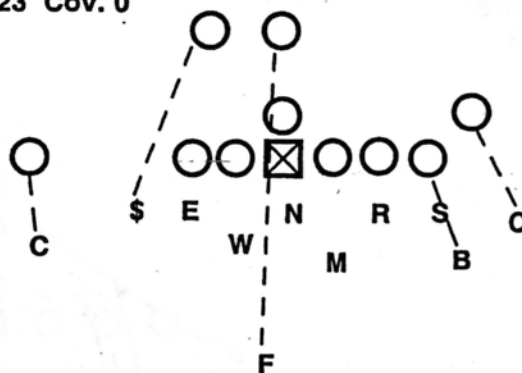
**Sam 82 Cov. 1**



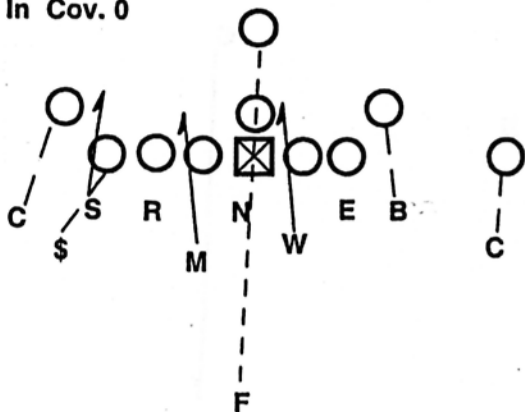
**Saw 81 Cov. 1**



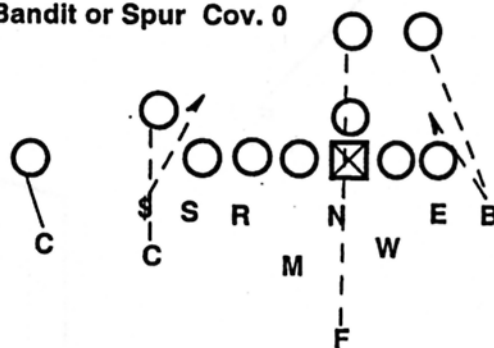
**Mow 23 Cov. 0**



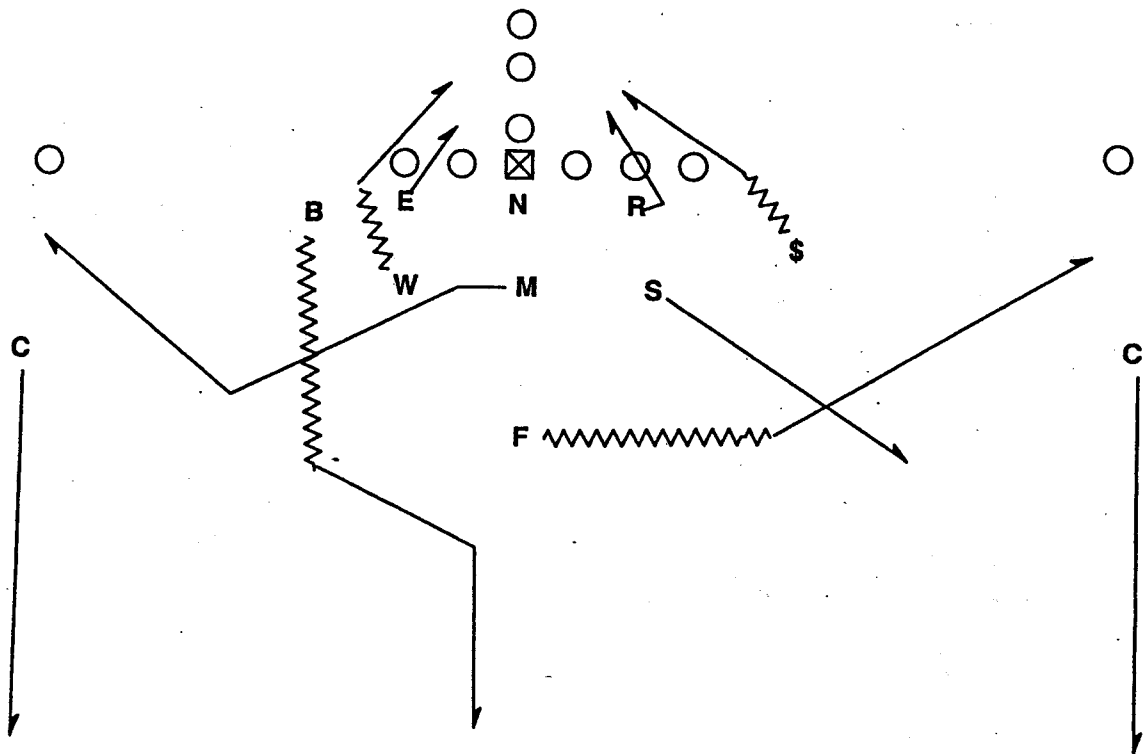
**Razor In Cov. 0**



**Bandit or Spur Cov. 0**

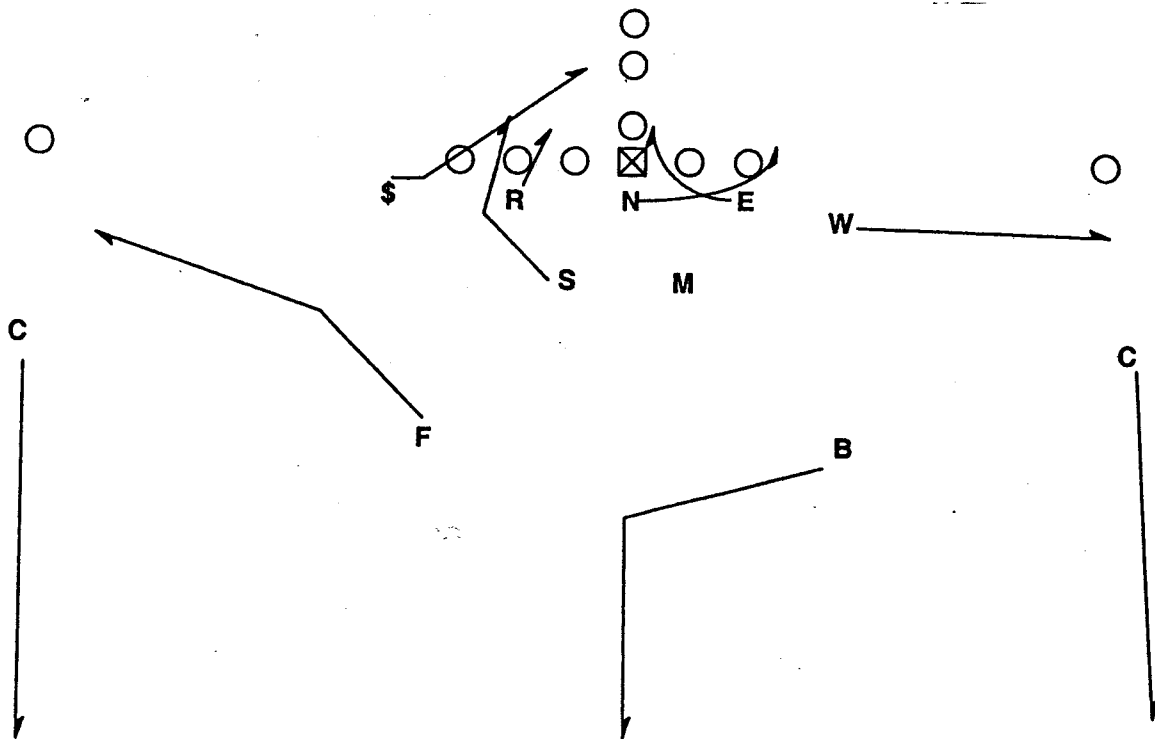


STACK  
STING  
3 SKY

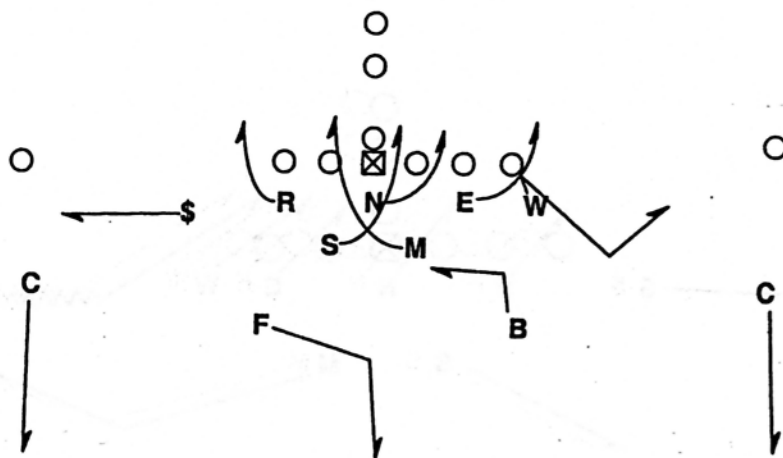


FIELD SLIDE  
THUNDER  
3 SKY

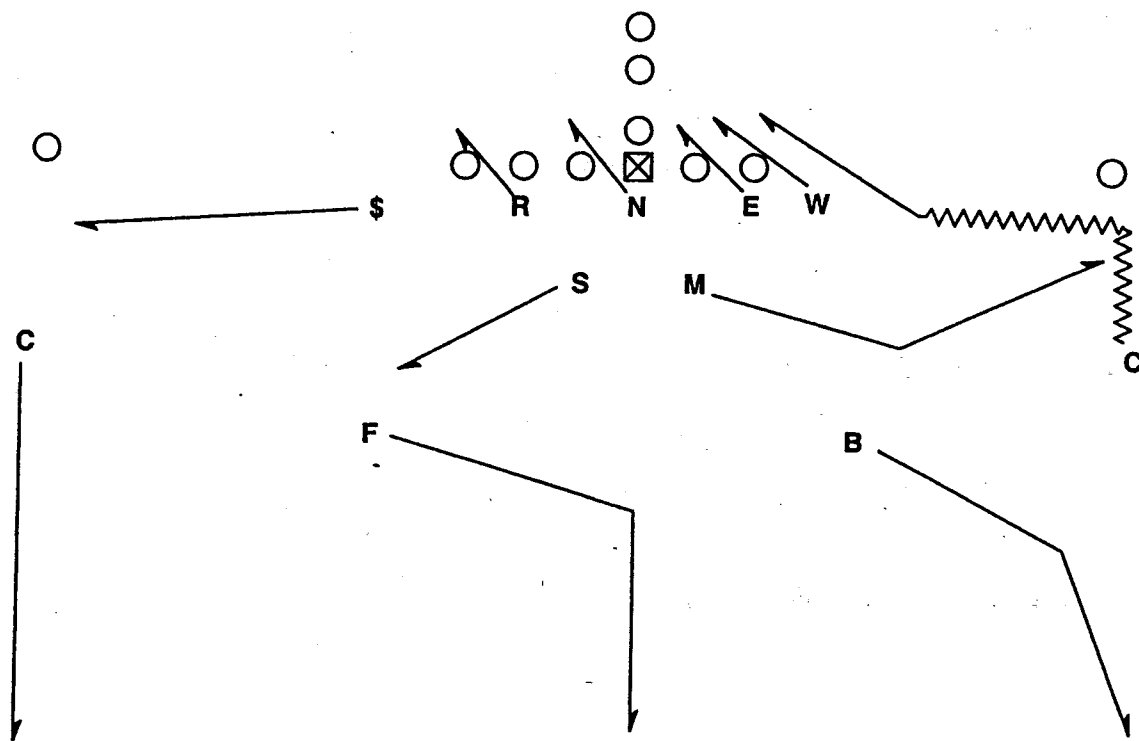
FIELD →



Strong Slide  
Storm  
3 Banjo

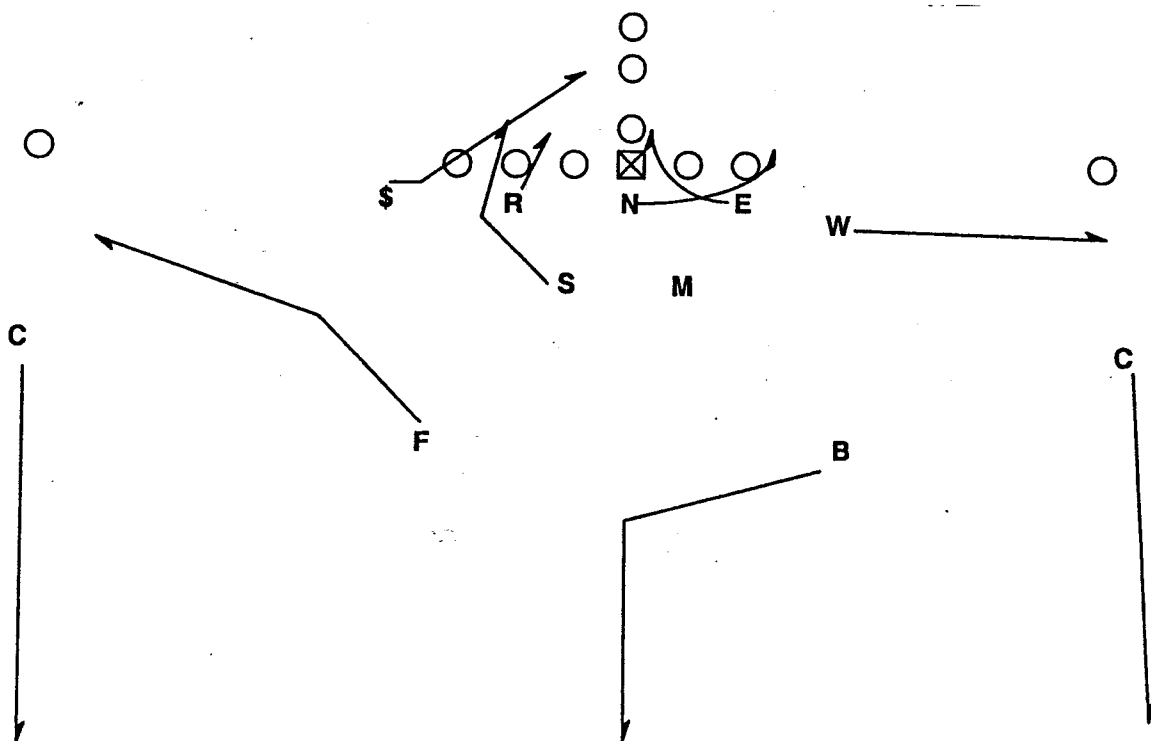


**WEAK (BNDRY) SLIDE**  
**SMOKE**  
**3 DOG**

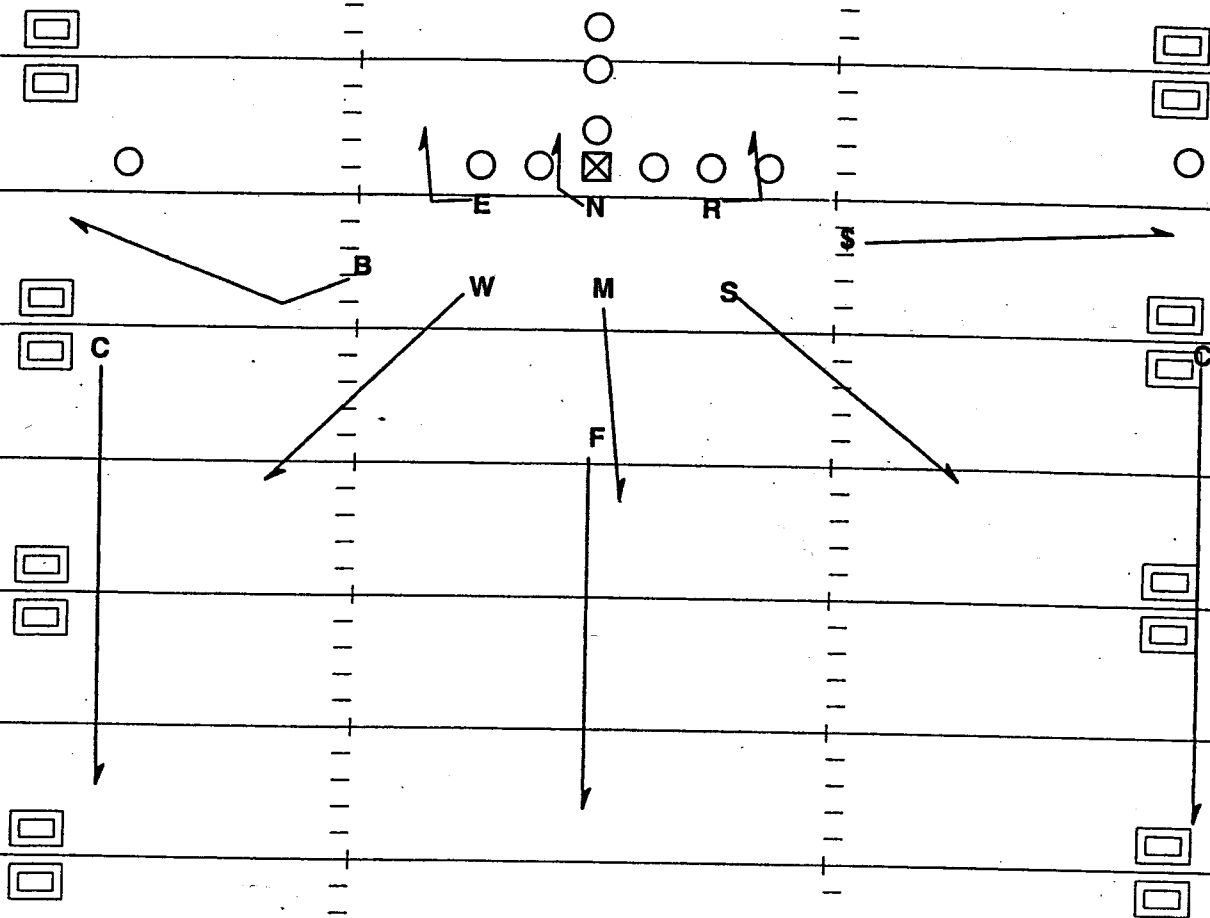


**FIELD SLIDE**  
**THUNDER**  
**3 SKY**

**FIELD** →



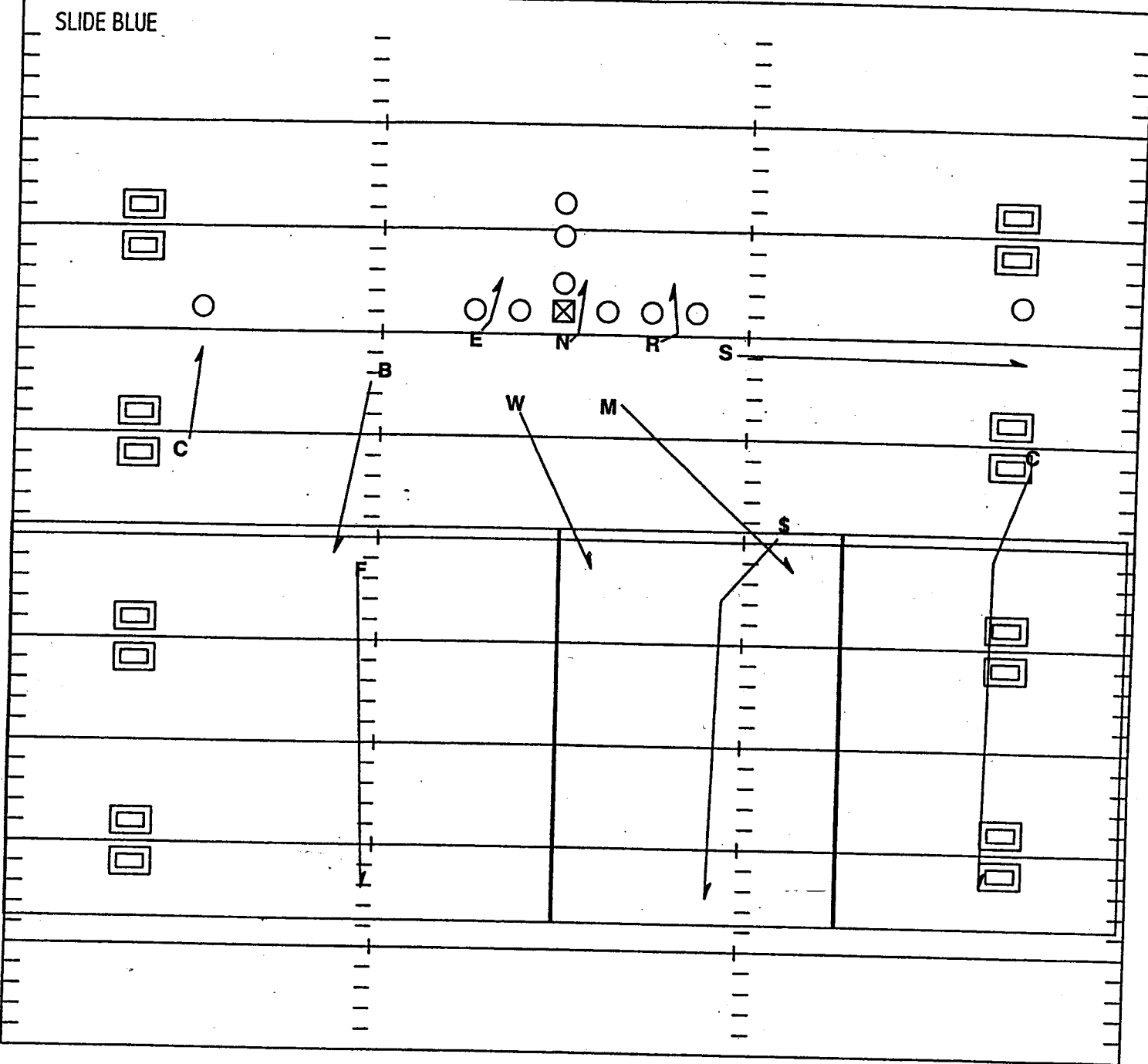
STACK MAROON



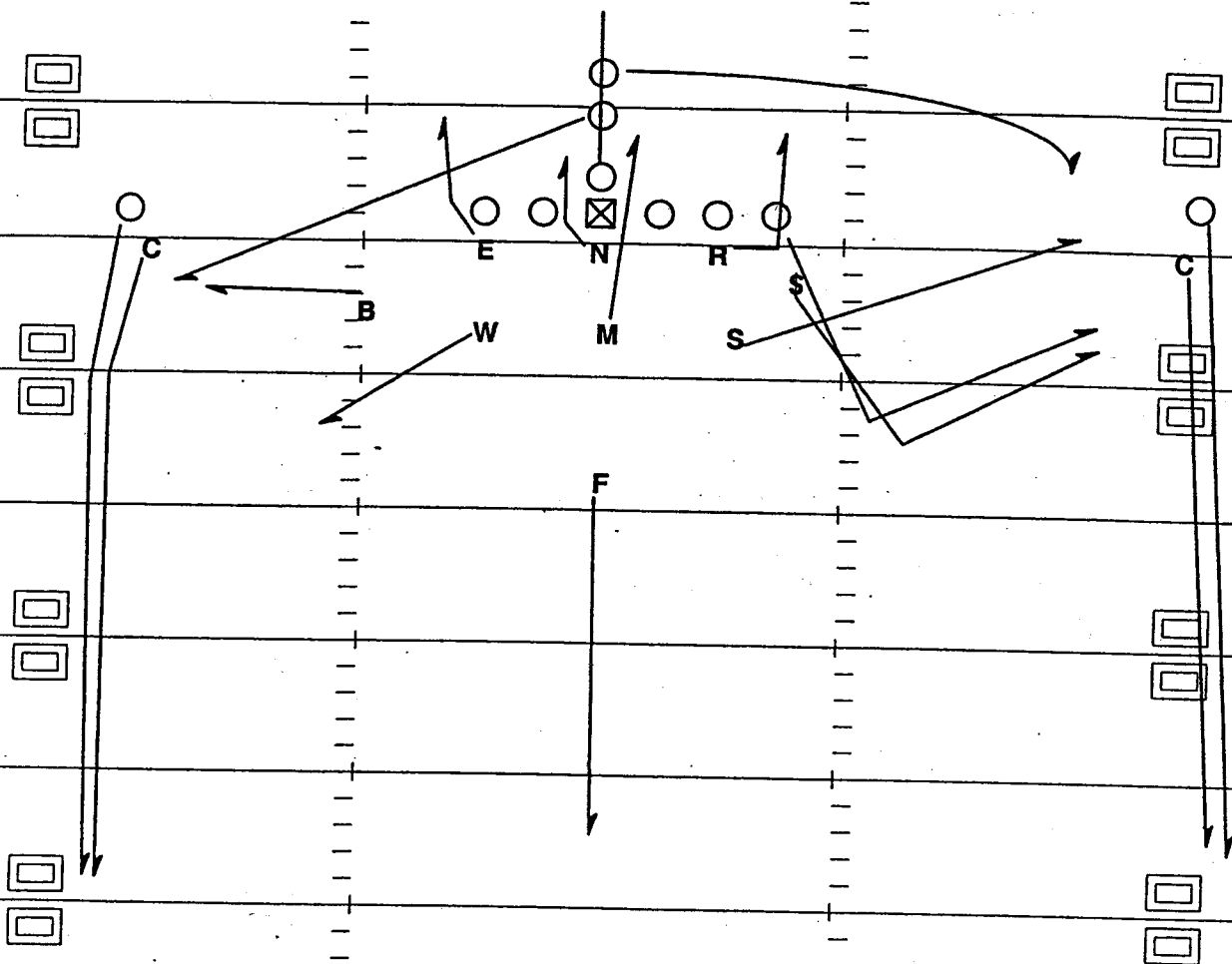
STACK GARNET

The diagram illustrates a geological cross-section of a rock sample, specifically focusing on the 'STACK GARNET' area. The central horizontal line represents the main axis, with points labeled E, N, H, and S. Above this line, several circles are depicted, some with arrows pointing upwards, indicating specific features or measurements. Below the line, several rectangles are shown, some with arrows pointing downwards. The diagram is divided into two main sections by a vertical dashed line. The left section is labeled 'C' and the right section is labeled 'C'. The central section is labeled 'B', 'W', 'M', 'F', and 'S'. The diagram is framed by a grid of horizontal and vertical lines.

SLIDE BLUE

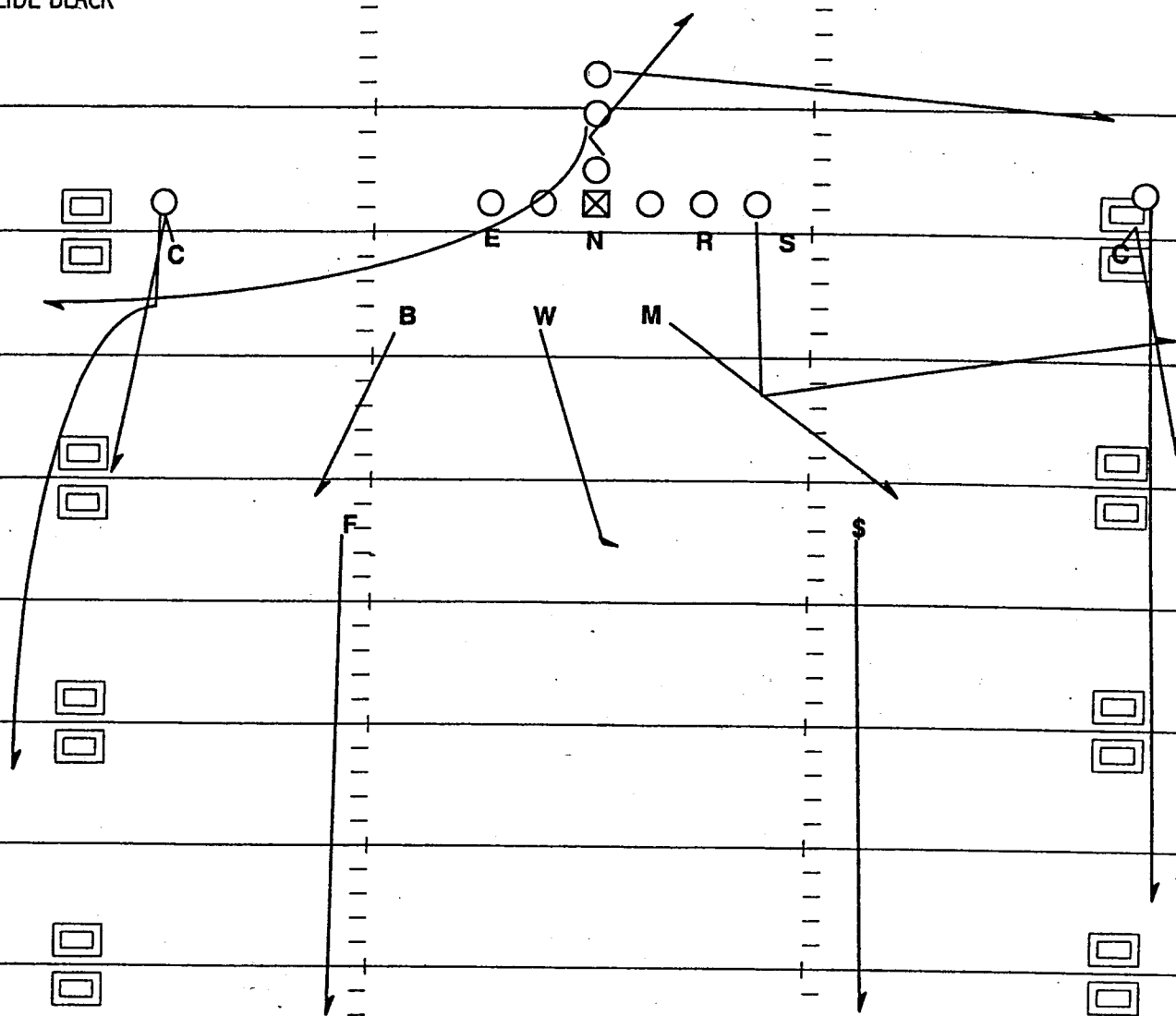


STACK PLUG  
COV. 1

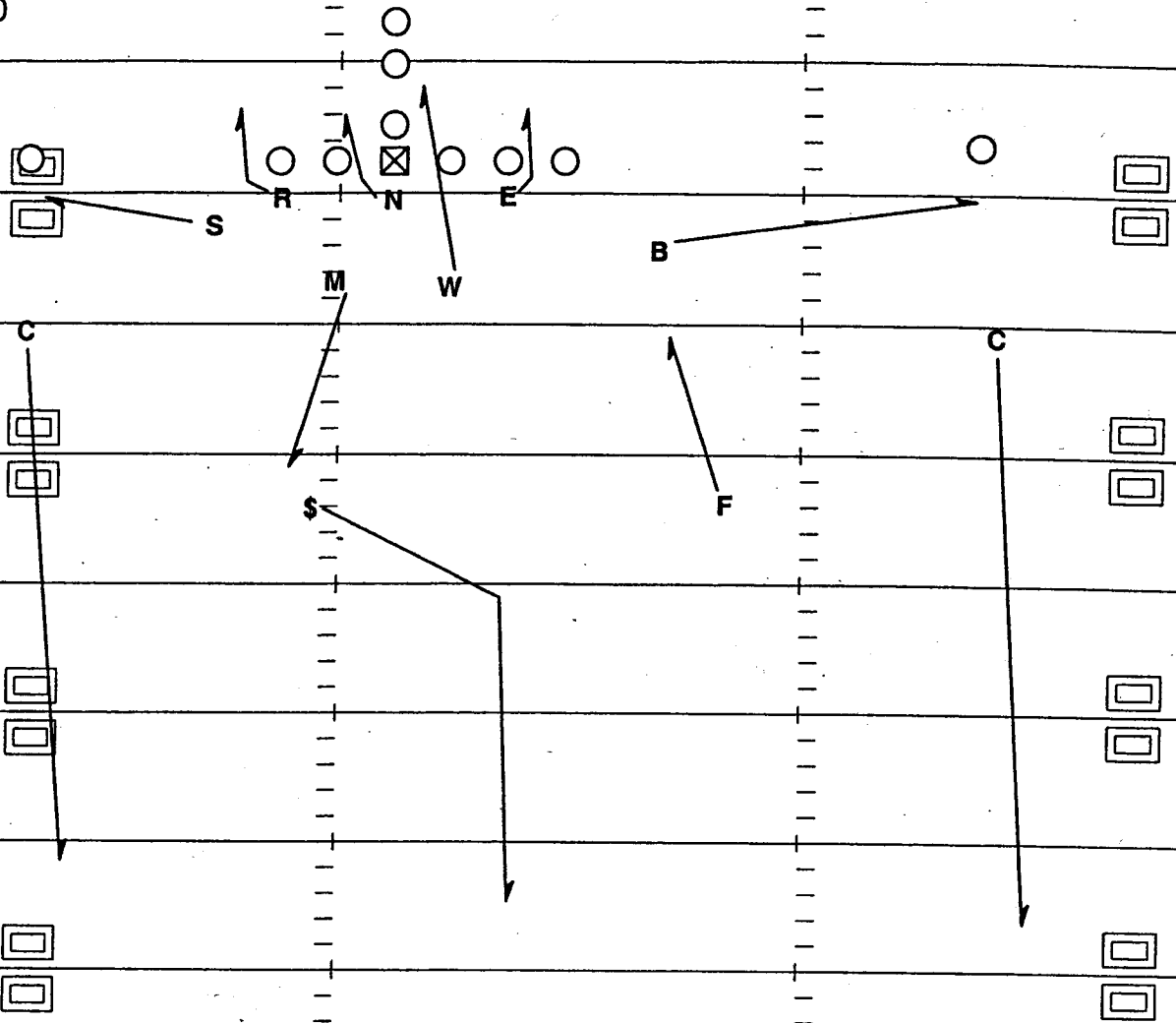




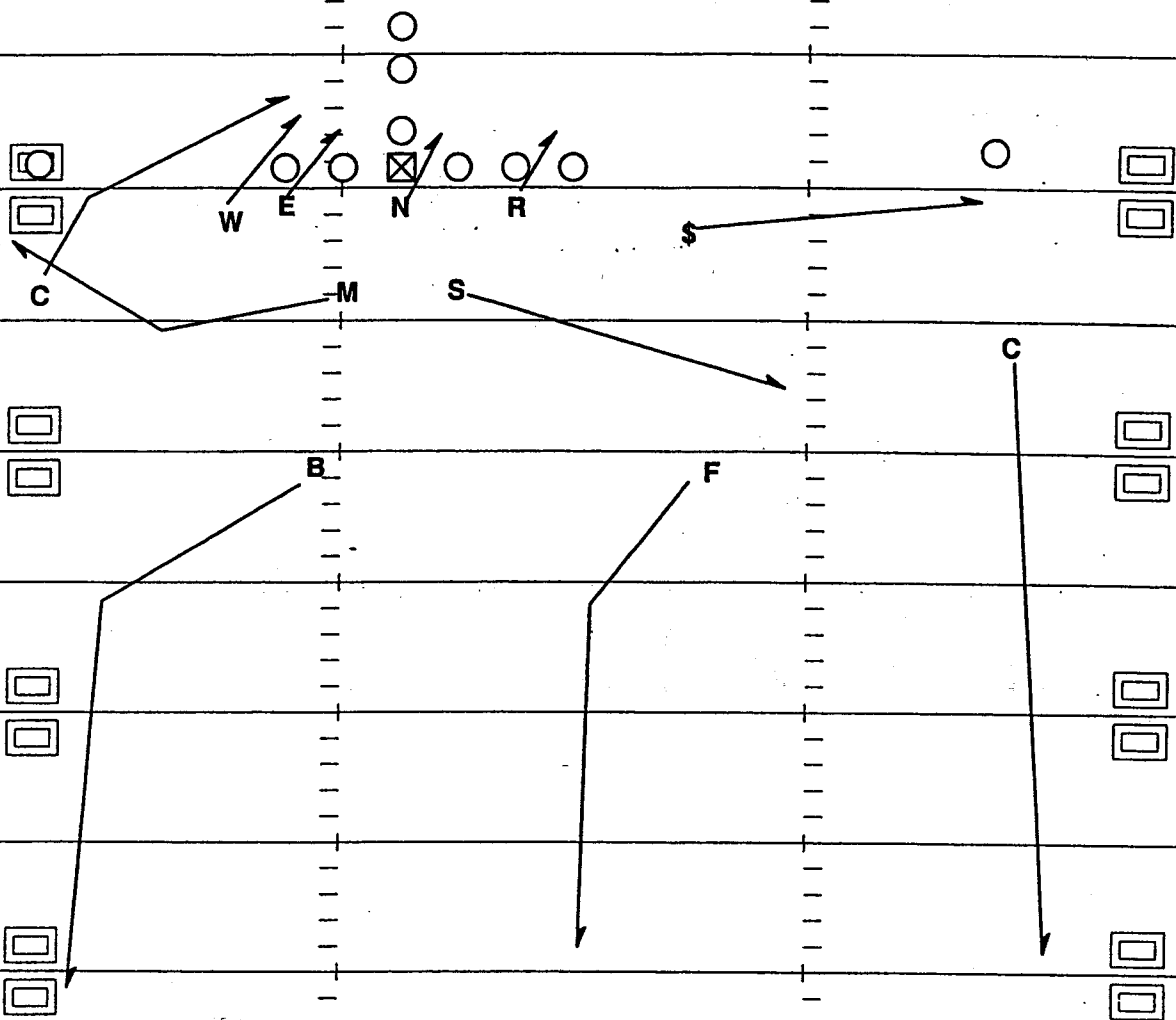
SLIDE BLACK



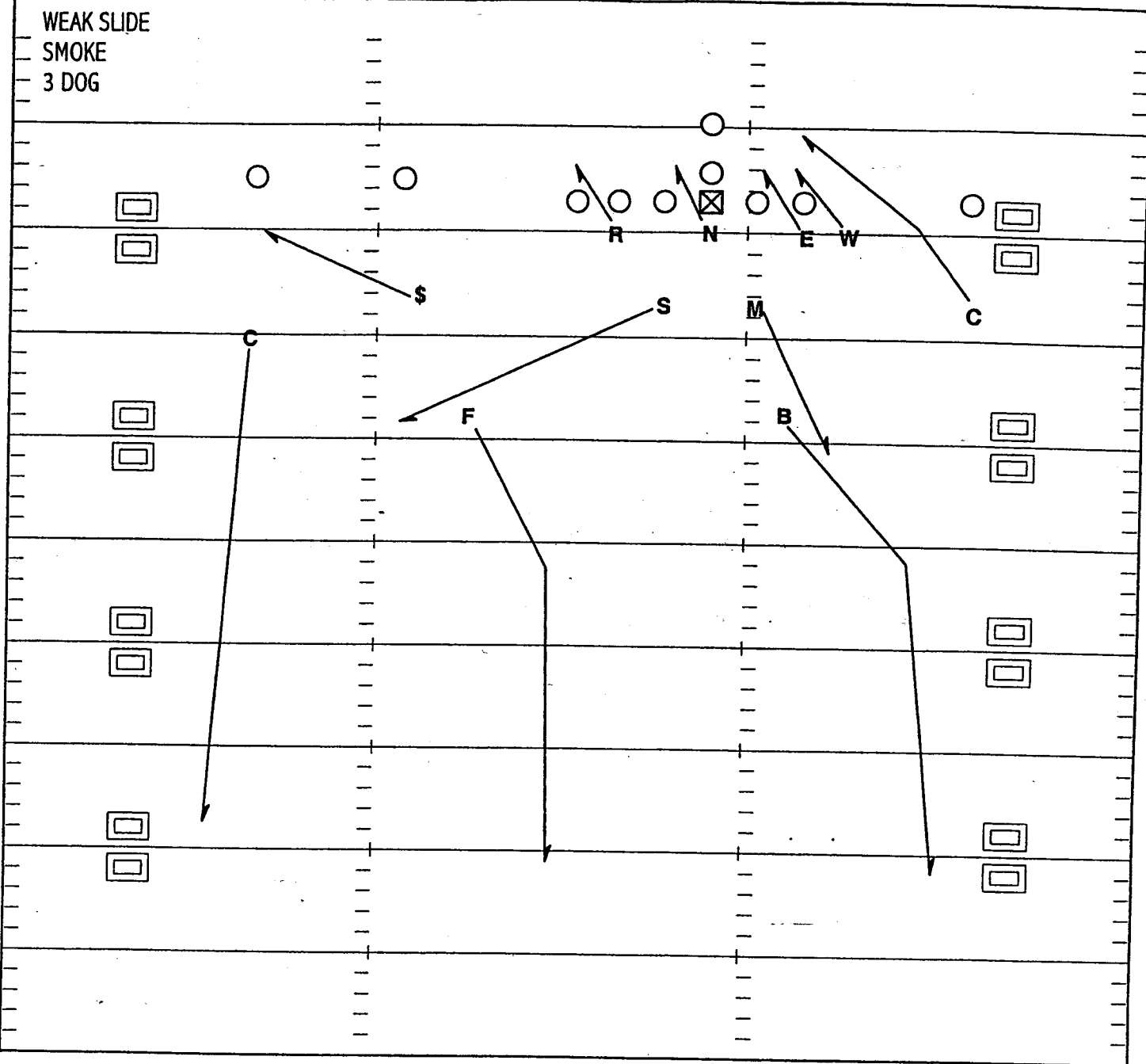
WEAK SLIDE  
ATTACK  
3 BANJO



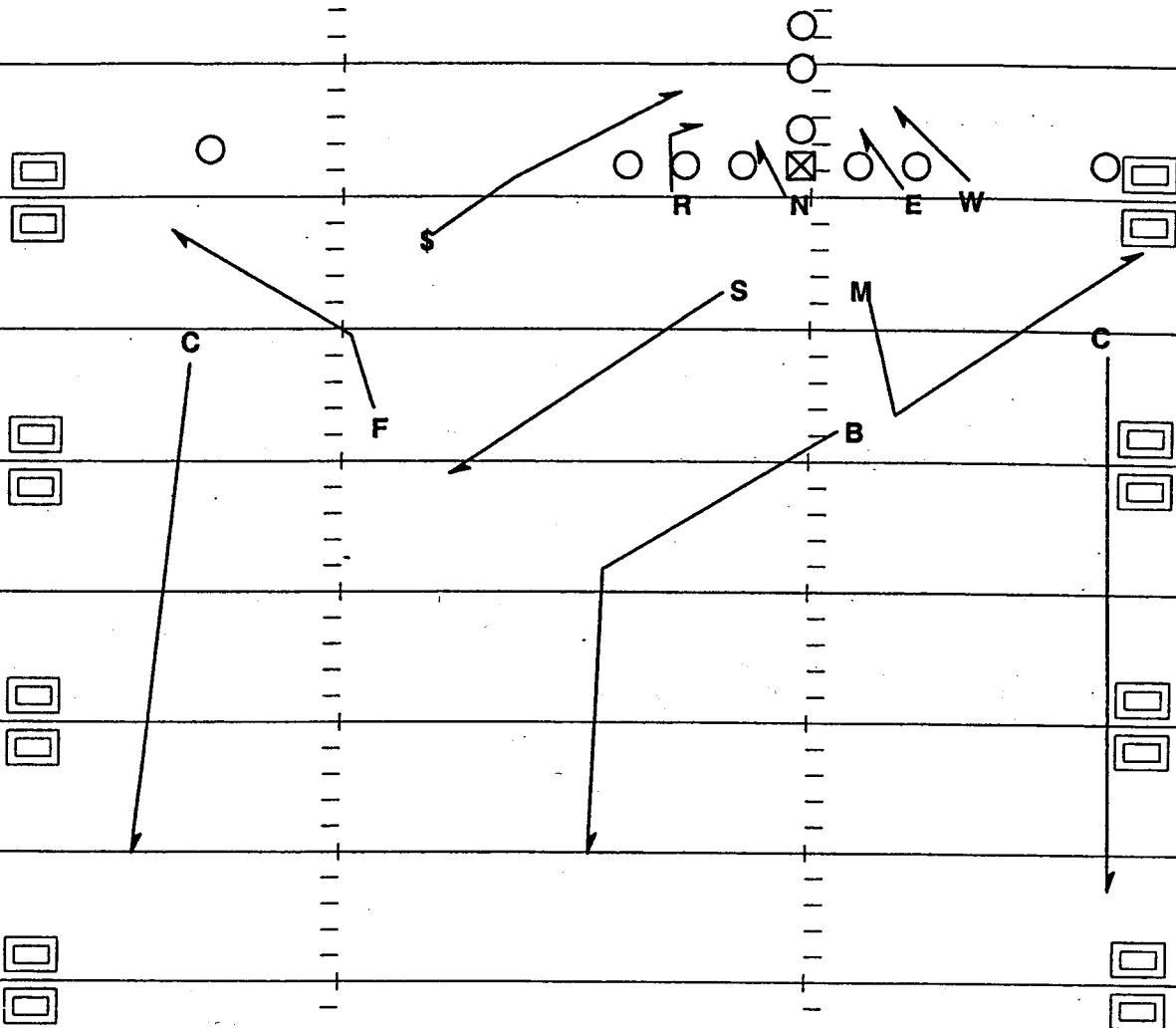
BOUNDARY SLIDE  
SMOKE



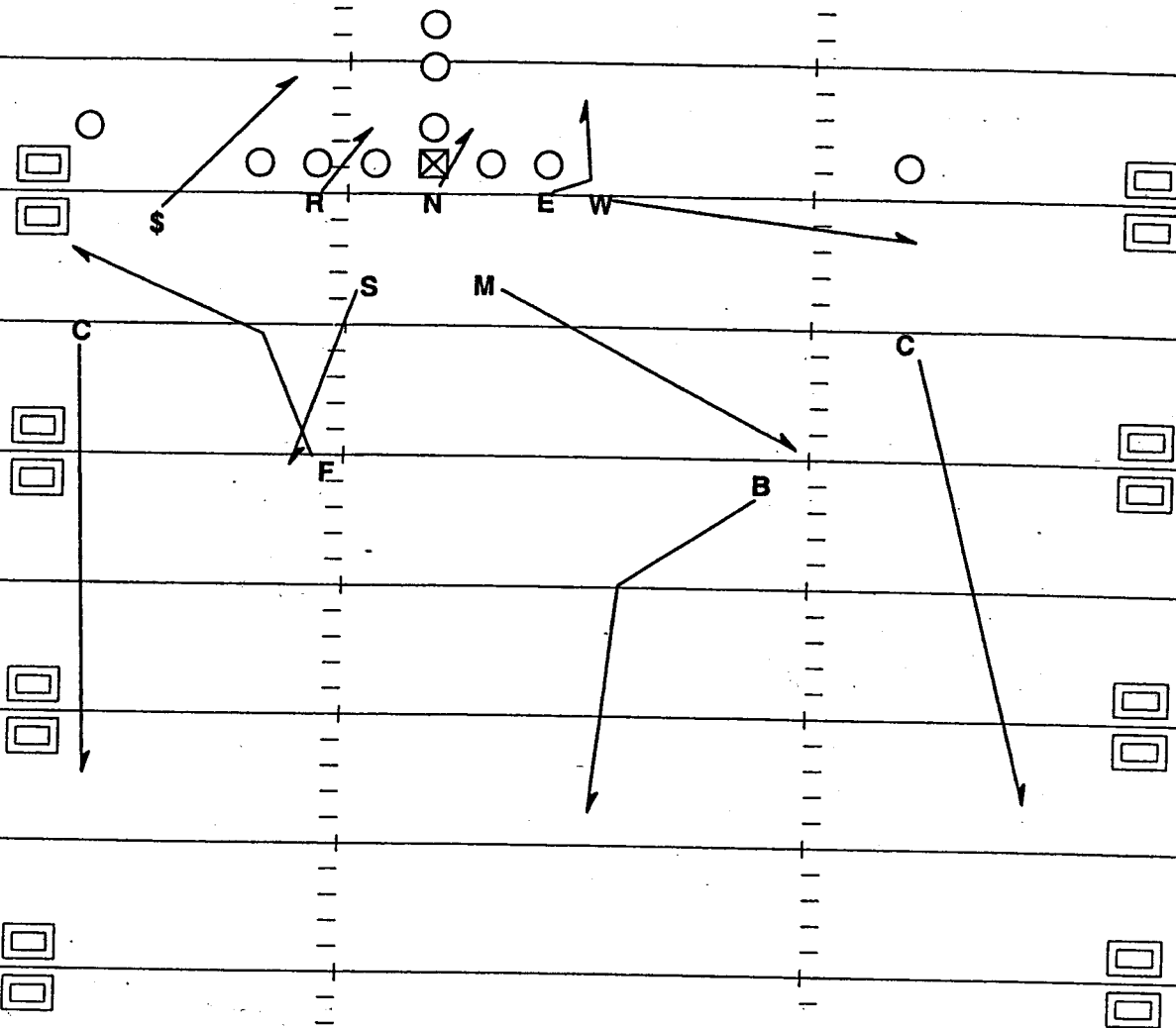
WEAK SLIDE  
SMOKE  
3 DOG



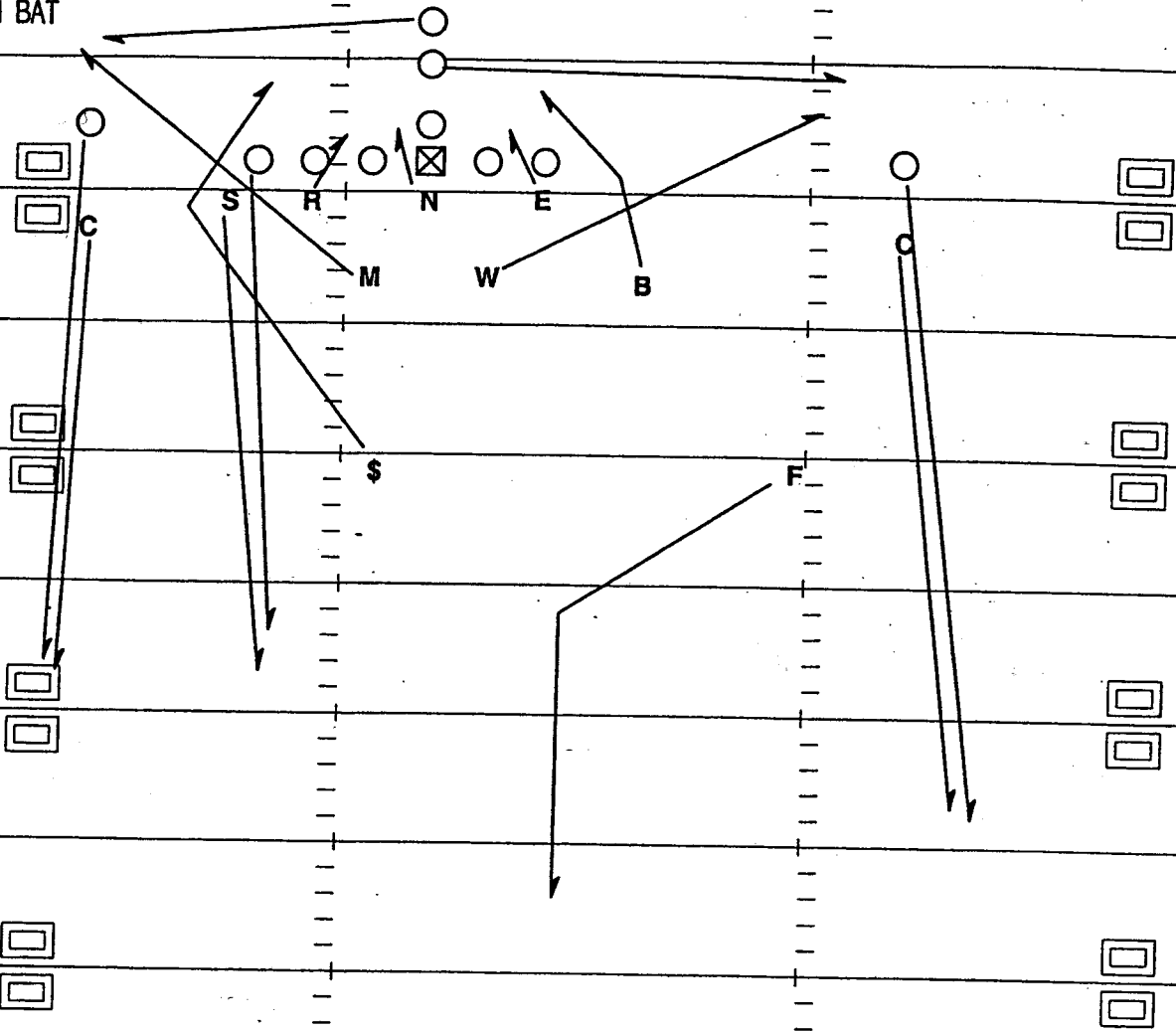
BOUNDARY SLIDE  
STING  
3 SKY



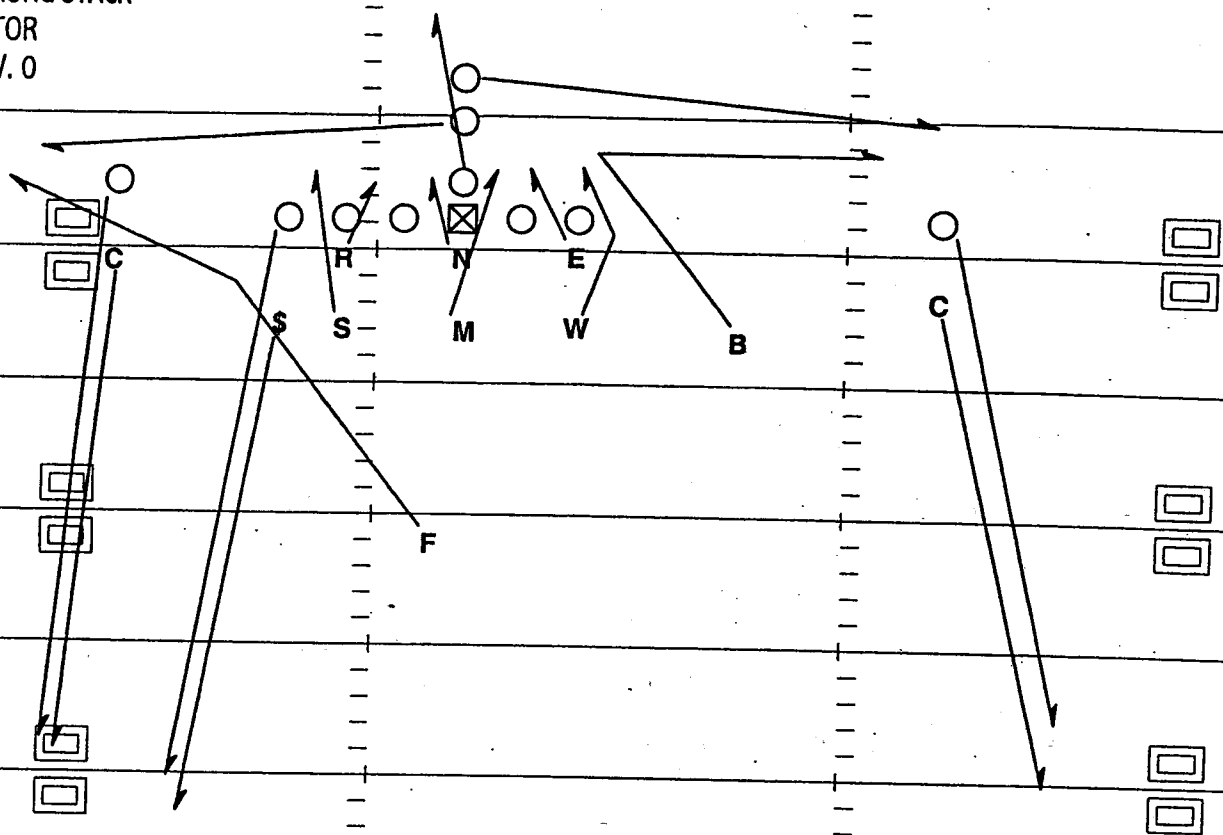
FIELD SLIDE  
THUNDER  
3 SKY



STRONG SLIDE  
SNIPER  
COV. 1 BAT

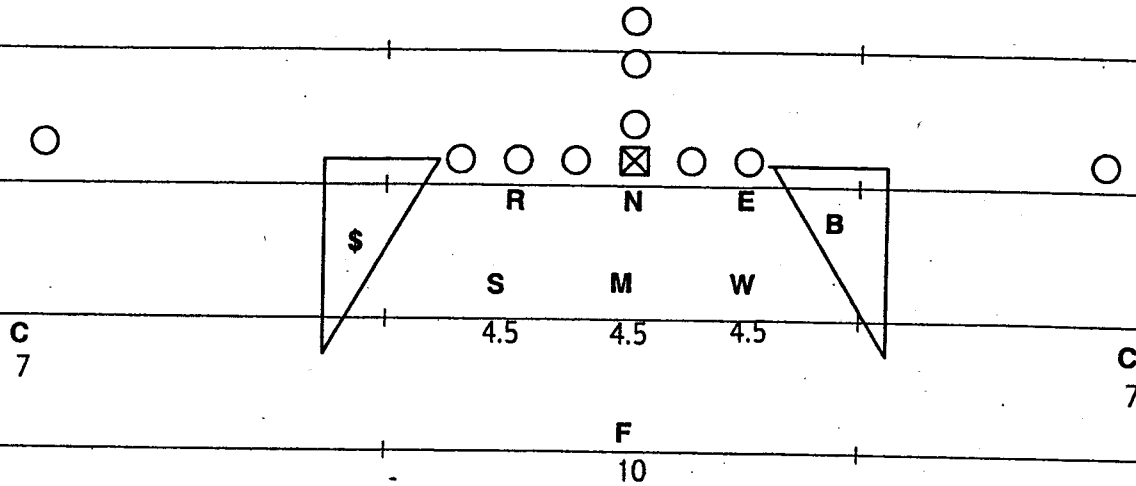


STRONG STACK  
GATOR  
COV. 0



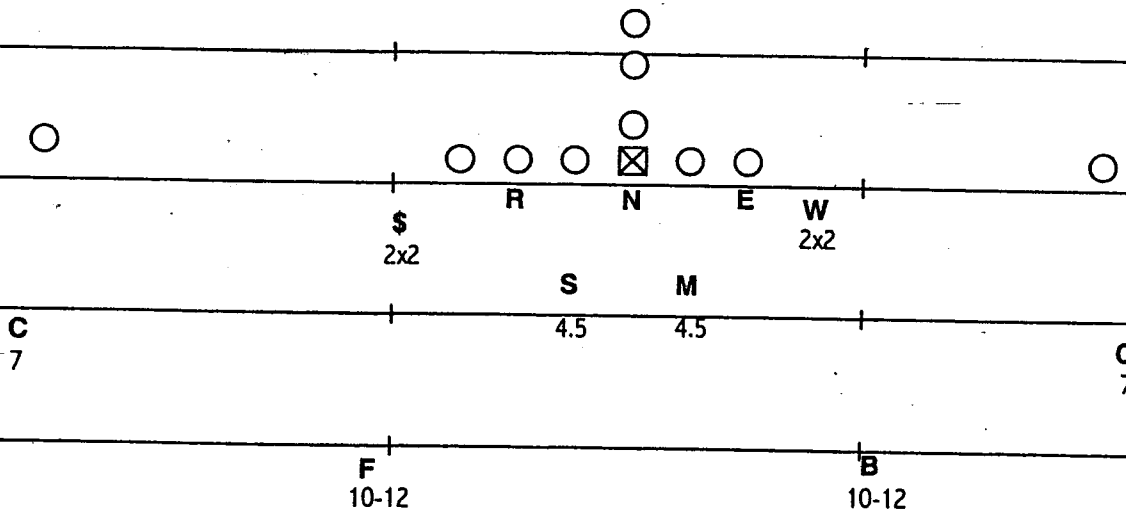


## STACK (Base Alignment)



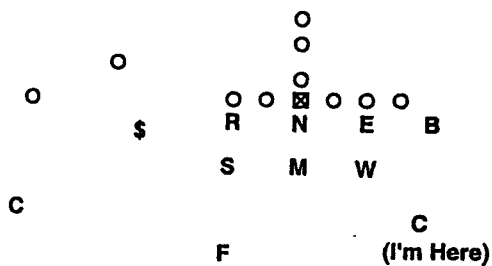
\*Triangles refer to the 5x7 area in which the Spur may align.

## SLIDE (Base Alignment)



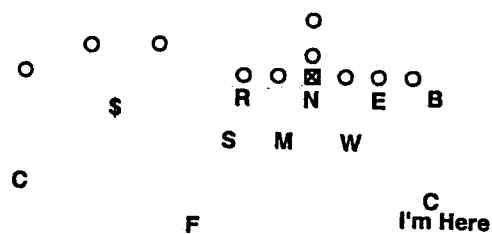
\*Alignment for the Spur & Bandit may change depending on formation

## Twins



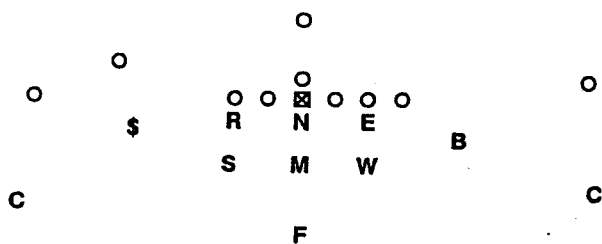
- \* Corner makes I'm Here Call to Will.
- \* Coverages: Maroon, Garnet, Blue, 1

## **Trips**



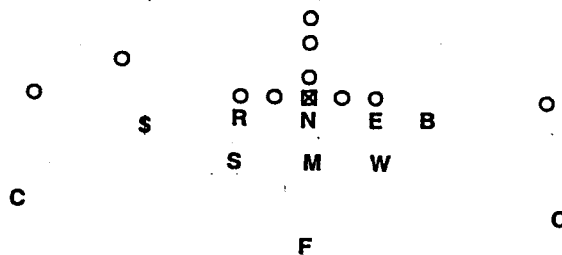
- \* Corner makes I'm Here Call to Will
- \* LB's make a "Push Call" which moves all LB's over 1/2 a man
- \* Coverages: Maroon, Garnet, Blue, 1

### Pro Right Double



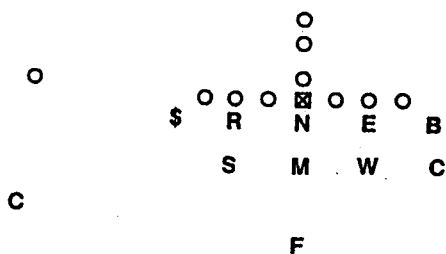
- \* There is no I'm Here Call because of the balanced formation
- \* Coverages: Maroon, Garnet, 1

## Twins Open



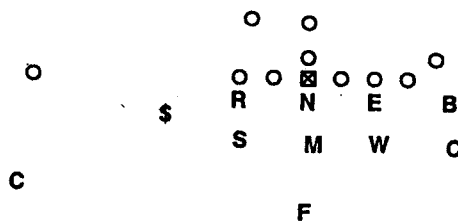
- \* Bandit makes I'm Here Call to Will.
- \* Coverage: Maroon, Garnet, 1

## 2 TE Pro



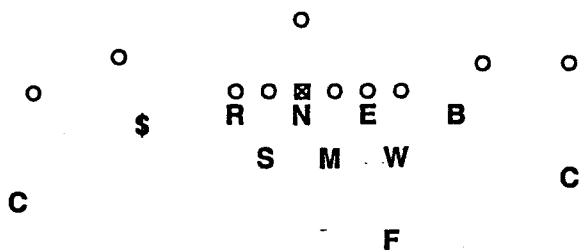
- \* Spurs will walk up to LOS just off TE's
- \* Coverage: Maroon, Garnet

## Wing T



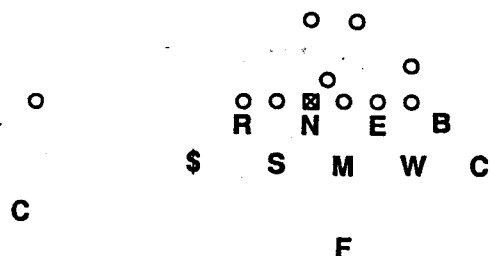
- \* Bandit will give I'm Here Call to Will
- \* Spur has a Rock Call. He will split the Wing & TE
- \* Coverage is Garnet

## Empty



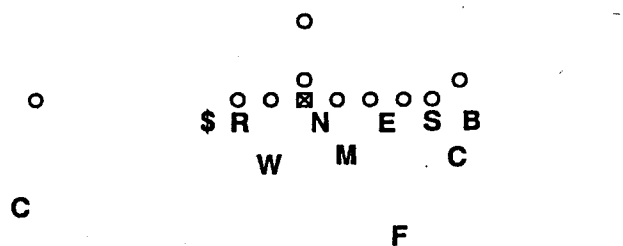
- \* No I'm Here Call to Empty
- \* Push Call by LB's

## Notre Dame Box



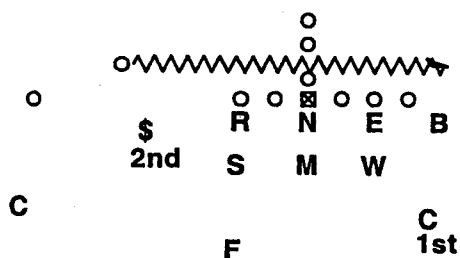
- \* Bandit makes I'm Here Call to Will

## Unbalanced



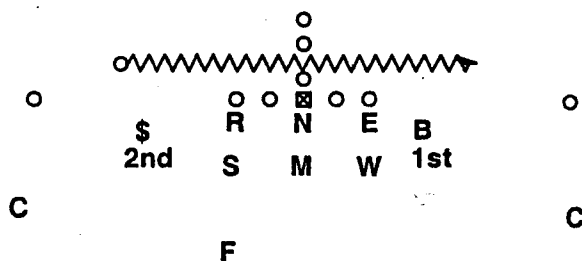
- \* Bandit makes I'm Here Call to Will
- \* Spur has Rock Call

## I'm Here Call vs. Motion



- \* Corner will make 1sr I'm Here Call to Will. When motion comes his way the call is off and goes over to the Spur who makes the call to the Sam.

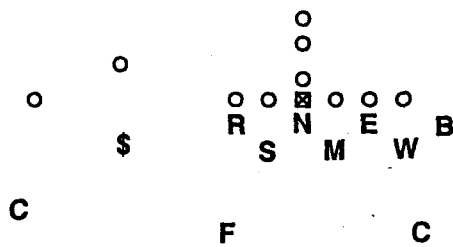
## I'm Here vs. Motion



- \* Bandit makes 1st call to Will
- \* Spur makes 2nd call to Sam when #2 goes in motion

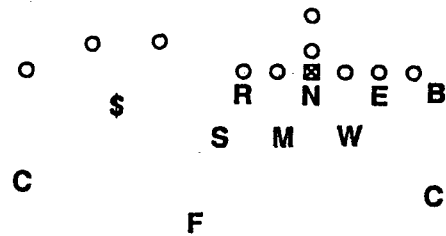
# Slide vs Formations

## Twins



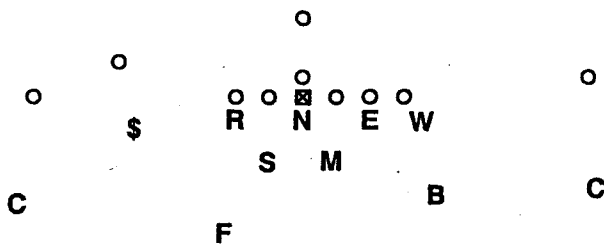
- \* Bandit makes I'm Here Call to Will.
- \* Coverages: Maroon, Garnet, Blue, 1, 1R

## Trips



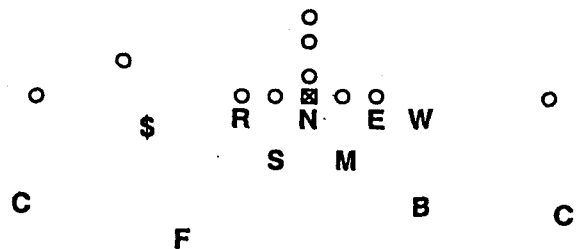
- \* Corner makes I'm Here Call to Will
- \* LB's make a "Push Call" which moves all LI over 1/2 a man
- \* Coverages: Maroon, Garnet, Blue, 1, 1R

## Pro Right Double



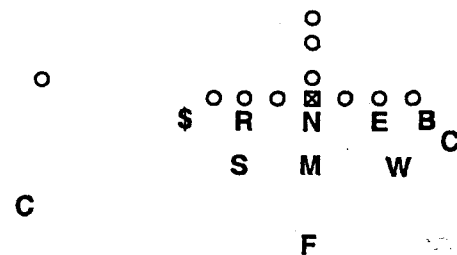
- \* There is no I'm Here Call because of the balanced formation
- \* Coverages: Maroon, Garnet, 1

## Twins Open



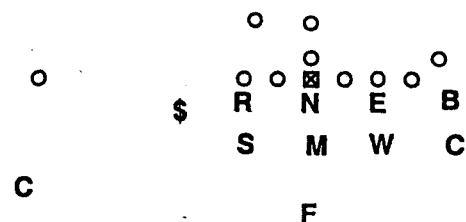
- \* Bandit makes I'm Here Call to Will.
- \* Coverage: Maroon, Garnet, Blue, 1, 1R

## 2 TE Pro



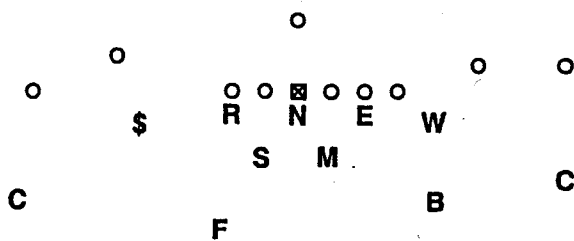
- \* Spurs will walk up to LOS just off TE's
- \* Coverage: Maroon, Garnet
- \* Same as Stack (Check to Stack)

## Wing T



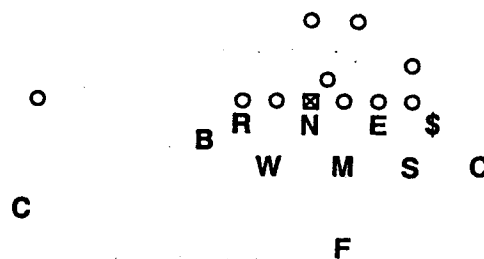
- \* Spur will give I'm Here Call to Will
- \* Bandit has a Rock Call. He will split the Wing&TE
- \* Coverage is Garnet
- \* Same as Stack (Check to Stack)

## Empty



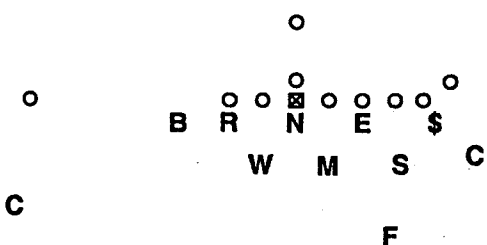
- \* No I'm Here Call to Empty
- \* Will Nipples TE & #2
- \* Coverage: Blue, 1, 1R

## Notre Dame Box



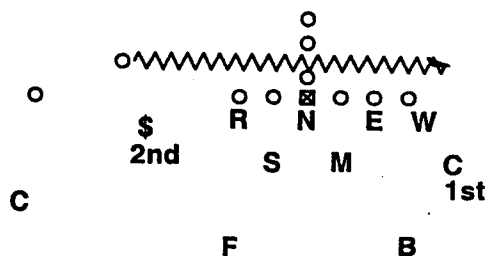
- \* Bandit makes I'm Here Call to Will
- \* Check to Stack

## Unbalanced



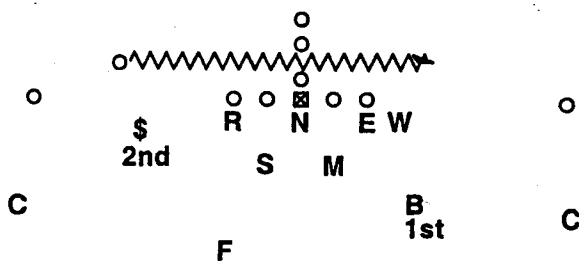
- \* Bandit makes I'm Here Call to Will
- \* Spur has Rock Call
- \* Check to Stack

## I'm Here Call vs. Motion



- \* Corner will make 1st I'm Here Call to Will. When motion comes his way the call is off and goes over to the Spur who makes the call to the Sam.

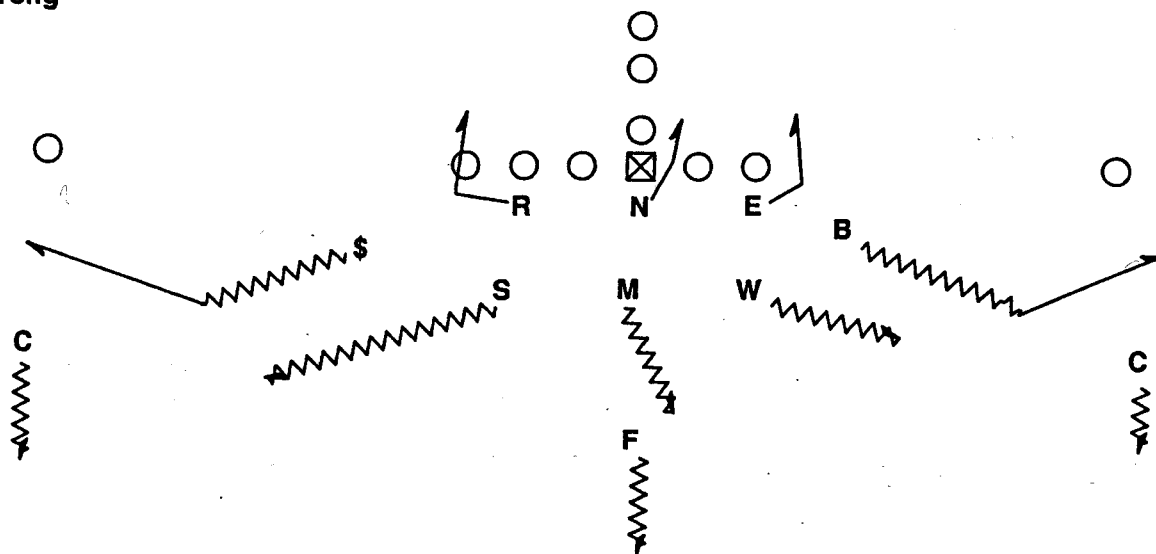
## I'm Here vs. Motion



- \* Bandit makes 1st call to Will
- \* Spur makes 2nd call to Sam when #2 goes in motion

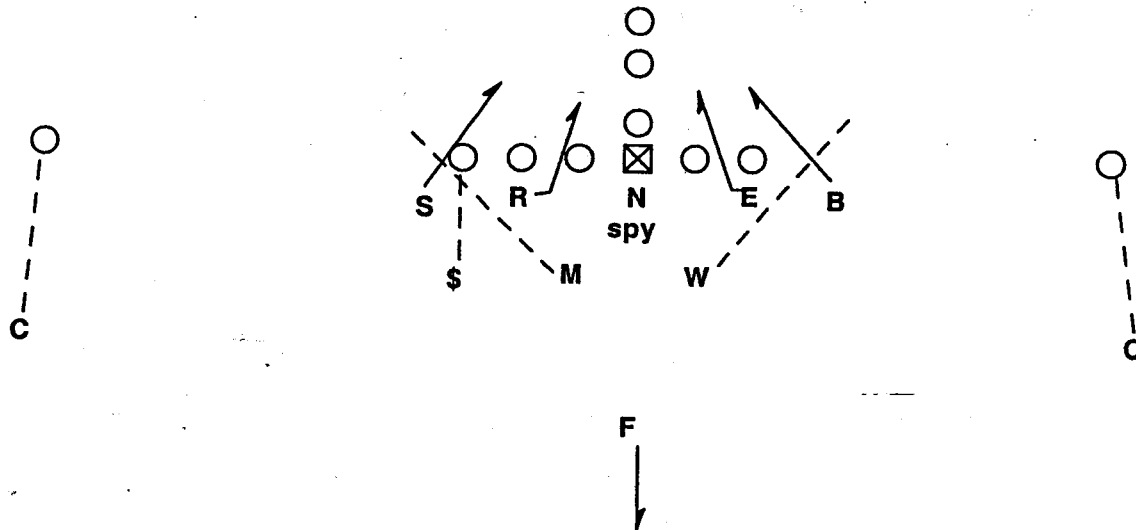
Drop 8  
Stack Strong  
Maroon

#1



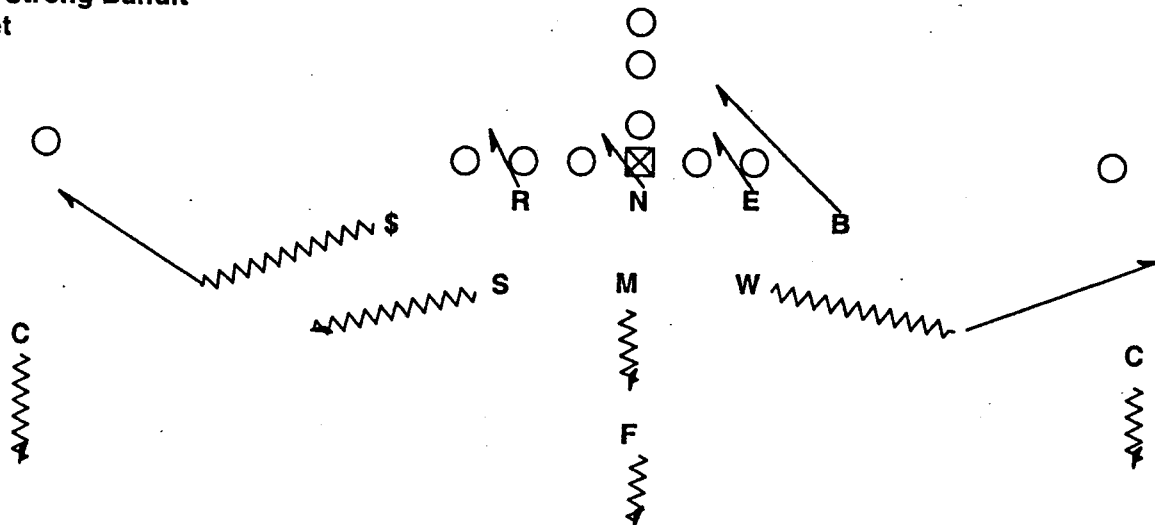
Blitz  
Stack Strong Sting  
Cov. 1

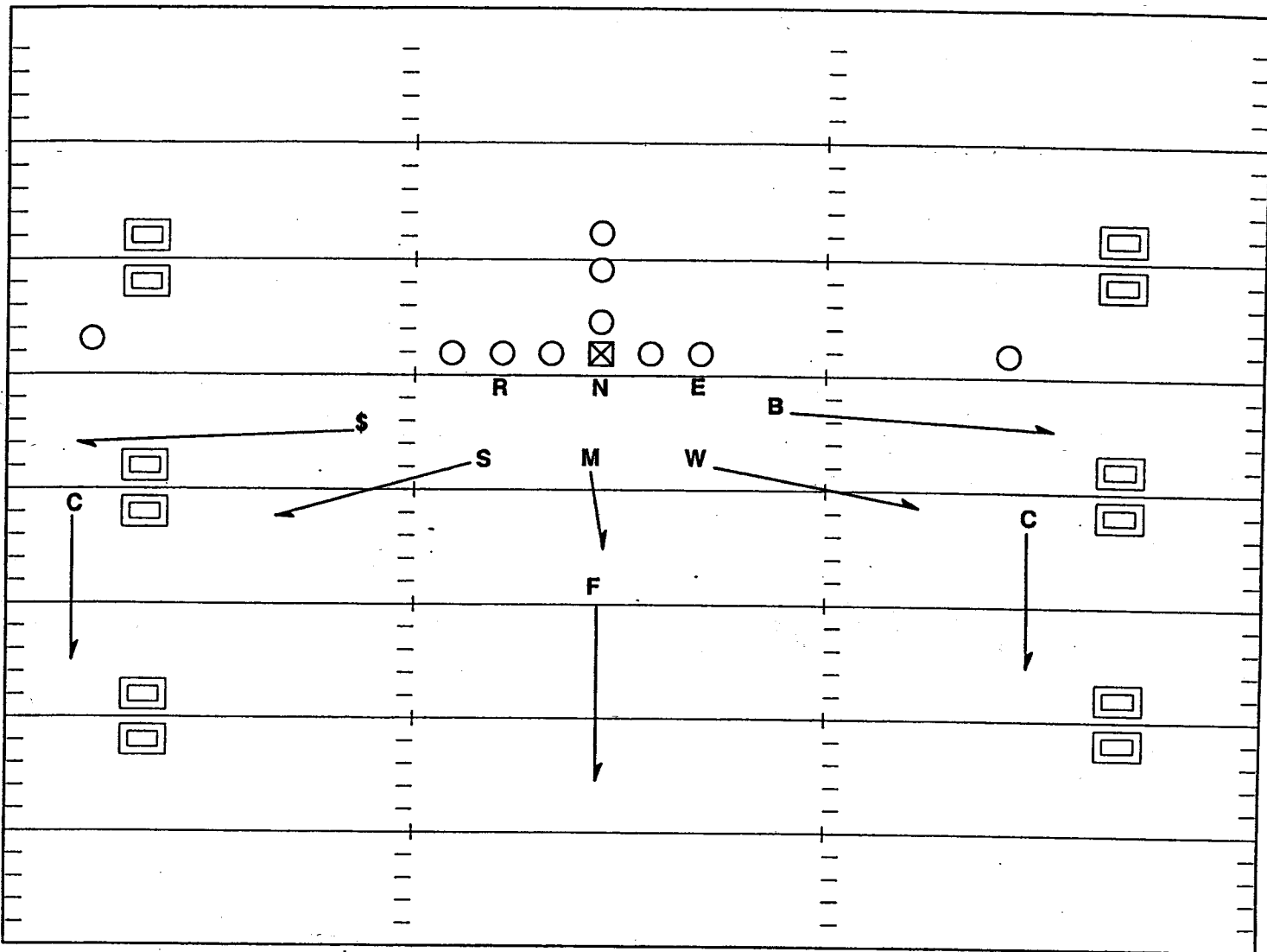
#2



Fire Zone  
Stack Strong Bandit  
Garnet

#3





**Corners-** play Outside 1/3 with Outside Leverage. Must play over a Post Route

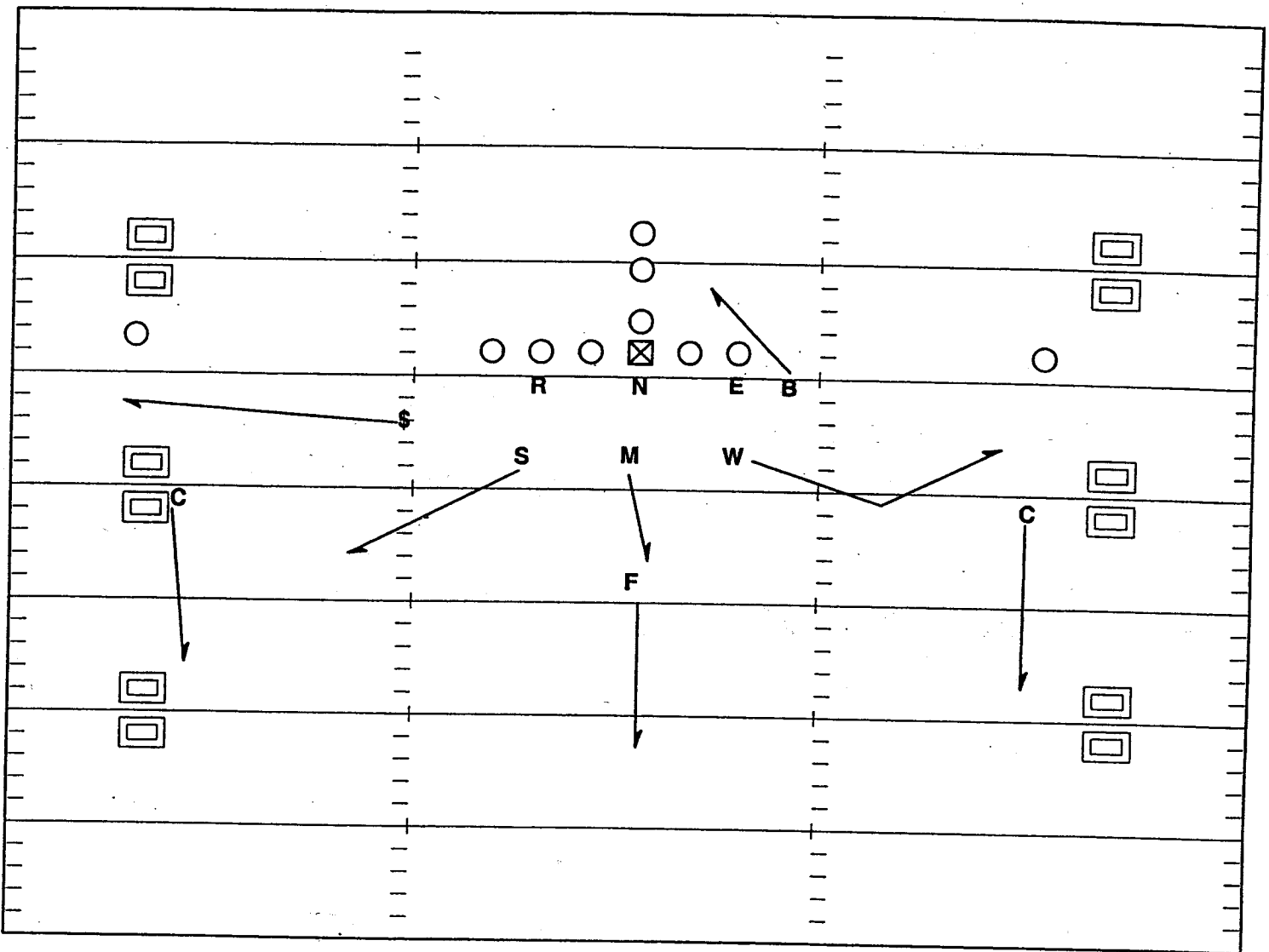
**Mike-** plays middle curl zone

**Sam & Will-** play curl area from hash to top of numbers

**Spurs-** play curl area from top of Numbers to Flat. Go to Flat immediately if there is a quick threat there

**Free Safety-** plays middle 1/3 and must know that the Corners are playing an Outside Leverage technique. This means that he can play under a Post Route.

# Stack Garnet



**Corners-** play outside 1/3 with an Inside Leverage technique. Stay under the Post Route.

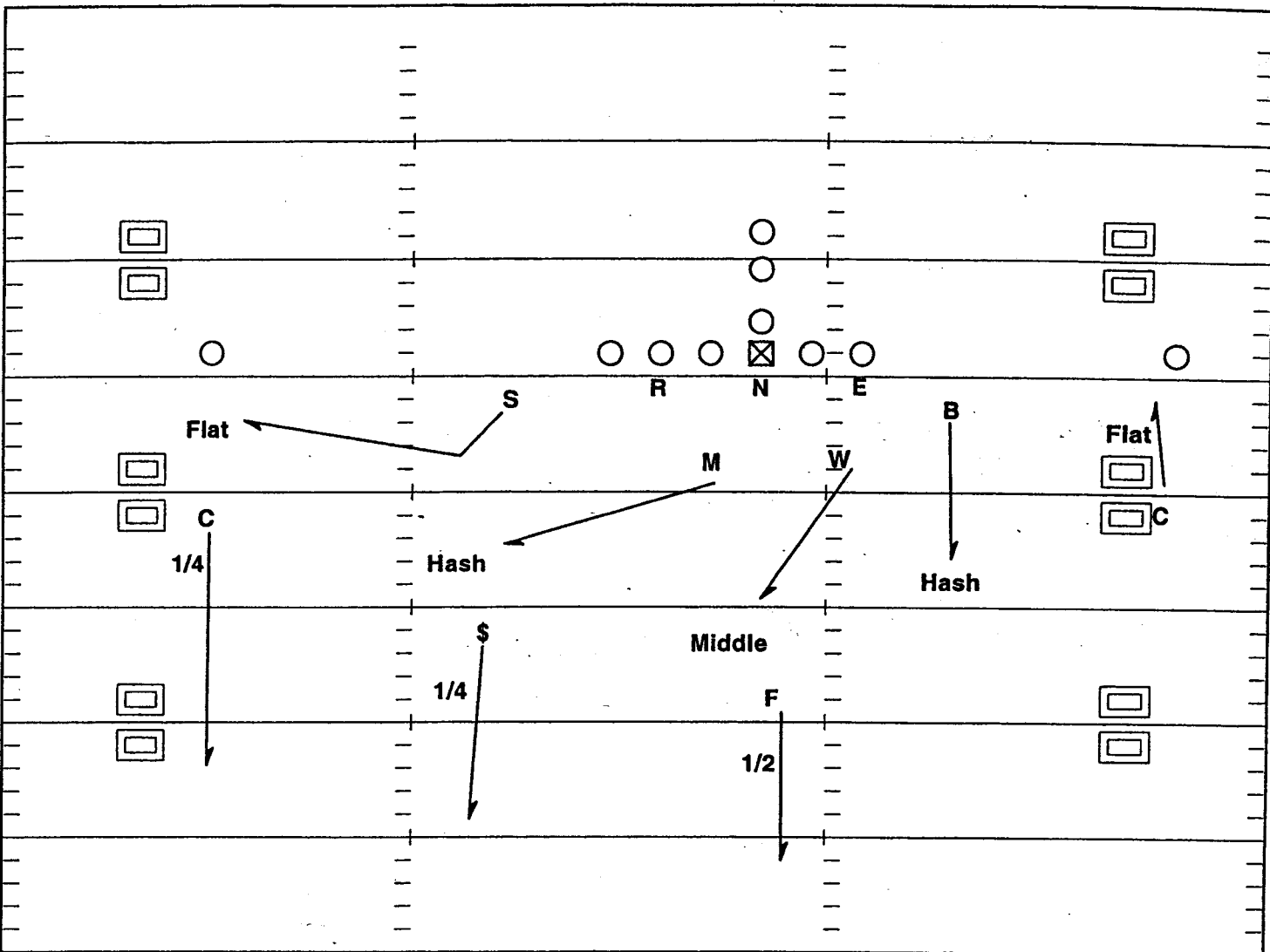
**Mike-** plays middle curl zone

**Sam & Will-** play curl zone as in Maroon, unless their Spur blitzs. In this case play curl to flat.

**Spurs-** blitz in D gap or play same as Maroon

**Free Safety-** same as Maroon, but must now stay over Post Route.





**Corners-** Boundry side plays the Flat. Field side plays outside 1/4.

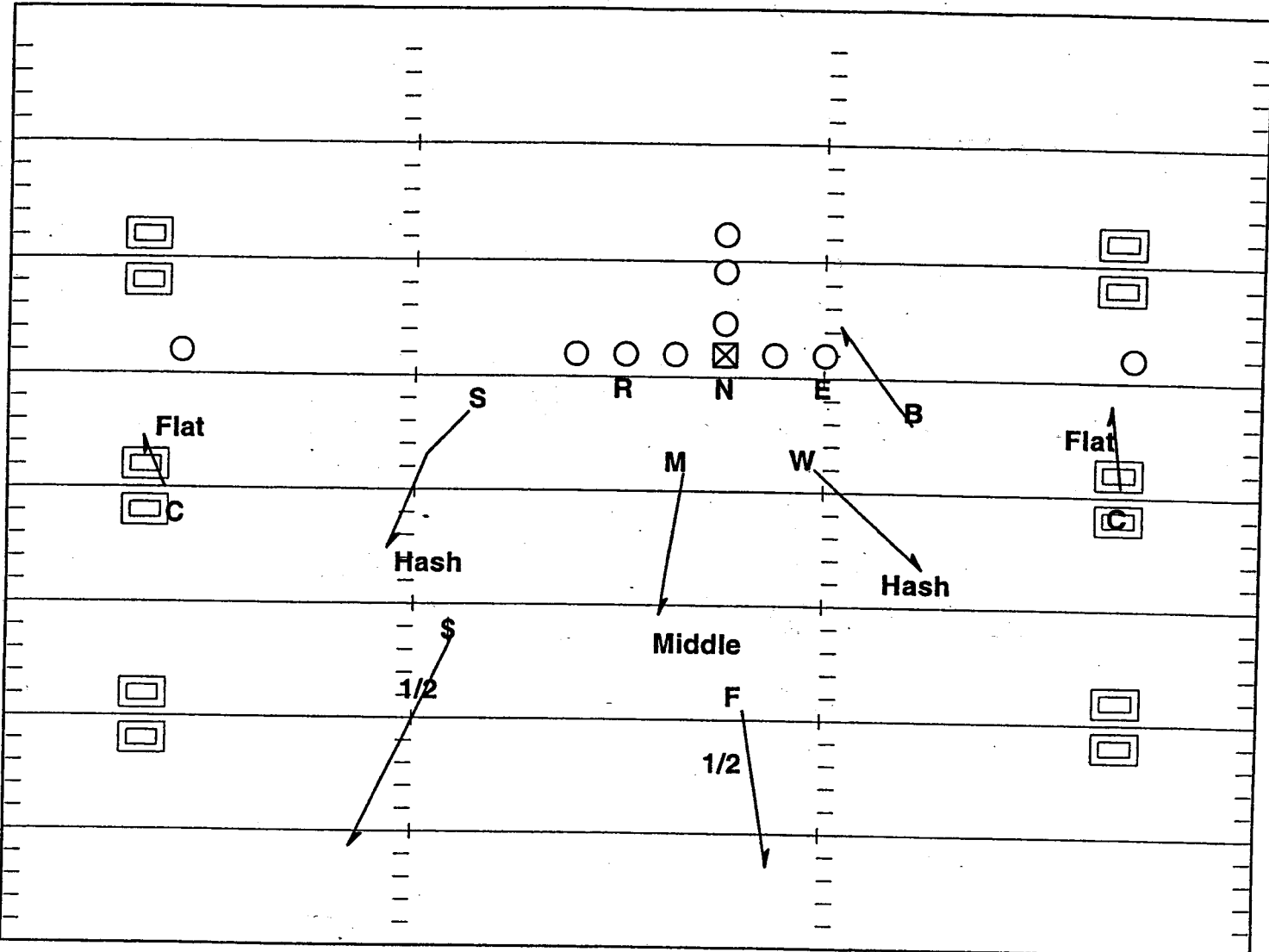
**Mike-** drops to 4 yards inside hash and 12 yds. deep.

**Sam & Will-** Sam is Flat player. Approx. 12 yds. Will is middle hole player.

**Spurs-** Spur is field side inside 1/4 player. Bandit is backside hash dropper.

**Free Safety-** plays 1/2 field to the short side.

## Slide Black



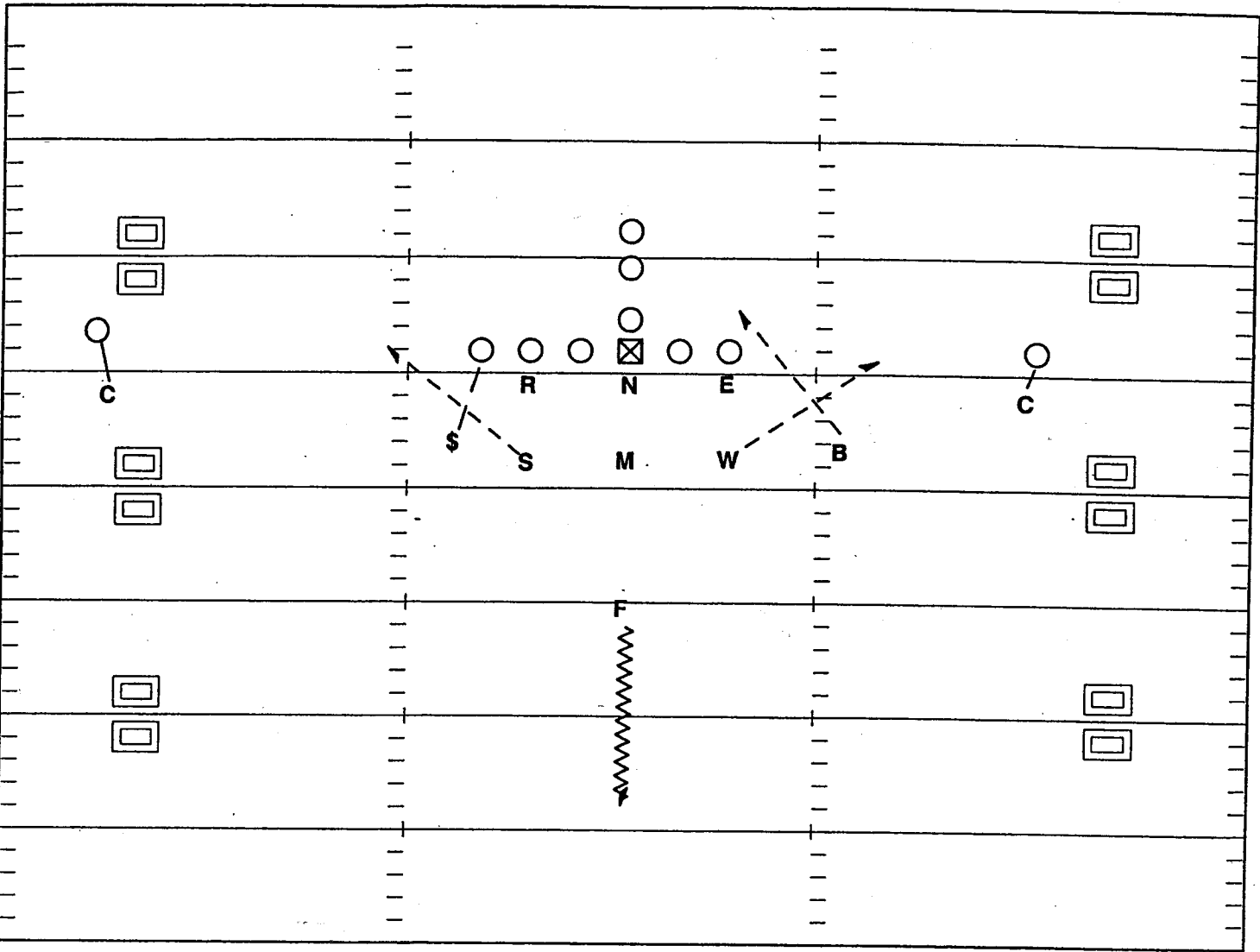
**Corners- Both side play the Flat.**

**Mike- drops to 12 yrds. deep in the Middle.**

**Sam & Will- Both are Hash Droppers.**

**Spurs- Spur is field side inside 1/2 player. Bandit is a blitzer.**

**Free Safety- plays 1/2 field to the short side.**



**Corners- Man on #1**

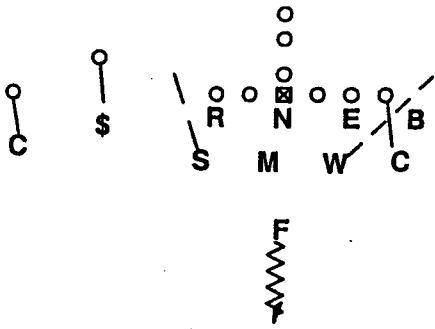
**Mike- middle hole robber**

**Sam & Will- man on RB to their side**

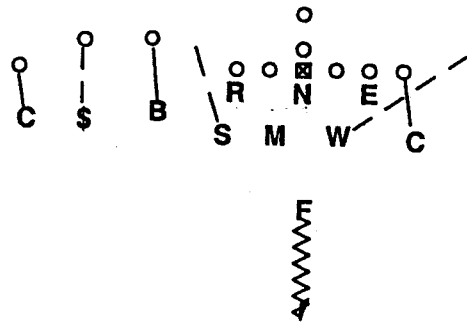
**Spurs- Spur will play #2 strong side. Bandit will play #2 Weak or #3 Strong(if initial alignment)**

**Free Safety- free to break on the ball. Read QB Intentions.**

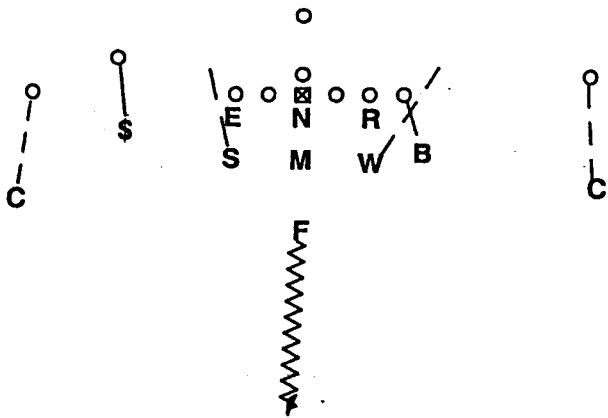
Twins



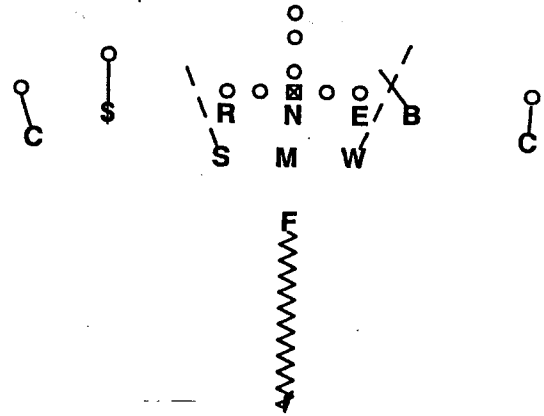
Trips



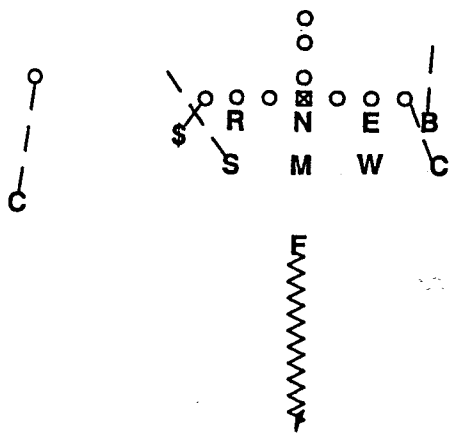
Pro Right Double



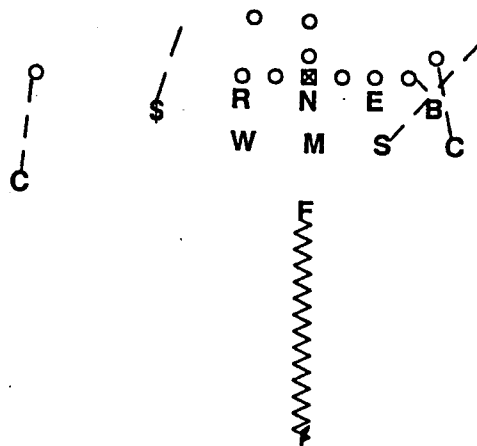
Twins Open



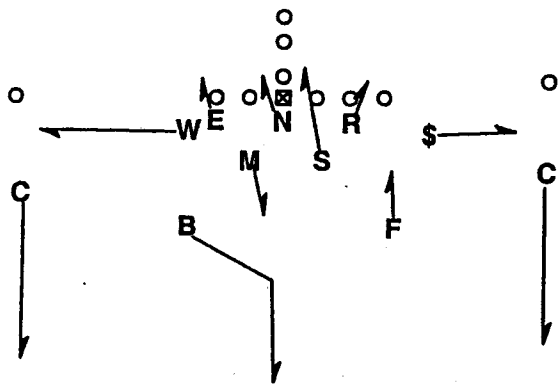
2 TE Pro



Wing T

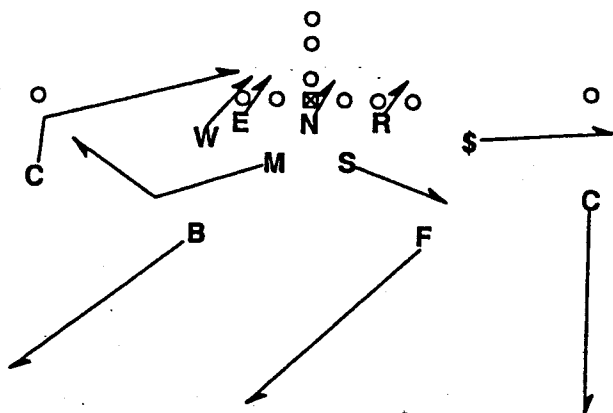


**Field Slide  
Attack  
3 Banjo**



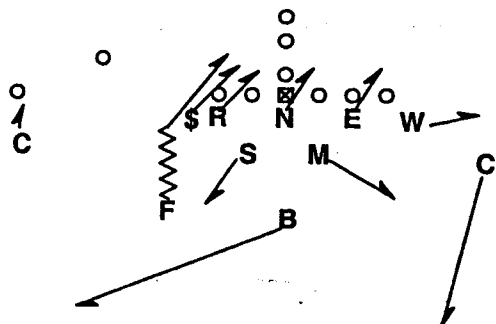
3 Banjo refers to communication between the FS and the Bandit. Either the FS or the Bandit will play the Hole depending on which is on the 2 receiver side.

**Boundary Slide  
Smoke  
3 Dog**

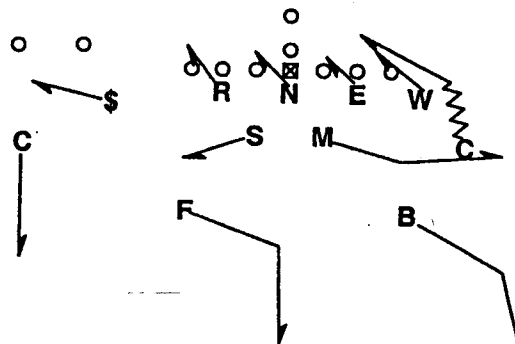


Dog means that a DB is going on a Blitz.

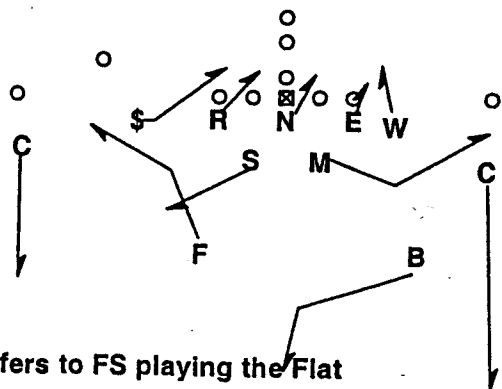
**Field Slide  
Smoke  
2 Dog**



**Weak Slide  
Smoke  
3 Dog**

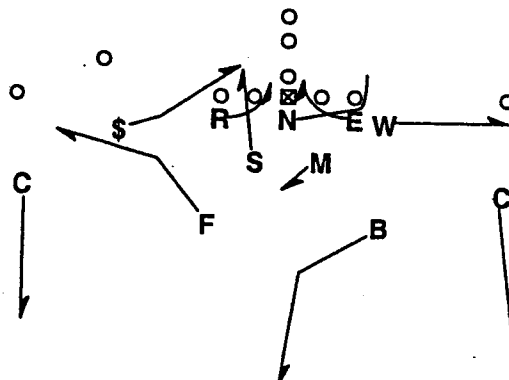


**Boundary Slide  
Sting  
3 Sky**



Sky refers to FS playing the Flat

**Field Slide  
Thunder  
3 Sky**

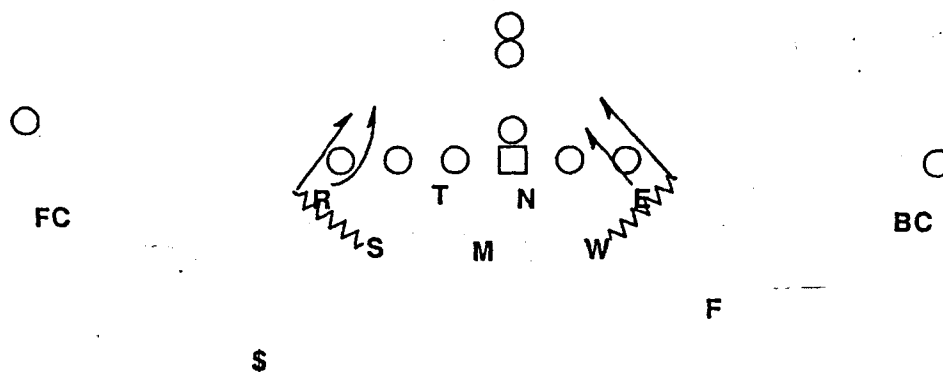


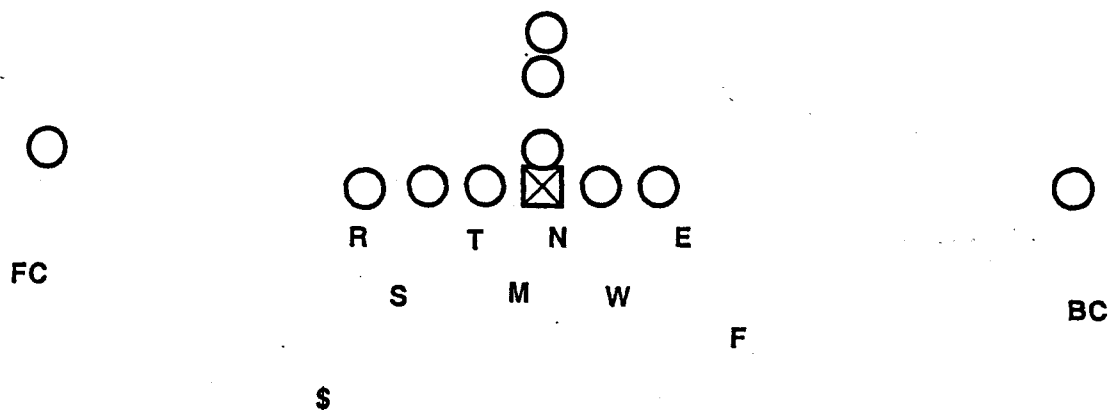
**D. Backs**  
**FC- Field Corner**  
**\$- Strong Safety**  
**F- Free Safety**  
**BC- Boundry Corner**

8 6 4 2 1 3 5 7

\* Even #'s on TE or Strong Side. Odd #'s to Split or Weak Side

**Three letters and two numbers make up the call. For example; Tite Wildcat SAW 87 Cov. 0**





POS.	ALIGN.	RUN TO	RUN AWAY	OPTION	PASS
End	5*	Spill	Trail/Reverse	QB	Contain
Nose	1	A Gap	Flatten/Chase	Dive	Inside Rush
Tackle	3	B Gap	Flatten/Chase	Dive	Inside Rush
Raider	9*	Force	Trail/Reverse	QB	Contain
Sam	70*	C Gap	Cutback	QB to Pitch	Read
Mike	10	A Gap	Cutback	Dive	Middle
Will	30*	B Gap	Cutback	QB to Pitch	Read
Field Crnr	Ork 7yds	Cup/Contain	Pursuit	Late Pitch	Outside 1/4**
Str. Sfty	10yds.	Alley Stack	Deep Middle 1/3	Pitch	Inside 1/4**
F. Sfty	7yds.	Alley Force	Deep Middle 1/3	Pitch	Inside 1/4**
Bdy. Crnr	Ork 7 yds	Cup/Contain	Pursuit	Late Pitch	Outside 1/4**

\*\* DB's alignments and responsibilities are based on Cover 8

\* See Alignment Rules

#### COVERAGES

Zone: 2, 8, 8 Alert

Man: 0, 1

Combo: Robber, 29

#### STUNTS

NuT

RuT

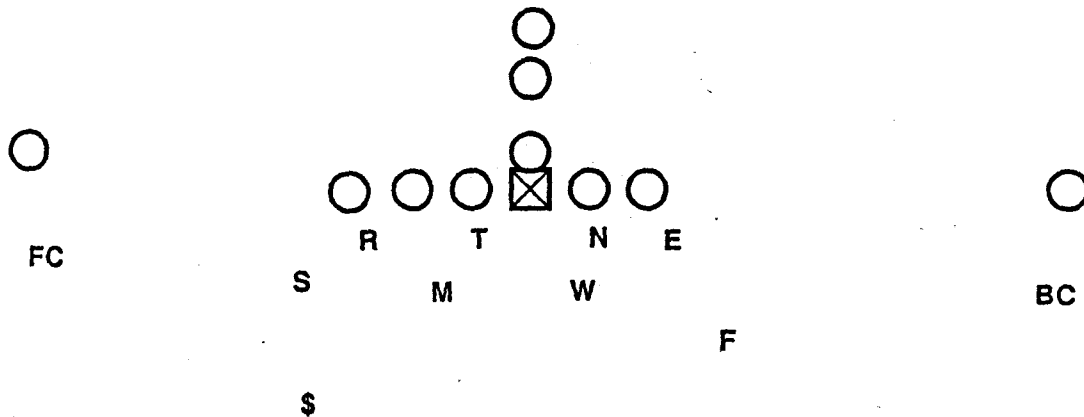
EoN

#### BLITZ

SaW

SaM

MoW



POS.	ALIGN.	RUN TO	RUN AWAY	OPTION	PASS
End	5*	Spill	Trail/Reverse	QB	Contain
Nose	3	B Gap	Flatten/Chase	Dive	Inside Rush
Tackle	1	A Gap	Flatten/Chase	Dive	Inside Rush
Raiders	7*	Spill	Trail/Reverse	QB	Contain
Sam	90*	Force	Fold/Cutback	QB to Pitch	Curl
Mike	30	B Gap	Cutback	Dive to QB	Middle
Will	20*	A Gap	Cutback	Dive to QB	Curl
Field Cnr	Ink 4 yds	Force	Pursuit	Late Pitch	#1 Strong**
Str. Sfty	10yds.	Alley Stack	Deep Middle 1/3	Late Pitch	Read #2**
F. Sfty	7yds.	Alley Force	Deep Middle 1/3	Pitch	Flat**
Bdy. Cnr	Ink 4 yds	Force	Pursuit	Late Pitch	#1 Weak**

\*\* DB's alignments and responsibilities are based on Cover 8 Alert

\* See Alignment Rules

#### COVERAGES

Zone: 2, 8, 8 Alert

Man: 0, 1

Combo: Robber, 29

#### STUNTS

NuT

RuT

EoN

#### BLITZ

SaW

SaM

MoW



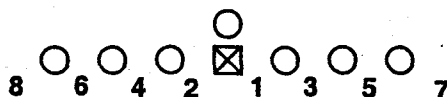
## Personnel

LB's  
S- Sam  
M- Mike  
W- Will

D - Line  
R- Raider  
T- Tackle  
N- Nose  
E- End

D. Backs  
FC- Field Corner  
\$- Strong Safety  
F- Free Safety  
BC- Boundry Corner

## Number System

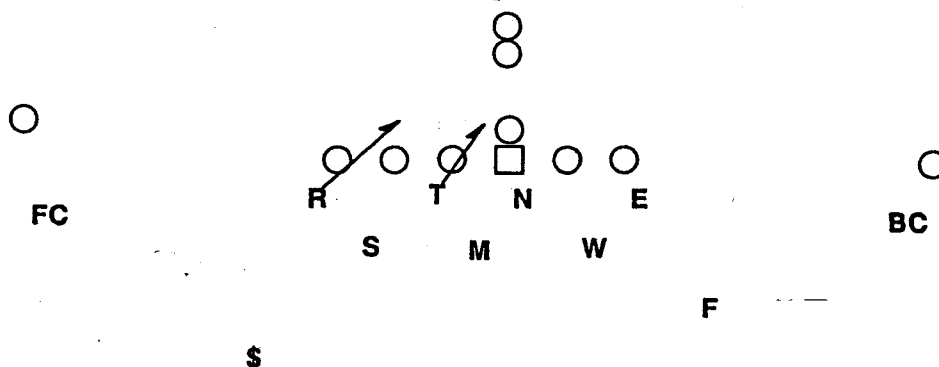


\* If Formation is balanced, CALL is LEFT

\* Even #'s on TE or Strong Side. Odd #'s to Split or Weak Side

## Call System

Three letters and two numbers make up the call. For example; Tite Wildcat RuT 62 Cov. 8 Alert



\* The Raider will stunt in the 6 gap. The Tackle will stunt in the 2 gap

\* Numbers and letters will correspond. 1st letter and 1st number, etc.

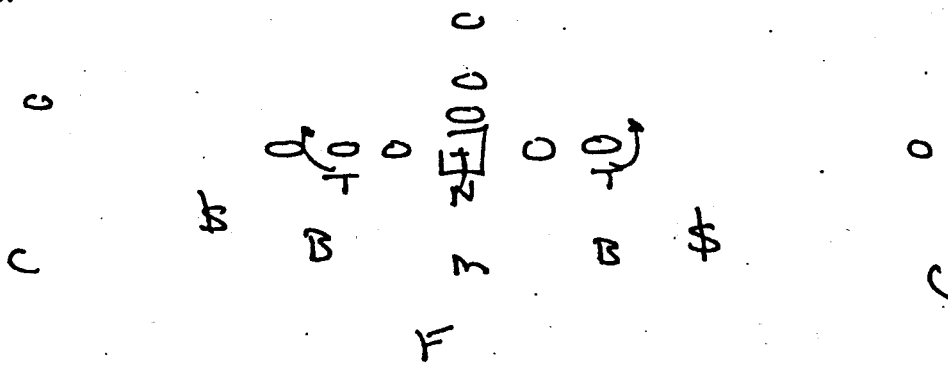
\* Front call is Wildcat. Coverage is 8 Alert. Refer to the 8 Alert Rules

# WAKE FOREST CLINIC NOTES

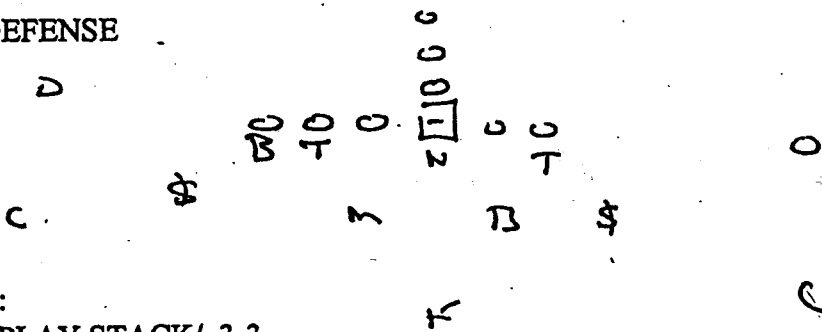
2003

FRONTS:

STACK



SLIDE - 5-2 DEFENSE



GAME PLAN:

V. 2X2 SETS PLAY STACK/ 3-3

NOSE- THUG TECHNIQUE- WHIP THE CENTER AND FIND THE FB.

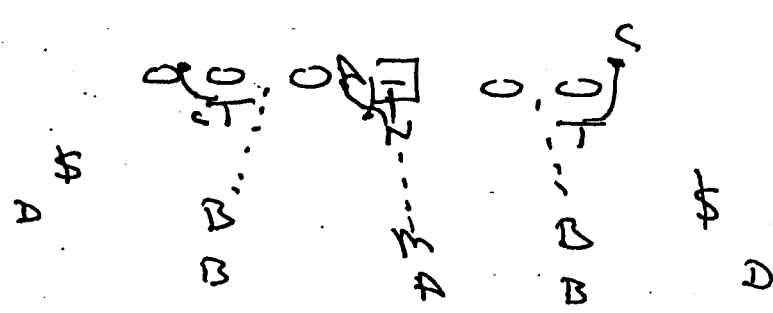
DT- LOOP OUTSIDE/ 5 ROD TECHNIQUE

M- A GAP

B = B GAP

DT = C GAP

\$PURS = D GAP

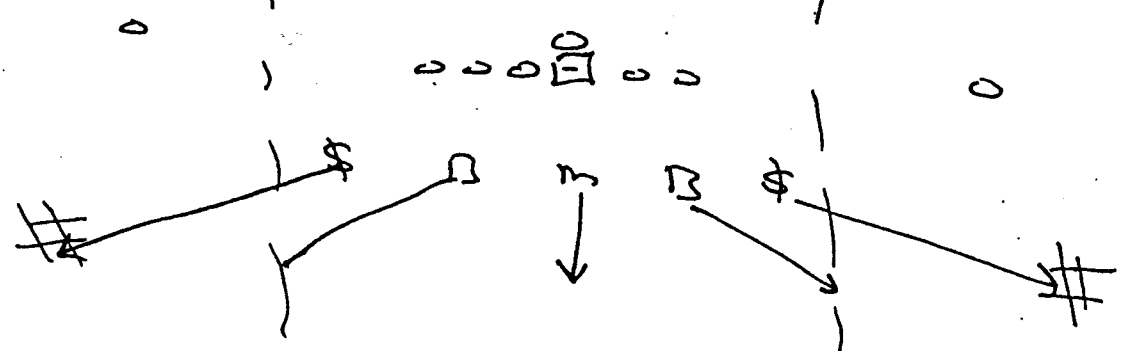


PASS DROPS:

\$PURS= DROP TO THE NUMBERS

BACKERS= DROP TO HASH

MIKE- DROP TO HOLE IN MIDDLE



**CORNERS: BUTT TO SIDELINE, SLIDE OUT, TO CLEAR 1 AND 2 , THEN BACKPEDAL**

**FREE: SHUFFLE SQUARE, 1 SHUFFLE, 2 SHUFFLES, CLEAR 1 AND 2, THEN BACKPEDAL**

## 4 PLAYS IN FOOTBALL

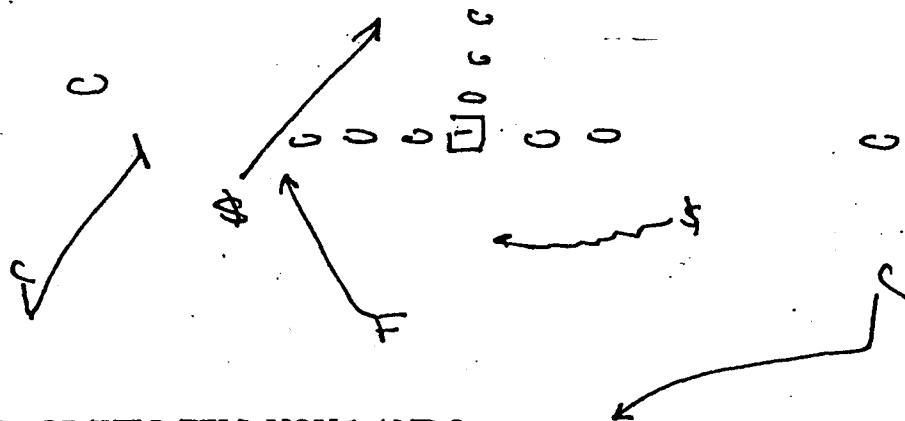
THERE ARE ONLY 4 PLAYS IN FOOTBALL AND THEY HAPPEN IN THIS ORDER.

1. P.R.
2. 3 STEP
3. PASS
4. I.R.

1. PERIMETER RUN
2. 3 STEP PASING GAME
3. PASS
4. INSIDE RUN

## **ALL DB'S EYES ON QB: SPURS BOUNCE ON SNAP OF BALL**

## RUN SUPPORT OUT OF SECONDARY



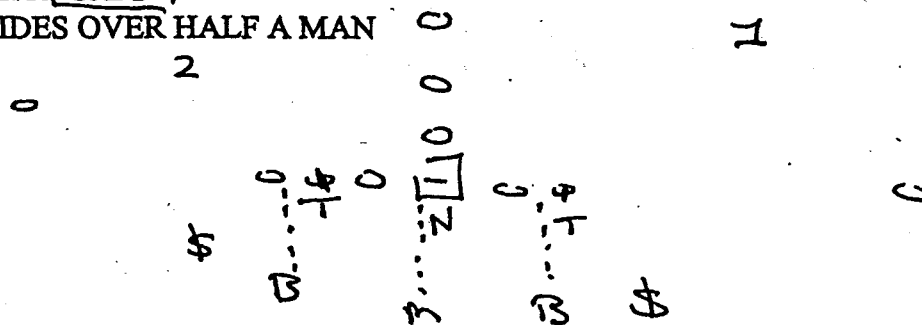
READ STEPS / QB: QB WILL TELL YOU 1 AND 2,  
YOUR THRU KEY WILL TELL YOU 3 AND 4

MAROON COVERAGE= DROP 8

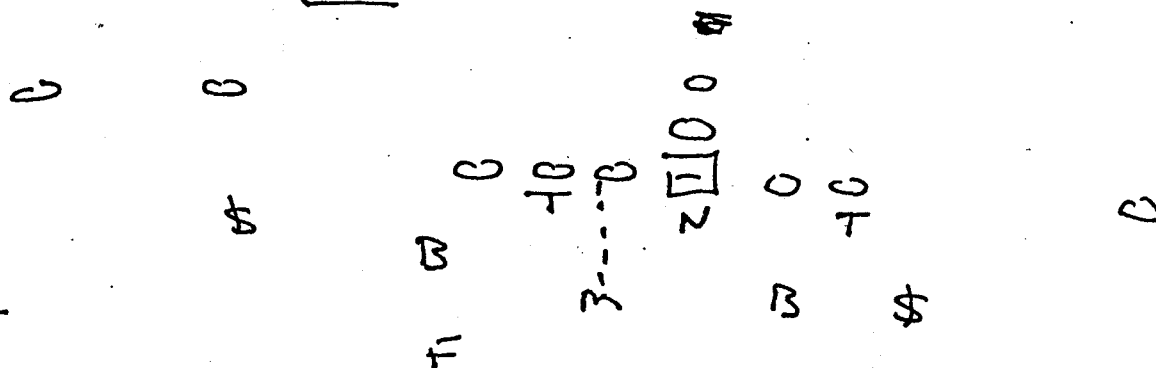
SPURS- KEY END MAN ON L.O.S  
 FREE \$- KEY TRIANGLE/ G,C,G, QB  
 LINE OFF LOS/ PASS SET

C'S/ 1,2, PLAY PASS AND CONTAIN

V. 2X1 SETS/ PLAY GAPS  
 EVERY ONE SLIDES OVER HALF A MAN



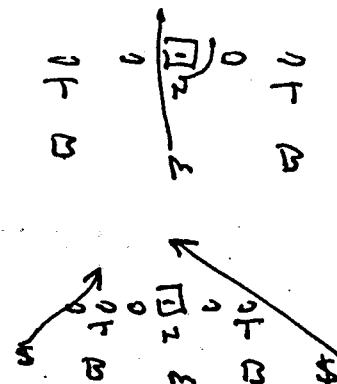
V. 3X1 SETS = PULL PULL OVER TO TRIPS/ MOVE OVER A FULL MAN



BASE: STACK MAROON

# STUNTS:

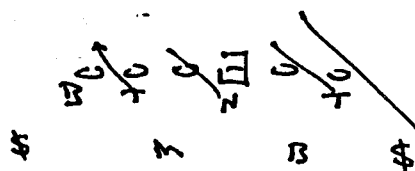
SLANT: SLANT 3 MEN  
BULLET: BRING BACKER  
PLUG: M BACKER  
BANDIT: BRING BANDIT  
SPUR: BRING SPUR



REPLACE SYSTEM ON BLITZES: DROPS GO TO THROUGH ZONE DROPS  
EX: SPUR, HASH-NUMBERS, BACKER BLITZ,  
MIKE- MIDDLE TO HASH,  
BACKER- HASH  
SPUR- NUMBERS

GRANT T  
CONGRAT

(STOE) ANGLE:

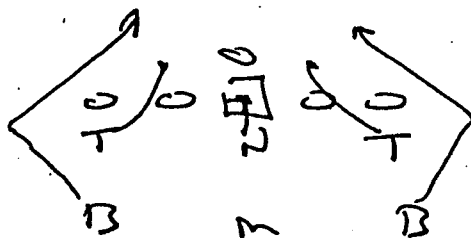


(2/4, 1/2)

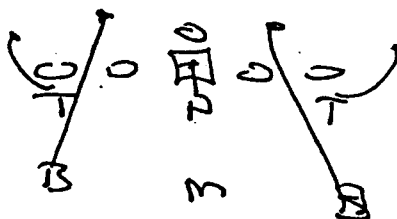
## FIRE ZONES:

STING  
STORM  
THUNDER

STING



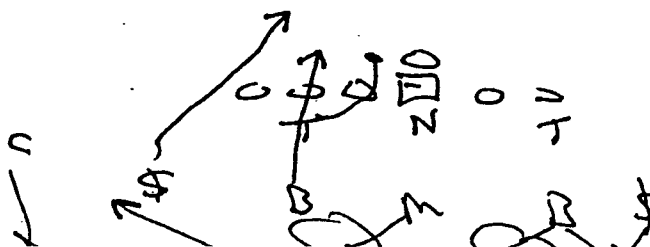
STORM



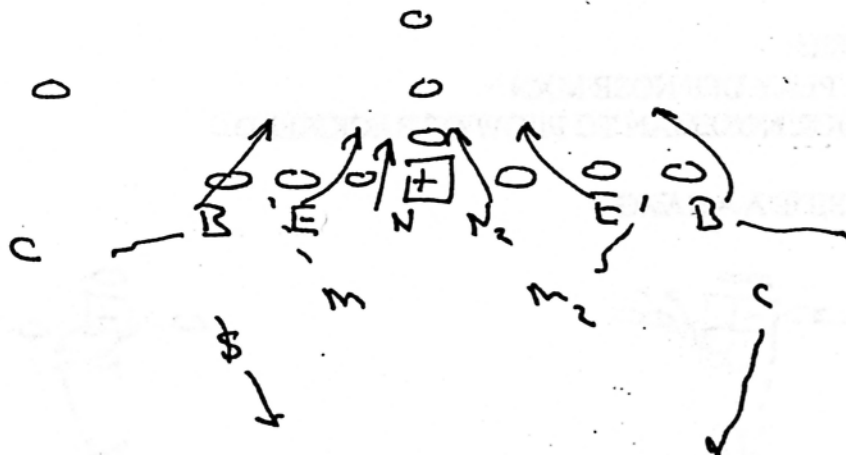
THUNDER

FIELD= 3 SPIN

BOUNDARY= 3 MIKE



GOAL LINE:  
APPLES

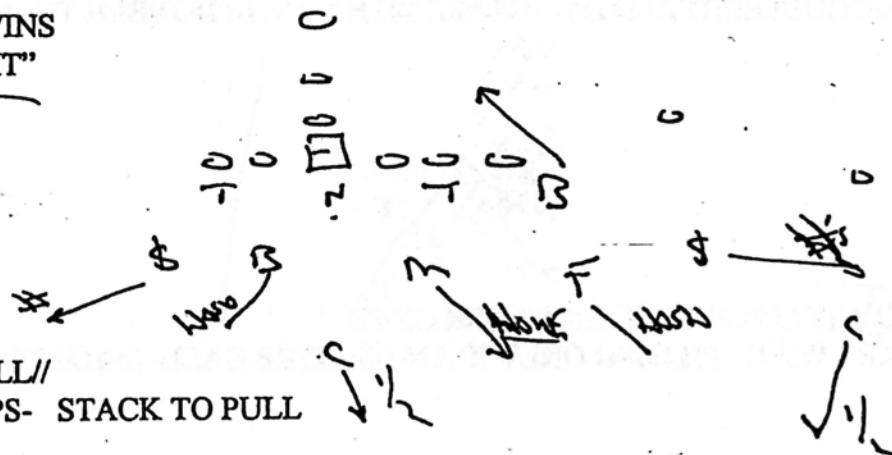


ORANGES

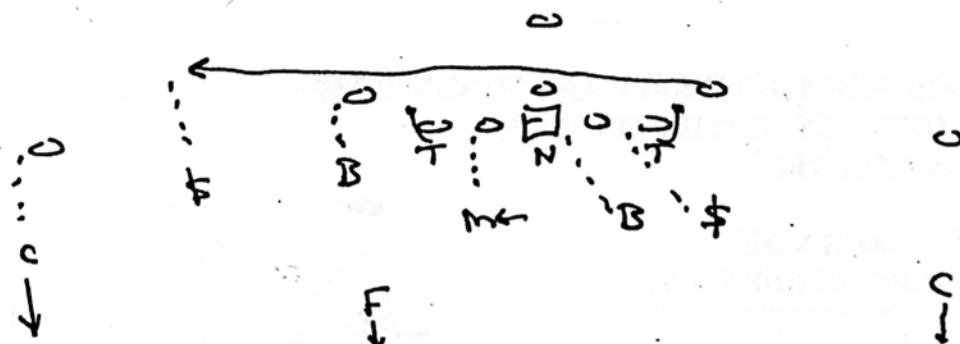


5\$- NICKLE- ALREADY IN IT

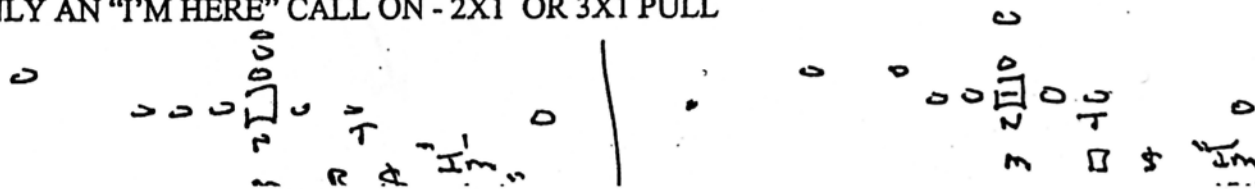
V. END OVER TWINS  
CHECK: "COCK IT"



TRIPS: PULL CALL//  
MOTION TO TRIPS- STACK TO PULL



SPURS: IF THERE IS NO NUMBER 2 TO BLOCK SPUR, SAY I'M HERE.  
ONLY AN "I'M HERE" CALL ON - 2X1 OR 3X1 PULL



MIKE BACKER:

HAS A GAP: PLAY OFF NOSE MAN

KEY THRU OUR NOSEMAN TO FLOW OF BACKFIELD

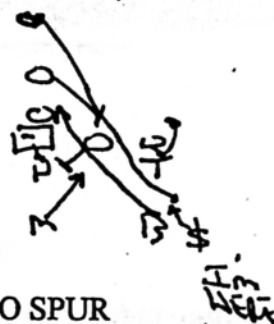
NOSE PLAY SIDE A = HANG



NOSE REACHED= PLAY SIDE A GAP  
WORK OFF COLOR OF NOSEMAN



NOSE DOUBLES TEAMED= SCRAPE TITE TO THE DOUBLE TEAM ON NOSE MAN



V. ISO ATTACK INSIDE SHOULDER OF FB.

BACKER WILL SPILL ISO ONLY IF AN I'M HERE CALL- SPILL TO SPUR

MIKE BACKER: RUN TO THE BALL AND FIT OFF NOSE  
RUN INSIDE OUT - FLY OUTSIDE ON TOSS,  
REDIRECT ON COUNTER

DON'T OVER COACH MIKE  
ONLY TROUBLE IS INSIDE ZONE





# **BACKER:**

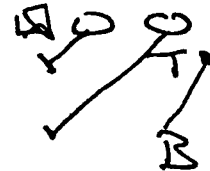
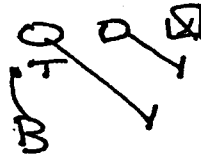
## **OUTSIDE IN TO FB:**

INTO B GAP

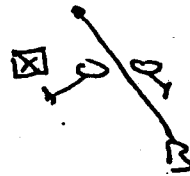
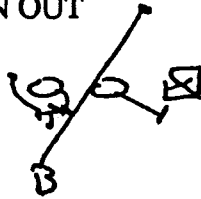
B GAP PLAYER/ WINDOW OPEN B GAP/  
WINDOW CLOSED IF OT DOWN BLOCKS  
KEY THRU B GAP TO FLOW  
IFF BALL OUTSIDE / I'M OUTSIDE  
CLOSED OT DOWN BLOCKS

SEE GUARD AND OT

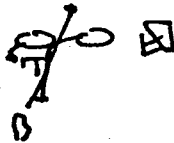
1. DOWN DOWN



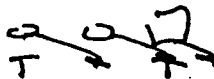
2. DOWN/ TURN OUT



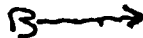
3. ZONE TO



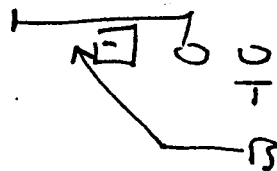
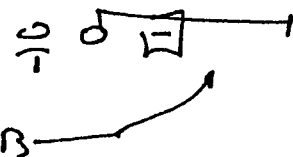
4. ZONE AWAY



5. PASS SET



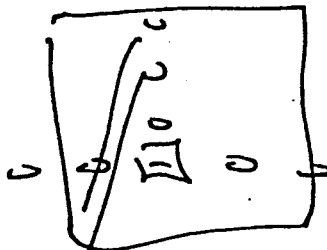
6. GUARD PULL ACROSS/ OUTSIDE



BACKER FLOWS:  
FAST FLOW:



TITE FLOW



COUNTER FLOW



**SPURS:** KEY END MAN ON L.O.S.

3 STEP: DRIVE NUMBER 1 TO THE NUMBERS  
V. RUN = FORCE

SPUR FLOW KEYS:  
FAST FLOW  
TITE FLOW

INSIDE RUN:

TITE FLOW TO= BEAT NUMBER 2 INSIDE AND MAKE PLAY

TITE FLOW AWAY= HOLD, HANG FOR BOOT,

FAST FLOW TO= OUTSIDE #2

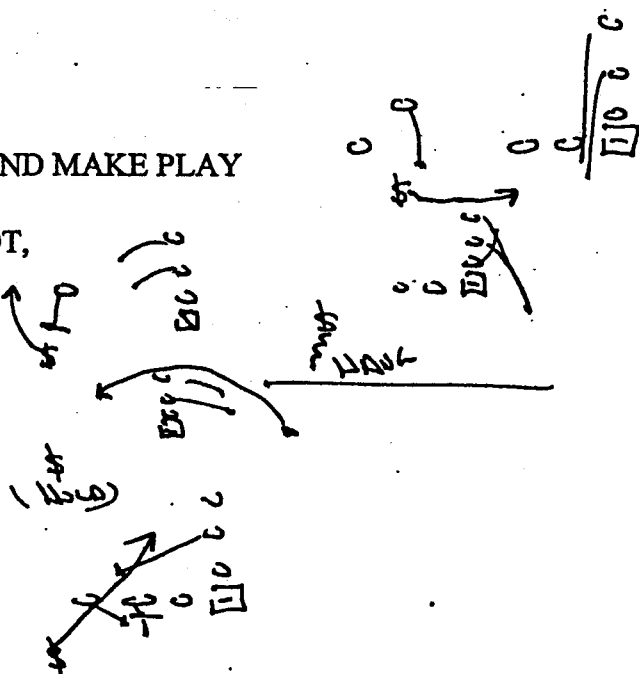
FAST FLOW AWAY= HOLD FOR REVERSE

MUST MOVE SPURS AROUND/ PROWL

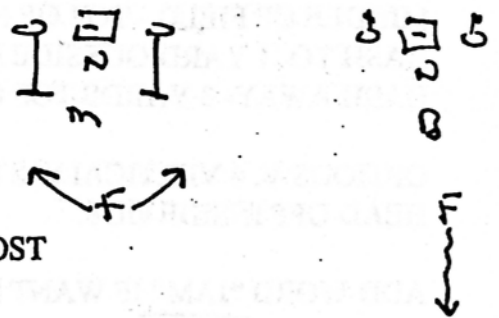
TE KEYS: TE DOWN BLOCK= BLITZ

1. BLOW IT UP WITH INSIDE ARM
2. CUT IT/ CUT FBS INSIDE KNEE
3. AVOID IT/ UP AND UNDER

MUST DO ALL 3 IN A GAME, NEVER GIVE FB THE SAME READ, KEEP FB OFF BALANCE



FS- SHUFFLE 1,2- KEY THRU TRIANGLE TO QB. TOSS FREE IS GONE- MUST BE NO MORE THAN 2 YARD GAIN ON TOSS



FS-

1ST SHUFFLE- PERIMETER RUN

2ND SHUFFLE= 3 STEP

BACKPEDAL= PASS, GET TO LANDMARK ON GOAL POST

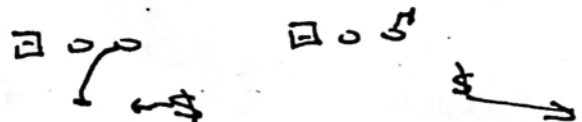
MIDDLE= MIDDLE OF GOAL POST

BALL ON HASH= DROP TO NEAR GOAL POST

SPURS- (OT SECOND LEVEL)= RUN

FS KEYS= OG SECOND LEVEL = RUN

ALL ELSE PASS



IF YOU DONT KNOW PLAY 3 TO 4,

2ND LEVEL BY OLINE, GUARDS OUT OR SET FOR PASS

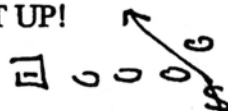
FREE ALLEY RUN SUPPORT

SPURS= PITCH ON OPTION

V, BELLY G- SPUR ATTACK AND HANG TO PITCH



V. TE WIN= ROCK/ SPUR BLOW IT UP!



MIKE V. JET/ BOOT/ EVERYTHING SPRINT OUT= SECONDARY CONTAIN



V. 4 VERTICAL-

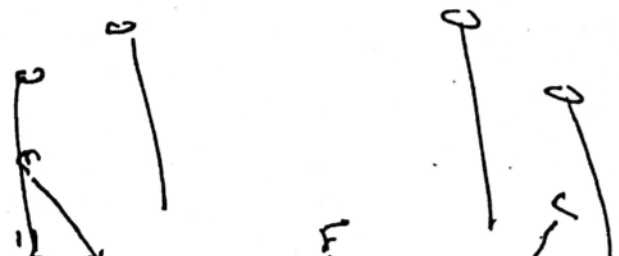
CORNERS PLAY FIELD 1/3, IF #2 VERTICAL

PLAY FIELD 1/3 GET ON DIVIDER OIF THERE IS A NUMBER 2 TO YOURSIDE TO GO VERTICAL

NO NUMBER 2 SQUEEZE #1

PLAY FIELD 1/3 V. 1 BACK SETS

IF #2 VERTICAL- PUSH TO LANDMARK



LANDMARKS:

MIDDLE OF FIELD - TOP OF NUMBERS

HASH TO- 1 YARD OUTSIDE BOTTOM OF NUMBERS

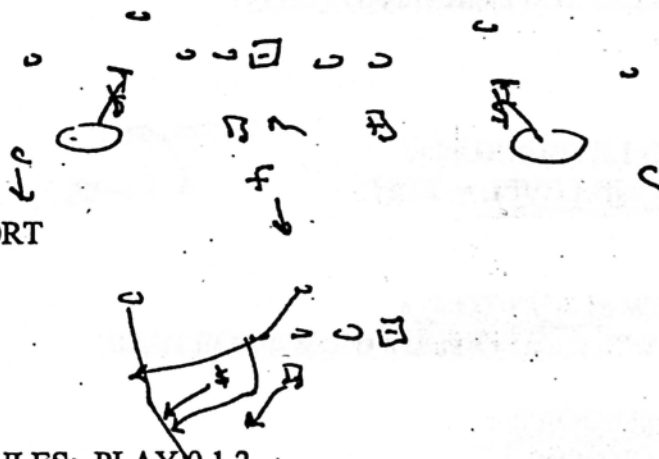
HASH AWAY- 3 YARDS TOP OF NUMBERS

OPTIONS V. 4 VERTICALS/ 2 SS'S, HIT HEAD UP OR HAVE A FREE TAKE  
HEAD OFF INSIDE OUT.

ADD WORD "JAM" IF WANT SPURS TO REROUTE #2 WR'S

V. FLOOD

PLAY DEEP TO SHORT



SPUR PASS DROP RULES: PLAY 0,1,2,

0- 0 GUYS ATTACK THE #'S, TRAIL #1.

1- 1 GUY ATTACKS THE NUMBERS, COME OFF ON #1

2- 2 GUYS ATTACK THE NUMBERS, PLAY DEEP TO SHORT

**HASH DROPPER: #2**

0- NO GUYS ATTACK THE HASH, TRAIL #2

1- 1 GUY ATTACKS THE HASH, COME OFF ON NUMBER 2

2- 2 GUYS ATTACK THE HASH, PLAY DEEP TO SHORT

MIKE HAS #3

0 - NO GUYS ATTACK THE MIDDLE- OVER TOP OF #3

1- 1 GUY ATTACKS THE MIDDLE, COME OFF ON HIM

2- 2 GUYS ATTACK THE MIDDLE, PLAY DEEP TO SHORT.

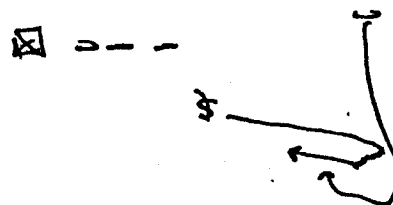
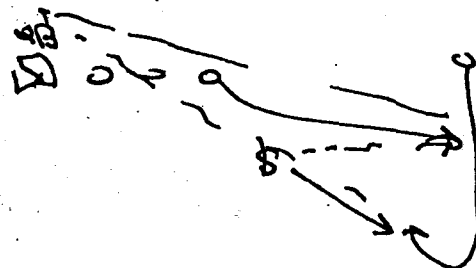
TO TEACH THIS:

"YOU KNOW WHAT HE KNOWS" DRILL

SPUR PLAY CURL,

A. HANG IN CURL DRIVE ON FLAT

B. WIDEN OFF CURL, OPEN WINDOW AND FALL BACK INSIDE AND GET A PICK.

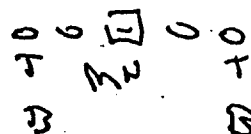


HAS NOT SEEN THE TE DOWN ON BACKER.

LB'ERS 4-5 YARDS

HUG- BACKER UP

MUG- MIKE UP



SPUR V. TE AT HIM/

ATTACK THE TE, HANDSHIVER, GET FEET BACK, PUSH PULL AND GET OFF BLOCK

BACKER/ V. TE DOWN, FIT TITE OFF TE, AND HIT THE FIRST THING TO SHOW

MIDLINE V. 3-3-

I MIDLINE/ TB TITENS UP!

BACKER/ BALL OUTSIDE/ IM OUTSIDE  
FULL LFOW PLAYS ARENT GOOD V. THIS DEFENSE

WEAKNESS= LEAD DRAW!

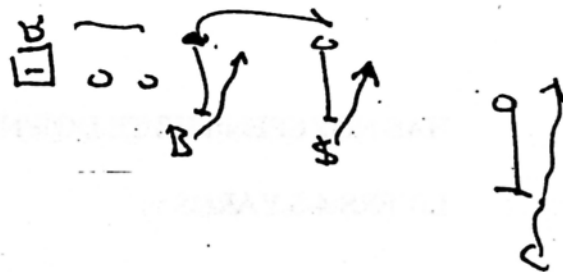
"SWIM" TO HELP WITH DRAW= MOVE NOSE  
NOSE SWIM TO THE SNAP HAND OF CENTER  
PINCH SNAP HAND SHOULDER, AND GO



V. BUBBLE SCREEN

PERIMETER RUN FITS

CORNER- OUTSIDE #1  
\$SPUR - GAP IS OUTSIDE #2  
BACKER- GAP OUTSIDE #3

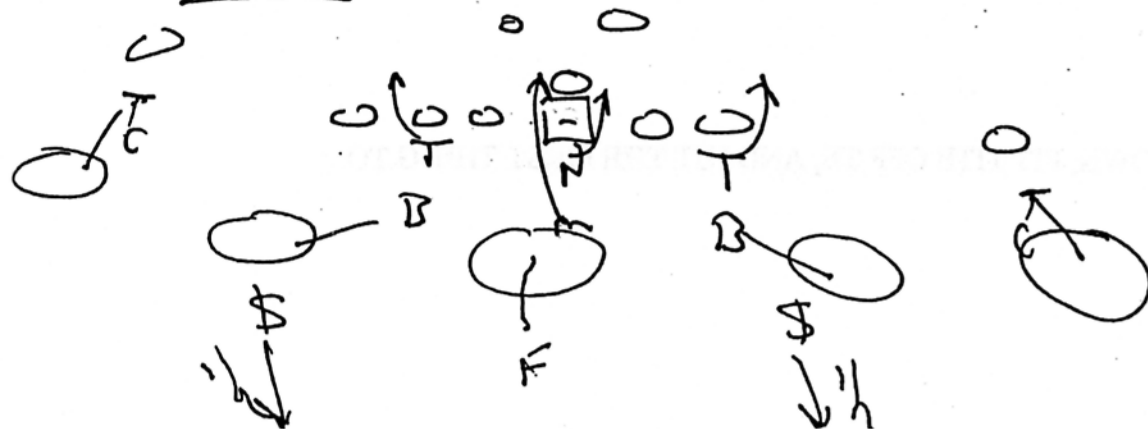


V. BUBBLE TEAM- PUT SPUR 1X5 OUTSIDE #2

KIDS DONT LIKE TO THINK!  
THEY LIKE TO RUN AND HIT THE FOOTBALL

DO IT BETTER/ OR DO IT DIFFERENT  
V. OUT/ # DROPER TO #1, AND TRAIL HIM

COVER 2



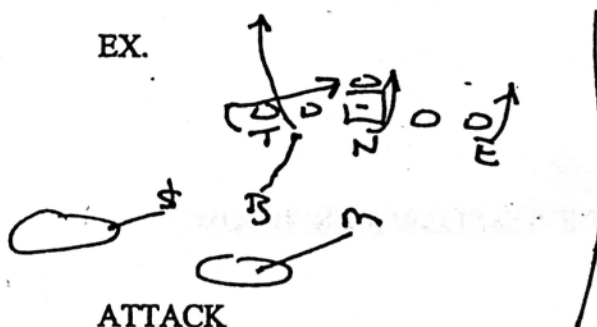
2 OPTIONS:

1= BE A SUPER COACH- PLAY ROBBER V. CURL FLAT/  
OR/ OPENS UP ANOTHER SET OF PROBLEMS  
OR JUST DROP AND PLAY FB!

PASS RUSH STUNTS/ GAMES

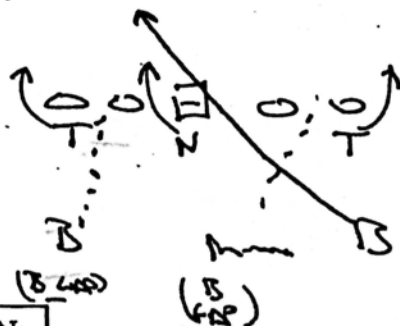
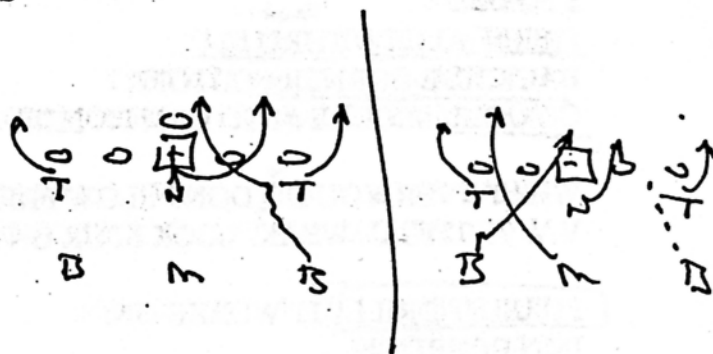
USE A BACKER AND RUN 4-3 LINE STUNTS

EX.



ATTACK

(B + A sep)



V. TE RUN:

ATTACK

THUNDER AT IT

BULLET TO IT

BANDIT AWAY AND RUN IT DOWN

FS TO INSIDE DRILL

\$/FS DRILLS

ALL MOVEMENT DRILLS/ BUT THATS NOT FB!

## EDGE DRILL

1. INSIDE ZONE CUTBACK (MAKE TAIL)
2. BOOT PASS - Drop to #3

## TE KEYS

1. POWER
2. OPTION AWAY/ V. BLITZ/ STRIP QB

## RUN SUPPORT

\$ FORCE/

FREE= ALLEY/ THRU #2

BACKSIDE CORNER= CUTOFF

CORNER/ SECURE #1 TO OPTION SIDE

WHAT EVER YOU DO, DONT SLOW FREE \$ DOWN/

V. 2 VERTICAL WEAK/ LOCK SPUR ON #2, DONT EVER SLOW FREE DOWN

## PURSUIT DRILL IT WORKS ON:

INTERCEPTION

COMPLETION

SCREEN

TOSS/ PERIMETER RUN

DB'S DO ALOT OF KEY DRILL

