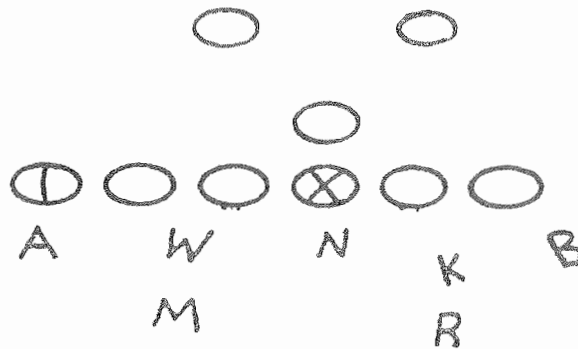




10/17/94
JY

BEAR FRONT



I. A-MAN/BULL

- A. 3 pt. stance, inside foot back, align in a six technique. Jab step toes straight ahead. Key inside clavicle. BIG DEAL - Kick the TE's Butt! (Win!)
- B. Align in a ghost six technique/ Tilt slightly at an angle. The "First Step" is at near hip of offensive tackle.

O.T. Down block close and wrong arm blocks or come up field for contain.

II. WHIP

- A. 3 pt. stance, inside foot back. Align in a tilted stance point at V of the neck of offensive guard. Key near clavicle of offensive guard. BIG DEAL - Beat cutoff block of O.T.

III. NOSE GUARD

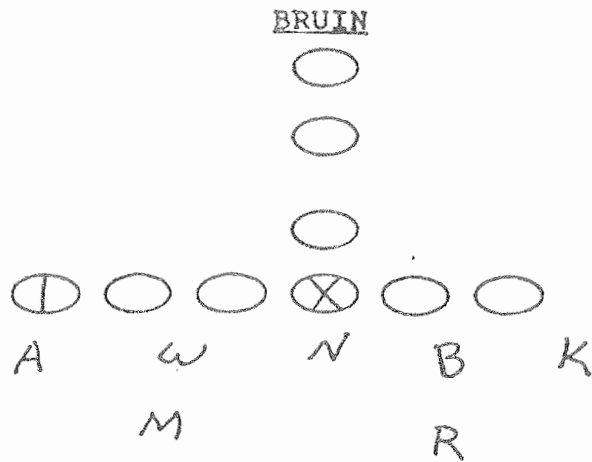
- A. 3 pt. stance, inside foot back. Align eye to eye on Center. 6" step with inside foot. Eyes to near clavicle of center. You are a 2 gap player. BIG DEAL - Dominate the center.

IV. KNIGHT

- A. 3 pt. stance, inside foot black. Align in 4 eye, depth off LOS hands at hells of NG. Key near clavicle of offensive guard. Cancel "B" gap. (Win!) BIG DEAL - Beat cutoff block of O.T.

V. LBers:

- A. VS. I - Backs - Mike and Rover - 3 technique.
VS. Ace - Mike or Rover 2 eye technique.
- B. Mike - man alignment on inside leg of #3.
Rover - man alignment on inside leg of #2 weak.
- C. Keys and Responsibilities
 - 1. Normal Key progression
 - 2. VS flow to - Mike and Rover - scrap (D-Gap)
VS flow Away - fast flow stay on backside hip of
ball carrier.
 - 3. VS #2 wk outside tackle box - Rover force
technique.



I. A MAN:

A. 3 pt. stance, Normal alignment play Bear Defense.

II. WHIP:

A. 3 pt. stance, Normal alignment play Bear Defense.

III. N.G.:

A. 3 pt. stance, Normal alignment play Bear Defense.

IV. BULL:

A. 3 pt. stance, Align in a loose 3 technique. Cancel "B" gap.

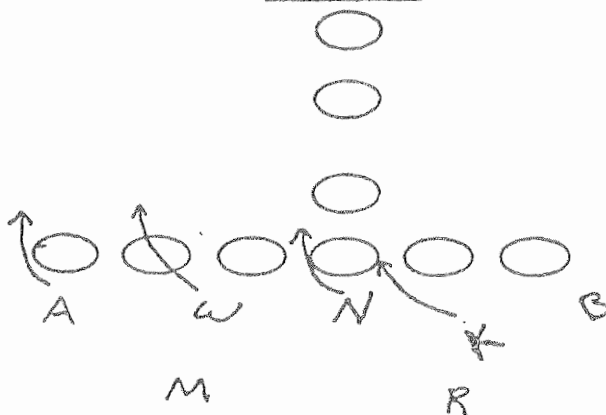
V. KNIGHT

A. Align halfway between #1 and ball. Cancel "C" gap.

B. Alert pass drop responsibility according to Defense called.

LBers: Normal Alignment and responsibilities according to Defense called.

TITE CUT



A MAN:

- A. VS. T.E. execute loop move from a six technique. Control "D" gap.
- B. VS. S.E. normal alignment and responsibility. (Contain the football).

WHIP:

- A. Execute loop move (cross face) on down block of O.T.

N.G.:

- A. Normal alignment execute loop move defeat block of center. Cancel "A" gap and run to the ball.

KNIGHT:

- A. Execute a veer move (P.O. A near clavicle of center)

BULL:

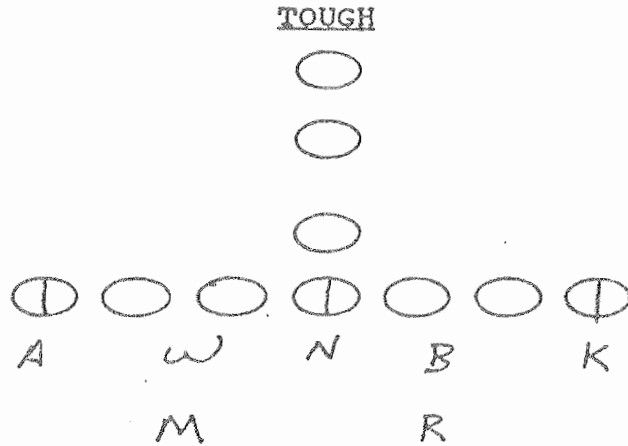
- A. Normal alignment and responsibility.

LBers:

MIK/CUT SIDE LB:

- A. Force Resp: "B" Gap

ROVER/BACKSIDE-SLOW FLOW ON PLAY AWAY:



A MAN:

A. 3 pt. stance, Align & play 6 tech.

WHIP:

A. Align & play 3 tech.

N.G.:

A. Will be determined by game plan (sub) (2 gap)

BULL

A. Align & play 3 tech.

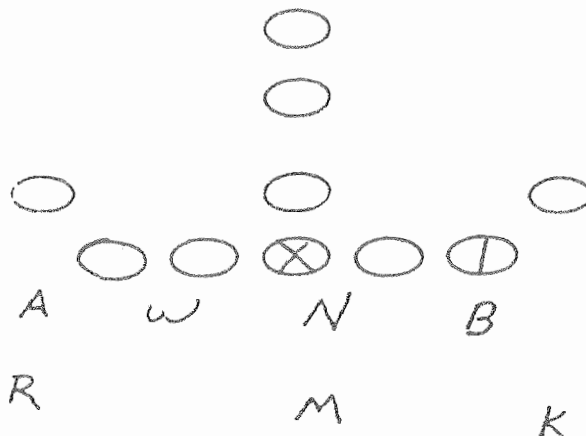
KNIGHT:

A. Align & play 6 technique.

LBers:

A. Align & play bear responsibilities.

STACK FRONT



I. A MAN:

A. Execute 6 Tech.

II. WHIP:

A. Execute 3 Tech responsibility.

III. N.G.:

A. Execute 1 Tech responsibility.

IV. BULL:

A. Execute 4 Tech responsibility.

V. KNIGHT:

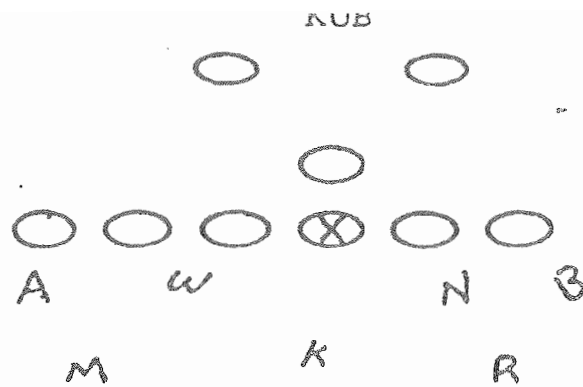
- A. Stack outside leg on slot 5 yds. deep.
- B. flow to Alley defender
- C. Flow away cutback defender.

VI. MIKE:

- A. Align in 2I Tech. to N.G. 5 yds deep.
- B. Flow to QB player (Loop BLocking Dive)
- C. Flow away dive player

VII ROVER:

- A. Stack outside leg of A man 5 yds deep
- B. Flow to QB player
- C. Flow away Dive defender



I. A MAN/BULL

- A. Versus T.E. align in 6 technique, inside foot back. Attack inside clavicle of T.E. (Hit Targets) C Gap responsible. Big deal dominate T.E.
- B. Versus S.E. align in a tilted 5 technique. Inside foot back. The first step is at the near hip of offensive tackle. (Hit Targets)

II. WHIP

- A. Align in a tilted 3 technique. Nose should be pointed at V of guard's neck. Inside foot back. Key near clavicle of guard. Big Deal - beat cutoff block of O.T.

III. NOSE GUARD

- A. Align eye to eye on center. Inside foot back. Attack targets you are a 2 gap player. Big Deal - Dominate the center.

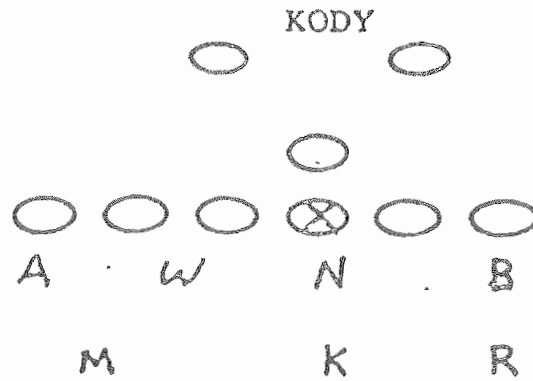
IV. KNIGHT

- A. Alignment: Stack on center
 1. 1 Back - Heels no deeper than 3 yds
 2. 2 Backs - Heels at 3 1/2 yds
- B. Responsibility:
 1. Fit on FB
 2. Defeat center zone block play side
 3. Run thru and press vs. clutter back

* Run Thru and Press inside/out to the ball

V. LBers:

- Bear Rules
- T.E. 5 Tech.
- S.E. 4 Tech.



I. A.MAN/BULL

- A. Versus T.E. align in 6 Technique, inside foot back. Attack inside clavicle of T.E. (Hit targets) C gap responsible. Big deal dominate T.E.
- B. Versus S.E. Align in 4 Technique, inside foot back. Attack inside clavicle of O.T. (Hit targets) B gap responsible. Big deal squeeze cutoff block.

II. WHIP

- A. Align in a tilted 3 technique. Nose should be pointed at V of guard's neck. Inside foot back. Key near clavicle of guard. Big deal - Beat cutoff block of O.T.

III. NOSE GUARD

- A. Align in one technique inside foot back. Attack targets you are A gap responsible. Big deal dominate the center.

IV. KNIGHT

- A. Alignment: Stack on nose guard (1 shade away from tite call)

1. Depth - Heels at 3 1/2 yds
2. Stem from Bear Look to Kody Alignment
3. VS. 2TE's or TE trade Kody checks Kub

- B. Responsibility & Technique

1. Fit and attack inside/out on FB
2. Defeat Center/Guard Blocks playside
3. Run thru and press vs. clutter back

* Run thru and press inside/out to the ball mentally

V. LBer's

- A. Alignment: BEAR RULES (5 Shade to TE, 4 Shade to SE)

- B. Responsibility & Technique:

PLAY CUT DEFENSE AWAY FROM THT CALL IF NO "HERE" CALL.
 "HERE" OR CHECK KUB PLAY BEAR DEFENSE FROM KODY/KUB
 SHADE

COVERAGES

I. COVERAGES

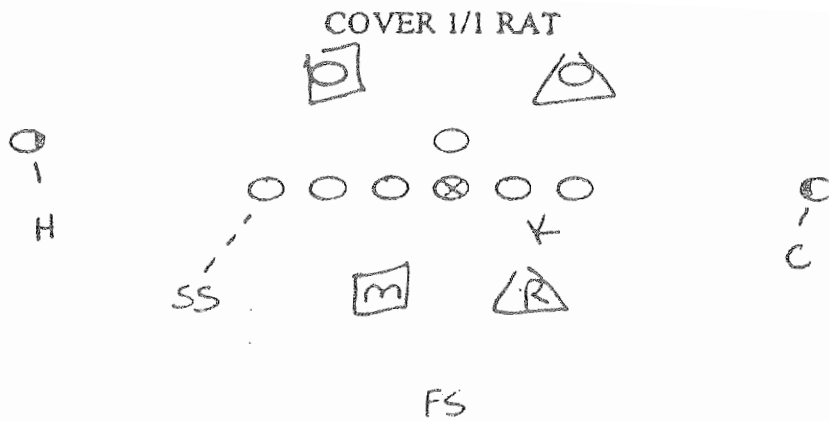
1. COVER 1/1 RAT

A. PHILOSOPHY

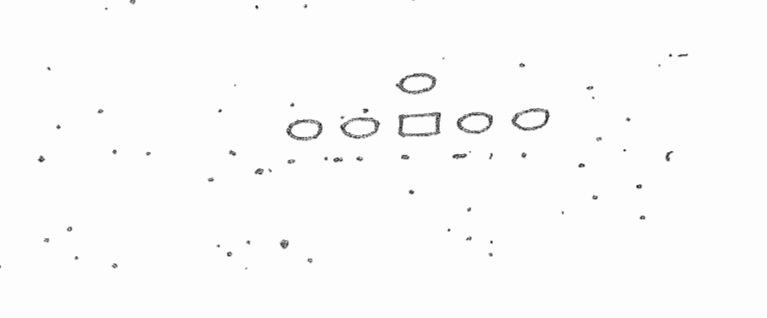
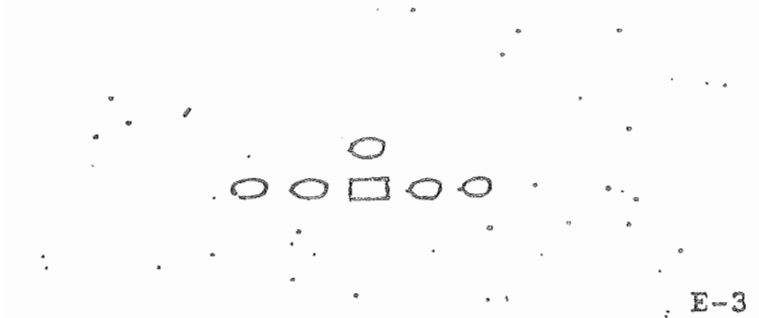
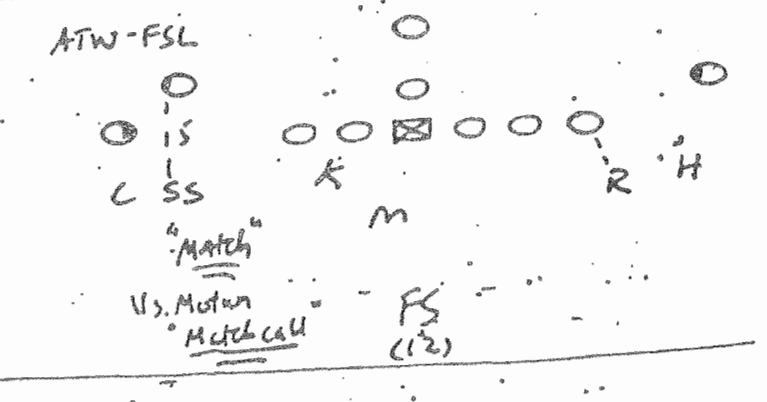
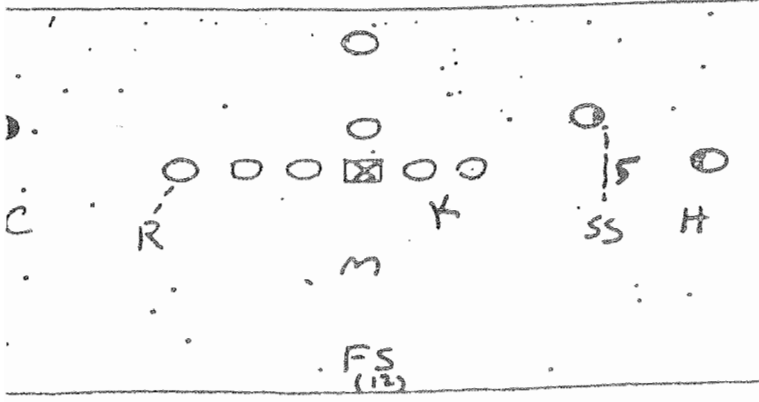
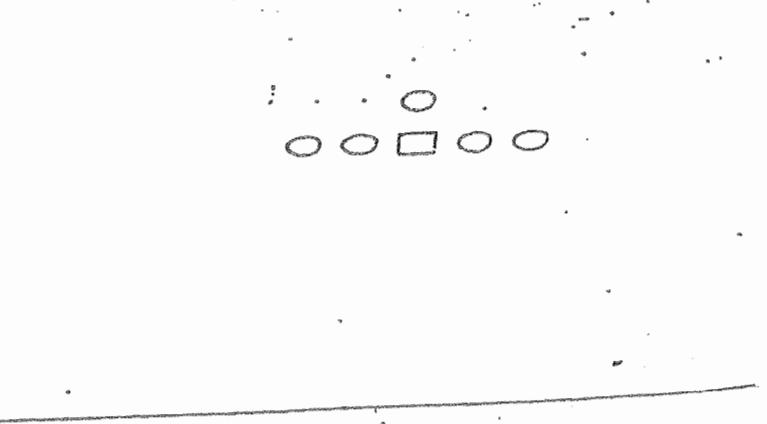
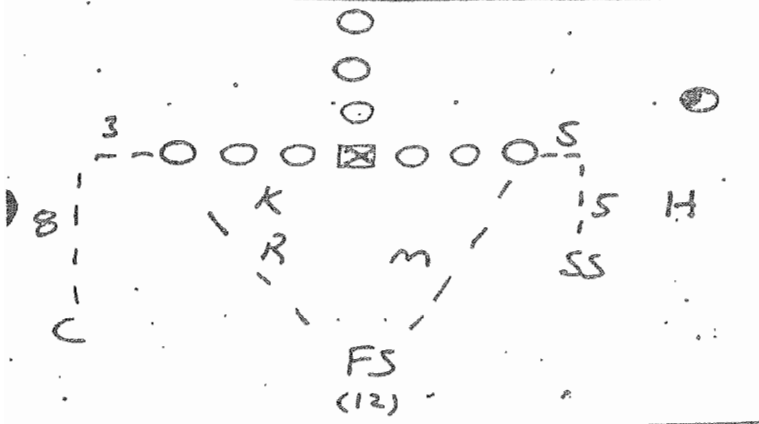
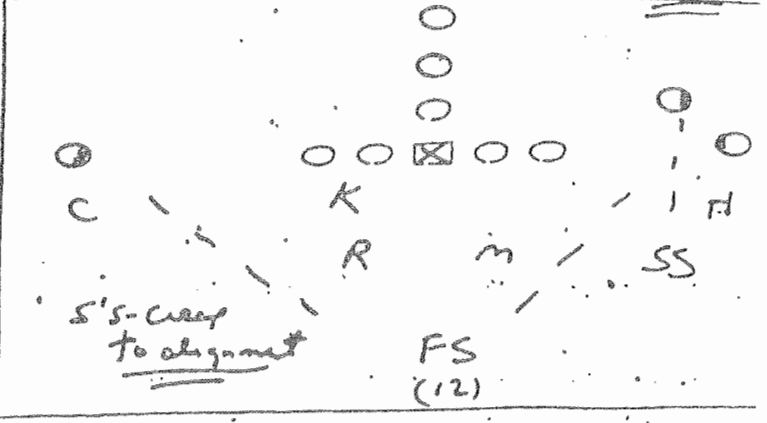
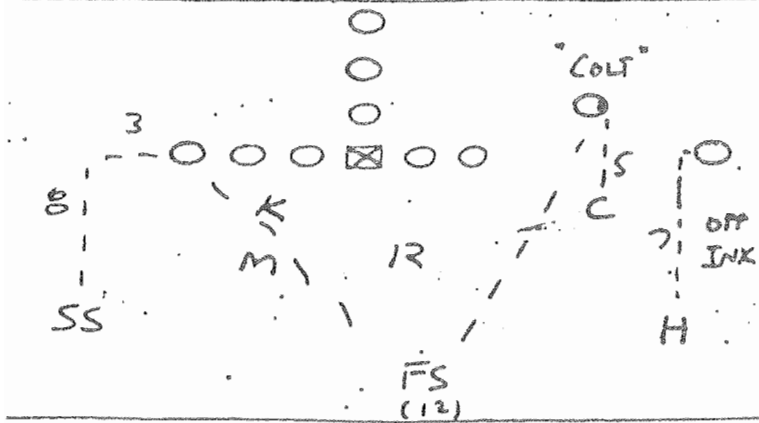
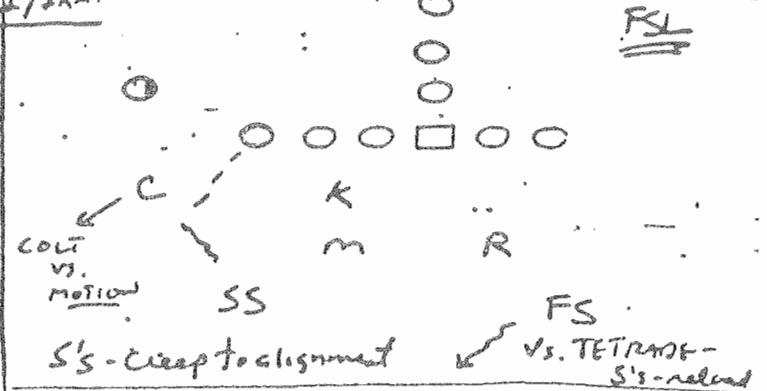
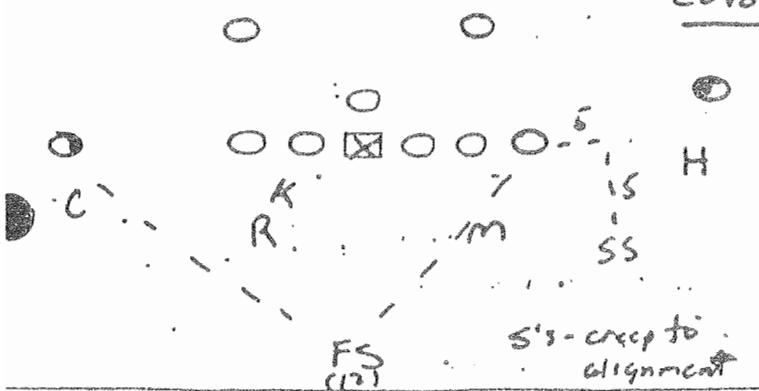
When playing cover 1, we are a personnel defend team. That is, we would prefer to match our personnel as best we can vs. the offensive personnel grouping and formation we see. This is why we have a set of alignment rules vs. 2 Backs (pro personnel), and a slightly different set of alignment rules vs. 1 Back (Trips and Flanker personnel).

- a) VS. 2 Backs – (Pro Personnel) we would prefer to defend wide receivers with the C/H, the (Y) with the SS, and the backs with R/M – keeping the free safety in centerfield, while either rushing 5 (cover 1), or rushing 4 (cover 1 rat). This is why we developed a Colt call, which indicates that the formation is a single width twins formation with 2 WR's on the strongside, with a backside #1 as a (Y). The SS and C/H communicates Colt to one another indicating that they will exchange m/m responsibility such that C/H has #2 strong, rather than #1 to their side, and the SS has #1 wk (Y).
- Upon hearing COLT, the C/H on #1 strong will move from a mirror/motor alignment to an off man technique.
 - VS. 1 Back – There is NO COLT CALL! Thusly C/H always have #1 to their side, and the SS always has #2 to the passing strength.
 - VS. Trade – FS/SS reload to keep SS on (Y).
 - VS. ZMO – C/H run with motion making “COLT” call to remind all that ownership principle is in effect.
 - VS. Spread Personnel – SS maintains ownership of #2 strong should he motion across the formation, because he remains #2 strong.
- b) VS 1 Back – There is NO COLT CALL, but now we would prefer to defend 3rd receiver sets with the SS and keep the Rover on (Y) and the Mike on the back. Thusly, we have developed a MATCH call that indicates the formation is ATW (FSL) and the SS will exchange m/m responsibility with the Rover so that the SS would take #2 weak (WR) and the Rover would take #2 to field (Y).
- NO COLT CALL – C/H will always Bump motion with 1 Back.
 - * When #2 strong motions to become #2 strong on the other side of the formation, the SS will run with the motion calling out “match” to remind all that ownership principle is in effect, and trigger a possible ✓ in our defensive front.

B)



	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	On-#1 Ink Off-#1 IS x 7 #2 div. @ 5 vs. TE 3x8	Dead key WR TE-thru TE to BF Flow	Insure Block of #1 Rule of 21	Insure Block of #1 Run-Pass	M/M	responsibility	→
FS	Split distance between #2/#1	Triangle	Insure Dump IS out Alley	IS out Alley	#'s to #'s	Work to Sprint Maintain lever-	side of 1/3 age on any deep routes
SS	TE-5x5 #2 WR div. @ 5 Colt 3x8 OSTE	Thru TE to BF Flow #2 WR-Dead key	Primary Force	Fold; Shallow Cutback	M/M	responsibility	→
H	On-#1 Ink Off-#1 IS x 7 Off-#2 div. @ 5	Dead key WR Thru TE to BF Flow	Insure Block of #1 Run-Pass	Insure Block of #1 Rule of 21	M/M	responsibility	→
Knight	Bear Alignment Flex Tech.	Flex Keys	Flex Keys Run 1st	Flex Keys Run 1st	1 = Rush 1 Rat = Banjo	Flex Keys Run 1st	Flex Keys Run 1st
Mike	Bear Rules	Bear Keys	Slide Pt.	BSLB	Man #3 Strong "Switch" Man #2 Weak Rat: 21 LB		→
Rover	Bear Rules	Bear Keys	Slide Pt.	BSLB	Man #2 WK "Switch" #3 STR Rat: 21 LB		→



2. COVER 3

A. PHILOSOPHY

Cover 3 is a hashmark call for us. In cover 3 we will always defend the field with our secondary (make red, blue call to the field), and align our SS/H to that call, while having automatic adjustments (✓ cash, ✓ frisco) vs. FSL. As stated, in cover 3 the SS/H will always align away from the (red/blue) call, and the C will always align away from the (red/blue) call. The FS will align over the OT to the field.

B. WIND/SKY

In traditional cover 3, there are essentially 5 underneath zones defended by 4 pass defenders. Rather than overlap zones, we flood in a particular direction based on personnel grouping and offensive formation.

Since cover 3 is a hashmark call, we would like to vacate the underneath zone farthest from the QB, such that the ball would travel the greatest distance and we, as defenders would have the greatest recovery time.

With this in mind:

VS. I Pro; I Spread; and any time we have a #2 threat to the boundary, we would like to play "WIND".

VS. I Twins; FSTR Pro; WK Twins, and any trips formation, (formations that tend to flood the strong zones to the field through sprint pass, getting 3 out strong, or in some cases even 4 out strong) we would like to play "SKY".

C. FSL

Because we are rotating our secondary to the field, teams are likely to align FSL and try to run the football into the boundary. Thusly, it is imperative that we have a method of checking our coverage to leverage the formation and defend this concept.

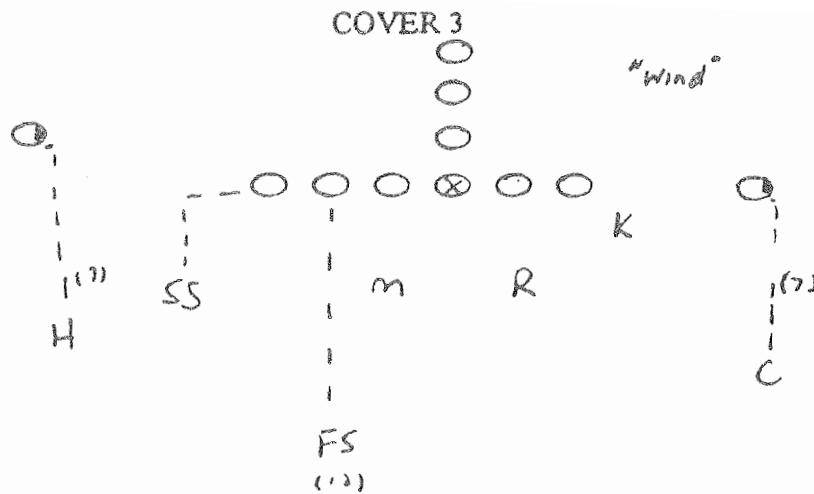
a) Cash

We will ✓ cash vs. some double width (WR's on both sides) formations into the sideline in cover 3. There can be no #2 receiver to the field (only a single X). Should a team trade or motion to the field, the coverage would simply Back to cover 3 (sky or wind).

b) Frisco (FS invert/SS deep Mid 1/3)

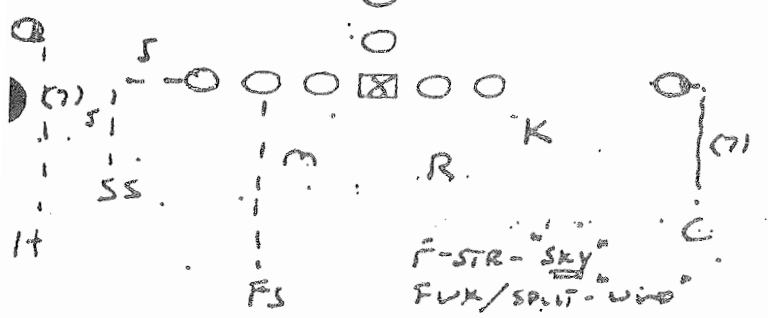
We will ✓ frisco vs. single width (WR's on one side) formations into sideline in cover 3, and possibly vs. ATW (FSL). Should a team motion to the field, we would rock and roll our safeties back to cover 3 (sky or wind) alignment.

D)

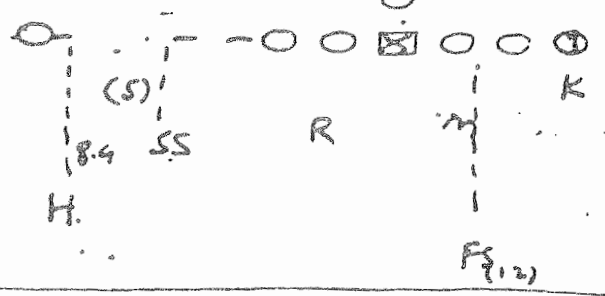


	Alignment	Key	Flow Strong	Flow Weak	DBP	Spring Strong	Sprint Weak
C	Off-Ork x7 On-Ork bail TE-3x8 OS	Ball to #1; Thru TE to BF Flow	Rule of 21	Run Pass	Deep OS 1/3	→	
FS	12 yds deep over field tackle	Triangie	Insure Dump IS out Alley	IS out Alley	Deep Mid 1/3	Work to Sprint maintaining lev	Side of 1/3 erage on any deep routes
SS	5x5 OS TE Div. @5 on #2 WR	Thru EOL to BF Flow	Primary Force	Fold Shallow Cutback	Wind - Curl Sky-Flat	Buzz Flat	Cushion for screen/throw back
H	Off-Ink x7 On-Ink Bail TE-3x8 OS	Ball to #1 Thru TE to BF Flow	Run - Pass	Rule of 21	Deep OS 1/3	→	
Knight	Bruin Alignment Walk Tech	1. QB 2. Off set Back	Flat Foot Read	Flat Foot Read	1. 3 Step 2. Wind/Sky	Wind/Sky	Wind/Sky
Mike	Bear Rules	Bear Keys	Slide Pt.	BSLB	"Wind"=Hook "Sky" = Curl "Switch" "Sky" = Hook	3rd underneath rush	→
Rover	Bear Rules	Bear Keys	Slide Pt.	BSLB	"Wind"=Flat or Curl "Sky"=Curl or Hook "Switch" "Sky"=Curl	3rd underneath rush	→

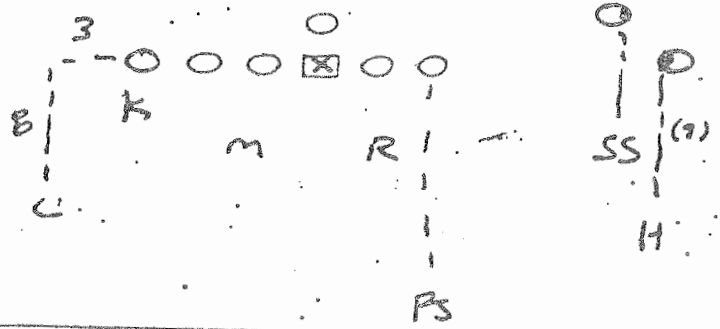
"WIND"



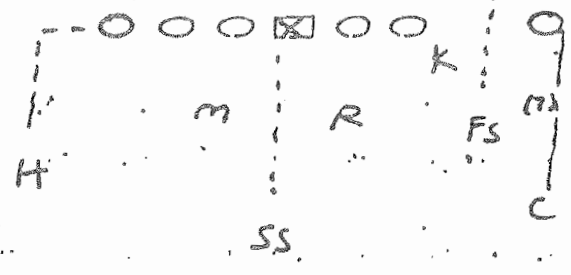
FSL-√cash



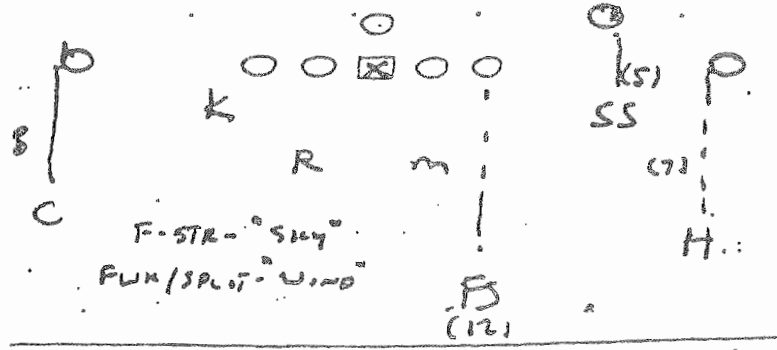
"SKY"



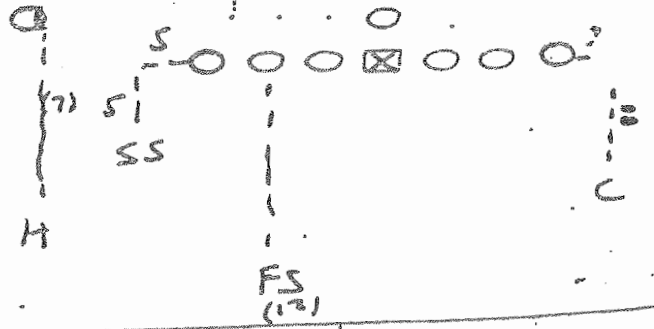
TWINS FSL
√FRISCO



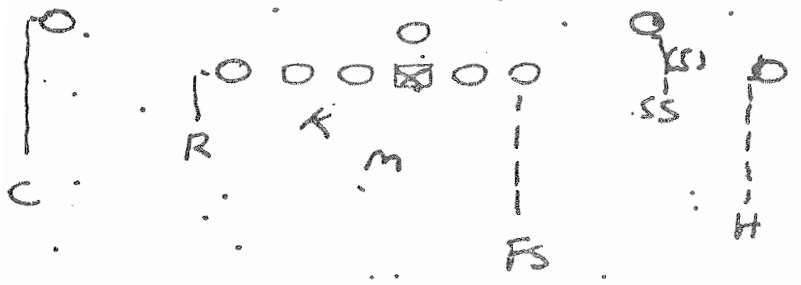
Wind → possibly sky



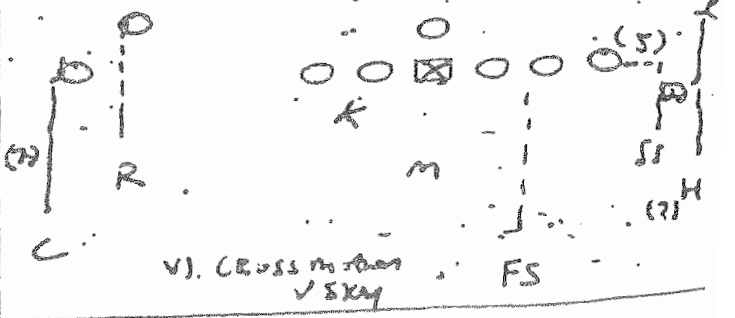
"SKY"



"WIND"

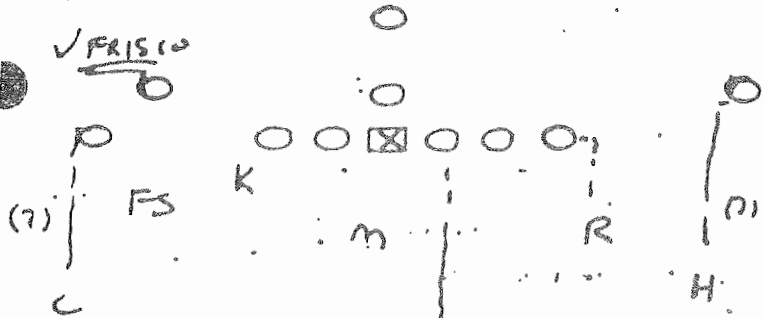


ATW FSL



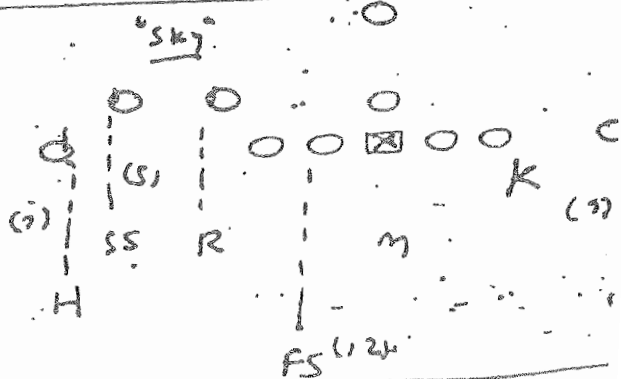
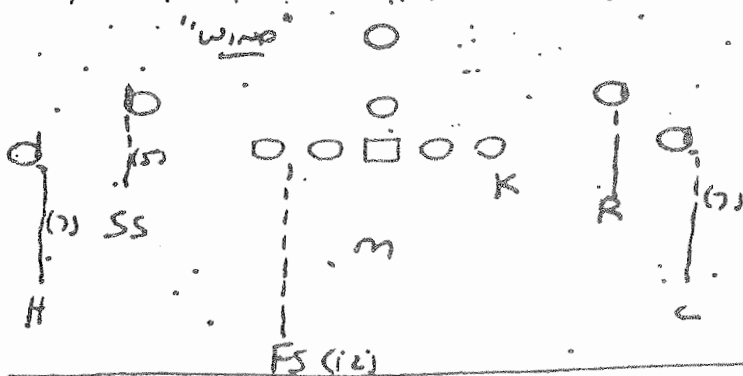
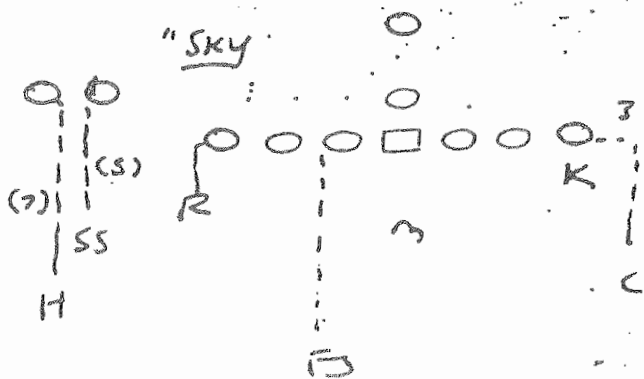
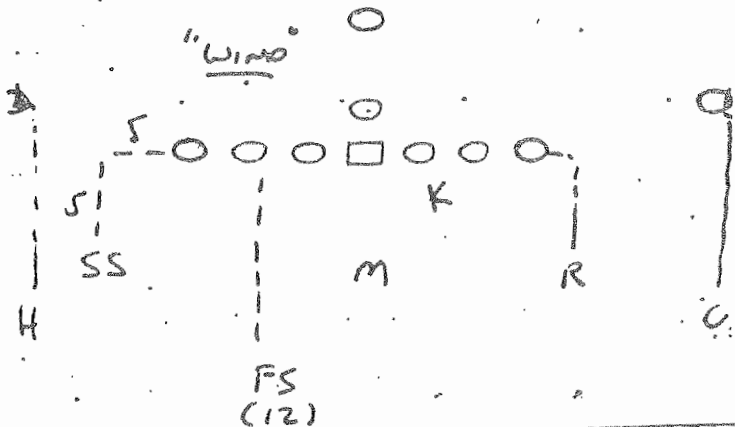
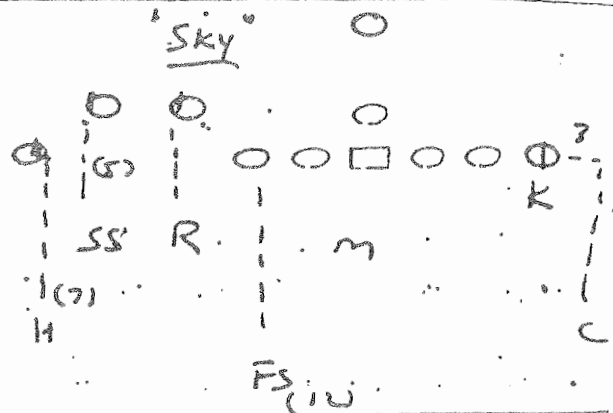
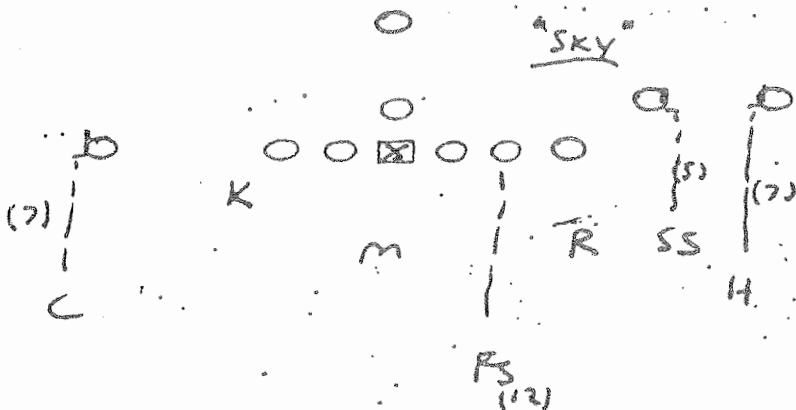
ATW FSL

✓ FRISCO



vs. CROSSMOV/3sky

SS(12) ROCK-ROH SS



3. 3 ROBBER

A. PHILOSOPHY

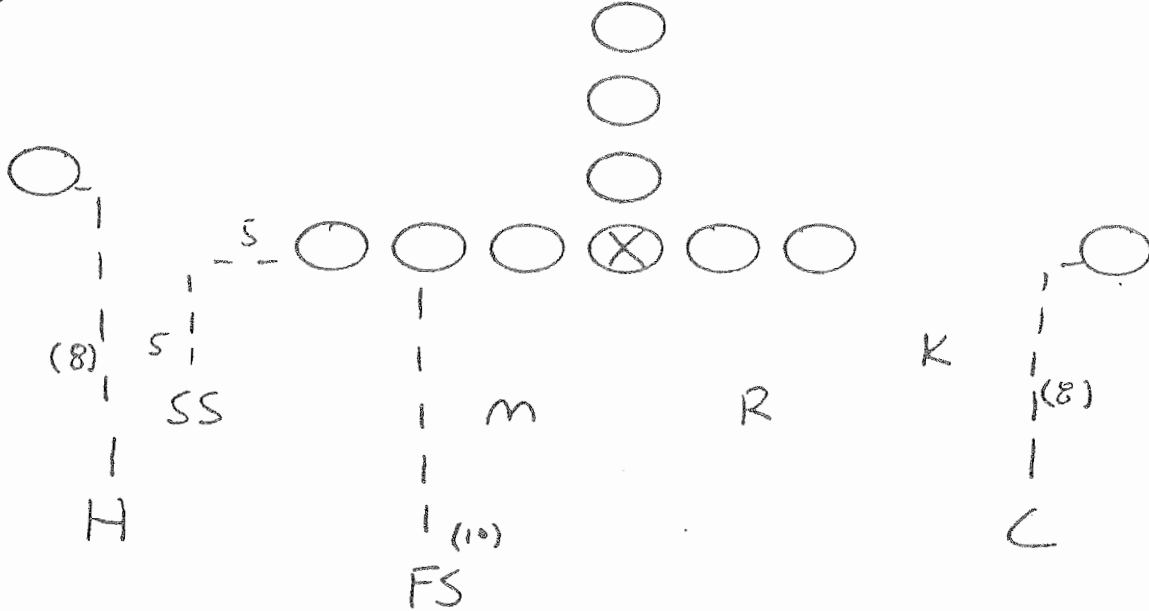
Like cover 3, 3 Robber is a hashmark call for us. In 3 robber we will always defend the field with our secondary (make red/blue call to the field, and align our SS/H to the call, having the same adjustments as cover 3 (✓cash, ✓frisco) vs. FSL. 3 robber is an aggressive robber concept with our C/H play inside and over the top of the #1 receiver to their side, with the SS in an inverted position to the field for aggressive field run support, and the FS aligned at 10 yds. Depth over the field tackle flat foot reading to aggressively support the alley both strong/weak, while keying the release of #2 to either match the vertical of #2, or rob frontside or backside #1.

B. 3 ROBBER – is a coverage that we will only call when there are 2 backs in the backfield. Should any 1 back breakout occur, the coverage would refer immediately to traditional sky, wind alignments and rules.

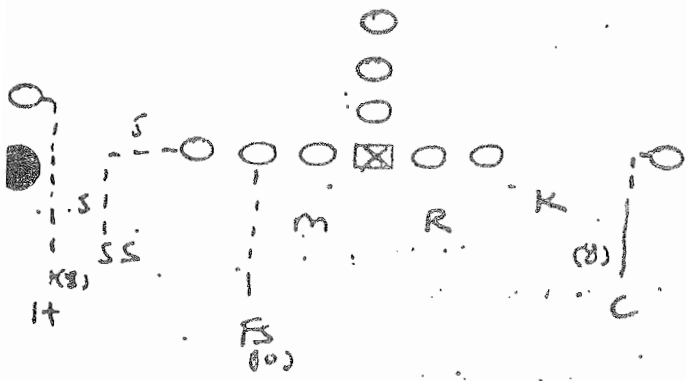
C. FSL – rules are exactly the same as those in cover 3.

D)

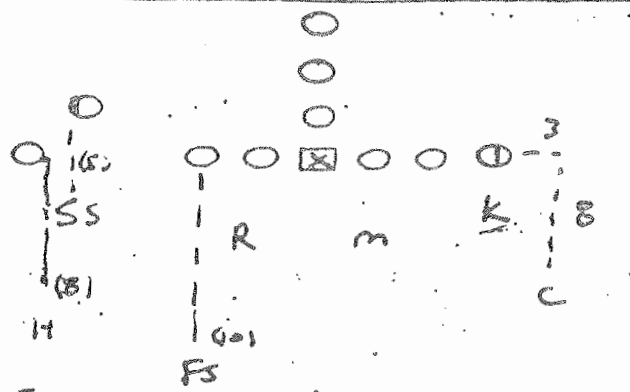
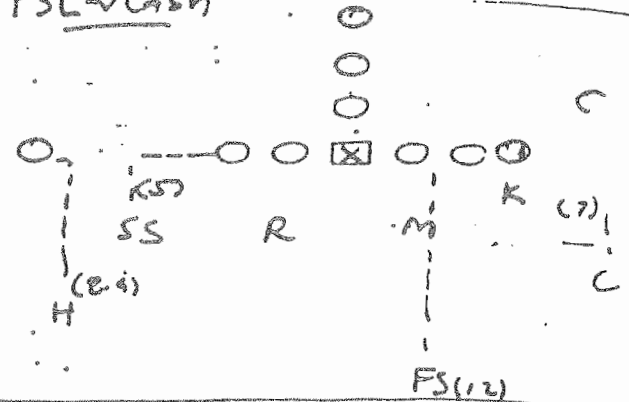
3 ROBBER



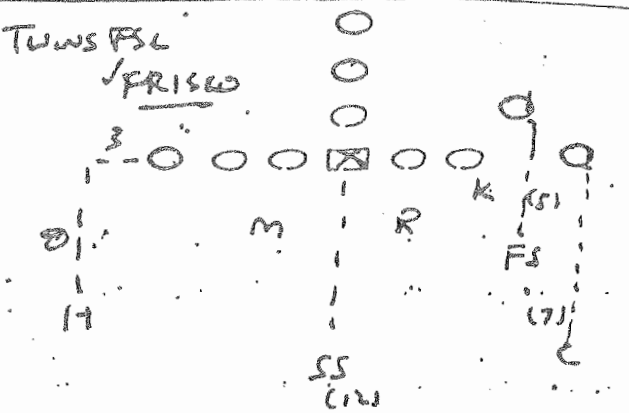
	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	Ink x 8 TE-3x8 OS	Ball to #1; Thru TE to BF Flow	Rule of 21	Run Pass	IS/Deeper than #1	→	
FS	Head up x 10 over OT to field	Triangle to #2 STR	Insure Dump; IS out Alley	IS Out Alley	Robber Tech Key #2	→	
SS	5x5 OS TE #2 WR-Ork x 5	Thru TE to BF Flow	Primary Force	Fold; Shallow Cutback	Flat	Buzz STR Flat	Cushion for screen/throw back
H	INK x8 TE-3 x8 OS	Ball to #1; Thru TE to BF Flow	Run - Pass	Rule of 21	IS/Deeper than #1	→	
Knight	Bruin or Block Alignment	1. QB 2. Offset Back	Flat Foot Read	Flat Foot Read	Wind = #1 Run with #2 thru zone	→	
Mike	Bear Rules	Bear Keys	Slide Pt.	BSLB	"Wind"	3rd underneath rush	→
Rover	Bear Rules	Bear Keys	Slide Pt.	BSLB	"Wind"	3rd underneath rush	→



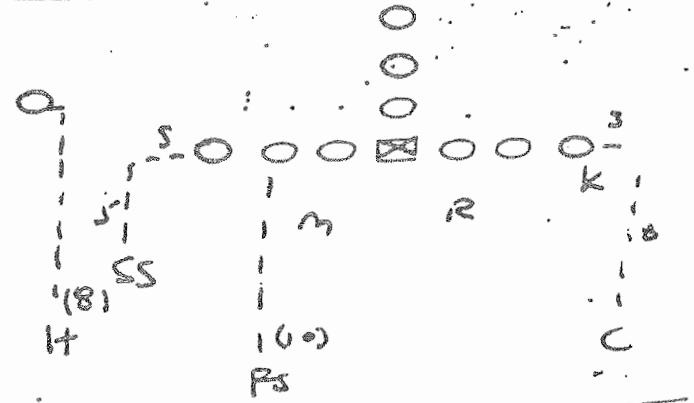
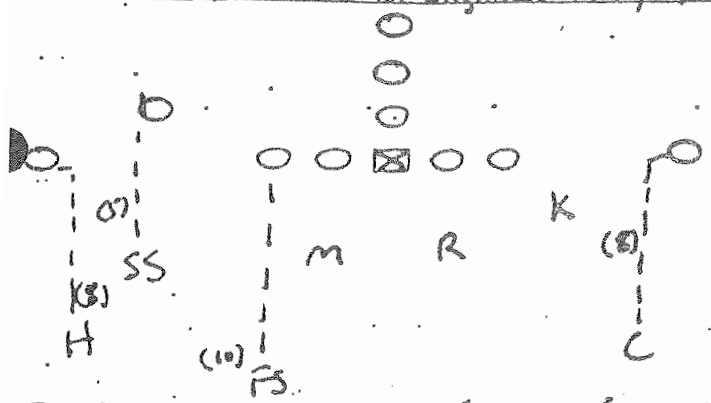
FSL-VASH



TWWS FSL
✓FRISED



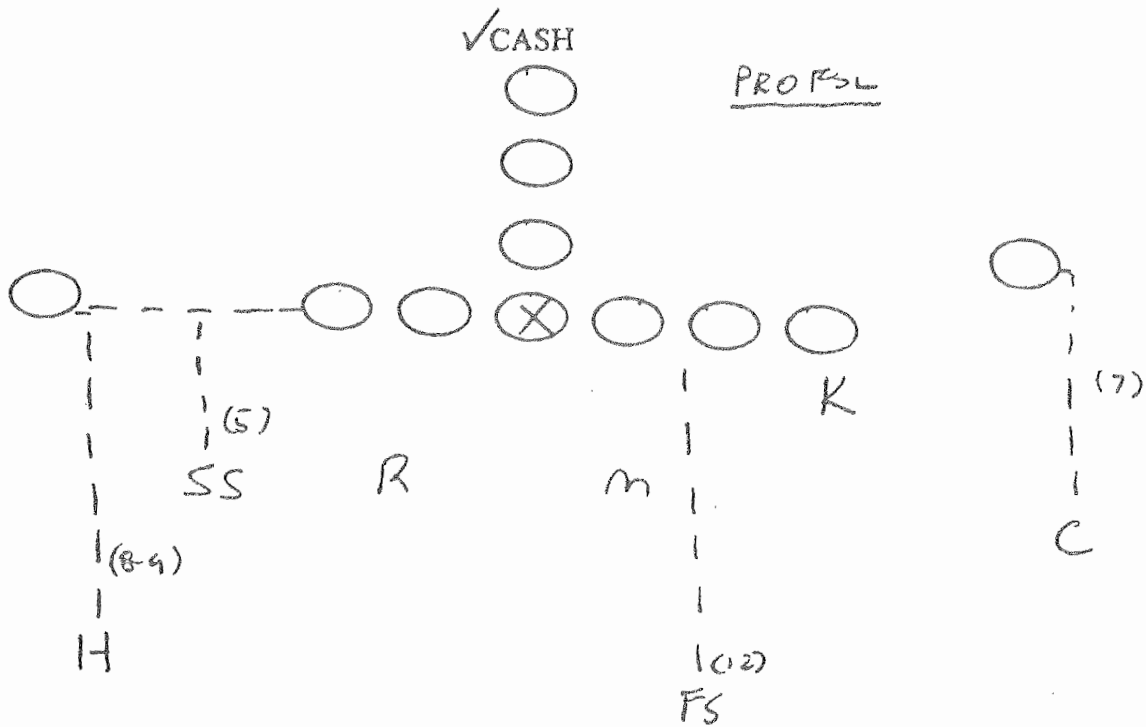
FS - Be flexible with alignment width/depth vs #2100



FS - be flexible with alignment width/depth vs #2100

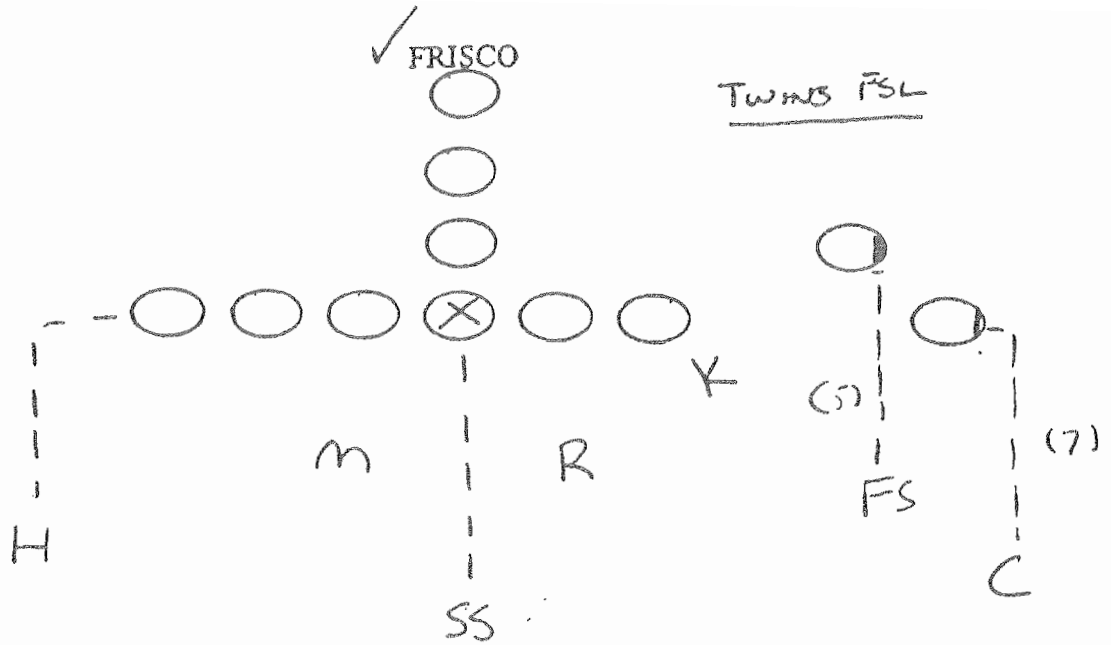


4)



	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	Ork x7	Ball to #1	Rule of 21	Primary Force	Seam to Flat	Post Tech; squeeze IS/Deeper than #1	Hammer Tech.
FS	3x 12 OS Hash	Ball to #2	Cutback	Run-Pass; Insure	Deep 1/2	→	
SS	Split difference b/t OT/#1 @5 yds.	Thru EOL to BF Flow	Primary Force	Fold Shallow Cutback	3 Sky Drop 1X10 IS #1	Buzz STR Flat	Cushion for Screen/ throwback
H	Ink x 8-9	Ball to #1	Run Pass; insure	Rule of 21	Post Tech; IS/deeper than #1	→	
Knight	Bruin Alignment walk/6	1. QB 2. Offset Back 3. TE	Flat Foot Read	Flat Foot Read	Closed - TE Open - #2	→	
Mike	Bear Rules	Bear Keys	Slide Pt.	BSLB	Curl	3rd underneath rush	→
Rover	Bear Rules	Bear Keys	Slide Pt.	BSLB	M. Hook	3rd underneath rush	→

5)



	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	Ork x 7	Ball to #1	Rule of 21	Run Pass; Insure	Deep OS 1/3	→	→
FS	Divider x5 on #2 WR	Thru EOL to BF Flow	Fold; shallow cutback	Primary Force	Wind - Curl Sky - Flat	Cushion for Screen/ throwback	Buzz Flat
SS	12 yds deep over ball	Triangle	IS Out Alley	Insure Dump IS out Alley	Deep Mid 1/3	Work to Sprint maintaining on any	side 1/3 leverage deep routes
H	3 x 8 OS TE	Thru TE to BF Flow	Primary Force	Rule of 21	Deep OS 1/3	→	→
Knight	Bruin Alignment Walk	1. QB 2 Offset Back	Flat Foot Read	Flat Foot Read	Wind - #2	→	→
Mike	Bear Rules	Bear Keys	Slide Pt.	BSLB	Curl	3rd underneath rush	→
Rover	Bear Rules	Bear Keys	Slide Pt.	BSLB	M. Hook	3rd underneath rush	→

6. COVER 11

A. PHILOSOPHY

- a) Cover 11 is a coverage designed to provide excellent support to both the TE and side open side of a double width formation.

B. Cover 11 is a coverage designed for aggressive safety play. We will run cover 11 vs. PRO/FLK personnel.

As in cover 1, when playing cover 11, we are a personnel defend team. That is, we would prefer to match our personnel as best we can vs. the personnel grouping and formations we see. This is why we have a set of alignment rules vs. Pro Personnel and a set of alignment rules vs. Flanker Personnel.

- a) VS. Pro Personnel – Our alignment rules are exactly the same as cover 1. We would prefer to defend wide receivers with C/H, the (Y) with the SS, with the FS going away from the (Y). Thusly, “COLT” alignment rules are in effect vs. Twins, bur rather than playing cover 1, we would ✓the coverage to 3 Rob!

- VS Trade – SS/FS reload SS to TE side – Stay 11.
- VS Z MO Twins – C/H run with motion making “COLT” call to remind all of alignment rules – FS will ✓coverage to 3 ROB!
- Same would hold true vs. z mo pro, and the coverage would II!

- b) VS. Flanker Personnel – As in cover 1, there is NO COLT CALL

VS. Ace Flanker – Cover 11 plays!

VS. Ace Trey Tite - ✓3 sky with the SS inverting to a position of support.

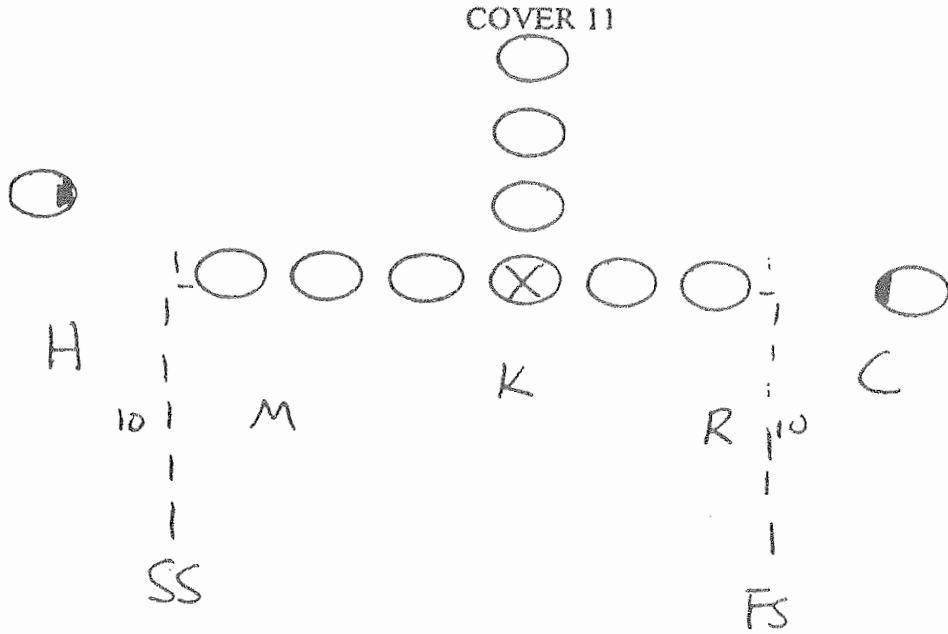
- NO COLT CALL – C/H will Bump Motions!

C. I'm Here

I'm here calls are made in cover 11 by the S's to the Rover/Mike to indicate that...

- The Safety is pitch/contain; primary force player to that side of the formation, and therefore the Rover/Mike can work to the slide point staying inside out to the ball, and thusly taking QB to pitch on option.
- The Safety is the cutback/counterpoint player on flow away, therefore the Mike/Rover can be extremely aggressive on run plays away, playing over top of any blocks.

E.



	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	On-Ink	Dead Key #1 WR	Rule of 21	Run-Pass, Insure	Near Man to 1/3	→	→
FS	1x10 OS EOL	Thru EOL to BF Flow	Cutback	Primary Force	Robber, Curl to Post	→	→
SS	1x10 OS EOL or 3x10 OS EOL	Thru EOL to BF Flow	Primary Force	Cutback	Robber, Curl to Post	→	→
H	On-Ink	Dead Key #1 WR	Run-Pass, Insure	Rule of 21	Near Man to 1/3	→	→
Knight	Kub Kody	FB	Fit On FB Run Thru	Fit On FB Run Thru	Middle Hook Never Chase	Run Thru Pull up QB	Run Thru Pull up QB
Mike	Bear Rules Kody Shade	Bear Keys	Slide Pt.	BSLB	C/F Jet	→	→
Rover	Bear Rules Kody Shade	Bear Keys	Slide Pt.	BSLB	C/F Jet	→	→

7. COVER 5/COVER 2

A. PHILOSOPHY

Cover 5/Cover 2 are coverages that, like cover 11, will be run from our Kub/Kody package. These coverages will be run to provide change - ups on the perimeter in both the run game and pass game.

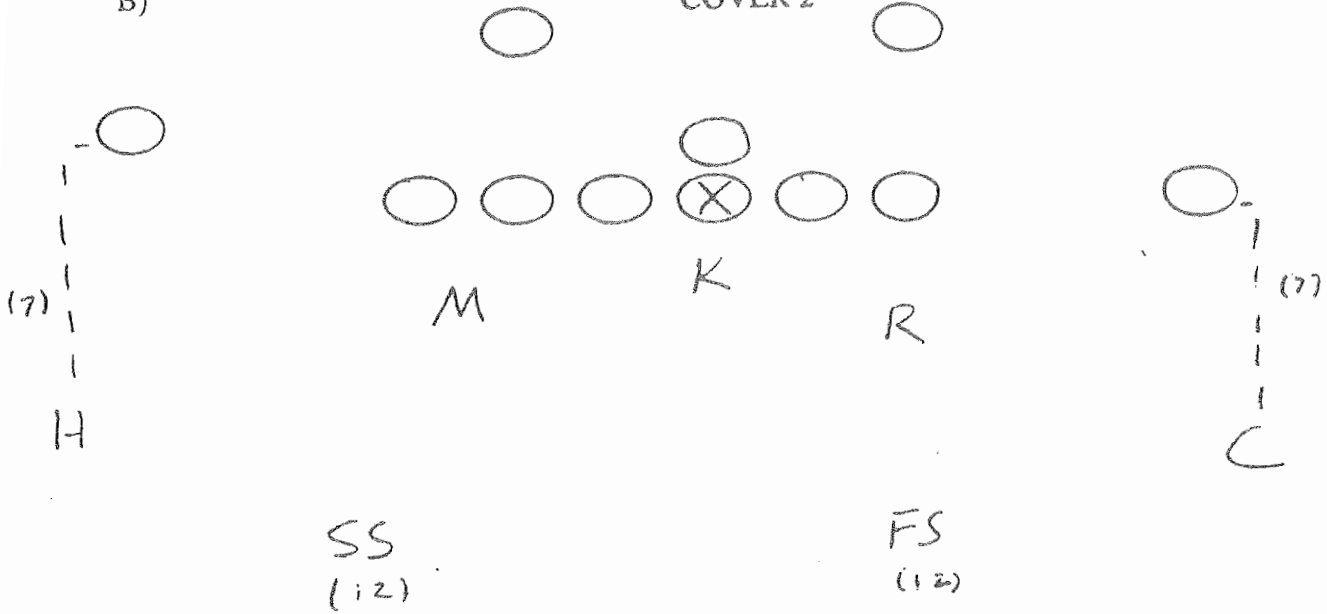
* Cover 11 alignment rules and ✓'s are in effect when we play cover 5/Cover 2.

Vs. Twins - "COLT" - ✓ 3 Rob

Vs. Ace Trips Tite - ✓ 3 Sky

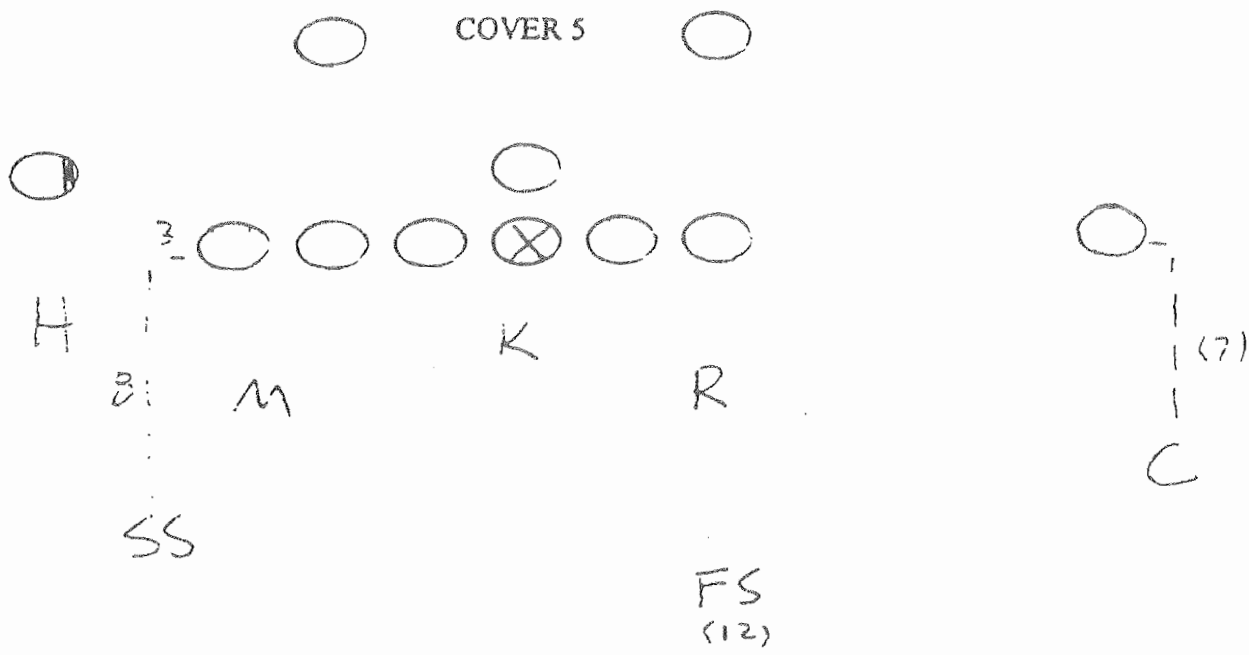
B)

COVER 2



	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	OS x 7 #1	Ball to #1	Rule of 21	Cloud Support Pitch/Contain	Seam to Flat	Post Tech; squeeze IS/Deeper than #1	Hammer Tech.; Flat
FS	MOF 2x12 OS Hash Hash 3x12 OS Hash	Ball to #2	Cutback	Run-Pass; Insure	Deep 1/2	Skate to deep mid 1/3	Skate to deep OS 1/3
SS	MOF 2x12 OS Hash Hash 1x12 OS Hash	Ball to #2	Run-Pass; Insure	Cutback	Deep 1/2	Skate to deep OS 1/3	Skate to deep Mid 1/3
H	OS x 7 #1	Ball to #1	Cloud Support; pitch/contain	Rule of 21	Seam to Flat	Hammer Tech; flat	Post Tech; Squeeze Is/Deeper than #1
Knight	Kub Kody	rB	Fit On FB	Fit On FB	Middle Hook 12 yd. Depth	Run Thru Pull up QB	Run Thru Pull up QB
Mike	Bear Rules Kody Shade	Bear Keys	Slide Pt.	BSLB	Curl	→	→
Rover	Bear Rules Kody Shade	Bear Keys	Slide Pt.	BSLB	Curl	→	→

C)



* Cover 5 is a Hashmark call

* VS. FSL - Cover 5 's Cover 11 - If Z MO Twins "COLT" 3 Rob

	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	OS x 7 #1	Ball to #1	Rule of 21	Cloud Support; Pitch/Contain	Seam to Flat	Post Tech; Squeeze inside/deeper than #1	Hammer Technique Flat
FS	3x12 OS Hash	Ball to #2	Cutback	Run-Pass; Insure	Deep 1/2	Skate to deep mid 1/3	Skate to deep OS 1/3
SS	3x8 OS TE	Thru EOL to BF Flow	Primary Force	Cutback	Robber; Curl to Post	—	Deep Mid 1/3
H	On-Ink Off-Ink x 7	On-Dead Key #1 WR Off- Ball to #1	Run-Pass; Insure	Rule of 21	Near man to 1/3	—	Post Tech.; squeeze IS/Deeper than #1
Knight	Kub Kody	FB	Fit On FB	Fit On FB	Middle Hook	Run thru Pull up QB	Run thru Pull up QB
Mike	Bear Rules Kody Shade	Bear Keys	Slide Pt.	BSLB	C/F Jet	→	→
Rover	Bear Rules Kody Shade	Bear Keys	Slide Pt.	BSLB	Curl	→	→

8. COVER 7

A. PHILOSOPHY

Certain opponents that we will play will demonstrate a strong tendency to run/pass to the open side of a twins formation, or a strong tendency to run/pass to the strongside of a pro/spread formation, and in some cases demonstrate a strong tendency to run/pass to the 3 receiver side of a trips formation. If this is the case, it would be in our best interest to overload our coverage to best defend the formation we see. We have 3 methods of doing this.

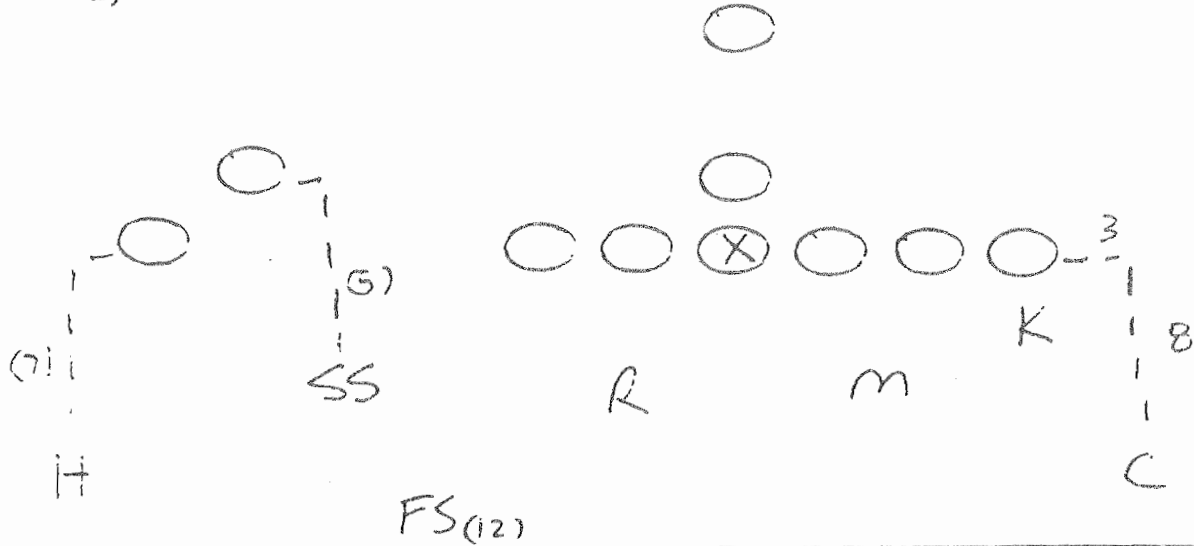
a) √1 – We could simply say √7 vs. pro/spread is a team has a tendency to work strong in these sets.

b) Squeeze – Squeeze is prefix that tells us to √7 vs. any single width formation (receivers only on 1 side, with a backside #1 as a TE (Y)).
(Twins, Ace Trey Tite, Ace Trips Tite)

c) Squirt – Squirt is a prefix that tells us to √7 vs. any 3x1 formation to the field. (Ace Trips, Ace Trey, Ace Trips Tite, Ace Trey Tite, and in some case F STR Pro, F STR Spread, F WK Twins)

B)

COVER 7



	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	#1 WR Ink x8 #1 TE 3x8 OS	Ball to #1; Thru TE to BF Flow	Rule of 21	Run/Pass VS. #1 TE Primary Force	IS/Deeper Than #1	→	
FS	MOF-2x12 OS STR Hash Hash 1 x2 OS STR Hash	Ball to #2	Run-Pass; Insure	Cutback	Deep 1/2	Skate to Deep OS 1/3	Skate to Deep Mid 1/3
SS	vs. #2 TE 5x5 OS vs. #2 WR Ink x5	Thru EOL to BF Flow Ball to #2	Alley; Attack; Make ball spill	Fold inside; shallow cutback	STR Curl #2	→	
H	OS x 7 #1	Ball to #1	Cloud Support; Pitch/Contain	Rule of 21	Seam to Flat	Hammer Tech. Flat	Squeeze IS/Deeper than #1
Knight	Bruin Walk	1. QB 2. Off Set Back	Flat Foot Read	Flat Foot Read	#1 To #2 Thru Zone	→	
Mike	Bear Rules	Bear Keys	Slide Pt.	BSLB	M. Hook "Switch" Curl	3rd underneath rush	→
Will	Bear Rules	Bear Keys	Slide Pt.	BSLB	Curl "Switch" M. Hook	3rd underneath rush	→

9. COVER 9

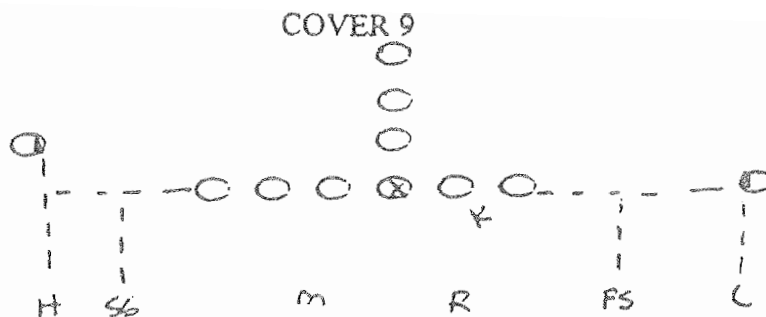
A. PHILOSOPHY

Cover 9 is a 6 across picket fence coverage utilized in the compete zone (+ 10 in) to place our safeties in the alley for quick and immediate support vs. run game and to force the ball to be passed over our head and in front of the endline (not that easy).

In cover 9, vs. pass, it is imperative that we as DB's play our 1/6; never working deeper than 4 yards into the end zone, as we would like to cut across the flight of the ball in our breaks! Clue the QB aggressively! Collision routes when you have a jam of opportunity!

B. C/H – We will take away the slant by alignment, and take away the fade through our technique, vision, and playing the ball, as we invite the fade, and force the ball to be thrown between ourselves and the endline!

C)



- * SS/H Align to the Red/Blue Call
- * FS/C Align away from the Red/Blue Call

	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	Ink x 1/2 Distance to GL	Ball to #1	Sit and bounce; anticipate boot/naked	Cloud Support; Pitch/Contain	Seam to flat	—	Hammer Technique; Flat
FS	Split distance B/T #1/QB @ 1/2 distance to goalline	Thru EOL to BF Flow	Sit and bounce; anticipate boot/naked	Alley; QB to pitch make ball spill	1/6 Final #2	→	
SS	Split Distance B/T #1/QB @ 1/2 distance to goalline	Thru EOL to BF Flow	Alley QB - Pitch make ball spill	Sit and bounce; anticipate boot/naked	1/6 Final #2	→	
H	Ink x 1/2 Distance to GL	Ball to #1	Cloud Support; Pitch/Contain	Sit and bounce; anticipate boot/naked	Seam to Flat	Hammer Tech. Flat	Seam to Flat
Knight	Bear Bruin	Bear Bruin	Run 1st	Run 1st	Rush	Rush	Rush
Mike	Bear Rules * Ace 2x2 3 Tech.	Bear Keys	Slide Pt.	BSLB	1/6	3rd underneath rush	→
Rover	Bear Rules * Ace 2x2 3 Tech.	Bear Keys	Slide Pt.	BSLB	1/6	3rd underneath rush	→

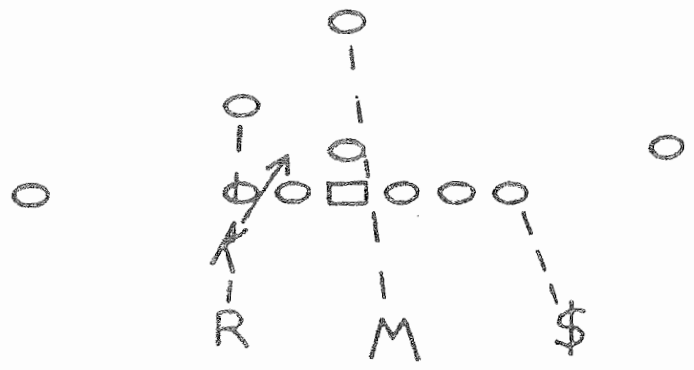
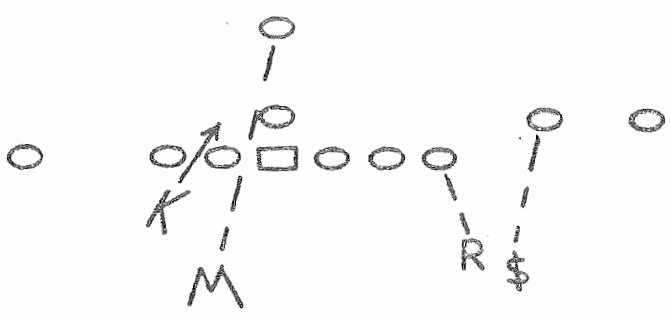
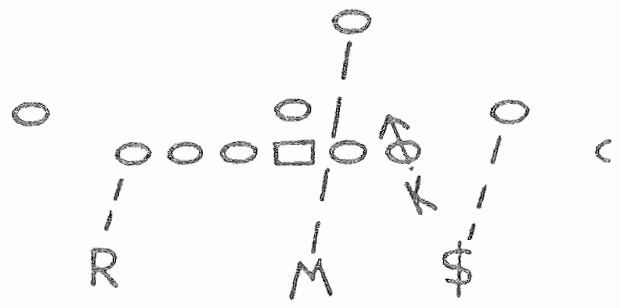
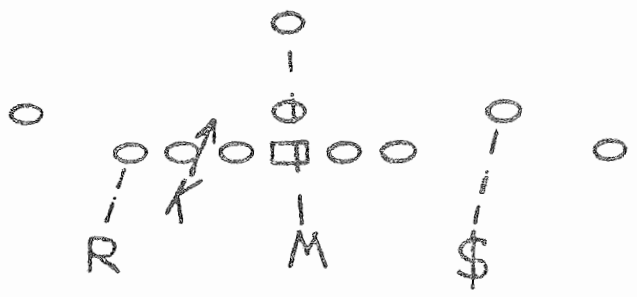
C/H - If WR under (-) Splits relative to dividers, adjust to ORK and anticipate fade route.
 C/H - VS #1 TE - Align 1/2 distance to GL by 1/2 distance to GL (EX 10 yds = 5x5)

UNDERNEATH COVERAGE SECTION

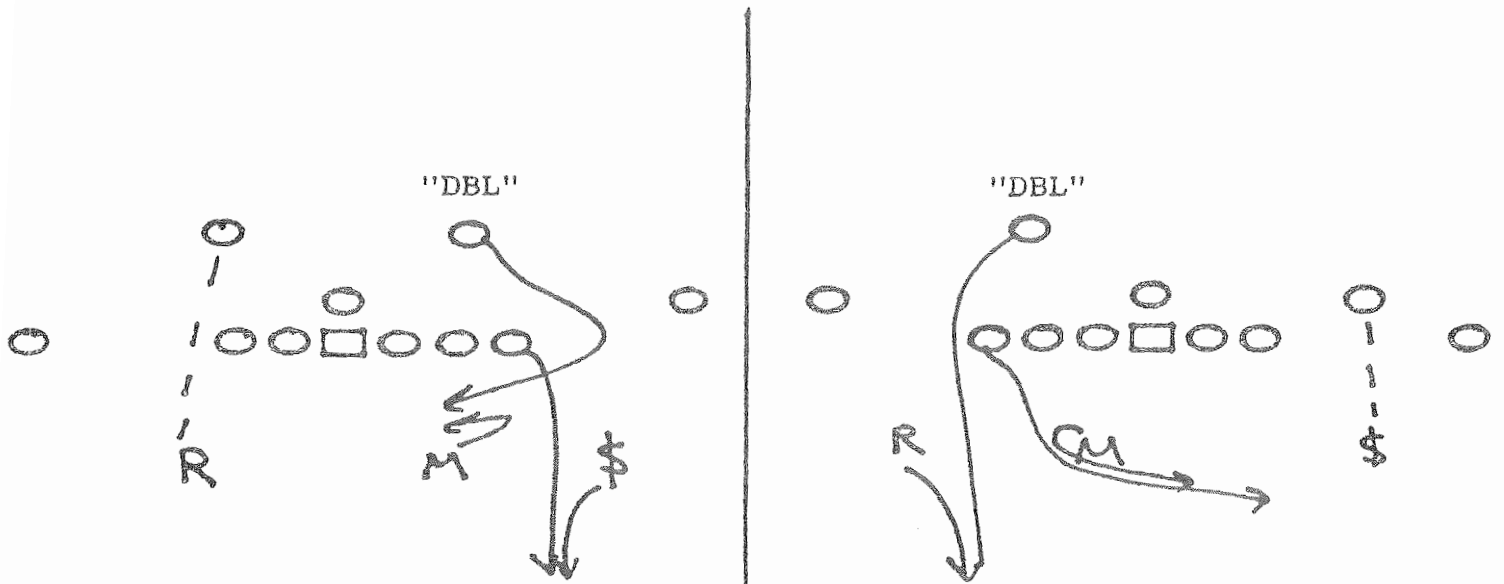
I. DEFINITION

- A. FLAT - Zone approximately 12 yards deep, inside the final #1 (widest) receiver.
- B. CURL - Zone approximately 12 yards deep, inside the final #2 receiver.
- C. HOOK - Zone approximately 10 yards deep, on top of or inside of the final #3 receiver.
- D. C/F - Defend curl expand with first route to FLAT.
- E. C/F - Jet - Over play curl, jump first route to FLAT, carry Jet Route.
- F. "FLAG" - Call used by KNIGHT to communicate to NG, Bull and Whip that he will rush vs pass.
- G. RAT - Inside zone drop used by a LB or KNIGHT within cover 1 to help man coverage defenders with short and intermediate inside routes. Knight wall 1st crosser to SE side. Mike wall 1st crosser to TE side. No crosser either way Mug QB.
- H. "BANJO" - Combo coverage between Knight and LB or LBs vs 1 or 2 Backs in, Rat. Match up with Back or Backs as they declare FREE defender becomes Rat. Knight makes "BANJO" Call.
- I. "DOUBLE" - Technique used within cover 1 between two defenders to cover a TE and RB who are aligned in close proximity (AS).
- J. "BOX" - Pre Snap call & technique used within cover 1 or 8 to absorb routes of #1, #2 and #3 any time the #1 receiver has a split which is 8 yds or less from #3 (Bunch Set). Motion can trigger a "BOX" check. The widest defender (H or C) keys the #3 receiver. The H or C absorbs the first route to the flat. The #2 defender (S or R) presses and man covers the #2 receiver. The 3rd inside defender (Rover or Mike) walls and absorbs any underneath route by #1 or #3 receiver. The FS keys the #3 receiver. The FS man covers the first inside vertical threat. C/H away from "BOX" have no FS help, play inside leverage.
- K. "PICK" - Pre-Snap call & technique between Mike and Knocker to handle Ace Swing, TE pick combination within Cover 1. VS Ace Swing to TE side Mike covers TE. Knocker comes off TE route to defend Ace Swing Route.
- L. "TANGO" - Pre-Snap call & technique between two knockers and Mike to handle TE crossing routes in cover 1 vs. ACE DBL THT Formations. VS. Pass, Mike walls and covers 1st underneath crosser. Knockers will let TE crossers go, and become Rat. Communicate and look for crosser from other side of formation.
- M. "SKY" - Used in C/3. "SKY" tells underneath coverage to drop to field. "SKY" gives up side line flat.
- N. "WIND" - Used in C/3. "WIND" tells underneath coverage to drop to side line. "WIND" gives up the FIELD FLAT.

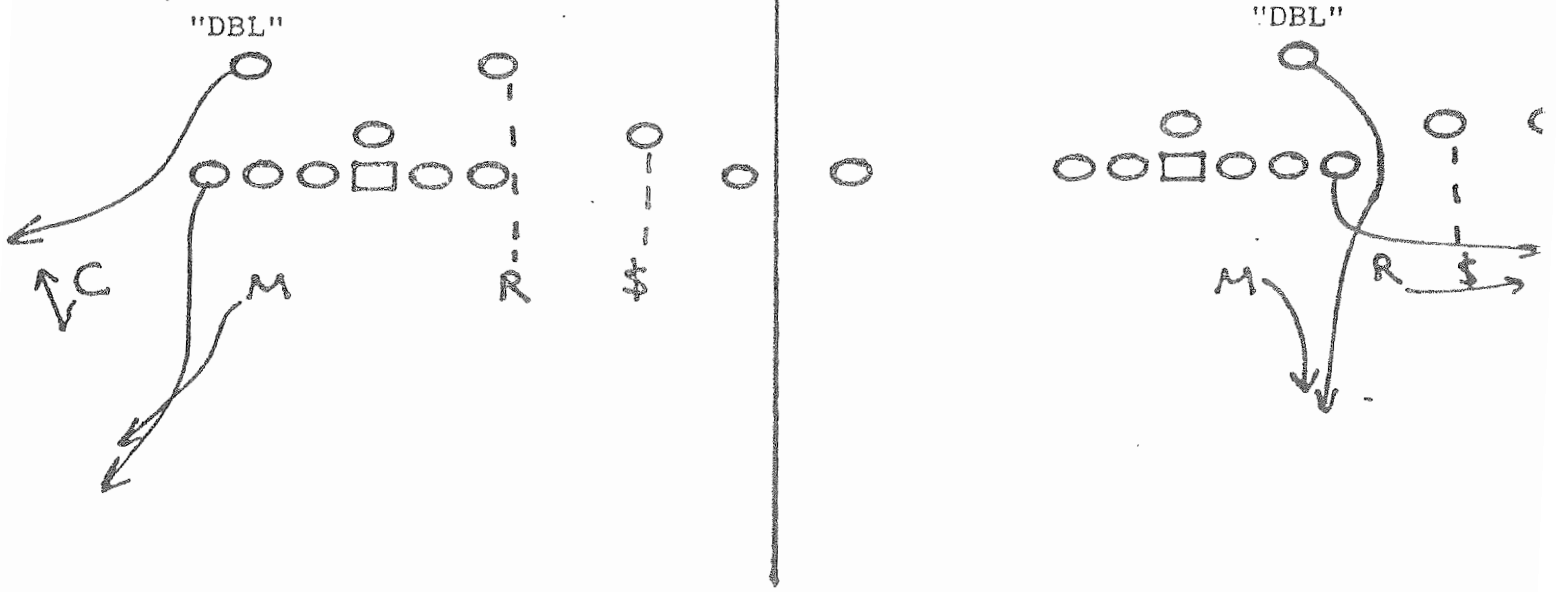
COVER 1 WITH NO CALLS



COVER 1 WITH "DBL"



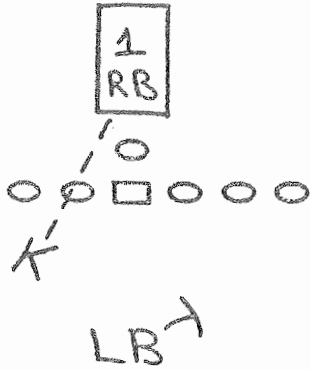
A) Knocker has TE, LB has RB, unless TE DRAGS.



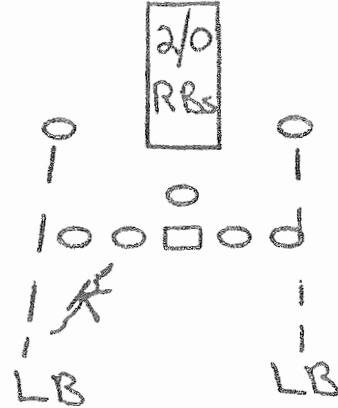
) Knocker has RB, LB has TE, unless TE Runs to FLAT.

COVER 1 RAT

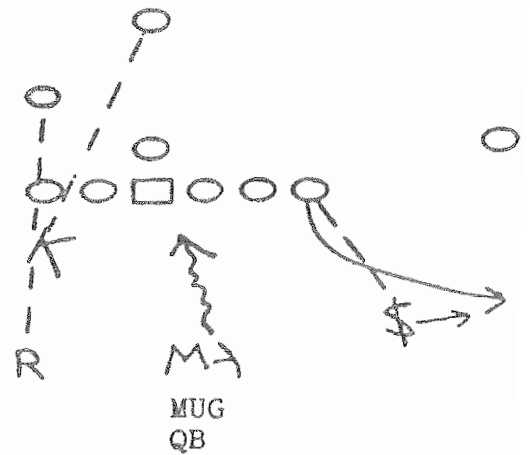
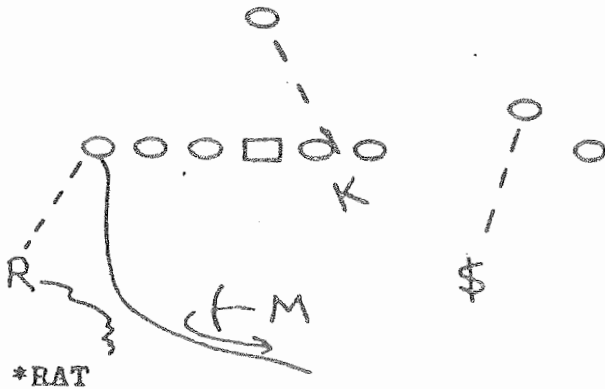
WITH NO "BANJO" CALL



B-RAT TO TE SIDE, WALL TE DRAG



KNIGHT - RAT TO SE SIDE

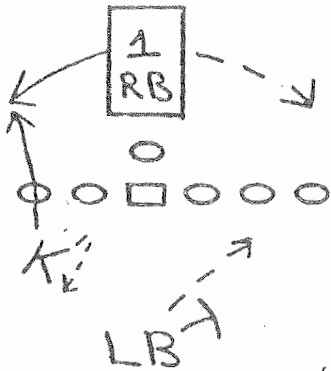


*DEFENDER COMES OFF TE DRAG AND BECOMES RAT DROPER IF RAT LB TAKES DRAG.

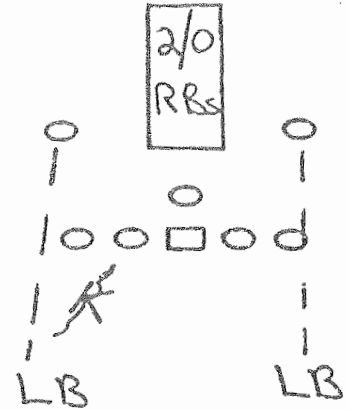
COVER 1 RAT

WITH "BANJO" CALL

"BANJO"

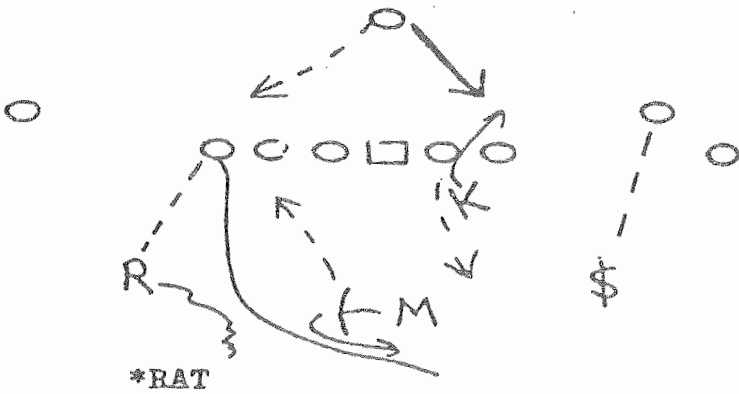


LB-RAT TO TE SIDE, WALL TE DRAG

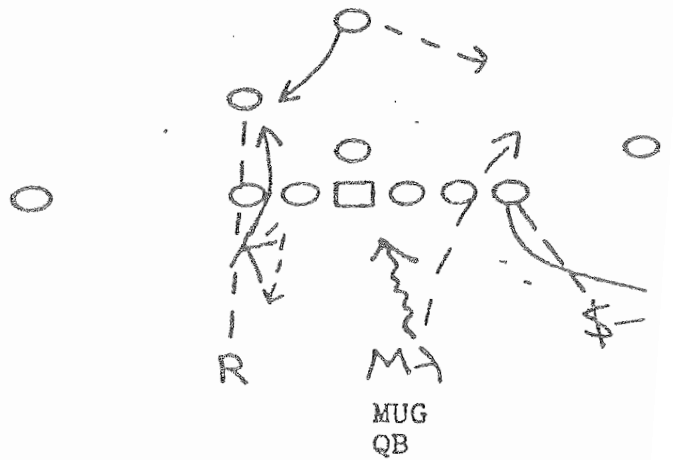


KNIGHT - RAT TO SE SIDE

"BANJO"

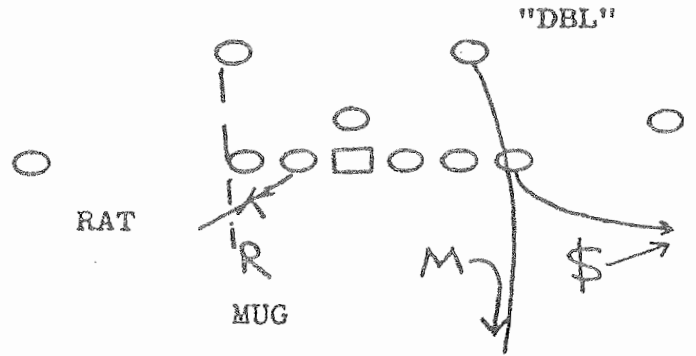
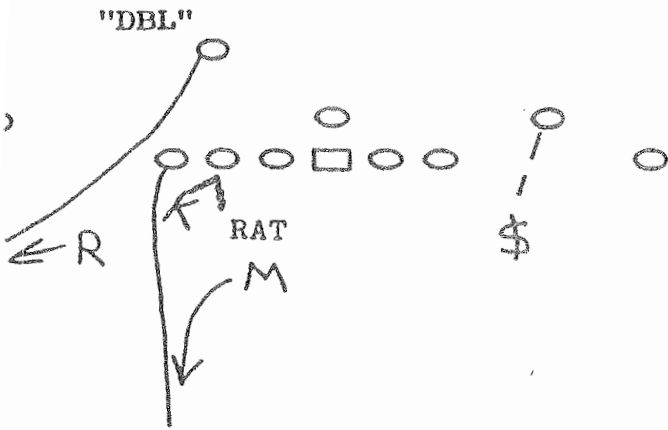


"BANJO"

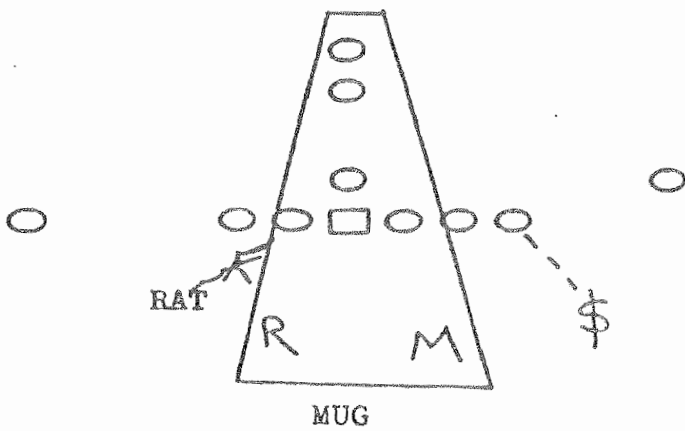


DRAG AND BECOMES RAT DROPER IF RAT LB TAKES DRAG.

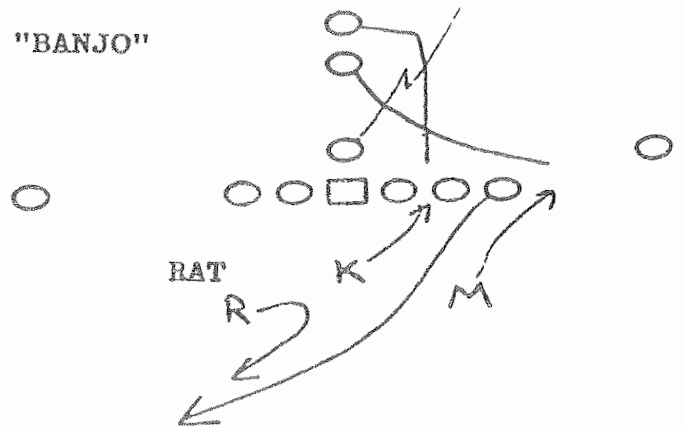
COVER 1 RAT



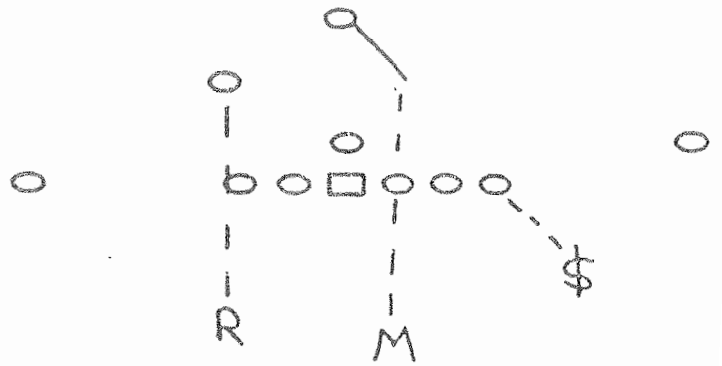
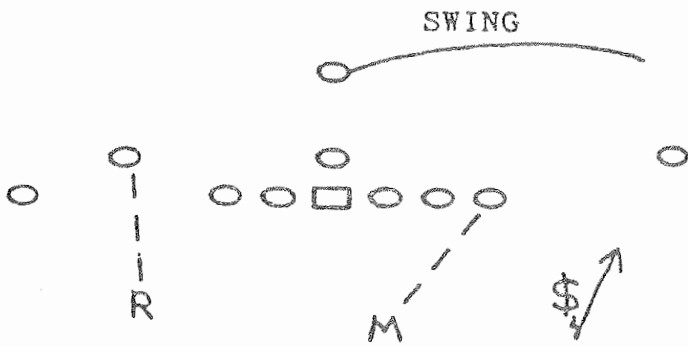
KODY/KUB 1 RAT



"BANJO"

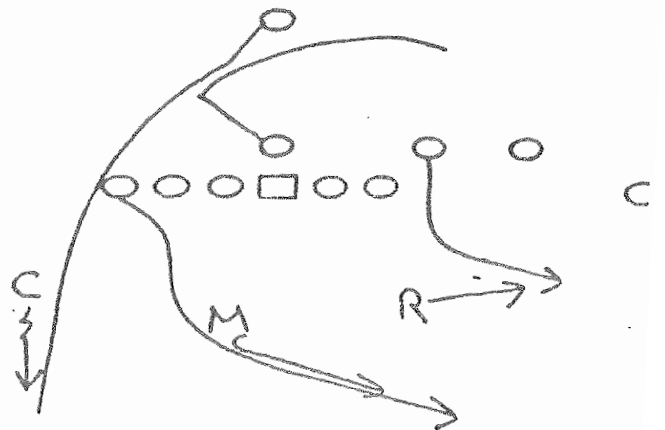
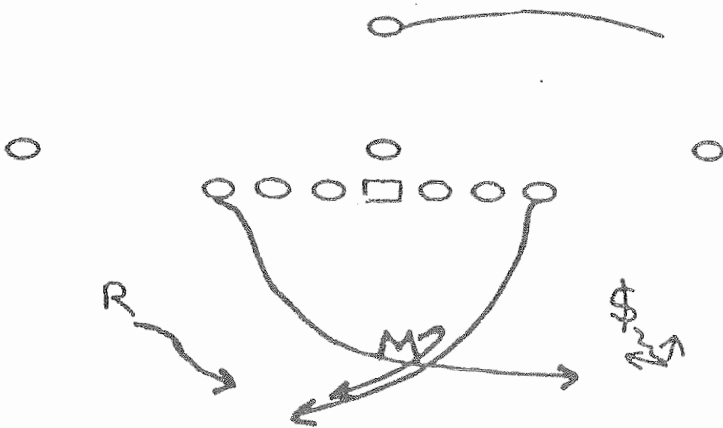


"PICK"



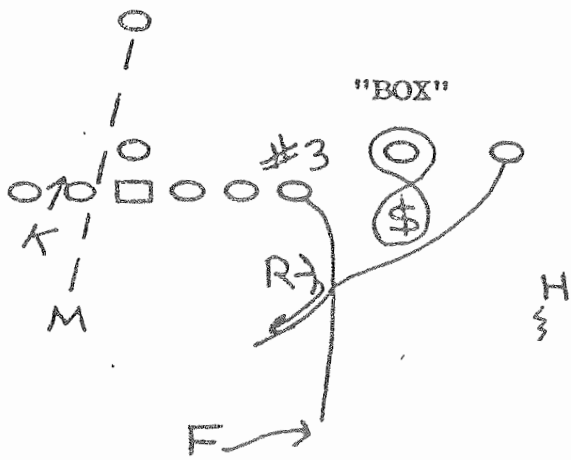
*CAN BE CALLED WITH COVER 1 OR 1 RAT.
CALL DOES NOT EFFECT KNIGHT.

"TANGO"

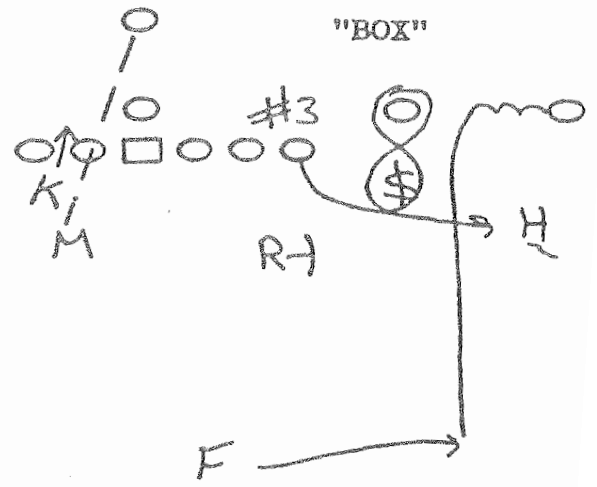


*CAN BE CALLED WITH COVER 1 OR 1 RAT. CALL DOES NOT EFFECT KNIGHT.

COVER 1 WITH "BOX"



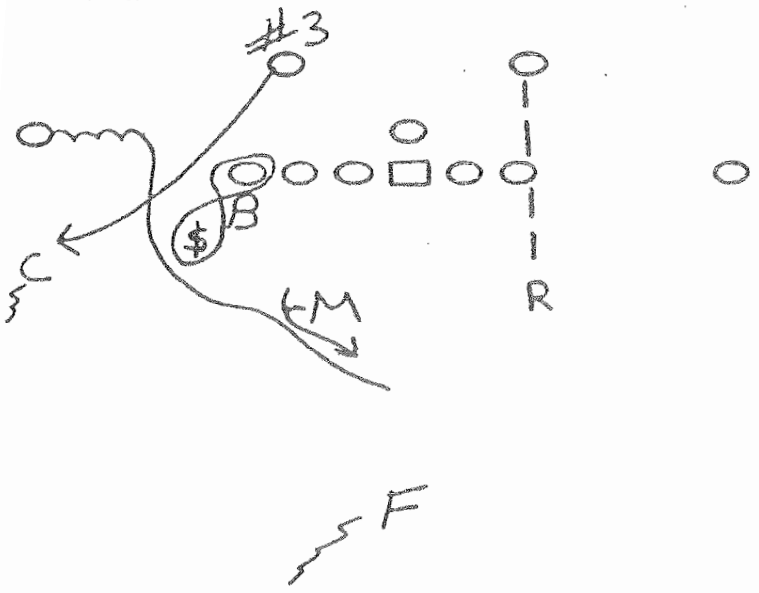
OC



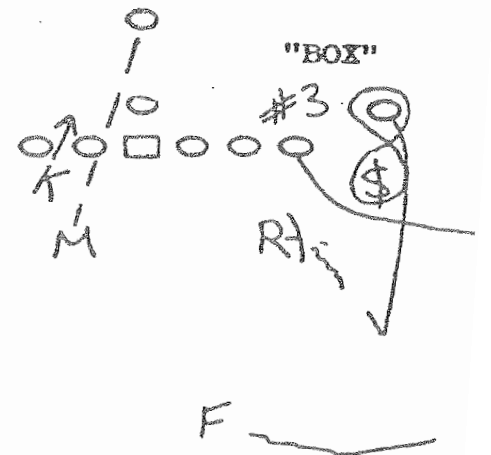
"FSL"

"MATCH"

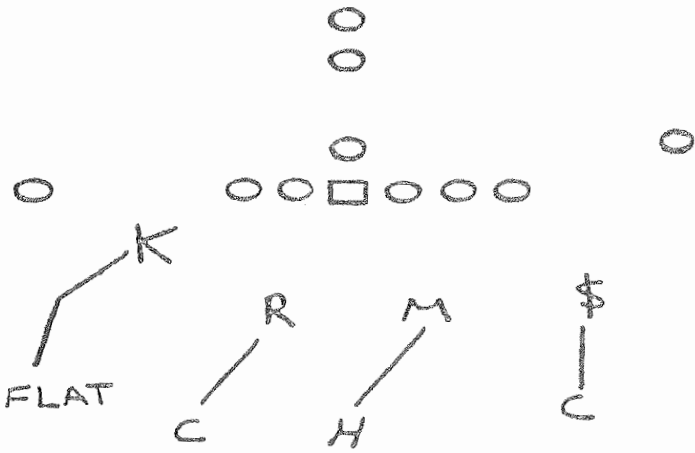
"BOX"



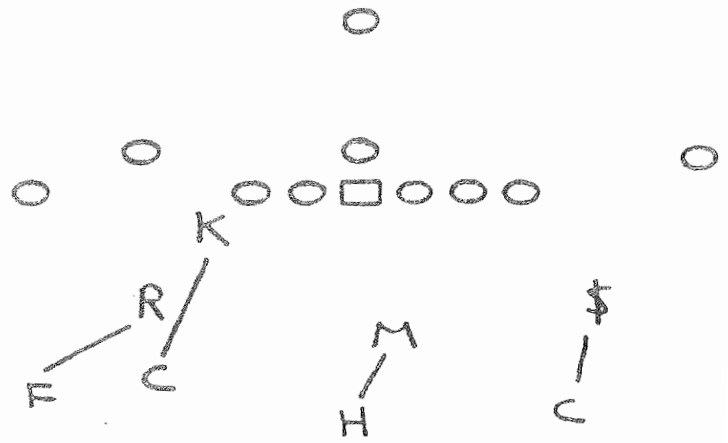
OC



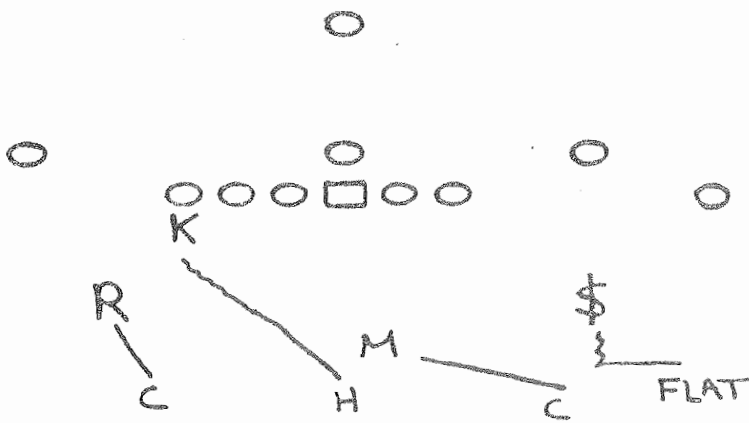
BRUIN 3



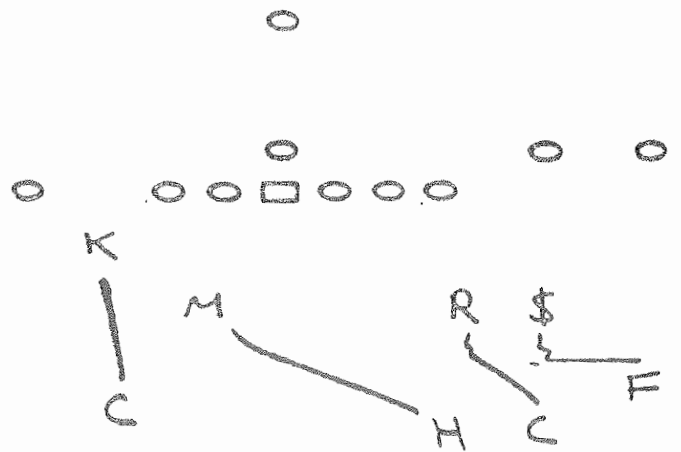
"WIND"



"WIND"



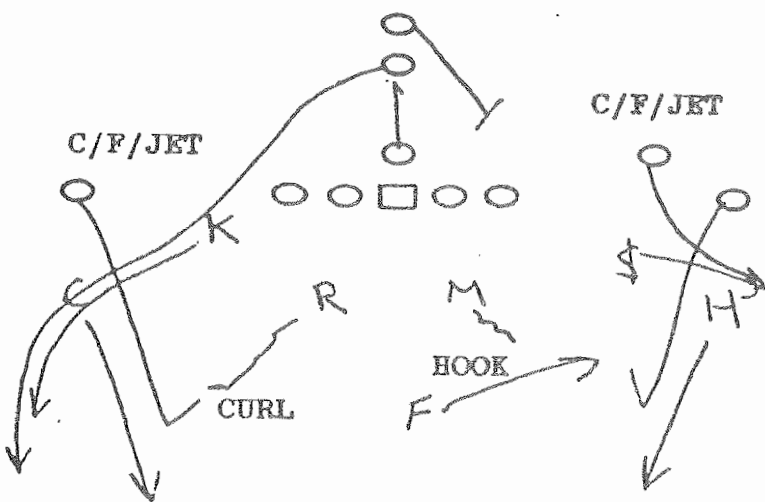
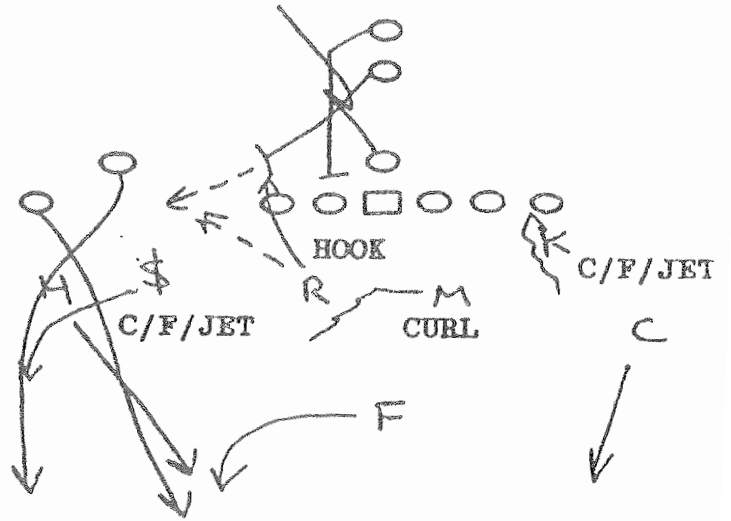
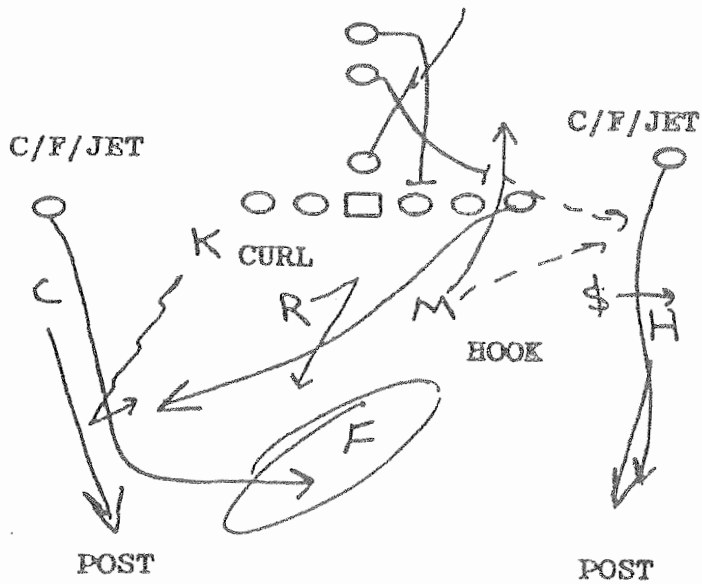
"SKY"

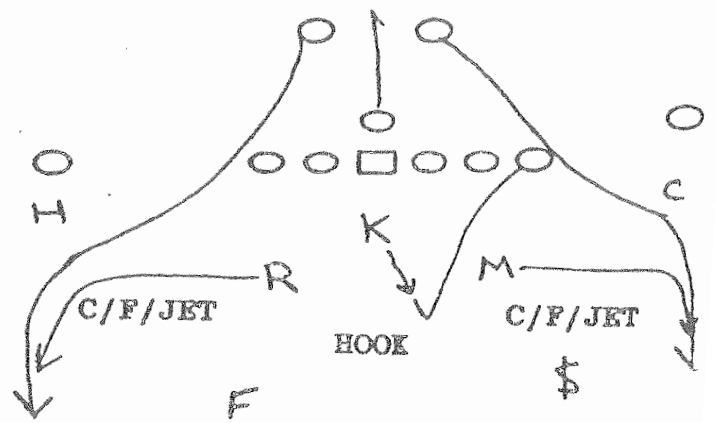
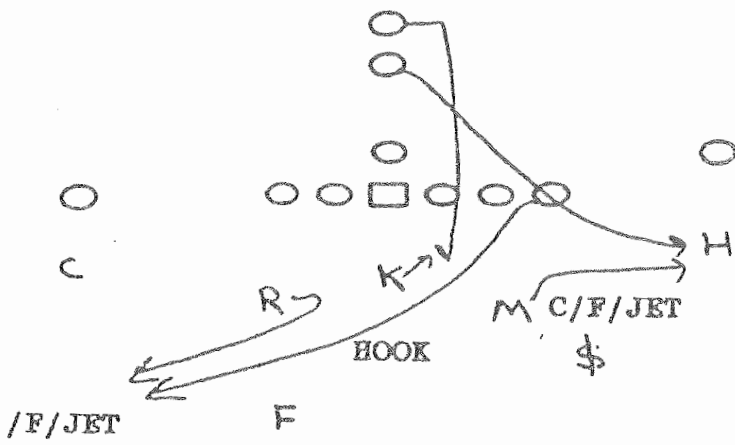


"SKY"

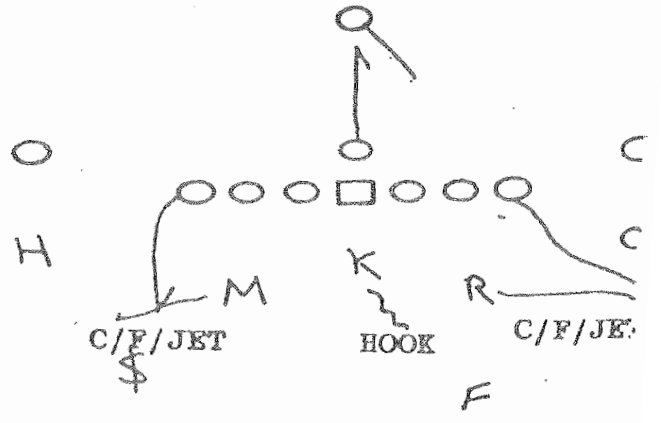
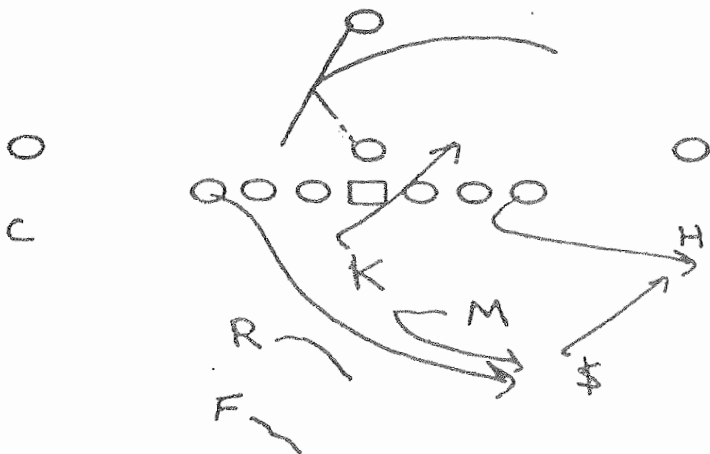
BLOCK/BRUIN 3 ROBBER

* FSLB - MUG VS. FIRE PASS

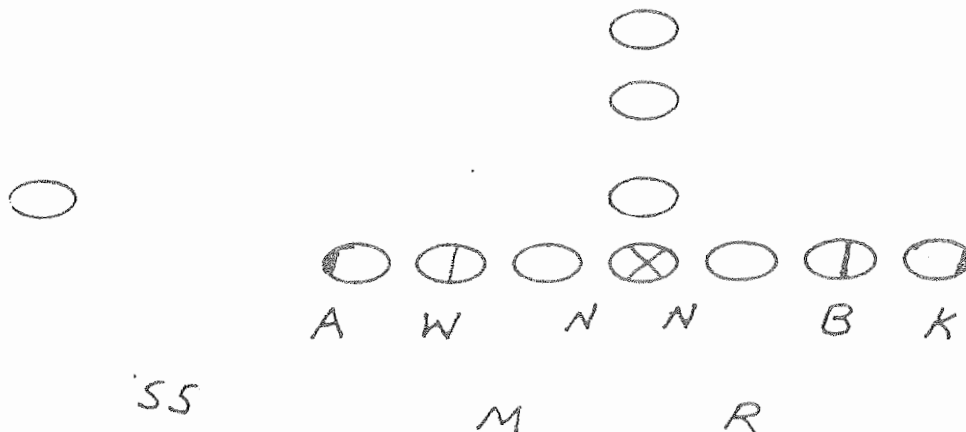




NAKED/BOOT



60 DEFENSE



I. O.L.B.

A. Stance and Alignment:

1. Play Nine Technique

A. Here call move to 6 Tech C Gap resp.

B. Responsibilities:

1. Must stuff the Tight End on either base or hook blocks.

2. On Off-Tackle plays you must really constrict the hole.

3. On option take the QB.

4. Contain on all passes.

5. Chase on all plays away.

II. TACKLES

A. Stance and Alignment

1. 5 Tech. (Crowd the ball)

2. You have two way go on pass rush because OLB will contain.

3. Squeeze all cut-off blocks.

4. Here call play 4 tech B Gap responsible.

III. NOSE GUARDS

A. Stance and Alignment:

1. Alignment will be determined by yardline (3,2,1)
2. Crowd the ball.

B. Responsibilities

1. Execute Pick Technique which will force three offensive blockers to block 2 defenders.
2. If centers helmet comes to you explode out to guard and force him to block you.
3. If centers helmet is away from you explode into his legs. Do not let him release upfield.

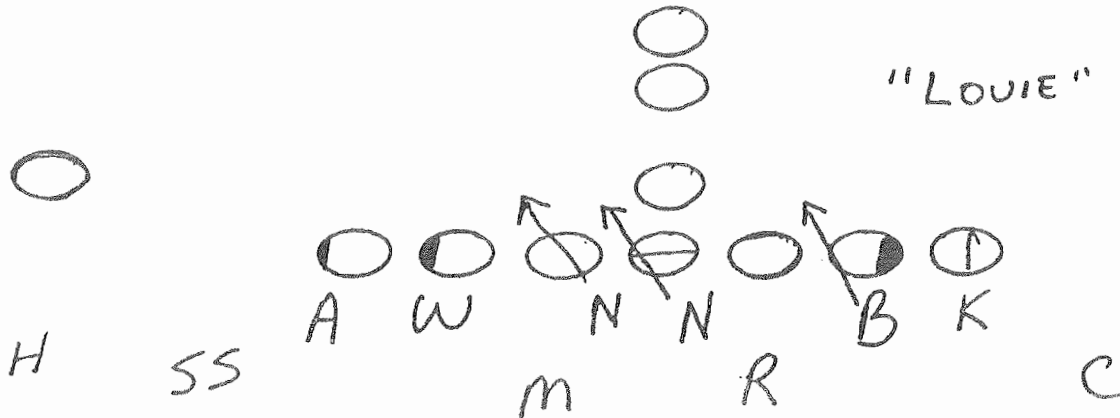
IV. LBER'S

A. Stance and Alignment - Heels at 4 yds/3 Tech.

1. Same as Force LBer, must adjust your depth as ball moves toward goalline (Don't get too tight).
2. Must stop all ISO plays by penetration and ripping thru the FB to the ball carrier.
3. Must play all off tackle plays tough.
4. Versus sweep find a seam and go get the ball.
5. The backside LBer will run through on play away and become hit man.
6. Find first available gap and sell out to make play in backfield.
7. When we tackle on the goalline the ball carrier must go backwards.
8. On pass you may be ready to handle TE seam route. If TE crosses the formation be ready for other TE coming from the opposite side.

NOTE: Always treat as a middle call for alignment only.

60 CHECK (LOOP) ROGER - LOUIE



I. O.L.B. TO CALL:

- A. Play nine backer technique (Must beat hook blocks).
- B. Hard joint off tackle plays.

II. O.L.B. AWAY FROM CALL:

- A. Play 6 Technique (Same responsibilities as 60).

III. TACKLE TO CALL:

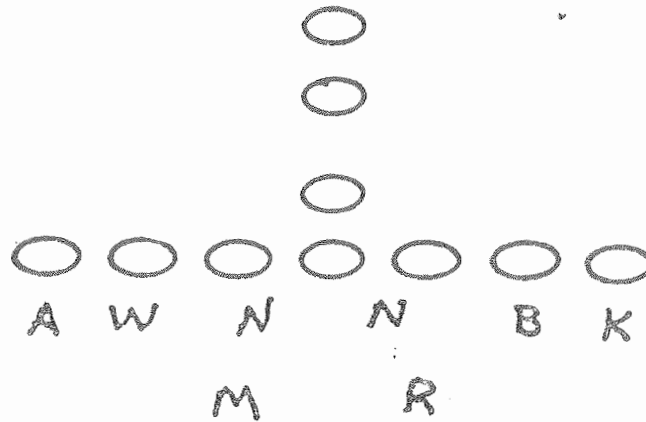
- A. Stem to loose five technique (Must beat hook blocks).
- B. Must still play tough versus off-tackle play, don't allow chip block to wipe you off.
- C. Have QB on options.

IV. TACKLE AWAY FROM CALL:

- A. Play like Veer tackle.

NOTE: VS. Ace formation, check "King" and play 60.
Tackles contain on pass.

60 OUT



I. O.L.B.'S

- A. Align in 6 technique. Loop out take pitch vs. option. Take on all blocker's with inside arm. Contain Rush

II. TACKLES

- A. Align in 4 technique. Loop out take QB on option. You are not contain rusher.

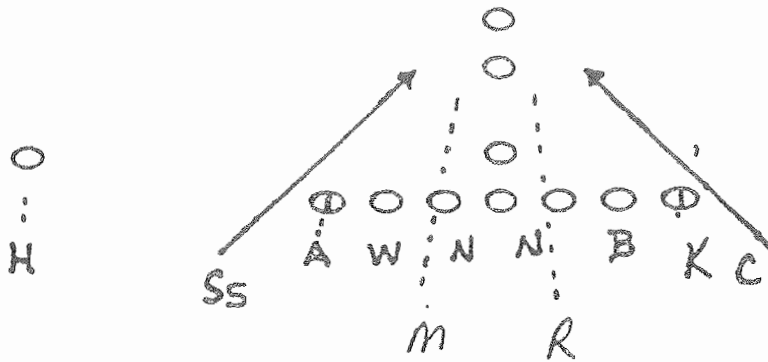
III. NOSE GUARD'S

- A. Align in 2I technique. Loop out to B gap locate ball be productive.

IV. LBer's

- A. Align 3 tech, Heels at 4 yds, staggered stance. Play To - attack and fit inside out to ball. Play Away - Attack and fit inside out to ball.

69 CANNON



I. O.L.B.:

- A. If aligned on a T.E. cover him man to man on any release.
- B. Play aggressive and don't allow T.E. to knock you off the ball on a hook or base block.
- C. If you are on split end side you blitz hard upfield. You have to contain on run or pass.
- D. If you ever get a "Bump" call loosen and play like a split end (You run the cannon).
- E. If the T.E. trades you flop over and cover the T.E. on that side. The other O.L.B. loosens and runs the cannon.

II. TACKLES AND N.G.:

- A. Play like 60 (Could use gap).

III. LBERS:

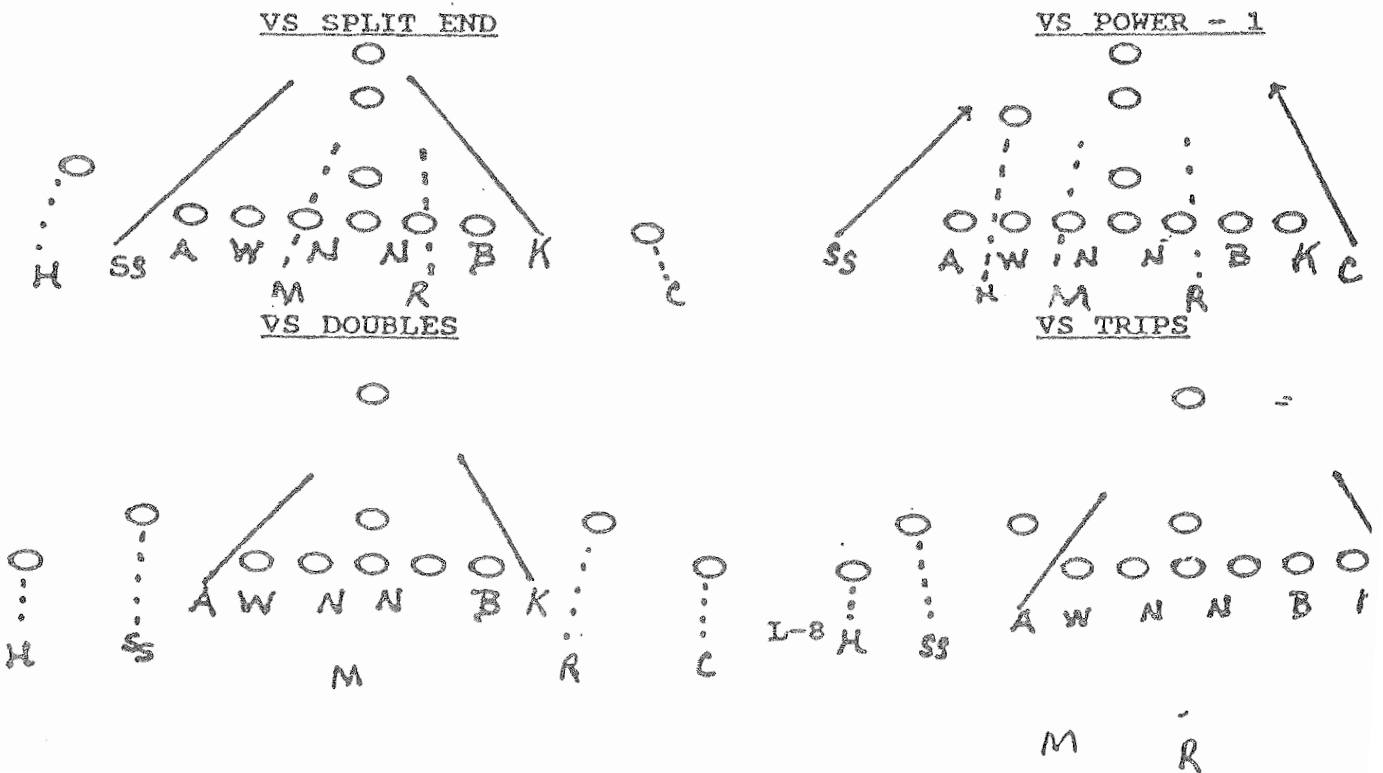
- A. Play like 60 but must take 1st back out your way man to man.
- B. Must adjust on Ace - Set and be prepared to give "Bump call" If the second receiver your side is a TE. Other LB moves over to become middle LBER (Like Hawk).

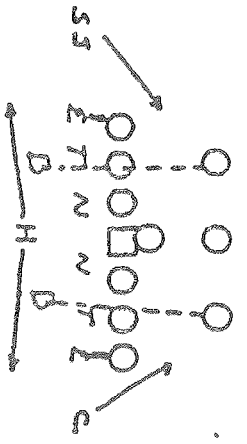
IV. STRONG SAFETY:

- A. Move up on L.O.S. like fire.
- B. If TE your side blitz and execute a fire stunt.
- C. If a slot or twin your side your cover and the O.L.B. will run the cannon.
- D. If trips your side always cover number 2 receiver man to man.
- E. If the TE trades you still blitz.

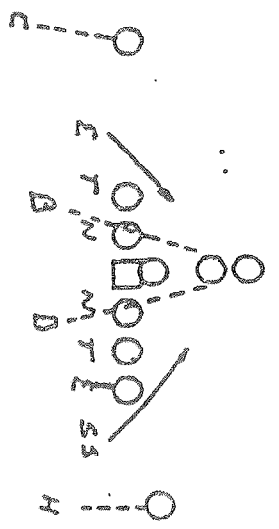
V. CORNER:

- A. Move up on L.O.S. like cobra.
- B. If a TE your side you will execute cobra stunt.
- C. If there is a wide receiver your side move out and cover him man to man.

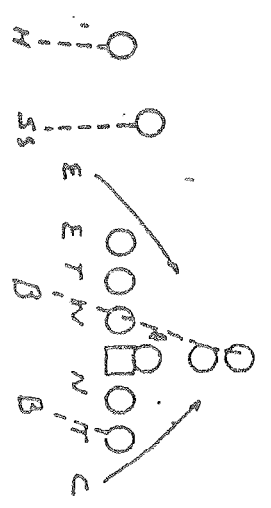




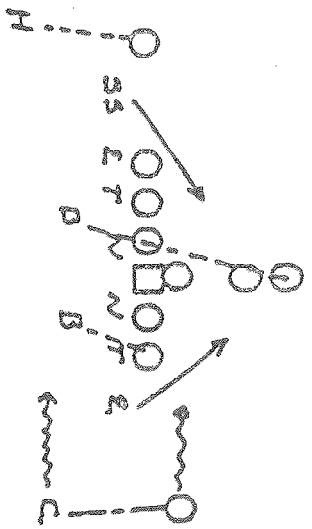
1 Harp



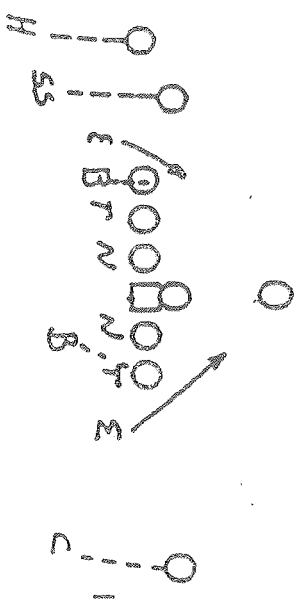
Formation to Sideline



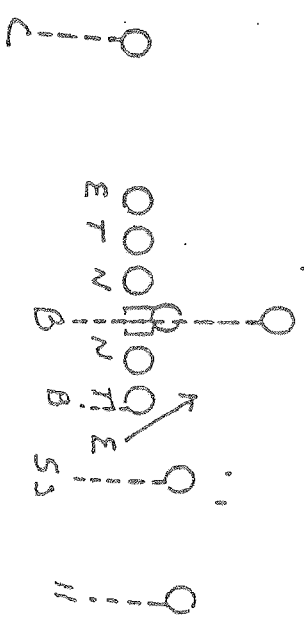
1 Harp



1 Bingo (Motion to Harp)

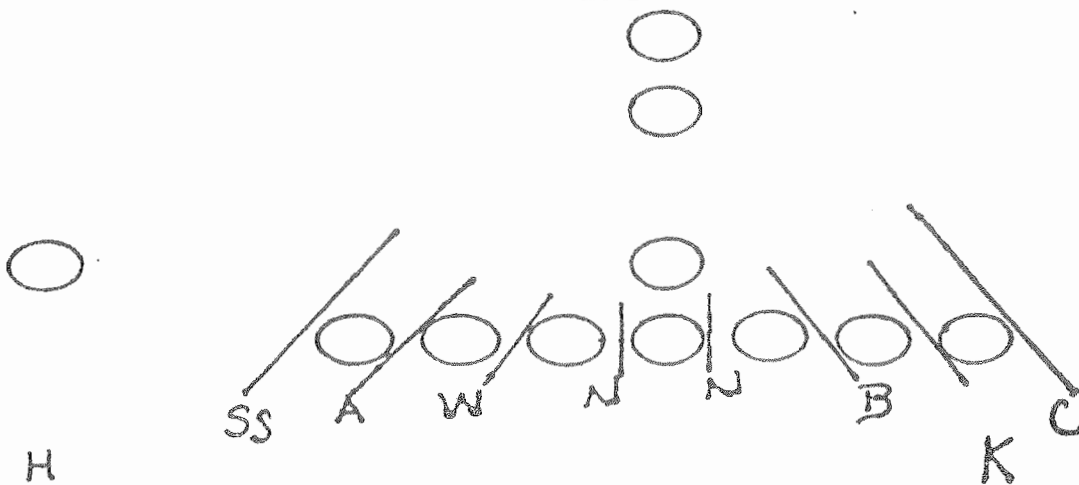


Ace Bingo Twin



Ace Bingo Trips

60 PINCH



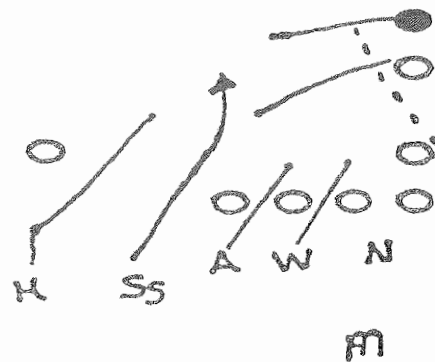
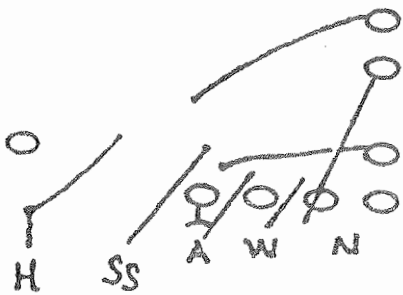
- I. O.L.B. AND TACKLES:
 - A. Stem into inside gap and penetrate into backfield.
- II. NOSE GUARDS:
 - A. Gap charge thru the "A" gap.
 - B. Must stay low, bring your feet and keep feet driving.
 - C. Must get penetration.
- III. LBERS:
 - A. Play like fill game (Know the flow).
 - B. Versus play action pass you have contain.

IV. STRONG SAFETY AND CORNER:

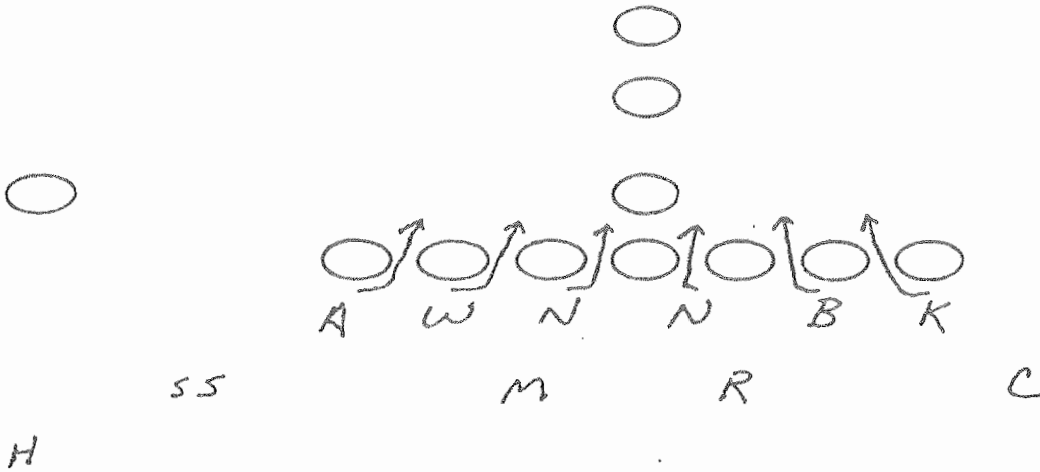
- A. Align up on the L.O.S. same as fire or cobra (2 yds. outside OLB).
- B. Execute fire or cobra but you have no contain on play action pass.
- C. If off-tackle play (46 Power) hit the T.B.
- D. STRONG SAFETY if twin your side move out and cover. Corner if split end your side move out and cover.

V. WHB:

- A. Play zone, but take the pitch on option your way. Be ready to support on toss sweep or option, don't worry about the HB pass on this defense.



60 GAP



I. O.L.B. AND TACKLES:

- A. Stem into inside gaps and assume a 4 point Submarine stance.
- B. Penetrate into backfield.

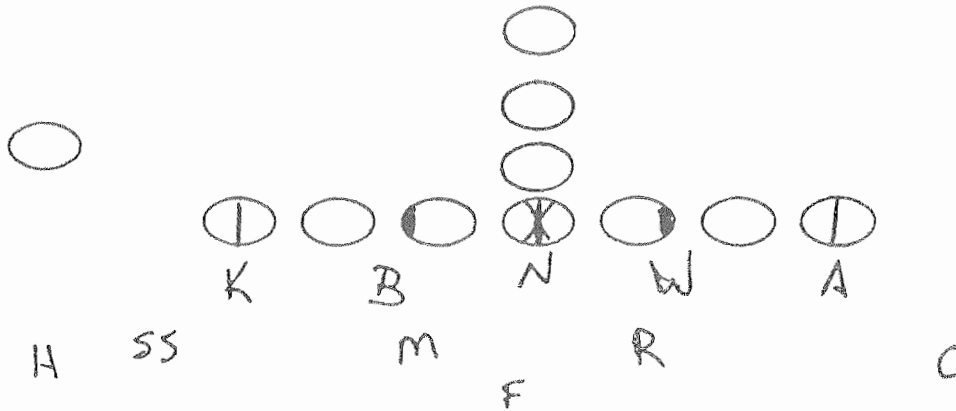
II. NOSEGUARDS:

- A. Gap charge through the "A" gap.
- B. Must stay low, bring your feet and keep feet driving.
- C. Must get penetration.

III. LBERS:

- A. Play like fill game. (know the flow).
- B. Versus play action pass you have contain.

TITE TOUGH - KNOCKER COVERAGE



H Alignment - 8 yds deep, 1 yd inside.
 Stance - Same as Cov. 1
 Key - TE to QB
 Responsibility: Secondary support run to; deep angle support run away; responsible for flanked WR on all deep routes.

* You will chase z-motion across the formation.

SS Alignment - 2 yds wide on LOS
 Stance - Same as Cov. 3
 Key - TE to QB
 Responsibility: Primary run support run to (everything should be bounced to you); Cutback on run away; Curl to flat on pass.

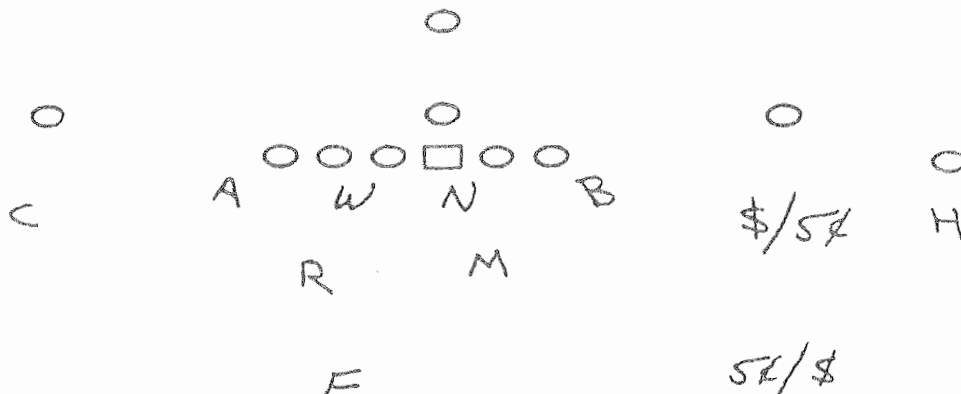
* All "Middle" Post Huddle - "Red/Blue"

FS Alignment - 10 to 12 yds deep (depending on opponent) over ball.
 Stance - Same as Cov. 3
 Key - TE to QB
 Responsibility: Run to primary support (Ball will be bounced to you); Run away deep angle rotation; Pass to flat; Pass away help deep (Roll Out).

C Alignment - Same as SS
 Stance - Same as Cov. 3
 Key - TE to QB
 Responsibility: Run to primary support (Ball will be bounced to you); Run away deep angle rotation; Pass to flat; Pass away help deep (Roll Out).

NICKEL

(TITE) NICKEL DEFENSE



I. BASIC THEORY:

- A. This defense will be called in a passing situation.
- B. We will use five or six defensive backs for better coverage match-ups.
- C. We will use our four best rushers and put them in a Rush Mode.
- D. We will react to the run and draw the best we can. We will have change-ups to take away the draw.
- E. We want to be able to make the offense prepare for maximum coverage or maximum pressure from this look.
- F. We must dominate the 3rd down passing situations when we are in this defense.

II. OUTSIDE RUSHERS

- A. Normal alignment unless Rover makes "Cow" call.
- B. Be in a pass rush stance and crowd the ball.
- C. Key the ball for movement and execute a Pass Rush Technique on the offensive tackle.
- D. You have contain.
- E. Never get deeper than the QB as you defeat offensive lineman attack QB through upfield shoulder.

III. INSIDE RUSHERS

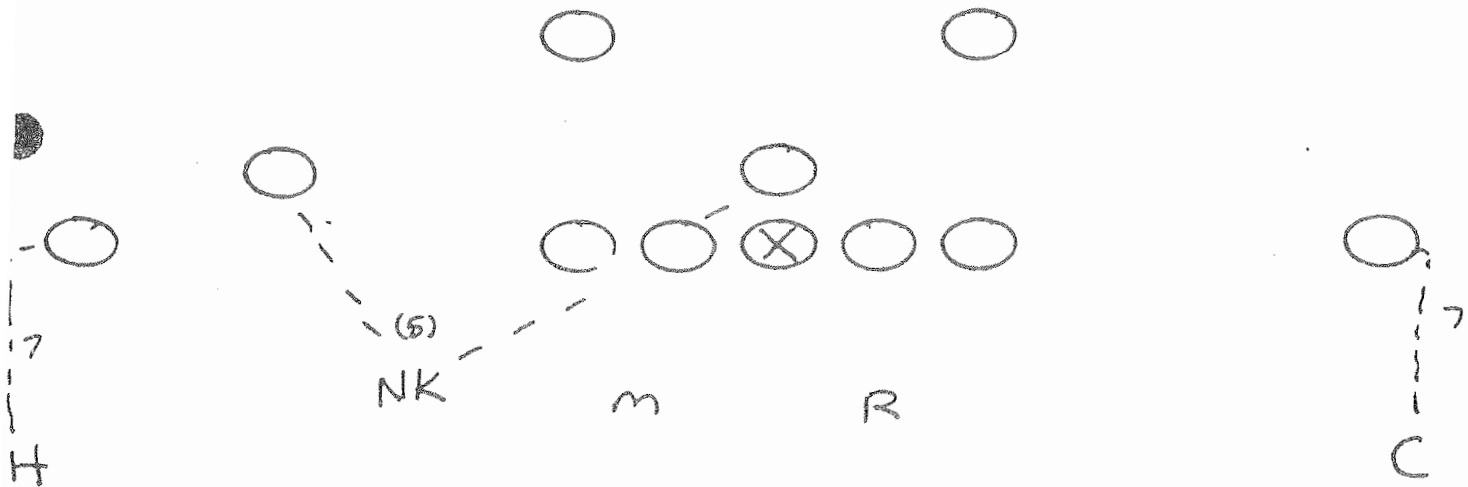
- A. Whip crowd football execute Pass Rush Technique through outside pad of Guard.
- B. NG crowd the ball, execute Pass Rush Technique through outside pad of Center.

IV. MIKE

- A. Align Bear Rules
- B. Force LB to Bubble
- C. Pass responsibility is determined by coverage.

V. ROVER (MATCH)

- A. Align Bear Rules, "Match" Ace Tw FB.
- B. "Cow" TE vs. Ave 2x2/3x1 sets, 5 tech shade
- C. Scrape LB to "Cow".
- D. Ace 2x2/3x1 vs. SE, 3 tech shade and cheat out late.
- E. Pass responsibility is determined by coverage.



(12)
SS

(12)
FS

NK - Align to passing strength (2 Backs - passing strength is 2 receiver side)

(1 Back - passing strength is 3rd receiver)

SS/H - Align to Red/Blue Call FS/C - Align away from Red/Blue Call

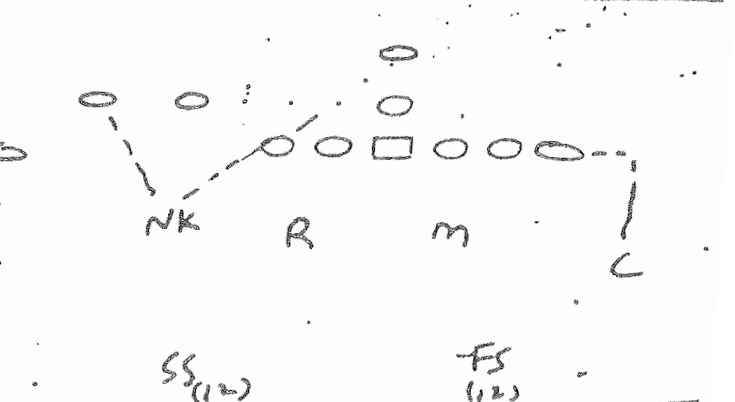
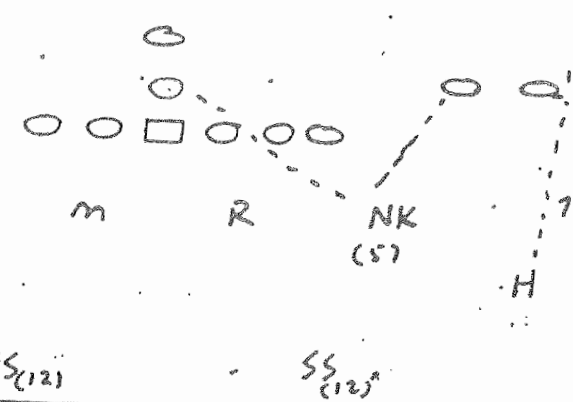
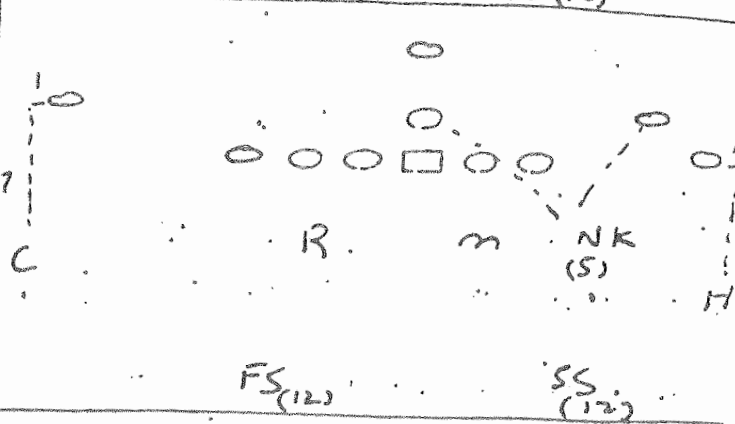
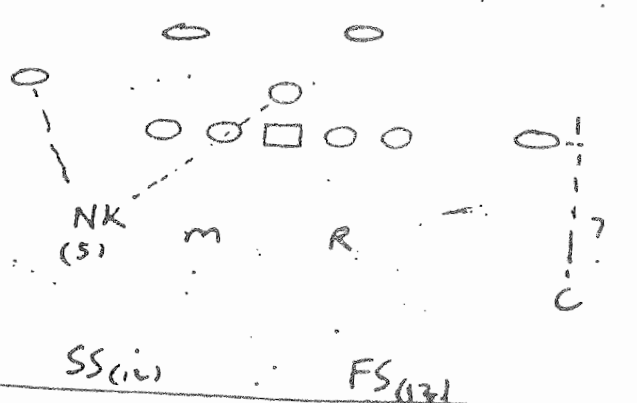
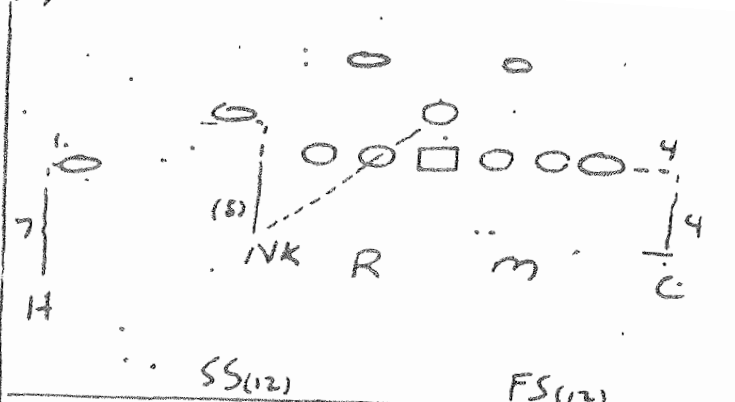
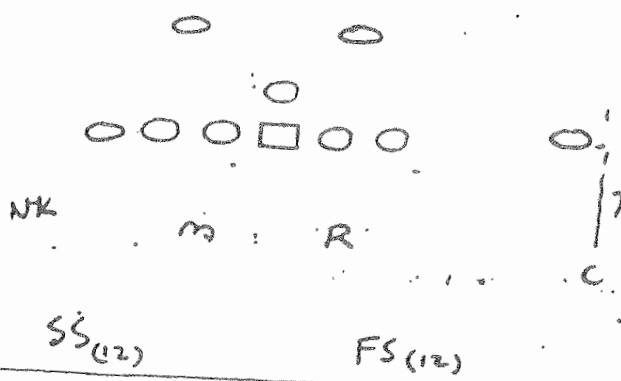
	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	OSx7 #1	Ball on/off LOS to #1 to #2	Homerun	Cloud support; pitch/contain	Seam to Flat	Post Tech.; squeeze inside/deeper than #1	Hammer technique; flat
FS	MOF 2x12 OS Hash Hash 3x12	Ball on/off LOS to #2 to #1	Cutback	Run Pass; Insure	Deep 1/2	Skate to deep Mid 1/3	Skate to deep OS 1/3
SS	MOF 2x12 OS Hash Hash 1x12	Ball on/off LOS to #2 to #1	Run Pass, Insure	Cutback	Deep 1/2	Skate to Deep OS 1/3	Skate to Deep Mid 1/3
H	OSx7 #1	Ball on/off LOS to #1 to #2	Cloud support; pitch/contain	Homerun	Seam to flat	Hammer technique; flat	Post tech; squeeze IS/Deeper than #1
NK	Split Distance B/T #2 STR/ QB	Thru EOL to BF flow Ball to #2	Alley; Attack; make ball spill	Fold inside; shallow cutback	STR curl #2	STR curl #2	Replace to hole
Mike	Bear Rules	Bear Keys	Force to Bubble	BSLB	M. Hook "Switch" Curl	3rd underneath rush	3rd underneath rush
Rover	Bear Rules "Match"	Bear Keys	Scrape to cow	BSLB	Curl "Switch" M. Hook	3rd underneath rush	3rd underneath rush

* **On Hash - Red/Blue Call to field**

* **MOE - Red/Blue Call to passing strength**

Possible ('s) - Tampa, Texas, Tulsa, Taco

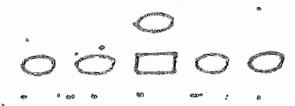
(2)



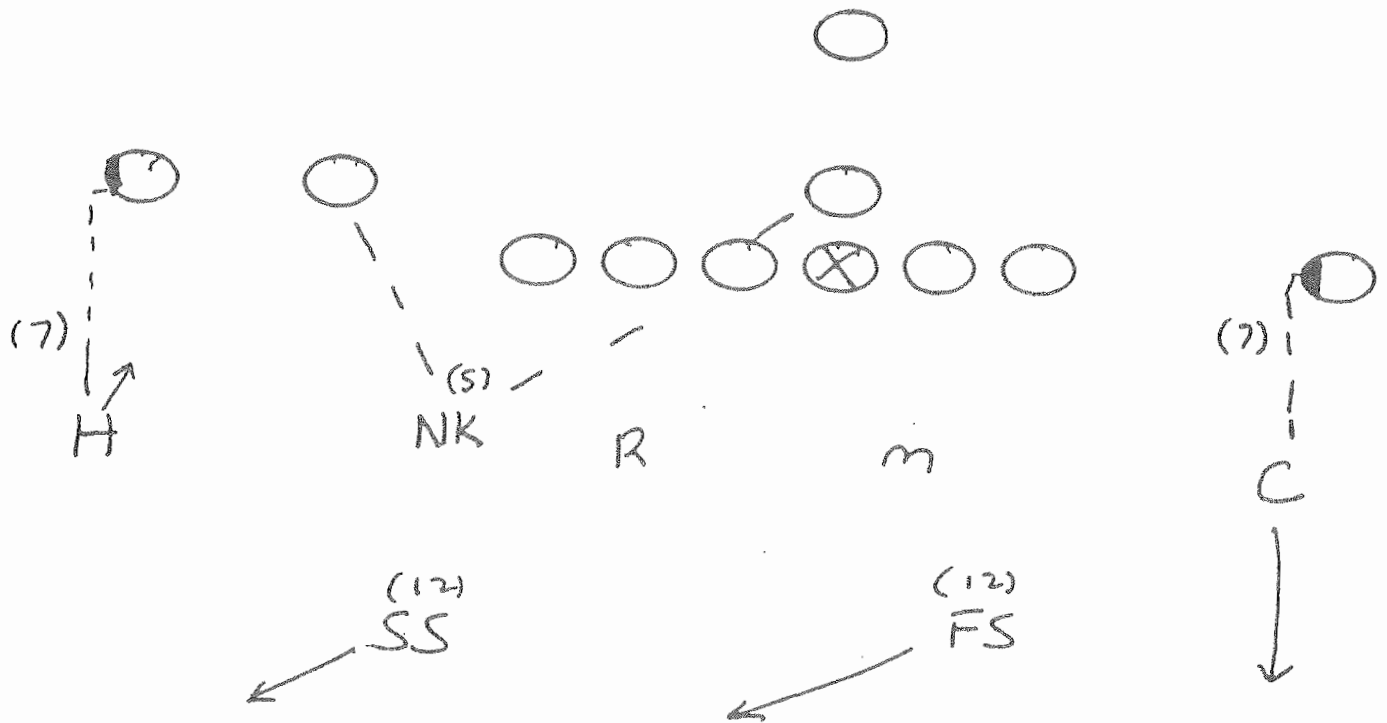
POSSIBLE TAMPA, TEXAS, TULSA, TACO



POSSIBLE TAMPA, TEXAS, TULSA

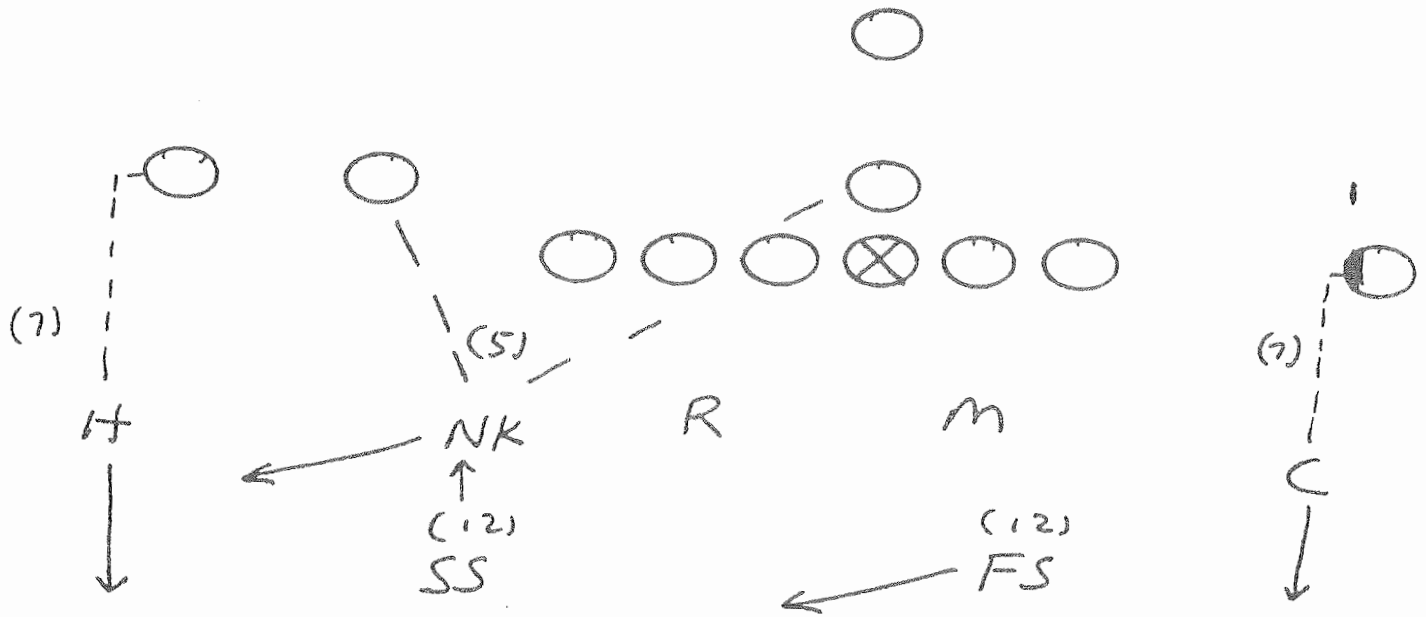


TAMPA



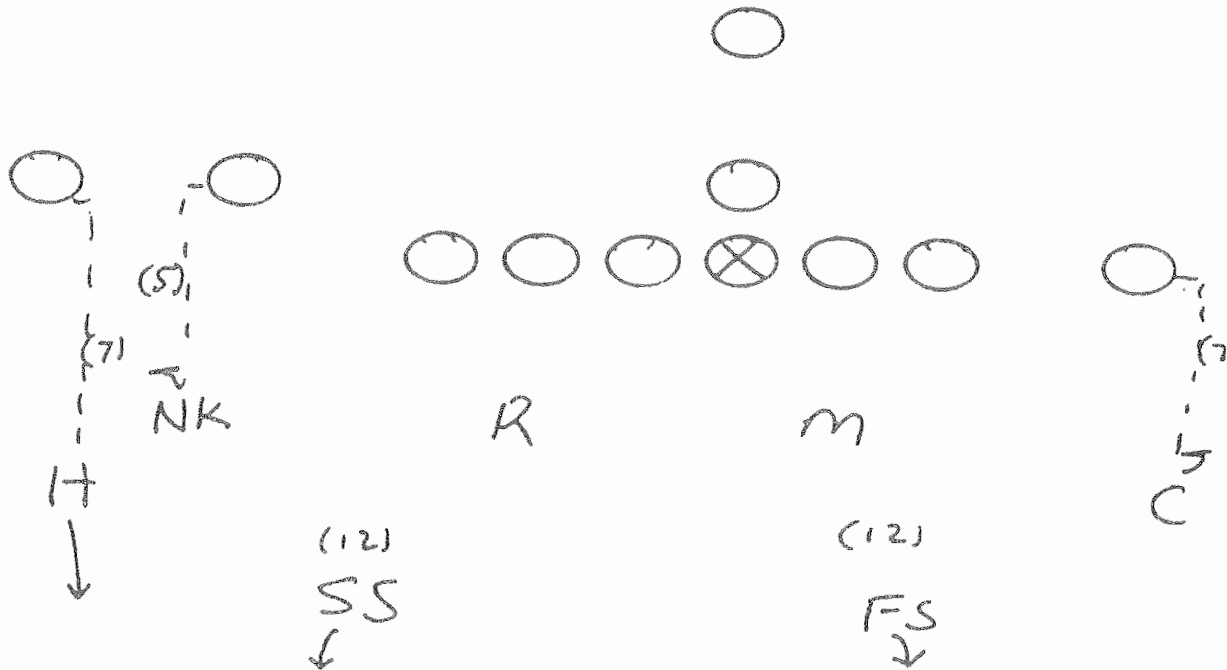
	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	
C	ISx7 #1 WR 4x4 OS #1 TE	Ball to #1	Homerun	Run-Pass; Insure	Bail tech; near man to 1/3 on #1	→	
FS	12 yds deep	Ball to #2/#3	IS out Alley	IS out Alley	Skate to deep mid 1/3	→	
SS	12 yds deep	Ball to #1	Run Pass; Insure	Homerun	Skate to deep OS 1/3	→	
H	OSx7 #1	Ball to #1	Cloud Support, pitch	Homerun	Hammer technique flat	→	
NK	Split Dist B/T #2 STR and QB @ 5 yds depth	Thru EOL to BF flow Ball to #2	Alley; Attack make ball spill	Foldback inside; shallow cutback	STR Curl #2	→	
Mike	Bear Rules	Bear Keys	Force to Bubble	BSLB	M. Hook "Switch" C/F	3rd underneath rush	→
Rover	Bear Rules	Bear Keys	Scrape to cow	BSLB	C/F "Switch" M. Hook	3rd underneath rush	→

TEXAS



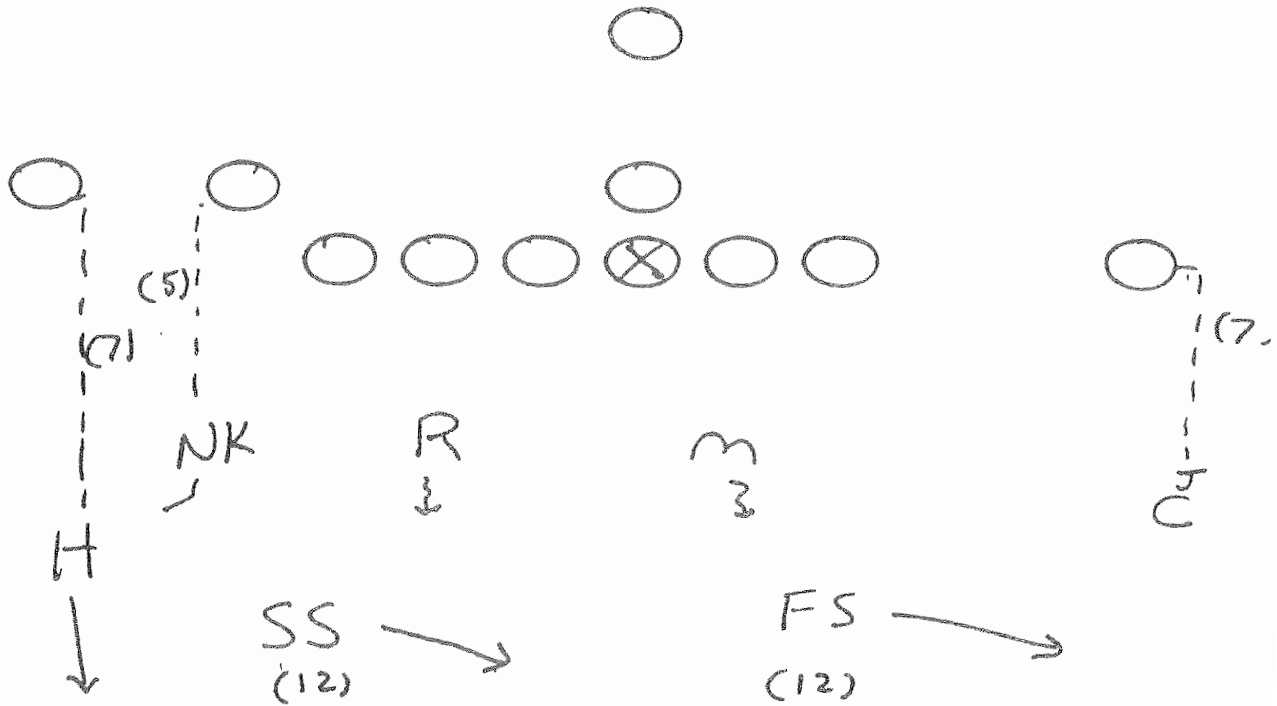
	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	ISx7 #1 WR 4x4 OS #1 TE	Ball to #1	Homerun	Run pass insure	Bail Tech. near man to 1/3 on #1	→	
FS	12 yds deep	Ball to #2/#3	IS out Alley	IS out Alley	Skate to Deep Mid 1/3	→	
SS	12 yds deep	Ball to #2	Fill where needed	Fill where needed	STR curl #2	→	
H	OSx7 #1	Ball to #1	Run pass; insure	Homerun	Bail to deep OS 1/3	→	
NK	Split distance between QB and #2 @ 5 yds depth	Thru EOL to BF flow Ball to #2	Primary Force pitch/contain	Fold back inside; shallow cutback	Buzz STR flat final #1	→	
Mike	Bear Rules	Bear Keys	Force to Bubble	BSLB	M. Hook "Switch" C/F	3rd underneath rush →	
Rover	Bear Rules	Bear Keys	Scrape to cow	BSLB	C/F "Switch" M. Hook	3rd underneath rush →	

TULSA



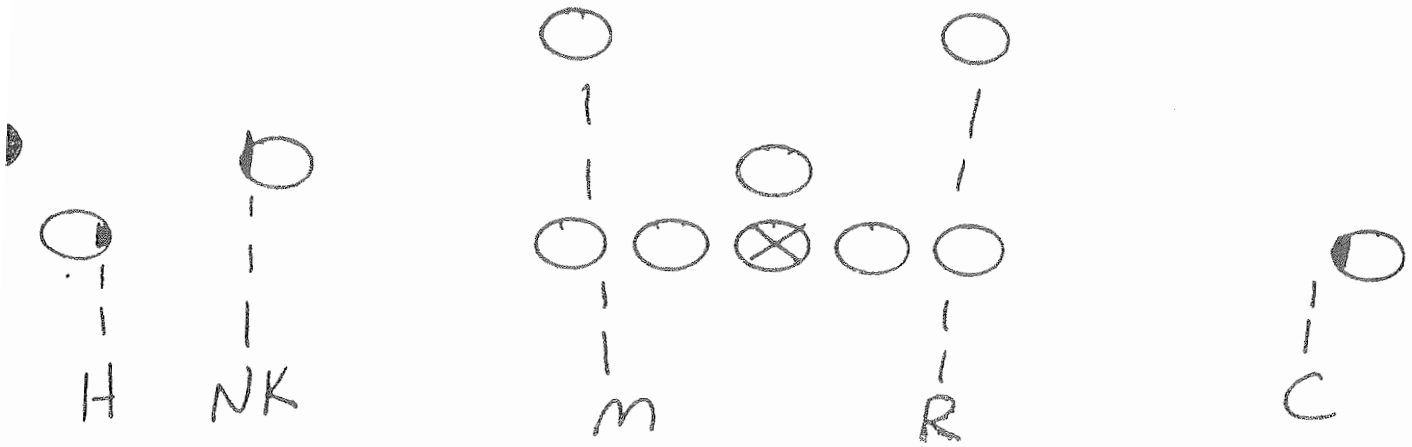
	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	OSx7 #1	Ball to #1	Homerun	Cloud support; pitch/contain	Seam to Flat	→	→
FS	MOF 2x12 OS Hash Hash 3x12 OS Hash	Ball to #2	Cutback	Run pass; insure	Deep 1/2	→	→
SS	12 yds deep split distance B/T #2/#3	Ball to #2/#3	Run Pass; Insure	Cutback	Deep 1/2 on #2/#3	→	→
H	ISx7 #1	Ball to #1	#1 m/m	Homerun	Near man to 1/3	→	→
NK	OSx5 #2	Ball to #2	Primary Force; pitch/contain	Fold inside; shallow cutback	Seam to flat off #2	→	→
Mike	Bear Rules	Bear Keys	Force to Bubble	BSLB	M. Hook "Switch" C/F	3rd underneath rush →	
Rover	Bear Rules	Bear Keys	Scrape to cow	BSLB	C/F "Switch" M. Hook	3rd underneath rush →	

TACO



	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	OSx7 #1	Ball to #1	Homerun	Cloud support; pitch/contain	Hammer technique Flat	→	→
FS	12 yds deep	Ball to #1	Homerun	Run-Pass; Insure	Skate to Deep OS 1/3	→	→
SS	12 yds deep	Ball to #2/#3	IS out Alley	IS out Alley	Skate to Deep Mid 1/3	→	→
H	ISx7 #1	Ball to #1	Run-Pass; insure	Homerun	Bail to Deep OS 1/3	→	→
NK	Divider rules x5 on #2	Thru EOL to BF flow Ball to #2	Primary Force; pitch/contain	Fold Back inside; shallow cutback	STR curl to Flat (sky/wind TBD)	→	→
Mike	Bear Rules	Bear Keys	Force to Bubble	BSLB	M. Hook "Switch" Curl	3rd underneath rush →	
Rover	Bear Rules	Bear Keys	Force to Bubble	BSLB	Curl "Switch" M. Hook	3rd underneath rush →	

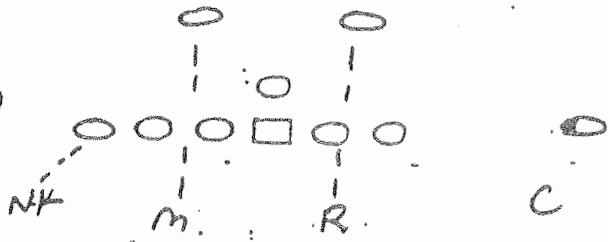
COVER 8



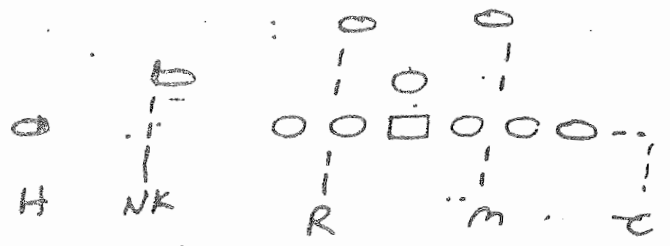
SS "you" (12) ← "me" FS (12)

	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	2 on	Dead key #1	Homerun	Run-Pass; insure	#1 M/M		
FS	12 yds deep	Ball to #2	Fill where needed	Fill where needed	Lurk techque; Lurk 1st most dangerous intermediate crosser (know D/D)		
SS	12 yds deep	Ball to #2	IS out Alley	IS out Alley	Post player (Play #'s to #'s)		
H	2 on	Dead key #1	Run-Pass; insure	Homerun	#1 M/M		
NK	ORK #2 - @ 5 yds	Dead key #2	Insure Block of #2; Keep play in front/inside	Insure Block of #2; fold inside; shallow cutback	#2 M/M		
Mike	Bear Rules	Bear Keys	Force to Bubble	BSLB	Mug #3 STR. "Switch" Mug #2 WK.		
Rover	Bear Rules	Bear Keys	Scrape to cow	BSLB	Mug #2 WK. "Switch" Mug #3 STR.		

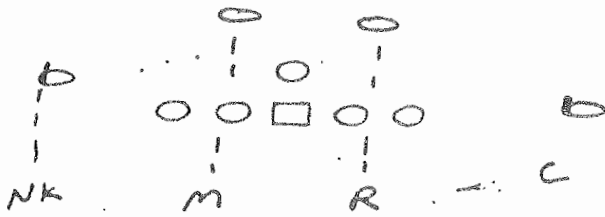
(8)



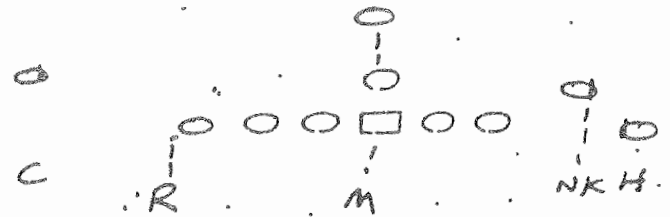
SS (You) FS (me)



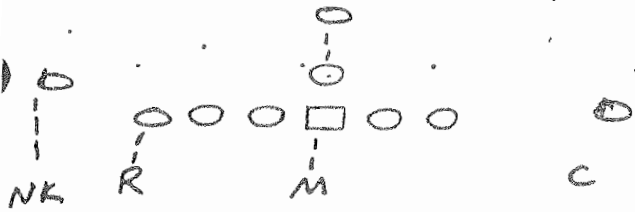
SS (You) FS (me)



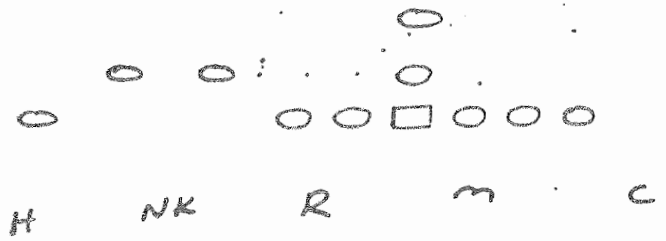
SS (You) FS (me)



FS (me) SS (You)



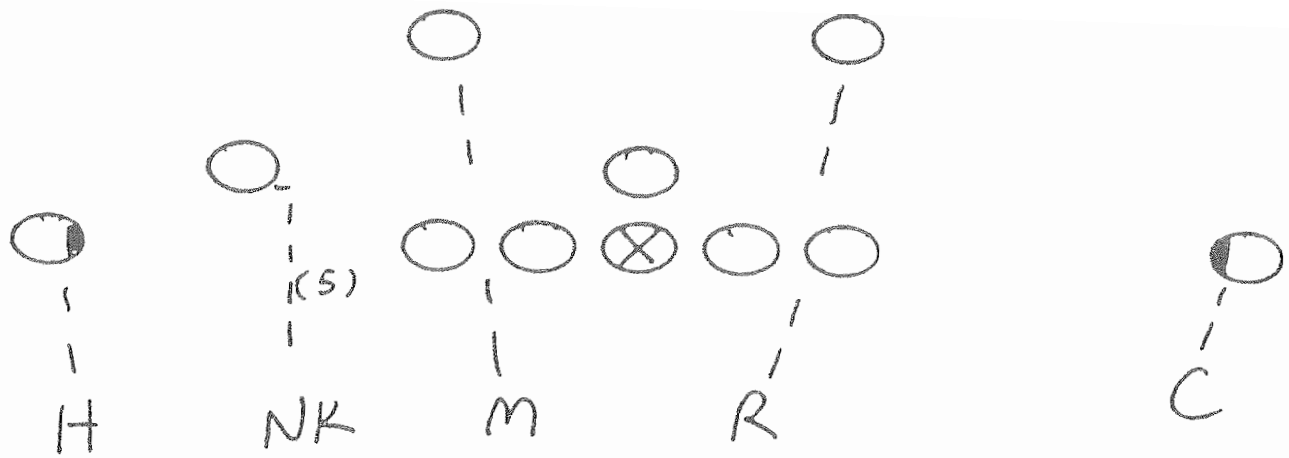
SS (You) FS (me)



SS FS

Possibly VTAMPA, VTEXAS, VTULSA



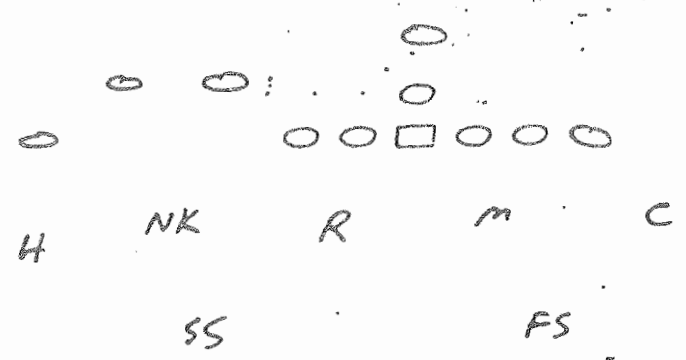
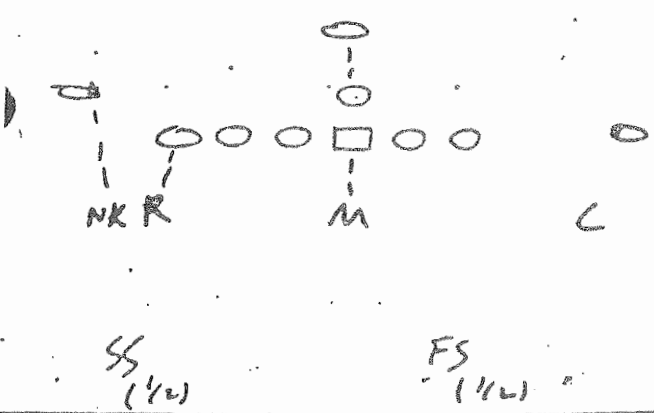
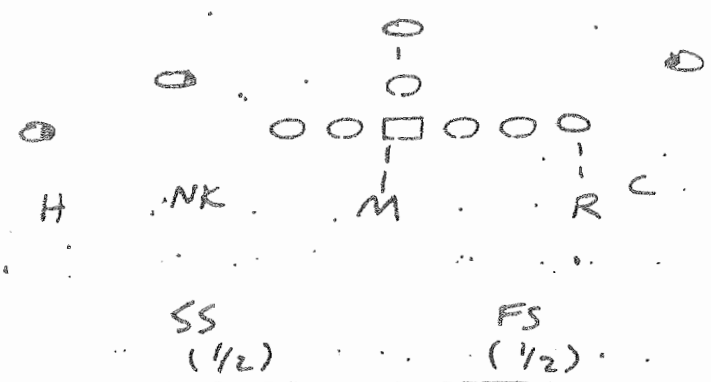
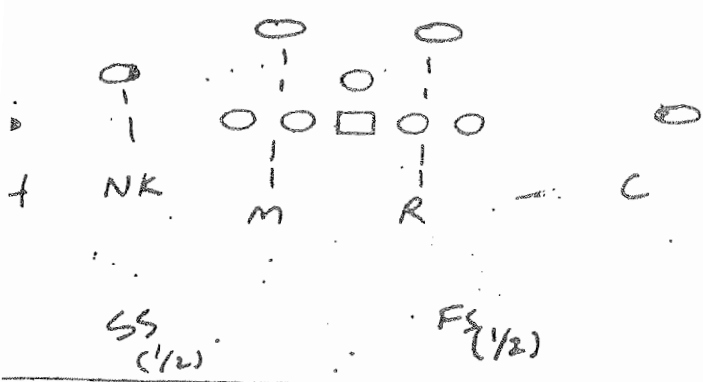
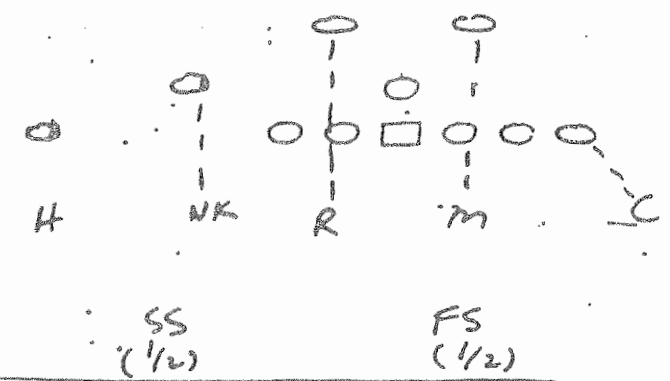
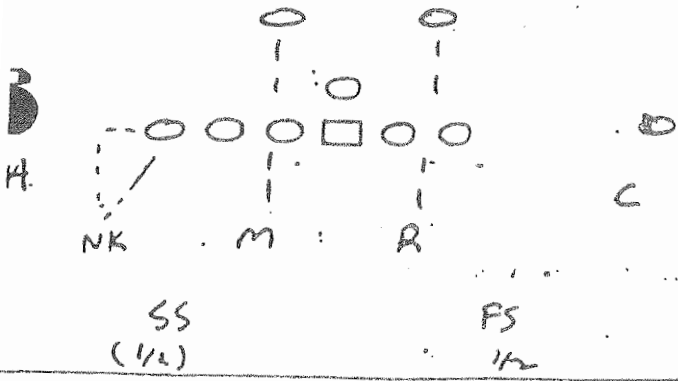


SS
↓
(12)

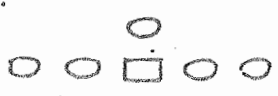
FS
↓
(12)

	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	Ink 2 on	Dead key #1	Insure Block of #1; Homerun	Insure Block of #1; keep play in front/inside	Trail tech M/M on #1	→	
FS	12 yds deep	Ball to #2	Cutback	Run-Pass; insure	Deep 1/2	Skate to Deep mid 1/3	Skate to Deep OS 1/3
SS	12 yds deep	Ball to #2	Run-Pass; insure	Cutback	Deep 1/2	Skate to Deep OS 1/3	Skate to Deep Mid 1/3
H	Ink 2 on	Dead key #1	Insure Block of #1; keep play in front/inside	Insure Block of #1; Homerun	Trail Tech. M/M on #1	→	
NK	Ink #2 @ 5 yds	Dead key #2	Insure Block of #2; keep play in front/inside	Insure Block of #2; fold inside; shallow cutback	Trail Tech. M/M on #2	→	
Mike	Bear Rules	Bear Keys	Force to Bubble	BSLB	Mug #3 STR. "Switch" Mug #2 WK	→	
Rover	Bear Rules	Bear Keys	Scrape to "COW"	BSLB	Mug RB, Trail TE/WR	→	

(2MAN)



POSSIBLE TAMPA, STORAS, TULSA



NK Fire Steal

* Pressure on Passing Downs!

Blitz and Play Zone behind it! Fire Zones!

- A. Element of surprise - Disguise!
- B. Safe Pressure - Eliminate match-up problems!
- C. Good vs. Pick/Mesh routes
- D. QB Scramble - No Problem
- E. Great answer for 3rd/very long
- F. Great answer for Ranger Time
- G. Aggressive Mentality
- H. Big Play Potential - (Sacks/TO's)

NK Fire Steal - 4 From Field Blitz!

Hashmark Call - Red/Blue call to field - SS/H/NK - To call

FS/C - Away from call

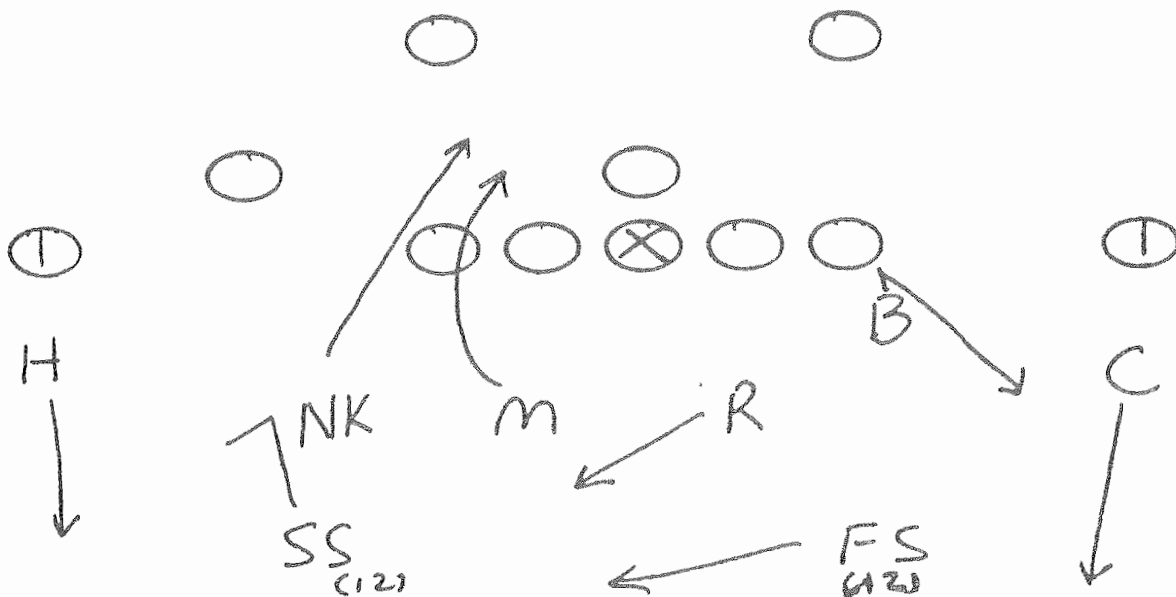
C/FS/H - Play like Texas - Bail, Skate to 1/3's! (C's - Play 2 on Alignment!)

SS - Play seam; curl to flat (OS Hots on #2; curl to flat)

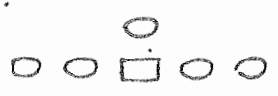
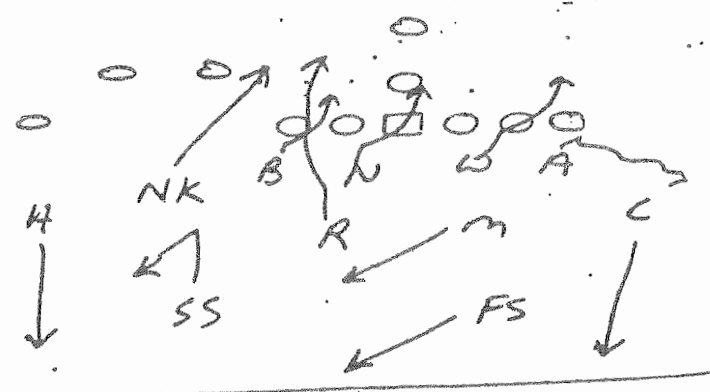
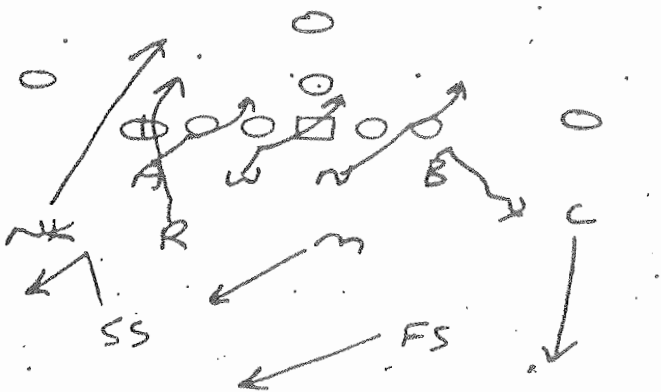
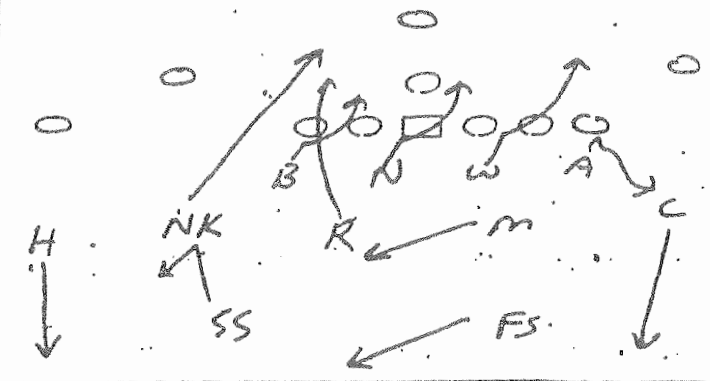
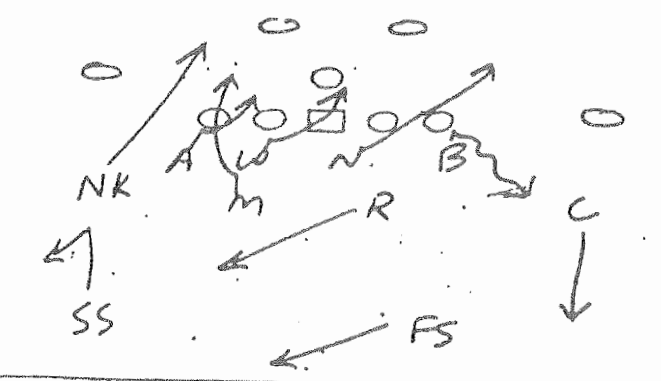
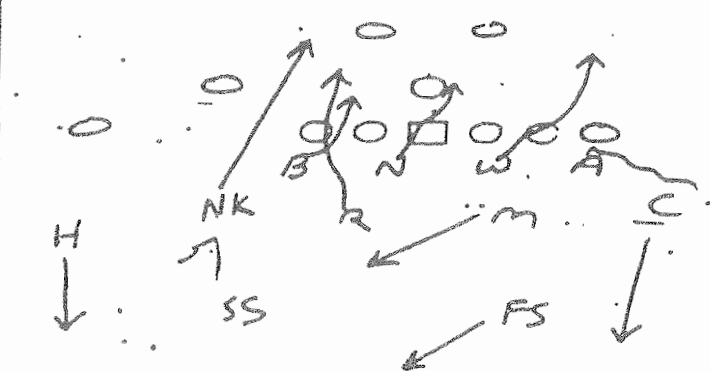
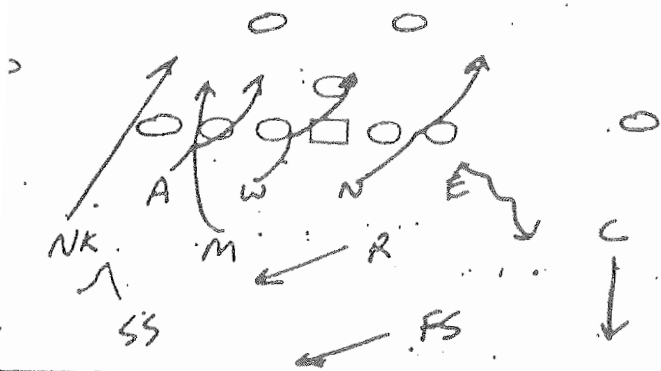
Collision #2 on any vertical release - remember we've got great pressure coming!

NK - Normal NK 2 alignment; squirm into Blitz position! 1st step must be positive. Disguise is critical, but be in position to blitz on snap of ball! Key ball for get off - BLITZ HARD off the edge aiming for the near shoulder of the deepest back - You are CONTAIN (fence) - nothing gets OS of you! Tackle QB through upfield shoulder! On action away - take course to play NKD/reverse! You are NOT responsible for peeling on any swing routes. This is the beauty of zone pressure!

NK FIRE STEAL

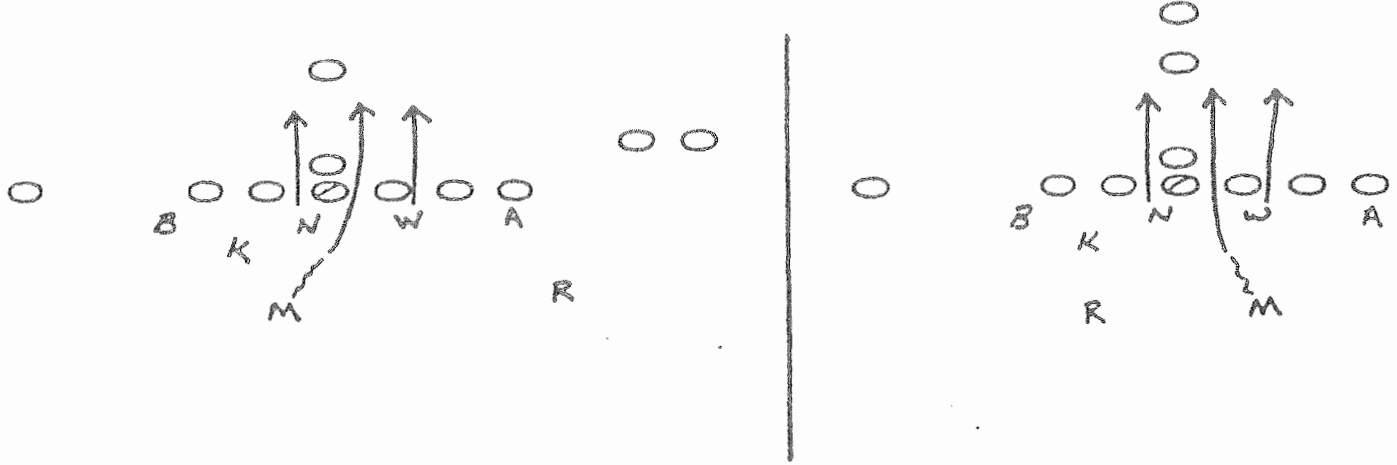


	Alignment	Key	Flow Strong	Flow Weak	DBP	Sprint Strong	Sprint Weak
C	2 on	Ball to #1	Homerun	Run-Pass; Insure	Bail to OS 1/3	→	
FS	12 yds deep	Ball to #2	IS out Alley	IS out Alley	Skate to Mid 1/3	→	
SS	12 yds deep	Ball to #2	Primary Force	Fold inside; shallow cutback	Invert play OS hots on #2; seam; curl to flat	→	
H	2 on	Ball to #1	Run-Pass; Insure	Homerun	Bail to OS 1/3	→	
NK	Split distance B/T #2 STR/QB @ 5 yds depth	Ball	Contain Blitz (Fence)	Blitz at near shoulder of deepest back; contain on nkd/reverse	Contain Blitz (Fence)	Contain Blitz (Fence)	Blitz at near shoulder of deepest back; contain on nkd/reverse
Mike	Bear Rules	Bear Keys, Blitzer-Ball	Blitz "Switch" Force to Bubble	Blitz "Switch" BSLB	Blitz "Switch" C/F	→	
Rover	Bear Rules	Bear Keys, Blitzer-Ball	Scrape to cow "Switch" Blitz	BSLB "Switch" Blitz	C/F "Switch" Blitz	→	



SHARK (TT BEAR, NICKLE)

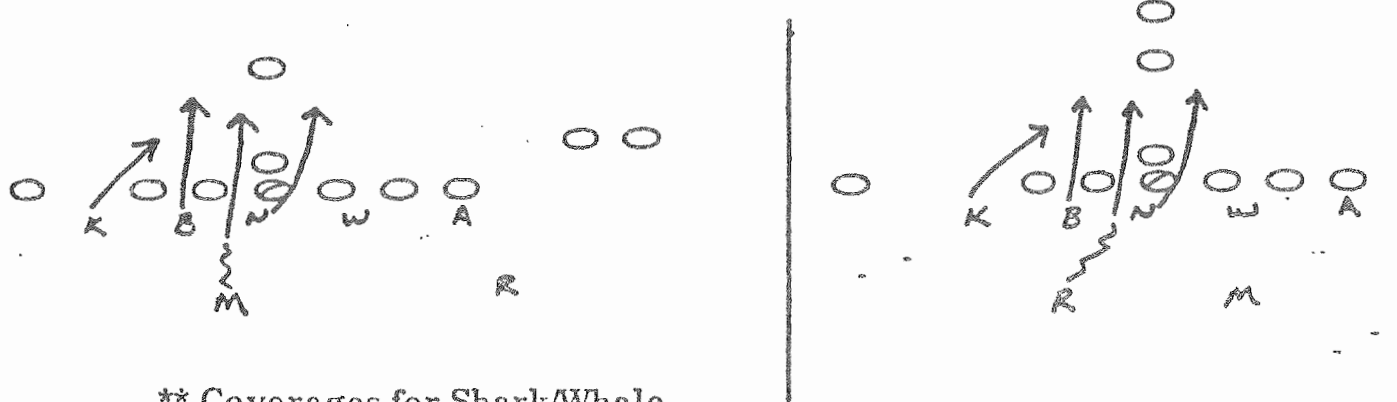
1. Mike/2 I Linebacker Stunt Run between the Nose and Whip
(1 Tech. and 3 Tech.)
* Rover vs. FS Pro Formation



WHALE (TT BRUIN)

1. Rover/2 I Linebacker Stunt Run in 1 Technique's A Gap

- A. Nose: Opposite A Gap
- B. Bull: B Gap Rush Lane; contain
- C. Knight: Edge Rush, Peels



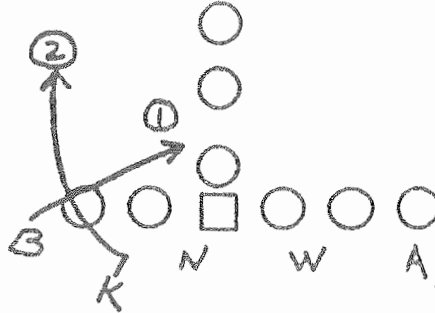
** Coverages for Shark/Whale

- Cover 1 - Flanker and Trips Personnel
- Cover 3 - Pro and Tite Personnel
- Cover 1 Lock - Flanker and Trips Personnel

BEAST

- I. Stunt between Knight and Bull from Bear Alignment
* Stunt is Off vs. 2 TE's

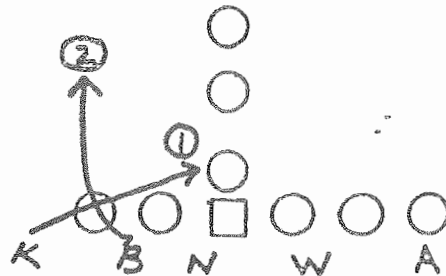
- A. Knight: Responsible for contain; naked
- B. Bull: Under all blocks; chase flat
- C. Nose: Flag Call



KOB

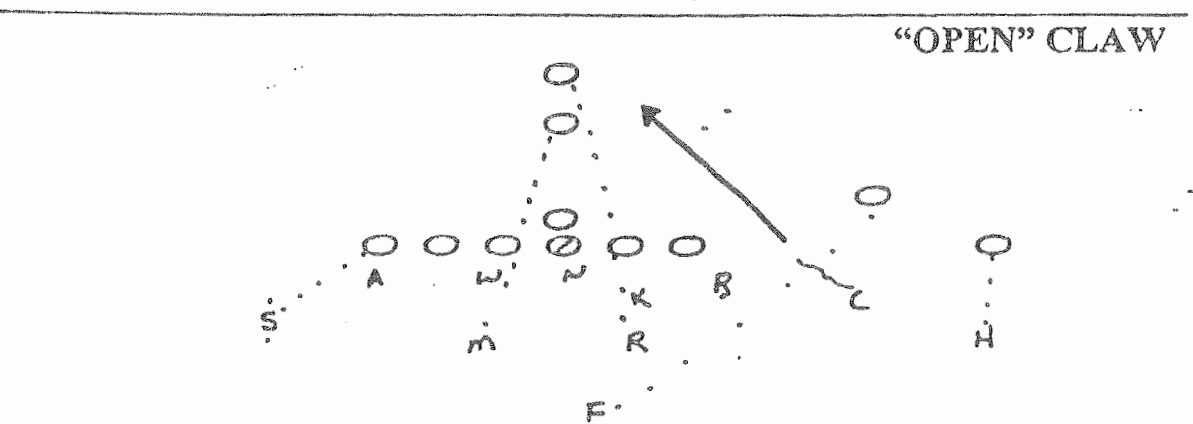
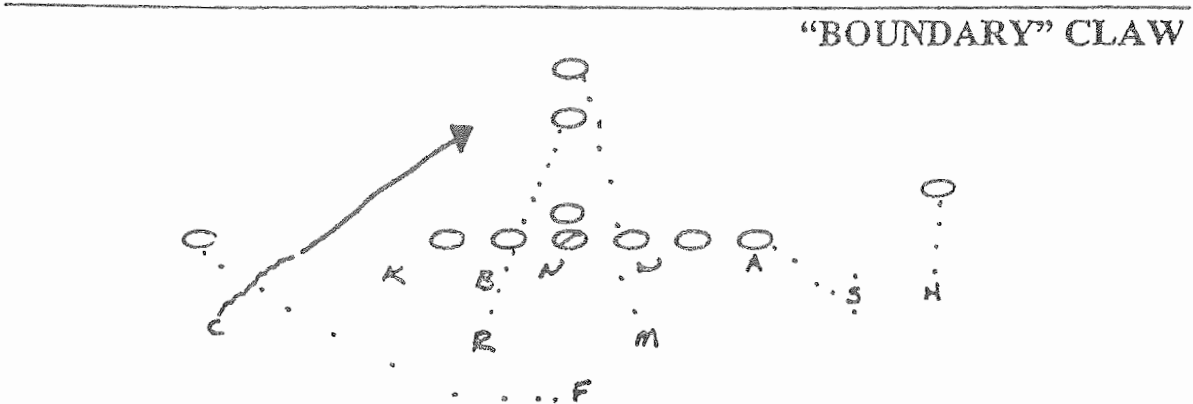
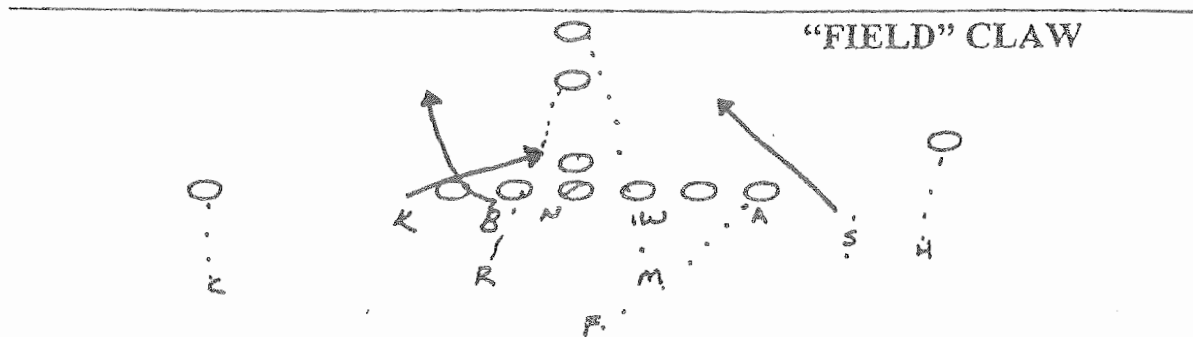
- I. Stunt between Knight and Bull from Bruin Alignment.
* Stunt is Off vs. 2 TE's

- A. Knight: Under all blocks; chase flat
- B. Bull: Responsible for contain; naked
- C. Nose: Flag Call



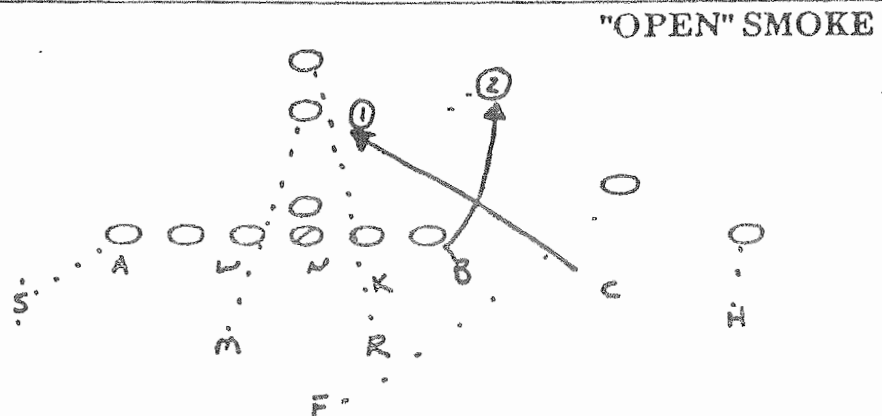
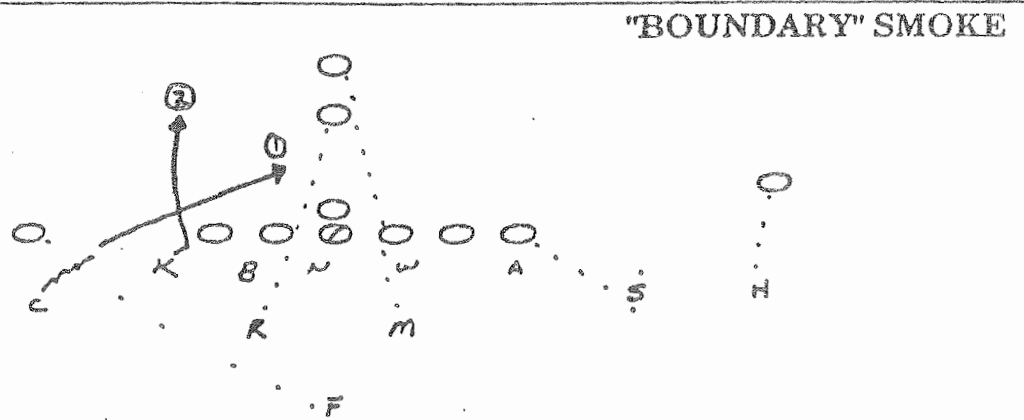
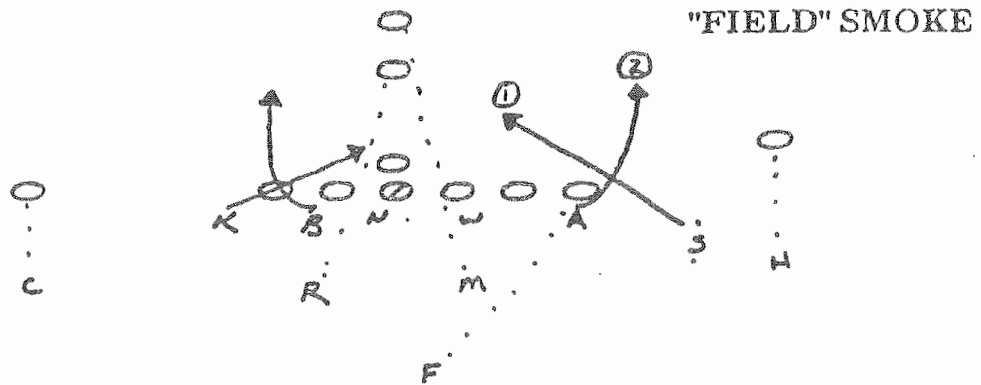
CLAW

1. Contain Blitzzer Edge Stunt - Peels and Pitch
 - A. Stunt is called with direction tag word (Field, Boundary, Open)
 - B. No Tag Word - Stunt is run from TE side
 - C. Can run automatic "KOB" with stunt coming from TE Side.



SMOKE

- I. Edge Stunt with a "Crash" Blitzer and a Contain Looper
 - A. Stunt is called with direction Tag Word (Field, Boundary, Open)
 - B. No Tag Word - Stunt is Run from TE side.
 - C. Can run automatic "KOB" with stunt coming from TE Side



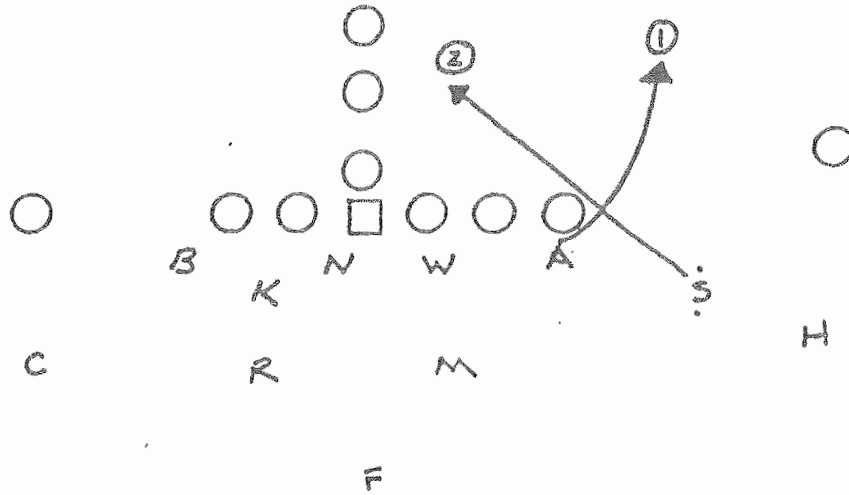
STICK

I. CROSS CHARGE EDGE STUNT

* Run to TE Side

A. Blitzzer: Make a play

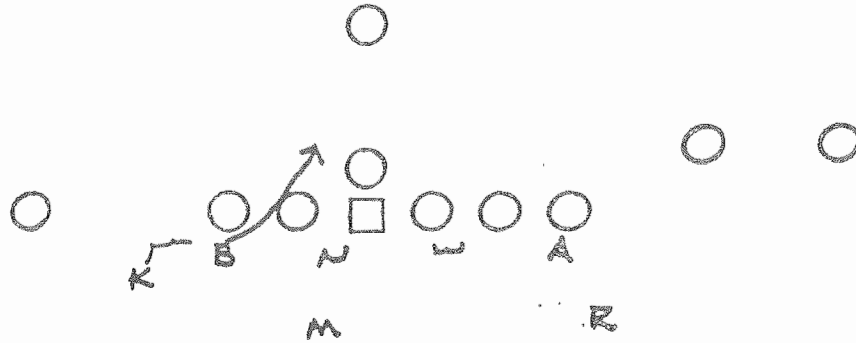
B. Looper: Contain



BLOCK STUNTS

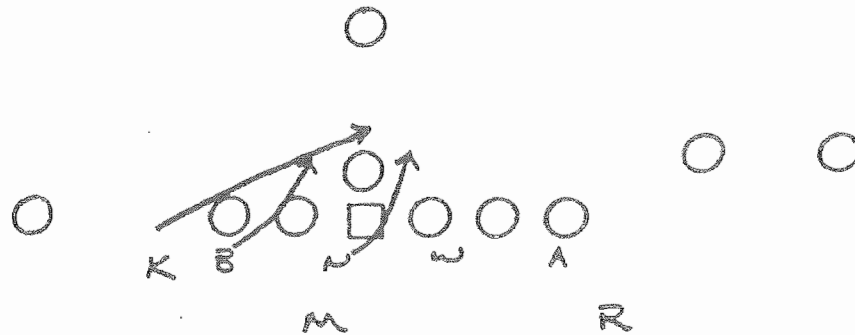
I. BANG

- A. Bull: Veer thru B Gap
- B. Knight: Bruin Responsibility



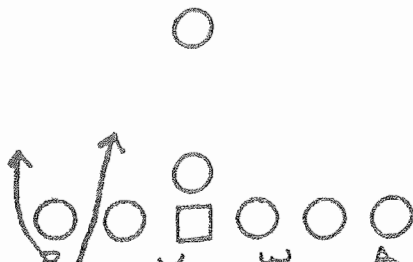
II. KNIFE

- A. Bull: Run a Bang
- B. Knight: Run a Kob
- C. Nose: Run a Nap



III. KILL

- A. Bull: Loop for QB
- B. Knight: B Gap Stunt for FB



KODY/KUB STUNTS

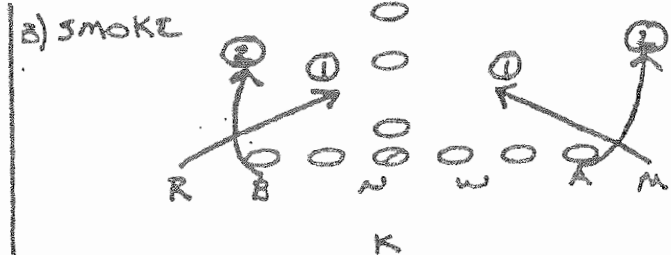
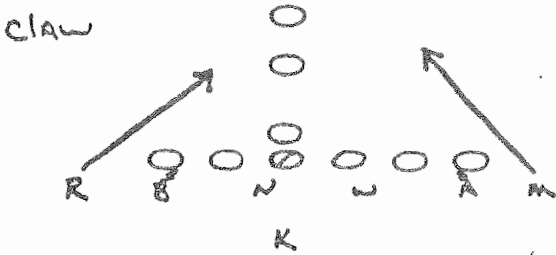
I. RAM - Mike and Rover Edge Stunt

A. Claw: Mike and Rover Blitz Contain

B. Smoke: Mike and Rover "Crash"; Ends Loop Contain

** COVERAGES:

- 1. "0" - Man to Man (No Free Safety)
- 2. 3 - Boundary End Drop
- 3. 2 - Both Ends Drop

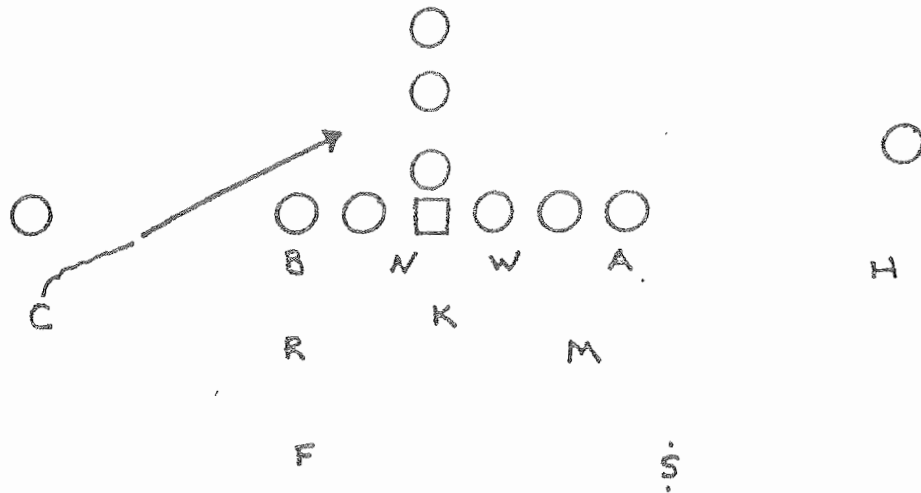


KODY OPEN CLAW (SMOKE)

I. SE Edge Stunt by Corner

* VS. No TE: Corner away from Red/Blue Call

* Run with 11 Lock

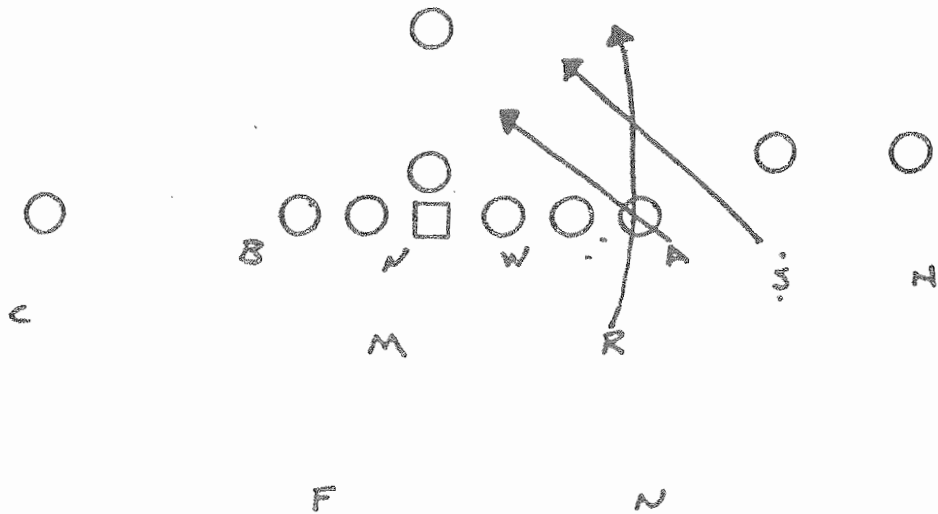
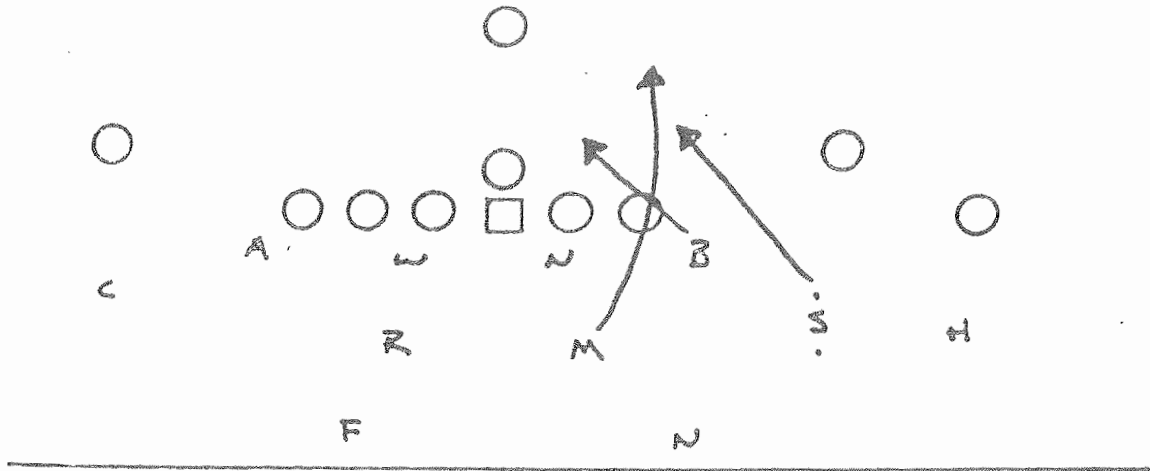


NICKLE

FIRE STEAL

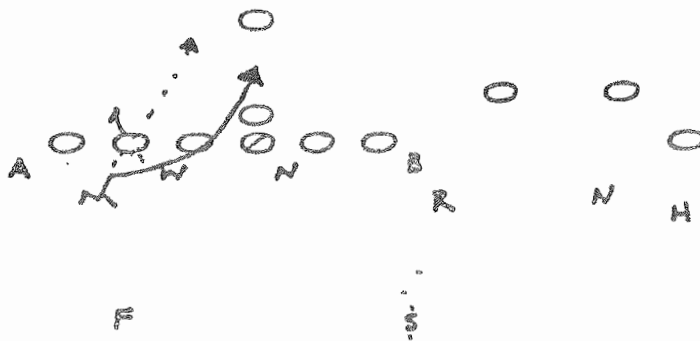
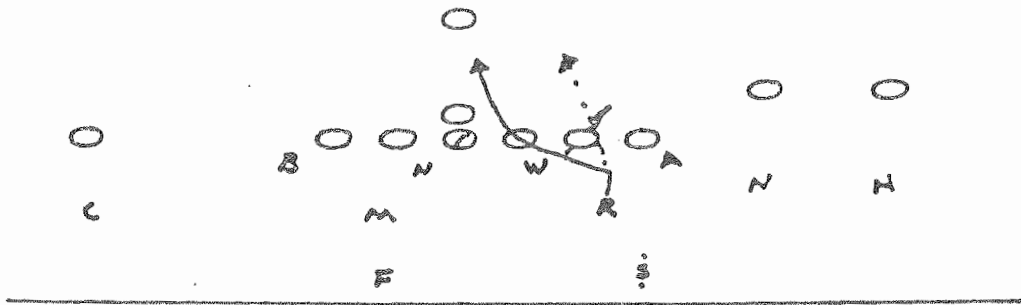
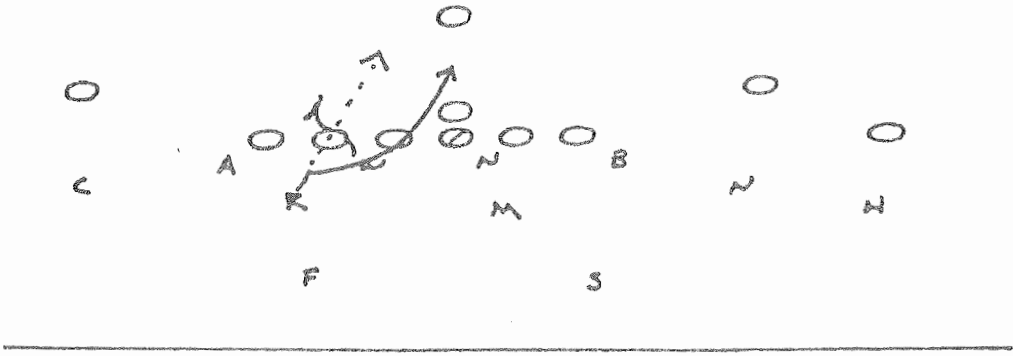
I. Field Blitz

- A. End (A or Bull): Veer Inside (C or B Gap)
- B. Linebacker to Red/Blue Call: Blitz Tight off End's Veer move - Make A Play!
- C. Strong Safety: Blitz Contain - Peels and Pitch
- D. Linebacker away from Red/Blue Call: Drop Middle Hook
- E. Secondary: Steal Coverage



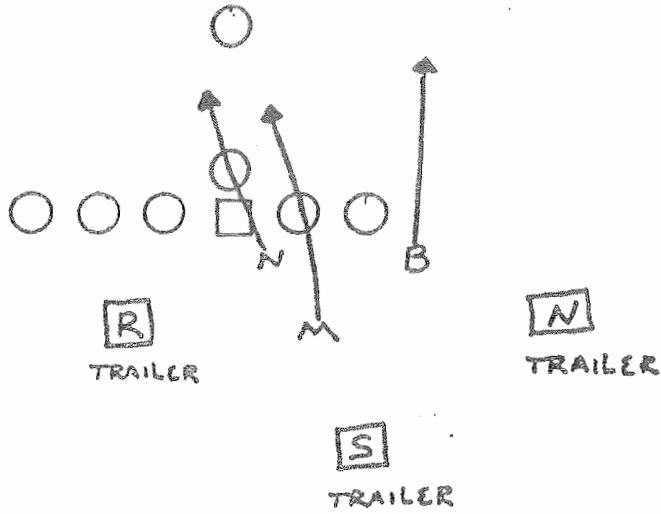
NICKLE THUNDER

I. TE read stunt run by defender responsible for the TE Man to Man.



NICKLE TRAIL

- I. Split End Blitz with 2 defenders outside turn protection
* (Flash, Steal, Thief, 10)



NICKLE STINGER THIEF

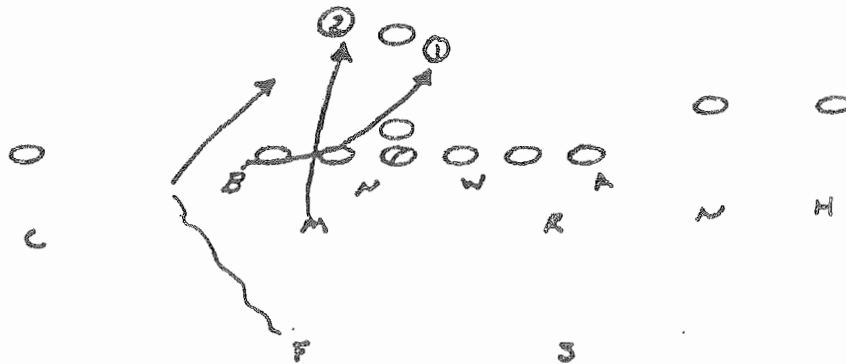
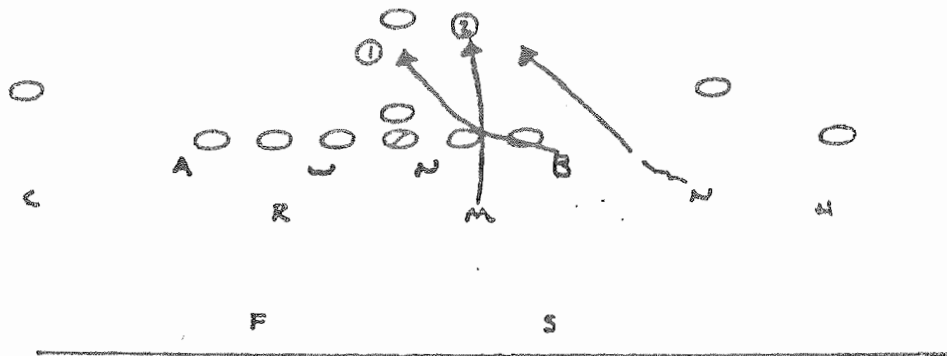
I. SPLIT END BLITZ

A. Bull: Veer Inside

B. SE Linebacker: Blitz Tight off Bull's Veer move - Make A Play!

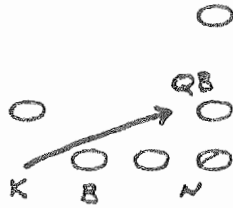
C. 2nd Open End Defender: Blitz and contain - Peels and Pitch.

* Can be run with over front

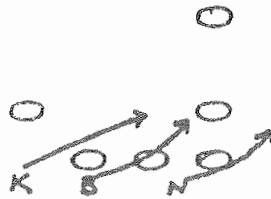


WISHBONE STUNTS

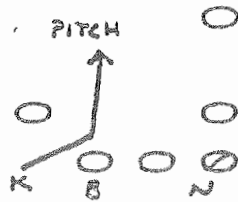
I. KORK



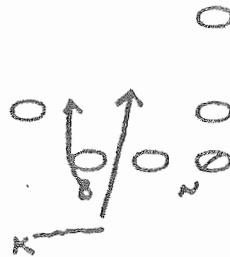
II. KING



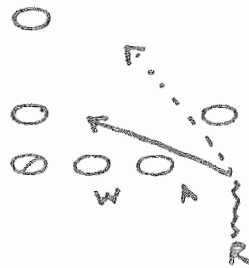
III. KOP



IV. KILL

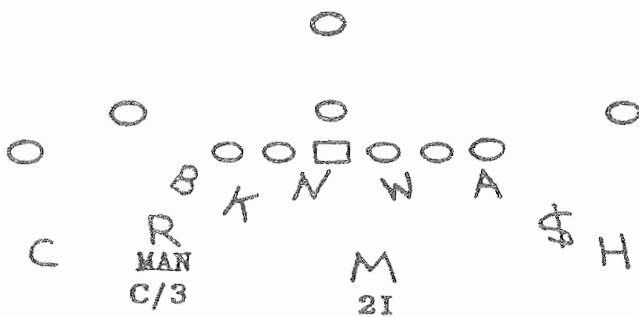
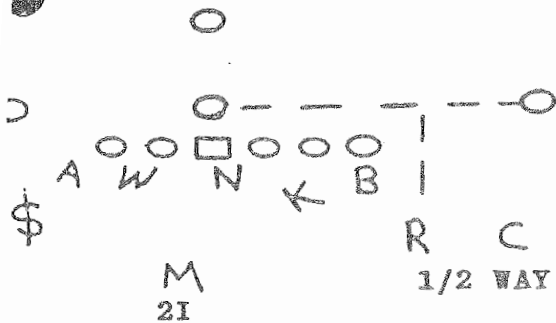


V. ROAD/RAP



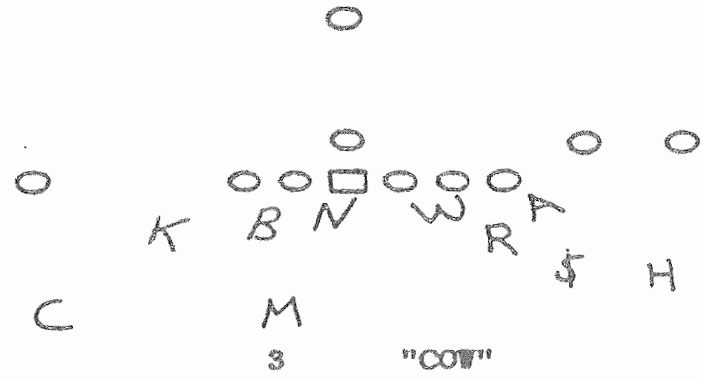
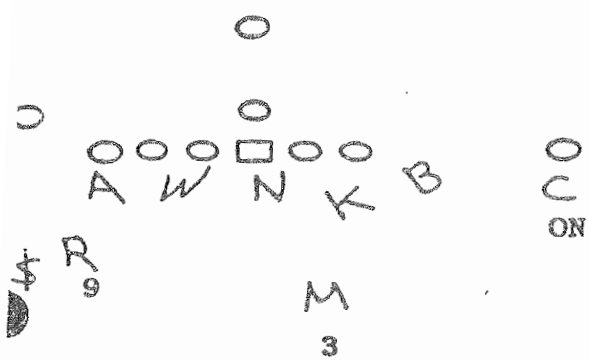
SIDE LINE

ATW FB



BEAR *C/1 "MATCH" WITH \$

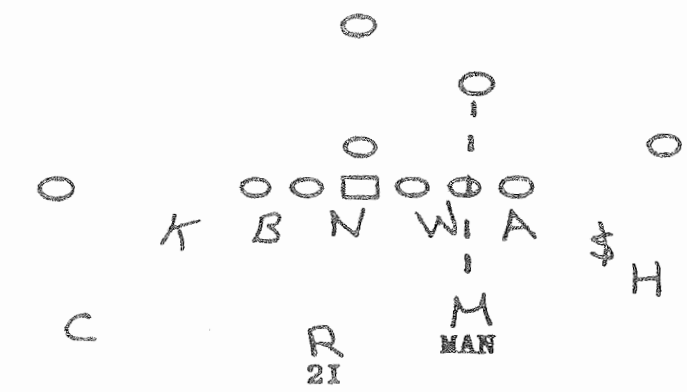
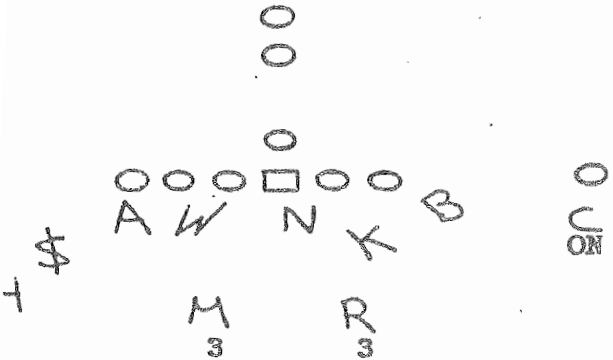
ATB



BRUIN

EO

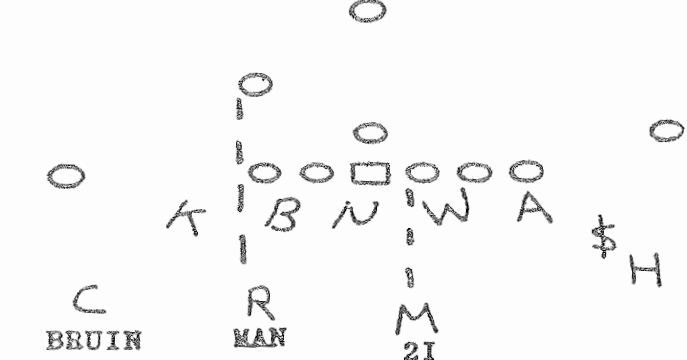
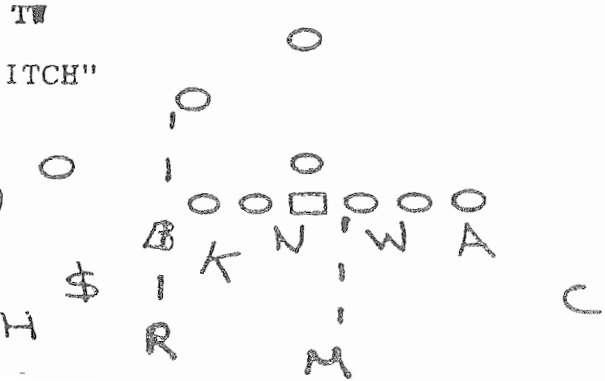
FS PRO



BRUIN

LR

FW PRO



BRUIN

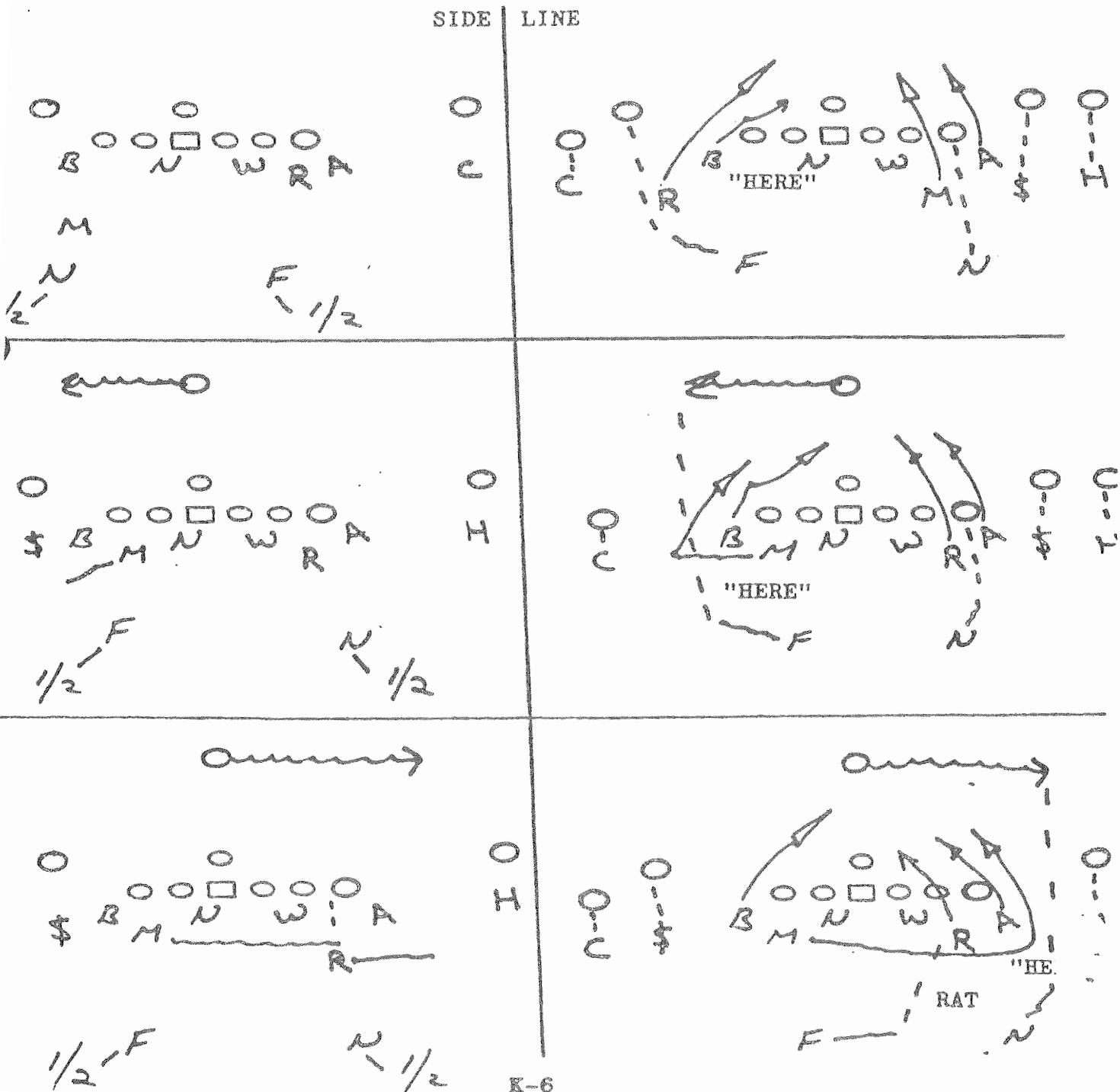
NICKEL VS "NO BACKS"

Bs and DBs cover down 5 eligible receivers.

S Motion to "NO BACKS" Mike Cover down 1st inside receiver to Motion side
B/Rover Bump out.

2, C/4, C/6 Cover down and play Zone.

/8 Cover Down and check "HERE" MIKE and ROVER Blitz.



I. END OF THE HALF OR END OF THE GAME SITUATIONS

- A. In these situations we must be aware if the offense needs a FG or TD. This is helpful in our thinking of what the offense must do.
- B. There are several types of situations that occur at the end of a half or the end of a game. To be able to help us defend teams in these crucial situations we must identify and understand the offensive mode of thinking.

- 1. LAST DRIVE: The offense is still using a huddle, maybe a quicker pace. They will employ their basic passing offense. They will use timeouts, incompletions, and tell these receivers and ball carriers to get out of bounds as ways to control the clock. In this situation an offense could be in need of FG or TD or just attempting to get some points prior to half.

WHAT WE MUST DO

- a. Play our basic defensive package.
 - b. Keep all short passes to minimum gains.
 - c. Make the key 3rd down stops.
 - d. Don't allow offense to get us off rhythm.
 - e. Know the situations. Anticipate!
 - f. RANGER TIME DEMANDS RANGER EFFORT!
- 2. CLOCK OR 2 MINUTE DRILL: In this situation the offense is not huddling, it will be scrambling to all its formations and calling all plays at the line of scrimmage. They will use time-outs plus intentional incompletions to stop the clock. The offense may need a FG or TD in this situation.

WHAT WE MUST DO

- a. Stay Poised! LBer will get defense from the sideline and relay this to the rest of the defense. Other LBer set the front. Secondary must get coverage! FS give RED/BLUE call!!!
 - b. Use the clock to our advantage, but play defense! (How to use clock explained later).
 - c. Don't ever be fooled on the fade throw away and QB pumps and go deep.
 - d. RANGER TIME DEMANDS A RANGER EFFORT!
- 3. PREVENT: When the offense must score a TD or more to win at the end of game and they have a long distance to go.

WHAT WE MUST DO

- a. We will use a PREVENT defense in this situation.
- b. We will be a 3 deep coverage where we will get a collision on all receivers at about 8-10 yards down the field and play a zone or man (prevent or prevent man).
- c. If zone we must see the ball if thrown and go to it. Don't chase receivers but shuffle back with them. Be aware of deep crossers. If ball is thrown short, converge and don't let it outside and if possible not out of bounds.
- d. Must keep working to pressure QB.
- e. RANGER TIME DEMANDS A RANGER EFFORT!

4. VICTORY: In this situation the offense must score and has only one or two more opportunities. They may employ the HAIL MARY type of play in this situation. Contain people be ready for flush type of protection.

WHAT WE MUST DO

- a. Must get good jam on all receivers at your assigned depth.
 - b. Your depth will be deeper than normal prevent.
 - c. Rush the QB hard but outside rusher force QB to step up inside.
 - d. When the ball is thrown we must get everyone to the ball to prevent the tipped pass on the Hail Mary.
 - e. Play the ball.
 - f. RANGER TIME DEMANDS RANGER EFFORT!
- C. These are some general thoughts that apply to most any of the "RANGER TIME" situations that may occur. We must be prepared to THINK and ACT in the following ways.
1. MAINTAIN AN ATTACK ATTITUDE: (Coaches and Players)
 - a. Know the specific situation we are in but play it aggressively and smart.
 2. MENTALLY SHARP:
 - a. Be aware of trick type of plays.
 - b. Odd or different formations.
 - c. The use of screen and draws. (Especially 1st play of drive or after 1st down)
 - d. Converge on all short passes and hold them to minimum gains.
 - e. An EXTRA emphasis on basic defense fundamentals (Inside and in front, proper rotation, chase and contain).
 - f. Like any drive - MAKE THE KEY 3RD/4TH DOWN STOP!
 - g. Communication is Key!
 3. USE CLOCK TO OUR ADVANTAGE:
 - a. Unpile slowly.
 - b. Keep ball carrier or receiver in bounds if we can.
 - c. Know the situation (know time outs, what the offense needs TD/FG).
 - d. Use the clock to our advantage - but don't allow it to become the focal point. The clock can assist us - but we must STOP the offense. PLAY DEFENSE!!
 4. RANGER TIME MIND SET:
 - a. We will prepare for these situations in practice, and mentally. This will allow us the POISE we need to be successful. In many of these situations we will be using the SAME defenses, SAME players and we must have the SAME mind set as normal defensive situation.

Remember these last few minutes or even seconds prior to the HALF or END of the game will determine our Success.

WE WILL BE READY!!

RANGER TIME DEMANDS A RANGER EFFORT

1 TECHNIQUE
(BEAR BRUIN)

I. STANCE

1. 3 point stance toe heel relationship.
2. Feet, shoulder width apart.
3. Down hand should be directly ahead of back foot.
4. Ankles, knees and hips with power producing angles (45).
5. Tail slightly up (FLAT BACK).
6. Weight distribution should be 60% on the down hand and upfield foot 40% on backfoot.

II. ALIGNMENT

1. Nose should be on outside eye of center.
2. Align tight to ball.

III. RESPONSIBILITIES

1. Run to - Dominate center control both "A" gap.
2. Runaway - Control backside "A", squeeze center to frontside "A" gap.
3. Pass - rush call side "A" gap. If flag call is made by knight rush opposite "A" gap.

IV. KEYS

1. (Hand and ball) near clavicle of center.

V. MOVEMENT & BLOWS

1. Move on ball movement.
2. Lead with eyes and hands, 6" step with your inside foot.
3. Strike with 3-point contact. Helmet should be on the near clavicle of the center.
4. Inside hand with thumb up should explode into sternum of center. Outside hand should explode to outside shoulder pad. Punch, Lock, Out, Locate.

VI. BLOCKING SCHEMES

A. Base Block

1. Explode into center. Deliver 3-point strike.
2. Control blocker with leverage (pad under pad).
3. Deliver a hard double hard shiver with thumbs up & elbows into the sternum and outside pad of offensive lineman.
4. Keep shoulders square.
5. You are responsible for both "A" gaps.
6. Punch Lock out locate, shed and tackle.

B. Reach Block

1. Explode into center. React to center helmet.
2. Your initial charge will help you defend both "A" Gaps.
3. As you lock out center stay square.
4. Push center's body to frontside "A" Gap. Defend backside "A" Gap with your body, must keep feet moving.
5. Locate, Shed, Tackle

C. Double Team

1. Must defeat center base block first. (Attack post)
2. As you feel pressure from guard don't allow him to drive you off the LOS.
3. Maintain LOS and attempt to split double team by turning your shoulders & hips work out to pressure.
4. Any loss of LOS collapse your outside knee and shoulder and create a 3-man pile. Take center to the ground with you!

D. Block Back:

1. Explode into center. If you do not feel pressure with your hands & eyes try to penetrate and knock backside guard off.
2. Flatten down L.O.S. and locate football.



E. Scoop:

1. Explode into center. As you recognize center working through your inside number, squeeze him into opposite "A" gap.
2. Keep pressure on center and that will work you away from the guard's block.
3. You cannot allow the center to release up on LBer.
4. Be ready to come off centers block play cut back.
5. Maintain L.O.S.



F. Seal Back:

1. Explode into center. Punch and Lock out as you recognize the guard pulling across the ball, stay square.
2. Squeeze center's body to opposite A gap stay square.
3. You have the cutback in the "A" gap your side.



1 SHADE TECHNIQUE
(STACK AND KODY)

I. STANCE

1. 3 point stance w/feet toe heel relationship.
2. Shoulder width.
3. Down hand should be directly ahead of back foot.
4. Ankles, knees and hips with power producing angles (45).
5. Tail slightly up (flat back).
6. Weight distribution should be 60% on the balls of the feet and upfield foot 40% on back foot.

II. ALIGNMENT

1. Nose should be on middle of near shoulder pad of center.

III. RESPONSIBILITIES

1. Run to - Dominate center control "A" Gap.
2. Runaway - Control backside "A", don't allow center to release up to LBer.
3. Pass - rush call side "A" Gap.
4. Option - drive (control "A" Gap).
5. Cannot get reached by center must force DBL team block between center and guard to your responsibility.

IV. KEYS

1. (Hand and Ball) Clavicle to your alignment.

V. MOVEMENT & BLOWS

1. Move on Ball movement.
2. Lead with eyes and hands, 6" step with your inside foot.
3. Strike with 3-point contact. Helmet should be on the clavicle of the center.
4. Explode inside hand to sternum with thumbs up, outside hand should explode to outside pad. Punch, Lock Out, locate.

D. Block Back:

1. Explode into center with hands and eyes. Start to squeeze center but must recognize the flat course of the center.
2. Try to penetrate and knock backside guard off.
3. Flatten down L.O.S. and locate football.



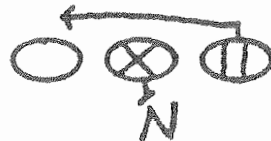
E. Scoop:

1. Explode into center. As you recognize center working through your inside number, squeeze him into opposite "A" gap.
2. Keep pressure on center and that will work you away from the guard's block.
3. You cannot allow the center to release up on LBer.
4. Be ready to come off centers block play cut back.
5. Maintain L.O.S.



F. Seal Back:

1. Explode into center. Punch and Lock Out as you recognize the guard pulling across the ball, squeeze in that direction:
2. React to center and stay square.
3. You have the cutback in the "A" gap your side.



(WHIP) 3-TECHNIQUE

I. STANCE

1. Stance 3 point with toe heel relationship.
2. Feet, Shoulder width apart with toe heel relationship
3. Down hand should be directly ahead of back foot.
4. Ankles, knees and hips with power producing angles (45).
5. Tail slightly up.
6. Weight distribution should be 75% on the upfield foot and down hand, 25% on back foot.

II. ALIGNMENT

1. Align tilted at 45% nose pointed at V of guard neck.
2. Crowd the ball.

III. RESPONSIBILITIES

1. Run to - cancel the "B" Gap.
2. Run away - Beat cutoff block of O.T.
3. Pass - rush "B" gap. Initially then you have a 2 way go.

IV. KEYS

1. Ball to near clavicle of guard.

V. MOVEMENT AND BLOWS

1. Move on ball movement.



2. Take 6" step with the inside foot.
3. Strike with a 3 point contact. Eyes should be on the near clavicle of the guard.
4. Deliver a hard double hand shiver to the sternum with inside hand and outside pad with outside hand.
5. With your thumbs up and elbows in lock out locate shed tackle.

VI. BLOCKING SCHEMES

A. Base Block:

1. Explode into guard. Deliver 3 point strike.
2. Control blocker with leverage.
3. Lock out arms creating separation.
4. Keep shoulders square.
5. You are responsible for "B" Gap.
6. Locate, shed and tackle.



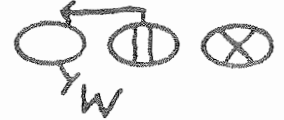
B. Reach Block:

1. Attack guard. React to offensive guard's pressure.
2. Your alignment & initial charge should prevent him from reaching you.
3. Keep shoulders square and push vertically with arms extended.
4. Work upfield and gain ground. Lock out locate the ball shed and tackle.



C. Horn Block:

1. Attack guard. As you recognize the guard pulling away from the ball. Attack the offensive tackle with your hands.
2. Swat or squeeze back to the tackle and pull yourself to the outside when ball crosses your face.
3. As you cross tackle downblock, Attack inside out to the ball.



D. Double Team:

1. Must defeat guard's base block first (attack post).
2. As you feel pressure from tackle, don't allow him to drive you off the ball.
3. Maintain LOS and attempt to split double team by working out to pressure.
4. Any loss of LOS collapse your outside knee and shoulder grab guard and create a 3 man pile.

E. Chip Block:

1. Must attack guard baseblock first.
2. As you recognize the chip scheme, fight through downblock by O.T. get upfield.



F. Wall Off:

1. Attack guard. As you recognize offensive guard working for inside position, squeeze him down into the "A" Gap. Keep your shoulders square.
2. Move your feet to stay square and be ready for cutback into the "B" Gap.



G. Tackle cut off:

1. Attack guards clavicle. As you recognize guards block explode thru "B" Gap beat tackle cut off. By dipping outside shoulder.



H. Block Back:

1. Attack guard. As the guard pulls across the ball, step in that direction. Explode into backfield and follow guard. Make a play.



I. Influence Block:

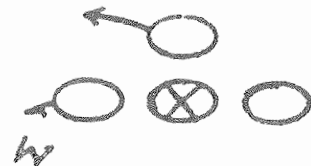
1. Attack guard. As you recognize pass set or pull to the outside immediately react inside attack backside guard, rip outside arm through inside knee pad.



VII. PASS PROTECTION

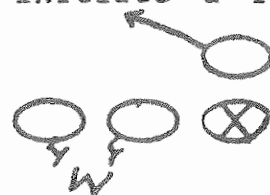
A. Sprint To (Reach):

1. Read the guard, reach to the outside.
2. Rush "B" Gap. Execute proper pass rush technique.



B. Sprint To (Turnback):

1. As you recognize guard, pass set and immediate pressure from tackle, attack him.
2. React to pressure by O.T. initiate a rush move through outside shoulder.



C. Sprint to (Fold):

1. If the guard pulls to the outside and there is immediate pressure from the tackle, attack the tackle.
2. Must gain outside leverage on tackle and rush through face of guard.



D. Sprint Away (Guard Set)

1. If the guard sets up and slides inside with depth, he is protecting the backside of a sprint pass.
2. Attack through the outside shoulder of the guard with proper pass rush techniques.
3. Squeeze to the football. You have a two way go depending on where the QB sets up.

E. Sprint Away (Center Block Back)

1. Explode into backfield follow guard locate ball make a play.

F. Pocket

1. As guard sets, rush through his outside pad.
2. Must start rush through "B" Gap, You are 2 way Rusher.

BULL TACKLE AND "A" MAN

I. ALIGNMENT

- A. VS. T.E. - 6 technique (if T.E. flexed more than 3 yards, disregard)
- B. VS. S.E. - Cock stance in toward OT's near hip of 45°

II. STANCE

3 point stance, feet shoulder width apart, heel to toe relationship, inside foot back, 60% of weight on hand and 40% on the feet, "mental" weight on big toe of outside foot, heels near the ground, off arm in ready position.

III. KEYS

- A. VS. T.E. - Inside clavicle of T.E.
- B. VS. S.E. - Near hip of O.T./To Running Back
- C. For get off, key snap of ball with peripheral vision.

IV. RESPONSIBILITY

- A. VS. T.E. - Cancel C gap. Kick T.E.'s butt.
- B. VS. S.E. - Cancel C gap by keying near hip of O.T. To Running Back 1st step is at near hip of O.T. Attack 1 yard behind the LOS. Come under control. Get eyes inside.

V. BASE BLOCK TECHNIQUE

- A. Move on ball movement.
- B. Jab step with inside foot straight upfield.
- C. On 2nd step, bring your feet parallel. Must get 1st two steps on the ground fast and before contact is made!
- D. Put your eyes on the inside clavicle of the blocker (this is your target) and strike with 3 point contact. Get your hands inside his, thumbs up, elbow in and together.
- E. Must get pad under pad and gain control with the hands.
- F. Always keep feet chopping with knees bent to maintain power angles and leverage.

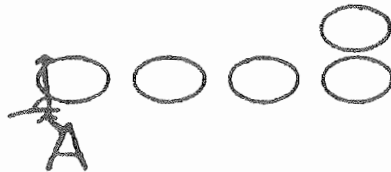
- G. Work to gain separation. Lockout and maintain leverage. Now look for the ball.
 - H. Shed the block with the whole body, especially the legs, then pursue the ball. However, 1st objective is block destruction.
- VI. BOUNCE TECHNIQUE (VS. T.E. inside release or to S.E. side)
- A. Technique used vs. a kick-out block from either a lineman or back. You are going to force the ball to bounce deep and outside.
 - B. After deflecting the T.E. toward the blocker (to the inside), get your inside. Attack the blocker violently extending the hips and drive the inside shoulder up through the inside number of the kick out blocker. Penetrate back upfield to knock off the off tackle. You must take out 2 Blockers OT, OG. Keep your eyes up and feet driving.
 - C. If you are on the S.E. side, key the O.T. To Running Back if the O.T. blocks down, get eyes inside. On RB get to 1 yard depth, then attack the kick-out blocker as described above.
- VII. JOINT TECHNIQUE (VS. "COW" call or (slam) arc technique by T.E.)
- A. Technique used vs. a kick-out block forcing the ball to stay inside.
 - B. After T.E. (Slam) arcs you, get your eyes inside, drop outside foot back, bend your knees, step into the blocker and deliver a blow with the tip of the inside shoulder pad and forearm, forcing the ball inside of you.
 - C. If you are on the S.E. side vs. O.T., inside release, get your eyes inside, on RB close through the O.T.'s butt constricting the area between you and the next defender inside. Gather yourself, get outside leg back and take on the block as described above.
- VIII. CONTAIN TECHNIQUE (on "COW" call)
- A. Technique is used to contain the ball and turn the ball inside to other defenders.
 - B. To T.E. side, align in a 9 technique.
 - C. VS. T.E. inside release use bounce technique.
 - D. VS. T.E. reach, target in outside clavicle of T.E. Punch through his outside half maintaining outside leverage. Kick T.E.'s butt. Knock him into the backfield.

- E. If you're on the S.E. side, execute joint technique.
- F. Vs. load block by back, get your outside leg back, bend your knees, focus on blocker's face mask crosshairs. Punch through helmet, keeping legs behind you at all times. Shed the blocker and pursue to the ball.

IX. BLOCK REACTIONS

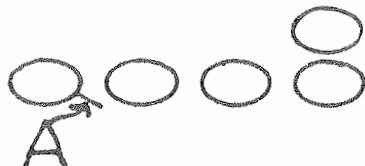
A. ZONE/REACH -

3 point contact, lead with eyes, toes straight ahead cancel C gap. Kick T.E.'s butt knocking him into the backfield.



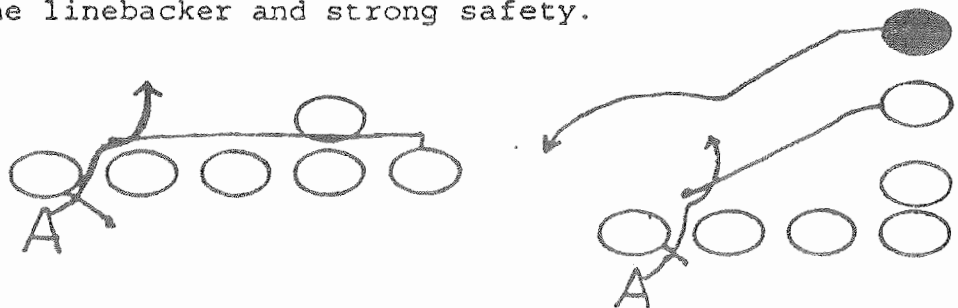
B. T.E. INSIDE RELEASE -

Attack T.E. by stepping with inside foot. Prevent T.E. from releasing clean inside by striking the target with your eyes, still working to get 3 point contact. Close off the C gap with the T.E.'s body.



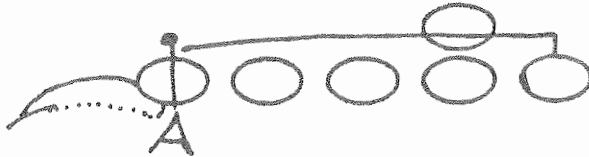
C. KICK OUT -

T.E. may inside release. Deflect the inside release of the T.E. After deflecting the T.E., get your eyes inside. If back or lineman is coming to kick you out, "bounce" the kick out block and bounce the ball outside to the linebacker and strong safety.



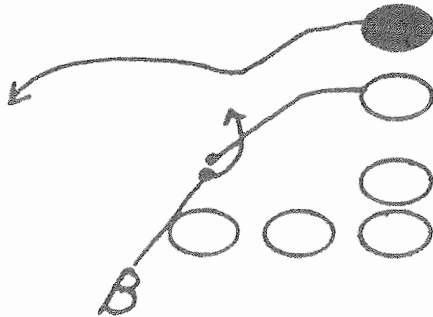
D. VERSUS (SLAM) ARC -

T.E. may punch the outside shoulder and then release outside. Ignore outside punch. Eyes inside. React to course of kick out block by holding your ground and hard joint the kick out block.



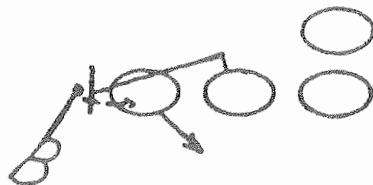
E. TACKLE DOWN VS. S.E. -

Align wide on O.T. As tackle's hip goes away, step across LOS 1 yard behind O.T. Come under control. Eyes inside. React to play. If kickout block by FB, "bounce" the kick out block and bounce the ball outside to the linebacker and strong safety.



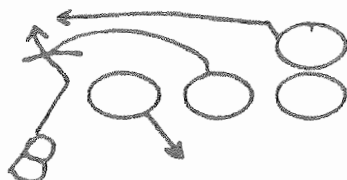
F. TANGO KICK OUT -

Align wide on O.T. As tackle's hip goes away, step across LOS, 1 yard behind O.T. Nose up the kick-out block of the O.G. Maintain outside leverage. Be ready to play off the O.G. block to make a play inside.



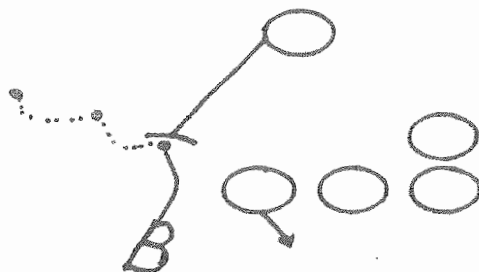
G. TANGO LOG -

Align wide on O.T. As tackle's hip goes away, step across the LOS 1 yard behind O.T. As you see the O.G. get depth and try to log you, fight through his outside clavicle and make a play on the QB.



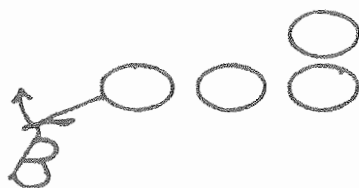
H. LOAD -

Align wide on O.T. As tackle's hip goes away, get eyes on the offset back. If he is on a direct load course to block your outside leg: Get your outside leg back, focus on blocker's facemask crosshairs, be low, punch your hands through his helmet, keep legs behind your upper body at all times, play off the block and pursue to the ball.



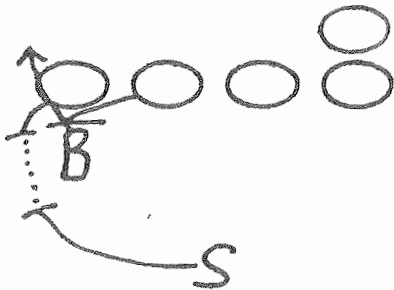
I. TACKLE ZONE/REACH -

Align wide on OT. As you feel O.T. trying to reach block you, fight through his outside clavicle and contain the ball.



J. T.E. AND O.T. COMBO BLOCK -

Make 3 point contact with TE on inside clavicle. As you feel O.T. zone reach you, sink your hips and split the blocks fighting to get through the O.T.'s outside clavicle. Maintain outside leverage on O.T.



PASS RUSH

It is imperative that we always have an aggressive Pass Rush. Your desire to rush the passer is a measure of your competitive spirit. At times a successful pass rush will require a second, third, and sometimes a fourth effort on your part.

The ultimate achievement when rushing the passer is to secure the tackle on QB and strip the ball. However, there are many other positive results that come from a strong, determined pass rush in addition to the above.

A strong rush will:

1. Compress the pocket.
2. Force the passer in the direction of the other rushers.
3. Cut down on the time the QB has to throw the ball.
4. Force an errant throw and a possible interception.

PASS RUSH FUNDAMENTALS

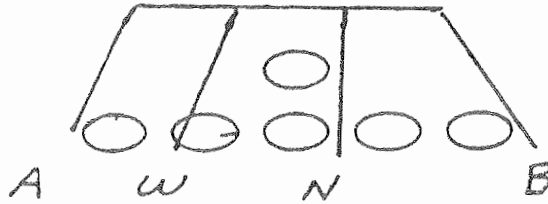
1. Always keep your feet moving and always progress toward the passer.
2. Secure the tackle and strip the ball when you come free by staying focused on the QB's throwing arm. Don't lose contain on the QB.
3. If passer is able to release ball, immediately turn and sprint toward receiver as you will be needed either to tackle or block in the event of an interception (as blocks are to be in front and above the waist).

PLAYS OFF PASSING ACTION

1. Screens - Do not rush looking for the screen pass but if you do read screen as you rush, go ahead and play it.
2. Draw - Do not rush looking for the draw play but if you do read draw as you rush, retrace your steps through your rush lane.
3. Traps - (Important to know for inside rusher)
If you are rushing and no one is blocking you, immediately close inside and react to trap.

PASS RUSH TECHNIQUE:

Pass Rushers must understand how the Pocket develops and how the offensive line is trying to prevent penetration in the Pocket.



Pre - Snap Teaching Progression:

1. STANCE - (Bear - Get Off)

- A. 3 pt. stance
- B. Inside hand down w/inside leg back.
- C. Wt. on down hand & ball of front foot.
- D. Have a flat back or tail slightly higher than helmet.

2. ALIGNMENT

- A. Crowd the ball.
- B. Inside rushers align in a loose 3 tech. and a 1 technique.
- C. Outside rusher align 2-3 feet removed from offensive Tackle with the intent to defeat blocker with speed on the edge.

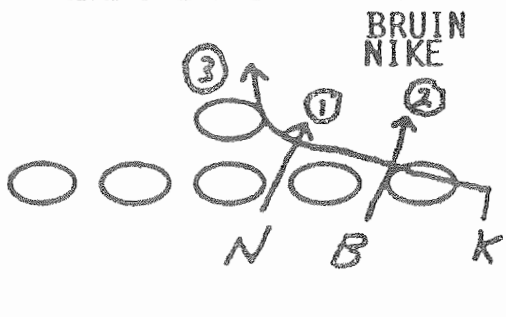
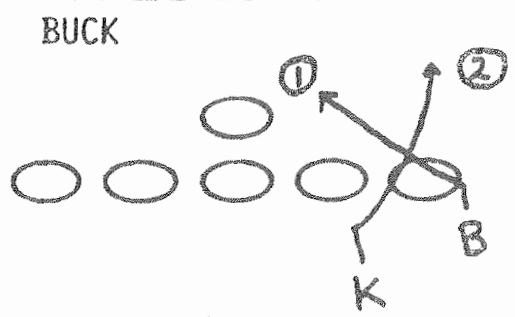
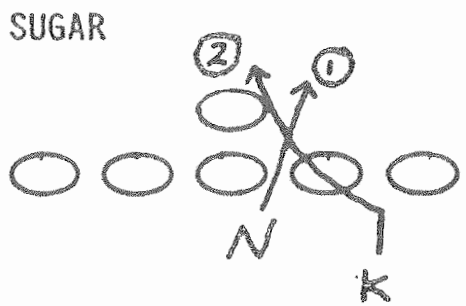
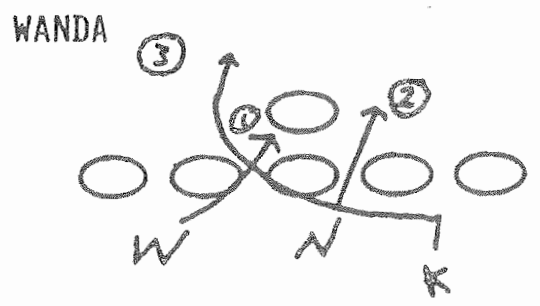
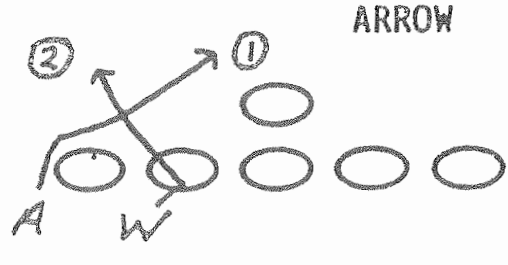
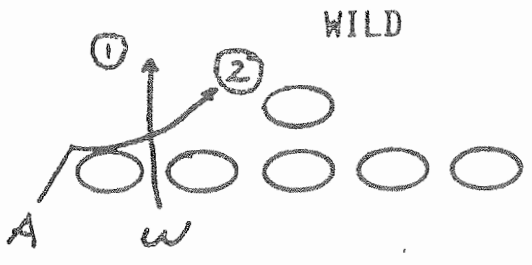
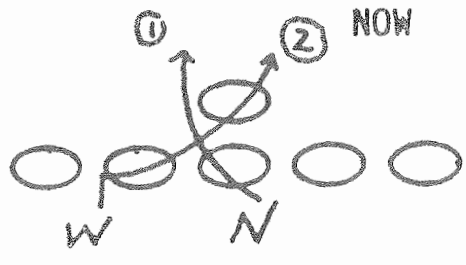
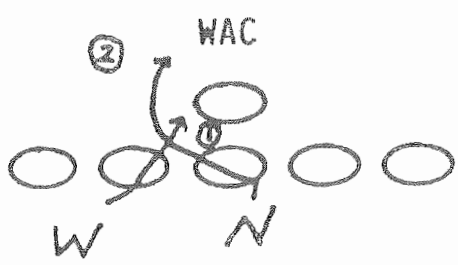
3. KEYS

- A. Ball
- B. If outside rushers can not see ball key down hand of OT key outside foot of OT if 2 pt. stance.

4. TARGET

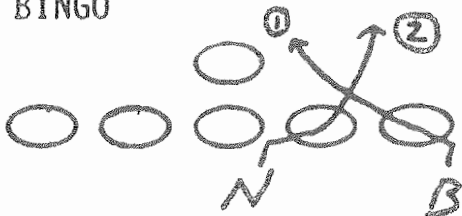
- A. Inside rushers - outside pad of offensive lineman.
- B. Outside rushers - 7 yds. behind QB.
- C. Off Lineman body targets are sternum and outside pad.

LINE STUNTS

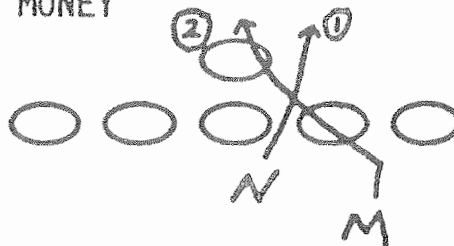


OVER LINE STUNTS

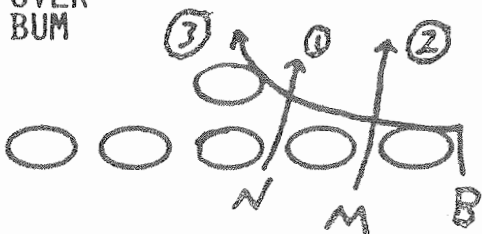
OVER BINGO



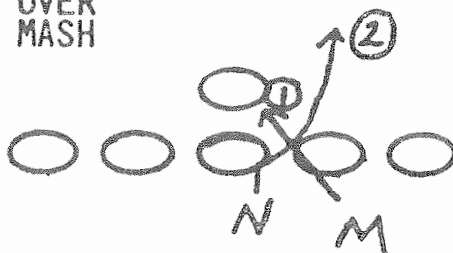
OVER MONEY



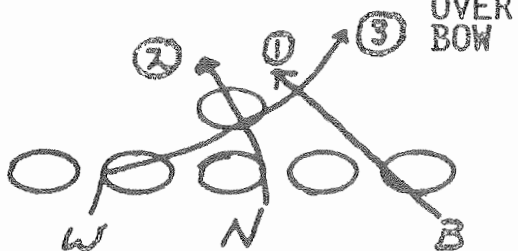
OVER BUM



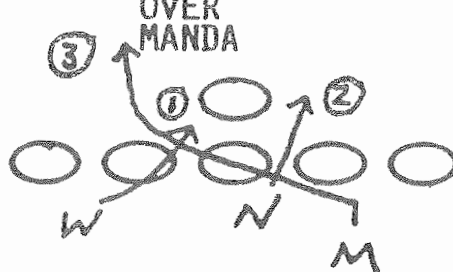
OVER MASH



OVER BOW



OVER MANDA



KNIGHT

BEAR DEFENSE - FLEX TECHNIQUE

ALIGNMENT: OPPOSITE THE COLOR OR TITE CALL

- A) SHADE - ALIGN ON GUARD; OUTSIDE SHADE
- B) DEPTH - HAND AT DEPTH OF NG'S HEEL
- C) TILT - TILT AT A 45 DEGREE ANGLE NOSE POINTED ON THE NOSE OF GUARD

STANCE:

- A) 3 PT STANCE, INSIDE HAND DOWN UNDERNEATH SHOULDER
- B) FEET SHOULDER WIDTH APART
- C) INSIDE FOOT BACK, HEEL-TO-TOE RELATIONSHIP
- D) ARCH BACK, TAIL SLIGHTLY UP, BULL NECK
- E) 60% OF WEIGHT ON HAND, 40% OF WEIGHT ON HEELS

KEY:

- A) PERIPH BALL FOR GET-OFF (MOVEMENT-NO SOUND)
- B) KEY NEAR CLAVICLE OF O.G

RESPONSIBILITY:

- A) RUN TO - CANCEL B GAP
- B) RUN AWAY - DIAGNOSE BLOCKING SCHEME, MUST DEFEAT OT CUT-OFF BLOCK!
- C) PASS RUSH -
 - 1) B-GAP RUSH LANE UNTIL DRAW HAS BEEN CLEARED
 - 2) 2 WAY RUSH TO QB
 - 3) RUSH AND EXECUTE PASS RUSH MOVE ON 1/2 MAN
- D) PASS DROP-
 - 1) EXECUTE RESPONSIBILITY BY COVERAGE / RAT RULES

TECHNIQUE

- A) GET OFF AND ATTACK ON BALL MOVEMENT
- B) 6 INCH STEP WITH INSIDE FOOT AT CLAVICLE OF O.G
MAINTAIN A FLAT BACK BODY POSITION!
- C) ATTACK O.G WITH 3 PT'S OF CONTACT
FACE AND HANDS
 - 1) EYES ON CLAVICLE
 - 2) INSIDE HAND ON CHEST
 - 3) OUTSIDE HAND ON CUP OF SHOULDER PAD
- D) STRIKE O.G WITH LOW, FLAT BACK BODY POSITION.
STRIKE WITH THUMB UP AND ELBOW IN. LOCK-OUT - ARMS EXTENDED. CREATE SEPARATION - VERTICAL PUSH

BIG DEAL

***BODY POSITION AND PAD LEVEL**

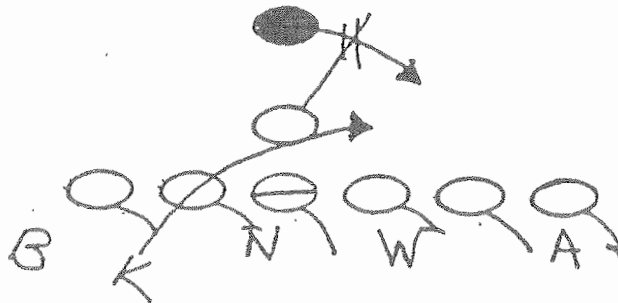
- FEET BEHIND PADS
- WEIGHT OVER FRONT FOOT
- EYES ON CLAVICLE WILL ENSURE LOW PAD LEVEL
- CREATE SEPARATION - LOCK OUT!
- DRIVE FEET ON CONTACT - VERTICAL PUSH

BLOCKING SCHEMES

1) GUARD ZONES AWAY

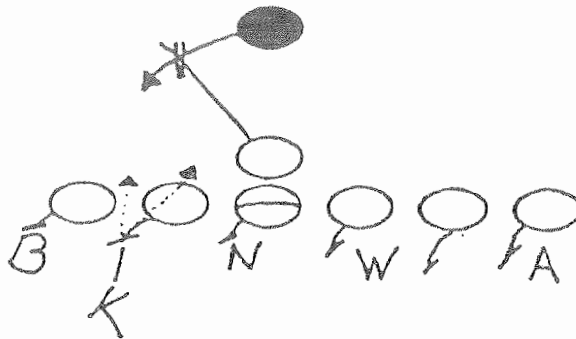
- A) ATTACK O.G CLAVICLE - EXPLODE THRU B-GAP
- B) HANDS AND EYES CHASE CLAVICLE - RIP PRESSURE FROM O.T
- C) ROTATE SHOULDERS LIKE A VEER MOVE
- D) FLATTEN DOWN LOS

***#1 PRIORITY - NEVER CUT-OFF!**



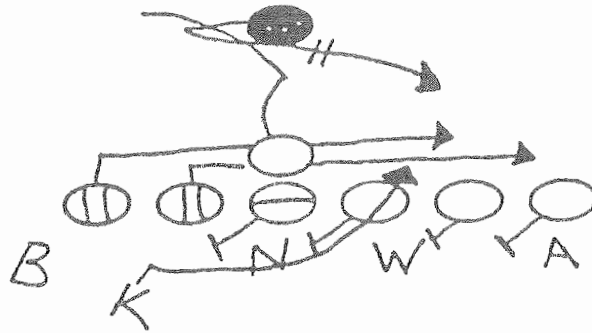
2) GUARD ZONES TO

- A) ATTACK O.G WITH 3 PT'S OF CONTACT
- B) LOCK OUT - CREATE SEPARATION
- C) VERTICAL PUSH O.G AND SQUEEZE A GAP



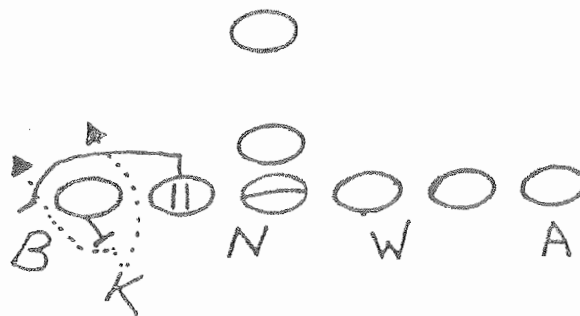
3) GUARD PULL AWAY

- A) CROSS FACE OF CENTER BLOCK BACK OVER THE TOP
- B) PRESS UP FIELD THRU 1st GAP THAT SHOWS
- C) PURSUE INSIDE - OUT TO THE BALL



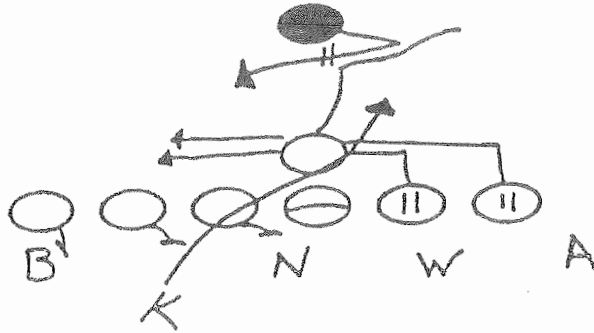
4) HORN SCHEME - GUARD PULL TO

- A) ATTEMPT TO CHARGE THRU B GAP
- B) O.T UPFIELD - UNDER O.T PURSUE FLAT INSIDE - OUT
- C) O.T L.O.S - SWAT ACROSS FACE AND PURSUE INSIDE OUT.
STAY OUT OF FLOW OF ILB's



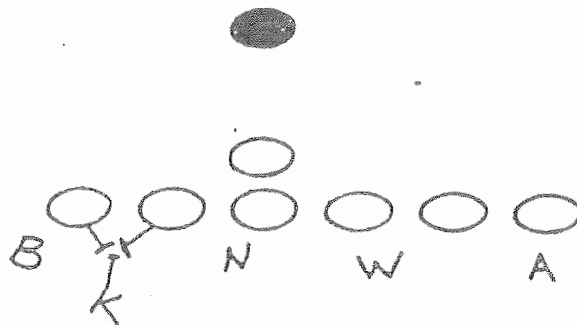
5) COUNTER READ

- A) O.G ZONE AWAY - DEFEAT O.T CUT OFF - FLATTEN DOWN THE L.O.S
- B) OPPOSITE COLOR BACK - WRONG ARM AND PRY THE NEAREST PULLER - TAKE 2!
- C) ALIGN WITH PULLERS EAR HOLE AND KNOCK HIM UPFIELD - MAKE BALL BUBBLE - EAST AND WEST



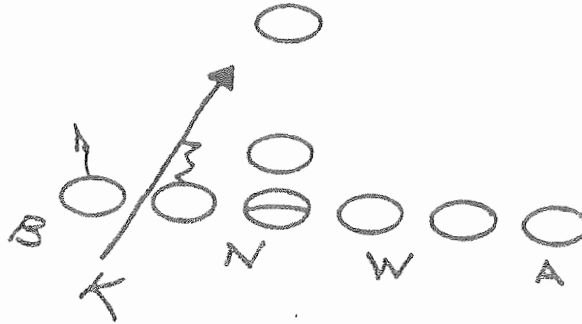
6) DOUBLE TEAM

- A) ATTACK O.G WITH 3 PT'S ON CONTACT
- B) FEEL PRESSURE FROM OUTSIDE (O.T) AND ATTEMPT TO SPLIT DBL TEAM
- C) FIGHT PRESSURE OUT - IF GETTING MOVED - COLLAPSE OUTSIDE SHOULDER AND LEG
- D) GRAB CLOTH OF O.G AND TAKE DOWN O.G WITH YOU
- E) MAKE A PILE!



7) PASS SET

- A) ATTACK 1/2 THE O.G - B GAP RUSH LANE UNTIL DRAW IS CLEARED.
- B) IF DRAW, RETRACE STEPS AND GET TO THE BALL



PASS RUSH

A) PUSH - PULL - RIP

- 1) RUSH 1/2 THE MAN - BULL (3 PT'S) WITH HAND PLACEMENT SAME AS VS. RUN
- 2) PUSH UNTIL O.G SETS
- 3) PULL OUTSIDE HAND DOWN AND ACROSS - THIS WILL TURN YOUR HIPS AND SHOULDERS PERPENDICULAR TO THE L.O.S
- 4) RIP INSIDE ARM AND LEG PAST O.G
- 5) POINT TOE TO QB AND RUN HOOP FOR THE SACK

B) HOOK - GRAB - GO

- 1) HOOK O.G OUTSIDE ARM WITH YOUR INSIDE HAND
- 2) GRAB OUTSIDE PAD OF O.G WITH YOUR OUTSIDE HAND AND PULL DOWN
- 3) RIP INSIDE ARM AND LEG PAST OG AND GO!

BRUIN DEFENSE - WALK TECHNIQUE

- * IF TE (CLOSED) TO YOUR SIDE PLAY 6 TECH
- * IF 2 DETACHED RECEIVERS STAY IN "BRUIN" ALIGN IN GHOST 6

ALIGNMENT: OPPOSITE COLOR OR TITE CALL

- A) SPLIT DIFFERENCE BETWEEN #1 RECEIVER AND THE QB
- B) AS A BASE, NEVER FARTHER THAN 3 YDS FROM THE L.O.S
 - * EXCEPTION - ALIGN ON L.O.S IN A GHOST 6 TECH (TE) IF 2 DETACHED RECEIVERS.

STANCE

- A) 2 PT STANCE, INSIDE FOOT UP, HEEL-TO-TOE RELATIONSHIP
- B) FEET SHOULDER WIDTH APART
- C) SHOULDERS SQUARE TO L.O.S, TOES POINTED STRAIGHT AHEAD
 - * RELAX AND SQUARE

KEY

- A) KEY THE QB - UNDER KEY THE HIP OF THE O.T
- B) FLAT FOOT READ - RELAX - ON SNAP OF BALL

RESPONSIBILITY

- A) RUN TO - CANCEL C GAP, BOUNCE ALL KICKOUT BLOCKS.
ILB'er SUPPORT IS OVER THE TOP
- B) RUN AWAY - SQUEEZE AND CHASE FLAT AND SQUARE ON THE L.O.S. YOU HAVE CUTBACK, NAKED AND REVERSE
 - * TAKE YOUR TIME! SHUFFLE - SHUFFLE → SQUEEZE
 - * NEVER TURN AND RUN!
- C) PASS - EXECUTE PASS DROP RESPONSIBILITY
 - 1) COVER 3 - WIND/SKY
 - 2) COVER 3 ROBBER - WIND #2 THRU THE ZONE

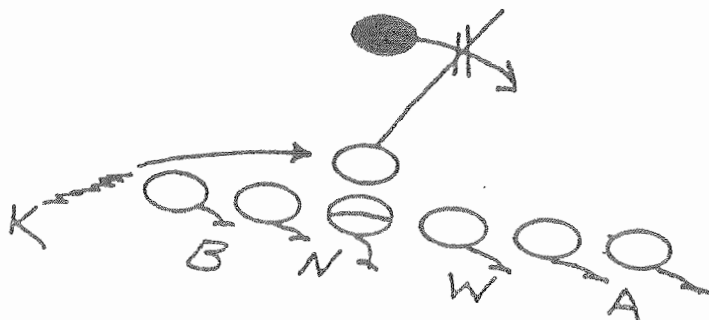
TECHNIQUE

- A) FLAT FOOT READ ON SNAP OF BALL
- B) EYES ON QB!
- C) KEEP SHOULDER SQUARE AND TAKE YOUR TIME TO DIAGNOSE RUN/PASS - RUN TO/RUN AWAY.
 - * NO REASON TO HOP ON UP ON SNAP!

BLOCKING SCHEMES

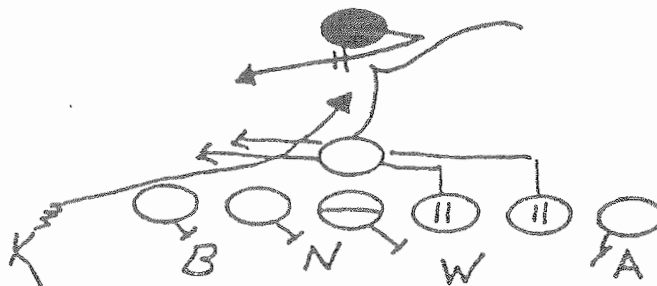
1. TACKLE ZONE AWAY

- A) FLAT FOOT READ, SHOULDERS SQUARE, SQUEEZE OFF BACKSIDE FLAT ON LOS
- B) CLEAR CUTBACK, NAKED, REVERSE
- C) KEEP SHOULDERS SQUARE AS YOU SQUEEZE!
SHUFFLE - SHUFFLE



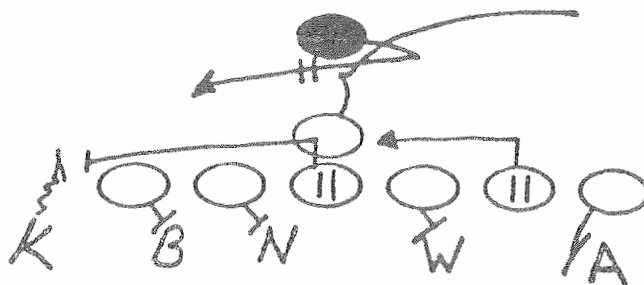
2. KICK OUT BLOCK

- A) KNIFE AND RIP UP THRU PULLERS
- B) MUST CREATE A PILE IN BACKFIELD MAKING THE BALL BUBBLE EAST/WEST
- C) SPILL TO ILB'er SUPPORT



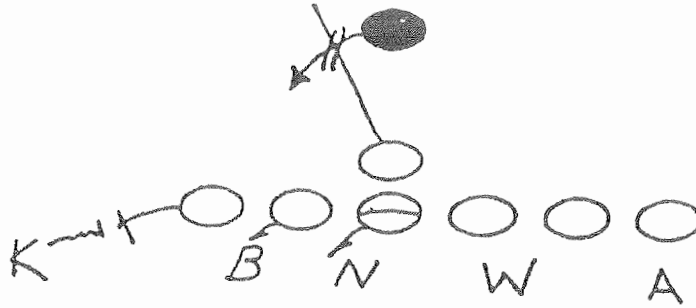
2A) JOINT TECHNIQUE

- A) AS OPPOSITE COLOR COMES BACK, HOLD ON L.O.S
- B) NOSE UP KICK OUT BLOCK MAINTAINING OUTSIDE LEVERAGE
- C) MAKE THE BALL CARRIER COMMIT INSIDE
- D) YOU ARE THE EDGE!



TACKLE ZONES OUT TO YOU:

- A) ENGAGE O.T WITH 3 POINTS OF CONTACT
- B) MAINTAIN C GAP AND CONSTRICT B GAP
- C) VERTICAL PUSH THRU O.T - LOCKOUT!
- D) KEEP OUTSIDE "CLEAN" - EDGE PLAYER



BLOCK DEFENSE - FOLD TECHNIQUE

- * IF TE (CLOSED) TO YOUR SIDE PLAY 6 TECH

ALIGNMENT: OPPOSITE COLOR OR TITE CALL

- A) SPLIT DIFFERENCE BETWEEN #1 RECEIVER AND THE QB
 - * STEM IN AND OUT OF THROWING LANE - TAKE AWAY 3 STEP

PRE SNAP

- B) FINAL ALIGNMENT WILL BE BASED ON POTENTIAL OF FORMATION AND DOWN AND DISTANCE
- C) AS A BASE, 2 1/2 YDS. FROM L.O.S ALIGNED IN A GHOST 6 TECHNIQUE (TE) - HIP POSITION

STANCE:

- A) 2 PT STANCE, INSIDE FOOT UP, HEEL-TO-TOE
- B) FEET SHOULDER WIDTH APART
- C) SHOULDERS SQUARE TO L.O.S, TOES POINTED STRAIGHT AHEAD
 - * RELAX AND SQUARE

KEY:

- A) KEY BACK FIELD FOR FLOW TO FLOW SIDE BLOCKING SCHEME
- B) FLAT FOOT READ - RELAX - DIAGNOSE

RESPONSIBILITY:

- A) RUN TO - EDGE AND HARD JOINT - OVERHANG PLAYER
 - * VS. OPTION - HANG AND FEATHER FOR QB
- B) RUN AWAY - SHUFFLE AND SLIDE TO DIAGNOSE FLOW AND FLOW SIDE BLOCKING SCHEME

FLWS:

- 1) CUTBACK COURSE - FLATWALL (FIT ON RB) PRESS
- 2) OUTSIDE COURSE - OVERTOP, STAY ON BACK HIP
- 3) CLUTTER BACK - STEP TO EDGE AND HARD JOINT
- C) PASS - EXECUTE PASS DROP RESPONSIBILITY
 - 1) COVER 3 - WIND/SKY
 - 2) COVER 3 ROBBER - WIND / #2 THRU THE ZONE

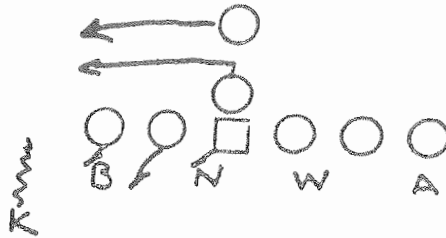
TECHNIQUE:

- A) FLAT FOOT READ ON SNAP OF BALL
- B) KEEP SHOULDERS SQUARE TO DIAGNOSE RUN/PASS, FLOW TO THE FLOW SIDE BLOCKING SCHEME
 - * NO REASON TO HOP UP ON SNAP OF BALL

BLOCKING SCHEMES:

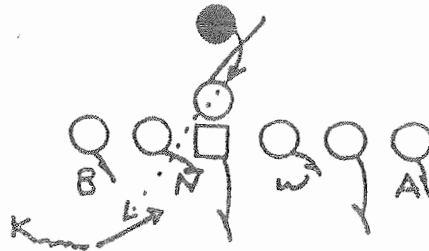
1. FLOW TO

- A) STEP UP TO L.O.S FROM ALIGNMENT
- B) KEEP THE EDGE, OUTSIDE ARM AND LEG CLEAN
- C) FEATHER FOR QB

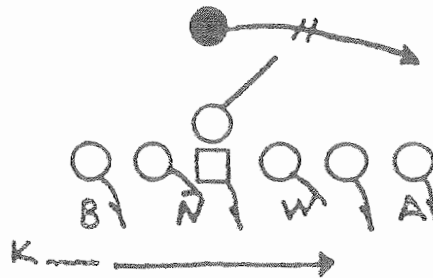


2. FLOW AWAY

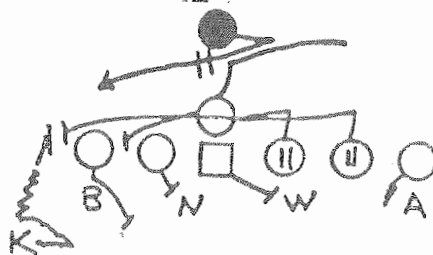
- A) SHUFFLE AND SLIDE TO DIAGNOSE FLOW COURSE AND FLOW SIDE BLOCKING SCHEME
 - 1) CUTBACK - FIT ON RB - PRESS NOW!



- 2) OUTSIDE - OVERTOP AND PURSUE ON BACK HIP



- 3) CLUTTER BACK - COME TO EDGE AND JOINT



BRUIN AND BLOCK DEFENSE VS. TE CLOSED: 6 TECHNIQUE

ALIGNMENT: 6 TECHNIQUE - HEAD UP ON TE

* IF TE FLEXED (WIDE SPLIT) DISREGARD

STANCE:

- A) 3 PT STANCE, INSIDE HAND DOWN
- B) FEET SHOULDER WIDTH APART
- C) INSIDE FOOT BACK, HEEL-TO-TOE RELATIONSHIP
- D) 60% OF WEIGHT ON HAND, 40% OF WEIGHT ON FEET

KEY:

- A) INSIDE CLAVICLE OF TE - 100% FOCUS
- B) PERIPH BALL FOR GET-OFF

RESPONSIBILITY:

- A) CANCEL C GAP BY VERTICAL PUSH
- B) DOMINATE TE!

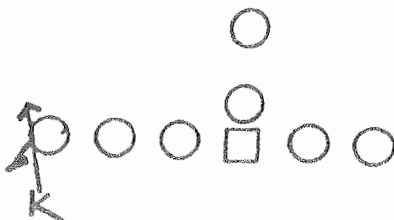
TECHNIQUE:

- A) MOVE ON MOVEMENT - GET-OFF! ATTACK!
- B) 6 INCH JAB STEP WITH INSIDE FOOT STRAIGHT UPFIELD
- C) ON 2nd STEP, BRING FEET PARALLEL, MUST GET 2 STEPS ON GROUND FAST BEFORE CONTACT!
- D) EYES ON INSIDE CLAVICLE OF BLOCKER (TARGET) AND STRIKE WITH 3 PTS OF CONTACT
- E) HANDS INSIDE, TITE PUNCH WITH THUMBS UP AND ELBOWS IN
- F) LOCKOUT AND GAIN SEPARATION, CONTINUE TO DRIVE FEET ON CONTACT - VERTICAL PUSH
- G) ONCE YOU HAVE DESTRUCTED THE TE'S BLOCK, LOCATE BALL
- H) SHED TO BALL DECLARATION, THROW OFF WITH WHOLE BODY AND PURSUE.

BLOCKING SCHEMES

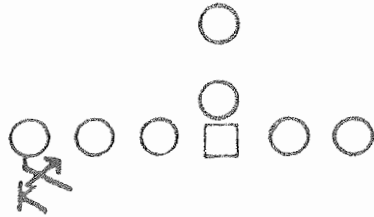
1) REACH

- A) 3 PT PUNCH LEADING WITH EYES AND FEET STRAIGHT AHEAD TO CANCEL C GAP
- B) DRIVE TE - VERTICAL PUSH INTO BACKFIELD INSIDE/OUT



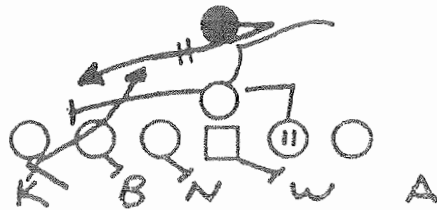
2) VEER

- A) ATTACK TE BY STEPPING WITH INSIDE FOOT
- B) 3 PT PUNCH PREVENTING CLEAN RELEASE BY TE
- C) DRIVE TE FLAT TOWARDS CENTER, RIDE FOR 2 STEPS
- D) CANCEL C GAP WITH TE'S BODY



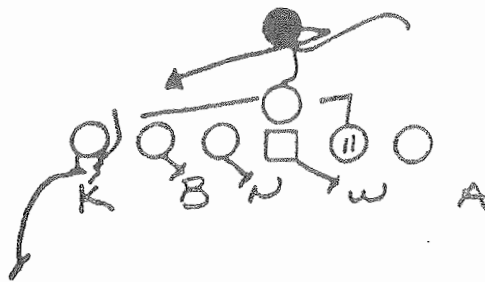
3) VEER - KICKOUT - BOUNCE + SPILL

- A) 3 PT PUNCH AND RIDE TE FLAT FOR 2 STEPS
- B) EYE'S INSIDE - COLOR BACK!
- C) RIP THRU PULLER'S INSIDE NUMBER
- D) MAKE THE BALL BOUNCE WIDE!



4) SLAM ARC - JOINT

- A) PLAY TE'S REACH BLOCK 1st
- B) IGNORE TE'S RELEASE AND GET EYE'S BACK INSIDE
- C) HOLD ON L.O.S AND HARD JOINT ALL BLOCKS



KUB DEFENSE - BUBBLE TECHNIQUE

ALIGNMENT:

- A) STACK ON CENTER (CAN CHEAT SLIGHTLY TO STRENGTH OF FORMATION TO SEE FB)
- B) DEPTH - 1 BACK - HEELS NO DEEPER THAN 3 YDS
2 BACK - HEELS AT 3 1/2 YDS

STANCE:

- A) 2 PT STANCE - BALANCED
- B) FEET UNDER ARM PITS, TOES POINTED STRAIGHT AHEAD
- C) PLACE MENTAL AND PHYSICAL WEIGHT ON INSIDE BALLS OF FEET
- * DECISIVE MOVEMENT - ONE STEP DIRECTION

KEY:

- A) FB FOR FIT → INSIDE OR OUTSIDE?
- B) PERIPH AND FEEL FLOW SIDE BLOCKING SCHEME → CLEAR OR CLUTTER

RESPONSIBILITY:

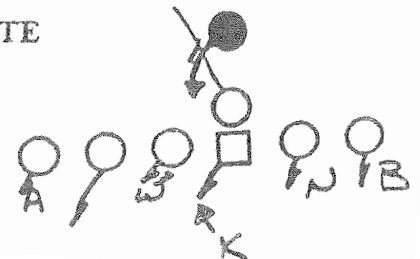
- A) INSIDE/OUT TO FIT ON FB/RB
- B) DEFEAT CENTER ZONE BLOCKS PLAY SIDE
- C) RUN THRU AND PRESS VS. CLUTTER BACK
- * RUN THRU AND PRESS INSIDE/OUT TO THE BALL MENTALLY
- D) PASS - EXECUTE PASS DROP RESPONSIBILITY
 - 1) COVER 11 - MIDDLE HOOK INSIDE TACKLE BOX
 - 2) 1 RAT - RAT RULES - "BANJO"

TECHNIQUE:

- A) MIRROR FB'S COURSE FOR FIT
 - 1) BACK HIP - PRESS AND GO GET IT!
 - 2) TITE - FIT INSIDE/OUT ON FB - DOWNHILL AND PRESSING!
- B) BEAT ALL CENTER ZONE BLOCKS PLAY SIDE - NEVER UNDER!
- C) BOUNCE FB ISOLATION - FIT INSIDE/OUT ON FB
- D) CLUTTER - ONE STEP RE-DIRECT AND RUN THRU

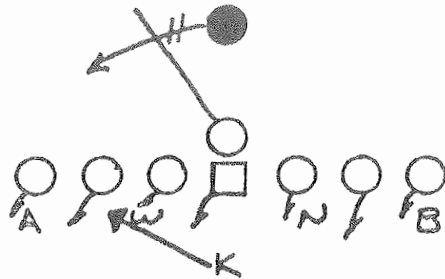
BLOCKING SCHEMES:

- 1) FB/RB TITE
 - A) DEFEAT CENTER PLAY SIDE
 - B) YOU WILL FIT IN B GAP - 3 TECH IS TITE



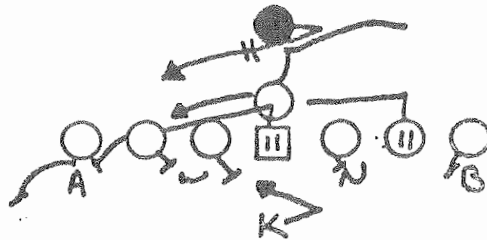
2. FB/RB WIDE

- A) MIRROR FB'S COURSE - WIDE!
- B) PRESS AND RUN THRU 1st OPENING - BACK HIP!



3. CLUTTER BACK

- A) STEP WITH FB'S COURSE
- B) FEEL CLUTTER CROSSING BACK
- C) ONE STEP TO RE-DIRECT AND SHOOT THRU 1st AVAILABLE GAP - MAKE A PLAY!



KODY DEFENSE - STACK TECHNIQUE

- * VS 2 TE'S OR TE TRADE KODY CHECKS KUB
(BUBBLE TECHNIQUE)

ALIGNMENT:

- A) STACK ON NG (1 SHADE - AWAY FROM TITE CALL)
- B) DEPTH - HEELS AT 3 1/2 YDS

STANCE:

- A) 2 PT STANCE - BALANCED
- B) FEET UNDER ARM PITS, TOES POINTED STRAIGHT AHEAD
- C) PLACE MENTAL AND PHYSICAL WEIGHT ON INSIDE BALLS OF FEET
- * DECISIVE MOVEMENT - ONE STEP DIRECTION

KEY:

- A) FB FOR FIT → INSIDE OR OUTSIDE?
- B) PERIPH AND FEEL FLOW SIDE BLOCKING SCHEME → CLEAR OR CLUTTER

RESPONSIBILITY:

- A) INSIDE/OUT TO FIT ON FB/RB
- B) DEFEAT CENTER/GUARD BLOCKS PLAYSIDE
- C) RUN THRU AND PRESS VS. CLUTTER BACK
- * RUN THRU AND PRESS INSIDE/OUT TO THE BALL MENTALITY
- D) PASS - EXECUTE PASS DROP RESPONSIBILITY
 - 1) COVER 11 - MIDDLE HOOK INSIDE TACKLE BOX
 - 2) 1 RAT - RULES - "BANJO"

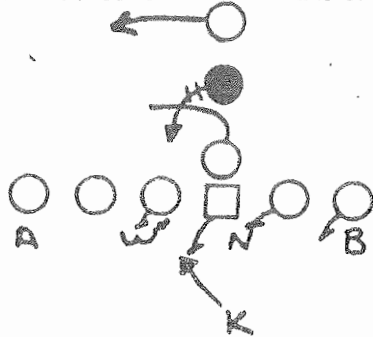
TECHNIQUE:

- A) MIRROR FB'S COURSE FOR FIT
 - 1) WIDE - FIT INSIDE/OUT PRESSING FB'S BACK HIP - PRESS AND GO GET IT!
 - 2) TITE - FIT INSIDE/OUT ON FB - DOWNHILL AND PRESSING!
- B) BEAT ALL CENTER/GUARD ZONE BLOCKS PLAYSIDE - NEVER UNDER!
- C) POUNCE FB ISOLATION - FIT INSIDE/OUT ON FB
- D) CLUTTER - ONE STEP RE-DIRECT AND RUN THRU

BLOCKING SCHEMES:

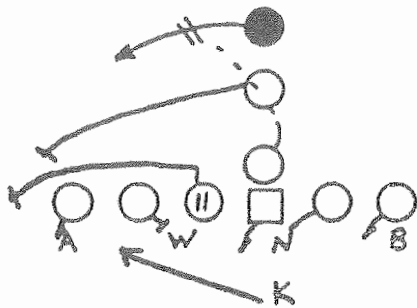
1. FB TITE

- A) DEFEAT CENTER PLAYSIDE
- B) YOU WILL FIT IN B-GAP - 3 TECH IS TITE



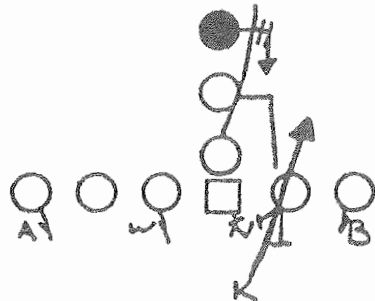
2. FB WIDE

- A) MIRROR FB'S COURSE - WIDE!
- B) PRESS AND RUN THRU 1st OPENING - BACK HIP!



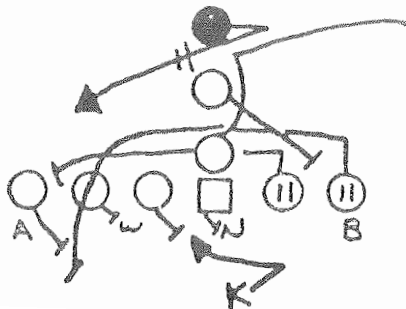
3. ISOLATION

- A) FB COURSE IS TITE - DOWNHILL INSIDE/OUT
- B) ATTACK FB'S BLOCK INSIDE/OUT



4. CLUTTER BACK

- A) STEP WITH FB'S COURSE
- B) FEEL CLUTTER CROSSING BACK
- C) ONE STEP TO RE-DIRECT AND SHOOT THRU 1st AVAILABLE GAP - MAKE A PLAY!



PASS DROPS

COVER 3

1. FLAT - 12 YDS DEEP, 1 YD INSIDE OF FINAL #1
2. CURL - 12 YDS DEEP, 1 YD INSIDE OF FINAL #2
3. HOOK - 10 YDS DEEP ON TOP OF FINAL #3

SKY/WIND

1. *SKY* = STRONG ROLL WITH UNDERNEATH COVERAGE
HOW MANY RECEIVERS OUTSIDE OF YOUR ALIGNMENT?
1 RECEIVER - CURL (FINAL #2)
2 RECEIVERS - HOOK (FINAL #3)
2. *WIND* = WEAK ROLL WITH UNDERNEATH COVERAGE
HOW MANY RECEIVERS OUTSIDE OF YOUR ALIGNMENT?
1 RECEIVER - FLAT (FINAL #1)
2 RECEIVERS - HOOK (FINAL #2)

KEY PROGRESSION

A) PRE-SNAP:

- 1) WIND/SKY - FORMATION RECOGNITION
- 2) FINAL RECEIVER
- 3) POTENTIAL OF FORMATION - PLAY ACTION, DROP BACK, FIRE PASS

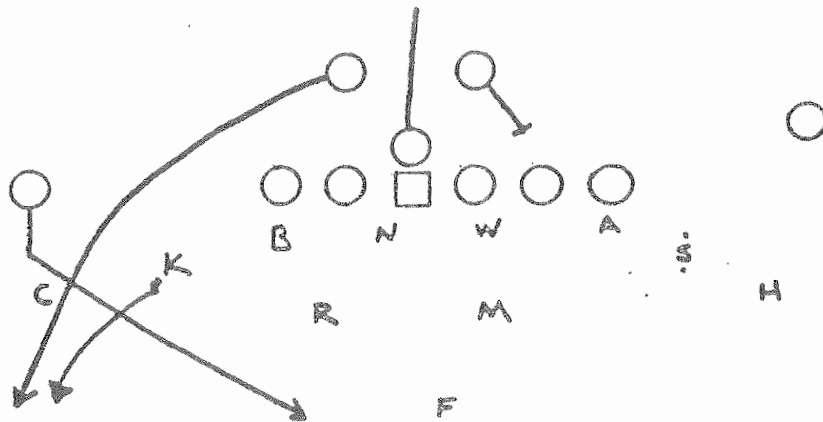
B) ON SNAP:

- 1) FLAT FOOT - RUN/PASS, 3 STEP - CLEAR IT!
- 2) VS. 3 STEP - PLAY CATCH WITH QB - EYES ON QB!
MAKE BALL BE THROWN BEHIND YOU
- 3) VS. PLAY ACTION (I PRO, FIRE PASS) LOOK UP TE
DRAG AND BECOME THE CAP OFF DROPPER
- 4) VS. DROP BACK - LOOK UP FINAL RECEIVER
- 5) ANGLE OF DEPARTURE IS DETERMINED BY WHERE
THE RECEIVER IS ALIGNED
- 6) DROP FOR 1 YD INSIDE OF FINAL RECEIVER
(FLAT/CURL) OR ON TOP OF FINAL RECEIVER (HOOK)
- 7) ONCE YOU HAVE FIT ON FINAL RECEIVER RE-FOCUS
ON QB AND SETTLE WITH SHOULDERS SQUARE AND
IN FOOTBALL BODY POSITION
- 8) BREAK ON FRONT ARM ACTION OF QB - GET TO THE
BALL

*MUST BE READY TO READ AND ADJUST TO
COMPLIMENTARY ROUTES - SOMEONE OUT, SOMEONE IN

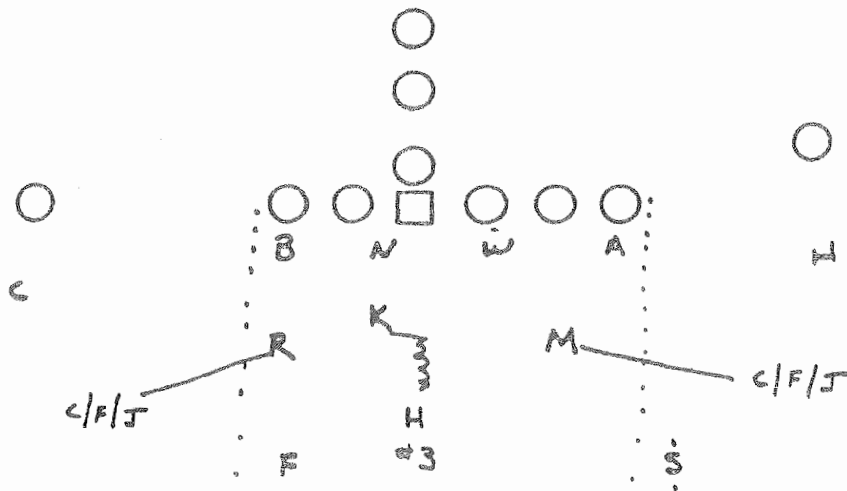
COVER 3 ROBBER

- A) AUTOMATIC WIND DROP REGARDLESS OF FORMATION
- B) RESPONSIBLE FOR #2 RECEIVER THRU THE ZONE - "WHEEL ALERT"
 - 1) RECOGNIZE THE POTENTIAL OF FORMATION
 - 2) RUN WITH ALL STREAKS BY #2



COVER 11

- A) MIDDLE HOOK DROP
- B) FIT ON #3 RECEIVER WITHIN TACKLE BOX
- C) JAM CROSSERS, BUT NEVER CHASE OUTSIDE OF TACKLE BOX
- D) RESPONSIBLE TO PULL UP SPRINT OUT PASS, BOOTS + WAGGLES - RUN THRU

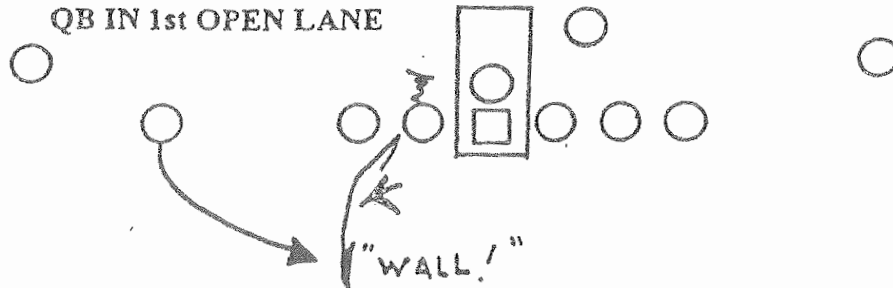


BEAR, BRUIN, BLOCK 1 RAT RULES

THE CYLINDER ALERTS YOU TO YOUR RESPONSIBILITY

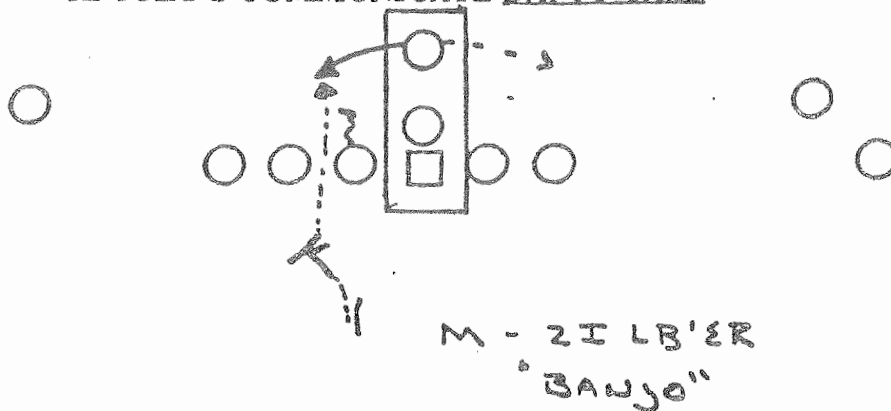
A) NO BACK OR 2 BACKS IN CYLINDER

- 1) YOU ARE THE RAT - (PLAY RUN 1st)
- 2) MUST CLEAR DRAW - ENGAGE O.G, MAKE HIM ACCOUNT FOR YOU IN THE PASS RUSH
- 3) RAT TO SE SIDE AT 3 YDS DEPTH
- 4) BLOW UP AND WALL OFF CROSSERS AND UNDERNEATH DRAGS WITHIN TACKLE BOX - "WALL"
- 5) NO CROSSERS - SETTLE WITHIN TACKLE BOX AND PRESS QB IN 1st OPEN LANE



B) 1 BACK IN CYLINDER

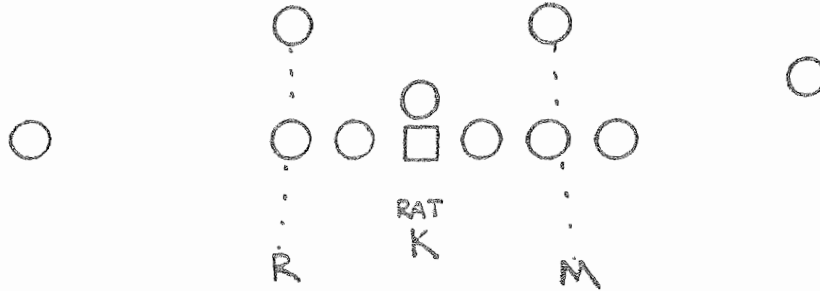
- 1) "BANJO CALL" BETWEEN YOU AND THE 2 I LB'er
- 2) BACK STEPS YOUR WAY - MAN TO MAN
- 3) BACK STEPS AWAY - RAT
- * KNIGHT'S COMMUNICATE BANJO CALL



KUB, KODY I RAT RULES

THE BACKFIELD SET ALERTS YOU TO YOUR RESPONSIBILITY

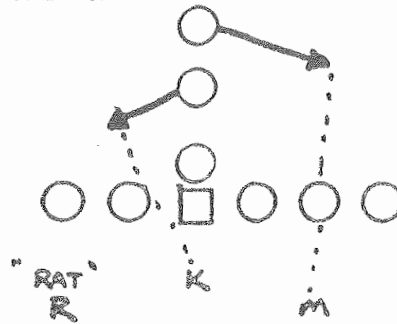
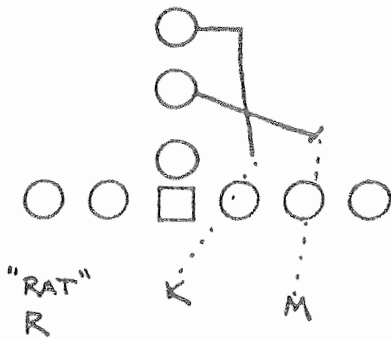
A) NO BACKS IN THE CYLINDER = RAT



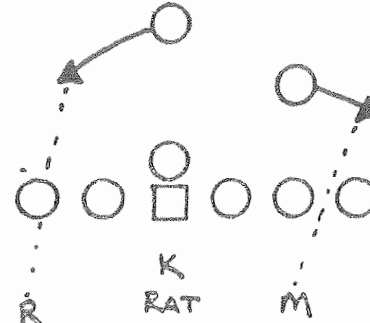
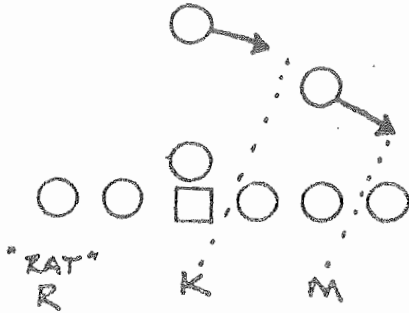
B) 1 OR 2 BACKS IN THE CYLINDER = "BANJO"

RULE:

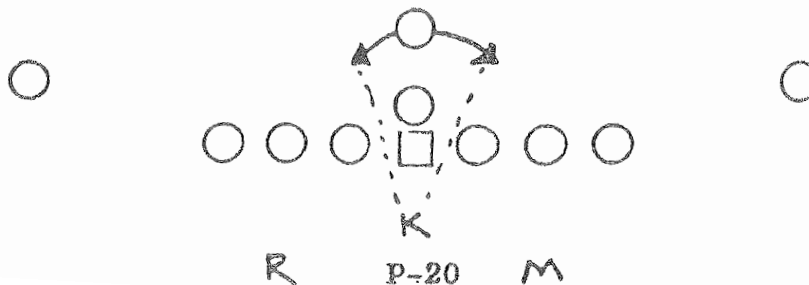
1) I-BACKS - 1st BACK TO FLOW MAN TO MAN. FLOW IS DETERMINED BY THE FB



2) FB STRONG - BANJO AWAY FROM OFF - SET BACK



3) 1 BACK - MAN TO MAN

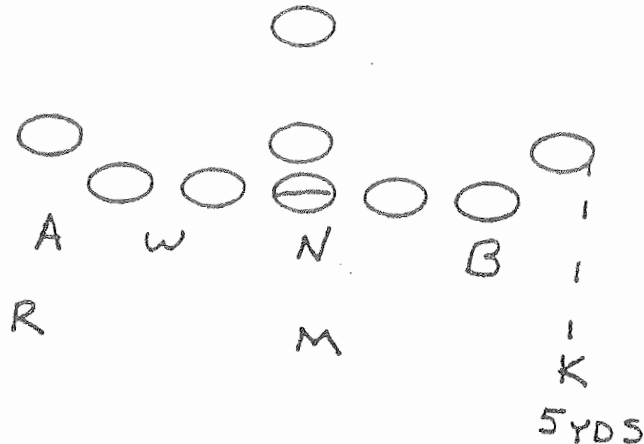


WISHBONE

STACK DEFENSE

ALIGNMENT: OPPOSITE TITE CALL

- A) SHADE - INSIDE FOOT ON OUTSIDE FOOT OF SLOT
- B) DEPTH - HEELS AT 5 YDS



STANCE: 2 PT BALANCED STANCE

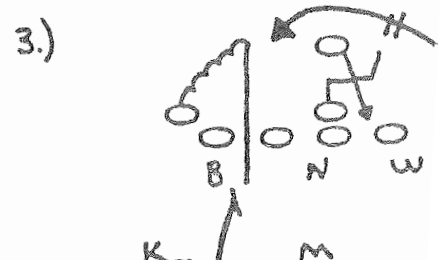
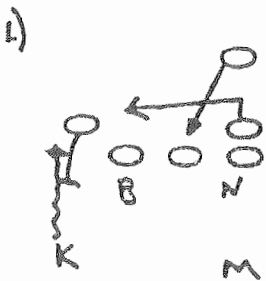
- A) FEET - UNDER ARM PITS FLAT ON THE GROUND, TOES POINTED STRAIGHT AHEAD, WEIGHT ON BALLS OF FEET (INSIDE)
- B) KNEES - BEND KNEES UNTIL WRISTS TOUCH KNEE CAPS, ARMS RELAXED
- C) BACK - ARCH BACK SLIGHTLY

KEY: SLOT FOR PLAY TO / AWAY

RUN RESPONSIBILITIES AND TECHNIQUES:

A) FLOW TO:

- 1) SEAL - BEAT VERTICALLY TO OUTSIDE - BLOCK DESTRUCTION AND TACKLE QB
- 2) VEER AND ARC - PITCH KEY. FEATHER QB IN FRONT OF YOU 1 YD FROM L.O.S. OUTSIDE FOOT BACK, FB P!
- 3) COUNTER TO - CONTINUE TO KEY SLOT THRU PICK UP MOTION. PRESS NOW AND HARD JOINT TO MIKE LB'er



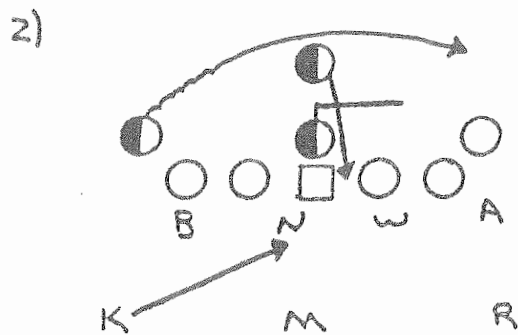
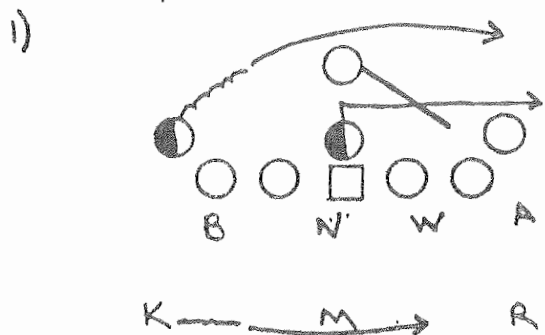
B) FLOW AWAY:

* CONTINUE TO KEY SLOT THRU PICK MOTION UNTIL HE
DECLARES FLOW AWAY

* EYES NOW TRANSFER TO FB'S COURSE TO DETERMINE FIT

1) DBL - NO MESH (FB OFF TACKLE), LATERALLY SLIDE,
OVER THE TOP STAYING ON BACK HIP OF THE BALL

2) TRIPLE - MESH (FB TITE), PRESS DOWN HILL TO FIT ON FB



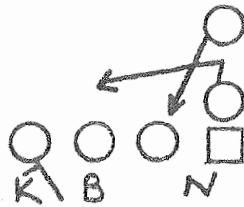
STACK DEFENSE VS. 2 TE'S

- A) ALIGNMENT: 6 TECH - HEAD UP ON TE
- B) STANCE: 2 PT STANCE - BALANCED
- C) KEY: INSIDE CLAVICLE OF TE - EYES ON TE!
- D) RESPONSIBILITY: CANCEL C GAP, KICK TE'S BUTT!

BLOCKING SCHEMES

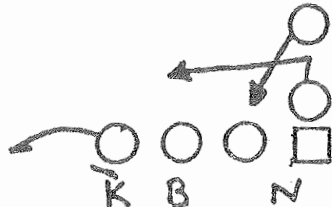
1) TE VEER

- A) 3 PT STRIKE TE
- B) DRIVE TE DOWN FLAT TOWARDS CENTER
- C) TAKE 1st THING THAT SHOWS



2) TE ARC

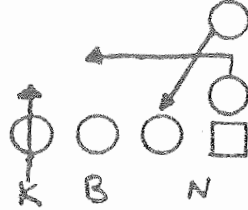
- A) EYES BACK INSIDE
- B) DO NOT COME FORWARD
- C) FEATHER QB



3. TE BASE

- A) 3 PT STRIKE - LOCK OUT! VERTICAL PUSH!
- B) EYES ON INSIDE CLAVICLE
- C) HANDS INSIDE - STRIKE WITH THUMBS UP

D) KEEP FEET CHOPPING - WALK TE INTO BACK FIELD
LOCK OUT!



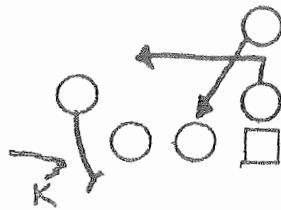
BULL VS. SLOT

- A) ALIGNMENT: L.O.S - SPLIT CROTCH OF SLOT
- B) STANCE: 2 PT - BALANCED
- C) KEY: BELT OF SLOT - EYES ON SLOT!

BLOCKING SCHEMES:

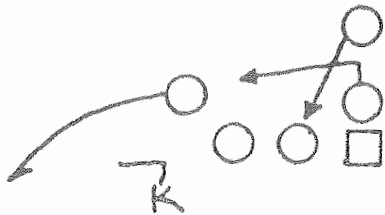
1. SLOT INSIDE RELEASE

- A) 3 PT STRIKE - FLATTEN SLOT'S COURSE
- B) EYES INSIDE FOR QB
- C) FEATHER QB - DO NOT COME FORWARD



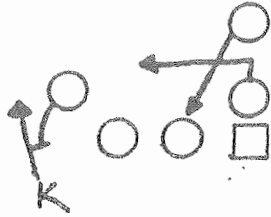
2. SLOT ARC

- A) EYES BACK INSIDE
- B) DO NOT COME FORWARD
- C) FEATHER QB



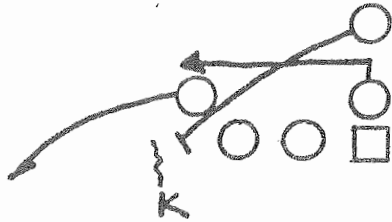
3. SLOT BLOCKS YOU

- A) 3 PT STRIKE (OR SKATE CHOP)
- B) SURFACE OUTSIDE
- C) TAKE QB NOW!



4. DBL OPTION TO

- A) DEFEAT LOAD BLOCK TO OUTSIDE
- B) TAKE QB NOW



KICK/KIM

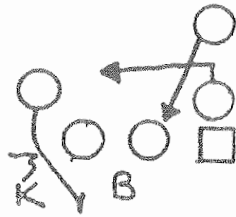
- A) ALIGNMENT: L.O.S - HEAD UP ON SLOT
- B) STANCE: 2 PT - BALANCED
- C) KEY: BELT OF SLOT - EYES ON SLOT

D) RESPONSIBILITY: INSIDE - MIKE LB'er OUTSIDE

BLOCKING SCHEMES:

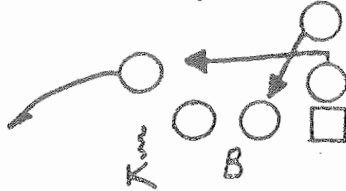
1. SLOT INSIDE RELEASE

- A) JOLT AND FLATTEN SLOT - PROTECT MIKE LB'er
- B) HOLD ON L.O.S FOR QB - DO NOT COME FORWARD
- C) FEATHER QB TITE! NO DUCK!



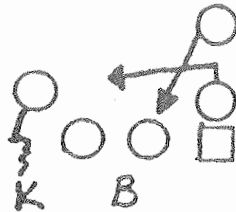
2. SLOT ARC

- A) EYES BACK INSIDE
- B) HOLD ON L.O.S - DO NOT COME FORWARD
- C) FEATHER QB TITE!



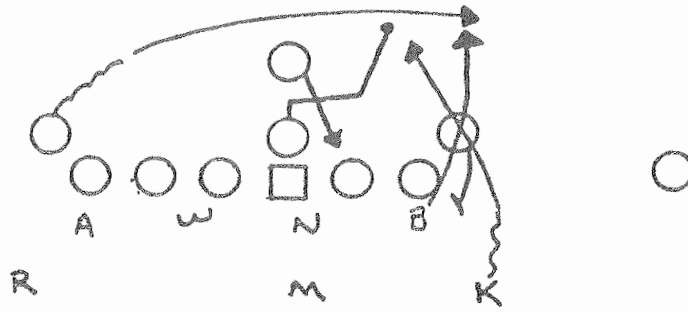
3. SLOT BLOCKS YOU

- A) 3 PT PUNCH
- B) DEFEAT BLOCK TO THE INSIDE
- C) TAKE QB NOW!

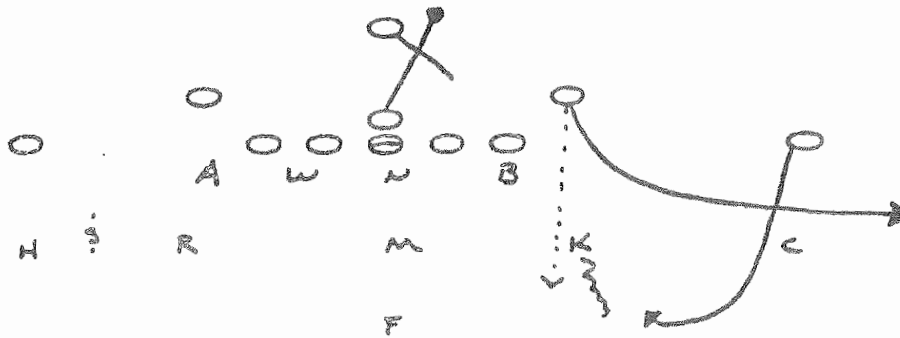


STACK DEFENSE - PASS RESPONSIBILITIES

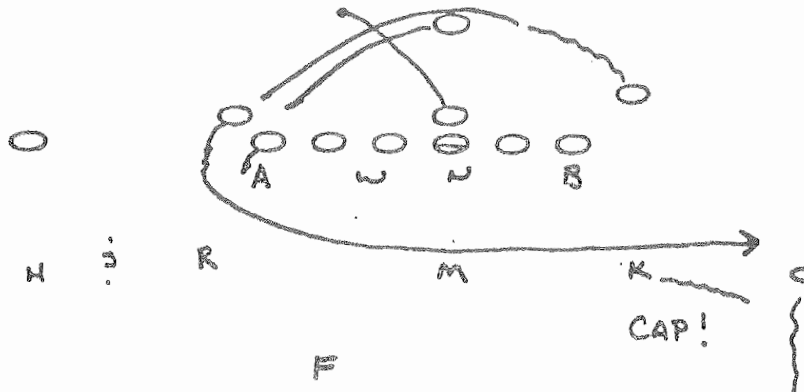
**A) PLAY ACTION - QB DOWN THE LINE AT YOU
RUSH - UNDER THE BULL'S CONTAIN**



**B) DROP BACK - CURL DROP #2, STRAIGHT BACK FROM
ALIGNMENT, COLLISION OF OPPORTUNITY**



C) GRAUCHO / 3 BY 1 FORMATIONS - CAP OFF, LOOK UP CROSSERS



ARMY

1998

INSIDE

LINEBACKERS

1 - 0

ARMY INSIDE LINEBACKER PLAY

TOOLS OF THE TRADE

1. ALIGNMENT
2. KEY PROGRESSION
3. TACKLING

STAGES OF DEVELOPMENT

1. WHAT? - RESPONSIBILITY
2. HOW? - TECHNIQUE
3. PLAY

PHYSICAL ASSETS

1. S.A.Q. - SPEED (MENTAL AND PHYSICAL)
 - AGILITY = C.O.D. (F.B.P)
 - QUICKNESS - BEAT'EM TO THE PUNCH
2. STRENGTH
3. CONDITIONING (AEROBIC) AND FLEXIBILITY

INTANGIBLES - TEAM ATTITUDE - WILL IT HELP US WIN?

1. PREPARE - PRACTICE TO IMPROVE - W.I.N.
2. DEMAND THE EXACT - T.L.T. - STANDARD - PRIDE
3. COMPETE - HIT AND HUSTLE

FUNDAMENTALS - ASKRT

1. PRE-SNAP COMMUNICATION
2. ALIGNMENT - RULES, SHADE, DEPTH
3. STANCE AND START - F.B.P.
4. KEY - FOCUS EYES - PROGRESSION - DISCIPLINE
5. RESPONSIBILITY - KNOW AND EXECUTE - RUN AND PASS
6. TECHNIQUE - F.B.P. - EYES UNDER - SQUARE TO L.O.S.

PRE-SNAP COMMUNICATION

1. FREE SAFETY (FS) - "RED" (RT) - "BLUE" (LT)
 - A. BALL ON HASH - TO WIDE SIDE OF FIELD
 - B. BALL OFF THE HASH - "MIDDLE" - TO FORMATION STRENGTH
2. FS - PERSONNEL IDENTIFICATION - "HEAVY" "THT" "PRO" "SPR" "FL" "TR" "HOMER"
3. STRONG SAFETY (SS) - DOWN AND DISTANCE
4. MIKE - "TITE/SPLIT" - "LT/RT"
 - A. LOOK TO THE BOUNDARY/WEAK 1ST (YES OR NO).
IF NOT - MAKE CALL TO THE FIELD/STRONG
5. ROVER - BACKFIELD SET IDENTIFICATION
"I-BACKS" - "ACE BACK" - (SEE DIAGRAM)

* ANY NON-TAILBACK BACKFIELD = 75% PASS
6. FORMATION (PERIMETER SET) IDENTIFICATION
 - A. IDENTIFY 1ST, 2ND, AND 3RD ELIGIBLE RECEIVER TO YOUR SIDE FOR ALIGNMENT ADJUSTMENTS AND COVERAGE RESPONSIBILITY. (SEE DIAGRAM)

ALIGNMENT - POSITION WHERE YOU CAN TAKE RESPONSIBILITY.

1. RULE:

- 1.) Mike #3 Strong
- 2.) Rover #2 Weak

- * (Pro) 2 Back, 1 TE to S.L. = "Switch" (2 Back TW & Pro FSL)
- * Ace 3X1 = "SWITCH"
- * All FSL Adjustments for #2 will be handled by secondary or coverage. NO "BUMP" to FSL
- * A TW FB = \$ + Rover "Match" In C/1 + Nickel
- * Ace 2X2 In C/9 = Two 3 Tech LBs

2. SHADE - HORIZONTAL POSITION (SEE DIAGRAM)

- A. 2I - (A-GAP) NOSE ON INSIDE FOOT OF GUARD - HEELS AT 6YDS.
 - B. 3 - (B-GAP) NOSE ON OUTSIDE FOOT OF GUARD - (I, 3X1)
 - C. 4 - Nose on Nose of OT (Kody/Kub to SE)
 - D. 5 - Nose on outside foot of OT (Kody/Kub to TE, Nickel (Rover) vs 1 back to TE)
 - E. 7 - (C-GAP) NOSE ON INSIDE FOOT OF T.E. - "COW"
 - F. 9 - NOSE ON OUTSIDE FOOT OF T.E. (Knocker)
 - G. MAN - NOSE ON FOOT OF A MAN (#2 WEAK OR #3 STRONG)
 1. VS. T.E. POSITION - OUTSIDE FOOT
 2. VS. W.R. - INSIDE FOOT (8-MAN FRONT - COVER 1, 3)
 3. RB OFF SET TO TE - Nose to Nose, To inside foot
 4. RB OFF SET TO SE - OUTSIDE FOOT
 - H. 1/2 WAY
 1. E.M.O.L. - AND #2 WEAK/3 STRONG NICKEL DEFENSE (ROVER)
 2. #1 WEAK AND QB VS. A FL (ROVER)
- *VS. W.R. - C.O.S. MOTION - "SWITCH"
- *VS. R.B./T.E. MOTION - "BUMP"

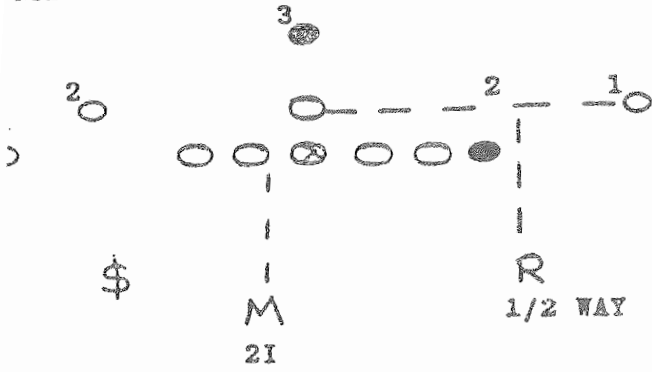
3. DEPTH - VERTICAL POSITION - HEELS 5 YDS FROM L.O.S.

- A. ALLOWS LB MORE TIME TO DIAGNOSE AND RECOGNIZE PLAY.
- B. ALLOWS LB TO BEAT BLOCKING SCHEMES (RIP, SLIP, SCALLOP)
- C. ALLOWS LB TO ATTACK DOWNHILL IN F.B.P.
 - * VS. ACE - MIKE - 2I/3 - HEELS AT 6 YDS FROM L.O.S.
 - * BLITZ, GOAL LINE, SHORT YARDAGE - HEELS AT 4 YDS
 - * COW - HEELS AT 3 YDS - ROVER - (3X1)

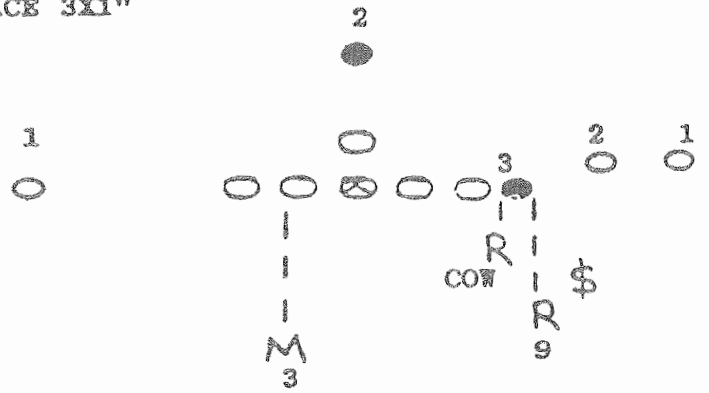
STANCE - F.B.P. - BEST POSITION TO START, MOVE IN, AND FINISH EACH PLAY.

1. FEET - UNDER ARMPITS - FLAT ON THE GROUND - TOES STRAIGHT AHEAD - WEIGHT ON INSTEP - GRAB THE GROUND WITH YOUR TOES.
2. KNEES - BEND UNTIL WRIST TOUCH KNEE CAPS - ARMS HANG RELAXED.
3. BACK - ARCH/HYPER EXTEND - HEAD UP
4. START - ON FLOW - LEAN UPPER BODY IN THE DIRECTION OF FLOW KEY. SLIDE/SHUFFLE LATERALLY TO COMPLETE RECOGNITION.

ACE 2X2"



"ACE 3X1"

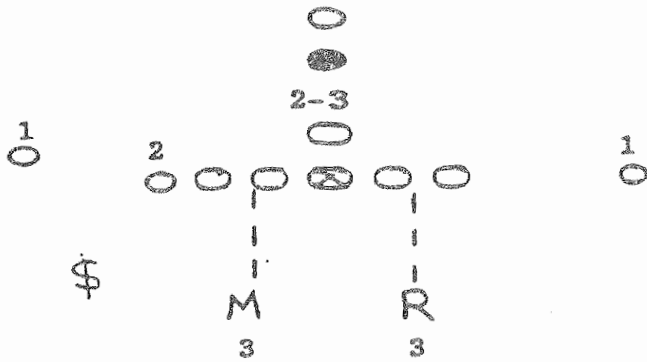


"BLUE"

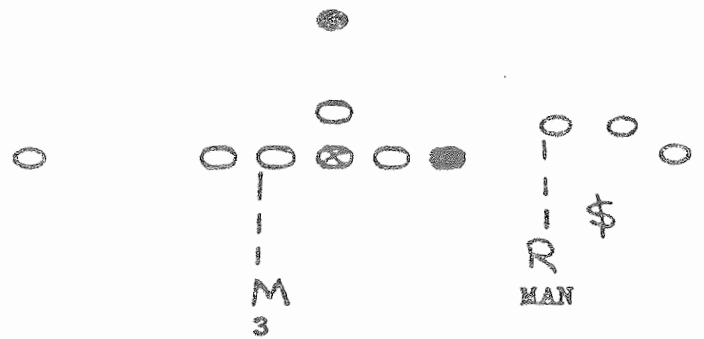
"RED"

"SWITCH"

"I BACKS"



"ACE 3X1"

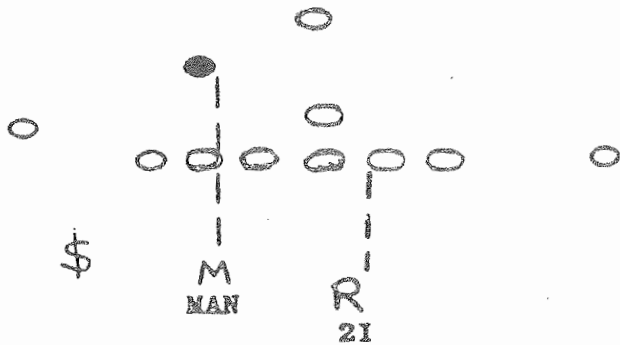


"BLUE"

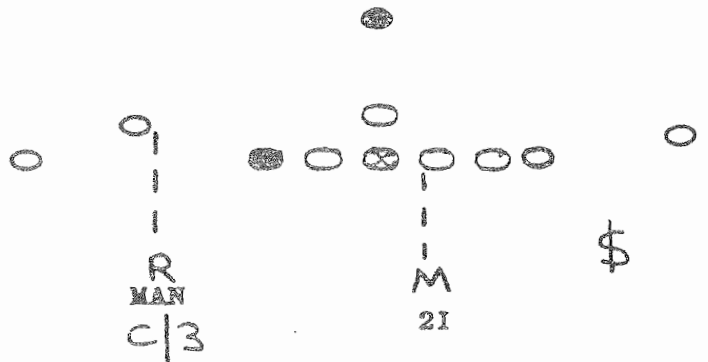
"RED"

"SWITCH"

"F-STRONG"



"ACE 2X2"

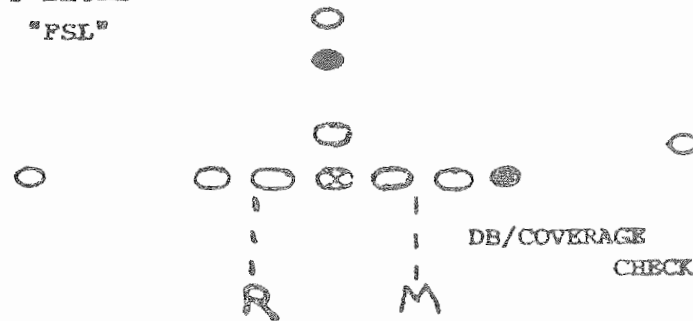


"BLUE"

"RED"

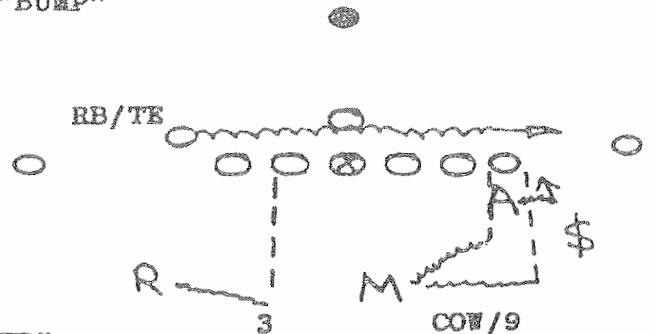
"I BACKS"

"FSL"



"ACE 2X2"

"BUMP"

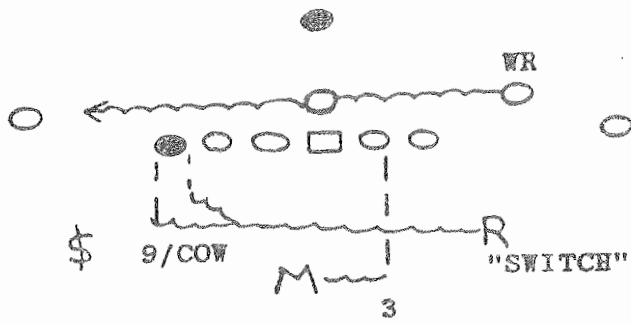


"BLUE"

"RED"

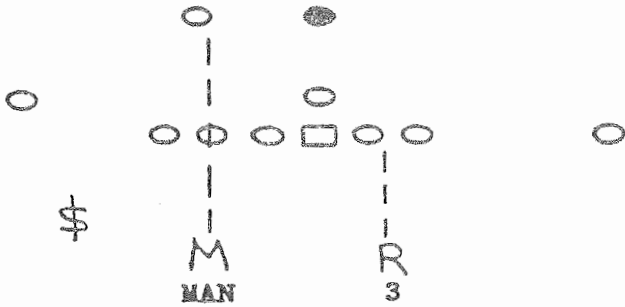
"SWITCH"

"ACE 2X2"



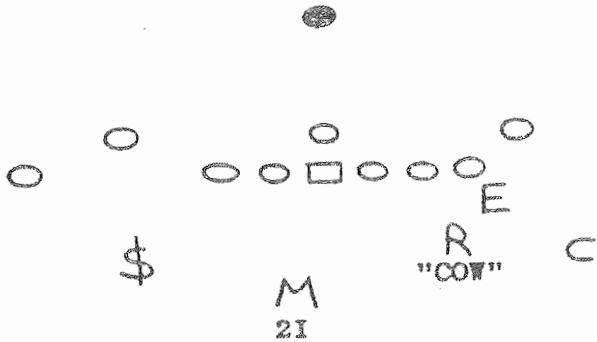
"BLUE"

"STRONG BACKS"



"BLUE"

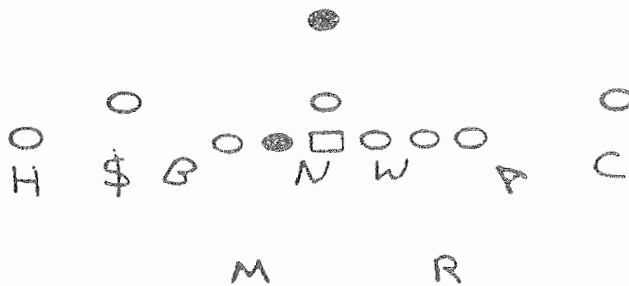
"ACE 2X2"



"BLUE"

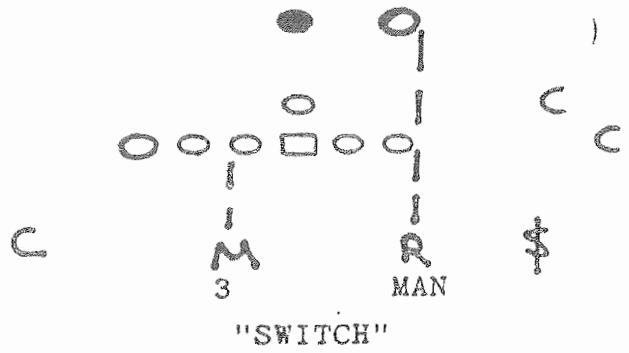
"ACE 2X2"

NICKEL



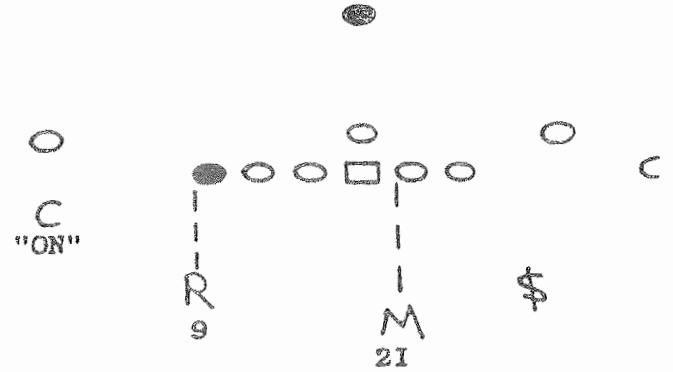
"BLUE"

"WK BACKS"



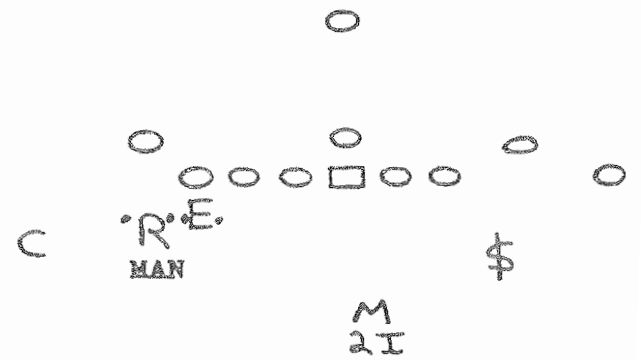
RED

"ACE 2X2"



"RED"

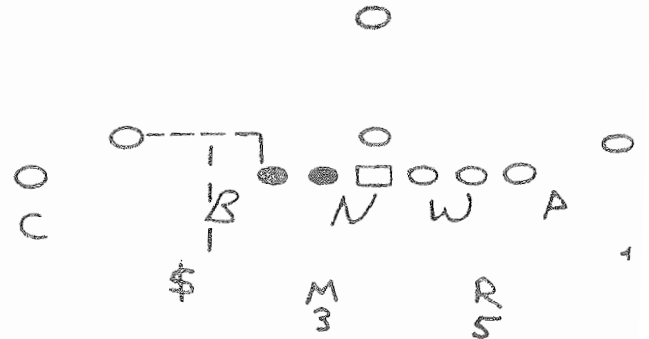
"ACE 2X2"



"RED"

"A 2X2"

NICKEL



"RKD"

"MATCH"

KEY PROGRESSION - OFFENSIVE MOVEMENT THAT INITIATES DEFENSIVE REACTION AND INDICATES OFFENSIVE PLAY.

1. KEY THE FLOW (TO/AWAY), COURSE, AND TEMPO (RUN/PASS) OF R.B. DIRECTLY BEHIND THE Q.B.
 - * VS. ACE - ROVER - KEY THRU E.M.O.L. (T.E. OR O.T.)
 - * VS. FS - BOTH LB'S KEY F.B.
 - * VS. ACE T.E./W.G. - BOTH LB'S KEY WING
 - * VS. SPLIT BACKS - KEY YOUR NEAR BACK
 - * VS. FW/WK W/COVER 1 - KEY YOUR NEAR BACK
2. PERIPH (UNDER KEY) GUARD FOR PULL (TO/AWAY) AND OR TEMPO (RUN/PASS).
3. FLOW TO = R.B. COURSE AT OR OUTSIDE THE OFFENSIVE GUARD
FLOW AWAY = R.B. COURSE INSIDE THE OFFENSIVE GUARD.
4. R.B. COURSES (SEE DIAGRAM)
 - A. FREEZE - INSIDE THE INSIDE LEG OF EITHER GUARD (TRAP/OPTION)
 - * THIS IS FLOW AWAY FRO BOTH LB'S
 - B. ISO - OUTSIDE LEG OF THE GUARD (ISO, BELLY, TRIPLE OPTION)
 - C. SLANT - OUTSIDE LEG OF THE TACKLE (ZONE, POWER, COUNTER, DOUBLE OPTION)
 - D. FAST - OUTSIDE LEG TO T.E. (TOSS SWEEP, SPRINT)
 - E. DRAW - R.B. DOES NOT ATTACK L.O.S. (PASS TEMPO)
 - * R.B. REMAINS OR MOVES INTO GUARD BOX = DRAW
 - * R.B. SETS OR RELEASES OUTSIDE GUARD BOX = PASS
5. VS. FLOW TO - SLIDE - EYEBALL (DIAGNOSE) AND DEFEAT FLOWSIDE BLOCKING SCHEME BEFORE RELOCATING THE BALL.
6. VS. FLOW AWAY - SLIDE - EYEBALL (DIAGNOSE) OC TO FAR GUARD AND DEFEAT INSIDE POINT BLOCKING SCHEME BEFORE RELOCATING THE BALL.
7. FLOWSIDE BLOCKING SCHEMES (SEE DIAGRAM)
 - A. PULL TO/AWAY - (OVERRIDES) ALL KEYS - FOLLOW GUARD.
 - B. ZONE (LOOP, CLEAR) SAME DIRECTION AS FLOW.
 - C. GAP (VEER) - OPPOSITE DIRECTION OF FLOW - DOWN BLOCK ON NG/DT.
 - D. ISO (FAN, GAP) - FB ON P.S.L.B.
 - E. PASS/DRAW - DIAGNOSE ENTIRE BACKFIELD ACTION TO CLEAR THE 3-STEP AND/OR DRAW BEFORE DROPPING. (CROW HOP)

FUNDAMENTALS OF RUN DEFENSE

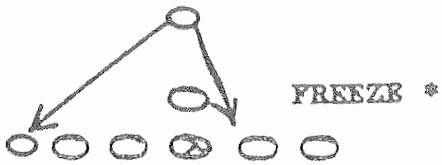
1. COME TO YOUR POINT - ON FLOW - SLIDE/SHUFFLE TOWARD YOUR POINT (INSIDE, SLIDE, MAN, FORCE, SCRAPE). MAINTAIN F.B.P. - BATTLE STANCE - SHOULDERS PARALLEL TO L.O.S.
 - A. INSIDE POINT - VS. FLOW AWAY - 5 YD DEPTH OVER SNAP SPOT.
 - B. SLIDE POINT (D-GAP) - OUTSIDE HEEL OF D.E.
 - C. MAN - MIRROR AND PRESS TOWARDS OUTSIDE FOOT OF YOUR MAN COVERAGE RESPONSIBILITY.
 - D. FORCE POINT (B-GAP) - INSIDE HEEL OF D.T.
* NICKEL AND CUT DEFENSE
 - E. SCRAPE POINT (C-GAP) - INSIDE HEEL OF D.E.
* COW

2. DIAGNOSE FLOWSIDE BLOCKING SCHEME (ROAD MAP)
 - A. FAST = GUARD PULL FLOWSIDE (TOSS SWEEP OR G-HORN SCHEME) - NO CUTBACK THREAT - FAST FLOW.
 - B. ZONE/LOOP/CLEAR = SAME DIRECTION OF FLOW (ZONE, ISO, OPTION) DEFEND YOUR POINT - SHED TO FLOWSIDE OFF ANY BLOCKS.
 - C. GAP/VEER = OPPOSITE DIRECTION OF FLOW - DOWN BLOCK ON NG/D.T. (TRAP, ISO, POWER, OPTION) - SCALLOP TO SLIDE POINT (BOUNCE TO TE, JOINT TO SE, QB)
 - D. CLUTTER = GUARD PULL OPPOSITE FLOW (TRAP/OPTION, COUNTER)
= GAP SCHEME ON OTHER SIDE - SCALLOP TO SLIDE POINT (BOUNCE TO TE/JOINT TO SE)
 - E. PASS/DRAW

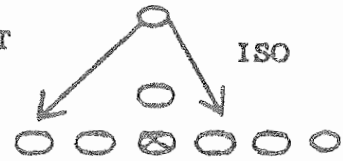
3. DELIVER THE BLOW
 - A. FIT - FOCUS (EYES) ON BLOCK BUT PERIPH BALL CARRIER AT ALL TIMES. THE OBJECT IS TO DOWN THE BALL, NOT FIGHT BLOCKERS - YOU MUST MAINTAIN F.B.P. (BATTLE STANCE) - KNEES BENT - ARCH BACK - SHOULDER PARALLEL TO L.O.S. - EYES UNDER.
 - B. WAZA (STRIKING TECH) - PUNCH - 6 INCHES PRIOR TO CONTACT, VIOLENTLY EXPLODE (EXTEND SHOULDERS/HANDS UP THRU BLOCKER. RICOCHET (ACCELERATE FEET) OFF BLOCK, RELOCATING BALL AND RE-ESTABLISHING F.B.P. (KNEE BEND - SQUARE TO L.O.S. - EYES UNDER)

RB COURSES

FAST

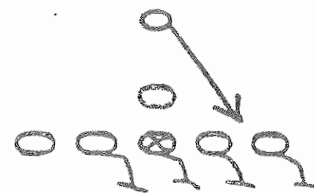
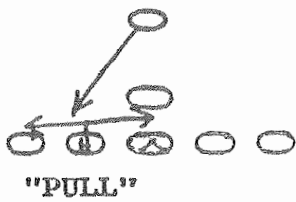


SLANT

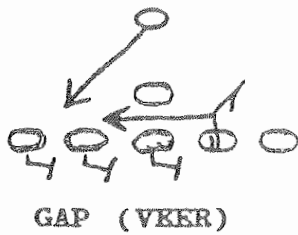


*FLOW AWAY FOR BOTH LBs

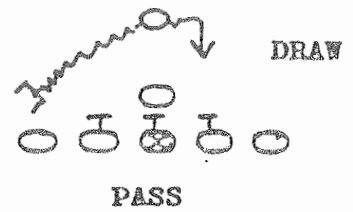
BLOCKING SCHEMES



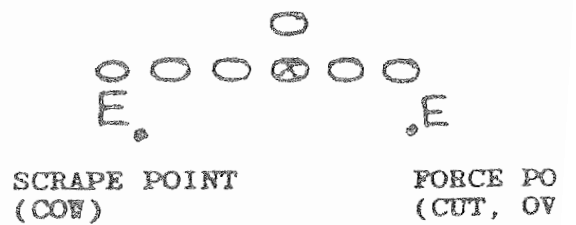
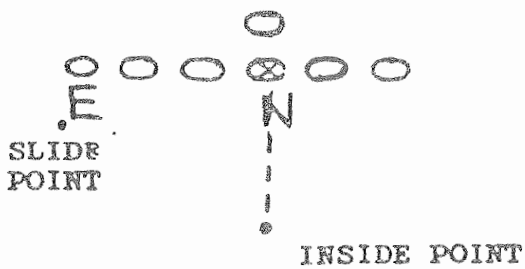
ZONE (LOOP, CLEAR)



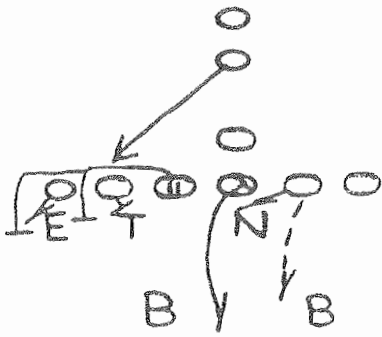
PASS



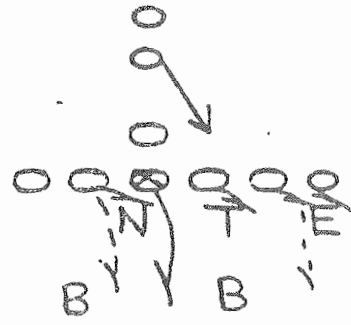
POINTS OF ATTACK



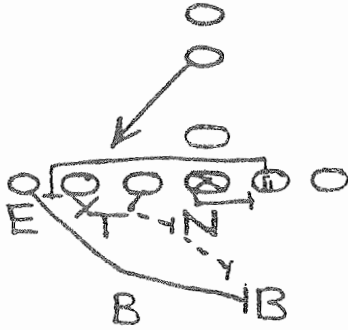
FLOWSIDE BLOCKING SCHEMES



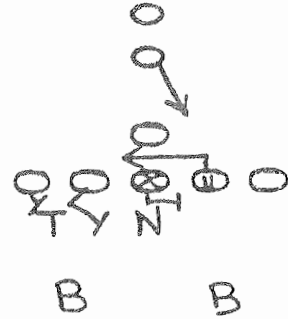
FAST



ZONE/CLEAR

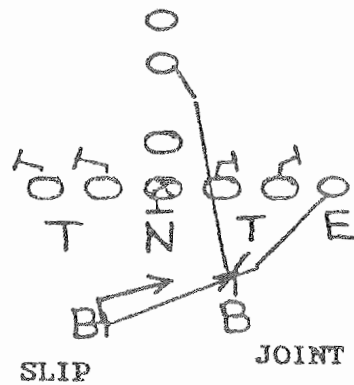
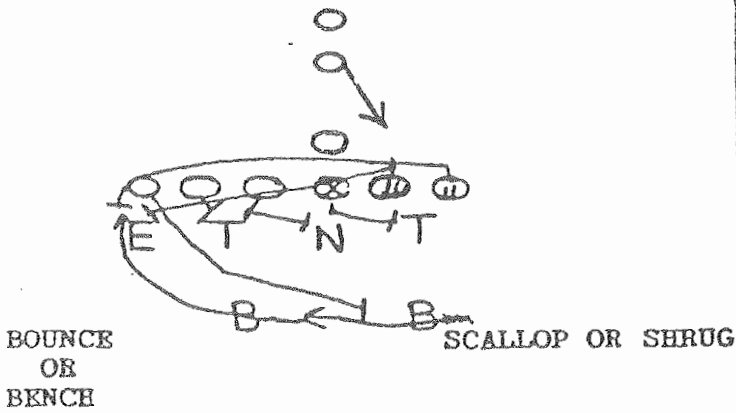
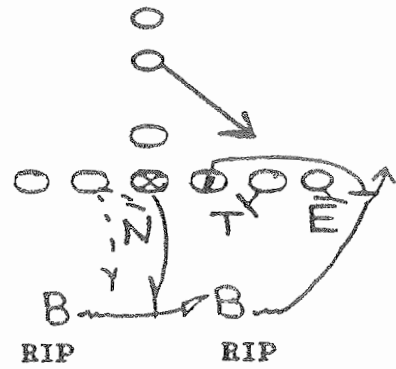
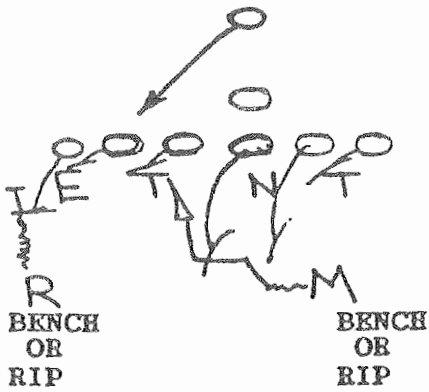


GAP/VEER



CLUTTER/CTR

SHED TECHNIQUES



C. SHED TECHNIQUES

1. BENCH PRESS - HANDS - USE WHENEVER POSSIBLE SEE 3 A, B ABOVE (ZONE, OFF TACKLE, BOUNCE, DRAW)
2. SKATE - HANDS - USE VS. LOW/CHOP BLOCKS
3. BOUNCE - FORCES BALL OUTSIDE ATTACK BLOCKER'S INSIDE NUMBER WITH HANDS OR OUTSIDE SHOULDER (ISO, OFF TACKLE TO T.E. ONLY OR SE "HERE")
4. JOINT - FORCES BALL INSIDE - ATTACK BLOCKER WITH INSIDE SHOULDER AND INSIDE FOOT - PUNCH BLOCKER INTO BALL CARRIER (ISO, OFF TACKLE TO S.E.)
5. RIP - FORCES BALL INSIDE - ATTACK THRU BLOCKER'S OUTSIDE NUMBER (TOSS, OFF TACKLE TO S.E., ZONE)
6. SCALLOP - AVOID BLOCKS OVER THE TOP VS. OFF. LINE GAP/VEER BLOCK.
7. SHRUG - PUNCH WITH OUTSIDE SHOULDER AND FOOT PULL/SCALLOP ACROSS FACE OF BLOCK VS. OFF. LINE GAP/VEER BLOCK - SURVIVAL TECH.
8. SLIP - AVOID BLOCK UNDERNEATH - TOWARDS L.O.S. VS. OFF. LINE TOO FAR UPFIELD (ZONE, GAP, DRAW)

4. TACKLE - DOWN THE BALL

- A. PURSUE FULL SPEED AT AN INSIDE OUT ANGLE (INSIDE HIP) TACKLE WITH FEET AND COURAGE.
- B. FIT - FOCUS (EYES) ON FOOTBALL/FAR NUMBER. PUT YOUR EYES DIRECTLY ON THE BALL/FAR ARM PIT WITH NECK IN A BULLED POSITION. WRAP/SQUEEZE ARMS AROUND BALL CARRIER AND GRAB TWO HANDS FULL OF FLESH AND JERSEY.
- C. PUNCH/WAZA - 6 INCHES PRIOR TO CONTACT, VIOLENTLY EXTEND HIPS AND SHOULDERS UP THRU BALL CARRIER. ACCELERATE FEET AND REDIRECT BALL CARRIER WITH BENCH PRESS. HIT ON THE RISE.

FUNDAMENTALS OF PASS DEFENSE

1. MAN (1)

- A. PERIPH ENTIRE BACKFIELD ACTION TO CLEAR RUN/PASS - 3 STEP/DRAW
- B. FOCUS EYES ON BELT LINE OF RECEIVER. JAM OR CATCH RECEIVER WITH ONE HAND FUNNELING TO YOUR HELP *(1 RAT-INSIDE TECH.) (C/8 OUTSIDE TECH)
- C. MAINTAIN PHASE (1YD - CHEW EAR)
- D. IF IN PHASE - WHEN RECEIVER REACHES - MIRROR TURN RECEIVER AND CLAP RECEIVER'S FAR HAND THRU POCKET.
- E. IF OUT OF PHASE (BEAT) - SPRINT AND CLOSE TO THE RECEIVER - STRIP TACKLE. NEVER LOOK BACK FOR THE BALL
- F. MAN COVERAGE CALLS

- 1. BOX - INVOLVES 4 DEFENDERS ABSORBING #1, 2, & 3 RECEIVERS WHEN #1 RECEIVER ALIGNS WITHIN 8 YDS. OF #3 RECEIVER. #2 DEFENDER PRESS/MAN #2 RECEIVER. #3 DEFENDER ABSORBS/WALLS ALL INSIDE/CROSSING ROUTES.
- 2. DOUBLE - INVOLVES 2 DEFENDERS ABSORBING A T.E. AND NEAR BACK (AS)
- 3. RAT - 2I LBER - WALL, TAKE T.E. DRAG, NO DRAG EITHER SIDE MUG QB.
- 4. BANJO - COMBO ON A BACK OR BACKS WITH KNIGHT, RAT COVERAGE.
- 5. PICK - ALERT BETWEEN 2I LB AND KNOCKER TO HANDLE TE PICK, ACE SWING COMBINATION. VS. ACE SWING, 2I LB JUMPS TE ROUTE, KNOCKER JUMPS ACE SWING.
- 6. TANGO - INVOLVES 3 DEFENDERS ABSORBING TE DRAG ROUTES VS AFL OR ATR THT.

G. INDIVIDUAL MAN COVERAGE

- 1. VS. FLAT OR DRAG ROUTE - DRIVE/CLOSE TO RECEIVER'S FAR SHOULDER - JAM WITH NEAR HAND.

2. VS. VERTICAL ROUTE (W.R. ONLY) - GIVE GROUND WALK OUT - SHOULDERS PARALLEL TO L.O.S. STAB/CATCH RECEIVERS NUMBER WITH HAND, IMPEDING FORWARD PROGRESS - PUSH OFF TO STAY ON TOP.
 - * 1/1 RAT - SPLIT DETERMINES LEVERAGE.
 3. VS. TE - FLAT FOOT - PLAY UNDERNEATH TO TAKE AWAY CHOICE ROUTE. DO NOT PUSH OFF. TAKE AWAY THROWING LANE - CHEW EAR ON VERTICAL.
 4. VS. TE PASS PRO - SIT OVER ROUTE - EXPECT DELAYS - LOOK FOR CROSSERS.
 5. VS. RB'S - "MUG" THROUGH OUTSIDE HIP
2. ZONE (3, 2)
- A. FOCUS ON ENTIRE BACKFIELD ACTION TO CLEAR 3 STEP AND OR DRAW (CROW HOP)
 1. VS. 3-STEP - TURN AND SPRINT IMMEDIATELY TO RECEPTION POINT OF #1 - (H/C - SLANT, C/F - HITCH)
 2. VS. DRAW (R.B. REMAINS OR MOVES INTO GUARD BOX) - NORMAL RUN REACTION - ATTACK L.O.S. - SLIP OR BENCH BLOCKS - FORCE/CUP THE BALL INSIDE.
 - B. DROP (LATERAL RUN) FOR WIDTH OFF INITIAL RECEIVER
 1. HOOK - 10 YDS DEEP - ON TOP OF OR INSIDE OF #3 RECEIVER.
 2. CURL - 12 YDS DEEP - 1 YD INSIDE FINAL #2 RECEIVER.
 3. FLAT - 12 YDS DEEP - 1 YD INSIDE FINAL #1 RECEIVER.
 4. CURL/FLAT - PLAY CURL - EXPAND WITH FIRST RECEIVER TO FLAT.
 5. CURL/FLAT;JET - OVER PLAY CURL, JUMP 1ST REC TO FLAT & CARRY JET ROUTE.
 - C. READ THE RELEASE OF INITIAL RECEIVER TO DETERMINE COMPLIMENTARY ROUTE AND WIDTH OF DROP (PLAY MAN UNDER, UNTIL YOUR RECEIVER DEFINES HIS ROUTE)
 1. "OUT" = FLAT - WIDEN - ANTICIPATE NEW # ON AN INSIDE ROUTE.
 2. "IN" = DRAG - (WALL) - WORK STRAIGHT BACK.
 3. UP/VERTICAL - FUNNEL/JAM RECEIVER AT ALIGNMENT DEPTH - EYES ON BELT - HANDS ON NUMBER.
 - * HOOK OR CURL - FUNNEL RECEIVER OUTSIDE - WORK STRAIGHT BACK.
 - * CURL/FLAT OR FLAT FUNNEL RECEIVER INSIDE - POGO OUT TO POINT (12 YDS DEEP - 1 YD INSIDE #1)

D. ONCE RECEIVER HAS DEFINED HIS ROUTE, HE SHOULD BREAK DIRECTLY TO THE RECEPTION POINT AS THE Q.B.'S FRONT HAND COMES OFF THE BALL. YOU MUST SEE THE BALL THROWN.

1. VS. BALL THROWN IN AREA - FOLLOW THE FLIGHT OF THE BALL (PIC, TIP, CUT)
2. VS. BALL THROWN OUT OF AREA - TURN AND FOCUS ON INTENDED RECEIVER. (EFFORT/LUCK)

3. VS. PLAY ACTION PASS

A. NAKED/WAGGLE

- TO - 1 (MAN) - JUMP FLAT ROUTE
- ZONE - PLAY OUTSIDE ZONE TECH.
- AWAY - JUMP DRAG (MAN OR ZONE)
- KNOCKER - PLAY ACE THROWBACK

B. FIRE PASS (4 STRONG) (ZONE)

- TO (MIKE) - VS. DRAG - DUMP
- (ZONE) - VS. NO DRAG - CURL
- AWAY (ROVER) - Curl/Dig
- (ZONE)

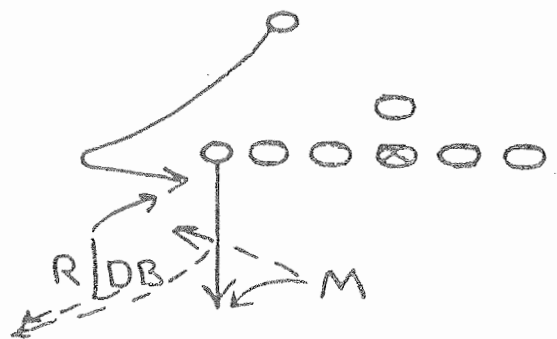
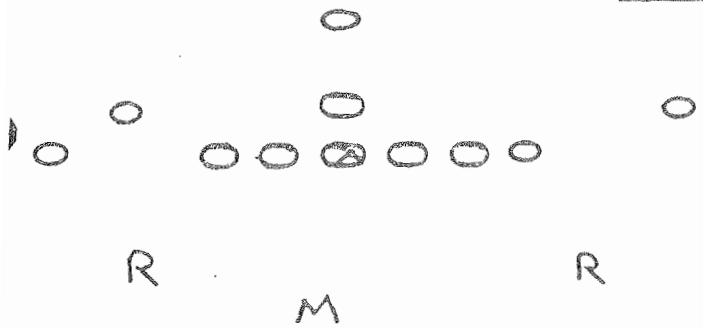
C. SPRINT OUT

- TO - CURL - SPRINT TO CURL NOW.
- TO OR AWAY - 3RD UNDERNEATH ZONE DEFENDER RUSH - YOUR MAN BLOCKS RUSH.

NO CALLS

MAN PASS DEFENSE

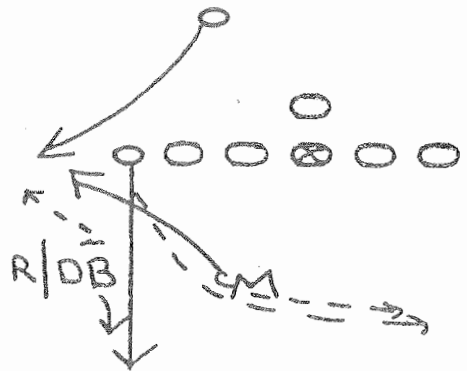
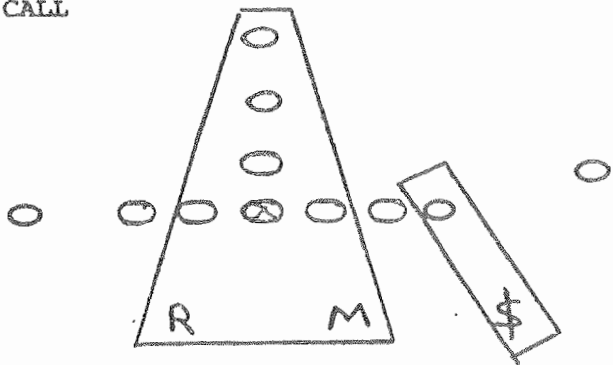
"DBL"



MIKE: TE UNLESS FLAT
 KNOCKER: RB UNLESS TE FLAT

/1 NO CALL

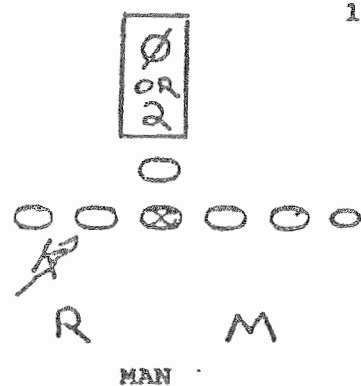
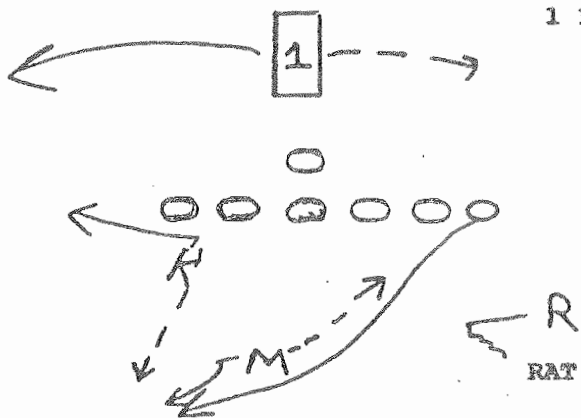
"DBL"



MIKE: RB UNLESS TE DRAG
 KNOCKER: TE UNLESS DRAG

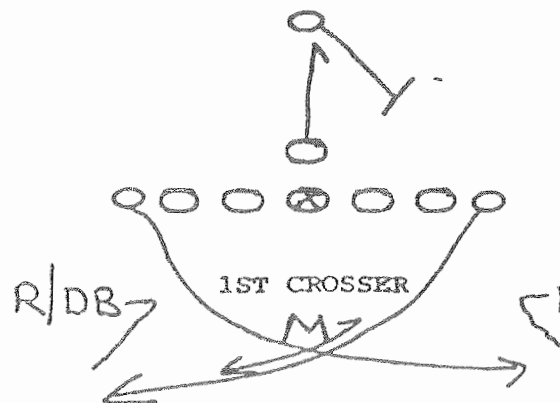
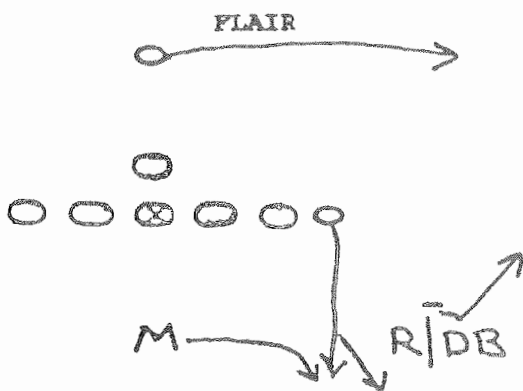
1 RAT

1 RAT

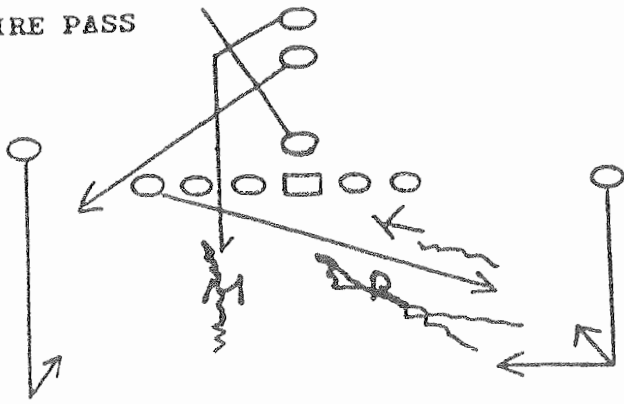


"BANJO"

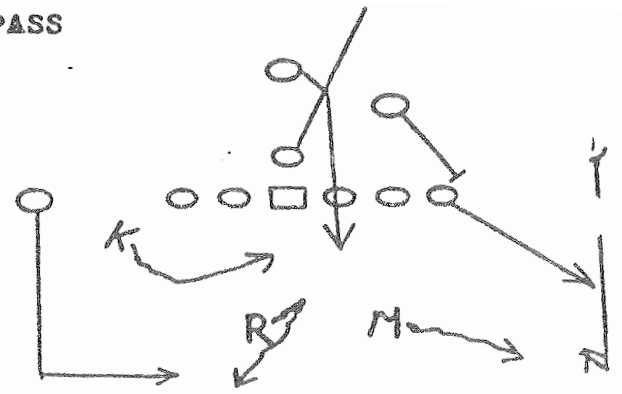
IN KODY/KUB 1 RAT



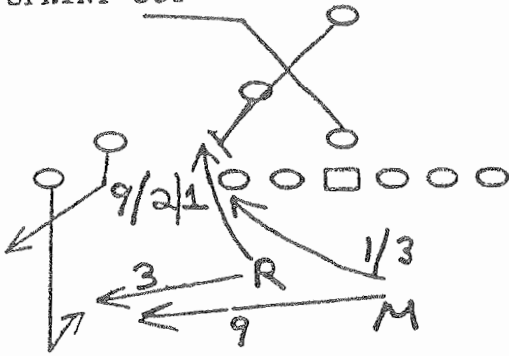
FIRE PASS



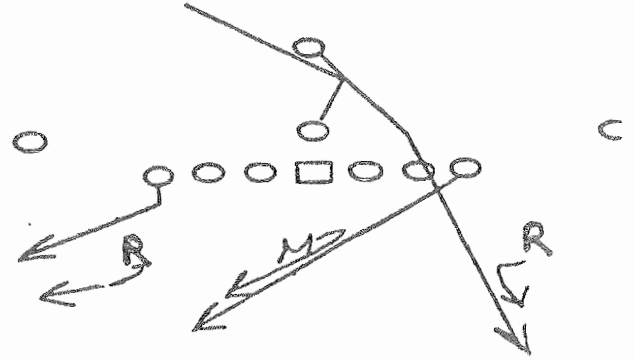
FIRE PASS



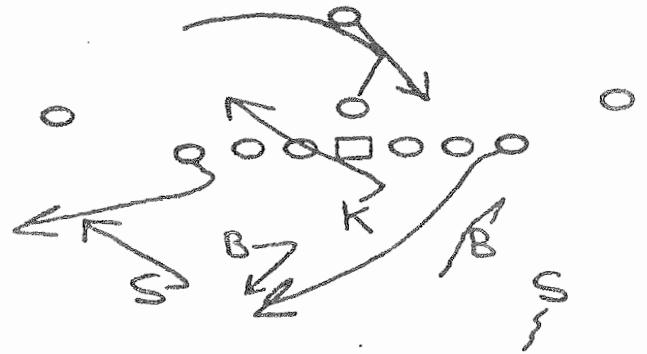
SPRINT OUT



NAKED/WAGGLE



NAKED/WAGGLE VS. KODY/KUB 11



WISHBONE

ALIGNMENT

1. RULE - STACK - ROVER TO "TIGHT" CALL
 - MIKE - OPPOSITE "TITE CALL
2. SHADE - ROVER - DIRECTLY OVER SLOT/WG
 - MIKE - AS CLOSE TO STACK AS POSSIBLE
3. DEPTH - HEELS AT 5 YDS (INCLUDING MIKE)

STANCE - SAME

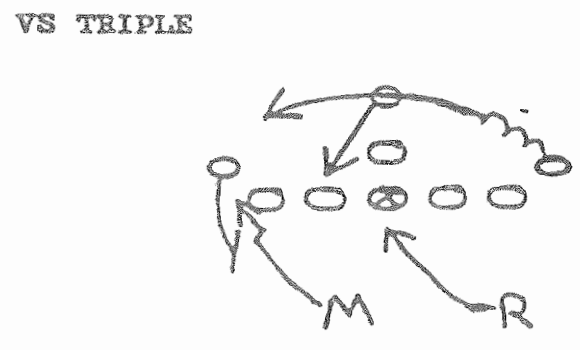
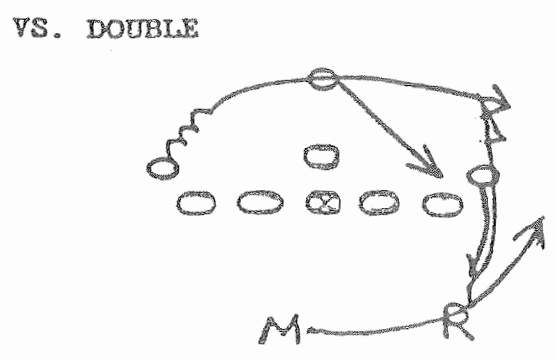
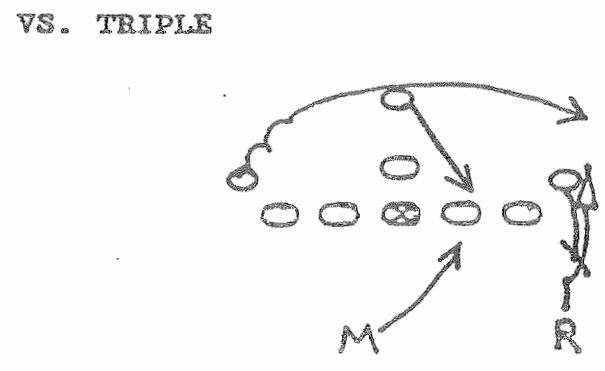
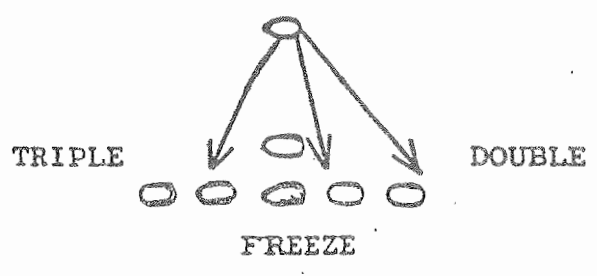
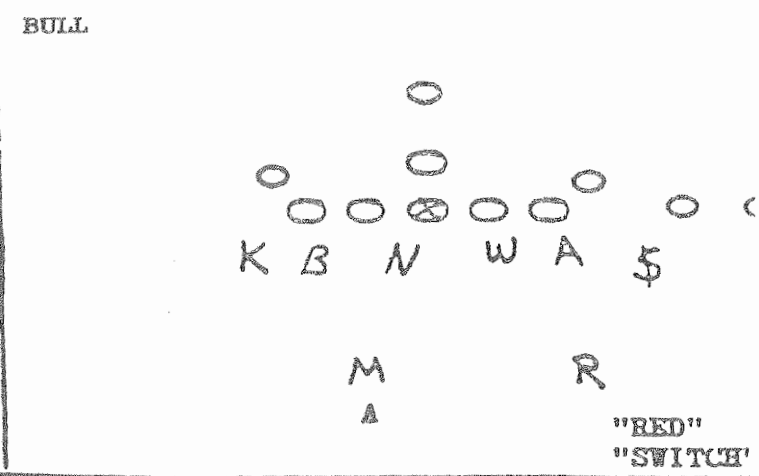
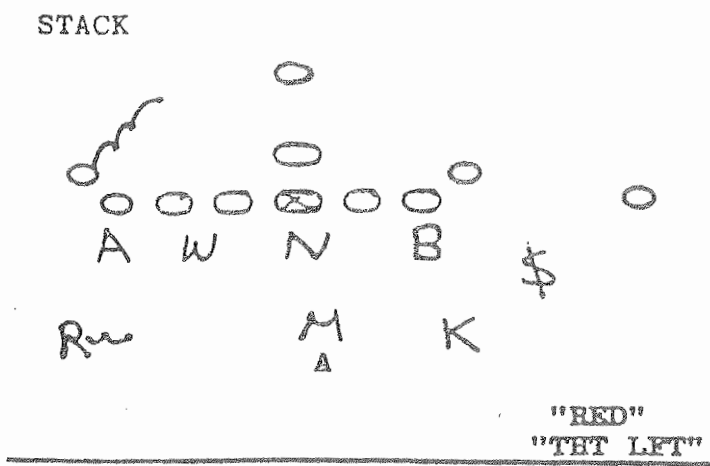
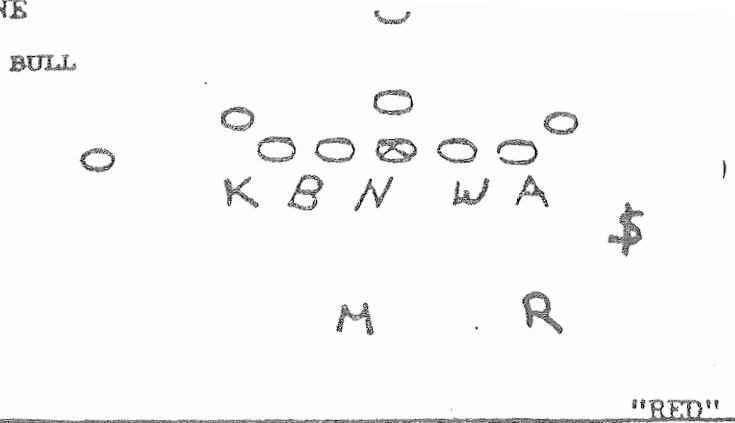
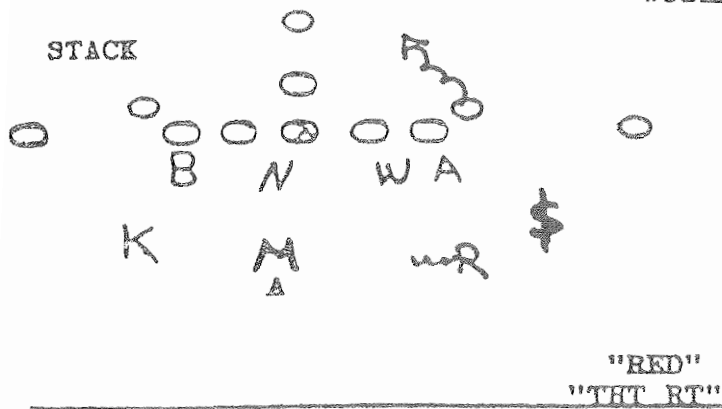
KEY PROGRESSION - SAME

1. F.B. COURSE - FREEZE, TRIPLE, DOUBLE
2. FLOW TO - TRIPLE - SLIP OR 2-GAP SEAL BLOCK THRU SLIDE
 POINT - QB RESPONSIBILITY.
 - DOUBLE - SCALLOP OR 2-GAP SEAL BLOCK THRU SLIDE
 POINT - QB RESPONSIBILITY.
3. FLOW AWAY - TRIPLE - F.B. RESPONSIBILITY
 - DOUBLE - SCALLOP OVER THE TOP TO ALLEY - QB TO
 PITCH
4. MIKE - VS. FLOW TO - PLAYSIDE BLOCKING SCHEME CONFIRMS
 FIT
 - VS. TRIPLE VEER - SCRAPE QB.
 - VS. TRIPLE LOOP - PUMP/FLAT WALL OG - DIVE
 - VS. DBL - SCRAPE QB
5. ROVER - VS. SEAL DEFEAT SEAL OUTSIDE
 - IF YOU'RE THE PITCH KEY FEATHER
 - VS. TRIPLE AWAY - FB
 - VS. DBL AWAY - SCALLOP OVER THE TOP TO ALLEY QB
 TO PITCH.

PASS DEFENSE - ZONE

1. MIKE - STACK - RUSH THRU RESPONSIBILITY VS. DOWN THE LINE ACTION
 RUSH VS. SPRINT OUT.
 DROP WK CURL VS. DROP BACK
2. ROVER - STACK - STRONG SIDE CURL OR WEAK SIDE CURL/FLAT

WISHBONE



ARMY DEFENSIVE

BACKFIELD '98

"THE POSSE"

ARMY DEFENSIVE BACKFIELD '98

"THE POSSE"

- I. INTRODUCTION
 1. Unit Philosophy
 2. Team
 3. 6 Points for the Defense
 4. Stages of Athletic Development
 5. WIN the Situation
 6. Player Evaluation

- II. JOB DESCRIPTION
 1. Skills
 2. Footwork
 3. Techniques
 4. Drills

- III. EXPECTATIONS
 1. Philosophical
 2. Scheme
 3. Personnel
 4. Execution
 5. Productivity

- IV. COMMUNICATION
 1. Pre-Snap
 2. Post-Snap

- V. PERSONAL IDENTIFICATION

- VI. FORMATION ID

- VII. RECEIVER ID

VIII. DIVIDERS

1. Corner
2. Halfback
3. Strong Safety

IX. KEY PROGRESSION

1. QB and Ball Flow
2. End of LOS/Uncovered Lineman
3. Receivers

X. RUN SUPPORT

1. Primary Force
2. Secondary Force
3. Alley
4. Homerun/Rule of 21
5. Fold

XI. BLOCK DESTRUCTION

XII. CRACK PRINCIPLES

XIII. ARMY ZONE DEFENSE PHILOSOPHY

XIV. ARMY ZONE TECHNIQUES

1. Deep OS 1/3
2. Skate to Deep OS 1/3
3. Deep Middle 1/3
4. Skate to Deep Middle 1/3
5. #'s to #'s
6. Cheat 1/2
7. Robber Technique
8. Buzz Flat
9. Sky/Wind
10. Near Man to 1/3
11. I'm here
12. Seam to Flat
13. Deep 1/2
14. Strong Curl #2
15. Invert Strong Curl #2
16. Lurk Technique
17. Invert; OS hots on #2; seam, curl to flat
18. Hammer Technique

XV PRINCIPLES OF MAN TO MAN

1. M/M Goals
2. Techniques of M/M
3. Off M/M

XVI ON TECHNIQUE (MIRROR AND MOTOR)

XVII OFF TECHNIQUE

XVIII PATTERN TREES

XIX WISHBONE PHILOSOPHY

XX WISHBONE FORMATIONS

XXI ROLL COVERAGE

XXII BONE COVERAGE

XXIII RACK (✓BOOMER)

XXIV HOG

ARMY DEFENSIVE BACKFIELD '98 "THE POSSE"

I. INTRODUCTION

1. Unit Philosophy

- A. Be organized and prepared
- B. Believe in the Army Defensive Package
- C. Be totally committed and loyal.
- D. Take great pride in your performance and team performance.
- E. At times, things may go wrong, but never lose faith in yourself, the system, and the program.
- F. Identify potential, and work towards maximizing it. Use goal setting and evaluation to become positively motivated to reach this potential.

DO NOT ACCEPT ANYTHING LESS THAN THE BEST, BECAUSE YOU DESERVE THE VERY BEST!!

PREPARATION + CONFIDENCE + CHARACTER = SUCCESS

2. TEAM - Together Everyone Achieves More

You are either in it or you are out of it! This team must be your center for purpose, support and camaraderie. As coaches, we are a part of the team, we just have a different job. A team is not a social club. It is tough!! The strength of our team is in its leaders. The leaders set the standards and demand compliance to them. No individual is outside the standards.

3. 6 Points for the Defense

- A. Develop "The Edge" - A confidence bordering on cockiness. Expect success. Expect great things to happen.
- B. Develop an Attitude that we will never be outhit/outhustled.
- C. Develop our Strength and Conditioning - We will be Stronger and Better Conditioned than anybody.
- D. Be Fundamentally Sound - Practice fundamentals and be technique conscious. Play aggressively and execute techniques. Technique teams jump out at you on video!
- E. Be Smarter - Learn the big picture to understand how individual responsibilities fit the team concept. Have total understanding of the team concept.
- F. Be Enthusiastic - Get excited about teammates success.

4. Stages of Athletic Development

Take players through simple teaching progression to understand the stages of athletic development.

- A. "Who Stage" - Assignment and learning what to do.
- B. "How Stage" - Learning techniques and proper way to carry out the assignment.
- C. "Aggressive Stage" - You know your assignment, and how to carry it out. Now you must concentrate on playing as consistently, confidently, and aggressively as possible.

We must master 3 simple elements of defensive football that each and every member of the "The Posse" can apply without regard to ability.

- * Knowledge of Assignments - We will accept no blows on assignments.
- * Tremendous Effort - Great effort will get you on the field.
- * Desire to Hit - No Hit, No Play!!

5. WIN the SITUATION

- A. Field Geography (Coming Out, Compete Zone, Goalline) - Gameplan must change according to field zone we wish to defend.
- B. Down/Distance (1/10; 3/L; 3M; 3/S) - Have series of fronts/coverages/pressures based on who they have on the field, and what the down and distance is.
- C. Takeaways/Turnover Margin - Must win TO Margin and sudden change.
- D. Clock Situations - Ranger Time (End of 1/2; End of game up/down)
- E. 3 + Outs - This is a mindset. Get yourself on and off the field.
- F. Tone Setters - (1st play of series - create a negative play)
(1st series of half/last series of half)
(1st series of 2nd half/last series of game)
(3rd quarter shutout!!!)

6. Player Evaluation

Individuals will be evaluated on...

- A. Goals they have set for themselves (daily, weekly, short term, longterm)
- B. Alignment and Assignment
- C. Execution of various techniques
- D. Productivity
- E. Pursuit
- F. Tackling

II. JOB DESCRIPTION

1. Skills

God Coaches 2 things...speed and hips As we "raise the bar" and enter into Conference USA, our plans are designed to get the most productive speed and athletic ability on the field.

A. Corers

- a) Must have the ability to play m/m coverage (both on/off) on our opponents WR's, so we can play 9 or 9.
- b) Must also have the ability to execute a jam technique, and support the run

B. Safeties

Stated simply, the safety must have the ability to play the run like a LB, and the pass like a CB. Your level of productivity is vital, and ultimately "The Bottom Line"!

2. Footwork

A. Stance

B. Back Pedal

- a) Weave (Tight/Wide)

C. Drive (Attack/LOS)

- a) Straight
- b) 45°

D. Open (Away from LOS) Invert...Midline...Sideline

- a) 180°
- b) Post

E. Double Transition

- a) Patriot Step (3 ways)
- b) Speed Turn

F. Disengagement (Block Destruction)

- a) Combat
- b) Rip
- c) Swipe
- d) Low Block
- e) Knife (hit and shed)

G. Tackling

- a) Form and fit
- b) Open Field
- c) Angle

H. Stripping

- a) Rip and Punch
- b) Club and Slash

- I. Ball Skills
- a) At Me (Break)
 - b) High Point
 - c) Deep Ball (man/zone) (post)
 - d) Speed Turn
 - e) Tip drill
 - f) Drive
 - g) Patriot
 - h) Break up (Club/Slash)

3. Techniques

	<u>H</u>	<u>SS</u>	<u>ES</u>	<u>C</u>
1/1 Rat	M/M responsibility (on/off)	M/M Responsibility	#s to #s	M/M Responsibility (on/off)
3	Deep OS 1/3	Sky; wind	Deep Mid 1/3	Deep OS 1/3
3 Robber	Cheat 1/2	Buzz flat; cheat 1/2	Robber	Cheat 1/2; Buzz Flat
11	Near man to 1/3	"I'm here"-curl to post	"I'm here"-curl to post	Near man to 1/3
5	Near man to 1/3	"I'm here"-curl to post	Deep 1/2	Seam to flat
2	Seam to flat	Deep 1/2	Deep 1/2	Seam to flat
7	Seam to flat	Strong curl; #2	Deep Str 1/2	Cheat 1/2
✓ Cash	Cheat 1/2	Buzz flat	Deep 1/2	Seam to flat
✓ Frisco	Deep OS 1/3	Deep Mid 1/3	Curl to flat	Deep OS 1/3
✓ Tampa	Hammer techniques flat	Skate to deep OS 1/3	Skate to Deep mid 1/3	Bail tech./near man to 1/3
✓ Texas	Bail to Deep OS 1/3	Invert; strong curl; #2	Skate to Deep mid 1/3	Bail tech./near man to 1/3
✓ Tulsa	Near Man to 1/3	Deep 1/2 on #2/#3	Deep 1/2	Seam to flat
Fire Steal	Bail to Deep OS 1/3	Invert; OS hots on #2 Seam; Curl to Flat	Skate to Deep mid 1/3	Bail to Deep OS 1/3

4. Drills

(See DB Drillbook)

III. EXPECTATIONS

1. Philosophical "PLAY WITH A SENSE OF URGENCY"

- A. We need to be a more physical secondary
 - a) Defeating/Destructing Blocks!!
 - b) Pursuing the Ball (Be Relentless)!!
 - c) Being Great Tackles!!
 - d) Eliminating yards after the catch!!
- B. We need to be a more CONSISTENT Secondary
 - a) Play to Play (A/A; Fundamentals)
 - b) Series to Series (Concentration)
 - c) Game to Game (Toughness)
 - d) Eliminate Big Plays
- C. We need to become a more DOMINANT Secondary
 - a) vs. Run - (Nobody runs on Army on 1/10; Tempo Setter; Create negative plays)
 - b) vs. Pass - (Win 3rd Down "The Money Down"/ (3+ outs))
- D. We need to be a more productive secondary "Be Oppotumistic"
 - a) Safeties MUST be more involved in the run game
 - b) FS MUST be more involved in the pass game
 - c) C's MUST be more productive (Breakups, INT's, CF's, FR's)

2. Scheme

- A. We MUST be able to play Cov. 1, Cov. 3, Cov. 3 Robber, Cov. 11 vs. PRO/FLK personnel to stop the run.
- B. We MUST be good enough to play Cov. 1, Cov. 3 vs. Spread/Trips personnel on Run Downs/50-50 Downs!!
- C. We MUST improve our Nickel Package!
- D. We MUST have the flexibility to stunt/blitz and play man to man or zone behind it!! (We must be great blitzers)
- E. We MUST have the ability in our package to make most everything look the same to the QB pre-snap!

3. Personnel "There is still some Unfinished Business; some unanswered questions!!"

- A. We need to establish and solidify our depth at both corner/safety!

(If you come back to camp out of shape, and not prepared to compete, you cannot help the team, and will not play!!)

- a) We are still uncertain who will start vs. Miami (Ohio)
- b) We need to find our Top 4 C's/S's!
- c) Who will be involved in our Nickel Package?
- d) Who will compete on our special forces?

YOU MUST COMPETE!!

4. Execution

- A. Efficiency!! No wasted steps!! To be the #1 secondary in the country and compete for a CONFERENCE USA CHAMPIONSHIP and a Bowl Bid, our footwork, reactions, and techniques need to be at 100% efficiency!

5. Productivity

- A. The Bottomline - We need playmakers (PRODUCTIVITY BOARD)

- a) 90% grade in tackling (Winning Grade)
- b) Create Turnovers
- c) The team that makes the MOST plays, and the FEWEST mistakes WINS!!

IV. COMMUNICATION

1. Pre-Snap

It is important that our huddle/post huddle communication is as efficient as possible in order to properly coordinate our defensive calls.

A. Huddle Procedure

- a) Strong Safety
 - * Down/Distance
 - * Hash
 - * Field Geography
- b) Free Safety
 - * Report substitutions and personnel groupings

B. Post-Huddle Procedure

- a) Free Safety

Primarily, we are a field defend team. On the hashmark our FS has the responsibility of setting our Front 7 to the field through use of a "red/blue" call.

Red = Right
Blue = Left

In the MOF, when there is no longer field/boundary, we must "hang" until we see the offensive dispersement, and thusly defend the formation. Now, our ES has the responsibility of setting our Front 7 to the Formation strength through use of a "red/blue" call.

- * If there are 2 backs in the backfield, the strength of the formation is the 2 receiver side.
- * If there is 1 back in the backfield, the strength of the formation is the side with 2 or more WR's.
- * If the formation is a 1 Back Balanced Formation (Flanker Personnel - Ace Flanker or Homer Personnel - Ace Doubles) declare "Blue" unless gameplan dictates otherwise.

- b) Free Safety and Strong Safety
 - * Reaffirm coverage call and/or ✓ with one another and with corner to your side (Play it! ✓ cash, ✓7, ✓5 etc.) -
 - * Confirm formation/perimeter recognition (Pro, Ace, Weak, Strong, Twins, Trips, etc.) for keys to specific plays.
- c) Strong safety
 - * Depending upon the coverage, there are certain post huddle communications you are required to make (Colt, Match).
- d) Corners
 - * Recognition of splits relative to dividers is critical (+/-)(crack alert)
 - * C-vs. Wishbone recognition of Graucho!

e) All

Awareness and communication vs. any Trade/Shift/Motion

- * Shift F-Strong Pro - "Double" (Knocker/Mike)
- * Trade I-Pro - "Reload" (SS/FS)
- * Z in Motion - "Bunch Alert"/"Box" (H)
- * VS. different types of cross motion...

Match - SS run when #2 strong motions to stay #2 strong

Colt - C/H run with Z motion in a pro to twins set.

Bump - VS. Ace - SS/C vs. certain cross motions.

SS - vs. Flk Personnel - Motion Ace Flanker

C - vs. Flk Personnel - Motion Ace Trips Tight

vs. Trips Personnel - Motion Ace Trey Tight

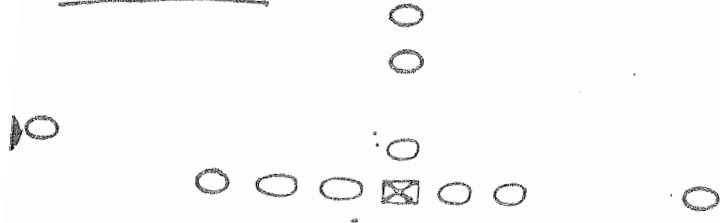
2. Post-Snap (Sideline voice)

- A. Run - (All) vs. Run read (especially with m/m coverage) (SL)
- B. Crack - (C/H) vs. WR crack release on safety
- C. Reverse - (All) Force player play frontside on play (SL)
- D. Pass - (All) As soon as anyone recognizes (SL)
- E. In/Out/Smash - (C/H) to LB's/S's to assist in identifying routes by #1 receiver.
- F. Jet/Flat/Rambo/Wheel - (S's/LB's) to assist in identifying routes by inside receivers.
- G. Boot/Sprint (All) to indicate the action of the QB (SL)
- H. Ball - (All) Whenever ball is thrown (SL)
- I. Screen/Draw (All) as soon as anyone recognizes (SL)
- J. Zebra - (All) A call to alert the defensive unit that the QB has scrambled past the LOS. (SL)
- K. OSKIE - (All) A call to alert the defensive unit that the ball has been intercepted.

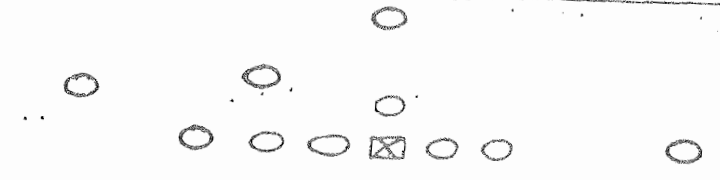
V. PERSONNEL IDENTIFICATION

1. Pro - 2 RB's, 2 WR's, 1 TE
2. Spread - 2 RB's, 3 WR's
3. Tite - 2 RB's, 1 WR, 2 TE's
4. Trips - 1 RB, 3 WR's, 1 TE
5. Flanker - 1 RB, 2 TE's, 2 WR's
6. Homer - 1 RB, 4 WR's
7. Heavy - 2 RB's, 3 TE's/ 3 RB's, 2 TE's

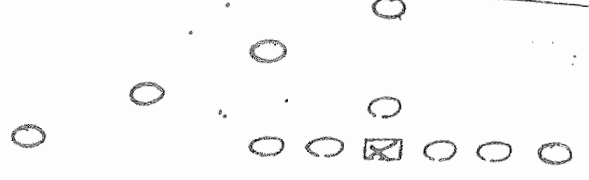
FORMATION ID



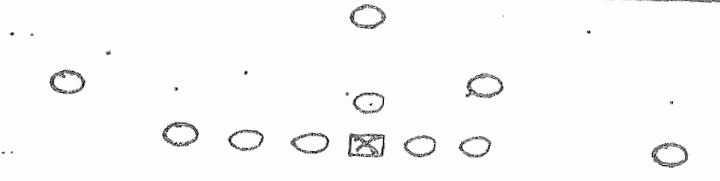
Pro Personnel - I Pro



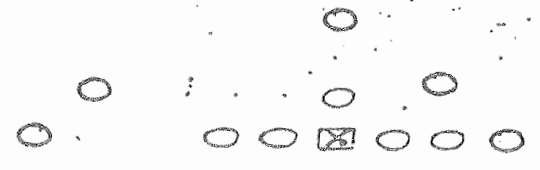
Pro Personnel - I - TWINS



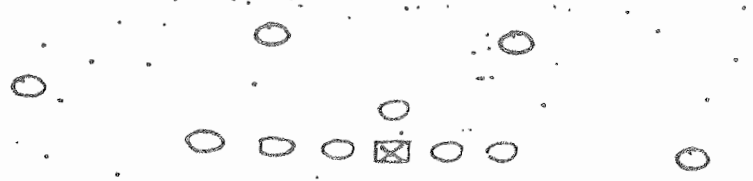
Pro Personnel - Fstrong Pro



Pro Personnel - Fweak TWINS



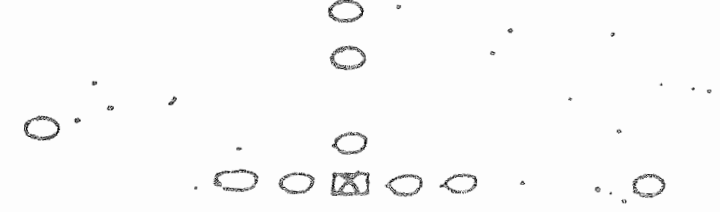
Pro Personnel - Fweak Pro



Pro Personnel - Fstrong TWINS



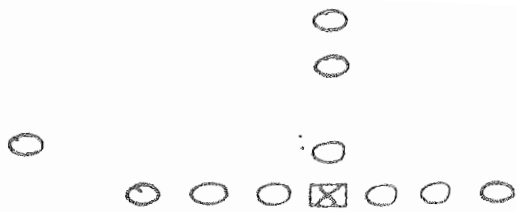
Pro Personnel - Split Pro



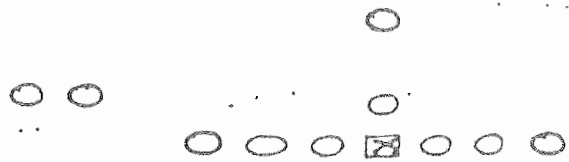
Pro Personnel - Split TWINS



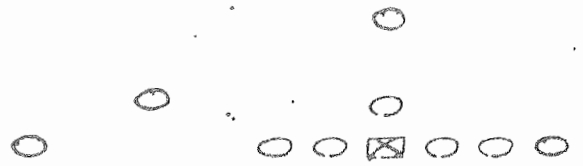
Spread Personnel - I Spread



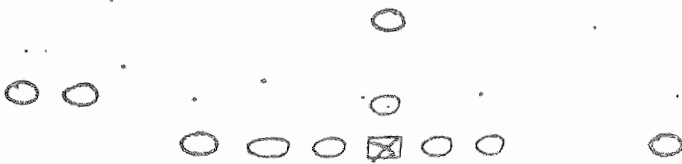
Tite Personnel - I TITE



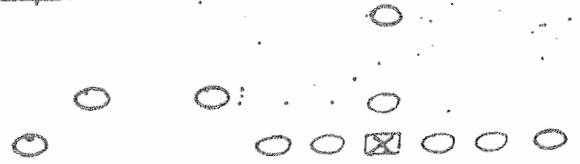
Flanker Personnel - Ace Flanker



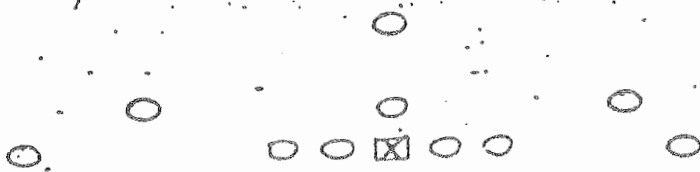
Flanker Personnel - Ace Trips Tite



Trips Personnel - Ace Twins



Trips Personnel - Ace Trips



Trips Personnel - Ace Trey Tite



Homer Personnel - Ace Doubles

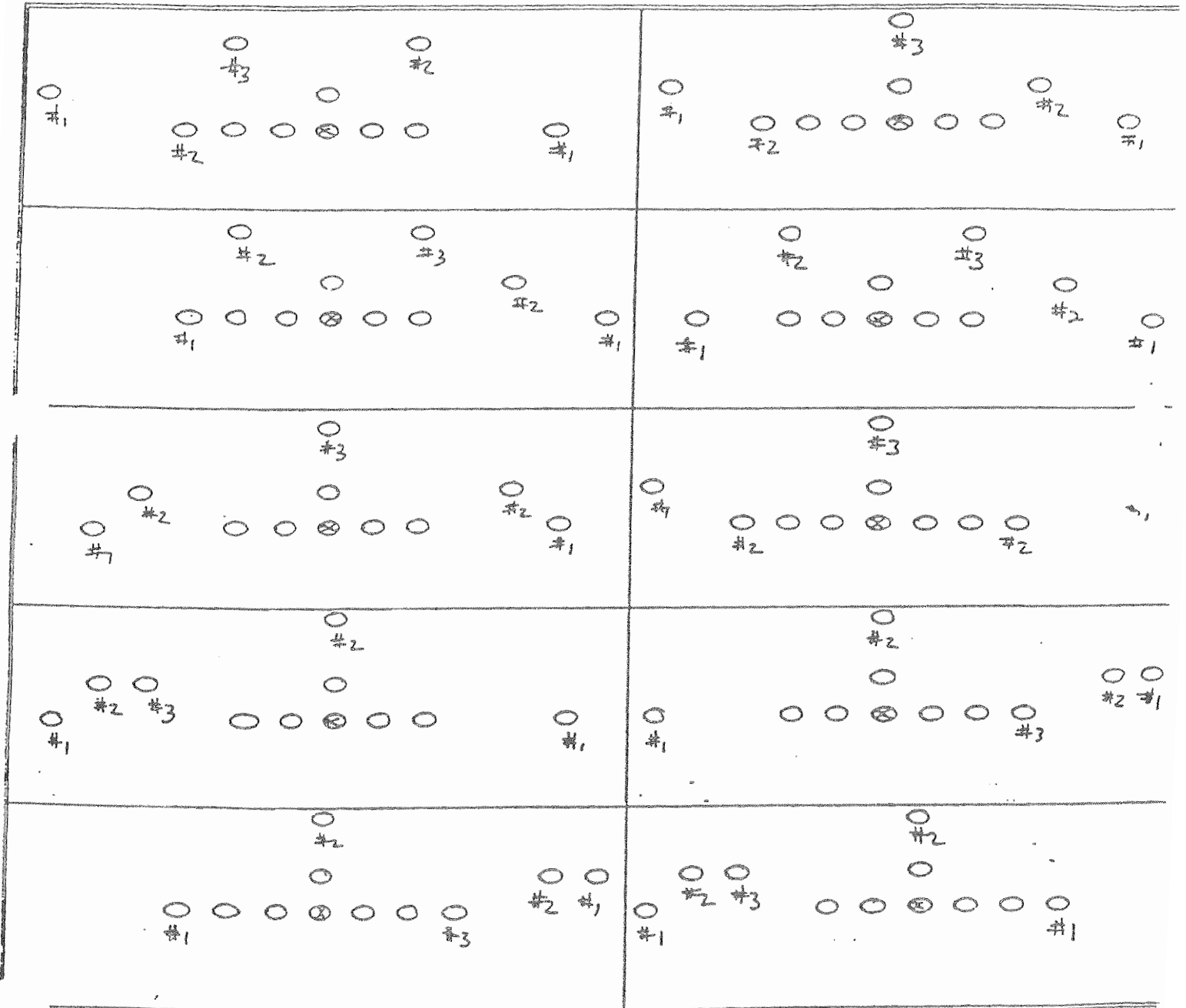


Homer Personnel - Ace Trey



RECEIVER IDENTIFICATION

Defensive backs and linebackers must be able to quickly and accurately identify receivers. For communication purposes, we will number eligible receivers from the outside to inside.



VIII. DIVIDERS

1. Corner

- a) Ball on Hash - Bottom of #'s
- b) Ball in MOF - Top of #'s

In general, the C will align ORK (outside) unless plus (+) split, and immediate safety help to the post

2. Halfback

- a) Ball on Hash - 1/2 way between top of #'s and hashmark
- b) Ball on MOF - Top of #'s

In general, the H will align INK (inside) unless minus (-) split, and immediate safety help to the post

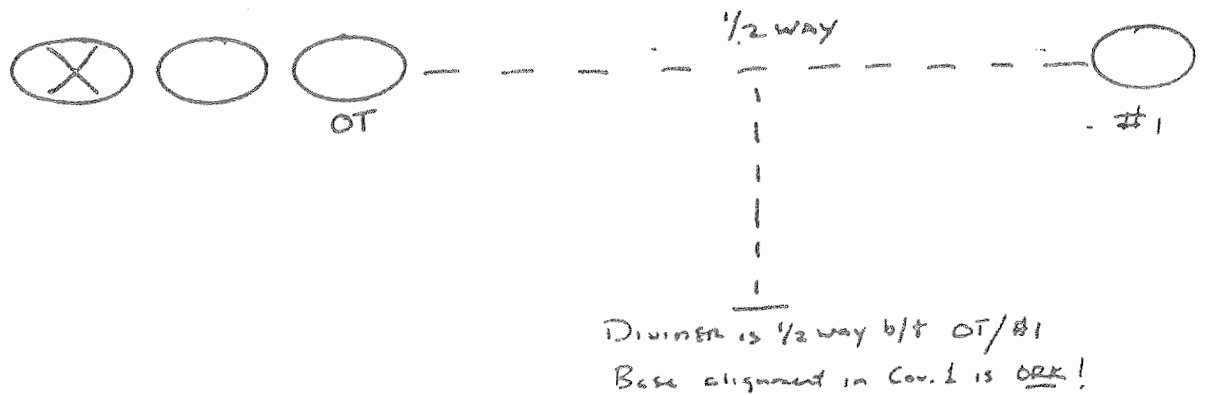
3. Strong Safety (vs. #2 Twin)

1/2 way between #1 receiver and OT is your divider to determine shade on #2 receiver.
 In general, the SS will align ORK (outside) unless plus (+) split by #2;
 (Only with immediate safety help to the post)

* Divider rules only apply with immediate safety help to the post. No Post help moves you to INK (Inside) regardless of split in relationship to the divider.



Vs. #2 TWIN C/H/SS



IX. KEY PROGRESSION

There are certain tips that can help you determine what kind of play is being executed as the offensive players make their initial movements. These tips are called keys, and they will vary depending on the defense called and the offense we are facing. Common keys are ball/flow/QB, end man on the LOS and uncovered lineman (triangle), and eligible receivers.

1. QB and Ball flow - The QB is an important reference for "on the line" (run) vs. "off the line" (pass) reads. These keys do not automatically tell a defender whether a play is a run or a pass, but it does help a defender determine play direction and his respective area to defend run or pass
2. End of LOS/Uncovered lineman (Triangle)

A secondary player (based on coverage and line of vision) can read either through the end man on the LOS to backfield flow, or the center-guard triangle area to determine run or pass.

HIGH BEAM - Retreat to upright stance or release by TE would indicate pass.

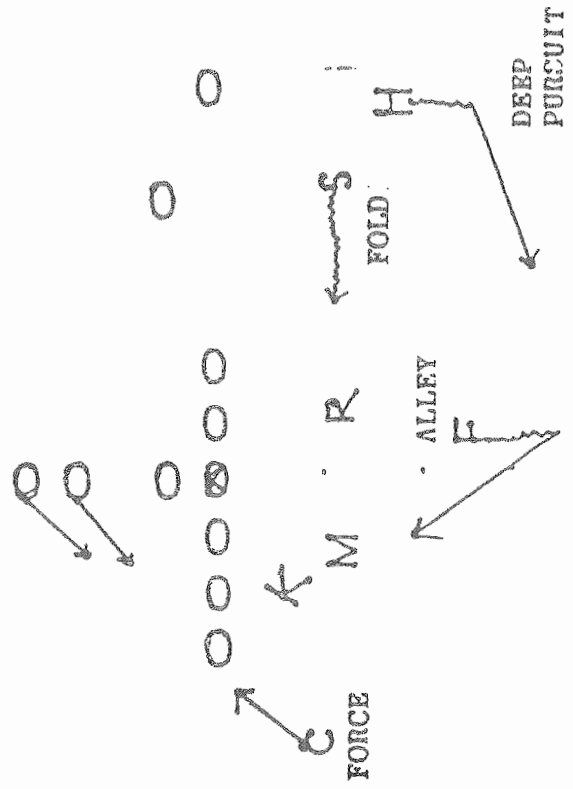
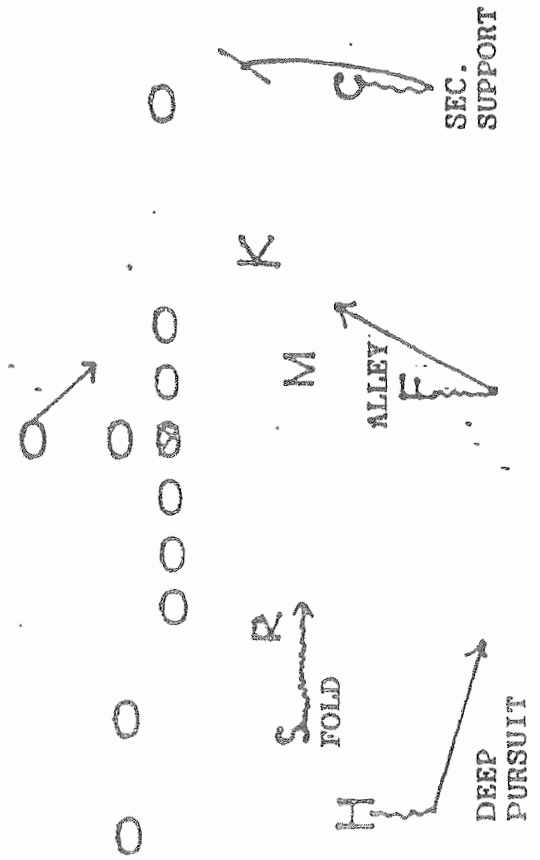
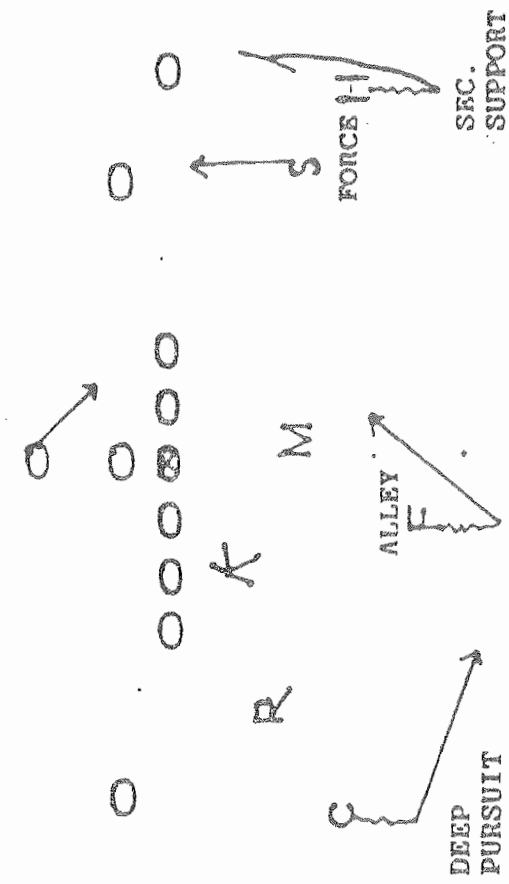
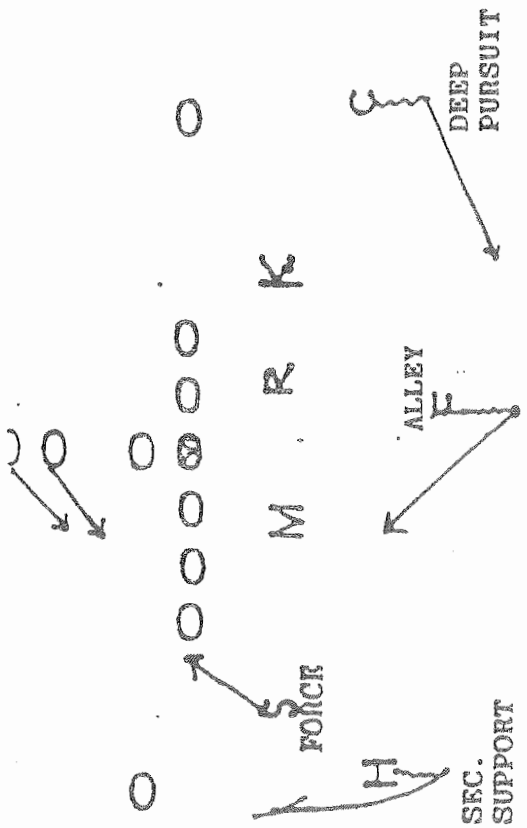
LOW BEAM - Aggressive drive block would indicate run.

3. Receivers - There are 5 eligible receivers. Defenders must read the release of the receivers to determine whether they are blocking or running a pass pattern. Players responsible for secondary contain will not support the run until insuring the block of #1. If pass is determined, DB's should key split and release to determine the type of routes being run.
 - * Wide split would indicate an inside progression by a receiver
 - * Tight split would indicate an outside progression by a receiver
 - * Inside release would indicate an inside progression or a corner route.
 - * Outside release would indicate an outside progression (out, comeback, streak).

X. RUN SUPPORT

The main objective when supporting the run is to always keep the ball in front and inside of the defense. The ingredients necessary to prevent a long run are proper rotation, good tackling and hustle. Support pattern defenders must work together to create a net around the ball carrier to insure his containment, and curtail his progress. This operation will always consist of a primary force player, a secondary force player, an alley player, and a homerun player.

1. Primary Force - The defender responsible for constricting the running lane while keeping the play in front and inside of the defense. He is pitch and contain responsible.
2. Secondary Force - The secondary force player is responsible for insuring the block of the #1 receiver. Once pass threat is gone, we can attack the ball (blocker) keeping outside in leverage at all times, while working to a stack position on the primary force defender. VS. Crack block on force/alley - you will replace the defender.
3. Alley - The alley player pursues the football from inside out leverage. after insuring the dump pass to any #2 receiver.
4. Homerun - Rule of 21 - This player must keep 21 players in front and inside, taking an angle of pursuit such that if the ball broke away his pursuit angle would get between the ball carrier and the goalline. Anticipate the ball cutting back against the normal flow of the play.
5. Fold - The primary force player's responsibility on run away from him. This pursuit angle is lateral to the LOS (Pursue through the shallow cutback) with shoulders square recognizing run inside the box (immediate gap of responsibility - threat of cutback) or run outside the box. (Take an angle to go where the ball is going, not where it is). Stay inside out to the ball.



XI. BLOCK DESTRUCTION

KEYS TO DEFEATING BLOCKS AND CONTAINING WIDE RUNS:

1. Attack towards and thru blockers (squeeze and construct).
2. Visually respect (look at) and defeat the blocker before relocating the football.
3. Keep shoulders/hips square to the L.O.S. - Outside foot back/both feet on the ground
4. Place your helmet under the chin of the blocker (jolt him), with pad under pad leverage at contact

TYPES OF BLOCKS

1. Stalk (VS. W.R. - Run to)

(Fit) punch heels of hands (thumbs up) into his breast plate driving him back. (Separate) (combat drill) hand placement is key, win the battle of the breastplate. Lock out elbows as you punch, locate B.C. (Escape) shed and make outside in tackle (Rotate hips, and explosively rip inside arm and leg through blocker to replace self with leverage).

2. Kick-Out (VS. FB or Guard)/RB Arc

Attack across L.O.S. and drive inside shoulder pad up thru the chin. Stalemate blocker and be prepared to shed flat if ball bounces. Forces the ball, not the blocker. Step into with same foot as shoulder.

* Knife Tech. Drive inside shoulder through the outside knee of blocker. At contact work upfield to force or bounce the ball wide.

3. Chop (VS. RB or WR)

Take blocker with inside arm and leg. Punch/Extend both hands directly in front on blockers head gear (Stalemate). Bounce off block (give ground) and make outside in tackle. Drive inside knee into the block.

XII CRACK PRINCIPLES

CRACK blocks are those executed by a wide receiver from the outside down to an inside defender. The usual objective is to pin a Primary Force defender to the inside in order to run the ball outside of the defense)

In order to effectively defend against Crack Blocks, we must first RECOGNIZE them. The CRACK BLOCK CLUES are:

- 1) SPLIT (-)
- 2) EYES (wr finds his man visually).
- 3) Flat INSIDE RELEASE.

WIDE PLAYER RESPONSIBILITY:

Upon recognition of a Crack Block, our outside player must COMMUNICATE LOUDLY....CRACK!!!! He then closes the cushion as in normal coverage.

When contact occurs, the outside player REPLACES THE FORCE RESPONSIBILITY of the cracked player.

i.e. crack on Primary Force becomes Primary Force; crack on Alley Fill player, stack the primary force player prepared to fill outside or inside.

INSIDE PLAYER RESPONSIBILITY:

Recognize run, and attack quickly and aggressively to cause drastic crack angle by receiver (easier recognition of crack vs. crack and go) If angle of entry has already defeated crack, go make a play. If crack blocker has angle, put your helmet under his chin, and destroy block. If block is recognized, do not run under do not run around, patch through the blocker.

XIII ARMY ZONE DEFENSE PHILOSOPHY

We will employ varying zone coverages with the expectations of not allowing the deep pass to be completed and forcing the offense to throw the ball in front of the short defenders.

ADVANTAGES OF PLAYING ZONE

- * More interceptions and broken up passes because everyone sees the ball
- * Zone will not allow long completions.
- * Zone provides excellent containment of the ball because the focal point is the ball.

PRINCIPLES OF ZONE DEFENSE

- * Know your area of responsibility
- * Know who your first threat is
- * Know who else can threaten your zone
- * Know where your help is

THE BALL IS THE ISSUE

- * See the ball at all times, they only play with one ball
- * In zone defend the ball will take you to the man!
- * Our rush is important, however the ability of our perimeter defenders to read the intentions of the QB and converge on the ball will determine the success of zone coverage. When the ball is in the AIR, there are NO MORE BOUNDARIES!

VS. Ball thrown in area - Attack the ball at its highest point.

VS. Ball thrown out of area - Drive to and focus on intended receiver.

- * Underneath defenders must break on the look (shoulder turn, lead elbow, and grenade) of the passer. QB's do not look off underneath defenders.
- * VS. 3 step, break (drive) immediately to the reception point (upfield shoulder)
- * Deep defenders must break on the look (shoulder turn & shoulder level) and the long arm motion of the passer.
- * If you are responsible for a deep zone, never allow a receiver to get behind you. Understand that underneath routes in the no cover zone may be completed, and if they are, it is our responsibility to quickly converge to the ball, be sure tacklers, and trade the completion for a headache. (Be patient, as we have other defends in our package that can deny our opposition these underneath completion).
- * Leverages: Create it and maintain it on the threatening receiver in your zone.
- * Think Interception: Play the ball through the receiver at the interception point. (Intercept the ball at its highest point).
- * In case of scramble (Zebra), keep your zone discipline because short routes will convert deep, and deep routes will convert short.
- * A tipped pass should always be intercepted because the focal point is the ball.
- * Playing Zone Coverage requires commitment, patience, and constant attention to detail!

XIV. ZONE TECHNIQUES

1. Deep Outside 1/3

A. Key:

- a) VS. WR - Ball to #1
- b) VS. TE - Thru TE to backfield flow

B. Run To:

- a) VS. WR - Run pass, Insure block of #1
- VS. TE - Attack LOS; knocker; primary force

C. Runaway:

- a) VS. WR - Rule of 21
- b) VS. TE - Fold; shallow cutback; Rule of 21

D. Pass:

- a) VS. WR - Deep OS 1/3

- * Play #1; see #2
- * Have awareness of #2 pre-snap, and his ability post-snap to threaten your 1/3.
- * Mid point of your zone is top of #'s (you may/may not ever get there).
- * VS. #1 (Out/In/Smash) - Communicate to under coverage, zoning your 1/3-play look of QB.
- * VS. #2 Wheel - Get to mid point of zone in crossover run - play look of QB
- * VS. #2 Vertical - Get to mid point of zone in crossover run - play look of QB (OVERLAP!)
- * #2 Block/Rambo - Squeeze #1 all over field (MABEL)!!

- b) VS. TE - Deep OS 1/3

- * No real vertical threat

E. Bail Technique - Deep OS 1/3 from on alignment

On snap bail inside foot for depth toward the midpoint of your zone. Work for depth in your crossover run while clueing the ball (QB) for play pattern. Stay on top of all receivers in your zone. Maintain proper body posture to break and drive on all routes to a throw!

2. Skate to Deep OS 1/3 (SS/FS)

A. Key: Ball to #1

B. Run To: Run Pass; Insure block of #1

C. Run Away: Rule of 21

D. Pass: Deep OS 1/3 - work to #'s

- a) See release of #1:

OS release - work to #'s; get depth, pin #1 to SL as he is running a streak

IS release - level off; anticipate corner route by #1. Should he continue to post backside safety will take in middle 1/3.

3. Deep Middle 1/3

- A. Key: Triangle
- B. Run To: Insure Dump to #2; Pursue through alley IS - out to ball; QB to pitch.
- C. Runaway: Pursue through alley IS - out to the ball; QB-pitch; comb the field.
- D. Pass: Deep Middle 1/3; you are responsible for all deep routes between the hashes. Overlap with OS 1/3!

- * VS. Dropback - Get to Midpoint (MOF/Goal posts), and clue QB for shoulder level, shoulder turn.

- * VS. Play Action - Ball off LOS; weave with QB (shoulders square) possibly past midpoint, leveraging all deep middle routes and cluing QB shoulder level, shoulder turn

- * VS. Sprint - Work to sprints side 1/3; maintain leverage on any deep inside routes

- * VS. Boot - Squeeze intermediate drag!
GET A GREAT BREAK ON THE BALL!!!

4. Skate to Deep Middle 1/3 - (In conjunction with Tampa, Texas, Taco, Fire Steal)

- A. Key: Triangle to #2/#3
- B. Run To: Insure Dump to #2/#3; pursue through alley IS out to ball; QB to pitch.
- C. Runaway: Pursue through alley IS out to the ball; QB to pitch; comb the field.
- D. Pass: Deep Middle 1/3; you are responsible for all deep routes between the hashes. Overlap w/OS 1/3.

- * VS. Dropback - Key #3 to #2 to #1 - leverage all inside deep routes working to midpoint and cluing QB shoulder level, shoulder turn.

- * VS. Sprint - Work to Sprint side 1/3, maintaining leverage on any deep inside routes.

5. #'s to #'s - (FS in Cover 1)

- A. Key: Triangle
- B. Run To: Insure Dump to #2; Pursue through alley IS - Out to the ball; QB to pitch.
- C. Run Away: Pursue through alley, IS out to the ball, comb the field.
- D. Pass: Deep Middle help on all post cuts. Play #'s to #'s!

- * VS. Dropback - Get to Midpoint (MOF - Goalposts) and clue QB for shoulder level/shoulder turn.

- * VS. Play Action - Ball off LOS, weave with QB (shoulders square) possibly past midpoint, leveraging all deep middle routes, and cluing QB shoulder level, sholder turn.

- * VS. Sprint - Work to Sprints side 1/3; maintain leverage on any deep inside routes.

- * VS. Boot - Squeeze intermediate drag
GET A GREAT BREAK ON THE BALL!!!

6. Cheat 1/2

A. Key

- a) VS #1 WR - Ball to #1
- b) VS #1 TE - Thru TE to BF Flow

B. Run To

- a) VS. WR - Run Pass; Insure block of #1
- b) VS. TE - Attack LOS; Knocker; primary force

C. Run Away

- a) VS. WR - Rule of 21
- b) VS. TE - Fold; Shallow cutback; Rule of 21

D. Pass - Cheat 1/2

- a) VS. WR - Play #1; see #2! Have awareness of #2 pre snap, and his ability post snap to threaten your zone!
- b) VS. #1 Out/In/Smash - Communicate to under coverage while continuing to play your zone of responsibility!
- c) Any Route of #1 beyond 10 yards - you must stay inside and over the top of. Other people are responsible for #2 on vertical or #2 on wheel.
- d) VS. #1 TE - Cheat 1/2; stay inside and over top of #1 (climb the TE)
*Possible wheel route exception (point of pyramid/mid point)

7. Robber Technique

A. Key - Triangle to #2 strong

B. Run To - Insure dump to #2; Pursue through alley IS - out to the ball; QB to pitch

C. Run Away - Pursue through alley IS out to the ball; QB to pitch; comb the field.

D. Pass - Robber Technique

Key #2 - #2 Vertical - Beyond 10 yards, match the route (jet)

- #2 Flat - Rob the curl, play underneath post (3x3)

- #2 Rambo - Rob the dig of backside #1 or...Rob the curl; play underneath post of frontside #1.

VS Boot - Squeeze (man up) the intermediate drag

8. Buzz Flat

A. Key: Thru EOL to backfield flow

B. Run To: Primary Force

C. Run Away: Fold; Shallow cutback

D. Pass: After keying thru EOL (Run/3 step has cleared),

Buzz strong flat - Drive 1X10 inside alignment of #1 receiver.

* VS. #1 Hitch/Out - Drive the hitch/out (get between QB/#1)

* VS. #2 Flat (flat-up) - do not hold curl, buzz flat; carry #2 on wheel.

* VS. #1/#2 Vertical - Drive to drop point and leverage any #3 to flat or on swing. If no #3 clue QB and get hard read!

* VS. Sprint - Drive to #1 immediately.

* VS. Boot - To: M/M on 1st flat cut

Away: Cushion for screen/throwback

11. I'm Here

A. Key: Thru EOL to backfield flow

B. Run To:

a) Inside Box - Stack EOL; prepared to fit inside/outside based on blocking scheme, keeping ball on inside shoulder.

b) Outside Box - Force Player; press LOS now, keeping ball on inside shoulder.

C. Run Away

a) Inside Box - Step with inside foot to LB depth, stacking inside foot of OT, becoming cutback, counterpoint player.

b) Outside Box - Shuffle to midpoint, before pursuing inside out to the ball like a Cover 3 FS.

D. Pass: Robber Technique

Curl to post player. Key Block/release of #2!

a) #2 vertical - match up with #2 (jet) once he goes beyond a depth of 10 yards.

b) #2 flat - 90% curl, 10% post - pedal to 3x3 alignment from #1 and meet him in the post curl junction robbing the curl and man turning and doubling from underneath the post.

c) #2 Rambo - 90% post, 10% Curl - Same technique as #2 flat.

d) VS. Boot - To: 1st flat threat man to man

Away: Squeeze intermediate drag

12. Seam to flat

A. Key: Ball to #1

B. Run To: Cloud Support; pitch and contain

C. Run Away: Rule of 21

D. Pass: Seam to flat; jam technique on #1

Deny OS release of #1, react to inside release. Get good 2 handed, 1 handed or position jam on #1, Zone turning, gaining depth and width to protect the void, corner area, and reacting to the flat based only on a threat of a #2 receiver and the grenade of the QB (guide hand coming off the ball).

OS Release - Straight line technique looking through #2 to QB

IS Release - Get depth/width cushioning underneath the corner route, looking through #2 to QB.

* Sprint/Boot To: Hammer Technique; flat

* Sprint/Boot Away: Post Technique; squeeze inside/over top of #1.

13. Deep 1/2

- A. Key: Ball to #2
- B. Run To: Run - Pass; Insure the block of #1.
- C. Run Away: Cutback
- D. Pass: Deep 1/2 - 1/2 field responsible

Key release of #2

a) #2 Vert

- * Inside hash - reference point is 2-3 yards OS hash splitting #1/#2
- * Outside hash - reference point is to weave 4-5 yards OS hash splitting #1/#2

b) #2 Flat

Work off the hash 4-5 yards. #2 no longer a threat, see the release of #1.

#1 Outside Release - work for width, anticipate fade

#1 Inside Release - work to reference point, play over the top of corner and post, and once #1's shoulders get E/W (Dig), close ground to the interception point.

Deep 1/2 rules for safeties

- a) Keep shoulders square
- b) Play everything downhill
- c) Be ball conscious, rather than receiver conscious
- d) Get great hard read on the QB!!

14. Strong Curl #2

- a) Key: Thru EOL to backfield flow; ball to #2
- b) Run To: Alley; Attack; make ball spill
- c) Run Away: Fold inside; shallow cutback
- d) Pass: Strong Curl; Building on final #2

* Landmark - 10-12 yards deep 2 yards OS Hash

- * #2 Vertical - Wall technique (level, look, listen, lock)
- * #2 Flat - read #2 flat, work to landmark anticipating #1 on inside progression; maintain inside out leverage on final #2.
- * #2 Rambo - Read #2 rambo; work to landmark. Get in window of final #2, getting good hard read on QB.

15. Invert Strong Curl #2 (SS In Texas)

- a) Key: Ball to #2
- b) Run To: Fill where needed
- c) Run Away: Fill where needed
- d) Invert from 2 deep look to the strong curl (10-12 yards deep - 2 yards OS hash); building on final #2.

- * #2 Vertical - Collision (no need to wall because we are rotating to 1/3's over top of you); and hold strong curl.
- * #2 Flat - Read #2 flat, invert to reference point anticipating #1 on inside progression; get great hard read on QB.
- * #2 Rambo - Read #2 rambo; invert to reference point, get in the window of final #2, getting great hard read on QB.

16. Lurk Technique (FS Cov. 8)

- a) Key: Ball to #2 (#3)
- b) Run To: Fill where needed
- c) Run Away: Fill where needed
- d) Pass: Lurk technique; Rob, cut (lurk) the 1st most dangerous intermediate crossing threat (know D/D)

17. Invert; OS Hots on #2; Seam, Curl to Flat (SS - NK Fire Steal)

- a) Key: Ball to #2
- b) Run To: Primary Force
- c) Run Away: Fold Inside; shallow cutback
- d) Pass: Play seam; curl to flat (outside hots on #2, curl to flat)

- * Collision #2 on any vertical release - remember we've got great pressure coming.
- * VS. Sprint - Expand to flat - Now!

18. Hammer Technique

- a) Key: Ball to #1
- b) Run To: Cloud Support; pitch and contain
- c) Run Away: Rule of 21
- d) Pass: Hammer Technique; flat responsibility. Collision #1. Force him to veer his course either inside or outside. Sit in the flat. No need to protect the void area behind you, as we are rotating to 1/3's over the top of you.

XV. PRINCIPLES OF M/M

Man coverage is the simplest form of coverage from an assignment standpoint. But, from an ability standpoint, it requires more skill to play than zone. To commit to man coverage, our C's/SS have to play with "THE EDGE", and must be long on confidence and short on memory! Our Free Safety must demonstrate tremendous range and be extremely productive as an alley-filler in run and a post player playing #'s to #'s in pass!

In man coverage, the man is the issue - the man will take you to the ball!!

1. M/M Goals

- a) Eliminate the Man!!
- b) Leave the ball on the ground!! Interceptions are not the goal! If the ball is thrown your way, make sure it is left on the ground, and we take another snap.

2. Techniques of M/M

A. Mirror/Motor

- | | | |
|----------------------------|----------------------------|----------------------|
| a) Feet, open hands | e) Open/hands | j) Double transition |
| b) Baby step (Draw Charge) | f) Cut off (Wedge) | |
| c) Counter punch | g) Zig-Zag/speed turn | |
| d) 2 hand jam | h) Patriot | |
| | i) Deep ball (streak/post) | |

B. Off

- | | |
|----------------------------|----------------------------|
| a) Cushion drill | g) Off on #2 (OS leverage) |
| b) Leverage drill (weave) | |
| c) Mirror hips | |
| d) 3-13-33 | |
| e) Patriot | |
| f) Deep ball (streak/post) | |

3. Off M/M

A. Focus on the hips of the receiver. Burn your eyes into his hips. The defenders hips should mirror the hips of the receiver. When the hips drop and the stride shortens, anticipate a cut (Dead Key)

B. Biggest problem in M/M is not enough cushion, second biggest is too much cushion. Give cushion up when you want to. Think 3-13-33. These numbers bring you through the levels of the short, intermediate and deep routes.

3 - Run Game, 3 step game (controlled pedal - 60% tempo)

13 - Intermediate routes (out, curl) - not threatened - stay in pedal unless cushion is violated, then play in crossover run.

33 - Deep Routes - Open and run (corner, streak, post)

C. Recognize the type of rush it is, if you have help, and where your help is. normally split #1 relative to dividers.

C/H on #1- if off, Ink leverage vs. normally split #1 relative to dividers.

If #1 is outside the divider stay INK; and if #1 is inside the divider adjust to ORK

SS/C/H on #2 ORK leverage vs. normal split by #2 WR/Tite (-) split by #2. If #2 is split closer to #1 than the OT, then align INK.

* NOTE - Divider rules are only applicable when you have immediate safety help to your side. With no help (1 Lock, all out blitz) You must play with INK leverage to protect the post.

D. Pass Break Up - If close enough to touch the receiver, play the ball. Break it up with the near arm and heavy hand (club & slash) going through the upfield shoulder of the receiver to insure the tackle.

E. VS. Out Routes - Defined by receiver showing us his backside numbers; drive through the upfield shoulder to insure the tackle and do not leave yourself vulnerable to the out/up!

F. VS. Deep Routes - "Chew" the receivers ear and focus the attention on his eyes and hands. Cut off the receiver. Stay on top. Make him run up your back.

In Proper Phase: His eyes go back, your eyes so back (look & lean)!

Squeeze the receiver out of bounds.

In Poor Phase: Sprint to receiver's upfield shoulder (do not peek) turn into receiver and tear down the receiver's far hand with your far hand when his hands go up.

G. Once your hips are opened, never come underneath yourself. Patriot Step to (curl/comeback), but speed turn to post, corner, or bent digs!

XVI. ON TECHNIQUE (MIRROR AND MOTOR)

A) Alignment - 1 yard off WR (vs. Z - check LOS)

Ink - Split crotch of WR

B) Key - Dead Key WR for block/release

C) Technique - Feet, open, hands

a) Baby Step - to read release of WR (buy time before confrontation)

* Stay Square

b) Counter Punch - Punch with arm opposite of release to help open hips. Stab breastplate and lockout. Maintain cutoff position on WR.

* VS. Bull rush release - Use 2 hand jam, pressing both hands into breastplate and lockout. As route progresses 2 hand jam will turn into a 1 hand jam, or counter punch.

c) Open - Open hips at proper angle of departure to maintain cut-off position on WR.

VS. Double Stem

- * Under 5 yards - inside open hips; exchanging counter punch
- * Post 5 yds - Once you've opened to commit to the route speed turn (match the angle)
- * VS. Comeback - Take proper angle of departure, and use hands to wedge gaining cut off position, key eyes low on receiver's hips in 12-15 yard area anticipating comeback (patriot step)

XVII. OFF TECHNIQUE

A) Alignment

- a) C/H vs. #1 WR - Ink x (7-8 yds)
- b) C/H/SS vs. #2 WR - Ink/Ork relative to divider x 5 yards

B) Key - Dead Key WR for block/release

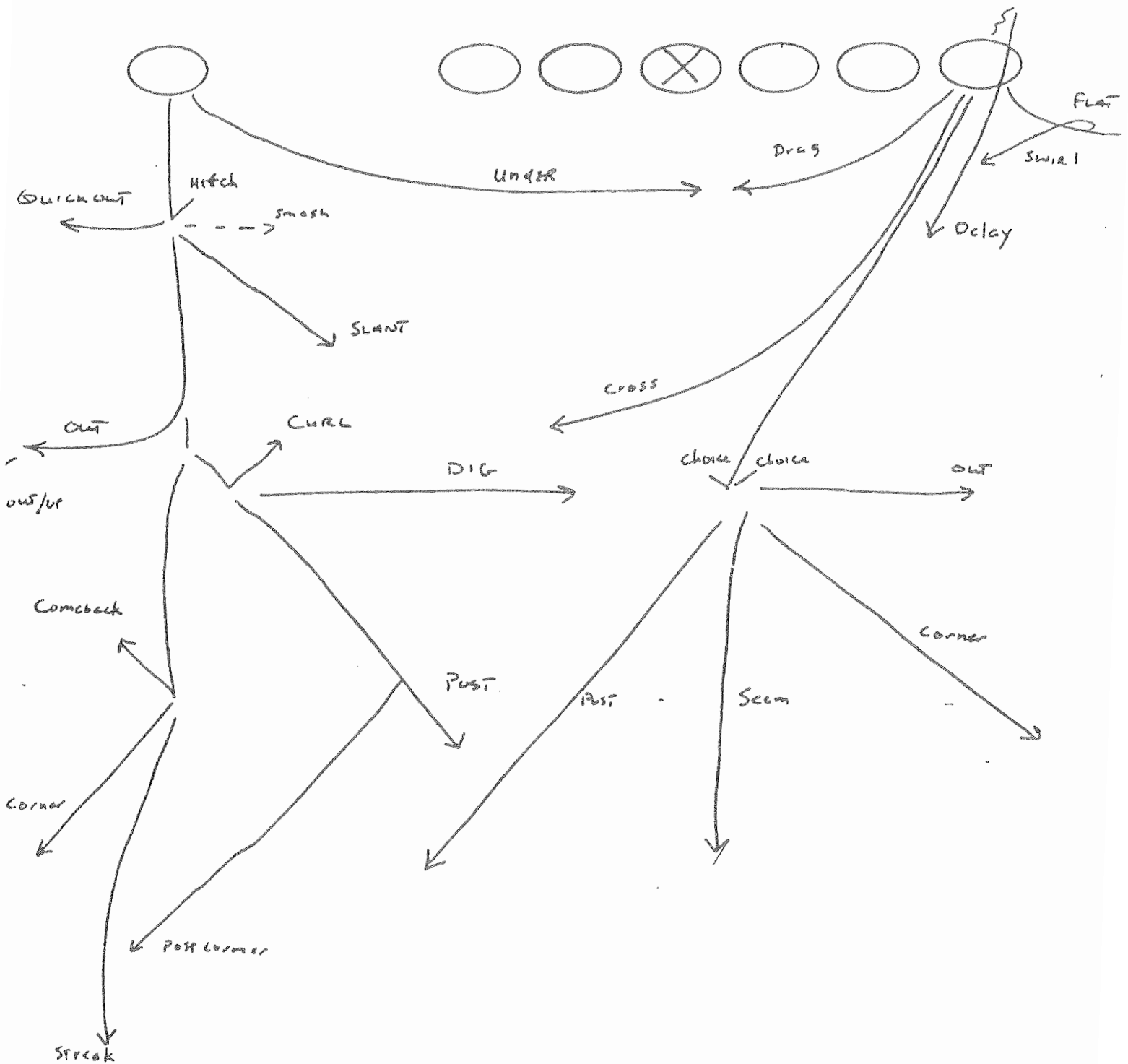
C) Technique - 3-13-33

- a) 3 - Run game; 3 step game (controlled pedal - 60% tempo)
- b) 13 - Intermediate routes (out, curl) - not threatened, stay in pedal unless cushion is violated, then work to crossover run.
- c) 33 - Deep routes; open and run (streak, post, corner)

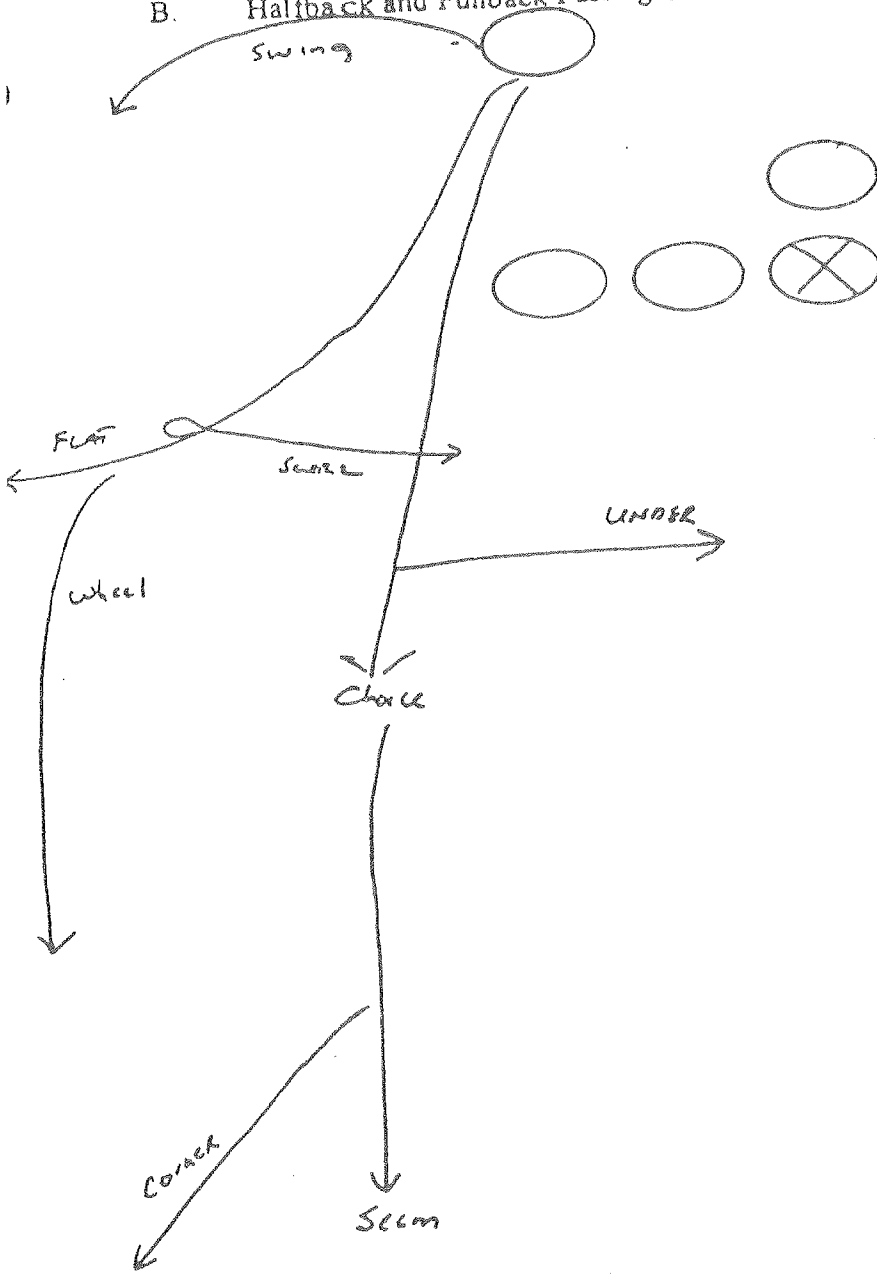
XVIII. PATTERN TREES

It is necessary in analyzing our opponents' passing game for us to communicate in a clear and consistent way. Recognition of individual routes and patterns (combinations of routes) is extremely valuable in defending any passing attack.

A. Receiver/Tight End Pattern Tree



B. Halfback and Fullback Passing Tree



XIX WISHBONE PHILOSOPHY

1. To win the Commander in Chief Trophy, it is imperative that we play tremendous defense against both Air Force and Navy! It is with this in mind, that we have developed a unique system for calling coverages vs. the offensive sets that we are going to see.

2. All of the coverages that we will implement have unique support patterns based on 3 Back Flow/Split Flow!

A. Strong Support Patterns

Any coverage that has the letter O in it vs. 3 Back Flow Strong the SS will be responsible for primary run force (pitch/contain), with the H being responsible for secondary support (run-pass, insuring the block of #1 before pursuing to run), and the FS being responsible for pursuing through the alley QB to pitch.

ROLL - (Generally a hashmark call)

BONE - (Called more in MOF)

BOOMER - (Adjustment to trips generally when Rack is called)

If a coverage has the letter A in it, vs. 3 Back Flow strong, our H will be responsible for primary run force (pitch/contain) with either the SS being responsible for the run-pass-insuring the block of #1 (RACK - only Run vs. balanced 2x2 formation [spread]), and the FS being responsible for pursuing through the alley...OR the SS being the alley (curl) player, pursuing the QB to pitch on option with the FS working over the top to be the run-pass, insuring the block of the #1 receiver (HAMMER - Called only with the prefix H.O.G. (Hammer On Groucho Formation)!

RACK - Only vs. Spread (2x2)

HAMMER - Only W/Hog prefix vs. Groucho (on 3 Back flow strong)

B. Weak Support Patterns

Any coverage beginning with the letter R as in Rack or Roll... the C will be responsible for primary run force on 3 Back flow weak, with the FS working as the Run-pass defender to insure the block/release of the #1 receiver, before pursuing through the alley QB-Pitch.

RACK - Only vs. spread (2x2)

ROLL - (Generally a hashmark call)

Any coverage beginning with the letter B as in Bone or Boomer...The FS will pursue through the alley QB to pitch; with the knight being pitch/contain responsible on any weakside 3 back play pattern. In these coverages, the C will act as the Run-Pass; insuring the block of the #1 receiver before pursuing to run. The exception to this is when Bone is checked to a backside TE/Wing, or Nub/Wing, then the corner will ✓ the support pattern to "Read".

BONE - (Called mostly in MOF)

BOOMER - (Adjustment to trips, generally when Rack is called)

C. Formational Automatics

a) Strongside

* If RACK is called, and a trips set or a groucho set occurs, the coverage pattern would ✓ to safety support, (i.e. Bone or Boomer).

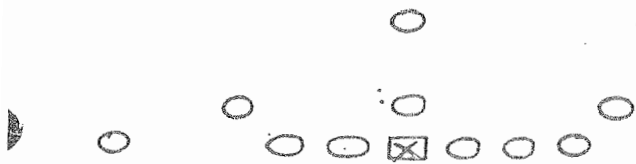
* If any coverage is called, and the prefix HOG is used, then the coverage would ✓ to hammer based on 3 Back from strong in a groucho set.

b) Weakside

* If Rack/Roll is called, and a 3x1 (trips) set shows, the support pattern to the weakside becomes Boomer (safety support) in Rack; and Bone (safety support) in Roll. The difference is that Rack/Boomer are called more on pass downs because they are a little more aggressive coverage-wise vs. pass!

vs. TE/Wing/Nub - The coverage automatically ✓ to Bone, and the support pattern weak turns to "Read" support between the FS/C on 3 Back flow weak, such that should the NUB not block the corner. (seal, veer, load), the C would feather for the pitch, with the FS pursuing QB to pitch. Yet, if the nub would arc block the corner, he would work through the OS shoulder for pitch/contain immediately with the FS still pursuing thru the alley QB-pitch.

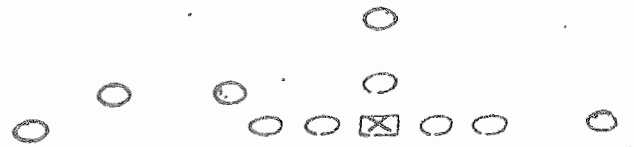
XX Wishbone Formations



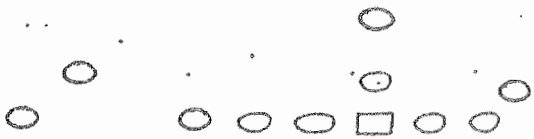
(Bone) Split



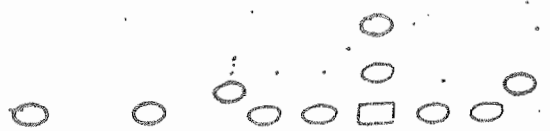
(Bone) Spread



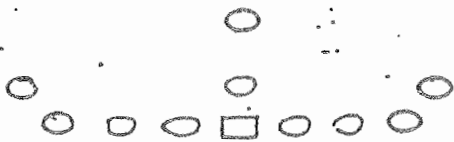
Groucho Split



Acc Up Trey



Groucho Twins

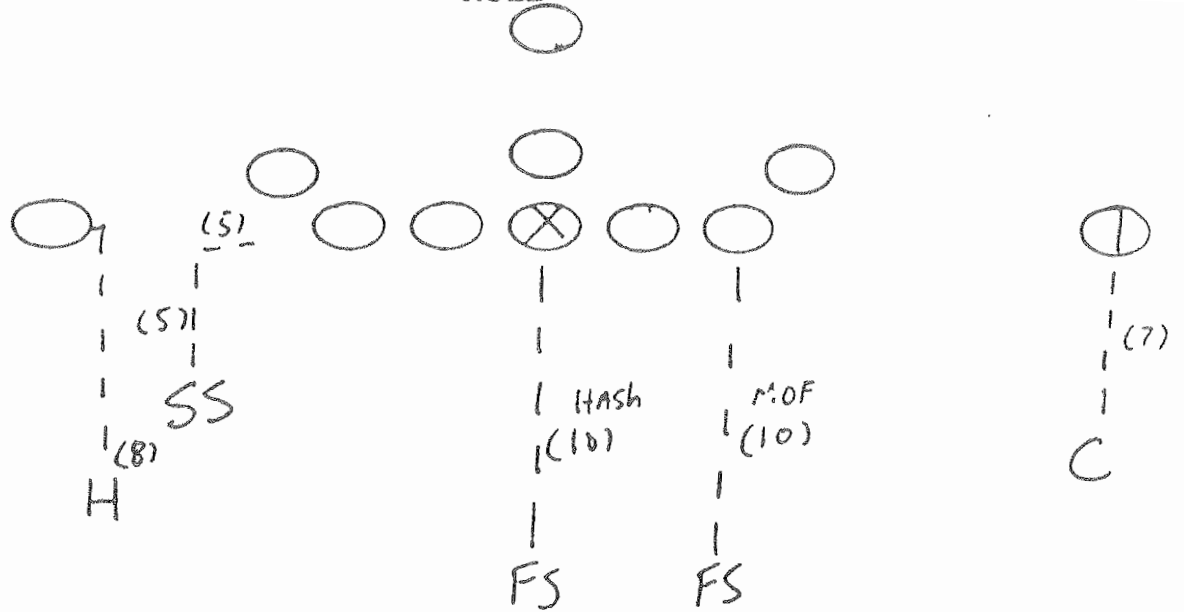


Groucho Spread



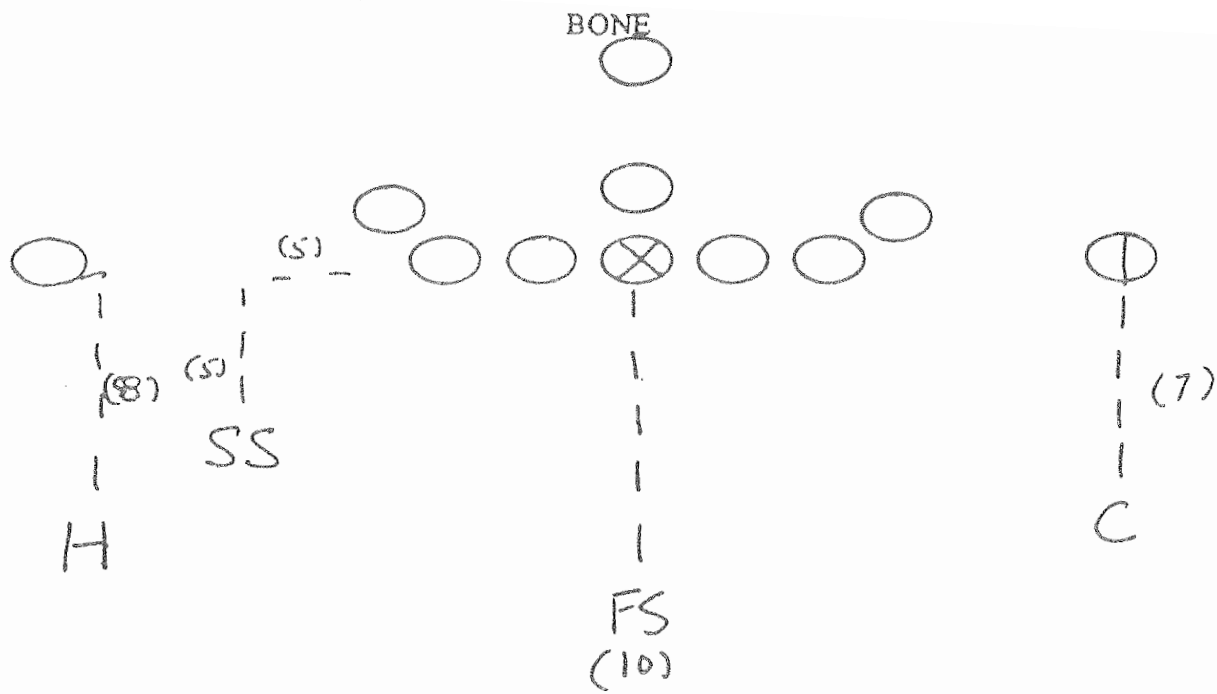
Tite



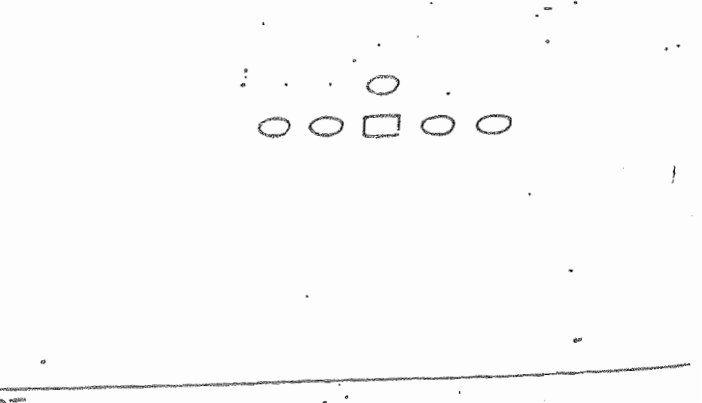
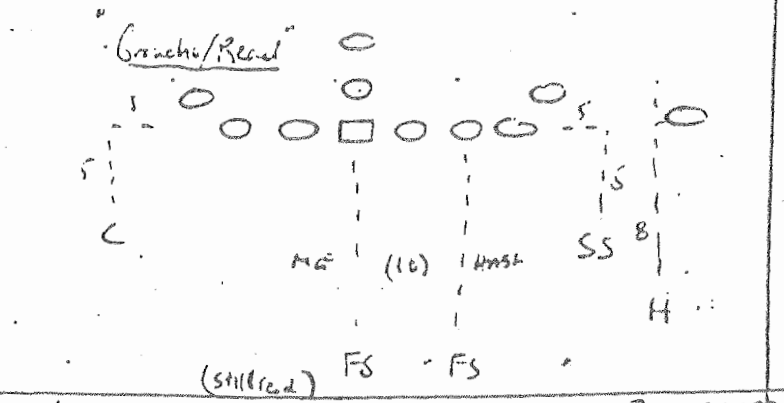
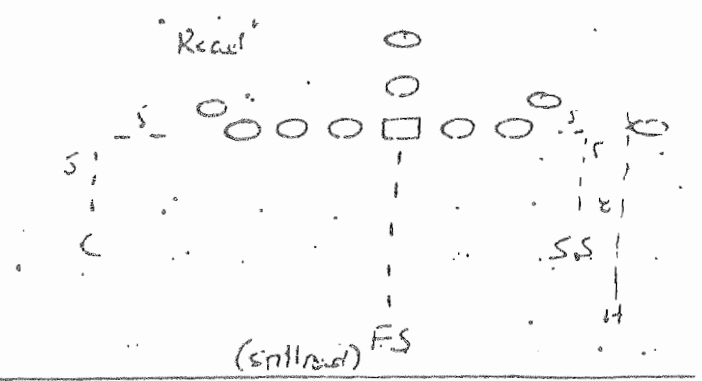
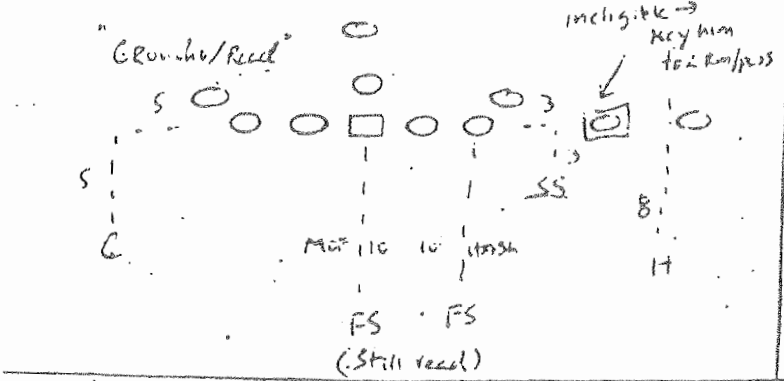
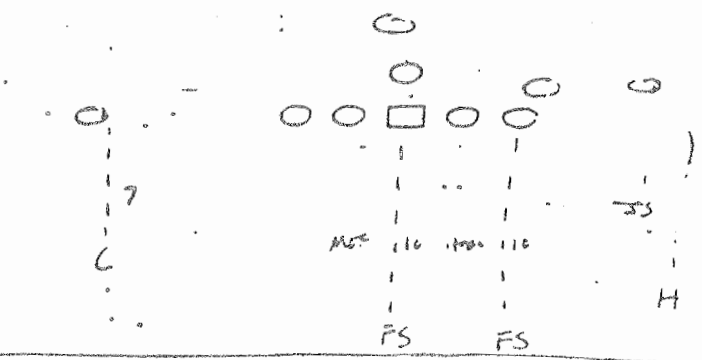
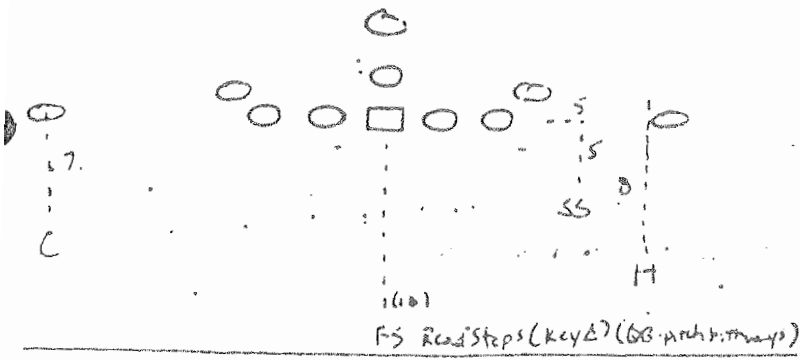


- * FS - Red/Blue call to field (SS/H go to Red/Blue call; FS/C go away from Red/Blue call)
- * MOF - FS - Spread (2x2) declare "Blue"; vs. Ace Trey, declare to trips
- * If Split/Graucho - FS declare to open end!
- * ONLY Played vs. Balanced 1 Back (2x2)

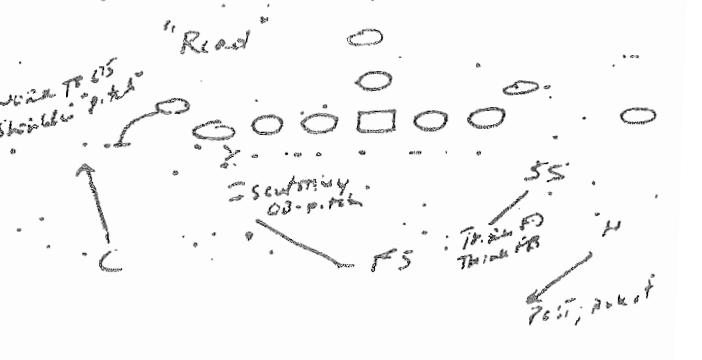
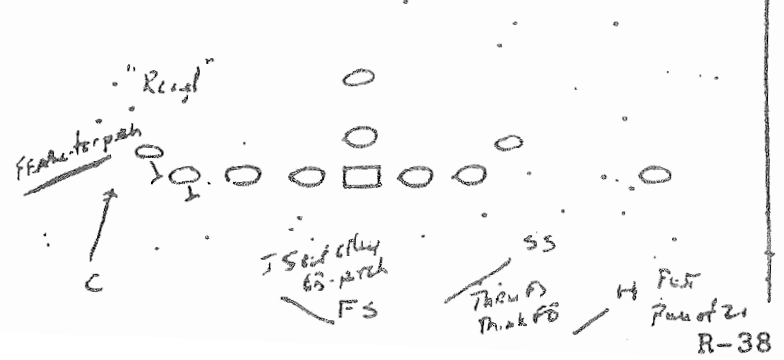
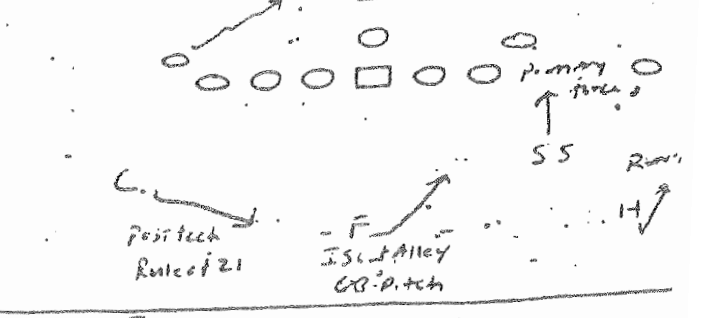
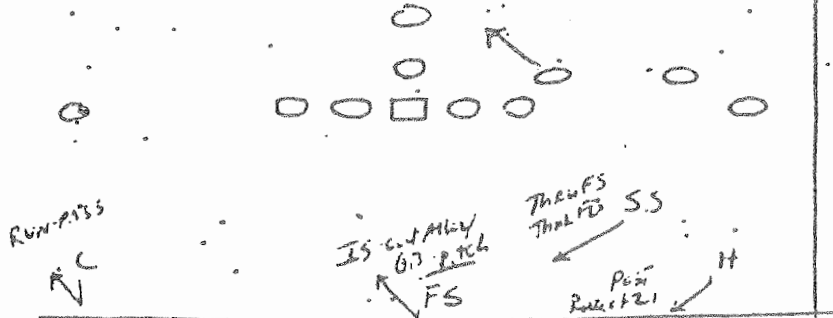
	Alignment	Key	Flow Strong	Flow Weak	Split Flow Pass	3 Back Flow STR Pass	3 Back Flow Pass
C	Head up x 7	Slot for flow to/away thru EOL to BF Flow	Rule of 21	Cloud support; pitch/contain	Seem to flat	Post Technique on #1	Flat
FS	MOF over OT @ 10 yds HASH over ball @ 10 yds	Key triangle for Run/Pass. Key 3 Back/ Split Flow	Alley; QB to pitch	Run Pass; Insure block of #1.	Deep 1/2	Deep Mid 1/3	Rotate Deep OS 1/3
SS	5x5 OS #2	Slot for flow to/away. Thru EOL to BF Flow	Primary Force	Thru FS Think FB	Deep 1/4	3 Sky Drop	Rotate Deep Mid 1/3
H	Ink x 8	Ball to #1	Run-Pass; insure	Rule of 21	Deep 1/4	Deep 1/3; Play #1; see #2	Post Technique on #1



	ALIGNMENT	KEY	FLOW STRONG	FLOW WEAK	SPLIT FLOW PASS	3 BACK FLOW STR PASS	3 BACK FLOW WEA PASS
C	Head up x 7 5xS vs. TE/Wing	Ball to #1 TE/Wing	Rule of 21	Run-Pass Read	Deep OS 1/3	Post Technique on #1	Deep OS 1/3 Read-Flat
FS	10 yds over ball or over OT vs. Groucho	Key Triangle for run-pass; key 3 Back; split flow	Alley QB to pitch	Alley QB to Pitch	Mid 1/3	Deep Mid 1/3	Deep Mid 1/ Read - Rotat to Deep OS 1/3
SS	5xS off EOL	Key slot for flow to/away Thru EOL to BF Flow	Primary Force	Thru FS; Think FB	3 Wind drop 3 Sky drop	3 Sky Drop	Rotate Deep Mid 1/3
H	Ink x 8	Ball to #1	Run-Pass; Insure	Rule of 21	Deep OS 1/3	Deep OS 1/3	Post Technique c #1



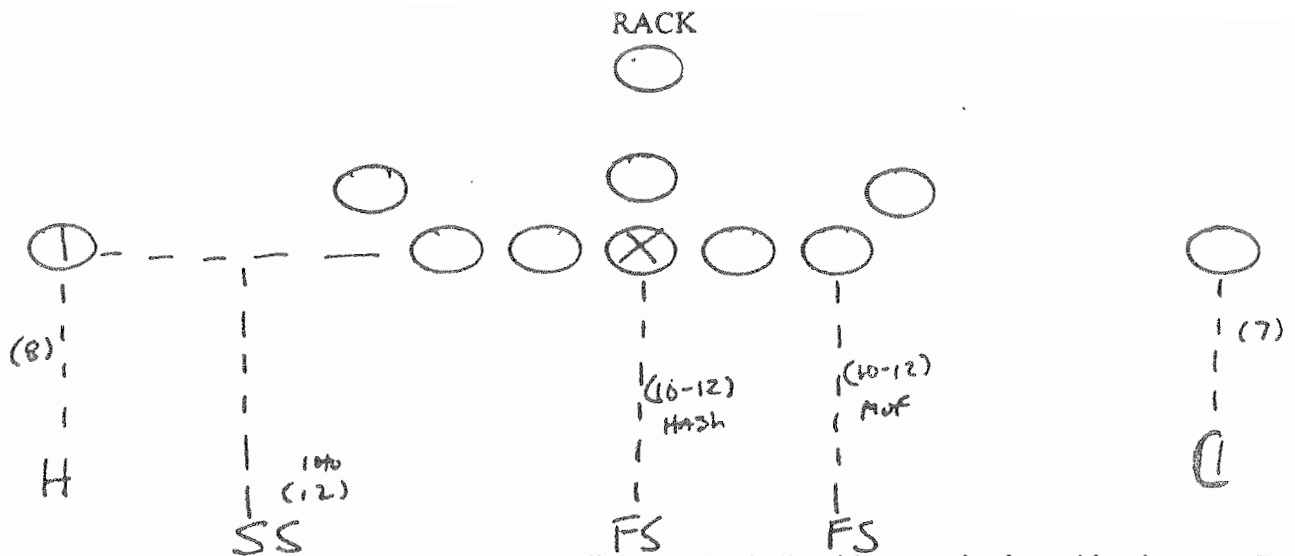
BONE SUPPORT



XXIII RACK (✓ BOOMER)

- A. RACK - is a huddle call for us when we anticipate pass. Rack is a 2 deep concept with C/H as primary support players on 3 back flow to them. It is excellent vs. 4 verts and also for the post wheel routes we get on split flow pass. VS, Trey - Rack will to Boomer
- B. BOOMER - is a coverage for us vs. Ace Trey formation. Essentially, our support pattern on full-flow strong and full flow weak is exactly the same as Bone. This difference is in the pass, when the C will lock on the #1 receiver to his side. The H will play m/m on #1 strong on all routes beyond 10 yards should #1 hitch/or shallow cross, the H would zone his 1/3 anticipating #2 coming to him.

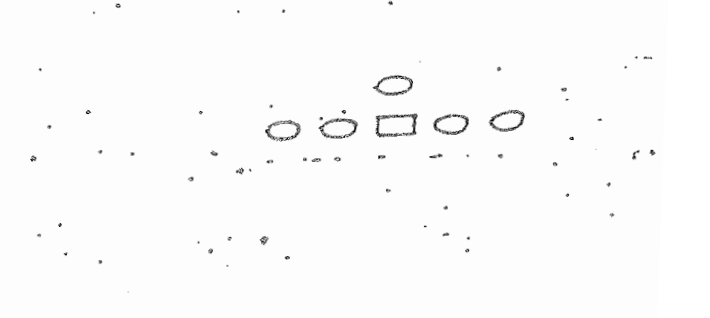
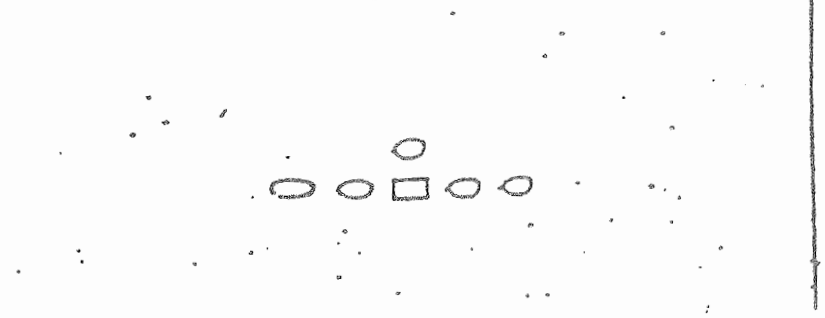
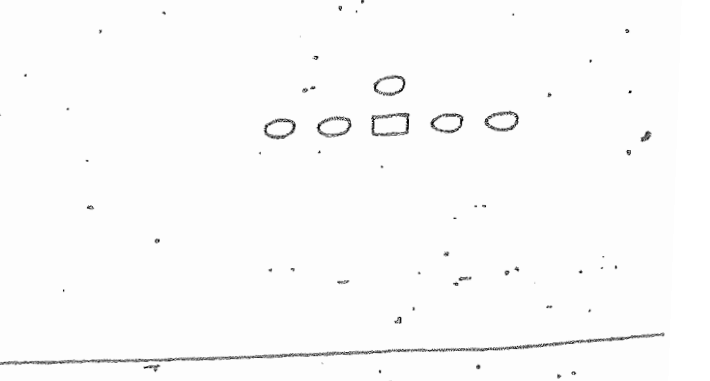
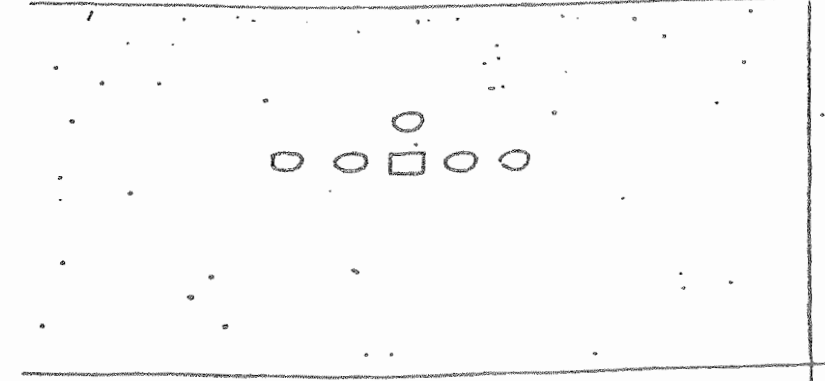
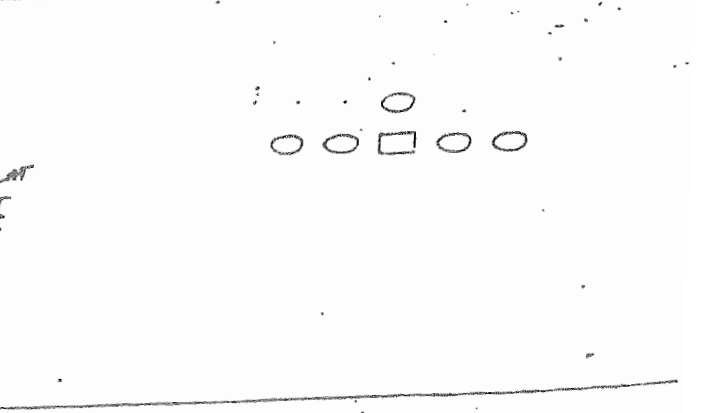
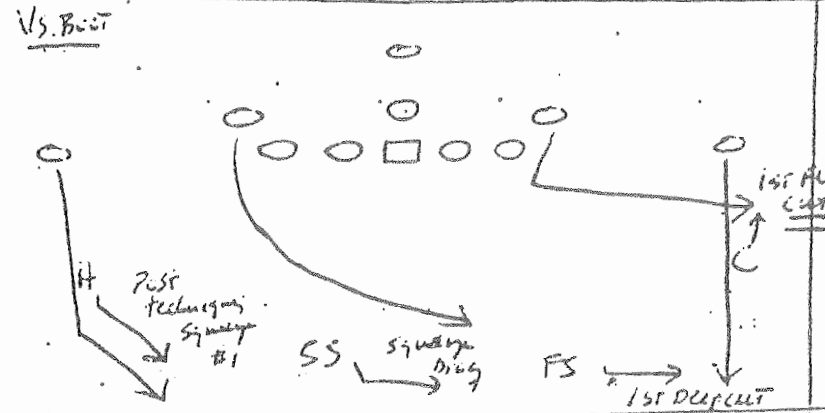
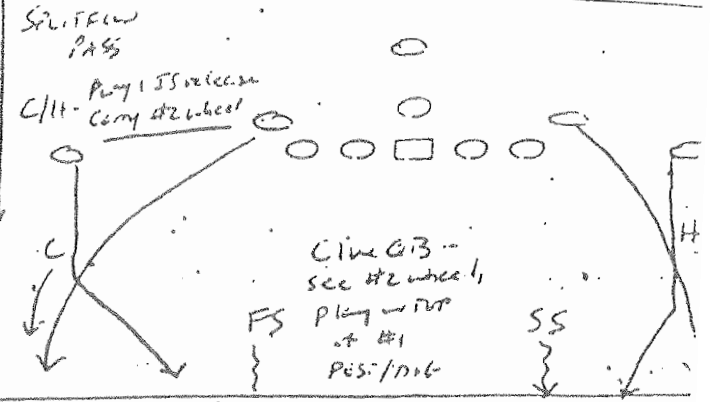
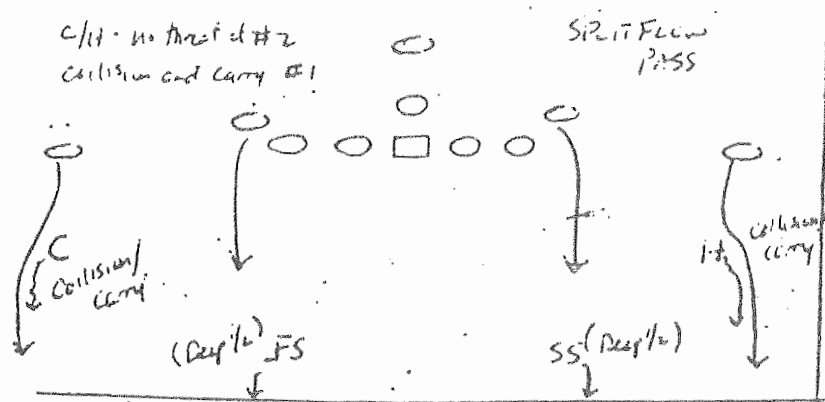
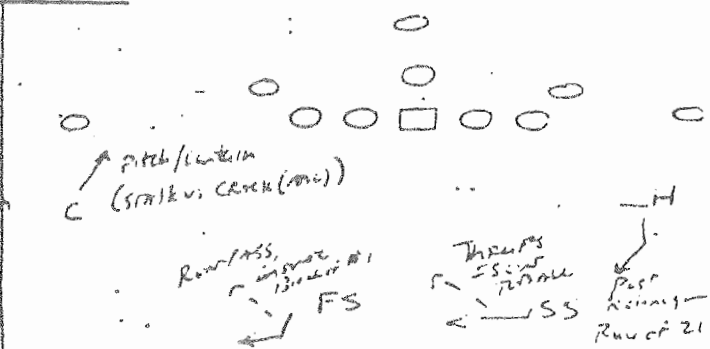
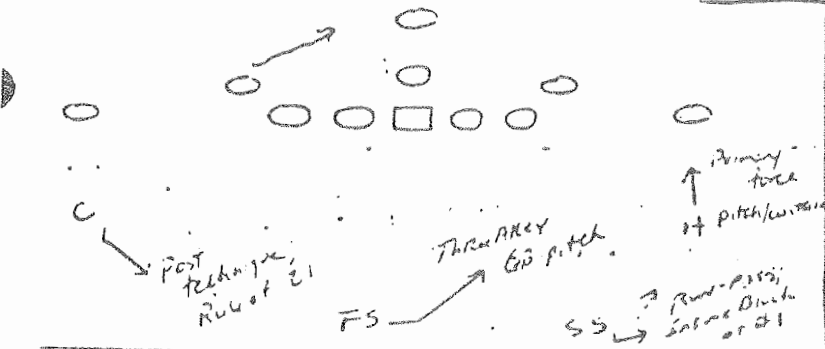
The SS will align ORK on #2 STR, and he has (#2/#3) the 1st OS flat threat M/M - should #2/#3 go vertical - he will probably get a call from the H indicating that #1 has smashed/shallowed, and he should play that cut as it becomes the 1st OS flat threat. FS is responsible for 1st IS deep threat #2/#3 man to man, (#3 to flat, weave to #2) (#2 to flat work IS leverage on #3) (no threat, play look of QB).

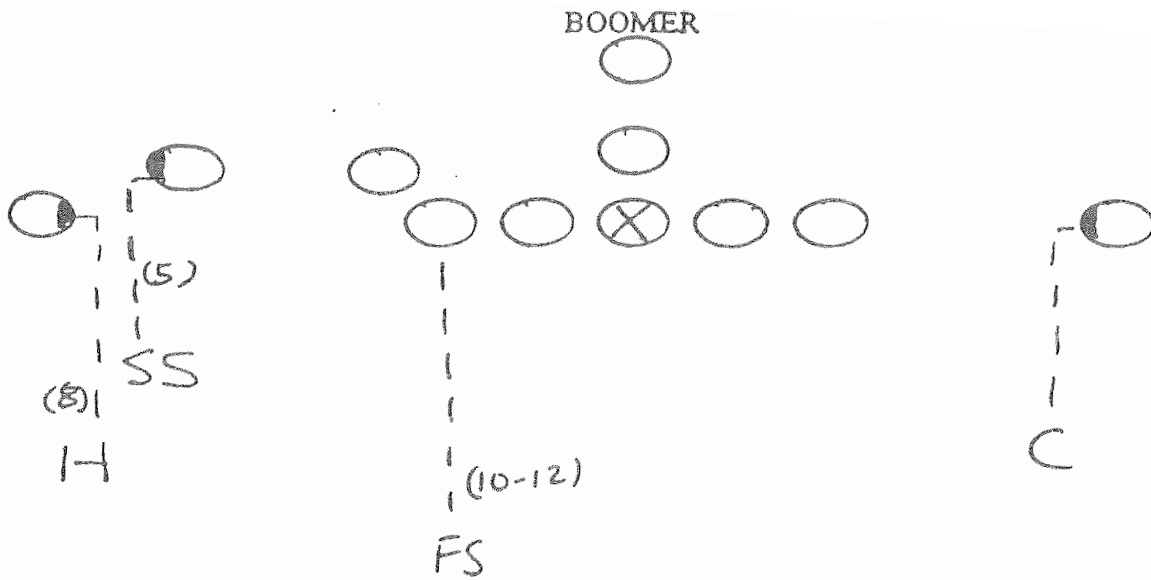


- * RACK STAY may be called on pass down vs. Split/Groucho Split with post wheel combination on 3/L.
- * We may RACK support strong vs. Split/Groucho Split in the case of tight (-) split by #1.
- * Alignments of FS/SS may fluctuate based on D/D (10-12 yds); C/H may move to 1 yard outside #1.

	Alignment	Key	Flow Strong	Flow Weak	Split Flow Pass	3 Back Flow STR Pass	3 Back Flow Weak Pass
C	Head up x 7	Key slot for flow to/away Key EOL to BF Flow	Rule of 21	Cloud Support; pitch contain	Seam to Flat	Post Technique on #1	Flat; carry #2 on wheel if you see it!
FS	Hash-over ball @ 10-12 yds Mof-over OT @ 10-12 yds	Key Triangle for run-pass. Key 3 Back/Split Flow	Pursue through Alley QB-Pitch	Run Pass	Deep 1/2	Rotate Deep Mid 1/3	Rotate D. OS 1/3
SS	1/2 way between #1/OT @ 10-12 yds	Key slot for flow to/away Key EOL to BF Flow	Run-Pass	Replace thru FS before pursuing IS out to the Ball	Deep 1/2	Rotate Deep OS 1/3	Rotate Deep Mid 1/3
H	Head up x 8	Key slot for flow To/Away key EOL to BF Flow	Cloud Support; Pitch/Contain	Rule of 21	Seam to flat	Flat; carry #2 on wheel if you see it.	Post Technique on #1

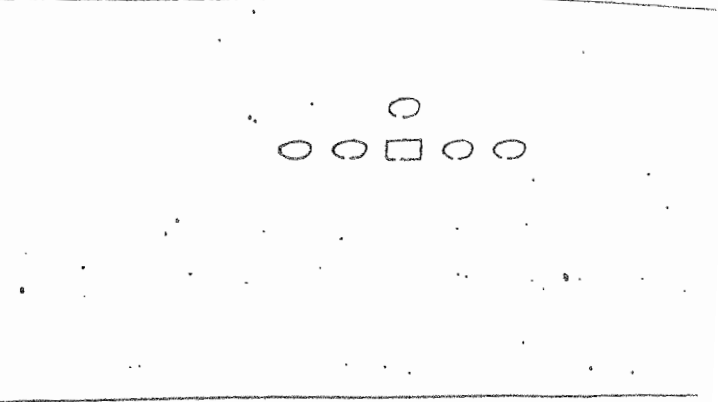
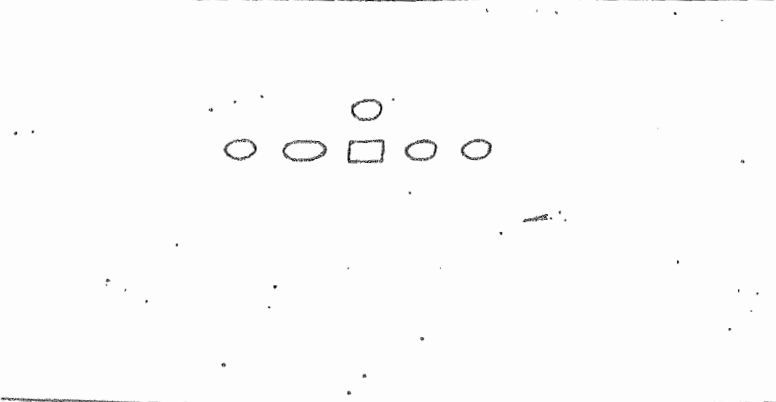
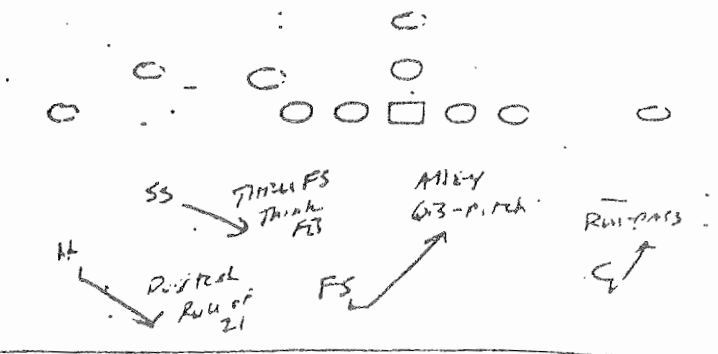
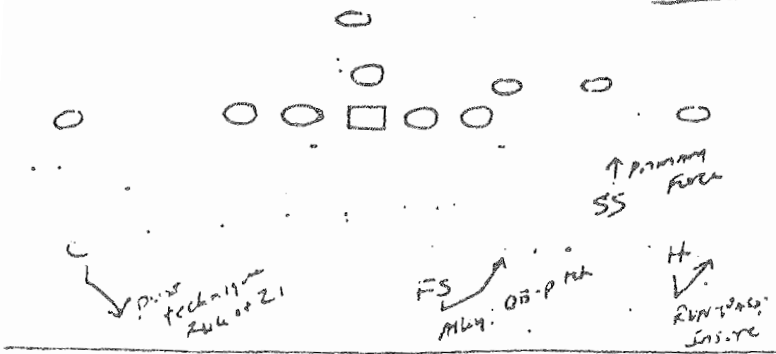
RACK SUPPORT



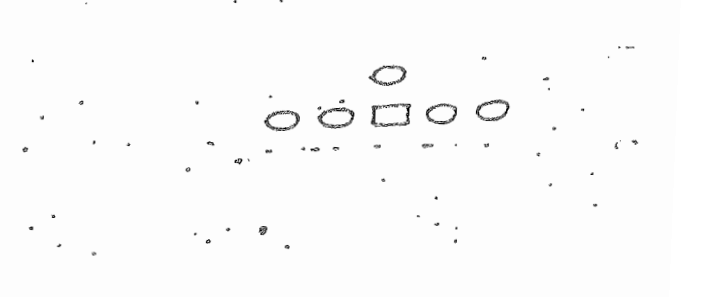
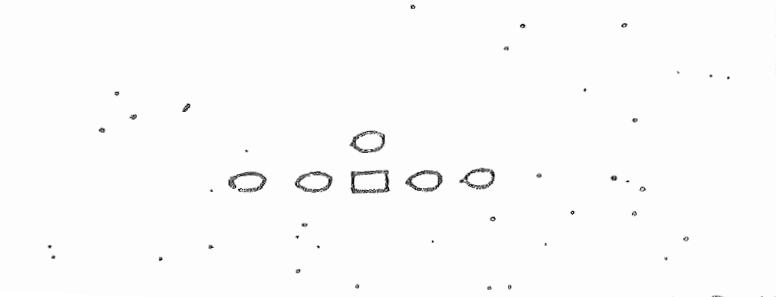
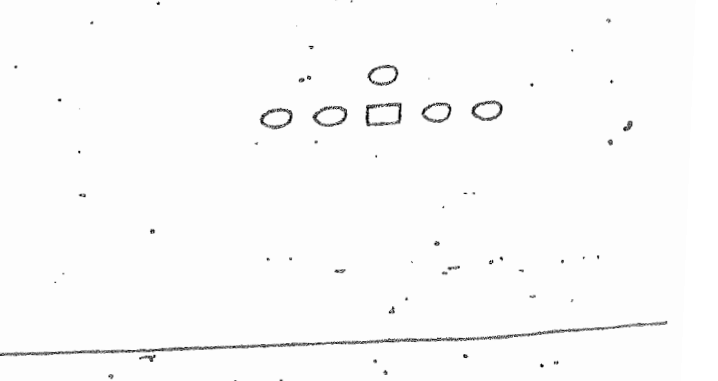
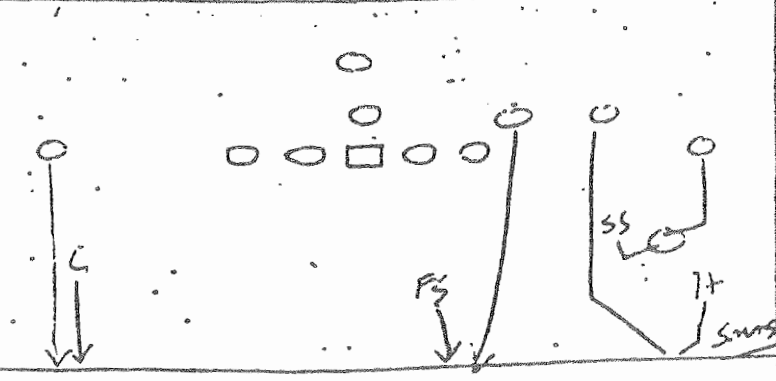
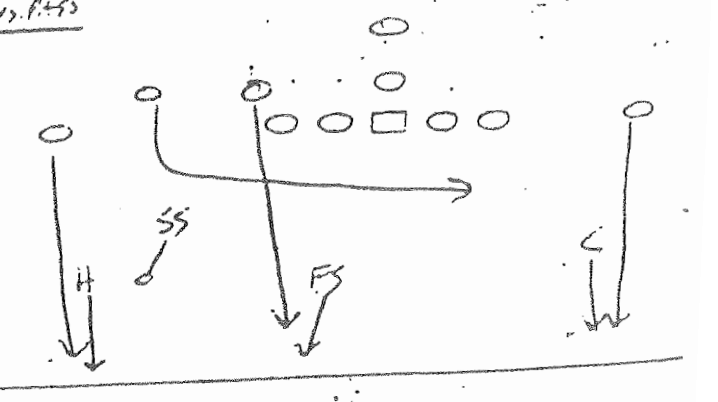
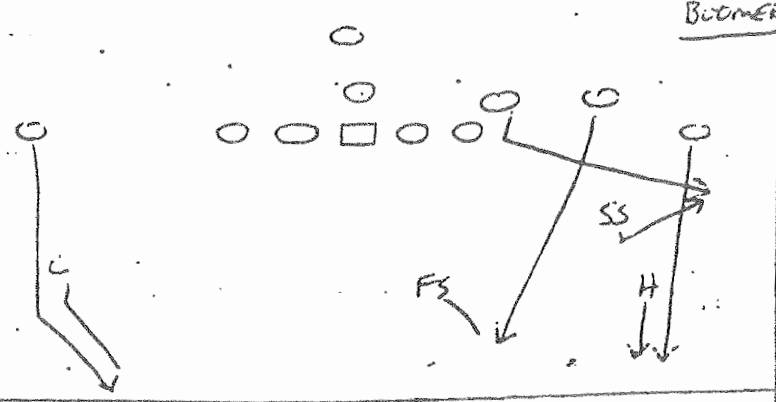


	ALIGNMENT	KEY	FLOW STRONG	FLOW WEAK	SPLIT FLAT PASS	3 BACK FLOW STR PASS	3 BACK FLOW WEAK PASS
C	Ink x 7	Ball to #1	Rule of 21	Run-Pass; Insure	M/M on #1 (Jump)	→	→
FS	10-12 yds deep over OT	Key Triangle	Alley QB-Pitch	Alley QB- to Pitch	1st deep middle cut (#2/#3) m/m	→	→
SS	1 yd ORK x5 off #2	Key thru EOL to BF Flow	Primary Force	Thru FS/ Think FB	1st Flat cut (#2/#3) m/m	→	→
H	Ink x 8	Ball to #1	Run-Pass; Insure	Rule of 21	Off m/m on #1 Str. - all routes beyond 10	(Anything less than 10 yds zone 1/3)	→

BOEMER SUPPORT



BOEMER vs. PFS

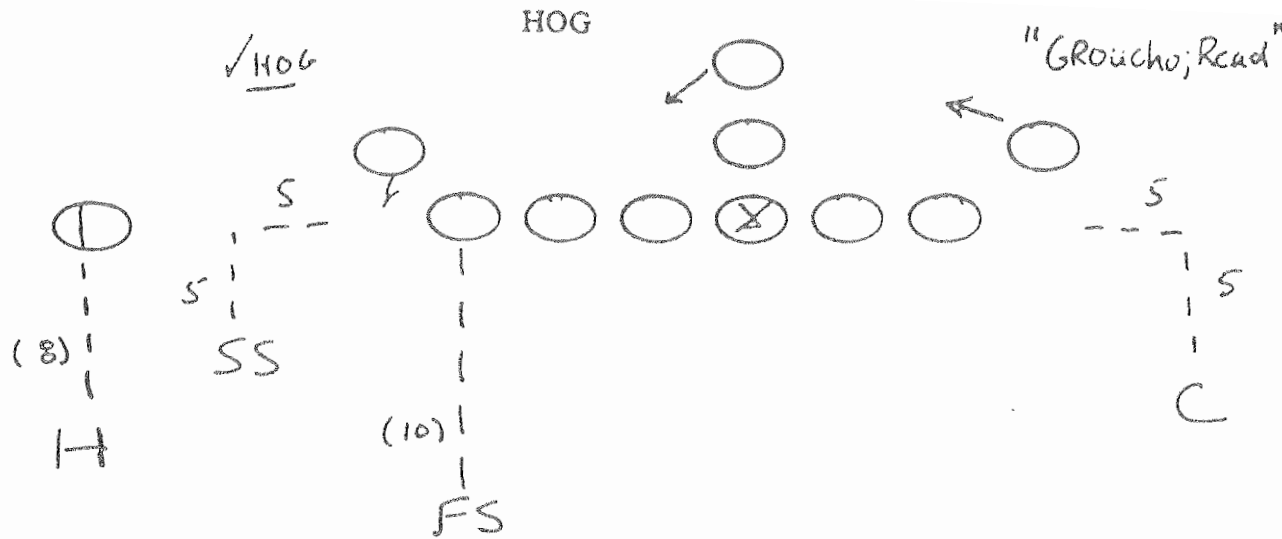


XXIV. HOG

- A. HOG occurs when HOG is the prefix to the huddle call and the offense comes out in a Groucho Formation. The philosophy behind this is that we will overload strong (predetermined roll strong on split flow pass and 3Back flow strong).

The process for HOG is:

- a) Prefix of Huddle Call (HOG Roll)
- b) Groucho/Groucho Spread/ Spread Twin - ($\sqrt{\text{Hog}}$)



	Alignment	Key	Flow Strong	Flow Weak	Split Flow Pass	3 Back Flow STR Pass	3 Back Flow Weak Pass
C	5x5 OS NUB	Key NUB	Rule of 21	Read Support	Post Tech.; stay IS/overtop of #1	Rotate Deep Mid 1/3	Flat
FS	10 yds deep over OT	Key Triangle for Run/Pass; 3 Back/Split Flow	Run Pass; Insure	Pursue Thru Alley QB-Pitch	Deep 1/2	Rotate Deep OS 1/3	Rotate Deep OS 1/3
SS	5x5 v. NUB Ink x S vs. Twin	Key Slot for Flow To/Away thru EOL to BF Flow	Alley; QB-Pitch	Pursue deep Mid 1/3 thru FS; think FB	Str Curl #2	→	Rotate Deep Mid 1/3
H	Head up/Ork x 8	Ball to #1	Primary Force; Pitch/Contain	Rule of 21	Seam to Flat	Flat	Post Technique #1

- * SS - VS. Load - Slow play QB (You are the pitch key)
VS. Arc - Slip Arc and pursue to pitch (You are not the pitch key)
- * VS. #2 WR VS. Crack - (Treat like load) Slow play QB (You are the pitch key)
VS. Stalk - (Treat like Arc) Slip stalk and pursue to pitch (You are not the pitch/key)