

**DON DUNN**

**AUBURN UNIVERSITY**



**P.O. BOX 351  
AUBURN, AL 36831  
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# FOOTBALL

Player \_\_\_\_\_

Directions: On a scale from 1 to 5 with 5 being YES or most and 1 being NO or least, please circle the response which best describes the player listed above with 4 or mark

	YES	NO
Sell Motivating	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Punishing	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Retention	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Follower	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Trustworthy	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Intimidating	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Needs Repetitions	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Goal Oriented	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Committed	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Selfish	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Hates to Lose	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Workaholic	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Makes Excuses	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Plays with Pain	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Quick to Adjust	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	

School \_\_\_\_\_

Coach \_\_\_\_\_

	YES	NO
Producer	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Disciplined	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Dedicated	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Loyal	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Nasty	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Durable	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Leadership	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Well Liked	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Underachiever	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Football Sense	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Fake Charge	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Dependable	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Plays to Ability	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Solid Family	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	
Inspires Others	5 ___ 4 ___ 3 ___ 2 ___ 1 ___	

(Please Make Additional Comments on Back)



NAME \_\_\_\_\_ DATE \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

SCHOOL ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### QUESTIONS

1. POSITION CHANGES?

2. NUMBER CHANGES?

3. ACADEMIC GOALS?

4. PERSONAL GOALS?

a. SPRING BALL GOALS?

b. OFF SEASON GOALS W/ YOY?

c. FALL GOALS?

5. BEST TIME TO MEET ON TUES/THURS?

# AUBURN DEFENSIVE PHILOSOPHY

## I. RELENTLESS PURSUIT

- A. What is playing hard
- B. What is a loaf
- C. Pursuit drills
- D. Conditioning pursuit drills

## II. DEFENSIVE SIMPLICITY

- A. Names for everything (Run action, Pass action, Alignments etc.)
- B. Rules for everything (Alignments, Reactions, Reads etc.)  
\*Never change your rules
- C. Packaging of concepts, fronts, coverages and blitzes. (Simple Terms)

## III. TACKLING

- A. Understand Tackling.
- B. Attack ballcarrier's appropriate leg / shoulder
- C. Drills must be position specific

## IV. TURNOVERS

- A. Turnover Drills 1st Priority Everyday at Practice (All Positions)
- B. Smp / Punch "Train Wreck"
- C. Drills must be position specific

## V. DISGUISE DEFENSES

- A. Work Disguise / Bluffs Everyday
  - Don't Show Blitz --- Blitz
  - Show Blitz --- Don't Blitz
  - Show Blitz --- Blitz

## VI. AVOID BIG PLAY

- A. "Live for Another Down"
- B. Make offense drive ball consistently to beat you
- C. Never give up deep ball
  - \*Put DB's in toughest situations everyday at practice
- D. Never blitz without at least 1 deep player

## VII. WIN 3RD DOWN 75% OR MORE.

1ST & 3rd DOWN!

\* 3 & OUT ALL Drills



FOOTBALL

AUBURN UNIVERSITY  
10 STEPS TO A SUCCESSFUL SEASON

1. ALWAYS BE POSITIVE.  
*The more trying the times, the more positive you have to be.*
2. MASTER THE ART OF COMMUNICATION.  
*Listen more, talk less.*
3. ESTABLISH GOOD HABITS.  
*A bad habit is any habit that doesn't serve you in a positive way.*
4. BUILD SELF-ESTEEM.  
*You have to feel good about yourself to succeed.*
5. THRIVE ON PRESSURE.  
*Pressure can bring out extraordinary accomplishments.*
6. LEARN FROM ADVERSITY.  
*At one time or another, we will encounter adversity that threatens our will to go on. We will then learn to overcome or we will sink into despair.*
7. LEARN FROM ROLE MODELS.  
*Emulate traits you admire, and learn from others' mistakes.*
8. BE FEROCIOUSLY PERSISTENT.  
*Persistence, more than anything else, keeps us great.*
9. SET DEMANDING GOALS.  
*We need goals that will help us overcome our weaknesses.*
10. SURVIVE SUCCESS.  
*Today's success is often tomorrow's failure.*



## **WHAT IS A LOAF**

- 1. CHANGE OF SPEED.**
- 2. NOT Turning and Going to the Ball.**
- 3. Getting Passed up by Another Player.**
- 4. Laying on Ground - Get Up! HOT STOVE.**
- 5. Turning Down a HIT.**

# TURNOVERS

- \* Most Important (Create an Atmosphere to Get Players to Ball)
- \*Run to the Ball\*
- 11 Men Around the Ball! - EFFORT, EFFORT, EFFORT

## I. FUMBLE

### A. Causing

1. Accidental - Be in Position to Recover
2. Caused - Ball Knocked Loose / Gang Tackle / Be Physical
3. Strip - Club, Punch, Rip                      Ensure Tackle

### B. Recovering (2-3 Times A-Week)

1. Change of Position
2. Scoop & Score
3. Knock Ball Back into Play (Don't Let it go Out of Bounds)
4. Teammate Protection (Pull People off Pile)
5. Take the Ball Away in a Pile

## II. INTERCEPTIONS

- A. Ball Thrown to Defender (Poor Throw or Great Play)
- B. Forced By Pass Rush (Pressure) Make QB Hurry
- C. Great Coverage (Break on Ball, Big Hits Cause Deflections)

## III. AFTER TURNOVER

- A. Block Intended Receiver (Most Important Block)
- B. Take Ball to Near Sideline
- C. Become Aggressive Blockers





# DT - Film Study

1. What are top runs?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
2. Who is best OL-man? vs Run # \_\_\_\_\_ vs Pass # \_\_\_\_\_
3. Who is best QB? # \_\_\_\_\_ RT \_\_\_\_\_ or LT \_\_\_\_\_ handed.  
Who is best RB? # \_\_\_\_\_
4. Do they run to one TE \_\_\_\_\_?  
If so, who # \_\_\_\_\_
5. What are best pass moves for you? \_\_\_\_\_  
\_\_\_\_\_
6. Do they run freeze? \_\_\_\_\_ Quick count? \_\_\_\_\_ No Huddle? \_\_\_\_\_
7. Who will you play over? # \_\_\_\_\_
8. Do they flop the line? \_\_\_\_\_
9. Do they cut block on run? \_\_\_\_\_ pass? \_\_\_\_\_
10. Do they pre-set? \_\_\_\_\_
11. What type of splits on run \_\_\_\_\_ pass \_\_\_\_\_?
12. Do they run QB draw? \_\_\_\_\_
13. How deep is TB on run \_\_\_\_\_ yds., pass \_\_\_\_\_ yds.?
14. Do they run sprint out pass? \_\_\_\_\_ Turnback? \_\_\_\_\_ Hinge? \_\_\_\_\_ Zone? \_\_\_\_\_
15. Do they run option? \_\_\_\_\_ If so, what kind of option? \_\_\_\_\_  
\_\_\_\_\_
16. Do they run trap? \_\_\_\_\_ If so, what kind of trap \_\_\_\_\_ and \_\_\_\_\_
17. Do they trade the TE? \_\_\_\_\_
18. Are they a big boot team? \_\_\_\_\_
19. Are they a big screen team? \_\_\_\_\_
20. What are their top pass protections \_\_\_\_\_  
\_\_\_\_\_ and \_\_\_\_\_
21. Top pre-snap reads for run \_\_\_\_\_
22. Top pre-snap reads for pass \_\_\_\_\_

PRACTICE #: \_\_\_\_\_

Date: \_\_\_\_\_

# AUBURN DT - DRILLS

**PRE PRACTICE**  
GREENBALL-GET-OFFS  
FORM TACKLING  
TACKLING/ ANGLE  
PASS TWIST GETOFFS  
SLANT GETOFFS  
HOOPS  
EFFORT PASS RUSH  
CAGE

**FIT**  
6 PT-FIT, TURN, DUMP  
3 PT VS. 2 PT  
STEER  
STEER BACKDOOR  
3 PT STEER VS. BLOCKS  
SLED - 2 MAN

**CONDITIONING**  
LINE TOUCHES  
POP UPS  
HOOPS  
EFFORT PASS RUSH

**PASS RUSH**  
JET  
CLOSE DRILL- STAB  
CLOSE CLUB & FLIP

**HANDS** 1. CHOP & FLIP  
2. SWAT & RIP  
3. CLUB & RIP  
  
4. POP UP & RIP  
5. DBL. DOWN &  
SLIDE

**HANDS DRILL** S/S S/S  
SPIN ON D/D  
HOOPS

**POP UPS**  
HIPS 1. STRAIGHT  
2. ANGLE  
LONG BURMA  
1. RIP 2. SWIM  
3. SPIN 4. CTR.  
5. GAUNTLET STUNTS  
VS. POP UPS

**BAGS**  
2/3 HOLE  
W-DRILL  
SIDE SHUFFLE  
WEAVE TOUCH

**BLOCKS**  
3 ON 1  
DRIVE  
ZONE  
CUTOFF  
COMBO  
FOLD  
DOUBLE  
CUT  
SCOOP  
TRAP-VEER  
TRAP-INFLUENCE  
BACK BLOCK

**GL**  
  
STANCE  
CHARGE  
PINCH

**PASS DROPS**  
SNK  
WOLF

**HOOPS**  
SINGLE  
FIGURE 8  
CHASE  
CIRCLE STRIP

**SLANTS/STUNTS**  
HOP  
OLAY  
NOB  
NIP  
JUGGS  
TAKE IT  
LONG STICK  
CROSS CHARGE

**TURNOVERS**  
RECOVER FUMBLE  
SCOOP & SCORE  
STRIP - RAKE  
STRIP - PUNCH

**DEFENSES**

## SCHEDULE

SPECIAL TEAMS
POSITION
SPECIALTY
STRETCH
PRACTICE
1
2
3
4
5
6
7
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30



SEC TENNESSEE: 2004  
AUBURN DEFENSE PERFORMANCE CHART

DT	83	58	96	97	91	95	99	61
Tackles = 2	1	3						
TFL = 1								
Assists = 1	2			1				
Stops = 4								
FRU = 4								
Caused Fumble = 5								
Recover Fumble = 7								
INT = 0								
Knock Out = 6								
Save Breakaway = 1								
QB Knock Down = 2								
QB Pressure = 4	1	1						
3 <sup>rd</sup> Down Stop = 2								
Score on Defense = 2								
Penalty = -3								
Stupid Penalty = -7								
Loaf = -4								
Missed Tackle = -1		1						
Manal Error = -2			1					
Missed Big Play = -2								
PLAYER REPS	39	37	8	10				
TOTAL POINTS	+8	-8	-2	+1				
GRADE	85%	77%	89%	95%				

DI TOTALS 2004  
AUBURN DEFENSE PERFORMANCE CHART

DI	83	58	96	97	91	95	99	61
Tackles = 1	17	26	12	10	2	1		1
TFL = 1	3	7	3	3	1	1		
Assists = 1	14	30	16	13	3	2	2	1
Sacks = 4	1	2	1					
PBU = 4		1	1					
Caused Fumble = 5	1		2	1		1		
Recover Fumble = 7		1		1				
DT = 7								
Knock Out = 6								
Save Breakaway = 4								
QB Sack Down = 2	3	1	1					
QB Pressure = 4	10	3	3	2				
3rd Down Stop = 2	2	1	2				1	
Score on Defense = 13								
Penalty = 5		1	1					
Stupid Penalty = 7								
Loaf = 4	4	1		1	1	2	2	
Missed Tackles = 4	2	5	1	4	2		1	
Mental Error = 1	1	1	2				2	1
Missed Edg Play = 1								
PLAYER REPS	416	405	266	270	53	12	24	28
TOTAL POINTS	+95	+105	+70	+44	0	-2	-10	+1

## **PHILOSOPHY: ATTACK DEFENSE**

- A. Unity- (A Must) (Team)**
- B. Sound & Simple - (Know What to Do).**
- C. Effort - (Become a Habit)**
- D. Mental & Physical Discipline - (Take Care of Business)**
- E. Fundamentals - (Sound-Little Things at Your Position)**
- F. Consistency - (Count on Me)**
- G. Stop the Run**
- H. Have Fun (Win!)**

## **BUZZ WORDS**

- A. Alignment-Stance-Assignment-Pad  
Level-Hand Fit**
- B. Get Off**
- C. Effort-Habit**
- D. Pursuit-Run to the Ball**
- E. Gang Tackle-11 Hats on Ball-Get in Picture**
- F. Cause and Get Turnovers**
- G. Be Great on 1<sup>st</sup> Down and 3<sup>rd</sup> Down**
- H. Execution**
- I. Never One for One!**

# TENNIS

	USC	Western Carolina	Norfolk	Miss. State	Syracuse	Auburn	Richie	LSU	Old Miss	La- Monroe	Georgia	Mississippi	SEC Champs	Univ Cup
Timmons Z														
1 Seed / 10 Atterbills														
Head Out. to 20% of total Year Avg.														
Will find them in of World														
No Scores Entered 2 Mill of Entry														
<b>Win</b>														

YACS

## PERSONNEL AU DEFENSE

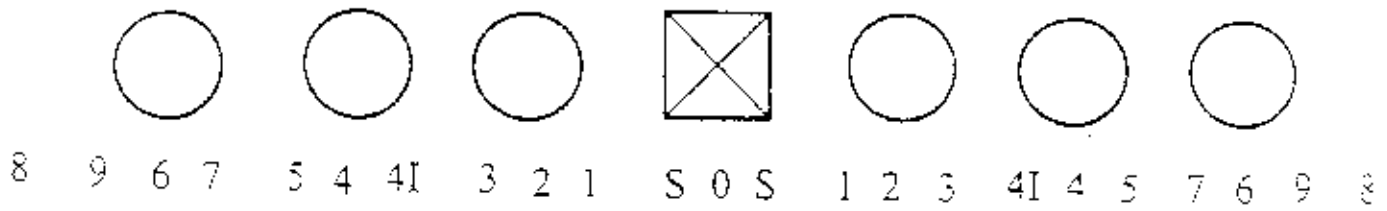
20 Personnel	⇒	2 Backs	0 TE	
21 Personnel	⇒	2 Backs	1 TE	
22 Personnel	⇒	2 Backs	2 TE	- SY or GL
23 Personnel	⇒	2 Backs	3 TE	- GL
32 Personnel	⇒	3 Backs	2 TE	- GL
30 Personnel	⇒	3 Backs	0 TE	

10 Personnel	⇒	1 Back	0 TE	
11 Personnel	⇒	1 Back	1 TE	
12 Personnel	⇒	1 Back	2 TE	
13 Personnel	⇒	1 Back	3 TE	

02 Personnel	⇒	0 Back	2 TE	
01 Personnel	⇒	0 Back	1 TE	
00 Personnel	⇒	0 Back	0 TE	(Empty)



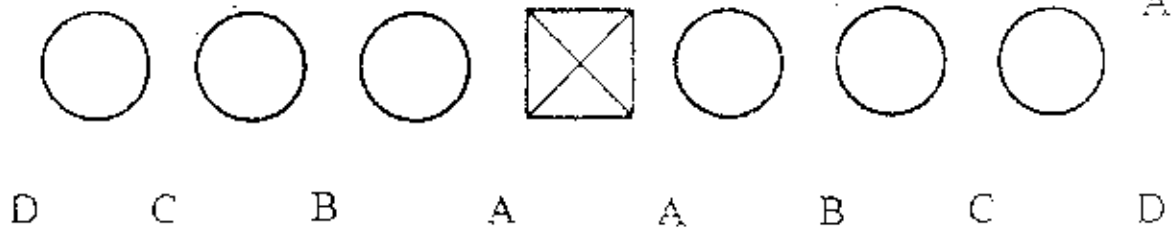
# DEFENSIVE TECHNIQUE NUMBERING



## GAPS

- 1) A GAP - AREA BETWEEN CENTER AND GUARD
- 2) B GAP - AREA BETWEEN GUARD AND TACKLE
- 3) C GAP - AREA BETWEEN TACKLE AND TIGHT END
- 4) D GAP - AREA OUTSIDE TIGHT END
- 5) ALLEY - AREA OUTSIDE D GAP

ALLEY



ALLEY

SHADE

4-3



E

T

T

E

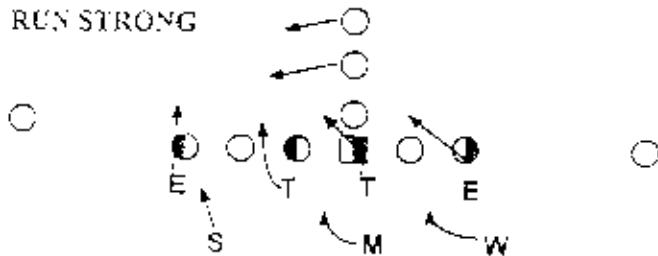
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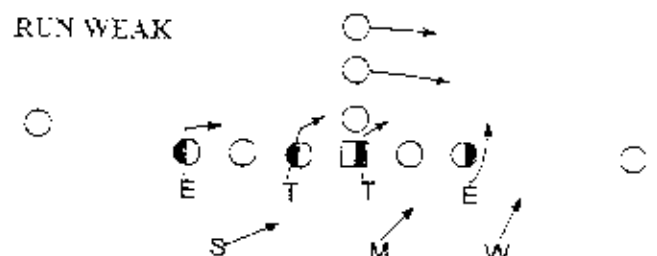
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<u>POSITION</u>	<u>ALIGN.</u>	<u>KEY</u>	<u>RUN TO</u>	<u>RUN AWAY</u>	<u>PASS</u>
RT. END	5	BALL / MAN ON	C GAP	TRAIL	CONTAIN
LT. END	9	BALL / MAN ON	C GAP TO ALLEY	TRAIL	CONTAIN
RT. TACKLE	SHADE	BALL / MAN ON	A GAP	PURSUE	A GAP
LT. TACKLE	3	BALL / MAN ON	B GAP	PURSUE	2 WAY RUSH
SAM	50 4 YDS DEEP	TAILBACK TO PLAYSIDE GUARD	C GAP TO ALLEY	CHECK A GAP PURSUE	COV. CALLED
MIKE	10 4 1/2 YDS. DEEP	TAILBACK TO PLAYSIDE GUARD	A GAP	CHECK B GAP PURSUE	COV. CALLED
WILL	50 4 YDS DEEP	TAILBACK TO PLAYSIDE GUARD	ALLEY	BALL. B GAP CUT BACK	COV. CALLED

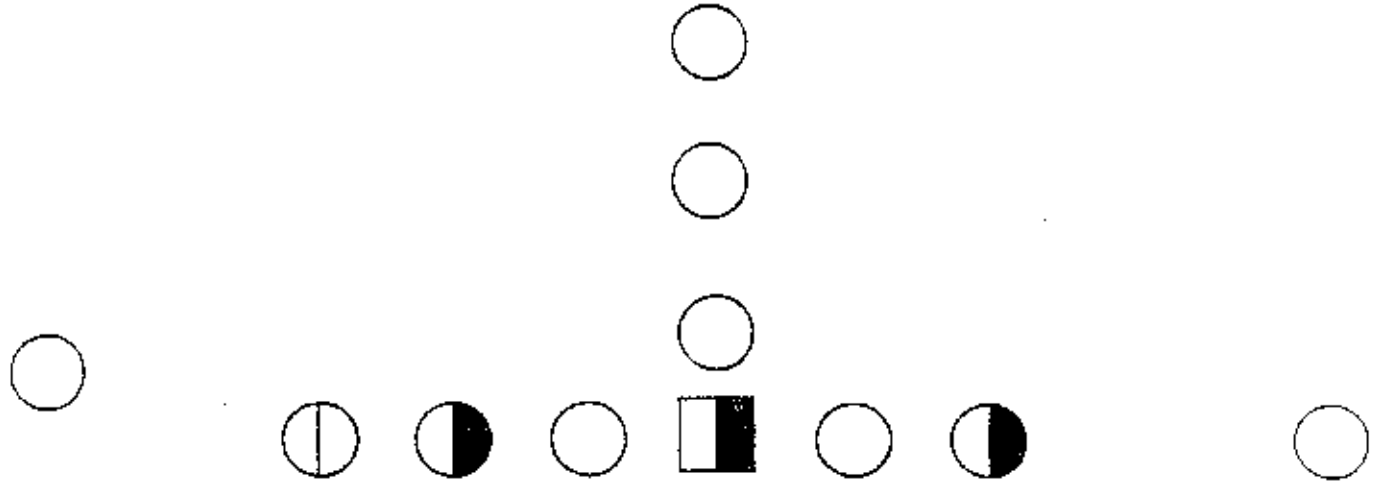
RUN STRONG



RUN WEAK



● WIDE



F T T E

● S M W

LE - WIDE 9

LT - 4: KEY-GUARD

● G



E

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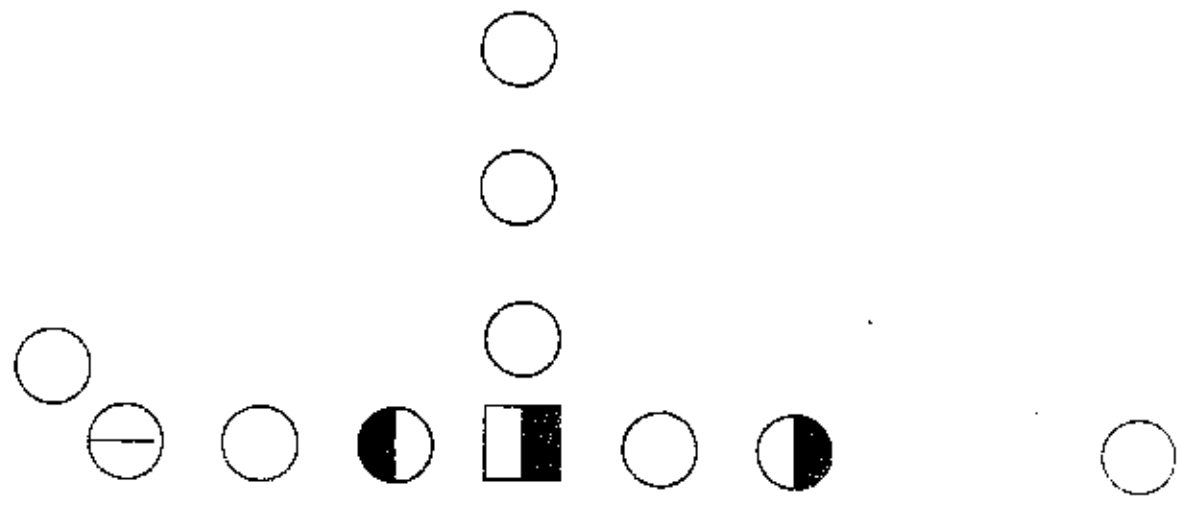
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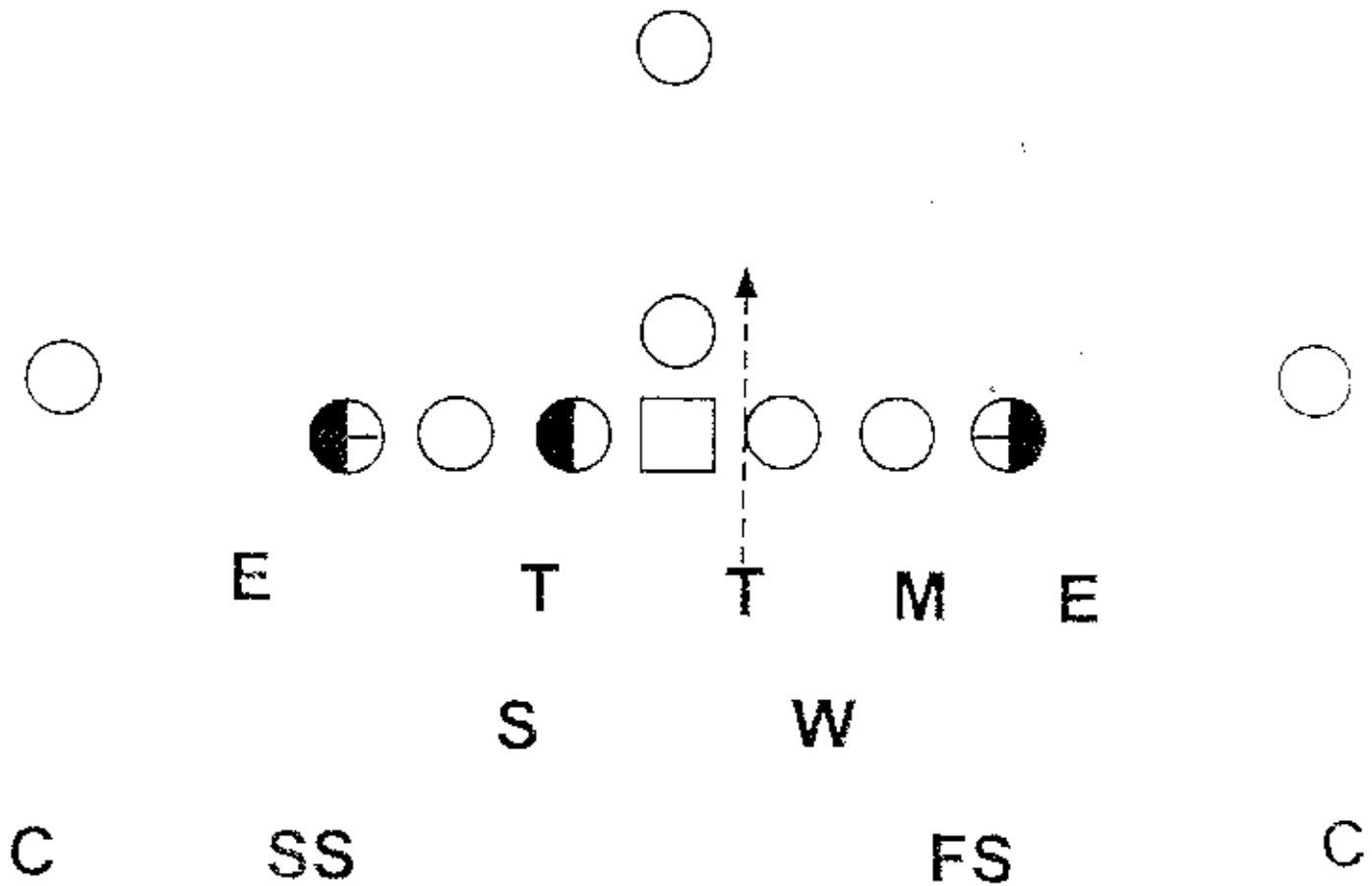
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W

HIP CALL  
 TILT LEFT END  
 WIDE LEFT  
 LT WIDE 3 TECH

SHADE - 2 TE - 1 BACK ADJUST

CHECK BUSTER - PLAY COV. 4



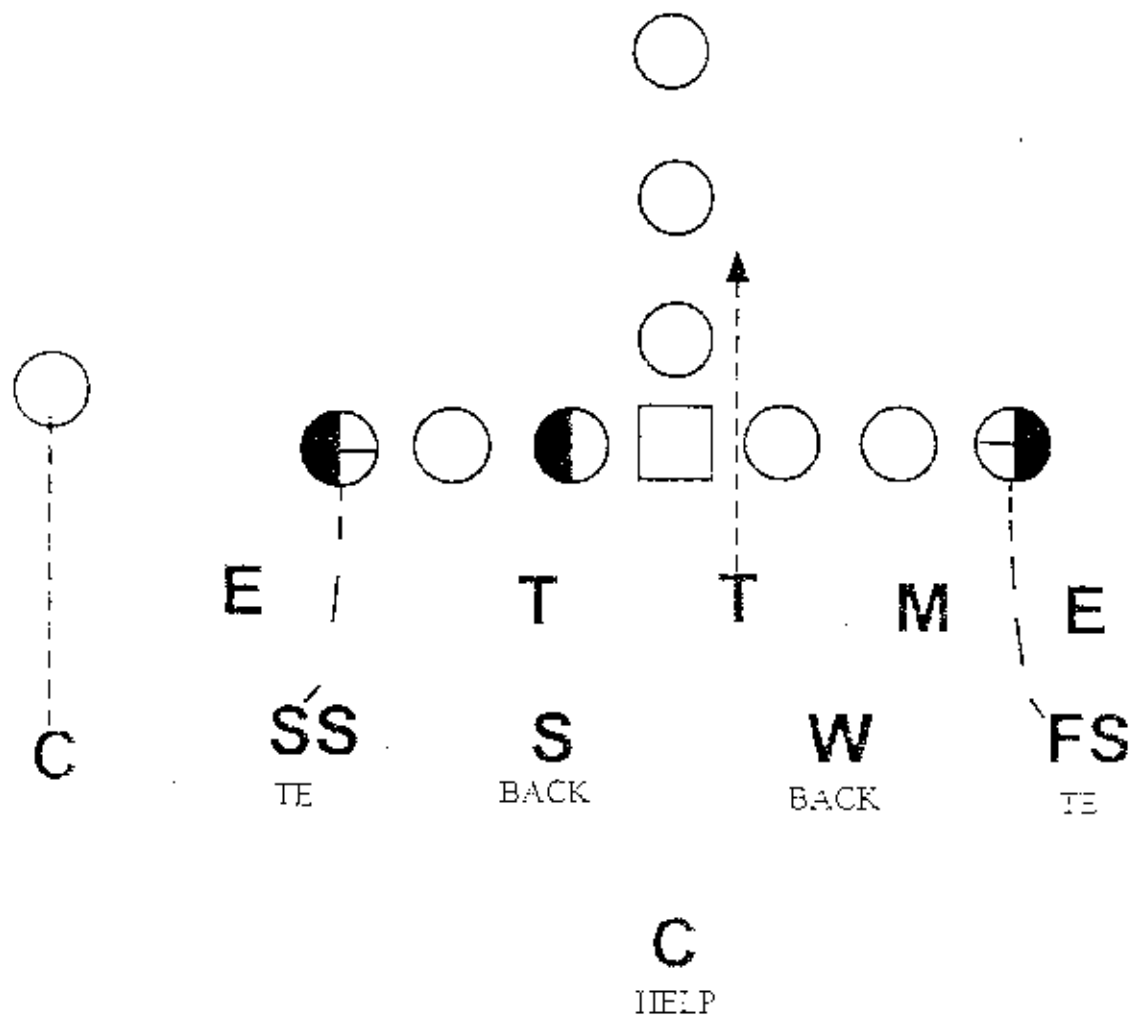
RT - GAP

RUN - ZONE, OPTION

PASS - BOOTS, MAX, DEEP BALL

# SHADE - 2 TE - 2 BACK ADJUST

CHECK BUSTER - GREEN (1 FREE)

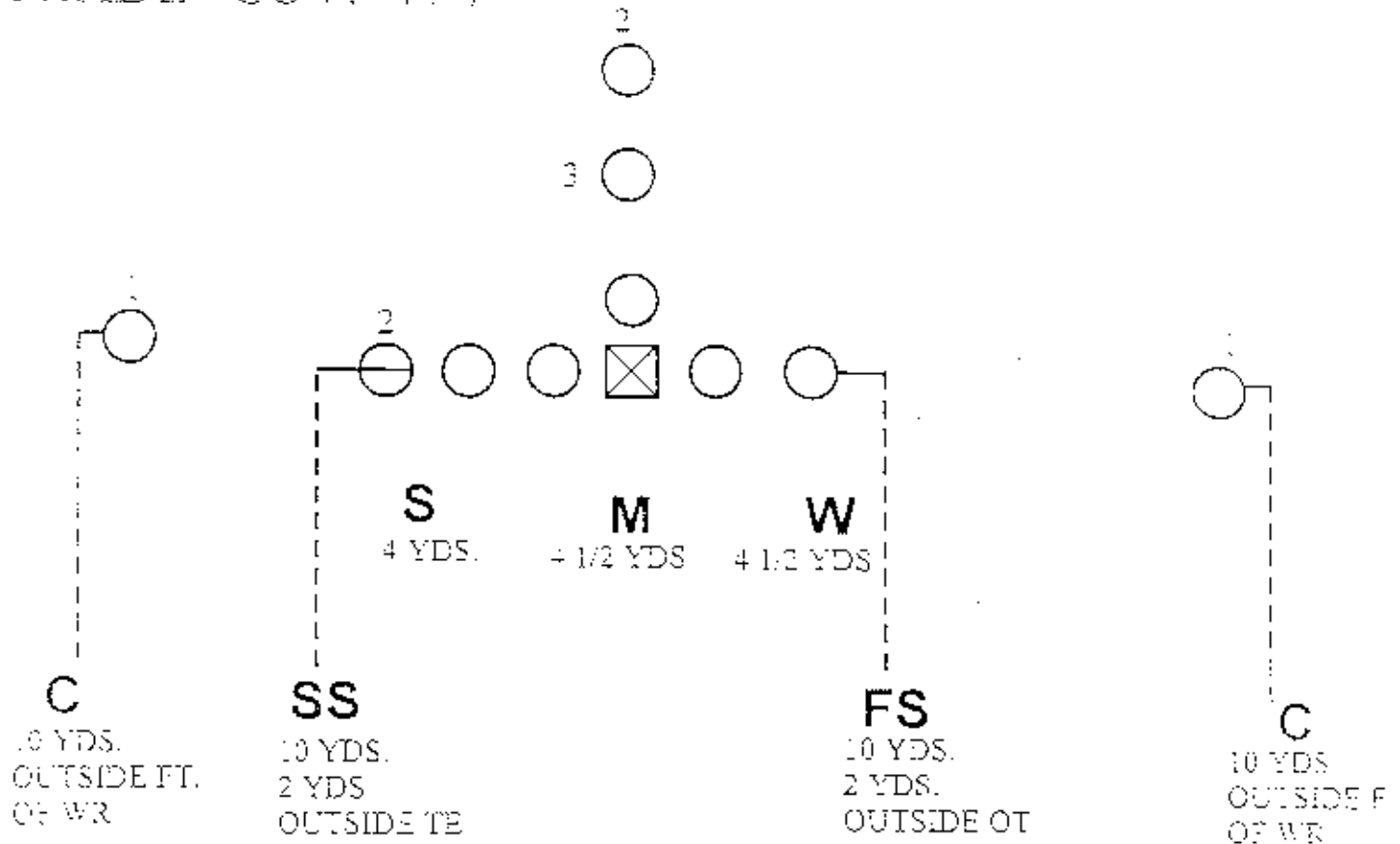


RT - GAP

RUN - ALL

PASS - PLAY ACTION, BOOTS

SHADE COV. 4 / 7



SS - GOES TO ST. SIDE UNLESS 2 WR'S TO ONESIDE

FS - GOES TO WK. SIDE UNLESS SLOT - SLOT CALL

STANCE - HEEL TO TOE, FEET NO WIDER THAN SHOULDERS, HANDS ON KNEES -  
 DROP YOUR HANDS, WEIGHT ON INSIDE FOOT, STAY LOW,  
 KEEP SHOULDERS LOW - DO NOT POP SHOULDERS UP

KEYS - CORNERS LOOK AT QB TO HIPS AND HANDS OF WR

SS / FS - KEY #2, TE, END MAN ON LOS FOR RUN/PASS

C S - 10 YDS OFF OF WR. DO NOT BE IN A HURRY. READ WHAT THE QB IS DOING.  
 WALK OFF ON SNAP - SLOWLY. STAY DOWN AND DO NOT POP UP. KEY FOR  
 3 STEP, 5 STEP, OR PLAY ACTION.  
 CORNERS CAN PRESS OR BAIL FOR CHANGE - UPS.



# COV. 4

## STRENGTH

1. RUN
2. 9 MEN AROUND BALL
3. PLAY ACTION
4. BOOTLEGS
5. 4 MAN RUSH
6. VS I BACKS

## WEAKNESS

1. DROP BACK C's - ONE ON ONE
2. OUT ROUTES
3. OUTSIDE PASSING GAME

# COV 4

## LB's - RUN

STANCE - BALANCED

KEY - TB TO FRONTSIDE GUARD, RUN / PASS

GAP CONTROL - YOUR GAP

## C-

KEYS - PLAY ACTION

RUN SUPPORT

# COV. 4

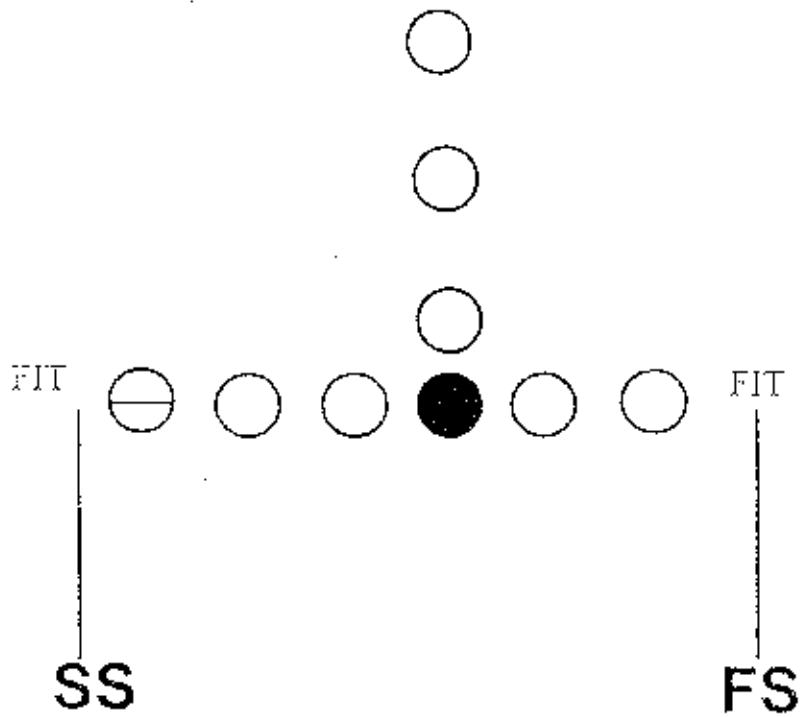
SAFETIES VS RUN

KEY END MAN ON LOS

DOWNHILL TO BALL

FIT ON END MAN LOS. FIT ON BALL

HIT WITH OUTSIDE ARM FREE

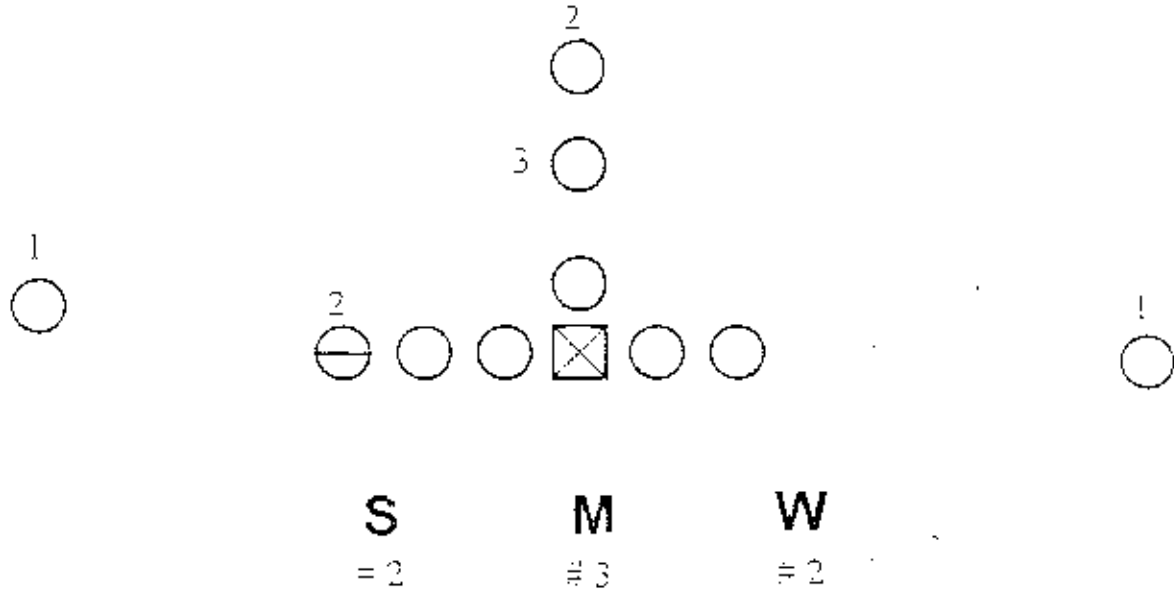


RUN AWAY CUTBACK TO ALLEY

PITCH ON OPTION

# COV. 4

LB's - PASS

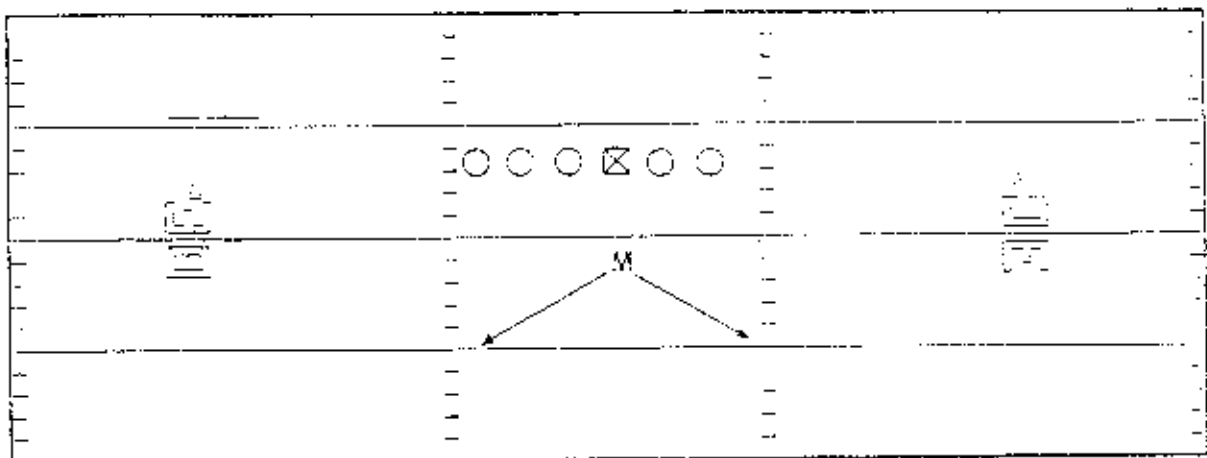


## SAM / WILL

READ QB - PASS READ OPEN HIPS. OUTSIDE POSITION OF #2. STAY ON TOP AND OUTSIDE OF #2. GET SOME DEPTH. GET OUTSIDE OF #2. 45 ANGLE IF #2 OR #3 GOES FLAT, YOU STAY ON TOP. GET READY FOR WHEEL ROUTE. IF #2 GOES VERTICAL, GET JAM AND DROP OUTSIDE.

## MIKE

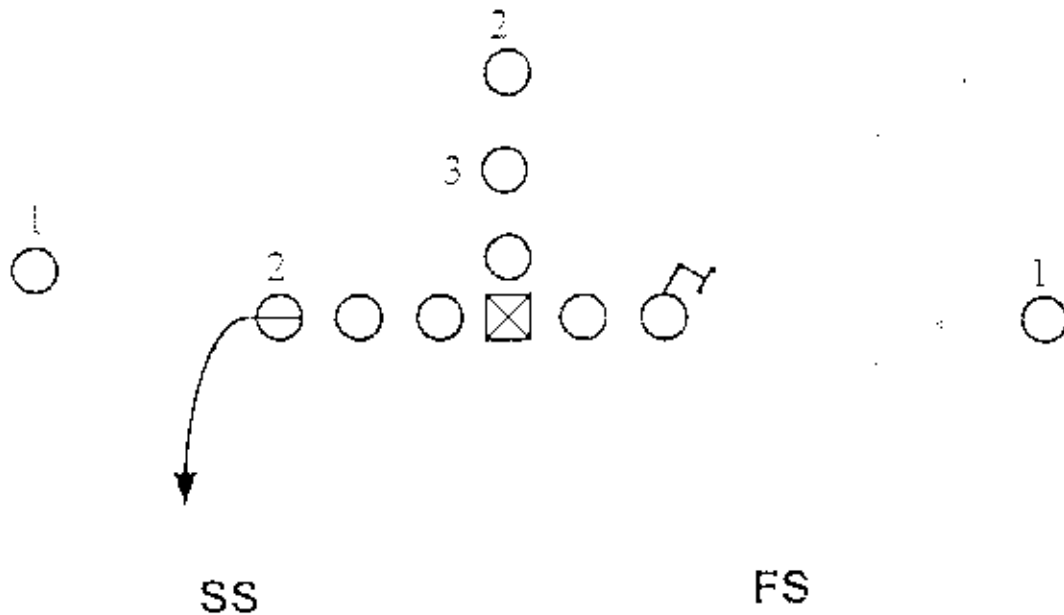
READ QB - OPEN TO #3. ZONE DROP. WALL OFF THE SHALLOW CROSSERS MIKE NEVER GOES OUTSIDE OF HASHES.



COV. 4

SAFETIES VS PASS

KEY END MAN ON LOS FOR RUN / PASS



KEY = 2  
IF # 2 RELEASES UPFIELD - BACKPEDDLE  
VERTICAL - EYES ON QB UNTILL HE TAKES  
YOU OUT OF THE VISION OF QB. THIS IS  
DONE BY WR CLOSING ON YOUR VISION.  
IF HE RELEASES OUT - SETTLE & GIVE GROUND  
IF RELEASE TIGHT INSIDE OR OUTSIDE -  
FAVOR HIS RELEASE - SETTLE & KEY QB

KEY OT FOR RUN / PASS  
SHUFFLE  
QB CROSSES YOUR FACE  
BREAK & DRIVE  
3 STEP - BREAK & DRIVE  
TACKLE WR INSIDE OUT

PLAY ACTION -

CUTS WILL BE DEEPER - 15 TO 18 YDS.

PRESS TECHNIQUE

C's - STEP TO BALANCE WITH HANDS UP - STEER WR.  
SEE HIS HIPS FOR RELEASE. CUT HIM OFF, EYES ON  
HIS HIPS AND HANDS.

BAIL TECHNIQUE

C's - OPEN INSIDE - MATCH HIPS AND RUN WITH WR.  
START DOWNFIELD RUNNING. POSITION YOURSELF  
HIP TO HIP. KEY HIP AND HANDS. START FROM PRESS.  
SHOW PRESS.

### 3 STEP-

C's - EYES GO TO THE HIPS AND HANDS OF THE WR. IF HIS HIPS DROP HE WILL BREAK. HIS HANDS WILL SHOW YOU WHAT WR IS DOING.  
3 STEP THINK BREAK - EYES TRANSFER TO WR BREAK AND EXPLODE.  
OUT - HITCH - SLANT - PUMP AND GO.  
DO NOT WORRY ABOUT BALL - ATTACK WR.  
ALWAYS ATTACK THROUGH THE OUTSIDE SHOULDER.

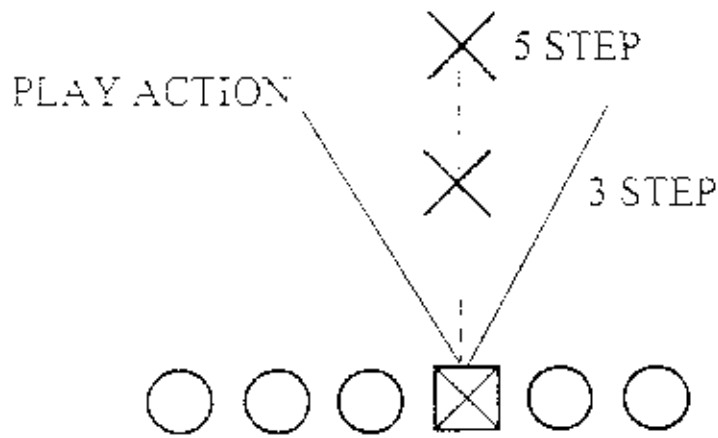
### 5 STEP-

MOST CUTS WILL BE 10 YDS. IF YOU DO NOT GET A CUT AT 10 YDS. THINK DEEP BALL.  
IF YOU CAN REACH OUT AND THE WR CAN REACH OUT AND TOUCH YOU - YOU NEED TO TURN AND RUN.  
COV. 4 - C'S MUST STAY ON TOP OF WR.  
WHEN THE WR CLOSES OR STARTS INSIDE - OPEN INSIDE AND STAY ON TOP.

### PLAY ACTION PASS-

SPEED IN BACKPEDDLF  
THINK DEEP AND IT WILL TAKE LONGER FOR ROUTES TO DEVELOP.  
READ HIPS AND HANDS  
ON 5 STEP OR PLAY ACTION, IF WR DOES NOT CHALLENGE YOU, ZONE UP AND LOOK FOR WORK.

# QB READ DRILL



**C**

FILM  
3 STEP  
5 STEP  
PLAY ACTION

**SS**

FILM  
3 STEP  
5 STEP  
PLAY ACTION

**FS**

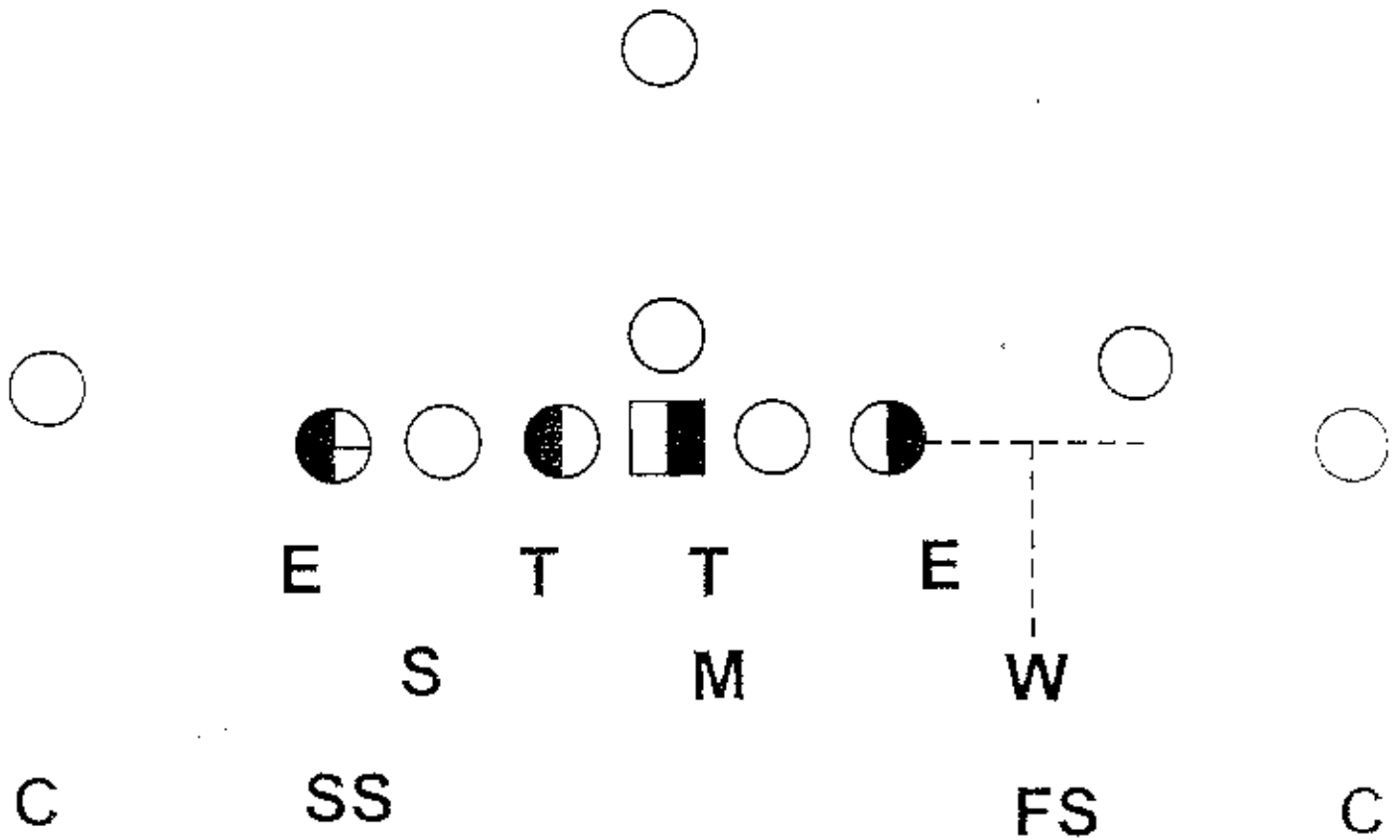
FILM  
3 STEP  
5 STEP  
PLAY ACTION

**C**

FILM  
3 STEP  
5 STEP  
PLAY ACTION

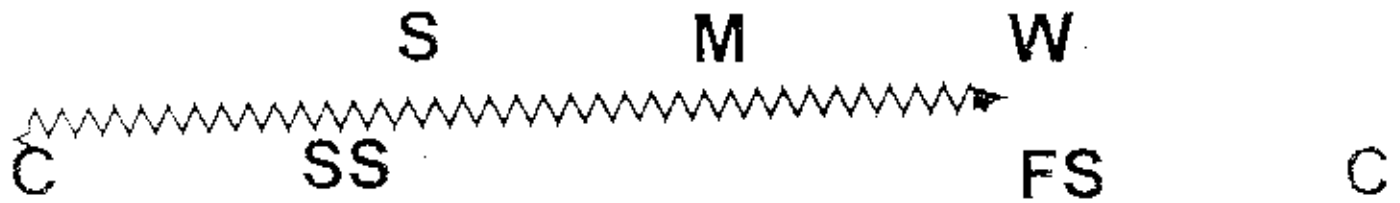
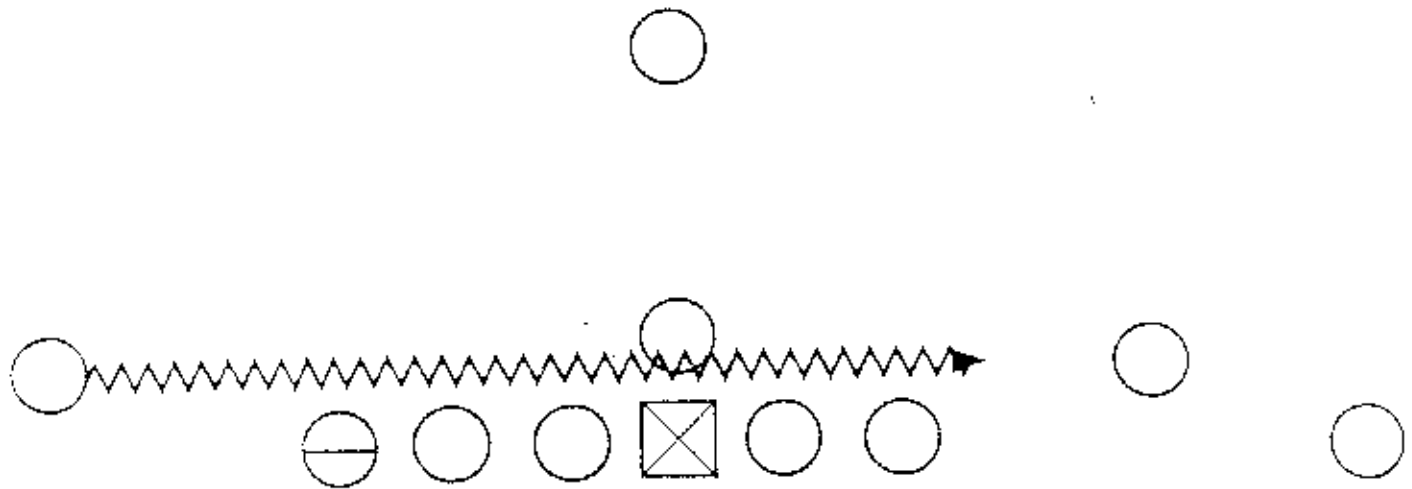


# COV. 4 ONE BACK



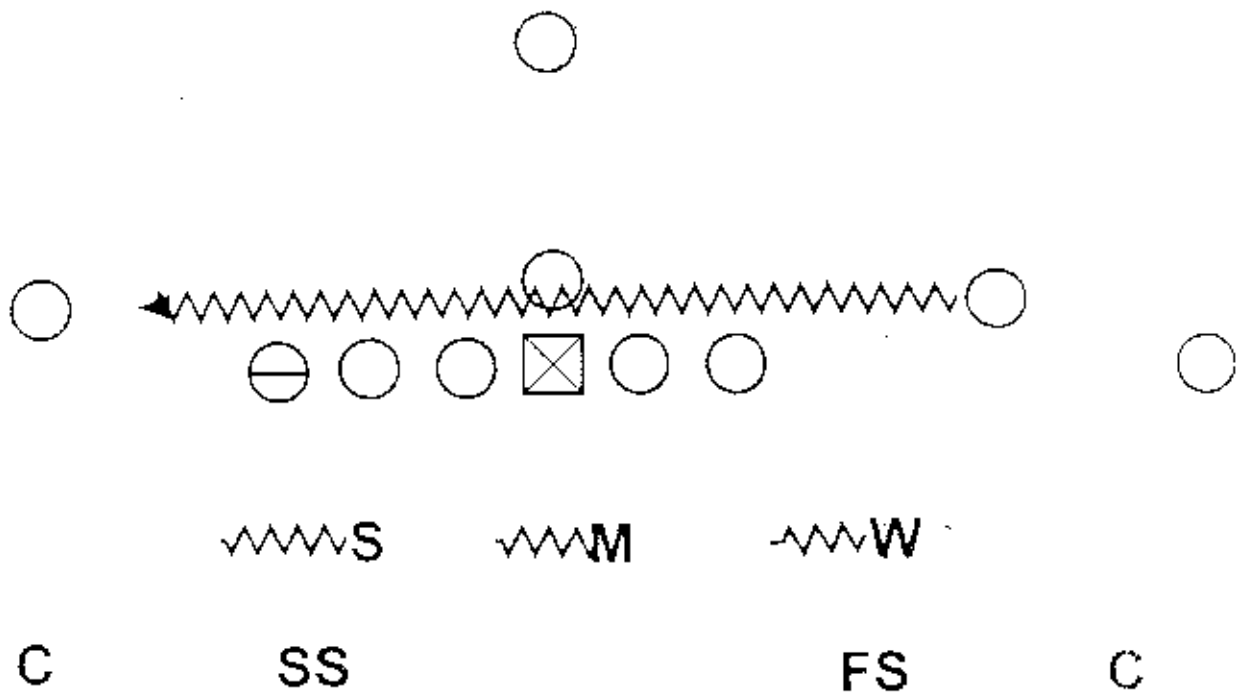
WILL WILL SPLIT THE DISTANCE BETWEEN SLOT AND  
END MAN ON LOS

# COV. 4 ONE BACK MOTION

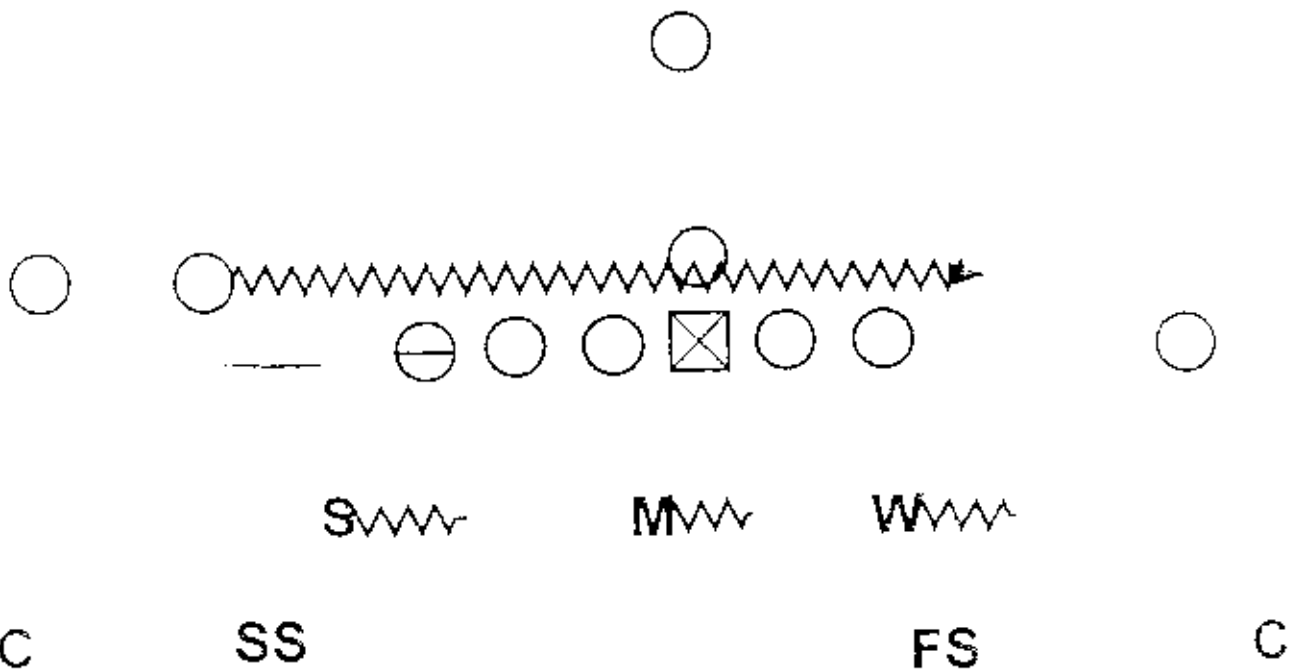


C's - LOCK MAN TO MAN

# COV. 4 ONE BACK MOTION

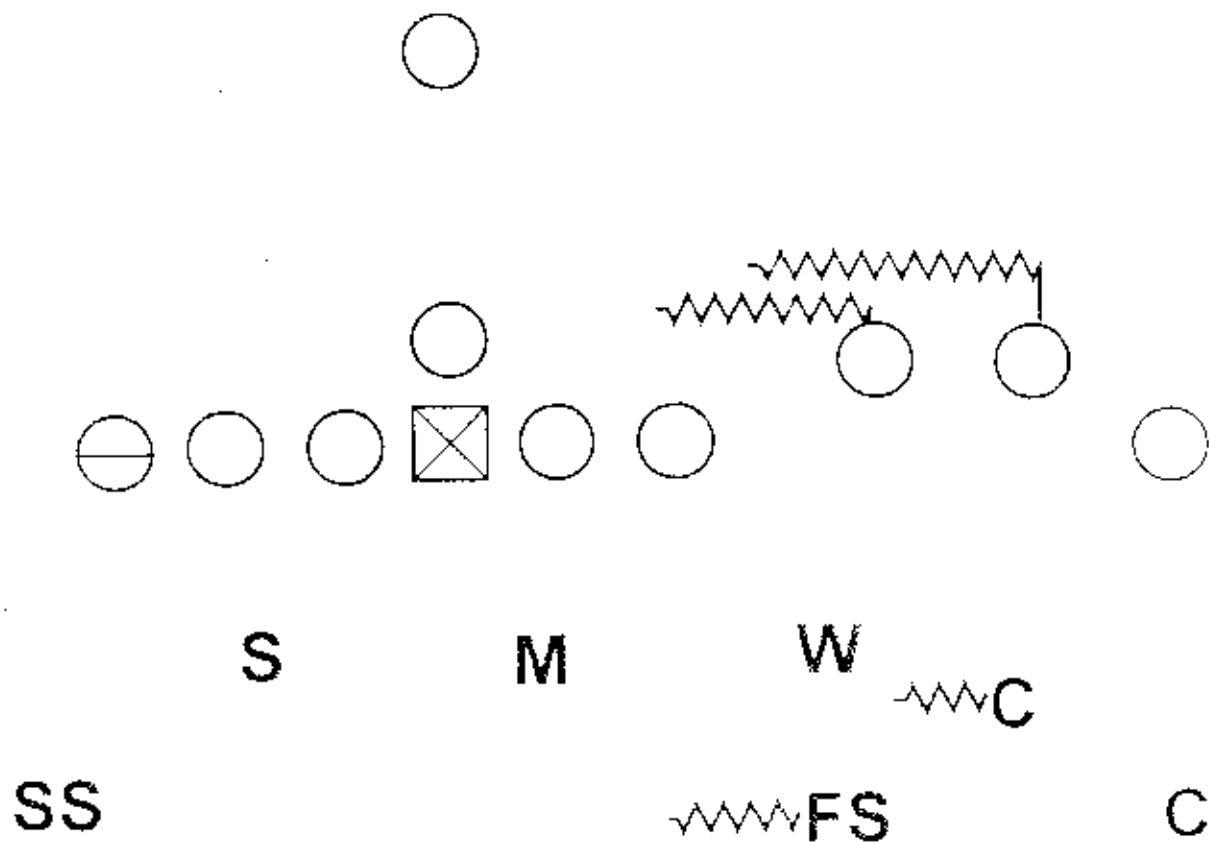


BUMP BACKERS ON ALL SLOT MOTION



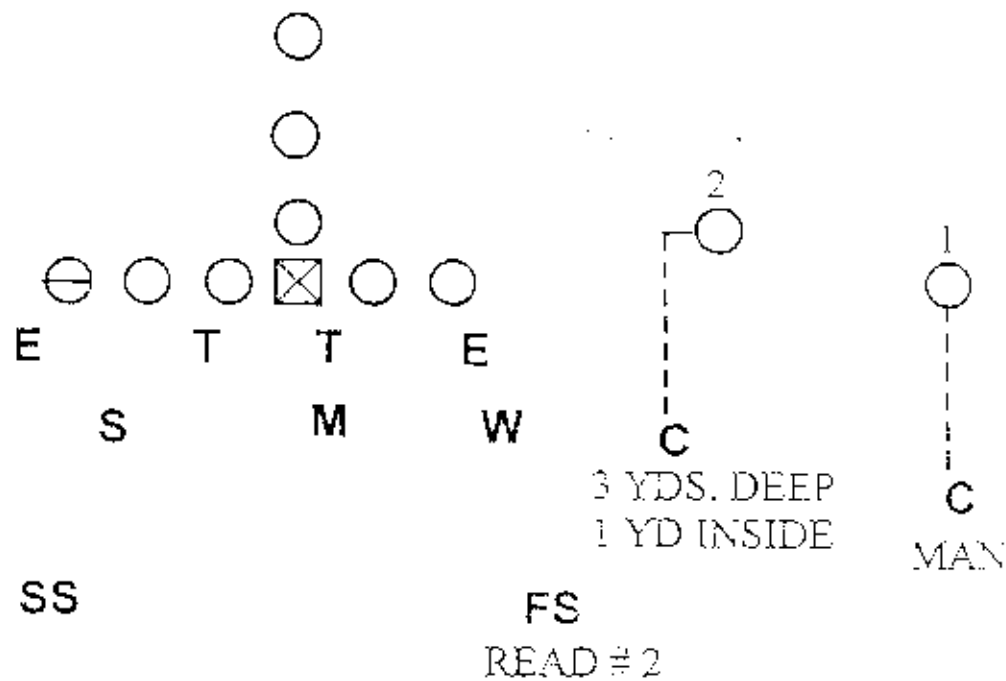
# COV. 4 SLOT MOTION

SPECIAL CALL  
CORNER OVER  
BACKERS DO NOT BUMP  
C & FS HANDLE SLOT MOTION



# COV. 4/7

ADJUST TO TWINS  
CORNER OVER



## CORNER OVER TO TWINS-

KEY - END MAN ON LOS FOR RUN / PASS

STANCE - THE SAME

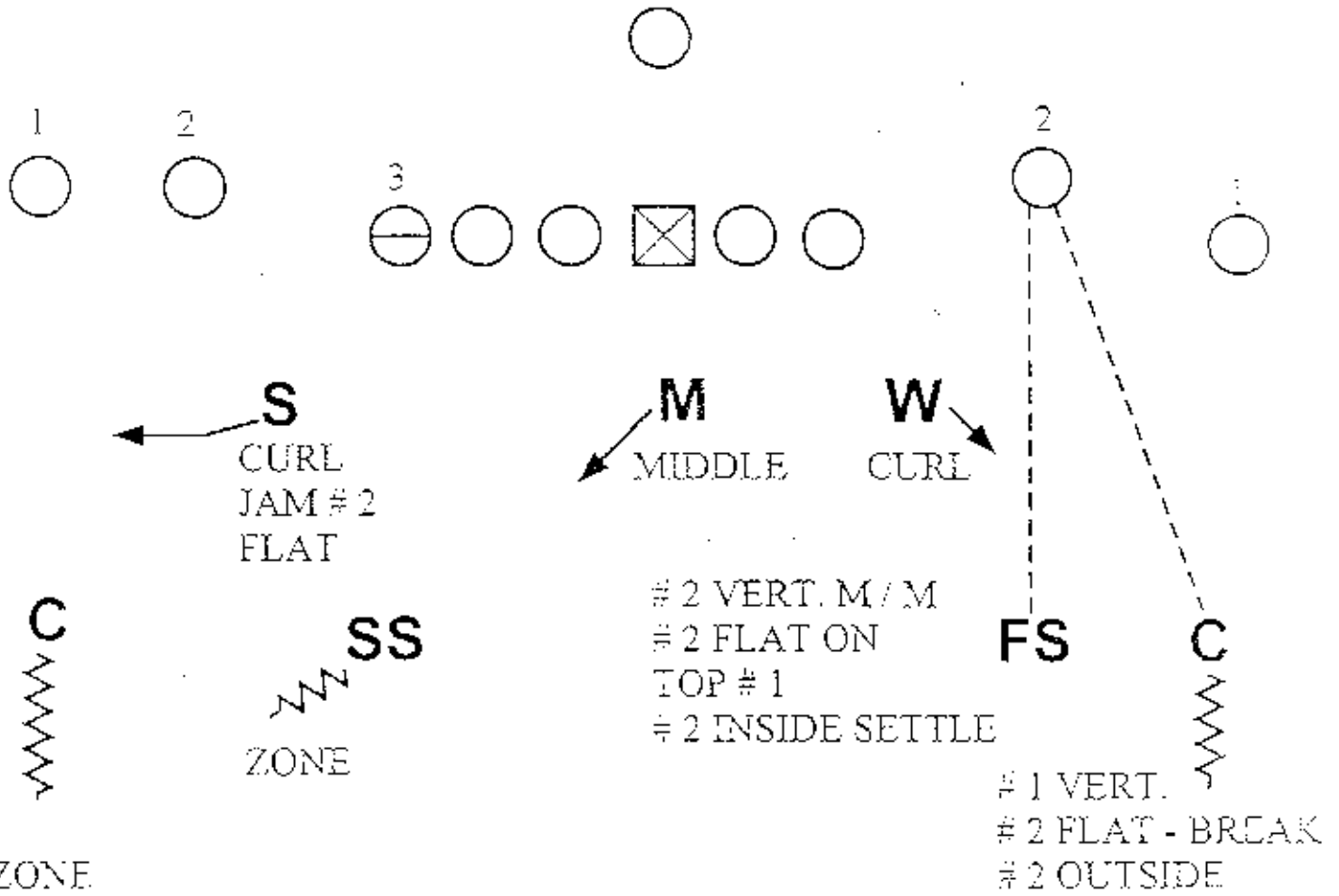
ON THE SNAP - SHUFFLE TO OUTSIDE POSITION

IF OT BLOCKS - ATTACK OUTSIDE SHOULDER OF WR

IF # 2 GOES INSIDE OR VERTICAL, DROP OUTSIDE # 2  
AND PLAY HIM OUTSIDE IN (ZONE DROP). ONLY TIME  
YOU LOCK ON IS IF HE GOES OUTSIDE.

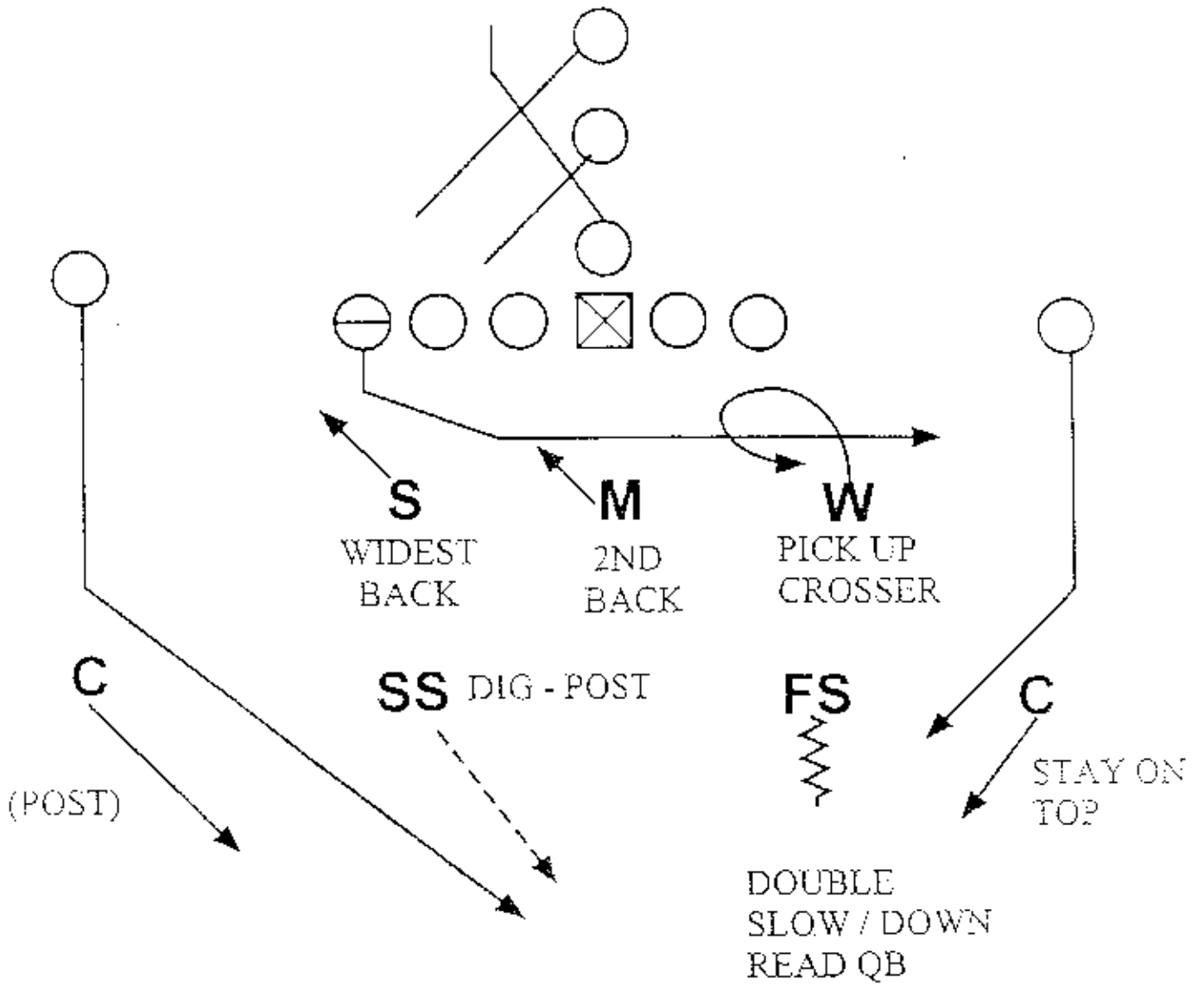
FS -

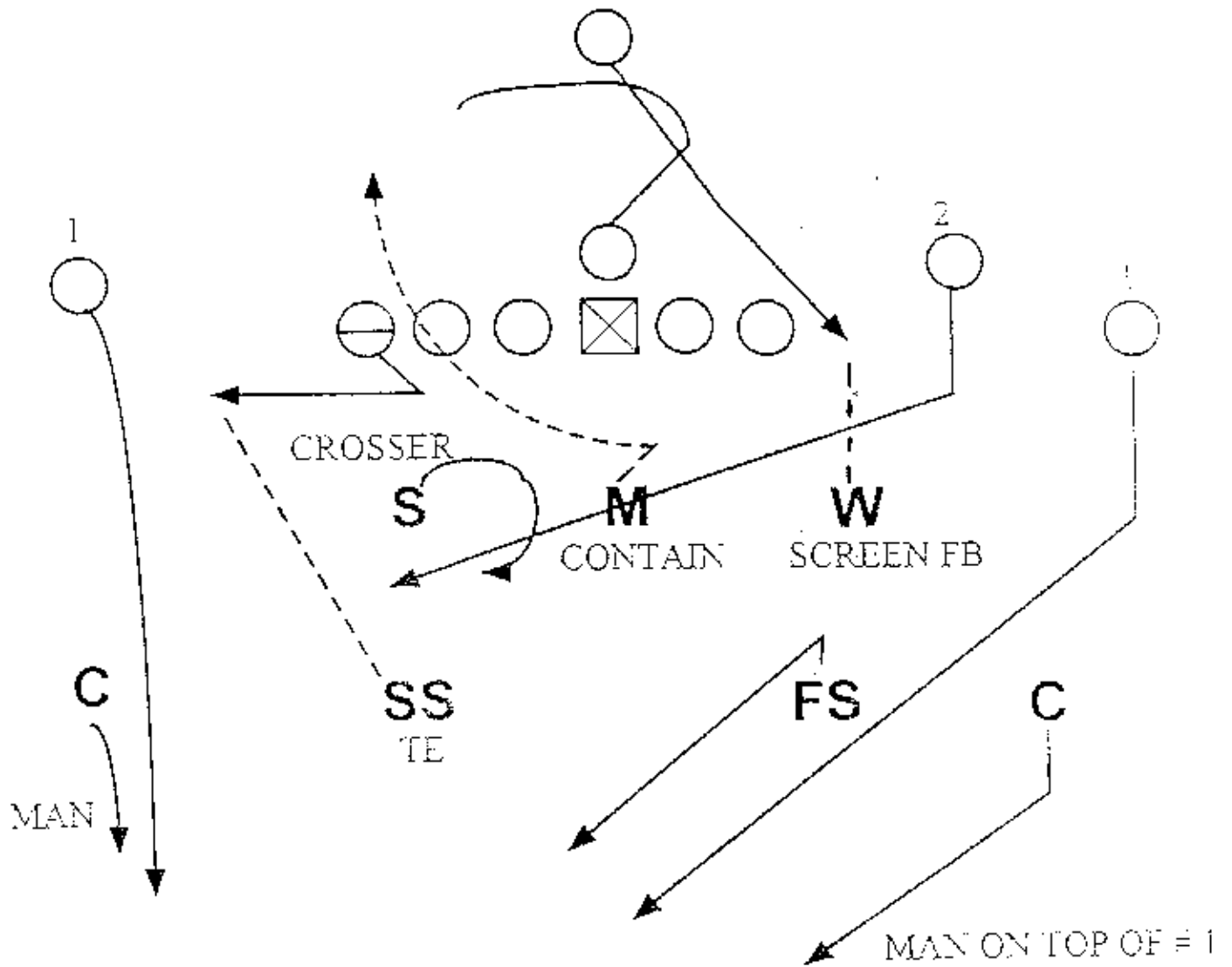
KEY # 2



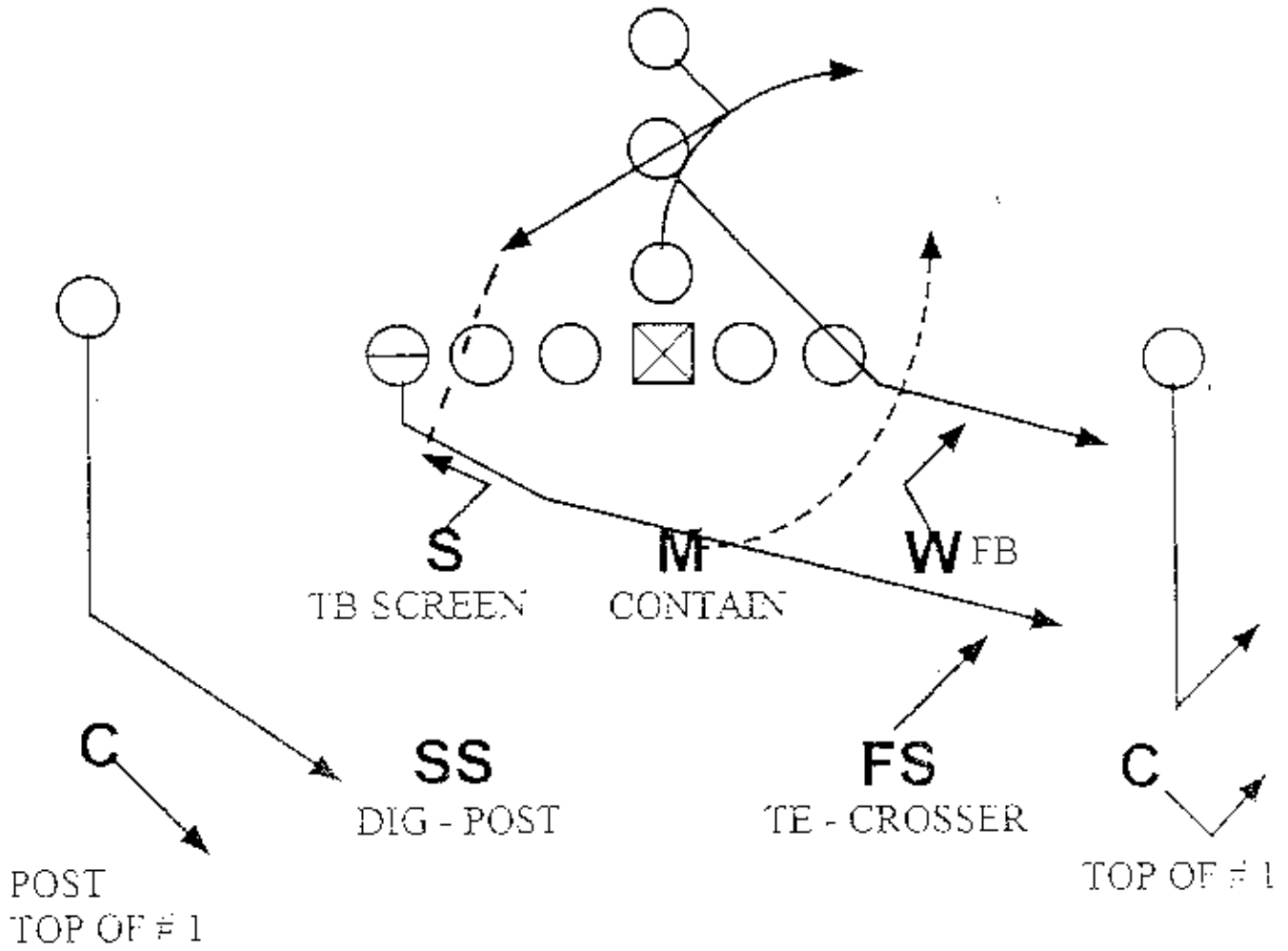
ZONE  
 # 1 & # 2 SQUEEZE  
 FAVOR # 1 VERT.  
 1/4 OF FIELD

3 STEP - EXPECT QUICK THROW  
 QB DRAW - CONTAIN QB









# COV. 3

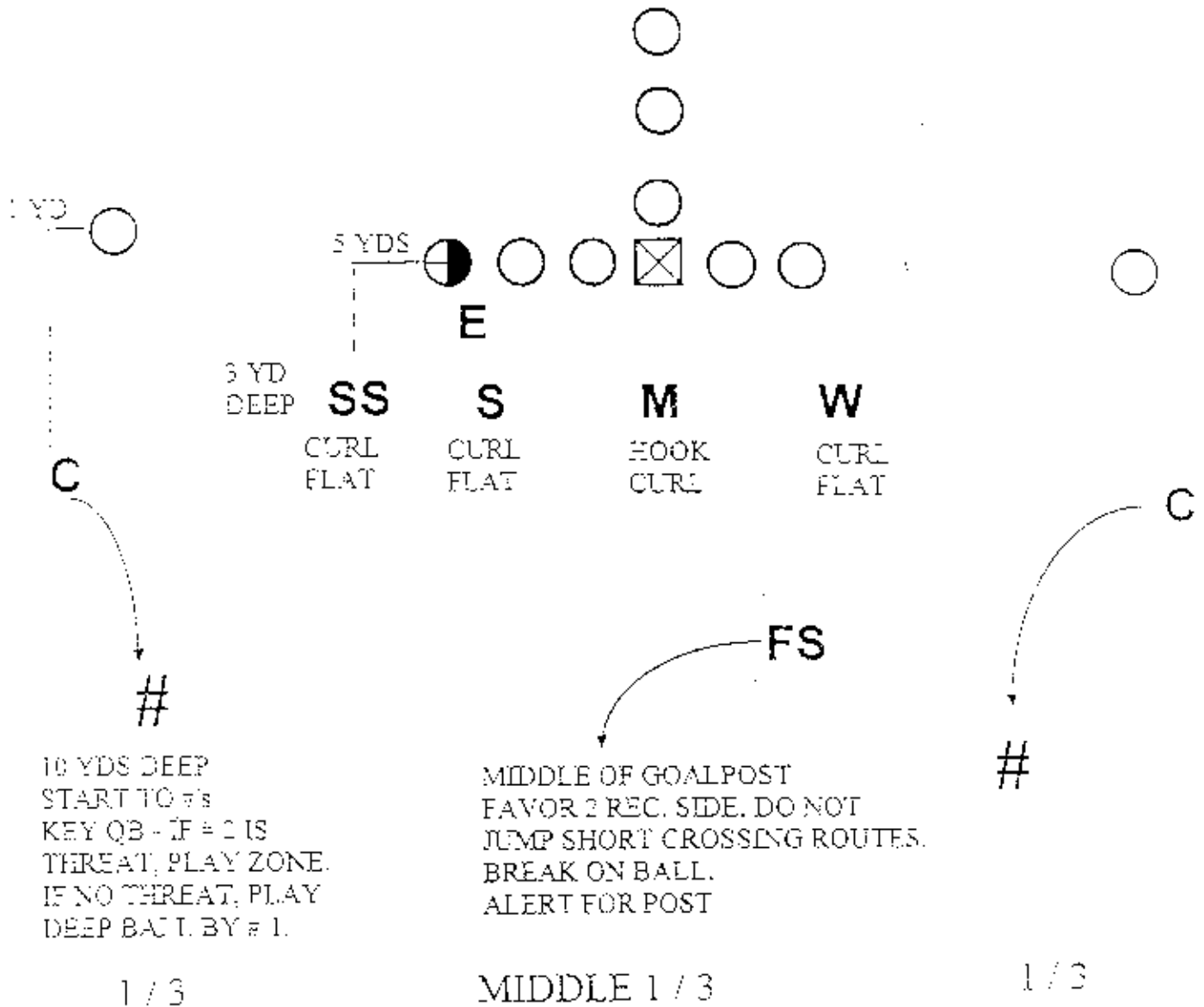
## STRENGTH

1. 3 DEEP ZONE
2. RUN - 8 MAN FRONT
3. FRONT ADJUSTMENTS

## WEAKNESS

1. FLATS
2. OUT ROUTES
3. 4 VERTICALS
4. 3 LEVEL PASS

# COV 3



DEEP AS DEEP  
WIDE AS WIDE  
BUMP LB's - MOTION  
WILL & SS - PITCH ON OPTION (FORCE)

# COV. 2

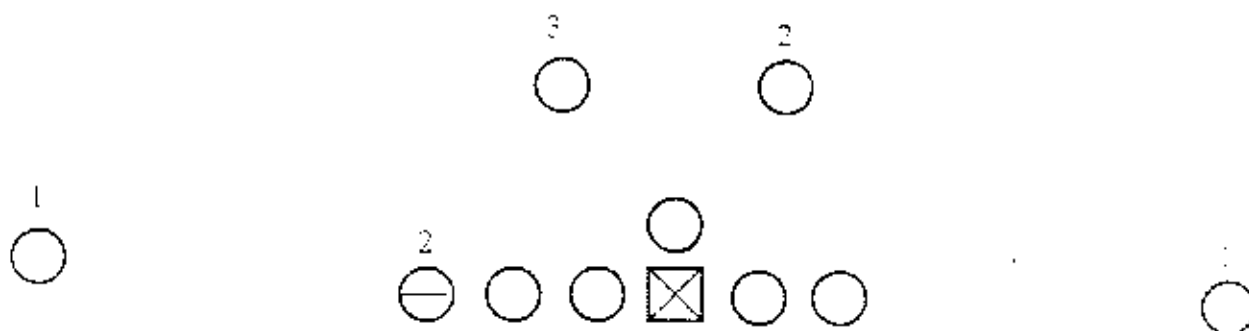
## STRENGTH

1. OUTSIDE PASS DEF.
2. DOUBLE ZONE ON WR
3. OUTSIDE RUN (OPTION)
4. 4 MAN RUSH
5. SUPPORT
6. FRONT SLANTS

## WEAKNESS

1. INSIDE RUN - REMOVE PEOPLE
2. PLAY ACTION PASS
3. VERTICALS
4. TE CAN GET OPEN DOWN FIELD

# COV 2



**C**

3 YD DEEP  
 OUTSIDE LEVERAGE  
 INSIDE FOOT ON  
 OUTSIDE FOOT OF WR  
 KEY - MAN - HIP & HANDS  
 MUST GET JAM AND  
 RE-ROUTE. SEE QB  
 AFTER JAM

CLOUD - FLAT  
 TO BOTH SIDES  
 FORCE ON RUN -  
 PITCH

**S**

CURL  
 WALL # 2  
 VERTICAL

**M**

WALL # 3  
 RUN WITH  
 VERTICAL

**W**

WALL # 2  
 VERTICAL

**C**

**SS**

10 YD DEEP ON HASH  
 ON SNAP GET 2 YDS  
 OUTSIDE HASH.  
 GET OUT QUICK.  
 DEPTH IS KEY  
 STAY ON TOP OF  
 ALL ROUTES  
 IF # 2 IS NOT VERTICAL  
 EXPAND OUT TO # 1  
 BACKPEDDLE AND  
 STAY LOW  
 DEEP 1 / 2

**FS**

\_\_\_\_\_  
 \_\_\_\_\_  
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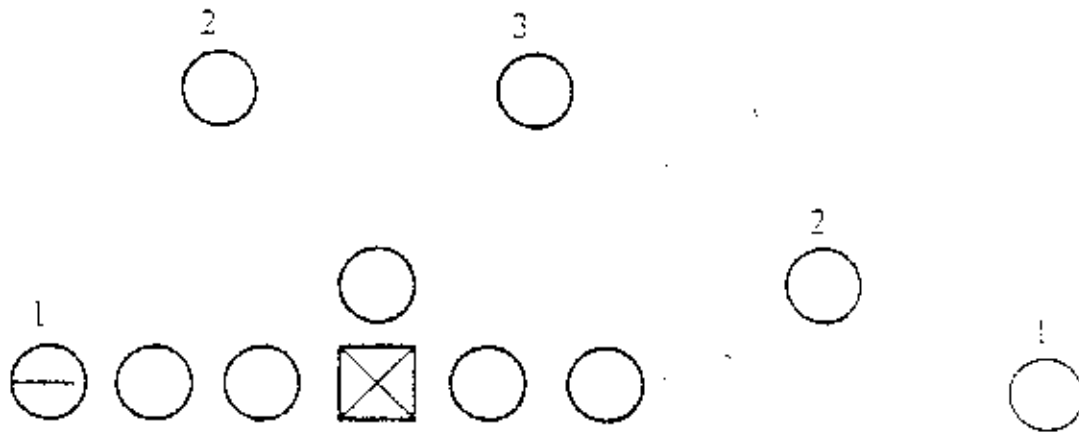
LB's - CHECK RUN, DRAW, PASS. DO NOT BE IN A HURRY.  
 BLOCKING SCHEMES VS RUN.

SAFETIES - RUN TO YOUR SIDE FORCE TO A POINT OUTSIDE  
 AND BEHIND CORNER FOR RUN OUTSIDE.  
 RUN AWAY FORCE TO THE BALL FROM INSIDE OUT.

C's - FORCE ON RUN - PITCH ON OPTION

# COV 2 VS TWINS

## PLAY IT CALL



**C**

READ TE #1  
FLAT / WHEEL  
FORCE / PITCH

**S**

#2  
CURL  
WALL VERT.

**M**

#3  
MIDDLE  
HOOK

**W**

#2  
CURL  
WALL VERT.

**C**

FLAT / WHEEL  
FORCE / PITCH

**SS**

HASH  
1/2

**FS**

HASH  
1/2

D. LINE - PASS RUSH

PASS CALL - JET - Bird

CROWD BALL -

BALL - CALL -

STANCE - SPRINTER

KEY - THE BALL

PRE-SNAP - READS - CALLS

Get off on SNAP! #1

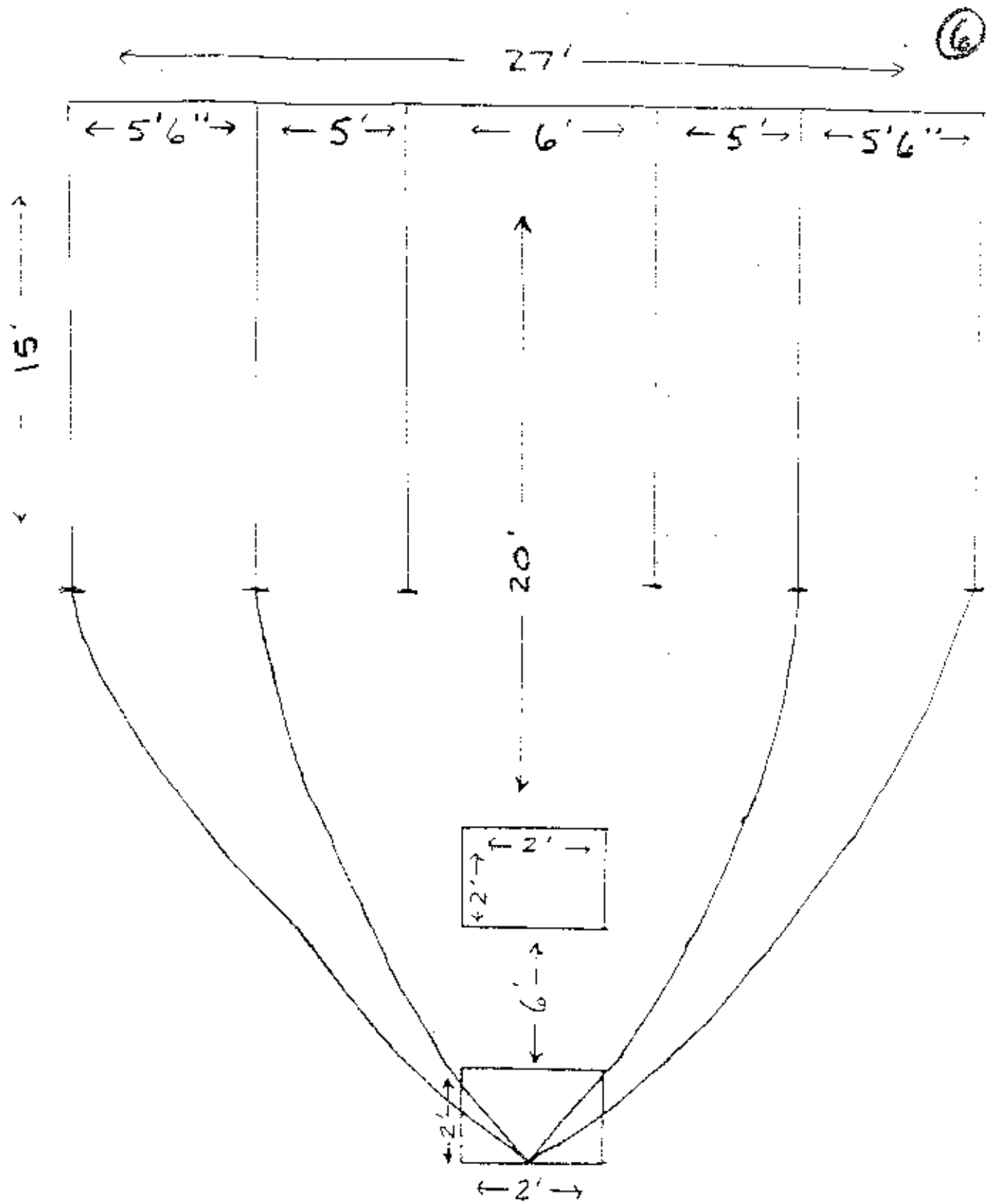
ATTACK THE BLOCKER!

NEW LOS

GET TO OL-MAN - 1/2 MAN - HIPS

PADS LOW - NUMBERS DOWN

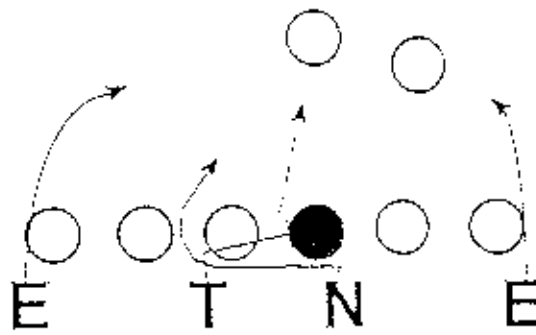
FEET & HANDS NEVER STOP / /



PASS RUSH LANES



## 'TUN'



SE: - Jet Alignment.

- Ultimate contain rules.
- Contain rush with no inside moves until you get to the depth of the QB or deeper.

3 TECH: - Jet Alignment.

- Work two hard steps upfield and plant off of your outside foot ripping across the guards face attacking the near hip of the center violently.
- Ricochet off the hip of the center and work to the QB.
- If the center turns towards the 3 TECH, he should cross his face and rush the opposite 'A' gap.
- TUN

NOSE: - SHADE

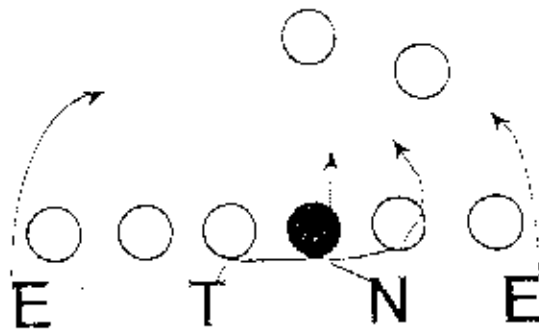
- Press the outside number of the center with low pad level and active feet.
- After the 3 TECH attacks the center the NOSE will loop into the opposite 'B' gap scraping tight.
- TUN

WE: - Jet alignment.

- Contain rush with no inside moves until you get to the depth of the QB or deeper.

NOTES: - VS 10 or 20 Personnel, there is the ability to ✓TUN to the back. (Opposite Center)

## 'NUT'



SE: - Jet Alignment.

- Ultimate contain rules.
- Contain rush with no inside moves until you get to the depth of the QB or deeper.

3 TECH: - Jet Alignment.

- Press the OG on the snap with great pad level and active feet and loop to the opposite 'B' gap after the NOSE penetrates the 'A' gap.
- NUT.

NOSE: - Jet Alignment. (G)

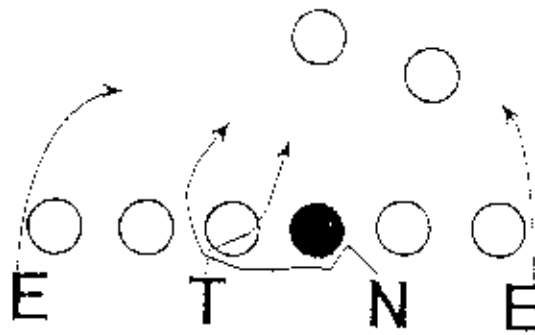
- If the center turns away from him, the NOSE will attack the near hip of the center with his hat and hands and ricochets to the QB.
- If the center turns towards him, the NOSE will cross the face of the center and rush the opposite 'A' gap.
- NUT.

WE: - Jet Alignment.

- Ultimate contain rules.
- Contain rush with no inside moves until you get to the depth of the QB or deeper.

NOTES:

'READ'



- SE: - Jet alignment.  
- Ultimate contain rules.  
- Contain rush with no inside moves until you get to the depth of the QB or deeper.

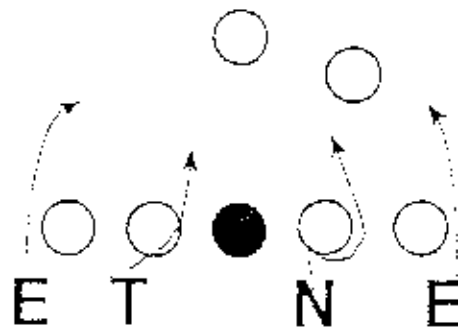
- 3 TECH: - Jet Alignment.  
- Work a two way move on the OG.  
- Rush either the 'A' or 'B' gap on the snap.  
- READ

- NOSE: - Jet Alignment. (G)  
- Press the outside number of the center and maintain your 'A' gap rush lane unless the 3 TECH rushes his 'A' gap.  
- If the 3 TECH rushes the 'A' gap, the NOSE must loop to the opposite 'B' gap scraping tight.  
- READ

- WE: - Jet Alignment.  
- Ultimate contain rules.  
- Contain rush with no inside moves until you get to the depth of the QB or deeper.

NOTES: - NOSE can play 'SHADE' OR 'G'. Game Plan.

## 'OPPOSITE'



SE: - Jet Alignment.

- Ultimate contain rules.

- Contain rush with no inside moves until you get to the depth of the QB or deeper.

3 TECH: - Jet Alignment.

- Work your best counter move into the 'A' gap and rush through that gap.

- 'Out and In' move.

NOSE: - Jet Alignment. (G)

- Work your best counter move into 'B' gap and rush through that gap.

- 'In and Out' move.

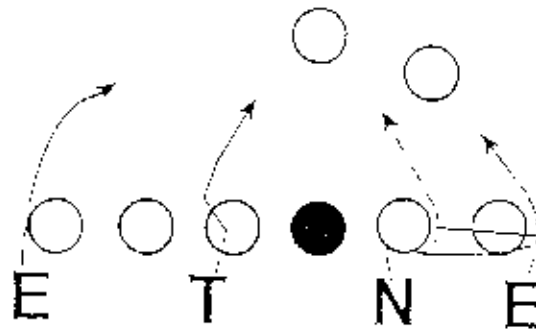
WE: - Jet Alignment.

- Ultimate contain rules.

- Contain rush with no inside moves until you get to the depth of the QB or deeper.

NOTES: - Best for Center sitting strong to 3 TECH.

'EX'



SE: - Jet Alignment.

- Ultimate contain rules.

- Contain rush with no inside moves until you get to the depth of the QB or deeper.

3 TECH: - Jet Alignment.

- Work an "in and Out" move on the OG and rush through the 'B' gap.

NOSE: - Jet Alignment. (G)

- Press inside the number of the guard on the snap.

- After the end attacks the guard and knocks him inside, loop outside for contain scraping tight.

- EX

WE: - Jet Alignment.

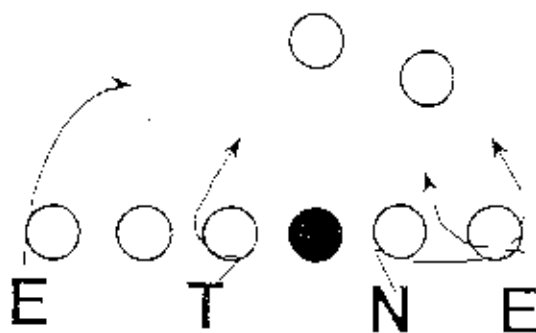
- Work upfield 2 steps on the snap and then plant off of your outside foot slanting inside to attack the outside hip of the guard violently.

- After contact ricochet inside to the QB.

- EX

NOTES:

## 'FIT'



SE: - Jet Alignment.

- Ultimate contain rules.

- Contain rush with no inside moves until you get to the depth of the QB or deeper.

3 TECH: - Jet Alignment.

- Work an "In and Out" move on the OG and rush through the 'B' gap.

NOSE: - Jet Alignment. (G)

- Press the 'A' gap and look for an inside move by the WE, if the WE makes an inside move, loop outside for contain scraping fight.

- If the end works a contain rush, stay in your pass rush lanes and get your hands up when the ball is thrown.

- FIT

WE: - Jet alignment.

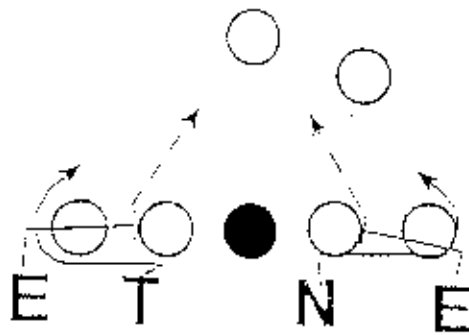
- You have a two way go on the tackle.

- Work upfield on the snap and make your best pass rush move

- FIT

NOTES: - A fit move is automatic in stack, solid and on every Single Dog with the exception of the WILL BLAST and WILL CHARGE.

'EXIT'



SE: - Jet Alignment.

- Work 3 steps upfield on the snap and then plant off of your outside foot and slant inside attacking the outside hip of the guard violently.
- Ricochet off the OG's hip and work to the QB.
- EX

3 TECH: - Jet Alignment.

- Press the inside number of the guard on the snap maintaining low pad level and keeping your feet active.
- When the end attacks the guard and knocks him inside, work outside for contain looping tight.
- Keep the QB on your inside shoulder.
- EX

NOSE: - Jet Alignment. (G)

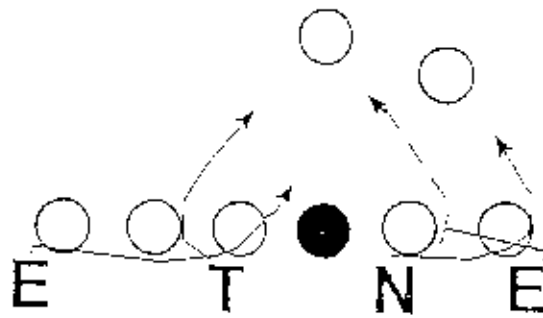
- Press the inside number of the guard on the snap and after the end attacks the guard and knocks him inside, loop outside for contain scraping tight.
- EX

WE: - Jet Alignment.

- Work upfield 3 steps on the snap and then plant off of your outside foot slanting inside to attack the outside hip of the guard violently.
- After contact ricochet inside to the QB.
- EX

NOTES: - Best VS 10 and 20 Personnel. (NO TE)

## TEXAS



SE: - Jet Alignment on the TE.

- Work upfield four steps or to the upfield shoulder of the OT on the snap.
- Plant off of your outside foot and loop into the 'A' gap.
- You have a "two way go" if the guard or center tries to block you.
- TED

B TECH: - Jet Alignment on the guard.

- Hard rip the armpit of the guard and get penetration in the 'B' gap.
- Once upfield in the 'B' Gap attack the inside hip of the tackle with your hat and hands and ricochet towards the QB keeping him on your inside shoulder.
- If the OT closes down the 'B' gap, you should work outside of these blocks for contain.
- TED

NOSE: - Jet Alignment. (G)

- Press the inside number of the guard on the snap and after the end attacks the guard and knocks him inside, loop outside for contain scraping tight.
- EX

WE: - Jet Alignment

- Work upfield 3 steps on the snap and then plant off of your outside foot slanting inside to attack the outside hip of the guard violently.
- After contact ricochet inside to the QB.
- EX

NOTES: - SE should not loop inside on sprint out pass to his side.

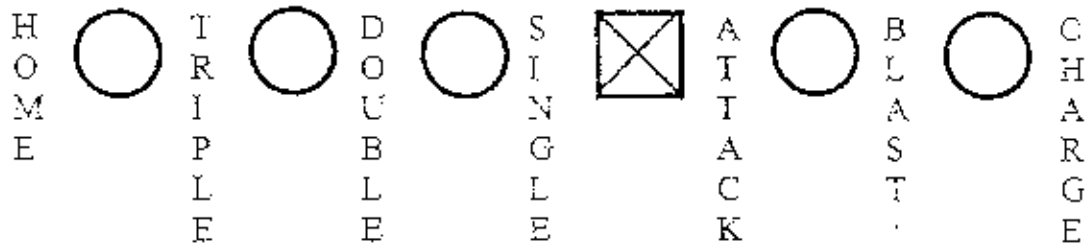


Dogs

BLITZ

LINE stunts

## Single Linebacker Dogs

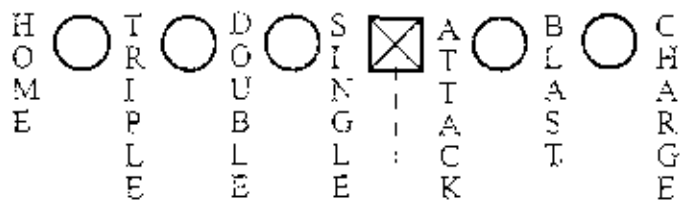


All Dogs are run from a Stack front. The following words label the seam in which the linebacker will blitz. If your seam is called slant one gap to the football.

- SINGLE: Strong "A" gap
- DOUBLE: Strong "B" gap
- TRIPLE: Strong "C" gap
- HOME: Strong "D" gap
- ATTACK: Weak "A" gap
- BLAST: Weak "B" gap
- CHARGE: Weak "C" gap

# Single Linebacker Dogs

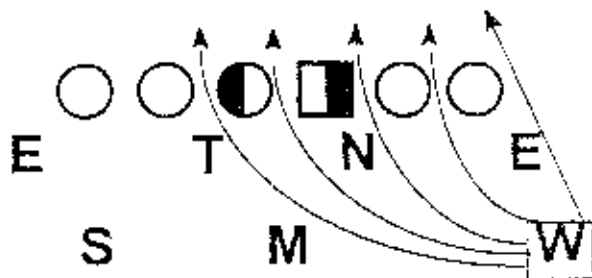
## Blitz Tracks



**STRONG**

**WEAK**

\* Will is 5 Void - Mike #3 - Sam #2

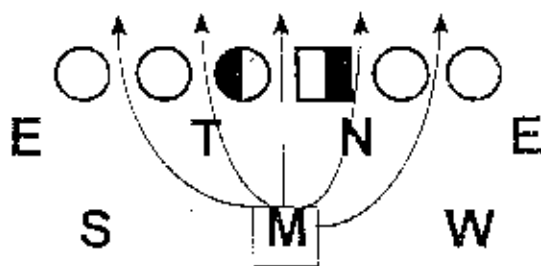


### WILL

Single - Strong A  
Double - Strong B

Attack - Weak A  
Blast - Weak B  
Charge - Outside

\* Mike is Moose - Will #2 - Sam #2

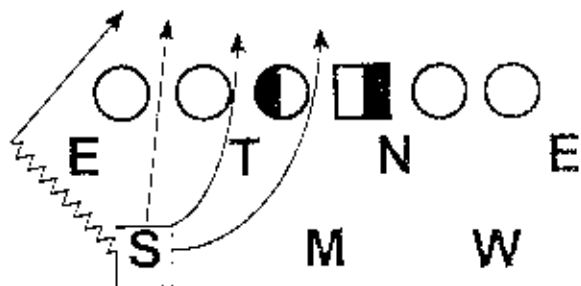


### MIKE

Single - Strong A  
Double - Strong B  
Triple - Strong C

Attack - Weak A  
Blast - Weak B

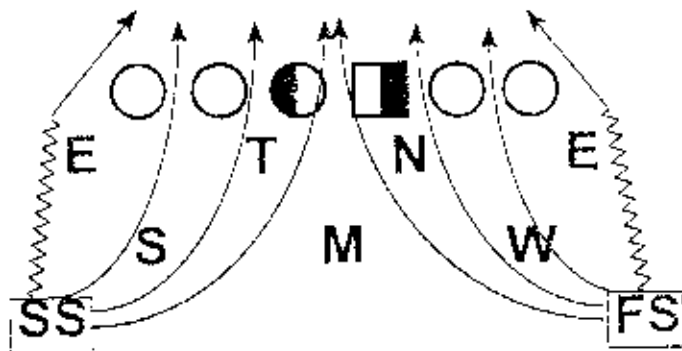
\* Sam is 3 Void - Mike #3 - Will #2



### SAM

Home - Outside  
Triple - Strong C  
Double - Strong B  
Single - Strong A

Safeties - 3 Linebackers have the match  
Mike #3 - Sam & Will #2



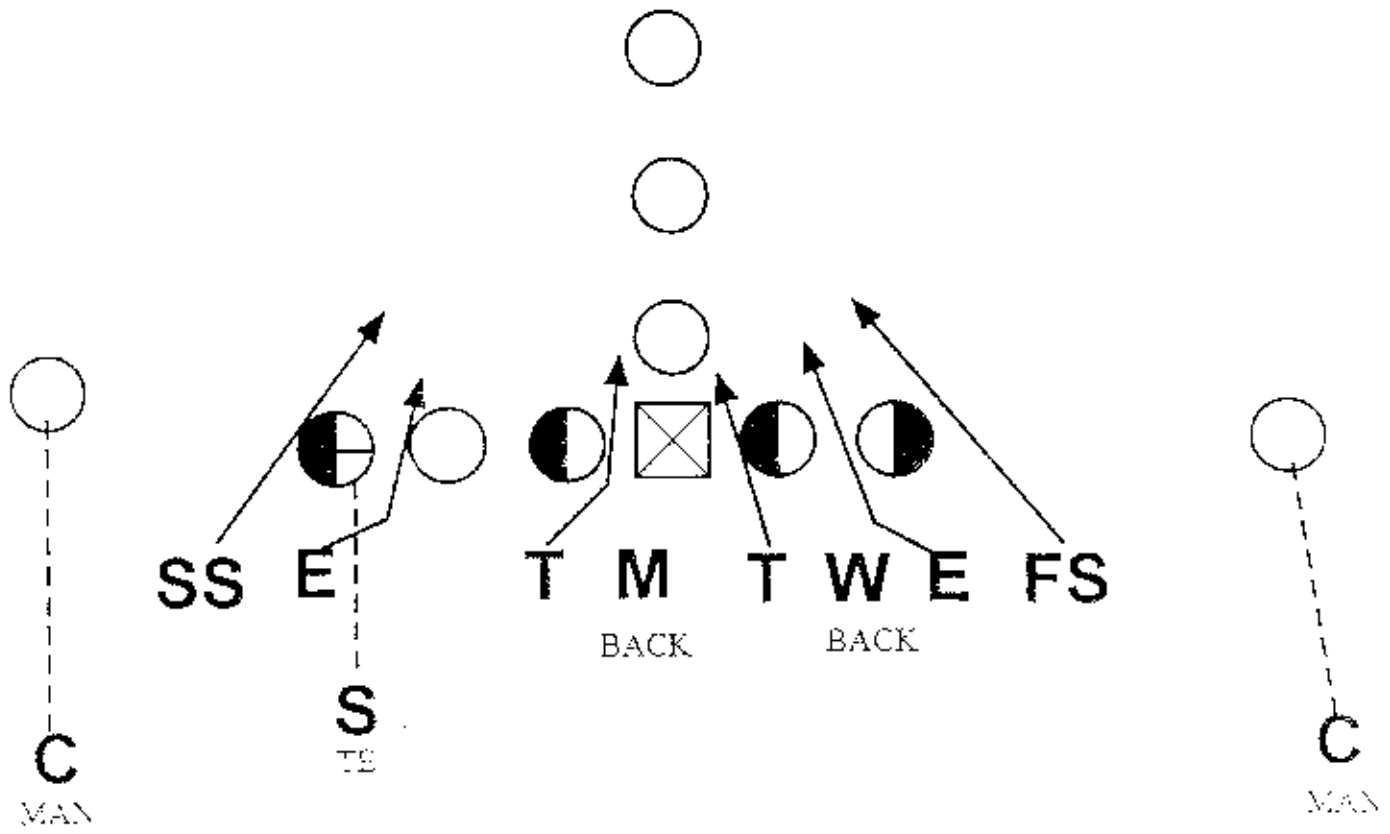
### STRONG (STORM)

Home - Outside  
Triple - Strong C  
Double - Strong B  
Single - Strong A

### FREE (FOX)

Charge - Outside  
Blast - Weak B  
Attack - Weak A  
Single - Strong A

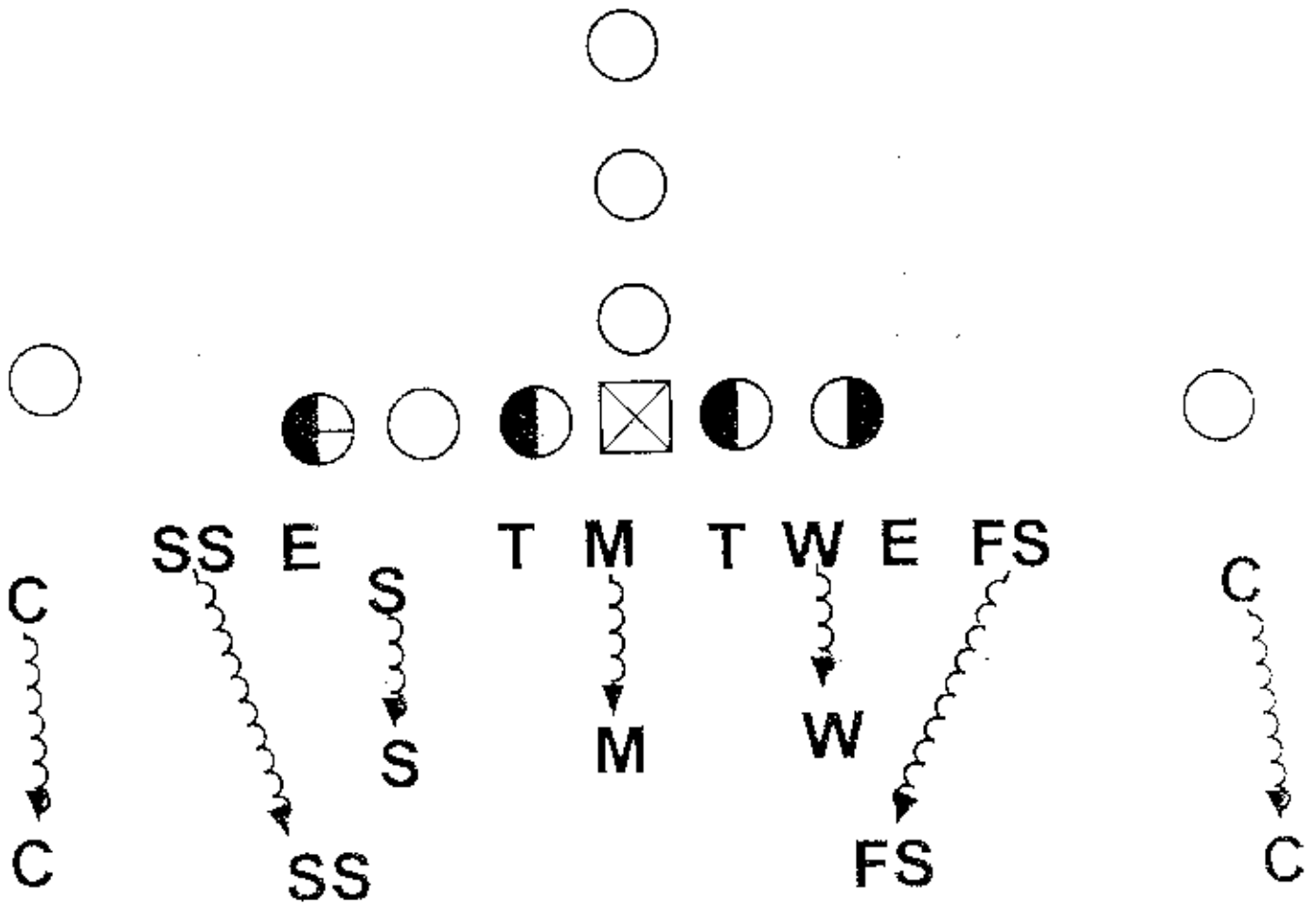
**BLITZ**  
HEAT  
 MAX BLITZ



FORCE BALL INSIDE  
 GOOD VS OPTION, INSIDE RUN  
 SAFETIES - HAVE FORCE / PITCH ON OPTION  
 WILL & MIKE - ALLEY VS OPTION  
 SAM - TE MAN TO MAN  
 C's - MAN TO MAN

# BLITZ

## HEAT CHECK BAIL



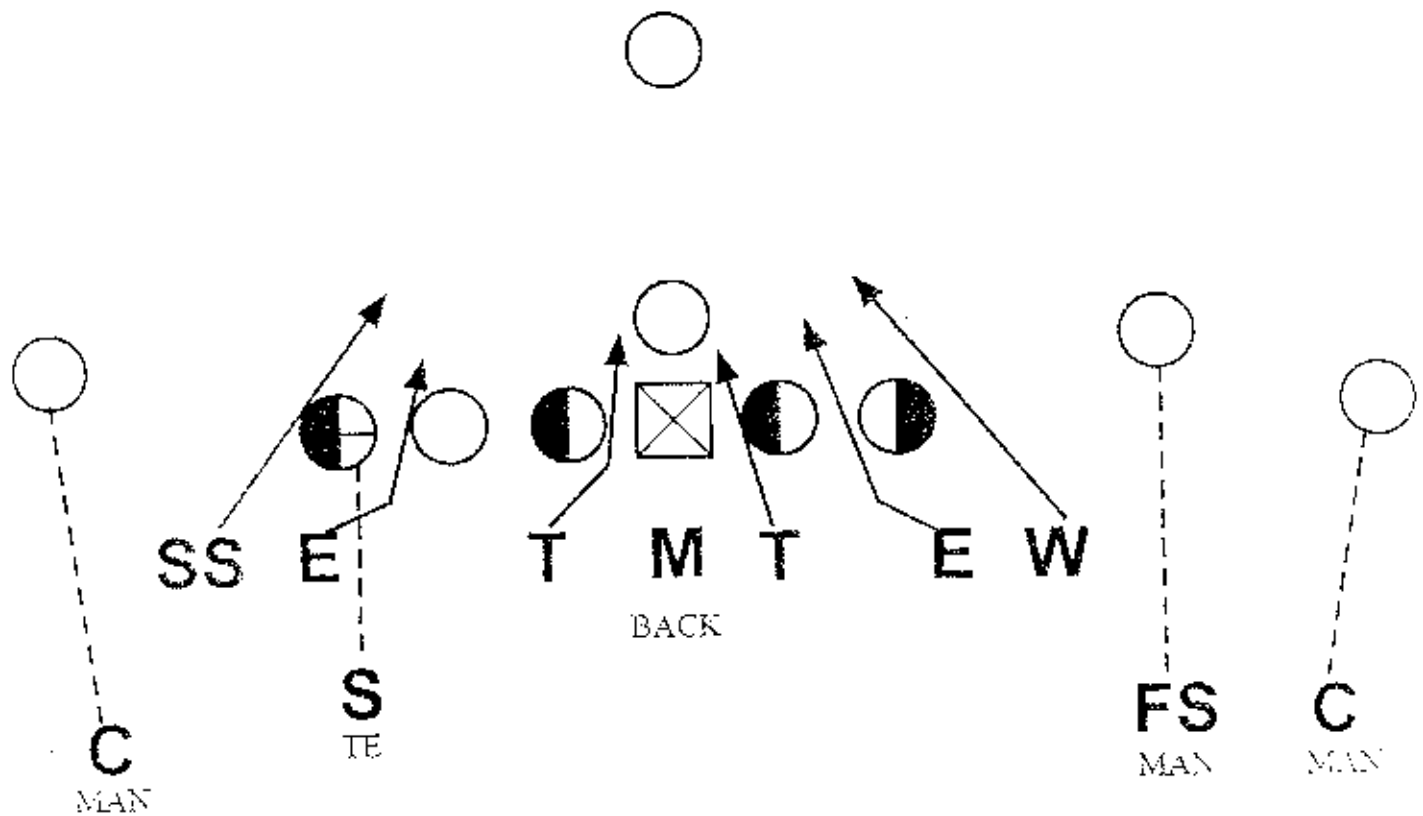
FORCE BALL INSIDE  
GOOD VS OPTION, INSIDE RUN  
SAFETIES - HAVE FORCE / PITCH ON OPTION  
WILL & MIKE - ALLEY VS OPTION  
SAM - TE MAN TO MAN  
C's - MAN TO MAN

# BLITZ

## AFC - AUTOMATIC FRONT AND COVERAGE

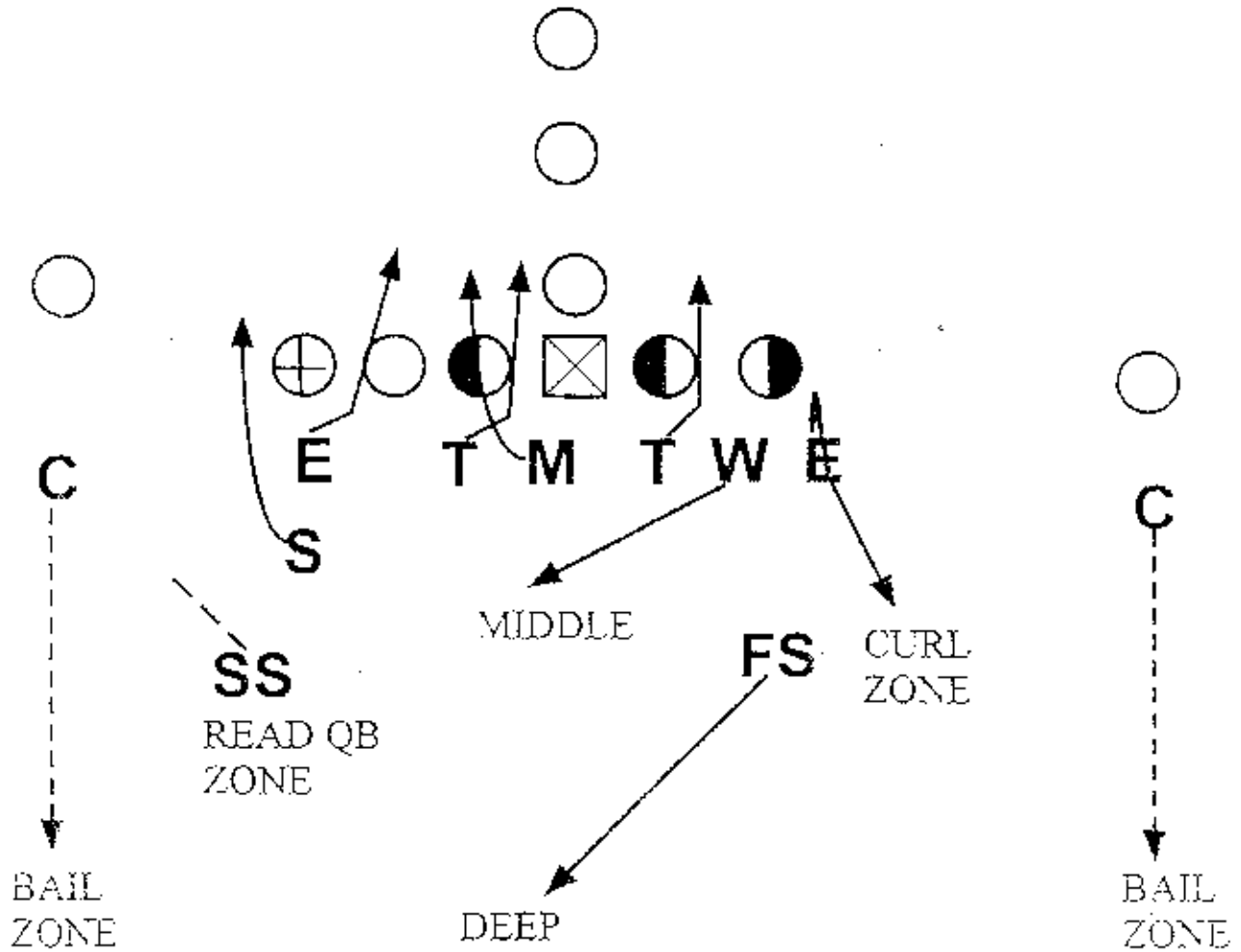
1. G 4/7 BASE
2. CHECK HEAT
3. CHECK BAIL
4. GAME PLAN

### HEAT - 1 BACK ADJUST



# ZONE BLITZ

G - SOUTH



3 UNDER  
3 DEEP

## Ten Commandments of D-Line Play

1. STANCE
  2. ALIGNMENT
  3. ASSIGNMENT
- } Pre-Snap Mental (Fundamentals)

4. GET OFF
  5. TARGET
  6. CLOTH
  7. SEPARATE
- } Technique Practice

8. ESCAPE
  9. PURSUIT
  10. TACKLE
- } Effort (Attitude)



## Shade Technique – Block Reactions

Key: Football for Take Off

Read: Center to Guard



DRIVE:

1. Attack the "V" of the neck of the center with your screws
2. Get a good lockout pressing the center backwards
3. Keep accelerating the feet and fight to remain square to the line of scrimmage
4. Peek through your gap responsibility. You are responsible for the "A" gap
5. Squeeze the block; shed the blocker violently and quickly
6. Pursuit the ball with intensity and make the play



CUTOFF:

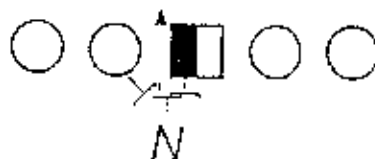
1. Attack the "V" of the neck of the center with your screws
2. Peek through your gap. You are responsible for the "B" gap
3. Flatten the center and back door him to the football. Keep your lead in your seam
4. Shed the blocker violently, pursuit the ball with intensity and make the play



REACH:

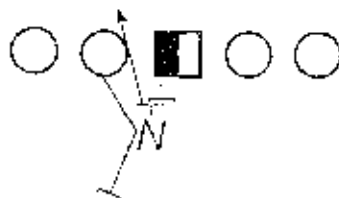
1. Attack the "V" of the neck of the center with your screws
2. Work to regain leverage in the "A" gap
3. Create a new line of scrimmage keep. Press hard with your outside hand
4. Shed the blocker violently, pursuit the ball with intensity and make the play

## Shade Technique – Block Reactions (Continued)



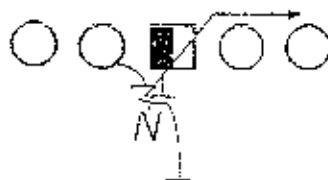
### DOUBLE:

1. Attack the "V" of the neck of the center with your screws
2. Defeat the drive block
3. When you feel pressure from the guard, hip into it and drop your outside knee
4. Apply pressure into the gap and split it
5. Key to defeating the double team is to defeat the drive block of the center
6. Use your hands to turn the center and maintain your leverage. Explode through the seam



### OPPOSITE:

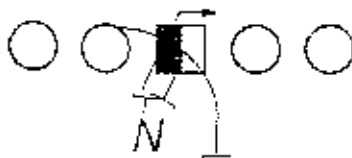
1. Attack the "V" of the neck of the center with your screws
2. Make sure you are pressing hard with your outside hand when the center is trying throw you across his body on the chip
3. Keep your feet accelerating and square
4. Once guard disappears explode back like your seam staying down low and being violent with your hands



### POWER SCOOP:

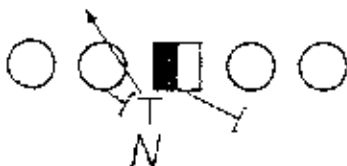
1. Attack the "V" of the neck of the center with your screws
2. Flatten the center and press him backward
3. Peek through your "A" gap and keep pressing your seam
4. Split the center and guard by turning your shoulders and ripping with your outside arm, pursuit down the heel line closing all seams
5. The key is to explode into the seam, don't loose ground and splitting the blockers once you recognize the power scoop

## Shade Technique – Block Reactions (Continued)



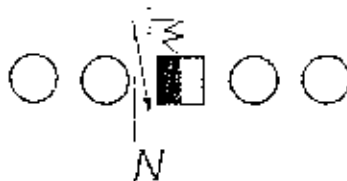
O FOLD:

1. Attack the "V" of the neck of the center with your screws
2. Flatten and squeeze the center peeking through your "A" gap
3. Once you recognize the guard pull, flip your hips without giving ground and back door the center closing all gaps
4. We can cross the center in front according to game plan



DOWN:

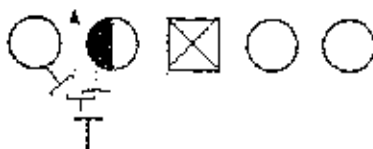
1. Attack the "V" of the neck of the center with your screws
2. Once you feel no pressure from the center and your hands are on his back numbers, re-direct and attack the guard with both hands
3. Squeeze the guard to the outside and don't get washed
4. Flip your hips without giving ground and back door the guard closing all gaps



INFLUENCE DRAW:

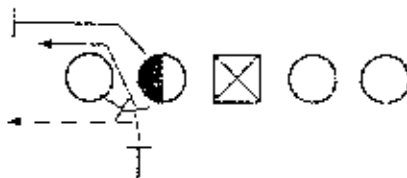
1. React to the pass, get off the spot and begin your rush
2. Always look inside when rushing the passer
3. Once you feel pressure from the center, plant and retrace your steps squeezing the hole. Keep shoulders square
4. Locate the ball and release from the blocker violently
5. Pursuit the ball with intensity

### 3 Technique – Block Reactions (Continued)



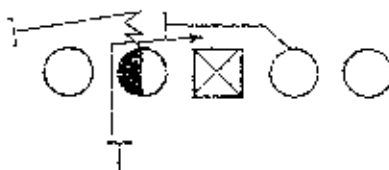
#### DOUBLE:

1. Explode into the guard with good screws and hand placement
2. Attack the guard square and defeat the drive block
3. When you feel the pressure from the tackle hip into it and drop your outside knee
4. Apply pressure into the seam and split it
5. Key to defeating the double is to defeat the drive block first
6. Use your hands to turn the guard and maintain leverage



#### G FOLD:

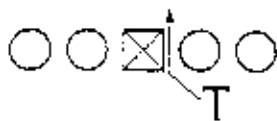
1. Step into the guard and recognize the pull. Lean toward the tackle
2. Attack the tackle and squeeze him looking inside
3. Once the ball bounces outside, cross the block. If the tackle is in front use the pull cross technique, if behind flip the hips – club and rip technique, backdoor the block
4. Shed the blocker violently, pursue the ball with intensity and make the play



#### INFLUENCE TRAP:

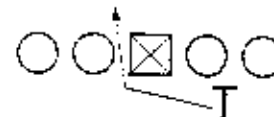
1. React to the pass, get off the spot and begin your rush
2. Always look inside when rushing the passer
3. When guard disappears and center blocks back, look for trapper
4. Plant and redirect inside, trying to ~~block~~ **Box it**
5. If you get caught up field, attack the trapper and squeeze him as hard as you can

# TACKLE STUNTS



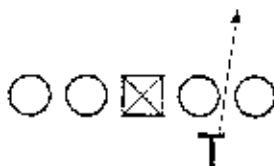
## TAKE IT

Vs. the Pass: Use the chop, club and rip technique  
Vs. the Run: Use the club, cross over rip technique  
Stay tight off the guard's inside shoulder and penetrate the gap  
Be ready to re-direct yourself



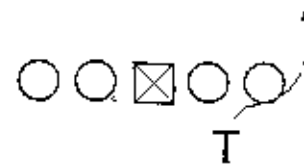
## LONG STICK

Vs. the Pass: Turn you shoulders 45% to the line of scrimmage. Use the chop, club and rip technique  
Vs. the Run: Use the club, cross over rip technique  
Stay tight off the center's shoulder and penetrate the gap  
Be ready to re-direct yourself



## JUMP

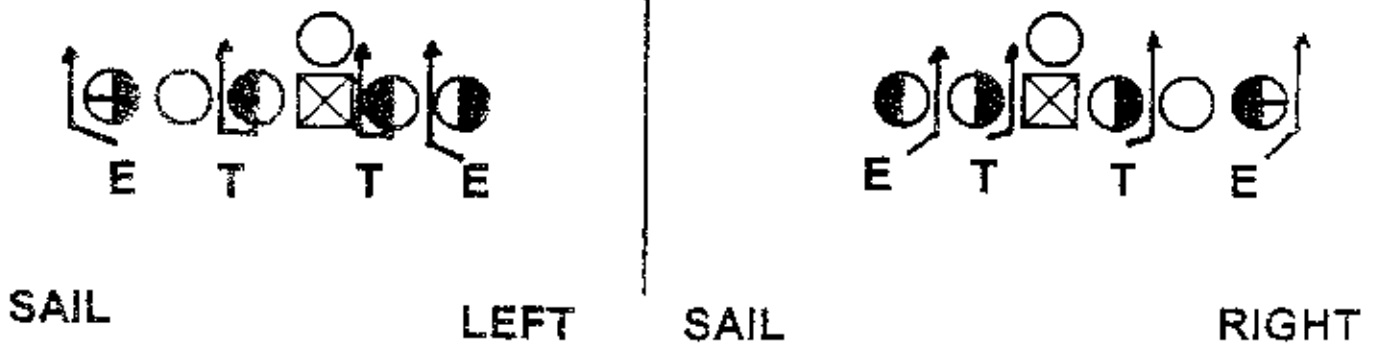
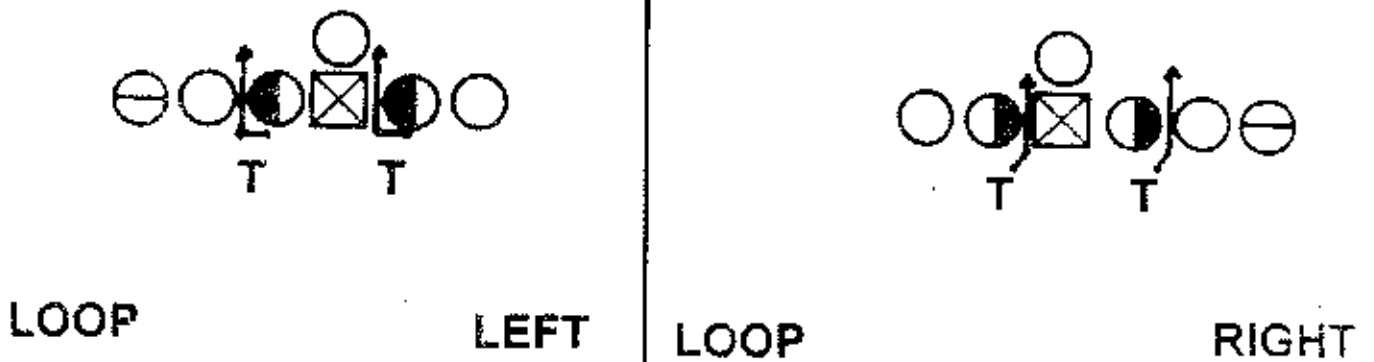
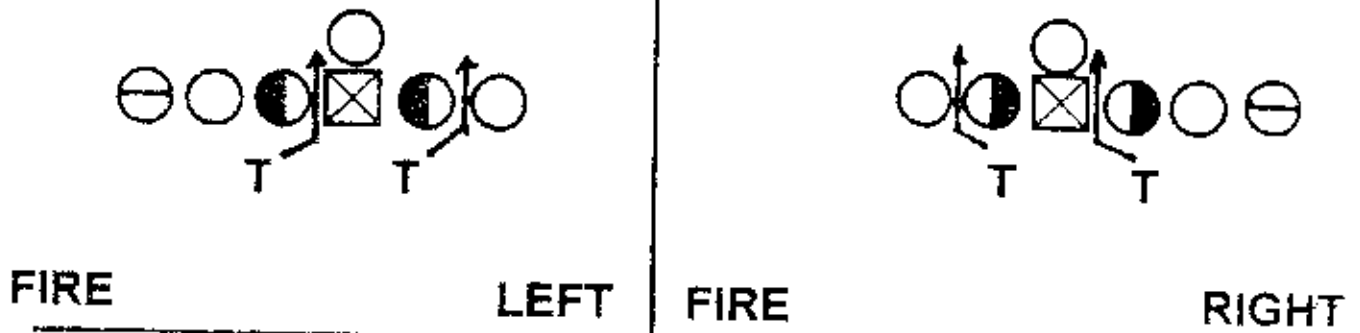
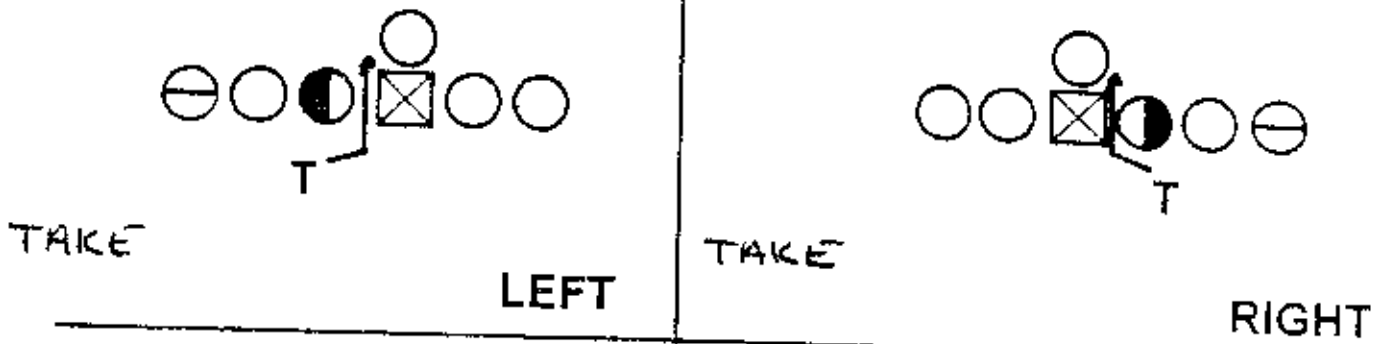
Vs. the Pass: Use the chop, club and rip technique  
Vs. the Run: Use the a hard rip into the gap  
Hit the gap hard and avoid touching the guard, penetrate upfield



## CROSS CHARGE

Vs. the Pass: Attack the tackle's inside shoulder with bar and hands. When you recognize pass cross his face for contain  
Vs. the Run: Attack the tackle's inside shoulder with bar and hands. Maintain leverage in the h gap

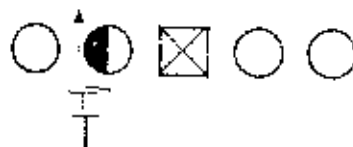
# LINE CHARGES



### 3 Technique -- Block Reactions

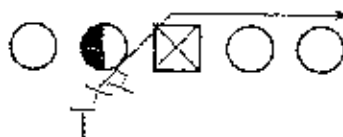
Key: Football for Take Off

Read: Guard to Tackle



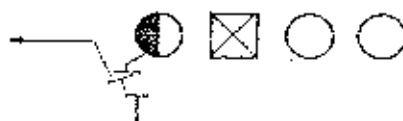
DRIVE:

1. Explode into the guard with good screws and hand placement
2. Get a good lockout pressing the guard backwards
3. Keep accelerating the feet and fight to remain square to the line of scrimmage
4. Peek through your gap responsibility. You are responsible for the "B" gap
5. Squeeze the block; shed the blocker violently and quickly
6. Pursuit the ball with intensity and make the play



CUTOFF:

1. Explode into the guard with good screws and hand placement
2. Adjust to attack the guard square and peek through your gap. You are responsible for the "B" gap
3. Flatten the guard and back door him to the football. Keep your head in your seam
4. Shed the blocker violently, pursuit the ball with intensity and make the play



REACH:

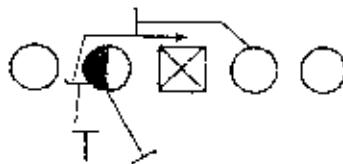
1. Explode into the guard with good screws and hand placement
2. Attack the guard square and work to regain leverage in your "B" gap
3. Create a new line of scrimmage keeping a good lockout. Press hard with your outside hand
4. Shed the blocker violently, pursuit the ball with intensity and make the play

### 3 Technique - Block Reactions (Continued)



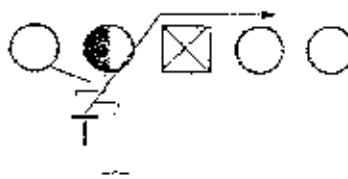
DOWN:

1. Explode into the guard with good screws and hand placement
2. Once you feel no pressure and you feel the back numbers of the guard, recognize the down scheme
3. With your outside hand feel the tackle, if in front use a pull cross technique. If behind flip your hips - club and rip technique - backdoor the block
4. Shed the blocker violently, pursue the ball with intensity and make the play



VEER:

1. Explode into the guard with good screws and hand placement
2. Squeeze the guard to the inside and come off his hip, staying square and looking inside for any puller
3. If a puller appears turn your shoulders, wrong arm it and spill it. If you get caught up field, attack the guard and squeeze him as much as you can
4. Keep feet moving and fight to remain square to the line of scrimmage

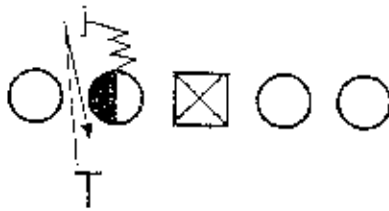


POWER SCOOP:

1. Explode into the guard with good screws and hand placement
2. Get a good lockout pressing the guard backwards
3. Keep your feet moving and fight to remain square to the line of scrimmage
4. The key is to whip the drive block and keeping your hat in the "B" gap
5. Shed the blocker violently, turn your shoulders splitting the guard and tackle, pursue down the heel line closing all seams



### 3 Technique - Block Reactions (Continued)



#### INFLUENCE DRAW:

1. Always play the pass first, get off the spot and rush the passer
2. Once you feel pressure from the guard, plant and retrace your steps squeezing the hole. Keeping your shoulders square
3. Locate the ball and release from the blocker violently.
4. Pursuit the ball with intensity and make the play