

1998 DEFENSIVE PLAYBOOK

Tdedo

TOPIC

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DEFENSIVE ORGANIZATION

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TACKLING

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

THE ROCKET TACKLE

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

TAKE AWAYS

Our job is to take the ball away from the opponent's offense and score or set up good field position for our offense. We must knock the ball loose, force mistakes and interceptions, and get TAKE AWAYS. TAKE AWAYS and making big plays win games. We will be alert and aggressive and take advantage of every opportunity to come up with the ball.

SIXTY MINUTES

The trademark of our Defense will be EFFORT, TOUGHNESS, and NO MENTAL ERRORS. We will play for Sixty Minutes in every game regardless of score or situation in any game. "Every Play, Every Day!"

OUR GOAL

The first and foremost principle of a Defense is to prevent a touch down or score! We must prevent touchdowns by the long pass or run and get the ball for our offense.

UNIVERSITY OF TOLEDO - 1998
ROCKET FOOTBALL SCHEDULE

SEPTEMBER 5	TEMPLE	7:00 PM
SEPTEMBER 12	at Ohio State	12:30 PM
SEPTEMBER 19	WESTERN MICHIGAN	7:00 PM
SEPTEMBER 26	at Miami	2:00 PM
OCTOBER 3	CENTRAL MICHIGAN	7:00 PM
OCTOBER 10	BALL STATE	NOON
OCTOBER 17	BOWLING GREEN	7:00 PM
OCTOBER 24	at Akron	NOON
OCTOBER 31	at Northern Illinois	11:05 CST
NOVEMBER 14	CENTRAL MICHIGAN	1:00 PM
NOVEMBER 21	at Eastern Michigan	1:00 PM

III. DEFENSIVE SCOUTING REPORT - 1998

- A. Cover and Poem - Ram Rod
- B. Personnel - Ram Rod
- C. Info Sheet - Smith
 - 1. Players' Bio
 - 2. Stats
- D. Summary Sheet - Smith
 - 1. Formations - favorite run/pass % - Parker
 - 2. 2 Back-1 Back Ratio - Kuligowski
 - 3. Hash Report - Parker
 - 4. Down & Distance - Smith
 - 5. Plays to Stop - Amstutz
 - 6. Red Zone - Eberflus
 - 7. GL - Eberflus
 - 8. Special Alert - Amstutz
- E. 3rd Down Study - Eberflus
 - 1. Run/Pass %
 - 2. Formation
 - 3. Plays and Go To Guy
- F. Hole Hit - Kuligowski
- G. Favorite Runs - Kuligowski
- H. Favorite Passes - Parker
- I. Protection Sheet - Kuligowski
- J. Kick Game - Staff
- K. Special Tendencies - Staff

WEEKLY CHECK LIST
UT DEFENSE

A. STAFF BREAKDOWN OF EACH GAME BY RESPONSIBILITY

1. INSIDE LINEBACKERS (Amstutz)
 - a. overall scheme by set
 - b. how to take away favorite runs and passes
 - c. horizontal passing
 - d. tips for run/pass

2. OUTSIDE LINEBACKERS (Eberflus)
 - a. perimeter run and schemes
 - b. blitz pick-up
 - c. underneath receivers
 - d. tips on TE and RB's
 - e. 3rd down
 - f. red zone, GL

3. DEFENSIVE LINE (Kuligowski)
 - a. blocking schemes
 - b. pass protection
 - c. evaluate offensive line
 - d. key for run/pass
 - e. trick plays - screens, draws

4. SECONDARY (Parker)
 - a. formations and adjustments (motions)
 - b. WR - personnel and match-up
 - c. tips on routes by split
 - d. hash report
 - e. passing attack

5. STAFF (Defensive)
 - a. Establish preliminary kicking game plan

MONDAY DEFENSIVE CHECK LIST

1. 7:00-9:00 - Last 2 Game Films - Base Game Plan Suggestions and Opponent's Personnel Update Flip Cards
2. Finalize Scouting Report
3. 9:00 - Total Staff Meeting - Personnel Injury Report
4. GL/Red Zone Plan
5. 3rd Down Game Plan
 - 3rd & 1-2
 - 3
 - 4-5-6
 - 7-8-9
 - 10
6. 1-10 Calls
7. 2nd Long 7+, Medium 4-5-6, and Short 1-2-3 Calls
8. 4th Down Calls
9. Favorite Run, Favorite Pass, Plan by Formation
10. Blitz Plan/Tough
11. Hand Out Consolidation Tapes
 - self-scout report

TUESDAY DEFENSIVE CHECK LIST

1. Defensive Staff Meeting
2. Evaluate Self Scout
3. Install Base Game Plan vs. Sets and Personnel
4. View Cutups, Formations, Option, 2 Minute, Stunts and Games, Tackles for Loss Tape
5. Practice Plan (input for scripts)
6. Write Practice Scripts
7. Prepare Scout Cards
8. Position Meeting
 - a. scouting report
 - b. review opponent film
9. Practice
 - a. punt and punt return
 - b. base defense (stunts)
 - c. continue game plan
 - d. red zone & goal line plan
 - e. 3rd & short & med
 - f. blitz ideas
10. Recruiting Calls

SATURDAY DEFENSIVE CHECK LIST

1. Staff Meeting
2. Review Sideline and Pressbox Responsibilities
3. Position Meeting (chair drill)
4. Stadium Phones OK
5. Stadium Logistics (team/pre-game/half-time)
6. Review Half-time Responsibilities
 - a. review fronts and formations
 - b. tendencies
 - c. adjustments
 - d. game plan

MEET WITH PLAYERS

1. Go Over Game Plan
2. Check Adjustments and Assignments

STAFF MEETING

1. Go Over Game Plan
2. Go Over Personnel
3. Check Adjustments

PRE-GAME

1. Weather - Parker
2. Field Conditions - Parker
3. Phones - Kuligowski & Smith
4. Personnel - Smith
5. Opponents Kicking Times - SA - FG-Kickoff SA - Punt
 - a. depth chart - Smith
 - b. all sheets and forms - Smith

GAME TIME

1. Press Box
 - a. Parker on phones with Eberflus - pass game responsibilities - notes on breakdowns/personnel
- watch Secondary and perimeter support
 - b. Smith - chart formations/plays/routes Press Box SA-call sheet
- check blocking schemes
 - c. Amstutz - on phone with Kuligowski - defensive calls
- watch Offensive Line to point of attack
2. Side Line
 - a. Kuligowski - signal defensive, front and run game adjustments
- watch Offensive Line blocking
 - b. Eberflus - passing game adjustments
- watch perimeter support and secondary play
- special teams substitutions

GAME PLANNING ORDER

1. 2 Game Films
2. GL
3. Red Zone
4. 3rd Downs - low to high
5. 1st Downs
6. 2nd Downs - high to low
7. 4th Down
8. Favorite Pass, Favorite Run by Formation
9. Blitz/Tuff
10. Option
11. 2 Minute
12. Stunt/Game
13. Tackles for Loss
14. Victory

DEFENSIVE CUT UP LIST

1. Formations
2. 1st & 10
3. 2nd (1-3)
4. 2nd (4-6)
5. 2nd (7+)
6. 3rd (1-2)
7. 3rd (3)
8. 3rd (4, 5, 6)
9. 3rd (7, 8, 9)
10. 3rd (10+)
11. Red Zone (25 yd line - 15 yd line)
12. Red Zone (14-6)
13. GL (5-1)
14. Option Tape
15. Stunts
16. Games
17. Blitz
18. Tuff Tape
19. Special Tapes
 - Favorite Run
 - Favorite Pass
 - Passes by D & D
20. Two Minute Offense
21. Tackles for Loss
22. Self Scout Specials

III. DEFENSIVE TERMINOLOGY

A. Team:

1. Strong Side - Side of the strength of the formation. (2 Receiver Side)
2. Weak Side - Side away from strength of the formation.
3. Frontside - The side to which an offensive play is directed.
4. Backside - The side away from which an offensive play is directed.
5. Flow - The direction that the ball and/or offensive backs move after the snap.
6. Run To - Running play directed to your side.
7. Run Away - Running play directed away from your side.
8. Z - An offensive back who is removed by more than four yards from the formation and is not on the L.O.S.
9. Wing - An offensive back who is aligned off the L.O.S. within four yards of the TE.
10. X - Spilt End
Y - Tight End
Z - Flanker or Slot Back
11. A Gap - Area between inside foot of Guard to the nose of the Center.
12. B Gap - Area over the offensive guard. (From inside foot of the offensive guard to inside foot of the offensive tackle.)
13. C Gap - Area over the offensive tackle. (From inside foot of offensive tackle to inside foot of tight end.)
14. D Gap - Area over the offensive tight end or slot back. (From inside foot of tight end to inside foot of a wing or next blocker.)
15. Dropback Pass - Pass thrown within the guard box. QB, after the snap, retreats to throw the football.
16. Play Action Pass - A pass attempted off a running play fake.
17. Force - Responsibility of turning the end run inside while keeping the cut back qq hole at a minimum. Responsible for pitch vs. an option.
18. Fill - Responsibility for meeting the end run inside out and making the tackle. Responsible for QB to pitch vs. an option.
19. Read - Secondary and OLB force based on release of TE.

DEFENSIVE TERMINOLOGY - continued

21. Pursuit - Taking the proper angle to intercept the ball carrier.
22. Oskie - Call made to indicate we are about to make an interception. All defenders now become offensive blockers. We must first block the intended receiver. Cannot block below the waist.
23. Off - Call used to erase defensive lineman stunts. Be alert for new call.
24. Key - A man or a movement by the offense which indicated the play and your immediate reaction to it.
25. Shed - To get rid of blocker.
26. Boot - When the QB goes opposite play action with pulling guard.
27. Screen - A play initiated by pass action where the passer gives ground and passes to a short receiver behind a wall of blockers.
28. Draw - A play initiated by pass action, but the ball is given to a back.
29. Peter - Call on punting situation where ball has been allowed to bounce. Alerts defenders to get away from the bouncing erratic ball so it does not hit us and is recovered by the offense. Means, don't touch it!! Get away from it!
30. Lock - Huddle call telling team to stay in defense called regardless of offensive formation or situation.
31. L.O.S. - Line of Scrimmage.
32. P.O.A. - Point of Attack.
33. C.P. - Coaching Point.
34. Dash - Pass action where QB sets initially, then sprints outside tackle.
35. Move - Call made to change defensive front on verbal call from LB.
36. Shift - Call made to change defensive front on time, before snap, with no verbal call.
37. Up - Alignment used to press LOS and simulate Dog.
38. Stem - Call made to free inside Defensive Line to change gaps independently prior to snap.
39. Show - Alignment used to simulate Cover 2 then move to normal alignment prior to snap.
40. Disguise - Call to show blitz alignments.

DEFENSIVE TERMINOLOGY - continued

B. Line and Linebackers:

1. L - A call to determine stunt or dog to our left.
2. R - A call to determine stunt or dog to our right.
3. Chase Contain - On flow away, check for cutback, counter, reverse or boot on offensive side of L.O.S.
4. Feather - Technique used in playing the option when you have QB to pitch responsibility.
5. Set - A technique where you tackle QB on dive or speed option. Stays in "C" area, does not feather.
6. Mesh - ILB has Dive and DE has QB.
7. Zap - A fire charge, or late fire charge to QB on any option action to your side.
8. Wide - Call from LB to End/Stud to play 9 technique.
9. Fold - A technique used by OLB fill or alley on play away.
10. Flare - Coverage of flare back by contain rusher.
11. Backside Leverage - Players away from flow never allowing the ball to cross their face.
12. Adios - 2I technique player drops.
13. Take It - Spark charge by Stud or End called by Linebacker.
14. In In - Call to S/E from OLB. Indicates OLB is rushing.

C. Linebackers and Secondary:

1. Tea Cup - Opponent's formation which has no man split by more than four yards from the rest of the formation.
2. No Width - One side of the opponent's formation is tight and one side is split by more than four yards.
3. Cloud - Call given to corner to force perimeter run and to cover flat on pass.
4. Sky - Call given to Safety to force perimeter run and to cover curl-flat on a pass.
5. Easy - Call given to OLB to force perimeter run.
6. Read - Secondary or LB force depending on release of TE.

7. Rip/Liz - Call by FS to indicate formation strength.
8. Secondary Force - Responsibility for support once all threat of pass is eliminated. Force if primary force breaks down. Keep outside leverage on the ball.
9. Hawk - Call to lower FS and bump backers.
10. Jam - A technique of hitting a receiver to delay or drive him off his course.
11. Area - A call to indicate 3 pass defender playing 3 receiver.
12. Combo - A call to indicate 2 defenders playing 1 receiver. Their men will be determined by the routes. Also, a call used versus Bunch or Zip Motion.
13. Connie - Corner and Free 2 on 2 vs. receivers depending on route.
14. Bump & Run - Technique of tight man for man coverage in which defender aligns tight to the receiver and denies the receiver the ability to run an inside pattern.
15. Mirror - Maintenance by a linebacker of the same relative position to the L.O.S. as the QB. (i.e., as deep as he is deep and as wide as he is wide.)
16. Crack - A call to indicate to a defender that a wide receiver is blocking back towards the ball. Corner will be the first to recognize this and shout: "Crack", "Crack".
17. Wall Off - Denying an inside route to a receiver, maintain inside-out leverage.
18. Out - An inside shade alignment of weakside OLB on a wide receiver. Do not let receiver release inside.
19. Walk - An alignment by outside linebacker which puts him four yards off L.O.S. and splitting the difference between the wide receiver and end man on L.O.S.
20. 21 Rule - Player in coverage cheating in direction of flow keeping opposing players inside and underneath.
21. Under - Call made vs. a pass to indicate a receiver running an underneath route (i.e., delay).
22. Shadow - A term that designates no contact in a pass offense - pass defense drill. Defenders will not collision receivers when going for the ball.
23. Cushion - Distance the defender keeps off the receiver in coverage.
24. Star - Coverage adjustment designed to give additional coverage to a receiver, receivers, or formation.
25. M/M - Man-to-Man.
26. W/S - Weak Side.

**1998 DEFENSE
PRACTICE PLAN ORGANIZATION**

1. Write Up:
 - A. Smith

2. Scripts:
 - A. Group Run - Kuligowski
 - B. Inside Run - Kuligowski
 - C. Team Run - Amstutz
 - D. Team Pass - Parker
 - E. Skeleton - Parker
 - F. Perimeter - Eberflus
 - G. 7 on 7 - Parker
 - H. 11 on 11 - Amstutz
 - I. Nickel Team - Parker
 - J. Blitz - Amstutz
 - K. Goal Line - Eberflus
 - L. Red Zone - Eberflus
 - M. 3rd Short - Kuligowski
 - N. Trick Plays - Kuligowski

3. Depth:
 - A. Smith

4. Scout Teams:
 - A. Smith & Student Assistant

SATURDAY (cont.)

HALF TIME ORGANIZATION

1. Analyze Play by Play Stats
2. Go Over Injury Report/Make Defensive & Kicking Game Adjustments
 - a. rushing yardage
 - b. passing yardage
 - c. time of possession
 - d. third down conversions
 - e. mental errors
 - f. big play errors
 - g. game plan working/according to tendencies
 - h. takeaways
 - i. field position, formation, down & distance chart
 - j. adjustments for second half

KICKING GAME/PUNT

Game Day Responsibilities

Field

- | | |
|------------|---------------------------------|
| Murray | - punt alert & get off time |
| Kuligowski | - huddle call/Center & Fullback |
| Eberflus | - near G, T, W |
| Jones | - sprinters |
| SA | - hang time |

Press Box

- | | |
|---------|---------------------|
| Parker | - Punter/protection |
| Amstutz | - lanes & coverage |
| Yost | - Far G, T, W |
| Smith | - get off time |
| SA | - snap time |

K.O.C.

- | | |
|------------|-----------------------------|
| Eberflus | - near 2, 3, 4 |
| Smith | - 1's |
| Parker | - far 2, 3, 4 |
| Amstutz | - kicker, 5's |
| Kuligowski | - time up & Point of Attack |
| SA | - hang time |

PUNT BLOCK

- | | |
|------------|---|
| Kuligowski | - set returner/trap block |
| Parker | - far 6, 7, 8, 9, breakdowns |
| Amstutz | - 1 & 10 |
| Smith | - get off time |
| Eberflus | - huddle call, check onsides, near 2, 3, 4, 5 |

FG BLOCK

- | | |
|------------|------------------|
| Kuligowski | - near rush side |
|------------|------------------|

WEDNESDAY DEFENSIVE CHECK LIST

1. Defensive Staff Meeting
2. Discuss Game Plan
3. Practice Plan
4. Finalize Game Plan
5. Practice
 - a. practice game plan
 - b. special situation practice (ex. 2nd & long, screens, etc.)
 - c. third down package 3-long, 7-8-9, 4-5-6
 - d. kickoff coverage
 - e. personnel substitutions
7. Individual Game Plan to Players
8. Recruiting Calls

THURSDAY DEFENSIVE CHECK LIST

1. Defensive Staff Meeting
2. View Practice Film
3. Game Plan Reviewed
4. What If? Plan
5. Practice Plan
6. Practice
 - a. total game plan
 - b. situation script (team)
 - 1) all downs and distances
 - 2) all personnel review
 - c. special plays and gadgets
 - d. review total kicking game
 - e. goal line review
 - f. two minute defense
 - g. overtime
7. Begin Charting Next Opponent

FRIDAY DEFENSIVE CHECK LIST

1. Recruiting
2. Prepare Pressbox Clipboards and Sheets
3. Prepare Special Team Depth Chart
4. Practice?
5. Review All Teams and Subs
6. Review All Adjustments
7. Position Meetings
 - a. test for players
 - b. 1 reel of film (game plan situation)
 - c. continue charting next opponent
8. Receive all Computer Break Down Sheets from GA's
9. Collect Tapes

SUNDAY DEFENSIVE CHECK LIST

A. GRADE DEFENSE FILM / KICKING FILM

1. Breakdown and analyze our defense on each play.
 - a. technique
 - b. mental mistakes
 - c. effort
 - d. errors
 - e. wins and goal objectives
 - f. defensive calls
 - g. offensive scheme vs. our defense
 - h. self-scout (down and distance) (hash) (field position)
 - i. computer report self-scout

9:45 Grade Kicking Film
- Kuligowski/Ford/Jones - Punt
- Parker - KOC
- Amstutz - PAT, FG Block
- Eberflus - Punt Return
- Kick Grade Sheets Completed

10:30 Grade Game Film
- Put Self-Scout in Computer
- Grade Sheets Complete
- Grades on Board
- Wins, Losses, Breakdown Corrections
- Evaluate Personnel
- Production Board
- Goal Boards
- Hammer Award and Video
- Kick Highlight Video
- Review Special Team Personnel

GA's Film Exchange
Grade Sheets
Call sheets, Play-by-Play's
Self-Scout Down, Distance & Call In
Computer

2:00 Kick Game Plan
3:00 Kicking Meetings
3:35 Defense Meet/Position Video Analysis
4:45 Team Meeting
5:10 Practice, Kicking Plan and Correction

IV. DEFENSIVE CHARTS AND AWARDS

A. Defensive Objectives - Parker

1. Win
2. Hold opponents to 13 points or less
3. Prevent offense from big plays (run 15 yards; pass 20 yards)
4. Hold opponents to 3.9 yds or less rush; 7 yds or less pass attempt
5. Get 3 take aways a game
6. Score or set up offense score; give ball to off 2 times inside 50
7. Win third down conversion - 70%
8. Tackles for loss - 9x
9. Hold opponents to 3 plays and out 45% of the time

B. Take Away Board

1. Cause fumble
2. Recover fumble
3. Interception
4. Block kick
5. Score
6. Turnover margin by game and season

C. Defensive Players of the Week - Staff

D. Back-Up Players of the Week - Staff

E. Big Hit Award/Golden Hammer Award - Staff

F. Special Forces Board - Staff

1. Win
2. Kick Off Return (28 yard line)
3. Kick Off Coverage (keep inside the 25 yard line)
4. Punt return of 10 yards, score, block
5. Punt coverage less than 3 yard average
6. Score 7 points in the kicking game
7. Players of the Week

G. Production Chart - Eberflus

27. Roll - Convert two deep to three deep.
28. Empty - A call used by the secondary to indicate any no back set.
29. Silver/Gold - A call to check to Dog.
30. Blitz/Engage - Tech where DB or LB covers a receiver while dogging.
31. Banjo - 3 on 3 call with Backer, Whip or Rover on TE and 2 Backs.
32. Us - Mike and Backer on Backs.
33. Lock & Switch - Backer and Mike on TE and 1 Back.
34. Indy - Cover 5 technique involving FS, Rover and Corner 3 on 2.
35. Thumbs - Cover 7 3 on 2 involving FS, Rover and Corner. FS take #2 vertical.

DEFENSE

II. RAM ROD OF THE WEEK

<u>1998</u>	<u>Ram Rod</u>
Temple	Amstutz
Ohio State	Kuligowski
Western Michigan	Eberflus
Miami	Kuligowski
Central Florida	Parker
Ball State	Parker
Bowling Green	Amstutz
Akron	Eberflus
Northern Illinois	Kuligowski
Central Michigan	Parker
Eastern Michigan	Amstutz

RAM ROD RESPONSIBILITIES

1. Know personnel:
 - a. Injuries
 - b. Depth
 - c. Recruits
2. Present personnel of team.
3. Responsible for scouting report.
4. Responsible for FINAL EDITION.
5. Article Boards.

M B
 S T N E
 C W F R C

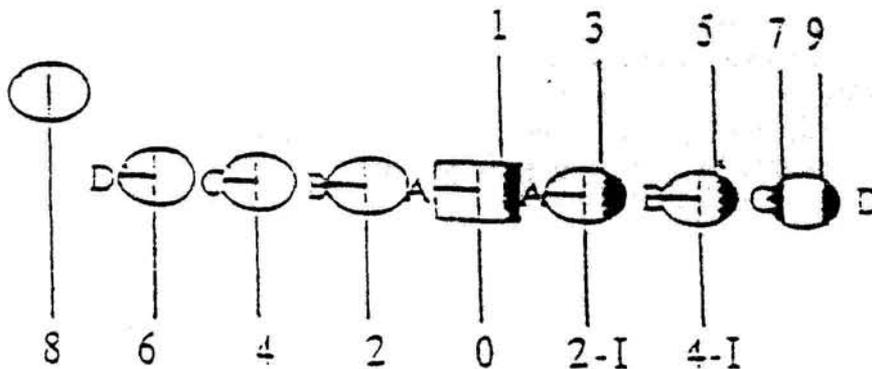
PROCEDURE

1. Nose call huddle 3 yd. from ball. Front line hand on knees, head up. Back line hands hip, head up.
2. Mike get signal from bench.
3. FS yell out down and distance and any special tendencies.
4. Rover declare middle or hash.
5. Backer check for substitution.
6. Mike will call defense only once (i.e., G Cover 1)
7. Mike will give a "Ready-Break". Everyone will say "Break", clap hands, and hustle to position.
8. Whip make whip left or whip right alignment.
9. Mike will set defense with right or left call.
10. Free safety will make a strength call Rip or Liz.
11. Corner to opponent's bench make personnel call.
12. Color call will be made on LOS.

IMPORTANT:

1. Get in and out of the huddle as fast as possible. This is necessary to get defensive call from bench. Get out quickly to get necessary adjustments and additional calls.
2. There will be no talking in the huddle by anyone, except our call backer, unless a time out has been called.
3. If you do not hear the call, say "CHECK". The call will be repeated.
4. When offensive center puts his hands on the ball, be in your defensive stance.

FRONT AREA OF RESPONSIBILITY



DEFENSIVE LINE SECTION

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DEFENSIVE LINE BOTTOM LINE

EVERY PLAYER ON TOLEDO'S DEFENSE
MUST PLAY WITH INTENSITY AND ENTHUSIASM

YOU MUST KNOW YOUR ASSIGNMENTS AND
RESPONSIBILITIES

TFL'S - PRODUCE

SACK/KNOCKDOWN QB - CREATE HAVOC

GREAT GAP PENETRATION - GAP INTEGRITY

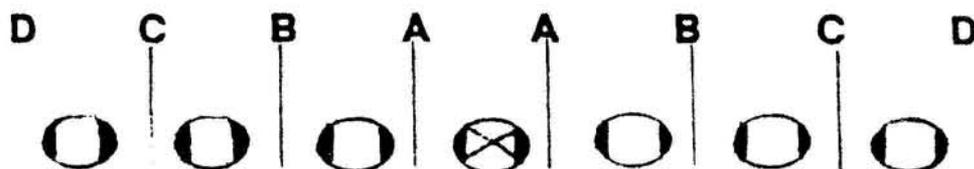
10 PRINCIPLES OF DL

I. FUNDAMENTALS

1) Stance - 3 point stance. Inside foot back, toe to heel relationship. Eyes on target, with weight forward. Off hand is cocked and loaded.

- ✦ A. We will be set when center's hand is on ball
- ✦ B. We will communicate run/pass, splits (etc.)

GAPS



ALIGNMENTS

9 6 7 5 4 4i 3 2 2i 1 0 1 2i 2 3 4i 4 5 7 6 9

2) Alignment - Must be exact

- A. Normal - Foot to crotch
- B. Wide - Inside foot to outside foot
- C. Crash - 2 feet outside of OL hand, cocked in at the OL hip

3) Assignment - Huddle call (i.e. Up G 3)

- A. Penetrate into backfield
- B. Stay in your gap assignment where you are shaded (A, B, C, D) or where the call puts you.
- ✦ C. Keys: Man on
Near back > Whomever shows first
Back side lineman

II. TECHNIQUE

4) Get Off - Key the ball and go when center's hand moves. Always step with the inside foot either straight ahead or bend inside. You should remain low and be across the L.O.S. when the center has touched the QB's hand.

5) Target - Your target is the gap side number of man on you (normal rush) or hip of inside man on any charge inside.

6) Strike - Hit with heels of your hand, thumbs up and grab the front plate of the shoulder pads. Keep your eyes in your gap. On pass, inside hand will be on inside number. Outside hand will be grabbing tricep (1/2 man principle)

7) Lockout - You must lock out your arms to get separation and then raise the OL's shoulder pad level.

COMMUNICATION - This may be your greatest aid for great team defense. We want you to relay a call so that all of us up front understand what is going on.

CALLS

- Green - OL are showing pass
- Red - OL are showing run
- Blue/Black - Stud will be crashing
- Brown/Orange - End will be crashing
- Trap - OL splits show trap (or backfield set)
- Counter - 2 men are off the ball and the rest of the OL is tight to the ball.
- ISO - Big splits which indicate they will be running the isolation play.
- Screen - When OT sprints backwards and attempts to chop
- Draw - When QB hands ball off after pass set by OL
- Run - QB scramble

TECHNIQUES

- 1) **TAG** - 3 Tech tackle rips into the A gap on snap of ball.
- 2) **WIDE** - Move out to inside foot to outside foot alignment if you are a 3 Tech.
- 3) **HANDS** - Technique where DT's step to the A gap and check for run/draw. If pass is shown, rush contain around the End/Whip/Rover.
- 4) **SPARK** - The 7 Tech will rip inside to a 5 Tech on snap of ball. He should stay in C gap on run and come under to B gap on pass set.
- 5) **FLARE** - Technique where the Ends rip outside and must take any back that crosses their face. They will have pitch on option.
- 6) **CHARGE** - The end will rip across the face of the man to the inside gap.
- 7) **CAGE** - Technique where the end will strike into a wing and play to the inside if ball goes inside. Secure inside first.
- 8) **PATCH** - Used in disadvantaged position. You must lock out throw your hips across the gap and pull down and away. Then rip to the ball.

TECHNIQUE (cont.)

- 8) Escape - You must get off the block as quickly as you can.
 - A. Fit position - If your eyes are still in your gap, push your gap hand and pull with your other hand. Rip thru the gap and bend to the ball.
 - B. Disadvantage position - This when you have lost your gap responsibility and your eyes are behind the gap. You must use patch technique to get across the OL'man face and into your gap responsibility.

III. EFFORT - Every great defense gives this.

- 9) Pursuit - You must run at full sprint to the ball corner at the proper leverage angle. You must stay inside out and on the high shoulder.
- 10) Produce - 1/6 contact player
To produce, you must be a great tackler.
Rocket Tackle
 - 1) Get under him (hit on the rise)
 - 2) Square up - eyes on ball
 - 3) Wrap him up (grab cloth)
 - 4) Up and through (Keep feet driving)
 - 5) Knock the ball out

DEFENSIVE LINE POSITIONAL OBJECTIVE

Our objective as a position is very specific and precise. It takes a very special breed to play defense at Toledo. Successful defensive players **MAKE PLAYS**. We must run to the football to play great defense. As a position, we have set only two objectives for ourselves as individuals within our position. As a position we will meet this criteria:

- 1) We will have a 1/6 contact ratio
- 2) Effect DBP throwing motion 1/3

As a defensive lineman, I vow to

GET IT DONE!

ROCKET DEFENSIVE LINE TECHNIQUE (1 GAP - FASTEST THING ON EARTH)

- ALIGNMENT:** Foot to foot alignment (our inside to his outside) Tight on ball as possible - almost off side (credit card)
- STANCE:** Bunched sprinter's stance. Heels out of ground. All weight on fingers and toes. Think big first step and fly!
- KEYS:** Note stance and splits of your man and those on either side. Alert backfield set or personnel. ("Orange")
- STIMULUS:** Ball or movement - Get off! Explode for penetration. Get your hat in a crack. Find screw React. Bend and flatten out. No fish hooks.
- RESPONSE:** Penetrate big first step. Penetrate! Think run thru and wheel (No fish hooks). Ricochet, bumper car and back door. Should be a train wreck vs any drive block. Swim over and rip under to escape. Spin back if stuck or deeper than ball. Stay away from blocker. Never play head up. Slip and slide. Run, run, run.
- RULES:** 1 Gap player, executed by get-off and penetration. Get in a seam. Get your hat in a crack. Tackle ball for a loss. **Never surprised by pass.** Must drop shoulder and wheel. Run thru and back door. Play pass, react to run. Crash down on all down blocks. Ricochet. Bend and flatten out. Active run around player. Pursue! Every play is your play! Stay alive!

C.P. - React to draw, screen, you're already in your runway. Take off! Some two-way go's. No such thing as play action.

ALIGNMENTS

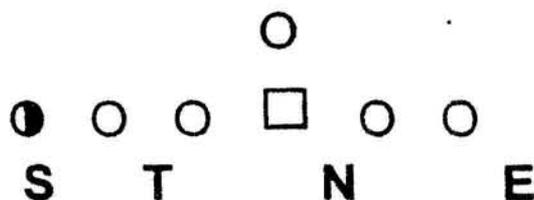
"G"

7 - Inside number of the TE → C Gap

3 - Inside foot on outside foot. → B Gap

2I - Outside foot on inside foot. → A Gap

Crash 5 - 1 ½ feet outside tackle, cocked in at his butt. → C Gap



C.P. - Tighten up alignments vs tite splits.

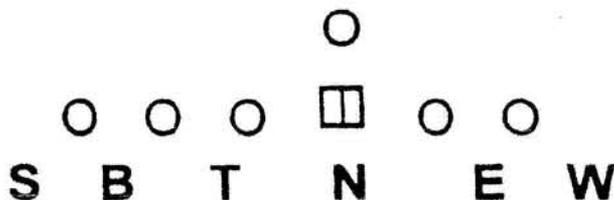
The more head up, the wider and more parallel your stance should be.

TUFF

Crash - same as above → C/D Gap

3 - Same as above → B Gap

0 - Head up on center, widen stance from speed to power → both A Gaps



PASS RUSH PHILOSOPHY



(MOST IMPORTANT MANEUVER ON DEFENSE)

1. PLAY PASS FIRST

- A. Stop run on the way to passer. (Can't rush the passer playing run)
- B. Penetration kills the running game. Knocks off pullers.
- C. Never be surprised by a pass.
- D. No such thing as play action (Because you are jetting)
- E. Execute your charge. (Jet)
- F. If in doubt.....Jet!
- G. If you didn't get the call.....Jet!

2. PASS RUSH ATTITUDE

- A. Play with self-confidence, don't be afraid to make a mistake...cut loose and make the big play. You've prepared that move all year. It's gonna work. You're ready.
- B. Your sack will come, but you don't know when. Keep coming. Take it any way you can. (Touch sack last play of half)
- C. Realize you may beat your man clean...and not get the sack!
- D. Realize it's a numbers and percentage game and it only takes one.
- E. Realize pressures, holding calls, grounding and interceptions mean it's only a matter of time. You're on the right track.
- F. Someday, somebody's gonna get three ("Hat trick")

3. STIMULUS AND GETTING OFF

- A. Ideally, get to knee-jerk reaction. Don't think, just go! (Match under finger)
- B. Be ready to recognize stimulus. Anything might set you off!
- C. See the big picture all around you. (Hair trigger)

4. RESPONSE AND REACTION

- A. Go, connected with a string.
- B. Moving target, make him miss.
- C. 1 on 1 basketball
- D. Try that move. "New shoes"
- E. Rip/Swim every play.
- F. Same hand, same foot (puppet)
- G. One move/one counter.
- H. Check off every play.
- I. Hands and feet are always moving.
- J. Hips, open your hips.
- K. Numbers, turn your numbers, take them away.

5. PRO ATTITUDE

- A. Homework and study. Know opponent and his set better than he does.
- B. Practice habits - bags, gauntlet, 4 square and finish (mat, tackle)
- C. Pre-game reads and tips.
- D. In-game reads and tips.

6. TWIST PACKAGE

- A. Delayed, everything starts the same. (Jet)
- B. Quick vs man
- C. Quick and grab vs zone.
- D. 2, 3, 4, man games.
- E. 2, 3, 4, man fake games.
- F. Calls, dummy call.
- G. Execute, don't be sloppy or "hang" your teammate out.
- H. Get - To - The - Back. (G.T.B.)
- I. No "light" on come arounds (Friday loops)
- J. Know when you have an option or two-way go.

7. EVALUATION

- A. Grade sheet and tabulations.
- B. Rushmen film library (everything we do)

10 COMMANDMENTS OF PASS RUSH

- 1) Never be surprised by a pass. Should be knee-jerk reaction. If in doubt, rush the passer. Penetration kills running game.
- 2) Always use the same hand as foot you use. They are tied together as if on a string.
- 3) Play with self-confidence, don't be afraid to make a mistake . . . cut loose and make the big play. You've prepared that move all year. **It's gonna work! YOU'RE READY!**
- 4) Your sack will come, but you don't know when. Keep coming. Take it any way you can.
- 5) Pre-determine your move (have a plan). It will aid your quickness. Believe in it.
- 6) Never align or attack head on. Attack half-a-man. One side or the other, deny the target.
- 7) Use your hands on pass rush, must be ready with spin/counter club counter.
- 8) Keep weight, feet and upper body going forward. **Penetrate and advance, don't dance.** 2.8 seconds.
- 9) Spin or club back if deeper than the ball. Keep coming!
- 10) Understand - they can't block you . . . only you can block yourself! **Make them work.**

PASS RUSH MOVES



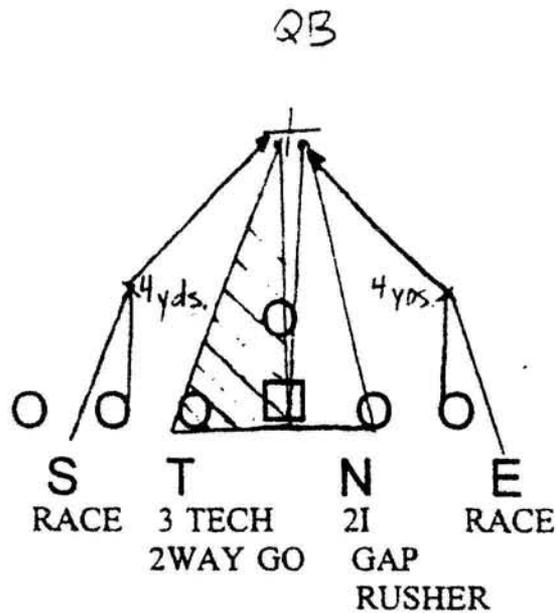
- 1) **Club & Rip** - Same hand, same foot
Rip up and press back
- 2) **Club & Swim** - Same hand, same foot
Punch arm over, press off back
- 3) **Jab Ole** - Fake one step with hand and foot
Corkscrew back with club & swim
- 4) **Inside Hand, Outside Hand** - Chop with inside hand on 1st step
Follow up with club & Rip/Swim (windmill)
- 5) **Power** - Look for overset
Drive inside arm thru inside number
- 6) **Skate** - Inside hand to inside number
Reach for tricep and shoot hips

COUNTERS

- 1) **Spin** - Force OL to commit and get depth
Sit down and spin to QB. Reach deep to back
- 2) **Counter Club** - Pull rip out and keep outside tricep
Use inside arm to club across

LANDMARK RUSH

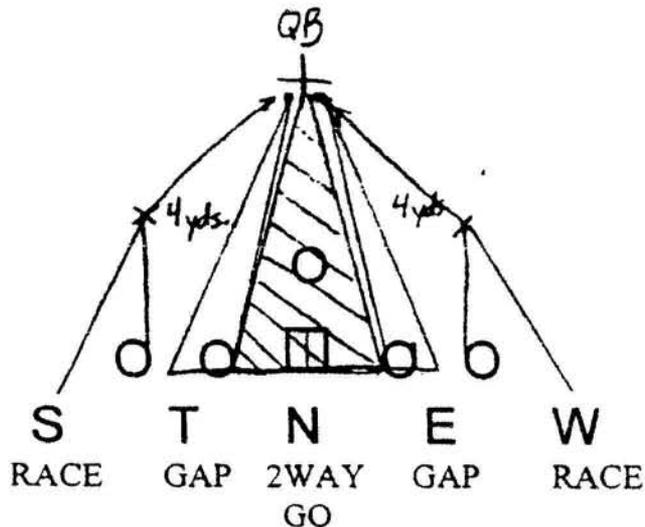
"G"



S/E - Race the tackle to the landmark (4 yds. Behind ins leg). Speed around him or Power if he oversets. If he Widens outside your lane, club and come inside.

T/N - Stay in your rush lane and collapse the pocket. Po rush if he oversets.

"TUFF"



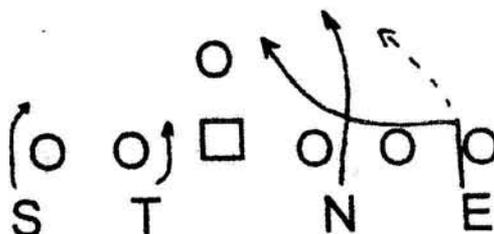
Crash ends - Same as above
 3 Tech - Gap rusher
 0 Tech - 2 way go

PASS RUSH STUNTS

TIM (3MS)

END - Align wide and get off. Charge upfield and read Defensive Tackle. If he gets penetration, come tight off his butt into A Gap. If not stay outside.

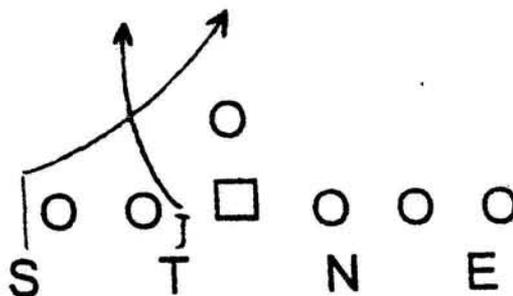
3 TECH - Align in wide 3. Get off. Penetrate "B" Gap. Work a club & Rip on guard's outside shoulder and get upfield. You must stay outside.



TOM (2MS)

END - Align wide and get off. Charge straight upfield for 2 steps and then club and arm over inside and get to QB.

2I - Stay on L.O.S. Look for draw/screen. If none shows, come tight off the end's butt and contain and sack QB. (Hands)



TWIN - Callside runs a "Tim". Away side runs a "Tom".

RUN RULES

C.P. - Starting point is to jet and occupy one gap by penetration.

I. PLAY THE DEFENSE CALLED: (LET'S NOT GIVE THEM ANYTHING)

- A. Know your alignment and technique.
- B. Use proper stance and shade.
- C. Note opponent's stance, weight and split.
- D. Note opponent's teammates' stances and splits.
- E. Know - Call out - Backfield set.
- F. Get the big picture, see any movement around you.
- G. Get off with big first step.
- H. Penetrate. Get your hat in a crack.

II. READ AND REACT

- A. Read your keys as you jet.
- B. Find "the screws" as you explode upfield.
- C. Reaction.
 - 1. "The screw" (response) tells you your next step.
 - 2. Remember...never surprised by a pass...when in doubt rush!

III. READ KEYS



MAN
DRIVE
HOOK
TURNOUT
(SHOULD BE A TRAIN WRECK)



DOWN = TRAP
RIP THRU
AND DESTROY



PULL = COLLISION
BACK DOOR
CLUB OVER



HIGH HAT
PASS
HIT THE QB

IV. ALL REACTIONS TO "SCREWS" ARE DONE BY PLANTING FOOT ON FIRST STEP



"FLATTEN
NO FISH HOOKS"



"RICOCHET"



"SPIN"

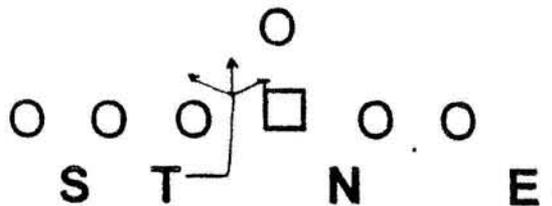
V. WHEN IN JET CHARGE:

- A. 1 Gap by penetration

RUN STUNTS

TAG - Call Side

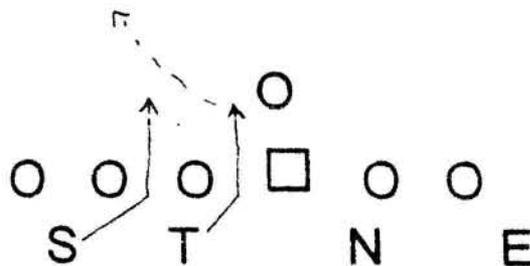
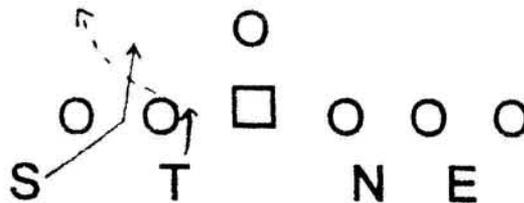
3 TECH - Get off. Rip inside, point the heel, and get 2nd step down before contact. Get upfield and bend to the ball. If tackle blocks down, get your outside shoulder under his inside shoulder and pressure back.



EVIL - Boundary End

5 TECH - "Charge" get off. Rip inside, point the heel, and get 2nd step down before contact. Must beat tackle down inside. Get upfield and bend to the ball.

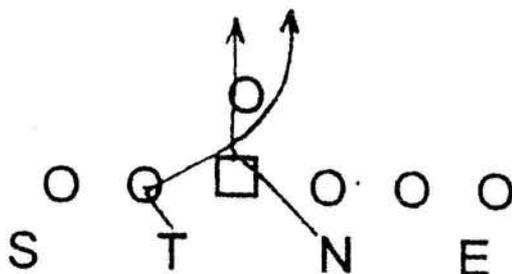
7 TECH - "Charge" get off. Rip inside, point the heel, and get 2nd step down before contact. Must beat tackle down inside. Get upfield and bend to the ball.



TWIST

3 TECH - Get off. Club Swim/Rip inside. Look to center.
If he slides away, push off his back and ricochet upfield. If he blocks toward you, penetrate.
Must push through and cross football. (Tag)

2I (TILT) - Get off. Threaten guard head on, flash outside, come tight off of 3 tech's butt.
Lower shoulder on guard and get upfield. (Spin back if pushed by.)



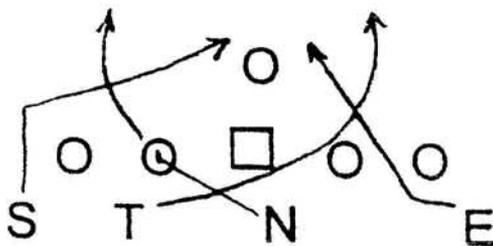
O GAME (TILT)

TILT - Get off. Earhole far guard and work for contain. Take the easy sack if it's there.

3 TECH - Get off. Work for contain opposite you. Come tight off of tilt's and end's butt.

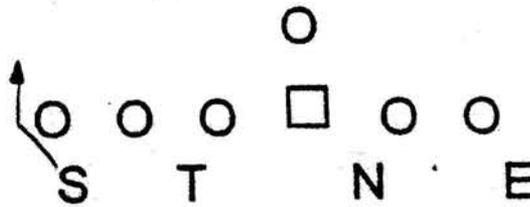
CALLSIDE END - align wide and get off. Charge straight upfield for 2 steps and then club swim inside and get to QB. (Tom)

AWAY END - Get off. Must beat tackle down inside. Turn your shoulders. Make yourself small. Penetrate. Look to guard. (He will probably be slamming down on the nose). Get guard's back. Push off, ricochet and get upfield. (Charge)



ED - Callside 7 Tech

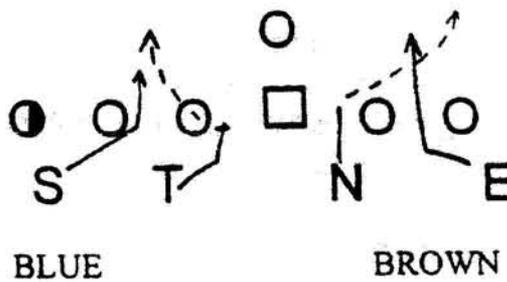
Normal alignment. Step and Rip across the TE's face to the "D" Gap. If TE jumps out, stay on his hip and run. You are still ripping under and destroying any kick-out blocks.



Brown - Rt. Side
Blue - Lf. Side

7 Tech - "Spark"
5 Tech - "Charge"

3 Tech - "Tag" hands
2I - Hands



Hands - Rip into A Gap. Key the backs. If he swings come around to pick him up. Otherwise stay in "A" Gap.

PASS RUSH GUIDE LANES

Tackles - you are the push up the middle. You must force the guard into a spot and beat him around.

- 1) All moves are used to get the guard to commit so that you may take advantage of his positioning.
- 2) You have 5 choices:
 - Quick outside - Speed around (Spin inside if stuck)
 - Quick inside - Speed under (Spin outside if stuck)
 - Outside/In - Fake
 - Inside/Out - Fake
 - Power - Lockout inside arm to inside numbers
- 3) Read the guard on the run. You must be powerful and deliberate in your first move.
- 4) Align wide, if guard sets wide you can power or come under. Maintain leverage on the QB.
- 5) If the guard stops your first move, be ready to use a spin or pull the rip out and use an arm over.
 - * The whole progression starts with the quick move to your gap. If you can force the guard to move out of his area, all the other moves will work too.
- 6) You must collapse the pocket as well as maintain leverage on your side of the QB. If you get pushed by, spin back!

KNOCKDOWN BAG ROUTINE

GAUNTLET - Place bags 5 yards apart in a straight line with the strip bag last.

- 1) **Club Arm Over** - Start in good 3 point "Jet" stance.
Align head up on the 1st bag and use an open hand to club and knock the bag down and then finish with an arm over. Rotate hands on each bag. Remember, same arm, same foot. (Start with left hand first)
- 2) **Club and Rip** - Same as above except with the 2nd step using a Rip. Lift the Rip to the sky. (Start with left hand 1st.)
- 3) **Jab ole'** - Start head up to bag with good 3 point "Jet" stance. Jab one step with left foot (about 1 foot ahead and 1 foot to the side.) Then club and step with the right foot and finish with an arm over. Make sure you shoot the hips! Rotate different hands on each bag.
- 4) **Shake and arm over** (Defensive tackles) - Start from well in front of the 1st bag. When you get to 1st bag, lower center of gravity and use 3 steps in a side to side motion at the same time using your hands in a drumming motion. Then club and arm over rotating hands and feet on each bag.
- 5) **ISH/OSH** (Defensive Ends) - Align directly in front of the bag in good 3 point "Jet" stance. Chop through the arms with 1st step and hand and then finish with club and arm over. Rotate arms on each bag. Arms should resemble windmill motion.
- 6) **Spin** - Attack as you would on the first step of the "Jab ole'". The 2nd foot should step through. Also, chop through with the 2nd arm. Then rotate the body and thrust the elbow through the opposite side of the dummy forcing it to the ground. Rotate on each bag using different arms.

Repeat as time allows

4 CORNER - Arrange 4 knockdown bags in a square 5 yards apart at the end of the square put the strip bag and you can put the tackle dummy at the other end.

- 1) Tackles - Work outside, inside, inside, outside: Ends - work outside all the way around.
 - a) Club and arm over
 - b) Club and rip
 - c) Jab ole'
 - d) Shake and arm over - tackles
 - e) ISH/OSH - Ends
 - f) Spin → Everybody work outside. inside. inside. outside

CIRCLES AND KNOCKDOWN DUMMIES

- 1) One Circle and Strip Bag - Place strip bag on the outside of circle. Align along the circle at the strip bag and race around as tight to the circle as possible and strip the ball on the way around. Emphasize big steps and do in both directions.
- 2) Two Circles and Two Bags - Place the two circles next to each other with enough room in between to allow a knockdown bag and room to be able to run on either side of the bag. Also put the strip bag at the end of the drill. Run a figure 8 around the circles and finish through the strip bag. When you come to the knockdown bag in the middle, use a club/rip/arm over to get around the bag. Do in both directions.

PASS RUSH GUIDE LANES

Defensive Ends - You must race the tackle to a spot 4 yards deep behind his inside leg.

- 1) Your first two or three steps are always the same. Key the ball, get off on movement.
 - 2) You have 3 choices:
 - Race - go around
 - Under - set up outside and come inside
 - Power - go over the man
 - 3) Make the tackle come out and step your race move. If he is not there keep coming (read on the run, don't guess). You must be able to beat the tackle with speed.
 - 4) If the tackle crosses the set-line (goes well past the mark at 4 yards behind his leg) club hard and come under, must finish the move and still keep leverage on the QB.
 - 5) If the tackle shoulder turn so that he is now perpendicular to the LOS and he is setting on the mark, Power him. Lock out your inside arm on his inside number and drive him over or into the QB.
- * The whole progression starts with the race. Read the tackle as you race. He cannot block you! Make him commit.

EVERYTHING A DL MUST KNOW

3 TECH

Reach
Drive
Tackle Down
Center Back
Trap
Scoop
Double Team
Dropback Pass
Rollout Pass

2 1 (Tilt)

Center Reach
Center Back
Guard Reach (Cut-off)
Drive
Trap (Influence)
Double Team
Pass Center
Pass Guard
Scoop (Chip)

O TECH

Drive
Guard Down
Dropback Pass
Scoop

7 TECH

TE Cut-off
TE Drive (T Pull)
Combo Reach
Fan
Kickout
Dropback Pass
Rollout Pass
Double Team

5 (9) TECH

Reach
Drive
Veer
Kickout
Dropback Pass
Rollout Pass

SKILLS

Tackle
Lockout & Shed
Pass Rush
Rip Inside
Rip Under
Defeat Chop
Takeaways

PASS RUSH MOVES

Club Rip/Swim
Skate
Ish/Osh
Jab Ole'
Ctrs
Spin
Counter Club

DRILLS

PASS
4 Corner
Circle Club
Gauntlet
1 on 1 Pass Rush

RUN

4 Quarter
2 on 1
3 on 1
Key Drill
Patch Drill
Rip Drill
1 Gapfit
Wall Drill
1/2 Line Drill

OVERALL

SL Tackle
Mat Tackle
Circle Sprint
Chop block
Mat Takeoff

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LINEBACKER GOALS AND OBJECTIVES

1. ATTITUDE

- A. ENTHUSIASM
- B. COACH ME, COACH
- C. GREAT EFFORT AND WORK HABITS ON AND OFF THE FIELD
- D. MEAN AND NASTY
- E. BIG HITTERS
- F. UNSELFISH

2. RESPONSIBILITY

- A. KNOW AND EXECUTE YOUR ASSIGNMENTS
- B. SOUND FUNDAMENTALS - MASTER YOUR POSITION TECHNIQUES
- C. MAINTAIN LEVERAGE - PURSUIT - ROCKET TACKLE
- D. ELIMINATE BIG PLAYS
- E. COMMUNICATE, COMMUNICATE, COMMUNICATE

3. PRODUCTION

- A. PREVENT SCORES
- B. TAKE AWAYS
- C. GREAT GOAL LINE AND SHORT YARDAGE DEFENSE
- D. MAKE BIG PLAYS - SACKS, TFL'S, 3RD DOWN STOPS, INTERCEPTIONS, CAUSE AND RECOVER FUMBLES, BIG HITS, PASS BREAK-UPS

INSIDE LINEBACKERS BOTTOM LINE

1. HIT, TACKLE, TAKE AWAY, PRODUCE

2. TOUGHNESS AND LEADERSHIP

3. GREAT UNDER COVERAGE ZONE AND MAN

LINEBACKERS BOTTOM LINE

EVERY PLAYER ON TOLEDO'S DEFENSE
MUST PLAY WITH INTENSITY AND
ENTHUSIASM.

MUST KNOW HIS ASSIGNMENTS AND
RESPONSIBILITIES.

HIT, TACKLE, TAKE AWAY, PRODUCE.

MUST HAVE GREAT COMPETITIVE
TOUGHNESS AND LEADERSHIP.

MUST PROVIDE GREAT ZONE/MAN UNDER
COVERAGES.

INSIDE LINEBACKERS

I. BASIC INFORMATION

Every Inside Linebacker must know for every defense:

- A. Call - both in the huddle and at the line.
- B. Alignment - be exact.
- C. Stance - must allow you maximum efficiency.
- D. Key - both movement and direction.
- E. Responsibility - area you primarily defend.
- F. Execution - movement and technique perfection.
- G. Pursuit - proper angle to the ball.
- H. Tackle - terminate the play.

II. PRINCIPLES OF BACKER PLAY

- A. Concentration
- B. Anticipation
- C. Recognition
- D. Deliver a neutralizing blow to a blocker.
- E. Play square across a blocker's head.
- F. Never miss a tackle.
- G. Never take for granted the tackle has been made.
- H. Tackle through the ball carrier.
- I. Do everything in your power to get in on every play.
- J. Take pride in staying on your feet. Stay off the ground.
- K. Always take the proper pursuit angle in order to hit from the inside out.
- L. Execute your pass coverage.
- M. Read the QB and break on his throwing motion.
- N. Hit receivers moving through your zone.
- O. When making an interception, catch the ball twice. Once when you catch it and second when you tuck it away.
- P. Take pride in timing your "Move" calls as unpredictable as possible. Use fakes, pre-alignments and disguised defenses to control the offense.

III. GENERAL RULES

A. Rules Pertinent to Inside Linebackers:

1. Don't be offside. If you jump offside and don't make contact, get back!
Always check alignment.
2. If the offensive man jumps offside, you must make simultaneous contact with him. Don't hit him late as this would be a nullifying penalty.
3. Fall on fumbles that could be recovered by the offense. Advance all other fumbles except as a result of option pitch.
4. Recover all passes that don't cross the LOS. Let the referee decide whether it is forward or lateral.
5. No late hits after the QB has thrown the ball or when the runner is down or out of bounds. Be the nastiest "legal" player.
6. Wide receivers cannot crack below the waist. Defeat them with your upper body strength.
7. There are potentially six offensive men eligible to be downfield and to catch a forward pass:
 - a. Each player who is in an end position on the LOS and who is wearing any number other than 50-79.
 - b. Each player who is legally in his backfield wearing a number other than 50-79.
8. If a defender tips a ball, anyone on the field is eligible to catch the ball.
9. An eligible receiver who is forced out of bound during a down may come back inbounds and make a legal catch.
10. If a forward pass is caught simultaneously by opposing players inbounds, the ball becomes dead and belongs to the passing team.
11. Once a pass has been tipped, pass interference is no longer possible.
12. Contact by an opponent which interferes with an eligible receiver (offense or defense) beyond the neutral zone, is pass interference. However, players are not guilty of interference when making a simultaneous and bona fide effort to reach the ball.
13. The offensive team may make one forward pass during each scrimmage down, but it must be thrown before the passer advances beyond the neutral

GENERAL RULES - continued

14. After scoring a TD on a "Oskie", the ball must be handed to an official immediately.
15. A player must have at least one foot in bounds in order for a catch to be legal.
16. There can be no pass interference called on offensive side of the LOS.

IV. BASICS OF INSIDE BACKER PLAY

A. Alignment and Stance

Base - toes 4 yards off the ball

Stance - balanced, feet parallel, weight on the inside balls of the feet; relaxed shoulders and arms hanging.

Up - toes at heels off our defensive lineman

Stance - inside foot up, slightly tilted shoulders to see outside blocking threats

B. Keys

1. Uncover Lineman on (initial shuffle)
Note: Over key backfield flow when stacked
 - A. Run block/pass block
 - B. Hard block/soft block
 - C. Awareness of playside blocking threat
 - D. Window open/window closed
2. Near Back
 - A. 1 Backs-Tailback awareness
 - B. 1 Technique - FB awareness
3. Backside Lineman
 - A. Pull calls

LINEBACKER BASICS

I. BASE ALIGNMENTS

1. Whip - Declares himself; aligns away from passing strength or into the boundary when the ball is on the hash.
2. Mike - Sets the front; aligns away from passing strength or away from backer.
3. Backer - Aligns to passing strength; is adjusting backer in one-back sets. Calls out backfield set (I-backs, T-backs, Ace, etc.)

II. SHED TECHNIQUES

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

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

III. TACKLING

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

THE ROCKET TACKLE:

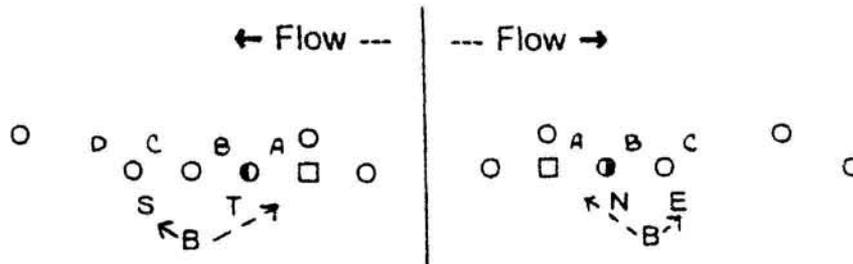
- A. Get under him (hit on the rise).
- B. Square up - eyes on ball.
- C. Wrap him up (grab cloth).
- D. Up and through (keep feet moving).
- E. Knock the ball out.

IV. GENERAL STUNTING TECHNIQUES

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

DA TECHNIQUE

This technique is used when you are aligned to a 3 technique tackle and a 7 technique end. You are a two gap player responsible for front side D Gap and backside A.



Stance - Normal

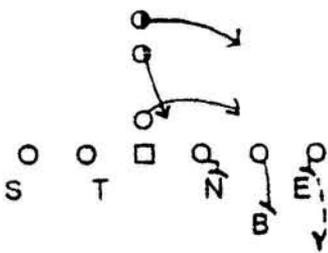
Alignment - Split the crotch of OT; toes 4 yds. off ball.

Key - Through Tackle - TE area to near back with awareness of ball; key three.

Responsibilities

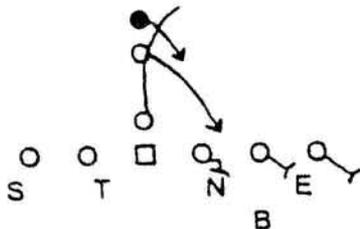
- A. Flow To - scrape to stack position behind def. end you are responsible to playing inside out on ball. On inside play sit behind end and find ball. Ball moving w/speed backer must move with speed.
- B. Flow Away - check near A Gap; scrape, cannot be cut-off.
- C. Option - dive to QB; inside out on ball.
- D. Pass - play coverage called.

BLOCKING SCHEMES



Tackle Base (Dive Option, Belly)

Tight scrape stack end, find ball. Anticipate caging TE. Dive option keep and the ball is moving w/speed backer must move w/speed.



Tackle Fan/Tight Flow (Iso)

Window opens, attack back to ball. Keep outside arm and leg free.

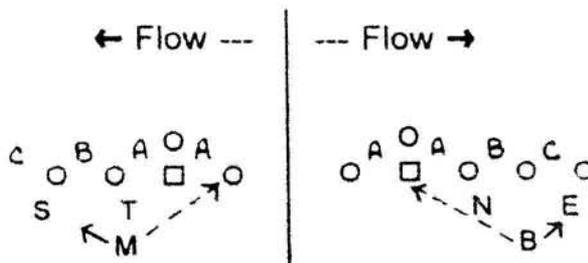


Tackle Down/C-Gap Flow (Power)

Tight scrape outside attack LOS anticipate bounce.

BA TECHNIQUE

This technique is used when you are aligned to a 2 technique. You are a two gap player responsible for the playside B-Gap; Flow away A-Gap.



Stance - Normal

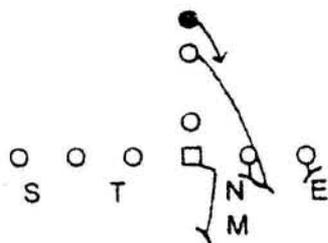
Alignment - 3 Tech; split the crotch of OG; toes 4 yds off ball.

Key - Through OG with awareness of tackle to the ball. Key three.

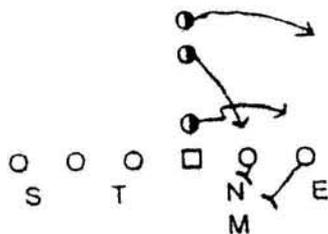
Responsibilities

- A. Flow To - step to DE, responsible for B-Gap. If B-Gap is open plug the Gap. If the B-Gap is closed scrape outside DE.
- B. Flow Away - scrape to far A-Gap; cannot be cut-off.
- C. Option - dive to QB; B-Gap open plug dive, B-Gap closed scrape outside DE.
- D. Pass - play coverage called.

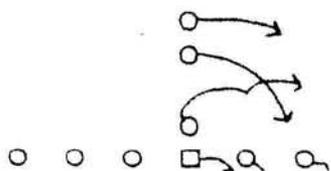
BLOCKING SCHEMES



Guard Drive/Tight Flow (Iso) Window open
Attack B-Gap with outside leverage on FB. We must dominate all FB's!



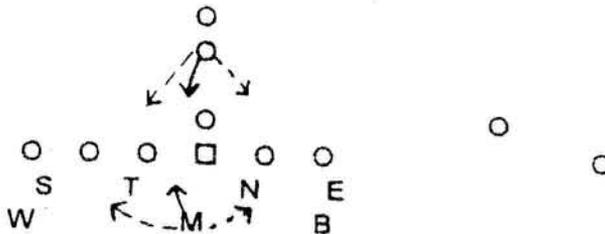
Guard Drive - Tackle Veer (Option) Scrape outside your DE as you feel him closing the B-Gap. You now have C-Gap responsibility with QB on option (option principles).



Guard Zone/C-Gap Flow (Belly, Sweep) Get width but compress area freeing outside arm and leg on the guard with an inside threat. With no inside threat pursue ball with inside out leverage attacking I, O, S

A-FLOW TECHNIQUE

This technique is used when you are aligned over the center. You now become a single gap player. You are responsible for the A-Gap to the 3 Tech to the ball. It is a technique used to take away the inside running game.



Stance - Normal

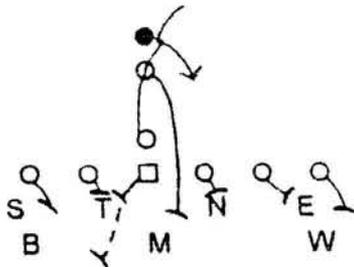
Alignment - 1 Tech; inside foot on the ball toes at 4 yds.

Key - Through the center-guard area to FB. Key three.

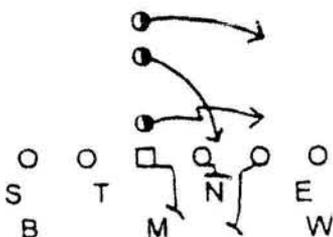
Responsibilities

- A. Flow To - tight scrape stack your tackle. Tight flow secure near A-Gap.
- B. Flow Away - attack inside out on the ball. Responsible for cut-back; cannot be cut-off.
- C. Option - dive to QB; inside out on ball.
- D. Pass - play coverage called.

BLOCKING SCHEMES



Center Back w/A-Gap Flow (Iso) Tight scrape and stack your tackle inside, plant outside foot and penetrate A-Gap attacking the FB freeing outside arm and leg.



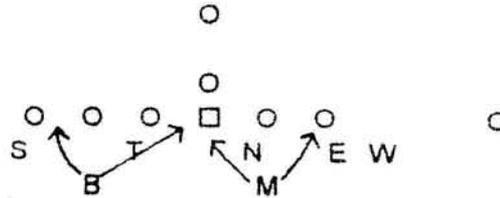
Base w/3-Gap Flow (Dive Option) Tight scrape and stack your tackle outside. Maintain inside out leverage on the ball. Anticipate caging OT.
NOTE: If ball is moving w/speed, attack C-Gap.



Center Back w/C-Gap Flow (Power) Tight scrape attacking L.O.S. where OT was originally aligned w/eyes inside. Cage backside guard.

CA TECHNIQUE

This technique is used when you are aligned to the 5 technique and the end is in a "wide 9" alignment. You are a two gap player responsible for the playside C-Gap and the near A-Gap.



Stance - Normal

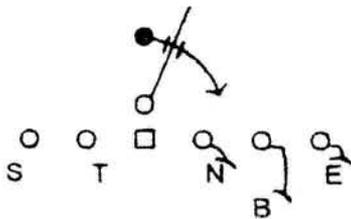
Alignment - 5 Tech.

Key - Through OT-TE area to near back with awareness of ball. Key three.

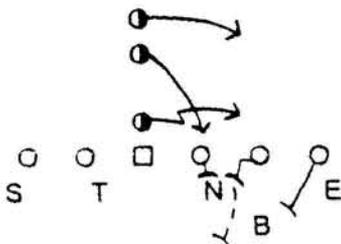
Responsibilities

- A. Flow To - responsible for C-Gap.
- B. Flow Away - check near A-Gap. Scrape, cannot be cut-off.
- C. Option - dive to QB; inside out on ball.
- D. Pass - play coverage called.

BLOCKING SCHEMES



Tackle Zone/3-Gap Flow (Slant) Attack C-Gap explode into tackle compressing the area keeping your outside arm and leg free.

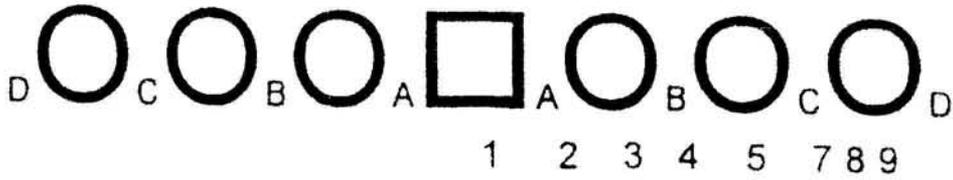


Tackle Down - TE veer block (Option) Step to C-Gap feel the TE blocking down we must cross his face and work to replace the DE. Option principles.

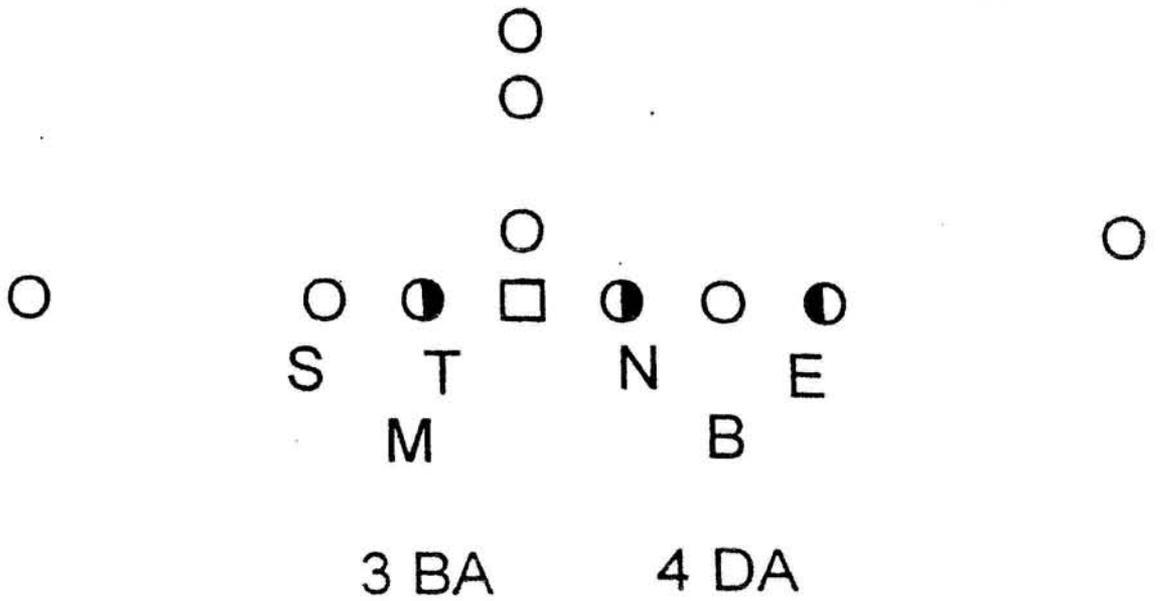


Tackle Down/C-Gap Flow (Power) Attack C-Gap where OT was originally aligned. Cage backside.

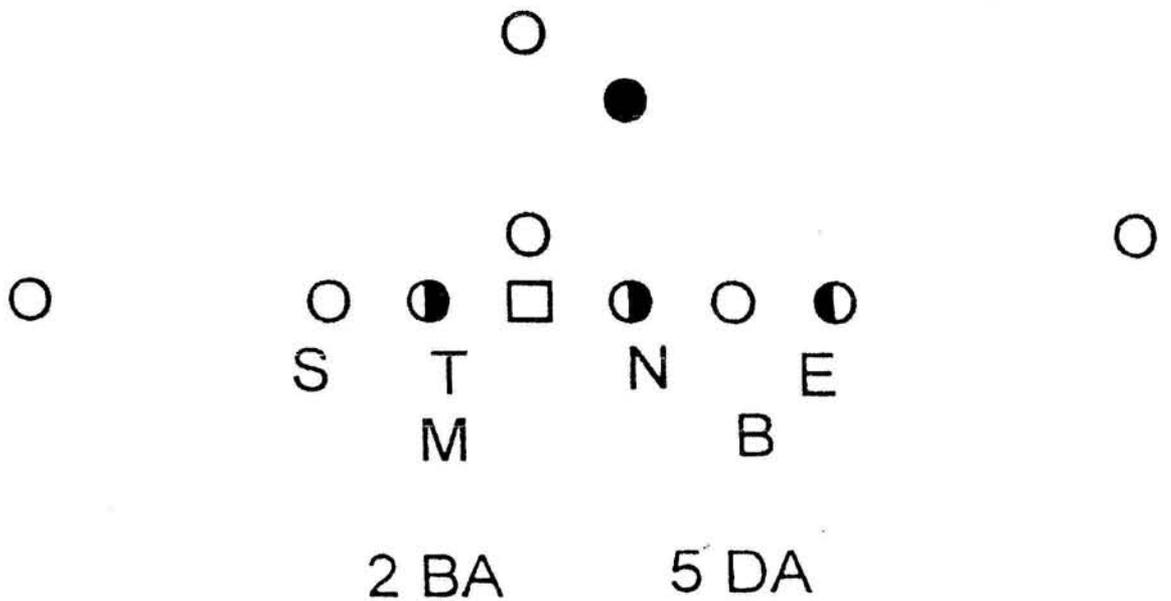
NUMBERS - ALIGNMENTS
 LETTERS - FRONTSIDE GAP
 BACKSIDE GAP

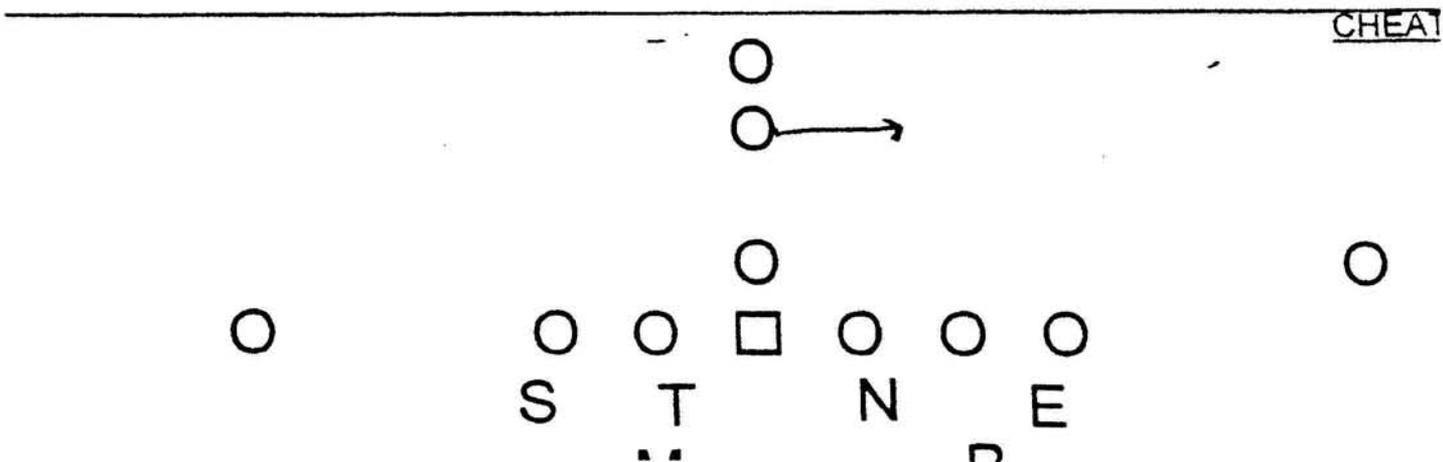
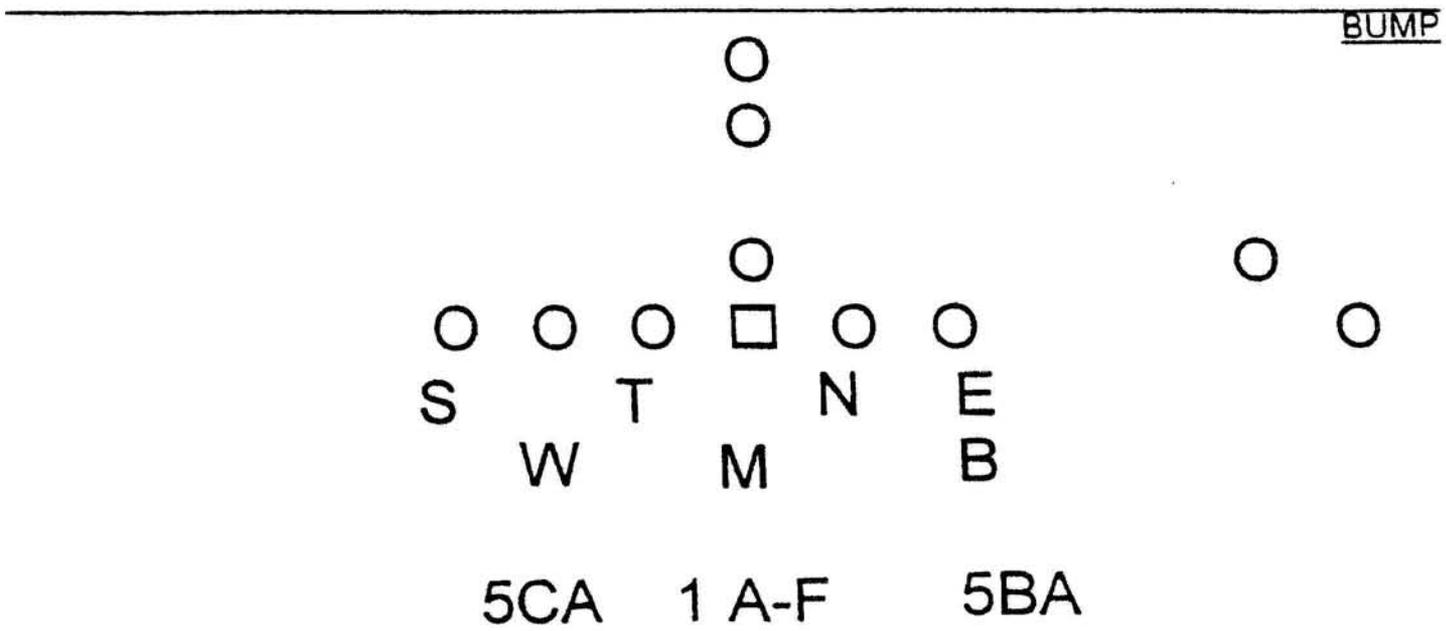
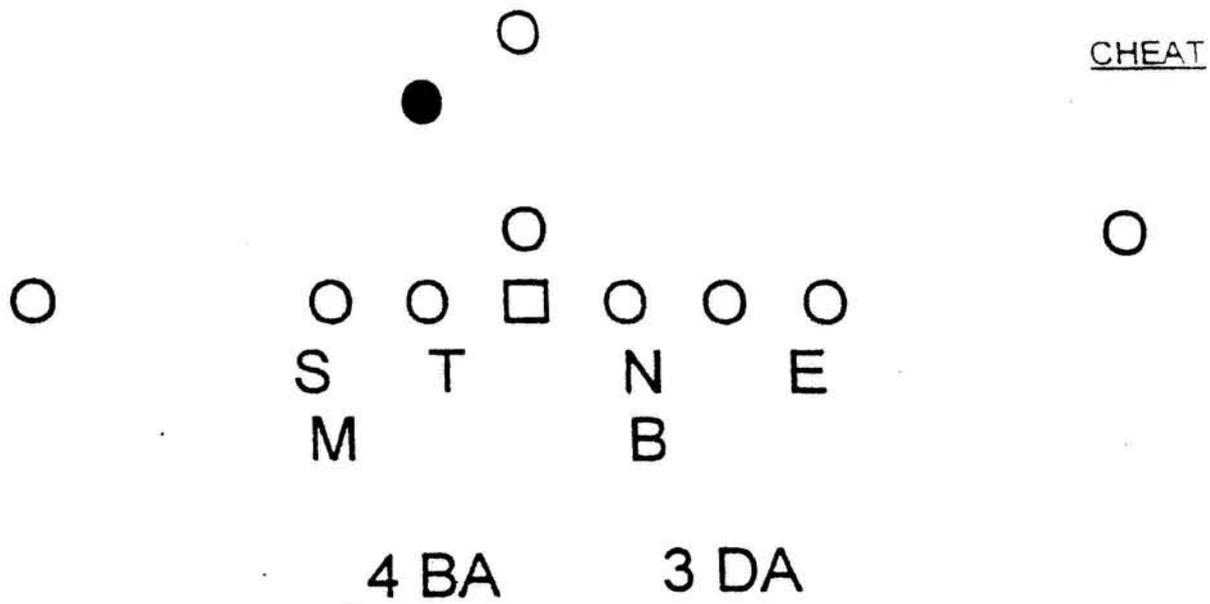


BASE



CHEAT

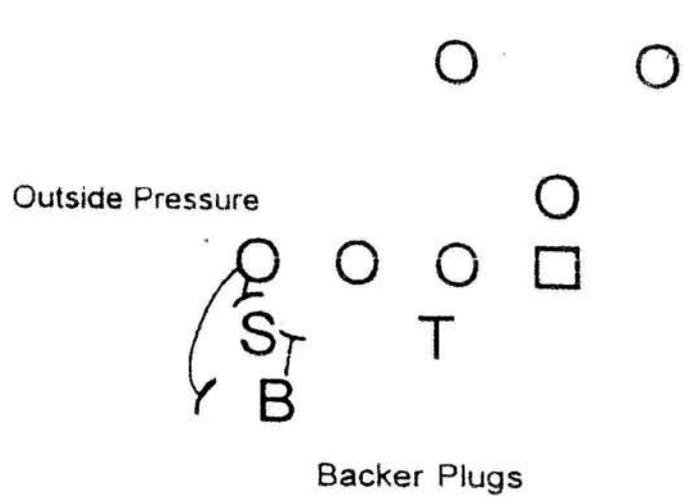
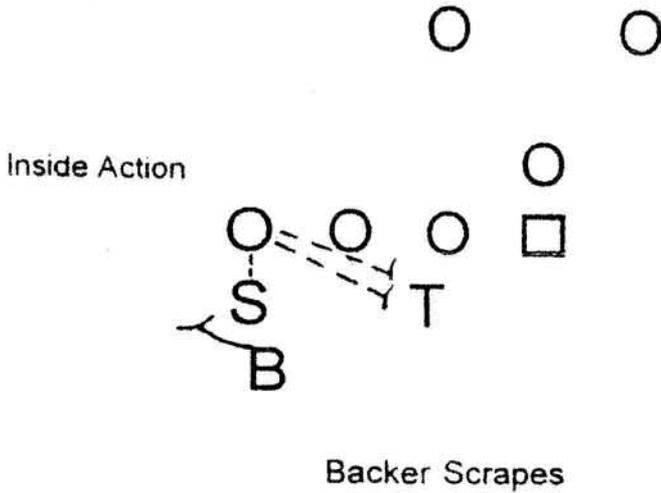




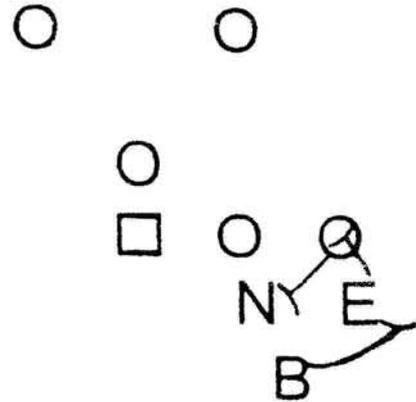
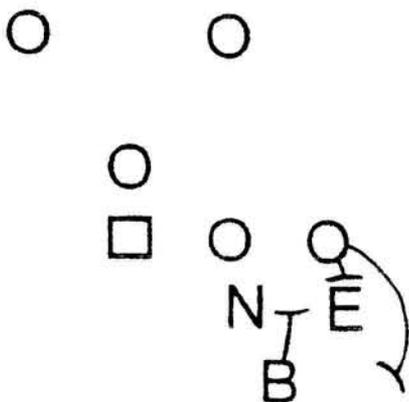
BASICS OF INSIDE BACKER PLAY

Window Principle

End plays inside arm free technique vs all TE inside one-half blocking pressure, outside one-half pressure he fights across.

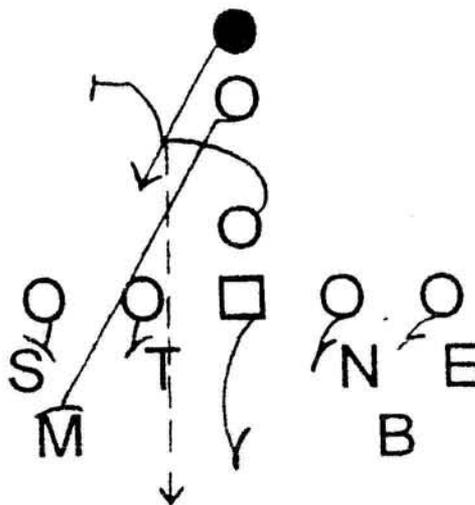


End plays outside arm free technique vs all tackle blocking schemes except vs inside releases, he squeezes.



BASICS OF INSIDE BACKER PLAY - continued
Normal - continued
Execution - Pursuit - Tackle - continued

Isolation:



Mike:

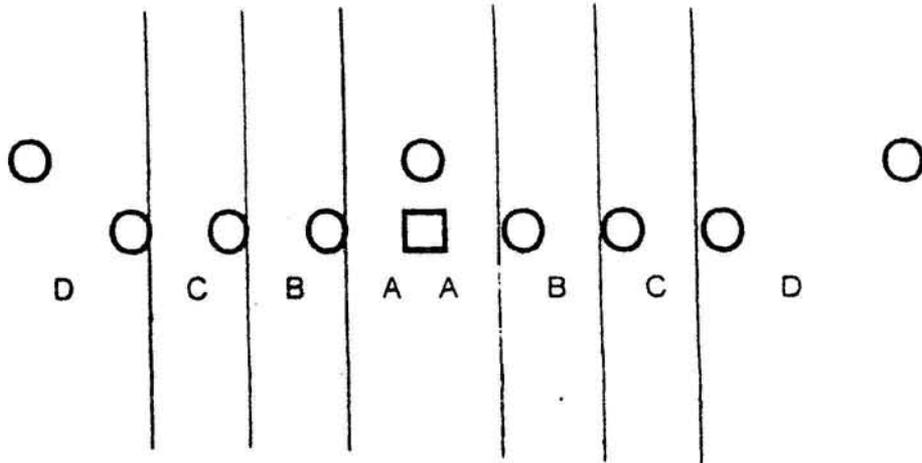
1. Short (read shuffle with ace block. Step up and close "B" area outside-in.
2. Attack lead blocker as deep as possible in offensive backfield.
3. Fill "B" Gap by stuffing lead back outside-in.
4. Deliver blow with inside shoulder -- never sacrifice one for one.

Backer:

1. Scrape, except quick cutback by tailback.

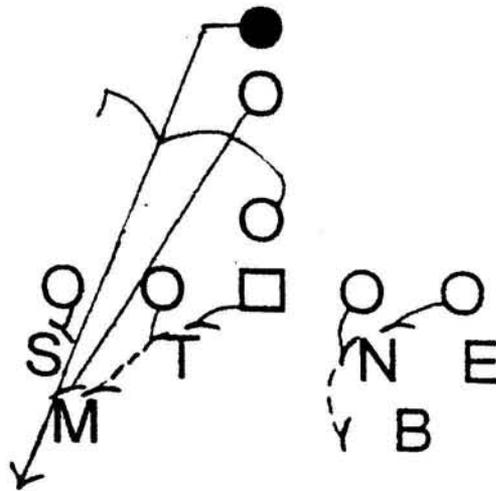
BASICS OF INSIDE BACKER PLAY - continued
Normal - continued

Line Area



Execution - Pursuit - Tackle

Blast



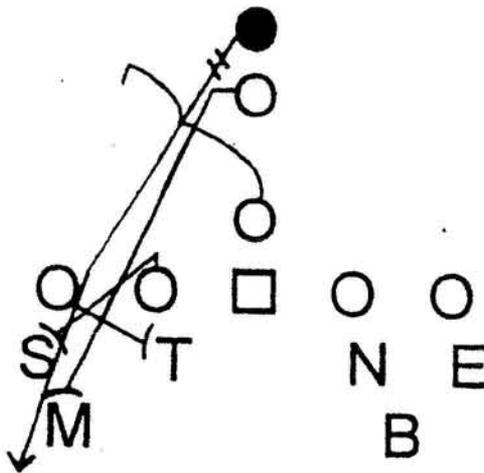
Mike

1. Shuffle up and out, close "B" area outside-in.
2. Deliver blow with inside shoulder/hand.
3. Fill "B" Gap by controlling the guard.

Backer

BASICS OF INSIDE BACKER PLAY - continued
Normal - continued
Execution - Pursuit - Tackle - continued

Tag Block:



Mike:

1. Shuffle out with any flow toward.
2. Stud will close "B" gap by cross-facing.
3. Keep outside arm free in "B" Gap.
4. QB responsibility on option.

Backer:

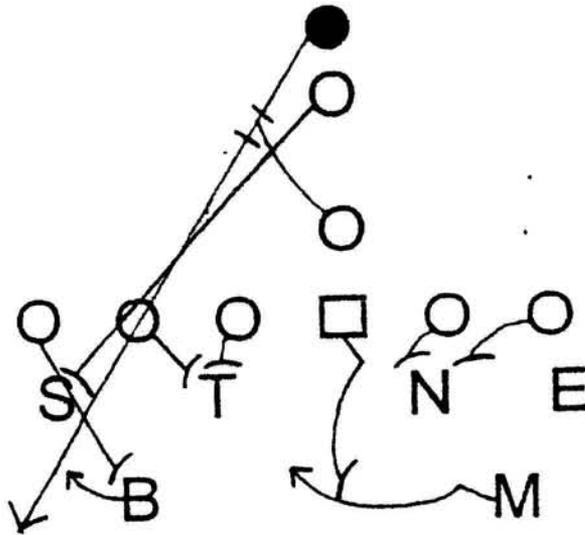
1. Scrape, backside leverage on ball.

BASICS OF INSIDE BACKER PLAY - continued

Normal - continued

Execution - Pursuit - Tackle - continued

Speed Option or Sweep:



Mike:

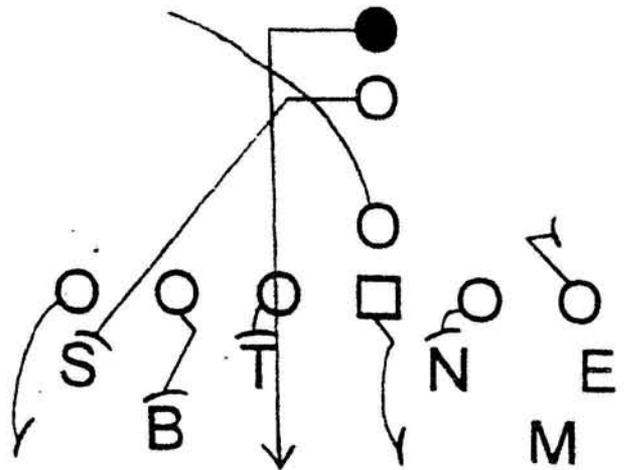
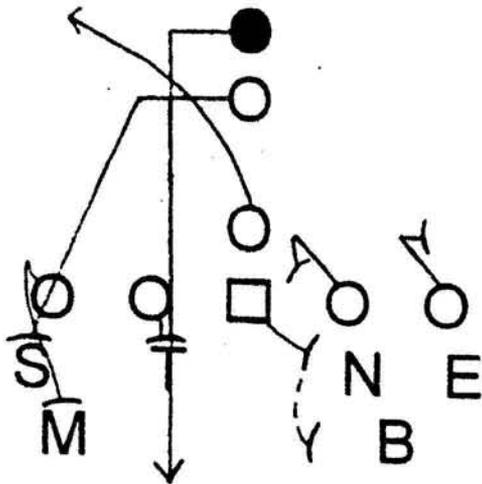
1. No dive threat, shuffle outside immediately and sprint inside-out to ball.
2. Regain the L.O.S.

Backer:

1. Scrape, backside leverage on ball.

BASICS OF INSIDE BACKER PLAY - continued
Normal - continued
Execution - Pursuit - Tackle - continued

Sprint Draw:



Mike:

1. Shuffle up and out on flow.
2. "B" area outside-in if ball is handed off.
3. QB keeps the ball, drop into coverage.
4. Bracket the QB with backer.

Backer:

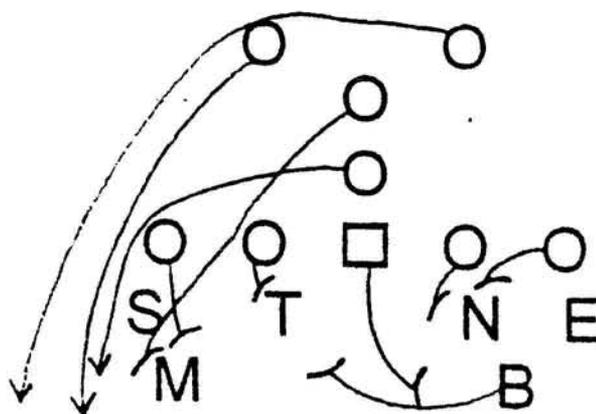
1. Scrape, expect quick cutback by tailback.
2. QB keeps ball, drop into coverage.

BASICS OF INSIDE BACKER PLAY - continued

Normal - continued

Execution - Pursuit - Tackle - continued

Option: (Wishbone or Houston) vs Veer Blocking



Mike:

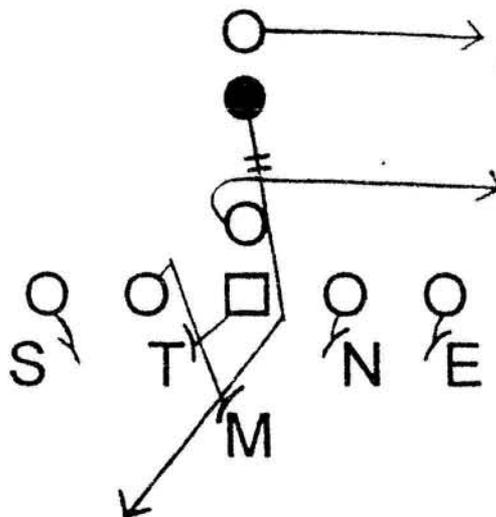
1. Shuffle stack with backfield flow.
2. Pressure from offensive tackle, play across his face square into "C" area, keeping outside arm free.
3. QB responsibility.
4. If the ball is pitched, continue inside-out on the ball.

Backer:

1. Scrape, backside leverage on ball.

BASICS OF INSIDE BACKER PLAY - continued
Normal - continued
Execution - Pursuit - Tackle - continued

Fold Block:

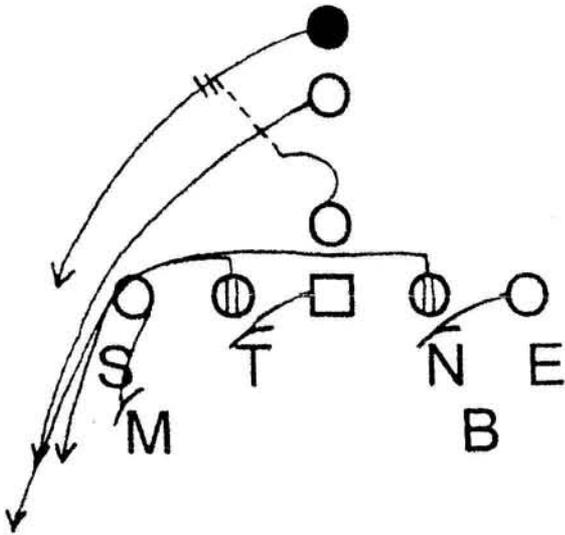


Mike & Backer:

1. Step up, control both "A" Gaps.
2. Deliver blow with near shoulder/hand.
3. Play square across the guard's face.
4. Keep outside arm free.

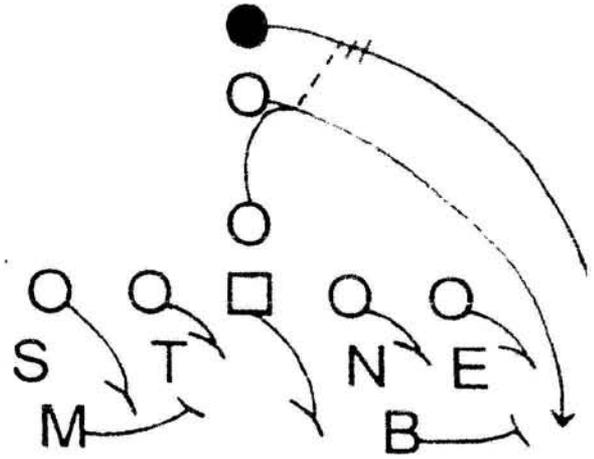
BASICS OF INSIDE BACKER PLAY - continued
Normal - continued
Execution - Pursuit - Tackle - continued

Long Pull:



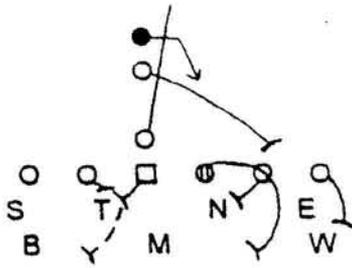
Sweeps:

Over-Reach:

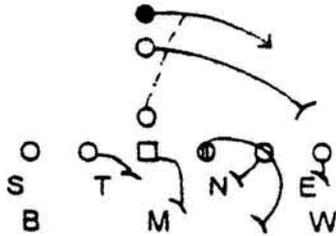


Mike & Backer:

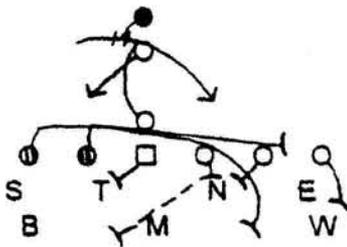
1. Shuffle laterally, keep inside-out leverage on ball.
2. No inside threat - scrape tight ready to attack upfield.
3. Regain the L.O.S., expect guard or fullback cutback.



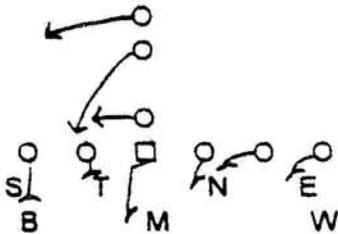
Center Back w/C-Gap Flow (Sprint Draw, Power)
Tight scrape attacking L.O.S. where OT was originally aligned with eyes inside. Cage frontside guard.
NOTE: Gap closed, tight scrape outside.



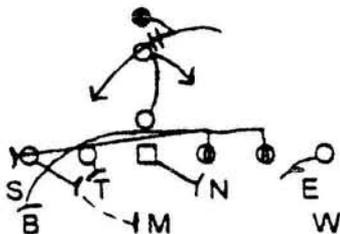
Base (Zone) w/Full Flow (Sweep) Scrape attacking C-Gap penetrating L.O.S. rip through outside shoulder of guard or Fb. Anticipate Chop Block.



Center Back/Flow Away (Ctr) Recognize counter or hear "Pull" call, plant inside foot and retrace your steps attacking L.O.S. where OT was aligned w/eyes inside. Cage backside tackle.



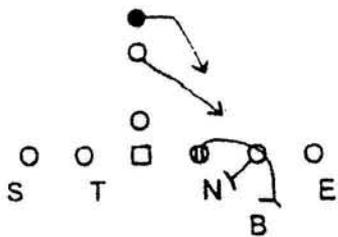
Center Cut-Off/Flow Away Scrape inside out on football, responsible for cut-back, cannot be cut-off.



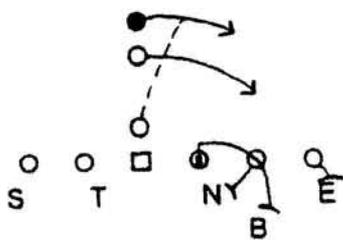
Center Back-Guard Pull/Flow To (Ctr) Call "Pull" if recognize inside pull, scrape to offside inside out on ball. Anticipate down block from backside tackle use Cage Tech.



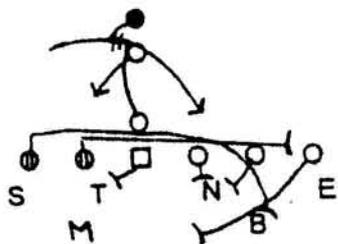
Center Back/A-Gap Flow (Trap) Hear "Pull" call attack A-Gap plug hole face up FB. Anticipate



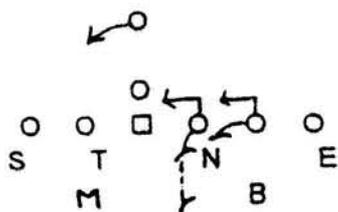
Tackle Down - Guard Pull/C-Gap Flow (Sprint Draw)
 Attack C-Gap where OT was originally aligned Cage
 frontside guard. If C-Gap is closed replace the DE.



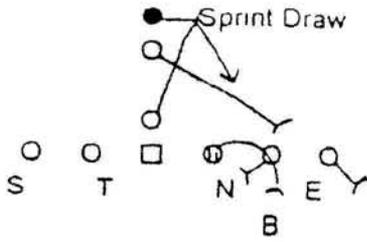
Tackle Down - Guard Pull/Full Flow (Sweep) Work
 to penetrate the L.O.S. Rip through the outside
 of the guard or FB. Anticipate Chop Block.



Tackle Down/Flow Away (Ctr) Step to near A-Gap
 hear "Pull" call or recognize counter, attack back
 to L.O.S. Cage backside tackle. If Gap is closed
 replace the end.

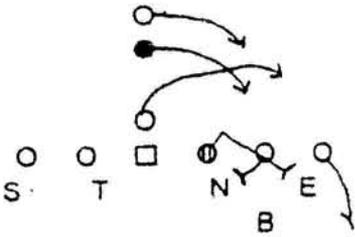


Flow Away Scrape to near A-Gap. A-Gap is not
 threatened, pursue inside out to ball - cannot be
 cut-off.

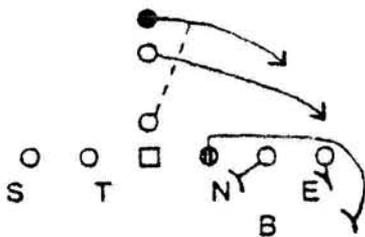
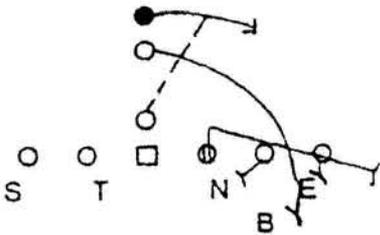


Tackle Down -Guard Pull/C-Gap Flow (Sprint Draw Belly-G, Bounce) Tight scrape outside attacking L.O.S. Vs. Sprint Draw anticipate bounce. Vs. Belly G, Cage TE. Vs. Bounce attack L.O.S. anticipate chop block by fullback.

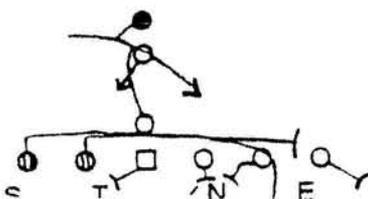
G-KICKOUT
Belly-G



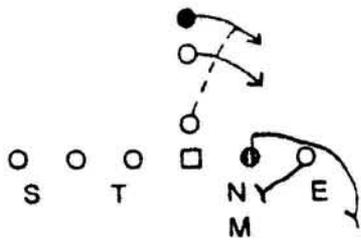
G-PULL



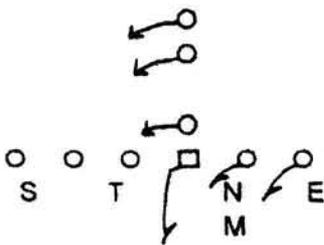
Tackle Down-Guard Pull/Full Flow (Sweep) Tight scrape off def. end working to penetrate L.O.S. rip through outside shoulder of FSG or FB (anticipate chop block).



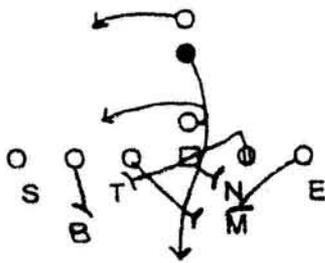
Tackle Down W/Flow Away (Ctr) Step to near A-Gap hear "Pull" call or recognize counter, scrape back attacking L.O.S. with eyes inside.



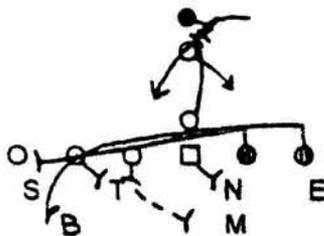
Guard Outside Pull/Wide Flow Scrape end find ball. If end closes B-Gap secure C-Gap. If the ball is moving w/speed (Sweep). LB must move w/speed attacking L.O.S. Anticipate Chop Block.



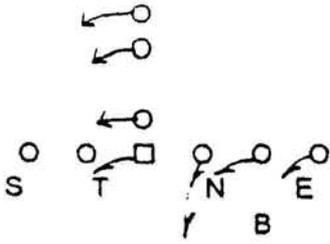
Guard Cut Off/Flow Away Scrape to far A-Gap, work inside out on ball. Cannot be cut-off.



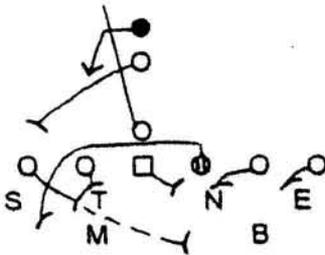
Guard Inside Pull (Trap, Trap Option) Call "Pull" Scrape to and secure far A-Gap responsible for trap. Anticipate down block from backside guard.



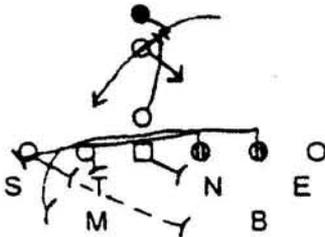
Guard Pull Inside/Flow To (Ctr) Call "Pull" scrape to and secure far A-Gap working inside out on the ball. Anticipate down block from backside guard use Cage Tech.



Scoop W/Flow Away Recognize soft block by tackle. Scrape to near A-Gap, A-Gap not threatened pursue inside out to ball anticipate block by center.

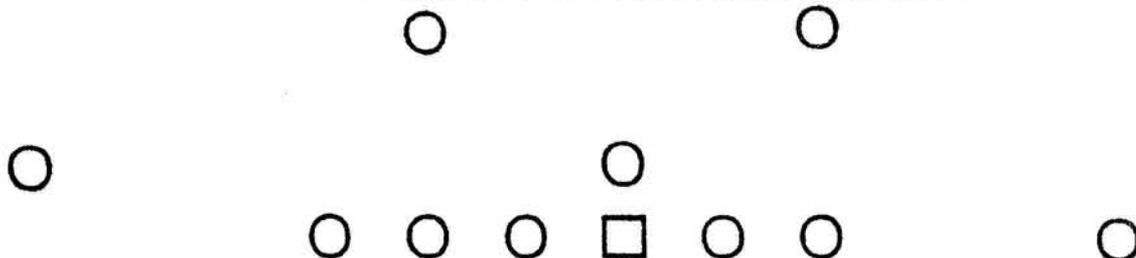


Scoop w/Flow Away Recognize soft block by tackle. Call "Pull" when guard pulls. Scrape to near A-Gap anticipate down block from backside tackle. Use Cage Tech.



Inside Pull w/Flow To Call "Pull", scrape backside anticipate down block from backside tackle use Cage Tech.

V. PRINCIPLES OF ZONE COVERAGE FOR INSIDE BACKERS



Flat	Curl	Strong Hook	Weak Hook	Curl	Flat
#3	#4	#	5	#6	#7
1/3		1/3		1/3	
#8		#9		#10	

- A. The basis of all zone defense lies in the abilities of its players to cover any and all receivers entering their zones.
- B. For inside backers the primary zones are the hook and curl.
- C. Your ability to read receivers routes and combination patterns will help position you in your zone.
- D. Get to a depth of 8 to 12 yards.
- E. Know the alignment width of the receivers to your side. This will give you an aiming point for your drop prior to the snap of the ball.
- F. Your ability to read the QB's eyes and shoulders will give you a jump on his release of the ball. Keep your eyes on the QB. See the rest of the field and receivers with your peripheral vision.
- G. Be alert for receivers coming into your vision running short crossing or check delay routes. Shoulders open to direction QB is set and be ready to react up on short receivers, or on "under" or "delay" calls from the secondary.
- H. Hammer any receiver moving through your zone to interrupt the timing of their patterns.
- I. You must break for the ball as it is thrown, and cover ground while the ball is in the air.
- J. Intercept the ball at its highest point. "Oakie" is the call to indicate interception.

ZONE UNDER MATCH PRINCIPLES

COVER 1:

Whip: Drop Area: curl/flat/wheel
Read: #2
Match: #1 wheel

Mike: Drop Area: Back (TE/Ace) to Seam
Read: #2
Match: #2

Backer: Drop Area: Back to curl
Read: #3
Match: #3 to curl

Rover: Drop Area: curl/flat/wheel
Read: #2
Match: #1 wheel

COVER 1 CLOUD:

Strong Corner: Drop Area: Flat
Read: #2
Match: #1

Rover: Drop Area: Curl
Read: #2
Match: #2 to #1 (Hammer #2 to Seam)

Backer: Drop Area: Hook to curl
Read: #3 to #2
Match: #3

Mike: Drop Area: Back (TE/Ace) to Curl
Read: #2
Match: #2

Whip: Drop Area: Curl/flat/wheel
Read: #2
Match: #1

COVER 3 INVERT:

Weak Corner: Drop Area: Flat
Read: #2
Match: #1

Rover: Drop Area: Seam (Drop) 10 yards
Read: #2
Match: #2

Mike: Drop Area: Hook to curl
Read: #3
Match: #3 to curl

Backer: Drop Area: Curl to Flat
Read: #2
Match: #2 to #1

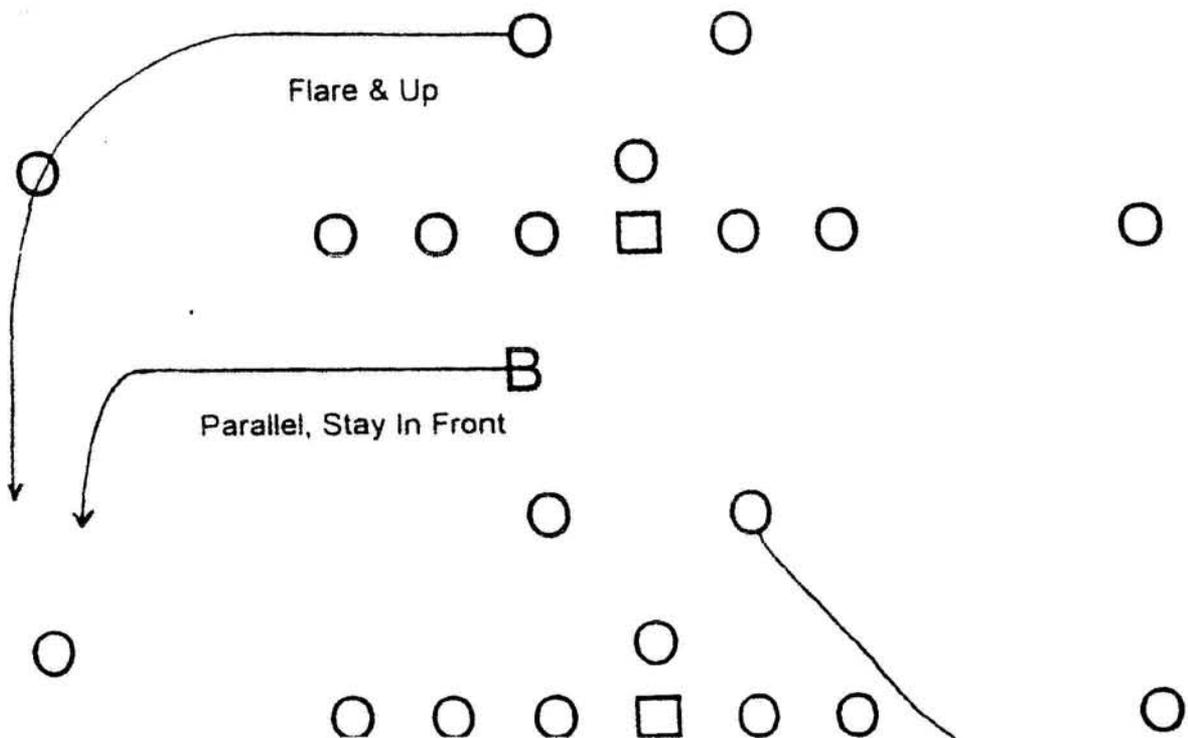
Strong Corner: Deep 1/3

Free: Middle 1/3

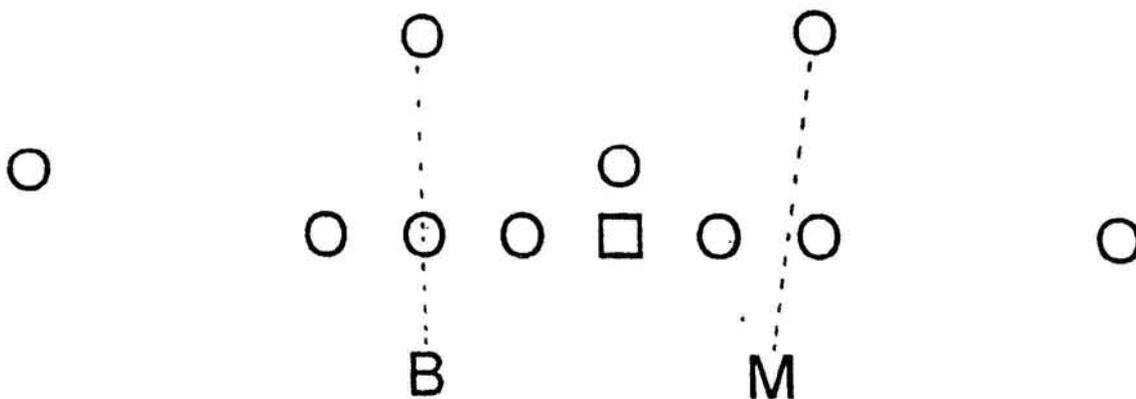
VI. PRINCIPLES OF MAN COVERAGE FOR INSIDE BACKERS

- A. Know where and if you have help. Keep the receiver in front of you.
- B. Eyes on receiver's waist. Notice body position.
- C. Keep a tight inside-out cushion.
- D. Do not let the receiver get to a head-up position.
- E. Know the difference between a receiver running at full speed and one coming under control to make a cut.
- F. Never break in front of the receiver unless you can get both hands on the ball.
- G. If you have no chance to intercept, play the ball with near arm and hook the receiver's waist with far arm for tackle if needed.
- H. Face guarding is legal as long as no contact is made!
- I. If beat deep, keep eyes on receiver until you catch him. He will run slower with his head turned looking for the ball. When his hands go up for the ball, your hands should go up. Listen for a ball call.
- J. Take pride in your ability to cover one on one.

VII. PROPER MAN COVERAGE CUSHIONS



VIII. COVER 6 FREE



A. Man Basics:

Keep a good inside cushion on your man. Let his speed and body lean dictate your speed. If you man blocks, keep no more than a five yard deep inside cushion.

1. Backer -
 - a. #3 M/M on inside or outside release (Flood).
 - b. #3 blocks, keep proper cushion.
 - c. Flow weak - shuffle weak, open strong, bracket the QB (Watch for check releases.)
 - d. Flow strong - #3 M/M; vs sprint action, #3 blocks, loose man #3, position in QB's vision and throwing path. Make play on ball when thrown.
2. Mike -
 - a. #2 M/M on inside or outside release.
 - b. #2 blocks, keep proper cushion.
 - c. Flow strong - shuffle strong, open weak, bracket QB. (Watch for check releases.)
 - d. Flow Weak - #2 M/M; vs sprint action #2 blocks, position in QB's vision and throwing path.
 - e. Pro-Slot formation - #2 M/M with Free Safety help. Combination coverage on #3 with other LBers.)

With your man releasing, do not slow down to hammer another receiver.
Number 2 and 3 cross in the backfield stay with the back coming to your side.

**TOLEDO DEFENSE
ROVERS/WHIPS**

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I. ELEMENTS

C A S K R E P T

- Call - both in the huddle and at line.
- Alignment - must be exact.
- Stance - must allow you to execute - prowl.
- Key - man on, near back, backside linemen.
- Responsibility - area you are to defend.
- Execution - technique used.
- Pursuit - proper angle to ball.
- Tackle - terminate the play - wrap up.

II. FUNDAMENTALS

1. Get aligned early.
2. Stay low - bend the knee.
3. Keep shoulders square to the LOS.
4. Protect outside arm and leg when you have force or contain.
5. Keep the weight or shoulders over balls of the feet.
6. Stay on your feet - block protection.

III. BOTTOM LINE

Whip/Rover must have (3) elements to be successful:

1. Must be a productive tackler/hitter.
2. Perfect Zone/Man coverage technique.
3. PRODUCE = TAKEAWAYS = VICTORY.

WHIPS/ROVERS BOTTOM LINE

**EVERY PLAYER ON TOLEDO'S
DEFENSE MUST PLAY WITH
INTENSITY AND ENTHUSIASM**

**MUST KNOW HIS ASSIGNMENTS
AND RESPONSIBILITIES**

GREAT TACKLER/HITTER

ZONE/MAN COVERAGE

IV. WHIP/ROVER OBJECTIVES

1. To be team-first players. Everything we say, do and think is for the team's success.
2. To always have an attack attitude toward the game of football. i.e., Tackling the ball carrier or preparation for an opponent.
3. To understand the Toledo Defense and know the force/leverage principles within the defense.
4. To communicate defensive calls, adjustments, pre-snap indicators, and post-snap indicators. Help the entire defense be alert to what the opponent is trying to accomplish.
5. To be leaders for the TEAM. We will provide leadership by example. To make the big plays in crucial situations. When adversity comes we will be a now player. Look for the good, expect the best, be loyal, and focus on fundamentals.
6. To show the entire M.A.C. and the country that Toledo Defense plays with aggressive, relentless intensity, and a unit that will fight to the end ... Victorious.

V. RUNNING GAME PRINCIPLES

1. Must focus on keys to determine run or pass.
2. Go through proper progression of keys man on, near back, backside linemen to determine responsibility.
3. Use proper pursuit angles and proper footwork when running to ball. We need 5 seconds of great effort.
4. Stay on your feet - 100% of the time.
5. Defeat blocks with proper leverage and proper technique. DO NOT RUN AROUND BLOCKS.
6. ROCKET TACKLE - Everyone must pursuit to ball with proper leverage, square him up, step on ball carrier's toes, hit on the rise, shoot and wrap your arms, tackle up and thru the man and finish him off, knock him backwards.
7. TAKEAWAYS - We must accelerate thru the ball. Second man in punch, rip and steal the ball from ball carrier.

VII. PASS RUSH PRINCIPLES

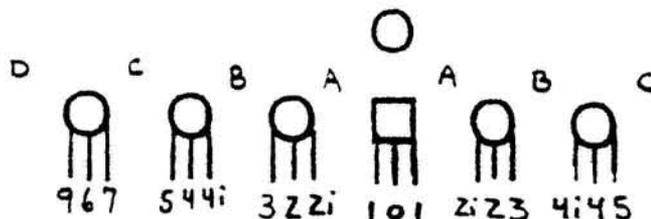
1. Get off on movement. Key the ball. Take off and explode. Weight must be on balls of feet and step with back leg. No false steps.
2. As we take our second step, we must read our keys on the run man on, near back, BSL to determine run/pass.
3. If run occurs, we must attack the blocker as quickly as possible with proper leverage.
4. If pass occurs, we must have a move ready to defeat opposing blockers.
5. Never leave your feet. Always drive to QB. If he attempts to throw, drive with arms up to deflect pass.
6. Be ready for Draw indicators:
 - a. Back moving laterally toward QB.
 - b. QB moving the ball from shoulder to hip area.
 - c. QB turning his back to L.O.S. on his pass drop.

PASS RUSH TECHNIQUES

1. Rip/Run: As you reach the blocker you will punch and rip your arm through the rib cage area of blocker. Shoot your hips through and bend to QB.
2. Shake/Rip: Inside fake with same as described above.
3. Over: As you reach the blocker you will extend your inside arm, reach deep with outside arm, shoot your hips thru, punch inside arm through shoulder, press and accelerate.
4. Shake/Over: Inside fake with same as described above.
5. Over/Set: Used when blocker gets overextended and is at QB depth.
 - a. Press inside number and bull rush.
 - b. Rip/run to inside.
 - c. Over move to inside.

VIII. ALIGNMENT IDENTIFICATION SYSTEM

A. SHADES/GAPS:



B. ALIGNMENT RULES

DEFENSE	BALL ON HASH		BALL ON MIDDLE	
	<u>WHIP</u>	<u>ROVER</u>	<u>WHIP</u>	<u>ROVER</u>
G	BOUNDARY	FIELD	AWAY RIP/LIZ	TO RIP/LIZ
R/NICKEL	AWAY RIP/LIZ	AWAY RIP/LIZ	AWAY RIP/LIZ	AWAY RIP/LIZ
TUFF	AWAY RIP/LIZ	TO RIP/LIZ	AWAY RIP/LIZ	TO RIP/LIZ

- * FS will give Rip/Liz call to determine passing strength.
- * Rover will give Hash/Middle call in the huddle.
- * Whip will give Whip Rt/Whip Lt call once determined by alignment rules.

C. INDICATORS

1. Pre-Snap Indicators

- a. Down and distance
- b. Offensive formation
- c. Alignment of receivers
- d. Stance of offensive linemen
- e. Game situations, i.e., 2 minute drill

2. Post-Snap Indicators

- a. Initial keys run/pass
- b. Flow of backfield and B.S.L.
- c. #2 receiver's route
- d. QB indicators (shoulders, eyes, hand off ball)

3. Draw Indicators

- a. Back moving laterally toward QB.
- b. QB moving the ball from seated position to hip area.
- c. QB turning his back to L.O.S. on dropback pass.

4. Screen Indicators

- a. Deep set and cut block by offensive tackle.
- b. Interior linemen hinge off inside foot, no depth on set.

IX. TECHNIQUES vs. RUN

A. 8 TECH

Alignment: Walk: 4 x 4
Twin: 4 x 1 off #2 receiver
Apex: Split difference between #2/#3 4 yds depth
Up: 1-1/2 yds outside end man on L.O.S. "Sell the Blitz"

Stance: 2-point stance; inside foot up with toe to instep relationship. Weight should be on balls of feet and you should have flexion in ankles, knees and hips. Your arms should be relaxed and in front. Your head should be cocked in and looking at your appropriate keys.

Key: Man on, near back, BSL

Responsibility: Ball To - force, pitch on option
Ball Away - fold/cutback B gap

Force Calls: Sky (Rover)
Easy (Whip)

TOSS: Attack the lead blocker (FB, G, T), keeping your outside arm and leg free. Drive your inside arm and shoulder into blocker closing off the D gap. Keep your shoulders square to L.O.S., attack and make the play outside/in. If ball commits inside of you, it must be past your shoulders to spin back in to make play.

OPTION: We must determine type of option that is occurring.
Speed Option - no lead blocker, QB in zone #1
Dive Option - lead blocker takes dive fake, QB in zone #1
Lead Option - lead blocker on pitch, QB in zone #1

Feather Technique - used w/no lead blocker pitch on option

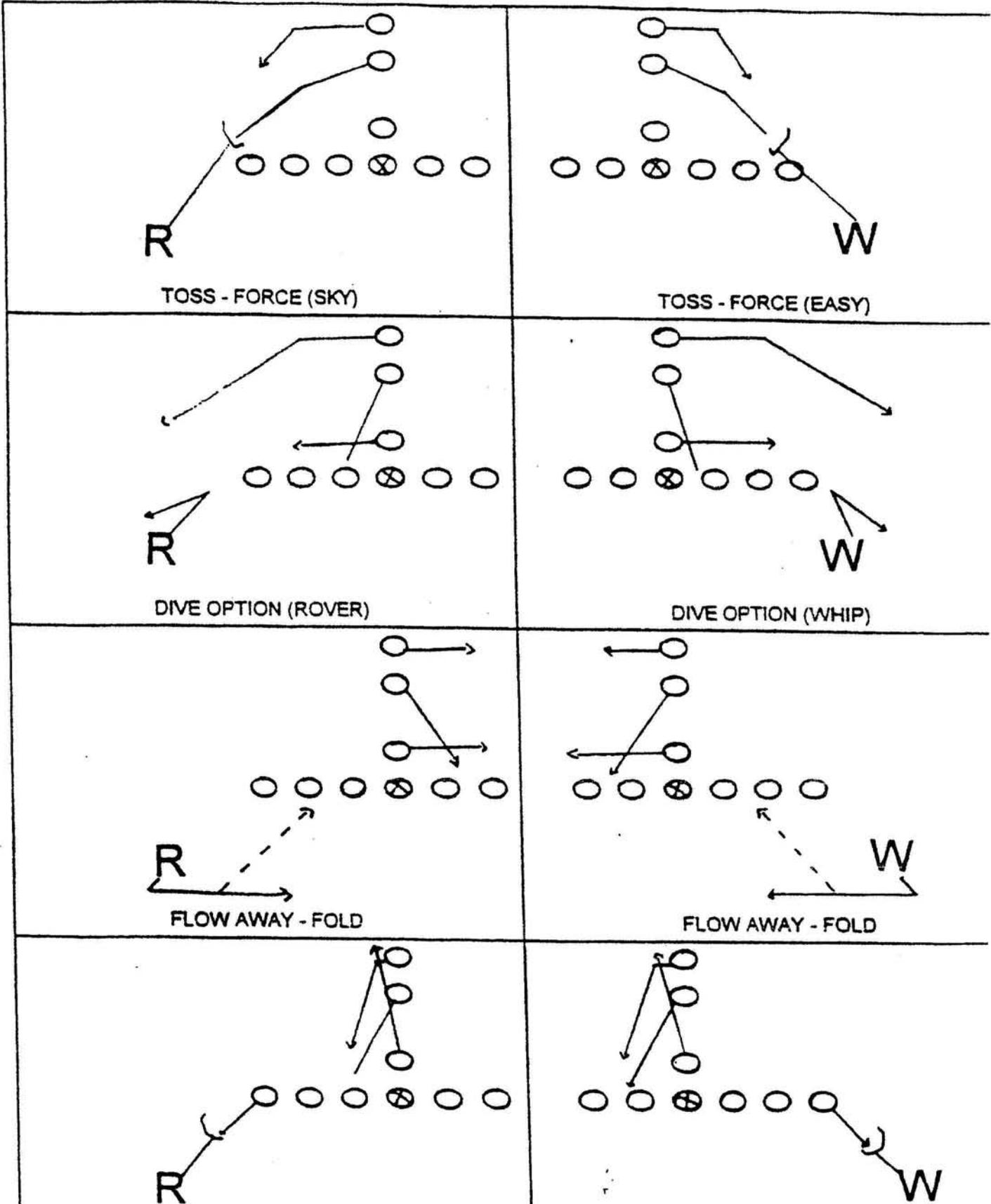
Force Technique - used w/lead blocker with pitch on option

Set Technique - w/no lead blocker with QB on option

FAN: Attack TE with hands keeping your inside foot up and extending your inside arm. You must strike your hands to the blocker's breast plates and extend. Locate near back before separating. Stay out/in on all Action. You still have force.

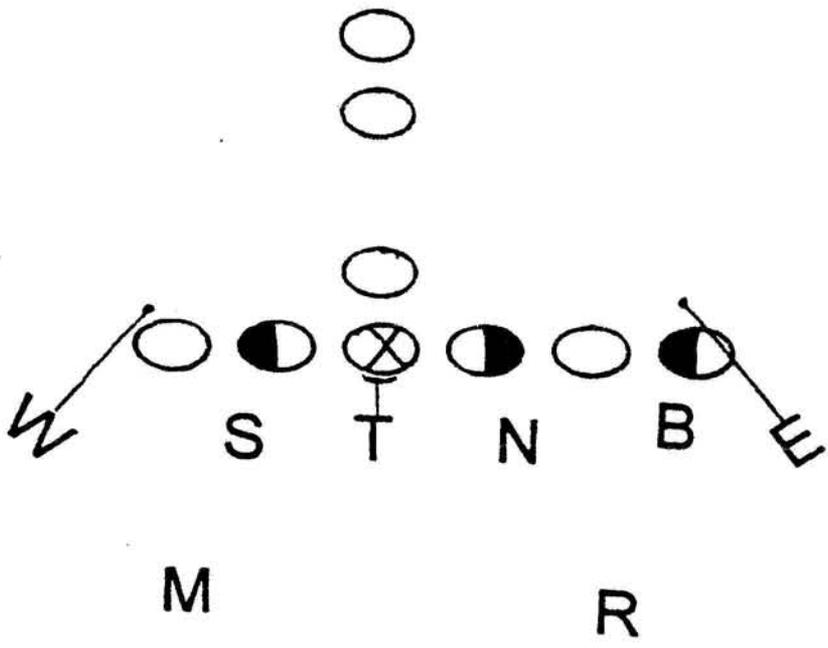
FOLD: Punch out - ball away start to shuffle keeping shoulders square to L.O.S. Look for cutback in B gap or Counter and Reverse.

8 TECH BLOCK REACTIONS



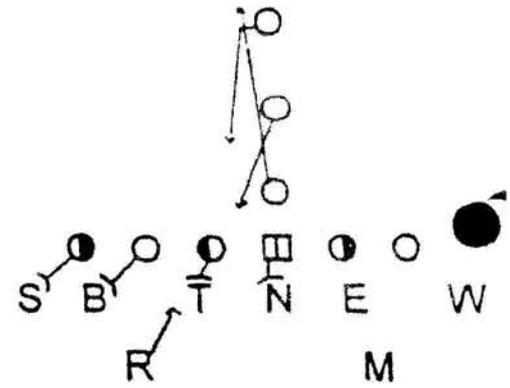
E. 5F

- Alignment:** Used in Tuff Defense when offense has Regular or Green personnel in game. 4 yds depth split outside leg of strong offensive tackle.
- Stance:** 2-point stance - square up your feet, shoulder width apart. Flexion in knees, ankles and hips.
- Key:** Key through 3 offensive linemen to the flow of near back.
- Responsibility:** FLOW TO: Inside flow stack behind end and flow to ball. Outside flow scrape hard outside, you have shoot support. FLOW AWAY: Check A/A gap and scrape fast so that you beat cutoff block.
- OPTION:** Call indicated
- PASS:** Coverage called.

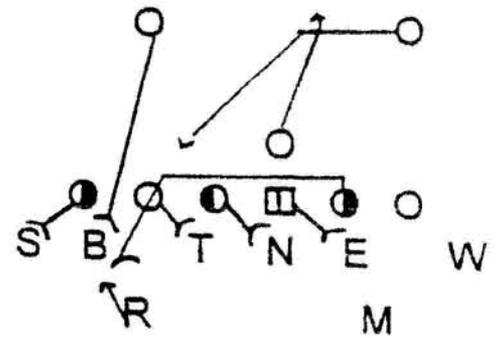


BLOCKING REACTIONS: 5 FLOW

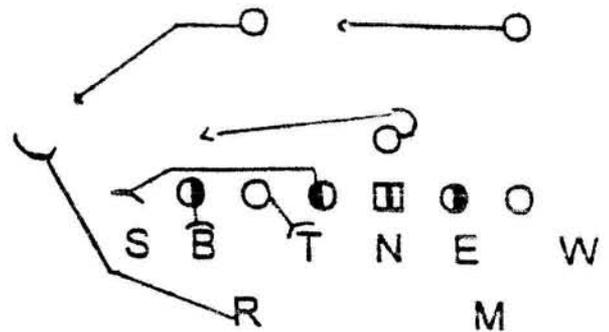
ISO: Window opens. Attack the ball outside/in. Keep outside arm free.



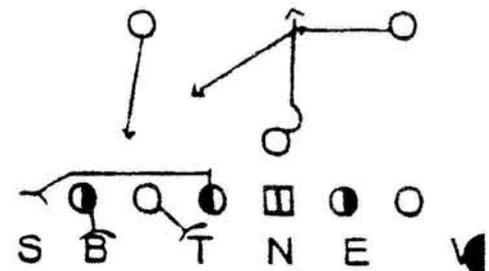
POWER: Stack behind TE. Attack ball. Expect ball to bounce.



OPTION: Stack scrape hard outside w/shoot call you have pitch outside load block.

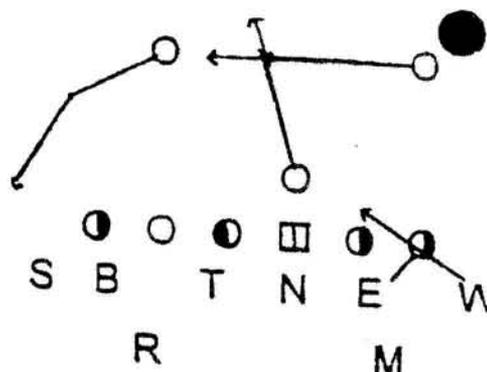


G SCHEMES: Tight scrape. Expect ball to bounce.

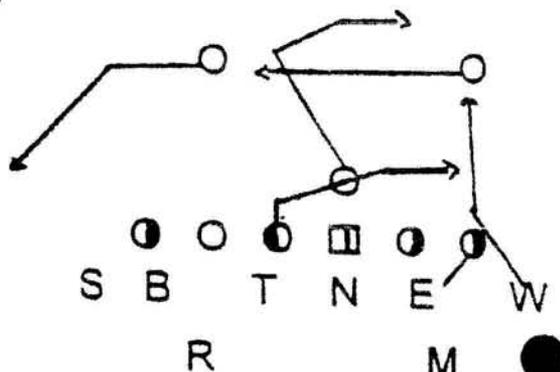


BLOCKING REACTIONS: T5, T9 (continued)

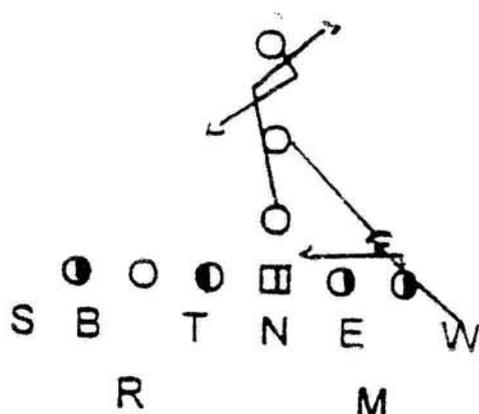
OT DOWN BLOCK AND NEAR BACK AWAY:
 Bend down line to near back.
 Check Naked.



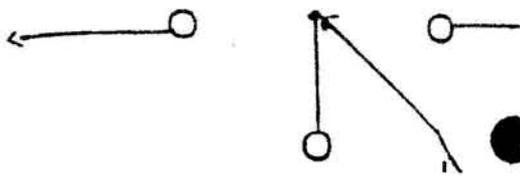
OT DOWN BLOCK; NEAR BACK AWAY, BACKSIDE GUARD PULL TO YOU:
 Get vertical it is Boot/Naked.



OT PULLS INSIDE AND NEAR BACK AT YOU:
 Attack hip of OT. Be ready to attack near back. QB pulls ball pry upfield. It is Naked. outside load block.



OT PASS SET: Get great get off and beat him with speed. If he interfaces you on the set line use pash move.



G. CAGE TECH

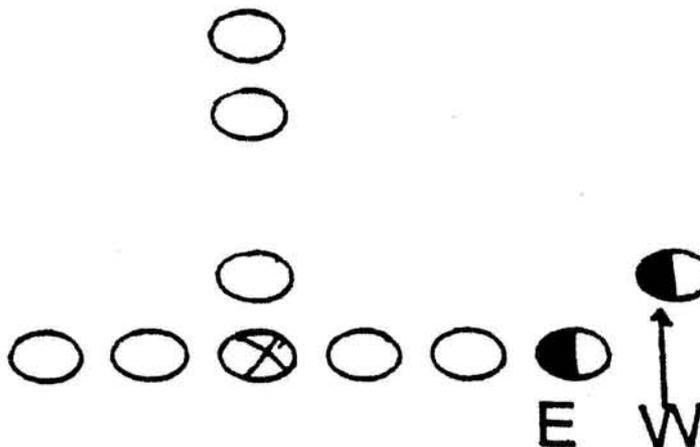
Used in certain situations by the Whip OLB.

Alignment: Inside eye of offensive wing player.

Stance: 3-point stance square to L.O.S.

Responsibility: D gap area. Attack inside eye of offensive wing. Play inside D gap. Option you have first threat.

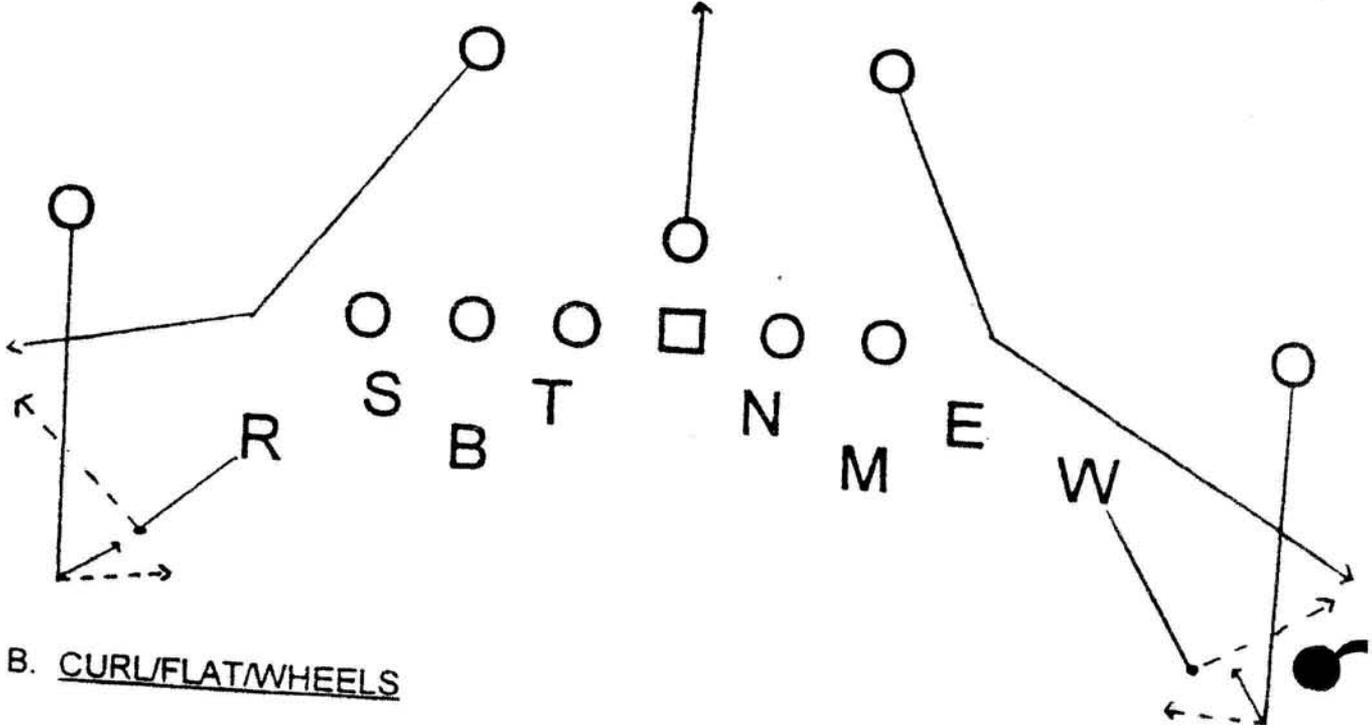
BASE BLOCK: Attack inside eye of offensive wing. Shoot hands to breast plate, hands inside, separate, find ball and escape. You have D gap responsibility.



X. TECHNIQUE/PASS

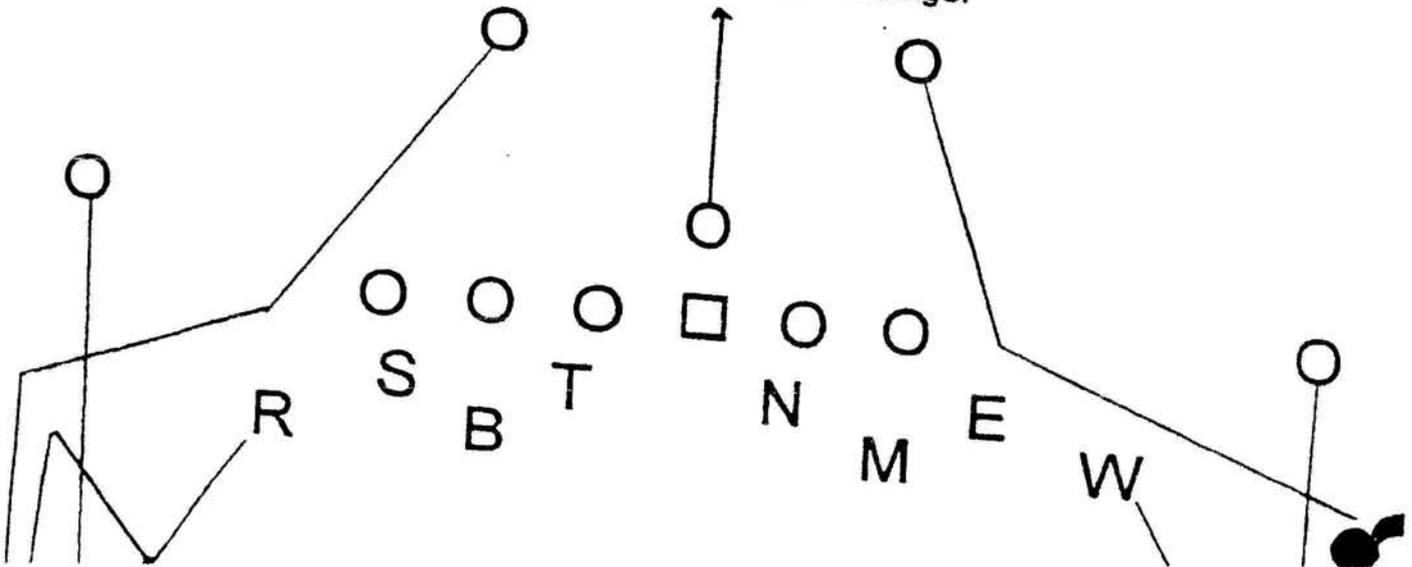
A. CURL/FLAT

Technique used by Rover/Whip in Cover 3. We will align in a walk, twin, apex or up alignment. Read our run/pass keys. Punch out and skate to a 10 yd depth and 2 yds inside #1 receiver. We must cloud the curl area and be ready to react to any flat routes.



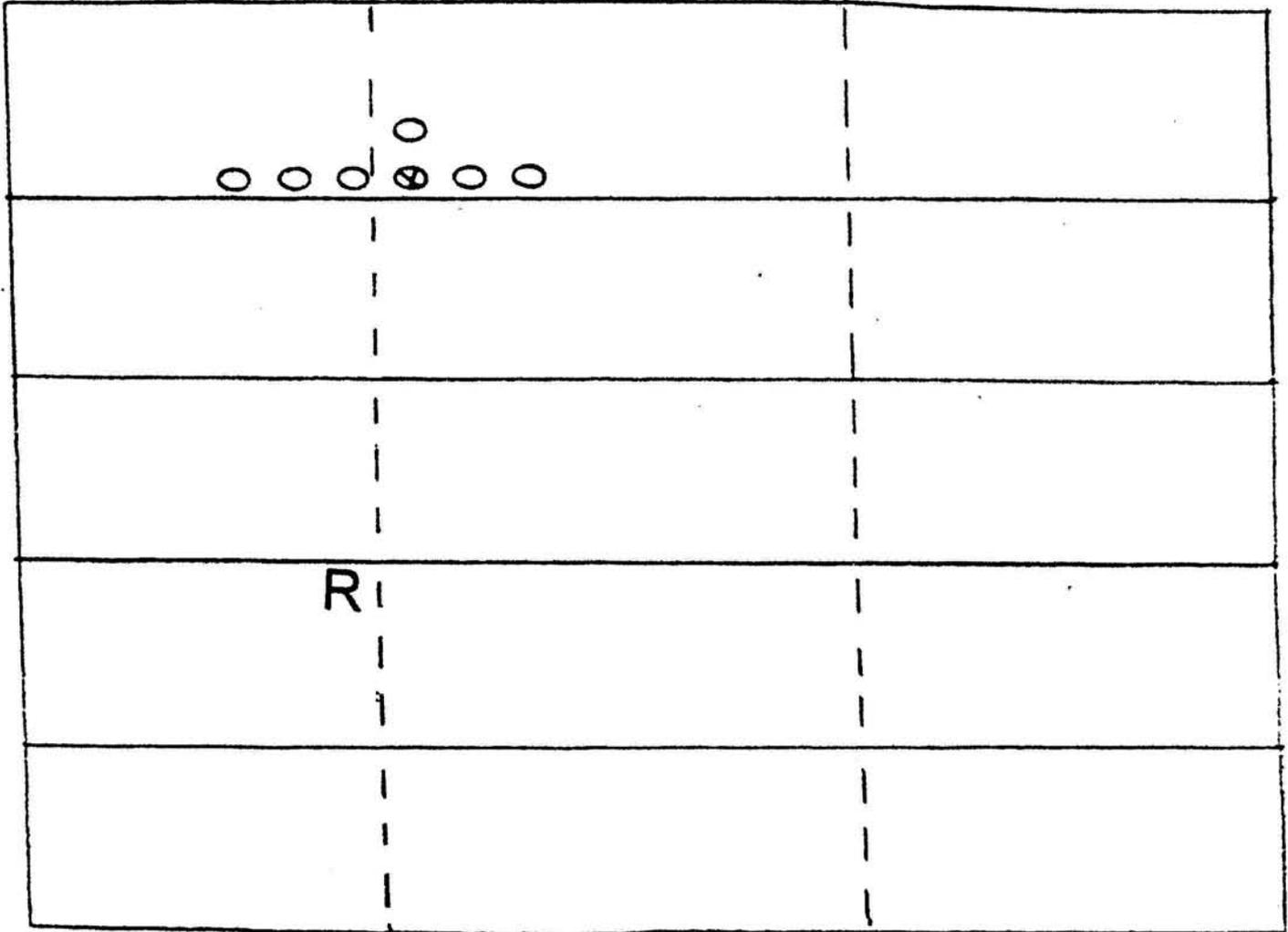
B. CURL/FLAT/WHEELS

Technique used by Rover/Whip in Cover 1. We will align in a walk, twin, apex, or up alignment. Punch out read run/pass keys and skate to bottom of numbers 10 yds deep. We must get under any intermediate route by #1 receiver. We must be alert for #2 receiver coming into your flat zone. If #2 receiver in our flat zone wheels up field, we must man him with high shoulder leverage.



C. BANG

Technique used primarily by the Rover in Cover 3, 3 Invert. Whip will use a bang technique with certain situations in 3 Roll. The primary purpose of the bang tech is to keep the #2 receiver from entering the seams of the field at a depth of 10-17 yds. We must drop inside the seam at 10 yds and extend a blow to the #2 receiver and carry him to a depth of 17 yds. Keeping our eyes alert to the QB's indicators.



SEAM: The seams of the field are located 2 yds outside the hash and are 3 yds wide at 10-17 yds deep.

D. INSIDE MAN

This is a technique used by the Rovers/Whips in Cover 6. We will take an inside alignment on the designated man at 5 yds depth. You will punch out to gain inside leverage and get into a shuffle. Your shuffle should get you to a depth of 8-10 yds. We must maintain inside leverage with a 1 yd lateral cushion. As receiver breaks cushion, we should open hips 45°. Step with depth, closing to his inside hip, covering him closely. Do not look at ball or quarterback. Do not open too soon. You will get too high and WR can cut under you. Keep your eyes focused on the man you are responsible for. Remember, Cov 6 we have no help.

OUTSIDE MAN

This is a technique used by Rovers/Whips in 6 Free or MOF Man coverages. We will start with an inside shade on the designated receiver and punch out to an outside alignment (Stem). We must punch out to a 5 yd depth and on movement start to shuffle. Your shuffle should get you to a depth of 8-10 yds. We must maintain outside leverage with 1 yd lateral cushion. As receiver breaks cushion, we should open hips 45°, step with depth, closing to the outside hip, covering him closely. Do not look at ball or quarterback. Keep your eyes focused on the man you are responsible for. Remember, Cov 6 Free we should have help to our inside at the 2nd level.

E. COMBO TECHNIQUE

This is a call used by the Rovers/Whips to an ILB to alert them to a possible switch call. This technique will be used when 2 offensive receivers are in close proximity. Rovers/Whips and ILB must get depth and jump man that comes to your area.

F. CATHY

Technique used by Rovers/Whips out of our split safety coverages. Rovers and Whips will read release of #2 receiver - vertical/flat/under/blocks.

ROVER

#2 Vertical - man

#2 Flat - man #1

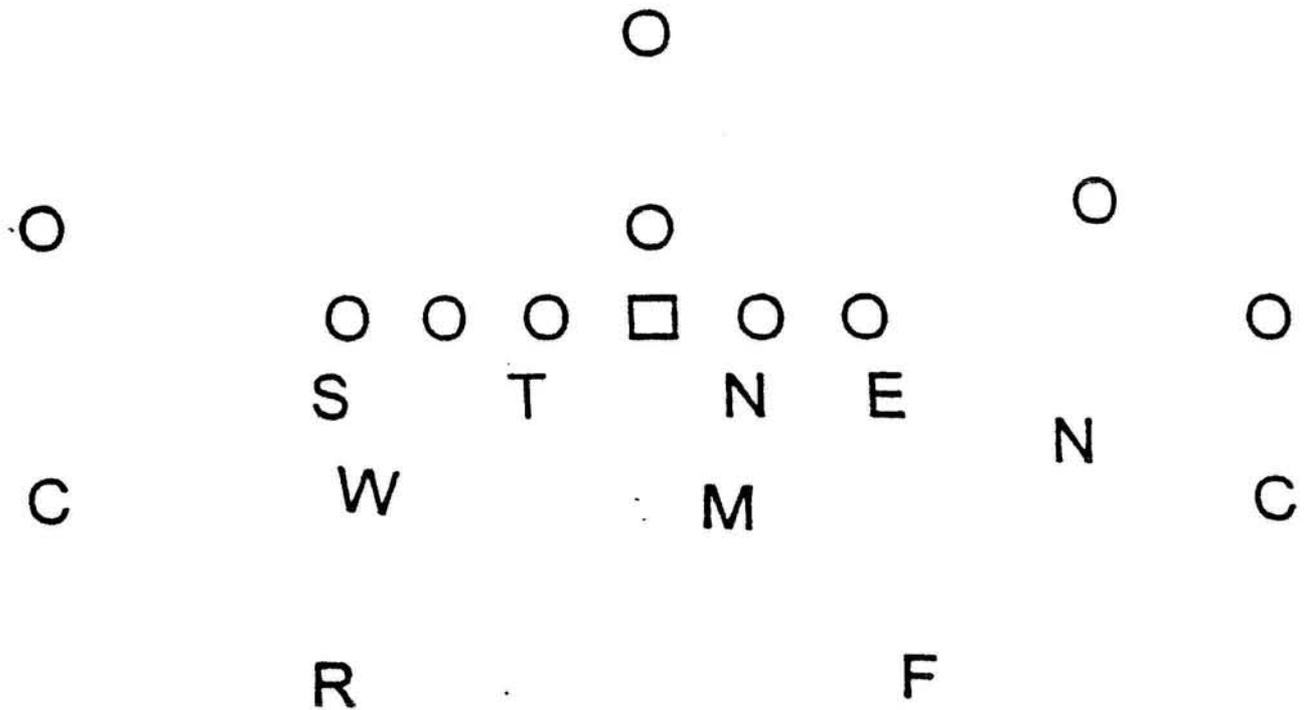
#2 Under - man #1 / 1/4 off

WHIP

#2 Vertical - wall #2/widen w/#3

#2 Flat - cloud curl/widen w/#3

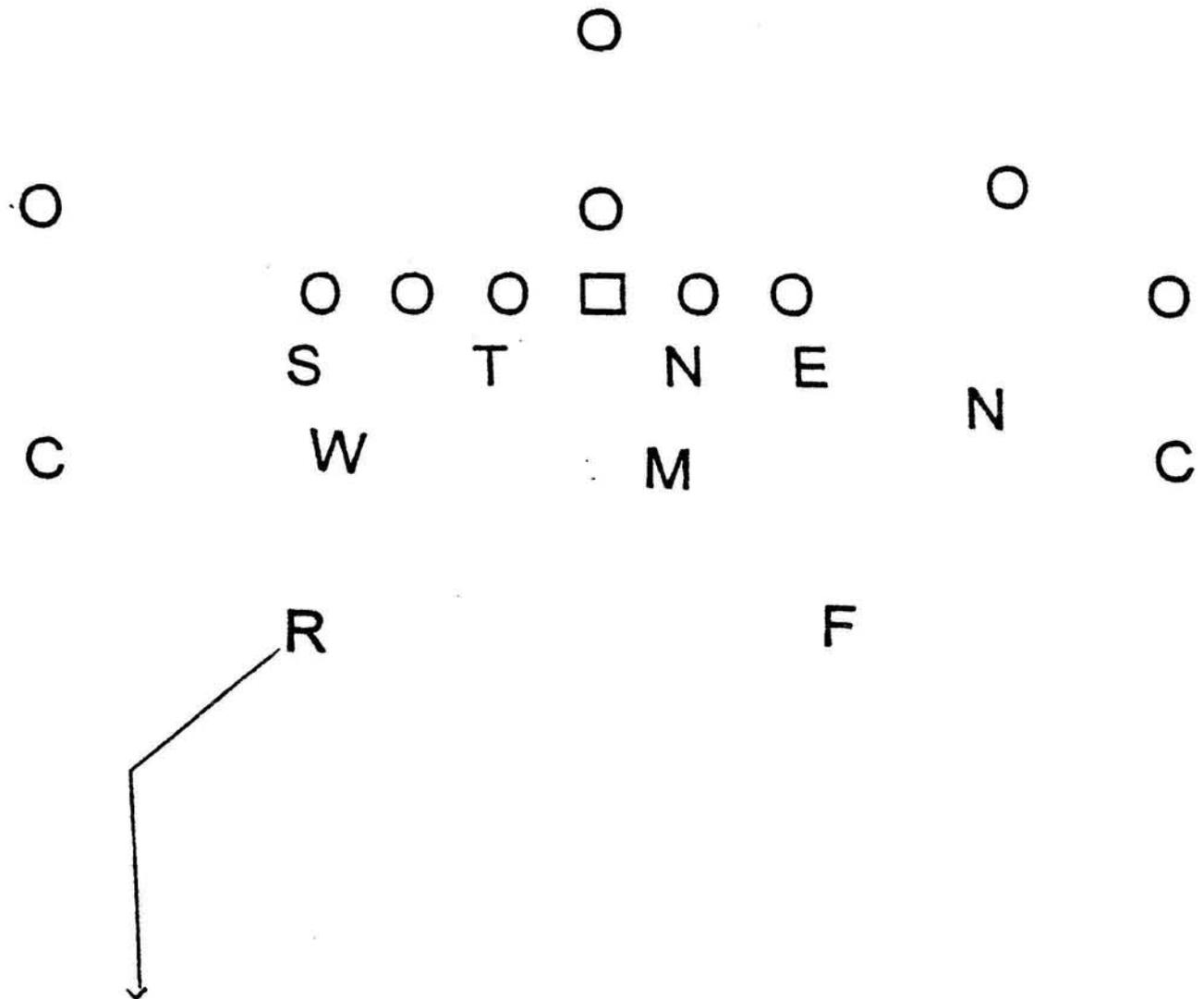
#2 Under - cloud curl/widen w/#3



H. OUTSIDE 1/3

Rovers will use this technique on 3 Roll and various zone blitz situations. Rover will skate to outside 1/3 from his split safety alignment. Push off hash at 45° angle in a skate technique working to get to middle of your zone. Once to the middle of your zone, square up and back peddle. If pass occurs, you must read from #2 receiver to #1. If #2 is vertical, you must get depth in your zone. When #2 and #1 go vertical, you must split the difference and get depth. You can squeeze #1 as long as no threat of #2 vertical in seam or deep crosser at 2nd level.

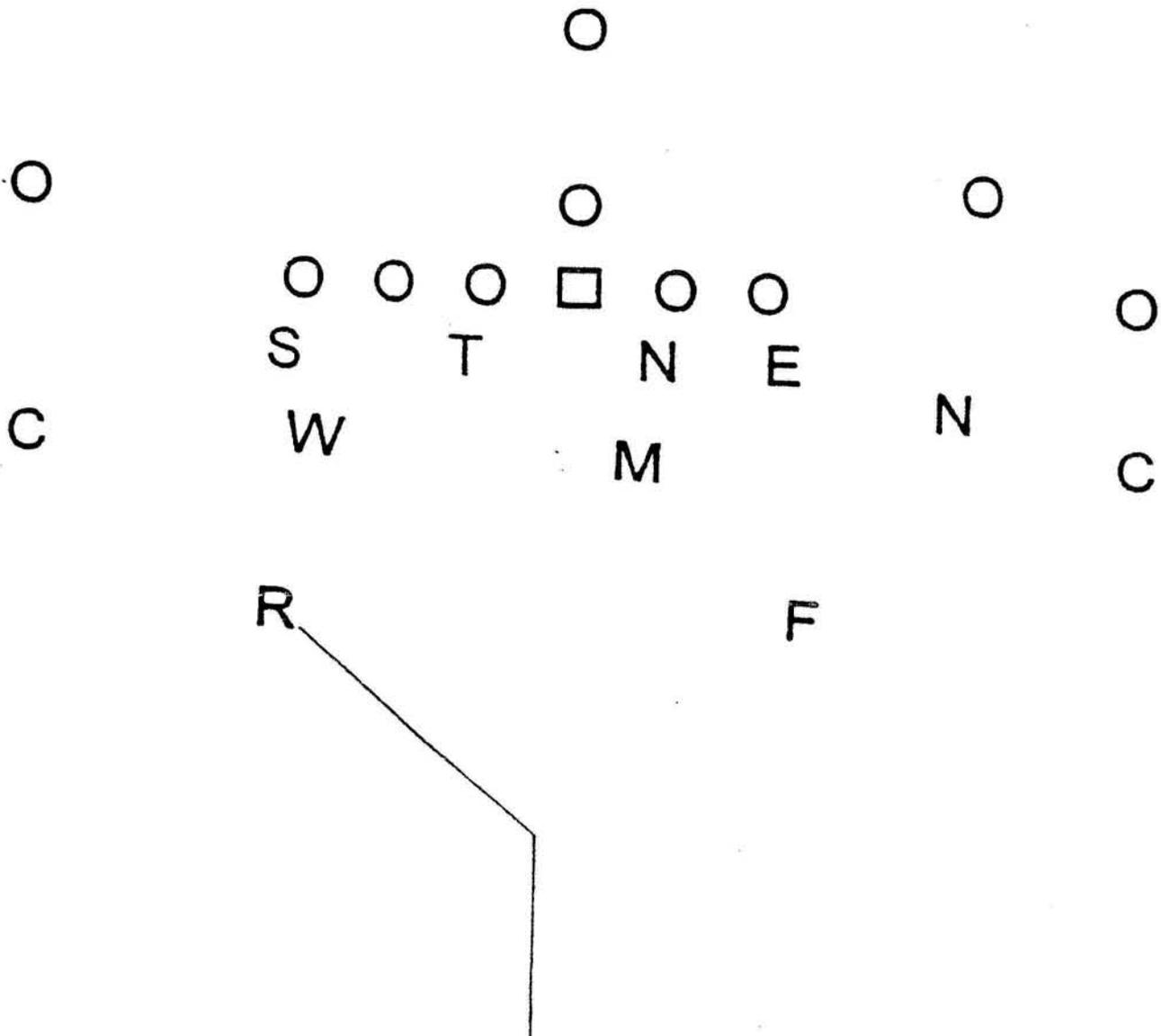
Run Support: RUN TO: We are responsible for halfback pass, reverse and other trick plays. We have secondary force with a crack on force. Keep out/in leverage.
RUN AWAY: Fill to cutback, 21 Rule.



G. MIDDLE 1/3

Rovers will use this technique on any 5 Man Blitz, Zone Blitz, or F/S 3 Backer to the field. Skate to middle of the field. You must read the offensive line hats for run/pass. If pass shows, read the inside receiver to passing strength or any middle threat (i.e., TB in offset position). If you have middle threat, you must stay on top of man. No middle threat and #2 receivers are in seams, we must get depth, split receivers and break on QB indicators. You must play the post and react down to all curl patterns by outside wide receivers.

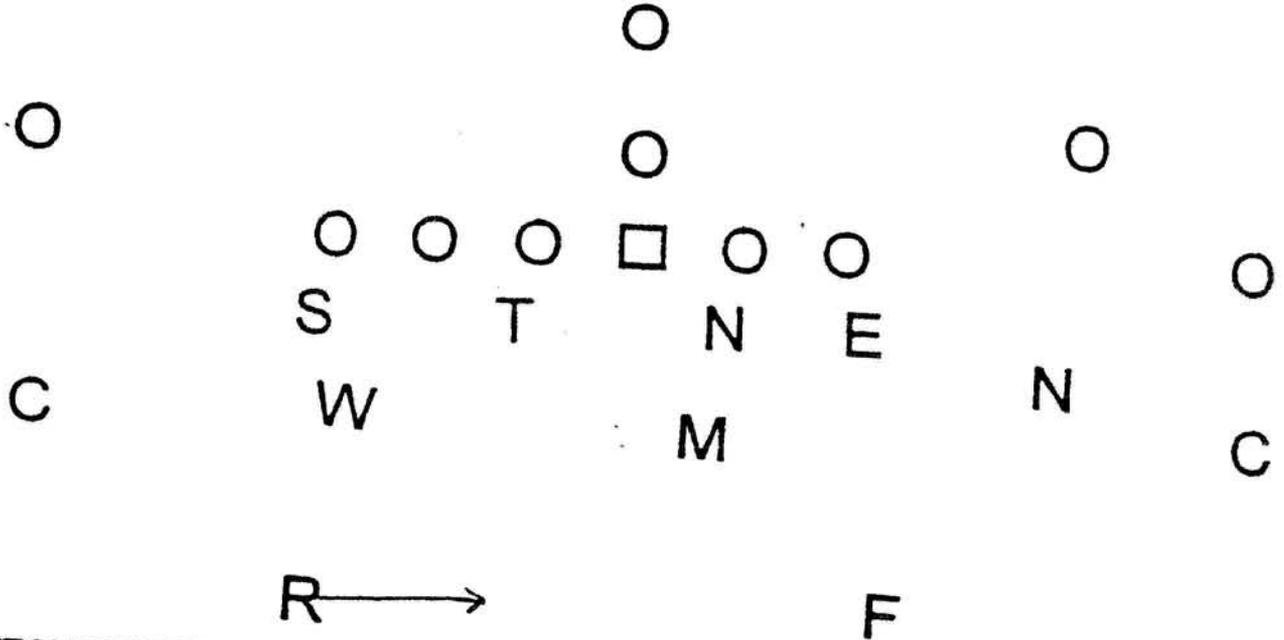
Run Support: Read offensive line hats for run/pass. Run support slowly, You are the alley player in/out leverage. Must check for Play Action Pass.



I. INVERT (ROVER)

Technique used by the Rover in Cover 3. Align in your split safety alignment at 10 yds deep. Read offensive line for run/pass. If pass occurs, read release of #2 if to the #2 receiver side. If #2 vertical in seam, you must use bang technique. The #2 receiver is flat or under, we must get in position to take away the dig or curl by #1 receiver.

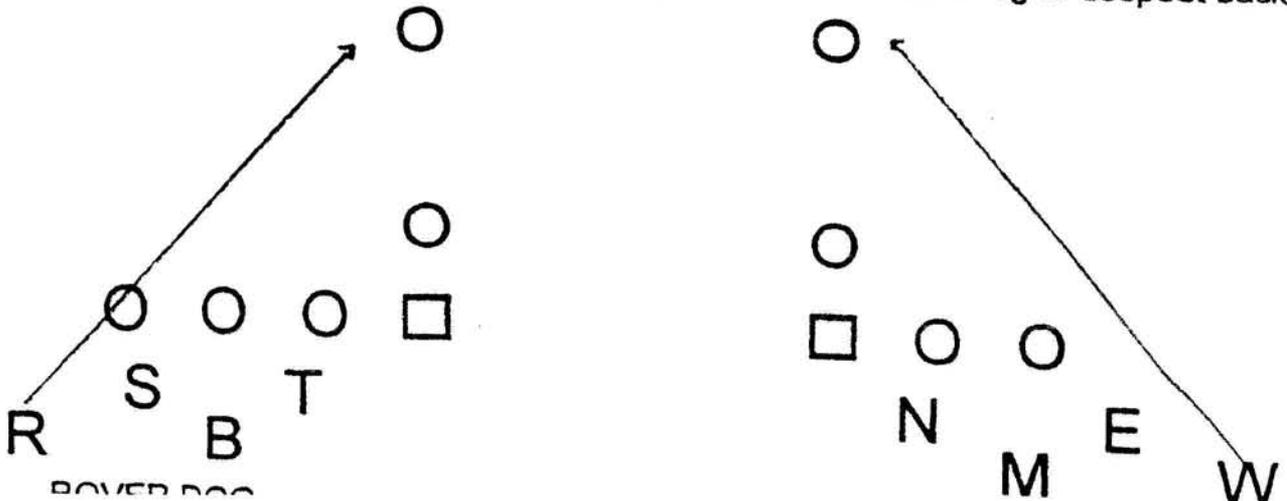
Run Support: RUN TO: You are an inside/out hitter.
 RUN AWAY: Cutback player



XI. TECHNIQUE/BLITZ

A. CRASH

Crash is a rush contain blitz by Rovers/Whips. You will have pitch on option and peel on any back that crosses your face (i.e., Back Flare). If the back steps up, don't hesitate, continue on your course to QB. The aiming point will be 2 yds outside the deepest back. We must key the ball to the near leg of deepest back.



B. D-CRASH

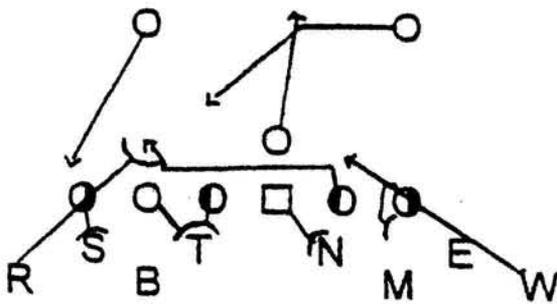
D-Crash is a very aggressive blitz used by the Rover/Whip. We will attack the near man, to near back, to backside lineman. Your first step is at the hip of the near offensive player. Your second step should be straight down line. Your third step should be at near back or backside linemen and cross arm all kickout blocks. This is an explosive move that will spill the ball and force runner to run the hump.

Responsibilities:

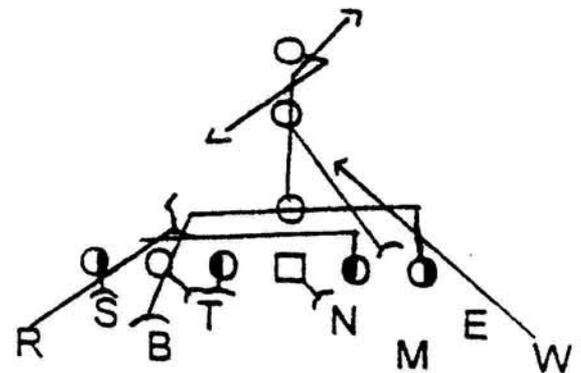
All kickout blocks we will cross arm the inside number, pry and make the play (i.e., power, counter, G scheme, Iso).

vs. Toss - you must attack inside number of lead blocker and get vertical.

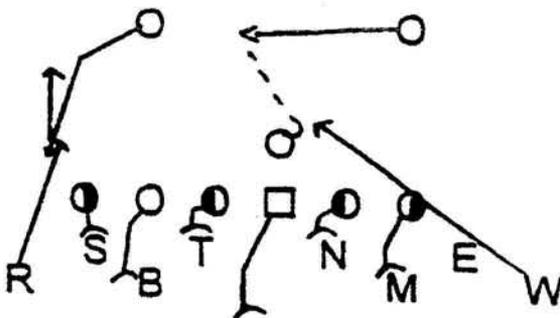
vs. Option - you must bend and attack first threat.



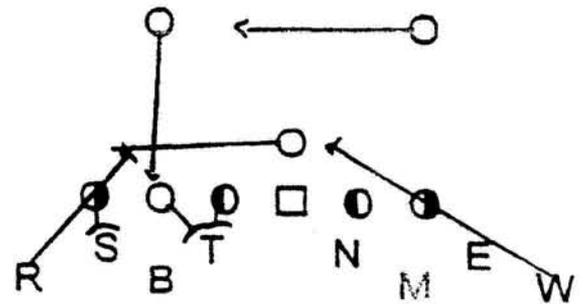
POWER



COUNTER



TOSS

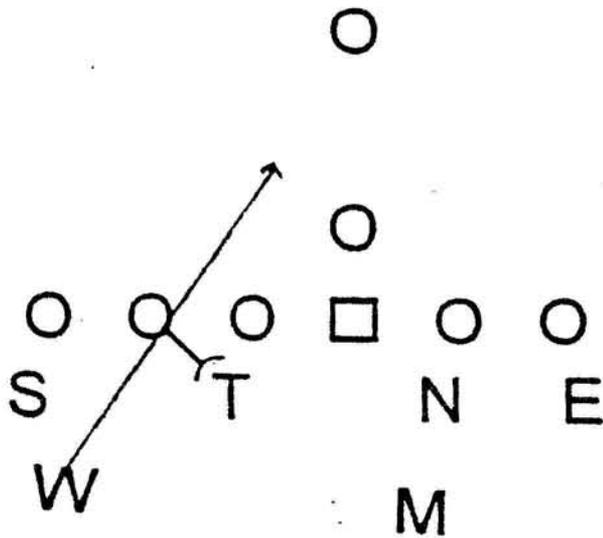


OPTION

C. DOG TECH

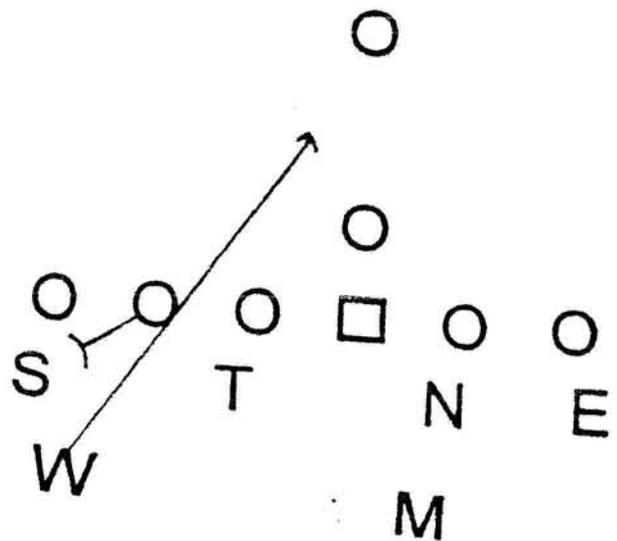
This tech is used by Rovers/Whips when blitzing an inside A or B gap on various blitzes. You must attack over the offensive linemen outside of assigned gap. The offensive linemen will block down, inside or block out, we must come off the backside of offensive linemen. After you penetrate, bend and find ball.

DOG B GAP



OT DOWN/INSIDE

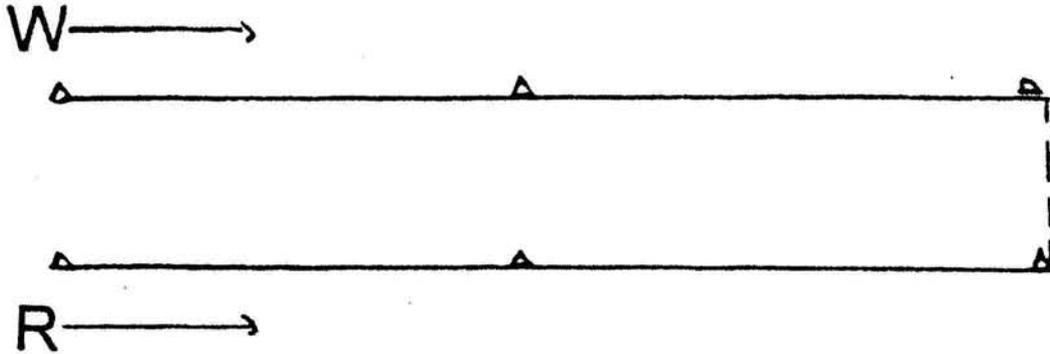
OT FAN/OUT



XII. DRILLS

A. SHUFFLE/ALLEY/MIRROR

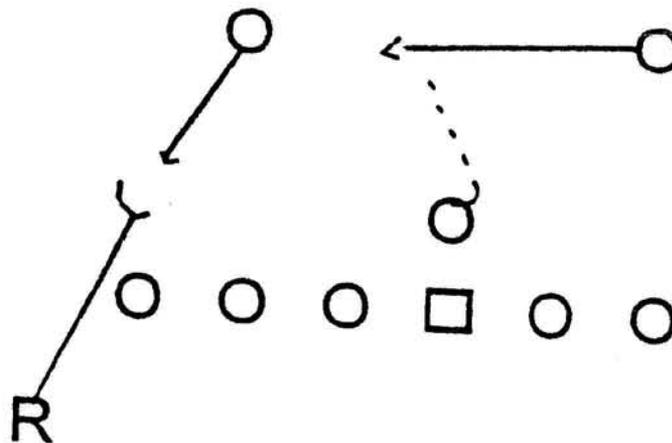
The purpose of this drill is to work on the fundamental footwork related to the position. Work on cutback footwork and tackling.



B. FORCE DRILL

The purpose of this drill is to develop the technique of sky/easy force with flow to D gap. Rovers and Whips must close off D gap and constrict the running lane. Attack outside number of lead blocker keeping outside arm free.

* You may spin inside once ball declares past your shoulder.



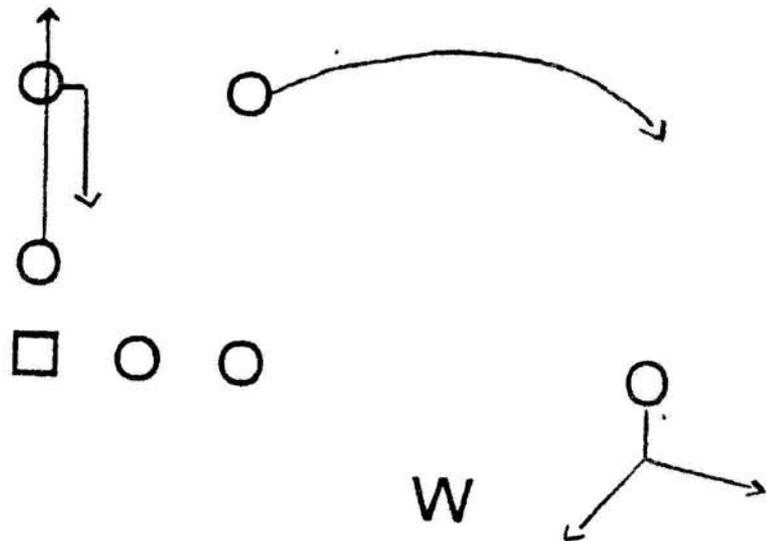
C. 90 DRILL

This purpose of this drill is to work on 3 fundamental elements (Draw, Quick passing, Open field leverage).

Draw: punch out, work out/in to football, Rocket Tackle.

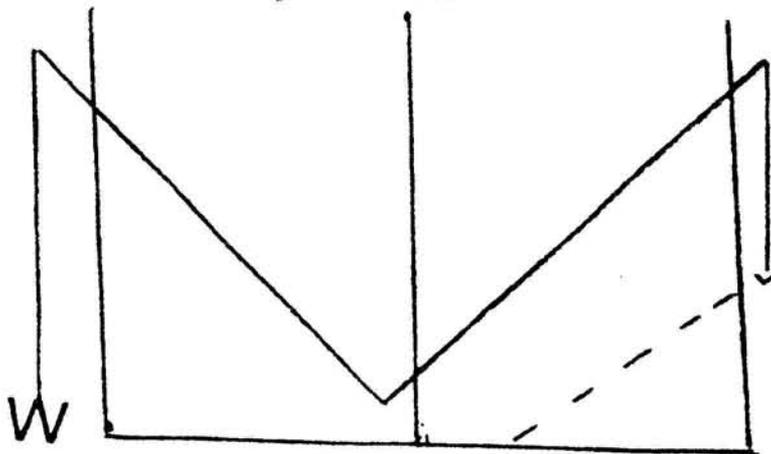
Quick Pass: punch out match the #1 receiver, get to reception area (i.e., Slant, Out)

Swing Pass: punch out and press the ball out/in. If ball is out to bottom of numbers, press ball to sideline in/out. Rocket Tackle.



D. BIG M DRILL

The purpose of this drill is to work on the fundamental footwork of the skate tech curl/flat drop and reacting to football.



XVIII. ROVER/CORNER PRIMARY FORCE TECHNIQUE VS OPTION/SWEEP PLAYS

The underlying principle of primary force is to achieve North-South Contact with the lead blocker. On the snap, the Rover and/or C takes a read step back with the inside foot in order to identify run or pass and direction of the football. If the indicator identifies a run play to you, sprint aggressively to the L.O.S. The DB must be able to shed and disengage a blocker in most run situations. From film study and research, we have determined the four possible blocking patterns and have established our own particular reactions to each.

- A. Up - Used when the lead blocker (normally a tight end) is well advance of the ball, as on the veer release.

Procedures

1. As we read run and push off to the L.O.S., we look to the blocker for eye contact (no eye contact indicates Quick pass.)
2. Our path is as N-S as possible, widening only as much as needed to maintain outside eye leverage and allow the N-S blow to be with the inside arm. Ideally, we shed him high, before he can turn upfield.
3. Hit for separation staying up on your feet neutralizing the blocker's charge.
4. Keep pads parallel to the L.O.S. and don't be ridden upfield.
5. If blocker throws his body at your legs, you must see the blocker and use your hand shiver to shed him.

- B. Thru - Used when the lead blocker is in close proximity to the pitchman or ball carrier (normally a lead back or pulling lineman). Commonly used vs sweeps, wishbone options, or straight out option when a WR crack blocks on a LN.

Procedures

1. Upon reading run, push off and approach the L.O.S. on a slight angle IN toward the ball, aiming at the point where we expect to intersect with the pitchman's path.
2. As you approach the blocker, recklessly explode with your shoulders through the blocker's knees, stretching to get all the way to the ball carrier.
3. Ideally, you'll make the tackle, but if you don't you will force him off his track or force him to lose full field eye contact.
4. We also attack by diving OVER the blocker as a change up in the THRU category.

II. PRIMARY OBJECTIVES

1. Prevent the Offense from Scoring. This is our primary objective.
2. Force Turnovers. Meeting this objective will enable us to:
 - A. Score
 - B. Set up scores for the offense
 - C. Give offense field position
 - D. Stop drives
3. Prevent the Big Play. Don't give them an easy score.
4. Accept and Meet the Challenge of Sudden Change..
5. Score on Defense.

III. THE APPROACH TO BE SUCCESSFUL

1. Hard Work and Great Effort.
 - A. Physically on the field: Work hard to improve techniques and skills. Develop Effort Habits in practice. Go full speed from snap to whistle. You must practice hard to play hard.
 - B. Physically off the field: Added strength and flexibility will give us the edge.
 - C. Mentally on the field: Listen and concentrate, then apply it physically.
 - D. Mentally off the field: Concentrate in meetings. Know your assignments perfectly. Study your play books, scouting reports and game plans.
2. Discipline.
 - A. Play the defense called.
 - B. Play your techniques properly and eliminate mistakes.
 - C. Don't guess - have confidence that your teammate will do his job.
3. Toughness.

We must be physical, and we must be aggressive. We must punish our opponent with aggressive hitting and gang tackling. We can and will intimidate ball carriers and receivers.
4. Play with Confidence and Poise.

Eliminate careless errors and penalties. Most games are won in the 4th Quarter. Believe and play like you always have a chance to win.

IV. PRINCIPALS OF DEFENSIVE BACK PLAY:

1. Concentrate - know your assignment and those of your teammates. See the big picture. Know whether or not you have help and use it if you have it.
2. Play sideline to sideline - play hard every snap.
3. Recognize, identify and communicate the formation - know formation tendencies.
4. Identify alignment of key offensive players.
5. Identify spacing of receivers - know tendencies.
6. Recognize substitutes by number and position.
7. Know the strengths and weaknesses of the defense.
8. Know field position, hashmarks and down and distance.
9. Read your keys. Identify the difference between offensive run and pass blocking patterns.
10. When involved in run force, learn to keep your shoulders parallel to the LOS. Protect your outside arm and leg.
11. Be a great tackler. Always wrap up and accelerate through the ball carrier.
12. Use a consistent stance. Don't tip off a blitz.
13. Always key the football when blitzing. Don't take a false step.
14. Jam, Bump, Funnel and hassle receivers whenever possible. If you get a free, legal shot - take it.
15. Be disciplined. Play team defense. Be accountable for your job first - then to the ball.
16. Stay on your feet. If you get knocked down, bounce up. Never lay on the ground.
17. Be the leader of your defense. Lead by example on and off the field. Don't say it, show it!

V. BASIC PRINCIPLES VS PASS:

- A. Deep backs first responsibility is the pass!
- B. Always maintain proper cushion and leverage.
- C. Intercept the ball at its highest point. Always watch the ball into your hands. Don't wait for it - Fight for it! Take It!
- D. When anticipating or upon interception, the call is oskie. Sprint to the nearest sideline and other deep backs should become blockers. Nearest back should block the intended receiver.
- E. Keep your butt down and pecks over your knees in your back pedal. We would like to stay in the back pedal as long as possible, until the receiver breaks our cushion of three or four yards depth. When this happens, you must turn and run with him.
- F. Most interceptions are made as the defender moves forward into the ball.
- G. A tipped ball should be an interception if we break and sprint to the ball. (50% of all tipped balls are intercepted)
- H. Communication is important. Talk to your teammates; help each other.
- I. Interference results when a defender plays the receiver rather than the ball.
- J. Keep in constant touch with teammates by talking, Post, Hook , Cross, etc.
- K. Always take the shortest route to the ball. Play through the receiver tough and search him. As you pull his arms apart, expand your chest and drive through him. KEEP your legs MOVING - DO NOT LUNGE
- L. Never take a fake by a back diving into the line. Play Your Responsibility.
- M. In zone coverage when your cushion is broken open towards the quarterback squeeze the receiver to the boundary.
- N. All receivers patterns can be broken into three general categories and we must be aware and alert to these potentials throughout our coverage:
 - 1. Quicks - Three to five step routes (slant, hitch, quick out)
 - 2. Intermediate - Ten to fifteen yard routes (Out, hook)
 - 3. Deep - Over fifteen (post, go, corner)

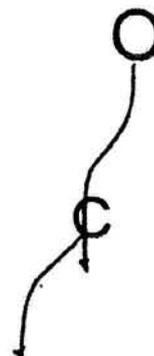
VI. PASSING GAME PRINCIPLES

1. Read your keys to determine run or pass.
2. Zone Coverage:
 - a. Take your punch out step and plant, point and drive to the designated area you are assigned to cover.
 - b. As you drop have your eyes on a swivel to determine the routes of the #1 and #2 receiver in your area.
 - c. We must check the Draw point on PAP. If Draw occurs, retrace your steps on an out/in relationship to the ball carrier.
 - d. Collision receivers in your zone when possible and disrupt the timing of their routes.
 - e. Read QB indicators shoulder, eyes and hand off the ball. We must break when QB's hand comes off ball (video) HUSTLE.
 - f. We will put ourselves in position to intercept or break up passes by getting in the reception area and intercept the passing lane. If we cannot intercept the ball, we will secure with FAR ARM and strip with NEAR ARM.
3. Man Coverage:
 - a. Keep your eyes focused on receiver's hip area. Receiver's indicators will tell you his route - body lean, shoulder tilt, length of stride and dropping of hips.
 - b. We will execute a shuffle tech when man/man on #2. We will keep a lateral cushion of 1 yard. Never let receiver stem to head up position.
 - c. Receiver quick to your technique, cut him off. Receiver quick away from your technique, high shoulder, secure and strip.
 - d. Always keep your feet moving. Never get caught in a break down position. Buzz your feet always and stay on your toes.
 - e. Keep your eyes on your man. If you peak at QB, you will lose your man.
 - f. If receiver gets behind you, you must drive as fast as you can to catch him. Don't look back. You will catch up when the ball is in the air.
 - g. Intercept if you are in position to get both hands on the ball. If not, secure with far arm and strip with near arm.

XII. MAN TO MAN TECHNIQUES

A. Inside

Align 7 yards deep and on the inside shoulder of the receiver. Attempt to maintain a 3 yard cushion on the receiver and keep good body position with inside leverage. Use this technique when you have no inside help. Do not turn your hips until you are forced to do so by the receiver.



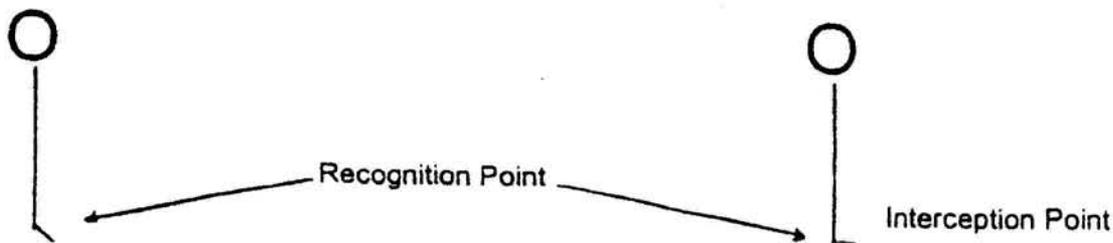
B. Outside

Align 7 yards deep and on the outside shoulder of the receiver. Maintain outside leverage along with good body position. Look at and concentrate on the receiver. Use this technique when you have inside help.



C. Recognition Point - This is the point where the defensive back recognizes the route that the receiver is running.

D. Interception Point - this is the point where the ball will usually be caught by the receiver. It is usually a point six yards in front of the receiver.



- H. Be aware of the red zones - short defenders should be no closer than six yards to the sideline until the ball is thrown in that area. Deep defenders should be no closer than nine yards to the sideline until the ball is thrown in that area.
- I. Free Safety should keep all receivers in front of him.
- J. Man responsible for the deep outside one-third should NEVER take an inside fake. You will have help in the middle from the Free Safety.
- K. If you have deep responsibility do not cover hook or curl until the ball is thrown there.
- L. Use cheat rule when flow goes away. Cheat in the direction of flow when you can deep keep all opposing players inside and underneath you.
- M. When the ball is thrown, break on a straight line and not on a circular course. Drive to the reception point.

IX. MAN COVERAGE PRINCIPLES

- A. Total concentration must be on your man. (See QB's first two steps)
- B. Keep the receiver in front of you. Keep proper inside or outside leverage and cushion.
- C. Post route is the most dangerous route we must defend against when there is no Free Safety help. Therefore, we must honor any inside fake as a potential post. Disregard all outside fakes. You may get help in the post, but it will be a bonus.
- D. Alignment and the maintenance of your alignment position throughout the receiver's route is critical.
- E. Be aware of the receiver's split. Generally, a receiver who is going to run an outside route will reduce his split. A receiver who is going to run an inside route will increase his split.
- F. A receiver who is bent over and running with his head down, cannot make a sharp cut going full speed. He can only make a short cut when he raises his shoulders and gathers himself under control. Therefore, you should be watching his belt and his hips. If he gathers, you should gather. Anticipate the post move first.
- G. Free Safety must be aware of stress backers or mismatches at the corner or strong safety positions.
- H. If a pass is thrown to your man in front of you and you cannot intercept, go through his front shoulder. ONLY GO IN FRONT WHEN YOU CAN GET BOTH

- I. If your wide receiver releases inside as if to crack block, go with him and shout - Crack! Crack!, etc. Be sure you watch the block being thrown before you release him to play run.
- J. If beat deep, put your head down and sprint to catch the receiver. Do not look back to the QB until you have caught the receiver. Your attention should be focused on the receiver's head and hands.
- K. As long as the ball is behind the L.O.S. and receivers are down field, we must maintain tight coverage.
- L. If the timing is close in a pass, bat the ball with your near arm to the ball and hook the receiver's upfield arm with the far arm.
- M. When the late (ball is completed in front of you) breakdown and use your OPEN FIELD TACKLE.
- N. Tighten coverage when we are in a blitz or dog of some kind.

X. POSITION MAINTAINING TECHNIQUES - MAN TO MAN

- 1. Stance - Comfortable stance with the outside foot up and pointed straight ahead. Rear foot should be staggered to heel of front foot. The body should be cocked at 45 degree angle and the eyes focused halfway between the Receiver and Quarterback. The hips should be lowered, back arched, head up, and the weight should be over the front foot.
- 2. Alignment
 - A. Inside Technique - an inside alignment with the outside foot on the inside foot of the receiver 7-9 yards deep.
 - B. Outside Technique - 1 yard outside of receiver, 7-9 yards deep.
- 3. Start - On snap of ball, we will start into a backpedal and adjust depending on the release of the receiver. Don't false step - push off the front foot.
- 4. Backpedal - Technique used to maintain vertical position on a receiver by pushing off the front foot and reaching back with good body position (hip lowered, shoulders over knees).

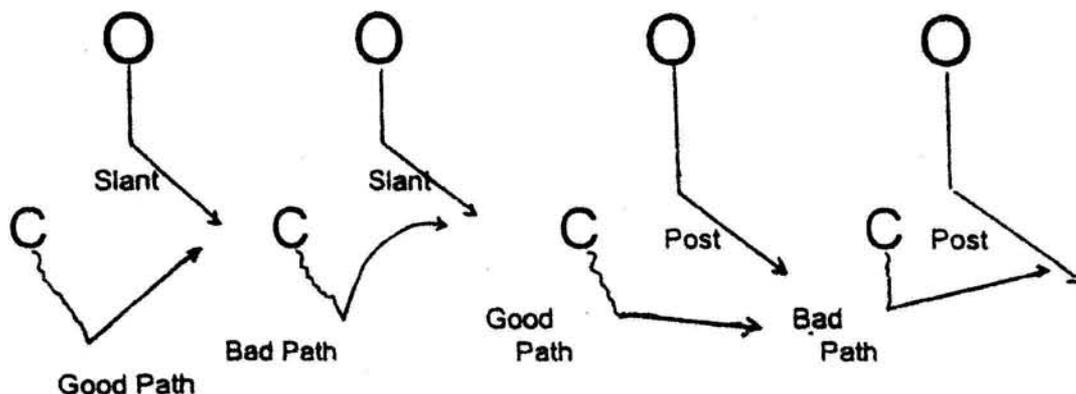
5. Slide - Technique used within your backpedal to maintain horizontal position on a receiver on inside or outside weaves. To go inside push off of outside foot and reach inside at no more than a 45 degree angle. To go outside push off inside foot and reach outside at no more than 45 degree angle.
6. Transition - Transition from your position maintaining technique to a full running motion. This should be a redirecting of momentum, not a stop and start. You must redirect to the reception area.

XI. DRIVE AND PROPER ANGLE TO RECEPTION AREA

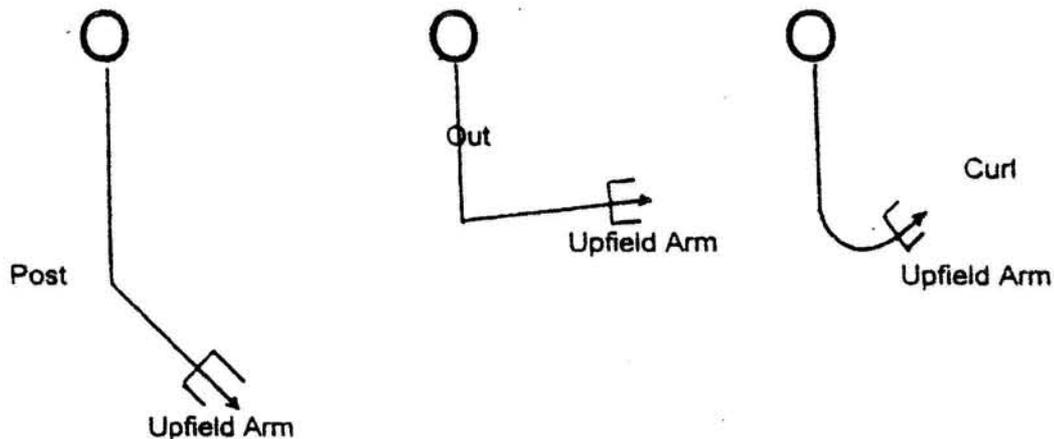
1. Inside Technique - Beat receiver to reception area on inside routes. On outside routes, trail and strip. C.P.: Cut off and control takeoffs.
2. Outside Techniques - Beat receiver to reception area on outside routes. On inside routes, trail and strip. C.P.: Cut off and control takeoffs.

XIII. HOW TO PLAY THE BALL

- A. It is imperative to man to man coverage that you always see the man you are covering as you look for the ball. Don't lose sight of the receiver while looking for the ball.



- B. If your receiver is going to catch the ball and you have no chance to intercept or deflect the pass, you should strip away the upfield arm. This is the arm farthest from the flight of the ball. This is referred to as searching the receiver.

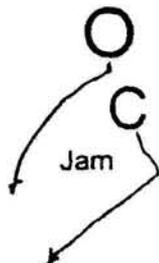


XIV. BUMP TECHNIQUE

- A. Purpose - This is a tight coverage technique used at the goal line or in the field to take away quick passing and afford a change-up technique.
- B. Method - Assume a tight head-up position on receiver. Face the receiver and concentrate on him alone. Don't be offside. You may camouflage your location and move to the mirror position at the last moment, but don't be caught moving forward at the snap; make sure you are in proper position as the receiver takes his position and then move to your normal M-M coverage position. This will serve to confuse receiver as to what your final position and technique will be.

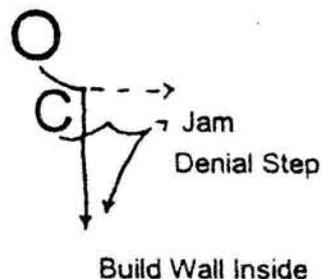
Take a denial step inside on snap and read release, deliver a hand shiver in a rising manner up and under receiver if he comes straight at you. Do not attack receiver, rather, wait for him to commit himself to a direction and take a cutoff path. Jam him to knock him off stride and work to get in front of any inside release he may attempt, cut off outside release. At the goal line, make it difficult for him to get into the end zone; delay him as much as possible; don't give him a free access to it. As he crosses the goal line, however, move to a position between the receiver and passer. Get the football.

Outside



Cutoff

Inside



Inside
Denial Step

Build Wall Inside

XV. COVERAGE CALLS

1. Cover 1 - This coverage is a five under two deep zone that allows the Free Safety to play Robber technique.
2. Cover 1 Cloud - This coverage is a change up for C1. It allows us to roll up the corner to the passing strength side and play a Cover 2 look. The backside is the same as Cover 1.
3. Cover 2 - this is a coverage in which the Safety and Corner read the release of the #2 receiver to their side. If the receiver runs a vertical route past 10 yards, we will play deep quarter coverage to that side. If the receiver runs any other route, we will play Cloud coverage to that side.
4. Cover 2 Man - Five underneath man coverage with Free Safety and Rover playing halves.
5. Cover 3 - Four underneath three deep zone. Predetermine rotation strong on the snap of the ball. A Force Call will be given with coverage determined by formation, alignment or game plan.
6. Cover 3 Cloud - A three deep coverage in which the Corner to the side of passing strength will play Cloud technique. The Safeties will play the deep outside and middle thirds.
7. Cover 3 Roll - Weak roll 3 deep. Cloud support.
8. Cover 3 Invert - Weak roll 3 deep. Rover drops to curl.
9. Cover 3 Backer - Strong Roll 3 deep. Free Safety drops to curl.
10. Cover 6 - Man coverage.
11. Cover 6 Free - Man coverage with Free Safety free.
12. Cover 6 Free Robber - Man coverage with Free Safety and Rover is the Robber.
13. Cover 6 Combo - Man coverage with Free Safety and Rover play inside outside on the #2 receiver.
14. Cover 6 Star - Man coverage with our Free Safety double covering the strong or weak side of the offensive formation. The direction of the Free Safety will be determined by the formation tendency and game plan. There will be a Star call given as a reminder to indicate coverage direction.
15. Cover 7 - Seven underneath man coverage with Free Safety and Rover playing halves.

XVI. FORCE CALLS

Free Safety will make strength and force calls. Corner will be responsible for making remainder of force calls to the Whip Linebacker and Rover. All Defensive Backs will communicate force calls.

1. Sky - Safety Force
2. Cloud - Corner Force
3. Easy - Outside Linebacker Force
4. Read - Force determined by the release of the TE
5. Shoot - Man coverage primary force

XVII. BASIC RESPONSIBILITIES VS RUN:

A. Force

Applies to the deep secondary or outside linebacker who is responsible for meeting the end run aggressively on or beyond the L.O.S. He is responsible for turning the play inside while constricting the cut back hole to a minimum without getting hooked or blocked. Vs a single outside ball carrier running the pitch, we will use a controlled aggressive approach to the L.O.S. keeping ball carrier on our inside shoulder (outside leverage). Vs lead blocker, take an aggressive approach that enables you to meet and defeat the blocker beyond the L.O.S., while forcing the ball carrier to give ground away from L.O.S. or making him turn upfield immediately.

B. Secondary Force

Applies to the Corner or Safety who is responsible for turning an offensive play inside if the primary force has broken down, he normally has deep pass responsibility. This action is executed once all threat of pass is eliminated.

C. Fill

Applies to defensive back who is responsible for going direct to the football inside out. This action is executed once all threat of pass is eliminated.

D. Backside Leverage

Applies to the defender away from flow who will take an approach to the ball which will never allow the ball carrier to cross his face.

E. Pursuit

Applies to deep secondary away from flow who has deep outside thirds or halves on pass and is responsible for stopping the TD. This is done by taking an angle to the ball that will stop the TD and at the same time not allowing the ball carrier to cut back, reverse or cross his face.

XIX. DEFENSIVE DESIGN TO STOP END RUN & RUN PASS

The secondary is charged with the responsibility to stop the end run and run pass.

This is not a difficult assignment if proper pattern of defense is followed. It is necessary to have three elements; namely a Primary Force Man, a Cutback Man, and Secondary Support, or Run/Pass Man. If these elements each are applied properly, the end run and run pass can easily be checked.

- A. Primary Force - This term describes the responsibility of meeting the end run in its formative stage and making the tackle, forcing the cutback, or forcing the ball carrier deep so that he is vulnerable to pursuit.
1. Key - Proper keying and an unhesitating reaction to your key will allow the primary force man to meet the lead blocker before he can turn up the field.
 2. Technique
 - a. React to key without hesitation to close the cutback area.
 - b. Meet and defeat the lead blocker before he can turn the corner.
 - c. Force lead blocker to commit himself - do not trade one for one.
 - d. Make the tackle on the ball carrier who bellies deep to get outside.
 - e. Force ball carrier to cut back and react to him from the outside in.Techniques for Primary Force are discussed in more detail under Run Support.
- B. Cutback - this is an area of varying width depending on type of support and reaction of outside support man to key. It is the area between the outside support man and the first inside pursuit lineman.
1. Key - Your key will tell you sweep, the type of support dictates cutback responsibility.
 2. Technique
 - a. Recognize sweep.
 - b. Get in a position to play cutback and hold it.
 - c. Control man who attacks you, but do not allow this control effort to take you out of the cutback area. Don't take a side.
 - d. Do not penetrate. Play along the line of scrimmage.
 - e. Be in a position to make the tackle inside or out. Be squared to the L.O.S.
- C. Secondary Support - Run Support
This term defines the type of play we want from the deep men who are responsible for pass, run pass, and play pass. It is the tackling of the ball carrier when the rest of the team has failed to do so.
1. Key - Block of Flanker on primary support man.
 2. Techniques
 - a. Get in proper position to cover flanker on the run pass.
 - b. If Flanker blocks successfully on Primary Force Man, execute replace technique defined in run support section.

XX. FREE SAFETY RUN/PASS RULES VS COVER 6 BASIC STUNTS AND DOGS

When stunts are called and the coverage is cover 6, our Free Safety basic force rules are as follows:

A. Alignment Key id Essential:

1. When aligned away from the call:

Run responsibility - (Diagram #1)

Play to: Fill (easy or Cloud Force)

Play away: Normal

2. When aligned to the side of the call:

Run responsibility - (Diagram #2)

Play to: Force (Sky) When no man in C area

Play away: Normal

3. Exception: When playing wide slot and call side is to the split end side of formation:

Free Safety move to late alignment on strong side guard with a depth of 8-10 yards, you have sky force when no one is in C Area. (Diagram #3)

- Give No Help Call to corners and strong safety when there is free safety force.
- When Help Call is given to corners, the corner playing over #2 will force.

DIAGRAM 1

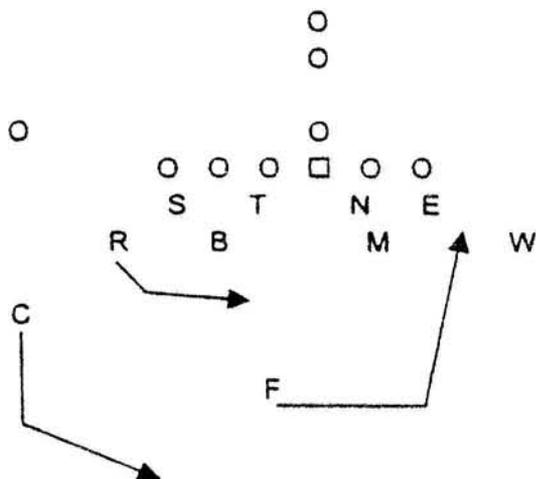


DIAGRAM 2

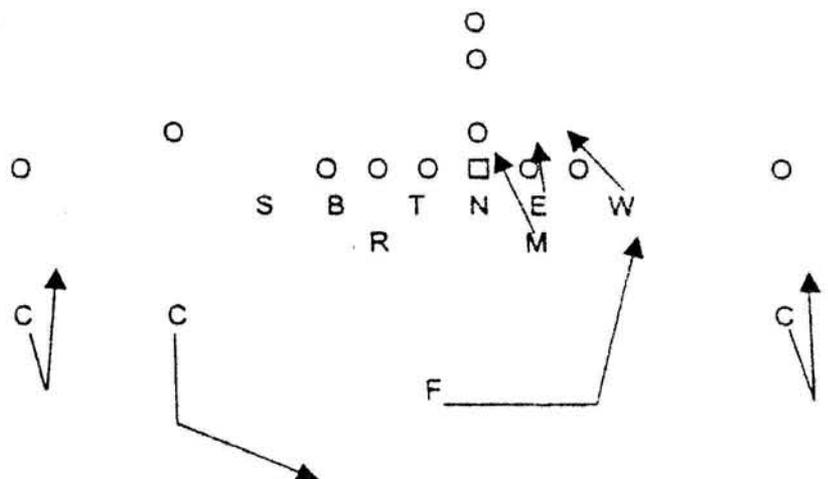
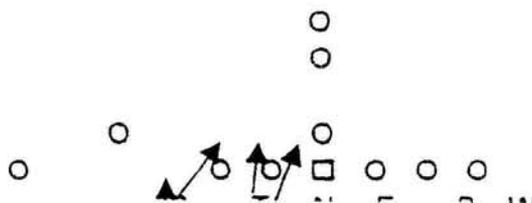
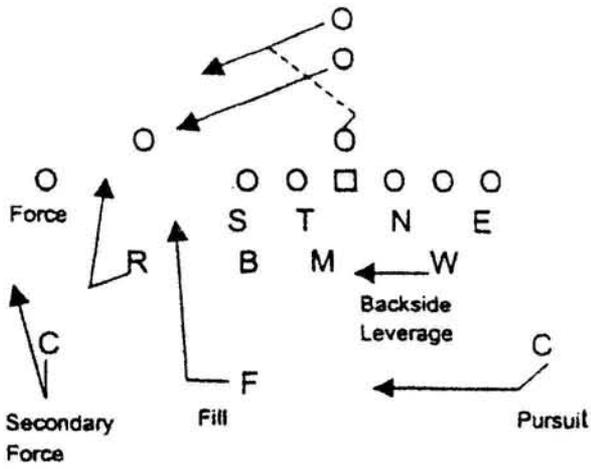


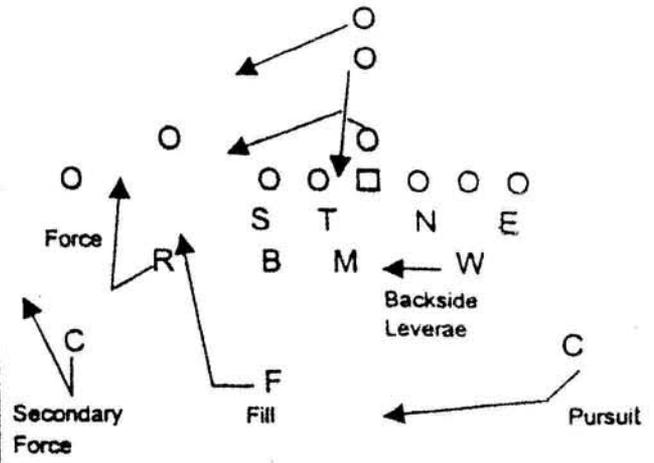
DIAGRAM 3



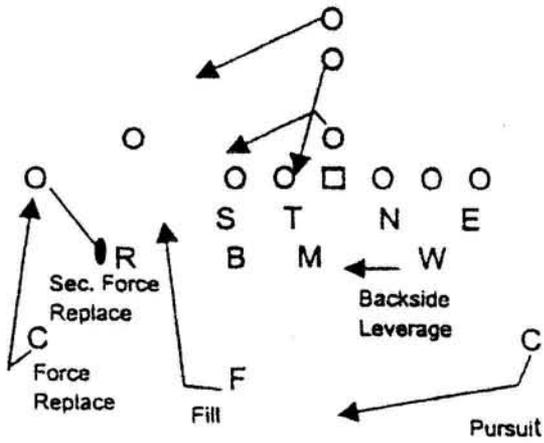
Sky vs Lead Blocker



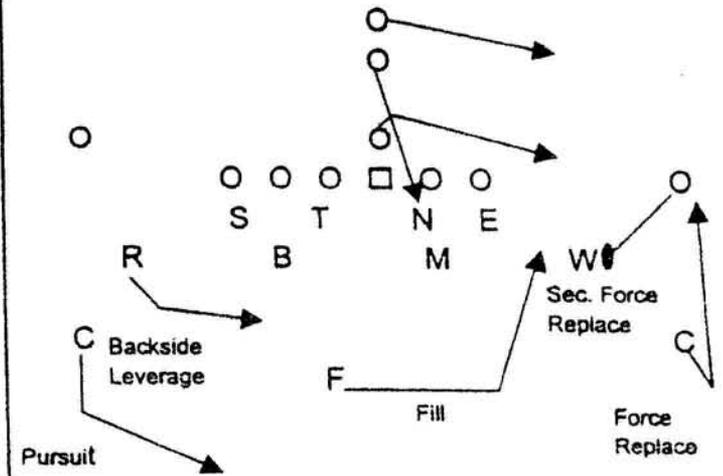
Sky vs Pitch



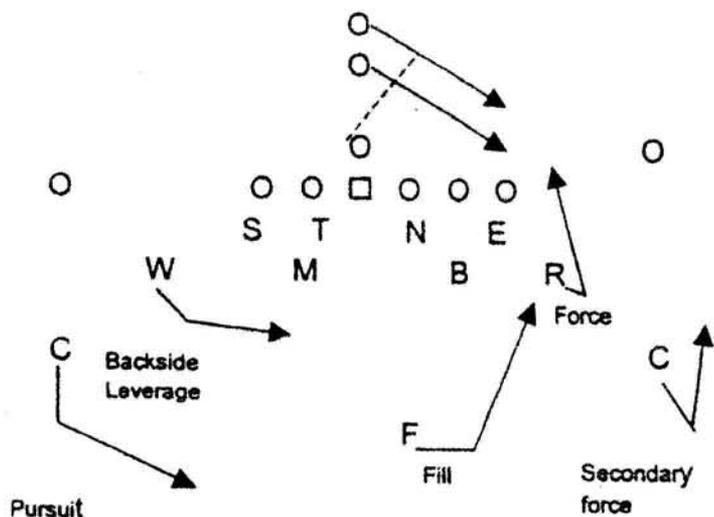
Sky vs Crack



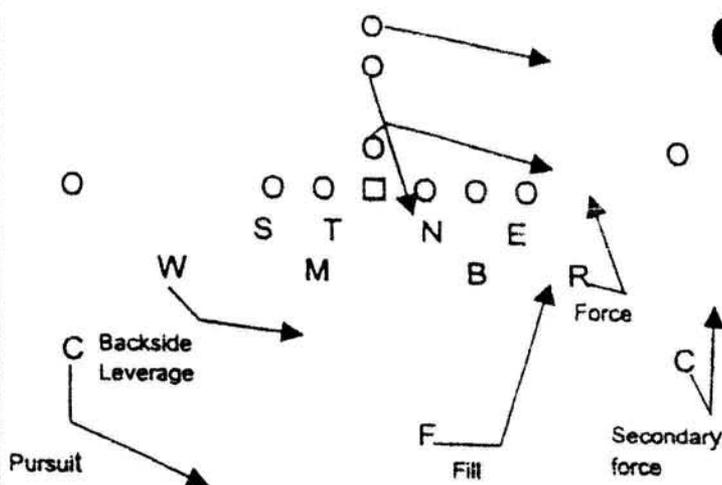
Easy vs Crack



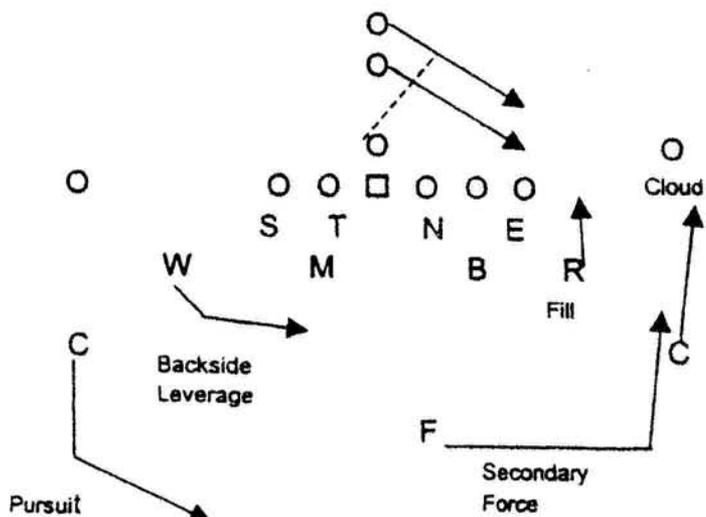
Sky vs Lead Blocker



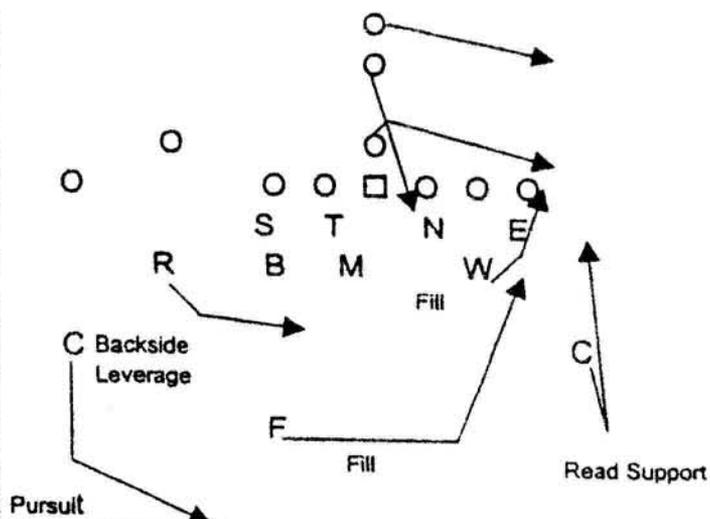
Sky vs Pitch



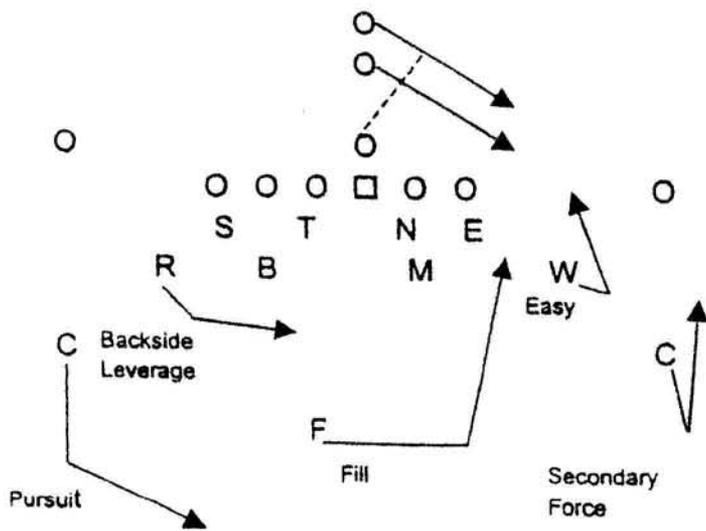
Cloud vs Lead Blocker



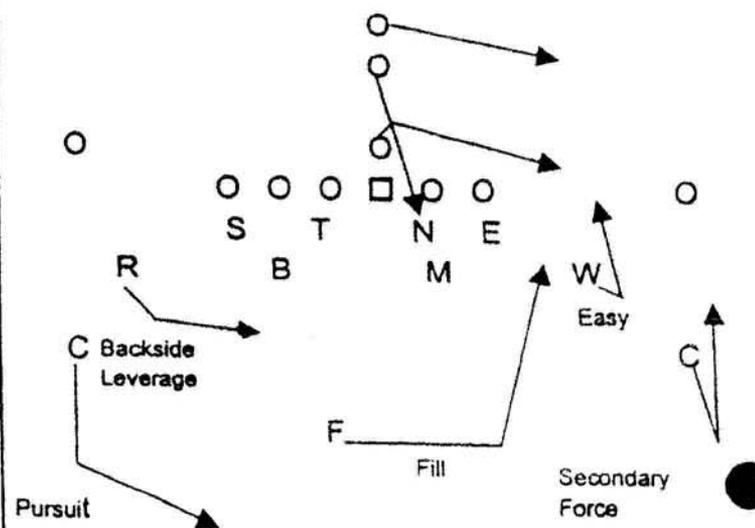
Cloud vs Pitch



Easy vs Lead Blocker



Easy vs Pitch



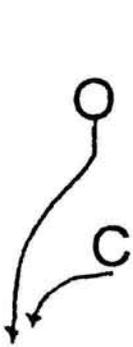
2 MAN

- A. Purpose - A long and short technique of double coverage.
- B. Method - Assume an inside cocked position, 3-4 yards deep. Do not allow an inside release. Widen an outside release by catching inside shoulder. Maintain a tight trail position and play under all routes. Favor inside. Get ball on call of safety or hands of receiver. Safety is responsible for all deep routes.

Special

Outside Release

Inside Release



Widen Receiver
then stay tight.

C.P. - Be conscious of numbers



Destroy inside release
If Receiver forces Inside,
jump his inside hip.

1. Can press
2. Can play from off
3. Safety play 1/2 cov.

1. Safety play 1/2 cov.

COVER 3:

Whip: Drop Area: curl to flat
Read: #2
Match: #1

Mike: Drop Area: Seam (10 yards)
Read: #2
Match: #2

Backer: Drop Area: Hook to curl (Box)
Read: #3 to #2
Match: #2 to #3 (Hook Box to Curl)

Rover: Drop Area: curl to flat
Read: #2
Match: #1

COVER 2:

Corners: Drop Area: flat
Read: #2 to #1
Match: #1

Whip: Drop Area: curl
Read: #2 to #3
Match: #2 (widen with #3 on #2 vertical)

Mike: Drop Area: Middle hook
Read: #3 to #2
Match: #3 (Hammer and run #3 middle threat)

Backer: Drop Area: Curl
Read: #2 to #3
Match: #2 (widen with 3 on #2 vertical)

Rover: Deep ½ Player

COVER 3 ROLL:

Weak Corner: Drop Area: Flat
Read: #2
Match: #1

Whip: Drop Area: Seam
Read: #2
Match: #2

Mike: Drop Area: Hook
Read: #2
Match: #3 to curl

Backer: Drop Area: Curl/Flat
Read: #2
Match: #2 to #1

Strong Corner: Deep OS 1/3

Free: Deep middle 1/3

Rover: Deep weak 1/3

C. Free Safety

1. Play all routes by the strong-side wide out, our Safety can get a great jump by reading #2. We must hit them high and knock the fire out of opposing receivers. Be physical!!
2. Sprint out pass strong, mirror width of QB look to jump #2 in the crease.
3. Sprint out pass weak, read #2, don't run off and leave any throw back passes to the strong-side mirror width of QB.
4. Play the (fire) dump pass tough on option action strong. Always check #2.
5. Place all routes inside out, never let post route break underneath.

- C. Set - Used when wishbone teams load block or on outside veer when there is no blocking threat between you and the pitchman. (Not applicable in pressure stunts)

Procedures

1. Settle on the L.O.S. and feather the pitch.
2. Keep pads parallel to the pitch phase.
3. Make the QB's running lane as narrow as possible. You have the pitch responsibility.

- D. Slam - Used primarily versus crack back on Rover

Procedures

1. Against the crack back, Corners must shout CRACK, CRACK to alert Rover.
2. Rover will reclaim the L.O.S.
3. The Corner must close as aggressively as possible to the outside hip of the Crack Back block.
4. The execution for the Corner is a Thru or UP technique and he will attack through the lead blocker to the ball carrier.

- O. Look for pass:
1. After time outs.
 2. After delay of game penalty on the opponents.
 3. First and last play of the Quarter
 4. After a substitution
 5. After a penalty
 6. On a first and ten situation following a turnover or a long gainer
 7. On a second and short yards (waste down)
 8. On third and long
- P. The closer the ball gets to our goal line, the tighter we play zone or man
- Q. Do not defend the end zone. Defend the goal line.
- R. Know down and distance and tendencies
- S. Play ball tough. The offense wins all ties.

IV. 2 MINUTE DEFENSE

A. Late in Half and Game

1. When Ahead:

a. Defenses:

- 1) Cover 2 Read
- 2) 3 In (Out)
- 3) 2 Victory

b. D Backs:

- 1) Stop long passes.
- 2) Be alert for out routes.
- 3) Don't gamble on fielding punts.
- 4) Stop trick plays (i.e., Double Pass).

c. Linemen

- 1) Stop trick plays (i.e., Draw, Screen, Reverse).
- 2) Contain - Give short yards to prevent long runs.
- 3) Be alert for no huddle. Check sideline for signals.
- 4) No penalties.

2. When Behind:

a. D Backs:

- 1) Force tough, but keep ball inside.
- 2) Play tighter coverage.

b. Linemen:

- 1) Penetrate.
- 2) Create fumble.
- 3) Unpile quickly.

B. 2 Minute/Behind In Score

1. Check bench for "time out" call.
2. Get ball carrier out of bounds.
3. Unpile quickly.
4. Interception/Punt Return: Get to boundary; get what you can.
5. Make them fumble. Tackle the ball.

C. 2 Minute/Protect Win

1. Keep ball carrier in bounds.
2. Keep pass receiver in bounds.
3. Be slow in getting off the pile.
4. Don't call time out. Be onside when ball is snapped.
5. Interception/Punt Return: Stay in bounds.

(G) DEFENSE

<u>TOPIC</u>	<u>PAGE</u>
(G) Front	501
"G" Cover 1	502
Up "G" Cover 1	504
"G" 1 Adjustments	505
"G" Cover 1 Cloud	507
"G" 1 Cloud Adjustments	509
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"G" 6 Free Adjustments	520
Cover 6 Combo	523
"G" Cover 6 Special	524
"G" 6 Combo Adjustments	525

"G" COVER 1

- TYPE: Non-rotational zone.
- DESCRIPTION: This coverage is a 2-Deep, 5-Underneath zone defense that employs our Free Safety as a "Robber". This coverage allows us to take away certain routes by the offense (Curl and Dig) with our Free Safety. It also places our Free Safety in a position to be very aggressive vs. The running game.
- STRENGTHS: Excellent against short passing game. Good against deep bombs. Good against screens and draws. Excellent option force package. Adaptability.
- WEAKNESSES: Void areas and deep corners.

COORDINATED FORCE PACKAGE

Strong
Sky

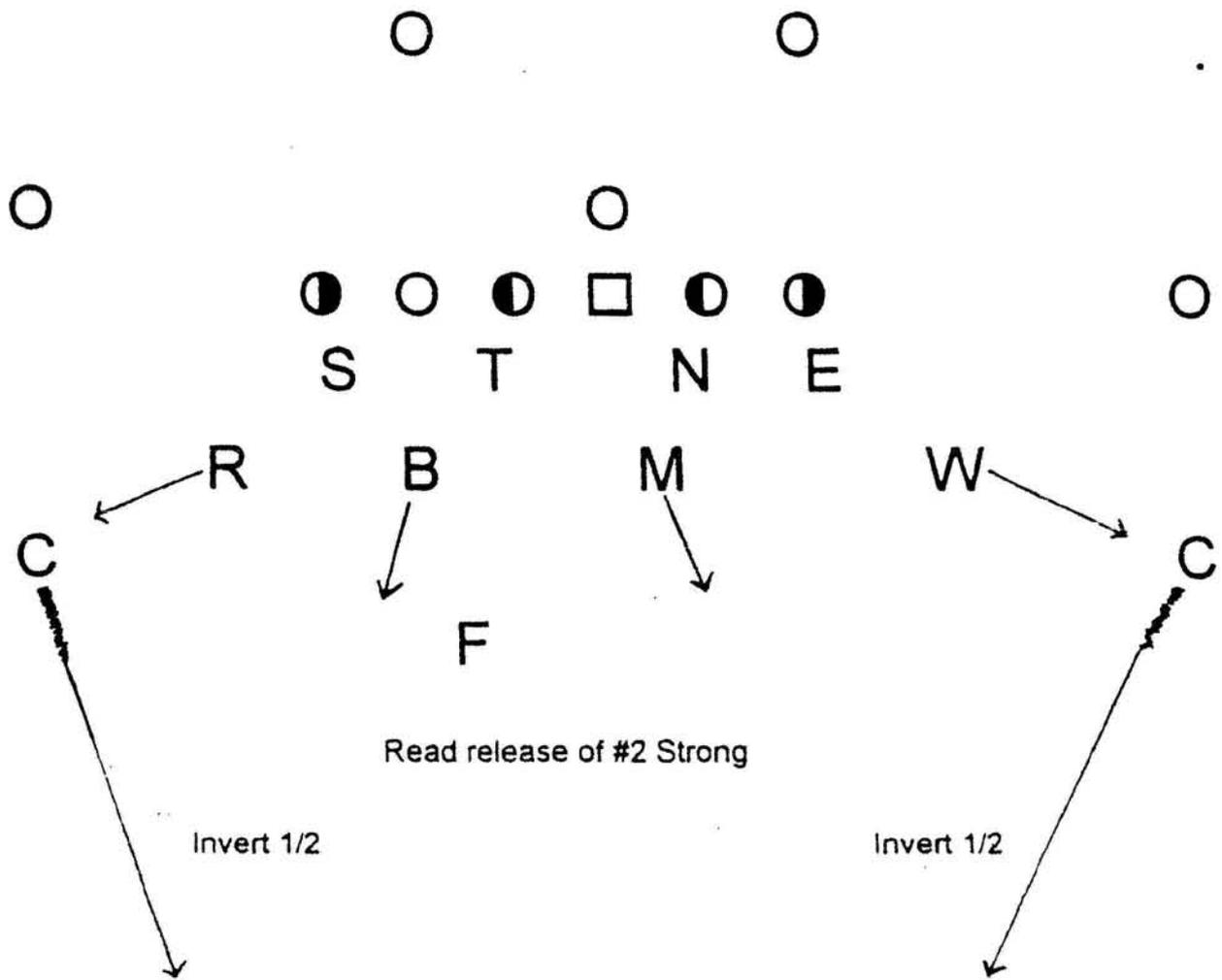
Weak
Easy

COACHING POINTS

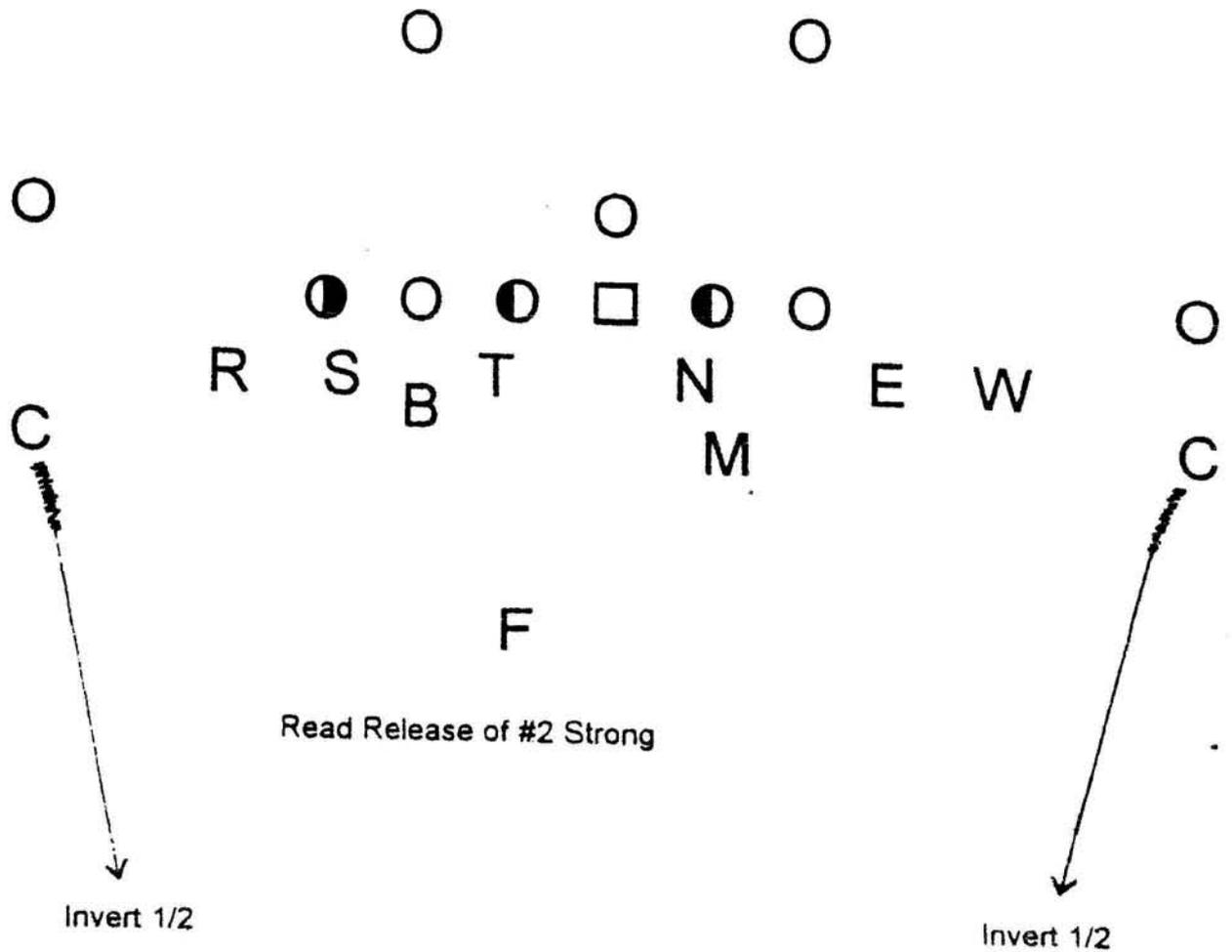
- A. Corners
1. Cheat for depth before the snap of the ball.
 2. Do not allow WR to cross your face.
 3. Read QB and fly to the ball.
- B. Rover
1. Be physical vs. run and pass.
 2. You must be consistent at sinking.
- C. Free Safety (Robber)
1. Read #2 every snap.
 2. Be physical against run and TE on vertical release.
 3. Communicate calls to linebackers.
 4. FS will handle all motion.

G Cover 1

PLAYER	ALIGNMENT	KEY	RUN RESP.	PASS RESP.
Corner	1x7: Cheat to 9 yds	#2 to QB	To: Secondary Force Away: Last Man Pursuit	Invert 1/2
Rover	4x4 off TE	#2 to QB	To: Sky Force Away: Backside Lev.	Flat-Wheel
Free Safety	OS of Strong Guard x 10 yds.	#2 Release	To: Fill Away: Fill	#2 Out Rob Curl #2 Cross Rob Dig #2 Vertical-Man
Corner	1x7: Cheat to 9 yards	#2 to QB	To: Secondary Force Away: Last Man Pursuit	Invert 1/2
Mike	Normal	#2 Weak	Normal	Back or Curl
Backer	Normal	#3	Normal	Back or Curl
Whip	Walk	Triangle	To: Easy Force Away: Fold	Flat-Wheel



Up G Cover 1



COACHING POINTS

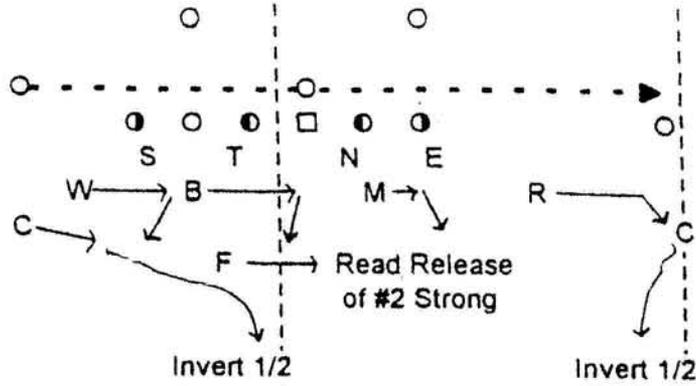
Corners

- 1 You have deep halves zone responsibility, be careful with pre-snap alignment.

G 1 ADJUSTMENTS

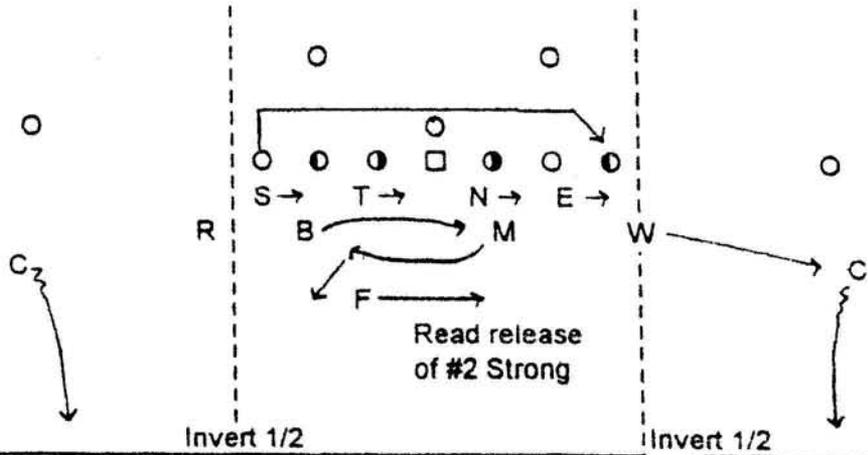
PRO-ZAP MOTION

1. LIZ call changes to RIP call.
2. Linebackers bump



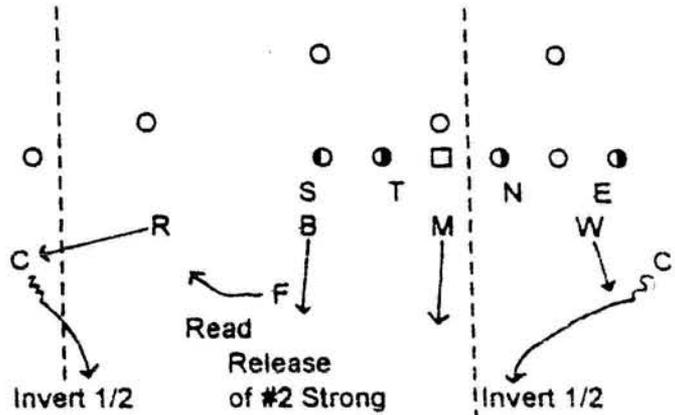
Y-TRADE

1. LIZ call changes to RIP call.
2. D-Line shifts
3. MIKE & BACKER switch.



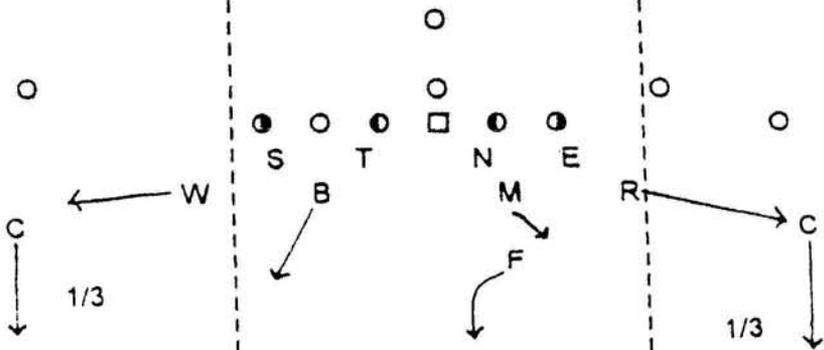
WIDE SLOT

1. LIZ call.



ACE

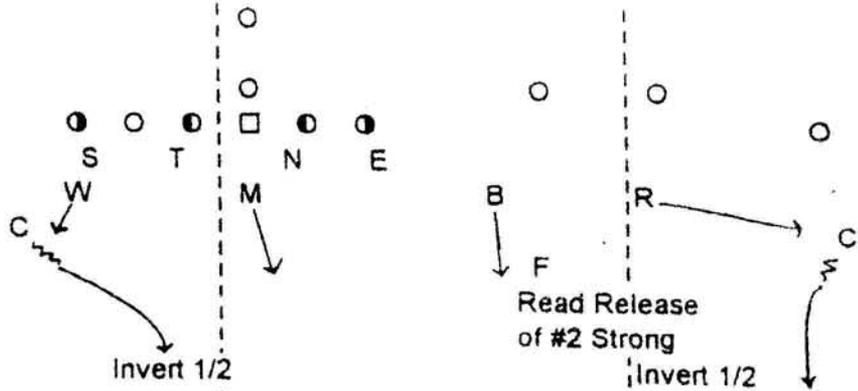
1. RIP call.



G 1 ADJUSTMENTS

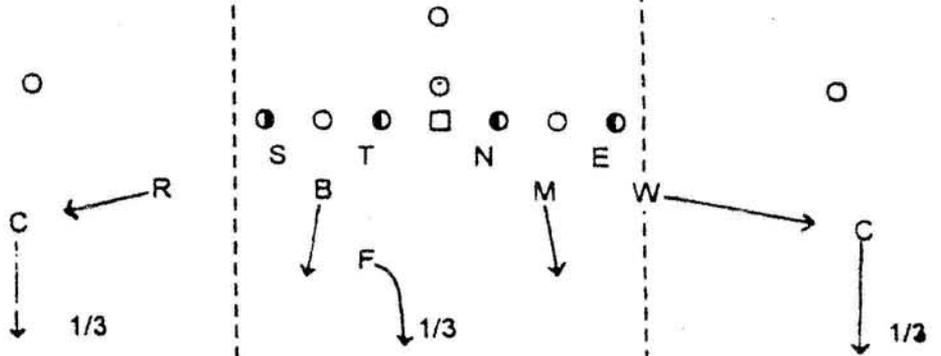
TRIPS

1. RIP call.
2. BACKER bumps out.



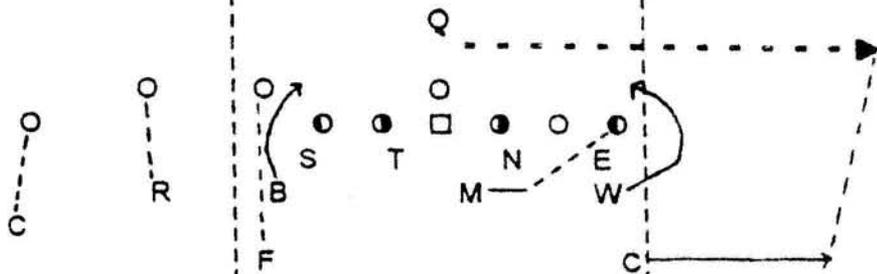
DOUBLES

1. LIZ call.



EMPTY

1. LIZ Call
2. Check SILVER.



"G" COVER 1 CLOUD

TYPE: Rotational Zone.

DESCRIPTION: This coverage is a 2-Deep, 5-Underneath rotational zone defense. This coverage is a change up call to our Cover 1 call. It allows the Corner to the passing strength to play the flat and disrupt the 90's game to passing strength.

WEAKNESSES: Void areas and deep corner routes.

COORDINATED FORCE PACKAGE

Strong
Cloud

Weak
Easy

COACHING POINTS

A. Corners

1. Corners to passing strength must hammer the WR inside and be aware of all inside receivers that can threaten the flat. You must be consistent and sinking taking away the void areas and break up on balls thrown to the flat.
2. You must be extremely physical versus the run.
3. Corner away from passing strength must cheat for depth before the snap of the ball and play inverted ½ coverage without allowing WR to cross your face.

B. Rover

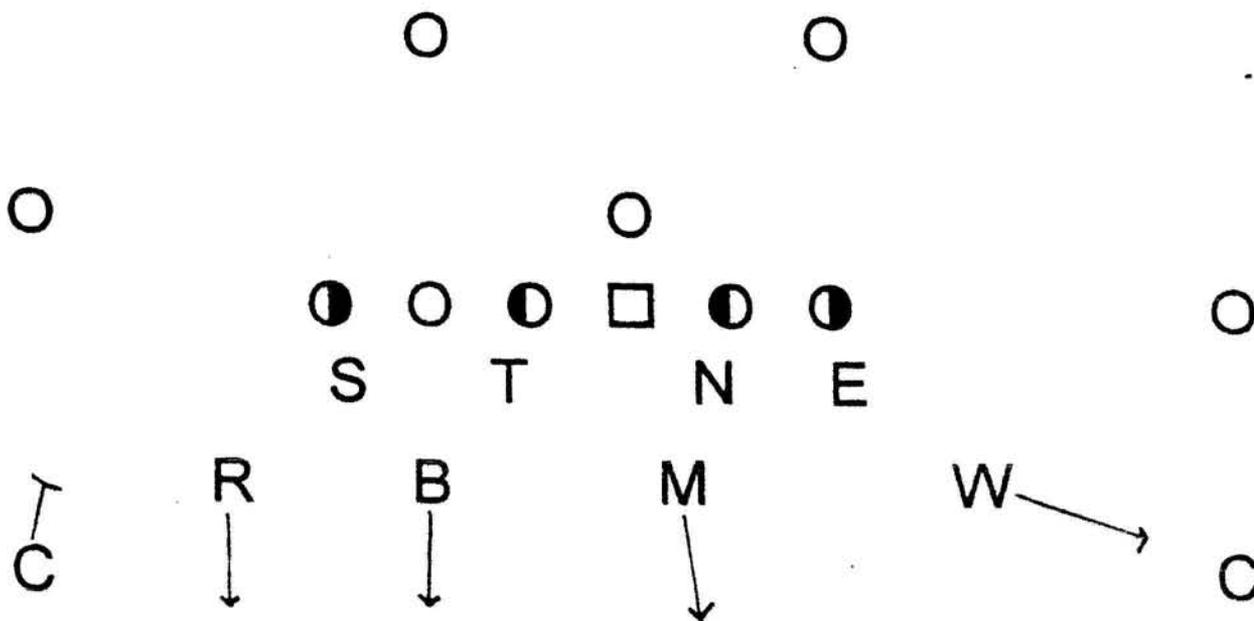
1. Curl player and must be physical versus the run.
2. Versus wide slot formation you must hammer the #2 receiver outside.

C. Free Safety

1. Disguise as if C1F.
2. Read #2 receiver. Adjust your drop to outside release of WR, gain width to cover him on seam release, get eyes back on the QB.

G Cover 1 Cloud

PLAYER	ALIGNMENT	KEY	RUN RESP.	PASS RESP.
Corner	Corner to Passing Strength 1 by 7	#2 to QB	To: Force Away: Backside Lev.	Flat/Hammer/Wheel
Rover	4x4 off TE	#2 to QB	To: Fill Away: Backside Lev.	Curl
Free Safety	OS Shoulder of OT - 12 yds deep	#2 to QB	To: Secondary Force Away: Pursuit	Deep 1/2
Corner	Corner Away from Passing Strength 1 by 7 Cheat to 9 yd	#2 to QB	To: Secondary Force Away: Last Man Pursuit	Invert 1/2
Mike	Normal	#2 Weak	Normal	Back or Curl
Backer	Normal	#3	Normal	Back or Curl
Whip	Walk	Triangle	To: Easy Force Away: Fold	Flat-Wheel

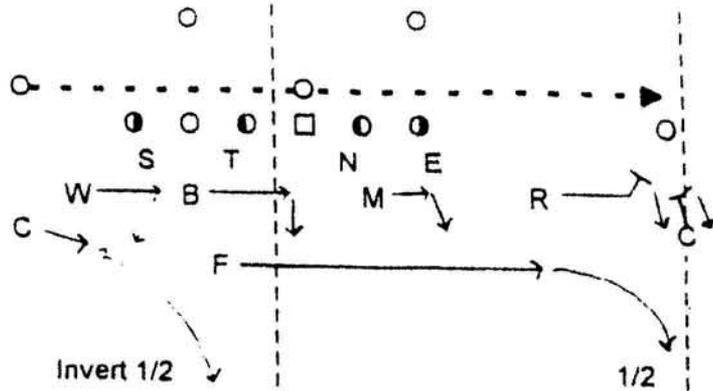


Invert 1/2

G 1 CLOUD ADJUSTMENTS

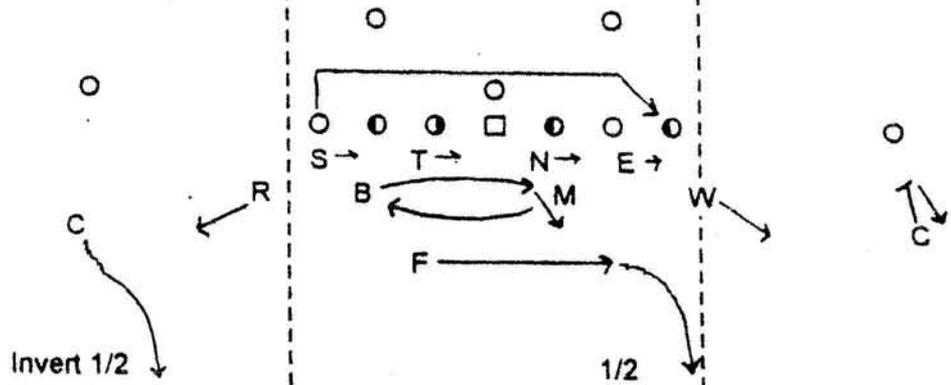
PRO-ZAP MOTION

1. LIZ call changes to RIP call.
2. Linebackers bump



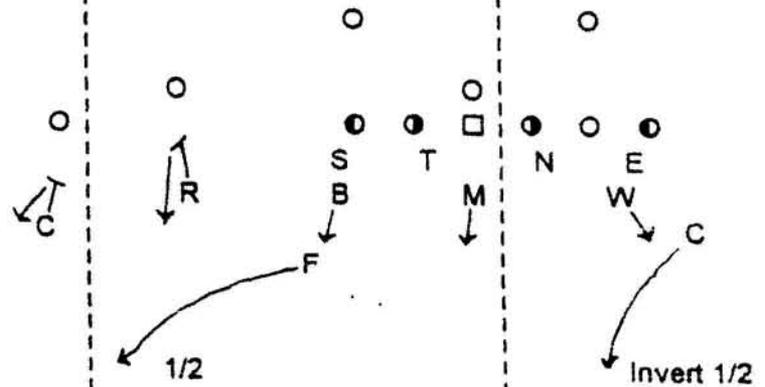
Y-TRADE

1. LIZ call changes to RIP call.
2. D-Line shifts
3. MIKE & BACKER switch.



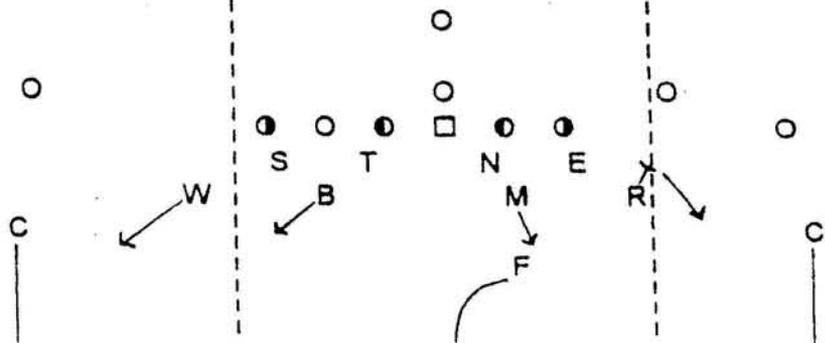
WIDE SLOT

1. LIZ call.



ACE

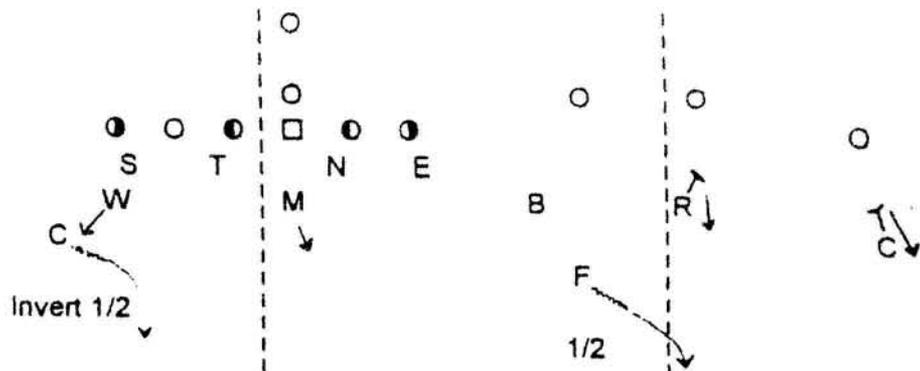
1. RIP call.



G 1 CLOUD ADJUSTMENTS

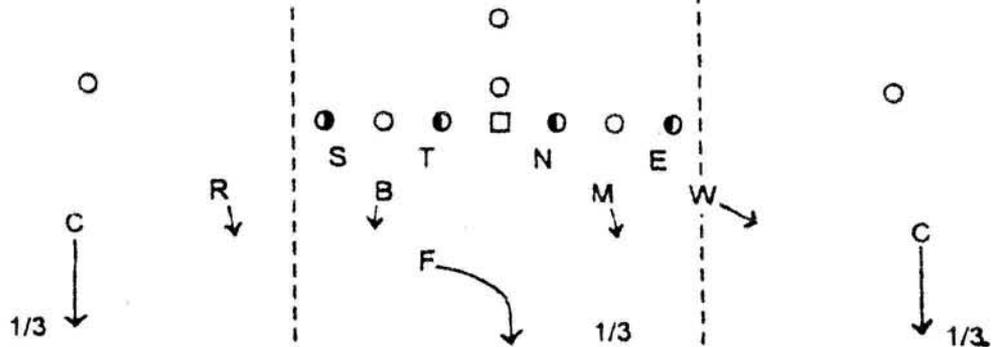
TRIPS

1. RIP call.
2. BACKER bumps out.



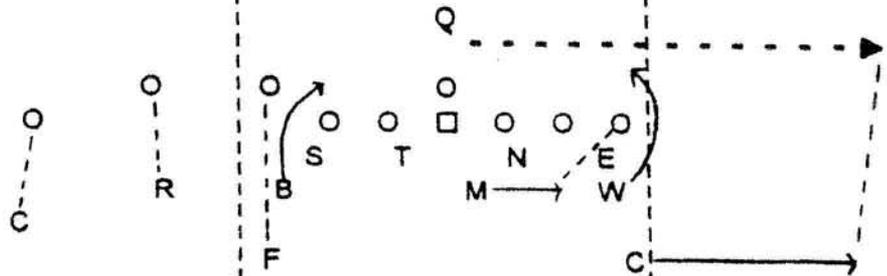
DOUBLES

1. LIZ call.



EMPTY

1. LIZ Call
2. Check SILVER.



"G" COVER 3

- TYPE:** Non-rotational zone.
- DESCRIPTION:** This coverage is a 3-Deep, 4-Under zone package. Our most basic coverage, it gives us the best run support and is very sound vs the Big Play. We should never be beaten deep nor have a run over 15 yards in this coverage. If a new set or formation would confuse us, we should always be able to defanythingting in this coverage.
- STRENGTHS:** Excellent vs the deep routes – streaks, corners, post. Solid run support both strong and weak. Most adaptable coverage to offensive formations.
- WEAKNESSES:** Vulnerable to short routes. Vulnerable to 10-15 yard weak out. Slow secondary support weak.

COORDINATED FORCE PACKAGE

Strong
Sky

Weak
Easy

Cloud Force vs 8 yds
or less split by Z

COACHING POINTS

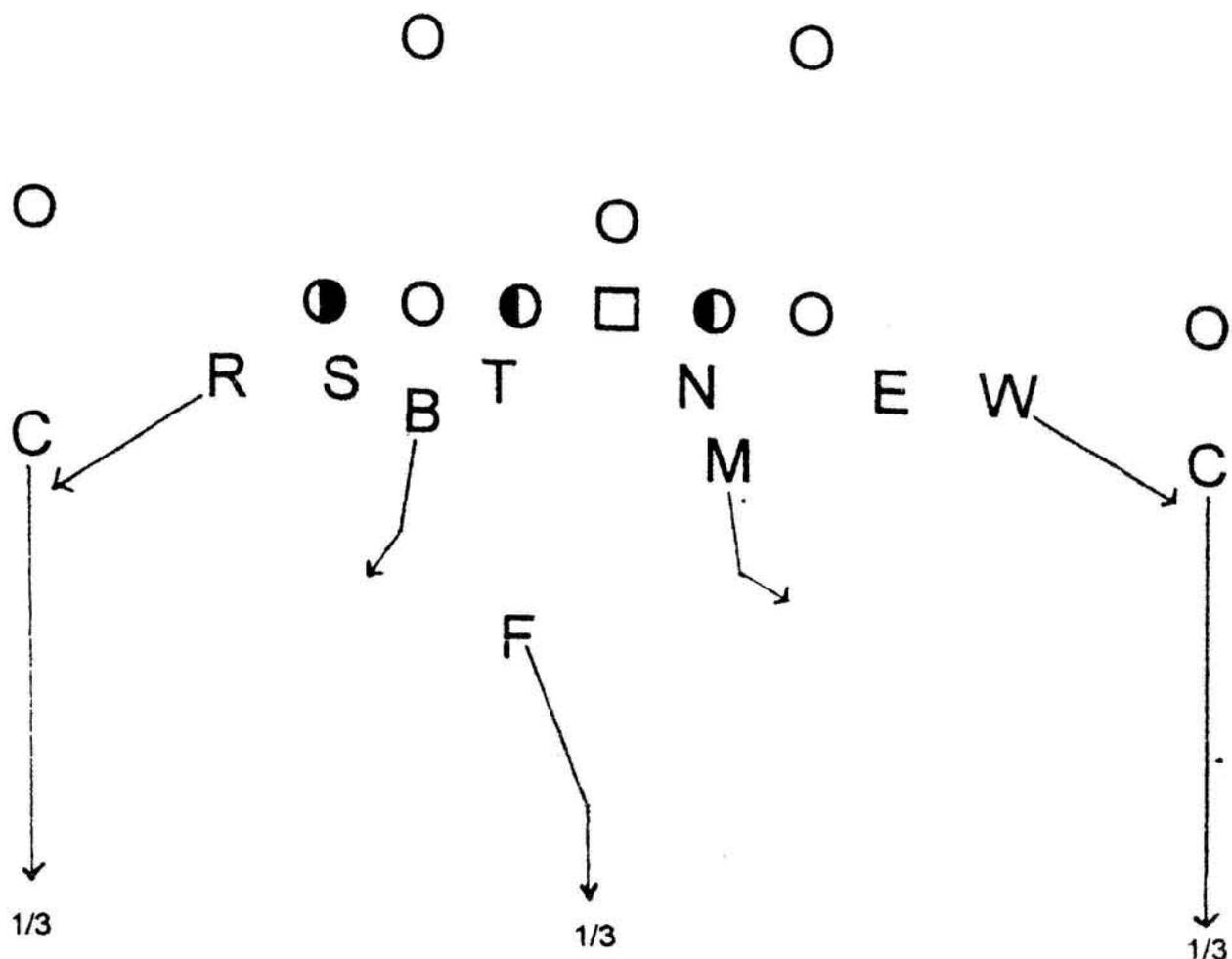
A. Corners

1. You should never get fooled on any play action pass because you have no run support. Take away the deep ball.
2. On the deep ball: when the receiver goes deep, get out of your back pedal as he threatens you turn keeping eyes on QB and squeeze the receiver into the boundary.
3. Communicate routes of WR - Talk, Talk, Talk.

B. Rover

1. Be disciplined in taking your read steps to determine run and pass.
2. Always be aware of #2 receiver when attacking the run. If pass shows late with the ball in Level 1, attack the receiver and then get in the throwing lane.
3. "Forcing" for contain vs sweep is your most aggressive technique.
4. When run shows weak, cushion to the post. Once you know it is definitely a run, play pursuit and look for cutbacks.
5. If pass shows drop into Right-Left overs, keying #2 receiver and getting your vision back to the QB as you work towards your drop point.
6. Vs any constricted formation, such as wing sets, use alignment rules. You are responsible for initiating all communication.

Up G Cover 3



COACHING POINTS

Corners

- 1 Use bail technique, getting deep in your one-third. Remember when you bail, to open hips and drop to the outside as you run.

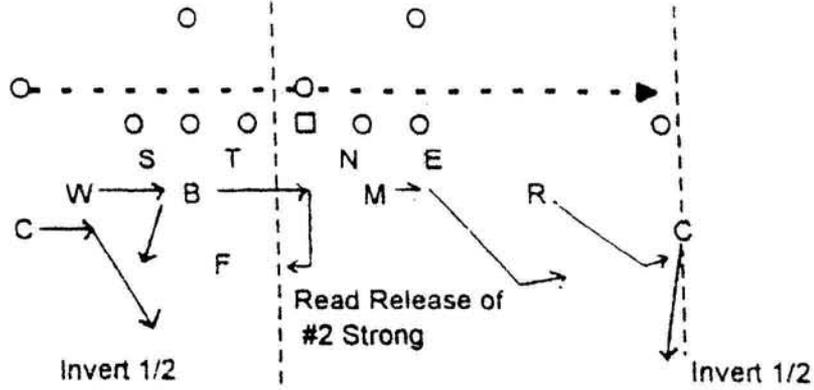
Free Safety

- 1 Get great depth to the middle of your one-third.

G COVER 3 ADJUSTMENTS

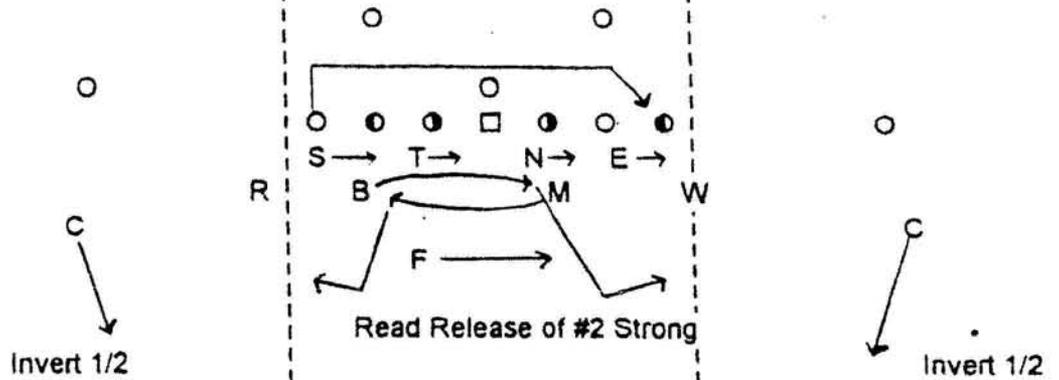
PRO-ZAP MOTION

1. LIZ call changes to RIP call.
2. Linebackers bump



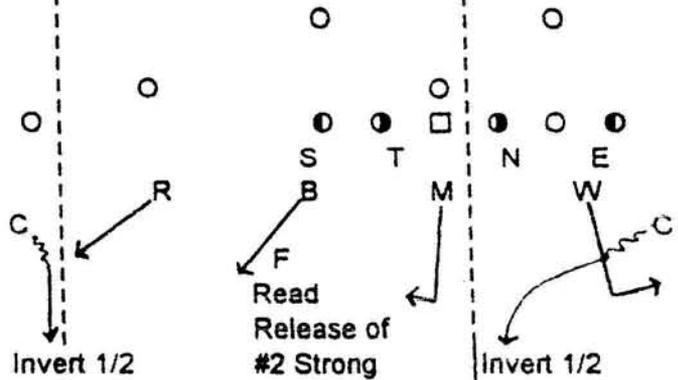
Y-TRADE

1. LIZ call changes to RIP call.
2. D-Line shifts
3. MIKE & BACKER shift.



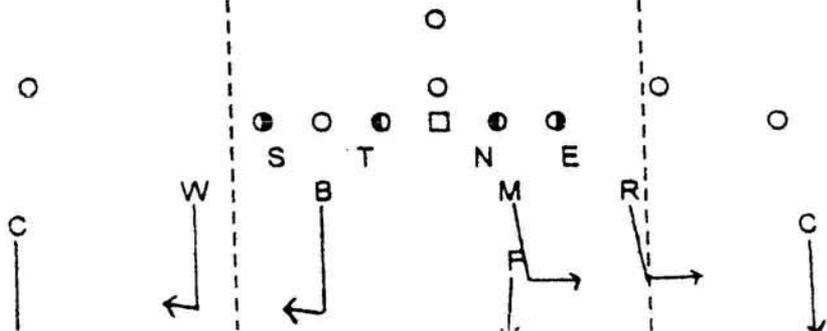
WIDE SLOT

1. LIZ call.



ACE

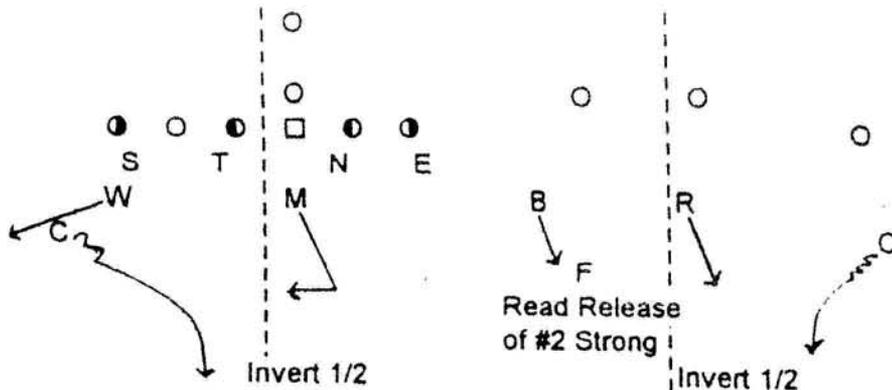
1. RIP call.



G COVER 3 ADJUSTMENTS

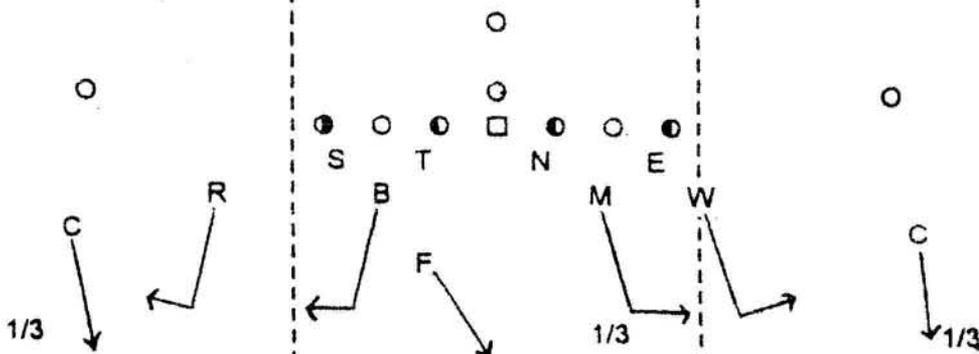
TRIPS

1. RIP call.
2. BACKER & ROVER bump.
3. Check Cover 1.



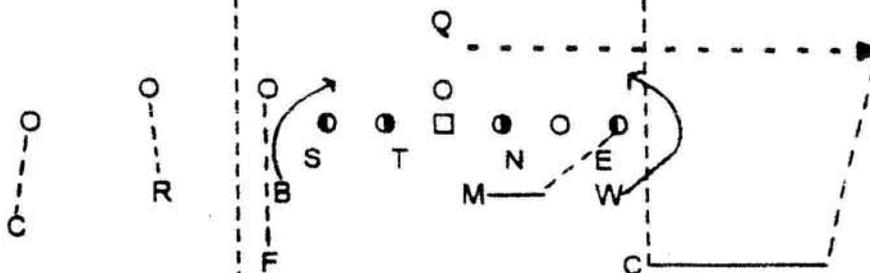
DOUBLES

1. LIZ call.



EMPTY

1. LIZ Call
2. Check SILVER.



"G" COVER 6 FREE

- TYPE:** Man.
- DESCRIPTION:** This coverage is a Man-Man-Plus coverage. We lock up on each eligible receiver with at least one defender. At times we will use double coverage on a particular receiver. It will allow us to blitz and apply pressure without resorting to "6" coverage.
- STRENGTHS:** Eliminates dump-offs and screens to backs. Allows double coverage. Allows pressure to be applied to QB. Adaptability.
- WEAKNESSES:** Medium routes. Secondary run support is slow. Susceptible to pick and under routes.

COORDINATED FORCE PACKAGE

Strong
Sky

Weak
Easy

COACHING POINTS

A. Corners

1. Corners read the base of the receiver and get down when he gets down! As the base of the receiver widens or hips begin to drop, get low and widen your base. If his feet (base) never widen, stay in your back-pedal until he pushes you out; run for contact and pin him.
2. Attack interception point by running for contact. Aim for receiver's upfield shoulder until last second and cut in front if you can get both hands on football.
3. Corners, cover your man everywhere!
4. Corners must be aware when they have no help inside. Play hard inside - do not lose inside leverage.
5. Corner to TE side in single-width formation is free.

B. Rover

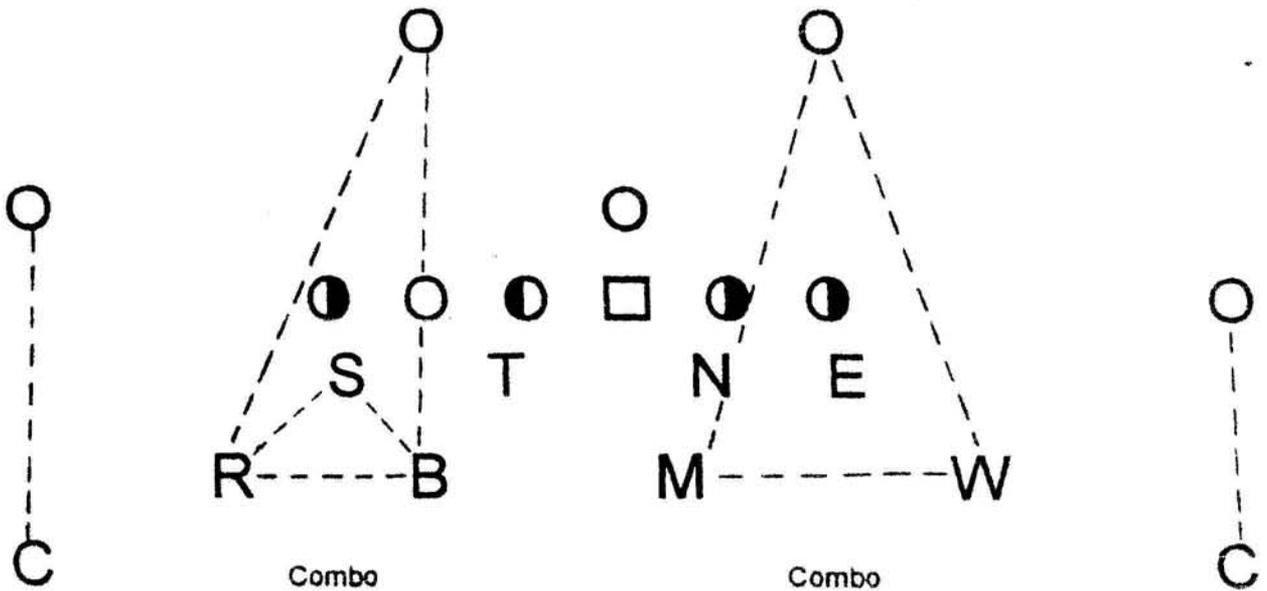
1. Rover disguise Cover 3 as much as possible.
2. Rover play to Field.
3. Rover combo with backer whenever possible.
4. If no threat, get under #1.

C. Free Safety

1. Free Safety must be as deep as the deepest receiver.
2. Communicate force on every snap.
3. Get great jump on run/pass - read key.
4. Always make Pin/itz call

G Cover 6 Free

PLAYER	ALIGNMENT	KEY	RUN RESP.	PASS RESP.
Corner	1x6	#1	To: Secondary Force Away: Last Man Pursuit	#1
Rover	3x4 off TE	#2	To: Sky Force Away: Backside Lev.	Combo with Backer #2 and #3
Free Safety	OS Shoulder of Strong Guard x 10 yards	Uncovered Lineman to QB	To: Fill Away: Fill	Free
Corner	1x6	#1	To: Secondary Force Away: Last Man Pursuit	#1
Mike	Normal	#2 Weak	Normal	Combo #2 Weak
Backer	Normal	#2 Strong and #3	Normal	Combo #2 Strong and #3
Whip	D-	Near Back	To: Easy Force Away: Fold	Combo with Mike #2

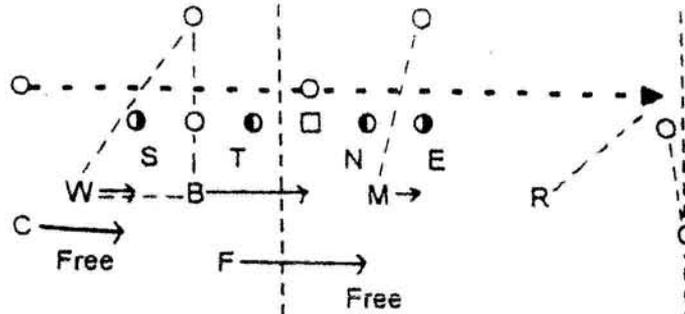


F
 ↘
 Free

G COVER 6 FREE ADJUSTMENTS

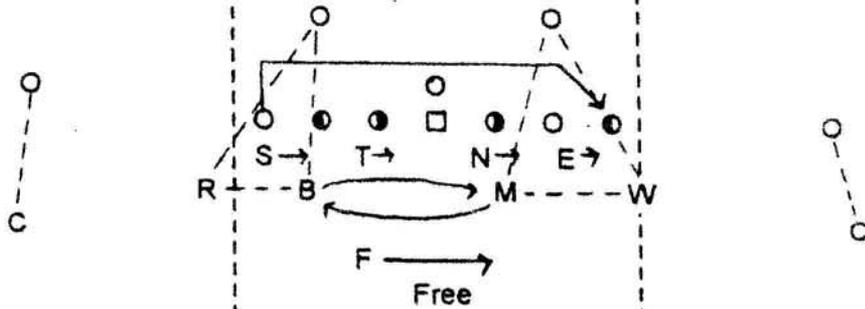
PRO-ZAP MOTION

1. LIZ call changes to RIP call.
2. WHIP & BACKER Combo.



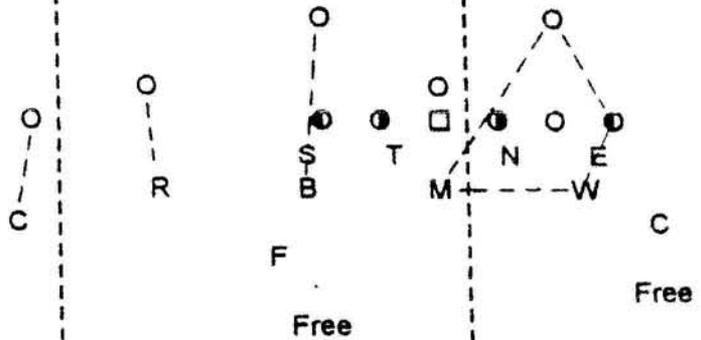
Y-TRADE

1. LIZ call changes to RIP call.
2. D-Line shifts
3. Linebackers switch.
4. Linebackers & Rover Combo.



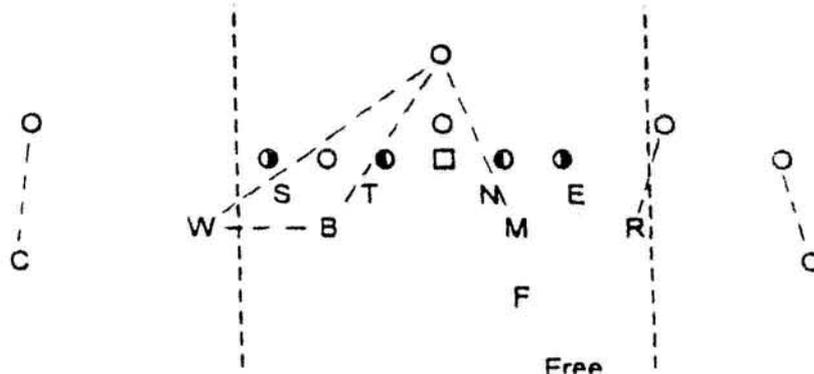
WIDE SLOT

1. LIZ call.
2. MIKE & WHIP Combo



ACE

1. RIP call.
2. WHIP & BACKER Combo.



COVER 6 COMBO

- TYPE: Man
- DESCRIPTION: This coverage is a variation of man free with pattern reads built into the secondary coverage. The Free Safety and Rover will cover #2 with combo man coverage.
- STRENGTHS: Double coverage of a team's best receiver. Allows a free defender to either help in the flat or in the curl. Strong vs picks and rubs.
- WEAKNESSES: Corner routes by #2.

COORDINATED FORCE PACKAGE

Strong
Sky

Weak
Easy

COACHING POINTS

- A. Corners
1. Must play inside - no help - man to man.
 2. Corner to TE side vs single width formation is free. Vs Trips, this corner will combo with backer on #3.
- B. Rover
1. Combo coverage with FS on #2.
 2. Take #2 man to man on release to flat.
- C. Free Safety
1. Reads #2.
 2. If #2 releases vertical or across the field, FS must take man to man
 3. If #2, takes flat release, help on curl.

COVERAGE
VARIATION:

"G" COVER 6 SPECIAL

This coverage is similar to combo but it is a lock-on double team coverage with the FS and Rover or the FS and Corner. We will use two defenders to cover a team's favorite receiver all over the field.

"G" COVER 6 STAR

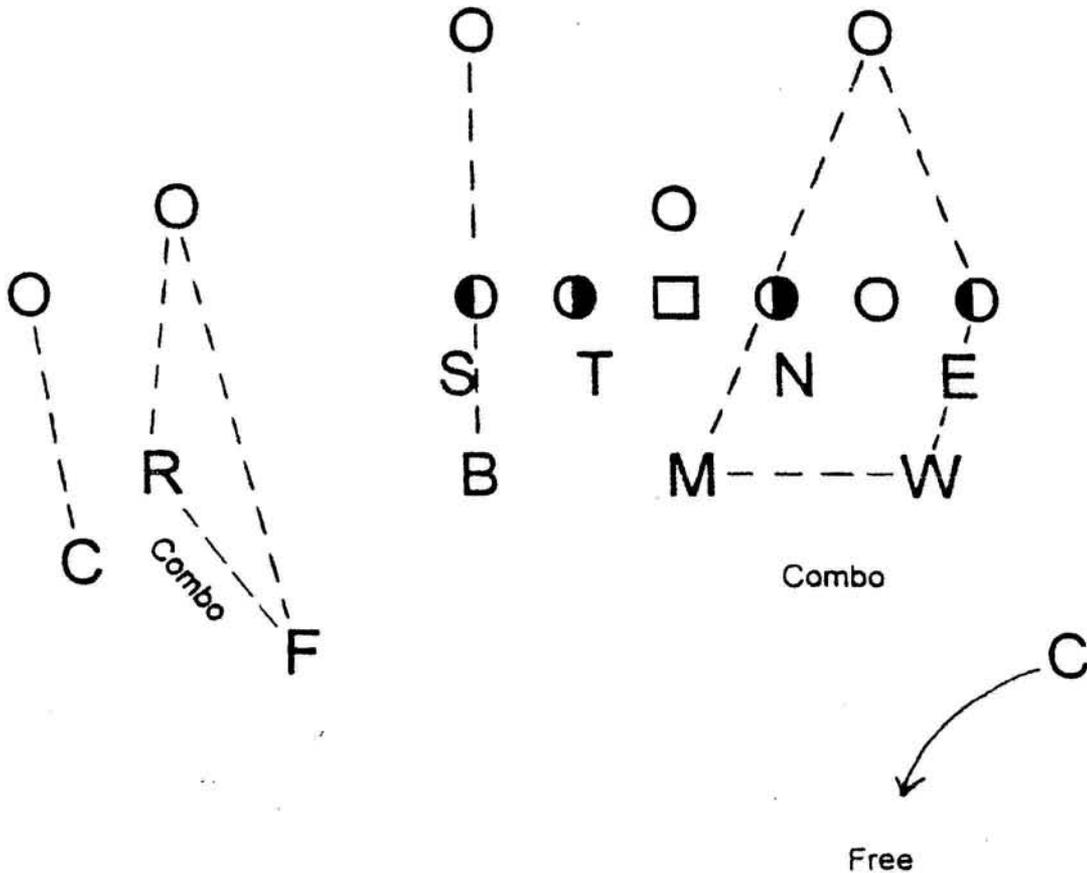
This coverage is another variation of man-free where the FS will play deep over the top of underneath man coverage. The underneath defenders will play tough, hard man to man using such techniques as catch or bump. It is very effective versus wide slot or trips formation.

"G" COVER 6 ROBBER

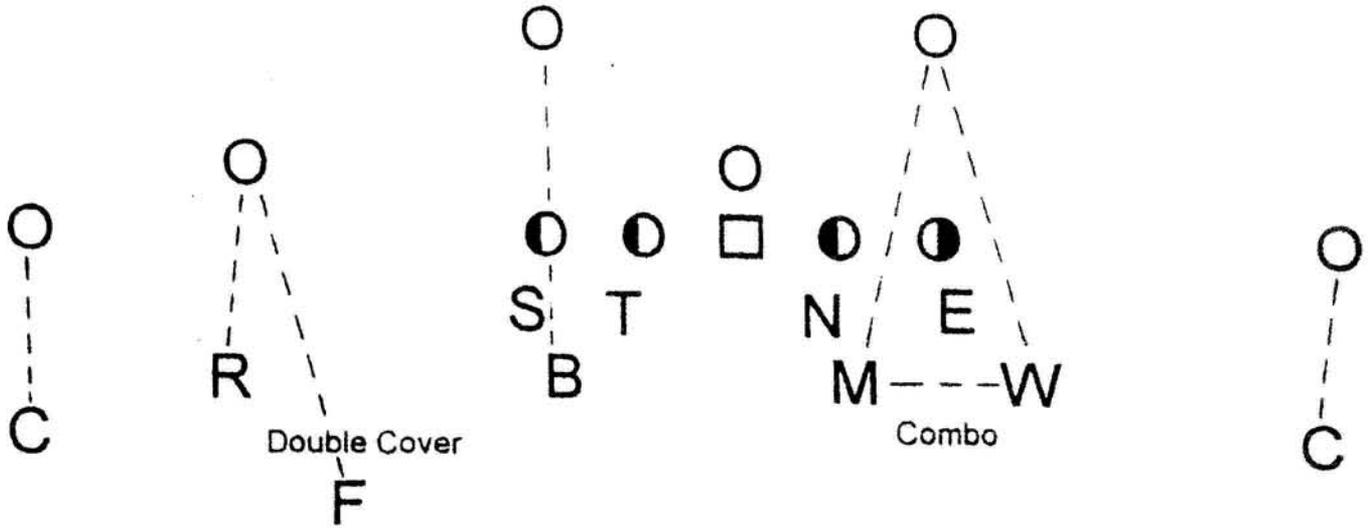
This coverage is pure Cover 6 with the FS robbing in the intermediate middle. Underneath defenders play no help man technique all over the field. The FS will break up inside patterns and crossing route

G Cover 6 Combo

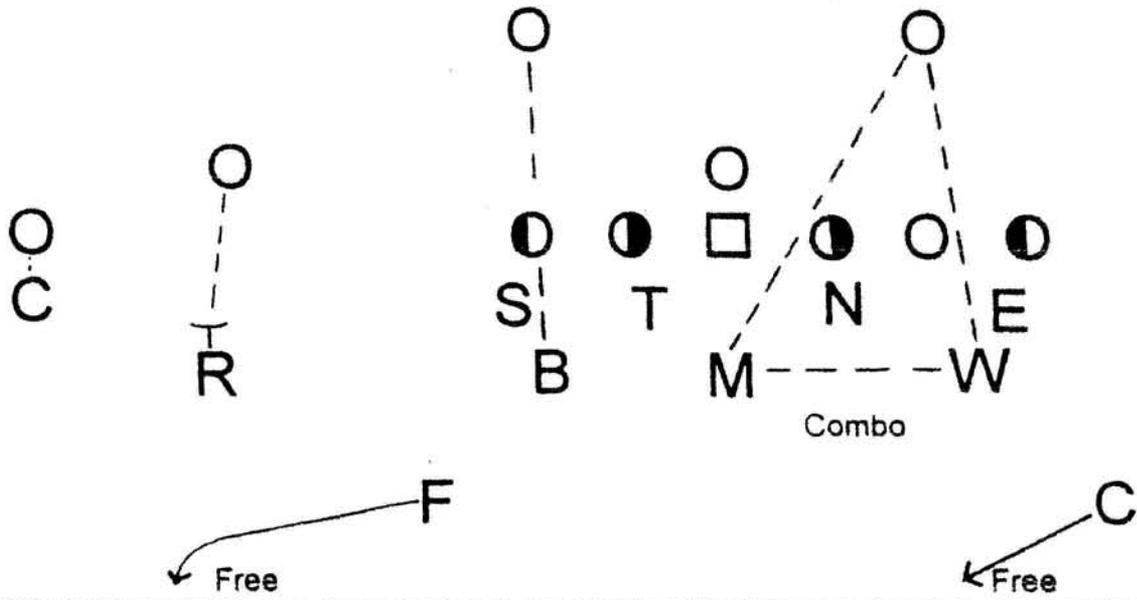
PLAYER	ALIGNMENT	KEY	RUN RESP.	PASS RESP.
Corner	1x6	#1	To: Secondary Force Away: Last Man Pursuit	#1
Rover	3x4 off TE	#2	To: Sky Force Away: Backside Lev.	#2 Flat Man #2 Vertical or Cross Zone Drop
Free Safety	Off Shoulder of Strong Guard 8-10 yards	#2	To: Fill Away: Fill	#2 Flat-Rob Curl #2 Vertical or Cross Take Man to Man
Corner	1x6	#1	To: Secondary Force Away: Last Man Pursuit	#1
Mike	Normal	#2 Weak	Normal	Combo #2 Weak
Backer	Normal	#3 Strong	Normal	#3 Strong
Whip	D-	Near Back	To: Easy Force Away: Fold	Combo with Mike #2 Weak



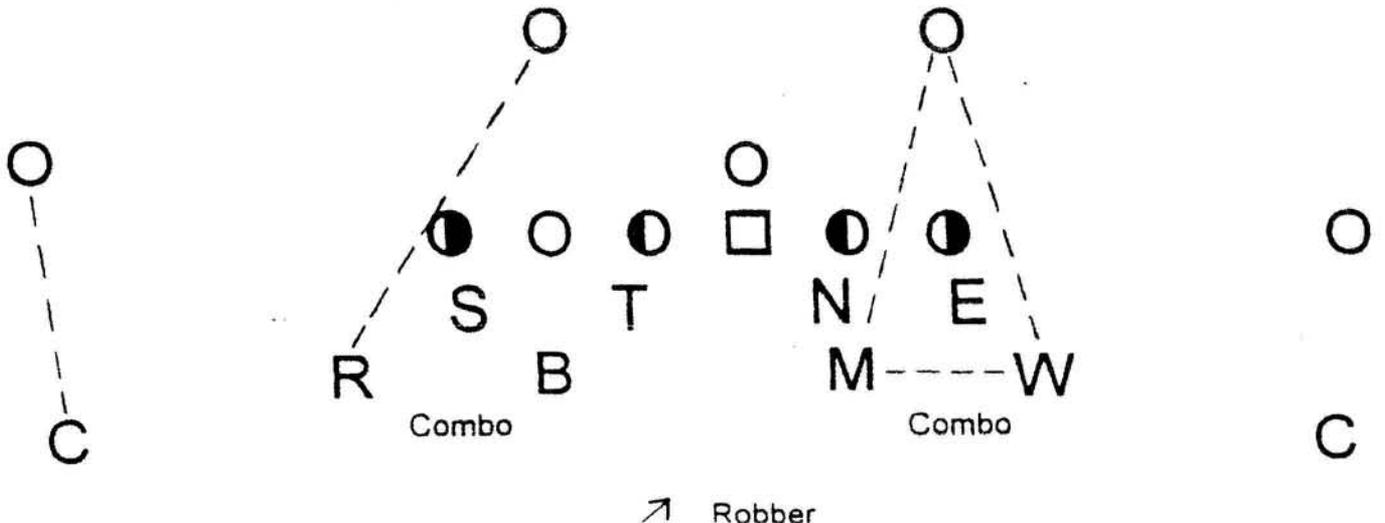
G COVER 6 SPECIAL



G COVER 6 STAR



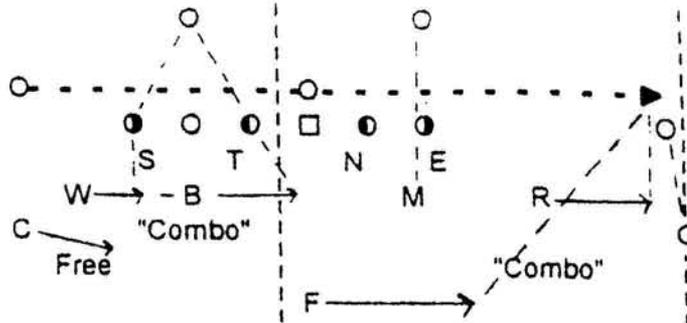
G COVER 6 ROBBER



G COVER 6 COMBO ADJUSTMENTS

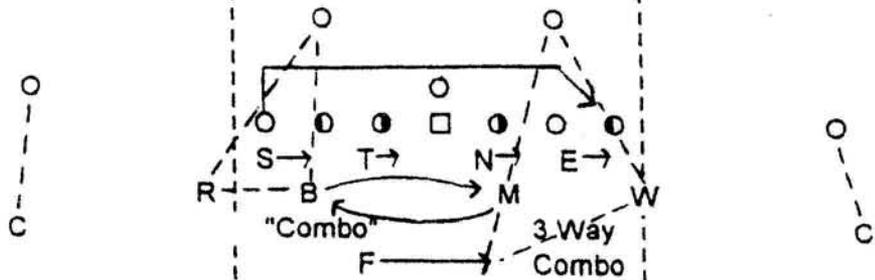
PRO-ZAP MOTION

1. LIZ call changes to RIP call.
2. Linebackers Bump.



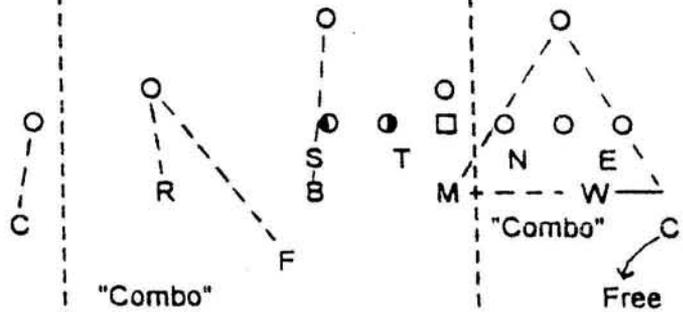
Y-TRADE

1. LIZ call changes to RIP call.
2. D-Line shifts.
3. MIKE & BACKER switch.



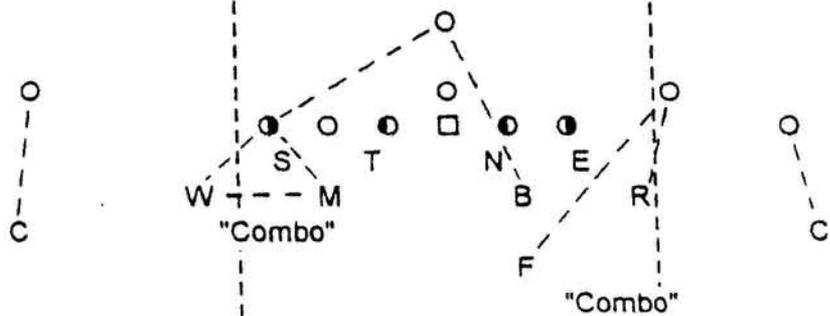
WIDE SLOT

1. LIZ call.



ACE

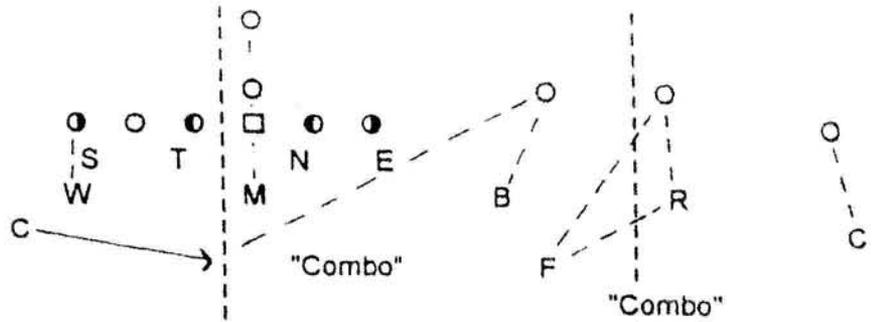
1. RIP call.



G COVER 6 COMBO ADJUSTMENTS

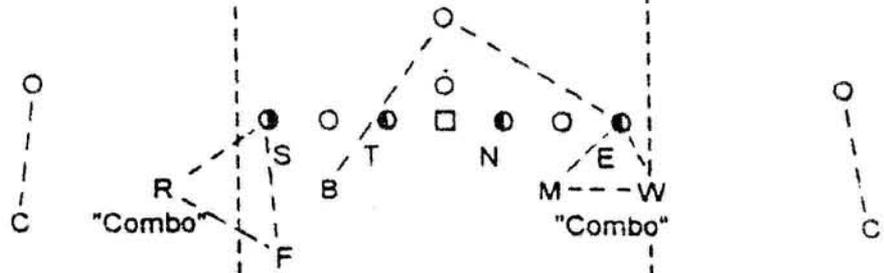
TRIPS

1. RIP call.
2. BACKER bumps out.
3. CORNER helps the BACKER.



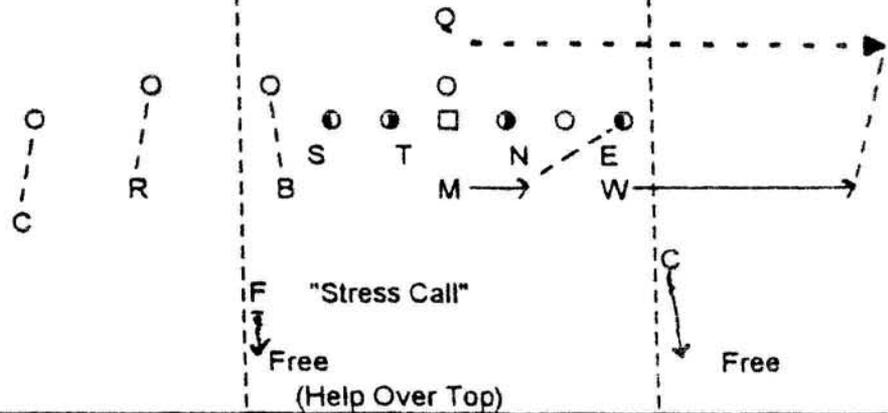
DOUBLES

1. LIZ call.



EMPTY

1. LIZ call.
2. Combo coverage is off.
3. Pure man coverage by Linebackers & Secondary.
4. FREE SAFETY plays zone helps 2 & 3.
5. "Stress Call".



(T) DEFENSE

TOPIC

PAGE

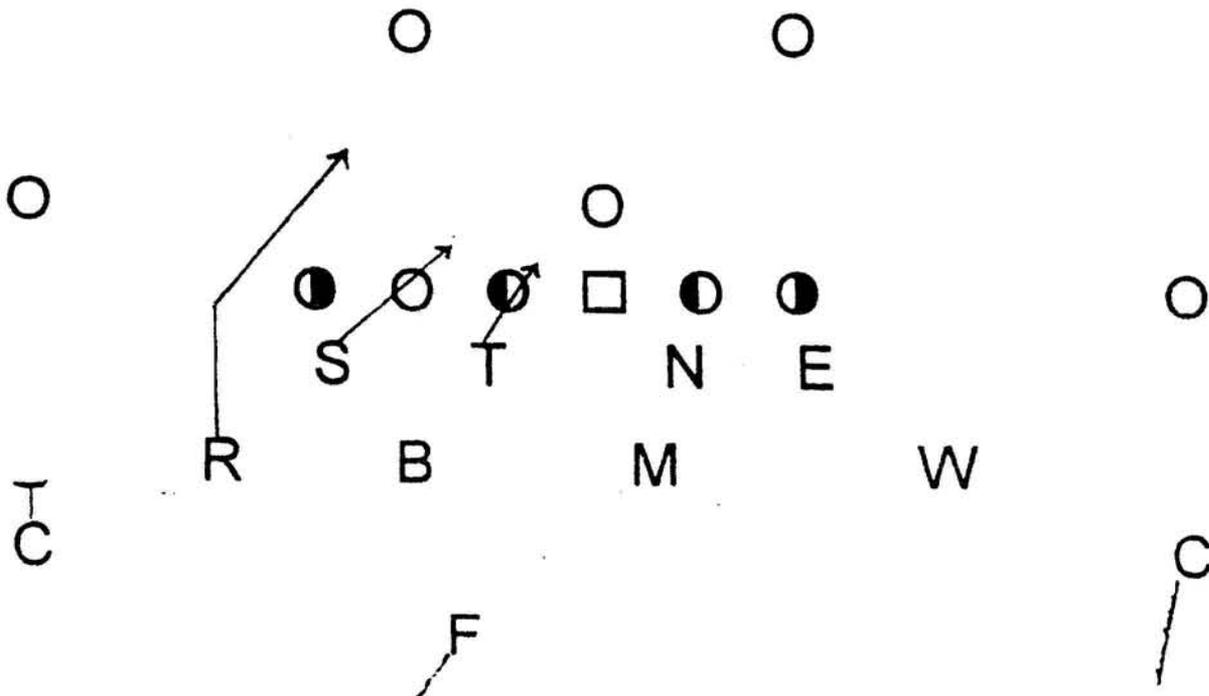
(T) Front 601

(G) BLITZ

<u>TOPIC</u>	<u>PAGE</u>
G Torpedo 1 Cloud	701
Weak Jet 6 Free	703
Dog Outside 6	705
Double Crash 6	707
Double Blitz 6	709
Rover Dog 6	711
Whip Dog 6	713

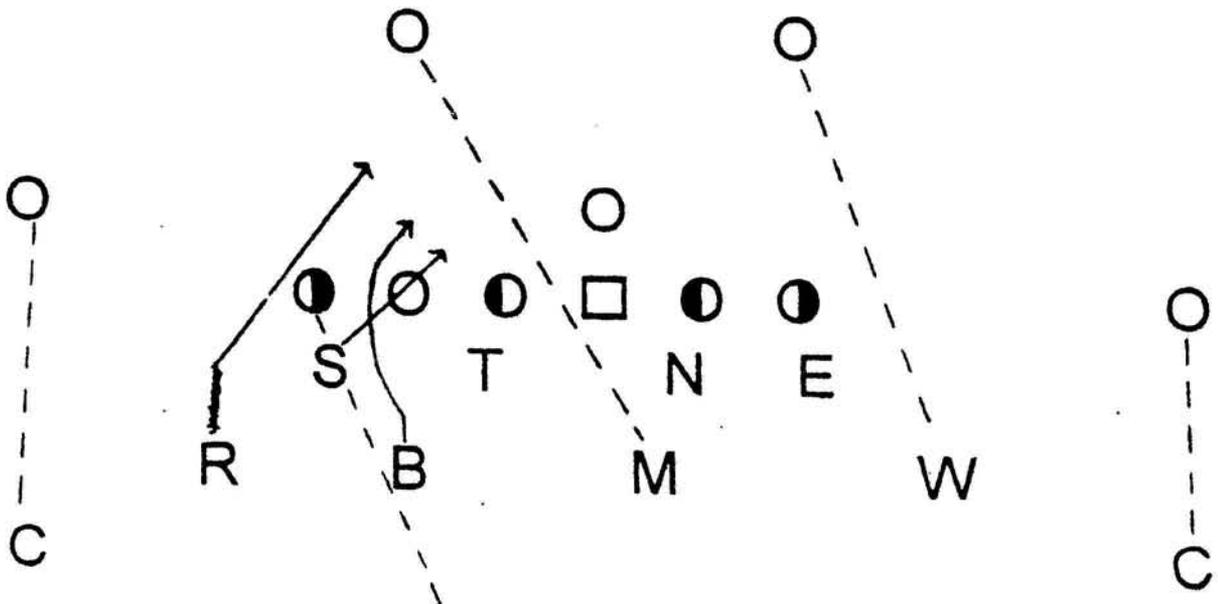
G Torpedo 1 Cloud

PLAYER	ALIGNMENT	KEY	RUN RESP	PASS RESP
Corner	1x7	QB to receiver	Cloud Support	Flat
Rover	Normal to up	Ball	Free Blitz	Rush Contain
Free Safety	Normal cheat to 1/2	Uncover line to QB	Secondary Force	1/2 Zone
Corner	1x7: Cheat to 9 yards	QB to #1	Pursuit	Invert 1/2
Mike	Normal	Key 3 to ball	Shuffle Stack to ball	Wall #2
Backer	Normal	Key 3 to ball	Shuffle Stack to ball	Wall #3
Whip	Normal	Triangle to ball	Easy Support	Flat
Stud	5/7 Tech	Ball	To call inside charge	QB
End	5/7 Tech	Ball	To call inside charge	QB
Tackle	2/3 Tech	Ball	To call spark A	Rush QB
Nose	2/3 Tech	Ball	To call spark A	Rush QB



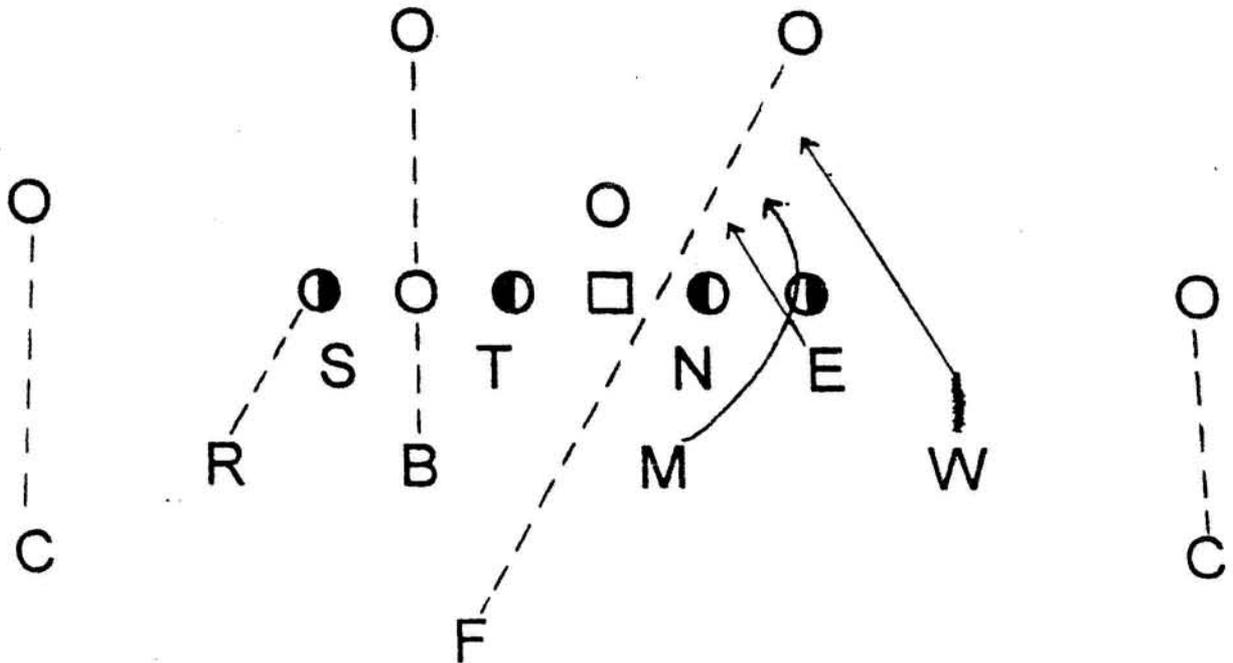
Rover Dog 6

PLAYER	ALIGNMENT	KEY	RUN RESP.	PASS RESP.
Corner	1x7 to game plan adjustment	#1	Secondary Force	Man #1
Rover	Normal to up	Ball to man	Blitz & engage	Blitz & engage Trips Man #2
Free Safety	Normal - cheat to man	#2 Trips #3	Fill	Man #2 strong Trips #3 strong
Corner	1x7 to game plan adjustment	#1	Secondary Force	Man #1
Mike	Normal	#3 Strong	Inside out to ball	
Backer	Normal	Ball	Blitz 3 way go Blitz & engage	Blitz & engage Trips - Backer Go
Whip	Normal to up	Ball	Easy Support	Man #2 blitz & engage #2 in backfield In/In
Stud	5/7 Tech	Ball	In/In call or Brown Blue call inside charge	Normal/inside charge
End	5/7 Tech	Ball	In/In call or Brown Blue call inside charge	Normal/inside charge
Tackle	2/1/3 Tech	Ball	A Gap to Ball	In/In call spark tech Brown/Blue call-A Gap to contain
Nose	2/1/3 Tech	Ball	A Gap to ball	In/In call spark tech Brown/Blue call-A Gap to contain



Whip Dog C6

PLAYER	ALIGNMENT	KEY	RUN RESP.	PASS RESP.
Corner	1x7 to game plan adjustment	#1	Secondary Force	Man #1
Rover	Normal to up	Triangle	Run to: Sky Force Run Away: Lev.	#2 strong Combo 2/3 Stack
Free Safety	Cheat to Dog side	LOS to #2 weak	Pitch	#2 weak Trips #3
Corner	1x7 to game plan adjustment	#1	Secondary Force	Man #1
Mike	Normal	Ball	Blitz 3 way go	Inside blitzer
Backer	Normal	Key 3 to ball	D to A Gap	#3 strong Trips Man #4
Whip	Normal to up	Ball	Free Blitz	Free Blitz
Stud	5/7 Tech	Ball	Attack gap	Brown/Blue Call Inside charge
End	5/7 Tech	Ball	Attack gap	Brown/Blue Call Inside charge
Tackle	2/3 Tech	Ball	A Gap to ball	Brown/Blue Call A Gap to contain
Nose	2/3 Tech	Ball	A Gap to ball	Brown/Blue Call A Gap to contain

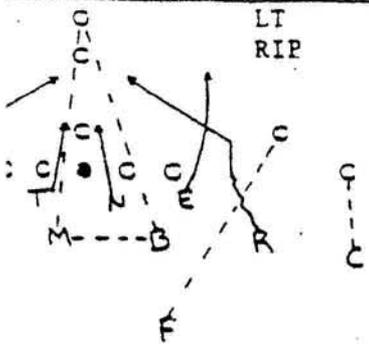


DOUBLE BLITZ C 6

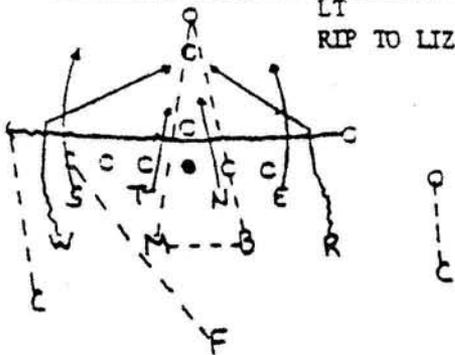
LEFT HASH

MIDDLE

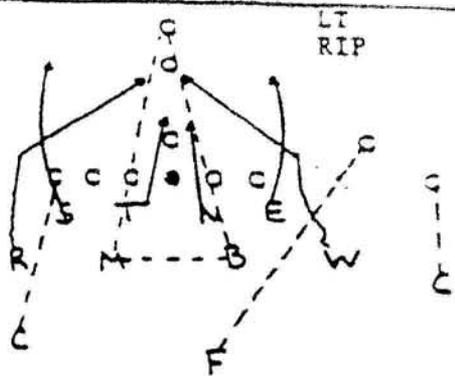
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LT
RIP



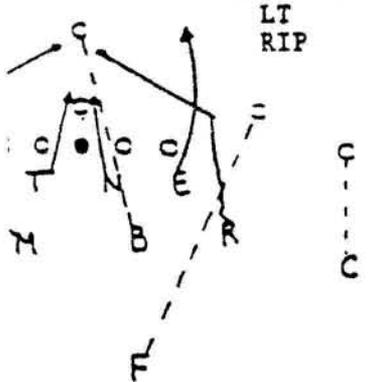
LT
RIP TO LIZ



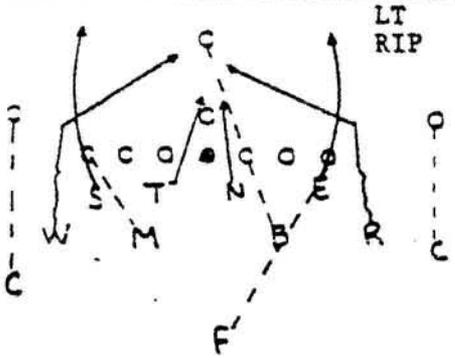
LT
RIP

TWINS / PRO

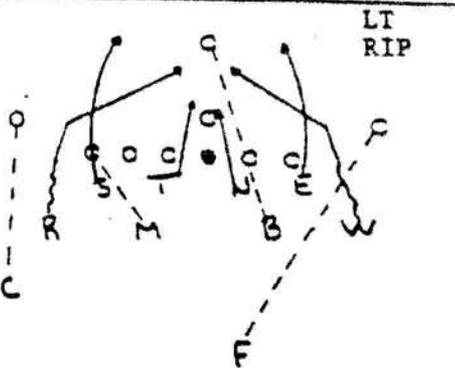
TWINS FSL



LT
RIP



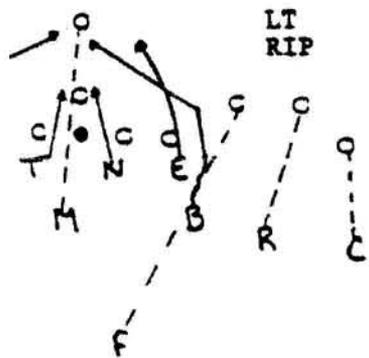
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RIP



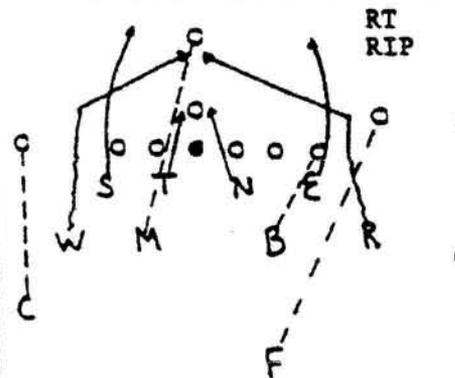
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RIP

WHITE

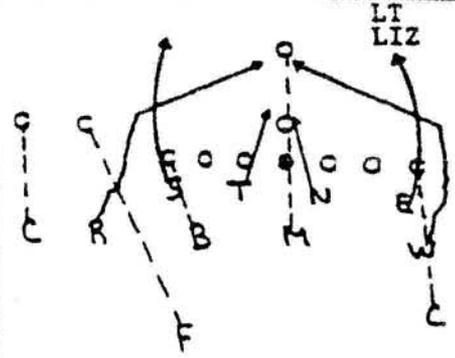
ACE FSL



LT
RIP



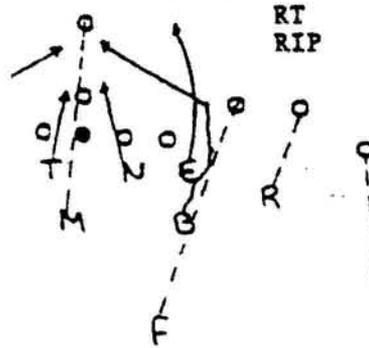
RT
RIP



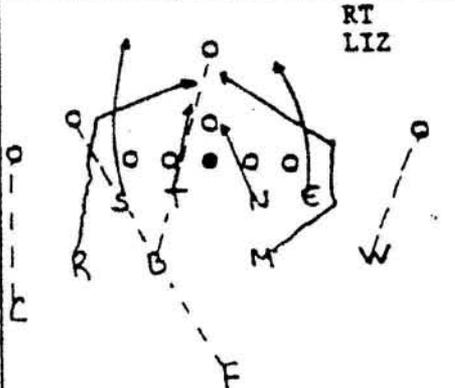
LT
LIZ

TREY

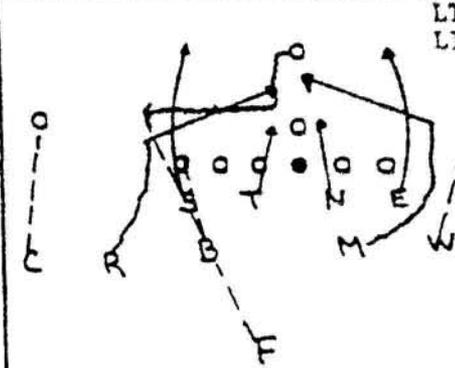
LUCKY



RT
RIP

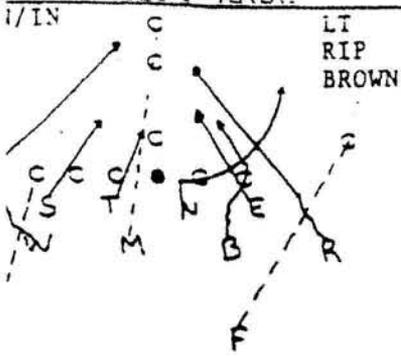


RT
LIZ

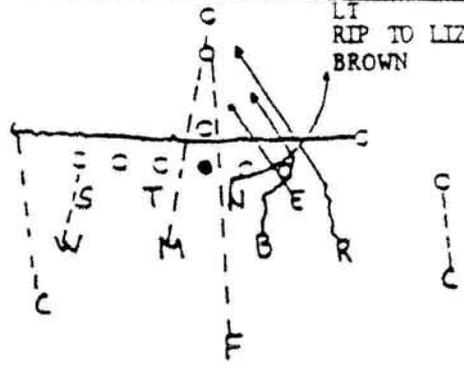


LT
LIZ

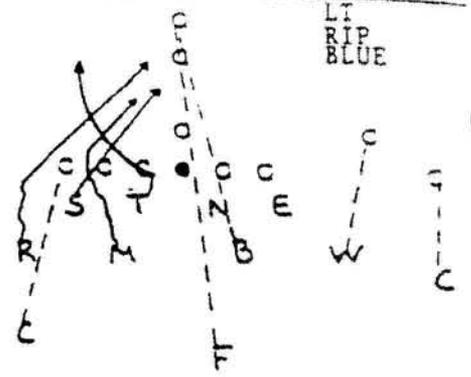
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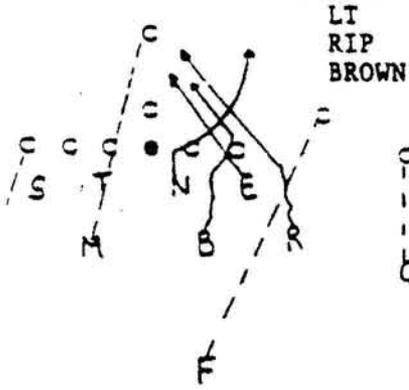
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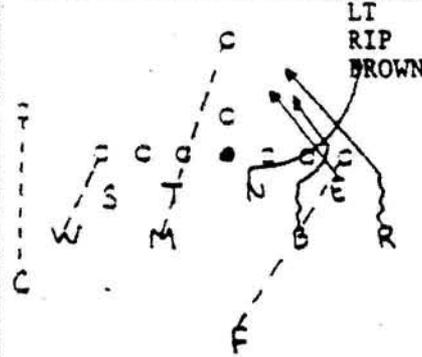
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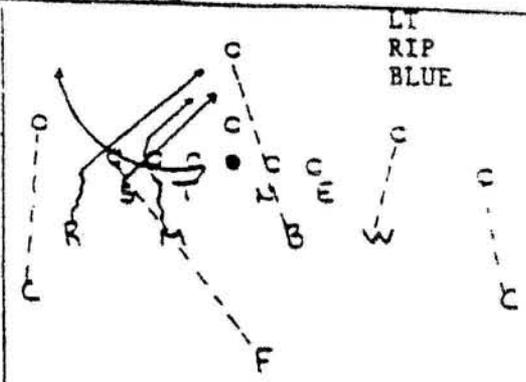
TWINS



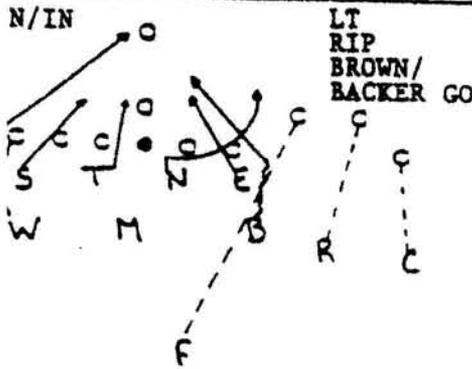
TWINS PRO



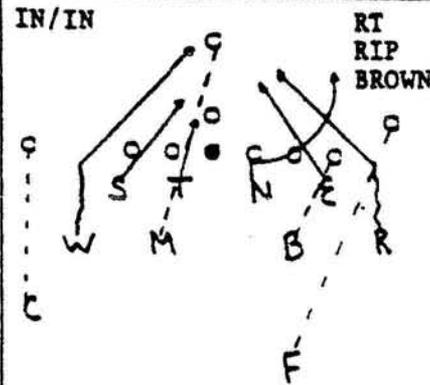
TWINS FSL



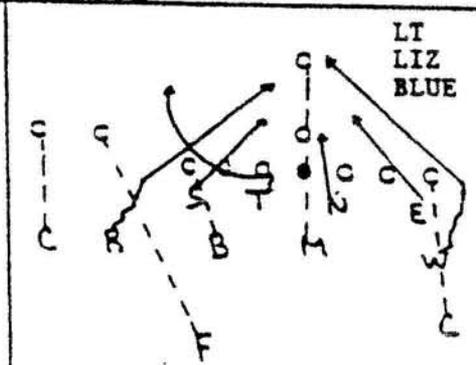
ACE



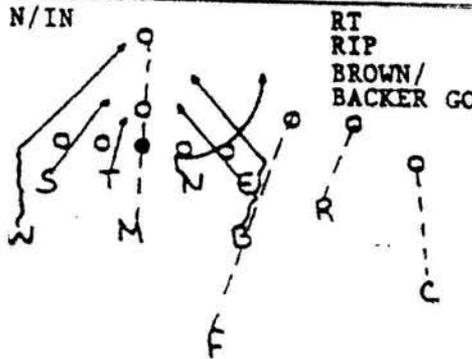
WHITE



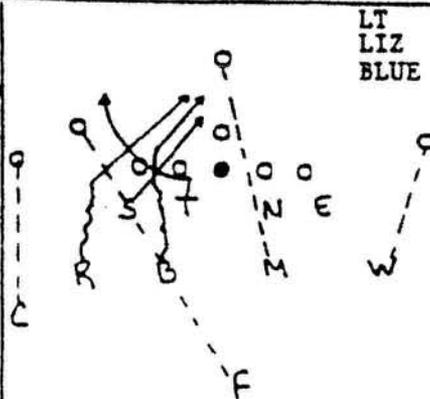
ACE FSL



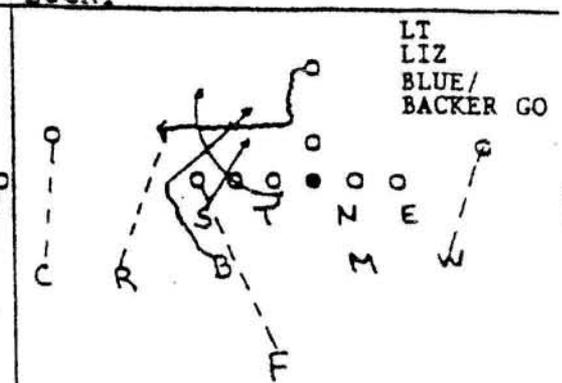
LIPS



TREY



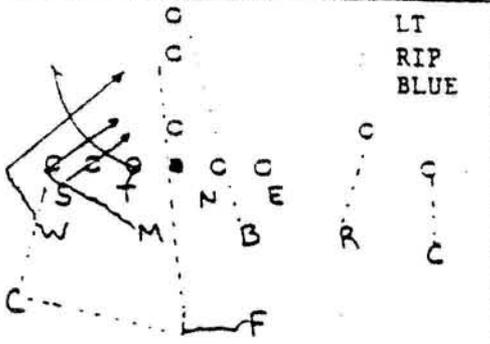
LUCKY



WHIP DOG C6

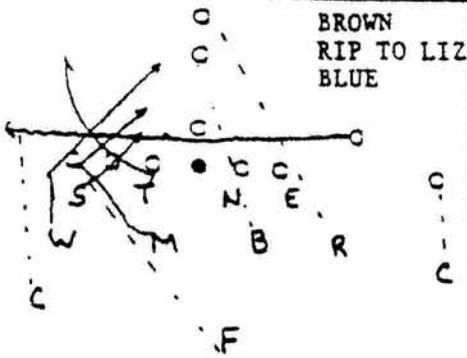
LEFT HASH

LT
RIP
BLUE



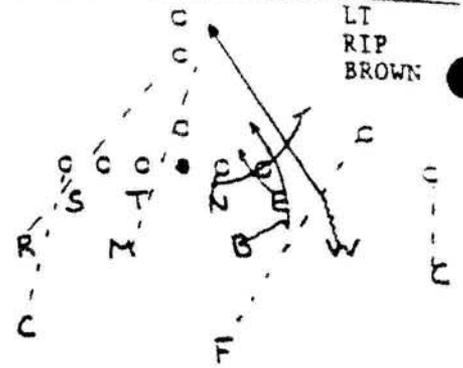
MIDDLE

BROWN
RIP TO LIZ
BLUE



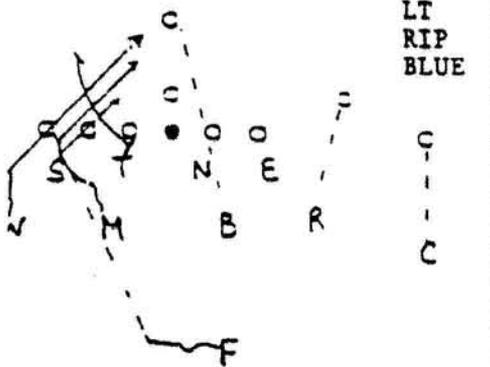
RIGHT HASH

LT
RIP
BROWN



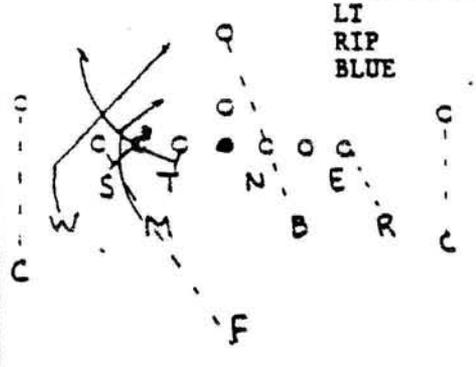
WINS

LT
RIP
BLUE



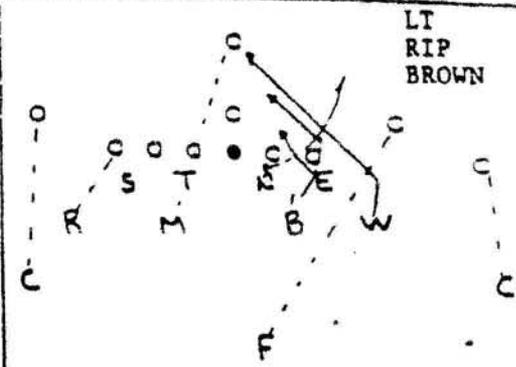
TWINS/PRO

LT
RIP
BLUE



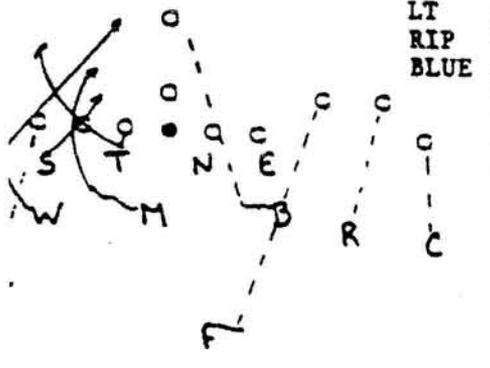
TWINS FSL

LT
RIP
BROWN



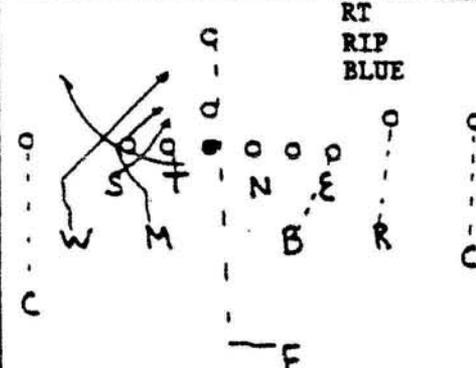
ACE

LT
RIP
BLUE



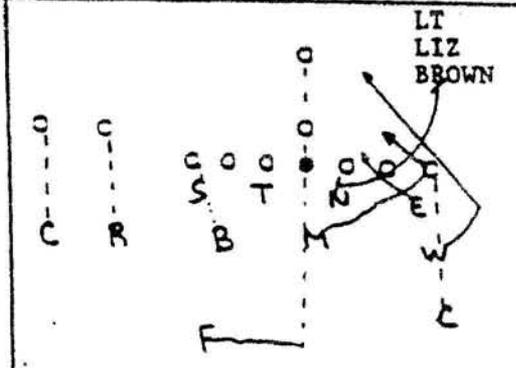
WHITE

RT
RIP
BLUE



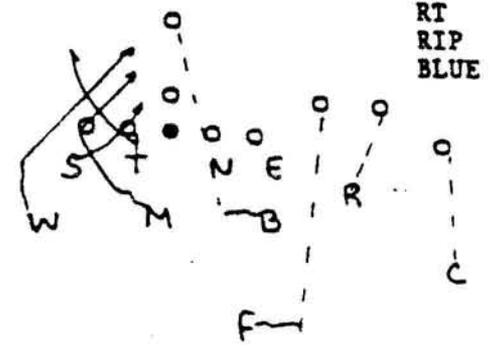
ACE FSL

LT
LIZ
BROWN



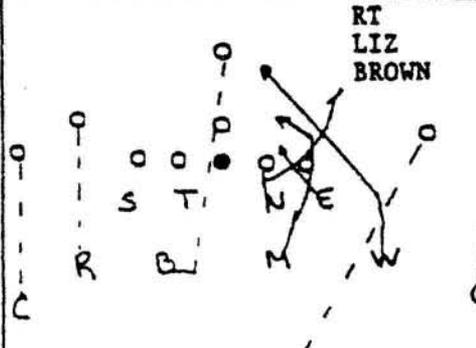
RIPS

RT
RIP
BLUE



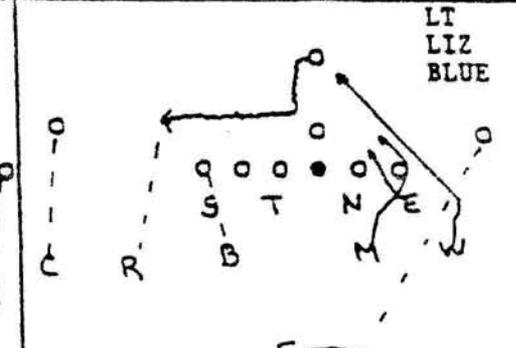
TREY

RT
LIZ
BROWN



LUCKY

LT
LIZ
BLUE



TUFF DEFENSE

<u>TOPIC</u>	<u>PAGE</u>
Tuff Front	801
Tuff Alignment Rules	802
Tuff Cover 3	803
Tuff 3 Adjustments	805
Tuff Cover 6 Free	806
Tuff 6 Free Adjustments	808

TUFF RULES

FIELD CORNER	Ball on hash - Field #1 ball in middle to Rip/Liz call #1 bump to Rover in motion
BOUNDARY CORNER	Ball on hash - Boundary #1 ball in middle away Rip/Liz call #1 #1 tight 2 backs shoot backer 1 back Trips go over 1 back 2 TE stay Motion - run and bump with motion
WHIP	Away from passing strength 5 or 9
ROVER	To passing strength over #2 #2 tight 2 backs shoot backer #2 tight 1 back 7 CA
MIKE	2 backs 1 TE - weak shoot backer 2 backs 2 TE - weak TE 1 back over back 2 backs no TE weak shot
BACKER	1 TE - MAC TE 2 TE 2 backs - MAC strong TE 2 TE 1 back - Doubles - weak MAC Ringo/Lucky strong MAC
COV 3	Corner opposite sides, motion stay Whip & Rover loosen C/F

TUFF COVER 3

- TYPE: Zone
- DESCRIPTION: This is our 3-Deep and 4-Underneath coverage out of the TUFF defense. This coverage is disguised to give a man to man coverage appearance. It allows us a change up from playing only Cover "6" in the TUFF defense.
- STRENGTHS: Good against deep ball. Great disguise. Very good force to strong side.
- WEAKNESSES: Vulnerable in flats, both strong and weak. Weakside run support is late.

COORDINATED FORCE PACKAGE

Strong
Easy

Weak
Sky

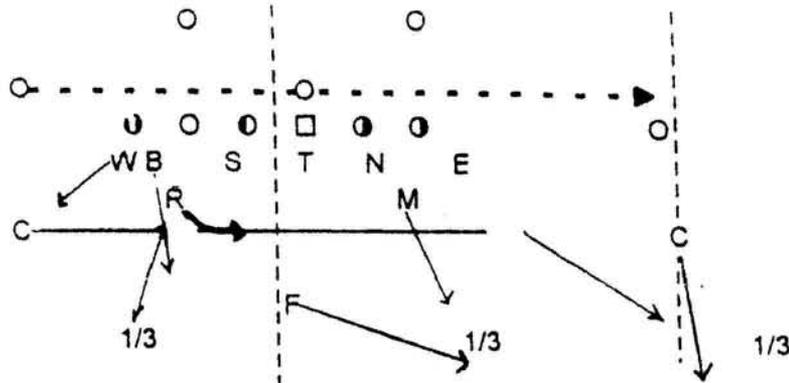
COACHING POINTS

- A. Corners
1. Give good man disguise look.
 2. If using bail technique, get great depth to the outside on snap.
 3. Expect fades and go routes.
- B. Rover
1. Get to drop area, expect quick throw by QB, break on the ball.
 2. Play deep outside 1/3 versus wide slot.
- C. Free Safety
1. Good man disguise.
 2. Get depth in middle 1/3, expect post routes.
 3. Cheat to split-side for run support.

TUFF COVER 3 ADJUSTMENTS

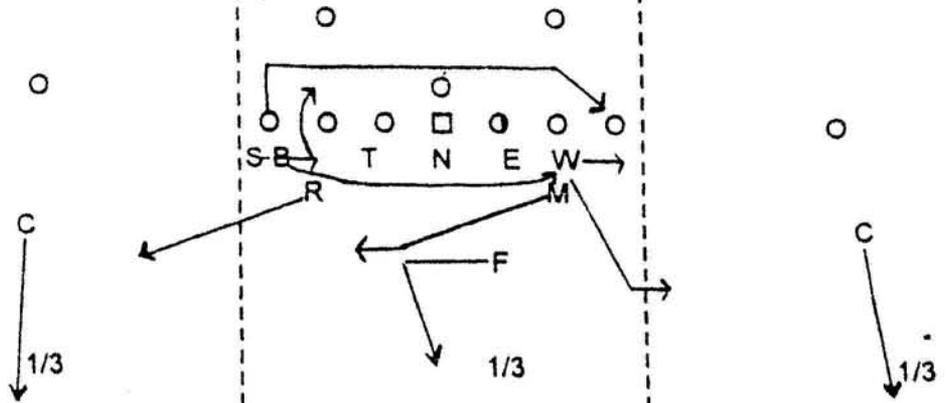
PRO-ZAP MOTION

1. LIZ call changes to RIP call.



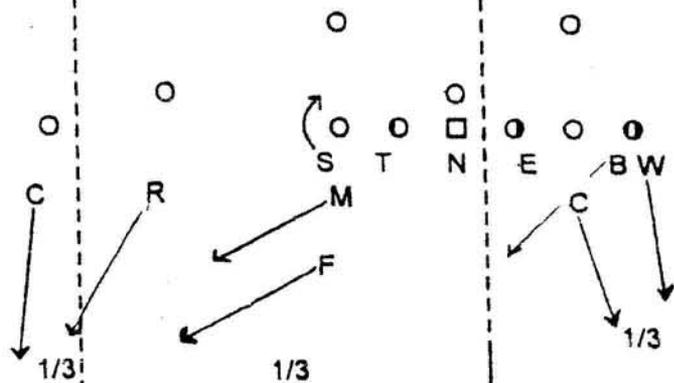
Y-TRADE

1. LIZ call changes to RIP call.
2. BACKER goes with TE.



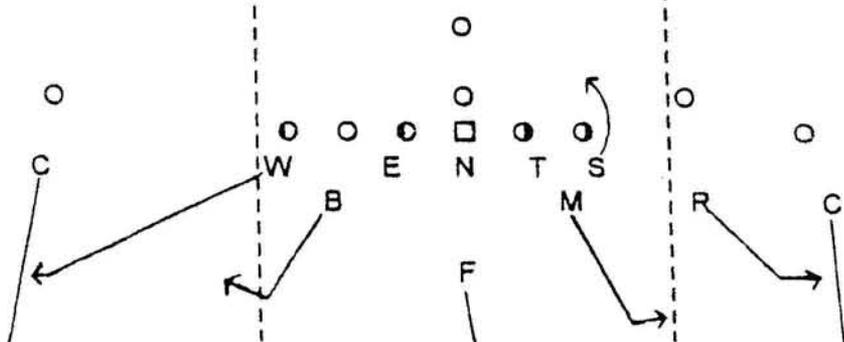
WIDE SLOT

1. LIZ call.



ACE

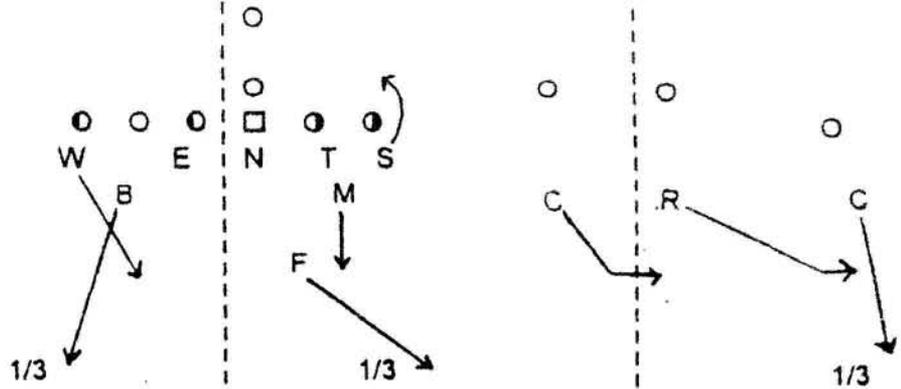
1. RIP call.
2. ROVER goes to the displaced back.



TUFF COVER 3 ADJUSTMENTS

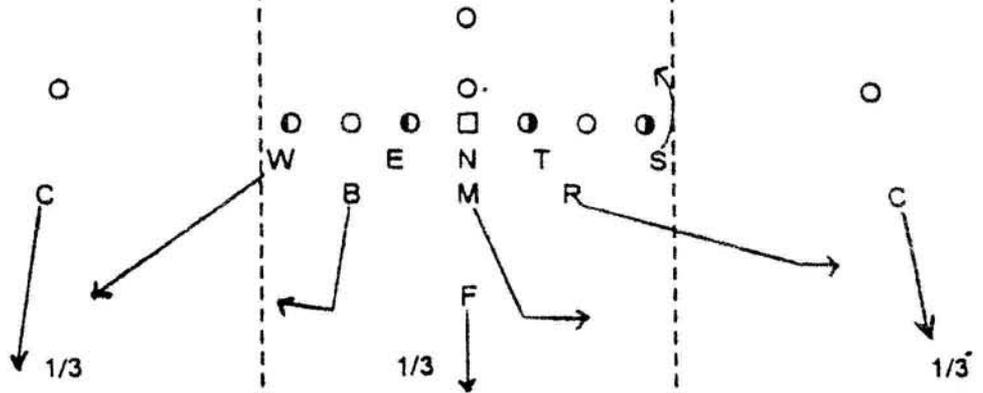
TRIPS

1. RIP call.
2. CORNERS over.
3. BACKER bumps out.



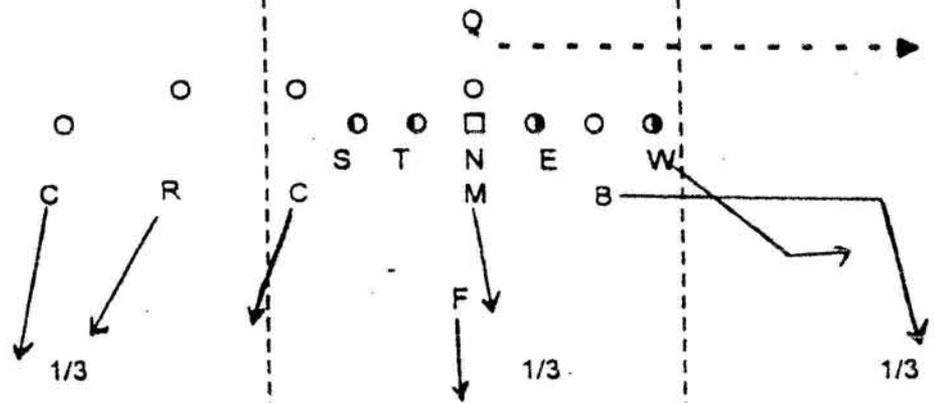
DOUBLES

1. LIZ call.



EMPTY

1. LIZ call.
ROVER moves out on motion.



TUFF COVER 6 FREE

- TYPE: Man
- DESCRIPTION: This coverage is a Man-Man-Plus coverage. We lock up on each eligible receiver with at least one defender. At times we will use double coverage on a particular receiver. It will allow us to blitz and apply pressure without resorting to Cover 6.
- STRENGTHS: Eliminates dump-offs and screens to backs. Allows double coverage. Allows pressure to be applied to QB. Adaptability.
- WEAKNESSES: Medium routes. Run support to weak side is a problem. Susceptible to picks and under routes.

COORDINATED FORCE PACKAGE

Strong
Easy

Weak
Sky

COACHING POINTS

- A. Corners
1. Expect fade routes vs bump and run.
 2. Expect short routes vs normal man coverage.
 3. It is important to disguise coverage.
- B. Rover
1. Responsible for any displaced back.
 2. In this scheme you are a linebacker, react accordingly.
- C. Free Safety
1. Get great jump on Run/Pass - Read Key.
 2. You are responsible for run support weak.
 3. Expect the ball thrown quickly to the post.

COVERAGE
VARIATION:

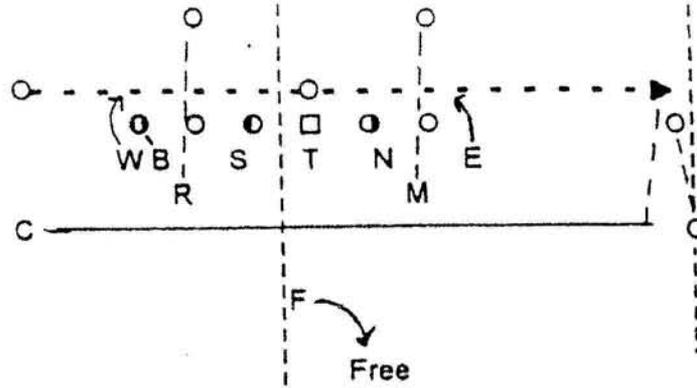
TUFF COVER 6 ROBBER

This is a variation of 6 Free. All defenders play pure no help man to man defense. The Free Safety is the Robber and he works to the intermediate middle hole attempting to break up or intercept on any digs, curls, crossing routes, etc.

TUFF COVER 6 FREE ADJUSTMENTS

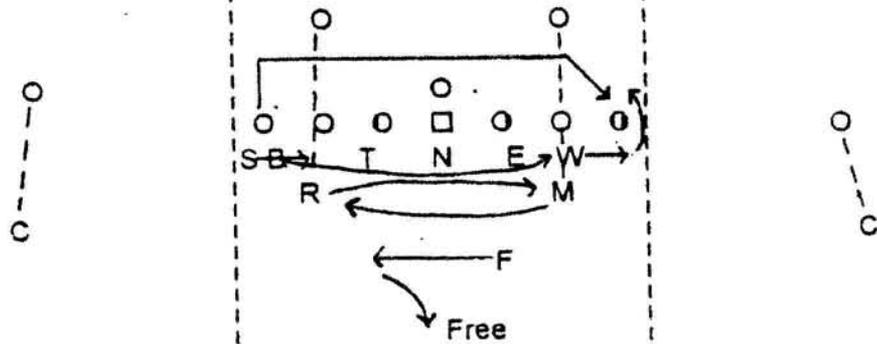
PRO-ZAP MOTION

1. LIZ call changes to RIP call.
2. CORNER goes with motion.



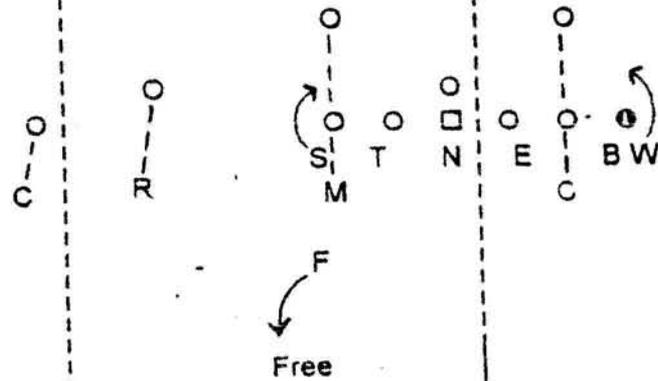
Y-TRADE

1. LIZ call changes to RIP call.
2. BACKER follows with TE.
3. ROVER & MIKE switch.



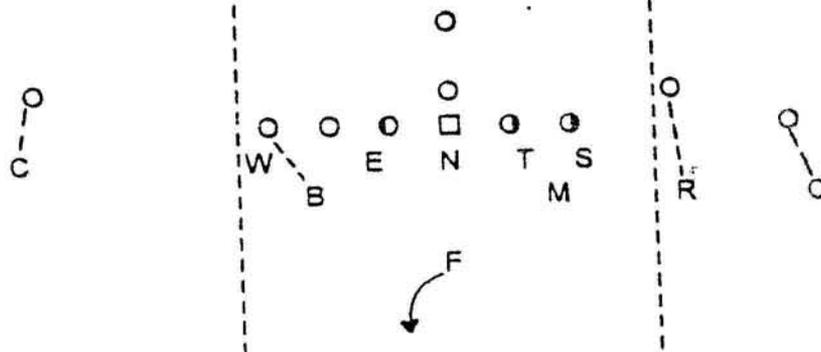
WIDE SLOT

1. LIZ call.
2. CORNER over.



ACE

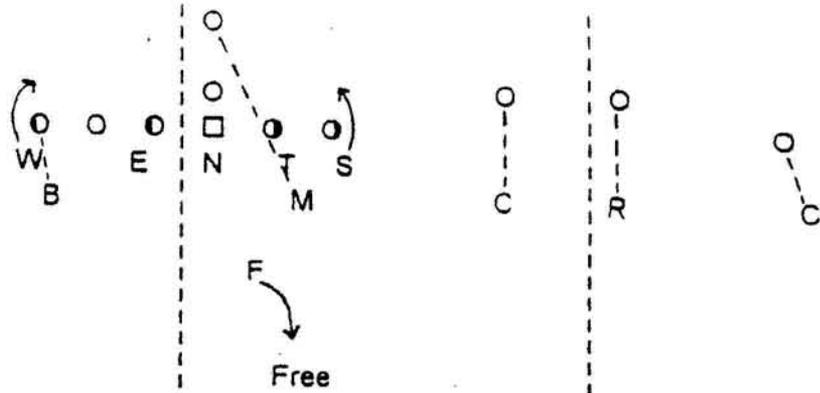
1. RIP call.
2. ROVER goes to the displaced back.



TUFF COVER 6 FREE ADJUSTMENTS

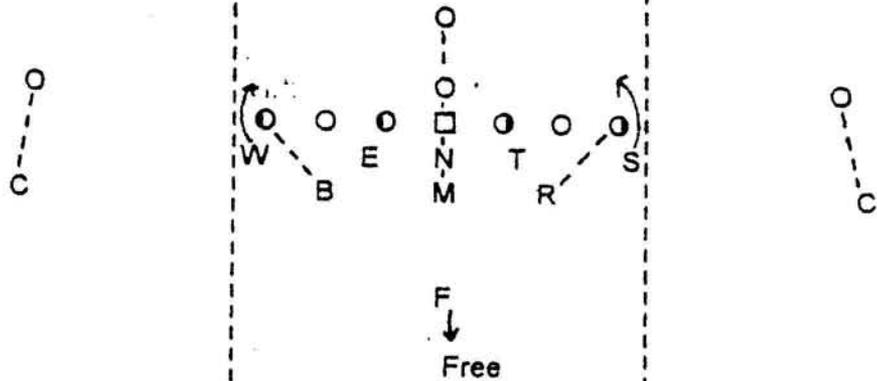
TRIPS

1. RIP call.
2. CORNER over.
3. BACKER goes to the displaced back.



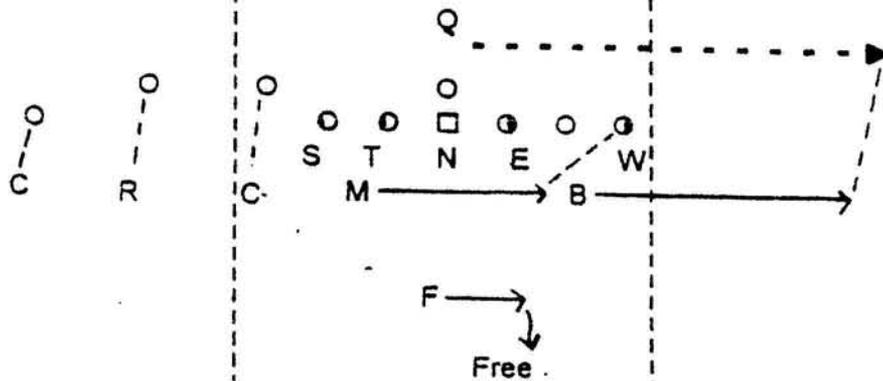
DOUBLES

1. LIZ call.



EMPTY

1. LIZ call.
2. CORNER over.
3. ROVER goes to the displaced back.
4. MIKE & BACKER bump.



(R) DEFENSE

<u>TOPIC</u>	<u>PAGE</u>
(R) Front	901
"R" Cover 4	902
"R" Cover 2	906
"R" Cover 3 Invert	907
"R" Cover 6 Free Robber	908
"R" 6 Free Robber Adjustments	910
"R" Zone Blitz Guidelines	912

R-C4

- TYPE: Non-rotational zone
- DESCRIPTION: This coverage allows the secondary to read the release of the #2 receiver Strong and Weak and play Two Deep, Three Deep, or Four Deep depending on those reads. This coverage allows us to take away all vertical routes.
- STRENGTHS: Excellent against deep routes. Good in long yardage situations and can be used in Red Zone passing situations. Adaptability.
- WEAKNESSES: Void areas, and 90s passing game. Slightly vulnerable to play action pass.

COORDINATED FORCE PACKAGE

Strong
Cloud

Weak
Cloud

COACHING POINTS

A. Corners

1. Key #2 receiver for appropriate assignment (i.e., Read Steps). If #2 runs anything but a vertical route (i.e., Arrow or Crossing route), play with Cover 2 Rules. If #2 runs a vertical route, play a deep 1/4.
2. If you are to the split end side vs I Pro formation, play w/Cover 2 Rules (Cloud Force).
3. Run with your man, if he goes in motion.

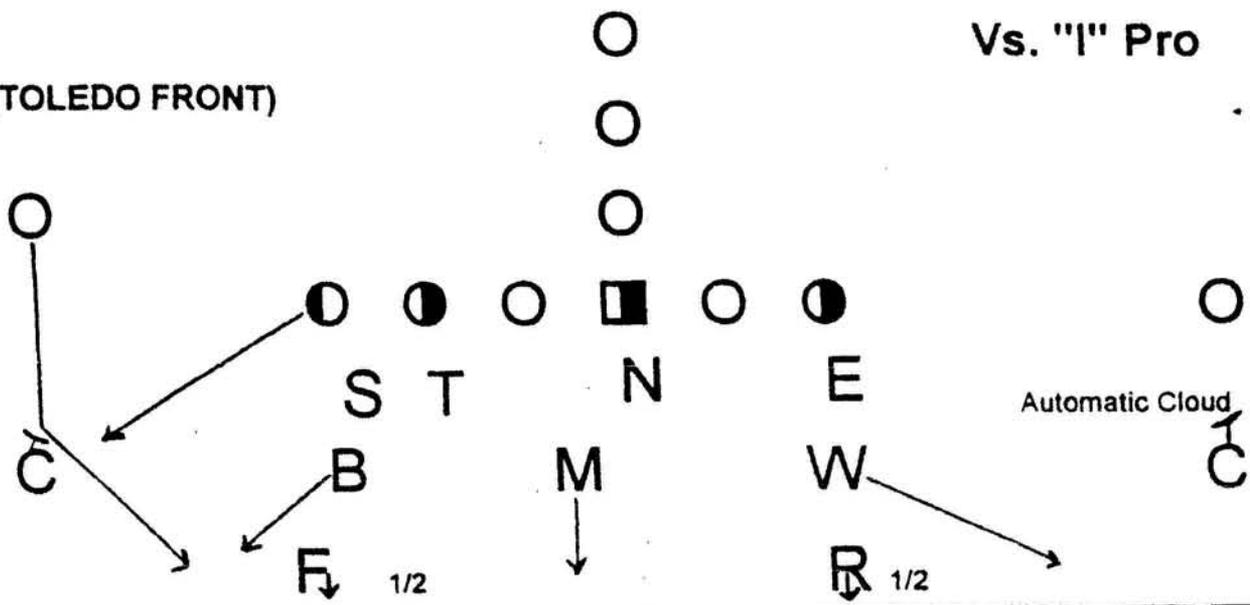
B. Free Safety and Rover

1. Always key #2 receiver for appropriate assignment.
2. If #2 receiver runs a drag or arrow route, look to #1 receiver for the possibility of a post route (i.e., Cover 2 Rules).
3. If #2 receiver runs a vertical route, play over the top (i.e., Deep 1/4).

PLAYER	ALIGNMENT	KEY	RUN RESP.	PASS RESP.
Corner	1 x 6	#2	To: Cloud Away: Backside Lev.	#2 Arrow/Drag-Flat #2 Vertical-Deep 1/4
Rover	Away from passing strength 12 yds deep	#2	To: Fill Away: Pursuit	#2 Flat/Cross 1/2 #2 Vertical/Deep 1/4
Free Safety	To passing strength 12 yds deep	#2	To: Fill Away: Pursuit	#2 Flat/Cross 1/2 #2 Vertical/Deep 1/4
Corner	1 x 6	#2	To: Cloud Away: Backside Lev.	#2 Arrow/Drag-Flat #2 Vertical-Deep 1/4
Mike	A-	Normal	Normal	Hook
Backer	C-	Normal	Normal	Hook to Curl
Whip	B-	Normal	Normal	Hook to Curl

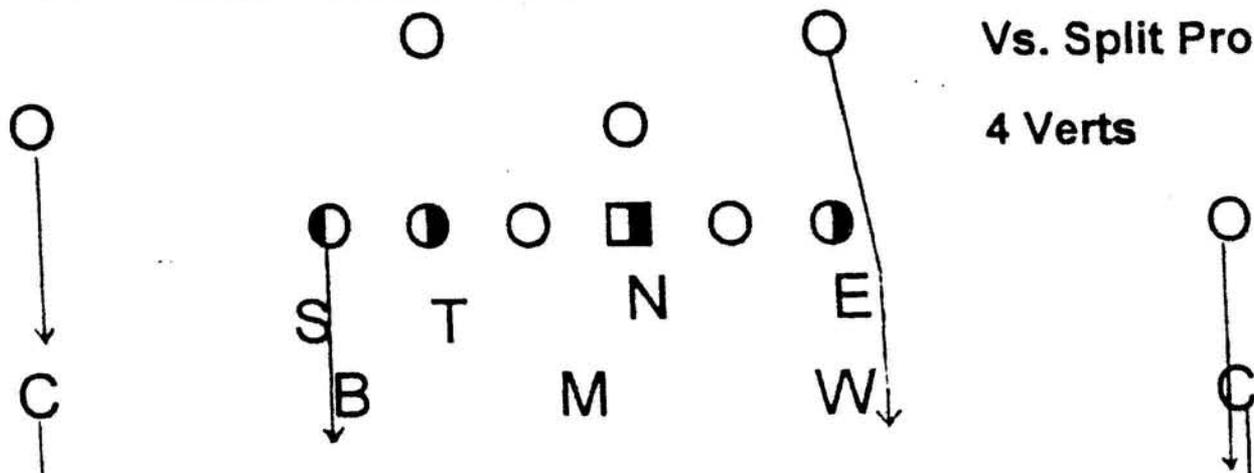
(TOLEDO FRONT)

Vs. "I" Pro



Vs. Split Pro

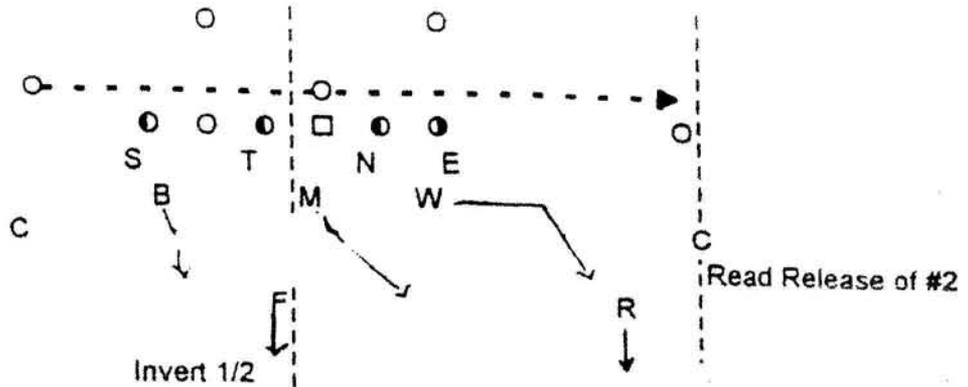
4 Verts



COVER 4

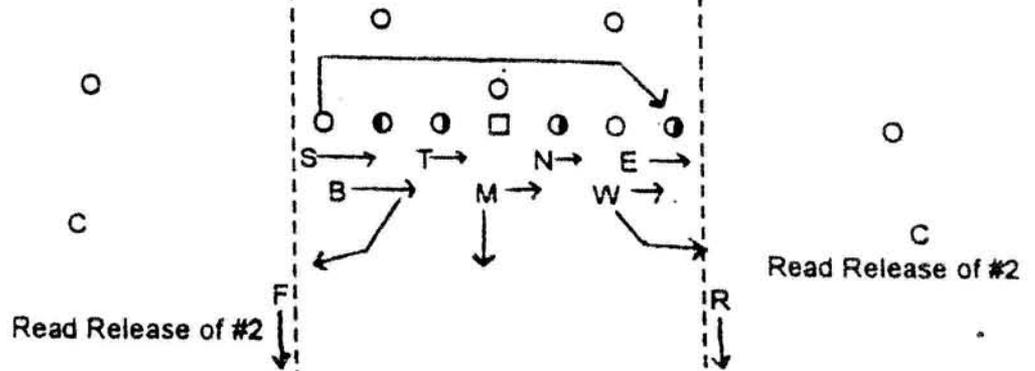
PRO-ZAP MOTION

1. LIZ call changes to RIP.
2. CORNER run with motion.
3. FS adjusts.
4. Read #2 Receiver only to the Right.



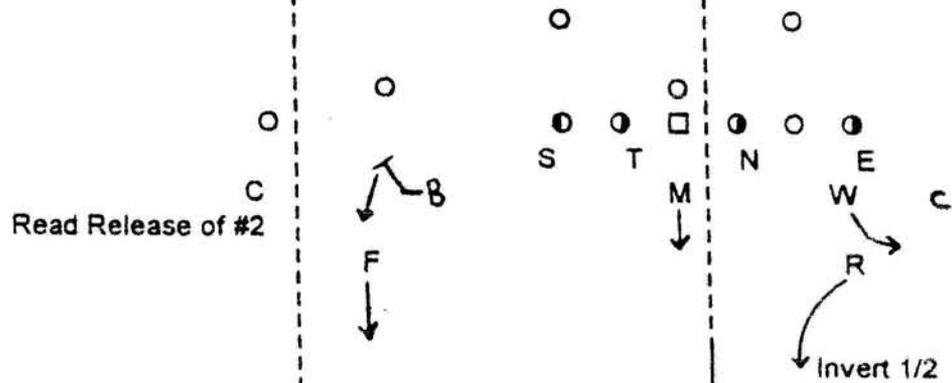
Y-TRADE

1. LIZ call changes to RIP.
2. D-Line shifts.
3. Read #2 Receiver both sides.



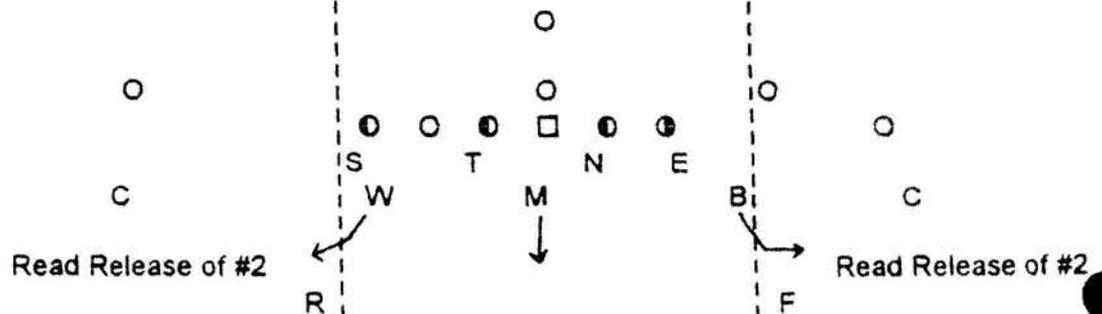
WIDE SLOT

1. LIZ call.
2. CORNER over.
3. Read #2 Receiver Only to the Left.



ACE

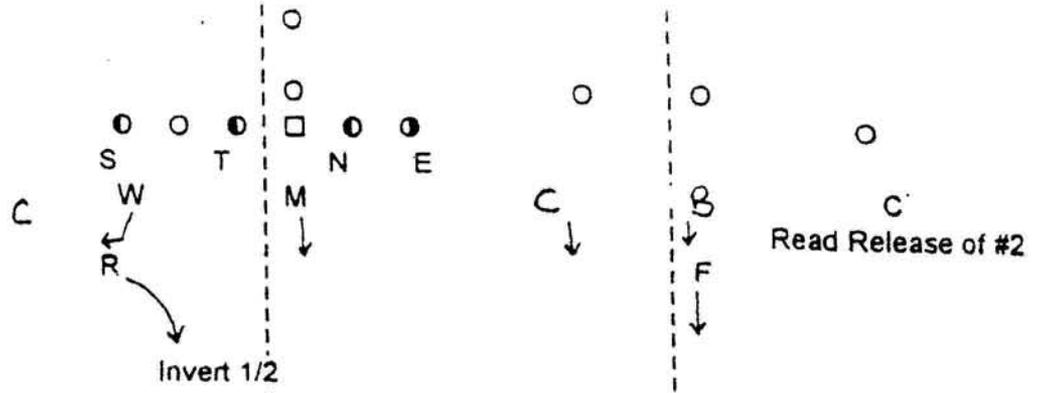
1. RIP call.
2. Read #2 Receiver both sides.



R - COVER 4

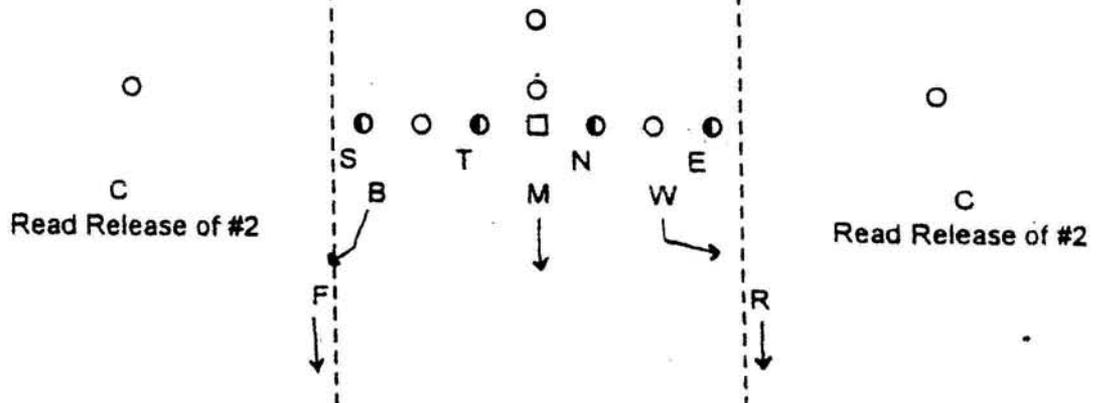
TRIPS

1. RIP call.
2. CORNER over.
3. Read #2
Receiver only to the Right.



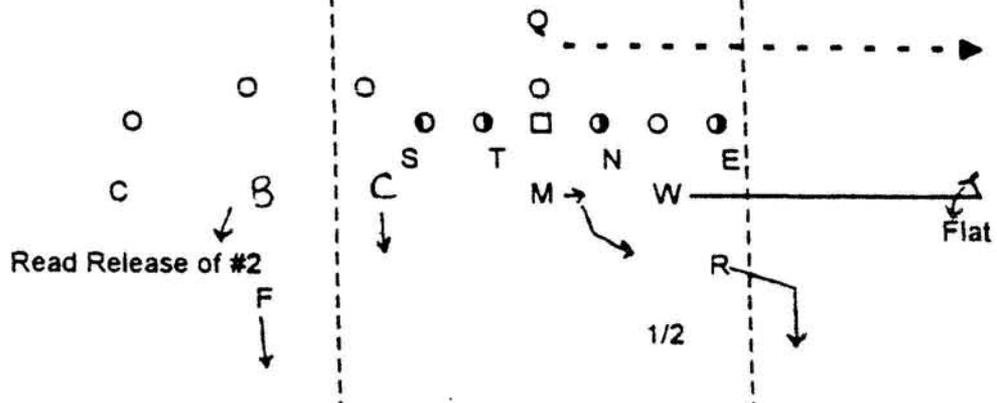
DOUBLES

1. LIZ call.
2. Read #2
Receiver both both sides.



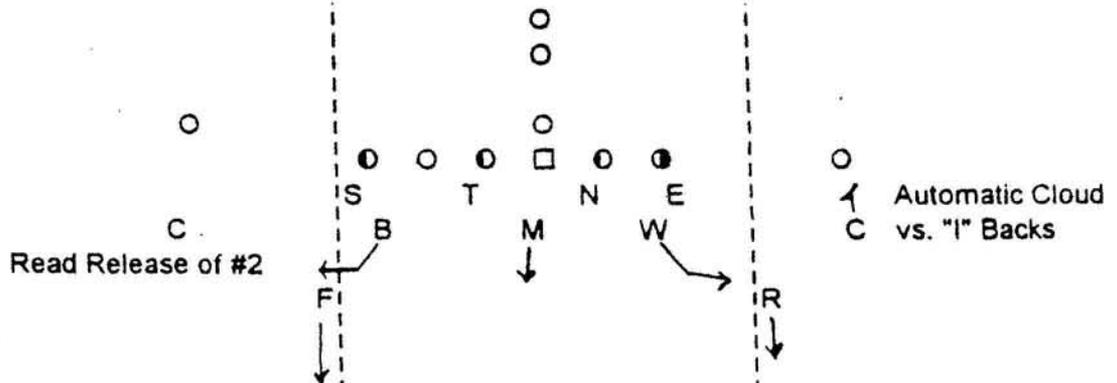
EMPTY

1. LIZ call.
2. CORNER over.
3. Read #2
Receiver only to the Left.
4. WHIP bumps out with motion - Cloud Force.
5. Adios call.



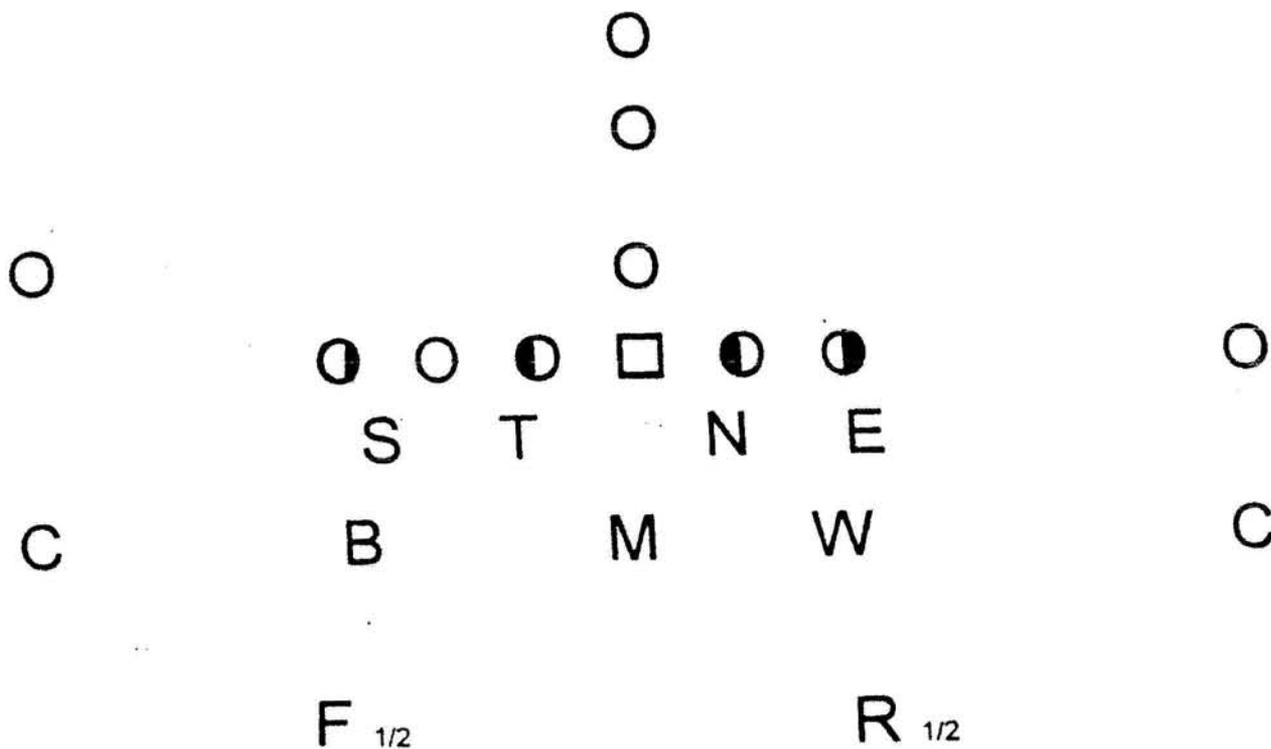
"I" PRO

1. LIZ call.
2. Automatic Cloud call to the SE side vs. I Pro.
3. Read #2
Receiver only to the Left.



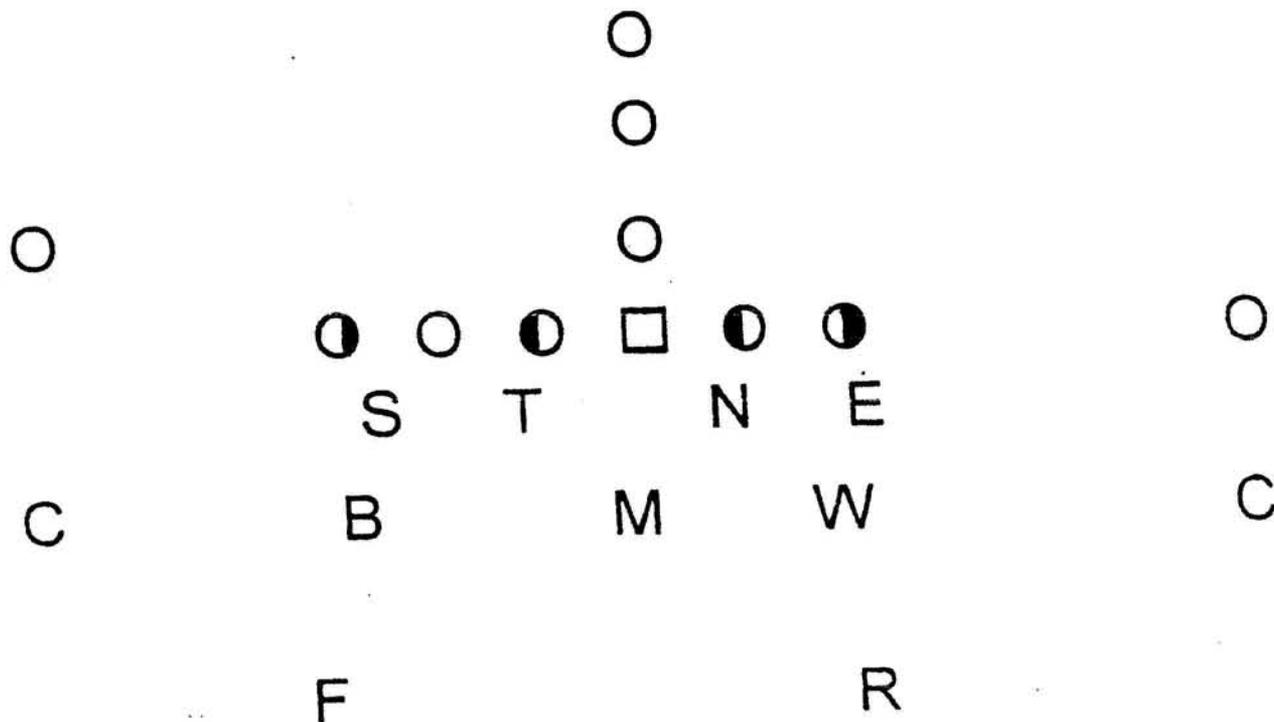
COVER 2

PLAYER	ALIGNMENT	KEY	RUN RESP.	PASS RESP.
Corner	1 x 5	Funnel 1 Key 2	To: Force Away: Backside Lev.	Flat/Hammer/Wheel
Rover	Wk side hash 12-14 yds deep	Uncovered OL 1 to 2	To: Secondary Force Away: Pursuit	Deep 1/2
Free Safety	Strong side hash 12-14 yds deep	Uncoverd OL 1 to 2	To: Secondary Force Away: Pursuit	Deep 1/2
Corner	1 x 5	Funnel 1 Key 2	To: Force Away: Backside Lev.	Flat/Hammer/Wheel
Mike	A-Flow	Normal	A Gap to ball	Middle hook 3 Vert.
Backer	Align strong #2	Run Pass #2	D Gap to ball	Strong Curl Bang #2
Whip	Align weak #2	Run/Pass #2	BA/CA	Weak Hook Bang #2



COVER 3-INVERT

PLAYER	ALIGNMENT	KEY	RUN RESP.	PASS RESP.
Corner	1 x 5	#1 to QB	To: Secondary Force Away: Last Man Pursuit	Deep 1/3
Rover	Wk side hash 12-14 yds	Uncoverd OL Drop to box	Inside/Out Free Hitter	Wk Hook/Curl
Free Safety	Strong side hash 12-14 yds	Uncovered OL to QB	To: Fill Away: Backside Lev.	Deep 1/3
Corner	1 x 5	#1 to QB	To: Secondary Force Away: Last Man Pursuit	Deep 1/3
Mike	A-Flow	Normal	A gap to ball	Strong Hook/Curl
Backer	Align #2 strong	Run/Pass #2	D gap to ball	Curl/Flat
Whip	Align #2 weak	Run/Pass #2	BA/CA	Curl/Flat



COVER 6 FREE ROBBER

- TYPE: Man
- DESCRIPTION: This coverage is a Man-Man-Plus coverage. We lock up on each eligible receiver with at least one defender. These defenders play outside leverage on the receiver because they have a Free Safety playing the deep middle 1/3 of the field and the Rover playing in the intermediate middle or what is referred to as the hole. Rover is the Robber trying to intercept on any medium routes such as digs, drags, curls, and short posts.
- STRENGTHS: Gives great disguise with Cover 2 look. Eliminates layered route combinations and intermediate passes in the middle. Eliminates dump-offs and screens to backs.
- WEAKNESSES: Rub routes designed to pick off underneath defenders. Late run support weak.

COORDINATED FORCE PACKAGE

Strong
Easy

Weak
Sky

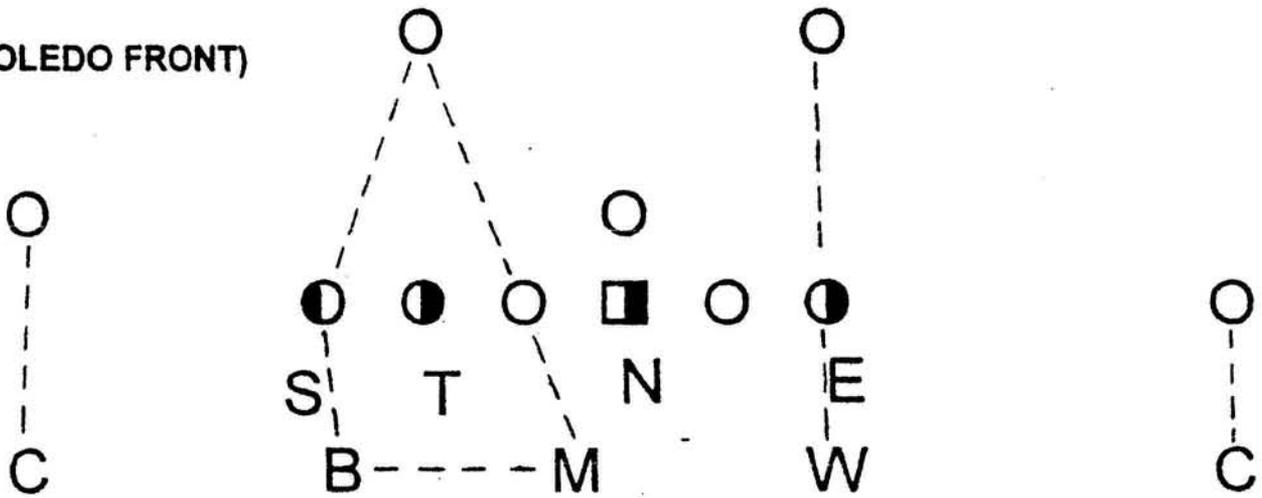
COACHING POINTS

- A. Corners
1. Cover your man everywhere.
 2. Use great outside leverage man to man technique. You have help inside by the Rover and the Free Safety. Hold your outside cushion.
 3. Be ready to change up techniques. (i.e., Cushion, Catch, Bump)
 4. Force receivers to inside, give great communication to our "Robber" -- the Rover.
- B. Rover
1. On the snap, move to the 10-12 yard intermediate middle hole.
 2. Always get your head on a swivel.
 3. Do not fixate eyes on QB -- see the route combinations develop.
 4. Take great break angles to the reception point.
- C. Free Safety
1. Play Deep -- get to your middle 1/3 immediately.
 2. Be ready to force on weak side.

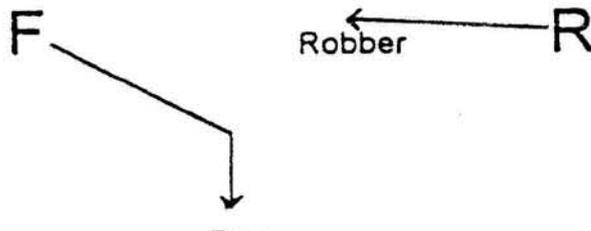
Cover 6 Free Robber

PLAYER	ALIGNMENT	KEY	RUN RESP.	PASS RESP.
Corner	1 x 6	#1	To: Secondary Force Away: Last Man Pursuit	#1
Rover	Away from passing strength 12 yds deep	Uncoverd lineman to QB	To: Force Away: Pursuit	Free - Robber
Free Safety	To passing strength 12 yds deep	Unocvered lineman to QB	To: Fill Away: Pursuit	Free
Corner	1 x 6	#1	To: Secondary Force Away: Last Man Pursuit	#1
Mike	A-	Combo w/Backer on #2 and #3	Normal	Combo w/Backer #2 or #3 Strong
Backer	C-	Combo w/Mike on #2 and #3	Normal	Combo w/Mike #2 Strong or #3(Combo)
Whip	B-	#2 Weak	Normal	#2 Weak

(TOLEDO FRONT)



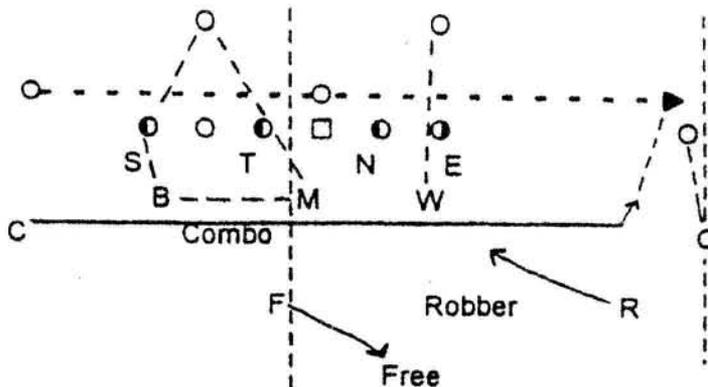
Combo



COVER 6 FREE ROBBER ADJUSTMENTS

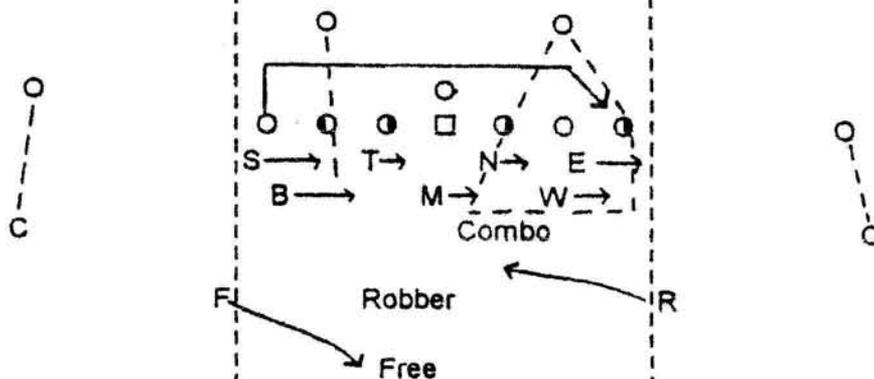
PRO-ZAP MOTION

1. LIZ call changes to RIP.
2. CORNER run with motion.
3. BACKER & MIKE Combo.



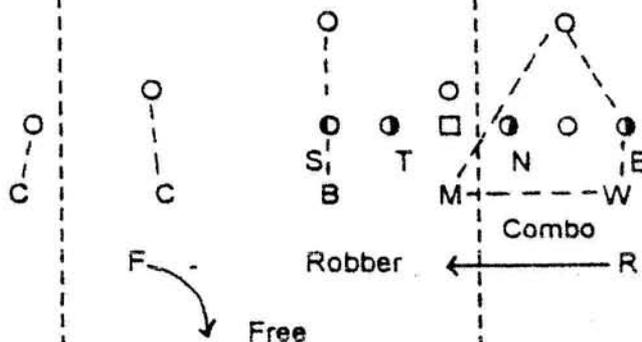
Y-TRADE

1. LIZ call changes to RIP.
2. D-Line shifts.
3. MIKE & WHIP Combo.



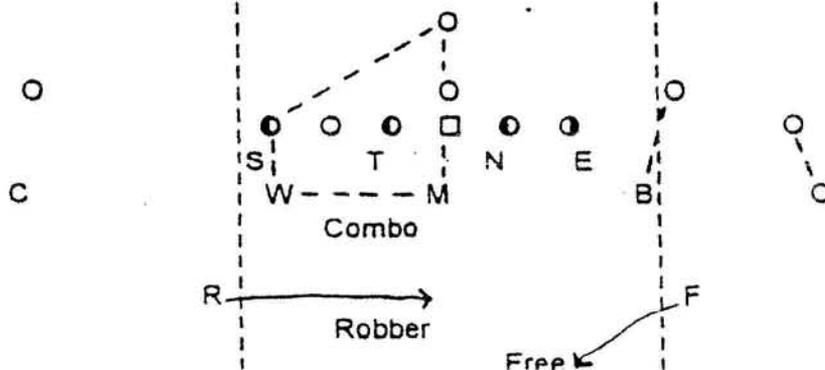
WIDE SLOT

1. LIZ call.
2. CORNER over.
3. MIKE & WHIP Combo.



ACE

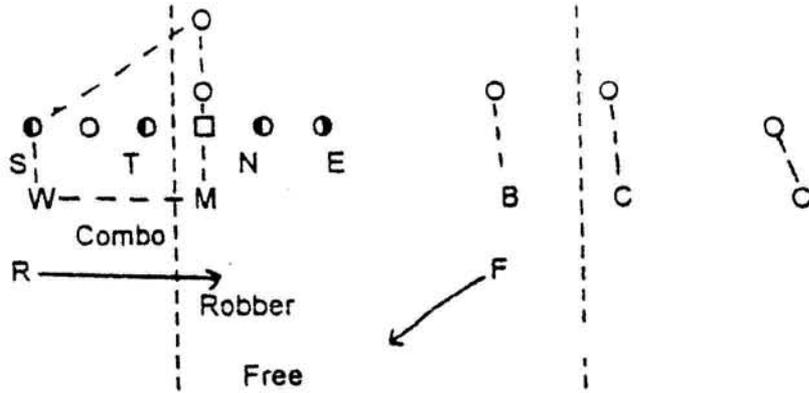
1. RIP call.



COVER 6 FREE ROBBER ADJUSTMENTS

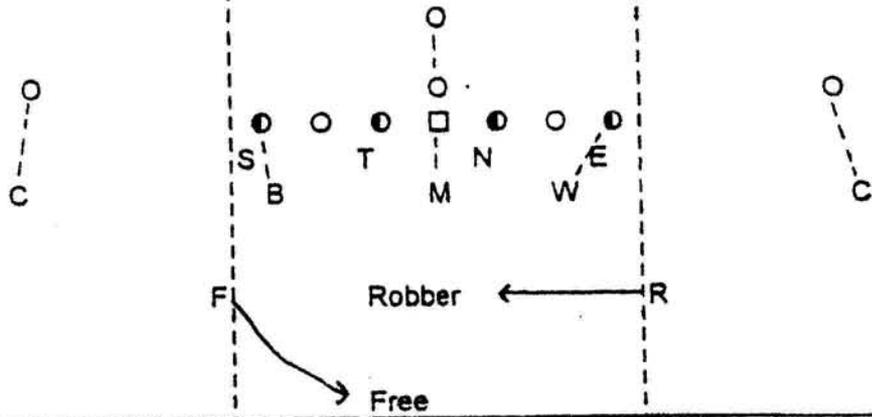
TRIPS

1. RIP call.
2. CORNER over.
3. BACKER bumps.
WHIP and MIKE
Combo.



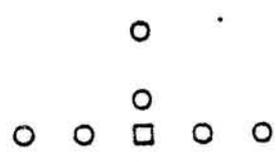
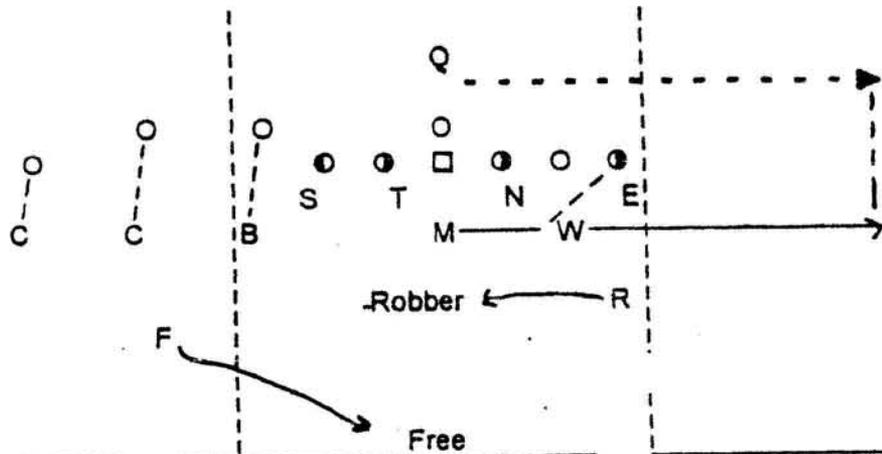
DOUBLES

1. LIZ call.



EMPTY

1. LIZ call.
2. WHIP bumps.



"R" ZONE BLITZ GUIDELINES

BACKER DOG (3 BACKER)

- C Align #1/Hot 1/3
 - FS Align Strong Hash/Hot/Curl #2
 - R Align Weak Hash/Middle 1/3
 - W Align Weak #2/Hot/Curl #2
 - M Set Front Passing Strength Hawk/Rover Dog Tech #3 Outside Wall #3
 - B Align #2 Strong/Blitz Contain
 - DL Callside: Color call
Awayside: Tackle Spy/End Contain
- * Empty √ 3 Invert/Gold

CORNER DOG (3 ROLL)

- BC Align #1/Blitz Contain
 - FC Align #1/Hot 1/3
 - FS Align Strong Hash/Middle 1/3
 - R Align Weak Hash/Hot #1 & 1/3
 - W Align #2 Weak/D-Crash
Displaced #2 (Broken Go) Hot/Curl
 - M Set Front to Passing Strength Hawk/
Hot to Curl Weak/#3 Strong Wall #3 (Backer Go-D-Crash)
 - B Align #2 Strong/Hot to Curl #2
 - DL Callside: Color call
Awayside: Tackle Spy/End Contain
- * Empty √ 3 Invert/Gold

INSIDE DOGS (3 INVERT)

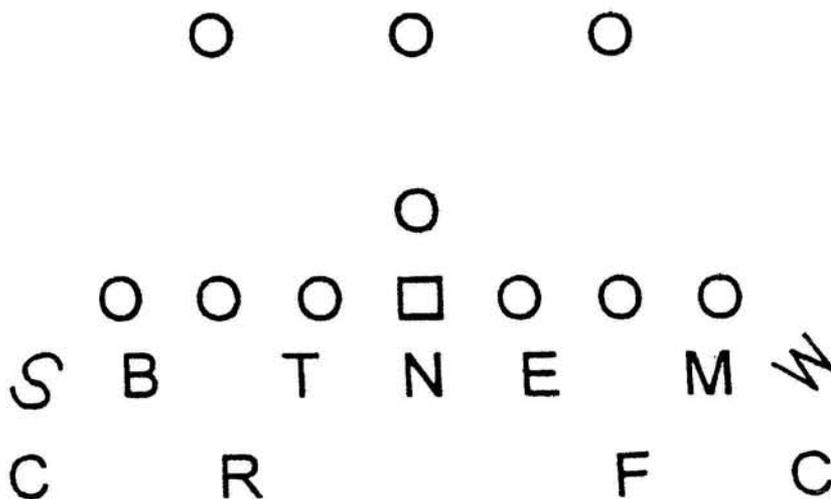
- C Align #1/Hot 1/3
 - FS Align Strong Hash/Middle 1/3 Change Call (3 x 1) Wall #3
 - R Align Weak Hash/Hot/Curl #2 / 3 x 1 Wall #3 (Change Call M 1/3)
 - W Align #2 Weak/Dog Tech
 - M Set the Front Passing Strength/Dog Tech
 - B Align #2 Strong/Hot/Curl #2
 - DL Ends: Ed Tech
Tackles: Non-Angler: Spy / Angler: Go
- * Empty √ 3 Invert/or Gold

GOAL LINE

<u>TOPIC</u>	<u>PAGE</u>
Tuff Blood Yo-Yo vs. 3 Backs	1001
Tuff Blood Yo-Yo vs. Wing	1002
Tuff Blood Yo-Yo vs. Green	1003

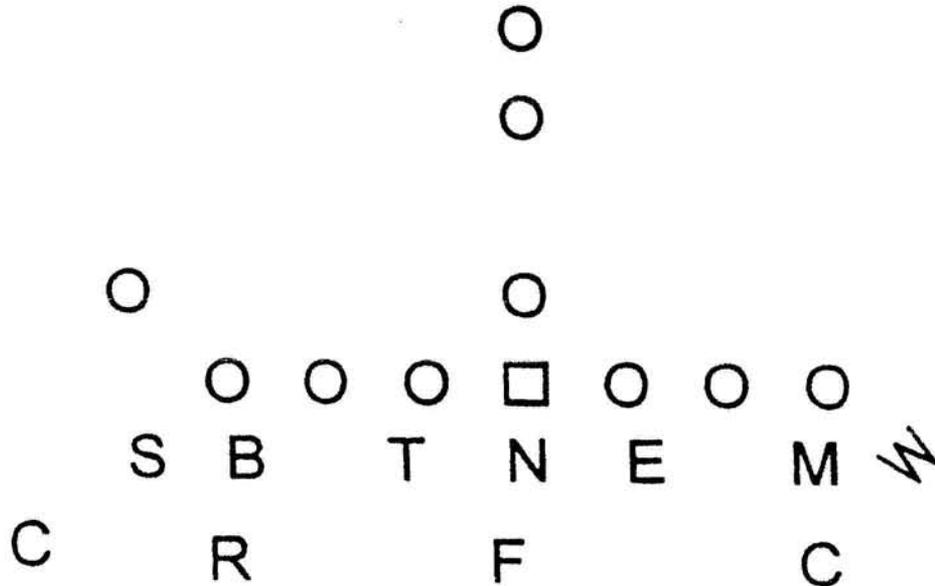
Tuff Blood Yo-Yo vs. 3 Backs

PLAYER	ALIGNMENT	KEY	RUN RESP.	PASS RESP.
Corner	2x5 off TE	#1 to QB	Support	Yo-Yo
Rover	Strg 4l - 5 yd depth * adjust to backs	Backfield Flow	Ball	Yo-Yo
Free Safety	Wk 4l - 5 yd depth * adjust to backs	Backfield Flow	Ball	Yo-Yo
Corner	2x5 off TE	#1 to QB	Support	Yo-Yo
Mike	7 Tech Weak	Down LOS to ball	Spark C Gap	Cheek of QB
Backer	7 Tech Strong	Down LOS to ball	Spark C Gap	Cheek of QB
Whip	Wide 9 Tech	TE to inside	D Gap	Contain
Stud	Call to: 3 Tech Call away: Wide 9 Tech	OG TE to inside	B Gap D Gap	Cheek of QB Contain
End	Call to: 3 Tech Call away: Wide 9 Tech	OG TE to inside	B Gap D Gap	Cheek of QB Contain
Tackle	Call to: 0 Tech Call away: 3 Tech	OC OG	2 Gap B Gap	Nose of QB Cheek of QB
Nose	Call to: 0 Tech Call away: 3 Tech	OC OG	2 Gap B Gap	Nose of QB Cheek of QB



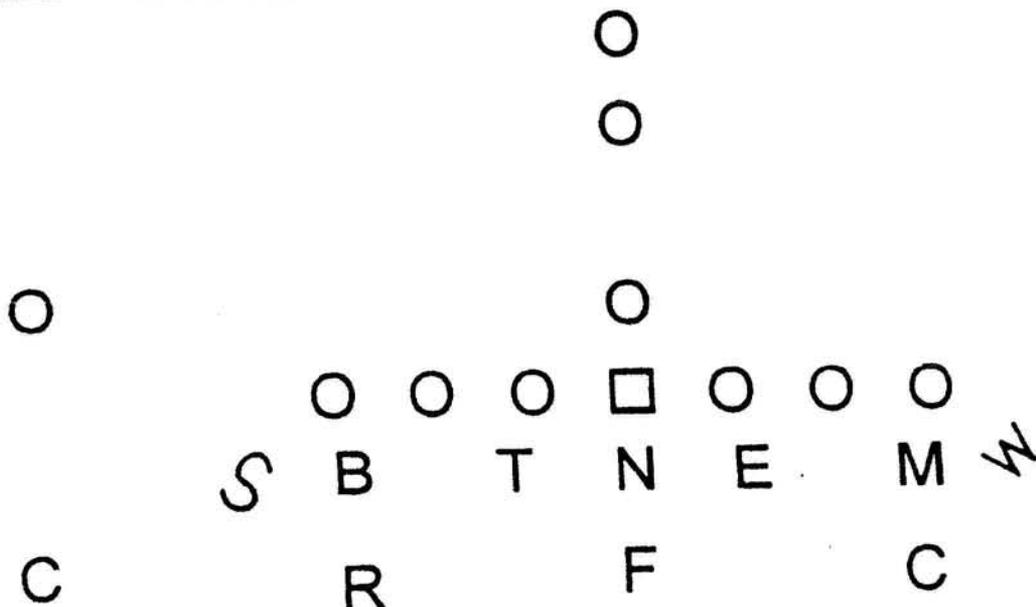
Tuff Blood Yo-Yo vs. Wing

PLAYER	ALIGNMENT	KEY	RUN RESP.	PASS RESP.
Corner	2x5 off EOL	#1 to QB	Support	Yo-Yo
Rover	Strg 4l - 4yd depth * adjust to backs	Backfield Flow	Ball	Yo-Yo
Free Safety	Wk 4l - 4 yd depth * adjust to backs	Backfield Flow	Ball	Yo-Yo
Corner	2x5 off Wing (Bump Call)	#1 to QB	Support	Yo-Yo
Mike	7 Tech Weak	Down LOS to ball	Spark C Gap	Cheek of QB
Backer	7 Tech Strong	Down LOS to ball	Spark C Gap	Cheek of QB
Whip	Wide 9 Tech	TE to inside	D Gap	Contain
Stud	To Whip Call: 3 Tech Call away: Wide 9 Tech	OG TE to inside	B Gap D Gap	Cheek of QB Contain
End	To Whip Call: 3 Tech Call away: Wide 9 Tech	OG TE to inside	B Gap D Gap	Cheek of QB Contain
Tackle	To Call: 0 Tech Call away: 3 Tech	OC OG	2 Gap B Gap	Nose of QB Cheek of QB
Nose	To Call: 0 Tech Call away: 3 Tech	OC OG	2 Gap B Gap	Nose of QB Cheek of QB



Tuff Blood Yo-Yo vs. Green

PLAYER	ALIGNMENT	KEY	RUN RESP.	PASS RESP.
Corner	No Width - 2x5 (Bump Call)	QB to #1	Support Coverage Call	Yo-Yo
Rover	Call to: 0 Tech/5yd Call away: 7 tech/5yd	Backfield Flow	Call to: A Gaps to Flow Call Away: Support	Yo-Yo
Free Safety	Call to: 0 Tech/5yd Call away: 7 tech/5yd	Backfield Flow	Call to: A Gaps to Flow Call Away: Support	Yo-Yo
Corner	No Width - 2x5 (Bump Call)	#1 to QB	Support Coverage Call	Yo-Yo
Mike	7 Tech Weak	Down LOS to backs	Spark C Gap	Cheek of QB
Backer	7 Tech Strong	Down LOS to backs	Spark C Gap	Cheek of QB
Whip	Wide 9 Tech	TE to inside	D Gap	Contain
Stud	Call to: 3 Tech Call away: Wide 9 Tech	OG TE to inside	B Gap D Gap	Cheek of QB Contain
End	Call to: 3 Tech Call away: Wide 9 Tech	OG TE to inside	B Gap D Gap	Cheek of QB Contain
Tackle	Call to: 0 Tech Call away: 3 Tech	OC OG	2 Gap B Gap	Nose of QB Cheek of QB
Nose	Call to: 0 Tech Call away: 3 Tech	OC OG	2 Gap B Gap	Nose of QB Cheek of QB



PAT/FG BLOCK SECTION

<u>Topic</u>	<u>Page</u>
Philosophy	2101
Goals	2102
General Coaching Points	2102
Get Off Keys	2102
Toledo PAT/FG Block Alignment	2103
Toledo FG	2104
Block Right	2104
Block Left	2104
Block Middle	2105
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SPECIAL FORCES

TOLEDO ROCKET PAT/FG BLOCK

PHILOSOPHY:

Our PAT/FG Block Team must have as much or more intensity and focus as any other defense called. Critical points in the football game are up for grabs. **ATTACK and SCORE!**

Execute your assignment with Effort, Intensity and Desire. We will create a **BLOCK** or disrupt a kicker to miss the attempt.

Coverage players must be Alert and carry out your responsibility in all situations. Our Defense must be ready for any shift or fake that may occur and make the Big Play.

GOALS . . .

1. Score.
2. Stop trick plays or fires 100% of the time.
3. Block kick or force miss by kicker.
4. Attack each attempt with great effort 100% of the time.

GENERAL COACHING POINTS . . .

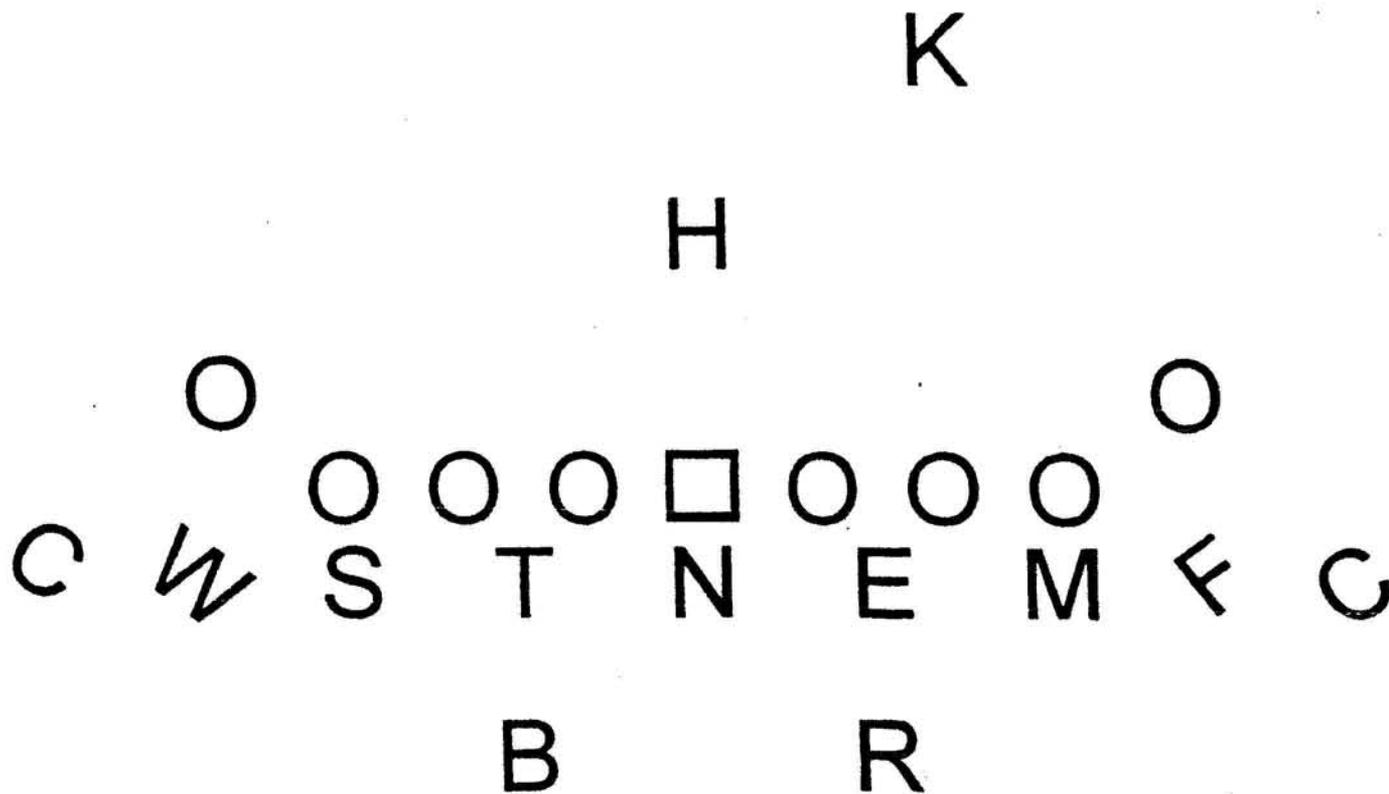
1. Align correctly, check line of scrimmage and offensive formation and Be Alert for Fakes.
2. Rushers must narrow your focus to "Get Off Key". Explode on movement.

GET OFF KEYS . . .

1. We must study the Center on video for get off Tips.
 - A. Ball lift or knuckle movement
 - B. Center's hips
 - C. Center's shoulders
 - D. Center's head
2. Inside Rushers - get off, stay low, rip and turn shoulders, drive and penetrate as deep as possible. When the Offensive Lineman's leg swings back, go up with inside hand for block.
3. Outside Rushers - Get off - Take sharp angle to the block spot (1 yard in front of Holder). Lay out in front of Kicker. Take ball off the Kicker's foot. See the ball into your hands.
4. When the ball is blocked behind the LOS, Scoop and Score. If he crosses the LOS, yell Peter and get away from it.

SPECIAL FORCES

TOLEDO PAT/FG BLOCK ALIGNMENT



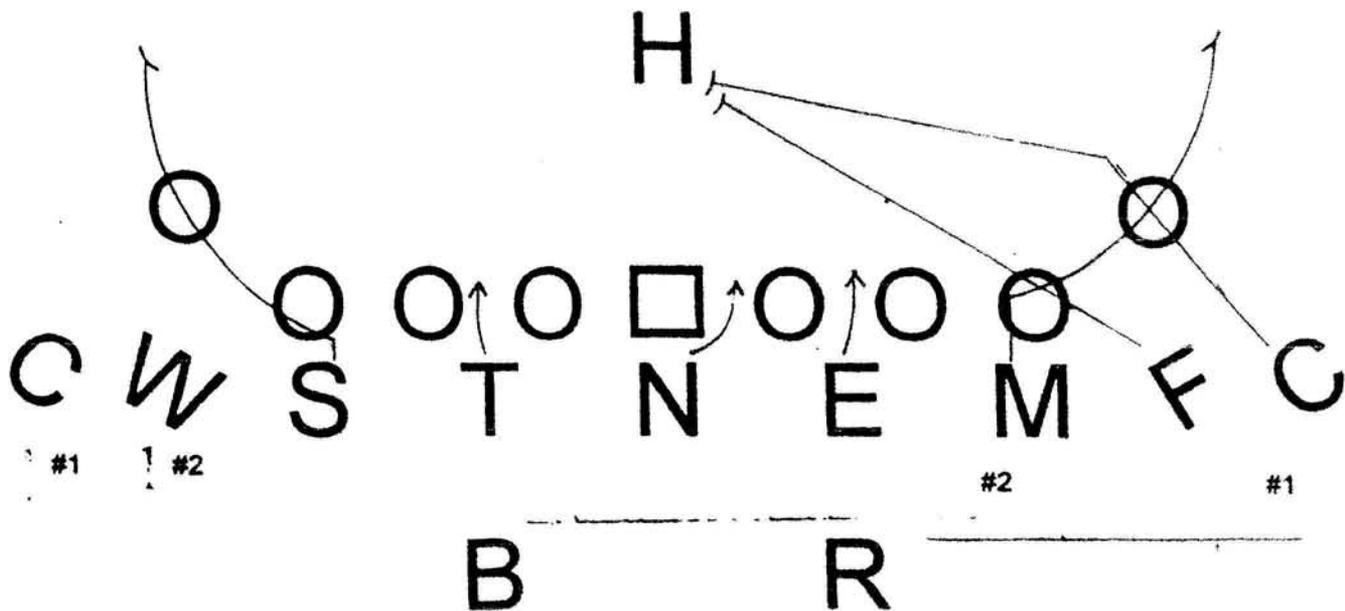
TYPES OF BLOCKS

1. Block Right
2. Block Left
3. Block Middle
4. Block Rocket
5. Special (Angle Gap)

TOLEDO FG

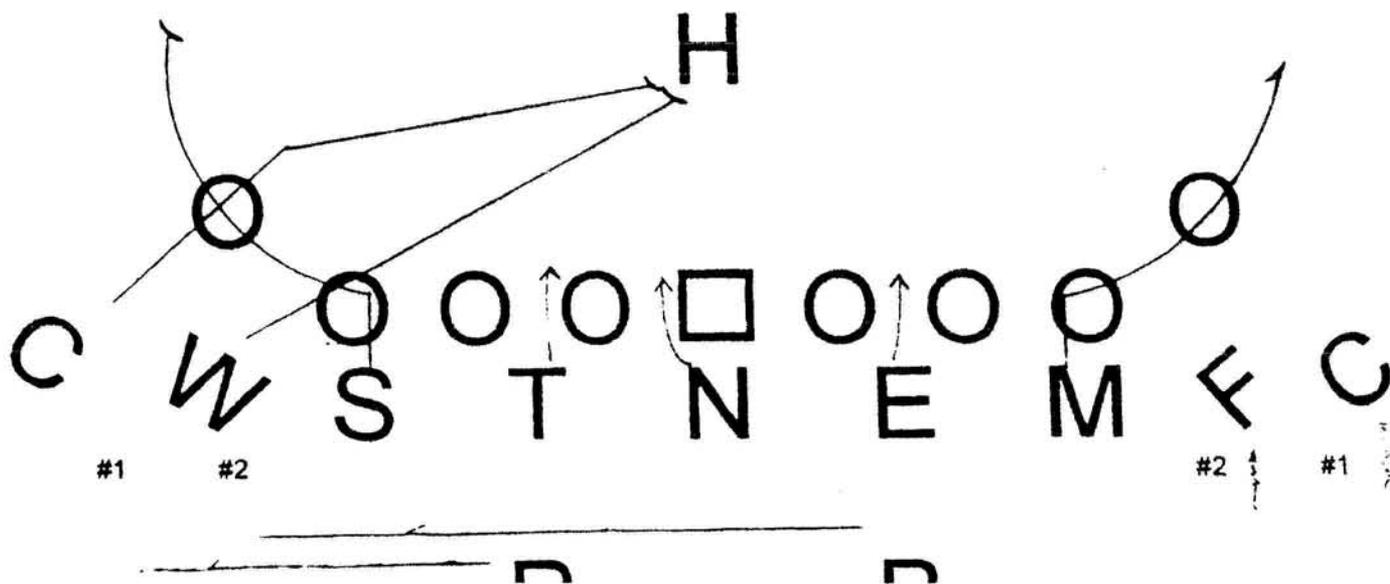
Block Right

K



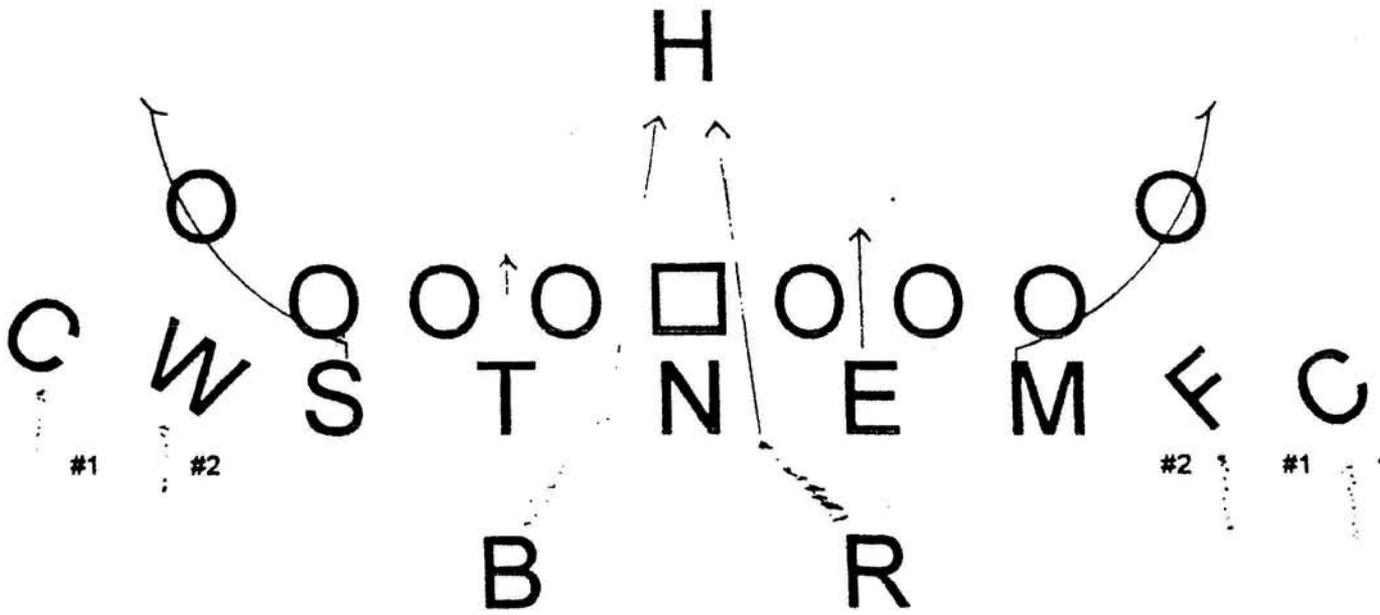
Block Left

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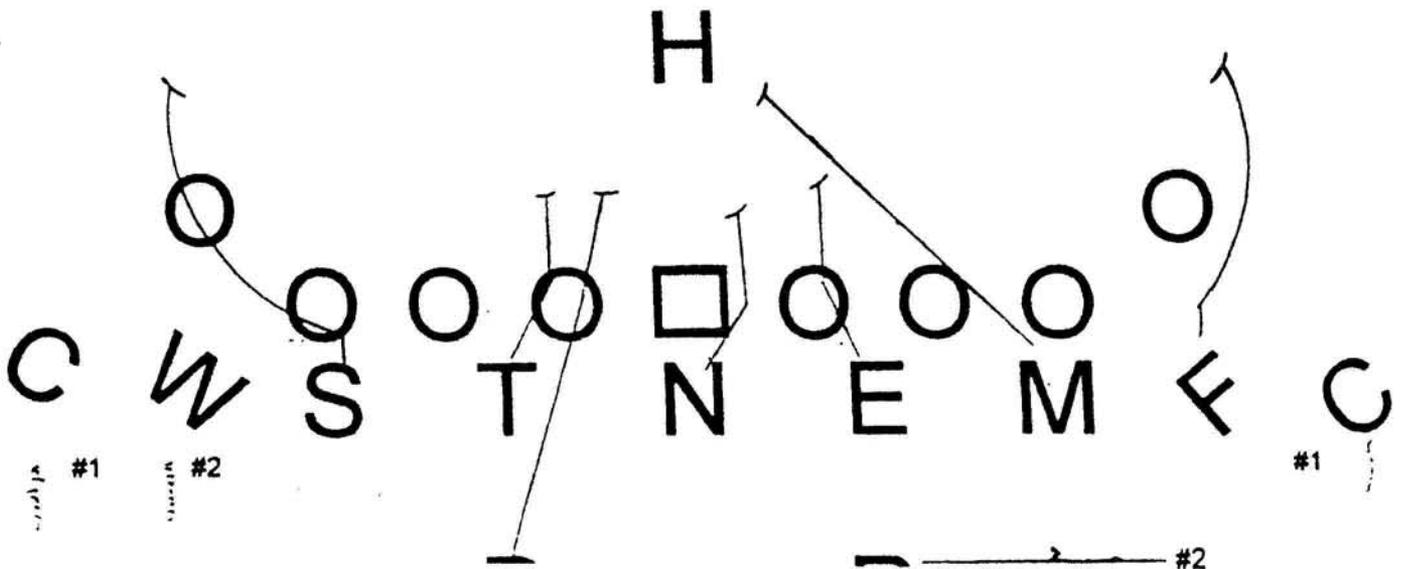
Block Middle

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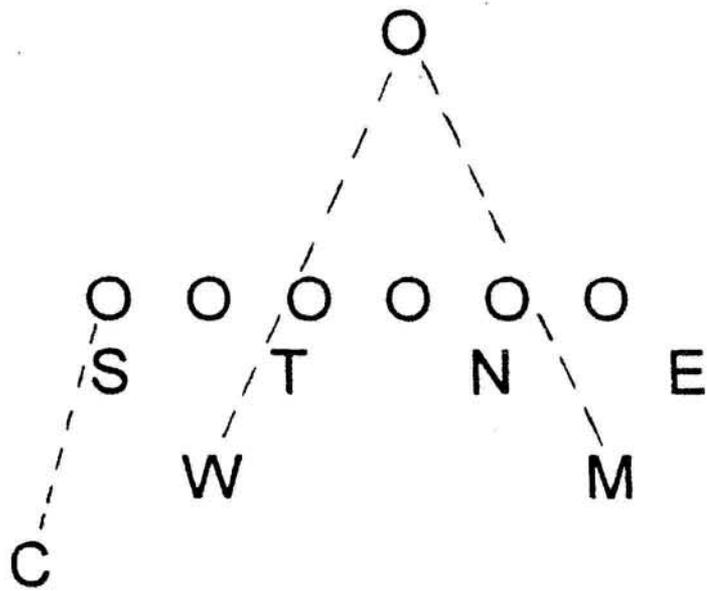


Rocket Right

K



MUDDLE HUDDLE BASE ALIGNMENT



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SPECIAL FORCES

KICKOFF COVERAGE SECTION

<u>TOPIC</u>	<u>PAGE</u>
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Kicking Rules	2202
Strategy	2203
After Safety; Kickoff or Punt	2203
Huddle Procedure	2204
Pre-Kickoff Alignment	2205
Kickoff from 35 Yard Line	2206
Ball Kicked Middle	2206
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Ball Kicked Left	2210
"Deep Kick" - "3-4 Twist" Call	2212
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TOLEDO KICKOFF COVERAGE

GENERAL COVERAGE PRINCIPLES

1. It is imperative that NO ONE BE OFFSIDES.
2. Good take off is essential to good coverage. You should be "running" full speed one yard behind the ball when it is kicked. The key to coverage is acceleration over the first 10 yards after the kick. Never Slow Down for a Blocker.
3. Go down on kick as fast as possible, maintaining proper lane spacing and running under control. Be ready to react to the ball - use your hands, speed and agility.
4. Don't stop to avoid a blocker. Be nifty and avoid blocker early, but get back into your lane. Whenever you are within 10 yards or less from the ball carrier with a blocker in between, you must take on the blocker. You will run past most potential blockers if you sprint!
5. Stay on your feet. If knocked down, get up immediately and get back into your lane.
6. The first man down field that out runs or evades the blockers must force the issue. Take a shot at the ball carrier. The others converge under control and will gang tackle the ball carrier. Keep the ball on your inside shoulder.
7. Contain. Do not allow the ball to break outside of you. Be Alert for reverses and trick returns.
8. Covering a kickoff is strictly desire and carrying on detailed responsibilities. This is the best time to start convincing a team that we are going to attack them from the beginning to the end.
9. Percentage-wise, it takes 4.2 seconds for the ball to be caught in the end zone and brought out to the goalline and 5.2 seconds to get to the 20.
10. Desire and Pride are the greatest assets a player can have in getting downfield to cover the kickoff and the tackle. Speed, Agility, Aggressiveness and Pursuit are vital!

KICKING RULES

1. Restraining Lines - The kicking team's restraining line on a kickoff shall be its 35-yard line, and for a free kick after a safety, it 20-yard line, unless relocated by a penalty.
2. Free Kick Formation - at least 4 players must be on each side of the kicker. After a safety, when a punt or drop kick is used, the ball shall be kicked within one yard behind the kicking team's restraining line.
3. A kickoff is illegal unless it travels 10 yards OR is touched by the receiving team. Once the ball is touched by the receiving team, it is a free ball. Receivers may recover and advance. Kicking team may recover, but NOT advance UNLESS receiver had possession and lost the ball.
4. When a kickoff goes out of bounds between the goal lines and it touched last by receiving team, it is receiver's ball at out-of-bounds spot.
5. The clock starts for a K.O. at the time the ball is kicked except for 2 Minute.
6. A kickoff that does not travel 10 yards is illegal and treated as follows:
 - A. If it rolls dead untouched by either team, the kicking team is penalized 5 yards and must kick over again.
 - B. If the covering team touches ball prior to 10 yards, receiving team can cover the ball, advance it, or merely let it roll dead. Receiving team will then have ball where they advance it, where the ball is downed, or can force offense to kick again from 30.
 - C. If the receiving team touches it, but does not control it, it is a free ball. It can be recovered and advanced by receiving team, but only recovered by kicking team.
7. Once a K.O. travels 10 yards it is a free ball and belongs to the recovering team.
8. A kickoff that goes beyond the 10-yard restraining line can be fair caught by receiving team. If no receiver is in the area of the kicked ball, the covering team may field the ball in the air and gain possession.
9. On a K.O. return if a ball is thrown as a backward lateral and it hits the ground, it is a free ball. If it happens to go forward and hits the ground, the ball is dead when it hits the ground. The receiving team is then penalized 5 yards from the spot where the ball was thrown from.
10. Any member of any team can push or pull an opponent out of the way in an attempt to recover a loose ball. He may not do so, however, to allow a teammate to recover the ball. He may block an opponent to allow a teammate to recover the ball.

STRATEGY

1. Kickoff to or away from certain personnel.
2. Squib kick.
3. Kickoff from hashmarks.
4. Kickoff crossfield.
5. Cross certain paths to disrupt blocking assignments.
6. Use onside kick.
7. Change alignments to confuse return assignments.

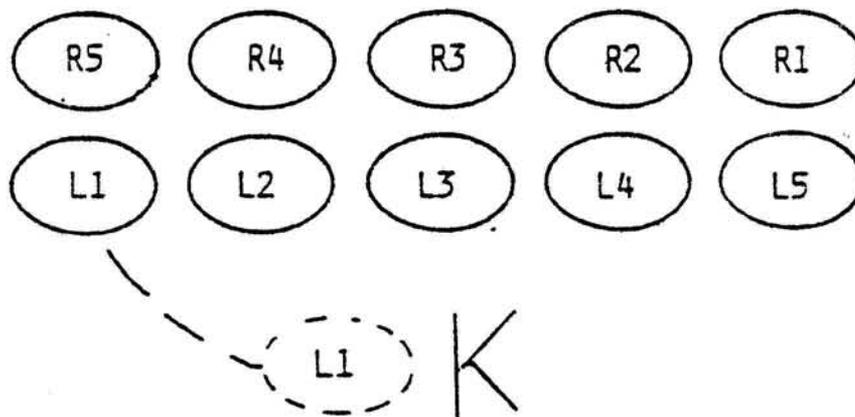
AFTER SAFETY: KICKOFF OR PUNT

1. Restraining line is now the 20 yard line.
2. Same coverage and alignment as kickoff, but the ball can be punted or kicked off. Punter will approach slower.
3. Huddle takes place on the 15 yard line (normal).
4. Free ball after it goes 10 yards.
5. Do not be offside.

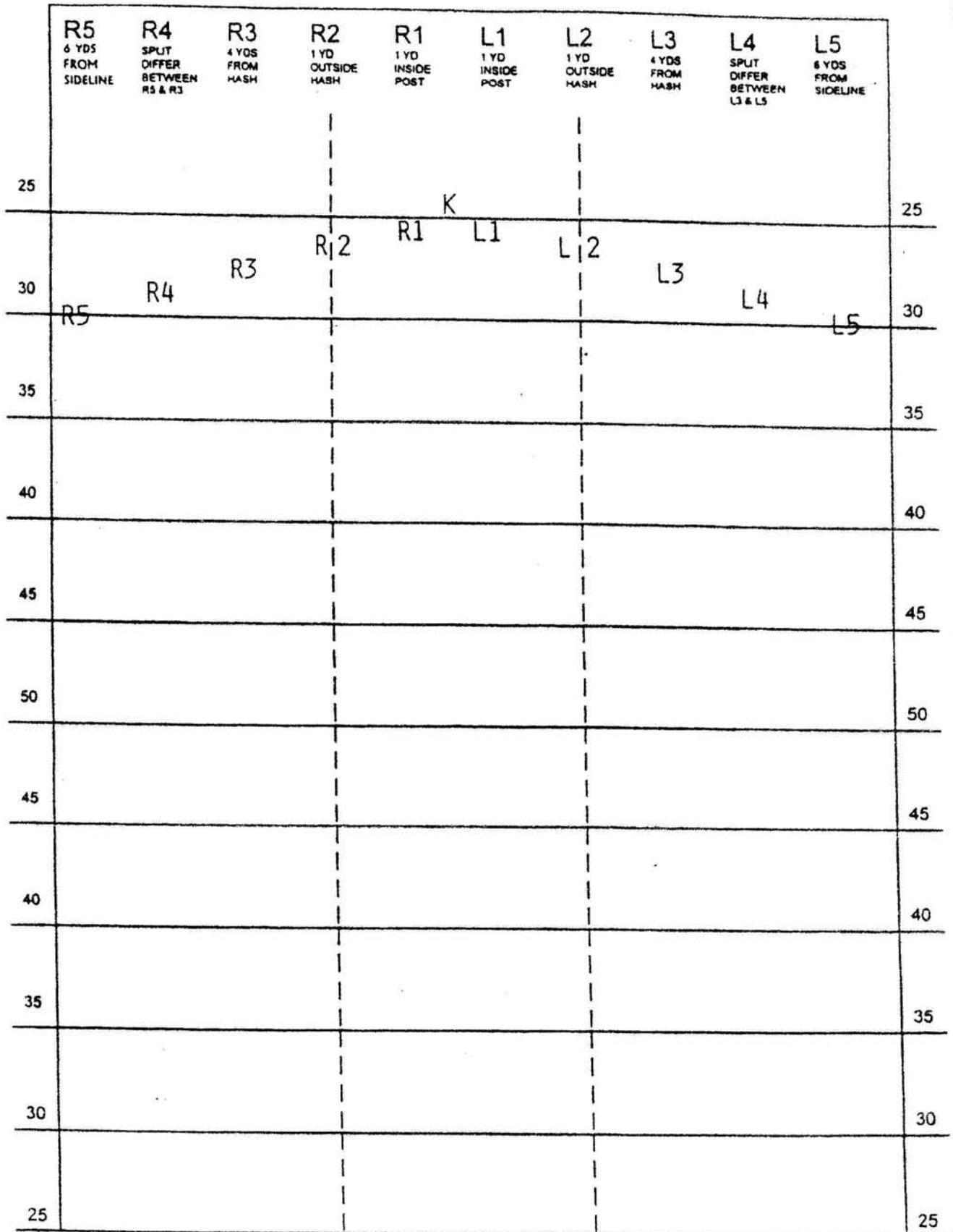
HUDDLE PROCEDURE

1. We will huddle on sideline with coach for sideline call.
2. On break of huddle from sidelines the coverage team will go on the field and form another huddle directly behind where the kicker is preparing to place the ball in play. L1 and the kicker will be on the 27 yard line. The huddle will be on the 25 yard line. Break on signal from L1 and sprint to proper alignment. From here the kicker will wait until the coverage team is set – approach the ball and kick it to desired location.

NOTE: Kick after safety, the 20 yard line is our restraining line. Our alignment and coverage responsibilities will remain the same.



PRE-KICKOFF ALIGNMENTS



KICKOFF FROM 35 YARD LINE - BALL KICKED MIDDLE

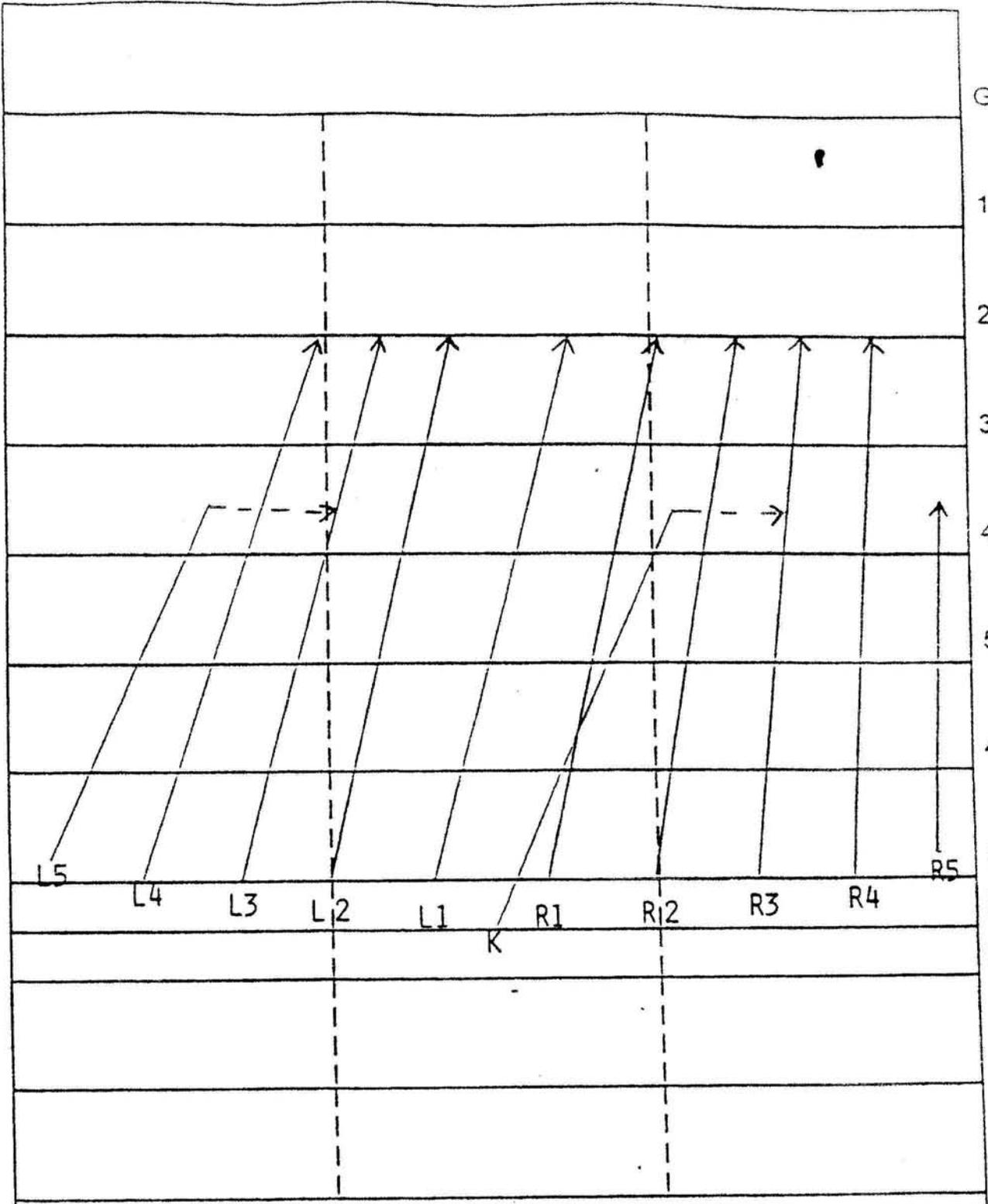
- L1 - R1 Avoid front line blockers. Break up the wedge. Do not trade one for one. Stay in your lane.
- L2 - R2 Avoid front line blockers. Break up the wedge. Do not trade one for one. Stay in your lane.
- L3 - R3 Go through the outside man in wedge. If the wedge is not moving or is setting up slow, you may go around. Stay in your lane. On ball kicked away from you, don't cross the middle of the field until the ball has committed away from you.
- L4 - R4 Attack the ball carrier from the outside-in. You are the contain man on a side return away from you. Force when ball kicked to your side. Do not cross hash until ball is committed away from you.
- L5 - R5 You must maintain leverage on the ball, coverage from outside-in. Be in a position to help inside; but you must never get beaten outside. You are the contain man on a side return your way. Think reverse. Roll the post when the ball goes up the middle or to the other side of the field. On a roll find the ball immediately after you roll. You are the SAFETY along with the kicker.
- KICKER Move down the field cautiously always keeping the ball in front of you. You are the SAFETY along with the L5 and R5.

KICKOFF FROM 35 YARD LINE - BALL KICKED TO OUR RIGHT

- L1 - R1 Avoid front line blockers. Break up the wedge. Do not trade one for one. Stay in your lane.
- L2 - R2 Avoid front line blockers. Break up the wedge. Do not trade one for one. Stay in your lane.
- L3 - R3 Go through the outside man in wedge. If the wedge is not moving or is setting up slow, you may go around. Stay in your lane. On ball kicked away from you, don't cross the middle of the field until the ball has committed away from you.
- L4 - R4 Attack the ball carrier from the outside-in. You are the contain man on a side return away from you. Force when ball kicked to your side. Do not cross hash until ball is committed away from you.
- L5 - R5 You must maintain leverage on the ball, coverage from outside-in. Be in a position to help inside; but you must never get beaten outside. You are the contain man on a side return your way. Think reverse. Roll the post when the ball goes up the middle or to the other side of the field. On a roll find the ball immediately after you roll.
- KICKER Move down the field cautiously always keeping the ball in front of you. You are the SAFETY on the side of the kick.

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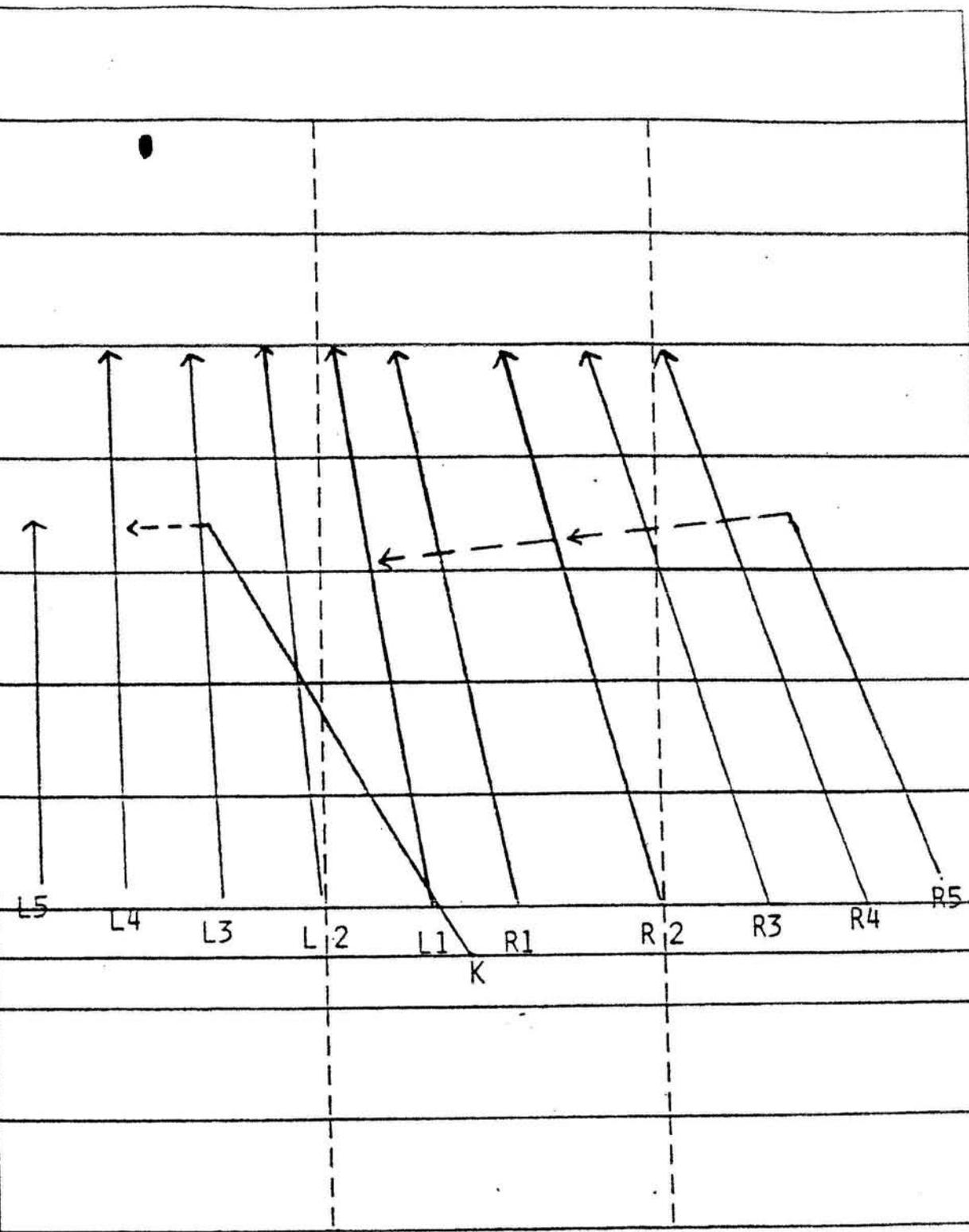
KEEP THE BALL ON THE INSIDE SHOULDER
NEVER BE OFFSIDES

KICKOFF FROM 35 YARD LINE - BALL KICKED TO OUR LEFT

- L1 - R1 Avoid front line blockers. Break up the wedge. Do not trade one for one. Stay in your lane.
- L2 - R2 Avoid front line blockers. Break up the wedge. Do not trade one for one. Stay in your lane.
- L3 - R3 Go through the outside man in wedge. If the wedge is not moving or is setting up slow, you may go around. Stay in your lane. On ball kicked away from you, don't cross the middle of the field until the ball has committed away from you.
- L4 - R4 Attack the ball carrier from the outside-in. You are the contain man on a side return away from you. Force when ball kicked to your side. Do not cross hash until ball is committed away from you.
- L5 - R5 You must maintain leverage on the ball, coverage from outside-in. Be in a position to help inside; but you must never get beaten outside. You are the contain man on a side return your way. Think reverse. Roll the post when the ball goes up the middle or to the other side of the field. On a roll find the ball immediately after you roll.
- KICKER Move down the field cautiously always keeping the ball in front of you. You are the SAFETY on the side of the kick.

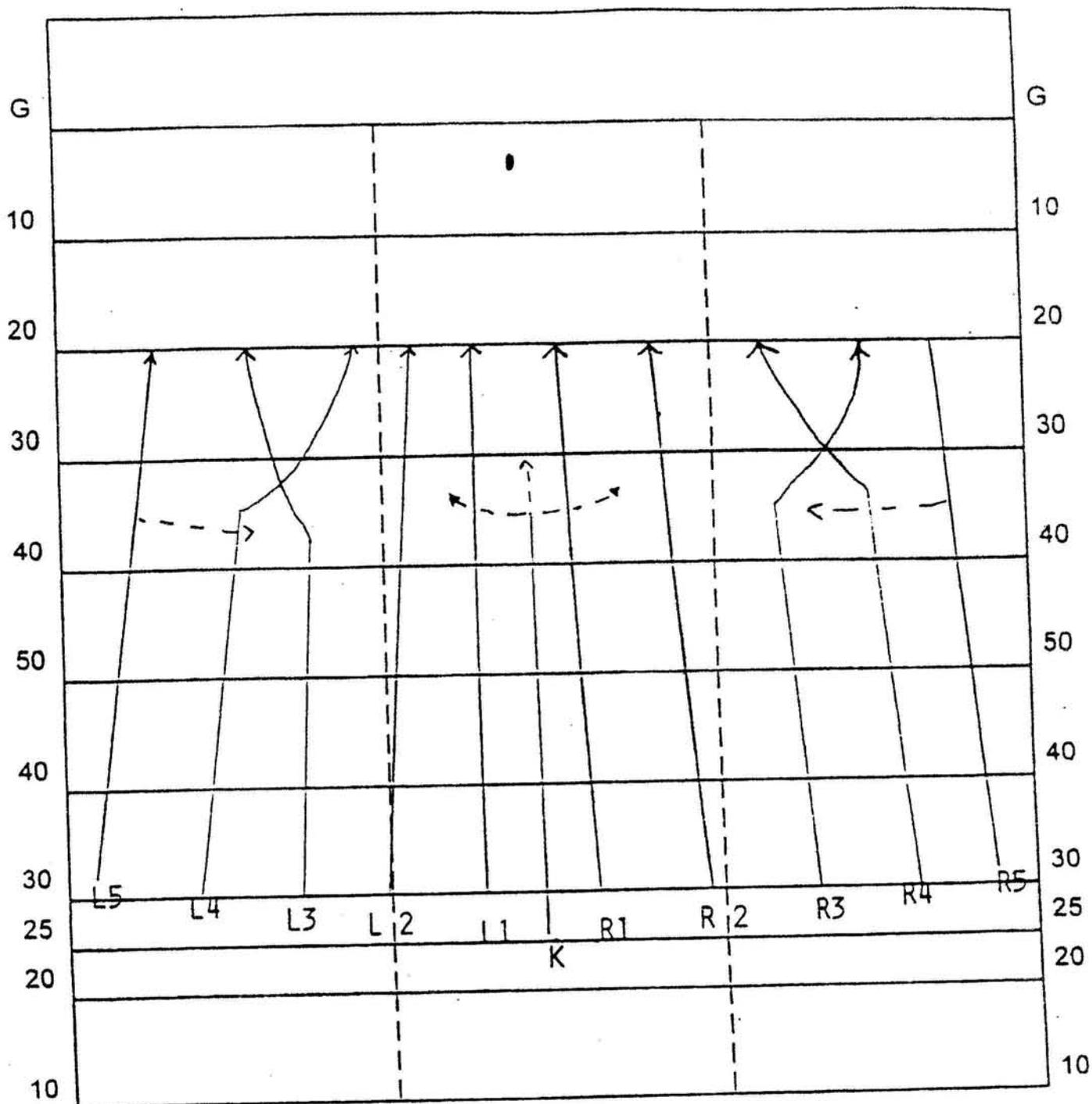
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KEEP THE BALL ON THE INSIDE SHOULDER
NEVER BE OFFSIDES

KICKOFF - "DEEP KICK" - "3-4 TWIST" CALL



L2 - R2 Same as "Deep Kick" call.

L3 - R3 Run straight down the field, but work your way outside. Responsible for #4 lane and containment.

L4 - R4 Cross behind #3 and break the wedge.

L5 - R5 Same as "Deep Kick" call. Safety on ball kicked away.

KICKER Same as "Deep Kick" call.

KICKOFF FROM 35 YARD LINE - MIDDLE "BOMBER" CALL

L1 - R1 Avoid front line blockers. Break up the wedge. Do not trade one for one. Stay in your lane.

L2 - R2 Avoid front line blockers. Break up the wedge. Do not trade one for one. Stay in your lane.

L3 - R3 Align on kicker. When kicker moves, you start your move. You can cover lane 3, lane 4 or lane 2 — L2/L4/R2/R4 will make adjustment. Go for the ball carrier. Do not break down. Make something happen.

L2 - R2/

L4 - R4 If L3/R3 go inside on L2/R2, then L2/R2 will cover lane 3.
If L3/R3 go outside of L4/R4, then L4/R4 will cover lane 3.

L5 - R5 Same as Middle Deep Kick.

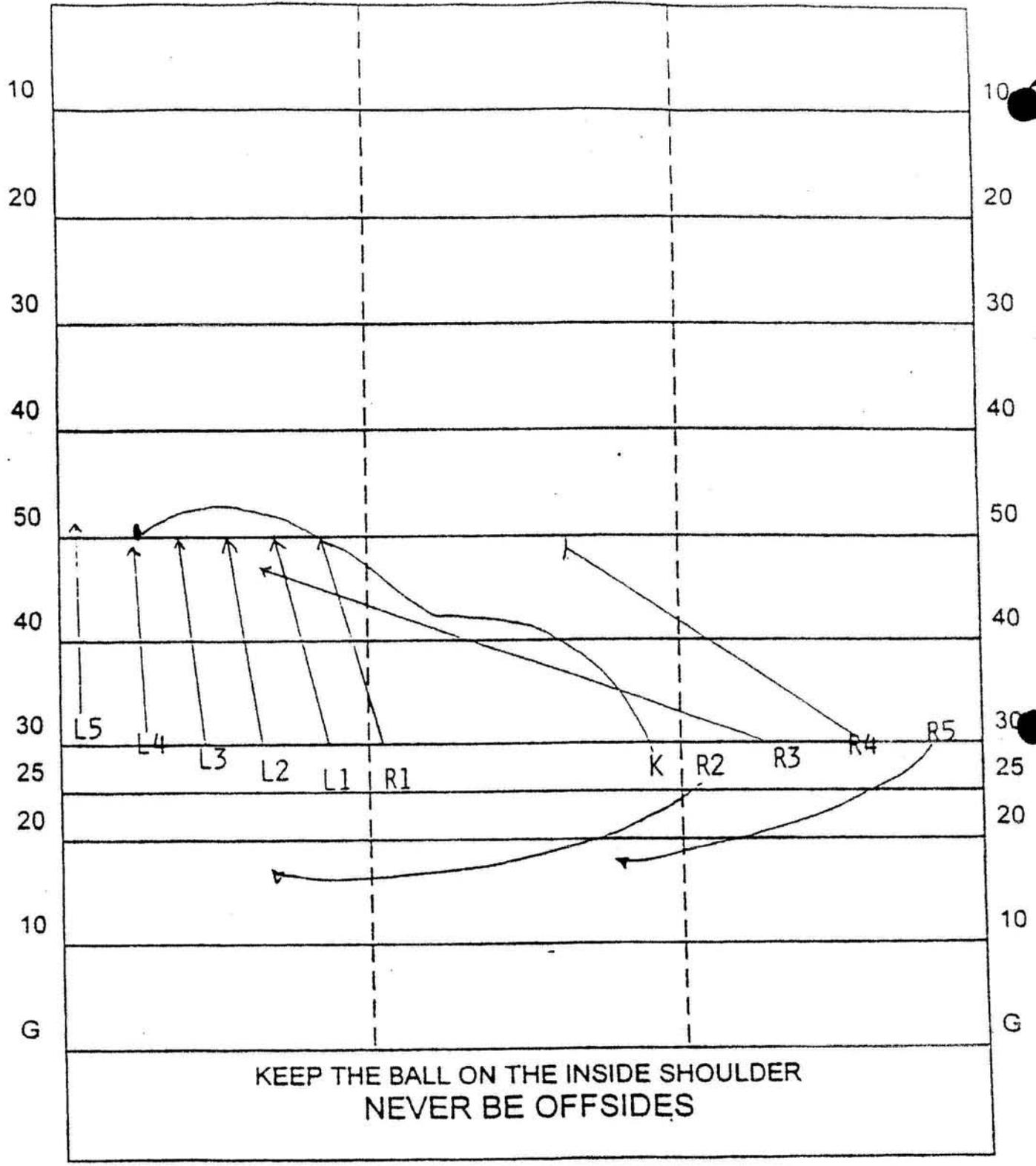
KICKER Same as Middle Deep Kick.

ASSIGNMENTS (ON-SIDE LEFT)

1. L1 Block the center - keep your body between the defender and the ball.
2. L2 Blast the guard.
3. L3 Get the ball!
4. L4 Blast the End.
5. L5 Do not let the ball go out-of-bounds.
6. KICKER - Place the ball (work on this). Make sure it goes 10 yards. We want the ball to get to a point 10 yards downfield timed with the arrival of our men.
7. R1 Come quickly to the side of the kick. Get behind the ball and look for a fumble or a booted ball. Come behind the kicker. Sprint to the ball.
8. R2 Drop back as safety, going to side ball is kicked.
9. R3-R4 Pursue the ball. R4 - Contain any return.
10. R5 Drop back as safety, going to side ball is kicked.

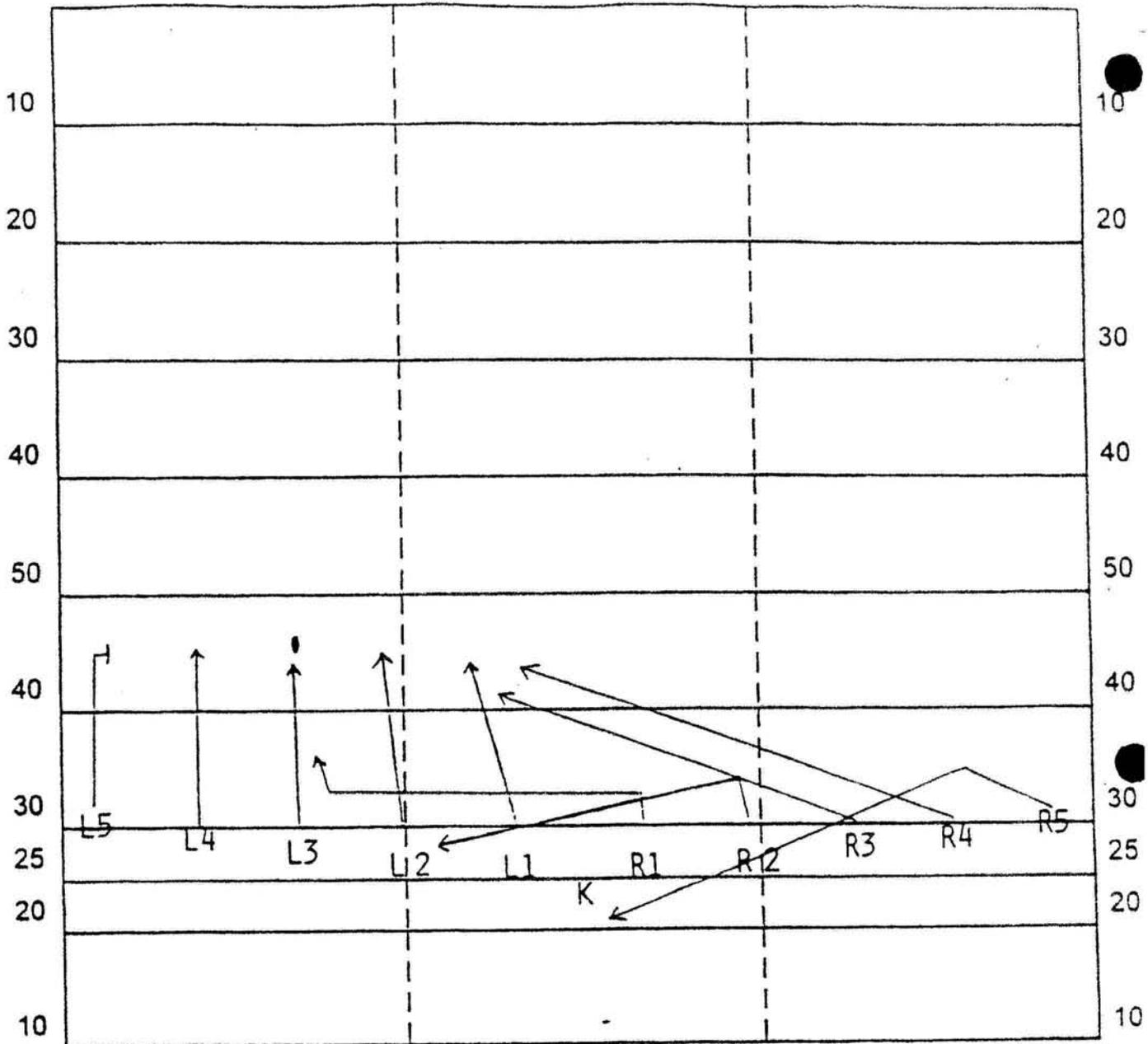
REMINDERS

1. All coverage men must be alert and use good judgement. If you can get the ball - recover it!
2. Notice if defender drops before the ball is kicked. Get your body between the defender and the ball.
3. We must get the ball.
4. Do not be offsides.
5. Must be called by the Head Coach.
6. Kicker must make the ball as difficult to handle as possible and time it properly.



- L5 Must not let ball go out of bounds.
- L4/L3/L2/L1/R1 Go to the ball.
- R3 Ball from outside in.
- R2 After ball is kicked become left safety.
- R4 Contain on RT side
- R5 Become right safety
- KICKER After kicking ball pursue ball and look for loose ball.

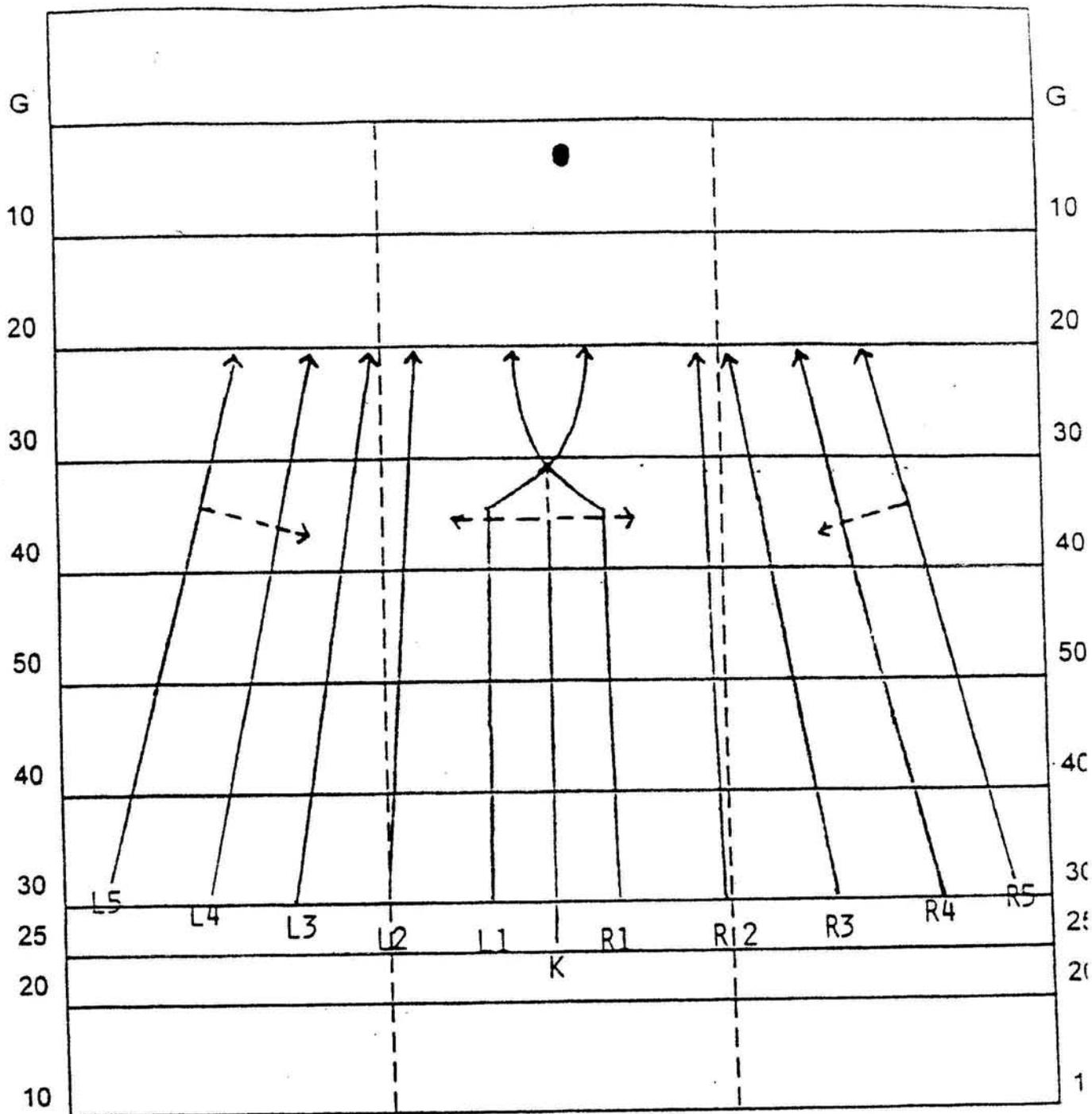
ONSIDE KICK LEFT SURPRISE



NOTE: ONSIDE KICK RIGHT - SWITCH ASSIGNMENTS.

GENERAL INFORMATION (AGGRESSIVE DESIRE IS KEY)

1. Huddle as usual - Do not tip off our strategy.
2. Do not be OFFSIDES.
3. Man assigned to recover the ball, use all possible means - hands, legs, push, kick, pull. Do anything in an effort to recover the ball.
4. Any ball that travels less than 10 yards must be recovered by us. It is merely an illegal kick and must be kicked over.
5. R2 and R5 - hustle to get in good safety position.
6. If our opponent recovers a ball kicked less than 10 yards, it is their ball.
7. An onside kick is at least a 50-50 proposition. Desire to get the ball is what counts: Hit through any opponent trying to handle the ball.
8. In an effort to recover the ball, do not try to pick it up - fall on it and cover it yourself.



L2 - R2 Same as "Deep Kick" call.

L3 - R3 Same as "Deep Kick" call. Do not cross the middle of the field until ball is committed away.

L4 - R4 Same as "Deep Kick" call. Contain.

L5 - R5 Same as "Deep Kick" call. Safety on ball kicked away. Throttle down at the 35 yard line.

The one we are trying to free will twist under. We will generally start the twist between the opponent 40 and 35 yard line.

SPECIAL FORCES

PUNT BLOCK/RETURNS

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Coaching Points	2302
Punt Returns	2303
Goals	2303
Calls	2303
Ohio	2304
Toledo Defense Safe vs. Spread Punt	2305
Rocket Defense: Safe (Return).....	2306
Bay Team: Rocket.....	2307
Bay Team: Launch.....	2308
Bay Team: Middle Return	2309
Bay Team: River	2310
Bay Team: Lake	2311

TOLEDO PUNT BLOCKS - PUNT RETURNS

I. GENERAL INFORMATION

- A. We have four general types of plays: 1) Blocks, 2) Returns, 3) Hold ups, 4) Safe. We want these all to look similar in the initial stages so that our opponent will not be as effective in covering, protecting and timing of their punts (snap-get off).
- B. Our strategy is to pressure the punter. We want our opponents to be so concerned with our blocks that we cause them to have breakdowns.
- C. If an opponent gets their punt away against our block attempt, we will automatically convert to a return.
- D. Seven rules that will be emphasized:
1. Look in at the ball. Always be on sides.
 2. Do not rough the kicker
 3. No defensive player will initiate contact with the snapper until one second has elapsed following the snap.
 4. Do not fall on a blocked punt unless it is third down or has crossed the LOS.
 5. Catch the ball in the air (except inside our TEN yardline).
 6. Always block in front #'s of opponent.
 7. Always block your opponent high.
- E. A penalty which occurs on punt defense is extremely costly, often it means a loss of ball possession.
- F. If the punter drops the ball, attempts to run or the ball hits the ground, there is no roughing the kicker. Go after him just the same way you would any ball carrier.
- G. We will number our personnel 1 through 10. The returner is designated as R. We will number them for alignment purposes and flip flop them with the call. The numbering system allows us to show several different looks.
- H. We will at times, shift fronts and create a new alignment to draw the opponent off sides, create confusion in their blocking assignment (man protection) or force them into a delay of game.
- I. It is important to understand the opportunity that exists for a big play in this phase of the kicking game. Every kick is a chance for

II. COACHING POINTS

A. How the defense is called: (All calls come from the sideline)

1. The LB's will make the call to the front. The return man will be sent into the game from the sideline with the call.
2. Those entering the game from the sideline will also communicate the call.

B. Substitutions

1. Substitutions entering the game from the sideline will communicate the desired call. Those leaving the game must exit as quickly as possible.
2. #1 will count the players, exit if more than eleven or call time out.
3. Since those on our punt block/punt return are not always defensive starters; it is important for those on the sideline (coaches and players) to stay alert to down and distance and injury.
4. If no one enters the game, we have decided to keep the entire defense in the game to play for a fake.

C. Surprise Situations

1. When our opponent appears to be in a situation where they must go for a first down rather than punt, or the possibility of a fake is apparent, we will play Safe. This will allow us to have all receivers covered and have pressure from the front in the event the ball is kicked.
2. If our opponent comes out of the huddle in any other formation than a punt formation, or they shift from a punt formation to any other formation, we will check to Ohio.

D. Fielding the Ball

1. Alignment is over the ball. Distance will be dictated by the punter's AVERAGE. (Be aware of wind direction.)
2. Catch the ball in the air, unless it is inside our ten yardline. Our return man will never line up deeper than our ten yardline and will never step backwards for a punt.
3. On a punt inside the ten yardline, pretend you are moving to catch it, but let it go over your head and into the end zone. Never, ever signal for a fair catch. Be a good actor and draw coverage to you and away from the ball.

4. Punt returner must always execute fundamentals of catching a punted football.
 - A. Alignment
 - B. Stance
 - C. Flight of Football
 - D. Footwork
 - E. Square to L.O.S. on catch
 - F. Squeeze elbows - close basket
 - G. Catch ball first, tuck, 5 points of pressure
5. The Fair Catch: We will execute a fair catch by extending one arm over our head and waving it laterally (3x). Catch and secure the football and then hand it to the official.

* Situation: We will execute the fair catch when the opponent has great coverage, a punted ball that is extremely short, and any game situation that may warrant a fair catch.

E. Blocking a Punt

Block a Punt ... Timing
Decision Making
Courage

1. Align as close to neutral zone as possible.
2. Keep hands in front of head.
3. Key the ball - get great get off/tape.
4. Stay low in your charge. Make yourself small.
5. Accelerate - sprint - hands up at last second.
6. Block point - better short than long.
7. Look at the ball - eyes open.
8. Stay on feet.
9. Only one person free at block point.
10. Knocked off block point - more than one step - work to outside.
11. Don't avoid or knock personal protector into block point.
12. Blocked Kick - behind L.O.S., scoop & score.
across L.O.S., Peter Call.

PUNT RETURNS

1. Do not be offsides (look in at the ball).
2. All blocks must be above the waist.
3. Do not clip.
4. Do not allow the opponent to know whether it is a block or return by your body language. Keep stance the same whether it is a block or return.
5. The punt return is the defense's opportunity to make yardage.

GOALS

1. 10 Yds. or More Per Return.
2. #1 in M.A.C.
3. Score.
4. Block Punts.

CALLS

Returns

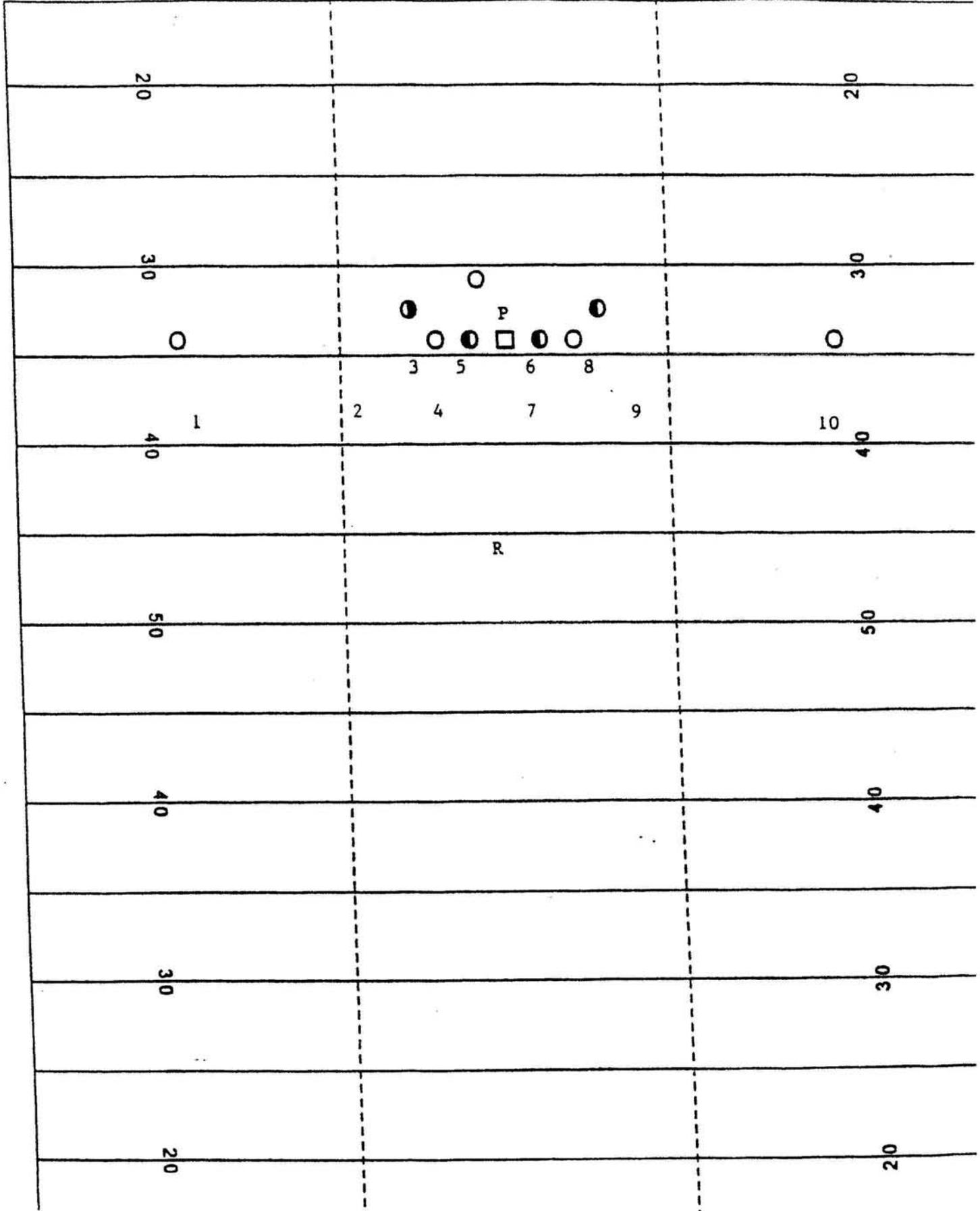
Safe
Safe Rt/Lt
-Rocket/Launch
Middle

Blocks

River/Lake

* IF OPPONENT RUNS SECO
ON THE FIELD OR ALIGN
OFFENSIVE FORMATION.
G-3

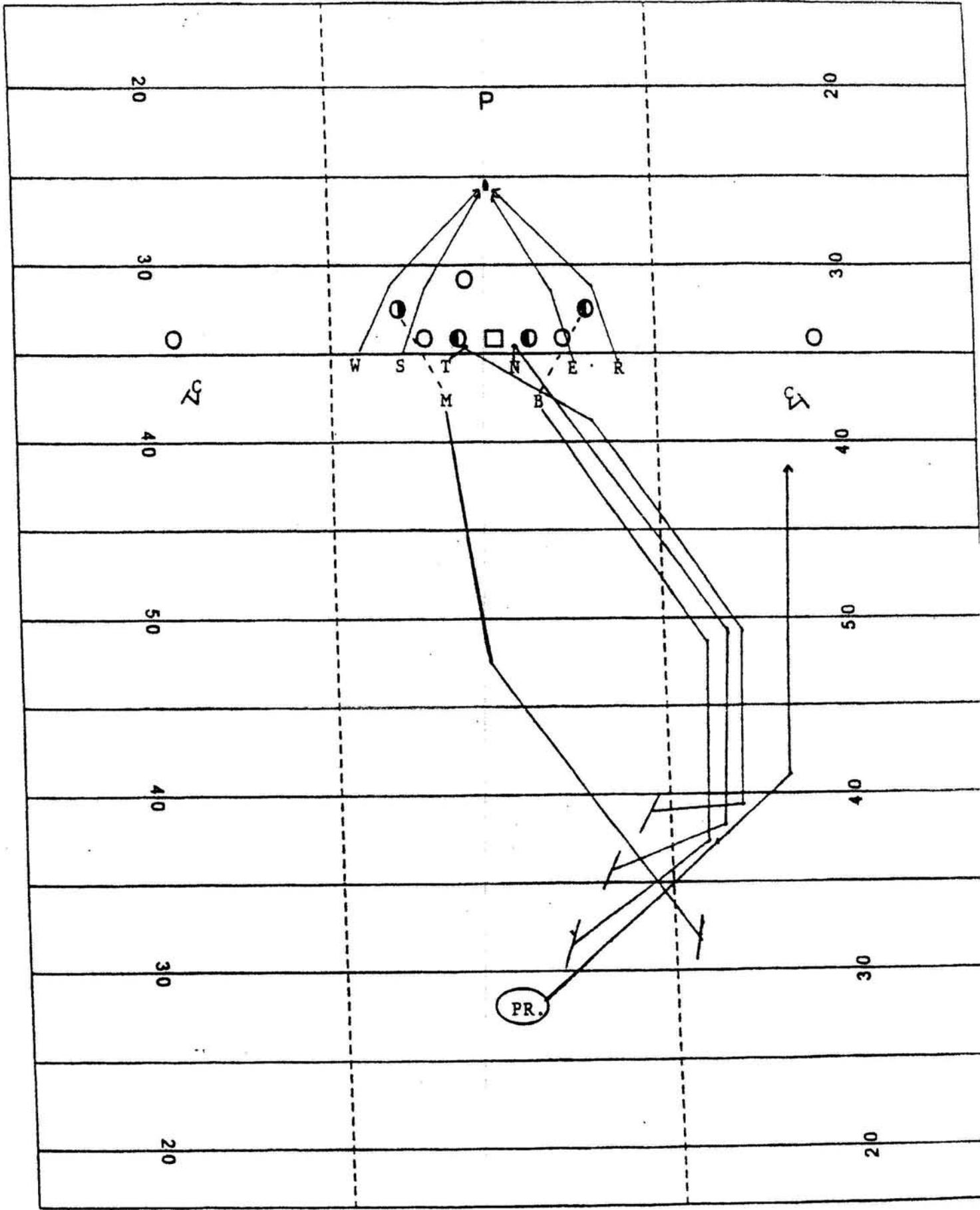
BAY TEAM



SAFE RIGHT

* TOLEDO DEFENSE
CALL: SAFE RI

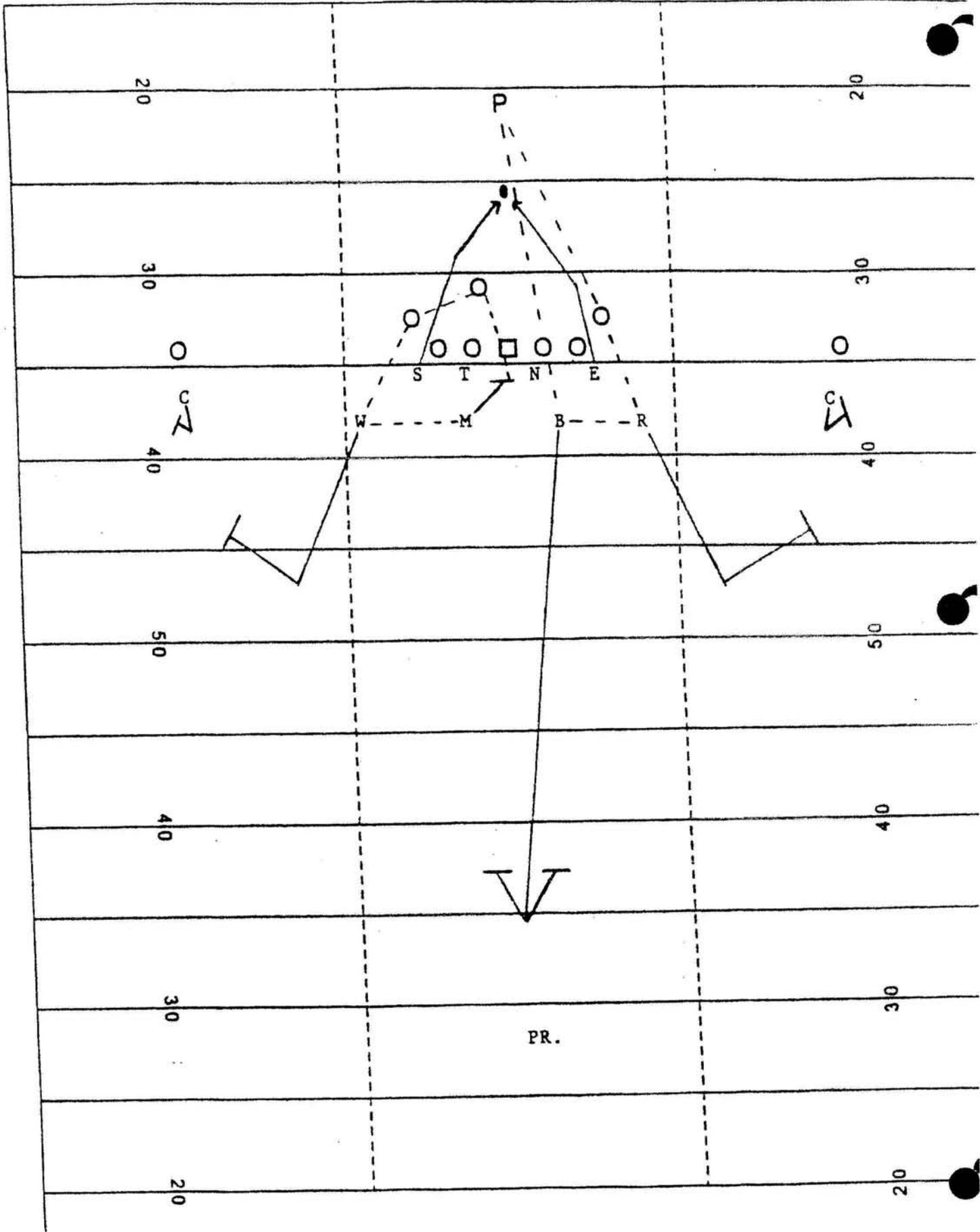
BAY TEAM



* SAFE DOUBLE *

* THE ROVER/WHIP W/
DOUBLE THE SPRIN
MIKE/BACKER WILL
MDM. D-LINE WILL
THE KICK.

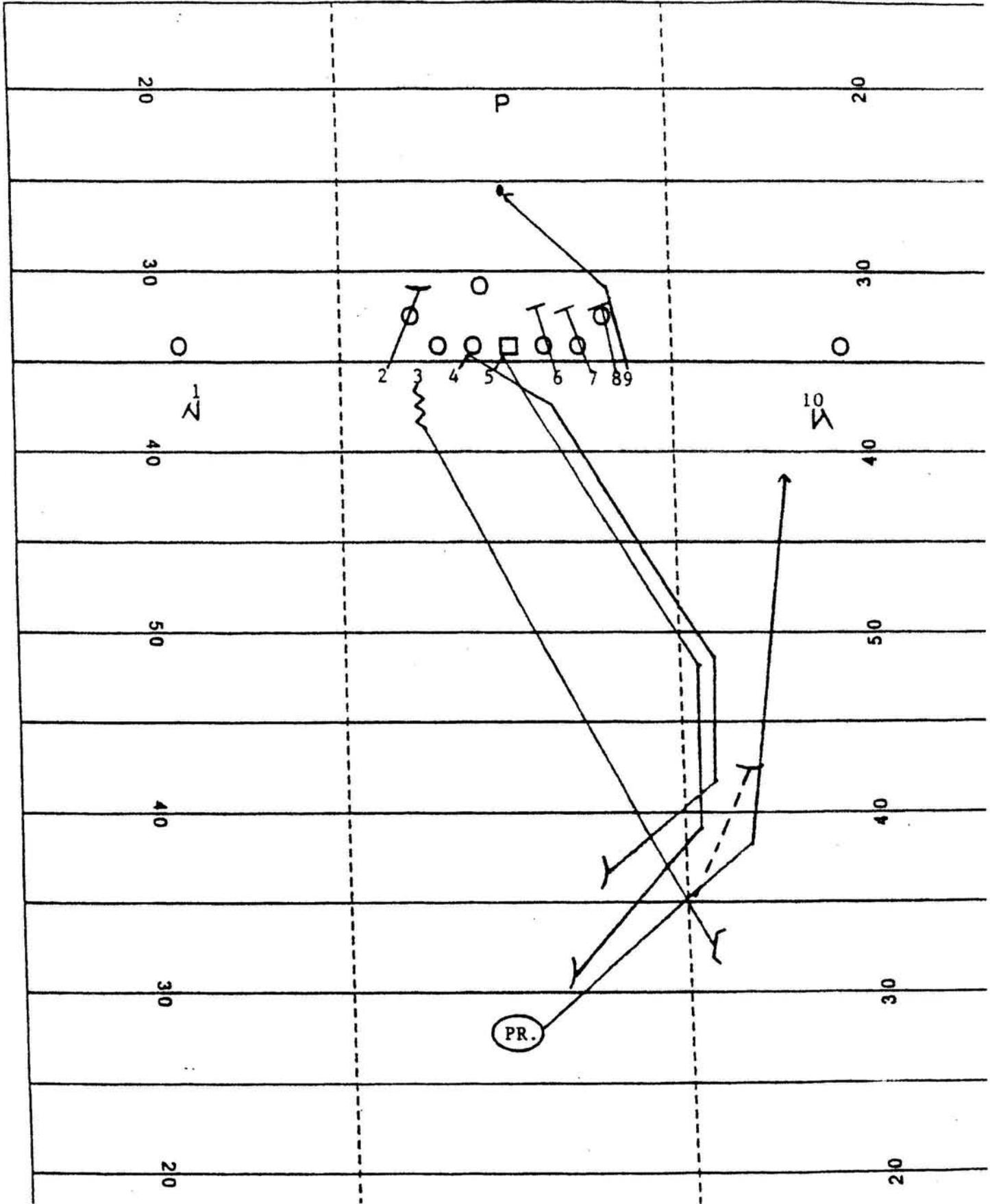
BAY TEAM



* ROCKET *

* ROCKET IS A HOLE
RETURN TO THE R

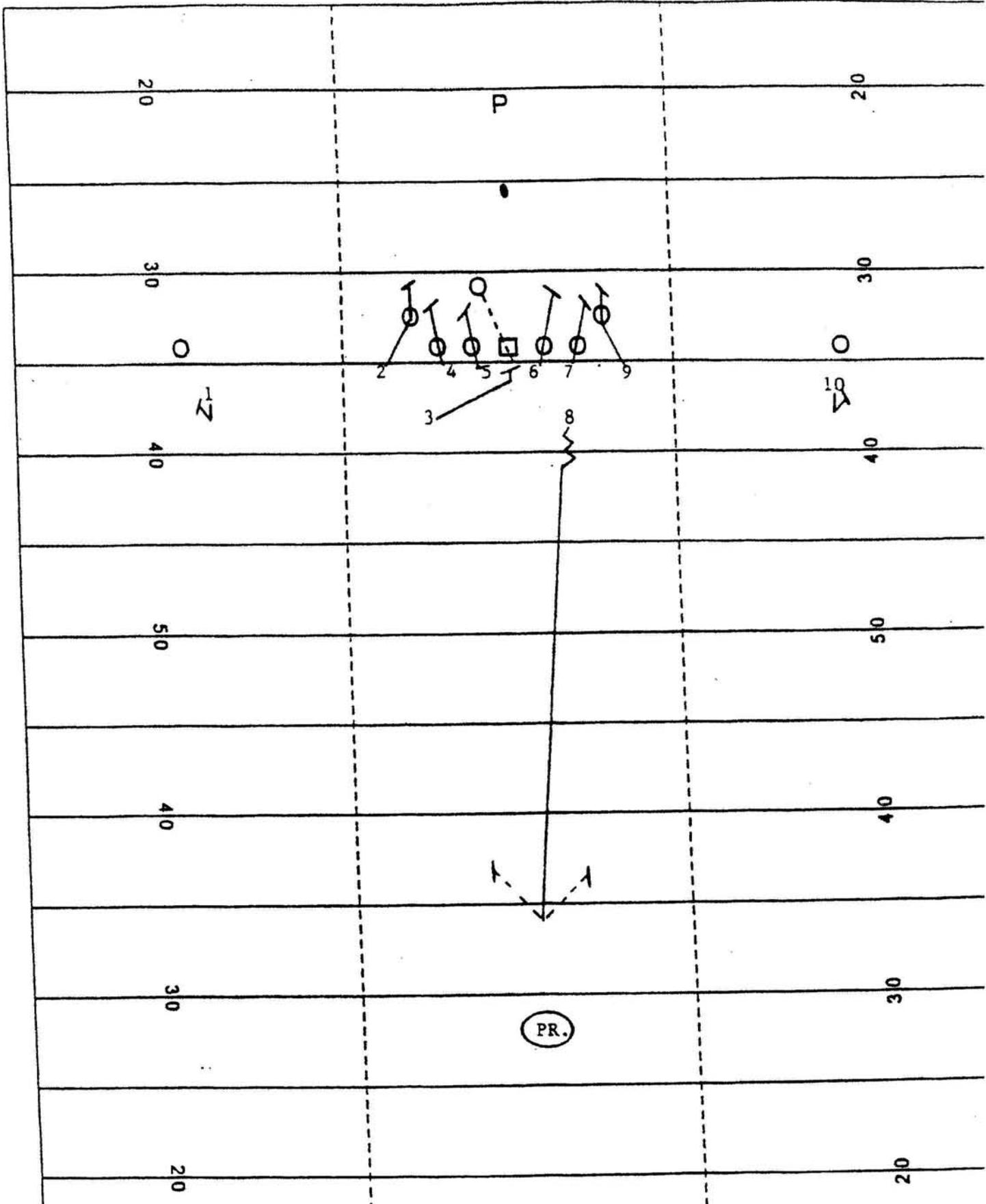
BAY TEAM



* MIDDLE *

* MIDDLE IS A HOLD
W/ 3 & 8 TAKING
MOST DANGEROUS M

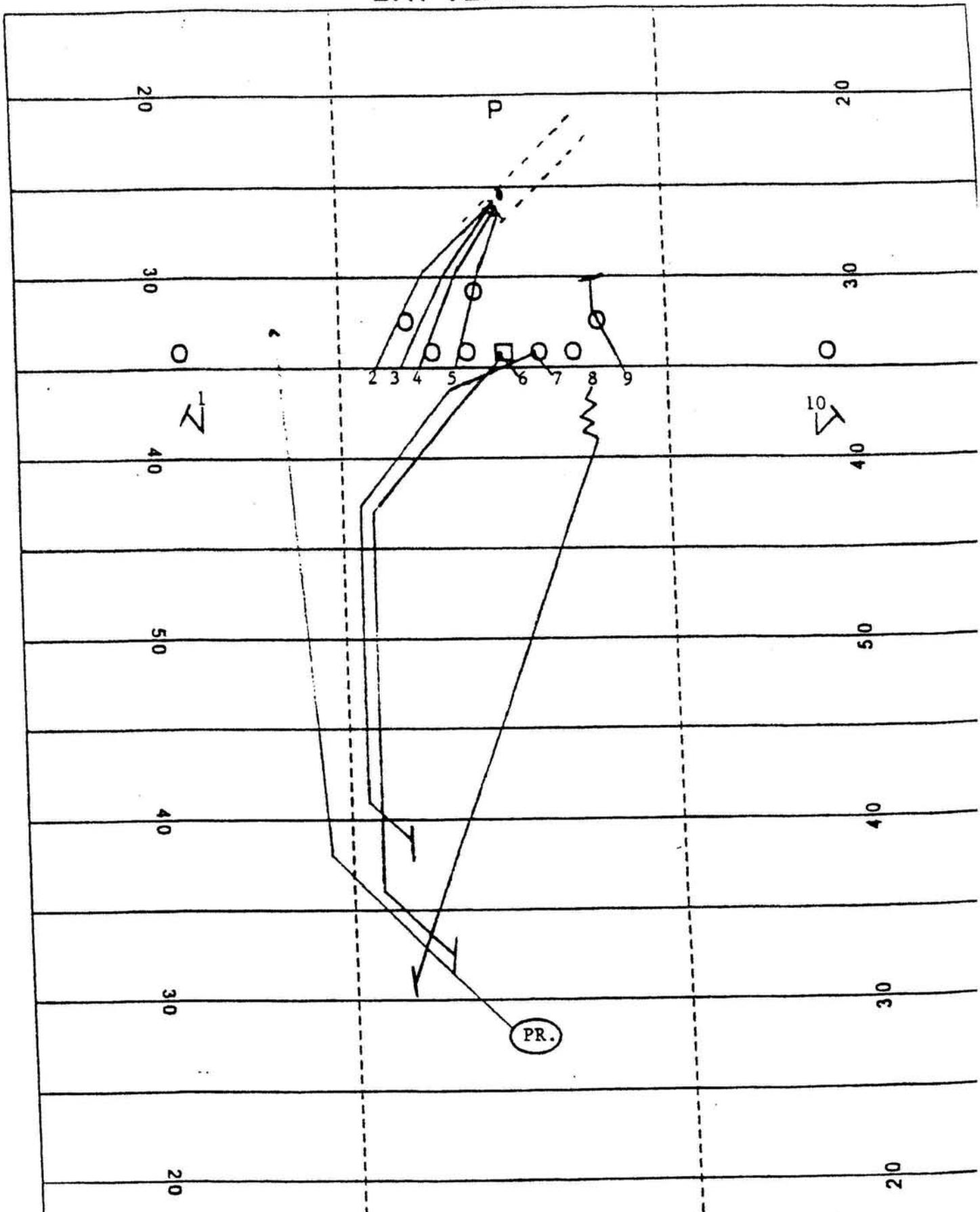
BAY TEAM



* LAKE *

* LAKE IS A BLOCK/RE
TO THE LEFT

BAY TEAM



PUNT TEAM SECTION

<u>Topic</u>	<u>Page</u>
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Punt Team Goals	2400
Punt Team Philosophy	2401
Punt Protection	2402
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Visual Diagram (Bronco Call)	2403
Black Call.....	2404
Coverage Principles	2405
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Timing	2407

SPECIAL FORCES

PUNT TEAM

1. There are only two reasons a punt is blocked; a missed assignment; or you think it is a return when it is a block. Always expect block!
2. There can be no blocking below the waist. (Fakes)
3. If a punt hits in the end zone before it is touched by a returner or downed by the punt team, the receiving team gets the ball on the 20.
4. When a punt does not cross the LOS, it can be advanced by either team. If a simultaneous possession results from an attempt to advance a ball in this instance, the ball is awarded to the defensive team -- the team receiving the punted ball.
5. If a man signals for a fair catch and then lets the ball bounce, the ball is treated as though the fair catch signal had not been given.
6. The return team may not fair catch a bouncing ball.
7. As the center settles over the ball, he may adjust it but must do so at that time. If it is lifted off the ground prior to the snap, the ball is considered to be in play.
8. When covering a punt, be ready to recover a fumble. If a returner touches the ball and it hits the ground, recover it.
9. You must allow a 2 yard radius for the return man to catch the ball. (15 yd penalty)
10. If you legally block someone into the punter it is a penalty on the rusher. However, any illegal block will nullify the penalty on the rusher.
11. Make sure you down the ball. A ball that is simply touched may be advanced by the return team.

PUNT TEAM GOALS - 1998

- 1) Be the best punt team in the M.A.C.
- 2) Be the best punt team in the country.
- 3) Average 3 yds. or less a return
- 4) Average 40 yds. or more a punt
- 5) Secure protection, no blocked punts.
- 6) Be mentally disciplined, no penalties or missed assignments.

PUNT TEAM PHILOSOPHY

The punt team is the total test of a football player. No other play requires a man to block and tackle on the same play. Therefore, the techniques and assignments will be simple. We expect a high standard of performance and the players will be held to it.

A. PUNT PROTECTION

1) Split

- a) Guards - 3" away from the center.
Align the top of your inside foot with the top of the centers foot.
- b) Tackles - 6" away from the guard. Align the top of your inside foot to the instep of the guard's inside foot.
- c) Wings - Inside foot directly behind tackles outside foot, one arms length behind the tackle, slightly tilted out.
- d) Ends - Ball in middle, 2 yds. inside #'s; ball on far hash 2 yds. outside hash; ball near hash on the #'s.
- e) Personal Protector - 5 yds. behind the RG.
- f) Punter - Backheel 14 yds. deep, directly behind the center.

2) Stance

- a) Narrow and comfortable, feet under armpits.
- b) Inside foot up, outside foot in toe to heel relationship.
- c) Knees bent, weight on insides of feet.
- d) Eyes forward, shoulders back, and hands on thighs.

3) Set Straight

- a) Kick straight back outside foot for 3 steps. The inside foot should drag.
- b) Maintain constant split relation.
- c) The guards must post inside arm to help the center.

4) Strike (3RD Step)

- a) H.O.T. - Hand on torso.
- b) Drive through your man and accelerate your feet.

5) Sprint

- a) Continue to run through your man and get into your coverage lane.

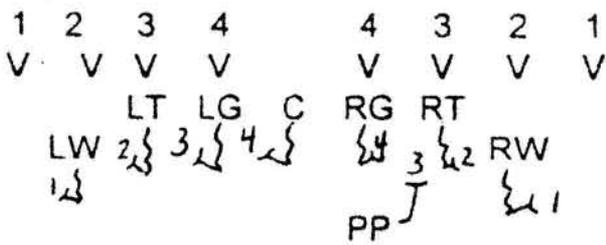
B. COUNTING SYSTEM - Personal Protector will make the calls.

- 1) Count the left side and then the right side. Man on center head up to left is counted on left side. Man on the center's right half is counted to the right.
- 2) Stacks will be counted when they are within 3 yds. of the LOS.
- 3) Direct stacks are counted as the higher number. A "stack" call should be made to alert the two men to be ready to switch assignments.

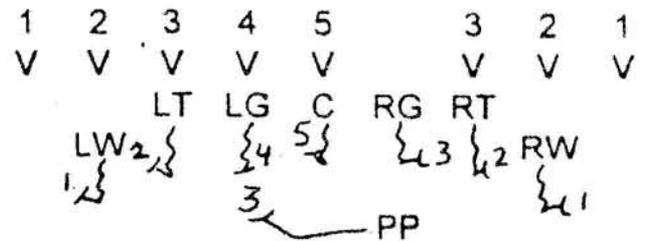
- 5) Counting from outside in the following rules apply:
 - a) Wings always block #1
 - b) Tackles always block #2
 - c) Guards always block the 1st man outside the centers assignment.
 - d) Center blocks to the call. 1st man to left or right, or the man head up.
 - e) The Personal Protector always blocks #3 to the overload or #3 opposite the centers block (44).

6) We will switch all twists. A "switch" call will be made.

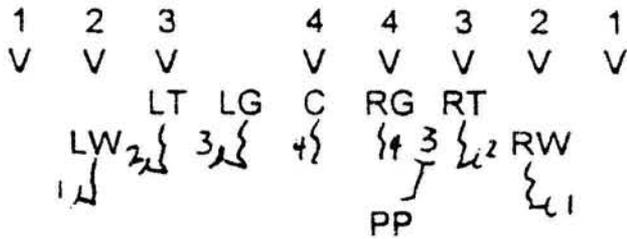
7) When we go tite punt, the ends will line up next to the wings. The man on them is counted as #0



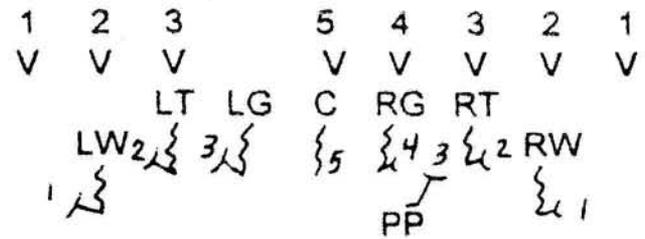
44 LEFT



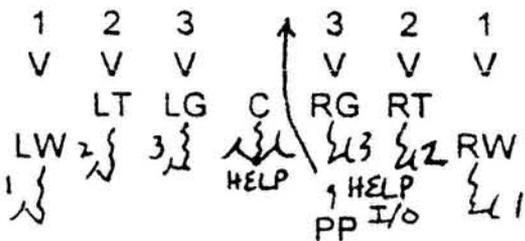
53 HEAD



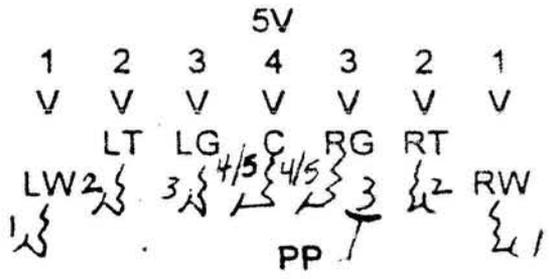
44 HEAD



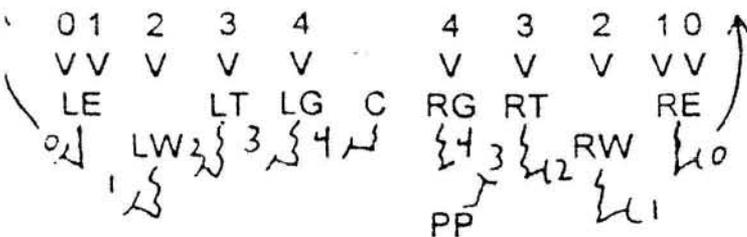
35 RIGHT



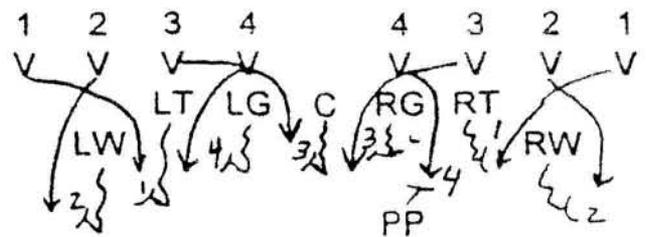
33



53 HEAD "BRONCO"



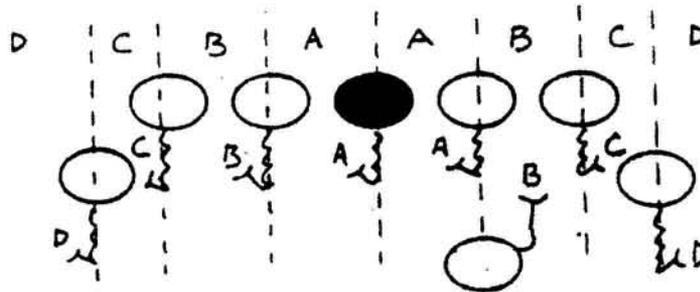
TITE 11 LEFT



11 LEFT W/SWITCH

Black Call (Zone Blocking)

1. Certain situations (stemming defenses, overloads, quick punts, or game plan) may dictate that we make a "black" call.
2. Our zone or "Black" protection assigns each player an area they are responsible for.

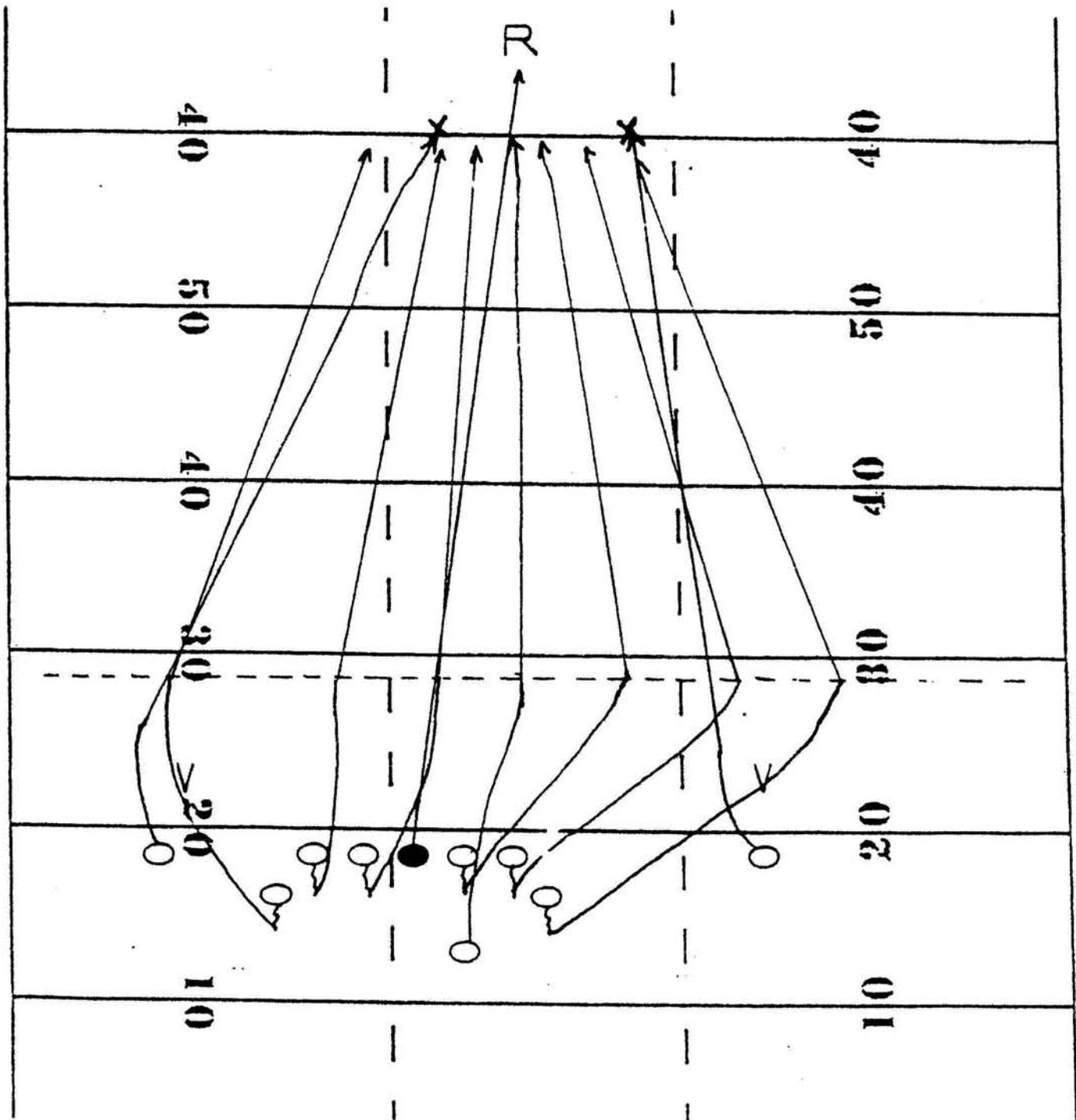


3. Remember - we are blocking the rush with inside out leverage.
4. The "Vertical Set", "Constant split Relationship" and "Iron Cross" are essential elements of zone protection.
5. Expect a block each time.
6. Look at the ball, get off the line quickly.
7. Block the rusher with proper technique.
8. Know how many rushers can challenge your zone and the zone to your inside.
9. Block two rushers by losing ground off the LOS.
10. Never allow a rusher to grab or cut you in order to free another rusher in your zone. Use your hands.
11. Work together. One blocker breaking down in his zone is all it takes for this unit to fail.

C. COVERAGE PRINCIPLES

- 1) Fan the field for 10 yds. to your assigned area, then close in on the ball carrier. Keep 5 yds. between you and the man next to you.
- 2) Speed and Desire are the two most apparent qualities of good coverage teams.
- 3) Only the "obvious end men" are allowed to quick release into coverage. All other players must protect the punter first. Take care of your protection responsibilities "FIRST", then release downfield into coverage.
- 4) "Pinch and Gather" - Gradually our coverage pinches on the return man - yet leverage and contain principles are still maintained. As each coverage man nears the returner, they must bring themselves under control by gathering. Use a focal point of five yards in front of the returner as the area to be ready to tackle.
- 5) Know where we are kicking the ball from - hash/middle.
- 6) Know where we are kicking the ball to - left/middle/right.
- 7) Find the ball and adjust your coverage accordingly.
- 8) "Short-Short" warns of a poor punt. Immediately, locate and front the ball or returner. Avoid letting the ball hit you. It can be advanced at no risk to our opponent.
- 9) Do not follow a teammate downfield - adjust and fill another lane. Keep 5 yds. distance between you and your teammate.
- 10) Keep leverage on the returner. Keep returner in front of you on your inside shoulder.
- 11) First coverage man downfield should attack the returner keeping inside out leverage. However, discretion should be used. Don't interfere with the returner's right to catch the ball. RECOVER THE BALL.
- 12) If returner signals for a fair catch (in normal field position) first man down must run behind the returner and expect a fumble. If the returner bobbles the ball you still must allow him to catch the ball as he is protected by the fair catch signal.
- 13) If returner signals for a fair catch (inside the 20 yard line) the sprinters must go to the goal line, find ball, and look to down ball inside the 10.
- 14) If ball is untouched and rolling, front ball up and follow as it gains field position for us. Do not down ball until it stops rolling. Do not down ball and walk away. This ball can be advanced at no risk to our opponent. Pick it up and hand it to the officials.

- LANES** - Fan the field for 10 yds. Maintain 5 yds. between you and the men next to you. Attack returner with outside arm free, gather yourself when in 5 yds. of returner.
- Punter** - Punt the ball, find the returner and get inside out position.
- Ends** - Best release, get defender in trail position, and go straight to an area 5 x 5 in front of the returner.
- Wings** - Fan the field to numbers, close in and keep contain. Ball never gets outside you.
- Tackles** - Fan the field to halfway between hash and numbers, close in on ball.
- Guards** - Fan the field to the uprights. Close in on the ball.
- Center** - Go directly to ball.
- Personal Protector** - Go to middle of field and then straight to ball.



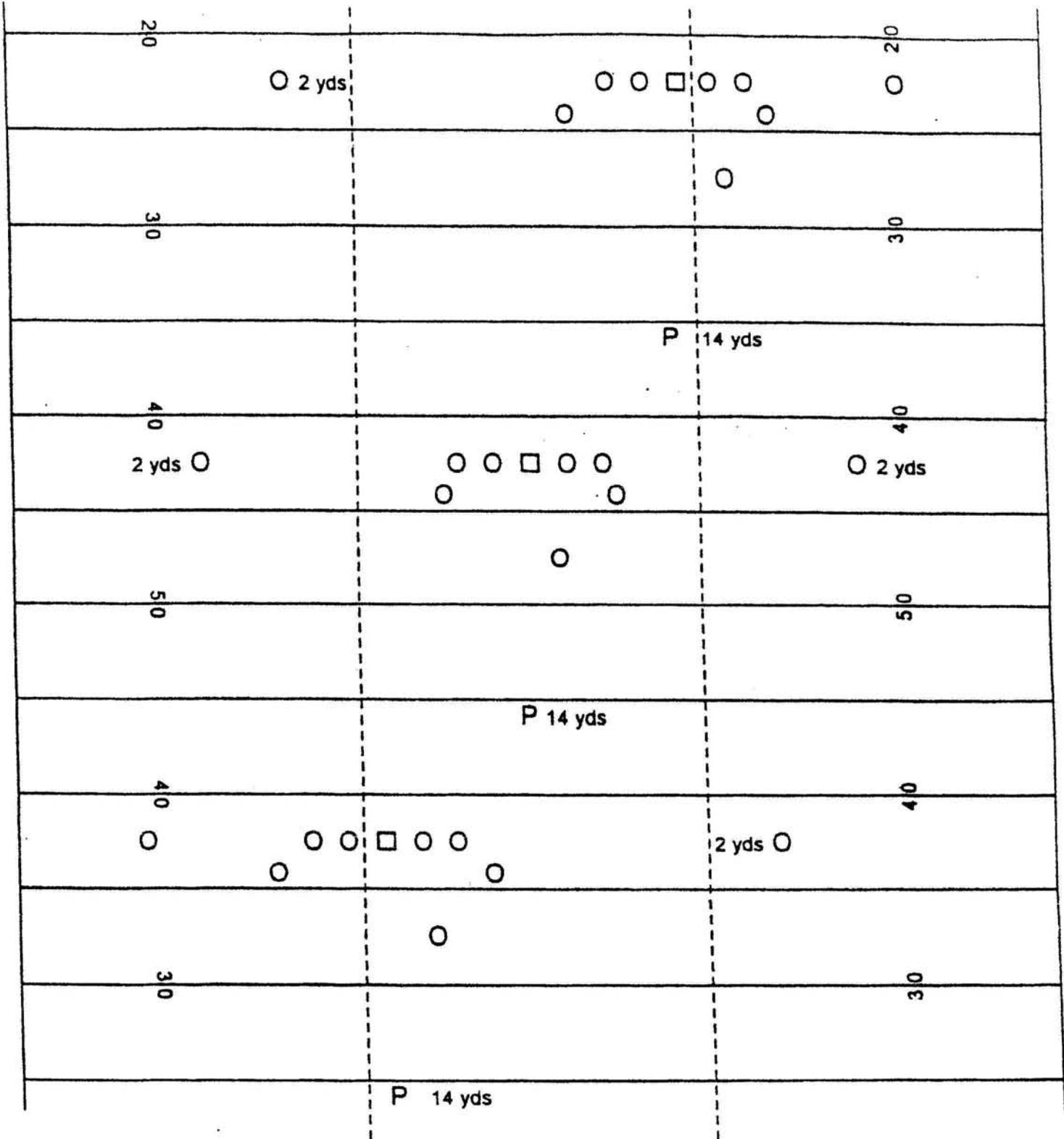
D. CADENCE

- 1) The punt team will line up on the field after they receive the type and direction of the kick from the sideline. (for example Sky right)
- 2) If we know that an opponent will stem we can make a bogus call to force the opponent to stem so we can make our calls. (for example: Blue-Blue, set)
- 3) The PP will check to see if both ends are covered. If they are not covered, we will make an Orange-Orange call. The snap will go directly to PP who will throw it to the uncovered end. (Cadence would be 53-53 Left-Left, Orange-Orange)
- 4) The PP will call out the front from left to right. He will then direct the center to which man he is blocking (L/R/H). He will then call T-(number of seconds on the 25 second clock). The ball is to be snapped anytime after the T-call.
Example: Call from coach on sideline: Spread, middle team then aligns on field and PP calls
 44-44
 Left-Left
 T-15
 The ball is then snapped after this.

E. TIMING

- 1) Spread Punt
 - a) The snap should be 0.8 seconds or less.
 - b) The punter from ball in hand to kick should be 1.2 seconds or less.
 - c) The total getoff time is 2.0 seconds or less.
- 2) Tite Punt
 - a) The punter lines up at 11 yds.
 - b) The snap should be 0.7 seconds or less.
 - c) The punter from ball in hand to kick should be 1.1 second or less.
 - d) The total getoff time is 1.8 seconds or less.

PUNT TEAM ALIGNMENT



○ 6" ○ 3" □ 3" ○ 6" ○
 ○ 1 ARM 1 ARM ○