

Old Michigan

34

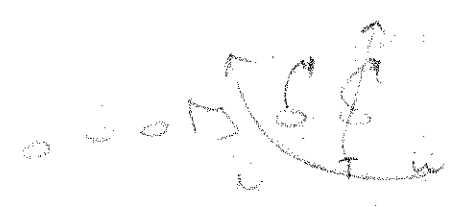
SECTION 1

Minicamp

- week 1
- Hand 5, 5, 10
- Hand 4, 4, 4
- 60-80" shuttle 2" x 2"
- choc 5, 5, 10

DEFENSIVE INTRODUCTION

Fan blocking reaction



Defensive Alignments

FIELD

Tiger OLB
 FT
 SAM ILB
 SS
 Wide Corner

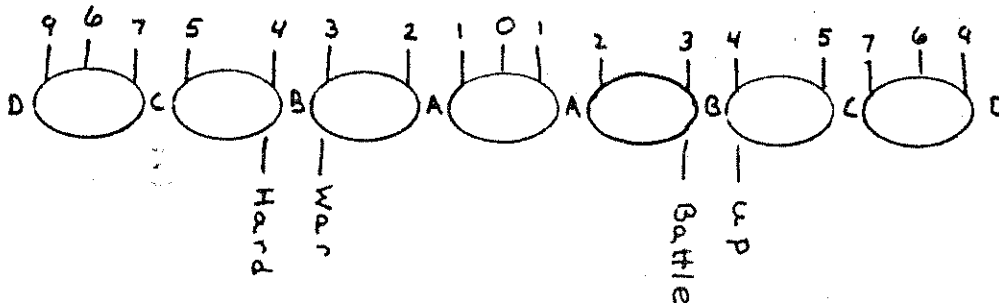
MIDDLE

N G
 F S

BOUNDARY

Willie OLB
 BT
 Mike ILB
 Short Corner

- * Field & Boundary team will never change.
- * Field team will always go wide side of the field when we are on the hash
- * Middle of Field - Field team goes to strength call or game plan.



*Combination - Words - Number

Hard 5
5 Up

*Nose goes to number

<u>Field</u>	<u>Nickle</u>	<u>Boundary</u>
Chocolate (Tiger - FT)	Glue	Candy (BT&Willie)
Lightning (SS-T-FT)	Glue Zero	Storm (SC-W-BT)
Loop (FT)		Angle (BT)
Shoot (Sam)		Plug (Mike)
Shark		Bingo
Flow Bullets		Flow Bullets

Huddle Procedure

1. The Strong Safety will call '*Left*' or '*Right*' to declare the wide side of the field. If the ball is between the uprights, the Strong Safety will declare '*Left*'.

The Free Safety will keep an eye on the offense and will call "NO HUDDLE" should the offense align directly on the ball.

The BoA ILB (B) will then call "ECHO" indicating a repeat of the last defense called or he will be instructed to call a defense from our no huddle plan.

Left call

B C
 FT Y NG X BT
 SC SS FS WC

Right call

C B
 BT X NG Y FT
 WC FS SS SC

2. When the offense huddles the NG will form the defensive huddle 3 yards from the ball and facing it.
3. The Field Tackle and the Tight OLB (Y) will align to the call side, the wide side of the field, with the Split OLB (X) and the Boundary Tackle aligning opposite. The first row will place their hands on their knees.
4. In the second row; the Strong Corner will align between the FT and the Y OLB, the Strong Safety between the Y OLB and the NG, the Free Safety between the NG and the X OLB, and the Weak Corner between the X OLB and the BT.
5. While the BoA ILB is away from the huddle receiving the defensive call the CA ILB (C) will be settling the huddle.
 NOTE: *All linebackers must learn the defensive signals.*
6. After receiving the defense, the BoA ILB will enter the huddle and call 'NOW'. Everyone looks at the BoA ILB who will make the defensive call twice. The BoA ILB will then break the huddle.
7. Following the huddle break the linebackers will make a "Right" or "Left" call to declare the callside of the defensive front, the defensive line and secondary will stay on the same side they were following the huddle break.

3-4 Defense

Middle

Ball

<u>Stack</u>		N	(SS) will make the call before we break the stack.
Field Team will break first. Go to strength.	FT T S SS WC	BT W M SC FS	

FT - Best Tackle, Lineman

N - Quick & active or big and strong.

BT - Big, slower of the two

Willie - Strong, not as fast as field, must be able to cover pass

Sam - Quickest LB (Field) must be tough

Mike - Hitter, tough, slower than sam

Tiger - Best Def. player

SS - (LB type) Strong tough on run

WC - Good cover man

FS - Good nose for the ball, good recognition

SC - Hitter, good cover man

* Hash - field team will always play wide side. We will never switch.

* Middle - stack - field team to off. strenght.

* Trips, spread formation into the boundary (auto Red Stay)

* We will never check cover 2 into the boundary.



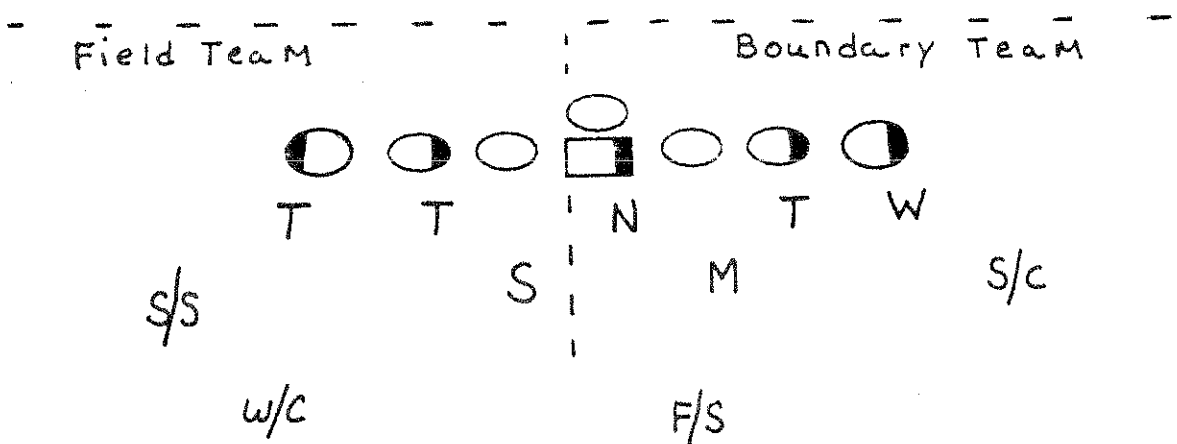
Alignments

Base or zero - head up position

Tackles: Nose



Gap Control



When on the hash marks, Field Team goes to the wide side. * Ball in the middle, Field Team left or Game plan.

3-4 DEFENSE

1. We must stymie the opponents running and control their passing game
2. We can adjust our defense to opponents strength without changing our basic structure
3. We want to stay in our base defense.
 - A.) Key & react from basic look.
 - B.) Perfect technique.
4. We can stop any play if we see it enough in practice.
5. We want to blitz from our basic looks. (change up)week-week).
6. Have a stunt to stop opponents best Runs & Passes. Don't allow them to repeat successful plays.
7. Increase pressure as they newar the Goalline.
8. Eliminate "Big Plays"
 - A.) Proper rotation
 - B.) Pursuit (Team)
 - C.) Open field tackling
 - D.) Pride
9. Give the kids leadership (DEF.)

3-4 Defense

KEY POINTS

1. Talk Defense
2. Build Pride (show stats)
3. Proper team pursuit
4. Gag tackling (Good open field tackling)
5. No big plays
6. Make the big plays.
7. Great team speed (40- reaction - desire)
8. Great physical conditioning.

* Always force tackle toward pursuit.

* Play with excitement and pride.

* Have individual meetings with the kids, find out what makes them tick.

" NO BIG PLAYS"

A. Giving up points

1. Big plays
2. Turnovers

B. Field position

C. Proper Pursuit (Do not let backs get outside)

D. Open field tackling

E. Know how to blitz (everything is controlled) Know responsibilities & assignments.

LINEMEN & LB's

Teaching Progression

- S.A.K.R. -

1. S - Stance (4 pt. - Run)
(3 pt. - Pass)
2. A - Alignment (NG - 6" - 8" off ball)
(T & E - 18" off ball)
3. Keys: Movement - Hand & Elbow, ball)
Visual - (Head gear of O L, then Eyes.)
Pressure - (O L closest to you)
4. R - Responsibility (defensive call)
(rotation & cover)

Secondary - Teaching Progression

Use the work "CASSFERT"

1. C - Call
A - Alignment
S - Stance
S - Shuffle
F - Flow direction (Ball)
E - Eligible Pass receivers
R - Responsibility (Run or Pass)
T - Tackle

GENERAL TERMS CONT.

SHRINK ZONES	When not threatened in your zone, close distance between you and other defender.
FLOOD MOTION	Motion that gets to tight end position at snap of ball. Motion man goes to flat.
SHORT MOTION	Motion prior to snap of ball that goes up to a tight end position. (2-step).
EYE TO EYE	An alignment taken by a defensive man in which he lines up with his inside eye to the offensive man's outside eye.
SHOULDER TO SHOULDER	An alignment taken by a defensive man in which he lines up with his inside shoulder across from the offensive man's outside shoulder.
NOSE(Track to track)	An alignment taken by a defensive man in which he lines up with his nose directly in front of the offensive man's nose.
GAP	An alignment taken by a defensive man in which he lines up directly in the middle of the two blockers to either side (the same)
HOOK BLOCK	Block executed by offensive man in which he tries to cut off your lateral movement to outside.
ARC BLOCK	Block executed by offensive man in which he blocks the primary force man by working for outside position.
FIGHT PRESSURE	Go through blocker's head to get to ball.
BLOCKER PROTECTION	Keeping in a good football position using the hands and arms to keep blockers from getting to you or your legs. Plays blocker first.
SQUEEZE	Technique used in rushing passer from backside with contain responsibility.
STRENGTH	Alignment of offensive formation which dictates man power advantage.
BLOCKER FIRST	Defensive principle of defeating blocker first before going for ball carrier.
FRONTING UP	Keep the ball inside and in front of you.
CUPPING	Two or more defenders converging on the ball in proper pursuit angles.
LEVERAGE	Good football position-knees flexed, back straight - placing you in a position to get pad under pad to defeat an offensive blocker.
RETURN	Term used in the shaded look to get line direction to the split end side.

Pursuit

1. Pursuit is a burning desire for all 11 players to get to the ball. We must have all eleven defenders involved on every play.
2. We will be a turnover producing defense, with good pursuit we will force opponents to go a long distance to score.
3. We will build a reputation of punishing gang tackling from the front and back side. Gang tackling is what defense is all about. Offenses can not beat a defense that has everyone going full speed to the ball carrier with as many people as possible hitting him until the whistle blows.
4. What it takes to pursue?
 - a. Pursuit is a mental process first.
 - b. Visualize pursuing in order to make the great plays.
 - c. Physical conditioning is a must if you are to have great pursuit on every play.
 - d. Speed: react fast and quickly.
5. How to pursue?
 - a. Play your technique, keys, and responsibility first!
 - b. Take the correct pursuit path to the ball.
 - c. Do not follow a teammate.
 - d. You must want to make the tackle, 100% effort.
 - e. If you are responsible for contain then keep the ball carrier inside of you. Let everyone else work from inside out to the ball. If you are responsible for play action pass, **never** support the run until the ball crosses the LOS.
6. A defensive player's worth is directly proportionate to his distance from the football at the end of the play. Get after the offense every play and **out-hit** them.
7. Tackling!
 - a. Come to a good balanced position.
 - b. Maintain a good bent knee striking position.
 - c. Step through the ball carrier, take that one extra step!
 - d. Club and wrap up the ball carrier, chest to chest.
 - e. The second through eleventh man should strip the ball.
8. What pursuit accomplishes!
 - a. Eliminates long TD's.
 - b. Discourages ball carriers; they tire of being physically abused.
 - c. Promotes consistent team performance.
 - d. Creates turnovers all over the field.

Arriving at the ball

Tackling:

A. A desired collision between the defensive man and the ball carrier, in which the defensive man must win!

1. Tackling is 50% desire and 50% technique.
2. It takes both aggressiveness and good technique to be a good tackler.

B. Aggressiveness:

1. Stop the ball carrier in his tracks for little or no gain.
2. Gang tackle.
3. The ball carrier has our ball, get it back!

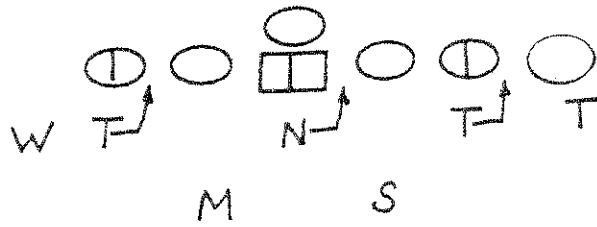
C. Technique:

1. APPROACH: As you near the ball carrier, breakdown, gather momentum. From a hitting position (*bend in knees and waist, weight over feet, feet moving, head up, and eyes focused on the belt buckle of the ball carrier*) step into a fit.
2. FIT: Contact should be made with the chest. Stay in a good hitting position.
3. CONTACT: As you make contact in the hitting position, roll your hips forward and drive your arms in an upward direction. Your hands should grab whatever is available as you pull the ball carrier towards you.
4. FINISH: The tackle just begins with the contact. You must now accelerate your legs and place the ball carrier on his back.

D. If you are the second through eleventh man in on the tackle, STRIP the ball. Produce a fumble by ripping or punching the ball loose!

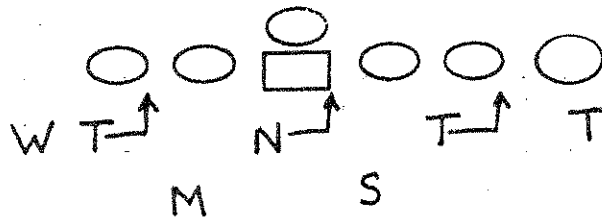
Recovering a Fumble:

- A. If you can not advance the ball, pull the ball into your midsection as you roll on your side. Bring your knees up so that you are in a fetal position protecting the ball with both hands.
- B. If the ball is near the sideline, do not jump on the ball. This would result in you rolling out of bounds and the offense would continue to keep possession of the ball. When the ball nears the sideline, slap it back inside towards our pursuit.



Adjustment - "Show"

(TNT) will align in Base Front; on the snap they'll step to their alignment and play their assignment.



Return" - LB's will make the declaration call to the split end. On the snap the defensive line will execute a Return move. Step to their alignment - play assignment.

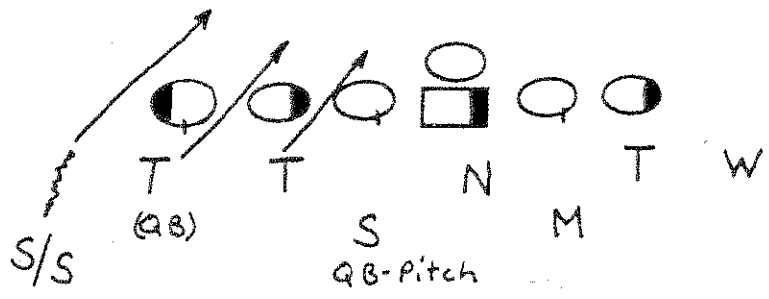


SECTION 2

SHADED

FRONTS - HASH

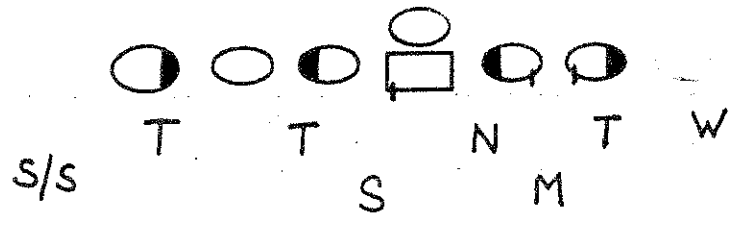
- Hash -



Rehtning 5 *Cover 3

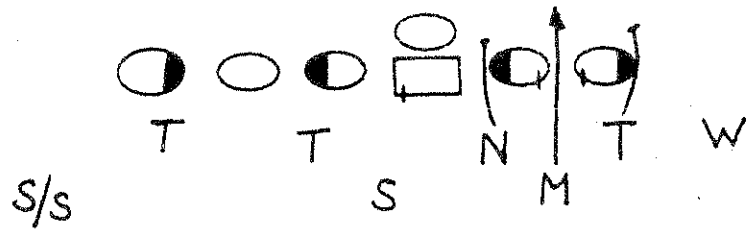
M A-D Gap *Mike B weak - A strong

will move up to h.o.s. (PCC) Pitch Resp. on option



R 25 *Cover 2: 3

M - "A" Gap strong - *Mike B Gap weak - "A" strong



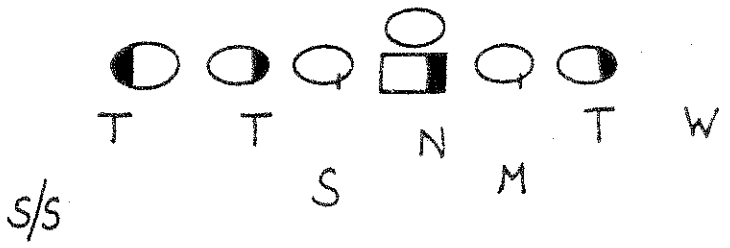
R 25 "Plug" *Cover 2: 3

"A" strong *Mike - Plug B Gap weak

eF. Fronts -

- Hash -

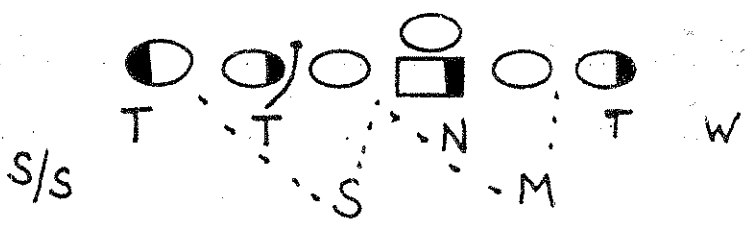
Base



Hard 5

Cover 2:3

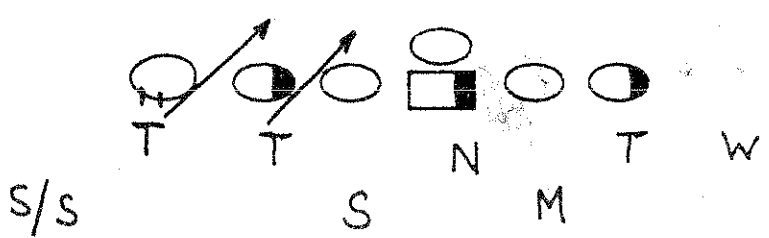
Sam - A-C Gap to (stack on Flow away. Mike - "B" Gap
 weak, "A" Gap strong. Tiger & Willie - Fold on Flow away.



Loop 5

Cover 2:3

Sam - A-C Gap (Field Tackle) slant (B) Gap - heel
 Mike - B-A Gap depth - Find (FB)



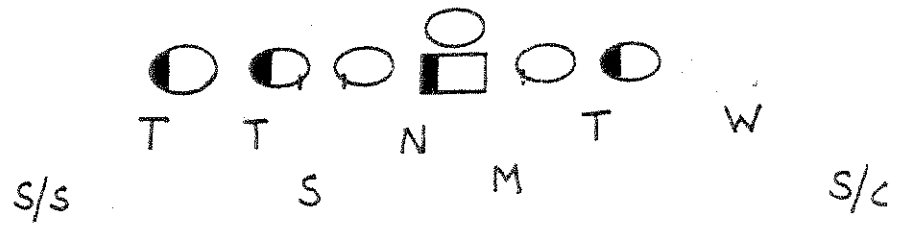
Chocolate 5

Cover 2:3

Sam - (A-D) Gap * Mike - "B" weak - "A" strong

- middle -

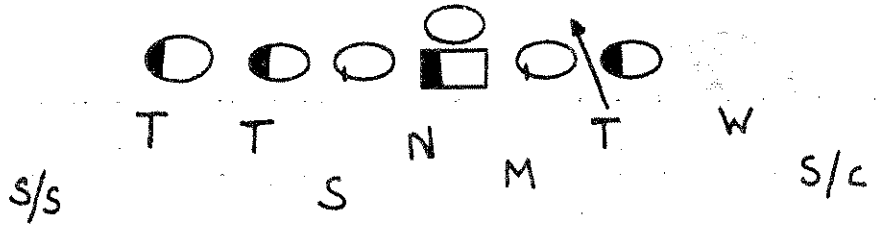
Ase



u.P.

* Cover 3

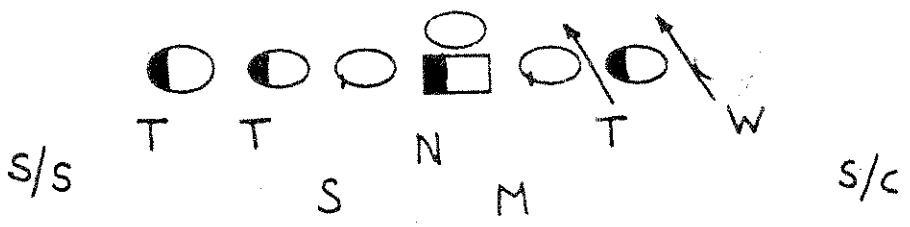
am "B" strong - "A" weak * Mike "A" weak - "B" strong
 * Mike check G GAP also



Veer

* Cover 3

am "B" strong - "A" weak * Mike "A-C" GAP weak



Candy

* Cover 3

am "B" strong - "A" weak * Mike "A-D" GAP weak

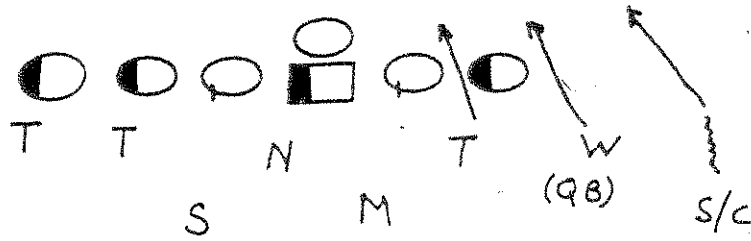
SECTION 3

SHADED

FRONTS - MIDDLE

Defensive Stunts

- middle -

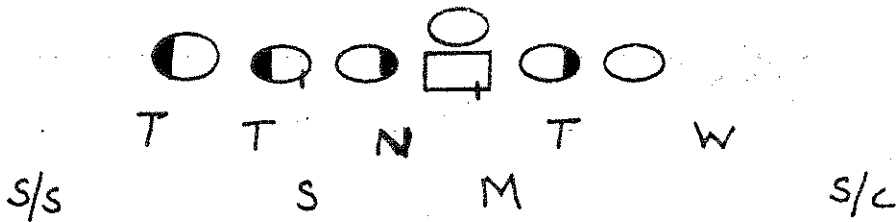


5 Storm

* Cover 3

Sam "B" strong - "A" weak * Mike "A" weak - "D" weak.

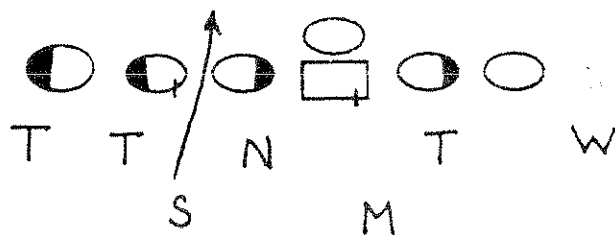
option (mike) QB-Pitch s/c - Cheat up - Pitch on option



52 Battle

* Cover 3

Sam - "B" strong - "A" weak * Mike "A" - "D" weak

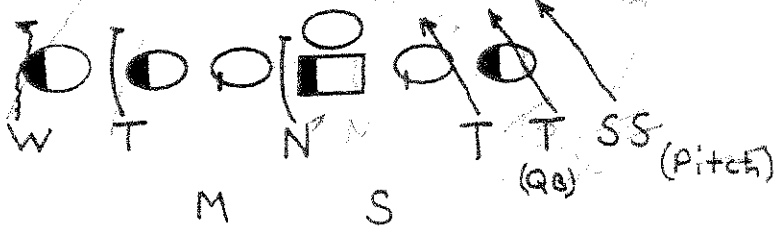


52 Battle Shoot

* Cover 3

Sam - shoot "B" Gap * Mike "A-D" weak

Stunts



S/c
1/3

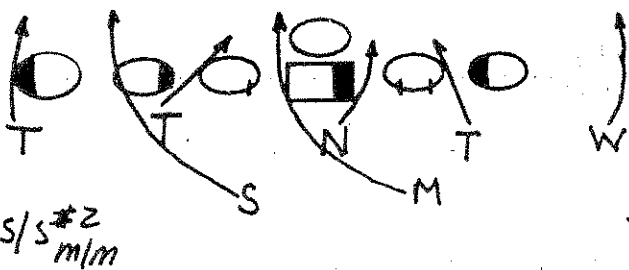
F/S
1/3

w/c
1/3 *

Cover 3

Lightning Slam

Sam - "A-D" strong (off "A" away) * Mike "B" weak to "A" strong



w/c
#1/m/m

s/s #2
m/m

S/c #1/m/m

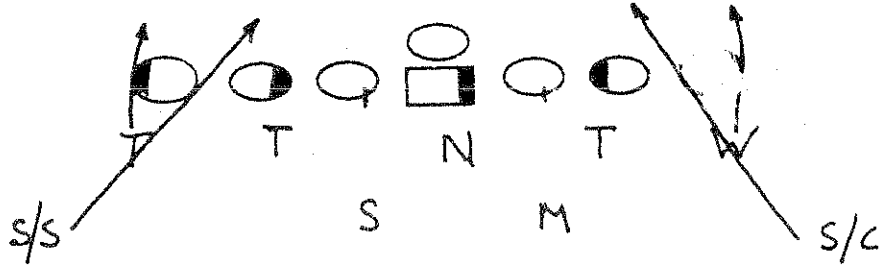
F/S Free

m/m 44 DB DOG

* Cover 1 m/m

RIP: biz call

Flow



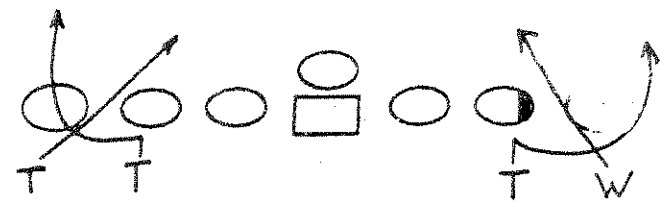
Bullets - Flow stunt

* Cover - Ace

vs (TE) - Hotwire OLB

* Cover - Red

Stunts

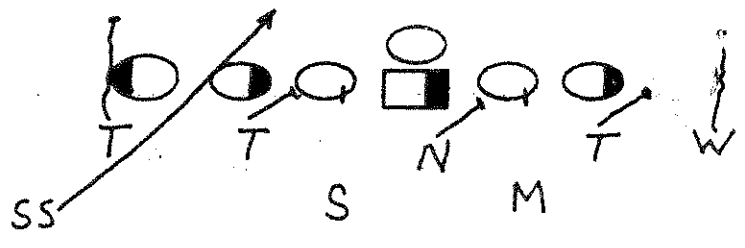


Stab - Field

*Cover 3

Knife - Boundary

Tackles - engage release (PCC)

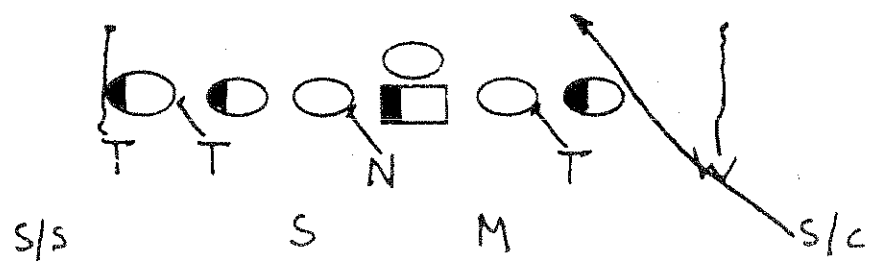


Slant "Blaze" (SS)

*Cover 2 & 3 - Ace

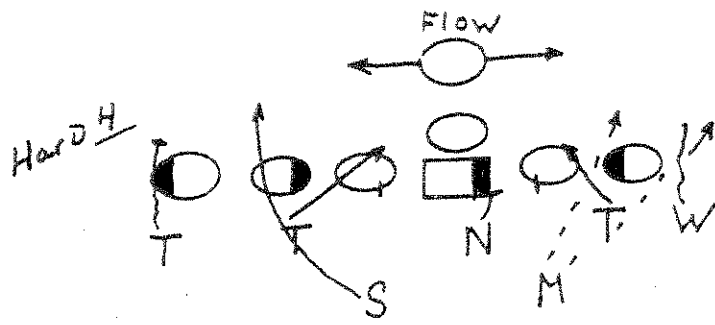
Sam - "A" strong - off A weak

*Mike "B" weak - off A strong



Slant "Fire" (SC)

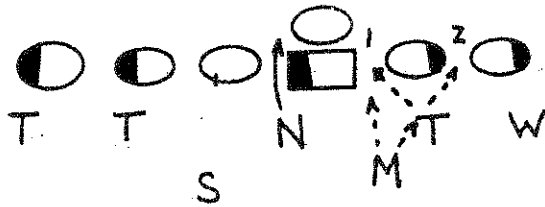
Cover 2 & 3 - Ace



Pinch-Blitz on Flow * Cover 3

Base or shaded fronts - 4 eye

Sam or Mike will blitz ON Flow of ball to their side



Eagle Blitz 1 or 2 (1 A Gap - 2 B Gap) * Cover 3

Mike LB will make the call.

Eagle tackle will loop opposite the call.



Line calls - slant (TNT) directional call - "RiPorLiz"

Pinch-Tackles * Jet - (TNT)

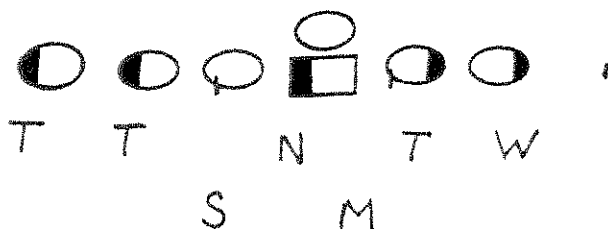
Combo - Any line stunt EX: Chocolate - candy

SECTION 4

SITUATION

DEFENSES

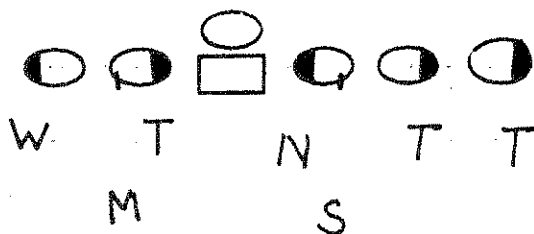
situation
defense



Eagle (SE) *Cover 2 & 3

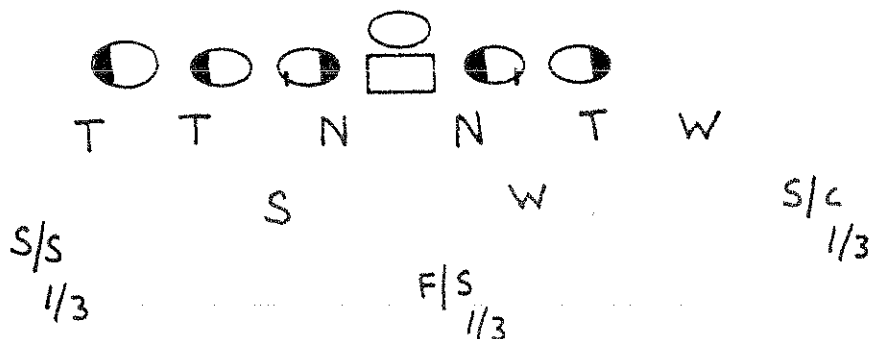
Sam "B" strong - "A" weak *Mike "A-D" weak

Willie 5 eye or Loose 5 (Game Plan)



Gee - Declare to (TE) no (TE) or two (TE's) declare to the
two receiver side.

Sam - "B" strong (cut back - off "A" gap) *Mike "B" weak - off "A" strong

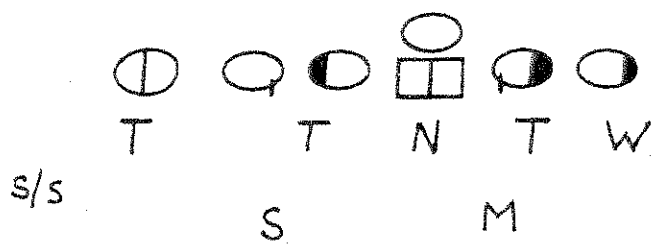


25 *Cover 3

Jam & Mike (B) gaps - off "A" gaps *Replace (DB) with extra nose

Good Zone blitz Front - mix & match combo's (Goes)

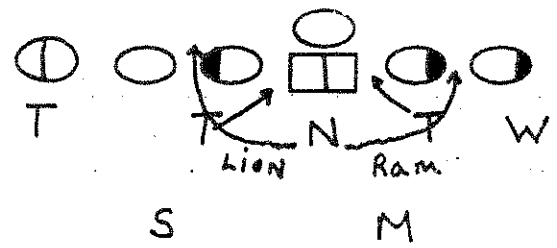
Situation
Defense



73 Bears

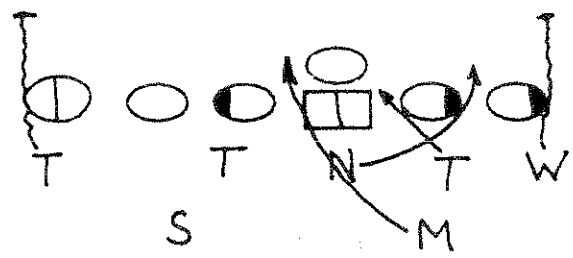
*Cover 3

Tankles - 3 eye tec. (B) Cap players *Nose (O) alignment
Duel "A" Cap player *Sam "A-C" strong *Mike "A" weak to outside



73 Bears (Rams: Lions) "Ram" - Right "Lion" - Left *Cover 3

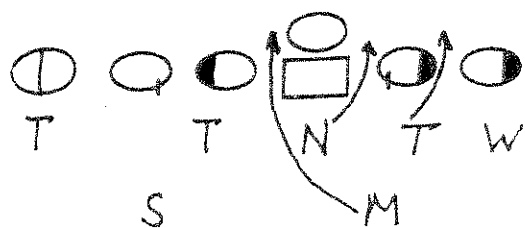
Sam will check the call. (Game plan)
Nose will align on the heels of the DT. (Radar)



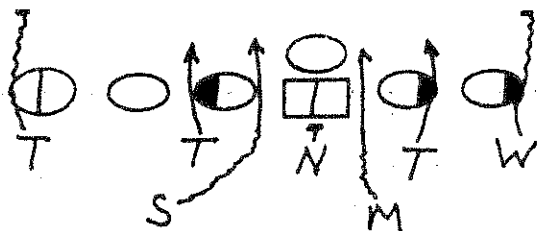
73 Bears "Tex"

*Cover 3

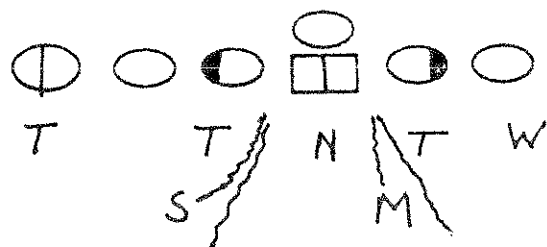
(SE) stunt * OLB's - Semi Rush contain



73 Bears "Cross Fire" (can call to either side) *Cover 3
 Rip (Right) Liz (Left) call Linemen to the call, LB goes opposite "A" GAP.



73 Bears Blitz *Cover 3: 1 m/m
 LB's - walk up into (A) Gaps on Blitz. We want contact with (QB) *Tackles grab & pull guards.



73 Bears Bluff *Cover 3
 LB's - walk up into (A) Gaps on snap back out.
 Play normal resp.

SECTION 5

DEFENSIVE

LINE

Defensive Tackles

I. STANCE:

- A. Four point stance with the inside foot back, no more than heel to toe stagger.
- B. Shoulder pads are low and parallel to the ground.
- C. Heads and eyes up, see the offensive lineman you will be attacking.
- D. Your hands should be placed inside of your feet with your elbows straight. Your weight is on your fingertips, NOT your knuckles.
- E. Your back is flat; ankles, knees, and hips flexed so that your legs feel coiled.
- F. The feet are shoulder width apart or slightly wider depending upon your size.
- G. Your toes should be turned in slightly with the weight on the balls of your feet. The heels should not be on the ground. Weight should be equally distributed on your hands and feet.

II. ALIGNMENT:

- A. **5 TECHNIQUE:** Your inside foot is back with your inside hand on the offensive tackle's outside eye. Align 18 - 24" off the LOS; key the OT.
- B. **4 TECHNIQUE:** Your inside foot is back with your outside hand on the offensive tackle's inside eye. Align 18 - 24" off the LOS; key the OG.
- C. **3 TECHNIQUE:** Your inside foot is back with your inside hand on the offensive guard's outside eye. Align 12 - 18" off the LOS; key the OG. Same reactions to guard's block as a 4 technique reacts to his block.

III. RESPONSIBILITIES:

- A. WHIP the offensive blocker. ATTACK, move the LOS back; never become displaced off the LOS.
- B. Constrict all plays away from you. Flatten out the blocker and play cutback until the ball carrier commits, then PURSUE and TACKLE! (Note: if you have Physical Chase Contain Responsibility (PCC) then you must keep backside leverage on plays away and never let a cutback or bootleg get outside.)
- C. Always protect your gap and rush the passer in the proper lane.
- D. Always squeeze all inside releases and wrong shoulder traps.

IV. INITIAL MOVEMENT:

- A. Explode on the first movement; either the ball or movement of your key. Roll off of your outside foot, and step with your inside foot. The step is short, 6", toward the V of the neck of your key.
- B. Punch with your hands, attacking the top half of the blocker's numbers with the butt of your hands, thumbs up 8" apart. Lock out your elbows as you roll your hips forward. This permits you to use your legs to defeat the blocker. You are able to explode with all your power angles at the same time you are rolling your hips.
- C. Your second step will be a reaction step based on the read of your key.
- D. Always have your eyes lower than your hands. **LOW MAN WINS!**
- E. Lock out and maintain separation. You must keep the blocker off of you or he will **HOLD** you! *You must punch, lock out, and roll your hips to keep separation!*
- F. Keep your pads parallel to the LOS with your feet moving; maintain your initial alignment.

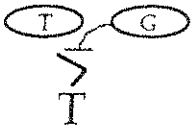
V. REACTIONS

A. THREATEN by key:

5 or 3 technique



4 technique



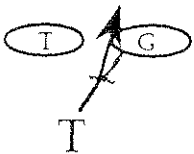
1. REACH block: read the hat of your key; offensive lineman attempts to block your outside number (playside block).

- a. Attack the blocker working upfield. Do not become displaced off the LOS.
 - b. Punch out on the offensive lineman, do not allow his helmet to cross your body. Work across the LOS while maintaining your initial outside position.
 - c. PUSH - PULL: Do not allow the blocker to turn his pads; push (LOCKOUT) with your outside arm and pull with your inside arm, keep his pads parallel.
 - d. If the ball is going wide, shed and pursue.
 - e. If the ball goes inside, crossface only when it is possible to make the tackle.
-

5 or 3 technique



4 technique



2. FAN block: read the hat of your key; offensive lineman attempts to block your inside number (backside block).

- a. Attack the blocker working upfield, stuff the blocker; maintain outside leverage. Do not become displaced off the LOS.
 - b. PCC responsibility: make sure the ball can not bounce back outside as you constrict all plays away.
-

5 or 3 technique



4 technique



3. DOUBLE TEAM block: read the hat of your key; while playing a FAN block from your key you feel down pressure from the outside (playside block).

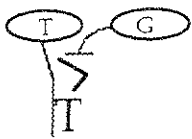
- a. As you feel the pressure drive your outside knee down into the ground; sit into the pressure.
- b. This will cause the offensive blocker to come over the top of you and create a pile at the LOS.
- c. You may seat roll through the pressure key; ONLY if you are not driven off the LOS. If you are beaten; drop to the ground, grab grass, and make a pile at the LOS.

NOTE: Coach B is not, **emphasize not**, crazy about seat rolls. If you do seat roll, **NEVER** knock off a linebacker.

5 or 3 technique



4 technique



4. COMBO block: read the hat of your key; while playing a reach block you feel momentary down pressure from the outside (playside block).

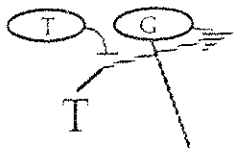
- a. Play the reach block; whip the blocker. The momentary down pressure will climb to a linebacker.
- b. Do not allow the momentary outside pressure to bump you inside or back, permitting your key to reach you.
- c. If the outside pressure continues to block you then treat the block as a Double Team.

B. Key RELEASES INSIDE: block from outside

5 or 3 technique



4 technique

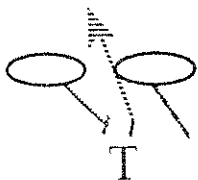


1. CUTOFF block:

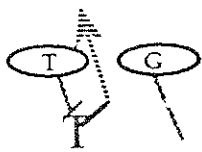
offensive lineman to your outside attempts to get his head in front of you (backside block).

- a. Pursue down the LOS.
- b. You must get your outside leg through and stay on your feet, do not get chopped.
- c. Deny any cutbacks as you pursue the ball.

5 or 3 technique



4 technique



2. DOWN block:

offensive lineman to your outside will drive his near shoulder into your outside number (playside block).

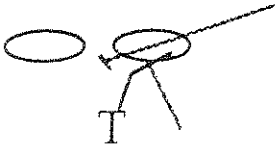
- a. Drive into the backfield, get penetration; forcing the ball deep.
- b. Force the ball inside-out, deny any cutbacks into your gap responsibility

NOTE: possible technique; Collapse outside shoulder and pivot to the inside by stepping back and in with your outside foot, then pivot back and pursue as the blocker falls on his face.



C. Key RELEASES INSIDE: no outside pressure

5 or 3 Alignments



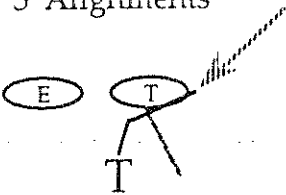
4 Alignments



1. TRAP block: An offensive blocker from the inside will attempt to block you out (playside block).
 - a. Close and come under the kickout, take on the blocker with your outside arm.
 - b. Tackle the blocker with your outside arm as you come under the block; keep the inside arm free to handle anything cutting up inside.
 - c. Make the ball bounce or make the tackle.

NOTE: by tackling the blocker you do not have to worry is the blocker on a trap or log course, must tackle blocker with outside arm.

5 Alignments



2. OPTION:

Squeeze the inside release and attack the first threat to the inside.

5 or 3 Alignments



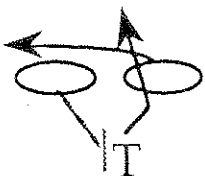
D. Key PULLS INSIDE:

1. 5 Technique:
PCC responsibility - gain depth upfield and contain QB on bootleg before you pursue the ball.
2. 3 or 4 Technique:
Pursue down the LOS, chasing the guard. Do NOT run past the ball carrier; make sure he can not cut back outside of you.

4 Alignments



Down block



E. Key PULLS OUTSIDE:

Look inside for a trap block; but expect pressure from the offensive blocker to your outside, down block.

Trap block



1. DOWN block:
treat the same as an inside release with a Down block.
2. TRAP block:
treat the same as an inside release with a TRAP block.

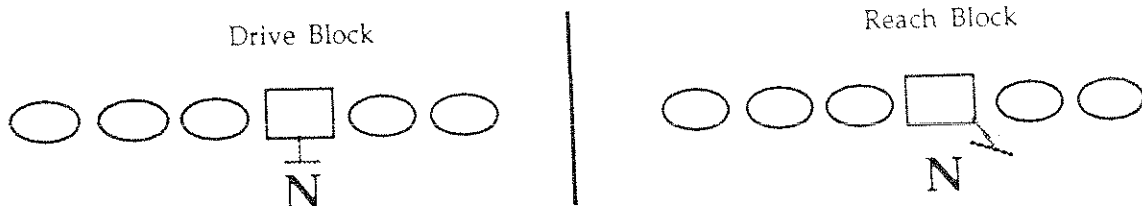
IV. INITIAL MOVEMENT for 0 technique:

- A. In a 0 technique mirror the steps of the center. In a 1 or 2 technique key the movement of the ball.
- B. Punch with your hands aiming to attack the top half of the center's numbers with the butt of your hands, thumbs up 8" apart. Lock out your elbows as you roll your hips forward. This permits you to use your legs to defeat the center. You are able to explode with all your power angles at the same time you are rolling your hips.
- C. Always have your eyes lower than your hands. **LOW MAN WINS!**
- D. Lock out and maintain separation. You must keep the center off of you or he will **HOLD** you! (You must punch, lock out, and roll your hips to keep separation!)
- E. Keep your pads parallel to the LOS with your feet moving; maintain your initial alignment.

V. READS for 0 technique:

A. Blocks by Offensive Center:

1. **Drive block: OC fires out at you**
 - a. Explode into the top of the center's numbers with the butt of your hands.
 - b. Keep your eyes lower than your target's.
 - c. Lock out your elbows and roll your hips; keep separation and protect your gap responsibility, frontside or backside A gap.
 - d. Keep both your pads and the blocker's parallel to the LOS.
 - e. Do not get driven off the LOS.
2. **Reach block: OC attempts to get head in front of you**
 - a. Get a good punch up into the center's shoulder pads. Do not allow him to turn his pads, lock out your outside arm, pull with your inside arm.
 - b. Do not become displaced off the LOS.
 - c. Protect your gap responsibility, if its frontside A gap you can not be reached, maintain outside leverage.



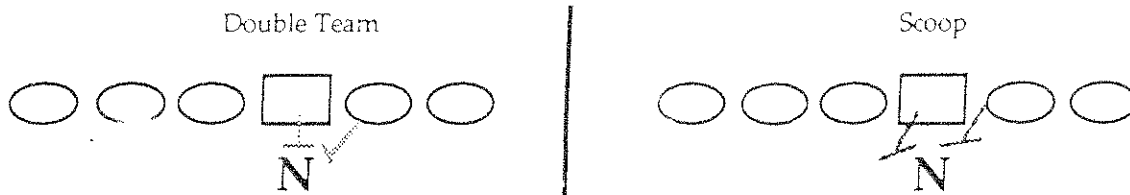
B. Combination blocks:

1. **Double Team:**
 - a. Play the DRIVE block from the man you are aligned over.
 - b. As you feel the Double Team block from the offensive guard drive the knee closest to the pressure down into the ground; sit into the pressure. This will cause the guard to come over top of you and create a pile at the LOS.
 - c. You may seat roll through the pressure ; only if you are not driven off the LOS. If you feel you are beat, **DROP TO THE GROUND, GRAB GRASS, and MAKE A PILE AT THE LOS!**

2. Scoop block:

As you feel light pressure from the center, get your eyes back on the guard.

- If the offensive guard is stepping flat and trying to reach you, then squeeze out into the offensive center's path.
- Do not get displaced off the LOS.



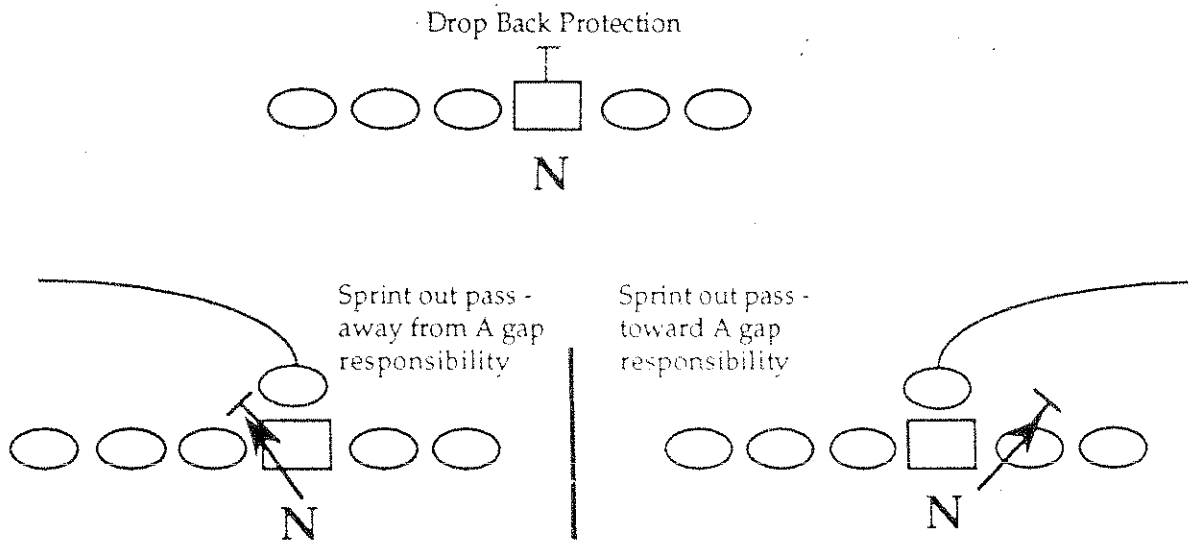
C. Pass set:

1. Drop back:

- Must get your hands up and inside the hands of the offensive center.
- Apply pressure to the blocker as you utilize a pass rush technique.
- Stay in proper rush lane as determined by huddle call.

2. Sprint out pass:

As you pressure the offensive blocker by penetrating into the backfield; work to a head up position. When the threat of a draw no longer exists then shed the blocker and pressure the QB.



Coaching Note: *If the QB cocks his arm to throw, raise your arms up but do not jump. If he is looking the other way, then rush full speed and tackle him high. Rake the QB by bringing your hands down through the ball, create a turnover!*

Nose Guard - *SLANT* technique

- I. **STANCE:** same as before
- II. **ALIGNMENT:** same as before
- III. **RESPONSIBILITIES:** same as before
- IV. **INITIAL MOVEMENT:**

- A. On movement take a 6" jab step with your nearest foot at a 45° angle towards the V of the neck of the offensive guard; read the guard on the run.
- B. Crossover with your inside foot, rip your inside arm up to protect your legs.

VI. REACTIONS:

A. Blocks from the offensive guard:

1. Scoop block:

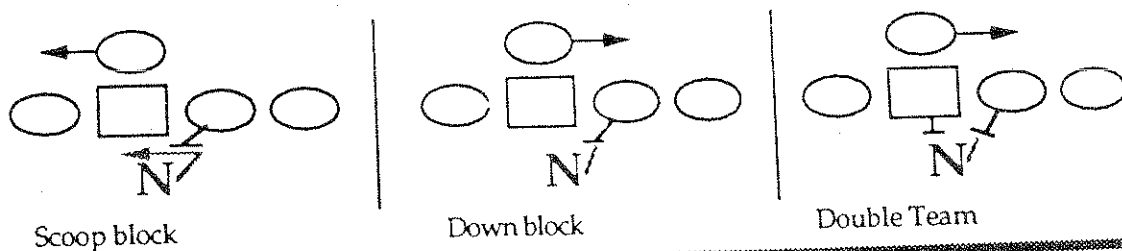
- a. The offensive guard will step flat attempting to place his head in front of you.
- b. Punch out on the guard; do not allow his helmet to cross your body. Work down the LOS away from him. The ball is going away from your slant.

2. Down block:

- a. The offensive guard will attempt to place his head upfield as he makes contact with his near shoulder. The ball is going to the side of your slant.
- b. Punch your outside hand up through his far shoulder; pull with your inside arm. Keep the guard's shoulders parallel to the LOS.
- c. Attempt to work head up on the guard, but do NOT crossface until you are sure there can be no cutback to A gap. If you can not work head up on the guard then stuff his body into the hole.

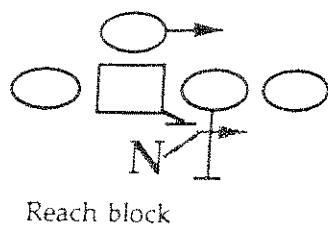
3. Double team:

- a. Your read from the offensive guard will be the same as a Down block but you will feel pressure from the offensive center.
- b. **NOTE:** If you are being driven off the LOS then drive the knee closest to the guard down into the ground; sit into the guard. This will cause him to come over top of you and create a pile at the LOS. *DROP TO THE GROUND, GRAB GRASS, and MAKE A PILE!*

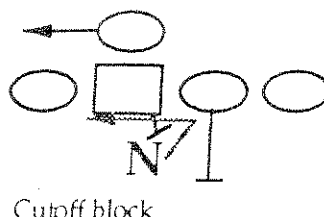


B. Blocks by offensive guard on another defender; ILB or DT:

- 1. Reach block: As you feel pressure from the center with his head in front of you, drive down the LOS - the ball is going to the slant. You must get your inside leg through and stay on your feet. Deny any cutbacks to A gap as you pursue.
- 2. Cutoff block: As you feel pressure from the center with his head upfield, drive into the backfield and fold under his block. Deny any cutbacks to A gap as you pursue the ball.



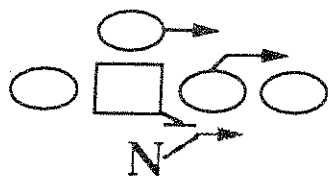
Reach block



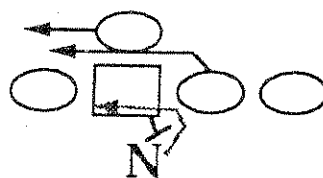
Cutoff block

C. Pulls by offensive guard:

1. Outside pull: Play the same as a Reach block.
2. Inside pull: Play the same as a Cutoff block.



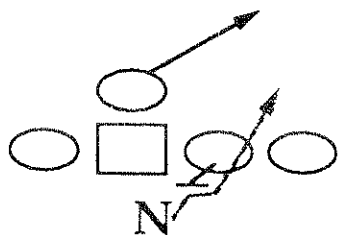
Pull outside



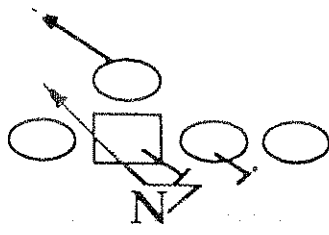
Pull inside

D. Pass set by offensive guard:

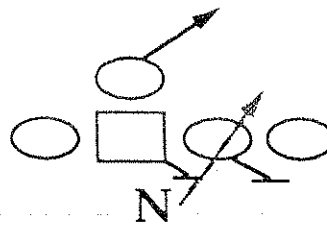
1. Dropback protection: Stay in A gap rush lane.
 - a. Must get your hands up and inside the hands of the offensive guard.
 - b. Apply pressure to the blocker as you utilize a pass rush technique.
2. Turnback protection:
 - a. **Ball TO the slant**: As the offensive guard turns backs on you, treat the same as a *Down block*. Once the draw threat is gone, take the fastest route to the ball. Get into the QB's vision and obstruct his ability to throw the ball.
 - b. **Ball AWAY from the slant**: When the guard turnback blocks away then stop, turn, and attack the center's block. Work head up on the center until the threat of a draw no longer exists then cross face the block and get into the throwing lane.
3. Roll / Hinge protection: When the guard steps to roll away from you treat the same as a *Reach block*. Once the draw threat is gone, take the fastest route to the ball. Get into the QB's vision and obstruct his ability to throw the ball.



Turnback
BALL TO



Turnback
BALL AWAY



Roll / Hinge

Coaching Note: If the QB cocks his arm to throw, raise your arms up but do not jump. If he is looking the other way, then rush full speed and tackle him high. Rake the QB by bringing your hands down through the ball, create a turnover!

Pass Rush

Principles of the Pass Rush:

1. Maintain a positive direction to the QB. The feet must never stop or even slow down. A pass defense is only as good as its rush.
2. Be aggressive; once you read pass close the distance to the offensive lineman as fast as possible.
3. Do not chicken fight with the blocker; get him out of control, throw him aside, and accelerate to the ball. The main ingredient is the desire of the rusher to destroy the passer; second and third effort will be required to do the job.
4. Stay in your pass rush lanes. If one man lets up we lose continuity in the rush.
5. Know the types of blocks your opponents use. If you are an inside rusher, go through the blocker until, you are sure it is not a draw. Do not let the blocker turn you out or drive you down, fight pressure.
6. COMMUNICATE: let each other know with a "DRAW!", "SCREEN!", or "RUN!".

An individual Pass Rush will accomplish the following:

1. The QB's area of operation will be squeezed down.
2. Force the QB closer to another rusher.
3. Will not permit the QB time to find a second receiver.
4. Force the QB out of his throwing area.
5. Force him to run - most QBs are not great runners.
6. Force him to throw on the move.
7. Throw him for a loss.
8. Cause a fumble.
9. Make the QB throw quickly.
10. Cause the QB to lose confidence in his protection.

Raising your hands during a Pass Rush will accomplish the following:

1. Divert the QB's attention.
2. Bat the ball down.
3. Tip the ball for an interception.
4. Force a bad throw.
5. Force the QB to pull the ball down and scramble.
6. Force the QB to elevate his throw - giving our secondary more time to adjust which increases the probability of an interception.

OLB Walkaway technique: Used by a 9 drop versus a wide #2

STANCE: Same as 9 technique.

ALIGNMENT: Align 5 yards off the LOS on the inside shoulder of #2 up to a 7 yard split from the OT; beyond 7 yards split the difference between #2 and the OT.

KEY: #3 to QB

RESPONSIBILITIES:

#3 FLAT:

1. Ball on the LOS: **OPTION** - settle, if QB continues down the LOS take the pitch; if QB comes off the LOS sink 10 - 12 yds deep and 1 yd inside of #2. Break on QB indicators. **TOSS SWEEP** - force the ball back inside.
2. Ball off the LOS (*#3 flat*): Sink 10 - 12 yds deep and 1 yd inside of #2. Widen with #3 when he is a threat to catch the ball outside of you. Break on QB indicators.

#3 REACHES End man on LOS, BLOCKS INSIDE, or DIVES:

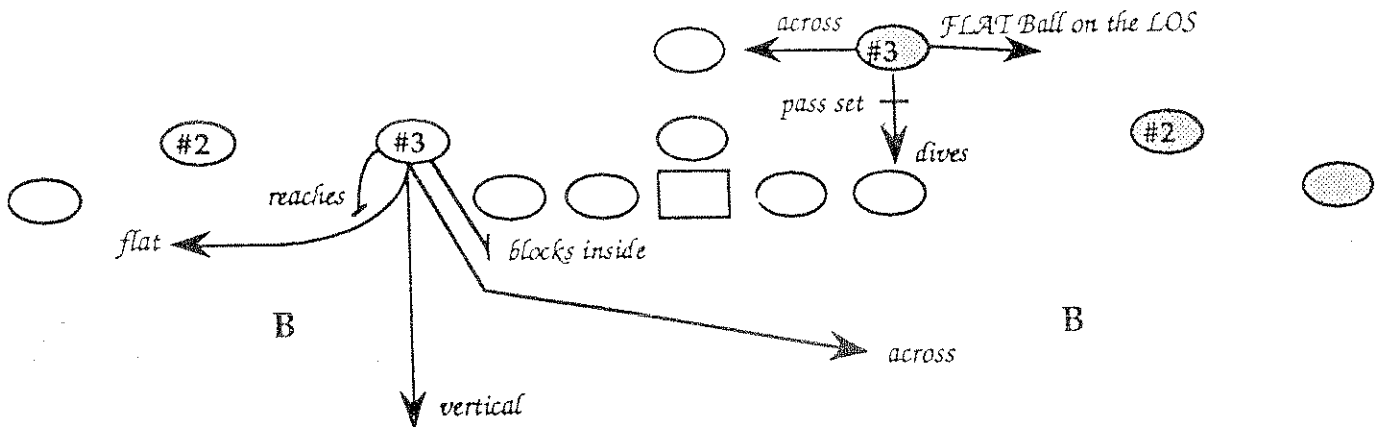
Ball on the LOS: **OPTION** - settle, if QB continues down the LOS take the pitch; if QB comes off the LOS sink 10 - 12 yds deep and 1 yd inside of #2. Break on QB indicators. **ALL OTHER RUNS** - force the ball back inside.

#3 VERTICAL or PASS SETS:

Sink 10 - 12 yds deep and play assignment, spot #1 or leverage #2, then break on QB indicators.

#3 ACROSS:

1. Ball on the LOS: **FOLD PLAYER** - stay behind the ball. Look for a reverse; NO reverse take proper pursuit course.
2. Ball off the LOS: Sink 10 - 12 yds deep, straight back. Break on QB indicators.



Pass Rush Techniques

Power Rush

- especially good versus a weak blocker or one who sets deep off the LOS

1. Close the distance between you and the blocker quickly as you confirm pass read.
2. Attack the blocker square. Do not make an inside or outside move.
3. Force the blocker to retreat as he attempts to maintain his balance.
4. Get your hands inside the offensive blocker's hand with your eyes lower than your hands. Keep low and drive the blocker straight back, force him to lose his balance.
5. Penetrate and collapse the pocket.
6. As you near the QB shed the blocker and accelerate to the ball.

Uppercut Rush

- the mainstream of our pass rush

1. Close the distance between you and the blocker quickly as you confirm pass read.
2. (OPTIONAL) Make a head fake and a quick jab step to the opposite side of your intended rush. Do not make the fake until you can step on the blocker's toes.
3. Use your near hand (*the side of your gap responsibility*) to grab the blocker's near hand and force it up.
4. Punch your far arm through his near arm pit while holding his near arm up, rip it up.
5. Stab the blocker's rib cage with your shoulder pad as you drive your arm up under his arm pit.
6. Step with your far foot and clear his hip; your toes should be pointing towards the QB.
7. Lean into the blocker as you accelerate towards the QB. Do **not** leave go of the near arm until you are past the blocker.

Swim Rush

- used by a defender who is taller than the blocker or by a defender on a skin move

1. Close the distance between you and the blocker quickly as you confirm pass read.
2. (OPTIONAL) Make a head fake and a quick jab step to the opposite side of your intended rush. Do **not** make the fake until you can step on the blocker's toes.
3. Grab the shoulder pad of the blocker to the intend side of the rush and pull down and towards the center of his body.
4. Swim your far arm over the shoulder of the blocker.
5. Your hips must clear as you step with your far foot past his hips; your toes should be pointing towards the QB.
6. Drive your swim arm down and back hard, knock off the blocker's hands as he tries to hold you.
7. Accelerate towards the QB.

Other techniques for pass rushing will be taught individually after you have mastered these!

Spot #1 - Underneath Technique for Cover 3

Note: OLB's versus #2 wide, align 5 yards off the LOS and on the inside shoulder of #2. Drop on the inside shoulder of #2, read QB, then widen under #1. Buy time for the ILB to get inside of #2.

Pass set with ball off LOS deeper than a draw threat. Read route of #2.

Break on QB indicators. *Always* widen with any receiver who crosses your face from the inside.

Initial drop:

Versus dropback action or flow towards you:

(1) VS a tight #1, drop 10 - 12 yards deep, 5 yards outside a TE.

(2) VS a wide #1, drop 10 - 12 yards deep, 3 yards inside the WR.

Versus flow away:

drop 1 yard outside TE position, 10 - 12 yards; looking for crossing routes.

Reads from #2:

#2 FLAT: hang until #2 is a threat to catch the ball outside of you, then widen.

#2 VERTICAL, ACROSS or BLOCKING: hang under route of #1.

QB scrambles or breaks contain:

TOWARDS YOU: Hang at your current depth playing pass until QB crosses LOS, then attack inside out.

AWAY: Squeeze inside 5 yards, check for any throwback possibilities. Only pursue once all threats of a throwback are gone.

Spot #2 - Underneath Technique for Cover 3

Note: ILB vs 3 receivers away, trips or Trey, we consider the opposite #3 to be your #2.

Pass set with ball off LOS deeper than a draw threat. Read route of #2.

Break on QB indicators. *Widen 4 - 5 yards with any receiver who crosses your face from the inside and deepen to a depth of 15 yards, cover dig route by the #1.*

Initial drop:

Versus dropback action or flow towards you:

(1) VS a tight #2, drop 10 - 12 yards deep, on the inside shoulder of #2.

(2) VS a wide #2, drop 10 - 12 yards deep, 5 yards inside of #2.

Versus flow away:

come straight back, 10-12 yards. *Secondary contain responsibility on scramble away.*

Reads from #2:

#2 FLAT: If #3 comes vertical settle and break on indicators, no vertical then widen to 5 yards inside of #1, stay at 10-12 yards depth.

#2 VERTICAL: wall #2 off from any inside routes up to 12 yards depth, then settle and break on QB's indicators.

#2 ACROSS or BLOCKING: sink straight back 6-8 yards depth, then settle and break on QB's indicators. *Widen and deepen with any inside crossing receiver.*

QB scrambles or breaks contain:

TOWARDS YOU: Hang 10-12 yards playing pass until QB crosses LOS, then attack inside out.

AWAY: Secondary contain, you must FORCE - take a good pursuit angle which will keep the QB's yardage minimal.

SECTION 6

OUTSIDE

LINEBACKERS

Outside Linebackers: off the LOS - 50 technique

I. STANCE:

- A. Two point stance with the feet shoulder width apart and toes pointed straight ahead.
- B. The feet are parallel or slightly staggered with the outside foot back.
- C. Your knees are bent with the weight on the balls of your feet.

II. ALIGNMENT: align track to track over the offensive tackle, 4 yards off the LOS.

III. RESPONSIBILITIES:

- A. Versus ball outside: *slow flow to D gap* - Versus ball inside: *B gap*
- B. Versus ball away - *cutback player*

IV. INITIAL MOVEMENT:

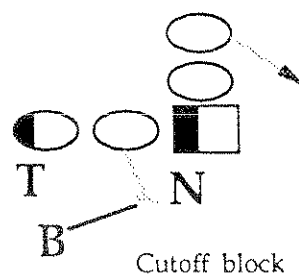
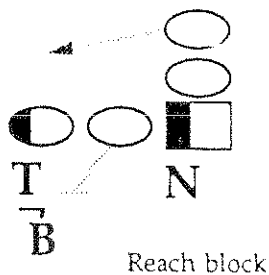
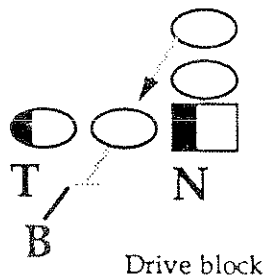
- A. Hold your ground - do not run until you diagnosis the play, then execute your assignment.
- B. Deny all cutback plays away - pursue, staying behind the ball carrier.
- C. Provide immediate inside - out support on all outside plays.
Be aware of CRACK by SE.

V. KEYS: Guard to Nearback

VI. EXECUTION:

A. Immediate threat by guard: guard at you; play outside of guard's block.

1. Nearback INSIDE - (DRIVE block) FRONTSIDE play: Take on guard with outside leverage.
2. Nearback OUTSIDE - (REACH block) FRONTSIDE play: Slow support from inside - out.
3. Nearback AWAY - (CUTOFF block) BACKSIDE play: Fold player, deny cutbacks staying behind the ball carrier.



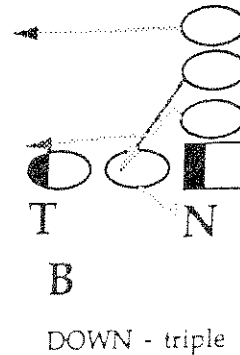
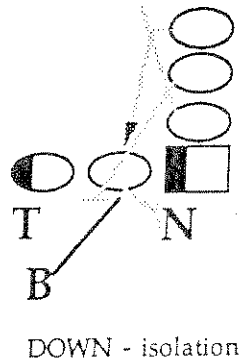
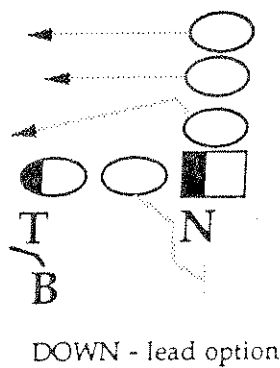
B. Delayed threats:

1. Down block by guard - FRONTSIDE

- a. Nearback outside - **LEAD OPTION**: Stay stacked behind the DT, slow play QB to pitch.
- b. Nearback inside :

(1) **ISOLATION**: Press the LOS. Wrong shoulder, ie. come inside under the FB's kickout block force the Ball Carrier to bounce outside.

- (2) **TRIPLE OPTION:** Press the LOS. If the defensive tackle crosses your face play QB to pitch on the option, otherwise play FB to QB.



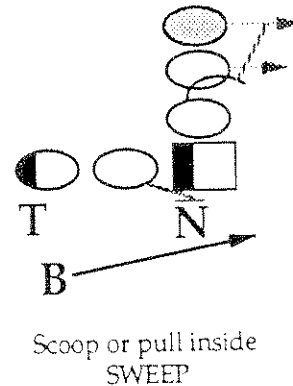
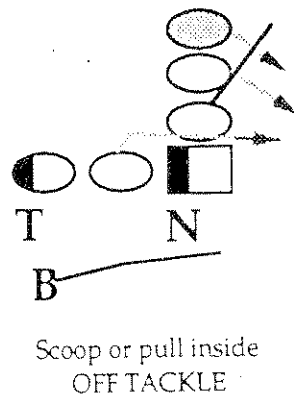
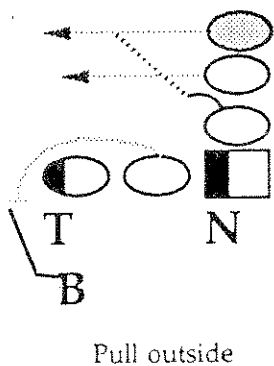
2. Pull outside by guard with nearback outside - **FRONTSIDE**

Press the LOS, staying on the outside of the OG. Take on the OG forcing the ball from an inside-out position. **Versus a crack by the SE, destroy the SE then support from the inside-out.**

3. Scoop block or pull inside with nearback away - **BACKSIDE**

Versus a sweep away you are a runner. Versus an off-tackle away you are a fold player, look for a cutback, stay behind the ball. With a pull inside give a **"COUNTER CALL"**.

4. Pass set: Play coverage called once draw threat is gone. Be aware of draw particularly when the offensive line pass sets on the LOS.



C. Contradictory keys:

1. Down block by guard with nearback away - **TRAP** or **COUNTER** - **FRONTSIDE**

If the defensive tackle crosses your face then step outside play the bounce, otherwise press the LOS & take on the outside of the gutting offensive lineman. ILB will give you a **COUNTER CALL**.

2. Pull inside by guard with nearback inside - **COUNTER** - **BACKSIDE**

[give a **"COUNTER"** call] Look for crossing TE, jump TE m/m on play action pass. No TE you are a fold player, look for a cutback.

"Waggle" call from Inside linebackers (waggle away from you), play coverage assignment.

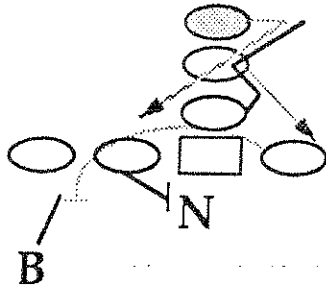
Spot #2: drop over center area 10-12 yds deep, cover crossing route.

Spot #1 or Leverage #2: drop under #1, 10-12 yds deep and break on the ball, widen with any inside receiver crossing your face. If QB breaks the tackle box, squeeze inside 5 yards and check for throwback possibilities. Pursue only when all threats of a throwback are gone.

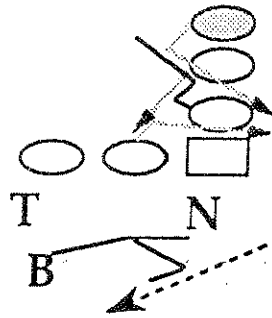
3. Pull outside by guard - (FB inside or HB away) - WAGGLE - FRONTSIDE
Give "WAGGLE" call and play pass coverage assignment.

Spot #1 or Leverage #2: drop under #1, 10-12 yds deep and break on the ball, widen with any inside receiver crossing your face.

Spot #2: drop over center area 10-12 yds deep, cover crossing route.

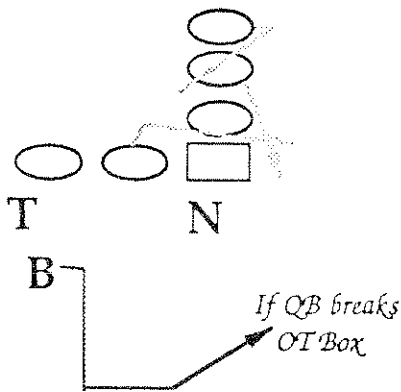


Down Block
NB away

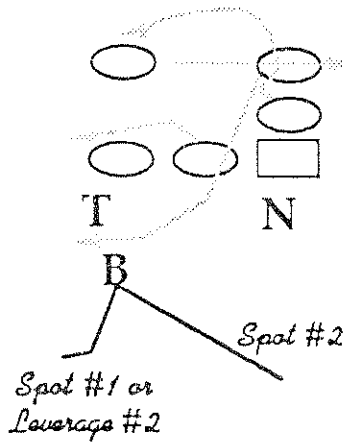


Look for crossing TE, jump TE m/m.

Pull Inside
NB Inside



Pull Inside
Waggle call



Pull Outside
Waggle

Outside Linebackers: on the LOS - 9 technique

I. STANCE:

- A. Two point stance with the feet shoulder width apart and toes pointed straight ahead.
- B. The feet are parallel or slightly staggered with the outside foot back.
- C. Your knees are bent with the weight on the balls of your feet.

II. ALIGNMENT: inside foot of the OLB is 6" outside the TE's inside foot, 12 - 18" off the LOS.

III. RESPONSIBILITIES:

- A. **Whip** the man aligned over you. Do not get driven off the LOS. Hold your ground, play on the LOS.
- B. D gap responsibility.
- C. NEVER allow a tight end or slot down onto an Inside Linebacker.
- D. On plays away:
 1. *Drop Responsibility:* Give ground folding back into B gap, constrict all plays away from you. Play cutback until the ball carrier commits, then Pursue & Tackle!
 2. *Rush Responsibility:* (PCC), keep backside leverage on plays away; NEVER let the ball get back outside of you. Vs a fan block, DT has PCC; fold under, inside rush.

IV. INITIAL MOVEMENT:

- A. Your first key is from the offensive man you are aligned over, read through his helmet.
- B. **Mirror** the offensive player. Punch with your hands aiming to attack the top of his numbers with the butt of your hands.
- C. Always have your eyes lower than your hands. **LOW MAN WINS!**
- D. Lock out your elbows and roll your hips forward. This permits you to use your legs to defeat the blocker. You are also able to explode with all your power angles at the same time you are rolling your hips forward.
- E. Lock out and maintain separation. You must keep the blocker off of you or he will **HOLD** you! *You must punch, lock, and roll to keep separation!*
- F. Keep your pads parallel to the LOS with your feet moving.

V. KEYS:

- 1st key: Offensive man you are aligned over.
- 2nd key: Near back - excluding a wing
- 3rd key: Inside threat

VI. EXECUTION:

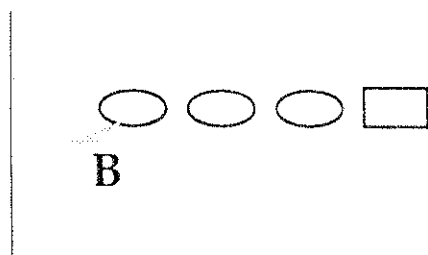
A. Immediate threats: **block by 1st key**

WHIP the offensive blocker. Do not become displaced off the LOS.

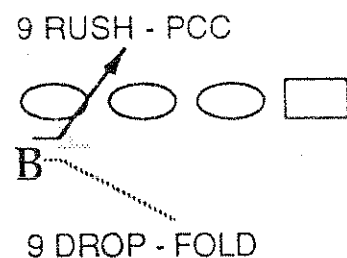
1. Drive block:
 - a. Explode into the top of the blocker's numbers with the butt of your hands.
 - b. Keep your eyes lower than your target's. Lock out your elbows & roll your hips.
 - c. Keep both, your pads and the blocker's, parallel to the LOS.
2. Reach block:
 - a. Mirror the blocker's steps, punch up into the outside of his shoulder pads.
 - b. Do not allow him to turn his pads, lock with your outside arm and pull with your inside arm.
 - c. Maintain your initial alignment over the offensive man.
3. Cutoff block:
 - a. Mirror the offensive man's steps.
 - b. Take a lateral step inside while punching out and up into his shoulder.
 - c. Do not allow him to turn his pads, lock with your inside arm and pull with your outside arm.
 - d. **9 RUSH:** you have PCC, physical chase contain, make sure the ball can not bounce back outside of you as you constrict all plays away.
 - e. **9 DROP:** give ground folding back into B gap, deny cutbacks
4. Pass Set: Play pass responsibility as determined by front and coverage.



Drive Block



Reach Block



Cutoff block

B. Delayed threats: **not blocked by 1st key - goto 2nd key**

1. Down block by 1st key
 - a. Hand shiver the blocker as you **mirror** his steps down inside.
 - b. Squeeze the down block hard, destroy his path to the inside. Keep the blocker off of the Inside Linebacker, disrupt his path for a double team.

c. Maintain shoulders parallel to the LOS with the outside foot back.

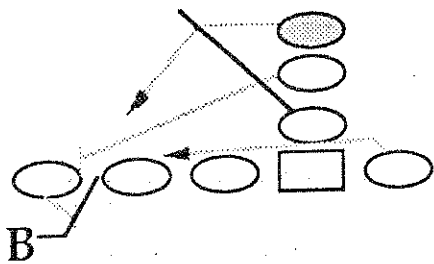
d. Focus attention on 2nd key - nearback,

(1) Nearback on kickout course - 45° angle. *Use wrong shoulder technique!*

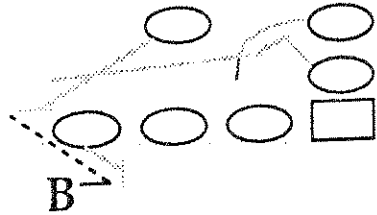
- (a) Close and come under the NB's block, take it on with your outside shoulder.
- (b) Keep your inside arm free knocking off any pulling lineman cutting up inside of you.
- (c) Make the ball carrier bounce or make the tackle.

(2) Load block - NB hook path

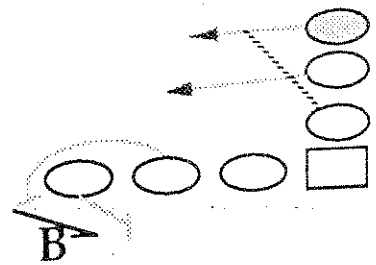
- (a) Take on the blocker upfield and frontal.
- (b) Keep your outside arm free and force the ball back inside.



Down Block
NB kickout



Down Block
NB hook



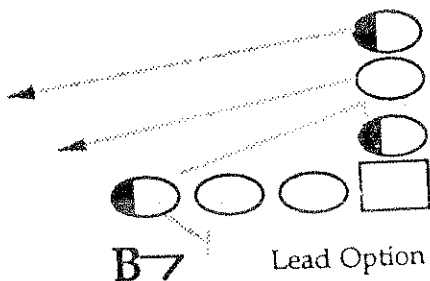
Down Block
NB flat / OT log

(3) Lead option: *(you are responsible for ball outside down block)*

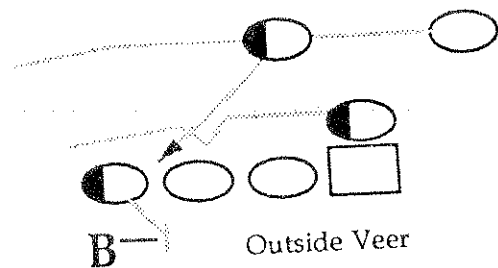
- (a) Step back, while keeping your pads parallel to the LOS.
- (b) Slow play the QB. Do not let him duck up inside; stall.
- (c) If he pitches the ball, sprint down the LOS and make the tackle.

(4) Outside veer: *(you are responsible for ball outside down block)*

- (a) Squat, read the mesh, and take the ball if given with the inside shoulder.
- (b) If UNSURE, tackle the diveback.
- (c) Keep your outside arm and leg free in order that you may assist on the QB if the ball is kept. Keep pads parallel to the LOS.



Lead Option



Outside Veer

2. Arc release by 1st key

- a. Lateral step outside.
- b. Do not allow a clean release off the LOS.

NOTE: You will be able to distinguish the difference between a reach block by the greater height of the helmet on the release and the tendency of the receiver to avoid contact.

c. *Focus on 2nd key - nearback*

(1) Nearback Pass sets. Play pass responsibility:

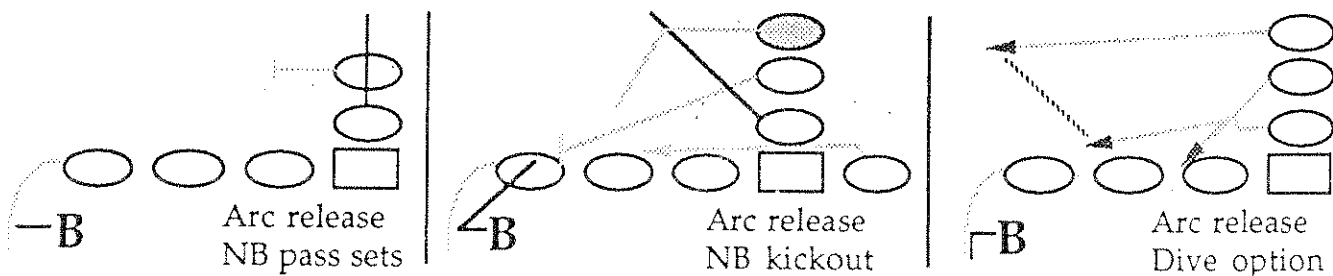
- 9 DROP - drop according to coverage
- 9 RUSH - PCC, vs OT fan fold inside.

(2) Nearback on kickout course - 45° angle.

Retrace your steps, come back down the LOS, as you focus inside. Take on the nearback with your inside shoulder and arm, keep your outside arm free. Force the ball to be run inside.

(3) Dive option

- (a) Step back off the LOS. Keep your pads parallel to the LOS.
- (b) You are responsible for the QB, slow play him, stall for time.



3. Slam release: *Focus on 2nd key - nearback*

- a. Play the initial action the same as a drive block.
- b. Do not easily allow the receiver to release off the LOS.
- c. When he does release expect a kickout from the nearback (2nd key) or inside lineman (3rd key). Come under kickout and make the ball bounce.
- d. If the nearback or inside lineman are not on a kickout course then they will be on a log path. Force the ball back inside.

4. Inside release: *Focus on 2nd key - nearback*

- a. Lateral step inside while punching out on the receiver.
- b. Do not allow a clean release off the LOS. **NOTE:** You should be able to distinguish the difference between a cutoff or down block from an inside release by the greater height of the helmet on the release. Play pass responsibility as determined by front and coverage.

C. Contradictory read:

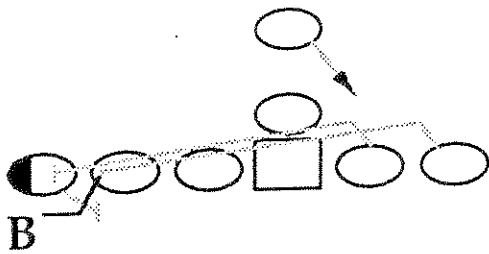
not blocked by 1st key - 2nd key goes away - find 3rd key: Inside threat

1. Inside blocker on a kickout course: *Use wrong shoulder technique!*

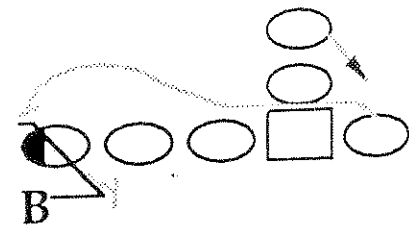
Take on the blocker with your outside shoulder and arm, keep your inside arm free. Make the ball carrier bounce or make the tackle.

2. Inside blocker on a log course:

Take on the blocker upfield and frontal, keep outside arm free and force the ball inside.



NO threat - NB Away - Inside Kickout



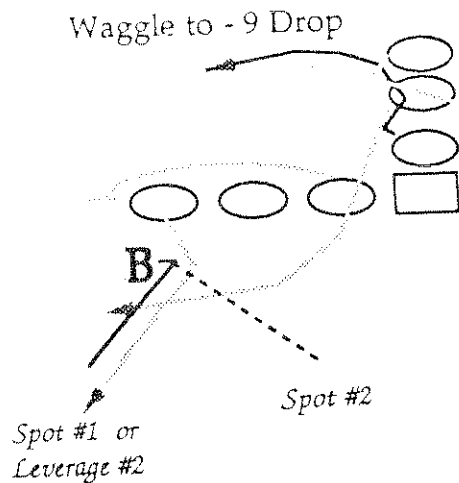
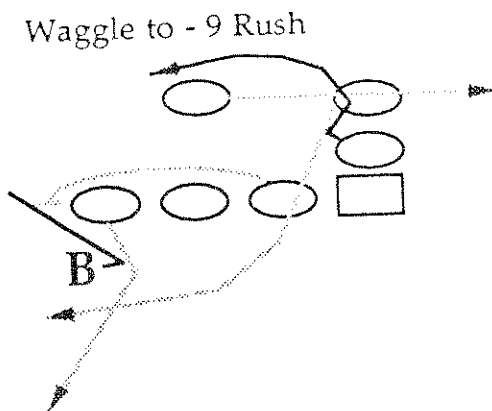
NO threat - NB Away - Inside Log

3. Waggle to

- RUSH Responsibility:** Take on the blocker upfield and frontal. Keep your outside arm free and force the ball back inside. Keep contain on the Quarterback.
- DROP Responsibility:** Play coverage assignments.

Spot #1 or Leverage #2: drop under #1, 10-12 yds deep and break on the ball, widen with any inside receiver crossing your face.

Spot #2: drop over center area 10-12 yds deep, cover crossing route.



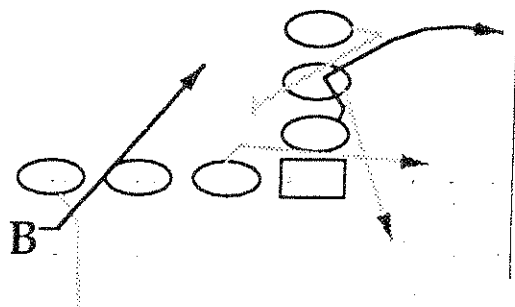
4. Waggle away

- a. RUSH Responsibility: Attack the QB from the backside.
- b. DROP Responsibility: Play coverage assignments.

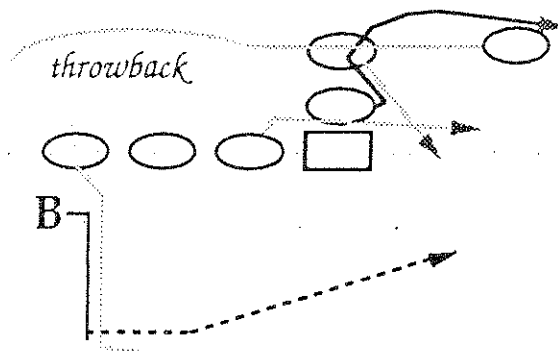
Spot #1 or Leverage #2: drop under #1, 10-12 yds deep and break on the ball, widen with any inside receiver crossing your face. If QB breaks the tackle box, squeeze inside 5 yards and check for throwback possibilities. Pursue only when all threats of a throwback are gone.

Spot #2: drop over center area 10-12 yds deep, cover crossing route.

Waggle away - 9 Rush

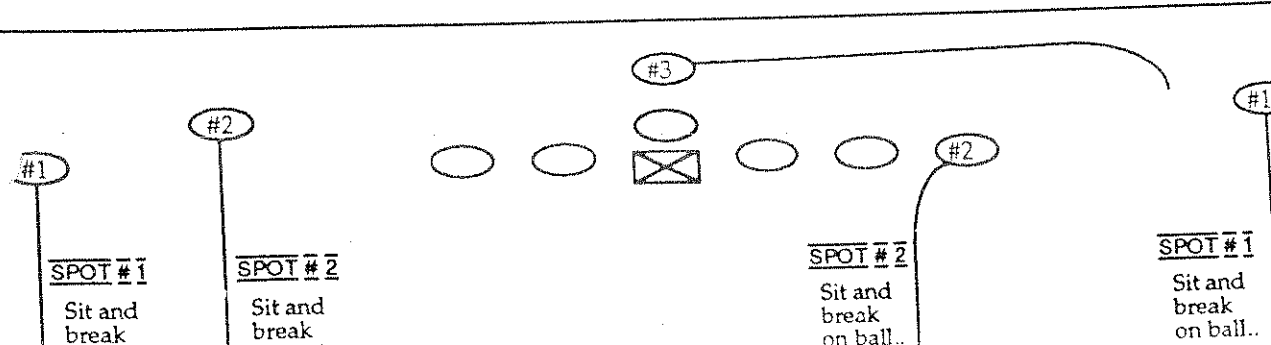
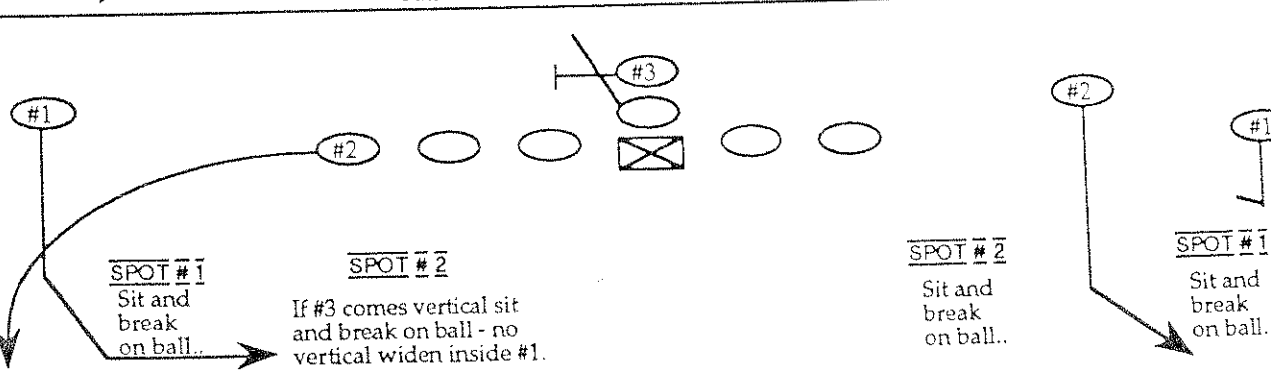
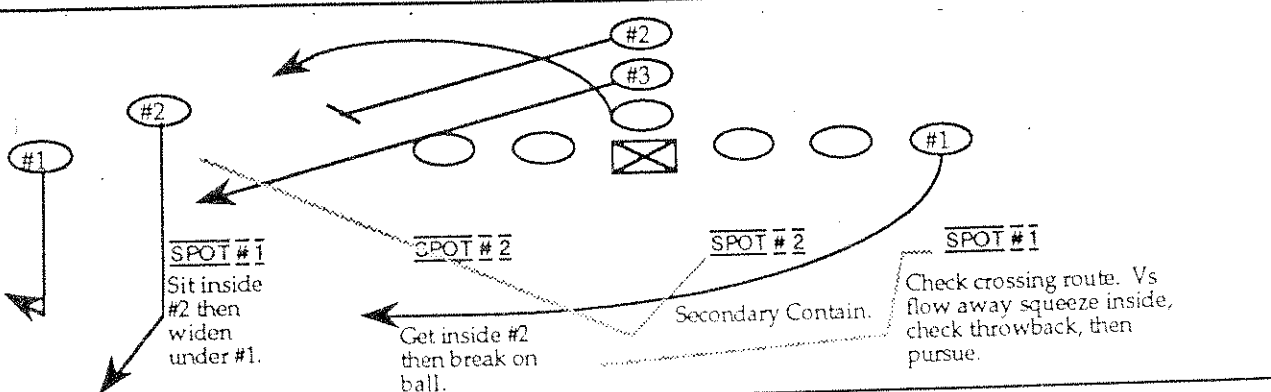
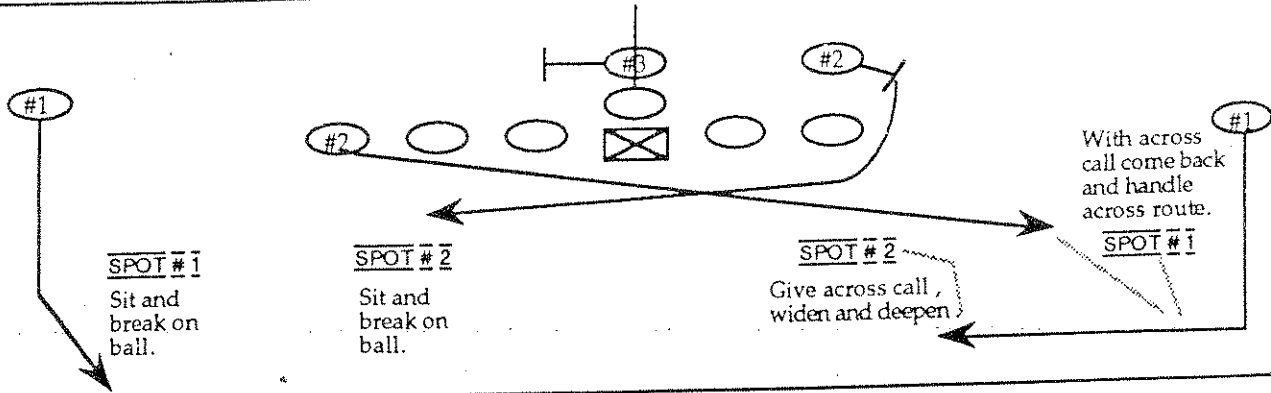
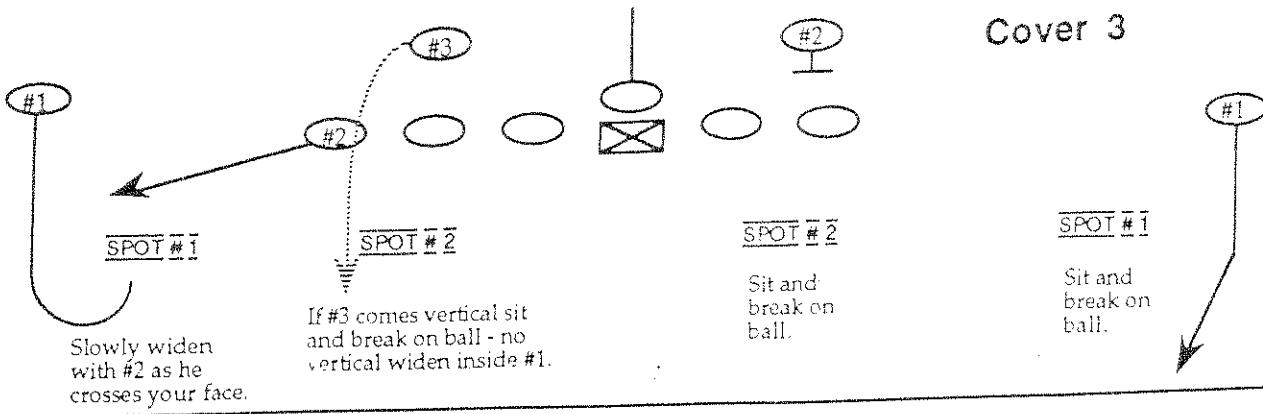


Waggle away - 9 Drop



if QB breaks OT box and there is no throwback possibilities then pursue

Cover 3



SECTION 7

INSIDE

LINEBACKERS

Inside Linebackers

I. STANCE:

- A. Feet parallel, no wider than shoulder width.
- B. Weight on the balls of your feet, with slightly more weight on your inside foot.
- C. Ankles, knees, and waist are flexed; resulting in the placement of your knees over the toes and your shoulders over the knees.
- D. Your tail is dropped placing you in a good football position with your arms hanging loosely in front.
- E. Eyes up; **focus** on keys.

II. ALIGNMENT:

- A. **30**: Align head up on the offensive guard, 4-5 yards off the LOS.
- B. **10**: Align with your outside foot over the football, 4-5 yards off the LOS.
- C. **50**: Align head up on the offensive tackle, 4-5 yards off the LOS.

III. ASSIGNMENTS:

- A. **BoA**: On frontside plays you are responsible for **B** gap (*outside shoulder of OG*) and on backside plays you are responsible for **Off A** gap (*inside shoulder of opposite guard*).
- B. **CAT**: On frontside plays you are responsible for **C** gap (*outside shoulder of OT*) and on backside plays you are responsible for **A** gap to you (*inside shoulder of OG*).
- C. **Counter call**: from opposite linebacker informs you of a pull your way; frontside play, **PRESS LOS** at a 45 degree angle, react to blocking scheme.
- D. As you press your gap assignment you must replace any defender who crosses your face.

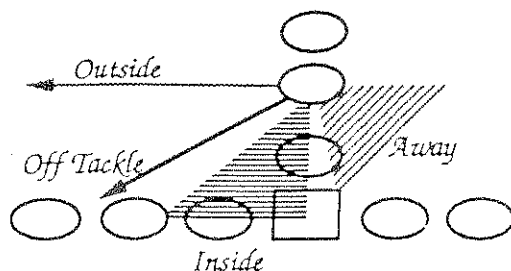
IV. INITIAL MOVEMENT:

Take a 6" read step to the outside. This will permit you to determine (1) **RUN** or **PASS** and (2) whether you have a **FRONTSIDE** or **BACKSIDE** play. No false steps; it is essential to be concise in your path to the ball.

V. KEYS:

- A. **FOCUS** through the head of the offensive lineman to the nearback (NB).
 1. Key the NB versus C set (*split backs*).
 2. Key the fullback versus wishbone, T, B set (*halfback to SE*), A set (*halfback to TE*), and I sets.
- B. The offensive lineman will indicate: (1) **RUN** or **PASS** and (2) the side of the play.
- C. The path of the nearback will reveal the play.

Path of Nearback



LB

VI. READS:

A. Immediate threat by Offensive Lineman(OL):

1. DRIVE block by OL - Nearback **INSIDE** - **frontside play**
2. REACH block by OL - Nearback **OFF TACKLE** or **OUTSIDE** - **frontside play**
3. CUTOFF block by OL - Nearback **AWAY** - **backside play**

B. Delayed threat - NO threat from Offensive Lineman:

1. SCOOP block by OL: on DT **frontside play** - on NG **backside play**
2. DOWN block by OL:
 - a. Nearback **INSIDE** - **frontside play**
 - b. Nearback **OFF TACKLE** or **OUTSIDE** - **frontside play**
3. FAN block by OL:
 - a. Nearback **INSIDE** - **backside play**
 - b. Nearback **AWAY** - **backside play**
4. PULLS by OL:
 - a. Pull Outside - Nearback **OFF TACKLE** or **OUTSIDE** - **frontside play**
 - b. Pull Inside - Nearback **AWAY** - **backside play**
5. PASS SET off the LOS by the OL

C. Contradictory Reads

1. WAGGLE - pull outside by OG with Nearback Inside - play action **PASS**
2. PULL INSIDE - Nearback **INSIDE** - **backside play**
3. PULL OUTSIDE - Nearback **AWAY** - **frontside play**
4. DOWN block on NG shaded away - play action **PASS**
5. DOWN block - Nearback **AWAY** - **frontside play**
6. PASS SET on the LOS by the OL:
 - a. Nearback Off Tackle - **Sprint Draw**
 - b. Nearback Outside - possible **Screen**
 - c. Nearback failing to disengage - **Lead Draw**

IMMEDIATE THREATS

Drive Block

offensive lineman at you with nearback inside.

- 30 BoA Press the LOS; attacking the blocker. Maintain outside control on the blocker; protect B gap.

- 30 CA_t Press the LOS, stack behind the defensive tackle, and read. Maintain outside control, C gap. Commit inside only if the ball shows.

- 10 BoA Press the LOS, attacking the guard. Maintain inside control on the blocker with the ball inside; protect off A gap.

- 50 CA_t Press the LOS; attacking the blocker. Maintain outside control on the blocker; protect C gap.

Reach Block

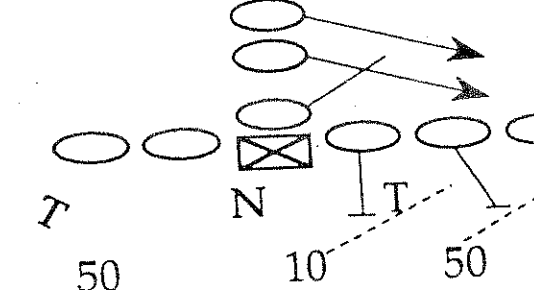
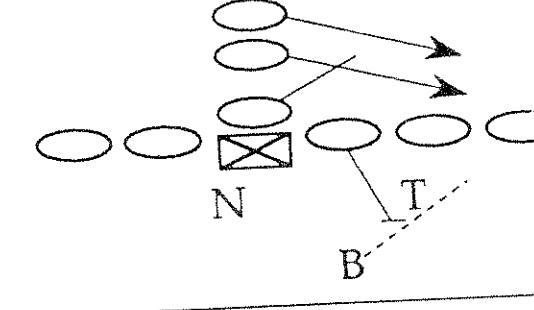
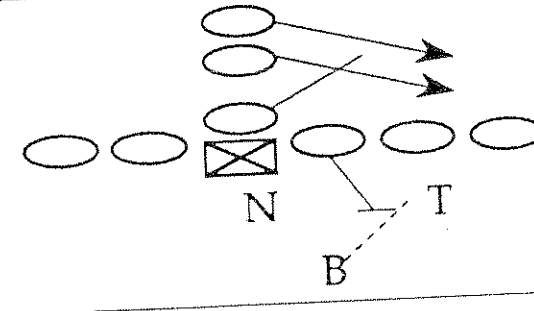
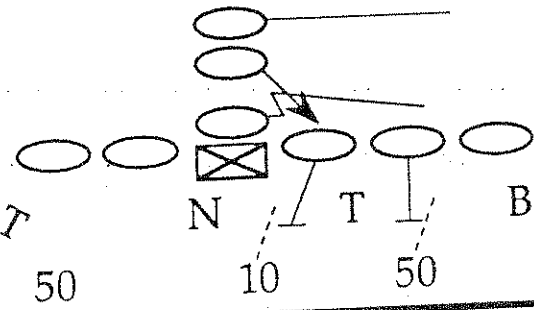
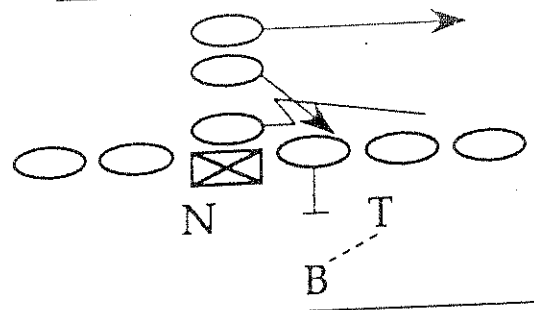
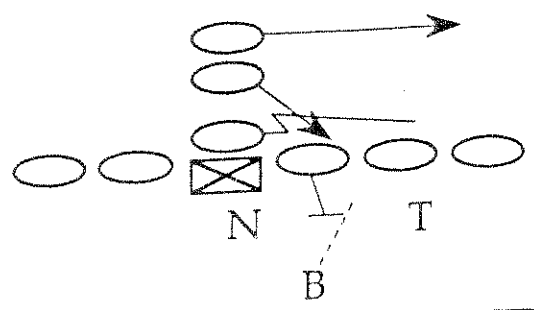
offensive lineman at you with nearback off-tackle or outside.

- 30 BoA Mirror the angle of the nearback's path as you press the LOS. Maintain outside control on the blocker; stay behind the ball.

- 30 CA_t They are running outside our tackle, press C gap now, get to the LOS. Be alert for a low block by the guard; beat the guard with quickness. Look for a blocker from outside.

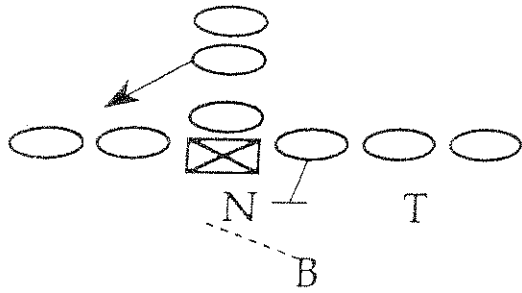
- 10 BoA Cross face the guard now. Mirror the angle of the nearback's path as you press the LOS; stay behind the ball. The defensive tackle is responsible for cutback to A gap; you have the ball outside the DT.

- 50 CA_t Mirror the angle of the nearback's path as you press the LOS. Maintain outside control on the blocker; stay behind the ball.

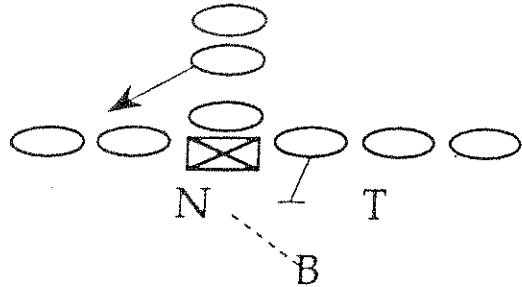


Cutoff Block

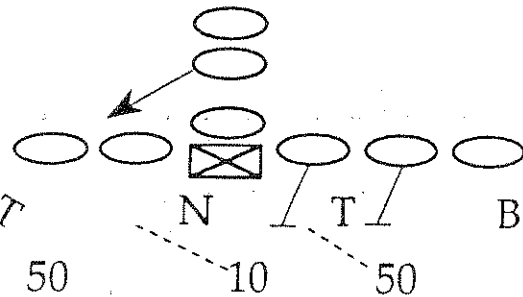
offensive lineman at your inside shoulder with nearback away.



- 30 BoA They are running away, get on the other side of the nose guard to your gap; off A. Mirror the angle of the nearback's path, stay behind the ball. Be alert for a low block by the guard, beat him with quickness.



- 30 CA Press the LOS as you mirror the path of the nearback, stay behind the ball denying a cutback. Maintain inside control on guard.

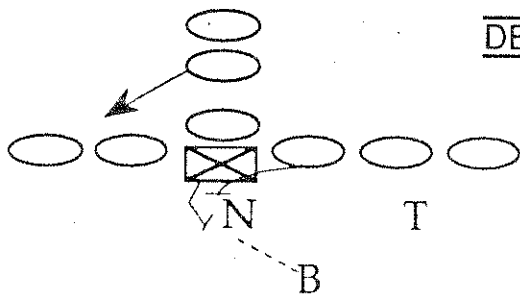


- 10 BoA They are running away, get to B gap. Mirror the angle of the nearback's path, stay behind the ball. Be alert for a low block by the guard, beat him with quickness.

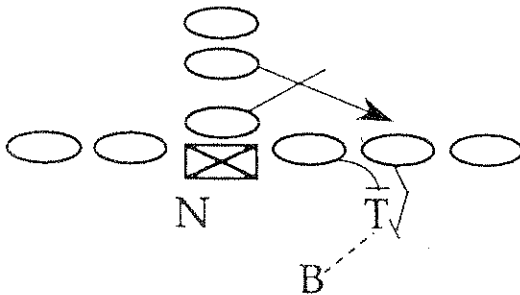
- 50 CA Press the LOS as you mirror the path of the nearback, stay behind the ball denying a cutback. Be alert for a low block by the tackle.

DELAYED THREATS

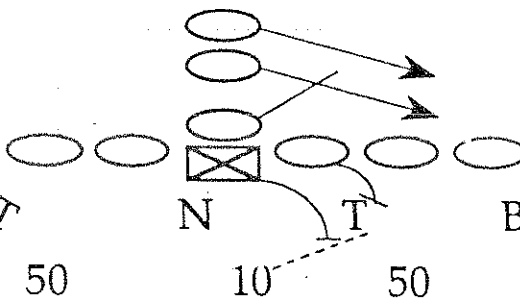
Scoop Block (blocker's head in front of def. lineman)



- 30 BoA Controlled press, stack behind NG, and read. If NG expands then you stay behind him denying a cutback. If the NG fails to expand or the threat of a cutback is gone then fly to the ball. Expect OC to attempt a block on you.



- 30 CA Controlled press, stack behind DT, and read. If DT expands then you stay behind him denying a cutback. If the DT fails to expand or the threat of a cutback is gone then fly to the ball. Expect OT to attempt a block on you.

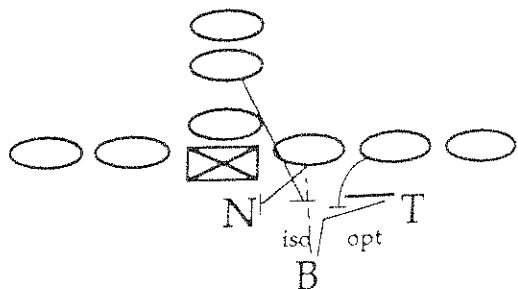


- 10 BoA Controlled press, stack, and read. If DT expands then you stay behind him denying a cutback. If the DT fails to expand or the threat of a cutback is gone then fly to the ball. Do not get cut by the OC.

- 50 CA NOT diagrammed; will occur with OT scooping 3 technique, backside play, press A

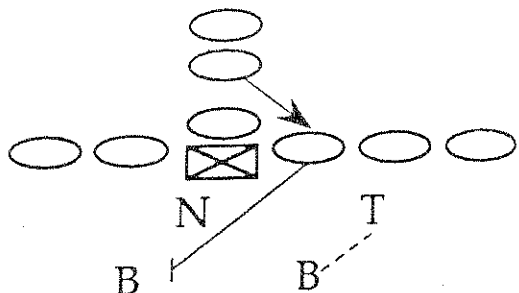
Down Block - NB Inside

(offensive lineman blocks down on defender to your inside)

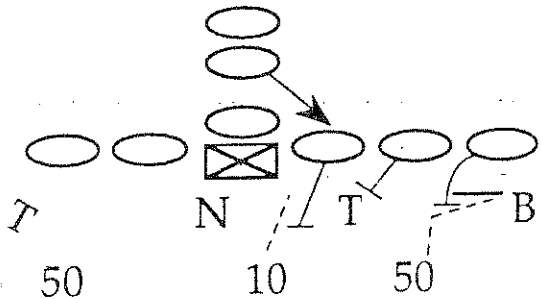


30 BoA ISOLATION: attack NB in the backfield, funnel ball to other inside linebacker.

OPTION: blocking threat from the outside, replace the DT as he squeezes the inside release of the OT.



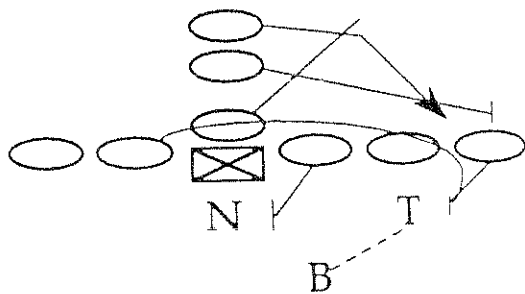
30 CA_t Control press behind DT, stack, and read. You have no inside gap responsibility; commit inside only if the ball shows.



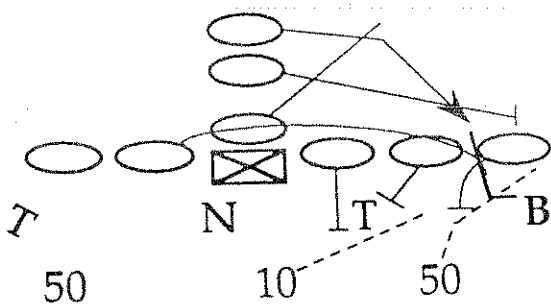
10 BoA [CONTRADICTIONARY KEY: Guard down blocks on NG shaded away only on PLAY ACTION-PASS, call 'pass' and drop.] Diagram shown illustrates a Drive Block.

50 CA_t Press C gap, you have no inside responsibility. If OLB crosses your face then replace him to the outside.

Down Block - NB off tackle or outside



30 BoA and 30 CA_t Mirror the angle of the nearback's path as you press the LOS. Stay behind the ball, expecting a blocking threat from the outside (TE or backside guard); crossface the block. Replace any defender who crosses your face.

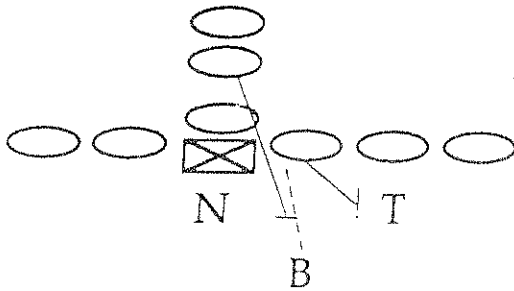


10 BoA [CONTRADICTIONARY KEY: Guard down blocks on NG shaded away only on PLAY ACTION PASS, call 'pass' and drop.] Diagram shown illustrates a Reach Block.

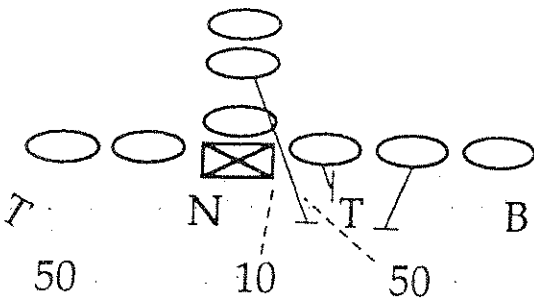
50 CA_t Press C gap, you have no inside responsibility. If OLB crosses your face then replace him to the outside. Versus ISOLATION attack NB in the backfield, come under kickout block, force ball to bounce.

Fan Block - NB Inside

(offensive lineman blocks out on defender to your outside)



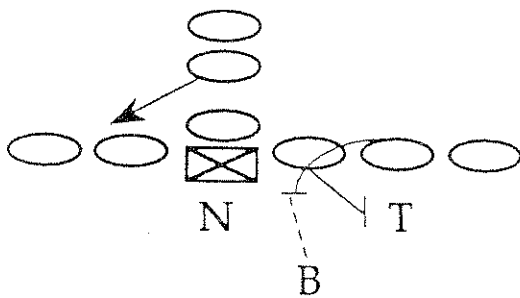
30 BoA Attack the NB in the backfield, funnel the ball to the other inside linebacker.
and
30 CA_t



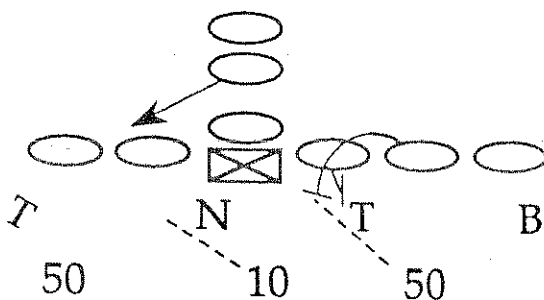
10 BoA Attack inside of NB in the backfield, funnel ball to other ILB.

50 CA_t Offensive tackle will only pass set fan. Diagram shown illustrates a Cutoff Block by OT.

Fan Block - NB Away



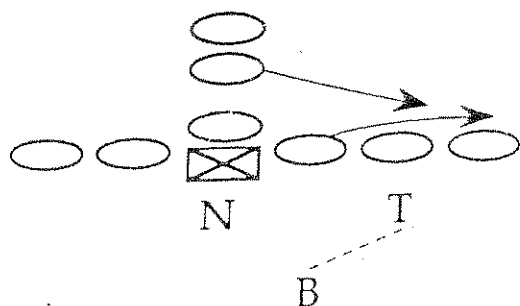
30 BoA Press the LOS as you mirror the angle of the NB; stay behind the ball denying a cutback.
and
30 CA_t Take on any folding lineman from the outside track to track; do not allow him to turn his shoulders.



10 BoA Press the LOS as you mirror the angle of the NB; stay behind the ball denying a cutback.

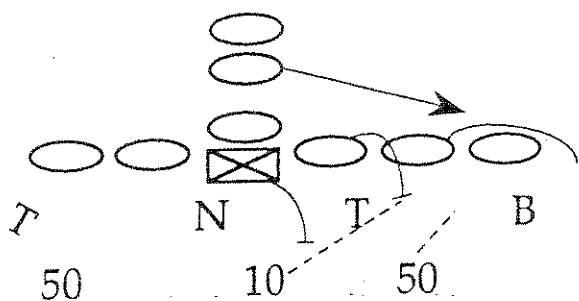
50 CA_t Offensive tackle will only pass set fan. Diagram shown illustrates a Pull Inside by OT; yell "counter", press A gap, stay behind the ball and deny the cutback. Take on a folding OT track to track; do NOT allow him to turn his shoulders.

Pull Outside - NB off tackle or outside



30 BoA
and
30 CAT

Mirror the angle of the NB's path as you press the LOS. Stay behind the ball, expect a blocking threat from the outside; crossface the block. Replace any defender who crosses your face from the outside.



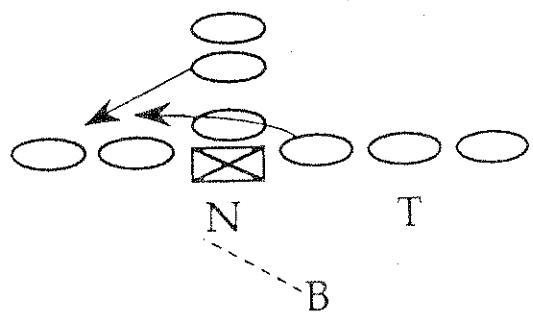
10 BoA

Press the LOS off the tail of the DT; staying behind the ball, deny a cutback. Do not get cut by the OC. Attack a folding guard at the LOS, track to track, do not allow him to turn his shoulders.

50 CAT

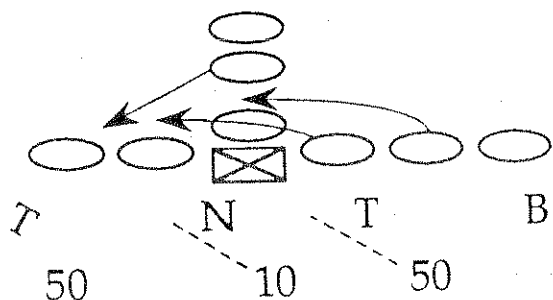
Press C gap. If the OLB crosses your face then replace him to the outside. Offensive tackle usually does NOT pull outside.

Pull Inside - NB Away



30 BoA
and
30 CAT

Give a 'COUNTER' call to confirm the opposite ILB's read. Press the LOS, staying behind the ball. Expect a block from the other side of the ball. Cross face the block when the ball goes outside the opposite tackle area.



10 BoA

Give a 'COUNTER' call to confirm the opposite ILB's read. Press the LOS as you mirror the angle of the NB; crossface all blocks from the other side. You have secondary contain versus playaction passes.

50 CAT

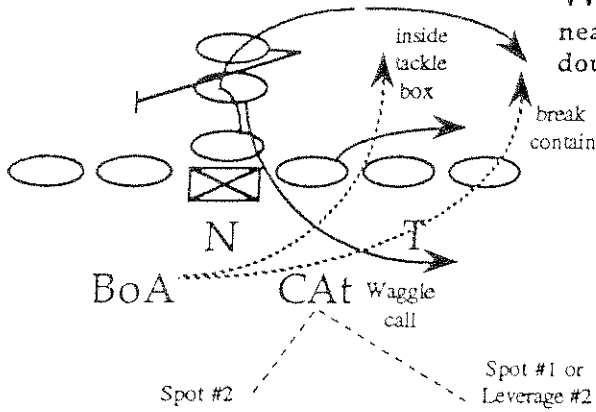
Give a 'COUNTER' call to confirm the opposite ILB's read. Press the LOS as you mirror the angle of the NB; stay behind the ball denying a cutback.

Pass Set OFF the LOS by the offensive lineman

ALL ILB'ers: Immediately execute pass coverage assignment.

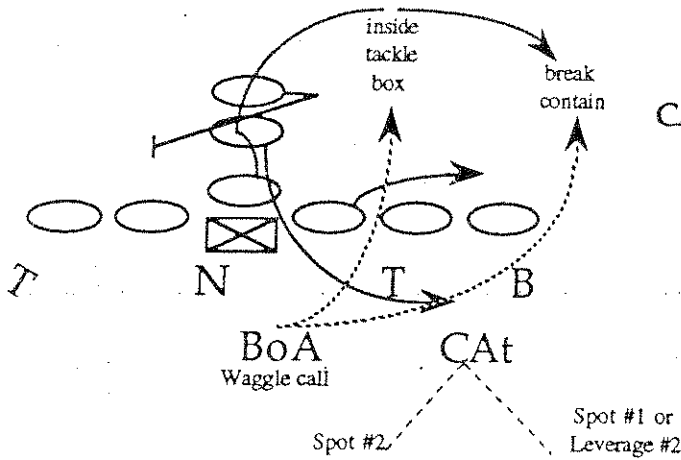
CONTRADICTIONARY READS

Waggle to you: offensive lineman pulls outside with nearback inside, give "waggle" call. (also with Counter Pass - double counter call; play waggle to the side of the FB's path)



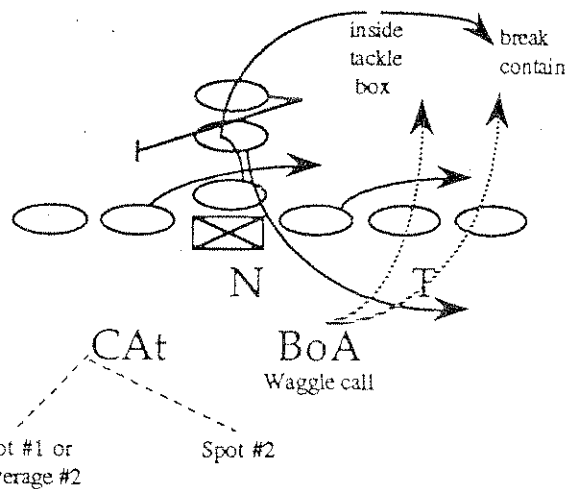
BoA With "Waggle" call provide secondary contain on the QB. If the QB breaks the tackle box, force him to pull up. If the QB pulls up inside the tackle box, attack him from inside-out.

In BASE front, frontside BoA forces and backside BoA drop to center area, 10-12 yds deep.



CAAt Spot #1 or Leverage #2: drop under #1, 10-12 yds deep and break on the ball, widen with any inside receiver crossing your face.

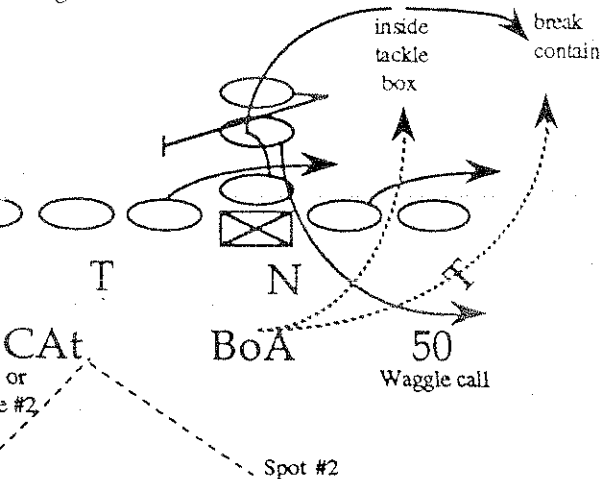
Spot #2: drop over center area 10-12 yds deep, cover crossing route.



Waggle away: offensive lineman pulls inside with "Waggle" call from other side. (also with Counter Pass - double counter call; play waggle to the side of the FB's path)

BoA With "Waggle" call provide secondary contain on the QB. If the QB breaks the tackle box, force him to pull up. If the QB pulls up inside the tackle box, attack him from inside-out.

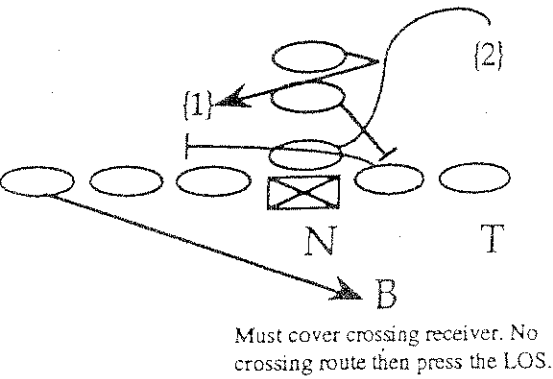
In BASE front, frontside BoA forces and backside BoA drop to center area, 10-12 yds deep.



CAAt Spot #1 or Leverage #2: drop under #1, 10-12 yds deep and break on the ball, widen with any inside receiver crossing your face. If the QB breaks the tackle box, squeeze inside 5 yds and check for throwback possibilities. Pursuit only when all threats of a throwback are gone

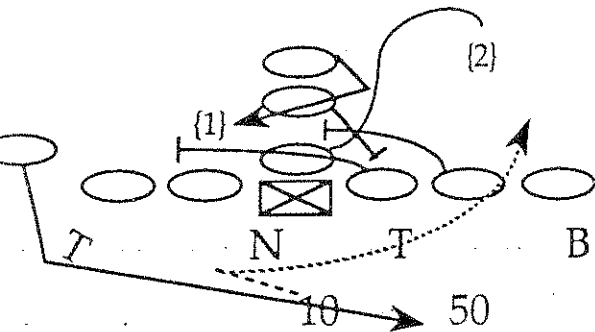
Spot #2: drop over center area 10-12 yds deep, cover crossing route.

Pull inside - NB inside



- (1) Play action pass - faking counter away
- (2) Running play - counter away

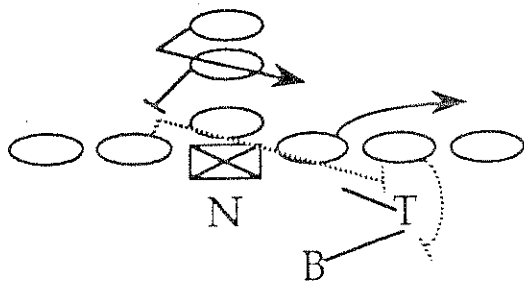
30 Give a "Counter" call to confirm opposite linebackers's read. Look for a crossing receiver; play action pass (1), jump crossing receiver man to man or knock him down. No crossing receiver, press the LOS staying behind the ball (2).



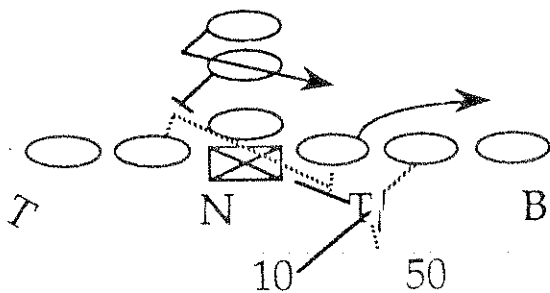
10 Give a "Counter" call to confirm the opposite ILB's read. Press your B gap assignment as you look for a crossing receiver from the other side. Versus crossing receiver redirect you have secondary contain (1); no crossing receiver continue to press the LOS (2).

50 Give a "Counter" call to confirm opposite linebackers's read. Look for a crossing receiver; play action pass (1), jump crossing receiver man to man or knock him down. No crossing receiver, press the LOS staying behind the ball (2).

Pull outside - NB away



30 Press the LOS, stack behind the defensive tackle, and read. Expect a blocking threat from the outside, crossface the block. NOTE: 30 CAT - if OT attempts to block you stay inside of block, play is an influence trap on 4 technique.



10 Press the LOS off the tail of the DT; staying behind the ball, deny a cutback. If OT attempts to block you stay inside of block, play is an influence trap on 4 technique.

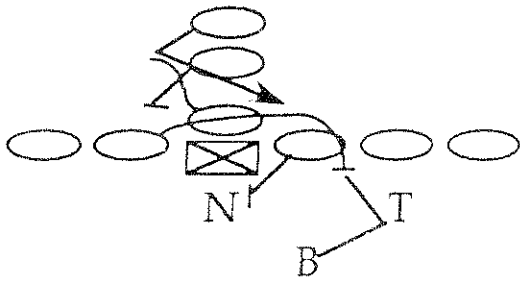
50 Press C gap. If the OLB crosses your face then replace him to the outside. Offensive tackle usually does NOT pull outside. Diagram shown illustrates a Down Block.



Down block on NG shaded away

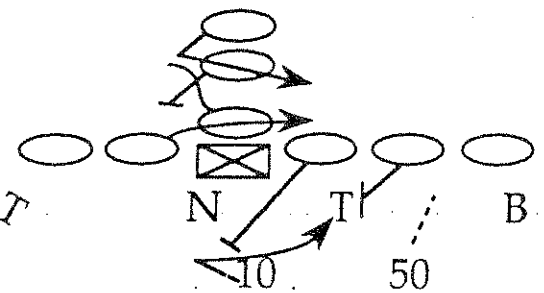
All LB's Play action pass with guard staying on the LOS; all linebackers react the same as with Pull Inside - NB Inside.

Down block - NB away



- 30 Press the LOS, stack behind the defensive tackle, and read. Expect a blocking threat from the outside, crossface the block. If the defensive tackle widens (diagram) then attack the backside gutting offensive lineman, take him on frontal - do not let him turn his shoulders.

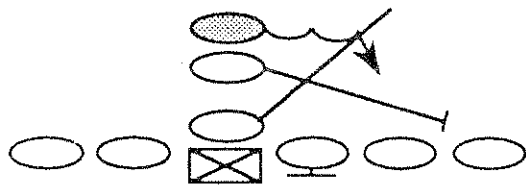
NOTE: 30 Cat (same as pull outside with NB away) - if OT attempts to block you stay inside of block, play is an influence trap on 4 technique.



- 10 Press B gap assignment, when you hear a "Counter" call from the 50 OLB, redirect across the face of the guard. Guards read will look like a cutoff block to you.

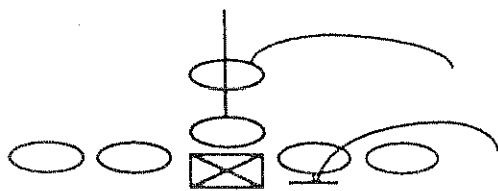
- 50 Press C gap. If the OLB crosses your face then replace him to the outside. If the tight end widens, attack the backside gutting offensive lineman, take him on frontal - do not let him turn his shoulders.

Pass set on the LOS by offensive lineman



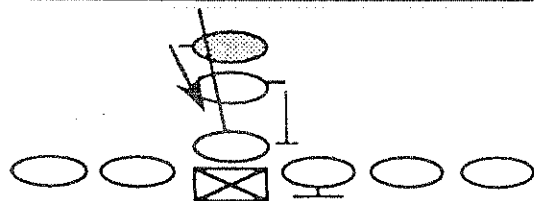
{1} with NB off tackle

- All LB'ers SPRINT DRAW: play the same as pull outside with NB outside/offtackle. Once the threat of a draw is gone then execute coverage assignment.



{2} with NB outside

- All LB'ers POSSIBLE SCREEN: as you execute your coverage assignment think screen. If offensive lineman let the defensive line go or start to work to the outside then immediately press the NB.



{3} with NB failing to disengage

- All LB'ers LEAD DRAW: wait until the ball passes the deepest back before you execute your coverage assignment.

Walkaway technique: Used by a backside ILb in Stack versus Twin X in Cover 4

STANCE: Two point stance with the feet shoulder width apart and toes pointed straight ahead. The feet are parallel or slightly staggered with the outside foot back. Your knees are bent with the weight on the balls of your feet.

ALIGNMENT: Align 5 yards off the LOS splitting the difference between #2 and the OT.

KEY: Near back to OT then ball

RESPONSIBILITIES:

OPTION or SWEEP:

OPTION - settle, if QB continues down the LOS take the pitch; if QB comes off the LOS sink 10 - 12 yds deep and 1 yd inside of #2. Break on QB indicators.

TOSS SWEEP - force the ball back inside:

BALL INSIDE:

Fold back inside if OT is aggressively running blocking, keep the ball inside of you. If OT is not aggressively running blocking sink 10 - 12 yds deep and 1 yd inside of #2. Break on QB indicators.

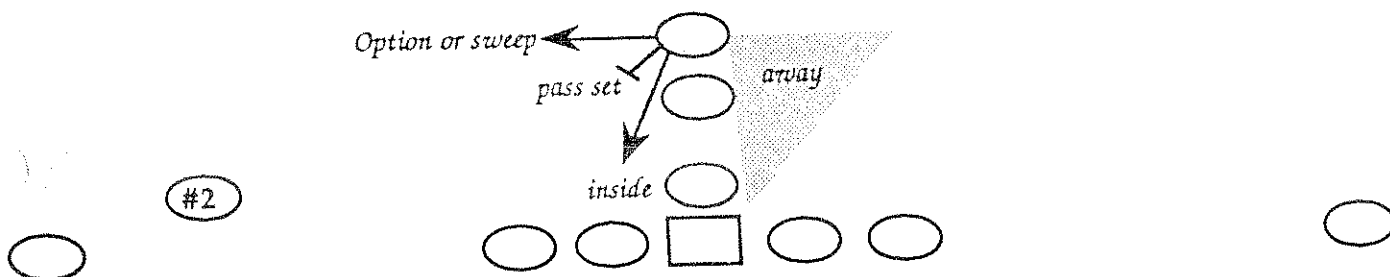
PASS SETS:

Sink 10 - 12 yds deep and play assignments. Widen with any inside receiver when he is a threat to catch the ball outside of you. Break on QB indicators.

ACTION AWAY:

Ball on the LOS: FOLD PLAYER - stay behind the ball. Look for a reverse; NO reverse take proper pursuit course.

Ball off the LOS: Sink 10 - 12 yds deep, straight back. Break on QB indicators.



SECTION 8
LINEBACKER
COVERAGE

BASIC CHECKS

1. Fronts will only be checked versus one back or no back formations
2. Secondary will check zone coverage based upon formations. change of strength motion will result in playing the other zone coverage of the call. in zone versus duce (balanced one back) sets we will play Cover 2, and in zone versus trips/trey (unbalanced one back) sets or with an unbalanced line we will play Cover 3.
3. Man coverages will not be checked.
4. Additional checks or changes may be game planned..... *whatever it takes!*

TERMINOLOGY

1. At the LOS: huddle call for a game planned situation where the defensive call is made at the LOS based upon the offensive formation.
2. Echo: call made for the defense to repeat the previous huddle call.
3. Go: call given to the OLB by a DB on a pressure stunt. The OLB has:
 - (1) The TE man to man with man coverage.
 - (2) The TE Man to man only with a flat or verticle release in Cover 3, and
 - (3) play Spot #1 with Cover 2.

Cover 3: 3 deep zone coverage with the secondary rolled to the two receiver side and the

Linebackers Playing the Pass

I. QB Indicators: Focus on the front shoulder of the QB.

- A. The QB's front shoulder indicates the direction the ball will be thrown. If the shoulder is pointing straight down field the ball will be thrown to the right, (with a right handed QB). If it is pointing to the left, the ball will be thrown to the left.
- B. The elevation of the front shoulder will indicate the distance. Tilted down or level reveals a short pass, whereas an upward tilt implies a deep pass.
- C. If we concentrate on the front shoulder we can see the throwing hand with it.
 1. We must break on the beginning of the throwing action; when the shoulder points and the front hand comes off the ball.
 2. When this action is initiated fly in the direction of the ball.
 3. What you do in the first three steps is the key to success; quickly drive for the upfield shoulder of the receiver.

II. Approach to the Ball:

- A. We must sprint to the ball: to gang tackle, to block for an interception, or to intercept a tipped ball.
- B. Play the ball:
 1. Play aggressively, make the big play.
 2. Go for the ball when it is in the air. If we play scared, we will never make big play.

III. Making a Critical Decision: Tackle, strip, or go for the interception.

- A. Tackling the receiver.
 1. If the receiver has caught the ball and is in position to cut, come under control (settle) and make an open field tackle.
 2. A mistake in open field tackling is to move forward after breaking down. Drop the tail and keep the center of gravity low.
 3. Know the coverage; where is your help? Always force the receiver towards help.
 4. Make the receiver pay a price for the catch!
- B. Preventing a completion.
 1. When approaching a receiver from the inside use your inside arm to knock the ball down. Never tip the ball up in the air, always knock it down to the ground.
 2. Use your near arm to deflect the ball and your upfield arm to make the tackle, arm over technique. If you can not deflect the ball punch through the receiver's inside arm, then expand his arm out away from his body, arm under technique.
 3. When stripping the ball use a single arm, ensure the tackle with the upfield arm. NOTE: if the player is in front of you use a double arm strip, drive both arms up & out to separate the receiver's arms as you tackle him with your chest in his back.
 4. Quick hands - slap at the ball before the receiver can put in away. You are not beaten if the receiver does not catch the ball.

C. Interceptions.

1. Watch the nose of the ball on passes to improve the judgement for timing an interception.
2. Concentrate on the ball - catch it at its highest point. Hands should be alert but not overly tense. If the ball is above the waist, thumbs in, form a funnel for the point of the ball with your thumbs and index fingers. If the ball is below the waist or coming from behind you, the thumbs should be out with the small fingers close to each other. The fingers are slightly bent to form a cup. Upon catching the ball: immediately tuck it away.
3. After an interception break for the sideline. The defender nearest the interception must block the intended receiver. All blocks must be made above the waist.
4. Attempt to intercept all possible balls EXCEPT 4th down and long.

Coaching Points

1. Never intercept a deep 4th down pass. We will obtain the ball at the LOS.
2. Be alert for fumbles on the goal line and during 4th down plays. Offenses will intentionally fumble the ball if they do not make the necessary yardage.
3. If we are ahead in the last minutes and we intercept a pass, your first responsibility is to stay in bounds, and not to be tackled. Avoid fumbling the ball back to the offense.
4. **WE MUST NEVER LOSE OUR POISE!**

Rules Pertinent to the Passing Game

1. All defensive players are eligible to intercept a forward pass.
2. There are six offensive players who are eligible to catch a forward pass downfield: each player in an end position on the LOS and each player in the backfield. Eligible receivers must be wearing a number other than 50 through 79.
3. If a defender tips a ball, anyone on the field is eligible to catch the ball.
4. It is the Offense's ball if a forward pass is caught simultaneously by opposing players.
5. Once a pass has been tipped, pass interference is no longer possible. You may push an opponent out of the way to reach a tipped pass - however you can not hold him. There is NO pass interference on passes thrown behind the LOS.
6. Contact by an opponent which interferes with an eligible receivers (offense or defense) beyond the neutral zone is pass interference; however, players are not guilty of interference when making a simultaneous and bona fide effort to reach the ball. **Play the ball!**
7. The offensive team may make one forward pass during each scrimmage down, it must be thrown before the passer advances beyond the neutral zone.
8. A player must have at least one foot in bounds for a catch to be legal.
9. An incomplete lateral pass is treated like a fumble; when they throw an incomplete pass to a flare man behind the LOS, it is always a fumble as far as the defense is concerned.
10. Any ball thrown backwards or directly to the side is a Lateral Pass. It makes no difference whether it is thrown overhand, side arm, or on a bounce.
11. An interception in the end zone is a touchback unless the interceptor elects to run it out. If you do not have a chance to reach the 20 yard line, you should down it in the end zone.

Communication

Effective execution of our coverage is dependent upon clear communication between our pass defenders.

1. The Safeties must make sure everyone knows the coverage.
2. 'PASS', 'PASS', 'PASS' should be yelled as soon as anyone reads the play as a Pass.
3. Corners must yell 'CRACK', 'CRACK', 'CRACK' versus Crack back blocks by a WR.
4. Deep defenders, the Safeties and the Corners, must communicate routes to the underneath defenders; 'CURL', 'CURL', 'CURL' (inside route by #1) or 'OUT', 'OUT', 'OUT' (outside route by #1) and 'HOOK', 'HOOK', 'HOOK' (outside route by #2) and 'IN', 'IN', 'IN' (inside route by #2).
5. If you suspect a TE or Slot faking a block yell 'DELAY', 'DELAY'.
6. When a WR runs back against the grain yell 'REVERSE', 'REVERSE'.
7. The defensive back plays everything as a pass until his read indicates a Run. Then he should yell 'RUN', 'RUN', 'RUN' as he provides run support according to the coverage responsibility.
8. Coverage defenders should yell 'SCRAMBLE', 'SCRAMBLE' when the Qb is scrambling around. Coverage defenders must stay with their receiver until the Qb passes the LOS then converge. Stay deep until the ball crosses the LOS.
9. Yell 'BALL', 'BALL', 'BALL' when you read the Qb indicators!

Man to Man Techniques for Linebackers

1. Maintain inside position on the receiver, stay square. As a back releases attack his inside shoulder. If the receiver tries to work inside, collision him, knock him down. If he runs outside, jump on his inside hip and run with him.
2. If you are in stride with the receiver, then look for the ball when he looks. If he has you beaten, DO NOT LOOK FOR THE BALL, but run straight at him to ensure the tackle.
Make the tackle!

Receiver Identification

Receivers are numbered from the outside in, #1 - #2 - #3 - #2 - #1.

Combination Zone Coverages

Cover 43: Cover 4 is played versus a pro set and Cover 3 versus a twin set.

Cover 7: Cover 4 is played versus a pro set and Cover 3 versus a twin set.

Cover 34: Cover 3 is played versus a pro set and Cover 4 versus a twin set.

Cover 8: Cover 3 is played versus a pro set and Cover 4 versus a twin set.

SECTION 9

SECONDARY

TECHNIQUES

Playing the Pass in the Secondary

I. QB Indicators: Focus on the front shoulder of the QB.

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A. Tackling the receiver.

1. If the receiver has caught the ball and is in position to cut, come under control (settle) and make an open field tackle.
2. A mistake in open field tackling is to move forward after breaking down. Drop the tail and keep the center of gravity low.
3. Know the coverage; where is your help? Always force the receiver towards help.
4. Make the receiver pay a price for the catch!

B. Preventing a completion.

1. When approaching a receiver from the inside use your inside arm to knock the ball down. Never tip the ball up in the air, always knock it down to the ground.
2. Use your near arm to deflect the ball and your upfield arm to make the tackle, arm over technique. If you can not deflect the ball punch through the receiver's inside arm, then expand his arm out away from his body, arm under technique.
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4. Quick hands - slap at the ball before the receiver can put it away. You are not beaten if the receiver does not catch the ball.

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2. Concentrate on the ball - catch it at its highest point. Hands should be alert but not overly tense. If the ball is above the waist, thumbs in, form a funnel for the point of the ball with your thumbs and index fingers. If the ball is below the waist or coming from behind you, the thumbs should be out with the small fingers close to each other. The fingers are slightly bent to form a cup. Upon catching the ball, immediately tuck it away.
3. After an interception break for the sideline. The defender nearest the interception must block the intended receiver. All blocks must be made above the waist.
4. Attempt to intercept all possible balls EXCEPT 4th down and long.

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3. If we are ahead in the last minutes and we intercept a pass, your first responsibility is to stay in bounds, and not to be tackled. Avoid fumbling the ball back to the offense.
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3. If a defender tips a ball, anyone on the field is eligible to catch the ball.
4. It is the Offense's ball if a forward pass is caught simultaneously by opposing players.
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6. Contact by an opponent which interferes with an eligible receivers (offense or defense) beyond the neutral zone is pass interference; however, players are not guilty of interference when making a simultaneous and bona fide effort to reach the ball. **Play the ball!**
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Any ball thrown backwards or directly to the side is a Lateral Pass. It makes no difference whether it is thrown overhand, side arm, or on a bounce.
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Communication

Effective execution of our coverage is dependent upon clear communication between our pass defenders.

The Free Safety must make sure everyone knows the coverage.

'PASS', 'PASS', 'PASS' should be yelled as soon as anyone reads the play as a Pass.

Corners must yell 'CRACK', 'CRACK', 'CRACK' versus Crack back blocks by a WR.

Deep defenders, the Safeties and the Corners, must communicate routes to the underneath defenders; 'CURL', 'CURL', 'CURL' (inside route by #1) or 'OUT', 'OUT', 'OUT' (outside route by #1) and 'HOOK', 'HOOK', 'HOOK' (outside route by #2) and 'IN', 'IN', 'IN' (inside route by #2).

If you suspect a TE or Slot faking a block yell 'DELAY', 'DELAY'.

When a WR runs back against the grain yell 'REVERSE', 'REVERSE'.

The defensive back plays everything as a pass until his read indicates a Run. Then he should yell 'RUN', 'RUN', 'RUN' as he provides run support according to the coverage responsibility.

Coverage defenders should yell 'SCRAMBLE', 'SCRAMBLE' when the Qb is scrambling around. Coverage defenders must stay with their receiver until the Qb passes the LOS then converge. **Stay deep until the ball crosses the LOS.**

Yell 'BALL', 'BALL', 'BALL' when you read the Qb indicators!

General Principles for Secondary Play

Know the situation - think tactfully - (score, down and distance, time).

We can not allow a long pass to be completed or permit a long run. Our first step must be backwards. Deep coverage personnel must play every down as a pass first, play the run second. We must never be beat deep.

Mistakes up front result in first downs. Errors in the secondary give up Touchdowns!

Play every down as if the ball is coming at you. Play your responsibility first then fly to the ball. If you are to be a good defender in either zone or man, you must concentrate on your keys!

In Zone coverages - cover the man they throw to, all the other receivers are decoys.

Know where your help is in every coverage.

Always come out settled. You must read the Qb's first three steps for the quick game.

Communicate:

Call 'run' or 'pass' as soon as you recognize it.

Call and identify offensive trick plays: screens, draws, reverses, bootlegs, and delays.

Call underneath routes: 'Curl' or 'Out' for #1's routes and 'Hook' or 'In' for #2's routes.

Call 'ball' as you read the Qb indicators and 'oskie' with an interception.

Play the ball, become the receiver.

Always make breaks from a settled position (*butt down, shoulders over your feet, and feet close together moving as quick as possible*).

Concentrate on all keys. Deep coverage defenders make sure all keys indicate run before you leave your zone or man to provide run support. Play your responsibility first!

12. Always maintain the proper angle on the ball versus both the pass and run.
13. Diagnose run or pass as soon as possible. Deep coverage defenders, if you are not sure what the offense is doing or where the ball is, **THEN GET DEPTH!**
14. Always be alert for trick plays - Hb pass, lateral pass from the Qb to a receiver then to another receiver, sweep with a throwback to the Qb, etc.)
15. Deep coverage defenders, do not come up on a fumble unless it is across the LOS. An incomplete lateral pass is treated like a fumble. When they throw an incomplete pass to a flare man behind the LOS, it is always a fumble as far as deep coverage defenders are concerned, **STAY DEEP!**
16. In filling versus the run stay square to the LOS.

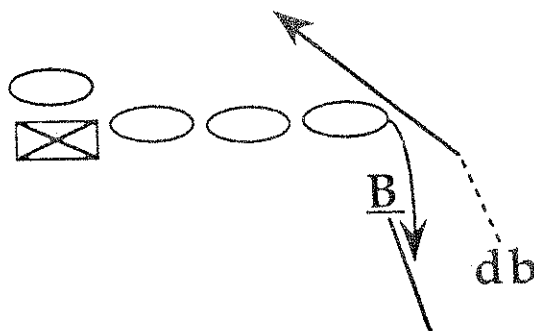
Shedding - Playing Off Blocks in the Secondary

1. Concentrate on the blocker's head.
2. **NEVER** get knocked off of your feet or stay blocked.
3. Close the distance to the blocker, do not wait for him. When possible avoid the blocker, head fake one way and go the other way. Only do this when the ball carrier is at least 10 yards away from you!
4. When taking on a block: stay low, under control, with your shoulders parallel to the LOS. Take on blocks with your inside shoulder and arm; keep your outside arm and leg free to maintain outside leverage on the ball. The only exception is when the defensive back was instructed to use a **WRONG SHOULDER** technique, ie., come under a Kick Out block by an offensive blocker.
5. **Versus a Stalk block:** Commit total concentration on the blocker. Shoot your hands for the blocker's numbers, sink your hips, grab cloth, and bench press the blocker off of you. When the ball carrier commits, shed the blocker and make the tackle.
6. **Versus a Cut block:** Put your nearest hand on the blocker's helmet, push it down and parallel to the LOS. Skate back, keep your feet, and maintain outside leverage.
7. **Versus an Arc block:** Maintain outside leverage. Roll your hips into the blocker as you make contact with your inside shoulder. Stay low, pad under pad, as you step with your inside foot when making contact. Maintain outside leverage on the ball.

Stunting

GO stunt

The backside OLB will drop in coverage and the defensive back assigned to underneath coverage will apply immediate pressure by blitzing from the outside. If the defensive back gives the OLB a 'LOCK' call then the OLB plays the TE man to man on all outside and vertical routes; a 'LOCK' call is given when motion checked the defensive back's assignment to outside third.



Defensive Back's Stance

Head up, chin over front knee.
Nose over front foot.
Eyes focused on keys.



Shoulders square to LOS, in front of hips, and over balls of feet (forward body lean).

Arms hanging naturally, not rigid, hands down below the knees.

Slight flexion at the knees, knees over the toes.

Back flat.

Flexion at waist.

Hips low, butt at a comfortable level, should not have to raise or lower during back pedal.

Flexion at ankles.

Narrow base: outside of feet inside your shoulders.

Toes pointed straight ahead.

Toe - instep relationship:

(Outside foot up - do not turn hips away from inside)

Weight on balls of feet, heels off of the ground.

INITIAL MOVEMENT: push off of the front foot and step with the back foot begin the back pedal. No false steps or wasted motion, unnecessary movement will cause loss of cushion.

Back Pedal Technique

It is essential to eliminate wasted motion: be concise, smooth, and fluid in your back pedal.

Learn to judge the speed of the approaching receiver.

VERTICAL CUSHION: will naturally close down to 3-4 yards at the breaking area, approximately 15 yards from the LOS.

Keep shoulders square to LOS and in front of hips (forward body lean).

Shoulders over knees is the most efficient way to run.

Stay in back pedal as long as you can maintain position according to coverage.



See RUN/PASS read while moving to initial area of responsibility.

Pump arms just like running forward; hands go no higher than shoulders nor further back than hips.

Keep elbows tight to the body.

Hips low and square to the LOS.

Maintain a narrow base, too wide then can't redirect.

Keep your feet under your body.

Start with short controlled steps, weight over the balls of your feet, push off the front foot and pull the weight over the back foot.

Keep your feet close to the ground, this permits a quicker reaction and change of direction.

On pass read increase the speed of your back pedal, short quick steps.

Change of Direction Technique

Take the proper angle in breaking from a settled position,
butt down, shoulders over feet, and narrow base.



1. Keep HEAD up and chin over knee.

1. Use arms and shoulders to assist in changing direction.

2. ROLL shoulders over *Drive Leg*.

3. ELBOWS are kept tight to the body.

1. Open your HIPS quickly, keeping them low.

2. In your *Acceleration Step* SNAP your hips at the target.

1. *ROCKER STEP:*

Rock on the foot opposite of the direction you are breaking towards. This will break your backward momentum and begin to transfer the weight for the *Drive Step*.

2. *DRIVE STEP:*

Take a short step (1-3") on the foot nearest to the direction you are breaking. This will permit a complete weight transfer in the direction of the break besides providing power for the *Acceleration Step*.

3. *ACCELERATION STEP:*

Step in the direction of the break as quickly as possible. This is easiest to do when rocking on the ball of your foot as opposes to planting on the side of your foot.

Rocking vs Planting:

Defensive back's who overstride must plant on the side of their foot to prevent slippage, however this not only locks up the hips making it more difficult to break in the proper direction but also slows down the break. Keep your feet under you in order to use a *Rocker Step*.

Maintaining Position on Receivers

Always maintain a 'settled' position (butt down, shoulders over feet, and a forward body lean); this will enable you to keep your center of gravity low as you maintain horizontal and vertical position.

Take short, quick steps, moving your feet as fast as possible. Feet must stay under your body.

Keep the receiver in an inside or outside position as determined by coverage, horizontal position. Weave in your backpedal to maintain your position. In deep zone assignments you will weave to maintain your initial position as the receiver releases on his route. In man assignment, you will weave to maintain an inside position of 1-2 yards on the receiver's route.

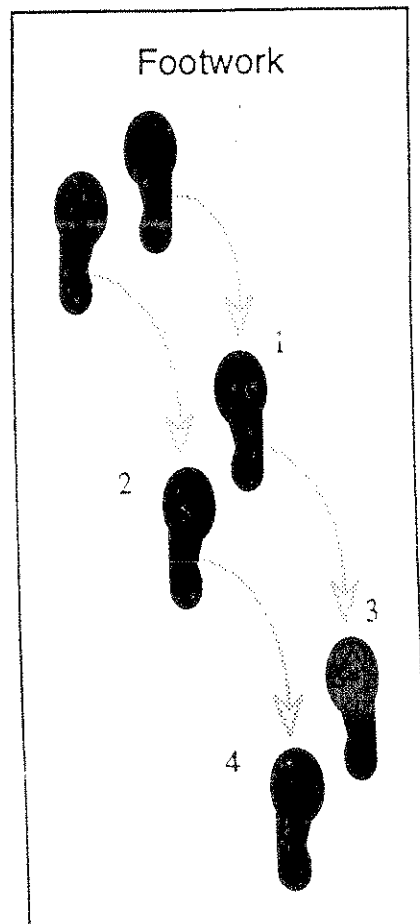
Weave Technique

Keep your shoulders square to the LOS as you step back and to the side to maintain your lateral position.

Step with the foot to the side of the weave then close down to the heel with the foot opposite of the weave.

Keep your feet under your body, avoid crossing them, and move them quickly.

Maintain a 'settled' position, (butt down, shoulders over feet, and a forward body lean).



Vertical Position

Attempt to maintain a position of 3 - 5 yards in front of the receiver.

When your vertical cushion is reduced to 3 yards, turn and place the receiver in a chase position, immediately behind your shoulder. Squeeze into the receiver, without contact, this will slow him down. Do not look for the ball until you have the receiver covered; have confidence in the 'ball' call by your teammates. When looking for the ball, turn your head up and back, do not turn your shoulders and body.

Vertical Turn Technique

PIVOT:

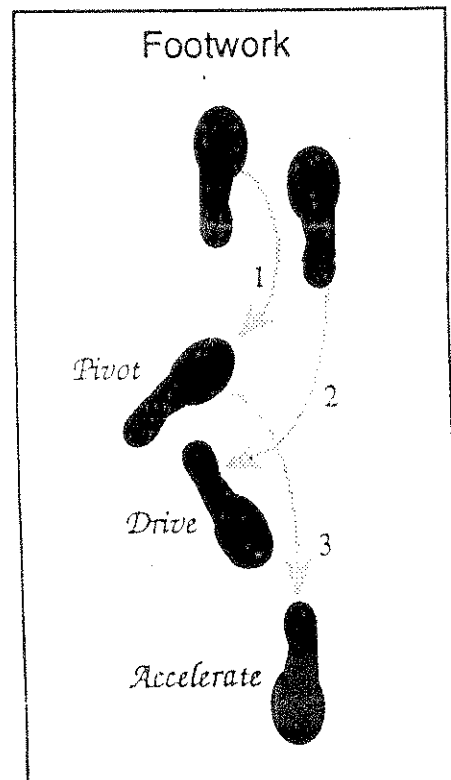
pivot the foot opposite of the turn at a 45 degree angle away from the intended turn. Open the body by whipping the near elbow back; this will aid opening the hips for the drive step.

DRIVE:

the second step is placed perpendicular and close behind the heel of the pivot foot. Whip the pivot foot arm through tightly to the body, this will assist in getting the head and shoulders around.

ACCELERATE:

on the third step accelerate off of the drive foot with a short step, do not overstride. Place yourself in a position to play your indicators.



Secondary man to man technique

- A. Maintain all back pedal principles used in zone coverage; ie., always keep feet moving, proper position, pump arms, etc.
- B. Align inside the receiver and maintain this position throughout the pattern. Remember, we NEVER want to permit the receiver to achieve a head up position. Keep your lateral position.
- C. When back pedaling, keep your vertical cushion from the receiver. Maintain at least a 3 yards cushion. If the cushion is lost, turn into the receiver and run with him.
- D. KEY: hips to feet.
 - 1. If the receiver gathers and raises his hips he will simultaneously shorten his stride; NOTE he is preparing to make a cut with pass action and is coming under control to block with run action.
 - 2. If the receiver pushes off hard from his stance with his head down, he can not make a cut at full speed. He must slow down, indicating a change of direction.
 - 3. The foot which is driven to the ground the hardest will be the plant foot, the cut will be in the opposite direction.
 - 4. If long strides continue, then a deep pattern will occur.

Short choppy step indicates a change of direction or blocking.

Long strides indicate a deep pattern.

Side of plant foot indicates cut in opposite direction.

- E. Defensive back's reaction:
 - 1. After determining the direction of the route, close on the receiver by break out of your back pedal and changing direction with a Rocker Step.
 - 2. On deep inside routes you will turn into the receiver resulting in a face to face relationship. On out cuts and short inside cuts, you will be breaking up on the receiver with your chest to his back.
 - 3. When the receiver looks and reaches for the ball, you continue to close on the receiver as you now make the critical decision: tackle, strip, or intercept.
- F. Reminders:
 - 1. Hips low throughout the play.
 - 2. Be slow to react to an outside fake.

SECTION 10

SECONDARY

COVERAGE

Spot #1 - Underneath Technique for Cover 3

Note: OLB'ers versus #2 wide, align 5 yards off the LOS and on the inside shoulder of #2. Drop on the inside shoulder of #2, read QB, then widen under #1. Buy time for the ILB to get inside of #2.

Pass set with ball off LOS deeper than a draw threat. Read route of #2.

Break on QB indicators. *Always widen with any receiver who crosses your face from the inside.*

Initial drop:

Versus dropback action or flow towards you:

(1) VS a tight #1, drop 10 - 12 yards deep, 5 yards outside a TE.

(2) VS a wide #1, drop 10 - 12 yards deep, 3 yards inside the WR.

Versus flow away:

drop 1 yard outside TE position, 10 - 12 yards; looking for crossing routes.

Reads from #2:

#2 FLAT: hang until #2 is a threat to catch the ball outside of you, then widen.

#2 VERTICAL, ACROSS or BLOCKING: hang under route of #1.

QB scrambles or breaks contain:

TOWARDS YOU: Hang at your current depth playing pass until QB crosses LOS, then attack inside out.

AWAY: Squeeze inside 5 yards, check for any throwback possibilities. Only pursue once all threats of a throwback are gone.

Spot #2 - Underneath Technique for Cover 3

Note: ILB vs 3 receivers away, trips or Trey, we consider the opposite #3 to be your #2.

Pass set with ball off LOS deeper than a draw threat. Read route of #2.

Break on QB indicators. *Widen 4 - 5 yards with any receiver who crosses your face from the inside and deepen to a depth of 15 yards, cover dig route by the #1.*

Initial drop:

Versus dropback action or flow towards you:

(1) VS a tight #2, drop 10 - 12 yards deep, on the inside shoulder of #2.

(2) VS a wide #2, drop 10 - 12 yards deep, 5 yards inside of #2.

Versus flow away:

come straight back, 10-12 yards. *Secondary contain responsibility on scramble away.*

Reads from #2:

#2 FLAT: If #3 comes vertical settle and break on indicators, no vertical then widen to 5 yards inside of #1, stay at 10-12 yards depth.

#2 VERTICAL: wall #2 off from any inside routes up to 12 yards depth, then settle and break on QB's indicators.

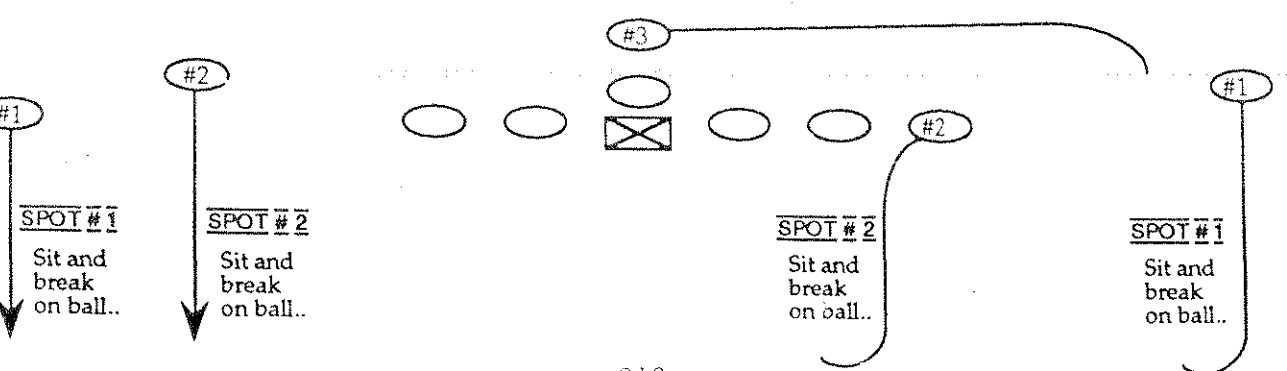
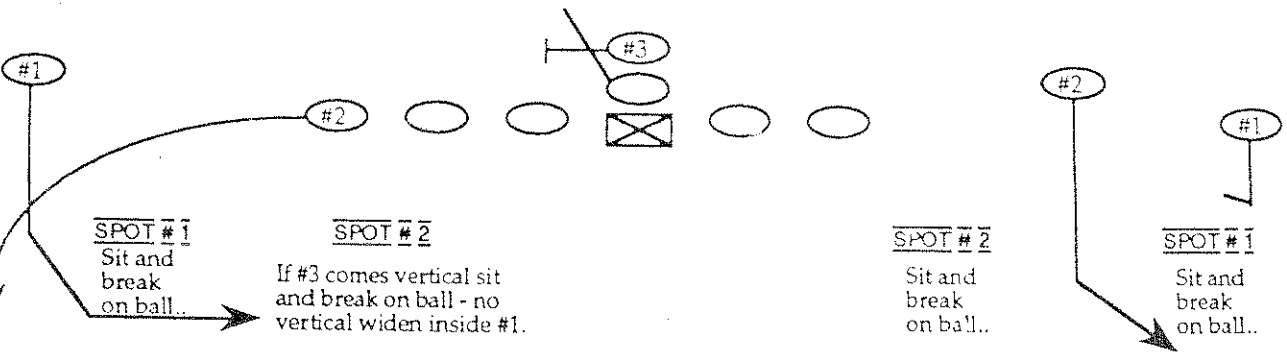
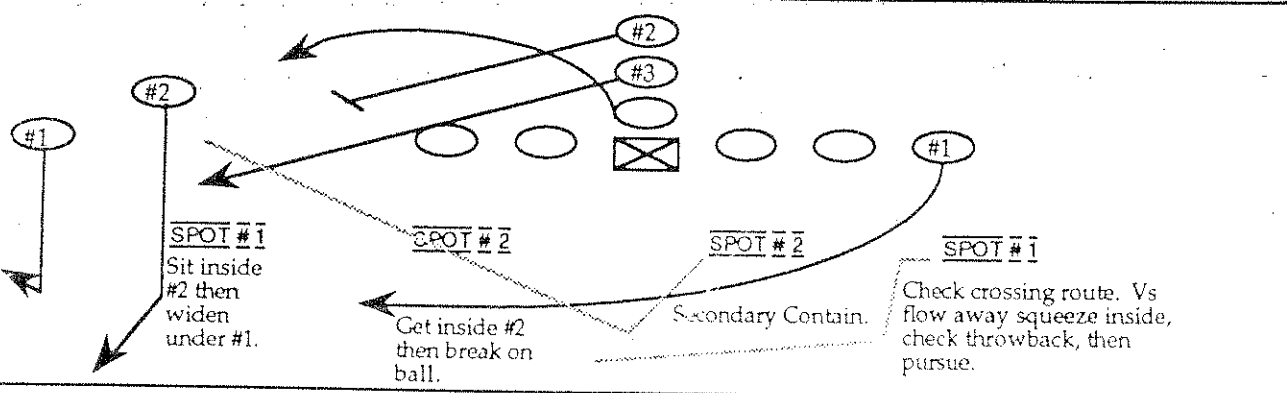
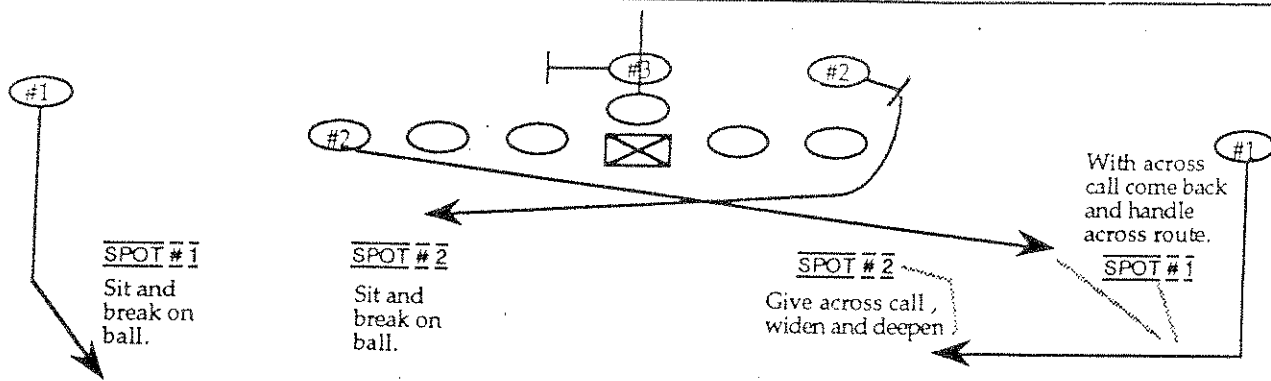
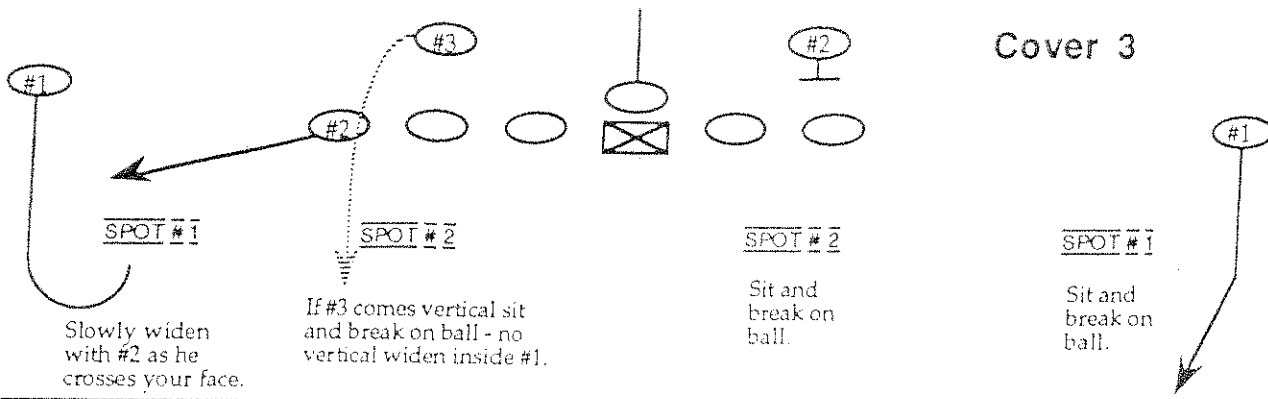
#2 ACROSS or BLOCKING: sink straight back 6-8 yards depth, then settle and break on QB's indicators. *Widen and deepen with any inside crossing receiver.*

QB scrambles or breaks contain:

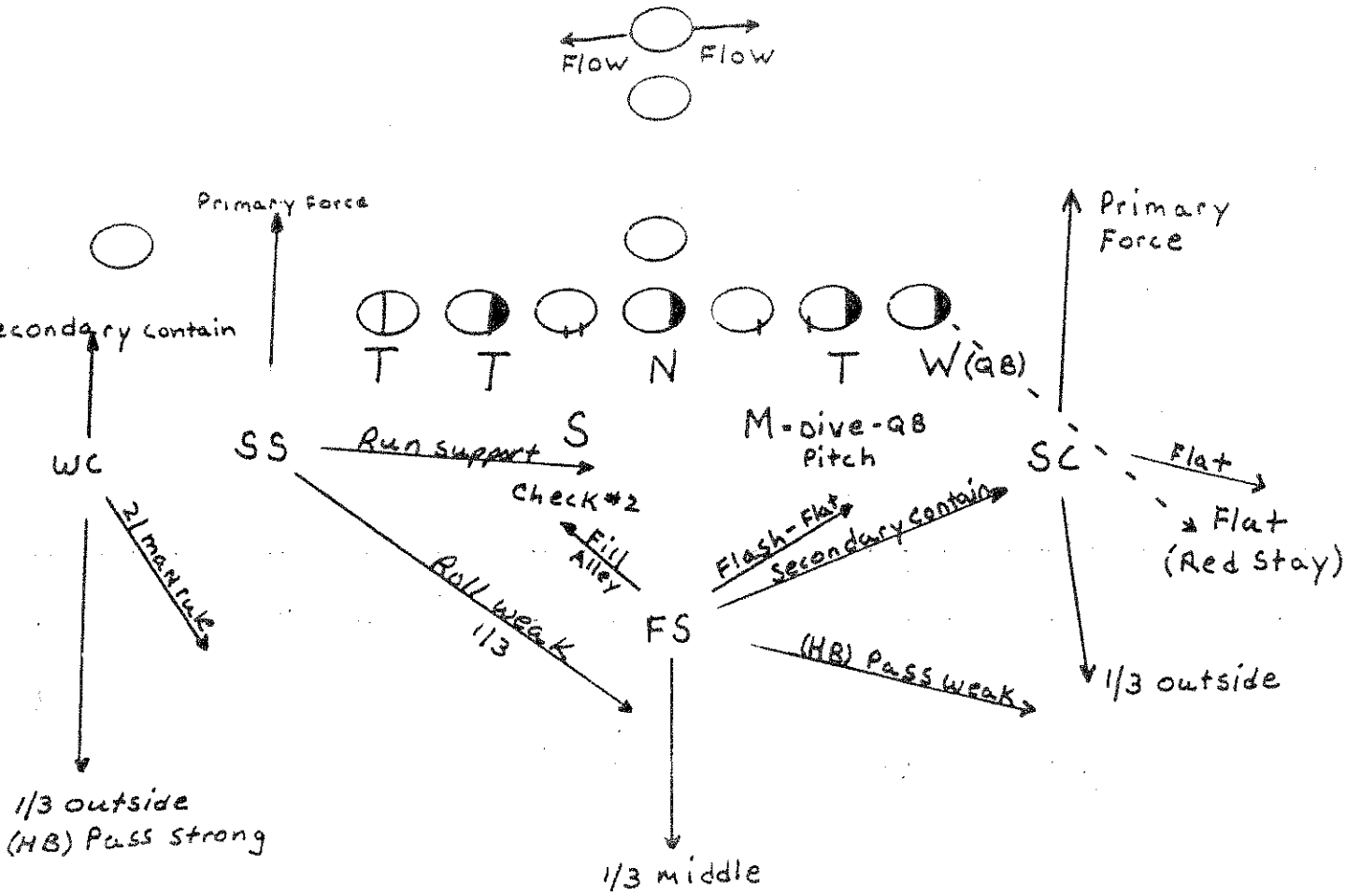
TOWARDS YOU: Hang 10-12 yards playing pass until QB crosses LOS, then attack inside out.

AWAY: Secondary contain, you must FORCE - take a good pursuit angle which will keep the QB's yardage minimal.

Cover 3



COVERAGE - RED or RED STAY

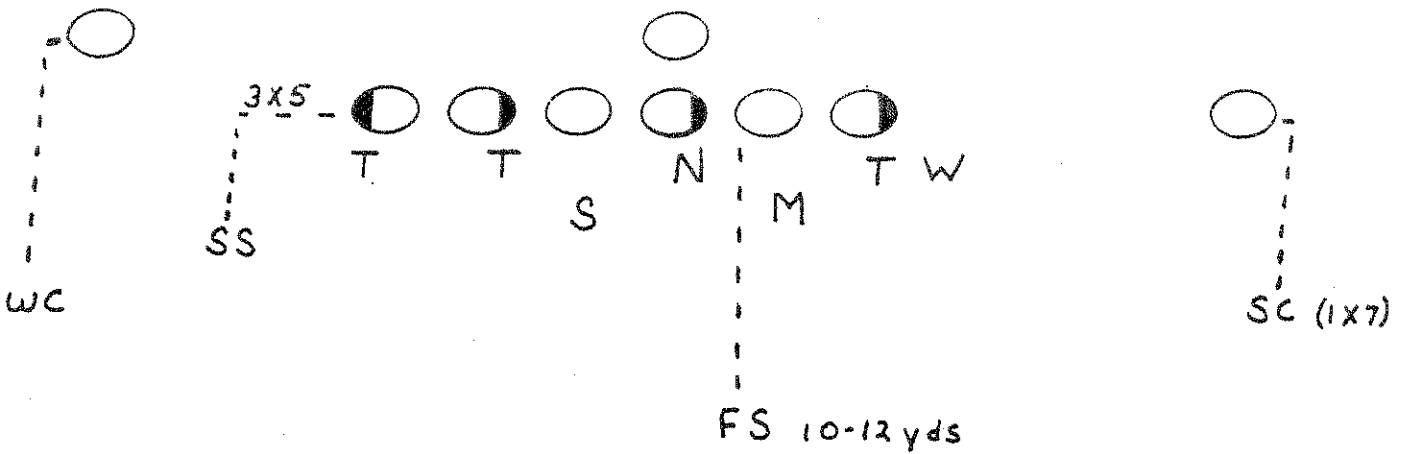


*Check - Red Stay 3 deep - no rotation
Willie will drop inot weak flat

C.P. - Check Red Stay when formation is into the boundary (strength)

- vs. Pro (TE) into the boundary.

Red stay - Red



*When (TE) is into the boundary, check Red Stay
(FS) cannot fill the alley because of (HB) pass

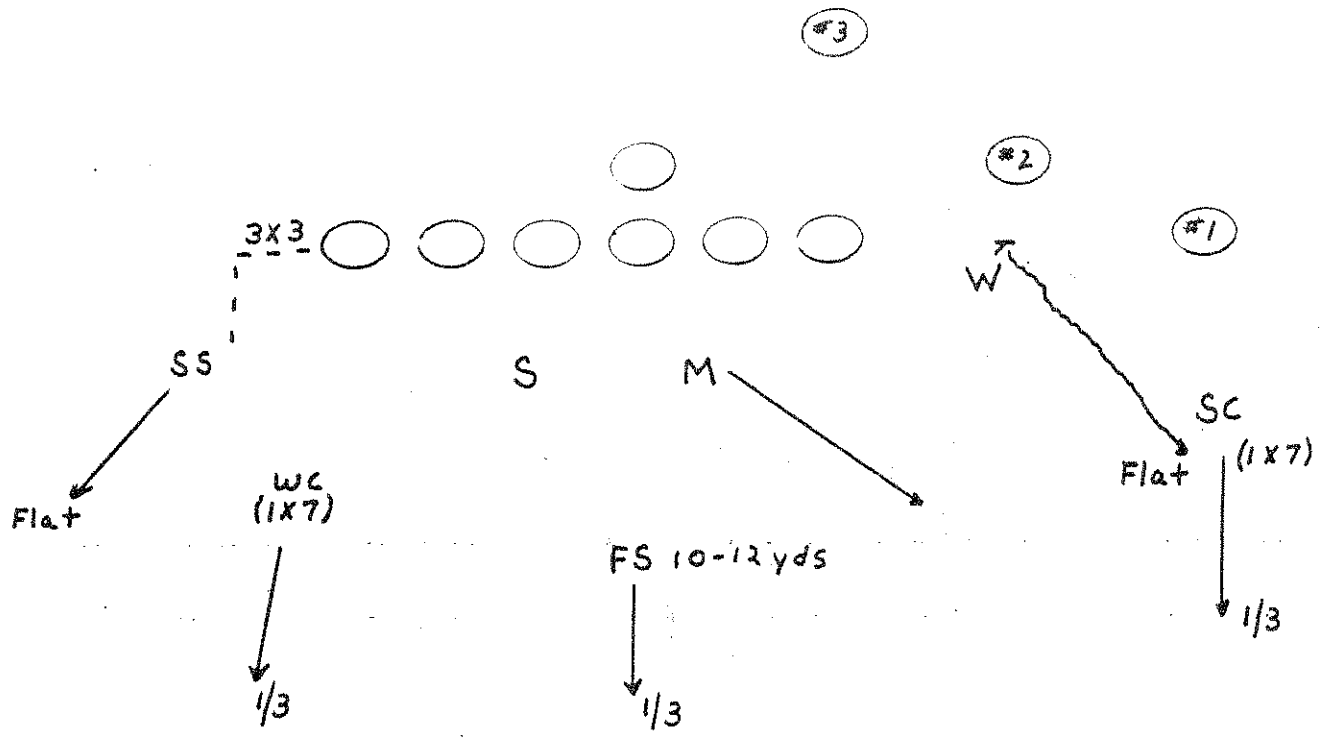
*When (TE) is weak, (FS) align over center, 10-12 yds

- FS - Guards - Base block (hit alley)
- Guards - Pass set (Check #2)
- Guards - Down block (Check #2)
- Guards - Pull, sweepaction, (Check #2 - hit alley if sweep)

C.P. We can flash call to the weak side, which would put our S/C deep 1/3 and F/S would be primary force. (Flat - fill alley).

Check Red stay

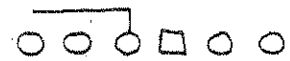
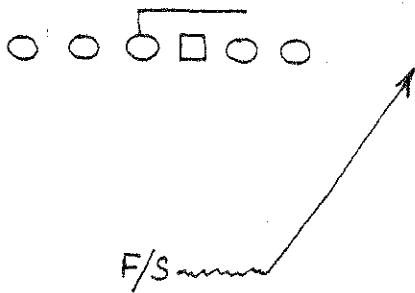
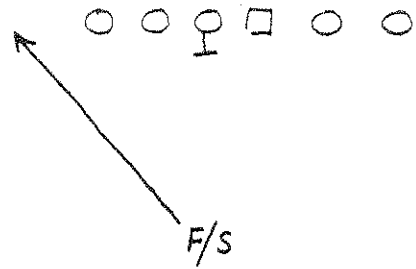
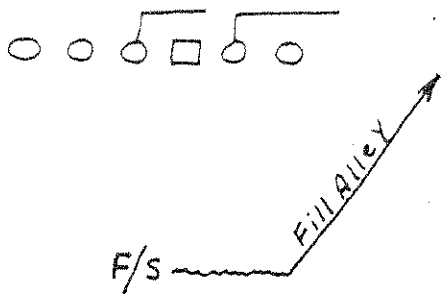
Boundary



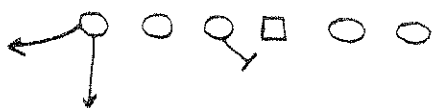
C.P. Any strong formation into the boundary, force verticle releases. Make (QB) hit the wides pattern. (Spread, trips)

- * We will play - zone progression in which we will number the receivers (stay on top of receivers)
- * Sam & Mike - do not play outside the hash marks on pass progression.
- * Vs. Pro formation - must jam (TE), funnell inside (LB'er) play him underneath (No Dump Pass)

F/S Guard Reads:



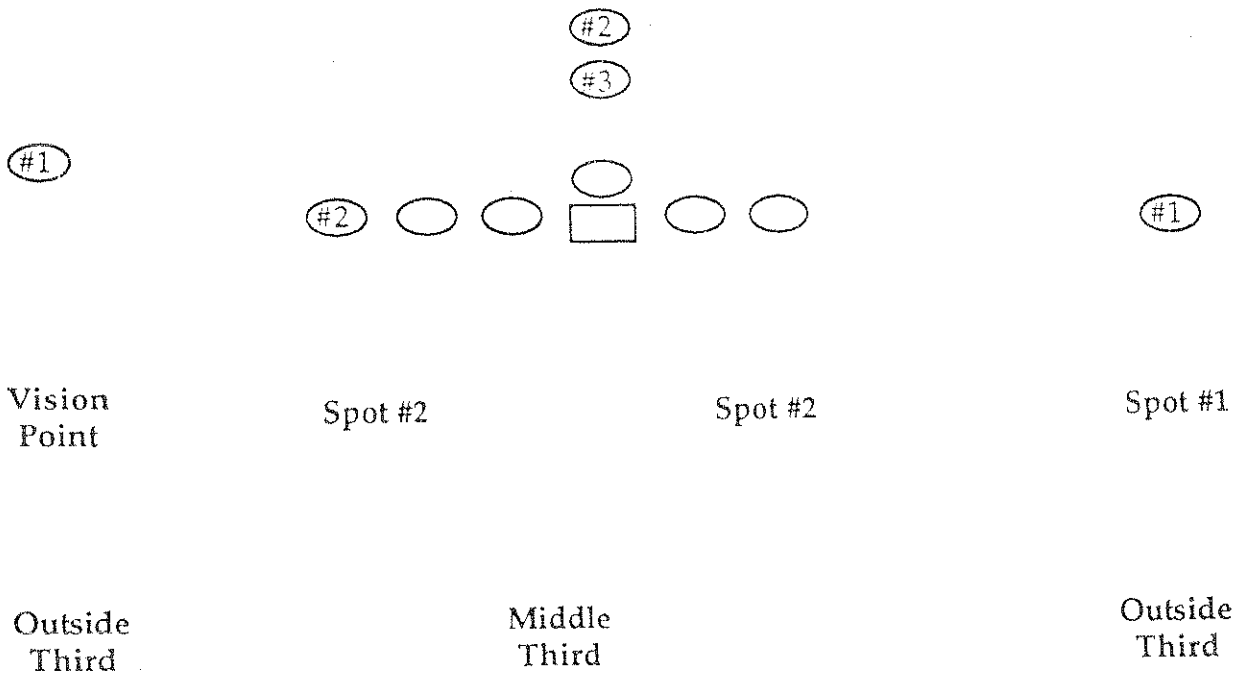
F/S check #2



Vertical Release
Lock ON #2
F/S

Cover 3: three deep zone coverage with the secondary rolled to the two receiver side and the linebackers kicked to the single receiver side. Used versus unbalanced 1 back sets and 2 back sets.

Cover 3	Strong Corner	Strong Safety	Free Safety	Weak Corner
2 rec. field SKY call	outside third	vision point	middle third	outside third
2 rec. field CLOUD call	vision point	outside third	middle third	outside third
2 rec. boundary SKY call	outside third	middle third	vision point	outside third
2 rec. boundary CLOUD call	outside third	middle third	outside third	vision point



Cover 3 Alignment Rules

CORNERS:

1. Align 7 yards off the WR and 1 - 2 yards outside, (inside the 25 yard line reduce to 5 yards off the WR).
2. BALL on the HASH (*outside the uprights*):
Strong Corner - split the difference between the WR and the hash if he aligns over 6 yards outside the hash.
Weak Corner - never align closer than 6 yards to the sideline.
3. BALL in the MIDDLE (*between the uprights*): align 1 - 2 yards outside of the WR until he aligns outside of the numbers, then split the WR and the numbers.
4. Versus a tight #1 (*split < 5 yards from the OT*):
Corner to the roll - align 9 yards off the LOS and 1 - 2 yards outside of #1.
Corner away from the roll - align 3 yards outside of #1 and 5 yards off the LOS.

SAFETY: vision point technique

1. Versus NO width: align 3 yards off the LOS and 3 yards outside #1.
2. Versus nasty width (*split < 5 yards from the OT*): align 3 yards off the LOS on the outside shoulder of #1.
3. Versus width and #2 tight: align 7 yards off the LOS
with the OLB on the LOS: 5 yards outside #2.
with the OLB off the LOS: split the difference between #1 and #2.
4. Versus width and #2 wide: align 7 yards off the LOS on the inside shoulder of #2.

SAFETY: Alignment rules for middle third technique.

align 10 - 12 yards deep, splitting the difference between your #1 and the opposite #2; but ways between the TE positions.

TECHNIQUES for Cover 3

Outside 1/3
Middle 1/3
Vision Point

Cover 3 Technique: Vision Point

Key: (1) Ball
(2) #2 receiver
(3) QB

Action: Ball off the LOS - *{ pass read }*

Reaction: Versus SPLIT flow or FULL flow to you; drop 10 - 12 yards deep and 5 yards inside of the WR. If there is no width by the WR come straight back. Read #2 and break on the QB indicators.

#2 FLAT: hang until #2 is a threat to catch the ball outside of, then widen.
#2 VERTICAL, ACROSS, or BLOCKS: hang under #1.

NOTE: versus width and #2 wide, drop 10 - 12 yards deep on the inside shoulder of #2. Read the QB; then widen under #1. Buy time for the LB to get drop inside of #2.

Reaction: Versus FULL flow away; drop straight back 10 - 12 yards deep, break on QB indicators. Widen with a crossing receiver from the inside.

SCRAMBLE: play pass until the ball crosses the LOS, then converge. Versus scramble away; squeeze inside 5 yards, check for throwback. Only after all threat of a throwback is gone do you continue to squeeze inside.

Action: Ball on the LOS - *{ run read }*

Reaction: Responsible for run first, PRIMARY support with ball to you.
CUTBACK player with ball away.

PRIMARY Support: occurs with the ball on the LOS towards you.

- (1) Versus a tight receiver blocking on the LOS *{sweep, speed option, veer option}* support opposite the outside linebacker, attack the blocking threat as deep as possible. Versus a wing; wrong shoulder an offensive blocker who attempts to kick you out, make the ball bounce.
- (2) Versus an arc release by a tight #1 *{dive option}* attack through his outside shoulder, collision #2, support the pitch.
- (3) Versus a CRACK; beat the WR inside. If you can not beat the WR inside, then attack his outside shoulder with your inside shoulder; come around the block. **Destroy the blocker!**

CUTBACK: occurs with the ball on the LOS away, deny ball carrier from cutting back to the inside. Keep #2 inside and underneath of you. If #2 runs upfield cover him man to man. Versus #1 tight, leverage #1 across.

Cover 3 Technique: Outside 1/3

- Key:** (1) Ball
(2) #2 receiver
(3) QB

Action: Ball off the LOS - { *pass read* }

Reaction: Responsible for short game to WR. After QB's 3rd step read #2, break on QB indicators.

#2 FLAT: expect #1 to curl or post. Squeeze the post but be aware of an UP route by #2.

#2 VERTICAL: expect #1 to streak or out, maintain position on #1.

#2 ACROSS or BLOCKS: squeeze #1's route.

SCRAMBLE: play pass until the ball crosses the LOS, then converge.

With the ball off the LOS and a "Run" call from the Middle 1/3 defender, you provide immediate support from outside-in.

Action: Ball on the LOS - { *run read* }

Reaction: Responsible for play action pass first, SECONDARY support with ball to you. INSURANCE player with ball away.

SECONDARY Support:

- (1) With NO "Run" call - you have no run responsibility until the ball crosses the LOS. Deny all play action passes. Never let the ball up the sideline; force him inside or sideline tackle him out of bounds. Versus a **CRACK** block, yell "Crack", stack behind the crack, and fill opposite the PRIMARY force defender.
- (2) With a "Run" call - provide immediate support from outside-in.
- (3) Versus a **TIGHT** #1 blocking; support the sweep or option immediately. Attack the lead blocker as deep as possible, constrict the running lane and force the ball carrier inside. Versus a wing; wrong shoulder an offensive blocker who attempts to kick you out, make the ball bounce.

INSURANCE: occurs with the ball on the LOS away. Deny the TD! Keep #1 inside and underneath of you. If #1 runs upfield cover him man to man.

Cover 3 Technique: Middle 1/3

Key: (1) Ball through offensive guard
(2) #2 receiver
(3) QB

Action: Ball off the LOS with the offensive guard on the LOS or pulling
[guard on the LOS: down block, fan, or pass set] - { *pass read* }

Reaction: Gain depth while reading #2, break on QB indicators.

#2 FLAT: expect #1 to curl or post, responsible for post.

#2 VERTICAL: protect middle 1/3, responsible for deep passes to #2.

If #2 hooks up, deepen and expect a post from either WR,
responsible for post.

#2 ACROSS or BLOCKS: expect a post from either WR, responsible for post.

NOTE: When the ball is off the LOS and the QB breaks the tackle box,
the Middle 1/3 defender slides in that direction staying behind the QB.
Always expect a post from the WR away from the QB's roll.

SCRAMBLE: play pass until the ball crosses the LOS, then converge.

Action: Ball off the LOS with the offensive guard downfield - { *run read* }

Reaction: Call "Run" (over and over) and fill the alley aggressively;
stay behind the ball as you press the LOS.

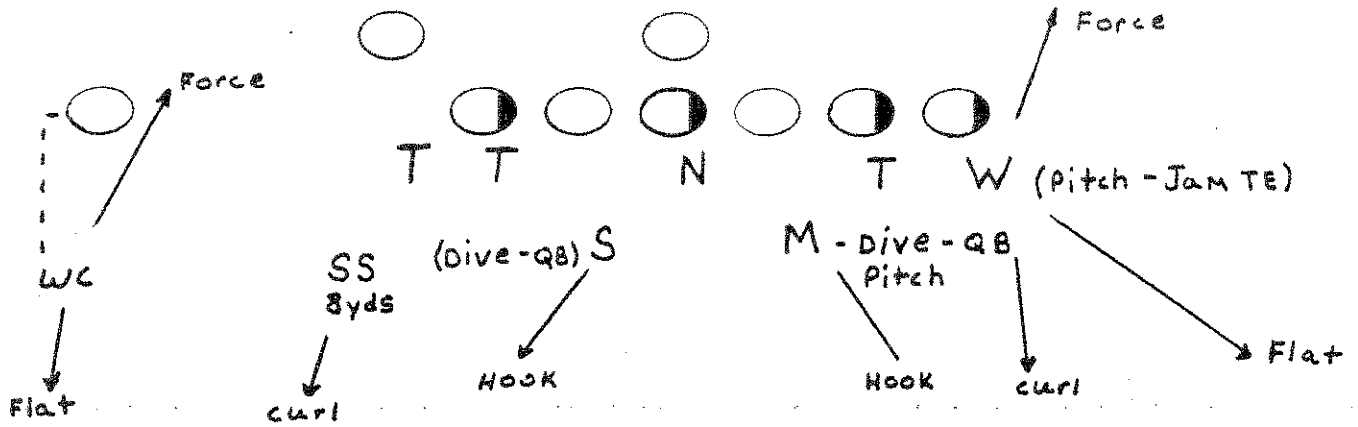
Action: Ball on the LOS with the offensive guard on the LOS or pulling
{ *contradictory read: may be a run or pass* }

Reaction: Responsible for play action pass first, alley support second.

ALLEY Support:

- (1) If the dump receiver blocks the PRIMARY force defender,
immediately fill opposite the PRIMARY force.
- (2) If the dump receiver continues upfield, play him man to man,
and deny him the ball.

Cover 2



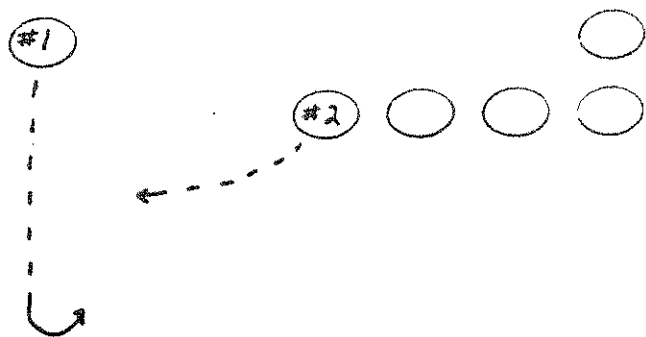
WC - Pitch, Flat, Funnell #1 man
 (Note) - Prevent outside release

SS - QB-Pitch-Curl
 (Note) Jam #2, Do Not let him in the Post.

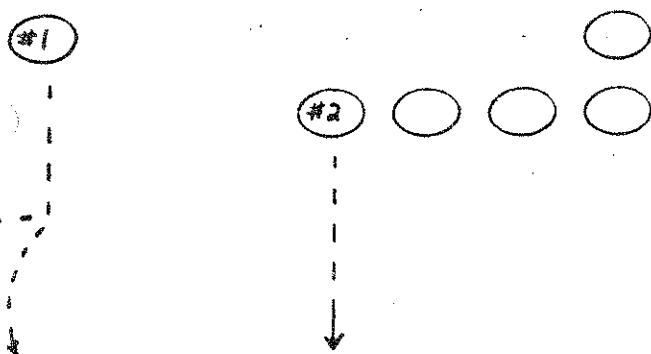
Secondary reads & LB'ers

Reads - always read the release of #2

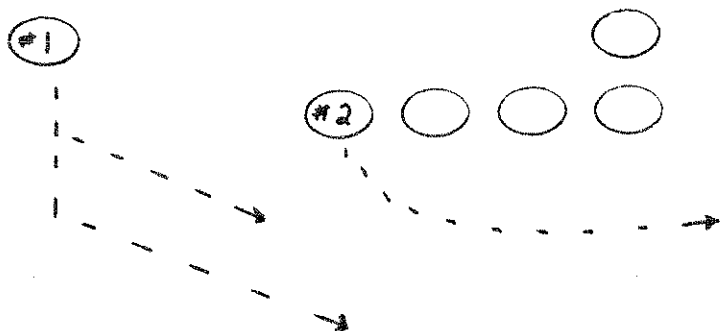
If #2 releases flat (horizontal) = #1 will curl.



#2 releases (verticle) upfield, #1 does an Out, sideline & fade

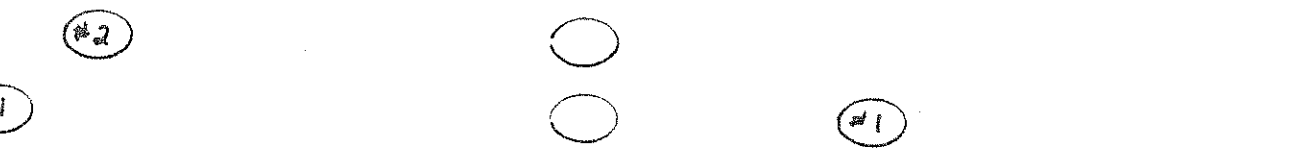
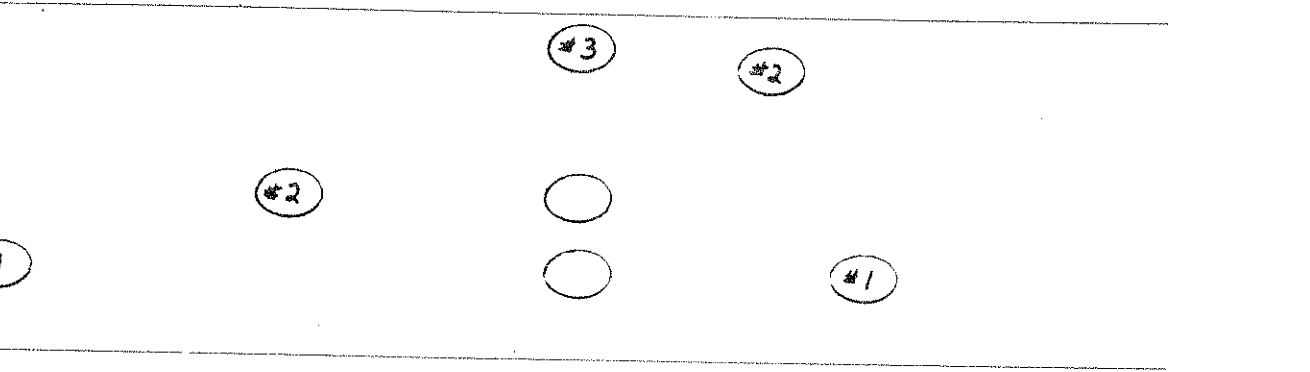
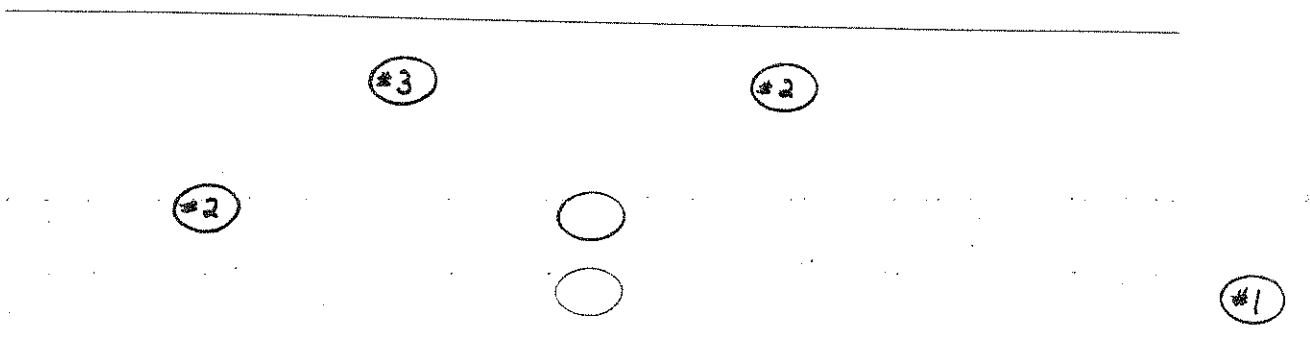


#2 releases inside (crossing) then #1 will also cross via short slant or post route





Always read # Receivers from outside - In



LB'ers

The Sam LB'er has the hook to curl zone to his side. His aiming point is 10 yards deep and 2 yards outside of the tight end

CP

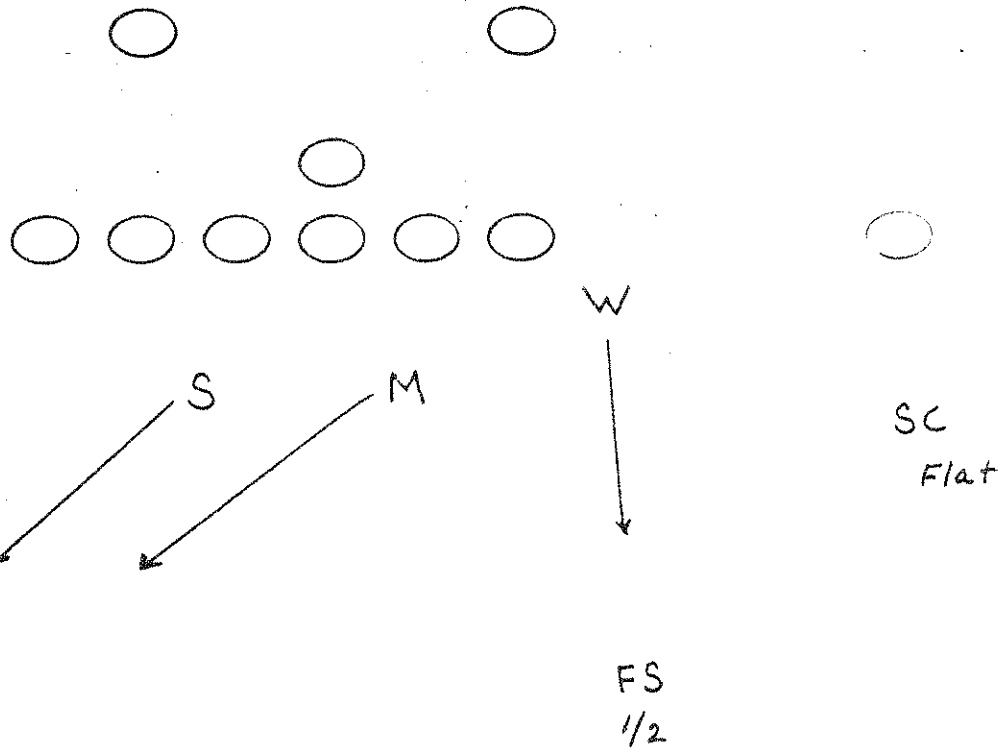
When the LB'er reads pass he should open his hips to the spot but not do anything for an instant. He keeps his head inside for an instant and then precedes to his 2x10 aiming point

Mike LB - is going to open on the exact same angle and go to a spot 10 yards deep and 2 yards inside the tight end.

CP

We don't want to be in a big hurry to get out because we have to look for the draw. First, plus we don't want to beat the (TE) up the field. We want to wall the (TE) off, not beat him to a spot.

Willie LB - is going to get his shoulders open to his outside and run to a spot 10 yards deep and 2 yards inside the (TE's) alignment.



CP LB'ers cannot get too wide before they get depth.

Mike LB - Pattern Reads #2

- 1.) If the (TE) starts up the field, the Mike LB starts on his collision course to wall him off. After he does that, and starts to his spot, he gets his vision back on the QB.
- 2.) If the (TE) runs a shallow crossing pattern, the Mike is reading through the line into the backfield to his running back key. Read handoff to back or block. If back releases, be ready to pick him up #3. If (TE) is too shallow, LB doesn't try to stop him. Yell "crossing" and throw arms towards Willie LB to alert him, plus this will get your hips opening to this next responsibility.

CP If the Mike sees the running back widen to the outside, the Sam LB will start to widen from hook to curl.

Mikes resp. now goes from strong side hook to weak side hook. He now plays behind the (TE).

- 3.) Combination pattern up the field by the (TE) and running back. Mike is a hook defender. If he sees this situation - deepen up and get vision on the QB and drift.

Defining our zones

From the L.O.S. to 5 yards down the field is the "No Cover Zone". No one is resp. for it

CP

We will react to it.

From the 6-20 yards going from the outside-in, we have the "Flat" The next zone is the "Curl" It is defined as two yards inside the normal alignment of the #1 wide receiver the inside of the curl and the outside of the next zone is called "Hook". It is two yards outside the normal spacing of the (TE) The other two underneath zones are the mirror curl and flat on the other side. *The "Halves" are broken up by the middle of the formation.



Flat ards	Curl	Hook	Curl	Flat 20 yards
1/2				
		1/2		

*Defining normal formation spacing

In the middle of the field, if the wide receivers are aligned 9 yards from the sideline.

CP Anything wider than that would be abnormal split

- * Ball on the has marks - the field receiver is normal if his split is not wider than 5 yards outside the other has mark.
- * Boundary Corner - rule of no closer than 6 yards from the sideline. A wide receiver into the boundary would be on the numbers to be normal.

Alignments

Corners - 2 yards outside normal spaced receiver and 7 yards deep.

S/S - two receiver side splits the difference between the normal spaced #2 and wide receiver at 10-12 yards deep

F/S - two man leeway from the ball to offensive tackle

CP - Keep an open lane so he can see the ball and in position to cover your half

* Stance

Corner is cocked - in with his inside foot back. Hips are facing a point about 3-4 yards inside of number one.

CP If they are primary run support, that is the angle you want them to start on.

CP You want their eyes going through the end man on the line of scrimmage on their side and into the backfield where their keys will be.

CP Knees are bent and their feet are shoulder width.

Safeties - bend the knees, feet shoulder width apart. Bend at the waist so the shoulder pads are over the knees. The inside foot back in a reactive kind of position.

*Secondary Keys - Key the release of the number 2 receiver to their side. The 4 defensive backs are working independent of each other.

*Pattern Reads - progressions

1) 4 streaks - safety controls the inside vertical area of the defense and the corner controls the outside vertical area.

CP We do not take any read steps by the corner or safety.

CP Once you read pass, move in the direction you need to move.

CP Safeties back up straight and the corners hold. The corner is two yards outside the wide receiver. He holds his position so the wide receiver has to exaggerate his move if he wants to get outside the corner.

CP Corner hold position as long as you can.

CP Once the receiver gets within 2-4 yards, the corner has to move for position. Move inside the number one receiver keeping his eyes on #2. Once the #2 receiver passes the 5 yard mark, the possibility of the read route is diminishing

CP At 5 yards because of #2 speed tempo, the corner can read whether he will continue deep or break his route off

CP If the corner makes the determination that the number 2 receiver is going deep, Corner will position on the inside of the number one receiver and play him deep

CP The corner cannot get an effective jam on receivers positioned to their outside.

CP Receivers in front of or to the inside can be jammed.

CP We want the jam to take place around 10-12 yards.

CP Note - The wider the receiver goes, the deeper the jam.

CP Don't get in a hurry on our leverage side.

CP Note - the thing the corner can't do is let the wide receiver inside him down the field.

*** As the receivers break from the line of scrimmage the corner's hips are in position to run. He has his vision on #2. If #2 breaks out, the corner settles and gets his vision bck on the QB. He wants to be ready to break deep on the fade or inside on the read route. He wants to leverage th read route from the outside in.

* If the safety sees #2 break to th eoutside, his only threat deep is #1.

CP Don't turn your hips

**** #2 runs vertical and runs the corner route #1 receiver hitches at 5 yards and #2 runs a corner route behind it

CP Corner should be able to read this because of the speed tempo,

CP Corner must hold his depth until he is threatened from the inside out by depth.

CP Note - If #2 is 4 yards off the line and the corner is aligned at 7 yards he isn't being threatened from the inside. He doesn't feel any pressure until the #2 receiver gets even with him. Corner reads the slow pattern by the #1 receiver and sees #2 still going vertical. Corner begins to position himself. He works

for a point back 12-14 yards deep. The corner is responsible for the throw on the corner route up to 20 yards.

** The safety comes off with the corner route and takes anything beyond the 20 yard mark.

CP Safety - hard read the QB's shoulder

CP Don't square up any time.

** #2 is going across. The corner will get an inside stem from the #1 receiver. The corner slides in with depth and width and gets aggressive with the wide receiver.

CP The corner jams and funnels the wide receiver in toward the safety. He runs deep and out the outside of the wide receiver.

Safety If you see #2 go across, take the inside post away from the #1 receiver.

CP Anything deep - Post or Dig becomes M/M by both safeties.

** #2 receiver releases to the flat. If the receivers are normally spaced, the corner starts to move in and positions himself for a jam. If he gets too close to #2 as he starts to move or feels threatened from the inside, pull off the jam.

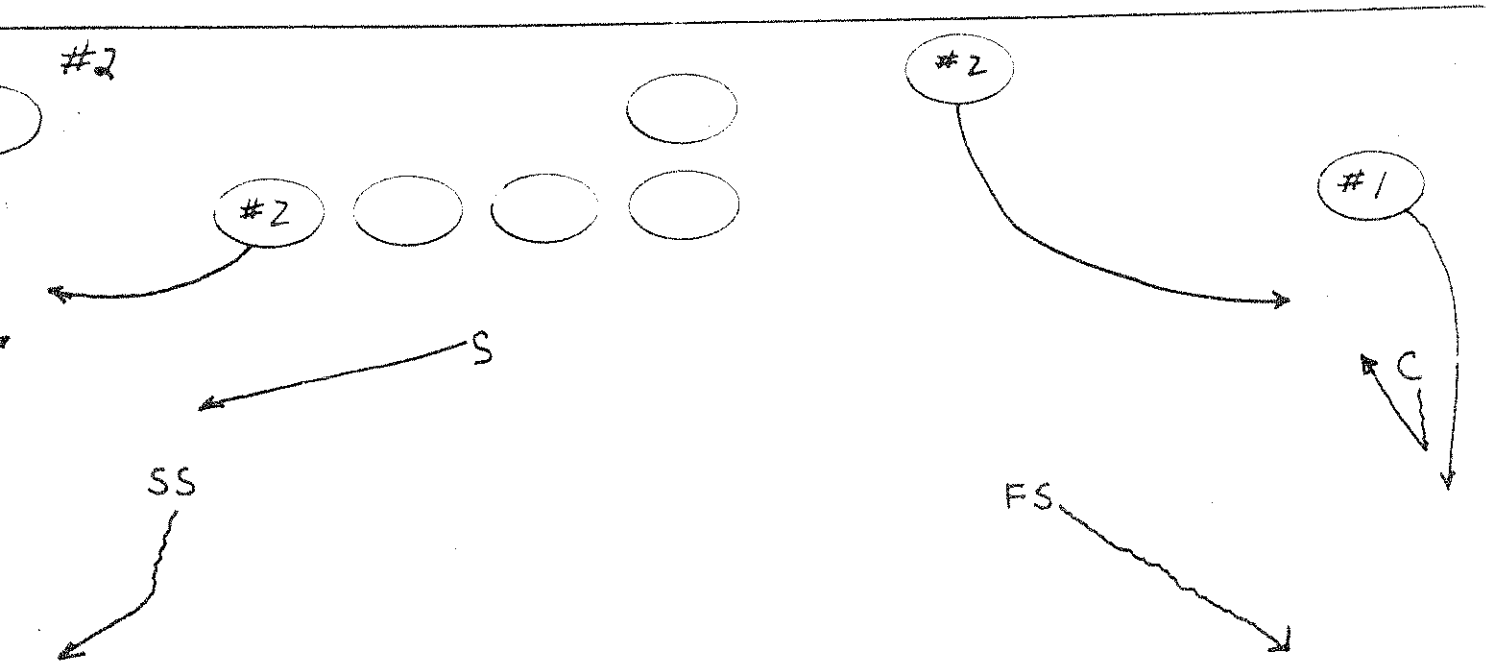
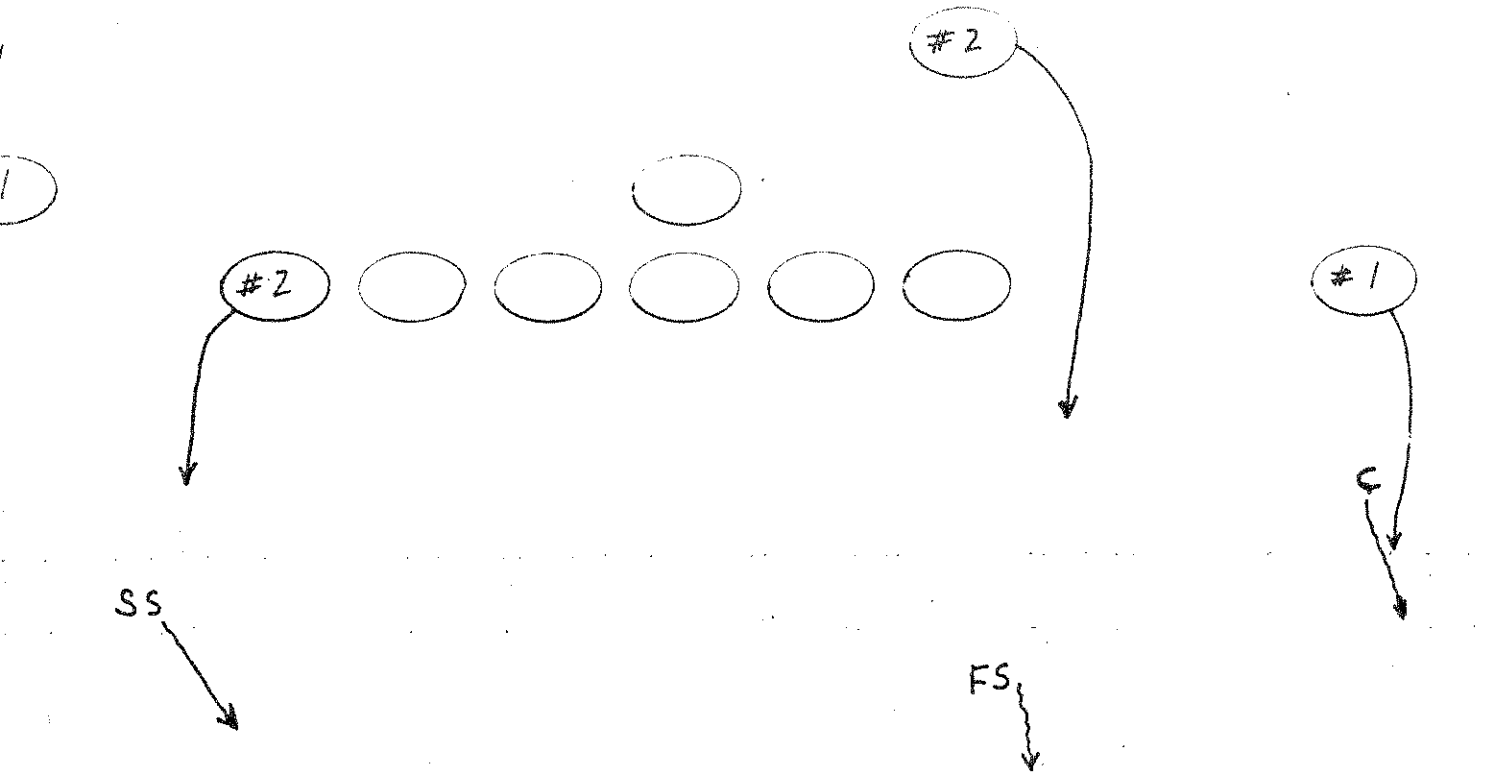
CP All the corner wants to do is make the #2 receiver go inside more than he wants.

Corner pulls off the jam and positions himself 12-14 yards deep. Corner gets in a reactive position for a ball being thrown to the corner route or up in the flat.

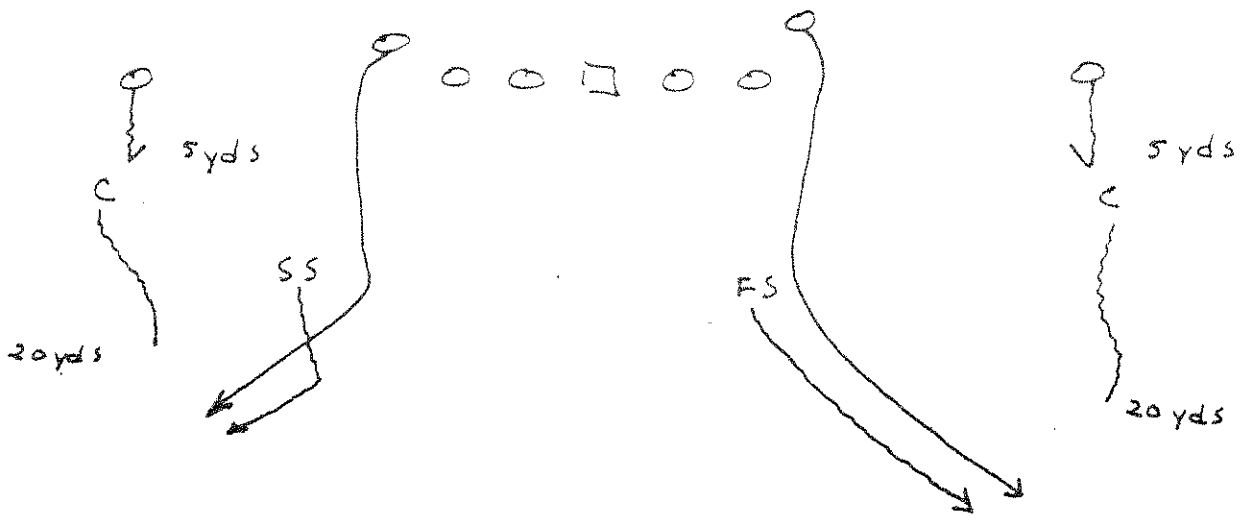
CP If corner gets abnormally spaced receivers, he never attempts to move inside. His responsibility is to carry #2 through the flat to deep. If the two receivers are close to one another, the corner can lose leverage. We don't want to lose leverage or the jam.

Safety

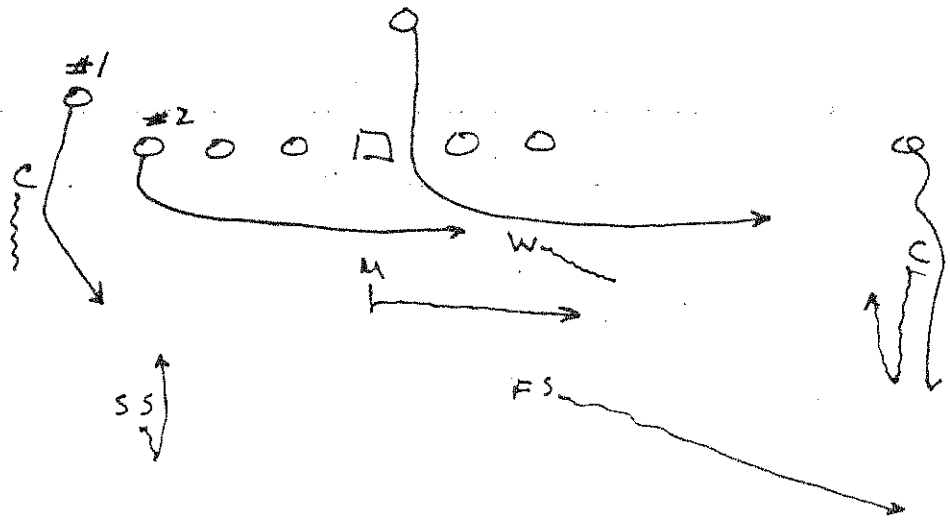
Read #2 in the flat, you are responsible for #1 inside and deep.



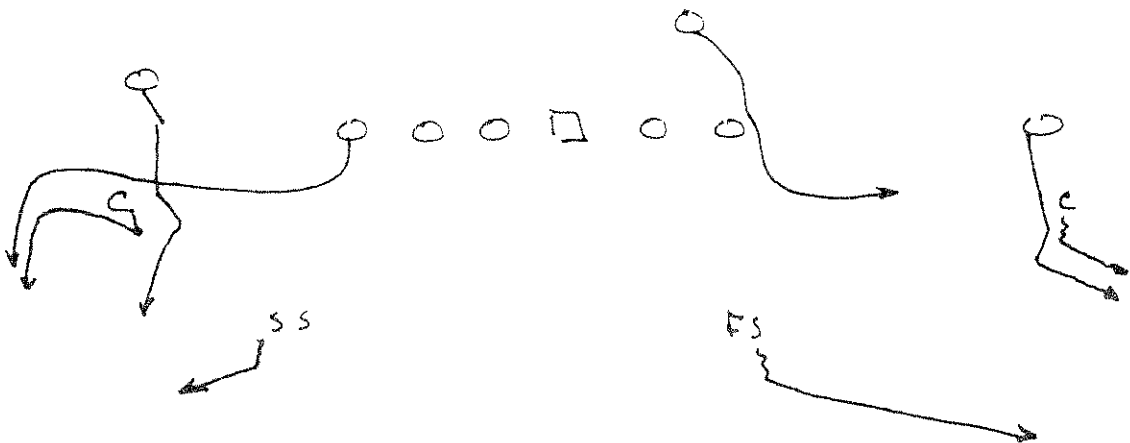
3.



4.



5.



* Route Anticipation

- 1) Receiver stems outside and up the field, there are two cuts he can make.
A) He can run deep B) Run the outcut.
- 2) If the receiver is on the inside and takes an outside release, he can break out or in.
- 3) If the receiver breaks inside, he can run either break inside or outside.
- 4) If the receiver breaks across, he can go across or come back.

SECTION 11

KICKING

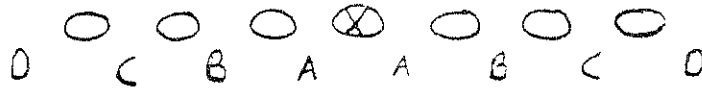
GAME

SUDDEN CHANGE

DEFENSIVE ALIGNMENTS



GAP RESPONSIBILITY



DOWN LINEMAN - CALL ALIGNMENTS

Call	Field Tackle	Nose	Boundary Tackle
HARD 5	4	Shade - Boundary	5
5 UP	5	Shade - Field	4
HARD 4	4	Shade - Boundary	4
4 UP	4	Shade - Field	4
WAR 25	3	2 - Boundary	5
52 BATTLE	5	2 - Field	3
WAR 24	3	2 - Boundary	4
42 BATTLE	4	2 - Field	3
CHOCOLATE 5	4 Slant	Shade - Boundary	5
5 CANDY	5	Shade - Field	4 Slant
LIGHTNING 5	4 Slant	Shade - Boundary	5
5 STORM	5	Shade - Field	4 Slant
SHARK	4 Slant	Shade - Slant to Field	4 Slant
GLUE	3	Out	3
TIGER	4	Shade - Field	4
WILLY	4	Shade - Boundary	4
5 ANGLE	5	Shade - Field	4 Slant
LOOP 5	4 Slant	Shade - Boundary	5

DEFENSIVE LINE TECHNIQUES

TECHNIQUE: 5 Read or 3 Read

I. ALIGNMENT

- A. 5 Read: The midline of your body should be over the outside number of the offensive tackle, 18" off the LOS.
- B. 3 Read: The midline of your body should be over the outside number of the offensive guard, 18" off the LOS.

II. STANCE

- A. Four point stance, no more than heel to toe stagger.
- B. Shoulder pads are low and parallel to the ground.
- C. There should be a natural extension of your head in order that you can see the offensive lineman you are aligned over along with the lineman to the gap responsibility side.
- D. Your hands should be placed inside of your feet with your elbows slightly bent. Your weight is on your fingertips, NOT your knuckles.
- E. Your back is flat with your ankles, knees, and hips flexed so that your legs feel coiled.
- F. Feet are shoulder width apart or slightly wider depending upon your size.
- G. Your toes should be turned in slightly with the weight on the balls of your feet. The heels should not be on the ground.
- H. Weight should be distributed 40% on your hands and 60% on your feet.

III. INITIAL MOVE

- A. Six inch step with your gap responsibility foot.
- B. Your aiming point should be to attack the top of his numbers with the butt of your hands, keep the midline of your body over his outside number.
- C. Always have your eyes lower than your hands. LOW MAN WINS!

- D. Lock out your elbows and roll your hips forward.
 - 1. This will allow you to use your legs to defeat the blocker.
 - 2. Explode with all your power angles the same time you are rolling your hips forward.
- E. Lock out and maintain separation. You must keep the blocker off of you or he will HOLD you.
- F. Keep your pads low and parallel to the LOS with your feet moving.

IV. RESPONSIBILITIES

- A. Control the gap you are shaded toward, keeping that leg and arm free. DO NOT GET REACHED!
- B. Do NOT get driven off the LOS by a double team or single block. Hold your ground and play on the LOS.
- C. Do NOT allow the offensive man you are aligned over onto a LB'er.
- D. Constrict all plays away from you. DO NOT GET CUTOFF. On plays away, flatten out the blocker and protect your gap assignment until all threat of a cutback is gone, then pursue no deeper than the heels of the offensive linemen.

V. READS

- A. Blocks from Pressure Key
 - 1. Drive
 - 2. Reach
 - 3. Cutoff
 - 4. Double Team
- B. Inside releases by Pressure Key
 - 1. Down block by READ
 - a. with inside TRAP
 - b. with DOWN BLOCK by outside man
 - 2. Pull inside
- C. Outside Pull by Pressure Key
 - 1. with DOWN block by outside man
 - 2. with TRAP
- D. Pass set

VI. EXECUTION

A. Blocks from Pressure Key

1. DRIVE

Initial movement, exploding off of both feet into the offensive lineman with your hands coming up inside. Aim at the top of the blocker's numbers. Keep your eyes lower than your target's. Lock out your elbows and roll your hips. Keep the blocker's pads parallel to the LOS. Get separation and protect your gap. You must keep your arm to the shaded side free. LOCATE THE BALL, PURSUE, AND TACKLE!

2. REACH

Play the same as a DRIVE block. Protect your gap assignment. When you are sure the ball is outside of you and there is no cutback possibility to your gap then pursue staying behind the ball carrier and TACKLE.

3. CUTOFF

Play the same as a DRIVE block. Protect your gap assignment. When you are sure the ball is inside of you and there is no cutback possibility to your gap then pursue and TACKLE.

4. DOUBLE TEAM

Play the DRIVE block from the man you are aligned over. Once you feel pressure for the double team, drop your near shoulder while driving through the closest knee of the pressure man. Attempt to split the pressure; IF YOU FEEL YOU ARE BEATEN THEN DROP AND GRAB GRASS! Keep your head up and feet always moving to hold the LOS. Do not allow yourself to be driven back or inside.

B. Inside release from Pressure Key

1. DOWN BLOCK BY READ

Step down with the offensive lineman as he releases inside. Do Not allow the blocker on the linebacker. Use a hand shiver in controlling the blocker. Keep your shoulders parallel to the LOS as you stay on the LOS.

a. vs TRAP

Wrong arm technique. Attack the trapper. Come under his block and upfield.

b. vs DOWN BLOCK by an outside man

Work across face as you feel the pressure of the DOWN block using crowbar technique. Head is upfield. Pursue staying behind the ball carrier and TACKLE.

2. PULL INSIDE BY PRESSURE KEY

When you read the drop step by the offensive lineman, push off of your outside foot toward the inside. Get in the hip pocket of the offensive lineman and pursue no deeper than the heels of the offensive line.

C. Outside Pull by Pressure Key

1. vs a DOWN BLOCK BY AN OUTSIDE MAN

Initial move is to push off your inside foot to the outside. PLAY the same way as with an INSIDE RELEASE AND A DOWN BLOCK BY AN OUTSIDE MAN.

2. vs TRAP

If on your initial step out into the next offensive lineman you feel no pressure then close inside expecting a trap. Attack the trapper, come under his block and upfield with a wrong arm technique.

D. Pass Set

1. Stay in your proper rush lane.

You must get your hands up quickly. If the QB cocks his arm to throw, raise your arms up but do NOT jump. If he is looking the other way, then rush full speed and tackle the QB by bringing your hands down through the ball.

TECHNIQUE: 4 Read or 2 Read

I. ALIGNMENT

- A. 4 Read: The midline of your body should be over the inside number of the offensive tackle, 18" off the LOS.
- B. 2 Read: The midline of your body should be over the inside number of the offensive guard, 18" off the LOS.

II. STANCE: same as 5 Read or 3 Read

III. INITIAL MOVE

- A. VISUAL KEY from the offensive lineman to your inside and PRESSURE KEY from the offensive lineman you are over.
- B. Take a short 6" step toward with your gap responsibility foot. Keep your pads parallel to the LOS. Bring your hands up to attack the Pressure Key. Your alignment and movement will maintain your shade on the Pressure Key.

IV. RESPONSIBILITIES

- A. Control the gap you are shaded toward, keeping that leg and arm free. When there is no possible cutback to your assigned gap then pursue to the ball and TACKLE.
- B. Do NOT get driven back off the LOS, HOLD YOUR GROUND AND PLAY ON THE LOS.
- C. Constrict all plays away from you. Protect your gap assignment, when you are sure there is no cutback possibility to your gap then pursue and TACKLE no deeper than the heels of the offensive lineman.

V. KEYS

- A. Visual Key blocks linebacker or away
 - 1. Reach block by Pressure Key
 - 2. Cutoff block by Pressure Key
 - 3. No block from Pressure Key
- B. Visual Key pulls away

Get in Visual Key's hip pocket and chase no deeper than the heels of the offensive linemen.

- C. Visual Key pulls toward you, play reach by Pressure Key
- D. Visual Key fires at you
 - 1. Fan Block
 - 2. Scoop block
 - 3. Double team
- E. Pass set

VI. EXECUTION

A. Visual Key blocks linebacker

- 1. REACH BLOCK BY Pressure Key: play the same as in a 5 Read or 3 Read
- 2. CUTOFF block by Pressure Key: play the same as in a 5 Read or 3 Read
- 3. NO BLOCK FROM PRESSURE KEY:

TRAP: attack the trapper, Come under his block and up-field, using a wrong arm technique.

B. VISUAL KEY PULLS AWAY

Get in his hip pocket and chase no deeper than the heels of the offensive linemen.

C. VISUAL KEY PULLS TOWARDS YOU

Play the same as a 5 Read versus a REACH block.

D. Visual Key fires at you

- 1. FAN block

Visual Key steps upfield trying to turn you. Punch with your inside hand up through his far shoulder keeping his pads parallel to LOS, using a crowbar technique.

- 2. SCOOP Block

Visual Key is flat trying to get head between you and the LOS. Punch out on Visual Key, do Not allow his helmet to cross your body. Work away from him, flat on the LOS. Locate the ball, pursue and TACKLE.

E. PASS SET

Play the same as in 5 Read or 3 Read

TECHNIQUE: Slant

I. ALIGNMENT: according to defensive front called

II. STANCE: same

III. INITIAL MOVE

- A. On movement take a short 6" step at a 90° angle parallel to the LOS while dipping your opposite shoulder.
- B. Take a cross over step with the other foot ripping your arm up and through to protect your legs.
- C. Read the offensive lineman to the side of your slant, VISUAL KEY, and feel the man you are aligned over, PRESSURE KEY.

IV. RESPONSIBILITIES

- A. You are responsible for the gap you are slanting toward.
- B. Must get through gap and penetrate.

V. KEYS: same

VI. EXECUTION: same as Reads

TECHNIQUE: 1 Read

I. ALIGNMENT

A. Inside foot is aligned on the ball.

B. Aligned 12 inches off of the ball.

II. STANCE: same

III. INITIAL MOVE: same as 2 Read

IV. RESPONSIBILITIES: same as 2 Read

V. KEYS: same as 2 Read

IV. EXECUTION: same as 2 Read

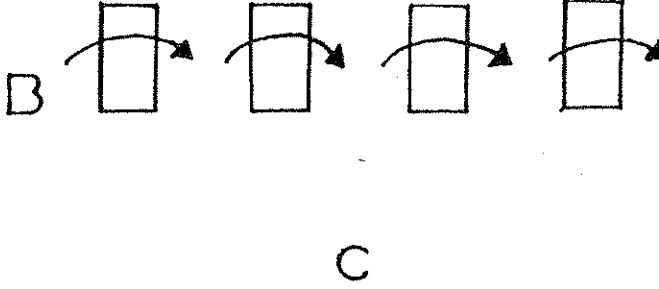
Defensive
Linemen Drills

50 Shade

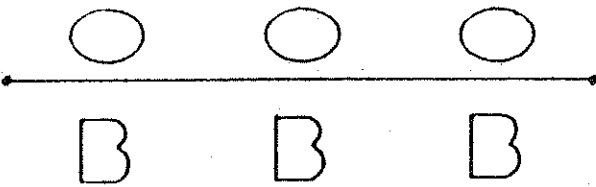
Def. Drills

Outside LBER
Drills

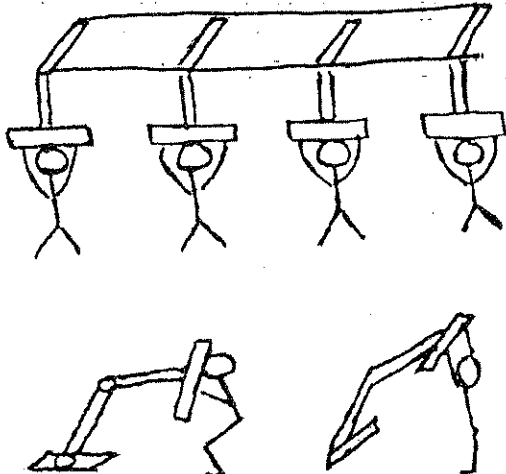
Outside Linebacker Drills

TITLE:	BASIC BAG DRILLS
PURPOSE:	To Develop quick feet, lateral movement, proper body control and balance.
DIAGRAM:	 <p>The diagram illustrates a drill setup. It shows a horizontal line of four rectangular bags. The first bag on the left is labeled with the letter 'B'. Below the line of bags is the letter 'C'. Curved arrows above each bag point from left to right, indicating the direction of movement or the sequence of actions.</p>
DESCRIPTION:	<p>Players form a single file line and execute the following movements over the bags:</p> <ol style="list-style-type: none">(1). Run through(2). Two hits(3). four hits(4). Lateral shuffle(5). Two hits(6). Four hits(7). Hop through <p>COACHING POINT:</p> <p>Backers must strive to keep hips low, eyes up, shoulders forward and arms moving at all times.</p>

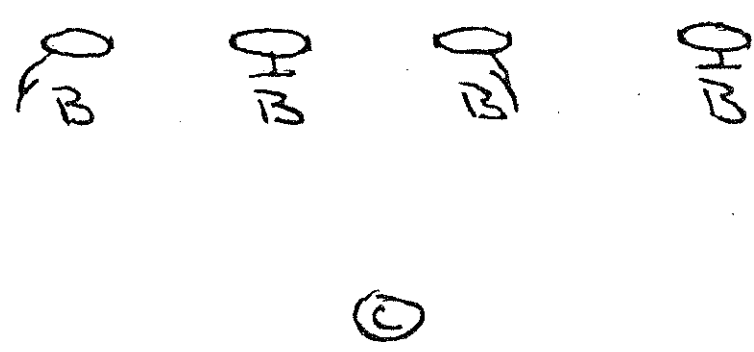
Outside Linebacker Drills

TITLE:	QUICK HANDS DRILL
PURPOSE:	To develop backers ability to quickly get his hands on an offensive blocker and lock out his arms.
DIAGRAM:	
DESCRIPTION:	<p>Backers align on knees facing each other. One player simulates the head movements of a tight end executing a block. Upon movement, the backer must "shoot" his hands "up and inside" onto the blockers chest with his thumbs pointed inward and his fingers up. Strive to hit with the fatty part of the palm.</p> <p>COACHING POINT:</p> <ol style="list-style-type: none">(1): DO NOT wind up(2): Move on movement(3): Strike up and out(4): Lock out arms-- Get "bone-on-bone"

Outside Linebacker Drills

TITLE:	SLED DRILL
PURPOSE:	TO DEVELOP BACKERS ABILITY TO KNOCK BLOCKERS POWER UPWARD AND GAIN SEPERATION
DIAGRAM:	 <p>The diagram illustrates the sled drill setup and technique. The top part shows four stick figures representing players standing in a line, each holding a vertical bar that is connected to a horizontal sled. The sled is supported by four vertical posts. The bottom part shows two stick figures demonstrating the technique: one is in a three-point stance with arms extended forward, and the other is in a similar stance but with arms extended backward, illustrating the 'locking out' of the arms.</p>
DESCRIPTION:	<p>BACKERS ALIGN ON PAD SIMULATING THE POINT OF FIRST CONTACT WITH BLOCKER. ON COMMAND, THE O.L.B. SIMULTANEOUSLY THROWS HIS FEET BACK, POLLS HIS HIP FORWARD AND "LOCKS OUT" HIS ARMS.</p> <p>MUST STRIVE FOR GOOD BASE, GOOD HIP ROLL AND A "BONE ON BONE" SITUATION</p> <p>6-8 REPETITIONS A DAY MAX</p>

Outside Linebacker Drills

NAME:	ONE-ON-ONE DRILL
PURPOSE:	TO DEVELOP BACKERS ABILITY TO STEP IN THE DIRECTION AT BLOCKER'S HELMET, GET HIS HANDS ON BLOCKER, ROLL HIS HIPS AND GAIN SEPERATION
PROGRAM:	
DESCRIPTION:	<p>BACKER ALIGN HEAD UP ON A TIGHT END TIGHT END SIMULATES ONE OF 3 BLOCKS:</p> <ol style="list-style-type: none"> (1) DRIVE (2) REACH (3) CUT-OFF <p>WE STRIVE TO MIRROR STEPS OF TE WHILE KEYING HIS HELMET. BACKER MUST STAY LOW, GET HIS HANDS ON TIGHT END QUICK ROLL HIS HIPS AND GAIN SEPERATION</p>

MERCER MUSTANGS

Outside LB's

TITLE:	Key Drill
PURPOSE:	To teach and practice the proper Fundamentals and techniques of Keying and reacting to outside Flow from the <u>50</u> defense.
DIAGRAM:	<p>The diagrams illustrate five different blocking schemes (A-E) for an outside linebacker (LB) reacting to an outside flow from the 50 defense. Each diagram shows a half-line offense (center, guard, tackle, TE, and I-backfield) and a defensive end (DE) positioned over the TE. Arrows indicate the direction of the blocks and the DE's reaction path.</p> <ul style="list-style-type: none"> A.) Shows a TE block from the tackle, with the DE reacting to the outside flow. B.) Shows a TE block from the guard, with the DE reacting to the outside flow. C.) Shows a TE block from the center, with the DE reacting to the outside flow. D.) Shows a TE block from the I-backfield, with the DE reacting to the outside flow. E.) Shows a TE block from the guard, with the DE reacting to the outside flow.

DESCRIPTION:

Align a half line offense (center, guard, tackle, TE, and I backfield) over the Football on a selected L.O.S. Def. End - takes his normal position over (TE).

On QB cadence and ball snap, offense executes one of five blocking schemes. Def. End reads, reacts and defeats the blocks.

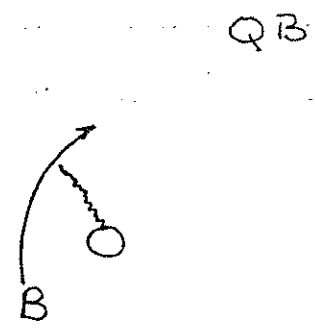
- * Run drill both Left & Right.
- * MAXIMUM REPS.

C.P.

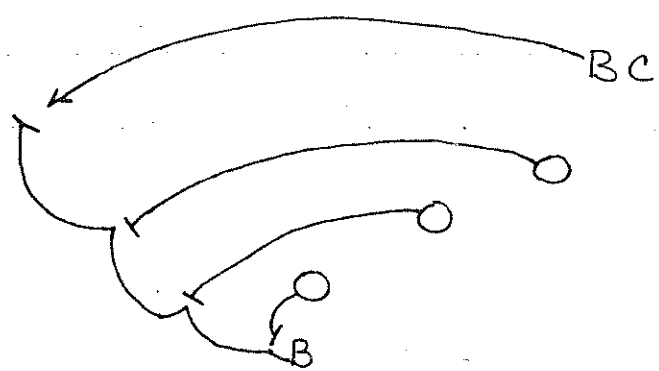
- 1) Always check proper alignment and stance.
- 2) Read Progression - (TE, near back, guard, and tandem block).

Keying in sequence.

MERCER MUSTANGS
Outside LB's

TITLE:	PASS Rush Drill
PURPOSE:	To teach proper techniques needed to defeat PASS blocker and pressure the QB.
DIAGRAM:	 <p>The diagram illustrates a pass rush drill. A backer, labeled 'B', is shown at the bottom left, moving upwards and to the right towards a quarterback, labeled 'QB', who is positioned at the top center. The QB is in the middle of a passing motion, with a ball in his hand and an arrow indicating the direction of the pass. A curved arrow points from the QB's hand towards the ball, showing the trajectory of the pass.</p>
DESCRIPTION:	<p>Backers First sprint to a point <u>4</u> yards behind O.L. AT that point, O.L.B. executes a pass rush move.</p> <p>C.P.</p> <ol style="list-style-type: none">1) Work on 1 move per DAY.2) Taylor moves to physical attributes of Backer. <p>* MAY go live vs OFFENSIVE Lineman ONCE OR twice per week.</p>

MERCER MUSTANGS
Outside LB's

TITLE:	Low Block Drill
PURPOSE:	To teach backers to defeat the low block and make the tackle.
DIAGRAM:	
DESCRIPTION:	<p>Backers must defeat low blocks of (TE) and two backs by sinking his hips, giving ground then gaining ground and finally tackling ball carrier.</p> <p>C.P.</p> <ol style="list-style-type: none">1) Emphasize low blocking surface by sinking hips.2) strive to keep feet pointed toward G.L.3) Turn blockers head toward sideline.4) move feet <p>* Drill speed 50-75%</p>

MERCER MUSTANGS
Outside LB's

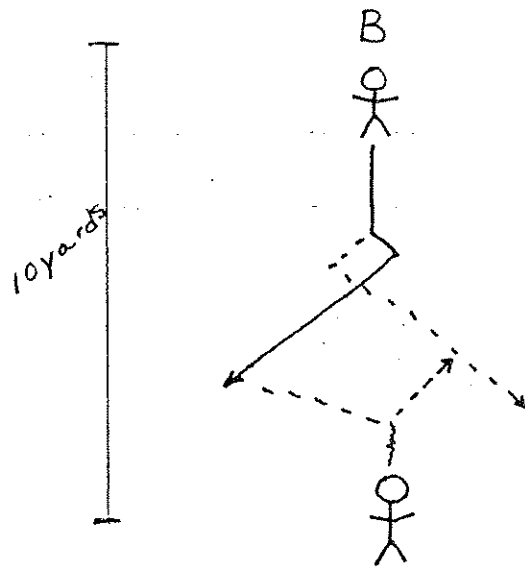
TITLE:

Form Tackle / Angle Tackle Drill

PURPOSE:

To Teach basic Fundamentals needed to tackle a ball carrier.

DIAGRAM:



DESCRIPTION:

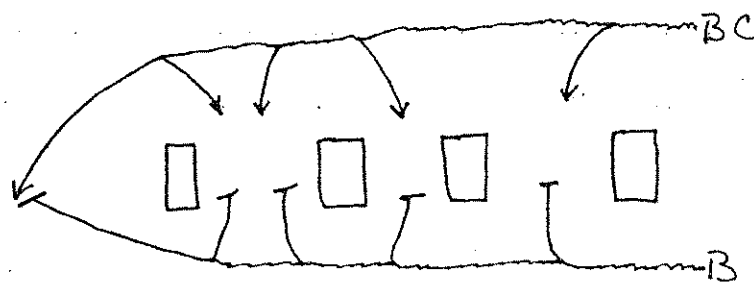
Ball carriers sprints at backer For 5 yards. At that point, runner makes a move and attempts to sprint pass defender. Backer breaks down, ignores fake, shoots his head across ball carrier (kiss ball) Raps his Arms and LIFTS.

C.P.

stress good body position & FORM.

MERCER MUSTANGS

Outside LB's

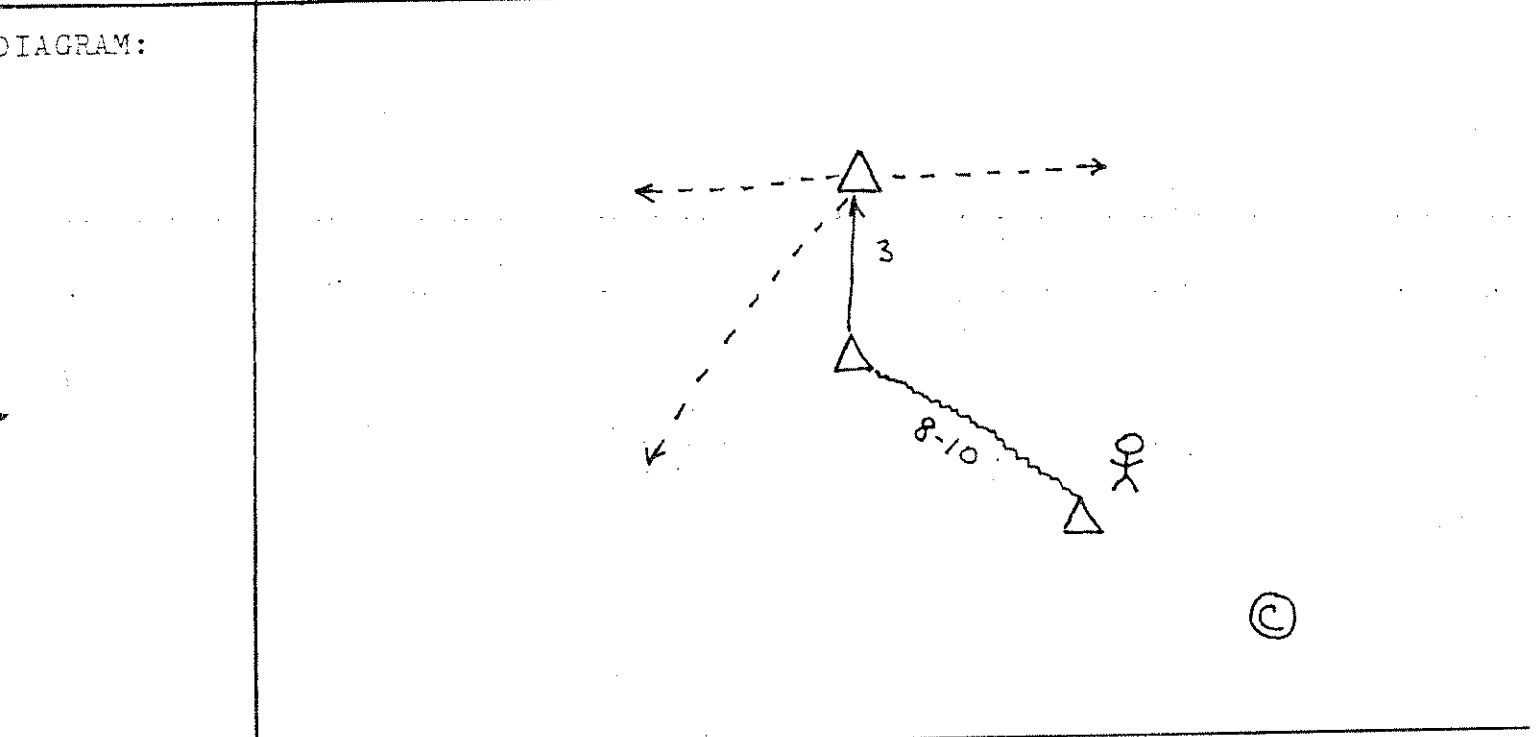
TITLE:	Wheel - Cutback Drill
PURPOSE:	To teach proper wheel technique and Form tackle/cutback.
DIAGRAM:	
DESCRIPTION:	<p>Ball carrier runs laterally and MAY turn up between any bag. Backer must shuffle, stay behind ball carrier and break up and execute a good Form tackle.</p> <p>C.P.</p> <ol style="list-style-type: none">1) STAY square \pm behind ball.2) Don't turn and run until ball carrier breaks for side lines.

MERCER MUSTANGS

Outside LB's

TITLE: PASS Drop Drill

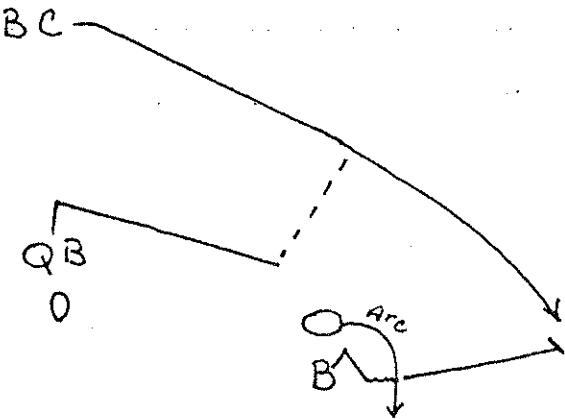
PURPOSE: To develop proper PASS drops in zone coverage.
Also stress breaking on QB indicators.



DESCRIPTION: When ball comes off the line, backer opens and drives to his "vision point" keeping his eyes on QB (coach). Backer then breaks on the ball to make the interception.

- 1) Alternate sides and areas on the field.
- 2) May add receivers to simulate pass routes.

MERCER MUSTANGS
Outside LB's

TITLE:	OPTION Drill
PURPOSE:	To develop Backers responsibility on the option.
DIAGRAM:	

DESCRIPTION:	<p>Backer inverts L.O.S. on Arc block of TE (shuffle the line Drill). QB attacks inside shoulder of O.L.B. while backer "Feathers the ball. After the ball is pitched, the O.L.B. opens his hips and sprints straight down the line to make the play.</p> <ol style="list-style-type: none">1) QB may keep ball.2) Backer must not commit until ball has crossed his face.
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MERCER MUSTANGS

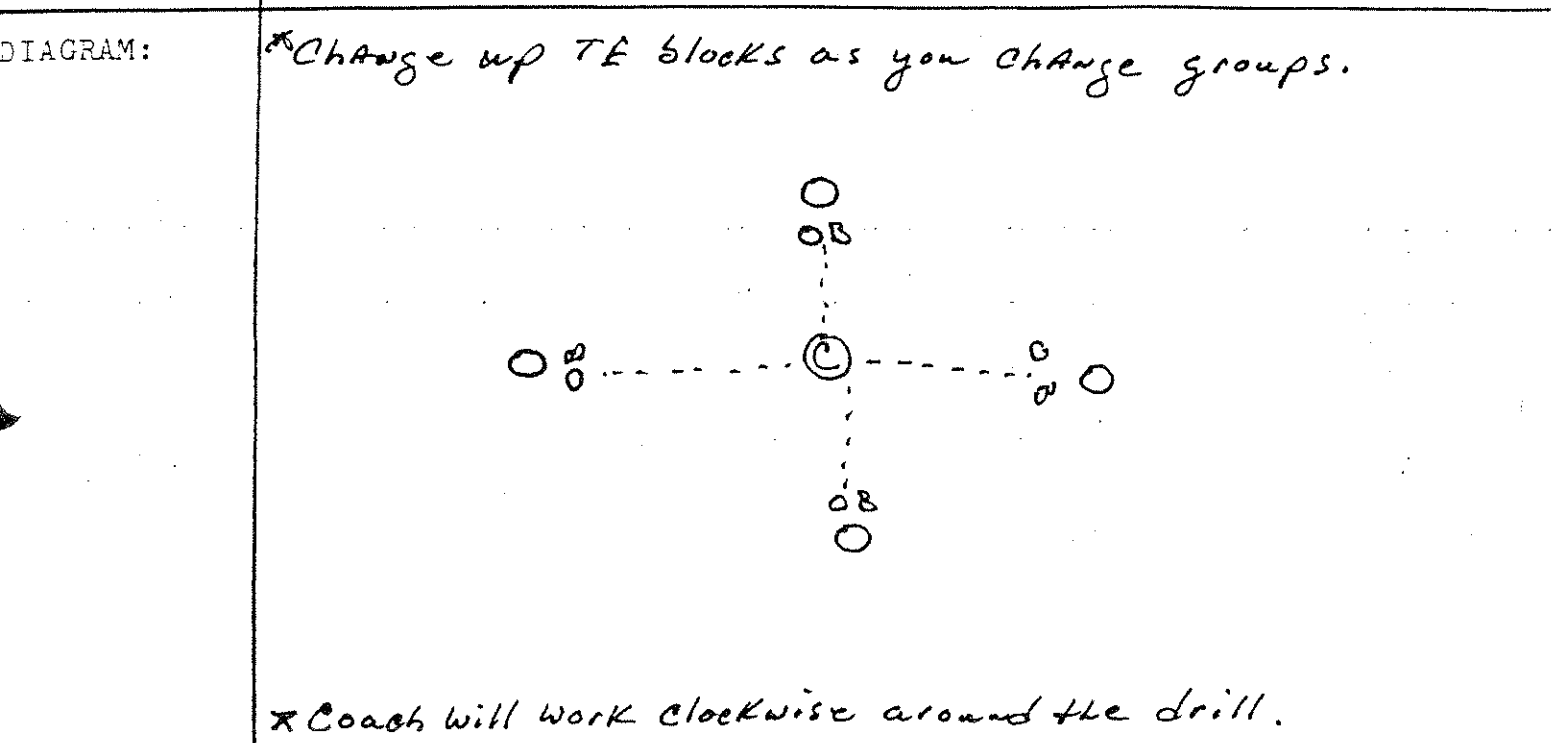
outside LB's

TITLE:	Key Drill
PURPOSE:	To teach proper techniques of handling various blocking schemes.
DIAGRAM:	
DESCRIPTION:	<p>Coach designates blocking scheme on cadence, offense runs schemes to both sides. Plays run will be of offense they will face that week.</p> <p>C.P.</p> <ol style="list-style-type: none"> 1.) Proper stance and alignment. 2.) must execute proper technique. 3.) Repetition is vital to becoming effective.

Outside LB's

TITLE: East-West Drill

PURPOSE: To teach and practice the proper mechanics of taking on various blocks. This is a rapid fire drill. Emphasis is on good read, lockout and leverage.



DESCRIPTION:

- ① Coach will rotate from group to group.
- ② Tell TE's what block you want (Drive, Reach, Cutoff or Arc or Down blocks).
- ③ As you work group to group, change up blocks.
- ④ Key in on lockout technique
- ⑤ Drill should move quickly - DONOT spend too much time with one block.
- ⑥ 100% effort - start at half speed, work to full speed.

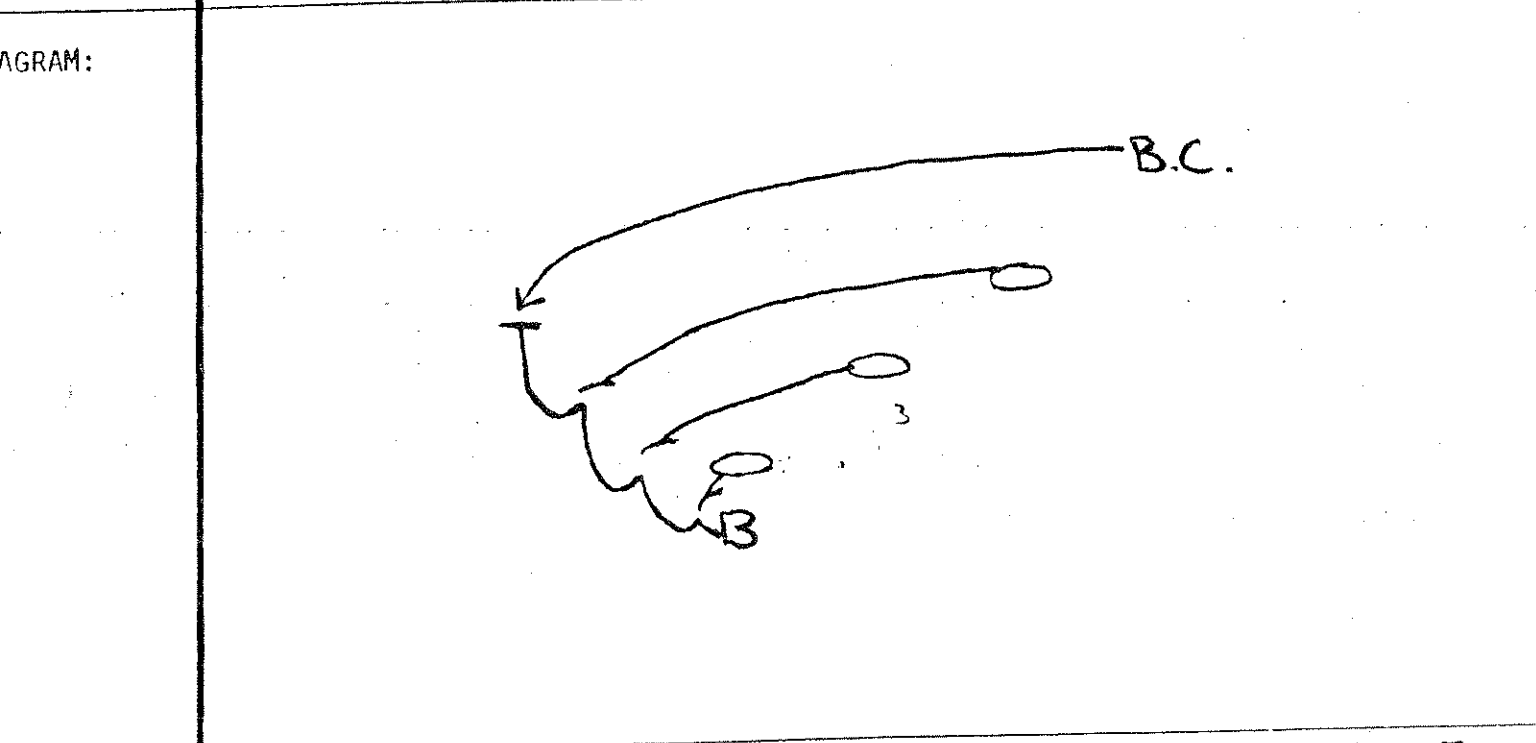
C.P. Give them a defensive front alignment.
 block alignment stance lockout leverage

MUST STAY LOW and Hip Roll
 maintain leverage

Marshall University Football
Outside Linebacker Drills

TITLE: Low BLOCK DRILL

PURPOSE: TO TEACH BACKERS TO DEFEAT THE LOW BLOCK AND MAKE THE TACKLE



DESCRIPTION: BACKERS MUST DEFEAT LOW BLOCKS OF THE LINE AND TWO BACKS BY SINKING HIS HIPS, GIVING GROUND THEN GAINING GROUND AND FINALLY TACKLING BALL CARRIER

(1) EMPHASISE LOW BLOCKING SURFACE BY SINKING HIPS

(2) STRIVE TO KEEP FEET POINTED TOWARD G.L

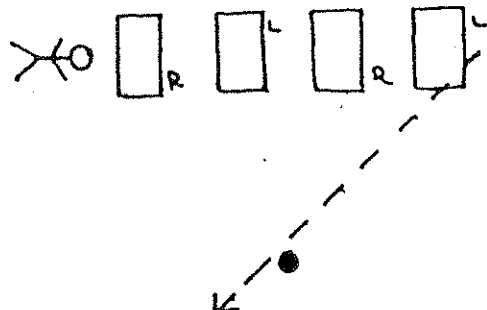
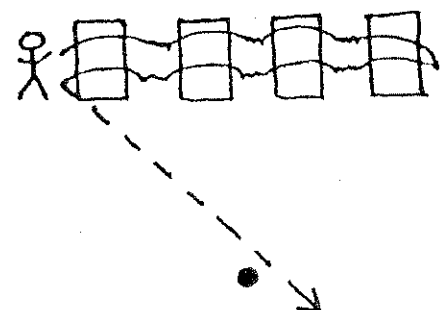
(3) TURN BLOCKER'S HEAD TOWARD SIDELINE

(4) MOVE FEET

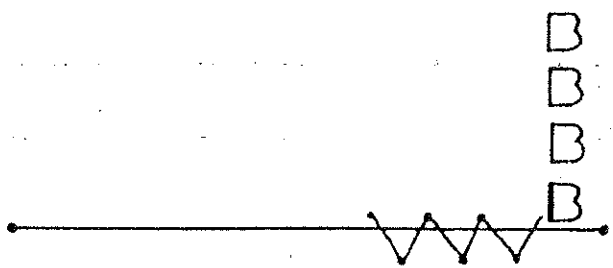
50% TO 75%

Defensive
Linemen Drills

Outside Linebacker Drills

TITLE:	ANGLE OF PURSUIT DRILL	
PURPOSE:	To teach backers how to change direction and take the proper angle to the ballcarrier.	
DIAGRAM:	<p>Drill (1)</p> 	<p>Drill (2)</p> 
DESCRIPTION:	<p>Drill (1): Players run through bag. Upon last step, backer plants, turns and drives at a 45 degree angle to a cone.</p> <p>Drill (2): Players shuffle over bags, return, then drive at a 45 degree angle to a cone.</p> <p>Note: May finish drill with a form tackle or fumble recovery.</p> <p>COACHING POINT:</p> <p style="padding-left: 40px;">Backers must execute good body control and form by keeping eyes up, body forward and arms moving</p> <p style="padding-left: 40px;">Upon planting, stress taking a sharp, not rounded, path to the cone.</p>	

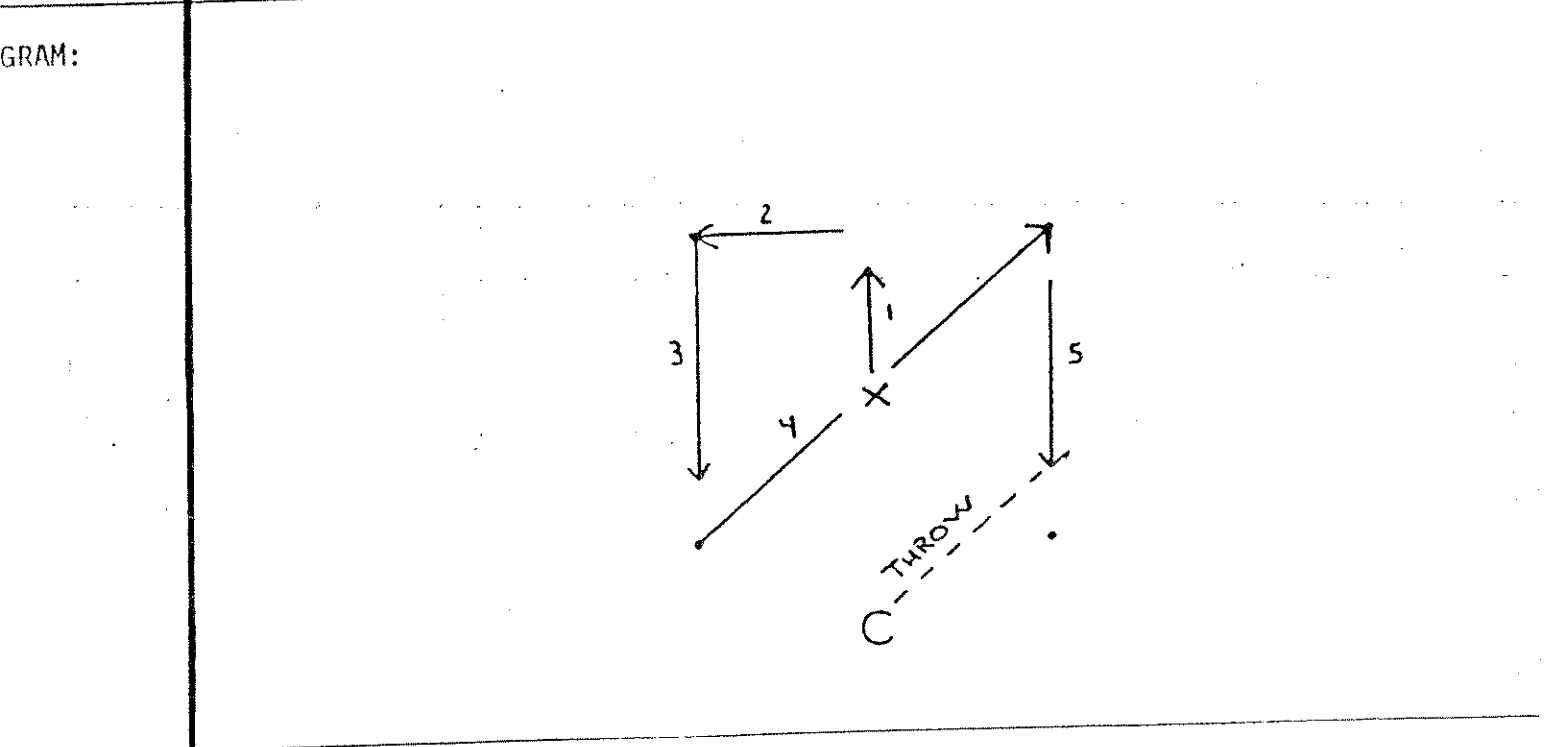
Outside Linebacker Drills

TITLE:	SHUFFLE-THE-LINE DRILL
PURPOSE:	To drill the proper footwork needed to defend the option. The drill is designed to teach the outside backer how to invert the line of scrimmage with an arc release by the tight end.
DIAGRAM:	 A diagram illustrating the Shuffle-the-Line Drill. It shows a horizontal line representing the line of scrimmage. On the right side of the line, there are four vertical lines, each labeled with the letter 'B', representing the backs. A zigzag line starts from the right side of the horizontal line and moves towards the left, representing the path of the outside backer as they shuffle the line.
DESCRIPTION:	<p>Players form a single-file line and in a ten yard area practice stepping off the line with their outside foot. Strive to achieve as many reps as possible.</p> <p>COACHING POINT:</p> <p>Backers must concentrate on staying in a good football position and keeping their eyes inside on the QB.</p>

Outside Linebacker Drills

NAME: FOUR CORNERS DRILL

OBJECTIVE: To develop lateral movement, backward motion and change of direction. Drill is also designed to develop backer's ability to pass drop and break on the thrown ball.



DESCRIPTION: Four cones are placed in a 10 X 10 area. Players react to the coach's directions in the following movements:

- (1): Backward run
- (2): Shuffling
- (3): Breaking on ballcarrier
- (4): Zone pass drop
- (5): Breaking on thrown ball

This is a high-intensity drill and should be run at 100% speed.

COACHING POINT:

- (1): Stress stance and alignment.
- (2): Players must strive to maintain a good football position throughout the drill.

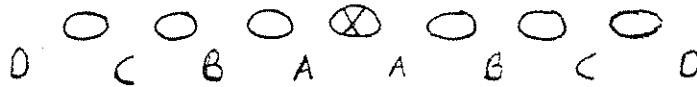
SECTION II: BLOCK TAKE-ON DRILL

- A. QUICK HANDS DRILL
- B. SLED DRILL
- C. ONE-ON-ONE DRILL
- D. LOW BLOCK DRILL
- E. PASS RUSH DRILL

DEFENSIVE ALIGNMENTS



GAP RESPONSIBILITY



DOWN LINEMAN - CALL ALIGNMENTS

Call	Field Tackle	Nose	Boundary Tackle
HARD 5	4	Shade - Boundary	5
5 UP	5	Shade - Field	4
HARD 4	4	Shade - Boundary	4
4 UP	4	Shade - Field	4
WAR 25	3	2 - Boundary	5
52 BATTLE	5	2 - Field	3
WAR 24	3	2 - Boundary	4
42 BATTLE	4	2 - Field	3
CHOCOLATE 5	4 Slant	Shade - Boundary	5
5 CANDY	5	Shade - Field	4 Slant
LIGHTNING 5	4 Slant	Shade - Boundary	5
5 STORM	5	Shade - Field	4 Slant
SHARK	4 Slant	Shade - Slant to Field	4 Slant
GLUE	3	Out	3
TIGER	4	Shade - Field	4
WILLY	4	Shade - Boundary	4
5 ANGLE	5	Shade - Field	4 Slant
LOOP 5	4 Slant	Shade - Boundary	5

DEFENSIVE LINE TECHNIQUES

TECHNIQUE: 5 Read or 3 Read

I. ALIGNMENT

- A. 5 Read: The midline of your body should be over the outside number of the offensive tackle, 18" off the LOS.
- B. 3 Read: The midline of your body should be over the outside number of the offensive guard, 18" off the LOS.

II. STANCE

- A. Four point stance, no more than heel to toe stagger.
- B. Shoulder pads are low and parallel to the ground.
- C. There should be a natural extension of your head in order that you can see the offensive lineman you are aligned over along with the lineman to the gap responsibility side.
- D. Your hands should be placed inside of your feet with your elbows slightly bent. Your weight is on your fingertips, NOT your knuckles.
- E. Your back is flat with your ankles, knees, and hips flexed so that your legs feel coiled.
- F. Feet are shoulder width apart or slightly wider depending upon your size.
- G. Your toes should be turned in slightly with the weight on the balls of your feet. The heels should not be on the ground.
- H. Weight should be distributed 40% on your hands and 60% on your feet.

III. INITIAL MOVE

- A. Six inch step with your gap responsibility foot.
- B. Your aiming point should be to attack the top of his numbers with the butt of your hands, keep the midline of your body over his outside number.
- C. Always have your eyes lower than your hands. LOW MAN WINS!

- D. Lock out your elbows and roll your hips forward.
 - 1. This will allow you to use your legs to defeat the blocker.
 - 2. Explode with all your power angles the same time you are rolling your hips forward.
- E. Lock out and maintain separation. You must keep the blocker off of you or he will HOLD you.
- F. Keep your pads low and parallel to the LOS with your feet moving.

IV. RESPONSIBILITIES

- A. Control the gap you are shaded toward, keeping that leg and arm free. DO NOT GET REACHED!
- B. Do NOT get driven off the LOS by a double team or single block. Hold your ground and play on the LOS.
- C. Do NOT allow the offensive man you are aligned over onto a LB'er.
- D. Constrict all plays away from you. DO NOT GET CUTOFF. On plays away, flatten out the blocker and protect your gap assignment until all threat of a cutback is gone, then pursue no deeper than the heels of the offensive linemen.

V. READS

- A. Blocks from Pressure Key
 - 1. Drive
 - 2. Reach
 - 3. Cutoff
 - 4. Double Team
- B. Inside releases by Pressure Key
 - 1. Down block by READ
 - a. with inside TRAP
 - b. with DOWN BLOCK by outside man
 - 2. Pull inside
- C. Outside Pull by Pressure Key
 - 1. with DOWN block by outside man
 - 2. with TRAP
- D. Pass set

VI. EXECUTION

A. Blocks from Pressure Key

1. DRIVE

Initial movement, exploding off of both feet into the offensive lineman with your hands coming up inside. Aim at the top of the blocker's numbers. Keep your eyes lower than your target's. Lock out your elbows and roll your hips. Keep the blocker's pads parallel to the LOS. Get separation and protect your gap. You must keep your arm to the shaded side free. LOCATE THE BALL, PURSUE, AND TACKLE!

2. REACH

Play the same as a DRIVE block. Protect your gap assignment. When you are sure the ball is outside of you and there is no cutback possibility to your gap then pursue staying behind the ball carrier and TACKLE.

3. CUTOFF

Play the same as a DRIVE block. Protect your gap assignment. When you are sure the ball is inside of you and there is no cutback possibility to your gap then pursue and TACKLE.

4. DOUBLE TEAM

Play the DRIVE block from the man you are aligned over. Once you feel pressure for the double team, drop your near shoulder while driving through the closest knee of the pressure man. Attempt to split the pressure; IF YOU FEEL YOU ARE BEATEN THEN DROP AND GRAB GRASS! Keep your head up and feet always moving to hold the LOS. Do not allow yourself to be driven back or inside.

B. Inside release from Pressure Key

1. DOWN BLOCK BY READ

Step down with the offensive lineman as he releases inside. Do Not allow the blocker on the linebacker. Use a hand shiver in controlling the blocker. Keep your shoulders parallel to the LOS as you stay on the LOS.

a. vs TRAP

Wrong arm technique. Attack the trapper. Come under his block and upfield.

b. vs DOWN BLOCK by an outside man

Work across face as you feel the pressure of the DOWN block using crowbar technique. Head is upfield. Pursue staying behind the ball carrier and TACKLE.

2. PULL INSIDE BY PRESSURE KEY

When you read the drop step by the offensive lineman, push off of your outside foot toward the inside. Get in the hip pocket of the offensive lineman and pursue no deeper than the heels of the offensive line.

C. Outside Pull by Pressure Key

1. vs a DOWN BLOCK BY AN OUTSIDE MAN

Initial move is to push off your inside foot to the outside. PLAY the same way as with an INSIDE RELEASE AND A DOWN BLOCK BY AN OUTSIDE MAN.

2. vs TRAP

If on your initial step out into the next offensive lineman you feel no pressure then close inside expecting a trap. Attack the trapper, come under his block and upfield with a wrong arm technique.

D. Pass Set

1. Stay in your proper rush lane.

You must get your hands up quickly. If the QB cocks his arm to throw, raise your arms up but do NOT jump. If he is looking the other way, then rush full speed and tackle the QB by bringing your hands down through the ball.

TECHNIQUE: 4 Read or 2 Read

I. ALIGNMENT

- A. 4 Read: The midline of your body should be over the inside number of the offensive tackle, 18" off the LOS.
- B. 2 Read: The midline of your body should be over the inside number of the offensive guard, 18" off the LOS.

II. STANCE: same as 5 Read or 3 Read

III. INITIAL MOVE

- A. VISUAL KEY from the offensive lineman to your inside and PRESSURE KEY from the offensive lineman you are over.
- B. Take a short 6" step toward with your gap responsibility foot. Keep your pads parallel to the LOS. Bring your hands up to attack the Pressure Key. Your alignment and movement will maintain your shade on the Pressure Key.

IV. RESPONSIBILITIES

- A. Control the gap you are shaded toward, keeping that leg and arm free. When there is no possible cutback to your assigned gap then pursue to the ball and TACKLE.
- B. Do NOT get driven back off the LOS, HOLD YOUR GROUND AND PLAY ON THE LOS.
- C. Constrict all plays away from you. Protect your gap assignment, when you are sure there is no cutback possibility to your gap then pursue and TACKLE no deeper than the heels of the offensive lineman.

V. KEYS

- A. Visual Key blocks linebacker or away
 - 1. Reach block by Pressure Key
 - 2. Cutoff block by Pressure Key
 - 3. No block from Pressure Key
- B. Visual Key pulls away

Get in Visual Key's hip pocket and chase no deeper than the heels of the offensive linemen.

- C. Visual Key pulls toward you, play reach by Pressure Key
- D. Visual Key fires at you
 - 1. Fan Block
 - 2. Scoop block
 - 3. Double team
- E. Pass set

VI. EXECUTION

A. Visual Key blocks linebacker

- 1. REACH BLOCK BY Pressure Key: play the same as in a 5 Read or 3 Read
- 2. CUTOFF block by Pressure Key: play the same as in a 5 Read or 3 Read
- 3. NO BLOCK FROM PRESSURE KEY:

TRAP: attack the trapper, Come under his block and up-field, using a wrong arm technique.

B. VISUAL KEY PULLS AWAY

Get in his hip pocket and chase no deeper than the heels of the offensive linemen.

C. VISUAL KEY PULLS TOWARDS YOU

Play the same as a 5 Read versus a REACH block.

D. Visual Key fires at you

- 1. FAN block

Visual Key steps upfield trying to turn you. Punch with your inside hand up through his far shoulder keeping his pads parallel to LOS, using a crowbar technique.

- 2. SCOOP Block

Visual Key is flat trying to get head between you and the LOS. Punch out on Visual Key, do Not allow his helmet to cross your body. Work away from him, flat on the LOS. Locate the ball, pursue and TACKLE.

E. PASS SET

Play the same as in 5 Read or 3 Read

TECHNIQUE: Slant

I. ALIGNMENT: according to defensive front called

II. STANCE: same

III. INITIAL MOVE

- A. On movement take a short 6" step at a 90° angle parallel to the LOS while dipping your opposite shoulder.
- B. Take a cross over step with the other foot ripping your arm up and through to protect your legs.
- C. Read the offensive lineman to the side of your slant, VISUAL KEY, and feel the man you are aligned over, PRESSURE KEY.

IV. RESPONSIBILITIES

- A. You are responsible for the gap you are slanting toward.
- B. Must get through gap and penetrate.

V. KEYS: same

VI. EXECUTION: same as Reads

TECHNIQUE: 1 Read

I. ALIGNMENT

- A. Inside foot is aligned on the ball.
- B. Aligned 12 inches off of the ball.

II. STANCE: same

III. INITIAL MOVE: same as 2 Read

IV. RESPONSIBILITIES: same as 2 Read

V. KEYS: same as 2 Read

IV. EXECUTION: same as 2 Read

Defensive Down Lineman

Skill Techniques

- ① Lockout
- ② Wrong Arm
- ③ Crowbar
- ④ Slant
- ⑤ Tackling

Drills

Lockout
Fit
Shields
Sled

Wrong Arm
Fit
Reading Guards

Crowbar
Fit
Helen Keller

Slant
Bird Dog
Sled

Tackling
Fit
1-3-5 Step Approach
Angle Approach

MERCER MUSTANGS

Def. Lineman

TITLE:	Tackling - Fit
PURPOSE:	Teach the proper body positioning for tackling.
PROGRAM:	<p style="text-align: center;">(C)</p> <p style="text-align: center;">X X X X X ----- X X X X X</p>

- DESCRIPTION:
- ① Everybody participates at once.
 - ② Face each other separated by yard line.
 - ③ Drill on command "Fit"
 - ④ C.P.
- Head up
Wrap Arms below buttocks
Shoulder and Chest Tackle
STAY low
B.U. Hips

MERCER MUSTANGS

Def. Lineman

E: Slant - 7 man sled

COSE: Teach the proper body mechanics for the slant technique.

RAM:

	Sled		
	X	X	X
	X	X	X
	X	X	X

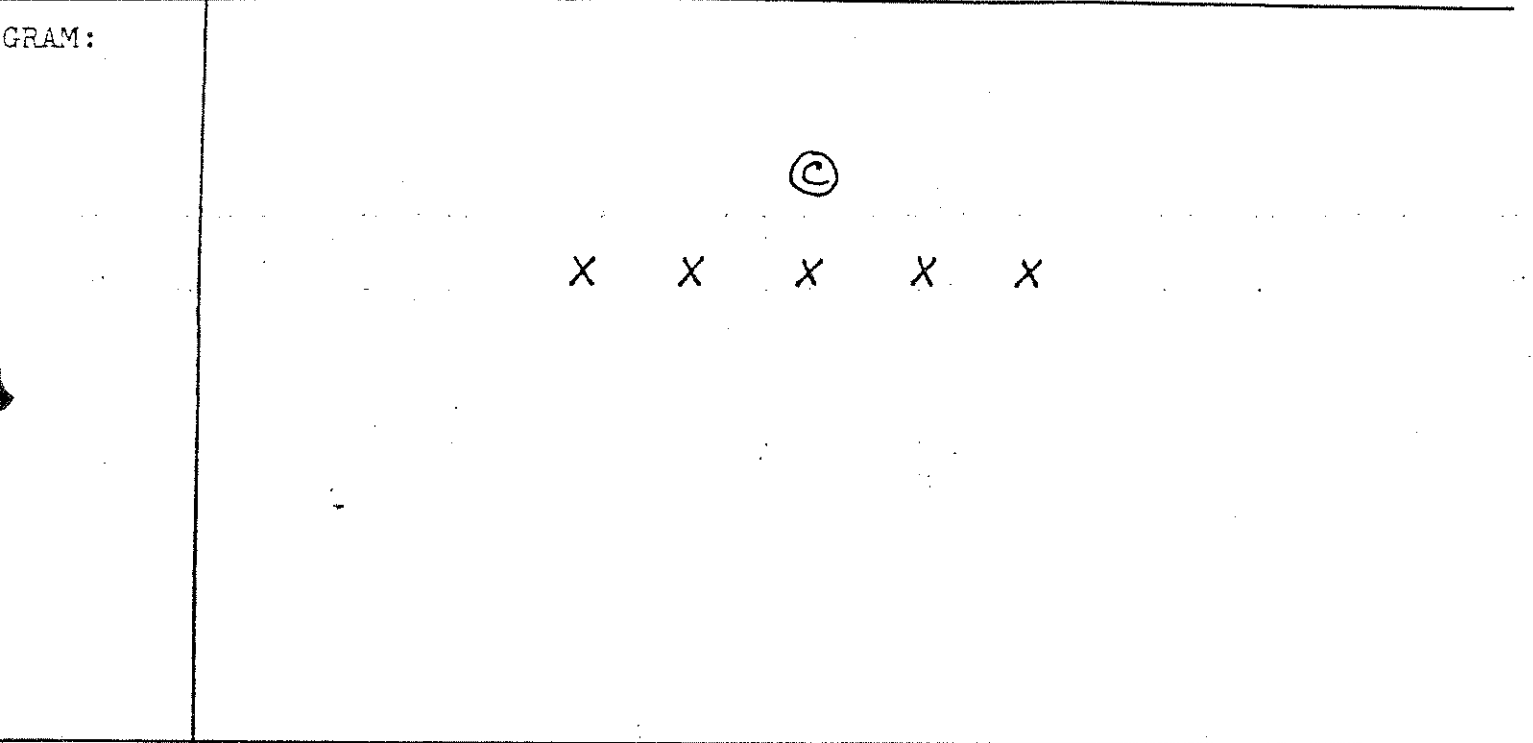
- DESCRIPTION:
- ① 4 point stance
 - ② Parallel pull step - 6 inches
 - ③ Dip opposite shoulder
 - ④ Crossover step up field
 - ⑤ Arm swing to forearm shiver to sled pad.
 - ⑥ Drill on command "Hit"

MERCER MUSTANGS

Def. Lineman

NAME: Slant - Bird Dog

POSE: Teach the proper body mechanics For the Slant Technique.



- DESCRIPTION:
- ① Everybody participates at once.
 - ② 4 point stance
 - ③ Parallel pull step - 6 inches
 - ④ Dip opposite shoulder
 - ⑤ Crossover step up field
 - ⑥ Arm swings upward to ward off the offensive lineman hands.
 - ⑦ Bird dog - 1 step at a time

MERCER MUSTANGS
Def. Lineman

E:	Crowbar - Helen Keller - Eyes closed Kneeling Standing															
OSE:	Teach the proper body movement while executing the crowbar technique.															
RAM:	<p style="text-align: center;">(C)</p> <table style="margin-left: auto; margin-right: auto;"><tr><td>X</td><td>X</td><td>X</td><td>X</td><td>X</td></tr><tr><td colspan="5"><hr/></td></tr><tr><td>X</td><td>X</td><td>X</td><td>X</td><td>X</td></tr></table>	X	X	X	X	X	<hr/>					X	X	X	X	X
X	X	X	X	X												
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X	X	X	X	X												
RIPTION:	<ol style="list-style-type: none">① Everybody participates at once.② Face each other separated by yard line.③ Fit into Lockout technique④ Kneeling - OFFENSIVE lineman taps shoulder pads standing - OFFENSIVE lineman takes <u>1</u> step forward.⑤ Defensive Lineman executes proper crowbar technique to the threatened side.															

MERCER MUSTANGS
Def. Lineman

TITLE:	Crowbar - FIT Kneeling STANDING															
PURPOSE:	Teach the proper body position while executing the crowbar technique.															
PROGRAM:	<p style="text-align: center;">©</p> <table style="margin-left: auto; margin-right: auto;"><tr><td>X</td><td>X</td><td>X</td><td>X</td><td>X</td></tr><tr><td colspan="5" style="text-align: center;">—————</td></tr><tr><td>X</td><td>X</td><td>X</td><td>X</td><td>X</td></tr></table>	X	X	X	X	X	—————					X	X	X	X	X
X	X	X	X	X												
—————																
X	X	X	X	X												
DESCRIPTION:	<ol style="list-style-type: none">① Everybody participates at once.② Face each other separated by yard line③ Fit into lock out technique.④ Use Crowbar technique - Right then left <p>C.P.</p> <p>Hands Inside Stay Low Elbows Locked - Then Push/Pull</p> <ol style="list-style-type: none">⑤ Drill on command "Fit" then "Crowbar - Right" "Crowbar - Left"															

MERCER MUSTANGS
Def. Line Man

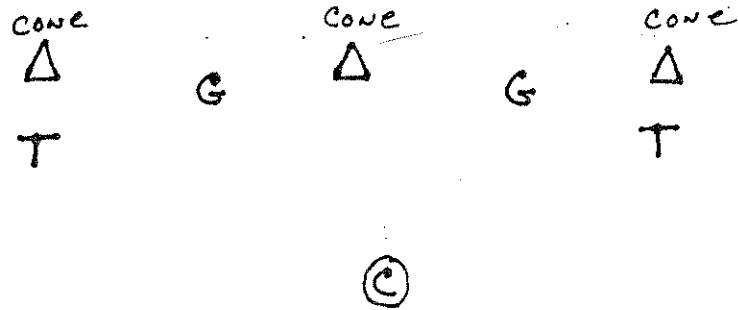
NAME:

Wrong Arm - Reading Guards

OBJECTIVE:

Teach the tackles to read the initial step of the near guard for decision making purposes related to the Wrong Arm Technique.

PROGRAM:



DESCRIPTION:

- ① Guards simulate first step of either lead block or pull trap.
- ② Defensive Tackles simulate steps upfield and crossover and complete with proper Wrong Arm Technique.

C.T.P.

Decision Time - by the time that the first step is completed.

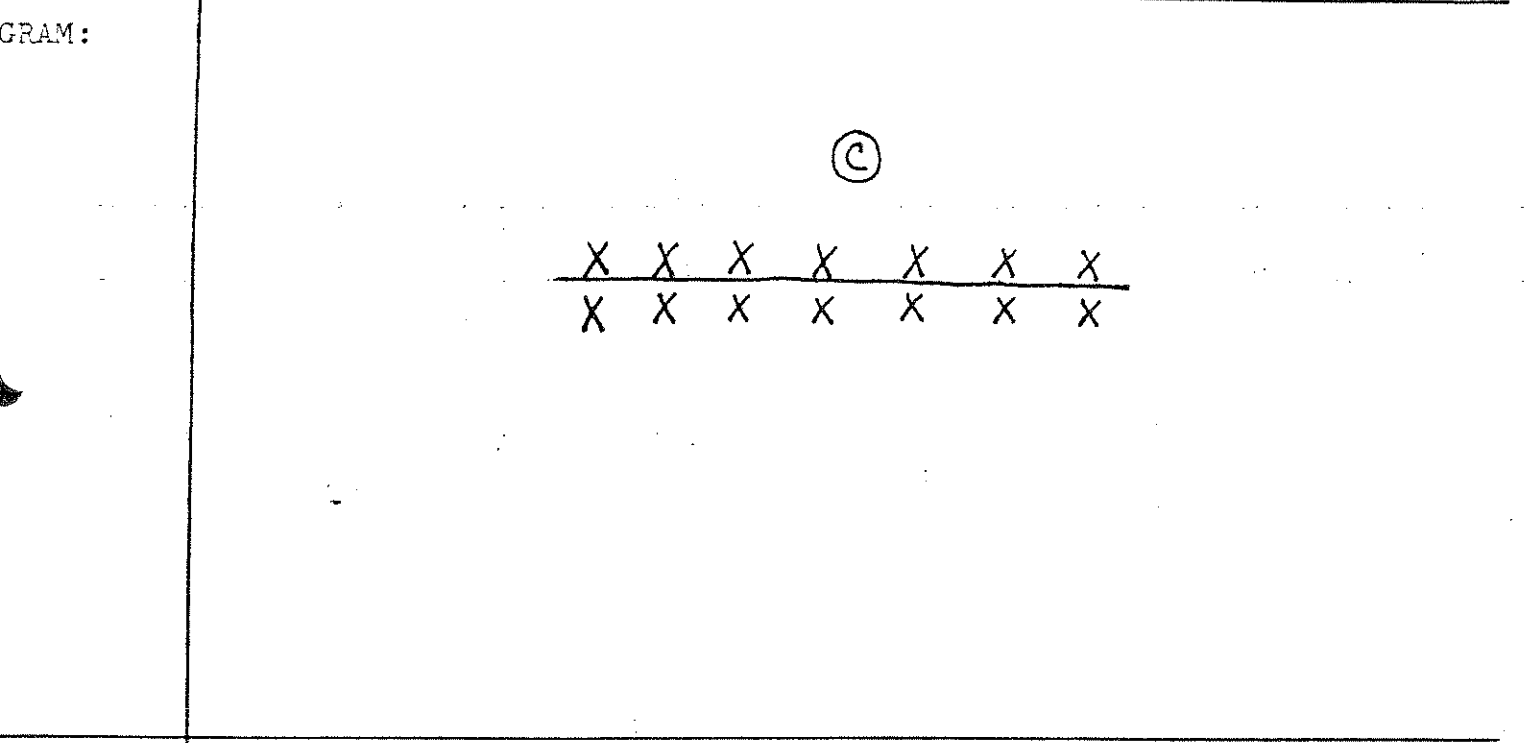
Visual Keys - Eyes

MERCER MUSTANGS

Def. Lineman

DE: Wrong Arm - FIT

POSE: Teach the proper positioning of the entire body when executing the Wrong Arm Technique.



DESCRIPTION:

- ① Everybody participates at once.
- ② OFFENSIVE linemen pulling technique.
- ③ DEFENSIVE linemen Fit with head up field, and shoulder to OFFENSIVE linemans knee.

C.P.

- Stay low
- Head up - DON'T DUCK
- Elbow up for bigger shoulder surface

- ④ Drill on command "Fit"

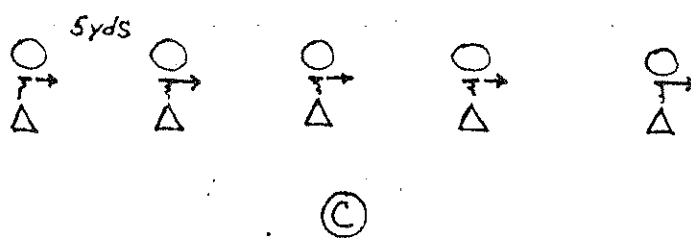
MERCER MUSTANGS

DEF. Line

TITLE:	Two-MAN sled HiT Pro Gression Cont.
PURPOSE:	
DIAGRAM:	
DESCRIPTION:	<p>D.) <u>HiT; Gather</u> - Repeat procedures in preceding phase bringing the outside foot to a good football position on the sled. Hold for <u>four</u> seconds</p> <p>E.) <u>HiT, Gather and move</u> - Repeat preceding two phases working both feet in place without moving the sled.</p> <p>F.) <u>Drive</u> - Repeat the preceding three phases with linemen driving the sled until coach blows his whistle.</p> <p>C.P.</p> <ol style="list-style-type: none"> 1) check stance in phase c, d, e, and F. 2) Keep shoulders square 3) Good lock-out position & Hip explosion. 4) Drive off numbers.

MERCER MUSTANGS

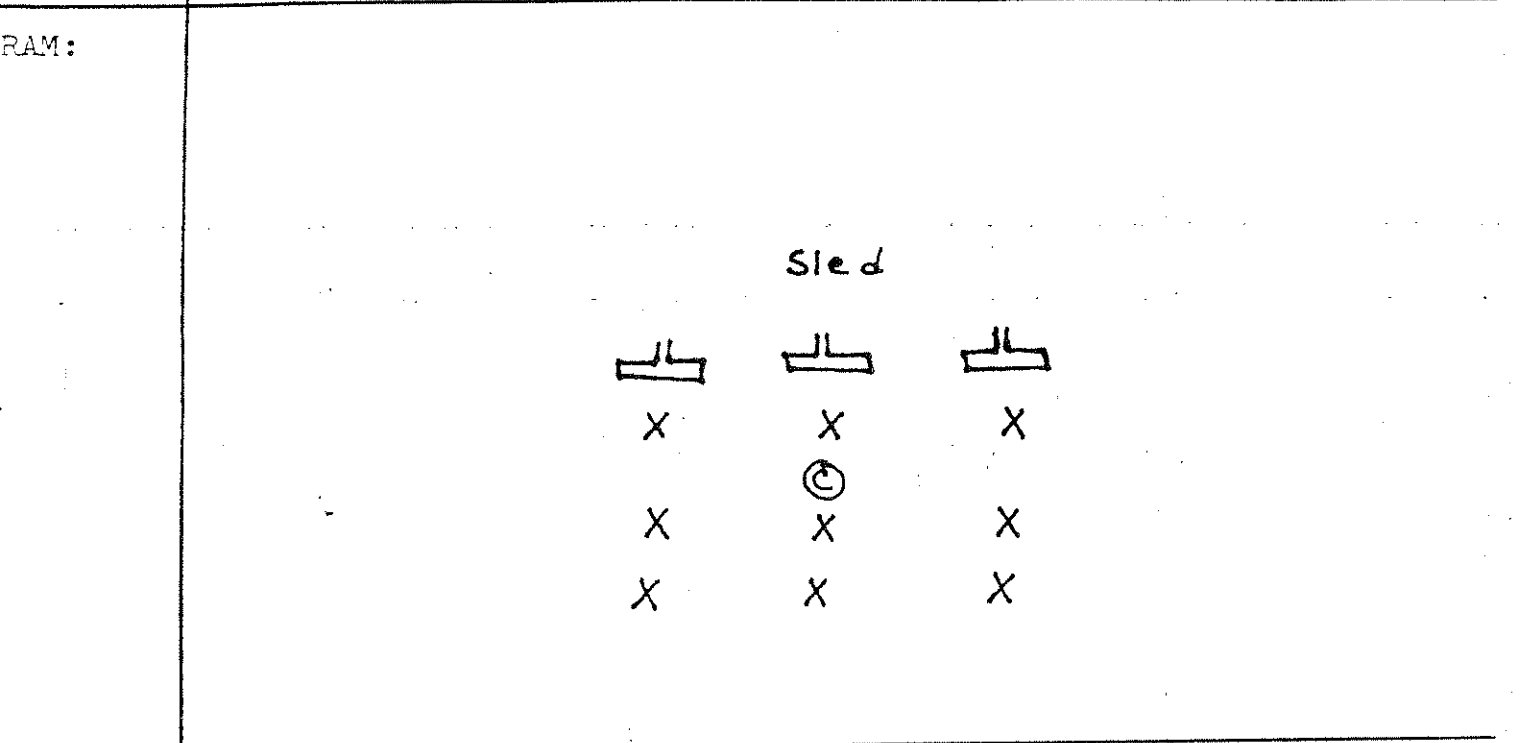
Def. LINE

TITLE:	Lock-out and Shuffle
PURPOSE:	To teach and practice the proper fundamentals and techniques of using the hands in defeating a block. Incorporated are skills related to reaction and agility.
DIAGRAM:	<p>* Run both RT. & LT.</p>  <p>* Align a row of designated offensive linemen <u>Five</u> yards apart in front of a L.O.S.</p> <p>* Position a defensive lineman in front-facing alignment to each blocker.</p>
DESCRIPTION:	<p>The coach stands behind the defensive personnel. On coach's command, first offensive line man drives from his stance and executes a left shoulder block. The defensive lineman reacts to the charge of the blocker by shuffling to his right and drives both hands to his opponent's numbers. (His hands should work from the numbers to the shoulder area)</p> <p><u>MAX</u> Reps</p> <p>C.P. Always check to see that defensive linemen are in proper stance.</p> <p>Instruct the defenders to approach the L.O.S as blocker initiate their blocks.</p> <p>It is imperative that the defensive linemen are in their arms</p>

MERCER MUSTANGS

Def. Lineman

E:	<p>Lockout - 5 man sled</p> <p style="text-align: right;">4 point stance 6 point stance</p>
POSE:	<p>4 point - Teach positioning and movement of upper body and trunk.</p> <p>6 point - Teach entire body positioning and movement.</p>



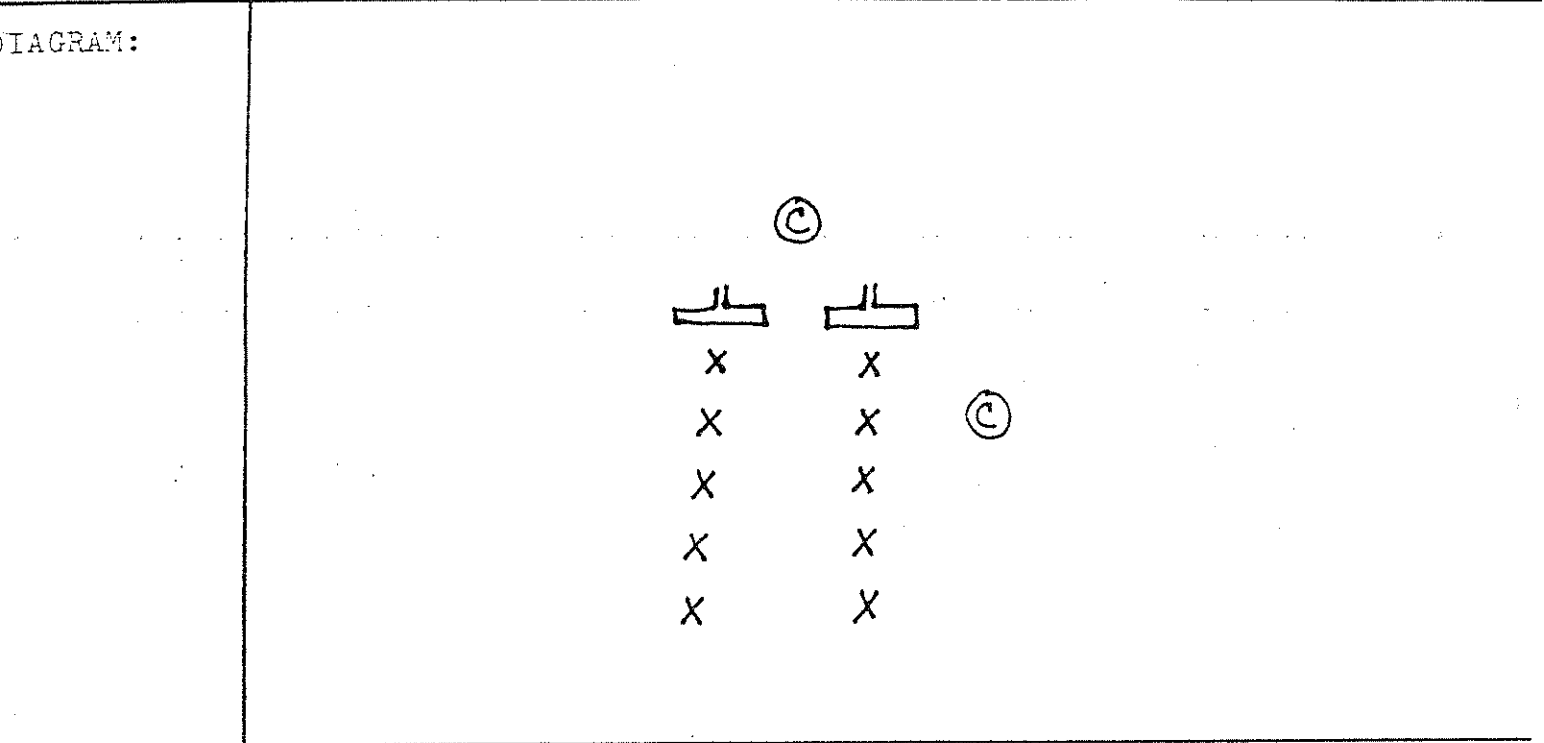
- DESCRIPTION:
- ① Three players at a time, Quick Rotation
 - ② 6 point stance, then 4 point stance.
 - ③ Coaching Points:
 - Elbows Locked
 - Don't wind up
 - Roll Hips forward
 - Keep feet moving
 - ④ Drill on Command "Hit"

MERCER MUSTANGS

Def. Lineman

TITLE: Lockout - 2 Man Sled 4pt. Stance
6pt. Stance

PURPOSE: 4pt. - Teach positioning and movement of upper body and trunk.
6pt. - Teach entire body positioning and movement.



DESCRIPTION:

- ① Two players at a time, Quick Rotation.
- ② 6pt. stance, then 4pt. stance.

c.p. Elbows locked
 Don't Wind up
 Roll Hips Forward
 Keep Feet moving

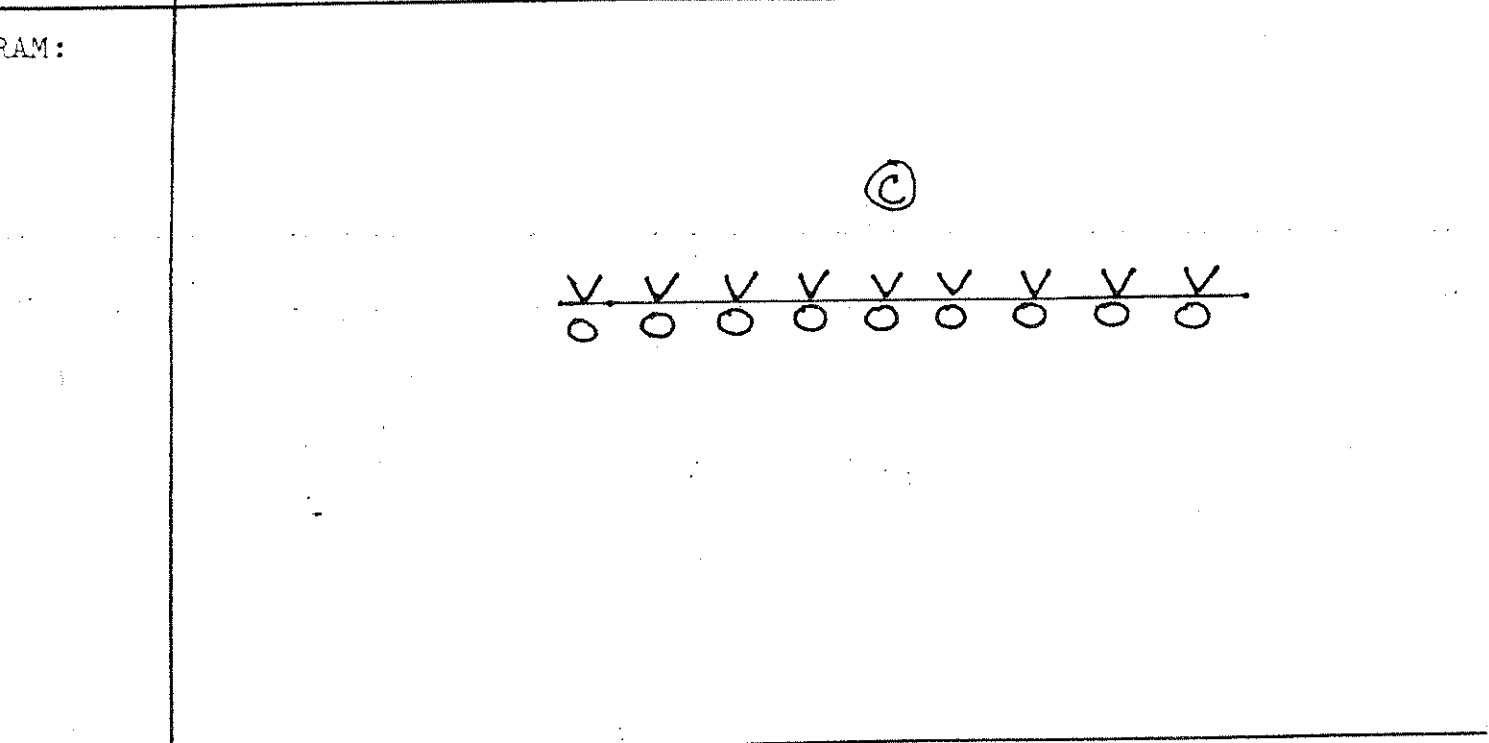
- ③ Drill on command "Hit"

MERCER MUSTANGS

Def. Lineman

E: Lockout - Lonesome

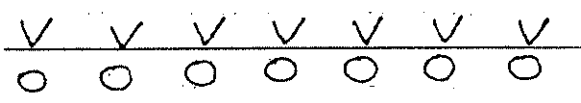
OBJECTIVE: Test For positioning and movement of upper body and trunk during lockout technique.



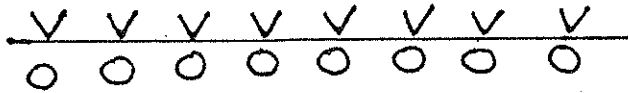
- DESCRIPTION:
- ① Every body participates at once.
 - ② Defensive linemen - 6 point stance - knees to the ground.
Offensive linemen - 3 point stance.
 - ③ Drill on command "Hit"
 - ④ Full Blast Drill!
 - ⑤ Coaching Points:
 - Hands Inside
 - Roll Hips forward
 - Elbows locked
 - Don't wind up

MERCER MUSTANGS

Def. Lineman

TITLE:	Lockout - Shields 6 Point Stance
PURPOSE:	Teach positioning and movement of the upper body and trunk during Lockout Technique.
DIAGRAM:	
DESCRIPTION:	<p>① Everybody participates at once.</p> <p>② Face each other, separated by yard line.</p> <p>③ <u>6</u> point stance - Faces to the ground.</p> <p>c.P.</p> <p>Hands inside (Bone-Bone) Thumbs up 8" apart Stay low - low man wins Elbows locked - Eyes up. Roll hips Forward on contact - belly slam</p> <p>④ Drill on command "Hit" or on offensive movement.</p>

MERCER MUSTANGS
Def. LINEMAN

TITLE:	Lockout - shields 4 Point Stance
PURPOSE:	Teach positioning and movement OF the entire body during Lockout Technique.
DIAGRAM:	<p style="text-align: center;">(C)</p> 

DESCRIPTION:

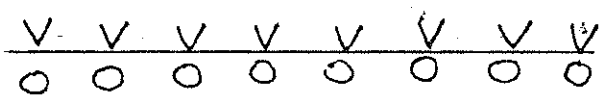
- ① Everybody participates at once.
- ② Face each other separated by yard line.
- ③ Four point stance.

C.P. Hands inside - Bone on Bone - Inside MAN WINS.
Stay low - Hands above eyes - Low man wins.
Elbows locked.
Roll Hips Forward on contact.
Keep Feet moving.

- ④ Drill on command "Hit" or on OFFENSIVE movement.

MERCER MUSTANGS

DeF. Lineman

<p>TITLE:</p>	<p>Lockout - Fit</p> <p style="text-align: right;">Kneeling (6PT) STANDING</p>
<p>PURPOSE:</p>	<p>Teach the proper body positioning for the Lock-out technique immediately following movement of the offensive linemen.</p>
<p>DIAGRAM:</p>	<p style="text-align: center;">©</p>  <p style="text-align: center;">V V V V V V V V ○ ○ ○ ○ ○ ○ ○ ○</p>
<p>DESCRIPTION:</p>	<ol style="list-style-type: none"> ① Everybody participate at once. ② Face each other separated by yard line. ③ Drill Kneeling First, then standing. <p><u>C.P.</u></p> <p>Hands inside (Bone-Bone) thumbs up. stay low - low man wins. Contact point- top of numbers, Elbows locked and roll hips.</p> <ol style="list-style-type: none"> ④ Drill on command "FIT".

Def. Line

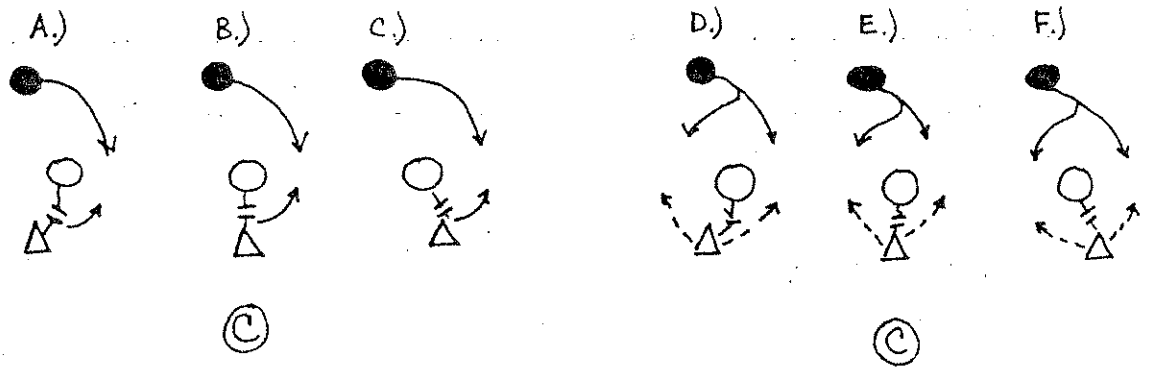
TITLE:

DeFeating the Block

PURPOSE:

To teach and practice proper fundamentals and techniques of deFeating the drive block. The drill stresses the importance of achieving a shoe-shoe relationship to the opponent before deFeating his block. Stresses a parallel shoulder and Hip relationship to the L.O.S. Two Stages

DIAGRAM:



* work drill LT. & RT.
 Techniques (4-2) (5-3)

DESCRIPTION:

Stage 1 - Ball carrier's path is determined
 1.) Align a blocker and ball carrier in their proper relationship to a selected L.O.S.
 2.) A defensive lineman is placed in one of three positions A.) behind the blocker B.) Head-up C.) ahead of the blocker.
 3.) ON coach's cadence, defender reacts to and defeats the block of the offensive lineman.
 Stage 2 - Ball carriers Path is undetermined
 1.) Same alignment as stage 1
 2.) the path of the runner is undetermined and the runner can cut off the offensive lineman's block either LT. OR RT.

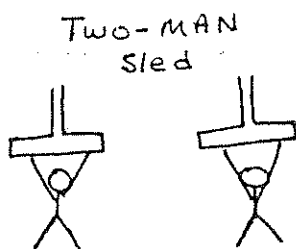
DeF. Line

TITLE:	Extension Drill
PURPOSE:	To teach and practice the proper Fundamentals and techniques in executing the extension. Emphasis is placed on concentrating on the aiming point and developing snap when extending the hips & knees.
DIAGRAM:	<div data-bbox="620 839 1168 1087" data-label="Diagram"> <p>The diagram shows a horizontal bar labeled 'Sled' with five downward-pointing T-shaped pads. Below each pad is a triangle representing a linemen stance. There are two rows of five triangles, one directly below each pad. A circled 'C' is to the right of the triangles.</p> </div> <p>* Align <u>Five</u> linemen in Four-point stances in front of the pads of a <u>5 MAN</u> sled. Other linemen fall in behind the front line.</p>
DESCRIPTION:	<p>ON Coach's command, the first row of linemen explode in to the pads of the sled making contact with the chest, shoulders and hands. (Snap the full extension)</p> <p>After contacting the sled, all linemen bring their feet forward and push the sled with their hands to obtain a full extension.</p> <p><u>MAX Reps</u></p> <p>C.P. Check Proper stance Concentrate on an aiming point Keep hands close together on the sled.</p>

TITLE: Two-Man Sled Hit Progression

PURPOSE: To teach and practice proper fundamentals and techniques in the execution of the LOCK-OUT.

DIAGRAM:



©

- * Position two rows of defensive linemen behind the pads of a two-man sled.
- * Conduct drill in six Phases.

DESCRIPTION:

- A.) Lock-out - The First two linemen assume the Football position in front of pads of sled and on coach's command strike the pad using a lock-out.
- B.) Hip Thrust - Paired drill participants assume knee stances sitting back on their heels. On command, they lean forward at a 45° angle and strike a blow to the pad. In the execution of the lock-out, the head is up, and the hips are extended thrusting the belt buckle toward the pad.
- C.) Step & lock-out - The defensive linemen assume their normal stances and on command step with inside foot and lock-out.
Do not move outside foot.

MERCER MUSTANGS

Def. Line

TITLE:	Contain Drill (cont)
PURPOSE:	
DIAGRAM:	
DESCRIPTION:	<p>down the Field. The defensive linemen react to the ball snap and carry out the initial steps of the designated defense called in the huddle. They then take their proper pursuit angle to the ball. When the pursuers get to the ball carrier, they break down and wait for the Coach's whistle to end the drill.</p> <p>C.P. Check Personnel to see if they are aligned properly.</p> <p>Drill should progress from walk-through to Full-speed.</p>

MERCER MUSTANGS

Def. Line

<p>TITLE:</p>	<p>Contain Drill</p>
<p>PURPOSE:</p>	<p>To teach and practice interior pursuit with special emphasis on reacting to ball snap and taking the proper angle to the ball carrier.</p>
<p>DIAGRAM:</p> <p><i>Need - 20 cones; 4 FOOTBALLS</i></p>	
<p>DESCRIPTION:</p>	<p>Align <u>ten</u> cones, one each, on every <u>Five</u> yard line downfield. All cones are placed <u>5</u> yards from each sideline. A center & a QB are positioned over football at mid field. A runner, holding a football, is positioned between cones and sidelines. A manager, or another player, is placed behind each runner. Align the def. front in a huddle behind the L.O.S. On coach's command, the defensive front breaks the huddle with an assigned defensive call and takes their positions over the football. On snap, the QB takes a <u>Five</u>-yard pass drop and passes the football to a manager on either sideline. When the manager</p>

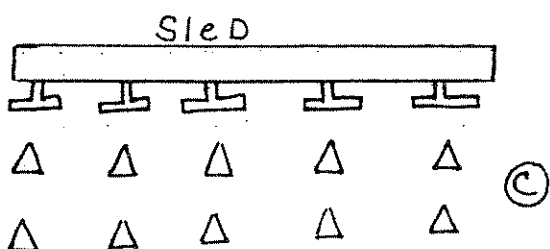
MERCER MUSTANGS

Def. Line

TITLE:	DeFeating the Block
PURPOSE:	To teach and practice proper fundamentals and techniques of deFeating the drive block. The drill stresses the importance of achieving a shoe-shoe relationship to the opponent before defeating his block. Stresses a parallel shoulder and Hip relationship to the L.O.S. <u>Two Stages</u>
DIAGRAM:	<p>* work drill LT. & RT. Techniques (4-2) (5-3)</p>

DESCRIPTION:	<p>Stage 1 - <u>Ball carrier's path is determined</u></p> <ol style="list-style-type: none"> 1.) Align a blocker and ball carrier in their proper relationship to a selected L.O.S. 2.) A defensive lineman is placed in one of three positions A.) behind the blocker B.) Head-up C.) ahead of the blocker 3.) ON coach's cadence, defender reacts to and defeats the block of the offensive lineman. <p>Stage 2 - <u>Ball carrier's path is undetermined</u></p> <ol style="list-style-type: none"> 1.) Same alignment as stage 1 2.) the path of the runner is undetermined and the runner can cut off the offensive linemen's block either <u>LT. OR RT.</u>
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DeF. Line

TITLE:	Extension Drill
PURPOSE:	To teach and practice the proper Fundamentals and techniques in executing the extension. Emphasis is placed on concentrating on the aiming point and developing snap when extending the hips & knees.
DIAGRAM:	 <p style="text-align: center;">Sled</p> <p style="text-align: center;">△ △ △ △ △ © △ △ △ △ △</p> <p>* Align <u>Five</u> linemen in Four-point stances in front of the pads of a <u>5</u> man sled. Other linemen fall in behind the front line.</p>
DESCRIPTION:	<p>ON Coach's command, the first row of linemen explode into the pads of the sled making contact with the chest, shoulders and hands. (Snap the full extension)</p> <p>AFTER contacting the sled, all linemen bring their feet forward and push the sled with their hands to obtain a full extension.</p> <p><u>MAX Reps</u></p> <p>C.P. Check Proper stance concentrate on an aiming point Keep hands close together on the sled.</p>

Inside LB'ET

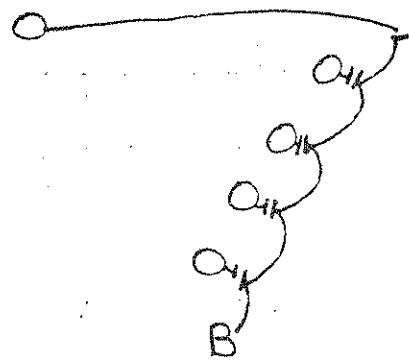
Drills

Inside LB'ers

LE: LINEbacker Block Protection Drill

POSS: To teach and practice the proper fundamentals and techniques of defeating blockers maintaining outside leverage on the ball carrier and executing a tackle.

GRAM: * Execute drill both LT. & RT.



* Align three blockers, holding hand shields, at 45° angles and perpendicular to L.O.S. Three yards separate each blocker.

- DESCRIPTION:
- ① LB'er is positioned in his stance three yards in front of and slightly inside the first blocker.
 - ② A runner, holding a football, is positioned seven yards in front of the LB'er.
 - ③ On coach's command, the first blocker moves to block the LB'er as the ball carrier initiates a controlled run to the outside.
 - ④ LB'er reacts to and defeats the blocks of each blocker. END with good form tackle.

Reps

O.P. Check Alignment & Stance
 MAINTAIN square sq. shoulders to L.O.S, as they move toward each block.

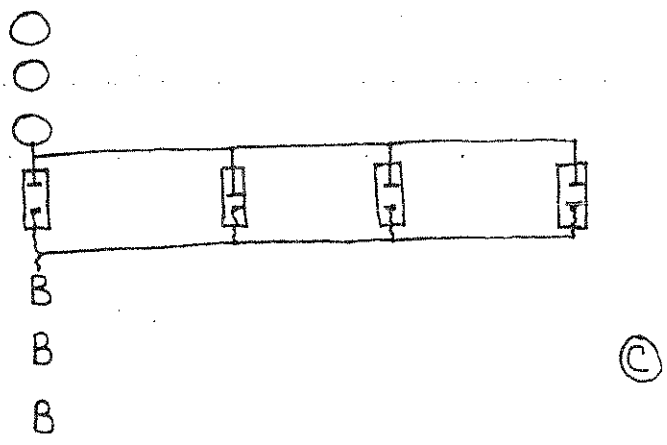


TITLE: Basic Effort Drill

PURPOSE: To teach and practice the proper fundamentals and techniques of defeating

Variations CAN be used with any block shedding technique. CAN incorporate a running back - Form tackle at the end.

PROGRAM: conduct drill - both Lt. & RT.



- * Lay Four dummies three yards apart and perpendicular to a selected yard line.
- * Position a row of LB'ER in front of the first dummy.

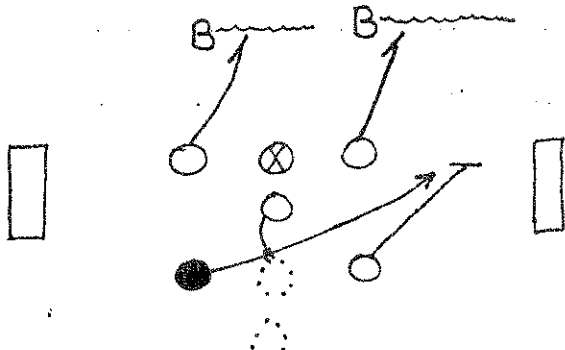
- DESCRIPTION:
1. Align a row of blockers in a front-facing position at the other end of the first dummy.
 2. The coach stands at the end of the dummy area and instructs the blocker to execute either high or low blocks or a combination of the two. LB'ERS are to counter low block with hand shivers and high blocks with forearm-shoulder blows.
 3. Coach's command the first blocker drives out of his stance, straddles the dummy and executes the designated block.
 4. The LB'ER reacts to the movement of the blocker, straddles the dummy, and defeats the block.
 5. Retreat off the first dummy - repeat all the way through.

MAX REPS

C.P.

LB'ers are in proper stance
MAINTAIN good FOOTBALL POSITION

MERCER MUSTANGS
Inside LB's

TITLE:	Key Drill
PURPOSE:	To teach and practice proper fundamentals & techniques of reacting to and defeating a block and pursuing a ball carrier.
PROGRAM:	<p>C.P. Change up backfield action and blocking schemes.</p>  <ul style="list-style-type: none"> * Align an offense (center, guards, two running backs and a QB) over the football. * Lay to dummies outside tackle area. * Position LB's in their normal alignment.
DESCRIPTION:	<p>1. Coach stands behind the defense and signals the off. as to snap count and the play to be executed.</p> <p>2. ON snap - LB's READ & react.</p> <p>3. LB's are instructed to defeat the block of the guards using a Forearm shoulder blow. They then shuffle into position to tackle the ball carrier.</p> <p><u>MAX Reps</u></p> <p>C.P.</p> <ol style="list-style-type: none"> 1) Check LB's Alignment and proper stance. 2) Keep shoulders square to L.O.S and <u>NEVER</u> cross over step. 3) MAKE sure LB's take on guard with the proper shoulder and with their pads under the pads of the blocker.

MERCER MUSTANGS

Inside LB's

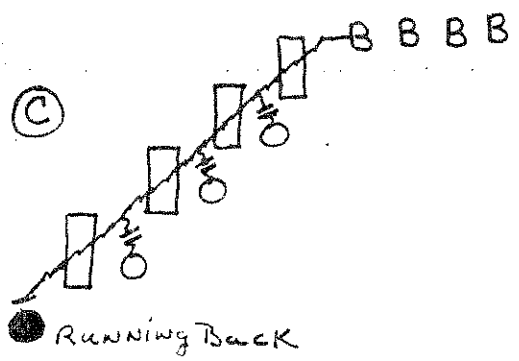
TITLE:

Linebacker Attack Drill

PROSE:

To teach and practice the proper fundamentals and techniques of defeating blockers, pursuing through the trash in attacking the L.O.S.

PROGRAM:



- * Align Four dummies at a 45° angle and perpendicular to L.O.S.
- * PLACE a blocker between each dummy.
- * Running back, holding a football is positioned at the far end.

DESCRIPTION:

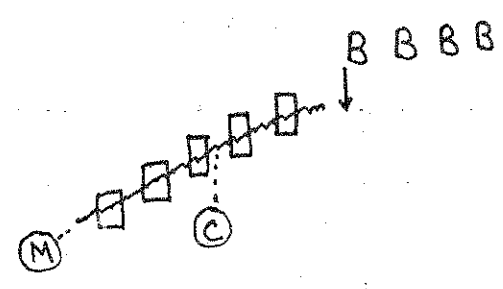
1. LB'er assumes the Football position beside the First dummy.
 2. On coach's command, the First LB'er shuffles over and through the dummies taking on and defeating each blocker with a fore-arm shoulder blow.
 3. After LB'er has moved over the last dummy, he executes a Form tackle on the ball carrier.
- MAX Reps
4. The drill should be conducted with angle of the dummies reversed.

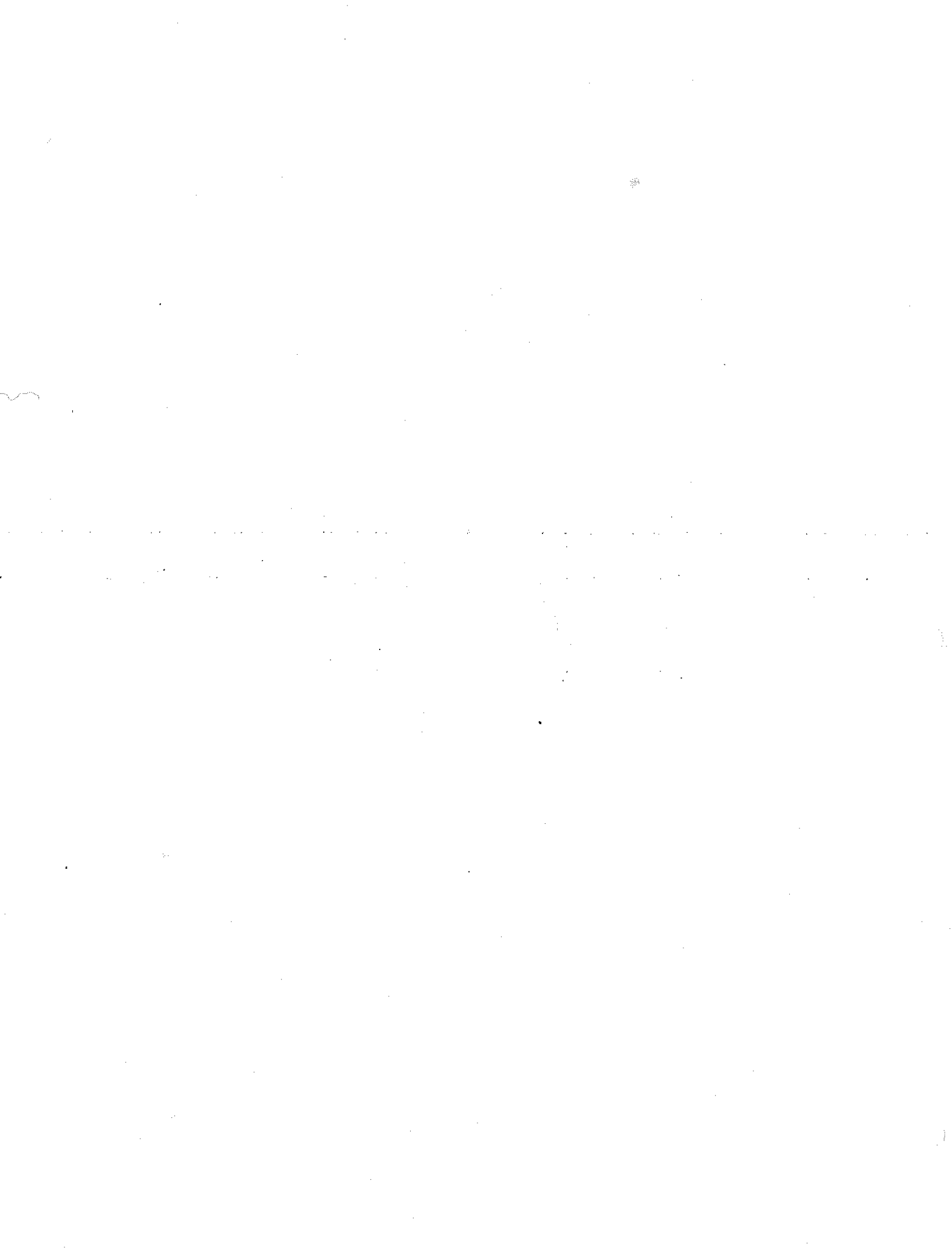
C.P.

- ① LB'ers maintain good Football position with shoulders square
- ② use proper block shedding technique.
- ③ LB'ers execute all Form tackles going upfield

MERCER MUSTANGS

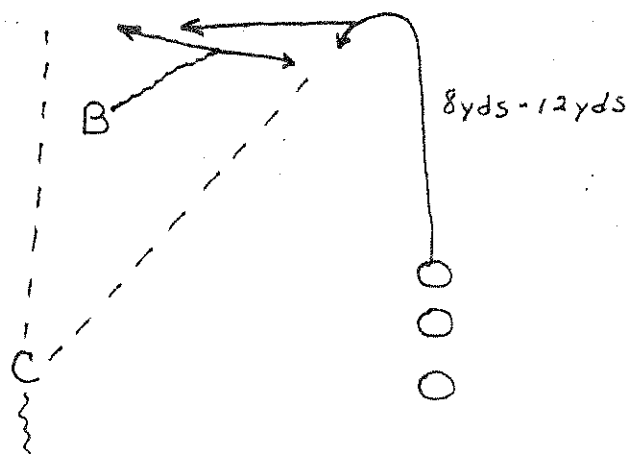
Inside LB'ers

TITLE:	ANGLE Pursuit
PURPOSE:	To reach and practice pursuit. Incorporated are skills related to reaction, concentration, agility, and keeping a squared shoulder relationship to the L.O.S.
EQUIPMENT *	Five large dummies and two Footballs.
DIAGRAM:	 <p>* LAY <u>Five</u> dummies <u>one</u> yard apart on a 45° angle and perpendicular to a selected L.O.S.</p> <p>* The drill should be conducted with the angle of the dummies reversed.</p>
DESCRIPTION:	<ol style="list-style-type: none"> 1.) Position a row of LB'ers adjacent to the first dummy. 2.) Coach stands in front of the drill area holding a Football. 3.) On coach's command, first LB'er steps forward and assumes a football position beside the row of dummies. He then begins to shuffle over and through the bags. 4.) AT some point during the shuffle, coach tosses the <u>FB</u> to the LB'er 5.) LB'er catches the football, calls out <u>oskie</u> and tucks the <u>FB</u> under his arm. 6.) Drill continues until all LB'ers have had MAX reps. <p>C.P. ① MAINTAIN good FOOTBALL position ② pump their arms</p>



MERCER MUSTANGS

Inside LB's

TITLE:	Break on BALL Drill
PURPOSE:	To teach and practice the proper Fundamentals and techniques of taking the proper PASS drop, reading the QB, breaking on the FOOTBALL, and intercepting the PASS.
PROGRAM:	 <p>* Coach - exaggerate shoulder turn so LB'er get a good Read.</p>
DESCRIPTION:	<ol style="list-style-type: none">1. Align a QB (coach) holding a Football at the midpoint of a selected L.O.S.2. Position a row of receivers one yard outside hash MARK perpendicular to the L.O.S.3. LB'er is placed in his normal alignment to the receiver side.4. on cadence, the QB drops and passes the Football to the wide receiver who is running either a twelve yard curl or a crossing pattern.5. LB'er executes his pass drop, <u>reads</u> QB - breaks on the Football for the interception.6. Conduct drill both LT. & RT. <p>C.P. ① check Alignment & stance. ② LB'er will set up with QB drop</p>

MERCER MUSTANGS
Inside LB'ers

FILE: Linebacker Zone Pass Drop Drill

POSE: To teach and practice proper fundamentals and techniques in defending the number two pass receiver (tight end) from a pull-up pass action.

GRAM: * Run drill from both left & right hash marks.

* Place Five cones to represent the offensive linemen
 * Place scrimmage vests to designate pass drop areas, ten to twelve yards deep on sideline hash marks for boundary LB'er, 8yds TE hook, 15-18 TE seam, 10-12 TE curl

DESCRIPTION:

- Position a QB holding a football, and a (TE) in their regular offensive alignments.
- Align LB'ers in their normal alignment.
- The coach instructs the (TE) to run one of four cuts.
- On cadence and snap count, the QB executes his pass drop
- The LB'ers react to the offense and follow the following rules
 - A.) IF the (TE) hooks, the outside LB'er plays hook man-man and backside LB'er drops down the hash mark ten-twelve yards deep.
 - B.) IF (TE) runs a cross under cut, the outside LB'er plays hook zone and backside LB'er drops down the hash mark ten-twelve yards deep.

MERCER MUSTANGS

Inside LB'ERS

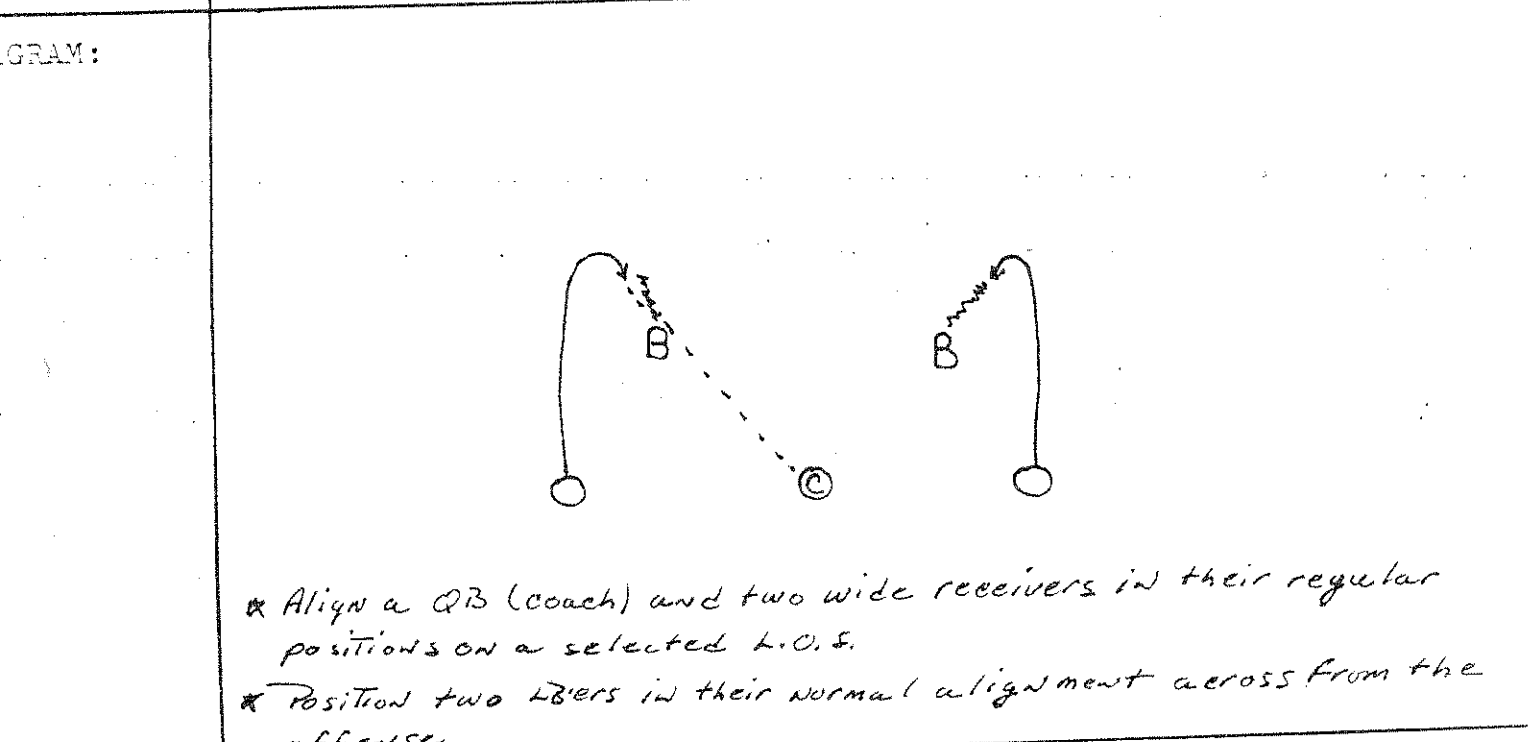
FILE:	Linebacker Zone Pass Drop Drill
PURPOSE:	
PROGRAM:	
DESCRIPTION:	<p>C.) IF the (TE) runs the seam, the onside LB'er plays the under seam out to eighteen yards and the backside LB'er drops down the hash mark ten-twelve yards deep.</p> <p>D.) IF (TE) runs to the Flat, the onside LB'er plays the curl, and the backside LB'er drops down the hash mark 10-12yds deep.</p> <p>C.P.</p> <ol style="list-style-type: none">1) check stance & def. alignment.2) MAKE sure LB'ers read properly and carry out pass drop assignments correctly.3) Instruct the LB'ers to watch both the receiver and QB.

MERCER MUSTANGS

Inside LB'S

OBJECTIVE: Stop the Curl

PURPOSE: To teach and practice the proper fundamentals and techniques in executing the correct pass drop and breaking on and intercepting a pass.



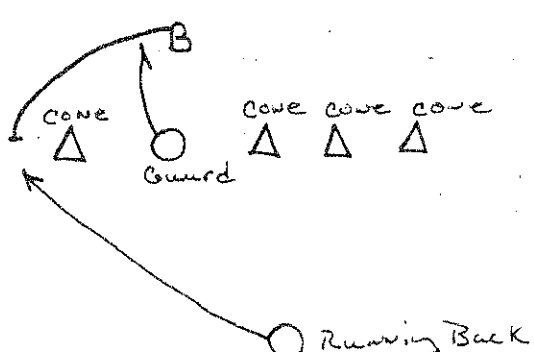
DESCRIPTION: On cadence and snap count, the QB executes a straight drop back pass and the two wide receivers run designated hook or curl pass route. The QB passes the football to the open receiver. The LB's read, react, drop to their proper curl zones, break on the football, and intercept the pass. Conduct drill from different positions on the field.

MAX Reps
 C.P.

Check Alignment & STANCE
 Instruct LB's to read QB and to work through the hook area to curl area.
 make sure the LB's keep square. shoulders

MERCER MUSTANGS

Inside LB's

<p>LE:</p>	<p>High-Low</p>
<p>POSS:</p>	<p>To teach and practice the proper fundamentals and techniques of defeating a block, pursuing the ball carrier, and executing a tackle.</p>
<p>GRAM:</p>	<div style="text-align: center;"> <p>©</p>  </div> <p>Drill Variations:</p> <ol style="list-style-type: none"> 1) Can be used with other linemen blocking on the LB'er. 2) Can be used as a form or live tackling drill. <p>1.) Position an offensive guard in his normal position</p> <p>C.P. Conduct drill both Lt. & RT.</p>

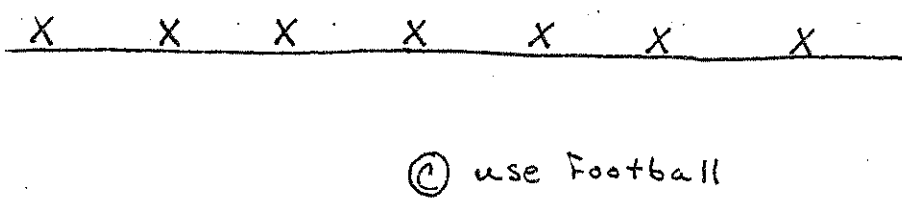
<p>DESCRIPTION:</p>	<p>The coach stands behind the defense and signals the guard and TB, the snap count, direction of flow, and the type of block to be executed. He also tells the LB'er the defensive front.</p> <p>The LB'er reacts to and defeats the block of the guard, pursues the ball carrier and executes a tackle.</p> <p>* <u>MAX Reps</u></p> <p>C.P. Always check to see that LB'ERS are aligned correctly. MAKE sure line backer's <u>initial</u> steps are in accordance with flow.</p> <p>Drill focuses on fundamentals and techniques in defeating</p>
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Secondary

Drills

MERCER MUSTANGS

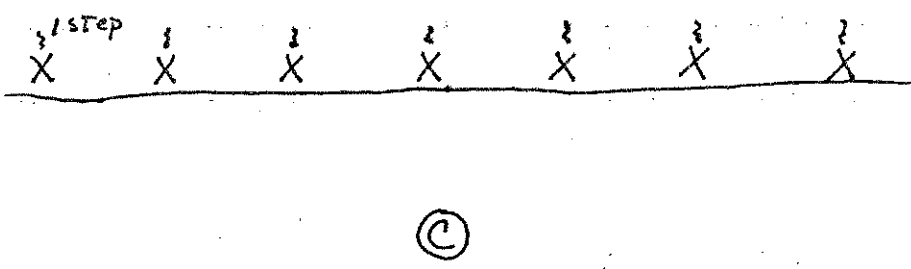
Secondary

TITLE:	Stance Drill
PURPOSE:	To teach and practice the proper mechanics of the stance.
DIAGRAM:	 <p>(c) use Football</p>

DESCRIPTION:	<p>(1) Everybody Participates at one time.</p> <p>(2) Have defensive backs line up on yard line.</p> <p>C.P. stance - (corners) outside foot up. <u>safety</u> (parallel feet)</p> <p>Key Points:</p> <ul style="list-style-type: none">A.) Drop hipsB.) Back FlatC.) Arm back or hang.D.) weight on the balls of FeetE.) nose over toesF.) Feet underneath you.
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MERCER MUSTANGS

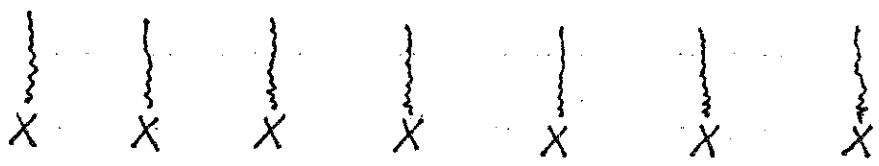
Secondary

E:	Initial Step Drill (Bird Dog)
DSE:	To teach and practice the first step of the back Peddle.
RAM:	 <p>The diagram shows a horizontal line with seven 'X' marks spaced evenly along it. Above the first 'X' is the text '1st step'. Below the line, centered, is a circled 'C'.</p>

DESCRIPTION:	<ol style="list-style-type: none">① Everybody participate at one time .② Good stance - live up on yard line.③ On Coach's command, defensive backs take one step, maintain good stance keys.④ Step with <u>inside</u> foot & Push off.⑤ Balance your position. <p>C.P. Check stances. (Key Points) On <u>initial step</u>, make sure defensive backs do not pop up. Head up - check eyes. * All eyes should be on coach.</p>
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MERCER MUSTANGS

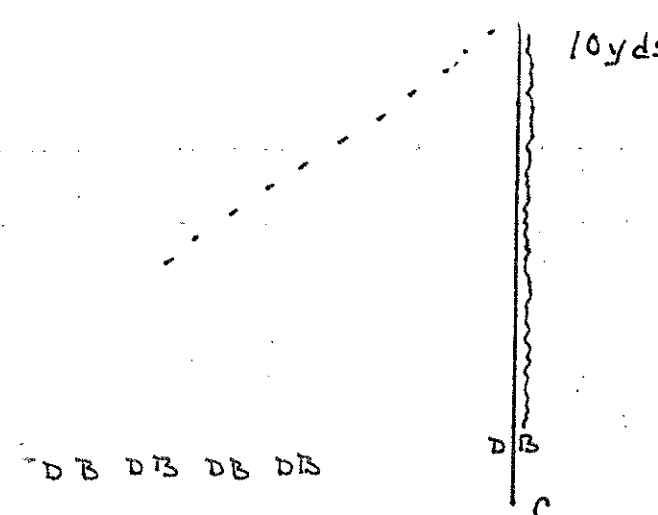
Secondary

TITLE:	<p>Back Peddle Drill</p> <p style="text-align: right;">1/2 speed Full speed</p>
PURPOSE:	<p>To teach and practice the proper mechanics of the back peddle.</p>
PROGRAM:	<p>10yds only</p>  <p style="text-align: center;">©</p> <p>* Back peddle all angles: 45°, 90°, 180°</p>

DESCRIPTION:	<ol style="list-style-type: none"> ① Everyone participate at one time. ② ON Coach's command, defensive back will break into a Back Peddle. ③ Have defensive backs back peddle no further then 10 yards. <p>C.P. Feet together - inside the shoulders. Arms moving Parallel to your body - reach back with arms.</p> <p>Body weight <u>must</u> stay forward at all times</p> <p>* Head up - Eyes ON Coach OR QB</p>
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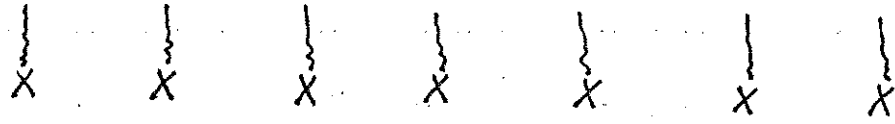
MERCER MUSTANGS

Secondary

NAME:	Run the Lines
PURPOSE:	To teach and practice the proper mechanics of the back peddle.
EQUIPMENT:	 <p>* (DB) will line up on a line - others will be in adjacent position * work for 10 yards * QB can throw a Pass at the end to simulate interception</p>
DESCRIPTION:	<ol style="list-style-type: none">① On coach's command, defensive back will back peddle for 10 yards.②. work 1/2 speed and full speed. <p>C.P. Check stances & keys. Head up - Eyes on coach check feet and make sure shoulders are square.</p>

MERCER MUSTANGS

Secondary

TITLE:	Control Drill #1
PURPOSE:	To teach and practice the proper mechanics of back peddling under control and working to the ball.
PROGRAM:	 <p style="text-align: center;">(C)</p> <p>* As defensive backs get good you can add receivers. Run OUTS, Flats etc.)</p>
DESCRIPTION:	<ol style="list-style-type: none"> ① HAVE PLAYER on yard line 5 yards apart. ② Everybody participates at once. ③ On coach's command, defensive backs will back peddle under control the first <u>3</u> steps. Read Coach. ④ Coach pats his chest, defensive sack work sack up, Coach points deep - defensive sacks work deep. <p>c.P. Check stance keys. Head up - eyes on coach. weight forward. watch for <u>False</u> steps.</p>

MERCER MUSTANGS

Secondary

E:	<p>Control Drill # 2 - Rocker STEP</p> <p>- Bird Dog - half speed - Full speed</p>
PURPOSE:	<p>To teach and practice the mechanics of the back peddle with emphasis on Hip roll and working back up to the ball.</p>
PROGRAM:	<div data-bbox="392 766 1191 1036" style="text-align: center;"> </div> <p data-bbox="109 1222 1411 1408"> C.P. * As defensive backs work back up, they roll the weight forward with inside foot and push off. * Always keep feet under you. </p>

DESCRIPTION:	<ol style="list-style-type: none"> ① Have players on yard line. ② Everybody Participates at once ③ On Coach's command, defensive backs will back peddle under control and then will break back on coach's signal. <p data-bbox="188 1740 1489 2072"> C.P. check stance keys. Head up - Eyes on coach weight forward. * <u>Never stop feet</u> as you work back to coach. Roll hips forward. * Check for false steps - they <u>do not</u> plant and work </p>
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Secondary

FILE: Vertical Turn Drill - Bird Dog
- Half speed
- Full speed

POSE: To teach and practice the mechanics of the back Peddle with emphasis on a directional step, turning and running with a receiver.

GRAM: 10 yds

(C)

* Can do this drill first without receivers, then add a receiver.

* START OUT with just one step, 45° step

DESCRIPTION:

- ① Everyone participate at once - yard line.
- ② ON Coachs command, defensive backs will back peddle with a 45° step - open up with outside leg and turn. Push OFF Front Foot - turn and run.

C.P. Check stance keys.

Head up - Eyes on coach (DOWOT, take them OFF Q13)

* IF hips become locked, the defensive back will stand up. He will then get beat.

* Check For False steps. 1st step must be a 45° step.

2nd open with outside leg (stay in good football position)

Push OFF front foot - turn and run.

Secondary

NAME: _____

WEAVE POSITION DRILL

- Bird Dog
- Half Speed
- Full Speed

OBJECTIVE: To teach and practice the mechanics of the backpeddle with emphasis on inside leverage on a receiver.

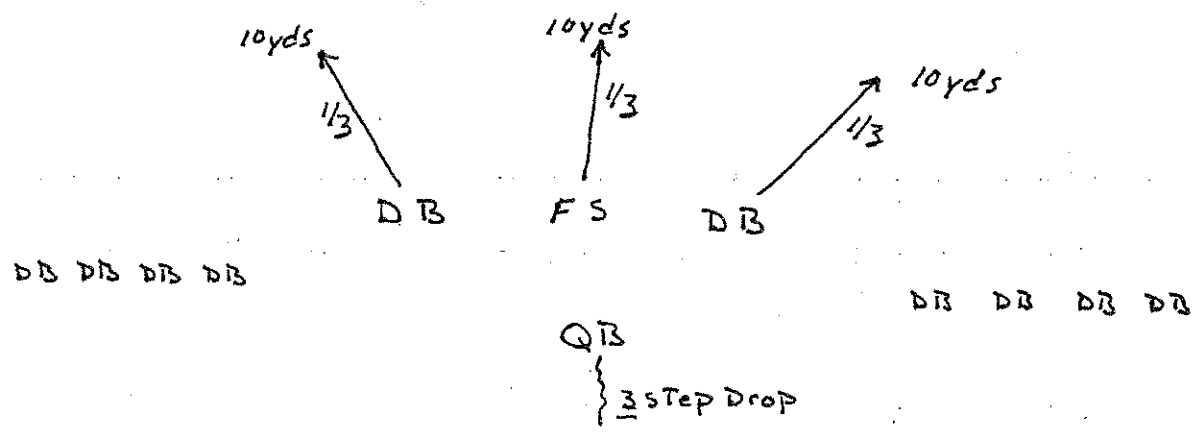
DESCRIPTION:

* QB - use a football, as the defensive backs work under, throw the ball so they work for the interception.

- ① Work Left and Right Corners together.
 - ② Receivers will work to the inside - defensive backs will play inside the receiver.
- C.P. Check stance keys.
 Head up - eyes on QB or Coach
 maintain inside leverage - shoulders square to h.o.s.
 defensive backs steps - 1ST 45° 2ND direction and settle STEP.
- * Check for false step on defensive backs first step.
 - It must be a 45° step.

MERCER MUSTANGS

Secondary

TITLE:	<p>QB Read Drill (Indicator)</p> <p>-Half speed -Full speed</p>
PURPOSE:	<p>To teach and practice the mechanics of reading the QB's shoulder and off hand.</p>
PROGRAM:	 <p>* Rotate defensive backs.</p>

DESCRIPTION:	<ol style="list-style-type: none"> ① Use full secondary. ② On Coach's command, defensive backs will drop into <u>three</u> deep coverage. <p>c.d.</p> <ul style="list-style-type: none"> check stance keys. Head up - eyes on QB (use your eyes) maintain weight over toes on back peddle. * Read QB - Front position of shoulder. also read OFF HAND. When OFF hand is released, break on ball * Break on the ball before its thrown. * QB can throw ball - secondary will yell Ball, BALL, BALL. - * HAVE them a... (unclear)
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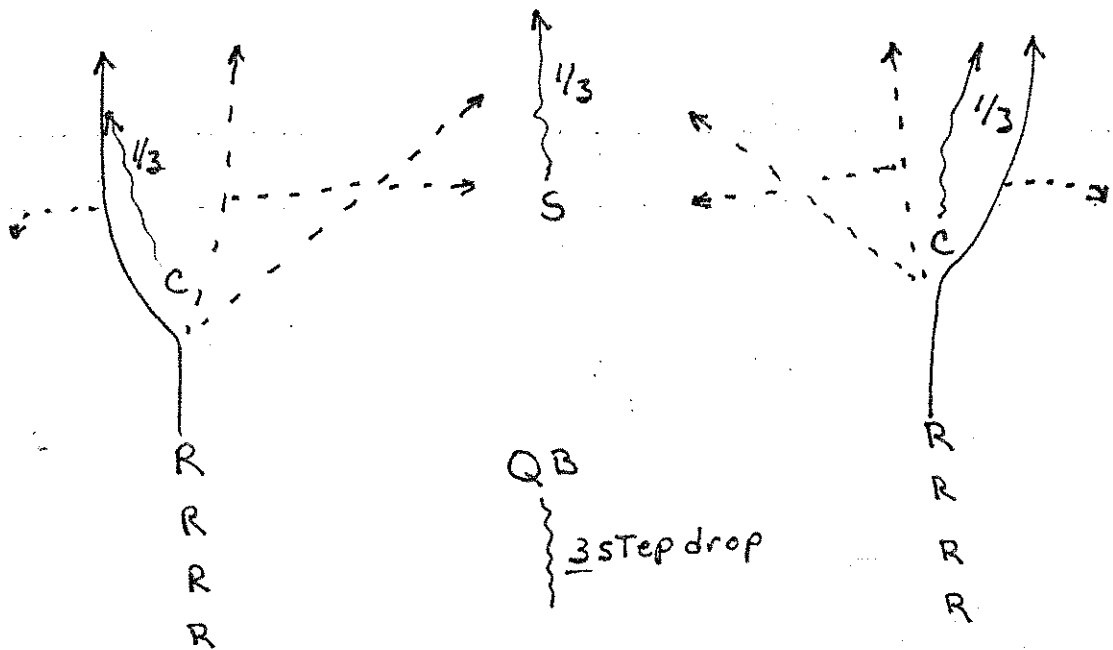
Secondary

Breaking on the ball Drill (Interception)

To teach and practice the proper mechanics of the back peddle with emphasis on reading the QB (Indicators) break on the ball. Defensive back will make a decision to intercept, strip or tackle.

GRAM:

Defensive
backs:
action
IF HANDS
receivers



DESCRIPTION:

- ① Use Full secondary.
- ② Have two groups of receivers, switch patterns. (Post, bench, Dig, weave, fade.)
- ③ QB will call cadence, secondary will drop into three deep.
- ④ QB will throw left or right.
- ⑤ Defensive backs will make a decision as the ball is thrown.

C.P. Defensive back must make a decision - How Far am I From the Receiver ② What do I do, intercept, strip the ball, Tackle.
 * IF HANDS are still up - strip - near arm under inside arm OR near arm over the top and down inside arm.

Secondary

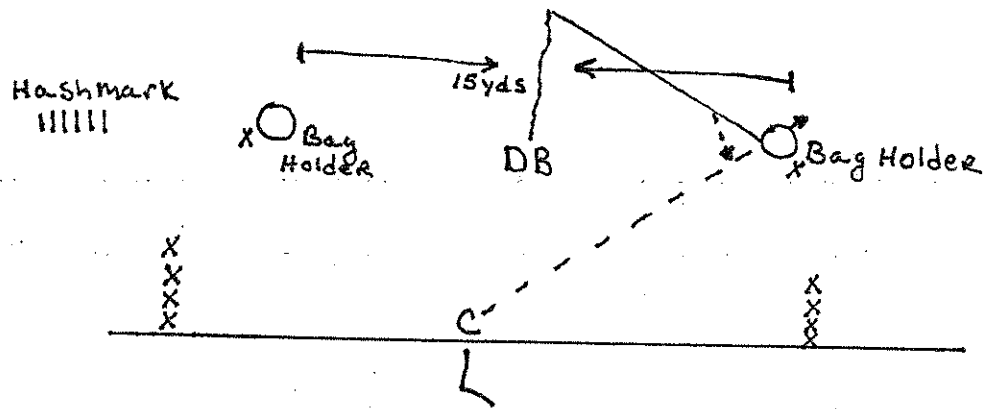
LE:

Mr. Hit

POSE:

Teach defensive backs to break on the ball, sprint to interception point and make the decision to intercept or tackle.

GRAM:



1) Coach may vary Angles



* DB's Rotate on holding the bags.

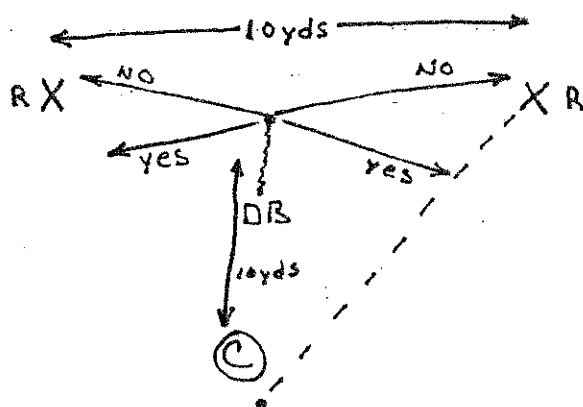
RIPTION:

- ① two large dummies 15 yards apart on a hash mark with a defensive back holding them upright. Defensive back is between the bags in his proper stance. Coach is positioned on the side line and serves as the QB.
 - ② Coach gives an indicator and throws the Football at a bag.
 - ③ Defensive back must get a good break on the throw, plant and sprint to the bag at a good angle.
 - ④ Defensive back must decide if he will go for the interception. If he can't intercept, change course and run to the bag (Receiver), hitting high and running through the tackle.
- C.P. Be sure the defensive back runs through the bag and does not lunge toward it. Holder of the dummy must keep it at Face level.

Secondary

Indicator - Break Drill

Teach underneath zone pass coverage personnel to read the QB and break to the football at a proper angle.



DESCRIPTION:

- ① Set up two receivers 10 yards apart with a defensive back facing the coach about ten yards from both the coach and receivers. Defensive back should favor the QB's eyes and shoulders but remains square and does not break until the QB begins his stride and the Free hand comes off the ball.
- ② Defensive back must break in a straight line to make the interception. As the players improve, the distance between the receivers may be increased.
- ③ The next step is to have the defensive man use his drop technique and deepen the receivers for better game simulation.

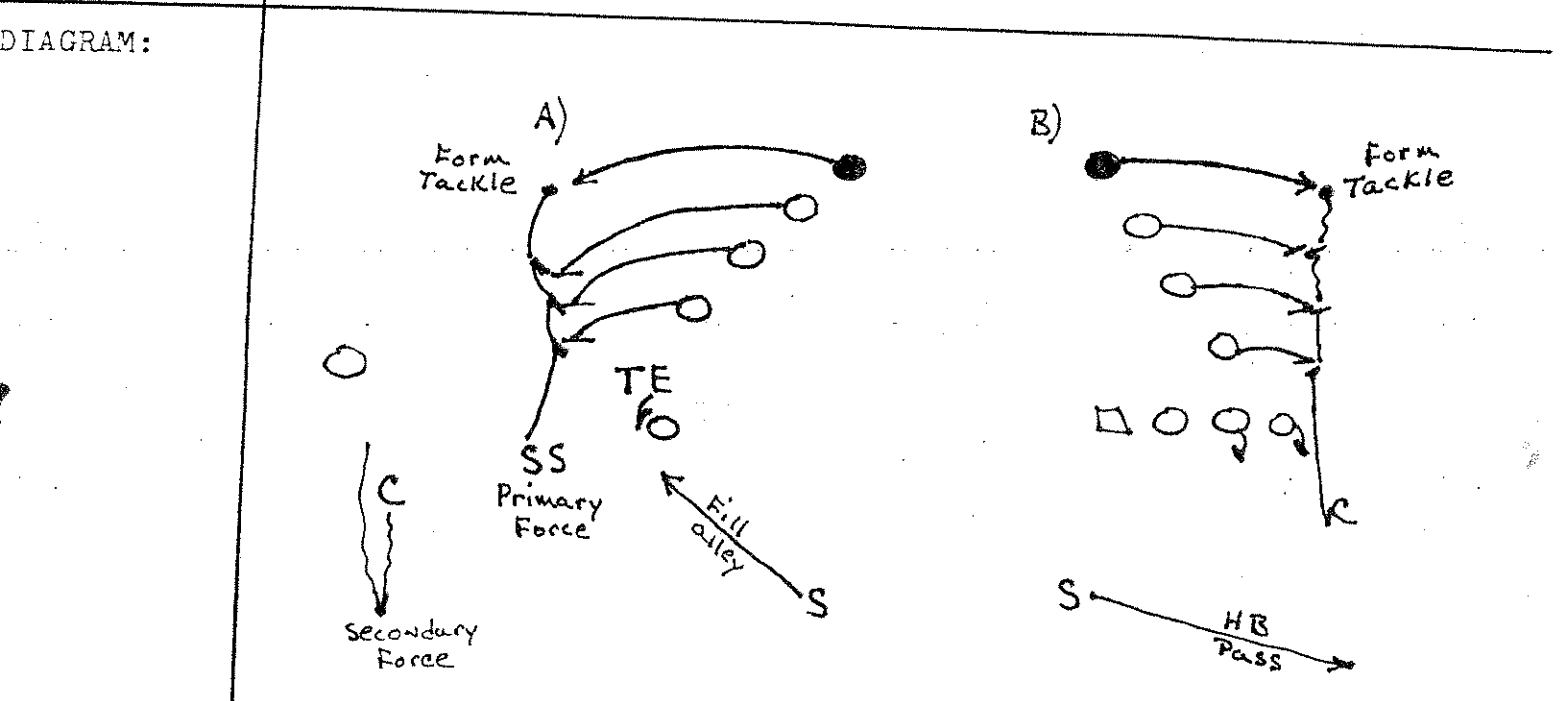
* DB should not race to the football and must never break at the same angle as the ball or he will lose.

* Don't wait until the ball is thrown, break on the stride and

Secondary

TITLE: Ace Drill (Run Support)

PURPOSE: To teach and practice the mechanics of defensive secondary run support.



- DESCRIPTION:**
- * There are a number of variations to this drills.
 - ① Line up one or two defensive schemes.
 - ② Have defensive backs practice reading their run keys.
 - ③ Once they read run, have them support quickly into the backfield. They must attack not wait.
 - ④ Take all blocks or kick outs on with inside shoulder.
 - ⑤ Force everything back to the inside. Nothing gets outside.
 - ⑥ Maintain outside-IN leverage.

C.P. Secondary must know responsibilities: a) all out-pass