

An aerial, black and white photograph of the Ohio State University stadium, which is shaped like a large arch. The stadium is filled with spectators. The text "OHIO STATE" is arched across the top of the stadium. Below it, the year "1991" is centered. The word "BUCKEYE" is written in large, bold, serif letters across the middle of the stadium. At the bottom, the word "DEFENSE" is arched. At the very bottom of the image, the words "OHIO STATE" and "BUCKEYES" are faintly visible on the stadium's facade. The stadium is surrounded by trees and other campus buildings.

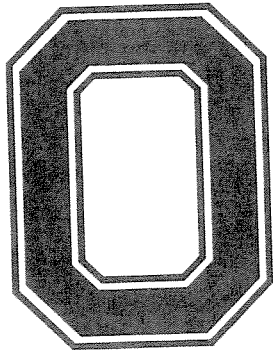
**OHIO STATE**

1991

**BUCKEYE**

**DEFENSE**

Ohio Stadium



# FOOTBALL

## 1991 PROGRAM GOALS

1. Earn an OSU Degree
2. Win the Big Ten — Rose Bowl
3. BEAT MICHIGAN
4. Win the National Championship

## 1991 SEASON GOALS

1. Play with GREAT INTENSITY and EFFORT  
EVERY PLAY
2. Win All Games in the "HORSESHOE"
3. Win All Games determined in the 4th Quarter
4. Winning Record on the Road
5. Best Turnover Ratio in the Big Ten

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**SECTION I**  
**GENERAL INFORMATION**





## FIVE MAJOR INGREDIENTS FOR SQUAD DEVELOPMENT

### HUSTLE

NOT EVERY MAN CAN START OR MAKE ALL-AMERICAN, BUT EVERYONE CAN HUSTLE 100% OF THE TIME.

### SHOW COURAGE

FOOTBALL LIKE LIFE, YOU GET KNOCKED DOWN QUITE OFTEN. YOU HAVE TO KEEP GETTING UP WITH A MORE DETERMINED EFFORT TO BE SUCCESSFUL. (A SHOW OF COURAGE IS THE PRIMARY WAY TO GET YOUR TEAMMATES RESPECT.) THE MORE HONOR AND RESPECT AMONG THE TEAM THE GREATER THE TEAM. ABILITY IS GOD'S GIFT TO MAN. ACHIEVEMENT IS MAN'S GIFT TO GOD. THERE IS NO WAY WE CAN WIN WITHOUT HAVING GREAT RESPECT FOR ONE ANOTHER.

### KNOW ASSIGNMENTS

THERE HAVE BEEN GREAT PLAYERS WHO HAVE BEEN DEAF, BUT NEVER ONE WHO WAS DUMB. YOU CANNOT BE A SUCCESSFUL PLAYER IF YOU BLOW ASSIGNMENTS. YOU MUST ACHIEVE CONSISTENCY IN ORDER TO BE GREAT.

### CARE ABOUT WINNING

ALL GREAT ORGANIZATIONS ARE MARKED BY DESIRE TO ACHIEVE. NOTHING CAN COMPARE WITH THE THRILL OF A TEAM ALL PULLING TOGETHER FOR ONE COMMON GOAL OF WINNING. (IF A PLAYER MAKES ALL-CONFERENCE, THAT DOESN'T MAKE FOOTBALL A WORTHWHILE ENDEAVOR FOR THE THIRD STRINGER. WINNING AS A TEAM IS WHAT MAKES FOOTBALL WORTHWHILE. EVERYBODY ON THE TEAM MUST CONTRIBUTE TO WINNING.)

### LOYALTY

IF WE REMAIN STRONG FROM WITHIN, NOTHING FROM THE OUTSIDE CAN DIVIDE US. (LOYALTY IS SOMETHING THAT MUST BE PRACTICED AND PREACHED IF YOU WANT A SOUND PROGRAM. LOYALTY IS DEFENDING ANYBODY OR ANYTHING THAT COMES UNDER ATTACK BY ANYONE.)

## OHIO STATE UNIVERSITY

DEFENSIVE PHILOSOPHY

TO HAVE A GREAT DEFENSE YOU MUST START WITH A PHILOSOPHY. THE COACHES AND PLAYERS MUST BELIEVE IN IT AND STICK TO IT. YOU WILL NOT BE A GREAT DEFENSIVE TEAM BY CHANGING YOUR PHILOSOPHY FROM WEEK TO WEEK OR AT MID-SEASON.

YOU CAN TO OHIO STATE UNIVERSITY TO PLAY AS A WINNER AND BE ON A CHAMPIONSHIP TEAM. NO TEAM WILL REACH THAT GOAL UNLESS THEY COMMIT THEMSELVES TO PLAYING TOUGH DEFENSE.

THE FOLLOWING DEFENSIVE PHILOSOPHY, IF CARRIED OUT BY THE COACHES AND PLAYERS, WILL MAKE YOU THE KIND OF DEFENSIVE TEAM NECESSARY IN ORDER TO REACH THAT GOAL. ONLY THE PLAYERS THAT ARE COMMITTED TO OUR PHILOSOPHY WILL PLAY. IF YOU HAVE THE PRIDE AND SELF-DISCIPLINE TO DO THAT THEN YOU WILL BE A PART OF A GREAT DEFENSIVE TEAM AND WILL BE PROUD TO BE A BUCKEYE!

I. PHILOSOPHY

## A. BEND BUT DO NOT BREAK.

We must have patience and may give up a few yards and some first downs, but feel on a long drive that sooner or later the offense may make a mistake themselves or we will come up with a Big Play that will put them in a second and long or third and long situation.

## B. DO NOT GIVE UP THE CHEAP TOUCHDOWN.

Zone pass defense along with good pursuit and no missed tackles will prevent the long run or pass.

## C. ATTACKING TYPE OF DEFENSE.

This will give you better pursuit angles and will allow more people to be in a position to get to the ball. By reading and keying, your key will many times take you to the ball.

## D. BASIC ZONE DEFENSE.

Gives our pass defenders a better opportunity to break on the ball and also stay in better position to see the ball and support the run. We must have excellent underneath coverage from outside and inside LB's.

E. DO NOT GAMBLE.

This means we seldom blitz or jump into something new unless it is sound throughout the defense. We will use the blitz as a surprise element. When we do blitz, we must get a lot of pressure because our secondary is playing man-to-man.

F. TEAM UNITY.

You cannot have a good defense with an individual playing only for himself. YOU must have pride in yourself, but at not point can your satisfaction be more important than the TEAM, respect your teammates. You help then well and they will, in return, help you win. Coaches and players must stick together.

G. KEEP IT SIMPLE.

We will use basically the same defenses and techniques each week, so by playing the same technique and through repetition, we will get better. You must not be confused or think so much that it takes away from your aggressiveness.

## DEFENSIVE PRIORITIES

TO BE A GOOD DEFENSIVE FOOTBALL TEAM WE MUST PLACE SPECIAL EMPHASIS ON THE FOLLOWING THINGS. WE WILL BE WORKING ON THESE EVERYDAY IN PRACTICE. IT WILL BE VERY REPETITIOUS AND, AT TIMES, SEEM MONOTONOUS, BUT YOU, AS A FOOTBALL PLAYER, MUST MENTALLY PREPARE YOURSELF TO WORK HARD ON THEM EVERYDAY. YOU CANNOT LOAF THROUGH THEM OR TOWARD THE MIDDLE OF THE SEASON YOU WILL GO DOWN HILL AS A PLAYER. THE ONLY WAY TO IMPROVE ON THEM IS TO CONTINUALLY WORK ON THEM AS WE KNOW FROM EXPERIENCE AS COACHES THAT DISCIPLINE, MENTAL DISCIPLINE, PHYSICAL DISCIPLINE, KEY, TECHNIQUE, QUICKNESS, TACKLING AND CONSISTENCY ARE THE MOST IMPORTANT THINGS TO HAVE FOR A GOOD DEFENSE. IF THEY WEREN'T WE WOULDN'T SPEND EVERYDAY IN PRACTICE ON THEM.

### I. DISCIPLINE

DISCIPLINE MEANS YOU DO IT THE COACHES WAY. COACHING IS OUR PROFESSION AND THROUGH EXPERIENCE, WE KNOW OUR WAY WILL WORK. DISCIPLINE KEEPS YOU FROM ACQUIRING BAD HABITS THAT WILL IN TURN HURT YOU AND YOUR TEAM'S PERFORMANCE. YOUR DISCIPLINE WILL GIVE YOU STRENGTH TO OVERCOME ADVERSITY.

WE, AS COACHES, DO NOT DEMAND DISCIPLINE TO BUILD OUR IMAGES AS TOUGH GUYS OR TO HAVE A DICTATOR ATMOSPHERE. DISCIPLINE IS FOR THE REASONS MENTIONED ABOVE AND MOST OF ALL SO THAT WE, AS A STAFF, CAN BE FAIR AND HONEST WITH THE PLAYERS WHETHER THEY BE A 1ST TEAMER, 2ND TEAMER OR 3RD TEAMER. THE BEST WAY TO ACCOMPLISH THAT IS TO TREAT EVERYONE THE SAME AND THE ONLY WAY TO DO THAT IS TO HAVE DISCIPLINE. (HANDS BEHIND LINE ON SPRINTS.) (HELMETS SNAPPED, PAYING ATTENTION.)

### II. MENTAL DISCIPLINE

- A. YOU MUST BE MENTALLY READY TO PLAY AS WELL AS PHYSICALLY READY.
- B. BE ON TIME FOR MEETINGS, PRACTICE, ETC. THIS WILL CARRY RIGHT ON TO THE PRACTICE FIELD AND WILL MAKE YOU A BETTER PLAYER.
- C. YOU CANNOT HAVE MENTAL MISTAKES. ONE MENTAL MISTAKE BY ONE PLAYER CAN MEAN A TOUCHDOWN OR, AS IN MOST CASES, KEEP A DRIVE GOING THAT RESULTS IN A TOUCHDOWN.

EXAMPLE: 3 - 5 MENTAL MISTAKE: THEY PICK UP THE 1ST DOWN AND GO ON TO SCORE INSTEAD OF HAVING TO PUNT.

- D. A MENTAL MISTAKE USUALLY RESULTS FROM NOT CONCENTRATING IN YOUR MEETINGS, IN PRACTICE OR NOT STUDYING YOUR HAND-OUTS.
- E. LEARN YOUR ASSIGNMENTS DURING THE WEEK SO ON SATURDAY OR SCRIMMAGE DAY, YOU WON'T BE CONFUSED AND CAN REACT AND BE AGGRESSIVE.

### III. PHYSICAL DISCIPLINE

- A. DISCIPLINE YOURSELF TO STAY IN SHAPE THROUGHOUT THE YEAR.
- B. PUSH YOURSELF WHEN WORKING ON SPRINTS, DISTANCE OR ANY OTHER TYPE OF RUNNING.
- C. DISCIPLINE YOURSELF TO PLAY WITH PAIN. IF INJURED, WE DO NOT EXPECT YOU TO PLAY. REMEMBER, THERE IS A DIFFERENCE BETWEEN PAIN AND INJURY. YOUR GREAT PLAYERS AND TEAMS KNOW THE DIFFERENCE.

### IV. KEY

- A. MUST KNOW YOUR KEY EVERY PLAY AND CONCENTRATE ON IT.
- B. YOU CANNOT GUESS WITH YOUR KEY.
- C. YOU WILL LEARN THAT YOUR KEY IN MANY CASES WILL TELL YOU THE PLAY ONCE THEY MOVE.

### V. TECHNIQUE

- A. THIS IS THE NEXT THING THAT WILL HAPPEN TO YOU AFTER YOU SEE YOUR KEY.
- B. TAKE PEOPLE ON TOUGH. CONTROL THE LINE OF SCRIMMAGE AND THE RECEIVERS.
- C. CONCENTRATE EVERYDAY IN PRACTICE AND YOUR TECHNIQUE WILL IMPROVE.
- D. BE AGGRESSIVE IN YOUR TECHNIQUE AND DON'T JUST CONTROL THE OFFENSIVE MAN, BUT WHIP HIM.
- E. A TECHNIQUE DEFENSE CAN LINE UP AND TELL THE OFFENSE TO COME BLOCK YOU AND STILL BEAT THEM.

### VI. QUICKNESS

- A. AFTER YOUR KEY AND YOU PLAY YOUR TECHNIQUE, THEN IMMEDIATELY YOUR QUICKNESS BECOMES OF UTMOST IMPORTANCE.

- B. YOU CAN NEVER BE TOO QUICK; THIS WILL IMPROVE IF YOU WORK HARD IN PRACTICE.
- C. IT'S POSSIBLE TO GIVE UP SOME SIZE AND STRENGTH FOR QUICKNESS AND PLAY. YOU CAN NEVER GIVE UP QUICKNESS FOR SIZE AND STRENGTH THOUGH.
- D. AGILITY DRILLS - ABILITY DRILLS, BAGS, ROPES AND SPRINTS. WORK HARD ON THESE EVERYDAY. YOU WILL BECOME QUICKER THROUGHOUT THE SEASON IF YOU WORK ON THESE EACH DAY. ALL THESE DRILLS WILL IMPROVE YOUR FEET.
- E. YOUR QUICKNESS WILL GIVE YOU GREAT TEAM PURSUIT AND GANG TACKLING. IT IS VERY FRUSTRATING TO RUN AGAINST A DEFENSIVE TEAM WITH GREAT QUICKNESS.

#### VII. TACKLING

- A. GET AFTER PEOPLE EVERY PLAY AND [OUT HIT] THEM.
- B. ONCE YOU SEE THE BALL, ALL 11 DEFENSIVE PLAYERS COME FULL SPEED, NOT HALF-SPEED. YOU'VE GOT TO WANT TO GET IN ON THE HIT OR MAKE IT.
- C. GANG TACKLE. THIS IS WHAT DEFENSE IS ALL ABOUT. YOU CAN'T BEAT A DEFENSE THAT HAS EVERYONE GOING FULL SPEED TO THE BALL CARRIER AND AS MANY PEOPLE THAT CAN, HIT HIM UNTIL THE WHISTLE BLOWS. THIS IS WHERE YOUR DEFENSE GAINS RESPECT. YOU DO THIS EVERY SATURDAY AND PEOPLE WILL LET DOWN WHEN THEY PLAY YOU. AN ASSISTED TACKLE IS JUST AS IMPORTANT AS A SOLO TACKLE. IF YOU'RE AN AGGRESSIVE FOOTBALL PLAYER, YOU WILL HAVE A LOT OF TOTAL TACKLES.

#### VIII. CONSISTENCY

- A. ALL OF THE ABOVE ARE NO GOOD IF YOU DON'T DO THEM EVERYDAY.
- B. THIS IS THE KEY TO BEING A GREAT PLAYER OR HAVING A GREAT DEFENSE.
- C. YOU CANNOT BE A WINNER IF YOU ARE AN UP AND DOWN PLAYER FROM DAY-TO-DAY OR WEEK-TO-WEEK.
- D. DISCIPLINE YOURSELF TO BE CONSISTENT EVERYDAY. WORK HARD TO IMPROVE AND YOU'LL BE MORE THAN CONSISTENT -- YOU WILL BE CONSISTENTLY BETTER.

### DEFENSIVE PRACTICE POLICIES

POLICIES WE WOULD LIKE TO FOLLOW WHILE WE ARE ON THE PRACTICE FIELD: THESE ARE ALL IMPORTANT TO HAVING A GOOD PRACTICE AND ACQUIRING WINNING HABITS. REMEMBER - YOU PLAY LIKE YOU PRACTICE!

1. WHEN DEFENSIVE TEAMS ARE INTER-CHANGING, JOG ALL THE WAY TO THE SIDELINE OR TO THE PLACE YOUR POSITION COACH WANTS YOU.
2. WHEN YOU ARE NOT PARTICIPATING, YOU SHOULD BE PAYING ATTENTION, KNOW THE DEFENSE AND WATCHING YOUR POSITION.
3. NOTHING IS HALF-SPEED. IF WE ARE NOT TACKLING, PURSUE FULL-SPEED TO THE BALL AND BREAK DOWN IN A GOOD FOOTBALL POSITION.
4. NO FIGHTING, HASSLING OR PROFANITY WHEN GOING AGAINST OUR OFFENSE. WE ARE ALL ONE TEAM.
5. NO PLAYER GETS ON ANOTHER PLAYER IF HE MAKES A MISTAKE. THIS IS WHAT COACHES ARE FOR.
6. YELL "OSKIE" WHENEVER THE BALL IS INTERCEPTED AND THE TEAM BREAKS TO GET IN FRONT AND BLOCK THE BALL CARRIER.
7. KEEP YOUR CHIN-STRAP FASTENED AT ALL TIMES UNLESS YOU HAVE PERMISSION.
8. YELL "BALL" WHEN A PASS IS THROWN OR IF A FUMBLE OCCURS.
9. IF YOU ARE INJURED, MAKE SURE YOU TALK WITH YOUR POSITION COACH AND THAT YOU ARE AWARE OF MEETINGS, PRACTICE, ETC.

**"TO BE A CHAMPIONSHIP TEAM, YOU MUST BE A CHAMPION OURSELF"**

**OSU BIG 10 CHAMPIONSHIPS**

1916  
 1917  
 1920  
 1935 CO-CHAMPS  
 1939  
 1942 NATIONAL CHAMPS\*  
 1944  
 1949 CO-CHAMPS  
 1954 NATIONAL CHAMPS  
 1955  
 1957 NATIONAL CHAMPS  
 1961 NATIONAL CHAMPS  
 1968 NATIONAL CHAMPS  
 1969 CO-CHAMPS  
 1970 NATIONAL CHAMPS  
 1972 CO-CHAMPS  
 1973 CO-CHAMPS  
 1974 CO-CHAMPS  
 1975  
 1976 CO-CHAMPS  
 1977 CO-CHAMPS  
 1979  
 1981 CO-CHAMPS  
 1984  
 1986 CO-CHAMPS  
 1991 ?

**OHIO STATE'S BOWL HISTORY**

1921 ROSE BOWL	OSU 0,	CALIFORNIA	28
1950 ROSE BOWL	OSU 17,	CALIFORNIA	14
1955 ROSE BOWL	OSU 20,	SO. CAL	7
1958 ROSE BOWL	OSU 10,	OREGON	7
1969 ROSE BOWL	OSU 27,	SO. CAL	16
1971 ROSE BOWL	OSU 17,	STANFORD	27
1973 ROSE BOWL	OSU 17,	SO. CAL	42
1974 ROSE BOWL	OSU 42,	SO. CAL	21
1975 ROSE BOWL	OSU 17,	SO. CAL	18
1976 ROSE BOWL	OSU 10,	U.C.L.A.	23
1977 ORANGE BOWL	OSU 27,	COLORADO	10
1978 SUGAR BOWL	OSU 6,	ALABAMA	35
1978 GATOR BOWL	OSU 15,	CLEMSON	17
1980 ROSE BOWL	OSU 16,	SO. CAL	17
1980 FIESTA BOWL	OSU 19,	PENN STATE	31
1981 LIBERTY BOWL	OSU 31,	NAVY	28
1982 HOLIDAY BOWL	OSU 47,	B.Y.U.	17
1984 FIESTA BOWL	OSU 28,	PITTSBURGH	23
1985 ROSE BOWL	OSU 17,	SO. CAL	20
1985 CITRUS BOWL	OSU 10,	B.Y.U.	7
1987 COTTON BOWL	OSU 28,	TEXAS A&M	12
1990 HALL OF FAME	OSU 14,	AUBURN	31
1990 LIBERTY BOWL	OSU 11,	AIR FORCE	23

WON - 11 -- LOST - 12

**LET'S MAKE 1991 A CHAMPIONSHIP YEAR  
 AT OSU !!**

**WE MUST ELIMINATE**

1. LOAFS!
2. PENALTIES!
3. MISSED TACKLES!
4. MISSED ASSIGNMENTS!
5. **THE BIG PLAY!!**



TEAM IMPROVEMENTOUR OPPONENTS ACCOMPLISHED THESE STATS AGAINST US LAST YEAR

(REGULAR SEASON)

	<u>1989</u>	<u>1990</u>
<u>FIRST DOWNS</u> . . . . .	228	200
RUSHING. . . . .	114	101
PASSING. . . . .	104	87
PENALTY. . . . .	10	12
<u>RUSHING YARDAGE</u> . . . . .	2068	1762
RUSH ATTEMPTS. . . . .	288	502
<u>PASSING YARDAGE</u> . . . . .	2186	1990
ATTEMPTS . . . . .	288	311
COMPLETIONS. . . . .	162	168
INTERCEPTIONS. . . . .	14	18
<u>TOTAL PLAYS</u> . . . . .	742	813
<u>TOTAL OFFENSE</u> . . . . .	4254	3752
<u>FUMBLES</u> . . . . .	25	26
<u>FUMBLES RECOVERED</u> . . . . .	8	13
<u>TOUCHDOWNS.</u> . . . . .	33	26
<u>RUSHING</u> . . . . .	16	13
<u>PASSING</u> . . . . .	15	8
<u>FIELD GOALS</u> . . . . .	11	13
<u>POINTS SCORED</u> . . . . .	266	220
<u>THIRD DOWN EFFICIENCY</u> . . . . .	69 - 147	62 - 167
<u>PERCENTAGE.</u> . . . . .	.457	.371







**BUCKEYE LEAVES****DEFENSIVE CRITERIA****ONE LEAF AWARD**

1. INTERCEPTIONS
2. FUMBLE RECOVERY
3. TEAM "LEAF" FOR GREAT WIN WITH TEAM EFFORT
4. MOST CONSISTENT PERFORMANCE (GRADES) (BACKS & LINEMEN)
5. BIG PLAY IN CRUCIAL SITUATIONS
6. A CAUSED FUMBLE
7. SACK THE QUARTERBACK OR MINUS YARDAGE PLAY
8. TO SCORE ON DEFENSE
9. ONE OF FRONT "4" BATTING BALL FOR INCOMPLETION OR INTERCEPTION
10. GREAT GOAL LINE STAND (TEAM)
11. BIG HIT
12. HUSTLER AWARD
13. DEFENSIVE PLAYER OF THE GAME
14. SHUT OUT
15. SUDDEN CHANGE FROM 30 YARD LINE: 1 LEAF FOR 3 POINTS
16. TOTAL TACKLES: DL 10; OLB's 10; ILB's 15; DB's 8

**ONE-HALF LEAF AWARD**

1. SCARE ON PASS PLAY
2. DEFLECT - OR BROKEN UP PASS
3. BLOCK ON PUNT OR INTERCEPTION RETURN
4. ASSIST ON QUARTERBACK SACK
5. ONE-HALF LEAF CAN BE AWARDED TO A TEAM MEMBER FOR ANYTHING THAT HAPPENS THAT IS NOT COVERED BY THE CRITERIA SHEET. AT THE DISCRETION OF THE DEFENSIVE STAFF
6. GREAT TEAM EFFORT ON PURSUIT

**DEFENSIVE AWARDS - WEEKLY**

OUTSTANDING DEFENSIVE PLAYER

OUTSTANDING SPECIAL TEAMS

HOSTILE HIT

SCOUT TEAM AWARD



## SUDDEN CHANGE

SUDDEN CHANGE IS THE REAL TEST OF A GREAT DEFENSIVE TEAM.  
 THE SCORE IS 7 - 7 IN THE FOURTH QUARTER AND YOU HAVE JUST STOPPED OUR OPPONENTS ON OUR OWN 28 YARD LINE. YOU HAVE JUST SAT DOWN ON THE BENCH, YOU FEEL GOOD AND RELIEVED. YOU HAVE JUST STOPPED THEM AFTER A LONG DRIVE. YOU CAN SURE USE THE REST. AS THE OFFENSIVE TEAM DRIVES THE BALL OUT FORM THE 28 YARD LINE AND GETS YOU GOOD FIELD POSITION A FUMBLE ON THE FIRST PLAY AND YOUR OPPONENT HAS THE BALL ON YOUR 24 YARD LINE. HURRY - GET BACK IN THE GAME QUICKLY! THIS IS A SUDDEN CHANGE SITUATION.

WHAT ARE THE FEELING OF THE TWO TEAMS AT THIS TIME:

### YOUR OPPONENTS

1. WHAT A GREAT BREAK.
2. WE HAVE THEM ON THE ROPES NOW.
3. THEIR DEFENSE WILL BE TIRED.
4. LET'S HIT THEM QUICK.
5. OUR DEFENSE DID A GREAT JOB GETTING THE BALL.

### YOUR THOUGHTS

1. WHAT A LOUSY BREAK.
2. THEY HAVE US IN A BIG HOLE.
3. I AM TIRED; I DON'T KNOW WHETHER I CAN HOLD OUT AGAIN.
4. BOY, I HOPE SOMEONE COMES UP WITH A BIG PLAY.
5. OUR OFFENSE SURE PUT US IN A HOLE. HOW COULD THEY?
6. IT JUST ISN'T FAIR.

I THINK YOU CAN SEE WHY IT TAKES A GREAT DEFENSE TO OVERCOME A SUDDEN CHANGE IN SITUATION. YOUR OPPONENTS WILL BE MENTALLY UP AND UNLESS YOU PREPARE YOURSELF, YOU WILL NOT. YOU MUST BE MENTALLY TOUGH!!

### WHAT YOU MUST DO!

1. ALWAYS HUDDLE UP WITH YOUR COACH BEFORE YOU GO BACK INTO THE GAME.
2. GAIN CONTROL OF YOUR THOUGHTS AND GET YOURSELF READY TO PLAY DEFENSE AGAIN.
3. REALIZE THAT YOU MUST GET YOURSELF AND YOUR TEAM UP MENTALLY.
4. GO ALL OUT TO MAKE THE BIG PLAY YOURSELF.
5. NOW IS THE TEST OF YOUR DEFENSE. ACCEPT THE CHALLENGE.
6. WHEN YOU STOP THEM NOW YOU WILL HAVE EVEN A GREATER PSYCHOLOGICAL ADVANTAGE.

THE SUDDEN CHANGE IS OURS!!!!

BACKED-UP DEFENSE

THIS IS ONE OF THE MOST CRITICAL PHASES OF DEFENSE. IT MEANS SO MANY THINGS IN TERMS OF FIELD POSITION.

WHEN WE FORCE AN OPPONENT TO START WITH THE BALL INSIDE THEIR OWN 20 YARD LINE, WE HAVE A CHANCE TO ESTABLISH A GREAT SCORING OPPORTUNITY FOR OUR OFFENSE.

WE MUST LIMIT THE OPPONENT TO NO MORE THAN ONE FIRST DOWN AND FORCE THEM TO PUNT.

NOW IS THE TIME TO MAKE THINGS HAPPEN!!



TWO MINUTE DEFENSE

- I. A MOST IMPORTANT PART OF ANY FOOTBALL GAME IS THE TWO MINUTES REMAINING AT THE END OF EITHER HALF. MANY GAMES ARE WON OR LOST DURING THIS PERIOD OF THE GAME. WE MUST HANDLE OURSELVES WITH COMPLETE CONFIDENCE KNOWING EXACTLY WHAT TO DO. IT IS A SIGNIFICANT CHARACTERISTIC OF A CHAMPIONSHIP TEAM. EACH DEFENSIVE MAN SHOULD KNOW WHETHER WE WANT TO SAVE OR USE TIME. AVOID PANIC - MAINTAIN YOUR POISE!
- II. HOW TO SAVE TIME.
- A. BE CAREFUL NOT TO FOUL.
  - B. KNOCK THE BALL CARRIER OUT OF BOUNDS IF POSSIBLE.
  - C. USE OUR TIME OUTS ONLY WHEN NECESSARY. WHEN TIME OUTS MUST BE CALLED, DO SO IMMEDIATELY AFTER THE BALL IS BLOWN DEAD.
  - D. CALL TIME OUT ONLY IF CLOCK IS RUNNING.
  - E. UNPILE QUICKLY AND GET YOUR DEFENSE READY TO GO.
  - F. SECOND MAN IN ON THE TACKLE GO FOR THE BALL - TRY TO CAUSE A JUMP.
  - G. RETURN ALL PUNTS TO THE SHORT SIDE OF THE FIELD OR FAIR CATCH THEM. IF A FIELD GOAL WILL WIN THE BALL GAME AND THE BALL IS IN FIELD GOAL RANGE WITH ONLY A FEW SECONDS TO GO, CALL FOR A FAIR CATCH AND GIVE US AN OPPORTUNITY FOR A FIELD GOAL.
- III. HOW TO EXPEND TIME.
- A. DO NOT TAKE ANY TIME OUTS.
  - B. KEEP THE BALL IN BOUNDS - BALL CARRIERS, RECEIVERS, PUNT RETURNS, INTERCEPTIONS, ETC.
  - C. BE SLOW TO UNPILE BUT DO NOT GET PENALIZED FOR DELAY OF GAME.
  - D. IF OPPONENTS LINE UP IN PUNT FORMATION IN THE LAST TWO MINUTES AND WE ARE AHEAD, PLAY PASS DEFENSE. BACKERS BE ALERT FOR FAKE PUNT - CHECK FB FOR RUN, SCREEN OR PASS. DEFENSIVE LINE WILL PLAY REGULAR DEFENSE. DEEP BACKS WILL PLAY PASS DEFENSE, CORNERS COVER ENDS AND SAFETIES COVER UP BACKS. NO PUNT RETURN; IF BALL IS PUNTED WE WILL "PETER" THE BALL.
- IV. KNOW THE RULES CONCERNING THE CLOCK.
- A. BEFORE THE LAST TWO MINUTES OF EITHER HALF:

1. EACH TEAM IS PERMITTED 3 TIME OUTS EACH HALF BUT CAN SECURE MORE BEFORE THE LAST 2 MINUTES OF EITHER HALF WITH A FIVE YARD PENALTY, OR FOR AN INJURED PLAYER WITHOUT PENALTY.
2. TIME IS IN WITH THE REFEREE'S READY SIGNAL ON ALL TIME OUTS AFTER THE THIRD FOR EITHER TEAM.
3. TIME IS IN WITH THE REFEREE'S READY SIGNAL ON ALL REFEREE'S TIME OUTS. EXAMPLES: MEASUREMENTS, PASSER DOWNED BEHIND THE LINE, ANY DELAY NOT CAUSED BY EITHER TEAM, ILLEGAL TOUCHING KICKED BALL, CHANGE OF TEAM POSSESSION, ETC.

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

1. TIME IS IN WITH THE SNAP (OR KICK).
  - a. INCOMPLETE PASS.
  - b. AN OUT-OF BOUNDS.
  - c. A SCORE OR TOUCHBACK.
2. TIME IS IN WITH THE REFEREE'S READY SIGNAL.
  - a. LATERAL PASS OUT-OF-BOUNDS.
  - b. WHEN REQUESTED FOR AN INJURED PLAYER.
  - c. DELAY OF GAME OR UNDUE DELAY IN PILE-UP ON RUNNER OR BALL.
  - d. MEASUREMENT.
  - e. THE CLOCK WILL STOP AFTER A 1ST DOWN (UNTIL CHAINS ARE SET).
  - f. THE CLOCK WILL START AFTER THE BALL IS MARKED FOR PLAY ON A FOUL.

V. HOW THE CLOCK STARTS

A. CLOCK STARTS ON SNAP.

1. OUT-OF-BOUNDS PLAY - CARRIED OR PUNTED.
2. INCOMPLETE PASS.
3. TIME OUT.
4. CHANGE OF POSSESSION.
5. TOUCHBACK.
6. FAIR CATCH.

7. END OF PERIOD.
- B. CLOCK STARTS ON REFEREE'S WHISTLE.
1. EQUIPMENT REPAIR.
  2. FOLLOWING AN INJURY - IF NO TIME OUTS LEFT.
  3. MEASUREMENT FOR A FIRST DOWN OR FOLLOWING A FIRST DOWN.
  4. FOUL.

#### FOURTH QUARTER DEFENSE

THIS QUARTER IS THE MOST IMPORTANT QUARTER IN THE GAME. THIS IS WHEN CONDITIONING AND HABITS WILL MEAN THE DIFFERENCE IN WINNING AND LOSING. EIGHTY PERCENT (80%) OF THE CLOSE BALL GAMES ARE WON ON CONDITIONING.

1. WE MUST KEEP THE PRESSURE ON THE OFFENSE EVERY PLAY.
2. PLAY EVERY PLAY LIKE IT WAS THE LAST 2 MINUTES.
3. EVERY SECOND WE CAN SAVE EACH PLAY WILL GIVE US MORE TIME TO DO SOMETHING ABOUT THE SCORE.
4. BE VERY CAREFUL OF FOULS THAT MAY GIVE THE OFFENSE A 1ST DOWN ON A NEW SERIES.
5. PICK THE TEMPO OF THE GAME UP. PLAY HURRY UP FOOTBALL WITHOUT PANIC AND WE WILL WIN.

DEFENSIVE TERMINOLOGY

<u>ACE</u>	any one (1) back set.
<u>AIM POINT</u>	an imaginary point of reference.
<u>ALIGNMENT</u>	assuming a particular position in relation to an offensive player, or formation.
<u>ANTICIPATE</u>	being alert to such things as time, down, distance, and field position which could determine a particular play selection.
<u>ARC</u>	a wide release by TE. Slot or Lead Blocker with resulting block on contain man in our secondary.
<u>BALL</u>	call to denote pass is in the air or there is a loose ball.
<u>BALL CALL</u>	call made to denote a fumble or that a pass is being released by QB.
<u>BALL ON HASH</u>	whenever the ball rests outside the goal post to the hash.
<u>BANJO</u>	play inside-outside man coverage.
<u>BOOT</u>	play in which QB comes opposite full flow to run or throw.
<u>BOOTLEG</u>	when the QB goes away from the play action or flow of backs with the ball and carries it outside of the tackle box.
<u>BRONCO</u>	Inside Linebacker support.
<u>BUMP</u>	whenever there is an exchange of responsibilities on motion. Call "Bump". Also in Press Alignment.
<u>CHECK</u>	a call from secondary to change the coverage to another coverage.
<u>CHECK ROUTE</u>	any late release or delay by a back, after involvement in protection.
<u>CHINA</u>	a clear with an outside receiver running an abbreviated route (usually on his side of the football).
<u>CHOICE</u>	an inside receiver adjusting a vertical route based on the reactions of the defender (inside or outside).
<u>CLOSE &amp; TRAIL</u>	contain pass rusher with cutback, reverse, and boot on any action away.

<u>CLOUD</u>	Corner support.
<u>COACHING POINT</u>	special comments by a coach on how to play a particular technique verses various situations.
<u>COMEBACK (5)</u>	an 18 yard deep route coming back to 16 (deep out).
<u>CORNER ROUTE (7)</u>	a counter move to outside deep area from a post look.
<u>CRACK</u>	an inside move by a wide-out to block an inside defender.
<u>CURL (6)</u>	any route run 12 - 16 yards deep turning inside coming back to ball.
<u>DELAY ROUTE (OH)</u>	any <u>late</u> release by any receiver on LOS inside.
<u>DIG (4)</u>	any sharp inside route run 8 - 18 yards downfield.
<u>DOWN BLOCK</u>	release by your key to block an inside man.
<u>DRIVE BLOCK</u>	straight 1 on 1 block by your key.
<u>DROP</u>	move back into pass coverage by linebackers.
<u>DROPBAC</u>	QB dropping away from LOS staying tackle box.
<u>DROP POINT</u>	specific areas of aim for the dropping underneath coverage. (Land Mark)
<u>DUMP PASS</u>	a quick pass to any receiver (hot receiver).
<u>EASY</u>	Outside Linebacker support.
<u>EXECUTION</u>	efficient and proper way of getting the job done.
<u>FADE (9)</u>	a deep route with a slight outside movement.
<u>FLARE</u>	parallel route to LOS run by backs.
<u>FLARE CONTROL</u>	offensive backs using a complementary route to control the underneath coverage.
<u>FLAT</u>	outer lane of perimeter 0 - 15 yards deep.
<u>FLEX</u>	term denoting split of offensive end of 3 to 5 yards.
<u>FLOOD</u>	an overload of receivers into a zone or zones.
<u>FLOW</u>	primary direction of backfield action.
<u>FOLD</u>	technique given to backside player who must cushion and play Counter, Reverse, Bootleg - beyond the LOS.

<u>FRONTSIDE</u>	side to which the ball is going. Direct opposite of frontside is <u>backside</u> .
<u>GAPS</u>	areas of responsibility to defend, A, B, C, D.
<u>H. B. PASS</u>	when ball is handed or tossed to running back (HB) and he throws off of a run look.
<u>HAMMER</u>	technique where outside LB physically holds #2 receiver on his release. Used in Alley technique.
<u>HEADS</u>	alignment change where run support aligns in head up position. May also call "Double" Heads. (A zone principle from our '8' coverage ... (3-5-3) SS and End to weak side walked out on wide-outs.)
<u>HIDE ROUTE</u>	any delay route that is executed by a Tight End or Back.
<u>HITCH (0)</u>	a one (1) step comeback.
<u>HOOK</u>	outside-in approach by blockers.
<u>HOOK ROUTE (4)</u>	an inside tight curl.
<u>"IN"-CALL</u>	call to Defensive Lineman to give him the inside rush lane, or call by Secondary to denote inside pass pattern.
<u>INFLUENCE</u>	attempt by blocker to get defender to react a certain way so something else can be set up.
<u>INTO</u>	formation into sideline.
<u>KEY</u>	offensive player whose movement will initiate a reaction by the defender. To Key - is to concentrate on the movement of the key.
<u>KICK-OUT</u>	inside-out approach by blocker.
<u>LEAK</u>	a Back releasing on a play action pass.
<u>LOAD</u>	block on the man responsible for the QB on an option play.
<u>LOOSE</u>	tells coverage people to deepen alignments, front people to widen alignments.
<u>LOS</u>	line of scrimmage. An imaginary line drawn through front tip of the ball extending from sideline to sideline.
<u>MAMBO</u>	inside-outside man coverage by two defensive backs.
<u>ME / YOU</u>	linebacker term talking to the Buck and Sam to determine vertical stretch responsibilities.

<u>"MOVE"</u>	call made by LB is command for execution of stem movement. Move crisply to a new alignment.
<u>NEUTRAL ZONE</u>	length of the ball. Area between offensive and defensive LOS.
<u>NORMAL SPLIT</u>	anything more than eight (8) yards outside the end man.
<u>"OFF"</u>	call by the defensive lineman to give him a contain pass rush lane. OLB will be dropping on all passes.
<u>OMAHA</u>	a call to call off the called defense and return to a predetermined front and coverage.
<u>OSKIE</u>	call to signify a pass interception.
<u>OUT ROUTE</u>	any outside route.
<u>OUT-UP</u>	a three (3) step out route then take-off.
<u>PASS ZONE</u>	area from LOS to 12-15 yards deep for flat, curl and hook; 15 yards and beyond for deep 1/3's.
<u>PERIPHERAL</u>	the vision you have to the surrounding area of a given point.
<u>PICK ROUTE</u>	a route designed to knock down a defender from another receiver.
<u>"PLAY IT"</u>	a call to pass defenders that there will be no change in coverage.
<u>PLAY PASS</u>	action which simulates a running play before executing a pass.
<u>POST ROUTE (8)</u>	deep route run to an inside direction toward goal post.
<u>PRESSURE KEY</u>	lineman whose movement you feel as you make an in or out move.
<u>QUICK OUT (3)</u>	a four (4) step or five (5) yard comeback.
<u>QUICK SCREEN</u>	a quick screen right or left with no hesitation by the offensive linemen
<u>RAMBO</u>	term used for FS and LB to exchange responsibilities in man coverages.
<u>REACT</u>	respond with movement to your key's movement or pressure.
<u>READ</u>	support call between Defensive Back and Outside Linebacker.
<u>READ SIDE</u>	the nose and end side of the defense.

<u>RED ZONE</u>	zone from our 20 yard line to the Goal Line - close cushion down.
<u>RIGHT / LEFT</u>	directional call made by LB to align front.
<u>RIM ROUTE</u>	any Back who circles outside of Offensive Tackle goes upfield.
<u>RIP / LIZ</u>	directional call made by Safety to determine formation strength (2 Receivers).
<u>ROCK IT</u>	3 deep check by Secondary.
<u>ROLL-OUT</u>	reverse or pivoting type action by the QB in the direction of full flow of the Backs.
<u>SCOOP</u>	pure zone reach blocking scheme where lineman lead flat then work upfield.
<u>SCRAMBLE</u>	a passer that is forced out of his normal course or pattern - deep responsible people never step forward until QB has crossed the LOS.
<u>SCREEN PASS</u>	a pass which develops behind the LOS by allowing the defense to penetrate while the offensive lineman fake block and then form a wall for the receiver.
<u>SEAM</u>	a pass run by receiver between two (2) designated zones in defensive coverage.
<u>SHALLOW (2)</u>	an abbreviated crossing route of any type up to nine (9) yards.
<u>SKY</u>	Safety support.
<u>SLAM</u>	secondary check for formation into.
<u>SLANT</u>	angle movement made toward ball.
<u>SLANT ROUTE (2)</u>	a three (3) step shallow post.
<u>SLOT</u>	back set up to three (3) yards off of Offensive Tackle with End being split.
<u>SPLIT</u>	term to describe a Receiver who is out more than five (5) yards.
<u>SPLIT POST (8)</u>	a route that splits Corner and Safety deep.
<u>SPRINT OUT</u>	running pass by QB attacking the perimeter quickly with no fakes.
<u>STEM</u>	shift by the defensive front from one alignment to another. Execute on "move" command.



STOP (6) TE releasing inside to an area 6 - 10 yards deep over the ball.

STRONG direction call to set the front.

TACKLE BOX the area between the two (2) Offensive Tackles all the way back to the goal line.

TEX back in motion towards Split End.

THROWBACK passing scheme where QB rolls in one direction stops; then turns and throws "back" in opposite direction.

TIGHT END TRADE where TE walks to other side.

TOY back in motion towards Tight End side.

TRIPS FORMATION any formation that has three (3) split Receivers line up to one (1) side.

TRYP any formation that has three (3) Receivers to one (1) side with #3 being a TE.

TUFF TERRITORY communication call to tighten the alignment and cushion in zone on man coverage when the ball is inside our 12 yard line (automatic).

TWINS two receivers on the same side with TE on backside.

UPFIELD SHOULDER shoulder farthest from LOS.

VISUAL KEY lineman whose movement you read when you make an in or out move. He initiates your reaction.

WAGGLE split flow boot pass.

WEAK SIDE single receiver side.

WHEEL ROUTE the outside receiver turns inside and the inside receiver runs and flat-up.

WING back outside of End man on LOS with a split up to 2 yards.

YO YO TE motion towards the ball then return.

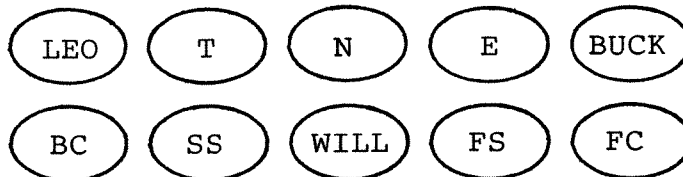
ZIPPER motion towards ball then back out.

ZOOM change of strength motion.

380 PASS the QB throwing immediately to any receiver running a quick type route (three [3] step drop).

HUDDLEBALL

(SAM)



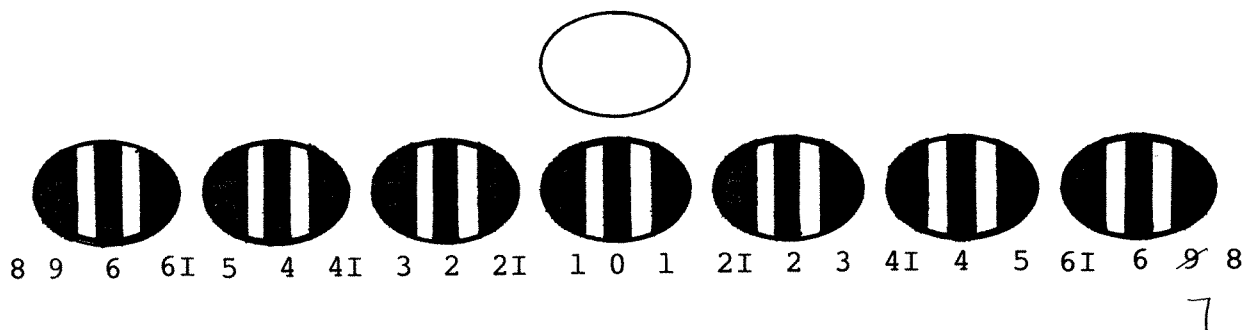
1. NOSEMAN calls for the huddle with both hands above the head approximately 3 yards from the ball.
2. Defensive Line and BUCK will align with hands on knees, head up, facing LOS. BUCK will align in the huddle closest to our opponents bench. LEO will align opposite the BUCK.
3. Defensive Backs and WILL LB, will be in an upright position behind the players in front of them.
4. WILL LB will give the command "EYES". At this time, everyone will focus their attention on the signal caller. He will then give DOWN AND DISTANCE.
5. SAM will align in front of the huddle. He will call the front, the Free Safety will call the coverage. SAM will then say "READY" and everyone will respond with "HIT", clap their hands and break the huddle.
6. We will be in a hanging huddle until the strength is declared by the SAM by making a "LEFT" or "RIGHT" then we will move immediately to our positions. Corners can go directly to their position.

EXAMPLE:

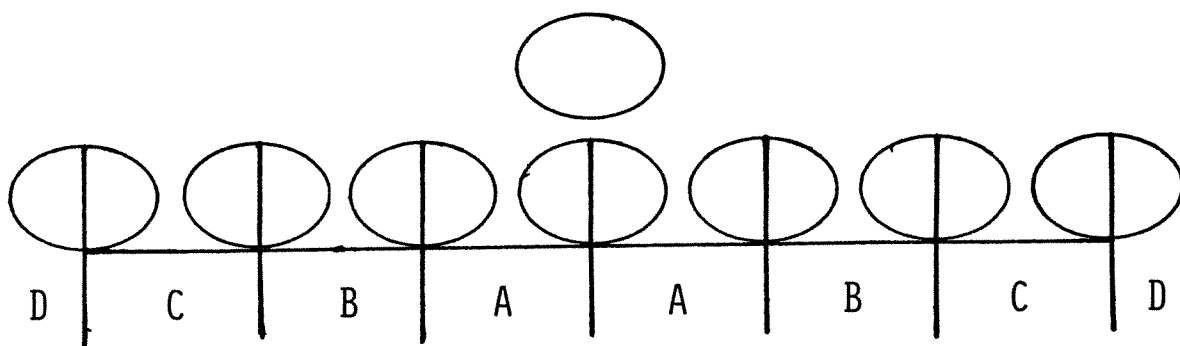
WILL -- "EYES" 1st and 10  
 SAM --- "STACK SHADE"  
 FS ---- "COVERAGE 3"  
 SAM --- "READY, HIT"  
 SAM --- "LEFT"

7. During a time-out, we want everyone to take one knee (INFORMATION HUDDLE) to help avoid any confusion and aid the managers and trainers to get the water and other work done.
8. There may be certain situations when we would want the entire defense to come to the sideline during a time out.

ALIGNMENTS FOR DEFENSIVE FRONTS



GAPS FOR RUN FILLS



## TACKLING AT OHIO STATE

Tackling is one of the most important fundamentals (TOOLS OF THE TRADE) of defense. Fundamentals are skills that can be TAUGHT, LEARNED and CONSTANTLY IMPROVED on. It is imperative that each player have a thorough understanding of how we tackle and the different types of tackles.

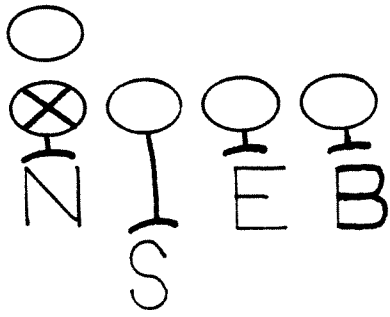
1. Keyed up emotionally.
2. Knee bend.
3. Eyes open and on the target (belt buckle to numbers).
4. Feet moving and good base (shoulder width).
5. Head up and neck bulled. Tackle in the area of the ball.
6. On contact, rip arms up and around ball carrier and LOCK-UP.
7. Drive up and through the ball carrier and run through him. DO NOT DIVE OR LUNGE at the ball carrier.
8. DO NOT LEAD WITH YOUR HELMET.
9. To be a successful tackler, you must make judgements as to when to use certain types of tackles. but the end result is what is most important, "DID YOU TACKLE HIM OR NOT?"
10. Be a "HITTER" and a "TACKLER."

### TYPES OF TACKLES

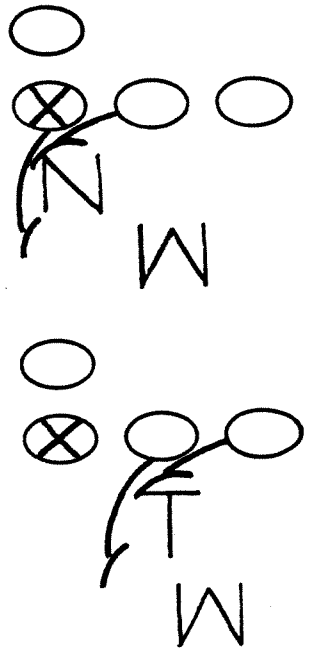
1. STRAIGHT ON
2. ANGLE
3. OPEN FIELD
4. GOAL LINE
5. SURE

BLOCKING SCHEMES

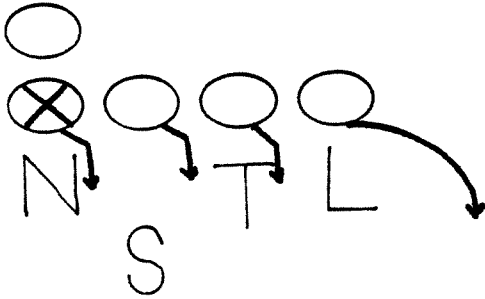
ASE



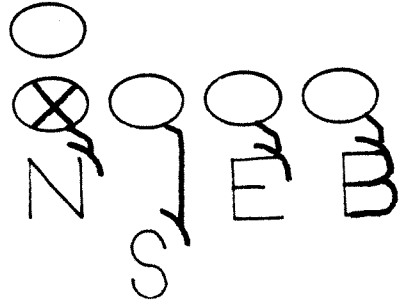
SCOOP



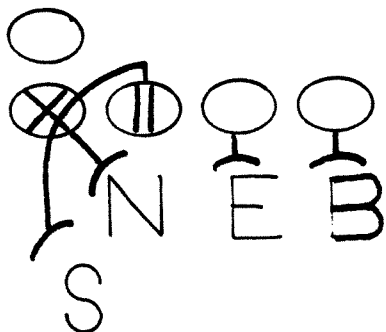
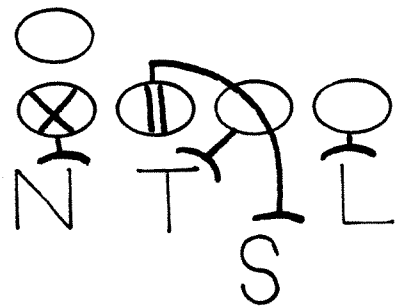
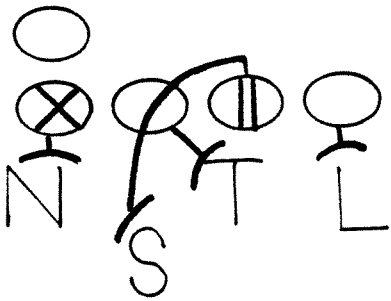
ZONE



REACH

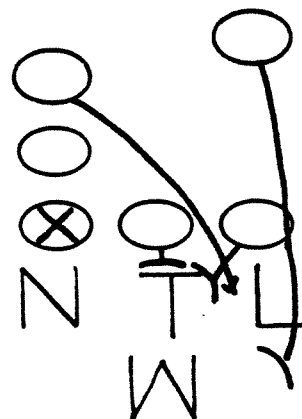
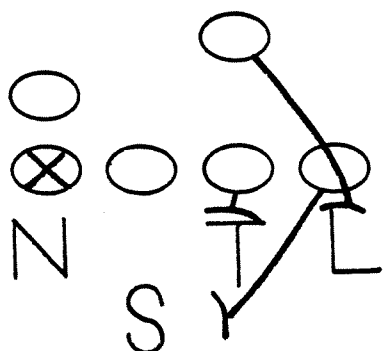
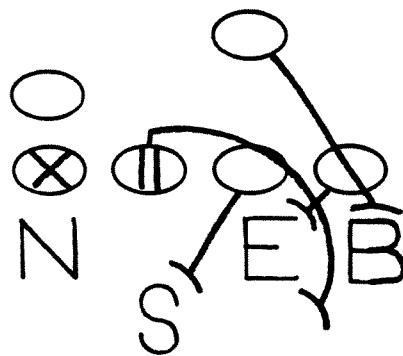
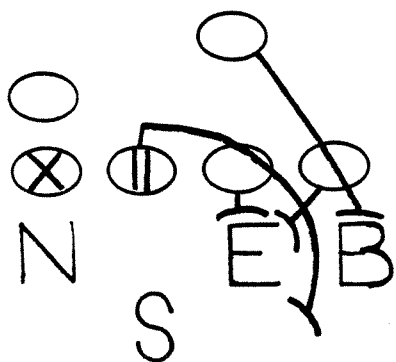


FOLD BLOCKING

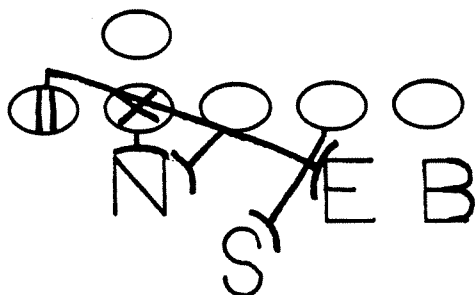




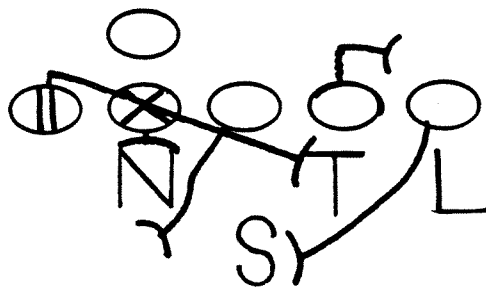
GADED - MAN RESPONSIBLE FOR QB ON OPTION IS BLOCKED-



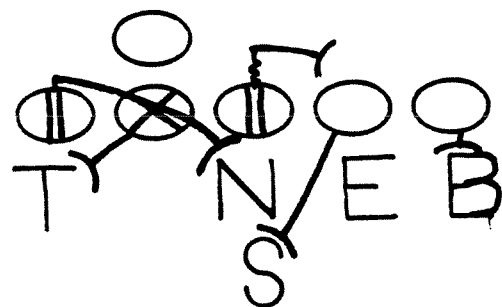
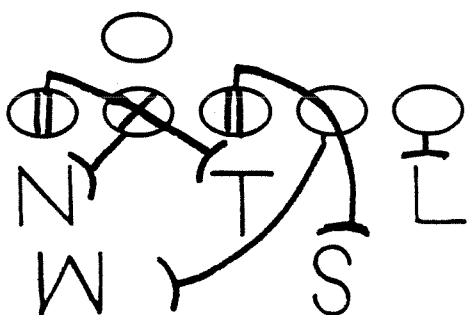
TRAP



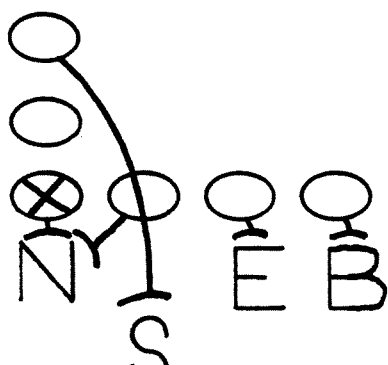
INFLUENCE



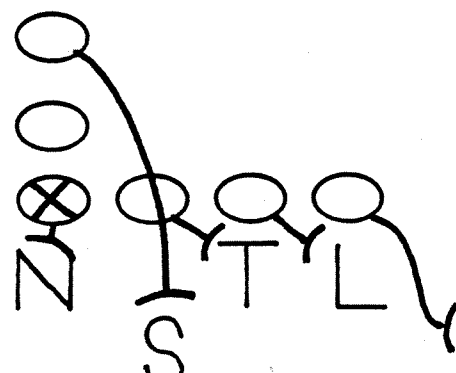
INFLUENCE



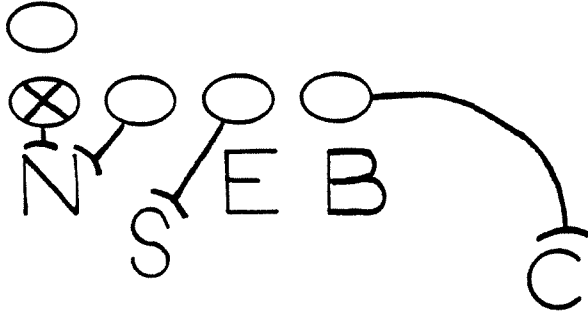
ISOLATION



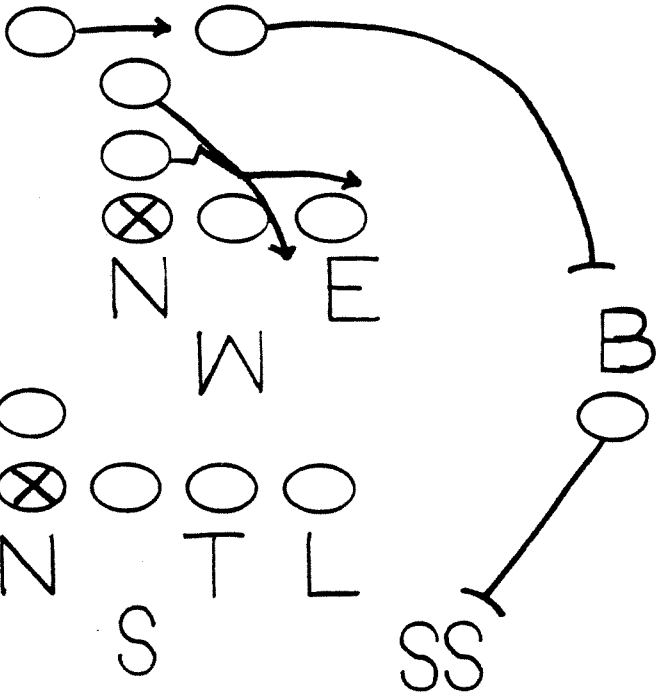
OUT



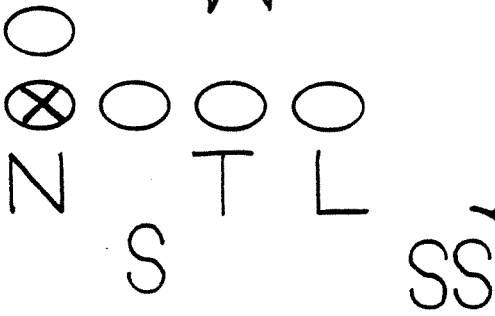
VEER



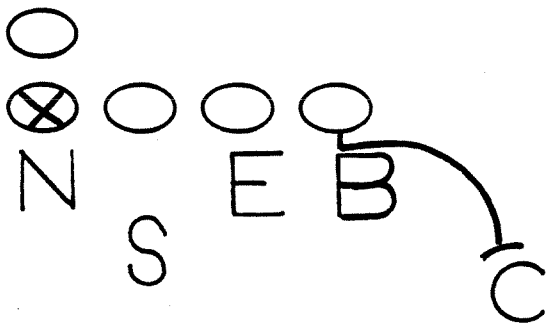
LEAD



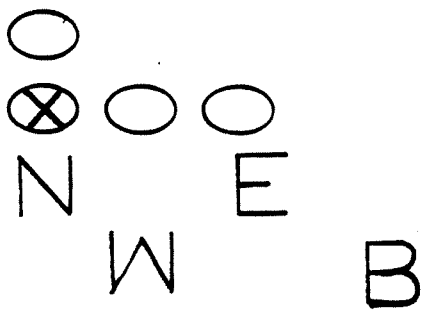
CRACK



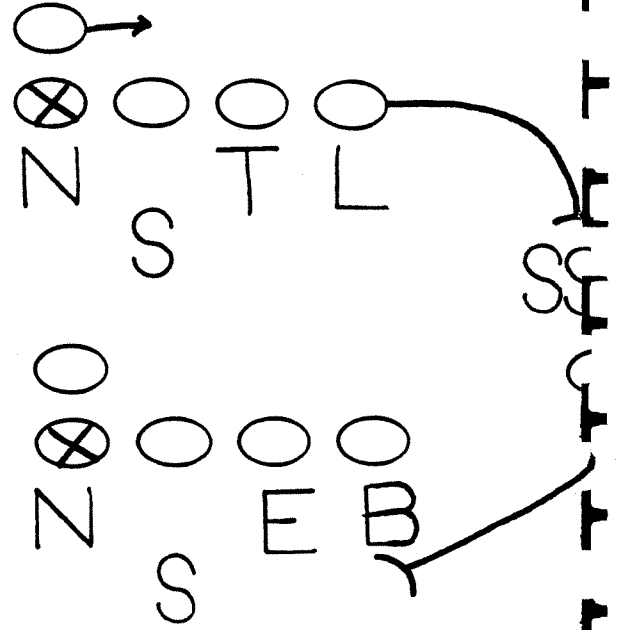
SLOW



STALK



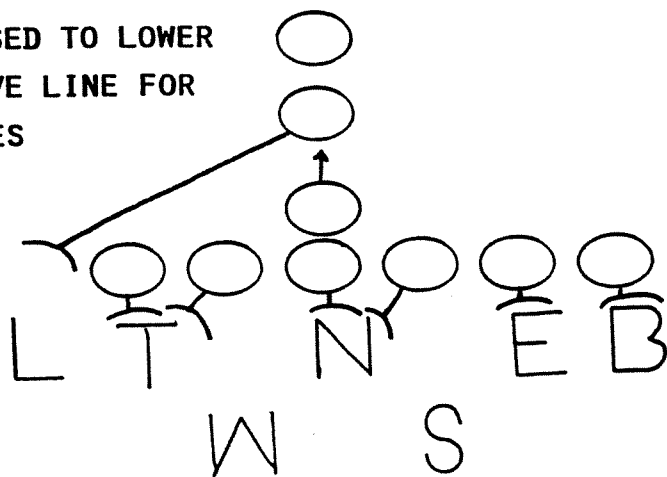
ARC



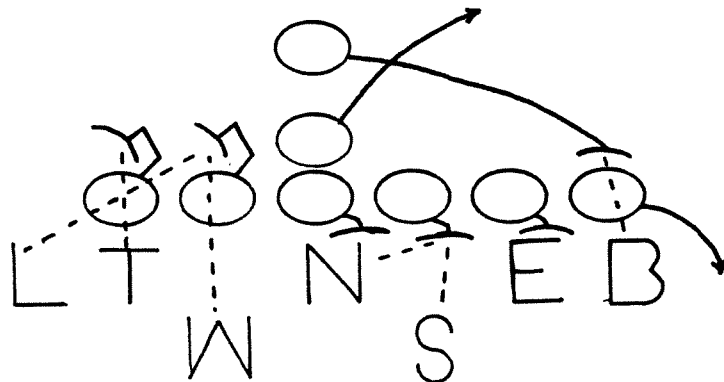


PASS PROTECTIONS

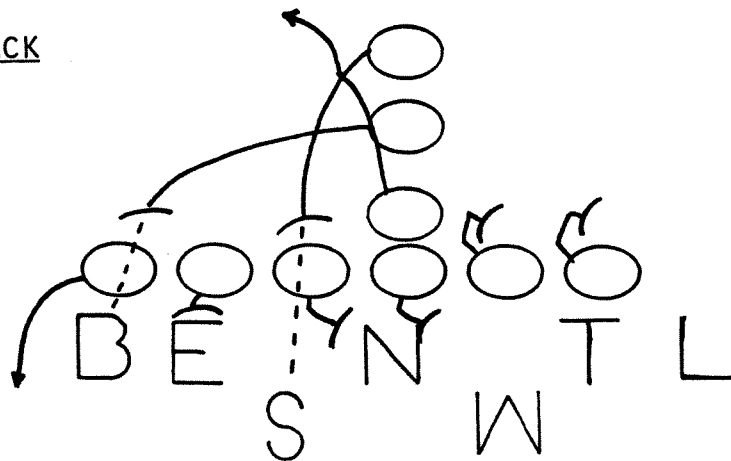
80 AGGRESSIVE - USED TO LOWER  
HANDS OF DEFENSIVE LINE FOR  
SHORT QUICK PASSES



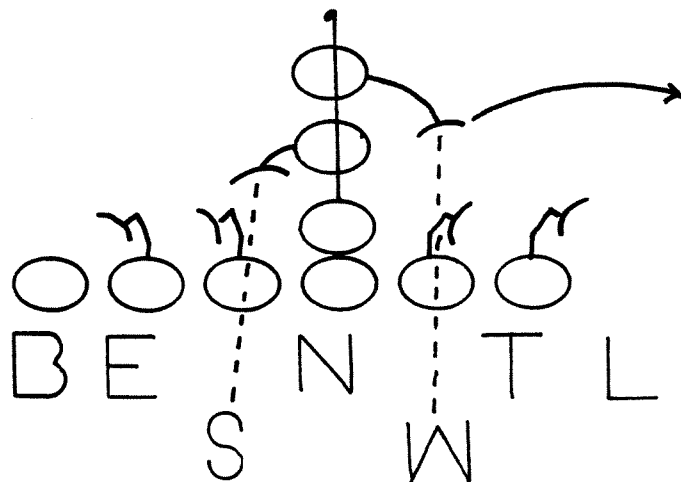
60 SLIDE



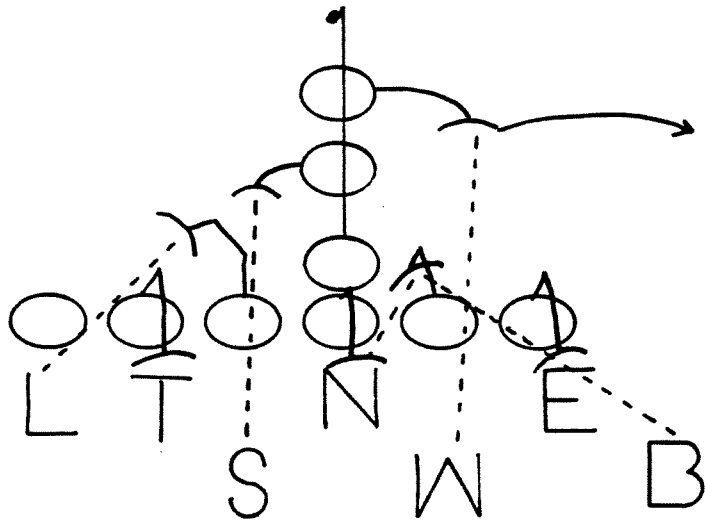
24 SD TURN BACK



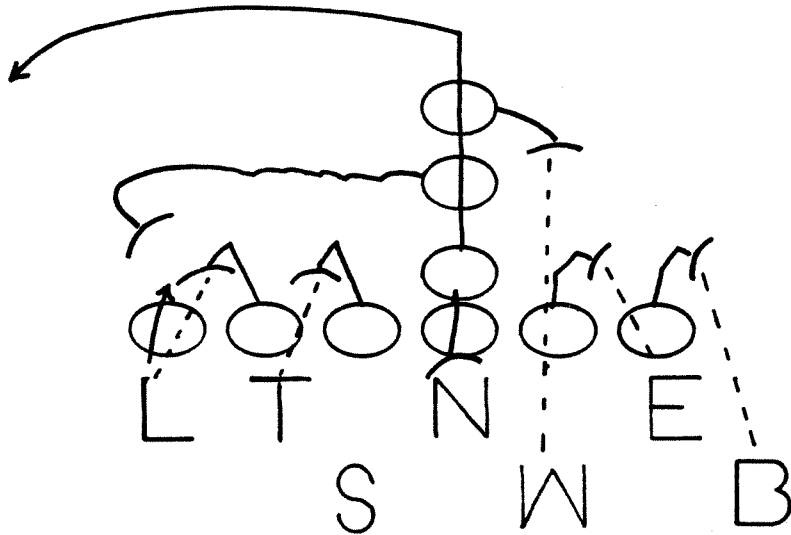
780 MAN



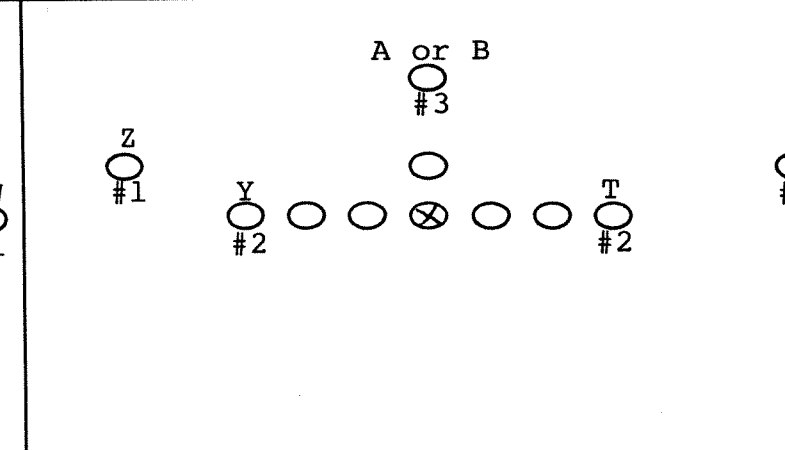
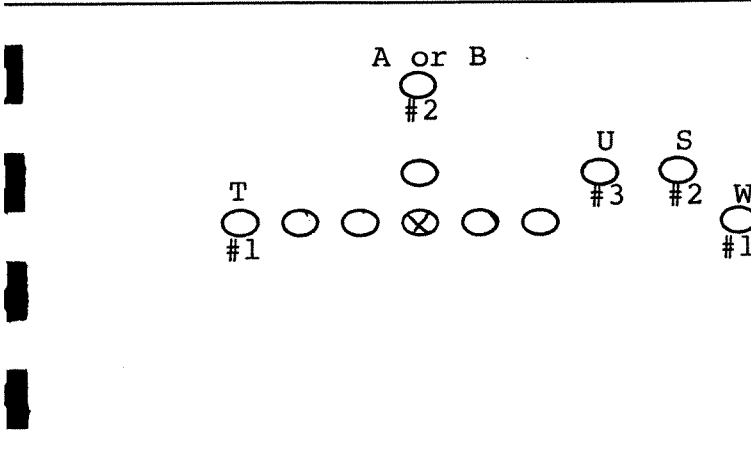
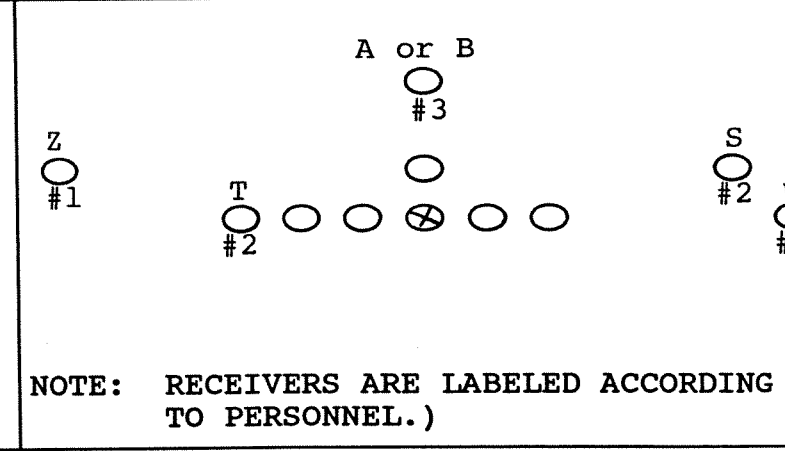
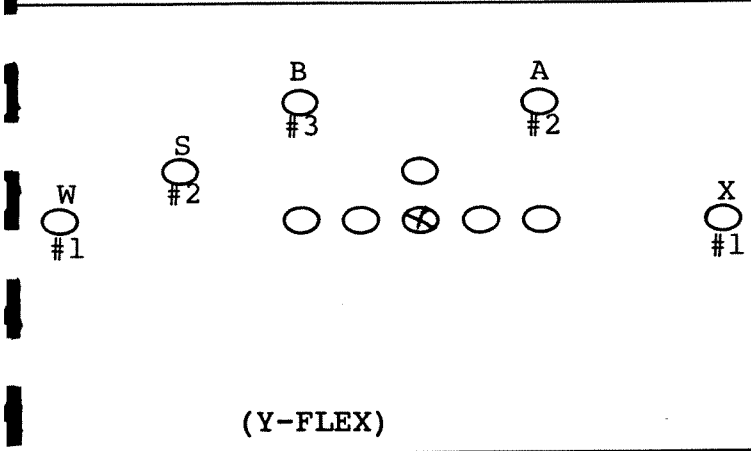
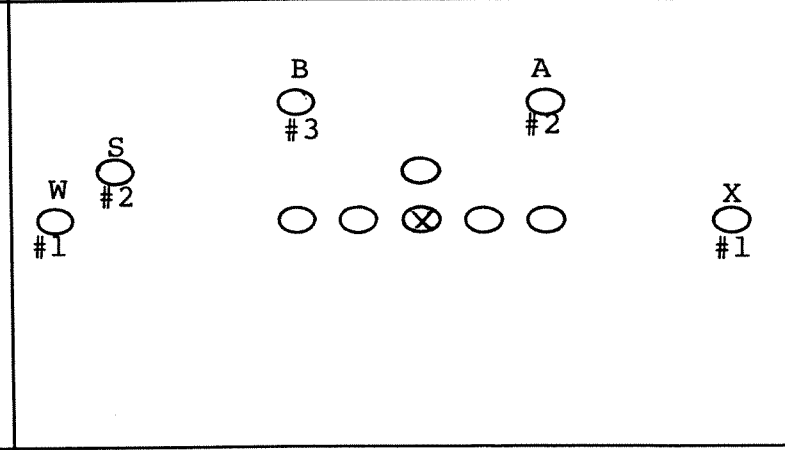
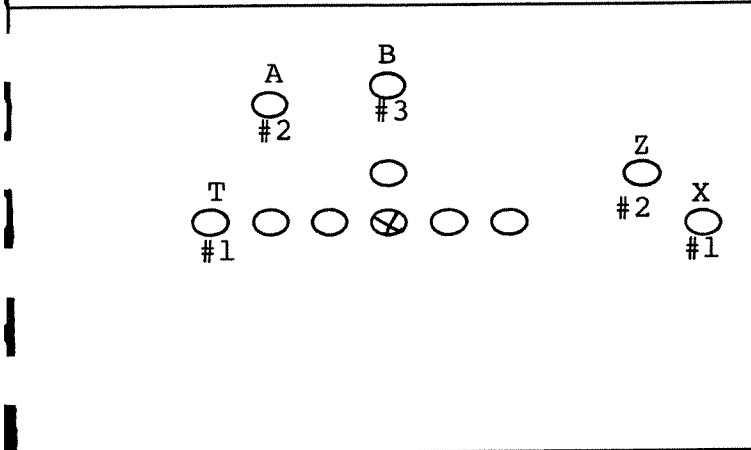
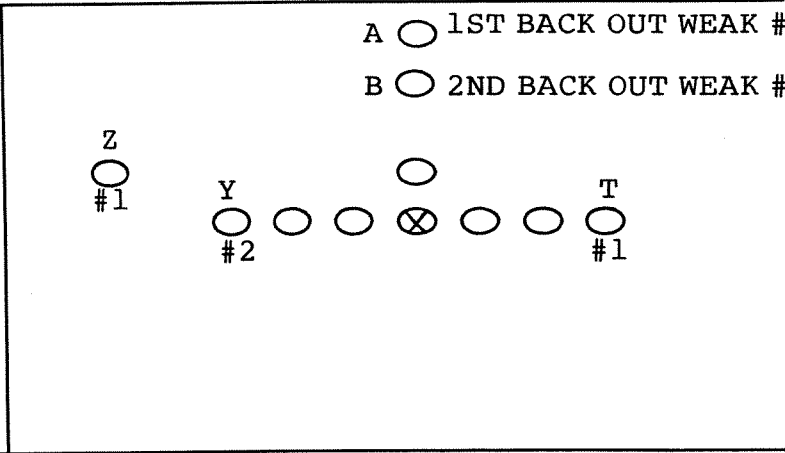
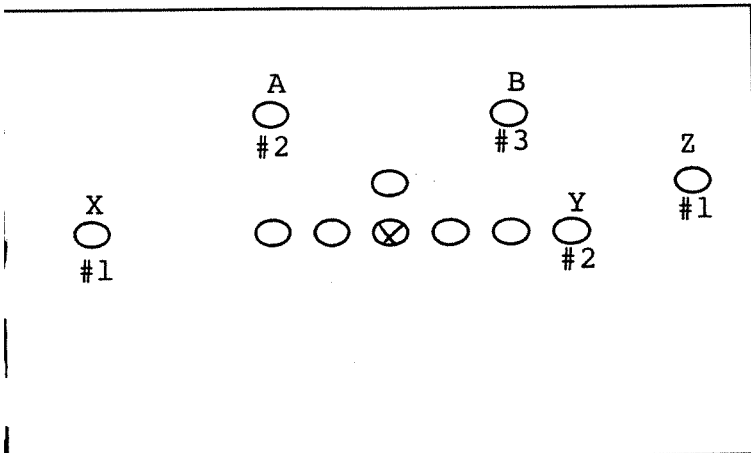
780 ZONE



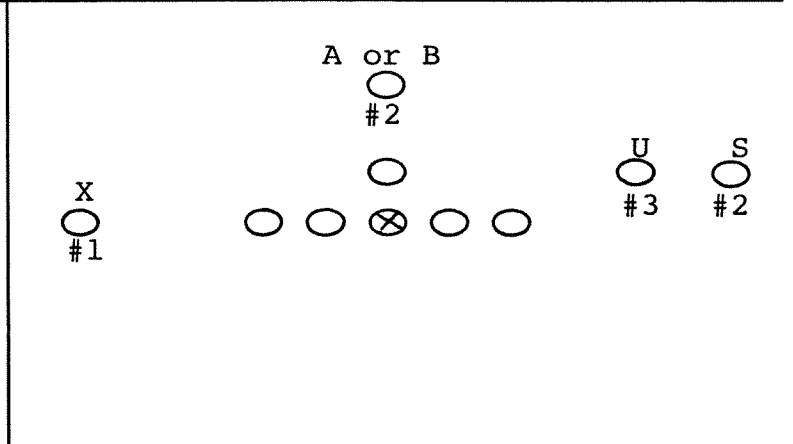
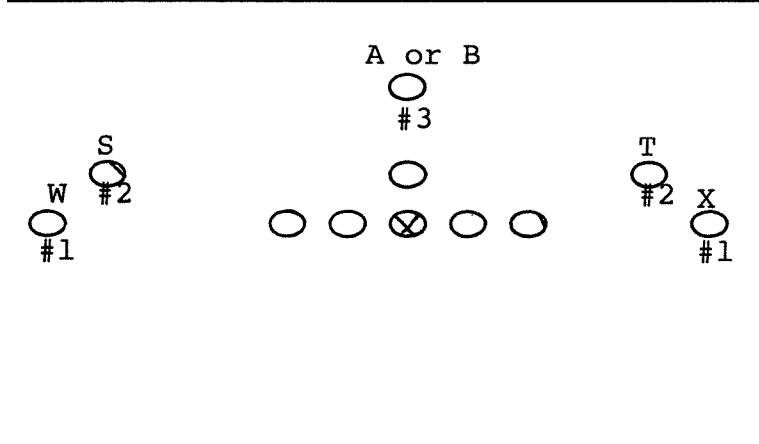
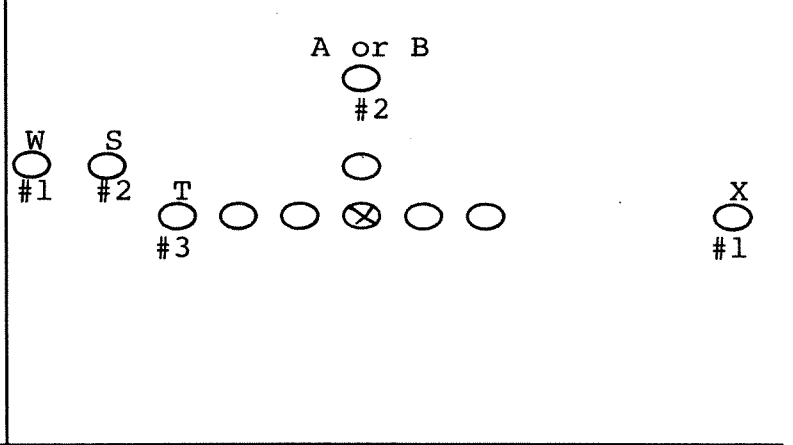
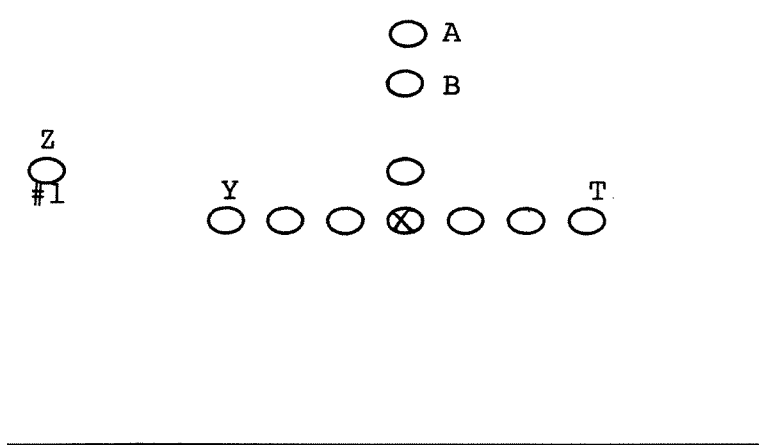
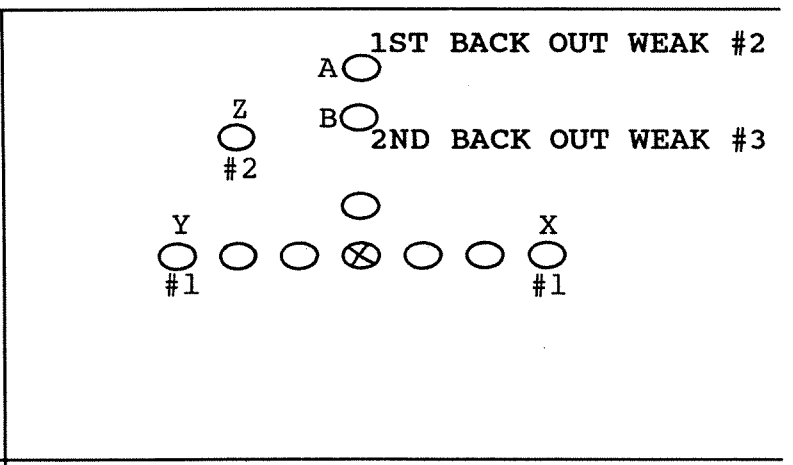
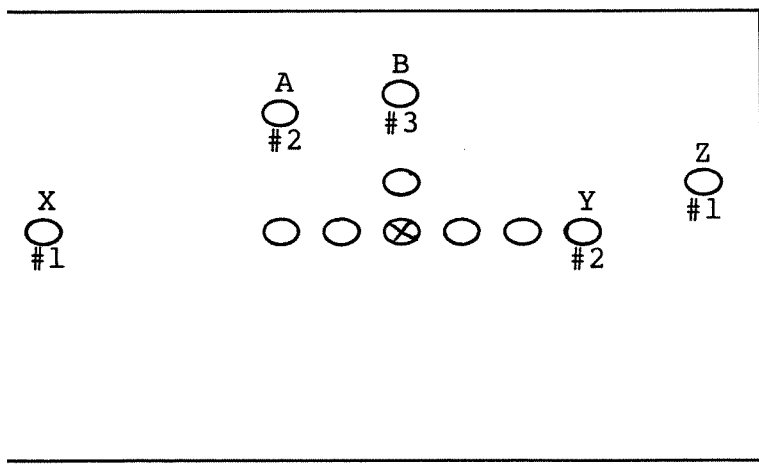
780 DASH



RECEIVER IDENTIFICATION



RECEIVER IDENTIFICATION (CONT.)

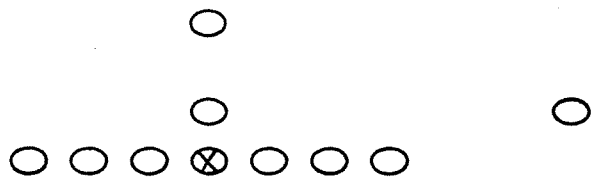


FORMATION IDENTIFICATION (2 BACKS)

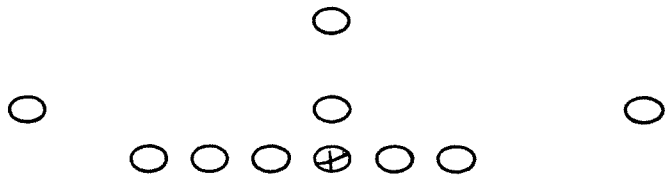
KEY	NAME	PRO
FORMATION		
	TITE	TWIN
	W (3 WO)	SLOT
	OFF	HEAVY

FORMATION IDENTIFICATION (1 BACK)

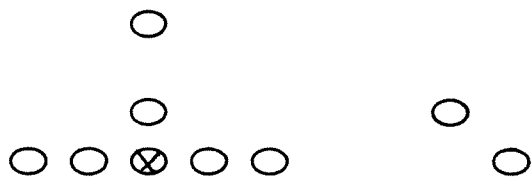
DETROIT



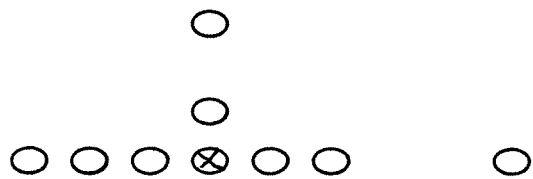
BANDIT



SHOOT



BANDIT TRYP



BANDIT TRIP



UNBALANCED FORMATIONS

○ STANFORD HEAVY

○

○

○

○ ○ ○ ○ ○ ⊗ ○ ○

○

○

NOTE: ANY TIME THERE ARE TWO POSITIONS TO THE LEFT OR RIGHT OF THE CENTER, THE WORD STANFORD IS USED.

○ STANFORD TWIN

○

○

○

○ ○ ○ ○ ○ ⊗ ○ ○

○

○

○ STANFORD

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○ ○ ○ ○ ○ ⊗ ○ ○

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○ ○ BONE

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○ ○ OPEN

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○

○ ○ ○ ○ ○ ⊗ ○ ○ ○

○

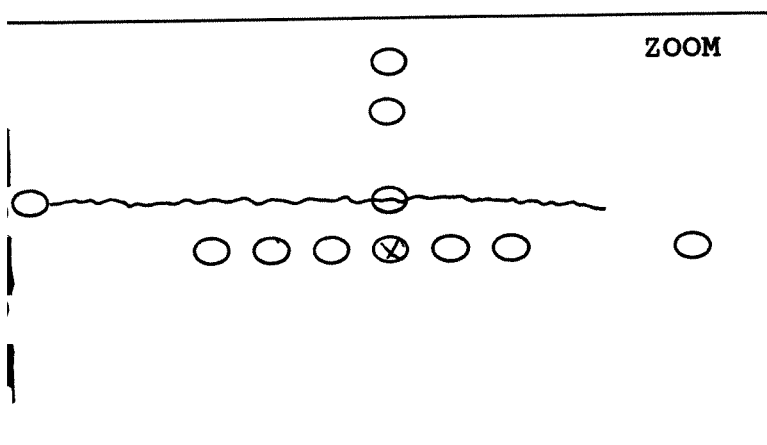
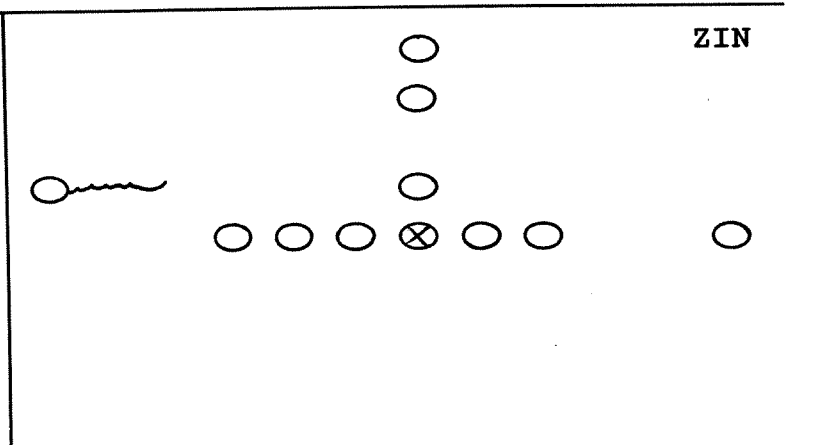
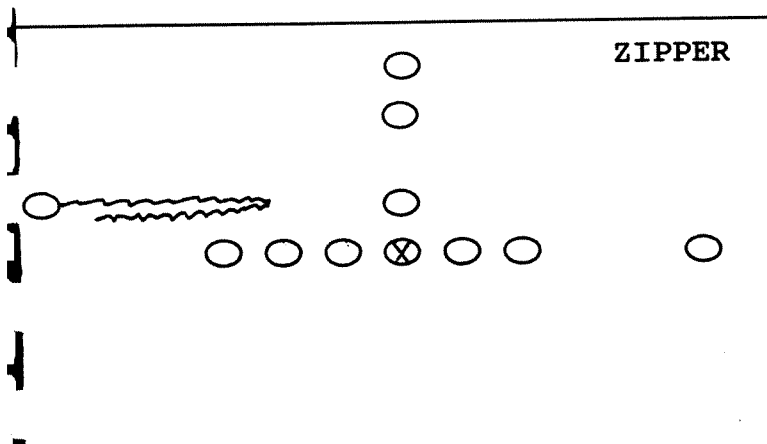
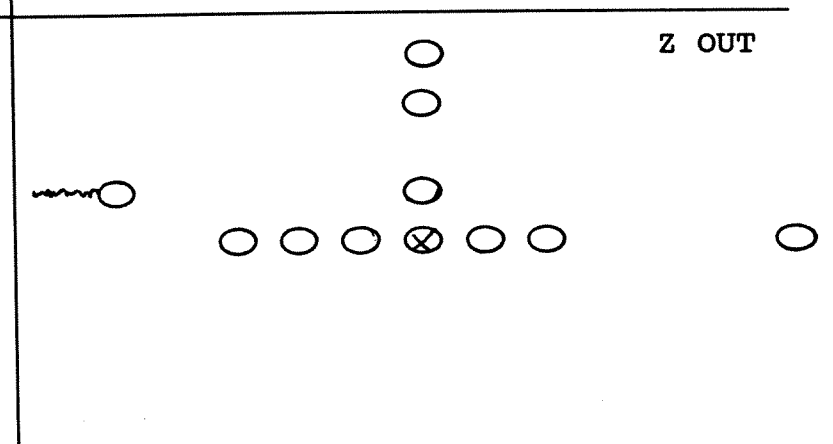
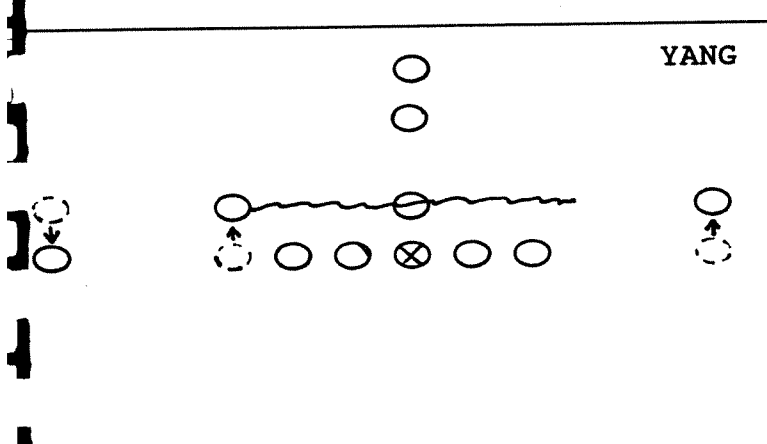
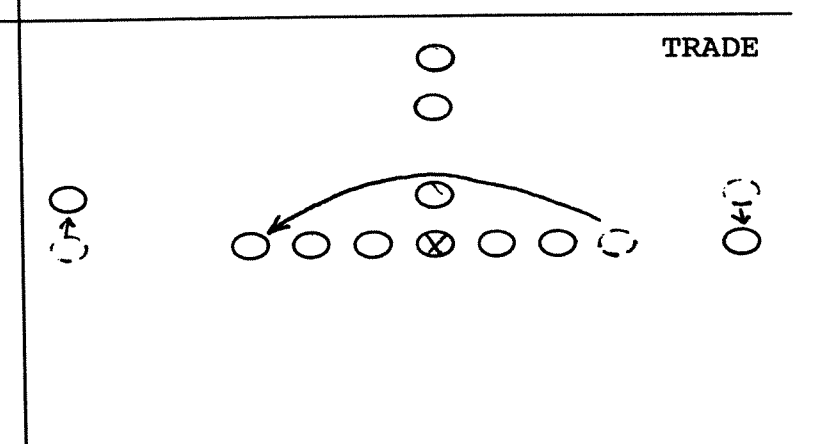
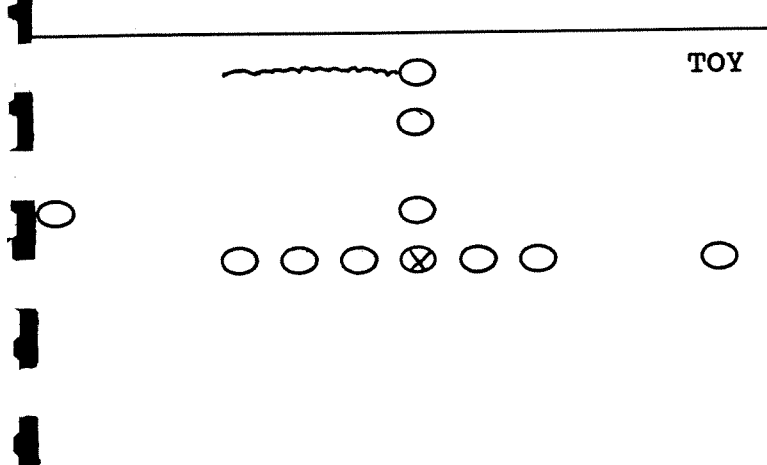
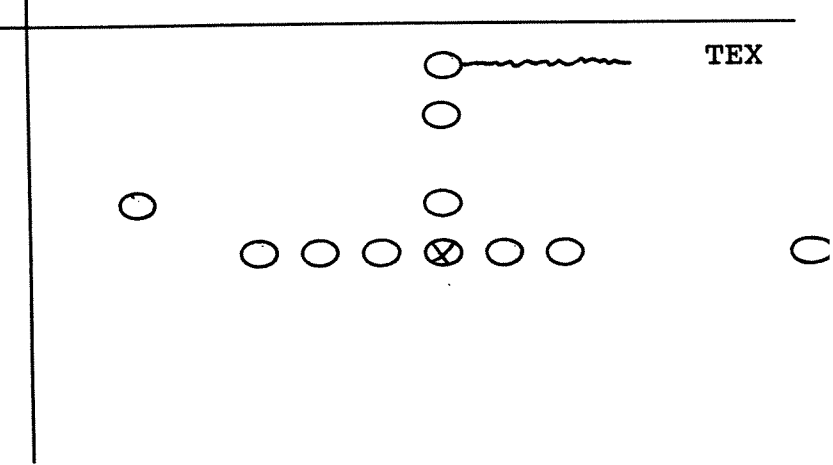
○

IDENTIFICATION OF BACK SETS

<p>I</p>	<p>STRONG / WEAK</p>
<p>SPLIT</p>	<p>I-STRONG / I-WEAK</p>
<p>EMPTY</p>	<p>ACE</p>
<p>BONE</p>	<p>POWER I</p>

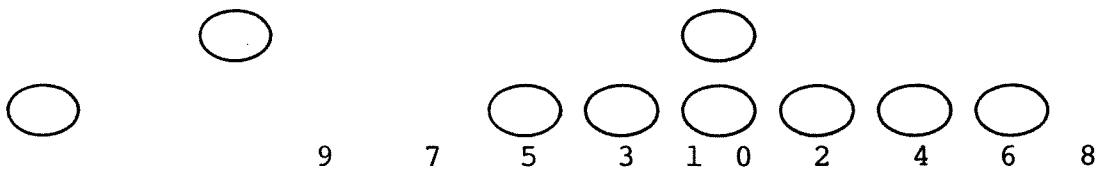
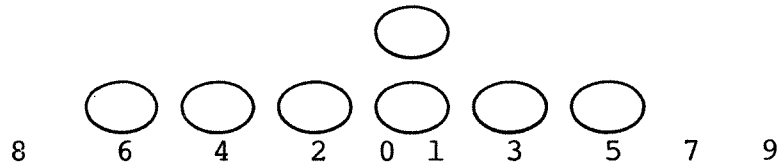


MOTION IDENTIFICATION

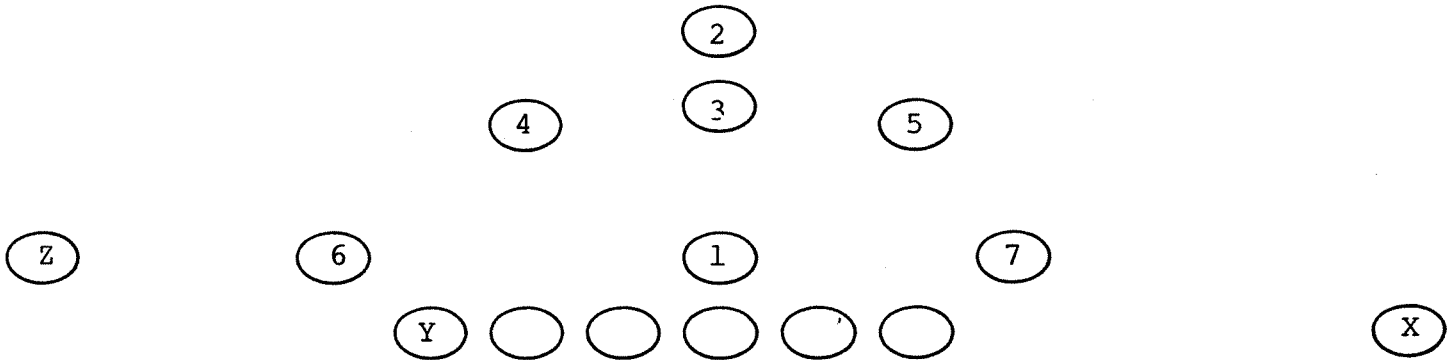
<p>ZOOM</p> 	<p>ZIN</p> 
<p>ZIPPER</p> 	<p>Z OUT</p> 
<p>YANG</p> 	<p>TRADE</p> 
<p>TOY</p> 	<p>TEX</p> 

**HOLE NUMBERING AND BACK DESIGNATION**

I. THE HOLE NUMBERING IS DETERMINED BY THE STRENGTH OF THE RUNNING FORMATION.

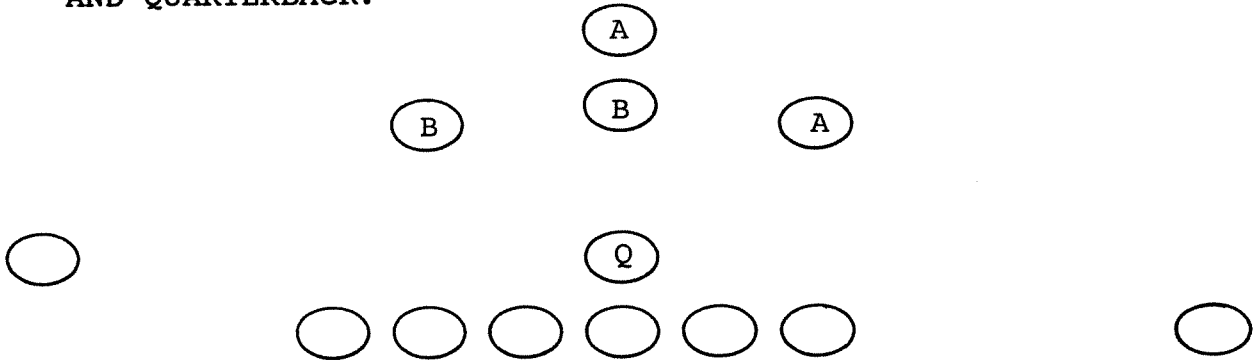


II. THE BACK DESIGNATION IS DETERMINED BY THE USE OF NUMBERS ONE (1) THROUGH SEVEN (7). THE FOUR (4) THROUGH SIX (6) BACK SET TO THE TIGHT END. THE FIVE (5) THROUGH SEVEN (7) BACKS SET AWAY FROM THE TIGHT END.

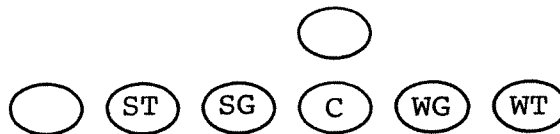


IDENTIFICATION OF OFFENSIVE PERSONNEL

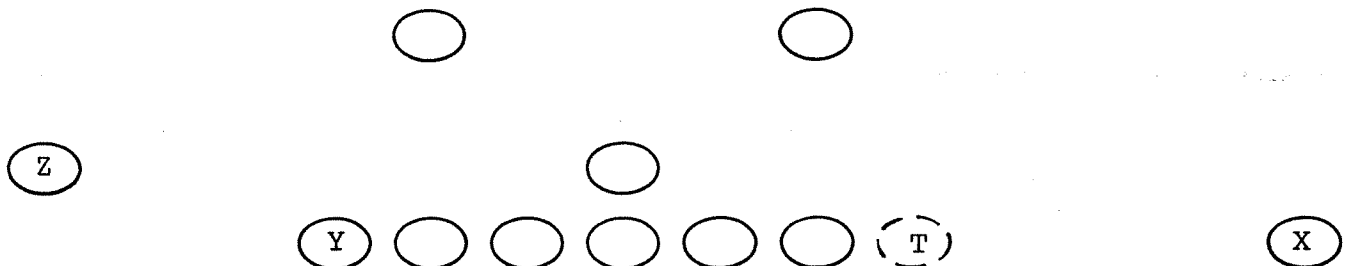
- I. THE OFFENSIVE BACK PERSONNEL IS DETERMINED BY THEIR ALIGNMENT IN RELATIONSHIP TO THE RUNNING STRENGTH. THE NAMES USED ARE: STRONGBACK, HALFBACK, TAILBACK, FULLBACK, AND QUARTERBACK.



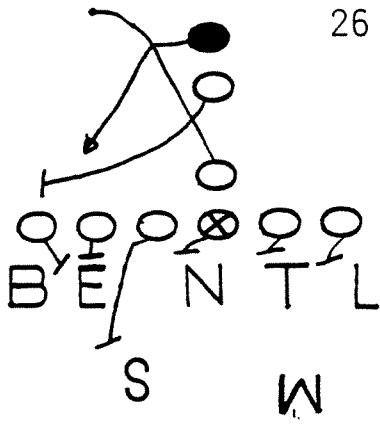
- II. THE OFFENSIVE LINE PERSONNEL IS DETERMINED BY THEIR ALIGNMENT IN RELATIONSHIP TO THE RUNNING STRENGTH. THE NAMES USED ARE: CENTER, WEAK GUARD, WEAK TACKLE, STRONG GUARD, AND STRONG TACKLE.



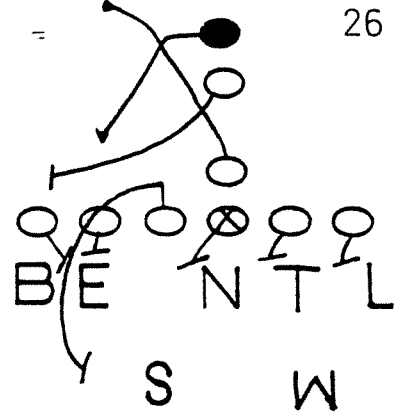
- III. THE RECEIVERS ARE REFERRED TO AS X (SPLIT END), Y (TIGHT END), AND Z (FLANKER). THE BACK SIDE TIGHT END IN TWO TIGHTS IS REFERRED TO AS U (UNIT END).



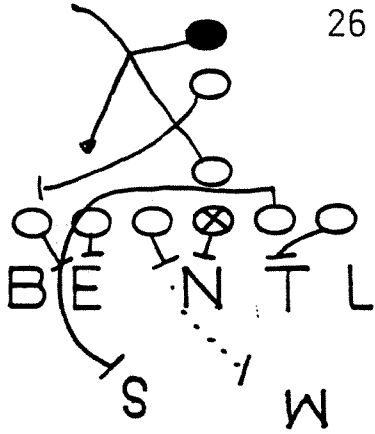
26 POWER



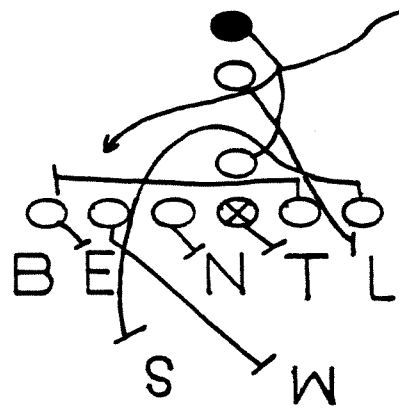
26 G POWER



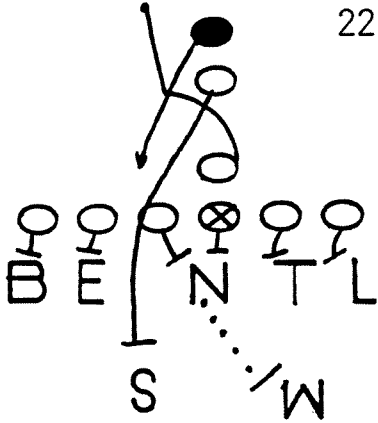
26 DAVE



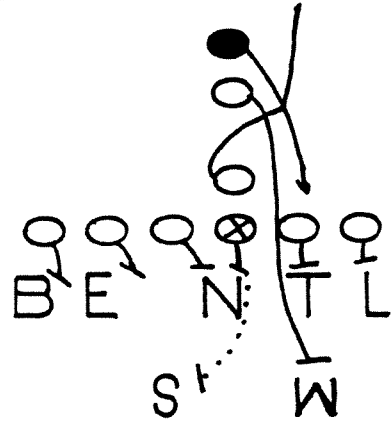
26 CT DAVE



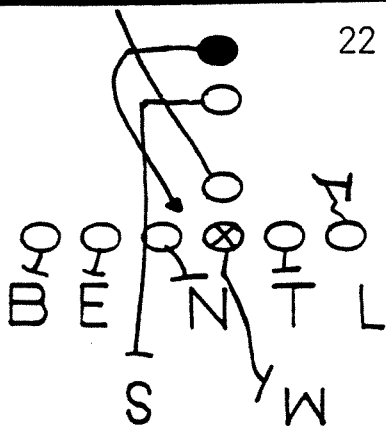
22 ISO



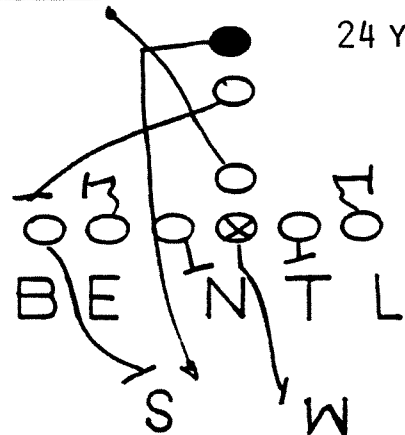
23 OUT

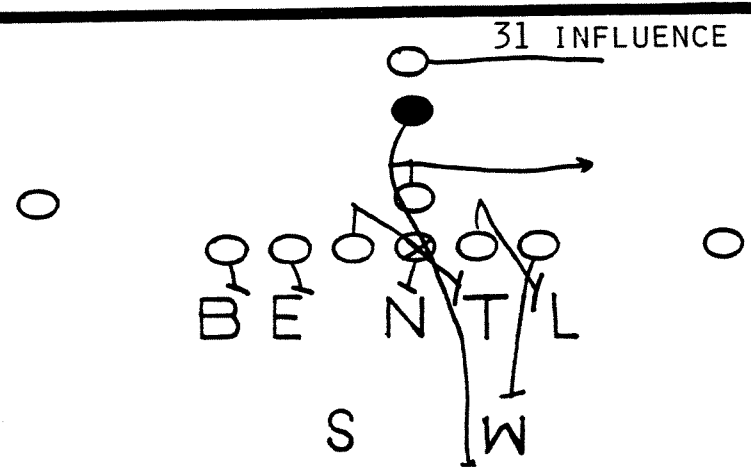
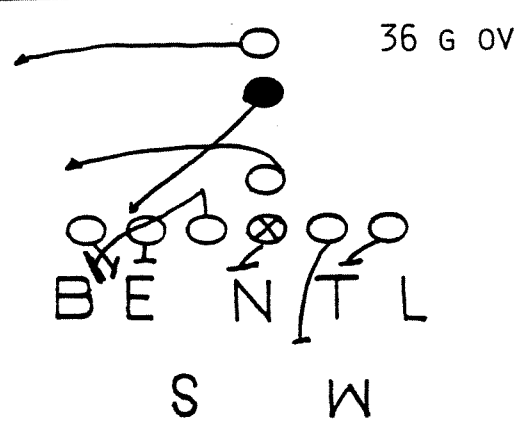
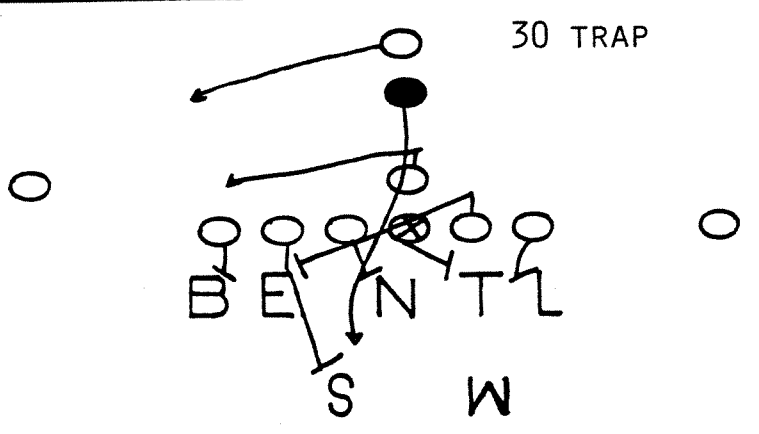
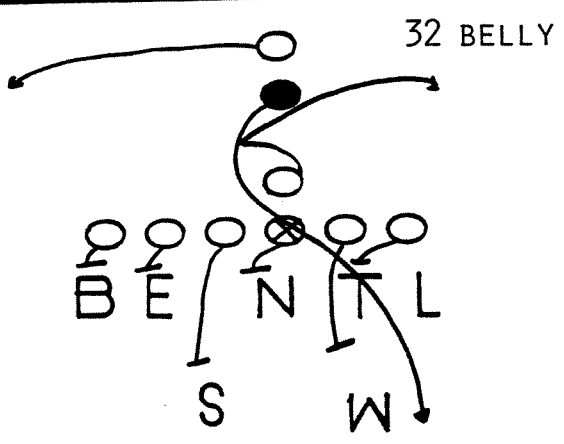
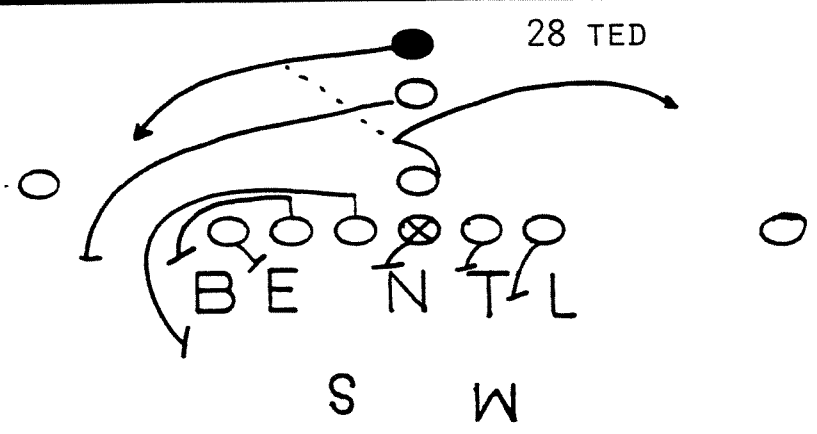
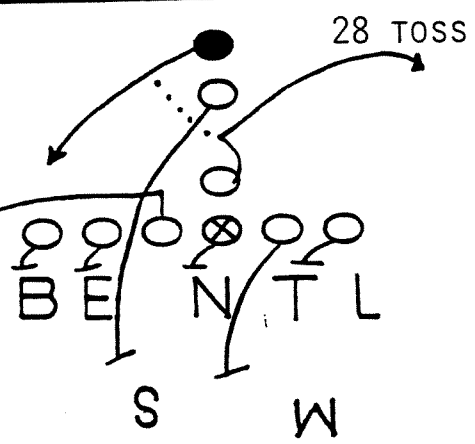
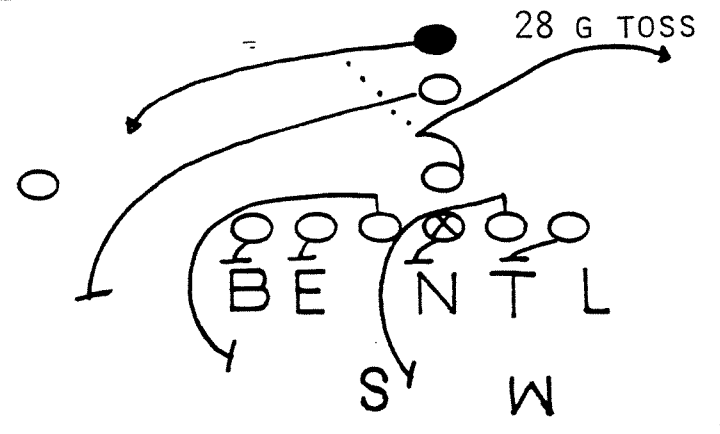
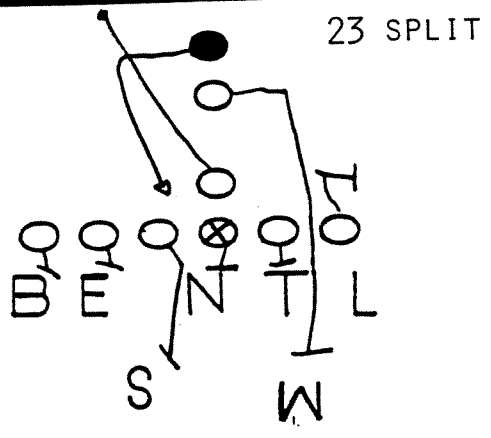


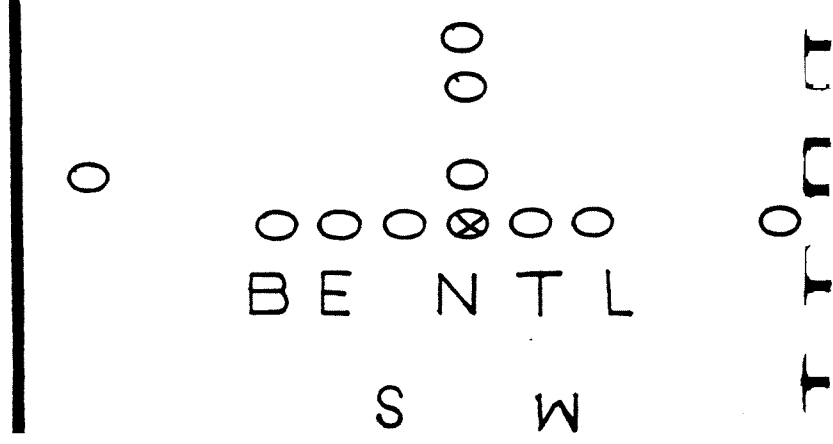
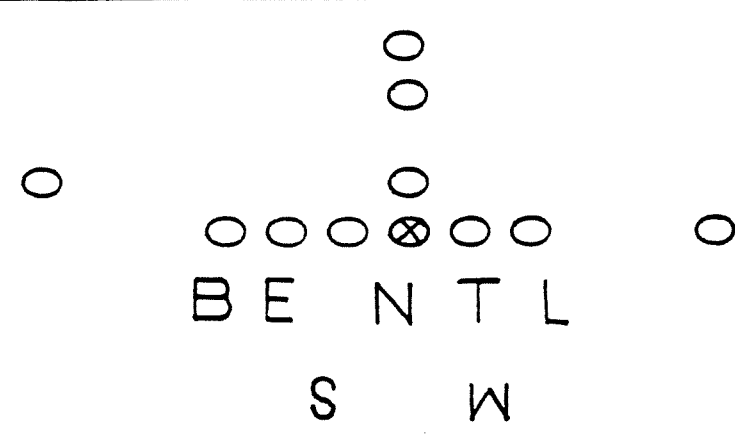
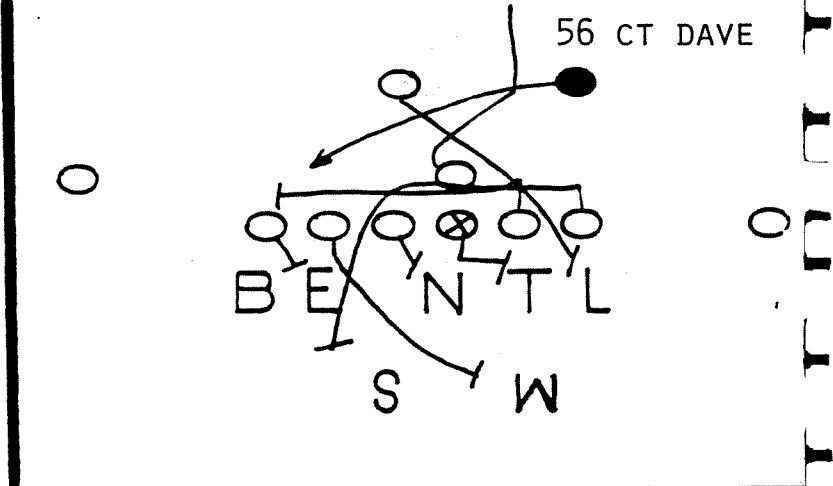
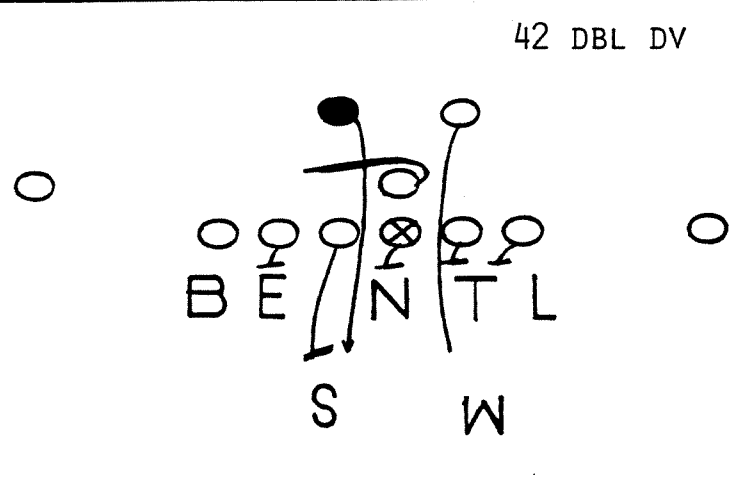
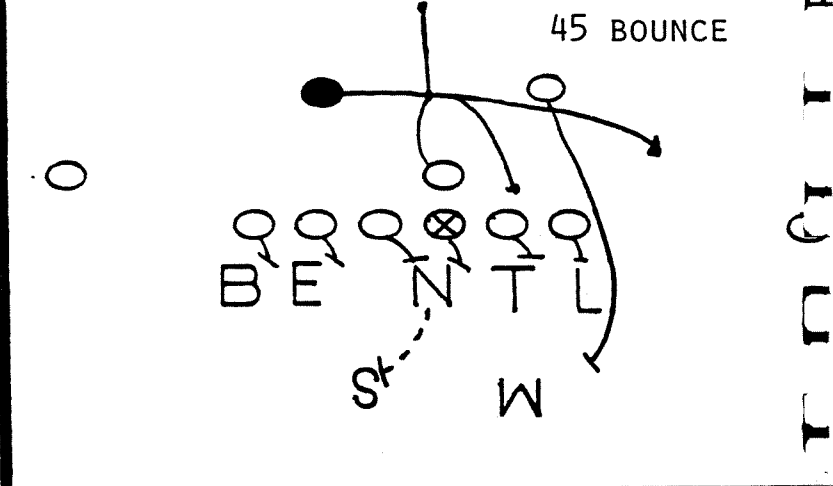
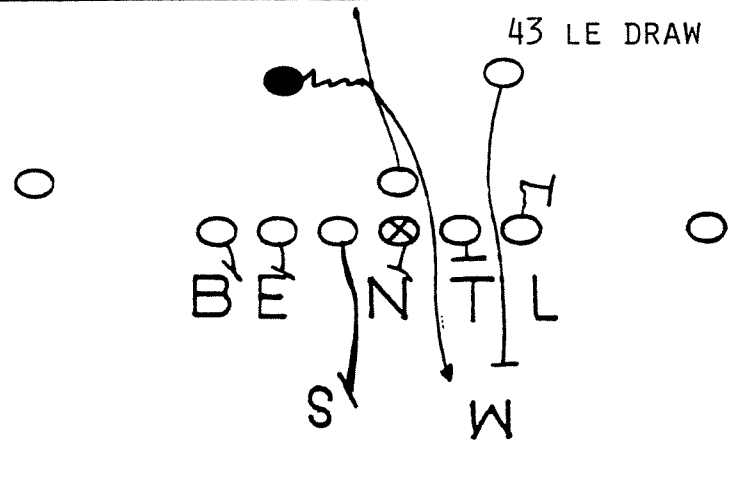
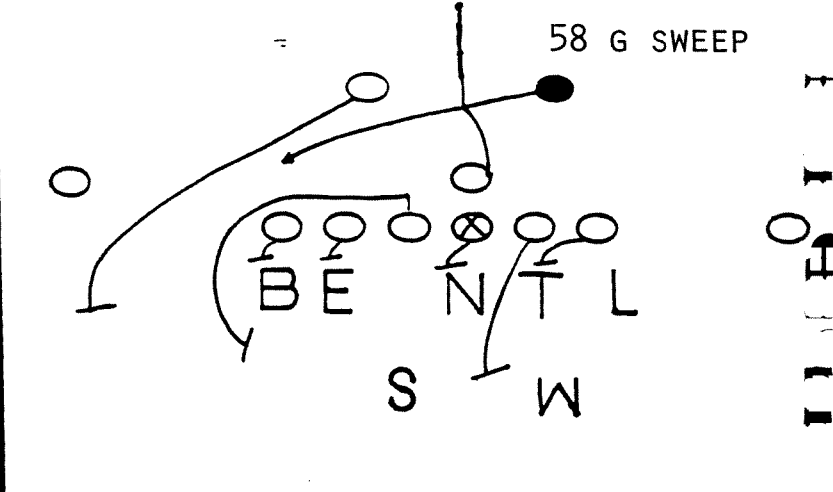
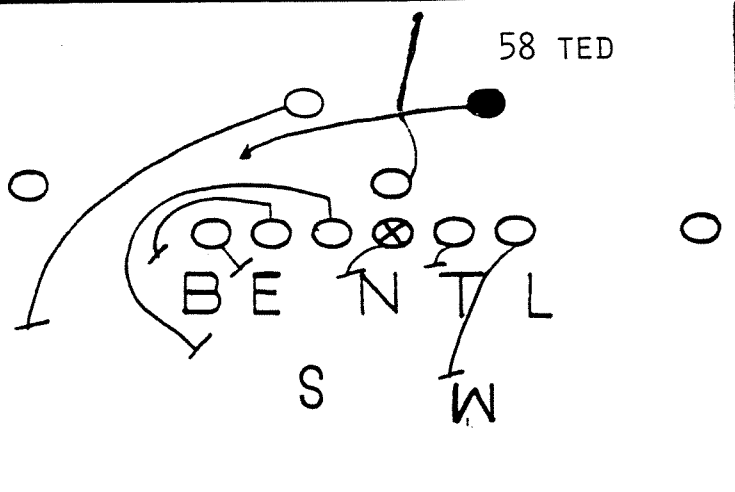
22 LE DRAW

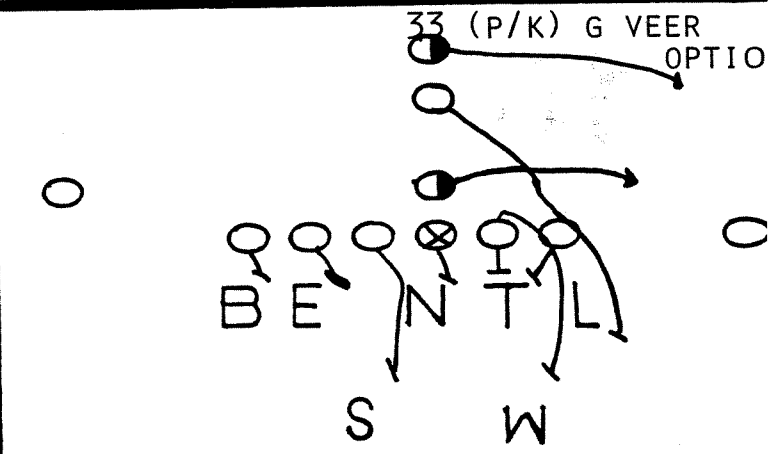
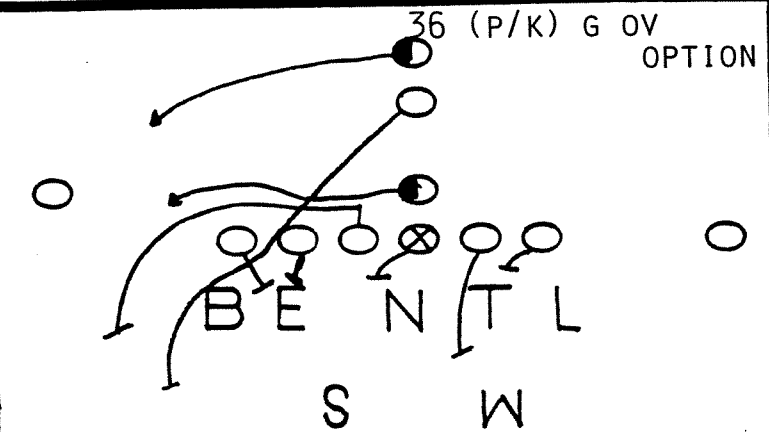
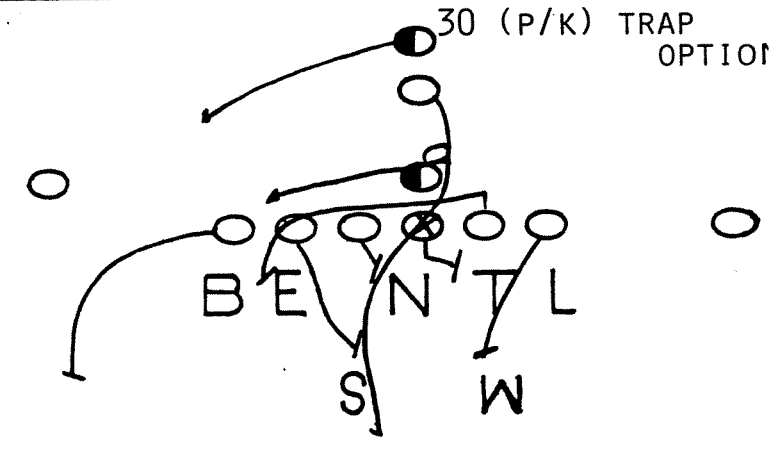
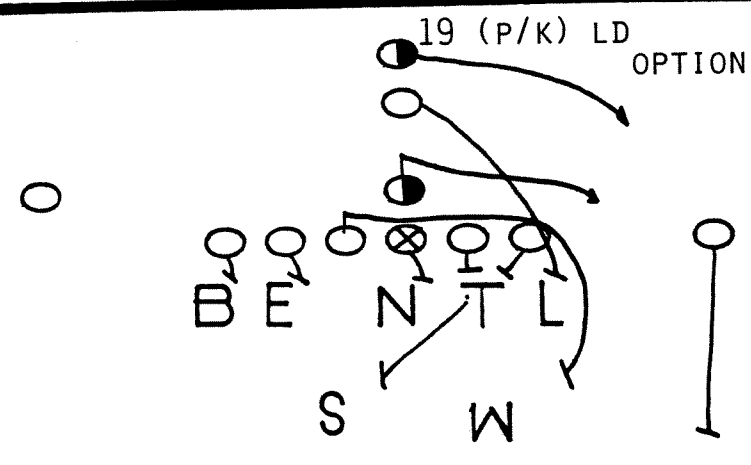
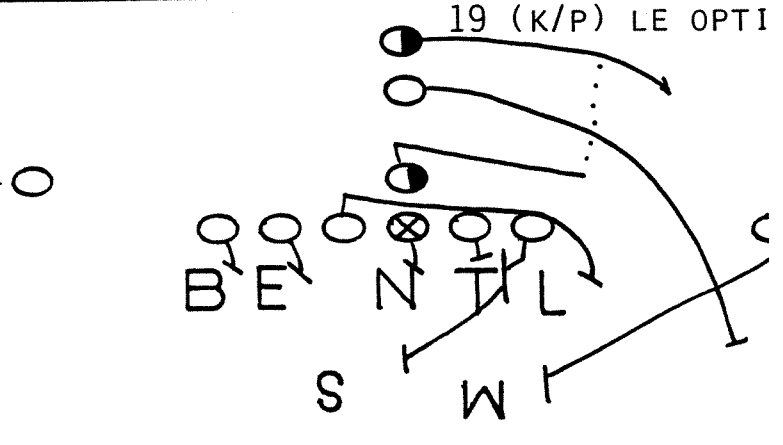
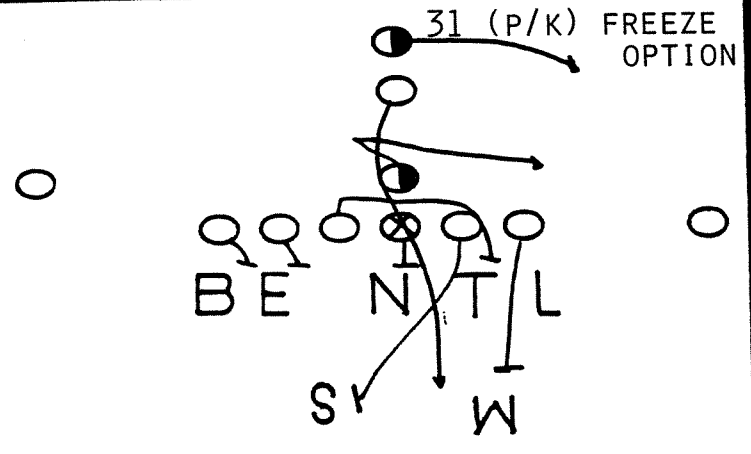
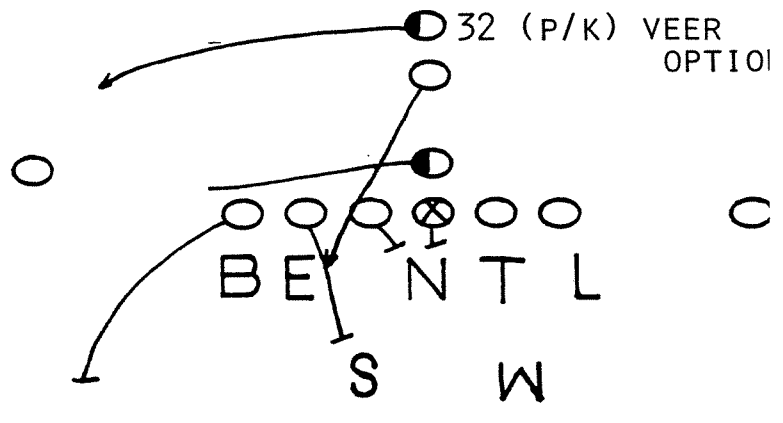
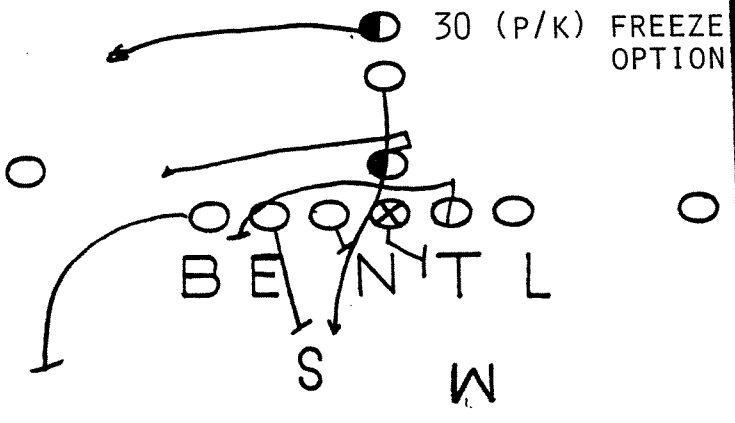


24 Y

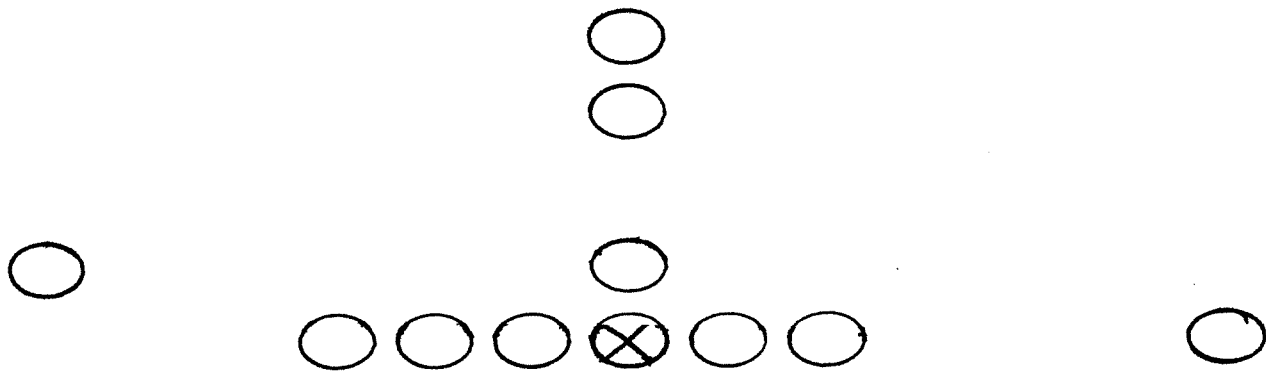








PASSING ZONES



<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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10 YARDS

<b>9</b>	<b>8</b>	<b>7</b>	<b>6</b>
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18 YARDS

<b>10</b>	<b>11</b>	<b>12</b>
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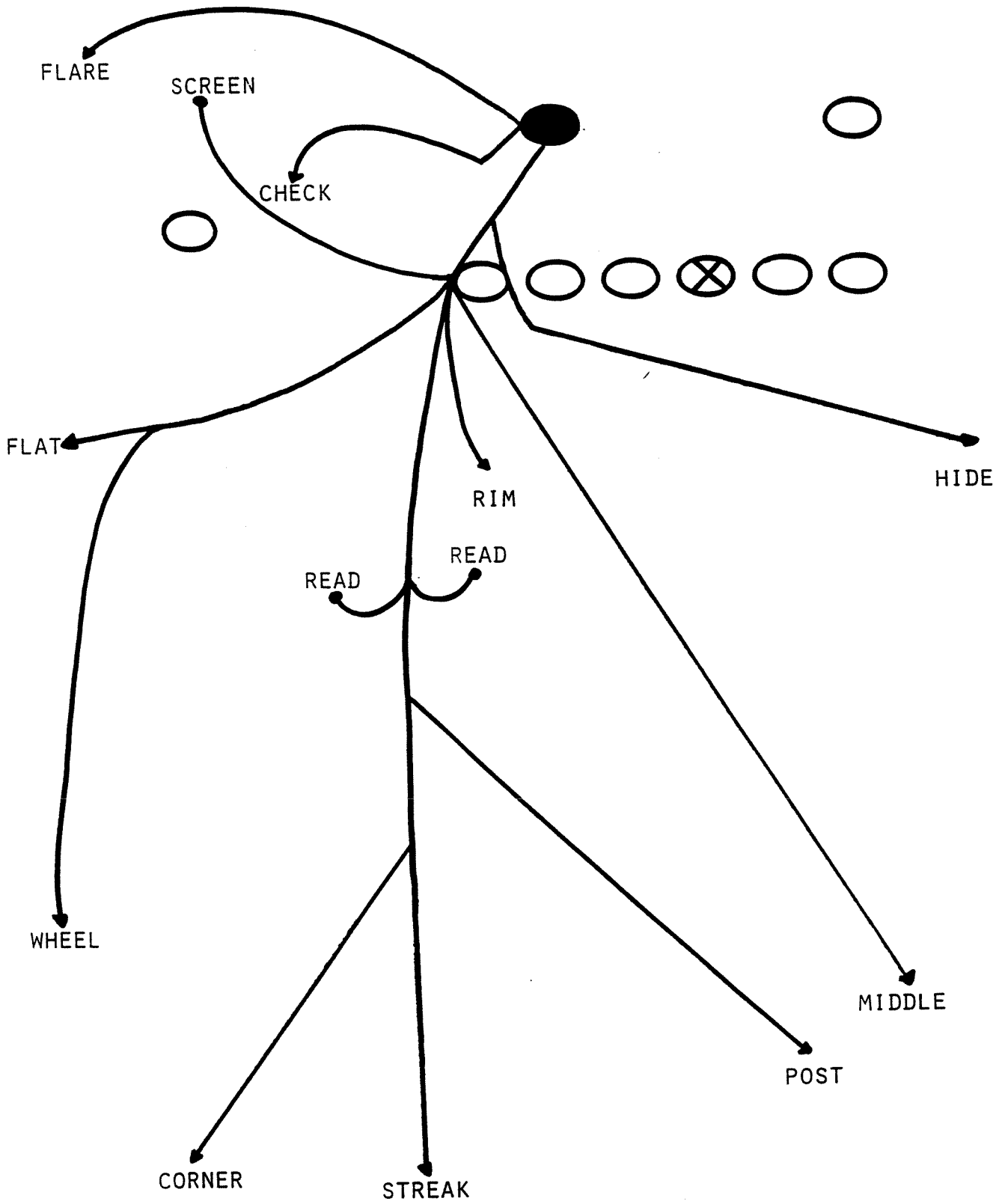


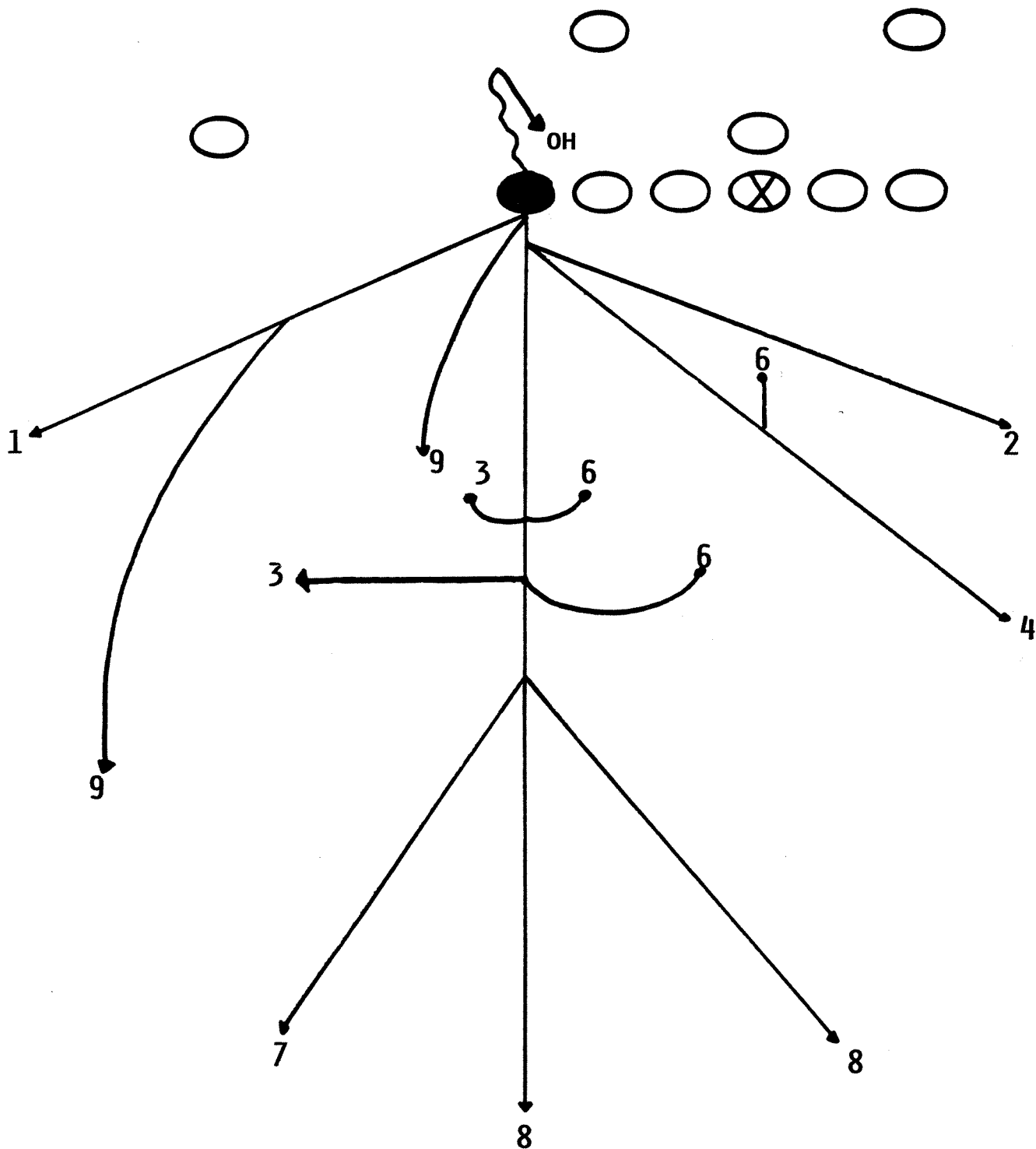


## BACK / RECEIVER IDENTIFICATION

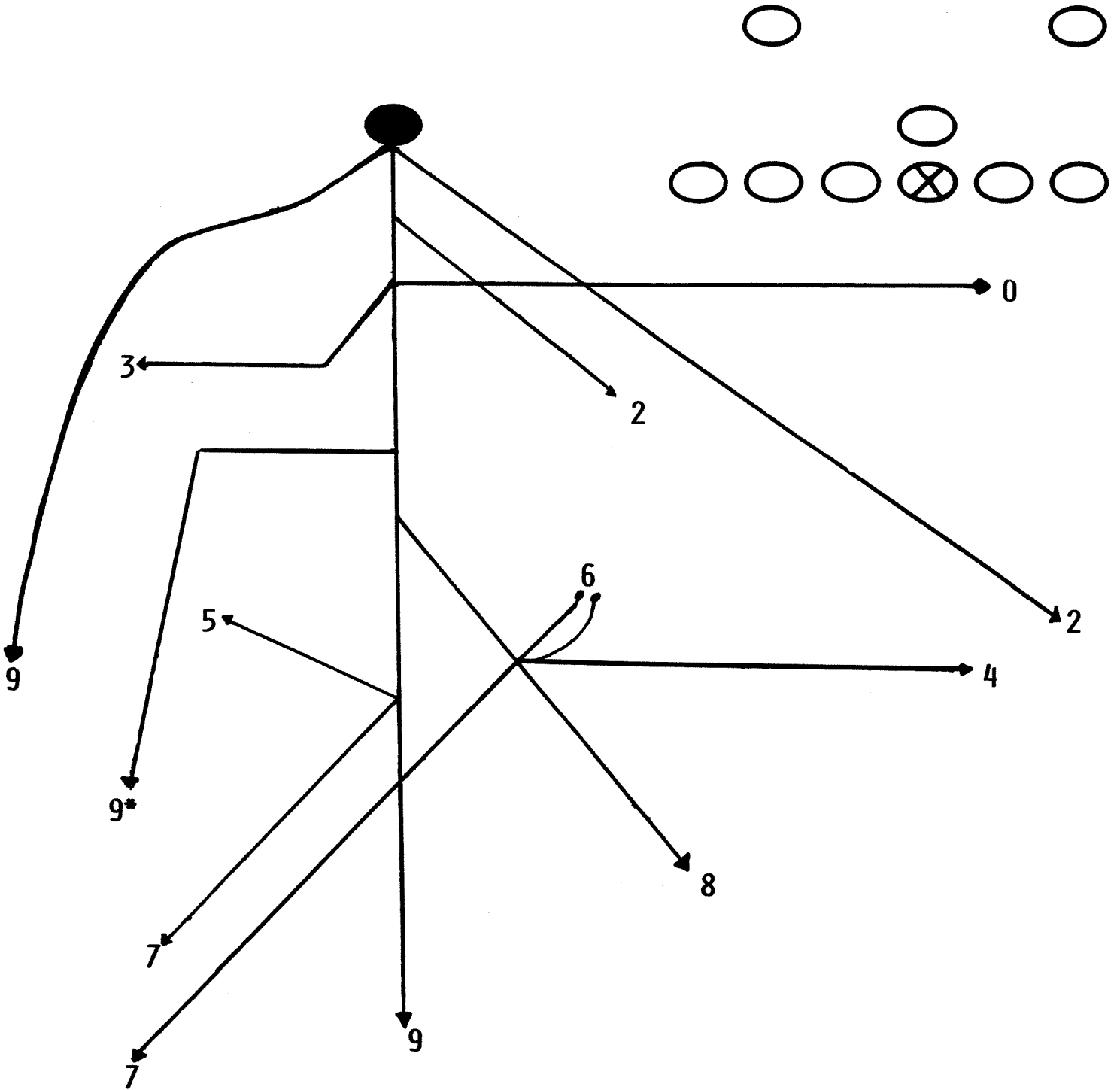
<u>POSITION</u>	<u>NAME OF POSITION</u>
1	QUARTERBACK
2	TAILBACK
3	FULLBACK
4	HALFBACK (EVEN NUMBERED SIDE)
5	HALFBACK (ODD NUMBERED SIDE)
6	SLOT / WING (EVEN NUMBERED SIDE)
7	SLOT / WING (ODD NUMBERED SIDE)
U	THIRD WIDEOUT
T	SECOND TIGHT END
X	SPLIT END
Y	TIGHT END
Z	FLANKER

A - B ROUTE TREE



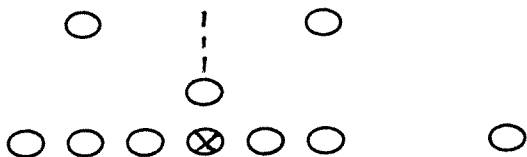


Z - X - W - U - S ROUTE TREE



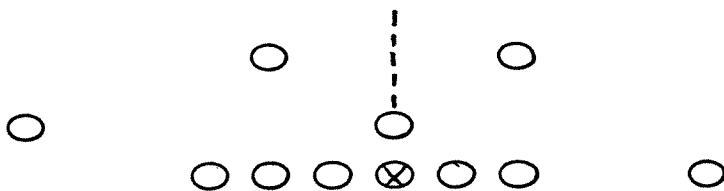
PASS DROP IDENTIFICATION

380



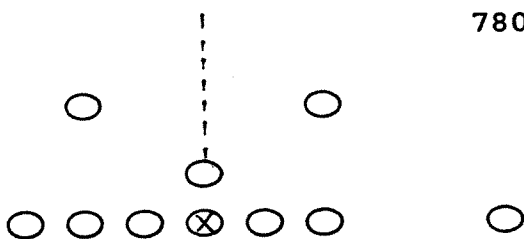
3 STEP DROP

580



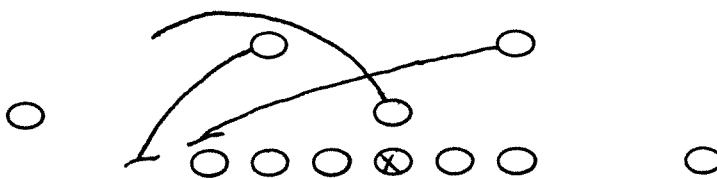
5 STEP DROP

780



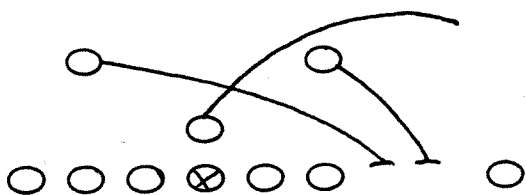
7 STEP DROP

60



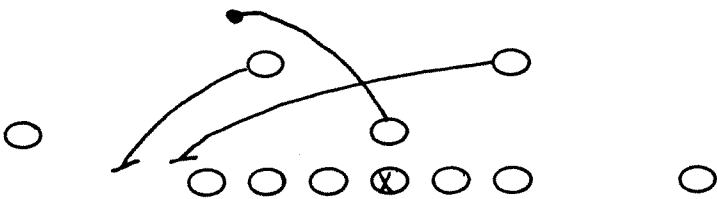
SPRINT STRONG

61



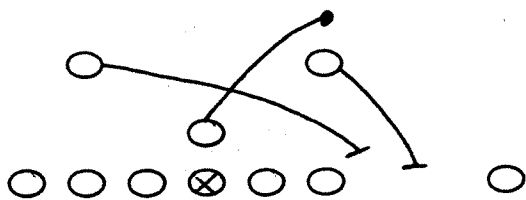
SPRINT WEAK

60 B

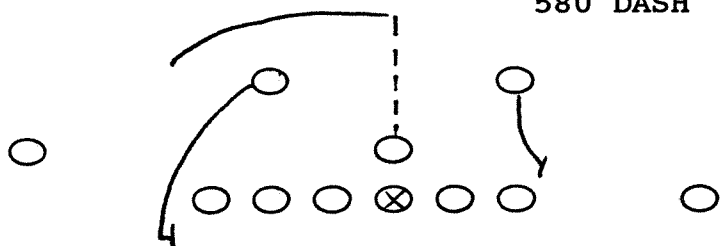


HALF SPRINT STRONG

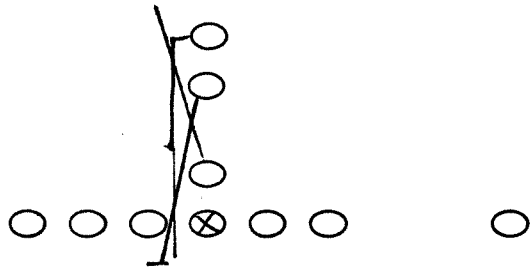
61 B



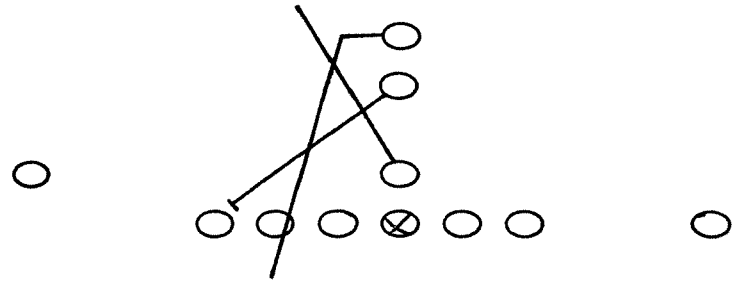
580 DASH



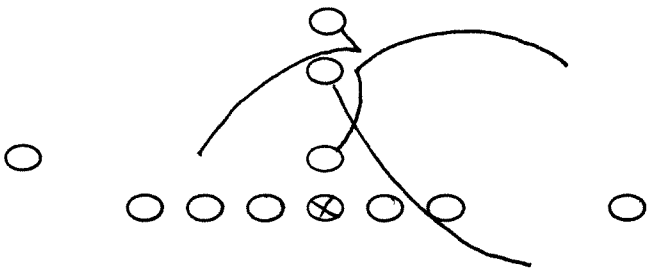
PASS ACTION IDENTIFICATION



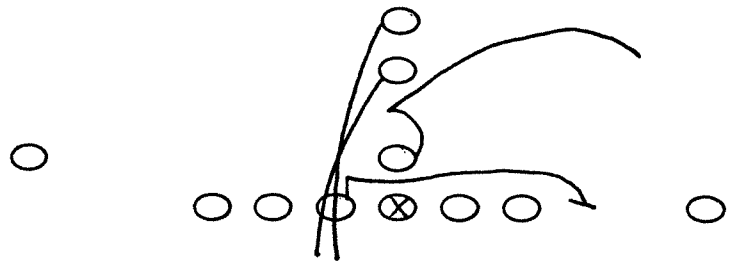
P 22



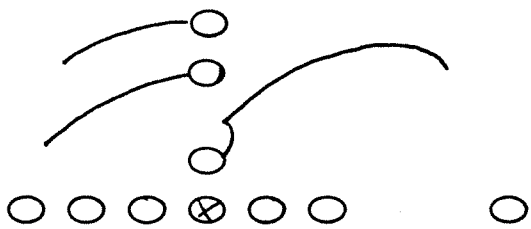
P 24



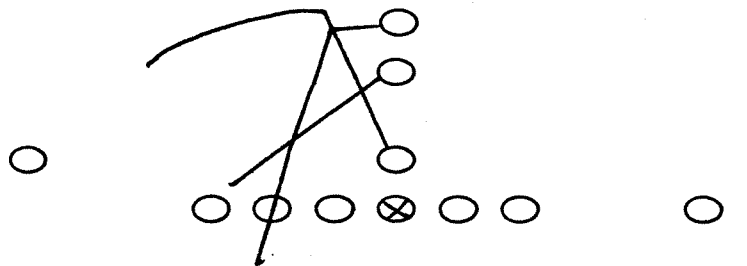
P 26 CT BOOT



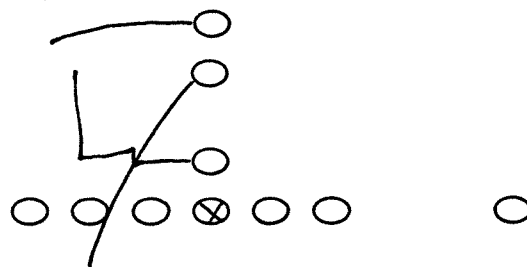
P 22 BOOT



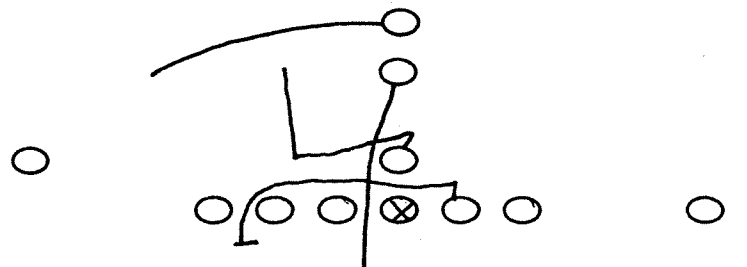
P 28 NAKED



P 24 SPRINT



P 32



P 30

## PURSUIT

Pursuit is probably the most IMPORTANT part of Defensive football! It will be a trademark of the Buckeye's defense.

### 1. WHAT IT TAKES TO PURSUE

- a. Pursuit is, first, a mental process (if you want to, you can).
- b. Visualize pursuing and making great plays (be a big play guy).
- c. Physical conditioning is necessary so you can have great pursuit on each play (must get to every play, no matter where you are).
- d. Speed - think fast and quickly. We can all improve our speed and quickness.
- e. Get off blocks ... shed ... go to the ball.

### 2. HOW TO PURSUE

- a. Play your responsibility first.
- b. Take the correct course to the ball.
- c. Want to get there (desire).
- d. Keep the ball carrier inside and in front of you (back into pursuit).

### 3. WHAT IT DOES

- a. Eliminates long TD's (The Big Play).
- b. Discourages opponents (especially the ball carrier).
- c. Helps cover mistakes.
- d. Makes us the BEST DEFENSIVE TEAM IN THE COUNTRY!!
- e. Makes us a GREAT GANG TACKLING TEAM!!
- f. Helps us create turn-overs . . . Rip the ball loose!

**OSU DEFENSE IS A TEAM PROPOSITION**

While defense requires an all-out effort by each individual on every play, this effort must be coordinated into a team activity. A Buckeye defensive player lives, fights, thinks, pursues, and goes all out for the team.

A good sound defense is one that has every player on defense carrying out his assignment on every play. If you play individual defense, you may be successful on one play but the defense will fail in the long run.

Your job as a defensive player is to carry out the team defense and to go all out on every play. You must strive for success as an individual but always within the framework of the team defense.

We want to feel that our defense is the greatest team defense in the world and that we individually are making the greatest possible contribution to that defense.

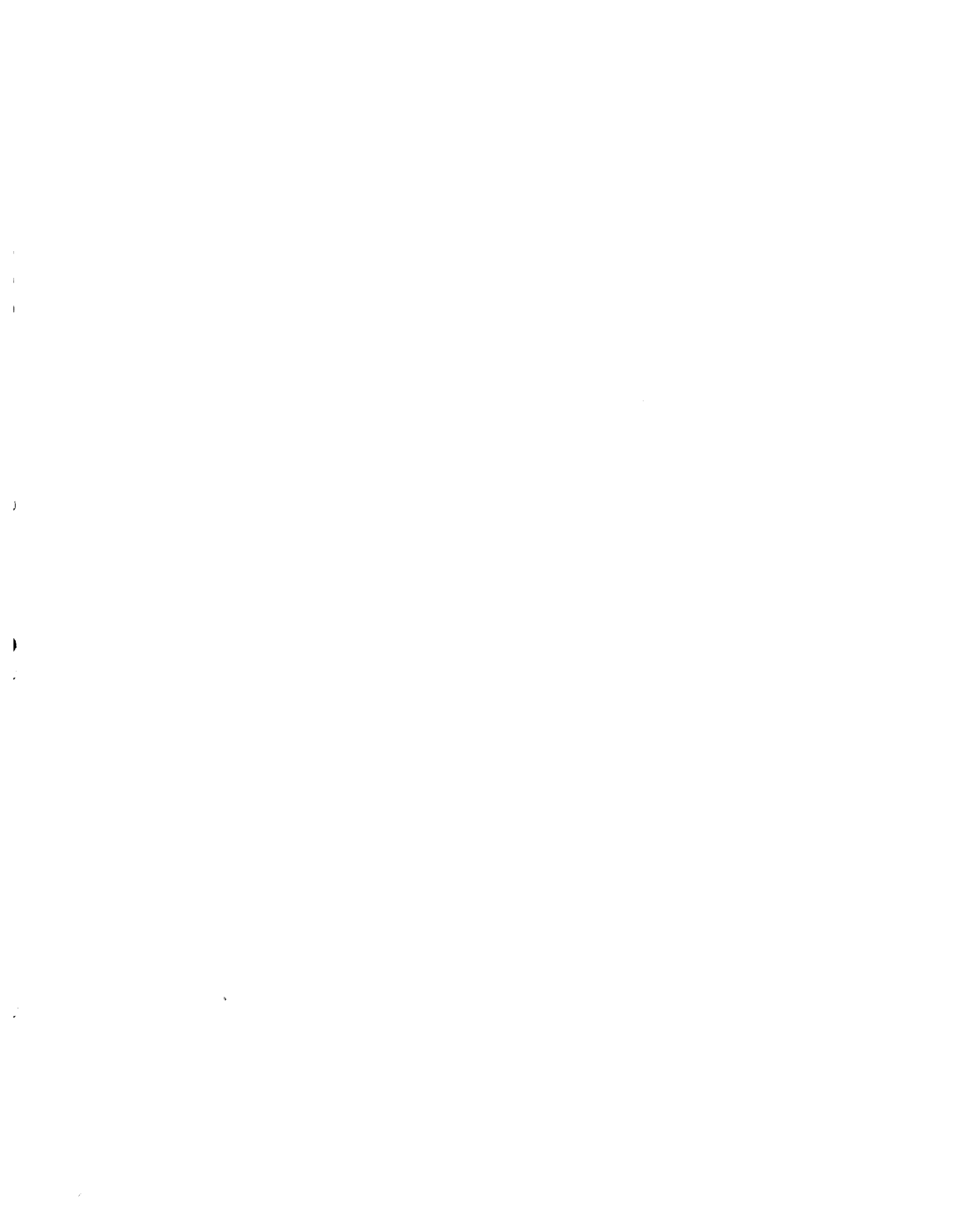
Are you capable of giving yourself to the team but still extending maximum individual effort??

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PRIDE - POISE







SECTION II  
DEFENSIVE LINE

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## DEFENSIVE LINE

### I. Philosophy and Technique of Playing Defensive Line

#### A. Philosophy of Defensive Line Play

1. While our goal is to be the best defensive team in the Big 10, our first and foremost philosophy is to prevent touchdowns and long gaining plays. This can only be accomplished by complete and thorough understanding of what we are trying to accomplish as a team working in unity. The effectiveness of our defense is measured by the number of points scored against us.

You as a Defensive Lineman have one of the most important assignments in college football and is predicated on your ability to rush the pass or get the ball carrier.

2. Desire

- a. Your desire and attitude as an individual player has a definite bearing on the overall success of your defensive unit. Above all you must sacrifice to be a WINNER. Desire is the most important ingredient of winning; however, the combination of desire and thorough understanding and knowledge of our system will insure the best results.
- b. Know your individual assignment on each and every defense called so that your execution becomes automatic.
- c. Know the opponent's offensive tendencies so you can make the correct adjustments when necessary.
- d. When playing the run, you must have the desire to defeat and/or drive through your opponent and punish him. If play is not directed at you, you must have the desire to sprint to a correct angle of pursuit to the ball carrier.
- e. When rushing the passer, you must continuously put pressure on the passer by using proper rushing techniques, by rushing in your own prescribed lane, and a super-human second effort. Above all, you must get to the QB and annihilate him.

B. The success of our defense will depend on your desire to practice, execute and understand our defenses.

## II. The Essential of good Defensive Line play

### A. Move on movement

#### 1. Stance

##### a. Vs. Run

- 1) Three (3) point stance - Allows free hanging outside arm to deliver blow and leverage the outside shoulder of the blocker immediately.
- 2) Want a little more weight on feet than hands.
- 3) Feet about arm pit width apart, toe and heel relationship with weight on balls of feet.
- 4) Hands down four (4) to six (6) inches out in front of head.
- 5) Hip a little higher than head.
- 6) Shoulders and hips parallel with LOS.

##### b. Vs. Pass

- 1) Three (3) point stance - Want more weight on hand - Off hand hanging with elbow slightly bent in front of front knee.
- 2) Want them to elongate stance by putting down hand farther in front and increasing distance between feet to about one (1) foot between them.
- 3) End may widen.
- 4) Nose and Tackle may widen to middle of Gap.

##### c. Vs. Goal Line and Short Yardage

- 1) Want more weight on hands - Elbows should be bent with hips slightly higher than head - More flexion in knees (coiled).
- 2) Four (4) point stance.

## 2. Coaching points

- a. Watch offensive man's fingers or football. When fingers or ball moves, explode with your body in a position that will place your pads or hands underneath the blocker's pads.
- b. You should move on the same plane as an offensive blocker.
- c. Let body weight roll forward to front foot. Knee should move in a downward motion while stepping with staggered foot, then knee and hip extension will produce the maximum thrust or explosion needed in defeating the blocker.

### B. Deliver a blow

#### 1. General characteristics we want to achieve

- a. All movement with hands and arms forward and blow delivered with quickness.
- b. Defeat Lineman on LOS and pressure him upfield as you shed.
- c. Attain operating space, work for full extension of arms.
- d. Want to end up with hips and shoulders parallel with LOS, working with inside leg slightly forward - Do not want fully extended legs anytime other than short yards or goal line.
- e. Want feet under us and moving - never want a trail leg.
- f. Keep face mask lower than blocker's and hands underneath blocker's pads.

#### 2. Hand Shiver Technique

- a. Blow is delivered with palms and heel of hands to chest, or shoulders of Offensive Lineman - Thumbs pointed upward & elbows in tight.
- b. Want initial step with staggered foot, squaring feet as blow is struck.
  - 1) Lead with hands and bring your feet with you.
  - 2) Hands and staggered foot should come simultaneously.

- c. Movement of hands must be all forward - Head gear will create the stalemate, hands will create the separation.
- d. Important as hands strike and staggered foot is brought forward. Drop or roll hips and snap head back to insure balance with feet under him. "Eyes to the Sky."
- e. Blow must be delivered through the man and beyond to give operating space (follow through). Must work for full extension of arms. "Bench-press the blocker."

#### C. Shed the Blocker

- 1. Basic elements of shedding
  - a. As blow is being delivered, the defensive man must diagnose the blocker's pressure - Once he has done that he must locate the ball while shedding the blocker.
  - b. Keep feet working in short, choppy steps in order to react quickly to ball.
  - c. The faster the defensive man can pressure and shed the blocker, the faster he can get to the ball.
  - d. Use hands to push blocker away from body - Full arm extension creates the necessary separation.
  - e. Do not play across blocker until ball is downfield.

#### D. Pursue the football

- 1. Basic elements of pursuit
  - a. There are nine (9) holes on offense. The chance of offense getting over your hole is one (1) in nine (9). Be ready to pursue eight (8) out of nine (9) times.
  - b. Always keep feet moving. Never cross legs from tackle to tackle. Step over prostrate bodies, but don't trip over them. Keep back straight with knees bent and wrists below your knees.
  - c. Want to keep hips and shoulders as square as possible and always keep football arm's length in front of you (take away cut back). Make all tackles inside out.



- d. Pressure upfield as you pursue (cut down angles).

E. Tackle the ball carrier

1. Head on tackle

- a. Be under control. Have a good base, weight carried low. Eyes on target, which are ball carriers' numbers. Must have enough flexing of knees to be able to uncoil and deliver a blow, with head up.
- b. As he reaches "hitting position", he should focus eyes on the man's number and endeavor to drive his numbers through the man's chest.
- c. As contact is made the arms should be thrown forward through the lower portion of the rib cage and locked by grasping hands or wrist. The forward movement of the arms should roll hip and straighten back and legs thus giving the tackler the hitting power to drive ball carrier backwards. "Eyes to the Sky."
- d. After contact is made, keep feet moving and run through ball carrier.

2. Angle on tackle

- a. Same as #1 in "Head on tackle" above.
- b. As he reaches the hitting position, he drives his face mask across in front of ball carriers' numbers, placing his arms around the lower portion of rib cage, locking them by grasping hand or wrist. The forward movement of the arms should roll hip and straighten back and legs thus giving tackler the hitting power to force ball carrier to change direction. Contact is made with the shoulder.

## PASS RUSH

The ability to rush the passer is characteristic of every outstanding defensive team. Rushing the passer is an art that takes constant work and concentration. The major objective has to be to hit the passer before he throws the ball. However, this is the one place in football where being close does count.

We play Team Defense. The better the rush, the better the coverage; the better the coverage, the better the rush.

### I. Objectives of the rusher

- A. Tackle the passer before he throws.
- B. Deflect the thrown ball before it crosses the LOS.
- C. Force high trajectory of the ball by forcing the Quarterback to throw over your hands.
- D. Obstruct the passer's vision with raised hands and arms.

### II. Fundamentals of the pass rush

Make blocker move vertically or horizontally. Get him out of rushing lane. Make him move his feet.

#### A. Moving blocker vertically

1. Engage blocker - Sprint to him - Use blockers' body against himself.
  - a. Remember the offensive linemen are establishing a new LOS by setting back.
  - b. Get to him as quickly as you can.
  - c. Attack half the blocker to make him move horizontally.
  - d. Do not try to make a move until you engage him.
  - e. Do not reach; keep your feet under you.
2. Hands high on the blocker's pads - Check, shoulder pads or head.
  - a. We want you to use hands to control the blocker.
  - b. Need to drive hands locked at the elbows - Knock him back - Jolt him.

c. Keep your face mask lower than the blockers' to stay down (leverage).

3. Turn blocker - Want to turn blocker's shoulder perpendicular with the LOS. Take away his squared up relationship.

Stay in your designated lane - Get the blocker out of it.

B. Moving blocker horizontally

1. Move blocker - Sprint to him - Use blocker's body against himself.
  - a. False move - Makes blocker create his own momentum in a opposite direction to your desired side.
  - b. The move assist the blockers' movement away from your sided.
  - c. Move blocker with upper part of torso with feet gaining depth toward Quarterback.
2. Deliver blow - Slap or grab shoulder area.
  - a. Slap must be strong enough to knock blocker off balance - Grab must turn blocker's shoulders.
  - b. One can then work a Swim, Rip or Spin from the slap or grab.
  - c. Keep your face mask lower than the blockers'.

III. Principles of pass rush

- A. Get off on movement - Quickness most important single factor.
  1. Anticipation and recognition of pass.
  2. Passing down.
  3. Movement of man or ball whichever comes first.
  4. New scrimmage line.
- B. Keep feet moving with momentum forward. Do not want long strides, short choppy steps.
- C. Make move on blocker - Leave blocker and step by him. Stay in rush lane, throw blocker out of it.

- D. Get in passers' throwing lane - Work to get in front of passer.

Better off five (5) yards away from passer with hands up in front of him than one (1) yard away but out of passers' line of vision.

- E. Squeeze the passers area of operation, one body in rush lane.
- F. Force him closer to another pass rusher.
- G. Give QB no time to find secondary receiver.
- H. Force QB out of pocket, force him to throw on the run, make him pull it down.
- I. If you get a lineman who sets strong quick on the LOS, engage blocker and make move quickly on the LOS.
- J. Know depth QB will set up.
- K. See QB and back your side as you rush.
- L. Never be driven past QB or across QB face.
- M. If ever blocked out of your lane, stop and work back through your lane with Rip, Swim or Spin.
- N. When you break clean on the rush, do not leave your feet - Be under control. If you can see the QB's eyes get your hands up. If his eyes are away and shoulders are turned, tackle him from the top down, stripping the ball.
- O. Stay lower than the blocker - Keep your face mask lower than his. Do not stretch your strength out by raising up.
- P. Push, pull and turn - Any combination is acceptable, but do not pull with both hands at the same time.
- Q. Don't give ground to the outside when your opponent sets up wide. Take your regular course until you are even with him. Then drive.
- R. Once the ball is thrown, sprint in the direction of throw to block for interception on short or get in on clean up tackle or recover fumble.

#### IV. Basic fundamentals

Work on strengthening the hands and arms daily. This will help you be more effective with your hand grabs, swipes, pulls and throws. Do not become stereotyped in your rush; however, once perfected move with a counter is all you

need to go with the change you get from various blitzes. Whatever your physical traits may be, mental toughness, pride and desire to excel HAS NO EQUAL. Rushing the passer is 2% ability and 98% desire.

- A. Bull Rush - Get off and drive hands under offensive linemens' pads - Work to look up - Keep your face mask lower than his and drive blocker back into passer. Keep feet driving forward at all times.
- B. Slap or Grab with Rip - Slap or grab blocker opposite head fake, then upper cut. Dip pad and avoid contact on the Rip.
- C. Slap or Grab with Swim - Slap or grab blocker opposite head fake, then pass over.
- D. Double Slap with Rip or Swim - Slap to head fake side, then slap with opposite arm, then upper cut or pass over.
- E. Slap, Grab with Rip or Swim - Slap to head fake side, then grab with opposite arm, then upper cut or pass over.
- F. Spin - Start blocker upfield, throw upper cut into blocker, make spin to upper cut arm side.
- G. Butt and Bull Rush or Butt and Jerk - Must learn to feel blockers momentum to determine which technique to use. If momentum is backward, use Bull Rush technique. If momentum is forward, use Butt and Jerk technique. Butt and Jerk technique is executed by butting blocker then turning blockers' shoulders with a hand jerk, then using Swim or Rip.
- H. Butt Ride Swim Under - Drive head to outside shoulder of blocker, Ride blocker upfield then Jerk and Swim Under.
- I. Butt with Double Jerk - Butt blocker, grab cloth, pull one (1) side then Jerk opposite side using Swim or Rip.
- J. Hesitation - A technique used when blocker takes away "Butt Side and Swim Under" technique. Drive head to outside shoulder of blocker, ride blocker upfield, then Jerk with good inside fake and come around blocker to outside.

O ON CENTERI. Stance and Alignment

- A. Line up in three (3) point stance; feet and hands parallel to LOS, Nose on center (0 Alignment) crowding the football.
  - 1. Always stay Nose on Center in alignment.
  - 2. Adjust distance off ball so that you do not align offside but yet can attack Center on movement of the ball.
- B. Shoulders parallel to ground.
- C. Head natural extension so you can see Center and ball.
- D. Arms extended down at shoulder width with elbows bent so that your head is below the head of the Center. Weight should be on fingertips only and not knuckles.
- E. Back flat, tail up and knees bent so you are ready to uncoil.
- F. Feet should be a little wider than shoulder width and up under you with weight on balls of feet. Heels should clear the ground.
- G. Weight should be distributed so that there is slightly more on the hands than the feet.
- H. Ankles, knees and hips should be flexed so that legs feel coiled.

II. Movement and Blow

- A. Key movement of the football as you look at head of Center to initiate your movement. Concentrate on head so you can step in the direction it moves, but pick up movement of football with peripheral vision.
- B. When head moves, attack it.
- C. Use Double Hand Shiver blow.
  - 1. Step into Center, going directly at his helmet (i.e., if helmet goes to your right, step with right foot at helmet; if helmet goes to left, step with left foot at helmet; if helmet comes straight at you, step with either foot straight ahead at helmet).

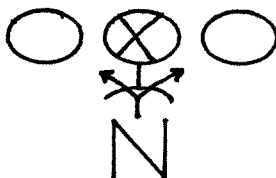
2. As you step into Center, deliver a terrific blow with the butt of your hands into the shoulder pads or chest plate of Center.
  - a. Want to deliver blow from down to up, thus establishing good leverage up under the pads of the Center.
  - b. Try to extend arms all the way out so that elbows are locked. Bench-press the Center.
  - c. Must destroy upfield charge of Center with your blow.
  - d. As you deliver blow with hands, uncoil hips and arch back. Want to deliver blow with maximum force and snap.
  - e. Always make good, solid contact with Center, thus never allowing hip to get upfield.
  - f. After delivering blow get separation from Center so you can flow to play. Shed blocker.
  - g. If Center tries to block you low (helmet is below your waist), deliver Hand Shiver in a downward direction, punch his helmet down and away, forcing Center down to ground. Work feet to keep them clear so that you do not get knocked down.
  - h. Play aggressively. Attack Center.

### III. Responsibilities

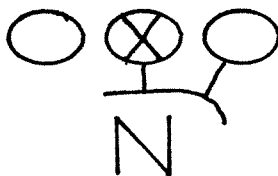
- A. Protect A Gap playside. Play across lead block of Center, so that you can take all playside plays.
- B. Do not get driven off LOS by double team or single block. Hold your ground and play on LOS.
- C. Destroy straight ahead block of Center. Don't take a side.
- D. Pursue flat on all running plays.
- E. Rush passer in proper lane.

### IV. Keys and Reactions (Key head - Attack it)

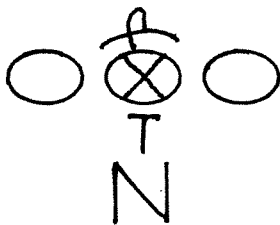
- A. If Center dives straight ahead into you, destroy his block with your charge and find the ball.



1. Shed blocker and get separation, so you can tackle ball carrier. Ball will be coming at you.
  2. Keep shoulders square and do not pick a side until you find the ball.
- B. If Center drives straight ahead into you and you feel pressure from one of the Guards, play Double Team Block.



1. Try to put head in crack.
  2. Work to get leg upfield to side of drive blocker.
  3. If getting washed, hit the ground and create a pile.
  4. Work upfield driving your outside shoulder through near leg of drive blocker.
  5. Cannot be driven back.
- C. If Center sets to pick block, you drive him back hard and then find ball.



1. Drive Center back and then quickly shed him to find ball, which will be coming at you.
  2. Key for recognition should be that the Guards will be firing out to block aggressively.
- D. If Center lead blocks to either side, play across his block.

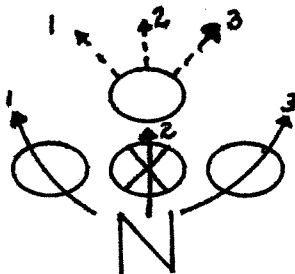




1. Ball will be going in direction of Center's block.
2. Step with outside foot toward helmet of Center, as you reach with outside hand to grab his outside shoulder. You want to control his playside shoulder.
3. Step hard into Center with inside leg as you deliver blow with hands.

You want to hit a good blow on Center to take away his upfield momentum and cause him to flatten out down LOS.

4. Quickly bring outside foot back up to a parallel position.
  5. Work to outside to keep outside leg and arm free.
  6. Should always try to keep your helmet outside of the helmet of the Center as you play block.
  7. Use a Swim or Rip technique to cross block if Center gets outside position on you.
  8. Locate football and attack it in a straight line.
    - a. Do not commit back to inside unless ball crosses LOS.
    - b. Do not run upfield unless you can make tackle.
  9. Keep shoulders parallel to LOS as you are playing block.
  10. Do not give ground as you are playing block. Stay on LOS.
- E. If pass shows, rush in proper lane.



1. Key for recognition should be Guards and Center setting up to pass block.

2. Attack Center and deliver blow. When you read pass, locate QB.
3. If QB sprints out or semi-rolls either way, go in that direction in a straight line to QB.
4. If pocket pass shows, rush checking for HB - FB draw.
5. Get hands up when passer starts to throw. If he is looking away from you, get to him with hard tackle as fast as you can, and do not worry about getting hands up.
6. Tackle from top down.

## SHADE TECHNIQUE

### I. Stance and Alignment

- A. Line up in three (3) point stance, inside foot back, no more than heel-to-toe stagger.
- B. You align with nose in middle of outside shoulder pad of Center.
- C. Shoulders parallel to ground.
- D. Head natural extension so you can see Center and Lineman to either side of Center.
- E. Inside arm extends straight down from shoulder with elbow straight. Weight should be on fingertips only and not knuckles.
- F. Back flat, tail slightly up and knees bent so you are ready to uncoil.
- G. Feet should be no wider than shoulder width and up under you with weight on the balls of feet. Heels should clear the ground.
- H. Should have weight equally distributed on hands and feet.
- I. Line up about one (1) foot off of ball in proper alignment of Center.
  1. Adjust this distance off ball so that you can play as tight to Center as possible and still be able to read and react to his movements.
  2. Play tighter in passing situations.
  3. Check ball so you do not align offsides.

### II. Movement and Blow

- A. Key movement of the helmet of the Center to initiate your movement. Concentrate on it.
- B. When helmet moves, ATTACK it.
- C. Step hard into Center when his helmet moves.
  1. If helmet goes to inside or comes straight ahead, step with inside foot directly at helmet of Center. Step upfield into Center's charge, gaining ground into the neutral zone and then quickly bring up other foot to a parallel position.

2. If helmet goes to outside, step with outside foot directly at helmet of Center. This step should be upfield as well as lateral so that you are gaining ground into the neutral zone. After lead step, step hard upfield with inside foot into Center and then quickly bring up other foot to a parallel position.
- D. As you charge, deliver a terrific blow, hands into Center.
1. You must destroy Center's charge. Get under his shoulder pads and straighten him up.
  2. Bring free outside hand up into his outside shoulder to help control him. Drive heel of hand up under his shoulder pad.  
  
Keep arms close to body with elbows in and bring hands up simultaneously. Use them to shed blocker as well as control him.
  3. Deliver this blow as you step with your inside foot.
    - a. Delivered on first step vise. helmet inside or straight ahead.
    - b. Delivered on second step vise. helmet to outside.
- E. As you deliver hand shiver, uncoil hips and arch back. Want to deliver blow with great force and snap, hitting from down to up.
- F. Always get a piece of Center. Keep him off of LB to your side.
- G. After delivering blow, push off with hands to get separation from Center so you can flow to play. Shed blocker.
- H. If Center tries to block low (helmet attacks below your waist), deliver hand shiver in a downward direction, forcing him down to ground. Work feet to clear block. Footwork should be the same basic reaction as when shoulder and forearm blow is used.
- I. Play aggressively. Attack Center.

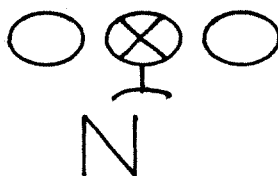
### III. Responsibilities

- A. Protect a gap on action to you. Squeeze through Center on play away.
- B. Do not get driven off LOS by double team or single block. Hold your ground and play on LOS.

- C. Keep Center off of LB by never letting him release upfield.
- D. DO NOT GET HOOKED BY CENTER. Keep outside leg and arm free.
- E. Use flat pursuit course on all outside plays. Keep inside - out leverage.
- F. Rush passer in proper lane.

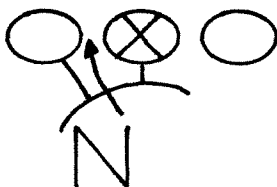
IV. Keys and Reactions (Key helmet - Attack it)

- A. If Center fires straight out into you, destroy his block, shed, pursue and tackle.



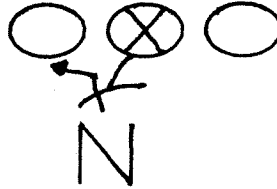
1. Step straight ahead with inside foot and collision Center with inside shoulder.
2. Stay low and beat block first before you look for ball. Shed him quickly, then find ball. It is coming right at you.
3. Don't allow Center to turn you out. Squeeze through his head keeping outside leg and arm free.
4. Never commit to inside until ball crosses LOS. Defend one gap first.

- B. If Center fires straight out into you AND YOU FEEL PRESSURE FROM GUARD OUTSIDE OF YOU, work upfield into the pressure of the Guard.



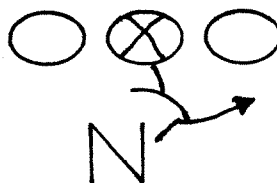
1. Must be sure to absorb double team. Do not want man from outside to come off and block LB. BE SURE THAT OUTSIDE MAN IS BLOCKING YOU BEFORE YOU WORK INTO HIM.

2. Stay low and try to split seam of double team block. Remain in the A Gap.
  3. Can never be driven off LOS.
- C. If Center tries to hook you, keep outside leg and arm free.

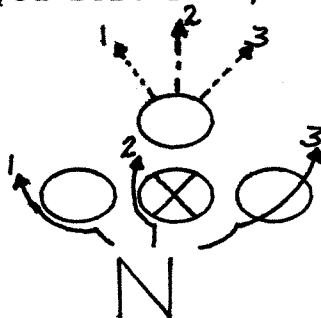


1. Step with outside foot toward helmet of Center, as you reach with outside hand to grab his outside shoulder. Want to control outside shoulder.
  2. Step hard into Center with inside leg, as you deliver hand shiver blow.  
  
Want to hit good blow on Center to take away his upfield momentum and cause him to flatten out down LOS.
  3. Quickly bring outside foot back up to a parallel position.
  4. Work to outside to keep outside leg and arm free.
  5. Should always try to keep your helmet outside of the helmet of the Center as you play block.
  6. Use Swim or Rip to cross block if Center gets outside position on you.
  7. Locate football and attack it in straight line.
    - a. Do not commit to inside until ball crosses LOS.
    - b. Do not run upfield unless you can make tackle.
  8. Keep shoulders parallel to LOS as you are playing block.
  9. Do not give ground as you are playing block. Stay on LOS.
- D. If Center releases to inside, squeeze him hard and don't let him release upfield.

1. Step hard with inside foot at helmet of Center and attack him.
2. Grab Center by driving into him with tough hand shiver, making sure to make good contact with Center.
3. Work feet and squeeze Center so that he cannot release upfield. This will not allow backside Guard to scoop you. Push on outside shoulder and pull on inside shoulder.
4. Keep outside leg and arm free as you close down LOS. Be alert for cutback.
5. If Center blocks low, play with hands and cross his face.
6. If Guard gets head across you, rip backside arm through and run down Center's heel line.



- a. Use good hand shiver, pushing Center down into ground and working feet to get across his face.
  - b. Try to stay on LOS as you play block.
  - c. Be alert for cutbacks.
- E. If Center gives you soft read, locate QB and rush pass in proper lane.



1. On all pass actions, take a straight line to QB. You have inside rush.
2. Rush passer and tackle QB as in O Technique.

## SKIN

### I. Stance and Alignment

- A. Same stance as in O Technique. Nose on opponent.
  - 1. Line up looser off ball than Base Technique (about one [1] foot off ball).
  - 2. Weight should be distributed so that most of it is on feet, with only a little on the hands. Most weight should be the backside foot away from the Gap your skinning to.

### II. Movement and Blow

- A. Key movement of the football to initiate your move. You can Skin from Nose on any Offensive Lineman. The following is from a O Technique.
  - 1. Take short lateral lead step with foot in the direction of angle and then bring back foot through to avoid block of Center. Lead step should be taken parallel to LOS as you concentrate on an imaginary aiming point midway in the Gap between the Center and Guard. (This is where you would like to penetrate LOS.)
  - 2. On lead step, turn upper torso so that you lower back shoulder and put it in a good position to Rip through (Dip and Rip).
  - 3. Guard in visual key. Read him as you take first step. Concentrate on his near foot.
  - 4. Center is pressure key. Feel him as you make your move.
  - 5. Drive hard off lead step and Rip backside arm and leg through together. This movement should be made upfield so you are penetrating.
  - 6. Be ready to move in any direction as you penetrate LOS.
  - 7. Keep body down low with shoulders never above waist high. Try to keep chest over knees.
  - 8. Keep backside shoulder lower than frontside shoulder as you Rip through.
  - 9. Must penetrate LOS with move. Do not over penetrate unless you can make the tackle.

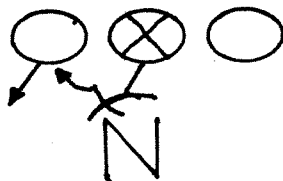


### III. Responsibilities

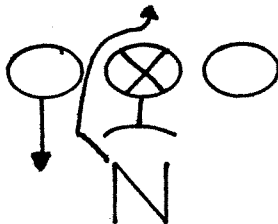
- A. Must penetrate LOS with move. Never get driven off by double team.
- B. Protect area to side you angle toward. Can never be cut-off by Center (A Gap).
- C. Must close back fast on plays away with flat course.
- D. Pursue flat on all outside plays.
- E. When pass shows, rush passer in proper lane.

### IV. Keys and Reactions (Read Guard - Feel Center)

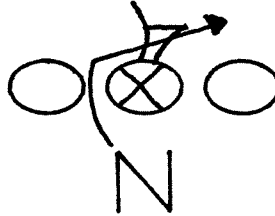
- A. If visual key (Guard) does not come at you and pressure key (Center) leads you in the direction of your angle, beat Center through his head.



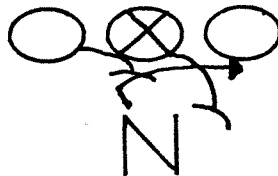
1. Read near foot of Guard - No movement means he is going straight ahead or away from you.
  2. Rip backside arm through and turn Center's head and shoulders.
  3. Flatten out and go for ball.
  4. Should beat Center with your move.
  5. Try to get two (2) to three (3) feet penetration across LOS with your move. It is important that you get penetration with your move as well as beat the Center laterally.
- B. If visual key (Guard) does not come at you and pressure key (Center) blocks straight ahead on single block, beat Center with your move and close back off his tail.



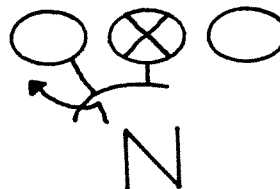
1. Center will try to ride you out in direction of your angle. Must get good penetration with move and then close back hard behind Center's block.
- C. If visual key (Guard) does not come to you, but comes off the ball and pressure key (Center) sets and then blocks you out in the direction of your angle (pick block), close back hard through Center's face to close hole.



1. Must get good penetration with move.
  2. Get back across Center's face as best you can.
  3. If you beat Center with your move, getting good penetration, close back behind Center.
- D. If visual key (Guard) comes at you in flat course and you feel no pressure from pressure key (Center), because he is leading away from you, react back flat in direction of Center lead (scoop blocking).



1. Read near foot of Guard on lead step - Flat step means he is trying scoop.
  2. Protect yourself from Guard block with outside arm and flatten out for ball.
  3. Stay low and close back as tight to Center's tail as possible.
- E. If visual key (Guard) comes at you and double teams with pressure key (Center), cross Guard's face and go outside double team.



1. Read near foot of Guard - Stepping directly at you means he is trying to block down on you.
2. Hit Guard head on and then work across his face to get outside of double team.

To cross block, rip back arm and leg across or use Swim technique.

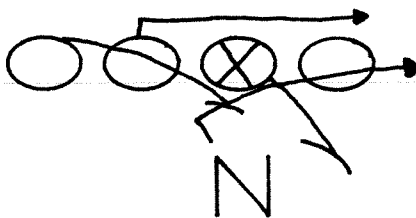
3. If double team is away from slant direction, react same as single block by pressure key (Center) and close back.



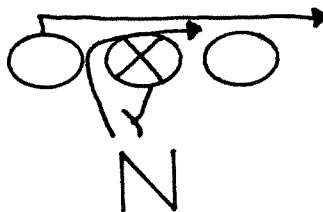
Must get good penetration with move and then react to pressure key.

- F. If visual key (Guard) pulls, flatten out and go with him.

1. If he pulls across the ball, be ready for Tackle block. Protect yourself with outside arm and stay low.



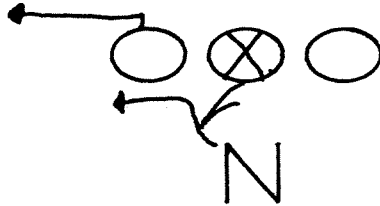
- a. Read near foot of Guard on lead step - Drop step means pull toward you.
- b. If Center attempts to block you, beat his single block with your move and go with Guard.



- 1) Get good penetration with move to go around Center's block.

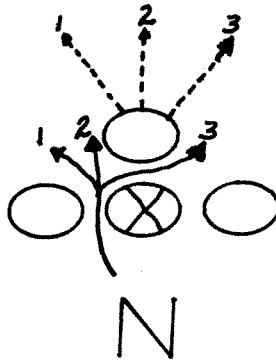
2) If you don't beat Center with move, get back across Center's face as best you can.

2. If he pulls away from ball, be ready for Center block. Beat Center through his head with your move and go with Guard.



Read near foot of Guard - No movement means he is going away from you.

G. If pass develops, rush hard in lane.



GAP TECHNIQUEI. Stance and Alignment

- A. Same stance as 2 Eye.
- B. Align with nose in middle of Strong Guard - Center Gap.
- C. Align tight on ball as you can get.

II. Movement and Blow

- A. Get off on the ball. Penetrate the Guard - Center Gap to a heel depth position. Take charge technique.
- B. Keep shoulder pads low and parallel to LOS.
- C. Get upfield and make something happen.
- D. Find the ball and pursue it.

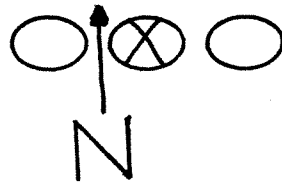
III. Responsibilities

Same as Skin Technique.

IV. Key and Reactions

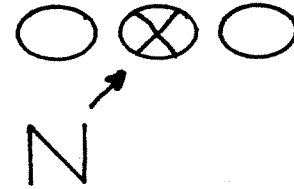
Same as Skin Technique.

This is also used in Goal Line Super. The only change is that you want a much lower stance.



DRIVE TECHNIQUEI. Alignment

Two (2) alignment.

II. Stance

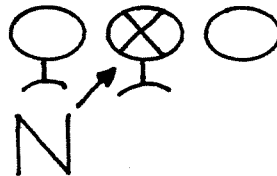
Same as Shade Technique.

III. Initial Movement and Reaction

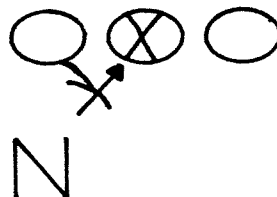
- A. Concentrate on the ball, move as soon as the ball moves.
- B. Lead step with the inside foot to the neck of the Center.
- C. Rip outside arm through to protect outside leg from Guard.
- D. Find the ball and pursue to it.

IV. Responsibility

- A. Plays toward Guard.
  1. Guard and Center drive block.

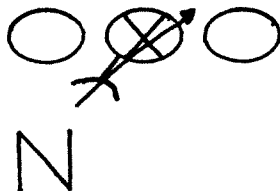


- a. Execute a Drive Technique. Take charge technique.
  - b. Get your pads parallel to the LOS.
  - c. Find the ball and pursue to it.
2. Guard cuts off.

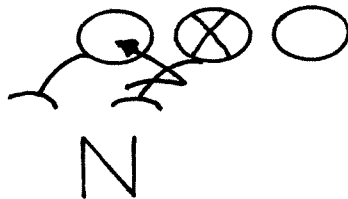


- a. Execute a Drive Technique. Take charge technique.

- b. Protect your legs with your outside arm (can't be cut off).
  - c. Flatten down the LOS.
  - d. Find the ball and pursue to it.
3. Center blocks back.

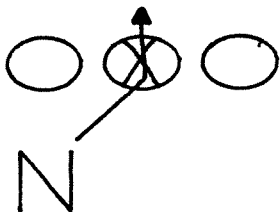


- a. Execute a Drive Technique. Take charge technique.
  - b. Explode into the Center with your outside shoulder and forearm and cross face Center.
  - c. Work to get your pads parallel to the LOS.
  - d. Find the ball and pursue to it.
- B. Plays away from Guard.



1. Execute a Drive Technique. Take charge technique.
2. Redirect and pursue to the ball flat down the LOS.

C. Pass



1. Execute a Drive Technique. Take charge technique.

2. Drive through the Center and get upfield.
3. Run directly to the QB.

V. Coaching Points

- A. Never be cut off by the Guard.
- B. Move on the ball.





## 2 EYE TECHNIQUE

### I. Stance and Alignment

- A. Same stance as 1 on Center except that outside foot is back and inside foot is up with no more than a heel-to-toe stagger.
- B. Align with nose on middle of inside shoulder pad of Guard.
- C. Tighten alignment toward LOS so that you are as close as possible without being offside.

### II. Movement and Blow

- A. Key helmet and attack it as in 1 on Center. Take charge technique.
- B. Step hard into Guard when his helmet moves.
  - 1. If helmet goes outside or comes straight ahead. Step with outside foot directly at helmet of Guard. Step upfield into Guard's charge, gaining ground into the neutral zone and then quickly bring up other foot to a parallel position.
  - 2. If helmet goes to inside, step with inside foot directly at helmet of Guard. This step should be upfield as well as lateral so that you are gaining ground into the neutral zone. After lead step, step hard upfield with outside foot into Guard and then quickly bring up other foot to a parallel position.
- C. Deliver Hand Shiver Blow as in 1 on Center.
- D. After delivering blow, use hands and shed blocker.
- E. If Guard tries to block low, use hands and work feet. Footwork is the same as when using forearm and shoulder blow.

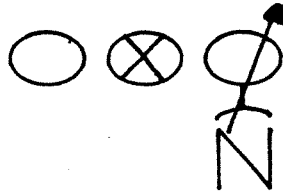
### III. Responsibilities

- A. Protect A Gap on action to you and squeeze B Gap.
- B. Keep inside leg and arm free.
- C. Stay on LOS and don't get driven off.
- D. Keep Guard off LB.
- E. Do not get cut off by Guard on play away. Pursue flat down LOS and take all cutback plays.

F. Rush passer in proper lane.

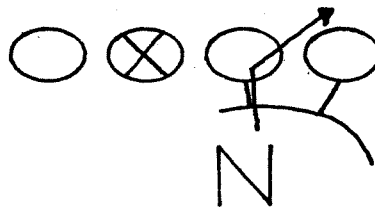
IV. Keys and Reactions (Key helmet - Attack it)

A. If Guard fires straight out into you, destroy his block, shed, pursue and tackle.

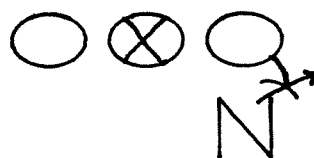


1. Step straight ahead with outside foot and collision Guard with hands.
2. Stay low and beat block first before you look for ball. Shed him quickly, then find ball. It is coming right at you.
3. Don't allow Guard to turn you in. Squeeze through his head keeping inside leg and arm free.
4. Never commit to outside until ball crosses LOS. Defend A Gap first.

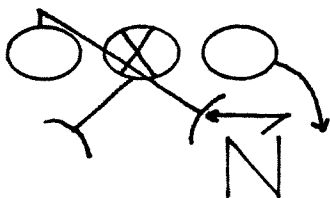
B. If Guard fires straight out into you AND YOU FEEL PRESSURE from Tackle, drop outside knee and work upfield.



1. Want to absorb double team. Do not want man from outside to come off and block LB. BE SURE THAT OUTSIDE MAN IS BLOCKING YOU BEFORE YOU DROP OUTSIDE KNEE.
  2. Stay low and try to split seam of double team.
  3. Can never be driven off LOS.
- C. If Guard tries to hook you or release outside, attack his helmet, deliver good blow and keep inside arm and leg free.



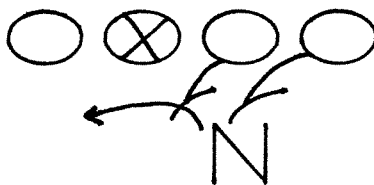
1. Take away Guard's upfield momentum by stepping into him with outside foot as you deliver blow with hands.
2. Bring up inside foot to parallel position.
3. Do not let Guard release on LB. Squeeze him out as you locate football.
  - a. Responsible for A Gap first, so keep inside arm and leg free.
  - b. If Trap Play, close hard to inside and attack the Trap blocker low with outside shoulder and flipper. Be sure to get under blocker.



- c. Keep inside out leverage on football.
  - 1) If ball inside, go to ball.
  - 2) If ball outside, cross Guard's face and keep inside out leverage.

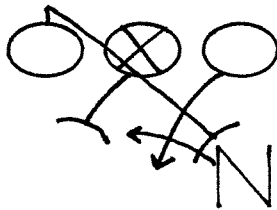
Drop step and rip back arm and leg through, or use Swim Technique.

- D. If Guard leads hard to the inside to block LB, attack his helmet and beat him across the face.



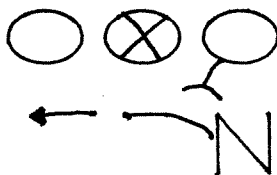
1. You are responsible for A Gap and cannot be outside of Guard's course. Never go behind inside release.
2. Step at Guard's helmet with inside foot and the rip through hard with outside foot as you deliver blow with hands. Must get across Guard's face with your blow and movement.

3. Check for Trap first.

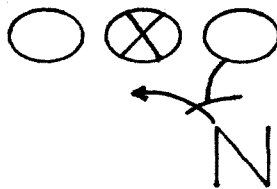


Stay on LOS and play Trap Block Tough.

4. If no Trap, close down LOS for Play Away.

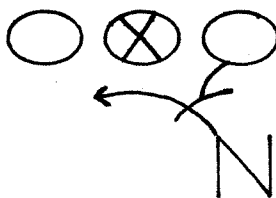


- a. Be alert for cutbacks.
  - b. Pursue flat down LOS until ball crosses LOS then take deep pursuit angle to intercept ball carrier.
  - c. Keep inside out leverage.
- E. If Guard drives for low cutoff, play with hands, use same footwork and get across his face to protect A Gap.

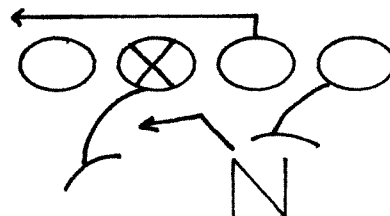
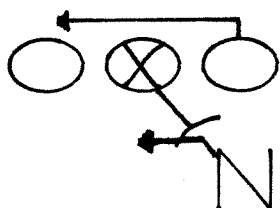


Stay on LOS and be alert for cutback.

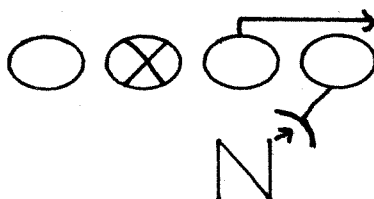
- F. If Guard leads hard to inside to cut you off, attack his head and beat him across his face.



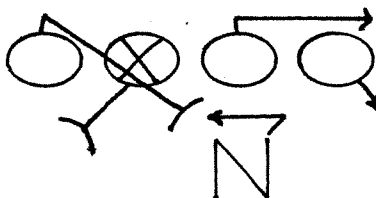
1. Use good footwork and blow to get across Guard's face and into A Gap.
  2. Played the same as inside release on LB by Center.
- G. If Guard pulls to inside, be ready for Center blocking back on you.
1. Take lateral step to inside with inside foot. Check Center as you step.
  2. If Center is coming, reach with inside hand for far shoulder of Center as you deliver blow with inside shoulder. Use Swim Technique and cross face of Center. Want to keep inside leg and arm free.
  3. DO NOT PENETRATE LOS. Must play block on LOS.
  4. If Center is not blocking back, chase pulling Guard.



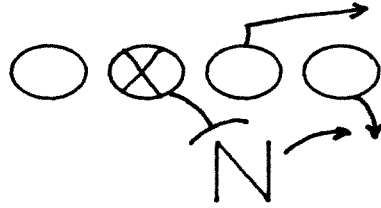
- a. Move quickly since Tackle will be trying to clip you.
  - b. Be alert for ball and keep inside out leverage.
- H. If Guard pulls to outside, step out flat with Guard looking back inside. when you feel pressure from Tackle squeeze him protecting A Gap. When there is no threat to the A Gap, whip the Tackle Block with a Shrug Technique and sprint to the ball.



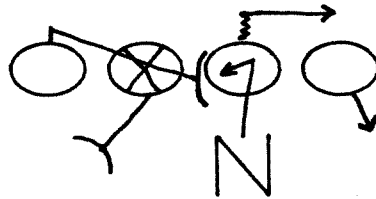
- I. If Guard pulls to outside, step out flat with Guard looking back inside. When you see Center blocking back and Trap Block coming, push off outside foot and close back inside, trapping trapper's inside shoulder.



- J. If Guard pulls to outside, step out flat with Guard looking back inside. When you see Center trying to reach you, push off with hands and pursue flat down LOS to ball.

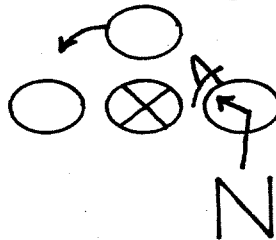


- K. If Guard sets back as if to Pass Block, attack him nose up and locate ball.
1. If Center and Tackle are coming off the ball aggressively, close for Trap.

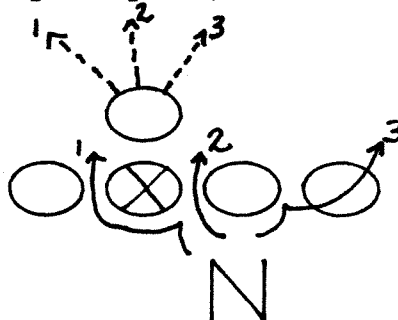


Key for recognition will be the aggressive blocks of the Center and Tackle.

2. If ball is being run away from you, close to inside and defend A Gap.



- a. Stay nose up on Guard until you locate ball.  
BE SURE TO ATTACK HIS SOFT READ.
  - b. Once you see that it is a running play, close to inside and defend A Gap.
  - c. Be alert for cutback.
3. If QB sets up to pass, rush him in proper lane.



- a. On all Pass Actions, take a straight line to QB. You have inside rush.
- b. Rush passer and tackle QB as in 1 on Center.

SKIN OUTI. Stance and Alignment

- A. Same stance as 3 Technique.
  - 1. Weight should be distributed so that there is slightly more on the feet than the hands.
  - 2. Align Nose on the Guard.

II. Movement and Blow

- A. Key movement of ball to initiate your movement.
- B. Concentrate on an imaginary aiming point in the gap between the Guard and Tackle. You want to penetrate LOS through this point.
- C. Take a short lateral lead step with outside foot and bring back leg through as you rip back arm through to avoid Guard's block. Lead step should be taken parallel to LOS as you concentrate on imaginary aiming point.
- D. On lead step, turn upper torso so that you lower back shoulder and put it in a good position to rip through.
- E. Tackle is visual key. Read him as you take your first step. Concentrate on movement of near foot of Tackle.
- F. Guard is pressure key. Feel him as you make your move.
- G. Anticipate the Tackle's block as you beat the Guard with your move.
- H. Must BEAT Guard's block with Skin move.

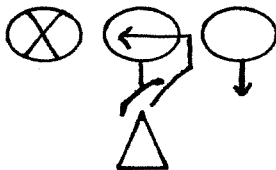
III. Responsibilities

- A. Protect B Gap. Hold ground on double team.
- B. Rush pass in proper lane.
- C. Chase on proper course if play goes away.
- D. Never get hooked by Guard.
- E. Close back to inside quickly when play goes to inside. Squeeze A Gap.



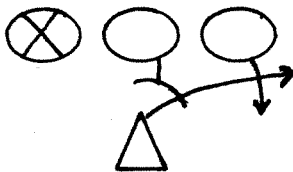
#### IV. Keys and Reactions (Feel Guard - Read Tackle)

- A. If visual key (Tackle) does not come at you and pressure key (Guard) tries to block you out, go around Guard and close back flat to inside. This is toughest block to beat.



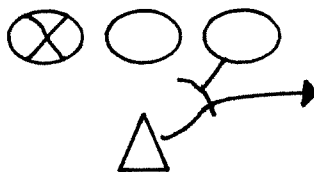
1. Near foot of Tackle goes upfield - Means Tackle is not challenging you.
2. Close hole fast and locate ball.
3. Get back to inside as best you can. If Guard turns on you and you do not beat him with your move, close back to inside by either:
  - a. Pushing hard off outside foot and working across face of Guard (rip outside arm across or use Swim Technique); or
  - b. Rolling to inside if you have gained good penetration across LOS; or
  - c. Running tight around the backside of the Guard.

- B. If visual key (Tackle) releases to outside and pressure key (Guard) tries to hook you, fight through Guard's head and get outside.

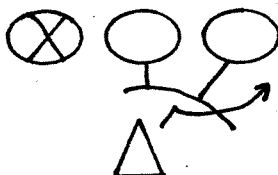


1. Near foot of Tackle is going away from you.
2. Rip inside arm through his head. Stay low, inside shoulder low.
3. Never let Guard get his head past you, turn his body parallel to LOS. Flatten course if necessary, to get past his hand.

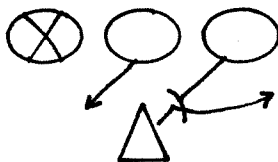
4. Keep outside leg and arm free, fight to outside and work upfield.
  5. Should beat this block with your move.
- C. If visual key (Tackle) drives in to block you, stay low and drive through him.
1. Near foot of Tackle will be coming right at you.
  2. Expect Tackle to block you as you Skin and be ready to drive into him hard. Read Tackle. DO NOT BE BLOCKED IN.



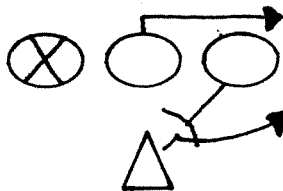
3. Don't pick a shoulder. Hit Tackle head on.
4. If Tackle drives toward you and you feel pressure from Guard, hit into Tackle and work across his face to get outside of double team.



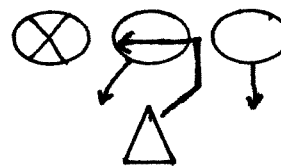
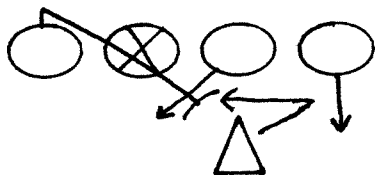
- a. Hit Tackle head on first. Drive him back and then work across his face (use Swim Technique or rip back arm through to cross block).
  - b. Work to gain outside position on Tackle.
  - c. Must get into Tackle quickly and not allow Guard to move you off LOS.
- D. If Tackle drives toward you AND YOU DO NOT FEEL PRESSURE FROM GUARD. Drive into Tackle hard and come across his face with your inside arm same as double team.



If you see Guard pull to outside as you fight across Tackle's face, take flat pursuit course to get to outside play.



- E. If visual key (Tackle) releases to outside or blocks on Defensive End and pressure key (Guard) goes inside so that you feel no pressure, close for Trap or Dive.

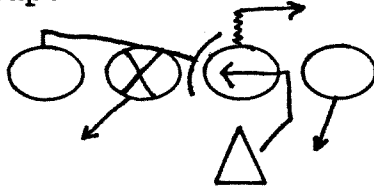


1. Near foot of Tackle is going upfield or away from you.
  2. Must check self now and close down to inside fast.
  3. As you close, stay on LOS. Stay low and get toes pointed upfield so that shoulders are parallel to LOS.
  4. Meet trapper with inside shoulder and forearm blow and drive him back into hole.
  5. If no Trap, close for Dive.
- F. If visual key (Tackle) releases to go downfield and you feel no pressure from pressure key (Guard), close down LOS, locate ball (play is going away from you) and then chase on proper course.
1. Check Trap and Dive first and then continue to close flat down LOS.



2. Look for cutbacks.

3. As ball crosses LOS, take good pursuit course to intercept it.
- G. If Tackle (visual key) releases and Guard (pressure key) set back and then tries to turn out, close hard to inside for Trap.



1. Offensive Guard wants to turn out on Defensive End with Offensive Guard trapping you.
2. Want to stay on LOS and close hard to play Trap. Play Trap same as in 3 Technique.
3. If Guard stays on you, fight across his face with outside arm or use Swim Technique.
4. You will know it is not a Pass because other Offensive Linemen will be aggressively coming off the ball.

2 SKIN IN Same as Skin Out except execute to inside. Same responsibility as a 2I except Center is visual key and Guard is your pressure key. Play vs various schemes will be exactly like a 2I Technique.

SKIN INFROM ALIGNMENT ON GUARDI. Stance and Alignment

Same stance and alignment as Skin from Alignment on Center except now take alignments on Guard.

II. Movement and Blow

Use same technique as Skin from Alignment on Center with Center as visual key and Guard as pressure key.

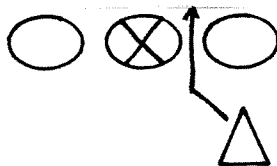
1. Imaginary aiming point is midway in the Gap between the Guard and Center.
2. Skin move is made to inside.

III. Responsibilities

- A. Stay low when making move.
- B. Never get cut off by Guard from going to inside. Protect A Gap.
- C. Do not widen B Gap. React back to outside when necessary.
- D. Pursue flat on plays away.
- E. Rush pass in proper lane.
- F. Never let Center turn back on you.

IV. Keys and Reactions (Feel Guard - Read Center)

- A. Play all blocking schemes the same as Skin from Alignment on Center.



1. Guard will show soft read and no pressure from Center.
2. Do not let blocker force you out of rushing lane. If Guard tries to seal you down to inside, cross his face. If Center pushes you in direction of angle, work back to inside.



### 3 TECHNIQUE

#### I. Stance and Alignment

- A. Use same stance as 5 Technique.
- B. In "3" alignment, you align with nose in middle of outside shoulder pad of Guard.

#### II. Movement and Blow

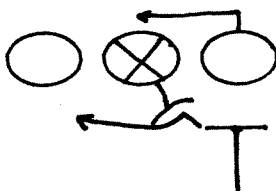
Key helmet and attack. Take charge technique.

#### III. Responsibilities

- A. Protect B Gap on action to you.
- B. Hold ground and play on LOS.
- C. Constrict inside plays through Guard (squeeze A Gap).
- D. Keep Guard off LB. Do not let him release upfield.
- E. Do not get hooked. Keep outside leg and arm free. Pursue outside plays with inside out leverage.
- F. Rush passer in proper lane.
- G. Pursue flat on all plays away, protecting the A Gap.

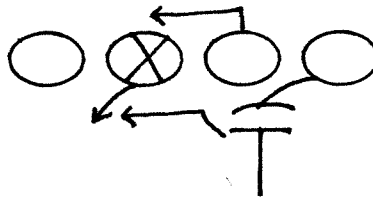
#### IV. Keys and Reactions (Key helmet - Attack it)

- A. Play Spear, Hook, all inside releases and double team the same as 5 Technique.
- B. If Guard pulls to inside, react laterally in inside and get ready for Center blocking back; or run around backside of Center and trail Guard.

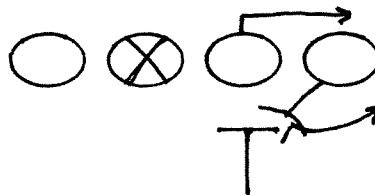


1. First step should be a lateral step to inside with inside foot.
2. Check Center on first step. If he is blocking back, Swim across Centers face and get to the ball.

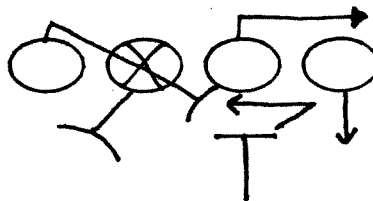
3. Should play exactly like Tackle pull to inside in 5 Technique.
4. If Center does not try to block you, chase pulling Guard to ball.



- a. Move quickly since Tackle will be trying to clip you.
  - b. Be alert for ball and keep inside out leverage.
- C. If Guard pulls to outside, play the same as 5 Technique vs. Tackle pull to outside. Either spin to outside, Swim across Tackles face, or trail Guard around backside of Tackle.

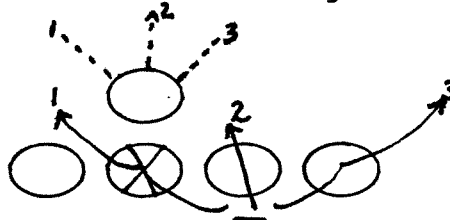


1. Remember you want to keep outside leg and arm free.
2. If Tackle does not block down on you, close quickly to inside for Trap, as Offensive Guard is trying to influence you.



Turn shoulders if necessary, but close hole as fast as you can. Attack upfield shoulder of trapper and stay on LOS.

- D. If sprint out pass to you, rush in straight line to QB. Be ready for Tackle blocking down on you.





4 EYE TECHNIQUEI. Stance and Alignment

- A. Same stance as 2 Eye.
- B. Align with nose on middle of inside shoulder pad of Tackle.

II. Movement and Blow

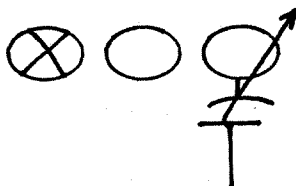
- A. Step with outside foot to "V" of Tackles neck using your hands and seeing the Guard as you attack.
- B. Visual key is Guard's near foot - Pressure key is Tackle.
- C. Put weight on inside instep of inside foot.
- D. Step should be 4" to 6".

III. Responsibilities

- A. Protect B Gap on Action to you and squeeze C Gap.
- B. Keep inside leg and arm free.
- C. Stay on LOS and don't get driven off.
- D. Keep Tackle off LB to your side.
- E. Do not get cut off by Tackle. Pursue flat down LOS plays away and be alert for cutback.
- F. Rush passer in proper lane.

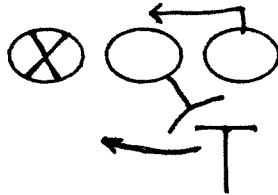
IV. Keys and Reactions

- A. If Guard and Tackle drive block:



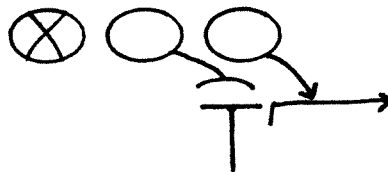
1. Explode on the Tackle.
2. Keep inside arm and leg free and make plays in the B Gap.
3. Hold point in B Gap and pursue flat down LOS.

B. If Guard blocks out and Tackle pulls inside:



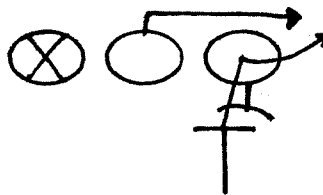
1. Explode on Guard with forearm or hands.
2. Squeeze the Guard back into the hole.
3. Cross the Guard's face.

C. If Guard scoop blocks and the Tackle scoops or pulls outside.

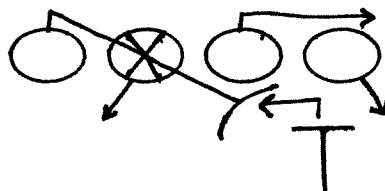


1. Using hands, explode into the Guard forcing his head downwards.
2. Keep feet back and protect them.
3. Pursue flat down the LOS.

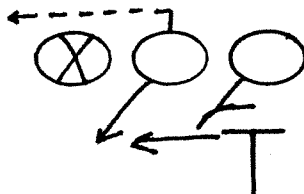
D. If Tackle drive blocks and Guard pulls outside:



1. Using hands, explode into the Tackle.
2. Control the Tackle and Swim across his face when you see the Guard pulling outside.
3. Don't give ground to cross face of Tackle - Grab outside pad and don't stand up.



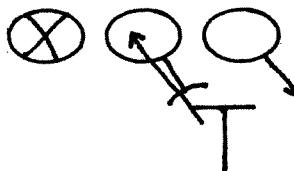
- a. If Tackle doesn't block you - Close hard back inside flat.
  - b. Expect Trap and attacks offside Guards playside pad - Trap - Trapper.
- E. If Guard blocks inside or pulls and Tackle tries to cut you off:



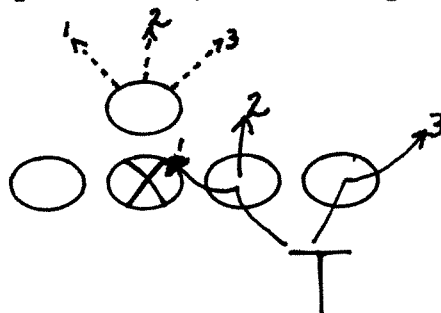
1. Close laterally, even if you have to give ground.
2. Work across the Tackle's face. Keeping inside arm and leg free.
3. You are responsible to make plays to the Guard's hip.

**COACHING POINT - BACK OFF BALL IF YOU ARE HAVING PROBLEMS.**

4. Control the Tackle with either hands or Rip Technique.
  5. When you see Guard pull inside, get in his hip pocket quickly.
- F. If Guard and Tackle block out:



1. Attack Gap side number of Guard - Throw pads up under Guard's chin and squeeze.
  2. Don't get knocked back and don't run up field.
  3. Squeeze flat down LOS.
- G. If QB sets up to Pass, rush in proper lane.



1. Sprint away - Rush the Guard.
2. Drop back - Rush the Guard.
3. Sprint to - Rush the Tackle.



## 5 TECHNIQUE

### I. Stance and Alignment

- A. Line up in three (3) point stance, inside foot back, no more than heel-to-toe stagger.
- B. You align with nose in middle of outside shoulder pad of Tackle.
- C. Shoulders parallel to ground.
- D. Head natural extension so you can see Tackle and Lineman to either side of Tackle.
- E. Arm extends straight down from shoulder with elbow straight. Weight should be on fingertip only and not knuckles.
- F. Back flat, tail slightly up and knees bent so you are ready to uncoil.
- G. Feet should be wider than shoulder width and up under you with weight on the balls of feet. Heels should clear the ground.
- H. Should have weight equally distributed on hands and feet.
- I. Line up about one (1) foot off of ball in proper alignment on Tackle.
  - 1. Adjust this distance off ball so that you can play as tight to Tackle as possible and still be able to read and react to his movements.
  - 2. Play tighter in passing situations.
- J. If Offensive Line is playing back off ball, move tighter and play aggressively.

Check ball so you do not align offsides.

### II. Movement and Blow

- A. Key movement of the helmet of the Offensive Tackle to initiate your movement. Concentrate on it.
- B. When helmet moves, ATTACK IT! More of a Read Technique so as not to get trapped.
- C. Step hard into Offensive Tackle when his helmet moves.
  - 1. If helmet goes to inside or comes straight ahead, step with inside foot directly at helmet of

Tackle. Step upfield into Tackle's charge, gaining ground into the neutral zone and then quickly bring up other foot to a parallel position.

2. If helmet goes to outside, step with outside foot directly at helmet of Tackle. This step should be upfield as well as lateral so that you are gaining ground into the neutral zone. After lead step, step hard upfield with inside foot into Tackle and then quickly bring up other foot to a parallel position.
- D. As you charge, deliver a terrific blow with your inside hand and shoulder into Tackle.
1. Similar to offensive block.
  2. Use the full width of shoulders and bring it down then up into Offensive Tackle's chest.
  3. Must destroy Tackle's charge. Get under his shoulder pads and straighten him up.
  4. Bring free outside hand up into his outside shoulder to help control him. Drive heel of hand up under his shoulder pad.
- Keep outside arm close to body with elbow in and bring hand up simultaneously with inside arm. Use it to shed blocker as well as control him.
5. Deliver this blow as you step with your inside foot.
    - a. Delivered on first step vs. helmet inside or straight ahead.
    - b. Delivered on second step vs. helmet to outside.
- E. As you deliver blow, uncoil hips and arch back. Want to deliver blow with great force and snap, hitting from down to up. Throw your eyes to the sky.
- F. Always get a piece of Offensive Tackle. Keep him off of LB to your side.
- G. After delivering blow, push off with hands to get separation from Offensive Tackle so you can flow to play. Bench-press the blocker. Shed blocker.
- H. If Tackle tries to block low (helmet attacks below your waist), deliver hand shiver in a downward direction, forcing Tackle down to ground. Work feet

to clear block. Footwork should be the same basic reaction as when shoulder and hand blow is used.

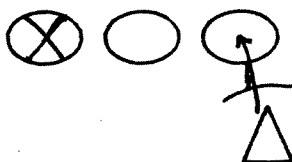
I. Play aggressively - Attack Tackle.

III. Responsibilities

- A. Protect C Gap on action to you.
- B. Do not get driven off LOS by double team or single block. Hold your ground and play LOS.
- C. Constrict inside plays through the Offensive Tackle.
- D. Keep Offensive Tackle off of LB to your side.
- E. Do not get hooked. Keep outside leg and arm free. Attack outside plays in direct line as soon as you locate ball.
- F. Rush passer in proper lane.
- G. Pursue flat on all plays away, protecting B Gap on "IN" call.
- H. Pursue flat to hip of Center - Then trail on "OFF" call (auto).

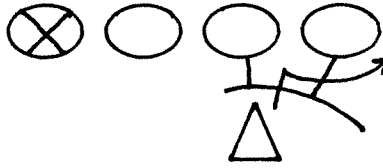
IV. Keys and Reactions (Key helmet - Attack it)

- A. If Tackle fires straight out into you, destroy his block, shed, pursue and tackle.

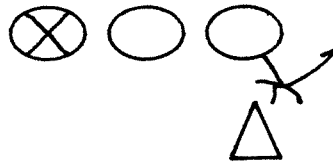


1. Step straight ahead with inside foot and collision Tackle with Hand Shiver.
2. Stay low and beat block first before you look for ball. Shed him quickly, then find ball. It is coming right at you.
3. Don't allow Tackle to turn you out. Squeeze through his head keeping outside leg and arm free.
4. Never commit to inside until ball crosses LOS. Defend C Gap first.

- B. If Tackle fires straight out into you and you feel pressure from End or Slot Back, fight through outside blocker upfield.



1. Play drive block first.
  2. See TE or Slot Back with peripheral vision. When you feel contact, drive off inside foot and step with outside foot, attacking outside blocker.
  3. Must stay low under offensive man's pads.
  4. Focus all your attention on outside man and defeat his block.
  5. Cannot be driven off or down LOS.
- C. If Tackle tries to hook you, keep outside leg and arm free.



1. Step with outside foot toward helmet of Tackle, as you read with outside hand to grab his outside shoulder. Want to control outside shoulder.
2. Step hard into Tackle with inside leg, as you deliver tough Hand Shiver.  
  
Want to hit good blow on Tackle to take away his upfield momentum and cause him to flatten out down LOS.
3. Quickly bring outside foot back up to a parallel position.
4. Should always try to keep your helmet outside of the helmet of the Tackle as you play Hook. As the play widens, work upfield into the neutral zone.



5. Use Swim to cross block if Tackle gets outside position on you.
  6. Locate football and attack it in straight line.
    - a. Do not commit to inside until ball crosses LOS.
    - b. Do not run upfield unless you can make Tackle.
  7. Keep shoulders parallel to LOS as you are playing block.
  8. Do not give ground as you are playing block. work up into neutral zone while protecting C Gap.
- D. If Tackle leads you to inside to cut you off from play, attack his helmet, deliver good blow and play pressure.

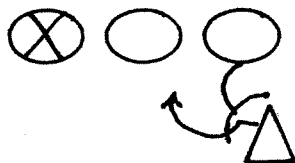
1. Drive hard off of outside foot and step with inside foot, attacking helmet of Tackle.

Should cause you to step to the inside as well as upfield with your first step, since Offensive Tackle will be moving to your inside.

2. Deliver tough Hand Shiver.

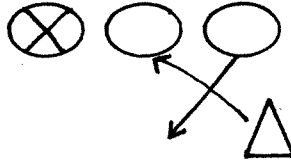
Make sure you get a good piece of Tackle with your blow. Keep him off LB.

3. Outside foot should be brought up quickly to parallel with inside foot and shoulder should stay parallel to LOS. Should never take any more steps to inside other than the lead step and step to parallel.
4. If Offensive Tackle comes out low, driving for a lunge cut off, play with hands and get in B Gap.

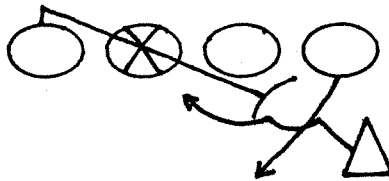


- a. Play is being run inside or away.
- b. Use good Hand Shiver, pushing Offensive Tackle down into ground and working feet to get across his face.

- c. Try to stay on LOS as you play block.
  - d. Be alert for cutbacks.
5. If Offensive Tackle drives hard to inside, trying to get across field or down on LB, attack his helmet and squeeze him down to inside.

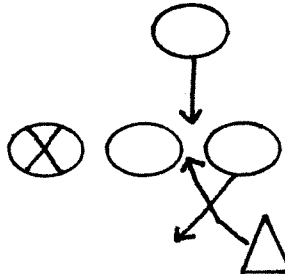


- a. You will be able to tell that Tackle is not trying to block you, but merely releasing to inside.
- b. Must get good piece of Tackle to keep him off LB, and stay square. Remain parallel to LOS.
- c. Disengage after first two (2) steps and check up to read blocking scheme.
- d. Look for trapper first.



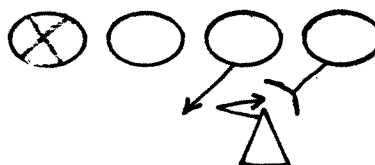
Close into trapper hard and meet him with outside shoulder.

- e. If no Trap shows, check for Dive.

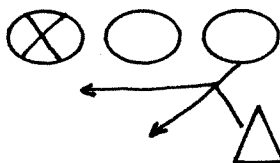


- 1) Veer blocking scheme where you must defend B Gap and LB is taking C Gap.
- 2) Must close hard to Tackle Dive play when you recognize it. Tackle with head across the front of the ball carrier.

- f. If you feel pressure from End or Slot blocking down on you, close back to outside.

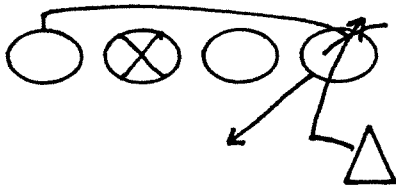


- 1) Must keep Tackle off LB first and then play block. Do not anticipate it.
  - 2) Keep shoulders parallel to LOS as you play block.
  - 3) When you feel pressure from End or Slot, play into him with outside shoulder and work upfield, trying to close back behind his block.
- g. If Tackle is going across field because ball is going away from you, pursue ball on proper course.

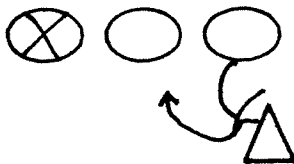


- 1) Initially, you play the Tackle's drive to the inside as before.
- 2) Close flat down LOS behind Tackle when you recognize that there is no Trap or Dive and that the ball is going away.
- 3) Once you recognize that play is going away, take pursuit course. Stay on LOS.
  - a) If ball crosses LOS, take deep pursuit course.
  - b) Look for cutback and keep inside out leverage on the ball.
  - c) If you have "YOU" call, check for reverse as you have trail responsibility.

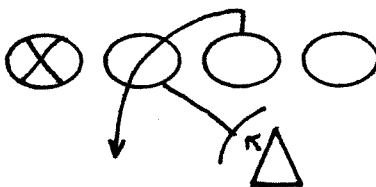
- h. If Tackle drives to inside and Trapper is coming on deeper course to Hook you, keep outside leg and arm free.



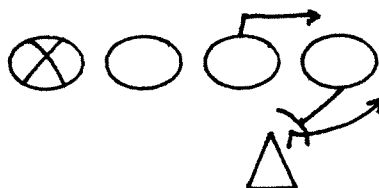
- 1) Keep Tackle off LB with shoulders square as before.
  - 2) Play Trap first.
  - 3) When you recognize that the Guard is trying to Hook you, play hands and attack pulling Guard upfield with outside shoulder.
6. If Offensive Tackle steps down to inside and then turns on you to stay between you and ball, fight through his head close to defend B Gap.



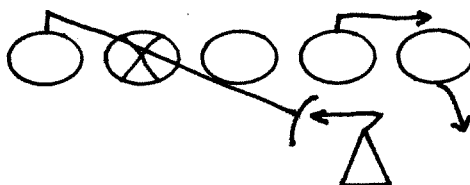
- a. Do not go behind this block.
  - b. Play is being run away from you.
  - c. Should be able to recognize this block by the pressure the Offensive Tackle applies as he tries to stay between you and ball.
  - d. Be alert for cutbacks.
  - e. Squeeze and lock out inside arm.
- E. If Offensive Tackle pulls to inside, be ready for Guard blocking out on you and close hard to him with your inside shoulder.



1. Use inside forearm and shoulder blow.
  2. First step should be a lateral step to inside with inside foot.
  3. Keep shoulders parallel to LOS.
  4. Want to keep outside leg and arm free, while squeezing hole down.
  5. Be ready to tackle ball if it bounces out to your outside. Keep outside leg and arm free.
  6. Do not penetrate LOS. Must play block on LOS.
  7. If Guard does not turn out on you, chase pulling Tackle as he will take to ball.
  8. Alert for Bootlegs.
- F. If Tackle pulls to your outside, be ready for End blocking down on you.



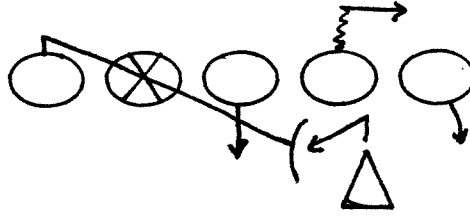
1. First step should be a lateral step to outside with outside foot. Check End as you step.
2. If End is coming, reach with outside hand for outside shoulder of End as you deliver blow with outside shoulder. Use Swim Technique and cross face of End. Want to keep outside leg and arm free.
3. If End does not block down, close quickly to inside for Trap, as Offensive Tackle is trying to influence you.



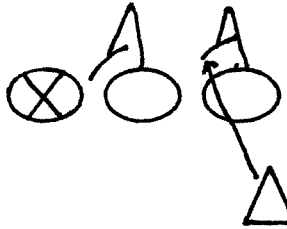
Meet Trapper with outside shoulder. Deliver blow with outside forearm attacking playside shoulder of trapper. Stay on LOS.

G. If Tackle sets back as if to pass block, attack him nose up and locate ball.

1. If Guard and End are coming off the ball aggressively, close for Trap.

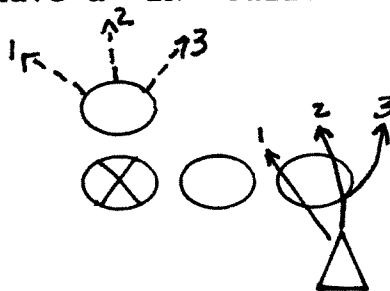


- a. Key for recognizing that it is a Trap is that the Guard and End are firing out.
  - b. Meet Trapper with outside shoulders. Deliver blow with outside shoulder and forearm, attacking the playside shoulder of the trapper. Stay on LOS.
2. If ball is being run away from you on a Sprint Draw type of play, close to inside to defend B Gap.



- a. Offensive Linemen to your side will set back to make play look like pass.
  - b. Stay nose up on Tackle until you locate ball.
  - c. Once you see that it is a running play, close across Tackle's face.
    - 1) Must defend B Gap on play away.
    - 2) Cross Tackle's face by ripping back arm across his face or by using Swim Technique. Don't need to worry about keeping shoulders parallel to LOS, as you must close B Gap as quickly as possible.
3. If QB takes ball and sets up to pass, your responsibilities are dependent upon whether you have a "IN" call or a "OFF" call.

a. If you have a "IN" call:



- 1) Key for recognition will be that Offensive Linemen will show pass and QB will set up to Pass.
- 2) If Sprint out pass to you, rush in straight line to get into throwing lane.
- 3) If Pocket or Sprint Out Away, attack Tackle and beat him to inside, taking a straight line to QB.
- 4) OLB to your side is coming and you do not have any Contain responsibility.
- 5) Get hands up when QB starts to throw if he is looking in your direction. If he is looking away from you, get to him with hard tackle as fast as you can and do not worry about getting hands up.
- 6) Tackle from top down.

b. If you have a "OFF" call:

- 1) Same keys for recognition as "IN" call.
- 2) Have Contain Rush vs. all Pass Actions.
- 3) If Sprint Out Pass to you, get outside leverage on QB and Contain him. Sprint laterally if necessary.
- 4) If Pocket Pass or Semi-Roll Action away, Contain QB to your side.
  - a) Keep outside leverage on QB.
  - b) Do not get as deep as ball. Keep QB in front of you as well as to your inside.
- 5) If Sprint Out Action Away, get as deep as ball and chase QB.
- 6) Rush passer and tackle him as with "IN" call.

## SLANT TECHNIQUE

### I. Stance and alignment

- A. Same stance as in 5 Technique. Use "4 Alignment", "4 Eye Alignment", or "5 Alignment."
  - 1. Weight should be distributed so there is slightly more on the feet than the hands. Most weight should be on the outside foot.
  - 2. Align slightly deeper off ball than when playing 5 Technique.

### II. Movement and Blow

- A. Key movement of ball or Offensive Guard to initiate your movement. Use whichever is best to see when concentrating on imaginary aiming point.
- B. Concentrate on an imaginary aiming point in the gap between the Guard and the Tackle. You want to penetrate the LOS through this point.
- C. Take short lateral lead steps with inside foot and bring back leg through as you rip back arm through to avoid Tackle's block. Lead step should be taken parallel to LOS as you concentrate on imaginary aiming point.
- D. On lead step, turn upper torso so that you lower back shoulder and put it in a good position to Rip through.
- E. Guard is visual key. Read him as you take your first step. Concentrate on his near foot.
- F. Tackle is pressure key. Feel him as you make your move.
- G. Drive hard off lead step and Rip backside arm and leg through together. This movement should be made upfield so you are penetrating.
- H. Be ready to move in any direction as you penetrate LOS.
- I. Keep body down low with shoulders never above waist high. Try to keep chest over knees.
- J. Keep backside shoulder lower than frontside shoulder as you rip through.
- K. MUST PENETRATE LOS WITH MOVE.

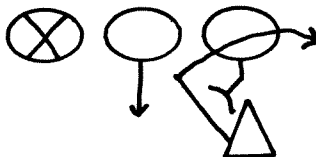


### III. Responsibilities

- A. Stay low.
- B. Never get cut off from going to inside. Protect B Gap.
- C. Do not widen C Gap. React back to outside when necessary.
- D. Rush pass in proper lane.
- E. Pursue on plays away.

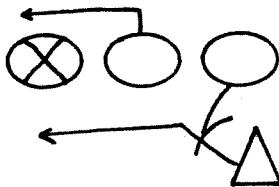
### IV. Key and Reactions (Feel Tackle - Read Guard)

- A. If visual key (Guard) does not come at you and pressure key (Tackle) fires out into you trying to ride you down to the inside, go around Tackle and fight back to outside.



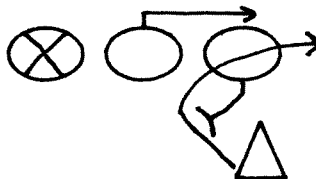
1. Read near foot of Guard - It goes upfield or make no movement.
2. Close hole fast and locate ball.
3. Get back to outside by either:
  - a. Rolling if you have gained good penetration across the LOS, or
  - b. Pushing hard off inside foot and working across Tackle's face with inside arm or Swim Technique.

- B. If visual key (Guard) pulls away from you, flatten out and go with him.

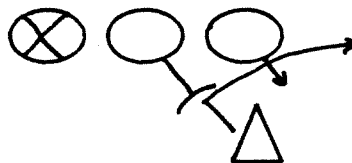


1. Read near foot of Guard - No movement means Guard is going away.

2. Get in his hip pocket, locate ball and get to it.
  3. Be ready for Tackle to try to cut you off. Beat him with your move.
  4. Make sure you rip backside arm through Tackle's head as you move. Keep back shoulder low. Flatten course out to beat Tackle.
  5. Never get cut. Get up quickly if knocked off feet. Responsible for cut back on play away.
- C. If visual key (Guard) pulls toward you, beat Tackle block with your move and get back to outside quickly and locate ball. React to outside by either:

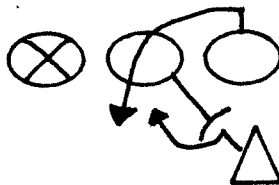


1. Rolling if you have gained good penetration across the LOS, or
  2. Pushing hard off inside foot and working across Tackle's face with inside arm (could also use Swim Technique), or
  3. Read near foot of Guard - Drop step means he is pulling toward you.
- D. If visual key (Guard) comes toward you on flat course and you feel no pressure from pressure key (Tackle), Offense is zone blocking and ball is going to outside.

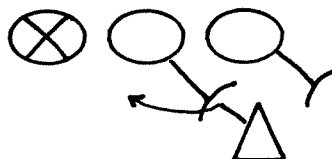


1. Read near foot of Guard - Flat step toward you means he is trying to zone block you.
2. As soon as you read Guard, go to outside and protect self from Guard with inside arm.
3. React back fast to outside in flat pursuit course and get to ball.

- E. If visual key (Guard) fires out into you and you do not feel any pressure from pressure key (Tackle) but see the Tackle folding around in front of you, meet Guard and drive through him.

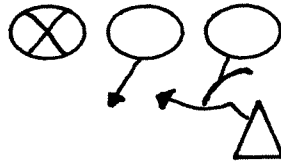


1. Read near foot of Guard - He will be stepping right at you.
2. Hit Guard head on and drive him back into hole first. Then work across his face to get an inside position. LB will scrape to outside. Rip outside arm across or use Swim Technique to cross block.
3. Shed Guard and make play. Position of body is most important. Do not pick a side.
4. Must not get turned out. Never go behind block of Guard. You are responsible for play if ball goes inside.
5. Do not pick a shoulder.
6. You will see Tackle folding to inside. He is a big tip off to blocking pattern.
7. If Guard should block out on you and Tackle is not folding, treat same as Tackle fold and drive Guard back and then get across his face to inside position.

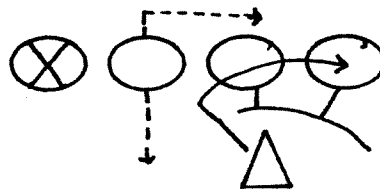


8. Difference in movement of near foot will tell you the difference between zone and turn out blocking.
9. If Guard blocks out on you and you feel pressure from Tackle (Offense is using an inside double team), treat the same as Tackle fold or Guard turn out.

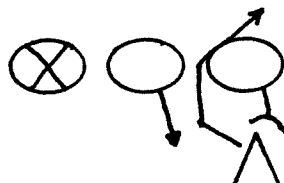
- a. Drive Guard back and then get across his face to inside position. Important that you get to inside position since LB is scraping to outside and only you can fill the void area.
  - b. DO NOT COLLAPSE OR GET DRIVEN OFF LOS.
- F. If visual key (Guard) does not come at you and pressure key (Tackle) shoots for inside cutoff, drive through block to inside.



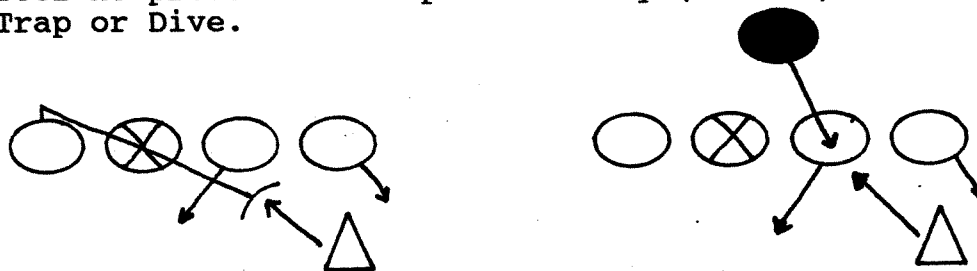
1. Read near foot of Guard - Will not move or it will go upfield.
  2. Rip outside arm through his head as you rip outside knee through. Keep legs up under you and back shoulder low. You should beat Tackle with you move.
  3. Never let Tackle get his head past you. Flatten course out if necessary.
  4. If Tackle does get a piece of you, Shed and get to ball.
  5. Try to penetrate LOS with your move.
- G. If visual key (Guard) does not come at you and there is a double team from outside, come back to outside same as when Tackle blocks you alone. Do not open off - Tackle hole.



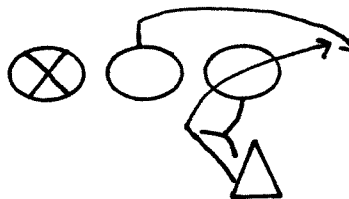
1. Read near foot of Guard - It will drop step to pull toward you or go straight ahead.
2. Anytime Guard does not come at you and Tackle fires out straight ahead of you, beat Tackle with your move and then quickly close to outside.



- H. If visual key (Guard) does not come at you and you feel no pressure from pressure key (Tackle) set for Trap or Dive.

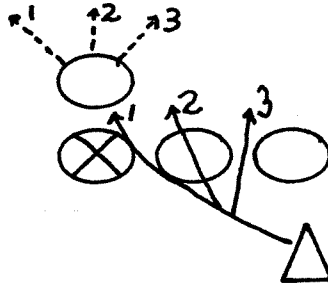


1. Square up and look for trapper.
  2. Keep feet pointed toward goal line and shoulders parallel to LOS.
  3. Meet trapper with outside shoulder and forearm blow and drive him back into hole.
  4. Be ready to react back to outside if trapper tries to Hook you.
  5. Be sure to get some penetration (2 - 3 feet) first before trying to react to trapper.
  6. If no Trap, look for Dive.
  7. If no Trap or Dive, ball is going away from you. Run it down if you can or get in flat pursuit course.
  8. Do not penetrate deep but get in flat pursuit course. However, YOU MUST PENETRATE LOS FIRST.
- I. If visual key (Guard) folds toward you and you feel pressure from pressure key (Tackle), treat it the same as when Guard pulls toward you.



1. Near foot of Guard will drop step.
2. Close back to outside as quickly as you can by rolling or working across face of Tackle.

J. If pass shows, rush in proper lane.



1. Read visual key (Guard), he will be setting up to pass block.
2. Inside rush course on all passes.
3. As soon as you recognize pass, locate QB and take proper pass rush lane. If pocket pass shows, attack visual key (Guard) and beat him to inside. Check for HB - FB Draw to your side as you rush.
4. Rush passer hard and use hands.
5. Get hands up when passer starts to throw if he is looking in your direction. If he is looking away from you, get to him with hard tackle as fast as you can and do not worry about getting hands up.
6. Tackle from top down.
7. If Sprint out pass to you, react out of move and get back to outside as quickly as possible. Give ground if necessary to close lateral hole between you and Defensive End.
8. On semi-roll pass to you, react back out of move and get into throwing lane.
9. If Sprint out pass away from you, beat Guard to inside and take straight line to QB.

9 TECHNIQUEI. Stance and Alignment

- A. Line up in two (2) point stance vs TE, or three (3) point stance vs TE and Wing, inside foot back, no more than heel-to-toe stagger.
- B. You align with Nose in middle of outside shoulder pad of Tight End.
- C. Shoulders parallel to ground.
- D. Head natural extension so you can see Tight End and Lineman to inside.
- E. Arm extend straight down from shoulder with elbow straight. Weight should be on fingertips only and not knuckles.
- F. Back flat, tail slightly up and knees bent so you are ready to uncoil.
- G. Feet should be wider than shoulder width and up under you with weight on the balls of feet. Heels should clear the ground.
- H. Should have weight equally distributed on hands and feet.
- I. Line up about one (1) foot off of ball in proper alignment on Tackle.
  - 1. Adjust this distance off ball so that you can play as tight to Tight End as possible and still be able to read and react to his movements.
  - 2. Play tighter in passing situations.
- J. If Offensive Line is playing back off ball, move tighter and play aggressively.
 

Check ball so you do not align offsides.

II. Movement and Blow

- A. Key movement of the helmet of the Tight End to initiate your movement. Concentrate on it.
- B. When helmet moves, ATTACK IT!
- C. Step hard into Tight End when his helmet moves.
  - 1. If helmet goes to inside or comes straight ahead, step with inside foot directly at helmet of TE.

Step upfield into TE's charge, gaining ground into the neutral zone and then quickly bring up other foot to a parallel position.

2. If helmet goes to outside, step with outside foot directly at helmet of TE.. This step should be upfield as well as lateral so that you are gaining ground into the neutral zone. After lead step, step hard upfield with inside foot into TE and then quickly bring up other foot to a parallel position.
- D. As you charge, deliver a terrific blow with your inside hand and shoulder into TE.
1. Similar to offensive block.
  2. Use the full width of shoulders and bring it down-up into TE's chest.
  3. Must destroy TE's charge. Get under his shoulder pads, straighten him up, and bench-press him.
  4. Bring free outside hand up into his outside shoulder to help control him. Drive heel of hand up under his shoulder pad.
- Keep outside arm close to body with elbow in and bring hand up simultaneously with inside arm. Use it to shed blocker as well as control him.
5. Deliver this blow as you step with your inside foot.
    - a. Delivered on first step vs. helmet inside or straight ahead.
    - b. Delivered on second step vs. helmet to outside.
- E. As you deliver blow, uncoil hips and arch back. Want to deliver blow with great force and snap, hitting from down to up.
- F. Always get a piece of TE. Keep him off of LB to your inside.
- G. After delivering blow, push off with hands to get separation from TE so you can flow to play. Shed blocker.
- H. If TE tries to block low (helmet attacks below your waist), deliver Hand Shiver in a downward direction, forcing TE down to ground. Work feet to clear block. Footwork should be the same basic reaction as when shoulder and hand blow is used.



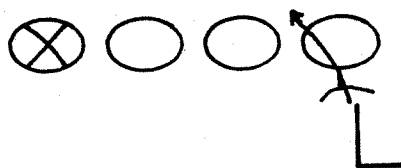
I. Play aggressively - Attack TE.

### III. Responsibilities

- A. Protect C Gap on Action to you.
- B. Do not get driven off LOS by double team or single block. Hold your ground and play LOS.
- C. Constrict inside plays through the TE.
- D. Keep TE off of LB to your side.
- E. Do not get hooked. Keep outside leg and arm free. Attack outside plays in direct line as soon as you locate ball.
- F. Rush passer in proper lane.
- G. Pursue flat on all plays away, protecting B Gap on "In" call.
- H. Pursue flat to hip of Center - Then trail on "Off" call.

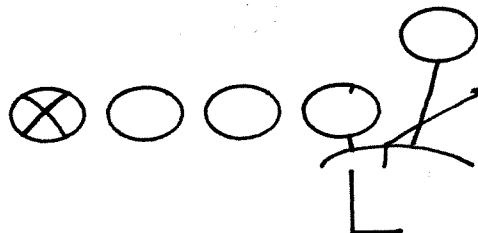
### IV. Keys and Reactions (Key helmet - Attack it)

- A. If TE fires straight out into you, destroy his block, shed, pursue and tackle.

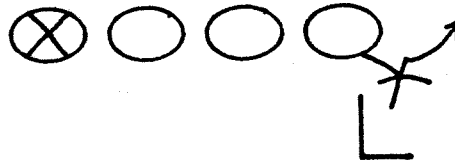


1. Step straight ahead with inside foot and collision TE with Hand Shiver.
2. Stay low and beat block first before you look for ball. Shed him quickly, then find ball. It is coming right at you.
3. Don't allow TE to turn you out. Squeeze through his head keeping outside leg and arm free.
4. Never commit to inside until ball crosses LOS. Defend C Gap first.

- B. If TE fires straight out into you and you feel pressure from Wing Back, fight through outside blocker upfield.



1. Play drive block first.
  2. See Wing Back with peripheral vision. When you feel contact, drive off inside foot and step with outside foot, attacking outside blocker.
  3. Must stay low under offensive man's pads.
  4. Focus all your attention on outside man and defeat his block.
  5. Cannot be driven off or down LOS.
- C. If he tries to hook you, keep outside leg and arm free.



1. Step with outside foot toward helmet of TE, as you read with outside hand to grab his outside shoulder. Want to control outside shoulder.
2. Step hard into TE with inside leg, as you deliver tough Hand Shiver.  
  
Want to hit good blow on TE to take away his upfield momentum and cause him to flatten out down LOS.
3. Quickly bring outside foot back up to a parallel position.
4. Work the outside foot back up to a parallel position.
5. Should always try to keep your helmet outside of the helmet of the TE as you play Hook.
6. Use Swim to cross block if TE gets outside position on you.
7. Locate football and attack it in straight line.
  - a. Do not commit to inside until ball crosses LOS.
  - b. Do not run upfield unless you can make tackle.

8. Keep shoulders parallel to LOS as you are playing block.
  9. Do not give ground as you are playing block. Stay on LOS.
- D. If TE leads you to inside to cut you off from play, attack his helmet, deliver good blow and play pressure.

1. Drive hard off of outside foot and step with inside foot, attacking helmet of TE.

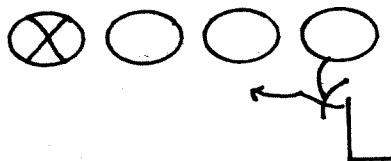
Should cause you to step to the inside as well as upfield with your first step, since TE will be moving to your inside.

2. Deliver tough Hand Shiver.

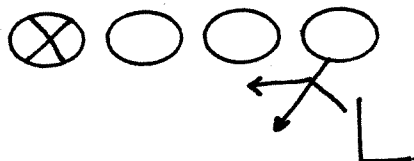
Make sure you get a good piece of TE with your blow. Keep him off LB.

3. Outside foot should be brought up quickly to parallel with inside foot and shoulder should stay parallel to LOS. Should never take any more steps to inside other than the lead step and step to parallel.

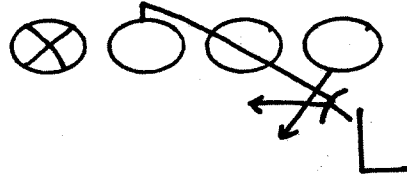
4. If TE comes out low, driving for a lunge cut off, play with hands and get in B Gap.



- a. Play is being run inside or away.
  - b. Use good Hand Shiver, pushing TE down into ground and working feet to get across his face.
  - c. Try to stay on LOS as you play block.
  - d. Be alert for cutbacks.
5. If TE drives hard to inside, trying to get across field or down on LB, attack his helmet and squeeze him down to inside.

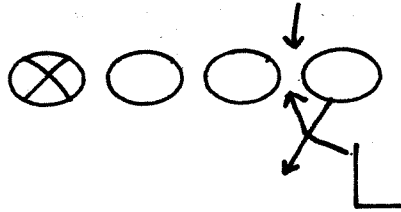


- a. You will be able to tell that TE is not trying to block you, but merely releasing to inside.
- b. Must get good piece of TE to keep him off LB, and stay square.
- c. Disengage after first two steps and check up to read blocking scheme.
- d. Look for trapper first.

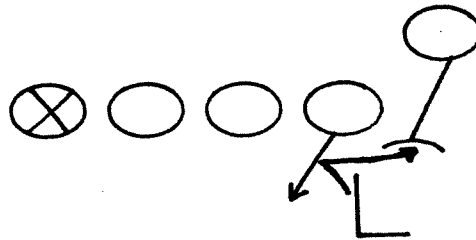


Close into trapper hard and meet him with outside shoulder.

- e. If not trap shows, check for Dive.

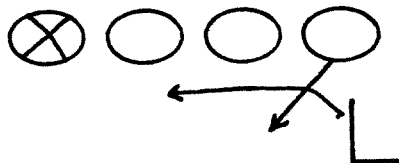


- 1) Veer blocking scheme where you must defend B Gap and LB is taking C Gap.
  - 2) Must close hard to Tackle Dive play when you recognize it.
- f. If you feel pressure from Wing blocking down on you, close back to outside.

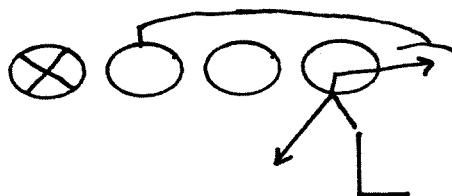


- 1) Must keep TE off LB first and then play block. Do not anticipate it.
- 2) Keep shoulders parallel to LOS as you play block.

- 3) When you feel pressure from Wing, play into him with outside shoulder and work upfield, trying to close back behind his block.
- g. If TE is going across field because ball is going away from you, pursue ball on proper course.

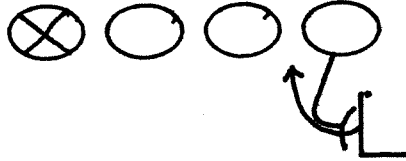


- 1) Initially, you play the TE's drive to the inside as before.
  - 2) Close flat down LOS behind TE when you recognize that there is no Trap or Dive and that the ball is going away.
  - 3) Once you recognize that play is going away, take pursuit course. Stay on LOS.
    - a) If ball crosses LOS, take deep pursuit course.
    - b) Look for cutback and keep inside out leverage on the ball.
    - c) If you have "Off" call, check for reverse as you have trail responsibility.
- h. If TE drives to inside and trapper is coming on deeper course to Hook you, keep outside leg and arm free.

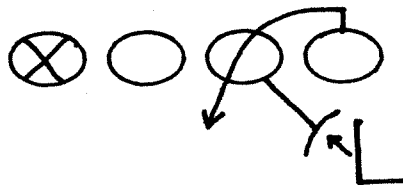


- 1) Keep TE off LB with shoulders square as before.
- 2) Play trap first.

- 3) When you recognize that Guard is trying to Hook you, play hands and work to keep outside leg and arm free.
6. If TE steps down to inside and then turns on you to stay between you and ball, fight through his head close to defend B Gap.

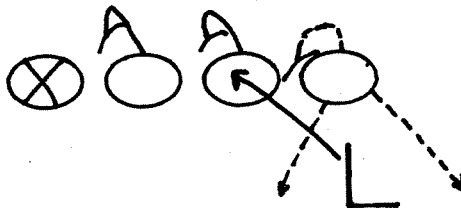


- a. Do not go behind this block.
  - b. Play is being run away from you.
  - c. Should be able to recognize this block by the pressure the TE applies as he tries to stay between you and ball.
  - d. Be alert for cutbacks.
  - e. Squeeze and lock out inside arm.
- E. If TE pulls to inside, be ready for Tackle blocking out on you and close hard to him with your inside shoulder.



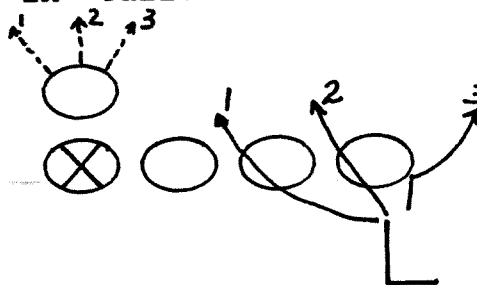
1. Use inside forearm and shoulder blow.
2. First step should be a lateral step to inside with inside foot.
3. Keep shoulders parallel to LOS.
4. Want to keep outside leg and arm free, while squeezing hole down.
5. Be ready to tackle ball if it bounces out to your outside. Keep outside leg and arm free.
6. Do not penetrate LOS. Must play block on LOS.

7. If Tackle does not turn out on you, chase pulling TE as he will take to ball.
  8. Alert for Bootlegs.
- F. If ball is being run away from you on a Sprint Draw type of play, close to inside to defend B Gap.



1. Offensive Linemen to your side will set back to make play look like pass.
  2. Stay nose up on TE until you locate ball.
  3. Once you see that it is a running play, close across TE's face.
    - a. Must defend B Gap on play away.
    - b. Cross TE's face by ripping back arm across his face or by using Swim Technique. Don't need to worry about keeping shoulder parallel to LOS, as you must close B Gap as quickly as possible.
- G. If QB takes ball and sets up to pass, your responsibilities are dependent upon whether you have a "In" call or a "Off" call.

1. If you have a "In" call:



- a. Key for recognition will be that Offensive Linemen will show pass and QB will set up to pass.
- b. If Sprint Out pass to you, rush in straight line to get into throwing lane.
- c. If Pocket or Sprint Out Away, attack Tackle and beat him to inside, taking a straight line to QB.

- d. OLB to your side is coming and you do not have any Contain responsibility.
  - e. GET hands up when QB starts to throw if he is looking in your direction. If he is looking away from you, get to him with hard tackle as fast as you can and do not worry about getting hands up.
  - f. Tackle from top down.
2. If you have a "Off" call:
- a. Same keys for recognition as "In" call.
  - b. Have Contain rush vs. all pass actions.
  - c. If Sprint Out pass to you, get outside leverage on QB and Contain him. Sprint laterally if necessary.
  - d. If Pocket Pass or semi-roll Action Away, Contain QB to your side.
    - 1) Keep outside leverage on QB.
    - 2) Do not get as deep as ball. Keep QB in front of you as well as to your inside.
  - e. If Sprint Out Action away, get as deep as ball and chase QB.
  - f. Rush passer and tackle him as with "In" call.



## PINCH TECHNIQUE

This is a technique used in some of our defenses where a veering Defensive Lineman (Lineman who is angling toward center of formation) must close hard and does not have to react back out as he normally does when slanting.

### I. Stance and Alignment

Use same stance and alignments as Slant from alignment on Guard or slant from alignment on Tackle.

### II. Movement and Blow

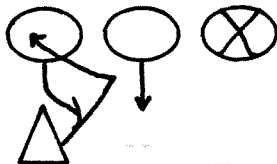
- A. Technique of movement is the same as Slant from Alignment on Tackle (Slant Technique).
- B. Imaginary aiming point becomes near foot of visual key.
- C. DO NOT REACT TO VISUAL KEY.
- D. React late to pressure key. Feel him as you make your move.

### III. Responsibilities

- A. Stay low as you make move.
- B. Can NEVER BE CUT OFF BY PRESSURE KEY.
- C. Must be able to close hard to inside.
- D. Pursue flat on plays away.
- E. Rush pass in proper lane.

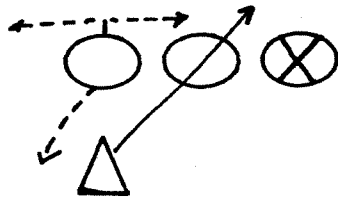
### IV. Keys and Reactions (Feel pressure key)

- A. If pressure key fires out into you trying to ride you down to the inside, react late and close back to outside.



1. Must react late so that you do not knock off Defensive Lineman who is veering down from outside.

2. Should close back behind pressure key's block to insure that you have gained good penetration.
- B. If pressure key shoots for inside cut off, drive through his block to inside.
1. Should beat pressure key with your move.
  2. If pressure key does get a piece of you, shed him and get to ball.
- C. If you feel nothing from pressure key, get good penetration and find ball.



Must get good penetration first and react late if ball is going to outside.

- D. If pass shows, your play, responsibilities, and rush lanes are the same as Slant.

SKIN OUTFROM ALIGNMENT ON TACKLESI. Stance and Alignment

- A. Same stance as 4 Eye, use a "4 Alignment" (Nose up on Tackle) or "5 Alignment" (outside shoulder of Tackle).
- B. Weight should be distributed so that there is slightly more on the feet than the hands. Most weight should be on the inside foot.

II. Movement and Blow

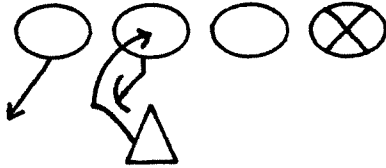
- A. Key movement of Tackle's hand or feet to initiate your movement. Use whichever is best to see when concentrating on imaginary aiming point.
- B. Concentrate on an imaginary aiming point in the gap between the Tackle and Tight End. If not Tight End, pick a point about 1 1/2 feet outside the Tackle. You want to penetrate LOS through this point.
- C. Technique of movement is the same as Slant from Alignment of Tackle, but it is made to the outside instead of inside.
- D. End is visual key. Read him as you take your first step. Concentrate on movement of near foot of End.
- E. Tackle is pressure key. Feel him as you make your move.
- F. Anticipate the End's block as you beat the Tackle with your move.
- G. Must BEAT Tackle's block with Skin Move.

III. Responsibilities

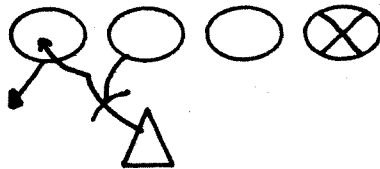
- A. Protect C Gap. Hold ground on double team.
- B. Rush pass in proper lane.
- C. Chase on proper course if play goes away.
- D. Never get hooked by tackle.
- E. Close back to inside quickly when play goes to inside. Squeeze B Gap.

IV. Keys and Reactions (Feel Tackle - Read End)

- A. If visual key (End) does not come at you and pressure key (Tackle) tries to block you out, go around Tackle and close back flat to inside. This is toughest block to beat.

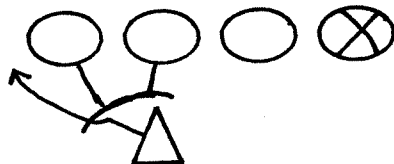


1. Near foot of End goes upfield - Means End is not challenging you.
  2. Close hole fast and locate ball.
  3. Get back to inside as best you can. If Tackle turns on you and you do not beat him with your move, close back to inside by pushing hard off outside foot and working across face of Tackle (rip outside arm across or use Swim Technique).
- B. If visual key (End) releases to outside and pressure key (Tackle) tries to Hook you, fight through Tackle's head and get outside.

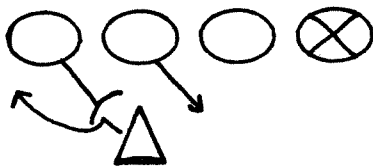


1. Near foot of End is going away from you.
  2. Rip inside arm through his head. Stay low, inside shoulder low.
  3. Never let Tackle get his head past you, turn his body parallel to LOS. Flatten course, if necessary, to get past his hand.
  4. Keep outside leg and arm free, fight to outside and work upfield.
  5. Should beat this block with your move.
- C. If visual key (End) drives in to block you, stay low and drive through him.
1. Near foot of End will be coming right to you.

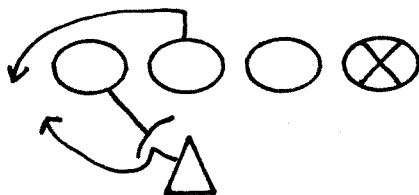
2. Expect End to block you as you Loop and be ready to drive into him hard. Read End. DO NOT BE BLOCKED IN.
3. Don't pick a shoulder. Hit End head-on.
4. If End drives toward you AND YOU FEEL PRESSURE FROM TACKLE, hit into End and work across his face to get outside of double team.



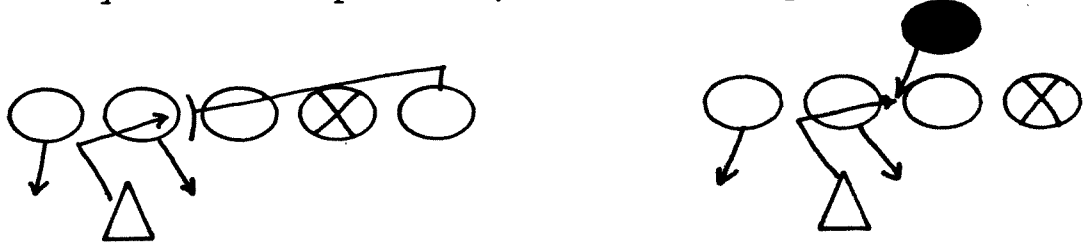
- a. Hit End head-on first. Drive him back and then work across his face. Use Swim Technique or rip back arm through to cross block.
  - b. Work to gain outside position on End.
  - c. Must get into End quickly and not allow Tackle to move you off LOS.
- D. If End drives toward you and you do not feel pressure from Tackle, drive into End hard and come across his face with your inside arm same as double team.



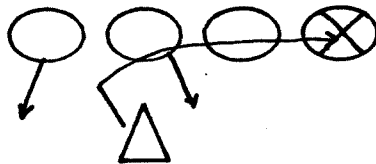
If you see Tackle pull to outside as you fight across End's face, take FLAT pursuit course to get to outside play.



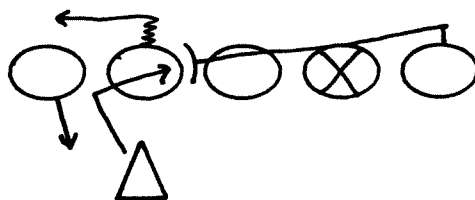
- E. If visual key (End) releases to outside or blocks on Defensive End and pressure key (Tackle) goes inside so that you feel no pressure, close for Trap or Dive.



1. Near foot of End is going upfield or away from you.
  2. Must check self now and close down to inside fast.
  3. As you close, stay on LOS.
  4. Meet trapper with outside shoulder and forearm blow and drive him back into hole.
  5. If no Trap, close for Dive.
- F. If visual key (End) releases to go downfield and you feel no pressure from pressure key (Tackle), close down LOS, locate ball (play is going away from you) and then chase on proper course.
1. Check Trap and Dive first, and then continue to close flat down LOS.



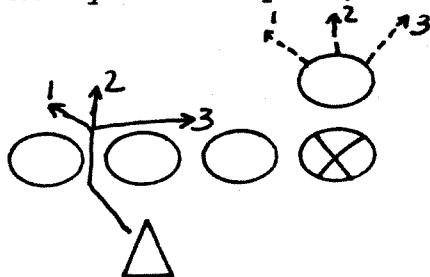
2. Look for cutbacks.
  3. As ball crosses LOS, take good pursuit course to intercept it.
- G. If End (visual key) releases and Tackle (pressure key) sets back and then tries to turn out Defensive End, close hard to inside for Trap.



1. Offensive Tackle wants to turn out on Defensive End with Offensive Guard trapping you.
2. Want to stay on LOS and close hard to play Trap, play Trap same as in 5 Technique.
3. If Tackle stays on you, fight across his face with outside arm or use Swim Technique.
4. You will know it is not a pass because other Offensive Linemen will be aggressively coming off the ball.

H. If pass shows, rush passer in proper lane.

1. Visual key (End) releases on pass route or sets back to pass block and pressure key (Tackle drops back to pass block).
2. Must complete move first. Get penetration across LOS.
3. Once you read pass, find QB.



4. Rush passer in same lanes and in same manner as 5 Technique.

I. If there is no man aligned outside the Offensive Tackle (i.e., Split End side) in a position to block down on you, DO NOT CHANGE YOUR TECHNIQUE.

## GOAL LINE TECHNIQUE

### I. Stance and Alignment

- A. Normal four (4) point stance with more weight forward on the hands; get lower in goal line situation.
- B. Crowd the ball.
- C. Alignment will vary with distance to go for TD or first down. Normal alignment in 2I.
- D. If very short yardage for first down, line up in 0 Shade on Center and attack his outside leg.

### II. Movement and Blow

- A. Move when the ball moves. You must think penetration; visual key - Center, pressure key - Guard.
  - 1. Nose Control - Deliver blow into Offensive Guard, maintaining slight inside shoulder control.
  - 2. Inside Shoulder Control - Deliver blow into Offensive Guard's inside shoulder and maintain control.
  - 3. Gap Charge - Same as A Gap.
- B. Be aware of inside cutoff by Guard and reach block by Center.
- C. MUST BEAT the reach block to either side.
- D. Must keep both your outside legs free.

### III. Responsibilities

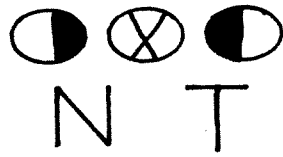
- A. You must get penetration; jam Offensive Guard and keep him from getting LB clean.
- B. Stay low. Hands should not leave the ground.
- C. Maintain Guard-Center gap control. DO NOT be blown off LOS.
- D. Play with tough control technique in your area.
- E. Pursue to football flat down LOS.

### IV. Keys and Responsibilities

- A. You must get penetration; jam Offensive Guard and keep him from getting LB clean.



B. Guard - Center gaps.



## GOAL LINE 5 TECHNIQUE

### I. Stance and Alignment

- A. Stance normal.
- B. Crown ball - More weight forward - Tail up.
- C. Heavy 5 Alignment (nose on outside eye of Offensive Tackle).

### II. Movement and Blow

- A. Move on movement of Offensive Tackle.
- B. Attack LOS with low offensive block - Drive off.
- C. Maintain outside shoulder control and protect the off Tackle hole. Attack his outside thigh board.
- D. You can't be over blocked by Offensive Tackle.
- E. Pursue on plays.

### III. Responsibilities

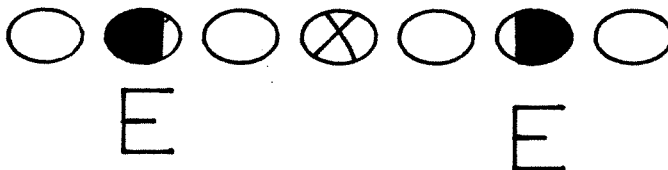
- A. You must get penetration.
- B. You must control C Gap.
- C. You can never be hooked by Offensive Tackle.
- D. You must get under his pads - The lower man wins.

### IV. Keys and Reactions

Same as 5 Technique.

### V. Coaching Point

- A. You will use other techniques in Goal Line; we will also use 4I, 5 Skin Out and 5 Slant. On these techniques, you have the same responsibilities as any time you execute these techniques. You must, however, remember:
  - 1. Line up tighter than normal.
  - 2. Stay lower than normal when executing techniques.



GOAL LINE SUPER TECHNIQUEI. Stance and Alignment

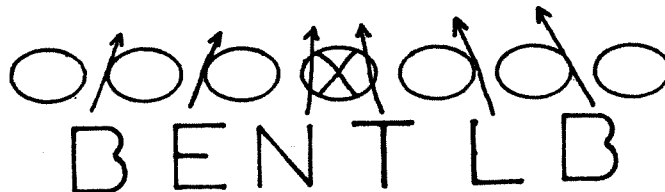
- A. Four (4) point stance.
- B. Arms - Shoulder width - Drop arms directly to ground.
- C. Elbows bent at 90° angle.
- D. Back in straight line from shoulder to hips; hips higher than shoulders.
- E. Hips and knees flexed ready to explode.
- F. Feet - Stagger with inside foot back.
- G. Weight - 75% on hands and 25% on the ball of the feet. Mental weight on your outside leg.
- H. Head and neck - Natural extension.
- I. Width - Nose in the gap between two (2) Offensive Linemen - Over Split align inside gap.
- J. Depth - As close to the ball as possible.

II. Movement and Blow

- A. Concentrate on the ball so you can move as soon as the ball moves.
- B. Drive upfield through gap.
- C. Drive upfield low and hard getting penetration, keeping your pads parallel to the LOS. Hands should not leave the ground.
- D. Get your shoulder pads under the pads of the Offensive Lineman.
- E. Get head up when unblocked.
- F. Pursue to the ball.

III. Responsibilities

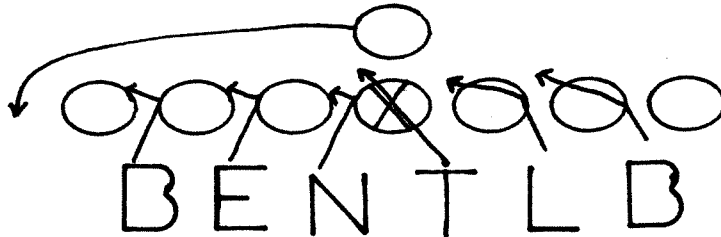
- A. Play toward



1. Execute a Super Technique.
2. Make the Offensive Backs cut or Dive deep in the backfield.
3. Make a pile upfield.
4. Pursue to the ball.

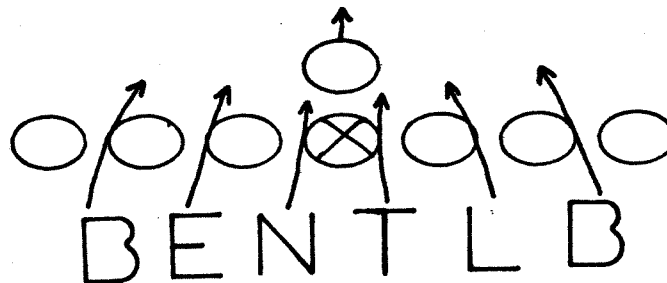
B. Play away from Super.

1. Execute a low Pinch Gap Technique.



2. Get penetration upfield.
3. Run to the ball flat down the LOS.

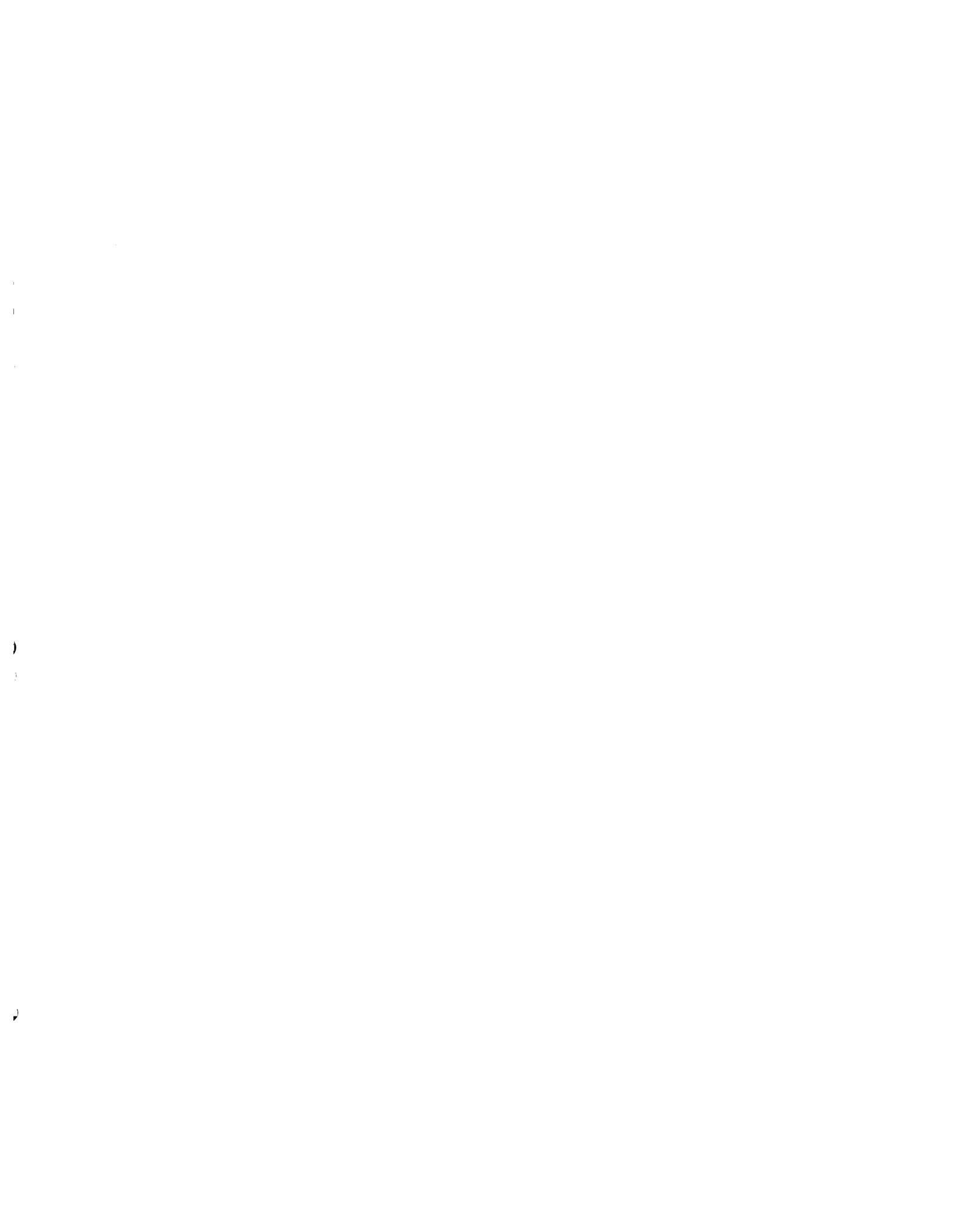
C. Pass.

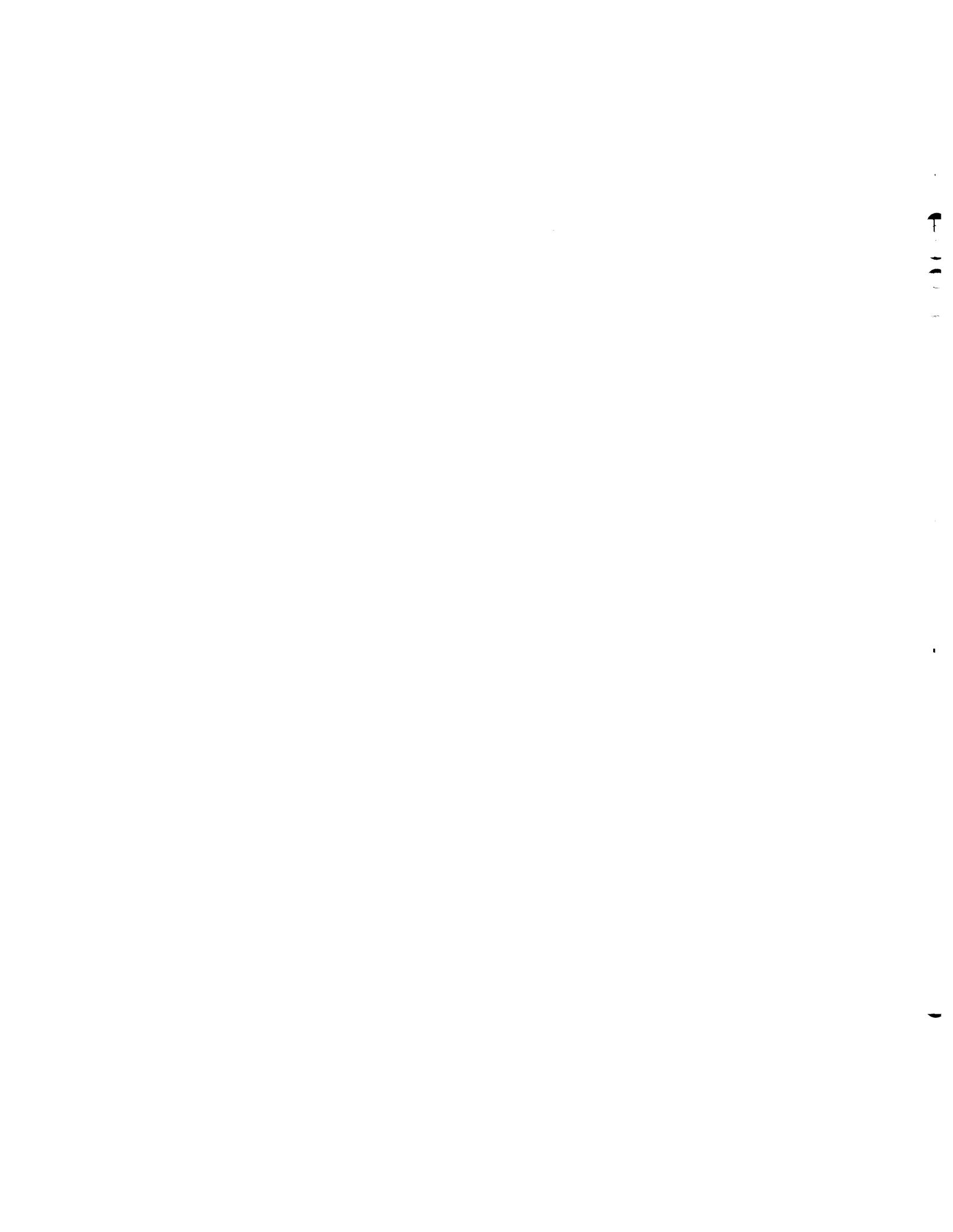


1. Execute a Super Technique.
2. Get penetration upfield.
3. Run directly to the QB.

D. Coaching Points.

1. Stay lower than the blocker.
2. Get penetration upfield.
3. Keep pads parallel to the LOS.
4. Take care of your Gap, then pursue to the ball.





**SECTION III**  
**BUCKEYE DEFENSE**  
**OUTSIDE LINEBACKER PLAY**





## OUTSIDE LINEBACKERS

### General Information

The Buckeye Defense is a multiple scheme defense. We will align in many Fronts and each player will learn a few basic techniques which will carry-over from defense to defense. Our Base Defense is Gap oriented for Run responsibilities.

We do play a SS to the field concept; but our defensive calls will also be made by the Buck LB based on the offensive formation strength rather than the SS location. Listen for LB's call!

### BUCKEYE DEFENSIVE CONCEPTS

To be able to employ a multiple scheme defense, there must be a flexible communication system that ties together various Fronts and Coverages. A few Basic Key Techniques will be plugged into the overall scheme. These techniques will be consistent from one defense to another. KNOW YOUR BASIC TECHNIQUES!!!

Our defense will ALWAYS be oriented to the "CALL" made by our LB's. Listen for the call. Communications are vital!

1. Huddle call front will determine which technique the rush OLB uses.
2. Huddle call coverage will determine what possible Technique Drop OLB uses.
3. LB call will determine which side front will be set to. Exception in Field Defense - Either to or away from SS.
4. Safety call will determine the EXACT coverage to be used.
5. Checks may be made in coverages if Flanker "MOTION" changes strength.

There are three (3) different ways we will package and call our defense. Listen in the huddle for the key words.

1. Field Oriented Defense - Example: Field Eagle 7.  
Front will be called to the wide side of the field. Buck aligns to the field, Leo aligns to the boundary.
2. Bench Oriented Defense - Example: Bench Eagle 6.  
Front will be called to the boundary. Buck aligns to the boundary & Leo aligns to the wide side of the field.



KEY THOUGHTS\*\*\* THE DIFFERENCE

Between success and failure, the difference is doing things exactly right and nearly right!!!

1. Proper footwork - Get body in position!
2. Play blockers first!

\*\*\* 2% BETTER

What have you done to improve today?

\*\*\* KNOW WHAT TO DO EVERY PLAY

Stance & Alignment  
 Call  
 Key  
 Responsibility Area & Charge  
 Run Reaction  
 Option Responsibility  
 Pursuit Course  
 Pass Reaction

\*\*\* PURSUIT & GANG TACKLE

It's not a crime to get knocked down!  
 It is a crime to stay down!  
 Get up & pursue every play to the ball . . . . .

IMPORTANCE OF TACKLING

1. A burning "desire" to get the man with the ball. Find a way to get him down. This is what defense is all about.
  2. Don't reach for BC. Get as much body contact as possible and drive your legs.
  3. Keep your chin up, face up and eyes open. See your target. Focus point!!
  4. Contact from low coiled position - Hit on the rise.
  5. Face mask on the ball - Kiss the ball - Pop it loose.
  6. Arm thrust at impact is important - explode with arms. Lock hands or grab jersey.
  7. Follow through - Wide base, leg drive.
- \*\*\* When the opportunity arises - Let's take advantage and get knock-back hits. A hit through ball carrier with leg drive.

## THE INTERVAL THAT CAUSES GREATNESS

Three (3) things comprise the "GREAT INTERVAL":

1. EFFORT +
2. EXECUTION +
3. ENDURANCE = INTERVAL

The longest play in football - A long kick-off return is approximately 12 seconds in length.

The shortest is a no-gain direct line drive. It's duration is about 2.5 seconds in length.

The average play is near to four (4) seconds.

When we say INTERVAL we are talking about the time period from the ball snap that ignites us to 4 (four) seconds later. Nothing else really matters in a game.

On the average, offense runs 80 or so plays. Defense runs nearly the same.

We are talking about 4 x 80, or 320 seconds, or about five (5) minutes a game. This comes out to about an hour of full speed football a year.

When we say INTERVAL, we're asking if you will give EFFORT, EXECUTION, and ENDURANCE for OHIO STATE - Just five (5) minutes worth a game, an hour a year. A four (4) second interval by every player on every play will make us a great team.

Listen and watch for the work throughout practice.

WE WILL BECOME WHAT WE DO!

DO THE INTERVAL!

You must be in superb physical condition to do the interval.

OUTSIDE LINEBACKER DRILLSTHESE FOUR THINGS DETERMINE WHAT YOU PRACTICE

1. The number of times you do the technique in a game.
2. The degree of difficulty of the skill.
3. How valuable it is to play.
4. The strength and weakness of the player.

A. Movement

<u>*Agility Run</u>	<u>*Mat Agility</u>	<u>*Quick Feet</u>
**M-Drill	Foot Fire	Jump Rope-Bursts
*Form	*Quarter Eagle	Dummy Hop Over
Back	*Seat Roll	*Skate Bags-Fumble
*Carioca	*Up-Down	Mirror Over Bags
**Shuffle	Softball Roll	Run Ropes
Lateral Crossover	Combinations	Weave Bags
Wave		*Jam Bags
*Down Line-Leap		
*Cuts-Break	<u>*Finish With</u>	
4 Corners	Fumble Recover	
**Line Touch	Breakdown	
Front to Back	Pass Rush	
*Turn Outside-Level	Form Tackle	
**Duck Walk	Pass Indicators-Level-Leap	

B. Fundamentals

<u>Shed</u>	<u>Leverage</u>	<u>Tackling</u>	<u>Pass</u>
*Ricochet-Roll	*Piano	*Popsicle	Catch
Matador	Loaded	Lift	Look
Explosion	Contain	Form	High Point
1/2 Circle		Angle	*Decision
Corner		*Lateral Butt	Zone Rotation
		Eye Opener	Pattern Read
		Sprint	
		Sideline H&B	
		Goal Line	
		Purdue Stretch	
		Minnesota Drop	
		Gauntlet	

C. Technique

<u>Read</u>	<u>Option</u>	<u>Pass Rush</u>	<u>Stunts</u>
Popsicle - Deliver (4 in 1) 7 Sled-Deliver Helmet Reactor 1 on 1 - Line Machine Gun Key 3 on 1 vs. "O" Flow Unit	*Pump Hang & Break Live vs. "O"	*1/2 Speed-Tech 3 Perfect Sprint *Jam Bags Hurdle  <u>*Blow Delivery</u>  6 Point Explosion 4 Point Explosion 1 Knee Popsicle Ricochet	Dummy Sled 1 on 1 Reactor Dip & Rip

OUTSIDE LB TERMS

## A. General Terms

- Arc - A wide release by TE. Slot or Lead Block with resulting block on Secondary Contain Man.
- Blocks (H.F.G.) - A block in or out by Halfback, Fullback or Guard.
- Boot - A Quarterback Keep with ball Action Away from flow of backs.
- Check - A call from Secondary to change the coverage to another coverage.
- Coaching Point - Special comments by coach on how to play your technique vs. various situations.
- Eagle Side - Side of defense opposite Read side.
- Execution - Efficient and proper way of getting the job done.
- Flex - Term to describe split of up to five (5) yards of Tight End or Slot.
- Gaps - Areas of responsibility.  
C Gap -- Offensive Tackle area (Tackle to End).  
D Gap -- Outside area (End to Contain men).
- Hook - Outside-in approach by blocker.
- "In - Off" - A call by OLB to his Tackle to tell him his rush lane.
- Influence - An attempt by offensive blocker to get defender to react a certain way so that something else can be set up.
- Kick-Out - Inside-out approach by blocker.
- Key - A movement of offensive man or ball that initiates a reaction by the defender.
- Key Releases - Movement initially by the defender's key which gives reaction. There are five responsibilities:
1. Drive ---- Straight-on block release by key.
  2. Hook ----- Release by key attacking End's outside half.



3. Down ----- Release by key to block inside man.
4. Arc ----- Lateral release avoiding End to outside.
5. High Hat - Pass release either inside or outside.

Load - Block on End by Back or Guard to Hook him in on an Option Play (i.e., keep the OLB off the QB).

"Off" - A call by End to Tackle, to alert Tackle that End will drop on all Pass Actions. End may walk-off on a Split End or Hawk. Tackle has Pass Contain on all passes.

React - Response with movement to key's movement or pressure.

Split - A term to describe a split of Offensive End of five (5) yards or more.

Strong - Three (3) Receiver side.

Sprint Out - Running pass by QB attacking the End quickly with no fakes.

Triangle - Your key set up starts with the End or Slot and goes back to the Guard, then to the ball. By reading your triangle, you will determine what play is being run, how you are blocked, who has the ball and what your reaction should be in the situation to defeat the play.

Weak - Side away from three (3) Receivers.

#### B. Fundamentals

Block Protection - Keeping in a good football position using hands, arms and shoulders to keep blockers from getting into your body or legs. Play blocker first.

Contain - Outside position on the ball, keeping it one (1) yard inside and one (1) yard upfield.

Drop - Movement by OLB to get back into Pass Coverage in proper zones.

Fite Pressure - Go through blockers head to the ball.

Hang and Break - Option Technique which forces QB to Pitch the ball. End takes initial steps then waits for QB with toes pointed upfield. Extend inside

arm toward QB. Shoulders square, outside leg back, and feet moving slightly. If QB turns up, tackle him. If he runs by you, attack with inside arm-foot. If he pitches, break to the outside, down the LOS to cat the Pitch Man.

**\*\* Important Coaching Point --** Once Option is recognized; back off ball, make QB attack.

- Hitting Position - Universal defensive stance assumed for hitting; feet parallel and moving, shoulder width apart, knees flexed, butt down, head up, low-ready position, arm relaxed.
- Leverage - Outside shoulder position on blocker with your pad under his pad. Also, position on the ball.
- Outside Arm Free (OSAF) - Taking on a blocker with inside arm - shoulder in order to keep outside control on him.
- Pursuit Angles - Proper path taken by defenders to meet the ball carrier for the least gain. Be nasty when you get there. Go to "A Gap" until ball shows.
- Fold - Technique of pursuit on the defensive side of the ball directly on a line following the LB's. Check Cutback, Counter, Reverse, Boot.
- Trial (Chase) - Technique of pursuit on the offensive side of the ball, bending as tight to the LOS as possible. Check Cutback, Counter, Reverse, Boot.
- Shed - Ward off a blow attempted by blocker, separate from him using hands and arms. Keep legs free to run to the ball.
- Weapons - Use of hands, arms, shoulders, and head by defender to whip the blocker.
- Forearm Blow - Blow delivered with outside face of arm and followed by shoulder, lift under pad. Roll wrist out. Eyes to sky.
- Hand Shiver - Blow delivered with heel of hand, elbows together. Heels of hands together.
- Visual Contain - Collapsing behind the LOS checking for Cutbacks and being responsible for Boots and Reverses.

### C. OLB Charges

- "Fire" - An aggressive inside charge by Leo. Align in "6" and key the ball. Lead step with inside foot at Offensive Tackle's helmet. Cross over with outside leg, dipping your outside shoulder and ripping your outside arm through. If Fullback is coming, attack him hard. Flush making everything bounce.
- If End blocks down on you, rip upfield so that you aren't collapsed inside. If Dropback Pass, bounce outside to Contain. If Sprint Pass, run inside the back's block for the QB. You must get your head in front of the Fullback. Rip Crossface!
- Slip - Align in 6I - Similar to Fire move. Use lateral step and penetrate with power. Same responsibilities as Fire.
- Quick - Same as Fullback charge only at last instant as Fullback and QB approach, push off your inside foot for depth and attack the QB.
- Loop - Align in "6". On snap, lateral step, crossover tight around man to position one (1) yard upfield. Don't get hooked. You have QB on Option.
- Queen - A Pass Rush charge by End to attack QB fast with depth. Align in Loose 9 Technique and charge through outside hip of TE or Slot (if End Split, rush at near foot of back). Ignore End as he releases; don't get tied up. Read as you come. Rush and Contain all passes. Close fast on Offensive Tackle plays. Attack the QB on all Options.
- Go - A call to get both OLB's involved in Pass Rush. Align one (1) yard outside TE or Slot and rush aggressively on ball key. Aim one (1) yard outside Nearback. Get depth fast to five (5) yards. Contain all runs and passes from hard outside - Force will be called.
- Buck - Is a call to send the Buck backer on a Stunt through his Gap responsibility. Key ball and move on movement (example: Stack Eagle Buck 2).
- Bear - Is a call to send Buck backer on a "C Gap" charge. Have weight on outside foot and key TE's helmet. If attacked by a Base or Hook block, come under into "C Gap." If TE blocks down, come off butt and wrong arm (example: Field Eagle Bingo 3).

- Bolt - Call used to get Buck back on easy support charge. Key ball and take Pitch on Option & Contain on Pass.
- Blaze - Call used to get Buck on QB charge on Option.

#### D. Adjustments

- Attack - Play against the QB on Option in goal line or short yardage situation. Attack QB as soon as Option shows. Don't let him run the ball or turn up for yards.
- Cushion - When flow is away, take your initial steps, then check for Cutbacks, Counters, Bootlegs, and Reverses; then cushion for Run or Pass. Take two (2) steps back still checking for misdirection play, then pursue laterally (fold) following the Linebackers. On Pass Action, turn outside and drop to your area; head on a swivel.
- Fold - Become a LB after your cushion.
- Drop - Move into Pass coverage after your cushion.
- \* NOTE: Cushion Call means that both Ends play Cushion Technique on ball action. "OUTSIDE": Ball come - 1 Stay. Ball go - 1 Cushion. Dropback - 1 Cushion and Drop.
- Eagle - Adjustment switch by Tackle and LB. End play inside 6 Alignment on Slot or TE. If Split End your side, play Loose 5 Technique on Tackle your side (1 foot outside); that is an Eagle Loose.
- Flood - Term which tells Drop and he is involved in Pass Coverage and will drop on any Pass Action. Listen for Rover's call "Off Call." Funnel second Receiver out. Curl Responsibility.
- Grab - Technique where End physically grabs TE or Slot on his release and holds him up; used especially in Flood Technique.
- Heavy - Term to tell End to play Head-Up Alignment.
- Squat (Slam) - Drop End moves out and plays outside shoulder of Split Receiver (Slam, Force, Receive outside). Physically force Receiver on inside release; compress him inside, receiver harass receiver; then get width and depth to void area in wide flat. "Off Call" - you have Pitch on Option.

Queen Call -

OLB will take QB on all Options. If Outside Veer occurs, step as to take Dive at comeback out for QB.

OUTSIDE LINEBACKER'SI. BASE TECHNIQUEA. Stance and Alignment

1. Stance - Line up in a two (2) point stance with outside foot slightly back. Shoulders parallel to the LOS and be in a good low football position placing more weight on your outside foot than your inside foot. Keep your hands low to protect your knees. Align with feet 18" off ball.
2. Alignment - Basic alignment is with your inside eye on the outside eye of TE. If SE your side, you may stack in a hip position on your tackle.
3. Adjustment - May take any larger gap; but make the play.
  - a. Two (2) yard split - Play head up. Must protect your LB.
  - b. Two (2) to three (3) yard split - Play inside eye (2 Technique); inside arm free.
  - c. Three (3) to four (4) yard split - Play 1 Technique (inside shoulder).
  - d. Over four (4) yard split - Play 1 1/2 yards from your tackle. May stack in hip position.
  - e. Tight Wing - Align in 3 and be aware of Wing's block. Protect your LB. Disguise your alignment.
  - f. Tight Slot - Align on inside shoulder of End (1 Technique).
    - 1) 2 Yd.
    - 2) 2-3 Yd.
    - 3) 3-4 Yd.
  
    - 4) Over 4 Yd.
    - 5) Tight Wing
    - 6) Tight Slot

## B. Key

1. Main key is helmet of the number three (3) man (TE or Slot). Must concentrate! Move on key's hand (peripheral vision) movement. Destroy first.
2. Other keys in progression are (triangle):
  - a. Near Halfback (HB) or Wing;
  - b. Fullback (FB);
  - c. pulling Lineman;
  - d. ball lane and backfield flow pattern.
3. Read the approach of the second blocker; sense what he is trying to do to you; and react accordingly. Recognize courses.

## C. Responsibilities

1. Make an "In" call to your tackle.
2. Basic throughout is protect your Linebacker (Jam TE) and defend the D Gap to Contain from inside out. Must keep TE off you LB. Whip your main key first. You can't be driven off the ball.
3. Squeeze the D Gap laterally, but don't get caught inside. Pincor action.
4. Control D Gap area on LOS. Play OSAF up to three (3) yards outside original position then play 2 Gap to the ball.
5. On Options: Take the QB using the Hang and Break Technique, staying on his near hip. Exception - On outside veer, close and read the mesh. Take Dive, but come off on QB if you read it.
6. Pass Action: Must Contain and Rush all Pass Actions. Pull up QB.
7. Action Away: Pursuit course - Shallow chase; check Cutback, Counter, Hook and Reverse in that order. Come flat; then deepen to the ball.

## D. Technique

1. Explode on movement of your first key - The band of number three (3) man (TE or Slot).
2. Take a short job step with your outside foot as you push off your inside foot. Attack the LOS.

3. Deliver a solid blow to the head or Hand Shiver to the shoulder of your key. Protect your LB. Use good arm action; roll your wrist out; roll hips under; eyes to the sky. Must come underneath blockers' chin with pad in order to neutralize his charge. Cause hand separation with blocker by pushing off breast pads. Bench-press and grab cloth.
4. Collect up by dragging your back foot up on its original position. Shuffle! Don't get outside foot upfield.
5. Read your key sequence quickly and react. Be constantly aware of flow of the backs and ball.
6. Always maintain a good solid football position with shoulder square, feet pointed upfield and outside arm and leg free principle. Play through the blocker's head.
7. Don't penetrate until you locate the ball.

E. Reactions: You Can't Be Driven Off The Ball

1. Turn Out (1 on 1) - Pincor Action

If End or Slot blocks you one on one (1 on 1), react to his helmet and meet pressure tough. Deliver a hard blow and whip his block, your pad under his chin. Don't drop step or give ground. Squeeze the C Gap through the blocker's helmet keeping outside arm - leg free principle. Read flow of backs and get hand control - Separation with legs free. **DO NOT COMMIT INSIDE UNTIL BALL CROSSES LOW. DO NOT RUN AROUND BLOCKS TO OUTSIDE. FOLD OR CHASE IF BALL GOES AWAY.**

2. Hook (1 on 1)
  - a. If TE Hook blocks, match his lateral step with our outside foot. Drive your outside arm to a locked position through his outside shoulder. Look the Hand Shiver through his ear-hole and work a 45° power angle upfield. Maintain outside position and control of the TE on the LOS. Be prepared to shed and make the play at all times.
  - b. If End Hooks and near back comes to Hook also, play first blocker the same, but shed and release from him quicker and work up to the next blocker using hands and crossover step to keep leverage and maintain outside leg free principle. Don't create an inside running lane.



3. End Blocks Down

Anytime TE blocks inside, the outside LB must step with inside foot at 45°, your movement should be in and up. Think to protect your LB. Jam TE with Hand Shiver under his near pad to destroy his block on LB. (Do not chase TE down inside. This should only be a short step with inside foot. Keep outside foot planted until you recognize the play.) Get your head up and recognize the "course" of your next key so that you can react on your second step. Keep your shoulders square and your outside leg free; inside leg up. Read on the move. Constantly be aware of ball action and flow.

4. Down Block Reads (Approach of Second Blocker)

- a. Kick Out (Inside - Out Approach)  
Shuffle in and up to take away blocking angle. Read the Kick-Out angle, attack blocker and wrong arm the kick-out; make the ball run the hump.
- b. Hook (Outside - In - Flatter Approach)  
Push off inside foot to outside at 45°, come upfield to take away blocker's angle. Meet blocker with good blow first. Keep leverage on the ball; actual 2 Gap - You have support outside. Use hands to control! Play through the head of the blocker, trying to put blocker in ball carriers lap. **DO NOT OPEN UP AND CREATE A RUNNING LANE INSIDE! GIVE GROUND GRUDGINGLY!!!! PUNCH AND DRIVE!!!!**

Get head up -  
Come off in or out

Versus a Sprint Out with Double Hook, get width fast before working upfield. Go Flat to get position on blockers. Main objective is to stay on feet and turn QB back into your LB help.

Versus a Hook Block and a Play Action Pass, the OLB must recognize the ball off the LOS and work upfield using hands and Crossover steps to pull up (Contain) the passer. Go through the head of the blocker and stay on your feet!

- c. Speed Option  
Plays static on LOS and play "Hand and Break." You have the QB.

5. Hang and Break Technique

- a. Recognize the ball on the line of Option lane.
- b. Stay on the line in football position with shoulders square and outside leg back ready to break outside in pursuit (may drop 1 step).
- c. Make QB come to you; do not attack him. You Option him; make him commit.
- d. As QB approaches you, give off slowly, depending on QB's ability.
- e. Play off his upfield (near) hip. Keep him arm's length away. Don't drift upfield.
- f. As long as QB is no closer than one (1) yard, keep hanging and giving off slowly.
- g. Your position on the line should cause the QB to Pitch as his read - Which is what you want.
- h. If QB turns up inside - Play outside foot and roll in to tackle him. **DON'T TAKE A PUMP FAKE.**
- i. If QB tries to run across your face, you must take him by stepping with your inside foot. **NEVER LET QB CROSS YOUR FACE WITH THE BALL.** Tackle him high.
- j. If QB pitches, push off your inside foot and break to the outside in your proper pursuit angle to intercept Pitch man.
- k. Make sure the ball is IN THE AIR before you break outside in pursuit. **DO NOT TAKE A PUMP FAKE.**
- l. 65 GOAL LINE - Attack QB now, no Hang and Break. Play Attack Technique.
  - 1) Outside Veer - Play down block the same as off-tackle play. Jam TE an step in an up to close C area. Squat and read the mesh. You must face up dive-back - You have him. Be in position to come off on QB if he keeps.

- 2) Influence - Step to Jam End laterally. Look to near back for H block. Read his angle of approach! Step to meet his block; be under control. If he is wide and passes you by, step immediately in the inside for the block of the Fullback (FB) or Guard (G). Never widen to far; keep "tempo" on the ball. If Belly Option shows, play tighter, you have QB. Don't get stretched out.

6. Arc Release (Outside)

- a. Read the high head release of the End as he releases away from you outside. Step at him and chug with hands to delay his release. Use your hands to protect yourself from the possible hook block. Look back inside and read the play locating the next blocker. Do not run outside to far. Read approach of next blocker. Three (3) steps should be lateral, cross over, level.
- b. KICK OUT (Inside - Outside Approach)  
Squeeze C area and Rip through blockers head same as with down block and kick-out. Don't open a funnel.
- c. HOOK (Outside - In Approach)  
Same as down block and hook. Defensive End should be in good position to read since his initial read took him outside.
- d. OPTION  
Ball on the LOS coming at you stay on the LOS and play Hang and Break. You must force End wide and flat on his release to buy time for the Rover to react. Three (3) steps, crossover - lead, crossover.

\* **NOTE:** On some Option blocks, the TE may butt block you first, then Arc release. Control him and react the same as an Arc Release. Grab cloth. Keep blockers in front of you to string him out. Look for a load block by Nearback.

\* **SPECIAL:** If TE but blocks, then releases inside - Control same as turn-out and look for load block. Come off quickly and Piano upfield. Get inside leg upfield. Quick recognition.

- e. PASS - SPRINT ACTION TD:  
Step and recognize QB leaving the LOS. Accelerate upfield quickly with width to a depth of five (5) yards. Use hands and cross-over to keep your outside arm-leg free principle. Keep your legs free. Your job is to "pull up the QB" - Contain him first, then

pressure. Allow your inside rush to force QB.

Play through the blocker's helmet. If threatened by 2 blockers on a Hook approach, run past the first blocker and play the second or deepest. Take a flatter course.

Keep QB inside and one (1) yard upfield from you. DO NOT GET DEEPER THAN QB! DO NOT WIDEN TO FAR - OPEN A HOLE INSIDE! STAY ON YOUR FEET! CONTAIN - CONTAIN - CONTAIN!!

#### Rules of Thumb

- 1) Can't get hooked; stay on feet at all costs!
  - 2) Don't get too wide! Take proper angle! Tighten it up!
  - 3) Don't get too deep! Stay in throwing lane! Make pull-by move if get deeper than QB!
  - 4) Never turn and face the QB until you ship blockers.
  - 5) Backside rusher keep leverage on QB's deep half.
7. DROP BACK (RUSH TECHNIQUE)  
Rushing the pocket passer is mostly Pride & Desire - Second Effort!
- a. Step and recognize. Anticipate pass by tactical situation.
  - b. Accelerate to close the cushion on the blocker. Avoid contact!
  - c. Rush in the outside lane - You must Contain - CONTAIN - C O N T A I N !!!
  - d. Use your hands to defeat the blocker, no swats or butts, get under his pads.
  - e. Keep moving your feet to the spot where the QB will set up. FORCE A LINE TO THE QB to where he will set up. Beat him back to the point.
  - f. Rush Technique -
    - 1) Fake in and go outside.
    - 2) Arm over - Reach your inside arm over; step through with inside leg. butt

first, then pull his outside pad down and in.

- 3) Crash - Outside shoulder drive.
- 4) Pull by - Plant inside foot and pull by; step outside leg and arm over fast and hard.
- 5) Reverse spin - Plant inside foot and roll butt to blocker.

g. As you approach the passer:

- 1) Rush to his deep half.
- 2) Hands high.
- 3) Feet on the ground.
- 4) Keep control!!!

h. Total emphasis on CONTAIN!!! Keep ball inside and in front.

#### E. Block Reactions

1. Turn Out (1 on 1)  
Step and control using outside arm-leg. Position your body inside blocker's helmet. Keep inside arm FREE. Don't allow him to have inside position. You can't be caved in. Stay square. Control LOS. "Lock - Out" & "Drive."
2. Hook (1 on 1)  
Step with outside foot and deliver hard with outside shiver. Fite the pressure of the Hook hard from inside-out. Try to turn his shoulder as you stretch it out. If he over reaches you, come off his tail tight and go to the ball. Flatten his head. Don't let him get his head upfield.
3. Down Block  
Play down block with hands. Do not get outside arm tied up. Match his step and flatten him with your Hand Shiver. DO NOT ALLOW HIM ON THE LB. Pull him by with your outside arm and swim your inside leg and arm over to come tight off his butt. Play in the C Gap. Position yourself tight in hole. Take on all blocks with outside arm.
  - a. Kick-Out: Cause a pile - Make ball bounce.
  - b. Hook: Play inside shoulder of blocker - Flatten him out. Get upfield to him.

c. Dive Threat: Tackle the dive back in C Gap - Swim off TE's butt. Leo - Always has QB responsibility unless designated by charge.

d. Speed Option: Force the QB!

4. Arc Release

If key Arc releases, lateral step with outside foot with him to make sure it isn't a Hook block. Look inside to recognize the play. Push off the outside foot and come back inside to play the play. Play the next blocker.

a. Option: Play QB tight - Don't attack; give ground. Exception: Goal line defense.

b. Pass: Contain pass rush.

c. Kick-Out: Take on blocker with outside arm - Force ball to bounce.

d. Hook: Come upfield to force blocker's angle. Flatten his head from inside out.

F. Pursuit

Chase shallow flat down the LOS to A Gap. Look for cutback. Keep Backside Contain on Pass Action Away (deep half of QB).

G. Pass

Rush and Contain using Base Pass Rush Technique vs. Dropback only. Attack Play Action with a Crossface Rip.

\* **NOTE**: Keep inside arm free on all blocks. Define the "C" Gap. Crossface a second blocker and play inside his block.

\*\* **SPLIT RULE**: 1. One (1) yard - Play Eagle (6 Tight)  
2. One (1) - Two (2) yards - Play Eagle (6 Inside).  
3. More than two (2) yards - Jam Technique.

\*\*\***EAGLE-FULLBACK**

Make a Fullback charge if TE splits more than two (2) yards or if there is only a SE or Twins look. Crossover and Rip across all blocking threats. Tackle the FB on a Dive Action. Get your head in front. Versus Play Action Pass, go inside the blocker using outside arm rip. The LB second Contain.

5. CHASE CONTAIN (FLOW AWAY)

Step and recognize Flow Away. Squat and hold until you check Cutback, Counter Option, Bootleg, Inside Counter, Reverse.

Keep shoulders parallel and inside foot up until you are sure ball has gone away. Never allow QB to cross your face with or without ball (Boot or QB Throw-back). As you chase, curl tight down the line in a shallow chase for Cutbacks, etc. Look ahead for anything coming back. When the ball crosses the LOS then take the proper pursuit angle. Go to "A Gap" first.

## 6. SPECIAL SITUATIONS

a. TIGHT WING YOUR SIDE - Alignment is a 6 Technique and concentrate on keeping the TE off your LB. Be very aware of the Wingback. Explode and jam TE, looking immediately for the Wing's block. Always disguise your alignment and charge.

1) Base - Explode meeting TE;s pressure and control him on LOS. Know what Wing is doing.

2) Double Team - Explode to jam TE. Read Wing's approach and take leverage off the TE. Step and deliver blow into Wing, fight to hold the D Gap area. Stay low! Do not use hands. Dip outside shoulder.

3) Wing Crack - Explode to jam TE. Immediately eyeball the Wing. As he approaches, step immediately upfield to avoid his block. If he comes directly at you, flatten across his head with outside arm (Shuck & Go). Use hands to get away.

If Wing position blocks you, take angle across LOS and work upfield. Get past him and wipe out interference. Angle is important.

4) Influence - Explode to jam TE. Look immediately to the Wing; step to meet his block; be under control. When he passes you by, step immediately back inside for block of Fullback, Guard or Outside Veer play.

5) Outside Release - Explode to jam TE. Flatten him two (2) steps. Look for Option Pass.

b. ALTERNATIVE ADJUSTMENTS: Conceal your alignment.

- 1) Soft Read - Step back off the line one (1) step planning same technique. Get a better read on TE and Wing combination.
- 2) Loop - On snap, Loop step out to Wing, then react to blocks as normal.
- 3) Crash - At last second, cheat out to the Gap and Crash for penetration on snap. Make something happen.

\* NOTE: Basically we will play normal techniques to the Wing with no adjustments. Don't change your technique unless it is a called part of the defense.

OPTIONAL: If you are a Rush End, you may drop down to a three (3) point stance in order to get a better charge. Never play a three (3) point if you are the Drop End.



## II. EAGLE TECHNIQUE

### A. Stance & Alignment

1. Align in a "inside-eye" position - "7 Alignment."
2. Good football stance, with feet parallel - No stagger, so that you can step and hit with outside arm-leg.
3. Split End or Twins - Play Jam Technique (5) with no penetration.

NOTE: On some defenses with this situation, an Eagle - "Fire" charge will be employed.

### B. Key

TE or Slot same as base; if n TE or Slot in #2 lineman position, play Jam Technique. Eagle - FB Technique is used, key ball and execute "Fire" if no TE or Slot in #3 position.

### C. Responsibilities

1. Protect your LB - Over-emphasis on this.
2. Defend C Gap with inside arm free.
3. Fight sweep pressure inside-out. Keep working out towards Contain.
4. Option: Play QB.
5. Pursuit: Shallow chase flat down LOS.
6. Pass: All passes make an aggressive Contain Pass Rush.

NOTE: Be sure to know if there is a Jam or Fire adjustment to a SE or Twins.

### D. Charge

1. Step with outside foot and hit with inside out attitude. Attack the LOS.
2. Same as Base Technique except stepping and controlling with outside leg-arm rather than inside leg-arm.
3. Footwork would be just opposite of Base Technique. Attack TE and LOS on air take lateral replacement step and read progression.

E. Block Reactions

1. Drive: Attack and control LOS. Play TE through the middle using Hand and Hands Technique.
2. Hook: Control LOS. Use Hat and Hands Technique to keep TE's shoulders parallel and under control. Maintain inside-out leverage on the ball.  
  
\*Key Point - Must be strong, can't get washed inside giving up the Quick Corner.
3. Down - G, KO, Trap: Collision TE and squeeze C Gap. Read next most dangerous blocker for scheme and angles. Once blocker is declared read for Trap or Log Course. Attack on in and up course.

Trap - Wrong Arm  
Log -- Flush

F. Pursuit

Close & Trail - Check for Cutbacks, Boots and Reverses.

G. Pass

Hammer TE. Use aggressive Contain Pass Rush.

### III. JAM TECHNIQUE

#### A. Stance & Alignment

Same stance as Base Technique except on alignment you will align in a "5 Alignment" on the Offensive Tackle. Your inside foot to outside foot of Offensive Tackle.

#### B. Key

Offensive Tackle, but same key coaching points as Base Technique.

#### C. Responsibilities

1. Protect your LB (Hand Flick).
2. Run: Base --- OSAF  
Hook --- Drive (OSAF)  
Dave --- Squeeze & Wrong Arm  
Down K - Squeeze & Flush
3. Option: QB Responsibility
4. Pursuit: Shallow chase flat down LOS.
5. Pass: All passes make an aggressive Contain Pass Rush.

#### D. Charge

You are expected to stalemate the Tackle on Reach and Base blocks. Use more hands on high cut-off block.

#### E. Block Reactions

1. Turn out (1 on 1): Hit and separate fast. Keep outside position with hand control, yet on LOS. You aren't expected to whip the Tackle. May yield some ground laterally - Not backwards.
2. Hook (1 on 1): Same as Base Technique - Never get hooked. Use Hat and Hands to lock out and skate keeping leverage.
3. Down Block: Same as Base Technique. Only take one (1) jab step with inside foot. Keep outside foot anchored. Recognize next block quickly. Be ready to react immediately. Keep shoulders square. Don't reach with outside hand.
  - a. Speed Option: Play QB "Hand and Break."
  - b. Dive Threat: Take QB.
  - c. Back Load: Step upfield - Flush the Back. Force QB deep.

d. "G" Block: Step down, don't let him come upfield inside you for LB. Rip a kick-out. Come upfield, deliver and flush, make ball run the hump.

4. Pull: If Tackle pulls outside, flatten him and look inside for play. Hold for QB on Option.

5. Turnback Block: Think Sprint Pass; immediately fight down LOS laterally. Look for back's hook blocks. Get outside position.

F. Pursuit

Same as Base Technique. Shallow chase - Contain flat down LOS to A Gap. Look for Cutback. Get depth to the ball on deeper, wider plays away. QB Sprint Pass Away - Get to his deep half. Do not allow him to scramble and roll back.

G. Pass

Rush & Contain. Use your quickness to beat the Tackle's pass block. Use Base Pass Rush Technique.

PASS DEFENSEBUCKEYE COVERAGES

Coverages are communicated through a color & numbering system. Pass responsibilities are described in each technique. OLB's must learn the techniques that go with each coverage.

<u>COVERAGE</u>	<u>DESCRIPTION</u>	<u>EAGLE SIDE</u>	<u>READ SIDE</u>
"GOLD"	Man	Rush Blitz	Rush Blitz
"RED"	Man Free	Rush Stunt	Rush Stunt
"2"	2 Deep / 5 Under Zone	Rush	Alley-Curl
"3"	3 Deep Zone	Rush	Read-Flat
"6"	2 Deep / Strong Rotate	Rush	Read-Flat (Squat)
"7"	3 Deep / Read	Rush	Read-Flat

ZONE PASS PRINCIPLES

1. Be aware of down, distance, formation (Receivers) and have great field awareness.
2. Crossover Sprint - 12 yard depth is crucial - AIMING POINT ON FIELD.
3. Head on a swivel (QB - Receiver); read patterns. Read Receiver early; QB late.
4. Square Up - Flutter back locating Receivers - Get close to Receivers. Keep inside leverage on Receivers (3 yards).
5. React on QB indicators: a) Read his eyes; b) Read shoulder turn; and c) Break when off hand comes off the ball and the long stride.

ROUTE RECOGNITION

1. Always turn outside on your drops. Look for Quick Out or Slant first.
2. Be aware of complimentary patterns. If #2 goes out to flat number area; expect #1 to come in on a Curl. If #2 goes through the Curl-Base area; expect #1 to run an Out Cut.
3. Don't play Receivers Man to Man; that is, don't be influenced out of your zone area by Receivers crossing your face. Just be aware of where Receivers are at all times so you can get a jump when ball is delivered.

Zone depth (12 yards) is critical. Be aware of patterns and what Receivers are coming to your area. Read the QB indicators and Break on the Ball!!!

IV. READ TECHNIQUEA. Stance & Alignment

Stance parallel - Alignment 9

B. Key

TE

C. Responsibilities

1. Make "OFF" call to your Tackle.
2. Don't get driven off the ball!
3. Read TE's block release for your responsibility.
  - a. Squeeze D Gap laterally. Pincor Action.
  - b. Turn Sweep inside; never getting hooked.
  - c. Option: Play Pitch on Arc release; and Dive to QB on down block.
  - d. Pass: Drop through Curl to Flat. Be field aware.
  - e. Pursuit: Cushion and Fold thinking visual Contain.

D. Block Reactions

1. Turn Out (1 on 1): Pincor same as Base Technique.
2. Hook (1 on 1): Loop step and gain outside position. Never get hooked. Turn Sweep inside. Gain outside position and penetration. You are the force.
3. Down Block: Same as Base Technique. Don't chase TE down inside. Look H, F or G block. Be ready to shuffle in and up to take away blockers angle. REACT TO KICK OUT or HOOK flush with OSAF.
  - a. Play Speed Option same as Base - QB responsibility.
  - b. Play outside veer same as Base - Close for Dive back; stay square; try to read the mesh and come off inside-out on QB if he keeps.
4. Arc Block: If key releases outside without blocking you, jam him and hold him up. Use hands; grab cloth; and force him flat outside as you work a lateral Crossover. DON'T GET HOOKED. Look back inside immediately once you have hand

control - Recognize the play, Option or Pass.  
Once you clear the blocker;

- a. Go Curl to Flat if Pass.
- b. Option: You have Pitch Contain. Widen, but don't run upfield immediately. Hang and Slide as long as you can. Make QB think you have him. but, don't let Pitch back out flank you.
- c. If End splits your side, read that as an Arc release. You have Pitch now.

NOTE: On a But and Arc Release, we will coach responsibilities on a game to game basis.

5. Dropback Block: Sit with TE playing him for a Delay.
6. Turnback Block: Think perimeter play immediately. Move laterally and stay in a "Read" - "Soft" position. If lead blocker slips to Flat, you must run with him. He now is #2 Receiver. If Backs block, come on late Contain.

F. Pursuit: Visual Contain

Split End Side - After initial step and recognition, the OLB will shuffle back three (3) Read steps as a cushion while he reads the ball action for Run or Pass. If Run shows, check Cutback, Counter, Bootleg and Reverse in that order as you fold inside in pursuit. Check Nearback, then far back keeping perspective on the QB for Bootleg. Expect the play to come back to you. Fold flat across A Gap on Run. Key Guard for Boot. On Pass Action, drop into coverage and react to the pattern.

Cutoff Block - As TE attempts to gain inside-out position on you, stand him up by stepping with inside foot simultaneously delivering blow with inside shoulder and forearm. If you can get across his face without giving ground, do so. Otherwise, let the TE by, slipping him and folding inside. You do have visual Contain!

G. Pass: (Play as a "Field" call)

1. Drop Back - Normal Drop - Curl to Flat, with #2 Receiver on Flat release drop through hash to Curl to Flat. Hammer Receiver. Try to hang in Curl area as long as possible. Don't be out flanked.

(\* c/7 Run with #2 Flat)

2. Action Away - Backside Hook to Curl only on Full Flow Away. Turn outside with depth through Hook. Widen if #2 makes outside release. Think Curl-crosser.

\* Think Throwback Lane

\* Ride the rail back to Hook - Key QB - Receiver

3. Action Toward - Think out cut immediately and get into the throwing lane for the out cut.



## V. ALLEY TECHNIQUE

### A. Stance & Alignment

Same as Base Technique only align head up in a "6 Alignment." Versus Twin Open: Align four (4) - six (6) yards off LOS and one (1) - two (2) yards inside of #2 Receiver.

### B. Key

TE or Slot same as Base.

### C. Responsibilities

1. Make "OFF" call to Tackle.
  2. Protect your LB.
  3. Run: Base --- D Gap, OSAF  
Hook --- Drive, Press, Tempo the ball  
Dave --- close, Squeeze & Flush  
Down K - Close, Squeeze & Flush
  4. Option: Same as Base Technique except play Dump Pass first and Alley on QB top Pitch. You are a late fill player.
  5. Pursuit: Cushion and fold to A Gap.
  6. Pass: Drop to Curl-Hash area. Be physical on #2 Receiver on his release.
- D. Charge: Same as Base Technique. Emphasis on being physical on #2's drive - Hammer - Control LOS.
- E. Block Reactions: Same as Base Technique. May have to string out Hook block on Sweep since you are playing so tight. Control TE down LOS. Tempo on ball!
- F. Pursuit: Cushion and Fold.
- G. Pass: Must be very physical on #2 on his release. Responsible for vertical stretch.

Get hands on TE or Slot hold up. You have Curl. As you funnel TE look to the widest man for his pattern. Get depth to Curl being aware of Wide-out coming in to Curl or for Quick Slant Pass.

- \* Hammer
- Vertical Stretch - ME/YOU
- Hash Mark Deep - Field Awareness
- Route Progression

Vertical Stretch - You and the Sam are responsible for Vertical Stretching the #2 Receiver if aligned in a Tight position. You and the Sam will use a Banjo

Technique. If #2 is in a Flex position, you will give a Me-Me call and V.S. alone.

- |         |            |
|---------|------------|
| 1) V.S. | 2) Zone    |
| 3) Zone | 4) Me Call |

Hash-Drop

Ride the Rail

\* SPECIAL NOTE FOR TWINS: Align one (1) yard inside #2 Receiver four (4) yards off the LOS. Play in the Curl throwing lane. Be alert for Quick Slant Pass. Collision #2 on an Inside Route. Use lateral shuffle to collision and redirect Receiver. (\* Six (6) yards or more Split by #2 Receiver results in automatic Me call on Vertical Stretch.)

1. Slant - Get in the throwing lane.
2. Collision #2 - Keep him out of the middle - Vertical Stretch.

VI. STACK TECHNIQUEA. Stance & Alignment

Stance Parallel - Alignment four (4) yards off LOS with your inside foot in Stack Position on OT's outside foot four (4) yards from LOS.

B. Key

Backfield flow to uncovered lineman.

C. Responsibilities

## 1. Run Responsibilities:

C Gap if attacked.  
Backside A to Flow Action Away.

## 2. Pass Responsibilities:

Same as Alley or Read, according to coverage.

D. Block Reactions

1. Power - Attack FB outside-in.

2. Tackle - Cutoff - Flush through hat.

3. Counter Trap - Stack DE.

4. Toss - Lead - Temp flush - C Gap.

E. Pursuit

Fast fold.

F. Pass

1. Alley Drop.

2. Read Drop.

G. Option

1. Dive to QB.

a. Sit, Read Mesh, Slow Play.

VII. FLAT TECHNIQUEA. Stance & Alignment

Staggered erect stance. Align in 6 Air Position.

B. Key

Ball through triangle is primary key.

C. Responsibilities

1. Run - Primary Support
2. Pass - Width Drop
3. Pursuit - Fold, Visual Contain

D. Charge

Fast flow - Knife and force - Attack behind LOS.

E. Pursuit

Fold, Visual Contain -- Cut-Back  
Reverse

F. Pass

1. Width Drop - Hash to numbers.
2. Three (3) Step Drop - Drive the Slant, Short Out





**SECTION IV**

**INSIDE LINEBACKER PLAY**









CHARACTERISTICS OF OHIO STATE LINEBACKERS

1. A great competitive spirit.
2. Physically and mentally tough.
3. Great leadership ability.
4. Self-disciplined.
5. Self-motivated.
6. Intimidating.
7. Plays with great intensity.
8. Relentless.
9. Extremely self-confident.
10. Great Football savvy.

An Ohio State Linebacker is contact personified. He is tough, aggressive and confident. He plays with courage and determination true to the spirit of Buckeye Football. He is a great motivator of his fellow teammates with a burning desire to be the very best he can possibly be. An Ohio State Linebacker is constantly working to make himself stronger, quicker and more agile. He is outwardly poised and confident while inwardly burning with rage; waiting and anticipating the next desired collision between him and the enemy. This is the true spirit of a Buckeye Linebacker.

## LINEBACKER SKILLS & TECHNIQUES

### I. Principles of Linebacker Play

#### A. Stance

1. Two (2) Point.
2. Feet parallel no wider than shoulder width.
3. Toes square to slightly in.
4. Weight on inside balls of feet (prevents false steps).
5. Heels slightly off ground.
6. Knees flexed and slightly inside heels.
7. Hips low with back slightly arched.
8. Chest out over knees.
9. Shoulders square with arms dangling and relaxed.
10. Head and eyes up concentrating on keys.

#### B. Alignment

##### 1. OKIE Linebacker

- a. Nose to outside ear of Guard (inside leg split Guard).
- b. Four (4) yards depth (five (5) yards when remaining LB vs. Ace Set).

##### 2. HAWK Linebacker

- a. Nose to outside ear of Guard (inside leg split Guard).
- b. Four (4) yards depth.

#### C. Primary Keys (key through Guard if he is uncovered)

1. Nearback vs. Split Backs.
2. Fullback vs. "I" Backs.
3. Single Back bs. Ace Back Set.
4. Quarterback vs. Empty Set.

#### D. Movement Principles

1. Key Step - Four inch (4") jab step in direction of key movement.
2. Shuffle - Lateral movement parallel to LOS being careful not to Crossover, Hop or Raise up.
3. Pivot & Crossover - Used in relation to Pass Drop. A Quick Hop opening up toward Hook Drop Area followed by a continual movement of crossing inside foot over outside foot while getting depth.
4. Blitz - Pushing off ball of foot and penetrating a designated Gap while avoiding blocks and keying ball.
5. Attack - Working upfield as ball declares keeping shoulders and hips square in frontal position to take on offenders.

#### E. Blow Delivery

1. Explosion - From power position, uncoil by snapping hips and forearm (or Hand Shiver) up through offensive man.
2. Extension - Creating space between you and the offensive man after blow delivery by extending arms and pushing off.
3. Block Protection - Method by which the defender takes on blockes.
  - a. Power Block protection: (Forearm Technique)
    - 1) Attack lead blocker, don't wait.
    - 2) Maintain power angles by keeping hips low and shoulders square.
    - 3) Step with same foot as forearm you are delivering with.
    - 4) Bring forearm up and through blocker while rolling hips.
    - 5) Keep outside arm free.
    - 6) Once blow is delivered, create space between you and the blocker.
    - 7) Maintain pad level.
  - b. Low Block protection: (Hand Shiver Technique)
    - 1) Keep hips low.
    - 2) Elbows close to body.

- 3) Deliver blow with heels of hand while extending arms.
- 4) Push opponents head or pads out and away in order to keep feet free. Give ground grudgingly.

c. Scoop, Lead or High Cutoff Block protection:

- 1) Maintain pad level.
- 2) Use Hand Shiver while moving toward ball.
- 3) Work through or across head of offensive blocker.
- 4) Accelerate past blocker keeping feet free.

d. Down and Crack Block protection: (Flush Technique)

- 1) Attack blocker square with hips low.
- 2) Uncoil up and through blocker by snapping hips and delivering a Hand Shiver while running over the blocker.
- 3) Get full extension and squeeze blocker into hole or bounce around if ball is outside.

F. Pursuit

It is important that defensive players approach the ball carrier at the proper angle. Using good judgement and taking the proper lane of pursuit can help to overcome the advantage of speed characteristic of most offensive Running Backs. When pursuing a ball carrier, some important points for Linebackers to remember are:

1. Keep everything on the outside shoulder when action comes your side.
2. Pursue in a lateral direction until the ball carrier turns upfield, then attack from the inside.
3. Never allow the runner to cutback behind you.
4. Force the ball carrier to run in a lateral direction and don't allow yourself to get pushed past the ball.
5. Take a flattened angle of pursuit when the ball has broken contain.

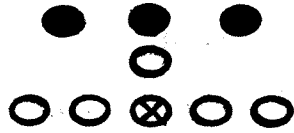
G. Tackling

1. Do not reach or dip; run to and through (step on ball carriers toes).
2. Hit on the rise; approach off the inside foot (dip and strike).
3. Get body contact; club and hug.
4. Keep eyes open; see your target.
5. Uncoil by thrusting and accelerating.
6. Wrap and grab cloth or skin.
7. Find a way to get him down.

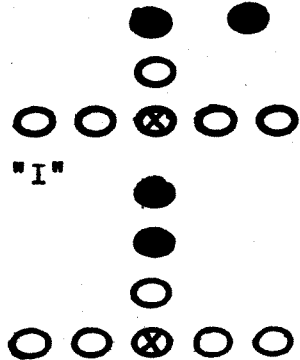
SET RECOGNITION & KEYS

I. Backfield Set Recognition (Should be called out every play)

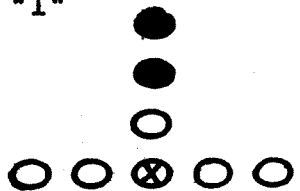
A. Fullhouse/Wishbone



B. Weak/Strong (Away or to TE)



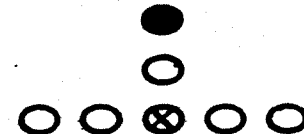
C. "I"



D. Split Backs



E. Ace Back

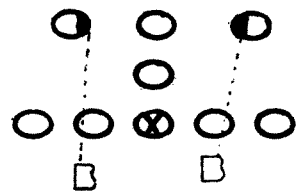


F. Empty Set

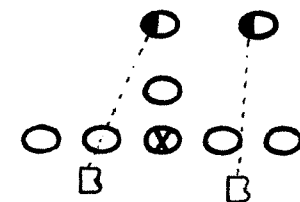


II. Key (Focal point)

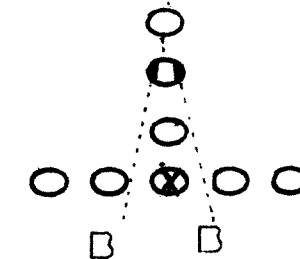
A. Fullhouse



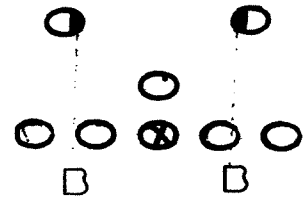
B. Weak/Strong



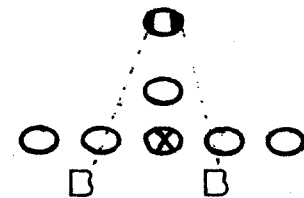
C. "I"



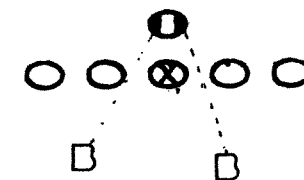
D. Split Backs



E. Ace Back



F. Empty Set





## BASIC LINEBACKER TECHNIQUES

### I. OKIE Technique

#### A. Stance & Alignment

1. Two (2) point and parallel.
2. Four (4) yards off the ball.
3. Nose on outside ear of Guard (inside leg Split Guard).

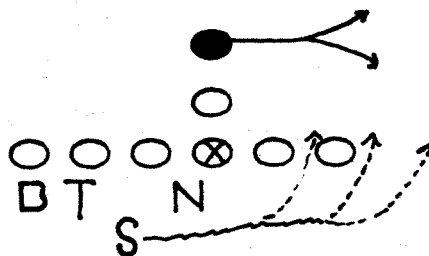
#### B. Responsibilities

##### 1. Run Key to:

- a. Dive - Jab step laterally then up to control Offensive Guard. Your responsibility is near "B" Gap.
- b. Power and Wide - Jab step laterally shuffling to a stack position behind your tackle. Keep inside out position on the ball carrier.

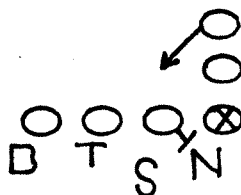
##### 2. Run Key away:

- a. Dive - Jab step laterally to near hip of Nose Guard. Read blocking scheme finding opposite Guard as you flow. Your responsibility is "A" Gap on and Backside "B".
- b. Power and Wide - Shuffle laterally in direction of flow keeping an inside relationship on the ball taking away any cutback seams.

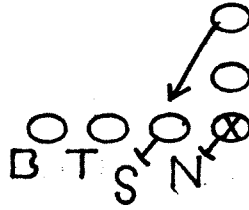


#### C. Read Backer Reactions to Keys:

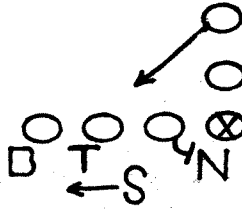
1. Guard Down and Back To Reaction - Attack B Gap. Feel hole open or close.



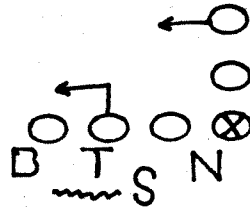
2. Guard To and Back To  
Reaction - Attack Guard, protect "B" Gap.



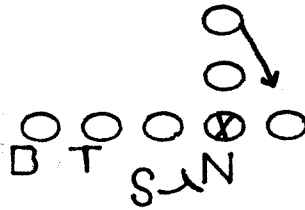
3. Guard Down and Back Wide  
Reaction - shuffle and Stack behind Tackle, expect down block from Offensive Tackle or TE.



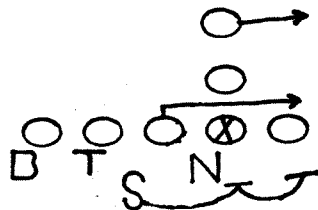
4. Guard Pulls and Back Wide  
Reaction - Shuffle keeping inside out tempo on ball. Attack "C" Gap.



5. Guard Cutoff and Back Away  
Reaction - Stack behind Nose Guard and fill opposite "A" Gap unless opposite Guard is pulling towards read side.



6. Back Away and Guard Pulls Away  
Reaction - Shuffle across ball keeping inside out tempo on ball. Stay flat don't attack LOS until pass the Center.



II. HAWK Technique

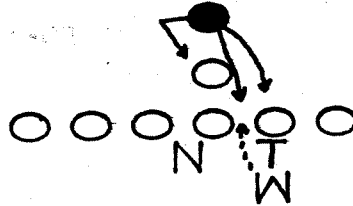
A. Stance & Alignment

- 1. Two (2) point and parallel
- 2. Four & one-half (4 1/2) to five (5) yards off ball.
- 3. Nose on inside ear of Guard (inside leg split Guard).

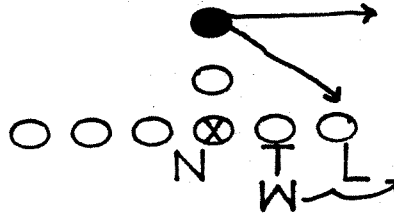
B. Responsibilities

1. Run Key to:

- a. Dive or Counter - Jab laterally and hold. Your responsibility is to secure the "A" Gap.

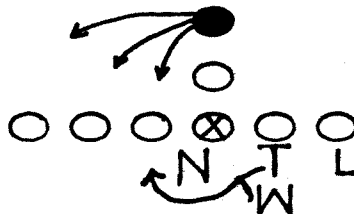


- b. Power and Wide - Jab step laterally to a Stack position on the End. Be aware of down and crack blocks. Attack the ball from inside out if it continues lateral to the Line of Scrimmage.



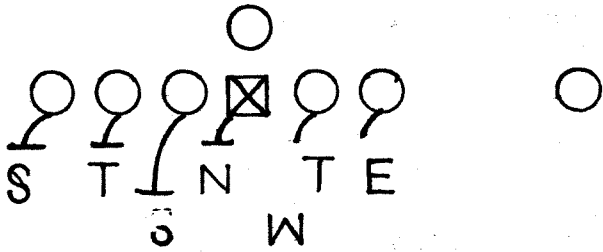
2. Run Key away:

- a. All actions away - Jab step laterally securing your near "A" Gap for any cutback action. If ball flow continues opposite, work to a stack behind the middle Guard reading the offensive blocking scheme. Attack Guard and plug "A" Gap with him.

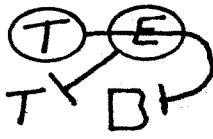


OFFENSIVE BLOCKING SCHEMES

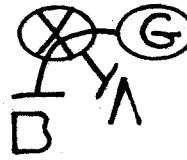
BASE / POWER BLOCK



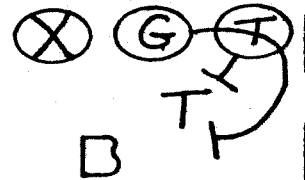
ED BLOCK



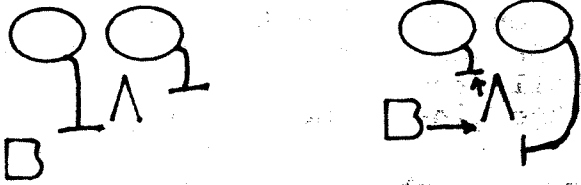
FOLD BLOCK



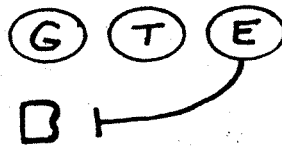
TOM BLOCK



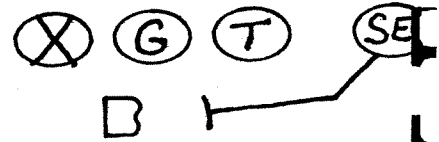
ZONE BLOCK



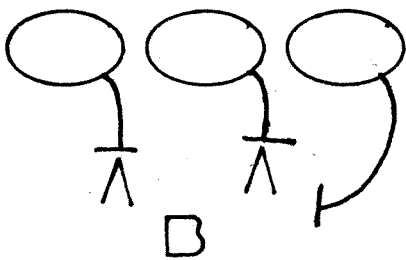
DOWN BLOCK



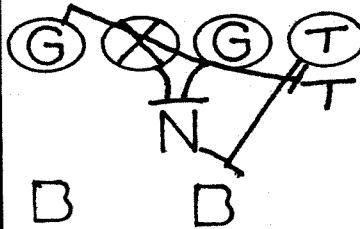
CRACK BLOCK



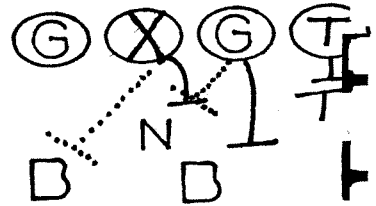
SCOOP BLOCK



TRAP



PULL



RUN GAP RESPONSIBILITY CHART

FRONT	ACTION TO		ACTION AWAY		FRONT RULE
TIGHT SHADE	<u>SAM</u> "B" Gap	<u>WILL</u> "A" Gap	<u>SAM</u> Opposite "A" Gap	<u>WILL</u> Cutback "A" Gap	To TE
TIGHT EAGLE	<u>SAM</u> "B" Gap	<u>WILL</u> "A" Gap	<u>SAM</u> Opposite "A" Gap	<u>WILL</u> Cutback "A" Gap	To TE
TIGHT G	<u>SAM</u> "B" Gap	<u>WILL</u> "A" Gap	<u>SAM</u> Opposite "A" Gap	<u>WILL</u> Cutback "A" Gap	To TE
SPLIT SHADE	<u>WILL</u> "A"-"D"	<u>SAM</u> "B" Gap	<u>WILL</u> Cutback "A" Gap	<u>SAM</u> Cutback "B" Gap	Away from TE
SPLIT EAGLE	<u>WILL</u> "A"-"D" Scrape	<u>SAM</u> "B" Gap	<u>WILL</u> Cutback "A" Gap	<u>SAM</u> Cutback "B" Gap	Away from TE
BASE	<u>SAM</u> "B" Gap	<u>WILL</u> "B" Gap	<u>SAM</u> Opposite "A" Gap	<u>WILL</u> Opposite "A" Gap	Balanced
BUCKEYE	<u>SAM</u> "B" Gap	<u>WILL</u> "B" Gap	<u>SAM</u> Cutback "B" Gap	<u>WILL</u> Cutback "B" Gap	Balanced
GOAL LINE COMBO	<u>SAM</u> "B" Gap	<u>WILL</u> "B" Gap	<u>SAM</u> Cutback "B" Gap	<u>WILL</u> Cutback "B" Gap	Balanced

**BASICS OF ZONE DEFENSE****I. Linebacker Keys and Techniques****A. Pre-snap**

1. Find your drop point.
2. Know how many eligible receivers.
3. Be aware of down and distance.
4. Know your landmarks.

**B. Play Recognition**

1. When Pass Action is Read make a verbal call "PASS-PASS."
2. Conscious of Draw until QB passes deepest Back in the backfield.

**C. Proper Techniques**

1. Pivot - A 45< hop step to the side back key designates.
2. Dig - Crossover technique to your drop area while reading Receivers.
3. Level off - Squaring up at proper depth once Quarterback has set for Pass. Slide toward nearest Receiver.
4. Break - Planting and driving toward Receiver once the Quarterback has indicated Receiver he is throwing to (Read eyes - Shoulders - Hand - Stride).

**II. Pass Zone Drop Areas and Terms****A. Vertical Stretch**

1. When a Receiver runs straight up the middle of the field vs. a two (2) deep coverage.
2. Linebacker should "Hammer" taking away the inside as much as possible.
3. Stay with #2 Receiver.

**B. Second Contain**

1. When Inside Linebacker must Contain QB on Sprint Out Pass Action.
2. Linebacker must attack from inside out forcing the QB to throw or eat the ball.

**C. Drop Areas**

1. Vs. Three (3) Deep
  - a. Sam has Hook to Curl responsibility depending on release of TE and Backfield Flow.
  - b. Will has Weak Curl to Middle Hook depending on progression and Backfield Flow.
2. Vs. Two (2) Deep
  - a. Sam has Middle Hook, Vertical or Strong Hook depending on release of TE and Backfield Flow.
  - b. Will has Weak Curl, Vertical or Middle Hook depending on progression and Backfield Flow.

**D. Progression Rules**

1. Vs. Three (3) Deep
  - a. TE: #2 Strong and #2 Weak to Middle Hook.
  - b. XE: #2 WEak and #4 Strong to Middle Hook.
2. Vs. Two (2) Deep
  - a. TE: #3 Strong with TE Vertical and #3 Weak to Middle Hook.
  - b. SE: #2 Weak with Vertical rule and #4 Strong to Middle Hook.

**E. Pass Drop Variations**

1. Three (3) Step Drop - Run to get into throwing lane immediately.
2. Five (5) Step Drop - Set at eight (8) to ten (10) yards squaring up and reading QB.
3. Seven (7) Step Drop - Set at 10 - 12 yards squaring up and reading QB.
4. Roll or Sprint Action - Second Contain and overlap by Inside Backers.
5. Bootleg Action - Pivot in direction of Boot finding the closest Receiver and stay with him. Be aware of TE crossing.
6. Tailback or Halfback Pass - Rush ball carrier forcing him to throw immediately.

MAN FOR MAN PASS DEFENSE

Two types of Man-to-Man Pass Techniques are used. The Linebacker will play a cautious Man-to-Man when he does not have help in the Deep Zones. this will be called Peel Technique. When the Linebacker has Deep help he can play more underneath and reckless. This will be called Cat Technique.

I. Blitz and Engage Technique (Man)

- A. Align normal for defense called - Do not give it away but try to have inside position on your back.
- B. Read Run or Pass on first step. First move slide up and in as if you were blitzing.
  1. Concentrate hard on the Receiver - Do not look at the QB.
  2. Build a wall and take away the inside. Keep shoulders and feet square.
- C. If your back blocks - Go to him and engage (hug) him. This turns into a Blitz Technique except you must maintain contact and take him with you to the QB. Do not run by him or let him go. You must hold him and take him with you. Go as far as you can when closing but always be under control.
- d. If your back releases:
  1. You must force Receiver outside. Build a wall outside. Get on his inside shoulder and deny an inside release.
  2. Collision Receiver if he tries to run inside or upfield. Then get into his hip pocket. Turn towards him.
  3. If he breaks out laterally, break parallel to him. Make your angle deep enough to maintain control. If he breaks upfield, you will be in position to break with him. OVERPLAY HIM INSIDE!! Turn towards him.



INSIDE LINEBACKER DRILLSDRILLS

1. Agility Drills
  - a. Down Line Crossovers
  - b. Tite Carioca
  - c. Hip Turns
  - d. Shuffle
  - e. Bag Shuffle
  - f. Bag Weave
  - g. Bag Hop
  - h. Jump Rope
2. Reaction Drills
  - a. 2 Pt. Wave Drill
  - b. Step & Shuffle
  - c. Bag Shuffle & Shiver
3. Key Drills
  - a. Guard-Back TE Key
  - b. 3 on 3
4. Block Protection Drills
  - a. Base Block
  - b. Down Block
  - c. High Cutoff
  - d. Crack
  - e. Low Block
  - f. Piano Drill
5. Sled Drills
  - a. Shuffle & Forearm
  - b. Shuffle & Shiver
  - c. Alternating Forearm & Shiver Shuffle
  - d. 6 Pt. Blow Delivery
  - e. One on One Tackling
6. Blitz Drills
  - a. Off the Ball
  - b. Reaction Drill
  - c. Blitz & Pass Rush Drill
7. Pass Drop Drills
  - a. Progression Drill
  - b. Break on Ball Drill
  - c. Converge Drill
  - d. Skeleton Drill
  - e. Man to Man Drill
8. Miscellaneous Drills
  - a. Strip Drill
  - b. Tackling Square Drill
  - c. Fill Hole Drill
  - d. Quick Hands Drill
  - e. Shiver Board

5. Look for the ball when the Receiver looks and when you hear a "Ball" called. Glance quickly to the QB for the ball.
6. Play through the Receiver with your inside arm in front. Keep you outside arm behind him to make the tackle.
7. If Receiver is running up the sideline when the ball is thrown, look over your inside shoulder for the ball and reach up with your outside arm. This helps you keep your balance and running stride.

II. CAT TECHNIQUE

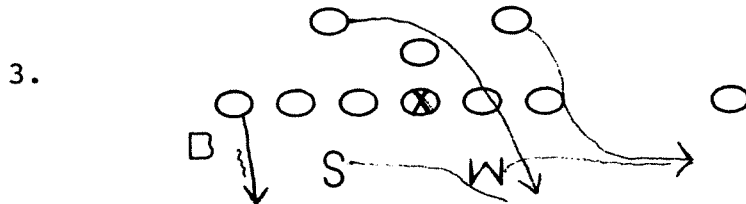
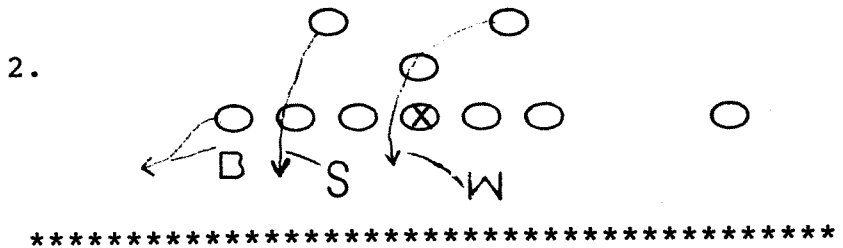
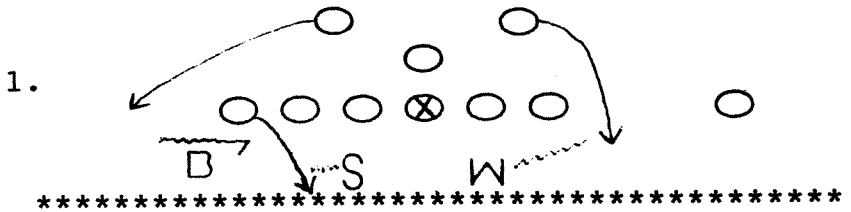
A. Align normal for defense called. Concentrate on the Receiver once Pass shows.

1. Deny inside releases - Build a wall.
2. Play more underneath - You have deep help so do not cushion as in regular man. Move up toward him and do not let him inside.
3. Chase the Receiver staying inside and underneath - Get in his hip pocket.
4. Never drop back, always close up.
5. Never look back to QB. Concentrate on Receiver.

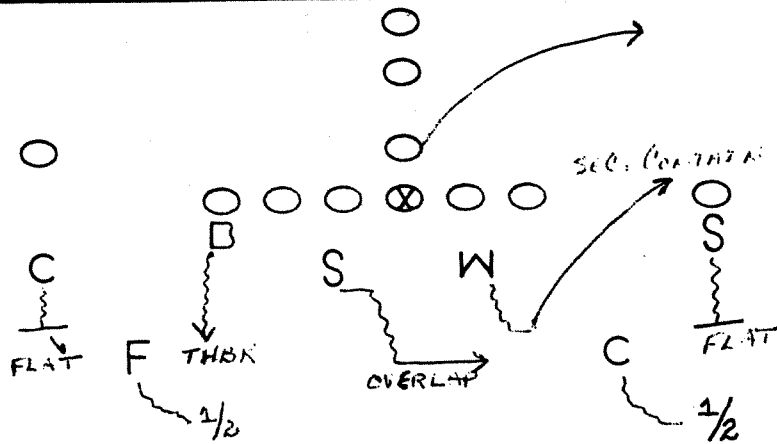
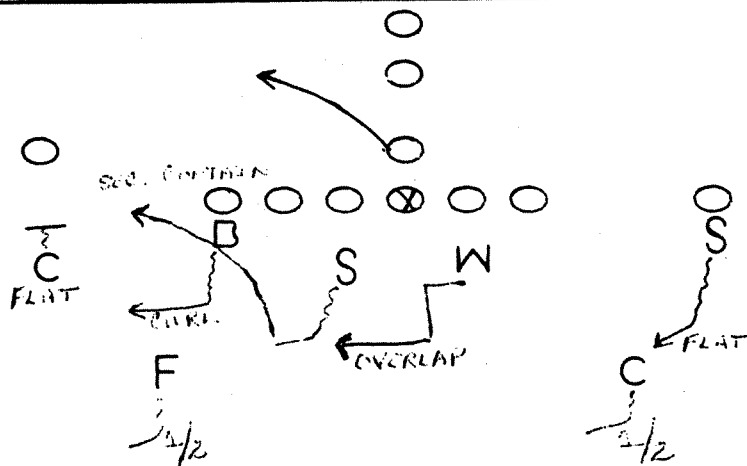
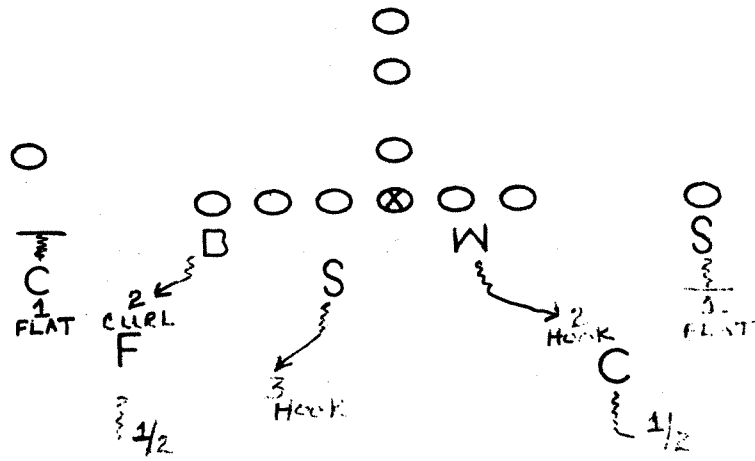
B. Basic concept is to match up man-in-you-zone principle.

1. Sam plays "Banjo" with Linebacker. Sam will take inside Receiver, Linebacker will take outside Receiver.
2. Will cats the back on his side.

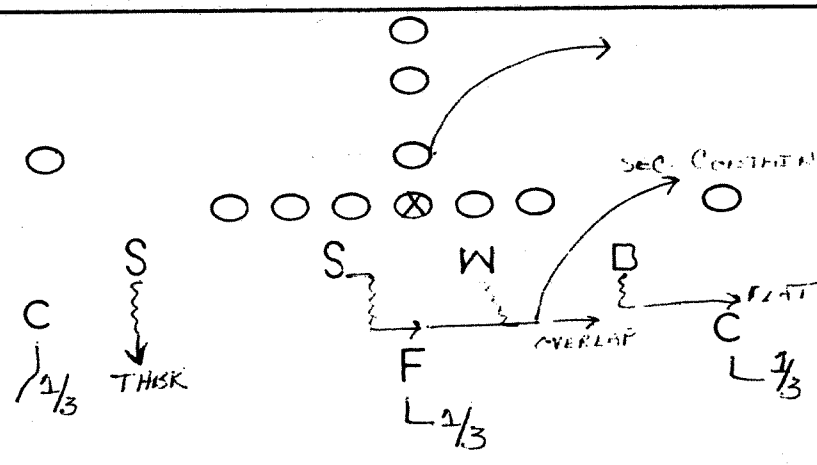
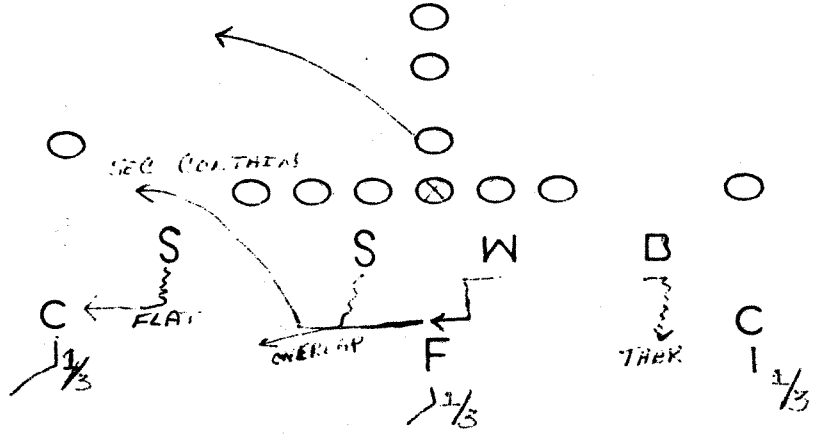
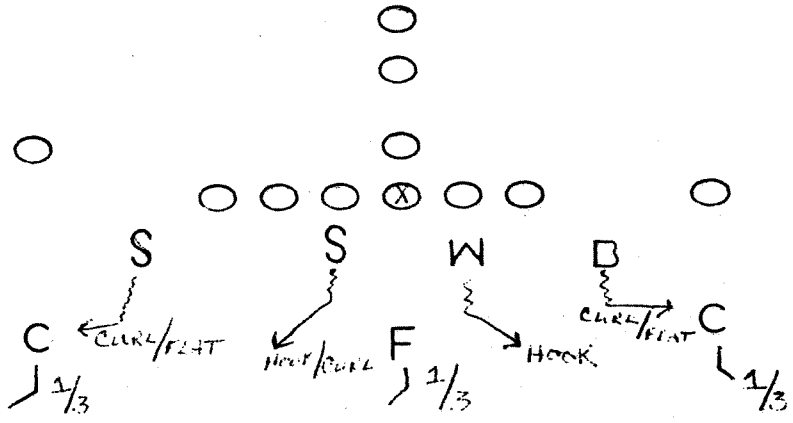
Examples:



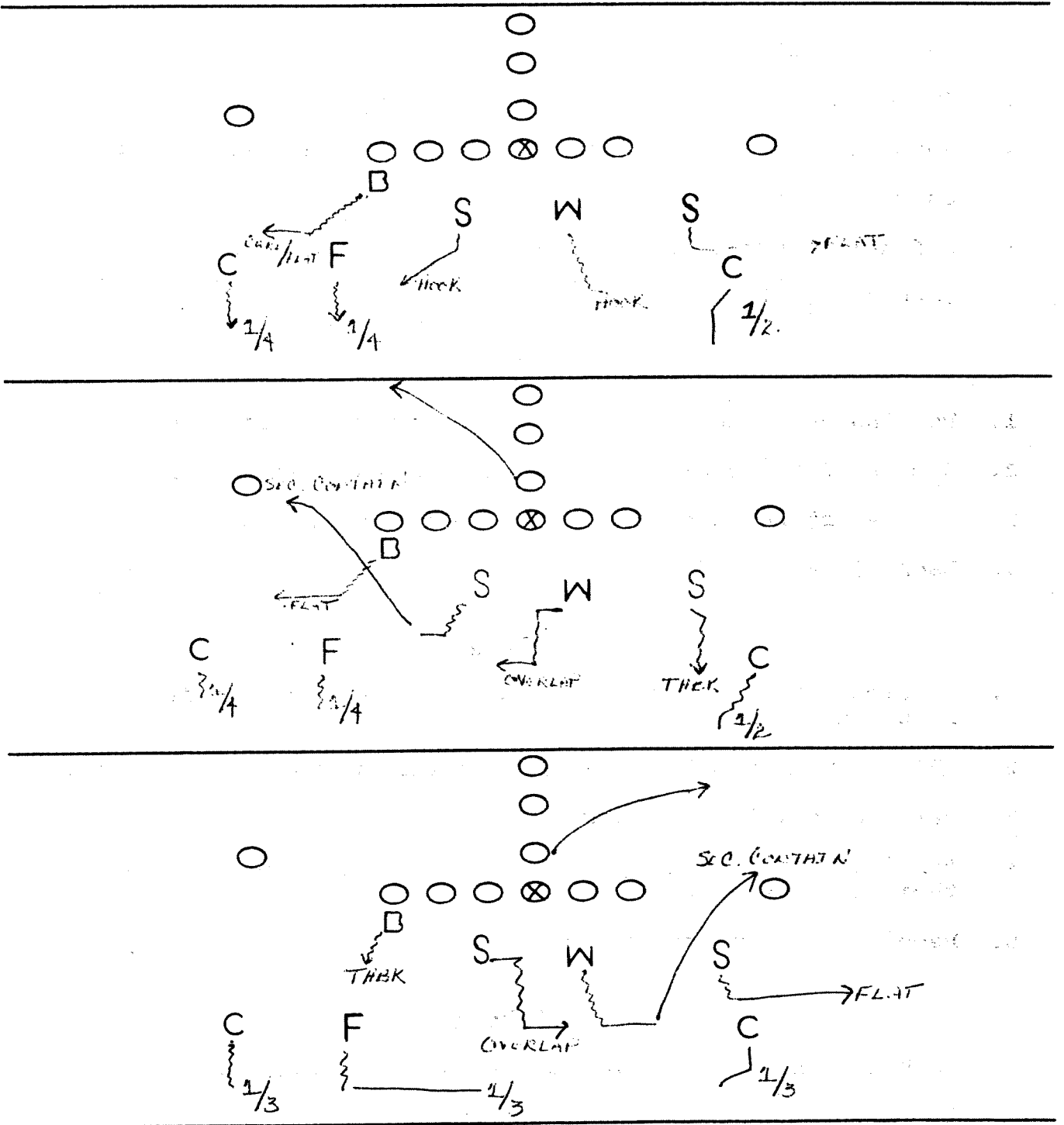
"2" COVER (5 UNDER / 2 DEEP)



"3" COVER (4 UNDER / 3 DEEP)



"7" COVER



INSIDE LINEBACKER PRE-PLAY KEYSRUN

1. Linemen digging in, weight forward on their hands.
2. Larger splits by the Linemen.
3. Guards more off LOS - Trap.
4. Running Backs lean or "pointing" toward hole designated.
5. Quick huddle.
6. Offensive formation.
7. Down and distance.

DRAW

1. Running Back stands up from his stance to receive the ball.
2. Uncover Linemen block downfield - Covered Linemen block out.
3. Linemen standing straight up - To conceal backs.
4. Back of QB's head.

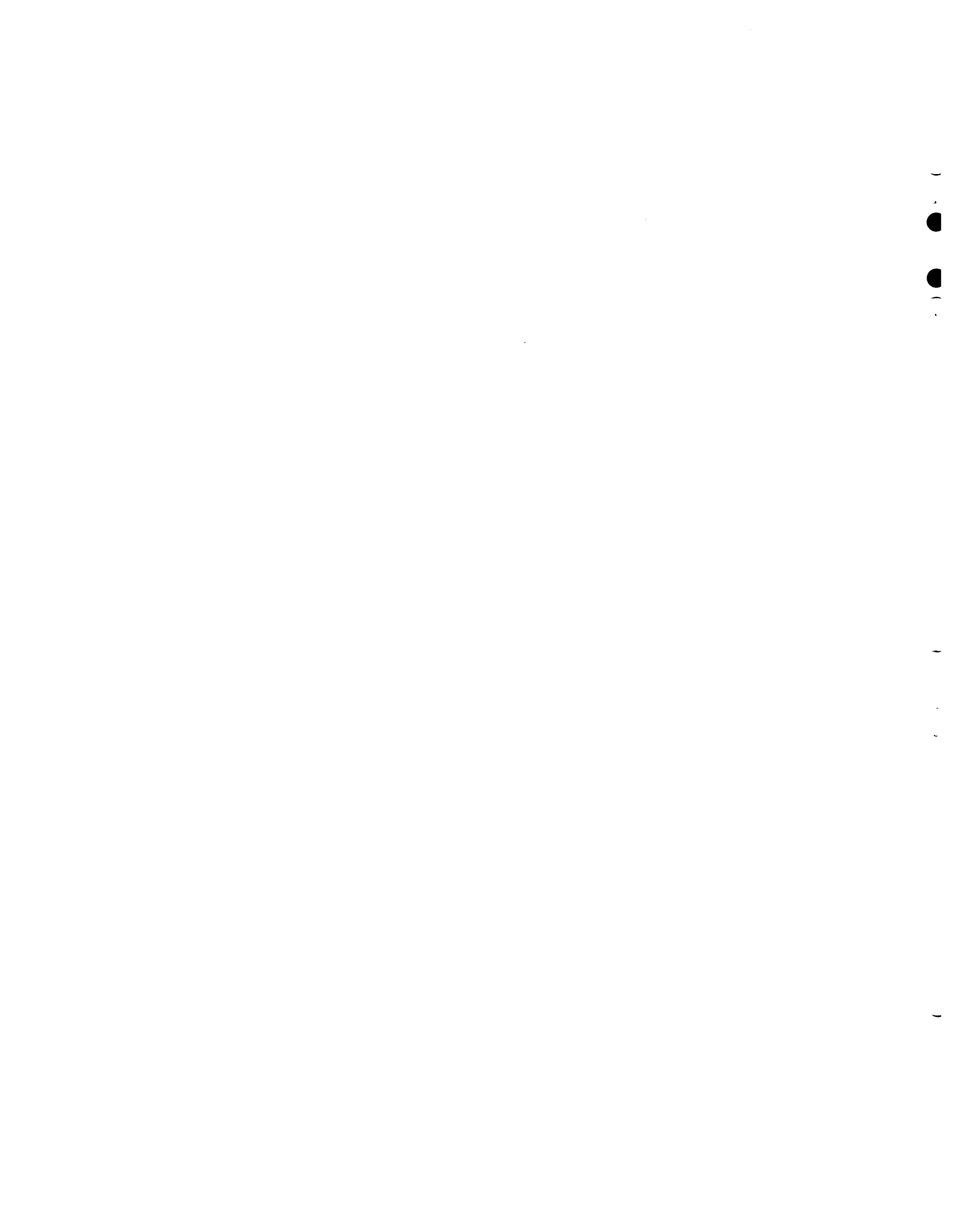
PASS

1. Linemen sitting back with less weight on their hands.  
High hat.
2. QB's nervous habits - Licking fingers, toweling hands, etc.
3. Narrower splits by Linemen.
4. Running Backs widening alignment position in order to improve their ability to release.
5. Receivers/Split End stance.

SCREEN

1. QB takes excessive drop, gets to deep to quickly.
2. Linemen slip block and leave area to form screen.
3. Backs slip block and make poor effort to block rushers.







CHAPTER V  
DEFENSIVE BACK INFORMATION  
COVERAGE SYSTEMS AND ADJUSTMENTS



DETERMINING FACTORS IN YOUR PERSONAL SUCCESS

1. Integrity
2. Commitment
3. Perseverance

DETERMINING FACTORS IN PERSONAL DEVELOPMENT

1. Habits
2. Attitudes
3. Knowledge
4. Skill

OHIO STATE PRIORITIES

1. You are a STUDENT - - - - ATHLETE.
2. Enjoy your experience at Ohio State.
3. Continually improve in all areas.
4. Be personally responsible for your own actions.
5. Become a part of the tradition of being an Ohio State Buckeye.
  - a. Win the Big-Ten Title!
  - b. Beat Michigan!
  - c. Win the Rose Bowl!
  - d. Win the National Title!

THE BUCKEYE SECONDARY

## A TRADITION OF WINNERS

At Ohio State, only winners can play in the secondary. Jack Tatum, Tim Fox, Ray Griffin, Neal Colzie and others have all carried the pride and tradition of the Buckeye secondary and have handed it to you. There are several traits that winners develop and that we look for in you if you are to play here. These include:

Reliability ----- This is #1. Can we trust you to do what we have asked?

Concentration --- Can you focus all your attention on the job at hand on every play?

Competitiveness - Do you know how to make winning plays? Will you make them when the chips are down?

Toughness ----- Mental and physical. Can you play and win when it hurts?

Adaptability ---- Can you react to the various situations that will pop up in a ball game? Can you learn from mistakes and not repeat them?

Leadership ----- Will you take responsibility for rallying our defense when our backs are to the wall?

There are also some basic physical traits that winning secondary players possess. These include:

Movement ----- Can you backpedal, change direction, break to the football well enough to make big plays in pass coverage?

Strength ----- Can you defeat blockers, punish receivers and ball carriers? Can you do it for an entire season?

Conditioning - Will you let your performance deteriorate as the game wears on?

If you measure up on each of these counts, YOU WILL CONTINUE TO CARRY THE BUCKEYE TRADITION!

## "YOU AND O.S.U. DEFENSE"

You as an individual will accomplish all that you set out to do in direct relationship to your:

1. Habits
2. Attitudes
3. Knowledge
4. Skills

You have complete control of these areas. You can develop each area to limitless degrees, controlled only by what standards you have set for yourself. You will make of yourself exactly what you really want to be. How high are you willing to reach?

To be part of the O.S.U. defense we expect you to set the highest of standards for yourself both on and off the field. We expect you to be the best person you can be, the best student you can be, and the best football player you can be. We want people on the defensive field who want to be the person who is of most help and value to his fellow man, making contributions to making this world a better place to live. A man who is not timid to standing up for what he believes.

We want the student who seeks to utilize every phase of Ohio State to secure the best education he can possibly get.

We want the football player who wants to do everything he can possibly do to become a champion. A player who thinks only of being a champion, a player who practices to be a champion and a player who plays and behaves like a champion in every phase of life.

Do you measure up? These are the standards of the defensive field at Ohio State. We want only the best, nothing less can be accepted.

COMMITMENT

Commitment is a catch-all word and can be defined in many ways. For our purposes, commitment means: Accepting our goals as your own and sticking with the plan by which we will accomplish these goals. The plan includes:

1. Taking care of your academic business. Discipline and intensity in the classroom will be a reflection of your commitment to our team.
2. Being in attendance for every practice session. If injured or sick, you MUST see one of our trainers early in the day for treatment.
3. Being on time for EVERY meeting. If you have a legitimate problem, it is YOUR responsibility to notify the coach.
4. Paying close attention in meetings. If you have a question, this is the time. Your attitude in meetings is part of your evaluation.
5. 100% effort and hustle in all drills, whether demonstrating for others or actually executing the drill.
6. 100% attention when not actually involved in a drill.
  - a. Stand behind the secondary and off to one side - so you can see your position.
  - b. Know the defense being played and your calls and adjustments.
  - c. Visualize your responsibility.
  - d. Be able to critique your position's performance.
7. Never debate with a coach on the field. Save questions for after practice or in meetings.
8. Using your free time to arrange individual film study. This is vital. Work a time into your schedule for film study.
9. Using our post-practice weight program to continue to build strength.

## "ONE PLAY AT A TIME"

There are 5 phases to every football play, each is of vital importance to the next. You can not have a successful play unless you execute each phase properly.

- CALL ----- Get and understand each phase of the call and exactly what it means to you.
- RECOGNITION OF FORMATION - We must recognize each offensive formation and communicate it to each other. We must know its strengths, weaknesses, and tendencies and how each of these affect the call.
- ALIGNMENT ----- We must take the exact alignment required by the call and dictated by the offensive formation. Always align in the best position for you to execute your responsibility. 80% of all errors come as a result of poor alignment.
- KEY ----- Your key is a tool to give you every advantage over what the offense can do to you. It will never lie.
- EXECUTION ----- If we have taken care of the previous four (4) phases, then execution boils down to the essential of O.S.U. football. We are going to execute with 100% of everything we have. Turn loose, go crazy!

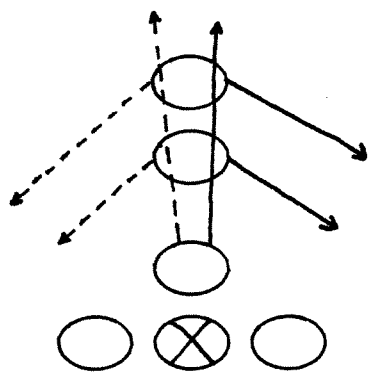
CASKER

CASKER symbolizes your thought progression on every play. If you will discipline yourself to accomplish each of these details in order, on every snap, your consistency will improve greatly.

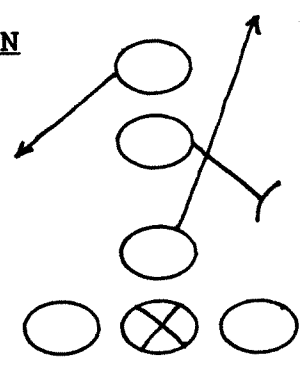
- CALL ----- Get the call in the huddle. Don't lean on your teammates or break the huddle early. Each play begins with discipline in the huddle.
- ALIGNMENT ----- You must recognize the offensive formation, make and acknowledge all appropriate calls and adjustments and line up properly. Recognition and knowledge of our adjustments will allow you to line up in the best possible position from which to make the play. The slightest alignment error will be seen in the opposing pressbox and will lead to a big play offensively.
- STANCE ----- Always be prepared for movement well in advance of the snap. Pay attention to the details of your stance! A poor stance will develop into a sloppy backward run.
- KEY ----- After having accomplished each of the above details, you must concentrate completely on your key. You will learn to recognize and react to backfield actions and releases through practice repetition and film study.
- ELIGIBLES ----- You must always be aware of receivers in your zone. You must know what type of pattern or blocking technique he is using against you.
- RESPONSIBILITY - KNOW YOUR ASSIGNMENT AND DO YOUR OWN JOB FIRST.



FLOW DESIGNATION

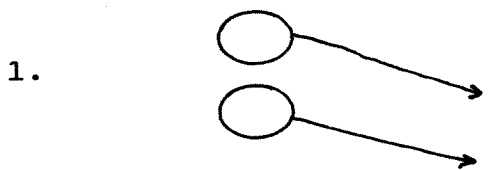


1. Full Flow

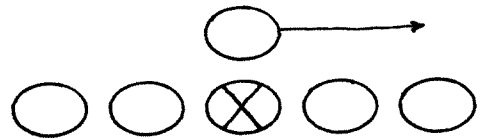


2. Split Flow

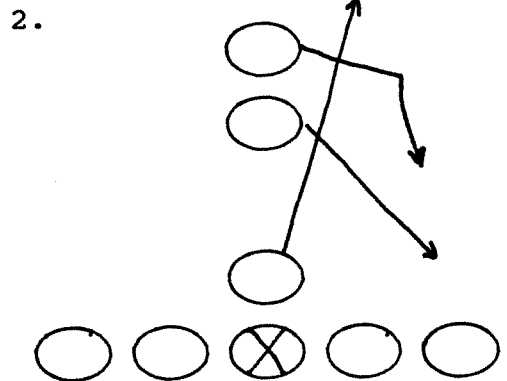
LANE OF THE BALL



1. Full flow; ball in lane #1  
(run action)  
Includes: Dive Option  
Lead Option  
Trap or  
Counter Option

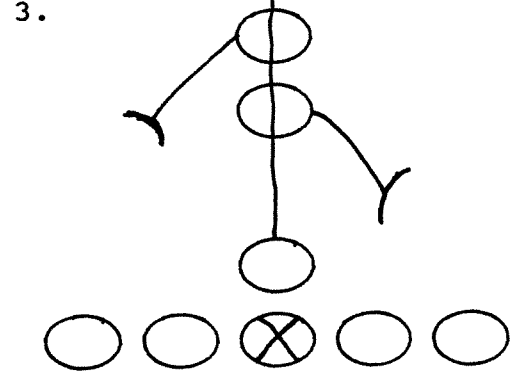


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2. Full flow; ball in lane #2  
(pass action)  
Includes: Sprint Draw Pass  
Sprint Pass

\*\*\*\*\*



3. Sprint flow; ball in lane #3  
(pass action)  
Includes: 5 Out Passing Game

BASIC PRINCIPLES OF WINNING

1. Never get beat deep.
2. Keep ball in front of you and to your inside.  
("Cup the Ball")
3. No mental errors.
4. Play the ball; not the receiver.
5. Never take an inside running fake.
6. No missed tackles.
7. Never too high; never too low; keep on sawing wood,  
one play at a time.

### FRONT DECLARATION CALLS

In order to be successful on defense at Ohio State, we must understand how we call our defensive fronts. Our rush lanes, alignments, shades, movements, and stunts are determined by where our pass rush is coming from. Our huddle call will tell us where we want the rush to come from. When the offense sets their formation, our "call" LB will give us a "Left" or "Right" declaration call to alert us which side our pass rush is coming from so we can set our defensive front. As a base rule, our defensive line almost always rushes, aligns, or moves to the call. If only the three defensive linemen are in the rush, the huddle call will use the term "LEO."

- SPLIT DEFENSES -- The call is "Split Left" or "Split Right." Make call to TE versus any one TE formation. Versus two (2) TE formations or no TE formations, make call to passing strength. Motion will not effect the front.
- TIGHT DEFENSES -- The call is "Tight Left" or "Tight Right." Make call opposite TE versus any one TE formation. Versus two (2) TE formations or no TE formations, make call opposite to passing strength. Motion will not effect the front.
- BENCH DEFENSES -- The call is "Bench Left" or "Bench Right." Make call to wide side of the field. Motion will not effect the front.
- FIELD DEFENSES -- The call is "Field Left" or "Field Right." Make call to the nearest boundary. Motion will not effect the front.
- STRONG DEFENSES - The call is "Strong Left" or "Strong Right." The call is made to the passing strength. Change of strength motion could force us to "check" our call and therefore our front responsibilities will change.
- WEAK DEFENSES --- The call is "Weak Left" or "Weak Right." The call is made opposite the passing strength. Change of strength motion could force us to "check" our call and therefore our front responsibilities could change.

TERMS

- BOUNCE ----- Man Coverage Technique in which we show outside and off alignment, but on the snap we "Bounce" inside and play Tight Coverage.
- BUCKEYE ----- Substitution defense that involves three (3) DB's in the defense.
- BUSTER ----- Force call used with Cover 2 which gives OLB primary force and flat pass responsibility.
- CLOUD ----- Force call in which a Corner has primary run support.
- CONE ----- Man Coverage term for double covering an Inside Receiver.
- COWBOY ----- Stunt by Bench Corner that blitzes him to force responsibility on snap.
- EASY ----- Force call in which OLB has primary force.
- EXCHANGE ----- Stunt between primary force DB and Leo that exchanges their responsibility.
- FLIP ----- Term used in Man Coverage to alert Corner's to come over when both Wide Receivers are on the same side.
- FLOAT ----- Technique used by "Cloud" Corner to funnel #1 to inside from loose position. Also used to play "Cloud" vs. 2 receivers who are aligned close together.
- GONE ----- Term used in "Man Coverage" to alert Lineman he has Contain responsibility.
- JAM ----- Technique used by "Cloud" Corner to funnel #1 to inside from Tight alignment.
- LOCK ----- Term used to alert Man Coverage players that they have 100% responsibility for their man.
- MAMBO ----- Two (2) DB's playing in and out coverage on two (2) receivers.
- MAN TURN ----- DB with deep responsibility opening chest to sideline to go deep.

- MIX IT ----- Force call used with Cover 7 vs. a Twin Formation which gives the OLB primary force and curl responsibility. The DB's will read the Inside Receiver to determine whether they play Cover 7 or Cover 2.
- NICKEL ----- Substitution defense that involves five (5) DB's in the defense.
- PATTY ----- Man Coverage term for double covering an Outside Receiver.
- QUARTER ----- Substitution defense that involves six (6) DB's in the defense.
- READ ----- Force call which has a DB and OLB reading an offensive player to determine primary support.
- ROCK IT ----- Secondary check to Cover 3 vs. Trips Formation.
- SHARK ----- Stunt by SS that blitzes him to force responsibility on snap.
- SKY ----- Force call in which a Safety has primary run support.
- SLAM ----- Force call and Secondary check vs. formation into boundary with field calls.
- STANFORD ----- Secondary check to Cover 3 vs. unbalanced formation.
- STRETCH ----- Term used to check Cover 7 to Cover 5 vs. Trips with Wide Receiver to backside.
- VISION POINT - Technique used by SS in "Sky" position in which he backpedals at 45° through the curl reading the QB's eyes for his flat break.
- ZERKE ----- Technique used in Cover 2 by defender responsible for Seam & Curl when defending a Split Receiver. Wall receiver to outside and up the field.
- ZONE TURN ----- DB with deep responsibility opening chest to QB to go deep.

COVERAGE GLOSSARYBASIC COVERAGE

Cover 2 ----- 5 Under - 2 Deep Zone  
 Cover 3 ----- 4 Under - 3 Deep Strong Zone  
 Cover 4 ----- 4 Under - 1/4 - 1/4 - 1/3 Zone  
 Cover 5 ----- 4 Under - 3 Deep - Weak Zone  
 Cover 6 ----- 5 Under - 2 Deep "Tilt" Zone  
 Cover 6 Switch -- 4 Under - 1/4 - 1/4 - 1/3 Zone  
 Cover 7 ----- 4 Under - 1/4 - 1/4 - 1/2 Zone  
 Cover Red ----- Man to Man with FS with 2 LB in Coverage  
 Cover Gold ----- 4 Across Man to Man with OLB in Coverage  
 3 - 3 Leo ----- 5 Under - 3 Deep Zone  
 2 - 2 Leo ----- 6 Under - 2 Deep Zone

BUCKEYE

Cover 7-3 -- 3 DB's ----- 4 Under - 1/4 - 1/4 - 1/3 Zone  
 Cover 2-3 -- 3 DB's ----- 4 Under - 1/2 - 1/3 Zone

NICKEL

Cover Brown ----- 5 DB's - Combination Man to Man  
 Cover Black ----- 5 DB's - 5 Under Man - 2 Deep Zone  
 Cover Orange ---- 5 DB's - Man to Man with FS  
 Cover Silver ---- 5 DB's - 5 Across - Man to Man  
 "Smash-Man" ----- 5 DB's - 8 Man Blitz - 3 Deep Man to Man  
 Cover 7 Field -- 5 DB's - 4 Under - 1/4 - 1/4 - 1/2 Zone  
 Cover 2 Field -- 5 DB's - 5 Under - 2 Deep Zone  
 Cover 5 Field -- 5 DB's - 4 Under - 3 Deep Weak Zone

QUARTER

3-5 ----- 6 DB's - 5 Under - 3 Deep Zone  
 3-5 Cat --- 6 DB's - 5 Under Man - 3 Deep Zone  
 Victory --- 6 DB's - 4 Under - 3 Deep Zone w/ "Super Safety"

FORMATION INTO BOUNDARY

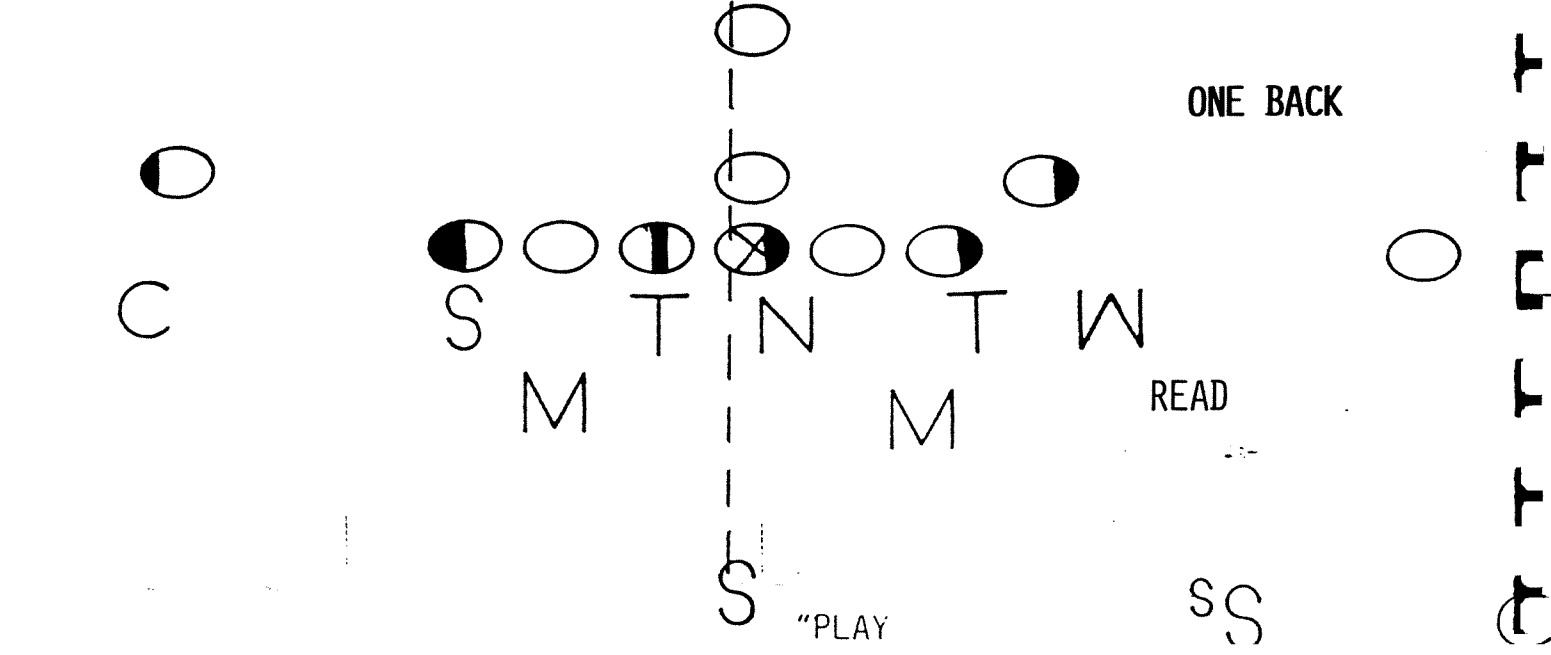
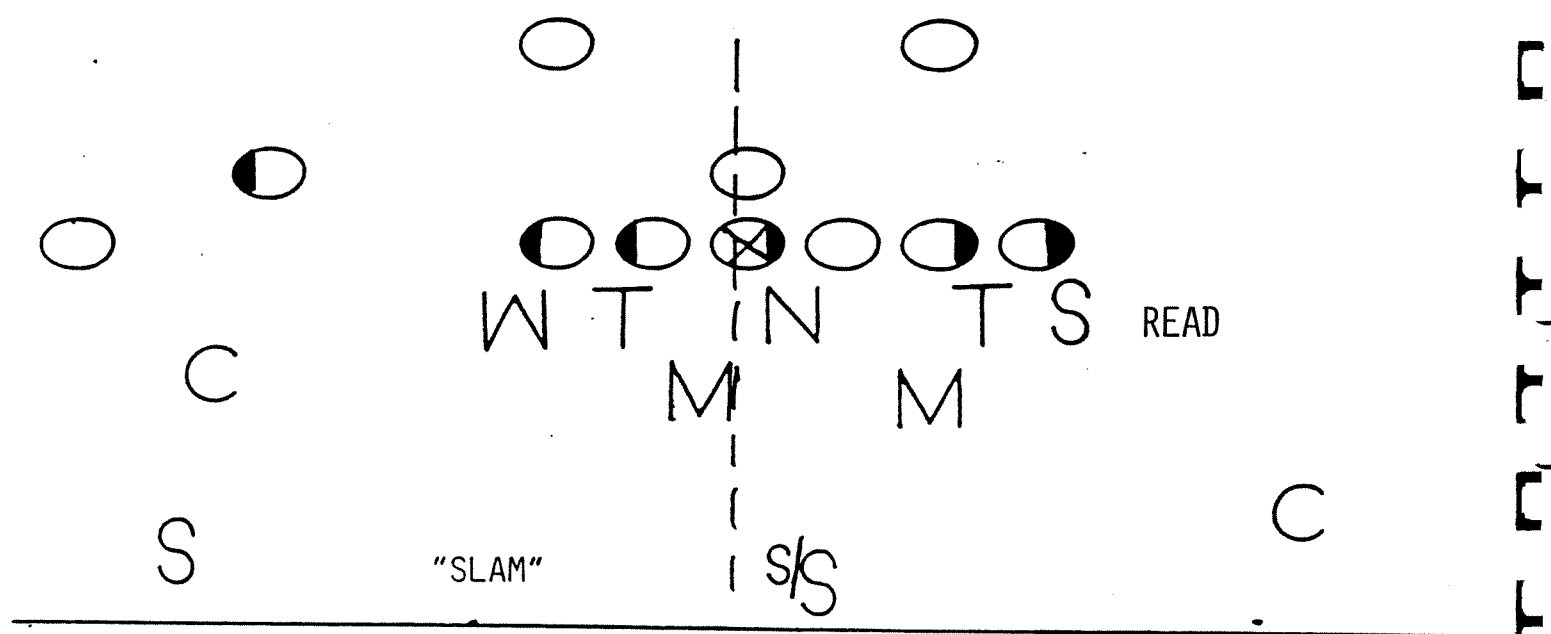
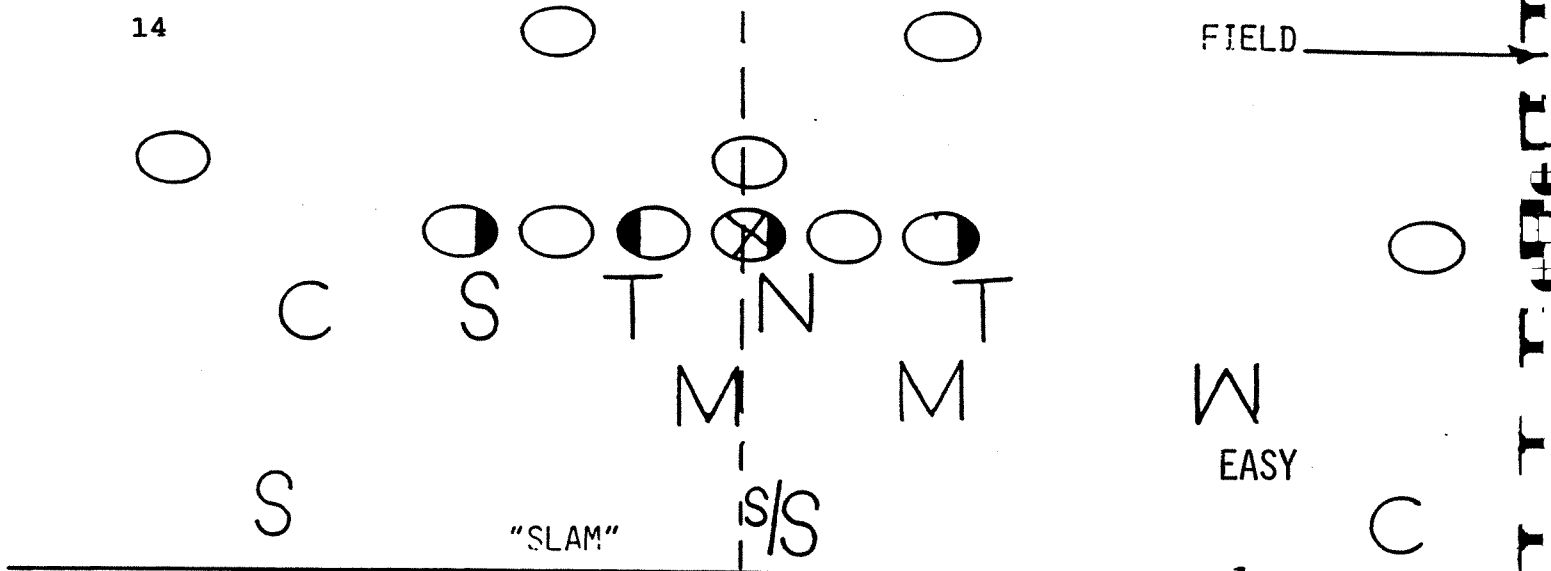
Field Defense: We will "Slam" Formation Into with all Field calls. We must determine if they are "Strong" or "Weak" Into by the location of the TE/Flanker. "Slam" means that we are checking to a -- 3 DEEP ZONE -- rotated into the boundary with our Bench Corner in the force position. On "Zoom" motion to the field we will return to the Field Coverage called.

Alert = vs. One back sets located into the boundary we will play the Field Coverage called and the Linebackers will adjust. (\*Exception Trips Into Boundary is considered formation Into - Slam)

Bench Defense: We will "Check 2" vs Formation Into with all Bench calls. ("F-Eagle-Bingo" - Cover 3 is a Bench Call) This would follow our basic rule of one Receiver to SS side - "Check 2." If there are two Receivers to the SS side we will play Cover 3.

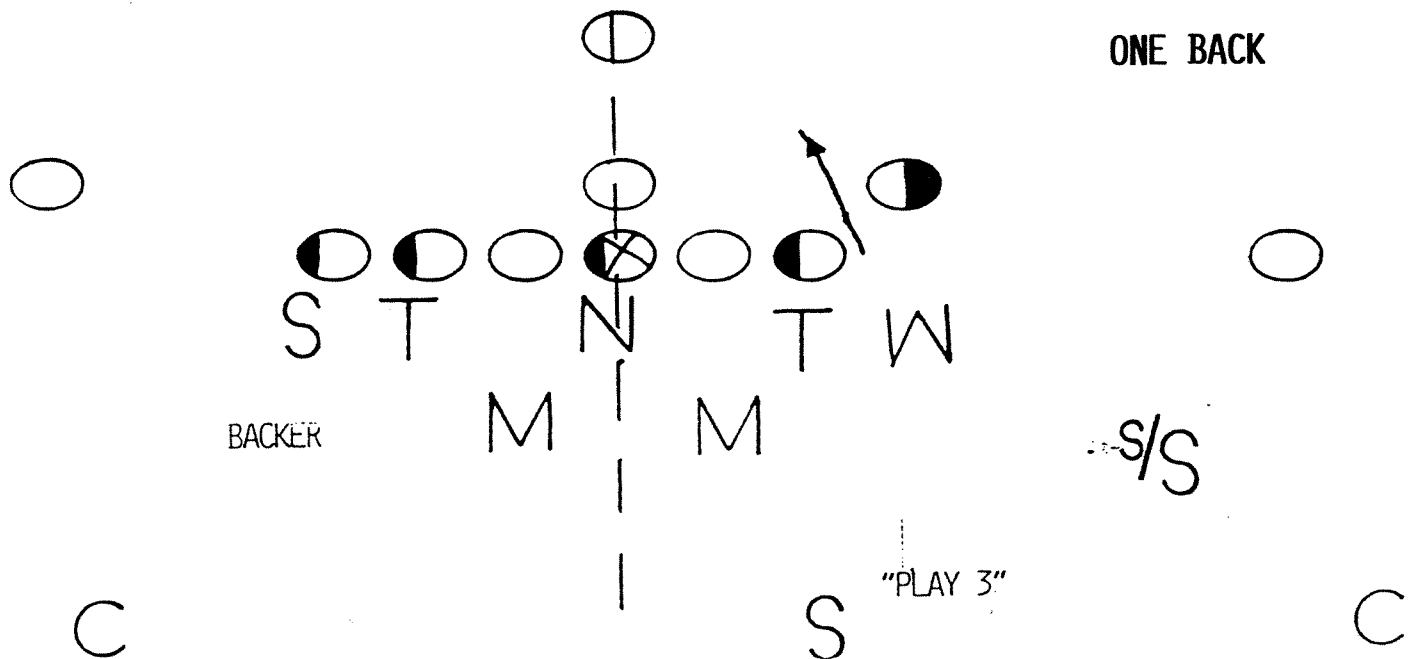
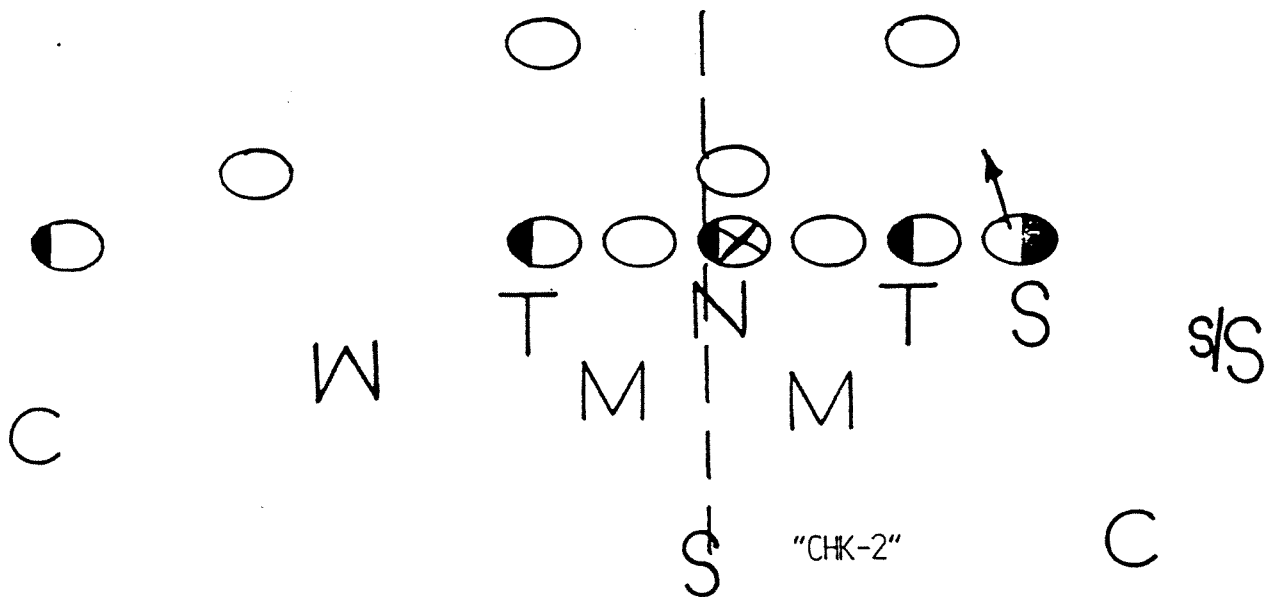
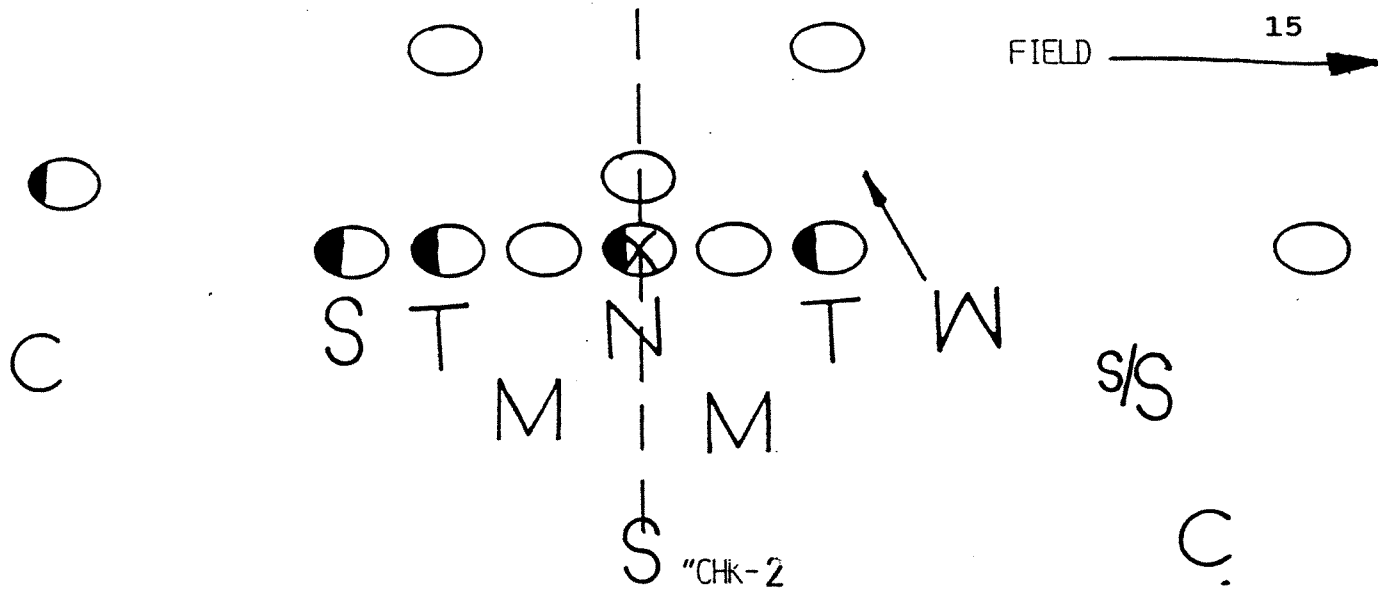
# FIELD VS. FORMATION INTO

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# BENCH COVER 3 VS. FORMATION INTO









SECTION VI

COVERAGES



COVER 2

DESCRIPTION: 5 Under; 2 Deep Zone

STRENGTHS:

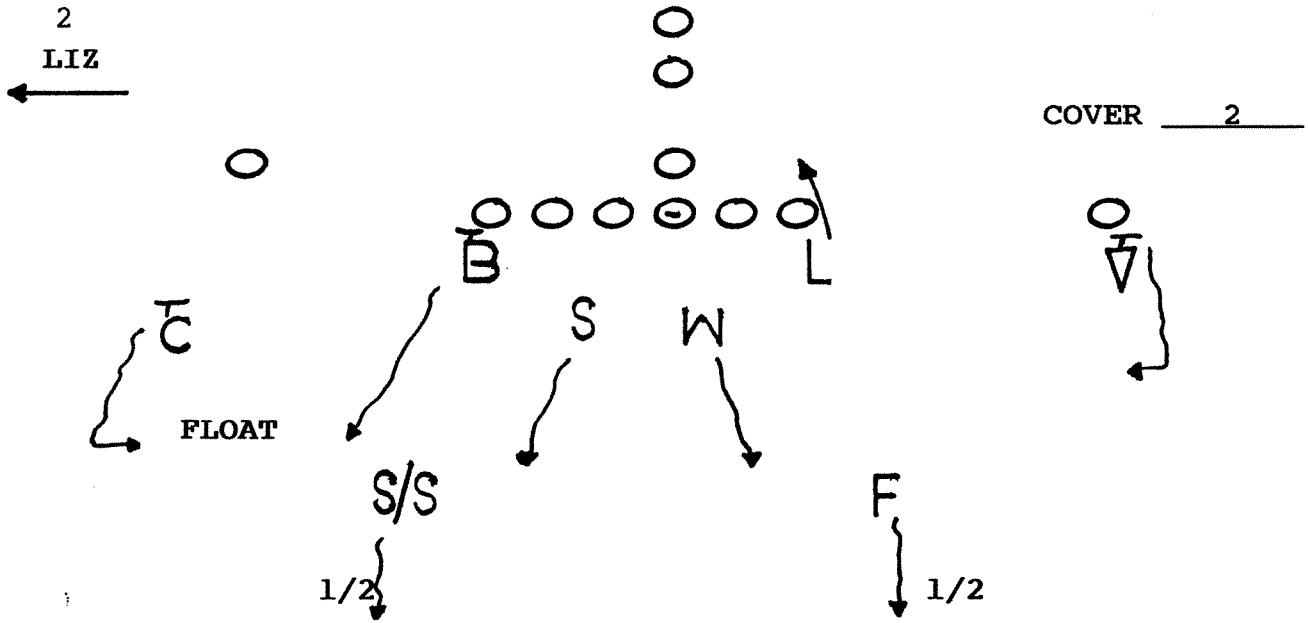
1. Mini-field Passing Game
2. Good overlap on the two Wide Receivers

WEAKNESSES: Vertical Patterns

COORDINATION: Played with all Strong and Field calls

ADJUSTMENTS:

1. Formation into "Slam"
2. Dubs Motion Weak - Backers adjust
3. Trips Motion Strong - Backers adjust
4. Trips to SE side - Sam adjust - "Echo"
5. Standford - Check 3

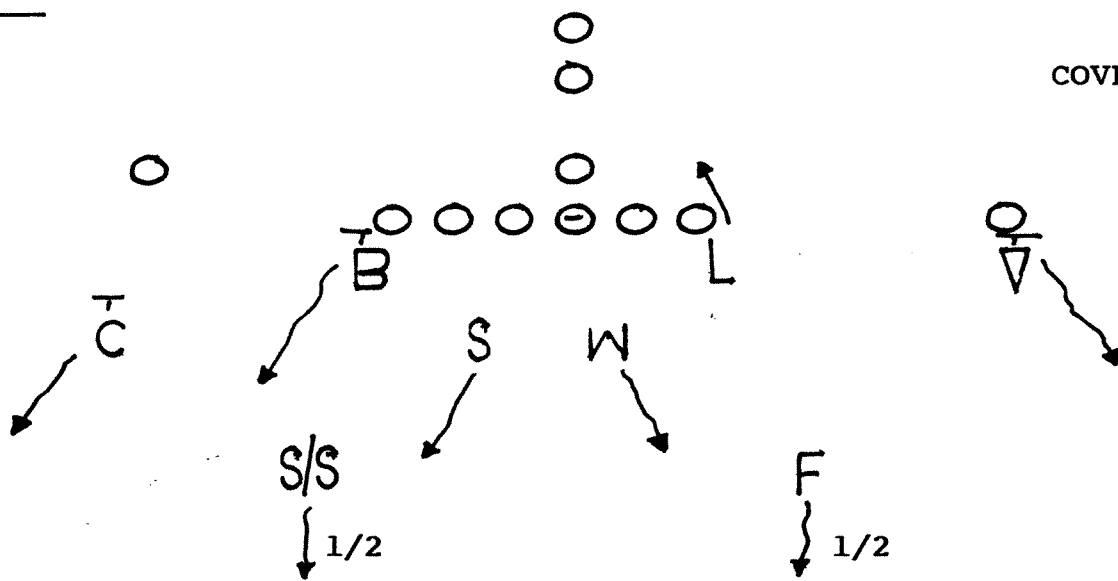


ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>BUCK</u> Tight 9	TE/Flow	<ol style="list-style-type: none"> <li>1. Aggressive Holdup on TE</li> <li>2. Seam/Curl Drop</li> <li>3. Poss. game plan to lock on TE Drag vs. I Backs</li> </ol>
<u>SAM</u> Base	Flow to Guard	<ol style="list-style-type: none"> <li>1. <u>Hook</u> - Feel TE to near back for zone responsibility.</li> <li>2. If TE releases inside on vertical route carry through 14 yds. If TE releases inside &amp; drags, roll to middle of formation. If TE release outside, read near back for zone midpoint.</li> <li>3. Defend threats in your zone inside-out and deep to short by reacting to QB read.</li> <li>4. 2nd Contain full flow pass; &amp; react to screen inside out.</li> </ol>
<u>WILL</u> Base	Flow to Guard	<ol style="list-style-type: none"> <li>1. <u>Curl</u> - Feel near back for zone responsibility.</li> <li>2. If near back runs vertical route, carry through 14 yds. If near back runs flat route, drop to curl area. If near back hooks up, shorten drop on his outside shoulder.</li> <li>3. Defend threats in your zone inside-out &amp; deep to short.</li> <li>4. 2nd Contain full flow pass, &amp; react inside-out to screen.</li> </ol>
<u>LEO</u> Pressed	T, NB, Ball	<ol style="list-style-type: none"> <li>1. Rush the Passer</li> </ol>

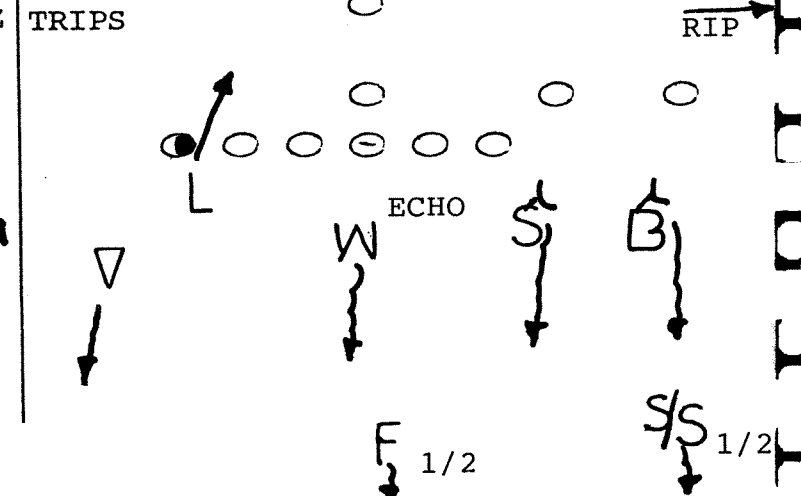
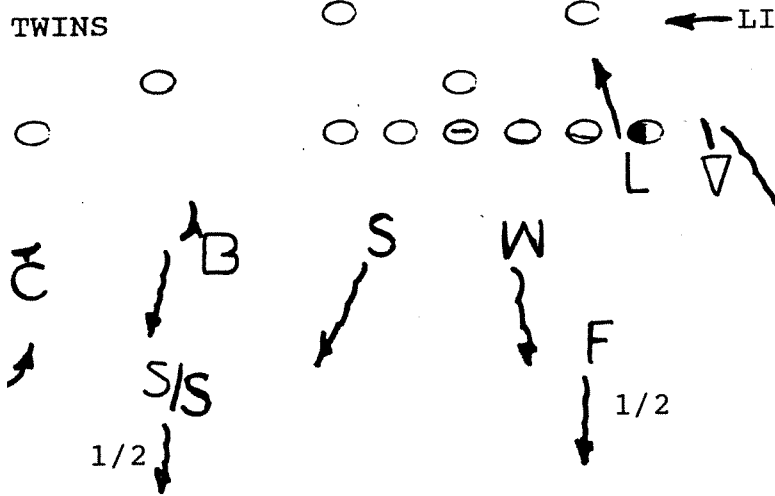
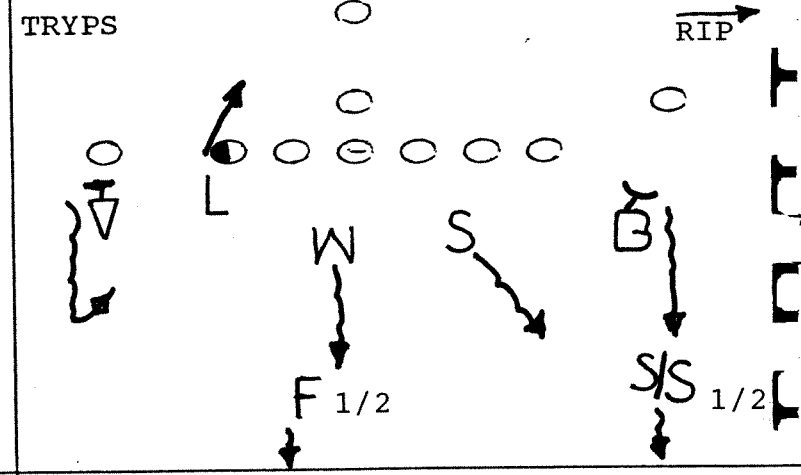
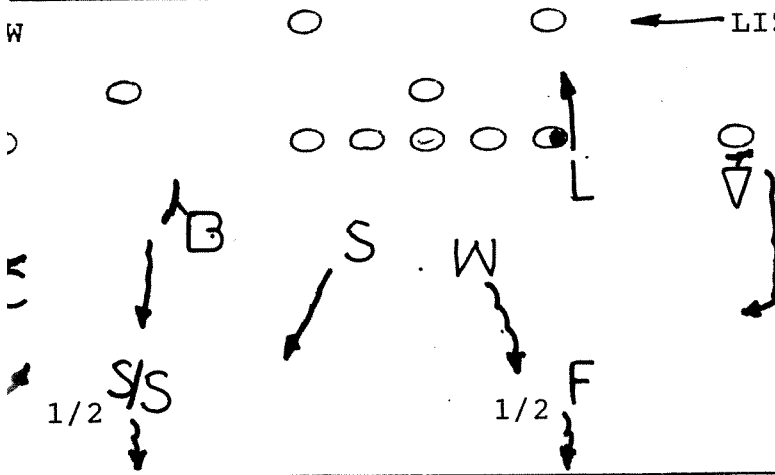
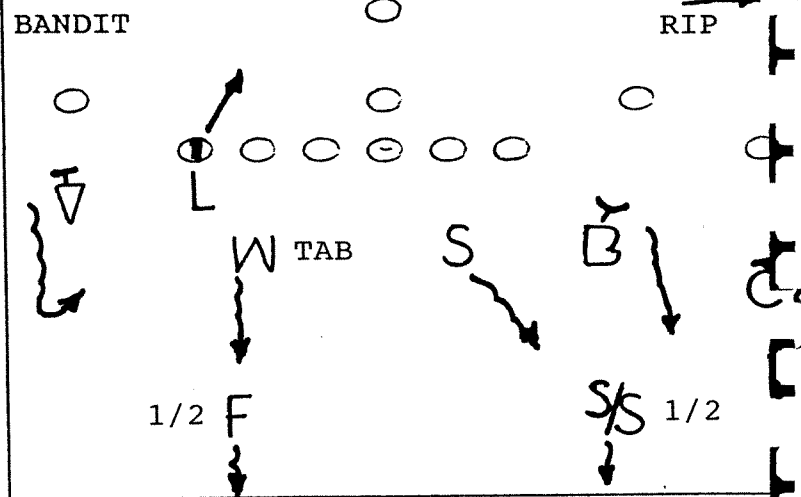
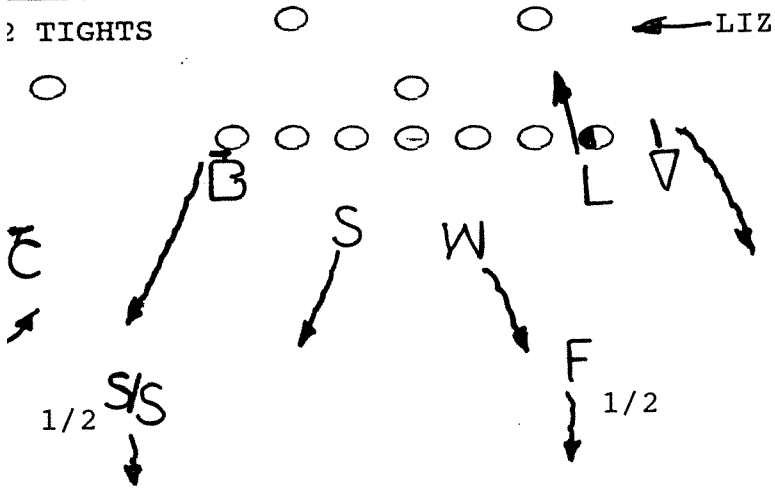
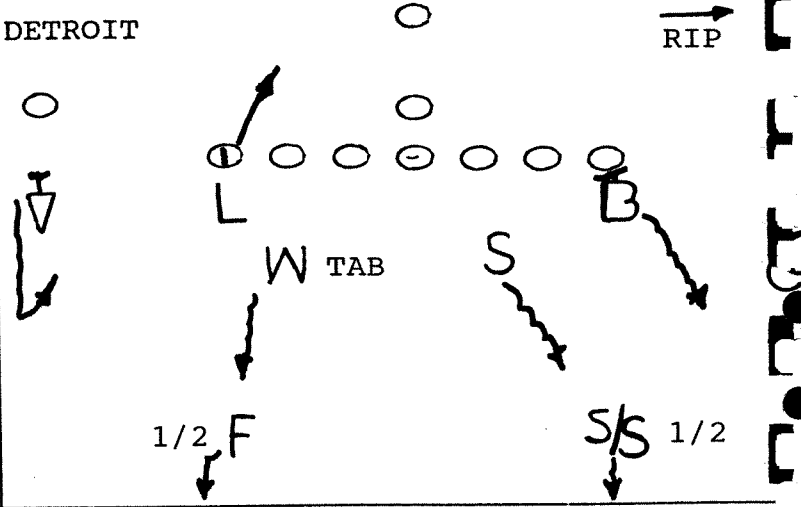
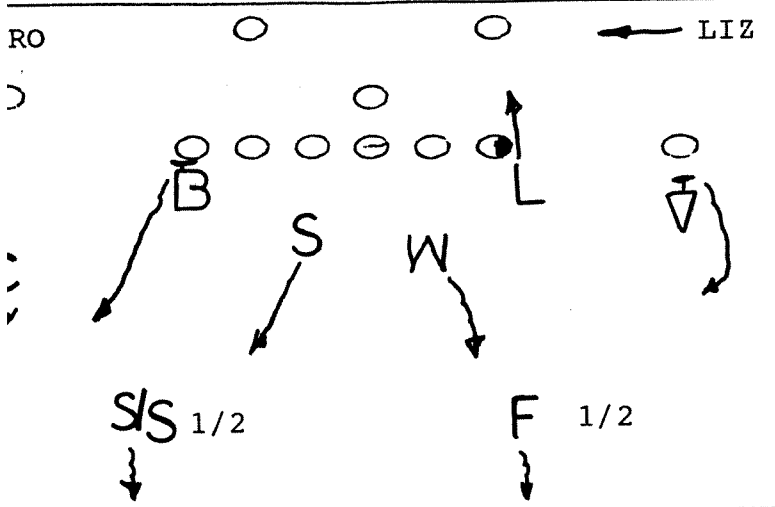


LIZ ←

COVER 2



ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>FC</u> 1 yard outside &amp; 5 yards deep</p>	<p>Lane of ball to #1. See #2 and #3 for total picture.</p>	<p>Flat Responsibility - Force Inside release by #1, feel #2, if #2 is Flat sink to PC and break up on ball, if #2 is vertical roll will fade.</p>
<p><u>SS</u> On Hash 12 yards deep</p>	<p>Lane of ball to #2. Must see #1 and #3 for total picture.</p>	<p>Deep 1/2 Responsibility - If #2 or #3 are vertical, stay on Hash and break on ball. If #2 is out or across and no #3 work to #1.</p>
<p><u>FS</u> On Hash 12 yards deep</p>	<p>Lane of ball to #1. Be aware of release and route of #2.</p>	<p>Deep 1/2 Responsibility - Get into Loose Man Technique on all verticals by #1. (Post, P.C., Square In) should get help on P.C. from B.C.</p>
<p><u>BC</u> Jam Technique</p>	<p>'X' to lane of ball.</p>	<p>Flat Responsibility - Force inside release of #1. Play all Flat Cuts from deep to short. Must carry fade until you feel #2 break out.</p>







COVER 2-SKY

DESCRIPTION: 5 Under - 2 Deep Zone with "Sky."  
Force to Wide Field.

STRENGTHS:

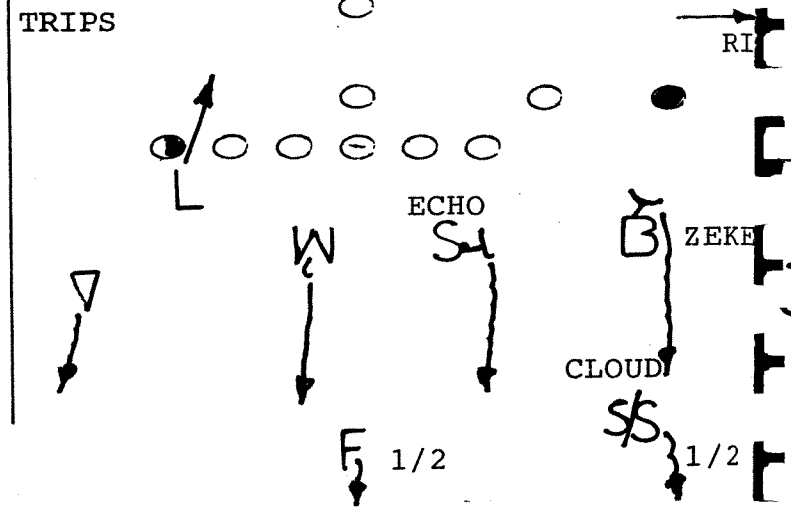
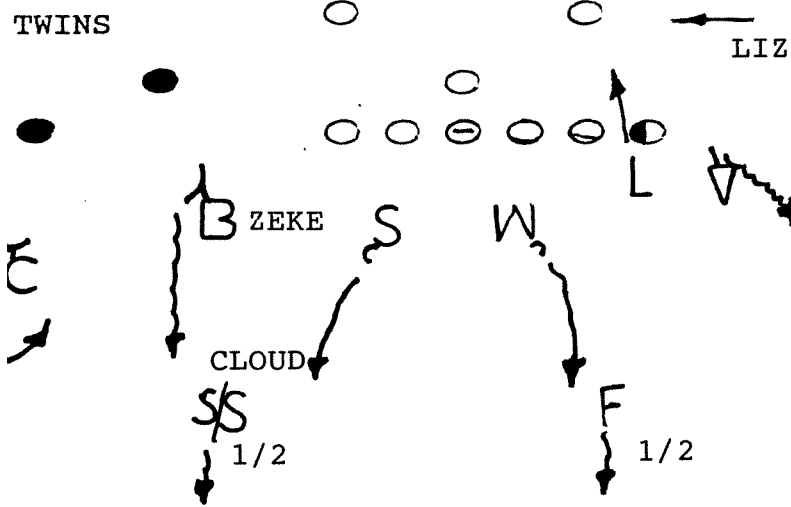
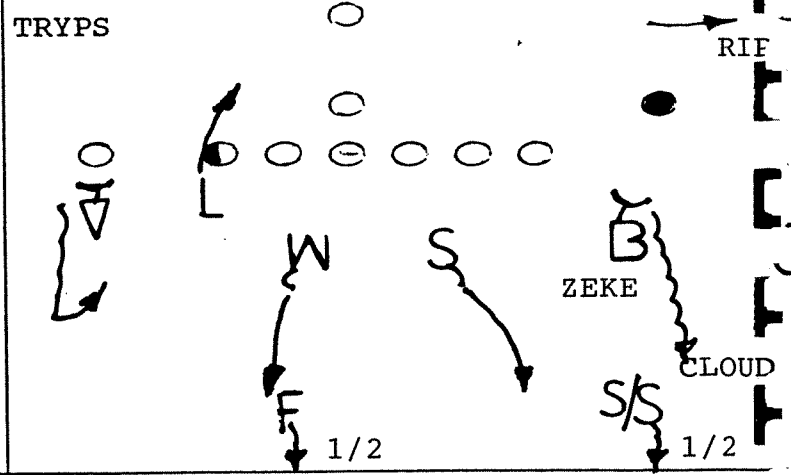
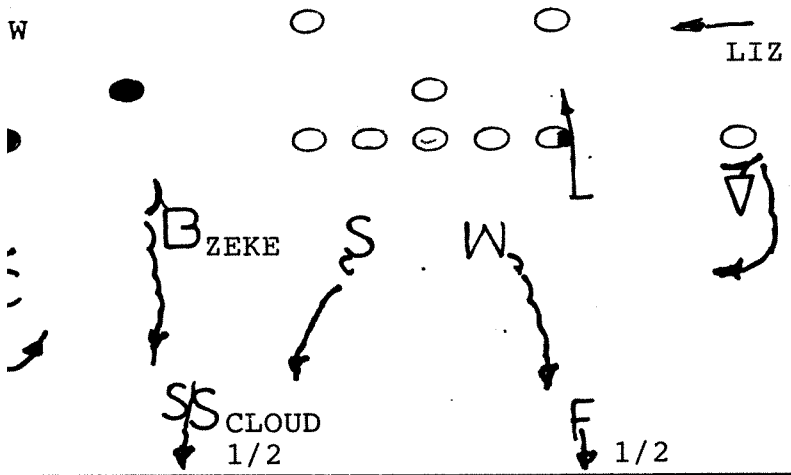
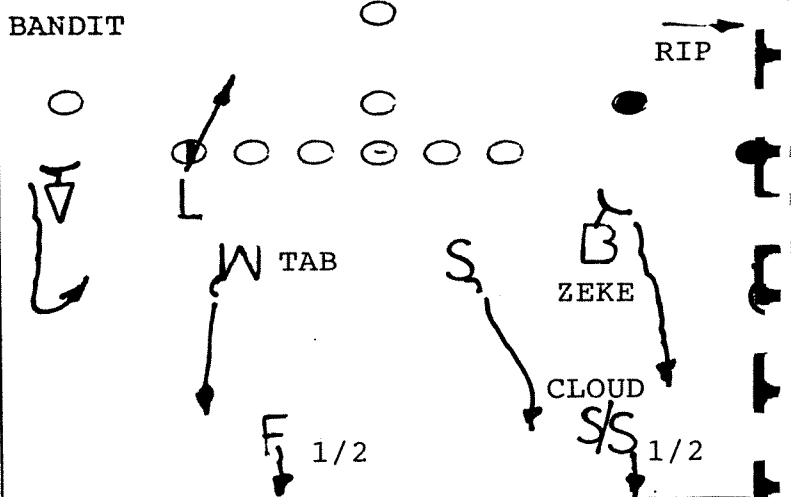
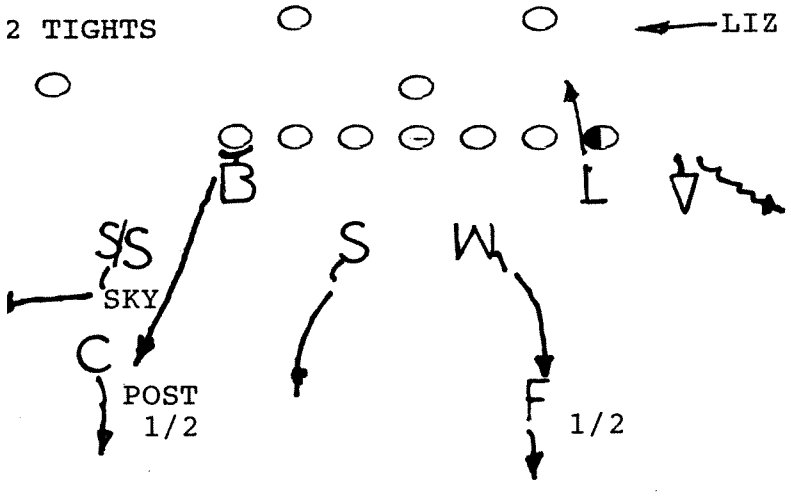
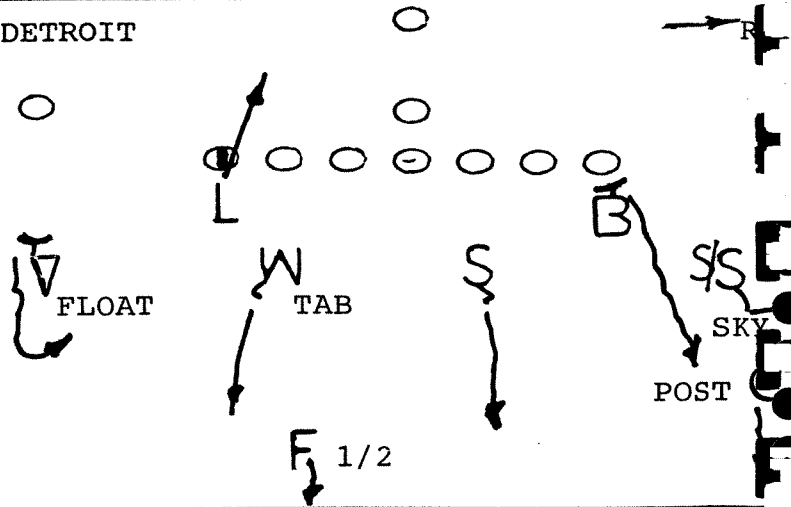
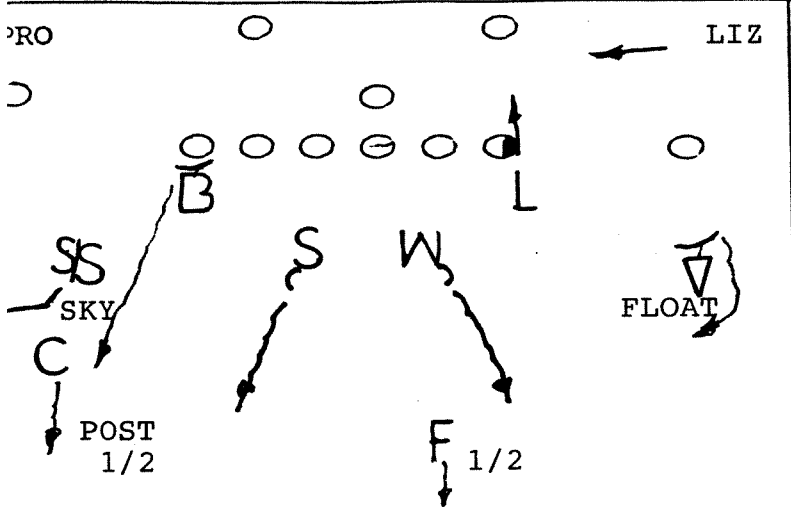
1. Strong Run Support Coverage.
2. Play 2 Deep Coverage from 3 Deep Look.

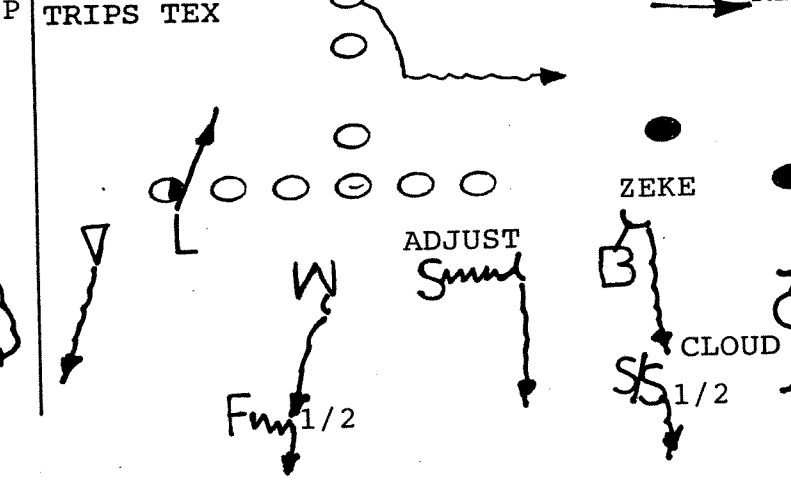
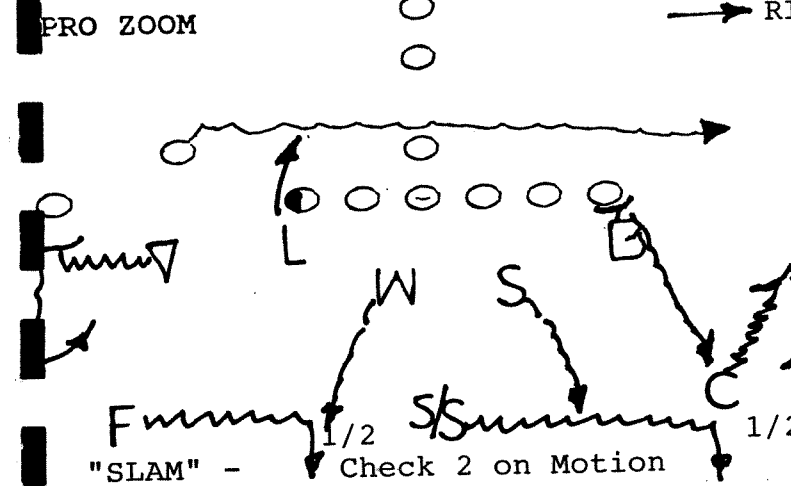
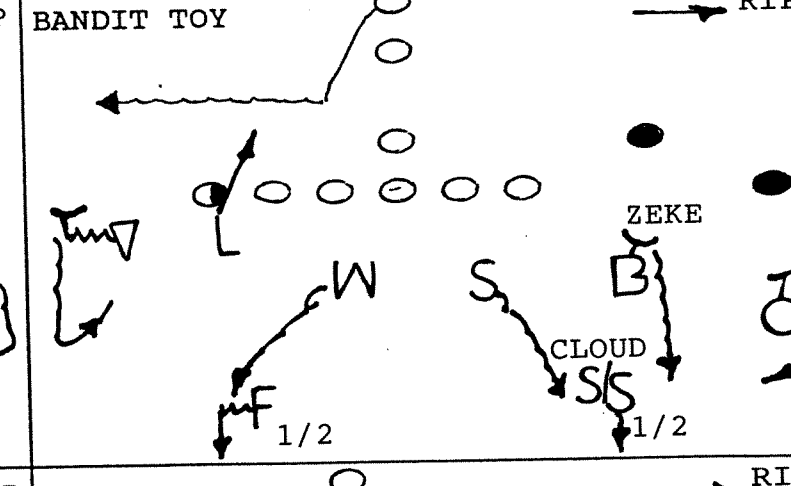
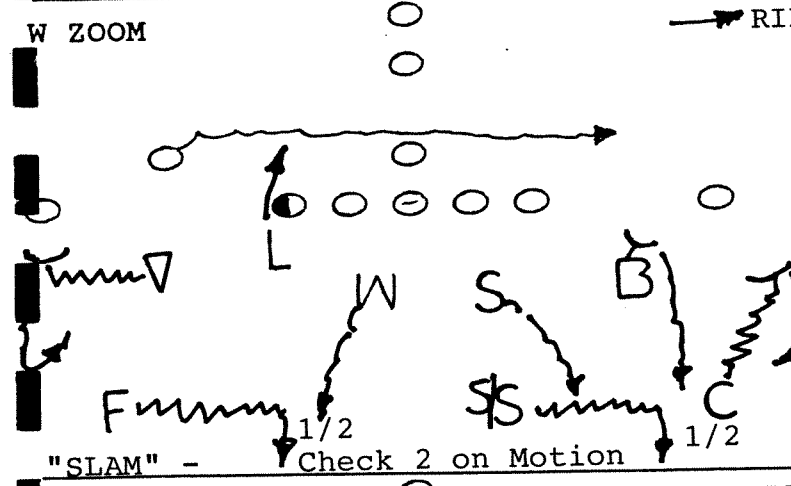
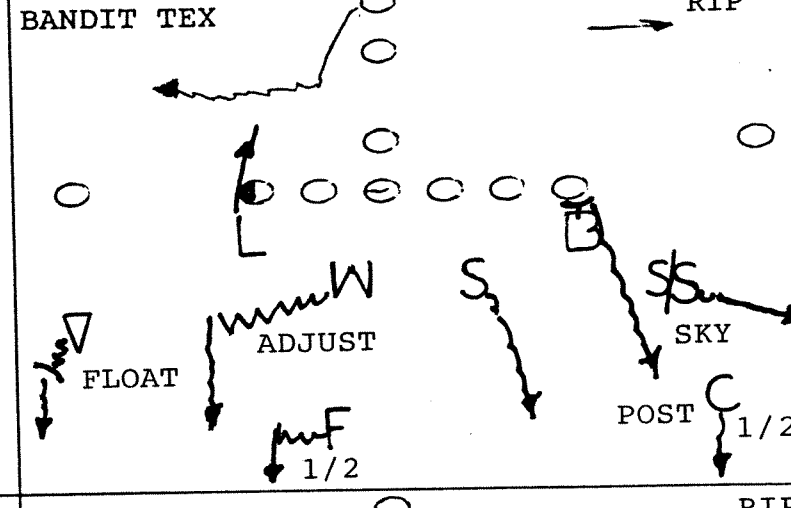
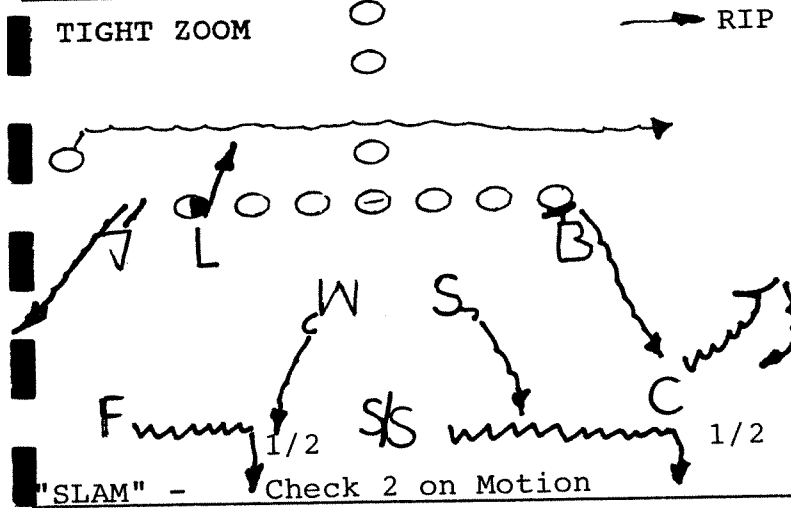
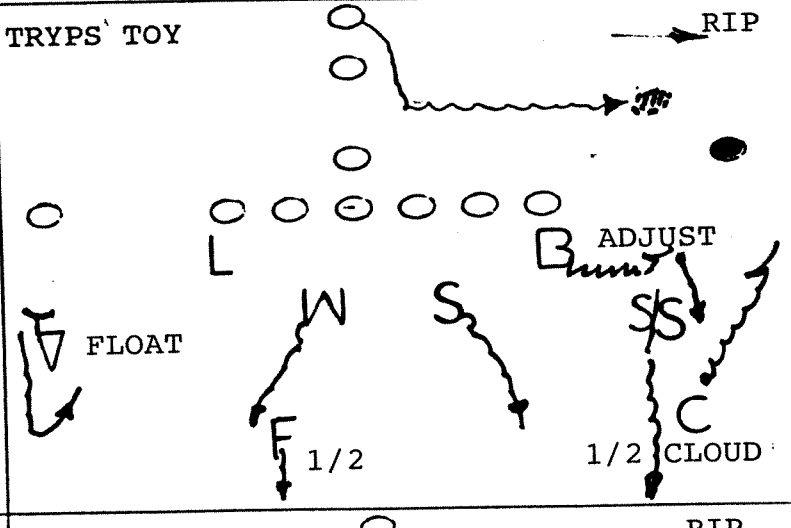
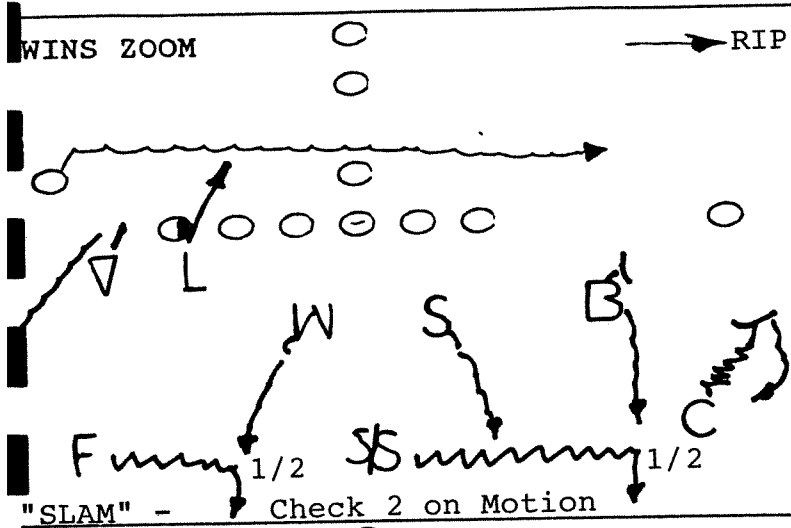
WEAKNESSES: Play Action Pass with Vertical Routes.

COORDINATION: Played with all "Field" and "Strong" calls.

ADJUSTMENTS:

1. Formation into ----- Slam
2. Dubs Motion Weak ----- B.A.
3. Trips Motion Strong ---- B.A.
4. Trips to SE side ----- B.A.
5. TE & Flanker to Field -- "Sky" Force  
(\* S/S responsible for TE Vertical on  
Play Action Pass - Buck responsible for  
TE Vertical on Drop Back Pass.)
6. Check "Cloud" vs. any Twin Look to Field









COVER 4DESCRIPTION:

4 Under - "1/4 - 1/4 - 1/3"  
 (\*FS slide off Hash on snap - BC aggressive  
 vs. High/Low Weak side.)

STRENGTHS:

1. Good, quick run support.
2. Jam 'X' on LOS.
3. Good vs. Fade Route by 'X'.

WEAKNESSES:

1. Strong side out.
2. Will must carry vertical release by #2.

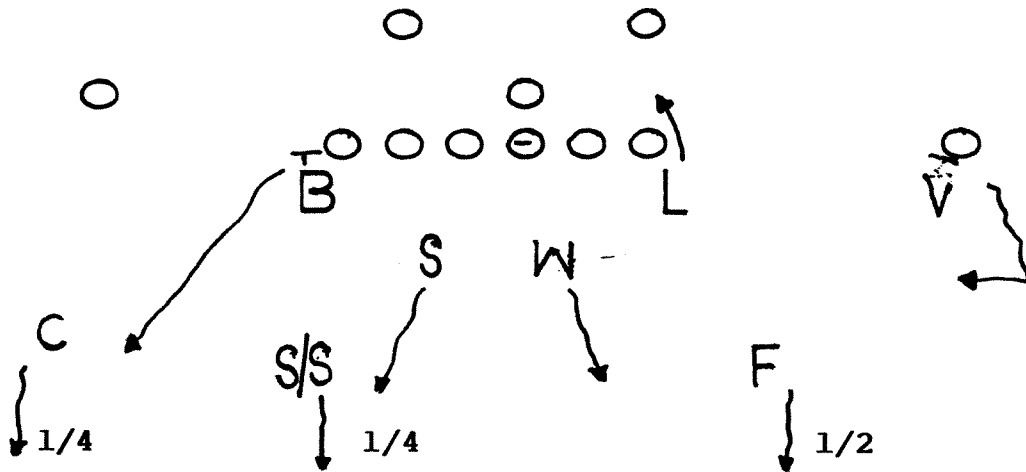
COORDINATION:

Played with all Field and Strong calls.  
 Used in conjunction with "Cowboy" Stunt.

ADJUSTMENTS:

1. Formation into ----- Slam
2. Dubs Motion Weak ----- B.A.
3. Trips Motion Strong --- B.A.
4. Trips to SE Side - Sam adjust - "Echo"
5. Never play 4 vs. Unit End Backside;  
 play Cover 7.
6. Stanford ----- Check 3

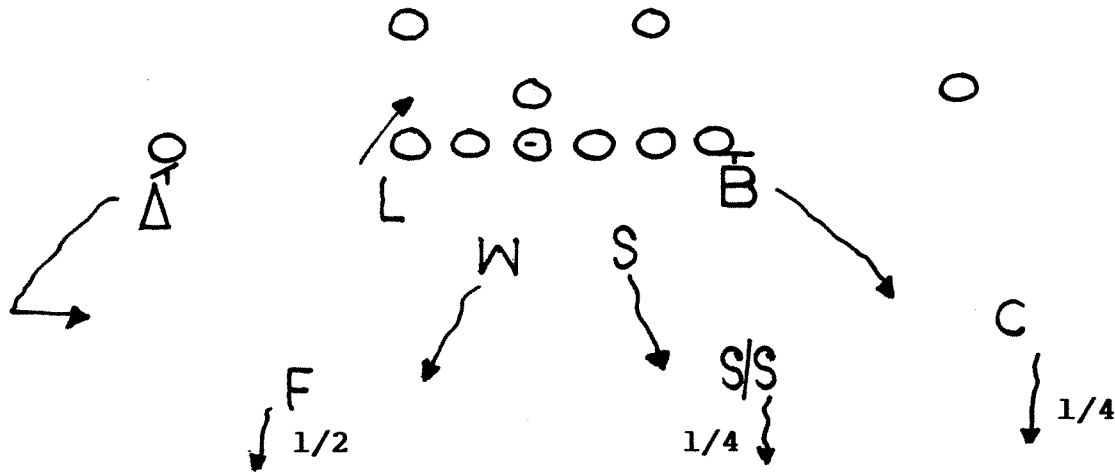
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COVER 4

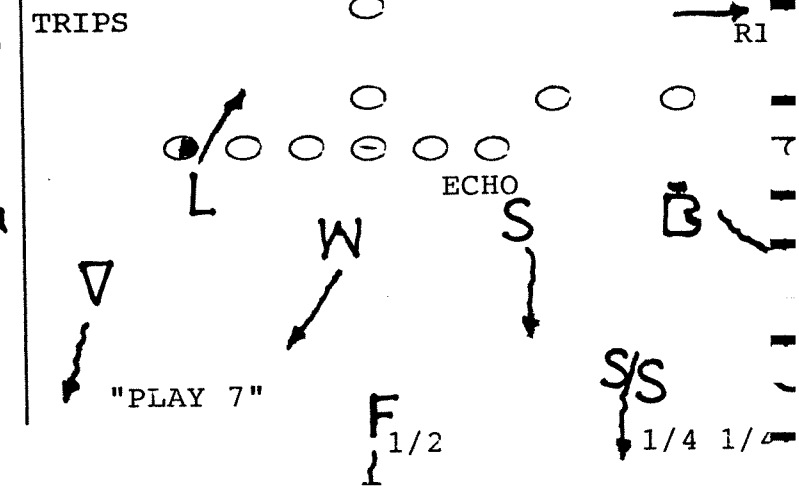
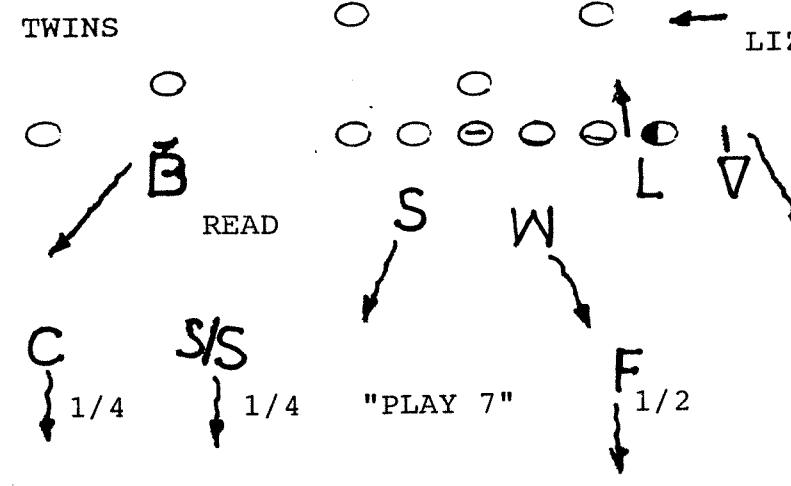
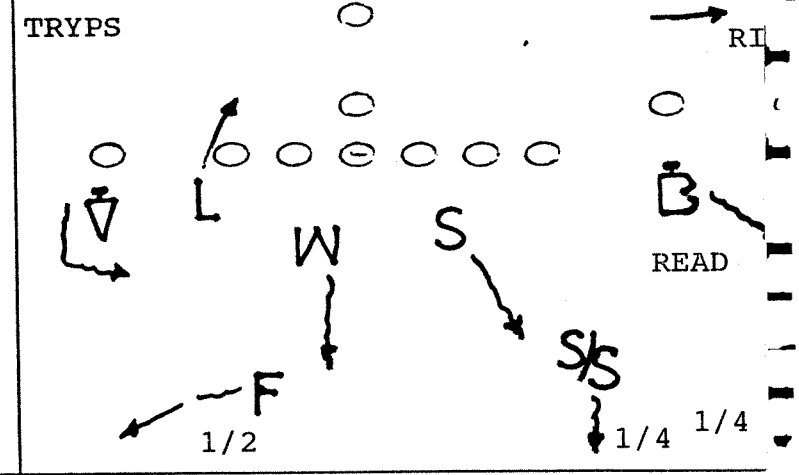
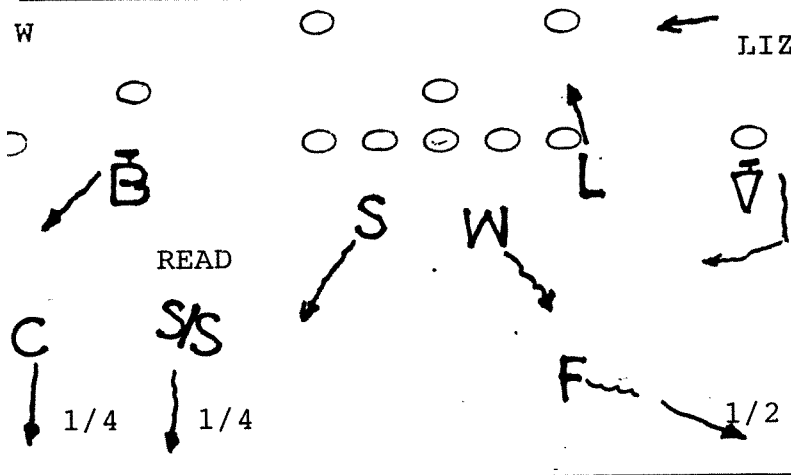
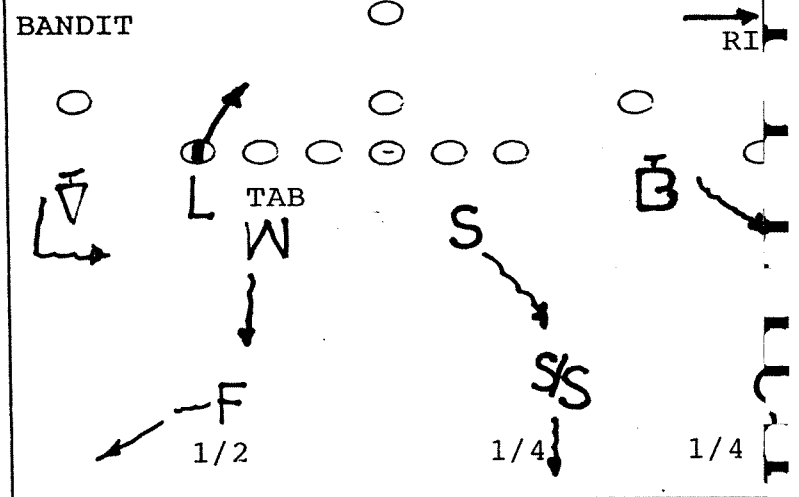
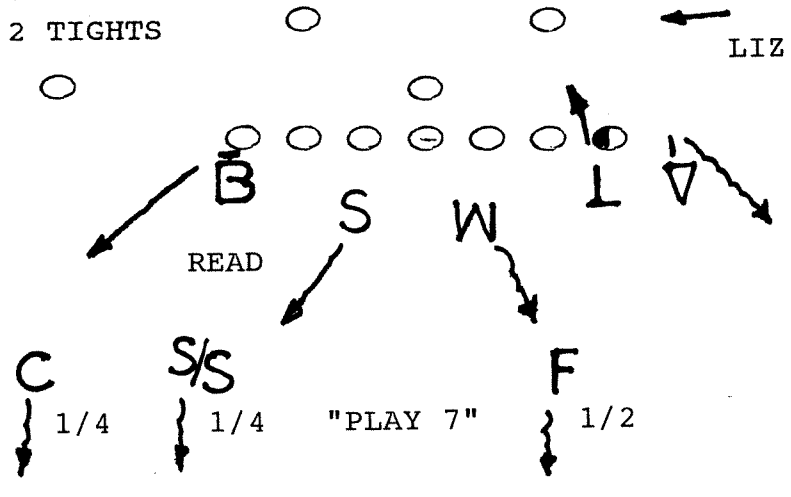
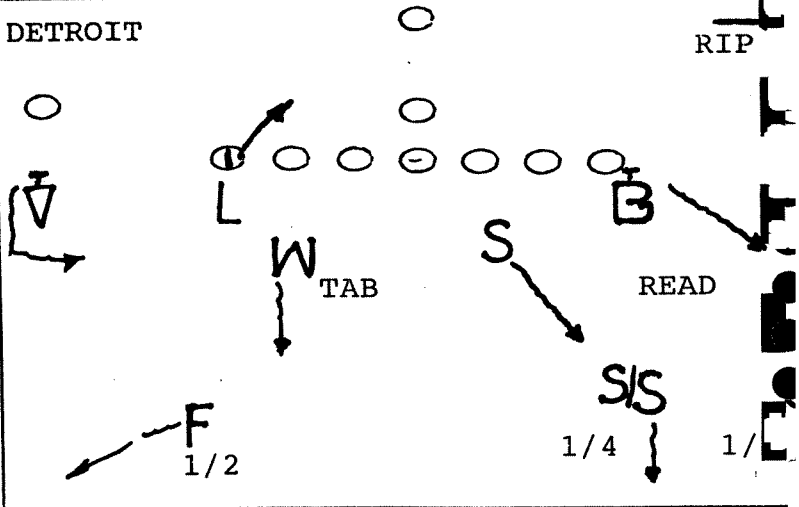
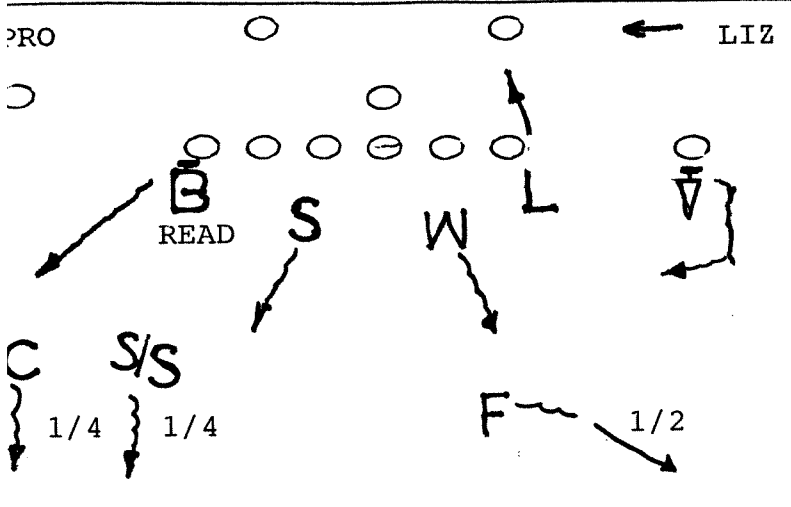
ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>BUCK</u> Tight 9 "Read"	TE to Flow	<ol style="list-style-type: none"> <li>1. Aggressive holdup on TE.</li> <li>2. Pick-up #2 or #3 on any Flat Route.</li> <li>3. If no Flat Route by #2 or #3 - Work to Curl.</li> </ol>
<u>SAM</u> Base	Flow to Guard	<ol style="list-style-type: none"> <li>1. <u>Hook</u> - Start to point 10 yards deep inside TE alignment.</li> <li>2. Pattern read TE to near back for your zone mid-point.</li> <li>3. Defend threats in your zone inside-out and deep to short by reacting to QB Read.</li> <li>4. Second Contain full flow pass and react to screen inside out.</li> </ol>
<u>WILL</u> Base	Flow to Guard	<ol style="list-style-type: none"> <li>1. <u>Hook</u> - Start to point 10 yards deep slightly inside where TE alignment would be.</li> <li>2. Pattern Read near back for your zone mid-point. Must carry vertical by #2.</li> <li>3. Defend threats in your zone inside-out and deep to short by reacting to QB Read.</li> <li>4. Second Contain full flow pass and react to Screen inside out.</li> </ol>
<u>LEO</u> Pressed	T, NB, Ball	<ol style="list-style-type: none"> <li>1. Rush the passer.</li> </ol>

RIP →

COVER 4



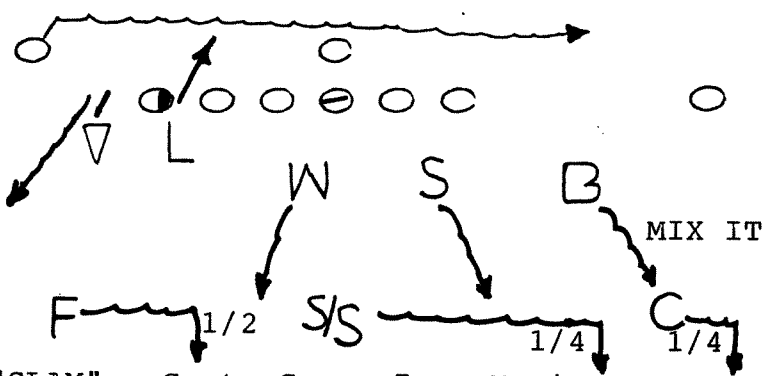
ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>FC</u> Outside Position &amp; 7 - 9 yards deep</p>	<p>Lane of ball to #1. (Be aware of release and route of #2.)</p>	<p>Loose man on #1, stay on deep shoulder of Post.</p>
<p><u>SS</u> 1 - 4 yards outside #2 &amp; 10 yards deep</p>	<p>Lane of ball to #2.</p>	<p>Key #2</p> <ol style="list-style-type: none"> <li>1. If #2 runs a vertical route you have him.</li> <li>2. If #2 runs a Flat Route steal Curl of #1.</li> <li>3. If #2 runs a Crossing Route Sprint to middle 1/3.</li> </ol>
<p><u>FS</u> On Hash 12 yards deep</p>	<p>Lane of ball to #1. (Be aware of release and route of #2.)</p>	<p>Slide off Hash on snap; Deep outside 1/3 unless inside release by #1, then play 1/2 Technique.</p>
<p><u>BC</u> Jam Technique</p>	<p>'X' to lane of ball.</p>	<p>Flat Responsibility - Force <u>outside</u> release of #1, aggressively defend all Flat threats. If #1 takes inside release play Cover 7 Technique.</p>



TWINS ZOOM



RIP

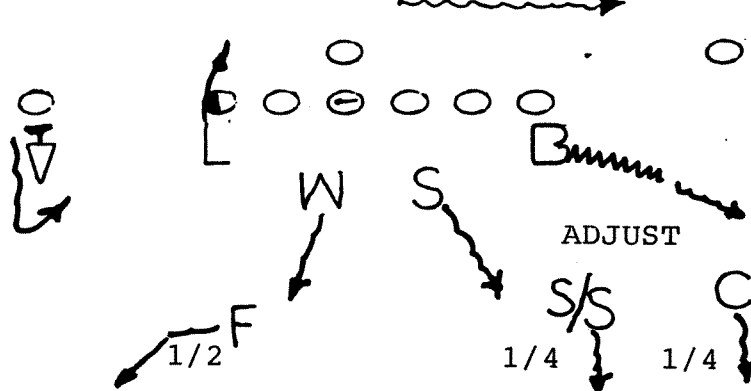


"SLAM" - Go to Cover 7 on Motion

TRYP'S TOY



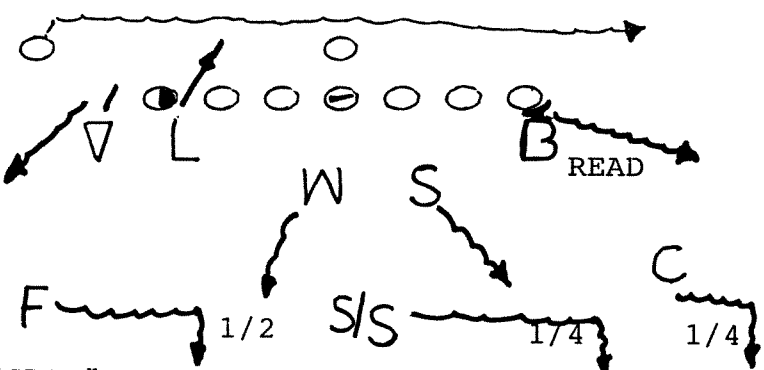
RIP



2 TIGHT ZOOM



RIP

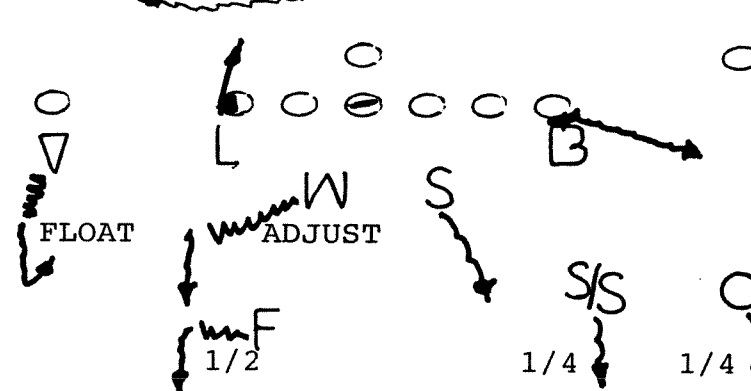


"SLAM" - Go to Cover 7 on Motion

BANDIT TEX



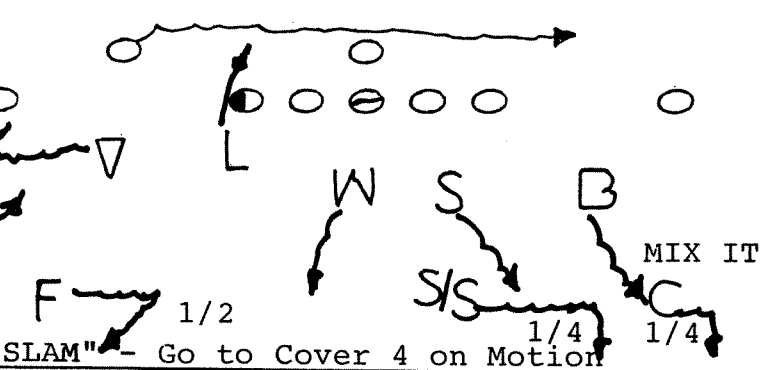
RIP



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RIP

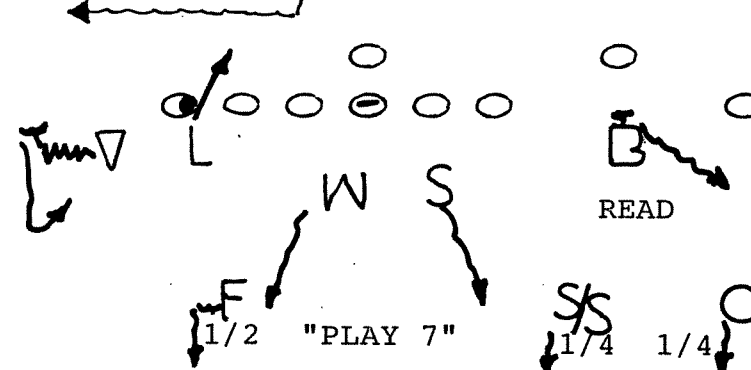


"SLAM" - Go to Cover 4 on Motion

BANDIT TOY



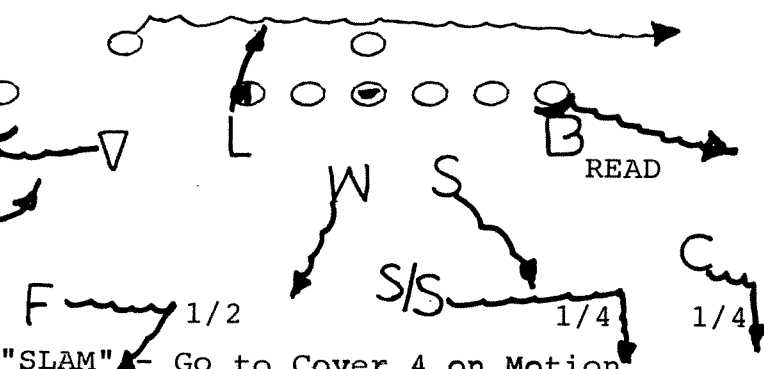
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PRO ZOOM



RIP

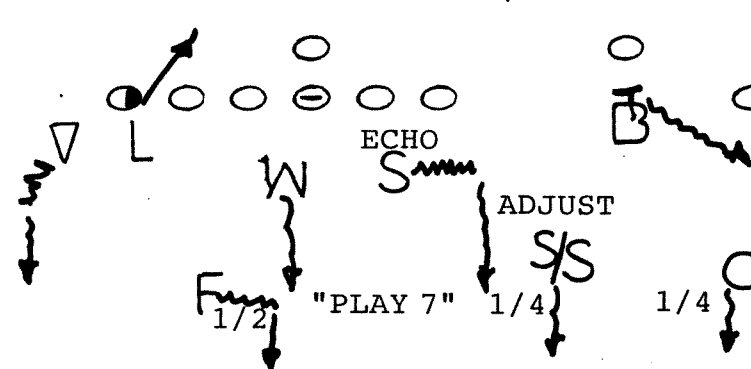


"SLAM" - Go to Cover 4 on Motion

TRIPS TEX



RIP





COVER 5

DESCRIPTION: 4 Under - 3 Deep Weak Side Zone

STRENGTHS:

1. Disguise (Show Cover 2).
2. Strong vs. Fade and P.C. by 'X'.
3. Strong Post Coverage.
4. Strong vs. High/Low Weak Side.

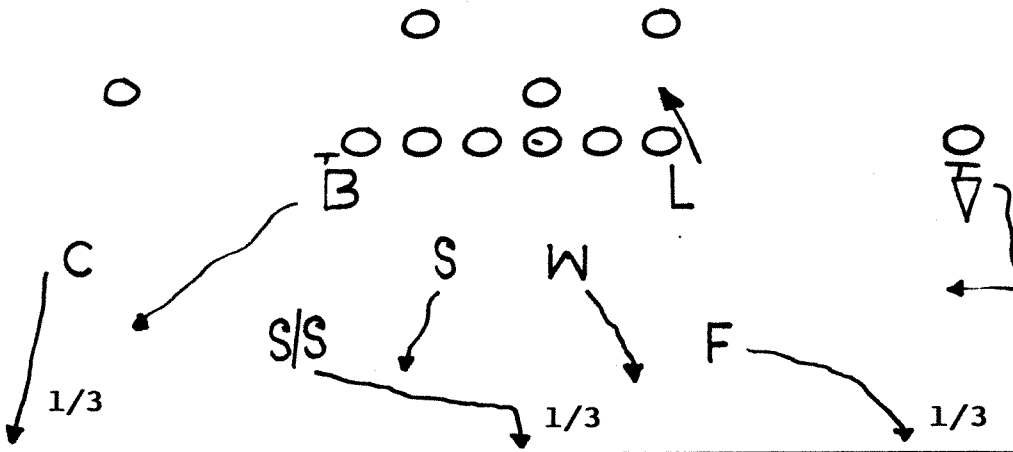
WEAKNESSES:

1. Strong side out.
- \*2. Will must carry vertical release by #2.

COORDINATION: Played with all "Field" and "Strong" calls.  
Also may be used with "Cowboy" Stunt.

ADJUSTMENTS:

1. Formation into ----- Slam
2. Dubs Motion Weak ----- B.A.
3. Trips Motion Strong --- B.A.
4. Trips to SE Side - Sam adjust - "Echo"
5. Never play 5 vs. Unit End Backside;  
play Cover 7
6. Stanford ----- Check 3



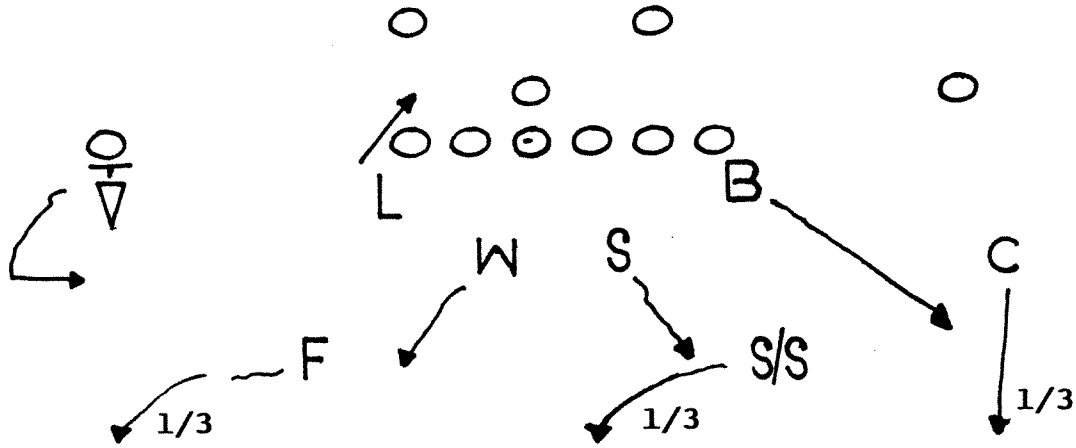
ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>BUCK</u> Tight 9 "Read"</p>	<p>TE to Flow</p>	<ol style="list-style-type: none"> <li>1. Flat - Snap on angle that will take you 12 - 14 yards deep in Flat.</li> <li>2. Feel TE and listen to Corner for "In" or "Out" call for zone mid-point.</li> <li>3. Defend deep to short.</li> <li>4. Alert to run deep with #2 on Flat and up if in tough coverage.</li> </ol>
<p><u>SAM</u> Base</p>	<p>Flow to Guard</p>	<ol style="list-style-type: none"> <li>1. <u>Hook</u> - Start to point 10 yards deep slightly outside TE alignment.</li> <li>2. Feel TE to near back for zone mid-point.</li> <li>3. Defend threats in your zone inside-out and deep to short by reacting to QB Read.</li> <li>4. Second Contain full flow pass and react to screen inside out.</li> </ol>
<p><u>WILL</u> Base</p>	<p>Flow to Guard</p>	<ol style="list-style-type: none"> <li>1. <u>Hook</u> - Start to point 10 yards deep slightly inside where TE alignment would be.</li> <li>2. Feel near back for your zone mid-point. Must carry vertical release by #2.</li> <li>3. Defend threats in your zone inside-out and deep to short by reacting to QB Read.</li> <li>4. Second Contain full flow pass and react to Screen inside out.</li> </ol>
<p><u>LEO</u> Pressed</p>	<p>T, NB, Ball</p>	<ol style="list-style-type: none"> <li>1. Rush the passer.</li> </ol>



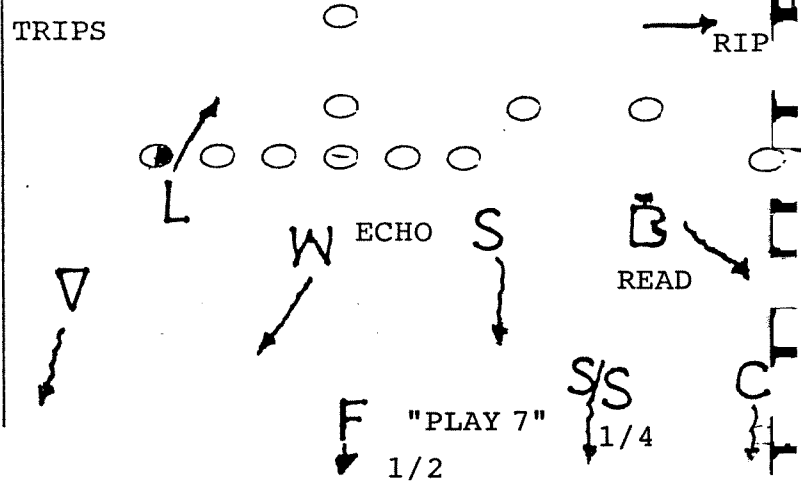
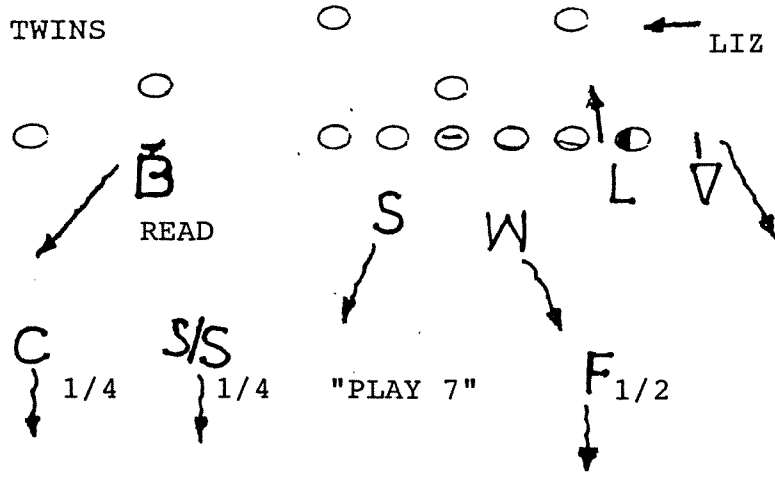
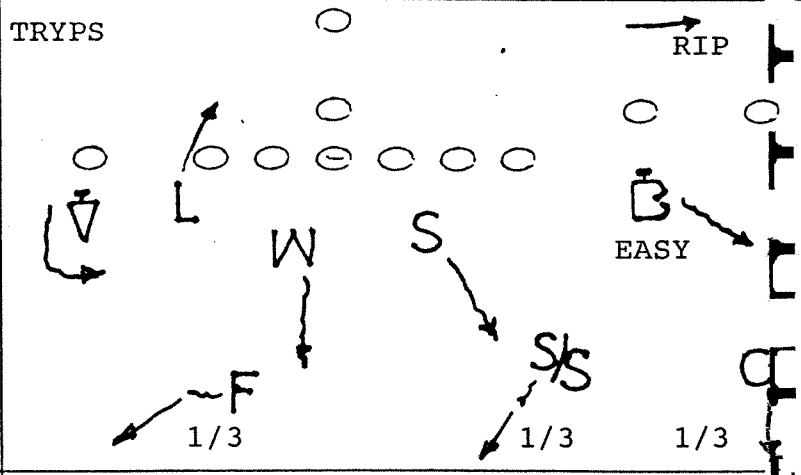
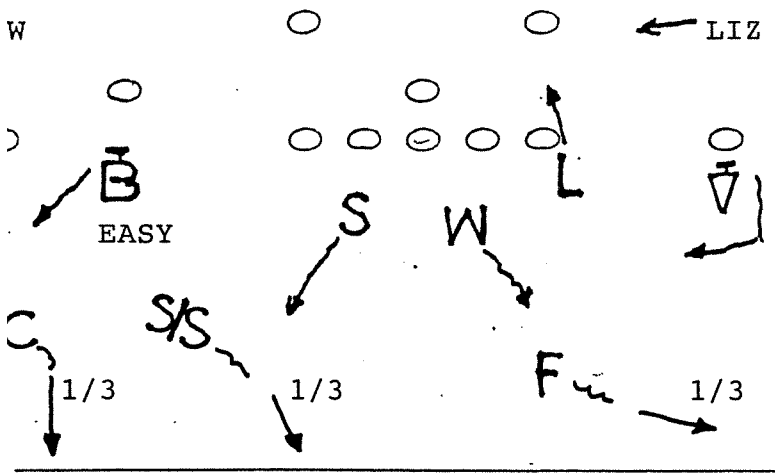
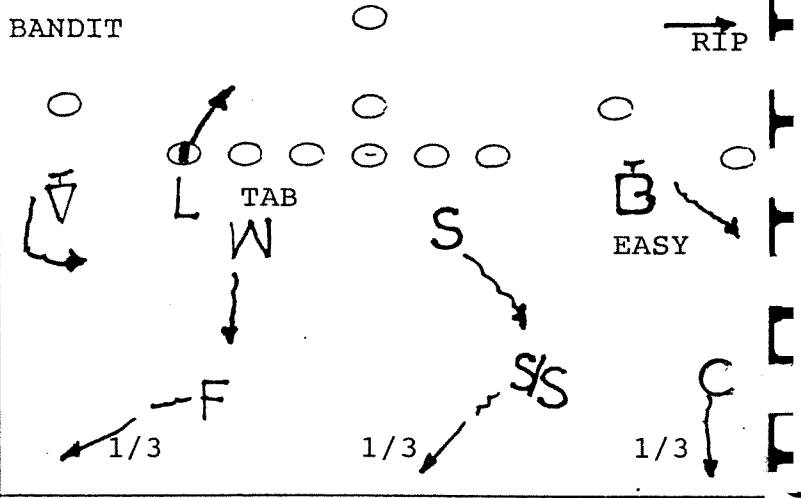
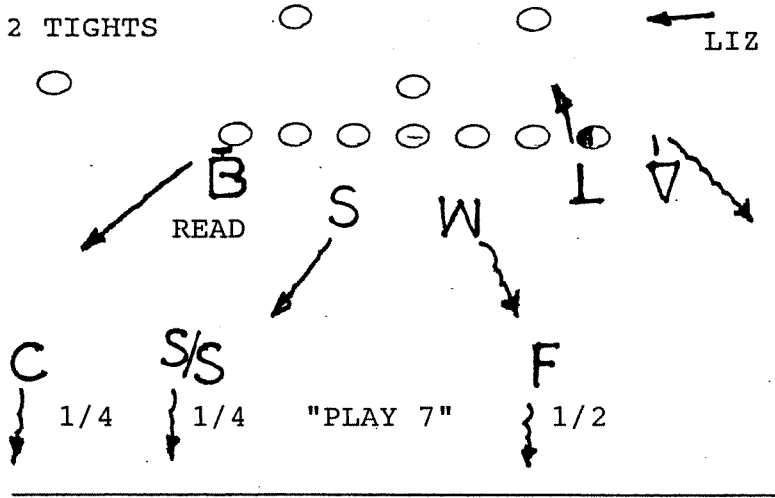
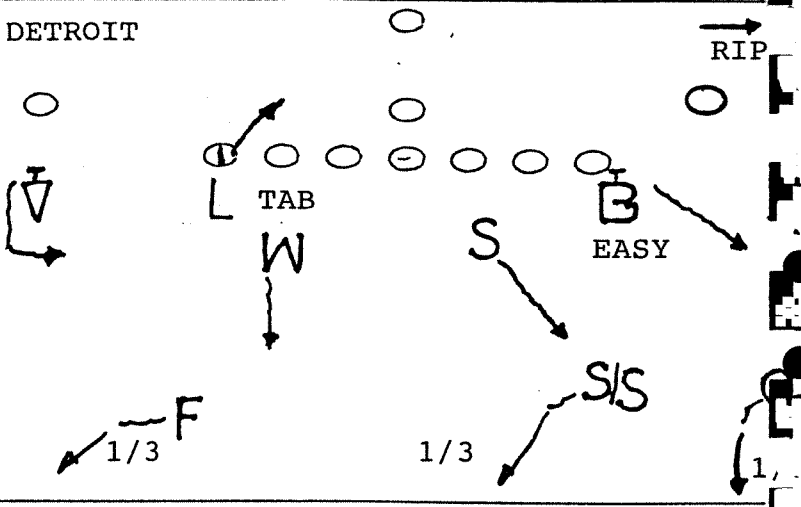
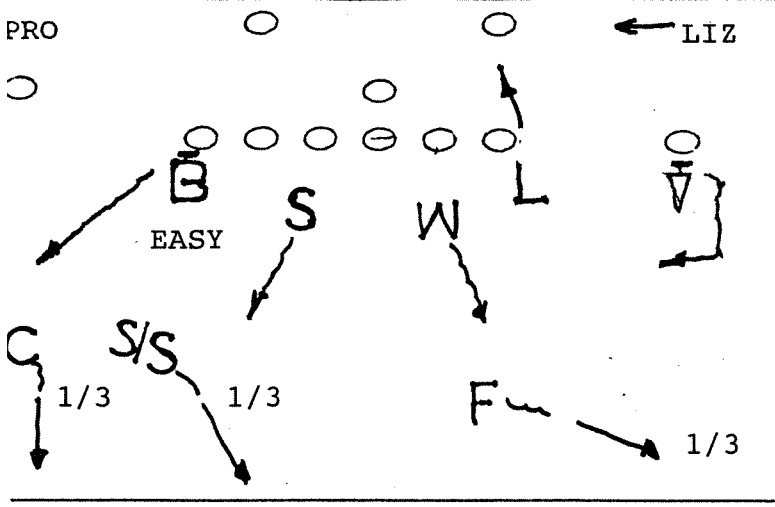
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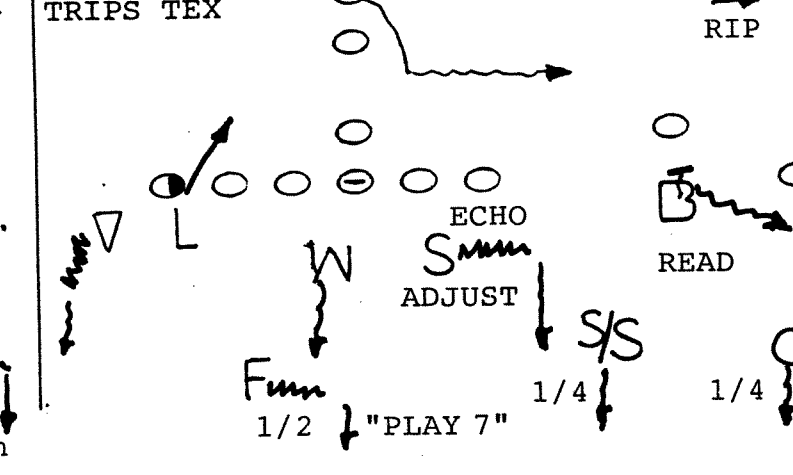
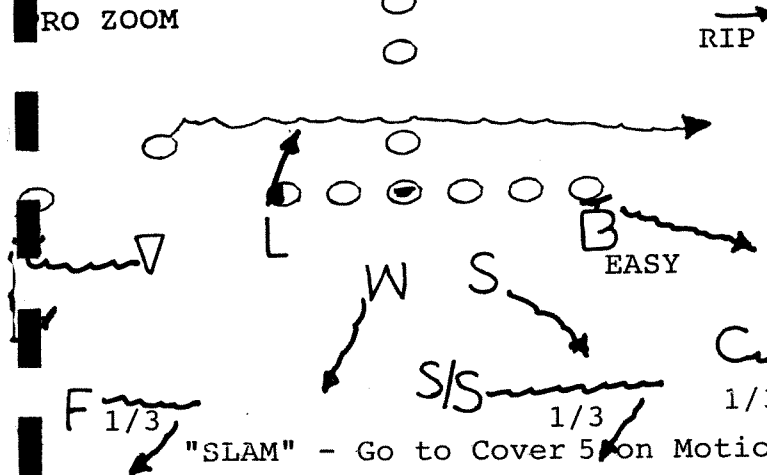
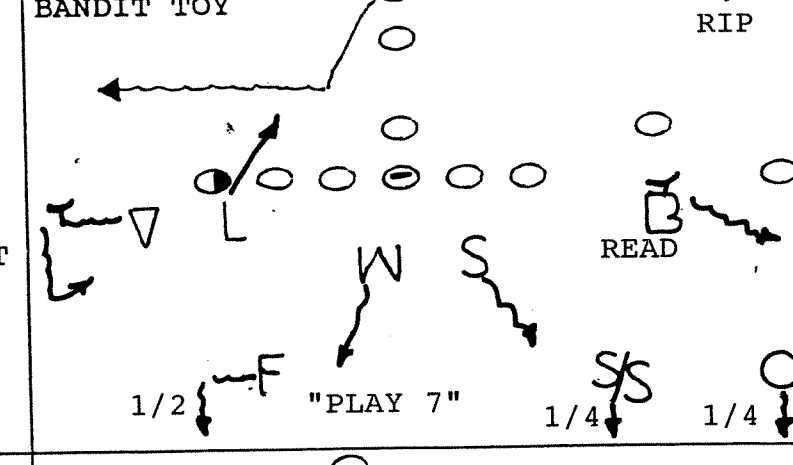
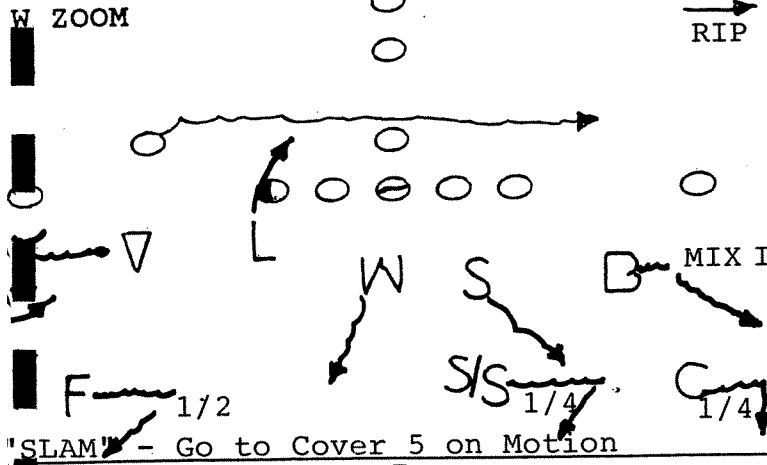
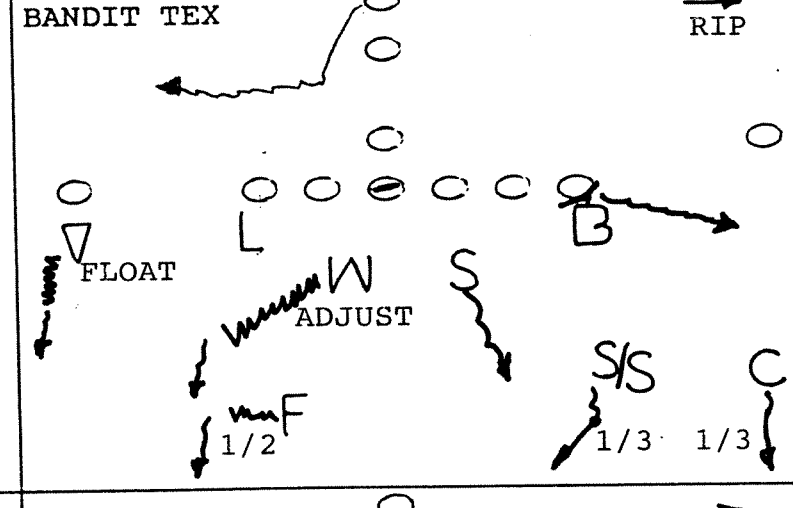
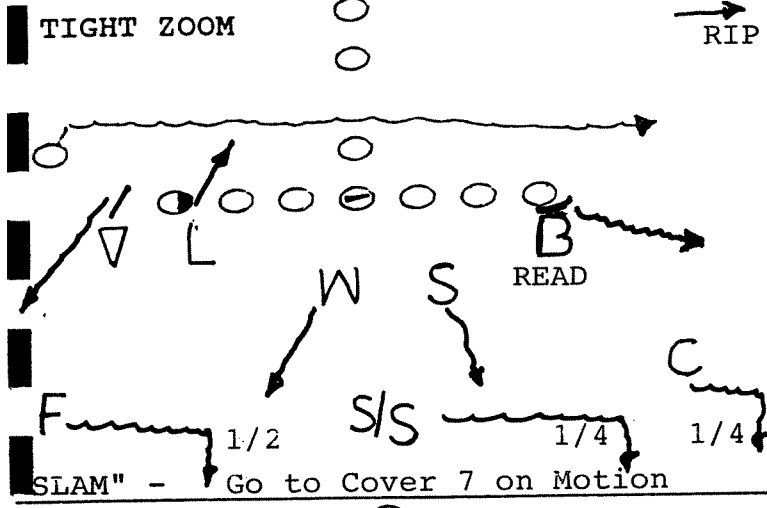
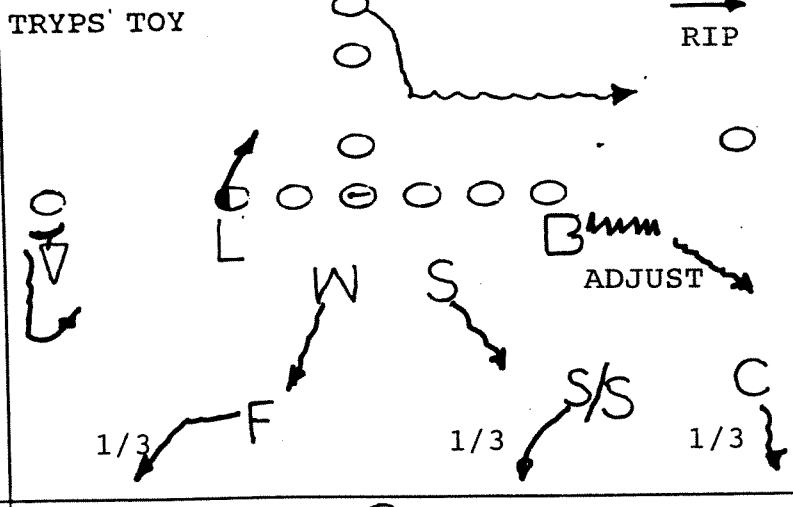
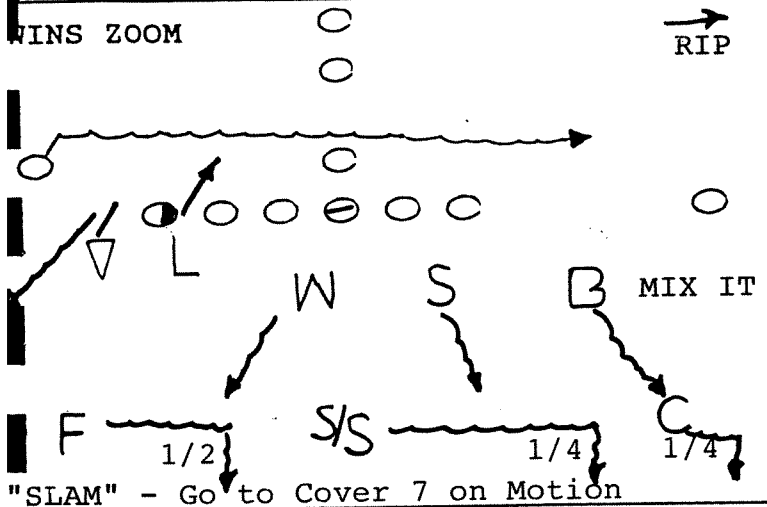


COVER 5



ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>FC</u></p> <p>1 yard outside #1 &amp; 5 yards deep (*show Cover 2)</p>	<p>#1</p>	<p>Deep outside 1/3.</p>
<p><u>SS</u></p> <p>1 - 4 yards outside #2 &amp; 12 yards deep</p>	<p>Lane of ball to #2. "Easy" support vs. Run Stunt.</p>	<p>Key #2 Deep middle 1/3. (* If Run Stunt play "Easy" support)</p>
<p><u>FS</u></p> <p>On Hash 12 yards deep</p>	<p>Lane of ball to #1.</p>	<p>Deep outside 1/3, unless inside release by #1, then play 1/2 Technique.</p>
<p><u>BC</u></p> <p>Jam Technique</p>	<p>'X' to lane of ball.</p>	<p>Flat Responsibility - Force <u>outside</u> release by #1. Defend all Flat threats aggressively. If #1 takes inside release play Cover 7 Technique.</p>







COVER 7DESCRIPTION:

4 Under - 1/4 - 1/4 - 1/2 Coverage  
 (\* FS on Hash - BC must jam 'X' inside and  
 play High/Low Weak Side form deep to short.)

STRENGTHS:

1. Good, quick run support.
2. Jam 'X' on LOS.
3. Good vs. PC by 'X'.

WEAKNESSES:

1. Strong side out.

COORDINATION:

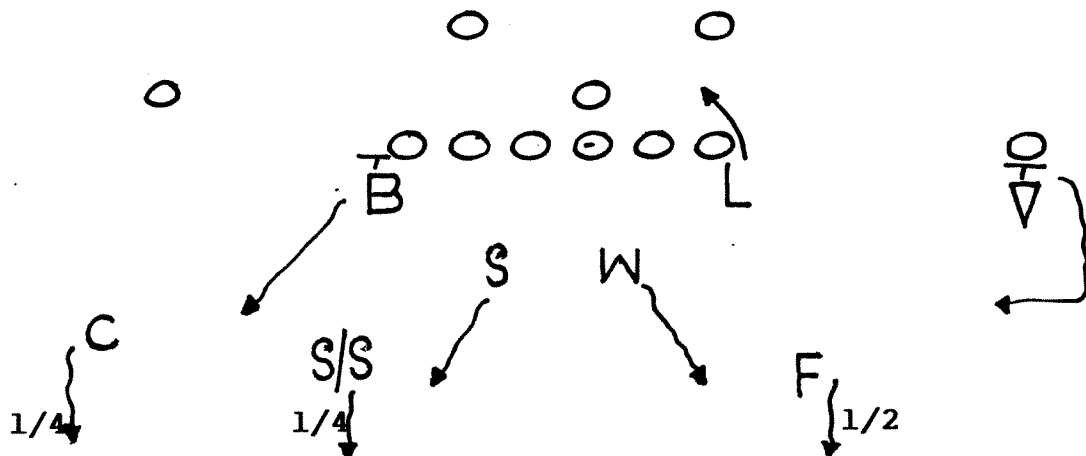
Played with all "Field" and "Strong" calls.

ADJUSTMENTS:

1. Formation into ----- Slam
2. Dubs Motion Weak ----- B.A.
3. Trips Motion Strong --- B.A.
4. Trips to SE Side - Sam adjust - "Echo"
5. May kick to Cover 2 vs. Short Split  
by "2".
6. May go 3 Deep invert vs. any 1 Back  
Break.
7. Stanford ----- Check 3

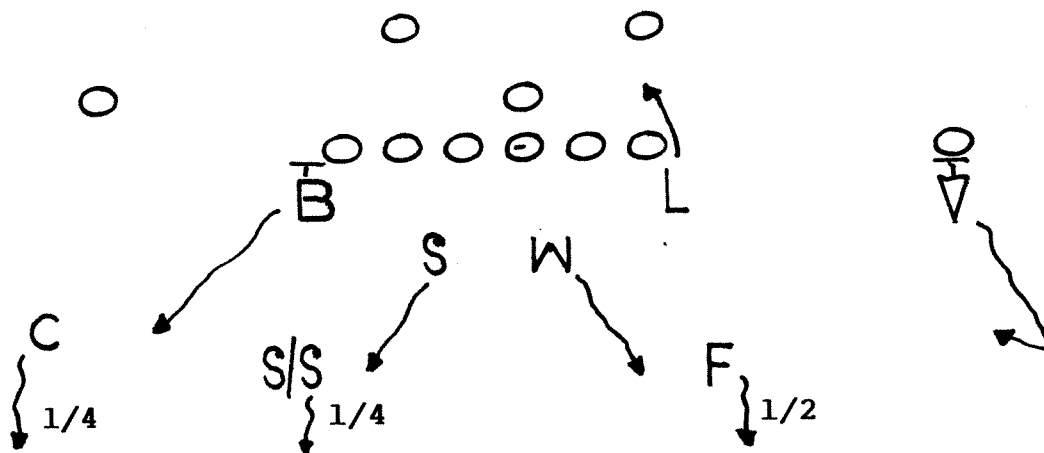
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COVER 7

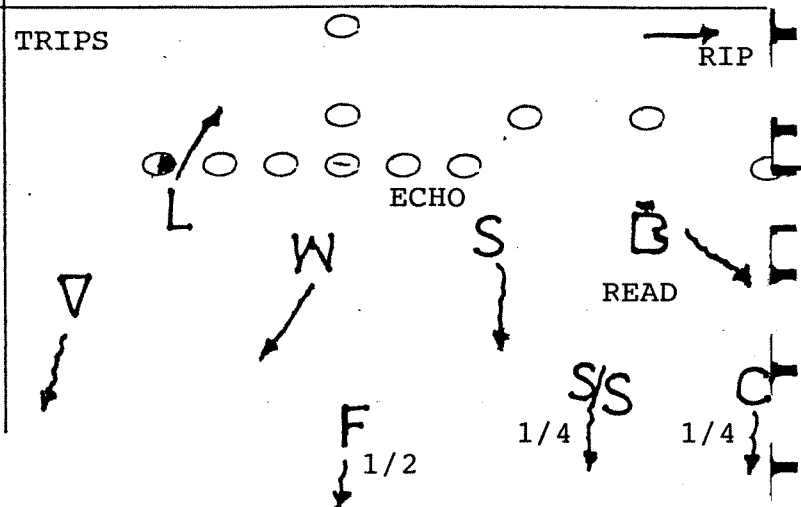
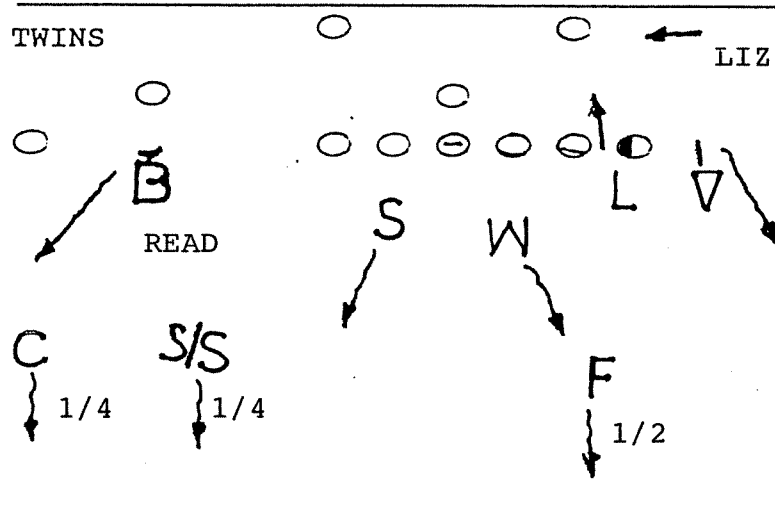
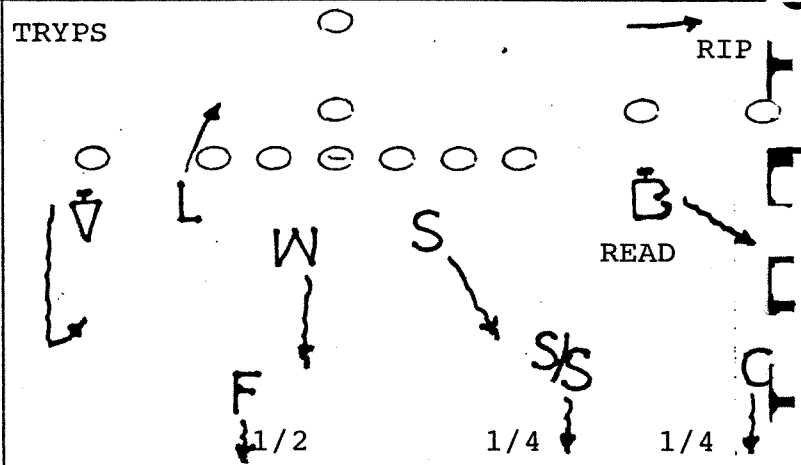
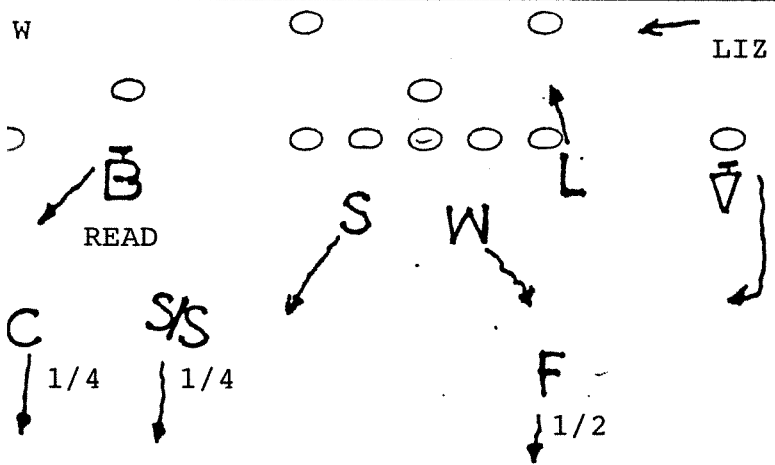
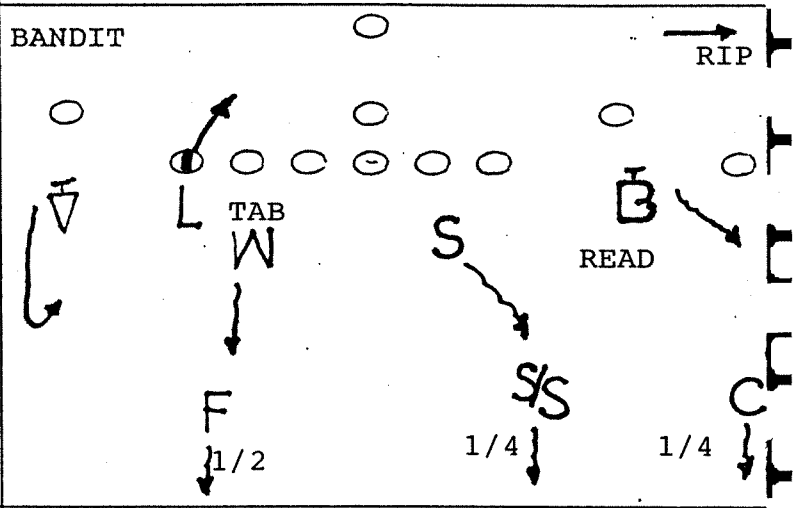
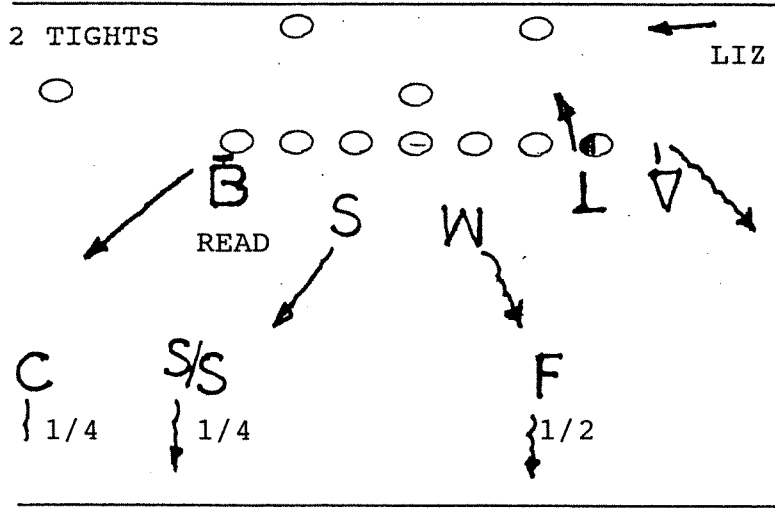
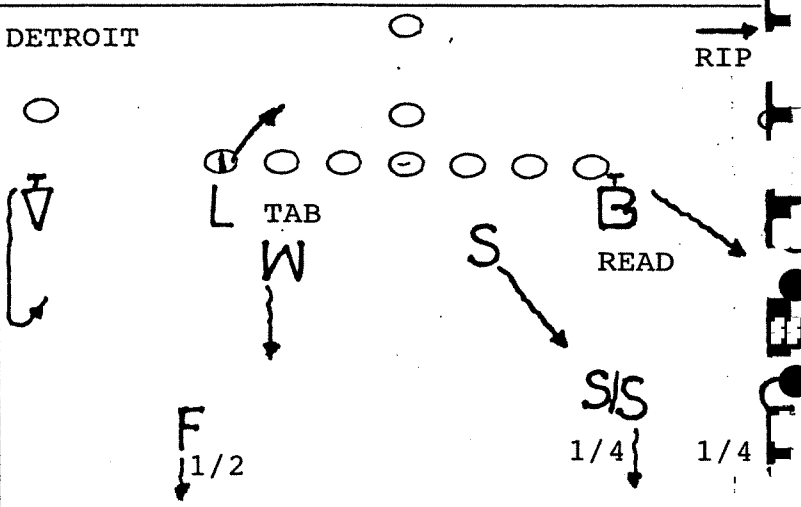
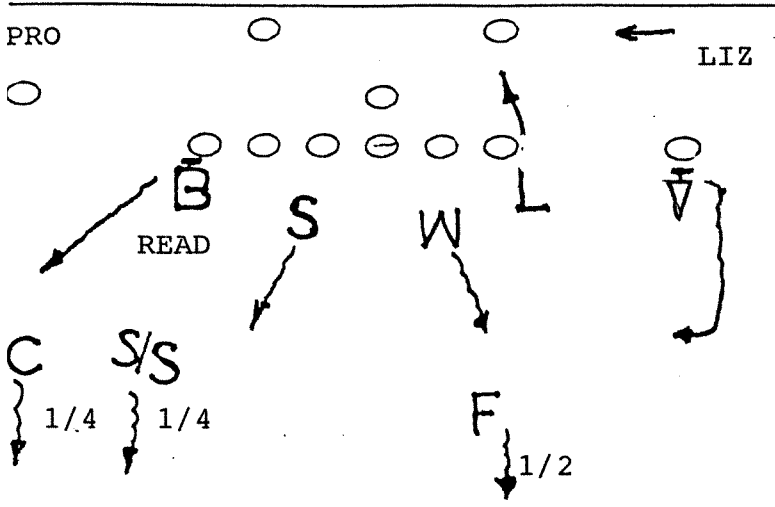


ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>BUCK</u> 9 Technique "Read"	TE to Flow	1. Aggressive holdup on TE. 2. Pickup #2 or #3 on any Flat Route. 3. If no Flat Route by #2 or #3 - work to Curl.
<u>SAM</u> Base	Flow to Guard	1. <u>Hook</u> - Start to point 10 yards deep inside TE alignment. 2. Pattern read TE to near back for your zone mid-point. 3. Defend threats in your zone inside-out and deep to short by reacting to QB Read. 4. Second Contain full flow pass and react to screen inside out.
<u>WILL</u> Base	Flow to Guard	1. <u>Hook</u> - Start to point 10 yards deep slightly inside where TE alignment would be. 2. Pattern read near back for zone mid-point. 3. Defend threats in your zone inside-out and deep to short by reacting to QB read. 4. Second Contain full flow pass and react to screen inside-out.
<u>LEO</u> Pressed	T, NB, Ball	1. Rush the passer.

LIZ

COVER 7

ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>FC</u></p> <p>Outside position &amp; 7 - 9 yards deep</p>	<p>Lane of ball to #1. (Be aware of release and route of #2)</p>	<p>Loose man on #1, stay on deep shoulder of Post.</p>
<p><u>SS</u></p> <p>1 - 4 yards outside #2 &amp; 10 yards deep</p>	<p>Lane of ball to #2.</p>	<p>Key #2</p> <ol style="list-style-type: none"> <li>1. If #2 runs a Vertical Route you have him.</li> <li>2. If #2 runs a Flat Route steal Curl of #1.</li> <li>3. If #2 runs a Crossing Route sprint to middle 1/3.</li> </ol>
<p><u>FS</u></p> <p>On Hash 12 yards deep</p>	<p>Lane of ball to #1. (Be aware of release and route of #2)</p>	<p>1/2 Technique: Get into loose man technique on all verticals by #1 (Post, P.C., Square-In). Should get help on P.C. from B.C.</p>
<p><u>BC</u></p> <p>Jam Technique</p>	<p>'X' to lane of ball.</p>	<p>Flat Responsibility: Force inside release of #1. Play all Flat cuts from deep to short. Must carry Fade until you feel #2 break out.</p>

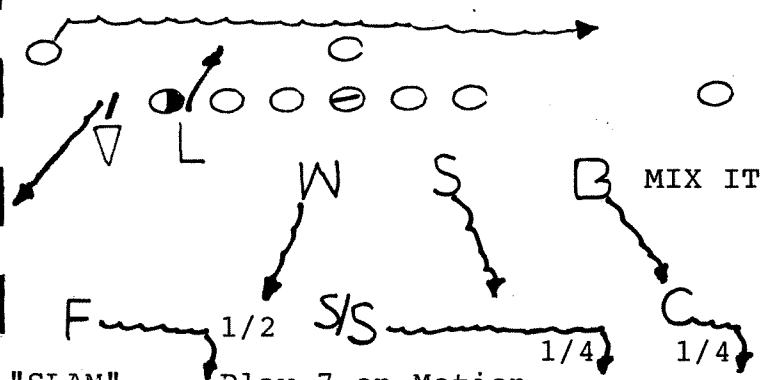




TWINS ZOOM



RIP

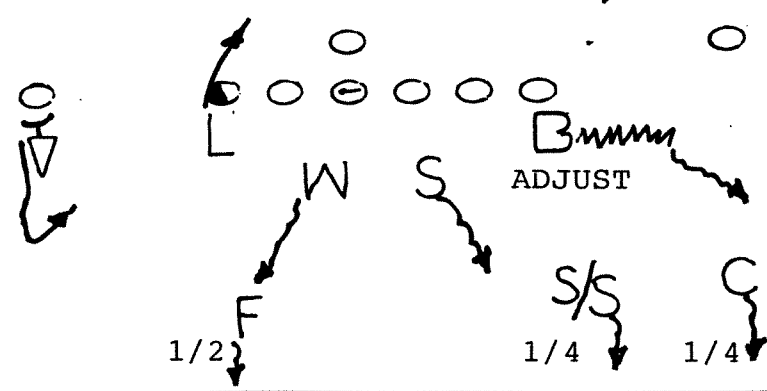


"SLAM" - Play 7 on Motion

TRYPS' TOY



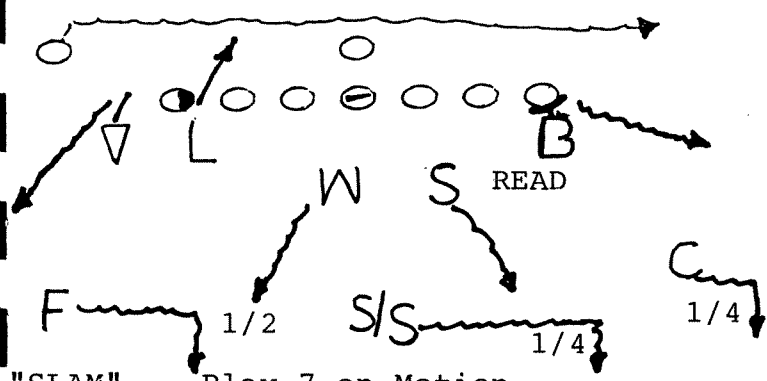
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2 TIGHT ZOOM



RIP

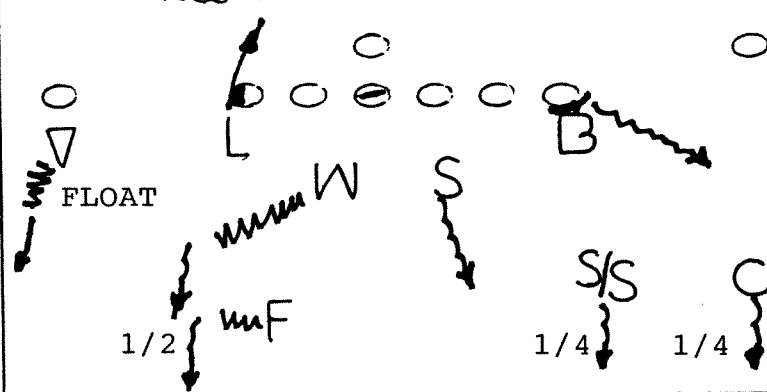


"SLAM" - Play 7 on Motion

BANDIT TEX



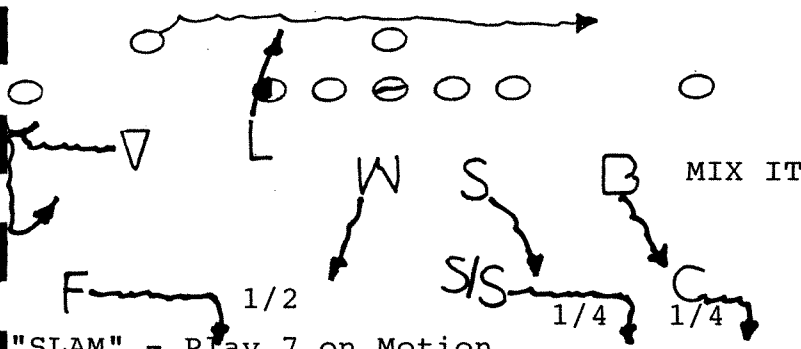
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W ZOOM



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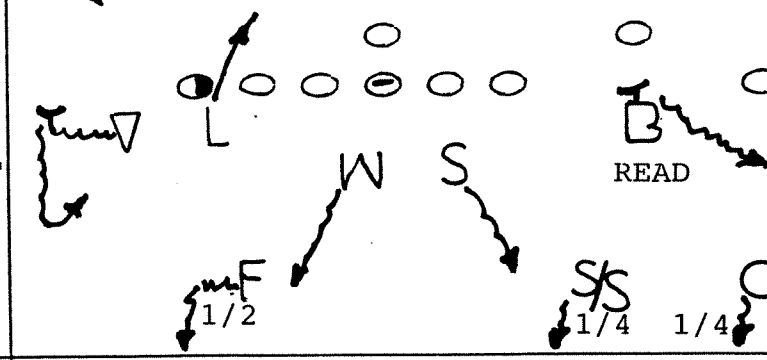


"SLAM" - Play 7 on Motion

BANDIT TOY



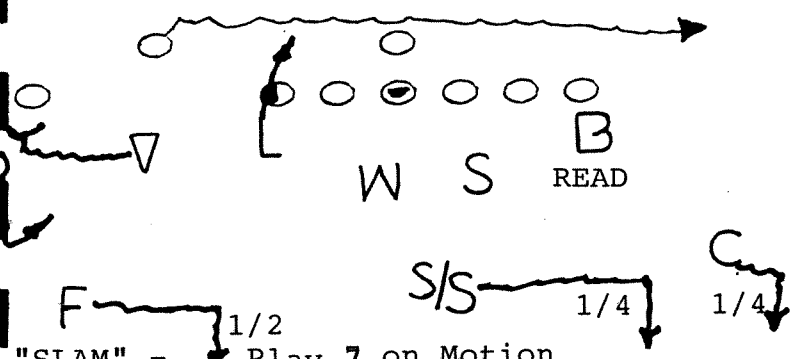
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PRO ZOOM



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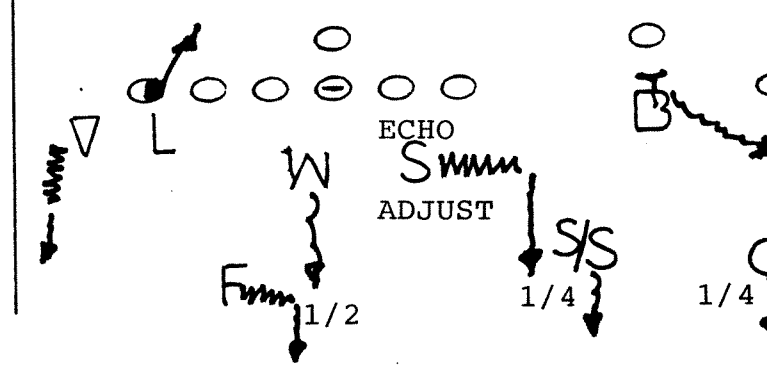


"SLAM" - Play 7 on Motion

TRIPS TEX



RIP



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COVER "2-2" - "LEO"

DESCRIPTION: 3 Man Rush - 6 Under - 2 Deep

STRENGTHS:

1. Maximum under coverage.
2. Good in "Clock" situations to stop outs.
3. Get Jams on release of Wide Receivers.
4. Great Weak Side coverage.

WEAKNESSES:

1. Vertical Routes.

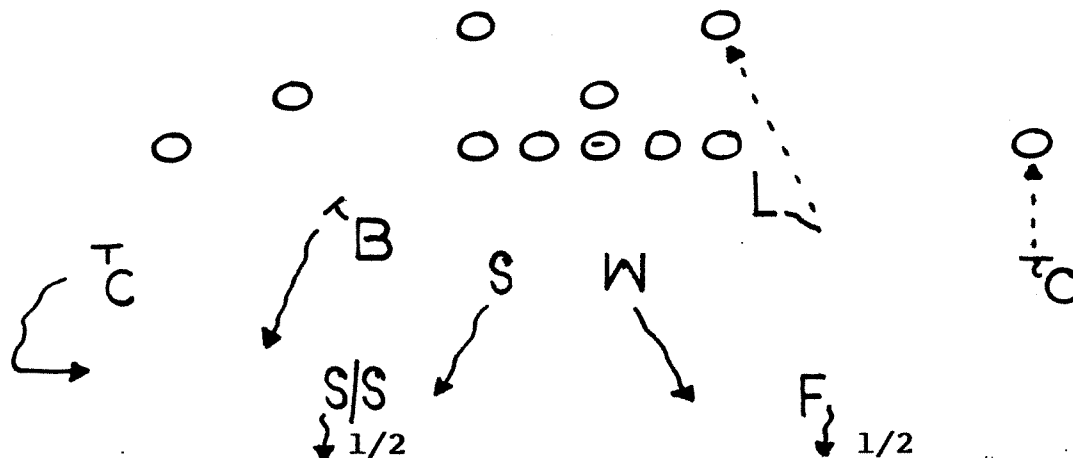
COORDINATION: Played with all "Field" and "Strong" calls.

ADJUSTMENTS:

1. No Into Check.
2. Dubs Motion Weak ----- Leo
3. Trips Motion Strong --- Buck
4. Trips to SE Side ----- B.A.
5. In 2-Minute situation play Right/Left Corner.

LIZ  
←

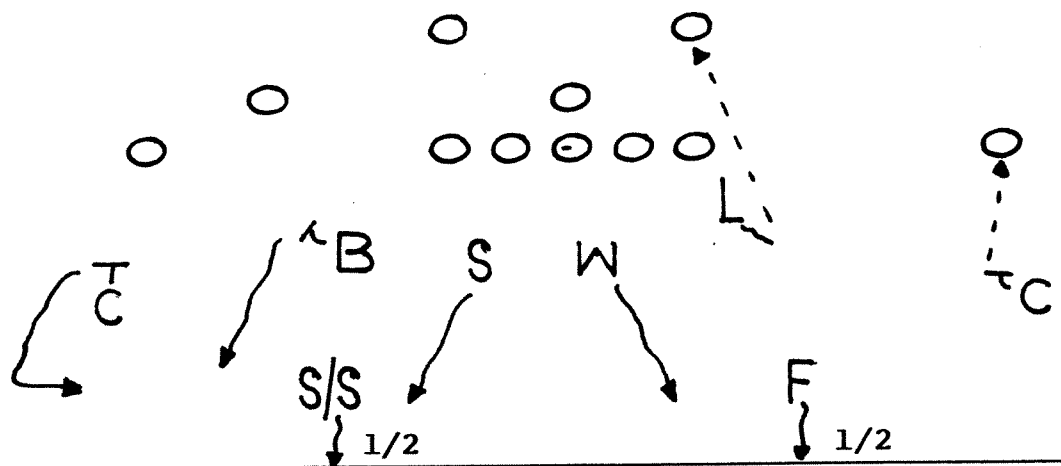
COVER "2-2" - "LEO"



ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>BUCK</u> 9 Technique</p>	<p>TE / Flow / Ball</p>	<p>1. Aggressive holdup on TE. 2. Seam / Curl Drop. * Base Cover 2 Technique</p>
<p><u>SAM</u> Base</p>	<p>Flow to Guard</p>	<p>1. Hook Responsibility - Pure Zone.</p>
<p><u>WILL</u> Base</p>	<p>Flow to Guard</p>	<p>1. Hook Responsibility - Pure Zone. * Leo reads #2</p>
<p><u>LEO</u> Pressed</p>	<p>T / Flow</p>	<p>1. Read #2 - Play #2 Man to Man if at or outside you. 2. Play Action Away - Alert Crosser.</p>

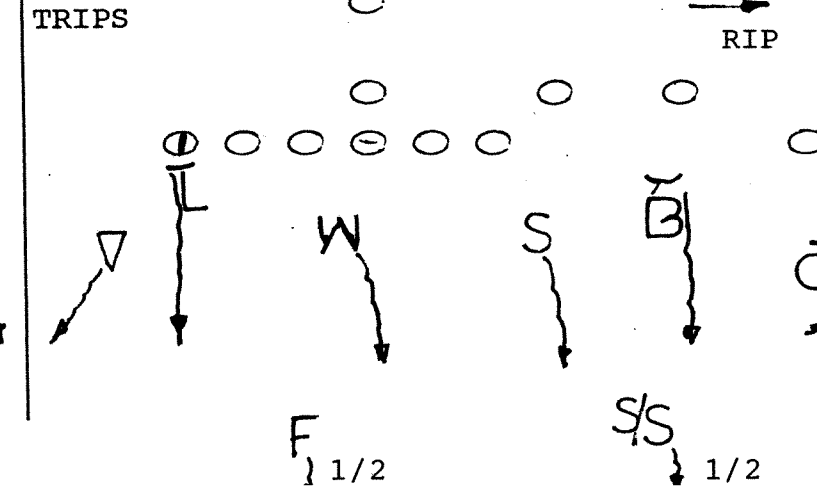
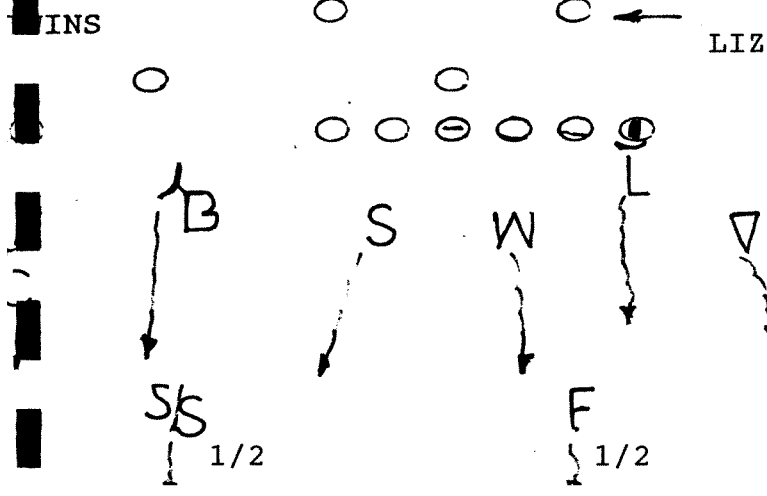
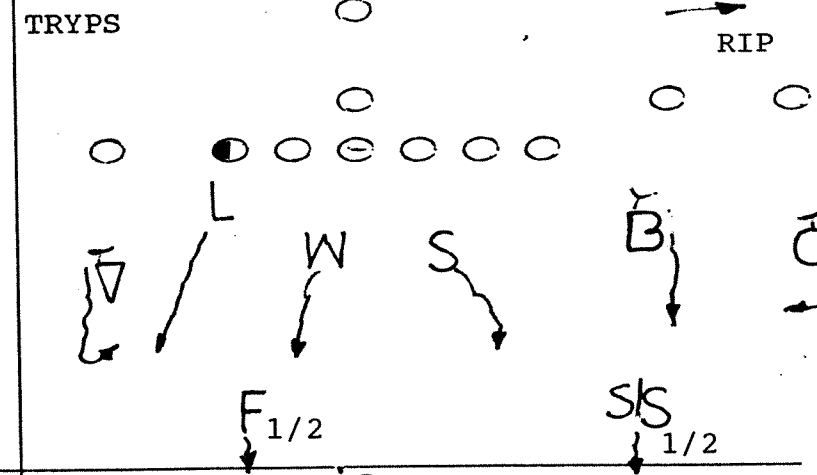
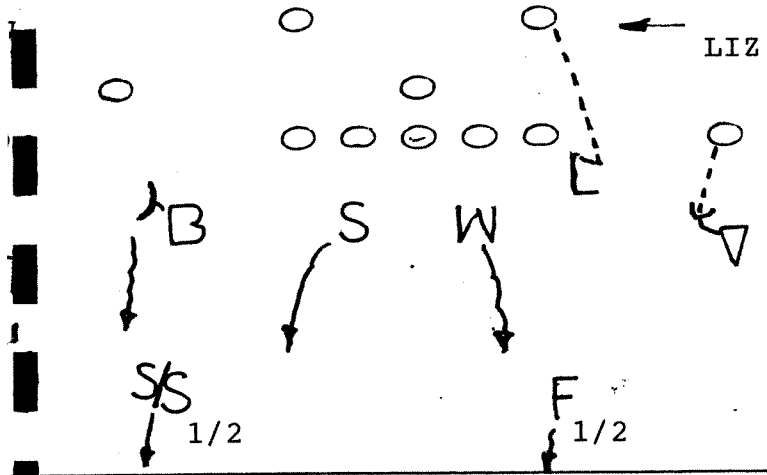
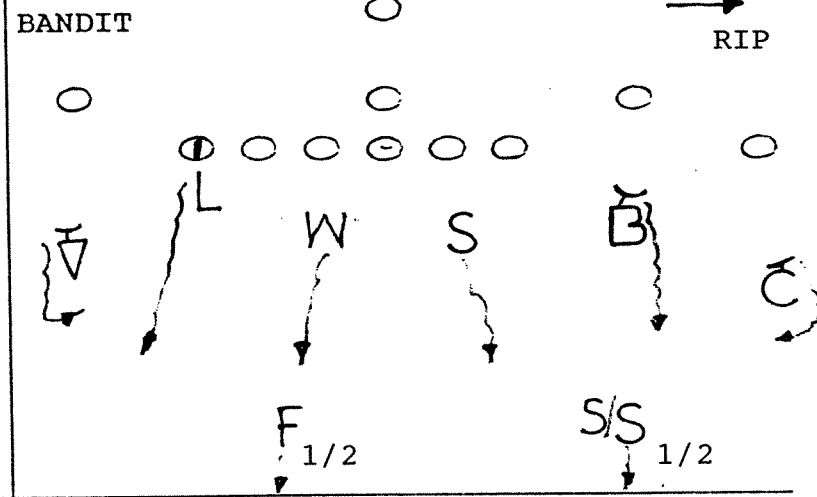
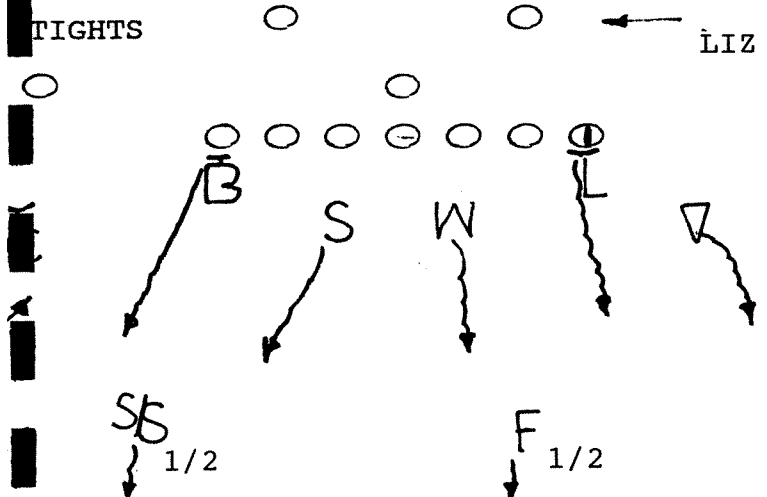
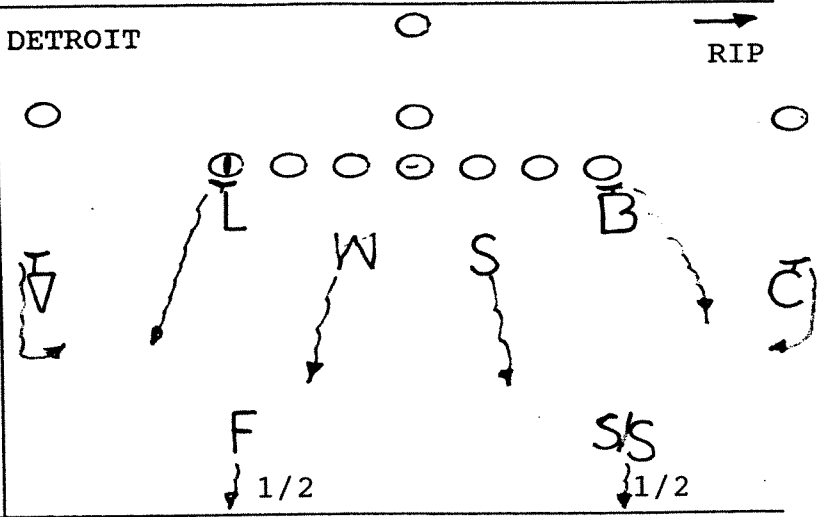
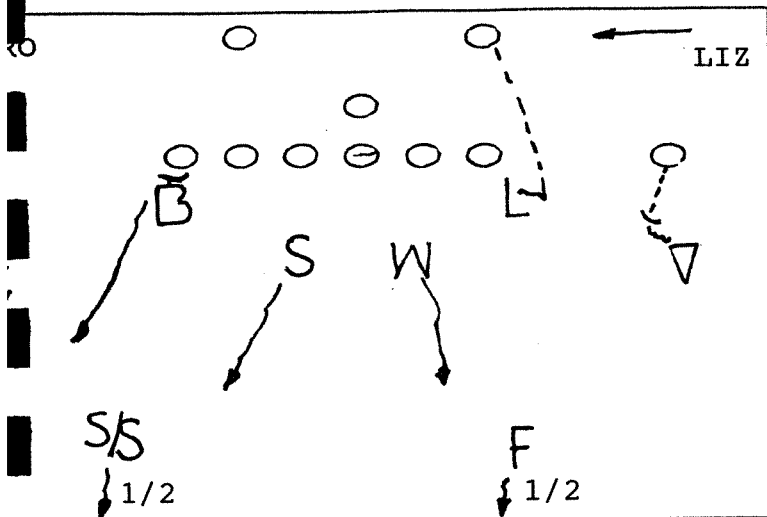
LIZ  
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COVER "2-2" - "LEO"



ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>FC</u> 1 yard outside #1 &amp; 5 yards deep</p>	<p>Lane of ball to #1.</p>	<p>Flat Responsibility - Cover 2 Technique</p>
<p><u>SS</u> On Hash, 12 yards deep</p>	<p>Lane of ball to #2.</p>	<p>Deep 1/2 Responsibility - Cover 2 Technique</p>
<p><u>FS</u> On Hash 12 yards deep</p>	<p>Lane of ball to #1.</p>	<p>Deep 1/2 Responsibility - Cover 2 Technique (*Do Not drive on Square In.)</p>
<p><u>BC</u> 1 yard outside #1 &amp; 5 yards deep</p>	<p>Lane of ball to #1.</p>	<p><u>Vs.</u> 2-Back - "Lock" #1 on Lane 2 or 3 Action. <u>Vs.</u> "Dubs" - "Float" Technique</p>









COVER 3

DESCRIPTION: 4 Under - 3 Deep - Strong Zone Coverage

STRENGTHS:

1. Defending Deep Routes.
2. Quick SS Run Support.
3. Sound vs. any formation.

WEAKNESSES:

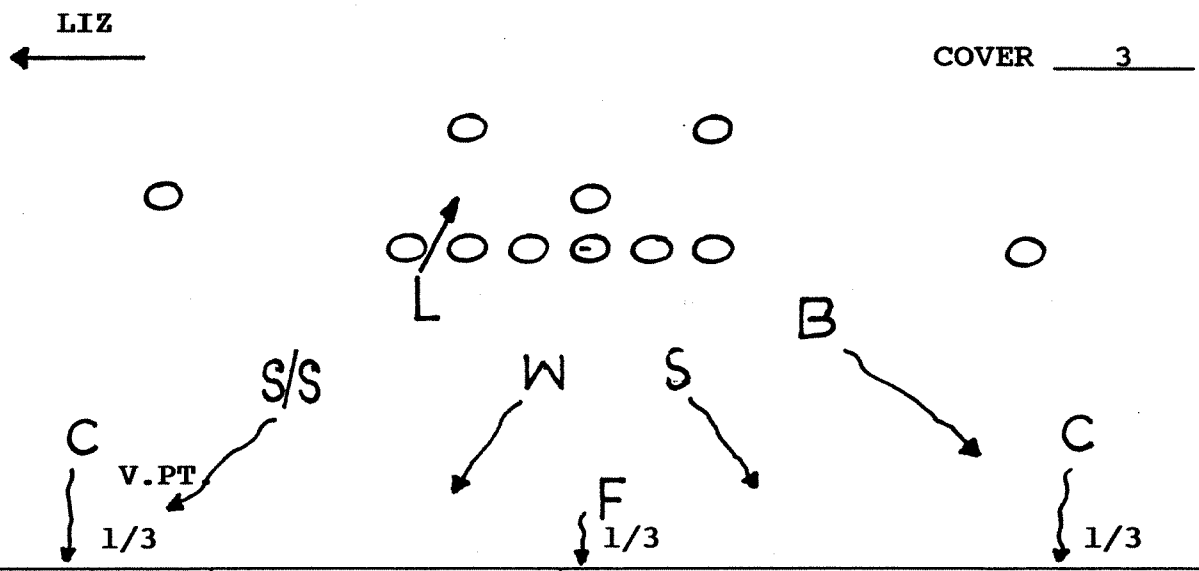
1. Free Releases for Wide Outs.
2. Four (4) Vertical Routes.

COORDINATION:

1. Played with all "Bench" and "Split" calls.
2. One (1) back check with Cover 6.
3. Stanford Check with Cover 7 or 2.

ADJUSTMENTS:

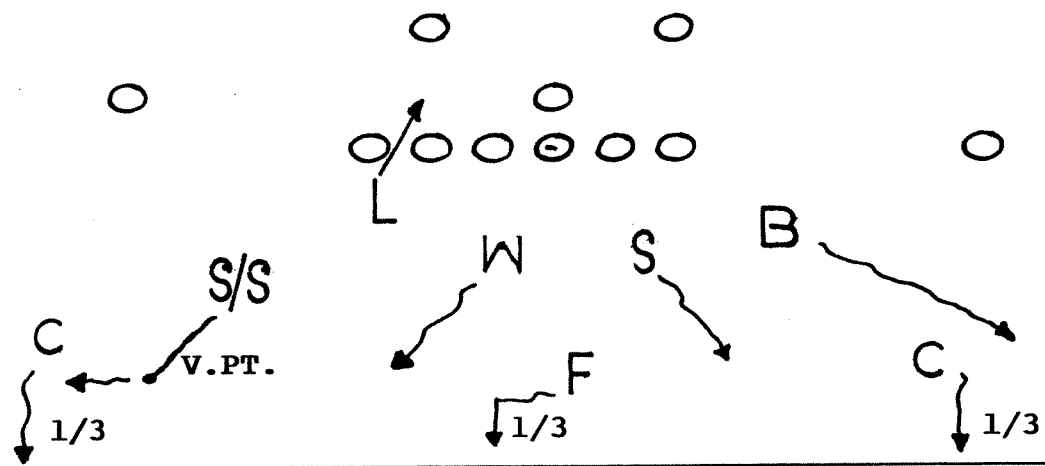
1. Formation Into ----- 2 Sky
2. Dubs Motion Weak ----- Buck Loosen
3. Trips Motion Strong --- SS Loosen
4. Trips to SE Side ----- Will adjust "TAB"
5. Stanford --- Check 3 -- Backers Stack



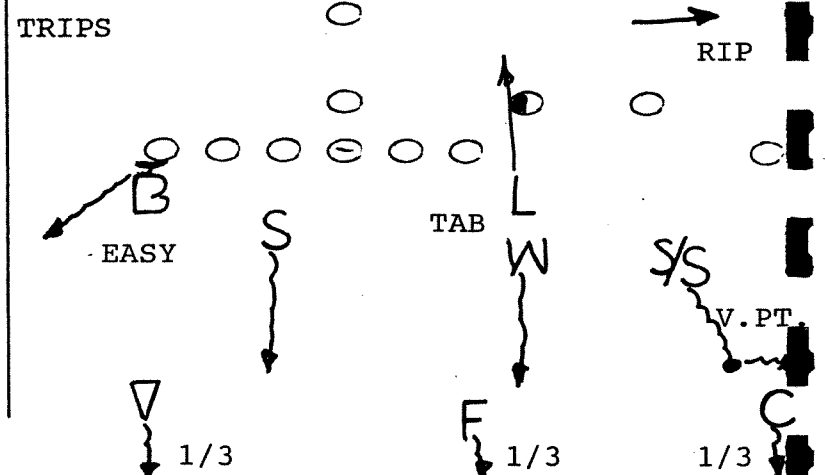
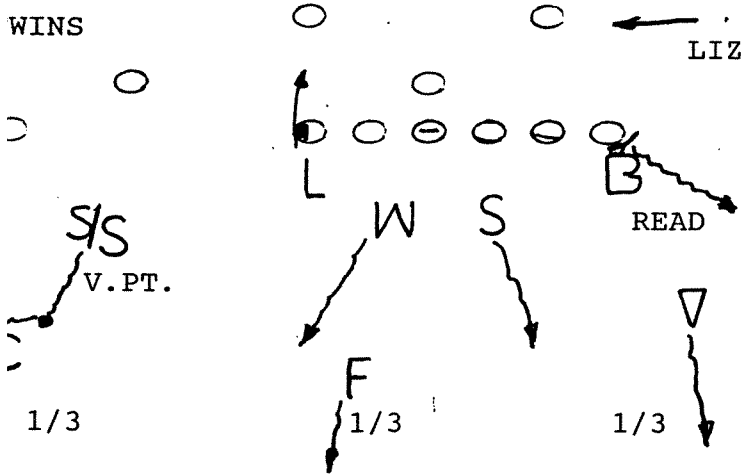
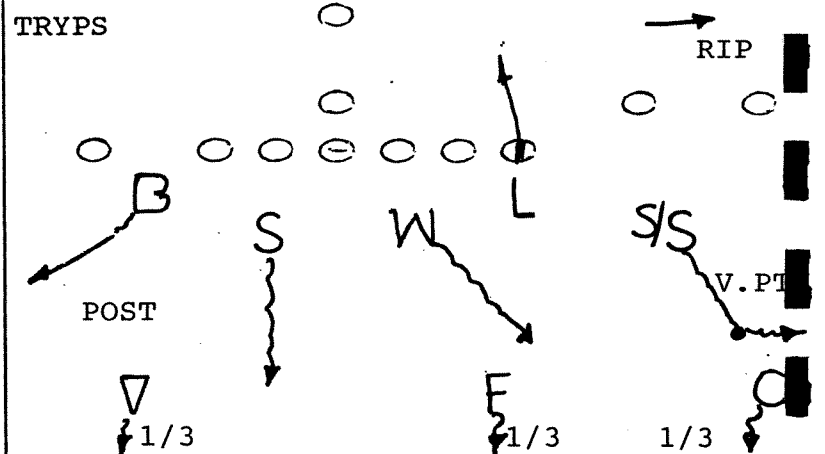
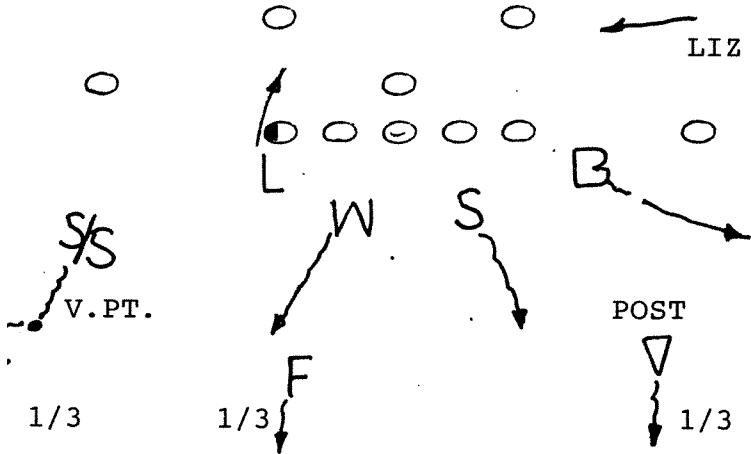
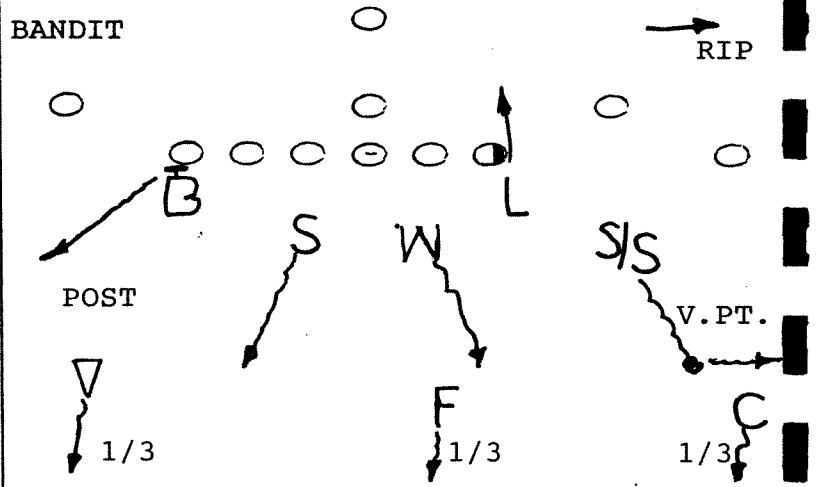
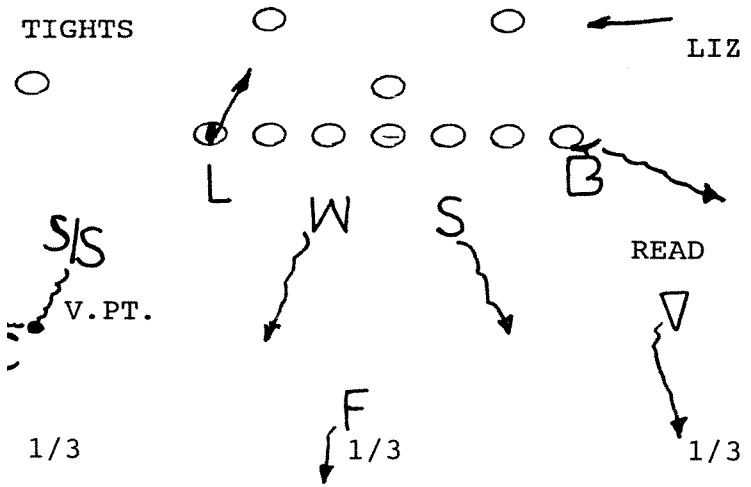
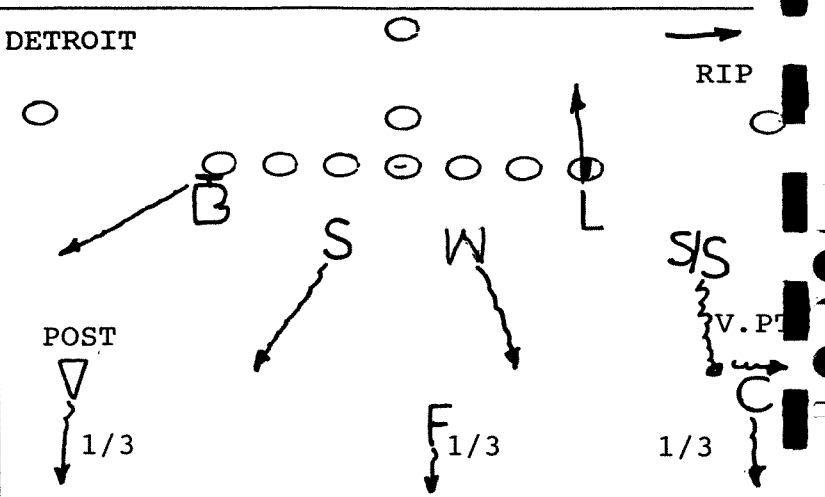
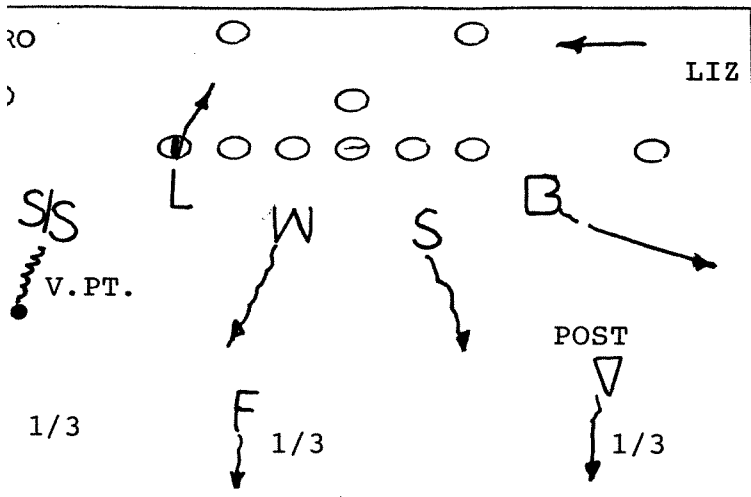
ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>BUCK</u> Pressed</p>	<p>Tackle / Flow</p>	<ol style="list-style-type: none"> <li>1. Flat Responsibility - 14 yards deep through the out.</li> <li>2. Play all passes deep to short.</li> </ol>
<p><u>SAM</u> B Gap; 5 yards deep</p>	<p>Flow to Guard</p>	<ol style="list-style-type: none"> <li>1. Hook Responsibility - Start to point 10 yards deep where TE would be.</li> <li>2. Feel near back for your zone midpoint.</li> <li>3. Defend threats in your zone inside out and deep to short by reacting to QB.</li> <li>4. Second Contain full flow pass and react to screen inside out.</li> </ol>
<p><u>WILL</u> A Gap; 5 yards deep</p>	<p>Flow to Guard</p>	<ol style="list-style-type: none"> <li>1. Hook Responsibility - Start to point 10 yards deep inside TE align</li> <li>2. Feel TE to near back for your zone midpoint.</li> <li>3. Defend threats in your zone inside-out and deep to short by reacting to QB read.</li> <li>4. Second Contain full flow pass and react to screen inside out.</li> </ol>
<p><u>LEO</u> Pressed</p>	<p>Ball / Flow</p>	<ol style="list-style-type: none"> <li>1. Rush the passer.</li> </ol>

LIZ  
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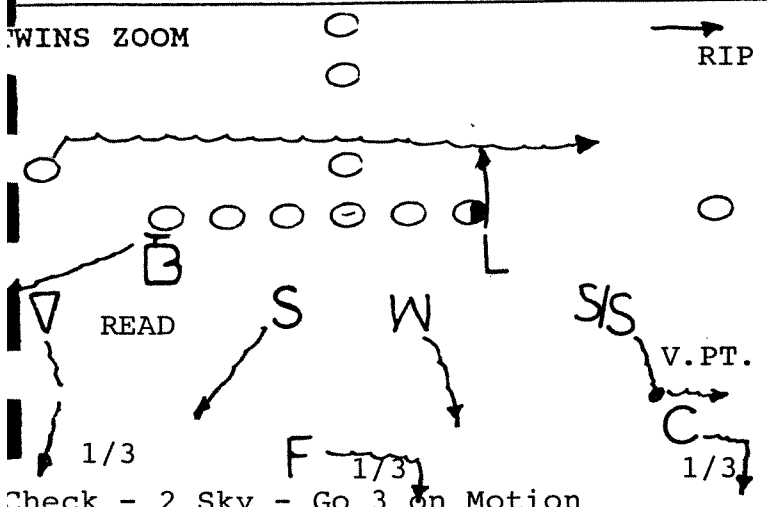
COVER 3



ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>FC</u></p> <p>Outside #1 &amp; 9 yards deep</p>	<p>Lane of ball to #1.</p>	<p>Deep outside 1/3</p>
<p><u>SS</u></p> <p>4 yards outside TE 5 yards deep</p>	<p>Lane of ball to #2. (*Sky)</p>	<p>Flat Responsibility - Use "Vision" Point Technique</p>
<p><u>FS</u></p> <p>A Gap Weak Side 12 yards deep (* Never Cross Hash)</p>	<p>Lane of ball to #2 Strong.</p>	<p>Deep middle 1/3</p>
<p><u>BC</u></p> <p>Inside #1 &amp; 9 yards deep</p>	<p>Lane of ball to #1.</p>	<p>Deep outside 1/3 (* Post Conscious)</p>

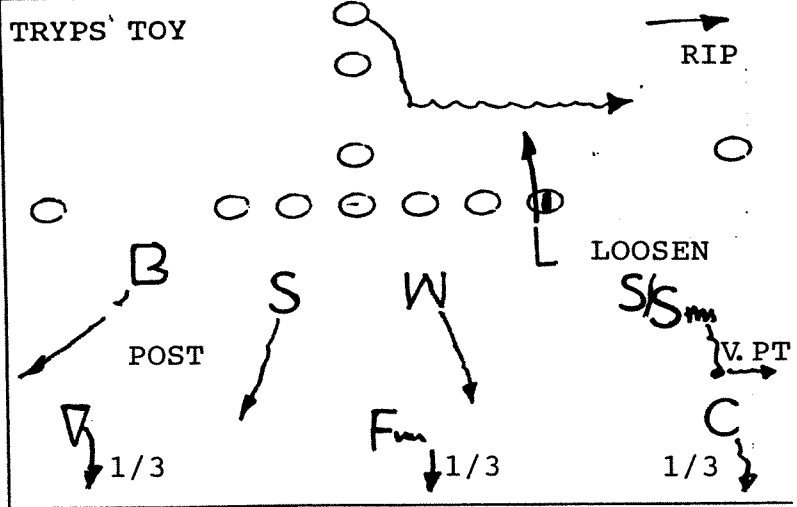


TWINS ZOOM

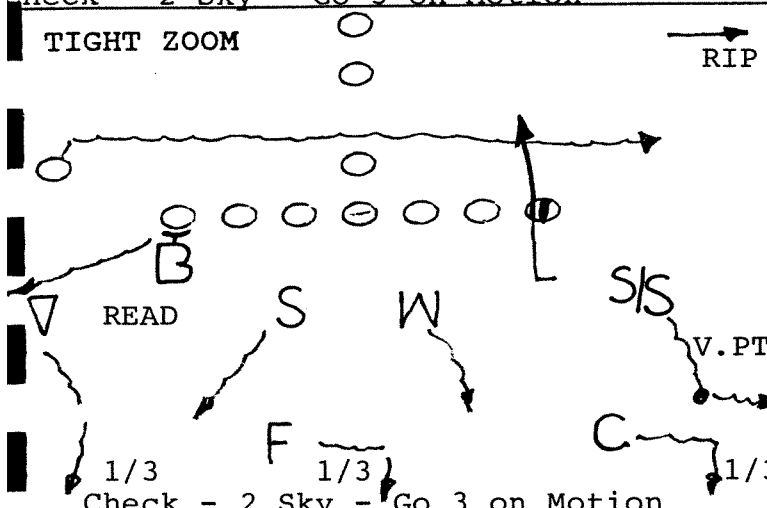


Check - 2 Sky - Go 3 on Motion

TRYP'S TOY

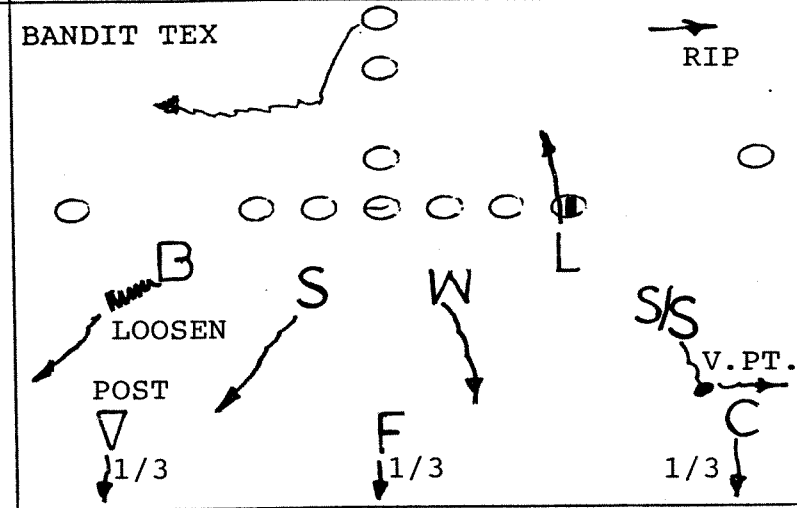


TIGHT ZOOM

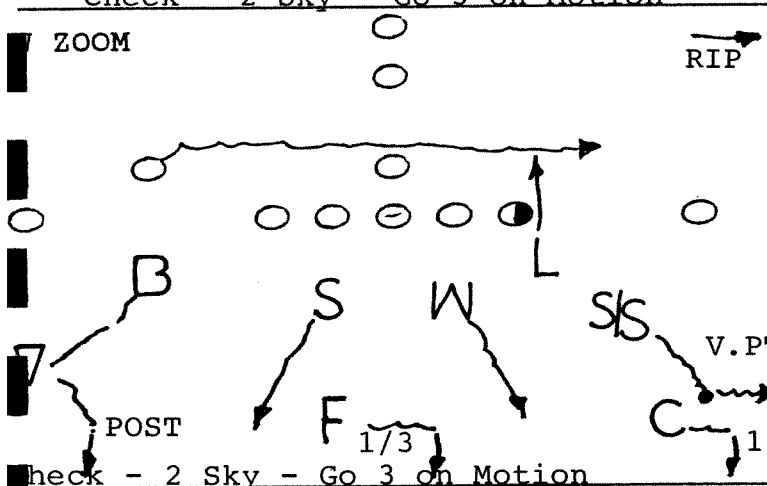


Check - 2 Sky - Go 3 on Motion

BANDIT TEX

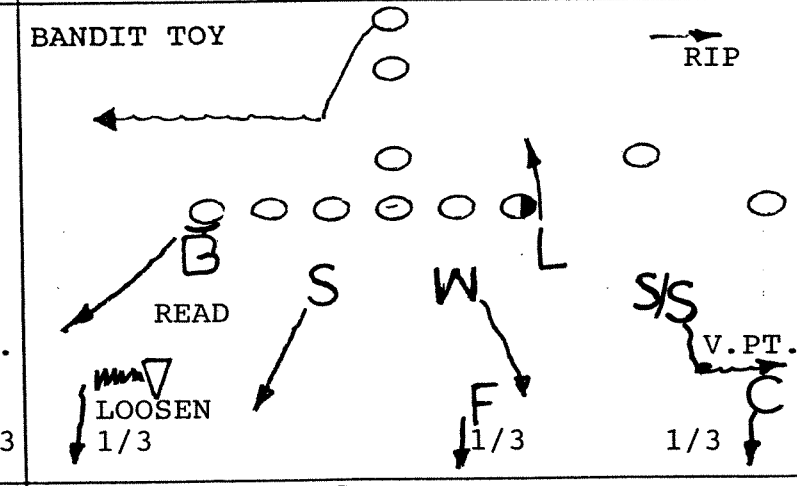


ZOOM

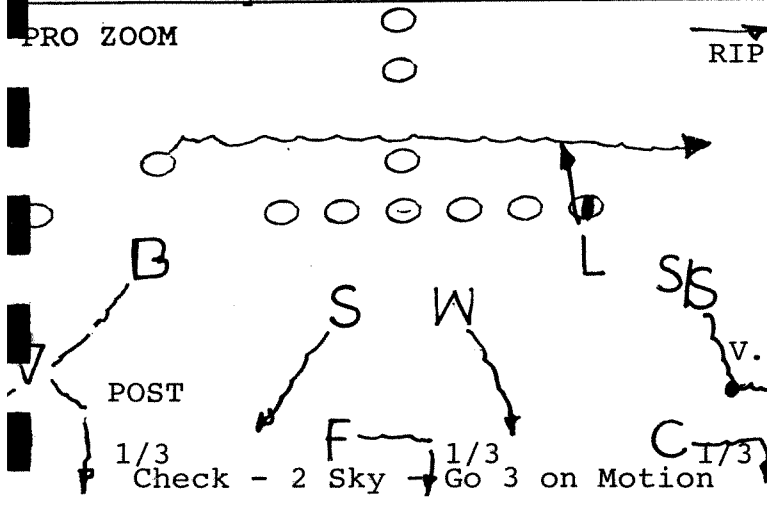


Check - 2 Sky - Go 3 on Motion

BANDIT TOY

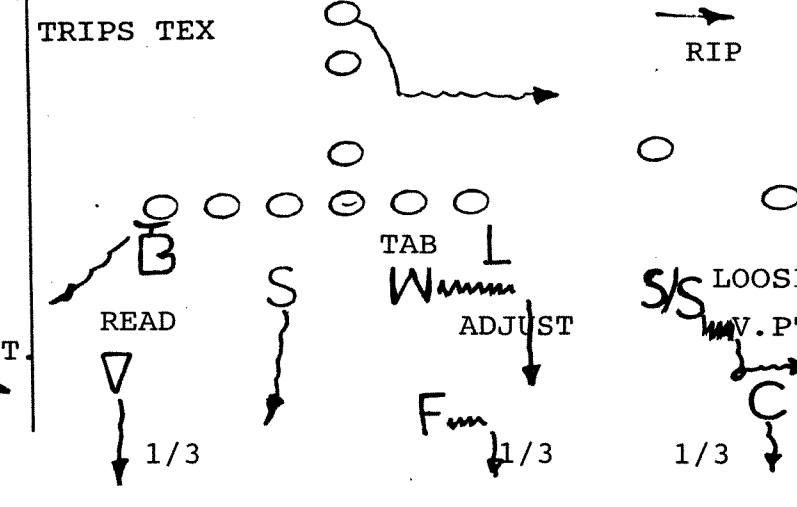


PRO ZOOM



Check - 2 Sky - Go 3 on Motion

TRIPS TEX





COVER 6

DESCRIPTION: 5 Under - 2 Deep Zone Tilted to Wide Side of Field

STRENGTHS:

1. Good vs. Twin Passing Game.
2. Strong vs. 1 or 2 TE Offenses.
3. Blitz potential of SS.

WEAKNESSES:

1. 'X' has Free Release.
2. Weak Side Out.

COORDINATION: Played with "Bench" calls.

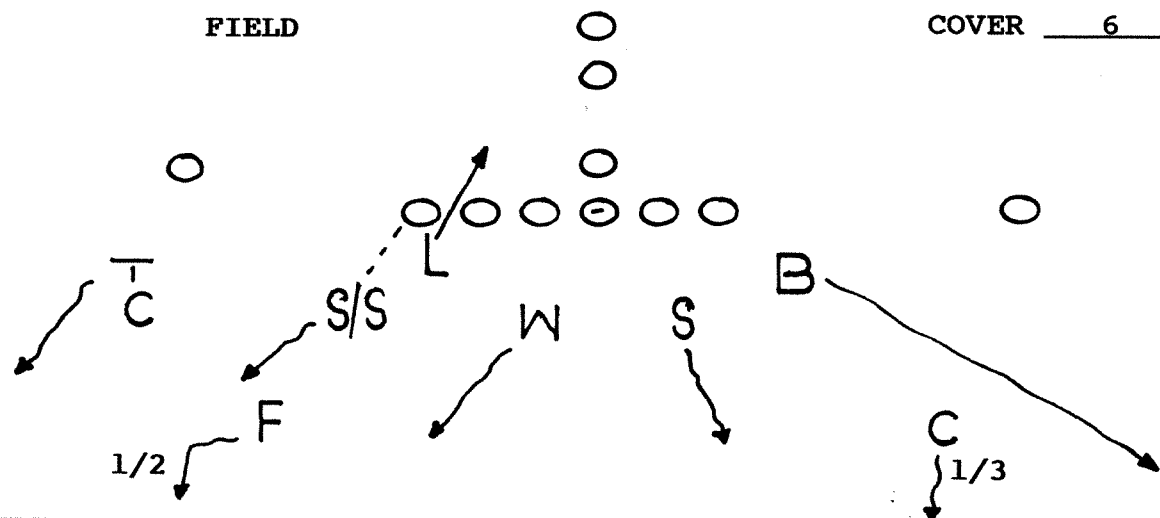
ADJUSTMENTS:

1. Formation Into ----- Check 2 Sky
2. Dubs Motion Weak ----- Check 3 - Buck Loosen
3. Trips Motion Strong -- Check 3 - SS Loosen
4. Trips to SE Side ----- Check 3 -  
Will adjust "TAB"
5. Stanford - Check 3 --- Backers Stack

LIZ  
←

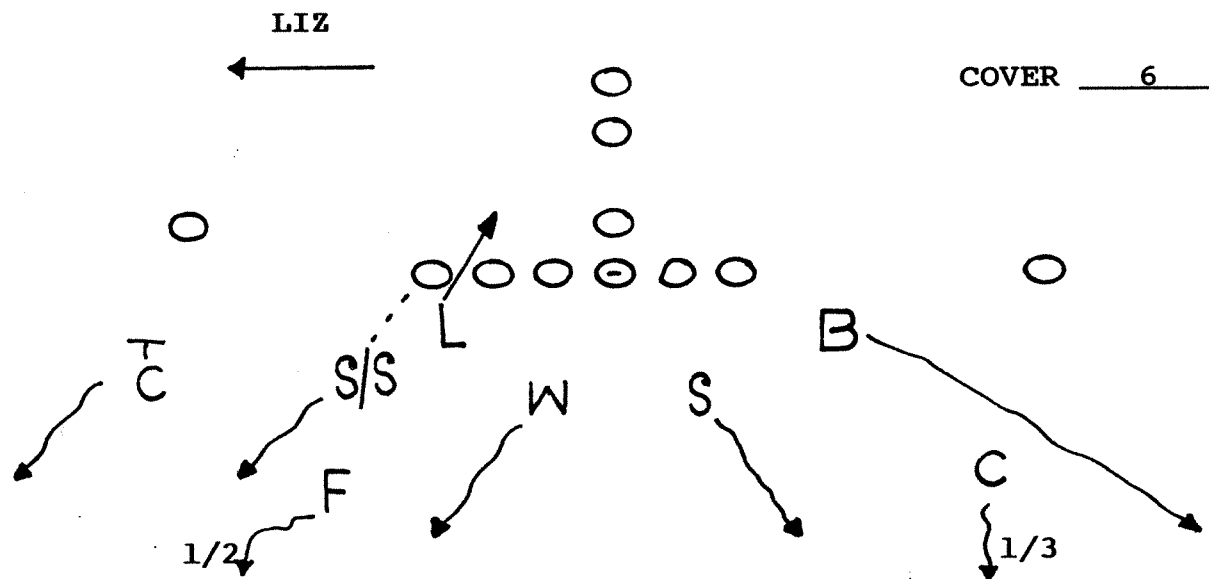
FIELD

COVER 6



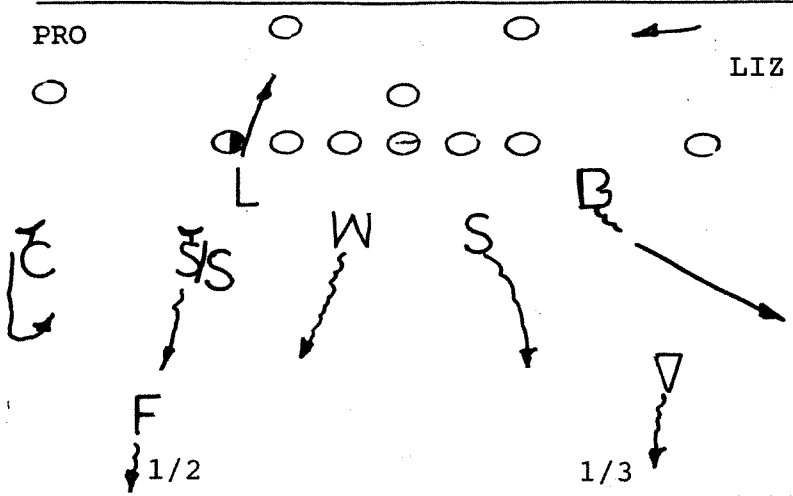
ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>BUCK</u> Pressed	Tackle / Flow	<ol style="list-style-type: none"> <li>1. Void Drop - 14 yards deep through deep out.</li> <li>2. Play deep to short on all routes.</li> </ol>
<u>SAM</u> Base	Flow to Guard	<ol style="list-style-type: none"> <li>1. Hook - Start to point 10 yards deep inside TE alignment.</li> <li>2. Feel TE to near back for zone mid-point.</li> <li>3. Defend threats in your zone inside-out and deep short by reacting to QB read.</li> <li>4. Second Contain full flow pass and react to screen inside out.</li> </ol>
<u>WILL</u> Base	Flow to Guard	<ol style="list-style-type: none"> <li>1. Hook - Start to point 10 yards deep where TE alignment would be.</li> <li>2. Feel near back for you zone mid-point.</li> <li>3. Defend threats in your zone inside-out and deep to short by reacting to QB read.</li> <li>4. Second Contain full flow pass and react to screen inside out.</li> </ol>
<u>LEO</u> Pressed	Ball / Flow	<ol style="list-style-type: none"> <li>1. Rush the passer.</li> </ol>



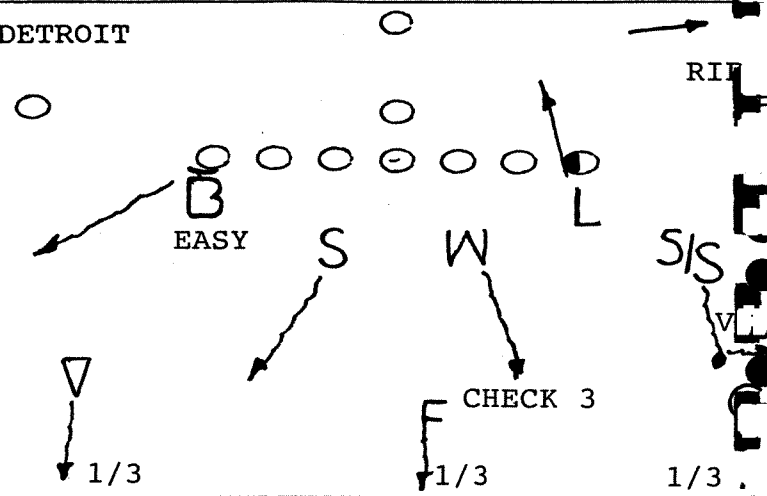


ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>FC</u></p> <p>1 Outside #1 &amp; 5 yards deep</p>	<p>Lane of ball to #1. Must be aware of release and route of #2.</p>	<p>Flat Responsibility - Force inside release of #1, feel #2; if #2 out sink for P.C. Break up on ball, if #2 Vertical roll with Fade.</p>
<p><u>SS</u></p> <p>1 Outside #2 &amp; 5 yards deep</p>	<p>Lane of ball to #2.</p>	<p>Curl Responsibility - Collision Vertical release by #2 and carry. If #2 is Flat or Across work to Curl off eyes of QB.</p>
<p><u>FS</u></p> <p>On Hash to Wide Field &amp; 12 yards deep</p>	<p>Lane of ball to #2. Must see #2 and #3 for total picture.</p>	<p>Deep 1/2 Responsibility - If #2 or #3 are Vertical, stay on Hash. Break on ball. If #2 is out and no #3 work to #1.</p>
<p><u>BC</u></p> <p>Inside position on #1 &amp; 9 yards deep</p>	<p>#1 to lane of ball.</p>	<p>Loose man on #1; take away Post by alignment.</p>

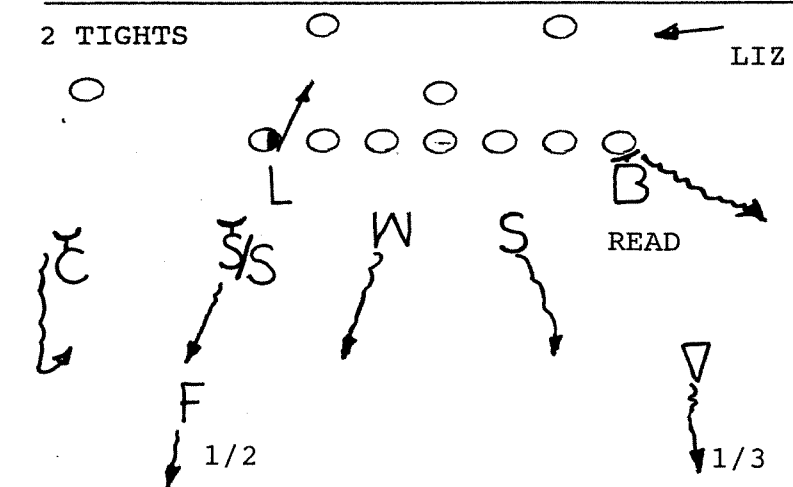
PRO



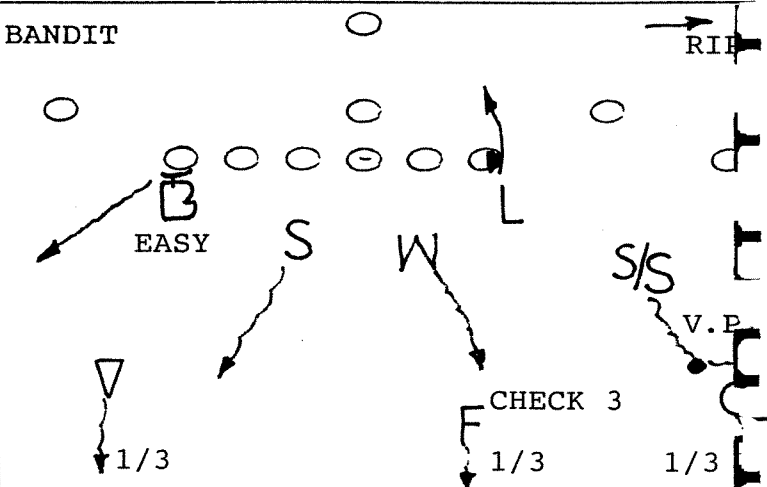
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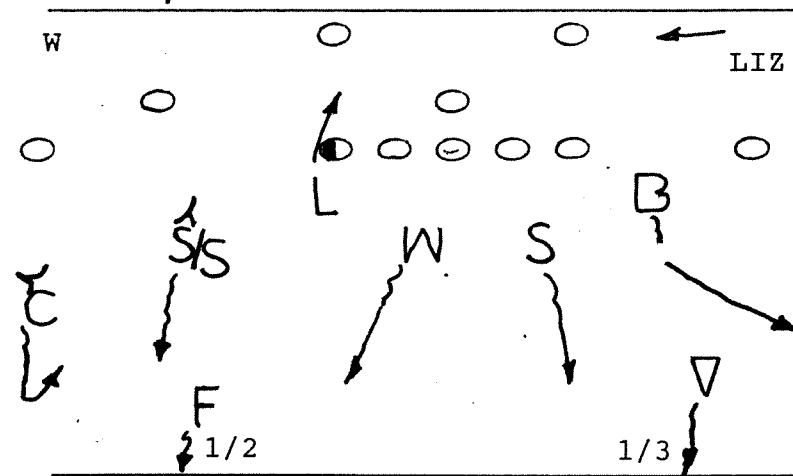
2 TIGHTS



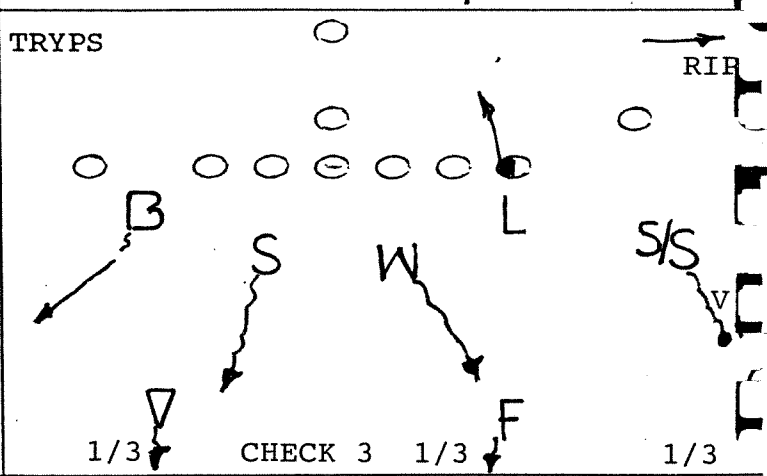
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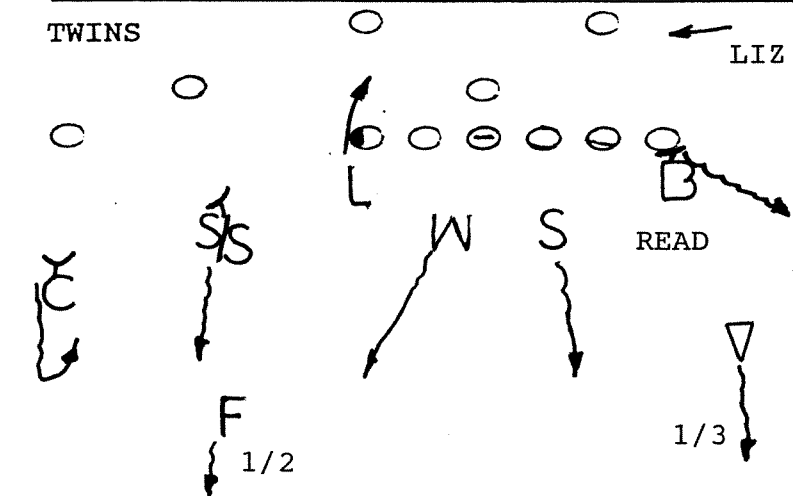
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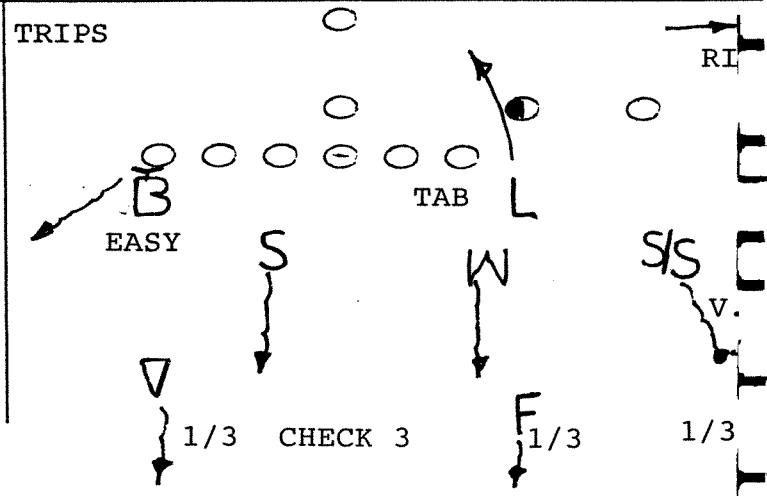
TRYPS



TWINS



TRIPS







COVER 6 SWITCH

DESCRIPTION: 4 Under - 1/4-1/4-Unfunneled 1/2 -  
Tilted to Field

STRENGTHS:

1. Great run support to Wide Field.
2. Strong vs. 1 or 2 TE Offenses.
3. Blitz potential of SS.

WEAKNESSES:

1. 'X' has Free Release.
2. Weak Side Out.

COORDINATION: Played with "Bench" calls.

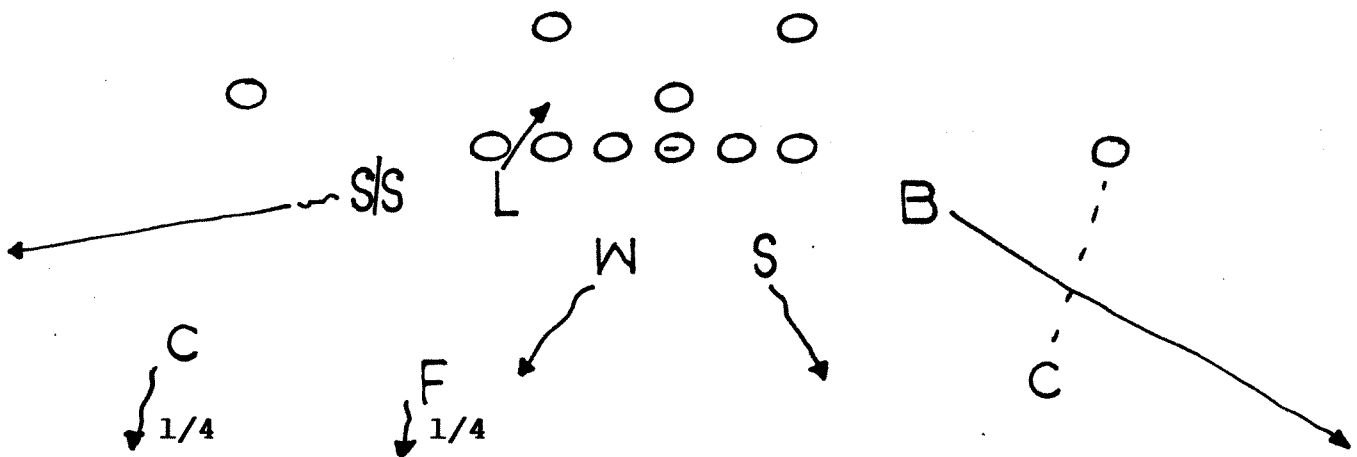
ADJUSTMENTS:

1. Formation Into ----- Check 2 Sky
2. Dubs Motion to Field - Check 3 - Buck Loosen
3. Trips Motion Strong -- Check 3 - SS Loosen
4. Trips to SE Side ----- Check 3 -  
Will adjust "TAB"
5. Stanford - Check 3 --- Backers Stack

LIZ

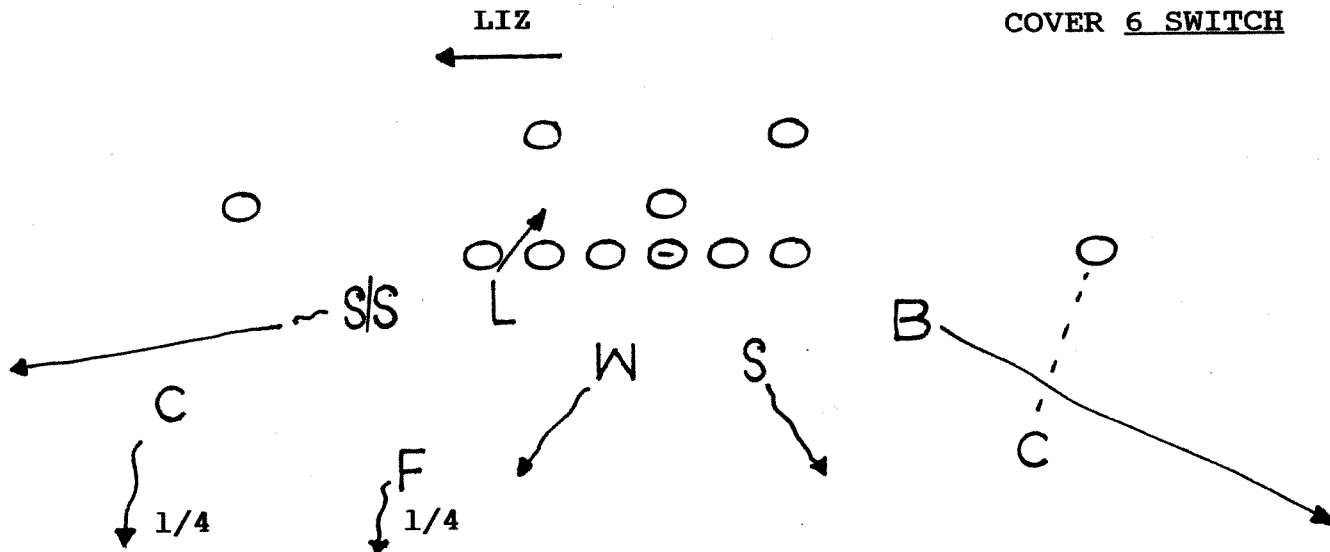


COVER 6 SWITCH

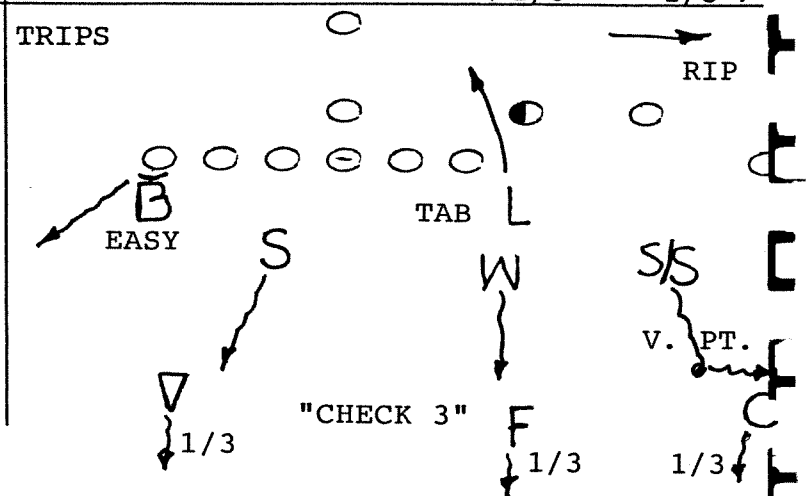
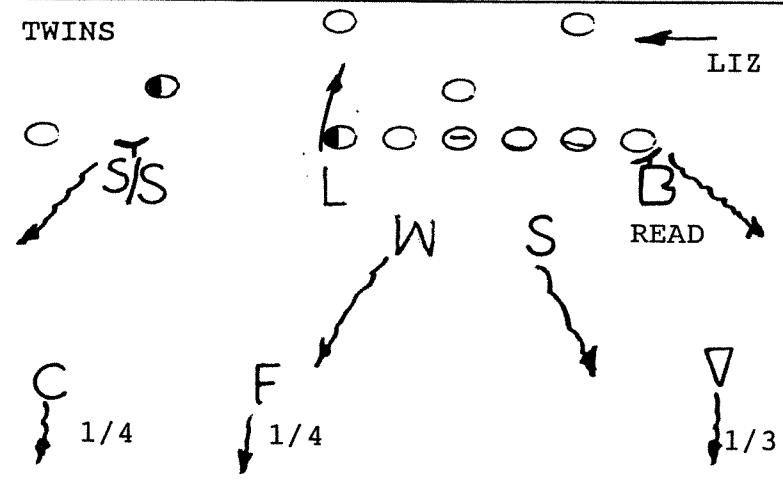
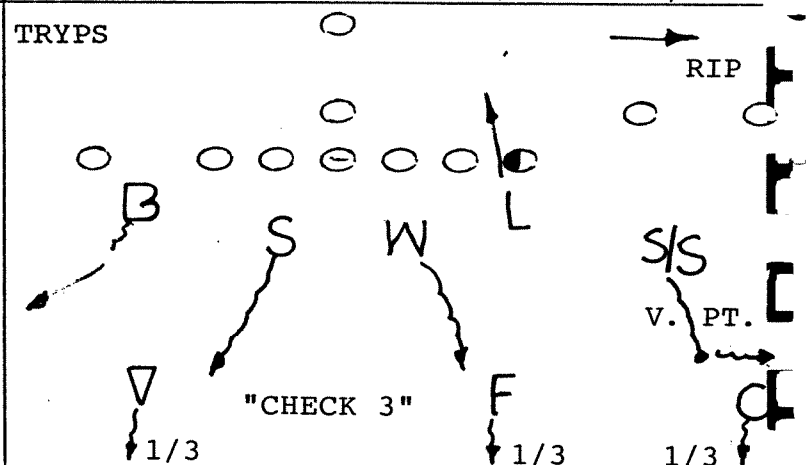
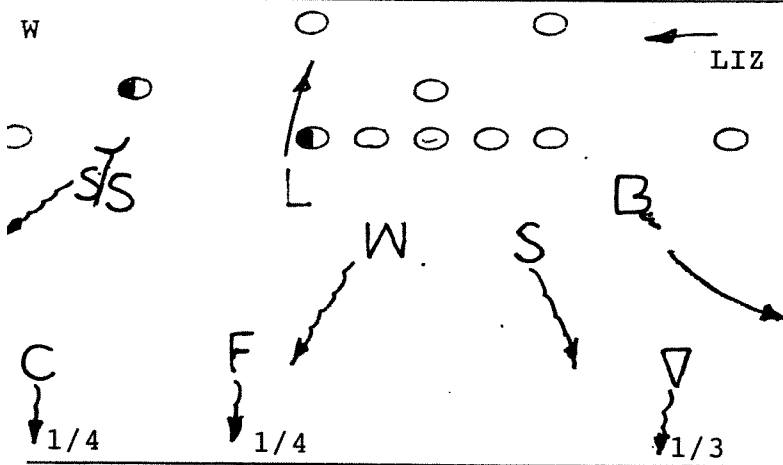
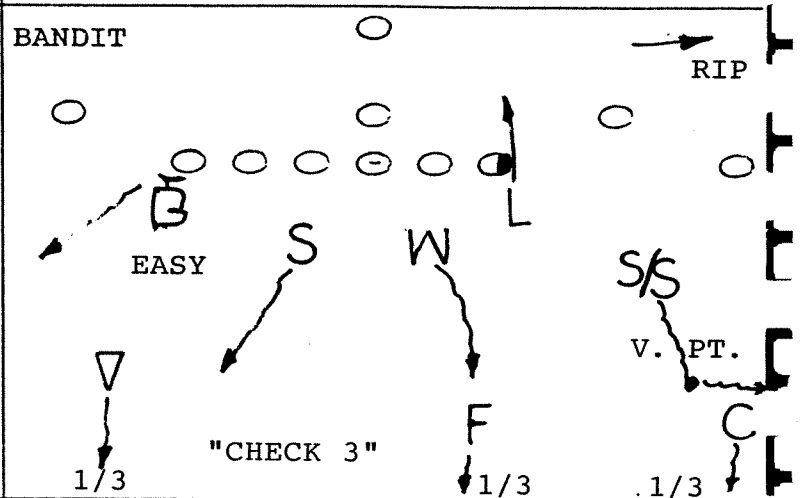
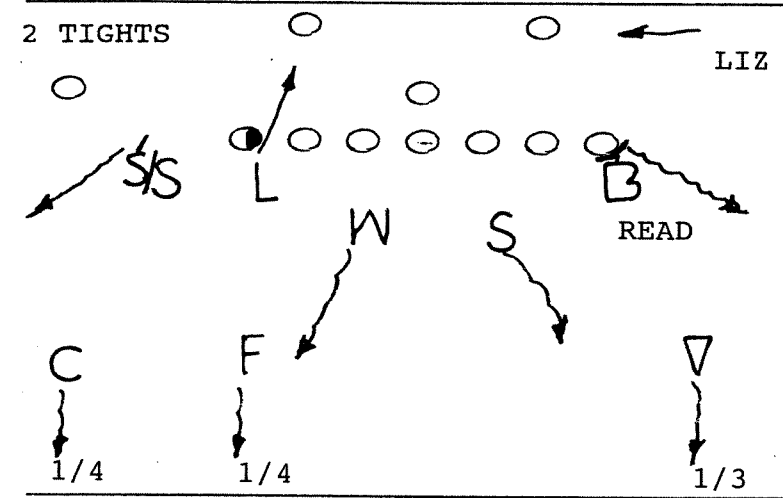
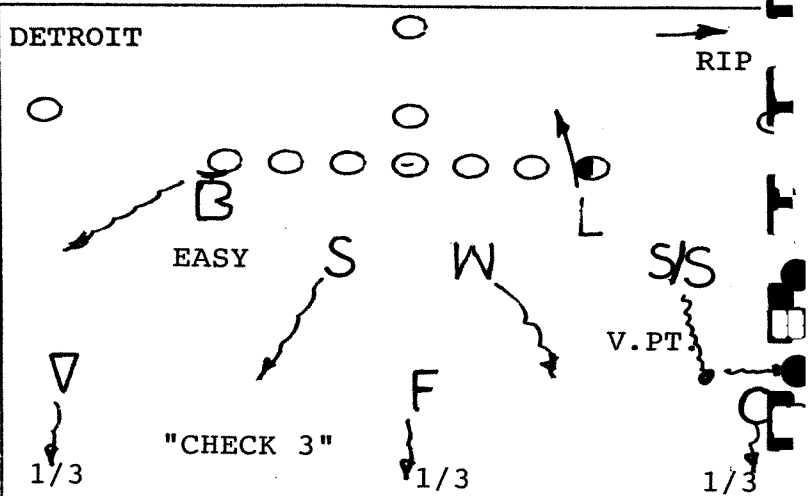
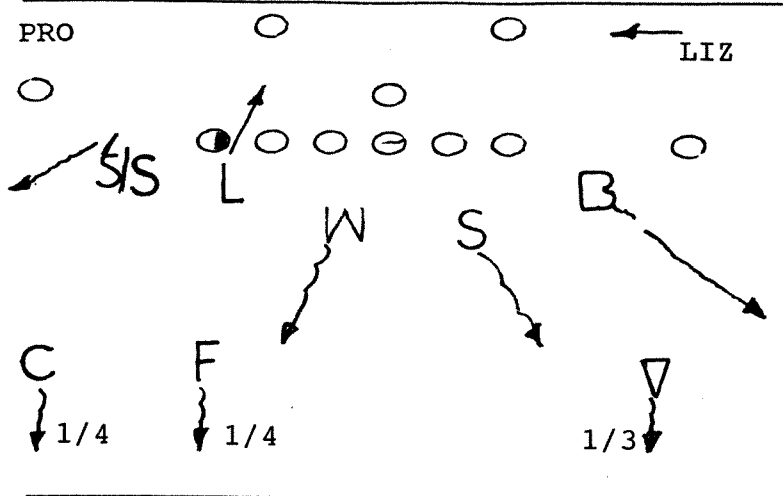


ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>BUCK</u> Pressed</p>	<p>Tackle / Flow</p>	<ol style="list-style-type: none"> <li>1. Void Drop - 14 yards deep through deep out.</li> <li>2. Play deep to short on all routes.</li> </ol>
<p><u>SAM</u> Base</p>	<p>Flow to Guard</p>	<ol style="list-style-type: none"> <li>1. Hook - Start to point 10 yards deep inside TE alignment.</li> <li>2. Feel TE to near back for zone mid-point.</li> <li>3. Defend threats inside-out and deep short by reacting to QB read.</li> <li>4. Second Contain full flow pass and react to screen inside out.</li> </ol>
<p><u>WILL</u> Base</p>	<p>Flow to Guard</p>	<ol style="list-style-type: none"> <li>1. Hook - Start to point 10 yards deep inside TE alignment.</li> <li>2. Feel TE to near back for zone mid-point.</li> <li>3. Defend threats inside-out and deep short by reacting to QB read.</li> <li>4. Second Contain full flow pass and react to screen inside out.</li> </ol>
<p><u>LEO</u> 7 Technique Pressed</p>	<p>Ball / Flow</p>	<ol style="list-style-type: none"> <li>1. Rush the passer.</li> </ol>

COVER 6 SWITCH

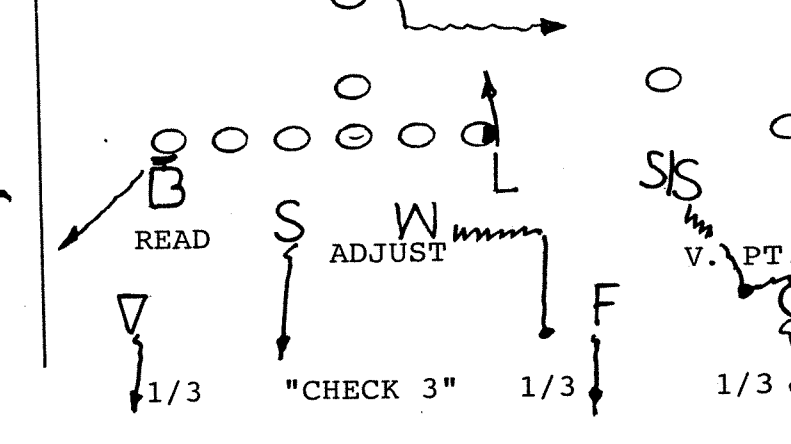
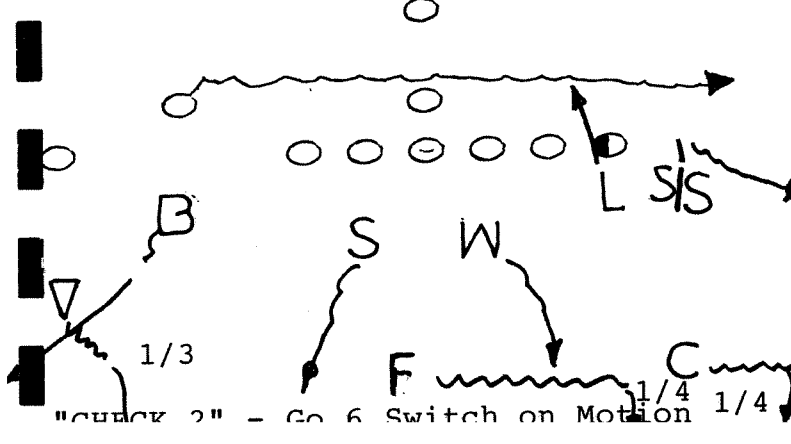
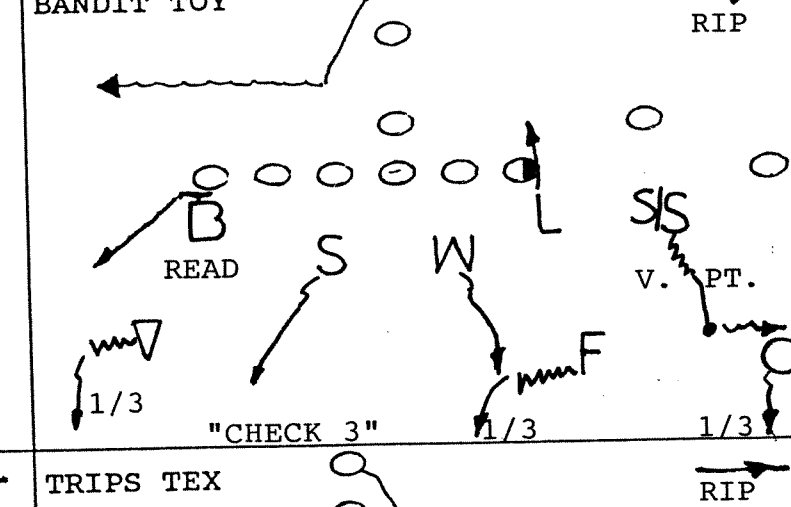
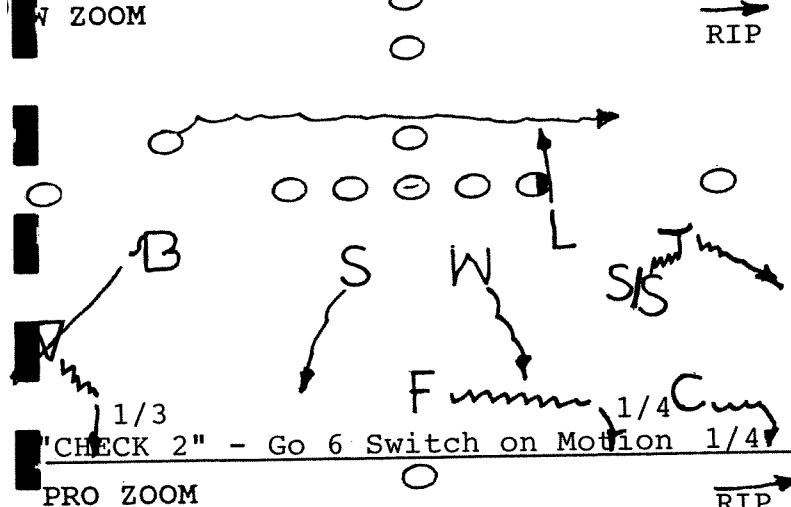
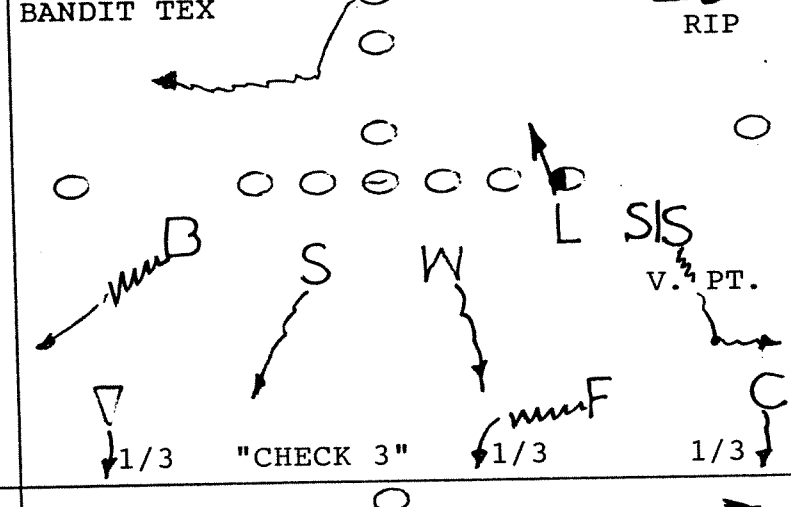
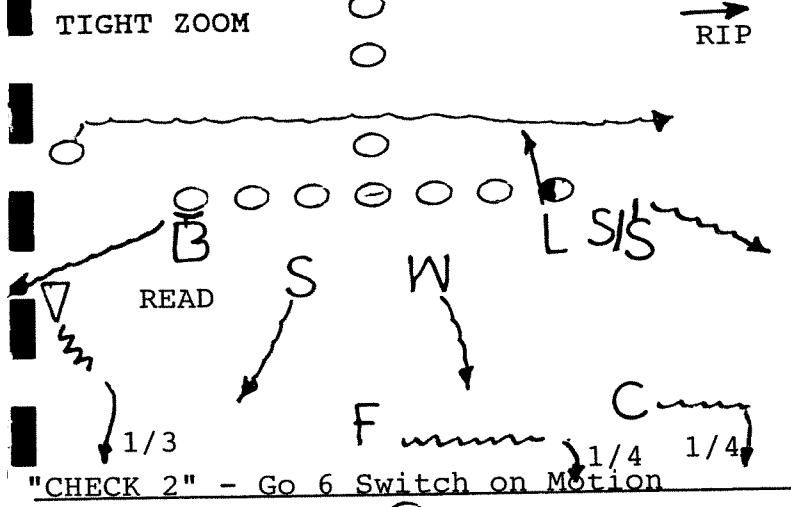
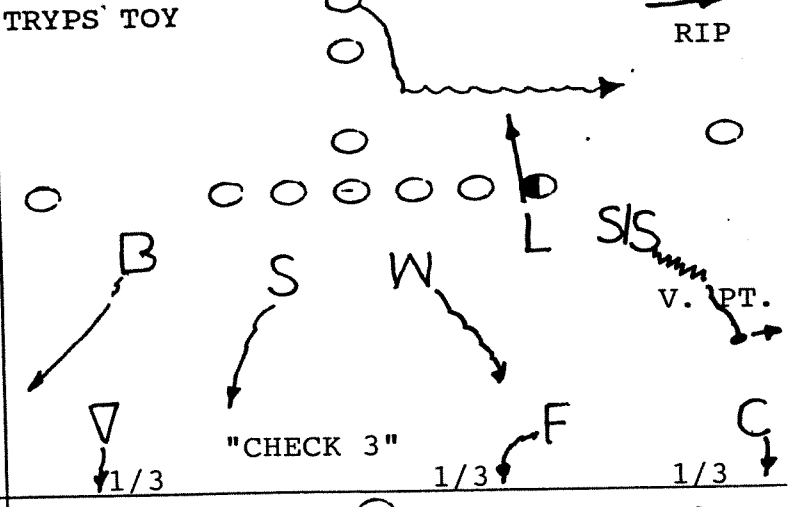
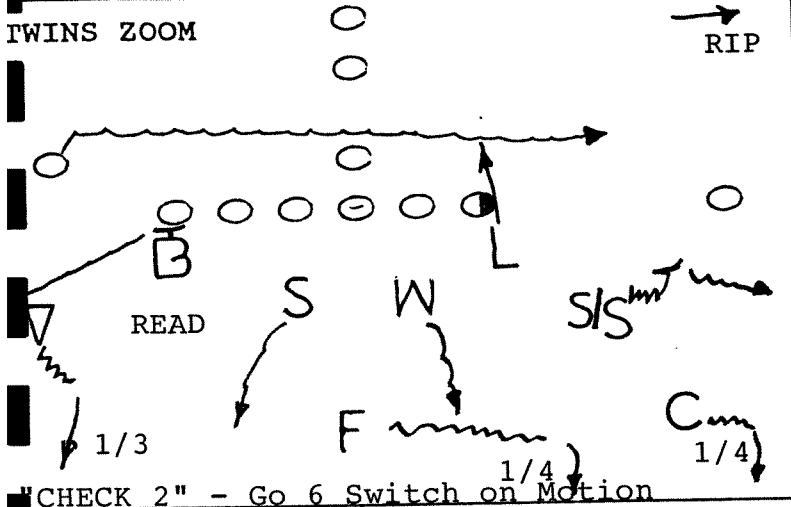


ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>FC</u> Outside position &amp; 7 - 9 yards deep</p>	<p>Lane of ball to #1. Must be aware of release and route of #2.</p>	<p>Loose man on #1, stay on deep shoulder of Post.</p>
<p><u>SS</u> On LOS &amp; 2 yards outside #2</p>	<p>Lane of ball to #2.</p>	<p>Flat Responsibility - On Pass Read Rip hips; Sprint to Flat; Settle on QB eyes.</p>
<p><u>FS</u> -4 yds outside #2 &amp; 10 yards deep</p>	<p>Lane of ball to #2.</p>	<p>Key #2 1. If #2 runs a Vertical Route, you have him. 2. If #2 runs a Flat Route, steal Curl of #1. 3. If #2 runs a Crossing Route, sprint to middle 1/3.</p>
<p><u>BC</u> Inside position on #1 &amp; 9 yards deep</p>	<p>#1 to lane of ball.</p>	<p>Loose man on #1; take away Post by alignment.</p>





COVERAGE 6 SWITCH MOTION ADJUSTMENTS



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COVER "3-3" - "LEO"

DESCRIPTION: 3 Man Rush - 5 Under (\* Cloud - Support Strong)  
- 3 Deep Zone

STRENGTHS:

1. Maximum Under Coverage.
2. Strong Deep Coverage.
3. Good in long yard situations.
4. Good disguise (show Cover 2).
5. Great Strong Side Coverage.

WEAKNESSES:

1. QB has more time.
2. Must be alert for Slant - Out Strong side.
3. Must never break on Short Run Action of QB.

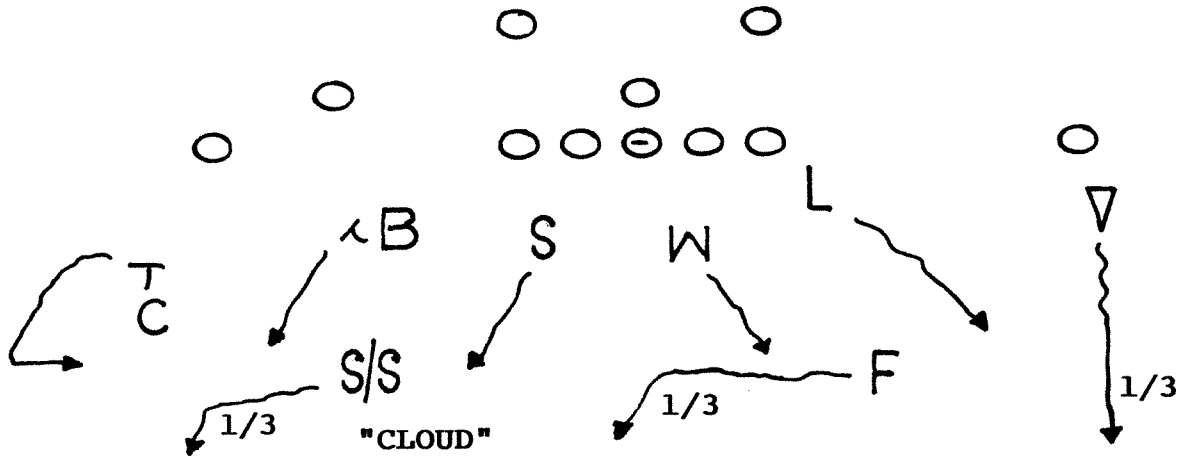
COORDINATION: Can be played with Field - Strong - or Bench call.  
(\* On Hash Secondary will always rotate to Field.)

ADJUSTMENTS:

1. Formation Into ----- Check 2
2. Dubs Motion Weak ----- "Leo"
3. Trips Motion Strong -- "Buck"
4. Trips to SE Side ----- B.A.
5. In 2-Minute situations play  
Right & Left Corner
5. In 2-Minute situations - Make No into  
Check. Stay 3 to Field.

LIZ  
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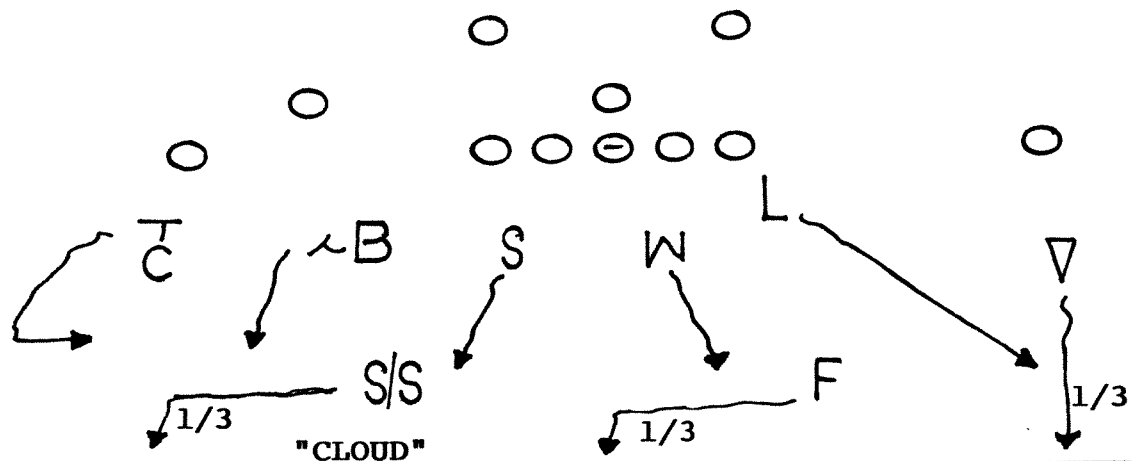
COVER "3-3" - "LEO"



ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>BUCK</u> 9 Technique	TE / Flow / Ball	<ol style="list-style-type: none"> <li>1. Seam / curl Drop.</li> <li>2. Cover 2 Technique.</li> <li>3. Cover 2 adjustment vs. one back.</li> </ol>
<u>SAM</u> Base	Flow to Guard	<ol style="list-style-type: none"> <li>1. Hook Responsibility - Start to point 10 yards deep inside TE alignment.</li> <li>2. Feel TE to near back for your zone mid-point.</li> <li>3. Defend threats in your zone inside-out and deep-short by reacting to QB read.</li> <li>4. Second Contain on full flow pass and react to screen inside-out.</li> </ol>
<u>WILL</u> Base	Flow to Guard	<ol style="list-style-type: none"> <li>1. Hook Responsibility - Start to point 10 yards deep where TE alignment would be.</li> <li>2. Feel near back for your mid-point.</li> <li>3. Defend threats in your zone inside-out and deep-short by reacting to QB read.</li> <li>4. Second Contain full flow pass and react to screen inside/out.</li> </ol>
<u>LEO</u> Pressed	Tackle to Flow	<ol style="list-style-type: none"> <li>1. Flat Responsibility 14 yards deep through the out.</li> <li>2. Defend deep to short. (* Bingo Technique)</li> </ol>

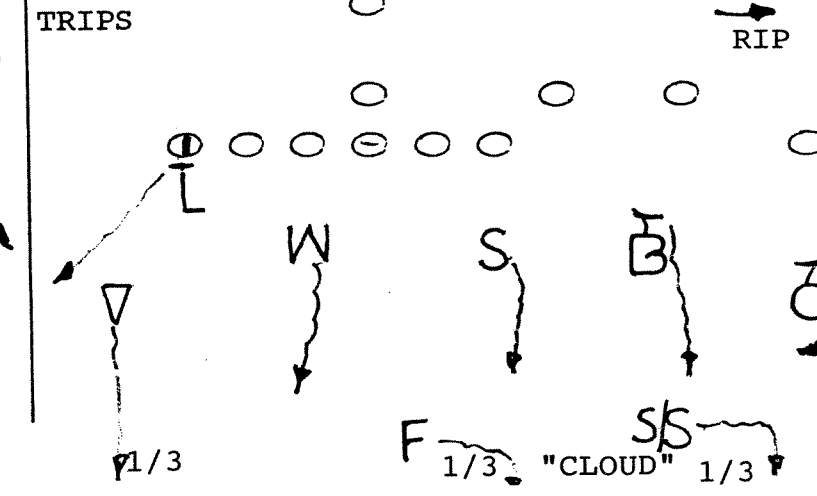
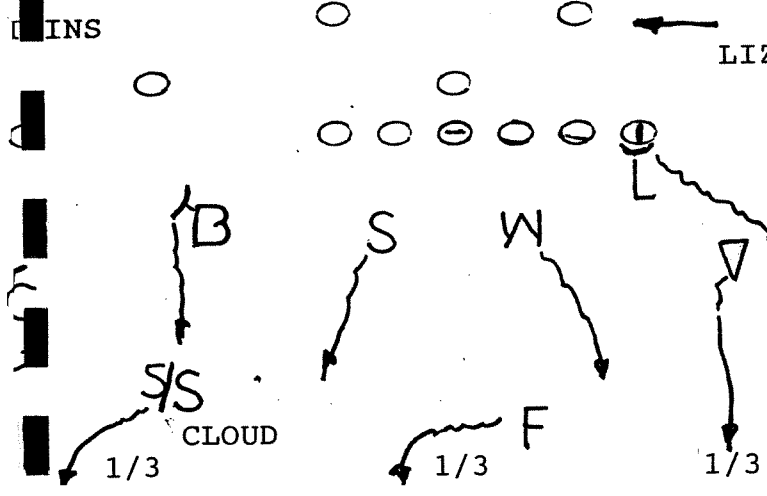
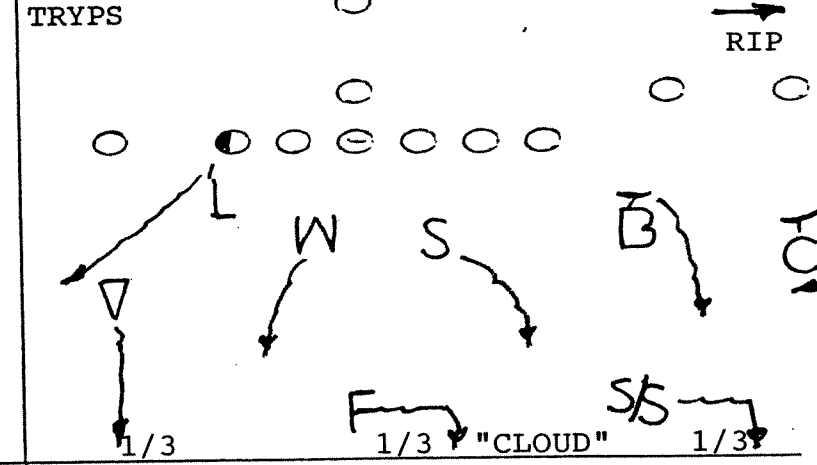
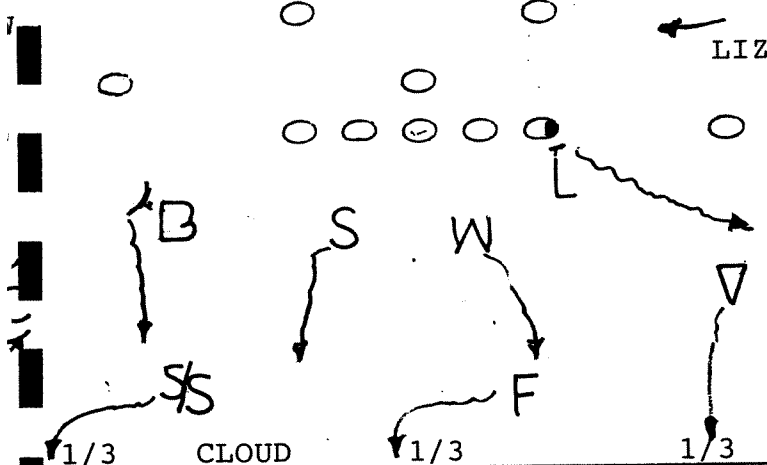
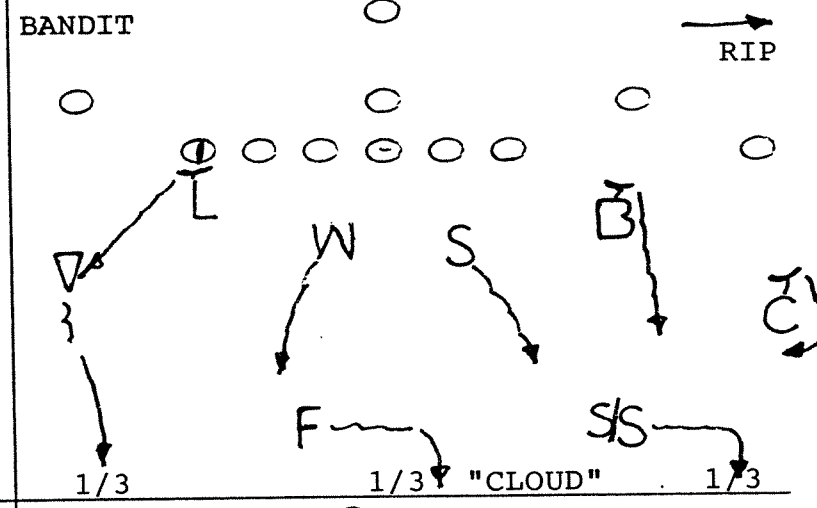
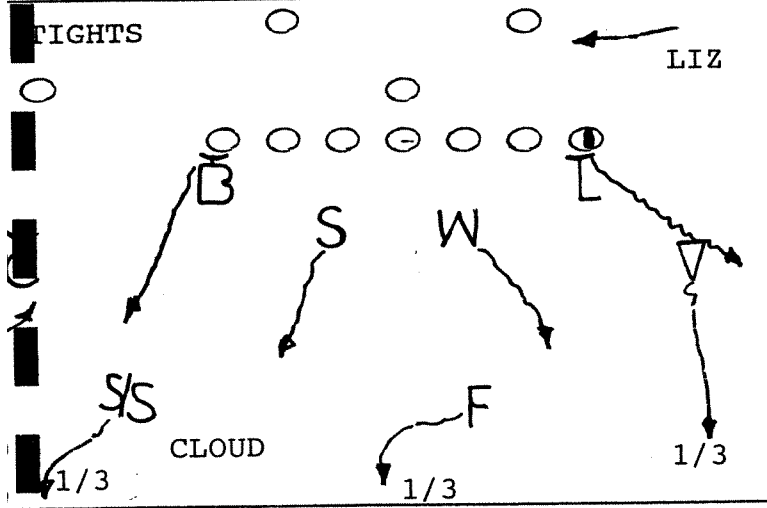
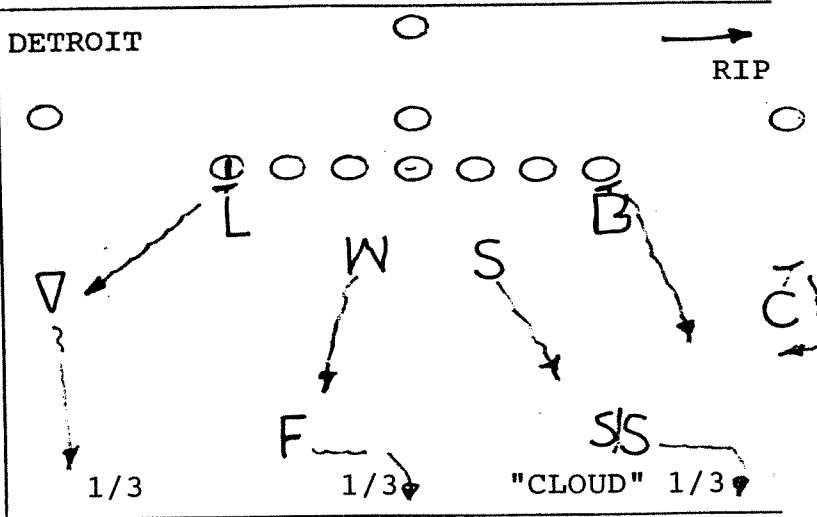
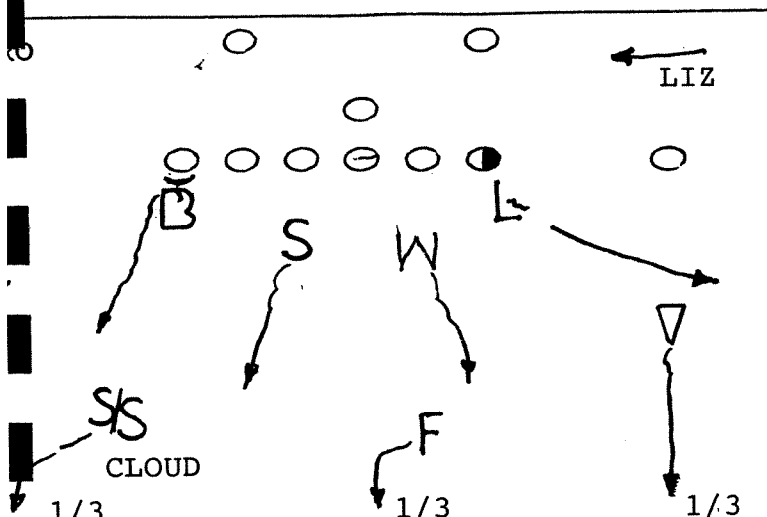
LIZ  
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COVER "3-3" - "LEO"



ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>FC</u> 1 yard outside #1 &amp; 5 yards deep</p>	<p>Lane of ball to #1. (* cloud)</p>	<p>Flat Responsibility - Force inside release by #1. Use Cover 2 Technique.</p>
<p><u>SS</u> On Hash, 12 yards deep</p>	<p>Lane of ball to #1. (* Cloud)</p>	<p>Deep outside 1/3 - If inside release by #1, play 1/2 Field Technique.</p>
<p><u>FS</u> On Hash, 12 yards deep</p>	<p>Lane of ball to #2 Strong.</p>	<p>Deep middle 1/3.</p>
<p><u>BC</u> 1 yard outside #1 &amp; 5 yards deep</p>	<p>Lane of ball to #1.</p>	<p>Deep outside 1/3 - (think Post).</p>









COVER RED

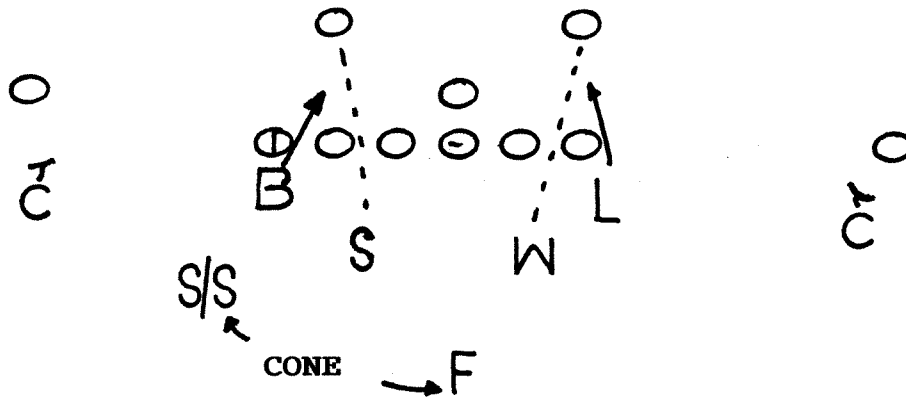
DESCRIPTION: 4 Deep Man to Man with FS  
2 LB's in Coverage

STRENGTHS: 1. Good vs. Run or Pass.  
2. FS in the Coverage.

WEAKNESSES: 1. Crossing Routes.

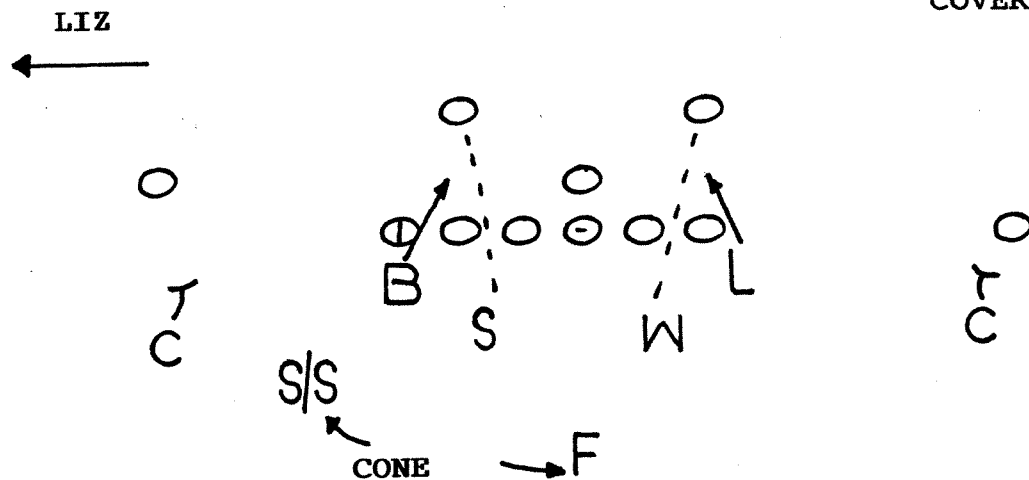
COORDINATION: Can be played with any basic front call by adding  
"Buck" to rush.

ADJUSTMENTS: 1. FS Cone #2 to passing strength.  
2. One back breaks handled by LB's.  
3. Right & Left Corners.  
4. Corners "Flip" vs. Twin.

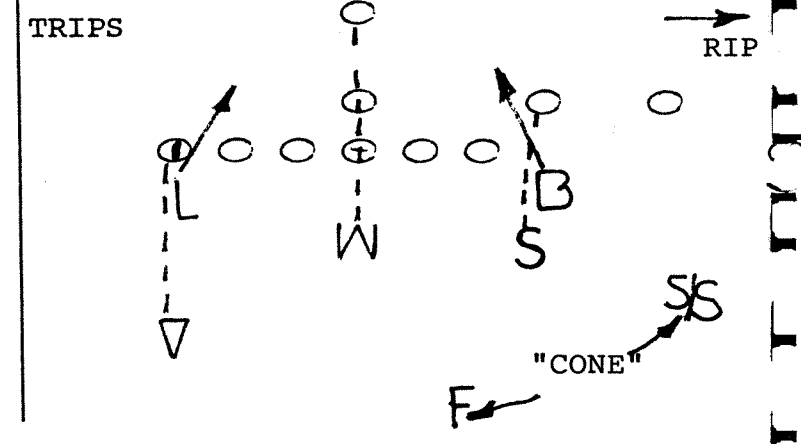
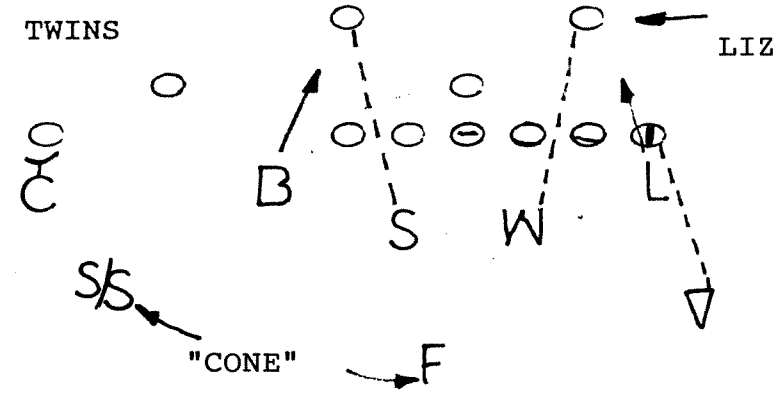
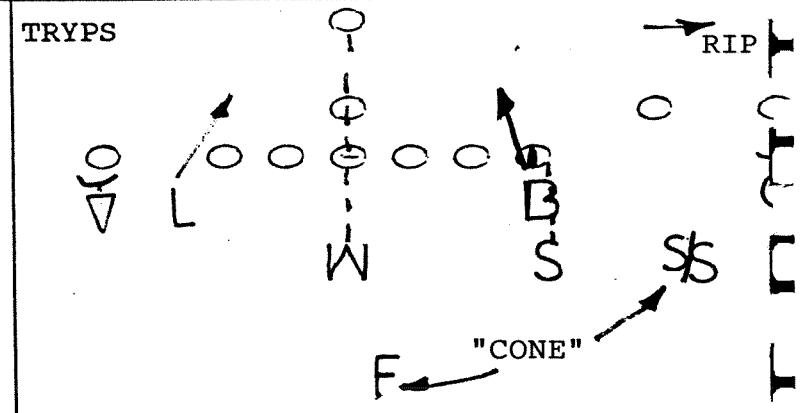
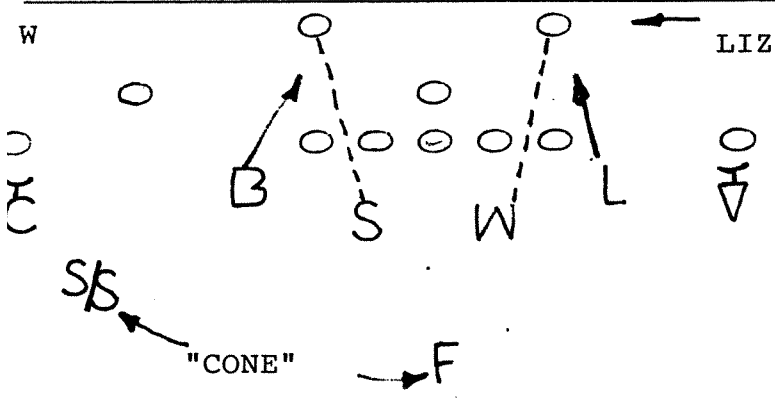
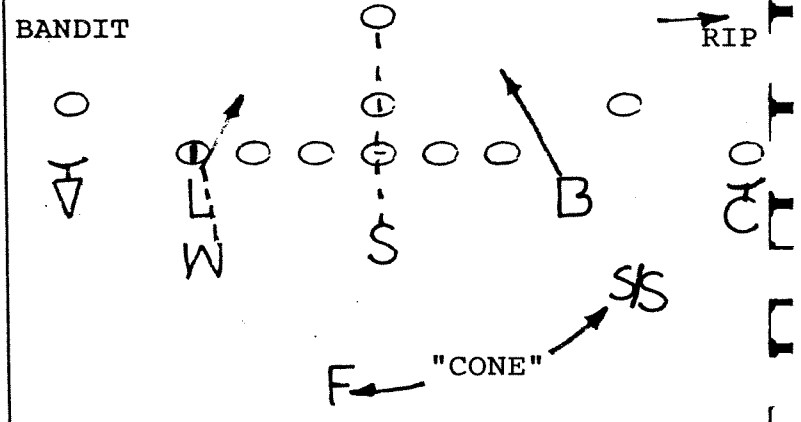
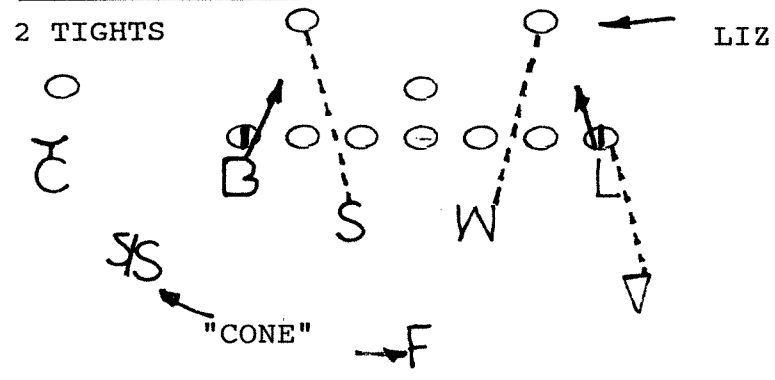
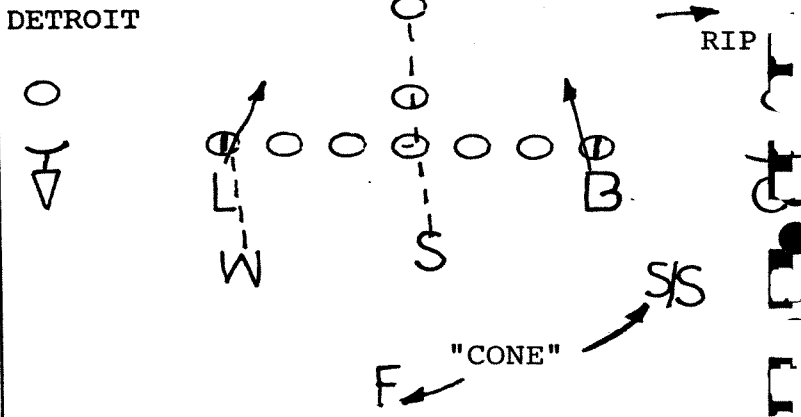
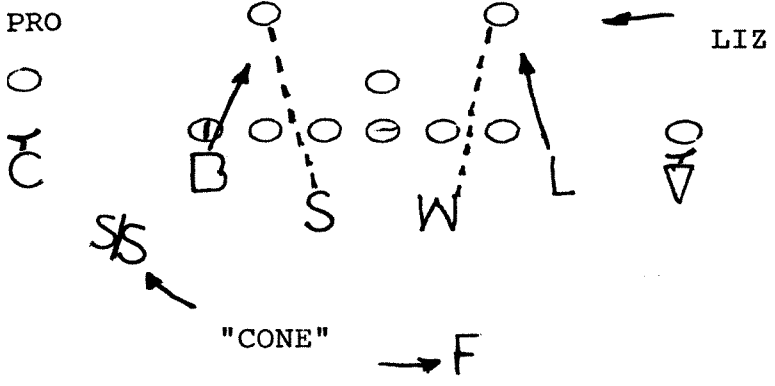
LIZ  
←COVER RED

ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>BUCK</u> 6 Technique	Ball / Flow	1. Rush the passer.
<u>SAM</u> Base	Flow to Guard	1. Man to Man on back your side. 2. Full flow to - Take 1st back outside. Full flow away - Take 1st back inside. 3. Handle one back breaks your side.
<u>WILL</u> Base	Flow to Guard	1. Man to Man on back your side. 2. Full flow to - Take 1st back outside. Full flow away - Take 1st back inside. 3. Handle one back breaks your side.
<u>LEO</u> 5 Technique	Ball / Nearback Flow	1. Rush the passer.

COVER RED

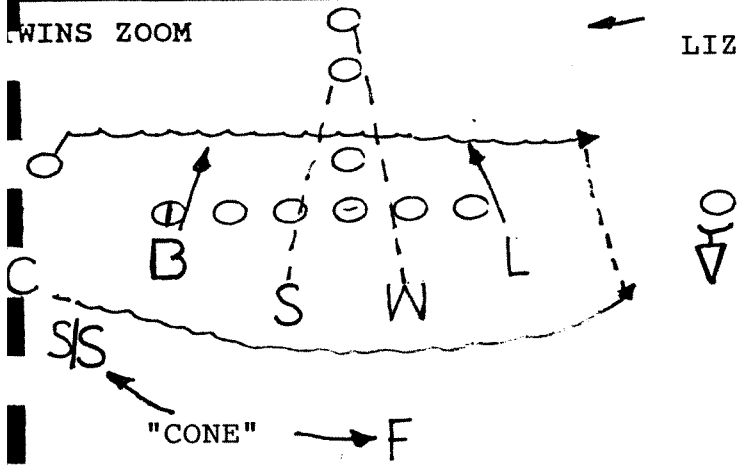


ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>FC</u></p> <p>"Bump Technique"</p>	<p>#1</p>	<p>Man to Man on #1</p>
<p><u>SS</u></p> <p>2 yards outside TE &amp; 5 yds deep</p> <p>Interchange</p>	<p>Lane of ball to #2.</p>	<p>"Cone" #2</p>
<p><u>FS</u></p> <p>12 yards deep in B Gap to SE side</p>	<p>Lane of ball to #2.</p>	<p>"Cone" #2</p>
<p><u>BC</u></p> <p>Bump Technique</p>	<p>#1</p>	<p>Man to Man on #1.</p>



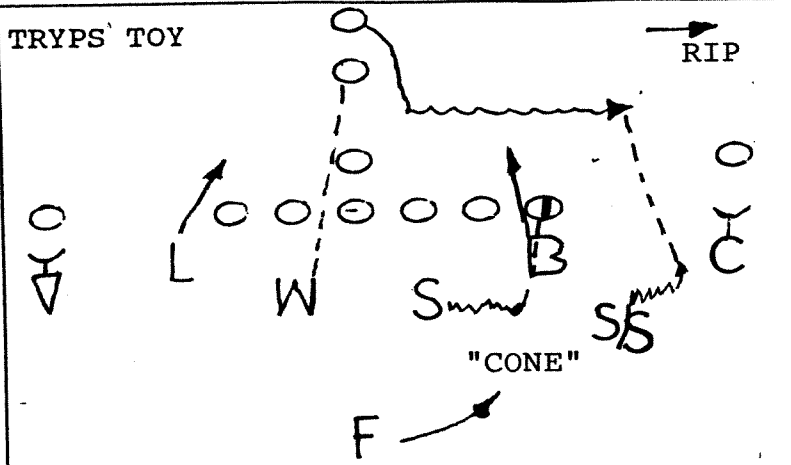
TWINS ZOOM

LIZ



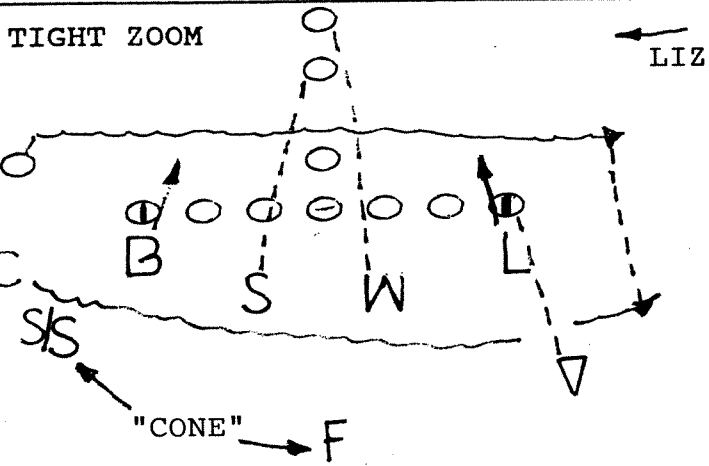
TRYP'S TOY

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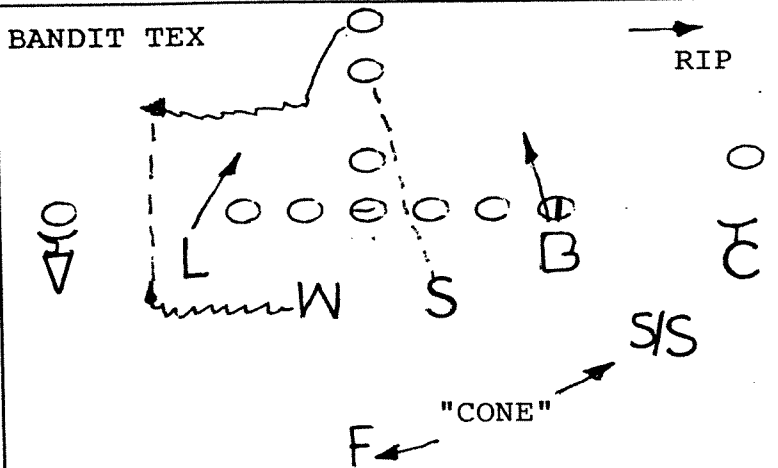
TIGHT ZOOM

LIZ



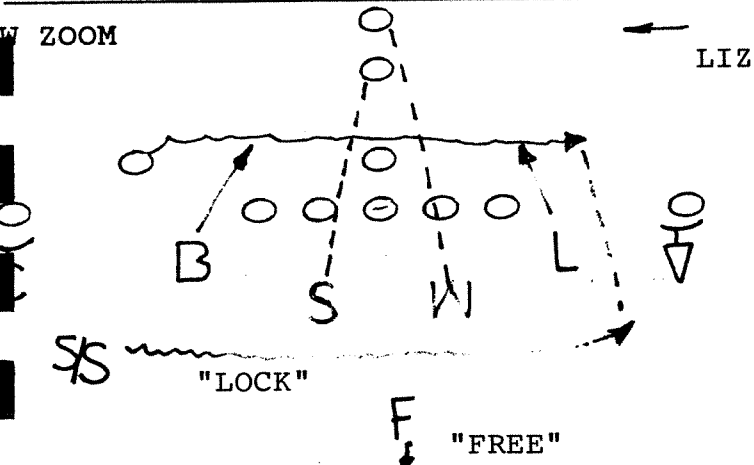
BANDIT TEX

RIP



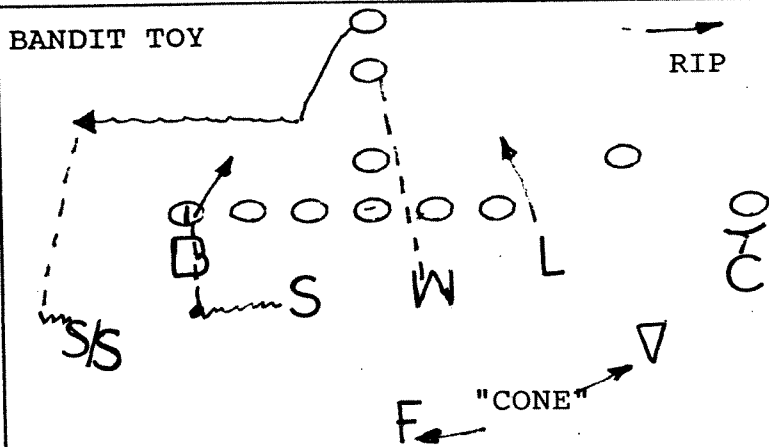
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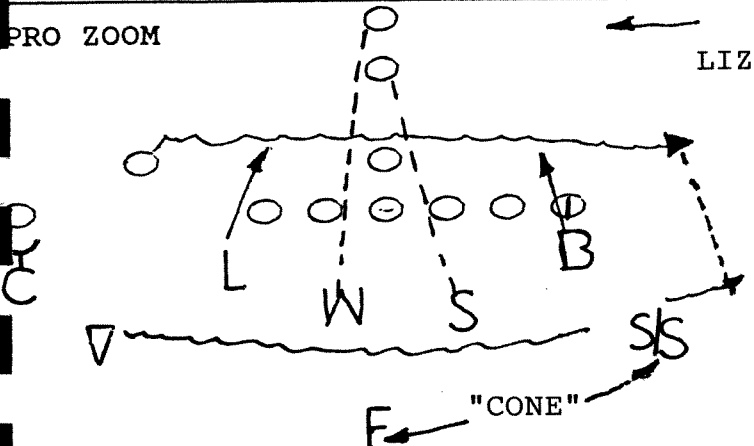
BANDIT TOY

RIP



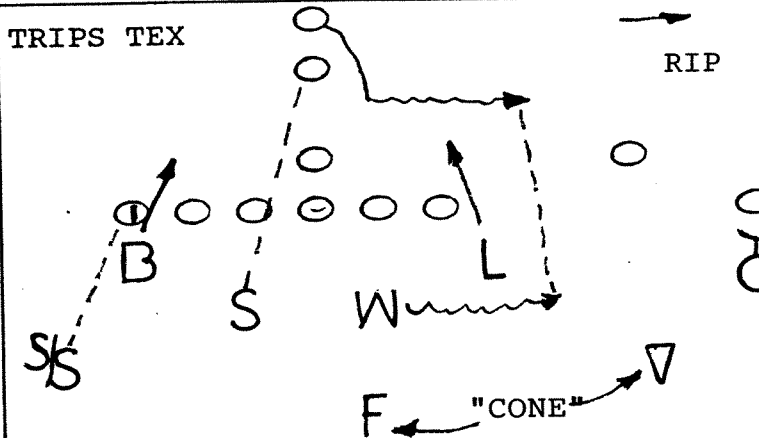
PRO ZOOM

LIZ



TRIPS TEX

RIP





COVER GOLD

DESCRIPTION: 4 Across Man to Man with 1 OLB in coverage

STRENGTHS:

1. Pressure
2. Tite Coverage on Quick Routes.

WEAKNESSES:

1. Must get the QB down.

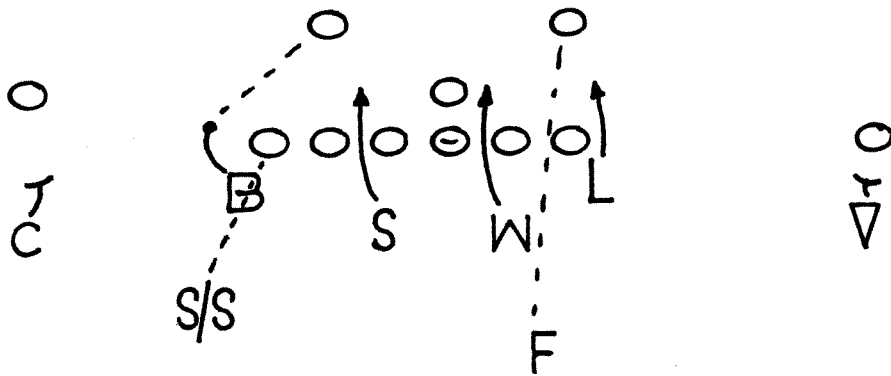
COORDINATION: Played with "Tight" calls

ADJUSTMENTS:

1. FS handles all 1 Back Breaks.  
(\* By alignment or by Motion)
2. Right & Left Corners.
3. Corners "Flip" vs. Twin.

LIZ  
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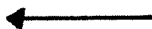
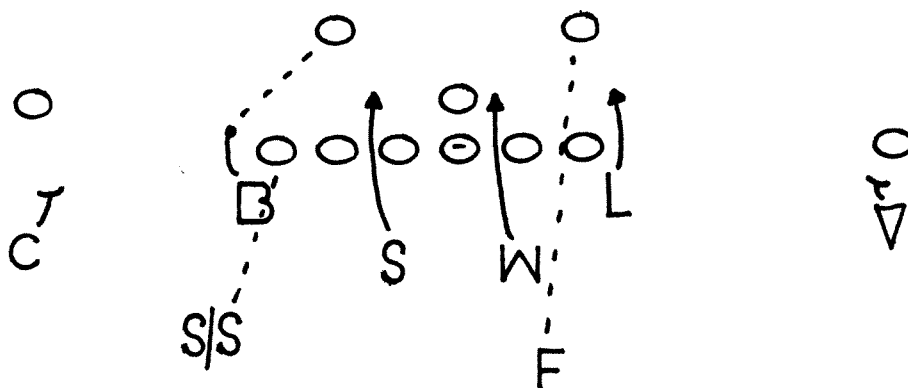
COVER GOLD



ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>BUCK</u> Loose 9	Ball / Nearback	<ol style="list-style-type: none"> <li>1. Man to Man Nearback.</li> <li>2. Blitz "Peel" Technique vs. 1 Back.</li> </ol>
<u>SAM</u> Base	Ball	<ol style="list-style-type: none"> <li>1. Execute Blitz called.</li> </ol>
<u>WILL</u> Base	Ball	<ol style="list-style-type: none"> <li>1. Execute Blitz called.</li> </ol>
<u>LEO</u> Loose 5	Ball / Flow	<ol style="list-style-type: none"> <li>1. Rush / Contain.</li> <li>2. Blitz "Peel" Technique vs. 1 Back.</li> </ol>

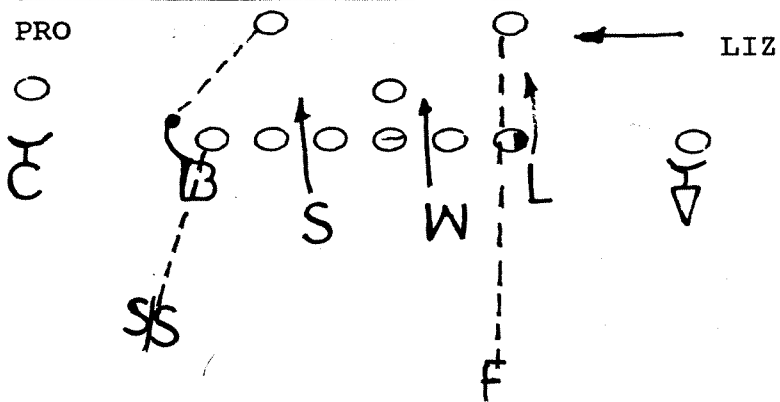


LIZ

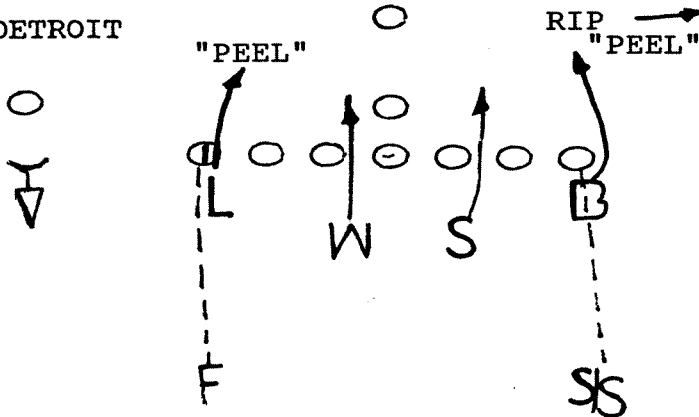
COVER GOLD

ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>FC</u></p> <ol style="list-style-type: none"> <li>"Bounce" Technique</li> <li>"Bump" Technique</li> <li>Right &amp; Left with Man calls</li> </ol>	#1	Man to Man on #1
<p><u>SS</u></p> <ol style="list-style-type: none"> <li>1 yard outside TE, 5 yds deep</li> <li>Interchange</li> </ol>	Lane of ball to #2. ("Easy" Force)	<ol style="list-style-type: none"> <li>Man to Man on #2.</li> <li>Possible "Cone" vs. "I".</li> </ol>
<p><u>FS</u></p> 12 yards deep in B Gap to SE side	Lane of ball to #2.	<ol style="list-style-type: none"> <li>Man to Man on #2 SE side.</li> <li>Possible "Cone" vs. "I".</li> <li>You have all 1-Back Breaks.</li> </ol>
<p><u>BC</u></p> <ol style="list-style-type: none"> <li>"Bounce" Technique</li> <li>"Bump" Technique</li> <li>Right &amp; Left with Man calls</li> </ol>	#1	Man to Man on #1.

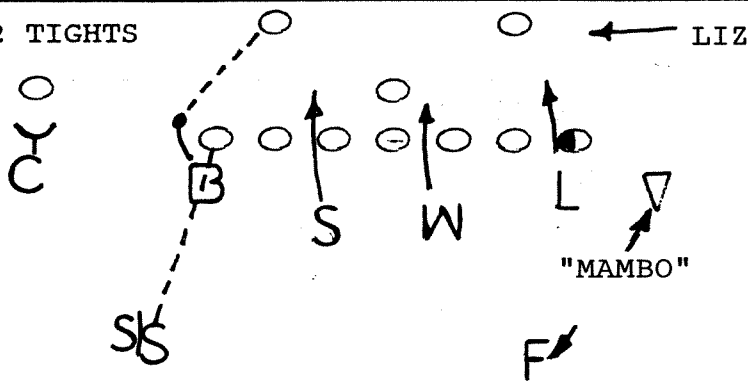
PRO



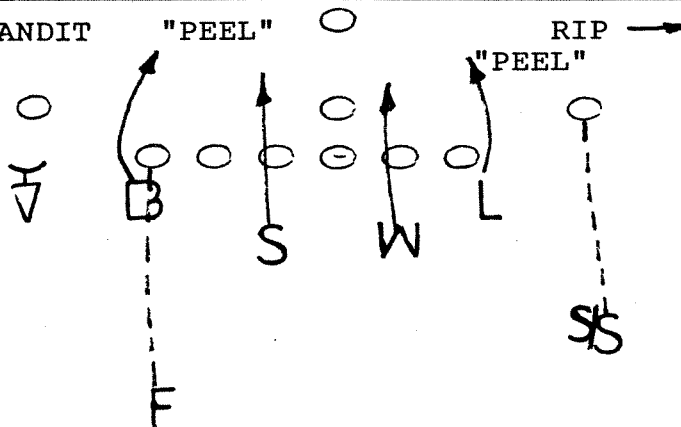
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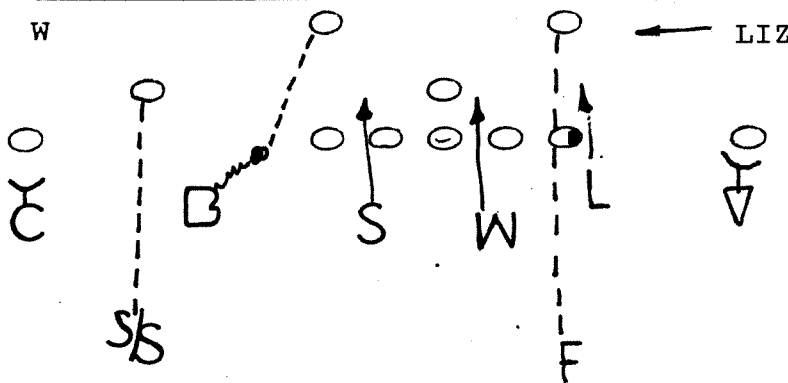
2 TIGHTS



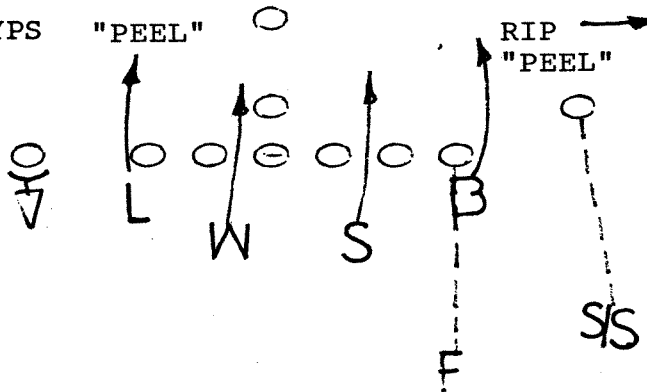
BANDIT



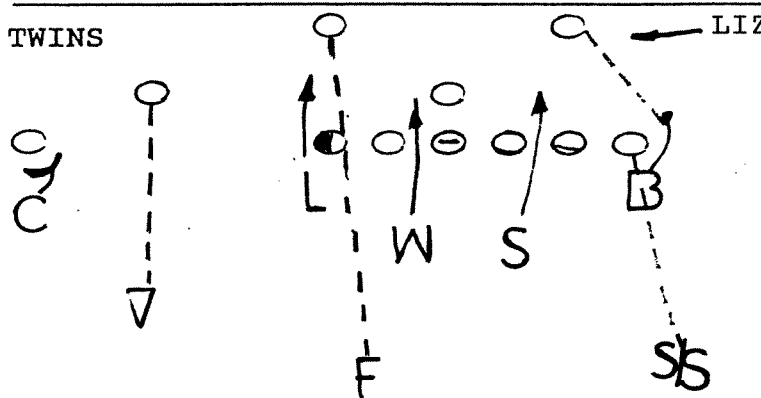
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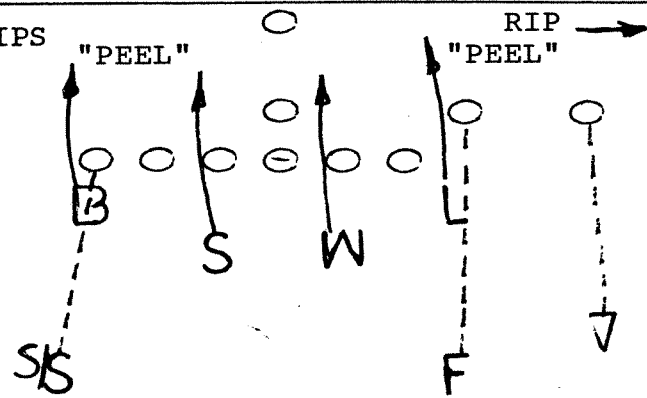
TRYPS



TWINS



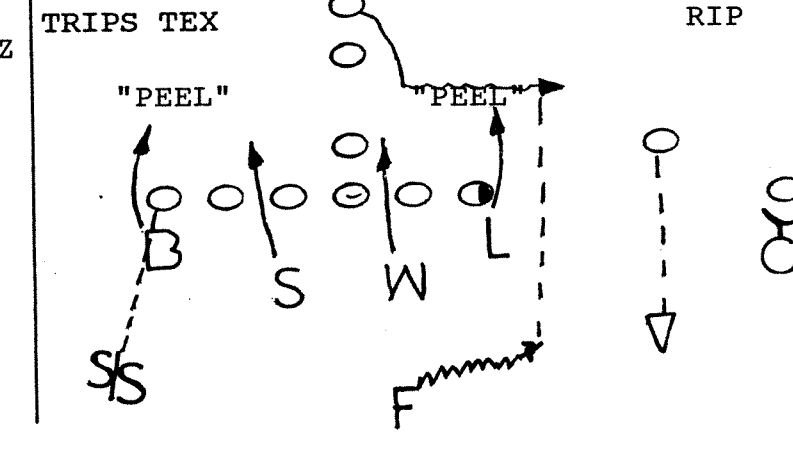
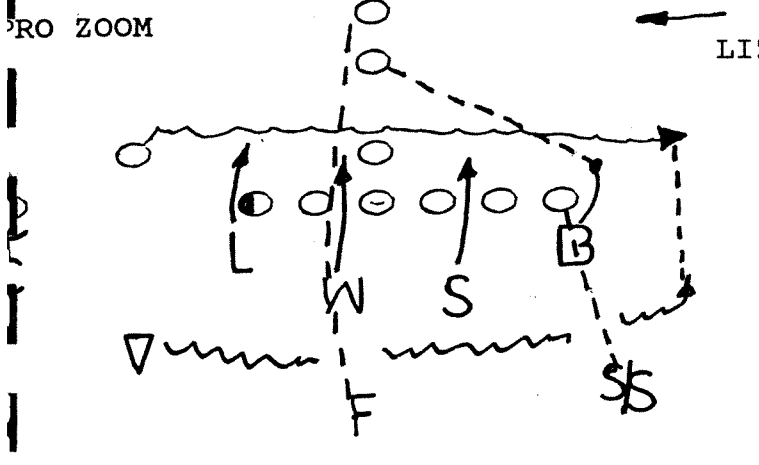
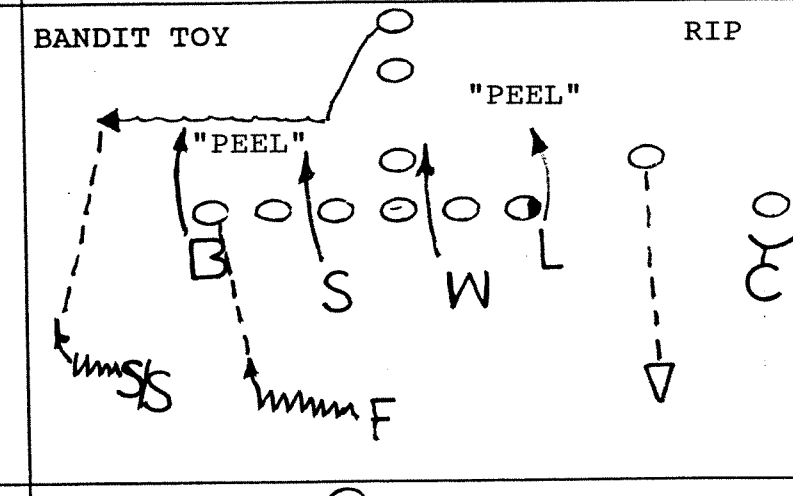
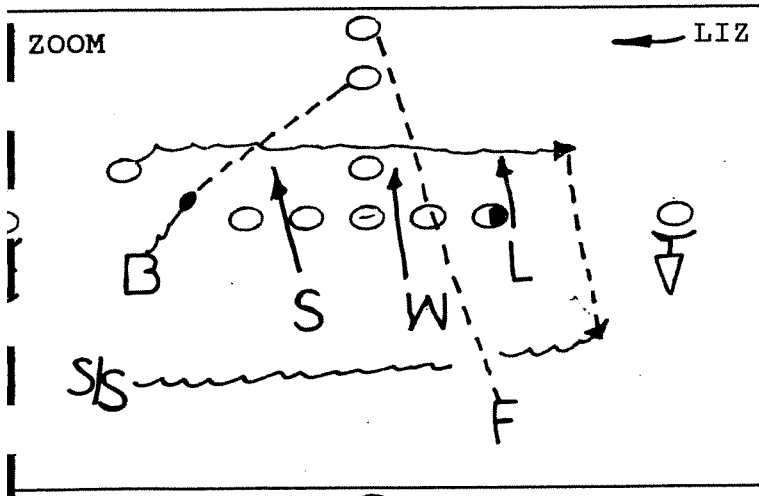
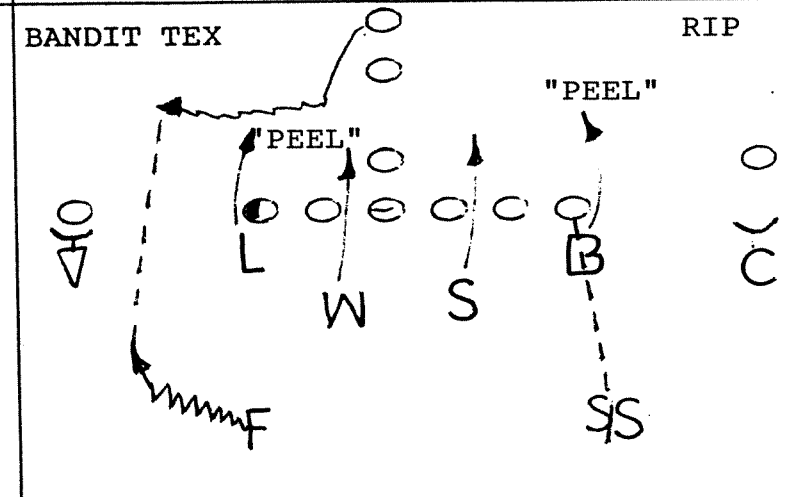
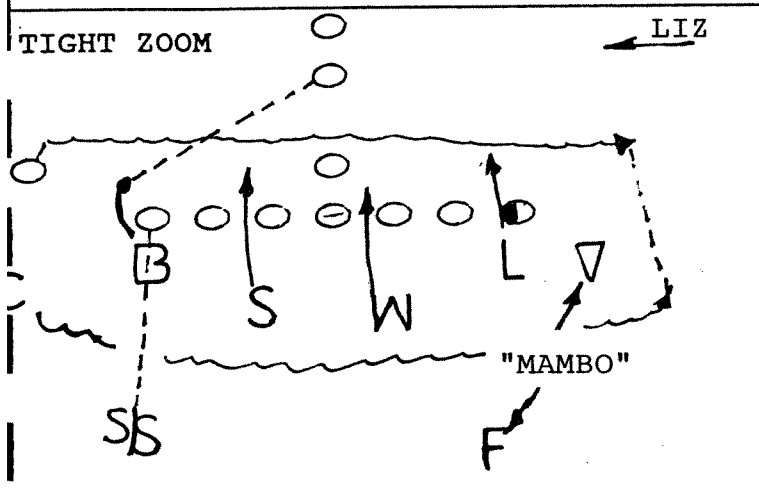
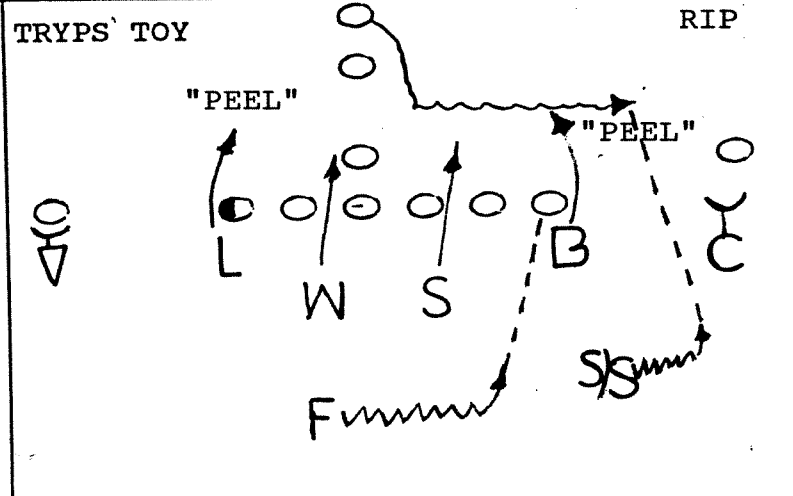
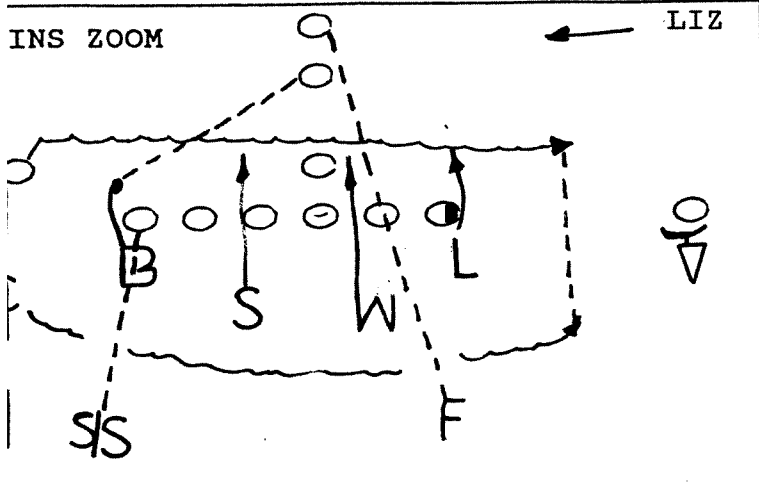
TRIPS



COVERAGE

GOLD

MOTION ADJUSTMENTS





COVER "BUCKEYE" - "7-3"

DESCRIPTION: 3 DB's - 4 Under - 1/4-1/4-1/3 Zone

STRENGTHS:

1. Two TE match up.
2. Strong run defense.
3. Good vs. two TE Play Action Pass.

WEAKNESSES:

1. Must be used vs. two TE.
2. One Back Breaks.

COORDINATION: Played with all "Buckeye" Fronts.

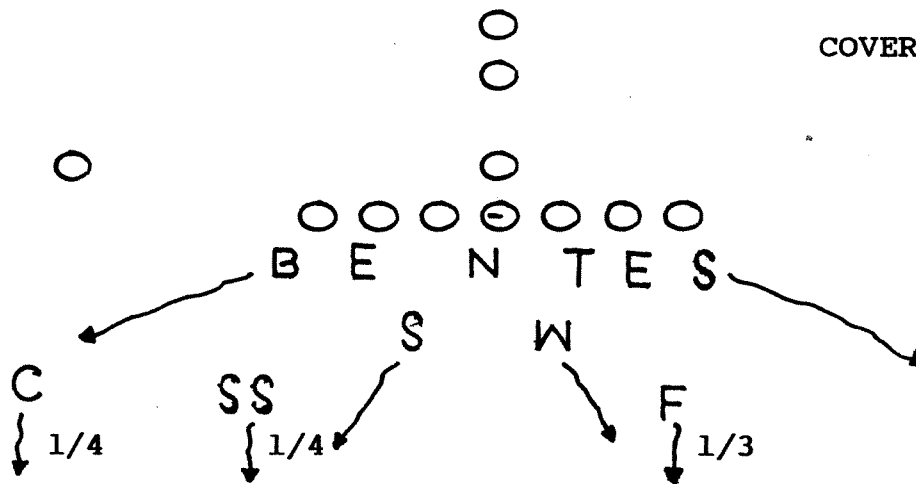
ADJUSTMENTS:

1. DB's deploy to passing strength (\* No Hash)
2. LB's must adjust to all One Back Breaks.
3. DB's "Bump" Coverage on all 'Zoom' Motion.
4. Check '2' vs. all Tight Wings.
5. Check '3 Key' vs. 'T' Formation.
6. Stanford - Buck come over.

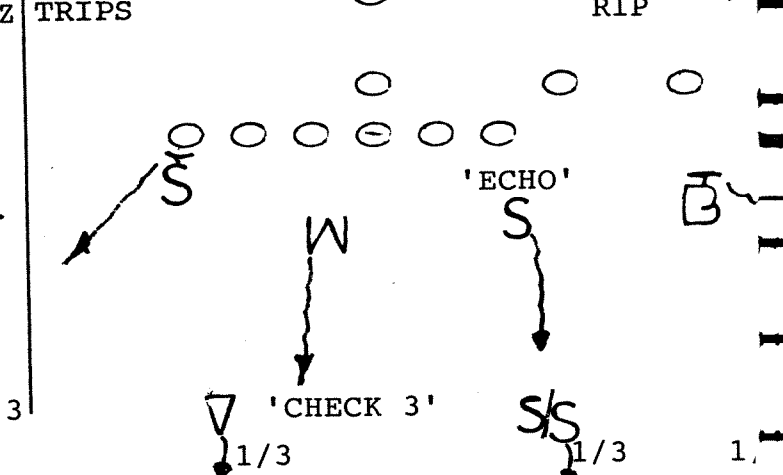
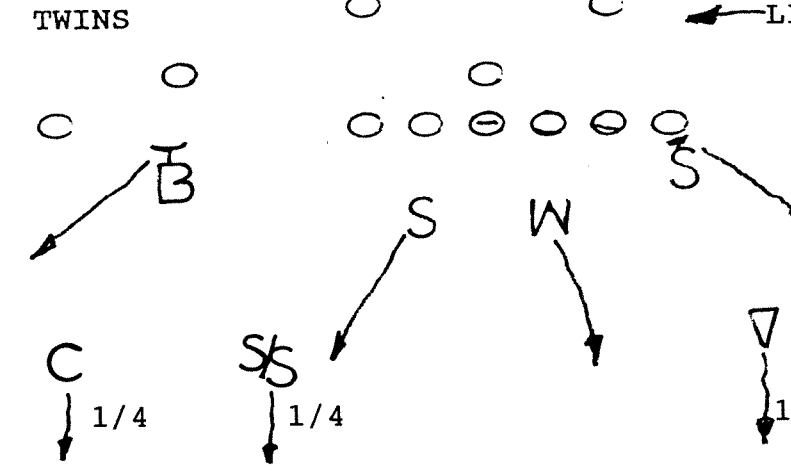
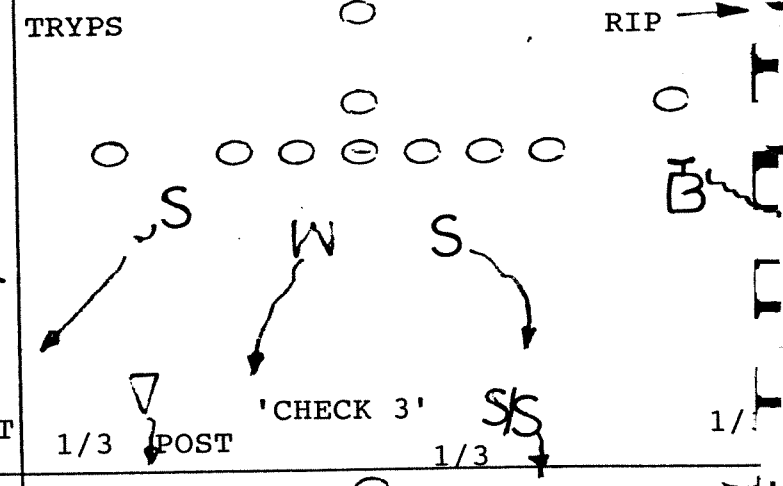
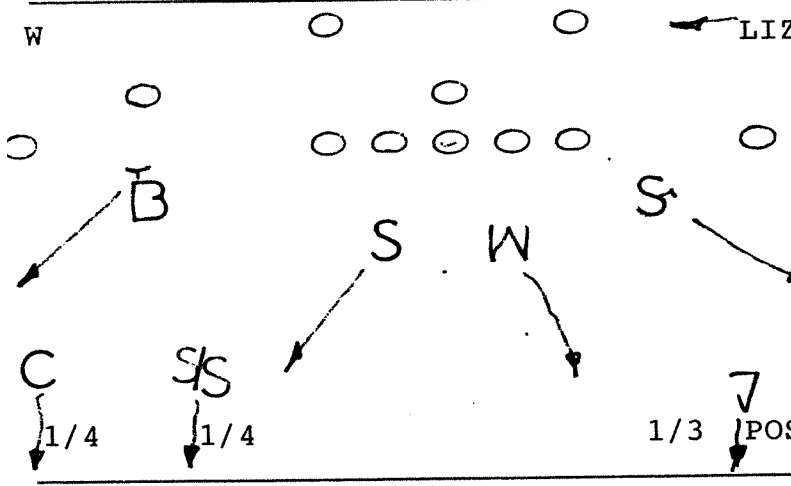
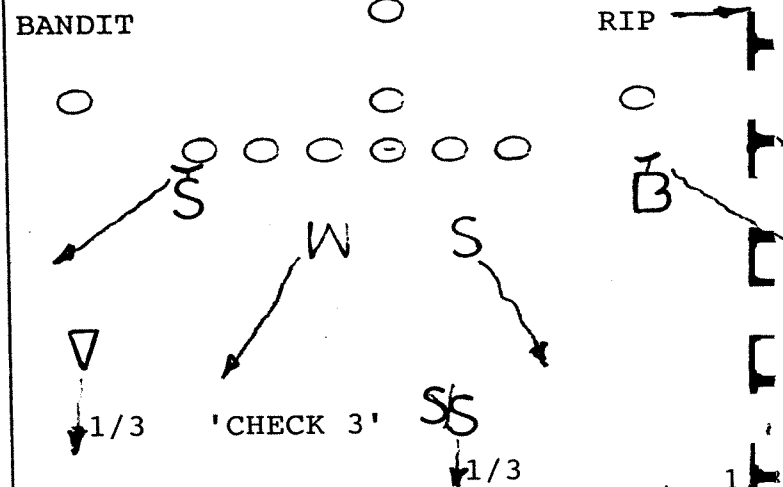
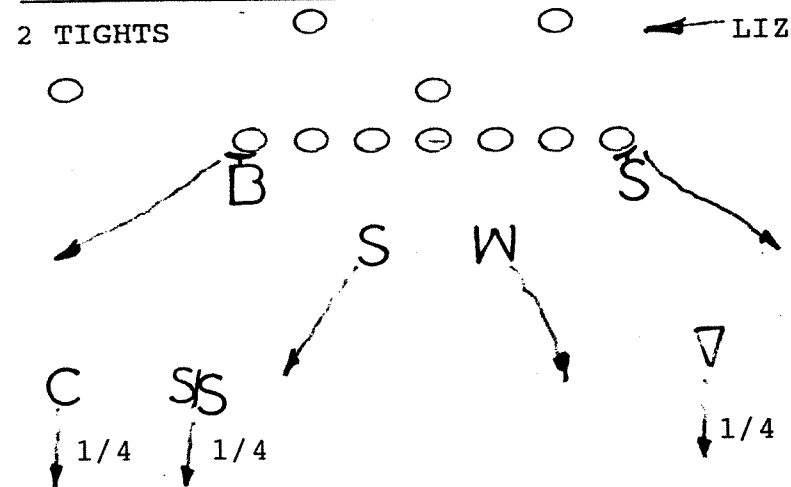
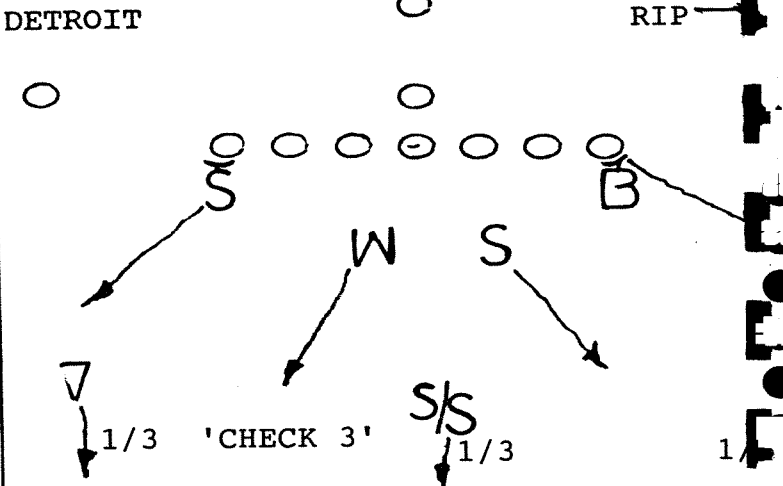
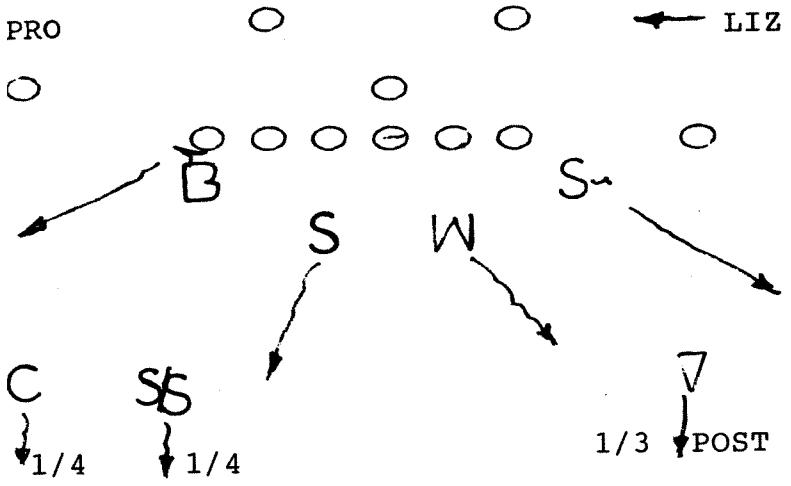


COVER "BUCKEYE"-7-3"

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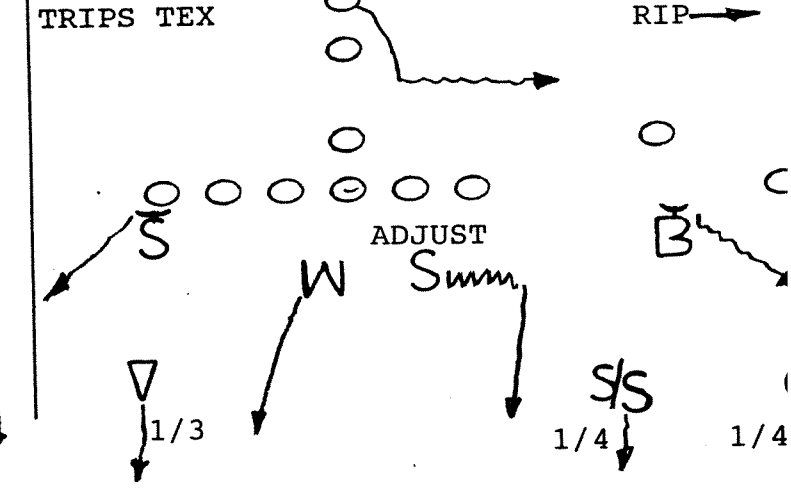
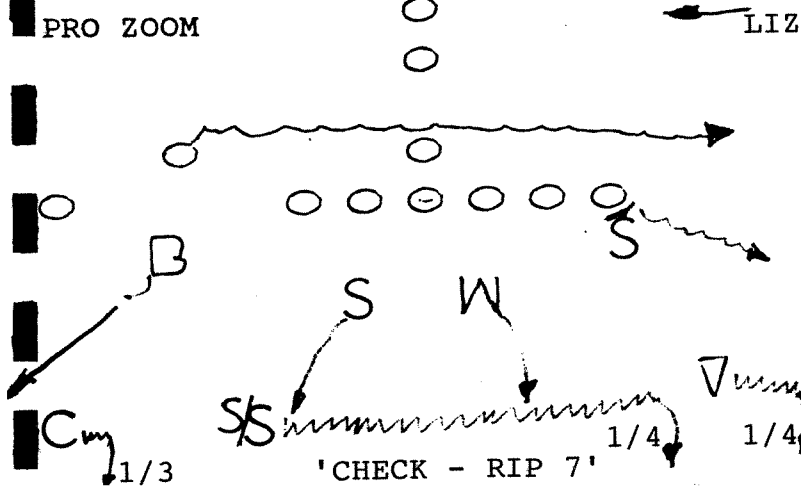
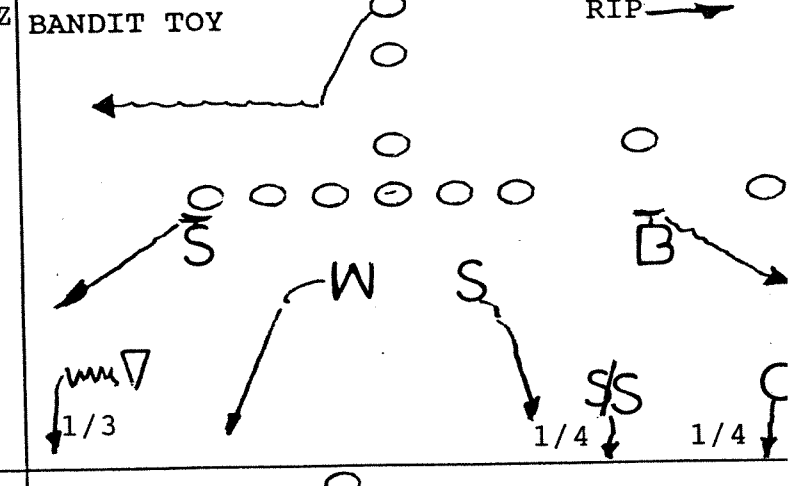
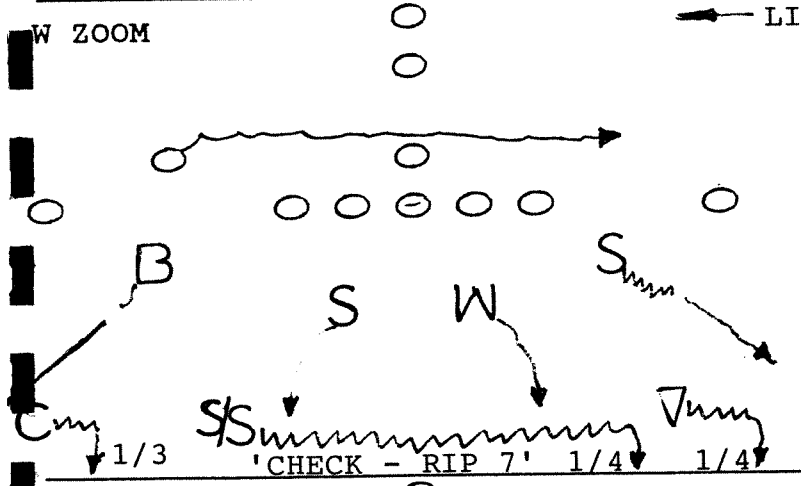
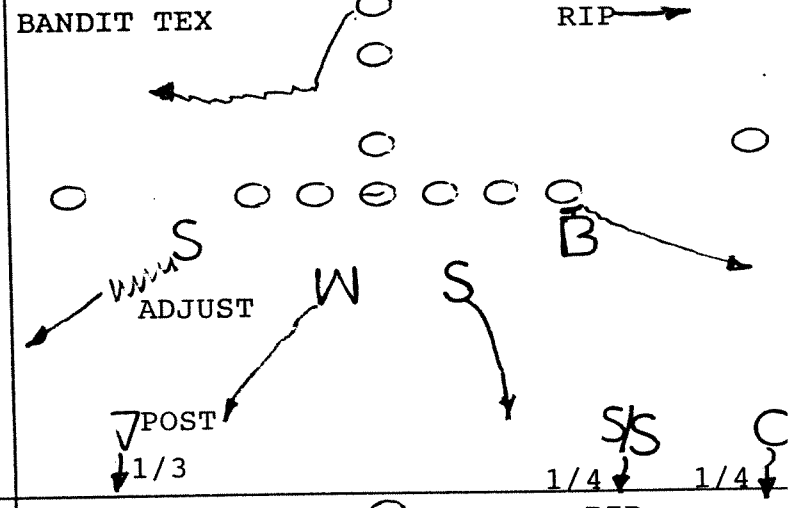
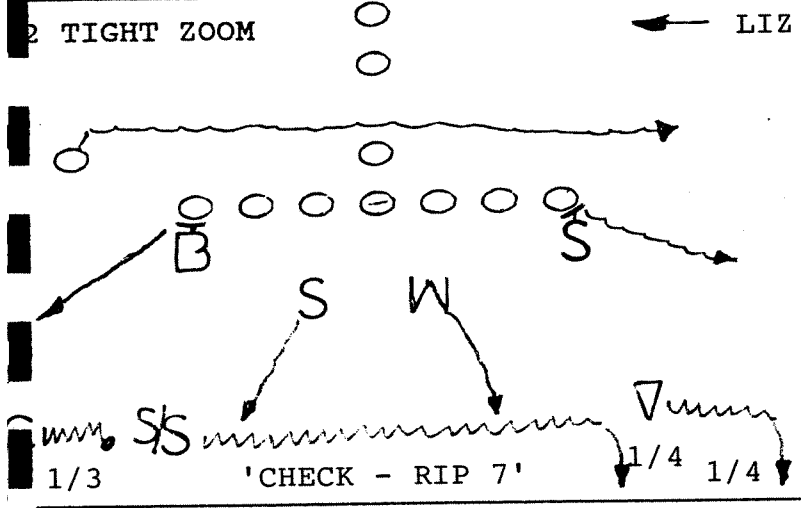
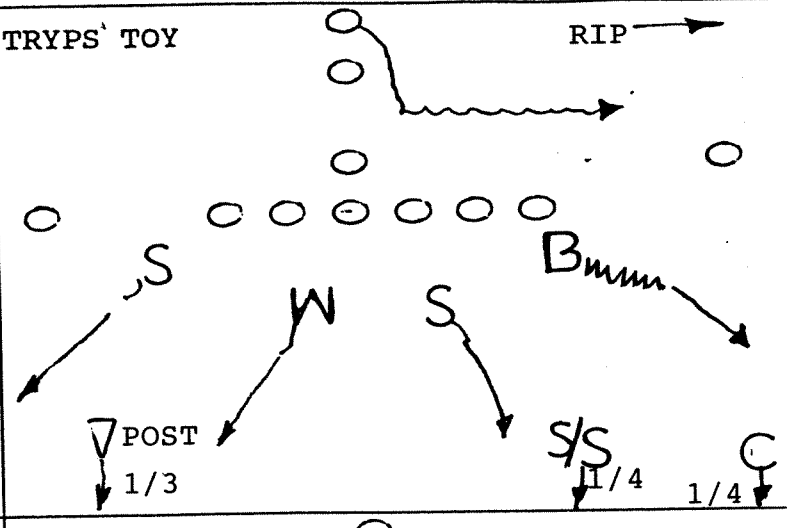
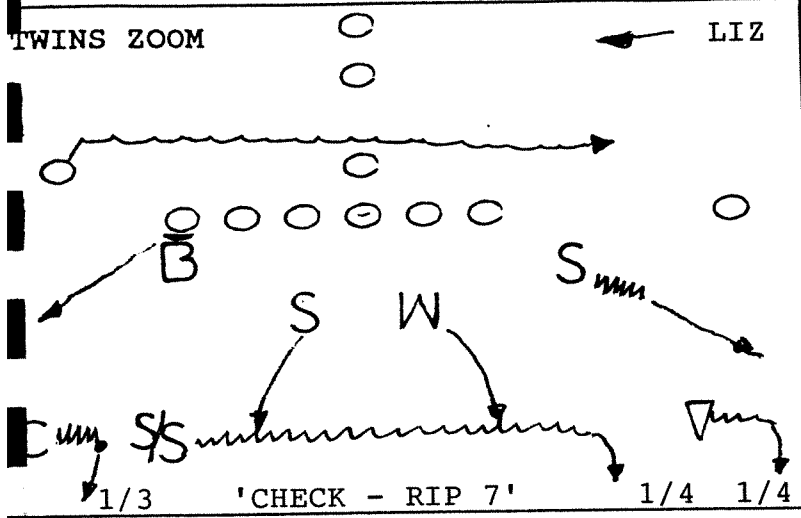
ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>FC</u> Outside #1 9 yards deep	Lane of ball to #1.	Loose man on #1, stay on deep shoulder of Post.
<u>SS</u> 1 - 4 yards outside #2 10 yards deep	Lane of ball to #2. ("READ")	KEY #2 1. If #2 runs a Vertical Route you have him. 2. If #2 runs a Flat Route steal Curl of #1. 3. If #2 runs a Crossing Route sprint to middle 1/3.
<u>FS</u> 1 yard outside #1 6 yards deep	Lane of ball to #1. ("READ")	Read #1, deep 1/3 Responsibility.
<u>BUCK</u> 9 Technique	TE / Nearback / Ball	"READ" Technique, Flat Responsibility.
<u>SAM</u> B Gap 5 yards deep	Flow to Guard	Hook Responsibility.
<u>WILL</u> A Gap 5 yards deep	Flow to Guard	Hook Responsibility.
<u>SUB</u> 9 Technique	TE / Nearback / Ball	"READ" Technique, Flat Responsibility.





COVERAGE

MOTION ADJUSTMENTS





COVER "BUCKEYE" - "2-3"

DESCRIPTION: 3 DB's - 4 Under - 1/2-1/3 Zone

STRENGTHS:

1. Two TE match up.
2. Strong run defense.
3. Double Cover, single Wide Receiver.

WEAKNESSES:

1. Must be used vs. two TE.
2. One Back Breaks.

COORDINATION: Played with all "Buckeye" Fronts.

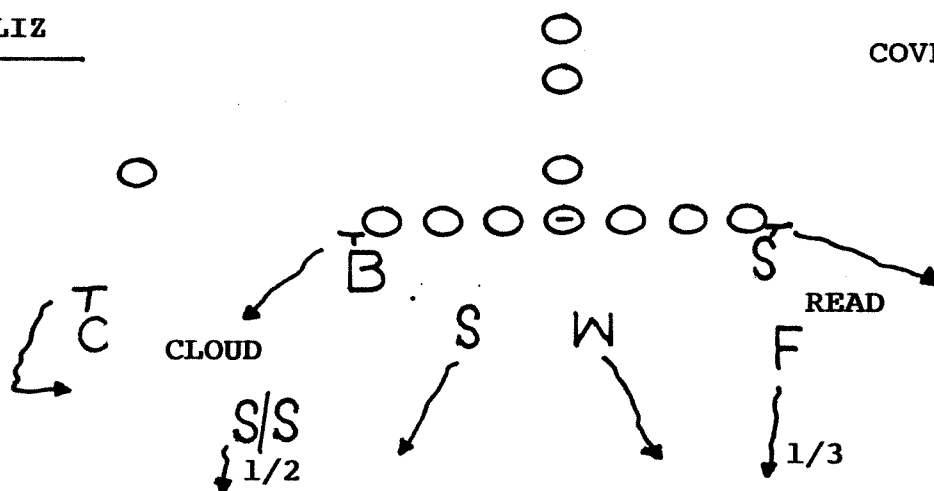
ADJUSTMENTS:

1. DB's deploy to passing strength (\* No Hash)
2. LB's must adjust to all One Back Breaks.
3. DB's "Bump" Coverage on all 'Zoom' Motion.
4. Check '3 Key' vs. 'T' Formation.
5. Stanford - Buck come over.



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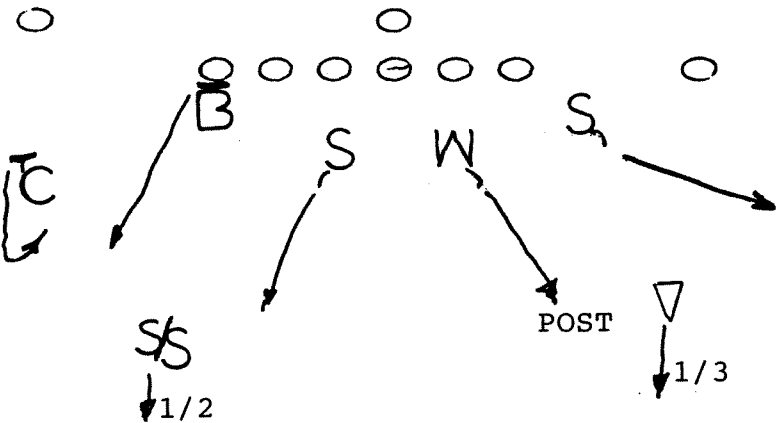
COVER "BUCKEYE"- "2-3"



ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>FC</u> 1 yard outside #1 5 yards deep	Lane of ball to #1. See #2 & #3 for total picture.	Flat Responsibility - Force inside release of #1, feel #2. If #2 is flat sink to P.C. and break up on ball, if #2 is Vertical Roll with Fade.
<u>SS</u> On Hash 12 yards deep	Lane of ball to #2. See #1 & #3 for total picture.	Deep 1/2 Responsibility - If #2 or #3 are Vertical, stay on Hash and break on ball. If #2 is out or across and no #3, then work to #1.
<u>FS</u> 1 yard outside #1 6 yards deep	Lane of ball to #1. ("READ")	Read #1, deep 1/3 Responsibility.
<u>BUCK</u> Read	TE / Nearback / Ball	"CLOUD" Technique, Curl Responsibility
<u>SAM</u> B Gap 5 yards deep	Flow to Guard	Hook Responsibility.
<u>WILL</u> A Gap 5 yards deep	Flow to Guard	Hook Responsibility.
<u>SUB</u> 9 Technique	TE / Nearback / Ball	"READ" Technique, Flat Responsibility.

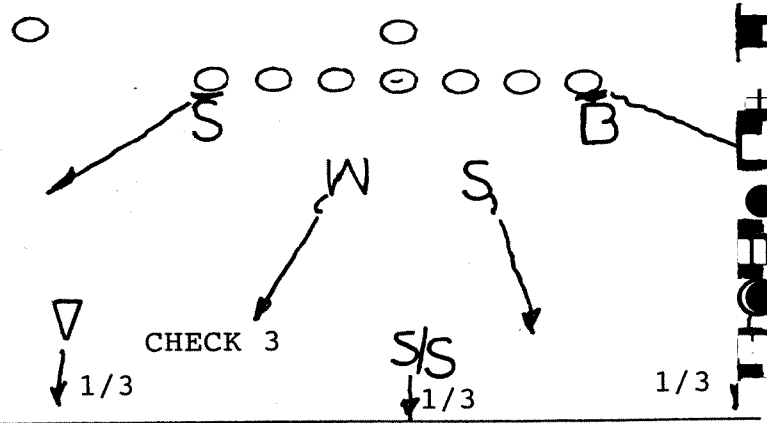
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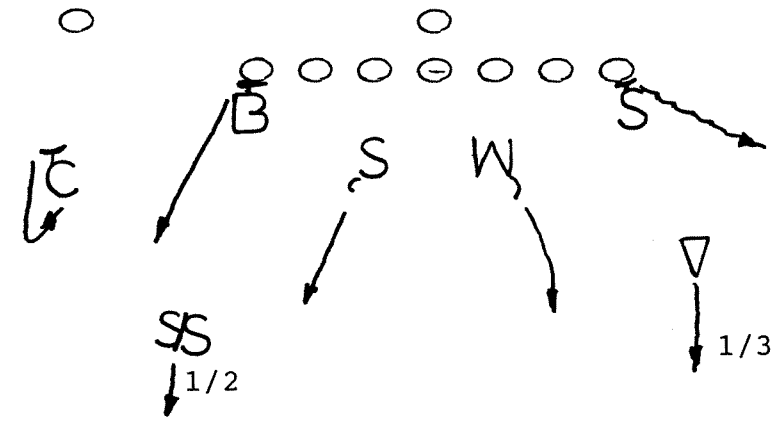
DETROIT

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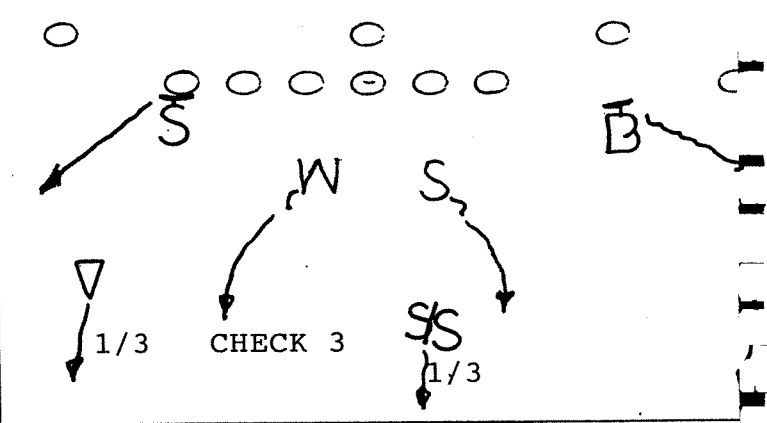
2 TIGHTS

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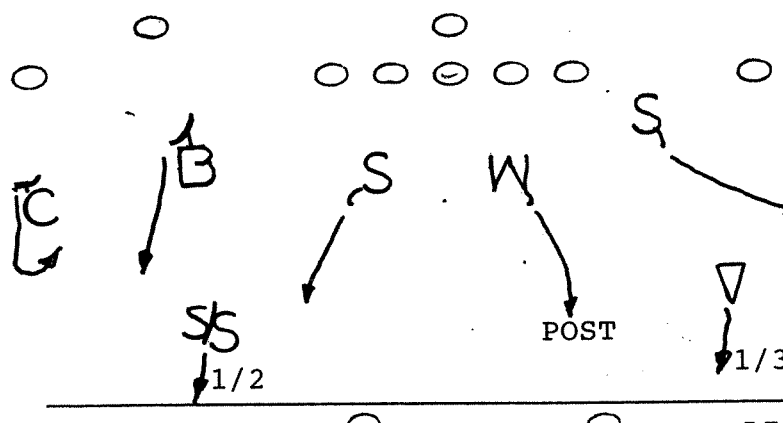
BANDIT

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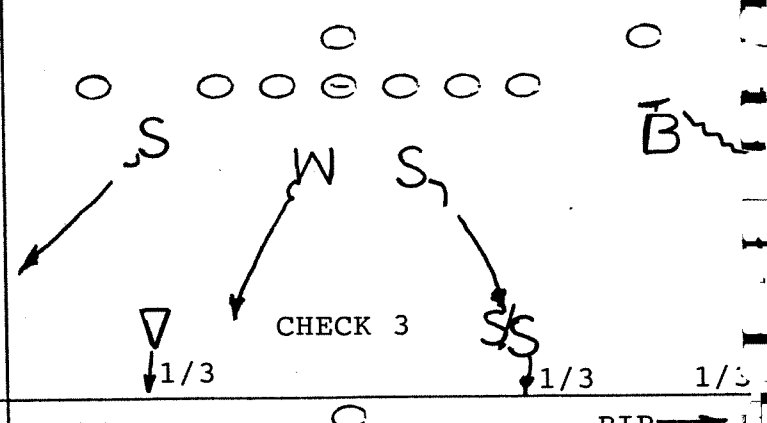
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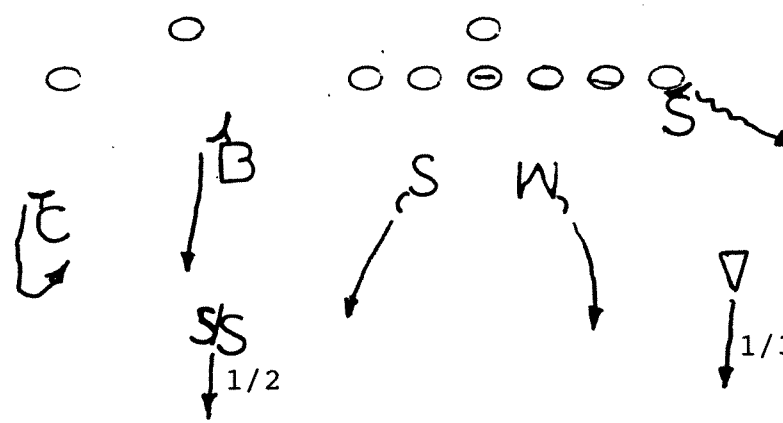
TRYPS

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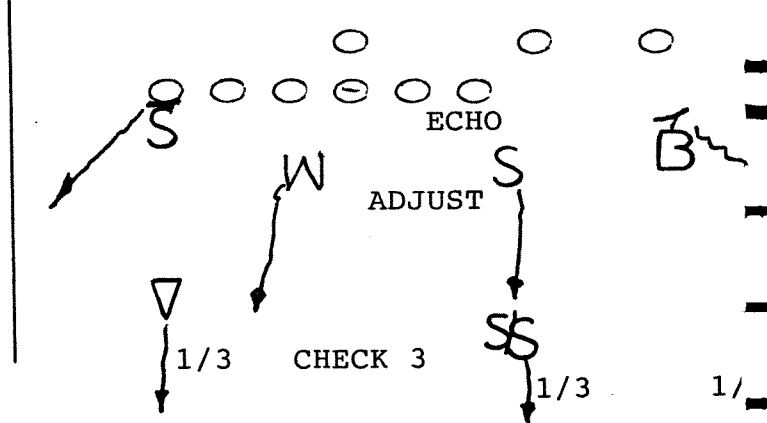
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TRIPS

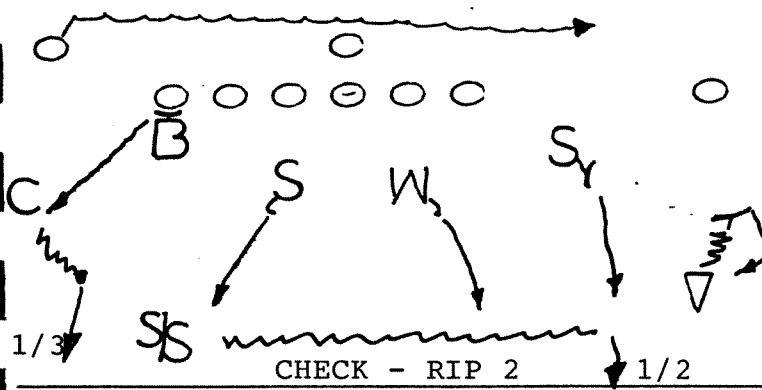
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TWINS ZOOM



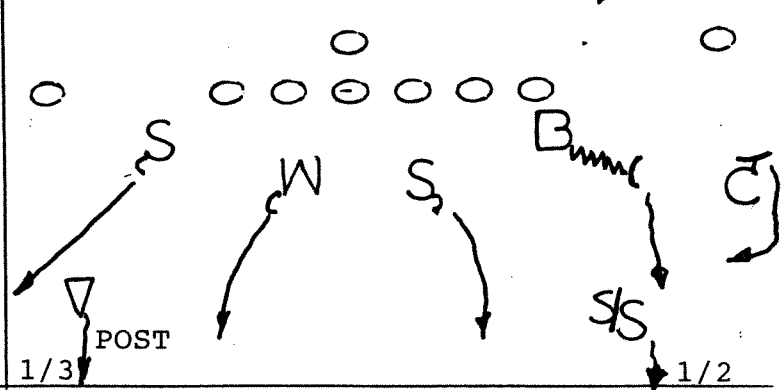
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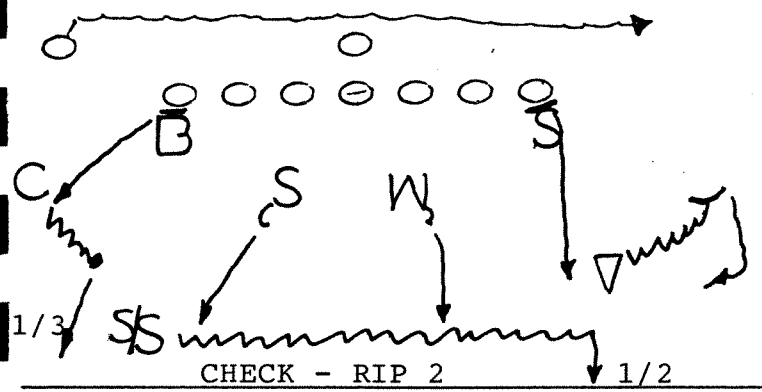
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2 TIGHT ZOOM



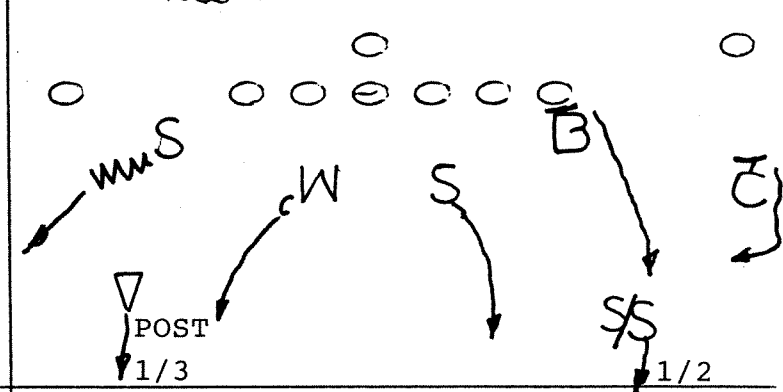
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BANDIT TEX



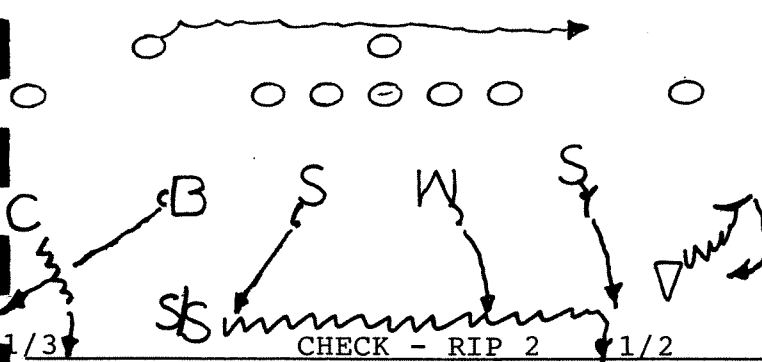
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W ZOOM



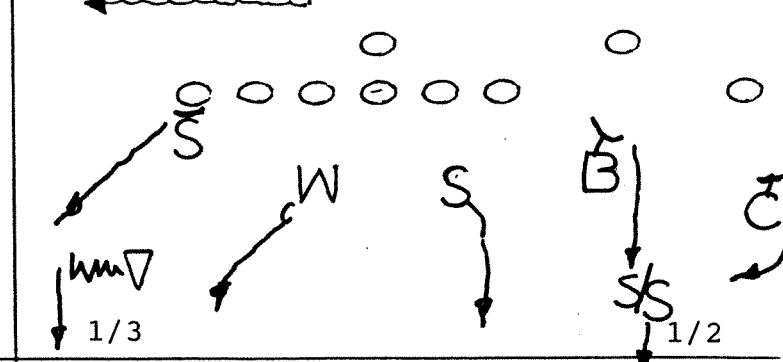
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BANDIT TOY



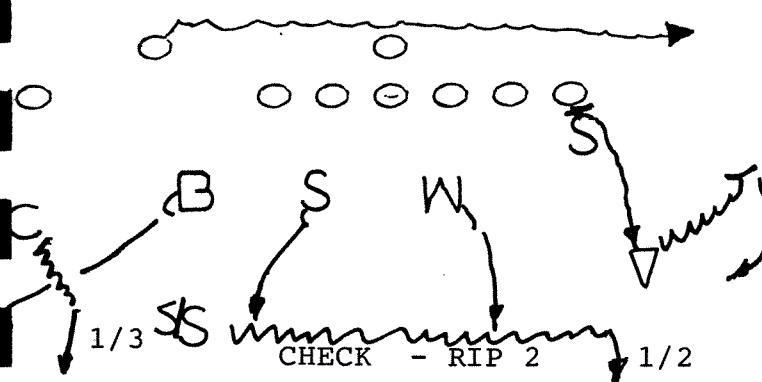
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PRO ZOOM



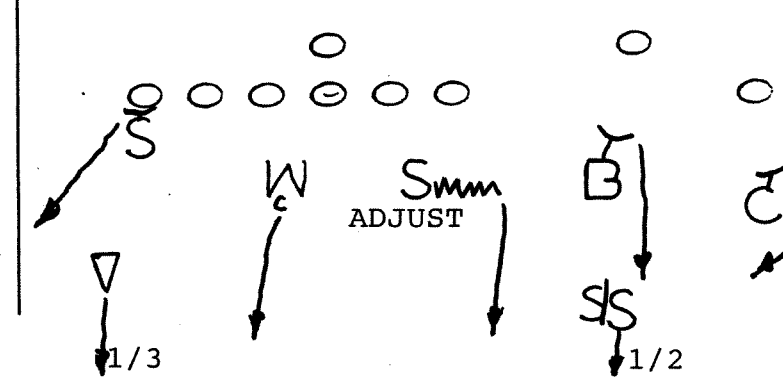
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TRIPS TEX



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COVER "NICKEL" - "BROWN"

DESCRIPTION: 5 DB's - Combination Man to Man Coverage.

STRENGTHS:

1. Double 2 of 3 eligible receivers.
2. Good perimeter run support.
3. Disguise of where the doubles are.

WEAKNESSES:

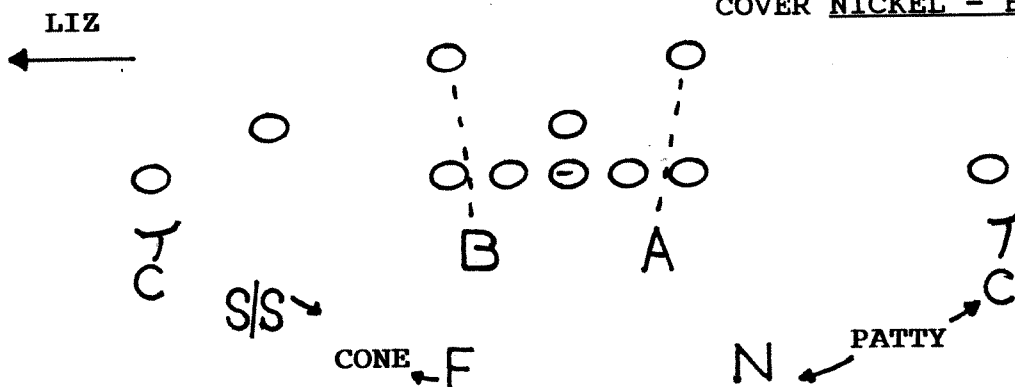
1. Scrambles by QB.
2. "I" Formation inside runs.

COORDINATION: Played with any "Nickel" Front.  
("Cone" - Double Inside Receiver)  
("Patty" - Double Outside Receiver)

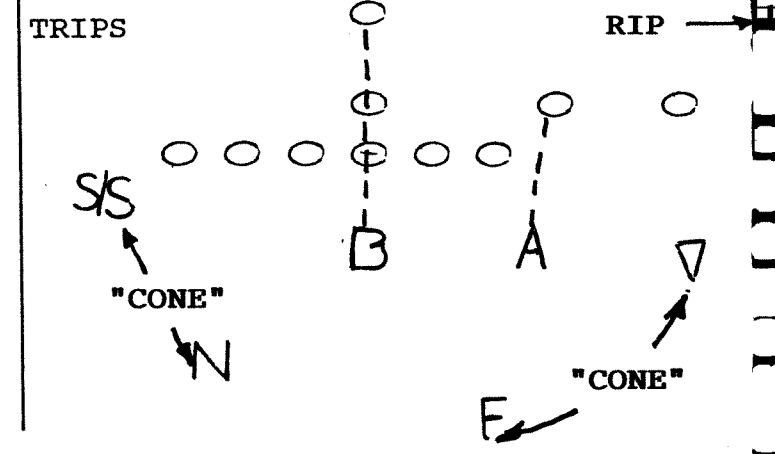
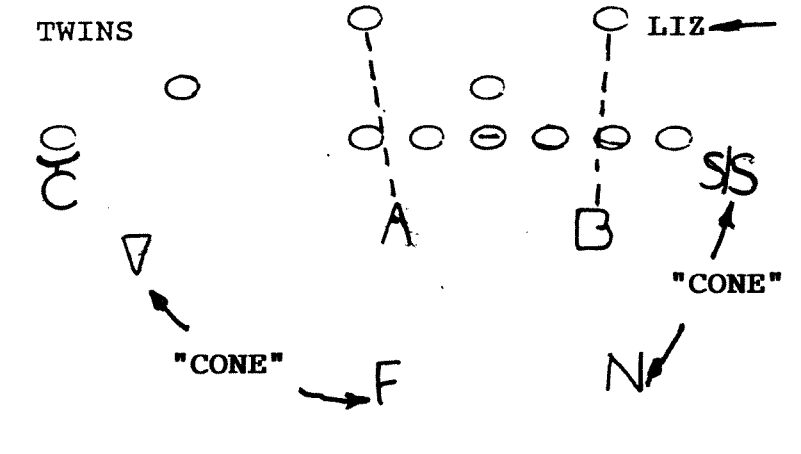
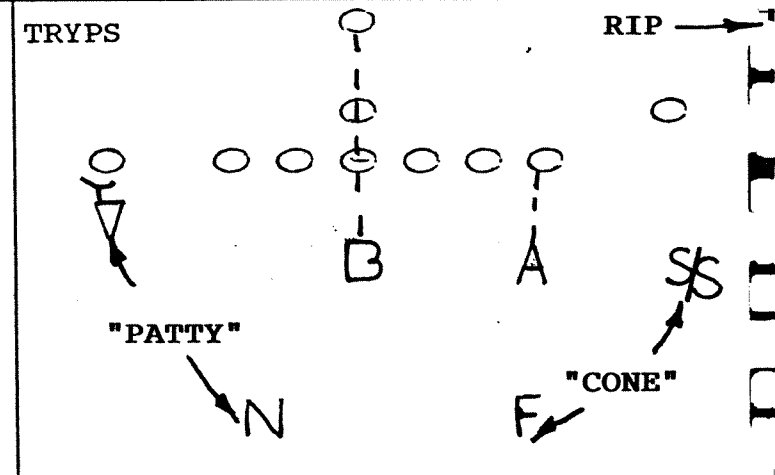
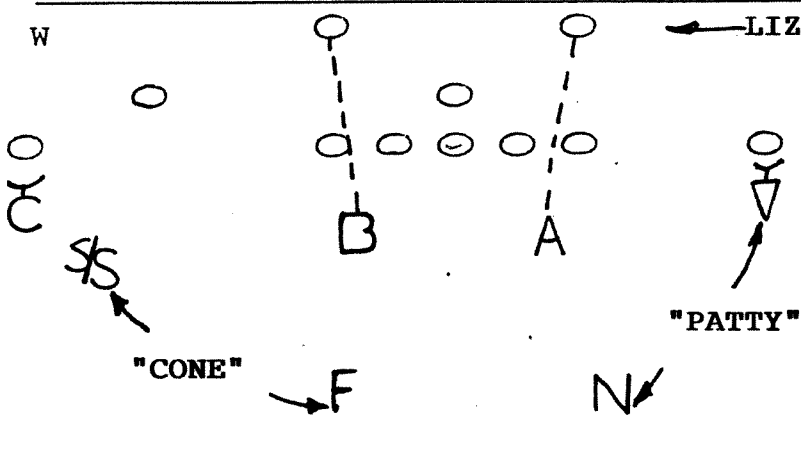
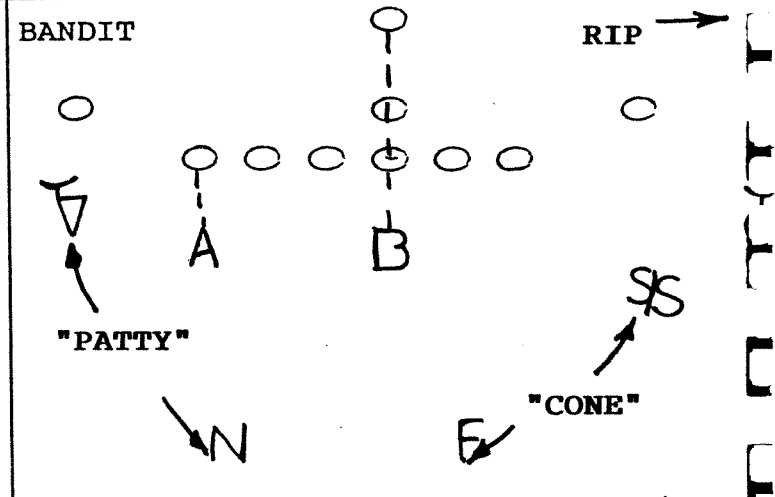
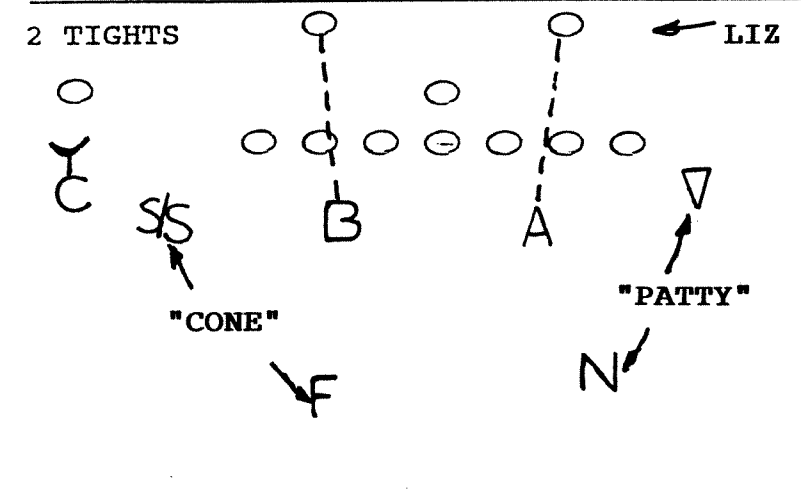
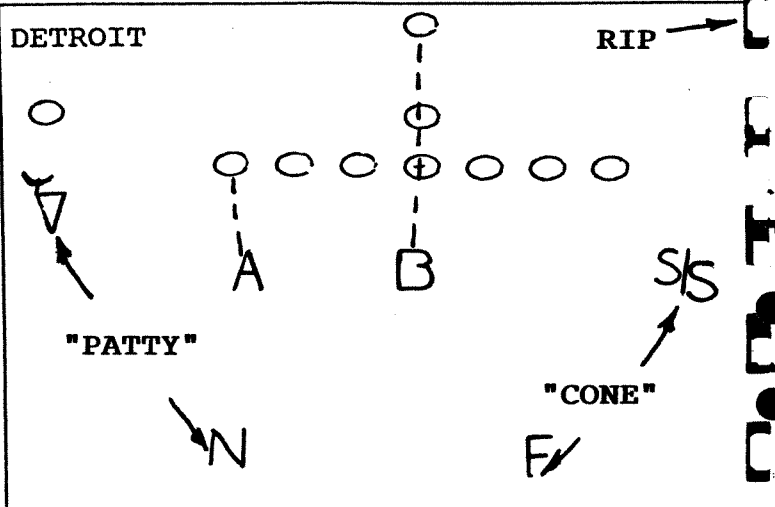
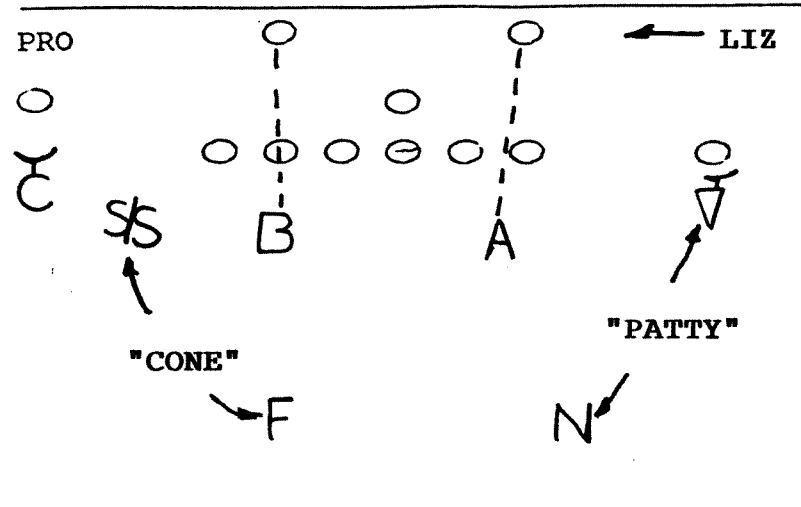
ADJUSTMENTS:

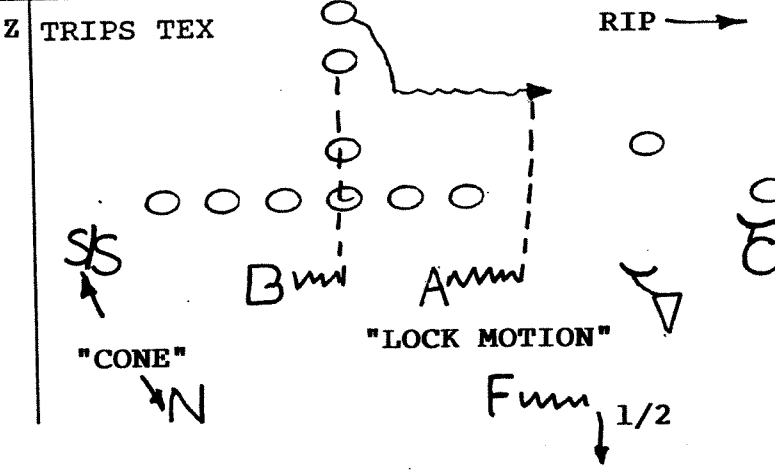
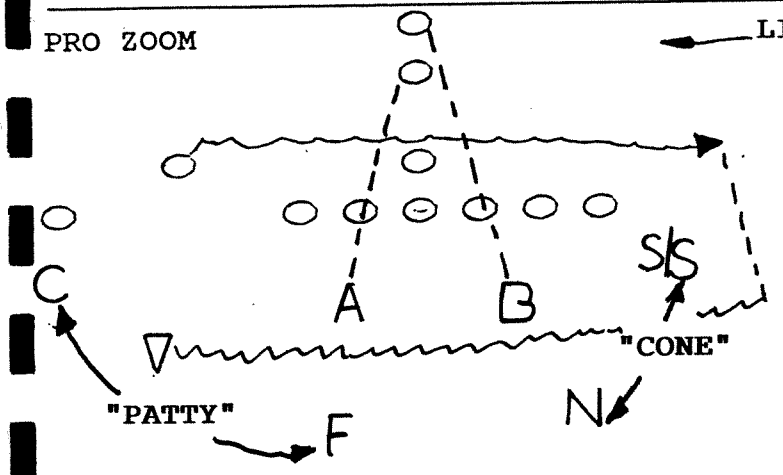
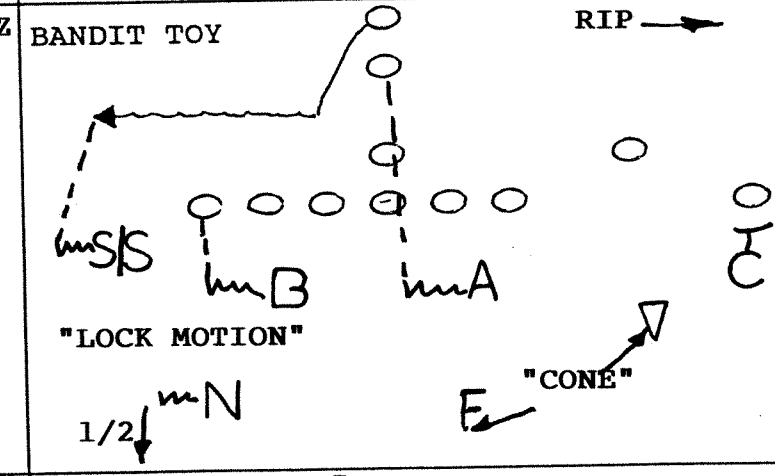
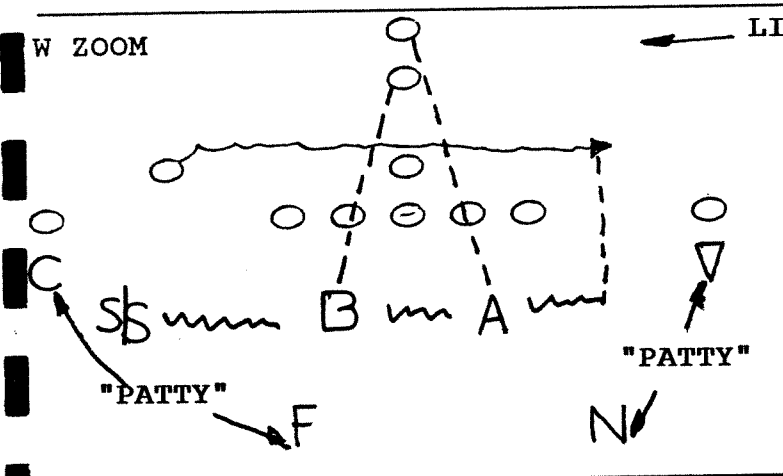
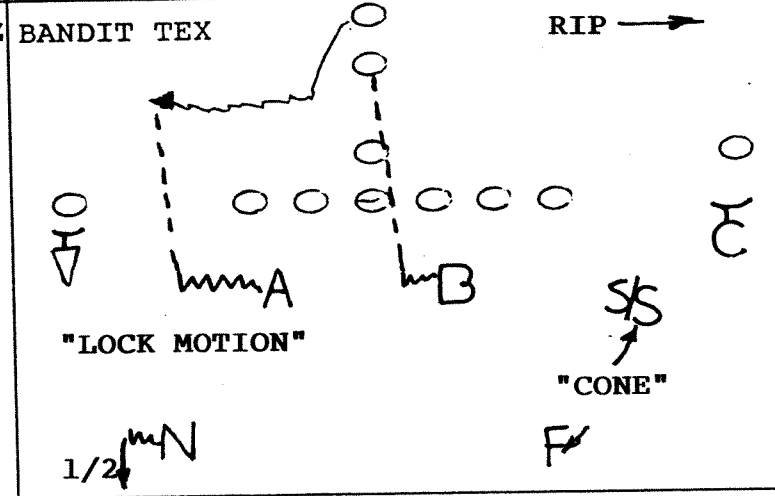
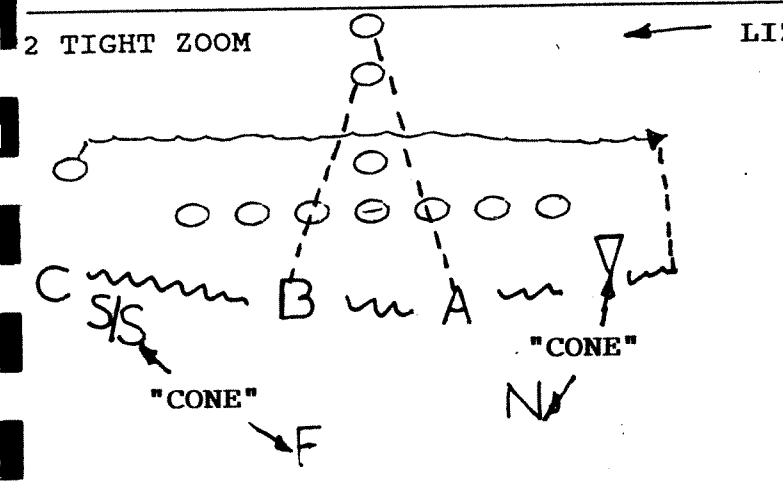
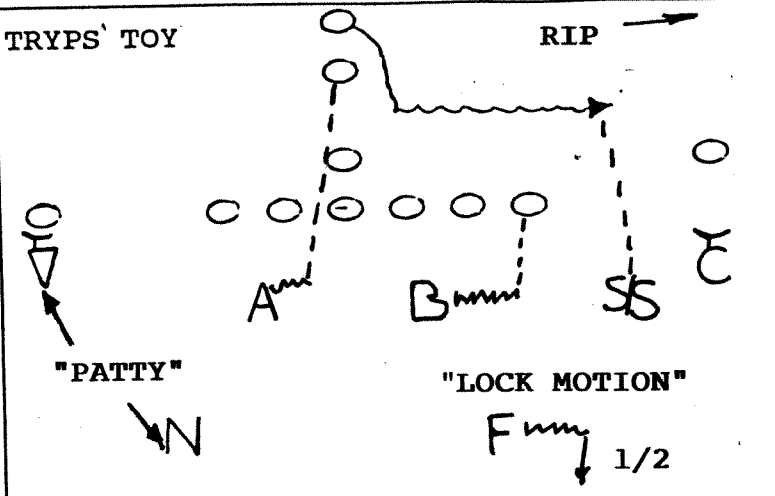
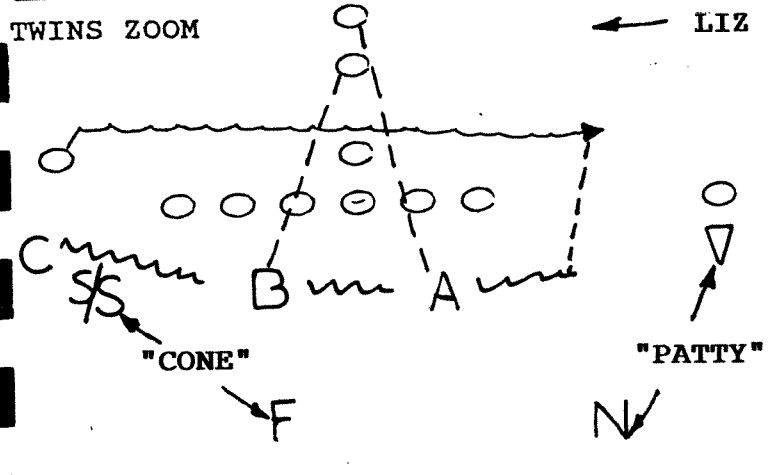
1. Adjust LB takes 4th Wide Receiver.
2. Right & Left Corners.
3. Corners "Flip" vs. Twin.
4. One Back breaks handled by "Adjust" LB.



COVER NICKEL - BROWN

ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>FC</u> "Bump" Technique	#1	Man to Man on #1.
<u>SS</u> 1 yard outside #2 5 yards deep	Lane of ball to #2.	"Cone" #2.
<u>FS</u> 12 yards deep in B Gap your side	Lane of ball to #2.	"Cone" #2.
<u>NS</u> 12 yards deep in B Gap your side	Lane of ball to #1.	"Patty" #1.
<u>BC</u> Bump Technique (PATTY)	#1	"Patty" #1.
<u>BACKER</u> In B Gap 5 yards deep	Flow to Guard	Man to Man on #3.
<u>ADJUST</u> In B Gap 5 yards deep	Flow to Guard	Man to man on #2.





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COVER "NICKEL" - "BLACK"

DESCRIPTION: 5 DB's - Man to Man with 1/2 Safeties.

STRENGTHS:

1. Tight coverage with deep protection.
2. Disguise of coverage.
3. Perimeter run support.

WEAKNESSES:

1. Pressure out.
2. QB scrambles.

COORDINATION: Played with any "Nickel" Front.  
(\*Bounce Technique on Inside Receivers)

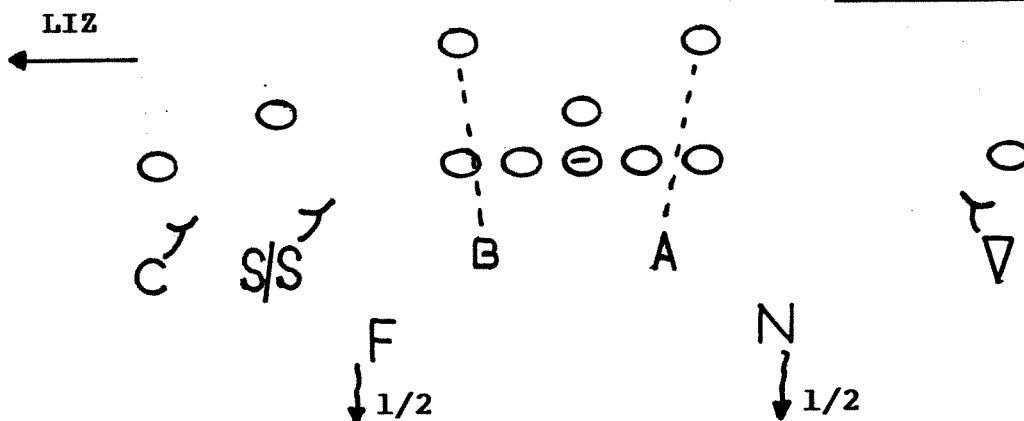
ADJUSTMENTS:

1. Safeties have all perimeter support.
2. Adjust LB takes 4th Wide Receiver.
3. Right & Left Corners.
4. Corners "Flip" vs. Twin.
5. One Back Breaks handled by "Adjust" LB.

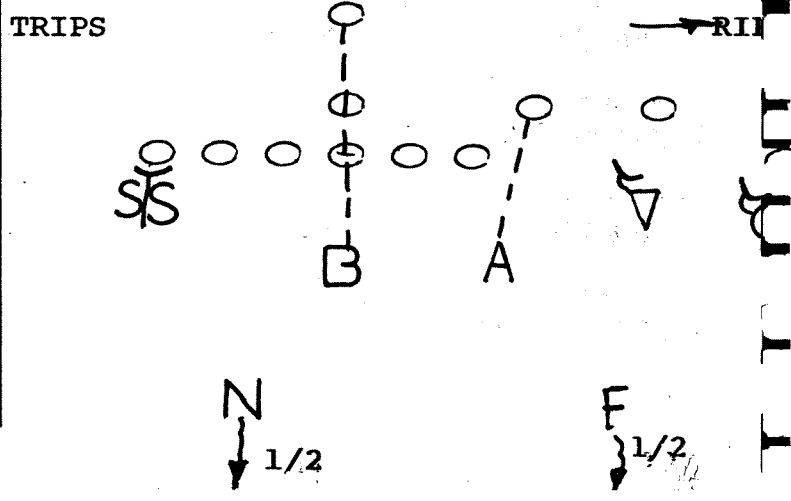
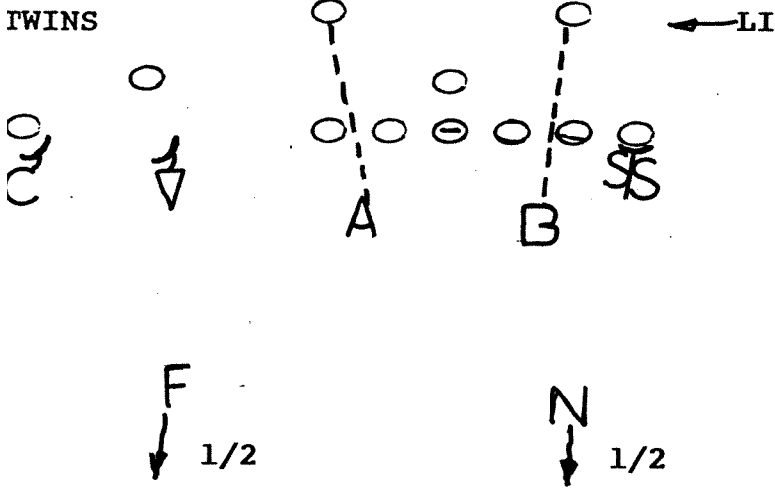
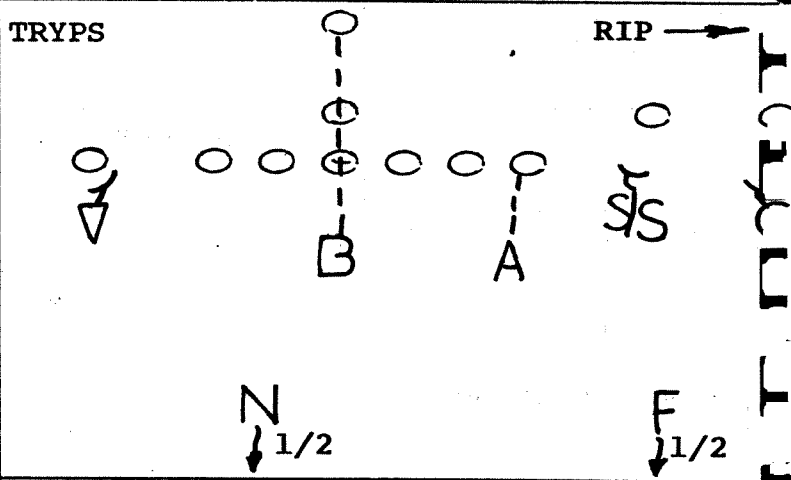
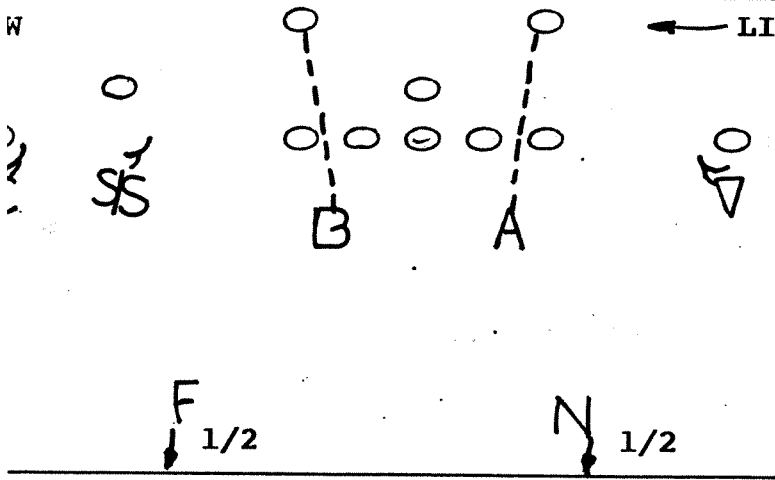
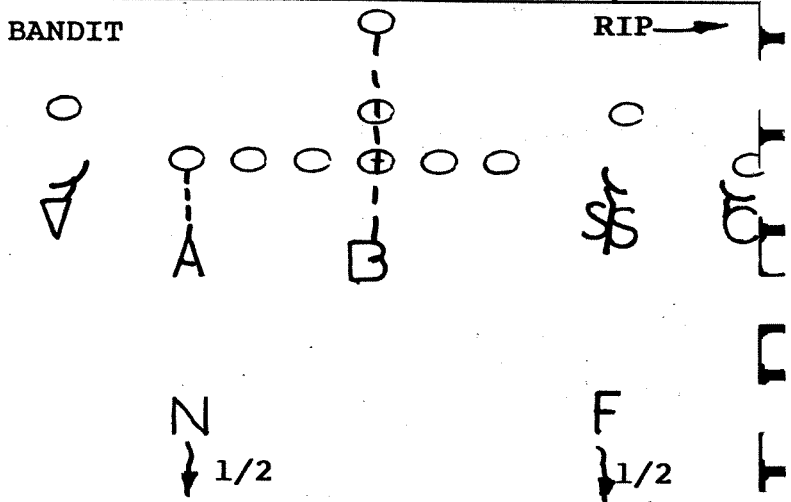
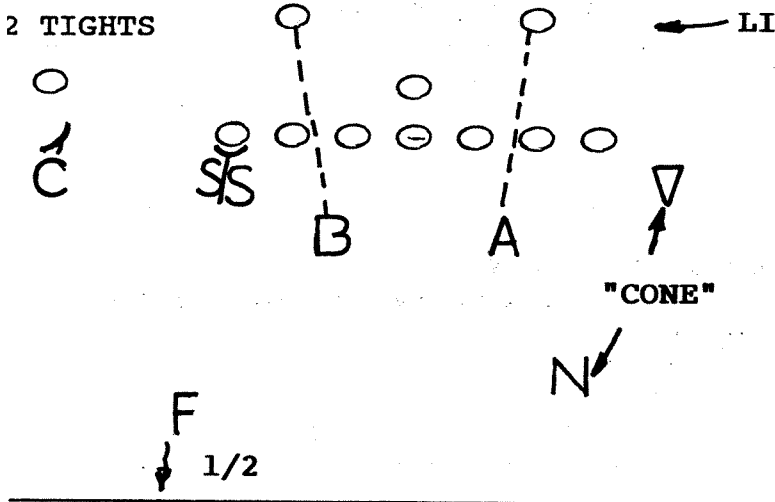
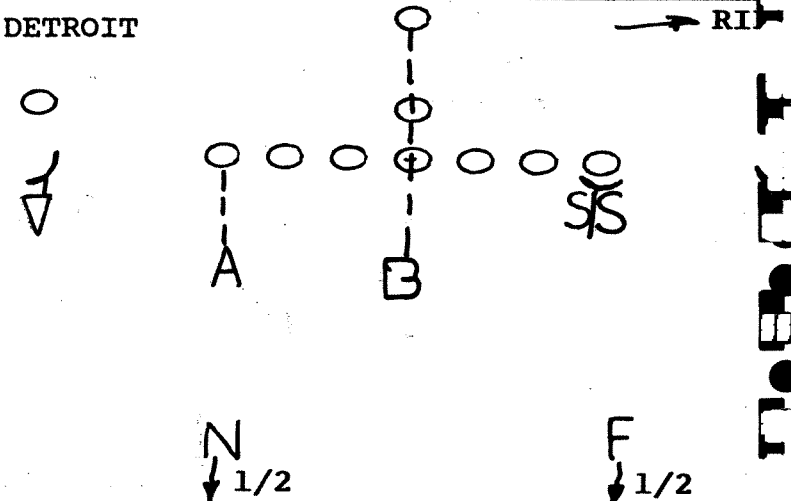
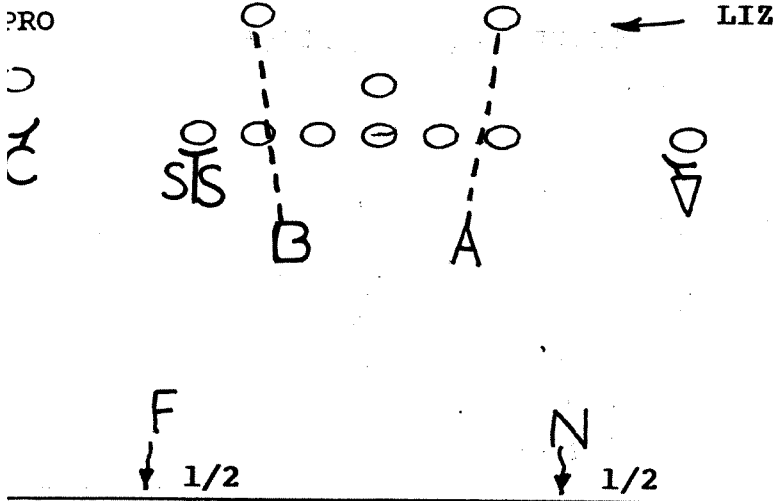




COVER NICKEL - BLACK



ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>FC</u> "Bump" Technique	#1	Man to Man on #1.
<u>SS</u> 1 yard outside #2 5 yards deep Interchange	#2	Man to Man on #2. (* Don't let Receiver inside Bounce Technique.)
<u>FS</u> 12 yards deep on Hash	Lane of ball to #1.	1/2 Field Technique.
<u>NS</u> 12 yards deep on Hash	Lane of ball to #1.	1/2 Field Technique.
<u>BC</u> Bump Technique	#1	Man to Man on #1.
<u>BACKER</u> In B Gap 5 yards deep	Flow to Guard	Man to Man on #3.
<u>ADJUST</u> In B Gap 5 yards deep	Flow to Guard	Man to man on #2.

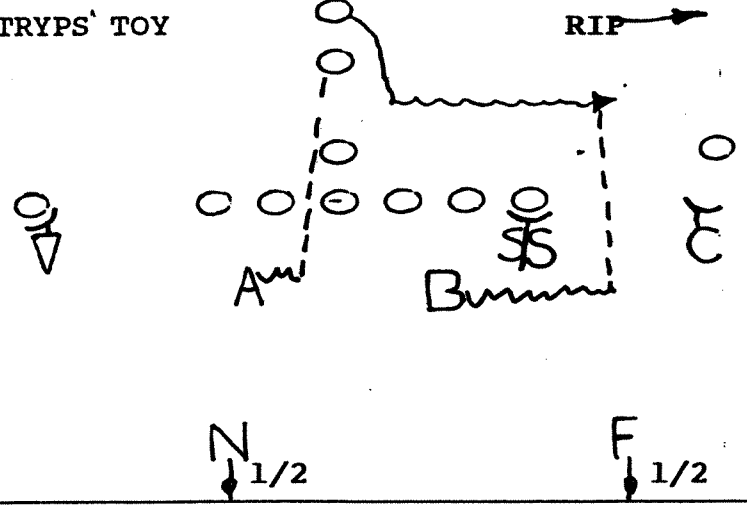
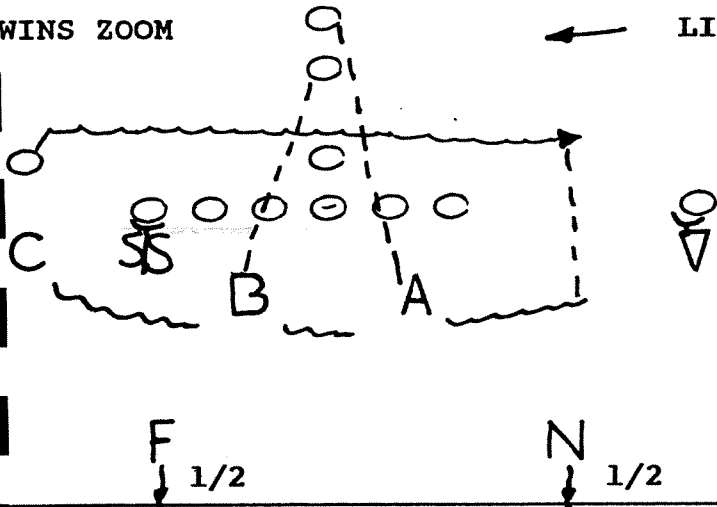


WINS ZOOM

LIZ

TRYPS' TOY

RIP

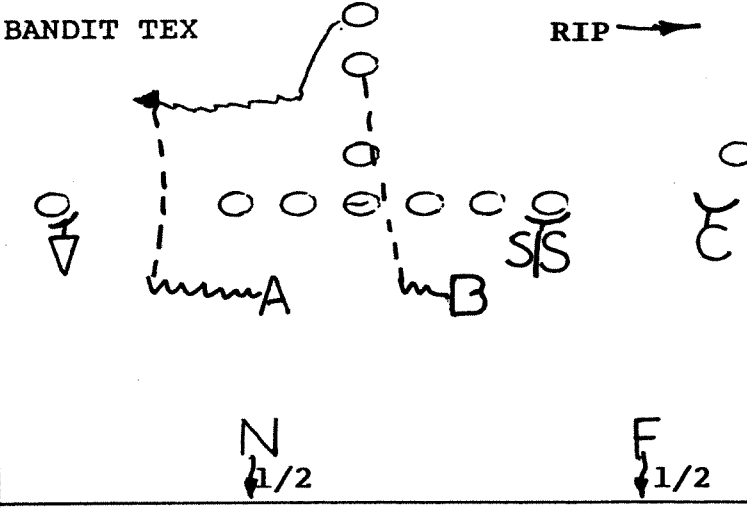
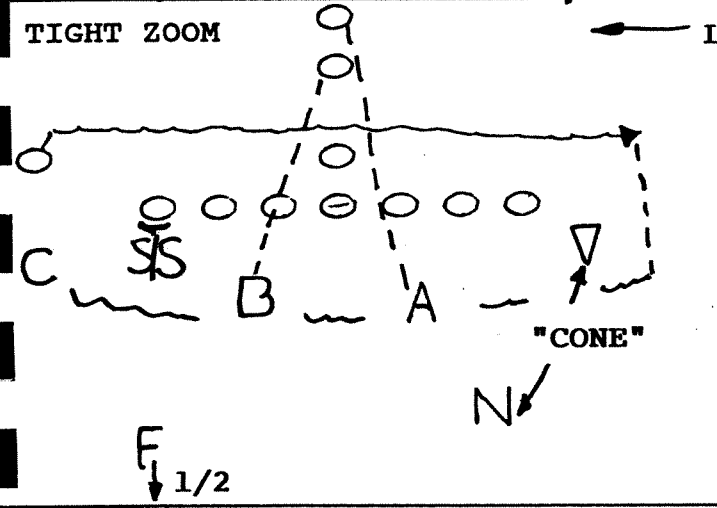


TIGHT ZOOM

LIZ

BANDIT TEX

RIP

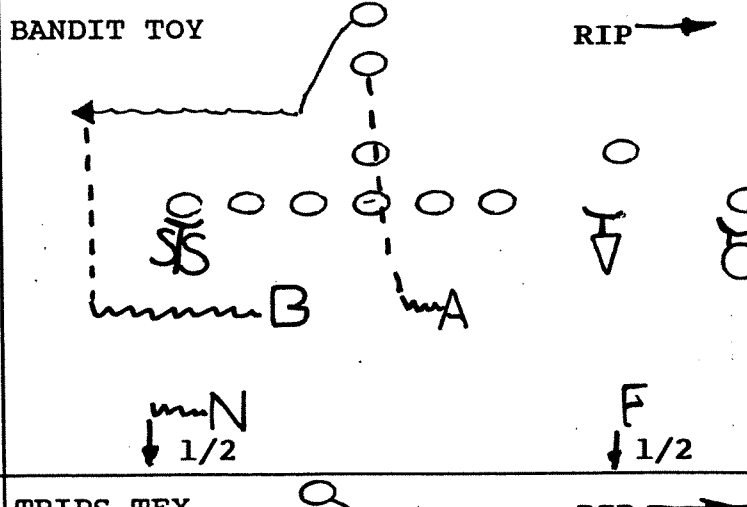
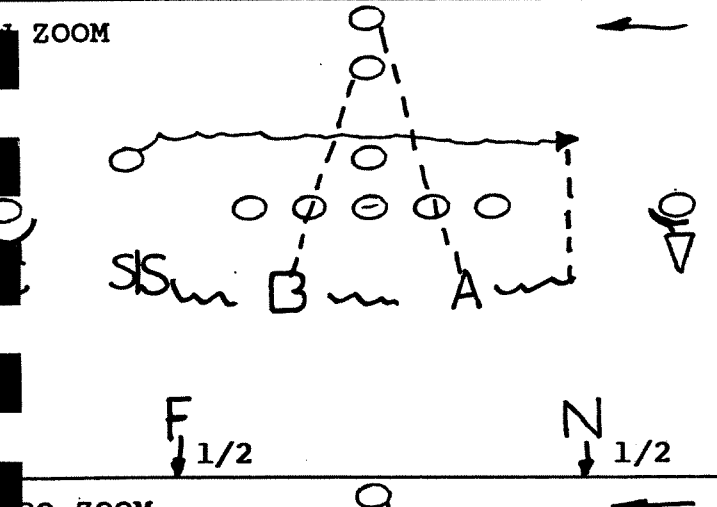


ZOOM

LIZ

BANDIT TOY

RIP

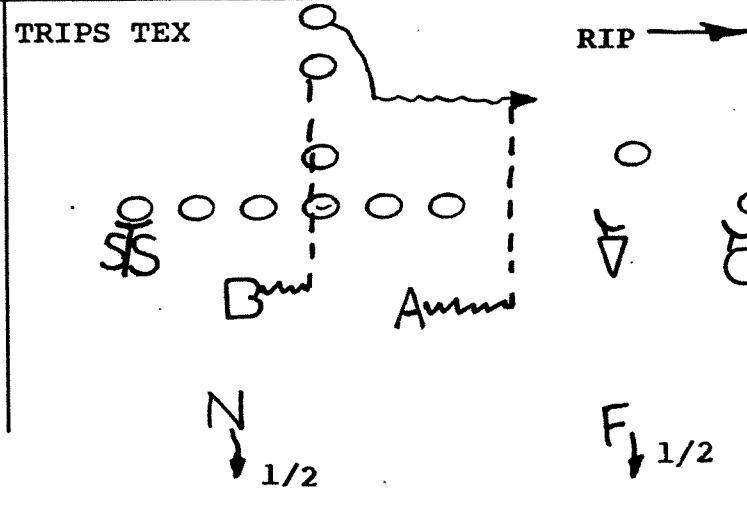
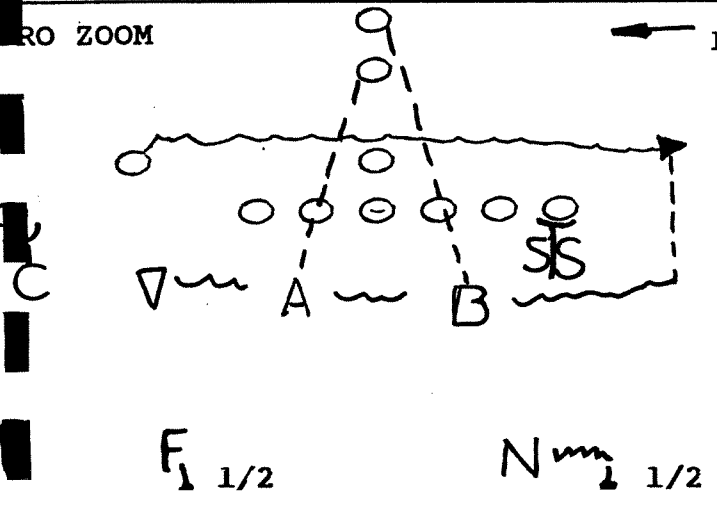


PRO ZOOM

LIZ

TRIPS TEX

RIP





COVER "NICKEL" - "ORANGE"

DESCRIPTION: 5 DB's - Man to Man with FS.  
(\* NS has back to SE side or away from passing strength.)

STRENGTHS:

1. Good vs. Run or Pass.
2. FS in the coverage.

WEAKNESSES:

1. Crossing Routes.

COORDINATION: Can be played with "Field Ohio" or any Nickel Front in which we are bringing one LB.  
(\* 5-Man Rush)

ADJUSTMENTS:

1. FS Cone #2 to passing strength.
2. Right & Left Corners.
3. Corners "Flip" vs. Twin.
4. NS handles all One Back Breaks.

GENERAL INFORMATION

1. Name of the person or organization: \_\_\_\_\_

2. Address: \_\_\_\_\_

3. Telephone number: \_\_\_\_\_

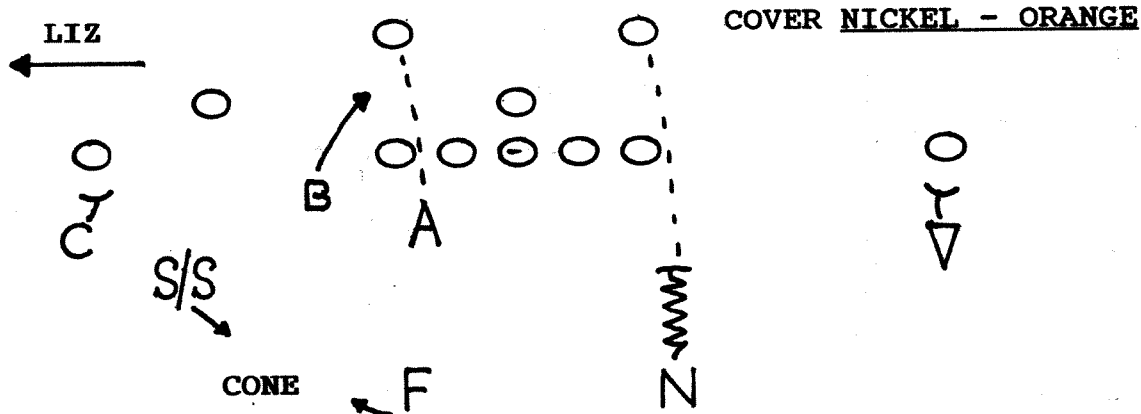
4. Date of birth: \_\_\_\_\_

5. Place of birth: \_\_\_\_\_

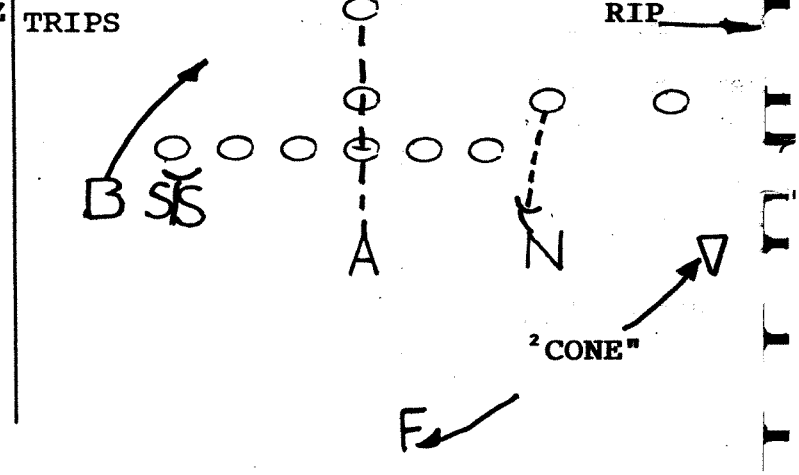
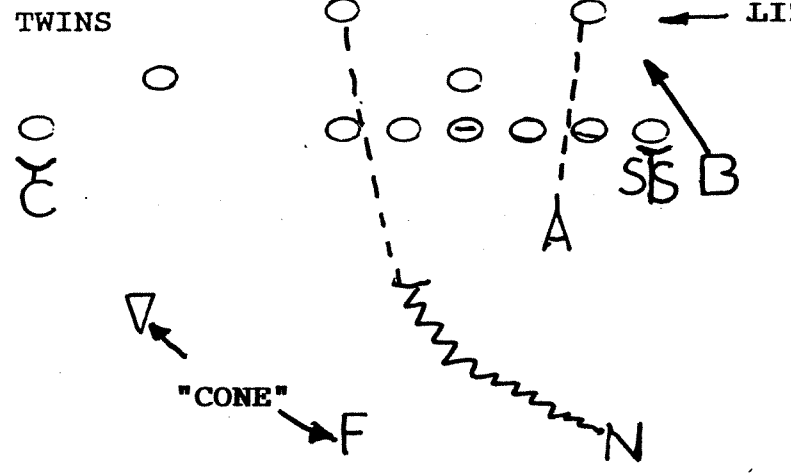
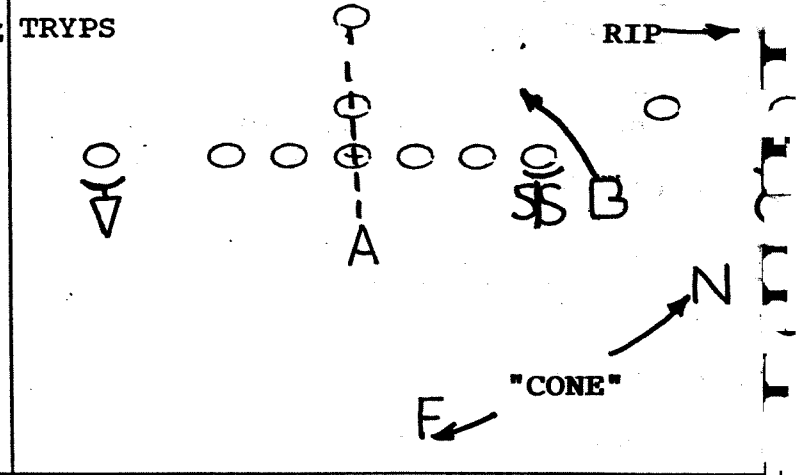
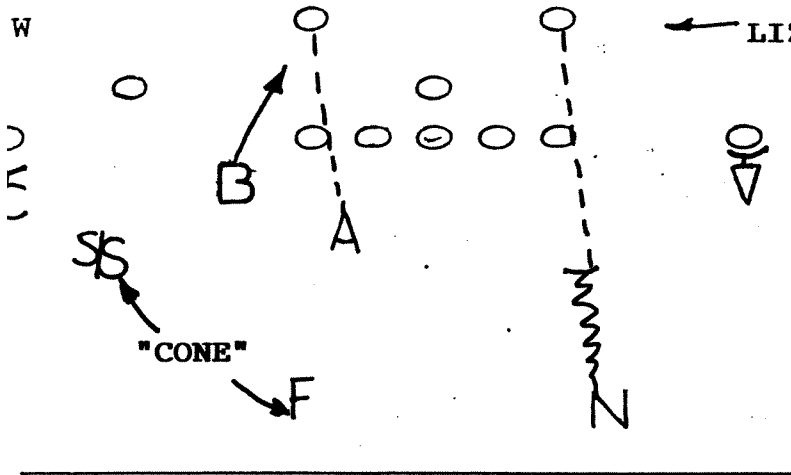
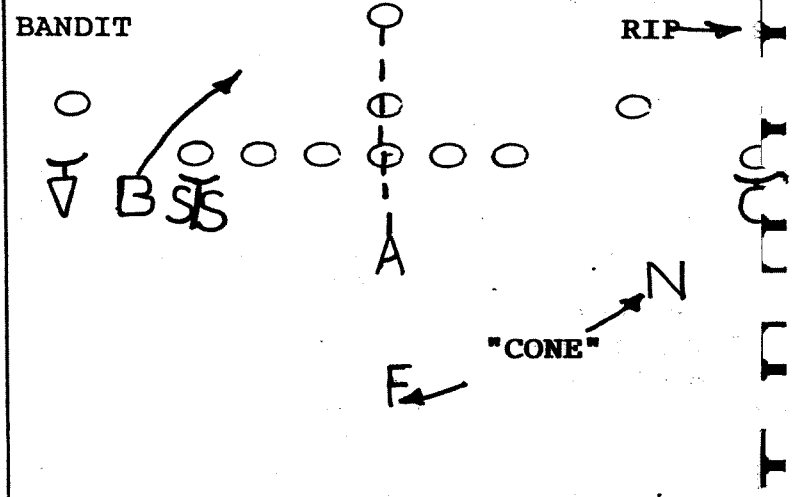
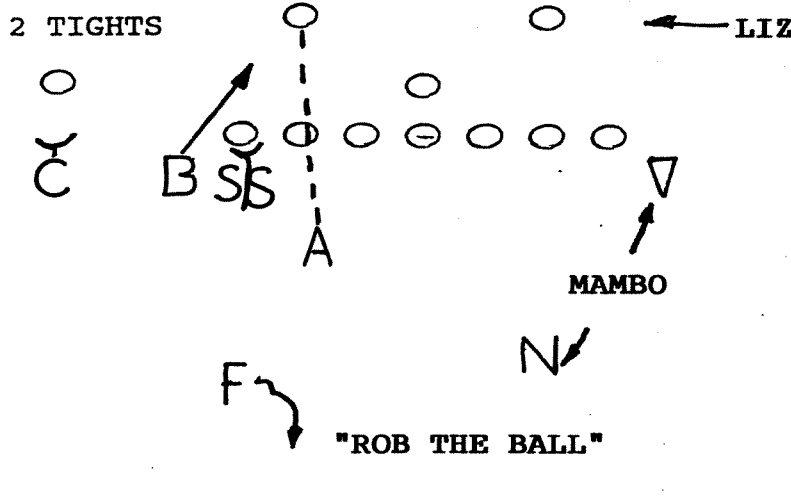
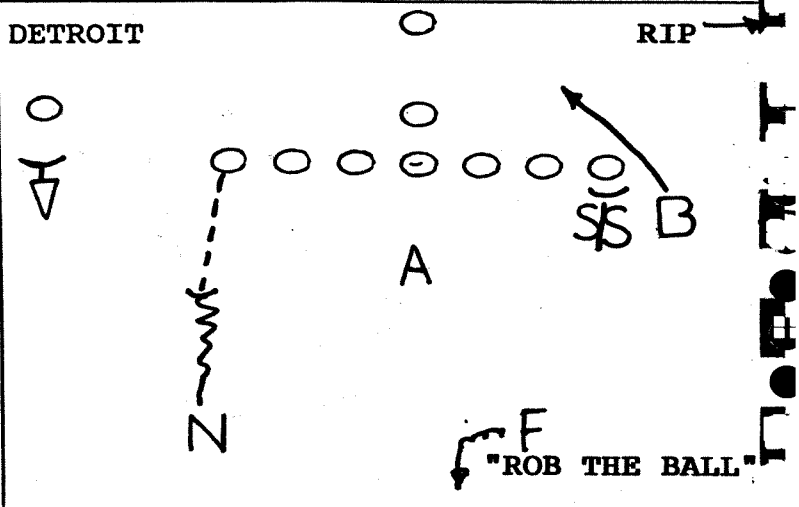
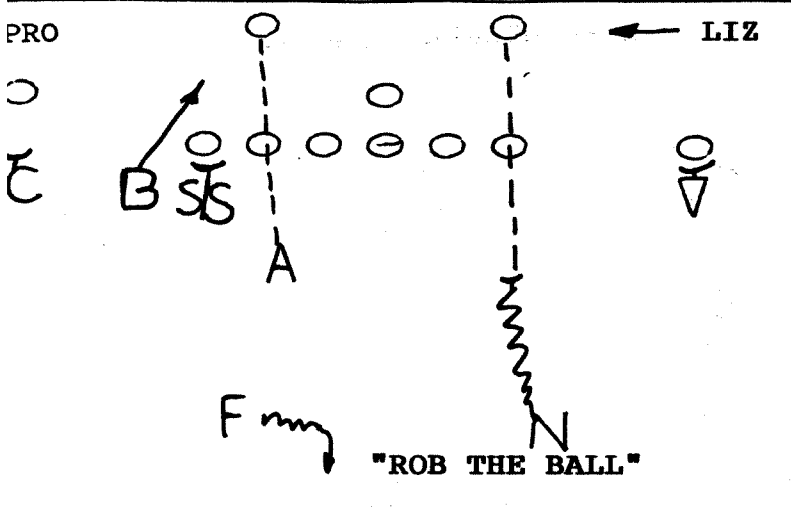
6. Present address: \_\_\_\_\_

7. Present telephone number: \_\_\_\_\_





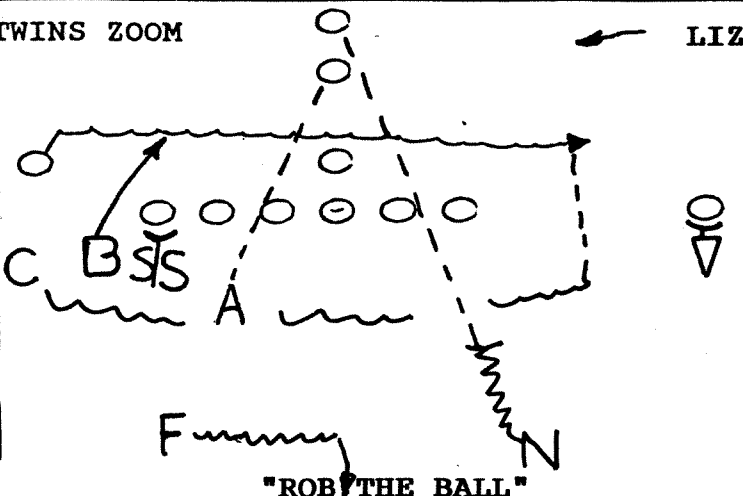
ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>FC</u> "Bump" Technique	#1	Man to Man on #1.
<u>SS</u> 2 yard outside TE 5 yards deep Interchange	Lane of ball to #2.	Cone #2.
<u>FS</u> 12 yards deep in B Gap your side	Lane of ball to #2.	Cone #2.
<u>NS</u> 12 yards deep in B Gap your side	Lane of ball to #2 Weak side.	Man to Man on back to SE side or opposite passing strength. You are responsible to cover all One Back Breaks.
<u>BC</u> Bump Technique	#1	Man to Man on #1.
<u>BACKER</u> Determined by Stunt called	Ball	Execute Stunt called.
<u>ADJUST</u> B Gap 5 yards deep	Flow to Guard	Man to Man on Back to TE side or Back to passing strength.





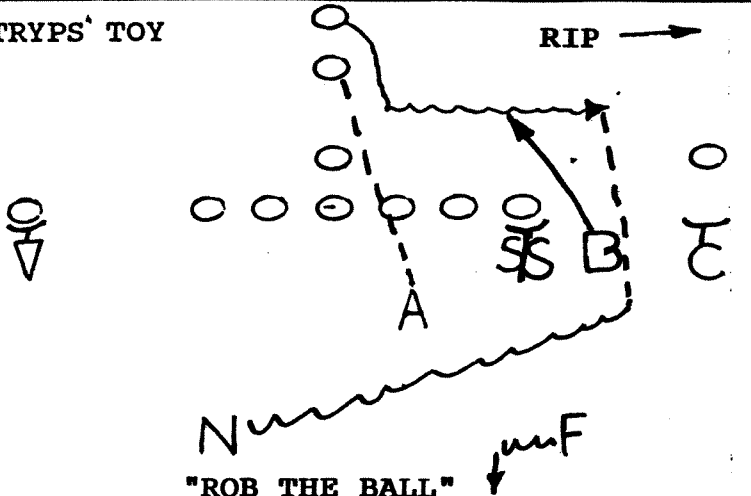
TWINS ZOOM

LIZ



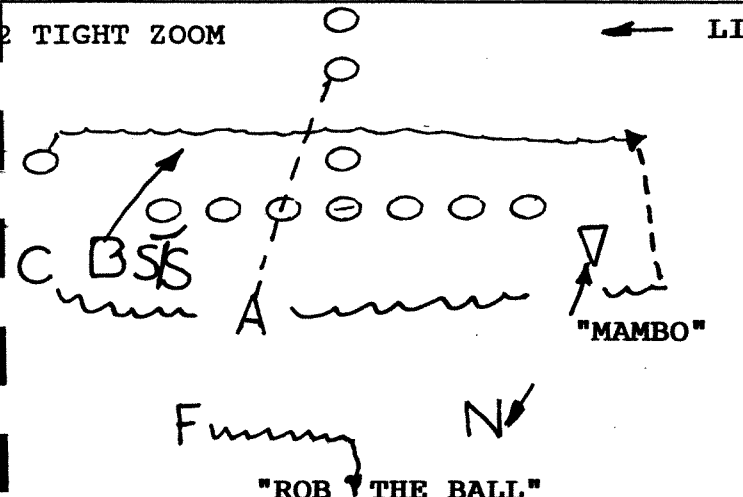
TRYP'S TOY

RIP



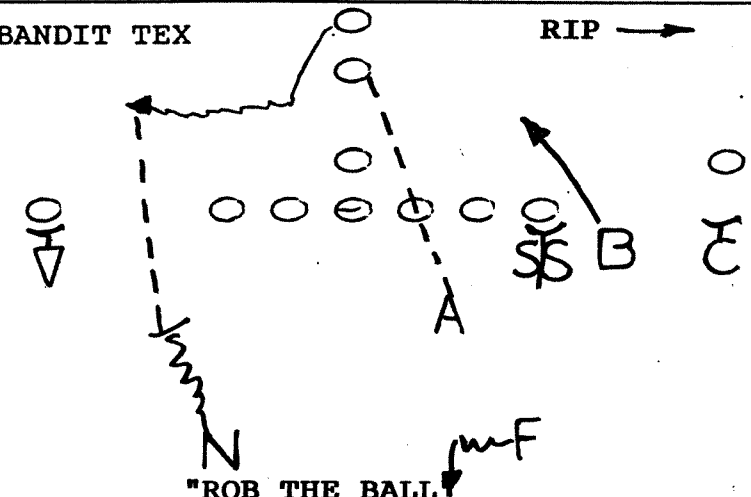
2 TIGHT ZOOM

LIZ



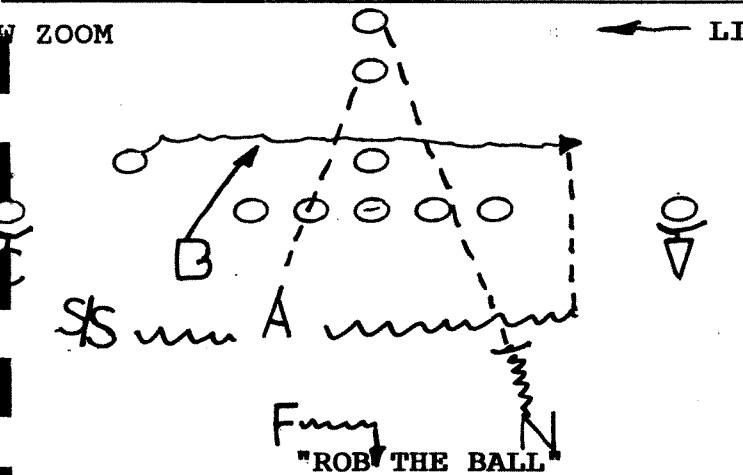
BANDIT TEX

RIP



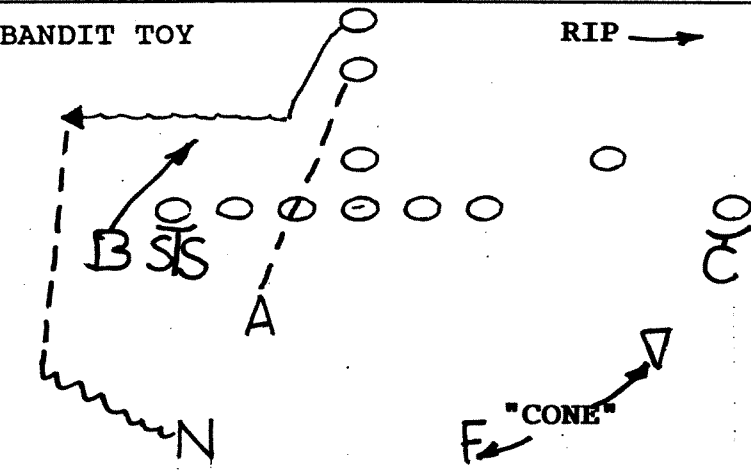
W ZOOM

LIZ



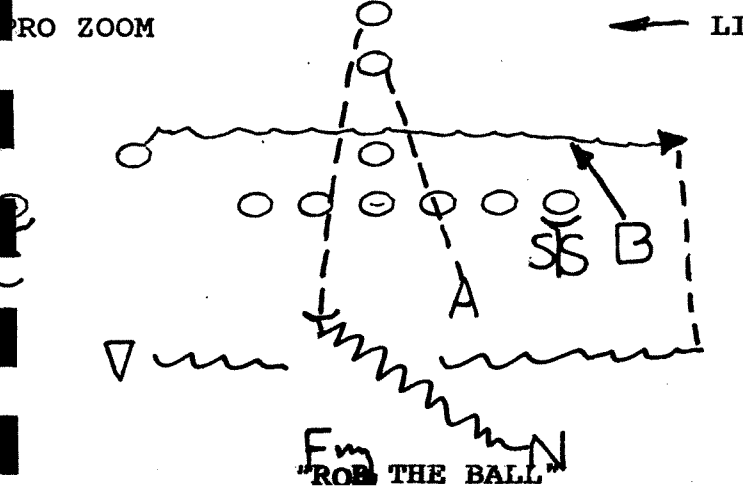
BANDIT TOY

RIP



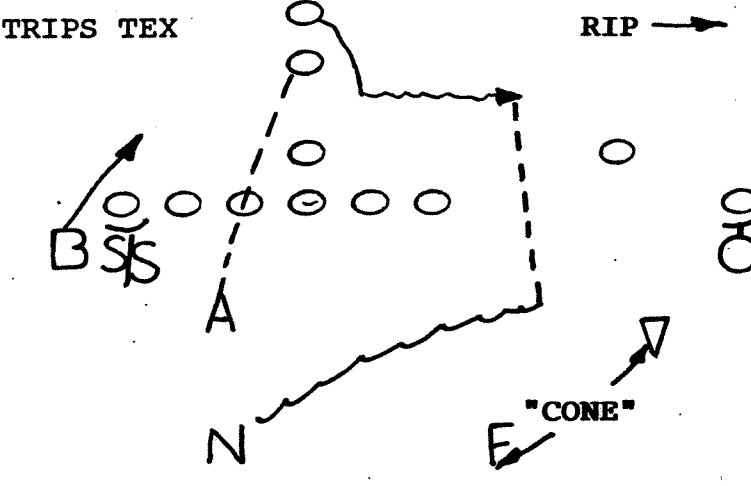
PRO ZOOM

LIZ



TRIPS TEX

RIP



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COVER "NICKEL" - "SILVER"

DESCRIPTION: 5 DB's - 5 Across the Board Man to Man

STRENGTHS:

1. Pressure on the QB.
2. Tight coverage on short routes.

WEAKNESSES:

1. Must get the QB down.

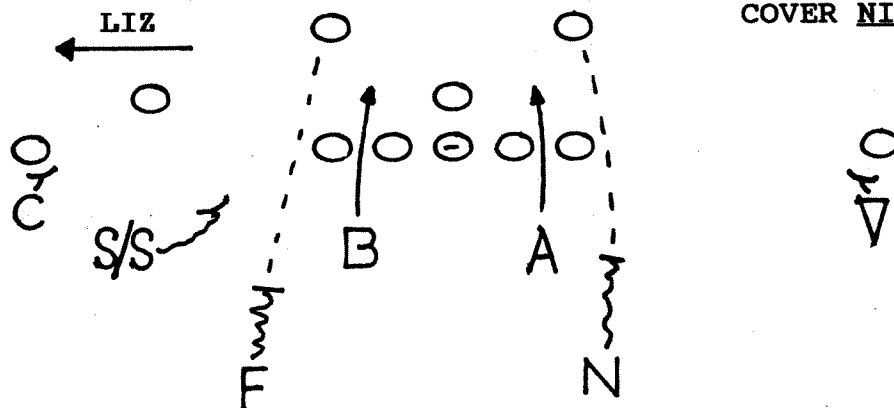
COORDINATION: Play with Nickel 6-Man blitzes.

ADJUSTMENTS:

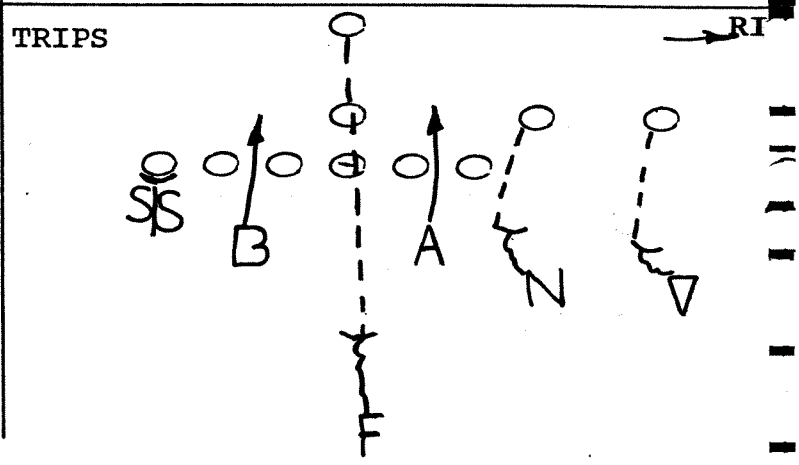
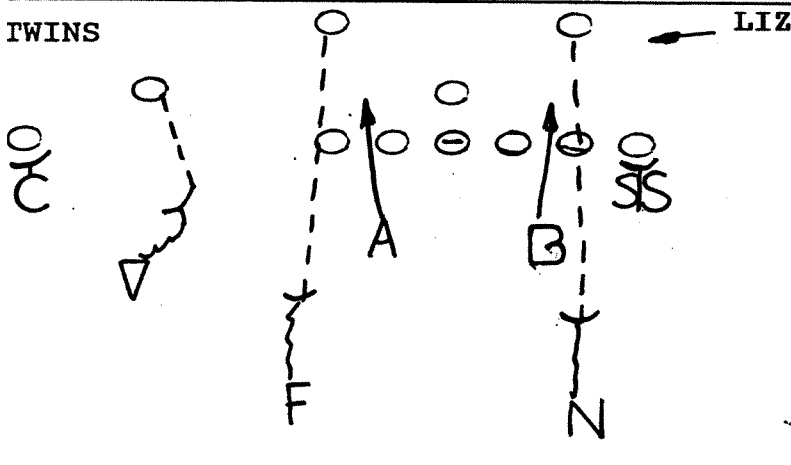
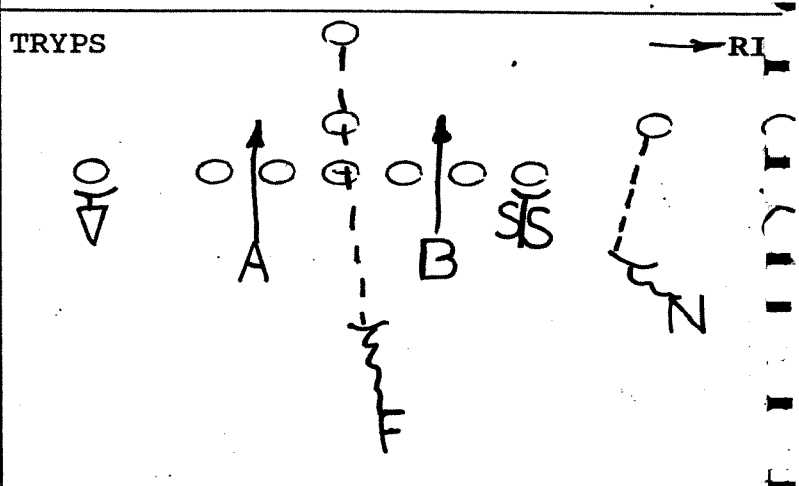
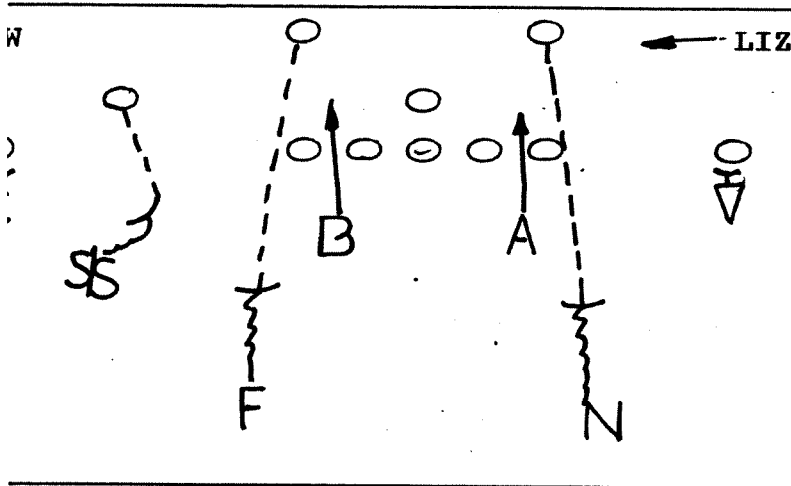
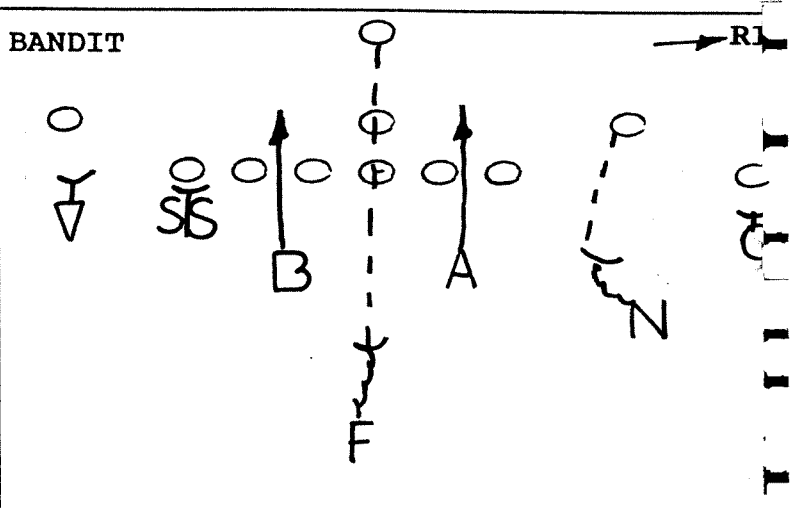
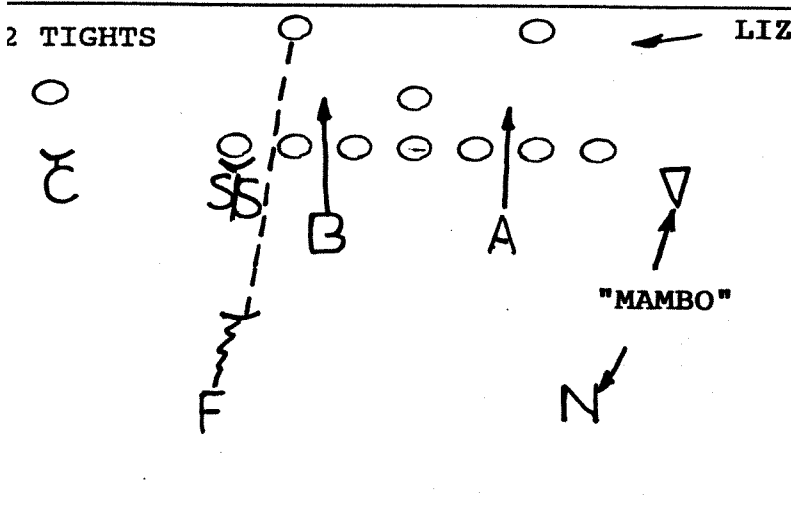
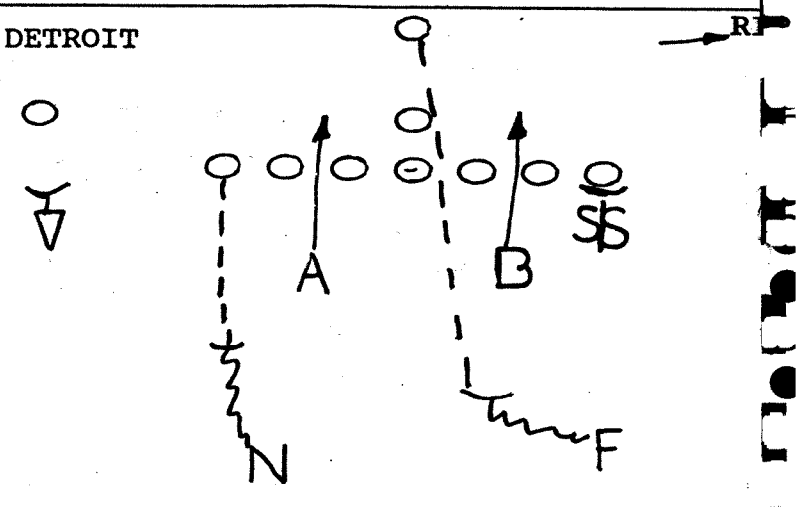
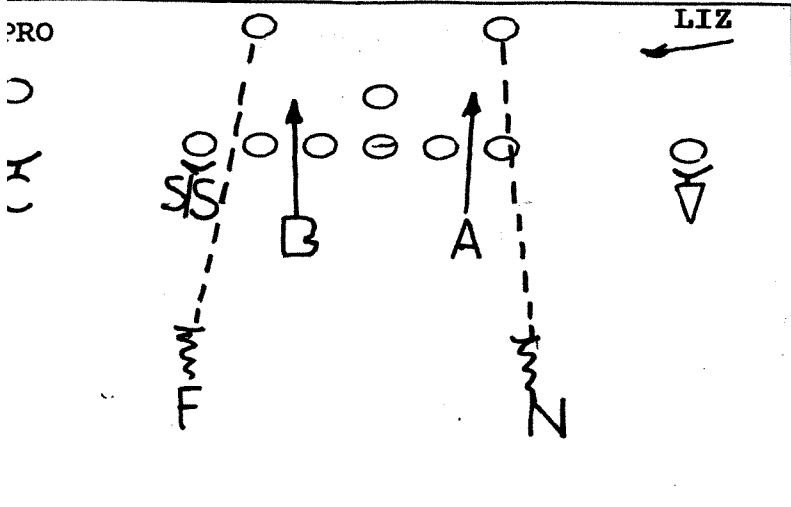
1. Right & Left Corners.
2. Corners "Flip" vs. Twin.
3. NS has all One Back Breaks.

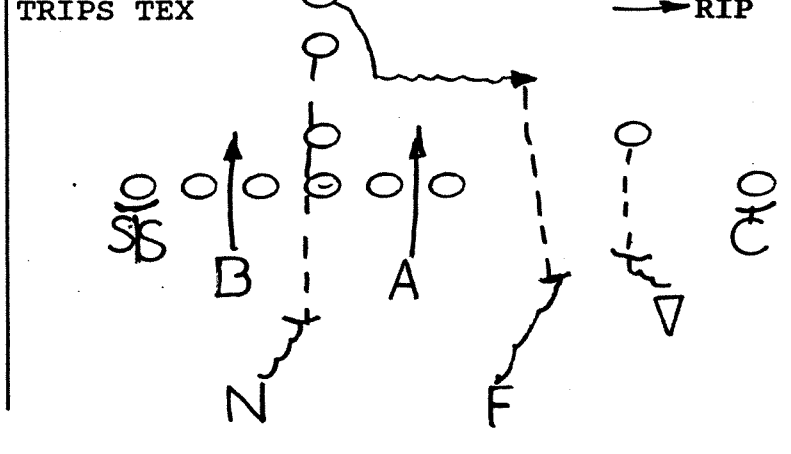
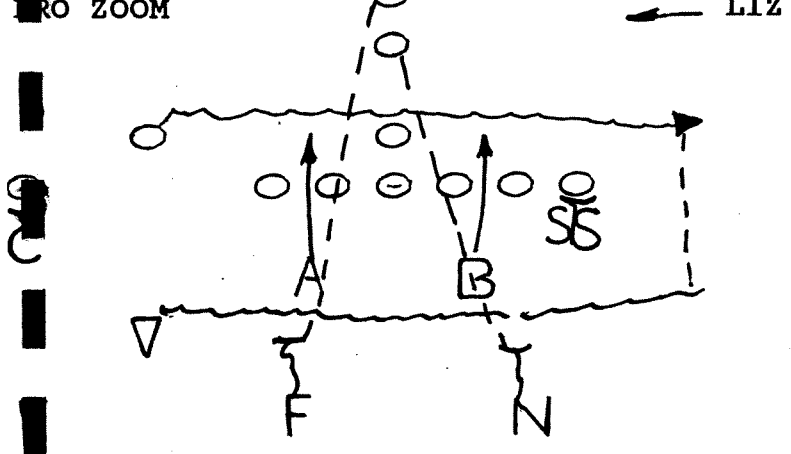
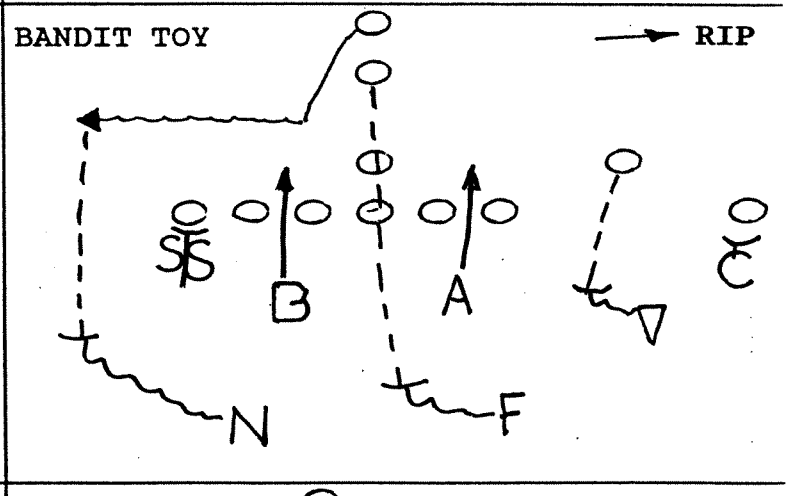
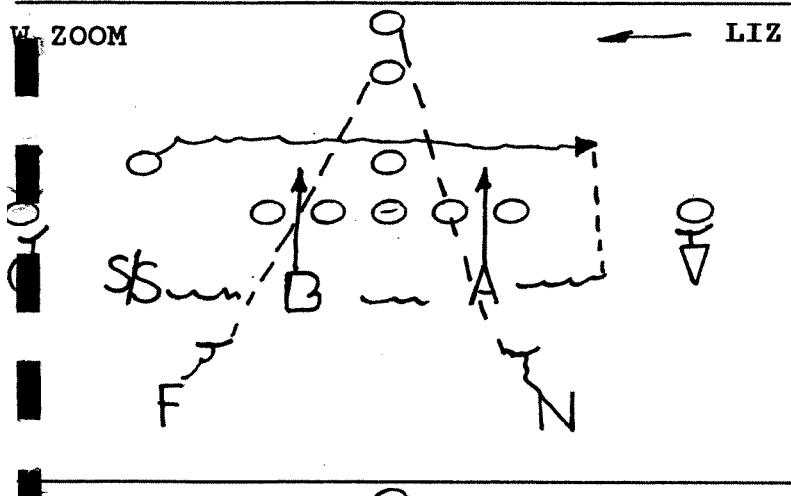
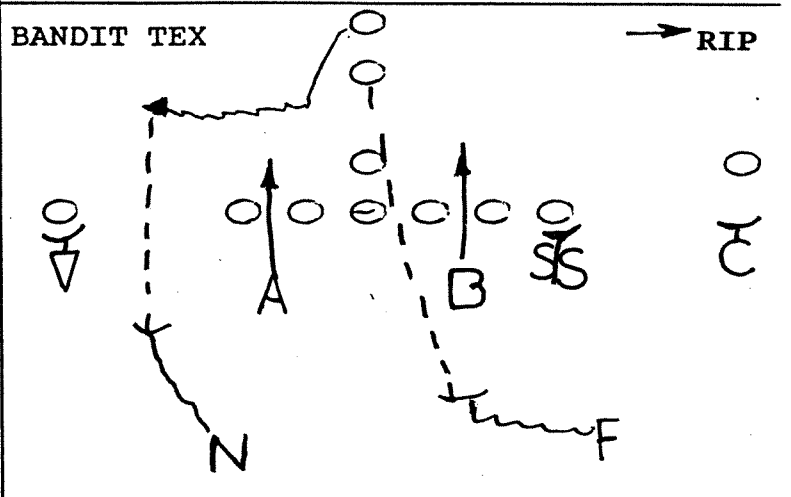
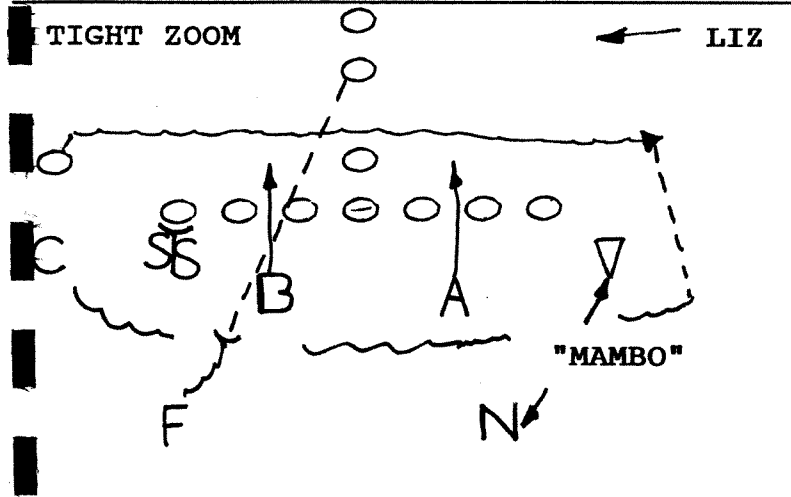
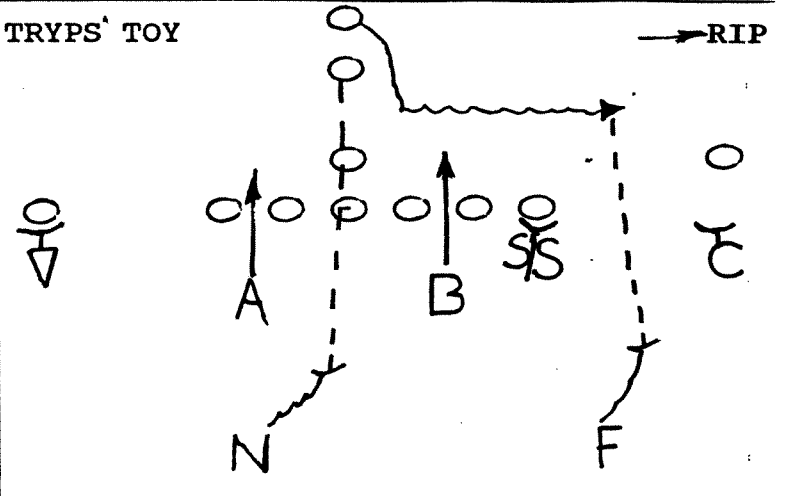
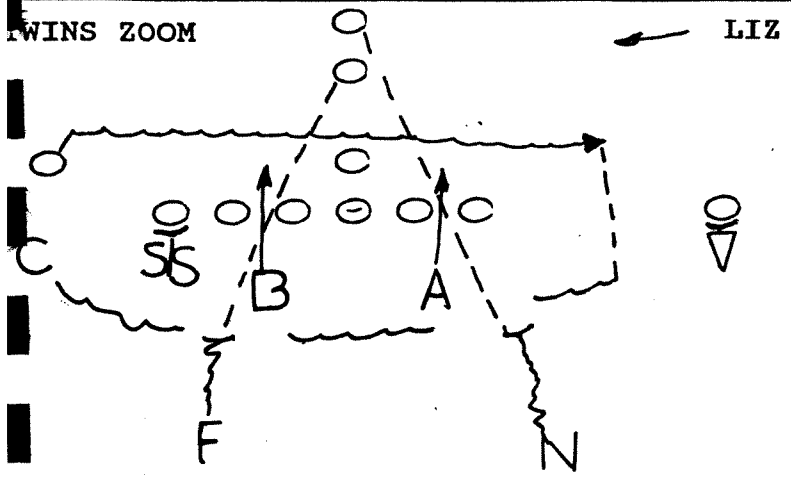
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COVER NICKEL - SILVER



ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>FC</u> Outside #1 6 yards deep	Ball to #1.	Man to Man on #1. "Bounce" Technique.
<u>SS</u> 2 yard outside TE 5 yards deep Interchange	Ball to #2.	Man to Man on #2. "Bounce" Technique if #2 is Wide Receiver. (* Possible "Cone" vs. "I")
<u>FS</u> 12 yards deep in B Gap your side	Ball to #3	Man to Man on #3. "Bounce" Technique if #3 is Wide Receiver. (* Possible "Cone" vs. "I")
<u>NS</u> 12 yards deep in B Gap your side	Ball to #2 Weak	Man to Man on #2 Weak. "Bounce" Technique if #2 is Wide Receiver.
<u>BC</u> Outside #1 6 yards deep	Ball to #1	Man to Man on #1. "Bounce" Technique.
<u>BACKER</u> B Gap 5 yards deep	Ball	Execute Blitz called.
<u>ADJUST</u> B Gap 5 yards deep	Flow to Guard	Execute Blitz called.









COVER "SMASH - MAN"

DESCRIPTION: 5 DB's - 8 Man Blitz - 3 deep Man to Man

STRENGTHS:

1. Good vs. Run or Pass.
2. Easy to Adjust to One Back Sets.
3. Always have one more blitzer than blockers.

WEAKNESSES:

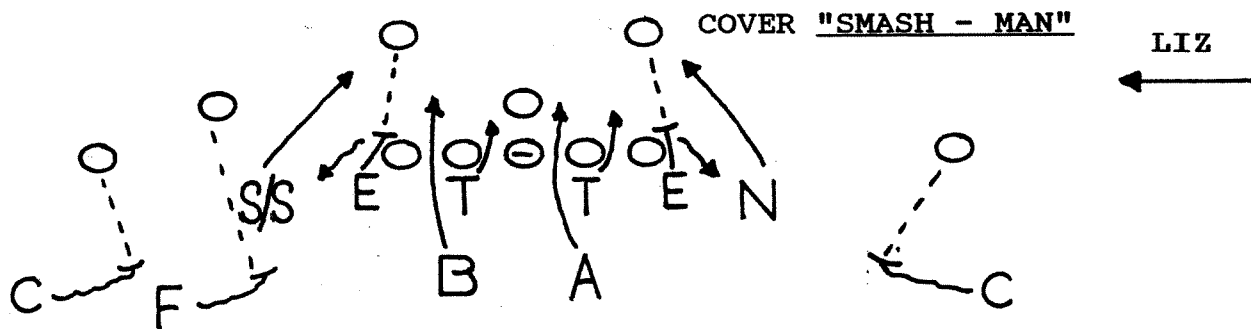
1. Must get the QB down.
2. Traps.

COORDINATION: Nickel team blitz.

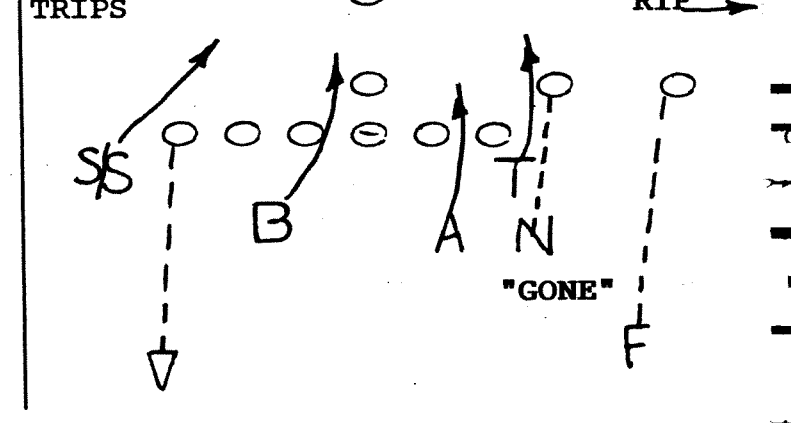
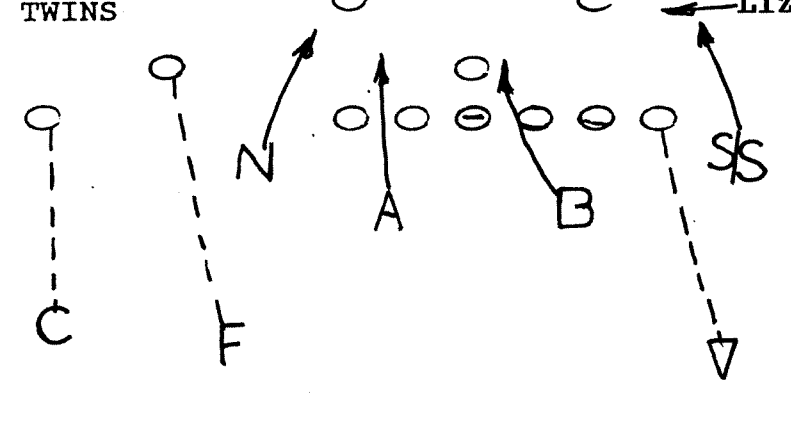
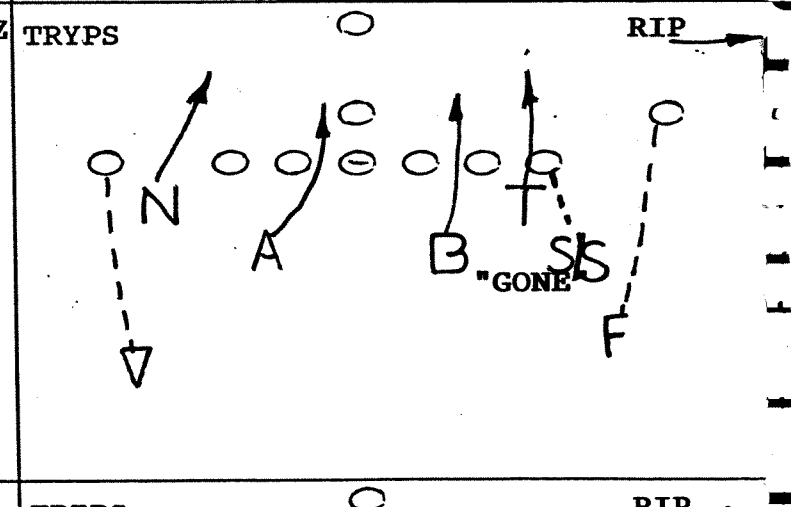
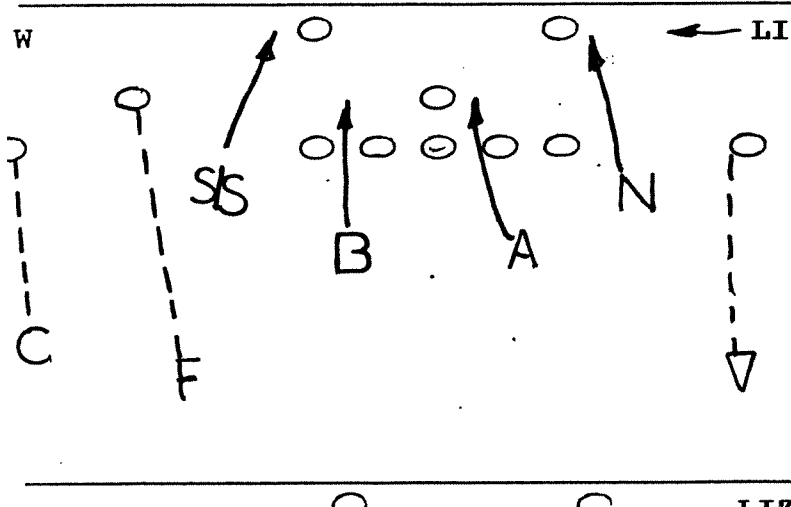
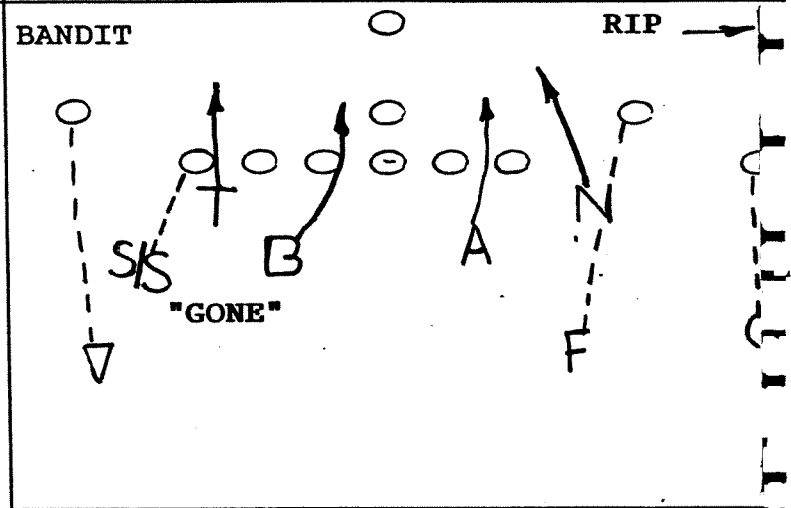
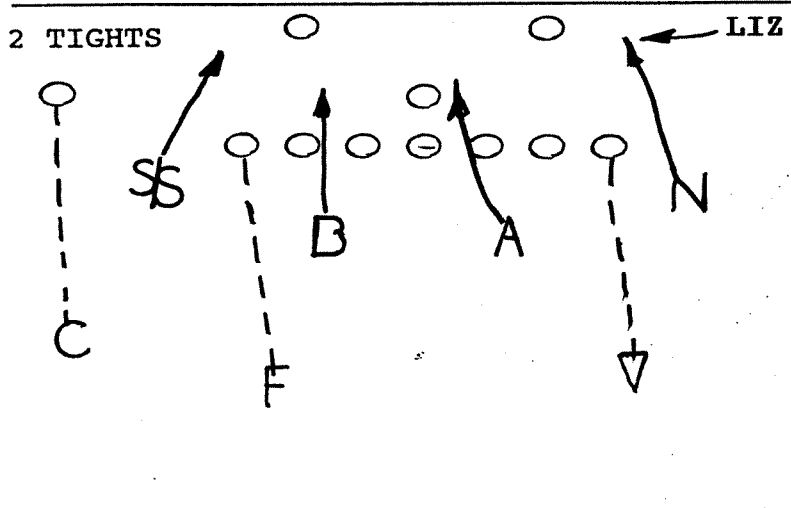
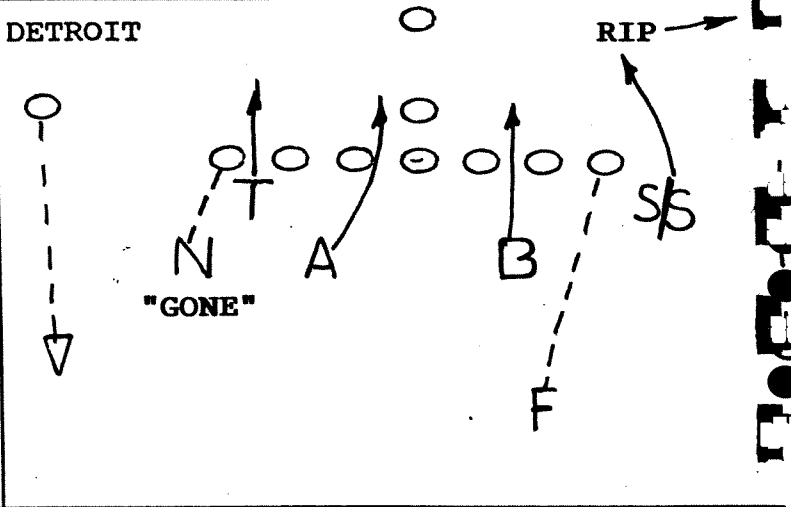
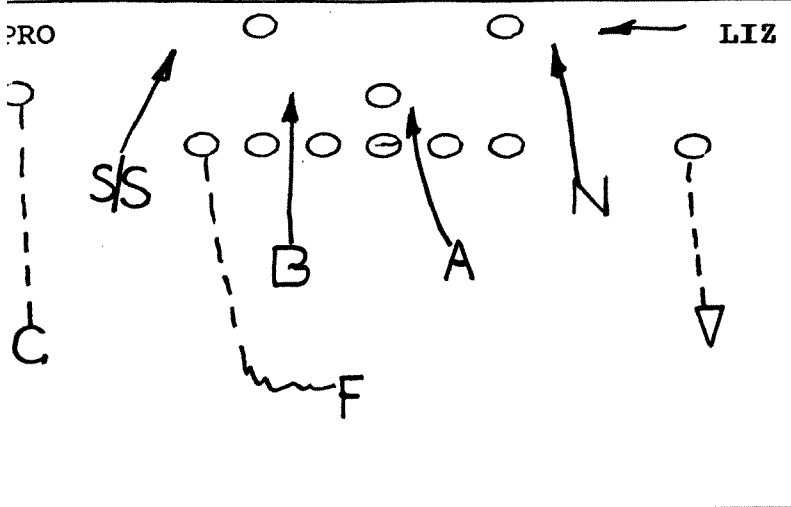
ADJUSTMENTS:

1. LB's always blitz to wide field or to the passing strength.
2. End men on LOS handle all One Back Breaks.
3. End men must give "Gone" call when not blitzing.
4. FS has #2 to passing strength. SS goes to TE or passing strength. NS goes opposite SS.
5. Right & Left Corner.
6. No "Flip" vs. Twin.



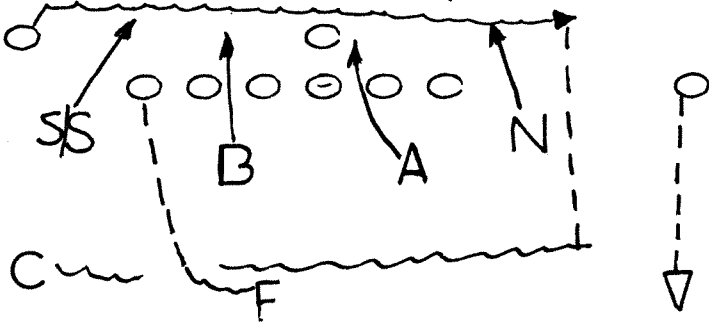


ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>FC</u> Outside #1 6 yards deep	Ball to #1	Man to Man on #1. "Bounce" Technique.
<u>SS</u> 2 yard outside TE on LOS	Ball	Blitz Contain. "Gone" call if 3 Receivers your side. (* Vs. Twin "Gone" call if 2 Receiver your side.)
<u>FS</u> Outside #2 6 yards deep	Ball to #2	Man to Man on #2. "Bounce" Technique. (* #2 to passing strength)
<u>NS</u> 2 yards outside End man on LOS	Ball	Blitz Contain. "Gone" call if 2 receivers your side. (* Vs. Twin "Gone" call if 3 Receivers your side.)
<u>BC</u> Outside #1 6 yards deep	Ball to #1	Man to Man on #1. "Bounce" Technique.
<u>BACKER</u> B Gap 5 yards deep	Ball	Execute Blitz called.
<u>ADJUST</u> B Gap 5 yards deep	Ball	Execute Blitz called.



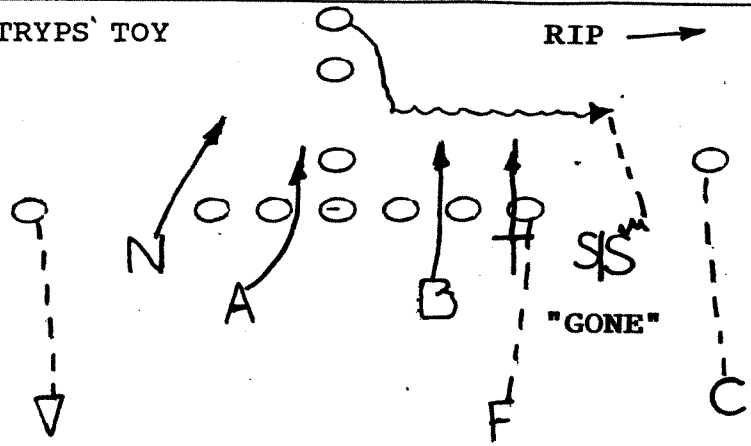
TWINS ZOOM

LIZ ←



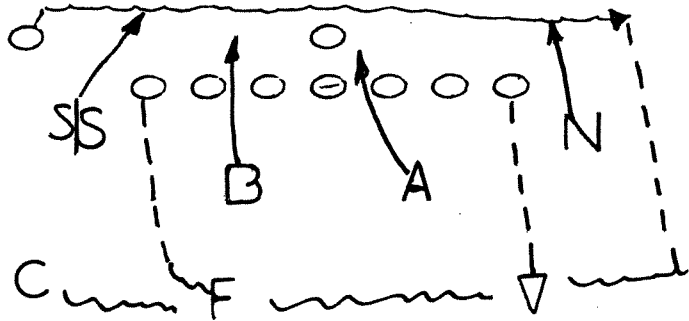
TRYP'S TOY

RIP →



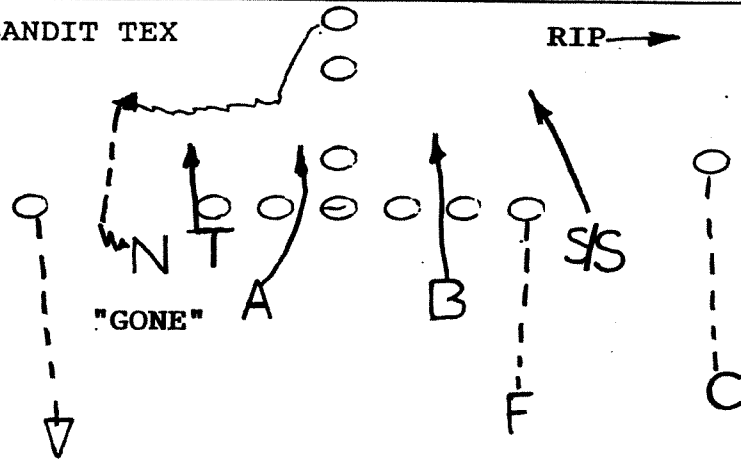
2 TIGHT ZOOM

LIZ ←



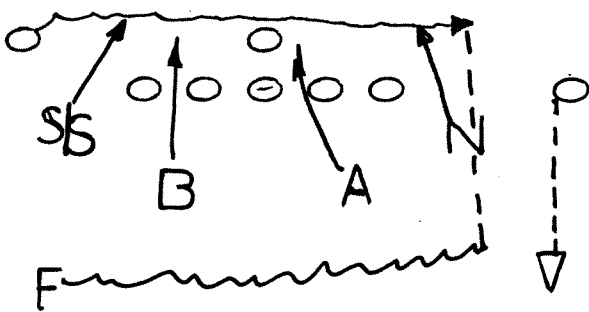
BANDIT TEX

RIP →



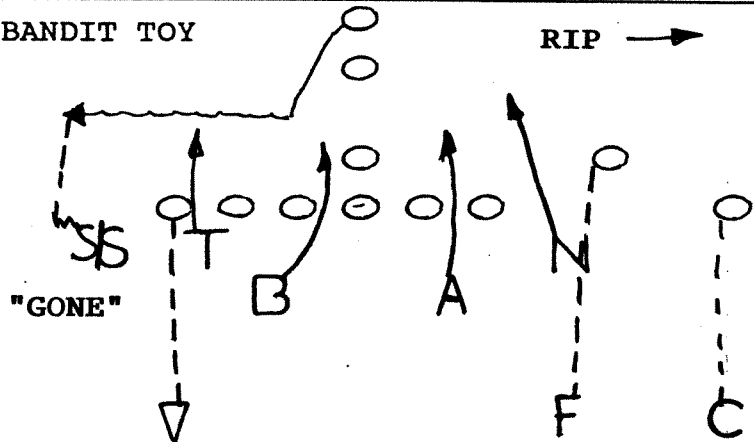
W ZOOM

LIZ ←



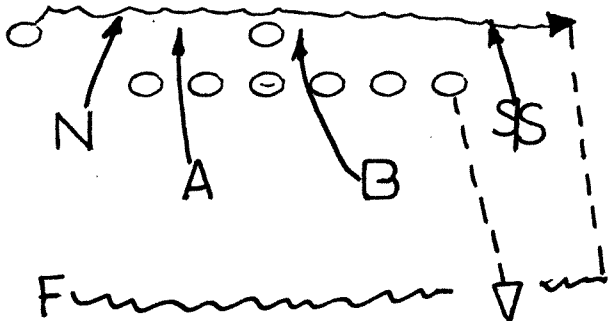
BANDIT TOY

RIP →



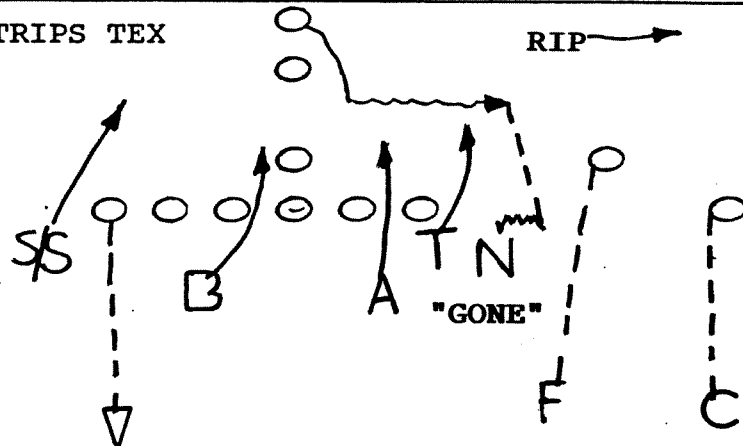
PRO ZOOM

LIZ ←



TRIPS TEX

RIP →





COVER 7-FIELD

DESCRIPTION: 5 DB's - 1/4-1/4-1/2 Coverage

STRENGTHS:

1. Good Quick Run Support.
2. Jam 'X' on LOS.
3. Good vs. P.C. by 'X'.

WEAKNESSES:

1. Strong side out.

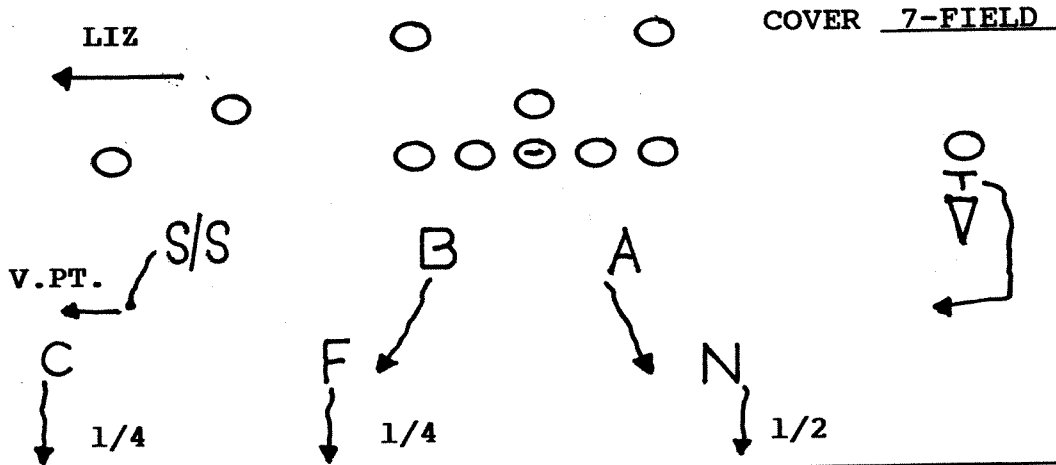
COORDINATION: Play with all Nickel Fronts.  
(\* LB's Adjust to all One Back Breaks.)

ADJUSTMENTS:

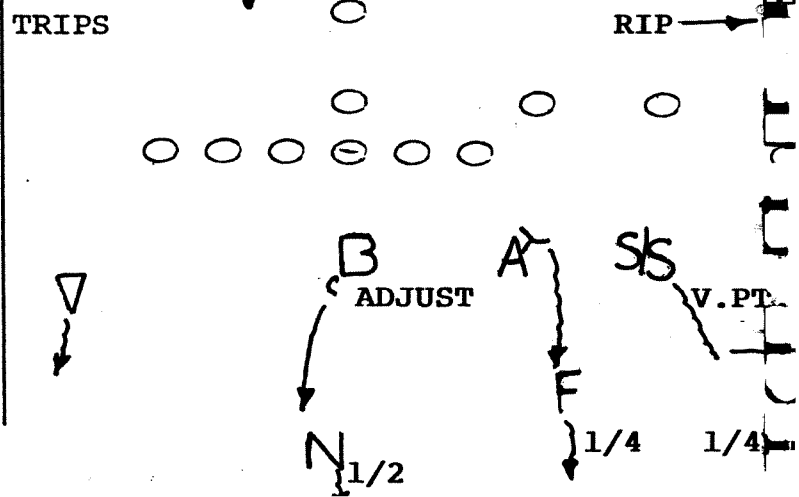
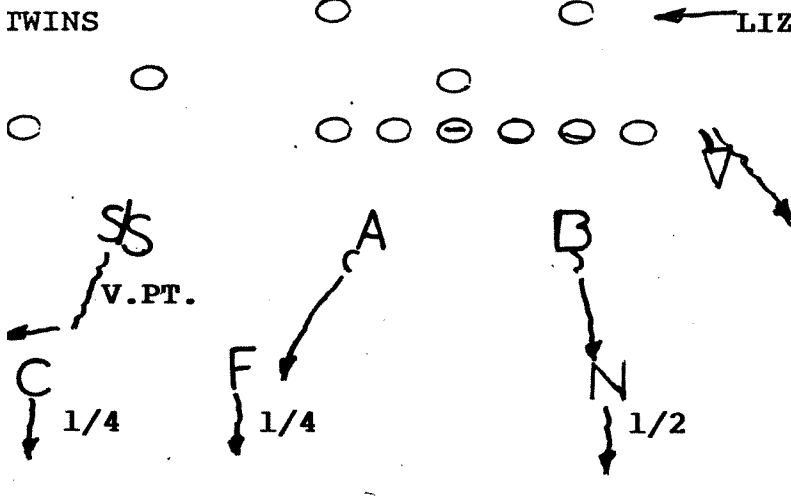
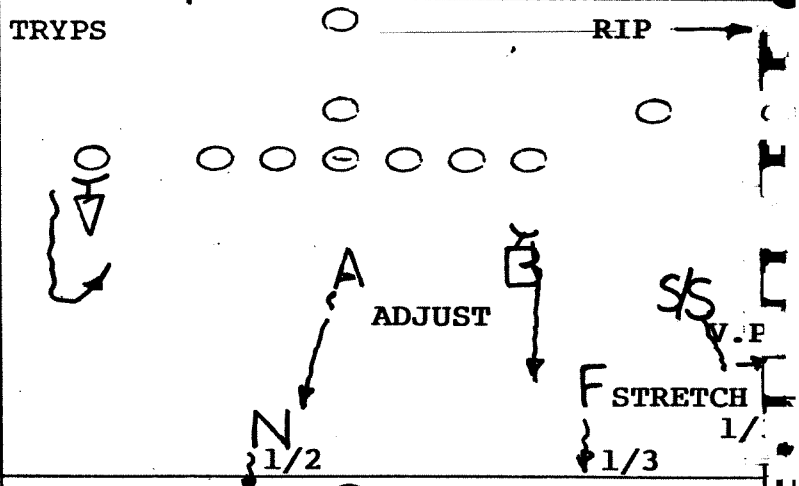
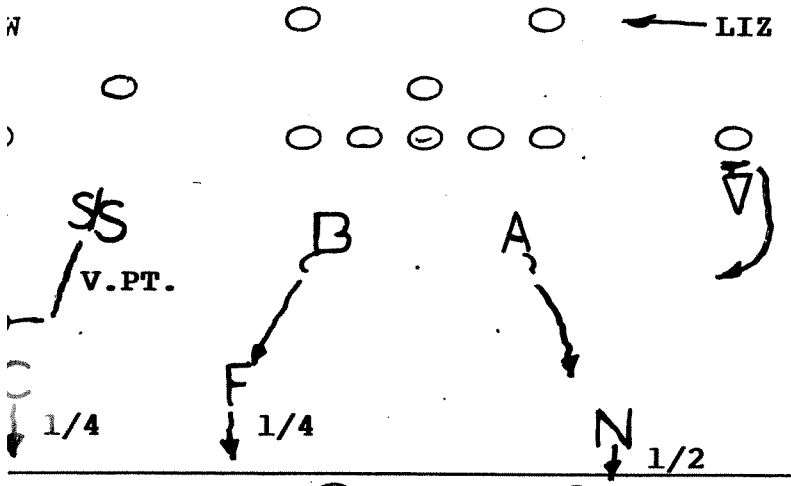
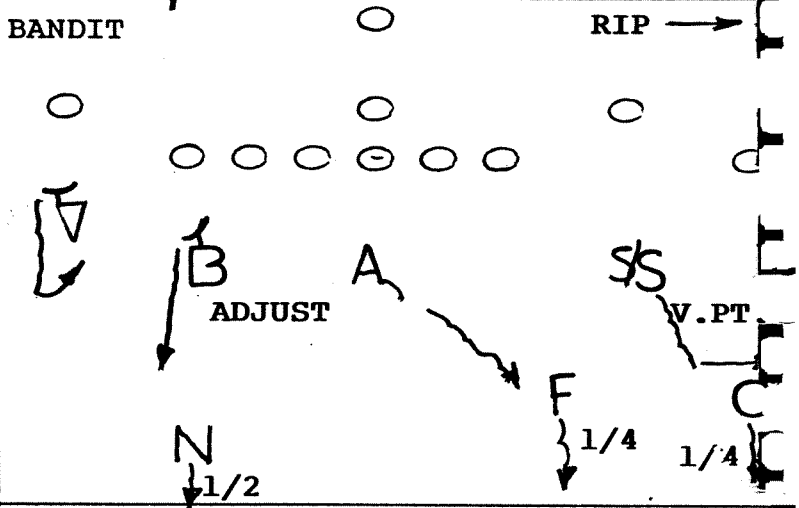
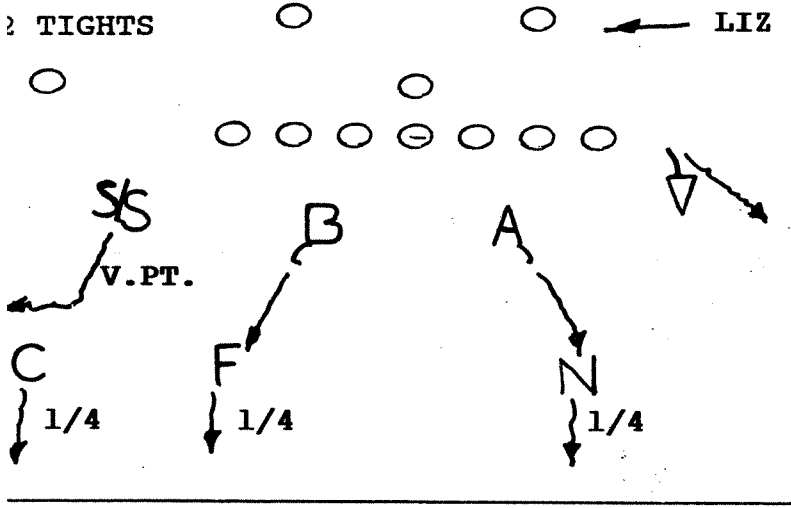
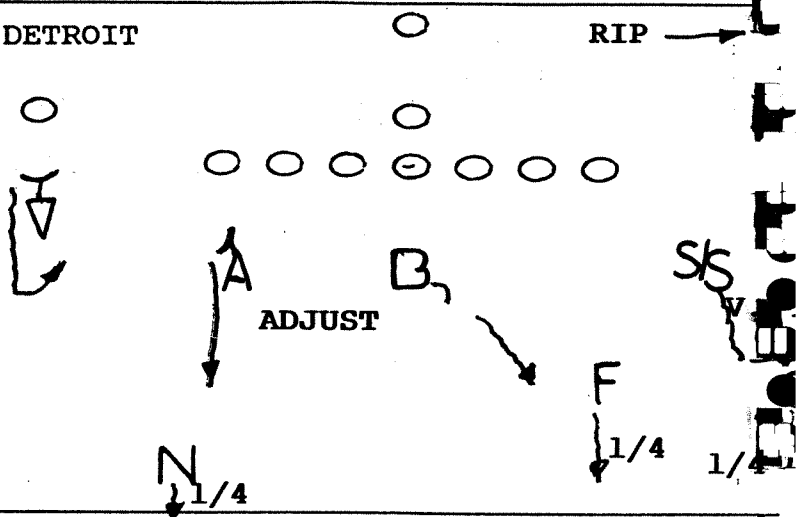
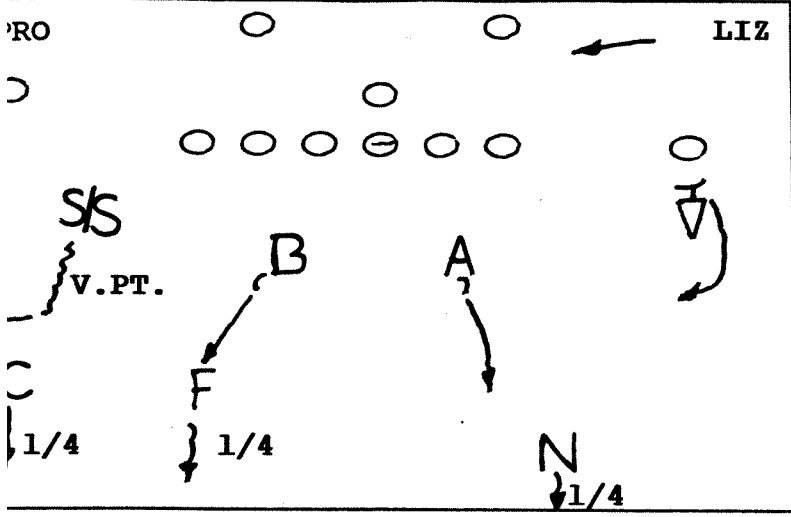
1. Formation into ----- Slam
2. Dubs Motion Weak ----- B.A.
3. Trips Motion Strong ---- B.A.
4. Trips to SE side ----- B.A.
5. May kick to Cover 2 vs. Short Split by '2'.

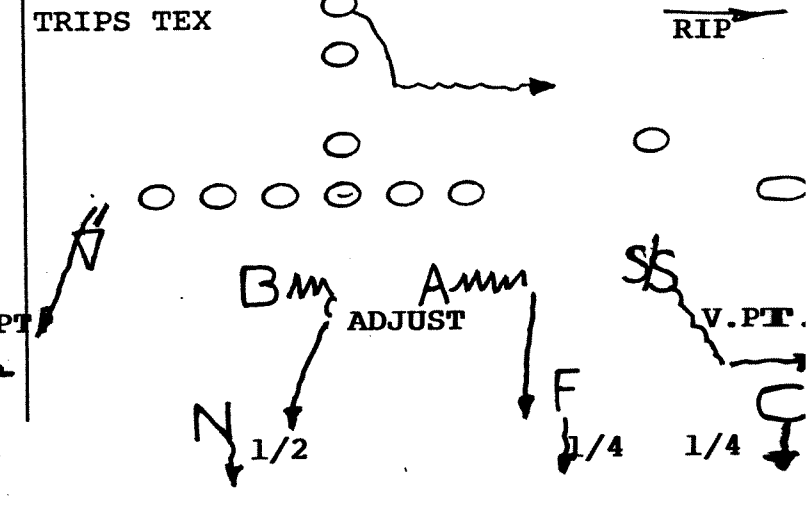
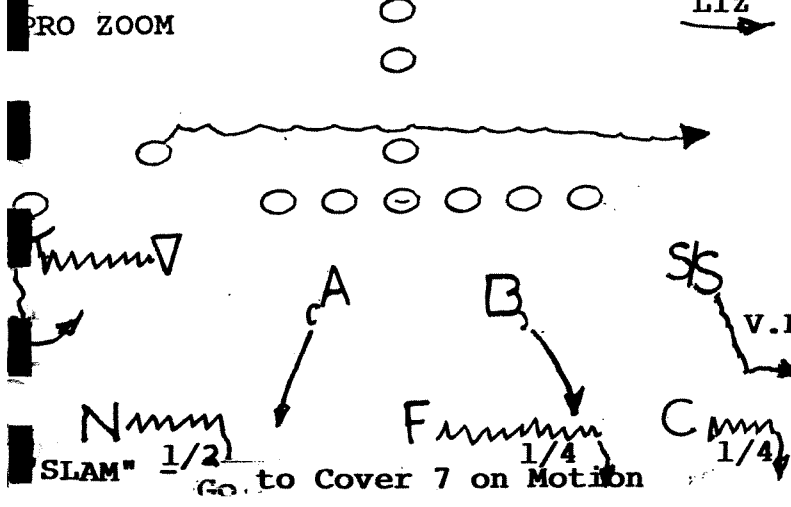
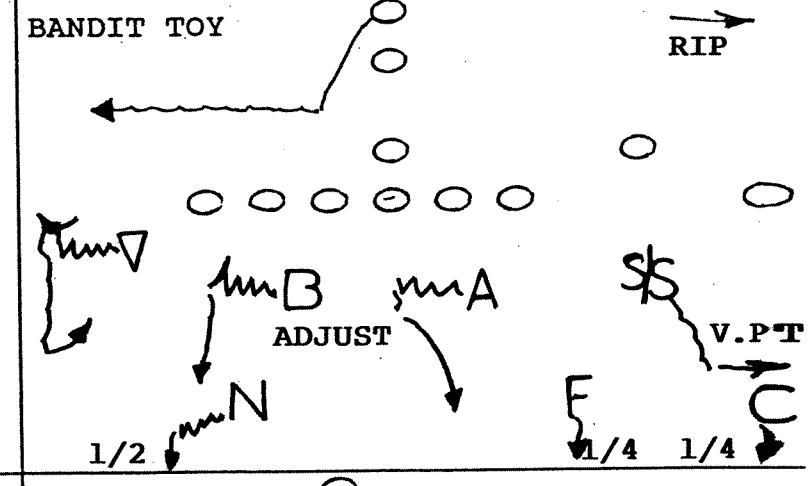
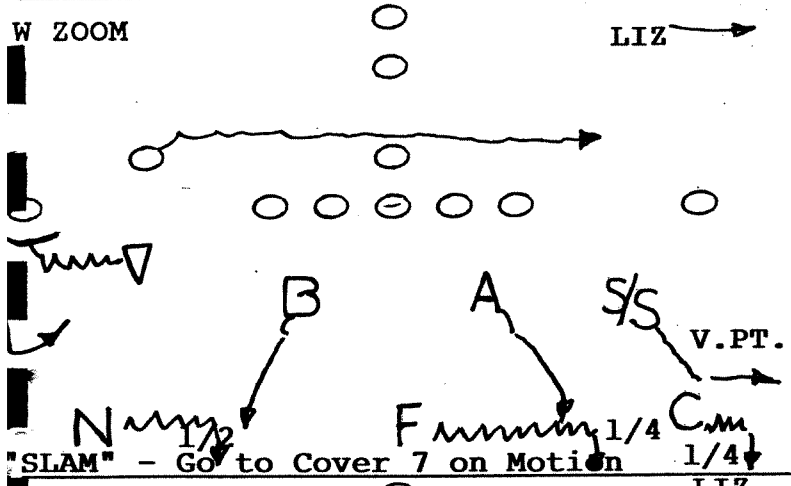
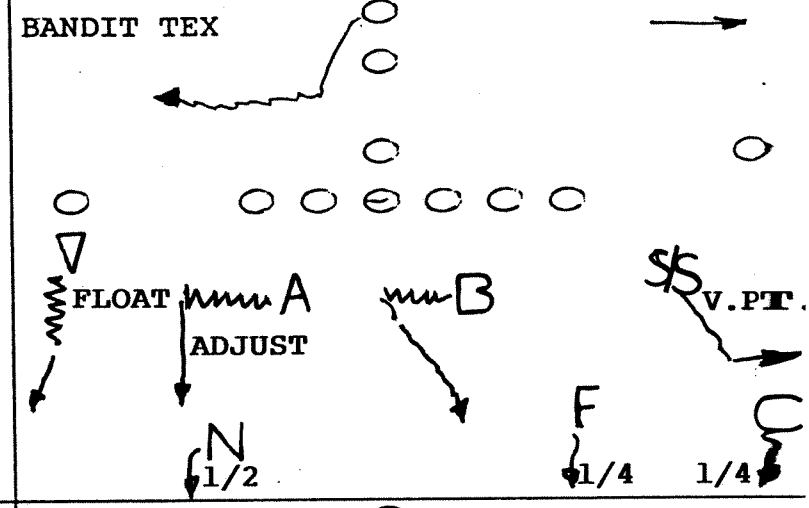
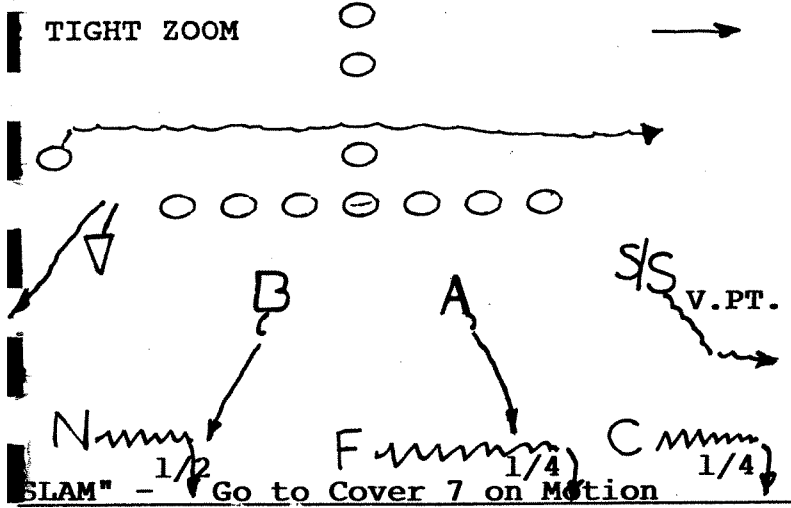
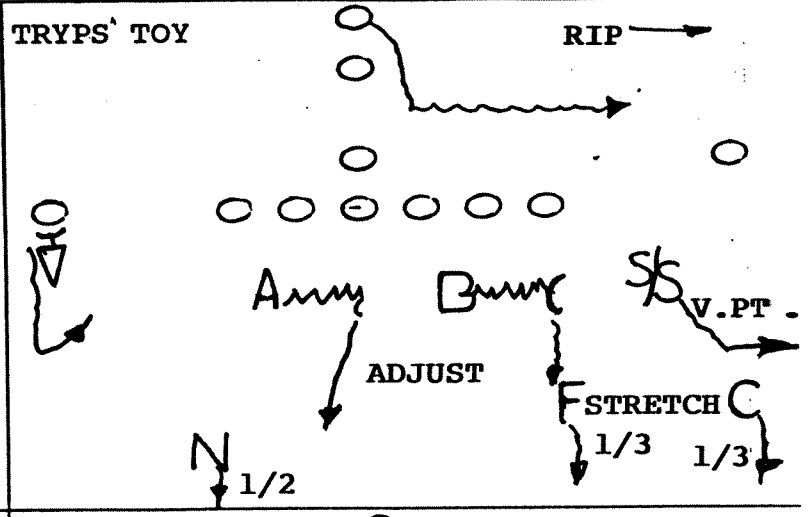
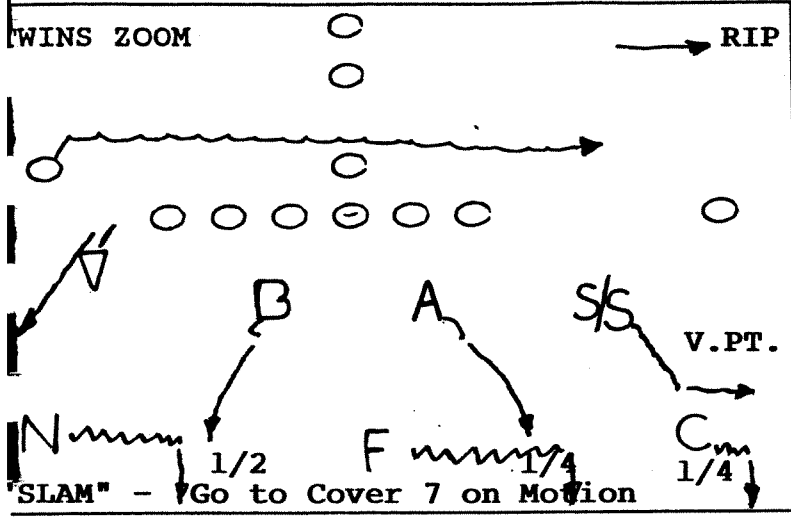
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ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>FC</u> Outside position 7 - 9 yards deep	Lane of ball to #1. * Be aware of release & route of #2.	Loose man on #1. Stay on deep shoulder of Post.
<u>SS</u> 5 yards outside TE. 5 yards deep	Lane of ball to #2.	Cover 3 Technique. Vision point drop Curl to Flat Responsibility.
<u>FS</u> 1 - 4 yards outside #2 10 yards deep	Lane of ball to #2.	KEY #2 1. If #2 runs a Vertical Route you have him. 2. If #2 runs a Flat Route steal Curl of #1. 3. If #2 runs a Crossing Route sprint to middle 1/3.
<u>NS</u> On Hash 12 yards deep	Lane of ball to #1. * Be aware of release & route of #2.	1/2 Technique - Get into Loose man Technique on all Verticals by #1 (Post, P.C., Square In). Should get help on P.C. from B.C.
<u>BC</u> Jam Technique	'X' to lane of ball.	Flat Responsibility - Force inside release of #1, play all Flat cuts from deep to short. * Must carry Fade until you feel #2 break out.
<u>BACKER</u> B Gap 5 yards deep	Flow to Guard	Hook your side, play Zone inside out and deep to short. * Must Adjust to all One Back Breaks.
<u>ADJUST</u> B Gap 5 yards deep	Flow to Guard	Hook your side, play Zone inside out and deep to short. * Must Adjust to all One Back Breaks.







COVER 2-FIELD

DESCRIPTION: 5 DB's - 5 Under - 2 Deep Zone

STRENGTHS:

1. Mini-Field Passing Game.
2. Good overlap on the two (2) Wide Receivers.

WEAKNESSES:

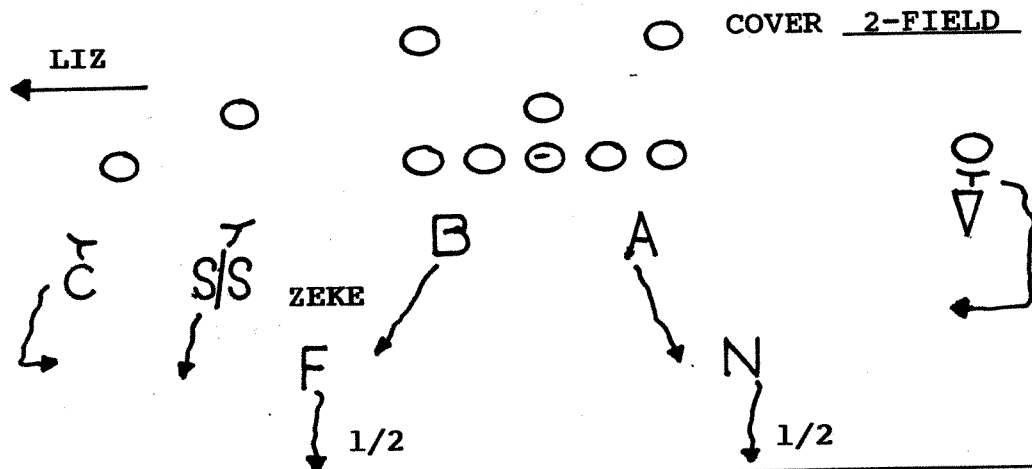
1. Vertical Patterns

COORDINATION: Play with all Nickel Fronts.

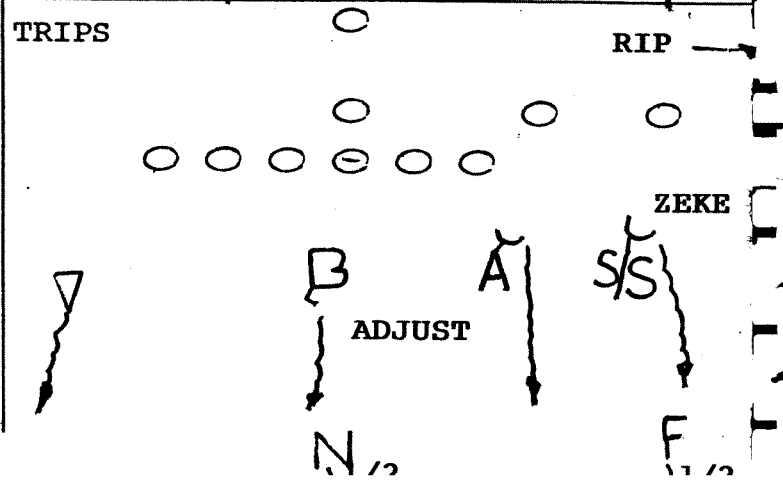
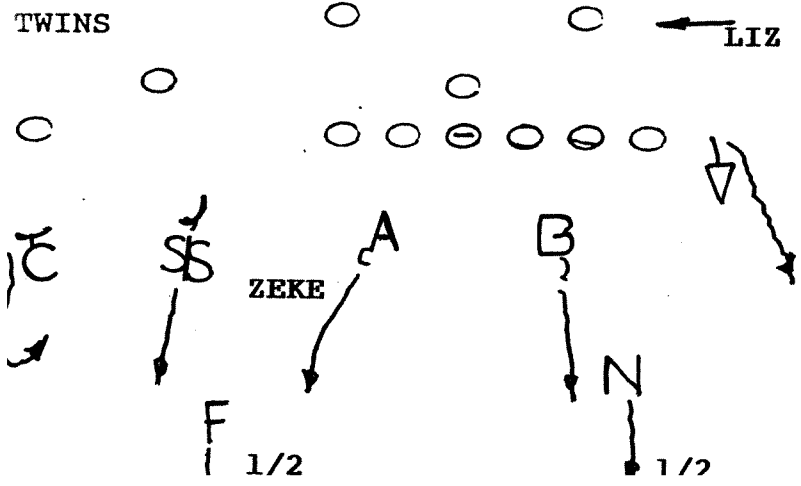
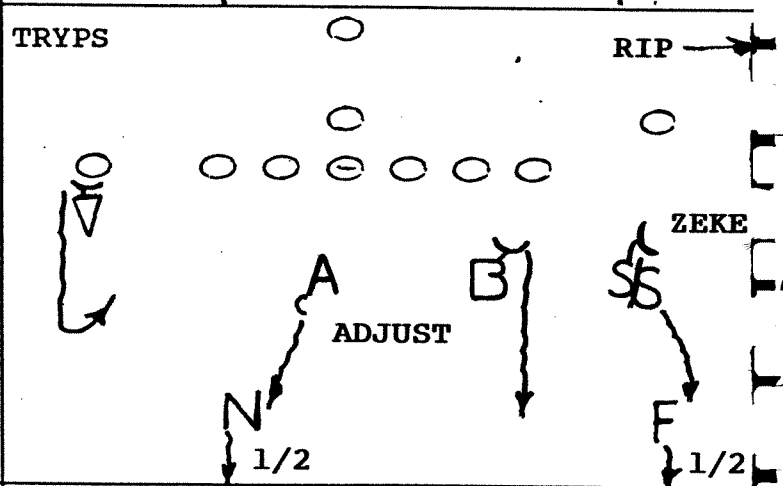
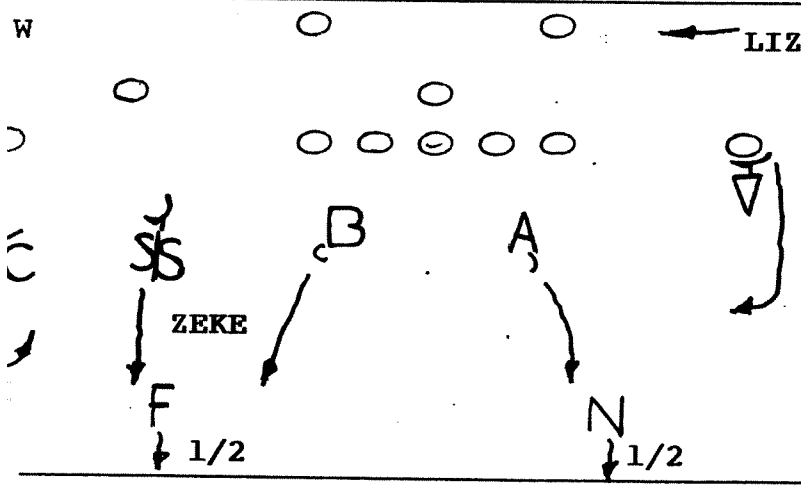
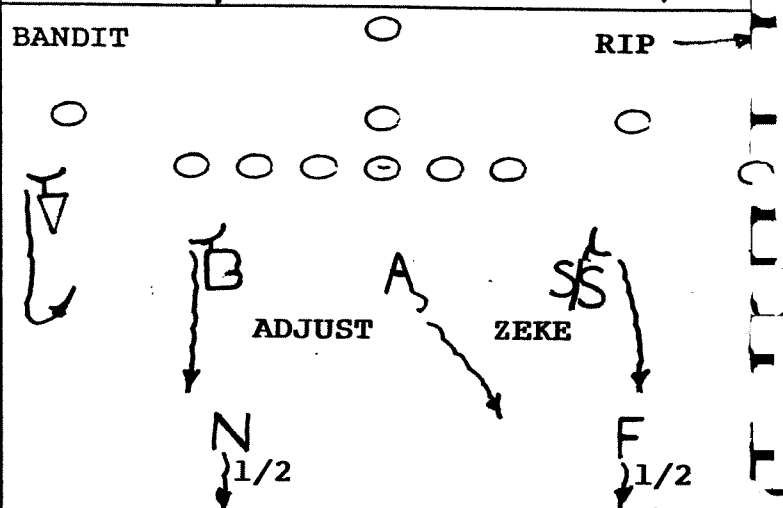
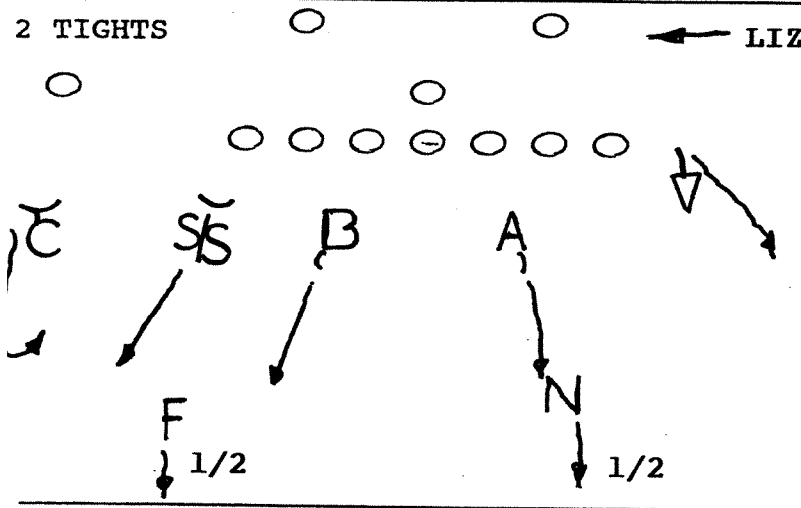
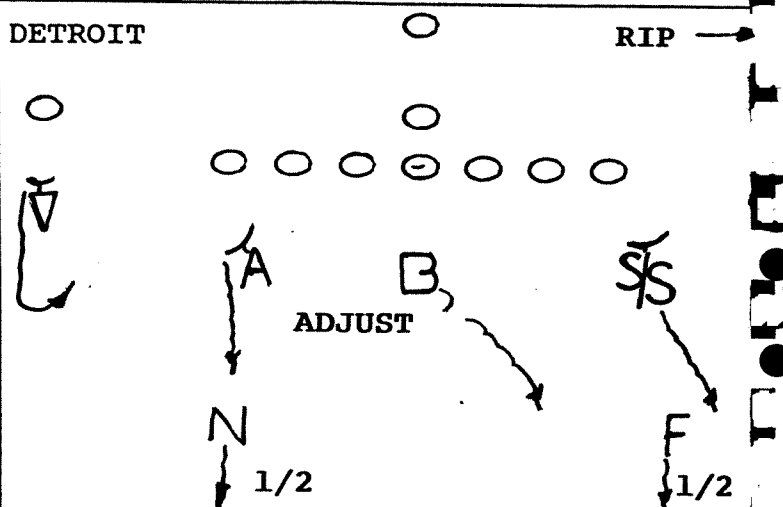
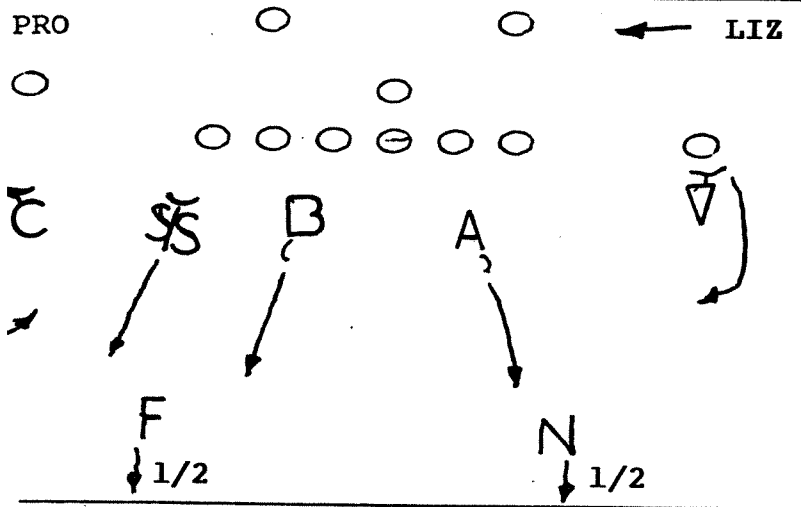
ADJUSTMENTS:

1. Formation into ----- Slam
2. Dubs Motion Weak ----- B.A.
3. Trips Motion Strong ---- B.A.
4. Trips to SE side ----- B.A.
5. May Check 2 from Cover 7 vs.  
Short Split by '2'.

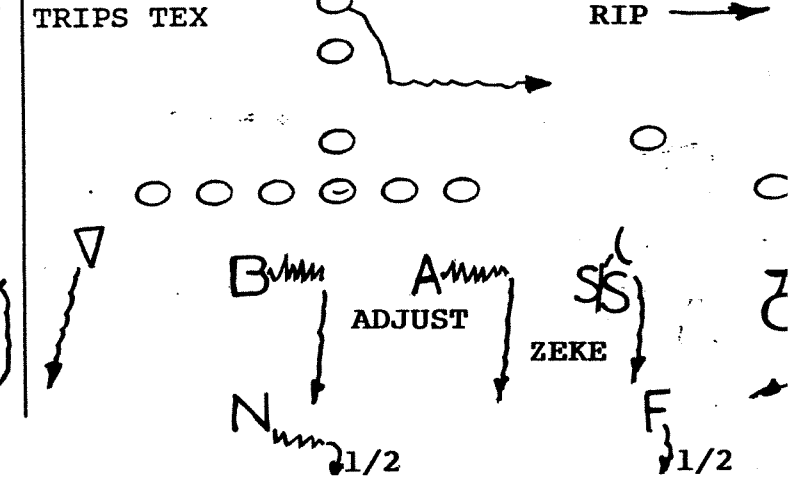
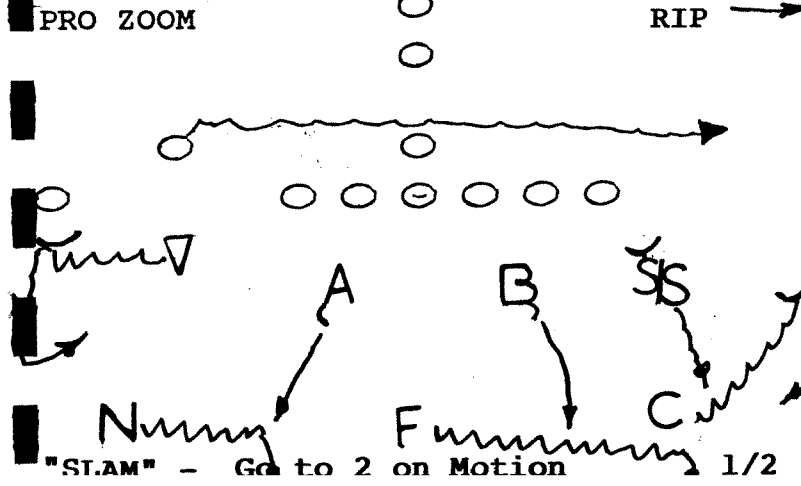
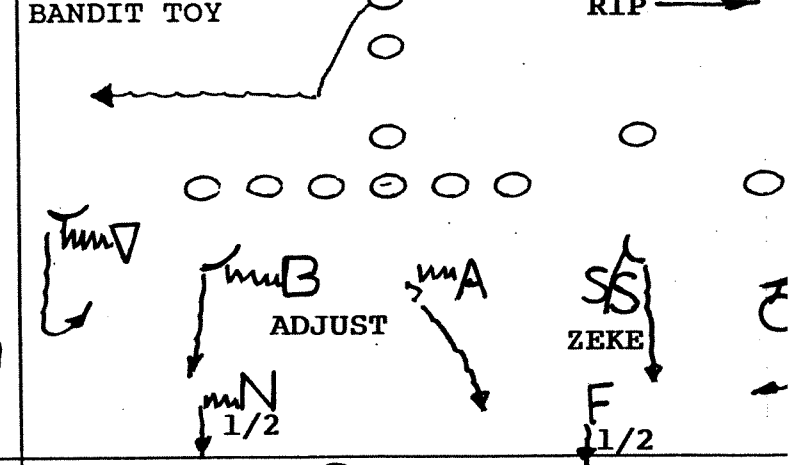
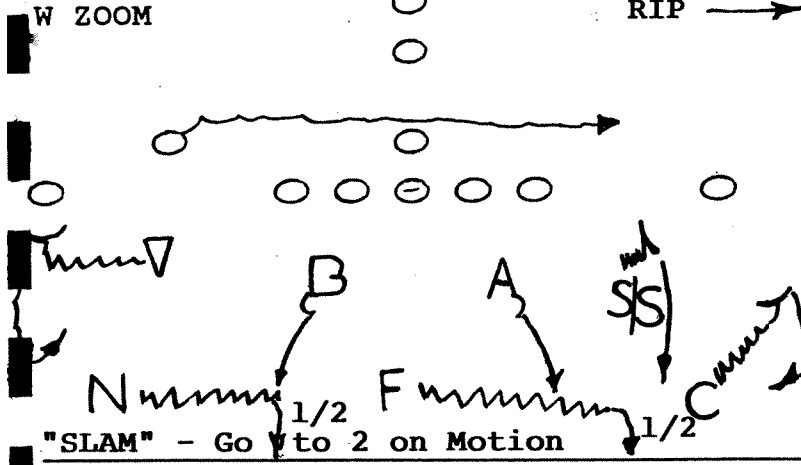
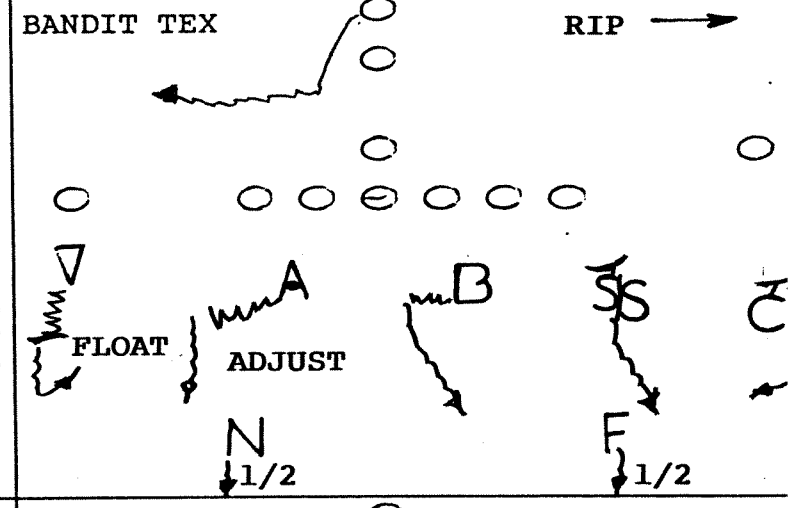
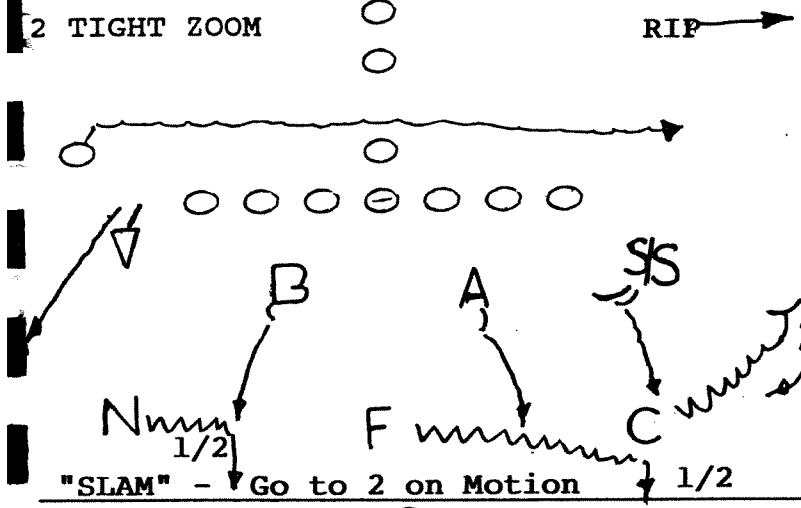
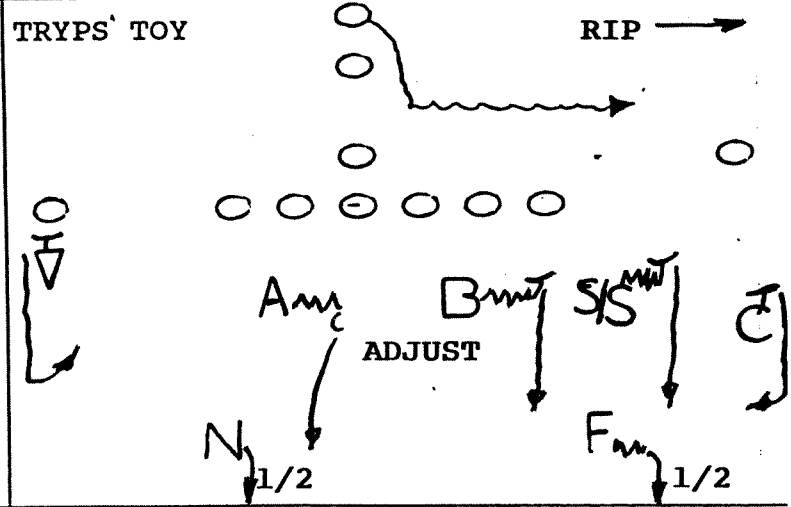
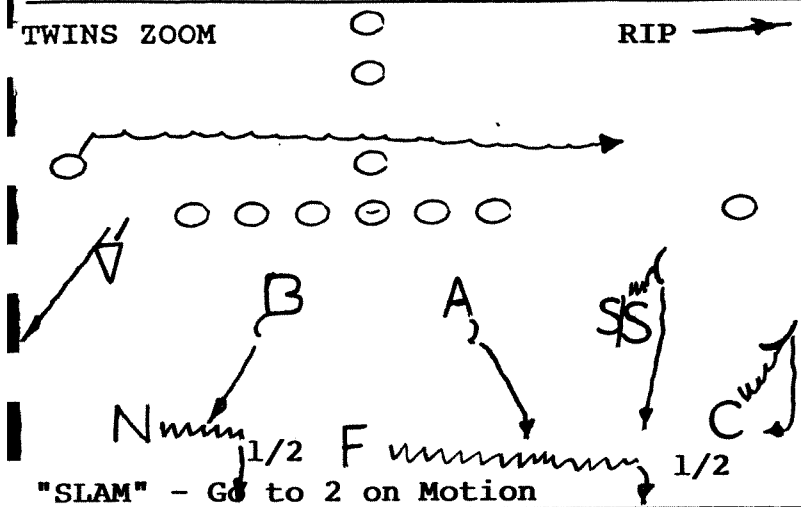




ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>FC</u> 1 yard outside 5 yards deep	Lane of ball to #1. Must see #2 and #3 for total picture.	Flat Responsibility - Force inside release by #1, feel #2. If #2 is Flat sink to P.C., if #2 is Vertical, roll with Fade.
<u>SS</u> 1. Outside shoulder of TE 5 yds off ball 2. Interchange	Lane of ball to #2.	Seam; Curl. Jam Vertical release by #2. Carry through 14 yards. If #2 is Wide Receiver wall him to outside (Zeke).
<u>FS</u> On Hash 12 yards deep	Lane of ball to #1. Must see #2 & #3 for total picture.	Deep 1/2 Responsibility - If #2 or #3 are Vertical, stay on Hash and break on ball. If #2 is out or across and no #3, work to #1.
<u>NS</u> On Hash 12 yards deep	Lane of ball to #1. * Be aware of release & route of #2.	Deep 1/2 Responsibility - Get in Loose Man on all Verticals by #1 (Post, P.C., Square In) should get help on P.C. from B.C.
<u>BC</u> Jam Technique	'X' to lane of ball.	Flat Responsibility - Force inside release of #1, play all Flat cuts from deep to short. * Must carry Fade until you feel #2 break out.
<u>BACKER</u> B Gap 5 yards deep	Flow to Guard	Hook Responsibility - Play Zone from deep to short. Alert for Vertical by #2 or #3. *Must Adjust to all One Back Sets.
<u>ADJUST</u> B Gap 5 yards deep	Flow to Guard	Hook Responsibility - Play Zone from deep to short. Alert for Vertical by #2. *Must Adjust to all One Back Sets.









COVER 5-FIELD

DESCRIPTION: 5 DB's - 4 Under - 3 Deep Weak Side Zone

STRENGTHS:

1. Disguise (Show Cover 2).
2. Strong vs. Fade and P.C. by 'X'.
3. Strong Post Coverage.
4. Strong vs. Weak side High/Low.

WEAKNESSES:

1. Strong side out.
- \*2. LB must carry Vertical release by #2.

COORDINATION: Play with all Nickel Fronts.

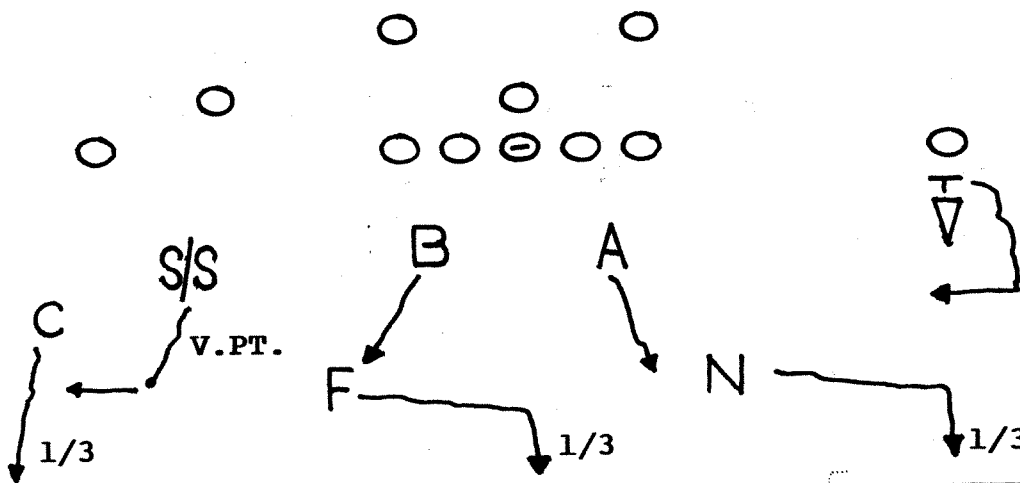
ADJUSTMENTS:

1. Formation into ----- Slam
2. Dubs Motion Weak ----- B.A.
3. Trips Motion Strong ---- B.A.
4. Trips to SE side ----- B.A.
5. Never play 5 vs. Unit End Back Side;  
Play Cover 7.

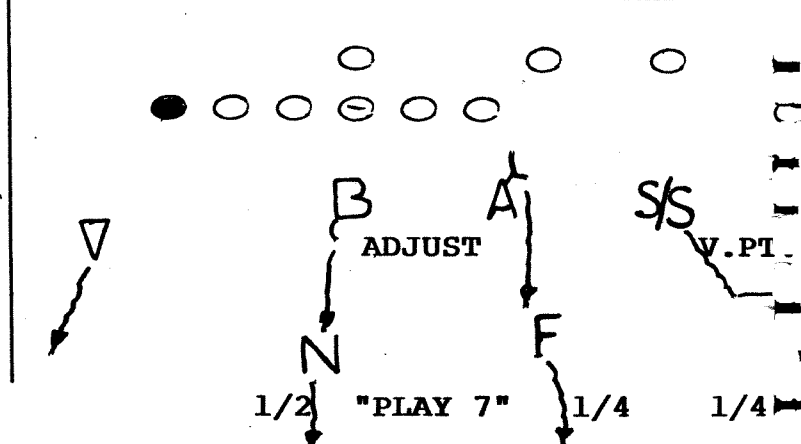
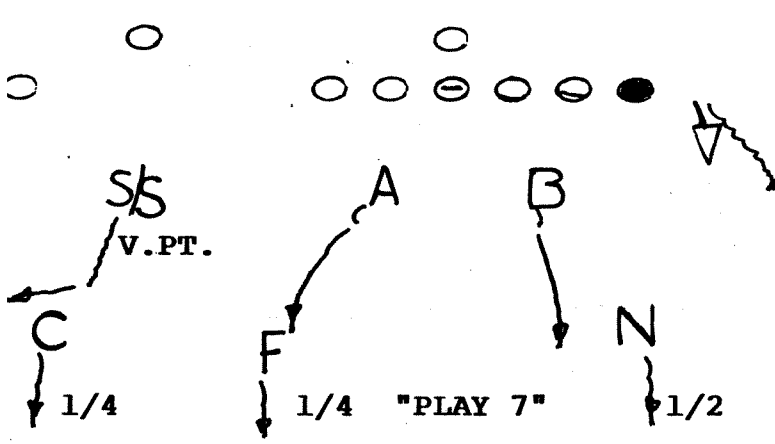
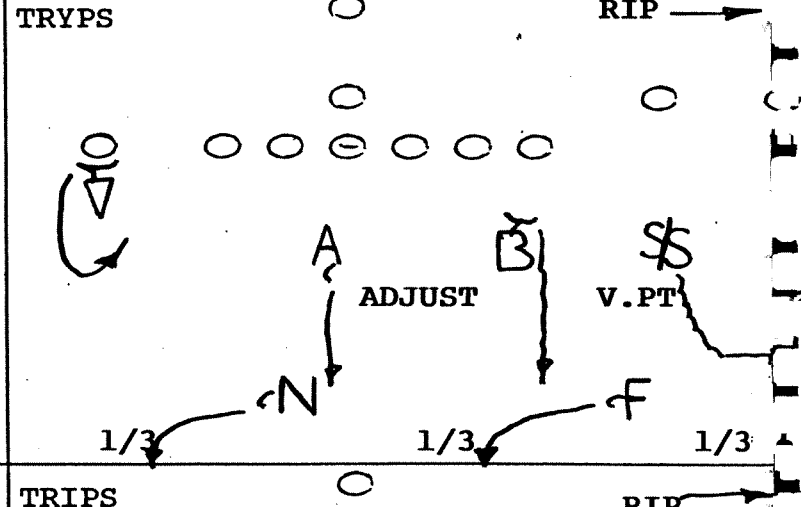
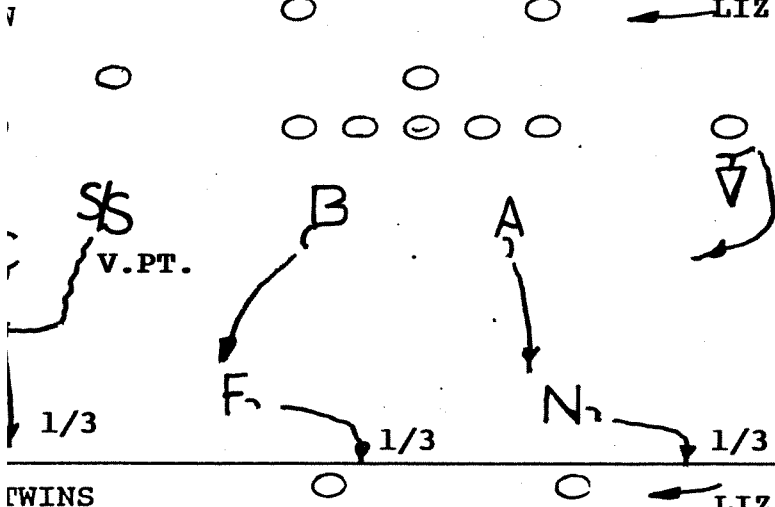
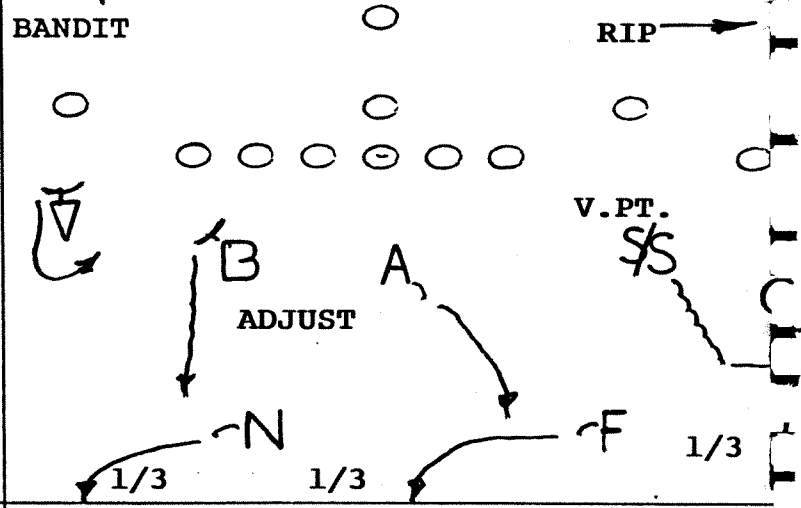
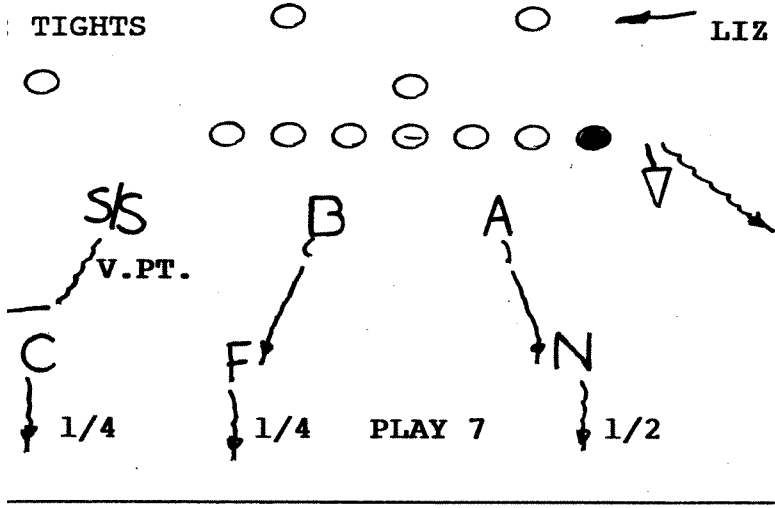
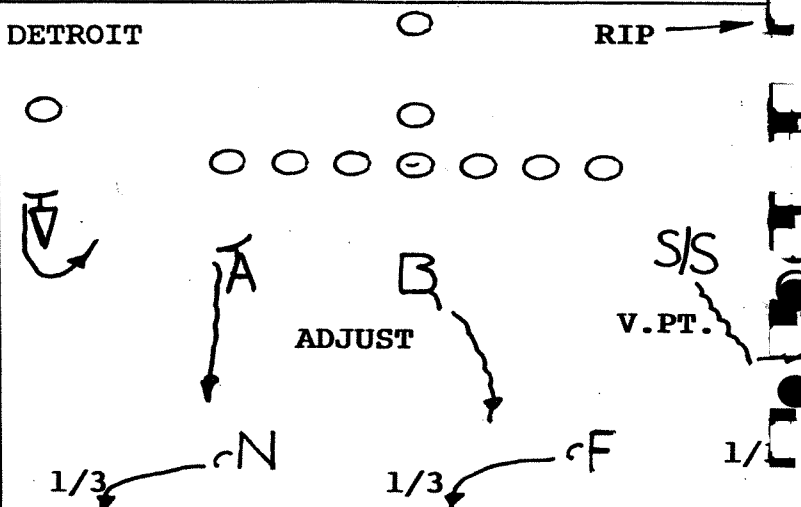
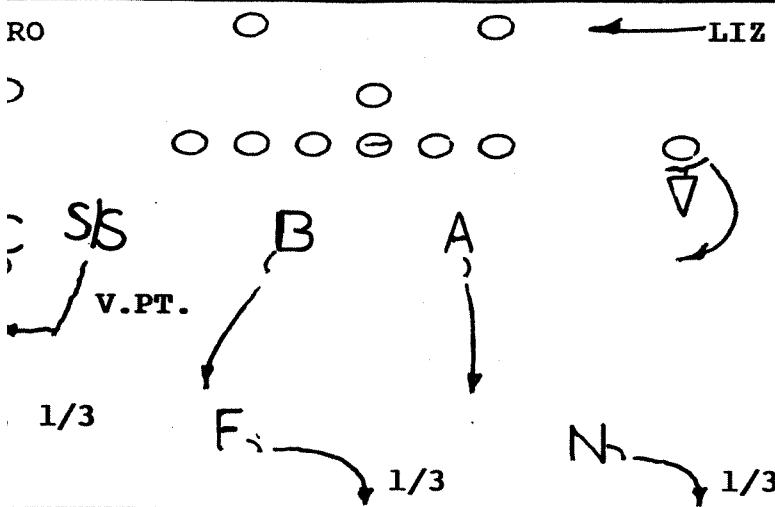


COVER 5-FIELD

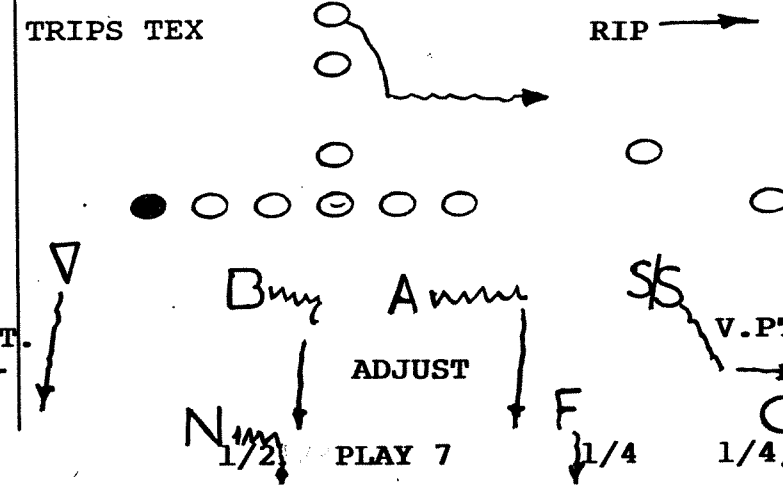
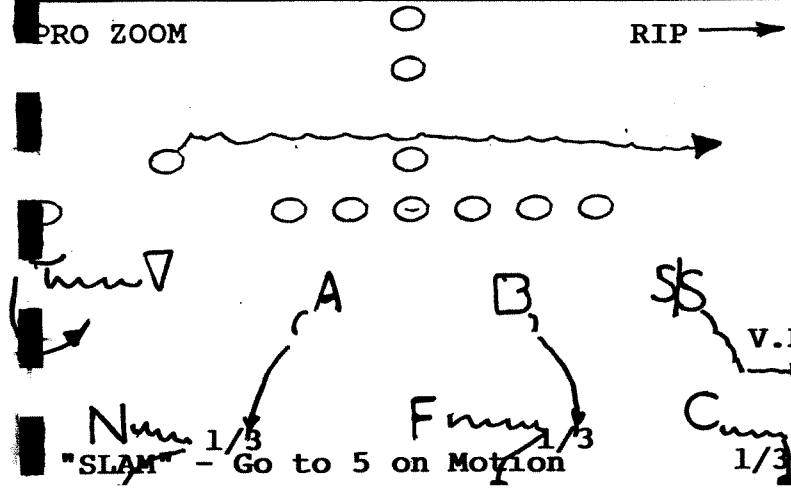
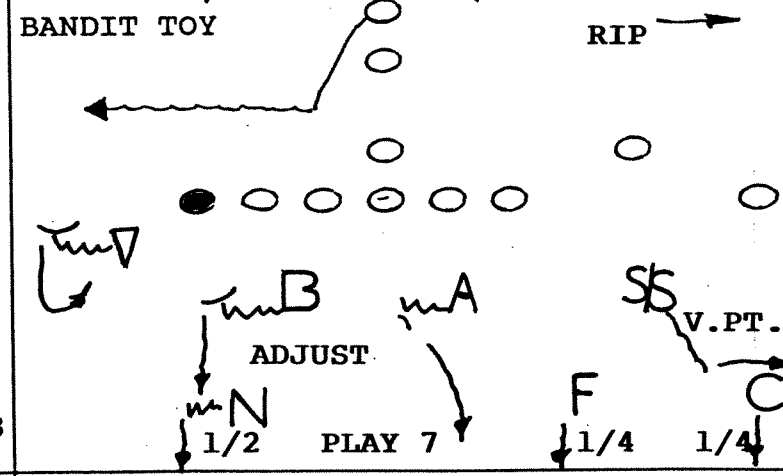
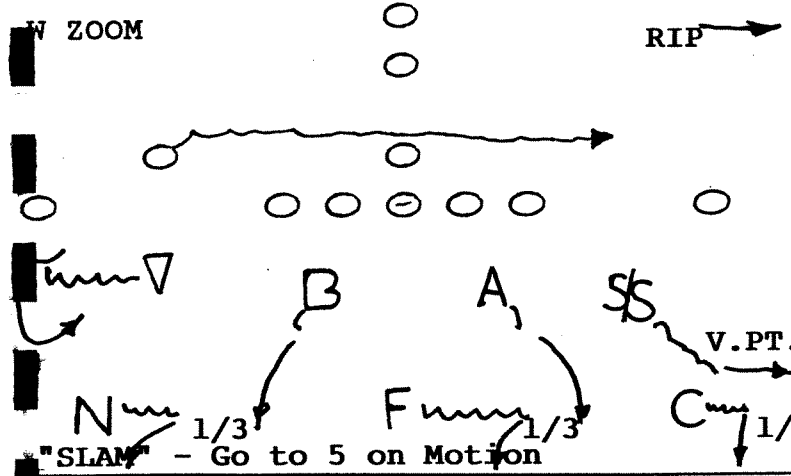
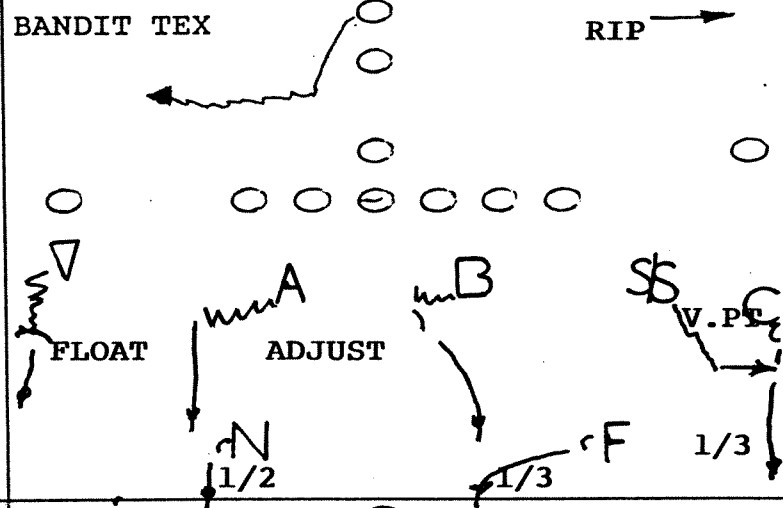
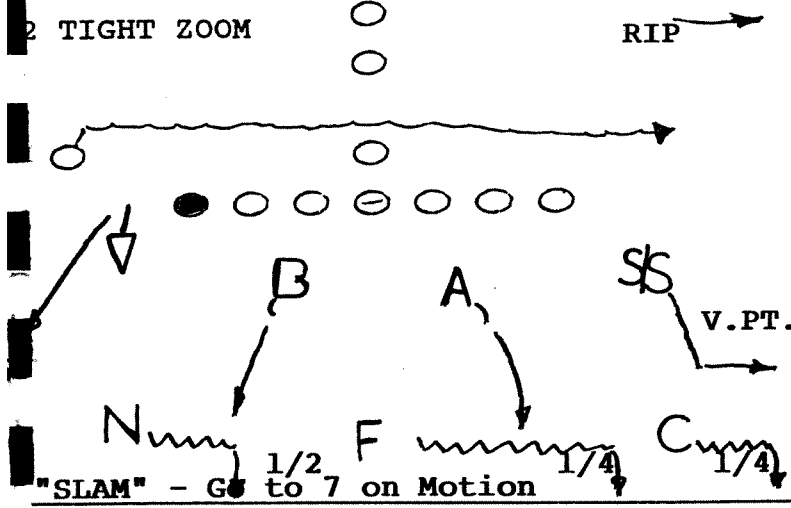
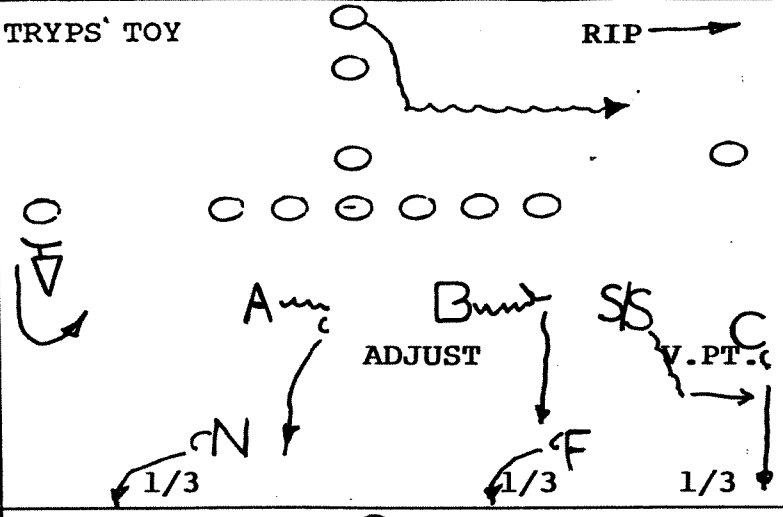
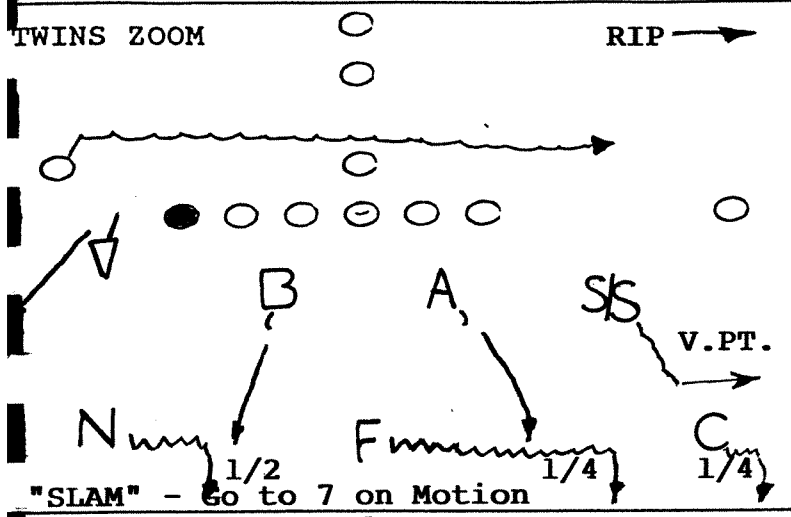
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ALIGNMENT	KEY	PASS RESPONSIBILITY
<p><u>FC</u></p> <p>1 yard outside #1 5 yards deep (* Show Cover 2)</p>	#1	Deep outside 1/3.
<p><u>SS</u></p> <p>4 yards outside TE 5 yards deep</p>	Lane of ball to #2.	Curl & Flat Responsibility - Vision Point Technique.
<p><u>FS</u></p> <p>1 - 4 outside #2 12 yards deep</p>	Lane of ball to #2.	Deep middle 1/3. (* If Run Strong, play normal Nickel support.)
<p><u>NS</u></p> <p>On Hash 12 yards deep</p>	Lane of ball to #1.	Deep outside 1/3, unless inside release by #1, then play 1/2 Technique.
<p><u>BC</u></p> <p>Jam Technique</p>	'X' to lane of ball.	Flat Responsibility - Force outside release of #1. Defend all Flat Routes aggressively. If #1 takes inside release play Cover 7 Technique.
<p><u>BACKER</u></p> <p>B Gap 5 yards deep</p>	Flow to Guard	Hook Responsibility - Play Zone from deep to short. * Adjust to all One Back Sets.
<p><u>ADJUST</u></p> <p>B Gap 5 yards deep</p>	Flow to Guard	Hook Responsibility - Play Zone from deep to short. * Must carry #2 Vertical. * Adjust to all One Back Sets.



COVERAGE 5 FIELD MOTION ADJUSTMENTS



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COVER QUARTER 3-5

\* NOTE -- IF 'CLOCK' CALLED PLAY "QUARTER 3-5"

DESCRIPTION: 6 DB's - 3 Man Rush - 5 Under - 3 Deep Zone

STRENGTHS:

1. Jam release of all primary receivers.
2. Should not allow ball to get out of bounds.
3. Deep Routes.
4. Used in 2-Minute situations when ahead 7+ points.

WEAKNESSES:

1. Must not allow deep inside routes.
2. QB will have time.

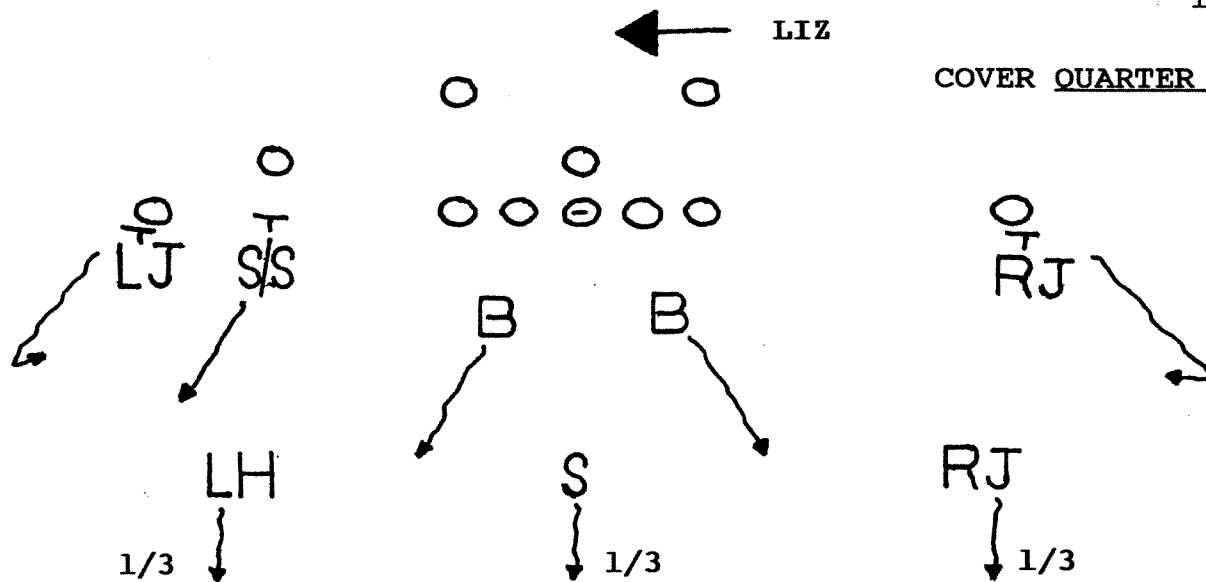
COORDINATION: Substitution Defense - Coverage is always declared to wide field. LB's cover down all One Back Breaks.

ADJUSTMENTS:

1. Formation into ----- SS Stack on Hash
2. Dubs Motion Weak ----- LB Adjust
3. Trips Motion Strong ---- SS Slide
4. Trips to SE side ----- LB Adjust
5. In middle of field - SS adjust to all Zoom Motion.
6. Cloud support vs. all Lane 1 runs.

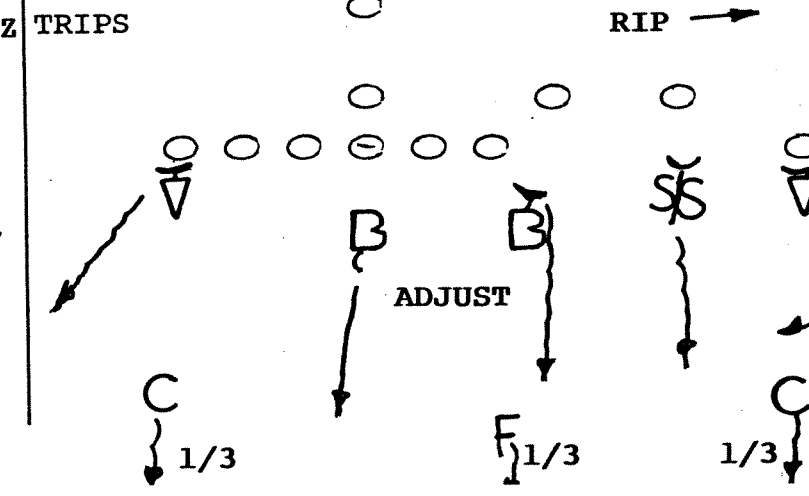
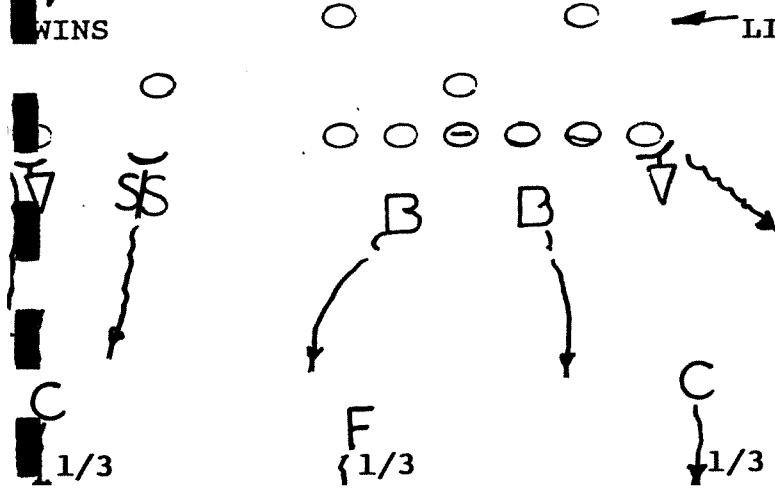
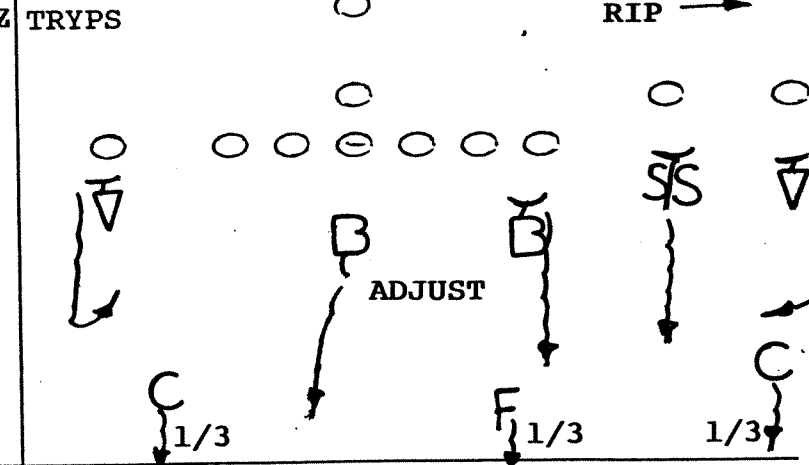
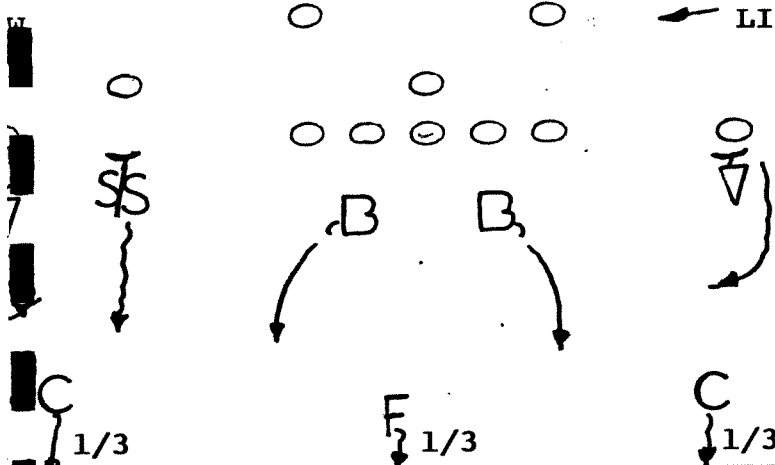
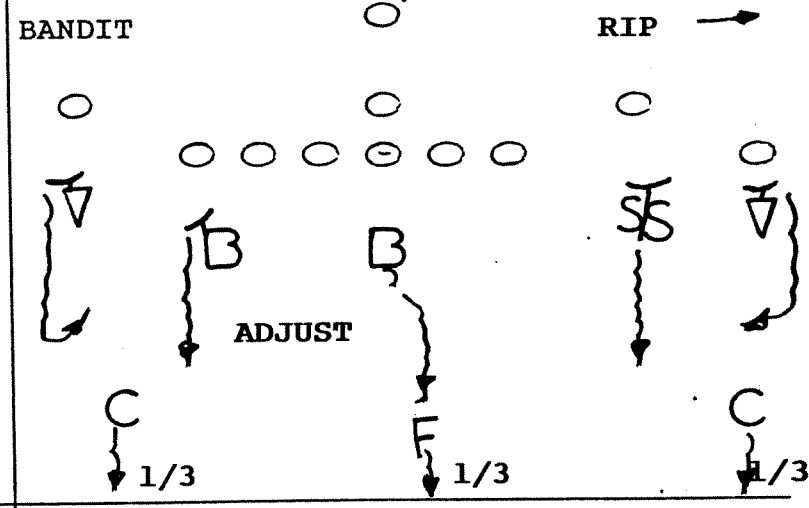
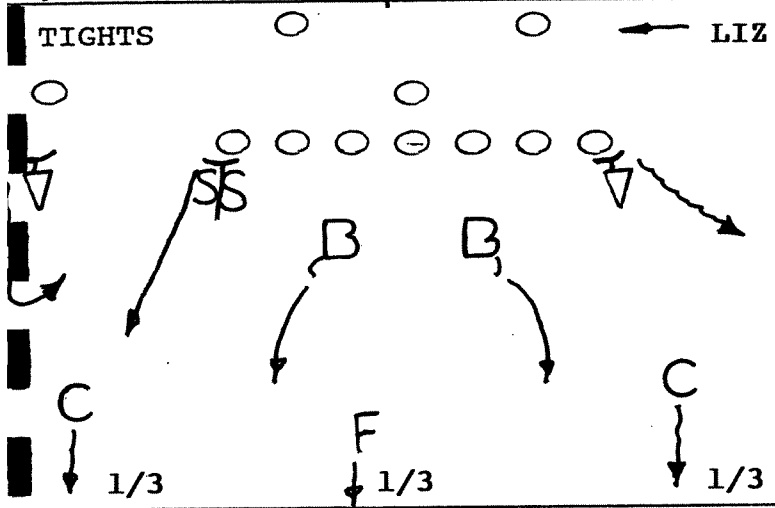
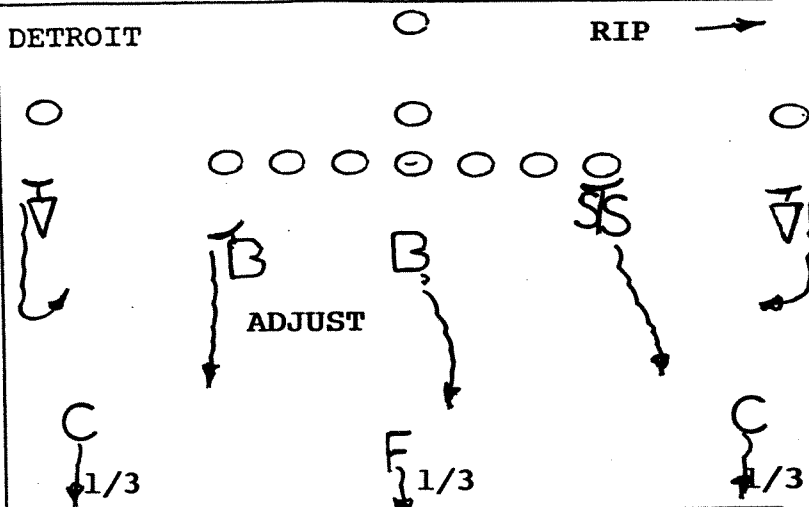
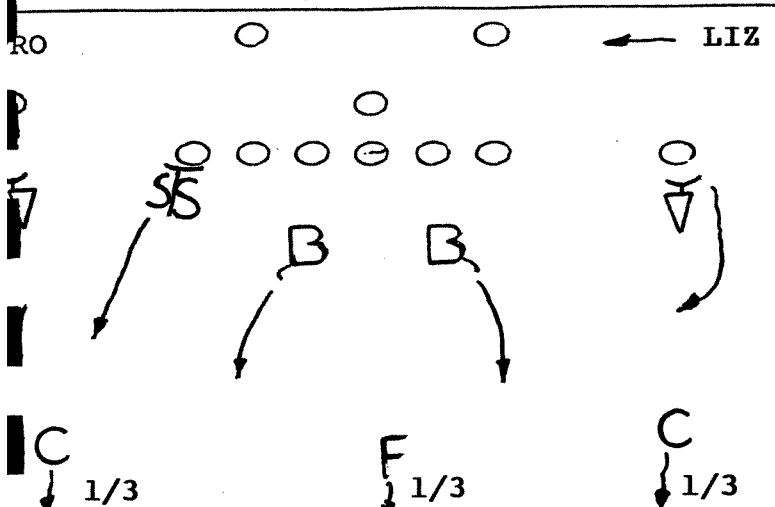


COVER QUARTER 3-5



ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>LJ</u> Outside #1 on LOS	#1	Flat Responsibility - "Jam Technique"
<u>LH</u> Inside #1 12 yards deep	Lane of ball to #1.	Deep outside 1/3.
<u>SS</u> Outside #2 on LOS (* Always to wide side of field)	#2	Seam / Curl - "Jam Technique"
<u>S</u> In middle of field 15 yards deep	Eyes of QB	Deep middle 1/3.
<u>RH</u> Inside #1 12 yards deep	Lane of ball to #1.	Deep outside 1/3.
<u>RJ</u> Outside #1 on LOS	#1	Flat Responsibility - "Jam Technique"
<u>LB</u> B Gap 8 yards deep	QB	Hook Responsibility - Allow no deep inside cuts. (* Cover down all One Back Breaks.)
<u>LB</u> B Gap 8 yards deep	QB	Hook Responsibility - Allow no deep inside cuts. (* Cover down all One Back Breaks.)







COVER QUARTER "3-5 CAT"

DESCRIPTION: 6 DB's - 3 Man Rush - 5 Under Man - 3 Deep Zone

STRENGTHS:

1. Man to Man on all receivers with 3 deep zone.
2. "Dink" passing game.
3. Deep Routes.
4. Used in 2-Minute situations when ahead 7+ points.

WEAKNESSES:

1. Pressure out by Inside Receivers.
2. QB will have time.
3. Ball may get out of bounds.

COORDINATION: Substitution Defense - SS always to wide field.  
LB's cover down all One Back Breaks.

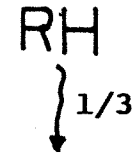
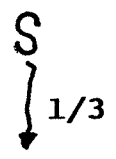
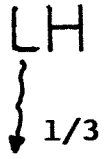
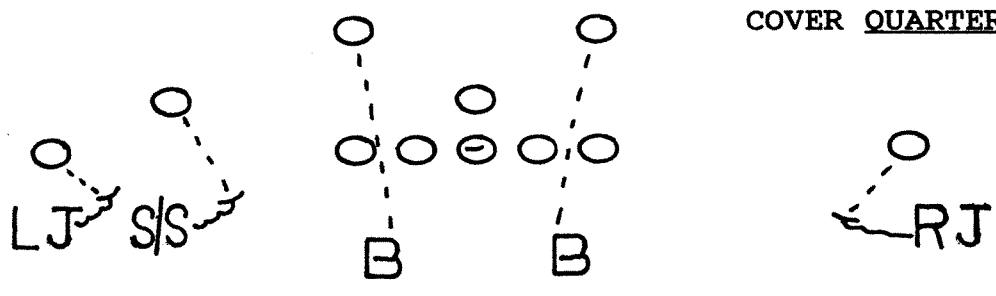
ADJUSTMENTS:

1. Formation into ----- SS Stack on Hash  
(Play coverage from there)
2. Dubs Motion Weak ----- LB Adjust
3. Trips Motion Strong ---- SS Slide
4. Trips to SE side ----- LB Adjust
5. In middle of field - "Ownership" vs. all  
Zoom Motion.



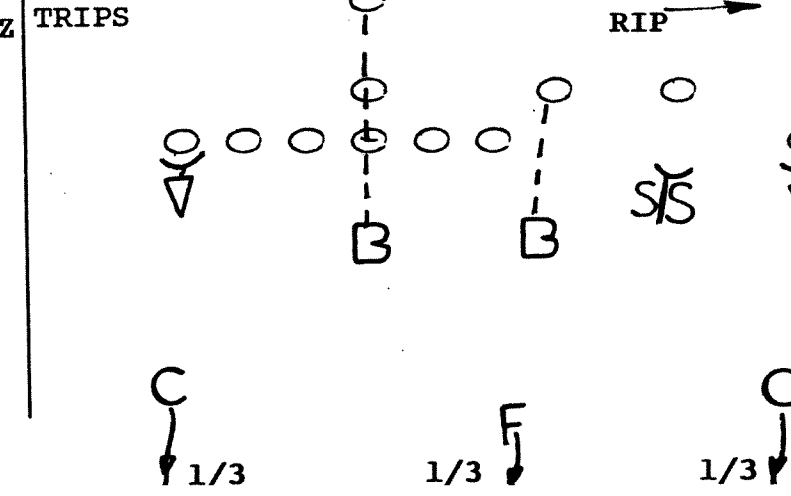
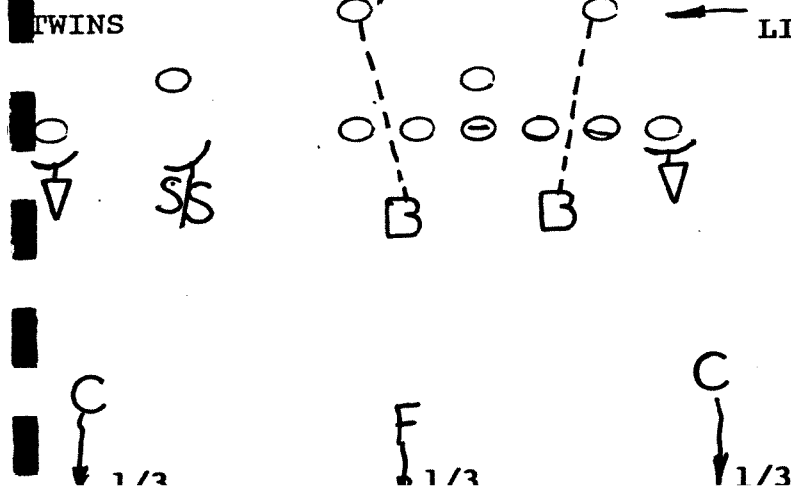
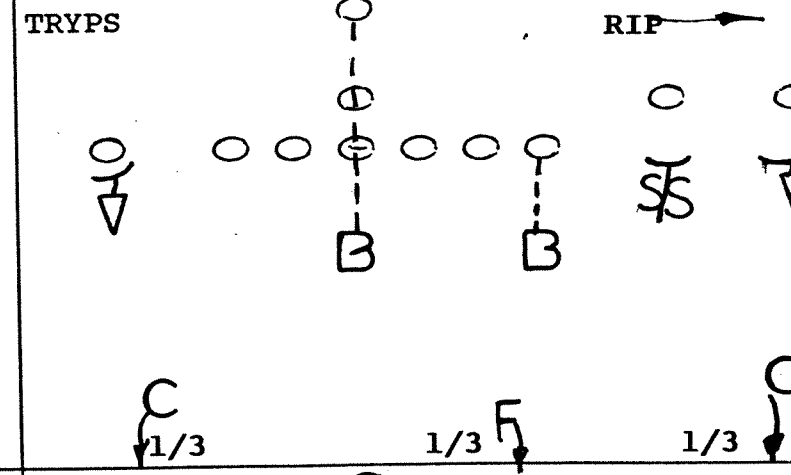
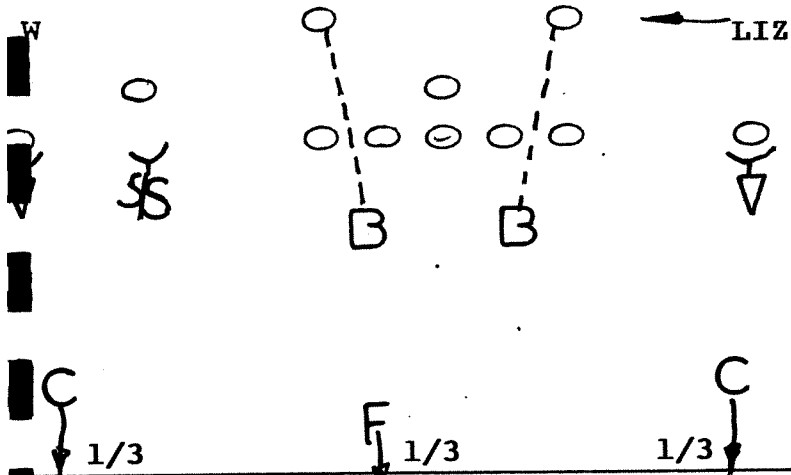
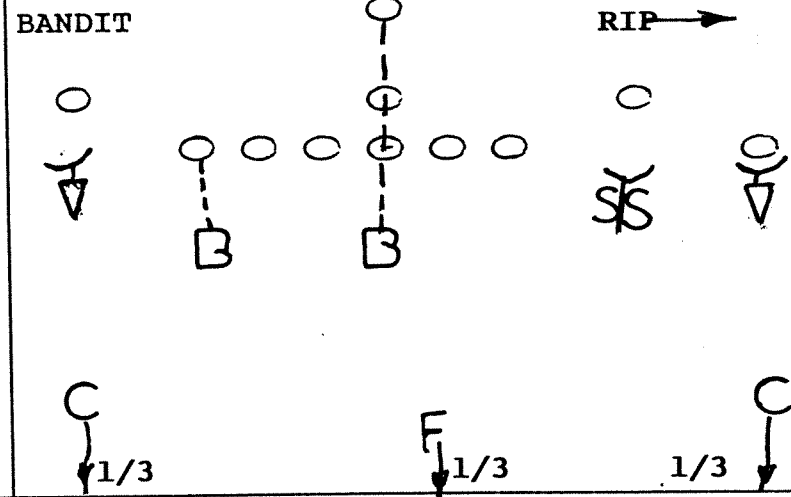
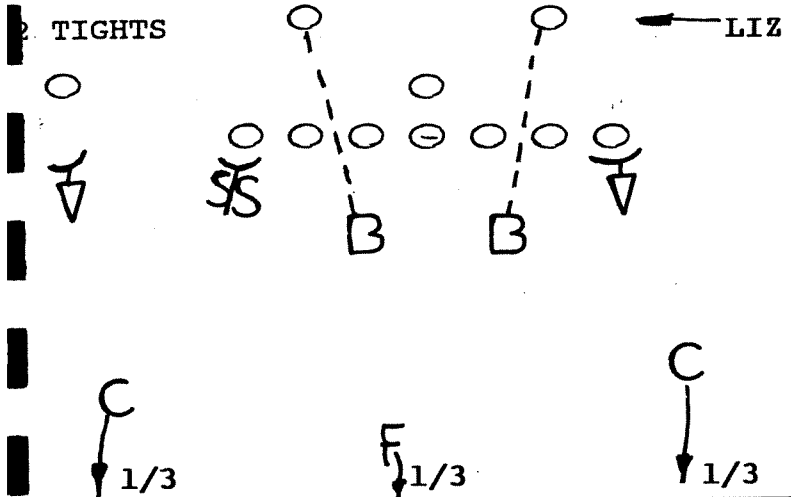
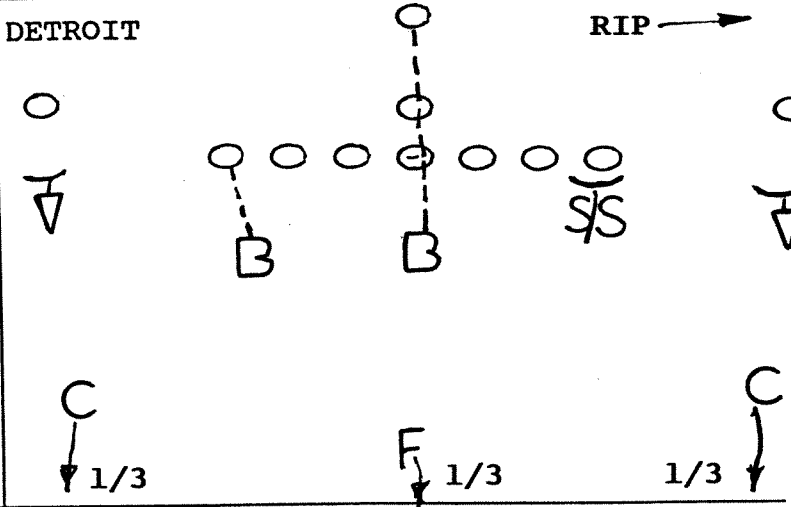
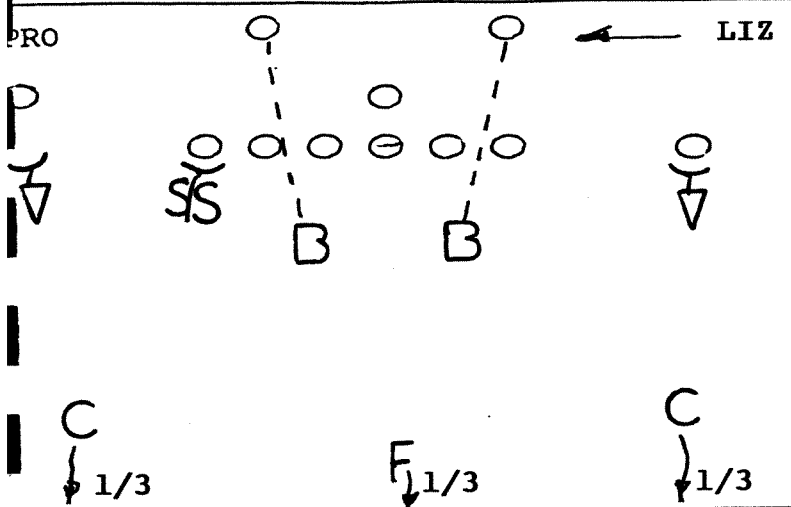


COVER QUARTER "3-5 CAT"



ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>LJ</u> Outside #1 5 yards deep	#1	Man to Man on #1 - "Bounce Technique"
<u>LH</u> Outside #1 12 yards deep	Lane of ball to #1.	Deep outside 1/3. * You have Contain vs. all Lane 1 Runs
<u>SS</u> Outside #2 5 yards deep	#2	Man to Man on #2 - "Bounce Technique"
<u>S</u> In middle of field 15 yards deep	Eyes of QB	Deep middle 1/3.
<u>RH</u> Outside #1 12 yards deep	Lane of ball to #1.	Deep outside 1/3. * You have Contain vs. all Lane 1 Runs
<u>RJ</u> Outside #1 5 yards deep	#1	Man to Man on #1 - "Bounce Technique"
<u>LB</u> B Gap 8 yards deep	QB to #3 Strong	Man to Man on #3. * Do not get beat inside.
<u>LB</u> B Gap 8 yards deep	QB to #2 Weak	Man to Man on #2. * Do not get beat inside.







COVER QUARTER "3-5 VICTORY"

DESCRIPTION: 6 DB's - 3 Man Rush - 4 Under Man -  
3 Deep Zone with "Super Safety"

STRENGTHS: 1. Prevent the Touchdown.

WEAKNESSES: 1. Do not allow deep inside cuts.

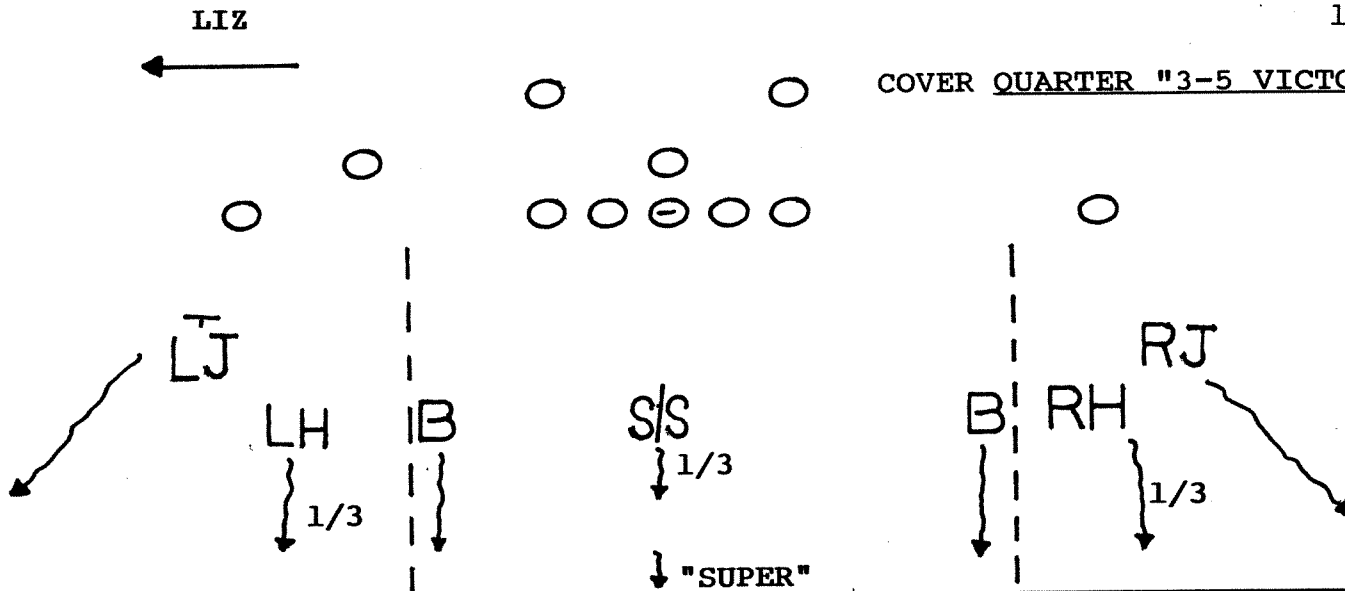
COORDINATION: Substitution Defense - Played with under  
1-minute to go in game to prevent TD.

ADJUSTMENTS:

1. SS moves to middle 1/3.
2. S moves to Super Safety.
3. LB aligns on Hash marks  
15 - 20 yards deep



COVER QUARTER "3-5 VICTORY"



ALIGNMENT	KEY	PASS RESPONSIBILITY
<u>LJ</u> Outside #1 10 yards deep	#1	Void Responsibility - "Float Technique"
<u>LH</u> Inside #1 20 yards deep	Eyes of QB to #1	Deep outside 1/3.
<u>SS</u> Middle of field 20 yards deep	Eyes of QB	Deep middle 1/3.
<u>S</u> Middle of field 30 yards deep	Eyes of QB	Super Middle 1/3. Deeper than everything.
<u>RH</u> Inside #1 20 yards deep	Eyes of QB to #1	Deep outside 1/3.
<u>RJ</u> Outside #1 10 yards deep	#1	Void Responsibility - "Flat Technique"
<u>LB</u> On Hash 10 yards deep	QB eyes to #3 Strong	Seam
<u>LB</u> On Hash 10 yards deep	QB eyes to #2 Weak	Seam



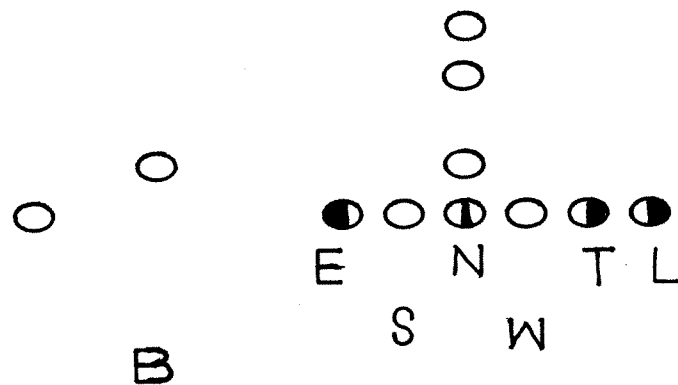
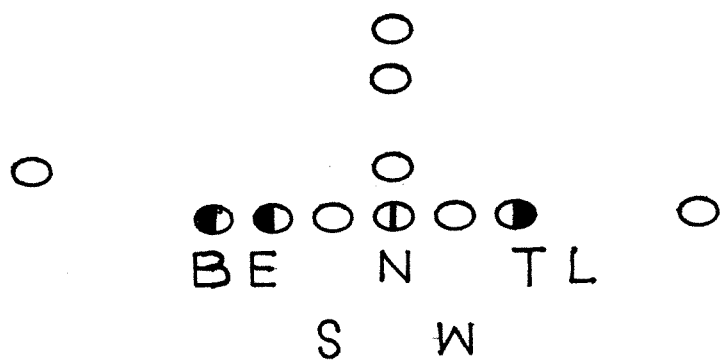






SECTION VII  
BUCKEYE DEFENSES  
DEFENSIVE FRONTS





BUCK: 6 - 9 - 90

END: 5

NOSE: 0

TACKLE: 5

LEO: 9

SAM: 30

WILL: 30

SECONDARY COVERAGES:

PRO: 2 - 4 - 5 - 7

1. LB Directional Call:
  - a. Field: To Field.
  - b. Strong: To Free Safeties Call.
2. FSL Slam.
3. One Back Set:
  - a. Backer adjust
  - b. 3 Deep Invert
4. Toy or Tex Motion - LB adjust.
5. Change of strength Motion is handled by Secondary.
6. Stanford set Check 3.
7. One Back with TE Flanker into Check Tab or 3 Deep Invert.
8. To shorten huddle call the term Field will be assumed.





## FIELD/STRONG SLANT

B: 6 - 9  
 E: 5  
 N: 1 SKIN  
 T: 4I SLANT  
 L: 6I FIRE  
 S: 30 B  
 W: 30 C-D

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Will has primary Contain on Play Action or Sprint Pass his way.
2. Leo has Contain vs Dropback Pass and Sprint Away.

## FIELD/STRONG DOUBLE PINCH

B: 6 FIRE  
 E: 4 PINCH  
 N: 0 BLAST  
 T: 4 PINCH  
 L: 6 FIRE  
 S: 30 C-D  
 W: 30 C-D

## COVERAGES:

PRO: 2 SKY - RED

1. Good vs. Full house backfield.

## FIELD/STRONG TIGER

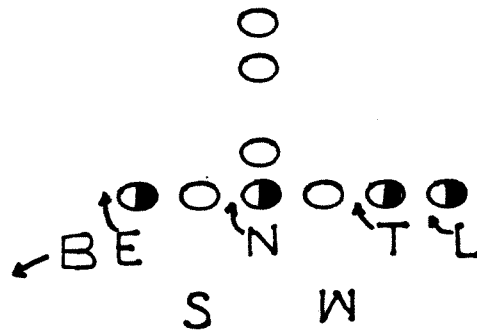
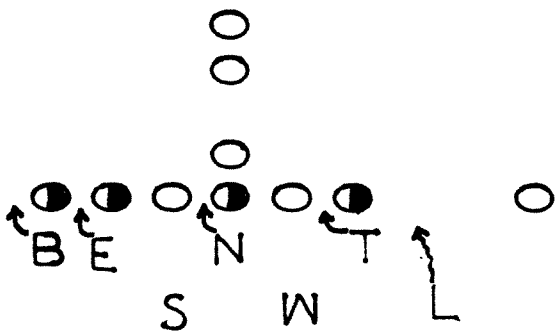
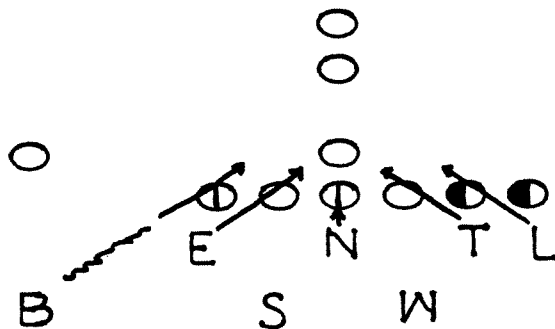
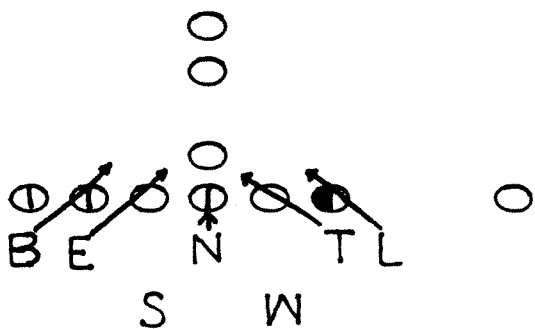
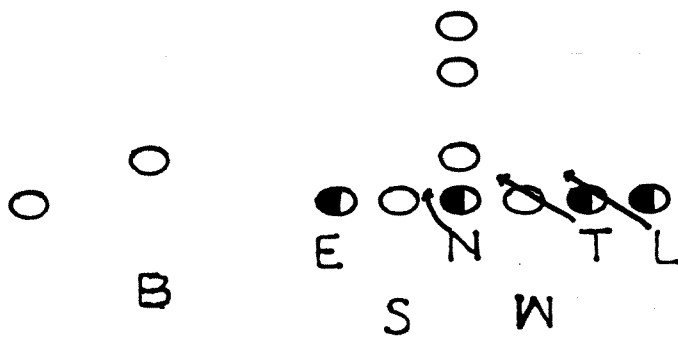
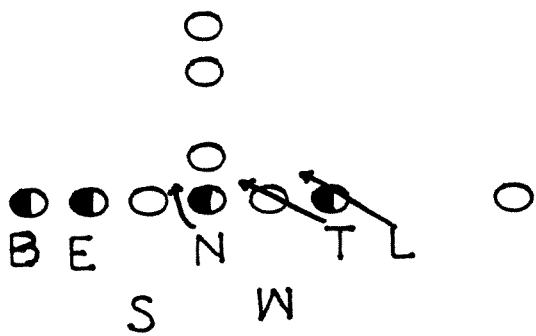
B: 6  
 E: 4I SKIN OUT  
 N: 1 SKIN  
 T: 5 SKIN IN  
 L: 60  
 S: 30 B  
 W: 30 C-D

## COVERAGES:

PRO: 2 - 4 - 5 - 7

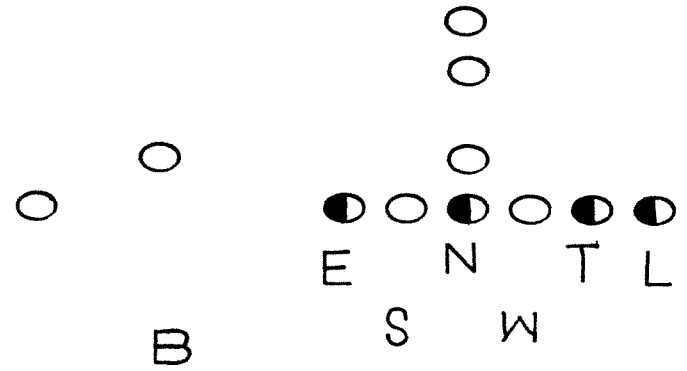
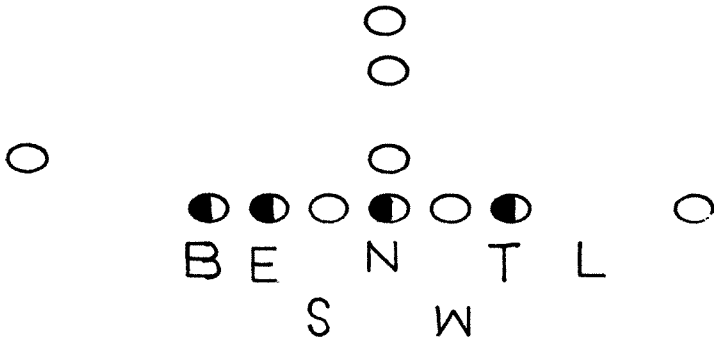
1. Leo align as if you are a Drop player - Independent movement.





U  
L  
B  
R  
A  
R  
Y  
I  
N  
F  
O  
R  
M  
A  
T  
I  
O  
N  
S  
E  
R  
V  
I  
C  
E  
S

FIELD/STRONG SHADE



BUCK: 9 - 90

END: 5

NOSE: 1

TACKLE: 4I

LEO: 6I

SAM: 30

WILL: 10

SECONDARY COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Same adjustments as in Base.

8

FIELD/STRONG SHADE BUCK

B: 9 - 90

E: 5 "IN"

N: 1

T: 4I

L: 6

S: 30 MAN

W: 10 MAN

COVERAGES:

PRO: RED, 2 SKY

B:

E:

N:

T:

L:

S:

W:

COVERAGES:

PRO:

B:

E:

N:

T:

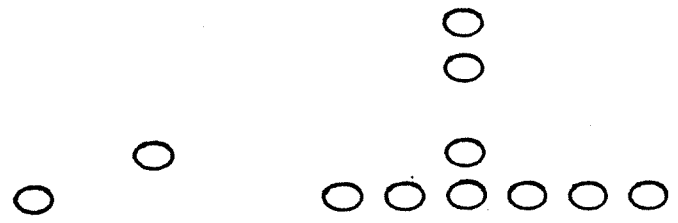
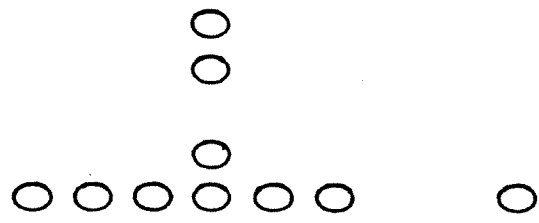
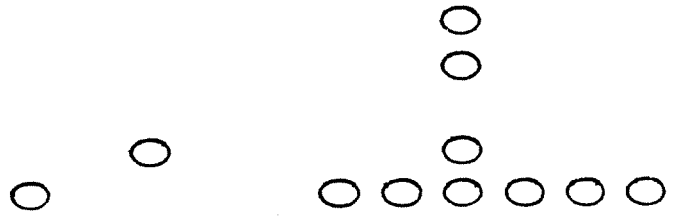
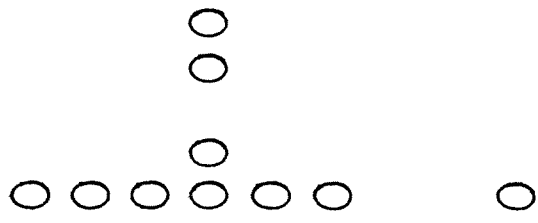
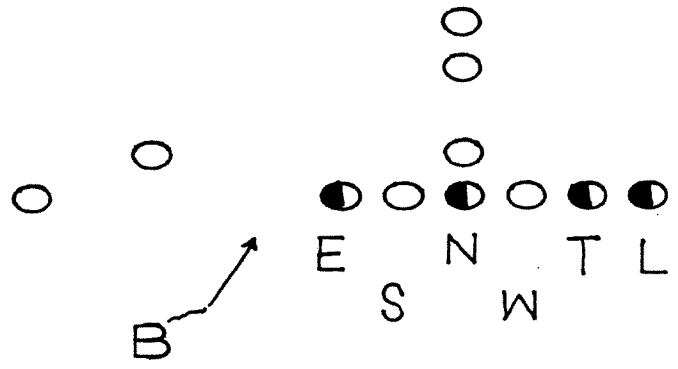
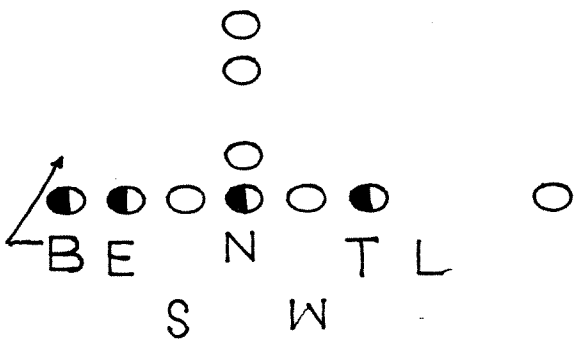
L:

S:

W:

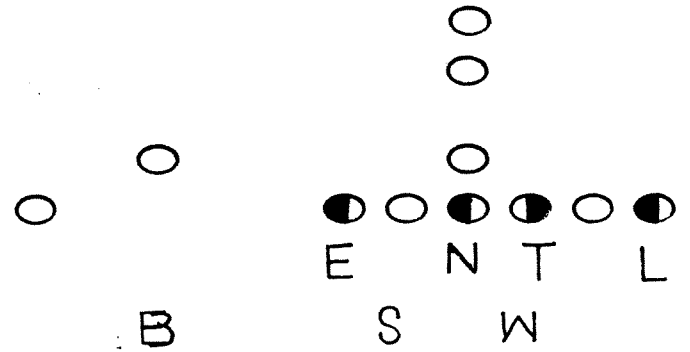
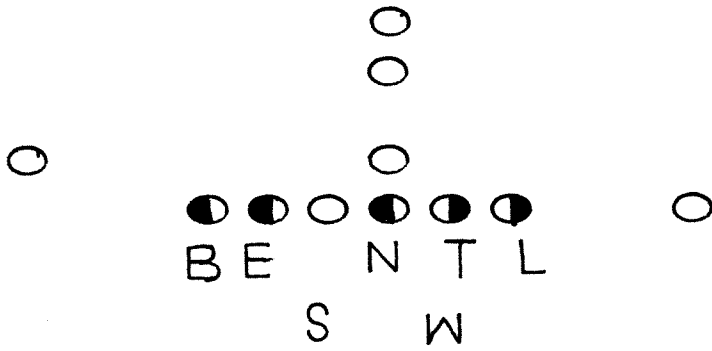
COVERAGES:

PRO:





FIELD/STRONG EAGLE



BUCK: 6 - 9 - 90

END: 5

NOSE: 1

TACKLE: 3

LEO: 5 - 6I

SAM: 30 B

WILL: 10 A-D

SECONDARY COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Same adjustments as Base.

## FIELD/STRONG EAGLE STAY

B: 6 - 9

E: 5

N: 1 STAY

T: 3 STAY

L: 5 - 6I

S: 30 B

W: 10 A

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Same as Eagle except vs Guard pull inside.

Nose plays heavy on Center and Tackle folds behind.

2. Key stances.

## FIELD/STRONG EAGLE ED

B: 6

E: 5 ED

N: 1

T: 3

L: 5 - 6I

S: 30 C

W: 10 A

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Sam LB can check Ed for B Gap split control.

2. Can run with all field fronts except Over.

3. No TE; no Ed.

4. End use Slant Technique.

## FIELD/STRONG EAGLE ECHO

B: 6

E: 4 ECHO

N: 1

T: 3

L: 5 - 6I

S: 30 C

W: 10 A

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Same rules as Ed.
2. End plays a 2 Gap Technique.
3. Insure B Gap first.





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FIELD/STRONG EAGLE MICKEY

B: 9 - 90 Blitz Peel

E: 5

N: 1 NAIL

T: 3I

L: 5 - 6 PEEL (2ND BACK)

S: 30 PLUG A

W: 30 PLUG STRONG B

COVERAGES:

PRO: GOLD

1. End must get 3 (three) yards penetration.
2. Free Safety has all one back adjustments.
3. Buck:  
2 Backs - 3 Strong  
1 Back -- Peel on Remaining Back  
0 Back -- 3 Strong
4. Can also run from a "Tight" call.

FIELD/STRONG EAGLE QUICK

B: 6 - 9

E: 5

N: 1

T: 3 WIDE

L: 6I QUICK

S: 30 B

W: 10 A

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Leo will not wrong arm any kick out blocks.
2. Tackle plays a Wide 3.

FIELD/STRONG EAGLE LEO

B: 6 - 9

E: 5

N: 1

T: 3 LOOP

L: 5 - 6I LOOP

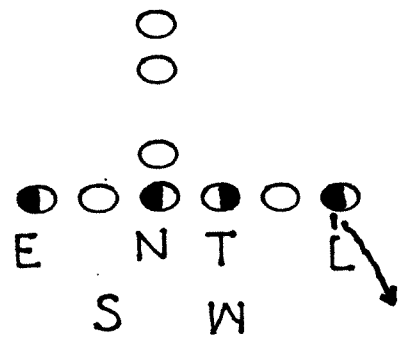
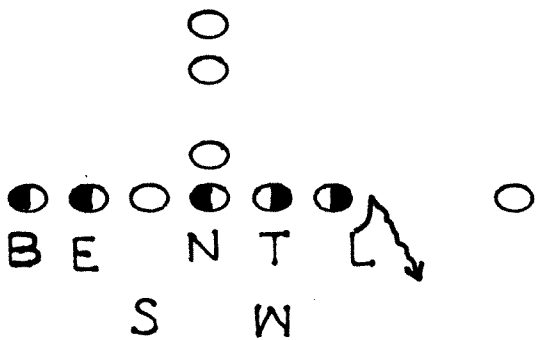
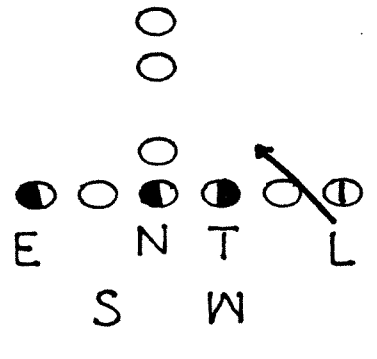
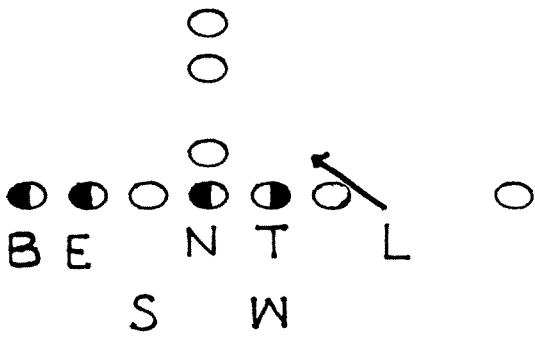
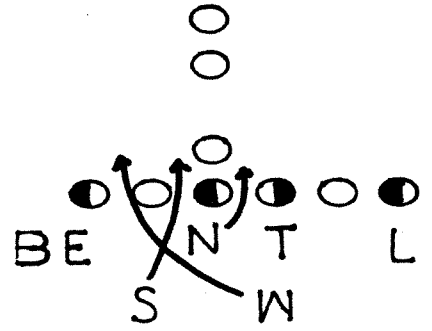
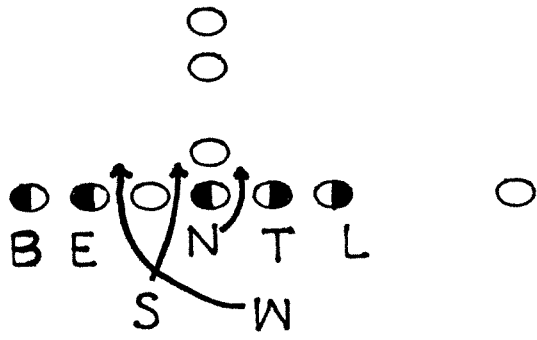
S: 30 B

W: 10 A

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Leo will play Base Technique vs. all runs.
2. Leo's Drop will depend on game plan.



FIELD/STRONG EAGLE WILL

B: 6 - 9

E: 5

N: 1

T: 3

L: 5 - 6I

S: 30 B

W: 30 A PLUG

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Will LB runs a Plug Stunt through his gap.
2. Leo must hold up TE and protect for Hot Pass.
3. Leo does not wrong arm kick out block.
4. Nose and Tackle Technique will depend on game plan for Skin or Pull.

FIELD/STRONG EAGLE WILL NOSE

B: 6 - 9

E: 5

N: 1 DROP

T: 3

L: 5 - 6I

S: 30 B

W: 30 A PLUG

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Game plan Nose responsibility.

FIELD/STRONG EAGLE TRADE

B: 6 - 9

E: 5

N: 1

T: 3

L: 5 - 6I DROP

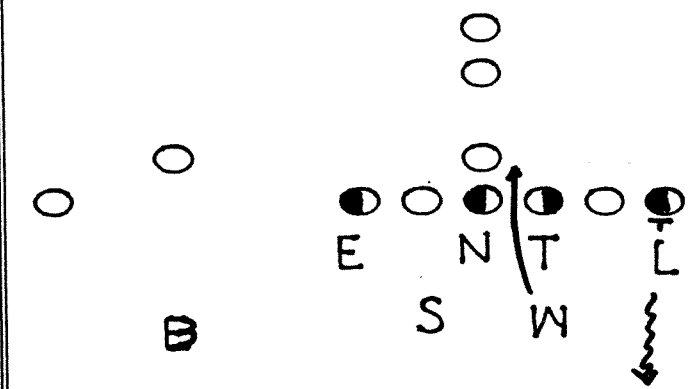
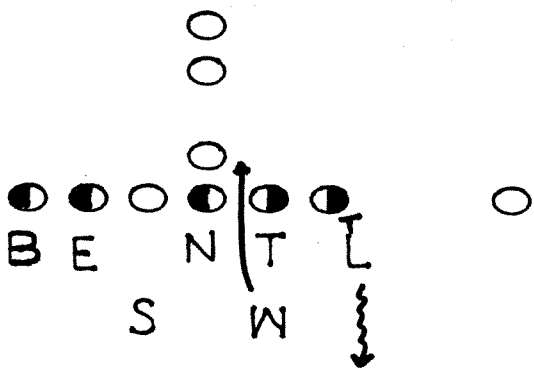
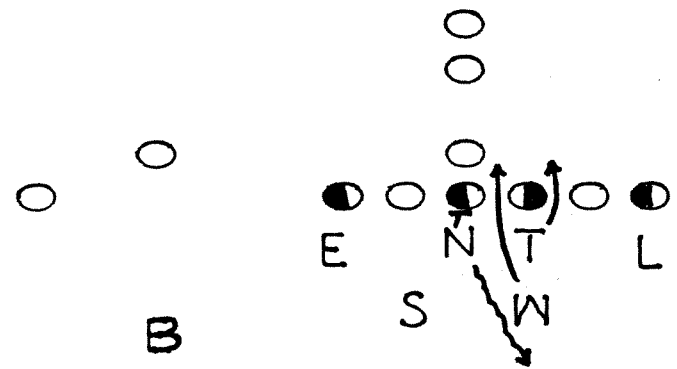
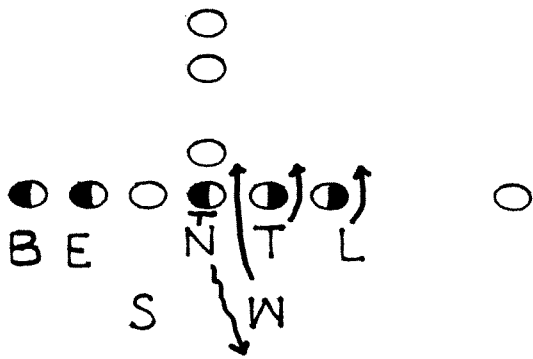
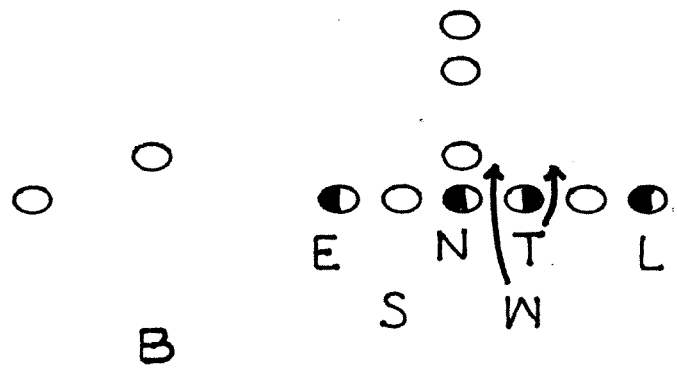
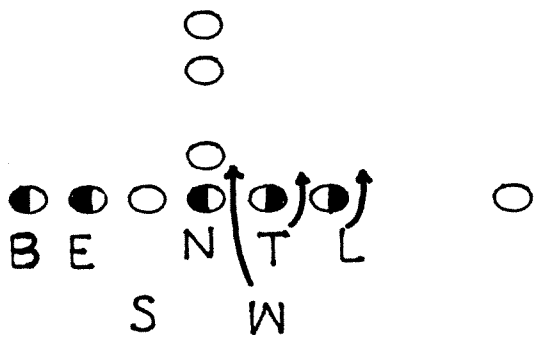
S: 30 B

W: 10 A PLUG

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Game plan Leo's responsibility.
2. Can also run a Crash Stunt.



18

FIELD/STRONG EAGLE COWBOY

B: 9 - 90

E: 5

N: 1

T: 3 SKIN OUT

L: 5 LOOP - 6 FIRE

S: 30

W: 10 PLUG

COVERAGES:

PRO: 4 - 5 - 7

1. Run vs all two back sets. Omaha the Bench Corner vs all one back sets.
2. Omaha Bench Corner vs all Stanford Formations.
3. Leo run Fire Technique vs TE.

FIELD/STRONG EAGLE BINGO

B: 6 BEAR

E: 5 SLANT

N: 1 SKIN AWAY

T: 3 LOOP

L: 5 LOOP - 6I DROP

S: 30 D SCRAPE

W: 30

COVERAGES:

PRO: 3

FIELD/STRONG EAGLE QB

B: 6 - 9

E: 5 QB

N: 1

T: 3

L: 5 - 6I

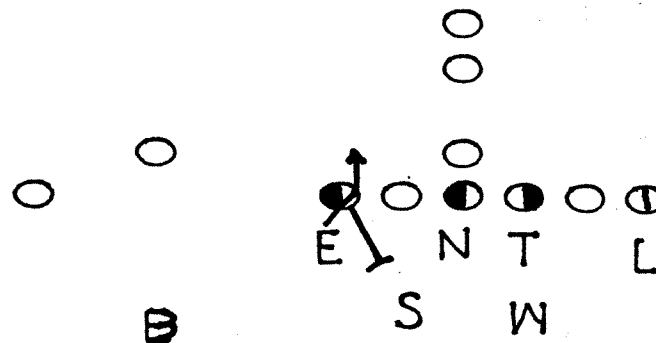
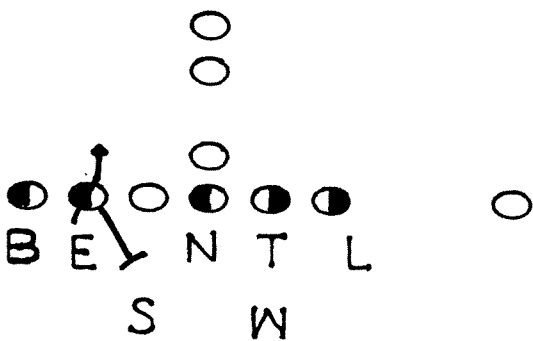
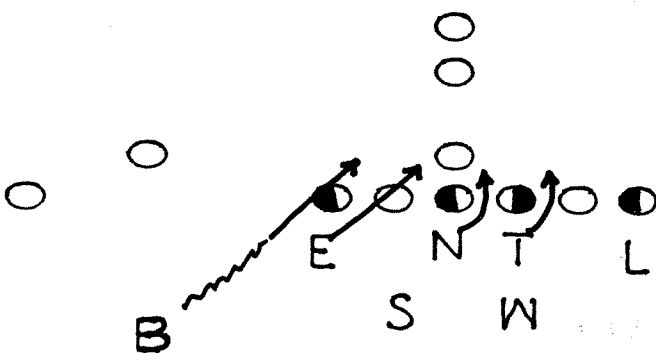
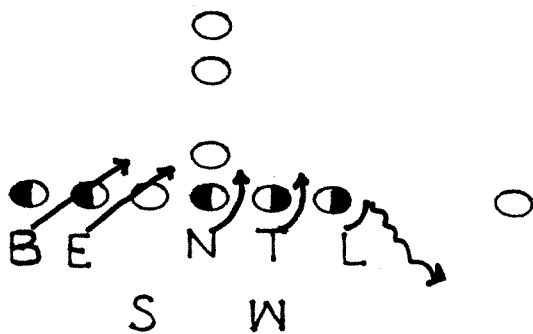
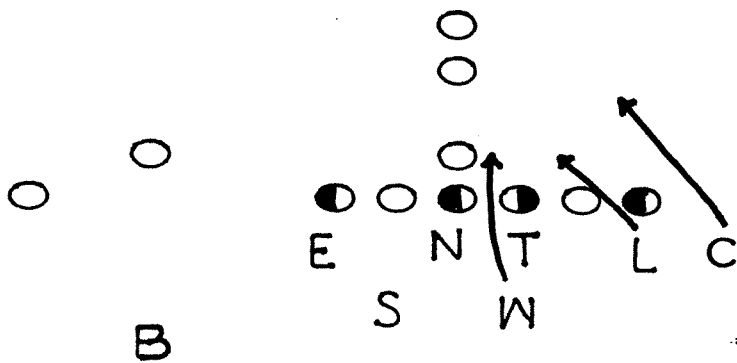
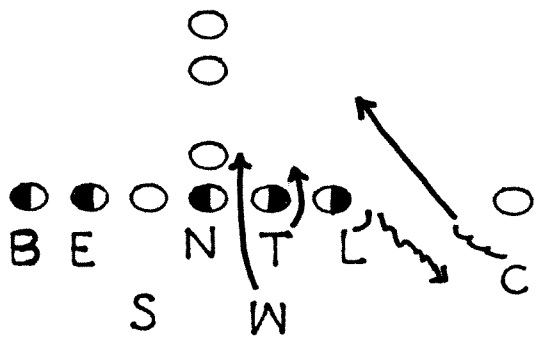
S: 30 B

W: 10 A

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. End has QB on Veer Block, Sam LB has Dive.
2. Rush call is automatic QB for End.



FIELD/STRONG EAGLE CUT

B: 6 - 9  
E: 5  
N: 1 SKIN  
T: 3  
L: 5 - 6I  
S: 30 B  
W: 10 A

COVERAGES:

PRO: 2 - 4 - 5 - 7

FIELD/STRONG EAGLE GAP

B: 6 - 9  
E: 5  
N: 1 GAP  
T: 3  
L: 5 - 6I  
S: 30 B  
W: 10 A

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Nose stem late to Gap.

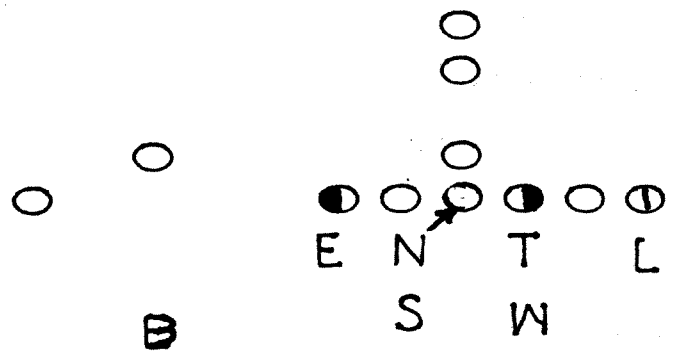
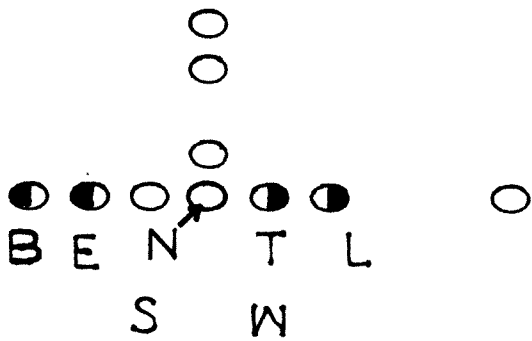
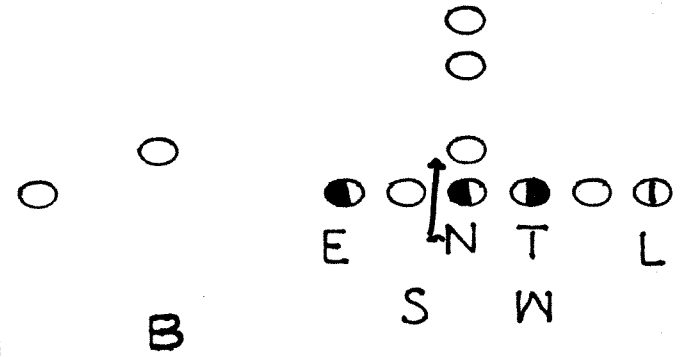
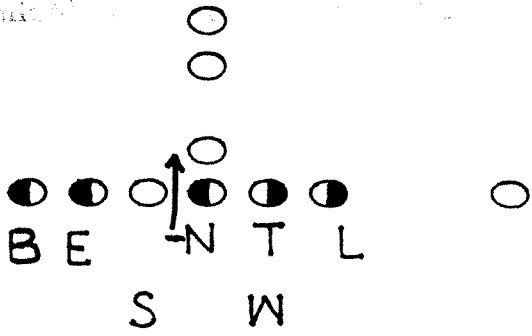
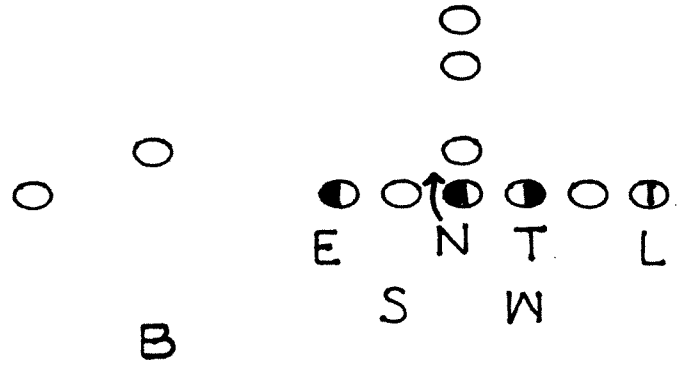
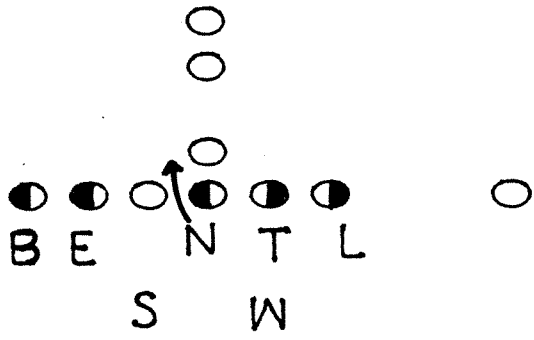
FIELD/STRONG EAGLE DRIVE

B: 6 - 9  
E: 5  
N: 2I DRIVE  
T: 3  
L: 5 - 6I  
S: 30 B  
W: 10 A

COVERAGES:

PRO: 2 - 4 - 5 - 7





## FIELD/STRONG EAGLE TEX

B: 6 - 9

E: 5

N: 1 TEX

T: 3 SKIN IN

L: 5 - 6 FIRE

S: 30 B

W: 30 B

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Nose and Tackle use Jet Technique.

## FIELD/STRONG EAGLE TEX RUSH

B: 6 - 9

E: 5

N: 1 TEX

T: 3 TEX

L: 5 - 6 FIRE

S: 30 B

W: 30 B

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Nose uses a Flash Technique.
2. Tackle uses a Pull Technique.

## FIELD/STRONG EAGLE TANGO

B: 6 - 9

E: 5

N: 1 TANGO

T: 2 SKIN IN

L: 5 - 6I KNIFE

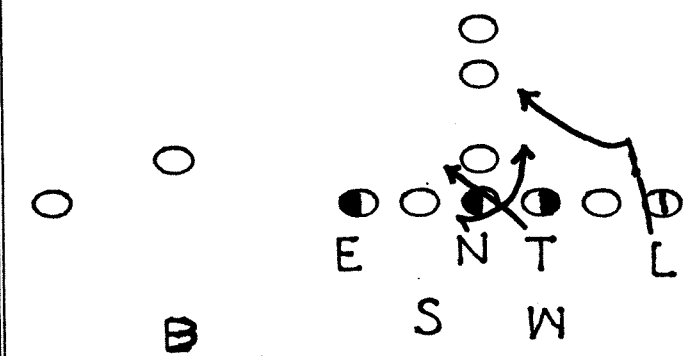
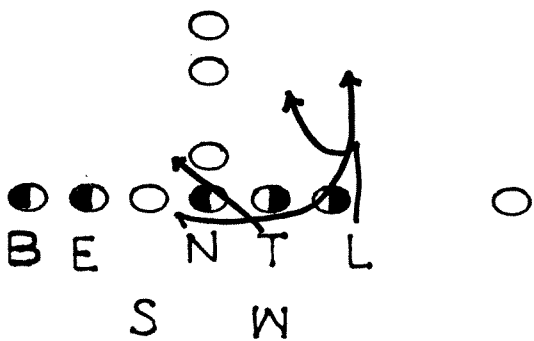
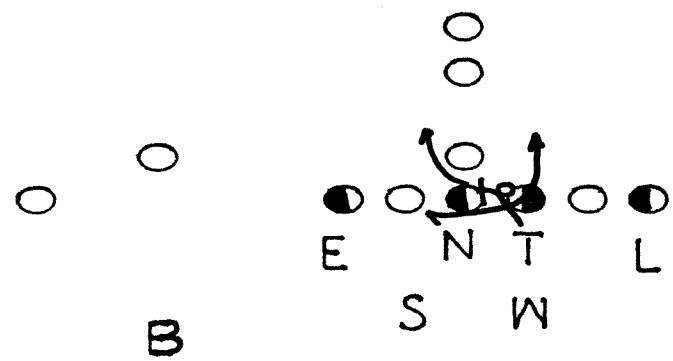
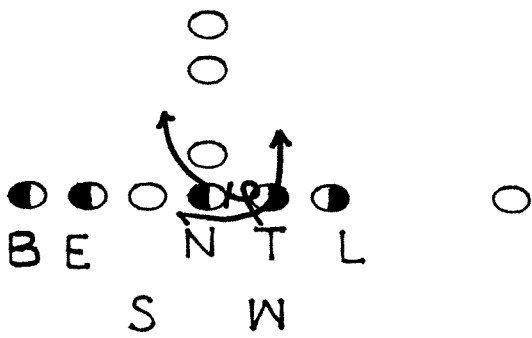
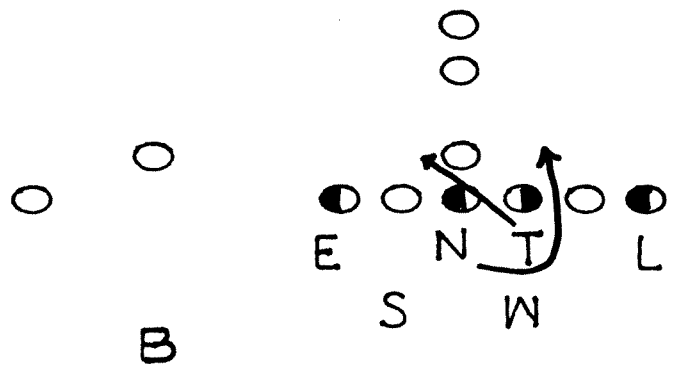
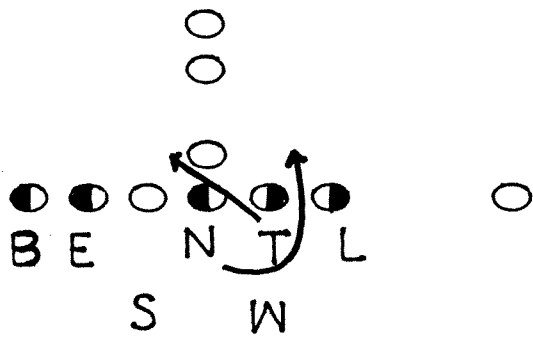
S: 30 B

W: 30

## COVERAGES:

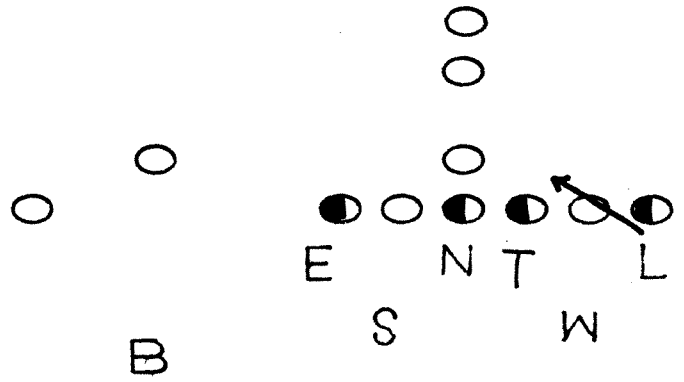
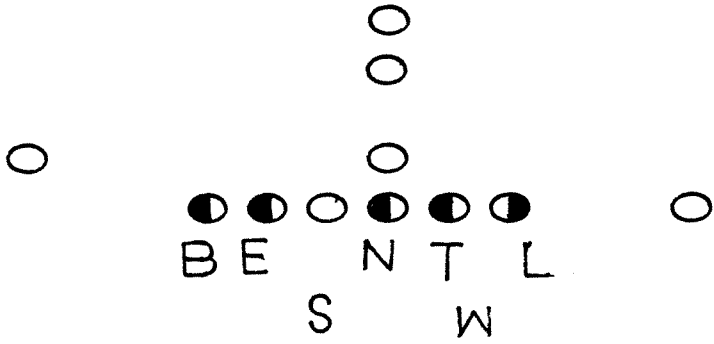
PRO: 2 - 4 - 5 - 7

1. Leo Reads out vs Reach block.





FIELD/STRONG EAGLE T



BUCK: 6 - 9

END: 5

NOSE: 1

TACKLE: 2I

LEO: 5 - 6 FIRE

SAM: 30 B

WILL: 30 B

SECONDARY COVERAGES:

PRO: 2 - 4 - 5 - 7

## FIELD/STRONG EAGLE T SKIN

B: 6 - 9

E: 5

N: 1 SKIN

T: 3 SKIN IN

L: 5 - 6 FIRE

S: 30 B

W: 30 B

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Leo runs a Fire Stunt vs TE.

## FIELD/STRONG EAGLE T TWIST

B: 6 - 9

E: 5

N: 1 SKIN AWAY

T: 2 TWIST

L: 5 - 6 FIRE

S: 30 B

W: 30 B

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Leo runs a Fire Stunt vs TE.

2. Nose and Tackle use a Jet Technique.

## FIELD/STRONG EAGLE T TWIST RUSH

B: 6 - 9

E: 5

N: 1 TWIST

T: 2 TWIST

L: 5 - 6 FIRE

S: 30 B

W: 30 B

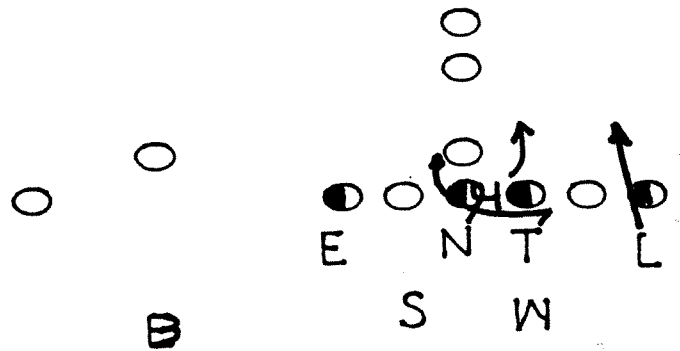
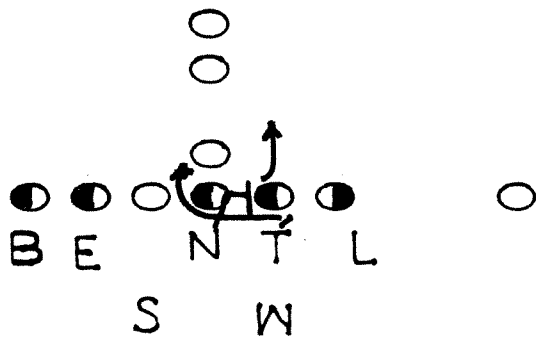
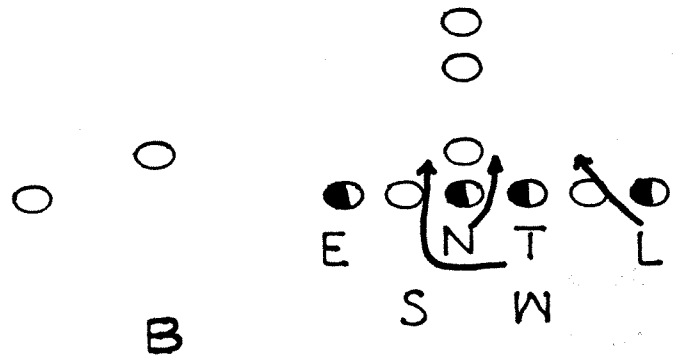
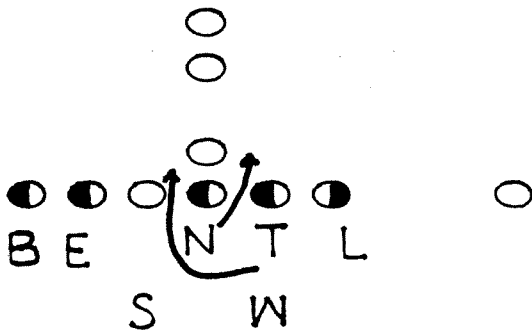
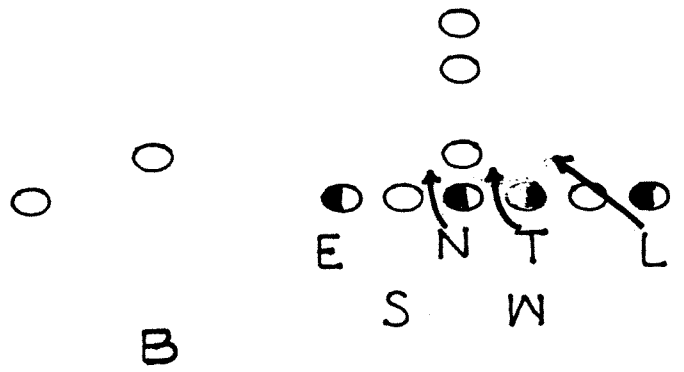
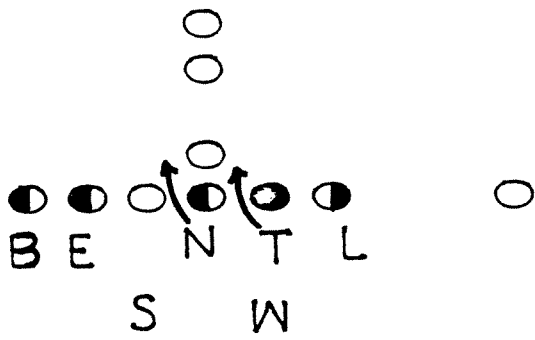
## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Nose uses a Pull Technique.

2. Tackle uses a Delay or Flash Technique.

3. Leo runs a Fire Stunt vs TE.



FIELD/STRONG EAGLE T FIRE

B: 6 - 9

E: 5

N: 1

T: 2

L: 6 FIRE

S: 30 B

W: 30 B

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Will LB stays under Tackle turn out.

FIELD/STRONG EAGLE T NOSE

B: 6 - 9

E: 5

N: 1 DROP

T: 2I

L: 5 - 6 FIRE

S: 30 B

W: 30 B

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Game plan Nose drop responsibility.
2. Nose plays regular Shade Technique vs run.

B:

E:

N:

T:

L:

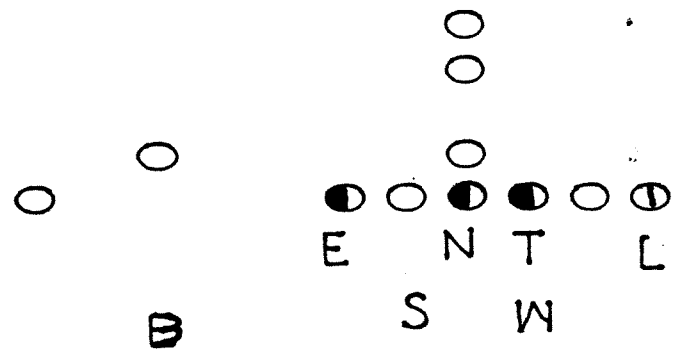
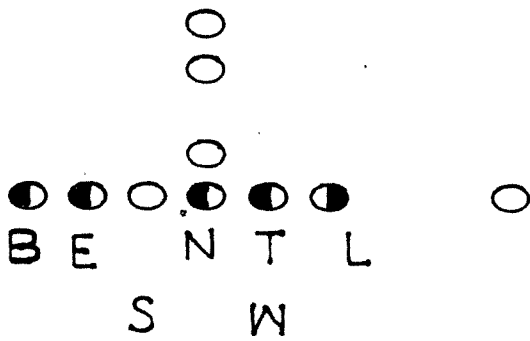
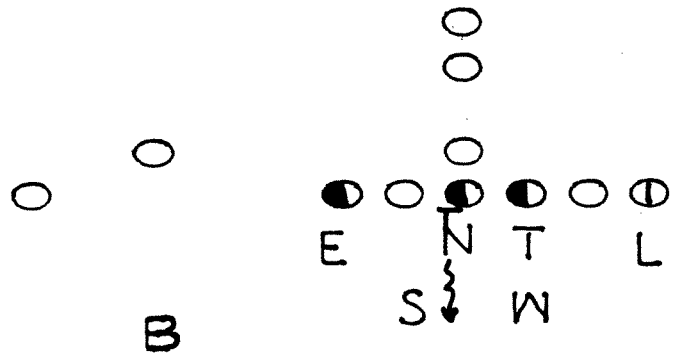
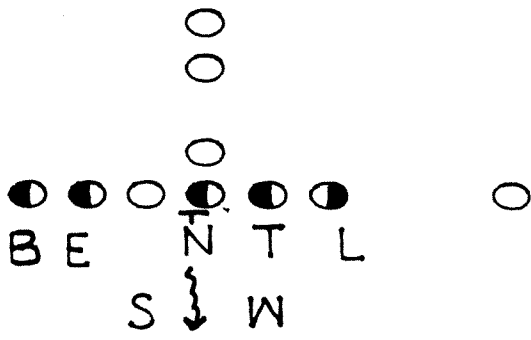
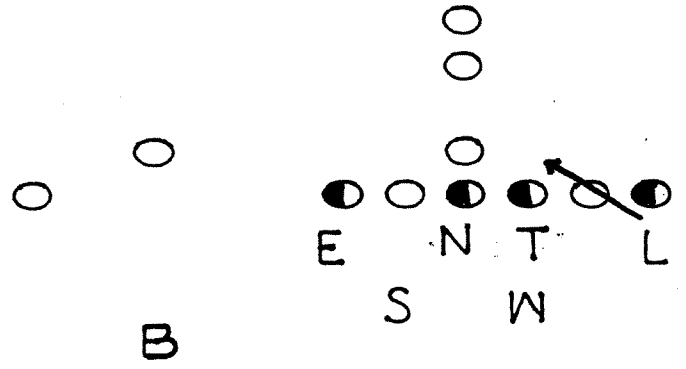
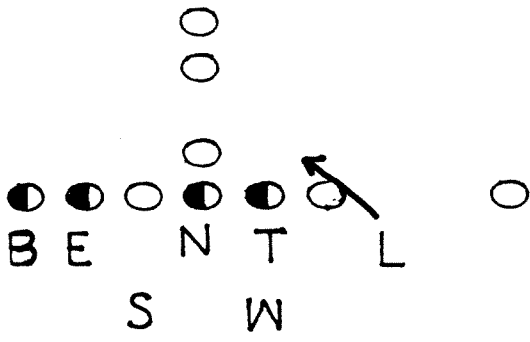
S:

W:

COVERAGES:

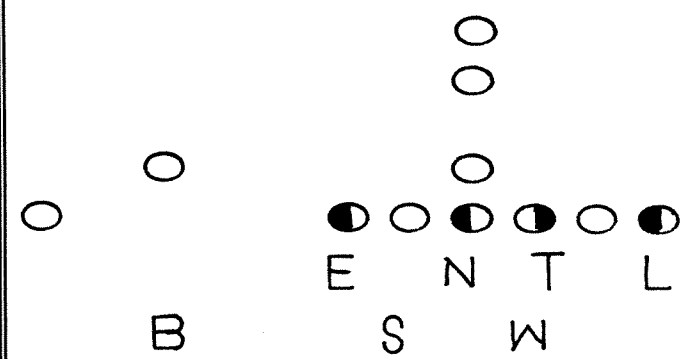
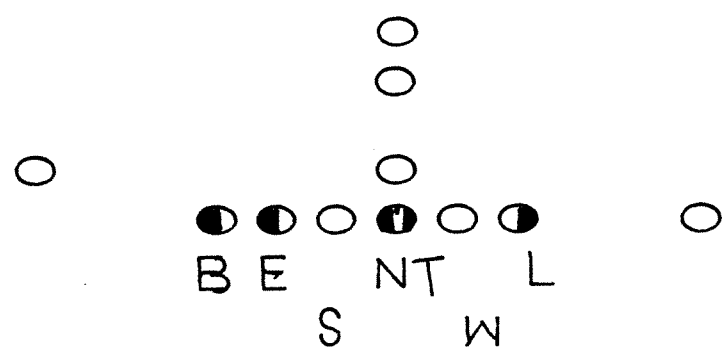
PRO:







FIELD/STRONG EAGLE TILT



BUCK: 6 - 9

END: 5

NOSE: 1

TACKLE: 1

LEO: 5 - 6 FIRE

SAM: 30 B

WILL: 30 B

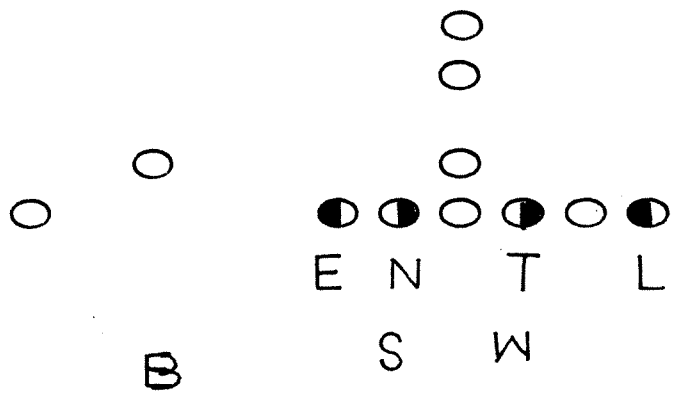
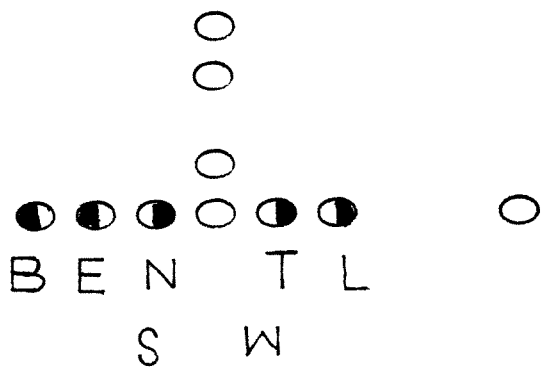
SECONDARY COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Tackle checks Eagle vs. TE to his side.
2. Nose and Tackle use a Tilt Technique.

Handwritten text or markings along the right edge of the page, possibly bleed-through from the reverse side.

FIELD/STRONG G



BUCK: 6 - 9

END: 5

NOSE: 2I

TACKLE: 3

LEO: 5 - 6I

SAM: 30 B

WILL: 30 A-D

SECONDARY COVERAGES:

PRO: 2 - 4 - 5 - 7

## FIELD/STRONG G SKIN

B: 6 - 9

E: 5

N: 3 SKIN IN

T: 2I SKIN OUT

L: 5 LOOP - 6I

S: 30 B

W: 10 A

## COVERAGES:

PRO: 2 - 4 - 5 - 7

## FIELD/STRONG G DRIVE

B: 6 - 9

E: 5

N: 1 DRIVE GUARD

T: 3

L: 5 - 6I

S: 30 B

W: 10 A

## COVERAGES:

PRO: 2 - 4 - 5 - 7

## FIELD/STRONG G SAM

B: 6 - 9

E: 5 LOOP

N: 2I

T: 3

L: 5 - 6I

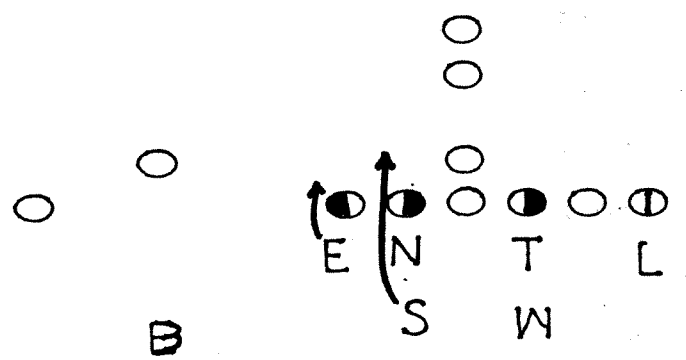
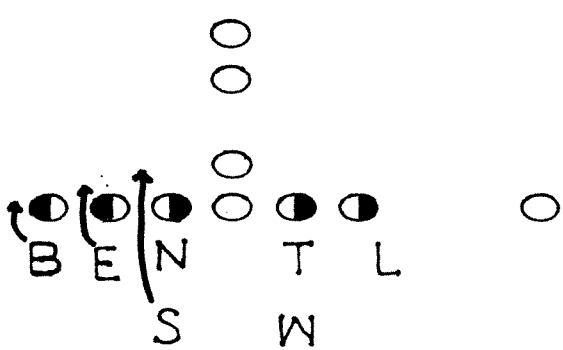
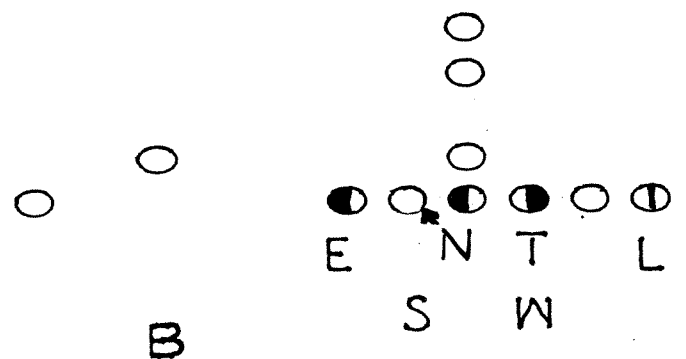
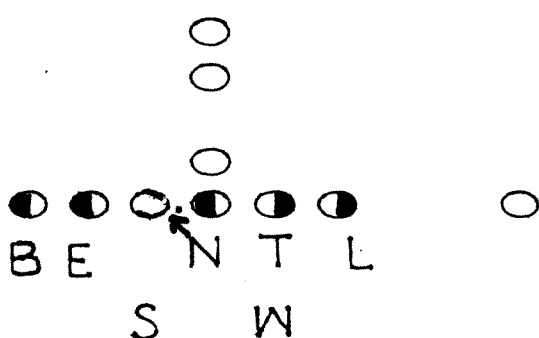
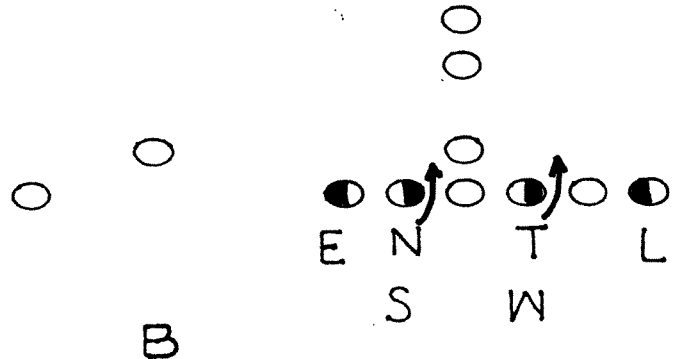
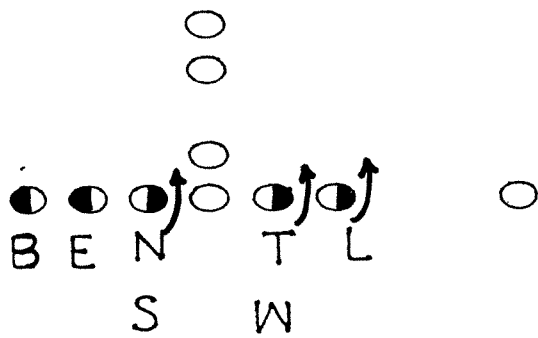
S: 30 B PLUG

W: 10 A

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Nose Technique will depend on game plan for Skin or Pull.
2. End has QB Technique.



## FIELD/STRONG G PIC JET

B: 6 - 9  
 E: 5  
 N: 2I  
 T: 3 PIC  
 L: 5 LANCE - 6I  
 S: 30 B  
 W: 10 A

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Omaha vs TE to Leo side.
2. Can run from all Tight fronts except T and Heavy.
3. Jet means no Pull or Delay.

## FIELD/STRONG G DOUBLE PIC JET

B: 6 - 9  
 E: 5 CROSS/PIC  
 N: 2I CROSS/PIC  
 T: 3 PIC  
 L: 5 LANCE/PIC  
 S: 30 B  
 W: 10 A

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Jet means no Pull or Delay.

## FIELD/STRONG G DOUBLE PIC

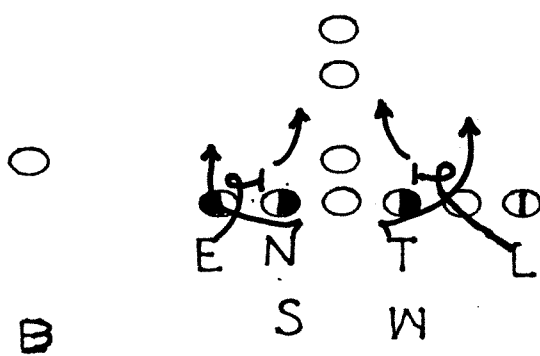
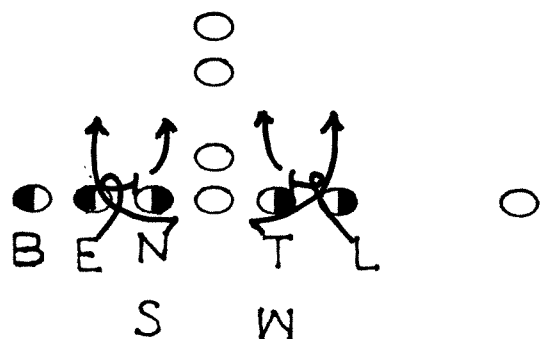
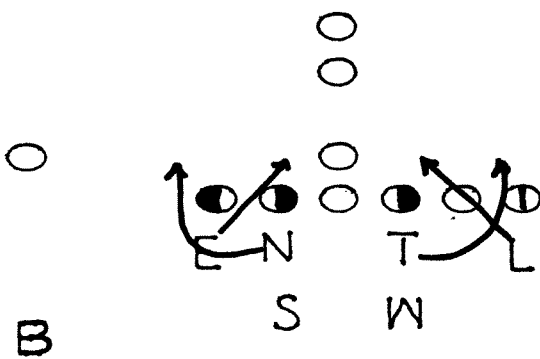
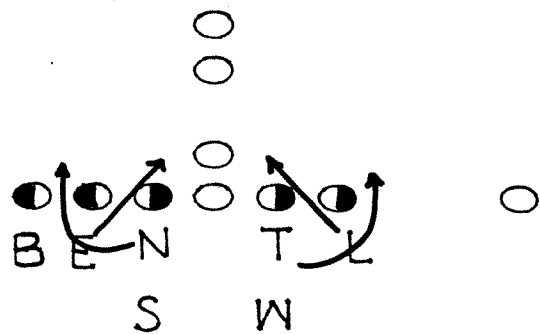
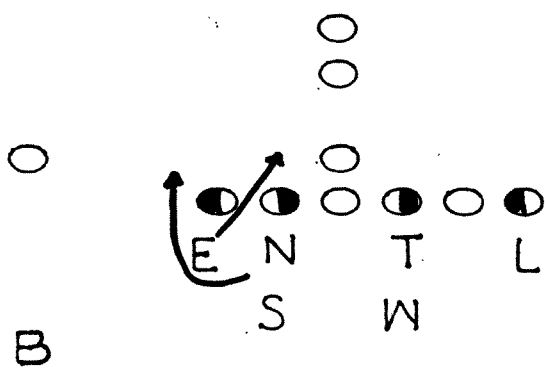
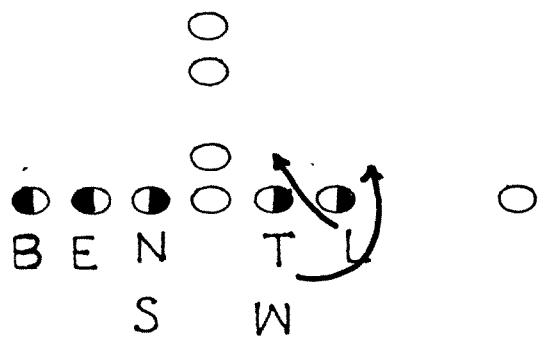
B: 6 - 9  
 E: 5 PIC  
 N: 2 PIC  
 T: 2 PIC  
 L: 5 PIC  
 S: 30 B  
 W: 10 A

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Omaha vs Run Stances.
2. Automatic Pull and Delay.





## FIELD/STRONG G POP

B: 6 - 9

E: 5

N: 2I

T: 3 POP

L: 5 - 6I POP

S: 30 B

W: 10 A

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Omaha vs Run Stances.
2. Automatic Pull and Delay.
3. Can also run with Tight Eagle.

## FIELD/STRONG G DOUBLE POP

B: 6 - 9

E: 5 POP

N: 2 POP

T: 3 POP

L: 5 - 6I POP

S: 30

W: 10 A

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Omaha vs Run Stances.
2. Automatic Pull and Delay.

## FIELD/STRONG G FLAME

B: 6 - 9

E: 5 PIC/POP

N: 2 PIC/POP

T: 3 PIC/POP

L: 5 - 6I PIC/POP

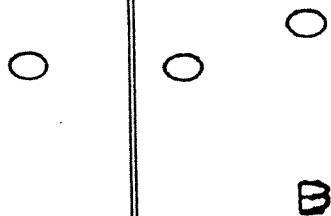
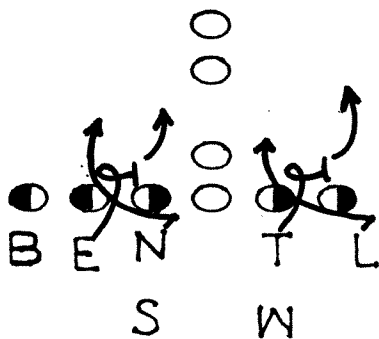
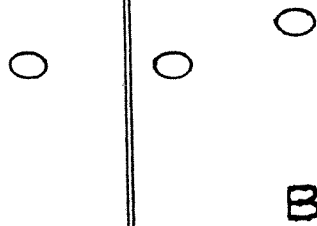
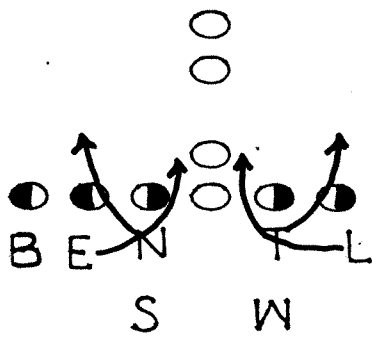
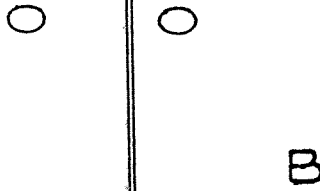
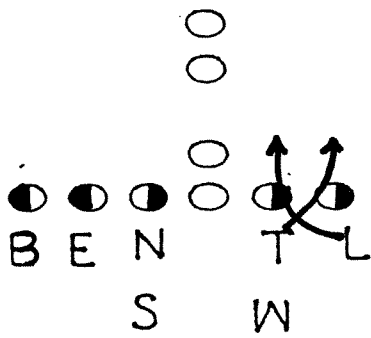
S: 30

W: 10 A

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Omaha vs Run Stances.
2. Hash call Pic to Field and Pop to Boundary.



## FIELD/STRONG G KNIFE

B: 6 - 9

E: 5

N: 2I

T: 3 KNIFE

L: 5 - 6I KNIFE

S: 30 B

W: 10 A

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Omaha vs Run Stance.
2. Tackle give a hard A Gap Fake. Read Out vs Run or Sprint Away.

## FIELD/STRONG G DOUBLE KNIFE

B: 6 - 9

E: 5 KNIFE

N: 2I KNIFE

T: 3 KNIFE

L: 5 - 6I KNIFE

S: 30 B

W: 10 A

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Omaha vs Run Stances.
2. Nose and Tackle give hard A Gap Fake. Read Out vs Run or Sprint Away.

## FIELD/STRONG G BULLETS

B: 9 - 90 BLITZ PEEL

E: 5

N: 2

T: 3

L: 5 - 6

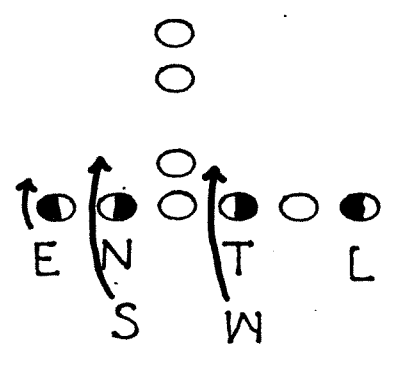
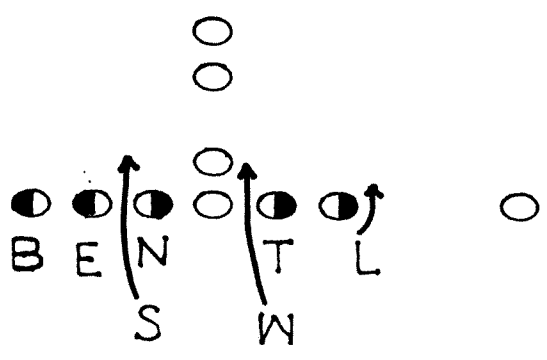
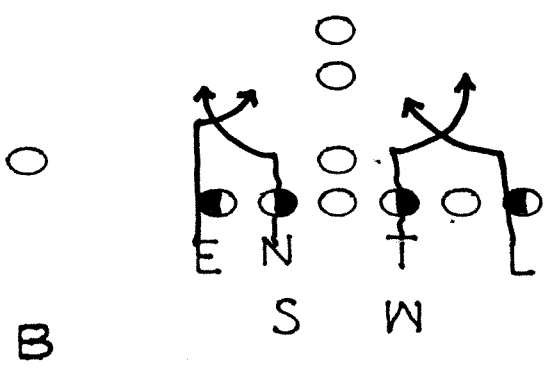
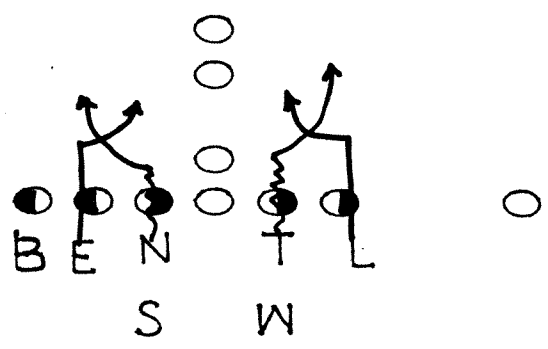
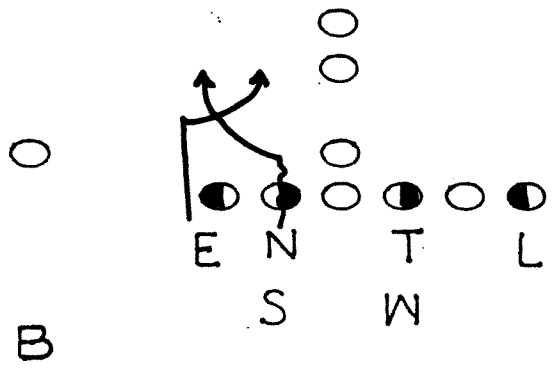
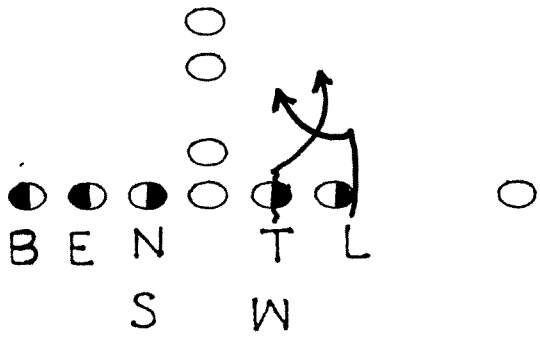
S: 30 PLUG B

W: 30 PLUG A

## COVERAGES:

PRO: GOLD

1. Same rules as Mickey.



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## FIELD/STRONG G T SKIN

B: 6 - 9

E: 5

N: 3 SKIN IN

T: 3 SKIN IN

L: 5 - 6 FIRE

S: 30 B

W: 30 B

## COVERAGES:

PRO: 2 - 4 - 5 - 7

## FIELD/STRONG G T TWIST

B: 6 - 9

E: 5

N: 2 TWIST

T: 2 TWIST

L: 5 - 6 FIRE

S: 30 B

W: 30 B

## COVERAGES:

PRO: 2 - 4 - 5 - 7

## FIELD/STRONG G T FIRE

B: 6 - 9

E: 5

N: 2I

T: 2I

L: 6 FIRE

S: 30 B

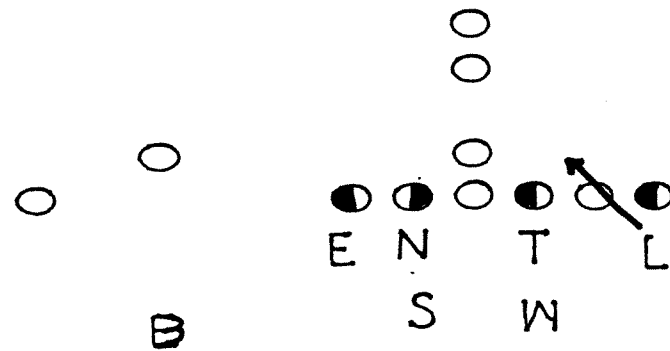
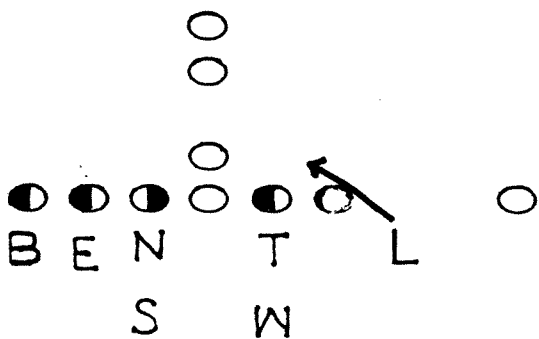
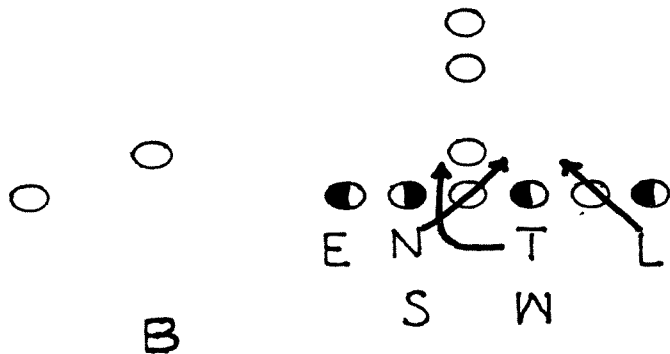
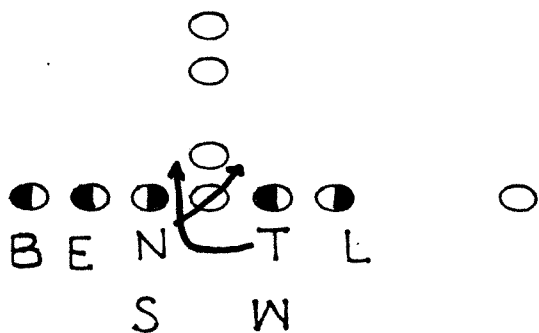
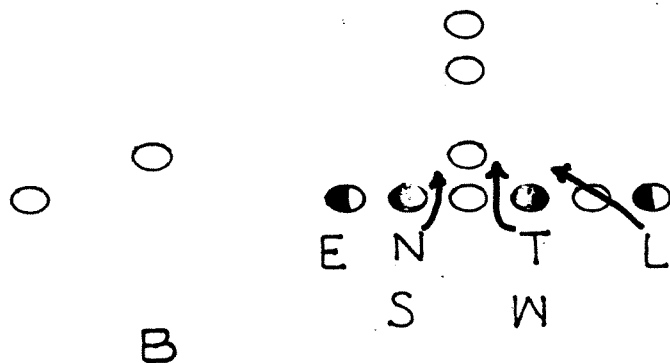
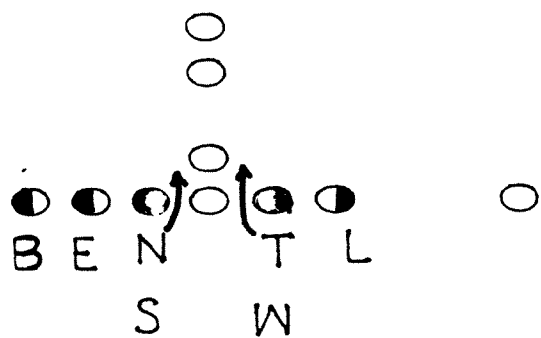
W: 30 B

## COVERAGES:

PRO: 2 - 4 - 5 - 7

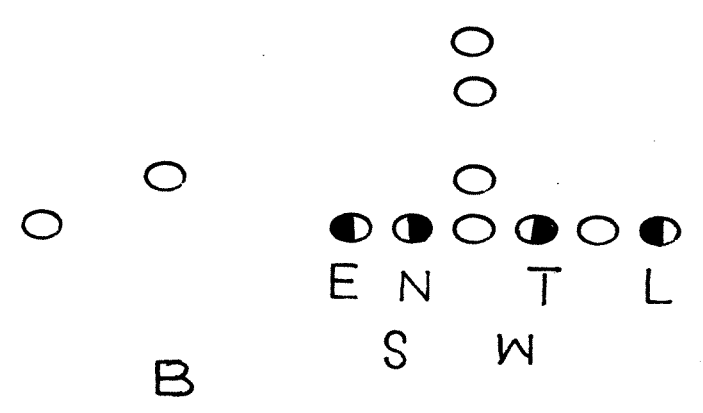
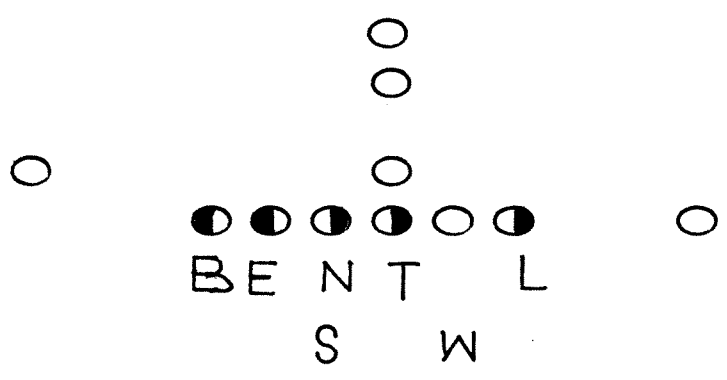
1. Omaha vs Run Stances.
2. Nose uses Pull Technique,  
Tackle uses Flash Technique.







FIELD/STRONG G TILT



BUCK: 6 - 9

END: 5

NOSE: 2I

TACKLE: 1

LEO: 5 - 6 FIRE

SAM: 30 B

WILL: 30 B

SECONDARY COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Tackle checks Eagle vs. TE to his side.

## FIELD/STRONG G TILT SKIN

B: 6 - 9

E: 5

N: 3 SKIN IN

T: 1 SKIN

L: 5 - 6 FIRE

S: 30 B

W: 30 B

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Tackle checks Eagle vs TE to his side.

## FIELD/STRONG G TILT TEX

B: 6 - 9

E: 5

N: 2I TEX

T: 1 TEX

L: 5 - 6 FIRE

S: 30 B

W: 30 B

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Tackle checks Eagle vs TE to his side.

## FIELD/STRONG G TILT TANK

B: 6 - 9

E: 5 KNIFE

N: 2I SKIN IN

T: 1 TANK

L: 5

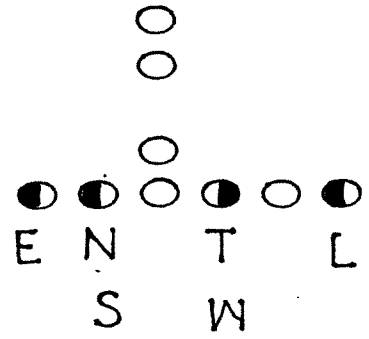
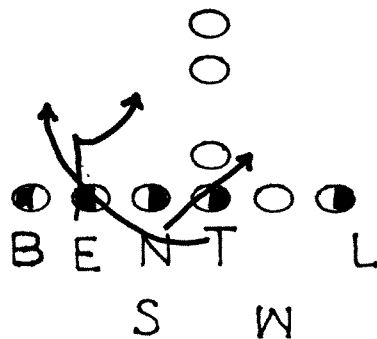
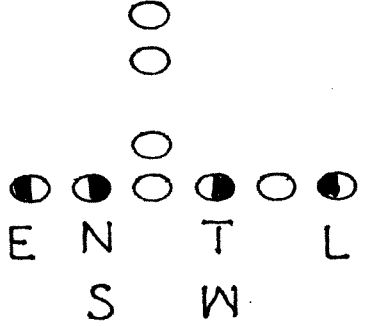
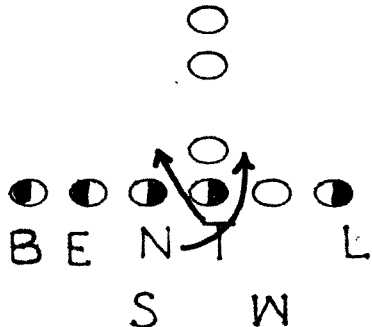
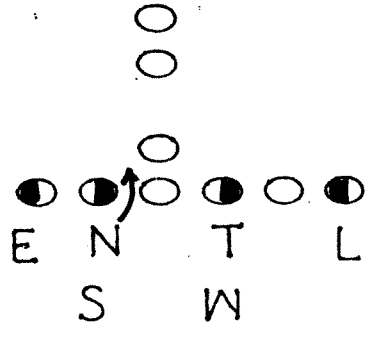
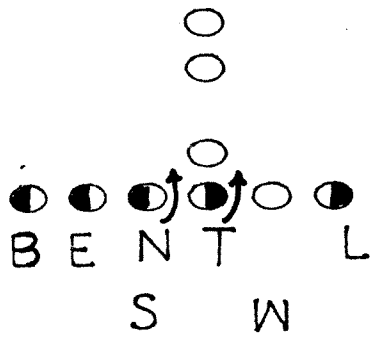
S: 30

W: 30 B

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Omaha vs TE to Leo side or Run Stances.
2. T checks Eagle vs TE.







FIELD/STRONG OVER SKIN

B: 9 LOOP  
 E: 5 LOOP QB  
 N: 2I SKIN OUT  
 T: 2I SKIN OUT  
 L: 5 LOOP - 6I  
 S: 30 A  
 W: 30 A

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. End has QB call.

B:

E:

N:

T:

L:

S:

W:

COVERAGES:

PRO:

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COVERAGES:

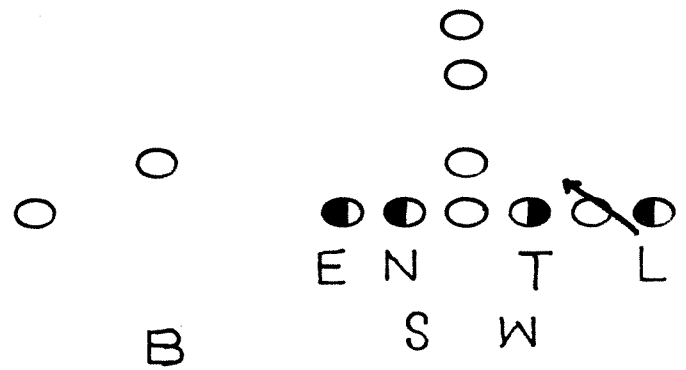
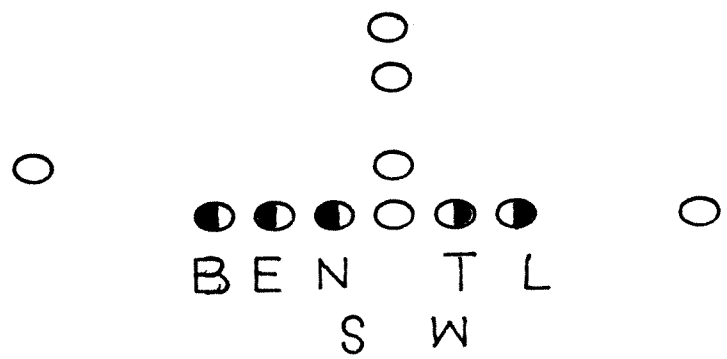
PRO:





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FIELD/STRONG OVER T



BUCK: 6 - 9

END: 5

NOSE: 3

TACKLE: 2I

LEO: 5 - 6 FIRE

SAM: 30 A

WILL: 30 A

SECONDARY COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Leo runs Fire Stunt vs. a TE.

*[Faint handwritten notes]*

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FIELD/STRONG OVER T SKIN

B: 9 LOOP

E: 5 LOOP QB

N: 2I SKIN OUT

T: 3 SKIN IN

L: 5 - 6 FIRE

S: 30 A

W: 30 B

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. End has QB call.

FIELD/STRONG OVER T CROSS

B: 6 - 9

E: 5 CROSS

N: 2 CROSS

T: 2I (SKIN IN)

L: 5 - 6 FIRE

S: 30 A

W: 30 B

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. End goes first on Cross Stunt  
(Jet Technique).

B:

E:

N:

T:

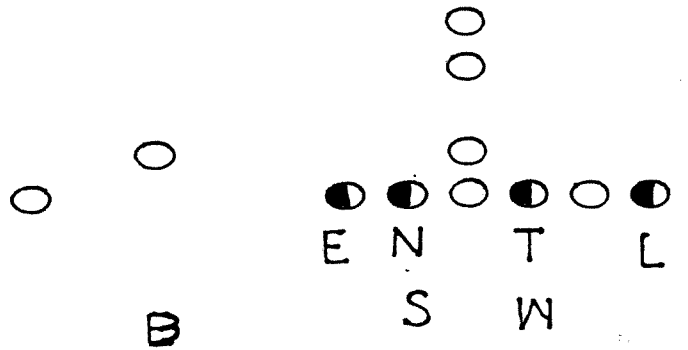
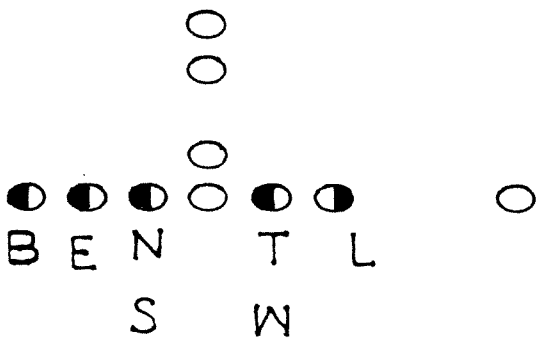
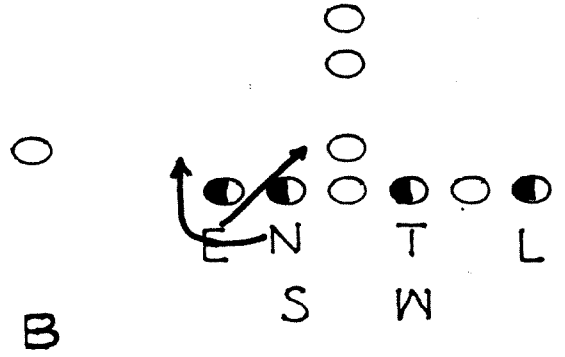
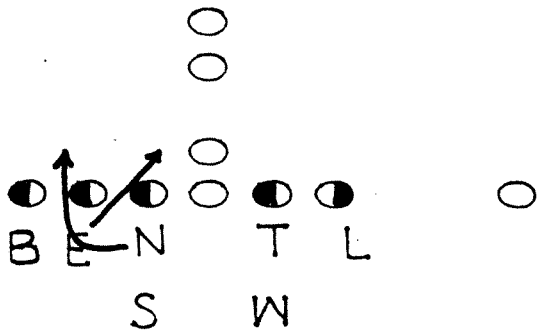
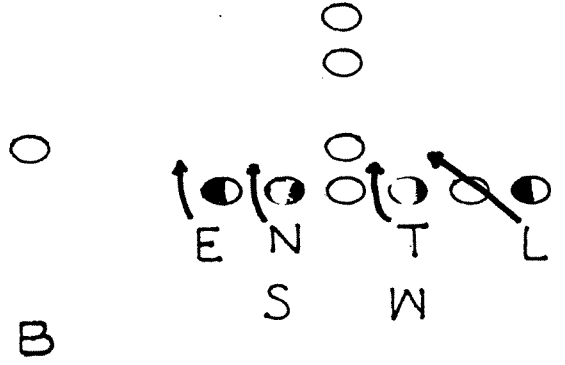
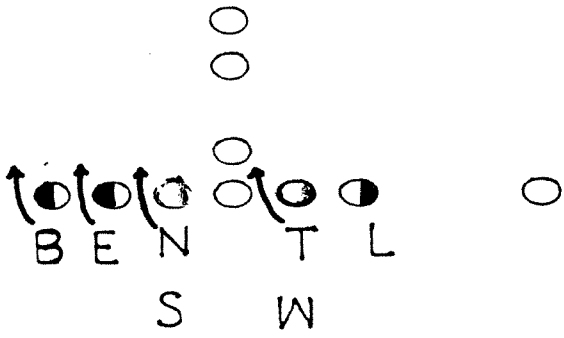
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COVERAGES:

PRO:



58

FIELD/STRONG OVER TILT SKIN

B: 9 LOOP

E: 5 LOOP - QB

N: 2I SKIN OUT

T: 1 SKIN

L: 5 - 6 FIRE

S: 30 A

W: 30 B

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Same rules as Over Tilt.
2. End has QB on Option.

FIELD/STRONG OVER TILT CROSS

B: 6 - 9

E: 5 CROSS

N: 2 CROSS

T: 1

L: 5 - 6 F

S: 30 A

W: 30 B

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Same rules as Over Tilt.

B:

E:

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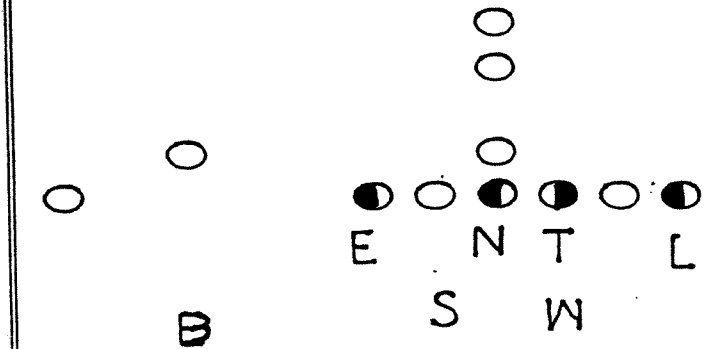
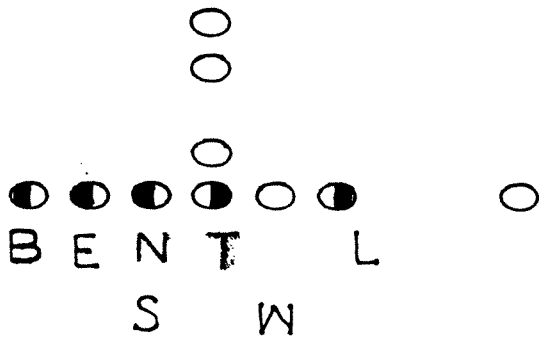
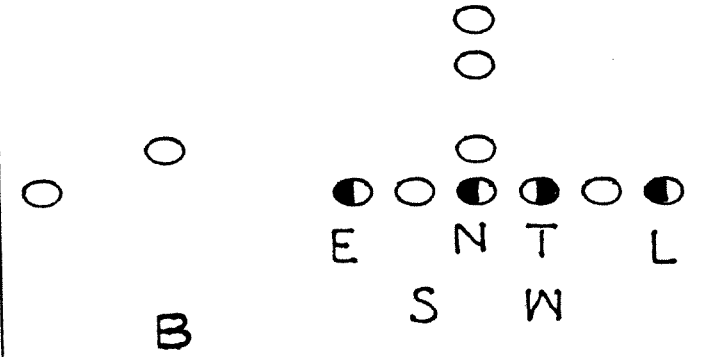
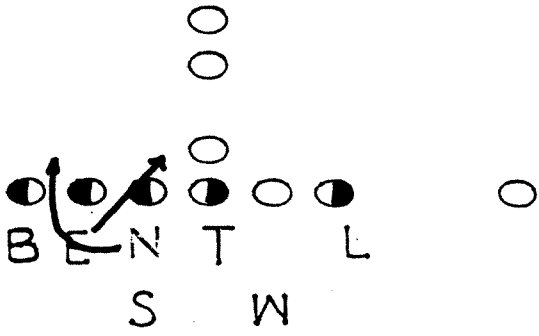
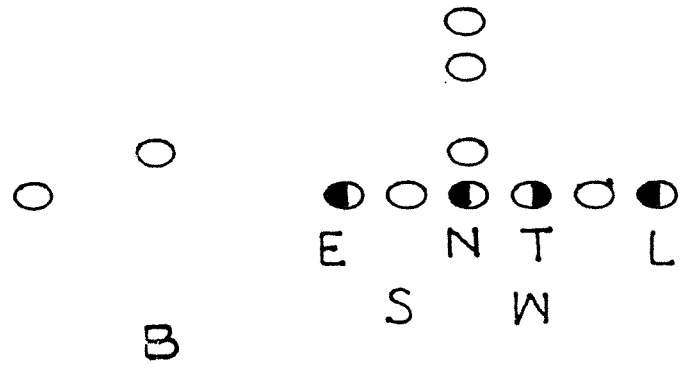
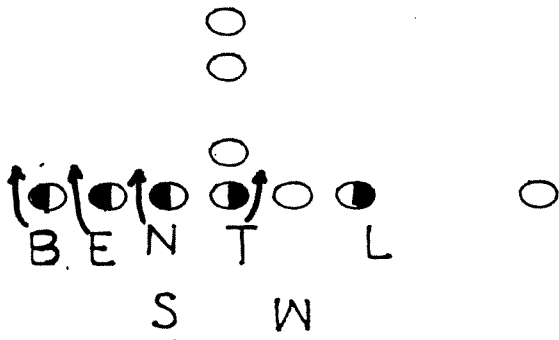
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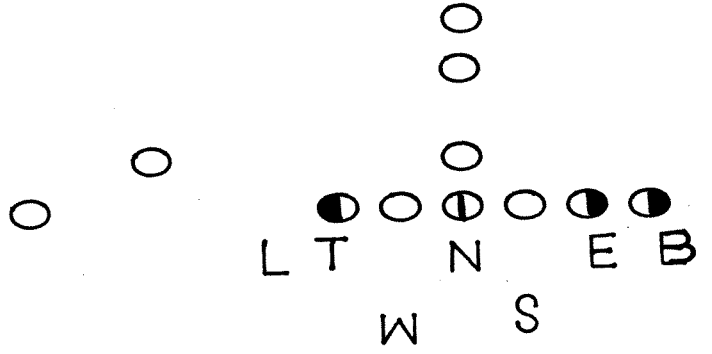
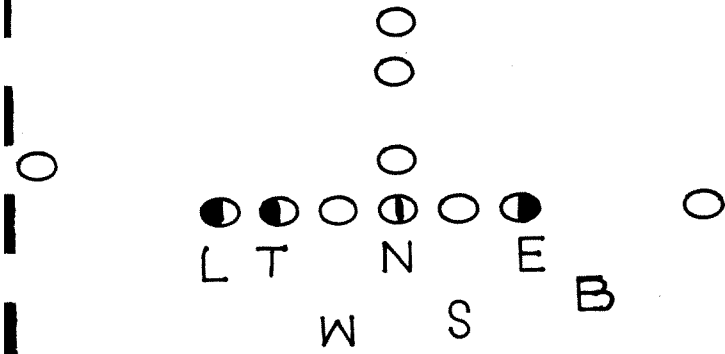
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BENCH BASE



BUCK: 6 - 9

END: 5

NOSE: 0 BLAST

TACKLE: 5

LEO: 6 - 9

SAM: 30 B

WILL: 30 B

SECONDARY COVERAGES:

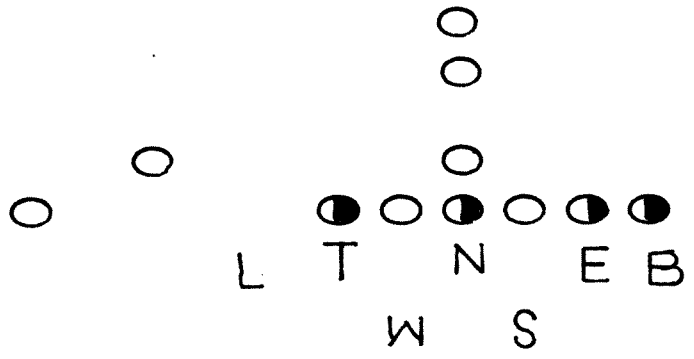
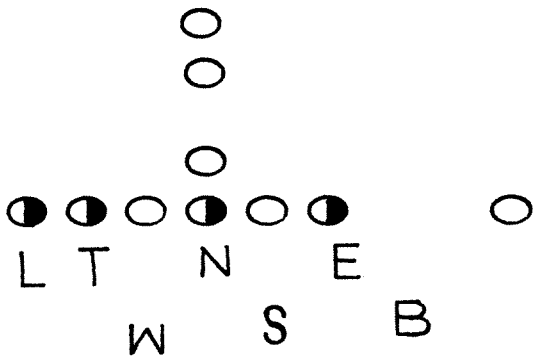
PRO: 3 - 6 - 6 SWITCH

LB Directional Call:

1. Call into Boundary - Use goal post for reference.
2. One Back Set:
  - A. 3 deep - No adjustment
  - B. FSL 2 Sky



BENCH SHADE



BUCK: 6 - 9

END: 5

NOSE: 1

TACKLE: 4I

LEO: 6 - 6I

SAM: 30 B

WILL: 30 C-D

SECONDARY COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. All Bench adjustment rules are the same as Bench Base.
2. Good vs. Sprint Out and Option to Field.

## BENCH SHADE ED

B: 6 - 9

E: 5 SLANT

N: 1

T: 4I

L: 6 - 6I

S: 30 C

W: 10 A-C

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Buck needs to be in walk position to close and trail.
2. Sam LB can call "Ed" for B Gap split control.
3. Can run with all calls except Over.
4. Ed can be run vs TE with Bench call.

## BENCH SHADE ECHO

B: 6 - 9

E: 4I

N: 1

T: 4I

L: 6 - 6I

S: 30 C

W: 10 A-C

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Same rules as "Ed".

## BENCH SHADE LOOP

B: 6 - 9

E: 5

N: 1

T: 4I

L: 6 LOOP

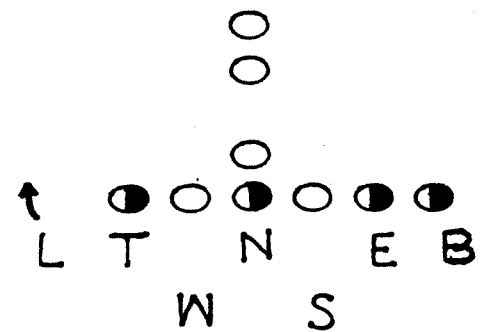
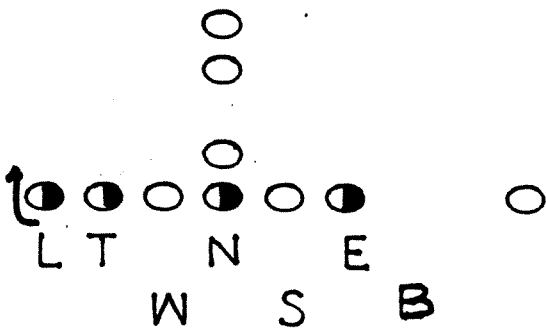
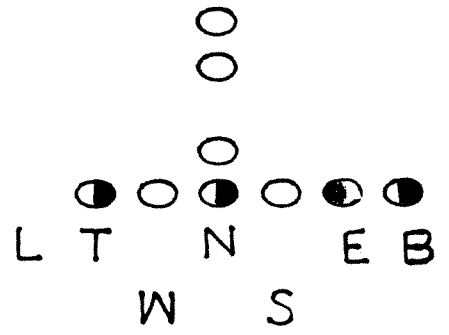
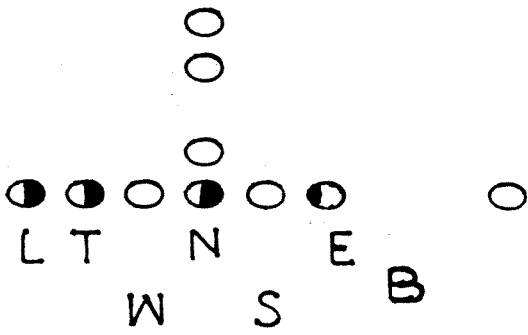
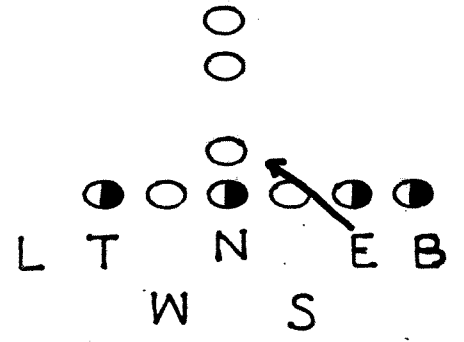
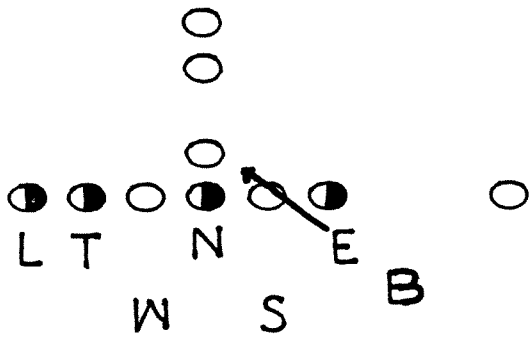
S: 30 B

W: 30 C

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Strong Safety needs to be alert for fold on plays away.
2. Leo will not wrong arm to help him Contain.
3. Vs SE Leo will still loop and Contain.



## BENCH SHADE LEO

B: 6 - 9

E: 5

N: 1

T: 4I "OFF"

L: 6 - 6I DROP

S: 30 B

W: 10 A

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Same as Bench Base Leo except played from Shade Front.
2. Tackle keys Offensive Tackle.

## BENCH SHADE SLANT

B: 6 - 9

E: 5

N: 1 SKIN TO

T: 4I SLANT

L: 6I

S: 30 B

W: 30 A-D

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Will LB has primary Contain on Play Action or Sprint Pass his way.
2. Leo has Contain vs Drop Back or Sprint Pass Away.
3. Huddle call is "Bench Slant" - Shade is dropped to shorten the call.

## BENCH SHADE SLANT STORM

B: 6 - 9

E: 5

N: 1 SKIN TO

T: 4I SLANT

L: 6I FIRE

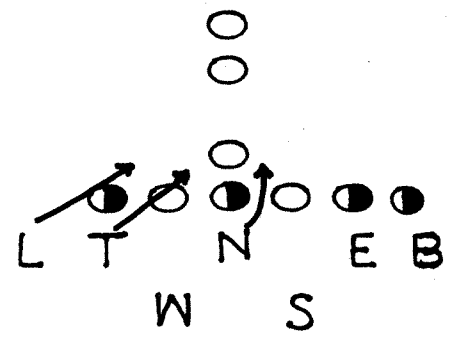
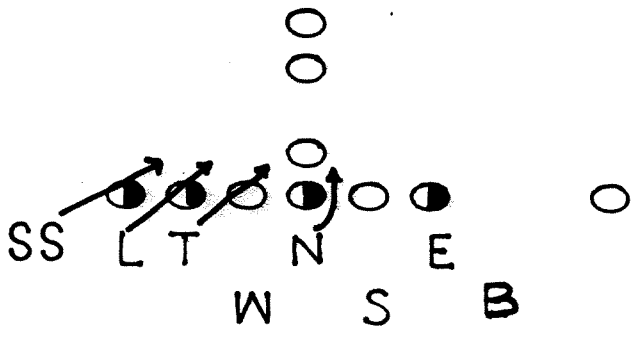
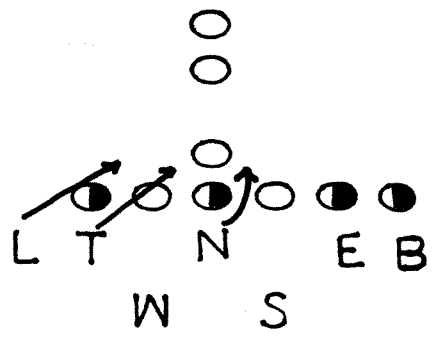
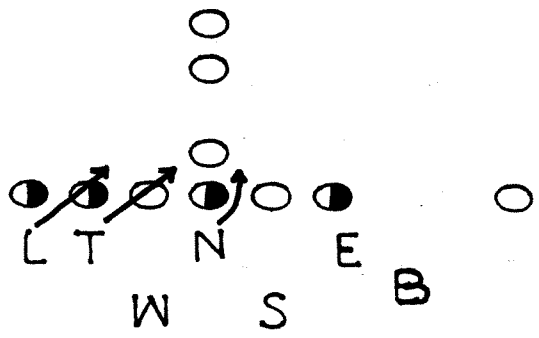
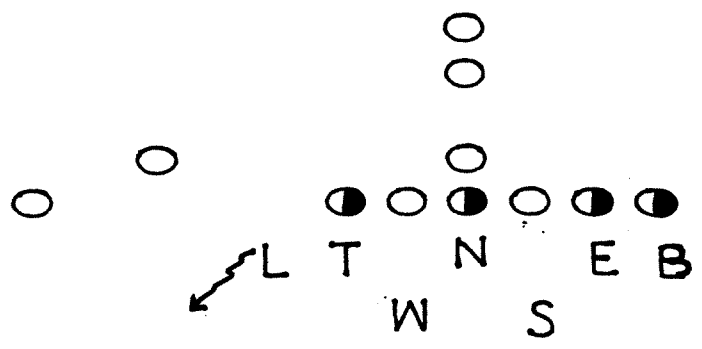
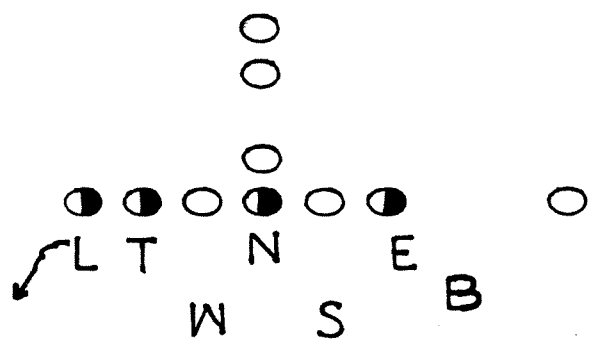
S: 30 B

W: 30 A

## COVERAGES:

PRO: 6 - 6 SWITCH

1. Will LB has second Contain.
2. SS runs a QB Stunt.
3. Omaha "SS" Stunt vs two (2) Wide Receivers.



## BENCH SHADE EXCHANGE

B: 6 - 9

E: 5

N: 1

T: 4I

L: 6 DROP

S: 30 B

W: 30 A

COVERAGES:

PRO: 6 - 6 SWITCH

1. Strong Safety runs a QB Stunt.
2. Omaha vs two (2) Wide Outs to his side.
3. Can run with all fronts.
4. Leo only drops if there is a TE to his side.

## BENCH SHADE BUCK

B: 9 GO

E: 5 "IN"

N: 1

T: 4I

L: 6 - 6I

S: 30 B

W: 30 A

COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Buck runs a Pitch Contain Stunt.
2. "Omaha" vs two (2) Wide Outs to his side.
3. Can run with all fronts.
4. Buck gives End an "In" call.
5. Prefer Cover 6 Switch.

## BENCH SHADE LIGHTENING

B: 9 GO

E: 5 "IN"

N: 1

T: 4I

L: 6I "IN"

S: 30 B MAN

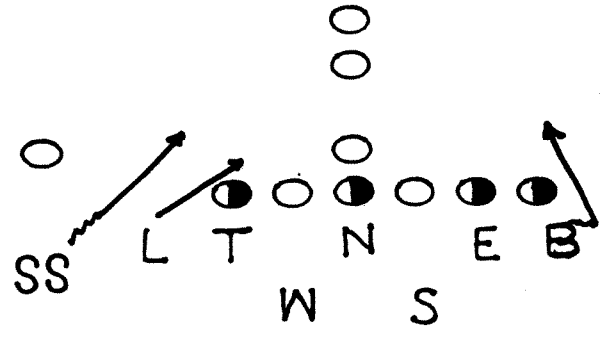
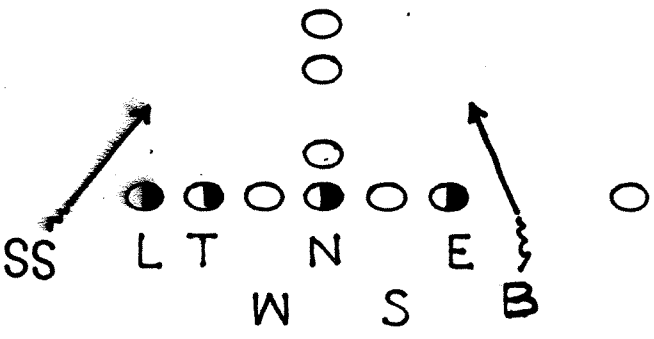
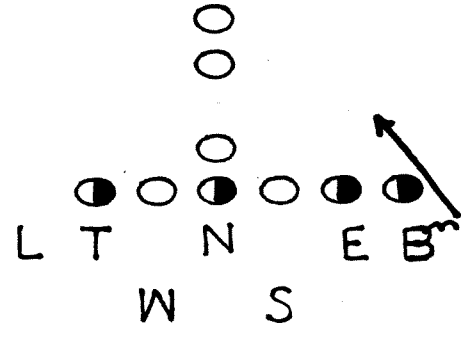
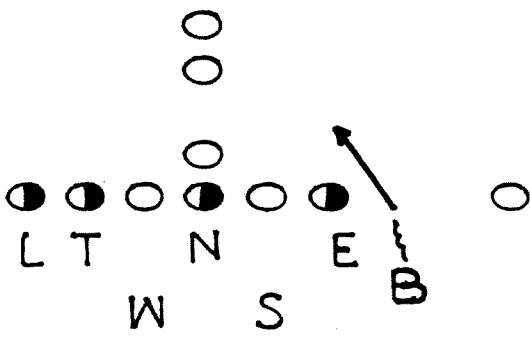
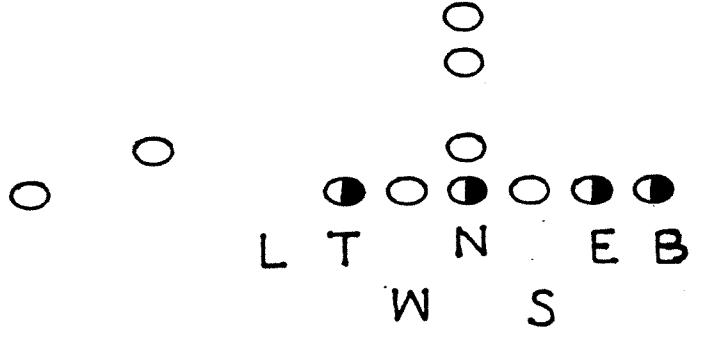
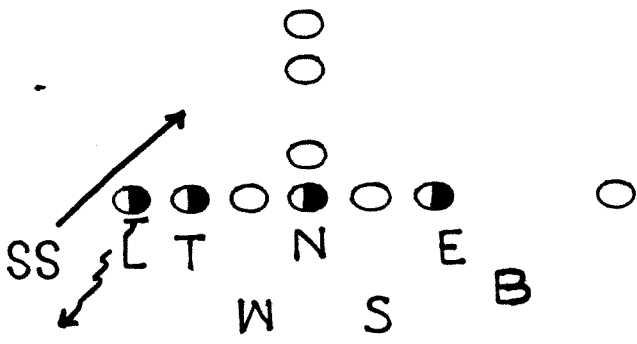
W: 30 A MAN

COVERAGES:

PRO: 3

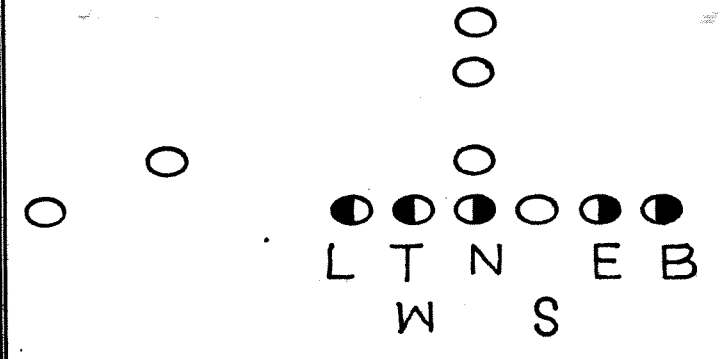
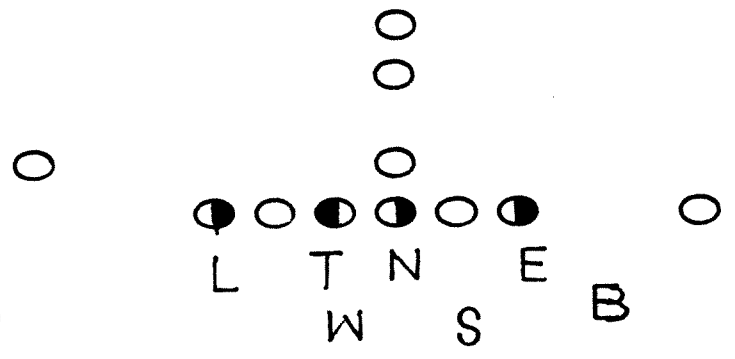
1. Strong Safety and Buck do not come out of Stunt.
2. We may game plan for empty set.
3. Can run with all front calls.







SPLIT / BENCH EAGLE



BUCK: 6 - 9

END: 5

NOSE: 1

TACKLE: 3

LEO: 5 - 6 - 6I

SAM: 30 B

WILL: 10 A

SECONDARY COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. LB Directional. Same as Bench Base.

## BENCH EAGLE CUT

B: 6 - 9

E: 5

N: 1 SKIN TO

T: 3

L: 5 - 6 - 6I

S: 30 B

W: 30 A

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

## BENCH EAGLE GAP

B: 6 - 9

E: 5

N: 1 GAP

T: 3

L: 5 - 6 - 6I

S: 30 B

W: 30 A

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Nose stem late to Gap.

## BENCH EAGLE DRIVE

B: 6 - 9

E: 5

N: 2I DRIVE

T: 3

L: 5 - 6 - 6I

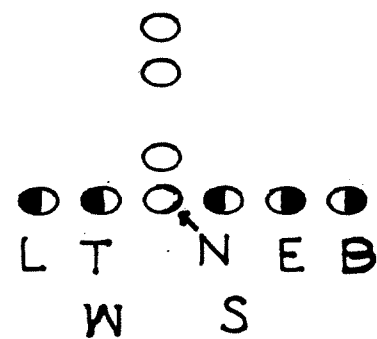
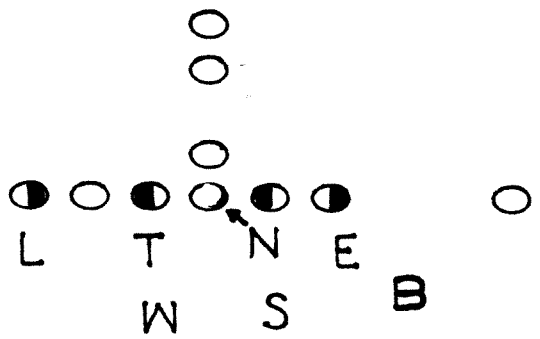
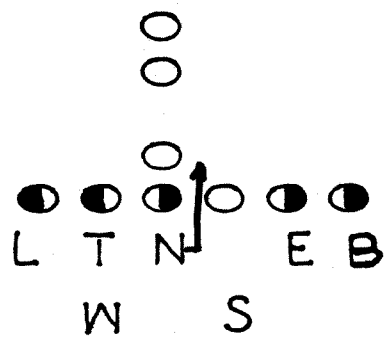
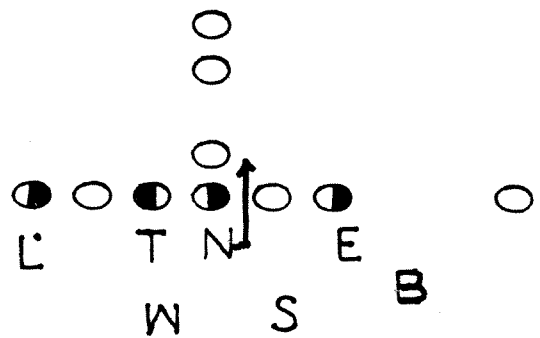
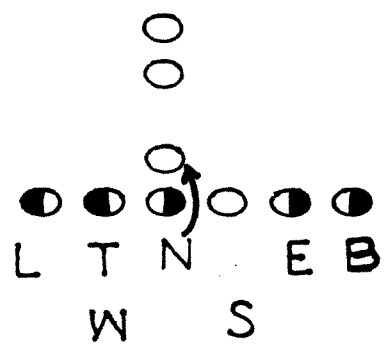
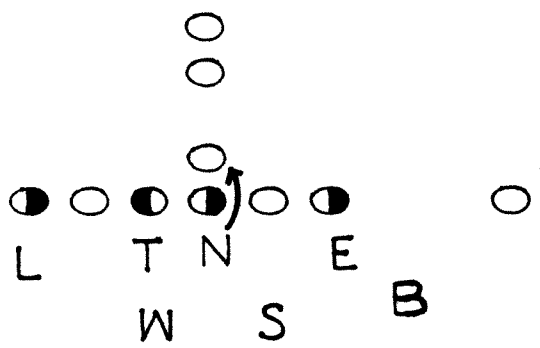
S: 30 B

W: 30 A

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Nose aligns in 2I and drive through "V" on Center's neck.



## BENCH EAGLE ANGLE

B: 6 - 9

E: 5 SKIN AWAY

N: 1 SKIN AWAY

T: 3 LOOP

L: 5 LOOP - 6 - 6I

S: 30 C TO - A AWAY

W: 30 FREE TO - A AWAY

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Buck needs to be in a fold position.

## BENCH EAGLE BINGO

B: 6 BEAR

E: 5 SKIN AWAY

N: 1 SKIN AWAY

T: 3 LOOP

L: 5 LOOP - 6 - 6I

S: 30 D TO - A AWAY

W: 30 FREE TO - A AWAY

## COVERAGES:

PRO: 2 SKY - RED

1. Buck has first threat vs Option.
2. No TE to the field "Omaha" and play Bench Eagle.

## BENCH EAGLE COWBOY

B: 6 - 9

E: 5

N: 1 SKIN

T: 3

L: 5 - 6I LATCH

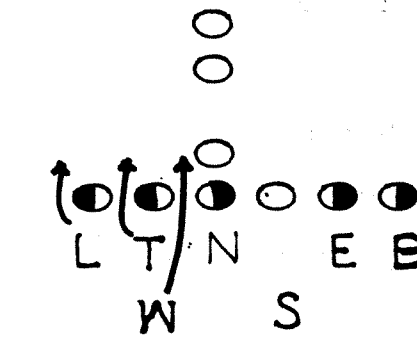
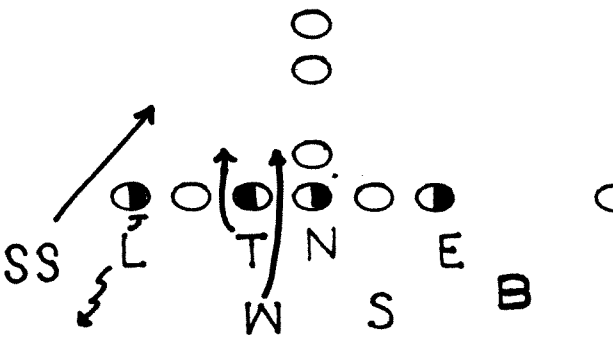
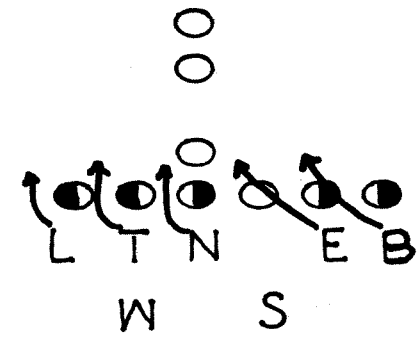
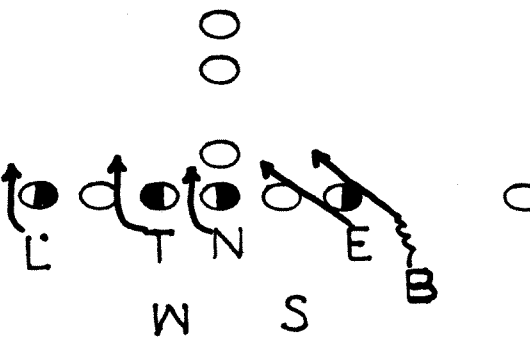
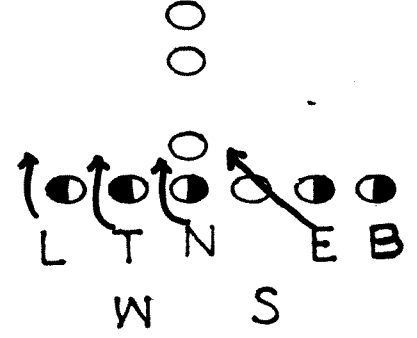
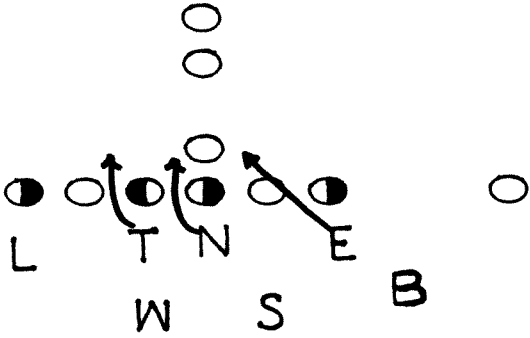
S: 30

W: 10 PLUG A GAP

## COVERAGES:

PRO: 6 - 6 SWITCH

1. Strong Safety runs stunt.



BENCH EAGLE NAIL

B: 6 - 9  
E: 5  
N: 1 AWAY  
T: 3  
L: 5 - 6I  
S: 30 C  
W: 10 STRONG A

COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Nose stem late.
2. Gap exchange between Will LB and Nose.

BENCH EAGLE WILL

B: 6 - 9  
E: 5  
N: 1 SKIN TO  
T: 3  
L: 5 - 6I  
S: 30 B  
W: 10 PLUG A GAP

COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Nose must defeat double team and help on ISO.
2. Can also call Leo (Trade).

BENCH EAGLE WILL NOSE

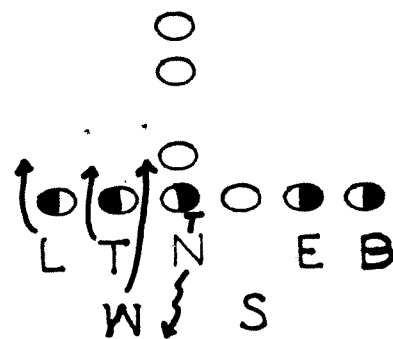
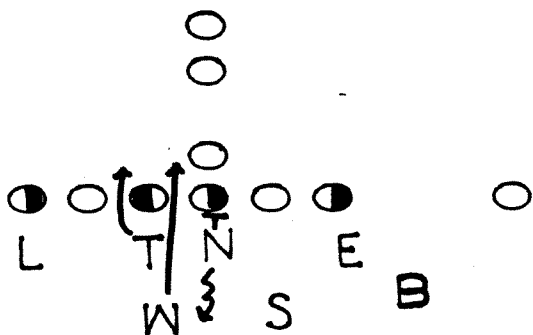
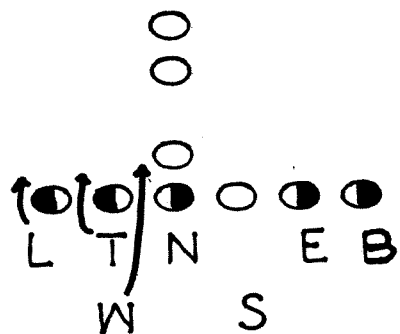
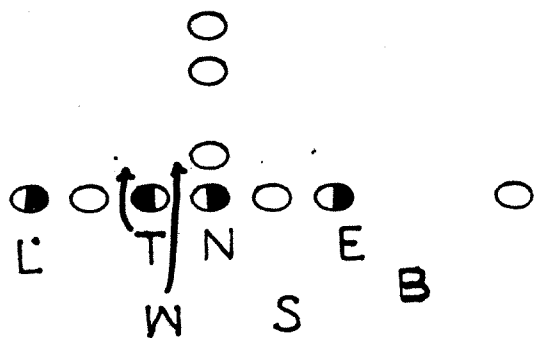
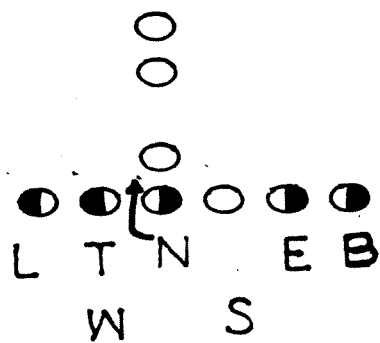
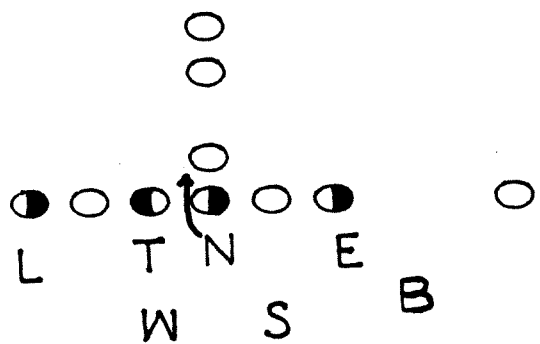
B: 6 - 9  
E: 5  
N: 1 DROP  
T: 3  
L: 5 - 6I  
S: 30 B  
W: 10 PLUG A GAP

COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Game plan Nose responsibility.
2. Can run with Eagle Loop.





## BENCH EAGLE T

B: 6 - 9

E: 5

N: 1

T: 2I

L: 5 - 6I FIRE

S: 30 B

W: 30 B

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Will LB fills B Gap when Offensive Tackle blocks out on Leo.
2. Tackle stems late.

## BENCH EAGLE T SKIN

B: 6 - 9

E: 5

N: 1 SKIN OUT

T: 3 SKIN IN

L: 5 - 6I FIRE

S: 30 B

W: 30 B

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Rules same as Bench Eagle T.
2. Tackle uses a Delay or Flash Technique.
3. Leo runs a Fire Stunt vs TE.

## BENCH EAGLE TEX

B: 6 - 9

E: 5

N: 1 TEX JET

T: 3 TEX JET

L: 5 - 6 - 6I

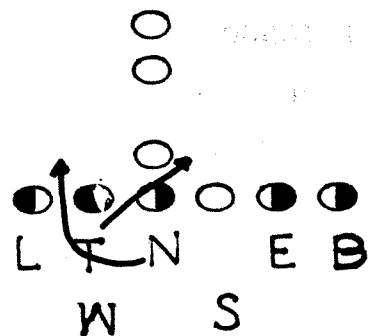
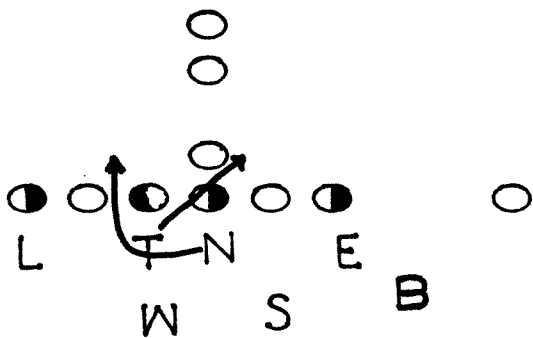
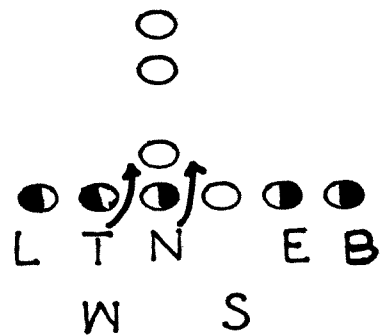
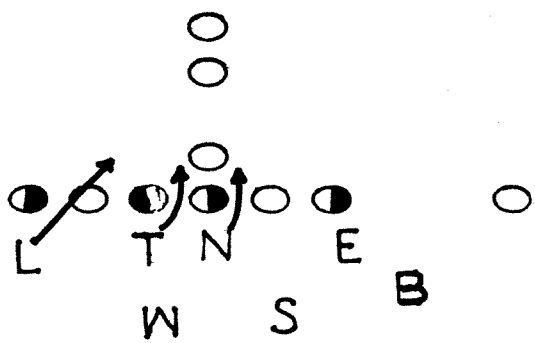
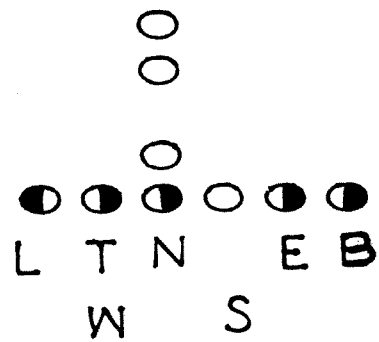
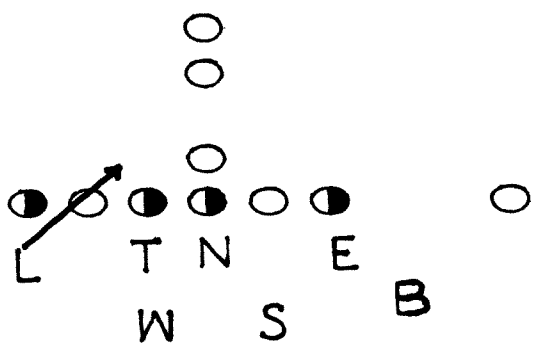
S: 30 B

W: 30 B

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Nose and Tackle use a Jet Technique.
2. Same Gap responsibility for LB's as Nail.
3. Tackle gives the Nose a "Me-Jet" call.
4. Use a Pull-Delay Technique with "Rush" call.



## BENCH EAGLE T TWIST

B: 6 - 9  
 E: 5  
 N: 1 TWIST JET  
 T: 3 TWIST JET  
 L: 5 - 6 FIRE  
 S: 30 B  
 W: 30 B

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Leo runs a Fire Stunt vs a TE.
2. Leo can run a slip vs a Tight Split by the TE.
3. Nose and Tackle use a "Jet" Technique.
4. Nose tells Tackle "Me-Jet".

## BENCH EAGLE T TWIST RUSH

B: 6 - 9  
 E: 5 RUSH  
 N: 1 TWIST  
 T: 3 TWIST  
 L: 5 - 6 RUSH  
 S: 30 B  
 W: 30 B

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Nose uses a Pull Technique.
2. Tackle uses a Delay Technique.
3. Nose tells Tackle "Me-Delay".

## BENCH EAGLE T TANGO

B: 6 - 9  
 E: 5  
 N: 1 TANGO  
 T: 2 TEX JET  
 L: W 5 KNIFE  
 S: 30 B  
 W: 30 B

## COVERAGES:

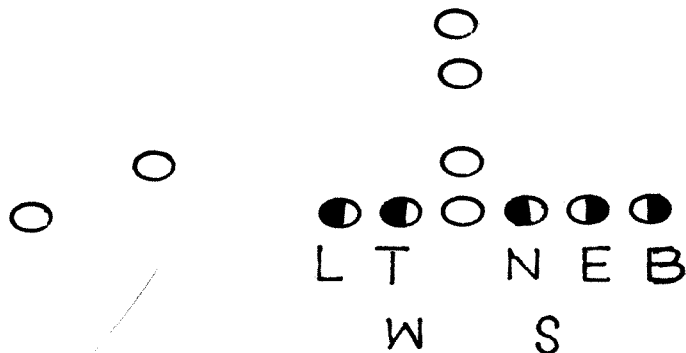
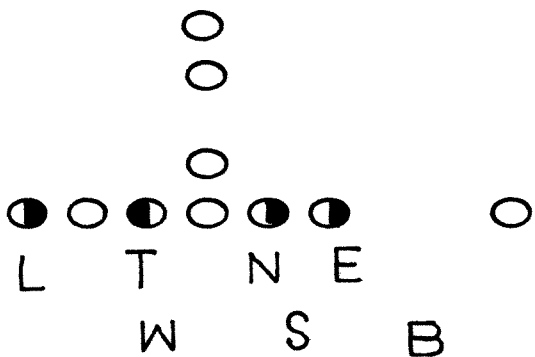
PRO: 3 - 6 - 6 SWITCH

1. Leo Reads Out vs Sprint Out To or Run.
2. Tackle gives Nose and Leo a "Me-Delay" call.





BENCH G



BUCK: 6 - 9

END: 5

NOSE: 2I

TACKLE: 3

LEO: 5 - 6 - 6I

SAM: 30 B

WILL: 30 A

SECONDARY COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Same rules as Bench Base.

## BENCH G DRIVE

B: 6 - 9

E: 5

N: 1 DRIVE

T: 3

L: 5 - 6 - 6I

S: 30 B

W: 30 A

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Nose aligns in 1 and drives through the "V" of the Guards neck.

## BENCH G SKIN

B: 6 - 9

E: 5

N: 2I SKIN IN

T: 3 SKIN OUT

L: 5 LOOP - 6

S: 30 B

W: 30 A

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

## BENCH G DRAW

B: 6 - 9

E: 5

N: 2 DRAW

T: 3

L: 5 - 6 - 6I

S: 30 B

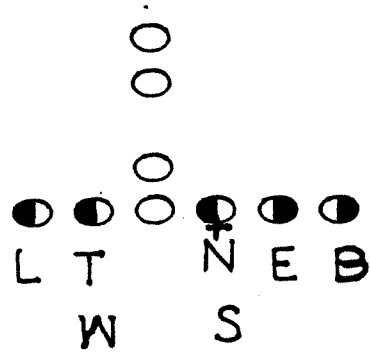
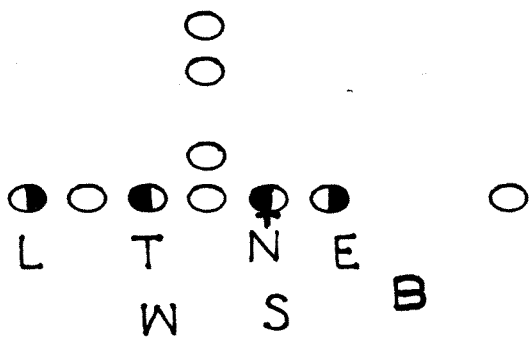
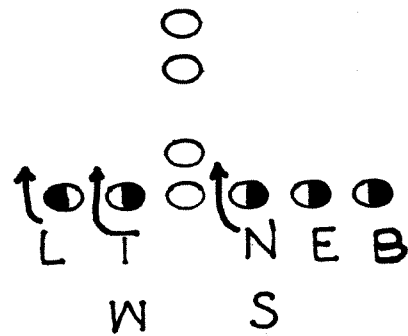
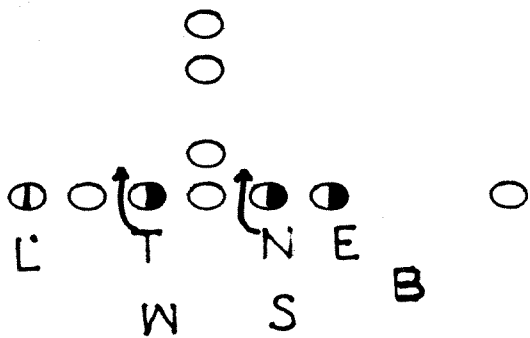
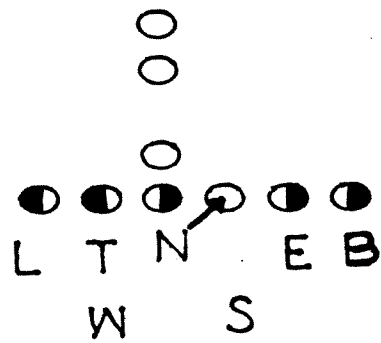
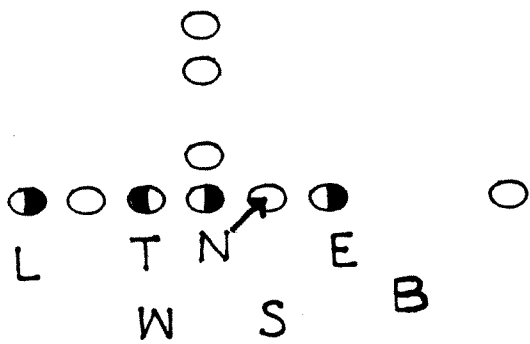
W: 30 A

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Vs all passes the Nose will Bull Rush the center of the Offensive Guard.
2. Nose doesn't take a side until ball carrier commits or Draw threat is gone.





## BENCH G KNIFE

B: 6 - 9  
 E: 5 KNIFE  
 N: 2 KNIFE  
 T: 3 (KNIFE)  
 L: 5 - 6 - 6I (KNIFE)  
 S: 30 B  
 W: 30 A

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Omaha vs Run Stance.
2. Split End side stunt.
3. Inside rusher reads off outside rusher.

## BENCH G DOUBLE KNIFE

B: 6 - 9  
 E: 5 KNIFE  
 N: 2I KNIFE  
 T: 3 KNIFE  
 L: 5 - 6I KNIFE  
 S: 30 B  
 W: 30 A

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Omaha vs Run Stances.
2. Nose and Tackle give hard A Gap Fake. Read out vs Run or Sprint Away.
3. Inside rusher reads outside rusher and fills off him.

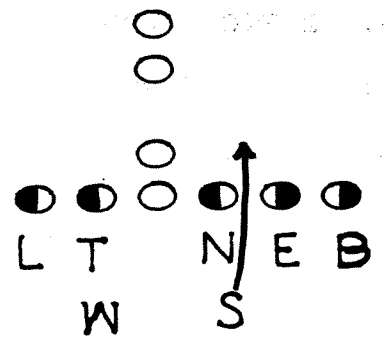
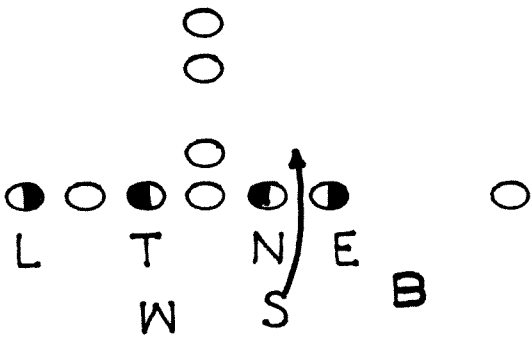
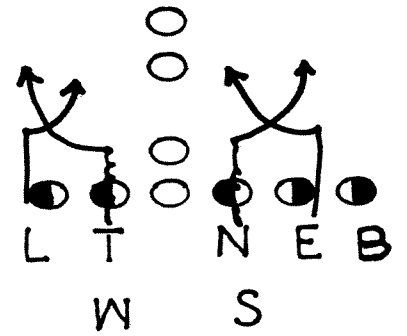
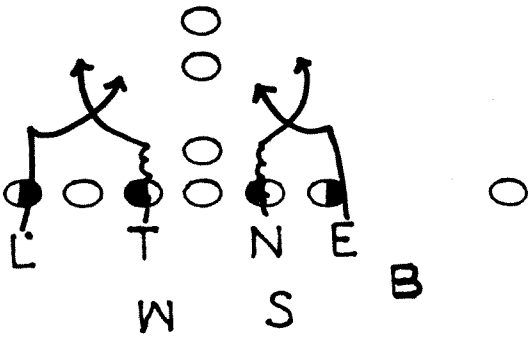
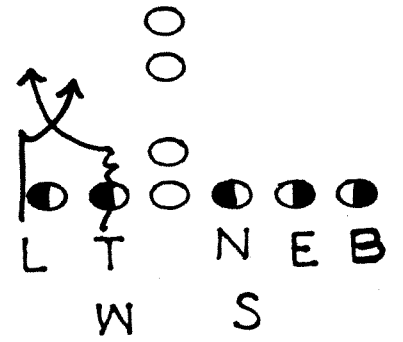
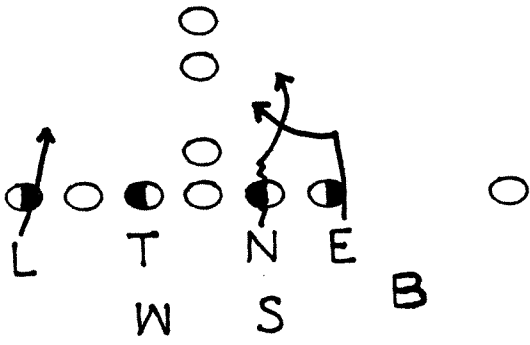
## BENCH G SAM

B: 6 - 9  
 E: 5  
 N: 2I RIP  
 T: 3  
 L: 5 - 6I - 6  
 S: 30 PLUG B GAP  
 W: 30 A

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Nose Technique will depend on game plan.
2. End has QB on Option.
3. Buck alert for Y Hot Pass vs TE to his side.



## BENCH G POP

B: 6 - 9  
 E: 5 POP  
 N: 2 POP  
 T: 3 (POP)  
 L: 5 - 6 - 6I (POP)  
 S: 30 A  
 W: 30 A

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Omaha vs Run Stances.
2. Split End side stunt.

## BENCH G DOUBLE POP

B: 6 - 9  
 E: 5 POP  
 N: 2 POP  
 T: 3 POP  
 L: 5 - 6I POP  
 S: 30 A  
 W: 30 A

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Omaha vs Run Stances.

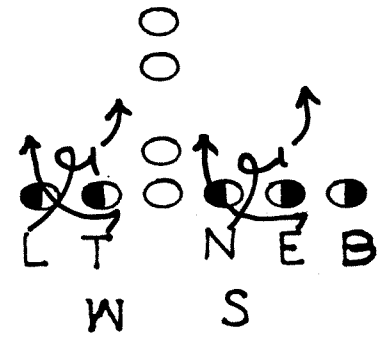
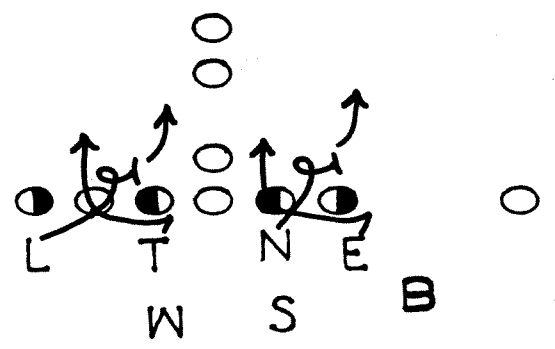
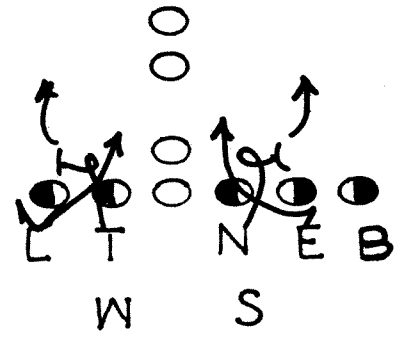
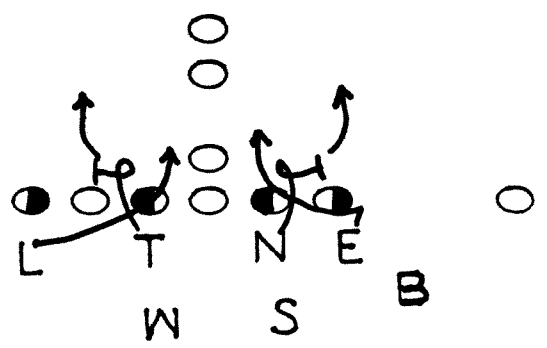
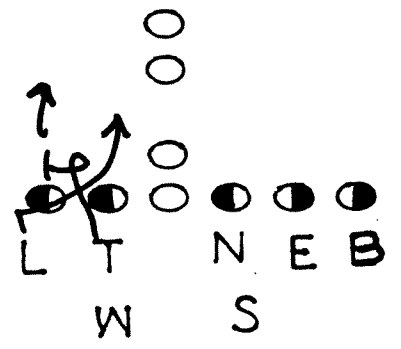
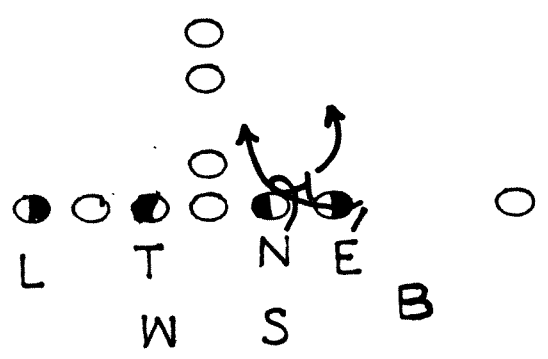
## BENCH G FLAME

B: 6 - 9  
 E: 5 PIC / POP  
 N: 2 PIC / POP  
 T: 3 PIC / POP  
 L: 5 - 6 PIC / POP  
 S: 30 A  
 W: 30 A

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Omaha vs Run Stances.
2. Has call Pic to field and Pop to boundary.



## BENCH G PIC

B: 6 - 9

E: 5 PIC

N: 2 PIC

T: 3

L: 5 - 6 - 6I

S: 30 A

W: 30 A

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Split End side stunt only.

## BENCH G DOUBLE PIC

B: 6 - 9

E: 5 PIC

N: 2I PIC

T: 3 PIC

L: 5 PIC

S: 30

W: 30

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Stunt is run on both TE and SE side.

## BENCH G WIDE

B: 90

E: 5 - 7

N: 2I

T: 3

L: 5 - 6 - 6I

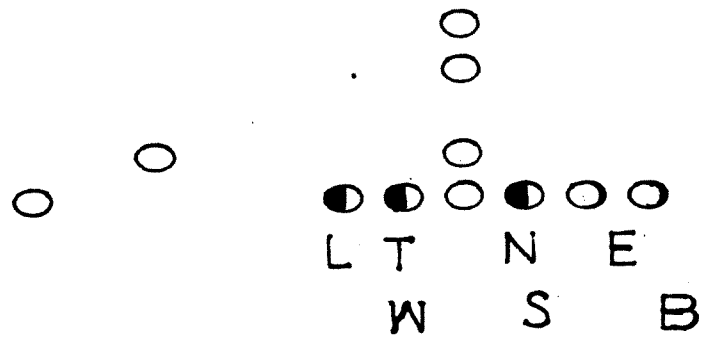
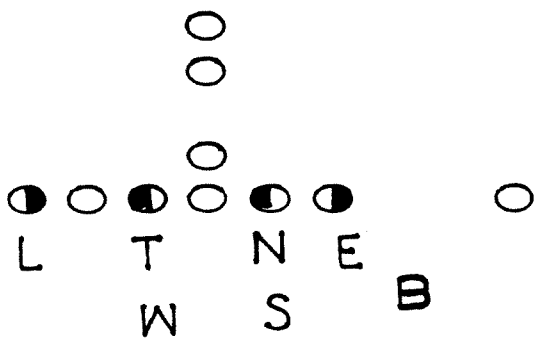
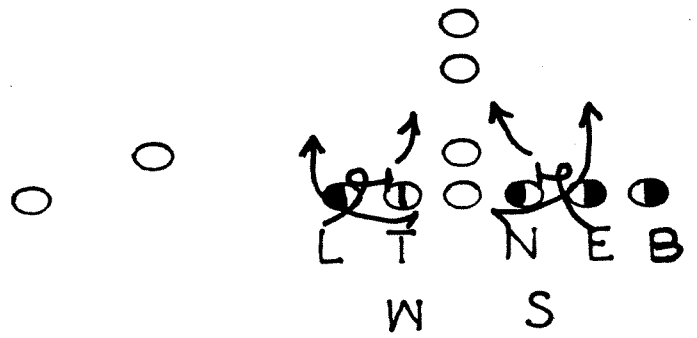
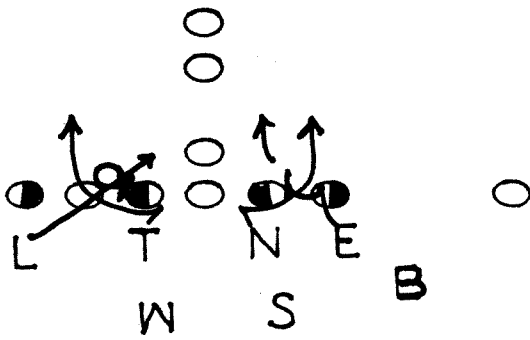
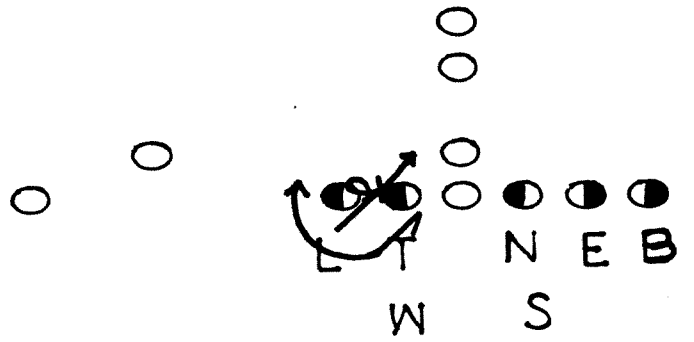
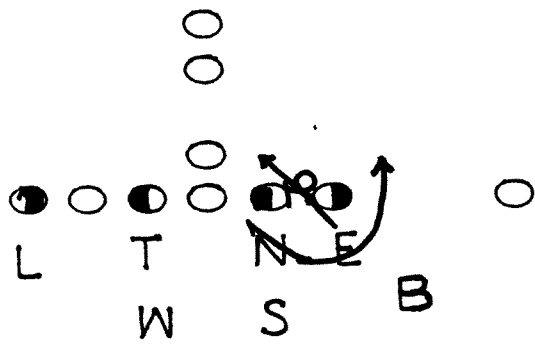
S: 30 B

W: 30 A

## COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Vs TE to his side the End will move out and play a 7 or Wide 5 Technique.
2. Mainly used as a check vs one (1) back sets.



## BENCH G BULLETS

B: 9 GO (PEEL)  
 E: 5  
 N: 2I RIP  
 T: 3 RIP  
 L: WIDE 5 PEEL  
 S: 30 PLUG B GAP  
 W: 30 PLUG A GAP

COVERAGES:

PRO: GOLD

1. Buck will use "Peel" Technique.
2. Give End an "Off" call if your pass coverage responsibility aligns wide.

## BENCH G TEX

B: 6 - 9  
 E: 5  
 N: 2I TEX  
 T: 3 TEX  
 L: 5 - 6 - 6I  
 S: 30 B  
 W: 10 A STRONG

COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Tackle tells Nose "Me-Jet".
2. Same Gap responsibility for LB's as Nail.

## BENCH G T

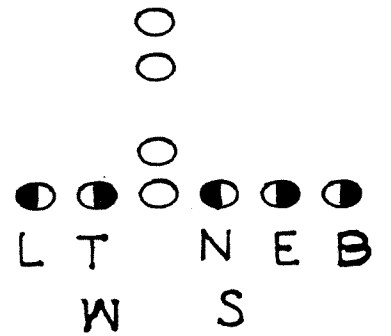
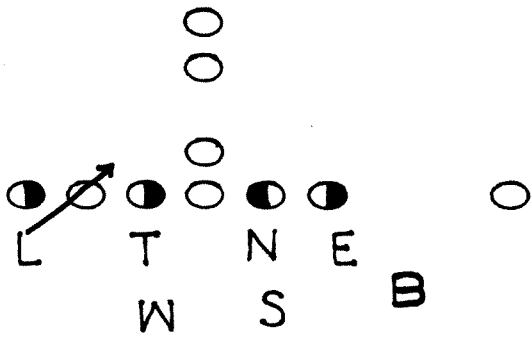
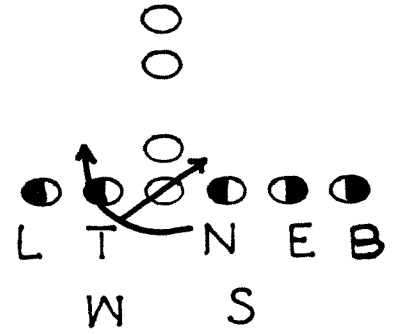
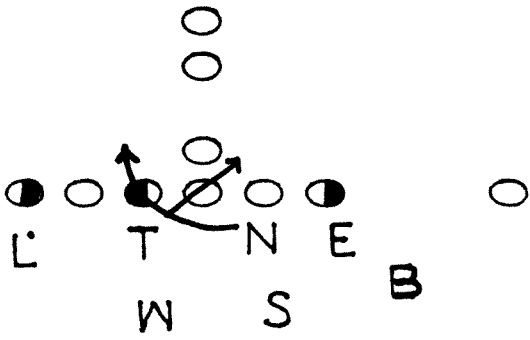
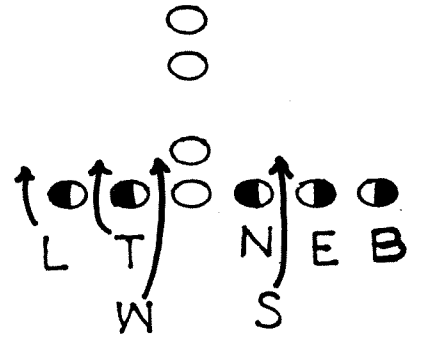
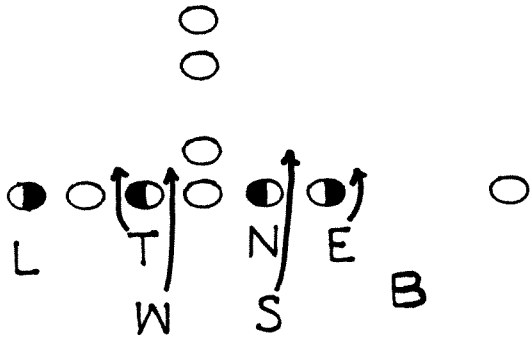
B: 6 - 9  
 E: 5  
 N: 2I  
 T: 2I  
 L: 5 - 6 FIRE  
 S: 30 B  
 W: 30 B

COVERAGES:

PRO: 3 - 6 - 6 SWITCH

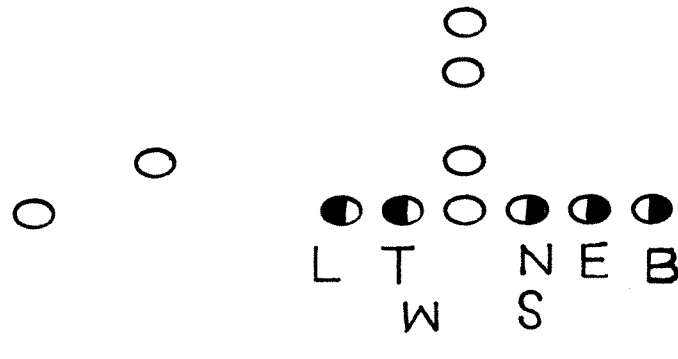
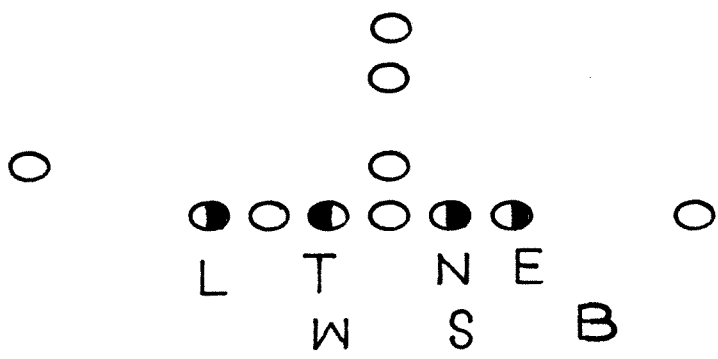
1. Will LB stays under out block by Offensive Tackle.







BENCH OVER



BUCK: 6 - 9

END: 5

NOSE: 3

TACKLE: 3

LEO: 5 - 6 - 6I

SAM: 30 A

WILL: 10 A

SECONDARY COVERAGES:

PRO: 3 - 6 - 6 SWITCH

## BENCH OVER BULLETS

B: 90 GO (PEEL)

E: 5 SPY

N: 3 RIP

T: 3 RIP

L: WIDE 5 SPY

S: 30 PLUG A

W: 30 PLUG A

COVERAGES:

PRO: GOLD

1. Same rules as G Bullets.

## BENCH OVER T

B: 6 - 9

E: 5

N: 3

T: 2I

L: 5 - 6 FIRE

S: 30 A

W: 30 D

COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Will LB stays under out block by Offensive Tackle.

## BENCH OVER T SKIN

B: 6 - 9

E: 5 SKIN OUT

N: 2 SKIN OUT

T: 2 SKIN OUT

L: 5 - 6 FIRE

S: 30 A

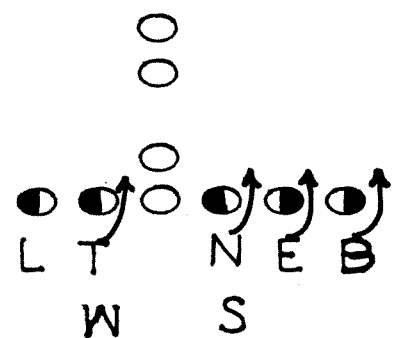
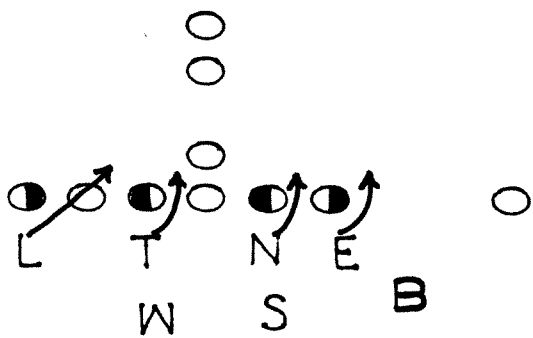
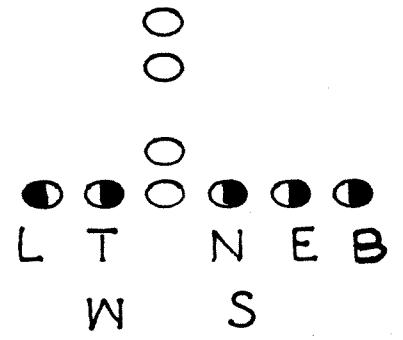
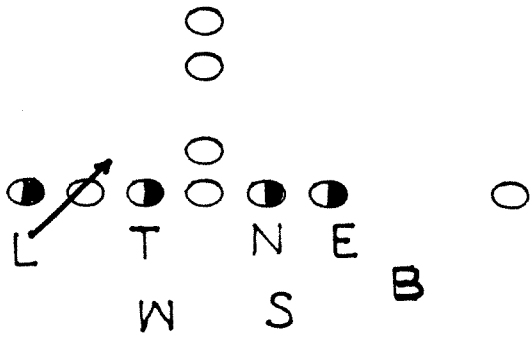
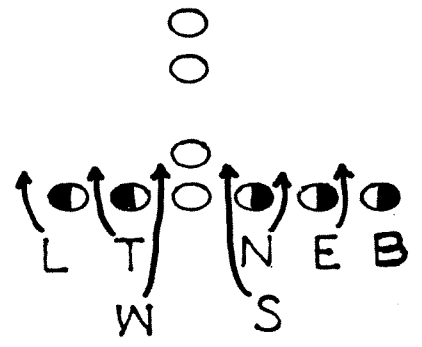
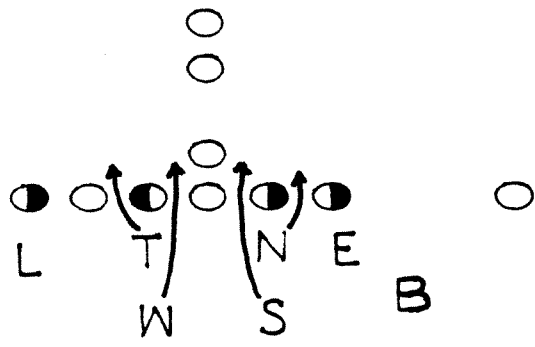
W: 30 D

COVERAGES:

PRO: 3 - 6 - 6 SWITCH

1. Will LB stays under out block by Offensive Tackle.

2. Can also run Storm.



BENCH OVER T BULLETS

B: 90 GO (PEEL)

E: 5 SPY

N: 2 RIP

T: 2I RIP

L: WIDE 5 SPY

S: 30 PLUG A

W: 30 PLUG B

COVERAGES:

PRO: GOLD

1. Same rules as G Bullets.

BENCH OVER T WIDE

B: 90

E: 7

N: 3

T: 2I

L: 5 - 6 FIRE

S: 30 A

W: 30 D

COVERAGES:

PRO: 3 - 6 - 6 SWITCH

B:

E:

N:

T:

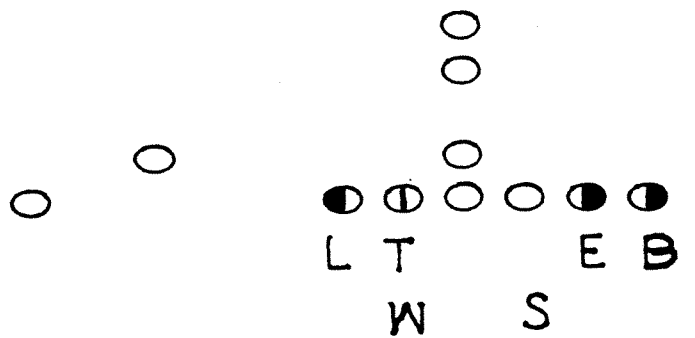
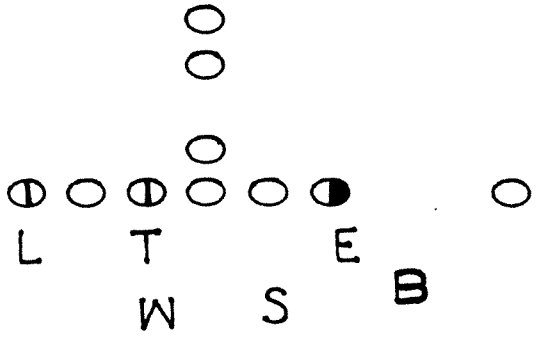
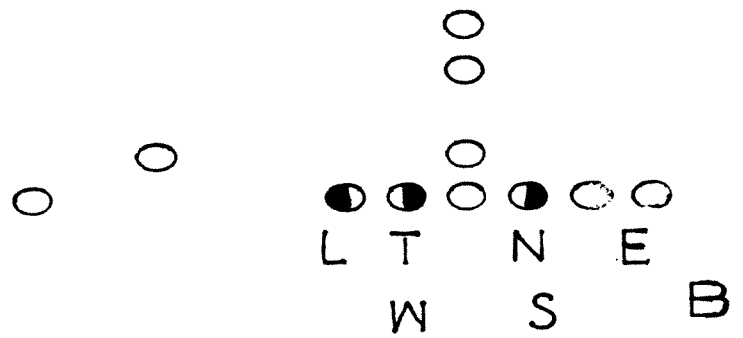
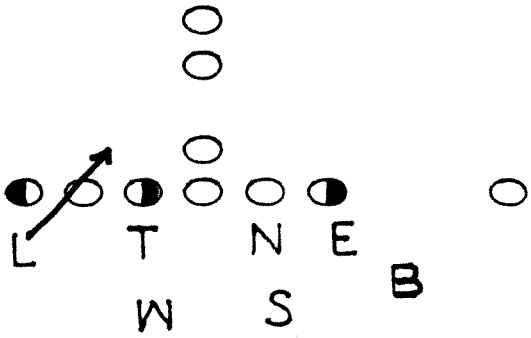
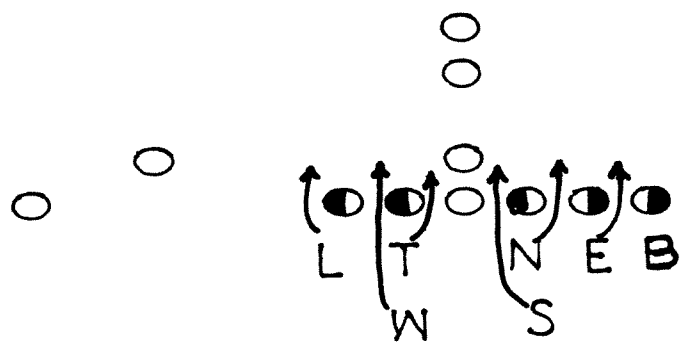
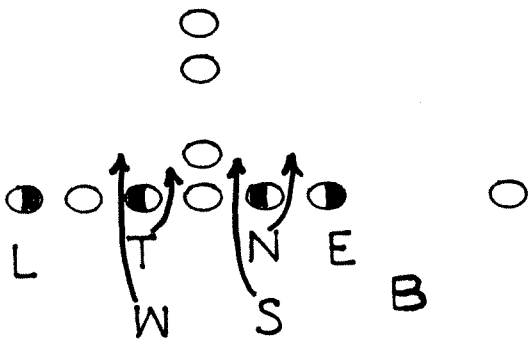
L:

S:

W:

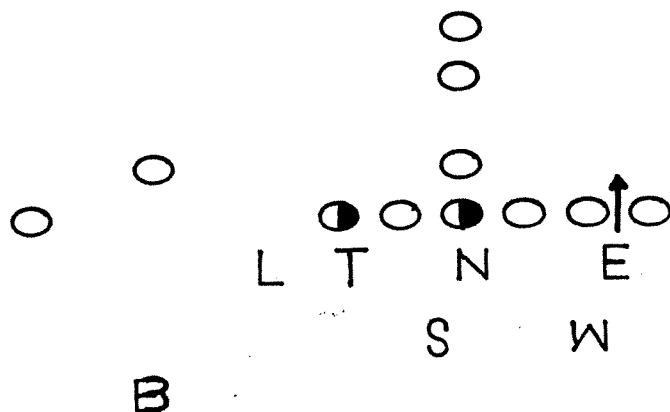
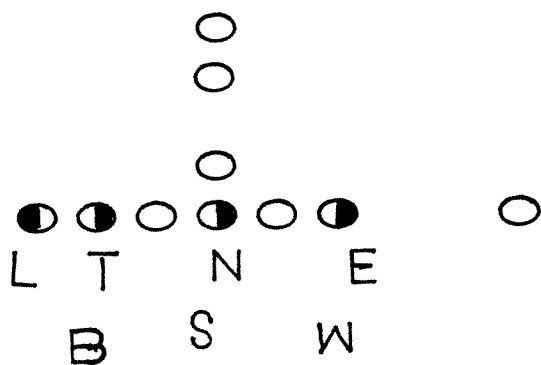
COVERAGES:

PRO:









BUCK: 50

END: 5

NOSE: 1

TACKLE: 4I

LEO: 9

SAM: 10 A

WILL: 40 B

SECONDARY COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Same adjustments as Field and Strong Shade.
2. We will drop the Bench from the call to shorten it.
3. Prefer to play "Buckeye" Stack Shade vs. two (2) TE's.

## BENCH STACK SHADE BLAST

B: 80  
 E: 5  
 N: 1 SKIN OUT  
 T: 4I PINCH  
 L: 6 FIRE  
 S: 10 A  
 W: 40 B

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Omaha the Bucks Stunt & Slant would stay on vs. 2 Split Receivers to Bucks side.
2. Buck comes on QB charge.

## BENCH STACK SHADE ED

B: 50  
 E: 5 SKIN IN  
 N: 1  
 T: 4I  
 L: 9  
 S: 10 A  
 W: 40 C

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Omaha ED vs TE to Ends side.

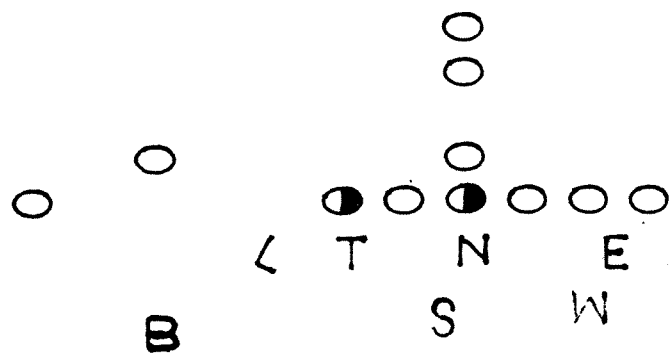
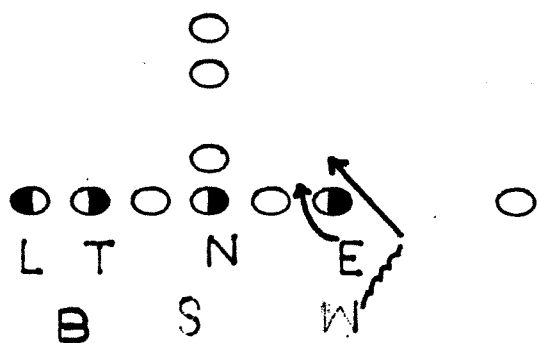
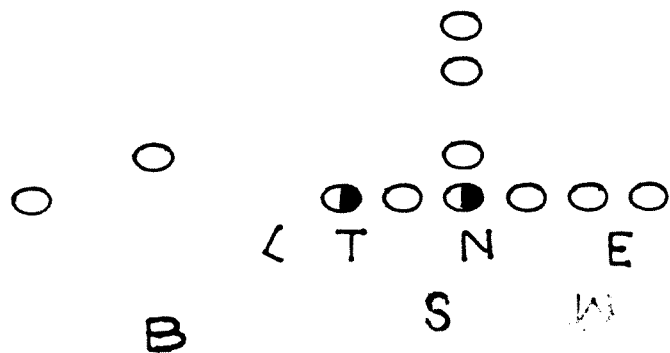
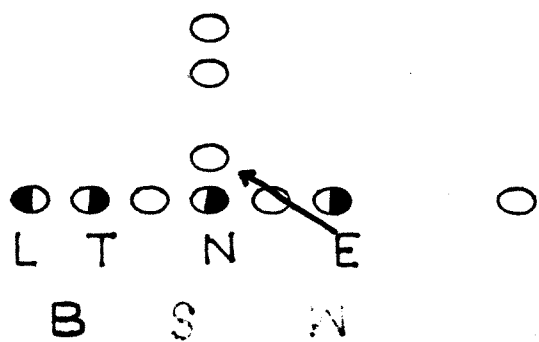
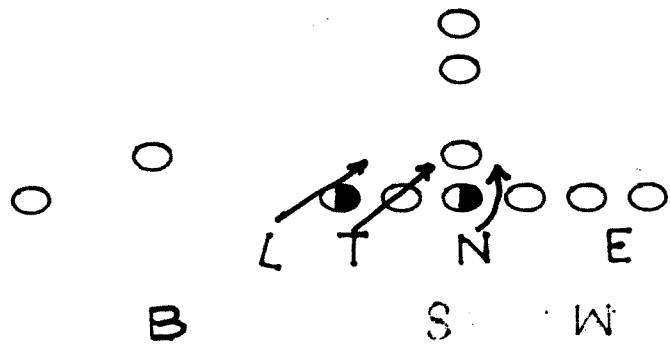
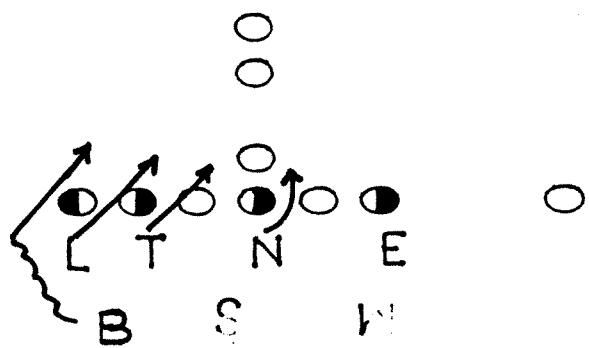
## BENCH STACK SHADE WHIP

B: 50  
 E: 5 ED  
 N: 1  
 T: 4I  
 L: 9  
 S: 10  
 W: 6 QB

## COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Omaha vs. TE to side of stunt.
2. Will LB uses wrong arm technique vs. kick out.
3. Can also run with Stack Eagle & G Fronts.



BENCH STACK SHADE WIDE

B: 50  
E: 5  
N: 1  
T: 4I  
L: 8 HARD  
S: 10 A  
W: 40 B

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Leo runs a Hard Stunt & wrong arm all blocks except the TE out block.

BENCH STACK SHADE BUCK

B: 50 PLUG C  
E: 5  
N: 1  
T: 4I  
L: 9  
S: 10 A  
W: 40 B

COVERAGES:

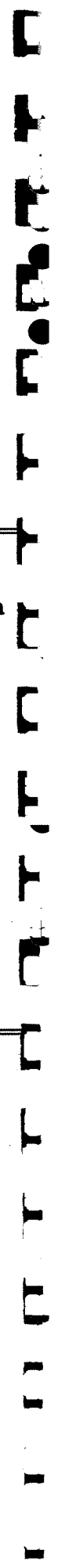
PRO: 2 - 4 - 5 - 7

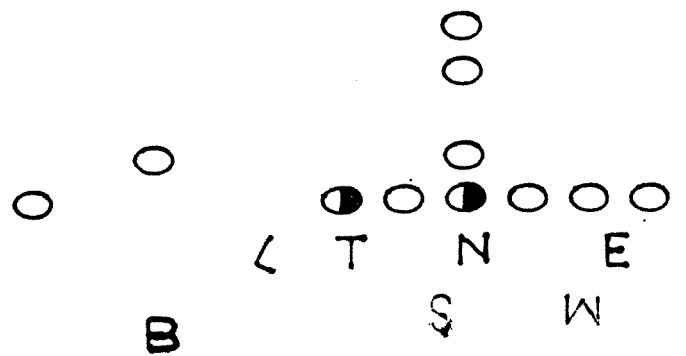
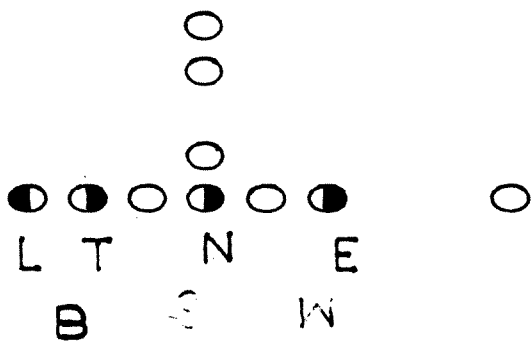
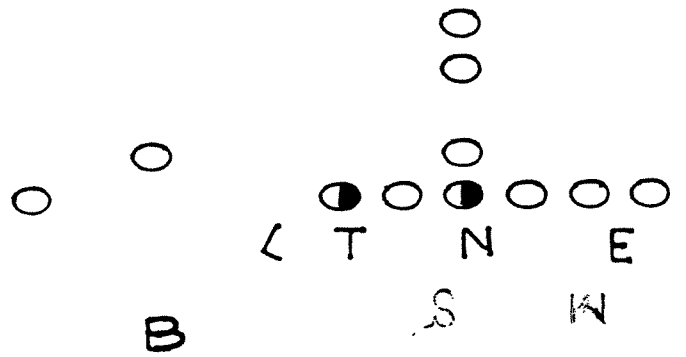
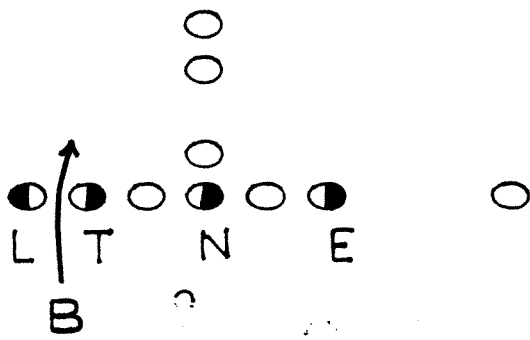
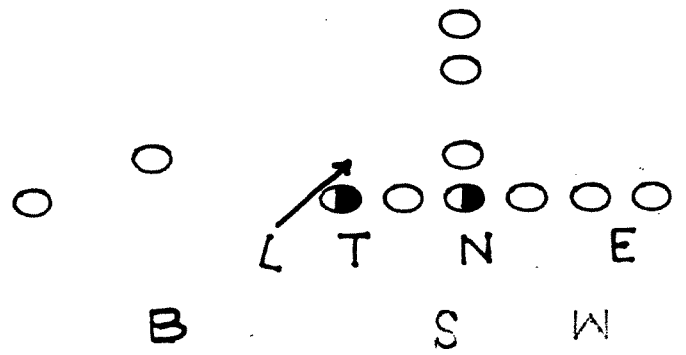
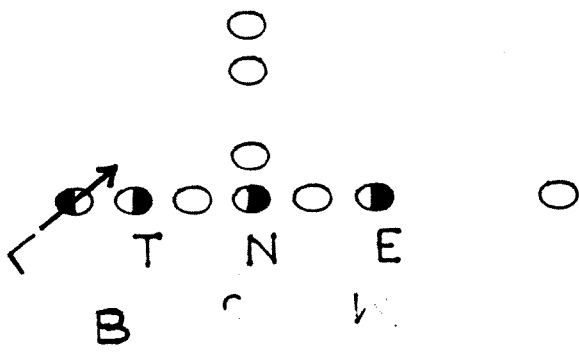
1. Buck LB runs Plug Stunt through his gap.
2. Stunt is off vs. Split End to Buck's side.

B:  
E:  
N:  
T:  
L:  
S:  
W:

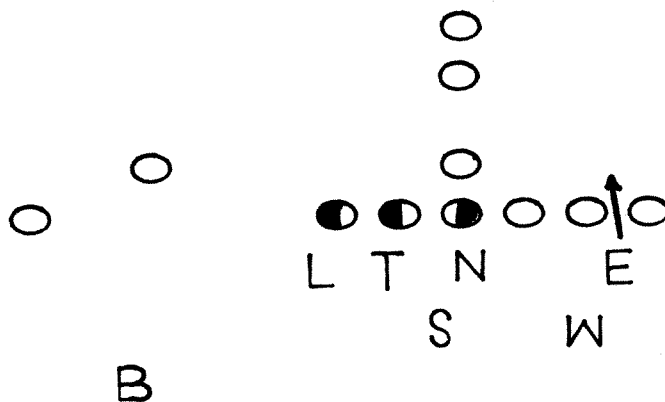
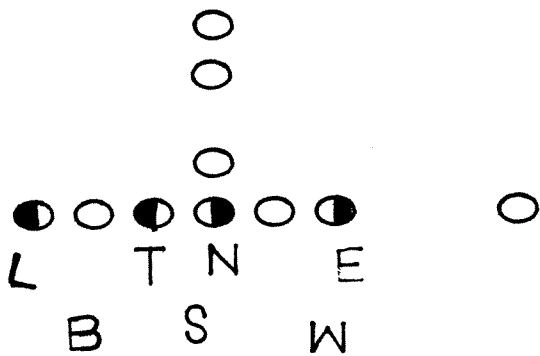
COVERAGES:

PRO:









BUCK: 40

END: 5

NOSE: 1

TACKLE: 3

LEO: 9

SAM: 10 A

WILL: 40 B

SECONDARY COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Same rules as Stack Shade.

BENCH STACK EAGLE SAM

B: 6 - 9

E: 5

N: 1 SKIN OUT

T: 3

L: 9

S: 10 PLUG A GAP

W: 40 B

COVERAGES:

PRO: 2 - 4 - 5 - 7

BENCH STACK EAGLE WILL

B: 90 - 6 - 9

E: 5

N: 2I

T: 3

L: 9 - 5

S: 10

W: 40 PLUG

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. End has QB on Option.
2. End will not wrong arm.

BENCH STACK EAGLE TEX

B: 50 - 6 - 9

E: 5

N: 1 TEX

T: 3 TEX

L: 9 - 5

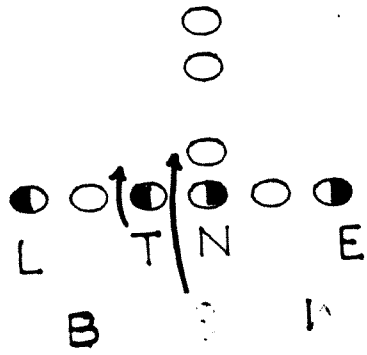
S: 10

W: 40 B

COVERAGES:

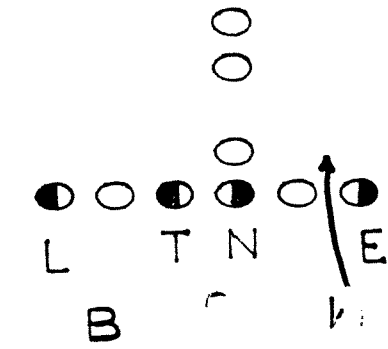
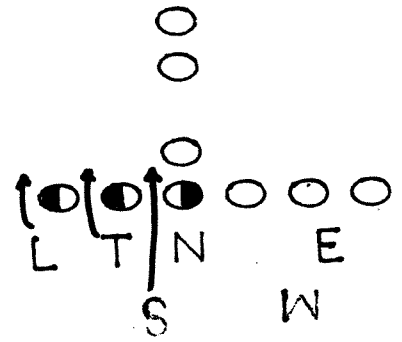
PRO: 2 - 4 - 5 - 7





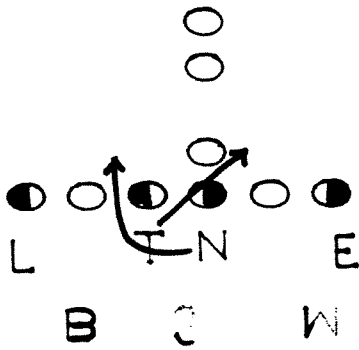
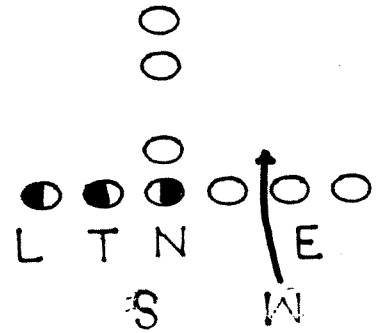
O O

O  
B



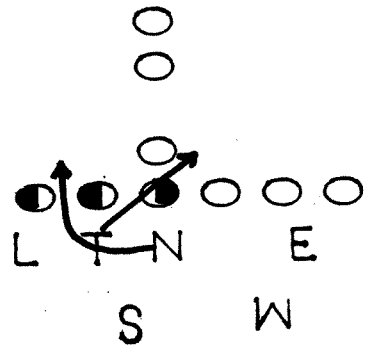
O O

O  
B



O O

O  
B



BENCH STACK EAGLE NAIL

B: 50  
E: 9  
N: 1 SKIN AWAY  
T: 3  
L: 5 - 6 FIRE  
S: 40  
W: 0 CHEAT - WEAK A

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Gap exchange between Nose and Will.

BENCH STACK EAGLE LANCE

B: 60  
E: 5  
N: 1  
T: 3  
L: 9 SKIN IN  
S: 10  
W: 40 B

COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Leo and Buck gap exchange.

BENCH STACK EAGLE ED

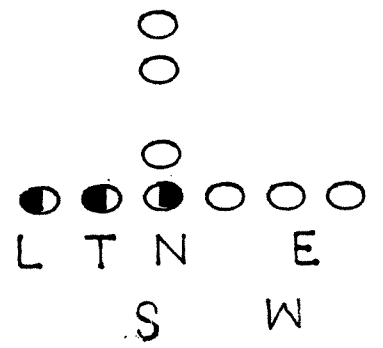
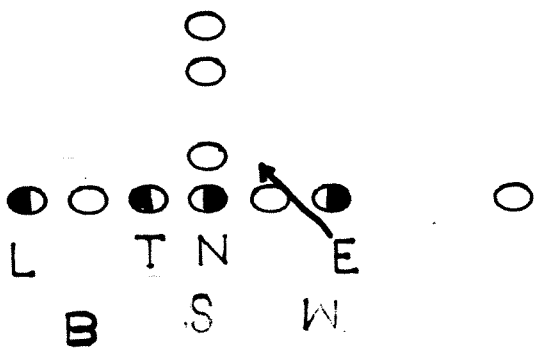
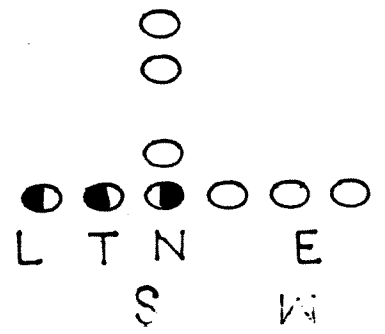
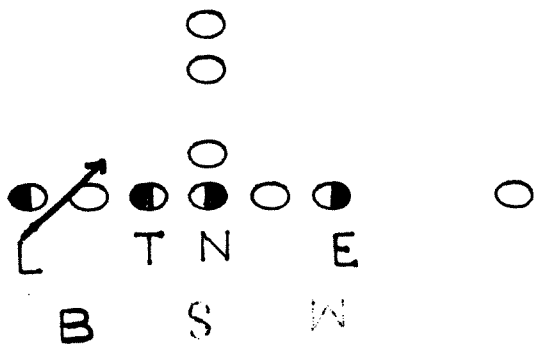
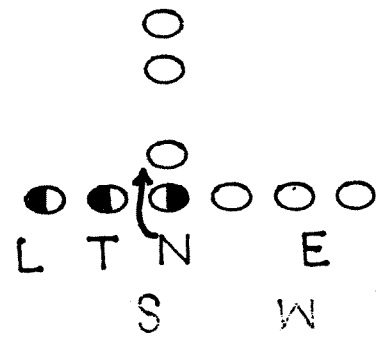
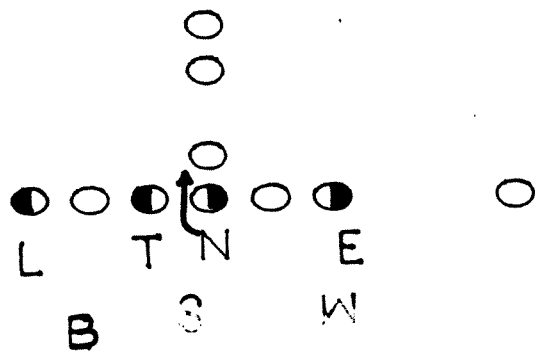
B: 50  
E: 9  
N: 1  
T: 3  
L: 5 SLIP - 6  
S: 40 SCRAPE  
W: 0 CHEAT

COVERAGES:

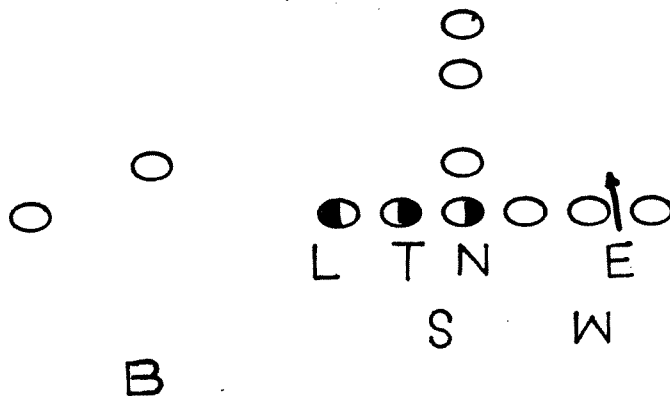
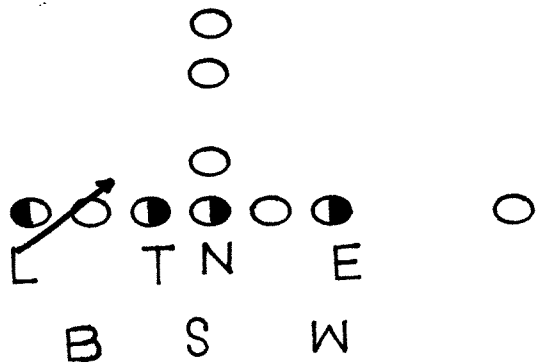
PRO: 2 - 4 - 5 - 7

1. Omaha vs. TE to End side.  
2. Sam LB has first threat in C Gap.





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BUCK: 50 - 6 - 9

END: 5

NOSE: 1

TACKLE: 2I

LEO: 9 FIRE - 5

SAM: 10 B-D

WILL: 40 B

SECONDARY COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Same rules as Stack Shade.

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BENCH STACK EAGLE T SKIN

B: 50

E: 5

N: 1 SKIN OUT

T: 3 SKIN IN

L: 9 FIRE - 5

S: 10 A

W: 40 B

COVERAGES:

PRO: 2 - 4 - 5 - 7

BENCH STACK EAGLE T TWIST

B: 50

E: 9 SLANT

N: 1 TEX

T: 3 TEX

L: 5

S: 10

W: 40

COVERAGES:

PRO: 2 - 4 - 5 - 7

B:

E:

N:

T:

L:

S:

W:

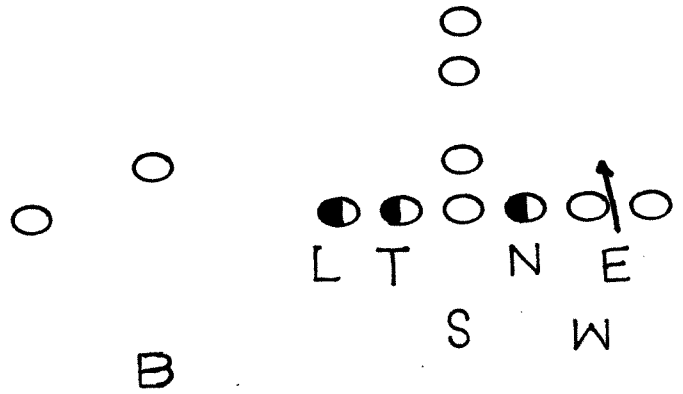
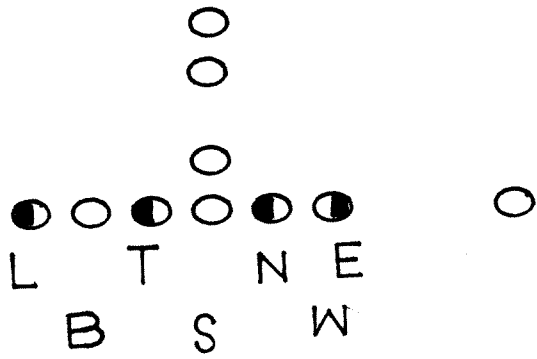
COVERAGES:

PRO:









BUCK: 50 - 6 - 9

END: 5

NOSE: 2I

TACKLE: 3

LEO: 9

SAM: 10 A

WILL: 40 B

SECONDARY COVERAGES:

PRO: 2 - 4 - 5 - 7

1. Same rules as Stack Shade.

2. Can also run:

- Stack G Ed
- Stack G Shoot
- Stack G Sam

BENCH STACK G SKIN

B: 50 - 6 - 9

E: 5

N: 2I SKIN IN

T: 3 SKIN OUT

L: 9 - 5

S: 10 A

W: 40 B

COVERAGES:

PRO: 2 - 4 - 5 - 7

B:

E:

N:

T:

L:

S:

W:

COVERAGES:

PRO:

B:

E:

N:

T:

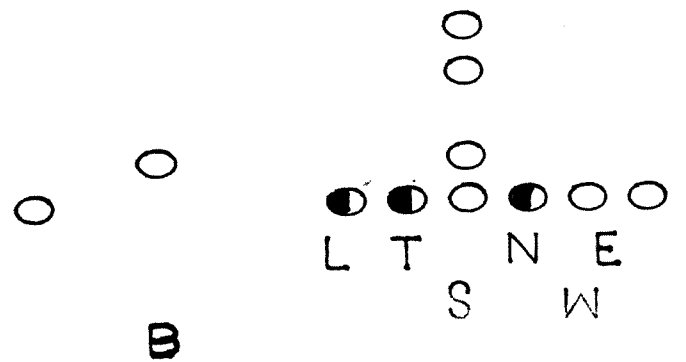
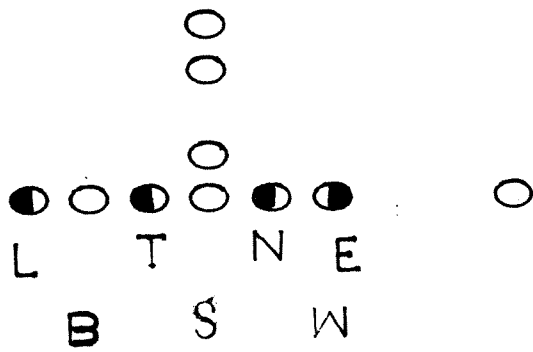
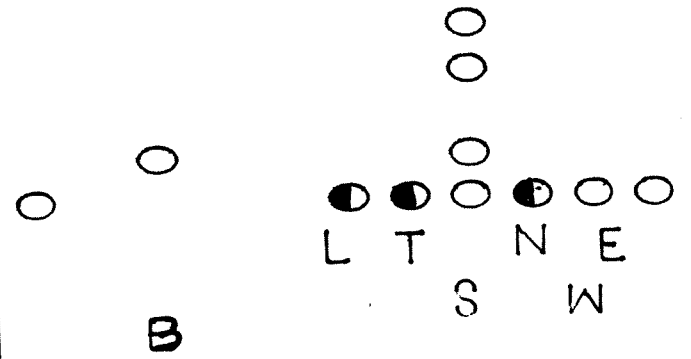
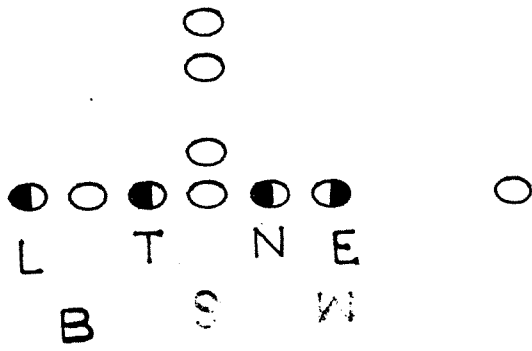
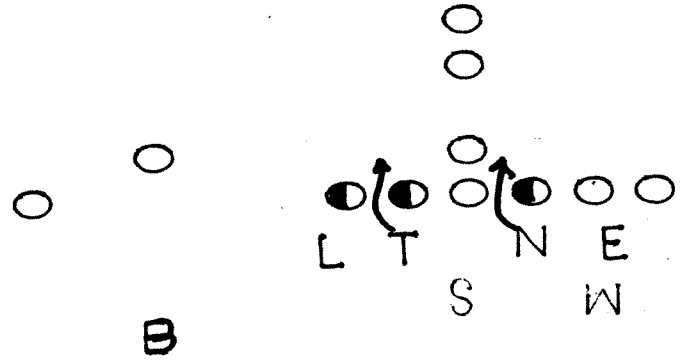
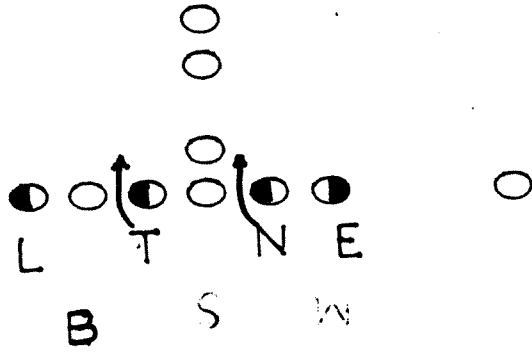
L:

S:

W:

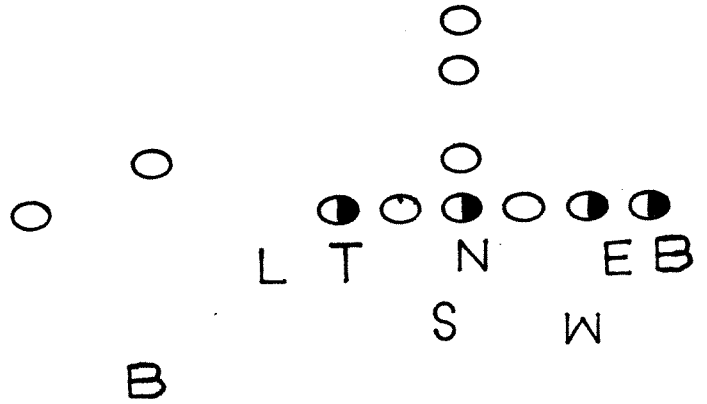
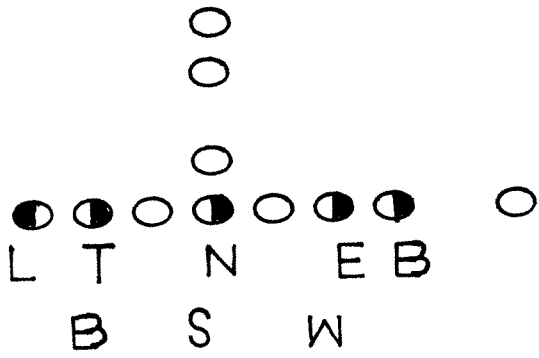
COVERAGES:

PRO:





BUCKEYE STACK SHADE



BUCK: 50

END: 5

NOSE: 1

TACKLE: 4I

LEO: 9

SAM: 10 A

WILL: 40 A

SUB BUCK: 9

SECONDARY COVERAGES:

PRO: 23 - 73

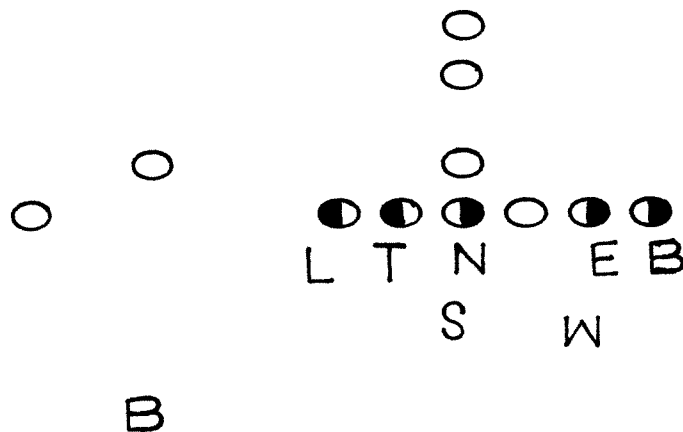
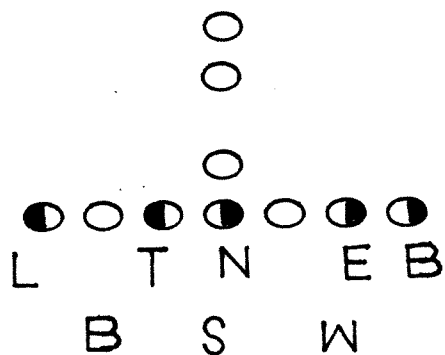
1. Bench or Weak call.

2. Can also run:

- Ed
- Echo
- QB
- Blast

U N I T A R I A N M E T H O D I S T C H U R C H

BUCKEYE STACK EAGLE



BUCK: 50

END: 5

NOSE: 1

TACKLE: 3

LEO: 9

SAM: 10

WILL: 40

SUB BUCK: 9

SECONDARY COVERAGES:

PRO: 23 - 73

1. Bench or Weak Call.

2. Can also run:

Cut	Gap
Drive	Ed
Echo	QB
Stay	Will
Nail	Tex

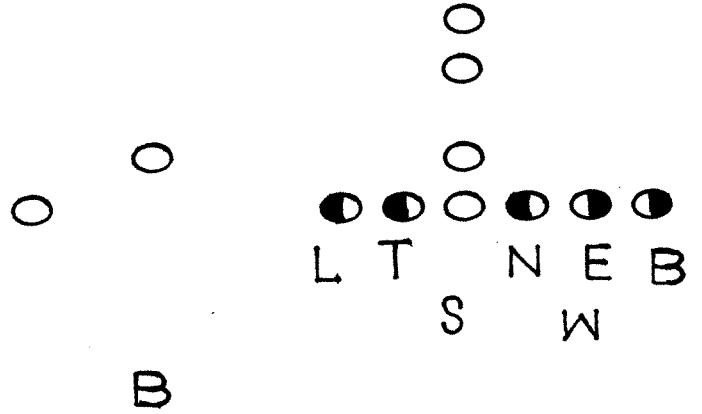
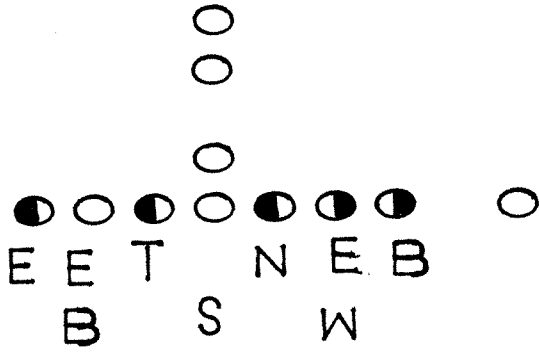
3. Can also run Buckeye Stack Eagle

T -  
Skin  
Twist

SECRET



BUCKEYE STACK G



BUCK: 50

END: 5

NOSE: 2I

TACKLE: 3

LEO: 9

SAM: 10 A

WILL: 40

SUB BUCK: 9

SECONDARY COVERAGES:

PRO: 23 - 73

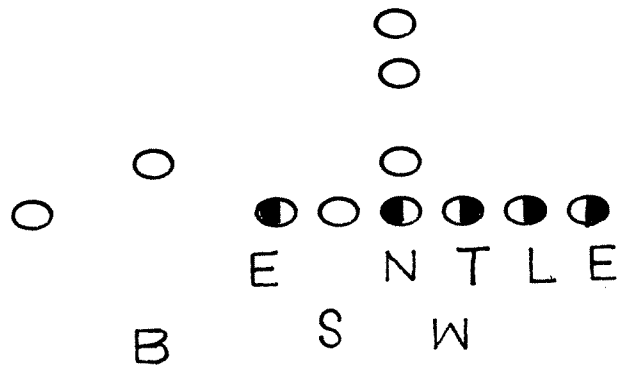
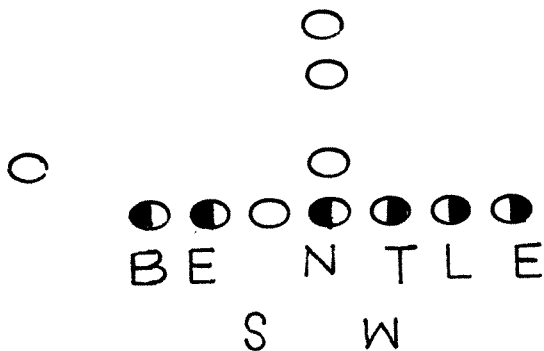
1. Bench or Weak call.

2. Can also run:

- Drive
- Ed
- Echo
- QB
- Skin
- Sam
- Buck
- G T
- Skin



BUCKEYE EAGLE



BUCK: 6 - 9

END: 5

NOSE: 1

TACKLE: 3

LEO: 5

SAM: 30 B

WILL: 30 A

SUB BUCK: 6 - 9

SECONDARY COVERAGES:

PRO: 23 - 73

1. Field call on hash, strong call in the middle - Unless a direction or game plan is called.
2. Substitute another defensive lineman for the Safety or Leo.
3. Both 5 Techniques & 9 Techniques align prior to the directional call.
4. Nose, Tackle, Sam and Will align to the call.
5. Check 2 vs. Wing or 3 Backs.
6. Weak Buck would come over vs. Stanford and Play 3.

BUCKEYE EAGLE T

B: 6 - 9  
E: 5  
T: 1  
L: 2I  
S: 5  
W: 30 B  
W: 30 B  
B: 6 - 9

COVERAGES:

PRO: 23 - 73

1. Can also run all T defenses.

BUCKEYE G

B: 6 - 9  
E: 5  
N: 1  
T: 3  
L: 5  
S: 30 B  
W: 30 A  
B: 6 - 9

COVERAGES:

PRO: 23 - 73

1. Can also run all G, G T and G Tilt defenses.

BUCKEYE OVER

B: 6 - 9  
E: 5  
N: 1  
T: 3  
L: 5  
S: 30 B  
W: 30 A  
B: 6 - 9

COVERAGES:

PRO: 23 - 73

1. Can also run all Over, Over T and Over Tilt defenses.

○ ○  
 ○ ○  
 ○ ○  
 ● ○ ● ○ ● ○ ● ○  
 B E N T L B  
 S W

○ ○  
 ○ ○  
 ○ ○  
 ● ○ ● ○ ● ○ ● ○  
 E N T L B  
 S W  
 B

○ ○  
 ○ ○  
 ○ ○  
 ● ○ ● ○ ● ○ ● ○  
 B E N T L B  
 S W

○ ○  
 ○ ○  
 ○ ○  
 ● ○ ● ○ ● ○ ● ○  
 E N T L B  
 S W  
 B

○ ○  
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 ○ ○  
 ● ○ ● ○ ● ○ ● ○  
 B E N T L B  
 S W

○ ○  
 ○ ○  
 ○ ○  
 ● ○ ● ○ ● ○ ● ○  
 E N T L B  
 S W  
 B

## BUCKEYE DIRECTION

B: 6 LOOP - ANCHOR  
 E: GL 5 LOOP - SKIN IN  
 N: GL 2 SKIN OUT - DRIVE CENTER  
 T: GL 2 SKIN OUT - DRIVE CENTER  
 L: 6 LOOP - ANCHOR  
 S: 30 FREE - A  
 W: 30 FREE - A  
 SE: GL 5 SLOOP - SKIN IN

## COVERAGES:

PRO: 23 - 73

1. The Sam LB will call the direction of the stunt, "Lucky" or "Ringo."
2. The rules for calling the direction can be strength or wide side of the field. This will be a game plan decision.
3. Corner or Strong Safety away from the directional call will run a Pitch Contain charge.
4. Backside Buck has TE Man to Man.
5. No TE on Backside puts Buck on Contain, stunt is off.

## BUCKEYE IN

B: GL 6  
 E: GL 5 SKIN IN  
 N: GL 2I  
 T: GL 2I  
 L: GL 6  
 S: 30 C  
 W: 30 C  
 SE: GL 5 SKIN IN

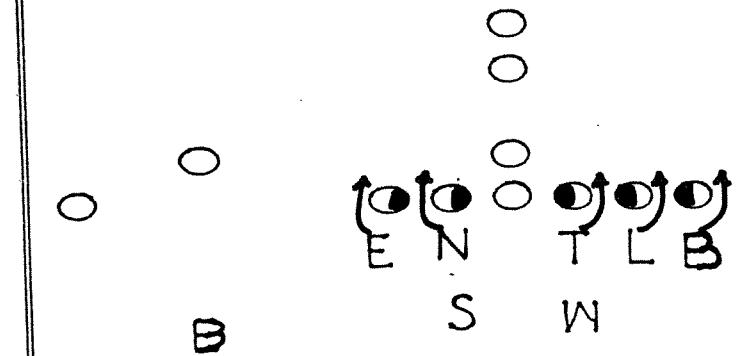
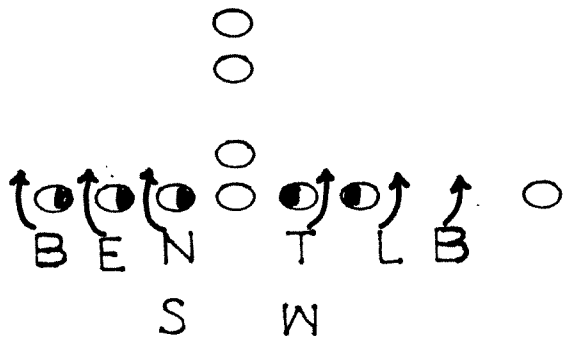
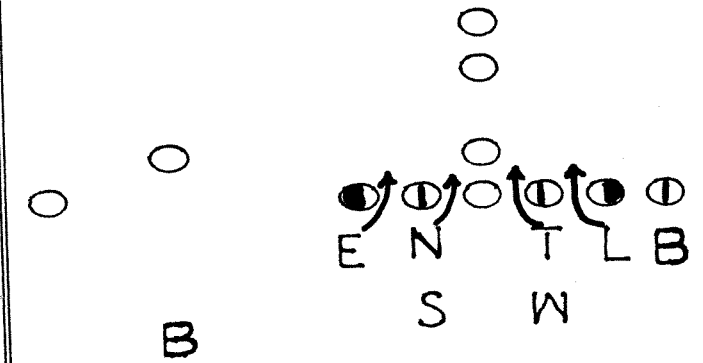
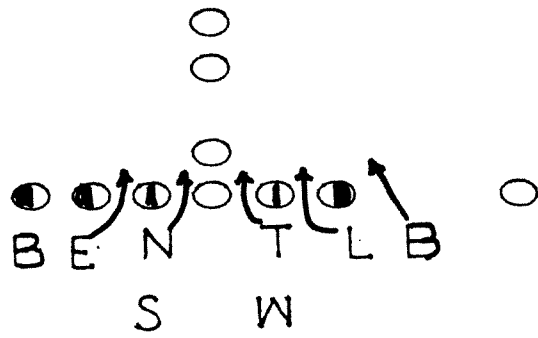
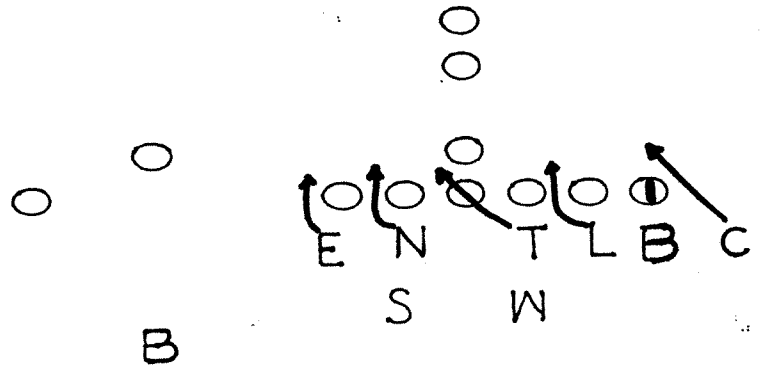
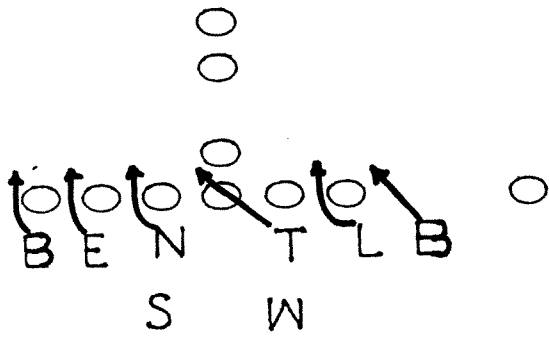
## COVERAGES:

PRO: 23 - 73

## BUCKEYE OUT

B: 6 LOOP  
 E: GL 5 LOOP  
 N: GL 2 SKIN OUT  
 T: GL 2 SKIN OUT  
 L: 6 LOOP  
 S: 30 A  
 W: 30 A  
 SE: GL 5 LOOP

## COVERAGES:



BUCKEYE THUNDER

B: 6 MAN  
E: GL 5  
N: GL 2I  
T: GL 2I  
L: 6 MAN  
S: 30 B  
W: 30 B  
SE: GL 5

COVERAGES:

PRO: Y

1. Safety & Corner have Pitch Contain.
2. Buck & Leo have TE's Man to Man.
3. Safety & Corner Omaha Stunt vs. SE.

BUCKEYE IN CRASH

B: 6I MAN  
E: GL 4I  
N: GL 2I  
T: GL 2I  
L: 6I MAN  
S: 30 SCRAPE  
W: 30 SCRAPE  
SE:

COVERAGES:

PRO: Y

1. Safety & Corner have first threat on Option. LB's have Pitch.
2. Same rules as Thunder vs. SE's.
3. Bucks have Easy Support.

B:  
E:  
N:  
T:  
L:  
S:  
W:  
SE:  
COVERAGES:  
PRO:



SS B E N T L B C  
 S W

SS B E N T L B C  
 S W

SS B E N T L B  
 S W

B E N T L B C  
 S W

B E T L B  
 S W

B E T L B  
 S W

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BUCKEYE BLITZ B

B: 6 BLITZ & ENGAGE

E: GL 5 LOOP

N: GL 2I

T: GL 2I

L: 6 BLITZ & ENGAGE

S: 30 BLITZ B

W: 30 BLITZ B

SE: GL 5 LOOP

COVERAGES:

PRO: MAN

1. Buck & Leo have easy Contain.

BUCKEYE BLITZ A

B: 6 BLITZ & ENGAGE

E: GL 5 LOOP

N: GL 2 SKIN OUT

T: GL 2 SKIN OUT

L: 6 BLITZ & ENGAGE

S: 30 BLITZ A

W: 30 BLITZ A

SE: GL 5 LOOP

COVERAGES:

PRO: MAN

1. Buck & Leo have easy Contain.

BUCKEYE GAP (SUPER) (SNEAK)

B: C GAP

E: B GAP

N: GL 1

T: GL 1

L: C GAP

S: 30 SCRAPE

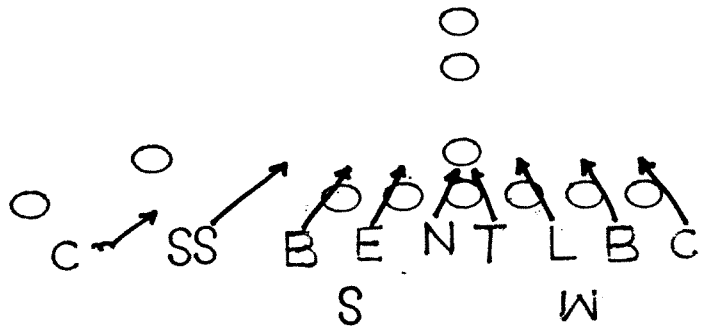
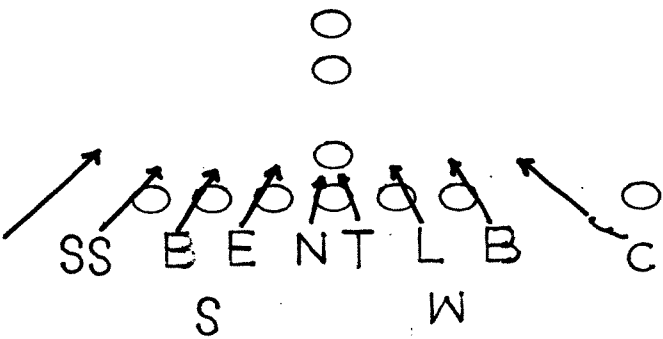
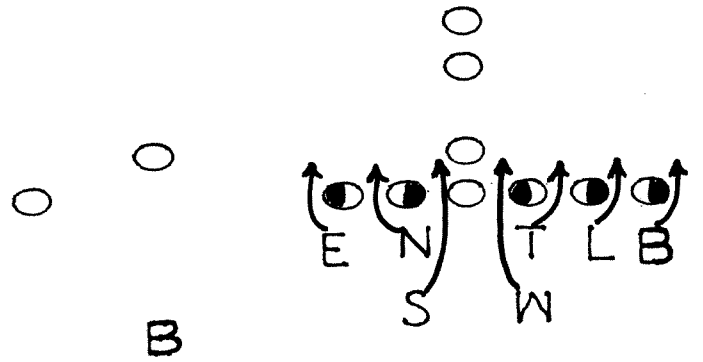
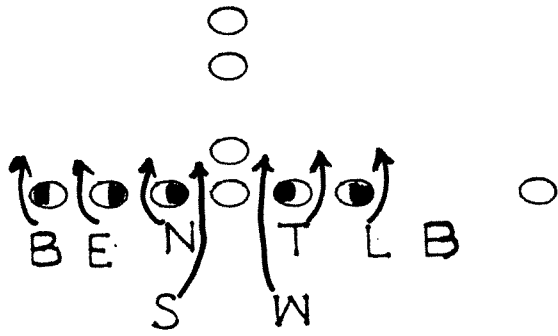
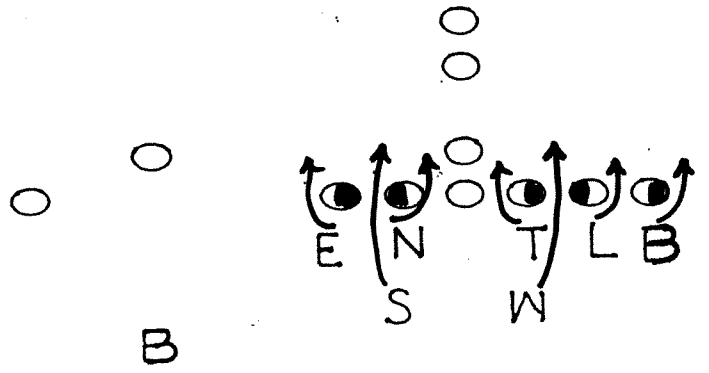
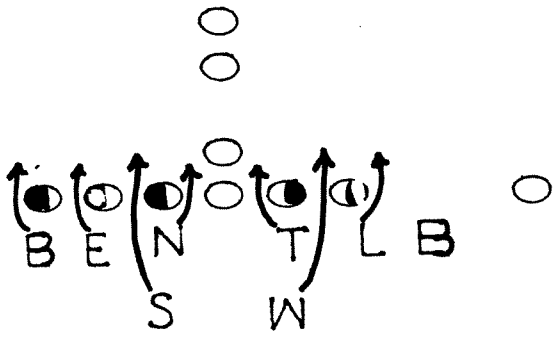
W: 30 SCRAPE

SE: B GAP

COVERAGES:

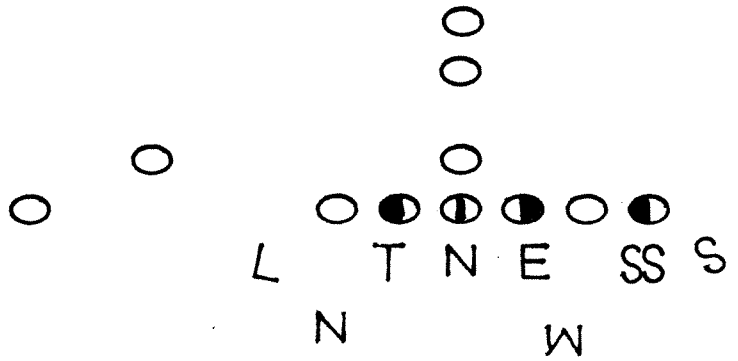
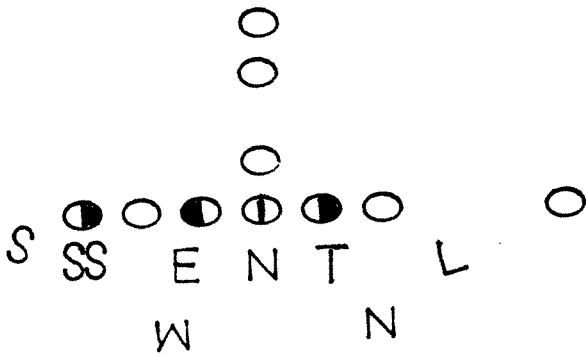
PRO: MAN

1. Weak Corner & Strong Safety blitz first threat.
2. In Sneak, Sam LB will align down over Center & use a Blast Technique.
3. Can also add "Stem" to call to tell defense to move late to the Gaps.





OHIO



BUCK: (Sub)

END: 3

NOSE: 0 STAY

TACKLE: 3

LEO: 5 WIDE

SAM: 8

WILL: 40 C

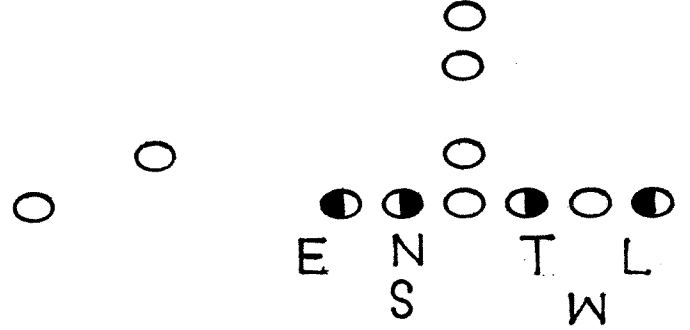
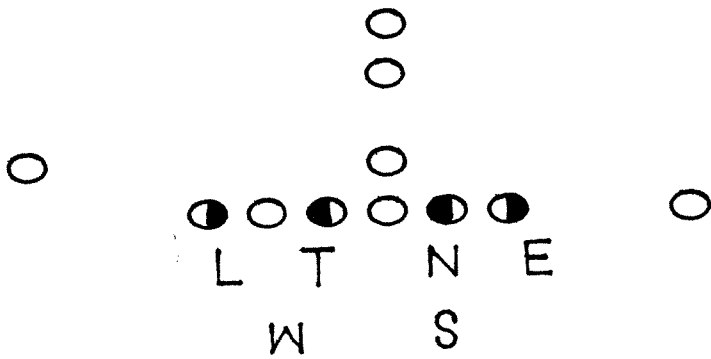
SECONDARY COVERAGES:

PRO: ORANGE, SILVER

1. LB directional call is to the TE.
2. Can also be made with a Field call.

THE UNIVERSITY OF CHICAGO LIBRARY

NICKEL



BUCK: (Sub)

END: 5

NOSE: 2I

TACKLE: 3

LEO: W 5 - 9

SAM: 30 B

WILL: 30 A

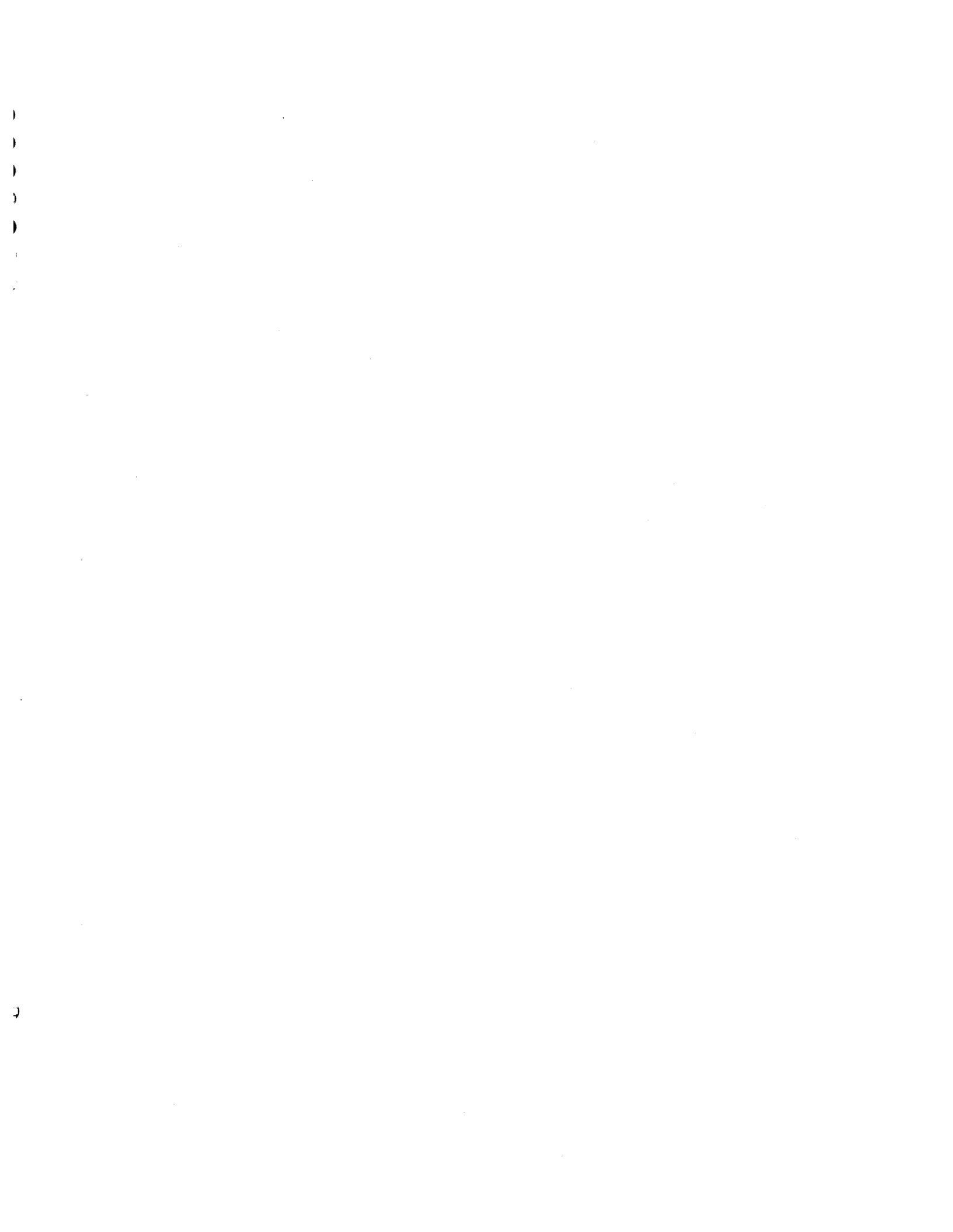
SECONDARY COVERAGES:

PRO: BROWN, BLACK, ORANGE, SILVER,  
2 FIELD, 5 FIELD, 7 FIELD

1. Nickel means the same as Split G Rush.
2. Nose will go the Sam LB's directional call. Tackle will align away.
3. Nose & Tackle will slide or redirect on TE Trade.
4. If we want to play Run first & Pass second, we will add "Read" call.







# 1 - 9 - 9 - 1

## OSU FOOTBALL SCHEDULE

Sept. 7 Arizona

Sept. 14 Louisville

Sept. 21 Washington State

Oct. 5 Wisconsin

Oct. 12 at Illinois

Oct. 19 vs. Northwestern\*

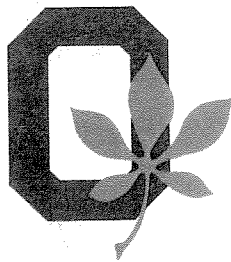
Oct. 26 Michigan State\*\*

Nov. 2 Iowa

Nov. 9 at Minnesota

Nov. 16 Indiana

Nov. 23 at Michigan



BUCKEYES

\*In Cleveland

\*\*Homecoming